

Ohio Race Walker  
3184 Summit Street  
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# OHIO RACEWALKER



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## Sanchez, Henriques Shine In Chihuahua

Chihuahua, Mexico, March 4—The second event in the 2012 IAAF Racewalking Challenge provided promising season openers for Mexico's Eder Sanchez and Portugal's Ines Henriques in 20 Km races and a personal best for Mexico's Omar Zepeda at 50 Km. Sanchez, who had risen to third in the World Rankings in 2009, seemed to be a fading star the past two seasons, dropping to eighth in 2010 and disappearing altogether last year. He started his 2012 campaign on a very positive note, scoring a decisive win over Australia's Jared Tallent, the winner of the first Challenge race last month. The two were together through 15 Km, but Sanchez closed with a 20:02 for the final 5 to win in 1:21:17, 33 seconds ahead of the Aussie.

Henriques, who also dropped from the rankings last year after rising to sixth in 2010, also had a Tallent to contend with and had to go right to the finish to achieve a significant win in 1:33:18, 4 seconds ahead of Claire Tallent, after the two matched strides throughout the race.

At 50, Zepeda walked an even paced race, though faltering slightly on the final 10, to come home in 3:48:38, more than 2 minutes ahead of teammate Clemente Garcia, who was with him through 35 Km.

In the men's 20, Sanchez was accompanied by five others through 12 Km, but after that it was strictly a two-man race. By the start of the final lap, Sanchez had built a 15 second lead, which he continued to widen all the way to the finish. Mexico's 50 Km specialist, Horacio Nava, finished third, 1:21 behind Sanchez.

"I am satisfied to have won one of the toughest events in Mexico. It was a good time to open the season, especially considering that the course has a steep section that makes it challenging," commented Sanchez.

Henriques escaped Claire Tallent only over the final 200 meters and finished almost a minute faster than she had in winning last year's race here. "I was aiming for 1:34, so I performed better than expected. I will soon have the Portuguese Championships and I want to compete well there to be able qualify for the Olympic Games. I am very satisfied," said the 31-year-old Henriques.

In the 50, Norway's Trond Nymark led by a minute as he went through the first 25 in 1:53:34. Zepeda hauled him in by 35 Km and he eventually faded to sixth. Second-place finisher Garcia, just 22, improved his best by 10 minutes as he finished in 3:50:55. The 34-year-old Zepeda, who scored his first Challenge win since 2007, said: "Winning is a great feeling. Thanks to God and the training with Eder Sanchez under coach Victor Sanchez, we have secured a place for the World Cup. After six World Championships and two Pan American Games, I would love to end my career at the Olympic Games. I look forward to walking closer to 3:45 to be at par with Horacio Nava."

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8/12



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The results:

**Women's 20:** 1. Ines Henriques, Portugal 1:33:18 (23:42, 47:02, 1:10:28) 2. Claire Tallent, Australia 1:33:22 (23:41, 47:03, 1:10:19) 3. Monica Equihua, Mexico 1:36:25 (23:55, 48:08, 1:12:22) 4. Ingrid Hernandez, Port. 1:36:47 (23:42, 47:49, 1:12:07) 5. Claudia Balderrama, Bolivia 1:38:08 6. Erica Rocha De Sena, Brazil 1:41:01 7. Ester Sanchez, Mex. 1:42:20 8. Zayra Jaureguia, Mex. 1:43:20 9. Andrea Martinez, Mex. 1:45:23 10. Lisbeth Silva Miranda, Mex. 1:46:33 (26 finishers, 2 DQ, 3 DNF)

**Men's 20:** 1. Eder Sanchez, Mexico 1:21:17 2. Jared Tallent, Australia 1:21:50 (20:45, 41:14, 1:01:16) 3. Horacio Nava, Mex. 1:22:38 (20:39, 41:14, 1:01:42) 4. Isaac Palma, Mex. 1:23:18 (20:45, 41:14, 1:01:42) 5. Fredy Hernandez, Colombia 1:23:19 (20:4, 41:32, 1:03:11) 6. Pedro Gomez, Mex. 1:24:44 7. Jaime Saquipay, Ecuador 1:25:54 (20:39, 41:46, 1:04:15) 8. Diego Flores, Mex. 1:26:14 9. James Rendon, Colombia 1:26:36 10. David Mejia, Mex. 1:27:52 11. Giovanni Torres, Mex. 1:28:38 12. Rafael Avendano, Mwex. 1:28:39 13. Cristian Gomez, Mex. 1:28:55 14. Andre Chocho, Ecuador 1:29:39 15. Jorge Martinez, Mex. 1:30:10 (31 finishers, 8 DQ—including Omar Segura, who was with the leaders at 10 Km, 8 DNF—including the great veteran Bernardo Segura, 38, who had 41:34 at 10)

**Men's 50 Km:** 1. Omar Zepeda, Mex. 3:48:38 2. Clemente Garcia, Mex. 3:50:57 3. Jose Leyver, Mex. 3:51:31 4. Cristian Berdeja, Mex. 3:51:17 5. Horacio Olivares, Mex. 3:52:47 6. Trond Nymark, Norway 3:55:43 7. Juan Toscano, Mex. 3:53:56 8. Luis Bustamante, Mex. 3:59:17 9. Edward Araya, Chile 4:02:03 10. David Lopez, Mex. 4:02:44 11. Andrei Stepanchuk, Belarus 4:08:29 12. Luis Rosales, Mex. 4:12:30 (16 finishers, (2 DQ), 9 DNF)

**Men's Junior 10 Km:** 1. Jesus Tadeo Vega, Mexico 41:52 2. Erwin Gonzalez, Mex. 42:01 3. Mario Sanchez, Mex. 42:35

## Schwazer Impresses With Lugano Challenge Win

Lugano, Switzerland, March 18—For the second time, Italy's reigning Olympic 50 Km gold medalist, Alex Schwazer, broke the Italian 20 Km record at this site. His 1:17:30, topped the 1:18:24 he did here in 2010. That 2010 time bettered Maurizio Damilano's previous Italian record. Not far behind, French 50 Km ace, Yohann Diniz also shone at the shorter distance, finishing just 13 seconds behind Schwazer. Another stunner was the 1:18:25 by Guatemala's Erick Barrondo in third. Tenth in last year's World Championships, Barrondo had a previous best of 1:20:58 in Dublin last year. In fact, ten of the first 11 finishers had personal bests in a spectacular race, with Nazar Kovalenko of Ukraine also under 1:20 and his teammate Ruslan Dmytrenko close. All that could lead one to wonder, but let us not speculate.

Schwazer led throughout the race with Barrondo close behind. They went through 5 Km in 19:40 and 10 in 39:06. Diniz was 39:15 at that point. Diniz caught up by 15, despite a 19:26 5 Km for the leaders, taking them through 15 in 58:32. Barrondo was broken by 16 Km as Schwazer accelerated to 18:58 for the final 5. Diniz tired to match strides but had to yield grudgingly to the finish.

"When I spoke with my coach Michele Didoni, I predicted a final 1:18:30 and at the end I was one minute faster. I did not expect this time, but I planned to reach good shape in this period of the year. I worked very hard, so it is not a complete surprise. Walking neck and

neck with Diniz gave me the strength to keep the pace fast. I knew I had energy in my body," said Schwazer.

