

Russia Strikes Gold Again . . and Again

Daegu, Korea—Following on the heels (and toes) of Valeriy Borchin's win at 20 Km (reported in last month's ORW), victories by Olga Kaniskina at 20 Km and Sergey Bakulin at 50 Km gave Russia a clean sweep of the racewalk events at the World Athletics Championships. The Russians medal count swelled to six as Anisya Kirdyapkina captured bronze in the 20 and Denis Nizhegorodov silver in the 50. Vladimir Kanaykin had taken the silver in the men's 20. Three gold, two silver, and one bronze spells domination in our book.

In the women's 20, Kaniskina overcame what had been labeled the "cover curse". Athletes on the cover of the daily program over the first four days of competition had all come up short in their events. The 26-year-old Kaniskina put an end to that in a dominating performance that gave her a third straight World title, something no woman had ever done, with a winning time of 1:29:42. Ecuador's Jefferson Perez had won three straight on the men's side in 2003, 2005, and 2007. His string ended when Kaniskina's began.

Kaniskina presents a strong case as the greatest female racewalker of all time, having also won the 2009 Olympic 20 Km along with World Cup and European titles. Her last loss in a major competition was a second place in the 2006 European Championships when she was just 21.

On a hot day, the race started on a very conservative note, Kaniskina and teammate Vera Sokolova leading at the 5 km mark in 23:29, no one caring to challenge the favorites. But at that pace, there were still 33 others within at least 7 seconds of the lead. As Kaniskina applied a little pressure (22:47 on the second 5 for 46:16 at 10), the pretenders began to drop away. But still there were 13 walkers in the lead pack and six or seven others only a few seconds back.

Kaniskina quickly broke open the race as she accelerated to cover the next 5 in 21:52 reaching 15 km in 1:08:08. Kirdyapkina had moved to second, five seconds back, just 4 seconds ahead of China's Hong Liu. Sokolova was fading as she reached 15 in 1:08:29, only six seconds clear of Italy's Elisa Rigaud.

From there, Kaniskina continued to pull away as she opened it up another notch to cover the final 5 in 21:34. Liu tried mightily to gain ground but could only catch and pull clear of Kirdyapkina, finishing in 1:30:00, 13 seconds ahead of the Russian. Rigaud was fourth as Sokolova fell all the way back to eleventh at the finish.

For the U.S., Maria Michta moved up the second half of the race to finish 30th in 1:38:54 with splits of 24:16, 48:48, and 1:13:43.

For Kaniskina, motivation is never an issue. "You have to be motivated, and I always have motivation. I try not to think of my previous victories and instead I just focus on the race ahead. I want to win every competition I take part in", she said.

In the 50, Bakulin, just 24 seemed in control of the race, in which he overcame three challengers. Early in the race it was Australia's Nathan Deakes who was willing to have a go. The 2007 world champion, who has been fighting injuries since, moved to the lead by 10 Km, which he reached in 44:36 with Bakulin in tow. Early leader, Yohann Diniz of France, one of

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the favorites, was dropping back and was disqualified after just 17 kilometers. A pack of 10 was about 30 seconds back. Deakes was beginning to pull away by 20 Km, which he reached in 1:28:03, 12 seconds ahead of Bakulin, who seemed unconcerned. Five others, led by Ecuador's Andres Chocho were another 73 seconds back. Deakes continued to apply the pressure, reaching 30 km in 2:11:33, but beginning to show signs of giving way. Still looking fresh, Bakulin was 18 seconds back. Looming some 2 minutes back were two proven contenders, Australia's Jared Tallent and Bakulin's Russian teammate Denis Nizhegorodov, second and third in the 2008 Olympics, both seeming ready to challenge the lead.

Deakes gave away to Bakulin at 32 Km, after stopping several times with hamstring cramps. He dropped out shortly after 35 Km. At that point, Tallent had taken a 2:18 deficit at 30 Km down to 1:48 and was pulling away from Nizhegorodov. By 45 Km, he had chopped the lead to 90 seconds and pulled 46 seconds clear of Nizhegorodov. But, there was to be no real challenge as Tallent ran out of gas and was caught by Nizhegorodov at 49 Km. Bakulin walked his slowest 5 of the race (23:09), but was still 81 seconds behind at the finish. Tallent was another 51 seconds back, but well clear of China's Tainfeng Si, who took fourth ahead of another Aussie, Like Adams.

There were 12 disqualifications in the race and six who did not finish. Among the drop outs was one of the pre-race favorites, Matej Toth. Those who were DQ'd included Spain's great veteran, Jesus Angel Garcia, the 1993 World Champion and bronze medalist in 2009. Defending champion, Sergey Kiryapkin, was another drop out. A real surprise is three Japanese walkers in the first ten. Another surprise; the Mexicans who were 15, 20, and 30 in the men's 20 and only 18, 19, and 21 here.

Results:

