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COLLEGIATE TITLES TO SCHUELER, TIMMONS

Carl Schueler and Pete Timmons came out on top in the two major collegiate Indoor walks for 1978. In Kansas City, Frostburg State's Schueler was an easy winner in the N.A.I.A. 2 Mile race on Feb. 25. Carl covered the 24 laps in 13:53.6. A week later, St. John's freshman Timmons took honors in the IC4A meet held at Princeton, doing 1 Mile in 6:49.2. The mile race at the IC4As is a long time event, with Ron Zinn holding the meet record of 6:18.3 set in 1962, but has never been credited as a scoring event. The NAIA 2 Mile is an official scoring event in that meet.

At Kansas City, Schueler, who was third behind Parkside's Jim Heiring (13:39) and Chris Hansen last year, bl sted the first mile in 6:46 and was never challenged. John VanDenBrandt, also from Prakside, moved from last year's fifthplace to capture sedond in 14:13. Heiring has graduated after winning the title 3 years in a row and Hansen has been out with a blood condition but is training again now. In third place was ffeshman Jeff Ellis of University of Wisconsin--Stevens Point, last year's National Junior Olympic winner in 6:52.3.

At Princeton, Timmons took command at the start and went through the first quarter in 1:39 and ha lf in 3:22. Jerry Katz was less than 3 seconds back at the finish but was never able to challenge for the lead. Timmons won the State High School title in New York last year and holds the national High School record at 6:50.6.

Results of the two races:
NAIA 2 Mile, Kansas City, Feb. 25--1. Carl Schueler, Frostburg State (Md) 13:53.6 2. John VanDenBrandt, UW-Parkside 14.13.1 3. Jeff Ellis, UW-Stevens Point 14:35.3 4. Al Halbur, UW-Parkside 14:41.4 5. Steve Roger, Concordia (Neb.) 14:46 6. Jay Byers, UW-Eau Claire 15:01 7. Mike Rummelhart, UW-Parkside 15:13 8. Warren Adams, Lewis College,(Ill.) 15:30

IC4A 1 Mile, Princeton, NJ, March 5--1. Pete Timmons, St. Johns 6:49.2 2. Jerry Katz, Bucknell 6:51.9 3. Bruce Harland, Merchant Marine Academy 6:54.4 4. Mike Morris, Marist 7:01 5. Paul Andrews, New York Tech 7:10 6. Tim McCoy, Manhattan.....9. Susan Liers, Stony Brook 7:34.3--Chris Flanagan of the Merchant Marine Academy was disqualified after finishing fourth.

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Who would have believed it? The ORW has survived 13 years and still seems to be going strong. I never figured back in March of 1965 when we did the first number that some day I would have to figure out how to make a Roman numeral XIV, but here it is. And I think I did it correctly. One of the few things done correctly during those 13 years, but race walkers have to take their news any way they can get it—and this seems to be it. So we will keep plugging away, bringing you news and views without getting too formal or fancy about it, and maybe it will go on another 13 years.

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A ROUNDUP OF RACE WALKING RESULTS

5.5 Mile Handicap, Lowell, Mass., Jan. 4--1. Mike Fallon 66:30 2. George Lattarulo 51:58 3. Tony Medeiros 51:59 4. John Farrell 62:00 5. Fred Brown Sr. 78:08 6. Dave Jolliff 78:09 5.5 Mile Hdcp, Lowell, Jan. 11--1. Tony Meidiros 52:52 2. George Lattarulo 60:18 3. Fred Brown Sr. 71:08 5.5 Mile, Lowell, Feb. 2--1. Steve Rehman 47:55 2. Dave Jolliff 51:07 3. George Lattarulo 53:15 4. Tony Medeiros 53:25 5. Fred Brown Sr. 73:55 4 Mile, Holyoke, Mass., Feb. 20--1. Steve Rehma n 32:38 2. Paul Schell 33:12 3. George Lattarulo 35:06 4. Dennis Slattery 35:47 5. David Jolliff 36:03 6. Tony Medeiros 37:18 7. John Farrell 40:49 (12 finishers) 5.5 Mile, Lowell, March 1--1. Dennis Slattery 51:16 2. Tony Medeiros 53:24 3. Julie Falciola 68:32 4. George Lattarulo 59:42 5. Fred Brown 73:54 5.5 Mile, Lowell, March 15--1. Bob Falciola 45:43 2. Fred Brown 65:36 3. Tony Medeiros 52;22 4. Julie Falciola 69:22 5. George Lattarulo 57:36 5.5 Mile, Lowell, March 22--1. Julie Falciola 66:15 2. Bob Falciola 44:32 3. George Lattarulo 51:15 4. Tony Medeiros 68:16 5. Fred Brown Sr. 66:02 10 Km, Washington, D.C., March 5--1. Carl Schueler 45:26 2. Dave Romansky 45:48 3. Tom Hamilton 46:20 4. Ron Daniel 20 Km, Lakeland, Fla., March12--1. Marcel Jobin, Can. 1:34:57 (22:57, 46:03, 1:11:00) 2. A.F. Christia nsen 2:03:11 3. Dr. Martin Denker 2:08:35 4. John Scimone 2:15:50 2 Mile (indoors), Madison, Wis., Jan. 21--1. Jim Heiring 13:25 2. John VanDenBrandt 13:59.9 3. Jeff Ellis 15:09.3 4. Mike Rummelhart 15:24.6 5. Al Halbur 15:26.4 Midwest Masters 2 Mile, Highland Park, Ill., Jan. 29: Open--1. Augie Hirt 14:50.6 2. Frank Levy 18:51.5 3. Robert Gradowski (age 14) 19:00 Age 40-44--1. Larry Larson 17:02.9 45-49--1. Gerry Schmidt 19:01 50-54--1. Tom Braid 22:05 60-64--1. Harold Comm 21:28 2 Mile, Oshkosh, Wis., Feb. 18--1. Jim Heiring 13:34.8 2. John VanDenBrandt 14:00 3. Jay Byers 14:31.7 4. Jeff Ellis 14:46 5. Kevin Baker 15:15.6 6. Tom McMillan 15:23 7. Paul Niehaus 15:48 8. Bob Meltz 15:55 9. Larry Larson 17:28.4 10. Dave Slatter 18:05 (all but Larson are collegiate walkers)--Mike Rummelhart and Al Halbur did 14:24 but were DQ'd on their over-zealous finishing kicks. 5 Km Hdcp (road), Kenosha, Wis., March 5--1. Jim Heiring 22:40 2. Al Halbur 23:52 3. Mike Rummelhart 24:18 4. Larry Larson 27:38 5. Richard Olson 28:57 Wisconsin State Universities Indoor 2 Mile, Oshkosh, March 11 (Parkside is not a member of this conference)--1. Jeff Hazanec, Platteville 14:20.2 2. Jay Byers, Eua Claire 14:24.9 3. Jeff Ellis, Stevens Point 14:32.3 4. Dennis Anderson, River Falls 15:11 5. Kevin Baker, Eau Claire 15:14 6. Paul Neihaus, Stevens Point 15:36 7. Bob Meltz, Oshkoss 15:04 8. Al Weckerly, Platteville 16:51 9. Dave Bachman, Stevens Point 17:36 10. Dave Slatter, Whitewater 18:18--two DQ's. Wisconsin AAU 1 Mile, Milwaukee, March 19--1. John VanDenBrandt 6:39.2 2. Al Halbur 6:52.8 3. Jay Byers 7:18.7 4. Larry Larson 8:06 15 Km, Columbia, Mo., Feb. 18--1. Randy Mimm 1:22:30 2. Albert Van Dyke 1:43:23

