

Borchin Successfully Defends World Title

Daegu, Korea, July 28 (Thanks to to Mike Rowbottom and our own Elliott Denman for IAAF releases that have contributed to this article.) Russia's Valeriy Borchin raised his arms aloft, then crossed himself as he crossed the line in 1:19:56 to win the 20 Km race at the IAAF T&F World Championships today. In a ruthless exhibition of racewalking, Borchin made a decisive break shortly before the 15 Km point, leaving his teammate Vladimir Kanaykin some 31 seconds back at the finish. Colombia's Luis Fernandes was another 11 seconds back, captured the bronze medal, well clear of China's Zhen Wang. Stanislaw Emlyanov completed a dominant Russian performance in fifth.

As he crossed the line, the man who now has one Olympic and two World titles at age 25 was able to welcome his delighted colleague Kanaykin. The pair had withstood the expected challenge from the Chinese walkers who have forced their way to the top of the world lists this year. Wang staggered as he finished, his face a mask of distress. Wang, just 20, had the world's best time of the year with his 1:18:30 in April. The Chinese had won the team title at last year's World Cup, but today Wang's teammates could manage only 11th and 13th places.

The pace was conservative to begin as Italy's Giorgio Rubino and Japan's Yusuke Suzuki led at 5 Km in 21:03. At that point, Wang was 5 seconds back 10 seconds ahead of the main pack. By 10 Km, Suzuki had moved ahead, having quickened the pace. Suzuki had 40:58, 3 seconds ahead of Rubino, with a pack of 17 now another 36 seconds back.

Borchin started to move shortly after 10 Km, taking Wang with him. Covering the next 5 in 19:08, Borchin passed the 15 Km mark in 1:00:42, 7 seconds clear of Wang. Suzuki was next in 60:52 and Kanaykin was making his own move as he went through in 60:57. Rubino was sliding back through the pack and was eventually disqualified.

Borchin stormed through the final 5 in 19:14 and was never challenged as he scored his decisive win. His lead had swelled to 36 seconds by 18 Km and the gold was his, although Kanaykin was able to close slightly from there to the finish as he solidified his second place finish ahead of Lopez. Suzuki was spent and dropped back to eighth by the finish.

Further back, the lone U.S representative, 18-year-old Trevor Barron moved up through the field as the race progressed. In 38th with 21:18 at 5 Km, he stepped up the pace to move to 32nd in 42:00 at 10. He slowed slightly from there but continued to improve his position, 26th in 63:09 at 15, and 23rd in 1:24:33 at the finish. Although 68 seconds off his best, it was another outstanding performance for Trevor in his first test at this level. One way to put this in perspective is to measure how close he was to the winner—4:37. In World Championships, the only American to do better was Allen James in 1993 when he finished 17th, 4:22 back. At 18, Trevor certainly has a bright future.

Borchin is now in position to become the first man to take repeat Olympic gold medals at 20 Km. Fourteen Olympic 20s have been staged and just two men—the Soviet Union's Vladimir Golubnichiy and Italy's Maurizio Damilano have come close to repeating. Golubnichiy won gold in 1960 but settled for bronze four years later, before winning gold way again in Mexico City in 1968. (He added a silver in 1972 and was seventh in 1976. Borchin

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has a way to go to match that. Damilano won gold in 1980 and added bronze medals in 1984 and 1988. In more recent years, Ecuador's Jefferson Perez won Olympic gold in 1996 and silver in 2008, along with World Championship golds in 2003, 2005, and 2007. Something else for Borchin to shoot for. The results:

1. Valery Borchin, Russia 1:19:56 2. Vladimir Kanaykin, Russia 1:20:27 3. Luis Fernando Lopez, Colombia 1:20:38 4. Zhen Wang, China 1:20:54 5. Stanislaw Emlyanov, Russia 1:21:11 6. Hyunsub Kim, Korea 1:21:17 7. Ruslan Dmytrenko, Ukraine 1:21:31 8. Yasuke Suzuki, Japan 1:23:09 9. Alex Schwazer, Italy 1:21:50 10. Erick Barrondo, Guatemala 1:22:08 11. Yafei Chu, China 1:22:10 12. Sergey Morozov, Russia 1:22:37 13. Hao Wang, China 1:22:49 14. Matej Toth, Slovak Rep. 1:22:55 15. Eder Sanchez, Mexico 1:23:05 16. Jaoa Vieira, Portugal 1:23:26 17. Miguel Angel Lopez, Spain 1:23:41 18. Anton Kucmin, Slovak Rep. 1:23:57 19. James Rendon, Colombia 1:24:05 20. Horacio Nava, Mexico 1:24:15 21. Christopher Linke, Germany 1:24:17 22. Caio Bonfim, Brazil 1:24:49 23. Trevor Barrom, USA 1:24:33 24. Rafal Augustyn, Poland 1:24:47 25. Youngjun Byun, Korea 1:24:48 26. Hausanine Sebei, Tunisia 1:25:17 17. Jared Tallent, Australia 1:25:25 28. Recep Celik, Turkey 1:25:39 29. Nazar Kovalenko, Ukraine 1:25:59 30. Gurmeet Singh, India 1:26:53 31. Babbhai Panacha, India 1:26:53 32. David Rotich, Kenya 1:27:20 33. Yerko Araya, Chile 1:27:47 34. Hedi Teroui, Tunisia 1:29:48 35. Diego Flores, Mexico 1:30:00 36. Juan Manuel Cano, Argentina 1:30:00 37. Emerson Hernandez, El Salvador 1:30:48 38. Ronal Quipe, Bolivia 1:30:09 DQ—Moacir Zimmerman, Brazil; Gustavo Trestepo, Colombia; Giorgio Rubino, Italy; and Anatole Ibanez, Sweden DNF—Adam Rutter, Australia; Mauricio Areaga, Ecuador; Francisco Fernandez, Spain; and Chil-Sun Park, Korea
(Women's 20 and Men's 50, contested later in week, will be covered in September ORW)

Other Results

USA-Canada Junior Match, Boston, August 14: Girl's 5000 meters—1. Abby Dunn (17), USA 25:54 2. Erica Shaver (19), USA 26:31 3. Katelyn Ramage, Canada 26:54 4. Courtney Williams (18) USA 27:13 5. Hana Ready, Canada 27:36 6. Melanie Reum, Canada 28:07 7. Molly Josephs (17), USA 28:37 8. Katie Michta (15), USA 28:55 9. Anne Voyer (17), Canada 28:57 10. Nicole Court-Menendez (17), USA 29:53 11. Alyssa Furlani (16), USA 30:27 12. Spencer Dun (12), USA 30:52 Score: USA 15 Canada 7

