Colorado Springs, April 18—Breaking away from a determined Jim Heiring at about 17 miles, Marco Evonik went on to capture the 1982 National TAC 25 Km walk today. With a 2:23:50 effort on his final 5 km, Marco recorded an excellent 2:48:08 to leave Jim nearly 3 minutes back. Walking in a rather isolated third place throughout the race, Ray Sharp just snuck under 3 hours. Fourth went to Vincent O'Sullivan.

Heiring took the early lead and went through the first 5 km in 22:47, some 6 seconds ahead of Evonik. By 10 km, Marco was in step as Heiring recorded a 45:50 split and the pair stayed right together through 25 km. At that point, they had slowed to a 25:20. When Marco accelerated slightly to 24:50 for the next 5, he was able to open a lead and then get completely away with his blistering finish.

Two casualties in the race were Olympic Training Center residents Mike Morris and Leonard Jansen. Morris was out at about 13 miles with a blistered foot while walking in fifth. Jansen, with a chronic hip ailment, had to call it a day just after 10 km. The Master's title went to Chris Acoroso.


SMITH CAPTURES JUNIOR 20

Long Beach, March 21—Chris Smith, one of our leading Junior walkers last year, started his 1982 season impressively with an easy win in the National TAC, Junior 20 Km. Chris won in 1:45:10 well ahead of Rob Thomas. Smith's record is 2:15:46. He walked away with an accompanying open race in 1:31:16. (Guess the typewritter might have to go in again. Doesn't always want to space properly.) Results:

RACES IN YOUR FUTURE

E-Jchn
H-J.Barry Johnson, 909 Oakergaard, Racine, WI 53406
ran, 831 Garfield, Oak Park, IL 60304
C-Marc Grif, 502 Amanda Rd., Knoxville, TN 37920
u-Michel Parent, CP 244, Montreal-Nord, Quebec, Canada H1H 5L2

Sun. May 20--10 KM, College Park, MD (L)

Sun. May 30--Convo 10 KM, Chicago, Ill. (L)

Mon. May 31--5 and 10 KM, Hyde Park, NY, 9 a.m. (H)

Sat. June 6--NATIONAL TAC 10 KM, CHICAGO, IL 9 a.m. (P)

Fri. June 12--FAAC Masters 5 KM, Los Angeles, CA 9 a.m. (P)

Sat. June 13--Marathon, White Plains, NY (O)

Sun. June 14--5 KM, Long Branch, NJ (and each Monday through August)

Sat. June 19--Western Regional 50 KM Masters, Los Angeles (E)

Fri. June 25--3rd Mile, Rogers, AR, 7 a.m. (P)

Sun. July 3--3rd Mile, New York City, 9 a.m. (O)

CONTACI
A--Arkansas TAC Racewalkers, 219 Razor Acres, Bentonville, AR 72713
B--Dave Edalat, 320 Edal茻t Ave, Richland, WA 99354
C--Harold Cattle, 502 Akaland Rd., Knoxville, TN 37920
D--Joe Dench, 2250 Maple Bluff Dr., Columbus, MO 65201
E--John Ellis, 1263 3rd St., Santa Monica, CA 90403
F--Jim Fitzpatrick, 831 Garland, Oak Park, IL 60304
G--Bill Haney, 101 Sunnyville Dr., San Anselmo, CA 94960
H--Larry Lourie, 2305 3rd St., Racine, WI 53404
I--Dan Hert, 2250 Maple Bluff Dr., Columbus, MO 65201
J--Eận Hennessy, 2250 Maple Bluff Dr., Columbus, MO 65201
K--LaVerne Kurland, 321 N. 37th St., Arlington, VA 22207
L--Greg Keenan, 6257 Kenyon Ave., Denver, CO 80235
M--Nelson Demar, 28 N. Locust, West Long Branch, NJ 07764
N--Carl Pirk, 1316 Adrian Blvd., Ft. Atkinson, WI 53538
O--Fred Vanier, 2220 Chester Ave., Philadelphia, PA 19130
P--Michael Parent, CP 244, Montreal-Nord, Quebec, Canada H1H 5L2

RESULTS FROM POINTS NEAR AND FAR


B--Norm Ahrens, Shore AC 26:30 15. Dorothy Kelley, tk: 27:56


Sun. May 15--5 Mile, Washington, D.C., 9 a.m. (L)

Sun. May 16--NATIONAL TAC 50 KM, Washington, D.C., 7 a.m. (L)

