

# OHIO RACE WALKER

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## U.S. OVER CANADA

Toronto, Canada, Aug. 22-23--With Ron Laird returning to form to take the 20 Km and Dave Romansky copping a couple of more American records in taking the 20 Mile, the U.S. defeated Canada in an International walking match held at the Canadian National Exhibition. The final score was 29-15, with both races held on a 400 meter asphalt track at the Exhibition Center. Scoring was Lugano style, i.e. four men per side in each race with three counting and 7 points for first, 5 for second, 4 for third, etc.

In the 20 Km held at 5 p.m. on Saturday in cool weather with occasional drizzles, Laird broke open a good competitive race with 2-mile long spurt after 7½ miles and went on to win in 1:35:14.2. This left a tiring Ron Daniel and Marcel Jobin well back and John Knifton came storming through in the last 5 Km to take second.

At 8:30 the next morning the 20 milers took off. Romansky was unchallenged from the start, bettered Laird's time with a 1:34:45 at 20 Km, and then slowed markedly in the last 5 miles to record a 2:37:20.2. This bettered Goetz Klopfer's pending American record of 2:37:57.6. Dave passed 30 Km in an official 2:25:33.8 to better Goetz's pending mark of 2:25:41. Veteran Alex Oakley, of Canada, overhauled a gutty Bob Kitchen, still a little short on conditioning, in the last 2 miles to take second, about 4 laps back. This race started in cool weather with rain threatening, but the sun came out the second half and made things uncomfortably warm.

The meet became a definite reality only in the final week and as a result there was some disorganization in details, but the races themselves went smoothly. U.S. athletes had to pay their own travel expenses, and this affected the final makeup of the team, making it a little tough for West Coast athletes. As a result of this, and the last-minute finalizing, Bruce MacDonald was still getting the team together on Thursday night. It was at 11:30 that evening that my beautiful wife and I returned from a night on the town. A fine dinner at Benny Klein's, topped by the piano wizardry of ever green Teddy Wilson, of Benny Goodman fame, the enticing, exotic dancing of one Sharharazad, and even a couple of drinks of some alcoholic content. Awaiting me was a note to call old Bruce regardless of the hour. "Hey Jack", sez he, "how would you like to cover the meet in Toronto this weekend in person---from the track." This is known as scraping the bottom of the barrel but I'm not so proud that I object to being dredged up at the last minute when they are going to give me another USA-type uniform. And all I was passing up to go was a planned trip to the big World-Wide Open 25 km in Niles, Ohio. So it was off to Toronto for some first-hand coverage.

The way they got down to the number 11 (excluding two Mexicans) man from the National 20 was that Romansky and Kulik opted for the 20 mile, Dooley, Klopfer, and Kelly couldn't afford the bill, Hayden was nursing an injury, and Ranney was in Italy, or some such place. This left Knifton, Daniel, Laird, and finally Mortland--the New York A.C. plus one--to go at 20 Km. It was Romansky, Kulik, Kitchen, and Overton for the 20 mile.

Actually, the Canadians were hurting a little more than we since they have less depth to begin with. They were unable to locate Karl Merschenz and Felix Cappella chose not to compete. That leaves out two pretty good men and in addition

Pat Farrelly chose to walk a 10-mile race on Saturday, which probably didn't help his 20 mile performance.

In the 20 Km, Marcel Jobin, the French-Canadian from Montreal, jumped into the lead, with only Ron Laird following his hot pace (1:42 first lap, 7:07 at 4.). Ron Daniel stayed fairly close with a 7:15 at 4 laps. The rest of the field started in a pack with John Knifton leaving this group after 3 laps. Laird and Jobin stayed together through 5 km in about 23:05, with Daniel about 25 yards back and Knifton ~~xxxxxxx~~ about 120 yards behind. A half lap off the pace, Jack Mortland and Frank Johnson were locked in a struggle, and guest Shaul Ladany was another 20 seconds behind.

Just before 10 km, as Mortland and Johnson were being lapped, Daniel caught the leaders and assumed the lead. Jobin immediately took over again and accelerated, passing 10 km in 46:47 to 46:50 for Daniel, and 46:52 for Laird. Knifton was a minute back with 47:51, and Mortland and Johnson had 48:52. Trailing were Yvon Groulx (49:51) and Max Gould (54:22). Laird got back up at 30 laps and two laps later, doing 1:50's, dropped the other two. Ron continued this pace through 38 laps, covering those 8 laps in 14:37 (about 14:42 for 2 miles) and was a full lap ahead by 40 laps (74:55). At that point Daniel and Jobin were still right together in 76:53 and Knifton was closing fast (77:19). Daniel dropped the faltering Jobin the next lap, but was caught by the swift Knifton 4 laps later. John easily pulled away from there and finished in 1:36:38.2.

Back in the ruck, Mortland and Johnson started to falter after 7 miles. They lapped Ladany at 34 laps and then really hit the wall. The strong Shaul easily made up the lap and then some to get an Israeli record of 1:42:24.8. Mortland, after dropping some 25 seconds back of Johnson while fighting a stitch, managed to get back ahead the last 3 laps as both crawled in. Only proves that 35-year old men on 25-mile-a-week training schedules shouldn't go out at 1:38 pace. (Speaking for myself.)

