

OHIO RACEWALKER



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World 50 Km Record at European Championships

Zurich, Switzerland.--In the final racewalking event at the European T&F Championships, France's Yohann Diniz shattered the world record. Leaving the Czech Republic's Matej Toth nearly 4 minutes in his wake, Diniz came home in 3:32:33, breaking Denis Nizhegorodov's six-year old record of 3:34:14.

The 36-year-old Frenchman made his decisive move between kilometers 36 and 38, finally breaking clear of Russia's Mikhail Ryzhov who had been trading the lead with him. Diniz had to battle wet streets and heavy early morning rains to claim the victory and the record.

Ryzhov, a world silver medalist last year behind Ireland's Robert Heffernan, eventually paid for his boldness as he slipped out of the medal place--Toth coming through for the silver in 3:36:21 and Ryzhov's teammate, Ivan Noskov coming third another 20 seconds back-- nearly a minute-and-a-half behind Noskov.



Diniz hits the tape, a champion and world record holder. (Getty Images)

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Diniz already held the world record for 50,000 meters on the track with his 3:35:27 three years ago. Diniz has always been fast but not consistent. Last year, he was only sixth in the World Championships after winning the Euro Cup earlier in the year. He was DQ'd in the 2012 Olympics.

Ryzhov set the early pace and led at 10 Km in 43:44. With a quickened pace (43:11) over the next ten) Diniz led at 20 in 1:26:55.. At 30, after a 42:25, Ryzhov had established a six second lead, going through in 2:09:20. When Diniz dropped under 42 minutes for the fourth 10 (41:52) he built a 39 second lead and Ryzhov was toast. But even with the race well in hand, Diniz did not relent from his killing pace, going even faster on the final 10 (41:21). Wow! Toth had a national record in second and Noskov a personal best in third, but they were no match for the flying Frenchman..

"Before I came here, I knew I was in a good shape, but what helped me a lot was the Russian guy Ryzhov who started with a very fast pace," said Diniz. "I feel sorry for him that he could not keep up with but it helped me to achieve the record. This is the best day of my life." Diniz carried both the French and Portuguese flags across the finish line, the latter in honor of Portuguese grandmother who did earlier this year.

But maybe the most commendable performance of the day was that of Spain's Jesus Angel Garcia. At age 44, the 1993 World Champion was competing in his sixth European Championship. He finished eighth in 3:45:41, his fastest time since he won World bronze 5 years ago.

Last year's World Champion, Ireland's Robert Heffernan, dropped out at 37 Km, a victim of the fast pace.

A day earlier, Russia's Elmira Alembekova won the women's 20 Km after a close race with the Czech Republic's teenage star Anezka Drahotova and a 21-year-old Ukrainian Lyudmyla Olyanovskaya.. The absence of her teammate and favorite Anisya Kirdyapkova helped the Russian's cause. Kirdyapkova was rushed to the hospital with a high fever two days earlier.

Alembekova made her break with two laps of the 1 Km course to go, to keep the title in her country's hands after they swept the medals four years ago.. With her final spurt, the Russian crossed the finish in 1:27:56, 11 seconds clear of her teammate, who edged past Drahotova to take the silver by a single second.. Drahotova, who won world junior gold in Eugene last month, became the youngest medalist in this event.

"Two kilometers before the finish, I felt that the pace had slowed down a bit so it was the right moment to speed up and attack the front position," said Alembekova, who earlier this year was third at the IAAF World Racewalking cup. "I had enough strength to accelerate and when I saw Drahotova 70 meters behind me, it gave me some confidence and I was almost sure I will win."

Alembekova was a European junior champion back in 2009, while Olyanovska won silver at the European Athletics U23 Championships in 2013.

On the first day of the competition, Miguel Angel Lopez won gold for Spain in the men's 20 Km in the closest ever finish at these, and perhaps any other, championships. Only 2 seconds separated the first four at the finish. To do so, the 26-year old beat the man who had triumphed in last year's World Championships in Moscow, Russia's Alexander Ivanov.

Racing on wet and slippery streets and in heavy rains, Lopez won by a single second

in 1:19:44. Another second back was Ivanov's teammate Denis Strelkov, who beat Ukraine's Ruslan Dmytrenko by a whisker. They were given the same time—1:19:46.

The four had broken sway in the second half of the race, with Lopez, Ivanov, and Dmytrenko taking turns in the lead, but Strelkov had enough in reserve to snatch the bronze from the Ukrainian.



Early going in the men's 20. The top four finishers are already in control. The lead four from left are Dmytrenko, Giorgio Rubino of Italy, Lopez, and Ivanov with Strelkov (I believe) on Ivanov's shoulder. (Getty Images)

"It was a difficult race," said Lopez. "Any of us could have won but in the end I had enough. Spain has a great tradition in racewalking and it is a big responsibility to keep that going. To become the European champion, that is very important achievement for me and it boosts my self-confidence. Before the competition, my plan was to fight for the medals but only in the last kilometers I started to feel that the victory is possible."

And here are the results:

Women's 20 Km Aug. 14: 1. Elmira Alembekova, Russia 1:27:56 2. Lyudmyla Olyanovska, Ukraine 1:28:07 3. Anezka Drahotova, Czech Rep. 1:28:08 4. Vera Sokolova, Russia 1:28:24 5. Eleonora Giorgi, Italy 1:28:28 6. Ana Cabecinha, Portugal 1:28:40 7. Antonella Palmisano, Italy 1:28:43 8. Beatriz Pascual, Spain 1:29:02 9. Hjanna Drabenia, Belarus 1:29:39 10. Raquel Gonzalez, Spain 1:30:03 11. Neringa Aidietyte, Lithuania 1:30:47 12. Viktoria Madarasz, Hungary 1:30:57 13. Ines Henriques, Portugal 1:31:32 14. Agnieszka Dygacz, Poland 1:31:32 15. Alina Matveyuk, Belarus 1:31:46 15. Maria Jose Poves, Spain 1:32:02 17. Maria Galikova, Slovak Rep. 1:32:03 18. Brigita Virbalyte, Lithuania 1:32:36 19. Laura Polli, Switzerland 1:33:22 20. Despina Zapounidou, Greece 1:34:03 21. Marie Polli, Switzerland

1:34:39 22. Federica Curiazzi, Italy 1:35:48 23. Inna Kashyna, Ukraine 1:35:51 24. Antigone Drisbloti, Greece 1:35:54 25. Maria Czakova, Slovak Rep. 1:38:38 DQ—Vasylyna Vitovschchyk, Ukraine DNF—Paulina Buziak, Poland; Lucie Pelentova, Czech Rep. and Laura Reynolds, Ireland