2 Mile, Ottumwa, Ia., Jan. 29--1. Dave Eidahl 16:30 3.5 Mile, Oskaloosa, Ia., Feb. 5--1. Rick Carren 30:24 4 Mile, Lake Darling, Ia., Feb. 12--1. Dave Eidahl 33:16 4 Mile, Des Moines, March 18--1. Dave Eidahl 36:01 2. Stan Smith 36:04 3. Mike Hook 38:31 4. Eric Dahlstrom 38:44 Women's 2 Mile, same place--1. Ericka Dahlstrom 20:22 2. Lynn Wonderlich 20:55 MVAAU 3 Mile, Pittsburg, Kan.--1. Randy Mimm 23:54.8 2. Jim Breitenbucher 25:46 3. Carl Lewton 29:20.5 4. Dick Carr 34:48 30 Km, San Diego, March 11--1. Paul Hendricks 2:50:10 2. Frank Sherich 3:08:20 3. Bill Waite 3:58:15 10 Km, Phoenix, Jan. 29--1. Mike DeWitt 49:57 2. Rey Cruz 53:41 3. Don Tate 58:47 3 Mile (track), Scottsdale, Ariz., Feb. 25--1. Mike DeWitt 22:57.6 2. Rey Cruz 23:58.5 1 Mile Walk, 1 Mile Run, 2 Mile Walk (30 Min. rest between), Phoenix, Feb. 26--1. Mike Dewitt 7:00, 4:57, 15:21 2. Rey Cruz 7:18, 5:01, 16:18 3. Don Tate 8:08, 5:11, 18:47 4. Mike Johnson 9:50, 5:35, 22:51 10 Km, Indio, Cal., Feb. 19--1. Mike DeWitt 50:01 2. Dale Sutton 50:37 3. Ed Bouldin 51:01 4. Dave Hall 51:41 5. John Allen 52:27 (1st Master) 6. Travis Veon 53:20 7. Rey Cruz 53:24 8. Paul Hendricks 54:48 9. Farrar 55:40 10. Shepich 58:13 11. Paula Kash-Mori 58:35 (1st woman) 12. Slates 59:04 13. Hal McWilliams 62:19 14. Waring 64:21 15. Gottlieb 65:08 (29 finishers) 5 Km, Pasadena, March 19--1. Dale Sutton 23:33 2. Ed Bouldin 24:00 3. John Allen 25:10 4. Dave Hall 25:57 5. Paula Mori 26:47 6. John Garcia 29:17 7. Hal McWilliams 29:58 8. John Stafford 30:58 9. Connie Rodewald 32:23 10. Ed Davis 32:26 (17 finishers) 10 Km, Salem, Ore., Jan. 14--1. Duke Henslee 49:15 2. Jim Bean 50:52 3. Rob Frank 56:30 4. Lynn Robinson 60:09 3 Km, Portland (Indoors), Jan. 28--1. Steve DiBernardo 13:17 2. Duke Henslee 14:14 3. Bob Rosencrantz 14:14.5 4. John Henslee 15:34 5. Rob Frank 15:38 6. Steve Schneider 15:43 6 Mile, Salem, Feb. 11--1. Jim Bean 52:19 Seaside, Ore. Marathon, Feb. 25--1. Jim Bean 4:20:03 2. Lynn Robinson 4:46:31 3. Dean Ingram 4:47:57

2 Mile, Genoa, Italy, Feb. 11--1. Vittorio Visini 12:57.6 (World's Best bettering 13:09.1 of USSR's Yevsyukov in 1976) 20 Km (Indoor), Senftenberg, EG, Feb. 26--1. Karl-Heinz Stadtmuller 1:27:17 2. Hans Gauder 1:27:38 3. Weigel 1:27:54 1 Mile, Milan, Italy, Mar. 14--1. Vittorio Visini 6:07.8 (5:42.2 at 1500 bettering listed World's best of 5:48.6 by Todd Scully--I don't know why no one is recognizing Salonen's 5:28.7 of last year, which I mentioned last month. That was on the way to a 3 Km, which was faster than Visini's time in the following result. Other than the fact we are all going to ask if anyone can legally walk that fast, I've never seen anything regarding irregularities on the Salonen race, but maybe there were. While on this subject, the following from Elliott Denman:"OBJECTION TO CRW COMMENTARY: Of course, Scully's time in Olympic Invitational 1500 m walk was not an IAAF-approved world record since IAAF does not recognize world records in any events, running, field events OR race walking. Mike Tully's 17-5 at the ICAA is not an IAAF approved WR, either...or Franklin Jacobs' 7-7½ HJ at the Millrose Games. Please, let us not put any kind of kibosh on a very rare form of generosity from the American business community to the impoverished race walking community." Elliott is right, and I apologize. What he is referring to is indoor records and there are none officially recognized. I was aware of this, but what I was thinking of is that the IAAF does not recognize records at any distances under 20 Km outdoors. I let that thought get in the way of my thinking on Todd's indoor performance. So he did indeed hold the "world record" for a little over a year, assuming something is questionable about Salonen's performance, but Visini has it now. Back to the results.) 3 Km, Milan, Italy, Feb. 23--1. Visini 11:43.8 (World's Best) 10 Mile, London, Feb. 11--1. George Nibre 73:10 2. Stuart Elms 73:30 3. Carl Lawton 73:44 4. Adrian James 73:54 10 Mile, Chigwell Row, Feb. 25--1. Olly Flynn 74:20 2. Roger Mills 75:45 10 Mile, Birmingham, Feb. 11--1. Brian Adams 73:36 2. Ian Richards

