

OHIO RACE WALKER

VOLUME IV, NUMBER 9

COLUMBUS, OHIO

NOVEMBER, 1968

WESTERFIELD ON TOP

In the 11th Annual Ohio Track Club Distance Carnival, another of the tigered-up, young newcomers to the race-walking sport dominated the two walking races and in the process copped the coveted trophy for the most outstanding male performer in the two-day distance binge. Gary Westerfield, representing the Long Island A.C. but attending graduate school at the University of Cincinnati, bested the likes of oldtimers Jack Blackburn and Jack Mortland and old newcomer Jerry Bocci.

In a special race, which we choose to bill as the U.S. Senior's Championship because no one else offers such a race, Max Gould easily bested some other very tough golden-agers and also finished ahead of Bocci. (This and the regular 7 mile were walked together.) The 51-year-old Canadian recorded an outstanding 57:17 on the demanding Worthington High School road course.

The 7-mile races were held on Saturday (Nov. 16) in about 40-degree weather. The rain stopped just before the race started. Westerfield jumped right into the lead and by the end of one-lap (1 mile 1014 yards) had 18 seconds on Blackburn and Bocci. Westerfield was going about 7:30 pace at this point and had probably been somewhat faster at the start. Blackburn, as usual short on training but long on stupidity, was going as fast as he could on a heavily taped knee. Bocci, with very little training since the 50 trial due to traveling around to places like Mexico City, was trying himself out and sticking with the Ohio fatman.

Westerfield dropped his pace to about 8 minute miles but maintained his lead through three of the four laps. However, on the fourth lap Blackburn spurted away from a tired Bocci and was only a stride back of Westerfield as they started a final half mile around the school. Westerfield was still strong and in command though and came out 5 seconds to the good with a fine 55:01. The old course record was 55:49 held by Jack Mortland. (Ron Laird once had a 1:14:02 10 mile on the same course, however.) Mortland had planned to be around to defend his record and was ready to use his meet manager duties as an excuse. It served as more than an excuse as he was stuck with managing the 10-mile run at the same time. Another absentee was Larry James who showed up on crutches. Seems an achilles tendon had suddenly decided to split on him on his way up the front walk a week before. Evidently a fatigue-type of injury. So, he wasn't quite ready to compete yet.

On that final lap around the school, Bocci apparently had to make a pit stop somewhere and it was then that Max Gould swept past. Max Gould easily outdistanced the other past-50 cats and blasted his final 886 yard lap in 3:51, only 5 seconds slower than Westerfield, who was battling Blackburn. Meanwhile, Doc Blackburn captured the second-place trophy from the Shore A.C.'s Don Johnson, who had edged Doc last year. Don has twice managed to arrange business trips to the West Coast to coincide with the event now so that he can drop in on his way home. Hope he continues. Back to the walking wars after a too long absence spent in such silly pastimes as marathon running, was 61-year-old Clair Duckham. Duck showed he is still pretty tough finishing less than 3 minutes back of Johnson. Also good to see Dale Arnold back after a long absence, although we hardly recognized him. Guess we can no longer call Blackburn Ohio fats. Dale has been hitting the books at night, working at day and made this his first training session in umpteen months.

Results of the two 7 milers:

Senior's--1. Max Gould, Gladstone AC, Toronto 57:17 2. Dr. John Blackburn, Ohio Track Club 63:40 3. Don Johnson, Shore AC 64:25 4. Clair Duckham, Dayton AC 67:16

Others--1. Gary Westerfield, LIAC 2. Jack Blackburn, OTC 55:06 3. Jerry Bocci, Motor City Striders 58:34 4. Dan Patt, UCTC 74:07 5. Dale Arnold, OTC 74:26.

