

A Russian/Saransk/Chegin Sweep of World Gold

Berlin—Three Russian athletes who train together in the city of Saransk under coach Viktor Chegin captured gold medals in racewalking at the World Track and Field Championships held in Berlin from August 15 through 23. Viktor Borchin started the gold rush in the meet's first final with a convincing win in the men's 20 K. Olga Kaniskina was even more convincing the next day in the women's 20. Sergey Kirdyapkin completed the sweep on August 21 as he cruised away from the world's finest 50 Km walker over the final 10 Km of the 50 Km event.

Kirdyapkin and Kaniskina were winning their second World titles, Kaniskina as the defender, Kirdyapkin as the 2005 winner. It was the first World title for Borchin, but he won the Olympic title in Beijing, as did Kaniskina.

Men's 20 Km, Aug. 15

Norway's Erik Tysse led in the early stages of the race and went through the first 5 Km in 20:00 with Italians Ivano Brugnetti and Giorgio Rubino just a second back. Brazil's Moacir Zimmerman, seemingly out of his element, was another five seconds back (and was soon disqualified). Then came the pack led by Borchin, who went through in 20:13 accompanied by 20 others who had 20:16 or better.

Rubino and Brugnetti soon overtook Tysse and quickened the pace. At 10 Km it was Rubino in 39:48, Brugnetti in 39:49, and Tysse in 39:50. The following pack, also walking at a faster pace had been reduced to seven, led by China's Hao Wang in 39:59. Right with him were leading contenders Borchin, Francisco Fernandez of Spain, Eder Sanchez of Mexico, and Jared Tallent of Australia, as well as Columbia's darkhorse, Luis Lopez and Australia's Adam Rutter. The rest of the field was spreading out, with Mexico's Jesus Sanchez in eleventh at 40:07, and Russia's Andrey Krivov, Ireland's Robert Heffernan, and Ecuador's Rolando Saquipay another 6 or 7 seven seconds back.

It wasn't long until Olympic champion Borchin made his move with an acceleration that quickly broke the race open. Covering the third 5 km in 19:29, Borchin went through 15 km in 59:29, accompanied only by Wang (59:29) and Lopez (59:30). Sanchez was trying to hold on, seven seconds in back of Lopez and six seconds ahead of Tallent and Rubino. Tysse was completely out of it, another 15 seconds back in seventh and Brugnetti and Fernandez had both dropped out of the race.

Not satisfied with his initial burst, Borchin found yet another gear and was soon off on his own. Covering the final 5 Km in 19:12 he finished in 1:18:41, 25 seconds before Wang, who took the silver. Lopez, after a game effort, was out of gas and was passed by both Sanchez and Rubino in the closing stages, with the Mexican capturing bronze in 1:19:22, 28 seconds ahead of the Italian. Lopez struggled home fifth in 1:20:03 Tallent outlasted Tysse for sixth place, with another Mexican, Jesus Sanchez finishing eighth

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The effort was worth \$60,000 prize money for Borchin, plus another \$7000 Prime Minister Vladimir Putin had promised that to any Russian winner. Borchin insisted that he had completely forgotten about the additional money until Russian journalists awaiting him at the finish under the Brandenburg Gate reminded him "Now I am happy to be reminded of it." (The three walks and the two marathons were contested outside the Stadium with the Brandenburg Gate finish.)

The 22-year-old Borchin is not ready to put himself on a pedestal, despite his Olympic and World golds. When asked if he is the best walker in the world, he replied: "Not at the moment. My heroes are Jefferson Perez and Robert Korzeniowski and to be equal to them I need to win more and more." Commenting on conditions for the race, he said: "It was rather warm, but it was quite good for me because Beijing was much worse with so much heat and humidity, where here, according to the weather forecast, it was supposed be much hotter that it was."

What he did notice, however, was the change in the surface as he was walking, which he found difficult, though he thought there were pluses and minuses about competing away from the stadium in the historical center of Berlin. "It is a problem with events organized with the start and finish in the stadium because when you leave the stadium and you go from tartan to asphalt it is not good for the legs. In general, asphalt is good for walkers, but here we went from asphalt to stone and back and that is also difficult, so there advantages and disadvantages to both."

The results:

1. Valeriy Borchin, Russia 1:18:41 (20:13, 40:00, 59:29) 2. Hao Wang, China 1:19:06 (20:14, 59:59, 59:29) 3. Eder Sanchez, Mexico 1:19:22 (20:14, 40:00, 59:37) 4. Giorgio Rubino, Italy 1:19:50 (20:01, 39:48, 59:48) 5. Luis Lopez, Columbia 1:20:03 (20:14, 59:59, 59:30) 6. Jared Tallent, Australia 1:20:27 (20:15, 40:00, 59:43) 7. Erik Tysse, Norway 1:20:38 (20:00, 39:50, 59:58) 8. Jesus Sanchez, Mexico 1:20:52 (20:15, 40:07, 60:17) 9. Matej Toth, Slovak Rep. 1:21:13 (20:16, 40:20, 60:37) 10. Joao Vieira, Portugal 1:21:43 (20:16, 40:20, 60:37) 11. Koichiro Morioka, Japan 1:21:48 12. Jianbo Li, China 1:21:54 13. Yafei Zhu, China 1:21:56 14. Andre Hohne, Germany 1:21:59 15. Robert Heffernan, Ireland 1:22:09 16. Jose Ignacio Diaz, Spain 1:22:12 17. Andrey Krivoy, Russia 1:22:19 18. Luke Adams, Australia 1:22:37 19. Hassanine Sebei, Tunisia 1:22:52 20. Babubhai Panucha, India 21. Jean-Jaques Nkouloukidi, Italy 1:23:07 22. Denis Simanovich, Belarus 1:23:36 24. Juan Manuel Molina, Spain 1:24:00 25. Chil-sung Park, Korea 1:24:01 26. Artur Brzozowski, Poland 1:24:17 27. Sergio Vieira, Portugal 1:24:32 28. Pedro Daniel Gome, Mexico 1:24:39 29. Herko Araya, Chile 1:24:49 30. Isamu Fujisawa, Japan 1:25:12 31. Petr Trofimov, Russia 1:26:02 33. Ruslan Dmytrenko, Ukraine 1:27:01 34. Hyunsub Kim, Korea 1:27:08 35. Predrag Filipovic, Serbia 1:27:44 36. Pavel Chihuan, Peru 1:27:54 37. Rustam Kuvatov, Kazakhstan 1:28:47 38. Jakub Jelonek, Poland 1:28:59 39. Andres Chocho, Ecuador 1:29:14 40. Juan Manuel Cano, Argentina 1:29:20 41. Allan Segura, Costa Rica 1:29:52 42. Yusuke Suzuki, Japan 1:30:21 43. Youngjun Byun, Korea 1:30:35 44. Mauricio Arteaga, Ecuador 1:32:35 45. Vilius Mikelionis, Lithuania 1:32:53 DQ-Adam Rutter, Australia and Moacir Zimmermann, Brazil. DNF-Jose

Alessandro Bgagio, Brazil; Francisco Fernandez, Spain (40:00 at 10); and Ivano Brugnetti, Italy (39:49 at 10)

Women's 20 Km, August 16

Last year at the Beijing Olympics, Valeriy Borchin gave his winner's bouquet from his medal ceremony to Gulnara Galkina-Samitova as she was heading for the coffee shop on the afternoon of her 3000 meter steeplechase race, in which she would break the World Record. This time he gave his flowers to Olga Kaniskina. "This is very symbolic", she said. "Every bunch of flowers Valeriy gives to anyone brings a gold medal." And so it was.