The women's race was also quick with Russia's Tatiana Sibileva winning in 1:28:03, 51 seconds ahead of Guatemala's Mirna Ortiz. (ED. An article on the race shows her as Sycely Flores Ortiz Mirna, the results with that article show Sycely Ortiz Flores Mirna, and the full results on the IAAF web site show Mirna Ortiz. The latter being the simplest, we will go with that. Likewise in fourth is Amarilia Franco Nunez Jamy or Jamy Franco of Guatemala, depending on who you believe.) Italy's veteran Elisa Rigauo was third in 1:29:25. Here, 9 of the first 13 had personal bests. Susan Randall made the trip from Dayton and finished 27th in a personal best 1:42:47. The results:

**Women's 20 Km:** 1. Tatyana Sibileva, Russia 1:28:03 2. Mirna Ortiz, Guatemala 1:28:54 3. Elisa Rigauo, Italy 1:29:25 4. Jamy Franco, Guatemala 1:30:57 5. Mayra Carolina Herrera, Guatemala 1:31:03 6. Brigita Virbalyte-Dimolene, Lithuania 1:31:08 7. Despina Zapounidou, Greece 1:31:08 8. Katarzyna Kwoka, Poland 1:31:25 9. Olena Shumkina, Ukraine 1:31:55 10. Olive Loughnane, Ireland 1:32:26 11. Lucie Pelantova, Czech Rep. 1:32:53 12. Neringa Aidityte, Lithuania 1:33:05 13. Viktoria Madarasz, Hungary 1:33:34 14. Ainhoa Pinedo, Spain 1:33:41 15. Tatyana Korotkova, Russia 1:34:11 16. Edina Fusti, Hungary 1:35:40 17. Nastassia Yatsевич, Belarus 1:36:10 18. Marie Polli, Switzerland 1:36:48 19. Laura Polli, Switz. 1:37:12 20. Eva Maria Iglesias, Spain 1:37:15 22. Myriam Fernandez, Spain 1:37:16 23. Katarzyna Golba, Poland 1:37:39 24. Nadzeya Darazhuk, Bvelarus 1:38:32 26. Violaine Averous, France 1:39:41 27. Susan Randall, USA 1:42:47 28. Lucie Auffret, France 1:43:55 29. Kristine Platece, Latvia 1:44:18 30. Elsa Lambert, France 1:44:25 (42 finishers, 5 DNF)

**Men's 10 Km:** 1. Alex Schwazer, Italy 1:17:30 (National record) 2. Yohann Diniz, France 1:17:43 (National record) 3. Erick Barondo, Guatemala 1:18:25 4. Nazar Kovalenko, Ukraine 1:19:55 5. Ruslan Dmytrenko, Ukraine 1:20:19 6. Robert Heffernan, Ireland 1:20:39 7. Ivan Losev, Ukraine 1:20:48 8. Bertrand Moulinet, France 1:20:57 9. Matteo Giupponi, Italy 1:20:58 10. Alexandros Papamihail, Greece 1:21:19 (National record) 11. Jakub Jelonek, Poland 1:21:22 12. Ihor Lyashchenko, Ukraine 1:21:40 13. Miguel Ang3l Lopez, Spain 1:21:52 14. Federico Tontodonati, Italy 1:22:00 15. Pyotr Trofimov, Russia 1:22:12 16. Alvaro Martin, Spain 1:22:12 17. Marius Ziukas, Lithuania 1:22:25 18. Recep Celik, Turkey 1:23:10 19. Dzianis Simanovich, Belarus 1:23:32 20. Marco De Luca, Italy 1:23:34 21. Cedric Houssaye, France 1:23:55 22. Aleksandr Yargunkin, Russia 1:24:09 23. Luis Alberto Amezcus, Spain 1:24:10 24. Pedrag Filipovic, Serbia 1:24:19 25. Arnis Rmbenicks, Latvia 1:25:11 26. Francisco Arcilla, Spain 1:25:21 27. Jean-Jacques Nkouloukidi, Italy 1:25:36 28. Tom Bosworth, Great Britain 1:25:49 29. Jesus Angel Garcia, Spain 1:25:58 30. Juan Antonio Porras, Spain 1:26:47 ((51 finishers, 10 DNF, 3 DQ)

**Men's Under 20 10 Km:** 1. Aurelian Quinion, France 44:16 2. Edgars Gjacss, Latvia 44:32 3. Keny Guniaudea, France 44:38 4. Osgur Pamuk, Turkey 44:56 5. James Treanor, Ireland 45:08 (10 finishers, 1 DNF, 1 DQ) **Women's Under 20 10 Km:** 1. Kate Veale, Ireland 47:01 2. Coralie Meliado, France 49:55 3. Heather Lewis, Great Britain 50:26 (15 finishers) **Men's Under 18 10 Km:** 1. Marc Guerrero, Spain 46:59 2. Vadzim Lamanosau, Belarus 47:25 (13 finishers) **Women's Under 18 10 Km:** 1. Anezka Drahotova, Czech Rep. 46:43 2. Eliska Drahotova, Czech Rep. 48:45 (11 finishers)

## A Week Later, It's Schwazer Again

Dudince, Slovakia, March 25—A week later, Schwazer had no problem fulfilling his Olympic qualifying goal (he needed only 3:54 to make the Italian team), as he easily defeated a huge field of walkers in the 50 Km Challenge race here. He was content to "stroll" along with

his teammate Matteo Giuppone for the first 25 Km and didn't push the pace until after 35 Km. Then, overtaking Poland's Lukasz Nowak and Rafal Sikora, he easily pulled away for a win in 3:40:58, the fourth fastest of his career and this year's world leading time.

"I'm satisfied with the performance," he said. "My main goal was the Italian standard of 3:54. . . I was thinking I can go somewhere around 3:45 so I'm even surprised it was so fast. It shows I'm in my best shape ever".

Nowak and Sikora finished well with 3:44:24 and 3:46:52, and were well clear of Germany's Andre Hohne, all three also assuring themselves of spots on their national teams for the London Olympics. Also challenging there will be Slovakia's Matej Toth, who contented himself with a 20 Km win here in 1:20:41. Another possible London 50 Km entrant, Poland's Rafal Fedaczynski, followed Toth in 1:22:38. Results:

**50 Km:** 1. Alex Schwazer, Italy 3:40:58 2. Lukasz Nowak, Poland 3:44:24 3. Rafal Sikora, Poland 3:46:52 4. Andre Hohne, Germany 3:49:50 5. Alexandros Papamihail, Greece 3:55:13 6. Ivan Trotski, Belarus 3:55:26 7. Brendan Boyce, Ireland 3:57:53 8. Oleksandr Romanenko, Ukraine 3:58:31 9. Quentin Rew, New Zealand 3:58:48 10. 10. Xavier Moreno, Ecuador 3:58:57 11. Igors Kazakevics, Latvia 3:59:02 12. 12. Dusan Majdan, Slovakia 3:59:05 13. Maik Berger, Germany 3:59:10 14. Pavel Yarokhau, Belarus 4:02:07 15. Aleksey Khimin, Russia 4:02:58 16. Ato Ibanez, Sweden 4:03:20 17. Nenad Filipovic, Serbia 4:04:17 18. Xavier Le Coz, France 4:05:09 19. Dominic King, Great Britain 4:06:34 20. Tomas Goldamavicius, Lithuania 4:06:48 21. Maciej Rosiewics, Georgia 4:07:24 22. Ricardas Rekst, Lithuania 4:06:48 23. Matias Korpela, Finland 4:08:41 24. Andrei Ttsepanchuk, Belarus 4:09:44 15. Eddy Roze, France 4:10:17 (45 finishers, 39 DNF (most notably Sergei Korepanov, Russia; Jamie Costin, Ireland; and Alan Segura, Costa Rico), and 6 DQ (including Colin Griffin, Ireland)

