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Home Team Claims Two Golds and Two Silvers at World Championships

Moscow, August 11-14—Russia's racewalkers pleased the local fans by copping four medals in the World Track and field Championships. Gold medals went to Aleksandr Ivanov and Elena Lashmanova in the 20 Km races. Silvers were won by Anisiyana Kiryapkina at 20 Km and Mikhail Ryzhov at 50. The other gold medal went to Ireland's Robert Heffernan, who was fourth in the London Olympics, and used that as solid springboard in this race.. Both Ivanova and Heffernan won unexpected gold.

Ivanova, only 20 years old and beaten in the European Under 23 Championships earlier this year overcame China's 2012 Olympic Champion Ding Chen in the final 5 Km to win in a personal best 1:20:58, moving in one year from a silver medalist in the World Junior 10 Km to gold among the big boys at 20 Km.

The race was contested in sweltering conditions with the temperature rising to the mid 80's, so the early pace was conservative for a major event. At 5 Km, Japan's Takami Saito led in 20:17, 2 seconds ahead of countryman Yusuke Suzuki. Russia's Andrey Ruzavin, considered by many the favorite, was another four seconds back. Ivanov was in the middle of a large group that went through in 20:31.

Suzuki continued to lead at 10 Km, which he reached in 40:34. Thirteen seconds back were Chen and countryman Zhen Wang, just a second ahead of a group of seven, including Ivanov, Saito, and Guatemala's Erick Barrondo, another title contender. But, by 15 Km, Chen, Barrondo, and Ivanov had separated themselves from the pack, having gone under 20 minutes for the 5 Km split. As they went through in 60:41, they had 22 seconds on Spain's Miguel Angel Lopez, Canada's Inaki Gomez, walking a brilliant race, Saito and Suzuki. The rest of the field was spreading out quickly..

Now the race was on. Ivanov surged, dropping Chen and briefly Barrondo. But the Guatemalan rallied and got back on even terms just after 16 Km. They were still together after 18 km, but there, Barrondo got his third red card. Chen was unable to mount a challenge and was 22 seconds back at the finish but well clear of Lopez, who claimed the bronze. Portugal's Joao Vieira was a distant fourth a stride ahead of Russia's Denis Strolkov.. Gomez faded towards the end, needing over 21 minutes for his final 5 Km, but the tenth place finish was a great achievement for the young Canadian. Ruzavin was never in the race and struggled through a final 5 Km in 27 minutes to finish 49th in 1:32:45.

Ivanova scored his first win in any race since a low-key local 5000 meters in January 2012. He replaced Valeriy Borchin as the World Champion. Borchin was unable to defend his title due to injury.

"It was a big surprise even for me. I am just 20, but I was not afraid of anybody, not even Olympic champion Ding Chen.", the winner said. I haven't realized yet that I am the World champion. My main aim is Rio 2016. There is a generation change in our racewalking

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team and I think that we, the young ones, represented our country well."

Tim Seaman, the oldest competitor in the race at 41 was the final finisher. Let it be known that he matched to the second your editor's time (1:36:35) when finishing 17th in the 1964 Olympics. Let it also be known that that was your editor's all-time best and that Mr. Seaman has gone more than 14 minutes faster in his illustrious career.

In the women's 20, the Russian pair simply proved too strong for the rest of the world and were off by themselves at the finish.. Actually, there was one challenger, countrywoman Vera Sokolova, who was walking a close third when she received her third red card on the track with a lap to go.

Lashmanova, who broke the world record in the London Olympics with 1:25:02, did just enough to win, though she was not quite sure about the finish. Crossing the finish line on the track, she seemed unaware that she still had one lap around the track to go. She stopped her wristwatch and slowed down, but fortunately did not break into a jog before friends and spectators alerted her that there was still a lap to go. Finishing that lap, she crossed the line in 1:27:08, 3 seconds ahead of her teammate and more than a minute ahead of Hong Liu of China. Her margin may have been closer to 30 seconds had she not misjudged the finish.

The early leaders were Elisa Rigauddo of Italy and Anezka Drahotova of the Czech Republic, who hit the first 5 Km in a leisurely 23:17, 5 seconds ahead of a pack that included the eventual medalists. As the pace accelerated sharply, Rigauddo and Drahotova passed 10 Km in 45:20, 5 seconds ahead of Russia's two medalists. Sokolova was bidding her time in eleventh, 10 seconds back of the leaders..



Elena Lashmanova celebrates her gold with compatriot and silver medallist Anisya Kirdyapkina after the 20km walk on Tuesday at the IAAF World Championships in Moscow. Photo by Getty Images

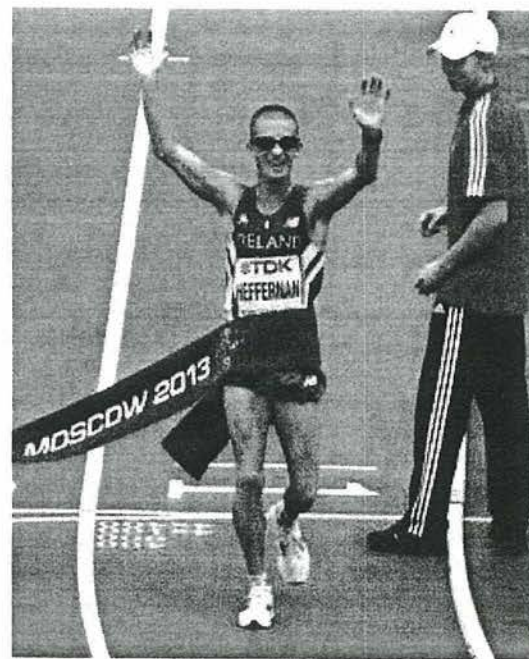
Lashmanova and Kirdyapkina were in the lead at 15 Km after a 21:27 effort carried them through in 1:06:53, but just 5 seconds clear of Rigauddo and Drahotova. Sokolova was still 14 seconds behind that pair in seventh place. Lashmanova's final 5 in 20:15, with Kirdyapkina following closely erased any doubt about the outcome, with Sokolova finishing equally strongly until her DQ.

Still only 21, Lashmanova looks to be on top for a while. After the race, she said: "I was shocked. I hadn't watched the men's race so I didn't see how the race finished. I was turning around, so I finished actually twice and I thought she was closer and closer, but I had enough speed."

Lashmanova is in her final year of biochemistry studies at Mordovian State University in Saransk. Being at a serious university and the world's best racewalker takes up the majority of her time; but she always fits into her schedule things of importance. "As you know, we don't have much free time," she laments. "After training, I try to spend time with my relatives, with my niece. I walk with her in my free time. I especially like taking her to kindergarten. I like listening to music, Russian pop music, not rock, and I watch some television. Most of the time, we are trying to recover from training as we have a very strict regime."

For the U.S., Maria Michta and Ern Gray both walked strong races, Maria finishing 34th in a:33:59 and Erin 43rd in 1:34:38, a personal best. Erin was nearly a half-minute ahead of Maria at 15 km (1:09:59), but could not match Maria's finishing speed. Miranda Melville was with Maria at 10 Km (46:47), 14 seconds behind Erin, but was shown a third red card sometime before 15 Km.