Sat. May 22--NATIONAL TAC MENS' 10 KM AND WOMEN'S 10 KM TRIAL, SANTA MONICA, CA., 9 a.m. (E)

Mile 10 Km, Charleston, WV 5 m. Mennon, WI 9 a.m. (I)

Sun. May 23--15 KM, Washington, D.C., 8:30 a.m. (L)

Sat. May 29--NATIONAL TAC 10 KM, CHICAGO, IL 11 a.m. (P)

5 Km, Portageville, CA (G)

FY TAG 5 Km, College Park, MD (L)

5 Km, Knoxville, TN, 8 a.m. (D)

Sun. May 30--21st Memorial 10 KM, Chicago, IL 11 a.m. (F)

9 Mile, Lakewood, NJ (J)

FY TAG 20 KM, College Park, MD (P)

Sun. May 31--5 and 10 KM, Hyde Park, NY, 9 a.m. (H)

Sat. June 6--NATIONAL TAC 50 KM, NEW YORK CITY, 9 a.m. (O)

20 Mile, Boulder, CO, 7:30 a.m. (O)

Sun. June 13--Marathon, White Plains, NY (O)

FY TAG 5 KM, Piscataway, NJ (D)

Mon. June 14--5 KM, Long Branch, NJ (and each Monday through August)

Sat. June 19--Western Regional 50 KM Masters, Los Angeles (E)

T1 15000 and 3000 m, and Open 10 KM, Ft. Atkinson, WI (S)

NATIONAL TAC 20 KM, KNOXVILLE, TN (I)

Sun. June 20--Senior Olympic, Los Angeles (E)

W-5 KM, College Park, MD (F)

Sun. June 27--Tag 20 and 50 KM, CW Post, College 7 a.m. (O)

Sat. July 3--3rd Mile, New York City, 9 a.m. (O)

5 Mile men, 3 Mile women, Richland, WA, 10 a.m. (B)

Sun. July 12--Tag 20 and 50 KM, CW Post, College 7 a.m. (O)

Fri. July 17--Tag 20 and 50 KM, CW Post, College 7 a.m. (O)

Sun. July 30--21st Memorial 10 KM, Chicago, IL 11 a.m. (F)

9 Mile, Lakewood, NJ (J)

FY TAG 20 KM, College Park, MD (P)

Sun. May 30--21st Memorial 10 KM, Chicago, IL 11 a.m. (F)

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LOOKING BACK

The NAIA Indoor 2 Mile was on Feb. 27, not Jan. 30 as shown in these pages last month, and the fifth place finisher was not just Fabian, but Fabian Klaw, from Aquinas College in Michigan. Correction to the schedule earlier in these pages. The National 20 K in Knoxville is on Friday, June 19, not Sat. the 21st, and it starts at 9 a.m. Missing from the schedule in last month's guide is which is apparently on the same day at 4:20 a.m. A U.S.-USSR Junior dual track and field meet, which probably have included a 10 K walk, officially scheduled for Fullman, Wash., July 10-11, has been cancelled. Apparently, the Soviets pulled out. Bob Roemer has been working on a TAC press guide on walking, which is now at the printer. It is 72 pages long and includes (I think) past Olympic and Laguna Cup results, complete lists of AAI (AAU) champions in all events through the years, and Mile, 10K, 15K, and U.S. lists for standard events. What the availability of the guide will be, I don't know, but the ORW will be receiving a copy and I'm sure we will find good use for much of the material. As a matter of fact, you will find some more meticulously compiled lists show up several discrepancies in those ORW put together and published in February. We didn't do too well by Ian O'Connor. He had a 127:53 in West Germany and a 129:05 in Eugene, both in 1980 that we missed. Jim Heiring's 128:04 was at Grand Island, not Niagara Falls, N.Y. We missed a 129:45 by Ray Sharp in Houston on 2/3/80. Pete Timmons' 1:31:28 should be 1:31:25, John VanDonbrandt's 1:31:33 should be 1:31:38, and Tom Dooley's 1:30:40 should be 1:30:39. Bob Kitchen's 1:31:52 was on the track. Dave Hayden did his 1:42:05 at Ocenalea, not in Greenwich, N.Y. Jerry Brown had 1:39:51 not 1:39:52 and Bill Miller's 1:33:21, not 1:33:31. We missed 1:33:52 for tom Blackmon at Grand Island 6/7/80, a 1:39:20 for Joe Berend at San Francisco 4/6/80, a 1:39:40 for Dennis Reilly at Super Bowl Falls 8/11/79, and a 1:39:41 for Matt Remy's in Chicago 5/29/78 (the latter not from Bob lists but supplied by MA). Martin Rudow had a 1:35:17 in Seattle 10/22/78 on the track. Vincent Martell's 1:35:08 was in San Francisco 5/15/78 and Mike Blackmon's 1:39:53 in Grosse Pointe on 4/22/79. at 50 K, and a 1:39:02 for Runyan in Chicago a 4:17:47. For 0'G'mor in Eschborn, W.G. 9/30/78 (obviously, we don't like Dan), a 4:22:33 for Neal Enke in San Mateo 2/10/80. Floyd O'Gormin's 4:21:19 should be 4:21:09, Steve Hayden's 4:20:19 should be 4:21:39, and Martin Kraft's 4:26:40 should be 4:24:49. Give Bob Rosenblatt's 4:29:23, not 4:28:23, Roger Brandwein 4:31:53, not 4:31:50, Randy Wolf 4:32:02, not 4:33:01. In commenting on our essay on judging in the last issue, Larry Larsson, who is the National Committee's chairman on judging, says: We have been working very hard to try to upgrade and improve the judging within the entire U.S. and hopefully it is noticed that the judging has shown improvement and consistence nationwide. We know that there is still much work to do, especially in developing the areas judging through clinics, etc. This in the next step in our judging program and various things are going on in that regard. We would like to think that we are at least keeping even with the growth of racewalking in the U.S.—that is, keeping even as U.S. walking is with the rest of the world. In some regards, we are even ahead of the rest of the world, according to some walkers who have been abroad. Anyway, we appreciated the things you said and hope that most of the walkers feel the same.

