The outdoor season is off to a fast start with record performances by Paul Hendricks and Jim Heiring. Paul travelled to Br Le Duc, France for a 200 Km race where he took second to Luxembourg's ultra-distance ace, Josy Simon. On the way, he passed 100 miles in 18:05:24. This is well under the American record of 18:57:01 that Alan Price set last fall in beating Hendricks and also better the 18:07:12 that Larry Young did indoors. However, since the French race was on the road, the performance cannot be accepted as a record.

Heiring, meanwhile, won a superfast 20 Km on the track in Detroit in 1:30:04. This better Larry Young's American record of 1:30:10. Chris Hansen pushed Jim the first half of the race and finished in a swift 1:31:45 with Martin Kraft and Steve Pecinovsky not far behind.

The French was held on April 14 on a 6.45 Km loop as a qualifier for Strasbourg-to-Paris race, which begins on May 24. Paul plans to be back in France for that one and should certainly be ready to better his performance of last year. In the Br Le Duc race, Paul led Simon much of the way and finished strongly in 23:08:18. Simon, with vast experience at this kind of distance, came home in 22:55:16. Third place went to Yuricke Champartin in 23:29:19. Seven walkers completed the 200 Km under the 24 hour limit, with another eight making at least 187 km. There were 58 starters in the race.

Splits were, of course, for odd distances, being taken at each lap, but we can see that Paul was a bit under 5:20 at 50 Km, around 10:53 at 100 Km, and about 16:15 at 150.

At Detroit on April 22, Heiring led from the start, with UCTC teammate Hansen right on his heels. A swift 6:46 first mile discouraged all other opposition. By the time Heiring passed 6 miles in 33:55, Chris was still only 5 seconds back. After that, the gap widened gradually, and by 10 miles in 1:12:10, Jim was nearly a minute ahead.

Meanwhile, Kraft and Pecinovsky were having their own battle for third, with Martin leading, by only a stride or two through 6 miles, where he had 39:37. Steve had to give up the fight there and eventually finished 70 seconds back of Martin's superb 1:32:35. Kraft, who surprised with his 1:33:12 on the track last fall, certainly proved in this one that he will have to be reckoned with over the short, as well as the long, haul. Steve continues to improve and had easily his best race to date, undoubtedly bettering his 10 Km best on the way. Further back, Mike Amlahart and Al Haller also had excellent times and personal bests, and supereet, Alex Oakley, somewhere the other side of 50, blasted a 1:41:05. Turn the page for results of the two races.
SPAIN'S ACES ALSO START QUICKLY

Spain's two race walking aces, Jorge Llopart and Jose Marin, got the European season off to a fast start. First Llopart became the number two 50 Km in history, winning the Spanish title on March 25 in 3:50.02. Only Paul Gonzales has gone faster. Two weeks later, in Barcelona, Marin blazed Gonzales' world record at 30 km with a fantastic 2:08:00. No splits available, but at pace he would have gone by 20 km in 1:25:20. The race was on the old track. The record old by Gonzales was 2:11:10.4, so Jose really shattered it. He also got the Championship with 2:10:56 meters bettering Gonzales' 2:11:10.4, with 2:10:56 meters bettering Gonzales' 2:11:10.4, and 2:10:56, and 2:10:56.


AND ON THE WOMEN'S SIDE: BRITAIN'S FAWKES IN WORLD RECORD

Fawkes in 31 years old and has been progressing every year over the past years. Last year she had her name on the third place in the world, with a 2:09 in 1976. She also recorded a quick 2:09 for 3 km in 1976. Her best previous 10 km came in 1977 with a 50:39. She is pulling some amazing performances out of a tiny body, standing only 4'11" and weighing 95 pounds. Her husband, Peter Fawkes, is also a race walker.