Like Borchin, Kaniskina was willing to let others set the early pace. After a leisurely first 5 Km, which Sabine Krantz led in 23:18, Kaniskina was cooling it in 13th place in 23:20, surrounded by 30 other athletes within seven seconds of the lead and seemingly enjoying this stroll in which they seemed to be in medal contention. However, she was not quite as patient as Borchin had been and quickly challenged the field with a remarkable acceleration. Covering the next 5 in 21:38, she reached 10 Km in 44:58, 19 seconds clear of Kjersti Platzer of Norway, expected to be her closest challenger.

Platzer had five seconds on Kaniskina's teammate, Anisya Kiryabkina, who was just a step ahead of Spain's Maria Vasco. Olive Loughnane of Ireland was fifth in 45:30, leading a pack of six other walkers, with the rest of the field quickly dropping away.

Not content with that lead, Kaniskina picked it up another notch to go past 15 Km in 1:06:22 (21:24 for the third 5). Loughnane and China's Hong Liu had disposed of the rest of the field, but were now trailing Kaniskina by 56 seconds. Kiryabkina was another 11 seconds back and 12 ahead of Portugal's Vera Santos. Platzer was hanging on to sixth, just ahead of Italy's Elisa Rigau.

Whether titing or just content with her lead, Kaniskina slowed by nearly 30 seconds over the final 5, but finished in 1:28:09, 49 seconds ahead of Loughnane, who pulled clear of Liu in the final kilometer. Kiryabkina, only 19 and the wife of soon-to-be 50 Km winner Sergey Kiryapkin, struggled home, nearly a minute in back of Liu, but still unchallenged for fourth. Platzer was disqualified before the finish. Also disqualified, before she reached 10 Km, was Teresa Vaill, the lone U.S. representative in the racewalks.

Borchin and Kaniskina have made seven significant race appearances together, recording a double win on five of those occasions: at the 2008 and 2009 Russian Winter Championships, at the 2008 Olympics, at the 2009 Racewalking Challenge in China, and here. The only exceptions have been at the 2008 World Cup in Cheboksary, Russia, where Kaniskina won but Borchin was second, and at 2009 Racewalking in Krakow Poland where Borchin won but Kaniskina had to settle for second place.

Kaniskina's defense of her World title comes 10 years after her somewhat less valuable first prize in racewalking. Competing in the 1999 Russian Championships, she won candy for last place. Then 14, she was competing over 3 Km. "I was the last to finish. This was unforgettable", she said. She started winning medals in 2005-silver at the Russian Championships and European Under 23s. In 2006, her first in the senior ranks, she took her first big title at the Russian Championships.

The results:

1. Olga Kaniskina, Russia 1:28:09 (22:20, 44:58, 66:22) 2. Olive Loughnane, Ireland 1:28:58 (23:19, 45:30, 67:18) 3. Hong Liu, China 1:29:10 (23:20, 45:31, 67:18) 4. Anisya Kiryabkina, Russia 1:30:09 (23:19, 45:29, 67:29) 5. Vera Santos, Portugal 1:30:35 (23:19, 45:31, 67:41) 6. Beatriz Pascual, Spain 1:30:40 (23:21, 45:46, 67:58) 7. Masumi Fuchise, Japan 1:31:15 (23:21, 45:47, 68:11) 8. Kristiana Saltanovic, Lithuania 1:31:23 (23:20, 45:53, 68:32) 9. Elisa Rigau, Italy 1:31:52 (23:18, 45:32, 67:48) 10. Susana Feitor, Portugal 1:32:42 (23:20, 45:51, 68:54) 11. Ines Henriques, Portugal 1:32:42 12. Kumi Otsu, Japan 1:33:05 13. Larisa Emelyanova, Russia 1:34:31 14. Vera Sokolova, Russia 1:34:55 25.

Sniazhana Yurchanka, Belarus 1:34:57 16. Ana Maria Groza, Romania 1:35:19 17. Valentina Trapletti, Italy 1:35:53 18. Mingxia Yang, China 1:35:42 19. Zuzana Schindlerova, Czech Rep. 1:35:47 21. Evaggelia Xinou, Greece 1:35:56 22. Jess Rothwell, Australia 1:36:01 23. Claudia Stef, Romania 1:36:09 24. Brigita Virbalyte, Lithuania 1:36:28 25. Marie Polli, Switzerland 1:36:44 26. Zuzana Malikova, Slovak Rep. 1:37:47 27. Claire Tallent, Australia 1:38:12 28. Agnieszka Cygacz, Poland 1:38:36 29. Alessandra Picagevicz, Brazil 1:38:50 30. Geovana Irusta, Bolivia 1:39:16 31. Chaima Trabelski, Tunisia 1:39:50 32. Svetlana Tolstaya, Kazakhstan 1:40:41 33. Johana Ordonez, Ecuador 1:42:57 34. Anamaria Greceanu, Romania 1:43:35 35. Rachel Lavallee, Canada 1:45:45 36. Otha Yakovenko, Ukraine 1:45:55 37. Cristina Lopez, El Salvador 1:47:33 DQ—Cheryl Webb, Australia; Yawei Yang, China; Johanna Jackson, Great Britain; Maria Hatzipanayiotidou, Greece; Mayumi Kawasaki, Japan; Kjersti Platzer, Norway (67:46 at 15); and Monica Svensson, Sweden. DNF—Maria Vasco, Spain (45:25 at 10); Sabine Krantz, Germany (23:18 at 5); Maria Galikova, Slovakia Rep. and Teresa Vaill, US (23:58 at 5)

Men's 50 Km, August 21

Sergey Kiryapkin collapsed in the shadow of the Brandenburg Gate—his muscles finally giving up on him—but only after he had destroyed an elite field of walkers over the final 10 Km to score a nearly 3-minute win in this final racewalking event of the 2009 World Championships.

Australian teammates Luke Adams and Jared Tallent controlled the race through 35 Km. The first 10 was covered in a quick, but not demanding pace, with Adams leading a group of 10 walkers in 44:34. Kiryapkin was in sixth at that point. Another group of seven was 11 seconds back, with the rest of the field already beginning to drop away. Adams stepped up the pace to hit the 20 km mark in 1:28:25 (43:41 for that 10 Km segment), but that didn't discourage many of the followers. The Russian favorite Denis Nizhegorodov and Kiryapkin were just a second back with Tallent, Yohan Diniz of France, Yuki Yamazaki of Japan, and Alex Schwazer of Italy right on their heels. Fourteen seconds back were Norway's Trond Nymark and Mexico's Horacio Nava. Another five athletes, including Spain's Jesus Angel Garcia, were at 1:28:54.

The two Australians pushed the pace over the next 10, and Tallent reached 30 Km in 2:11:36, two seconds ahead of Adams and Nizhegorodov. Kiryapkin was at 2:11:52, 11 seconds ahead of Diniz, who led Nymark by 24 seconds. Mexico's Jesus Sanchez, Garcia, and Nava were at 2:13, along with Faguang Xu of China. Schwazer had dropped out.