Women's 20 Km: 1. Olga Kaniskina, Russia 1:29:42 (23:29, 46:16, 1:08:08) 2. Hong Liu, China 1:30:00 3. Anisya Kiryapkin, Russia 1:30:13 4. Elisa Rigaud, Italy 1:30:44 5. Shenjie Qiejiang, China 1:31:24 6. Susana Feitor, Portugal 1:31:28 7. Ana Cabecinha, Portugal 1:31:36 8. Kristina Saltanovic, Lithuania 1:31:40 9. Beatriz Pascual, Spain 1:31:46 10. Ines Henriques, Portugal 1:31:06 11. Vera Sokolova, Russia 1:32:13 12. Olena Shumkina, Ukraine 1:32:17 13. Maria Vasco, Spain 1:32:42 14. Ni Gao, China 1:32:49 15. Regan Lample, Australia 1:33:38 16. Olive Loughnane, Ireland 1:34:02 17. Tatiana Mineeva, Russia 1:34:08 18. Nastasia Yyatsevich, Belarus 1:34:09 19. Jamy Franco, Guatemala 1:34:36 20. Kumi Otoshi, Japan 1:34:37 21. Claire Tallent, Australia 1:34:46 22. Mayuma Kawaski, Japan 1:35:03 23. Johann Jackson, Great Britain 1:35:32 24. Nadiia Borovska-Prokoppuk, Ukraine 1:35:38 25. Lucie Pelantova, Czech Rep. 1:35:45 26. Jong-sun Jeon, Korea 1:35:52 27. Claudia Stef, Romania 1:36:55 28. Agnese Butalyte, Lithuania 1:38:39 30. Maria Michta, USA 1:38:54 31. Maria Czakova, Slovak Rep. 1:39:07 32. Arabelly Orrjuela, Colombia 1:39:28 33. Ingrid Hernandez, Colombia 1:39:53 34. Zuzana Schindlerova, Czech Rep. 1:39:57 35. Marie Polli, Switzerland 1:40:28 36. Milangela Rosales, Venezuela 1:40:49 37. Rachel Lavallee Seaman, Canada 1:43:31 38. Grace Wanjiru Njue, Kenya 1:43:59 39. Yadir Guaman, Ecuador 1:45:15 39 40. Chaima Trabelsi, Tunisia 1:46:29 DQ—Claudia Balderama, Bolivia; Maria Jose Poves, Spain; Viktoria Madarasz, Hungary; Neringa Aidetyte, Lithuania; Maria Sanchez, Mexico; and Olga Iakovenko, Ukraine. DNF—Sabine Krantz and Melanie Seeger, Germany; Masumi Fuchise, Japan; and Semiha Mutlu, Turkey.

Men's 50 Km: 1. Sergey Bakulin, Russia 3:41:24 2. Denis Nizhegorodov, Russia 3:42:45 3. Jared Tallent, Australia 3:43:36 4. Tianfeng Si, China 3:44:40 5. Luke Adams, Australia

3:45:31 6. Koichiro Morioka, Japan 3:46:21 7. Chil-sung Park, Korea 3:47:13 8. Faguang Xu, China 3:47:19 9. Takayuki Tanji, Japan 3:48:03 10. Haroki Arai, Japan 3:48:40 11. Andrea Chocho, Ecuador 3:49:32 12. Marco De Luca, Italy 3:49:40 12. 13. Rafal Sikora, Poland 3:50:24 14. Dong-oung Kim, Korea 3:51:12 15. Jarko Kinninen, Finland 3:52:32 16. Jean-Jaques Nkouloukali, Italy 3:52:35 17. Trond Nymark, Norway 3:54:26 18. Edgar Hernandez, Mexico 3:54:46 19. Jose Levyer, Mexico 3:54:46 20. Oleksy Kazanin, Ukraine 3:56:18 21. Omar Zepeda, Mexico 3:56:41 22. Andreas Gustafsson, Sweden 4:00:05 23. Bertrand Moulnet, France 4:07:58 24. Quentin Rew, New Zealand 4:08:46 25. Jianbo Li, China 4:10:26 DQ—Jesus Angel Garcia, Spain; Mikel Odriozola, Spain; Antti Kempas, Finland; Yohan Diniz, France; Cedric Houssaye, France; Colin Griffin, Ireland; Junghyus Yn, Korea; Tadas Sulkevicius, Lithuania; Rafal Fedaczynski, Poland; Igor Erokh, Russia; Nenad Filipovic, Serbia; and Milos Batovsky, Slovak Rep.. DNF—Nathan Deakes, Australia, Jose Ignacio Diaz, Spain; Igors Kazakevics, Latvia; Gregorz Sudol, Poland; Sergey Kiryapkin, Russia; Matej Toth, Slovak Rep.; Christopher Linke, Germany

Taylor-Talcott Beats Hubby and Other Men In National 40 (And Then Adds Another 10)

Ocean-Township, N.J., Sept. 11—In the National 40 Km Championship race today, Erin Tylor-Talcott not only won the women's race, she left all the men behind as well, crossing the line in 3:41:59. To embarrass the gents further (although that wasn't her intent) she went on to finish 50 Km in 4:41:36. That is the second fastest 50 ever walked by an American woman (Susan Armenta did 4:39:50 in 2002 when she finished eighth in the men's national 50). It's a time good enough to qualify Erin for the 2012 50 Km Olympic Trials—more on that later in this issue.

Winning the men's race was Erin's husband, Dave Talcott in 3:45:24. As has been a troubling trend in the longer races, it was primarily a race for the seniors, with the first three—Talcott, Ray Sharp, and Ian Whatley all on the far side of 50 and fourth place finisher Chris Schmid over 60. The only youngster in the race was Mike Mannozi, who had a 4:41:59 for 50 in the spring, but struggled mightily after the first 20 in this race. He finished fifth in over 4 hours.

Bold as ever, Ray Sharp, who won first this race back in 1982, dominated the early going. With a 50:32 for the first 10, he was well clear of the field, as the splits below will show. By 20 Km (1:42:57) he was nearly seven minutes ahead of Mannozi, 8 minutes ahead of Taylor-Talcott, and 10 minutes or more ahead of the rest. Both Sharp and Mannozi paid the price the rest of the way. Dave Talcott moved ahead of his wife by 30 Km, but he too faded and trailed her by nearly 3 ½ minutes at the finish. His finish, that is; she was still going strong and still managed to break 60 minutes on her solo final 10.

Fading fast, Sharp stayed ahead of Talcott for 30 Km but couldn't hold him off from there. He did hold off Whatley, who gained nearly 7 minutes on him the final 10. The results:

Results: Women: 1. Erin Taylor-Talcott, Shore AC 3:41:59 (55:39, 1:50:46, 2:45:41—finished 50 Km in 4:41:36) 2. Maria Paul (1st 45-50), Shore AC 5:04:39 3. Darlene Backlund, S. Cal. TC (1st 65-59) 5:15:18

Men: 1. Dave Talcott, Shore AC 3:45:24 (1st 50-54; 56:35, 1:52:51, 2:44:15) 2. Ray Sharp, Pegasus 3:46:35 (2nd 50-54; 50:32, 1:42:37, 2:42:56) 3. Ian Whatley, World Class RW 3:46:53 (3rd 50-59) (55:55, 1:52:57, 2:49:15) 4. Chris Schmid, World Class RW (1st 60-64) (57:31, 1:55:20, 2:54:34) 5. Michael Mannozi, Miami Valley TC 4:02:14 (54:33, 1:49:43, 2:53:55) 6. Leon Jasionowski, Pegasus AC (1st 65-59) 4:19:18 7. Rog Craig, Pegasus (4th 50-54) 4:35:14 8. Bill Vayo, un. (1st 45-49) 4:37:16 9. Bruce Logan, Park Walkers (2nd 45-49)