In the 20 mile, Romansky took off with sights on the World's Record (Yegorev's 2:31:33). He pushed at the start passing 10 km in 46:50 and 20 in 1:34:45. However he was slowing at this point and with the record out of sight he relaxed and settled for his two AMERICAN RECORDS. A good effort with no competition, although he slowed considerably the last 5 miles.

Bob Kitchen moved right away from Oakley at the start and lapped him shortly after 10 miles. Bob had his third best ever 20 km (about 1:38:20, I don't have all the splits on this race) and still looked fairly strong at that point. Bob was an unknown to Oakley, who hasn't been around for awhile, and by this point had him a little worried. Alex stayed with him for a few laps after being lapped but then slowly dropped back to where Bob had the lap plus 30 seconds. It stayed like that for a couple of miles, and then shortly after 15, Bob hit the wall, slowing to about 2:10's. Oakley quickly caught him and started making up the lap. It was obvious he would do it unless he ran into serious trouble himself. He never did, catching Bob at about 18½ miles and then opening up another minute. In the process, he pulled away from Romansky, who had lapped him for the fourth time. This was a great race for the veteran Oakley (9th and 6th in Rome 20 and 50, 14th in Tokyo 50) who hadn't competed since 1966. He came back this year to take 9th in the Empire Games and probably walked better than that today. Kitchen, despite his slow down in the last 5 miles, had an excellent time and feels his serious training is still ahead of him. He could be quite tough by Lugano Cup time--at least close to his 4:19 form of last year.

Bryon Overton and Bob Steadman waged a titanic struggle for the fourth spot over the last 10 miles, with the Australian-Canadian finally pulling away in the last 2 miles. A very good race for Bryon though, who had some trouble with the Navy and didn't know for sure he was going to get here until Friday afternoon. Pat Farrelly had 2½ laps on these two at one point but fell apart and had to settle for sixth. Ron Kulik, walking fifth, dropped out about 11 miles, at which point he

he was already slowed way down. Just wasn't Ron's day. The Canadians did not have a fourth man in this race. The results:

20 Km, Saturday, August 22--1. Ron Laird, USA 1:35:14.2 2. John Knifton, USA 1:36:38.2 3. Ron Daniel, USA 1:37:13.6 4. Marcel Jobin, Can. 1:38:21.2 5. Jack Portland, USA 1:43:18.8 6. Frank Johnson, Can. 1:43:57.6 7. Yvon Groulx, Can. 1:44:28.8 8. Max Gould, Can. 1:51:37.8--Guest--Shaul Ladany, Israel 1:42:24.8 Score: U.S.--16, Canada--6

20 Mile, Sunday, Aug. 23--1. Dave Romansky, USA 2:37:20.2 2. Alex Oakley, Can. 2:45:50.6 3. Bob Kitchen, USA 2:46:57.3 4. Bob Steadman, Can. 2:56:23.6 5. Bryon Overton, USA 2:57:48.9 6. Pat Farrelly, Can. 2:59:30.4 Guest--Shaul Ladany, Israel 2:49:51.8 (another Israeli record--a good 2 days work for Shaul, who will be a leading contender in this year's London-to-Brighton 52plus miler). Score: U.S.--13, Canada--9; Final: U.S. 29, Canada--15.

# NATIONAL 40 KM

Long Branch, N.J., Aug. 10--Dave Romansky overcame 87-degree, high-humidity conditions and the determined effort of Dr. Shaul Ladany, to nail down his sixth national title of the year in the 40 Km today. In the National Junior race, held concurrently, Rich Airey, of the host Shore A.C. won easily, taking ninth overall.

Ladany led through 10 km in 51:00, before Romansky took over. By 30 km, Dave was 3:10 in front, but the determined Ladany closed this back almost to 2 minutes by the finish. Bob Kitchen, in his first National of the year, held third through 30 km and had 1:40 on Ron Kulik at that point. However, Kulik was walking his usual well paced race (1:48:50, 1:49:05 20 km splits) and came through to grab the third spot. A rather distant fifth was Ron Laird, trying to get ready for a good 50 in the National at that distance. Ron Daniel overtook Bryon Overton in the last 10 for sixth and Overton just held off Jim Lopes to nail down a spot on the U.S.-Canada team, after the shuffling was completed. The results:

1. Dave Romansky, Dela. T&F 3:32:29 2. Shaul Ladany, NYPC 3:34:45 3. Ron Kulik, NYAC 3:37:55 4. Bob Kitchen, Balt. OC 3:38:21 5. Ron Laird, NYAC 3:44:54 6. Ron Daniel, NYAC 3:51:19 7. Bryon Overton, Striders 3:53:04 8. Jim Lopes, Athens AC 3:53:11 9. Rich Airey, Shore AC 3:54:02 10. Larry Newman, LIAC 4:01:58 11. Bruce Adair, US Army 4:02:00 12. Mark Achen, Columbia TC 4:02:05 13. Ron Kuchar 4:03:24 14. Bill Walker, Motor City Striders 4:09:23 15. Jim Hanley, Striders 4:10:10 16. John Gray, N. Medford 4:13:02 17. Dr. John Shilling, NYPC 4:15:10 18. Gary Westerfield, US Army 4:17:06 19. John Markon, LIAC 4:19:54 20. Gerry Willwerth, US Army 4:22:43 21. Don Johnson, Shore AC 4:29:21 22. Marcus Adkins, Newark 4:30:20 23. George Braceland, Phil. AC 4:36:44 24. Dave Hodson, Shore AC 4:43:08 25. Rufus Reed, New York 4:45:13 26. Bob DeLambily, Shore AC 4:46:00 27. Vinnie Davy, LIAC 4:49:30 28. Dave Lakritz, NYPC 4:49:02 29. Bill Hackulich, Phil. AC 4:49:04 30. Sam Monastero, Phil. AC 5:12:31 31. Bob Faiciola, Shore AC 5:33:32 Team: NYAC--6, Striders--2, NYPC--28, LIAC 30, Shore AC 35, Phil. AC--47.

