

## Guatemala Scores Big At Pan Am Games

Guadalajara, Mexico, October 23—Guatemala, a country that had never won a track and field gold medal at the Pan American Games, ended that 56-year drought in a big way today, taking gold medals in both the men's and women's 20 Km walks. To make it even better, they also took silver in the men's race. The golds came in the persons of Erick Barrondo and Jany Franco. *(Erick Barrondo was listed as Erick Garcia earlier in the year when he won the Pan Am Cup and finished third in the Dublin Challenge Series 20 Km and Jany Franco was Jany Nunez earlier in the year. Perhaps Jany has been married in the meantime to explain the difference in her name. Anyway, on with the story.)*

For the 20-year-old Franco, it was a family redemption as she made up for her mother's (Evelyn Nunez) DQ at the last Pan Am Games in 2007. Franco, who was 19th in the World Championships in the recent World Championships, led from start to finish and set a personal best by 10 seconds as she crossed the line in 1:32:38. That bettered the Games record of 1:34:19, set by Mexico's Graciela Mendoza in 1999. Mirna Ortiz also walked a personal best of 1:33:37 to secure an unprecedented one-two for Guatemala. Colombia's Ingrid Hernandez also bettered the previous record with a 1:34:06 for third.

"I was very confident and conditions were excellent today. All the sacrifice has been worthwhile. We want to take Guatemala forward. One of my dreams has come true and I also broke the record. I now look forward to the London Olympics," said an elated Franco. "I would like to especially thank my mom for today's win. She initiated me in the sport. She is my guide an everything else.

The first three separated themselves from the field on the first 2 Km lap that saw Franco and Ortiz together in 8:46 with Hernandez 3 seconds back. Two others were at 8:50 and the rest of the 17 starters were already 13 seconds or more behind. A Lap later, Franco and Ortiz were moving away, with Hernandez now 11 seconds back and the others fading away. Franco started to move away after 8 km and when she reached 10 Km in 46:12, she was 3 seconds ahead of Ortiz and 34 seconds ahead of Ortiz, now all by herself in third. From there to the finish it was only a question of how wide a margin Franco would open.

For the U.S., Maria Michta started conservatively and reached 10 km in 48:57 in 11th place. From there, she walked steadily at a pace a few seconds one side or the other of 10 minutes per lap and moved up to ninth place at the finish in 1:38:47. Lauren Forgues was in 13th place in 61:31 at 14 Km, but dropped out of the race at that point.

Lopez went into the men's race as a favorite off his third place finish in the World Championships four weeks ago, but Barrondo's win certainly was not a big surprise. Although only tenth in that World Championship race, he had, finished second to Lopez in the Pan-Am Cup in the spring (52 seconds back) and had beaten him in an IAAF Challenge Series in Dublin in June.

Here, Barrondo was leading a pack of seven through 12 Km after reaching 10 in 41:13. At the 12 Km mark, Barrondo, Lopez, another Colombian, James Rendon, and Mexico's Eder Sanchez made a move and reached 14 km in 49:22, with the other three rapidly

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disappearing. The first three stayed together for another lap, dropping Sanchez, who had hoped to redeem a poor season.

At that point, Barrondo, like Franco only 20 years old, made a decisive move and by 16 km had opened 13 seconds on Rendon and Lopez. He continued to widen the lead to the finish, and Rendon, only 19th in the World Championships, relentlessly edged away from Lopez to capture second by 5 seconds. Barrondo, finishing in 1:21:51, was 55 seconds ahead at the finish. Ecuador's Jaime Saquipay, a silver medalist four years ago, finished fourth as Sanchez faded to sixth.

John Nunn was not able to stay with that lead pack of seven, but went through 10 Km in 42:32 and then hung on for eighth place in 1:26:30. The other U.S. walker, Michael Mannozi, in his first international appearance, got a good baptism of fire as he trailed the field throughout, finishing 12th in 1:41:33, well off his best. Four other walkers were DQ'd, so he wasn't actually last.

Barrondo's parents, Leticia and Bernardo, were long distance runners and introduced him to the sport. "I started running with them and initially took up middle distances. I got injured once and my first coach, Jorge Coy, introduced me to racewalking to recover", he recalled. "At the beginning, it was very tough, but I began to make progress and got to like it. I realized it was my event. I am wearing the blue and white colors and showed today that anyone from my country can compete on par with the world's best."

Both Franco and Barrondo are trained by Cuban Rigoberto Medina, who took El Salvador's Cristina Lopez to the 2003 Pan Am gold.

The results:

**Women:** 1. Jamy Franco, Guatemala 1:32:38 2. Mirna Ortiz, Guatemala 1:33:37 3. Ingrid Hernandez, Colombia 1:34:06 4. Monica Equihua, Mexico 1:34:56 5. Rosalia Ortiz, Mexico 1:36:16 6. Arabelly Orjuela, Colombia 1:36:50 7. Claudia Valerrrama, Bolivia 1:37:32 8. Yadira Gaman, Ecuador 1:38:42 9. Maria Michta, USA 1:38:47 10. Milangela Rosales, Venezuela 1:43:17 12. Eliana Morales, Peru 1:45:38 (2 DNF, including Lauren Forgues, USA; 3 DQ)

**Men:** 1. Erick Barrando, Guatemala 1:21:51 2. James Rendon, Colombia 1:22:46 3. Luis Lopez, Colombia 1:22:51 4. Jaime Saquipay, Ecuador 1:22:57 5. Eduardo Paa, Guatemala 1:24:06 6. Eder Sanchez, Mexico 1:25:50 7. Diego Flores, Mexico 1:26:08 8. John Nunn, USA 1:26:30 9. Juan Cano, Argentina 1:27:33 10. Ronal Quispe, Bolivia 1:27:54 11. Fabio Gonzalez, Argentina 1:30:40 12. Michael Mannozi, USA 1:41:33 (4 DQ including Caio Bonfim and Moacir Zimmerman of Brazil)

The 50 Km was scheduled October 29. The ORW will be in the mail by that time. Coverage next month.

