

OHIO RACEWALKER



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YOUNG BACK IN TOP FORM; EAST GERMAN DOMINANCE CONTINUES: ANOTHER YOUNG CAPTURES ULTRA*LONG RACE

Larry Young has quickly disproved some of the doubters, such as your editor, who figured he might have a tough time getting back to his 1868 form even by next year. He first captured his fourth U.S. 50 Km championship, outlasting a class field in a very close finish, and two weeks later dropped all the way down to 2 Miles to capture another National title. Across the ocean, East Germany easily bested Sweden, France, and Italy in a match involving two Senior and one Junior (born after 1 Jan. 1951) race and later won an eight-nation Junior match over 10 kms. Colin Young once again demonstrated his tenacity over the long haul while winning a 24-hour race at Rouen, France by covering more than 134 miles. Read on for some of the details.

LARRY YOUNG OUTLASTS STRONG 50 KM FIELD

Nutley, N.J., June 12--Walking his first 50 Km race since he took the bronze medal in Mexico City, Larry Young added a fourth Senior National title to those he won at this distance in 1966, 1967 and 1968. Larry broke up a tight five-man race in the last 15 kilometer and came home in 4:19:29, nearly a minute ahead of runner-up John Knifton. Both thus secured spots on the US team for the Pan American Games in Cali, Columbia, July 31-August 5. As this is the written, the exact makeup of this team is still uncertain, at least to me. It all depends on Tom Dooley's status. I have heard both that he does and does not plan to go. If he does, he joins Goetz Klopfer in the 20, Young and Knifton in the 50. If not, Young could choose either 20 or 50, or both, I suppose. Ron Laird is next up in the 20 and Gary Westerfield in the 50.

Westerfield was the surprise of the 50 as he overhauled the reliable Klopfer in the final 10 kms to nail down third less than 2 minutes back of Knifton. Goetz, although an unaccustomed fourth should not be too disappointed with a 4:21:31. Ron Kulik, who spent a lot of time and effort putting this race on, was the only one of that leading five to drop completely off the pace at the finish but still hung on to hold off Bob Kitchen for fifth. Kitchen walked a rather isolated race in sixth place all the way, with one group out of reach in front and another group well behind. His finish, too, was somewhat surprising, since he had managed only 1:45 in the 20 Km 3 weeks earlier and went at about the same pace today. However, it develops he had a rather lengthy pit stop in that 20 and so was actually in better shape than we imagined.

Today's race started at 7 a.m. in cool weather, which was the idea. Only for the last hour, or so, of the race was it sunny, hot, and humid, which was just when everyone else lost the ultra-tough Young. The race was contested on a road course consisting of one short lap and 13 loops of about 2 1/2 miles (a bit more). The early leader was Ron Laird, seeking to make his third Pan-Am team, and by 10 miles he was about 2 minutes ahead. However one lap later he was out with the sore groin he picked

up in the 20. Another notable dropout was Bob Bowman, who stopped at about 19 miles in 3th place.

After Laird went out, the Young-Knifton-Westerfield-Klopfer-Kulik race was set up, with only 21 seconds separating them at that point. Just after half way, Young and Klopfer were even, with Knifton only 16 seconds back. Kulik was another 24 seconds behind, and Westerfield was apparently starting to lose, being 2 minutes back of the leaders. Klopfer picked up 6 seconds on Young the next lap but then Larry spurted and was better than 40 seconds ahead of Goetz and about 80 ahead of Knifton with 4 laps to go. Kulik was nearly a minute ahead of Westerfield at this point, but more than 2 back of Young. From there it was a question of hanging on, as everyone slowed. Westerfield actually finished the fastest and Knifton closed slightly on Young. But Larry stayed easily in Command.

Having come back this far on 8 or 9 months training there seems little doubt that Larry can be a threat for a medal again in '72 if he continues the effort. John Knifton certainly confirmed his 50 Km form and he is still a relative novice at this distance. But then age is not really on John's side either and he may have less chance for improvement between now and next year than the youngsters around him. Westerfield, who showed so much potential at all distances when he started, but who has been plagued with injuries the last year, walked by far his best race and really came out of nowhere. With the US Army backing him he might get pretty good by next year. For Klopfer, this was a low-pressure race, since he already had a Pan-Am spot.

Behind the leading six, Bill Ranney put in the fastest last lap of anyone in the race to pass Steve Geiver and Ron Daniel and capture seventh. The Ohio Track Club's Jack Blackburn gained revenge on his 50 mile conquerors, Elliott Denman and George Braceland, overhauling Denman in the last 10 miles to take 15th. Our other entry, Dale Arnold, suffered the ignominy of the races only disqualification. The team title went to the New York AC in a close battle with the Athens AC. There were 39 starters in the race and 26 finished. The results:

1. Larry Young, Columbia College 4:18:29 2. John Knifton, NYAC 4:19:23 3. Gary Westerfield, LIAC 4:21:05 4. Goetz Klopfer, Athens AC 4:21:31 5. Ron Kulik, NYAC 4:28:29 6. Bob Kitchen, Athens AC 4:30:17 7. Bill Ranney, Athens AC 4:42:10 8. Ron Daniel, NYAC 4:44:49 9. Steve Geiver, un. 4:47:39 10. Todd Scully, Shore AC 4:50:12 11. John Kelly, Striders 4:53:40 12. Bill Walker, Motor City Striders 5:10:17 13. Tony Medeiros, N. Medford 5:17:55 14. John Markon, LIAC 5:21:36 15. Jack Blackburn, OTC 5:21:36 16. Elliott Denman, Shore AC 5:26:12 17. Bob Mimm, Phil AC 5:30:04 18. Jerry Bocci, MCS 5:30:39 19. Vinnie Davy, LIAC 5:30:46 20. George Braceland, Phil. AC 5:38:04 21. D. Childs, Mt. Pk AA 5:45:35 22. Leon Jasionowski, MCS 5:43:56 23. John Killinger, N. Medford 6:03:32 24. R. Pike, NM 6:05:20 25. F. Specter, Shore AC 6:31:17 26. Jake Brederson, NM 7:06:50 Team Standings: 1. NYAC--12, 2. Athens--14, 3. Long Island AC--27, 4. Motor City Striders--37, 5. Shore AC--38, 6. North Medford Club--43

ROGER DURAN WINS PREDICTION CONTEST (PROBABLY)

The probable winner in the prediction contest announced a couple months ago is San Jose's Roger Duran. The hang-up is that as I announced it, the contest was to pick the four members of the Pan-Am team. I'm not sure yet who they are, as discussed above. Roger beat out those two Motor City hot shots, Jerry Bocci and Bill Walker by picking the winning time in the 20 within 1 second. Bocci was the only contestant to pick Dooley and Klopfer in the 20 and also had Knifton at 50. However, he predicted a 1:31:10 in the 20. Duran and Walker were the only two to pick and Young and Knifton at 50 and both had Dooley pegged at 20. Duran took it with a predicted winning time of 1:32:17 to Bill's 1:31:50.

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DDR ROUTES OPONENTS IN TWO INTERNATIONAL MATCHES

Stockholm, May 30--The East German walking machine again proved its dominance as they captured dual matches from Italy, Sweden, and France today. The meet consisted of Senior races at 20 and 35 Km and a Junior race at 10 Km with four men per side in each. The match was scored as separate dual meets with Sweden beating Italy and France and France beating Italy. Only the DDR-Sweden meet included a 20 Km.

East Germany swept the first four spots in the 35, although Peter Selzer just got in ahead of the always tough Vittori Visini of Italy. The only surprise was that Chris Hohne was only third behind Winfried Skotnicki and Burkhard Leuschke, with the winning time a not particularly fast 2:55:32. It was a hot race between the first five with less than 2½ minutes separating them but then nearly 6 more minutes back to sixth.

East Germany was nearly as dominant in the Junior 10 as they took 1, 2, 3, and 7, although leaving their two best men at home. In the DDR-Sweden 20, it was another sweep as Sperling, Reimann, and Frenkel came through together in a rather pedestrian 1:35:01. All of the times indicate that it was either a very tough or a long course. The Results: 35 Km:--1. Skotnicki, EG 2:55:32 2. Leuschke, EG 2:56:30 3. Hohne, EG 2:56:55 4. Selzer, EG 2:57:26 5. Visini, Italy 2:57:58 6. Ingvarsson, Sweden 3:03:47 7. Decosse, France 3:06:48 8. Busca, Italy 3:08:04 9. Fransson, Swed. 3:10:44 10. Svensson, Swed. 3:11:30 11. Hagstrom, Swed. 3:12:16 12. Arnoux, France 3:13:36 13. Bailly, France 3:13:41 10 Km:(Junior): 1. Krausse, EG 46:36 2. Paulicka, EG 47:44 3. Ammon, EG 48:11 4. Rouche, France 48:22 5. Lundgren, Swed. 48:35 6. Caviglioli, France 48:45 7. Roeder, EG 49:33 8. Gustafsson, Swed. 50:23 9. Feller, Italy 50:24 10. Westlund, Swed. 50:44 11. Moulinet, Fr. 51:09 12. Canini, Italy 51:55 13. Carldstedt, Swed. 52:19 14. Moreno, Fr. 54:08 15. DiChio, Italy 55:05 16. Scussel, Italy 58:57 20Km: 1. Sperling, EG 1:35:01 2. Reimann, EG 1:35:01 3. Frenkel, EG 1:35:01 4. Zscheigner, EG 1:38:14 5. Tenggren, Swed. 1:39:24 6. Bjorkgren, Swed. 1:40:32 7. Moen, Swed. 1:42:14 8. Hemmingsson, Swed. 1:42:24

