Surprise Winners in European Championships

Split, Yugoslavia--Among the favorites in the European Championship racewalks, only Soviet Andrie Perlov in the 50 Km prevailed. The women's 10 Km went to Italy's Anna Rita Sidoti in just 44:00, with world record setter Nadezhda Ryashkina pulled at about 8 Km. The other favorite, Beate Anders, was well back in sixth. In the 20 Km, the Soviets were favored, particularly with the GDR's Ronald Weigel opting for the 50 (his better event, but maybe not this year when he is coming back) along with Italy's Maurizio Damilano. But Mikhail Schennikov got sick and dropped out, Girygori Kornev also failed to finish, and Frantz Kostiukieievich could manage only 11th in over 1:27. That left the door open to the consistent Pavol Blazek. The Czech prevailed over Spain's Daniel Plaza in 1:22:05. The 50 was started at the hottest part of a hot (mid 80s) day and the conditions took their toll. (It was also a very demanding course.) Only Perlov and Bernd Gummelt of the GDR managed to better 4 hours and better than half of the field was on the sidelines at the end. Weigel finished only ninth and Damilano was among those that dropped out.

Results of the races:


Walk Title Goes to New York Teacher

Middleton Township, N.J., Sept. 9 (By Elliott Denman)--New York City schoolteacher Dan O'Connor calls himself a quick learner. He's taught himself three different race walking styles this year and used the latest one to walk off with the Athletics Congress 40 Kilometer National Championship. O'Connor, 38, of Bellmore, N.Y., is a two-time U.S. Olympian and seven times a U.S. World Cup team representative. Now, he's a five-time winner of the National 40 Km walk title, too.

It took him 3:26:57 to complete the distance around the Brookdale Community College campus--and make a bit of track history. He became just the second man ever to win five National 40 Km titles--Track and Field Hall of Famer Ron Laird was the first--and now he's won 40 Km titles in three different decades.

Dan had taken 40 Km crowns in 1978-81 (when the race was held in Long Branch, N.J.) and hopes to use this year's win as a springboard to a record eighth World Cup berth in 1991 as well as a bid for a third Olympic team in 1992.

"I've given up power walking. I'm not sitting back any more," said O'Connor, a physical education teacher and track coach at Brian Piccolo Intermediate School in Far Rockaway, Queens. Instead, he's concentrating on a "thrust" style from the hips and midsection.

It's definitely working. O'Connor collected a silver medal in the 50 Kilometer walk at the Olympiad Sports Festival in July and walked away from defending champion Dave McGovern, of Charlottesville, Vir., here. I threw in a quick burst (around 25 minutes) for 5 kilometers," said O'Connor. "It was a tremendous gamble." But it worked to perfection, as McGovern dropped off the pace and eventually settled for second in 3:36:59, just holding off New Yorker Nick Bdera's late-charging 3:37:15. Bdera led the masters walkers.

Canadian star Micheline Daneau of Montreal's Phoenix Club turned in one of the best-ever women's 40 Km marks with a 4:05:36 winning clocking. Patti! Ditze of New York was a distant second.


Dan O'Connor on his way to his fifth national 40 Km win in New Jersey, accompanied by runnerup, Dave McGovern, at this stage of the race. (Elliot Denman photo.)
OTHER RESULTS
U.S.-Canada Junior Dual Meet, Brockville, Ontario, September 16: Men's 10K

OTHER RESULTS

OTHER RESULTS

OTHER RESULTS
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WALK INTO THESE RACES