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# HENDERSON COPS TITLE

Wantagh, N.Y., Aug. 2--On another hot day (temperature over 90) fast-improving Bob Henderson, of Chicago's Green & Gold A.C. captured the National AAU Junior 2Mile in record time. The Art Lark protege from the U. of Illinois went through the mile in 7:19 and hung on for a 14:43.2. Steve Hayden held the old record of 14:55.4, set in 1967. John Markon just hung on to beat Long Island AC teammate Larry Newman for second. Newman was just off the plane from the Colorado training camp.

Todd Scully, short on training, took fourth, and another recently converted runner, Philadelphia's Larry Simmons, showed excellent form in taking fifth. The results: 1. Bob Henderson, G&G AC 14:43.2 2. John Markon, LIAC 15:22.4 3. Larry Newman, LIAC 15:23.0 4. Todd Scully, Shore AC 15:31.2 5. Larry Simmons, Phil. PC 15:40.2 6. Dan O'Connor, LIAC 16:18.2 7. Joe Stefanowicz, Phil. AC 16:25 8. Dr. John Shilling, NYPC 17:00 9. Don Johnson, Shore AC, no time

# ROUND THE WORLD

quite a bit of interest to report on the International scene, besides the standard rundown of results, which will come later. In the British Empire Games 20 Mile, Australians Noel Freeman and Bob Gardiner scored a surprisingly easy sweep. The two AUSSIES DESTROYED THE FIELD WITH A 1:14:02 for the first 10 miles (I really didn't want all those caps back there). Everyone else was at least a minute back at that point. Freeman continued to push the pace and had 1:52:33 at 15 and 1 1/2 minutes over Gardiner. ~~At this point~~ Scotland's Bill Sutherland had closed to within 13 seconds of Gardiner at 15, but the Australian was too strong at the finish and pulled well clear again. Freeman, meanwhile, continued to open the gap to the finish. This 31-year-old is, of course, not unknown to the walking world. He was a close second in the Rome Olympics and fourth in Tokyo, both at 20 km. But I don't think he was expected to so completely dominate the elite of the British Isles. The results were:

1. Noel Freeman, Australia 2:33:33
2. Bob Gardiner, Aust. 2:35:55
3. Bill Sutherland, Scotland 2:37:24
4. Bob Dodson, Eng. 2:29:55
5. Ron Wallwork, Eng. 2:40:10
6. Len Duquemin, Guernsey 2:42:48
7. Shaun Lightman, Eng. 2:44:50
8. Felix Capella, Can. 2:45:16
9. Alex Oakley, Can. 2:48:07
10. J. Moullin, Guernsey 2:48:07
11. R. Rosser, Wales 2:49:41
12. Karl Herschenz, Can. 2:50:32
13. J. Callow, Isle of Man 2:51:21
14. Dave Smythe, N. Ire. 2:53:49
15. J. Cannell, Isle of Man 2:56:19--19 finishers--Bachan Singh, India had 1:15:02 at 10 and was D'd at 13.

The teams for the Lugano Cup Final in October are now set. East Germany, USSR, and Great Britain return as the first three in the 1967 competition. West Germany and Sweden have qualified from the Northern European Zone and Italy and Hungary from Southern Europe. The U.S and India are entered from outside of Europe. The results of the Zone competitions:

- Northern, Aug. 15-16, Odense, Denmark: West Germany 98, Sweden 87, France 69, Norway 36, Denmark 29, Belgium 22.
- 20 Km--1. Wilf Wesch, WG 1:31:32.6 (44:49, 1:08:09) 2. Stefan Ingvarsson, Swed. 1:31:38.4 (45:00, 1:08:27) 3. Bernhard Kemmerich, W.G. 1:34:26.6 4. Lennart Back, Swed. 1:34:57.2 5. Gerd Schuth, W.G. 1:35:23.4 6. J. Arnoux, France 1:35:34.4
- 50 Km--1. Herbert Meier, W.G. 4:18:54 2. Gerhard Weidner, W.G. 4:22:58.2 3. Orjan Andersson, Swed. 4:24:09.2 4. Stig Lindberg, Swed. 4:29:03.4 5. Gunnar Kammarbo, Swed. 4:35:13.2
- Southern, Hungary, Aug. 16--Italy 44, Hungary 40, Czechoslovakia 39, Switzerland 19
- 20 Km--1. Pasquale Busca, It. 1:36:02.4 2. Andor Antal, Hung. 1:36:52.6 3. Juraj Bencki, Czech. 1:37:10.8 4. Gabriele Nigro, It. 1:37:23.6 5. Janos Tabori, Hung. 1:40:16.2 4:24:10.4
- 50 Km--1. Vittorio Vicini, It. 4:21:02.8 2. Janos Dalmati, Hung. ~~4:29:31.2~~ 3. Josef Lacek, Czech. 4:29:31.2 4. Carpentieri, It. 4:31:16.6 5. Harold Putz, Czech 4:42:53.8 (Eilek, Czech. and Havasi, Hun., D'd