Robert Heffernan, who has been close to the medals on several occasions, including fourth in the 2012 Olympics, finally broke through, making it all the way to the top spot on the podium in the 50.. He had also been fourth in both the 20 and 50 at the 2010 European



A joyous Heffernan hits the tape.

Championships. In the process, the 35-year-old walker from Togher AC became just the third Irish athlete to become a world outdoor champion. He joined 5000 meter runners Eamon Coghlan (1983) and Sonia O'Sullivan (1995). I must think how this result would have warmed the heart of John Kelly, who left us last year.

When he finally broke through, Heffernan did it convincingly, finishing more than a minute ahead of Russia's Mikhail Ryzhov in a convincing 3:37:56. In third, Australia's Jared Tallent won his fifth medal in World Championship and Olympic events.

The real race began after the first 30 Km, where Heffernan and Poland's Grzegorz Sudol were together in 2:12:17, just a second ahead of Russians Mikhail Ryzhov and Ivan Moskov. France's Yohann Diniz, one of the pre-race favorites, was just another 2 seconds back. And there were five more less than a half-minute off the lead, including Tallent and the always dangerous Matej Toth.

Once the racing did begin, Heffernan and Ryzhov established their dominance and by 40 Km, the Irishman led in 2:55:04, just 2 seconds ahead of Ryzhov. Sudol and Moskov were at 2:54:54 and 2:54:55 with Tallent another six seconds back.

At that point, Heffernan took command as he passed 45 Km with an 18 second lead over Ryzhov. Tallent was a solid third having passed Sudol and Moskov and piling up a 35 second margin. The three medalists were untroubled from there to the finish. But Ukraine's Ihor Hlavan came from seventh at 45 Km to capture fourth.

After the race, Heffernan said: "It was a bonus that I destroyed everyone. It's surreal—it's a great feeling. It's hard to take it all in at the moment but I'm delighted. When I came into the stadium, it was like an out-of-body experience. I was watching myself on the big screen and thinking 'that fella looks good!'"

He also noted: "My mam would have been so proud of me today. She'll have been looking down and it gave me strength to think of her. Physically and mentally, I've never been better. Age is only a number. This will mean a lot to everyone back home."

Tallent's medal count now includes a bronze and silver from the 2008 Olympics, a bronze at 50 in the 2011 World Championships, a silver in last year's Olympics, and now another bronze.

Like Tim Seaman in the 20, John Nunn was the final finisher. See a short story on his race later in this issue.

Conditions for the race were rather trying. It started in humid conditions after overnight rain, and, while the temperature remained moderate, the humidity remained high throughout.

The results:

Men's 20 Km, Aug. 11—1. Aleksandr Ivanov, Russia 1:20:58 2. Ding Chen, China 1:21:09 3. Miguel Angel Lopez, Spain 1:21:21 4. Joao Vieira, Portugal 1:22:05 5. Denis Strelkov, Russia 1:22:06 6. Takumi Saito, Japan 1:22:09 7. Ruslan Dmytrenko, Ukraine 1:22:14 8. Inaki Gomez, Canada 1:22:21 9. Christopher Linke, Germany 1:22:36 10. Hyunsub Kim, Korea 1:22:50 11. Dane Bird-Smith, Australia 1:23:06 12. Yusuke Suzuki, Japan 1:23:20 13. Jaime Quijcy, Guatemala 1:23:24 14. Matteo Giupponi, Italy 1:23:27 15. Andrii Kovenko, Ukraine 1:23:46 16. Alexandros Papamihail, Greece 1:23:49 17. Jose Leonnardo Montana, Colombia 1:23:50 18. Rolando Saquipay, Ecuador 1:24:01 19. Rafal Augustyn, Poland 1:24:03 20. Benjamin Thorne, Canada 1:24:26 21. Anton Kucmin, Slovakia 1:24:38 22. Yekro Araya, Chile 1:24:22 23. Ato Ibanez, Sweden 1:24:49 24. Alvaro Martin, Spain 1:25:12 25. Marius Ziukas, Lithuania 1:25:17 26. Selin Cai, China 1:25:31 27. Hatem Ghoula, Tunisia 28. Giorgio Rubino, Italy 1:25:42 29. Bertrand Moulinet, France 1:26:12 30. Ivan Losev, Ukraine 1:26:32 31. Alex Wright, Great Britain 1:26:40 32. Diego Flores, Mexico 1:26:46 33. Gurmeet Singh, India 1:26:47 34. Chandan Singh, India 1:26:51 35. Maruicio Arteaga, Ecuador 1:27:35 36. Chan

1:27:41 37. Isaac Palma, Mexico 1:28:14 38. Perseus Karlstrom, Sweden 1:28:20 39. Byeong Kwang Choe, Korea 1:28:26 40. Sergio Vieira, Portugal 1:28:34 41. Mate Helebrandt, Hungary 1:28:49 42. Arnis Rumbenieks, Latvia 1:29:13 43. Federico Tontodonati, Italy 1:29:26 44. Francisco Arcilla, Spain 1:29:38 45. Vitatli Anichkin, Kazakhstan 1:30:02 46. Juan Manuel Cano, Argentina 1:29:38 47. Anibal Paa, Guatemala 1:30:54 48. Dzianis Simanovich, Belarus 1:31:52 49. Andrey Ruzavin, Russia 1:32:45 50. Rhydan Cowley, Australia 1:33:35 51. Alejandro Florez, Switzerland 1:35:01 52. Ebrahim Raimian, Iran 1:35:36 53. Tim Seaman, USA 1:36:35 DQ—Irfan Kolothun Thodi, India; Erick Barrondo, Guatemala; Zhen Wang, China; Youggjun Byun, Korea; and Ciao Bonfim, Brazil. DNF—Lebogang Shange, South Africa; Dawid Tomala, Poland; Eider Arwevalo, Colombia; Luis Fernando Lopez, Colombia; and Kevin Campion, France.