FROM HEEL TO TOE

20 Years Ago (From the April 1962 American Race Walker, the noble Christopher McCarthey editor and publisher) John Allen won the National 40 K in his hometown of Buffalo with an excellent 3:30:22, beating Ron Daniel by 12 minutes. Young Ron Daniel was fourth and Carl Kurz, with a goal of 3:45, did exactly that to beat Jack Blackburn by 24 seconds for fifth. Seems I
have missed Bob Mimm in third, just 3 seconds back of Laird... Ron Zinn
walked a course record 1:33:37 to win the Penn AC 12 miler over Jack Mortland
(1:34:49) and Ron Laird (1:30:02). McCarthy offered free beer at his
place immediately after the National 10 km in Chicago—store bought for
subscribers; home brew for others.
15 Years Ago (From the April 1967 ORW)---a good article by Doc Blackburn on
race walking fundamentals was included... Ron Laird edged Don DeNoon in a
fast 20 km in California with 1:33:28 (1:33:24 for Don). Earlier, DeNoon had
done 30 km in 2:30 to beat Laird by 2 minutes... Jack Mortland won the Ohio
20 km in 1:31:13... Mortland also predicted the finish of the National 20 km:
see how well he did (he modestly left Mortland out of his predictions, probably
not wanting to shake the opposition.)
10 Years Ago (From the April 1972 ORW)---Out in Seattle, Larry Young walked a
great 25 km to win the National title in 1:57:28. Goetz Klopfer stayed close
till the final mile and was only a half-minute back at the finish but found
he had been DQ'd earlier. That left Bill Rannay second in 2:03:13 with Todd
Scully another minute back... And in New Jersey, it was Shaul Iadany month
again. This was a year before the first National 75 km, but they were
having their annual 50 miler and Shaul won for the fifth time in a tremendous
7:23:10. He had 4:30:46 at 50 km and 5:13:17 at 40 miles, so he was still
doing 5 minute miles over the last 10. Bill Walker was second in 5:13:21.
Larry Young later in the month added the National 20 km title to his laurels
with a 1:32:43 on Long Island. Ron Daniel was second in 1:39:10, followed
by Floyd Godwin, John Knifton, Jerry Brown, and Todd Scully. Iadany showed
a burst of speed in this one with a 1:36:13 in 10th as 13 walkers bettered
1:40... Greg Bluhard upset Ron Daniel in a New Jersey 10 miler, 1:16:04 to
1:16:12... Back home in Missouri, Larry Young did a 44:34 for 10 km a week
before the 25 and covered 8 mi 415 yds in an hour the week before the 20.
Jerry Brown did a 45:17 for 10 km indoors and later did a 1:36:58 for 20 on
the track, a half-minute ahead of Floyd Godwin... Overseas, Karl-Heinz
Stadtoller bettered the world record for 30 km with 2:19:15.6. Hans-Georg
Heidmann did 1:28:13.4 for 20 km ahead of Lute Liggow's 1:26:56.8 and Paul
Kihili had a 1:28:15.5 in England.
5 Years Ago (From the April 1977 ORW) Wayne Glusker and Dave Himmelberger
shared the National 35 km title, dead heating in 3:03:50 in Palo Alto. Bryan
Swaile was just 40 seconds back, with Bob Rosencrantz, John Knifton and
Bill Rannay following... The National 75 km went, as expected, to Shaul
Iadany in a record 7:24:48. Martin Kraft was second in 7:27:15, Alan Price
third, and Gerry Bocci fourth. Iadany passed 50 km in 9:35:04 on his way...
In Turku, Reima Salonen did an indoor 10 km in 30:06.1, passing 1 mile in
5:15:2.
HISTORY
The April issue of Smithsonian includes a little bit of walking history
I have never come across before. The following is lifted from a short
article on long-distance running exploits in history.
"Nor is the tradition of great athletes who write books about their
exploits a modern idea. In fact, an English writer and long-distance walker
named Thomas Coryate (1577-1627) seems to have started the trend. Coryate
apparently walked from Venice to England and then ended his days with a trek
from Europe down through Mesopotamia to India, where his feet and life gave
out. The book that detailed his wanderings was oddly titled "Coryats Crudities,
Hardly Gobbled Up in Five Months Travels in France, Savoy, Italy,
Rhetia, Helvetia, High Germania, and the Netherlandes" (1611). READ THAT TO
the bibliography. What was his book memorable, in addition to his endurance
and eccentricity, was his introduction of a new form of technology to English
life, the dining fork, then all the rage in Italy.