After a night of Bocci and Mortland walking films and slides at the Mortland house, many of the same protagonists were back on Sunday for a bout over 15 miles. Westerfield, who had gone to Cincinnati and back, again shot into the lead. One might have thought it was another seven mile. (goodnight Derek) Bocci, not having convinced himself he was out of shape in Saturday's race, tried to stay close. Mortland, making the starting line in this one, knew he was in no shape but figured he may as well prove it and also tried to stay reasonably close. However, coming through his first lap at 8-minute pace and seeing Westerfield a good 60 yards out, he quickly made a management-type decision that at such a pace Westerfield was welcome to the race. Bocci evidently reached the same decision and really dropped off with Mortland passing him midway in the second lap. Westerfield steadily increased his lead throughout although slowing down considerably in the latter stages. Still, his 2:06:13 completed a fine double and you can bet we will hear plenty of Gary in the future. Mortland virtually crawled through his last two miles and finished in 2:11:15. Bocci, more than a mile back, was gaining some of it back at the end as he spurred to avoid the humiliation of being lapped by Westerfield. The only other finished was Don Johnson who walked a good steady pace. Dale Arnold was back and went through 8 miles to complete his weekend orgy of training. Duckham was also back and went 7 or 8 miles, but this was at the end of the race with Johnson. Results: 1. Westerfield 2:06:13 2. Mortland 2:11:15 3. Bocci 2:19:24 4. Johnson 2:28:33.

All was not lost for the Bocci family as Jeanne won the women's 5 mile, which she has never lost. A little uncertain of her condition she started slowly but then covered the last lap at about 8:45 pace to record a 47:24. No where close, but showing fine form (WOW!) was Jeanne's Motor City teammate Bonnie Huff who had 57:22. Only two others finished; Kathy Watters, Canton TC, in 63:01.4 and Lori Barr, OTC, in 63:02.4.

FAT JACK MAKE SPLASH

Cincinnati, November 28--Old Jack Blackburn as usual won the Ft. Thomas to Cincinnati 6 miler (ha) in 41:53. His best on this course, which I suppose is around 5½ miles, in 41:43 last year. In today's race, Jack's father, Dr. John, came second in 45:02, easily his best ever, Clair Duckham was third in 50:30, Dale Arnold fourth in 56:00, and someone by the name of Shumaker fifth with no time. The good doctor has provided the following interesting notes on the race.

Rain, drenching cold rain--sat in car listening to diverting, charming grand children's hour waiting for start--soaking wet at starting line waiting 2-3 minutes with old friends and competitors like C. Duckham, D. Arnold, and Jack B.--down hill on Grand Ave. filling shoes with water from cascades across the road--with Jack B. out front for first 500 yards--complained how he hated walking down hill--suggested he pick up pace--then left me saying, "yeah, that's better"--now drumming feet (80 or 90) of runners up first hill to 10th Avenue--Jack B. seen turning onto Washington Ave from iron bridge in with the cloud of runners--½ mile ahead--left diaphragmatic cramp sharp and stifling for next ¼ mile--now down to river on Washington Ave. with a saloon every corner--beery customers outside with much advice and cheers--rain pouring down, glad I'm wearing light Adidas marathon shoes--they don't load up--traffic increasing and throwing sheets of water--at turn onto I&N bridge stole a backward look to see who was there--glad to see no one--surprise!

sighted Jack B. at apex of bridge--thought he was long gone--later said he slowed here--age showing I guess--passed point on bridge where slipped on ice 10 years ago and thought I was going into the river--at top of bridge saw advertisement clock across in Cincinnati at 10:34 a.m.--and Jack B. pulling up 3rd St. hill--now 1/2 mile ahead--slipped and slid off bridge and happy to have good strength up 3rd St--last glimpse of clock now at 10:38--hard to maintain pace up Broadway--getting stiff and cold--no more traffic protection from police--feeling lonesome--turned onto Central Parkway--glanced back to see if any threats coming up--like 60-year-old C.D.--rain now beating tattoo on eyeballs--street seems to stretch on to eternity--no one in front--no one behind--negro children under umbrella laughing uproariously--Turned west on parkway and shrapnel bearing thigh muscle cramped--is it going to stop me?--not to panic--it never has yet--end of parkway up there--where's the finish--more catcalls from cars--get out and say it, buster!--thigh stiff, leg won't straighten properly--form must be terrible--Elk's building now showed itself reluctantly--but where are the people?--oh, behind the cars on the sidewalk--what are they doing way over there?--do they still have a watch on me?--the man said 45:02--hell, I never walked this course that fast--must have read it 2 minutes fast or started it 2 minutes late--the man insisted and handed me a number 2 slip.