**Women's 20 Km:** 1. Paulina Buziak, Poland 1:33:00 2. Oihya Yakovenko, Ukraine 1:34:21 3. Marta Czaková, Slovakia 1:37:41 4. Katarina Strmenova, Slovakia 1:43:04 (11 finishers, 1 DNF, 1 DQ)

**Men's 20 Km:** 1. Matej Toth, Slovakia 1:20:42 2. Rafal Fedaczynski, Poland 1:22:38 3. Jonathan Rieckmann, Brazil 1:23:27 4. Oleksandr Verbytsky, Ukraine 1:23:39 5. Oleksandr Venhiovskyy, Ukraine 1:25:23 6. Diego Dafagna, Italy 1:26:49 7. Lukasz Augustyn, Poland 1:27:24 8. Gennadiy Koslovskij, Lithuania 1:29:31 9. Edwar Araya, Chile 1:31:22 10. Predrag Krstovic, Yugoslavia 1:31:48 (19 finishers, & DNF (including Rafal Augustyn, Poland and Johann Diniz, France.)

**Under 20 Men's 10 Km** 1. Nils Brembach, Germany 43:35 2. Lukasz Kostka, Poland 44:52 3. Ihor Puzanov, Ukraine 45:51 4. Luke Hickey, Ireland 45:57 (20 finishers, 2 DNF, 1 DQ)

**Women's nder 20 10 Km:** 1. Gintare Vaiciukeviciute, Lithuania 49:59 2. Eliska Drahotova, Czech Rep. 50:19 (23 finishers, 3 DNF, 1 DQ)

**Men's Under 18 10 Km** 1. Bence Venercsan, Hungary 45:55 2. Miroslav Uradnik, Slovakia 46:39 (9 finishers, 1 DQ)

## Other Results

**New York Open and Masters 1 Mile, New York City, Feb. 20**—1. Bill Vayo 7:51.94 2. Maryanne Daniel 7:55.24 3. Karen Zheng 8:23.9 4. Bruce Logan 8:28.97 5. Jessica Zalph 8:36.12 6. Nicole Arriage 8:56.81 7. Mei Wu 8:57.34 8. Michael Korol 9:16.18 9. David Lee 9:37.90 10. Dashana Barua 10:05 (1 DQ) **New York State H.S. 1500 meters Championships, March 3: Section 1**—1. Alexis VanOsdol 7:33.68 2. Rachel Deppa 7:41.25 3. Caitlin Lardaro 7:44.23 4. Allison McConville 7:48.33 5. Jackie Vaughan 7:51.00 (10 finishers) **Section 2**—1. Molly Josephs 7:04.84 2. Annica Penn 7:04.86 (Wow! That's close!) 3.

Kelly Maranchuck 7:06.36 4. Ji Won Kang 7:09.22 5. Rebekah Champlin 7:15.15 6. Katie Michta 7:18.60 7. Meghan Keetley 7:23.17 8. Melisa Tylock 7:35.10 9. Sophia Mahin 7:36.98 10. Karen Zheng 7:46.33 11. Elizabeth Wilkins 7:57.10 **National Indoor High School Track & Field Meet, New York City, March 10: Boy's 1 Mile**—1. Luc Bourget, Maine 7:17.03 2. Ian Rixon 7:24.02 3. Sam Beal, Ohio 7:25.18 4. Adam Robinson, Maine 7:47.08 5. Geraldo Flores, Texas 7:55.06 6. Matias Serna, Texas 8:09.53 7. Audstin Wright, Maine 9:09.30 **Girls 1 Mile**—1. Abby Dunn, Maine 7:28.13 Jiwon Kang, New York 7:34.28 3. Annica Penn, N.Y. 7:36.31 4. Meghan Keetley, N.Y. 7:36.55 5. Katie Michta, N.Y. 7:38.88 6. Katie Flanders, Maine 7:43.81 7. Kelly Maranchuck, N.Y. 7:47.65 8. Rebekah Champlin, N.Y. 7:48.72 9. Melissa Tylock, N.Y. 7:52.15 10. Molly Josephs, N.Y. 7:55.62 11. Alyssa Furlani, N.Y. 7:58.53 12. Stephanie Saccetti, N.Y. 8:03.44 13. Elisabeth Wilkins, N.Y. 8:04.73 14. Caitlin Lardaro, N.Y. 8:06.50 15. Sophie Mahin, N.Y. 8:06.72 16. Holly Lindoe, N.Y. 8:08.82 17. Jacqueline Vaughan, N.Y. 8:12.40 19. Maria Gorecki, N.Y. 8:19.45 20. Vailey Kem, N.Y. 8:20.01 (48 finishers, 1 DNF, 1 DQ) **2000 meters, Farmingville, N.Y., March 25**—1. Dave McGovern (46) 9:26.3 2. Katie Michta (16) 10:26.1 3. Holly Lindoe (16) 10:27.3 4. Stephanie Saccetti (16) 10:29.9 5. Kelly Maranchuck (17) 10:35.6 6. Alyssa Furlani (17) 10:36.2 **Captain Ron Zinn Memorial 10 Km, New Jersey, March 18**—1. John Fredericks 65:45 2. Jim Chelius 65:52 3. Peer Warren 67:37 4. Ray Robertson 69:01 5. Tom Quattrocchi 70:46 **Women**—1. Maria Paul 66:47—The race, first held in 1966, honors Ron Zinn and all U.S. war veterans. Ron, a West Point graduate, represented the U.S. in both the 1960 and 1964 Olympics, competing in the 20 Km racewalk. In 1964 he finished sixth in 1:32:34. Only Rudy Haluza, fourth in 1968, has finished higher in an Olympic 20. Ron was killed in Vietnam in July 1965. I was honored to room with Ron both on a 1961 trip to Moscow for a US-USSR dual and then other meets in Europe and in Tokyo for the 1964 Olympics. Thanks to Elliott Denman for this continuing tribute to Ron. **Indoor 1500 meters, Baton Rouge, La., Feb. 25**—1. Casey Aisling (21) 8:43.50 (First ever race.) 2. Lojza Vosta (73) 9:44.14 (4 finishers) **NAIA Indoor 3000 meters, Geneva, Ohio, March 3, Women:** 1. Nicole Bonk, Embury Riddle 14:41.95 2. Erin Helmuth, Goshen College 15:18.07 3. Monica Lawrence, Cornerstone U. 15:34.60 4. Reini Brickson, Lindsey Wilson 16:24.36 5. Ellerie Lagerhausen, Ashford 17:03.58 6. Mercedes Mancha, St. Xavier 17:05.17 7. Julia Townsend Concordia 17:27.23 **Men:** 1. Alejandro Chavez, Missouri Baptist 12:40.27 2. Cody Risch, Cornerstone 12:49.76 3. Ricardo Vergara, Lindsey Wilson 13:05.87 4. Jacob Gunderkline, Goshen 13:06.03 5. Roberto Vergara, Lindsey Wilson 13:42.57 6. Mitchell Brickson, Goshen 14:16.54 7. Aleksandr Jakobsen, Ashford 14:18.85 8. James Hafner, Evangel 15:46.05 (3 DQ) **Michigan Indoor USATF 3000 meter Championships, Ypsilanti, March 4: Women**—1. Debbie Topham (59) 17:24.93 **Men**—1. David Swarts (46) 14:09.20 2. Dan O'Brien (47) 15:10.92 3. Bill Reed (59) 17:04.00 4. Max Green (80) 19:35.82 **USATF National Masers Indoor 3000 meters, Bloomington, Indiana, March 16** **Women's 35**—1. Jill Cobb, Miami Valley TC 14:14.42 **Women's 40**—1. Erika Graves, Miami Valley C 19:16.62 **Women 45**—1. Joan Terry, un. 15:03.70 **Women 55**—1. Debbie Topham, Pegasus AC 17:21.98 2. Lyn Tracy, Parkside AC 17:27.18 3. Sandra DeNoon, Florida AC 18:36.71 **Women 60**—1. Panseluta Geer, Shore AC 19:39.36 **Women 70**—1. Janet Higbie, un. 20:04.77 **Men 35**—1. Omar Nash, Miami Valley TC 15:13.47 **Men 45**—1. David Swarts, Pegasus AC 13:55.33 **Men 50**—1. Jim Scott, un. 16:09.03 2. Michael Blanchard, High Altitude 16:52.10 **Men 55**—1. David Coutts 15:37.99 2. Vince Peters, Miami Valley 15:51.98 3. Damon Clements, un. 16:20.03 4. Bill Reed, Pegasus 16:20.56 5. Peter Blank, Potomac Valley TC 18:51.81 (1 DQ) **Men 60**—1. Andrew Smith, Pegasus 15:40.58 **Men 65**—1. Leon Jasionowski, Pegasus 16:11.70 2. Max Walker, Pegasus 17:00.36 3. Alan Moore, Atlanta TC 20:01.01 4. Joel Dubow, Atlanta TC 20:06.02 5. Eduardo Alvarez, un. 20:10.17 (DQ—Chris Schmid, World Class RW) **Men 70**—1. Gary Stech, un. 19:34.40 2. Robert Nichols, 19:53.90 **Men 80**—1. Max Green, Pegasus 20:02.76 2. Alfred