Boy's 10,000 meters—1. Ben Thorne (18), Canada 44:13 2. Maria Michta, USA (non-scorer) 48:49 3. Bruno Carriere (19) Canada 49:30 4. Lauren Forgues (13) (Non-scorer) 50:14 5. Alejandro Chavez, (18), USA 50:24 6. Jonathan Hallman (17), USA 51:12 7. Ian Whatley (52) (non-scorer) 51:21 8. Nathaniel Roberts (15), USA 53:59 9. Ian Rixon (17), USA 55:59 10. Keven Gaiesky, Canada 59:01 Score—Canada 13 USA 9 Combined Score—USA 24 Canada 20 Judges: William Pollinger, Maryanne Daniel, Ron Daniel, Joe Light, Gary Westerfield, and Tom Knatt

3000 meters, same place—1. Bob Keating (64) 15:41 2. Steve Peciiconis (52) 16:08 3. Adam Robinson (15) 16:13 4. Maryanne daniel (53) 16:34 5. Larry Epstein (52) 17:14 6. Brian Savilonis (61) 17:15 8. Jay Diener (63) 19:26 9. Charles Mansbach (66) 20:34 10. Tom Knatt (71) 20:51 (13 finishers) **Virginia and Eastern Regional Open and Masters 1500 meters, Virginia Beach, Aug. 6**—1. Paula Graham (48) 9:38.73 2. Kim Pimento (50) 9:52.65 (5 finishers) Men—1. Tom Gerhardt (60) 8:07.67 2. William Lipford (59) 8:27.53 3. Ray Funkhouser (60) 8:42.63 4. Scott Stakes (48) 8:54.37 5. Rick Craven (55) 9:16.12 (9 finishers,

1 DNF, 1 DQ) **Weinacker Cup: Michigan vs. Canada, Port Huron, Mich., August 7: Men's 10 Km**—1. Jianping Xu, Ont. 52:54.3 2. David Swarts, Mich. 55:00.6 3. Leon Jasionowski, Mich. 57:50.4 4. Lawrence Malek, Ont. 64:43.1 5. John Kittridge, Ont. 64:38.7 6. Ken Atkins, Ont. 66:40.1 Women's 10 Km—1. Linda Wilson, Ont. 62:08.5 2. Deb Topham, Mich. 62:22 3. Sarah Raestsen, Ont. 67:39.8 4. Sharon O'Leary, Ont. 67:44.7 (1 DQ) Team Score: Ontario 24 Michigan 14 **3000m eters, Milwaukee, Wis., August 17**—1. Sam Cohen 14:48 2. Lynn Tracy (59) 19:22 3. Mary DeGroot 20:50 (7 finishers) **5000 meters, same place**—1. Mary DeGroot 35:04 2. Ron Winkler (60) 36:56 (5 finishers) **3000 meters, Bastrop, Texas, July 23**—1. Albert Medina (50+) 16:52 2. Randall Surratt (60+) 19:39 (7 finishers, including US international John Knifton, now on the far side of 70) **5 Km, Greeley, Col., June 12**—1. Daryl Meyers (69) 32:44 2. Sherrie Gossert (58) 32:53 3. Barbara Amador (62) 33:40 (6 finishers) **1500 meters, same place**—1. Gosert 9:08 2. Amador 9:12 3. Meyers 9:19 (7 finishers) **5 Km, Bolder, Co., June 18**—1. Francisco Pangoja 25:54 2. Gerardo Pantoja 37:49 3. Mike Blanchard (7) 29:10 (7 finishers) **5Km, Evergreen, Col., July 4**—1. Francisco Pantoja 23:16 2. Mike Blanchard 29:47 3. Patty Gehrke (45) 32:33 4. Daryl Meyers 33:10 (7 finishers) **5000 meters, San Diego, Aug. 6**—1. Nick Christie (19) 22:50.72 (another Tim Seaman portage) 2. Art Morrow (47) 29:30.41 3. Charlie Price (63) 29:53.98 4. Kristin Ugrob (41) 32:13.70 5. Debra Stermain (55) 32:40.82 (8 finishers) **3000 meters, same place**—1. Julia Townsend (18) 17:51.91 **5 Km, Pasadena, Cal., June 4**—1. Margaret Govea (49) 30:01 2. Donna Cunningham 9565) 31:48 3. Ray Billig (54) 33:41 4. John Magnussen (58) 33:55 5. Alene Gardner (64) 33:55 6. Carl Acosta (77) 33:55 (14 finishers, 2 DQ) **10 Km, same place**—1. Anatoly Shipitsyn (51) 49:55.72 2. Rick Campbell (65) 60:07 3. Alex Kazaryan (56) 61:39 (7 finishers) **5 Km, Los Angeles, June 24**—1. Rick Campbell (65) 29:46.76 2. Yoko Eichel (64) 31:22.53 3. Wayne Wurzbarger (69) 31:30.77 4. Donna Cunningham (65) 31:45.20 5. Pat Bivona (70) 33:54.04 6. Carl Acosta (77) 33:59.38 7. Alene Gardner (64) 34:17.19 (14 finishers) **5 Km, Claremont, Cal., July 4**—1. Steven Avellaneda (46) 30:33 2. Donna Cunningham (64) 31:49 3. Francine Avelaneda (450) 32:53 4. Mark Brewer (65) 33:21 5. Jesus Orendain (69) 34:41

USATF Junior Olympics, Wichita, Kansas, July 26: Youth Girls 3000 meters—1. Caitlin Palacio, LSI Sprint 16:28.70 2. Kasandra Rodriguez, South Texas 17:19.32 3. Emily Belousch, Miami Valley 17:31.99 (18 finishers, 1 DQ) **Youth Boys 3000 meters**—1. Andy Vasquez, Cornhusker 16:1.94 2. Matias Serna, S. Texas 16:24.69 3. Matthew Schmidt, Northwest Florida 18:01.08 (3 DQ) **Bantam Girls 1500 meters**—1. Taylor Ewart, Miami Valley; 8:36.09 2. Gladys Sanchez, S. Texas 9:09.63 3. Narda Garcia, S. Texas 9:10.11 4. Emily Antuna, S. Texas 9:20.10 (18 finishers, 2 DQ) **Bantam Boys 1500**—1. Emilio Andreau, NW Florida 9:47.21 2. Jadan Davis, Pikesville 9:47.34 (5 finishers, 2 DQ) **Midget Girls 1500**—1. Kirra Facer, Temecula Valley 8:15.66 2. Janelle Zamova, Equalizer TC 8:21.32 3. Julisa Juarez, S. Texas 8:21.07 4. Melissa Endy, Westfield AR 8:27.52 5. Juliana Garritsen, N. Jersey 8:42.22 (24 finishers, 1 DNF, 2 DQ) **Midget Boys 1500**—1. Ryan Thong, Equaqizers TC 7:47.51 2. Jason Grimes, Oakhill Racers 8:08.84 3. Nehemiah Cionelo TC 8:18.63 4. Jonathan Aguilar, S. Texas 8:21.85 5. Robert Missirion, Umaja TC 8:25.21 6. Jesse Marvia, Salem TC 8:32.96 (21 finishers)