By 35 km, the Aussies appeared to be taking command, leading Nizhegorodov by 24 seconds, with Kiryapkin another 12 seconds back and Nymark, having made a strong move now fifth and closing on Kiryapkin. Everyone else was more than a minute behind him.

But the Aussies were struggling, Nizhegorodov had hit a wall, and Kiryapkin was making a move. At 40 Km Tallent was leading in 2:55:24, but only by 3 seconds over Kiryapkin who had just walked a 21:44 5 km. Adams trailed him by 11 seconds and Nymark, walking even faster (21:43) had moved to fourth, just 4 seconds behind Adams. Garcia was also moving up, but trailed Nymark by nearly 2 minutes.

At this point neither Kiryapkin or Nymark were to be denied. With Tallent dropping to over 23 minutes for the next five, Adams going even slower, and Nizhegorodov giving up altogether, Kiryapkin threw in another quick 5—21:31—and was completely in command with 5 Km to go. Nymark was now second, but 58 seconds back, still moving well (22:24) but losing ground quickly. Tallent and Adams were hanging on to third and fourth, but Garcia was coming on strong, trailing Tallent by 57 seconds and Adams by just 13.

A final 5 in 21:37 brought Kiryapkin home in 3:38:55. He covered the final 20 in 1:26 43 and final 15 in 64:52. Nymark struggled the final 5 (23:20) but still clung to a 21 second lead over the fast-closing Garcia for silver. Poland's Grzegorz Sudol and Germany's

Andre Hohne, 12th and 14th, at 30 Km came storming through at the end to catch the struggling Australian pair for fourth and fifth place. Adams caught and finished well clear of Tallent, who needed nearly 26 minutes for his final 5. Italy's Marco De Luca, 18th at 30 Km, moved up to eighth at the finish. Diniz, one of the pre-race favorites, as never really in the hunt and finished twelfth. Nymark's time was a Norwegian national record and six of the first ten had personal bests in the race.

Although Kiryapkin also won this title in 2005, he has not done well since and was not considered to be a factor in this race. Unlike Borchin and Kaniskina, who were preselected, he had to qualify for the Russian team by winning the Russian title in June.

Following the race, he commented: "We always follow the tactics that our coach advises us to follow. It happened in the same way with Borchin and Kaniskina and today my coach also gave me advice on which tactics to follow. He told me to start slowly then speed up continuously until the end of the race. I found it quite difficult towards the end and, when I finished, my muscles stopped and I could not move. I want to thank my coach because the last four years were not very good for me and he helped me to find myself and to win this race."

"Concerning the toughest moment of the race, it was when I realized that Nizhegorodov and the two Australian walkers were far in front of me. Then I felt the Norwegian was practically stepping on my feet from behind and I had to speed up. That was really tough but in the end it all worked out for me", he continued.

Bronze medalist Jesus Angel Garcia won this title way back in 1993 and was ranked number one in the world in 1993 and 1997. He has continued near the top since, being world ranked in the top 10 every year since 1993, except 2005 and 2007. He was fourth in Beijing last year.

This is the first time that one country has won all three racewalks at the World Championships. And, of course, the first time that one city or one coach has done so. Kiryapkin moved to Saransk in 1997 to take a degree in chemistry at the local university. It was not until he graduated in 2000 that he switched from middle distance running to racewalking. As an 800 meter runner, he had struggled to get under two minutes. Kaniskina is from Saransk and Borchin from the village of Povadimovo, 90 km from Saransk. Now, they all train at Viktor Chegin's training center in Saransk.

Kiryapkin notes that he and his first coach, Aleksey Naumkin decided to try racewalking and followed the system of Viktor Chegin. "Now we see that it works", said Kiryapkin. "But when I started racewalking I didn't know anything about Viktor Chegin or the results of his athletes."

Chegin runs one of two racewalking training centers in Russia, the other being in Cheboksary. Kiryapkin explains how it works. "Viktor Chegin created a very special racing school in Saransk, devoted to road racing and racewalking, where every kid who wants to do road races or racewalking can start in athletics at any age. He works with the kids and then there is a selection procedure under which he takes the best prospects into his group and trains them under his own system. We also have special support from the head of Mordovia, Nikolay Maekuskin."

Results of the race:

1. Sergey Kiryapkin, Russia 3:38:55 (44:36, 1:28:26, 2:11:52, 2:55:27)
2. Trond Nymark, Norway 3:41:16 (44:36, 1:28:42, 2:12:27, 2:55:42)
3. Jesus Angel Garcia, Spain 3:41:37 (44:36, 1:28:55, 2:13:00, 2:57:34)
4. Grzegorz Sudol, Poland 3:42:34 (44:47, 1:29:25, 2:13:38, 2:58:08)
5. Andre Hohne, Germany 3:43:19 (45:12, 1:28:47, 2:13:46, 2:58:02)
6. Luke Adams, Australia 3:43:39 (44:34, 1:28:25, 2:11:38, 2:55:38)
7. Jared Tallent, Australia 3:44:50 (44:35, 1:28:27, 2:11:36, 2:15:28)
8. Marco De Luca, Italy 3:46:31 (45:40, 1:30:50, 2:15:52, 3:00:54)
9. Jarkko Kinnunen, Finland 3:47:36 (45:24, 1:30:21, 2:15:43, 3:01:13)
10. Matej Toth, Slovak

Rep. 3:48:35 (44:45, 1:28:55, 2:13:36, 3:00:09) 11. Faguang Xu, China 3:48:52 12. Yohan Diniz, France 3:49:03 13. Jesus Sanchez, Mexico 3:50:55 14. Donatas Skarnulis, Lithuania 3:50:56 15. Chingliang Zhao, China 3:53:06 16. Oleksiy Shelest, Ukraine 3:54:03 17. Tadas Suskevicius, Lithuania 3:54:29 18. Koichiro Maoioka, Japan 3:56:21 19. Horacio Nava, Mexico 3:56:26 20. Herve Davaux, France 3:57:10 21. Andreas Gustafsson, Sweden 3:57:53 22. Rafal Augfustyn, Poland 3:58:30 23. Augusto Cardoso, Portugal 3:59:10 24. Milos Batovsky, Slovak Rep. 3:59:39 25. Lei Li, China 4:00:13 26. Mikel Odriozola, Spain 4:00:54 27. Cedric Houssaye, France 4:02:44 28. Diego Dafagna, Italy 4:08:44 29. Jose Alejandro Cambil, Spain 4:14:14 30. Magno Mesias Zapata, Ecuador 4:15:28 31. Luis Fernando Garcia, Guatamala 4:18:13 DQ—Takayuki Tanii, Japan; Yuki Yamazaki, Japan; and Omar Zepeda, Mexico DNF—Mario Jose dos Santos, Brazil; Marco Benavides, El Salvador; Konstadinos Stefanopoulos, Greece; Jamie Costin, Ireland; Colin Griffin, Ireland; Alex Schwazer, Italy; Ingus Janevics, Latvia; Erik Tysse, Norway; Rafal Fedaczynski, Poland; Antonio Pereira, Portugal; Yuriy Andronov, Russia; Denis Nizhegorodov, Russia; Nenad Filipovic, Serbia.

IAAF Racewalk Challenge Standings Following World Championships

(Athletes must have competed in at least four of the 12 events for men and nine for women to be ranked. The only remaining event is the Challenge final in September in Russia.)