A REAL TOUGH CAT

We had a note two months ago on Larry O'Neil taking another U.S. 100 mile title out in Columbia, but no details. So, here are some details. As last year, Larry was the only finisher, but there were a lot more going a lot farther this year. If we tried to go against the British we would be in a fine fix as they have a 21 to 60 age limit and Larry has passed that. Larry's early pace was much faster this year due to a lot of competition and maybe he paid for it. Anyway, after throwing off all challenges he slowed considerably and wound up about 1 1/2 hours slower than last year with a 20:51:30.6. The best description of the race may be to list places at each 10 miles. (Bill Clark has a in sent a complete chart of 440 lap times.) We will ignore some guy by the name of Joe Duncan who according to the chart went out in 6:55 and 13:45 and still had 35:03 at 5 miles. Can't imagine that he was walking, but there is no explanation. Anyway, he slowed up and stopped at 9 1/2 in 1:21:45. Another guy by the name of Whitman went through 3/4's with him, still had a 7:16, 15:21, 22:55, 31:11 and hung on to 25 miles, and I don't quite figure that either. Anyway, the 10 mile splits:

10 Miles	20 Miles	30 Miles	40 Miles
Bill Whitman 1:29:23	Whitman 3:21:18	O'Neill 5:25:41	O'neil 7:20:38
John Rose 1:48:36	O'Neil 3:34:27	Young 5:49:15	Overton 8:01:46
Larry O'Neil 1:48:42	Young 3:40:55	Overton 5:56:01	Young 9:02:59
Bob Young 1:48:42	Chapin 3:50:03	Rose 6:11:45	Rose 3:00 10:00:15
Bryon Overton 1:54:02	Rose 3:51:15	Chapin 6:25:51	Gragg 10:04:35
Bob Gragg 2:08:09	Overton 3:50:03	Gragg 7:12:55	Chapin 1:11:23
Mirth Madden 2:04:04	Anderson 4:19:15	Anderson 7:25:22	Anderson 10:21:34
Aubrey Anderson 2:08:30		Hill 8:43:35	Hill 12:45:32
Merle Hill 2:08:10	Gragg 4:29:37	Whitman stopped at 25 in 4:30:33. Young	
Bob Chapin 1:48:53	Hill 5:33:39	stopped for 45 minutes at 150 laps, Rose	
		for 1 1/2 hours at 130.	

50 Miles

O'Neil 9:26:54
Overton 10:22:08
Young 11:45:30
Chapin 12:46:14
Anderson 13:08:00
Rose 13:17:47
Gragg 13:54
Hill 16:31:17

60 Miles

O'Neill 11:37:27
Overton 13:10:44

Gragg was out at 200 laps, Anderson at 202, Chapin at 201, and Hill at 204. Young did 58 1/2 miles in 15:36:25 and Rose 55 in 17:19:09. Bryon Overton finally gave up the chase at 66 3/4 miles in 16:14:30. O'Neil went on to clock 13:56:40 at 70, 16:13:08 at 80, and 19:39:31 at 90. His final mile took him 14:38. Three watches were within .6 second at the finish. Another great performance by Larry O'Neil.

1969 BLACKBURN AWARD

Speaking of great performances it is time to announce the recipient of the ORW's Second Annual Dr. John Blackburn Award for the outstanding single performance in U.S. Race walking in 1968. As you recall, Larry O'Neil's 100 mile performance captured last year's award. And, gadzooks, it is finally on its way to him. And a very handsome placque at that. Wish there were some excuse to give one to me. Anyway, we assure Rudy that he won't have to wait as long for his. That's right, this year's award goes to Rudy Maluza for his 1:35:00.2 fourth place finish in the Olympic 20 kilometer. And a soul searching decision it was with two other truly outstanding performances to consider--both by Larry Young. Certainly, if it was an accurate course, his 4:12 in San Francisco would be hard to ignore. But it seems to be common knowledge now that the course was definitely short, something like 6 minutes, I guess. With that bit of knowledge, we consider Larry's fine bronze medal performance in Mexico City superior. Weighing this performance against Rudy's we find the scales tipped slightly against Larry, although he did get the medal and Rudy did not. We find Rudy much closer to the gold (only 61.8 seconds away) and regard the 1:35 as slightly superior to 4:32. (A debatable point, I suppose, but true mathematically when ratioed against the current world records.) We won't even go into the fact that it has become painfully apparent that Rudy should have had a medal, too. More on that in an Olympic update later in this issue. Anyway, congratulations to Rudy and we hope he has, but doesn't need, as much patience as Larry O'Neil in waiting for his award.