Women's 20 Km, Aug. 13: 1. Elena Lashmanova, Russia 1:27:08 2. Anisya Kirdyapkina, Russia 1:27:11 3. Hong Liu, China 1:28:10 4. Huanhuan Sun, China 1:28:32 5. Elisa Rigaudi, Italy 1:28:42 6. Beatriz Pascual, Spain 1:29:00 7. Anezka Drahotova, Czech Rep. 1:29:05 8. Ana Cabecinha, Portugal 1:29:17 9. Julia Takacs, Spain 1:29:25 10. Eleonora Biorgi, Italy 1:30:01 11. Ines Renriques, Portugal 1:30:28 12. Lyudmhylla Olyanovska, Ukraine 1:30:48 13. Antonella Palmisano, Italy 1:30:50 14. Myara Herrera, Guatemala 1:30:59 15. Shenjie Qieyang, China 1:31:15 26. Hanna Drabenia, Belarus 1:31:16 17. Vera Santos, Portugal 1:31:36 18. Lorena Luaces, Spain 1:31:43 19. Olena Shukina, Ukraine 1:31:54 20. Brigita Bvirbalyte, Lithuania 1:31:58 21. Kristina Saltanovic, Lithuania 1:32:11 22. Sandra Arenas, Columbia 1:32:25 23. Agnese Pastare, Latvia 1:32:30 24. Nastassia Yatskevich, Belarus 1:32:32 25. Yanelli Caballero, Mexico 1:32:37 26. Kumi Ootoshi, Japan 1:32:44 27. Ayman Kozhakhmetova, Kazakhstan 1:33:00 28. Paola Perez, Ecuador 1:33:03 29. Masumi Fuchise, Japan 1:33:13 30. Paulina Buziak, Poland 1:33:30 31. Laura Reynolds, Ireland 1:33:39 32. Anrigoni Drisibioti, Greece 1:33:42 33. Sandra Galvis, Colombia 1:33:49 43. Maria Michta, USA 1:33:51 35. Kimberly Garcia, Peru 1:33:57 26. Laura Polli, Switzerland 1:34:07 37. Viktoria Madarasz, Hungary 1:34:10 38. Galina Kichigina, Kazakhstan 1:34:28 39. Khushbi Kaur, India 1:34:28 40. Heongeun Jeon, Korea 1:34:29 41. Neringa Aideityte, Lithuania 1:32:32 42. Anita Kazemaka, Latvia 1:34:37 43. Erin Gray, USA 1:34:38 44. Agnieszka Dygacz, Poland 1:34:42 45. Tanya Holliday, Australia 1:35:18 46. Wendy Cornejo, Bolivia 1:36:06 47. Anne Halkivaha, Finland 1:36:17 48. Nguyen Thi Thanh Phuc, Vietnam 1:36:27 49. Marie Polli, Switzerland 1:36:31 50. Angela Castro, Bolivia 1:36:33 51. Maria Czakova, Slovakia 1:36:34 52. Monica Equihua, Mexico 1:36:46 53. Katarzyna Kwoka, Poland 1:36:54 54. Jess Rothwell, Australia 1:38:09 55. Sholpan Kozhakhmetova, Kazakhstan 1:38:09 56. Olha Iakovenko, Ukraine 1:39:58 57. Lucie Pelantova, Czech Rep. DQ—Mirna Ortiz, Guatemala; Vear Sokolova, Russia; Lizbeth Silva, Mexico; and Miranda Melville, USA. DNF—Maria Galikova, Slovakia.

Men's 50 Km, August 14—1. Robert Heffernan, Ireland 3:37:56 2. Mikhail Ryzhov, Russia 3:38:58 3. Jared Tallent, Australia 3:40:03 4. Ihor Hlavan, Ukraine 3:40:39 5. Matej Toth, Slovakia 3:41:07 6. Grzegorz Sudol, Poland 3:41:20 7. Ivan Noskov, Russia 3:41:36 8. Lukas Nowak, Poland 3:43:38 9. Takayuki Tani, Japan 3:44:26 10. Yohann Dniz, France 3:45:18 11. Hirooki Arai, Japan 3:45:56 12. Jesus Angel Garcia, Spain 3:46:44 13. Serhiy Budza, Ukraine 3:47:36 14. Ivan Tortski, Belarus 3:47:52 15. Marco De Luca, Italy 3:48:05 16. Chris Erickson, Australia 3:49:41 17. Quentin Rew, New Zealand 3:50:27 18. Claudio Villanueva, Spain 3:50:29 19. Omar Zepeda, Mexico 3:50:43 20. Jarkko Kinunen, Finland 3:50:56 21. Adrian Blocki, Poland 3:51:00 22. Ato Ibanex, Sweden 3:53:38 23. Koichiro Morioka, Japan 3:53:54 24. Jean-Jacques Nkouloukidi, Italy 3:54:00 25. Brendan Boyce, Ireland 3:54:24 26. Jianbo Li, China 3:56:13 27. Jonnathan Caceres, Ecuador 3:56:58 28. Pedro Isidro, Portugal

3:57:30 29. Dudsan Majdan, Slovakia 3:57:00 30. Faguang Xu, China 3:57:54 31. Marc Mundell, South Africa 3:57:55 32. Horacio Nava, Mexico 3:58:09 33. Basanta Bahadur Rana, India 3:58:21 34. Jose Ignacio Dias, Spain 3:58:26 35. Omar Segura, Mexico 3:58:34 36. Evan Dunfee, Canada 3:59:28 37. Sehan Oh, Korea 4:01:00 38. Tadas Suskevicius, Lithuania 4:01:29 39. Andreas Gustafsson, Sweden 4:01:40 40. Marius Cocioran, Romania 4:04:23 41. Vli-Matti Partanen, Finland 4:04:59 42. Teodorico Caporaso, Italy 4:05:25 43. Mario Jose dos Santos, Brazil 4:06:12 44. Xavier Moreno, Ecuador 4:07:29 45. Sandor Rocz, Hungary 4:12:18 46. John Nunn, USA 4:34:55

DQ—Edward Araya, Chile; Ivan Banzeruk, Ukraine; Junghyun Yim, Korea; Havard Haukenes, Norway; Emerson Hernandez, El Salvador; Sandeep Kuar, India; Andres Chocho, Ecuador; and Ian Rayson, Australia. DNF—Fredy Hernandez, Columbia; Maciey Rosiewics, Georgia; Erik Tysse, Norway; Tianfeng Si, China; Predrag Filipovcs, Serbia; Yerenman Salazar, Venezuela; and Alexandros Papamihail, Greece.

Other Races, Big and Small

USA-Canada Juniors, Boston, Aug. 8: Women's 5 Km—1. Katelyn Ramage, Canada 25:31.7 2. Molly Josephs, USA 26:24.5 3. Brenda Jo McCollum, USA 26:47.4 4. Katie Michta, Walk USA 27:19.5 5. Monika Farmer, USA 27:50.3 6. Abigail Dunn, USA 28:00.7 7. Meghan Podlaski, Fleet Feet Albany 29:56.9 8. Katharine Newhoff, Walk USA 30:28.10 9. Mandy Roach, Canada 30:30.2 11. Asiman Rai, Canada 30:37.1 12. Maegan Allen, Waltham TC 32:02.13 13. Valia Vaitones, Glden Spikes TF 33:17 Team Score: USA 12 (5,4,3) Canada 10 (7,2,1)

Men's 10 Km—1. Marek Adamowicz, Canada 46:12.7 2. Nathaniel Roberts, USA 47:43.5 3. Alexander Peters, USA 51:42.4 4. Anthony Peters, USA 52:48.3 5. Geraldo Flores, USA 54:54.6 6. Spencer Dunn, USA 56:33.7 7. Vincent Gagne, Canada 61:15 DNF—Nolan Allen, Waltham TC Team Score—1. USA 12 (5,4,3) 2. Canada 9 (7,2)

