



OHIO RACEWALKER

VOLUME XLVI, NUMBER 10

COLUMBUS, OHIO

DECEMBER 2010

As we enter a new year, may joy bless our lives, may compassion fill our hearts, and may peace and understanding spread through all the world.

40th Annual ORW Rankings

In 1970, the Ohio Racewalker ranked the world's best racewalkers based on performances during that year and we have continued to do so since. So here we go again. In that first year, there were rankings only for men at 20 and 50 Km. In 1972, we added U.S. rankings at the same two distances and in 1979, as a significant, long-needed program for women was finally emerging in the U.S. and other countries, we added women's rankings. Those original women's rankings were at 5 and 10 Km. We dropped the 5 Km rankings in 1985 since by that time women's international competition was almost exclusively at 10 Km. In 1999, the women's rankings shifted to 20 Km as that became the distance for international competitions. We will gladly add women's 50 Km rankings when any significant competition emerges at that distance.

These rankings are based strictly on the opinion of your editor, but with close attention to the year's entire set of performances for each athlete. Performance in major events carries greater weight in molding my opinions. All comments and disagreements are welcomed and may be published but the likelihood of the rankings being altered is very slight.

2010 World 20 Km Rankings—Women

- | | |
|--|--|
| 1. Vera Santos, Portugal
1:30:09 (1) Port. Champ. 2/20
1:29:16 (1) Rio Maior 4/10
1:28:29 (1) Sesto San Giov. 5/1
1:32:06 (2) World Cup 5/16
1:28:56 (3) La Coruna 6/19 | 4. Maria Vasco, Spain
1:31:55 (1) World Cup 5/16
DNF Euro. Champ. 7/28 |
| 2. Olga Kaniskina, Russia
1:28:26 (4) Sochi 2/20
1:27:44 (1) Euro. Champ. 7/28 | 5. Anisya Kirdyapkina, Russia
1:25:11 (1) Sochi 2/20
1:34:47 (6) World Cup 5/16
1:26:32 (10) Russ. Champ. 6/12
1:28:55 (2) Euro. Champ. 7/28 |
| 2. Vera Sokolova, Russia
1:25:35 (2) Sochi 2/20
1:33:54 (4) World Cup 5/16
1:29:32 (3) Euro. Champ. 7/28 | 6. Ines Henriques, Portugal
1:33:47 (3) Port. Champ. 2/20
1:32:31 (3) Lugano 3/14
1:32:19 (7) Rio maior 4/10
1:33:28 (3) World Cup 5/16
1:29:36 (4) La Coruna 6/19
1:32:26 (9) Euro. Champ. 7/28 |

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$12.00 per year (\$15.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matter to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. E-mail address is: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

- | | |
|---------------------------------|-------------------------------|
| 7. Melanie Seeger, Germany | 9. Mayma Kawasaki, Japan |
| 1:30:11 (2) Rio Maior 4/10 | 1:30:37 (1) Japan Champ. 1/31 |
| 1:29:20 (2) Sesto San Giov. 5/1 | 1:34:53 (7) World Cup 5/16 |
| 1:29:43 (4) Euro. Champ. 7/28 | |
| | 10. Beatriz Pascual, Spain |
| 8. Yafei Li, China | 1:31:41 (6) Rio Maior 4/10 |
| 1:31:27 (1) Lugano 3/14 | 1:36:08 (11) World Cup |
| 1:30:53 (4) Rio Maior 4/10 | 1:28:05 (1) La Coruna 6/19 |
| DQ Sesto San Giov. 6/16 | 1:29:52 (5) Euro Champ. 7/28 |
| 1:32:34 (3) Asian Games 11/23 | |

Lot's of room for controversy here. First, as in the men's 20 and 50, the World Cup being held at high altitude in Mexico did not draw a truly representative field. Although the premier international event of the year, it wasn't as premier as usual. Thus, World Cup winner Vasco, whose only other race was a DNF at the European Championships is relegated to fourth in the rankings. Santos had a long and very consistent season with three wins in Challenge races and a second in the World Cup. She faltered in the European Championships, but still gets our nod as Number 1. . . Kaniskina gets the nod over Sokolova for second off her European Championship. . . Kirdyapkina, with second place in the Euro meet is fifth over Henriques, who had a very consistent season through many races, but faltered in the Euro meet. Her third at the World Cup gives her a slight edge over Seeger, who beat twice but raced infrequently. . . Li and Kawaski are close for the eighth spot and Pascual edges out Portugal's Ana Cabecinha for the final spot. Cabecinha finished eighth at both the World Cup and Euro Championships, but was behind Pascual at Rio Maior, Lar Coruna, and the Euro meet. And Pascual had the year's fifth fastest time. (See below.)

2010 Top 50 Performers

- | | |
|------------------------------------|--|
| 1:25:11 Anisya Kirdyapkina, Russia | 1:30:35 Huanhuan Sun, China |
| 1:25:35 Vera Sokolova, Russia | 1:30:56 Kumi Otoshi, Japan |
| 1:25:52 Tatiana Sibeleva, Russia | 1:30:37 Mayumi Kawasaki, Japan |
| 1:27:44 Olga Kaniskina, Russia | 1:30:37 Mingzia Yang, China |
| 1:28:03 Beatriz Pascual, Spain | 1:30:41 Johanna Jackson, Great Britain |
| 1:28:29 Vera Santos, Portugal | 1:30:44 Yang Shi, China |
| 1:28:33 Tatiana Mineeva, Russia | 1:30:47 Susana Feitor, Portugal |
| 1:28:36 Olive Loughnane, Ireland | 1:30:53 Yanfie Li, China |
| 1:28:54 Ludmila Arkhipova, Russia | 1:30:53 Jess Rothwell, Australia |
| 1:29:20 Melanie Seeger, Germany | 1:31:14 Ana Cabecinha, Portugal |
| 1:29:35 Mansumi Fuchise, Japan | 1:31:15 Maria Jose Poves, Spain |
| 1:29:36 Ines Henriques, Portugal | 1:31:21 Mo Gapo, China |
| 1:29:37 Svetlana Solobyeva, Russia | 1:31:25 Agnese Pastare, Latvia |
| 1:30:06 Hong Liu, China | 1:31:27 Yawei Yang, China |
| 1:30:14 Julia Takacs, Spain | 1:31:32 Yanmin Bo, China |
| 1:30:33 Shejie Oieyang, China | 1:31:33 Li Li, China |

- 1:31:40 Kristina Saltanovic, Lithuania
- 1:31:42 Larisa Emelyanova, Russia
- 1:31:53 Maria Vasco, Spain
- 1:32:01 Elena Kruchinkina, Russia
- 1:32:02 Claire Tallent, Australia
- 1:32:06 Alina Matveyuh, Belarus
- 1:32:10 Sibila Di Vincenzo, Italy
- 1:32:17 Brigita Virbalyte, Lithuania
- 1:32:17 Agnieszka Dygacz, Poland

- 1:32:18 Dan He, China
- 1:32:37 Chiaki Asada, Japan
- 1:32:29 Nastasia Yatsevich, Belarus
- 1:32:33 Natalya Graeber, Russia
- 1:32:42 Lorna Luaces, Spain
- 1:32:44 Paulina Buziak, Poland
- 1:32:50 Shanahan Wang, China
- 1:32:57 Tianshu Shi, China
- 1:32:57 Lucie Polantove, Czech Rep.
- 1:32:57 Sniazhana Yurchanka, Belarus

(So, it's actually 51 with the tie for 50th.)