4:48:14 10. Tom Quatrochi, Shore AC (2nd 60-64) 4:56:43 11. John Backlund, S. Cal. TC (1st 70-74) 5:09:19 12. Dr. Patrick Bivona, Shore AC (2nd 70-74) 5:13:56 13. John Morrison, Potomac Valley TC (3rd 60-64) 5:15:10 14. Eliot Collins, Shore AC (2nd 55-59) 6:00:58 15. Robert Newhouser, NY Walkers (2nd 55-59) 6:05:32

20 Km: 1. Dan Serianni, World Class RW 1:37:08 (46:54) 2. Jonathan Hallman (18), Liberty, S.C. 1:49:05 (49:51) 3. Ron Salvio, Freehold Area Running Club 2:25:33 4. Barry Blake, Shore AC 1:29:10 4. Jack Starr (823), Philadelphia Warriors 2:43:56 4. Ed Dunphy, Shore AC 2:48:44 Women—1. Panse Gerr, Shore AC (64) 2:09:38 2. Jennifer Marlborough, World Class RW 2:22:46

No Surprises At Challenge Final

La Coruna, Spain, September 17—As expected, the 10 Km races at the IAAF Racewalking Challenge Final went to pre-race favorites Valeriy Borchin and Olga Kaniskina. The Russian World Champions, dominant all year, continued that dominance. For Borchin, it was a 7 second victory over China's Zhen Wang in 38:42. Kaniskina had an easier time, beating Hong Liu, also of China, by 17 seconds with a 42:37.

In the men's race, the first 1 Km lap went by in 3:56 with 14 walkers right together. Mexico's Jose Diaz then moved away to a lead of about 20 meters, reaching the 3 km mark in 11:50. as the rest of the field bided their time doing laps in about 4 minutes. But by the fifth lap, the real contenders started to move away from the pretenders. On the seventh lap, Borchin showed why he is a champion. A 3:47 lap put him clearly in the lead, with Wang the only one willing to challenge. From there steadily widened his lead on Wang, who moved easily away from the rest of the field.

Borchin wasn't thinking about the money he had won as Race and Challenge winner. "It's the victory that's most important. This one is just as good as the rest of the year," he said. "If you're competing against the best, then any victory is important. It's been a hard few weeks—but I'm glad all the hard work has been rewarded."

Kaniskina was unchallenged at the finish of the women's race, which ended in near darkness. Hong Liu was dominant over the rest of the field, finishing 12 seconds ahead of surprise bronze medalist, Melanie Seeger, who outsprinted Portugal's Ana Cabecinha. Seeger had failed to finish in the World Championships.

After a 21:56 clocking on the first 5 km that saw ten walkers in close formation, Kaniskina, Seeger, and Liu broke up the pack. A 4:11 on the eleventh lap, put Kaniskina and Liu well out in front. Liu went all out on the next lap—a 3:58, but couldn't shake the fluid Kaniskina. That was it for the Chinese lady. Kaniskina had a 40-meter lead as they started the final circuit and continued to pull away to the finish. "I knew I had it in me, she said. "I just wanted a second chance to prove it after Daegu, and you don't know how happy I am."

1. Valeriy Borchin, Russia 38:42 2. Zhen Wang, China 38:49 3. Yafei Chu, China 39:06 4. Joao Vieira, Portugal 39:09 5. Eder Sanchez, Mexico 39:13 6. Robbie Heffernan, Ireland 39:19 7. Siamu Fujisawa, Japan 39:18 8. Luke Adams, Australia 39:45 9. Ever Palma Olivares, Mexico 39:46 10. Jared Tallent, Australia 39:48 11. Daniel Gomez, Mexico 41:02 12. Luis Lopez, Colombia 41:08 13. Dane Bird-Smith, Australia 41:21 14. Jesus Bragado, Spain 41:24 15. Maik Berger, German 47:01 16. Ignasi Melo, Spain 49:43 17. Antonio Gonzalez, Spain 51:47 (1 DQ, 1 DNF)

1. Olga Kaniskina, Russia 42:37 2. Hong Liu, China 42:54 3. Melanie Seeger, Germany 43:06 4. Ana Cabecinha, Portugal 43:12 5. Susana Feitor, Portugal 43:37 6. Beatriz Pascual, Spain 43:46 7. Maria-Jose Poves, Spain 44:12 8. Ni Gao, China 44:17 9. Ines Henriques, Portugal

44:25 10. Olive Loughnane, Ireland 44:27 11. Brigita Virbalyte, Lithuania 44:33 12. Claudia Stef, Romania 45:53 13. Vera Santos, Portugal 45:58 14. Julia Tackas, Spain 46:14 15. Claire Tallent, Australia 47:25 16. Ainhua Pinedo, Spain 47:36 17. Rei Inoue, Japan 48:23 18. Sonata Milusauskaite, Lithuania 49:17 19. Miriam Fernandez, Spain 49:21 20. Mariela Sanchez, Mexico 50:51 21. Sara Alonso, Spain 52:37 (2 DNF)