CHECK THIS!

Announcing two big ORW National Postal Competitions!

First--ORW Postal Two Man 10 Mile Relay (two men to walk alternate 440's).

Entry fee--\$1.00 per team. Races can be held any time between now and March 31.

Race must be on 440 track with at least two teams competing and with competent judges and timers on hand. Awards will be in the form of some sort of chintzy certificates plus a good writeup in the Ohio Race Walker. The money from entry fees will go towards ORW style prizes for 1969, which we promised to revive, and towards the Dr. Blackburn Award. Any excess will go into the AAU International Race Walking Fund. Send certified results to the ORW. Results announced in April issue.

Second--ORW National Postal 20 Kilometer track walk. Local races to be held on either the first or second weekend of February. (And we have complained about others scheduling such things in our bad-weather months.) Times must be posted in a local race with at least three competitors and competent judges and timers. It is permissible to hold races both weekends but only the best time for each individual will be considered. Races must be on a 440 track. Local officials can compile the results and send them to the Ohio Race Walker for tabulation. Results should be to the ORW by February 22. They will be announced in the February issue. The entry fee is \$1 per individual and the proceeds will be used in the same way as above. Awards will again be in the form of certificates. A team score will be compiled and a team winner announced but there will be no team award. Team scoring will be on the basis of total elapsed time for three men.

The Ohio Race Walker is published monthly in Columbus by two broken-down race walkers trying to keep their names in the public eye, namely Jack Blackburn and Jack Mortland. Address all correspondence to 3184 Summit Street, Columbus, Ohio 43202. And why didn't someone write and chew me out for calling last month's issue (October) August. The volume and number were right anyway.

A few results from across the nation.

At Valley College, in California, on November 17, Rudy Haluza exhibited his Olympic form. In a race billed as 7 miles, but actually about $6\frac{1}{4}$, he won by over 4 minutes. 1. Rudy Haluza, Striders 47:00.0 2. Jim Hanley, Striders 51:07 3. Dan Totheroh, Striders 51:30 4. Bob Kuchar, Palos Verdes TC 51:33 5. Bryon Overton, Striders 53:48 6. Dick Ortiz, Striders 56:26.

In Seattle, on November 10, young Steve Tyrer cracked the 1:40 barrier for 20 kms and scored an easy victory. Martin Rudow was just over the "New flu" and didn't compete so Tyrer had to go out on his own. 1. Steve Tyrer 1:29:38 (24:06, 49:02, 1:14:47) 2. Ed Glander 1:48:38 3. Karl Johansen 1:48:38 4. George Edwards 1:52:52 5. Dick Baker 2:00:34 6. Don Jacobs 2:24:55

Dave Romansky is also showing winning form after returning from Mexico City. Eastern Regional 20.6 Mile, Long Island, November--1. Romansky, Phil. AC 2:49:52 2. Shaul Ladany, NYPC 2:56:47 3. John Knifton, NYAC 2:58:25 4. Ron Daniel, NYAC 3:05:48 5. Howie Jacobsen, LIAC 3:09:53 6. John Shilling, NYPC 3:13:58 7. George Shilling, NYPC 3:14:12 8. Tony Medeiros, North Medford 3:16:02 9. Gerry Willwerth, Phil. AC 3:18:23 10. Bill Hullenstreet, USMA 3:21:58 11. Bill Warburton, North Medford 3:27:05 12. Don Johnson, Shore AC 3:31:11. 19 finished.

New Jersey AAU and Open 10 Mile Championship, Long Branch, Nov. 24--1. Romansky 1:20:25 2. Daniel 1:21:04 3. Bob Mimm, Phil AC 1:24:54 4. Bill Purves 1:25:30 5. Gerry Willwerth 1:26:42 6. Don Davison, Shore AC 1:29:01 7. Don Johnson, Shore AC 1:29:48 8. George Braceland, SJTC 1:32:05 9. Bill Hackulick, Phil. AC 1:33:43 10. Elliot Derman, Shore AC 1:35:46. 18 finished.