Dubois, Parkside 21:06.09 **USA Youth Indoor Championships, Normal, Ill., March 10:** Midget Boys 1500—1. Angelo Peters, Elgin Sharks TC 9:15.37 Intermediate Girls 3000—1. Anali Cisneros, Elgin Sharks TC 17:42.87 2. Jeniffer Lopez, Elgin Sharks 18:31.87 Intermediate Boys 3000—1. Alexander Peters, Elgin Sharks 13:55.69 2. Anthony Peters, Elgin Sharks 14:05.41 Young Women 3000—1. Cassandra Delgado, Elgin Sharks 17:32.53 **Midwest Masters Indoor 5000, Kenosha, Wis., March 4—1.** Matt Deitt, Parkside AC 22:59.88 2. Lynn Tracy, Parkside 30:21.62 3. Ron Winkler, Parkside 34:31.91 4. William Hosken, Parkside 35:07.86 **5 Km, Austin, Texas, Feb. 26—1.** Vincent O'Sullivan (55) 28:47 (First race in two decades for the 1984 50 Km Olympian) 2. Lojza Vosta (70) 35:05 3. Dave Gwyn (6)- 37:20 **1 Mile, Houston, March—1.** Geraldo Flores 8:01.14 2. Matias Serna 8:06.59 3. Kasandra Rodruquez 8:06.59 4. Jonathan Aguilar 8:38.20 5. Julisa Juarez 9:02.49 6. Diana Flores 9:07.13 7. Ben Barless 9:23.56 8. Itzel Bgonzalez 9:23.83 9. Gisela Flores 9:26.96 10. Desiree Espericeta 9:34.06 11. Emely Antuna 9:34.90 12. Stevie Berry 9:36.27 (All but Barlass and Berry from the South Texas RW Club, who sent 15 of their teen and pre-teen walkers on the 400 mile rip from Pharr. There were 22 finishers. The event was part of the Texas Southern Relays and Ray Sharp's meet record of 6:11 set in 1980 was obviously not threatened. Posting of the result on-line solicited the following trip down memory lane from Ray himself:

*"It was March 1980, and I was a 20-year-old race walker training in Mexico City. I flew into Houston on a Thursday and stayed with Neal Pickens, the legendary self-described Grim Reaper of Race Walking. The great Marcel Jobin of Canada was there, too. I don't remember if he raced the one mile at the Relays. Anyway, I did win a one mile race on Saturday night and then weraced the National 30km in a park the next morning. It was humid and puddly but not too hot. I managed to walk with Marcel, who was in tremendous shape that spring, through a 20km split of 1:29:45, my first time under 1:30, and then he cruised to the win in about 2:15 as I struggled home in 2:21:03, a new national record. Marco Evoniuk was second American, a couple minutes back. Then we flew back to Mexico, and that same week, Wednesday night, I was in a great one-hour race on the track in Monterrey, part of the annual Semana Internacional (International Week of Race Walking). Under the lights, on a cinder track in front of some 20,000 wildly cheering fans, DanielBautista broke the world record for the hour, the first man over 15,000m. (Anatoli Solomin, who walked stride for stride with Bautista through 57 minutes, was second in new Russian and European records, Yevginy Yevsukovwas next, and Mauricio Damilano was 4th in a new Italian record. I finished 8th with 13,984 meters, breaking Neal Pyke's U.S. best by more than 200m, but I did not submit the paperwork for recognition. That summer, as the U.S. boycotted the Olympics in Moscow, Bautista and Solomin dueled ferociously again, were both DQed at the stadium tunnel, and then young Damilano emerged as the gold medalist. And in the 50k, Hartwig Gauder (DDR) defeated the Mexican favorite and world-recordholder Raul Gonzalez")*

Following that interesting and informative interlude, let us return to the results:

**3000 meters, Colorado Springs, Col.—1.** Trevor Barron 11:58.6 2. Francisco Pangtoja 14:07.32 3. Gera Castillo Pantoa 16:16.07 4. Marianne Martino (61) 18:26.94 5. Sean Buck 19:40.48 6. Rita Sinkovec (73) 20:42.41 7. Bob Smith (70) 23:22.39 (Normally, Mr. Smith would not have made it into the ORW results with this time. But . . . Bob, formerly in the Dayton area, a member of the Ohio TC, and a faithful participant in our races in ancient days. And of greater note, he is responsible for the design of our front page and the cute little guy walking out of the page right at you. Bob was a commercial artist—maybe still is—and took it upon himself to improve our image, although the actual drawing was done by someone else in his shop. He moved out west many years ago, spent some time in a monastery, and has now enthusiastically returned to racewalking. Who knows, he might even resubscribe to the ORW.) **20 Km, Huntington Beach, Cal., March 10—1.** Tim Seaman 1:29:25 2. Nick Christie 1:34:50