2010 World 20 Km Rankings--Men

- | | |
|----------------------------------|---------------------------------|
| 1. Hao Wang, China | 6. Andrey Krivov, Russia |
| 1:21:35 (1) World Cup 5/16 | 1:22:54 (3) World Cup 5/16 |
| 1:21:13 (3) La Coruna 6/19 | 1:22:20 (6) Euro. Champ. 7/27 |
| 1:20:50 (1) Asian Games 11/22 | |
| 2. Yafei Zhu, China | 7. Luis Lopez, Colombia |
| 1:21:30 (2) Chinese Champ. 3/14 | 1:25:16 (1) D. hidalgo 2/27 |
| 1:22:46 (2) World Cup 5/16 | 1:21:17 (4) Rio Maior 4/10 |
| 1:21:11 (1) La Coruna 6/19 | 1:23:11 (5) World Cup 5/16 |
| 1:21:15 (2) Asian Games 11/22 | 1:21:12 (2) La Coruna 6/19 |
| | 1:22:55 (2) CAC Games 7/24 |
| 3. Stanislave Yemelyanov, Russia | 8. Eder Sanchez, Mexico |
| 1:19:43 (1) Sochi 2/20 | DQ Hobart 2/13 |
| 1:20:49 (1) Russian Champ. 6/12 | 1:25:27 (2) D. Hidalgo 2/27 |
| 1:20:10 (11) Euro Champ. 7/27 | 1:21:45 (5) Rio Maior 4/10 |
| | 1:23:56 (7) World Cup 5/16 |
| 4. Alex Schwazer, Italy | 1:21:16 (4) La Coruna 6/19 |
| 1:18:24 (10) Lugano 3/14 | 1:22:32 (1) CAC Games 7/24 |
| 1:20:29 (1) Sesto San Giov. 5/1 | |
| 1:20:38 (2) Euro. Champ. 7:27 | 9/ Ding Chen, China |
| | 1:22:03 (5) Lugano 3/14 |
| 5. Erik Tysse, Norway | 1:21:59 (6) Rio Maior 4/10 |
| 1:20:08 (1) Rio Maior 4/10 | 1:24:13 (9) Sesto San Giov. 5/1 |
| 1:21:29 (2) Sesto San Giov. 5/1 | 1:23:49 (6) World Cup 5/16 |
| 1:22:55 (4) World Cup 5/16 | |
| | 10. Robert Heffernan, Ireland |
| | 1:20:45 (2) Lugano 3/14 |
| | DQ Sesto San Giov. 5/1 |
| | 1:21:00 (4) Euro. Champ. 5/16 |

One-two in the World Cup earns the two Chinese walkers one-two in the rankings and one-two in the European Championships earns the third and fourth spots for Yemelyanov and Schwazer. The times for the Wang and Zhu in Mexico's altitude were impressive as was their margin over third place. . . Tysse is under a cloud, we realize, but until his doping case is

resolved, and their seems to be a legitimate question, we feel compelled to rank him off what he did during the season. That could change. He gets the nod over Krivov, who edged him for third in the World Cup, off impressive races in two IAAF Challenge races while Krivov managed only sixth in the Euro. Championships. . . Lopez won three of four races with Sanchez to earn seventh. . . While Chen edged Sanchez at the World Cup, Sanchez beat him at Rio Maior and had the win over Lopez at the end of the season. . . Heffernan's good race in the Euro Championships gives him the tenth spot over Australia's Jared Tallent.

2010 Top 50 Performers

1:18:24 Alex Schwazer, Italy	1:21:15 Eder Sanchez, Mexico
1:19:15 Jared Talent, Australia	1:21:31 Ivan Losey, Ukraine
1:19:35 Hyunsub Kim, Korea	1:21:35 Luke Adams, Australia
1:19:43 Stanislav Emelyanov, Russia	1:21:39 Dzianis Simanovich, Belarus
1:20:06 Yusuke Suzuki, Japan	1:21:44 Vitali Talankos, Belarus
1:20:08 Erik Tysse, Norway	1:21:53 Wei Yu, China
1:20:12 Isamu Fujisawa, Japan	1:21:53 Ruslan Smytrenko, Ukraine
1:20:19 Enis Strelkov, Russia	1:21:57 Juan Manuel Molina, Spain
1:20:23 Yohan Diniz, France	1:21:57 Yafei Zhu, China
1:20:36 Hassanine Sebei, Tunisia	1:21:59 Ding Chen China
1:20:42 Zhen Wang, China	1:22:02 Rafal Augustyn, Poland
1:20:43 Koichiro Morioka, Japan	1:22:04 Matej Toth, Hungary
1:20:44 Petr Trofimov, Russia	1:22:07 Yungjun Bun, Korea
1:20:45 Robert Heffernan, Ireland	1:22:11 Yusuke Yachi, Japan
1:20:49 Julio Vieira, Portugal	1:22:12 Giorgio Rubino, Italy
1:20:50 Gregorz Sudol, Poland	1:22:21 Mikalai Seradovich, Belarus
1:20:50 Hao Wang, China	1:22:23 Nazar Kovalenko, Ukraine
1:20:55 Aleksandr Yargunkin, Russia	1:22:23 Vladimir Kanaykin, Russia
1:21:00 Andrey Ruzavin, Russia	1:22:24 Leilei Wang, China
1:21:07 David Kimutaia Rotich, Kenya	1:22:25 Jakub Jelonek, Poland
1:21:08 Jianbo Li, China	1:22:28 Zelin Cal, China
1:21:10 Ivan Trotski, Belarus	1:22:28 Berger, Germany
1:21:22 Yafei Zhu, China	1:22:28 Fredy Hernandez, Colombia
1:21:12 Luis Lopez, Colombia	1:22:29 Herve Davaux, France
1:21:14 Andrei Talashka, Belarus	1:22:32 Dawid Tomala, Poland