74:48 10 Mile, London, March 4--1. Bill Wright 73:22 2. Carl Lawton 74:02 3. Steve Gower 74:05 4. Peter Selby 74:48 20 Km, Steyning, Eng. 24--1. Graham Morris 1:33:29 (or 1:32:28--it has the first time in the commentary and the second in the results.) 5 Km, Dunedin, NZ, Dec.--1. Graham Saetter 21:59.6 20 Km, Christchurch, NZ, Jan. 14--1. Saetter 1:34:36 3 Km, Auckland, NZ, Jan. 28--1. Saetter 12:33.2 10 Km (track), Christchurch, Feb. 4--1. Saetter 43:07 20 Km (track), Christchurch, Feb. 11--1. Saetter 1:32:32.5 30 Km, Christchurch, Feb. 18--1. Saetter 2:23:08.3 (1:33:33 at 20 Km)

YOUR FRIENDLY ORW RACE WALKING SCHEDULE FOR THE NEXT SEVERAL FORTNIGHTS

Fri. April 14--5 Km, Knoxville, Tenn., 8:20 p.m. (Y)
5 Km, Boulder, Colo., (P)
Sat. April 15--10 Km, Kenosha, Wis., 11:15 a.m. (M)
Walk-Run Pentathlon, Columbia, Mo, 9 a.m. (D)
Sun. April 16--NAAU 75 KM, SENIOR, MASTERS, AND B, NEW JERSEY (H)
10 Km, Cleveland, Ohio (U)
10 Km, Houston, Tex., 10 a.m. (E)
4 Mile, Cedar Rapids, Ia., 9 a.m. (G)
10 Km, Lakeland, Fla., 8:30 a.m. (Q)
10 Km, Pittsburgh (BB)
20 Km, Mission Bay DeAnsa Cove, Cal. (Z) 9a.m.
1500 meters, Washington, D.C., 10 a.m. (A)
Sat. April 22--Mt. SAC Relays 5 and 10 Km (O)
2 Mile, Kenosha, Wis., 11:45 a.m. (M)
Sun. April 23--SPAAU 50 Km, Camarillo, Cal, 6:30 a.m. (O)
NAAU 35 KM, SENIOR, B, AND MASTERS, DES MOINES, 9 a.m. (G)
5 Mile, Union Beach, N.J. (H)
Tue. April 25--10 Km, Whitewater, Wis., 3:40 p.m. (M)
Sat. April 29--6 Mile, Kenosha, Wis., 10:30 a.m. (M)
Missouri Cup 20 Km, Columbia, 9 a.m. (D)
RMAAU 10 Km, Denver, 8 a.m. (F)
Sun. April 30--Pacific AAU 20 Km (L)
10 Mile, Seaside Heights, N.J. (H)
Sat. May 6-----2 Mile Invitational, San Jose, Cal. (L)
5 Km, Hdcp, Kenosha, Wis. 11 a.m. (M)
Michigan AAU 5 Km, Detroit (F)
Southeast Masters 5 Km, Raleigh, NC (CC)
Sun. May 7-----2 Mile, Tempe, Ariz., 8 a.m. (V)
Bert Life Memorial 10 Km, Toronto (N)
Southeast Masters 20 Km, Raleigh, NC (CC)
Sat. May 13----National USTFF 10 Km, Kenosha, Wis. (M)
Sun. May 14----5 Km, Phoenix, 8 a.m. (V)
3 Mile Men, 2 Mile Women, Des Moines, Ia., 11 a.m. (G)
10 Mile, New York City (S)
Sun. May 21----15 Km, Women's 5 Km, Cleveland (U)
20 Km, Phoenix, 8 a.m. (V)
NAAU 15 KM, NASSAU CITY, NEW YORK (S)
10 Km, Houston, Tex., 10 a.m. (E)
5, 10, and 15 Km, San Diego, 9 a.m. (Z)
Sat. May 27----NAAU JUNIOR 3 KM, HONOLULU
5 Km, Alexandria, Virginia (A)
Sun. May 28----Zinn Memorial 10 Km, Chicago, 10 a.m. (I)
NAAU 100 KM, LONGMONT, COLORADO, 6 a.m. (P)
RMAAU 20 Km, Longmont, 8 a.m. (P)
9 Mile Handicap, Lakewood, N.J. (H)

Mon. May 29---Iowa 20 Km, Cedar Rapids, 6:45 a.m. (G)
20 Km Men, 10 Km Women, Alexandria, Va., (A)
Sat. June 3---5 Km Hdcp., Tempe, Ariz., 7 a.m. (V)
Masters 1 Mile, Houston (E)
Iowa 1 Hour, Ottumwa, 7 p.m. (G)
Sun. June 4---Commonwealth Trials 30 Km, Edmonton (N)
Sat. June 10--1 Mile, Houston (E)

CONTACTS:

A--Tom Hamilton, 4817 N. 26th St., Arlington, VA 22207
D--Joe Duncan, 4004 Defoe, Columbia, MO 65201
E--John Evans, 5440 N. Braewood #945, Houston, TX 77096
F--Martin Kraft, 19173 Beaconsfield, Detroit, MI 48224
G--Dave Eidahl, Box 209, Richland, IA 52585
H--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
I--Mike Riban, 4508 N. Oakley, Chicago, IL 60625
L--Wayne Glusker, 20391 Stevens Creek Blvd., Cupertino, CA 95014
M--Larry Larson, 909 Ostergaard, Racine, WI 53406
N--Doug Walker, 29 Alhambra, Toronto, Ontario, Canada
O--Connie Rodewald, 852 Sharon Drive, Camarillo, CA 93010
P--Paul Lightsey, 2400 E. 16th St., Greeley, CO 80639
S--Gary Westerfield, 57 Broadway, Smithtown, NY 11787
U--Lake Erie Walkers, 3123 Mapledale Ave., Cleveland, OH 44109
V--Mike DeWitt, 17831 N. 34th St., Phoenix, AZ 85023
Y--Stan Huntsman, Track Coach, U. of Tennessee, P.OL Box 47, Knoxville, TN 37901
Z--Dale Sutton, 6937 Petit Court, San Diego, CA 92111
BB-Barb Trempus, RD # 1, Box 228A, Waynesburg, PA 15370
CC-John L. Duncan, Raleigh Parks and Recreation Department, Raleigh, NC 27602

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LOOKING BACK

5 Years Ago (From the March 1973 ORW)--Nikolai Smaga won the 3 Mile in the U.S.-USSR Indoor meet in Richmond in 20:56, 3 seconds ahead of Yevgeniy Ivchenko. Ron Daniel had 21:31.2 and Ron Kulik 22:20 for our side...The NNAU Junior 1 Hour went to Jim Bentley who covered 7 miles 136 yds to beat Mexican Julio Hallack by 45 yards. Bryan Snazelle was only 80 yards behind the Mexican...John Knifton turned in a swift 2:00:15 for 25 Km back East with Ray Somers only 58 seconds back. A visiting team of Italian Policemen occupied the next four spots... Howie Palamarchuk won the IC4A mile in 7:02...On the local scene, Jack Blackburn edged your editor in a 7 Mile--57:17 to 57:19. An all out race for the old men after a leisurely first 3 miles in 25:20...In Europe, Bernd Kannenberg with 42:32.6 and Horst Staps with 43:09 won West and East German indoor titles...We repeated a report by Colin Young, from Athletics Weekly, on the amazing Latvian walker, Adolfs Liepsaskalins. Born in 1910, he first came to note in 1938 with times of 46:00 and 1:36:44.4 for 10 and 20 Km. Eleven years later, he brought the 20 down to 1:34:17.2 and led the world with a 4:32:03 for 50, at age 39. Then he started to improve. Ten years later, he did 43:10.6 and 1:30:25.4--now at 49. A year later he had slowed to 43:50.2 and by age 51 showed the signs of creeping old age with a pedestrian 44:58.2. Then he started his comeback, topped by a 43:59.8 for 10 Km in 1965 at age 55!

MORE RESULTS: British National 10 Mile, London, March 18 (short course)--1. Olly Flynn 67:29 2. Brian Adams 68:13 3. Graham Morris 69:08 10 Km, Toronto, Jan. 1--1. Glenn Sweazey 49:50.7 2. Brian Burke 55:18.3 3. Ark Rudnik 57:16.7 4. Alex Oakely 60:32.9 5. Lily Whalen 62:55.5 30 Km, Oshawa, Ontario, March 19--1. Helmut Boeck 2:52:33.8 2. Alex Oakley 2:52:37.6 3. Max Gould 2:57:58.2 Women's 5 Km, same place--1. Lily Whalen 29:36.2 2. Heather Brown 30:38.4 3. Rosanna Boeck 30:41.2

Ontario Women's 1500 Ms Championship, Tononto, Feb. 18--1. Lily Whalen 7:28.8 2. Heather Brown 8:03.8 3. Rosanna Boeck 8:04.6 Men's 3 Km, same place--1. Pat Farrelly 14:03 2. Robbie Loomer 14:04.6 3. Crant Wach 14:09.8 4. Ark Rudnik 15:59 3 Km, Totonto, Jan. 7--1. Pat Farrelly 14:16 2. Brian Birke 14:56.6 3. Dan Stanek 15:43 4. Jay Hinks 15:56.5....6. Lily Whalen 16:09 1500 Meters, Toronto, Jan. 14--1. Helmut Boeck 6:29.4 2. Brian Birke 6:48.8 3. Con Winnicki 7:02 4. Dan Stanek 7:06.2....6. Lily Whalen 7:25.7

FROM HEEL TO TOE (Various tidbits from the world of walking)

