

OHIO RACEWALKER



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Mannozi Triumphs Again

Ocean Township, N.J., Oct. 13—For the second month in a row, Ohio's own (although he competes for the Shore AC in Joisy) Michael Mannozi grabs the headline in the ORW. (I just received his renewal so I have to treat him right.) This time, he won the National 40 Km, as reported by Race Director and Shore AC impresario, Elliot Denman in the following tale of the race:

Shore Athletic Club teammates Michael Mannozi and Erin Taylor-Talcott added to their portfolios of USA T&F National Championship racewalking titles with decisive victories in the 75th edition of the U.S. National 40 Km event at Joe Palaia Park today.

Mannozi led the men's field over the 40 Km route with a clocking of 3:28:49. It was the fastest winning time in past six years and set Mannozi's total of national titles at three—he'd previously won crowns at 30 Km (a month ago in Valley Cottage, N.Y.) and one-mile (at New York's Armory in 2012.) Teammate Taylor-Talcott kept building her reputation as the nation's finest women's distance walker by taking the 40 Km crown in 3:39:20. It was her fifth 40 Km title, as well as her third straight and fastest of all.

Shore AC's Dave Talcott—Erin's husband—claimed second among the men in 3:35:00, while teammate Maria Paul was second over the line in 5:24:39.

International guests—although not eligible for U.S. national honors—played key roles in the event, too. After Bruno Carriere of Canada led the entire field through 20 Km in 1:33:34, Colombia's Jorge Armando Ruiz and Rodrigo Moreno took over the pace-making roles. Ruiz went on to reach 40 Km in 3:13:14, while Moreno, age 47, circled the 2 Km loop five more times to complete a 50 Km clocking of 4:06:22, one of the fastest times in Masters walk history..

Starring, too, was USA Olympic ace Maria Michta—the nation's top women's walk athlete at both the 2012 London Olympics and the 2013 Moscow World Championships. Michta cruised through 25 Km in 2:19:13 after helping sister Katie cover 15 Km in 1:24:53.

Results of the 40 and the other events of the day:

Men: 1. Michael Mannozi, Shore AC 3:28:49 2. Dave Talcott, Shore AC 3:35:00 (1st 50-54) 3. David Swarts, Pegasus AC 3:56:18 (1st 45-49) 4. Mark Green, Pegasus 4:13:55 (1st 55-59) 5. Leon Jasionowski, Pegasus 4:33:42 (1st 65-69) 6. Vlado Haluska, un New York City 4:38:37 (1st 60-64) 7. Bill Reed, Pegasus 4:42:41 (2nd 60-64) 8. Bill Vayo, Shore AC 4:46:39 (2nd 45-49) 9. Bruce Logan, Park RW 4:49:08 (3rd 45-49) 10. Tom Quattrocchi, Shore AC 5:12:32 (3rd 60-64) 11. Eliot Collins, Shore AC 5:43:45 (4th 55-59) 12. Robert Newhouser, NY WC 6:19:13 (2nd 55-59) Team: 1. Shore AC 11:30:28 2. Pegasus AC 12:43:55

Women—1. Erin Taylor-Talcott, Shore AC 3:39:20

Guests—Jorge Aramndo Ruiz, Colombia 3:13:14 and Rodrigo Moreno, Colombia 3:14:40 and 4:06:22 for 50

Other distances:

25 Km, Maria Michta, Walk USA 2:19:13



Dave Talcott
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20 Km—1. Bruno Carriere, Canada 1:33:34, James Carmines, Potomac Valley 2:24:42 Diner Nydia Moreno, Colombia 1:45:53, Panse Geer, Shore AC 2:22:43
15 Km—Katie Michta, Walk USA 1:24:53
10 Km—Irene Fletemeyer, RW Maryland 1:10:55
5 Km—Ra Robertson, Freehold Area AC 33:38 and Nicholas Toocheck, Mid Atlantic 38:46

Further notes: Mike had the fastest time in the past six years, but was well off the record for the event of 3:06:17, set by Tim Seaman in 2002. In the middle 1980s, Carl Schueler won the event three years in a row with times of 3:14:03, 3:13:57, and 3:15:04. The only other with a winning time under 3:20 was Curt Clausen with 3:15:42 in 1997. Regarding Moreno's performance, the World Record for the 45-49 age group is 3:57:44 by Jorge Costa of Portugal. Moreno is now eighth on the all-time list.

Race splits provided by Ray Somers are interesting. Mannozi started out with a 53:07 on the first 10, accelerated to 52:10 (1:45:17) on his second 10, slowed slightly to 52:38 (2:37:55) on his third, and then accelerated sharply on the final 10 with a 50:54 for his final time of 3:28:49. Erin Taylor-Talcott accelerated through the first 30 Km (55:18, 54:58, and 53:51, but then slowed at the end with a 55:03 for her final 10.. Ruiz and Moreno were together through 20 Km with 49:04 and 1:37:25. At 30, Ruiz was four seconds ahead in 2:25:42 stretching that lead to 1:26 at the end, as Moreno saved something for another 10 Km.

In a pre-race release, Elliott Denman provide a little history on the event: The National 40 Km-then under AAU auspices was first held in 1939 and saw John Rahkonen of New York's Finnish-American AC win it in 3:55:57. Virtually every USA Olympic racewalker, including Larry Young (Olympic 50 Km bronze medalist in 1968 and 1972) and Rudy Haluza (fourth -placer in the 1968 20) has competed in the 40 over the years (*I can name one who hasn't - me.*) Visiting walkers from Canada, Mexico, England, Ireland, Israel, Argentina, Ecuador, Colombia, Venezuela, Puerto Rico, Dominican Republic and other nations have competed in the event, as well. (*Ed. The only unfortunate thing is that a few of our current top walkers, other than Mannozi, didn't see fit to compete in this 75th Anniversary walk.*)

National Masters 5 Km, Kingsport, Tenn., Oct. 6

No details, but here are the results

Women—1. Joan Terry (45), Fla. 26:24 2. Tammy Stevenson (42), Utah 29:54 3. Marianne Martino (63), Colo. 30:11 4. Michelle Heisler (47), Fla. 30:59 5. Ann Harsh (63), Fla. 31:16 6. Sandra DeNoon (58), Fla. 31:20 7. Donna Greer (61), Ill. 31:44 8. Joyce Prohaska (63), Ohio 32:20 9. Debbie Topham (60), Mich. 32:20 10. Cathy Mayfield (62), Ind. 32:24 11. Rebecca Garson (49) Vir. 32:53 12. Leslie Latterman (55), Tenn. 32:56 13. Susan Heiser (54), S. Car. 35:06 14. Jesi Heiser-Whatley (14), S. Car. 35:06 16. Elizabeth Main (62), Ken. 35:13 17. Tori Heiser-Whatley (14), S. Car. 35:32 18. Doris McGuire (64), Ill. 35:38 19. Kaqthrine Fletcher (55).N. Car. 35:39 20. Ray Carmines (67), Penn. 35:59 21. Lou Kaelin, (52), Tenn. 37:54 22. Elizabeth Shepard (54), Col. 37:55 23. Kathy Nash (59), Tenn. 38:30 24. Joyce Curtis (75), Tenn. 38:53 25. Barbara Hensley (69), Ohio 38:55 26. Ruth Ketron (83), Tenn. 39:49 27. Barbara Taylor (66), Tenn. 41:57