Husum, E.G., June 6--In a Junior International 10 Km Lutz Lipkowski and Karl-^{Heinz} Stadtmueller of East Germany completely dominated the field to easily defeat the two-man teams of six other nations, including two from host West Germany. The West German "A" team was hurt by the disqualification of ace Peter Schuster, the ex-Easterner, but still have been no match for Lipkowski-Stadtmueller duo. These two passed 3 kms in 13:02 (the race was on the track) with a 21 second lead on third-place Tomas Glans of Sweden. By the time Lipkowski hit 5 km in 21:40, he was 10 seconds up on his mate and better than a minute clear of Glans. From there he slowed only slightly and finished in an outstanding 43:43.2 with Stadtmueller only 20 seconds behind. Remember, these guys are under 20 and with the other four youngsters in the above race, it appears Frenkel, Hohne, & Co. will not be hurting for replacements. The results: 1. Lutz Lipkowski, EG 43:43.2 2. Karl-Heinz Stadtmueller, EG 44:03.4 3. Tomas Glans, Sweden, 46:51.4 4. Ove Hemminsson, Swed. 47:21.8 5. Heinrich Schubert, WG "B" 47:46.4 6. Fred Hohmann, WG "A" 48:26.6 7. Mavroudis, Greece 48:36 8. Peter Lehman, WG "B" 49:15.8 9. Kjell-Ivar Martinsen, Norway 49:23.6 10. W.J. Laver, GB 50:10.2 11. Christos Karageorgou, Greece 40:43.4 12. Mogens Petersen, Denmark 50:50.8 13. Kaare Sandvik, Norway 52:28.6 14. P. Sturdy, GB 54:05.6 15. Claus Christiansen, Denmark 61:04.4 Team: East Germany--32, Sweden--27, WG "B"--21, Greece--16, Norway--12, WG "A"--10, Great Britain--10, Denmark--71

MAGNIFICANT EFFORT BY COLIN YOUNG

Rouen, France, May 8-9--England's Colin Young set a new record while leaving the field far behind in a 24 hour walk. Starting in high humidity, surviving a 9-hour down-pour, and finishing with 7 hours in a blazing sun, Young covered 134 miles 202 yards and was over 13 miles ahead at the finish. The race was held on an accurately measured road course, consisting of 45 laps on a 1213 meter circuit, four laps of 25km 150 meters, and then back on the short circuit until the finish. Young was on a 220 km (about 137 miles) through 18 hours after taking the lead at 70 kms. This race

This race qualified (!?) him for the Strasbourg to Paris (520 Km) to be held June 10-13 (or which was held then with no results yet in to your editor. The Rouen results: 1. Colin Young, GB 215 km 835 m 2. G. Landreau, France 194 km 201 m 3. E. Alcmaine, Belgium 191 Km 615 m 4. H. Fickinger, France 191 Km 475 m 5. J. Bonn, France 184 Km 279 m 6. H. Mainemare, France 179 Km 435 m (30 starters and 13 finishers)

That amazing Larry Young. My wife just read over the first couple pages and let me in on the fact that Larry Young was coming back from his last competition in the year 1868. The things you learn reading the Ohio Race Walker. I might try reading it myself sometime.

LIMERICK TIME

Before getting on with the dull parade of results, some of you may recall our livening up the pages with a few limericks a few years back. Having now refurbished the fires and feeling once again inspired, try these for size. Since Larry Young is the topic:

After taking two years on a spree
Or high living, debauchery, and glee
Larry Young came right back
And caught up to the pack
Using walking to get college free.

or

What's become of our old friend Jose
Who ran past the Russian, Ole
Cost our Rudy third place
Made the judge hide his face
But for the natives he sure made the day.

Walking judge is a job that I won't
Anytime in the future much want
Quote "A red flag for me!!"
Or "Look at him with bent knee"
You are damned if you do or you don't

Chris Hohne, fantastic is he
He cannot be beat at fifty
With style, strength and grace
He wins every race
In times that astound all of we.
(Well, most every race)

Tom Dooley, a walker of fame
Is lithe and appealing of frame
Though young damsels he woos
He avoids sex and booze
To fill record books with his name

Though meat never touches his lips
Fruits, nuts, and stuff keep his hips
Movin' 'long out in front
In the race-walking stunt
As most of us walkers Goetz whips

Devoting his life to the race
Training to keep up the pace
Adds to 100 gold
and Memories untold
For Ron Laird who others still chase.

100 says old J ck Blackburn
To walk this my stout heart does yearn
I did 50 with ease
One hundred's a breeze
Egan man, will I never learn.

Walkers from yore I recall
Allen, Deni, Karl Kurr and John Wall
Omelchenko and Hewson
Humke, Rasmussen
Weinacker, Neishloss, Casper, etal.

And here at home there've been quite a few
Crosten, Smithberger, Ackerman too
Teagarden and Hewell
Stattmiller the jewell
Cline, Loucks, Winner and Barry--a crew.

The Ohio Race Walker you see
Is done by a guy I call me
The typs are many
Organization--any?
These things just aren't my cup of tea.

Race Walking World Statistics 1970 are available from Don Jacobs, Box 23146, Tigard Oregon 97223 at \$1.10, including postage. This illustrated annual is put out by Palle Lassen and Egon Rasmussen in Denmark and is always well worth the money if you are statistically minded.

CAPPELLA WINS CANADINA 50 KM

Toronto, June 13--Felix Cappella, already qualified for the Canadian Pan-Am team with a second in the 20, caught Marcel Jobin in the final 3 miles to win the Canadian 50 today. Whether Felix chooses to contest both events in Cali remains to be seen. This will mark the third Pan-Am appearance for the veteran Cappella. Jobin, although faltering at the end, had his finest performance to date at a distance event.