(Olympic Trials qualifier) 3. John Backlund (72) 2:21:33 4. Jack Starr (83) 2:29:52 Women—1. Erin Gray 1:36:53 2. Miranda Melville 1:37:08 3. Joanne Dow 1:37:10 (Nine days before her 48<sup>th</sup> birthday. First three all under Olympic "B" standard.) 4. Rachel Zoyhofski 1:47:45 5. Janelle Brown 1:53:37 6. Kelly Clark 1:53:39 7. Susan Brook 1:59:35 **5 Km, same place:** 1. Patsy Hurley (17) 28:45 2. Liz Salvato (48) 30:01 3. Janelle Zumora (12) 32:09 4. Melanie Zumora (9) 32:17 5. Janet Robinson (70) 33:38 6. Vin Kanchana (55) 35:04 7. Paula Rasmussen (57) 35:33 (17 finishers, 1 DQ) Men—1. Larry Kioha (59) 29:09 2. Ryan Thong (11) 29:45 3. Yaron Cohen 30:21 4. Adrian Zamudroo 31:26 5. Michael Mizoe (4) 32:24 6. Ray Billig (54) 32:25 7. Constantine Yap 32:258. Art Morrow 33:30 (12 finishers) **Bay Area Senior Games, Stanford U., Cal., March 11:** 1500 meters—1. James Beckett (74) 8:45.72 2. Walter Stewart (67) 10:09.74 3. Marianne Hamilton (59) 10:12.80 4. Diane Greenberg (65) 10:17.69 5. Doris Cassels (73) 10:22.41 (12 finishers) 5000 meters—1. Shoja Torabian (63) 30:43.15 2. Gary Mader (67) 34:03.30 3. Steven Popell (73) 35:26.12 (11 finishers) **50 Km, Pontvedra, Portugal, March 4—1.** Erick Barrondo, Guatemala 3:44:53 2. Julio Mieira 3:45:17 (National record) 3. Jesus Garcia, Spain 3:51:28 4. Benjamin Sanchez, Spain 3:51:28 4. Luis Corchete, Spain 3:59:56 5. Juan Molina, Spain 4:01:13 6. Miguel Prieto, Spain 4:01:24 7. Pedro Martins 4:06:37 8. Luie Gil 4:07:46 9. Dionisio Ventura 4:10:34 10. Rafael Ballesteros, Spain **Women's 20 Km, same place—1.** Maria Jose Poves 1:28:15 2. Maria Vasco 1:28:54 3. Beatriz Pascal 1:30:29 4. Lorena Luaces 1:31:50 5. Ainhoa Pinedo 1:33:15 6. Raquel Gonzalez 1:38:24 **Jr. 10 Km, same place—1.** Alvaro Martin 42:05. **20 Km, Evpatoria, Ukraine, March 6—1.** Andriy Kovenko 1:20:51 2. Ivan Losey 1:21:02 3. Ihor Lyashenko 1:21:07

**South American Championships, Salinas, Ecuador, March 17: Men's 20 Km** 11. Caio Bonfim, Brazil 1:23:59 2. James Rendon, Colombia 1:24:06 3. Moacir Zimmerman, Brazil 1:24:34 4. Rolando Saquipay, Ecuador 1:26:57 5. Jose Montana, Colombia 1:27:46 **Women's 20 Km—1.** Eruca de Sena, Brazil 1:33:24 (The winner of the race, but not the South American Champion since she was taking part as an extra competitor and not included in the official Brazilian delegation. She was 1 second off the Brazilian national record.) 2. Arabelly Orjuela, Colombia 1:34:41—the official champion 3. Ingrid Hernandez, Colombia 1:34:56 4. Milanggela Rosales, Venezuela 1:36:45 5. Claudia Balderamma, Bolivia 1:36:46 6. Yadira Gruman, Ecuador 1:38:20 **Men's 50 Km—1.** Mario Jose dos Santos, Brazil 4:12:52 2. Jonathan Caceres, Ecuador 4:14:45 3. Edgar Cudco, Ecuador 4:22:44 **Junior Men's 10 Km—1.** Eider Arevalo, Colombia 43:25 2. Kenny Martin Perez, Colombia 43:39 3. Manuel Soto, Colombia 43:43 **Junior Women 10 Km—B—1.** Sandra Arenas, Colombia 45:17 2. Angela Castro, Bolivia 47:00 3. Wendy Cornejo, Bolivia 47:01 **Youth Boys 10 Km—1.** Paolo Yuivilca, Peru 45:00 2. Daniel Pintado, Ecuador 45:24 **Youth Girls 5 Km—1.** Karla Jaramillo, Ecuador 24:49 2. Lina Paola Abril, Colombia 24:57

## Heel and Toe Fast As You Can Go

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 2	10 and 20 Km (track), Daytona Beach, Fla.
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, 30, 40, and 50 Km, Kenosha, Wis. (I) Last Chance 20 Km, Eugene, Oregon ((K) 4000 meters, Farmingdale, N.Y.
Sun. May 13	<b>National USATF 15 Km, Riverside, Cal. (D)</b>
Sat. May 19	Marathon and ½ Marathon, St. Joseph, Minn. (S) 5 Km, Wilmington, Del. (T) 20 Km and 5 Km, Dearborn, Mich. (F)
Sun. May 20	5 Km, Rehoboth, Del. (T) 20 Km, Point Pleasant, N.J., 8:30 am (A)
Sun. May 27	Sanford Kalb 9 Mile, Lakewood, N.J. 9 am (A)
Sat. June 2	<b>National USATF 10 Km., Albany, N.Y. (D)</b>
Sun. June 3	10 and 20 Km, Pleasant Prairie, Wis. (I)
Wed. June 6	1 Mile, Yellow Springs, Ohio (M)
Sat. June 9	Ohio 10 Km Championship (Optional 20 Km), Yellow Springs (M)
Sat. June 23	5 and 10 Km, LA area (U)

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## From Heel To Toe

**Errata.** In Australian Challenge race results in the February issue, I omitted Canada's Evan Dunfee who was fourth in 1:25:17. Adam Rutter, who I had fourth, was actually fifth in 1:26:04, not the 1:28:04 I had listed. . . **Fernandez.** The Court of Arbitration for Sport reports it has upheld an appeal by the IAAF and banned Spanish racewalker Francisco Fernandez for two years. That means the 2004 Olympic silver medalist at 20 Km will not be able to participate in his fourth Olympic Games in London (he was seventh in both Sydney and Beijing). His initial two years ban was reduced to one year (starting in February 2010) by the Spanish Athletics Federation, but the IAAF challenged that decision. In the mean time, Fernandez was competing in 2011, even at the World Championships, where he was a non-finisher, and was the National Champion at 20 Km and 10,000 meters. To serve the second year of the ban, he will miss the 2012 season. Spanish media are quoting Fernandez as hugely disappointed as his ban was reduced to one year based on the fact that he was cooperating in the investigation. . . **Subscription rate.** Now \$15.00 per year, as noted last month.

## All-Time Greatest?

Race walking expert and IAAF correspondent Paul Warburton shares his all-time top-10 racewalkers. Do you agree? Or did he leave anyone out? Share your thoughts and discuss on the IAAF's World Athletics Club page on Facebook! No surprise this top 10 has a few who were happy to come back for more, with one about to have his ninth go at in Saransk at the IAAF World Race Walking Cup on 12-13 May.

Personality? Winning is one thing, but two walkers on this list never did --and still managed to leave an indelible mark on the World Cup. And personality not just expressed through walking, but also linked with ambassadorial skills that increased the sport's standing.

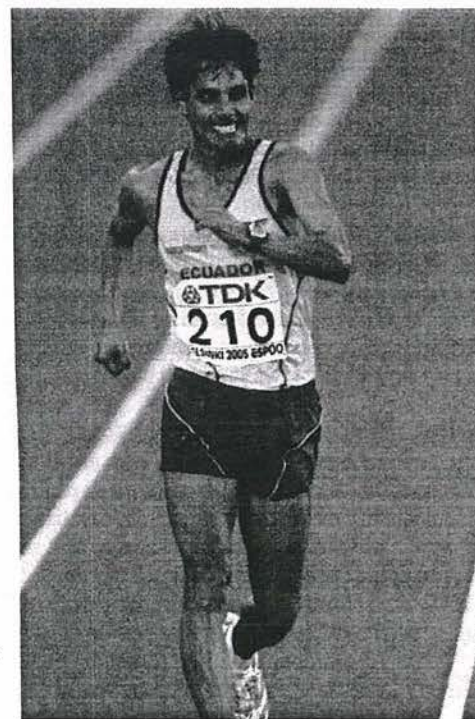
### Jefferson Perez – Ecuador (1997-2006)

This man (right) had the lot. Perez harnessed blistering speed with a ferocious will to win. He also provided Ecuador with a first Olympic gold medal in 2004, and won three IAAF World Walking Cup 20ks between 1997 and 2004. He walked at the very top for 14 years and there are few in modern history to match him.