Other Results

5 Km, Plantation, Florida—1. Maite Moscoso 24:21 2. Ann Harsh (61) 31:00 3. Sandra DeNoon (56) 31:20 (8 finishers) Men—1. Juan Moscoso 25:35 2. Chris Schmidt (64) 26:13 3. Gerry Gomes (78) 35:13 (5 finishers) **3 Km, Albuquerque, N.M., Aug. 21:** Youth Girls—1. Mariah Ciolelo 17:42 Women 45—1. Laura Draelos 17:48 Women 55-59—1. Kerri Segell 19:05 Men 65-59—1. Michael Budnik 15:53 2. Peter Armstrong 18:56 **1 Mile, Irvine, Cal., Aug. 28 (road):** Girls 12 and under—1. Janelle Zamora 8:24.33 2. Kirra Facer 9:05.25 3. Gina Bentley 9:18.75 (6 finishers) Girls 13-18—1. Patsy Hurley (17) 7:59.70 2. Jorjee Rohm (15) 8:53.52 Women 19-39—1. Nicholas Christie (19) 6:36.07 (Sounds like a man to me, but this is the way it was reported. A great time either way.) Women 50 and over—1. Donna Cunningham (64) 9:16.64 2. Carol Alexander (51) 9:27.29 3. Janet Robinson (70) 10:02.09 (9 finishers) Boys 13-19—1. Tyler Sorensen (17) **5:55.90!** (Now there's a great time) Men 40-49—1. Art Morrow (47) 9:11.55 Men 50 and over—1. Alex Kazaryan (56) 7:54.05 2. Richard Campbell (65) 8:37.17 3. Ray Billig (54) 9:27.44 4. Alan Ede (71) 9:27.07 ? (Either this or Billig's time is incorrect, or their places should be reversed.) 5. Patrick Bivona (70) 9:46.03 6. Hank Klein (58) 10:20.33 7. Carlos Acosta (77) 10:25.70 8. James Bentley (55) 10:36.56 **5 Km, Crestline, Cal., Aug. 13**—1. Steven Avellaneda 32:02.5 2. Art Morrow 33:05.2 (14 finishers) Women—1. Francine Avellaneda 33:45 2. Shari Ross 36:03.6 (21 finishers)

Welland, Ontario Walks, Sept. 18: 20 Km—1. Creighton Connolly 1:34:57 (23:08, 46:30, 1:10:30) 2. Allen James (47), USA 1:36:55 (23:45, 47:28, 1:11:21) 3. Jianping Xu 1:49:17 Women—1. Rachel Zoyhofski, USA 1:55:56 2. Miranda Melville, USA 1:55:56 3. Sharon O'Leary (43) 2:16:30 4. Sherry Watts (58) 2:16:30 Women's 5 Km—1. Hanna Ready (16) 28:44 2. Sandy Archibald (52) 30:36 3. Sarah Raetson 31:38 4. Lily Whalen 32:04 5. Sharon Wright (61) 33:06 6. Nataliya Botova 33:50 (13 finishers)

British RWA 10 Km, London, Sept. 11—1. Evan Dnfee, Canada 42:17 2. Inaki Gomez, Canada 42:22 3. Michael Doyle, Ireland 42:39 4. Tom Bosworth 42:44 5. Jamie Costin, Ireland 43:16 6. Dominic King 43:57 (14 finishers) Women—1. Johanna Jackson 44:59 2. Naringa Aidelyte, Lithuania 46:29 **1 Mile, London, Sept. 9**—1. Tom Bosworth 6:12.4 Women—1. Johanna Jackson 6:41.2 (UK record) **20 Km, Gdansk, Poland, Aug. 31**—1. Paulena Buziak 1:36:49 2. Anita Kazemaka, Latvia 1:38:19 3. Karoliina Kaasalainen, Finland 1:39:36 Men—1. Lukasz Novak, Poland 1:26:41 **Sweden-Finland Dual Meet, Helsinki, Sept. 9:** Men's 10 Km—1. Jarkko Kinnunen, Finland 39:55.2 2. Heikki Kukkonen, Fin. 39:56.5 3. Aku Partanen, Fin. 40:22.6 (National junior record) 4. Andreas Gustafsson, Swed. 40:34.3 5. Perseus Karlstrom, Swed. 42:08.0 6. Anatole Ibanez, Swed. 42:38.6 Women's 5000—1. Mari Olsson, Swed. 22:24.8 2. Karoliina Kaasalainen, Fin. 22:35.3 3. Anne Halkivaha, Fin. 23:00.4 4. Siw Karlstrom, Swed. 23:48.8 5. Henrika Parvaiaainen, Fin. 24:30.8 6. Elinor Hogrell, Swed. 26:59 Team score: Finland 27 Sweden 17 **Polish National 5000 meters, Krakow, Sept. 10**—1. Rafal Fedaczynski 19:19.02 2. Rafal Augustyn 19:26.55 3. Jakum Jelonek 19:51.83 4. Dawid Tomala 19:57.68 5. Rafal Sikora 10:00.19 Women—1. Agnieszka Cygacz 21:43.97 2. Paulina Buziak 21:54.86 3. Agnieszka Szwarzog 23:05.58 **Polish National 20 Km, Warsaw, Sept. 17:** Women—1. Agnieszka Dygacz 1:30:56 2. Mirna Flores, Guatemala 1:32:30 3. Federica Ferraro, Italy 1:33:56 4. Paulina Buziak 1:33:44 5. Agnieszka Szwarzog 1:34:51 6. Edina

Fusti, Hungary 1:36:13 7. Mayra Perez, Guatemala 1:36:35 8. Katarzyna Golba 1:39:33 9. Monika Kapea 1:42:56 10. Lucyna Chrusciel 1:43:50 (16 finishers) **Men—1.** Rafal Augustyn 1:22:01 2. Rafal Fedaczynski 1:22:07 3. Jakub Jelonek 1:22:32 4. Lukasz Nowak 1:23:52 5 6. Dawid Tomala 1:26:31 7. Igor Sakharuk, Ukraine 1:26:38 8. Fedor Dovgun, Ukraine 1:27:33 9. Rafal Golawski 1:33:31 (12 finishers) **3000 meters, Sosnowiec, Poland, Sept. 21—1.** Dawid Tomala 11:10.79 2. Rafal Augustyn 11:17.82 3. Rafal Fedaczynski 11:28.76 4. Artur Brzozowski 11:34.39 5. Lukasz Nowak 11:41.30 **50 KM, Naumburg, Germany, Sept. 24—1.** Jesus Angel Garacia, Spain 3:48:11 2. Robert Heffernan, Ireland 3:49:28 3. Carsten Schmidt, German 3:54:54 4. Mikos Batovsky, Slovak Rfep. 3:56:46 5. Antti Kempas, Finland 3:56:52 6. Brendan Boyce, Ireland 3:57:58 (15 finish, 2 DQ **20 Km, same place—1.** Ever Olivares, Mexico 1:21:02 2. Dzianis Simanovich, Belarus 1:21:15 3. **Inaki Gomez, Canada 1:22:06 4.** Marius Zivkas, Lithuania 1:22:31 5. **Evan Dunfee, Canada 1:23:05** (The British Columbia pair continue to improve.) (19 finishers) **Women's 20 Km, same place—1.** Melanie Seeger 1:29:20 2. Ines Henriques, Portugal 1:30:40 3. Rachel Seaman, Canada 1:33:33 4. Marie Polli, Switzerland 1:36:14 5. Laura Polli, Switz. 1:40:51 (9 finishers, 1 DQ) **Nordic Championships, Halden, Norway, Sept. 17: Men's 20,000 meters—1.** Heikki Kukonen, Finland 1:24:07.52 2. Andreas Nielsen, Norway 1:32:29.93 3. Rimo Viljanen, Finland 1:33:28.74 **Women's 20,000—1.** Mari Olsson Sweden 47:25.72 2. Merele Helgheim, Norway 49:54.51