Results of the race:

OTHER RESULTS


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RESULTS FROM TODAY'S MAIL

Fri. May 11-1979-TFUSA 10 Km, Kenosha, Wis. and Women's 1 Mile (G)
Sat. May 12-100 Mile, San Diego, 1 p.m. (I)
   2 Mile, Modesto, Cal., a.m. (N)
   50 Mile, West Point, NY (Q)
Sun. May 13-5 Mile Ken, 3 Mile Women, Des Moines (J)
   Part Life Memorial 10 Km, Toronto (M)
   5, 10, 15, 20, 25, 30, and 40 Km, Cleveland (R)
Sat. May 19-NAAU 20 and 2 Hour, Langhorne, Pa., 8 a.m. (P)
   NAAC 10 Km, Abilene, Texas
   Meet of States, Ottowa, IA (J)
   10 Km, Columbia, Mo., 9 a.m. (K)
   ICAA 20 Km, Philadelphia (Q)
Sun. May 20-Mch. AUA 2 Mile, Detroit, 10 a.m. (E)
   5, 10, 15, 20, 25, 30, and 40 Km, Cleveland (R)
   10 Km, Houston, 10 a.m. (H)
   20 Km, Prescott, Az., 7 a.m. (G)
Sat. May 26-NAAC 10 Km, Chicago, 10 a.m. (D)
   Iowa 20 Km, Cedar Rapids, 6:30 a.m. (U)
   NAAU WORS 9 15 Km, Chicago (U) (on the 27th)
   TRUSA 20 Km, Wichita, Kan., 8:30 a.m. (U)
   TUSA 15 Km, Pittsburgh (V)
Sun. May 27-Zlin Memorial 10 Km, Chicago, 10 a.m. (D)
   Canadian 100 Km, Jr. 10 Km, Women's 5 Km (L)
Mon. May 28-5 Km, Hayward, Cal., 12 noon (M)
Sat. June 2-15 Km (Track), Columbia, Mo., 8 a.m. (K)
   1 Mile, Deer Point, Tex. (M)
Sat. June 9-NAAC JUNIOR 10 Km, Loveland, Ohio (B)
   North American Masters 5 Km, Scarborough, Ontario, 5 p.m. (S)
Sun. June 10-North American Masters 20 Km, Scarborough (S)
   Mich. AUA Wmen's 5 Km, Detroit, also Men's 10 Km (B)
   5, 10, 15, and 20, Cleveland (R)
Fri. June 15-January 20 Km Trials, Walnutes, Cal. (P)
   NAAU WOMEN'S 5 Km, WORLDMAN (P)
Sat. June 16-NAAC 5 Km, Walnutes, Cal., 5 p.m. (F)
   3 Km, Toronto (L)
   10 Mile, Burlington, Iowa (J)
Sun. June 17-NAAU WOMEN'S 10 Km, Walnutes, Cal., 5:30 p.m (P)
   PAN AMERICAN 50 KM TRIAL, WALNUTES, 6:30 p.m. (F)
   1 Hour, Houston, 10 a.m. (M)
   20, 30, 40, and 50 Km, Mission Bay, Cal. (L)
Sat. June 23-NAAC JUNIOR 10 Km, HAMMOND, INDIANA
   20, 30, 45, and 50 Km, Mission Bay, Cal. (I)
Tue. June 26-5 Km Handicap, Grand Island, NE (W)
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APRIL 1979

Sun, July 1—20 Km and Women’s 5 Km, Midland, Ontario (L)

Wed, July 4—4.4 Mile, Denver, 9 a.m. (P)

Sat, July 7—20 Km, Niagara Falls, NY (W)

10 Km, Columbia, Mo., 9 a.m. (K)

Sun, July 8—Mich. AAU Women’s 10 Km and 44th 15 Km, Detroit (B)

Thu, July 11—5 Km Handicap, Grand Island, NY (W)

Sat, July 13—2 Mile 44th, 1 Mile Women, Buffalo (W)