Men's 20 Km, Aug. 13: 1. Miguel Angel Lopez, Spain 1:19:44 2. Aleksandr Ivanov, Russia 1:19:45 3. Denis Strolkov, Russia 1:19:46 4. Ruslan Dmytrenko, Ukraine 1:19:46 5. Christopher Linke, Germany 1:21:00 6. Alvaro Martin, Spain 1:21:41 7. Andrii Kovenko, Ukraine 1:21:48 8. Giorgio Rubino, Italy 1:22:07 9. Erik Tysse, Norway 1:22:19 10. Alberto Amezcua, Spain 1:22:26 11. Kevin Campion, France 1:23:04 12. Tom Bosworth, Great Britain 1:23:17 13. Dzinanis Simanovich, Belarus 1:32:45 14. Nazar Kovalenko, Ukraine 1:23:51 15. Hagen Pohle, Germany 1:24:00 16. Rafal Fedaczynski, Poland 1:24:28 17. Perseus Karlstrom, Sweden 1:24:41 18. Marius Savelskis, Lithuania 1:24:53 19. Matteo Giupponi, Italy 1:25:04 20. Anton Kucmin, Slovak Rep. 1:25:07 21. Antonin Boyez, France 1:25:31 22. Mairus Ziuksas, Lithuania 1:25:43 23. Arnis Rumbenieks, Latvia 1:27:07 24. Genadij Kozlovskij, Lithuania 1:27:45 25. Mate Helebrandt, Hungary 1:27:54 26. Massimo Stano, Italy 1:29:14 27. Nils Gloger, Germany 1:29:44 28. Patrik Spevak, Slovakia 1:31:30 DQ—Havard Haukenes, Norway; DNF—Andreas Gustafsson, Sweden; Alexandros Papamihail, Greece; Sandor Rac, Hungary; Joao Vieira, Portugal, and Sergio Vieira, Portugal

Men's 50 Km, Aug. 15: 1. Yohann Diniz, France 3:32:33 2. Matej Toth, Czech Rep. 3:36:21 3. Ivan Noskov, Russia 3:37:41 4. Mikhail Ryzhov, Russia 3:39:07 5. Ivan Banseruk, Ukraine 3:44:49 6. Ihor Hlavan, Ukraine 3:45:08 7. Mario De Luca, Italy 3:45:25 8. Jesus Angel Lopez, Spain 3:45:41 9. Rafal Augustyn, Poland 3:48:15 10. Ato Ibanez, Sweden 3:48:42 11. Jakko Kinunen, Finland 3:48:40 12. Oleksy Kazanin, Ukraine 3:49:00 13. Aleksandros Papamihail, Greece 3:49:58 14. Aleksandr Yargunkin, Russia 3:50:39 15. Carl Dohmann, Germany 3:51:27 16. Brendan Boyce, Ireland 3:51:34 17. Tadas Suskevicius, Lithuania 3:53:39 18. Vali-Mati Partenen, Finland 3:52:58 19. Dusan Majdan, Slovakia 3:54:32 20. Teordico Caporosso, Italy 3:58:23 21. Francisco Arcilla, Spain 4:00:57 22. Jean-Jacques Nkouloukidi, Italy 4:01:12 23. Marius Cocioran, Romania 4:03:25 24. Martin Tislan, Slovakia 4:06:11 25. Pedro Isidro, Portugal 4:07:44 26. Lukas Gdula, Czech Rep. 4:08:51 DQ—Pavel Schrom, Czech Rep.; Matej Rosiewicz, Georgia; and Andreas Gustafsson, Sweden. DNF—Ivan Trotski, Belarus; Robert Heffernan, Ireland; Ricardas Rikst, Lithuania; Lukaz Nowak, Poland; and Grzegorz Sudol, Poland

The M's Have It

Gloucester, Mass., August 10—In a meet hosted by USATF New England and the New England Walkers, a pair of U.S. National Team members, both with double-M initials walked to wins at the USA National One Hour Racewalk in Newell Stadium. In the women's race, Maria Michta-Coffey covered 12,210 meters and in the men's race Michael Mannozi covered 12,525 meters. The seaside oval, just a year old, was a great spot for the race.

Maria, just recently married, won easily with Erin Taylor-Talcott more than a lap back. Mannozi had more of a struggle, but still had nearly 200 meters on El Salvador's Emerson Hernandez at the finish. Third place in the women's race went to Katie Burnett and in the men's race to 54-year-old Dave Talcott (actually second in U.S. Championship). The results:

Women: 1. Maria Michta-Coffey, Walk USA 12,210 meters 2. Erin Taylor-Talcott, Shore AC 11,728 3. Katie Burnett, un. 11,389 4. Meaghan Podlaski (17), un. 10,486 5. Kayla Allen (15), Auburn Parks 9664 6. Debbie Topham (61), Pegfasus AC 9513 7. Pamela Allie-Morrill (51),

un. 9133 8. Valentina Vaitonees (17), Golden Spike 8596 9. Kay Carmines (68), So. Cal. TC 7832

Men: 1. Michael Mannozi, Shore AC 12,525 Guest—Emerson Hernandez, El Salvador 12,335 2. Dave Talcott (54), Shore AC 12,718 43 Ed O'Rourke (52), New England Walkers 10,554 4. D an O'Brien (49), Pegasus 10,486 5. Bill Vayo (50), Shore AC 10,045 6. Bob Keating (67), NEW 9963 7. Leon Jasionowski (69), Pegasus AC 9727 8. Larry Epstein (55), NEW 9659 9. Bill Reed (61), Pegasus 9447 Guest. Stephen Mayeux (50), France 9309 10. Jay Diener (66), NEW 8972 11. James Carmines (71), So. Cal. TV 8718 12. Charles Mansback (69), NEW 8450 13. John Starr (86), Philadelphia 8009 14. Gus Davis (76), Connecticut 7329 15. Richard Ruquist (76) NEW 6896 DQ—Tom Knatt & 4) and Brian Savilonis, both NEW. Teams—1. Shore AC 34,288 meters 2. NE Walkers 30,176 3. Pegasus AC 29,660

Matsunaga Captures World Junior Title

Eugene, Oregon, July 25—Japan's Daisuke Matsunaga lived up to his pre-race favorite status by walking off with a World Junior title at 10,000 meters. In the process he took down the championship record of 39:35.01 set by Russia's Stanislav Yemelyanov in 2008. Matsunaga finished in 39:27.19. (*We reported on the Women's 10,000 last month.*)

Matsunaga, who was second in the World Cup in May, led from the start, and by the time he reached the first Km mark in 3:54.07 he was in front by 55 meters. Walking sub-four-minute kilometers throughout most of the race (he missed by second or two on the seventh and ninth), he went on to win by nearly 100 meters.