## Serianni Wins Two Nationals; Vaill Adds 39th

Dan Serianni, 21, from Rochester, N.Y. and representing World Class Racewalkers, won the National USATF 5 Km in Kingsport, Tenn. on October 1 and 8 days later added the National 1 Hour title in Waltham, Mass.. In Kingsport, it was a close win over Ohio's Michael

Mannozi and in Waltham it was an easy win over a field of primarily aging men, as Dave Talcott, 51, took second, nearly a full kilometer behind.

In the 5 Km, the women's title went to 39-year-old Maite Moscoso, who easily beat Ohio's Erika Shaver, as well as her 16-year-old daughter, also Maite, who finished fifth. In the women's 1 Hour, Teresa Vaill, 48, won her 39th National title, the first having come in 1984, as she beat Katie Burnett by more than 500 meters. The results:

**USATF National 5 Km, Kingsport, Tenn., Oct. 1: Women—** 1. Maite Moscoso, Fla. 24:56 2. Erika Shaver, Ohio 25:33 3. Abby Dunn (17), Maine 26:18 4. Chelsea Conway, N.Y. 26:37 5. Maite Moscoso (16), Fla. 26:38 6. Lynn Tracy (59), Wis., 29:18 7. Debbie Topham (58), Mich 29:22 8. Marianne Martino (61), Col. 29:34 9. Vicki Pritchard (52) Ariz. 29:59 10. Sandra DeNoon, (56), Fla. 30:14 11. Ann Harsh (61) Fla. 30:53 12. Devin Philson, S.C. 31:07 12. Darla Graff (44), Col. 31:10 14. Jessica Solomon (13), Penn. 31:32 15. Carol Seely (56), W.V. 31:35 16. Shannon Murphy, Penn. 32:11 17. Joyce Prohaska (61), Ohio 32:14 18. Rebecca Garson (47), Vir. 32:25 19. Cathy Mayfield (60), Ind. 32:33 20. Kary Overcash-Jenkins (59), N.C. 32:48 21. Justin Mikel (52), N.C. 33:01 22. Paula Graham (48), Vir. 34:33 23. Rita Sinkovec (72), Col. 34:33 24. Yvonne Grudzina-Glaser (57), Fla. 34:41 25. Helen Hoover (60), Tenn. 34:45 26. Katherine Fincher (52) N.C. 34:50 27. Lou Kaslin (50), Tenn. 35:32 28. Susan Heiser (52), S.C. 35:43 29. Jolene Steigerwalt (68), Cal. 36:07 30. Joyce Curtis (73), Tenn. 38:28 31. Susan Lolli (59), Mich. 39:07 32. Ruth Ketron (81), Tenn. 39:11 33. Cindy Alexander Williams (5), Vir. 40:16 34. Barbara Hensley (67), Ohio 40:22 35. Sandra Vance (47), Tenn. 48:56

**Men:** 1. Dan Serianni, N.Y. 22:33 2. Michael Mannozi, Ohio 22:32 3. Jonathan Hallman (18), S.C. 22:43 4. Francisco Pantoja, Col. 23:13 5. Kris Shear, Mich. 23:25 6. Ian Whatley (52), S.C. 23:34 7. Omar Nash, Ohio 24:17 8. Joel Pfahler, Ohio 24:29 9. Juan Moscoso, Fla. 24:54 10. David Swarts (46), Mich. 25:00 11. Chris Schmid (64), Ohio 25:08 12. Paul Tremblay (46), Ken. 26:03 13. Andrew Smith (62), N.C. 26:24 14. Dan O'Brien (46), Mich. 26:41 15. Rod Craig (53), Mich. 27:18 17. Max Walker (65), Ind. 27:46 18. Jim Scott (53), Ill. 27:57 19. Bill Reed (59), Mich. 28:08 20. Michael Blanchard (50), Col. 28:28 21. Larry Windes (53), Tenn. 28:58 22. Spencer Dunn (13), Maine 29:45 23. William Lipford (59), Vir. 29:52 24. John Fredericks (63), N.J. 30:37 25. Walter Ogelsby (64), N.C. 32:03 26. Byron Kaelin (51), Tenn. 32:36 27. Steven Shapiro (57), Vir. 32:37 28. Alan More (6), Ga. 32:59 29. Juan Moscoso (10) Fla. 33:02 31. Robert Nichols (72), Mo. 33:26 31. Eduarado Alvarez (67), Fla. 33:52 32. Michael Seely (58), W.V. 34:25 33. Steve Durrant (72), Vir. 36:39 34. Bruce Booth (63), Vir. 37:39 35. Bernie Finch (71), Wis. 3:54 36. Don McMahl (75), N.C. 45:49

**USATF National 1 Hour, Waltham, Mass., October 8: Women—** 1. Teresa Vaill (48) 12,226 meters 2. Katie Burnett 11,692 3. Erin Taylor-Talcott 11,046 4. Abby Dunn (17) 10,224 5. Molly Jospehs (17) 10,125 6. Courtney Williams (18) 9671 7. Nicole Court-Menendez 9177 8406 8. Carol Alexander (51) 8406 9. Darlene Backlund (66) 8267 10. Patricial Godfrey (65) 7917

**Men:** 1. Dan Seriai 13,018 2. Dave Talcott (51) 12,026 3. Chris Schmid (64) 11,438 4. Bill Vayo (47) 10,823 5. Andrew Smith (47) 10,823 6. Leon Jasionowski (67) 10,738 7. Ian Rixon (17) 10,531 8. Edward O'Rourke (50) 10,034 9. Bill Reed (59) 9979 10. Brian Savilonis (61) 9779 11. Larry Epstein (52) 9613 12. Robert Ullman (62) 9606 13. Bruce Logan (46) 9369 14. Spencer Dunn (13) 9126 15. Charles Mansbach (67) 8444 16. John Backlund (71) 8184 (1 DQ)