The National 40 Km in Long Branch has been moved back a week to August 6 to avoid conflict with the Olympic Festival in Colorado Springs. However, the Junior 20 Km will take its place on July 30 in West Long Branch...The Senior 35 Km is this month, April 23, in Des Moines. The race will be held on a flat course at Fort Des Moines. Race walking T-Shirts to all entrants. The Class B and Masters races at 35 will also be in Des Moines on October 29 over the same course. Contact Dave Eidahl at the address shown in our schedule of races...Also regarding Nationals, Race Director Dan Stanek writes regarding the 10 Km in Niagara Falls, N.Y. on July 16. He stresses that this is at the height of the tourist season up there and rooms will be hard to come by. So make your plans early. Dan provides the following info: Arrangements have been made with the YMCA to allow competitors to use facilities. Cost for men or women in sleeping bags on mat in separate gyms is $1.50. Single rooms (men 0nly) at $8.00 with an additional cot at no extra charge (no children). The Niagara Hotel is giving a $6.00 discount to competitors (but no word on what their rates are). For either the Y or the hotel, however, arrangements will have to be made well in advance. Additional space will be available in Dan's 25-ft. camper (sleeps seven) and he can bed six in his house. Others can fight for floor space. For further details call Dan at 716-773-6386 (not collect, please) or write him at 1081 Sheree Drive, Grand Island, NY 14072. The race will be held on the closed Robert Moses Parkway in front of the Falls on a loop a bit under 5 km.... Attention young walkers looking for something to do on summer vacation! Tom Knatt, race walker par excellence, in West Concord, Mass. has a spare room he will make available for the summer to some aspiring young race walker (I think he said free board, as well) in return for various carpentry, repa ir, mending, and household chores. In addition to a free summer's lodging in historic New England, you will have the benefit of training under Tom's tutelage. Plenty of racing in the area, too. Any young fellow who is interested can write Tom at 83 Riverside Ave., West Concord, MA 01742.....Another date change in the Schedule for the year. The 100 miler in Columbia is now set for Sept. 23 and 24. A change in the high school footbal schedule took away the following weekend, on which the race wasoriginally scheduled. Race walking doesn't have a lot of priority in such situations....Augie Hirt clarifies details on his new position, as reported sketchily in the ORW: "I am working for Continental Illinois Bank as an accountant. This job was brought on through the efforts of Howard Miller who started the USOC job opportunities program. I am now with the University of Chicago Track Club. The job is a career position with time off for training and competition with pay... Monthly correction of errors in last month's issue: It's Travis Veon, not Roland as shown in the caption to the picture on page 8. Roland is his father. The unfortunate thing is that I was well aware of this, Roland being a subscriber and having been at the AAU Convention last fall, and had even thought about the possibility of making such an error, being a generally careless person, as I am. Sure enough--I made such an error. Sorry Travis. An other mistake was in the results of the Women's National Mile. Fifth place went to Susan Ruiz of the Kettering Striders, not Mary DeVries and the time was 8:10.9. That one I charge up to the local paper, or actually the wire service. Sixth in the race was Denise Romansky in 8:30. Disqualified was Chris Shea, of Port Washington, N.Y., who had a 7:44....A few notes from the meeting of the IAAF (International Amateur Athletic Federation) Race Wlaking Committee meeting held last fall at the time of the Lugano Cup competition: The 1979 Lugano Cup will be contested in Eschborn, West Germany. European Zone qualifiers will be held in Reus, Spain and in Fola nd. It was also agreed to omit the rule that each competitor may walk in only one of the two events at the Lugano competition and to allow teams of as few as four competitors to take part. This was done to enable smaller countries to compete, but it is hard to imagine that any team will ever be really competitive with four men walking a 20 one day and 50 the next. Regarding the definition of walking, Mr. Kraemer, of West Germany, suggested that certain types of 50 Km walkers find it difficult to straighten their leg in the upright position, but that these walkers achieved a straight leg just after the vertically upright position. He feels there is no question that their mode of progression is walking, and suggests that a more fair definition would be: "During the period of each step in which a foot is on the ground, the leg must be straightened in a way which is clearly perceptible." This would eliminate the requirement that the leg must be straight in the vertically upright position. No action was taken on the proposal at the meeting, as members asked for further time to discuss it. Palle Lassen reported that both world records set in Bergen, Norway last summer (1:23:31.9 by Bautista and 3:56:38.2 by Vera) had been submitted to the IAAF records committee. However, as one who was at both races, he felt he could recommend the Bautista performance but had informed the IAAF "that the Vera performance was not achieved in the conditions of a normal race, Vera being the only athlete to complete the course." He felt the race "was more in the form of an exhibition with three Mexican athletes taking part." Seems a rather questionable observation on his part if indeed qualified judges were there and it was sanctioned properly under Norwegian rules. If not, then it shouldn't even be submitted. In another questionable decision, the Committee agreed that women's walking was not yet ready for the launching of a World Competition similar to the Lugano Trophy Competition. Balderdash! They have had an unofficial competition for several years with good participation and increasingly tough competition. Making it official would help to build the sport further and bring more countries into the competition. Progress will be much more difficult as long as the sport hangs in limbo. In a final action of interest, Bob Bowman and Martin Rudow were among those added to the International Panel of Judges. Angela Marrone, of Canada, was also added, the first woman on the Panel. This is certainly a positive step, but doesn't negate the regressiveness of the above decision.... Add to the OHW's race walking bibliography of last year Julian Hopkins book Race Walking, published in 1976 by the British Amateur Athletic Board, 70 Brompton Road, London SW3 1EE. This is a well done instructional booklet.

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Result of First Annual Drug Council Distance Carnival Walks in Springfield, Ohio--Diected by the famed Jack Blackburn.
7 Mile, April 1--1.Steve Pecinovskiy 59:39 2. Jack Blakcburn 59;42 3. Chris Knotts 61:36 4. Rich Myers 71:01 5. David Lingo 71:05 6. Clair Duckham (71) 78:09 7. Phil Lewis 86:05 DQ--Del Houser (78:19)
Novice 2 Mile, April 1 (No previous walking race)--1. David Hilliard 21:04 2. Patrick Taylor 22:34 3. Patrick Kane 22:37 4. Gary Wade (Jack's boss) 23:25 5. Shaun Redman (age 10) 23:33 6. Michelle Leslie (Jack's daughter) 23:34

Family 4 Mile Team Race (Running)--1. Blackburn's (Tim 24:45, Jack 38:56--he walked following his 7 mile, Molly 42:54)
15 Mile, April 2--1. Chris Knotts 2:07:51 (over the same course as the day before and he went at a faster pace for better than twice the distance. The difference was relaxation.) 2. Jack Blackburn 2:24:52 (the old man was pretty sore from two races the day before) 3. Rich Myers 2:43:25 (tied up last 3 miles) 4. Dale Arnold 3:08:05 (first walk, racing or training, in many, many moons)--Weather for the first day was sunny and warm but with very high winds. Cold, rainy, and windy the second day.

SHOES

Many readers, particularly those just coming into the sport, indicate they would like some guidance on shoes. They are asking a very important question, as witness the most recent issue of Runners World, which stresses the important role footwear plays in a high percentage of runner's injuries. This is probably equally true of walking. Shoes that do not provide proper support and allow good balance can cause a lot of problems all the way up the legs. So it is important to pick the right shoe. But what constitutes the "right shoe" for a walker and must it cost $25 to $40?

Julian Hopkins, author of the book mentioned above and the British National Event coach for race walking, had a very good article on this subject in Race Walking Record last September. Well worth repeating here.

My own experience, after using many different styles of adidas shoes through the years at constatnly increasing prices, tells me you don't have to pa y the big dollar to get a satisfactory shoe. I have gone to department shoes in the $10 range and found, when I am careful what I buy, I can get comfortable, durable shoes that cause me no grief. You can run into some strange things, though. The best pair I have found came from K-Mart and were made in Pola nd. They were the lightest shoe I have ever had but gave good support all around and didn't require any of the alterations I usually have to make (with adidas shoes, too) to open up the toes or relieve pressure on the achilles. But low and behold, after a couple of hundred miles I felt this sharp pain in the bottom of my heel. Nails coming through. You don't expect to find nails in walking shoes, but there they were. That was a problem easily taken care of, however, and I got many more miles out of the shoes. Unfortunately, I have never find this model back in the store.