Behind him a group of five pulled clear of the rest shortly after the half-way mark. With 4 Km to go, Spain's Diego Garcia made a move that carried him to the silver medal and left three other to battle for the final medal. At the finish, Ecuador's Brian Pintado appeared to have the bronze only to learn he had been DQ'd leaving Peru's Paolo Yurivilca a surprised medal winner. The results:

1. Daisuke Matsunaga, Japan 39:27.19 2. Diego Garcia, Spain 39:51.59 3. Paolo Yurivilca, Peru 40:02.07 4. Yuga Yamashita, Japan 40:15.27 5. Nikolya Markov, Russia 40:22.48 6. Zaharias Tsamoudakis, Greece 40:35.89 7. Ricardo Ortiz, Mexico 40:40.31 8. Rui Wang, China 40:48.62 9. Jose Luis Doctor, Mexico 40:49.71 10. Cesar Augusto Rodriguez, Peru 41:57.90 11. Jurgen Grave, Guatemala 42:00.06 12. Muratcan Karapinar, Turkey 42:01.42 13. Brayan Fuentes, Colombia 42:18.59 14. Jean Blanchedeau, France 42:33.44 15. Pablo Oliva, Spain 42:41.08 16. Miroslav Uradnik, Slovakia 42:49.92 17. Nathan Brill, Australia 42:54.39 18. Jonathan Hilbert, Germany 43:02.55 19. Jose Israel Melendez, Portugal 43:05.132 20. Nathaniel Seiler, Germany 43:12.78 21. Bence Venyercsan, Hungary 43:25.62 22. Marek Adamowicz, Canada 43:25.84 23. Gregorio Angelini, Italy 43:34.10 24. Daniele Todisco, Italy 43:47.06 25. Tomasz Bagdany, Hungary 43:53.13 26. Byeongho Choe, Korea 44:57.84 26. Gang Xu, China 45:10.35 28. Anthony Peters, USA 45:31.86 29. Martynas Jarusevicius, Lithuania 45:46.96 30. Michal Morvay, Slovakia 46:34.31 31. Al Shaali Hassan Jasim Afnuaimi, United Arab Emirates 48:03.91 32. Hamad Ali Alhindaassi, UEA 48:07.22 33. Jesse Osborne, Australia 49:54.238 (4 DQs)

USA vs. Canada Junior Challenge, Richmond, BC, Canada, Aug. 10: Women's 5 Km: 1. Katharine Newhoff, US 25:09 2. Anali Cisneros, US 25:50 3. Katherine Michta, US 25:51 4. Monika Farmer, US 26:15 5. Samantha Cho, Can. 27:21 6. Mandy Roach, Canada 29:54 7. Zoe Zhang, Can. 33:39 Team Score: USA 16 Canada 6

Men's 10 Km: 1. Marek Adamowicz, Can. 46:50 2. Caleb Cheng, Can. 47:56 3. Anthony Peters, US 48:39 4. Cameron Haught, US 48:41 5. Nathaniel Roberts, US 49:21 6. Alexander Peters, US 49:34 7. Alger Liang, Can. 56:07 8. Vincent Gagne, Can. 61:04

Teams Score: Canada 13 USA 9
Total Team Score USA25 Canada 19

Liberty Games, Schenectady, N.Y., July 19: Women's 3000 meters—1. Lillia Gritsavage (15) 18:00.99 2. Pam Allie-Morrill (51) 18:26.91 **Women's 5000**—1. Carol Bendall (56) 29:39.32 2. Elizabeth Pasquale (62) 31:21.61 **Men's 5000**—1. Bill Vayo (50) 27:53.33 2. Don Lawrence (55) 28:57.92 **3000 meters, Albany, N.Y., Aug. 2**—1. Bill Vayo 16:12 2. Don Lawrence 18:21 3. Pamela Alu-Maria 18:27 (6 finishers) **5000 meters, Long Branch, N.J., July 28**—1. Fred Linkhart (61) 33:06 2. Ron Salvio (65) 36:05 **Women's 1. Panse Geer (67) 36:50 5000 meters, Long Branch, Aug. 4**—1. Panse Geer 35:44 **Men's 1. Ron Salvio 32:24 2. Fred Linkhart 32:54 (7 finishers) 5 Km, Long Branch, Aug. 11**—1. Meliss Endy (15) 29:39 2. Dorit Attias (53) 33:06 (Return to walking after serving 9 months military duty in Afghanistan) 3. Panse Geer 36:06 **Men's 1. Ron Salvio 31:51 2. Fred Linkhart 32:20 (4 finishers) 2 Miles, Long Branch, Aug. 18**—1. Panse Geer 23:10 **Men's 1. John Fredericks (66) 20:03 2. Steve Kardos 25:16 3. Al Sherman (77) 30:40 1500 meters, Virginia Beach, Va., Aug. 16**—1. Linda Johnson (52) 9:40.60 2. Paula Graham (51) 10:53.44 (6 finishers) **Men's 1. Tom Gerhardt (63) 8:58.88 2. Richard Kole (74) 10:49.09 3. Richard Pidgeon 11:39.79 4. Hartley Dewey 12:25.18**
Weinacher Cup, Michigan vs. Ontario, Fort Gratiot Township, Mich., July 27: Men's 10 Km—1. Zbigniew Sadlej, Mich. 46:54 2. David Swarts, Mich. 51:38 3. Dan O'Brien, Mich. 55:05 4. Patrick King, Ont. 68:30 5. Paul Terback, Mich. 1:14:25 **Women's 10 Km**—1. Janelle Brown, Mich. 59:56 2. Debbie Topham 62:39 3. Anne Cromier, Ont. 63:36 4. Rebecca Benjamin, Mich. 64:03 5. Kris Kozell, Ont. 64:27 6. Sarah Raetsen, Ont. 66:07 7. Catherine McCormack, Ont. 66:22 8. Jean Howe, Ont. 1:19:50 **Team Score: Michigan 29 Ontario 10**
Wisconsin USATF 3 Km, Pleasant Prairie, Aug. 23—1. Melissa Moeller, Indiana 14:53 2. Andy Kaestner (49) 15:51 (The 1988 Olympian has been reappearing on the scene) 3. Vince Peters, Miami Valley TC (now living in Chicago) (60) 17:15 4. Richard McGuire, Chicago Walkers 18:02 5. Martin Moeller (54), Indiana 18:38 6. Donna Green (62), Chicago Walkers 19:03 7. Doris McGuire (65), Ill. 20:43 8. Cheri Wagner (46), Parkside AC 21:05 9. Ron Winkler (653) Parkside AC 21:21 10. Al Dubois (82), Parkside AC 21:35 (13 finishers)
USATF Pacific Masters 1500 meters, San Mateo, Cal., June 14—1. Robyn Stevens (30) 8:02.61 2. Karen Stoyanowski (55-59) 8:23.34 3. Brett Layton (55-59) 8:47.11 4. Ronald Missirian (60-64) 9:04.04 5. Nicole Goldman (55-59) 9:06.79 6. Joanne Figone (60-65) 9:08.24 7. Walter Stewart (65-59) 9:56.77 8. Natalie Dejarais (55-59) 9:58.06 9. Linda Sereno (50-54) 10:32.79 10. Doris Cassels (70-74) 10:38.71 (12 finishers) **USATF Western Regional 5000 meters, Pasadena, Cal., June 21**—1. Art Morrow (50-54) 30:57.64 2. Richard Campbell (65-59) 31:01.27 3. Yoko Eichel (65-59) 31:40.15 4. Wendy Clark (60-64) 32:41.44 5. Sylvia Ellis (65-59) 33:24.34 6. Paula Rassmussen (55-59) 34:30.56 7. Wayne Wurzberger 34:55.57 (11 finishers)