But where the 1:74m Ecuadorean stood head and shoulders above the rest was a perfect walking style. He was never vaguely close to disqualification in 15 major championships, and sported an action so smooth a George Clooney chat-up line was clumsy by comparison.

### Jesus Angel Garcia – Spain (1993 – to present day)

Whereas Perez had the perfect style--Garcia did not. In fact, the Spaniard always appears to battle for every stride. For mere mortals, i.e. the rest of us --Garcia is the perfect role model of what can be achieved through adversity. The head bobs, the arms



are often too high and at right angles to his torso, and the foot plant is more ten-to-two than straight ahead.

But what Garcia lacks in technique, the 42-year-old makes up for with an amazing haul of medals in every major competition except the Olympics. IAAF World Championship and European success straddle a 19-year-career of first and two silvers in the World Cup.

His 50k gold in a near snowstorm at Podebrady 1997 was a then fastest time for the Cup, and Saransk in May will be a ninth appearance in a row to go with a proud record of never finishing outside the top 14.

#### **Robert Korzeniowski – Poland (1989-2004)**

There is not a lot left to be written about a man who has nine major golds including four Olympics –except that he never won a World Cup. In fact, the Polish legend's first 20k appearance was a lowly 40th in L'Hospitalet in 1989, and his best was a swansong second trying to catch Jefferson Perez in Naumburg, 2004.

However, he is not only a great athletic legend, he is also a great dancer, as witnessed at the post Cup banquets where his personality filled the room, and hence his appeal on Polish TV. He also effortlessly speaks five languages.

In contrast to a stream of faceless eastern Europeans, for a decade Korzeniowski was a Pied Piper to ambitious walkers who followed him around picking up advice, and was and is an outstanding ambassador for the sport.

#### **Kerry Saxby-Junna –Australia (1985-1999)**

She was never a winner – but nobody could fault Kerry Saxby-Junna's effort. The Aussie with a mane of blond hair jutting out behind her was an inspiration to a generation of walkers simply because she gave it everything. The sight of Saxby-Junna collapsing over a World Cup finish was commonplace after her first appearance on the Isle of Man to her last in Mezidon – and unlike some prima donnas –she really suffered.

There were plenty who settled for second before the gun. But the native of tiny Ballina right up in Australia's north-east was a fixture at the front with a series of heart-stopping efforts that got her silver in the 1989 World Cup behind the GDR's Beate Anders. Walking's world rejoiced when Saxby-Junna was duly rewarded at the very last chance of her career with a bronze in the 1999 IAAF World Championships prior to retirement.

#### **Vladimir Golubnichy – Russia (1967-1970)**

The great Russian's flirtation with the then Lugano Trophy lasted only three years but he was second in them both. There was a presence about Golubnichy few before or after have reproduced, and although he was never at his ultimate best in the World Cup, two Olympic golds in contrasting conditions as well as European success in 1974 left a lasting legacy for others in red vests to emulate.

#### **Yelena Nikolayeva – Russia (1987-2004)**

By the time Nikolayeva won the 20k in Naumburg at her last IAAF World Walking Cup in 2004 –she had won everything else. Olympic gold, IAAF World indoor and outdoor championship medals were already in the display case.

But although she had a bronze and silver from previous World Cups and led for a very long time in 1999, the complete set eluded her until a farewell performance in the former East German town. Her perseverance saw her finally atop the podium at the age of 38 to underline the old adage, if at first you don't succeed etc.

And although she had retired by then, Nikolayeva's work and status behind the scenes helped Cheboksary and Russia claim World Cup host status for the first time in 2008.

#### **Raul Gonzales –Mexico (1977-1983)**

The moustachioed Mexican joins a list of only four who claimed a hat-trick of World Cup wins – and only the second with German Christophe Hohne who did it over 50k. The sight of Gonzales leaving the rest for dead on his 1977 debut set a marker for the next three editions, and whether it was north, south or at middle European venues, it worried the man not a bit as he got on with the job of winning.

His command of the event was synonymous with a Mexican dominance between 1977-1983 culminating in 20k Olympic silver and 50k gold in 1984. "Mas contento..." was a comment of some understatement as he climbed the podium in Los Angeles.

#### **Olga Kaniskina –Russia (2006-to the present)**

Since 2007 the slight Russian's name has been first on every result sheet. Kaniskina makes it look as if the whole thing is agony almost from the first lap, but her contorted face is betrayed by an effortless style –and for the most part, she's got used to wrapping up the result long before the end, despite the appearance of pain.

A World Cup debut fifth in 2006 became gold on home soil two years later, and with a bit more competition she would have produced a second world record on a day when Denis Nizhegorodov had already smashed the 50k mark. How many more World Cup wins can 27-year-old produce? Well, Yelena Nikolayeva was 38 when she won a 20k, and Kaniskina if anything looks even more dominant.

#### **Ken Matthews –Great Britain (1961-1963)**

The 1964 Olympic gold medallist was the first Lugano Trophy winner –and he not only repeated the success two years later – he made it look easier. There was never a chance of a close finish in the Swiss city that lent its name to the trophy. In fact, the man from Birmingham was nearly a minute clear at 5k, and was the best part of two minutes ahead of second at the line.

If that was good, the three minutes Matthews won by in Varese, Italy in 1963 was a precursor to a glorious October day in Tokyo a year later, and the last Olympic walking gold by a nation who collected 15 major medals in the 20th century, and nothing since.

#### **Maria Vasco –Spain (1997- to the present day)**

For a long while it looked as if the belle from Barcelona was destined to be a bridesmaid wearing bronze. Some would have been grateful just for that, but after four major third places including Naumburg 2004, the athlete born on Boxing Day battled to the front in Chihuahua two years ago.

On a hot, tough evening years of experience paid off as Vasco finally made it to the top of the podium at age 34 and made the sunset all the brighter with a beaming smile.

*(Certainly an interesting list. Of course it ignores anyone who finished their competitive days before 1960, which could be an argument against its validity. If he intended the order in which he listed them as a ranking, I would certainly argue with some of the placings. But certainly all those listed are worthy of accolades. Anyone care to argue with Paul?)*

#### **Racewalking –The Beginnings**

*(The final installment of this chapter from the book "The Sport of Race Walking", published by the Race Walking Association (Great Britain) in 1961. See also January and February ORW issues.)*

On Boxing Day, 1815, Josiah Eaton completed a walk of 1,100 miles in 1,100 successive hours. In July of the following year, he repeated the performance, handicapping himself by commencing each mile within 10 minutes after each hour; and on December 5, 1916, completed 1009 1/2 miles in a like number of successive half-hours on Brixton Causeway at 46 years of age. In 1917, Eaton contested a match of walking 20,000 miles in 42 days on Worlwood Scrubs against an opponent named Baker. Baker had led by 13 miles on the 24th day, but Eaton recovered to win his match. Later in the year, Eaton walked from Colchester to London in one day (51 miles) returning to Colchester the next and so for 20 successive days—a total of 1020 miles. They certainly liked to do the distance in those days!