AAU Junior Olympics, New Orleans, July 30: Girls Sub-bantam 1500 meters—1. Isabella Pawloski, Fla. 9:34.55 (11 finishers) **Sub-bantam Boys 1500**—1. Markes Hamilton, Del. 10:10.85 **Bantam Girls 1500**—Kimberly Gonzales, Puerto Rico 8:40.95 2. Gladys Sanchez, Texas 8:56.13 3. Rileigh Powers, Fla. 9:06.24 **Bantam Boys 1500**—1. Juan Moscosco, Fla. 8:07.37 2. Jadon Davis, Md. 9:44.89 **Sub-midget Girls 1500**—1. Rachelle Deopbato, P.R. 8:14.12 2. Paolo Prastrano, P.R. 8:25.42 3. Julia Juarez, Texas 8:28.12 (33 finishers, 1 DQ) **Sub-midget Boys 1500**—1. Jordan Crawford, Georgia 8:13.98 2. Jonathan Aguilar, Texas 8:23.38 (23 finishers) **Midget Girls 1500**—1. Rachel Byron, Texas 8:23.17 2. Damaie Davis,

Md. 8:34.33 3. Tanya Estrada, P.R. 8:38.96 (23 finishers) **Midget Boys 1500**—1. Alex Braden, Hilton Head Island 8:14.07 2. Ruben Gonzalez, P.R. 8:23.48 (15 finishers, 1 DQ)

World University Games, Beijing, Aug. 19: Women 20 Km—1. Julia Takacs, Spain 1:33:52 (Just 49:08 at 10 Km. Temperature 81 F at start, 88 at finish with relative humidity of 88 percent at start and 65 at finish. So heat was obviously a factor.) 1. Tatiana Shemyakina, Russia 1:34:23 3. Nina Okhotnikova, Russia 1:35:10 4. Lucie Pelantova, Czech Rep. 1:36:14 5. Hang Shi, China 1:37:35 6. Yawei Yang, China 1:39:45 7. Federica Ferraro, Italy 1:40:40 8. Agnieszka Dzwarnog, Poland 1:42:21 9. Shanshan Wang, China 1:41:37 10. Rebecca Lee, Australia 1:41:54 11. Zuzana Schindlerova, Czech Rep. 1:42:03 12. Laura Reynolds, Ireland 1:43:27 (16 finishers, 4 DNF) **Men's 20 Km, August 18**—1. Andrey Krivov, Russia 1:24:15 (Moacir Zimmerman of Brazil led at 10 in 41:47. Temperature at 82 throughout but relative humidity of 79 percent.) 2. Mikhail Ryzhov, Russia 1:24:26 3. Leon Chocho, Ecuador 1:24:44 4. Moacir Zimmerman, Brazil 1:25:06 5. Inaki Gomez, Canada 1:26:21 6. Marius Siukas, Lithuania 1:26:30 7. Zelin Cai, China 1:26:55 8. Caio Bonfim, Brazil 1:27:19 9. Jakub Jelonek, Poland 1:27:26 10. Federico Tontodonati, Italy 1:27:32 11. Lukasz Nowak, Poland 1:27:53 12. Wei Yu, China 1:28:51 13. Weinbin Niu, China 1:29:10 14. Evan Dunfee, Canada 1:29:13 15. Brendan Boyce, Ireland 1:29:48 16. Brendon Reading, Australia 1:30:26 17. Andrey Ruzavin, Russia 1:30:36 18. Daichi Aono, Japan 1:32:00 19. Michael Doyle, Ireland 1:32:48 20. Tao Yang, China 1:33:01 (20 finishers, 2 DQ) **Paris-to-Colmar 440 Km, June 22-25**—1. Dmitr Osipov, Russia 56:45:11 2. Jeanmarie Roualt, France 57:47:53 3. Gilles Lebessier, France 58:36:41 4. Pasqual Mroechal, France 59:20:48 5. Dominique Bonel, France 60:43:22 **24 Hors, Chateau-Thierry, France, March 26-27**—1. David Fegy 208,485 meters 2. Phillipe Thiboux 207,840 3. Jeanmarie Roualt 197,230 **24 hours, Bourges, France, Feb. 26**—1. Urbain Girard 195,936 meters 2. Gilles Letessier 192,234 **Women's 1500 meters, Ireland, Aug. 20**—1. Kate Veale 6:49.61 ((also third in 3000 meter run with 10:20.92) Another Division, same place—1. Maeve Curley 6:50.81 **10,000 meters, Valsgana, Italy, July 23**—1. Alex Schwazer 38:50.23 2. Diego Dafagna 39:56.92 (4 finishers, 6 DQ!) **5000 meters, Birmingham, England, July 31**—1. Tom Bosworth 19:29.87 (British national record) 2. Daniel King 21:10.10 **Women—1. Johanna Jackson 21:42.32 French 10,000 meter Championship, Albi, July 27**—1. Yohann Diniz 38:44.97 2. Kevin Campion 40:14.14 3. Cedric Houssaye 40:59.97 (12 finishers, 1 DQ) **Women's 10,000, same place**—1. Sylwia Korzeniowska 46:21.67 2. Chfristine Guinaudeau 45:45.47 3. Emilie Menuet 49:17.143. Violaine Averous 49:23.55 (12 finishers, 1 DNF, 1 DQ) **Portuguese 10,000, July 30**—1. Ines Henriques 43:59.08 2. Susan Feitor 44:13.33 3. Ana Cabecinha 45:55.90 4. Sofia Avoila 50:03.63 (6 finishers, 1 DNF) **Men—1. Joao Vieira 39:44.91 2. Pedro Isidro 42:30.48 (6 finishers, 2 DQ) BFinnish National 20 Km, Turku, Aug. 8**—1. Jarkko Kinnunen 1:23:40 2. Heikki Kukkonen 1:25:51 3. Anti Kempas 1:28:07 4. Matias Korpela 1:31:48 5. Eemeli Kiiski (19) 1:32:02 6. Aleks Ojala (18) 1:34:40 (9 finishers) **Women: 1. Karoliina Kaasalainen 47:01 2. Anne Halkivaha 48:20 3. Henrika Parviainen (14) 51:01 (1 finishers) Brazilian National 20 Km—1. Moacir Zimmerman 1:21:02.5 2. Rland Saquipa 1:23:59 3. Caio Oliveira Bonfim 1:26:10 (10 finishers, 4 DNF<1 DQ) **Women—1. Erica Rocha 1:35:29.6 2. Johana Ordenez 1:41:00.3 (9 finishers, 2 DNF)****