CONTACTS:
B—Jerry Boci, 3333 Grayton, Grove Pointe, MI 48230
D—Mike Alban, 4508 N. Oakley, Chicago, IL 60625
F—Paul Lightsey, 2400 E. 16th St., Greenslev, CO 80611
G—Mike DeWitt, 1620 E. 33rd St., Phoenix, AZ 85023
I—Dave Sutton, 6727 Petit Court, San Diego, CA 92111
J—Dave Eldahl, Box 209 Richland, WA 99352
K—Joe Inncan, 2960 N. Maple Blvd Dr., Columbus, OH 43203
L—Doug Walker, 2300 Dallas St. W., #213, Toronto, Ont. M6P 4B2, Canada
M—Jim Janoa, 3123 Mapledale Ave., Cleveland, OH 44110
N—Bill Ranney, 1054 Sunnvlly Dr., San Anselmo, CA 94960
O—John Kelly, 1024 3rd St., Santa Monica, CA 90403
P—Bob Kitchen, Box 1762, Springfield Coll., Springfield, MA 01109
Q—Jim Janos, 3123 Mapledale Ave., Cleveland, OH 44110
R—Eric Hallstron, Suite 16, 5584 Yonge St., Wallisdale, Ont. M2M 5S2
S—Georg E. Freeman, MD 11, Colblesskill, NY 12067
T—Herm Wilson, Wichita State U., Campus Box 18, Wichita, KS 67208
V—Joe Newman, 920 Country Club Dr., Pittsburgh, PA 15228
W—Dan Stanek, 1018 Sheree Dr., Grand Island, NY 14072

Also, from a p.s. on the back of an envelope from Bruce MacDonald, note that the National Jr. 5 Km is at Point Pleasant, L. Island at 10 a.m., and you can contact Gary Westerfield. Unfortunately, any reference to date is missing. Gary’s address is Island Track Club, P.O. Box 440, Smithtown, NY 11787.

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LOOKING BACK...

10 Years Ago (From April 1969 ORW)—Ron Laird won his fifth straight 10 Mile and seven straight NAU 5 Km titles, walking right here in Columbus suburb, Worthington. Edging away from Dave Romansky over the final 5 Km, Laird came home in 1:06:44.4. Dave was just 12 seconds back at the finish. Tom Dooley, Goetz Klopf, Ron Daniel, and Gary Westerfield took the next spots. In Point Pleasant, N.J. Bob Kitchen turned a great 4:19:44 for 50 Km on the track. At the same time, Bill Hohenstreet won a 50 Mile in 4:20:22.5. Romansky won a 10 Mile in New Jersey with a 1:13:33, better than 2 minutes ahead of Kitchen, with Ron Daniel and Joan Knifton following. On the West Coast, Laird set American records for 3 Miles and 5 Mile with 20:51:8 and 21:34.2. ...Dooley turned a rapid 50:32 for 7 Miles, leaving Klopf a half-minute in his wake. The ORW postal two-man 10-Mile Relay (alternate quarters) went to Dooley (1:13:27 average) and Klopf (1:13:27 average) in 4:45:45. Klopf teamed with Bill Ranney to take second with 67:07:2 followed by Gary Westerfield-Jerry Boci (69:07) and Jack Blackburn-Jack Bartland (69:33). ...Rodney Hadwin had a good 1:35:42 for 20 Km in Pomona. The NAU Jr. 20 Km went to Byron Overtan in 1:18:14.

5 Years Ago (From the April 1974 ORW)—Within a 3-week period, Shaw Lad­dery won both the NAU 75 and 100 Km titles. The 100 came first in Des Moines where he had a 10:12:53, leaving Angie Hirt better than 30 minutes behind. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch ahead a 7:12:58.4. Gary Westerfield trailed by nearly 25 minutes in second, Tom Knatt took third, and Alan Price fourth. Jerry Brown beat Colorado’s teammate Floyd Godwin in the National 1 Hour in Boulder’s altitude covering 7 Miles 1671 yards. Godwin was just 42 yards back. Bob Haydon went 7:20:24 in third and Angie Hirt was fourth. The NAU* 25 Km was captured by Bob Rosencren in 2:35:47. Five years later, it was still Romansky in the 30 Memorial 10 Mile in New Jersey, but he slowed to 1:14:07. Jerry Walker blazed a 14:45.0 for 10 Km and Sue Brodock did 35:40.2 in the same meet. The East German Indoor 10 Km
And why not 15 YEARS AGO (From the Spring 1964 issue of the Midwest Race
PAGE 8 APRil, 1979
in the booke in those
17:51.2 and 22:14.4
stopped at 24 miles,
second in 4:47:47 and Ail McDonald another 2 minutes back. Jack Mortland
MoCartcy won tfle Ohio 50
fourth at 7 miles 1640. Nine competitors went past 7½ dlea • • ,Chris
1732 yards, Art Mark third with 7
finish gun) covering 8 miles 159 yards. Ron Zt:in was second at 7
Frenkel second in 42:50 ••• Peter Marlow won the British 10 Mile in 1:12:68
title was won by Sigfried Zscheniger in 42:16:8 (Indoors) with Peter
Frankel second in 42:50... Peter Marlow won the British 10 Mile in 1:12:68...
Marlow also took the 10K title in 4:45:44
And why not 15 YEARS AGO (From the Spring 1964 issue of the Midwest Race