Men: 1. David Swarts (43), Mich. 23:12 2. Ian Whatley (50) S. Car. 23:55 3. Steven Berry (14), Utah 27:17 4. Andrew Smith (64), N.Car. 28:00 5. Davis Heisler (17), Fla. 9:20 6. Leon Jasionowski (68), Mich. 29:06 7. Richard McGuire (67), Ill. 29:38 8. Max Walker (58), Ind. 30:15 9. John Fredericks (65), N. Jer. 30:46 10. David Torbett (47), Ohio 31:37 11. Joel Dubow (70), Georgia 33:18 12. Brian Kaelin (53), Tenn. 33:18 13. Jim Wass (49), Md. 33:30 14. Timothy Chelius (57), N. Jer. 33:37 15. Keith Pryor (37), Ohio 33:46 16. Robert Nichols (74), Missouri 33:59 17. James Carmines (70) Penn. 34:39 18. Bernie Finch (73), Wis. 40:47

Other Results

½ Marathon, New Albany, Ohio, Sept. 8—1. Mike Mannozi 1:47:07 2. Gus Ormrod 2:18:26 3. James McGruder 2:20:25 4. Tina Frazier 2:23:18 5. Kimberly Hartle 2:23:30 6. Katherine Ervin 2:23:46 7. Cindy Willdman 2:23:50 (468 finishers) **10 Km, same place**—1. Omar Nash 47:45 2. Jake Gunderkline 53:33 3. Susan Randall 53:37 4. Mitchell Brickson 54:18 5. Cameron Haught 55:14 6. Joel Pfahler 55:21 7. Russell McMahon 57:49 8. Charlotte Walkey 59:23 9. Emily Belovich 59:47 10. Michael Belovich 61:11 11. Taylor Ewert 63:04 12. Keith Pryor 63:17 13. Vince Peters 63:39 14. Holly Cush 64:31 (1865 finishers) **Michigan 1 Hour, Berkley, Sept. 22**—1. Zibby Sadlej (51) 12,557 meters (48:06 at 10 Km) 2. Jan Klos (53) 11,768 3. Leon Jasionowski (68) 10,086. . .6. Max Green (81) 8,288 **Women**—1. Debbie Topham (60) 9,130 2. Princetler Lewis (69) 8199 3. Vilma Dennis (45) 7772 (15 finishers overall) **Wisconsin 1 Hour and 10,000 meters, Milwaukee, Sept. 29**: 1. Rich McGuire 9476 meters 2. Klaus Theideman 9475 3. Al Dubois 8340 4. Doris McGuire 8177 5. Mary DeGroot 8079 6. Ron Winkler 8,050 (9 finishers) **10,000**—1. Theideman 63:07 2. McGuire 63:22 3. Dubois 72:25 4. Winkler 74:13 5. DeGroot 74:34 **5 Km, Rockdale, Texas, Oct. 16**—1. Lojza Vosta 32:42 2. Dave Gwyn 37:11 **3000 meters, San Marcos, Oct. (15**—1. Denisse Aguilar (15) 18:48.63 **Men**—1. William Kilgore (61) 19:53.61 2. Dave Gwyn (61) 22:07.04 **10Km, Albuquerque, N.M., Sept. 28**—1. Mandy Owens (45) 60:50 2. Laura Draelos (5) 60:13

World Masters, Port Alegre, Brazil: 5000 meters, Oct. 18: Women 35—1. Erin Taylor-Talcott, USA 26:05.76 2. Carolina Flores, Venezuela 27:52.42 3. Edil Vidotto Rech, Brazil 30:0.61 4. Sarah Raetsen, Canada 30:23.91 (5 finishers, 1 DQ) **W40**—1. Lenka Virovickva, Czech Rep. 28:01.00 2. Lorena Sierra, Venezuela 28:11.20 3. Andrea Dell'isola, Argentina 28:18.29 (5 finishers) **W45**—1. Susan Brooke, Canada 27:39.37 2. Esmeralda Triay, Brazil 29:41.87 3. Nora Alej Battaia, Argentina 31:00.01 (7 finishers) **W50**—1. Lesley Van Vuuren, South Africa 26:15.42 2. Pamela Tindal, Australia 27:26.54 3. Veroniq Cochdrea, France 28:24.39 4. Franc Kichenbrand, South Africa 28:57.95 (15 finishers, 2 DQ) **W55**—1. Tetia Kryvokhyzha, Ukraine 27:58.49 2. Barbara Nell, South Africa 29:30.86 3. Monica Risk, South Africa 30:15.13 4. Garcia Vasquez, Mexico 30:18.44 (17 finishers, 1 DQ) **W60**—1. Heather Carr, Australia 28:26.97 2. Ma Orlete Mendes, Portugal 30:40.28 3. Anne de Thy, Canada 30:56.87 4. Maria Jose Briz, Spain 31:05.50 5. Donna Graham, U:SA 32:52.65. . .7. Donna Green, USA 33:10.97 (14 finishers, 3 DQ) **W65**—1. Elsa Meyer, South Africa 29:45.48 2. Noel Blatchford, Great Britain 30:56.17 3. Jaqueline Wilson, New Zealand 32:44.97. . .8. Darlene Backlund, US 35:33.44. . .10. Kathleen Frable, US 35:54.59 (17 finishers, 3 DQ) **W70**—1. Gwen Steed, Australia 32:38.05 2. Pirjo Karetie, Finland 32:49.02 3. Hildegard Vey, South Africa 33:35.54 4. Janet Higbie, US 35:27.08. . .6. Rita Sinkovec, US 36:34.87 7. Sandra Hults, US 37:49.98. . .16. Vangie Campos, US 46:00.03 (18 finishers, 1 DNF, 2 DQ) **W75**—1. Lidya Sukochova, Ukraine 39:52.88 2. Ana Maria Ortiz, Mexico 39:53. (Shirley Capps, US, DNF, 5 finisehrs, 2 DQ) **W80**—1. Jean Horne, Canada 39:54.23 2. Grace Moremen, US 44:17.99 (1 DNF) **Men 35**—1. Alvarez Pinera, Spain 23:42.89 **M40**—1. Normunds Ivzans, Latvia 21:55.65 2. Benjamin Loreface, Argentina 21:57.87 3. Et Soto Maldonado, Mexico