Your presence is welcome and encouraged at these events

Sun. Sept. 4 10 Km, Houston (G)
 Sat. Sept. 10 5 Km, Felton, Del. (T)
 Sun. Sept. 11 Pacific Assn. 20 Km, Oakland, Cal. (J)
 5 Km, Lewes, Del. (T)
USATF National 40 Km, Ocean Township, N.J., 7:30 am (A)

Sat. Sept. 17 Doc Tripp Memorial 5 and 10 Km, Denver, Col. 7:30 am (H)
 Sun. Sept. 18 5 Km, Denver, 8 am (H)
 5, 10, and 20 Km, Welland, Ontario
 Sat. Sept. 24 Michigan 1 Hour, Berkley (F)
 Sat. Oct. 1 **USATF National 5 Km, Kingsport, Tenn. (D or L)**
 12 Hours, Troy, Ohio (E)
 Sat. Oct. 8 5 Km, Felton Del. (T)
 Sun. Oct. 9 Pacific Assn. 10 Km, Oakland (J)
USATF National 1 Hour, Waltham, Mass. (D or N)
 50 Km and other distances, Pleasant Prairie, Wis. (I)
 Detroit ½ Marathon and 5 Km, Detroit, Michigan (F)
 Sun. Oct. 16 5 Km, Bear, Del. (T)
 Sat. Oct. 22 5 Km, Rehobeth Beach, Del. (T)
 Sun. Oct. 23 3000 meters, Moorpark College, Cal. 9 am (U or Y)
 Sun. Oct. 30 **USATF National 30 Km, Valley Cottage, N.Y. (D or R)** (Reportedly there will also be an opportunity to go 50 Km under conditions to meet Olympic qualifying standards.)
 5000 meters, Houston (G)
 Sun. Nov. 6 Virginia 1 Hour Championship, Virginia Beach (W)
 Sat. Nov. 12 10 and 20 Km, Miami area (B)
 Sun. Nov. 13 Coney Island 10 Mile handicap (P)
 Sun. Nov. 20 5 and 10 Km, Wilmington, Del. (T)
 Thu. Nov. 24 5 Km, Medford, Del. (T)
 Sat. Dec. 3 5 Km, Dover, Del. (T)
 Sun. Jan. 7 50 Km, Houston (G)

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From Heel To Toe

The knifty Kniftons. John Knifton came to these shores in the late '60s and proceeded to win 14 national titles over the next several years and to compete in the Pan-American Games and two World Cups for the U.S. Somewhere along the line, John moved his family from the East Coast to Texas. This summer, the Kniftons of Austin had three generations competing in national championships. In June, John finished sixth in the 5000 meter walk in the National Senior Games. In August, son Matt won a gold medal at the National Senior Rowing Championships in Oklahoma City, in the 1000 meter mixed doubles event. In July, granddaughters Kate (11) and Sophie (9) competed in the National Junior Swimming Championships in San Diego and placed in the top thirty percentile in all their events, ranging from 50 to 200 meters, butterfly, breaststroke, backstroke, and freestyle. For the last 10 years, Matt (who competed in the '92 Olympic Trials) has been developing a strong program in Austin. At this year's senior nationals members of his club (the Texas Rowing Club) won 69 national medals. To accomplish this, Matt has assembled a well-paid, world class coaching staff from all over the US and Britain. John adds: "It's a shame that more such programs don't exist in the USA racewalking scene." John also noted that at those National Senior Games in Houston in June, Jim Horton of Texas won the 70-74 age group 5 Km walk in under 30 minutes after placing third in the 5 Km run in 23:09 an hour earlier. . **An invitation.** This comes from John Constandinou, the editor of Great Britain's *Race Walking Record*:

The Race Walking Association in Great Britain is inviting walkers of all ages and abilities from all over the world to come and race in the Olympic city during the Olympic Games. 5km and 10km race walks will be held on the afternoon of Tuesday 7th August 2012. Everyone can enter and will be warmly welcomed. These open race walks are being held on an official certified course with correctly qualified judges and officials some of whom are also officiating the Olympic events. The Olympic athletics/track program finishes at 12:30 and recommences at 6:30pm on the 7th August, so there will be plenty of time for the global walking community to come together to enjoy an afternoons racing and celebrate our sport. You can compete, spectate, or just mingle with like-minded people - everyone will be there. The Olympic race walks take place on The Mall in front of Buckingham Palace on the 4th and the 11th, so even if you have been selected to represent your country in the Olympics you could get another race in... All tickets to the Olympic race walks quickly sold out - however these were just for the grandstands. Most of the course is accessible to the public and free to attend. Come and watch the best in the World representing their countries for the highest honour in sport in a spectacular setting. The venue of the open walks and other details are being finalised. They will take place within a few miles and easy to get to on public transport. Mark your diaries now - full details will be released over the coming months. Walkers aged from 10 to 80 will be racing, from every continent, racing against world class athletes. There will be past Olympians and as many current ones as we can get. London looks forward to welcoming you! . **IAAF Racewalk Committee.** Maurizio Damilano of Italy, an Olympic gold medalist in 1980, was reelected to another four-year term as Chairperson of the IAAF RW Committee, easily defeating the bid of Bob Bowman to regain the position. Bob was also defeated in the election of members on the panel, leaving the U.S. unrepresented for the first time in many years. Finland's Sari Essayah and Australia's Jane Saville were elected as female members. Both are well known and highly successful international competitors. Also elected to four-year terms as members were Luis Saladie, Spain; Shande Yang, China; Maris Peterson, Russia; Miguela