It's Sweet To Compete

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)
15 Km and 50 Km, Pleasant Prairie, Wis. (I)
Sun. Oct. 16 Detroit ½ Marathon and 5 Km, Detroit, Michigan (F)
Sat. Oct. 22 5 Km, Bear, Del. (T)
1 Hour, Los Angeles (Y)
Sun. Oct. 23 5 Km, Rehoboth Beach, Del. (T)
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)
Sat. Nov. 12 Virginia 1 Hour Championship, Virginia Beach (W)
Sun. Nov. 13 10 and 20 Km, Miami area (B)
Sun. Nov. 20 Coney Island 10 Mile handicap (P)
Thu. Nov. 24 5 and 10 Km, Wilmington, Del. (T)
Sat. Nov. 26 5 Km, Medford, Del. (T)
Sat. Dec. 3 5 Km, Dover, Del. (T)
Sun. Jan. 7 50 Km, Houston (G)
Fall Shore AC 1 Hour walks, details TBA (A)

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A bit of history. Drake Relays, Des Moines, Iowa, 1961. Jack Blackburn leads Rimas Vacaitis and Jack Mortland, probably around the final turn. More detail on next page.

From Heel To Toe

Pan Am Games. The U.S. racewalkers for the Pan American Games in Guadalajara, Mexico in October have been named. In the men's 20 Km, we will send John Nunn and Mike Mannozi; in the Women's 20 Maria Michta and Lauren Forgues; and in the Men's 50 Ben Shorey and Dave Talcott. The men's endurance coach (distance runs and the walks) for the Games is Troy Engle, the Head Track Coach at West Point Military Academy. Troy was a national-class racewalker in the 1980s. The track program at the Pan Am Games runs from October 23 through the 30th. **Junior record.** The IAAF has announced the ratification of a new world racewalking record in the junior women's 10,000 meter event. Elena Lashmanova of Russia walked 42:59.48 in Estonia on July 21 bettering Vera Sokolava's record set in 2005. **Drake Relays.** In 1961, the Drake Relays decided to stage a 1 Mile Walk. The invited four athletes—expenses paid—to compete. Rimas Vacaitis and Mat Rutyna of the U. of Chicago Track Club, and Jack Blackburn and Jack Mortland of the Ohio TC. We were told before the race that it was an experiment on their part and so had better look convincing, so the pace was cautious with a final sprint to decide the outcome. Blackburn finished just ahead of Vacaitis with Mortland a close third with times ranging from about 6:58 to a second or two over 7 minutes. I don't think the race as ever held again. Perhaps I will write about the expense money some time.

Commentary on World Championship 50 Km

In the last two issues, we covered controversy that arose from what some felt was lax judging at the World Masters Racewalks earlier this year. The 50 Km race at the World Championships in Taegu has raised further questions, primarily regarding bent knees. In that race, 12 of the 43 starters were disqualified, nearly all for bent knees. According to Ray Somers, there were 52 red cards issued—47 of them for bent knees. While there were considerably fewer DQ's in the two 20 Km races (6 in the women's race and 4 in the men's with 50 and 46 starters respectively) again, the vast majority of red cards were for bent knees. We should note that although this is a large number of DQ's, it is not unprecedented. The following summary of DQ's in the 50 at the World Championships, compiled by Brian Huntley in the UK, shows this was pretty much an average year—but it is likely the number of cards for bent knees was higher than usual.

2011--43 starters; 25 finished, 12 DQ'd, 6 DNF (28 percent of field DQ'd)
 2009--47 starters; 31 finished, 3 DQ'd, 13 DNF (6 percent of field DQ'd)
 2007--54 starters; 31 finished; 9 DQ'd, 14 dnf (17 percent of field DQ'd)
 2005--44 starters; 23 finished; 14 DQ'd, 7 DNF (32 percent of field DQ'd)
 2003--39 starters; 19 finished, 15 DQ'd, 5 DNF (38 percent of field DQ'd)
 2001--48 starters; 31 finished, 10 DQ'd, 7 DNF (21 percent of field DQ'd)

There was considerable bantering among people in this country (on the Yahoo RW list) concerning the matter and the general issue of judging, particularly regarding the relatively new bent knee rule. But there is also concern on the international level, as suggested by the following open letter (unedited):

Open letter to the Members of the IAAF and of the EAA Race Walking committees, the judges of Race Walking and the supporters of Race Walking

Dear Mr. M. Damilano and Mr. P. Marlow,

IAAF World Championship 2011 in Daegu has just ended. The world record of negative judging was broken and the championship is a scandal. The judges were competing who is going to give the biggest number of cautions. The judges were especially "generous" in the 50 km race walking, when almost all 43 participants have received cautions (the total number of cautions - 156). 12 walkers were disqualified after they have received red cards (total 53) All of them for the breaking of the "bent knee" rule. One must understand that all race walkers have bad technique and all the judges have the good judging. Or maybe it is the opposite? We have watched the recording of the competition and it is visible that a lot of race walkers have received the cautions without a reason.