3 Km Mixed race, same place—1. Maryanne Daniel (55) 16:09 2. Don Lawrence (53) 16:10 3. Sagan Leffett, (16) 18:07 4. Larry Epstein (50) 18:13 (6 finishers)

5 Km, Long Branch, N.J., August 12—1. John Fredericks (65) 31:28 2. Fred Linkhart (60) 33:19 3. Tom Quattrocchi (62) 33:37 4. Pat Bivona (72) 34:48 (6 finishers) Women: 1. Panse Geer (66) 34:02 **New Jersey 1 Hour, Lakewood, Aug. 10—1.** Tim Chelius (57) 9338 meters 2. John Fredericks 9199 3. Fred Linkhart 8925 4. Bill Purdy (60) 8823 5. Panse Geer 8599 6. Pat Bivona 8236 7. Maria Paul (48) 8208 **2 Miles, Long Branch, Aug. 19—1.** John Fredericks 19:16 2. Tom Quattrocchi 20:46 3. Al Sherman (76) 31:16 Women—1. Maria Paul 21:14 2. Panse Geer 21:56 **1500 meters, Virginia Beach, Aug. 17: Women—1.** Amber Horner (15) 8:52.50 2. Paula Graham (5) 10:08.22 (4 finishers) Men—1. Tom Gerhardt (62) 8:25.27 2. Harley Dewey (65) 10:43.81 (6 finishers)

2013 Weinacker Cup (Michigan vs. Ontario), Fort Gratiot, Mich., August 11: Men's 10 Km—1. Zbigniew Sadlej, Mich. 47:50 2. David Swarts, Mich. 48:22 3. Ray Sharp, Mich. 50:41 4. Leon Jasionowski, Mich. 60:25 5. Bill Reed, Mich. 60:41 7. Ken Atkins, Ont. 65:23 8. John Gardam, Ont. 65:34 9. Patrick King, Ont. 65:38 10. Bob Davis Mich. 78:33 Team: Michigan 16, Ontario 6 Women, 10 Km—1. Rebecca Benjamin 63:42 2. Anne De Thy, Ont. 66:36 3. Anne Fisher, Ont. 67:08 Kris Kozell, Ont. DQ **5Km—1.** Jean Horne, Ont. 37:53 2. June Marie Provost, Ont. 41:21 Team Score: Ontario 9, Michigan 7. Total Team Score—Michigan 23 Ontario 15

3 Km, Pleasant Prairie, Wis., August 14—1. Pablo Gomez (41) 15:27 2. Klaus Thiedeman (59) 15:39 3. Andy Kaestner (48) 15:46 4. Rich McGuire (65) 18:12 5. Donna Greene (61) 18:33 6. Ron Winkler (62) 20:47 (11 finishers) **3000 meters, Coppell, Texas, Aug. 17—1.** Fiona Dunleavy (16) 16:36.00 Men—1. Thomas Dunleavy (14) 18:10 2. David Gordon (71) 19:55 (4 finishers) **West Regional 3 Km, Albuquerque, July 18—1.** Laura Draelos (50) 17:24

Mandy Owens (45) 17:24.88 3. Kerri Segell (55) 18:46.93 (7 finishers) Men—1. Peter Armstrong (65) 19:22.84 (3 finishers, 1 DQ)

World Masters Games, Torino, Italy August 4-7: Women's 5000: 40—1. Tetiana Polliashchenki, Ukraine 27:07.92 45—1. Niobe Memeng-dez, France 27:56.86 50—1. Natalia Terentyeva, Russia 28:12.88 55—1. Tatyana Kryvokhyuzha, Ukraine 28:21.64. . . 3. Linda Wilson, Canada 29:52.51 60—1. Marianne Martino, USA 30:11.21. . . 4. Sharon Wright, Canada 32:03.13 65—1. Antonina Tyshko, Ukraine 33:11.10. . . 6. Kathleen Frable, USA 38:02.66 70—1. Halidis Nagell-dahl, Norway 36:19.61 **Men's 5000—40—1.** Viacheslav Degtyarenko, Russia 23:57.23 45—1. Walter Arena, Italy 22:39.55 50—1. Anton Mashkevich, Belarus 24:37.89. . . 7. Michael Blanchard, USA 29:33.11 55—1. Rosario Petrunaro, Italy 25:25.68 60—1. Fabio Ruzzier, Italy 25:57.54 65—1. 1. Mario Fiori, Italy 29:07.52. . . 3. Norm Frable, USA 29:37.31 70—1. Gianfranco Lucia, Italy 31:16.84 75—1. Jordana Alexis, France 31:49.15 80—1. Ivan Pushkin, Ukraine 35:11.0 **Women's 10,000:** 40—1. Volouliashchenko 57:12 45—Irina Kokorina, Russia 58:40 50—Terentyeva 58:22 55—1. 3. Sandra Archibald, Canada 66:17 55—1. Kryvokhyuzha 58:23 60—1. Martino 62:52. . . 3. Wright, Canada 68:30 65—1. Tyshko 68:0. . . 5. Kathleen Frable 76:11 70—1. Nagell-Dahl 75:09. . . 3. Eileen Sarkar, Canada 83:58 **Men's 10,000:** 40—1. Degtarenko 50:34 45—1. Philippe Boneau, France 47:32 2. Arena 47:59 50—1. Mashkevich 50:08. . . 8. Michael Blanchard 62:10 55—Petrunaro 53:27 60—1. Russier 53:47 65—1. Harijs Abolins, Latvia 60:40. . . 5. Frable 62:05 70—1. Alexandr Sartakov, Russia 62:03 75—1. Alexis 66:40 80—1. Giuseppe Meola, Italy 72:11

Pan American Juniors, Medellin, Col., Aug. 24-25: Men—1. Erwin Castellanos, Mex. 40:36.85 2. Brian Pintado, Colombia 41:21.97 3. Kenny Perez, Guatemala 41:53.86 4. Jose Barrondo, Guatemala 42:00.98 5. Marco Rodriguez, Bolivia 42:12.83 6. Bruno Fidelis, Brazil 42:58.49 7. Richard Vargas, Venezuela 43:16.08 8. Paola Calderon, Peru 43:25.87 0. Esteban Soto, Colombia 43:34.85 10. Jurgen Chavez, Guatemala 44:54.88 **Women—1.** Elysle Albino, Brazil 50:26.44 2. Sara Pulido, Colombia 50:44.19 3. Matritza Tzul, Guatemala 51:50.37 4. Jessica Merca, Peru 51:02.94 5. Carolina Marino, Colombia 53:13.09 6. Cheskaya Rosales, Venezuela 58:07.05 (2 DQ)