22:07.49 M45-1. Walter Arena, Italy 22:28.69 2. Salvatore Cacia, Italy 22:36.11 3. Royce Banda, Mexico 23:36.06 3. James Christopher, Australia 23:44.65 (6 finishers) M50-1. M. Perianez Garcia, Spain 22:20.63 2. Gu. De los Angeles, Mexico 22:38.07 3. Zbigniew Sadlej, US 23:34.55 4. Brenes Gutierrez, Costa Rica 23:50.12 . . 5. Dave Talcott, US 24:10.92 M55-1. Helmut Prieler, Germany 26:01.55 2. Sergey Lyzhin, Russia 26:37.08 3. Juan Corona, Mexico 28:29.17 (6 finishers) M60-1. Jose Lopez Camarena, Mexico 25:04.99 2. Mike Parker, New Zealand 25:16.38 3. Petr Adam, Czech Rep. 27:48.51 4. Lu. Diaz Berkowitz, Colombia 27:54.77 5. Andrew Smith, US 28:06.27 (9 finishers) M65-1. Ian Richards, Great Britain 24:13.10 2. Andrew Jamieson, Australia 24:45.40 3. Ludwig Nielstberger, Austria 26:57.07. . . 6. Norm Frable, USA 29:32.70 (6 finishers) M70-1. Ralph Bennett, Australia 28:27.70 . . 4. John Backlund, US 35:20.60 M75-1. Aglia Kuchumov, Russia 31:22.97 2. Mykola Panaseiko, Ukraine 31:29.80 (8 finishers) M80-1. Ivan Pushkin, Ukraine 36:51.04 2. C. Silcock-Delaey, Australia 37:04.15 (6 finishers) M85-1. William Moremen, US 37:13.78 2. Kohsoh Amano, Japan 40:07.77 (4 finishers) M90-1. Armando Estanol, Mexico 46:59.72 **10 Km, Oct. 22: Women 35-1. Erin Taylor-Talcott, US 54:06 (6 finishers) W40-1. Lenka Borovickova, Czech Rep. 59:34 (5 finishers) W45-1. Susan Brooke, Canada 58:39 (5 finishers) W50-1. Lesley Van Burne, South Africa 57:22 2. Pamela Tindal, Australia 59:39 (15 finishers) W55-1. Tetiana Kryvokhyzha, Ukraine 59:01 2. Rosmary Pelaez Cardona, Colombia 1:02:56 (19 finishers) W64-1. Heather Carr, Australia 1:00:19 2. Maorlete Mendes, Portugal 1:04:28 3. Anne De Thy, Canada 1:07:34 (18 finishers) W65-1. Elsa Meyer, South Africa 1:03:24 2. Elizabeth Feldman, Australia 1:06:06 3. Noel Blarchford, Germany 1:06:11 (15 finishers) W70-1. Gwen Steed, Australia 1:08:59 2. Pirjo Karetie, Finland 1:09:24. . . 5. Janet Higbie, US 1:17:48 (15 finishers) W75-1. Paulina Lejandro, Bolivia 1:23:03. . . 5. Shirley Capps, US 1:33:01 (15 finishers) W80-1. Jean Horne, Canada 1:20:44 2. Grace Moremen, US 1:34:45 3. Jean Marie Provost, Canada 1:36:57 (3 finishers) **Men 35-1. Alonso Sanchez, Carmona, Mexico 54:09.09 2. Jose Manuel Rodriguez, Spain 54:43 M40-1. Benjamin Lorefice, Argentina 47:46 2. Normunds Ivzans, Latvia 48:23 3. Christer Svensson, Sweden 51:55 M45-1. Walter Arena, Italy 48:36 2. Salvatore Cacia, Italy 49:27 3. Royce Banda, Mexico 49:44 4. James Christmass, Australia 51:47 (18 finishers, 1 DQ) M50-1. Miguel Perinez Garcia, Spain 48:26 2. Guadalupe De Los Angeles, Mexico 49:55 3. Zbigniew Sadlej, US 50:53 4. Sergio Guitiez Benes, Costa Rica 51:27. . . 6. Dave Talcott, US 52:02 (14 finishers) M55-1. Vladimir Barabash, Russia 55:02 2. Helmut Prieler, Germany 56:05 3. Sergey Lyzhin, Russia 56:36 (16 finishers) M60-1. Jose Lopez Camarena, Mexico 52:50 2. Mike Parker, New Zealand 53:59 3. Jose Lopez Garibaldi, Mexico 59:28 4. Andrew Smith, US 59:37 (22 finishers) M65-1. Andrew Jamieson, Australia 52:28 2. Ian Richards, Great Britain 53:19 3. Gildardo Pineda, Mexico 59:27 4. Roby Ponzio, Switzerland 60:20 5. Bernard Delayre, France 60:51 6. Ludwig Nielstberger, Austria 61:27. . . 8. Norman Frable, US 63:29 (25 finishers) M70-1. Ralph Bennett, Australia 61:09 2. Edward Shillabeer, Great Britain 66:41. . . 8. John Backlund, USA 1:18:39 (9 finishers) M75-1. Aglia Kuchimov, Russia 1:06:58 2. Mykola Panaskinko, Ukraine 1:08:50. . . 5. Carlos Acosta, US 1:15:28 (14 finishers) M80-1. Ivan Bushkin, Ukraine 1:16:08 (3 finishers) M85-1. William Moremen, US 1:18:56 (3 finishers) **South American Juniors 10 Km, Chaco Argentina, Oct. 19-1. Estaban Soto Ruiz, Colombia 41:55.95 2. Daniel Pinedo, Ecuador 42:02.20 3. Paolo Calderon, Peru 42:25.48 4. Kenny Martin Perez, Colombia 42:54.06 Women-1. Karla Jaramillo, Ecuador 49:05.84 2. Stefany Coronado, Bolivia 49:09.92 3. Sara Pulido, Colombia 49:33.35 4. Jessica Nanco Merma, Per 49:56.91******

South African Championships, Oct. 18: 50 Km-1. Mojalafa Molise 4:23.39 2. Siph Mahlanjo 4:31:01 (6 finishers, 2 DNF, 2 DQ) Women-1. Sandra Steenkamp 5:19:03 (3 finishers, 1 DNF) 20 Km-1. labogang Shanje 1:27:24 2. Wayne Snyman 1:27:36 (11 finishers) Women-1. Corlin Swart 1:48:23 (3 finishers, 1 DNF) **Women's 5000 meters, Geelong,**