NACAC Under 23 Championships, Kamloops, B.C., Canada, Aug. 10: Men's 20,000 meters—1. Benjamin Thorne, Canada 1:29:08.64 2. Emmanuel Corvera, USA 1:31:30.86 3. Alejandro Chavez, USA 1:33:26.31 **Women's 10,000**—1. Andreina Bonzles, Dominican Republic 52:12.40 2. Molly Josephs, USA 55:48.23) After the race, Corvera noted: "I went out there and I was doing some laps at about 1:49 and I thought I would try to keep the 1:49 every lap and pretty much did that. . . I just tried to come out here and just have fun because I know 20K is a lot to be worrying about, so I need to just do what I do. We do it in training, so it's just another day to push it harder. . . I didn't think I would be getting this far. I have only been racewalking for about a year and a half now. It's a blessing to say the least."

Ibero-American Championships, Sao Paulo, Brazil, Aug. 1-2: Women's 10 Km: 1. Julia

Takacs, Spain 43:10.95 2. Erica Rocha, Brazil 43:41.30 3. Kimberly Garcia, Peru 43:57.44 4. Susana Feitor, Portugal 44:15.45 5. Sandra Lorena Arenas, Colombia 44:58.26 6. Ingrid Johana Hernandez, Colombia 45:25.06 7. Cisiane Dutra Lopes, Brazil 46:23.22 8. Ainhoa Pinedo, Spain 46:46.97 9. Cristina Esmeralda Lopez, Spain 47:54.88 10. Angela Melania Castro, Bolivia 48:58.35 (1 DQ) **Men's 20 Km**—1. Ivan Gabriel Fgarido, Colombia 1:22:13.74 2. Marc Tur, Spain 1:23:22.19 3. Yerko Araya, Chile 1:23:34.68 4. Caio Oliveira, Brazil 1:24:49.52 5. Richard Egray Vargas, Venezuela 1:24:49.52 6. Julio Cesar Salazar, Mexico 1:26:01.13 (3 DQ, 1 DNF)

2nd Youth Olympic Games, Nankin, China: Women's 5000, Aug. 23—1. Zhenxia Ma, China 22:22.08 2. Valeria Ortuno, Mexico 23:19.27 3. Stella Noemi, Italy 23:38.10 4. Sayori Matsumoto, Japan 23:54.71 5. Athanasia Vaitis, Greece 24:22.21 6. Irene Vasquez, Spain 24:22.77 7. Karla Jaramillo, Ecuador 24:33.05 8. Chaehyun Kim, Korea 24:36.53 (15 finishers) **Men's 10,000, Aug. 24**—1. Minoru Onogara, Japan 42:03.64 2. Vladislav Saraykin, Russia 42:10.95 3. Noel Ali Chama, Mexico 42:14.11 4. Cesar Rodriguez, Peru 42:46.49 5. Hyeonmyeong Joo, Korea 43:51.89 6. Manuel Bermudez, Spain 44:12.55 7. Wei-Lin Chang, Taipei 44:27.87 8. Arutus Makats, Latvia 46:29.07 (12 finishers, 1 DQ, 2 DNF)

Polish Championships, Stetin, July 30: Women's 20 Km—1. Agnieszka Dygacz 1:32:42 2. Paulina Buziak 1:33:25 3. Katarzyna Burghardt 1:34:24 4. Monika Kapera 1:34:42 5. Katarzyna Golba 1:35:34 6. Joanna Bemowska 1:39:45 **Men's 20 Km**—1. Lukasz Nowak 1:22:10 2. Rafal Fedaxzynski 1:22:25 3. Rafal Augustyn 1:22:34 4. Grzegorz Sudol 1:23:07 5. Rafal Sikora 1:24:12 (3 DQ) **10,000 meters, Goteborg, Sweden, July 28**—1. Andreas Gustafsson 39:51.6 2. Pedro Gomez, Mexico 39:58.8 3. Erik Tysse, Norway 40:25.6 4. Ever Palma, Mexico 41:23.2 **10,000 meters, Alcobendas, Spain, July 27**—1. Miguel Angel Lopez 38:54.87 2. Luis Alberto Amezcua 40:37.17 3. Alvaro Matrtin 41:40.98 **Women's 5 Km, Tesseete, Switzerland, July 27**—1. Laura Polli 249.3 2. Marie Polli 22:14.2 **Women's 10 Km, Lisbon, Portugal, July 26**—1. Ana Cabecinha 43:47.84 2. Ines Henriques 44:11.18 3. Susan Feitor 44:34.57 **20 Km, Kuopio, Finland, July 31**—1. Jarkko Kinnunen 1:27:07 2. Aleks Ojala 1:27:25 3. Aku Partanen 1:30:24 **Women's 10 Km, same place**—1. Taika Nummi (16) 48:21 2. Anne Halkivaha 49:15 3. Karolina Kaasalainen 49:47

African Championships, Marakesh, Morocco, Aug. 14: Women's 20 Km—1. Grace Wanjiru, Kenya 1:37:04 2. Emily Ngii, Kenya 1:38:12 3. Askali Bente, Ethiopia 1:40:00 (9 finishers, 2 DQ) **Men's 20 Km**—1. Labagong Shange, South Africa 1:26:58 2. Samuel Kimita, Kenya 1:27:11 3. Mohamed Ameer, Angola 1:27:48 4. Hassinine Sebei, Tunisia 1:28:38 5. David Kimitai, Kenya 1:29:16 (14 finishers)

24 Hours, Wadelincourt, Belgium, Aug. 23-24—1. Remi Bonnotte 211,658 km in 23:59:05 2. (I'm not going to figure this out precisely, but that amounts to walking 4 50's, each at 5:40 to 5:45 with nearly another 12 Km added on at the end.) 2. Eddy Roze 209,607 in 23:55:41 3. Daniel Lhoest 203,642 in 23:54:52 4. Phillippe Thibaux 198,551 in 23:58:20 5. Gilles Letessier 197,868 in 23:58:04 6. Sandra Brown 198,546 in 23:57:04 (I'm not sure of her age, but the legendary Sandra must be getting a little old for this type of shenanigans) 7. Corinne Faugueur 813,1272 in 23:59:14 (23 finished the 24 hours)

As a follow-up to the European Championships report, the following article lets us know that the 50 Km is very much a mind game as well as a test of physical endurance.