Romansky also won the NJAAU 15 mile on November 10 from John Knifton by 15 seconds but I have no times. Only two others in race on a lousy day; Braceland and Derman.

Coney Island 10 Mile Handicap, December 1 (rundown shows place, competitor, his handicap, and his time at the finish; add the two times for actual time)--1. Gary Westerfield, LIAC, 6, 1:13:27 2. Dave Romansky, Phil. AC, scratch, 1:14:18 3. John Knifton, NYAC, 2, 1:15:18 4. Ron Daniel, NYAC, 3, 1:15:37 5. Jim Chingos, LIAC, 11, 1:15:52 6. Steve Hayden, LIAC, 7, 1:16:21 7. Bill Hackulick, Phil AC 18, 1:16:38 8. Howie Jacobsen, LIAC, 7, 1:16:48 9. Larry Newman, St. Johns, 10, 1:17:10 10. Bill Hohenstreet, Kings Point, 10, 1:17:35 11. George Braceland, SJTC 16, 1:17:46 12. Mike Kice, Kings Point, 16, 1:17:52 13. Don Johnson, Shore AC, 13, 1:18:02 14. Mike Ritchie, NYPC, 27, 1:18:05 15. George Shilling, NYPC, 6, 1:18:19 16. Bob Mimm, PAC, 6, 1:19:35 17. Dave Lakritz, NYPC, 19, 1:18:53 18. John Shilling, NYPC, 7, 1:20:08. Fast time--Romansky 1:14:18. Team--Long Island AC--8, Phil. AC--18, NY Pioneer Club--31, Kings Point--32, North Medford--43, Shore AC--46

POLLACK TAKES JR. 50

Jefferson City, Mo, Nov. 10, 1968--Bob Pollack, a student at The Citadel, easily captured the National AAU Junior 50 Kilometer Walk in a race held at the Missouri State Penitentiary. Pollack started with a 9:25 mile and then went under 9 minutes for the next nine to hit 10 miles in 1:29:07. He slowed gradually from that point but finished strongly over his last mile to record a good 5:01:26.3. The second junior, although fourth overall, was Philadelphia's Gerry Willwerth in 5:23:02. The venerable Bill Grandy traveled from Hollywood, Fla. to take second in the race with 5:14:47. Grandy started very slowly with 11:03 and was better than 10 minutes back by 13 miles. He stayed from 10 to 12 minutes back the rest of the way until Pollack kicked in. Howie Jacobsen led Grandy for 10 miles but finally had to settle for third. The Young family, father and uncle of our first Olympic medalist, captured fifth and sixth. There were 20 starters, a fine turn out for what some might consider an out-of-the-way race, and as you can see from the first four, plus Don Johnson in seventh, they came from far and near. Twelve finished.

The Results: 1. Bob Pollack, The Citadel, 5:01:26.3 (54:54, 1:50:21, 2:51:08, 3:57:03) 2. Bill Grandy, Hollywood, Fla. 5:14:47 (62:15, 2:00:52, 3:02:30, 4:07:38) 3. Howie Jacobsen, LIAC 5:19:59 (60:38, 2:02:02, 3:06:04, 4:08:38) 4. Gerry Willwerth, Phil. AC 5:23:02 5. Bob Young, Sibley, Mo. 5:34:16 6. Fred Young, Independence, Mo. 5:40:20 7. Don Johnson, Shore AC 5:44:12 8. Bob Chapin, Independence 6:05:53 9. Joel Dickinson, Columbia, Mo. 6:41:09 10. Murrell Jackson, Columbia 6:48:34 11. Merle Hill, Columbia 7:09:22 12. Bob Gragg, Independence 7:29:37

MORE ON THE OLYMPICS: I have now been told in person and by letter by many honest and reliable individuals that Pedraza was really bad in both races. Apparently he actually had several cautions in both races but no one had the courage to toss him. I even wrote Colin Young in Holly olde England to get their version and I quote from Colin's letter, "Was delighted at the wonderful performances of Rudy and Larry at Mexico--Rudy was most certainly cheated out of a medal because Pedraza should have been out in both walks. He was surrounded by his countrymen on the last 5 kms in both the 20 and 50 and literally ran home. Was told by the Italians that if Pedraza had passed Vladimir the Mexican would have been disqualified!!!"