Australia, Oct. 7-1. Kelly Ruddick 21:57:40 (World Record for Momen 40) Women's 10 Km, Geelong, Oct. 10-1. Ruddick 45:36
100 km, , France, Oct. 5-1. Bertrand Moulinet 8:50:21 (22 finishers) 20 Km, Chicasso, Switzerland, Oct. 13-1. Yohan Diniz, France 1:20:13 2. Nazar Kovelenco, Ukraine 1:24:55 3. Sandor Rocz, Hungary 1:29:08 4. Rugferio D'Asconio, Italy 1:30:22 Women-1. Federica Ferraro, Italy 1:31:20 2. Victoria Madarasz, Hungary 1:33:21 **24 Hours, France, Oct. 5-1. Dominique Bnel 200,317 Km 2. Gilles Letessier 191, 499 3. Pascal Bunel 184,433 5 Km, Eskitna, Sweden, Oct. 5-1. Perseun Karlstrom 3:52:43 Islamic Solidarity Games, Palembang, Indonesia, Sept. 29: 20 Km-1. Mohamed Mabrook Saleh, Qatar 1:31:24 2. Lisauda Hakmal 1:34:23
10,000 meters, Japan, Sept.-1. Hirooki Arai 40:27.89 2. Isami Fujinawa 40:38.44 3. Takuya Yoshida 40:44.34 4. Taksyuki Tani 40:53.48 Women-1. Kumi Ooshi 44:23.56 2. Ai Mushiguchi 45:21.92**

Some Places At Which You May Perambulate In A Competitive Fashion*

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)
Fri. Dec. 13	Indoor 1 Mile, Milwaukee, Wis. (I)
Sat. Dec. 21	5 Km, Hudson, N.Y. (S)
Sat. Dec. 28	USATF Open/Masters Indoor 5000 meter, Rochester, N.Y.(L)
Sun. Dec. 28	3 Km, Pharr, Texas (O)
Fri. Jan. 3	1 Mile, Pharr, Texas (O)
Sat. Jan. 4	5 and 10 Km, Pharr, Texas (O)

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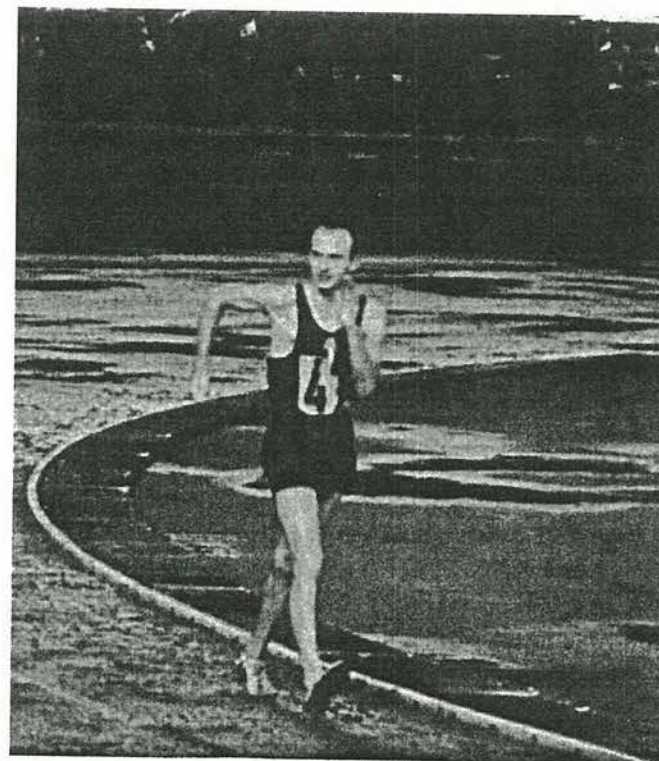
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**In November of 1980, I decided to label this item with something more imaginative than "Schedule of Events". Perhaps 10 years later, when I thought I had about exhausted my mind of clever headings, Ron Laird wrote me about how much he appreciated my attempts at originality. So that meant I had to continue. I can't guarantee it, but I don't think I have repeated a heading for this feature since I started being clever. Until now. I'm no longer clever. This is a heading repeated from an earlier issue that I came across while searching for the start of this nonsense. Sorry. You might get re-runs from here on.*

From Heel To Toe

Westerfield honored. The National USATF Officials Hall of Fame Class of 2013 was announced recently and it includes Gary Westerfield, long active in all aspects of racewalking. Gary will be inducted at the Officials Awards and Hall of Fame Banquet at the 2013 USATF Annual Meeting in Indianapolis in December. Gary has served as a past Chair of the Racewalking Committee, is current Treasurer and Officials Certification Chair, and is an Internationally certified Racewalking Judge. Gary was a National Class competitor in the late '60s and early '70s and has continued close contact with the sport through coaching, officiating, and administration. While he never won a National title, he had many top six finishes in his competitive days, topped by a third place finish in the National 50 Km in 1971 with a time of 4:21:05 and a second in the National 75 Km in 1974 with 7:47:53. He was sixth in the 1972 Olympic Trials at 50 Km. **More honors.** The Italian Athletics Federation celebrated the 80th birthday of Olympic gold medal winning walker **Abdon Pamich** at a special ceremony; in Rome. Pamich won the 1964 Olympic 50 Km in Tokyo and also won European titles at 50 Km in 1962 and 1966. He set a 50 Km world record of 4:03:02 in 1960. He was the Italian flag bearer at the 1972 Olympics in Munich. And, following his 40 Km win, **Michael Mannozi** was named the USATF Athlete of the Week. "I went into the race with a plan of negative splitting, as my coach Michael Rohl and I planned in the weeks prior when I prepared for the race," said Mannozi. (See lead article notes for evidence of his negative splits.) "I had executed a similar plan en route to winning the 30 Km title last month. Both races were used to help me develop and race effectively for an optimal performance for the upcoming USA 50 Km Nationals next month in Florida." Now in its twelfth year, USATF's Athlete of the Week is designed to recognize outstanding performers at all levels of the sport. Several other racewalkers have been named in the past, but Mike is the first in 2013. **Doping ban.** Russian junior racewalker Ekaterina Medvedeva has been banned for two years as announced by Russia's anti-doping agency RUSADA, effective from June 13 of this year. Medvedeva, who trains in Saransk, carries on what is becoming a tradition of doping bans of walkers from the Saransk training center (see article in the September 2013 ORW). Medvedeva won the 2012 Junior World Championship at 10,000 meters in 45:41.74 and was fourth in the World Cup at 10 Km in 2012. In May, she had won the European Cup Junior 10 Km in Dudince with 44:46. **World Cup Qualifying Standards.** The 2014 World Cup of Racewalking is scheduled for Taicang, China on May 3 and 4. U.S. Trials for the 50 Km are



Abdon Pamich (see p.6) on his way to Olympic gold in Tokyo. Pamich, here on his finishing lap on the track, prevailed in 4:11:12.4. Paul Nihill of Great Britain, who finished second just 19 seconds back, must be just out of the picture.