Sat. Oct. 6 3 Km, Naperville, Illinois (P)
   National TAC 30 Km and Women's 20 Km, Long Island (S)
   5 Km, Dearborn, Michigan, 9 am (U)
   Florida State 5 Km Championship, Orlando, 7 am (V)
   Women's 5 Km, Men's 10 Km, Hanover, Penn., 12:30 pm (BB)
Sun. Oct. 7 Women's 5 Km, Atlanta, 8 am (H)
   5 Km, Albuquerque, NM (N)
   5 Km, San Marcos, Texas (R)
   Coney Island 10 Mile Handicap, New York City, 9 am (K)
   5 Km, Denver (F)
   National TAC 1 Hour and 2 Hour, Cambridge, Mass. (CC)
   3, 5, and 15 Km, Kenosha, Wis. (AA)
   5 Km, Niagara Falls, NY (J)
   20 Km, Long Island, 9:30 am (K)
   5 Km, Dearborn, Mich. (U)
   10 Km, Houston, 9 am (R)
Sun. Oct. 14 North American Masters 20 Km, Midland, Texas, 9 am (E)
   1 Hour, Arlington, Virginia, 9 am (O)
   5 Km, Miami Beach (Q)
   25 Km, Houston, 8 am (R)
   5, 10, 20, and 25 Km, Kenosha, Wis. (AA)
   5 Mile, Seattle, 1pm (C)
Sat. Oct. 20 Henry Laskau 5 Km, Long Island (K)
   5 Km, Ft. Lauderdale, Florida, 7 am, (Q)
   5 Km, Denver (F)
   5 Km, Tacoma, Washington (C)
   10 Km, Sea Side, California (L)
Sun. Oct. 28 20 and 50 Km, Columbus, Ohio (O)
   5 Km, Austin, Texas, 10 am (T)
Sat. Nov. 3 10 Km, Eaton, Ohio (DD)
   5 Km, Austin, Texas, 10 am (T)
Sun. Nov. 4 NTAC 100 Km, Atlanta (H)
   1 Hour, Hayward, Ca. (W)
   5 and 10 Km, Columbia, Missouri (M)
Sat. Nov. 10 5 Km, Coral Gables, Florida (Q)
   1 Hour, Arlington, Virginia, 9 am (O)
   20 Km Men, 15 Km Women, Long Island (X)
Sat. Nov. 17 5 Km, Albuquerque, NM (N)
   1 Hour, Palm Beach, 7:30 am (Q)
   5 Km, Seattle (C)
Sun. Nov. 18 20 Km, San Francisco (I)
   5 Km, Niagara Falls, NY (J)
   5 Km, Austin, Texas (T)
   5 Km, New York City (Z)
Thur. Nov 22 5 Mile, Sugarland, Texas (R)

FROM HEEL TO TOE

Potomac Valley Walkers has racewalk clinics three times a week for the next few weeks. Tuesday night sessions at Constitution Gardens in Washington, D.C. are scheduled at 6:30 pm through October 30. Saturday morning sessions are held in Bowie, Maryland at 8:30 and at Alexandria, Virginia at 9 through November 3. Contact Potomac Valley Walkers, 1600 Powder Ridge Drive, Bowie, MD 20716 for more information...Ron Daniel and Cindy Paffumi will be the instructors at a 2 1/2 day training camp for race walking fitness and competition to be held Oct. 19-21 at Pajaro Dunes, California. Cost is $175 per person. Contact Ron Daniel,
looking back

25 years ago (From the Sept. 1965 ORW)--Ron Laird overcame a muddy track (including one huge puddle that forced walkers into the fourth lane as they entered the homestretch) at Chicago's Klis Park to win the National 1 Hour title. He covered 7 miles 1432 yards. Laird took a quick lead and stretched it to 56 seconds by 5 miles (37:39). Second place Jack Mortland closed some ground from there, but was still 90 yards back at the finish. His Ohio Track Club teammate, Jack Blackburn, was another 127 yards behind. Fourth was Ron Daniel with 7 miles 935 yards. This issue contained very entertaining descriptions of the Mackinac Bridge Walk by Doc and Mrs. Doc Blackburn. Jack Blackburn authored an interesting article entitled "Walkers of the New Era", outlining emergence of the sport over the previous 7 years.

20 years ago (From the Sept. 1970 ORW)--John Knifton, better known for his exploits at shorter distances at that stage of his career, won the National 50 Km in Santa Barbara in 4:35:02. John Kelly was nearly 3 minutes back and Bob Kitchen another minute behind him. Rounding out the top six were Coetz Klopfer, Jim Lopes, and Bryan Overton. Dave Romansky survived a severe electrical storm during the contest to win the National 25 Km from Knifton in under 2 hours. The Canadian 50 Km went Michigan's Gerry Bocci ahead of Pat Farrelly. Gerry had a 4:54:57. Jeanne Bocci set American bests from 25 Km on, going the distance in 5:45:20. Larry Young started on the comeback trail with his eye on the Munich Olympics with a 125:09 10 mile win in Ft. Osage, Kansas, somewhat out of the limelight, one might say... In Australia, Noel Freeman turned in a 1:50:02 for 15 miles on the track, passing 20 Km in 1:30:10. Eivor Johansson, of Sweden, won the Women's International 5 Km in 24:40.

15 years ago (From the Sept. 1975 ORW)--Larry Young, holder of two Olympic bronze medals and two Pan-American golds, added another National 50 Km title in Smithtown, N.Y. His 4:18:56 left second place Augie Hirt 12 minutes back. John Knifton, Tom Knatt, Ray Somers, and Paul Ide also broke 4:40. Sue Brodwick was an easy winner of the Women's National 10 Km in 52:03, nearly 7 minutes ahead of Sandy Bricc. Roland Weiss set a World's Junior record for 10 Km in East Germany with 41:46.8.