2010 World 50 Km Rankings—Men

1. Matej Toth, Slovak Republic 3:53:30 (1) World Cup 5/15	5. Jared Tallent, Australia 3:54:55 (3) World Cup 5/15
2. Yohann Diniz, France 3:40:37 (1) Euro. Champ. 7/30	6. Tianfeng, China 3:55:06 (4) World Cup 5/15 3:47:04 (1) Asian Games 11/25
3. Horacio Nava, Mexico 3:59:45 (3) D. Hidalgo 2/27 3:54:16 (2) World Cup 5/15 3:56:45 (1) CAC Games 7/29	7. Jesus Angle Garcia, Spain 3:55:41 (5) World Cup 5/15 3:47:56 (5) Euro Champ. 7/30
4. Gregorz Sudol, Poland 3:42:24 (2) Euro. Champ. 7/30	8. Yuki Yamazaki, Japan 3:55:46 (6) World Cup 5/15 3:46:56 (1) Wajima 4/18

Sergey Bakulin, Russia
3:58:07 (2) Russ. Champ. 6/10
3:43:26 (3) Euro Champ. 7/30

9. Robert Heffernan, Ireland
3:50:08 (3) Dudince 3/27
3:45:30 (4) Euro. Champ. 7/30

10. Cristian Berdeja, Mexico
3:56:26 (7) World Cup 5/15

There were two major races—the World Cup and the European Championships—and the problems of the World Cup being conducted at high altitude were discussed above. Still we regard that as the most important race of the year and thus our No. 1 slot goes to its winner Matej Toth. The picture would be clearer had Toth opted for the 50 at the Euro meet, but he went for 20 there, finishing only seventh. . . The next four spots alternate between World Cup and Euro placers. . . Jesus Garcia, fifth in both gets the seventh spot. . . In eighth is Yamazaki, who solidified his sixth at the World Cup with an earlier fast race at home. . . Heffernan, fourth in the Euro meet, has some claim to that spot, but that's not the way we chose to rank. . .

2010 Top Performers

3:40:37 Yohann Diniz, France	3:54:20 Serhiy Budza, Ukraine
3:42:24 Gregorz Sudol, Poland	3:54:22 Yury Andronov, Russia
3:43:26 Sergey Bakulin, Russia	3:54:22 Trond Nymark, Norway
3:45:30 Robert Heffernan, Ireland	3:54:22 Andres Chocho, Ecuador
3:46:56 Yuki Yamazaki, Japan	3:54:55 Jared Tallent, Australia
3:47:04 Tianfeng Si, China	3:55:06 Rafal Fedaczyński, Poland
3:47:34 Lei Li, China	3:55:35 Xiaorui Zhang, China
3:47:34 Luke Adams, Australia	3:55:40 Jean-Jacques Nkouloukidi, Italy
3:47:41 Koichiro Morioka, Japan	3:55:41 Antonio Pereira, Portugal
3:47:54 Faguang Xu, China	3:55:48 Maciej Rosiewicz, Poland
3:47:56 Jesus Angel Garcia, Spain	3:55:56 Hiroki Arai, Japan
3:48:36 Marco De Luca, Italy	3:55:56 Rafal Sikora, Poland
3:49:29 Andre Hohne, Germany	3:56:26 Cristian Berdeja, Mexico
3:49:54 Rafal Augustyn, Poland	3:56:27 Adrian Blacki, Poland
3:50:07 Artur Brzozowski, Poland	3:56:32 Ivan Trotski, Belarus
3:50:22 Alex Schwazer, Italy	3:54:40 Youngjun Byun, Korea
3:50:30 Lukasz Nowak, Poland	3:56:43 Se-han Oh, Korea
3:51:37 Yepeng Du, China	3:56:47 Omar Zepeda, Mexico
3:52:31 Tadas Sulkevicius, Lithuania	3:57:18 Jarkko Kinnunen, Finland
3:53:24 Christopher Linkeany	3:57:22 Predrag Filipovic, Serbia
3:53:24 Junghyun Yim, C/Korea	3:57:46 B-yong Shiin, Korea
3:53:27 Takayuki Tani, Japan	3:57:48 Xiaoxin Gou, China
3:53:30 Matej Toth, Slovak Rep.	3:57:58 Colin Griffin, Ireland
3:53:52 Dong-young Kim, Korea	3:58:02 Andreas Gustafsson, Sweden
3:54:16 Horacio Nava, Mexico	3:58:11 Sergey Sergachev, Russia

2010 U.S. 20 Km Rankings—Women

1. Maria Michta 1:43:36 (1) World Cup Trials 4/11 1:38:20 (1) Toronto 5/30 1:39:48 (1) US Champ. 6/27 1:40:20 (2) Toronto 7/25	2. Joanne Dow 1:43:18 (2) US Champ. 6/27
3. Lauren Forgues 1:40:53 (1) Auburn, Maine 5/23 1:44:38 (3) US Champ. 6/27	

4. Solomiya Login
1:44:05 (2) World Cup Trials 4/11
1:47:43 (47) World Cup 5/15
1:52:59 (1) New York City 10/23
5. Erin Gray
DQ World Cup Trials 4/11
1:45:20 (4) US Champ. 6/27
6. Stephanie Casey
1:49:43 (4) World Cup Trials 4/11
DNF World Cup 5/15
1:47:07 (5) US Champ. 6/27
7. Miranda Melville
1:47:23 (3) World Cup Trials 4/11
DNF World Cup 5/15
1:48:16 (6) US Champ. 6/27
8. Susan Armenta
1:53:34 (6) World Cup Trials 4/11
1:49:44 (7) US Champ. 6/27
9. Susan Randall
1:54:05 (8) World Cup Trials 4/11
1:47:38 (1) Dayton 5/9
1:53:18 (9) US Champ. 6/27
1:47:43 (3) Toronto 7/28
10. Carolyn Kealty
1:53:02 (5) World Cup Trials
1:54:10 (6) Coconut Creek 11/14

No doubt about No. 1. Unbeaten by other U.S. walkers in four races and winner of both the World Cup Trials and the National Championships, Michta is well ahead of the field. . . . Dow and Forgues earn the second and third slots off their finish places in the Nationals. . . . Login's second in the World Cup Trials earns her fourth spot. . . . Close for the next three places, but Gray's fourth place finish, well ahead of Casey and Melville in the Nationals, wins the day. . . . Casey and Melville traded places in the two major races, but the Nationals were the more significant, so Casey takes seventh. . . . Kealty finished ahead of Randall in the World Cup Trials, but did not contest the Nationals and Randall turned in two much faster times than Kealty to earn eighth. . . . Teresa Vaill, No. 1 four of the last six years, did not finish either the World Cup Trials of the Nationals and finishes out of the rankings despite a late season 1:37:35 that gives her the fastest time of the year.