The USSR and East Germany had a Lugano-style dual meet on July 12 in Naumburg, E.G., and Gennadiy Agapov made a fool of me. After I had said he always chokes in the big ones, he decisively beat the East Germans at 20 Km, including new world record holder Peter Frenkel. However, this was only one week after Frenkel's record race, and it is pretty tough to come back emotionally, if not physically. The East Germans won the meet by a narrow 23-21, but Golubnichiy and Saaga were not walking for the Soviets. At the same time, Christoph Hohne had a rare off day, finishing only fifth. I still have to favor the Germans in the Lugano Cup. The results of this match: 20 Km--1. Agapov, USSR 1:27:30.2 (42:59, 64:59) 2. Peter Frenkel, E.G. 1:28:06 (same splits) 3. Hans-Georg Reinann, E.G. 1:30:10.6 4. Gerhard Sperling, E.G. 1:30:36.2 5. Siegfried Zschiegnor, E.G. 1:31:20.6 6. Vladimir Schalosjik, USSR 1:35:37 7. Sergiy Pondarenko, USSR 1:36:03.2

50 Km--1. Benjamin Soldatenko, USSR 4:06:56.6 2. Peter Selzer, E.G. 4:07:49.4

- 3. Burkhard Leuschke, E.G. 4:11:33.8
- 4. Otto Bartsch, US R 4:13:40
- 5. Christoph Hohne, E.G. 4:15:15.2
- 6. Winfried Skotnicki, E.G. 4:19:51.6
- 7. Yuriy Andruschtyenko, USSR 4:27:39.2
- 8. Gennadiy Onofrtisyuk, USSR 4:39:43.2

Four weeks later in Czechoslovakia, Hohne showed it was all a mistake, beating many of the same men in the Prague-Idebrady 50 Km. At 40 Km, he, Soldatenko, and Bartsch were even in 3:18:28. Hohne proceeded to cover the last 10 km in 47:42.8 to leave Soldatenko nearly 4 minutes back and Bartsch on the sidelines with a disqualification. The results: 1. Hohne, E.G. 4:06:10.8 2. Soldatenko, USSR 4:09:59.6 3. Peter Selzer, E.G. 4:10:51 4. Yevgeniy Lungin, USSR 4:17:37.4 5. Burkhard Leuschke, E.G. 4:20:46.4 6. Sergiy Grigoryev, USSR 4:27:55.8 6. Juraj Boncik, Czech 4:31:19 6. Josef Tacek, Czech. 4:34:17.8 9. Ion Gasitu, Rumania 4:38:00 10. Manfred Bernhard, Switz. 4:38:47.2

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 EATTA

In a display of despicable reporting and editing I reported the times for Golubnichiy and Snaga in the USA-USSR 20 km as 1:29:34.6 when indeed it was 1:26:36. I originally got the results from the New York Times and either read it wrong (likely) or they had it wrong. In any case, I later got the results through numerous sources, all of which had the correct time. But I was blinded by my original impression and never could read it as 1:26. My apologies. Even Alan Cook, coming back with the American Race Walker after about 3 years of hibernation, accoped me with the correct results.

One other glaring error was in the results of the Jr. 1 Hour. James Bentley went 6 miles 1000 yards, not 100 yards. This was merely a case of stopping my finger on the "0" button too soon.

RESULTS!!!

From this side of the big pond:

National AAU Jr. and World Wide Open 25 Km, Miles, Ohio, April 22—I still don't have complete results on this one. I do have some of the goodies courtesy of Mark Achen, plus a Believe It or Not story. Mark has been studying at the U. of Michigan this summer and was on his way back to Columbia after the race. I had planned to bring him to Columbus after the race and let him stay here Saturday night. Then I went to Toronto, but my wife left the lodging invitation open. So Mark hitched in, called Marty from the Eastside about 10:30 that night and then got a bus on out. He got off about a mile from our house and was trudging up Weber Rd. (which means nothing to you), when someone hollers "hey, Mark!" from a car. He couldn't believe anyone he knew could be passing him on a lonely Columbus, Ohio street at ~~10:30~~ 11:00 on a Saturday night but he went over to the car, and sure enough—it was no one that he knew. However, in conversation and telling the party where he was going, it turned out to be the Shc unmakers, who do the mimeographing of this missile through their secretarial service. It seemed that Mark looked like some Mark that they know, and as a result, the real Mark Achen got a ride the rest of the way. So much for fantastic trivia. The results I have are: 1. Gary Westerfield, US Army 2:12:28 2. Bill Walker Motor City Striders 2:20:34 3. Clarence Buschert, US A 2:20:34 4. Mark Achen, Columbia TC 2:20:36 (Achen is undoubtedly the dunce of the sprint) 6. John Markon, LLAC 2:32:15 6. Tom Wolf 2:32:27 7. Don Johnson or Howard Palamarchuk 6. One of the same two. Somewhere was Dale Arnold, who won the Lake Erie AAU Title as the only entrant. I'm not really sure how Dale qualified as a Lake Erie resident since he is in the Ohio Association, but someone had to take the prize. Perhaps I can have complete results next month. I sacrificed first-hand coverage of this one to bring you the stirring report on the U.S.-Canada match. 10 Km, Lewiston, Maine, Aug. 9— 1. George Lanning 56:12 2. Tony Medeiros 65:22 3. Ron Eastick 57:30 4. John Fillinger 61:16 5. Richard Bean 61:25 2 Mile, Indianapolis, Ind., Aug. 9— 1. Lee Rund, Central Indiana Striders 18:20 (6:57) 2. Wayne Varcho, Dayton 18:56 3. Robert Rund, CIS 19:15 4. Dale Arnold, OTC 20:07 5. Clair Duckham, Dayton 21:01 6. D. Rund, CIS 27:17 (road walk. Course reported as slightly long 20 Km, Taunton, Mass., June 28— 1. John Knifton 1:34:09 2. Shaul Ladany 1:34:43 3. Gerry Bocci 1:35:52 4. Phil McCaw 1:41:59 5. Paul Schell 1:42:56 6. Bob