1. Felix Cappella, Gladstone AC 4:41:04 2. Marcel Jobin, MRFA 4:43:09 3. Pat Farrelly, Hamilton OC 4:53:33 4. Max Gould, Gladstone 5:18:48 5. Tom Manske, Edmonton OC 5:45:13 6. Gordon Follett 5:58:24 (13 started, 9 finished--70°, humid)

RUNDOWN ON RESULTS:

Additional results on National 20 Km: 22. Mike Ryan, Striders 1:46:23 23. Jerry Lansing, un. 1:47:35 24. Steve Tyrer, Striders 1:51:00 25. Bob Penland, Col. TC 1:51:01 26. Pete Van Handel, US Army 1:51:15 27. Bob Woods, US Army 1:53:22 28. Rich Santore, Milpitas TC 1:54:34 29. Jim Bentley, Stockton RW 1:55:18 30. Roger Duran, San Jose Yearlings 1:56:04 31. Bryan Snaselle, un 1:56:23 32. Brad Bentley Stockton RW 2:02:03 33. Chris Buck, West Valley TC 2:02:05 34. Dean Ingram, Snohomish TC 2:03:21 35. Phil Mooers, West Valley 2:03:42 36. Kevin Brentnall, Stockton RW 2:04:56 37. Jack Halligan, un. 2:05:42 38. Don Jacobs, Portland TC 2:09:27 39. Carl Alarcon, un 2:11:08--The leaders' pace: Dooley--22:25, 45:08, 68:25; Klopfer--22:26, 45:08, 68:25; Young 22:30, 45:21, 68:55; Laird--22:30, 45:45, 69:27; Knifton--22:51, 46:47, 70:53; Godwin--23:10 46:54, 71:08; Ranney--22:41, 46:45, 70:55

One other up date; the 10 Km team scoring was changed when Bob Woods was declared ineligible to represent the U. of Chicago Track Club. This cost them the title and the revised standings are: Green & Gold AC--16, Motor City Striders--17, UCTC--22, OTC--23.

EASTERN RESULTS:

10 Mile, Westbury, Long Island, May 29--1. Ron Daniel, NYAC 1:13:15.2 2. Larry Newman, LIAC 1:18:04.1 3. Howie Jacobsen, LIAC 1:21:37.4 4. John Markon, LIAC 1:21:37.6 5. Steve Hayden, LIAC 1:27:09 6. Pete Warren, USMA 1:27:28 7. Vinny Davy, LIAC 1:28:07 (14 finishers--course about 440 short) Girl's 2 Mile, same site--1. Brenda Jaeger, un. 20:46 2. Ellen Minkow, un. 20:46.6 1 Mile, Bristol, Pa., June 5--1. Ron Kulik 6:39 2. Ron Daniel 6:43 3. Howie Palamarchuk 7:03.5 4. Randy Mimm 7:34.1 5. Larry Simmons 7:46.8 6. George Braceland 7:51.8 9 Mile, Lakewood, NJ, May 30--(handicap, actual times shown)--1. Mack Berger, Brick Twp. HS 1:28:30 2. Rich Airey, Shore AC 1:14:33 3. Richard Bean, Portland, Me. 1:22:00 4. John Skisiak, Shore AC 5. George Braceland, Phil. AC 6. Bob Mimm, Phil AC 1:11:40 (fast time--Ron Kulik 1:11:17) Race Walking starts in Connecticut: Conn. AAU 5 Km, Fairfield U.--1. John Fischer, Stratford Spartans 29:41.6 2. Phil Tarasovic, SS 29:51 3. Mike Collins, Fairfield County Striders 31:29 (8 finishers) Open 5 Km: 1. Steve Hayden, LIAC 26:17 2. John Markon, LIAC 26:30 3. Vinny Davy, LIAC 27:43 4. George Lataarulo, NMC 27:48.2 5. Joel Dada, Montreal 28:12.8 6. Don Johnson, Shore AC 28:54.4 7. John Killinger, NMC 30:07.8 Girl's 880: 1. Mary Beth Hayford 4:34.4 2. Ellen Minkow 4:35.4 3. Brenda Jaeger 4:40 (10 finishers) (All races held June 5 on the track.) Girl's 1 Mile, C.W. Post Col., June 10--1. Ellen Minkow 9:51 2. Brenda Jaeger 10:06 880 for girls, June 4--1. Ellen Minkow 4:31.4 2. Nancy Cossoni 4:33.4 3. Kim Miller 4:36.7 4. Brenda Jaeger 4:38.6 Women's 880, New York, June 12--1. Ellen Minkow, Port Washington 4:14.8 2. Mary Beth Hayford 4:16.2 3. Jennifer Biller 4:42 Met. AAU 2 Mile, June 10--1. Ron Daniel 14:41 2. George Shilling 15:47 3. Larry Newman 17:11 (Bruce MacDonald walked 17:22 but was not officially entered) Mid Atlantic AAU 2 Mile, Philadelphia--1. Bob Pollock, un. 16:08 2. Joe Stefanowicz, Phil AC 16:44 3. Mike Conn, Phil AC 18:06 (Palamarchuk D'ed) Women's 880 (road, short)--1. Stella Palamarchuk 3:39 2. Sharon Fortune, South Jersey Chargers 3:58 3. Aggie Nurabas, Phil Hawks 4:02 4. Shirley Davis, PH 4:08 (9 finishers)