Jim Heiring and Marco Evoniuk locked in a tight struggle in the National 35
km in Colorado Springs. Evoniuk pulled away in the final 10 km to win in
2:48:06. (Photo by John Allen)
Mike Morris and Vincent O'Sullivan during the early stages of the National 35.
O'Sullivan finished fourth, but Morris was forced out with a blistered foot.
(Photograph by John Allen)

Susan Liars-Westerfield leads arch rival Sue Brodock in the National Indoor
1 Mile in Madison Square Garden, eventually won by Brodock. (Photo by Don
Johnson)
Jim Heiring, who went on to an easy win, leads on the second lap of the National 2 Mile. Ray Sharp, Chris Hansen, Dan O'Connor, Tim Lewis, and David Fox occupy the next five spots.

Nostalgia. The 1960 Olympic 20 K (Rome), shortly after the start. The late Ron Zinn, sixth four years later is No. 25. Bob Mimm is seen over No. 8 shoulder and Rudy Balza is No. 24. (Photo furnished by John Allen)

Because of all this celebrity, Gorye's village church back in Odoamo, Somerset, proudly displayed a pair of his long-distance shoes, where they are reputed to have hung from 1612, at the start of his second trip, until sometime early in the 18th century. For more than a century, the shoes were venerated much the same as the gear of modern sports heroes. (When will we open the first walking Hall of Fame, and can Gorye's shoes be found to hang in it when we do?)

WORLD'S ALL-TIME TRACK BESTS (Compiled by Bob Bowman for TAC Press Guide)

(Note the word "track". Road performances are not included.)

5000-Meters

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>18:51.2</td>
<td>Jozef Pribilinec (Czech)</td>
<td>Banska Bystrica</td>
</tr>
<tr>
<td>19:04.0</td>
<td>Pyotr Potschenchuk (SU)</td>
<td>Alytus, USSR</td>
</tr>
<tr>
<td>19:14.8</td>
<td>Reima Salonen (Fin)</td>
<td>Vantaa</td>
</tr>
<tr>
<td>19:18.5</td>
<td>Salonen, Vantaa</td>
<td></td>
</tr>
<tr>
<td>19:19.74</td>
<td>Maurizio Damilano (Ita)</td>
<td>Venezia</td>
</tr>
<tr>
<td>19:24.5</td>
<td>Jose Marin (Spain)</td>
<td>Barcelona</td>
</tr>
<tr>
<td>19:26.2</td>
<td>Karl-Heinz Stadtmuller (EG)</td>
<td>Saint Denis</td>
</tr>
<tr>
<td>19:26.63</td>
<td>Pribilinec, Furth</td>
<td></td>
</tr>
<tr>
<td>19:27.8</td>
<td>Damilano, Sacle</td>
<td></td>
</tr>
<tr>
<td>19:29.8</td>
<td>Salonen, Turku</td>
<td></td>
</tr>
</tbody>
</table>