Heffernan head wrecked by Diniz's record pace

By FeidhimKelly

The best laid plans of mice and men oft go awry. Robert Heffernan had only one plan in the 50 Km racewalk on the streets of Zurich yesterday: to win gold. When he saw that goal slipping from view at the halfway point—as Frenchman Johann Diniz churned out a world record pace—his race soon began to unravel. His spirit broken, Heffernan stepped off the course at the 47 km mark “I feel as if I was beaten up,” said a disconsolate Heffernan. “I was just broken. It broke my spirit, it broke me mentally. I didn’t have the same feeling when I came through in Barcelona and in London and Moscow. All the control was taken away from me.”

The two Russians, Ivan Noskov and Mikhail Ryzhov, set out on a fast early pace with Diniz in hot pursuit as Heffernan expected. “I knew they were going to go out and Yohann too. I predicted that,” said Heffernan, who thought it was playing into his hands. What he couldn’t have predicted was that Diniz would split km times of 4:16 and then up that pace again to 4:06—eventually recording a new world record of 3:32:33.

To put the Frenchman’s record into perspective, he was operating at 6:50 per mile pace—2:59:22 for the marathon. “When I heard he was dropping 4:06 a kilometer and he wasn’t slowing up, I knew the gold was gone,” said Heffernan. “My tactics were wrong,” he said. “My tactics were wrong mentally as well. If I approached the race differently and I wanted to it my own way maybe I’d have come through. Obviously, I wouldn’t have won today because there is nothing you can do when somebody walks 3:32 and I wasn’t capable of that.”

“I didn’t want third,” he said with his retrospective bronze from the European championship in Barcelona of the way. “Even when I was in third it didn’t appeal to me. When I was told (a couple of weeks ago) I had the medal from Barcelona that box wasn’t ticked.”

The 50 Km racewalk is a grueling event and a constant battle with the mind. It has made many a strong man crumble. Diniz has been where Heffernan was yesterday. At the Beijing Olympics in 2008 he dropped out. At the World Championships in Berlin in 2009 he cracked and finished back in 12th.

“I wanted gold, maybe I was wrong,” said Heffernan of dropping out. “I’ll have to think about it afterwards. I’ll have to think about it moving forward.”

Physically Heffernan was fine. His heart rate, which he measures throughout the race, was at its regular beat but there is no measuring tool for the mind. “It was my head,” he conceded. “I was working through cues. It’s not as if I threw in the towel. I kept working. I said I’d get to 30 Km. Get to 35 Km and then said to myself ‘no this is not working’ I should have concentrated on what I was capable of doing today and not what he was doing. I’ll have to learn again.”

Let’s Go Racing

Sun. Sept. 14	USATF 30 Km and Junior 20 Km, Valley Cottage, NY (K)
	Florida 300 and 1500 meters, Plantation (B)
Sun. Sept. 21	Michigan 1 Hour, Berkley (F)
Sun. Sept. 28	Midwest 10,000 meters, Wauwatosa, Wis. (I)
Sun. Oct 5	3000 meters, St. Louis area (H)
Sun. Oct 12	National USATF 40 Km Hour, Ocean Twp., N.J. (A)

	½ Marathon Walk, Rochester, Mich. (F)
	5000 meters, St. Louis area (H)
	Georgia 1500, 3000, 5000, and 10,000 (U)
Sun. Oct. 19	Marathon, Detroit (F)
	Midwest 15 Km, Pleasant Prairie, Wis. (I)
Sat. Oct. 25	10 Km, Whiting, N.J. (W)
Sun. Oct. 26	1500 meters, St. Louis area (H)
Sat. Nov. 8	Virginia 1 Hour, Virginia Beach (N)
Sun. Nov. 9	Florida 20 Km and 6, 8, and 10Km (B)
Sat. Nov. 15	15 Km, Whiting, N.J., 9 am (W)

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From Heel To Toe

The Russian saga continues. Russian walker Stanislav Emelyanov has been stripped of his gold medal from the 20 Km walk at the 2010 European Championships for irregularities in his biological passport. The date given for the start of the sanction was July 26, 2010, the day before Emelyanov won his European gold medal, meaning that result became invalid. The gold passes to second-place Alex Schwazer of Italy, who retired in 2012 after testing positive (*So he might not deserve it either.*) The Russian Anti-Doping Agency is already investigating the Russian walking team over repeated doping violations, including a two-year ban last month for

Olympic and world champion Elena Lashmanova. . .

Flash! This just in a day after I typed the above. From the AP: Moscow. The Russian Anti-Doping Agency suspended one of the country's top racewalking officials on Monday in connection with a major doping investigation. Victor Kolesnikov is a director of Russia's racewalking center in the city of Saransk. The center has turned Russia into the dominant power in the sport, but has also seen at least 17 of the athletes banned or suspended for doping. *(Ed. Of course Russia was a dominant power in the sport before the center opened.)* Some of the athletes affected include Olympic 20 Km champion Elena Lashmanova banned for two years in June and Stanislaw Emelyanov stripped of his 2010 European gold medal last month.

RUSADA said Kolesnikov is accused of "a potential breach of anti-doping rules" but did not provide further details. The agency announced last month it was investigating the Saransk center citing "multiple disqualifications of athletes." IAAF vice-president Sergei Bubka has said the sport's governing body is also investigating following an online campaign led by Olympic walking Jared Tallent, who had demanded Russian walking coach Viktor Chegin be banned from the sort over his athletes doping record.

Bubka said on Twitter in June that the IAAF was "looking into" claims of malpractice in the Russian team following Tallent's campaign. Chegin was removed from the country's delegation for this month's European Championships by the Russian Athletics Federation after Lashmanova was banned, but remained in his job and did eventually attend the competition in Zurich.