Pictbes--everyone wants pictures in the ORW but no one is sending them.
I still have a lot of old ones I will use from time to time but what we
need is some good current stuff. Neal Pyke, for example, has never been
pictures in these pages. Our readers should know what Neal Pyke looks
like. Anyway, we want some good action pics from recent races. Your
photos will be returned if you so request. Speaking of that, if I have
failed to return any photos as requested in the past, please let me know.
They're still all here in a drawer... From John Allen: "No: 50 Km course
'66 NAAU Champs: Westbury to Long Branch, L.I. Hey, Bowman--look at
some of the photos..." In the book, N.J.--obviously worse than the OH, but
not single them out!" We will admit comment from Bowman and Ron Kulk
director of the Nutley race...Jesse Casteneda, who is supposed to have
broken the World's 24, Hour record and who had held big walking weeks in
the past on which we never seem to be able to get any report, is
Executive Director of the New Mexico Governor's Physical Fitness Council.
The following article from the April 4 Albuquerque News was supplied by Uale
Kans/8, The book, entitied simply MLKING
TffiD SCULLY
TFA/USA needs onalified jude;ee for t.heir
A new book

TODD SCULLY
PIG FARMER (See AUA Press Release in ORW a year or
so ago)

AUA Release--Todd Scully, Minus Pigs, Walking Faster

Todd Scully, the 30-year-old heel-and-toe specialist who represents
the Shore Athletic Club of Asbury Park, N.J. will defend the 2-mile walk
in the 91st AAU/Pfleischmann's Indoor Track and Field Championship at
Madison Square Garden Feb. 23. (Obviously I have had laying around for
a while.) He is walking faster than ever this winter.

And there is a very good reason why, which the former Neehanic, N.J.
and now Big Island, Va., resident explained after lowering his own world
1500 meter walking record to 5:40 in the Vitalis-Olympic Invitational.

"I can travel to a track meet this year without any worries because I'm
so busy serving as an assistant track coach at Virginia Tech and running
my sporting goods store--the track shop--in Blackburg. I only get back
to my Pig Island home where I raised hogs for the past 3 years on weekends.
Sometimes I wish I was still on the farm..."

It seemed that every time I was due to get back to the farm around
2 weeks before I was to come here for a meet 2 years ago, the
Big Island pig population went up with four litters adding up to 37 suck-
lings.

Now Scully is spending most of his time at Em College running his
store, which has turned out to be a successful venture. "I'm doing real
well in it when you consider I didn't have much capital to start with,
I will tell you. "I couldn't buy a national franchise, but have made up
time, I said that now we have about 65 percent of the items for sale
you really need. When the shop opened, we had about eight percent, mostly
shoes. It will be a 100 percent shop soon."