Rodriguez, Mexico; Robert Korzeniowski, Poland, four-time Olympic gold medalist; Peter Marlow, Great Britain; and Khaled Amara, Tunisia. Marlow has been a member of the committee since 1976. The only other person elected in 1976 who is still involved at the IAAF level is President Lamine Diack. **Junior standards.** Qualifying standards for next year's World Junior Championships in Barcelona are: Men-44:20 Women 51:00. The window for achieving these standards is between Oct. 1, 2011 and July 2, 2012. Either road or track performances will be accepted. In Barcelona, the women's race will be on July 11 at 9:30 am and the men's on July 13 at 9 am. . **Paris-to-Colmar.** Earlier in this issue you will find results of the annual Paris-to-Colmar race, which covered 440 kms this year. This is a historic race, originally from Strasbourg to Paris, the distance varying from year to year depending on the exact route followed. Here was our commentary in the August 1971 ORW following that year's edition which covered 525 Km (323 miles). It was won by Luxembourg's Josy Simon in what is probably the closest finish in the race's history. Simon finished in 73 hours and 10 minutes, just 18 seconds ahead of S. Bracq of France, with England's Colin Young just another 9 seconds back. Our description: This annual exercise in insanity resulted in an amazingly close finish with all three finishers still in contention with 15 km to go. There are three compulsory stops during the grind-1 hour at 174 km, 1 ½ hours at 304 km, and 1 ½ hours at 417 km. Other than that, they just keep plugging along through dark of night, rain, wind, hail and all those other legendary things that keep neither postmen nor madmen from their appointed rounds. Simon chose to take an extra 25 minutes at the final stop but had a large lead at the time and still left that stop with a 7-minute lead. This extra rest may have been what carried him through. That and his 18 attendants comprising doctors, masseurs, drivers, walkers, cyclists, cooks, and timekeepers! A considerable amount of money had been donated by large firms and radio and television in Luxembourg to ensure that Simon had attention and expert advice for every minute of the long, long trek. Colin Yong on the other hand, had three attendants and one car. Colin reported that at the end, he was in excellent shape both physically and mentally, 7 pounds lighter, with no blisters, and just some inflammation around one knee. On his feelings, he reports that the thought of not reaching Paris never entered his mind, even during the worst periods. "One must expect several rough times when your pace is down to a crawl and everything seems rather pointless and everybody tiresome. It is the ability to come through these stages and then force your mind and body to regain your previous pace that hallmarks a regular S to P finisher. In 1970, sleep did not cause trouble, but this year it did and the 35 km stretch through Epernay to Dormans cost me the race. My vision went haywire and for a long period of time every crack in the road looked like a solid block and I was attempting to step over them! In my feature on this classic last year in the ORW) I stated: To anyone thinking of competing in a future Strasbourg to Paris I would advise a long spell of serious thinking, a sit down, and a decision to forget the whole thing. . . I shall certainly do the first two things in 1972!"

American Junior Records

This list was compiled by Dave Talcott. Those marked (P) are pending ratification, but there is no reason to doubt that they will be ratified.

Men

5 Km	21:05 (P) Trevor Barron
10 Km	41:35 (P) Trevor Barron
15 Km	1:02:16 (P) Trevor Barron

20 Km 1:23:26 (P) Trevor Barron
 25 Km 2:14:05 Dan Serianni

Women

5 Km 23:44 Maria Michta
 10 Km 48:03 Maria Michta
 15 Km 1:22:05 Maria Michta
 20 Km 1:49:43 Maria Michta

Masters Judging

In Last month's issue we published commentary from Jonathna Matthews on problems he saw with judging at the World Masters Championships in Sacramento in July.. He made these comments on a Yahoo RW list posting. We noted then that several others had endorsed Jonathan's sentiments. Jonathan later expanded on his comment as follows:

Thank you to all who have shared their views on judging and racewalking (both publicly on the list-serve and those who sent their replies only to me).

As those of us who occasionally teach racewalking know, a large majority of those people who first try to racewalk are unable to properly straighten their knees. For nearly all of these non-straighteners, when I work with them one-on-one, I find that their knees are, in fact, able to straighten; it is just that they are not able to accomplish the athletic challenge of straightening their knees at the appropriate points during the performance of the racewalking stride. So, their violation of this central rule of racewalking is not caused by physiological, skeletal limitations; it is caused by a failure of skill, a failure to accomplish a unique athletic motion. Perhaps most of these unsuccessful racewalkers, with proper instruction and enough careful practice, would be able to master the racewalking stride. As a beginner, it was only after numerous rounds of comparing my videotaped racewalking with the top World Cup competitors that I was able to master the racewalking stride. I'm betting that many who cannot racewalk legally have not done this careful work. Also, it is possible that some are simply not athletically skilled enough to be racewalkers. Similarly, there are those who will never be able to hit a pitched baseball or make more than 50% of their basketball free-throw attempts. Fast, legal racewalking is a significant athletic accomplishment that all cannot do. There are many other marvelous ways that those who cannot racewalk properly could be engaging themselves.

Watching the 60 and older groups racing at WMA, I noticed that there were many in the older age groups who had marvelously straightened knees. Some, such as my old friend Dick Petruzzi, who was competing in the M75-79 group, had the elegant hyperextension that is characteristic of the finest racewalking stylists of any age. Similarly, those who seriously practice yoga are typically able to maintain their impressive flexibility throughout their lives. Age, by itself, is not a necessarily limiting factor. However, if age and/or injury make it impossible for particular racewalkers to properly straighten their knees, then there are many other marvelous things that these fine people can be doing. With proper judging, these folks would soon figure out that they should take up another activity. This perspective isn't mean, inconsiderate, unwelcoming, or ungenerous. It is the fair, honest, and unbiased perspective of competitive athletics. When I figured out, as a pre-teen, that I could not hit a pitched baseball as well as some of my friends, I did not ask to be advanced to first base anyway, on the principle of inclusivity. I found a sport where my particular skills made it possible for me to play with success.

I really appreciate it. For those of us who have been competing for decades, it is bittersweet to be continuing to try our best in training and racing, only to see our performances

decline. When I look at myself in the mirror, my body looks exactly like it did when I was walking 20-flat for 5K, a couple of decades ago, and yet now I am two and a half minutes slower. I do the same workouts as two decades ago, and I feel the same level of intensity in training and racing... and yet I am much slower. My 20K pace at WMA was the same as my 50K pace, two decades ago. Bodily appearance aside, aging's changes are significant. So I am deeply thankful for age grading, the marvelous invention of human ingenuity that gives us another number, the Age-Graded Performance Percent, that allows us to compete against ourselves and our older and younger friends, forever.

Generally, when I train really well and have a day where everything goes ideally, I can reach 95 %. When I train really well and perform up to reasonable expectations, I am typically about 92%. At age 55, even though I am absolutely slower than I used to be, because of age grading I am able to still dream of a possible breakthrough, just as I did at age 15 on my high school track team.... Perhaps, just maybe, in the coming year, that lingering osteitis pubis, that lingering Achilles tendonitis and plantar fasciitis will thoroughly subside...and I will finally be able to absorb the quantity and quality of training necessary for the desired breakthrough.... Perhaps if I can get an extra half-hour of sleep each night.... Perhaps if I can be even more careful about only eating the highest quality food.... Perhaps if I can somehow find the time to take an ice bath after the really hard track workouts.... If I could just put those last few missing pieces together....

While we hope that emotional maturity and wisdom develop with age, youth has its obvious virtues, and age grading and masters competition is helping me to keep a perspective that is enjoyably and beneficially youthful. While master athletics is only a part of my life, it is a very invigorating part. To me, masters competition, assisted by age grading, is an incalculably valuable gift as I work my way through my final decades. Thank you to everyone who makes it possible!