Chegin has been in charge of all training for more than a decade at the Saransk center, which has been renamed in his honor. *(And, speaking of Bubka, let us now return to "From Heel To Toe with an item I had already included. Amazing how this fit together.)*

An Elliott Denman odyssey. Elliott tells me: "I was fortunate to be in Bahamas (in media capacity) for the first edition of the IAAF World Relay Championships (a really superb event) in May. Sergei Bubka (pole vauler extraordinary and now a candidate for IAAF leadership) was there with the Ukrainian delegation. On press conference day I got the chance to congratulate him on the gold medal performance by Ukraine's 20 Km at the World Cup of Racewalking two weeks previously in China. So, I said, "Sergei, I think it's wonderful that a man of your event, where achieving maximum attitude is paramount, is now also a fan of the event where any altitude at all will bring disqualification!!!" He got a big smile from that one. **World Cup no more.** Well the event will continue but the name will change. But, at this point I am not sure just what the new designation is. A google translation of a report on the Portuguese blog O Marchador, reports that it will be known as World Championship Teams for March. I doubt that is an accurate translation, but the new designation, whatever it is will be effective with the 2016 competition in Cheboksary, Russia. The decision was made in Eugene during the IAAF Council meeting preceding the recent World Junior T&F Meet.. Whatever the name is, it is intended to reflect the team nature of the competition. More to come, I presume. (Thanks to Dave Gwyn for providing the garbled computer translation. I have given up on google translations of O Marchador items since they are largely beyond understanding.). **Salvage-Seaman.** The dynamic duo of Jeff Salvage and Tim Seaman will take their clinic to Boston September 27-28. A large turnout will bring Rachel Seamanon to the team. Go to www.racewalk.com for the details. **Qualifying times.** Qualifying times for competing in the 2015 Pan Am Cup Trials are: 4:45:00 for the 50 (The qualifying window runs from Oct. 15, 2013 to March 15, 2015.) Cut-off date of March 15 for qualifying). 1:36:00 for the Men's 20 Km. 1:48:00 for the women's 20 Km. 50.00 for the junior men's 10 Km. 54:30 for the junior women's 10 Km. (The qualifying window runs from Oct. 15, 2013 to April 12,

2015.) Qualifying times for the 2016 World Cup Trials are: 4:35:00 for the men's 50; 1:32:00 for the men's 20; 1:43:30 for the women's 20; 48:30 for the junior men's 10; and 53:15 for the junior women's 10. Also note that beginning in 2016 it will no longer be The World Cup, but the World Team Championships. The IAAF wanted to emphasize the team nature of the event over the individual emphasis. **Judges paddles.** Effective Jan. 1, 2015, judges paddles must have the same symbol on both sides (as opposed to most current paddles that show contact infraction on one side and bent knee on the other). With this in mind, Jerry Bocci made a new pair of paddles that were used at the Junior Olympics in Des Moines in July. He sold a pair to one of starters there, who sometimes judges racewalks. Now he is making them more widely available. The paddles are about 4 X 9 inches, light weight (made of 3mm Baltic birch plywood), with a comfortable handle. The symbols for loss of contact and bent knee are painted black with a yellow background. Each paddle has the same symbol on both sides. The handle is painted black. The DQ paddle is the same size as above. It is painted red and has a black handle. The cost for two caution paddles is \$10.00 plus \$4.00 for postage within the U.S.. The cost for two caution paddles and the DQ paddle is \$15.00 plus \$4.50 for postage within the US. If you are ordering please include an e-mail address so Jerry can let you know when the paddles are finished and are on the way. If you have any question Jerry's e-mail address is rw2621@yahoo.com. Send check or money order to Gerald Bocci, 1353 Crayton, Grosse Pointe Park, MI 48230.

Lou Neishloss, R.I.P

A note from Elliott Denman accompanying the obituary that follows: "So sorry to hear (so belatedly) of the passing of dear friend, esteemed rival, and friendliest of competitors, Mr. Lou Neishloss, famed member of the great Penn A.C. racewalking teams. I found these details:"

Louis I. Neishloss

November 1, 1926–April 25, 2012)

Louis I. Neishloss, Born in Norristown, Pa (graduate of Norristown area high school). Moved to Bristol Twp. In 1976. During his struggle with cancer he died peacefully in bed at the age of 85 on April 25, 2012. He was a WWII veteran serving in the Navy aboard the U.S.S. Brooklyn. After the war he dedicated his life to helping people with disabilities. He is a graduate of Temple University with a degree in therapeutic recreation. He founded the wheelchair sports team "The Central Penn Wheelers" and coached the U.S. National team for the 1968 para-Olympics. He was employed by the state of Pennsylvania at Eastern State School and Hospital in Trevese, working with disabled children and starting various athletic programs, including cross-country, track and field, and weight lifting programs. He was an avid athlete and completed and just missed joining the U.S. Olympic team for race walking. He is survived by his loving wife of 44 years Eugenie W. Neishloss (Kidd). His son David Neishloss and his wife Heather Neishloss, his daughter Anne Neishloss, and his grandson Logan Neishloss.

Elliott's brief description of Louie is spot on. A joy to know and a joy to race with. I'm not sure he ever "just missed an Olympic team", but he did finish third in the 1959 50 behind Elliott and Bob Mimm. I think his last race on the national level was in the 1975 40 in Long Branch.. Like Elliott, I am sorry to hear so belatedly of his passing but am grateful for the opportunity to recognize his beautiful life during which he gave so much to so many. All who knew him are better for the knowing.

Jonathan Responds

A recent blog on the internet showed shots from the Euro Championships with many walkers having both feet from off the ground and a diatribe about this ridiculous sport. Following is a response from U.S. international racewalker Jonathan Mathews who was on many World Cup, World Championship, and Pan Am Cup teams in the 1990s. Way to go Jonathan.

Magnus Ol, it is wrong to call this cheating. Most elite racewalkers are slightly off the ground. The rule states that a racewalker is in violation of the contact rule when a judge observes this with his/her eye, unaided by a slow-motion video.

Look a little deeper into racewalking. It is one of athletics most impressive events. 20 Km racewalkers maintain the cadence/turnover rate of the finest 800 meter runners, but instead of maintaining this for only 1 minute and 43 seconds, they maintain this high cadence for an hour and 20 minutes. Racewalkers have the highest VO2max among all track athletes. Yes, the best racewalkers are fitter than the best runners, due to the demands imposed by the contact and straight knee rules. The only athletes who have ever tested with higher VO2 max than racewalkers are cross country skiers.

There is nothing odd about an athletics event that has highly technical demands, as racewalking does. All of the field events do, and there is judging involved in them, just as there is in racewalking.

Racewalking's greatness is that it demands as much fitness as distance running while demanding the turnover/cadence of a long sprinter and the technical demands of a field-event athlete. Additionally, because racewalkers are often ridiculed by the ignorant, racewalking demands a person with self confidence and independence. In my country, at the masters level, a large percentage of racewalkers are PhDs, engineers, professors—smart people who are attracted by an athletics event that enables them to achieve peak fitness while embracing the additional challenge of attempting to achieve technical mastery.