The main things I look at in buying the shoes are the heel, I prefer it squared off rather than rounded; weight; flexibility of the sole (many of these cheap shoes are stiffer than a piece of oak); and the arch support. I figure that even if I get a shoe that does not prove satisfactory for race walking once I have tried it for a few miles, it will still be good for general knocking around and the investment is small. I have found that these shoes generally wear about as long as their name brand cousins that cost three times as much, so there is a real savings possible, but you need to select them carefully. Mr. Hopkins goes into a lot more detail on what to look for in the following article.

(from p. 11)

when Blackpool ceased to sponsor both races. From 1921 a team race was included for schools who competed for the Newman Challenge Cup. The discovery that such an event was staged at this early date and that it attracted about 100 entries some years is very interesting as it is the only reference we have found that anyone bothered to encourage youngsters to take up race walking during the early years of this century. In fact the R.W.A. seemed to show no interest in this question until the 1950s. Race walking was then a mature man's sport and so it was to remain for many a year.

TRAINING TALK

by J.A. Hopkins
(National Event Coach)

The present influx of relatively cheap training shoes has prompted me to ask the question, "Are these shoes worth considering by race walkers?" In order to answer this question, I found myself asking a more basic one, "What should you look for in a satisfactory race walking shoe?" Many experienced walkers have very definite views on the type of shoe they prefer to wear but, faced with a far wider range of training shoes, how does the less experienced walker make a sensible choice? The anatomy of the foot and the mechanics of walking tell us that for race walking, a shoe should have a number of features :-

1. The shoe should have a heel or a substantial heel wedge. To obtain and adequate foot rolling action, some kind of heel elevation is required. After all, we spend most of our lives walking around in shoes with heels, so it seems quite illogical to dispense with them altogether for racing. Even if we were to walk around barefoot, hard skin would build up under the heel so that the heel would become naturally elevated. I feel that much of the flat footed walking seen in races can be traced to a lack of sufficient heel elevation. However, having said that, it is worth mentioning that the actual amount of heel elevation required for a good foot action varies considerably from walker to walker.
2. The heel of the shoe should not be narrow. Some training shoes have such narrow heels that the foot is quite unstable at heel strike and you can actually feel your foot wobble at this moment. It is preferable for the heel to be a little wider than the uppers to prevent this happening. In the last couple of years, roll heels have become very popular and the width proviso applies to them as well. They are designed to encourage the natural rolling action of the foot and, because of their shape, reduce heel wear. I do not feel that such heels are really necessary but many walkers find them quite acceptable.
3. The shoe should have a firm heel cup which supports the foot adequately when the heel strikes the ground. The cup should be sufficiently strong that it does not break up under constant wear but not so rigid that it does not yield at all. Some heel cups are badly designed in that the top boarder of the cup curves in towards the heel and this can dig into the achilles tendon.
4. The shank of the shoe should provide good support for the foot. The shank is the narrow region between the ball of the foot and the heel. The uppers should fit well in this region and preferably have some kind of reinforcement. Many shoes also have an arch support. This can be beneficial to those with a tendency towards flat feet but of dubious value to others. If an arch support is uncomfortable, perhaps because it is wrongly proportioned for that person, it can usually be removed from the shoe without too much trouble. Badly designed shoes are those with a cutout in the sole under the arch or with a separate heel and sole connected by a narrow, flexible shank.
5. The outer sole of the shoe should be tough and long wearing but the mid-sole should be flexible enough to bend easily about a line just behind the ball of the foot. There is absolutely no need for the shoe to be capable of being bent double and such a property probably means that the mid-sole is too thin. This brings me to the problem of balancing lightness against adequate cushioning and support for the foot. I think that some walkers are over pre-occupied with the problem of shoe weight. Many walkers have shown that they are capable of walking just as quickly in relatively heavy shoes and, my own experience confirms this. If the heavier shoes do provide more cushioning and support, then clearly they are to be preferred.
6. The inside of the shoe should be as smoothly finished as possible so that there are no rough ridges, seams etc which can cause friction and hence blistering of the feet. The areas to look at particularly are the inside of the heel cup and the stitching around the base of the tongue.

Some people might find my requirements for a satisfactory shoe too stringent. Indeed, to make an ideal shoe, you would probably have to combine the best features of a number of models. Some form of compromise will always be necessary when buying shoes. I think that walkers should be fussy about their footwear because if it is ill-fitting or poorly constructed, it can reduce performance and cause unnecessary injuries. It goes without saying that shoes (and the feet inside them!) should be kept in a good state of repair with a careful watch being maintained of heel height. Heels which are too high or too low can readily cause shin soreness in my experience. Another consideration is the type of heel used for races on all-weather tracks. If a walker uses a shoe with a fairly soft heel (to provide cushioning on the road) then he is going to be in trouble on an all-weather track which is also soft. A change to shoes with much harder heels than usual should eliminate the heavy feeling in the legs so often encountered on these tracks.

In conclusion, I think that if you shop around, real bargains are to be found amongst the cheaper training shoes. However, examine the shoes carefully and mind you don't buy yourself a load of trouble just because they are cheap!

The First 25 Years (continued)

Around 1908, F.E. Roberts (Woodford Green Man's A.C.) began a series of five successive wins in the Essex Long Distance Championship held over a course of 51¼ miles from Barking to Southend. It is not clear when this race began or why Essex were the first county to promote a road race - perhaps Essex was only a name! On 11th/12th September, 1908, Middlesex W.C. promoted a 24 hour race at Stamford Bridge Stadium, London during which Tommy Hammond broke all the time records from 60 miles upwards and distance records from 8 to 24 hours. He passed the 100 miles mark in 18h. 4m. 10.2s. and covered 131 miles 580 yards in 24 hours. The following year on 17th/18th September, Blackheath Harriers promoted a 24-hour walk at the Stadium which was won by Tommy Payne who covered 127½ miles and claimed a NON-

STOP record. During this race Bill Brown (Polytechnic H.) beat Hammond's records by a small margin at 51 miles and on to 12 hours. Brown's distance at 15 hours of 84 miles 564 yards stood as a British time record until beaten by Tom Richardson (Woodford Green) in 1936.