* * * *

North of our border, some Canadians were also commenting on the issue of judging the older walker. First up is Stafford Whalen in Toronto:

I was in Sacramento as well as Finland in 2009, Italy in 2007, Spain in 2005, Puerto Rico in 2003 etc. Every year the Judging has become more lenient. Are the Judges qualified? Off course they are! They are very experienced judges, many are highly ranked IAAF judges and all want to do their best for the sport.

Back in Puerto Rico, the two simple rules of racewalking were for the most part adhered to. In Spain, the head international judge "dictated" that certain age groups were to be judged severely (35 to 55 yrs.) leading to 4 world ranked athletes being DQ'd in the first lap. Make no mistake, a top ranked official came to me before the race and warned me about what was about to happen...Barbara Nells (walking perfection) was one of the walkers gone in the first lap. Protests were flying from every corner. The same head international judge told his team of judges to go easy on judging for all older age groups and in particular stated that 60+ age groups were incapable of locking their knees, so ignore this.

This has led to our present situation. The judging has become more lax every Championship to the point where some athletes, to stay with the top walkers, were actually running and only being warned in Sacramento.

There are only two style rules in racewalking, lifting and knees. I do not care how beautiful you look racewalking. The great Stuart Summerhayes, had an awful looking style but boy could he ever walk fast and still comply with the rules of walking. Don't get me wrong, there is a place for Common Sense Judging and I now have a group of walkers that I never would have had in the past if it were not for CSJ. It's a much faster growing sport.

My point is simple: At the world masters, we have RACEWALKING events. Run them under the IAAF rules. Should the Judges be a bit more lenient with masters walkers...tough question! For borderline infractions a caution rather than an immediate DQ may be the answer, (many IAAF Judges already follow this approach even at top level international events).

My recommendations for the Masters World Championships are: 1) Run the racewalking events under IAAF rules. 2) Add a new event called (possibly) Power Walking with the simple rules as stated by Roger Burrows - "CSJ rules are simple: (a) don't lift; (b) you can at least try to straighten your leg; in return, we will judge the back of the knee, which usually appears straighter than the knobbly bit at the front; and (c) don't mess with us - this is a walking event, and we can tell when you are trying to do something else. We will pay particular attention if your technique changes as the race proceeds."

I have not read the most recent Ohio Racewalker where Jonathan Matthews states his concern over the judging in Sacramento but I can tell you many athletes that have taken the time to learn the required technique for racewalking were upset to find that they were being defeated by athletes that did not follow the two simple rules.

From Peter Hocking:

I can appreciate Stafford's concern with Masters events. I was the chief judge in Sacramento and I found it difficult to judge given the instructions given by the masters committee to be lenient with older groups and to still try to judge 'bent knee'. We tried to ensure that there was always an attempt to race walk but as ever, judges see walkers differently and aren't consistent even at world championships (say it isn't so). I agree with Stafford's suggestion that the Masters should introduce a 'Power Walk' event. I sent the same suggestion to Brian Keaveny in my report, however, he's only one voice and the Masters seem slow to change in many areas. I agree with Roman that the judges can exercise discretion in judging bent knees, as the masters do soften many other events, eg low hurdles, light weight throwing, etc. In some of the 75 plus events in Sacramento, I was of the opinion that very few walkers would have survived strict judging. On the other hand the true race walkers deserve their rewards. Quite an interesting dilemma.

From Roman Olszewski, Director of Technical Services, Athletics Ontario

My feeling is that judges can exercise a little bit of discretion in terms of bent knees for Masters or beginner walkers so long as the walker appears to be racewalking! Judging is already subjective and it's not very often that any two judges (or observers) will completely agree on the legality of walkers in a race. Decisions have to be made with consideration of the integrity of the discipline and if the majority of knowledgeable observers of a particular race express disappointment in either the disqualification or non-disqualification of certain participants than the judges have quite possibly made a mistake! In any case, distance traveled to walk in a race should never be a consideration of the judges.

A Sharp Memory

On Jan. 31, 2007, Ray Sharp sent an e-mail to Elliott Denman, the Yahoo RW list, and me just two days before that year's Millrose games Indoor 1 Mile. Perhaps it is about time I published it-Ray's memory of the 1983 Millrose race:

I was 23 then, coming off a fairly successful 20k season with a number 2 ranking, a 1:25:48 PR, and several other races under 1:30. Wendy was skiing for Colorado State, so we spent a week at high altitude in Granby after Christmas training with the team. A week later, I

drove to Albuquerque with a few of the Colorado Springs boys for the one mile at the Albuquerque Invitational, and was surprised to win in 5:49 at 5000 feet altitude after little or no speed training, just a lot of cross country skiing. In that race, Jim Heiring, who had set a world best 5:48 in Cleveland the year before, started fast as was his habit, and I was about 10-15 meters back at 400, but worked my way up and out-kicked him. Jim was a tremendously fast walker and a fierce competitor, but he might have been better served by walking the first 440 in 1:28, not 1:22 or 1:23 as was his modus operandi. So my surprise win with a quick burst at the end set the stage for a rematch the next week at Millrose.

The next Tuesday, I walked a speed session indoors at CSU, a few 100 m sprints in 19 and 3/4 mile in 4:22, the kind of light training with a race-pace time trial that Roger Bannister used to do in 1952-54. I was ready. On the plane to New York Friday morning, I thought about my race. I reasoned that Jimmy might want to start slower, maybe 1:27 at 440, as a reaction to how I had outkicked him the last week, so I decided I would change up my strategy on him as well, and grab the lead after a couple laps if he did in fact start slower. Then I would try to bring us through the half in 2:55 and then gradually build speed the rest of the way for a time in the low 5:40s. I was certain that the 5:49 at 5000 feet was worth a 5:45 or better at sea level.

I did my usual long warmup in the hallways and ramps below the main level of the Garden, with plenty of drills and accelerations. I was sweating and ready for a peak performance as we came to the line. I did my usual three vertical jumps, a nervous habit from high school, and crouched to the line, ready to blast off ahead of the pack and tuck into second place on the first turn. I'm sure Jim and I were equals in fitness, but I believed he could not match my quick acceleration, a tactical weapon that I could employ once in a race at a critical moment to gain a 2 meter lead.