Men: 1. Eder Sanchez, Mexico 44 2. Han Wang, China 42 3. Eric Tysse, Norway 38 4. Trond Nymark, Norway 31 5. Jesus Sanchez, Mexico 28 6. Jared Tallent, Australia 28 7. Joao Vieira, Portugal 23 8. Yafei Chu, China 22 9. Luke Adams, Australia 22 10. Andre Hohne, 11. Faguang Xu, China 19 12. Francisco Fernandez, Spain 18 13. Alex Schwazer, Italy 10 14. Matej Toth, Slovak Rep. 10 15. Hatem Ghoul, Tunisia 7 16. Sergio Viera, Portugal 2 Germany 20

Women: 1. Kjersti Platzer, Norway 48 2. Vera Santos, Portugal 36 3. Elisa Rigaud, Italy 28 4. Olive Loughnane, Ireland 26 5. Ines Henriques, Portugal 25 6. Beatriz Pascual, Spain 25 7. Sabine Krantz, Germany 22 8. Claudia Stef, Romania 22 9. Kristine Saltanovic, Lithuania 19 10. Susana Feitor, Portugal 18 11. Ana Maria Groza, Romania 10 12. Zuzana Schindlerova, Czech Rep. 4.

National 15 Km, Minneapolis, Aug. 16: Women—1. Maria Michta, Walk USA 1:16:07 (24:45, 50:07) 2. Susan Randall, Miami Valley TC 1:22:45 (27:08, 54:54) 3. Erika Shaver (17), Miami Valley TC 1:29:19 4. Katie Brnett, Iowa 1:29:21 5. Katie Malinowski, Michigan 1:35:35 6. Darla Graff, Colorado 1:35:09

Men—1. Tim Seaman, NYAC 1:11:17 (22:29, 45:33) 2. Chris Tegtmeier, Nebraska 1:13:49 (22:30, 46:07) 3. Ray Sharp (49), Pegasus AC 1:19:26 4. Omar Noah, Miami Valley TC 1:24:05 5. John Randall (17), Miami Valley TC 1:27:07 6. Mikhail Brickson (18), Miami Valley TC 1:28:29 7. Bill Reed (56) 9. Jack Starr (81) 1:47:45 Pegasus 1:31:34 8. Rod Craig (51), Pegasus 1:32:25 9. Jack Starr (81) 1:47:45 10. Bernie Finch (69) 1:59:28

USA-Canada Junior Dual: Women's 5 Km, same place—1. Heather Warwick, Canada 26:08 2. Allison Chin, USA 26:11 3. Abby Dunn, USA 27:47 4. Anne Voyer, Can. 27:53 5. Claudia Ortiz, USA 27:56 6. Molly Hjosephs, USA 28:58 7. Rachel Inglis, Can. 29:12 8. Erika Lamp, USA 31:55 Team: USA 11 Canada 11 **Men's 10 Km**—1. Evan Dunfee, Can. 44:24 2. Dan Seriani, USA 49:54 3. John Voyer, Can. 50:56 4. Alejandro Chavez, USA 52:25 5. Bruno Cariere, Can. 52:50 6. Evan Vincent, USA 53:12 7. Charlie Swerdlow, USA 55:06 Team: Canada 13 USA 9. Total score: Canada 24 USA 20

Other Results

Pan-Am Junior Championships, Port-of-Spain, Trinidad: Women's 10 Km, July 31—Erandi Uribe, Mexico 50:07 2. Maria Del Pilar Rao, Colombia 50:23 6. Angie Paola Pineda,

Colombia 50:36.40 4. Dulce Angelica Arrieta, Mexico 54:55.2 5. Allison Chin, USA 55:55.40 6. Mayara Vicentainer, Brazil 59:09 7. Jessica Souza, Brazil 62:40 8. Erika Lamp, USA 67:02 (Very hot and humid)

Men's 10 Km, August 1—Pedro Gomez, Mexico 42:19.56 2. Caio Bonfim, Brazil 42:43.58 3. Giovanni, Torres, Mexico 42:46.89 4. Trevor Barron, USA 42:50.51 5. Jose Montana, Colombia 43:06.27 6. Evan Dunfee, Canada 43:27.04 7. Alexander Castenada, Chile 47:08.21 8. Felipe Toloza, Chile 47:08.21 9. Mathew Forgues, USA 48:42.58 10. Diego Martin, Brazil 49:49.42 1 DQ (Another great performance by Trevor Barron, still only 16, facing mostly 19-year-olds.)

3 Km, New York City, Aug. 16—1. Luis Abadias (49), Spain 15:00 2. Carmen Frontons Garcia (48), Spain 16:08 3. David Lee (53) 18:46 4. Bruce Logan (44) 19:09 Started 1:20 behind the field) 5. Andres Fernandez (54) 19:39 6. Karen Zengh (14) 19:40 (13 finishers) **Virginia and SE Regional Masers 3000 meters, Virginia Beach, Aug. 15**—1. Rebecca Garson (45) 18:40.3 2. Paula Graham (46) 20:33 (6 finishers) **Men**—1. William Lipford (57) 16:16.4 2. Tom Gerhardt (58) 17:41.8 3. Scott Stakes (46) 18:05.1 4. Hartley Dewey (61) 19:44.7 (6 finishers) **USATF Junior Olympics, Des Moines, Iowa: Bantam Girls 1500 meters**—1. Maranatha Weed, Northeast Flyers 8:53.13 2. Alina Kasparsons, NJ Striders 8:54.34 3. Audrey Doby, South Park 8:59.46 4. Blanca Garza, South Texas 9:14.06 (16 finishers, 5 DQ) **Bantam Boys 1500 meters**—1. Steven Berry, Northeast Flyers 8:54.64 2. Jason Bomez, Lai Spirit 9:01.34 3. Jonathan Augilar, South Texas 9:08.15 4. Isaac Marvin, Salem Track 9:13.73 (13 finishers, 2 DQ) **Midget Girls 1500**—1. Caitlin Palacio, Lai Spirit 7:58.78 2. Amberly Melendez, South Texas 8:13.69 3. Diana Catstilleja, South Texas 8:24.33 4. Crista Florida, South Texas 8:33.29 5. Candice Bowlding, Gideonite 8:38.78 (18 finishers, 3 DQ) **Midget Boys 1500**—1. Casey Kiefer, NJ Striders 8:53.77 2. Gabriel McAndrews, Flyers 9:06.81 3. Josh Childress, Albuquerque 9:17.53 4. Spencer Jordan Track Explosion 9:26.54 (13 finishers, 8 DQ) **Youth Girls 3000 meters**—1. Nicolette Sorensen, Pleasonton 15:46.59 2. Maite Modeso, Altamonte 16:26.43 3. Lila Naba, Lai Spirit 17:09.47 4. Meg Stuart, Lightning 17:21.93 (13 finishers, 2 DQ) **Youth Boys 3000**—1. Nathaniel Roberts, Salem Track 14:54.02 2. Dalmon Todd, Umola TC 17:33.78 3. Geraldo Flores, South Texas 18:03.50 (8 finishers, 5 DQ) **Intermediate Girls 3000**—1. Claudia Ortiz, South Texas 16:51.81 2. Hannah Kisley, Raligh Walkers 17:23.88 3. Jessica Reybal, South Texas 17:24.54 4. Diana Lee Flores, South Texas 18:22.26 (10 finishers, 3 DQ) **Intermediate Boys 3000**—1. Michael Nemet Wings/Moon 13:22.32 2. Alejandro Chavez, South Texas 14:05.98 3. Joshue Haertel, Utah 14:1.73 4. Mitchell Erickson, Miami Valley 15:39.33 5. Leonardo Salinas, Elgin Sharks 16:20.01 6. Jonathan Wallman, Georgia 16:58.41 (10 finishers) **Young Women 3000**—1. Erika Shaver, Miami Valley 15:14.24 2. Reini Erickson, Miami Valley 17:20.50 3. Mercedes Mancha, Elgin Sharks 17:40.42 (7 finishers) **Young Men 3000**—1. Jacob Gunderkline, Miami Valley 14:00.67 2. John Randall, Miami Valley 15:13.82 (5 finishers) **Rocky Mountain Senior Games, Greeley, Col., June 12-14: 1500 meters**—1. Sherrie Gossert (55+) 9:03 2. Daryl Meyers (65+) 9:24 3. Ray Franks (75+) 10:01 (10 finishers) **5000 meters**—1. Sherrie Gossert 31:59 2. Daryl Meyers 32:49 (9 finishers) **5 Km (track), Colorado State U., July 12**—1. Mike Blanchard (48) 2:14 2. Barbara Amador (60) 32:19 3. Rita Sinkovec (69) 34:21 (7 finishers) **West Region 3000 meters, August 23**—1. Mark Green (53) 15:12.9 2. Doug Johnson (49) 15:47 3. Alex Price 16:53.8 4. James Beckett (70) 17:26.9 5. Joe Berendt (54) 17:36.9 6. Bill Penner (62) 17:59.7 (8 finishers) **Women**—1. Leslie Sokol (51) 17:45.6 2. Susan Mears (54) 18:09.9 3. Louise Walters (69) 18:49.8 4. Nicolle Goldman (50) 18:55.6 5. Karen Stoyanowski (54) 18:18 (12 finishers) **10 Km, Banks, Oregon, Aug. 9**—1. Rob Frank (57) 58:48 2. George Opsahl (67) 62:00 3. Ron MacPike (76) 72:12 **Women**—1. Nana Bellerud (50)