## Other Results

**8 Km, South Florida, Oct. 15—** 1. Henrika Parvianen (14), Finland 45:29 2. Erika Parivanen



(16), Finland 46:20 3. Ann Harsh (61) 51:42 4. Gerry Gomes (78) 57:46 (6 finishers) **1 Hour, Berkely, Michigan, Sept. 17**—1. Dan O'Brien (46) 11:06 2. Bill Reed (58) 10:59 3. Leon Jasionowski (66) 10:57 4. Marshall Sanders (70) 8:03 5. Max Green (79) 8:87 6. Dan Butts (70) 8:10 (9 finishers) Women—1. Debbie Topham (58) 9:45 2. Princter Lewis (67) 8:40 3. Vilma Dennis (43) 7:32 4. Sharon Beam (56) 7:28 (6 finishers) **5 Km, Chicago, Sept. 24**—1. Marcia Ditto (60) 32:28 2. Doris McGuire (62) 34:04 3. Anali Cisneros (13) 34:22 4. Nayeli Cisneros (12) 35:07 (12 finishers) Men—1. Pablo Gomez (40) 25:46 2. Klaus Thiedmann (57) 26:43 3. Damon Clements (54) 29:06 4. Richard McGuire (63) 32:10 5. Angelo Peters (10) 33:09 (8 finishers) **10 Km, Houston, Texas, Sept. 25**—1. Ricardo Haro 53:45 2. Laura Draelos 64:40 3. Virginia Myers 69:58 (5 finishers) **5 Km, same place**—1. Mike Budnik 24:23 2. Kerri Segell 32:32 3. Leslie Herman 34:18 3 **Km, Ft. Collins, Col., Aug. 28**—1. Mike Blanchard 17:01 2. Marianne Martino 18:04 3. Darla Graff 19:08 4. Rita Sinkovec 20:22 (6 finishers) **10 Km, Carmichael, Cal., Oct. 9**—1. Mark Green (55) 53:29 2. Alex Price 57:55 3. Joseph Berendt (56) 64:28 4. Bill Penner (65) 67:52 (7 finishers) Women—1. Diana Rossman (44) 61:29 2. Karen Stoyanowski (56) 66:06 3. Paula Mendell (61) 66:26 4. Nicolle Goldman (52) 66:26 5. MJ Baglin (64) 66:50 6. Susan Mears (56) 67:10 7. Dori Cassels (72) 73:20 **5 Km, Ottawa, Ont., Oct. 15**—1. Lauren Van Leeuwen 28:51 2. Linda Wilson (56) 29:02 3. Sandy Archibald (52) 29:55 4. Joanne Gage (56) 32:55 5. Lalitha Tella (62) 35:35 7. Angela Quinlan (64) 35:40 (9 finishers) **15 Km, same place**—1. Sharon Wright (62) 1:45:11 **10 Km, Rome, Italy, Oct. 16**—1. Giorgio Rubino 39:48 2. Alex Schwazer 39:39 4. 3. Jean-Jaques Nkuloukidi 39:58 7 Women—1. Rossella Giordano 45:50 4 2. Eleonora Giorgi 46:06 4 3. Elisa Rigauda 46:25 1 **5 Km, Nitra, Slovak Rep., Sept. 30**—1. Matej Toth 19:36 2. Anton Kucmin 19:40 **5000 meters, Dubnica, Slovak Republic, Oct. 8**—1. Patrik Spevak 20:39.97 (New Slovak Under 17 record breaking the mark set by Matej Toth in 2000 by nearly 3 seconds. Spivak was fifth in 20:27 in the Nitra race.) **French 50 Km Championships, Fameck, Oct. 10**—1. Harve Dabauz 4:02:08 2. Eddy Roze 4:09:58 3. Xavier Le Coz 4:14:16 4. Steven Robidou 4:20:11 5. Nicolas Seche 4:25:40 (2 finishers, 10 under 5 hours, 6 DQ, 7 DNF Guests: Ricardas Reks, Lithuania 4:19:10 Timo Viljanen, Finland 4:24:09 **1 Mile, Leeds, England, Oct. 6**—1. Alex Wright 5:58.4 (UK Record) 2. Tom Bosworth 6:06.7 3. Jamie Higgins (U18) 6:30.9 **South American Junior Championships, Medellin Colombia, Sept. 23**: Men's 10,000—1. Eider Arevalo, Col. 39:56.01 2. Jose Leonardo Montana, Col. 42:16.57 3. Marco Rodriguez, Bolivia 44:56.7 4. Daniel Pintado, Ecuador 46:27.14 Women—1. Leona Arenas, Col. 47:22.68 2. Angela Castro, Bolivia 47:37.34 3. Wendy Cornejo, Bol. 49:13.40

## Compete with your feet at a racewalking meet

Sun. Nov. 6	5000 meters, Houston (G)
	10,000 meters, Clinton, Conn., 10 am (L)
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)

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## 2012 IAAF Challenge Racew

Mach 3	Chihuahua, Mexico
March 29-31	Taichang, China
April 14	Rio Maior, Portugal
May 12-13	World RW Cup, Saransk, Russia
May 26	La Coruna, Spain
June 2	Sesto San Giovanni, Italy
Aug. 3-12	Olympics Games, London
Sept. 15	Challenge Final, Erdos, China

## From Heel To Toe

**Comment on DQ's.** This from Bob Bowman: "The summary of DQ's in World Championship 50 Km races by Brian Huntley is quite misleading. (Referring to our Sept. issue.) Looking at the red cards never has there been such a one-sided number of bent knee calls. Loss of contact still should be the main violation, not a 12 to 1 ratio in favor of bent knees. The historical ratio is around 2 to 1 in favor of loss of contact for this level of athletes. A ratio of 1 to 1 is a bit unusual, but still possible. However, with only four red cards for loss of contact and 49 for bent knees, this panel of judges had no clue what they were doing. Only Maryann Daniel with two red cards for each violation appears to be in line with historical averages. She is a good prudent judge, so I believe she was close to being right on the money. As to the large number