5000 meters, Onsbø, Norway, August 23—1. Erik Tysse 18:59.17 2. Havard Haukenes 20:57.11 3. Joakin Saelen 21:21.91 **Italian 10,000 meters Championship, Milan, July 26—1.** Elina Rigauda 43:44.98 2. Eleonora Giorgi 44:33.86 3. Federica Ferraro 45:06.81 4. Valentina Trapletti 46:06.21 (17 finishers, 2 DQ) **Men—1.** Matteo Giupponi 40:40.42 2. Giorgio Rubino 41:03.40 3. Vito Di Bari 41:22.72 4. Francesco Fortunato 41:39.82 5. Federico Tontadonati 41:52.65 6. Leonardo Dei Tos 41:53.42 7. Massimo Stano 42:04.50 8. Andrea Adragna 42:50.64 9. Riccardo Macchia 42:57.78 10. Mirko Dolci 43:19.19 (23 finishers, 2 DQ) **Spanish 10,000 meters, —1.** Julia Takacs 42:32.74 2. Matria Jose Poves 43:33.75 3. Beatriz Pascual 43:39.42 4. Lorena Luaces 45:49.93 5. Andrea Pinedo 45:49.43 (9 finishers, 1 DQ) **Men—1.** Miguel Angel Lopez 40:07.58 2. Alvaro Martin 40:53.20 3. Jose Ignacio Diaz 41:22.07 4. Luis Corchele 42:09.69 5. Mario Silbero 43:55.70 6. Ivan Guerrero 45:37.87 (10 finishers, 2 DQ) **Portuguese 10,000 meters, July 25—1.** Ines Henriques 43:31.20 2. Ana Cabecinha 43:51.65 3. Vera Santos 44:56.03 4. Mara Robeiro 46:07.86 5. Filipe Ferreira 46:37.09 (11 finishers) **Men—1.** Joao Vieira 40:02.78 2. Sergio Vieira 40:02.93 3. Pedro Isidro 41:46.75 4. Miguel Carvalho 43:25.14 5. Pedro Martins 44:42.77 (8 finishers, 2 DQ) **NSW Under 20 Championship 20 Km, Narellan, Australia, July 28—1.** Steven Washburn 1:38:30 (An American citizen who plans to try out for our World Cup team next year.)

100 Miles, Isle of Man, August 3—1. Richard Cerrard 18:29.39 2. Vinnhy Lynch 19:00.52 3. Robbie Callister 19:19.45 4. Jock Waddington 19:34.01 5. Sandra Brown 19:57.50 6. Mark Denby 20:05.34 7. Christer Svensson, Sweden 20:19.28 8. Terry Mofat, Belgium 20:37.38 9. Kim Janssens 20:43.08 10. Simon Briggall 20:44.40 (Dave and Erin Tlcott participated in this

event. Dave went through 50 Km in 5:49:53, 50 miles in 9:15:44, and 100 K in an American Age Group record of 11:28:10 (5:38:17 on the second 50). He was in second place at that point with a plan of pulling back at that point and walk it on in, but his body didn't cooperate, so he didn't make it to the finish, making it to 80 miles in 15:46:47. Erin walked her first 50 Km in 5:28:10 and hit 50 miles in 9:23:53, and 100 Km in 12:30:21. She completed 74.5 miles in 1:17:29.)

Races Big and Small

Sat. Aug. 24	Crim 10 Mile, Flint, Mich. (F)
Sat. Sept. 7	New Jersey 10 Km, Manchester, N.J., 9 am (W)
	5 Miles, Portsmouth, N.H. (E)
Sun. Sept. 8	10 Km, New Albany, Ohio (L)
Sun. Sept. 15	USATF National 30 Km and Junior 20 Km, Valley Cottage, N.Y. (D)
Sat. Sept. 21	Michigan 1 Hour, Madison Heights (F)
Sun. Sept. 22	Pacific Association 20 Km, Carmichael, Cal. (J)
Sun. Sept. 29	Ontario 20 Km Championship (also 5 and 10 Km), Welland, Ontario
Sat. Oct. 5	National USATF 5 Km, Kingsport, Tenn. (A)
Sun. Oct. 6	5 Km, Portsmouth, N.H. (E)
Sat. Oct. 12	5 Km, Endicott, N.Y. (S)
Sun. Oct. 13	National USATF 40 Km, Ocean Township, N.J. (A)
Sun. Oct. 20	Pacific Association 10 Km, Carmichael, Cal. (J)
Sat. Oct. 26	5 Km, Portsmouth, N.H. (E)
Sat. Nov. 2	15 Km, Manchester, N.J., 10 am (W)
Sun. Nov. 3	10,000 meters, Clinton, Conn., 10 am (N)
Sat. Nov. 9	1 Hour, Virginia Beach Va. (N)
Sun. Nov. 10	½ Marathon, Portsmouth, NH (E)
Sat. Nov. 23	5 Km, Bethlehem, Pa. (S)
Sun. Nov. 24	50 Km (World Cup Trial, National Masters, South Region, and Florida State Championship), South Florida (B)
	South Region and Florida State 20 Km, same place) (B)

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From Heel To Toe

What? An error in the ORW? Jim Hanley wrote me: "There is a big error (content-wise, not just a typo in the Looking Back section of 45 years ago (in the July issue). It said that Larry Young won the One Hour National Championship. Not true. Ron Laird won with 7 miles 1386 yards. Martin Rudow was second with 7 miles 974 yards, and I got third with a 7 miles 885 performance. This was an unusual event in that it took place on a freeway—not a track. A just completed (but not yet opened to traffic), perfectly straight section of Interstate 94 just outside of Miles City, Montana was the venue! Back in the pack was my all-time favorite racewalk name. Don No Runner represented a local eastern Montana Indian School." My reply to Jim was: "Thanks for uncovering this mistake. But, it took you 20 years to do it. As I look back 'Looking Back', I had it right for 15 years (the Aug. 1973, '79, and '83 issue)s. I didn't have a Looking Back feature in 1988 as I guess I ran out of space. Then in 1993, somehow, I turned Laird into Larry, which since has become Young. Apologies to Ron. I will mark my file copy and perhaps in 5 years I will get it right (should I and the ORW still be around in 5 years). . .

Interesting commentary. In the July issue, I published a photo of Ercki Barrondo and in the caption commented that to me he appeared to be beyond an "acceptable flight phase." Roger Burrows in Ottawa, Ontario politely took exception to my remark stating: "The photo shows nothing that can be interpreted as being inherently contrary to the 'visible loss of contact' rule. My analogy in teaching situations is this: 'If a supermarket security camera records an image of me holding a can of soup in my hand, is the conclusion that I am shoplifting it?' Of course not. Much more context is required. We have to stop doing this to ourselves. We can sometimes be our own worst enemies when we are shown 'evidence' like this. We all know that there is a flight phase. It is clear in slow-motion video, or in photos like this. It is there in racewalking; it may be there when we hurry for a bus! (It's not just now, Jack--'oldtimers' notwithstanding; it might even have been there when people hurried for a stage coach or a chariot.) Our response must not be to analyze, criticize and judge. Let the athlete's coaches and the race's officials do that. Our response must surely be that the racewalking rule requires loss of contact to be visible to the unaided human eye. That means for approximately one tenth of a second. Two to three full frames on standard recording equipment, or several sequential photos taken at fast shutter speeds. To coach technique or to judge a method of progression we need to see the cyclic action in its entirety. We can draw no conclusions from a single image." I replied to Roger: "Thanks for your astute and well-presented comments. I either needed to let the picture go or do more with it than a brief caption. I did not mean to imply that Barrondo should be tossed out on the basis of a single image, but I do feel that this photo suggests that he might have been walking at least on the very edge of legality. I had just sat through a couple of sessions of the Salvage-Seaman clinic. They don't even attempt to teach double contact, but, rather, stress what the call an "acceptable flight phase." And they show a lot of photos such as the one of Barrondo and label them either "acceptable" or "unacceptable". While these are single photos, they are taken from a continuous sequence. And they have equated the amount