63:35 2. Carmen Jackinsky (46) 68:11

Finnish National 20 Km, Espoo, July 31—1. Jarkko Kinnunen 1:27:30 2. Heikki Kukkonen 1:34:13 3. Timo Viljanen 1:38:58 **Women's 10 Km, same place**—1. Karoliina Kaasalainen 47:22 2. Anne Halkivaho 49:56 3. Tiina Muinonen 51:49 **French National 20 Km, July 23**—1. Christine Guinaudeau 1:39:59 2. Anne-gaelle Retout 1:43:20 3. Violaine Averous 1:45:22 (24 finishers) **Men**—1. Yohann Diniz 1:22:50 2. Antonin Boyez 1:27:05 3. Sebastien Biche 1:29:11 4. Johan Augeron 1:29:24 5. Xavier Le Coz 1:31:27 6. Kevin Campion 1:33:02 (14 under 1:40, 28 finishers, 4 DQ, 6 DNF) **Romanian National 20 Km, July 23**—1. Cheorghi Neacsu 1:29:02 2. Silviu Casandra 1:31:16 3. Ciprian Deac 1:33:09 4. Marius Cocioran 1:33:21.4 (17 finishers) **Women**—1. Claudia Stef 1:32:46 2. Ana Maria Groza 1:37:35 3. Veronica Budileanu 1:38:59 4. Ana Maria Greceanu 1:39:58 5. Ana Veronica Rodean 1:41:54 (18 finishers) **Norwegian National 10 Km, June 12**—1. Erik Tysse 37:44 2. Trond Nymark 39:51 3. Arne-Johan Martinsen 45:39 (17 finishers) **Women's 5 Km, same time**—1. Kjersti Platzer 20:38 2. Lisbeth Aalvik 29:24 (8 finishers) **Spanish National 10 Km, Barcelona, Aug. 1**—1. Juan Manuel Molina 40:14.70 2. Jesus Angel Garcia 40:38.86 3. Jose Ignacio Diaz 40:42.47 4. Miguel Angel Nicolas 41:16.29 5. Mikel Odriozola 49:19.33 6. Jose David Dominguez 42:10.20 (9 finishers, 3 DNF, 3 DQ) **Women**—1. Julia Takaca 45:02.32 2. Rocio Florido 45:29.34 3. Ainhoa Pinedo 47:55.17 (11 finishers) **Polish National 20 Km, Bydgoszcz, Aug. 1**—1. Grzegorz Sudol 1:21:49 2. Augustyn Rafal 1:22:03 3. Atur Brzozowski 1:22:23 4. Benjamin Kucinski 1:23:10 5. Ragal Fedaczynski 1:24:05 6. Babu Bhai, India 1:24:05 7. David Wolski 1:27:09 8. Haminder Singh, India 1:27:58 9. Michal Stasiewicz 1:29:41 10. Lukasz Augustyn 1:31:19 11. Rafal Golawski 1:32:06 (13 finishers, 1 DQ, 3 DNF) **Women**—1. Agnieszka Dygacz 1:33:52 2. Paulina Buziak 1:34:08 3. Katarzyna Kwoka 1:40:34 (12 finishers) **Irish National 5 Km**—1. Olive Loughnane 21:03.45 2. Laura Reynolds 24:17.56 **Irish National 10 Km**—1. Robert Heffernan 39:11.72 2. Colin Griffin 40:02.09 3. John Egan 45:54.95

Racewalking Venues in the Weeks To Come

Sun. Sept. 6	1 Hour, Falls Church, Va. (N)
Sat. Sept. 12	5 Km, Indianapolis (K) 2.8 miles, Seattle, 9 am (C)
Sun. Sept. 13	USATF National 40 Km, , Ocean Twp., N.J. (A) 20 Km, Oakland, Cal. (J)
Sat. Sept. 19	5 Km, Aurora, Col., 8:30 pm (H)
Sun. Sept. 20	10 Km, New York City, 8:30 am (G) 1 Hour, Falls Church, Va. (N) 5 Km, Denver, 9 am (H)
Sun. Sept. 27	Michigan 1 Hour, Berkley (F) Doc Tripp Memorial 5 and 10 Km, Broomfield, Col., 9 am (H)
Sat. Oct. 3	National USATF 5 Km, Kingsport, Tenn. (D)
Sun. Oct. 4	1 Hour, Falls Church, Va. (N) Half-Marathon, Sandy Hook, N.J. (A)
Sun. Oct. 11	1 Hour, Indianapolis (K) 1 Hour, Falls Church, Va. (N) National USATF 1 Hour, Waltham, Mass. (D)
Sun. Oct. 18	North Region 50 Km, Minneapolis (S) Seaside Half-Marathon, Seaside Heights, N.J. (A) National USATF 30 Km, Hauppauge, N.Y. (D)

	1 Hour, Falls Church, Va. (N)
	1 Hour, Oregon (U)
	½ Marathon, Detroit (F)
Sun. Nov. 8	Florida State 20 Km (Bsat. Nov. 14 20 Km, Indianapolis (K)
Sat. Nov. 14	1 Hour, Virginia Beach, Va. (T)
Sun. Nov. 15	15 Km, New York City, 8:30 am (G)

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Olive Walks Tall

by Brendan Mooney
from the *Irish Examiner*, Aug. 17

Olive Loughnane was barely off the plane from Beijing last year when she set about planning her onslaught on a medal at this year's world championships in Berlin. She had finished seventh in that sensational women's Olympic 20 Km walk in which the first 12 all broke the old Olympic record, but what amazed her most—apart from her new personal best of 1:27:45—was the fact that she had covered the last 10 Km quicker than the first half of the race.