Such kind of judging might lead to the elimination of the Race Walking from World Championships and Olympic Games. Some leaders of the Athletic federations are already voicing this message. They do not see why they should finance the Race Walking. And in some countries the attention to the Race Walking is already very small. The number of trainers and of the competitions is decreasing. There is almost no Race Walking in the USA, Canada, Africa, Balkan countries.

I hope this letter will catch your attention and we will have an open discussion on this issue.

Regards,

Kastytis Pavilonis

President Lithuanian Race Walking Association, Exinternational RW Judge

Much of the discussion on line suggested changes in the rules to clarify the definition of racewalking, again, pertaining particularly to the knees. I will repeat here a most thoughtful commentary from Ian Whatley:

Before we propose new rules, we should understand our objective in having rules. I suggest something along the lines of:

Racewalking is an event group in which athletes compete to be fastest at specific distances whilst abiding by a rule or rules which define their form and differentiate it from running. We have a long and storied history for our event which also gives an aesthetic constraint: Any new rule(s) should not radically alter our mode of progression.

Also, we need to keep in mind that Racewalking is a very accessible event group within an accessible sport (athletics/track and field) Thus anyone, anywhere can racewalk. We do not want to make changes that would require complex, costly, or rare equipment for people to participate. This is one of the problems with electronic contact measuring tools - if they are ever made compulsory, racewalking will cease to be an option in the vast majority of nations. We presently have rules that concern knee angle and foot-ground contact. These are adequate, if not perfect, in meeting the objectives for rules that I stated above.

Contact - part of at least one of your feet (shoes) must touch the ground at all times, as seen in real time by the appointed judges. This rule, which I have paraphrased since we have all read the original so many times that we have loaded it with our personal expectations, is good PROVIDING that one underlying premise is correct: judges perceive loss of contact at about the same threshold for flight time.

If a group of judges were presented with walkers exhibiting various flight phases, our premise is that they would notice lifting at the same length of flight time. Since I can't include a graph, let me describe one: X axis is flight time and Y axis is percentage of judges who 'see' lifting. If our underlying assumption is correct, we would see a curve that remained at zero calls

until the flight time reached a certain level (experiments suggest this is about 30-35 milliseconds) and the percentage of judges issuing a red card would then leap up to 100%.

(Side note. Someone suggested that judges with especially sensitive eyes for detecting lifting should be recruited for international events. That is a bad idea. It would be similar to raising the hurdles for top level competition, but not telling the hurdlers how much the barriers were to be raised.)

Straight leg - In any language, this rule is a semantic disaster. What are we trying to achieve with this 'straight/straightened' leg rule? Two things:

1. We are differentiating RW from running by preventing the use of the quadriceps to push off the ground behind the athlete.
2. We don't want walkers to look like Groucho Marx or the ministry of silly walks.

Our wording problem is compounded by the unwritten exceptions for lumpy kneecaps, bow legs, and hyper-extension. Your leg must be straight, ignoring the fact that legs are never straight except in stick figure drawings. Take two non-parallel sided columns (the upper and lower leg) and attach them at a knobby two-axis sliding cam joint and look for anything straight about the whole set up. Never, never have I ever seen a straight leg anywhere on anyone. (Hang on, the picture of Long John Silver on this kids version of Treasure Island has one straight leg, but it appears to be pine, or possibly oak)

So, right idea - wrong wording.

(Side note 2: On the biomechanics of the knee: It is not a simple hinge. A little knowledge or a poor analogy is a dangerous thing. To compound matters, biomechanical analysis of knee motion is still debated amongst experts, at the more subtle levels of detail, as MRI analysis refines our knowledge of this complex joint. For a discussion of Tibiofemoral kinematics, see Michel Bonnin and Pierre Chambat - Osteoarthritis of the Knee (2008))

Consider three markers seen from the side of a walker, A = top of the femur, B = midpoint of the knee joint and C = bottom of the fibula (these can be more clearly defined in anatomical terms) A straight leg rule might be written as: The angle ABC must be 180 degrees or greater from the moment the foot strikes the ground until the line A-C is perpendicular to the ground, as viewed from a lateral aspect of the walker.

What's going on here? We are removing the argument that some athlete's legs are never straight if you judge from the front, while the words 'or greater' will modify the rule to ignore hyper-extension. The present rule should lead to hyper-extenders being DQ'ed for having bent legs. It doesn't because, well, everyone knows that is not the intent of the rule even if it is what it says! No wonder TV commentators are confused. How do knee angle rules prevent 'pushing off'?

The length of the line A-C is at its maximum when the angle ABC is 180. If you reduce the angle, the length decreases. In running, the support leg angle ABC decreases as the body moves over the foot, and then increases (thus increasing the length A-C) to propel the body forward and upwards off the ground. The lengthening of A-C and increase in angle ABC is produced by the quadriceps muscles contracting. This is, in part, the basis for Gary Westerfield's excellent analysis of the present rule. Having laid out the problem, here are some brain-stormed ideas on how to change the so-called straight leg rule:

The walker shall not use their quadriceps muscles to propel themselves forward by straightening the supporting leg after the supporting foot has passed behind their body. or: Viewed from the side, the upper and lower leg bones must form an angle of 180 degrees or greater at the knee when the ankle and hip of the supporting leg are vertically aligned.

And while we're at it, can we please, please dump the words 'caution' and 'warning?' The terms yellow card and red card are easier to remember, and soccer is a well known analogy for most people in the world.

Aha! So this is what our sport is about.

John Constandinou, editor of the UK's *Race Walking Record*, in commenting on coverage of the World Championship walks in Daegu mpoed: Apart from the cover of the program featuring a photo of Diniz mid-stride with both feet in the air (*Ed. A photo, incidentally, also used in Track and Field News pre-meet coverage*), the official website gave a bizarre summary of the rules of racewalking for the public, as follows.

Race Walk

An event wherein the athlete walks with either foot not being lifted from the ground while walking to compete for the fastest speed.

Rules of Competition

01 The knee of the leg that treads the ground should be straight, while the other leg that supports the body should also be straight.

02 If an athlete is disqualified by the judge on the tracks during the match, he should immediately retire, and remove his numbers if he is on the road.