The S.C.R.W.A. started a second Annual Championship in 1909, a Junior (Status) 10 Miles. In 1909 and 1910 this event was held as a Junior Inter-Club race. The first championship was won by Harry Evans (Belgrave H.) with Middlesex taking the team honours. On 1st May, 1909, Tommy Hammond walked to Brighton in 8h. 18m. 18s but just four months later on 4th September, Harold Ross clocked 8h. 11m 14s., a time which was to remain unbeaten for 21 years. Track walking must have started in Scotland at the turn of the century for in 1909, R. Quinn set up a native record of 21m. 50.6s. for 3 miles and A.E.M. Rowland, a Scottish All-comers record of 21m. 39.2s. for the same distance. On Boxing Day, 1909, Surrey W.C. held their first Open "Godstone" over 18¾ miles which was won by Alfred Pateman (Herne Hill Harriers) in 2h. 46m. 46s. He repeated this success in 1911.

The first exclusive walking club in the Midlands, Birmingham W.C., was formed in 1910. In its first year the club provided the winner of the Junior 10 Miles in the person of Ted Rogers. He was the only walker wearing the colours of a provincial club to win either major championships until Fred Poynton (Leicester H.) took the 20 miles at Leicester in 1923. On 4th June, 1910 at Montreal, G.H. Goulding (Canada) who had finished fourth in the 3,500 Metres in the London Olympics established a new World Record for the one mile of 6m. 25.8s., this broke Lorner's record of 6m. 26s. made on 13th July, 1904. Here again a mystery exists as D.J.P. Richards, a noted Welsh athlete and walker, who died recently, in his pamphlet on the sport, credits Yeoumans with a one mile time of 6m. 19.6s.

In 1911, the Southern Counties Road Walking Association became a national body and its two championships became national races. The title of the new body was the "Road Walking Association". This Association controlled amateur road walking everywhere in England and Wales; areas did not have their own Associations in those days. The 20 Miles that year was held at Chislehurst and Tommy Payne walking in the colours of Middlesex W.C. took the title in 2h. 50m. 30s. thus defeating Harold Ross, winner in 1909 and 1910. Third on that occasion was a very promising Irish walker, W. Hehir, who was later to take the A.A.A. 7 Miles in 1919 and the "20" in 1921 and 22 in the colours of Surrey Athletic Club. In 1911 the team race was won by Middlesex W.C. who defeated the hitherto unbeatable Surrey W.C. by two points. This was Surrey's only defeat in the 7 Championships held before the Great War. The record books shows that on 20th May, 1911 at two different venues in England, new world records were established by H.V.L. Ross and S.C.A. Schofield (Surrey W.C.). Ross set new figures for 15 miles of 1h. 59m. 12.6s. and 2 hours of 15 miles 128 yards at Liverpool whilst Schofield covered 25 miles in 3h. 37m. 06.8s. in London. Early in 1911 "Bob" Gillespie who had walked 106 miles in the 1908 - 24-hour race, conceived the idea of forming a brotherhood of all walkers who had covered 100 miles or more in 24 hours in an approved race.

As the result of a discussion with Hammond and Neville, a meeting of those qualified was arranged. This meeting led to the formation of the "Centurions". J.F.Fowler-Dixon who in 1877, had walked 100 miles in 20h. 36m. 08s. was elected Life President. In the National Junior "10", Herne Hill Harriers recorded their second successive win. Quite a feat when one remembers that winners of the competition are not allowed to take part again. This club also provided the individual winner in the 1911 race - C.J.Cummings. Next to Surrey W.C., the Herne Hill club was the most successful in the first 23 years of the sport. Before Harold Ross lead them to their first of two victories in the National "20" in 1920 they had been placed second on three occasions - 1909, 10, 13 and third in 1911, 12 and 14. On 30th September, 1911, Tommy Payne walked to Brighton in 8h. 20m. 05s. (his fastest time for the course). This was the first of his three wins, others being in 1919 and 1920.

In 1912, another all time "great" arrived on the scene, Lancashire's Bobby Bridge. Bridge, a one-armed Postman, who began his career with Salford H., was a speed specialist who won both the A.A.A. track Championships in 1912, 13 and 14 and the 2 miles in 1919. Stockholm was the scene of the 1912 Olympic Games which included one walk at 10,000 Metres (6m. 376y.) on the track. The event was won by G. Goulding (Canada) in 46m. 4s. with E.J.Webb (Gt. Britain) second. For Webb now over 40, this was his third Olympic silver medal for walking. This race illustrated the dangers associated with fast international track walking for only four competitors succeeded in satisfying the judges. Another British competitor was W.J.Palmer (were there others ?). Captain Palmer, a member of Herne Hill Harriers, was at this time busy collecting walking and running titles in Russia where he was working. During his three years abroad from the end of 1910 "Billy the Baltic Champion", as he was later called, probably collected more foreign walking titles than any other British walker (in Russia, Finland and Estonia). He was a member of the St. Petersburg "Sports Club" winning team in the first Russian Cross-Country Championship and represented that country over 10,000 Metres in a match against the U.S.A. Later after a number of years on the R.W.A. Committee he became the Association President in 1931-2. F.E. Roberts, the Essex Long Distance Champion, won the Bradford Walk that year as he did in 1914. In those days and up to the 1930s, this walk included a four a side match between the North and South of England. The captain of the winning team was given custody of a Bronze Shield for twelve months. Members of both teams got medals: gold for the winners; silver for the losers. A Northern Counties 20 Miles road walk was held in each of the years 1912, 13 and 14. Bobby Bridge won the 1912 race and J. Sutton (? Lancashire W.C.) the other two. It is not clear who promoted these races or why no further race was held until 1933.

Surrey W.C. recorded a unique performance in the 1913 National "20" when they supplied both the winning team and the third team, Surrey W.C. "B". Their club magazine "Walking" founded in 1908, reported about this time that it was proposed

to hold a 100 Kms. (62½m) Walking race at the Olympics which were to be held in Berlin in 1916. On Thursday, 12th June, 1913 at Stamford Bridge, the great 20 miler, Harold Ross broke Butler's record for 21 miles and 3 hours, also equalled the 20 miles record en route. He covered 20 miles in 2h. 49m. 26s. and "21" in 2h. 58m. 16s. (previous best 2h. 59m. 42.8s.). In One Hour he covered 7m. 939y., In 2 Hours 14m. 919y. and finally, in 3 Hours 21m. 347½y. (or 47½y. conflicting reports). Edgar Horton won a Brighton race on 27th September in 8h. 36m. 8s. He was to repeat this performance in 1922.