Hersey 1:45:57 5 Km, Women, Montreal, Aug. 8--1. Jocelyn Richard 29:33.5  
 2. Sylvie Raux 31:37.2 10 Km, Montreal, Aug. 8--1. Marcel Jobin 47:15.9 2. Pat  
 Farrelly 51:00.2 3. Yvon Groulx 51:37 4. Bill Purves 61:12 11 Mile, Idaho Springs  
 Aug. 1--( to  $\frac{1}{2}$  mile short, mostly downhill starting at 8503 ft. and finishing at  
 7540 ft. elevation)--1. Ron Laird 1:24:15.6 2. Bruce Adair 1:26:25.4 3. Greg  
 Diebold 1:27:11.2 4. Jim Lopes 1:27:15.4 5. Gary Westerfield 1:27:45.6  
 6. Bryon Overton 1:29:36 7. Jerry Bocci 1:29:53.2 8. Howie Palamarchuk 1:34:36.6  
 9. Steve Tyrer 1:36:28 10. Rich Airey 1:37:38.6 11. Steve Herrilees 1:39:26.4  
 12. Gerry Willwerth 1:40:03.6 13. Steve Hayden 1:40:46.6 14. Jerry Lansing  
 1:43:28.4 15. Vinnie Davy 1:46:23.6 16. Stella Palamarchuk 1:59:08.4 2 Mile,  
 Boulder, Colo., Aug. 1 (about 5 hours later)--1. Ron Laird 15:24 2. Floyd Bodwin  
 15:53 3. Bryon Overton 17:00 16-17 yr. old 2 mile--1. Howie Palamarchuk 17:53  
 14-15 2 Mile--1. Jerry Lansing 18:17 10 Km, Boulder, Aug. 2--1. Steve Hayden  
 48:51.2 2. Jim Lopes 50:36 3. Gary Westerfield 54:24 4. Gerry Willwerth 55:37.4  
 5. Jerry Bocci 57:17.4 6. Jeanne Bocci 57:17.4, D--Ron Kulik, DEF--Ron Laird  
 and Randy Mimm. 5 Km, Boulder, Aug. 2--1. Ron Laird 22:51.6 2. Ron Kulik 23:37.4  
 3. Greg Diebold 24:47.4 4. Jerry Lansing 25:39.2 5. Gerry Willwerth 25:39.2  
 6. Bob DeLambily 27:48 7. Stella Palamarchuk 32:00.2 4 Mile Handicap, Laundale,  
 Cal., July 25 (actual times shown)--1. Hank Klein, un. 40:27 2. Dennis Reilly, un  
 35:57 3. Paul Chelson, Striders 37:33 4. Chris Clegg, Striders 36:33 5. Ray  
 Parker Striders 31:50 6. Brad Frishman, Navy 45:08 1 Mile, Pierce Col., Cal.,  
 July 29--1. Larry Walker, Striders 6:50.4 2. Paul Roosevelt, Striders 7:41 3.  
 Dennis Reilly 7:43 1 Mile, Pierce Col., Aug. 1--1. Larry Walker 6:48.1 2. Ray  
 Parker 6:54 3. John Hanna, Striders 7:18.5 4. Paul Roosevelt 7:28 5. Dennis  
 Reilly 7:29 6. Bill Greene 7:36.5 10 Mile, Kansas City, Aug. 22--1. Larry Young  
 1:25:50 2. Paul Ide 1:26:40 Master's 1 Mile, Phil., Aug. 16--1. Bob Mimm 8:11  
 2. Don Johnson 8:14 3. George Braceland 8:16 (Mimm also took third in 440 in 59.9.  
 Eastern Regional Masters 2 Miles, New York, N.Y., Aug. 8--35-39 age group--1. Jack  
 Boitano 16:35 2. Elliott Derman 18:58 3. Alan Wood 21:02: 40-49--1. Bob Mimm  
 16:22 2. Bruce MacDonald 18:07 3. Dave Proven 19:40 4. Sanford Kalb 20:42  
 50-59--1. Don Johnson 17:33 2. Joe Santarsiero 20:39; 60 and over--1. Dave  
 Lakritz 19:20 2. Karl Fishback 19:35 3. Morris Davis 21:10 4. Dr. Isadore  
 Bloom 23:55 2 Mile Invitational, New York, Aug 8 (1 hour after above)--1. Shaul  
 Ladany 15:26 2. Bob Mimm 15:57 3. Henry Laskau 16:23 4. Bruce MacDonald 18:37  
 10 Mile, Camp Borden, Ontario, Aug. 22--1. Pat Farrelly 1:24:20 2. Bill Purves  
 1:28:15 3. Powers 1:29:59

FROM THE OTHER SIDE OF THE BIG POND:

Paris-Strasbourg 512 Km, July 4-July 7 (This is the revival of an old race dropped  
 about 10 years ago. You may recall we had a preview a couple of months ago)--  
 1. Samuel Zaugg 70:04:50 (from France) 2. Joseph Simon, Luxembourg 70:35:22  
 3. Louis Lebaquer, France 70:37:27 4. Charles Gury, France 71:42:33 5. Colin  
 Young, GB 74:24:40 (That winning time is averaging better than 4 miles per hour,  
 which is pretty good over 3 days. British 50 Km, Aug. 15 (courtesy of Bob Bowman  
 who went over, came down with the flu, and had to withdraw at 25 Km)--1. Bob  
 Dobson 4:20:22 2. Ray Middleton 4:21:22 3. Ron Wallwork 4:25:16 4. Jake War-  
 hurst 4:26:46 5. Don Thompson 4:30:18 (back from his career as a runner) 6. Ken  
 Harding 4:30:47 7. B. Armstrong 4:36:42 8. Colin Young 4:37:06 9. Bill Fogg  
 4:41:20 10. John Doullin 4:42:29 (107 started, 72 finished--19 under 5 hours, 38  
 under 5:15, 68 under 6 hours) Phillipine 20 Km Championship, April 19--1. Brigido  
 Tondo 2:03:20 (a good place to go if you want to be the dominant figure) Italian  
 20 Km, June 21--1. Vittorio Visini 1:25:25.4 2. Walter Sgardello 1:26:53 3.  
 Gabriele Nigro 1:28:11.8 4. Pasquale Busca 1:28:30 5. Domenico Carpentiere  
 1:29:47.6 6. Arnaldo Zamboldo 1:31:12.4 7. Sante Mancini 1:32:28.2 (short course)  
 10 Mile (track), Melbourne, Aust., June 6--1. Noel Freeman 1:11:46.0 2. Bob  
 Gardiner 1:11:53.0 3. Graeme Nicholls 1:13:05 (9th and 10th fastest of all time)  
 West German, 50 Km, July 19--1. Peter Schuster 4:06:28.6 (1:38:52 at 25 km, short  
 course?) 2. Dr. Herbert Meier 4:08:35. 3. Bernhard Bernerich 4:09:10.2 4. Horst  
 Ludwig Magnor 4:10:26.2 5. Wilf Wesch 4:13:21.4 6. Gerhard Weidner 4:20:41.2  
 7. Gerd Schuth 4:26:05.8 8. Uwe Gateman 4:28:05.4 West German 20 Km, Aug. 8--  
 1. Bernerich 1:34:23.8 2. Magnor 1:35:39 3. Schuth 1:35:50 4. Meier 1:36:11.4  
 5. Bernhard Kannenberg 1:38:00 6. Wesch 1:38:55.8

British 10 Km (Track), July 4--1. Bill Sutherland 45:16.8 2. Roger Mills 46:47  
3. Anthony Taylor 46:51.2 10 Km (track) Bergen, Norway, June 17--1. Jan Rolstad  
44:52.4 (Norwegian Junior record) 20 Km, Czechoslovakia, July 26--1. Juraj Pencik  
1:29:11.8 2. Vladimir Parizek 1:30:58.2 3. Janos Dalnati, Hung. 1:33:38  
French 20 Km Champ., Paris, July 19--1. J. Arnoux 1:34:34 2. Henri Delorue  
1:36:49 3. Decosse 1:37:45.6 4. Dreane 1:39:06.4 East German Jr. 10 Km (track)  
Berlin, July 23--1. Karl-Einz Stadtmuller 44:33.6 2. Lutz Lipkowski 45:05.8  
3. Joachim Krausse 45:48.4 (Junior is an age classification over ther, under 20  
on the Continent, I believe) East German Jr. 20 Km, July 25, Berlin-- 1. Stadt-  
muller 1:32:22.6 2. Reinhard Ammon 1:33:05 3. Krausse 1:34:53.2 British 3000  
meter Champ., London, Aug. 8--1. Paul Nichill 12:13.8 2. Roger Mills 12:35 3.  
Phil Embleton 12:35.8 4. Bob Dobson 12:40.4 5. Bill Sutherland 12:55 6. A. Small-  
wodd 13:04 15 Mile, Gomersal, Eng., July 11--1. Frank Clark, Australia 1:52:38  
2. Roger Mills 1:53:38 3. John Warhurst 1:54:26 4. Arthur Banyard 1:55:05  
5. Roy Thorpe 1:57:27 6. Phil Embleton 1:58:46 20 Km, London, July 25--1. Wilf  
Beuch, GB 1:31:27 2. Phil Embleton 1:31:29 3. Bob Coates 1:33:00 4. Ray Middle-  
ton 1:33:50 Great Britain vs. France 20 Km, Aug. 11--1. Roger Mills 1:37:11.4  
2. Phil Embleton 1:38:48 3. R. Decosse 1:39:42.8 4. Jaques Arnoux 1:40:16.4  
35 Km, Italy-Sweden-France, Spoleto, Italy, May 31--1. Stefan Ingvarsson, Swed.  
2:44:30.2 2. Vittorio Visini, It. 2:45:55 3. Orjan Andersson, Swed. 2:50:09.8  
4. Sante Mancini, It. 2:51:40.2 5. Henri Delerue, Fr. 2:54:32 6. Domenico  
Carpentieri, It. 2:55:35.4 7. Francois Dreano, Fr. 2:58:39.8 8. Walter Sgardello,  
It. 2:59:12.8 9. Laurice Guyot, Fr. 2:59:27.2 10. Heaty Fischer, Fr. 3:03:49  
11. Stig Lindberg, Swed. 3:05:30 Dahlof, Swed. D 'd