OHIO SCENE

Worthington, June 6—Jerry Brown made his farewell to Ohio walking, at least for a while, by capturing a 1 Hour race in scorching weather today, while Jack Blackburn captured a companion 3 Hour affair. Just prior to the races, we watched Worthington schoolboy Tim Kight make a solo attempt at the 330 intermediate hurdles, an event not contested in Ohio, in order to qualify for the All-American meet in Illinois. In his first ever try at the distance he turned a 37.5 to get into the meet. A week later he made his competitive debut at the distance in Illinois and won in 37.6 and the next week journeyed to the Golden West in California and ran away with that in 37.1. Our race walking wasn't as impressive.

Brown has graduated at the U. of Louisville and is now off for graduate work at the U. of Colorado and some efforts with the Colorado Track Club. In this race he stormed through a 1:50 first lap, was under 7:40 at the mile and then really died in the blazing sun. But so did runnerup Phil McDonald and everyone else. Your editor called it a day after only 6 laps in 12:00 and later found out it was because I had the flu, which later developed into, or was all along, a bit of prostatitis.

Jack Blackburn trailed Bill Kaiser, now living in Cleveland, and Dale Arnold through the early stages of the 3 Hour. Kaiser called it a day at 9 miles and Jack caught Dale just before 10 as he did steady miles at just under 10 minutes. The results: 1 Hour: 1. Jerry Brown, un. 7 miles 39 yds 2. Phil McDonald, UCTC 6 mi 1434 yds 3. Wayne Yarcho 6 mi 35 yds 4. Dr. John Blackburn 5 mi 1456 yds 5. Clair Duckham 5 mi 481 yds--DNF Bob Smith (4 3/4 miles in 48:50) and Mortland 3 Hours: 1. Jack Blackburn 18 mi 3.7 yds 2. Dale Arnold 15 mi 1290 yds

Dayton, June 12—Phil McDonald walked the fastest mile of his life to capture the Ohio AAU title over a struggling Jack Mortland in 7:15.4. Mortland passed the 440 in 1:47 and McDonald took the lead just before the 880 in 1:38. Bob Smith, in his first try at anything under 6 miles, stayed up for the quarter and was still fairly close at the half. Wayne Yarcho and Clair Duckham did a yeoman-like job, having run 10 miles earlier in the day. 1. Phil McDonald 7:15.4 2. Jack Mortland 7:25 3. Bob Smith 8:16 4. Wayne Yarcho 8:58 est. 5. Clair Duckham 9:20 est.

Dayton, June 20—Phil McDonald continued his winning ways, annexing the Ohio AAU 15 Km Championship on a shadeless course in a scorching 90° plus sun. McDonald moved into a 20 second lead over Jack Mortland, making his weekly racing attempt, and Steve Geiver, on his way home to Washington from the 50 Km, on the first of 8 laps. He was all alone from there and walked a very steady pace for 5 laps with a gradual slow down from there. At the end of 4 laps Mortland was 83 seconds behind but over 3 minutes ahead of Geiver and Dale Arnold. However, he had also had enough exercise for a sick man and called it a day. To indicate the intensity of the heat, Geiver, just a week after a 4:47 50 Km, just led Arnold after 5 laps and then walked the next lap ~~off~~ at over 10-minute pace and decided that was enough. Bob Smith also had enough at 6 laps. However those two grizzled old veterans, Dr. John Blackburn and Clair Duckham, ground it out all the way. All in all, it was a rather sorry championship race and McDonald has promised to boycott any future summer races held at high noon. 1. Phil McDonald 1:21:01 2. Dale Arnold 1:29:26 3. Doc Blackburn and Clair Duckham 1:40:43.

OTHER MIDLANDS STUFF

Detroit, June 20--It was hot in the Motor City, too, as both the men and women had a bloody go in 92° temperature. Men's 6 Mile: 1. Jerry Bocci 54:02 2. Leon Jasionowski 58:06 3. Tony Polisene 63:33 Women's 4 Mile: 1. Lynn Olson 37:39 2. Jeanne Bocci 41:27 3. Kathy Simon 44:23 Wisconsin AAU 3 Km, Milwaukee, June 12-- 1. Larry Larson, Mil. TC 16:00.8 2. Michael DeWitt, Lakeshore Olympians 16:18.4 3. Brian Murphy, Mil. TC 17:05.4 4. Tom Boehm, U. of W. Milwaukee 19:39.4 Wisconsin CYO 1500 Meter -- 1. Chris Olszyk, Mil. 8:22.4 (age 16) 2. Cy Grum, Mil. (18) 8:27.2 4. John Hoppa, Mil. (15) 8:46.6 4. Keith Berg, St. Francis (18) 8:53.4 RMAAU 10 Km, Boulder, June 5-- 1. Floyd Godwin 47:40.8 (7:24, 15:10, 22:58, 30:43, 36:24, 46:01) 2. Karl Merschenz 49:58 (stayed with Godwin first mile) 3. Ned Amstutz 50:04 (came from a minute back and had 7:50 last mile) 4. Bill Weigle 52:23 5. Bob Penland 53:47 6. Chris Amoroso 58:21 7. Lenny Cloud 60:38 7. George Lundmark 60:41.5