The race started and I broke to third place an up to second behind Jim after the first turn. As I had expected, the pace was a bit slower than Jim's usual and I was able to stay right behind him with ease. The track was 11 laps per mile, and as we came through in 32, I knew Jim was going out at the more moderate 1:27 to 1:28 pace I had expected. After two laps, I felt it was my time to take the lead, before we would pass the 440, and then control the pace from the front. Coming off the turn into the back straight, I snatched the lead, but as I cut back to the rail too soon I felt Jim's toe clip my heel and it pulled the shoe off my heel. I could not walk that way and had to move out to lane three and pull my shoe back on as fast as possible by putting my finger in it and pulling up hard. The shoe was tied tight, but with the adrenaline, I managed to pull it on and began the chase, having only been stopped for 3 or 4 seconds. Jim went through 440 in 1:27 with me trailing the field of about 15 walkers in 1:31

I spent the next 3-4 laps in lane two, passing walkers who were clumped two abreast, trying to stay calm and make up the distance gradually so I could at least salvage a top-three finish. I finally passed Tom Edwards and dropped into second on the rail, about 15 meters behind Jim. I passed the 880 in about 2:58, about three seconds back from Jim, having walked the second quarter in 1:27 in the second lane, a taxing effort, and spent a couple laps gulping air and steeling myself for the finish. Meanwhile, Jim was executing his race plan. Having started slower, he was now putting on the pressure and brought us through 3/4 in about 4:22, after quarters of about 1:27, 1:28, 1:27.

As we rounded the final curve approaching two laps to go, inspiration struck. I used my patented burst to grab the lead, hoping the element of surprise and having the lead would give me a better chance to slow the pace a bit and save strength for the last lap. But Jim was strong and well prepared and would not be denied. He re-passed me on the next straight, I yielded to the fatigue, and as we entered the turn with about 220 yards left, he had about three meters on me and I was dead on my feet. I desperately tried to close the gap, and then as we were just finishing the banked turn and heading for the bell, I saw it in my peripheral

vision—Big Tim Lewis, the junior wunderkind, now a fully grown man and coming up fast on my right with his huge, loping stride and swinging his arm that was in a short cast from a recent downhill skiing injury. If I had waited another second, I would have been blocked on the outside, in a box in third place with a lap to go, with no chance for the win.

I bolted. It was all instinct. As soon as I saw Tim, I was gone in a flash, accelerating like maybe no one else could in those days and straight into the lead at the bell, 160 yards from the finish. This time it had to be the move that would take me all the way to the end. On the video that a Sri Chinmoy guy sent me later, you can hear the announcer "Sharp takes over." I opened up about 15 meters by the end of the turn and held most of that lead at least through the second turn and somehow made it to the finish and lunged to the tape—5:46.21, a new world best! My last 1320 yards was covered in 4:15, at 5:40 per mile pace, and the last 880 in 2:48+. Jim was a close second and Tim was third, also under 5:50.

I returned to the Garden a month later and won the TAC 2 mile in another world best, 12:13, another narrow victory over Jimmy, and with wins also at San Francisco and LA, I tied for third overall in the Mobil Grand Prix and won \$6500, a huge fortune in those days. Jim went on to make two more Olympic teams, Tim became the fastest 20k walker in U.S. history, and I never managed to translate that killer 10-meter acceleration into great success at 20. And now I find myself back in the game 20 years later, a former indoor phenom going completely against type, still trying to make the team, but now at a distance 31 times longer than the race that suits me best. *(Two days after Ray wrote this, Tim Seaman won the 2007 Millrose Mile in 5:51.18. As we know now, Ray has gone on to make two more World Cup teams at 50 Km—2008 and 2010—at age 50 for the latter.)*

LOOKING BACK

45 Years Ago (From the July 1961 ORW)—In the National 40 Km in Long Branch, N.J., Ron Laird prevailed in 3:31:14, some 7 minutes ahead of Ron Kulik. Jim Clinton was third, and then came youngsters Bob Kitchen and Steve Rebman. . . Chris McCarthy came briefly out of retirement in Chicago to take second to Bob Gray in a 15 Km race in 1:23:01, nearly matching the pace he had carried for 50 Km in the Tokyo Olympics two years earlier.

40 Years Ago (From the July 1971 ORW)—Larry Young and Goetz Klopfer captured gold medals for the U.S. at the Pan American Games in Cali, Columbia. Goetz upset teammate Tom Dooley at 20, 1:37:30 to 1:38:16 (high altitude). At 50, Young watched a huge lead dissolve to 10 yards with 1 ½ miles to go and then rallied to edge Mexico's Gabriel Hernandez, 4:38:31 to 4:38:46. Larry needed 61 minutes over the final 10 as the heat and altitude took their toll. John Knifton was third in 4:41:15. . . Soviet Nikolai Smaga captured the European 20 Km title in 1:27:20, covering the final 5 in 21:30. Gerhard Sperling, East Germany; Paul Nihill, Great Britain; and Peter Frenkel, East Germany were also under 1:28. A Soviet walker also won the 50, Veniamin Soldatenko upsetting Christophe Hohne, East Germany, 4:02:22 to 4:04:45. Peter Selzer, East Germany, was third. . . The Paris-to-Strasbourg 525 Km race went to Luxembourg's Jose Simon in 73:10.

35 Years Ago (From the July 1976 ORW)—Steve DiBernardo battled torrential rains to win the National 40 Km in Long Branch, N.J. in 3:35:26. John Knifton was 2 minutes behind, followed by Ray Floriani, Vincent O'Sullivan, and Alan Price. . . Larry Young prevailed in the National 50 in Columbia, Missouri in 4:11:08. Augie Hirt caught Dan O'Connor in the late stages for second in 4:19:44, with O'Connor hanging on for third (4:23:13), 2:20 ahead of Floyd Godwin. . . Sweden's Margareta Simu won the women's International 5 Km in

Copenhagen in 24:48.2. England's Marian Fawkes was second and Norway's Thoryld Gylder third. The Ohio TC's Laurie Tucholski was the first U.S. finisher in 11th with 25:59.6. Sweden's Siv Gustavsson won the 10 Km race in 50:50 with Susan Liers fourth for the U.S. . . Todd Scully set the pace for nearly 15 Km but Soviet aces Vladimir Golubnichiy and Otto Bartsch finished one-two in the US-USSR dual meet. The Soviet pair had 1:30:41 and Scully finished in 1:31:22, just 2 seconds ahead of Ron Laird. . . The Capitol Racewalkers, led by Steve DiBernardo and Carl Schueler, covered 155 miles 1181 yards in a 24-hour relay at Ft. Meade. The 7 team members alternated miles, with DiBernardo averaging 7:30.2 and Schueler 7:55 for their 24 stints. (We now know that Carl was eventually able to carry a faster pace than that for 31 plus miles on several occasions, with no rest between the miles, i.e., for 50 Km.) They were just 6 ½ minutes off the listed record for the event, set by a 9-person Colorado TC team. . . In Ohio, a young Steve Pecinovsky beat your aging editor (then 41) 3 weeks in a row, 50:09 to 50:18 for 10 Km, 50:45 to 51:50 for 6 miles (obviously one course or the other, or perhaps, both, was not completely accurate), and 1:19:10 to 1:19:34 for 15 Km. Laurie Tucholski had a fine 51:35 in the 10 Km race.