of "lift" to the number of microseconds to reach their conclusions. To me, the Barrondo photo looks like ones that they had labeled as unacceptable. At least it suggests to me that Barrondo, who has been DQ'd twice already this year (*this was written before he was DQ'd again in Moscow*) is walking on the very edge. So, obviously, I was too brief in my comments. So far, you are the only one to comment, but I hope to receive other comments (*I have not.*) I know I have some "old school" readers who still feel anything short of double contact is cheating. Of course, double contact at high speeds is possible and there are plenty of photos around to show that, including at least three of myself in races at sub-8 minute pace, a pedestrian speed, I realize, by today's standards. (Of course, a single photo of double contact no more proves continuous contact than the single photo of Barrondo proves he was "floating", to revive a term from the past.) I still entertain other comments.

Erin Gray—Elite Athlete Spotlight

(USATF Press Release) The road to success is never easy, especially for an athlete. For 26-year-old Erin Gray, it took a positive attitude, support from her family, and a lot of perseverance in the face of adversity. Gray began her distance running career at the age of nine in her home state of Oregon. She hopes to follow in the footsteps of father, Bob Gray, who competed at the 1972 Olympic Trials in the racewalk and marathon events, and entrusted him with the role of coach. With her father's wisdom guiding her, she began competing in several USATF Junior Olympic meets.

Just as her running career began to blossom though life threw Gray a curveball. "When I was 12-years old, I had to have open heart surgery," said Gray. She was born with a misplaced pulmonary vein that dumped blood into the wrong atrium, causing it to swell. Although not an immediate emergency situation, doctors predicted the worst if they did not correct the problem.

"The doctor surmised I would die by the age of 30 of heart failure if it wasn't fixed. Even though it wasn't an emergency situation at the time, I felt like it was very scary," said Gray. "It taught me to appreciate my body, what it can do, and how everything that is normal in my life can be taken away."

Fortunately, Gray experienced no complications from her surgery and went on to compete in high school, winning the Oregon State Cross Country title her sophomore year. After graduating from South Eugene H.S. in 2005, she continued her running career in cross country and track at the University of Arkansas.

After wearing the Razorback uniform for three years in events such as the steeplechase, 3000 meters, and 10,000 meters, Gray received another devastating blow heading into her senior year—a severe stress fracture in her femur that required surgery. Gray began to think her career was over, but her father told her to reconsider. So, she decided to stick with it. After finishing c.c. and track her senior season in 2009, her father nudged her to try another less abrasive event in the track and field world—racewalking.

"As a distance runner, you look at racewalking as... not as glamorous as cross country," said Gray. "Having done both, racewalking is by far the hardest event I've ever done, and I've done everything from the 800 to the steeplechase to the 10 K."

After being disqualified in nearly 50 percent of her meets in the first two years of competing, Gray finally discovered that increasing her turnover rate helped to smooth her form and lower her times and number of disqualifications.

Thanks to improvements in form, Gray earned a spot in the 2012 Olympic Trials for the 20 Km race and finished third with a "B-standard" time of 1:35:40.05, just 2:10 shy of the "A standard". Unfortunately for Gray, and Team USA, no female racewalkers reached the "A standard" time, so only one competitor attended the 2012 Olympic Games.

Luckily for Gray, her time from the 2012 Trials was good enough to secure the needed

IAAF "A standard" for the World Championships by 20 seconds. "It's a really exciting thing," said Gray. "Hopefully other girls can look up to us and see how we've progressed over the years, and I hope more excitement can come to racewalking."

And, as if being an elite athlete is not time consuming enough, Gray is continuing her education at the College of Osteopathic Medicine of the Pacific Northwest in California in order to become a general pediatrician. "It's a combination between a lot of time management and little bit of attitude," said Gray when asked how she manages to compete and attend medical school. "Of course, a healthy dose of coffee helps too."

However in order to reach her dreams of becoming a pediatrician, Gray has accepted the need to end her athletic career with the next few years. "Hopefully, five years from now, I'll be a doctor in residency program in Oregon. My goal is to make it to the 2016 Olympics," said Gray with optimism in her voice. "Even if I make or not, I think I'll start my retirement from then on." In the meantime, Gray is enjoying her racewalking career.

"We're paving the way and deserve the respect of the rest of the track and field community," she said. "To any distance runner struggling with an injury or not making international teams, keep an open mind about racewalking. I had a closed mind, but it has opened numerous doors for me. To young girls, besides consistent training, the most important quality you can have is perseverance. Those who persevere through adversity can find success."

(Erin's father Bob was an active racewalker with the University of Chicago Track Club back in the waning years of your editor's career. But, it was only in the last year or so that I learned that Erin was the daughter of this former compatriot. Bob competed a lot in races in the Chicago area and sometimes ventured on to the national scene. He finished 13th in National 10 Km in 1966 in 55:52. In '69, he was sixth in the National 40 in Long Branch with a 3:52:17. In 1969 he was 15th in the National 10 in 52:33. By the time of 1972 Olympic Trials held in Eugene, he may have moved there from Chicago. He finished 11th in those Trials in 1:54:53. I last find him in a National race in the 1975 5 Km, held in Eugene, where he finished 11th in 26:45. Needless to say, Erin has bettered all of her father's PRs, and probably all of your editor's.)

John's Race

(From a column by Alan Abrahamson)

At the World Championships 50 Km, John Nunn went through the first 20 in 1:36:48, almost as fast as Tim had done in the 20 and on pace to match or better his PR of 4:03:28 at the London Olympics. But at 23 Km, he felt some tightness in a hamstring, which got so bad he couldn't push off. Let Mr. Abrahamson take up the story.)

He backed off... but it got worse. Then the pain moved down and around the leg, into his quadriceps, calf and shins. Then up into his elbow joints.

"Everything started crunching down," he said. "It was miserable. It turned into Groundhog Day. Every step I was taking, I was, like, this is not going to end."

By 30 Km, Nunn was doing roughly 6 minutes per kilometer. The debate started in his head—to quit or not? "At 25 Km," he said, "I thought, 'no way I'm going to get through this.'"

And this is where the thing gets truly fascinating. Like every racer in the 50, Nunn went into it expecting pain. Maybe not so soon and not so severe. Even so, the race hurts. It's a given. What to do?