2 Mile, Boulder, June 12--1. Floyd Godwin 14:38.2 2. Bill Weigle 15:44.6 3. Tom Lemire 23:53.6 (new RMAAU Record) Women's 1 Mile, Boulder, June 12--1. JoAnne Amoroso 10:30 2. Pam Weigle 12:00 3. Marcia Lemire 12:00.6 (new RMAAU Record)
Jr. 1 Mile--1. Joe Amoroso (age 8) 13:39 Women's 880, Denver, June 12--1. Ingrid Martin 4:22.5 2. Terri Guernsey 5:41.0

WEST COAST

YOUNG WINS SECOND TITLE IN TWO WEEKS

Eugene, Oregon, June 26--Larry Young moved easily away from Larry Walker and Ron Laird over the second mile to add the NAAU 2 Mile title to the 50 Km championship he won 2 weeks earlier on the opposite coast. Young followed Laird through splits of 1:38.5, 3:21 and 5:06. When the pace slowed to 1:47 on the next lap for a 6:53 mile, Young moved into command and pushed the next half in 3:26 to sew the race up. Walker also got away from Laird, only to be disqualified. Jim Hanley won a tight race with Ray Parker and Bill Ranney to capture third and Steve Tyrer got the final medal in sixth. A crew of 10 judges, headed by Bill Landon, kept things tight, as Ron Daniel, Todd Scully, and Mike Ryan, in addition to Walker, suffered their wrath. There were several notable absentees in the race, including the defender, Tom Dooley, who was concentrating his efforts on preparation for a 20 Km date with the Russians. The results: 1. Larry Young 13:49.50 (1/looth timing courtesy Data Timer. I suppose Charlie will criticize me for using it, since only the nearest 1/5 is recognized, but it looks neat.) 2. Ron Laird, New York AC 14:03.56 3. Jim Hanley, Striders 14:10.57 4. Ray Parker, Striders 14:11.50 5. Bill Ranney, Athens AC 14:12.06 6. Steve Tyrer, Striders 14:25.38 7. Jim Bean, un. 14:33.40 8. Gary Westfield, LIAC 14:38 u 9. Steve Geiver, un. 14:54u 10. Roger Duran 14:58u D'd: Larry Walker 13:57.46, Ron Daniel 14:13.55, Todd Scully 14:30.00, Mike Ryan 14:36.7
Rose Festival 2 Mile, Portland, June 12--1. Steve Tyrer, Striders 14:06.0 2. Ray Parker, Striders 14:23.6 3. Jim Hanley, Striders 14:30.8 4. Mike Ryan, Striders 15:17.4 5. Wes Edwards 15:39.6 6. Ken Fowler 17:12.8 (Jim Bean 14:06.2 but D'd with use of CBS videotape a couple of hours after the race) 2 Mile, Portland, June 13--1. Steve Robinson 18:41 2. Doug Vermeer 18:49 3. Don Jacobs 19:27 4 Mile Newberg, Ore. June 3--1. Wes Edwards 33:29 2. Don Derbyshire 34:55 3. Don Jacobs 36:22 (8 finishers) Oregon Junior Olympics, June 5: 440 yards (age 10/11)--1. Dave Schmidt 1:47.1 2. Vern Harris 1:47.2 3. Steve Spear 1:52.7 880 yards (age 12/13) Scott Smythe 4:07.7 2. Matt Finder 4:14.9 3. Tim Mocchi 4:15.0 1 Mile (age 14/15)--1. Rudy Pearson 8:32.0 2. Mike Long 8:35.5 3. Daryle Brown 8:49.9 1 Mile (Age 16/17) 1. Wes Edwards 7:08.6 2. Jeff Reynolds 8:30.0 3. Ben Crook 8:36.4 Girl's 1 Mile, Los Angeles, June 12--1. Elaine Saareur (age 11) 9:35.2 2. Joy Stone (11) 10:44.5 3. Diane Delnese (11) 10:51.5 (12 finishers) SPAAU 2 Mile, Irvine, May 31--1. Larry Walker 13:43 2. Steve Tyrer 14:35 3. Jim Hanley 14:56 4. Bryon Overton 14:59 5. Mike Ryan 15:02 6. Steve Merrillees 15:35 7. Dennis Reilly 16:04