30 Years Ago (From the July 1981 ORW)—Todd Scully captured the 20 Km race at the National Sports Festival in 1:29:13 and Vincent O'Sullivan took the 50 in 4:28:58. Marco Evoniuk had a 1:29:50 in the 20, but was DQ'd. Dan O'Connor (1:30:13) and Jim Heiring (1:31:28) followed Scully. Wayne Glusker, Steve Pecinovsky, Bob Rosencrantz, and Steve Vaitones were all under 4:45 in the 50. . . Tim Lewis had three good races in England while traveling with the U.S. junior team—21:47 for 5 Km, and 44:12 and 45:33 for 10 Km. . . 1980 Olympic gold medalist Mauricio Damilano won the Alongi Memorial 20 Km in Dearborn, Michigan with 1:25:41. Marco Evoniuk was second in 1:26:40. . . Alan Price won the second annual Doc Blackburn 75 Km in Springfield, Ohio in 7:39:51. Jack Blackburn was second in 8:22:11.



1932 Olympic 50 Km, Los Angeles. Great Britain's Tom Gree, NO. 98, won in 4:50:10.

25 Years Ago (From the August 1986 ORW)—In Potsdam, E.G., Ronald Weigel bettered his own world road best for 50 Km with a 3:38:17. Hartwig Gauder was nearly 9 minutes back in second. Maurizio Damilano making a rare 50 Km appearance, was fifth. An accompanying women's 10 Km went to Sweden's Monica Gunnarsson in 46:05. East Germany's Ralf Kowalsky won the 20 in 1:20:31 and East Germany easily beat Italy, Sweden, Spain, France, and Great Britain in this International match. . . Kerry Saxby won the Goodwill games 10 Km in Moscow with a 45:39. The 20 went to the Soviet Union's Aleksey Pershin in 1:29:29, with Canada's Guillaume Leblanc just 28 seconds behind in fourth. . . Australia's Simon Baker won the Commonwealth Games 30 Km in 2:07:47 with Leblanc second in 2:08:38.

20 Years Ago (From the July 1991 ORW)—Damilano was still going strong as he pulled away from Mikhail Schennikov to successfully defend his World Championship at 20 Km in Tokyo. He had a personal best 1:19:37 despite the pair having to dodge runners and starting blocks as they entered the stadium. (With some poor communication, officials were setting up for the 100 meter dash.) Schennikov got through quickest and went 100 meters down the track to what he thought was victory. But they still had a lap to cover and Damilano pulled easily away. The women's 10 Km went to Russia's Alina Ivanova in 42:57, 16 seconds ahead of Sweden's Madelein Svensson and Finland's Sari Esssyeh. (The 50 Km was being held as we went to press, so you will have to wait for September issue for that outcome, as did readers back then.) . . . The U.S. Olympic Festival winners were Debbi Lawrence in 45:28.4, Allen James in 1:26:24, and Bob Briggs in 4:19:24. Victoria Herazo (46:38) and Michelle Roho (47:25) followed Lawrence; Gary Morgan (1:26:57) and Andrzej Chylinski (1:27:41) followed James; and Dan O'Connor (4:25:30) and Paul Malek (4:27:46) followed Briggs. . . Pan American Games titles went to Colombia's Hector Moreno (1:24:58) and Mexico's Carlos Mercenario (4:03:39). Tim Lewis was seventh in the 20 with 1:31:07 (The women's 10 Km results had not made in out of Havana.)

15 Years Ago (From the July 1996) ORW)—In the Atlanta Olympics, Jefferson Perez won Ecuador's first-ever Olympic gold in the 10. He got away from Russia's Ilya Markov in the final 400 meters to win in 1:20:07. Markov had 1:20:16 and Mexico's Bernardo Segura came third in 1:20:23. Curt Clausen, nursing an injured hamstring, was 50th in 1:32:11. In the women's 10, Russian Elena Nikolayeva was an easy winner in 41:49, 23 seconds ahead of Italy's Elisabetta Perrone and China's Yan Wang. Michelle Roho finished 14th in 44:29 and Debbi Lawrence was 20th in 45:32. Poland's Robert Korzeniowski of the Olympic 50 opening up a tight race with 8 km to go and winning in 3:43:30. Mikhail Schennikov moved from fourth on the final 2 km lap and closed on Korzeniowski, but could never get in touch. He finished second in 3:43:36. Third went to Spain's Valentin Massana in 3:44:19. Allen James was 24th in 4:01:18 and Andrzej Chylinski 25th in 4:03:13 for the U.S.

10 Years Ago (From the July 2001 ORW)—In the World Championships, Robert Korsenowski rolled on, beating Spain's Jesus Garcia by 60 seconds to win the 50 in 3:42:08. Mexico's Edgar Hernandez was third in 3:46:12. Curt Clausen was seventh in 3:50:46, backing up his bronze medal in 1999. The 20 was a Russian sweep—Roman Rssakov 1:20:31, Ilya Mrkov 1:20:33, and Viktor Burayev 1:20:36. Australia's Nathan Deakes was fourth in 1:20:55. Olimpiada Ivanova also had a 61 second margin in winning the women's 20 in 1:27:48 over Valentina Sylbulskaya of Belarus. Italy's Elisabetta Perrone was just another 7 seconds back in third. . . U.S. 10 Km titles went to John Nunn (44:54) and Debbi Lawrence (46:48)

5 Years Ago (From the July 2006 ORW)—In the European Championships, Belarus's Ryta Turava upset Russia's Olga Kaniskina at 20 Km with a decisive win at 20 Km in 1:27:08. Kaniskina had 1:28:35, 2 seconds ahead of Elisa Rigaud, Italy, who was 8 seconds ahead of Norway's Kjersti Platzer. Spain's Francisco Fernandez was an easy winner in the men's 20 in

1:19:09, 51 seconds ahead of Valeriy Borchin, Russia. Joao Vieira of Portugal was third. Yohan Diniz of France won the 50 in 3:41:39, more than a minute ahead of Spain's ageless Jesus Garcia. . . In the World Juniors China's Li Hong (45:12.54) and Xiangdong Bo (42:50.26) prevailed. Silver medals went to Russia's Tatyana Shemyakina (45:34.41) and China's Shengyu Huang (43:13.29). The races were held in Beijing. . . Ray Sharp at age 46 won the U.S. 15 Km title in 1:10:35, beating 50-year-old Mark Green, who finished in 1:14:03. Teresa Vaill, a youngster at 43, gave Sharp a close race as she won the women's title in 1:10:53, 4 minutes ahead of Amber Antonia.



Junior aces. Tyler Sorensen (above) and Trevor Barron (below) on their way to victories at the USATF Championships, Tyler in the Junior 10, Trevor in the Senior 20 Km