So this is fine to protect the gold medal but the fact remains that if he was that bad there was no excuse for allowing him to finish. Admittedly, it would have been decidedly risky to one's health to have thrown the red flag in the Stadium. But why was he even allowed in the Stadium? Our sport, like it or not, is built on competent and just judging. Without it there is no sport. If we can not rely on a panel of International judges, supposedly the most highly qualified available, where do we go. And it wasn't a question of the judges ability, as evidently there was rather complete agreement that Pedraza was terrible. It was merely a question of lacking the guts to face a potentially explosive situation. For the record, the head judges were A. Libbotte, Switzeralnd in the 20 and Palle Lassen, Eermark, in the 50. I for one feel this should be the last International race they judge. But enough of that; there is nothing to be done now to change the outcome.

Thanks to Rudy Haluza, I now have the 5 km splits for the first eight in the 20, which should be of interest to our readers:

Golubnichiy	23:12	46:54.2	1:10:19	1:33:58.4
Pedraza	23:16	47:13	1:10:54	1:34:00
Smaga	23:11	46:54	1:10:19	1:34:03.4
Haluza	23:11	47:06.2	1:10:42	1:35:00.2
Sperling	23:15	47:19	1:11:12	1:35:27.2
Bartsch	23:21	47:21	1:11:12	1:36:16.8
Reimann	23:13	47:19	1:11:54	1:36:31.4
Frenkel	23:19	47:19	1:11:55	1:37:20.8
Jones	23:14			1:37:32

Whoops! Should have looked at that closer. Rudy has messed me up. First, there are nine there, not eight. Second, Frenkel and Jones were only 11th and 12th, preceded by Ingvarsson and the Rumanian with the long name. Anyway, it shows it was tight at 5 km and then started to spread. Rudy, as you can see, weakened a bit during the last 5. Ron Laird was within 20 seconds at 5 km but had dropped more than 2 minutes back at 10 and then faded fast. Apparently, both he and Romansky were hit by the dreaded "turista" and were pretty sick .

In the 50 there were also sorts of famous dnf'ers including Nihill, Agapov, Pamich, Leuschke, and DellaRossa. This was the hottest day of the games but the race finished after dark by which time it was quite cool. Plus the altitude. Plus sickness. All took their toll. Nihill led at 20 km and was within 2 minutes of Hohne at 30. Agapov was another 2 back at that point. But neither could finish. Colin Young states that both he and Paul are convinced that a day earlier or later, without the heat, Nihill would have been no worse than second.

Here I am, down to the last page and a half and zillion of things I can put on them. Guess I will have to pass up the "tough cat of the month" this time. I say page and a half because I have to leave room for the address, which I didn't do last time. Solved that problem by attaching the Distance Carnival entry blank but I am too lazy to type 9 pages every month. Besides, it would be more expensive and you're only paying for eight, you cheapskates. And with five sheets the weight is right at the limit for 6¢ First Class. I hope you all appreciate the first class service and if you don't get it let us know. Not that we can really do much with the Post Office Department.

ANNOUNCING THE FIFTH ANNUAL NEW YEAR'S EVE 6 MILE HANDICAP!!!

Worthington High School, Worthington, Ohio, December 31, 1968, sometime from 7 p.m. to 8 p.m. Big party at the Elackburns to follow. This ever-popular race makes its third change in venue in its five years of existence. Starting with the mudpath at Indian Village Day Camp, thence to Scioto Village and the jeers of hundreds of girls in their dormitories, and now to the famous OTC Distance Carnival, which has nothing really adverse to offer but the off chance of ice or snow, which would make four trips up and down the hill in the dark a good deal of fun. The worse the weather, the better the race. Warm up later at the annual orgy. Will Chuck Newell return to defend his title? Is Chuck Newell still alive? Will Gary West-erfield pass up some vacation time at home in order to make this winter classic? Will Vladimir Golubnichiy accept our invitation? Drop around on New Year's Eve and learn the answers to these and other intriguing questions. Just show up for the race or drop by the Elackburns or Mortlands earlier for instructions. If you're coming from California we may even provide transportation from the airport. Whatever you do, don't miss it. Everyone should walk this one at least once, and unfortunately very few have.