scheduled on Nov. 24, 2013 in Coconut Creek, Florida and for the men's and women's 20 Km and Junior men's and women's 10 Km in Whiting, N.J. on March 30, 2014. The teams will be selected based on finish places in these trials for athletes who meet the following qualifying standards: 50 Km-4:35:00, Men's 20 Km-1:32:00, Women's 20 Km-1:43:30; Jr. Men's 10 Km-47:45; and Jr. Women's 10 Km-53:15. **Drake presentation.** A feature of the Racewalk committee sessions at the Annual USATF meeting in Indianapolis in early December will be a presentation by Dr. Andi Drake. Dr. Drake will speak about "Racewalk Training for Distance Runners" on Dec. 4 and on "How To Create Olympic Podium Opportunities in the 20 Km and 50 Km Racewalk Event's" on the following day. He will also discuss other topics such as technical flaws that judges see. Andi Drake is the England Athletics Nation Coach Mentor for Endurance. He was a Great Britain and Northern Ireland athlete from 1984 to 2004 and has coached athletes from junior to senior level who have competed at 2008 and 2012 Olympic Games; 2007, 2009, 2011, and 2013 World Championships, as well as European and Commonwealth Championships. As an athlete, Andi had best times of 1:24:04 for 20 Km and 41:04 for 10 Km and ran a 30:25 10 Km and 2:23:42 marathon. He completed his PhD in exercise physiology at Coventry University in 2007. He was a Senior Lecturer in Coaching and Sports Science before taking on the role of Head Coach at the National Centre for Racewalking in 2009. In 2014, he will be the Endurance Coach for England's Commonwealth Games Team.

. **Canadian in the Netherlands.** A pleasant little anecdote sent to me by Roger Burroughs in Ottawa: "Our club's leading walker (Lauren Van Leeuwen) left in August for a one-year graduate degree program at the University of Amsterdam. I contacted the Dutch federation just to say that she was coming. A representative replied quickly with a warm welcome and an invitation for her to take part in a 3000 meter racewalk in the Amsterdam Open a few days after she arrived. The Amsterdam Open, apparently, was a first attempt at a "big meet". The racewalk was in the afternoon, with other local events, but the evening session was part invitational track meet and part concert, with fireworks to follow. Lauren had a great experience winning the women's race and getting a warm welcome again. A couple of days later, she sent a link to the Portuguese walking blog "O Marchador", with the full results and a mention of her in the report. (Ed. *O Marchador always appears on the Yahoo RW List, but this item didn't register with me at the time although Van Leeuwen has been a subscriber, thanks to Roger.*) For a Canadian female athlete, the 1928 Olympic Stadium, where the meet was held, is pretty significant. Of course, they were the first Olympics in which women were allowed in track and field. The six Canadian women, dubbed then and now the Matchless Six, are still per capita, the most successful Olympic team we have ever sent.!" In a P.S., Roger noted that you can check out the Matchless Six on Google. They got books written and documentaries made about them. . **Junior camp.** A reminder of the Elite Junior Racewalk Camp scheduled for Pharr, Texas from Dec. 28 to Jan. 4. The annual camp is presented by the North America Racewalking Institute and the South Texas Walking Club. It is open to junior walkers 14 ears old and up. Head Coaches are Olympians Tim and Rachel Seaman, assisted by Dave Gwyn, AC Jaime, Tish Hanna, Diane Graham-Henry, and other guests. The camp offers daily training and discussions that may include training philosophy, sport psychology, and nutrition, plus racing opportunities (see schedule of events). For more information contact the South Texas Walking Club, 621 N. 10th Street, Suite C, McAllen, TX 78501, 956-686-2337, acjaime@sbcglobal.net.

Chinese Racewalker Chen Is One In A Billion

by Paul Warburton for the IAAF

Clearly what China Needs for continued success at racewalking is 100 words of Mandarin and a guitar-toting talent. The strummer playing a happy tune is Olympic champion Chen Ding who followed up his gold medal along the Mall with a fine silver at the IAAF World Championships at Moscow in August.

If anything, his second-place finish in Russia behind hometown favorite Aleksandr Ivanov was more laudable than his London triumph when he became the youngest ever gold medalist in a racewalking event at the Olympics. Plagued by nagging injuries throughout 2013, the native from Hunan province on the old Silk Road overcame them all to land a second major medal—and he is barely 21. Overseeing stage one that took him to of the podium in sight of Buckingham Palace was famed Italian coach Sandro Damilano.

The Italian is now ready to launch an assault on the IAAF World Race Walking Cup that takes place in Taicang next May. In fact, the unlikely pairing of Italy and China has been achieved on 100 "technical" words over the last four years since Damilano was charged with looking after the country's finest. The coach's grasp of Mandarin amounts to a mere ton of words—which is 100 more than every Chinese walker knows of Italian, he reckons, despite spending most winters at Damilano's Italian base of Saluzzo, south of Turin."The Chinese don't speak a word of Italian, even after all these years of training in Italy, Said Damilano. "Fortunately, they have a very nice manager who brings them over to Italy and he speaks very good English and we manage to communicate in a third language."

Chen, it appears, is the most westernized of the group. Not only does he give his guitar a thrum as he whiles away Italian evenings, he even takes a day off training when the mood catches him. The racewalker often bucks the regimentation put in front of him, and ventures forth for a night out in both Italy and China.

Exactly how he does this when in Damilano's homeland, the coach is far from sure given the language difficulties. But, nonetheless, he stands out from a talented throng, and not just because he wins medals.

Chen is one of those rare breeds of athlete than Christine Ohnuogu understands only too well. Only at her best when it matters, the World champion and 2008 Olympic gold medalist would find a kindred spirit in Chen, according to Damilano. "Before big races, he concentrates really hard," explained the coach. "If the objective is big like the Olympics or the World Championships, Chen is able to concentrate and give his best and becomes, for want of a better word, very grounded. He overcame a sciatic nerve problem to compete in Moscow that followed a very indifferent season until the race. He had barely beaten Wang Zhen, another of the walkers I coach, before London. But even though he was still a teenager before the race, Chen's focus was very mature. When he competes in minor races his training is not so intense, and it doesn't matter what you say."

Not that it appears the coach could make himself understood during the World Championships 20 Km in Moscow—even if he was shouting for all he is worth. That language barrier was the possible downfall of Wang, his other protege. With Wang unaware he was incurring the judges' displeasure, Damilano attempted more hand gestures than a traffic cop to stop the impending crash without success. The coach shook his head sorrowfully. "It isn't easy communicating, but it becomes more serious when you want to say something instantly," said Damilano. It's happened more than once and we've lost maybe two medals in the past for much the same thing."

But even though communication on a personal level is a bit of a struggle, Damilano has got things nailed down when it comes to organization. Looking towards Rio and the 2016 Olympics, there will be three groups of top walkers from China. The Italian will look after one group of five, and two Chinese coaches will tend to the progress of another six split between them, with lesser groups hoping to break into the elite.

The vast distances and tough logistics of travel have resulted in two main training camps on home soil. The first, Lijang, is at 2400 meters altitude and is in Chen's Yunnan province, about 200 Km east of the border with Myanmar. The altitude training is a fundamental part of the Damilano program.