of DQ's in 2005, you can totally ignore that in the comparison. That number is mainly the product of one judge (the cheating judge from Italy—see Bob's letter below) putting in a large number of third red cards. He got the info off the posting board from a colleague who was stationed near the board. His large number of third red cards was not the result of actual judging, but cheating. Ron Daniel is researching the 2003 situation. . **Brugnetti retires.** Ivano Brugnetti, 2004 Olympic Champion in the 20 Km and 199 World Champion in the 50, has retired from the sport at the age of 35. He celebrated his farewell in Rome during the second leg of the Italian Racewalking Grand Prix. Brugnetti's farewell party was a gathering of past and present stars of walking, including Robert Korzeniowski, Maurizio Damilano, Vittorio Visini, Gianni Perricelli, Alex Schwazer, Giorgio Rubino, and Elisa Rigauda. . **2012 World Cup.** Some details on next year's World Racewalking Cup in Saransk, Russia, May 12-13. Saransk is a city of nearly 340,000 people with an average May temperature of about 64 F and an average relative humidity of 48 percent, which promises comfortable conditions. A panel of 10 judges has been selected, including Gary Westerfield of the U.S. The Chief Judge will be Candido Velez of Peru and the assistant Maris Peterson of Russia. The races will be held on a 2 Km lap course. On the first day the Junior Men' 10 Km will start at 4 pm, the Junior Women's 10 at 5 pm, and the Senior men's 20 Km at 6:15. On the second day, the men's 50 Km will start at 8:30 am and the women's 20 Km at 1:20 pm. Individual prizes for places 1 through 6 are \$30,000, \$15,000, \$10,000, \$7000, \$5000, and \$3000. Team prizes for 1 through 6 are \$15,000, \$12,000, \$9000, \$7500, \$5000, and \$3000. Member federations may enter seven athletes in each race, but no more than five can start with three to score. In junior races only two score, with three to start.

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As a follow-up to discussions in the last two issues regarding judging and IAAF RW Committee matters, Bob Bowman has suggested that we publish a letter he sent to IAAF President Lamine Diack in July in order to "give supportive information and to give readers a clear picture of what we have been up against in the sport internationally." Here is that letter:

July 30, 2011  
Mr. Lamine Diack  
President, IAAF

Dear Mr. President,

Thank you for your quick response. I fully appreciate your desire to be fair and in compliance with the provisions of the IAAF Constitution. Unfortunately, the IAAF Constitution lacks any provisions that formally addresses such matters.

I would never have brought this matter to your attention unless the evidence in support of the allegations of ethics violations was substantial. There are many witnesses to these events, including myself. There is video clearly showing these violations at IAAF competitions. One such video was shown to Race Walking Committee members by the member from Finland, also a member of European Parliament, at last year's IAAF Race Walking World Cup. The judge in question, Nicola Maggio, is shown comparing his judging sheet with another judge during the competition (Dudince 2010) in violation of the rules.

At the 2005 IAAF World Championships in Helsinki, Mr. Maggio is again getting information regarding the number of red cards by mobile phone from a colleague who he had stationed near the posting board in violation of the IAAF code of ethics. The Finnish federation complained about this, but nothing was ever done. It was eventually discussed at the 2006 IAAF Race Walking Committee meeting. One of the members, Gabriel Roldan of Mexico,

presented an analysis of the judging data which shows that almost all of Mr. Maggio's red cards were third red cards, thus resulting in disqualifications. The Committee Chairman, Maurizio Damilano, then agreed that Mr. Maggio would not be a candidate again for the Level III International Panel. However, Mr. Maggio showed up at the Level III examinations several months later to the surprise of the examiners, including myself.

At the 2002 Level III examinations, Mr. Maggio was caught with the answers to the oral exam and admitted to the examiners that he had cheated. Only three people had the questions and answers beforehand, the two examiners (Peter Marlow & Rolf Mueller) and Damilano. Again in 2006 at the Level III examinations, Mr. Maggio appeared to have the answers again. The 45 candidates had two hours to complete the written exam. Mr. Maggio completed it in 35 minutes with the only perfect score! The next fastest finisher took 1 hour and 5 minutes! That is really unbelievable, especially since he told me he had no time to study for the exam! Apparently he didn't need to. In the video exam, the candidates watched it three times before completing their papers. Mr. Maggio watched it only once before quickly marking his paper with another perfect score.

Surely you remember the 1993 Stuttgart incident where Mr. Maggio caused a major scandal by unfairly disqualifying walkers by using the posted red card information to put in third red cards, never even looking at the walkers properly! This cost a Mexican walker a silver medal. The later "coverup" of this incident included a signed statement by Mr. Maggio, claiming his third red card was a forgery, even though I and the Recorder, Rolf Mueller, saw him fill it out! We still have that card and a video showing him filling it out! His defenders also changed the recording sheet to show Maggio's red card was the 2nd red card, not the 3rd! This childish coverup took place in the summer of 1994.

Clearly this matter needs to be resolved in the best interest of the IAAF, honestly and fairly. 18 years is way too long to allow this to continue. And this judge is on the Judging Panel for next year's Olympic Games!

Yours sincerely,  
Bob Bowman  
Member, IAAF Race Walking Committee

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## Growing Our Sport: Commentary from Dave Talcott

How do we grow a sport? Is it by creating interest in the sport, and then by giving every interested individual a chance to develop in the sport – or is it by letting them know we appreciate their interest but placing limits on what they can attain or on what records can be set or on what competitions they can participate in?

I love my sport and have been dabbling in it since 1977 when my track coach asked me to try it. Eight years later the New York State Public High School Athletic Association voted to eliminate the boy's race walk from their indoor and outdoor track programs. Five or 6 years after that the quality/depth of USA Race Walking began to deteriorate. Approximately 50% of America's best walkers came out of the NYS High School Program. Interest was not being created and individuals were not being given the chance to develop in the sport. There were fewer venues to compete in for developing young athletes.

While some colleges offered walkers a place to grow and develop (thank goodness for UW Parkside!), opportunities were few and far between.

The number of national championship events also has diminished — partially due to



fewer participants and the work involved. Each and every person who puts on a Race Walking race or who helps out at one of these races should be thanked profusely as they are endeavoring to grow the sport. Athletes, please do your part and participate!

Getting back to the question at hand How do we grow Race Walking? Let me start out by illustrating how we don't grow the sport.

We don't grow the sport by putting on national championships on courses that are not accurate (certified as required by the bidding procedure). Yes, athletes have proven they will pay the entry fee and participate (as long as they are not told about it before the event) only to find out that they walked an unspecified distance as basically a work out with no chance for a record or even a PR. How are they compensated for that by silence. By no response from the powers that be. While it may be true that the issue is being worked on who knows that they are? All of those complaining about the problem have been left wondering the same way those did when the issue was being 'addressed' in 2006.

Another way we don't grow the sport is by non-support of the athletes. I am not talking financial support - but by moral support. By doing the right thing no matter what you may feel about the situation - case in point:

A female athlete bests the men's Olympic Trials Standard at a distance that is not currently recognized as a championship distance for women by the IAAF. What is the right thing to do? To support the developing athlete and do everything that can be done to allow her to develop as an athlete. To push for equality; to allow her and any other female who bests the standard to compete with the men until such a time as there is a Woman's 50k Race Walk in the World Cup, World Champs, and Olympic Games. There should be no negative side to this. Only a positive side. Will it grow the sport to disallow participation? There are girls out there right now who could be future Olympic Medal winners for the USA at 50k if we make the right decision and grow the sport. One individual tries to speak for the USOC and the IAAF saying that they would not allow a woman to participate in our Olympic Trials. The bottom line is that women are able to compete in races where IAAF A and B standards can be set (i.e. National 30k and 50k), and it is USATF, specifically the Race Walking Committee who sets the rule as to who may compete in their 'Olympic Trials' - not USOC. Wouldn't it make more sense to let her compete and work at contacting other federations and push for them to join Australia, France, Italy and the United States in having 50k Championships for women so that a women's 50k in the Olympics will be a reality. (By the way - the world best for 50k by a woman is by Monica Svensson of Sweden who walked 4:10:59. There is no doubt that women would be under 4 hours for 50k if it were in the Olympic Games or World Championships.)

With our numbers getting smaller we need to take care of the athletes who are competing. Yes we want to develop newly interested ones, but we also need to take care of those who are in the sport now - to ensure they continue in the sport.

## A budding Success Story

*This is the Ohio Racewalker so why not an article on one of our state's emerging racewalkers. When Michael Mannozi was selected for the Pan Am Games team he became, by quick unofficial count, the ninth Ohio racewalker to compete on the senior international level. That's not counting Ron Laird, who has lived in Ashtabula for at least 20 years and spent a few of his formative years in the Columbus suburb of Grandview Heights, but was neither an Ohio native nor an Ohio resident during his competitive years. The following article on Michael is a press release from his alma mater, Notre Dame College in South Euclid, Ohio, a Cleveland suburb.)*

When Michael Mannozi met with Notre Dame's Vice President for Enrollment Dave Armstrong in 2006, he was wearing a light-green, slightly ill-fitting, three-piece suit that used to belong to his dad, eager to leave an impression and hopeful to be admitted to the College.

Mannozi wasn't exactly at the top of his high school class and he couldn't really afford a private college education. But Armstrong, impressed by Mannozi's humility and courtesy, decided to admit the Youngstown, Ohio native; and Mannozi received a wrestling scholarship that would allow him to pay for the education he desired. "If I give you this great opportunity", Armstrong told Mannozi, "you have to do something great in return." I am gonna do that," Mannozi replied.

Four years later, Mannozi spoke at Notre Dame's commencement as the recipient of the Sr. Mary Agnes Boache Award, which is given to an undergraduate student who demonstrates honesty and trustworthiness, a commitment to excellence, and selfless service to Notre Dame and the Larger community.

Mannozi had graduated from his light-green suit to the black commencement robe and in the meantime had tossed his wrestling gear for a track and field outfit. He was leaving Notre Dame College as a 3.0 GPA student and a national champion in racewalking.

The success story was complete, but it didn't end there. Today, Mike Mannozi is a graduate with a bachelor's in education, who is serious about living the College's mission of personal and professional and global responsibility. He will do so on an international stage this October when he represents the USA at the Pan American Games in Guadalajara, Mexico.

Mannozi qualified for the second largest multi-sport event after the Summer Olympics through a combination of hard work and luck. Coming off a hip injury, the former Falcon placed sixth in the 20 Km at the USA Outdoor T&F Championships in Eugene, Oregon on June 26 with a time of 1:34:40. It was Mannozi's rae of his life. He managed to cross the finish line below the 1:36:00 mark, which gave him the opportunity to race in the U.S. Olympic Trials and compete for a spot on the London 2012 U.S. Olympic team.

His sixth place finish, however, didn't immediately qualify him for the Pan American Games, since only the top two finishers could opt to book a ticket for Guadalajara. But, as fate would have it, four of the five racewalkers who finished ahead of Mannozi in Oregon declined due to injury and other conflicts. When Mannozi received the call from USA Track & Field offering him the second spot next to former Olympian John Nunn, he jumped on the opportunity.

"Next to the Olympics and the World Championships, this is the biggest track and field event," Mannozi says. "As an athlete participating, you are considered one of the best in your country representing your nation. It's a great honor for me."

The Pan American Games are held between athletes from the nations of the Americas every four years during the year before the Summer Olympics. The XVI Pan American Games will take place from Oct. 14 to 30. Mannozi will travel to Guadalajara all expenses paid by USA Track & Field.

For Mannozi, the competition marks the highlight of an athletic career, even though he knows he will have a tough time competing with some of the world's top racewalkers. (In Oregon, Mannozi finished nearly 11 minutes behind Nunn.)

"Every step of my journey has been a huge milestone that I have accomplished," Mannozi says. "Two years ago, I never thought I would be talking about the Pan Am Games."

The fact that Mannozi qualified for the Games and U.S. Olympic Trials is an





accomplishment it itself, especially when you consider how he entered the sport of race walking.

As an average wrestler on Notre Dame's national championship winning team, Mannozi quickly decided to step off the mat and onto the track instead. The Falcon track and field coaches in 2007 hesitantly welcomed him as a walk-on *Ed. No pun intended*), not realizing he would soon racewalk right past his teammates and opponents "I never knew what lay ahead as a walk-on to the track team. I don't think anyone knew," he said.

Mannozi quickly exceeded everyone's expectations including his own. In 2010, his last season as a Falcon, his meteoric rise culminated in winning the national indoor (NAIA) championship in the 3000 meter racewalk.

"Notre Dame was the first place that really gave me a chance to grow. The opportunity embraced me as a person. It was something that I've never known in my life," Mannozi says. "Notre Dame helped me chase my dreams."

But his successes didn't end at the College. After graduation, Mannozi began working with Coach Vince Peters who has trained other Olympic Trials qualifiers in his 20-year-long career. With Peters, whom he calls his "jockey" Mannozi scored some impressive results. He finished fifth in the 1 Mile race at the prestigious Millrose Games, the most venerable indoor meet in the country, at Madison Square Garden in New York City in January.

Three months later, he won the Ohio 50 Km Championships in Yellow Springs in 4:41:50. The time allows Mannozi to participate in the 50 Km Olympic Trials in San Diego in January, in addition to the 20 Km Trials in Eugene next June.

"The 50 is such a brutal race," Mannozi ways, "there's only five of us presently qualified for both distances."

Mannozi went a considerably shorter distance on April 30, when he won the bronze medal at the Penn Relays in Philadelphia, the largest and longest-running track and field competition in the U.S. that draws 15,000 athletes. He finished the 10 km in 44:57.

In preparation for the national championships in Eugene, Mannozi walked the 20 Km at the Jack Mortland Race in Dayton on May 8, winning in 1:36:02 (*Ed. And in the process bettering the personal best of Jack Mortland himself.*) Mannozi was the runner-up with a time of 45:57 in the USA National 10 Km in Albany, N.Y. on June 4.

Mannozi's dream is to qualify for the 2012 Olympics in London, but he knows that he faces a nearly impossible task, as he would have to improve his 20 and 50 Km times by about 12 and 32 minutes respectively.

"It's very unlikely to cut off that much time at this level in less than 10 months," Mannozi says before falling right back into his optimism. "But I've shocked people in the track world and myself in terms of the strides I've made. It's never impossible. If I don't make it in 2012, if I stay healthy, I have a shot at 2016."

Whether he qualifies or not, Mannozi's story is one that exemplifies the mission of Notre Dame College, says Armstrong, who is now Vice President for Advancement. "One of our goals is to provide a private, values-based, Catholic education in the liberal arts to students who might otherwise have access to such an experience," he says. "This is really a Cinderella story that we are proud of at Notre Dame."

Part of that Cinderella story is the light-green suit Mannozi wore for his admissions interview in 2006. The suit once belonged to his dad who died in 2001 from multiple sclerosis and had been confined to a wheelchair for the last 10 years of his life.

"I race for him," Mannozi said, "and carry his name."

Some limericks composed by your editor and published in a long ago issue of the ORW:

There was a young walker named Dean, who forgot to apply Vaseline.  
He got raw, he got red, would have rather been dead.  
For more races he's not very keen.

There was a young walker named Sweeney, who forgot to apply vaselinee.  
50 K was the race, at a hot chafing pace.  
As he finished he stepped gingerleeny.

There was a young fellow from Natick, whose behavior was very erratic.  
Threw his hips all around, kept one foot on the ground.  
He was merely a racewalk fanatic.

There was a young runner from Gosport, took a fling at the old heel-and-toe sport.  
When he flew off the ground, with a skip and a bound,  
The judges said, "None of that here, sport."

## The Right Way To Train for the 50 Km Walk

by Elliott Denman

Elliott Denman represented the U.S. in the 50 Km at the 1956 Olympics in Melbourne. For a zillion years he has conducted races in New Jersey, including the National 40, eternally quartered in that state. After retiring from newspaper writing, he has continued as a free lance sports writer, covering the Olympics along with much else. He is a hero of our sport in many ways. This little tidbit first appeared in the September 1961 edition of the *Midwest Walker*, edited by Chris McCarthy and was repeated in the September 1971 edition of the *Ohio Racewalker*. Here it is again in all its brilliance.)

As a truly scientific pedestrian I would like to hereby submit my own tried and true training methods for walking races of all distances: 220 yards to London to Brighton and back and back once more. . . this is the method that carried me to the very top of the walking world in a brilliant two weeks of 1959 (when he won both the National 2 Mile and 50 Km), but also swiftly brought me down to some slower races afterward.

Briefly then, this is the method which I'm sure will revolutionize the sport. It involves no special tracks, special athletic costume, special shoes, diets, rubdowns, good luck charms, etc, with which certain pedestrians of my acquaintance unduly occupy their minds. The method merely requires clothing of the sort that's suitable for an ordinary day's activities in any field of endeavor (grey flannel suit, blue jeans, overalls, whatever). Shoes are optional. (In fact, many of my followers look upon shoes as an unnecessary expenditure.)

There is only one thing that is really basic. The method must be used in a large teeming metropolis, preferably at rush hours. (Country boys will have to come to the big city to get anywhere.) Once in the city, the hopeful pedestrian meets a delightful sight. People are walking and walking all over the place. Each one is to be considered a rival. Our man merely proceeds to race anybody he (or she) sees fit. He may, for instance, spot a tall long-legged fellow walking fairly rapidly and thus just spot him one-quarter of a block (to the corner bar, anywhere). If he happens to see a grandmother strolling along, naturally our man will allow her to get, say 3/4 of the way down the block, before breaking out in his heel-and-toe stride in a



desperate effort to beat her. Or it may be a mother with a baby carriage, in which case the Denman system calls for a handicap of 5/8 block.

This city street method develops all the requisites for a champion in the sport of racewalking. The dodging is great for the elbows and helps the walker when he's racing in a pack. The dirty city air develops lungs strong enough to take a 1 mile sprint at the Garden during the indoor season or a stroll past the steel mills in Pittsburgh. The competition with mother and grandmothers develops that unmercifulness that the walker needs in order to concede nothing to anyone. The odd looks one gets from amazed ordinary people provide good training for the real laughs one gets at track meets. The presence of city policeman develops excellently one's sense of hiding from judges. The greasy frankfurters you can buy along the way help develop a stomach as strong as nails. And waiting for lights to change is along the lines of the highly recommended Fartlek system of training. Oh yes, don't forget those street lights that say "Walk" "Don't Walk" on them. These are perfect for practicing your starts. The idea is to get all set as the "Don't Walk" begins to change and then blaze across the street when it reads Walk". Every 50 Km walker must have this type of training.

I've let my secret out of the bag now, deciding to be unselfish for the good of the USA in 1964. So okay you potential Olympians, go to the big cities and start chasing those grandmothers! (Ed. Those who heeded his message and made the 1964 team at 50 Km were Chris McCarthy, Bruce MacDonald, and Mickey Brodie.)



Canada's George Goulding on his way to Olympic gold in Stockholm 1912

## LOOKING BACK

**50 Years Ago** (From the October 1961 Midwest Walker, published in Chicago by Chris McCarthy)—Ron Zinn won the National 15 Km in Atlantic City, beating Ron Laird by 27 seconds in 1:15:03. Rimas Vaicaitis, Bob Mimm, Jack Blackburn, and Ron Daniel took the

next four spots. Temperature in the 90s did not help the athletes. . . Three weeks later, Laird beat Zinn in a 15 Km race in New York City with a 1:12:54 effort. Zinn had 1:14:31, just 15 seconds ahead of third place Bob Mimm. . . In yet another 15 km race in Chicago, this one on a wet cinder track with muddy patches that forced the walkers into the third and fourth lanes, Jack Mortland won in 1:17:48. Rimas Vaicaitis won an accompanying 5 miles in 40:02.5. . . Alex Oakley won the Canadian 50 Km in 4:35:51. . . Elliott Denman won the Maccabiah Games 3 Km in 15:03 ahead of three Israelis.

**45 Years Ago** (From the October 1966 ORW)—Larry Young won the first of his eight National 50 Km titles in Chicago. Pulling away from Canada's Alex Oakley in the final 5 Km, Larry recorded the second best ever by a U.S. walker (to that time) with a 4:38:25. Oakley folded completely and finished nearly 5 minutes back in 4:43:06, less than a minute ahead of fast-closing Shaul Ladany. Ron Daniel, Pat Farrelly (Canada), Jim Clinton, and Karl Merschenz (Canada) were also under 5 hours. Your editor, none of his failed attempts at this distance, dropped out at 24 miles in third place. . . Earlier in the month, Ron Laird won the National 15 Km in Atlantic City with a 1:11:28. Ron Daniel edged Bob Kitchen for second a couple of minutes back, and Bill Kaiser took fourth. . . In East Germany, Christoph Hohne did a 2:20:36 for 30 Km on the track with a world's best of 1:50:07 for 15 miles on the way. . . Gennadiy Agapov covered the 30 Km distance on the road in 2:12:56 in the Soviet Union. . . Another Soviet walker, Nikolai Smaga, won the little Olympics in Mexico City with a 1:31:04 for 20 Km. Italy's Vittorio Visini was a minute back. . . Leading 47 finishers, K Abolins won the Leicester-to-Skegness 100 mile in England in 18:10:46.

**40 Years Ago** (From the October 1971 ORW)—The Mexicans, starting a racewalk revolution under new National Coach Jerzy Hasusleber, from Poland, came north and dominated the National 15 Km in Des Moines. Jose Oliveros won in 1:06:24, 10 seconds ahead of Ron Laird. Following Mexicans Hernandez and Sanchos, Larry Young took fifth in 67:53, with Floyd Godwin sixth, ahead of three more Mexicans, including future world beater, Raul Gonzales. Rudy Haluza beat Todd Scully for the fourth U.S. spot. Bob Henderson in 24th did 1:14:38. Today, we could invite six Mexicans and our top women and still not be able to match that depth. On the other hand, though most thought the course was accurate, your editor was surprised with his 1:12:09 at a point in his career (at age 36 and training in a more leisurely fashion) when he would have been satisfied with Henderson's time. On the other, other hand, finishing less than six minutes behind walkers of international class suggests I might have been more fit than I thought. . . The U.S. won a dual meet from Canada in Lake Placid with Laird taking the 20 Km in 1:38:25 over Bill Ranney and Marcel Jobin, and Larry Young scored an easy win at 40 Km in 4:28:58. . . Bill Weigle, destined to make the Olympic team a year later, started to look like a threat with a 44:48 for 6 miles and 3:41:45 for 40 Km in Denver's altitude. . . East Germany won a dual meet from the USSR, with Gerhard Sperling taking the 20 in 1:28:23 and Veniamin Soldatenko the 50 in 3:59:18 (just 3 seconds ahead of Peter Selzer). Karl-Heinz Stadtmueller won the Junior 10 in 43:49.

**35 Years Ago** (From the October 1976 ORW)—The Leicester-to-Skegness 100 went to Derek Harrison in a swift 17:15:50, some 42 minutes ahead of Dutchman J. Vos. Eight competitors finished under 20 hours and 38 beat the 24-hour limit. . . England's Olly Flynn won the 20 Km in a dual meet with Italy in 1:27:35, as Mauricio Damilano prepped for his 1980 Olympic gold with a win in the Junior 10 Km in 42:33.

**30 Years Ago** (From the October 1981 ORW)—A well-balanced Italian team emerged as the



winner in the Lugano Cup, racewalking's World Championship. Italy trailed the Soviet Union by 3 points after the 20, but picked up in the 50 and won the title on the basis of the first individual finisher in the 50. Defending titlist Mexico was third, just 6 points back, with East Germany fourth. The U.S. was seventh of 15 teams. Mexico took the individual titles—Ernesto Canto doing 1:23:32 and Raul Ganzalez 3:48:430. East Germany's Roland Weissner and Italy's Alessandro Pezzatini followed at 20. Metals went to the same two countries in the 50 in the persons of Hartwig Gauder and Sandro Bellucci. For the U.S., Todd Scully was 21st (1:30:22) and Jim Heiring 22nd in the 20. Marco Evoniuk took 13th in the 50 with 4:07:44, with Dan O'Connor 21st. . . The USSR won the women's title at 5 Km over Sweden, with Siv Gustavsson winning in 22:57. The U.S. was also seventh here, led by Sue Liers 24:16 in ninth.

**25 Years Ago** (From the October 1986 ORW)—The second Pan-Am Cup walks held in Quebec featured an outstanding 20 Km race in which Tim Lewis walked what is still the fastest ever 20 by a U.S. Athlete. Canada's Guillaume Leblanc won the race in 1:21:13. Lewis was with Leblanc at 10 Km in 40:32 and 5 seconds back at 15, but couldn't match the Canadian's pace from there. He also fell to Mexican junior Carlos Mercenario (World Cup winner at 20 the following year and at 50 four years after that) who finished in 1:21:33 to Tim's 1:21:48. Ray Sharp and Carl Schueler also had outstanding 20s for the U.S. finishing eighth and ninth in 1:24:48 and 1:25:04. Mexican Martin Bermudez won the 50 in 3:56:21, 9 1/2 minutes ahead of Marco Evoniuk. Dan O'Connor was fifth in 4:18:46. Graciela Mendoza of Mexico edged Canada's Ann Peel in the women's 10, 45:23 to 45:26, with Teresa Vaill fourth for the U.S. in 46:47. . . Leblanc also won the Alongi 20 in Dearborn, Michigan, beating Bermudez. Leblanc's 1:25:45 put him 66 seconds ahead of the Mexican. Gary Morgan was fourth. . . Doug Fournier won the 5 Km in the U.S.-Romania junior meet in 21:54.68. Curt Clausen was third in 22:29.58.

**20 Years Ago** (From the October 1991 ORW)—Allen James was no match for Mexico's Bernardo Segura in the Alongi International, but turned in an excellent 1:26:33 to take second. Segura walked away in 1:22:01. Gary Morgan was third in 1:27:52. Teresa Vaill prevailed in the women's 10 in 45:51. Eva Marchuca of Mexico was second in 46:44 with Debra Van Orden third in 47:11. . . Morgan and Victoria Herazo were winners in the National 5 Km in North Carolina. Herazo had no problems, winning in 22:43 with Cheryl Rellinger a distant second in 25:01. Morgan beat Curt Clausen by 10 seconds in 20:33. Dave McGovern was third in 20:56. . . Morgan could not cope with Doug Fournier 2 weeks earlier, however. Fournier won a 5 Km race in Connecticut in 20:14, beating Andrzej Chylinski (20:25) and Morgan (20:39). Debbi Lawrence beat Herazo at the same site 22:25 to 22:40. Teresa Vaill had 22:51. . . In Arlington, Virginia, Dave McGovern bettered the national 1 hour record, covering 8 miles 1147 yards. That was 27 yards beyond Neal Pyke's record, set in 1978. . . Herazo was also tough for an hour, breaking her own national record in the National Championship race in Cambridge, Mass. Victoria covered 12,777 meters. She also bettered the world's best by 177 meters.

**15 Years Ago** (From the October 1996) ORW)—Mexico scored an easy win in the Pan Am Cup in Brazil, sweeping the 50 Km medals, taking 1,35,5 at 20, and 1,4,4 in the women's 10. The U.S. took second place ahead of Guatemala, Colombia, and Canada. Brazil, Bolivia, Puerto Rico, and Argentina had partial teams. Winners were Daniel Garcia (1:27:19), Graciela Mendoza (48:24), and German Sanchez (4:12:43). For the U.S., Allen James was sixth at 20, Michelle Rohl second at 10, and Andrzej Chylinski fifth at 50. . . Victoria Herazo again won the Women's National 1 Hour, covering 122,5 meters at Cambridge. Joanne Dow was 193 meters back in second. Dave McGovern (1:07:32) and Danielle Kirk (1:21:5) won National 15 Km titles in Elk Grove, Ill. Al Heppner and Kelly Watson were second in the two races.

**10 Years Ago** (From the October 2001 ORW)—Joanne Dow was an easy winner in the women's National 1 Hour in Cambridge as she covered 12,891 meters, more than 3 laps ahead of second place Cheryl Rellinger (11,528), who edged Victoria Herazo by 51 meters. In the men's 2 Hour, Sean Albert left Curt Clausen more than 600 meters back, winning with 27,031 meters. Al Heppner and John Nunn followed. . . Robert Korzeniowski walked 1:20:31 to win the Polish 20 Km Championship, more than 2 minutes ahead of Tomasz Lipiec.

**5 Years Ago** (From the October 2006 ORW)—In the National 5 Km, Tim Seaman easily beat Curt Clausen for the title with a winning time of 21:39. Curt had 22:07, 11 seconds ahead of 46-year-old Ray Sharp, who was third. More significant, it was Seaman's 30th national title, moving him ahead of Clausen into third place on the all-time list behind Ron Laird (65) and Henry Laskau (42). (We noted then that Seaman, at age 34 and contemplating retirement, was unlikely to move higher on the list. Well, he didn't retire and in February 2010 he won the National Indoor 5000 in 20:57 for his 43rd title and second on the all-time list. But I will venture a guess now that Laird's 63 is out of his reach.) Jolene Moore won the women's title with a 24:32. . . In Waltham, Mass., Teresa Vaill and Kevin Eastler won National 1 Hour Championships, covering 12,698 and 13,854 meters, respectively. Moore was 870 meters back of Vaill in second and Clausen 1004 meters behind Eastler in the men's race. . . Vaill (at age 43) also walked a 1:37:20 for 20 Km in Hauppauge, N.Y. . . Allen James, at age 42, walked a 1:33:43 for 20 Km in Welland, Ontario.

**From the August 12, 1961 edition of the British publication Athletics Weekly, Vol. 15, No. 32.** The result: Solodov 1:38:11 2. Panischkin 1:39:31 3. Mortland 1:42:24 4. Zinn 1:44:38. Team score: US 124 USSR 111. World records in the high jump (Valeriy Brumel, 7' 4 1/4), Long Jump (Ralph Boston, 27'2"), and 400 meter relay (U.S. 39.1)



U.S.S.R.  
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Moscow, July 18-16

Soon after the start in the 20km. Walk. R. to L.—John Mortland (U.S.A.) leads Ronald Vinn (U.S.A.), Gennady Solodov (U.S.S.R.) the eventual winner, and Grigory Panischkin (U.S.S.R.)