2010 Top 14 Performers (those under 2 hours)

- | | |
|-------------------------------------|---|
| 1:37:35 Teresa Vaill, Walk USA | 1:47:32 Miranda Melville, U.W.-Parkside |
| 1:38:20 Maria Michta, Walk USA | 1:47:39 Susan Randall, World Class RW |
| 1:40:52 Louren Forgues, un, Maine | 1:49:45 Susan Armenta, New Balance |
| 1:43:19 Joanne Dow, un., N.H. | 1:51:24 Katie Burnett, William Penn U. |
| 1:44:05 Solomiya Login, SE Penn. AC | 1:53:02 Carolyn Kealty, World Class RW |
| 1:45:20 Erin Gray, Track City TC | 1:54:40 Pamela Alva, SE Penn AC |
| 1:47:07 Stephanie Casey, un., Iowa | 1:59:40 Maite Moscoso, Florida |

2010 U.S. 20 Km Rankings—Men

- | | |
|--|--|
| 1. John Nunn
1:29:22 (1) US Champ. 6/27
1:29:49 (1) Oakland 9/12
1:25:08 Valley Cottage 10/31 | 3. Patrick Stroupe
1:36:29 (2) World Cup Trials 4/11
1:33:11 (2) US Champ. 6.27
1:38:45 (4) Toronto 7/30 |
| 2. Trevor Barron
1:31:51 (1) Sunrise 2/3
1:23:49 (1) Finland 9/4 | 4. Patrick Stroupe
1:32:10 (1) World Cup Trials 6/27
1:37:24 (61) World Cup 5/15
1:34:54 (3) US Champ. 6/27 |

- | | |
|--|---|
| 5. Dan Serianni
1:38:26 (3) World Cup Trials 4/11
DNF World Cup 5/11
1:38:17 (3) Toronto 5/30
1:39:46 (7) US Champ. 6/27
1:41:20 (3) NACAC 7/11
1:34:15 (2) Valley Cottage 10/31 | 8. Matt DeWitt
1:37:38 (6) US Champ. 6/27 |
| 5. Ben Shorey
1:36:10 (4) US Champ. 6/27 | 9. Jose Moncada
1:38:21 (7) USATF 6/27
1:45:15 (4) NACAC 7/11 |
| 7. Michael Tarantino
1:36:56 (5) US Champ. 6/27 | 10. Mike Manozzi
1:41:28 (4) World Cup Trials 4/11
1:39:15 Dayton 5/9
1:42:43 (8) US Champ. 6/27
1:40:00 (5) Toronto 7/30 |

Trevor Barron had the fastest time, but John Nunn won the National title and had two other fast races and deserves the top ranking. Finally! He had been on a downward spiral—second in 2003 and 2004, third in 2005 and 2006, and fourth the last three years, he finally made it to the top. Trevor's time will come. Last year he was the first junior to ever rank in the top ten. This year, still a junior for another year, he just misses a No. 1 ranking. . . . Tim Seaman and Patrick Stroupe split their two races against one another, but Tim was on top at the Nationals to take earn No. 3. . . . Dan Serianni's third in the World Cup Trials, impressive late season race, and good racing through a heavy schedule give him the nod for fifth over Shorey, Tarantino, and DeWitt, who beat him in the Nationals, but raced only once. . . . Moncada beat Manozzi in the National race to take the ninth spot.

2010 Top 26 Performers (Those under 1:52)

- | | |
|---|--|
| 1:23:49 Trevor Barron, New York AC | 1:46:24 Dave McGovern, World Class RW |
| 1:25:08 John Nunn, US Army | 1:46:24 Ray Sharp, Pegasus AC |
| 1:32:10 Patrick Stroupe, un | 1:46:54 Ric Holt, un. |
| 1:33:11 Tim Seaman, New York AC | 1:47:54 Chris Schmid, World Class RW |
| 1:34:15 Dan Serianni, World Class RW | 1:48:23 Richard Haro, un. |
| 1:36:10 Benjamin Shorey, un. | 1:49:35 John Soucheck, Shore AC |
| 1:36:56 Michael Tarantino, un. | 1:50:26 Chris Knotts, Miami Valley TC |
| 1:37:38 Matt DeWitt, Parkside AC | 1:50:35 Omar Nash, Miami Valley TC |
| 1:38:22 Jose Moncada, SE Penn AC | 1:50:35 Mark Green, un. |
| 1:39:15 Michael Manozzi, Notred Dame Col. | 1:51:16 Mitchell Brickson, Miami Valley TC |
| 1:40:18 Matthew Forgues, Maine | 1:51:19 Jonathan Hallman, un. |
| 1:42:34 Michael Kasmierczak, Walk USA | 1:51:28 John Randall, Miami Valley TC |
| 1:43:42 Kyle Hively, Miami Valley TC | 1:51:52 Steven Pecinovsky, World Class RW |

2010 U.S. 50 Km Rankings and List

Since there was so little activity at 50 Km, the walkers rank in the same order as the best times, as follows:

- | |
|-----------------------------------|
| 4:23:02 Stephen Quirke, un |
| 4:23:15 Jonathan Matthews, un. |
| 4:24:01 Allen James, Bond Lake AC |
| 4:31:04 Ray Sharp, Pegasus AC |

4:42:14 Dave McGovern, World Class RW
 4:52:04 Mark Green, un
 5:04:46 Chris Schmid, World Class RW
 5:06:13 Dave Talcott, Shore AC
 5:11:22 Leon Jasionowski, Pegasus AC
 5:19:02 Max Walker 5:19:02
 5:26:08 Michael Bartholomew, World Class RW
 5:41:39 Alexis Davidson, Eastside RW 5:41:39
 5:44:05, Bruce Logan un.
 5:47:46 John Magnussen, Southern Cal. Walkers

(Note: Quirke and Bartholomew are the only walkers under age 40 on the list.)

Women

4:57:11 Erin Taylor-Talcott
 5:37:10 Kataryn Grimes
 6:03:24 Nana Bellurud
 6:15:16 Karen Karayanic
 6:26:44 Darlene Backlund

A Few Results (Very Few)

5 Km, Belpre, W.V., June 26—1. Richard Shea 30:58 2. Jay Smith 31:04 3. Anda Coiner 31:28 4. Randy Skidmore 32:05 5. Lori Watt 33:17 6. Jim Stouffer 33:46 (25 finishers. We have just become aware of a very active program practically under our nose—the River City Runners and Walkers Club in Parkersburg, W.V., which has members in the Parkersburg and Marietta, Ohio (across the river) area. Lots of races and lots of participants, both walkers and runners. No startling times in the walks, which are generally monitored, not judged, but enthusiastic participation.) **5 Km, Elizabeth, W.V., July 3**—George Welch (56) 29:44 2. Richard Shea (44) 30:21 3. Donna Graham (60) 31:00 4. Tom Finkel (52) 31:07 5. Jay Smith (56) 31:36 (23 finishers) **2 Mile, Belpre, Ohio, July 17**—1. George Welch 18:42 2. Donna Graham 19:14 3. Richard Shea (44) 19:14 4. Anda Coiner 20:03 5. Jay Smith 20:06 (41 finishers) **5 Km, Marietta, Ohio, Oct. 16**—1. George Welch 30:58 2. Richard Shea 31:02 3. Tim Finkel 31:08 4. Donna Graham 31:20 5. Carol Seely 31:40 6. Lori Watt 32:24 (40 finishers) **5 Km, Parkersburg, Oct. 10**—1. George Welch 30:54 2. Tim Finkel 31:19 3. Richard Shea 31:27 4. Jay Smith 31:33 (29 finishers) **5 Km, Marietta, Sept. 25**—1. George Welch 29:51 2. Richard Shea 30:11 3. Tim Finkel 30:54 4. Donna Graham 30:56 5. Jay Smith 31:11 6. Anda Coiner 31:14 7. Randy Skidmore 31:35 8. Carol Seely 31:49 9. Jim Stouffer 31:50 (30 finishers).