"I would hit divots in the road. It would shock my body. My leg would go into an intense spasm of pain and lock up and double me over and I would, like, stop for a second or two and then keep moving. Other times, it would spasm so bad and I would try to keep moving, but there would be 15 or 20 seconds of intense pain. Two or three minutes later, five at most,

there would be the most intense cramping in my legs. I realized I would either fall over and be in total convulsion or not do anything and hit the finish line. I thought I would just keep moving."

Kilometer 44 would prove especially brutal. It took 7:42. And he still kept going. "I honestly thought I was going to get told by the staff of the race I was going to have to finish out on the course, you are not going to finish in the stadium. But they never did tell me that."

He said, back now in the San Diego area where his father to a 9-year-old son, the two of them proprietors of a cookie business famous in track and field circles. "Part of me at the end—I remember when I finished the pain was a pain I have never experienced in my life. There was a part of me that was crying out of humiliation. I was feeling like I was getting so much better," meaning at 50 Km strategy. "And then everything happened that day—there was devastation at what had gone on. But in the 50, you just can't quit. Quitting became not an option. I know other people—other people in the race said 'I'm done', and walked off long before the finish line. But USA Track and Field paid for my airfare and training camp and for us to stay at a nice hotel"... I had been asked to walk the 50, and I did."

Henry David Thoreau (1817-1862) and Ralph Waldo Emerson (1803-1882) on "The Joys Of Walking"

(Carefully preserved from the April 2005 issue of Bob Carlson's Front Range Racewalker News.)

These famous and great philosophers of yesteryear made walking a big part of their lives and credited a lot of their thought processes to this regular activity of theirs.

THOREAU

- o An early morning walk is a blessing for the whole day.
- o I feel a little alarmed when it happens that I have walked a mile into the woods bodily without getting there in spirit.
- o Now, I yearn for one of those old, meandering, dry, uninhabited roads, which lead away from towns; where your head is more in heaven than our feet are on earth; where you can pace when your breast is full and cherish your moodiness; where you are not in false relations with men, and not dining or conversing with them; by which you can go to the uttermost parts of the earth; then my life will come to me, methinks; like a hunter I walk in wait for it. That's a road I can travel, six miles an hour or two, as you please. There I can walk and recover the lost child that I am without ringing any bell.
- o A thinker's weight is in his thought, not in his tread. When he thinks freely, his body weighs nothing.
- o I do not know but I feel less vigor at night; my legs will not carry me so far; a if the night were less favorable to muscular exertion—weakens us somewhat as darkness turns plants pale.
- o I do not know how to entertain those who can't take long walks. If they can't walk, why don't they take an honest nap and let me go in the afternoon? But come two o'clock, in the midst of a most glorious Indian summer afternoon, they sit, breaking their chair and wearing out the house.
- o I must be out-of-doors enough to test the experience of wholesome reality, as a ballast to thought and sentiment. I keep out-of-doors for the sake of the mineral, vegetable, and animal in me. Health requires this relation, this aimless life.
- o I must let my sense wander as my thoughts, let my eyes see without looking. The more you look, the less you will observe. . . Be not preoccupied with looking. Go not to the object; let it come to you, What I need is not to look at all but a true sauntering of the eyes.
- o I inhabited my body with inexpressible satisfaction; both its weariness and its refreshment were sweet to me.

o If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

EMERSON

- o Who so walks alone accuses the whole world; he declares all to be unfit to be his companions; it is very uncivil, nay insulting, society will retaliate.
- o It is a peculiarity of humor of me, my strong propensity for strolling. I seldom enjoy hours as I do these. I remember them in winter. I expect them in spring
- o Crossing a bare common in snow puddles, at twilight under a clouded sky without having in my thoughts any occurrence of special good fortune, I have enjoyed a perfect exhilaration. I am glad to the brink of fear.
- o The sky is the daily bread of the eyes.
- o I have heard a clergyman of Maine say that in his parish are the Penobscot Indians and that when anyone of them in summer has been absent for some weeks hunting he goes back among them a different person and altogether unlike the rest with an eagle's eye, a wild look and a commanding carriage and gesture. But after a few weeks of this is again into the indolent apathy which all exhibit.
- o First be a good animal.
- o Fitness is so inseparable an accompaniment of beauty, it has been taken for it.
- o We must be at the top of our condition to understand anything rightly.
- o Do your thing: That which each can do best none but the Maker can teach him.
- o All life is an experiment
- o Be no man's disciple. No one's satellite.

LOOKING BACK

45 Years Ago (From the August 1968 ORW)—Larry Young was hot at the Olympic Training Camp in Lake Tahoe's high altitude. He turned in a 1:16:53 for 10 miles, 1:34:32 for 20 K, and 2:27:46 for 20 Km. Don DeNoon gave him a close race in the 20 and also did 21:50.5 for 5 Km, beating Tom Dooley by 1.5 seconds. . . The National 40 Km, firmly established in Long Branch, N.J., went to Dave Romansky in 3:30:34, with Goetz Klopfer less than 3 minutes back. The New York AC won the team title with Ron Daniel, Ron Kulik, and John Knifton finishing 2,,.6.

40 Years Ago (From the August 1973 ORW)—The feature story was on the possibility of walking being removed from the Olympics. As it turned out, we did lose the 50 Km race in Montreal in 1976, but it was back in for Moscow in 1980, minus any U.S. athletes, thanks to Jimmy Carter's ill-advised boycott. A lot of hard work by a lot of people over several years prevented something worse happening. In the absence of the Olympic event, the IAAF held a world championship 50 in 1976. . . Randy Mimm and Mitch Patton were walkers on the first U.S. Junior T&F team to tour in Europe. They had 10 races in West Germany, Poland, and the USSR, both turning in their best times in the final meet—49:47 for Patton and 49:52 for Mimm. . . In Long Branch, John Knifton overcame Ron Laird to win the National 40 in a course record 3:29:45. Ron had 3:31:14. Gary Westerfield and Todd Scully were way back in third and fourth. . . Shaul Ladany won both the 20 and 50 Km walks in the Maccabiah Games in 1:35:54 and 4:30.3.

35 Years Ago (From the July 1978 ORW)—Still in Long Branch for the 40 Km National, Dan O'Connor prevailed in 3:31:25. Carl Schueler was 8 ½ minutes back, beating Ron Daniel and Bob Kitchen. . . England's Olly Flynn won the Empire Games 30 Km in Edmonton in 2:22:03. Australians Willi Sawall and Tim Erickson came next. Canadian Marcel Jobin had a bad day,

and, after setting the early pace, settled for ninth. . . Jim Heiring, having previously concentrated on shorter races, moved up to 30 Km with some success, winning the National title in 2:30:50. Augie Hirt was well back in second, ahead of John Knifton. . . Otto Bartsch and Anatoly Solomin won Soviet titles at 50 and 20 Km respectively, in times of 3:56:36 and 1:23:30. The latter was the second fastest ever road 20 Km at the time. . . Dave Cotton won the British 50 in 4:14:25, with a U.S. contingent of Dan O'Connor, Augie Hirt, Bob Kitchen, and Knifton finishing 12th, 13th, 16th, and 24th. The British program was much stronger then than it is today. (Likewise the U.S. program.)