That performance told her a lot about herself and provided the platform she needed to take her career to a new level in global terms. In Berlin, she reaped rich reward for effort when she claimed Ireland's fifth medal at the world championships. That silver may be

regarded as something of a surprise, but for those close to the 33-year-old Loughrea woman, who is married to Martin Corkery and living in Coachford, it was no surprise at all because all her recent performances had medal written all over them.

"I knew I was in great shape last year", she said. "I knew that whole race then was bit of a funny one. My second half was faster so I knew I would be strong over the last 10 km here. As well, I knew I was training better this year than I was last year." She put it all down to a combination of things and not least the help given her by Finbarr Kirwan, the Irish Sports Council's High Performance Director.

"I sat down with Finbarr and the Sports Council and one of the things we identified that we needed was more tactical and technical support", she said. Kirwan recalled that meeting. "She is very methodical person and she certainly knows what she wants and she is not afraid to ask for it", he said. "We were very impressed with her and she has certainly delivered on her side of the bargain."

Having decided that, she started working with Monise Pastor Martinez, whose late husband, Manuel, coached Francisco Fernandez to a world record, an Olympic silver medal and three championship silvers. "Monise changed my training around a little bit so it took a bit of a leap of faith for it to work—she slowed down my steady stuff and made my fast stuff faster", said Loughnane. "I spoke to her 10 days ago after a really good session and when I had finished, I said to her 'there are not three people in the world who are stronger than me.'"

There was huge support at the Brandenburg Gate when her husband handed her the Tricolor and her father, Matt, and brother, Brendan, cleared the security barriers to join in the celebrations. "It's so funny. I always thought I'd break down crying", she said. "But it has not really sunk in yet. Of course nothing would be possible without Martin. There have been tough times; you've watched me finish 17th, you've watched me get DQ'd in Helsinki, you've seen me not finishing Athens, but ever since I have had Elmcarr (her daughter) I have been a bit calmer."

Was she inspired by the setting: "Not a notion, sorry lads. I'll come back and have a look at it tomorrow."

Was it that now there is a tradition of Irish racewalking? "Gillian (O'Sullivan) did it before, so now there is a tradition of Irish walking. We just believe everything is possible. We have a very professional set-up. I have a great set-up in Ireland. I have a good physio, good physical therapist—Mark Glazier, Martin McCarthy, I have a good doctor in John O'Riordan. I have a good psychologist. That was the advantage of going to Spain to Monise—when I go away training, I have a set-up there as well."

She does not have a problem being a housewife and a mother as well as a world-class athlete. "I have a beautiful daughter at home. She is an inspiration in some ways. It makes me feel that while I am really committed to my training and I train really hard, when training is over, it's over", she said.

"I go away and do my training—I train very well. I am very focused while I train very well. I am very focused while I train, but when training is over then it's over and I have a whole other wonderful life with my daughter and my husband and the rest of my family."

She realizes she will be under more pressure now but she intends to take it in her stride. The Russians are heavily funded and they live together in what she compares to a "boarding school" where everything is done for them. She won't be losing any sleep over them as she builds up to next year's European Championships in Barcelona or London 2012 for that matter.

"All I can do is my best to stay healthy. I am very lucky in that I tend not to get injured but because I am slight, I pick up bugs and stuff. My aim is to stay healthy", she said.

Trevor Barron's Story

The emergence of Trevor Barron over the last 16 months has been amazing. After being disqualified in the 2007 National Junior 10 Km, as a 14-year-old, Trevor came to the 2008 Junior World Cup Trials as an unknown factor. He certainly made himself known on that April 6 day on Long Island, winning the race in 48:05. Five weeks later he was in Russia for the World Cup, where he made a stunning improvement to 46:18, finishing 42nd among athletes mostly 3 or 4 years older.

He started 2009 off with a 20 Km effort in February in which he held up very well to finish in 1:37:49, a U.S. junior record. In March, he won the trial race for the American Racewalk Championship team, improving all the way down to 44:26. In May, he walked in that Championship in El Salvador in very torrid conditions and slowed to 46:35 for eighth place (again among primarily 18 and 19-year-old athletes). In June, he won the U.S. Junior Championship in 43:36.8. Then in July, he surprised the world with a fourth place finish in the World Youth Championships (17 and under) and broke the U.S. junior record (19 and under) in the process, returning 42:22.79. (He still has three years to improve on his junior records.) On August 1, he was in Trinidad for the Pan-American Junior Championships, again matching strides with those 2 and 3 years older, and finished fourth in 42:50.51. So, how did this all come about? Here is how his father describes the steps he has taken.

Three turning points have marked Trevor's life as a racewalker. First, how he began racewalking at age 9: As Trevor has recounted in recent interviews, his sister entered track and field after discovering that she was a good jumper and he tagged along. In 2001 she earned an expenses-paid-by-Dad trip to the Junior Olympics in Sacramento, including her first plane flight, and Trevor, having placed consistently near the back in the sprints and long jump, stayed home. Trevor resolved that next year he would be on the plane. As a result he tried every event available to a bantam and ended up qualifying for the 2002 Omaha Junior Olympics in three events. There he placed 27th in both the turbo-javelin and high jump, but second in the racewalk. He was inspired. John MacLachlan and Ray Kuhles were starting their Racewalking International youth training program that year and, failing to notice that the brochure said they wanted kids age 12 and over, I signed him up.

Second, what made him begin to train more seriously: During his years with Ray Kuhles Trevor learned a lot but didn't practice much, because he was a dedicated and high-performing swimmer. He won Junior Olympic titles in 2003-2005 anyhow. In fall 2005 his epileptic seizures became sufficiently frequent and problematic that he was kicked out of his swim club. As small compensation during this despondent period, we gave him, as a 2005 Christmas present, a free trip to south Texas. He went there in March 2006, living with the Vergara family for a week and experiencing rigorous racewalk training for the first time. Trevor had successful brain surgery in August 2006 but never returned to serious swimming.

Third, what reversed Trevor's decision to quit racewalking: Trevor was so sensitive to the teasing he received while training in a park near our home that he resolved to become a runner once he returned from the 2008 World Race Walking Cup in Russia. He refused to go to Junior Nationals even though it was just three hours away and instead ran through the summer and then through a distinctly subpar cross-country season. Angry about his performance in the local cross-country championships, he committed himself to a brutal running schedule for two more weeks, after which he decided that the training plan was unsustainable and the goal of being a great runner was probably unachievable. At that point he returned to racewalking.