The second camp at Qingdao is at sea level and on the opposite eastern side of the massively huge country. But the state-of-the-art facility also houses the Chinese national football team from time to time and has every facility money can buy. Chen has been passed to one of the other coaches, but all groups arrive in Saluzzo sometime in January and may stay until April. The sight of the Chinese racewalkers knocking out six-minute miles is a common sight to locals; although Damilano reckons the elite groups should be even bigger.

"When you consider this is a country of a billion people, it's a surprise there are relatively few who have made it to the very top. However, I have discussed this with the Chinese federation and put suggestions in place. Maybe in the future we'll see a lot more and a big domination by China in racewalking."

Will we see Chen tackle the 50 Km next year at the IAAF World Race Walking Cup or at the 2016 Olympics in Rio, perhaps? "That would be up to his new coach, but I don't think so," explained Damilano. "This talented athlete is all about quality—not quantity."

Final 2013 U.S. Grand Prix Standings

Women

Maria Michta, Walk USA	70	Brittany Collins, Walk USA	10
Katie Burnett, un.	55	Maria Paul, Shore AC	9
Miranda Melville, NYAC	53	Erika Shaver, Un.	8
Susan Randall, Miami Valley TC	28	Tammy Stevenson, Wassatch Walkers	8
Erin Gray, Bowerman AC	27	Janelle Brown, Pegasus, AC	8
Teresa Vaill, Pegasus AC	21	Marianne Martino, High Altitude RW	7
Erin Taylor-Talcott, Shore AC	20	Cheryl Armstrong, Raleigh Walkers	7
Katie Michta, Walk USA	14	Rebecca Garson, World Class RW	6
Maryanne Daniel, Conn. RW	13	Melissa Endy, Shore AC	5
Rachel Tylock, Mansfield U.	13	Vicky Pritchard, World Class RW	5
Lauren Forgues, NYAC	13		
Darlene Backlund, So. Cal. TC	11		
(17 others with 4 points or less)			

Men

Dave Swarts, Pegasus AC	46	Leon Jasionowski, Pegasus AC	13
Mike Mannozi, Shore AC	45	Pablo Gomez, Chicago Walkers	10
Dave Talcott, Shore AC	39	Spencer Dunn, Maine RW	8
Dan Serianni, World Class RW	31	John Soucheck, Shore AC	8
Tim Seaman, NYAC	29	John Cody Risch, Cornerstone U.	7
Patrick Stroupe, un.	27	Alexander Price, Pacific RW	6
Richard Luettchau, Shore AC	27	Curt Clausen, NYAC	6
Bill Vayo, Shore AC	25	Joel Pfahler, Miami Valley TC	6
Jonathan Hallman, Shore AC "	20	Nick Christie, Missouri Baptist	6
Mark Green, Pegasus AC	20	Dave McGovern, World Class RW	5
John Nunn, USA Army	16	Vlado Haluska, un.	5
Edward O'Rourke, New England Walk.	15	Robert Keating, New England RW	5
Dan O'Brien, Pegasus AC	15	Tommy Aunan, High Altitude RW Team	5
Alejandro Chaves, Missouri Baptist	13	Michael Korol, Park RW	5
Bruce Logan, Park Walkers	14		
(16 others with 4 points or less.)			

Men's Team Standings:

Shore AC	50
Pegasus	24
So. Cal. TC	10

Women's Team Standings:

Walk USA	20
World Class RW	10
Wassatch Walkers	8

Junior Women

Brittany Collins, Walk USA	39	Nicole-Sourt Menendez, Dak. Wesleyan	10
Abby Dunn, Goshen College	32	Jesi Heiser-Watley, World Class RW	10
Katie Michta, Walk USA	30	Tori Heiser-Whately, World Class RW	9
Molly Josephs, Missouri Baptist U.	28	Irene Fletemeyer, RW Maryland	8

Brenda McCollum, SE Kansas Walkers	25	Holly Lindoe, Walk USA	7
Monika Farmer, Walk USA	24	Sara Sauber, Walk USA	6
Katnerine Newhoff, Walk USA	12	Amberley Melendez, South Texas WC	5
		Steffanie Saccente, Walk USA	5

((7 others with 4 points or less.))

Junior Men

Spencer Dnnn, Maine RW	39
Alexander Peters, Elgin Sharks	28
Anthony Peters, Elgin Sharks	25
Geraldo Flores, South Texas, WC	21
Nathaniel Roberts, Bowerman AC	20
Steven Berry, un.	10
Davis Heisler, un.	9
Jack Lazor, Conn. RW	9
And Vaswuez, Cornhusker Flyers	6

Rob Heffernan: "I don't like walking anywhere."

(The following quick quiz with Olympic 50 Km gold medalist Robert Heffernan was sent to me by Elliott Denman: Apparently it was conducted by a web site *Spikes.*)

If you could star in another athletics event, what would it be?

"It would have to be the 100 m. Just to be 6ft. 3in. and 100 kg. Living the life, living the dream. It beats the misery of walking the 50 Km."

What did you have for breakfast today?

"A bowl of porridge with seeds and a coffee."

What are your plans for today?

"After this interview, the next thing I'm going to do is go for a massage."

If anyone could play you in a film who would it be and why?

"It would have to be Brad Pitt, because he is a man with a ripped body."

What is the one thing you have to take around the athletics circuit with you?

"My wife, when I can." (Irish 400 m international Marian Heffernan.)

If you were not an athlete what would you be doing?

"I have a secret fetish for boxing. I'd like to have been a boxer. I always really liked Barry McGuigan."

What is the worst thing you've ever worn??

When I was a junior athlete, I wore an orange shirt for a second night out in a row. I got spotted instantly by a fellow who said 'will you ever iron that shirt?' All the boys who were with me as part of the cross country team got a great kick out of it.

How much money is in your pocket at the moment?

"None."

What is your favorite holiday destination?

"I went to Miami on my honeymoon and it was great."

Are you fast when walking around the shops?

"No, I don't like walking anywhere when I'm not training. I'm lazy."

Who would be your three celebrity dinner party guests?

"Mike Tyson, a boxing legend and diverse character. Luke Kelly, an Irish singer and a great man. And Roy Keane, the ex-footballer. He, like me, is from Cork, so it would be great to catch up with him." (Ed. The LA Galaxy will be surprised to learn that Keane is an ex-footballer.)

My Claim To Fame

At the risk of being accused of immodesty, but with the purpose of acquainting some readers with just who this editor might be, I offer the following.

I had a high school and college career as a runner and jumper before moving into racewalking and surprisingly, international competition, including the 1964 Olympics. While any thought of the Olympics was no more than a day dream in those early years, I did compile a list of Olympians I had "competed" against, in quotes because participating in the same event doesn't always mean one was in any way competitive with the leaders. Anyway, let me review that rather impressive list.