30 Years Ago (From the July 1983 ORW)—In the first ever World Championships Track and Field Meet in Helsinki, Mexico's Ernesto Canto won the 20 Km walk in 1:20:49. He got away from Czechoslovakia's Jsoef Pribilinec in the last 2 Km to win by 10 seconds. The Soviet Union's Yevgeniy Yesyukov beat Spain's Jose Marin for third. Canadian Guillaume Leblanc was eighth. Jim Heiring was the first U.S. walker with 1:25:49 in 19th. Five days later, East Germany's Ronal Weigel won the 50 in 3:43:08, as Marin came back to capture the silver (3:46:42). Marco Evoniuk, who also walked the 20 (he dropped out in 13th place when he was told he had another loop to complete near the end when he did not) was the first U.S. finisher with a brilliant 3:56:57 in eighth. There was no women's race in those ancient times. . . Teresa Vaill won the 5 Km at an International Racewalking Festival on Long Island in 25:10.7. Susan Liers-Westerfield won the 10 Km in 52:09. Finally, we repeat one of many attempts at clever racewalking limericks we composed through the years:

Before going out for a stroll,
Heed this advice rather droll.
Put some grease where it's needed,
Let this not go unheeded,
Lest your skin pay a terrible toll.

25 Years Ago (From the July 1988 ORW)—In a 20 Km race in Vilnius, USSR, 13 Soviet walkers walked 1:23:47 or better, led by Alexsi Perschin in 1:20:39. . . Mexico's Ernesto Canto, the 1983 World Champion and 1984 Olympic Champion, was ninth in the race. In two other races earlier that month, five other Soviet walkers had bettered 1:24. And in Leningrad, Frantz Kostyukevich did 1:19:39 with five others under 1:21 and five more under 1:23. . . These were all late arriving results from June. . . Australia's Simon Baker walked a 1:12:50 for 30 Km in Sweden. . . The Italian 50 Km Championship went to Raffaello Ducceschi in 3:44:27 with two others under 3:50. . . Later, Ducceschi finished third in a 35 Km race in LaCoruna, Spain in 2:34:26, behind Bernd Gummelt and Ronald Weigel, who both had 2:33:60. . . Weigel won the East German 20 Km in 1:20:57, easily beating Gummelt. . . The Soviet 50 went to Vyatcheslav Ivanenko in 3:44:01, 70 seconds ahead of Aleksandr Potaschov, with four others under 3:50.

20 Years Ago (From the July 1993 ORW)—The World Championships were held in Stuttgart and the Spanish men dominated with two golds and a bronze. In the 20, Valentin Massana left the field well in his wake as he won 1:22:31. Italy's Giovanni DeBenedictis was 35 seconds back at the finish, 12 seconds ahead of Spain's Daniel Plaza. Jaime Barrone completed a near sweep for the Spanish in fourth. Allen James, the only U.S. entrant, finished 17th in 1:26:53. In a closer race, Jesus Garcia won the 50 in 3:41:41 with Finland's Valentin Kononen (3:42:02) and Russia's Valery Spitsin (3:42:50) getting the silver and bronze medals. Canada's Tim Berrett, 19th in the 20, finished seventh in 3:50:23. For the U.S., Jonathan Matteews and 4:02:52 in 19th and Herman Nelson 4:21:08 in 31st. Finland's Sari Essayah won the Women's 10 Km in 24:58, 10 seconds ahead of Ileana Salvador, Italy. Spain's Encarnacion Granados captured the bronze in 32:21. Teresa Vaill was 22nd in 46:58, Debbi Lawrence 37th in 48:53, and Sara Standley 43rd in 51:01. . . Gary Morgan won the National 25 Km in 2:02:51, 5

minutes ahead of Philip Dunn. . . Winners at the U.S. Olympic Festival were Deb Van Orden (47:20), Jonathan Matthews (1:32:52), and Andrzej Chylinski (\$19:58).

10 Years Ago (From the July 2003 ORW)—At the World Championships in Paris, Ecuador's Jefferson Perez buried Spain's Francisco Fernandez over the final 3 Km to win the 20 in 1:17:21, With Fernandez finishing in 1:18:00, seven seconds ahead of Russia's Roman Rassakazov. Mexico's Noe Hernandez was another seven seconds back, with seven walkers under 1:20. Kevin Eastler walked a 1:22:5 in 19th place, a time bettered only by Tim Lewis among Americans. In the women's 20, 37-year-old Yelena Nikolayeva took command of the race early, leading by 20 seconds at 10 Km and went on to win in 1:26:52, 42 seconds ahead of Ireland's Gillian O'Sullivan. Valentina Tsyubulskaya, Belarus, was third in 1:28:10, with eight walkers under 1:30. . . In the 50, Poland's Robert Korzeniowski rallied in the final 5 Km to win in 3:36:03, with German Skurygin, Russia second in 3:36:42, and Germany's Andreas Erm third in 3:37:46. Korzeniowski covered the second half of the race in 1:45:49. But Skurygin had closed a 20 second lead to just six at the 45 Km mark. Korzeniowski simply went into another gear and sped away to victor. . . Curt Clausen and Michelle Rohl won U.S. 10 Km titles in Wilkes-Barre, Pa. Clausen finished 50 seconds ahead of Al Heppner in 43:57 and Rohl beat Teresa Vaill by 49 seconds in 48:01. . . Perez also won the Pan-American Games 20 Km in 1:23:06, 25 seconds ahead of Mexico's Bernardo Segura. Tim Seaman and John Nunn finished seventh and eighth in 1:33:24 and 1:35:34. The women's race went to Mexico's Victoria Palacios in 1:35:26. Joanne Dow was third in 1:35:48.

5 Years Ago (From the July 2008 ORW)—The Olympics were held in Beijing and in the Men's 20 Km, Russia's Valeriy Borchin pulled away from Perez in the final two km to win by 14 seconds in 1:19:01. Australia's Jared Tallent captured the bronze medal in 1:19:42. Kevin Eastler as 43rd in 1:28:44. The Women's 20 went to Russia's Olga Kaniskina in 1:26:31. Norway's Kjersti Platzer held on second in 1:27:07, five seconds ahead of Italy's Elisa Rigaud. Joanne Dow was 31st in 1:34:25. Italy's Alex Schwazer managed to get away from Jared Tallent over the final 5 Km to win the 50 in 3:37:09. Tallent finished 18 seconds back to capture his second medal, with Russia's Denis Nizhegorodov nearly a minute back in third. Philip Dun was 39th in 4:08:32, 1454 seconds behind Canada's Tim Berrett. . . National 15 Km titles went to Patrick Stroupe 1:10:26 and Stephanie Casey (1:17:52). . . Earlier, Fernandez had walked a world's beat for 10 Km in the Spanish Championships as he cruised to a 37:53.09. In a US-Canada junior match, Canada's Evan Dunfee won the 10 Km in 44:34.97, nearly 5 minutes ahead of Tyler Sorenson. The women's 5 Km went to Miranda Melville in 25:44.57, and the US team led Canada in both events.