In 1879, Edward Payson Weston, an American, attempted the enormous task of walking 2,000 miles in 1000 hours on turnpike roads, undertaking at the same time to give 50 lectures on his walking experience at certain towns. Weston accepted a wager of 500 pounds to 100 pounds laid by Sir John Astley, who, however, with infinite cunning not only stipulated that Weston should not walk on Sundays but that the time spent in resting should be deducted from 1,000 hours, leaving only 856 hours walking time. Sir John was obviously one of the original villainous baronets of melodrama. However, Weston started from the Royal Exchange on January 18, his first day's walk being to Folkestone, 81 1/2 miles on terrible roads and in a snow storm. On February 14, he had fallen 171 1/2 miles behind his average, but during the next 11 days pegged it back 120 miles. As he approached the end of his walk, Weston made almost superhuman efforts; and, after delivering a lecture, would start off at midnight walking 30 miles before breakfast! In this way 80 1/2 miles were covered on the last day but one. With 31 hours left to cover 105 miles, Weston had an outside chance of success, but with 12 hours to go sleep claimed him and he lost three hours making two unavailing attempts to get started. When time was called at 4 pm, he had completed all but 22 1/2 miles of his attempted total; but he carried through and reached the Royal Exchange just before midnight. A stupendous effort over the ghastly roads of the period.

The performance of Richard Monks (1,000 miles in 1,000 successive hours in 1877), William Gale (1,500 miles in 1,000 successive hours in 1877), and William Buckler (4,000 quarter miles in 4,000 successive periods of 9 and 1/4 minutes) and of many others that have followed have not succeeded in attracting a hundredth part of the attention that was accorded to the gallant Captain Barclay in his day, or capturing the public imagination as did Weston 70 years later.

Recent happenings have reminded us of the days of the old pedestrians. The newspapers have avidly seized upon the stories of soldiers and others marching their hundred miles, of journeys from John o'Greys to Land's End, etc.; and the accounts have made for colorful reporting and sensational television. The publicity hounds have cashed in for their own purposes; the events have deteriorated into "go-as-you-please" affairs and could certainly not be classified as Walking by amateur competition definitions, but this revival of the use of the feet is something we can all welcome, this reemphasis on speed combined with stamina, endurance and courage, something we can all admire.

In the second half of the 19th century, racewalking had lost some of the appeal to the public that it had previously enjoyed. Charles Westhall himself accounted a very fair professional walker, wrote in 1962 of the abuses that had been allowed to infiltrate into the sport of the shuffling gaits and unfair practices that were to be seen at every sports gathering; and bitterly he complained of the "inability or want of courage on the part of the judges and referee to stop the man, who, in his eagerness for fame or determination to gain money anyhow, may trespass upon fair walking and run."

## LOOKING BACK

**50 Years Ago** (From the March 1962 Race Walker, published by Chris McCarthy in

Chicago)—Ron Zinn won the IC4A Indoor Mile walk in an American record 6:18.3, bettering Henry Laskau's previous record by 0.9. Ron Daniel was a distant second in 7:07.4, a second ahead of Akos Szekely. . . McCarthy published the recipe for Dr. John Blackburn's racewalking elixir for in-race (or workout) pick-me-ups: 4 oz. orange juice, 2 tbs sugar (or honey), 1/2 tsp salt, and enough water to make a quart. Chris then noted that he had tried it and found that "It is much better if you use gin instead of water—and leave out the running or walking altogether, especially on hot days." Doc Blackburn, a fine walker in his own right, was the father of ORW Publisher Emeritus Jack Blackburn, a national champion and eventually a Centurian, the 100 miles requiring much elixir, perhaps with gin. . . A frequent entry in our results through the years has been a 2.8 miler around Green Lake in Seattle. Apparently an ancient tradition, as we note that Robert Hendrickson won on that circuit on March 10, 1962 in 23:10. However, it was billed as 2.83 miles. . . Two weeks later, Hendrickson won a 10 Km race on the track in 53:55.8. . . McCarthy himself journeyed from Chicago to finish second to Jeff Lucks in a 20 Km race in Columbus—Loucks 1:46:33, McCarthy 1:51:04. Jack Blackburn strolled through a 50 Km at the same site in 5:31:17 and Linda DeLong edged Corinne Blackburn (Doc's wife) in a ladies' 5 Miler, 56:50 to 56:33. We were pretty much pioneering in women's racewalking at that time. Your editor was reported as missing the festivities because of Army Reserve duties. . . Pedestrian of the Month was the famous Elliott Harold Denman—Chris reveled in complete names.

**45 Years Ago** (From the March 1967 ORW)—In the National Indoor 1 Mile in Oakland, Don DeNoon edged Larry Walker 6:28 to 6:29.9. Defending titlist Rudy Haluza was third in 6:34, with Ron Laird, Larry Young, and Bob Kitchen rounding out the top six. . . Walker turned in a quick track 10 Km with 46:21 to beat Laird by nearly a minute and Young by two. . . On the Columbus scene, Jack Blackburn slipped away from Jack Mortland in the last mile to win a track 10 between fading veterans (well we were 31 and 32 at that time) 47:22 to 47:28.

**40 Years Ago** (From the March 1972 ORW)—Bob Kitchen broke the American record with a 4:13:26 on the track in San Francisco (others had gone faster on road courses). . . Larry Young won the National 35 Km in Hollywood with a 2:52:41, after passing 20 in 1:36:20. Bob Bowman was just 2 seconds over 3 hours in second, with Bill Ranney another 1:20 back. . . In an indoor dual meet with the USSR, Dave Romansky gave it a good go, but still camp up short. Nikolai Smaga won the 3 milers in 20:08, Vladimir Golubnichiy had 20:11.2 and Dave 20:12.8. Ron Laird was just under 21 minutes in fourth. Splits were 6:51 and 13:32, as the Soviet pair steadily built the pace.

**35 Years Ago** (From the March 1977 ORW)—In a US-USSR-Canada indoor meet in Toronto, Anatoli Solomin shattered the world's best for 3 miles, clocking 18:44.3. Pyotr Potschenchuk was 4 seconds back. Todd Scully hung close through a 6:10 first mile, but then had to yield and finished in 19:40. . . Jim Heiring scored an easy NAIA Indoor 2 Mile victory in 13:33.8, with his U.W. Parkside teammate Chris Hansen second in 14:03. . . Vincent O'Sullivan won the IC4A Indoor Mile title in 7:03.8 and Jack Boitano took the National Master's Indoor 2 Mile in 15:41. . . Susan Liers had a world's best for 20 Km with 1:48:19 at Kings Point, N.Y. (Note that women's racewalking was still in its infancy and there were very few races at more than 10 Km.)

**30 Years Ago** (From the March 1982 ORW)—Canada's Marcel Jobin led the field at the National 25 Km in Monterey, Cal., with a very swift 1:48:20. Sweden's Roland Nilsson came second in 1:52:35 with Dan O'Connor capturing the U.S. title in 1:57:23. Wayne Glusker was fourth, just 3 seconds over 2 hours. . . The IC4A mile went to Troy Engle in 6:27.6, some 7 seconds ahead of Ben Defibaugh. . . And, in Australia, Sally Pierson walked a 13:11 for 3 Km,

a women's world best, and Dave Smith covered the same distance in 11:26.5. . Maurizio Damilano, Italy, won the European Indoor 5 Km in 19:40.28, well clear of countryman Carlo Mattioli.