10 years ago (From the Sept. 1990 ORW)--Dan O'Connor was an easy winner of the National 35 Km race in 2:00:31 with Dennis Reilly (3:11:28) and Bill Ranney (3:13:01) following. Alan Price won a 75 Km race in Springfield, Ohio in 8:31:41 ahead of Jack Blackburn's 9:00:25. In a 100-miler in Leicester, England, Dave Boxall did 17:45:10. Ten competitors bettered 20 hours and 64 finished under 64 hours.

5 years ago (From the Sept. 1985 ORW)--The National 15 Km title went to Paul Wick in 1:10:24. Federico Valerio (1:12:35) and Larry Walker (1:12:43) followed. The women's title went to Estor Lopez in 1:21:48, with Jolene Steigerwald second. The German Democratic Republic won the Men's World Cup, contested on the Isle of Man, with the women's title going to China. The Germans were led by Hartwig Cauder's win at 50 Km (3:47:31). Andrei Perlov, USSR, was nearly 2 minutes behind with Cauder's teammate, Axel Noack, third. Marco Evoliuk in 16th had a 4:11:03 and Carl Schueler finished 19th in 4:13:14 for the U.S. Josef Prihodic crossed the finish line first to defend his 20 Km title, only to find he was DQ'd. The title went to Spain's Jose Marin in 2:12:46 with Italy's Maurizio Damilicci (1:41:43) and Soviet Viktor Mostovik (1:22:01) following. The Chinese women took one-two in the persons of Hong Yan (46:22) and Guan Ping (46:23). Olga Kristof, USSR, was just a second behind in third.

CONCLUSION OF LEONARD JANSEN JUDGING ARTICLE (first installment in August issue)

OTHER JUDGING POINTS

a) Judges may not communicate with ANYONE (especially other judges) during the race. To do so leaves the judge open to charges (true or false) that the judge did not decide/execut independently. You will not die of loneliness even during a long race.

b) The only exceptions to the above are when a judge gives a warning to an athlete or when the head judge disqualifies an athlete.

c) There are (obviously) two more exceptions: When an athlete needs extreme medical aid during the race (heat exhaustion etc.). At this point the judge may be the only one around to determine what the athlete may need to safeguard his health. Also when an athlete may need course directions during the course of the race.

d) No "COACHING" allowed by judges during the race.

e) If you have any prejudices for/against a particular athlete(s), do not judge that race. (Yes, we are all human and have our prejudices).

f) Do not judge if you have an athlete that you coach in the race—this goes along with e). Note that sometimes you may have to judge under this condition—there are very often not enough non-coaching judges at a race. A concerted effort should be made to free yourself from any prejudices in this case.
The judging cards should have locations for the following information: The athlete's number and name (if known), the time of day that the call was made (NOT the time of race because some judges may be out on the course by the time the starting gun goes off), the type of infraction (Bent Knee or Loss of Contact) and the name of the judge giving the call.

A judge may only give ONE disqualification and ONE caution to each competitor. Don't waste your or the recorder's time by submitting multiple DQ cards on the same athlete. Note that this means that you may also NOT put in a card/call for each type of infraction for the same athlete.

Until the rules are rewritten, everyone is judged equally—by this I mean that it is often a common practice to judge older athletes less strictly than youna age-ones with regard to BENT KNEE. There is no basis in the rules for this (even if there may be physiologically). Please be consistent.

Don't make up your own rules. Judge by the two rules or get involved in some other judged sport.

In case of an athlete becoming angry/abusive over a call for disqualification, conduct yourself with dignity.

If you remember nothing else about judging, please remember this: THE ATHLETE ALWAYS GETS THE BENEFIT OF THE DOUBT.

Most athletes send a lot more time walking than you spend judging, and give the the athlete the chance to do their best.

SUGGESTIONS FOR JUDGING A RACE WITH INADEQUATE PERSONNEL

The following are suggestions for the time when there are inadequate personnel to man a race as required in the rules (and it happens to everyone sooner or later). These are just my personal suggestions and not rules:

If there are 3 judges: each judge must give a DQ card for the athlete to be disqualified.

If there are 2 judges: the athlete must get 1 DQ card from one judge and 2 from the other.

If there is only one judge (Poor you!): You must see the athlete in violation of the rules on 3 separate occasions.

If there is no runner: have the recorder circulate among the judges and pick up the cards, keeping track as he/she goes.

If there is no recorder have the runner act as the recorder.

In the last case, realize that the final DQ tally may well take a while AFTER THE RACE. Inform the athletes of this possibility before the race starts.