Furrin Results from overseas and like that:

20 km, Morecambe, England, Sept. 14--1. Jake Larhurst 92:57 2. Alec Banyard 93:33
.....7. R. Wallwork 99:14

10 km, Mexico City, Oct. 4--1. Arthur Jones, GB 47:09.6 2. Frank Clark, Australia 47:29.4 3. Visini, Italy 47:46.2

6 Miles, Calne, England, Oct. 12--1. Peter Fullager 44:12 2. Phil Thorn 45:08
3. Bill Sutherland 45:22 4. Malcolm Tolley 45:58 5. D. Smyth 46:02

10 Km training spin, road, Mexico City, Sept. 25--1. Paul Nihill 44:57 2. John Webb 46:33 3. Roy Hughes 46:48 4. Shaun Lightman 46:53 5. Brian Eley 46:56

Women's International 5 km Postal, Sept. 28--(British portion)--1. Judy Farr 26:40.5 2. Betty Jenkins 27:54 3. Doris Froome 27:55.8 4. Barbara Fisk 27:56 5. C. Russell 29:53.8 6. A. Hackett 29:56.3 (on the track)

Gee, there are just all sorts of things left to fill this up with but all of them are too long. Have some good features on V. Golubnichiy and G. Agapov stolen from Athletics Arena. Have been going to run an updated list of best track and field records by race walkers, going four and five deep in many events. Never have room left for that. Promised a lot more junk from McCarthy's old rags way last summer and have never found room for that. Worst of all, we have been filling up with walking junk all the time and don't get to any of the important things in life that we like to feature from time to time. But being as we are a walking mag, here is the inside poop on Rudy Haluza's training leading up to Mexico City, quoted from a letter Rudy sent to Charlie Silcock and Charlie sent to me.

"Didn't have enough distance prior to Alamosa Trials. After I got back to Alamosa (15 Sept.) I settled down to some good hard training--mainly distance. Six hard workouts from 13 to 17 miles in 15 days plus a buch of good speed workouts like 18 x 440 at 1:43 average with 1 minute rest and 5 x 1 mile (1:50 rest) 8:16 (warm-up), 7:16, 7:06, 7:03, and 7:03. 94 miles in 7 days--best ever. 309 miles in September--best ever in 30 days. Then had a couple of good ones in Denver--one 14 mile and one intervals of 8 x 3/4. When I got to Mexico City, I felt tired

and sluggish the first 3-4 days--hard to work out--really struggled to get 2 hours in on road and 5 x 1 mile 7:15, 7:23, 7:30, 7:24, 7:37 (440 interval in 2:30-2:40) but last w/o before race did 5 x 1 mile 7:40, 38, 38, 37, 36 fairly easy (that was on Friday), rested Saturday, 7 easy miles (9:30 miles) Sunday morning and race Monday afternoon." Will feature Rudy next month as our tough cat.

Here is a schedule of Indoor Miles for 1969 for those that might be interested.

Dec. 7--Met AAU Hdcp Dev. Meet, 168 St. Armory, NYC, evening (That's long gone)

Dec. 13--same

Dec. 27--same (these are in evening)

Jan. 8--Sr. Met. AAU, 168 St. Armory (evening)

Jan. 15--Jr. Met. AAU, same place

Jan. 18--Los Angeles Invitational

Feb. 7 or 8--Los Angeles Times Meet

Feb. 8--Baltimore Sun All-Eastern Invitational

Feb. 14--N.Y. K of C, Madison Square Garden (handicap)

Feb. 22--Capitol Indoor Games, Albany, N.Y.

Feb. 28-Mar. 1--Sr. Nat. AAU, Philadelphia

Mar. 8--ICAAA Indoor Championships, New York City (collegiate only)

Other Probably walks

Jan 4--Examiner All-American Games, San Francisco

Jan. 24--Athens Invitational, Oakland

Jan 24-25--NAIA Indoor Championships, Kansas City (open walk if they have it)

Feb. 1--Boston AA Indoor Meet

And finally the maybes

Jan. 24--Track Classic, Philadelphia

Feb. 22--Invitational Track and Field Indoor Games, San Diego, Calif.