Top 10 Performances

19:29.8 Daniel Bautista (Mex) P.d. Llobregat
19:30.4 Boguslaw Seidel (Pol) Wisla
19:30.4 Yuriy Bencik (Czech) Banska Bystrica
19:40.0 Martin Toporek (Austria) Szombathely

Top 10 Performers

10,000-Meters

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>38:54.3</td>
<td>Roland Wieser (EG)</td>
<td>Potsdam</td>
</tr>
<tr>
<td>38:54.75</td>
<td>Ralf Kowalsky (EG)</td>
<td>Cottbus</td>
</tr>
<tr>
<td>38:59.9</td>
<td>Werner Heyer (EG)</td>
<td>Cottbus</td>
</tr>
<tr>
<td>39:19.32</td>
<td>Anatoliy Solomin (SU)</td>
<td>Rome</td>
</tr>
<tr>
<td>39:21.32</td>
<td>Maurizio Damilano (Ita)</td>
<td>Rome</td>
</tr>
<tr>
<td>39:31.32</td>
<td>Kowalsky, Lille</td>
<td></td>
</tr>
<tr>
<td>39:31.5</td>
<td>Daniel Bautista (Mex)</td>
<td>Grudziadz</td>
</tr>
<tr>
<td>39:39.9</td>
<td>Kowalsky, Halle</td>
<td></td>
</tr>
<tr>
<td>39:43.0</td>
<td>Bautista, Fana</td>
<td></td>
</tr>
</tbody>
</table>

Top 10 Performances

39:47.0 Karl-Heinz Stadtmuller (EG) Potsdam
39:53.9 Erling Andersen (Nor) Font-Romeu
39:56.0 Gennadiy Terechov (SU) Leningrad
39:58.8 Liodor Pescaru (Rum) Pitesti

Top 10 Performers

20-Kilometers

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:20:06.8</td>
<td>Daniel Bautista (Mex)</td>
<td>Montreal</td>
</tr>
<tr>
<td>1:20:47.0</td>
<td>Bautista, Formia</td>
<td></td>
</tr>
<tr>
<td>1:20:57.0</td>
<td>Erling Andersen (Nor)</td>
<td>Trois-Rivieres</td>
</tr>
<tr>
<td>1:20:58.6</td>
<td>Domingo Colin (Mex)</td>
<td>Fana</td>
</tr>
<tr>
<td>1:21:05.8</td>
<td>Bautista, Fana</td>
<td></td>
</tr>
<tr>
<td>1:21:21.3</td>
<td>Roland Wieser (EG)</td>
<td>Leipzig</td>
</tr>
<tr>
<td>1:21:24.0</td>
<td>Felix Gomez (Mex)</td>
<td>Montreal</td>
</tr>
<tr>
<td>1:21:30.0</td>
<td>Pyotr Potschenchuk (SU)</td>
<td>Leningrad</td>
</tr>
<tr>
<td>1:21:36.0</td>
<td>Jozef Pribilinec (Czech)</td>
<td>Fana</td>
</tr>
<tr>
<td>1:21:47.0</td>
<td>Mikola Vinnitschenko (SU)</td>
<td>Donetsk</td>
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<tr>
<td>1:21:47.8</td>
<td>Maurizio Damilano (Ita)</td>
<td>Formia</td>
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10/24/79
9/24/79
5/26/79
5/3/80
6/23/79
8/26/79
5/6/80
4/13/80
5/10/80
4/13/80
4/13/80
5/10/80
4/13/80
5/10/80

Top 50 Performers

3:56:51.4 Yevgeniy Yevsyukov(SU) Donetz
3:59:10.0 Bautista, Fana
3:59:20.0 Werner Heyer(EG) Berlin
3:59:21.4 Sliateleslav Fursov(SU) Leningrad
3:59:22.0 Anatoliy Solomonov(SU) Donetz
3:59:24.0 Grzegorz Trois-Rivieres
3:59:27.8 Solomin, Fana
3:59:40.8 Boris Yakovenko(SU) Fana