'Health & Strength Ltd." promoted a Veteran's race from London to Brighton and Back in 1914 which was won in 23h. 41m. 28s. by George Hesketh, a founder member of Lancashire W.C. and their first Centurion. George was one of the real characters of race walking who was still competing at 65 years of age having walked 23 consecutive Bradford walks and 20 Blackpool walks. On 2nd May, 1914, a 12 Hours Track Race was held at Stamford Bridge; admission to the ground was 6d. and to the stands 1/-. This event was described as one of the greatest walking races in history. Actually it was two races rolled into one with Bobby Bridge out to beat the short distance records and the tall, lean, long striding Surrey man, Edgar Horton out to smash the longer ones. From the start, Bridge tore into the lead covering the first lap in 1m. 54s. Thereafter he kept up a terrific pace in the hope of beating Lorner's 10 mile time of 75m. 57.2s., which he failed to do clocking 76m. 41s. but he went on to reduce Ross's figures for 11 to 16 miles and 2 hours (15m. 501y.). Although his time at 15 miles - 1h. 56m. 41.4s. was accepted by the A.A.A. as a British track record, apparently for some reason it was not accepted by the I.A.A.F. as the R.W.A. Annual Handbooks listed Harold Ross's time of 1h. 59m. 12.6s. as a World Record up until 1933 when it was beaten by J. Dalinsh (Latvia) with 1h. 56m. 09.8s. After covering 16 miles in 2h. 05m. 39.6s. Bridge stopped. Horton took the lead at 17 miles and stayed there until the finish. From the 51 miles point onwards he kept toppling down the records for each successive mile. At 62 miles he got inside Hibberd's long standing Professional record of 10h. 4m. 23s. sustaining a reduction of 1m. 18s. From here to the finish every mile was a fresh British record. In 12 hours he covered 73m. 145yds. These records were to stand until 1936. Second was J.H. van Meurs (R.W.A. President 1937-38) with 70m. 1,662 yds. and third, Tommy Hammond with 70m. 722 yds. Among the others to finish were Sam Morgan (North Manchester H.) and Oscar Makeham (L. Vidarians).

Marching to Brighton was a feature of this era. One of the Brigades involved was the London Scottish Territorials (2 officers, 5 sergeants and 53 men) on 11th/12th October (? 1913) covered the 52¾ miles journey in 16h. 40m. 03s. without dropping a man. Their kit consisted of an overcoat, haversack, water-bottle, mess tin, pouches, braces, rifle and bayonet. En route they made 5 halts. Now came the First World War and open races were in most cases discontinued for 5 years. The Bradford Whit Monday Walk went on with Edgar Horton winning the 1915 race in 5h. 19m. 12s. over a circular route of 32½ miles. On 23rd October, 1915, G.H. Goulding of Canada was back in the news with a new World Record for 7 miles of 50m. 40.08s. set in New York. This beat Lorner's time for 7 miles by 10 seconds.

The first big fixture in the South after the Armistice was the resumption of the Open "Webb" Cup race over the Godstone course on 26th December, 1918. There were only 17 entries. W. Hehir (Surrey A.C.) won this race as he did in 1919 and 1920. His fastest time was 2h. 42m. 05.2s. for the 18¾ miles. The first Manchester to Blackpool since 1913 was held in 1919 and won by Tommy Payne. On 13th September, Surrey W.C. promoted their first Annual Open "Brighton" which Payne also won in the colours of North Shields Harriers in 8h. 38m. 23s. On 25th October, the R.W.A. promoted a 7 miles road walk at Mitcham, the first of many such races to be held for both senior and novice walkers during the early twenties. A field of 54 faced the starter. Hehir the reigning A.A.A. 7 Miles Champion won in 54m. 15.6s. The first Belgrave Harriers Open "7" was held the same year.

Harold Ross now walking for Herne Hill Harriers recorded his sixth Championship win in the 1920 R.W.A. National 20 Miles at North Wembley and led his club to victory in the team race. One observer of this race said of W. Hehir, who finished second, "his perfect poise and effortless style remind one more of a beautiful designed machine than a two-legged flesh and blood animal". The same writer thought the rest of the field showed a "distinct favour of the heavy foot and full pack era". About this time many Counties began to promote road walking Championships at distances of not less than 7 or more than 10 miles (Bucks, Leicester, Surrey, etc.). C.S. Dowson (Queens Park Harriers) won both the A.A.A. track titles in 1920. Judges for the 7 miles which was held at Stamford Bridge on 10th April were appointed for the first time by the R.W.A. Nearly all these judges were Past Presidents of the Association. Three "Brightons" were held that year by Surrey W.C., Polytechnic H. and the Stock Exchange A.C. Early in the year Poly. promoted an Open event which was won by Ross in the very fast time of 8h. 15m. 38s., just 4m. 24s. short of his own 1909 record. In this race Tommy Payne tried to beat Ross's old record. At Crawley his time was 4h. 19m. 45s., ten minutes inside Ross's 1909 time but by Dale Hill he had shot his bolt and Ross swept past whilst Tommy made nasty remarks about post war shoes and so called leather. Ernest Neville was then President of the R.W.A., an honour richly deserved after 20 years service to race walking.

Birmingham staged a 20 miles Victory Walk in 1920 which became an annual event under the title "The Bishop's Walk". This walk got its name from a Challenge Cup presented as a team trophy by Dr. Russell Wakefield, D.D.? Lord Bishop of Birmingham. Ted Rodgers, 1910 Junior Champion won the race from E.C.Horton and Parslow, both of Surrey W.C. In conjunction with the 1920 Manchester to Blackpool, Lancashire W.C. promoted a Schoolboys' Race from Lytham to Blackpool Town Hall, a distance of 8 miles. Both races were sponsored by Blackpool Corporation and scheduled to have both winners finish together. F. Billington won the event in 1h. 29m. 0s. This became an annual event which continued right up to the mid 30s (to p. 8)