McGovern whips James in National 10 Km

Niagara Falls, July 16 (Special to the ORW from Dave Lawrence)--Racing on the Robert Moses Parkway against competitors from 22 states and four Canadian provinces, Dave McGovern walked off with the USA T&F National 10 Km racewalk title today. With the temperature at the start of the race in the upper 60s and an overcast sky, the day was good for racing.

A group of six walkers, including Andrzej Chylinski, McGovern, Allen James, Ian Whatley, Pascal Pednault, and Arturo Huerto, the latter two from Canada, went through the first Km in 4:22. McGovern then began to push the pace, dropping the Canadians as the first four hit 2 Km in 8:34. The old guy, Don DeNoon, moved up to fifth at that point.

During the second of five 2 Km laps, Whatley and James dropped off leaving only Chylinski who was hard pressed to stay with the determined McGovern. Dave pressed even more and opened up a 6 second lead over Andrzej at 5 Km, which he hit in 21:11. James fell back, but was solidly in third at 21:35.

By 8 Km, McGovern's lead grew to 40 seconds. At that point, he eased through the final lap to hit the tape in 42:56. James walked a strong last lap to finish just 3 seconds behind Chylinski. However, Andrzej picked up a third red card on the final lap, moving Allen to second. Toronto's Arturo Huerta finished third and the ageless DeNoon, who bettered the world best for 50-year olds, finished fourth in 44:59. Ian Whatley rounded out the top five in 45:21. Kevin Eastler was the top junior, finishing seventh overall in 46:55.

In an accompanying women's race (not the National title race), Lynda Brubaker took command from the start and never looked back. She hit 5 Km in 23:52 and continued on to win in 48:07. Although Lynda was never in danger of losing her lead, Rachel Robichaup, from Ottawa, Canada, made a late surge to finish just 25 seconds back. Jeanette Smith was the first master to finish in 56:00.

Age group records were bettered by DeNoon (50-54), Elton Richardson (55-59) 57:26, and Jack Starr (65-69) 58:12. Results:


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National Silvers turn to Olympic Festival
golds for Rohl and Matthews

Edwardsville, Illinois, July 8 and 10 (Special to ORW from Dave Cwyn) The U.S. Olympic Festival racewalks featured daring early pacemaking that allowed eventual winners Michelle Rohl and Jonathan Matthews to seemingly coast to victory after building substantial leads by the halfway points in their respective races.

The Festival is held every year except Olympic years to bring together athletes in most Olympic events. In the track and field program, athletes represent the region of the country in which they attended high school, and naturalized citizens represent their current region of residence. The regions being North, South, East, and West. For the first time since 1985, nonscoring competitors were permitted in the racewalks in addition to the three athletes per region. The Racewalking Committee of USA T&F was able to invite everyone who finished in the top 12 at Nationals. On the down side, no 50 kilometer event was conducted this year, with the late-May decision of USA T&F to scrap it catching most observers by surprise. Budget cuts had dictated a reduction in the number of walkers in the meet, but indications up to that point had been that all three walks would be conducted with the US Olympic Committee subsidizing two contestants per team, but not the non-scoring guests. The 50 Km can be added back in for 1995 if the USA T&F Racewalking Committee so desires.
The women's 10 Km racewalker competitors had the privilege of being the first athletes other than those in segments of the heptathlon and decathlon to compete on Southern Illinois University-Edwardsville's new track, construction of which was funded by the organizers of the Festival. With the temperature at 80 F and moderately high humidity, but with intermittent overcast, the conditions were tough, but still less rigorous than those most of the competitors had faced 3 weeks earlier at the Nationals.

Teresa Vaill quickly strung out the field with an ambitious 4:21 for the first kilometer and 4:28 for the second—well ahead of the 4:30s needed to break her own American record set in Knoxville. Trailing at long intervals were Rohl, Victoria Herazo, Debby Van Orden, Dana Yarbrough, and Lynda Brubaker. Everyone else was much farther back and would spend much of the racing doing battle in pairs.

The only change in the order of the front six between lap one and lap ten was Van Orden passing Herazo. But, by the end of, 3 Km Vaill's lead over Rohl was shrinking as she slowed to 4:33 on that kilometer. Vaill was fighting leg cramps and would have to pull out at 4 Km, which Rohl reached first in 18:01. Michelle continued to build her lead the rest of the way with kilometers of 4:41, 4:38, 4:42, 4:37, 4:38, and 4:33 taking her to the finish in 45:51.22.

The order behind changed very little, with Yarbrough overtaking Herazo by 7 km. Herazo crossed the line in fourth at 47:40 before receiving notice of disqualification. The women's 10 Km race in 1:33:28. DeNoon set a world record for age 50 to 54 track competition—1:33:28. DeNoon's 10 and 15 Km marks of 45:03.4 and 1:08:54.1 are also world records. At the other end of the age spectrum, junior Yariv Pomeranz made this his first 20 of the season and garnered a point for the South in the team scoring.

The walking competitions were coordinated by Ginger Mullinax. Organization was outstanding and complaints were few and far between. The 1995 Festival will be hosted by Denver, but T&F events are likely to conducted in Colorado Springs. The results:

**Women's 10 KM:**

**Men's 20 KM:**

**Tallahassee, June 29—Walking in hot, steamy conditions, Justin Marrujo and Anya-Maria Ruoss won racewalking titles in the USA T&F National Junior Outdoor Championships. Californian Marrujo, a recent high-school graduate, left the rest of the field early and went on to win the 10 Km in 46:50.31. The 15-year-old Ruoss, from Arkansas, walked by herself most of the way winning the 5 Km race in 24:37.78.

Following Marrujo in the men's race were William Vanaxen and Kevin Eastler. Marrujo, who plans to attend Menefee Community College and eventually Azuza Pacific College, said after the race: "I was trying to break 45 in this race and I feel good about my performance. It's really hot here and I'm not used to this humidity. I got out to a good pace and everything came together. I hope to continue racing now that my high school career is over."

Ruoss covered the first 200 in 50.4 to leave the field behind immediately and begin her domination of the race. The real race was for second between Wisconsin Parkside's Deborah Iden and Anne Lonkowski. Ruoss is a home school student in Arkansas, so does not compete for a high school. She is a two time National Youth champion and the 1992 Junior Olympic Age-Group champion. She hopes to represent the U.S. at the World Junior Championships later this summer. She noted after the race that: "I took the lead almost from the beginning. This was kind of a slow time for me. I have walked better in practice."

**Results:**

**Men's 10 Km:**
OTHER RESULTS

**1 Mile, Cambridge, Mass., June 8**
- Stephen Donald (20:25)
- Ken Mattsson (20:07)
- Mark Fenton (20:47)
- Brian Savilonis (20:51)
- Joe Light (20:55)
- Ken Mattsson (21:08)
- Bob Ullman (21:57)
- John Birmingham (21:57)
- Joseph Giosola (22:04)
- 2. Meg Ferguson (22:43)
- 3. Lyndal Tyburski (22:43)

**10 Km, Buzzards Bay, Mass., June 26**
- Unjudged: 1. Darrell Paroolo, Conn. (3.11)
- 2. Chris Cacace, N.Y. (4:11)
- 3. Darren Jurewicz (4:16)

**5 Km, Flower Mound, Texas, July 1**
- Unjudged: 1. William Hooks (15:26)
- 2. Tim Good (15:30)
- 3. Louis Brown (15:34)

**50-54**
- 1. Winston Crandell (26:20)
- 2. Jim Coots (29:55)

**60-64**
- 1. Carl Acosta (27:21)

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**60-64**
- 1. Carl Acosta (27:21)
OVERSEAS
ENJOY THE THRILL OF VICTORY OR THE AGONY OF DEFEAT AT THESE EVENTS
Wed. Aug. 10  3 Mile, Edinboro, Penn., 7 pm (W)
Fri. Aug. 12  3 Mile, Edinboro, Pa., 7 pm (W)
Sat. Aug. 13  NATIONAL MASTERS 5 KM, EUGENE, OREGON (BB)
Sun. Aug. 14  5 Km, South Haven, Mich., 9:30 am (Y)
Sat. Aug. 20  5 Km, Allegan, Mich., 8 am (Y)
Sun. Aug. 21  5 Km, Littleton, Col. (H)
Wed. Aug. 24  5 Km, Conneallyville, Pa. (W)
Sat. Aug. 27  5 Km, Flint, Mich., 8 am (Y)
JULY 1994
5 and 10 Km, Dearborn, