

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME XLVII, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 2012

National Indoor Titles To Barron And Michta

Albuquerque, N.M., Feb. 25-16-Trevor Barron, still only 19, took immediate control of the race and went on to a decisive victory in the 3000 meter racewalk at the USATF National Indoor Championships on Saturday evening. Barron covered the first 200-meter lap in 47:21 and already led his coach, Tim Seaman, perennial winner of the Indoor title races, by nearly 4 seconds. He then quickened his pace (45.46 on the second lap) and by 1000 meters, reached in 3:48:15, he was 14 seconds ahead of Seaman and John Nunn. He maintained that pace for another 1000 meters, reaching 2000 in 7:35.92., now 21 seconds ahead. Dropping off a bit from there to the finish, he still managed a final kilometer in 4:00.35 for the win.

Seaman edged away from Nunn after the first 1500 and finished in 12:01.48, with Nunn 10 seconds back. Relative newcomer Nick Christie finished fourth in 13:35.08, just 4 seconds behind the meet record set by Patrick Stroupe last year. (Note, however that last year was the first for this distance. For many years the race was conducted at 1 Mile, switching to 2 Miles in 1974 and then to 5000 meters in 1984. Note also that Trevor is still well off the American record of 11:16.30, set by Ray Sharp on Feb.5, 1984.) Josh Wiseman led a close battle for fifth through 2400 meters, where he dropped out. leaving Dan Serianni and Matt Mannozi to battle it out. Mannozi overtook Serianni on the final lap to capture that fifth spot.

Barron is now in college in Colorado, where he trains alone at altitude, but still under the guidance of Tim Seaman. Now he turns his attention to the 20 Km, beginning with the World Cup Trials in April, as he seeks an Olympic berth.

On Sunday, the women provided a thrilling race over the same distance, with Maria Michta barely holding on at the finish, after leading from the gun. It was the third Indoor title in a row for Michta. Her winning time of 13:21.04 left her just .04 of a second ahead of Erin Gray who stayed glued to her throughout the race. Likewise, Lauren Forgues, in third, was right on Gray's heels from the gun. As Michta went through 1000 meters in 4:20.79 and 2000 in 8:53.41, there was never as much as a second separating the first three until the final lap. Actually, on the penultimate lap, they accelerated to a 51.96, stepping up from the 55 second range. When Michta really opened up, covering the final 200 meters in 44.88, Forgues could not respond and dropped away. But Gray was even faster, covering the final lap in 44.96. She couldn't quite get her nose in front, falling that tantalizing .04 short. A thrilling race, although well off the Meet record of 12:28.32 set by Michelle Rohl in 2001. Debbi Lawrence holds the American record at 12:20.79, set 19 years ago.

Miranda Melville beat Joanne Dow for fourth, staying within 2 seconds of the leading trio for the first 1000, dropping 8 seconds back by 1000 and finally finishing in 13:46.89, 13 seconds ahead of Dow. Results of the two races:

Men: 1. Trevor Barron, New York AC 11:36.27 2. Tim Seaman, NYAC 12:01.48 3. John



Dave Talcott
566 Mclean
Owego, NY 13827
8/12

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

Nunn, U.S. Army 12:11.86 4. Nick Christie, un. 13:15.08 5. Mike Mannozi, Miami Valley TC 13:11.79 6. Dan Serianni, World Class, RW 13:13.23 DNF—Josh Wiseman, Miami Valley
Women: 1. Maria Michta, Walk USA 13:15.31 2. Erin Gray, Bowerman AC 13:15.35 3. Lauren Forgues, New York AC 13:21.04 4. Miranda Melville, un. 13:46.89 5. Joanne Dow, Un. 13:58.96 6. Katie Burnett, un. 14:44.41 7. Janelle Brown, un. 14:49.37

National USATF Indoor 1 Mile Championships; Millrose Games, New Balance Armory Track, New York City, Feb. 11: **Women**—1. Lauren Forgues, NYAC 6:48.02 2. Katie Burnett, Un. 7:19.47 3. Abby Dunn, Maine RW 7:28.36 4. Tina Peters, Miami Valley TC 7:45.53 5. Meghan Keetley, N.Y., un. 7:50.93 6. Ji Won Kang, South Korea 8:01.71 7. Lindsey Harman, un. 8:05.00 8. Nicole Court-Menendez, Maine RW 8:05.78 9. Caitlin Lardaro, N.Y., un. 8:14.40 10. Jenna Monahan, Walk USA 8:35.44 11. Kristi Licuri, N.Y., un. 9:08.04 DQ—Sophia Mahin, Park RW **Men**—1. Michael Mannozi, Miami Valley TC 6:19.40 2. Dan Serianni, un. 6:19.42 (Mike has a bigger chest than Dan, thus the victory, I guess) 3. Jonathan Hallman, un. 6:32.94 4. Joel Pfahler, Miami Valley TC 6:53:25 DQ—Jeff DeVaney, Twin City RW (Judges: Gary Westerfield, IAAF, chief; Reggie Weissglas, IAAF; Lon Wilson, Master; Bill Pollinger, IAAF; and Bruce MacDonald, Master.)

The Talented Tallents

Hobart, Australia, Feb. 25—While the first IAAF Racewalking Challenge event of the year didn't draw a lot of international talent, it certainly drew the "Tallents". In the Oceania and Australia Race Walking Championships, which doubled as Challenge Races, Jared Tallent, who won both silver and bronze in the 2008 Olympics, scored a decisive win in the Men's 20 Km despite a temperature that stood at 100 F as the race started. Not to be outdone, his wife Claire was unchallenged in the Women's 20 and Claire's younger sister, Rachel, scored a win in the Women's Under 20 10 Km.

In the heat, Jared Tallent adopted a conservative approach as he won in 1:23:01, still well clear of fellow Australian Chris Erickson (1:24:13) and Canada's Inaki Gomez (1:24:46). Wife Claire had an even easier time as her 1:32:58 won by nearly 4 minutes. Since her time bettered the Olympic A standard, Claire is an automatic qualifier for the Aussie Olympic team. Already qualified for the Olympics in the 50, Jared now has a shot at two more Olympic medals. The results:

Men's 20 Km: 1. Jared Tallent 1:32:01 2. Chris Erickson 1:34:12 3. Inaki Gomez, Canada 1:24:46 4. Adam Rutter 1:28:04 5. Dane Bird-Smith 1:28:12 6. Quentin Rew, New Zealand 1:30:01 7. Ian Rayson 1:31:57 8. Rhydian Cowley 1:42:41 9. Kyle Malone 1:42:41 10. Graeme Jones, NZ 1:46:57 11. Scott Nelson, NZ 1:54:57 DNFs included Andreas Gustaffson, Sweden; Alex Wright, Great Britain; and Evan Dunfee, Canada.

Women's 20 Km. 1. Claire Tallent 1:32:50 2. Regan Lambie 1:36:52 3. Zuzana Schinderakova, Czech Rep. 1:37:34 4. Beki Lee 1:38:16 5. Nicole Fagan 1:48:30 6. Kelly Ruddick 1:51:47 7. Roseanne Robinson, New Zealand 1:58:38 8. Nyle Sunderland, NZ 2:00:56 9. Allegra Steele 2:03:54 (DNFs included Cheryl Webb; Lesley Crawford, N.Z.; and Mari Olsson, Sweden)

Jr. Men's 10 Km: 1. Blake Steele 43:46 2. Nathan Brill 46:02 3. Jesse Osborne 47:12 4. Matthew Holcroft, NZ 51:35 (6 finishers, 2 DNF) **Women's Junior 10:** 1. Rachel Tallent

49:28 2. Jessica Pickles 52:45 (6 finishers, 7 DNF, 1 DQ)

Other Results

1 Mile, Dartmouth Relays, Hanover, N.H., Jan. 8—1. Mack Adamowicz 7:15.81 2. Ian Rixon 7:43.56 3. Adam Robinson 7:45.87 4. Austin Weigle 7:53.84 5. Spencer Dunn 8:44.82 (7 finishers) **Women**—1. Abby Dunn 7:41.22 2. Katie Flanders 7:45.97 3. Nicole Court-Menendez 8:19.44 (8 finishers) **Conn. RW 21st Mall 3 Km, Feb. 12, Milford, Conn.**—1. Bill Vayo 15:49 2. Abby Dunn 15:49 3. Nicole Court-Menendez 17:16 4. Spencer Dunn (13) 17:49 5. Ann Percival 19:26 6. Joe Light 19:38 7. Deb Frederick 19:49 8. Barry Fowler 20:16 9. Charlie Mansbach 21:26 (12 finishers, 1 DNF) **East Region Masters 3000, Providence, R.I., Jan. 29**—1. Maryanne Daniel (53) 15:25.15 2. Patricia Godfrey (65) 21:37.98 **Men**—1. Don Lawrence (52) 15:23.07 2. Ed O'Rourke (50) 16:18.25 3. Larry Epstein (53) 16:28.13 4. Bruce Logan (47) 16:33.47 5. Brian Savilonis (61) 17:27.03 6. Gus Davis (74) 22:11.87 (DQ) **H.S. 1500 meters, New York City, Jan. 28**—1. Ji Won Kang 7:13.73 2. Sophia Mahin 7:36.58 3. Karen Zheng 7:37.48 4. Aimy Yu 7:34.31 5. Samantha Lui 8:04.31 (11 finishers) **Long Island Indoor 3000 meters, Brentwood, N.Y., Feb. 5**—1. Maria Michta 13:38.71 2. Jenna Monahan 16:28.83 3. Cher Armstrong, Raleigh Walkers 17:55.97 **H.S. 1500, New York City, Feb. 11**—1. Kelly Maranchuck 7:16.54 2. Annica Penn 7:20.10 3. Katie Michta 7:21.31 4. Stephanie Saccente 7:22.38 5. Alyssa Furlani 7:22.63 6. Holly Lindoe 7:25.69 7. Brittany Collins 7:27.85 8. Jourdann Green 7:32.46 9. Alyssa Englich 7:42.72 10. Julia Donahue 7:44.41 11. Amanda Catherall 7:52.09 12. Sarah LaPorta 7:56.60 **N.Y. Borough Races: Queens, Feb. 20**—1. Ji Won Kang 7:24.73 2. Sophia Mahin 7:47.65 3. Michelle Szeto 8:41.83 (10 finishers, 5 DQ) **Brooklyn, Feb. 19**—1. Anouiscar Pemberton 9:17.79 (11 finishers, 2 DQ) **Bronx**—1. Aimy Yu 7:53.47 2. Florence Dasrath 9:21.01 (9 finishers, 1 DQ) **Manhattan, Feb. 13**—1. Alicia Vargas 7:36.93 2. Jessica Zalph 7:51.66 3. Mei Yin Wu 8:19.05 (13 finishers) **Staten Island, Feb. 12**—1. Jessica Szela 7:45.74 2. Rebecca Lin 8:13.68 (5 finishers, 3 DQ) **PSAL Indoor 1500 meter Championships, New York City, Feb. 25**—1. Ji Won Kang 7:06.88 2. Karen Zheng 7:24.68 3. Sophia Mahin 7:27.26 4. Jessica Szela 7:29.71 5. Aimy Yu 7:53.48 6. Jessica Zalph 7:54.34 7. Rebecca Lio 7:58.38 8. Janie Ou Yang 8:00.27 9. Jennifer Zhou 8:11.12 10. Winsome Lees 8:17.26 (17 finishers, 2 DQ (Judges, Stella Cashman, Helene Britton, Zakia Feracho, and Lon Wilson.) **H.S. 1500 Invitational, Huntington Station, N.Y., Feb. 25**—1. Kelly Maranchuck 7:06.67 2. Katie Michta 7:07.69 3. Alyssa Furlani 7:24.01 4. Stephanie Accente 7:24.12 5. Molly Josephs 7:24.85 6. Holly Lindoe 7:39.54 7. Sam Barrett 8:01.79 8. Allison McConville 8:07.87 (11 finishers) **3000 meters, Daytona Beach, Fla., Jan. 28**—1. Nicole Bonk 14:54.10 2. Joan Terry 15:13.16 3. Juan Moscoso 17:39.45 (7 finishers) **20 Km, South Florida, Feb. 17**—1. Creighton Connor 1:38:07.3 2. Ian Whatley (52) 1:51:42.8 3. Erika Shaver (19) 1:51:42.6 4. Joan Terry (48) 2:06:39 **10 Km, same place**—1. Matte Moscoso (39) 50:44.2 2. Joan Terry 58:06.2 3. Gerry Gomes (79) 1:14:18.9 **Fast times in Ohio: Indoor 3000 meters, Findlay, Ohio, Jan. 28**—1. Katie Burnett, un. 14:08.45 2. Susan Randall, Miami Valley TC 14:21.18 3. Janelle Brown, Champions International 15:14.57 4. Rachel Zoyhoski, un. 15:22.63 3. Erin Helmuth, Goshen College 15:52.90 6. Monica Lawrence, Cornerstone U. 15:59.72 7. Reini Brickson, Lindsey Wilson Col. 16:10.62 8. Chelsea Conway, Lindsey Wilson 16:33.07 9. Emily Belovich (HS Frosh), Miami Valley 16:51.83 10. Sydney Beal (7th grade), Miami Valley TC 18:28.07 (13 finishers) **Men**—1. Dan Serianni, Monkey Business AC 12:43.34 (6:46 at 1 Mile) 2. Josh Wiseman, Miami Valley 12:44.02 The first two were together from the start, but Serianni finally forged a 2 second lead with a lap to go. Wiseman made a final surge but came up just short at the finish.) 3. Kris Shear, Q-Elite TC 12:52.69 4. Cody Fisch, Cornerstone U. 13:09.68 5. Ricardo Vergara, Lindsey Wilson Col. 13:26.39 6. Joel Pfahler, Miami Valley 13:34.24 7. Jake Gunderkline, Goshen Col. 13:39.26 8. Robert

Vergara, Lindsey Wilson 14:27.02 9. Chris Schmid (64), World Class RW 14:44.90 10. Mitchell Brickson, Goshen College 14:56.79 11. David Horst, Goshen 14:59.83 12. Isaac Withrow, Cornerstone U. 15:38.64 13. Tyler Steigenga, Cornerstone 15:59.00 14. Sam Beal, (HS-Jr.), Miami Valley 16:39.22 (16 finishers); And in another fast race a week later many went even faster: **Indoor 3000, Cedarville, Ohio, Feb. 3**—1. Dan Serianni 12:23.98 (4:12, 8:19) 2. Josh Wiseman 12:27.64 3. Cody Risch 12:30.53 4. Ricardo Vergara 13:05.83 5. Jacob Gundeckline 13:16.29 6. Roberto Vergara 14:03.19 7. Mitchell Brickson 14:28.61 8. David Horst 14:42.07 9. Omar Nash, Miami Valley 14:44.54 10. Isaac Withrow 14:53.61 12. Damon Clements, un., Indiana 16:34.15 13. Russ McMahon (57), Miami Valley 17:00.81 14. Barrett Conna, Goshen Col. 17:51.13 (2 DQ) **Women**—1. Jill Cobb, Miami Valley 13:45.73 2. Susan Randall 14:26.65 3. Janelle Brown 14:33.36 4. Erin Helmuth 15:33.45 5. Monica Lawrence 15:43.26 6. Reini Brickson 16:00.23 7. Emily Belovich 16:08.61 8. Chelsea Conway 16:39.42 9. Amanda Bland, Lindsey Wilson 18:17.85 (11 finishers)

1 Mile Race Walk Prediction Race, Yellow Springs, Ohio, Jan. 22—1. Michael Belovich, M12, predicted-9:50; actual-9:51.0 (+1) 2. Sam Beal, M16, predicted-8:00; actual-7:54.1 (-6) 3. Joel Pfahler, M21, predicted-6:45; actual-6:56.2 (+110) 4. Emily Belovich, F14, predicted-8:20; actual-8:01.5 (-18) 5. Kennedy Graves, F12, predicted-11:06; actual-10:47 (-19) 6. Taylor Ewert, F09, predicted-9:30; actual-9:50.0 (+20) 7. Erika Graves, F41, predicted-11:00; actual-10:33 (-27) (A fun way to get a timed mile in a judged situation ... where going negative is a great thing even if you lose. Tonight's exercise resulted in big PR's by high school walkers Sam Beal and Emily Belovich. Beal, whose has only been race walking since the first of the year, is rapidly improving, knocking nearly 40 seconds off his last mile race. A young junior in HS, Beal has run 4:46 for the mile and 16:30 for 5,000m in XC. Bevolich, a 14-year old frosh, is into her second year as a race walker. She dropped her PR from an outdoor 8:14 last summer to a new low of 8:01.5 with tonight's indoor effort. Both athletes made the qualifying standard for the New Balance sponsored High School Indoor Track & Field Nationals at the Armory in NYC - Friday, March 9th thru Sunday, March 11th. Men's qualifying standard is 8:15 for the mile. For the women the qualifying standard is 8:30. Michael took home a real neat long sleeve race walking t-shirt for his win) **3000 meters, Goshen, Indiana, Feb. 11**—1. Jakob Gundeckline 13:21.82 2. David Horst 14:22.84 3. Mitchell Brickson 13:33.20 (all three from Goshen College 4. Isaac Withrow 14:38.75 5. Tyler Steigenga 14:43.21 6. Nate Vanderwall 15:08.14 (All three from Cornerstone U.) 7. Damon Clements 16:47.71 8. Barrett Donna, Goshen 17:22.00 **Women**—1. Erin Helmuth, Goshen 15:47.89 2. Brianna Griffiths, Goshen 18:22.31 **Indoor 3000 meters, Elmhurst, Ill., Dec. 10**—1. Alex Chavez 12:55.2 2. Jim Scott 15:58.9 3. Steve Lipe 17:44.8 (5 finishers) **Indoor 3000 meters, Jacksonville, Ill., Jan. 21**—Alejandro Chavez, Missouri Baptist 12:52.43 2. Alexander Jakobsen, Ashford 15:00.90 3. David Coutts, St. Louis RW 15:49.21 4. Jim Scott 16:00.40 5. Curtis Bedor, Central Methodist 17:04.88 6. Zach Pavlich, Ashford 17:18.63 **Women**—1. Ellarie Lagerhausen, Ashford 17:02.38 2. Allie Rother, Missouri Baptist 18:12.87 **Indoor 3000, Jacksonville, Ill., Feb. 4**—1. Aleksander Jakobsen, Ashford 14:54.74 2. Jim Scott, Abe's Striders 16:01.71 3. Zach Pavlich, Ashford 17:15.21 4. Curtis Bedor, Central Methodist 17:17.44 (7 finishers) **Midwest Zone Youth Indoor Meet, Hillside, Ill., Feb. 19: Youth Girls 3000**—1. Sophia Gullo 19:04.39 Intermediate Girls 3000—1. Anal Cisneros 17:24.15 2. Jennifer Lopez 17:33.42 3. Chynnah Henn 19:07.71 Young Women 3000—1. Cassandra Delgado 17:24.57 Midget Boys 1500—1. Angelo Peters 9:15.37 Youth Boys 2000—1. Samuel Peters 19:24.57 Intermediate Boys 3000—Alexander Peters 14:29.91 2. Anthony Peters 15:28 (Look out for the Peters clan. Any relation Vince?) **Indoor 3000, Kenosha, Wis., Feb. 5**—1. Matthew DeWitt 13:48.34 2. Andrew Kawestner (47) (1988

50 Km Olympian, not heard from since) 3. Jack Bray (79) 19:17.73 (8 finishers) **Indoor 3000, Columbia, Missouri Women**—1. Eerie Lagerhausen, Ashford U. 17:06.65 2. Allie Rother Missouri Baptist 17:44.88 **Women master**—1. Gale Johnson 17:37.69 Bmen—B1. Patrick Stroupe 12:29.73 2. Alejandro Chavez, Missouri Baptist 12:33.58 3. Aleksander Jakobsen, Ashford 14:53.15 4. Zach Pavlich, Ashford 17:04.09 **Masters Men**—1. Dave Coutts 15:53.47 2. Steve Lipe 17:07.03 **1 Mile, Austin, Texas, Feb. 12**—1. Geraldo Flores 13:17.2 2. Julisa Juarez 8:38.394 3. Kasandra 8:38.398 4. Matias Serna 8:39.44 (All juniors from South Texas Walkers)

Indoor 3000 meters, Moscow, Feb. 5—1. Anisya Kirdyapkina 11:44.10 2. Claudia Stef, Romania 12:27.50 3. Tatyana Korotkova 7:12.28 4. Yelena Shumkina, Ukraine 12:35.5 5. Melanie Seeger, Germany 12:47.6 6. Sylwia Korzeniowska, France 12:47.30 7. Yevdokiya 13:55 DNF—Olga Kaniskina (Led most of the race with Kirdyapkina on her heels. Kirdyapkina passed her with two laps to go and Kaniskina dropped out on the final lap, suffering with a bad cold that almost caused her not to start. Stef, who holds the world record of 11:40.33 set in 1999 was no match for the Russian ladies on this day.) **Men's 5000, same place**—1. Valeriy Borchin 18:16.54 2. Vladimir Kanaykin 18:17.13 3. Sergey Bakulin 18:26.82 4. Ruslain Dmytrenko, Ukraine 18:44.45 5. Yohan Dni iz, France 18:47.80 6. Denis Nizhegorodov 18:58.81 7. Juan Manuel Molina, Spain 20:13.51 8. Anatoliy Kukushkin 20:34.99 (Diniz led the race early, but Borchin passed him with 2 Km to go taking his two teammates with him. The World Record remains at 18:07.08 set by Mikhail Schennikov in Moscow in 1995.)

Chinese Olympic Trials, Huaian, Feb. 12: Women's 20 Km: 1. Shanshan Wang 1:30:12 2. Ni Gao 1:30:21 3. Li Li 1:30:27 4. Huanhuan Sun 1:31:38 5. Xioliang Song 1:32:00 6. Shuyangan Chen 1:32:38 7. Dan He 1:33:01 8. Lingling Tong 1:33:27 **Men's 20 Km**—1. Selin. Cao 1:19:42 2. Wei Yu 1:20:44 3. Ding Chen 1:21:02 4. Tienfei Li 1:22:08 5. Zhongliang Chen 1:22:38 6. Jianmei Liu 1:22:41 7. Tongda Kian 1:22:53 8. Haijun Ma 1:23:02 **Men's 50 Km**—1. Jianbo Li 3:47:30 2. Jianguo Zhao 3:52:04 3. Zhide Cui 3:54:42 4. Faguang Xu 3:55:30 5. Sunpang Du 4:08:40 6. Kun Wang 4:11:05 7. Xianxin Gou 4:12:07 8. Hao Wang 4:13:44 **Jr. Men's 20, same place**—1. G. Zhao 1:21:06 2. S. Zhie 1:22:24 3. Y. He 1:23:28 **Jr. Women's 20, same place**—1. Y. Mao 1:30:25 2. M. Pai 1:32:23 3. Shi Liu 1:33:43 **Russian Winter Walks, Sochi, Feb. 17-18: Women's 20 Km**: 1. Elmira Alembekova 1:25:27 2. Yelena Lashmanova 1:26:30 3. Irina Yumanova 1:26:47 4. Tatiana Sibelova 1:26:59 5. Anna Likyanova 1:27:08 6. Nini Okhotnikova 1:28:16 7. Ludmila Arkhipova 1:28:29 8. Marian Pandekova 1:28:29 10. Tatiana Nineeva 1:30:56 11. Tatyana Korotkova 1:31:25 12. Tatyana Shemyakina 1:34:13 (20th place at 1:39:49) —Alembokova took full advantage of the absence of world and European champion Olga Kanskina and the perfect conditions at the Black Sea resort to take more than two minutes off her previous best and move up to seventh on the all-time list for the event. It was Lashminova's first competitive outing as a senior after winning the European Junior 10 Km last year and also her first 20 Km race. Yumanova in third improved her best by almost three minutes. In the absence of Kaniskina and Anisiya Kirdyapkina, Vera Sokolova was the favorite, but she was DQ'd. **Men's 20 Km**—1.1. Andrey Ruzvin 1:17:45 2. Sergey Morozov 1:17:50 3. Anndrey Krivov 1:18:24 4. Stanislav Yemelyanov 1:18:28 5. Petr Trofimov 1:19:20 6. Denis Strelkov 1:20:31 7. Petr Bogatyrev 1:20:51 8. Alkesandr Prokhorov 1:21:06 9. Anatoloy Kukishin 1:21:30 10. Edikt Khayhullin 1:23:40 11. Pavel Samoylaenko 1:23:56 12. Aleksey Golovin 1:23:04—Ruzvin moved to ninth on the all-time list as both he and Morozov improved their bests by more than 2 minutes. **25 Km**—1. Sergey Kirhyapkin 2:25:41 2. Mikhail Ryzhov (20 years old) 2:25:58 3. Ivan Noskov 2:26:32 **20 Km, Kobe, Japan, Feb. 18: Women**—1. Kumi Otoshi 1:28:48 2. Rai Inoue 1:32:43 3. Kumiko Okada 1:34:37 4. Chiaki Asada 1:35:47 5. Ai Michagushi 1:35:56 6. Mami Urabe 1:35:11 7. Fumika Okabe 1:36:42 8. Natsuki Hosaka 1:28:16 **Men**—1. Isamu Fujisawa

1:20:38 2. Takumi Saiko 1:21:01 3. Hirooki Arai 1:21:10 4. Hayoto Katsuki 1:21:14 5. Takyuki Tanii 1:21:31 6. Koichiro Marioka 1:21:51 7. Yuki Yamazaki 1:23:37 8. Eiki Takahashi 1:23:40 9. Takuyu Yoshida 1:23:46 10. Takafumi Hiquama 1:23:59 11. Ken Akashi 1:24:13 12. Kento Tamura 1:25:04 **Jr. Men 10 Km**— 1. Daisuko Matsunaga 41:27 2. Yousuka Kimura 41:34 3. Masaki Yamamoko 42:19 4. Takaturu Kutsama 42:34 5. Hatuyuu Kou 43:07 (Looks like a tremendous racewalking upsurge in Japan, judging from this collection of performances.) **35 Km, Quarta Feira, Colombia, Feb. 19**—1. Fredy Hernandez 2:40:59 **20 Km, same place**—1. James Rendon 1:28:42 2. Leonardo Montaha 1:30:58 **Women's 20, same place**—1. Sandra Galvus 1:38:42 **Jr. Men's 10 Km, same place**—1. Eider Arovalo 43:04 2. Estaban Soto 43:34 **Irish National 30 Km, Claremorris, Feb. 19**—1. Colin Griffin 2:15:17 2. Brendan Boyce 2:15:26 3. Michael Doyle 2:20:23 4. Jerome Caprice 2:30:01 **Irish Indoor 3000 meters Championships, Feb. 12**—1. Robert Heffernan 19:06.58 2. Jamie Costin 19:35.06 3. Tom Bosworth 19:50.52 4. Michael Doyle 20:31.13 5. Brendan Boyce 20:42.07 6. Cian McMenamon 20:42.07 **Women's 3000, same place**—1. Laura Reynolds 12:46.23 2. Kate Veale 12:52.79 3. Maeve Curley 13:44.10 **20,000 meters (track), Bhubaneswar, India, Feb. 2**—1. Gurmeet Singh 1:20:22.4 2. Mani Ran Pantel 1:24:35.4 **Brazilian 50 Km, Barveri, Feb. 5**—1. Mario Jose dos Santos 4:16:31 **30 Km, Patra Greece, Jan. 22**—1. Alexandras Papamihail 2:18:03 **Women's 20,000 meters (track), same place**—1. Despina Zapoudinou 1:37:40.6 **Finnish Indoor Championships, Tampere, Feb. 18: Men's 5000**—1. Veli-Matti Partanen (20) 19:30.43 2. Eemeli Kiiski (20) 21:10.69 **Women's 3000**—1. Anne Halkivaha 13:01.18 2. Henrikka Parviainen 13:41.22 3. Erika Parviainen 13:42.61 (These sisters, born in 1997 and 1995, respectively, both bettered the National Junior record.) 4. Hue Mikaela Lofbacka 13:48.69 **Indoor 5000, Vienna, Austria, Feb. 15**—1. Matej Toth Slovak Rep. 18:34.56 2. Anton Kucmin, Slovak Rep. 19:14.86 3. Milos Batovsky, Slovak Rep. 20:15.90 **Women's 3000, same place**—1. Katrina Strmenova, Slovak Rep. 13:36.19 **Polish National Indoor Championships, Spala, Feb. 25-26: Men's 5000 meters**—1. Dawid Tomala 19:20.12 2. Rafal Sikora 19:22.15 3. Rafal Augustyn 19:30.63 4. Rafal Fedaczynski 19:35.67 5. Jakub Jelonek 19:44.80 6. Lukasz Nowak 19:44.82 7. Patryk Rogowski 20:14.21 8. Lukasz Augustyn 20:39.41 **Women's 3000**—1. Paulina Buziak 12:38.84 2. Katarzyna Kwoka 13:02.09 3. Justyna Swierczynska 13:13.56 4. Katarzyna Golba 13:30.09 **5000 meters, Sydney, Australia, Feb. 19**—1. Imaki Gomez, Canada 18:45.64 2. Jared Tallent 18:47.77 (A significant victory for the young Canadian (just turned 24), who has a 20 Km best of 1:22:06 at Naumburg, Ger. last September) 3. Dayne Bird-Smith 19:02.58 4. Evan Dunfee, Canada 19:08.87 5. Adam Rutter 19:10.97 6. Chris Erickson 19:28.7 7. Rhydan Cawley 19:52.82 8. Ian Rayson 20:12.80 9. Andreas Gustafsson, Sweden 20:22.68 10. Jesse Osborne (17) 20:23.37 11. Brandon Dewar 20:40.21 12. Brendon Reading 20:40.36 13. Nathan Brill (16) 20:44.68 **Women**—1. Tanya Holliday 21:21.25 2. Beki Lee 21:23.80 3. Claire Tallent 21:29.12 4. Regan Lambie 22:08.54 5. Nikole Fagan 22:23.04 6. Rachel Tallent (19) 22:50.32

And A Racing We Will Go

Sat. March 3 Indoor 3000 meters and Youth 1500, Louisville, Kentucky (E)
 Sun. March 4 10 Miles, Yellow Springs, Ohio (M)
 Indoor 5000 meters, Kenosha, Wis. (I)
 20 Km and 2 Mile, Houston, Tex. (G)
 Sat. March 10 5 Km, Dover, Del. (T)
 1500 meters, Houston (G)
 Sun. March 11 20 Km and 5 Km, Huntington Beach, Cal. (U)
 1500 m and 5 Km, Palo Alto, Cal. (J)
 March 16-18 **National USATF Masters Indoor 3000 m, Bloomington, IN (D)**

Sat. March 17 1 Mile, Houston (G)
 5 Km, Dover, Del. (T)
 Sun. March 24 1000 meters, Albuquerque (Q)
 Sun. March 31 5 and 10 Km, New Orleans (G)
 Sun. April 1 20 Km and Jr. 10 Km World Cup Qualifiers, Men and Women, Eugene, Oregon
 5000 and 10,000 meters, Nyack, N.Y. (R)
 1500 and 3000 meters, Houston (G)
 Sat. April 7 5 and 10 Km, Bethany Beach, Del. (T)
 Sat. April 14 5000 meters, Greenville, S.C. (G)
 5 Km, Newark, Del. (T)
 Sun. April 15 1 Hour, Ottawa, Ontario (Z)
 Mt. SAC 5 and 10 Km, Walnut, Cal. (U)
 3000 meters, Farmingdale, N.Y., N.Y.
 5 Km, Wilmington, Del. (T)
 Sat. April 28 Penn Relays 10 Km, Philadelphia
 Sun. April 29 5 Km, Seaford, Del. (T)
 Sat. May 5 5 Km, Newark, Del. (T)
 Sun. May 6 Pac. Assn. 5 Km, San Mateo, Cal. (J)
 Jack Mortland 20 Km plus 5 and 10 Km, Dayton< ohio (M)
 20 Km, Kenosha, Wis. (I)
 Last Chance 20 Km, Eugene, Oregon ((K)
 4000 meters, Farmingdale, N.Y.
 Sun. May 13 **National USATF 15 Km, Riverside, Cal. (D)**
 Sat. May 19 Marathon and ½ Marathon, St. Joseph, Minn. (S)
 5 Km, Wilmington, Del. (T)
 5 Km, Rehobeth, Del. (T)
 Sun. May 20 **National USATF 10 Km., Albany, N.Y. (D)**
 Sat. June 2 10 and 20 Km, Pleasant Prairie, Wis. (I)
 Sun. June 3 1 Mile, Yellow Springs, Ohio (M)
 Wed. June 6 Ohio 10 Km Championship (Optional 20 Km), Yellow Springs (M)
 Sat. June 9

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Daniel Koch, South Florida Racewalkers, 954-970-9634, racewalker@bellsouth.net
 C--Stan Chraminski, 8036 Sunnyside Ave. North, Seattle, WA 98133, chraminski@comcast.net
 D--www.USATF.org
 E--Frank Miklavcic, 502-875-2904, fmiklavcic@aol.com
 F--Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073
 G--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 H--1933 West Plum Street, Fort Collins, CO 80521, 970-493-3425
 I--Matt DeWitt, ccwalker-uwp@yahoo.com
 J--Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
 K--Jim Bean, beanjbean@aol.com
 L--Gus Davis, 789 Donna Drive, Orange, CT 06477, gustave.davis@yale.edu
 M--Vince Peters, 607 Omer Circle, Yellow Springs, Ohio 45387 (937-767-7424)
 N--JKuo@usatfne.org
 O--A.C. Jaime, acjaime@sbcglobal.net
 P--Lon Wilson, 1020 Grand Concourse, Suite 15X, Bronx, NY 01451
 Q--New Mexico Racewalkers, P.O. Box 90111, Albuquerque, NM 87199
 R--Shawn Frederick 845-358-0670, frederickshawnlouis@yahoo.com

S-Bruce Leasure, info@twincitiesracewalkers.org
 T-Micheale Lessard, P.O. Box 995, Dover, DE 19903
 U-Elaine Ward, 945 S. Orange Grove Beaach, Paasadena, CA 91105
 V-Roman Olzewski, roman.otfa@cogeco.ca, 905-732-9955
 W-Steve Durrant, 211 66th St., Virginia Beach, VA 23451, sdurrantrdh@cox.net
 X-Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y-Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 Z-Roger Burrows, roger@bytownwalkers.ca

From Heel To Toe

Sorry, but... The time has come when we must raise subscription rates again. The first rise in the rates since we went from \$10 per year to \$12 with the April 2000 issue. Effective next month the subscription rate will be \$15 per year. To repeat myself, here is what I said 12 years ago with the last increase: "The ORW philosophy has always been to break even, not make a profit; but we don't want the family to have to subsidize our humble efforts either. When Jack Blackburn and I started this effort nearly 47 years ago (March 1965), the subscription rate was \$1.20. I don't recall exactly, but I guess a stamp cost 4, 5, or 6 cents at that time, because, after the initial issues, we were generally sending out eight pages (reproduced by the ditto process on one side only). That put us over an ounce and required some additional postage, so most of the 10 cents per issue (we put that price on our masthead in those early days) was going to postage. Anyway, after Jack moved from Columbus and left me as editor, publisher, circulation manager, etc. I held the line on that rate until Feb. 1968, when I jumped it all the way to \$2.00 (and deleted any mention of a per issue cost, since we had not cracked the newsstands—and still haven't, unlike Runners World, which Bob Anderson kicked off as a little newsletter in the same month and year as the ORW was launched.) By then, I was paying to have it mimeographed and had to collect something beyond the postage cost. Further adjustments were made through the years as we went to a printed publication, costs rose, and postage rates skyrocketed. In stages, the subscription rate was eventually raised to \$10 in 1992. Before that, we had a Second Class postal permit for several years and were charging \$6.00, or \$8.00 for those who preferred to get First Class delivery. When it got to where about half the subscribers were paying extra for first class mail, we decided the hassle of the second class permit wasn't worth it, so we dropped it and adjusted the rate to inflation at the same time." So, twelve years later the time has come for further adjustment—we are no longer breaking even and haven't been for three or four years. So, if you have a renewal notice in this issue, now is the time to renew—it will cost you an additional 3 bucks next month. And let me thank those who have sent generous gifts through the years, helping to keep our heads close to above the water. And if you know of others who really need what the ORW offers, send them our way. . . **Eastler Surprise.** Tom Eastler, after referring to an article that he has been meaning to send me, but can't find, that refers to a Central Park race in the '60s, notes: "What to my surprise did I just find in my mailbox but none other than Kudos for my most successful 50 Km debut in Olympic 'B' standard time of 4:05:44 five years ago to beat my good friends Philip Dun and John Nunn and win the 2007 National 50 Km Championship. Wow!!! Who cares about a dingy 12 mile race around Central Park or even the White's 20mile walkathon where I finished as first military walker (also where my other coach John Markon was hit by a car and carted off to the hospital), when I can now brag about my 50 Km championship win." Yes, the ORW did it again. In Looking Back last month, we referred to Tom Eastler's win in the 2007 50 Km national. Son Kevin is probably equally surprised to learn that his father, not he, actually won that race. Apologies to Kevin, but Kudos to Tom for all he has contributed to the sport, beyond the trophy he won as first Junior in an ancient race. (I will await the article describing that feat, his first race under the guidance of coach Shaul Ladany. Tom says further: "Kevin's mother

Sue remarked that this could be one of Jack's most famous typos; well if it was, it sure was a fun one. . I enjoyed it immensely." . **Essayah.** Harry Siitonen, the Frisco guru of racewalking, brings us up to date on the political career of Finish racewalking great Sari Essayah. "In regard to Sari Essayah's Presidential campaign as Christian Democratic Party candidate, she finished last out of eight candidates with only 2.7% of the national vote. The eventual winner in a top two run-off was Sauli Niinisto, a veteran National Coalition Party politician and former Finance Minister. So it'll be awhile before a racewalker is elected president of any country. But hope rings eternal!" As he reported earlier, however, Harry was not rooting for Sari as her political agenda doesn't quite align with his. . **Clinics.** Tim Seaman and Jeff Salvage Racewalking Clinics of Excellence are scheduled for Medford, N.J., June 16-17; Prescott, Arizona on October dates to be announced; and Minneapolis, September 22-23. Visit www.racewalk.com for further information. Dave McGovern offers numerous opportunities to visit one of his World Class Racewalking weekends: March 9-11 Nashville, Tenn.; March 23-25 Austin Texas; March 30-April 1 Waverly, Nebraska; April 13-15 Minneapolis; June 8-10 South Bend, Indiana; July 20-22 Locust Valley, N.Y.; August 10-12 leveland, Ohio; and Sept. 21-23 Indianapolis, Indiana. Visit www.racewalking.com For more info. . **College opportunity.** Antioch College, a liberal arts school, in Yellow Springs, Ohio has announced that they will provide full ride scholarships to all students who are admitted. Visit the website (www.antiochcollege.org), to get your application in. This school should be appealing to budding racewalkers because Yellow Springs is the hotbed of the sport in the Midwest with the Miami Valley Track Club and coach Vince Peters, currently the National RW Chairman. . **Postal 1 Hour.** Dave Talcott announces: The Shore AC has renewed its One Hour Postal Championship for the 2012 calendar year. A long standing tradition of the Shore Athletic Club, I will coordinate and tabulate the results for this year's event. The application and lap heats will be posted to the Racewalking Yahoo Group's files section. If you want me to send one directly, just let me know. There are a lot of one hour events that take place - if you have had one in the past - make sure to have another this year and get into the action. If you haven't have one in the past - please put one on (only requires 2 USATF certified officials) and see how many records and/or single aged bests can be broken. Any questions about the event - please send me an e-mail at dwtalcott@juno.com . **Bowman honored.** At the National USATF Convention in December, the Racewalking Committee passed a resolution honoring Bob Bowman for his 30 years of service on the IAAF's Racewalking Committee. For a substantial portion of that time, Bob was the Chair of the committee. With Bob leaving the committee, the only North American member of the 12-member group is now Miguel Angle Rodriguez of Mexico. . **Murray Rosenstein.** A highly respected athlete and racewalking official, Murray Rosenstein, passed away in Israel on January 15. Growing up in New York City, Murray and his older brother Arthur joined the athletic program at the famous 92nd Street YMHA in Manhattan when Murray was still a teenager. In 1935, still only 18, he won the famous City Hall to Coney Island race and as he improved in the sport had a good shot at making the 1940 U.S. Olympic team as a racewalker.. But World War II wiped out the Olympics in both 1940 and 1944. After moving to L.A. in 1949, he immersed his love of sport in becoming a part-time coach, referee, and trainer. According to Jim Hanley, Murray was the most active Southern California racewalk judge during the '60s. "He was the epitome of what a judge should be, and he was a role model to men and many other officials. He was also a world-class field event official with his signature on several world record applications", according to Jim. Jim relates his favorite Murray Story: When the Mexican racewalking team, arguably the best in the world in the early '80s, came to southern California for a major international race, it was my job to round up the judges. I knew that Murray had just had eye surgery, so I called all the other judges. After going through the list, I called Murray who promptly told me "I just had eye surgery and can't see a thing." Since we were one judge short of the number required to conduct a legal race, and there was no time to get others, I said this to Murray; "Can I pick you up and bring you to

the race? You can stand on the course and, by doing that, will serve as a deterrent to anyone who might want to break the rules." Murray agreed, and the plan worked perfectly. No one had any idea that he was temporarily as "blind as a bat" until many years later when we told this story. And we had a good, and very fair, competition! Only a highly well-known and universally respected racewalk judge could have pulled this off." Murray was a judge at the Los Angeles Olympics in 1984. A few years later he was inducted into the first group of Athletes and Officials of the Southern California Jewish Athletes Hall of Fame. In 1989, having lost his beloved wife, Murray moved to Israel to be closer to family, his two sons having moved there about 20 years earlier. His son Howard notes, "Athletics was his life and racewalking his one true passion. His home, our home, was always like a shrine to the sport he loved so much." . . . **Youth Honor Roll.** Named to the 2011 National Youth Racewalking Honor Roll were: **Young Men**—Tyler Sorensen, un.; Alejandro Chaves, South Texas; and Michael Nemeth, Wings of Moon. **Young Women**—Abby Dunn, Maine Racewalkers; Molly Joseph, Walk USA; and Courtney Williams, Maine RW. **Intermediate Boys**—I. Nathaniel Roberts, Bowerman AC; Alexander Peters, Elgin Sharks; and Anthony Peters, Elgin Sharks. **Intermediate Girls**—Maite Moscoso, Central Florida Gliders; Nicolette Sorensen, Diablo Valley T&F; and Katie Michta, Walk USA. **Youth Boys**—Andy Vasquez, Cornhusker; Matias Serna, South Texas; and Matthew Schmidt, Northwest Florida. **Youth Girls**—Caitlin Palacio, LSI Sprint; Kasandra Rodriguez, South Texas; and Emily Belovich, Miami Valley. **Midget Boys**—Ryan Thong, Equalisers TC; Jason Gomez, Oak Hill Racers; and Nehemiah Cionelo, Cougar TC. **Midget Girls**—Kirra Facer, Temecula Valley; Janelle Zamora, Equalizers TC; and Julisa Juarez, South Texas. **Bantam Boys**—Emilio Andrean, Northwest Florida; Jadon Davis, Pikeville; and Malik Milton, Las Vegas Heat. **Bantam Girls**—Taylor Ewert, Miami Valley; Gladys Sanchez, South Texas; and Narda Garcia, South Texas.

A Message From Coach A.C. Jaime

Vince Peters, our USATF Race Walk National Committee Chair, stated in his 2011 Annual Meeting report that, "The development of Olympic medalists in race walking is similar to that of every other event in track and field. It is dependent on the availability of coaching, training and competitive opportunities for the athletes in the development pipeline." Then he went on to express the concern that many of us have, stating that, "In contrast to every other event in track and field, the race walk event does not share the large, continuous development pipeline where there are literally tens of thousands who participate from an early age into the collegiate ranks."

Our USA Track & Field Board headed by President Stephanie Hightower has heard this appeal. The board has, through its limited budget, appropriated a \$50,000 grant to fund the South Texas Walking Club and USATF South Texas Association's proposal to promote race walking at the elementary school level at all fifteen of our Junior Olympic Regions in the USA.

Authors Jeff Salvage, Diane Graham-Henry and Tim Seaman have contributed significantly to the revision of the second edition of our book written by Dr. Tom Eastler on teaching children the art of race walking. That book will be mailed to all fifteen regions within the very near future for distribution to their elementary schools in their areas along with:

- (1.) A DVD on teaching children race walking as developed by the PSJA School District in Pharr, Texas.
- (2.) A Race Walk Instructional Guide for grade schools authored by A.C. Jaime and edited by Diane Graham-Henry and Tim Seaman.
- (3.) A Recommended Curriculum for Teaching Race Walking to Elementary Children authored by Dr. Tom Eastler, with the assistance of the staff of the University of Maine and staff from the PSJA School District in Pharr, Texas.

Each of our USATF Regional Coordinators is in the process of selecting a seven-member committee to work with our seven-member national committee. Our job will be to help

create that large, continuous development pipeline where, within ten to twelve years, there will be literally thousands participating from an early age into the collegiate ranks and eventually the Olympics as desired by many of us. We have had fifty persons volunteer to date but we still need volunteers within some of our regions. We are now appealing to those of you that wish to be part of our program to volunteer immediately by contacting any of our national committee members or myself.

Our National Race Walk Challenge Grant Committee members are: Dr. Tom Eastler of Maine, Diane Graham-Henry of Illinois, Ginger Mulanax of Missouri, Tim Seaman of California, Gary Westerfield of Long Island, Maryanne Daniel of Connecticut and myself from Texas. Our USATF Track & Field Board has considered this program to be the most innovative method of promoting race walking among children in the USA and so do we, but we need your help. Please volunteer today, and if you cannot volunteer and be a part of our committees, then please join us by making a contribution to the success of this project through the North American Racewalking Institute (621 N. 10th, Ste. C, McAllen, Texas 78501), a non-profit section 501 (c)(3) organization founded by Elaine P. Ward of California and chaired by Dr. Tom Eastler of the University of Maine. Thank you for your consideration.

Racewalking—The Beginnings

(Excerpted from the book "The Sport of Race Walking", published by the Race Walking Association (Great Britain) in 1961. Picking up where we left off in the January issue of the Ohio Racewalker.)

Nevertheless, as previously noted, it is very interesting to see the mention of names well-known in our own generations. Thus, we read of the exploits of Mr. Rickets, of Whitlock (who performed from Shoreditch Church to Ponders end and back in one hour and 50 minutes, or at something over 10 miles an hour), of Bentley, Whitehead, Orton, Pope, Evans, Wilson, Weston, Barrett, Wood, Lambert, Fairman, Bell, to mention only a few!

And so we will take leave of these ghosts of the past, earning their guineas the hard way on roads without car problems (but oh! The dust and the surface!) And make progress towards our own days and age. We may not do this, however, until we have paid tribute to two of the best known "peders" in the history of Sport, Mr. Foster Powell and Captain Robert Barclay.

Foster Powell was born at Horsforth, near Leeds, in 1736, and became clerk to an attorney in New Inn, London. In 1773, he walked from London to York and back again (402 miles) in six days for a wager of 1000 guineas. In September 1787, he walked from the Falstaff Inn at Canterbury to London Bridge and back (109 miles) in 10 minutes less than 24 hours. In June 1788, he again essayed the jaunt from London to York and back, which he accomplished in 5 days 19 hours and 15 minutes. In the July following, he walked 100 miles in 22 hours and in 1790 he took a bet of 20 guineas to 13 that he would walk from London to York and back in 5 days and 18 hours. This he managed with one hour and 50 minutes in reserve and he was so fresh at the finish that he offered to walk 100 miles the next day for a considerable sum—but apparently there were no takers! In 1790 also, he walked from Hyde Park Corner to Windsor and back in seven hours. In July 1792, he was again called upon to walk from London to York and back, this time within five days 15 hours. There was no difficulty in this and he finished with one hour and 25 minutes to spare. Powell (who was also something of a runner over short distances and had won many matches) in his 57th year in 1792, offered to walk six miles in one hour, run a mile in five and a half minutes, and to cover 500 miles in seven days. He required a bet of 20 guineas on either of the first two, or 100 guineas on the latter, but no opposition being forthcoming, he retired from competition, and departed this life on April 15, 1793.

Robert Barclay Allardice, a Scotsman, was born in 1779 and whilst still in his teens

undertook, for a wager of 100 guineas, to walk six miles in the hour :fair heel and toe:. This he accomplished on the Croydon Road in August 1796. Two years later, he was matched against Ferguson, a celebrated walking clerk from the City of London, to go from Fenchurch Street, London, to the tenth milestone beyond Windsor and back (70 miles). Barclay won in 14 hours despite tropical heat.

In December 1800, he was matched to go 90 miles in 21 ½ hours for 500 guineas. He was obliged to scratch, however, owing to a severe cold caught whilst training and in 1801 the match was again arranged, but for an increased stake of 2000 guineas. After covering 67 miles in 13 hours, we are told, "he incautiously drank some brandy, became instantly sick and consequently was unable to proceed". In point of fact, he recovered within two hours and could have completed the distance within the stipulated time, but the bet was already lost.

In June, 1801, he covered 300 miles in five days in torrid weather; and a further bet was laid with Mr. Fletcher for the following November, this time for 5,000 guineas, over a 90 miles course as previously. The bet on this occasion called for a measured mile on the road between York and Hull. Two posts were driven in to mark the start and finish of the mile stretch and the extra paces required to circumvent the posts each time were ignored. Scorers were placed at each end and lamps were in position during the hours of darkness. Captain Barclay (as he was now universally known) attired in a close fitting flannel shirt, flannel trousers and nightcap, lambswool stockings, and thick solid leather shoes set off at midnight. The first two miles were covered in 25 minutes 10 seconds and he continued at this pace for 16 miles, when he retired to a roadside house (which added an uncounted 20 yards or so each time) for a 10 minute pause for refreshment and change of clothes. So he continued until at 60 miles he had a complete change and in 10 minutes was on the road again. Betting was now 6 to 1 and 7 to 1 in his favor and he completed the 90 miles one hour and seven minutes and 50 seconds within the specified time. We are told that at the finish he was strong and hearty and that thousands of spectators on horse and on foot were there to cheer him and chair him.

Barclay also took part in many running events, usually at a mile but also down to 440 yards on occasion. In March 1805, he walked from Birmingham to Wrexham, via Shrewsbury (72 miles) between breakfast and dinner and in July of the same year, he walked from Charing Cross to Seaford in Sussex—a distance of 64 miles in 10 hours. In December 1806, he covered 100 miles in 19 hours "over the worst road in the country" accompanied by his servant William Craig, who shared the performance. Excluding time taken for refreshment, etc., the time taken was 17 ½ hours. Craig, in December 1808, walked 100 miles in 19 hours 17 minutes on the Aberdeen Road, near Stonehaven.

In October 1807, a much publicized match against Abraham Wood, a pedestrian from Lancashire with a great reputation, took place. Both men were to go as far as they could in 14 hours, Barclay receiving 20 miles at starting. Wood retired after six hours, having covered 40 miles against Barclay's 36 miles; and afterwards followed a series of disputes and unsavory allegations that ill-served the participants.

The following year came the event with which Captain Barclay's name will always be associated as long as men admire endurance combined with speed. He contracted in October 1809 to walk 1,000 miles in 1,000 consecutive hours—one mile in each and every hour. The event took place on June 1, 1809 and the following days on Newmarket Heath and the reward for successful completion was to be 1000 guineas.

His early training was at Brighton where he enjoyed the fresh air and bathing and on May 30 he transferred his quarters to Newmarket. He was well aware of the difficulties of the task which faced him and which had already defeated so many. The constant exertion with only a few minutes of sleep at a time could exhaust the strongest of men and give rise to every form of pain and anguish known to man. Tremendous interest was taken in the event and considerable sums of money were wagered on the result.

Barclay certainly believed in the adage—perhaps, even originated it—of marching on

his stomach. He breakfasted at 5 am—usually a roasted fowl, a pint of strong ale, and then two cups of tea with bread and butter. Lunch was at noon with beef steaks alternating with mutton-chops "of which he ate a considerable quantity". Dinner was timed for 6 pm—roast beef or mutton-chops with porter and two or three glasses of wine. He supped at 11 pm on a cold fowl with vegetables in season. Throughout his appetite was good, but towards the end "spasmodic affections in his legs were particularly distressing". Bets had been booked early on at 2 to 1 and 5 to 2 in his favor, rising about ten days before the finish to 10 to 1. On the day before he was due to finish, 100 guineas to one were offered, but there were no takers.

This tremendous performance came to an end at 3:37 pm on July 12 after extending over 42 days and excitement was intense. Thousands of spectators attended the closing stages of the event and beds were unobtainable at Newmarket, Cambridge and other towns and villages in the vicinity, and every horse and vehicle was engaged. It would seem that an event of this kind had the same power of attraction for the public that the Cup Final or Derby Day has for our generation, and Barclay, himself, was one of the best known figures in the country.

On finishing his 42 days and nights labors he was put into a hot bath for a few minutes, then taken out, well dried with flannel, and put to bed. He was in bed at 4 pm and slept soundly until midnight when he took water gruel and again lay down. He slept until 9 am, when he got up in perfect health and walked about Newmarket for a considerable time, including four hours on the race track. His weight of 13 stones 4 was reduced to 11 stones. (Ed. From 186 to 154, according to my calculation.)

A few days later, he rejoined his Regiment and resumed his position as A.D.C. to Lieut. General The Marquis of Huntly and embarked at Ramsgate for the expedition to Walcheren. He died at the age of 75 (a very handsome old age indeed in those days) on May 8, 1854 following a kick from a horse, sustained three days earlier. So passes from our story a most remarkable man who had the power to arouse the public interest in walking to a tremendous height—never known previously, nor since.

LOOKING BACK

50 Years Ago (From the Feb. 1953 Race Walker, published by Chris McCarthy in Chicago)--In the National AAU Indoor 1 Mile, Ron Zinn captured the gold in 6:36.0. Apparently finishing second was young Rima Vaicaitis who crossed the line in 6:43 and didn't learn until he went to pick up his medal that he was DQ'd late in the race handing the silver to veteran John Humcke in 6:50.2. 20-year-old Ron Daniel was third in 6:59.4 just 0.2 ahead of Bill Omeltchenko. . . A week later, Zinn walked 6:27.1 to win the New K of C Games race. . . A 15 Km race in Columbus went to Jack Mortland in 1:13:15, nearly 3 minutes ahead of Jack Blackburn with Jeff Loucks another minute plus back.

45 Years Ago (From the February 1967 ORW)—Jack Blackburn won the first ever walking race in Ohio State's French Fieldhouse, a hollowed hall he had once been booted out of even though he was an ex-OSU runner (Class of '58, sixth in the 1956 Olympic Trials 10,000 meter run). His 6:43.6 for the mile left him well clear of Jack Mortland's 6:56.4 and Chuck Newell's 7:40. . . In Chicago, Bob Gray beat Phil McDonald three times in a row in 1 and 2 mile races. . . Ron Daniel had a 6:29.5 in New York. . . Rudy Haluza was the recipient of the Capt. Ronald Zinn Award for 1966 as the outstanding U.S. walker.

40 Years Ago (From the February 1972 ORW)—Dave Romansky won the National Indoor 1 Mile title for the third time in four years, slicing 0.6 seconds off his own Championship record with 6:13.4. Ron Laird challenged all the way, but his 6:14.6 fell just short. Not far back were Larry Walker (6:17.5), Todd Scully (6:20.4), and Ron Kulik (6:22.6). . . A week earlier, Dave had finished the Olympic Invitational 1500 meter race in a record 5:48.7, but was DQ'd. The

race went to Laird in 5:50.2, with Ron Daniel second in 5:51.5 and Kulik third in 5:53.3. . . On the West Coast, Goetz Klopfer stormed through 40 Km in 3:20:7. . . Here in Columbus and back in French Fieldhouse for the OSU Invitational, your already aging editor (37) managed to outkick Phil McDonald in a 3 Mile, 22:53.8 to 22:55.6.

35 Years Ago (From the February 1977 ORW)—February was Todd Scully month as the Virginia pig farmer set two American records. He won the Olympic Invitational 1500 in 5:48.6, leaving Dave Romansky and Ron Daniel way back. Two weeks later, he took the National Indoor 2 Mile title in 13:02.5, pulling away from Neal Pyke in the last half-mile. . . Rising star Jim Heiring had two fast races in Wisconsin—a 13:39 for 2 Miles and 21:06 for 3. . . Larry Walker walked away with the LA Times 1 Mile in 6:23.9.

30 Years Ago (From the February 1982 ORW)—National indoor titles went to Jim Heiring at 2 Miles and Sue Brodock at 1 Mile. Heiring won in 12:24.82 with Ray Sharp a distant second in 12:57.49. Todd Scully and Dan O'Connor were right behind Ray. Brodock got away from Susan Liers over the final 440 to win in 7:07.14. Liers had 7:12.02. Jeanne Bocci (7:39.05) edged Vicki Jones for third. . . The National 100 Km in Houston was an easy win for Bob Keating, whose 11:22:23 left him nearly 45 minutes ahead of Jack Blackburn in second. . . Heiring turned in the world's fastest indoor Mile in Richfield, Ohio with a 5:47.39..

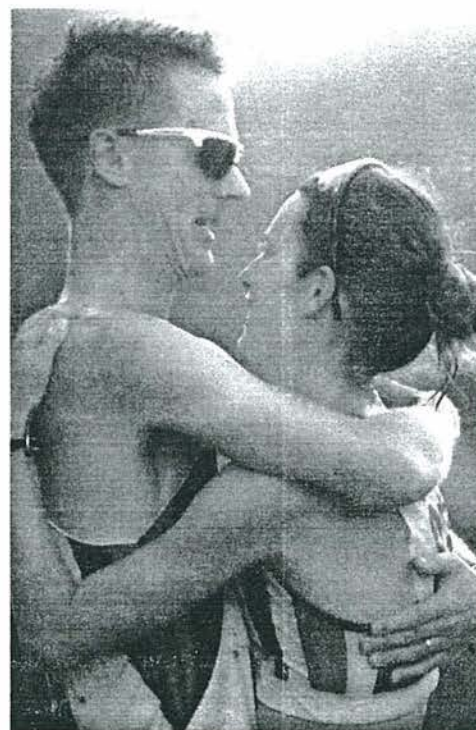
25 Years Ago (From the February 1987) ORW)—In the National 15 Km in Wellington, Florida, Tim Lewis won the men's title in 1:04:35 and Debbi Lawrence topped the women in 1:23:40. Paul Wick (1:06:26) beat out Ray Sharp (1:06:39) and Paul Schwartzburg (1:06:53) for second among the men, and Lynn Weik followed Lawrence in 1:14:17. . . Lewis also had a world best in winning the U.S. Olympic Invitational 1500 meters in 5:17.17, nearly 30 seconds ahead of Jeff Salvage. . . In Boston, Lewis had the fastest mile of all time, winning in 5:42.3, with Schwartzburg second in 5:58.4. . . Carl Schueler just missed breaking 4 hours as he won the U.S. 50 Km title in 4:00:19 in Monterey, Cal. Marco Evoniuk was more than 6 minutes back and Jim Heiring took third in 4:10:35. . . Josef Pribilinec won the European indoor 5 Km title in 19:09.44. The Czech led the GDR's Ronald Weigel by about 4 seconds, with another Czech, Roman Mrazek, third. Natalis Smitrecchenki, USSR, won the women's 3 Km title in 12:57.59, just ahead of Italy's Giulianianna Salce.

20 Years Ago (From the February 1992 ORW)—In indoor races, Michelle Rohl covered 3 Km in 13:05.82 to win in Johnson City, Tenn., and Debbi Lawrence had a 6:18.03 Mile in Fairfax, Virginia. Debbi also did 6:21.09 in Richfield Ohio. In the Fairfax, race, Rohl was just .04 behind Debbi. . . Tim Lewis won the Millrose Mile in New York City with a 5:51.64 to Gary Morgan's 5:55.73. . . In Paramount Cal., Allen James tore through 10 Km in 42:09. . . Sweden's Madeleine Svensson did 3 Km in 12:14.01 in Paris.

15 Years Ago (From the February 1997) ORW)—Andrew Hermann became the sixth U.S. walker to go under 4 hours for 50 Km as he won the National title in Palo Alto with a 3:58:54, nearly 14 minutes ahead of second place Jonathan Matthews (4:12:36). In the process he beat for of the five others to go under hours—Marco Evoniuk, Carl Schueler, Andrzej Chylinski, and Herm Nelson. The other, three-time titlist Allen James, did not defend his championship. Third place went to Mark Green (4:14:20) followed by Chylinski, Evoniuk, Schueler, and Nelson, all just shadows of their former selves. . . The Italian 50 Km Championship was won by Giovanni Perricelli in 3:52:31, with two others under 4 hours. . . In New Zealand, 55-year-old Gary Little set world age groups records for 3 Km (13:23.40) and 20 Km (1:39:18), and Craig Barrett blistered 3 Km in 11:21.50.

10 Years Ago (From the February 2002 ORW)—Curt Clausen won his fourth U.S. 50 Km title in five years, finishing in 3:58:55 to beat defender Philip Dunn, who went 1 second under 4 hours. Tim Seaman was third in 4:07:43, Sean Albert fourth in 4:09:58, and Al Heppner fifth in 4:11:18. Just six weeks after knee surgery, Clausen went faster on each successive 10 Km, starting at 48:39 and walking the final 10 in 46:45. Dunn was also accelerating throughout, until he slowed a bit on the final 10. Susan Armenta was brilliant in winning the women's race. Her 4:39:40 was the fourth fastest of all time, bettered by only three Italian women. . . Seaman won the Millrose Games 1 Mile in 5:46.75, nearly 26 seconds ahead of Clausen with Jim Heys third in 6:22. . . Seaman also had an 11:51.7 for 3 Km. . . In Wisconsin, Amber Antonia covered 3 Km in 13:23.8 and Heys did 12:14.6. . . Gary Little set an age group record for 10 Km with 49:22.7 in New Zealand. . . Pedro Martins won the Portuguese 50 in 3:56:27 and countrywoman, Susana Feitor, won the National 20 in 1:31:12. . . Latvia's Modris Liepins covered 100 Km in 8:48:28 in an Italian race.

5 Years Ago (From the February 2007 ORW)—Tim Seaman won his tenth consecutive National Indoor 5 Km title with a 19:24, 6 seconds ahead of Kevin Eastler. Matt Boyles was third in 19:56. The Women's 3 Km title went to Sam Cohen in 13:51.29, just ahead of Lauren Forgues who had 13:55. . . In Italy, Alex Schwazer in 3:36:04, just 17 seconds off the world best of Australia's Nathan Deakes, set just 2 months earlier. . . Seaman also won the National Indoor 1 Mile in 5:51:18 with Boyles 10 seconds back. Loretta Schuellein took the women's title in 6:52.12.



Recent winners; On the left, the Tallents after 20 Km wins in Australia.. To the right, we see Anisya Kirdyapkina and Valeriy Borchin as they score 3000 meter wins in Moscow.