03 If an athlete, during the race, receives two or more warnings due to violations, he will be disqualified. The athlete should maintain his walk stride at 4/7 - 2/3 of his height, and if the walk stride is over 2/3 of his height, this will be equivalent to running, thus the athlete will receive.

04 If the athlete lifts his thighs too high or moves his arms too heavily or do not move them at all, he cannot balance his upper body, causing himself to shake back and forth and right and left or when landing on his heel, if the toe bending angle is small, he will receive warnings.

Ed. Exactly.

Regarding IAAF RW Committee

In th August issue we reported on IAAF RW Committee elections, in which Bob Bowman was not only defeated in his bid to regain the Chairmanship, but was also voted off membership on the Committee. Bob's comment on the election follows:

Just got the August issue of the ORW. I see where you reported on the IAAF Race Walking Committee election results. I didn't go to Daegu. Don't know if that would have made a difference or not. In all previous elections going back to 1981 I had always finish high - never less than 100 votes - always on the first ballot. I'm usually in the top 3 or 4. I received much less votes this time. I believe the reasons were the following:

(1) First of all, the IAAF never conducts an honest election. They are always manipulated. At the very least lists are circulated by the leadership as to who they want selected. Additionally voting is sometimes rigged. This time I believe was no exception. If you followed the election, the very first day the officer's election was thrown out because the electronic system had "glitches" and Sergey Bubka was not re-elected VP. They then went to a paper ballot and he was elected. This same scenario has been repeated in past elections! Of course they can more easily manipulate a paper manual vote. In an age of advanced electronic voting, the IAAF can't seem to be able to conduct a simple 200 vote election. Often the votes don't even add up properly.

(2) For the Race Walking Committee, strong walking federations always do well. You could run Mickey Mouse as the nominee from China, Russia or Mexico and he would get elected, regardless how good he would be. By the way, ex-athletes who have never been involved as a judge or official, have been extremely weak members of the Committee in that most of the Committee's work has to do with judging and event management. For example, the current Chairman came onto to Committee as Chair in 1999, having never served on the Committee and had no background as an official or judge. His performance as Chairman has been pathetic since. Incumbents usually run strong also, which explains how I've survived over the years. Performance on the Committee is never taken into consideration. It is nothing but politics. The people that vote are the heads of federations, few are interested in race walking.

(3) Probably the main reason I fell a few votes short this time was the fact that after years of witnessing a major cheating problem within the Committee and the judging of major IAAF competitions, I complained first to the General Secretary and then eventually to the IAAF President. I did this with the advice of Bob Hersh who is an IAAF Vice President. I knew this was risky as to my election chances but I felt I had a moral obligation to do so. I had also informed Stephanie Hightower, President of USA TF, of this action. In doing so I realized that the IAAF leadership does not like anyone to make waves. However, I felt that the sport and race walking was in serious jeopardy if this situation wasn't corrected. My two letters to the IAAF General Secretary last year were ignored.

I therefore wrote the President in July of this matter. He wrote back to me questioning the evidence of these wrong doings. I should point out that following the first incident in 1993, Diack and I met privately in 1994 following the hearing that addressed this incident which occurred at the 1993 World Championships. At that time he became aware of the incident and the "cover up" by the then President of the IAAF, Primo Nebiolo. We will never know the exact number of athletes that have been unfairly disqualified by these people.

I leave the Committee after 31 years knowing I did my best to help the sport and to protect it from dishonest behavior. I ran for Chairman again only to remove Damilano from this position which allows him to protect this dishonest judge. Both Gabriel Roldan of Mexico and I both ran against him in 2007 for the same reason. Both of us were threatened by Damilano. He eventually carried out his threats by removing both of us as Level III judging examiners, as well as other assignments.



Start of 3500 meter race at 1908 London Olympics. The race was won by Great Britain's George Larnar in 14:55

LOOKING BACK

45 Years Ago (From the September 1966 ORW)—Ron Laird won the National 25 Km title in 2:06:15 in Seattle. On a very hot day, Tom Dooley was nearly 12 minutes back in second. . . In the European Championships, East Germany's Dieter Lindner walked 20 Km in 1:29:25 to beat Soviet aces Vladimir Goubnichiy and Nikolai Smaga. Italy's Abdon Pamich won the 50 in 4:18:32 over another Soviet Pair--Gennadiy Agapov and Tscherina. . . Alex Oakley captured the Canadian 50 in 4:44:52, 12 minutes ahead of Israel's (and at that time the U.S.'s) Shaul Ladany. . . Another Canadian, Felix Cappella, won the annual Mackinac Bridge 4 ½ mile race in Michigan in 34:35.

40 Years Ago (From the September 1971 O RW)—The headline said that Young, Laird, Ladany dominate. Larry Young won the National 30 Km in Seattle and bettered the American record for 100 miles in Columbia, Missouri. In the 30, he pulled clear of Ron Laird in the final 10 Km to win in 2:25:40. Laird had 2:28:10, ahead of Bill Ranney, Goetz Kloopfer, Bob Bowman, and Steve Tyrer. The 100-miler was held on a 200-meter indoor track because of monsoon-like weather that had flooded the outdoor oval. Larry took it easy for 96 miles and then accelerated to finish in 18:07:12 with final miles of 9:40, 9:21, 7:50, and 7:50! . . . Laird took the National 25 Km on Long Island in 2:01:49 after a good tussle with John Knifton (2:03:54), Bob Kitchen (2:04:13), Canadian Marcel Jobin (2:05:38), Gary Westerfield (2:06:36), and Ron Kulik (2:07:38). . . Ladany prevailed in the prestigious London-to-Brighton 52-miler in 7:57:17 (37 ½ minutes ahead of second) just a few weeks after he had won the Hastings-to-Brighton 38 miler in 5:33:36, . . . In a 10-mile race in Continental, Ohio, Jack Blackburn edged Jack Mortland 1:21:01 to 1:21:09 with Phil McDonald better than a minute back in third. Phil got his revenge a week later as he wiped out both Jacks while finishing 10th in the National 25.