WOMEN:

5 Km, Vendee, France, May 3--1. Claire Dany 29:18 2. Yanick Dubert 29:43  
Danish 5 Km, Champ., July 25--1. Karin Moller 27:24.2 2. Ellen Thomsson 27:36.8  
3. Benthe Thomsen 27:43.4 4. Liselotte Rasmussen 28:42.8 5. Jytte Hannecke  
29:26.2 5 Km (track) ~~Sweden~~, Swed. June 14--1. Eivor Johansson 26:12 2. Irma  
Hansson 27:20 3. Ruth Nilsson 27:55 4. Eritta Tibbling 29:39 5 Km Jr. (track),  
Sala, Swed. June 14--1. Elisabeth Olsson 26:52 2. Margareta Olsson 27:31 3.  
Eritt-Marit Nilsson 28:05 10 Km (road), Uddevalla, Swed., June 17-- 1. Irma  
Hansson 56:34 Australian Jr. 300 meter, March 15--1. Gai Syratt 3:41.0 2.  
Christine Ironside 3:42.0 3. Diane Behan 3:44.0 Australian 1500 meter, March 14--  
Gai Syratt 7:23.0 2. Diane Behan 7:26.0 3. Elisabeth Inglis 7:35 10 Km (road)  
Copenhagen, Aug. 5--1. Liselotte Rasmussen 57:38.8

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ADDITIONAL COMMENTS ON U.S.-CANADA MEET:

As mentioned, there was some disorganization. This was largely lack of coordination between the Canadian AAU and Ken Twigg, the Sports Director at the Exhibition. They go in very big for sports activity of all kinds at the Exhibition. For example, they have an International Marathon that operates on a \$20,000 budget. However, they were asked to have the walk after their scheduling was pretty well completed and were led to understand that they were only providing the site and lodging for U.S. athletes. We understand that they were providing all expenses after arrival and this is what we eventually got and Mr. Twigg was in no way adverse to helping us, only miffed at the poor coordination, since they also turned up having a little more to do than just provide the site. Anyway, as a result of no coordination, the meet was conducted in virtual obscurity, despite being in the midst of thousands of fairgoers. There was no publicity that I was aware of. As Bruce says though, the important thing is that we got the event off the ground. Twigg is enthusiastic about such things and there is a good chance of a similar walk there next time but with better preparation and travel expenses as well as room and board. It is possible it might go to a Western Hemisphere Championship, but with only one race. In any case, we were well treated while we were there, being lodged in the largest hotel in the British Commonwealth, and the race came off with no real hitch. The only problem was that they were fit into an already full program and the entire 20 km and half of the 20 miler were walked to the accompaniment of a band rehearsal. This wouldn't have been so bad, perhaps somewhat stimulating, except that the speakers were turned full volume and one was practically blasted off the track down the main straight.

There is experimental evidence to the effect that sound in the high decibel range is fatiguing. This, of course, was my only problem in the latter stages of the race. One of the more imaginative excuses one can offer, anyway.

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Anyone interested in a 24-hour walking relay, of the type now being sponsored for runners by Runners World. I had been thinking along such lines and Floyd Godwin has now made the suggestion in a letter. In the Runners World Relay a team is allowed a maximum of 10 runners who run a mile at a time in a set rotation. If anyone misses their turn they are through for the rest of the race. Official timers other than the competitors must be on hand at all times, although they need not be the same officials for the whole time. Then you see who can cover the most distance in 24 hours. Floyd suggests the same rules with the addition that two judges be present at all times, judges other than the competitors. A D 'd walkers could no longer participate, but the team could continue without him. I would suggest that the maximum number on a team be either 6 or 7, which would keep things in about the same ratio to the run as far as time on and off the track. An in many areas, two qualified judges at all times might be difficult to come by. It would also have to be decided what would constitute a team. Must it be a regular club, or could walkers from a particular area form a special team for this competition. Floyd says his main concern is the attempt to get everyone involved from the Ron Lairs to the youngsters and oldsters who are interested and want to compete in our sport. Any thoughts or suggestions will be considered and maybe we can get something started. Or if anyone else is interested in sponsoring such an event, the ORW will be glad to serve as a communications vehicle.

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Speaking of participation, Jim Bentley, who is just leaving the University of Mississippi to relocate in Stockton, California, reports that he and a Dr. Lloyd Milan, a professor at the University of Southern Mississippi in Hattiesburg organized a race walk program with the Hattiesburg recreation department. Their first annual meet, held early in August, had over 350 young, potential race-walkers entered. This practically matches participation in the rest of the U.S. Be interesting to see if anything comes of it.

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**ATTENTION WALKER RACE WALKERS!**

Stella Palamarchuk, 6357 Crescent Ave., Cornwells Hgts, Pa. 19020, is seeking to establish lines of communication between women walkers in the U.S. in interests of promoting that branch of the sport. Stella writes:

"In the sport of race walking, many developments have occurred. One of the most outstanding developments of the sport is that there is a growing interest among women to participate on a national scale and have more women's walking competitions.