**25 Years Ago** (From the March 1987 ORW)—The World Indoor Championships were held in Indianapolis. In the men's 5 Km, Soviet Mikhail Schennikov edged Josef Pribilinec, Czechoslovakia, in 18:27.79. But after a smooth race, both appeared to go completely out of control and flying high in a desperate race over the last 100 meters. The judges let it go. Mexico's Ernesto Canto was 1 seconds back in third. Tim Lewis did 19:18.40 in eighth. The women's 3 Km went to Olga Kristop, USSR, in 12:15.49, with Italy's Guilaina Salce second and Canada's Ann Peel third. Maryanne Torrellas (now Daniel) also finished eighth for the U.S. in 13:10.30. . Lewis and Torrellas were easy winners at the U.S. Indoor Nationals. Lewis had 19:30.70, 53 seconds ahead of Ray Sharp, with Paul Wick and Doug Fournier also under 20:30. Torrellas won in 13:05.41, 10 seconds ahead of Teresa Vaill. Lynn Weik was third. . Carl Schueler won the National 50 Km in Carmel Valley, Cal., with a superb 4:00:14. Marco Evoniuk was second in 4:06:42, Jim Heiring third in 4:10:36, and Dan O'Connor fourth in 4:12:21. Randy Mimm had a personal best in fifth with 4:13:40. . Lewis had a world record mile at the Millrose Games with 5:41.21, then bettered that in Los Angeles with a 5:38.2. . Torrellas had a world best over 1500 meters with a 6:01.6, just a second ahead of Ann Peel. The Canadian turned the tables in Fairfax, Virginia, winning a mile race in 6:35.47, 5 seconds ahead of Torrellas.

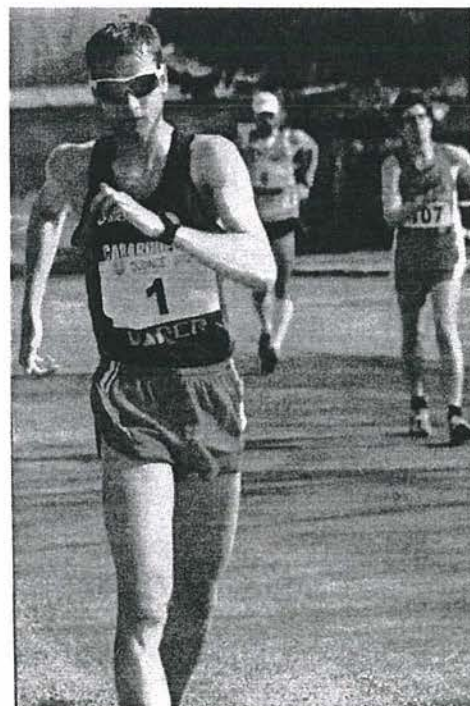
**20 Years Ago** (From the March 1992 ORW)—The National Indoor Championships in New York saw two outstanding performances. In the Men's 5 Km, Gary Morgan easily won, beating meet and American record holder Tim Lewis by 22 seconds with his 19:55.6. Only Lewis had ever gone faster in this meet. Don Lawrence was 36 seconds behind Lewis in third. Debbi Lawrence was equally impressive in the women's 3 Km, missing Maryanne Torrellas' American record by just 2:13 with her 12:47.51. Victoria Herazo (12:54.52) and Teresa Vaill (12:57.52) were nearly as fast in second and third. Michelle Rohl was fourth and Torrellas fifth. . Kerry Saxby had a fast 10 Km race in the Australian summer with 43:50.

**15 Years Ago** (From the March 1997 ORW)—Debbi Lawrence and Allen James captured National Indoor titles in Atlanta. In the women's 3 Km, Lawrence was 4 seconds ahead of Kristen Mullaney in 13:14.24, with Victoria Herazo another 7 seconds back in third, just ahead of Gretchen Eastler. James got a good tussle from Tim Seaman in the 5 Km before winning in 20:07.98. Seaman led for the first half of the race, covering the first 2 Km in 7:57, then dropped back by as much as 40 meters before closing the gap over the final 500 meters to finish in 20:12.06. Phillip Dunn was third in 20:19.7, leaving Curt Clausen well back in fourth. . Canada's Arturo Huerta won the National Invitational 20 Km in Washington, D.C., finishing in 1:24:27, 1:32 ahead of Tim Seaman. Andrew Hermann (1:26:16), Curt Clausen (1:27:33), and Phillip Dunn (1:28:08) followed. Dave McGovern and Al Heppner also ducked under 1:30. Canada also captured the women's 10m in the person of Tina Poitras, who finished in 46:16. Victoria Herazo (47:46), Gretchen Eastler (47:59), Sara Standley (48:09), Joanne Dow (48:34), Dana Yarbrough (48:53), and Canada's Joan Bender (48:48) followed. . The Italian indoor 5 Km went to Giovanni DiBenedictis in 19:10.91, with Alessandro Candellini (19:13.58) and Giovanni Perricelli (19:14.28) on his heels. Erica Alfridi won the women's 3 Km in 12:00.13.

**10 Years Ago** (From the March 2002 ORW)—Joanne Dow and Tim Seaman captured U.S. Indoor titles, Dow covering 3 Km in 13:05.72 and Seaman 5 Km in 19:46.40. In the women's race, Amber Antonia (13:26.70), Susan Armenta (13:31.51), and Jill Zenner (13:44.07)

followed. Sean Albert was second in the 5 with 20:43.98 with Jim Heys and Ben Shorey well back in third and fourth. . Antonia won the women's NAIA title in 13:56.06, well ahead of her UW Parkside teammates, Robyn Stevens and Ann Favolise. Parkside also took one-two in the men's race with Lachlan McDonald returning 12:16.56 and Jim Heys 12:19.51. Matt Boyles was third in 12:26.87. . Australia's Nathan Deakes beat Spain's Francisco Fernandez in the Mexican Walk Week 20 Km, 1:21:07 to 1:21:21. Ecuador's Jefferson Perez was another 12 seconds back in third, well clear of Poland's Robert Korzeniowski. With a 1:35:41 effort, Mexico's Guadalupe Sanchez beat Australia's Jane Saville in the women's 20. Mexico's Rogelio Sanchez won the 50 in 3:53:49, beating Tomasz Lipiec (3:55:06), German Sanchez (3:55:32), and Edgar Hernandez (3:56:58). . New Zealand's Craig Barrett did a 352:35 for 50 on the track.

**5 Years Ago** (From the March 2007 ORW)—In U.S. Pan-Am Cup Trials, Teresa Vaill and Kevin Eastler won 20 Km races in 1:35:44 and 1:24:12, respectively. Eastler was just 9 seconds ahead of Tim Seaman with John Nunn third in 1:27:55 and Matt Boyles fourth in 1:28:50. Sam Cohen trailed Vaill in second with 1:42:48, 43 seconds ahead of Jolene Moore. Lauren Forgues and Ricardo Vergara won Junior 10 Km races in 50:35 and 48:02. . Mexican IAAF Challenge races went to Norway's Kjersti Platzer (1:32:30), Mexico's Omar Segura (1:23:20), and Mexico's Omar Zepeda (3:59:40). Challenge races in China went to Spain's Francisco Fernandez (1:18:5), with Gaogo Li close in 1:19:03; to China's Liu Hong (1:29:41); and to China's Chaohong Yu (3:49:27)



**Recent winners.** Alex Schwazer on his way to 50 Km win in Dudince on the left and Ines Henriques leading the pack in the 20 Km in Chihuahua, Mexico 20 Km.