First off, was at the 1954 Michigan AAU Indoor meet in Ann Arbor when I was a freshman at Bowling Green. Those were the days when freshmen were not eligible to compete in varsity sports, but could compete in open competitions. I was entered in the 600 yard run. On the starting line, I turned to the runner on my right, noting that he represented the U. Of Chicago Track Club, and wished him well in the race. He replied, "The Lord be with you," I had no idea who he was until after the race, which he won. It turned out to be John Barnes, who ran at Occidental and was an 800 meter runner in the 1952 Olympics, where he was eliminated in the semi-final. "Wow", I said to myself. "I have competed against an Olympian." I finished sixth in 1:18.2.

The following summer, I visited one of fellow cross country runners and roommate to be for the next three years, Larry Trask. Larry lived in Otego, New York. We had gotten wind of a National AAU 15 Km run in Binghamton, near Larry's home, so we entered. Also in the field were young John Kelly, 1951 Olympic marathoner, and Browning Ross, Olympic steeplechaser. I finished well behind them in 39th place with a 64:40. Not too bad for my first time going over 4 miles. Anyway, two more Olympians.

In the spring of 1955, we ran the sprint medley relay at the Ohio Relays, and who should run the anchor leg with me but Arnie Sowell of Pittsburgh, who was soon to run in the 1956 Olympics in Melbourne, finishing fourth. Fortunately he was well ahead of me when we started our leg, so it wasn't quite as evident that he ran 1:49.2 to my 1:58.2. Olympian No. 4.

That summer, I journeyed to College Park, Maryland for the National AAU All-Around Championship, ten events in one day. Also in the event was George Shaw, 1952 Olympic triple jumper. The best part of my day was winning the 880 walk in 3:48.8, my first ever walk. And despite not pole vaulting, throwing the hammer, or the 56-lb weigh (I weighed about 130 at the time), I finished ahead of three or four others. And I chalked up my fifth Olympian.

The following summer, I traveled to California for the National AAU meet, where I entered the 400 meter hurdles, an event I had never run, since it wasn't on the regular program then. (No qualification for national meets in those days. You just had to enter.) Except in Olympic years, both the NCAA and AAU Championships offered only 220-yard low hurdles. In my few practices, I had gone as far as seven hurdles twice. I ran something over 56 seconds, well behind Glenn Davis, who a week later broke the world record at the Olympic Trials and went on to Olympic gold in both Melbourne and Rome. Third in that heat was Lee Yoder, who ran the event in the 1952 Olympics. Olympians numbers six and seven. *(I competed against Glenn Davis three other times—over 440 yards at the 1957 Ohio AAU meet, see picture on page 13, and over the 440 yd. hurdles at the 1957 National AAU meet in Dayton, and in a workout at Ohio State in 1958. I was in grad school then and worked out regularly with the OSU team indoors, even being placed on a team for the annual Scarlet and Gray intra-squad meet, where I finished second to soon-to-be racewalk teammate Jack Blackburn in a 3/4 mile run and also second in a 660. In a practice we ran an 880 time trial and Glenn made his first and only attempt at the distance. I didn't win the race, but I beat him. I think he ran about 2:03 or 2:04 and complained that he couldn't run that slow. He didn't say anything about fitness for the*

distance. That summer he set world records at both 400 meters flat and 400 meter hurdles.)

Two weeks later, I was in Pasadena for the National Pentathlon Championships. And who should be in the field but Bob Richards, Olympic pole vault gold medalist in 1952 and 1956. Olympian number 8. With very puny efforts in the discus and javelin, I finished third from last, as I recall.

So, in my travels to many differing events, I managed to compete against eight Olympians from eight different Olympic event. Then I got into racewalking and was able to compete against many Olympians and in the Olympics themselves. Actually, there may have been more. In 1965, my wife, mother, and sister went to New York for the Thanksgiving Day weekend and I entered the National cross country meet at Van Cortlandt Park. But, I don't recall who was competing and seem to have lost the issue of T&F News (I thought I had a complete file back to Nov. 1953) that would have carried it. So, there may have been a teammate or two from the '64 team in that race, but I don't think so.

In the course of all this, I managed to compete in National Championships at 400 meter hurdles, 440 yard hurdles (1957 in Dayton), 15 Km run, Cross Country, Pentathlon, and All-Around, not to mention 10 different racewalking distances. Is this any kind of record



Mortland leading world record holder Glenn Davis at 440 yards. But of course we are only two or three steps out of the blocks on a staggered start.. Davis won, I was fourth.

LOOKING BACK

45 Years Ago (From the September 1968 ORW)—The Mexico Olympics saw an excellent performance by the U.S. racewalking contingent—actually the best set of placings ever. In the 20-Km Soviet ace Vladimir Goubnichiy won his second Olympic gold medal in 1:33:59 (remember it was at 7000 feet altitude in a very smoggy city), holding off local favorite Jose Pedraza, who finished in a near flat-out run in 1:34:00 to the cheers of his countrymen and

consternation of the judges, who apparently feared for their heads or just couldn't locate those red cards. Nikola Smaga, USSR, was third in 1:34:03 and Rudy Haluza a brilliant fourth for the U.S. in 1:35:01. Tom Dooley was 17th in 1:40:08 and a sick Ron Laird 25th. At 50, East Germany's Christoph Hohne was unchallenged as he overcame altitude and extreme heat to win by 10 minutes in 4:20:14. Antal Kiss of Hungary was second and Larry Young third in a gutsy 4:31:56 for the U.S. Eighth at the mid-point, Larry was able to hold his pace and move through the field over the second half. Goetz Klopfer passed three men in the final 5 Km to take 10th in 4:39:14. Dave Romansky, also sick, was a distant 26th, but refused to stop with every excuse to do so.

40 Years Ago (From the September 1973 ORW)—With Hans-Georg Reiman and Karl-Heinz Stadtmueller taking one-two at 20 Km, East Germany swept to victory in the Lugano (World) Cup. That performance gave them a nine-point edge on the USSR, which held up through a strong Soviet performance in the 50 for a final four-point margin. Italy was third, West Germany fourth, and the U.S. fifth in a best-ever performance. Ron Laird outraced Nikolai Smaga to capture his second Lugano bronze in 1:20:45. With Todd Scully seventh in 1:32:23 and Jerry Brown 14th in 1:34:05, the U.S. was third after the 20. The 50 went to West Germany's Olympic champion, Bernd Kannenberg, in 3:56:51, with Otto Bartsch (USSR) and Christoph Hohne close behind. For the U.S. John Knifton had a 4:16:49 in 19th, Floyd Godwin 4:23:48 in 20th, and Bill Weigle 4:28:40 in 24th. . . East Germany also captured the Lugano-Chiasso-Relay, an annual affair in Switzerland. The U.S. was sixth in this one as Ron Laird ran into stomach problems on the first leg, and, after spending much time in the bushes struggled in 16 minutes behind the leaders. . . Shaul Ladany won the annual 100 miler in Colombia, Missouri in 19:38:26 with Chuck Hunter, John Markon, and John Argo also going all the way. . . Jerry Brown captured National 30 Km in Columbia, his third championship of the year, finishing in 2:28:12. Floyd Godwin was a minute and a half back and promising newcomer Dan O'Connor edged Augie Hirt for third, another 10 minutes back. Your aging, semi-retired editor was satisfied with an eight place finish in just over 3:45. . . The day before that race, Ellen Minkow won the women's National 10 Km title, also in Columbia, in 56:19

35 Years Ago (From the September 1978 ORW)—Alan Price won the National 100 miler in record time—18:57:01—with Paul Hendricks second in 19:10:37. The race saw a record 10 finishers, including the first woman Centurion in this country, Elsie McGarvey, who finished in 22:52:31. Leonard Busen and Bob Chapin joined the two leaders in finishing under 20 hours. . . The U.S. defeated Canada in a dual meet, which included races at 20 and 30 Km. Winners were Jim Heiring, U.S., in 44:44 and Marcel Jobin, Canada, in 2:19:33. . . Neal Pyke set an American 1 Hour record in San Francisco covering 8 miles 1081 yards, 335 yards further than Ron Laird's previous record.