Several important observations arise from these highlights. First, because racewalking is so far down the food chain of U.S. athletic activities, great swimmers don't

racewalk and great runners don't racewalk. We tend to get only the middle-of-the-barrel athlete who may be good but not stupendous in other disciplines. This is not an ideal situation, but since we will not change the culture overnight we need to accept it and present racewalking as an exciting, demanding, but rewarding discipline as broadly as possible. Since incorporation of racewalking into high school and NCAA programs is not around the corner, perhaps highlighting our sport's international popularity may help.

On the other hand, the Three Rivers Association of USA Track and Field made Trevor's success possible. In the nine years of our involvement with this association, every single local or association championship meet—about 60 in all—has included a racewalk. One meet each year drops the 400 meters to save time, but no meet ever drops the racewalk. (Once when a meet was running late the announcer proposed canceling the racewalk, but I stormed the field and prevented this deletion.) As a result Trevor saw a few kids who could racewalk and a few coaches who knew how to teach it. Without this initial opportunity, none of his other steps forward in the ensuing seven years could ever have happened.

One more significant observation can be readily deduced from Trevor's story: It is hard for a teenager to train as a racewalker. Combine few coaches, few training partners, few scholarships, and no recognition (except for the teasing), and then consider the amount of time needed to develop the endurance to succeed at the 10-kilometer distance, and it's not surprising that we have such a small cohort of high schoolers pursuing this discipline. Moreover, it is hard to imagine that Trevor could have enjoyed such a successful 2009 season if he had spent the winter in Pittsburgh, with its difficult weather, total absence of serious racewalkers, and lack of indoor training facility. His success required parents willing to remove Trevor from the middle of his junior year of high school, send him to sunny San Diego for four months, and tolerate his temporary decline into academic mediocrity. (Trevor, generally an excellent student, has agreed to delay his progress into college by at least a year.)

We may have a relatively small racewalking community, but many people who have made significant contributions to Trevor's growth can claim a share of the credit for his recent successes. A few are worth naming—apologies in advance to any I omit. I have already mentioned John MacLachlan, Ray Kuhles, and the Vergaras. Debbie Williams of the South Park Track Club taught Trevor to racewalk when no one in our own club could do so. The Nemeths and Labashes were two racewalk-knowledgeable and encouraging families in our association. A.C. Jaime welcomed Trevor to Texas several times and offered great encouragement. David Lawrence and Allen James gave Trevor the chance to train and race with them in the Buffalo area. Vince Peters has offered invaluable support in many ways, including a ride to the 2008 indoor meets. Zachary Pollinger was Trevor's first racewalking mentor and Bill Pollinger has offered untiring encouragement and counsel, even when awarding Trevor those dreaded red cards. Mike Rohl and Mike Dewitt have provided suggestions at crucial moments. Others have participated in the racewalk training camps. John Nunn gave Trevor a place to live in San Diego and of course Tim Seaman has given high-quality, low-cost coaching to a sometimes high-strung, low-communication teenager.

Those who wonder about USATF's support of racewalkers may find our experience encouraging. Trevor has been funded for three international trips in the last 15 months, with a fourth (to Trinidad for Pan Am Juniors) ahead. That doesn't even count USA vs. Canada, in which he did not compete. He was also funded (along with the Sorensens) for two weeks of training in California with Tim Seaman immediately prior to Junior Nationals. I have had three conversations with national youth chair Lionel Leach in the last month, two by phone and one today in person at the Region 2 Junior Olympics in Jamestown, NY. (That's right, my family went to Italy and I went to Jamestown. Happily, I got to watch a 9-year-old girl from our youth club complete a beautiful 1500-meter racewalk and position herself as a serious candidate for

a national Junior Olympic championship. We're doing our part to build the racewalking pipeline, though even in our youth club nobody who can do any other event well bothers with the racewalk.) Lionel has expressed strong support for investment in upgrading the quality of youth racewalking, and I have offered our assistance in any way possible.

I took one exception to what Bruce Barron wrote and replied as follows:

Thanks Bruce for letting us in on the full story of Trevor's rise to success. A wonderful letter and marvelous story No doubt it will receive some space in the next Ohio Racewalker. Also, congratulations to Trevor for his stunning performance. The fact that he broke Ben Shorey's U.S. Junior record by nearly 28 seconds is remarkable by itself. But remember that Junior goes through age 19, and Ben was 19 when he set that record. Only a handful of U.S. juniors have broken 45 minutes and probably all of those at age 18 or 19. Trevor has three more years to chop away at his new record. Also congratulations and thanks to all those who helped Trevor along the way as outlined in his father's post.

Now, I have to take issue with one thing in that post. "Because racewalking is so far down the food chain of U.S. athletic activities, great swimmers don't racewalk and great runners don't racewalk. We tend to get only the middle-of-the-barrel athlete who may be good but not stupendous in other disciplines." This would seem to suggest that racewalkers are lesser athletes. I would suggest that most of those great runners and swimmers might be good, but not stupendous, in racewalking, just as great sprinters are not great distance runners, and vice versa, and great high jumpers are not great runners or great swimmers, nor great swimmers great at track disciplines. I have always thought that for whatever reason great athletes at any discipline are great both because they work very hard and because they were born with an aptitude for a particular discipline. Some are born to run fast, some to run far, some to jump high, and so on, including some to walk fast. So, I just don't think that, for example, all the great distance runners of our time would be dominating racewalking had they chosen that route. Some might rise near the top, others would come nowhere near. My opinion. No doubt in my mind--Trevor is a great athlete and he has been fortunate enough to find the sport at which he can excel. Those who were beating him in running races would not be doing so in walking races.

Now, here's something for Trevor to shoot at in the coming year:

All-Time Youth 10,000 Meters Racewalk Top 10

39:47.20 Ding Chen, China 2008
 40:08.23 Jefferson Perez, Ecuador, 1990
 40:15.1 Maris Potenis, Latvia, 1999
 40:34.2 Vladimir Kanaykin, Russia, 2002
 40:37.80 Ruslan Shafikov, Russia 1992
 40:38.43 Yevgeniy Demkov, Russia, 1999
 40:45.82 Dmitriy Kachkayev, Russia 1992
 40:55.0 Aleksey Grigoryev, Russia 2004
 40:55.06 Botao Shi, China 2006
 40:55.883 Yevgeniy Shmalyuk, Russia 1993

LOOKING BACK

40 Years Ago (From the August 1969 ORW)—Ron Laird won a 10 Km against the West Germans in 44:07.4 with Tom Dooley coming third in 4:55. Laird also won a 20 Km against the British in 1:30:26 with Goetz Klopfer third in 1:33:16 and Tom Dooley sixth in 1:34:41. .Shaul Ladany won both the 10 Km (48:59) and 3 Km (13:35) in the Maccabiah Games.

35 Years Ago—(From the August 1974 ORW)—Sue Brodock scored a win for the U.S. in the Women's International 5 Km with a then world's best of 24:16.2. Margaret Simu, Sweden, and Marian Fawkes, Great Britain, were well back in second and third. .Comebacking Larry Young captured the National 50 Km in 4:25:41 over John Knifton's 4:30:51. Augie Hirt had 4:42:01, Ron Kulik 4:48:16, Tom Knatt 4:50:21, and Bob Bowman 4:54:20. .Jim Murchie won the National Junior 1 Hour with 7 miles 41 yards and Bob Falcicola won the National "B" race with 7 mi 365 yards. .The Junior 20 Km went to Dennis Slattery in 1:49:56. .Ever-young Vladimir Golubnichiy, the 1960 and 1968 Olympic gold medalist, took the Soviet 20 Km title in 1:28:21 over Yevgeniy Ivchenko.