FOREIGN RESULTS

3 Km, London, May 12--1. Paul Mihill 12:19.4 20 Km, Sweden, April 25--1. Stefan Ingvarsson 1:32:54.6 2. Daniel Bjorkgren 1:33:14.6 3. Orjan Andersson 1:33:27.4 4. Bo Fransson 1:33:53.0 5. K.E. Svensson 1:34:48.1 6. Ole Jensen 1:37:23 7. Allan Hagstrom 1:38:23 (Sweden has a fantastic age group program and easily the best women's program going. With this race they had a Junior 10 km (won in 48:42), a 5 Km for younger boys, and a 3 Km for still younger. They also had a women's 5 km and a 5 and 3 Km for girls. This is typical of all their races and may have fewer classes than is the norm. Because I get the results in Swedish, I can't always get the exact age groups figured out because they don't always use a numerical designation. But they go down to 10 and 11 years old.) 15 Km, Enhornagangen, Sweden, May 2--1. Klas Grunlid 1:13:40 2. Lennart Johanson 1:13:41 15 Km, Sweden, May ?--1. Orjan Andersson 1:09:33 2. Daniel Bjorkgren 1:09:39 3. Hans Tenggren 1:10:02 4. Gunnar Kammarbo 1:10:23 5. Karl-Erik Svensson 1:10:55 6. Lennart Johansson 1:11:27 7. Ove Hemmingsson 1:11:30 8. Johane Lindberg 1:11:40 9. Kare Moen 1:12:20 10. Allan Hagstrom 1:12:35 11. Georg Dawidsson 1:12:40 12. Clas Grunlid 1:13:04 13. Max Sjolholm 1:13:27 Women's 5 Km, same Place--1. Eivor Johansson 26:05 2. Britta

Tibbling 27:10 10 Km, Sweden--1. Tomas Glans 45:33 2. Jan Rolstad 45:44 3. Lennart Back 45:55 20 Km, Gruiu-Snagov, Rumania, April 4--1. Hans-Georg Reimann, EG 1:29:57.6
 2. Vasiele, Rum 1:30:54 3. Nicolae Maxim, Rum 1:31:44 4. Constantine Stacu, Rum. 1:31:55
 5. Constantin Stan, Rum. 1:32:23 2 Hour, Bologna, Italy, April--1. Vittorio Visini 25, 573 m (breaks Pamich's record of 25,509) Time at 25 Km--1:57:22.6
1 Hour, France, April 25--1. Francois Dreano 13,172 m 2. Jaques Arnoux 13,036, Henir Delerue D'ld Australian Women's 1500 m, March 3--1. D. Behan 7:00.9 (record)
 2. Gay Syrratt 7:20.2 3. J. Mills 7:54.1 3 Km, road, same day--1. Behan 15:15.4
 2. Syrratt 16:18.4 20 Km, Copenhagen, May 2--1. Bernhard Nermerich 1:33:20
Women's 10 Km, Copenhagen, May 2--1. Karin Moeller 58:10.6 (road) 2. Lise Ilotte Rasmussen 59:53.8
20 Km, Barcelona, Spain, May 16--1. Abdou Pamich, Italy 1:30:29.6 2. Charles Sowa Luxembourg 1:32:06.6
 3. Jean-Claude Decosse, France 1:32:19 4. Heinz Mayr, WG 1:33:36.4
 5. Campos, Spain 1:34:54 20 Km, Karl-Marx-Stadt, EG, May 23--1. Christoph Hohne 1:28:51.8
20 Km, Moscow, May 26--1. Sergiy Bondarenko 1:29:29.6
20 Km, Bucharest, May 16--1. Siegfried Zscheigner, EG 1:30:30 2. Alexander Bilek, Czech. 1:31:44
 3. Karl-Heinz Stadtmuller, Eg. 1:32:27 4. Juraj Bencik, Czech. 1:33:02 5. Vasile, Rum. 1:33:22
50 Km (track), Paris, May 16--1. Guy Bailly 4:29:55 2. Roger Quemener 4:32:42
20 Km, Kaufbeuren, WG, May 23--1. Dr. Huber Meir 1:31:42.6
 2. Alvin Reng 1:34:21.6 20 Km, Frankfurt, May 16--1. Wilf Wesch 1:34:34.8
 2. Gerhard Weidner 1:34:43 20 Km, Hamburg, May 23--1. Paul Mihill 1:29:44.4
 2. Weidner 1:36:07 10 Km (track), Furth, WG, May 31--1. Bernhard Kannenberg 44:43.2
 2. Gerd Schuth 45:08.8 3. Herbert Meier 45:12.8 4. Gerhard Weidner 45:20.8
3 Km, Enfield, Eng., May 25--1. Phil Embleton 11:55 3 Km, London, June 5--1. Paul Mihill 11:51.2 (6:21.2 at mile)
 2. Wilf Wesch 12:47.8 Women's 3 Km, Watford, Eng., June 5--1. Judy Farr 16:01.2
 2. Jennifer Peck 16:42.6 3 Km, Women, Perry Bar, Eng., June 5--1. Margaret Billingsley (nee Lewis) 15:36.2
 2. B. Cook 15:41.6 3. Betty Franklin (nee Jenkins) 16:08.4
 4. M. Hindley 16:19.8 5. M. Graham 16:27.8 6. P. Horwill 16:29.8
Women's 5 Km (track), April 24, London--1. Judy Farr 27:11 2. Jennifer Peck 29:13.4
20 Mile, Leicester, May 22--1. Shaun Lightman 2:38:16 2. Bob Dobson 2:38:19
 3. Bill Sutherland 2:40:51 4. Wilf Wesch 2:42:27 5. John Warhurst 2:43:55
 6. Ray Middleton 2:45:30 20 Mile, Chorley, May 15--1. Ron Wallwork 2:37:34
 2. John Warhurst 2:40:31 10 Km, Track, Leicester, May 30--1. Phil Embleton 42:24
 2. Ron Wallwork 43:57 3. Bob Hughes 44:26.2 4. Wilf Wesch 45:02.2