30 Years Ago (From the September 1983 ORW)—In World Cup competition in Bergen, Norway, the USSR men and Chinese women prevailed. The Chinese women edge the Soviets by 2 points in the 10 Km race with Yuan Ju Xi taking individual honors in 45:14. Maryanne Torrellas led the U.S. with a 47:52 in 16th as the team finished eighth. Czech Josef Pribilinec beat Mexico's Ernest Canto by 11 seconds in 1:19:30 to win the 20. Jim Heiring had 1:24:51 in 16th. Mexico's Raul Gonzalez took command of the 50 early and drew steadily away to win in 3:45:37. Dan O'Connor was 19th in 4:09:50 as the U.S. team finished ninth. The Soviets had a third in the 20 and second in the 50 and finished well ahead of Mexico and Italy in the team race. . . Gonzalez also won the Alongi Memorial 20 Km in Dearborn, Michigan a week later in 1:27:55 with Carl Schueler second in 1:29:05.

25 Years Ago (From the September 1988 ORW)—Veteran walkers dominated the Seoul

Olympics. In the 10, Josef Pribilinec, 1983 World Champion, blistered the final 5 in 19:18 to edge East Germany's Ronald Weigel with a 1:19:57. Weigel was just 3 seconds back. 1980 Olympic gold medalist Maurizio Damilano was third in 1:20:14. Gary Morgan had a personal best of 1:27:26 in finishing 37th, just 4 seconds ahead of Jim Heiring. In the 50, Soviet Vyacheslav Ivanenko emerged from the shadow of East Germany's Hartwig Gauder and Weigel to take the gold in 3:38:29. He discouraged the veteran pair with a 20:39 split from 35 to 40 Km and then pulled away over the final 10. Weigel finished in 3:38:56 and Gauder in 3:39:45. Marco Evoniuk, only 40 seconds off the pace at 30 Km, hung on for 22nd in 3:56:55 with Carl Schueler 23rd in 3:57:44. . . Canada's Tim Berrett won the Alongi 20 Km in 1:25:09 with Giorgio Damilano (Maurizio's brother and now coach of the Chinese National team) second in 1:27:30.

20 Years Ago (From the September 1993 ORW)—Italy's Annarita Sidoti and Mexico's Bernardo Segura were winners of the Alongi Memorial races in Dearborn. Sidoti took the women's 10 Km in 46:06 ahead of Debora Van Orden (46:52) and Lynda Brubaker (47:46). Though unchallenged, Segura blasted the 10 in 1:21:55 with Italy's Giovanni Perricelli a distant second in 1:27:09. Gary Morgan was the first U.S. finisher with a 1:29:31 in sixth. . . Czech Ivo Majestic, a student at the U. Of Houston, won a 100 mile race in Xenia, Ohio in 18:26:24. Alan Price was second in 21:03:07 and Bob Keating third in 22:01:46. . . Herm Nelson won the National 2 Hour in Cambridge, Mass., covering 16 miles 182 yards to Gary Morgan's 15 miles 905 yards. In the women's 1 Hour, Gretchen Eastler won the title with 11,165 meters, but Canada's Pascale Grand won the race with 12,223 meters. (I'm not sure why one race was reported in English units and the other in metric, but I didn't bother to put them both in same units then, now will I now.)

15 Years ago—(From the September 1998)RW)—Joanne Dow won the Pan-Am Cup women's 20 Km in 1:38:57 ahead of Teresa Vaill (1:41:02) and Mexican Rosario Sanchez (1:42:22) and Aura Morales (1:43:33). Mexican men swept the medals in the men's 20, with Igancio Zamudio winning in 1:28:33. Canada's Arturo Huerta was fourth, with Curt Clausen the first American at 1:37:11 in tenth. Mexico also swept the 50—Carlos Mercenario winning in 4:06:38. Philip Dunn was fourth in 4:25:30. . . In the National 40, Gary Morgan (3:21:37) and Cheryl Rellinger (3:40:38) captured the titles. Philip Dunn followed Moran in 3:22:58. Rellinger was 32 minutes ahead of second-place Dorit Attias. . . Herm Nelson won the National 2 Hour going 23,694 meters and Gretchen Eastler-Fishman the women's 1 Hour with 11,656 meters

10 Years Ago (From the September 2003 ORW)—Curt Clausen won his sixth U.S. 50 Km title in Hauppauge, N.Y. as he eased to a 4:29:32. Gary Morgan was second in 4:36:31 and Ben Shorey third in 4:37:43. Cheryl Rellinger won an accompanying women's 50i n 5:38:09. . . 20Km races at the same site went to Dave McGovern in 1:31:51 and Teresa Vaill in 1:38:34.

5 Years Ago (From the September 2008 ORW)—Three National titles were decided during the month. In Kingsboro, Tenn., Teresa Vaill and Tim Seaman won at 5 Km in 23:45 and 21:38. Vaill also won the National 1 Hour in Waltham, Mass., going 12,162 meters, nearly 900 meters ahead of Solomiya Login. Theron Kissinger went 12,514 meters to take the men's title from junior Matt Forgues (11,180). Finally, Patrick Stroupe won the 30 Km title with a 2:35:53, though trailing Ecuador's Meias Zapata by nearly 17 minutes. Theron Kissinger was second. Debbie Topham won the women's title in 3:21:11, but was more than 5 minutes behind Colombia's Lina Curz. . . Chinese National titles went to Jianbo Li at 20 Km (1:20:47), Tianfeng Si at 50 (3:46:55), and Jin Jeng in the women's 20 (1:27:23). . . South Korea's Kim Hyun-Sub set a national record with a 1:19:41 at 20 Km as did his countrywoman Kim Mi Jung (1:29:38). . . David Rogy walked 10:03:40 for 100 km in France and England's Sarah Brown did 20:14:23 for 100 miles in the Netherlands. That was actually early in the summer. In September, she went 190,702 meters in 24 hours in France.