Australian 50 Km, Melbourne, Dec. 11—Luke Adams 3:47:34 2. Ian Rayson 3:59:43 3. Peter Crump 4:59:14 DNF—Jared Tallent (1:27:43 at 20, 2:11:40 at 30) **Women's 20 Km, same place**—1. Claire Tellent 1:35:38 2. Regan Lambie 1:36:40 3. Kelly Ruddick 1:40:11 4. Cheryl Webb 1:40:15 5. Beki Lee 1:42:38 **Men's 20 Km, same place**—1. Adam Rutter 1:24:56 2. Chris Erickson 1:27:30 3. Brendan Reading 1:27:23 4. Robert Heffernan, Ireland 1:32:23 (Essentially a training spin for the 10th ranked Irish ace who was visiting his brother and learned there was a race available.) 5. Darren Brown 1:35:31 6. Daniel Coleman 1:36:40 7. Stuart Kollmorgen 1:38:32 8. Mathieu Beurion, France 1:40:08 **Junior Men's 10 Km, same place**—1. Dane Bird-Smith 42:45 2. Brad Alton 45:09 3. Jesse Osborne 45:46 4. Kyle Malone 45:47 5. Josh Dillon 47:17 6. Brandon Dewar 47:34 7. Nathan Brill 47:56 **Asian Games, Guangzhou, China: 20 Km, Nov. 21**—1. Hao Wang, China 1:20:50 2. Yafei Chu, China 1:21:57 3. Hyunsub Kim, Korea 1:22:47 4. Isamu Fujisawa, Japan 1:24:00 5. Yusuke Susuki, Japan 1:35:50 6. Harminder Singh, India 1:26:33 7. Bajinder Singh 1:28:06 **Women's**

20 Km, Nov. 23—Hong Liu, China 1:30:06 2. Masumi Fuchise, Japan 1:30:34 3. Yanfei Li, China 1:32:34 4. Mayumi Kawassaki, Japan 1:35:13 5. Yeongeun Jeon, Korea 1:40:24 **50 Km, Nov. 25**—1. Tianfeng Si, China 3:47:04 2. Lei Li, China 3:47:34 3. Kochiro Morioka, Japan 3:47:41 4. Junghyun Yim, Korea 3:53:24 5. Dongyoung Kim, Korea 3:53:52 **2.8 miles, Seattle, Nov. 13**—1. Bob Novak (60) 26:05 2. Stan Chraminski (63) 26:12 3. Ann Tuberg (50) 26:58 4. Michelle Cunningham (48) 27:26 5. Rebecca Kettwig 17:55

Some Races To Launch The New Year

Sat. Jan. 8 2.8 Miles, Seattle (C)
 2 Mile and 20 Km, Houston (G)
 Sat. Jan. 15 Indoor 3 Km, St. Louis area ((R)
 Sun. Jan. 16 10 Miles, Pasadena, Cal., 7:30 am (Y)
 Sun. Jan. 23 **National USATF 50 Km, Tustin, Cal., 7 am (Y)**
 Sun. Jan. 30)Masters Indoor 3000 meters, Providence, R.I. (X)
 Sun. Jan. 23 **National USATF 50 Km, Tustain, Cal. (L)**
 Sun. Feb. 6 1500 meters and 3 Km, Palm Desert, CA (U)
 Sun. Feb. 20 20th Annual Indoor 3 Km Mall Walk, Milford, Conn., 9:30 1m ((I)
 Marathon and half-marathon, Pasadena, Cal., 6 am (Y)
 Sat. March 5 John Evans 50 Km, 5 and 20 Km, Houston (G)
 Sat. March 12 2.8 Miles, Seattle (C)
 1500 meters, Houston (G)
 Sun. March 13 20 Km and 5 Km, Huntington Beach, CA (U)
 Sat. March 19 1 Mile, Houston (G)

Contacts:

A—Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B—Daniel Koch, South Florida Racewalkers, 954-970-9634, racewalker@bellsouth.net
 C—Bev McCall, 511 Lost River Road, Mazama, WA 98833
 D—www.USATF.org
 E—Bill Vayo, 25 Rockledge Avenue, #116 East, White Plains, NY 10601
 F—Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073
 G—Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 H—Bob Carlson, 2261 Glencoe St., Denver CO 80207
 I—Gus Davis, 203-795-6441, gustave.davis@yale.edu
 J—Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
 K—Indiana Racewalking Club, P.O. Box 1302, Indianapolis, IN 46206
 L—Chris Rael, 9 Saint Isaella, Laguna Miguel, CA 92677, 949-429-2161, rael2003@yahoo.com
 M—Vince Peters, 607 Omer Circle, Yellow Springs, Ohio 45387 (937-767-7424)
 N—Potomac Valley TC, 3140D West Spring Drive, Endicott City, MD 21043
 O—A.C. Jaime, acjaime@sbcglobal.net
 P—Lon Wilson, 1020 Grand Concourse, Suite 15X, Bronx, NY 01451
 Q—New Mexico Racewalkers, P.O. Box 90111, Albuquerque, NM 87199
 R—Mark Young, elsahapee@yahoo.com
 S—Bruce Leasure, info@twincitiesracewalkers.org
 T—Michael Roth, michael@mroth.com
 U—Elaine Ward, 945 S. Orange Grove Beach, Paasadena, CA 91105
 V—Joe Light, jolt47@cox.net
 W—Steve Durrant, sdurrant@cox.net
 X—Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)

Y-Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 Z-Jeff Salvage, www.racewalk.com

From Heel To Toe

Age Group Awards. National USATF Age Group Awards for 2010 went to: 35-39-Susan Armenta and Tim Seaman; 40-44-Tamara Stevenson and John Soucheck; 45-49-Teresa Vaill and Dave McGovern; 50-54-Maryanne Daniel and Jonathan Mathews; 55-59-Deb Topham and Bill Reed; 60-64-Marianne Martino and Chris Schmid; 65-69-Darlene Backlund and Leon Jasionowski; 70-74-Louise Walters and James Beckett; 75-79-Shirley Dockstader and Jack Bray; 80-84-Claire Elkins and Jack Starr; 85-89-Miriam Gordon and Charles Boyle.