--------- Top 10 Performers

1:25:19.4 Peter Frenkel(EG) Erfurt
1:25:19.2 Lev Ohlopkov(SU) Novo-Oskol
1:25:35.9 Vittorio Visini(Ita) Fano
1:25:35.8 Raul Gonzalez(SU) Donetz
1:25:33.4 Aleksandr Pankov(SU) Grodno

-------- Top 20 Performances

22:50.0 Aleksandra Devertikhina(SU) Leningrad
22:53.20 Sue Cook/Orr(Aus) Adelaide
22:59.27 Natalia Sharmova(SU) Leningrad
23:03.02 Olga Tschugunova(SU) Leningrad
23:07.0 Sally Piersen(Aus) Collingwood
23:08.0 Pierson, Collingwood
23:11.2 Carol Tyson(SE) Ostend
23:12.50 Åke Fridericksen(SU) Gothenburg
23:17.5 Thorill Gylder(Nor) Oslo

-------- Top 10 Performances

23:18.6 Siw Gustavsson(Swe) Gothenburg
23:19.1 Sue Brodock(USA) Walnut
23:19.2 Marion Fawkes(SE) Ostend

-------- Top 20 Performances

47:59.2 Ann Jansson(Swe) Falsterbo
48:11.4 Marion Fawkes(SE) Harnosand
48:32.6 Valentina Antonova(SU) Orgol
48:35.4 Carol Tyson(SE) Stratford
48:37.5 Fawkes, Upton
48:40.3 Siw Gustavsson(Swe) Gothenburg
48:48.5 Gustavsson, Stockholm
48:58 Olsson, Stockholm
48:59 Margaret Simm(Swe) Vasteras

-------- Top 10 Performances

49:05 Irene Bateman(GB) Upton
49:19.7 Thorill Gylder(Nor) Bergen
49:30.4 Brit-Marie Carlsson(Swe) Stockholm

-------- Top 10 Performers

50-Kilometers

3:41:39.6 Raul Gonzales(SU) Bergen
3:43:43.0 Gonzales, Fana
3:48:59.0 Vladimir Razayev(SU) Fana
3:52:15.0 Jorge Llopart(Spain) Fana
3:52:23.5 Gonzales, Forde
3:52:40.0 Vyacheslav Fursov(SU) Fana
3:56:33.2 Enrique Vera(Mex) Fana
3:56:51.4 Bernhard Kannenberg(WG) Nerviano
3:57:30.9 Vora, Fana
3:57:52.0 Gerard Lelièvre(Fr) Fana
3:58:41.0 Bermudez, Fana
CORRECT RACE WALKING TECHNIQUE

by Ron Laid

1. Hips drop and roll while twisting back and forth. This allows your legs to move faster and easier and gives you a longer stride. Note how strips on side of shorts move from front to rear.

2. Arms always bent at ninety degree angle and pumped vigorously. Let them swing across your chest as they move back and forth.

3. Knee bends as leg is swung forward. This allows toes to clear ground.

4. Knee straightened all the way back at this point and pulling ground as heel touches.

5. Toes and calf muscles push body forward. Feet land on a straight line with toes pointed directly forward.


7. Body and head in upright position at all times.

Always concentrate on correct technique. This helps time and effort pass quicker and makes you feel and look better.

Illegal Race Walking

by Ron Laid

Loss of Contact

Look for a smooth & even flow of the body along the ground. The forward stepping leg should smoothly pull the body forward legally.

Overstripping at high speed is dangerous, for contact is lost. Look for stride length which is normal for each individual.

Early bending of leg at knee & pulling up of foot.ADVANCING FOOT CAN MAKE CONTACT WITH THE GROUND BACK KICK TOO HIGH. IT MUST NOT BE TUCKED UNDER THE GROUND TO HELP MAINTAIN CONTACT.

Bent Knees

This is the easiest fault to detect. The athlete will appear to be shuffling, creeping, or even jogging along the ground. They are usually able to display fairly good contact with this illegal style of movement if they go slow enough.

Look for muscles on the leg to move quicker and make the upper leg appear to be losing the forward forward.

The supporting leg is not being strengthened in the vertical position (directly under the body).

Rug illegal for the leg to remain straight during this phase. Only the front of the body is allowed to swing. The foot is never straightened until it is ready to leave the ground and be brought forward.