RACES TO RACE IN

Sat. July 10--15 Km, Independence, Mo., 9 am
 10 Mile Hdcp, 3 Mile Jr. Hdcp, Adams County Fairground, Colorado, 9 am
 SPAAU 30 Km Championships
 Sun. July 11--8 mile and 35 miles, Van Wert, Ohio (Blackburn is still on his long kick and would welcome any loonies to go with him)
 11 Mile, Kings Point, N.Y.
 Mon. July 12--5 Km, Takanassee Lake, Long Branch, N.J. (and the next three Mondays)
 Sat. July 17--NAAU 30 Km Championships, Denver, 8 a.m.
 Sun., July 18--NAAU JUNIOR 2 MILE, CHICAGO
 Sun., July 25--6 and 40 mile, Worthington, Ohio
 Sat. July 31--2 Miles, Columbia, Mo., 7:30 am
 Sun., Aug. 1--Met. AAU 25 Km, C.W. Post College
 Sat., Aug. 7--20 Km, Cosmo Park, Columbia, Mo. 6:30 a.m.
 Sun., Aug. 8--7 Mile and 20 Miles, Dayton, Ohio
 NAAU JUNIOR 40 KM, LONG BRANCH, N.J.

The Shore AC is planning their second club trip to Europe leaving Aug. 17 and returning Sept. 7. They will be Denmark, Sweden, Norway, and Great Britain. For their walkers the trip will climax with participation in the London-to-Brighton.

Regular contributors to the ORW, who receive no show of gratitude from a selfish editor, include: Elliott Denman, Ron Daniel, Steve Hayden, Fred Brown, Sr., Stella Palamarchuk, Bruce MacDonald, Charles Silcock, Jerry Bocci, Floyd Godwin, Fred Young, Joe Duncan, Don Jacobs, Bill Ranney, Jim Hanley, Doug Walker, Ernie Westerhove, Colin Young, Egon Rasmussen, Dale Arnold, and a few others who will be mad at me because I have forgotten to mention them.

Montana could be the first state to have race walking as a regular part of high school competition, thanks to the efforts of Larry O'Neil. He has been getting a lot of good publicity for recent races and now has several coaches favoring a 2 mile walk as part of dual and championship competition. At least it has gone to the extent that plan to propose it at the next Montana High School Sports Meeting. At the same time, Don Jacobs reports that he has heard that the NAIA will add a walk to their championship meet as a scoring event. This small college has been an innovator (an extra syllabobble, so what) before and this would be a good breakthrough for the sport.

Some notes on Phil Embleton's training, stolen from Athletics Weekly, make interesting reading: "Although accomplishing several fast times and excellent placings over the past years, it was not until recent months that one really considered Phil Embleton as a serious contender for the highest honors at Munich. How did this sudden surge into the top international flight come about? Starting his current training regime last September, Phil now covers the majority of his miles at a sedate 10 km per hour instead of the intensive track interval work he previously employed to a large extent. The distance covered per week varies but is generally between 150 and 200 km (93-125 miles) with a 50 km featuring on a Sunday and a flat-out track effort (often 10 km under 42½) on a Wednesday. For this one fast session, Phil warms up with a steady 5 km and warms down with a similar distance.

"All training is undertaken alone. Runs, at a sharp pace, are included twice and weight training four times in a week's routine. ~~Exc.....~~ Phil does not intend keeping his fearsome training going for long. Following Munich, he intends easing down and going for 50 km! The former National Junior champion maybe unique in thinking, ~~that more concentrated training, both in mileage and number of sessions,~~ is necessary for the elite 20 km performer than his 50 km counterpart."

Think about that for a bit.

LOOKING BACK IN THE ORW--5 YEARS AGO

Rudy Haluza won two National titles in the space of 6 days in the steaming Midwest cauldron. In Chicago on June 12 he won the the 10 Km on the track in 46:51.0. He had gone about 2 minutes faster three weeks earlier on the way to 10 miles but in much less trying conditions. Haluza trailed Don DeNoon through a 6:53 mile with a 7:03 and caught up at 2 miles in 14:10. From there they both died but Rudy was nearly a minute ahead at the finish. Fat Jack Blackburn beat teammate Jack Mortland for third. The Striders beat the OTC for the team title. On the 18th on hot blacktop parking lot in McKeesport, Pa., Haluza left Ron Laird in his week to take the 20 km title in 1:36:16. Mortland edged Ron Daniel for third and a young fellow by the name of Bob Kitchen was a surprise fifth. Back in eighth, after a seventh the week before, was one Larry Young. Times change. The great Blackburn cleaned Mortland in the Ohio AAU mile 6:50.3 to 6:58.7 as Doc Blackburn turned in a tough 8:15. Mortland won the first Zinn Memorial 10 Km in Chicago on the Hansen Park track in 47:38.2. And some fellow called Laird also won a National title Taking the 2 Mile in New York on June 26 with a 13:52.6. DeNoon second, Daniel third, and Young fourth (14:53.2).

Well, enough for this month. Time to get ready for bed.

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FIRST CLASS MAIL