In all cases, some cards may not come in until after the race is over. This is true especially in short races. However, all judges should make every effort to get their cards in as quickly as possible both during and after the race. (End of Leonard's treatise)

THE NEED FOR JUDGES IS REAL

Any time is a good time to get registered as a racewalking judge official. Our needs are truly great in this regard. The time period that officials are registered by the Athletics Congress goes from Olympics to Olympics which means until the Games in Barcelona Spain in August 1992. It is not difficult to pass the test and become registered. The hardest part is to gain experience. The best way to do this is to work along with someone who has experience as a judge until you feel comfortable in your own right. If our sport is to be a credible one we need to monitor races to a far greater extent than in the past. So far we have only legally judged the races that are walk only. Even so, we have been able so far to eliminate people who have run or run/walked in running races with walking divisions (but with RW marked on their tear-off tags), but it has only been by careful observation by some of our faster competitors who know the other legal competitors. Normally those who do not walk the entire distance are too embarrassed to accept awards they did not earn and we have been able to avoid arguments so far. Some creeper-walkers have had a distorted version of the rules of racewalking, but practically all of these have decided that they wanted to learn proper technique so they could be included in the results. With the growth of the sport and with more and more races including divisions for walking with awards (and even money), the need for monitoring becomes very important.

The height of absurdity occurs when a jogger gets an award for racewalking (as has happened just a few times in the past) but we must avoid this at all costs to retain our credibility.

The following overview was prepared by Ron Daniel. Ron has been a coach and clinic instructor of Racewalking for more than 12 years, working with walkers from the beginner to the National Team level. Since 1984, he has been an International Judge and official at national and world level events. A competitor for 31 years, Ron has been a National Champion, American record holder, and international competitor.

Overview of Training for Race Walking

The following recommendations are based on over 25 years of personal experimentation as well as current training plans of many U.S. and Foreign elite athletes.

General Fitness (all ages and fitness goals)

- Daily stretching and flexibility for lower back, hamstrings and hips
- Good nutrition
- Rest
- Good posture and body balance
- Minimum three days per week of at least 30 minutes continuous walking at your exercise heart rate

Serious Training

- Set performance goals (be realistic)
- Avoid crash training programs
- Train at least 5 days per week with a total volume of at least 25 miles
- Allow at least 4 weeks before the event to be doing high intensity training (use unimportant races as quality training)
- Supplementary exercises (weights, swimming etc.)
# World-Record Track Events

**AS AT 31ST OF DECEMBER 1989**

## Women

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Nationality</th>
<th>Event Date</th>
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<tbody>
<tr>
<td>5000 m</td>
<td>Ileana SALVADOR</td>
<td>Ita</td>
<td>3 Jun 89</td>
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<tr>
<td>10000 m</td>
<td>Ileana SALVADOR</td>
<td>Ita</td>
<td>17 Jun 89</td>
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## World Best Performances - Track

<table>
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<th>Name</th>
<th>Nationality</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>1 mile</td>
<td>Ileana SALVADOR</td>
<td>Ita</td>
<td>6:40.76</td>
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<tr>
<td>2 miles</td>
<td>Ileana SALVADOR</td>
<td>Ita</td>
<td>13:32.04</td>
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<tr>
<td>100 miles</td>
<td>Beverly LaVeck</td>
<td>USA</td>
<td>21:42.18</td>
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## World Best Performances - Junior

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<tr>
<td>3000 m</td>
<td>Van MANG</td>
<td>CHN</td>
<td>12:39.1</td>
</tr>
<tr>
<td>10000 m</td>
<td>Bingjie JIN</td>
<td>CHN</td>
<td>44:26.7</td>
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<tr>
<td>10 km</td>
<td>Bingjie JIN</td>
<td>CHN</td>
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## World Best Performances - Road

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<tbody>
<tr>
<td>50 km</td>
<td>Lillian MILLON</td>
<td>UK</td>
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<tr>
<td>100 km</td>
<td>Annie v.d. Meer</td>
<td>NET</td>
<td>10:37.50</td>
</tr>
<tr>
<td>200 km</td>
<td>Annie v.d. Meer</td>
<td>NET</td>
<td>22:36.46</td>
</tr>
<tr>
<td>100 miles</td>
<td>Annie v.d. Meer</td>
<td>NET</td>
<td>10:56.10</td>
</tr>
</tbody>
</table>

* = awaiting ratification; 0 = not officially ratified

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Above: Three-time Olympian and International Judge, Bruce MacDonald, relaxes during the National 40 Km. (Elliott Denman photo)

Below: Olympic champion Ugo Frigerio, Italy, one of the early greats of the sport, leads Gunnar Rasmussen during a 3 Km race in Denmark in 1922.