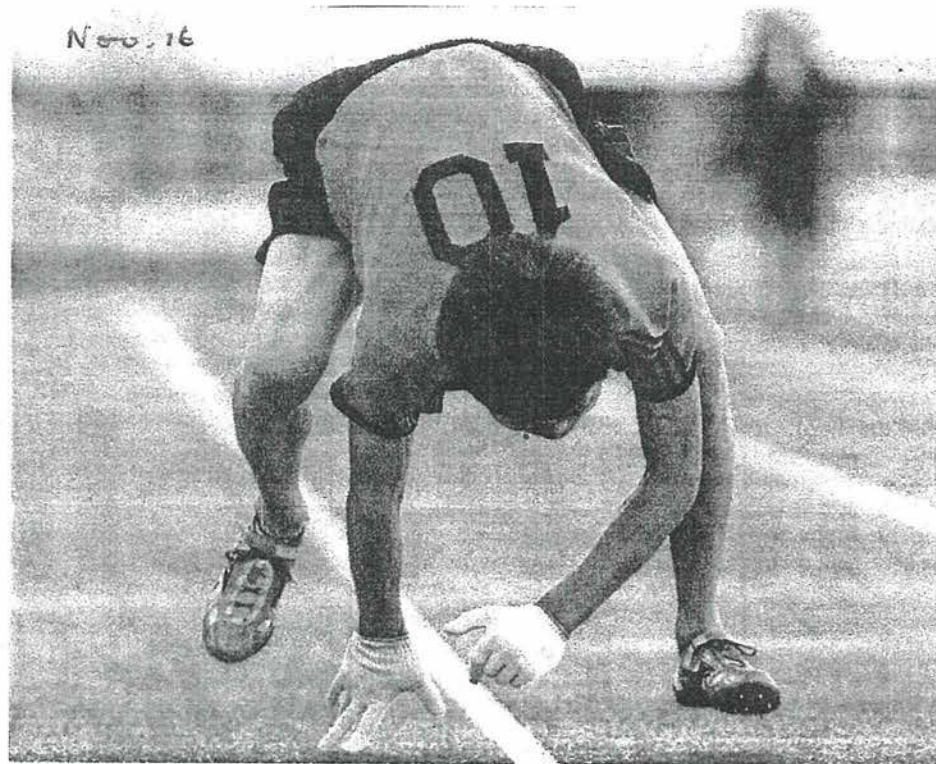
News from down under

Long-time reader Bob Steadman, who competed for Canada forty some years ago, then moved to the U.S. for several years before returning to Australia has sent me a couple of items of interest. Long-time subscribers will remember Bob's interesting "letters" from T.S. Gombojab in Outer Mongolia.. His first item is the following article from the Journal of the American Medical Association (so it really isn't news from down under as headlined above).

Walking 400 metres may not seem like a great physical feat, but new research in the Journal of the American Medical Association claims that the ability to walk this distance can predict whether an elderly person will become ill, disabled, or die within six years. Researchers asked 2680 men and women aged 70 to 79 to complete ten 40 meter laps in a corridor—as fast as they could without running. None of the participants had reported any previous difficulty in walking 400 meters, climbing a flight of stairs without resting or performing daily tasks. They were told to stop walking if they experienced fatigue or rapid heart rate. Of the elderly people tested 356 (13 percent) were unable to go the distance, and these people were 95 percent more likely to become disabled in the following six year. Even among those who completed the walk, those in the slowest 25 percent had a three-to four-fold higher risk of death in the following six years than those in the fastest 25 percent.

Bob also sent me the following picture with the following comment. "The attached photo raises the question of judging. Should Mr. Ito have at least one limb on the ground? Probably not, as I doubt that any walker has reached his speed of greater than 20 Km per hour.

Emil Zatopek was the first person to run 20 Km in an hour." He adds: "Until I read your 2012 article on Zatopek, I didn't know that he held the world record in 1956. Only his bout with hepatitis stopped Australia from ever seeing him.



No monkeying around for tour de four-ce

Showing the style that has propelled him to world records, Kenichi "Monkey man" Ito sets the fastest 100m for running on all fours in Tokyo yesterday in 17.47sec. Ito, 30, studies primates' movements by books, videos and frequently visiting the zoo.

Picture: AP

LOOKING BACK

45 Years Ago (From the August 1969 ORW)—Ron Laird won a 10 Km against the West Germans in 44:07 with Tom Dooley coming third in 44:55. Laird also won a 20 Km against the British in 1:30:26 with Goetz Klopfer third in 1:33:16 and Tom Dooley sixth in 1:34:41. .Shaul Ladany won both the 10 Km (48:59) and 3 Km (13:35) in the Maccabiah Games.

40 Years Ago (From the August 1974 ORW)—Sue Brodock scored a win in the Women's International 5 Km with a then world's best of 24:16.2. Margaret Simu, Sweden, and Marian Fawkes, Great Britain, were well back in second and third. . Come-backing Larry Young captured the National 50 Km in 4:25:41 over John Knifton's 4:30:51. Augie Hirt had 4:42:01, Ron Kulik 4:48:16, Tom Knatt 4:50:21, and Bob Bowman 4:54:20. . Jim Murchie won the

National Junior 1 Hour with 7 miles 41 yards and Bob Falcicola won the National "B" race with 7 miles 365 yards. . .The Junior 20 Km went to Dennis Slattery in 1:49:56. . .Ever-young Vladimir Golubnichiy, the 1960 and 1968 Olympic gold medalist, took the Soviet 20 Km title in 1:28:21 over Yevgeniy Ivchenko.

35 Years Ago (From the August 1979 ORW)—Neal Pyke scored an impressive win in the National 20 Km with a 1:27:57.4 clocking, followed by Jim Heiring in 1:30:46, Dan O'Connor in 1:31:37, and Marco Evoniuk in 1:33:07. Four more were under 1:35 and another seven under 1:40. . .Great Britain's Carol Tyson walked a world best 5 Km on 23:11.2 beating Marian Fawkes (23:19.2) and former record holder, Norway's Thorild Gylder (23:33). . .Later, Fawkes cracked the world record at 10 Km with 48:11 on the track. . .In the Soviet Spartakiad, Nikolai Vinnetschenko won the 20 Km in 1:22:29 and Viktor Dobrovski led the 50 in 3:46:25. Neal Pyke finished 13th in the 20 with 1:26:34.

30 Years Ago (From the August 1984 ORW)—The Los Angeles Olympics saw Mexico capture both gold medals in the persons of Ernesto Canto and Raul Gonzales. In the 20, defending titlist Maurizio Damilano, Italy, led Canto by 8 seconds after 8 Km, but was no match for the Mexican over the final 5. Canto won in 1:23:13 with Gonzales catching the Italian to take the silver in 1:23:20. Damilano was another 6 seconds back and Canada's Guillaume Leblanc, only a second back of Canto starting the last 5, finished a brilliant fourth in 1:24:29. For the U.S., Marco Evoniuk stayed close to the leaders through 10 Km and then hung well for seventh place in 1:25:42. Jim Heiring finished 23rd in 1:30:20 and Dan O'Connor 33rd in 1:35:12. In the 50 eight days later, Damilano hung with Gonzales through 35 Km, but when the Mexican accelerated at that point, Damilano had no answer and dropped out at 40. Gonzales won easily in 3:47:26 with Sweden's Bo Gustafsson second in 3:53:19 and Italy's Sandro Bellucci third in 3:53:45. Carl Schueler captured third for the U.S. in 3:59:46. Vincent O'Sullivan was 14th in 4:22:51 and Marco Evoniuk dropped out after 25 Km, which he reached in 1:55:21, 2 minutes back of the leaders. The fields were weakened by the absence of most Eastern European walkers due to the Soviet boycott of the Games.