Hepner Scholarship to Burnett. Tom Eastler, CEO, on behalf of the North American Racewalking Institute announces that Kathleen (Katie) Burnett has been awarded the 2010 Al Heppner Memorial Scholarship. A Senior at William Penn University in Oskaloosa, Iowa, Katie is coached by Allen Friesen and has been racewalking for more than eight years, showing continual improvement. She can now see herself making the Olympic Trials and has an ultimate goal of making an Olympic team. She is a four-time collegiate All-American with a 3.730 academic average. The \$2500 scholarship will help her pursue her academic and athletic goals. The scholarship is given in honor of Al Heppner, an elite racewalker, who died in 2004. Of him, Tom says: "I can think of no more giving person than Al, and in all the years that I knew him it was clear that no one else could come close to Al's ability to please and to help. He would always find time for anyone and everyone who wanted to interact with him, and he would literally take the shirt off of his back and the shoes off of his feet to help the less fortunate. Al was a friend to everyone, even in competition. His memorial scholarship award has made it possible for many young, energetic, and talented athletes to take that big step forward to the Olympic Trials and beyond. In life, he was bigger than life, and in death he is still bigger than life." You can find further information on the award, including the previous winners, at www.narionline.org. You can also donate to the Heppner fund to help ensure that the award will continue at the \$2500 level.

High School indoor. The National Scholastic Sports Foundation Indoor has announced a multi-year partnership with New Balance for the New Balance Indoor Nationals scholastic meet (which includes 1 Mile walks for boys and girls). The event, which was held at the Reggie Lewis Center for the past two years, heads to New York City's New Balance T&F Center in 2011. The national scholastic invitational previously run by the Metropolitan Association of USATF at the Armory will not be held, resulting in only a single H.S. national event.

Dale Mulanax. Dale Mulanax, a long-time track official, and husband of the USATF Racewalk Committee's Secretary, Ginger Mulanax, died earlier this month. Dale attended the USATF Convention in Virginia Beach the week before his death. At the request of his family, NARI has established a Dale Mulanax Fund and memorial gifts can be sent to the Dale Mulanax Fund, c/o AC Jaime, 621 North 10th Street, Suite C, McAllen, TX 78501.

Antonia back. A few years ago, Amber Antonia (now Amber Antonia Budahn) was one of the top racewalkers in the U.S. with a personal best of 1:35:39 for 20 Km (ranked No. 2 in the U.S. in 2001 and 2005). That time today would make her the top woman in the U.S. and that is where she is hoping to land. Amber took a break from walking after 2007 to focus on her personal goals of opening a fitness center and doing some personal training. Now, at 31, she wants to make a comeback and give racewalking her all to make the 2012 Olympic Team and is training under Tim Seaman and Jeff Salvage.

From Shaul. Shaul Ladany's annual holiday letter from Israel includes a summary of his walking exploits. Shaul, a 1972 Israeli Olympian at 50 Km and the holder of five U.S. racewalking titles at 75 and 100 Km in the 1970s when he was teaching in the U.S. (And the author of "King of the Road", an autobiography) spends his summers

walking in Europe. The following exploits are included in his letter dated Dec. 6: "Late in July I participated for the 20th time in the Nijmegen 4-day march, the huge international walking carnival that had over 40,000 participants. Early in September was my 50th participation in the 4.5 km Lake Kinneret swim, which I have succeeded to complete without any swimming since last year's event. In November, Shosh and I had our 50th wedding anniversary, and in the same month I was both the oldest participant in an Israeli mountain marathon run (in which I walked), as well as the longest actively participating Israeli marathoner, doing my first marathon in 1956. Participation in the Summer in the 7-day, 300 km Schlesvig (Germany) to Viborg (Denmark) walk, training in the Swiss alps, walking about 330 km in four different organized long-distance mountain marches in Austria, walking 65 km around Lake Kinneret and 75 Km on my birthday in Omer, plus participation in marathon competitions were routine. However, my share of injuries in between these events, coupled with a few reoccurring summer low-fever flues, was unplanned, but I managed to overcome even these obstacles. Tomorrow, I am getting an award from my sports club for my contribution and success in the last 35 years, and in four days I will be walking in the Belt-Shean Half-Marathon, still with many stitches in the palm of my left hand (from my last fall)." It's a shame Shaul can't be more active in his senior years.

South Texas Club Awarded USATF Grant

Our PSJA Independent School District of Pharr, Texas, and our South Texas Walking Club were recognized by the USA Track & Field National Board at last week's National Convention in Virginia Beach, Virginia. Our school district and club, with the assistance of Dr. Tom Eastler of the University of Maine, U.S. Olympian Tim Seaman, IAAF Level III Judge Gary Westerfield, Illinois Race Walk Chair Diane Graham-Henry, Race Walk Author Dave McGovern, National Race Walk Chairman Vince Peters and many others, developed an elementary race walk program that has been very successful in our school.

Our USA Track & Field Board has considered this program to be the most innovative method of promoting race walking among children in the USA and has awarded a \$50,000 grant to our South Texas Walking Club. The grant is for the purpose of promoting race walking at the elementary school level at all fifteen of our Junior Olympic Regions in the USA.

Our club will soon name a five-member national committee to assist us in administering the grants. Each of the fifteen regional coordinators will then be provided with a list of persons and asked to assist us by appointing a five-member regional committee within their region, including themselves, to work with our national committee and assist in promoting race walking at their elementary schools. All persons interested in being considered for appointment by their regional coordinator are encouraged to contact me as soon as possible at acjaime@sbcglobal.net. \$22,500 of the grant will be used to purchase 7500 of Dr. Tom Eastler's book on teaching children the Art of race walking, "Racewalking! Fun? Alex and Maria Discover Racewalking." Upon request by the regions committee, each region will receive 500 books and a DVD on Teaching Children Race Walking, prepared by our PSJA I.S.D., and a teacher's curriculum prepared by the Maine and PSJA I.S.D. elementary school teachers. Officials and judges within each region would be encouraged by the regional committee to teach race walking to their elementary school P.E. coaches so that they in turn can teach race walking to their children in school as is being done at the PSJA I.S.D.

A "Race Walk Instructional Guide for Grade School," prepared by myself and edited by Diane Graham-Henry and Tim Seaman, will also be provided to each of the fifteen regional committees as a guide on how to promote race walking for their elementary school children. \$25,000 (\$1,666 per region) will be available for the regions to use for race walk clinician

travel expenses in the event they do not already have said clinicians in their immediate area. \$2,500 will be used for freight and other national committee expenses.

All books, DVD's, curriculum and Race Walk Instructional Guides will have our USATF logo imprinted on each and will be owned by the region once issued by the national committee. Any regional officer, coach or local school district officials within the individual regions will be allowed access to all material upon request and approval of the regional committee.

We believe that teaching children the art of race walking at an early age, when peer pressure is not so great, will increase the chances that more children will continue race walking through high school, college and eventually the Olympics. We are grateful to our USATF National Board for having made this grant available for such a worthy cause.