35 Years Ago (From the September 1976 O RW)—The National 30 Km, held in Des Moines, Iowa, went to Larry Young in 2:27:36. Floyd Godwin stayed close most of the way, but finished better than 3 minutes back. Augie Hirt was a distant third, followed by the aging Ron Laird. . . Hirt took the national 100 miler in Columbia, Mo. in 19:55:16, with Chuck Hunter finishing the race for the fourth straight year, only 10:34 behind. There were seven finishers, with our own Jack Blackburn joining Hirt as a first time Centurion. Jack was fourth in 21:57:11. . . The World 50 Km Championship, held because the 50 was dropped from the Montreal Olympics, went to Soviet walker Veniamin Soldatenko in 3:54:50. He was followed by Enrique Vera, Mexico, in 3:58:34 and Reima Salonen, Finland, in 3:58:33. Two-time Olympic bronze medalist Larry Young was the first U.S. competitor in 21st with 4:16:47, as he needed more than 58 minutes for the final 10 Km. Augie Hirt had 4:28:15 in 27th. . . Steve Pecinovsky just beat Martin Kraft for the National B 15 Km title at Mackinac Island, Mich., as both walkers were given a time of 1:12:12. In the Bridge walk the next day, Ron Laird won in 34:07, with Pecinovsky and Bill Walkers tying for second about 2 minutes back.

30 Years Ago (From the September 1981 ORW)—Todd Scully beat Canada's Glenn Sweazey to win the National 25 Km in Lewiston, Maine. Todd had 2:02:02, better than a minute-and-a-half ahead of his Canadian rival. Alan Price passed a fading Randy Mimm to take third. Jack Boitano won the Master's title in 2:13:55. . . Uwe Dunkel was an upset winner of the East German 50, beating Hartwig Gauder 3:45:52 to 3:46:57. Dietmar Meisch and Ronald Weigel were also under 3:50. In the 20, Ralf Kowalsky zipped through a 1:21:39 to beat Roland Weisser, who had 1:22:12.

25 Years Ago (From the September 1986 ORW)—Tim Lewis had an American best 1:23:15 to win the Rockport Series 20 Km in Seattle. Carl Schueler was over 2 minutes back in second with Ray Sharp another 2 minutes behind and Paul Wick also under 1:30 in fourth. Teresa Vaill (49:30) won the 10 Km over Debbi Lawrence at the same site. . Hartwig Gauder won the European 50 in 3:40:55, a minute ahead of Vyacheslav Ivanenko, USSR.

20 Years Ago (From the September 1991 ORW)—The World Championship 50 went to Aleksandr Potashov over countryman Andre Perlov. The two USSR athletes strode across the line together in 3:50:09, but the judges gave Potashov the nod. Hartwig Gauder was third in 3:55:14. For the U.S., Carl Schueler had his first DNF in a long, distinguished career. . The National 40 went to Paul Malek in 3:32:40, 21 minutes ahead of Nick Bdera, with Bob Keating another 2 minutes back. . An up-and-coming walker, Poland's Robert Korzeniowski, won the World University Games 20 Km in 1:24:37. As we now know, Robert went to win four Olympic golds, including a 20-50 double in 2000. Dave McGovern was tenth for the U.S. in 129:27. The women's 20 went to Finland's Sari Essayah in 44:04 with Lynn Weik fifth in 45:56 for the U.S. . Jonathan Matthews won a 20 Km in Oakland, Cal. in 1:28:58. . Ilya Markov won the European Junior 10 Km in 41:11.22. . Richard Brown covered 100 miles in 17:57:47 in England.

15 Years Ago (From the September 1996 ORW)—National 5 Km titles went to Tim Seaman in 19:59 and Debbi Lawrence in 21:15. Following Seaman in the Wilkes-Barre, Pa. race were Dave McGovern (20:17), Gary Morgan (20:23), Curt Clausen (20:54), and Al Heppner (20:59). Michelle Rohl (21:54) and Victoria Herazo (22:03) followed Lawrence. . The National 40 went to Warrick Yeager in 3:38:19 with Curt Sheller taking second in 3:59:57. . World Junior titles went to Spain's Francisco Fernandez in 40:38:25 and Russia's Irina Stankina in 21:38.85 (10 and 5 Km, respectively.)



10,000 meter walk, 1912 Stockholm Olympics. Canada's George Goulding leads and went on to win in 46:28.4. Note the judge getting a worm's eye view.

10 Years Ago (From the September 2001 ORW)----Russia's Olimpiada Ivanova bettered the World record for 20 Km as she won the Goodwill Games on a Brisbane, Australia track in a sparkling 1:36:52.3. Yelena Nikoleava was nearly a minute back in second. Jill Zenner was sixth for the U.S. in 1:43:33. In the men's 20 Km race, Australia's Nathan Deakes edged Poland's Robert Korzeniowski with his 1:19:48.10. Korz had 1:19:51. Russia's Roman Rassakov was a distant third in 1:21:09. Curt Clausen finished eighth in 1:29:04. . However, Clausen won the U.S. 5 Km title in Kingsport, Tenn., reaching the finish in 20:44, some 15 seconds ahead of Al Heppner. Victoria Herazo won the women's title in 24:47. . The National 40 went to Philip Dunn in 3:24:08, more than 23 minutes ahead of John Soucheck in second. Cheryl Rellinger did 4:26:31 to win the women's title. . World University Games titles went to China's Hongmiao Gao in 42:20 (10 Km) and Italy's Lorenzo Civallero (20 Km) in 1:24:42. Sean Albert was 17th in the 20 in 1:32:11.

5 Years Ago (From the September 2006 ORW)—Ray Sharp won his second National 40 Km title—24 years after the first. Sharp, 46, finished in 3:37:19, about 10 minutes slower than in 1982. IT was his seventeenth title overall. Paul Schwartzburg, a mere lad of 40, was second in 3:39:20, ahead of John Soucheck (3:41:22). Heidi Hauch was the women's winner in 4:19:44. . Norway's Erik Tysse won the Scandinavian Championship 20 Km in 1:20:56.



Great Britain's Harold Whitlock wins the 1936 Olympic 50 Km race. Whitlock finished the Berlin race in 4:30:41.40 well clear of Switzerland's Artur Tell Schwab (4:32:09.2.).