Todd wasn't always a walker, explaining, "I ran the quarter, half and
mile in college, and my best times being 49.5 (he belongs on our list),
1:57 plus, and 4:36. I then ran my first marathon at Charlottesville last month. My
time was 3:16:00. I've been walking and running in my training since
the school opened last September. On days when I trained with the track team,
I ran in the afternoon and did my walking in the morning and at night,
doing about 100 miles per week for the last 5 months. Once the indoor
season started, I stopped the running and concentrated on walking. The

FROM HEEL TO TOE

The TFA/USA needs qualified judges for their 20 km Championship to
the held in Wichita on May 26. Anyone in that area who can help out should
contact Beryl Wager, T Field Association/United States of America,
10920 Ambassador Drive, Suite 322, Kansas City, MO 64153. A new book
on walking will be published in June by Andrews and McMeel, Inc. in
Mission, Kansas. The book, entitled simply WALKING was written by John
T. Davis, and I don't know who he is. I have a prepublication copy but
haven't had a chance to read it all yet. The book is geared primarily
towards health and wellness benefits, everyday type walking but
includes a chapter on Race Walking, which is not too badly done. Chapter
titles are: Walking: The Natural Way To Fitness; The Tortoise and the
Hare: I'll Walk ... You Run; The Great Walking Experience; Walking and
Your Heart; Walking and Your Weight; On Walking and Aging; Your Personal
Walking Program; The Metropolitan Walker; Take A Hike; Backpacking: The
Ultimate in Walking; Race Walking: The Long HaI; The Walking
Writers (unknown like Aristotle, Freud, Einstein, Nordeworth, Dickens, Thoreau,
et al--no Mortlands, Bowmans, laidowe, Lairds, or McCart~. An noted,
the book will be published in June and will cost $12.95 for cloth bound
and $5.95 for paper back. Another result: 5 Km, Salem, Ore., April

UPDATE ON TODD SCULLY, PIG FARMER (See AUA Press Release in ORW a year or
so ago)

AAU Release--Todd Scully, Minus Pigs, Walking Faster

From Heel to Toe
walking. But when the indoor and outdoor walking legs, tut tut

While doing features on our top walkers, why stop with Todd. The following is stolen from the NY Times, datelined Wantagh, L.I., Jan. 13:

O'CONNOR USED MAILS IN OLYMPIC TRAINING

Last April in Mexico City, Danny O'Connor was introduced to Jerzy Hausleber. Now O'Connor believes the meeting will make him a better race walker. "I was in Mexico City as a member of a U.S. group studying Mexican training methods," O'Connor said. "The trip was sponsored by the U.S. Olympic Committee. I had known about Jerzy because in walking he is quite famous. The fact that Mexico now has six of the 10 top walkers in the world speaks well for him. He coached them." In November, O'Connor broke the record for the annual Cony Island walk by covering the 10 miles in 1:12:53. Last Wednesday night, he won the Metropolitan AAU indoor title in the 2-mile walk. O'Connor lives here and does some training at Wantagh High School. With Hausleber's help he hopes to make the 1980 and 1984 Olympic teams.

"He's originally from Poland", the 26-year-old O'Connor said. "The government there has invited him back to train their walkers, but he has refused. When I was in Mexico City with the Olympic group, he told me he had potential. He said he had the strength but was fading at the end of my races. We talked for a while and no I take his advice all the time. We correspond by mail.

"His system is rather technical in that he doesn't permit the walker's pulse to get below 110 or 115 during workouts. It has worked with me, and I feel I have an excellent chance to make the Olympic team."

On May 1st, Henry Lastau, who at various intervals from 1953 to 1963 held almost every American walking record from 1 to 128 miles, is impressed by O'Connor. "Right now", said Laskau, the president of the Walkers Club of America, "Danny has just about a perfect style. That's very important in walking. If he is given time, supervision, and proper coaching, he will be just as fast as the Mexicans, Russians, or East Germans. They are the three leaders in the world these days."

O'Connor, a substitute physical education teacher, spent a couple of years in Hnao, a small nickel-mining town in the Dominican Republic. "I went there because I needed a job," said O'Connor, who earned a masters degree at the University of Tennessee. "It was an interesting 2 years. There was no such thing as a competitive walker there. I doubt if anyone ever heard of the sport. So all I could do was practice. It didn't take the people long to get to know me. I trained on all kinds of roads under all kinds of conditions.

There was one trail that I followed often and a group of people sort of adopted me while I was working out on it. There were about 20 of them and they followed me everywhere. Most of them wore no clothes. I guess I was just as interesting to them as they were to me."