We are confident that we will see good results within one to three years at our association, regional and National Junior Olympic Championships. Our Junior National Program, National Race Walking camps and National Championships will see many more participants within four to five years, our colleges and Olympic center within six to eight years and greater participation at our Olympic trials within ten years. Race walking will then share the same large continuous development pipeline other track and field events enjoy where there are literally thousands who participate from an early age into the college ranks and beyond as we all desire.

Our USA Track & Field Board, in their wisdom, asked for an innovative program to move race walking forward and believes ours to be that program by awarding our club this grant. It has taken three years to create this successful program with the joint efforts of many and it will take the joint efforts of many more for it to be successful on a National scale. Please consider being a part of our volunteer administrative staff and submit your name to me as soon as possible for consideration by your regional coordinator as did the following persons in attendance at the USATF Convention last week.

Barron Honored As Youth Athlete of the Year

Indianapolis (USATF Press Release)- Trevor Barron, of Bethel Park, Penn., has been named the 2010 Youth Athlete of the Year by USA Track & Field's Youth Committee. Barron will be honored on Saturday, December 4 at the Jesse Owens Awards and Hall of Fame Induction Ceremony, held at the Virginia Beach Convention Center in Virginia Beach, Va. The event is held in conjunction with USA Track & Field's 2010 Annual Meeting.

Five American junior records in one year have helped to make the 18 year-old the new face of race walking in the United States. "I thank USATF for this award, but even more so for including race walking as an integral part of its Junior Olympic and youth programs," said Barron. "Without USATF's generous support I would not be race walking at all, let alone at an international level."

Barron's re-writing of the record books began on February 7 in Surprise, Ariz., when he won the men's 20 km Open and USATF 20 km Western Regional Race Walk Championship in 1:31:51. Barron's performance shattered his own American Junior record of 1:37:49 set at last year's USA 50 km Championships in Santee, Calif.

Barron continued his record-setting ways on April 11, when he set a U.S. Junior men's 10 km road record Sunday at the 2010 IAAF World Race Walk Cup Trials in Ronkonkoma, N.Y. Barron set the 10 km road American Junior record when he crossed the finish line first in 43:05 bettering the previous standard of 43:16 set by Will Van Axen in 1993.

On June 13, Barron walked a 44-second personal best and U.S. Junior Record with his winning time of 20:06 at the San Diego 5,000m race walk competition at Cuyamaca

College. The previous record of 22:14 was set in 2005 by Zachary Pollinger.

The following month he smashed his own American Junior record (AJR) in the 10,000m race walk, stopping the clock at 41:50.29 to place seventh at the 13th IAAF World Junior Championships in Moncton, Canada. Barron clipped more than 30 seconds off the previous AJR of 42:22.79. It was the best finish ever by an American at World Juniors.

Saving the best result for last, Barron posted an eye-popping performance at the Nordic 20 km Championships in Finland. Barron covered 20 km in a blistering 1:23:49.39, which is the fastest time by any American since 2007. His performance is the second-fastest in the world this year and bettered the U.S. Junior record by 18:31. His time was just nine seconds off the American record and 10 seconds under the Olympic qualifying standard.

"Trevor had an outstanding year, re-writing the race walking record books throughout 2010,"+ said USATF Youth Athletics Committee Chair Lionel Leach. "This is the first time that we have named a **race walker Youth Athlete of the Year** which goes to show what an outstanding year he had and the diversity of our youth program."

* * * *

Trevor gave the following acceptance speech on Dec. 4 in Virginia Beach:

It is a great honor to be here. I'm surprised that a U.S. race walker could win an award by popular vote! When I heard about it I thought it was a joke. But I'd like to thank USA Track and Field for all it has given me, including the chance to compete internationally and to train at the Olympic Training Center.

Most stars in U.S.A. track and field are motivated by medals, scholarships, recognition, and money. But for a young U.S. race walker these motivators don't work very well.

Medals? We haven't won any since Curt Clausen in 1999. Often we're just happy not to finish last. (But I do hope to change that.)

Scholarships? The NCAA does not even recognize race walking, so for someone like me who wants to attend a major research university, there is no scholarship opportunity.

Recognition? Most of the recognition I get is teasing during my training walks...although somewhat less now that I go faster than most runners.

And money...money for U.S. race walkers? Are you kidding? We don't even have shoe sponsors.

So I've had to look elsewhere for my motivation. And I've found it in two places: the personal growth that comes from pushing for excellence, and the chance to experience cultures and build friendships all over the world.

Jesse Owens also knew that the best athletes are motivated by something more important than medals, scholarships, fame, or money. The Olympic Training Center prominently displays, on a wall of its athlete cafeteria, these words of his: Awards become tarnished and diplomas fade... What is a gold medal? It is a trinket, a bauble. What counts, my friends, are the realities of life: the fact of competition and, yes, the great and good friends you make

The best and most influential athletes are the ones who learn to push harder than they thought possible, pursuing excellence in whatever they do. The best athletes realize that, in the long run, tangible things are meaningless but intangible things can last forever. Thank you very much.

Olympic Trivia

The first Olympic racewalking gold medalist was Great Britain's George Lerner, who won at 3500 meters in London on July 14, 1980. His teammate, Ernest Webb, was second,

12.4 seconds back. If we count the "unofficial" Olympics held in Athens in 1906, the honor goes to our own George Bonhag who won at 1500 meters on April 30 in 7:12.6, bating Canad'a Donald Linden b 7.2 seconds. A day later, Hungary's Gyorgy Sztantics won at 3000 meters in 15:13.2.

However, the first walking race at the Olympics was held in the 1904 St. Louis Olympics as part of the All-Around event, a 10-event competition held on a single day, which was also a Natonal AAU Championship event until some time around 1960. The ten events were 100 yard dash, 120 yard hihg hurdles, 880 yard walk, 1 Mile run, long jump (then broad jump), high jump, pole vault, shot put, hammer throw, and 56-lb. weight throw. In the Athens Olympics Tom Kiely Compiled 6036 points to beat Adam Gurin of the U.S. Who had 5807. In the process, Kiely won and John Holloway, also of Great Britain, walked 3:59 for fast-time honors. So these two were actually the first racewalkers across the line in Olympic competition.

LOOKING BACK

45 Years Ago (From the Dec. 1965 ORW)—Jack Blackburn won the annual Ft. Thomas, Ken. to Cincinnati Thanksgiving Day 6 Mile (short) in 43:13 with Chuck Newell beating Wayne Yarcho for second. . . Canadian Bert Life, age 56, won the Coney Island (Brooklyn) 10 ½ mile handicap in 1:39:44 as Ron Daniel captured fast-time honors in 1:26:38. . . Subscription rate to the ORW was \$1.20 per year, which means the cost of a stamp must have still been at perhaps 7 cents.