"Although I am only 14, I have been race walking four months and have found the sport rewarding and enjoyable. The Amateur Athletic Union is discussing the establishment of it for women now."

Stella asks each of you to send her the names of any female you know of who has ever participated in or is interested in race walking. From this she hopes to make a mailing list.

She concludes saying, "There are many women walkers all over the world--including countries in the continents of Europe, Asia, Africa, and North America. When race walking becomes an Olympic event (hopefully in the near future) the United States women must be ready!"

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The Ohio Race Walker is edited and published monthly by Jack Mortland, with offices in the garret and visiting walkers sleeping quarters of his home at 3164 Summit St., Columbus, Ohio 43202. Address all correspondence accordingly. (Yes, even to the garret for the wise guys amongst you. Subscription rate is \$2.00 for 1 year or \$40.00 for 20 years.



CHANGES IN WHITE BLOOD CELLS WITH EXERCISE

by Dr. John Blackburn

(Another in the series of medical-type articles by the famed Worthington practitioner that we are rerunning at no added expense to our readers, or ourselves.)

First of all, it must be understood that the main function of white blood cells is protection of the body against invading organisms (bacteria) by ingestion. Next, it must be remembered that there are three main types of white blood cells. The granulocyte, ~~and~~ the lymphocyte, and the monocyte. The granulocytes comprise about 65% of the total, the lymphocytes about 30%, and the monocytes 5%.

A. Egoroff, a German scientist, back in 1924 made some very exhaustive studies of the white blood cells in exercise and found three changes as the severity of exercise progressed. First, the lymphocytic phase, where in the lymphocytes increase up to 59%. This phase may be seen after short but strenuous exertion, much as the sprint races. Second, the granulocytic phase, where the granulocytes increase up to 80% of the total. This occurs during the longer races, 10 km and up. Third, the intoxication phase, in which there is a further rise in the percentage of granulocytes and a drop in lymphocytes to as low as 5%. This stage probably represents total exhaustion and may be interpreted as an extreme degree of exertion or an individual in a rather poor state of physical fitness. It is seldom found even in the 40 and 50 km races or in the marathon run. Athletes participating in these races have a high degree of fitness and do not often progress beyond the granulocytic stage.

A word of warning should be interjected here. The highly trained athlete, even with a minor infection should never enter an endurance race. It has been found that he may slip over into the intoxication phase and his infection spreads like wild fire. I think we have all heard of the athlete stricken with pneumonia, pulmonary tuberculosis, etc., in the middle of an active competitive season.

These increases in white blood cells in exercise may take anywhere from three to six hours to subside to normal in the first two phases. The third phase takes a great deal longer.

Another word of warning since we are on the subject of blood. Do not give blood during endurance training such as most of us are doing, unless of course it is an absolute emergency for you specifically to do so. It will set you back one to three weeks in your training schedule.

HEAT IN THE SERIES: "more Blood"--a gory, chiller.

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UPCOMING NATIONAL RACES:

SENIOR 50 KILOMETER AND LUGNO CUP TRYOUT--Sunday September 13, University of California Santa Barbara Campus--7 a.m. Entries to Barry Schreiber, 720 Hilgard Ave., Los Angeles, Cal. 90024 by Sept. 10--Housing available near the race site at very reasonable rates--A 24-hour restaurant is located nearby to solve your prerace chow problem.

SENIOR 25 KILOMETER--Sunday, September 27, 1970--New York State University at Stony Brook, Long Island--11 a.m.--Entries to Bruce MacDonald, 39 Fairview Ave, Port Washington, N.Y. 11050 by Sept. 21--Possible reduced rates at a nearby motel--Silver bowls to first 6 finishers--course is moderately hilly on asphalt pavement with 5 or 6 laps.

SENIOR 1 HOUR, Sunday October 4, Walnut, California  
SENIOR 30 KILOMETER, Sunday, October 11, Atlantic City, N.J.

OHIO RACES:

Sunday, Sept. 6, 4th Annual Labor Day 6 mile 536 yard Handicap, Worthington, 1 p.m.

Sunday, October 4--Ohio AAU 20 Km, DeWeese Parkway, Dayton, Ohio 11 a.m.

(note change in date from Oct. 11)

OTHER RACES:

Sun., Sept. 13--20 Km Indian Summer Games, Lake Tahoe, Calif.

Sun. Sept. 13--Men's 6 mile, Women's 3 mile, Ananda, Quebec

~~THURSDAY, SEPTEMBER 13~~

Sun., Sept. 15--Canadian 50 Km, Toronto (Entries from Doug Walker, 1200 Lands-  
downe, Toronto, Can.)

Sat. Sept. 19--Met. AAU 20 Km, Long Island, N.Y.

Sun., Sept. 13--10 Km. Open and other races, Branford Rec. Center, Arleta, Cal.

Sun. Sept. 20--5 mile, Fairfax, Calif.

Sat. Sept. 26--Sun. Sept. 27--100 Mile Track Walk, Hickman H.S., Columbia, Mo. 1 p.m.

Fri. Sept. 18--LA Athletic Club Open 6 Mile, Los Angeles

Tues. Sept. 22--10 Km, Shedd Park, Lowell, Mass.

Sat. Oct. 3--6 mile, Des Moines, Iowa, 10:30 a.m.

Sat.-Sun., Oct. 10-11--INTERNATIONAL COMPETITION FOR THE LUGANO TROPHY, 20 and 50KM,  
Frankfurt, West Germany

OHIO RACE WALKER

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