30 Years Ago (From the August 1979 ORW)—Neal Pyke scored an impressive win in the National 20 Km with a 1:27:57.4 clocking, followed by Jim Heiring in 1:30:46, Dan O'Connor in 1:31:37, and Marco Evoniuk in 1:33:07. Four more were under 1:35 and another seven under 1:40. .Great Britain's Carol Tyson walked a world best 5 Km of 23:11.2, beating Marian Fawkes (23:19.2) and former record holder, Norway's Thorild Gylder (23:33). .Later, Fawkes cracked the world record at 10 Km with 48:11 on the track. .In the Soviety Spartakiad, Nikolai Vinnetscheko won the 20 Km in 1:22:29 and Viktor Dobrovski the 50 in 3:46:25. Neal Pyke finished 13th in the 20 with a 1:26:34.

25 Years Ago (From the August 1984 ORW)—In the Los Angeles Olympics, Mexico captured both gold medals in the persons of Ernesto Canto and Raul Gonzales. In the 20, defending titlist Maurizio Damilano, Italy, led Canto by 8 seconds after 8 Km, but was no match for the Mexican over the final 5. Canto won in 1:23:13 with Gonzales catching the Italian to take the silver in 1:23:20. Damilano owes another 6 seconds back and Canada's Guillaume Leblanc, only a second back of Canto starting the last 5, finished a brilliant fourth in 1:24:29. For the U.S., Marco Evoniuk stayed close to the leaders through 10 Km and then hung well for seventh place in 1:25:42. Jim Heiring finished 23rd in 1:30:20 and Dan O'Connor 33rd in 1:35:12. In the 50 eight days later, Damilano hung with Gonzales through 35 Km, but when the Mexican accelerated at that point, Maurizio had no answer and dropped out at 40. Gonzales won easily in 4:47:26 with Sweden's Bo Gustafsson second in 3:53:19 and Italy's Sandro Bellucci third in 3:53:45. Carl Schueler captured sixth for the U.S. in 3:59:46. Vincent O'Sullivan was 14th in 4:22:51 and Marco Evoniuk dropped out after 25 Km, which he reached in 1:55:21, 2 minutes back of the leaders. The fields were weakened by the absence of most Eastern European walkers due to the Soviet boycott of the Games.

20 years ago (From the August 1989 ORW)—At the U.S. Olympic Festival in Norman, Oklahoma, Mark Fenton won at 35 Km in 3:03:50, Richard Quinn at 20 in 1:32:23, and Debbie Lawrence in the women's 10 with a 49:21.8. Carl Schueler (1:33:00) and Curt Clausen (1:34:00) followed Quinn. Lawrence was unchallenged in the very hot conditions, with Wendy Sharp second in 51:41 and Victoria Herazo third in 51:54. .In a seven-nation match, Italy's Maurizio Damilano won the 35 Km in 2:31:52, guest Kerry Saxby of Australia the women's 10 in 43:13, France's Thierry Toutain the 20 in 1:23:42, Spain's Valentin

Massana the junior 10 in 41:42, and Kathrin Born of the GDR, the junior women's 5 in 22:07. .The Paris-to-Colmar 521 km race went to Roger Quermener in 64:35, 26 minutes ahead of Pheulpin.

15 Years Ago (From the August 1994 ORW)—In the European Championships in Helsinki, Finland's Sari Essayah, the defending world champion, won the women's 10 in 42:37. Essayah led all the way, but had only six seconds on Italy's Annarita Sidoti and Russia's Yelena Nikolayeva, who were given the same time in the near photo finish for the silver. .The 20 was a walk-away victory for Russia's Mikhail Schennikov in 1:18:45. Yevgeniy Misyulya was second in 1:19:22, with Valentin Massana (1:20:30) far behind in third. .In a US-Canada Junior match, Anya-Marie Ruoss won the women's 3 Km in 13:53.71 and Justin Marrujo the men's 5 in 22:12.25. Deborah Iden (14:28.59) and William Van Axen (22:15.81) competed one-two sweeps for the U.S. (A promising group of young walkers that soon disappeared, as has so often been the case.)

10 Years Ago (From the August 1999 ORW)—The World Championships were conducted in steamy conditions in Seville, Spain. In the 50, Russia's German Skurygin pulled away from the field early and went on to a nearly 4-minute win in 3:44:23. Ivano Brugnetti, Italy, and Nikolay Matyukhin, Russia followed. For the U.S., Curt Clausen walked a magnificent race, staying with Matyukhin through 38 Km before a thigh cramp forced him to back off a bit. Still, he withstood a challenge by Spain's Valentin Massana to take fourth in 3:50:55. Two years later, Skurygin was finally disqualified on a doping charge and Curt belatedly got the bronze medal, the first medal for the U.S. in a World Championship, Olympic, or World Cup event since Larry Young's bronze at the 1972 Olympics at 50 Km. (Young also won bronze at 50 in 1968, Ron Laird won bronzes at 20 Km in both the 1967 and 1973 World Cups, Joe Pearman a silver at 10 Km in 1920, and Richard Remer a bronze at 3000 meters in 1924.) The 20 went to Russia's Ilya Markov, who led Ecuador's Jefferson Perez by 45 seconds with his 1:23:34. Alesszandro Gandellini of Italy was third. Tim Seaman had 1:35:38 for 24th place. The Chinese women took one-two at 20 Km with Hongya Iiu beating Yan Wang by two seconds in 1:30:50. Kerry Saxby-Junna, Australia, was third in 1:31:18. Susan Armenta led the U.S. with 1:40:20 in 31st as Joanne Dow was DQ'd early in the race. .Mexico's Joel Sanchez won the 50 Km race at the Pan American Games in 4:06:51. Philip Dunn (4:13:45) was third and Gary Morgan (4:40:29) fourth for the U.S. .Clausen also won the U.S. National 10 Km about 3 weeks before the World 50, in 43:08.2. Tim Seaman was second in 44:54.

5 Years Ago (From the August 2004 ORW)—In the Olympic Games, Poland's Robert Korzeniowski won this third straight gold at 50 Km with a 3:38:46 effort. He was unchallenged over the final 15 Km with Russia's Denis Nizhegorodov and Aleksey Voyevodin capturing silver and bronze in 3:52:50 and 3:43:34. It was Korzeniowski's fourth Olympic gold as he also won at 20 in 2000. .Surprise winner of the women's 20 was Athanasia Tsoumeleka of the host nation Greece. Her 1:29:12 left her just four seconds ahead of Russia's Olimpiada Ivanova with Australia's Jane Seville another nine seconds back in third. .The men's 20 was also a surprise as Italy's Ivano Brugnetti, previously a 50 Km specialist, beat Spain's Francisco Fernandez by 5 seconds in 1:19:40. Australia's Nathan Deakes took the bronze in 1:20:02 with favorite Jefferson Perez, of Ecuador, in fourth. Tim Seaman finished 20th in 1:25:17, three seconds ahead of Kevin Eastler, with John Nunn (1:27:38) rounding a good U.S. effort in 26th. .U.S. 10 Km titles went to Michelle Rohl in 48:37 and Allen James (40) in 45:54.