40 Years Ago (From the Dec. 1970 ORW)—The Ohio Racewalker gave its 1970 Dr. John H. Blackburn Award to Goetz Klopfer for his 2:34:20 20-mile effort. The award was given annually for the outstanding single performance in U.S. racewalking during the year. . . John Knifton won the Asbury Park, N.J. 10 miler in 1:19:12. . . The ORW's First Annual World Rankings were topped by East Germans Peter Frenkel at 20 and Christoph Hohne at 50 Km. Following Frenkel were East Germany's Hans-Georg Reimann and Soviet Vladimir Golubnichiy. The next two at 50 were Veniamin Soldatenko, USSR, and Burkhard Leutschke, East Germany. We had no U.S. rankings that year.

35 Years Ago (From the Dec. 1975 O RW)—In the ORW rankings, Mexico's Daniel Bautista led countryman Domingo Colin in the 20, with Karl-Heinz Stadtmueller, East Germany in third. West Germany's Bernd Kannenberg led Soviets Veniamin Soldatenko and Yevgeniy Lyungin at 50. Top three in the U.S. rankings were Larry Young, Todd Scully, and Jerry Brown, and Young, Augie Hirt, and John Knifton at 50. Not until four years later was there enough participation by women in racewalking to justify rankings for them. Sad.

30 Years Ago (From the Dec. 1980 ORW)—Bautista again led the ORW World 20 Km rankings and his compatriot Raul Gonzales topped the 50. Following Bautista were Maurizio Damilano, Italy and Pyotr Potsenchuk, USSR. In the 50, Dietmar Miesch and Hartwig Gauder, both of East Germany, were second and third. In the U.S. rankings, Marco Evoniuk and Jim Heiring were one-two at 20 and Carl Schueler and Evoniuk topped the 50. . On the lady's side, Australia's Sue Cook stood atop both the 5 and 10 Km rankings. (Women's 20 Km races were still years in the future.) Sue Brodock of the U.S. was second at 5 and ninth at 10. Sweden's Ann Jansson ranked second in the 10. Brodock topped the U.S. rankings at both distances, ahead of Susan Leirs and Jeanne Bocci, respectively. . . Subscription rate was now \$4.00 per year for Second Class delivery, or \$6.00 if one wanted First Class Mail.

25 Years Ago (From the Dec. 1985 ORW)—Tom Edwards won the U.S. Indoor 5 Km at West Point, N.Y. on Dec. 22 in 21:18.9. . . Curtis Fisher and Dave McGovern followed. . . The

Women's World 10 Km rankings were headed by Hang Yan, China; Ping Guan, China; and Olga Kristop, USSR. Top U.S. women were Maryanne Torrellas (now Daniel), Teresa Vaill (still going strong), and Debbi Lawrence. In the Men's 20 Km, World Rankings were topped by Jose Marin, Spain; Maurizio Damilano, Italy; and Viktor Mostovik, USSR. Hartwig Gauder, East Germany; Andrie Perlov, USSR; and Erling Anderson, Norway were the 50 Km leaders. The U.S. rankings saw Tim Lewis, Marco Evoniuk, and Jim Heiring ranked one-two-three at 20, and Carl Schueler, Evoniuk, and Randy Mimm taking the top three spots at 50.

20 years ago (From the Dec. 1990 ORW)—Gary Null, at age 45, won New York City races at 1 Mile (6:51) and 10 Km (48:55). . . Australia's Kerry Saxby topped the ORW World Rankings at 20 Km, followed by Soviets Nadezhda Ryaskina and Olga Kardopoltseva. Top three in the U.S. were Debbi Lawrence, Lynn Weik, and Teresa Vaill. . . At 20 Km, Pavol Blazek, Czech.; Daniel Plaza, Spain; and Ernest Canto, Mexico led the World Rankings, with Tim Lewis, Doug Fournier, and Steve Pecinovsky out front in the U.S. The 50 Km Rankings saw Andrei Perlov, USSR; Bernd Gummelt, Germany; and Simon Baker, Australia leading the World, and Tim Lewis, Marco Evoniuk, and Eugene Kitts atop the U.S. Rankings. . . By this time, the ORW cost \$6.00 a year for those willing to wait for Second Class Delivery and \$8.00 for First Class Mail.

15 Years Ago (From the Dec. 1995 ORW)—Herm Nelson turned in a good late season 20 Km on the track in Alexandria, Virginia, beating Gary Morgan 1:27:07 to 1:27:38 (also a good performance). Ian Whatley was third in 1:33:31. . . Yariv Pomeranz won a 50 Km at the same time in 4:42:33. . . Russia's Yelena Nkikoayeva led the World 10 Km rankings, ahead of Elisabetta Perrone, Italy and Irina Stankina, Russia. Michelle Rohl, Teresa Vaill, and Debbi Lawrence took the first three spots in the U.S. rankings. At 20 Km, the World Rankings saw Michelle Didoni, Italy; Zewen Li, China; and Mikhail Schennikov, Russia leading the way, and the U.S. rankings were topped by Allen James, Herm Nelson, and Gary Morgan. At 50, it was Valentin Kononen, Finland; Giovanni Perricelli, Italy; and Robert Korzeniowski, Poland in the World Rankings, and James, Andrzej Chylinski, and Jonathan Matthres in the U.S. Rankings. . . We had dispensed with Second Class Mail since less than half our subscribers were asking for it, and the First Class Rate was \$10.00 per year.

10 Years Ago (From the Dec. 2000 ORW)—With his double victory at the Melbourne Olympics, Poland's Robert Korzeniowski earned the No. 1 World Ranking at both 20 and 50 Km. Following him were Mexico's Noe Hernandez and Russia's Vladimir Andreyev at 20, and Latvia's Aigars Fadejevs and Mexico's Joel Sanchez at 50. The Women's World 20 Km Rankings were led by Liping Wang, China; Kjersti Platzer, Norway; and Hongyu Liu, China. In the U.S. Rankings, Michelle Rohl earned the No. 1 spot at 20, followed by Yueling Chen and Debbi Lawrence. The Men's 20 Km found Tim Seaman, Curt Clausen, and Andrew Hermann taking the first three spots at 20, with Clausen, Hermann, and Philip Dunn leading the way at 50. . . The subscription rate had risen to \$12.00 per year, where it still stands.

5 Years Ago (From the Dec. 2005 ORW)—National 1 Hour races were won by Jolene Moore, who covered 12,523 metes and Allen James (12,842). . . Russia's Olimpiada Ivanova topped the World 20 Km Rankings, followed by Belarus' Ryta Turava and Portugal's Susana Feitor. On the Men's side, Jefferson Perez, Ecuador led Francisco Fernandez, Spain and Nathan Deakes, Australia. No. 1 at 50 was Russia's Sergey Kiryapkin, followed by Aleksey Voyevodin, Russia and Alex Schwazer, Italy. In the U.S., the first three women at 20 were Teresa Vaill, Amber Antonia, and Joanne Dow. On the Men's side it was Tim Seaman, John Nunn, and Ben Storey at 20, and Curt Clausen, Philip Dunn, and Ray Sharp at 50.