25 Years Ago (From the August 1989 ORW)—At the U.S. Olympic Festival in Norman, Oklahoma, Mark Fenton won the 35 Km in 3:03:50, Richard Quinn the 20 in 1:32:23, and Debbi Lawrence the women's 10 with a 49:21.8. Carl Schueler (1:33:00) and Curt Clausen (1:34:00) followed Quinn. Lawrence was unchallenged in the very hot conditions, with Wendy Sharp second in 51:41.2 and Victoria Herazo third in 51:54. . .In a seven-nation match, Italy's Maurizio Damilano won the 35 Km in 2:31:52, guest Kerry Saxby of Australia the women's 10 in 43:13, Frances's Thierry; Toutain the 10 in 1:23:42, Spain's Valentin Massana the junior 10 in 41:42, and Kathrin Born of the GDR the women's junior 5 in 22:07. The Paiss-Colmar 521 Km race went to Roger Quermener in 64:35, 26 minutes ahead of Pheulpin.

20 Years Ago (From the August 1994 ORW)—In the European Championships in Helsinki, Finland's Sari Essayah, the defending world champion, won the women's 10 Km in 42:37. Essayah led all the way, but had only six seconds on Italy's Annarita Sidoti and Russia's Yelena Nikolayeva, who were given the same time in the near photo finish for the silver. . .The 20 was a walk-away victory for Russia's Mikhail Schennikov in 1:18:45. Yevgeniy Misyulya was second in 1:19:22, with Valentin Massana of Spain (1:20:30) far behind in third. . .In a US-Canada Junior match, Anya-Marie Ruoss won the women's 3 Km in 13:52.761 and Justin Marujo the men's 5 in 22:12.25. Deborah Iden (14:28.59) and William Van Axen (22:15.81) completed one-two sweeps for the U.S. (A promising group of young walkers that soon disappeared, as has so often been the case.)

15 Years Ago (From the August 1999 ORW)—The World Championships were conducted in steamy conditions in Seville, Spain. In the 50, Russia's German Skurygin pulled away from the field early and went on to a nearly 4-minute win in 3:44:23. Ivan Brugnetti, Italy, and Nikolay Matyukhin, Russia, followed. For the U.S., Curt Clausen walked a magnificent race, staying with Matyukhin through 38 Km before a thigh cramp forced him to back off a bit. Still, he withstood a challenge by Spain's Valentin Massana to take fourth in 3:50:55. Two years later, Skurygin was finally disqualified on a doping charge and Curt belatedly got the bronze medal, the first medal for the U.S. in a World Championship, Olympic Games, or World cup event since Ron Laird won bronze at 20 Km in the 1973 World Cup. Ron also won the bronze at the 1967 World Cup, Larry Young won bronze at 50 Km in both the 1968 and 1972 Olympics, Joe Pearman won silver at 10 Km in the 1920 Olympics, and Richard Remer took a bronze at 3000 meters in the 1924 Olympics.) The 20 went to Russia's Ilya Markov, who led Ecuador's Jefferson Perez by 45 seconds with his 1:23:34. Alessandro Gandellini of Italy was third. Tim Seaman had 1:35:38 for 24th place. . .The Chinese women took one-two at 20 Km with Hongyu Liu beating Yan Wang by two seconds in 1:30:50. Kerry Saxby-Junna, Australia, was third in 1:31:18. Susan Armenta led the U.S. with 1:40:20 in 31st place as Joanne Dow was DQ'd early in the race. . .Mexico's Joel Sanchez won the 50 Km race at the Pan American Games in 4:06:51. Philip Dunn (4:13:45) was third and Gary Morgan (4:40:29) fourth for the U.S. . .Clausen also won the U.S. National 10 Km about 3 weeks before the World 50, in 43:08.2. Tim Seaman was second in 44:54.

10 Years Ago (From the August 2004 ORW)—In the Olympic Games, Poland's Robert Korzenowski won his third straight gold at 50 Km with a 3:38:46 effort. He was unchallenged over the final 15 Km with Russia's Denis Nizhegorodov and Aleksey Voyvodin capturing silver and bronze in 3:54:20 and 3:43:34. It was Korzenowski's fourth Olympic gold as he also won at 20 in 2000. . .Surprise winner of the women's 20 was Athanasia Tsoumeleka of the hote nation Greece. Her 1:29:12 left her just four seconds ahead of Russia's Olimpiada Ivanova with Australia's Jane Seville another nine seconds back in third. . .The men's 20 was also a surprise as Italy's Ivano Brugnetti, previously a 50 Km specialist, beat Spain's Francisco Fernandez by 5 seconds in 1:19:40. Australia's Nathan Deakes took the bronze in 1:20:02 with favorite Jefferson Perez, Ecuador, in fourth. Tim Seaman finished 20th in 1:25:17, three seconds ahead of Kevin Eastler, with John Nunn (1:27:38) rounding out a good U.S. effort in 26th. . .U.S. 10 Km titles went to Michelle Rohl in 48:37 and Allen James (40) in 34:43.

5 Years Ago (From the August 2009 ORW)—The World Championship, held in Berlin, were dominated by Russian walkers. In the men's 20, Valeriy Borchin (1:18:41) walked away from China's Hao Wang (1:19:06) and Mexico's Eder Sanchez (1:19:22). Borchin, Wang, and Colombia's Luis Lopez were together at 15 Km, but the Russian's 19:12 for the final 5 left him well clear at the finish. In the women's 20, Olga Kaniskina made her move much earlier and she had a 19 second lead at the 10 Km mark. She stretched that out the rest of the way, winning in 1:28:09 with Ireland's Olive Loughnane second in 1:28:58. Third went to Hong Liu of China in 1:29:10. In the 50, Sergey; Kiryapkin destroyed the field over the final 10 Km to win by nearly three minutes in 3:38:35 well clear of Norway's Trond Nymark (3:41:16) and Spain's Jesus Garcia (3:41:37). Kiryapkin walked the final 10 km in 43:08 and the final 20 in 1:26:43. . .Maria Michta (1:16:07) and Tim Seaman (1:11:17) won National 15 Km titles in Minneapolis. . .Trevor Barron, just 16, finished fourth in the Pan Am Junior 10 Km with a 42:50. The race was won by Mexico's Pedro Gomez in 42:19.56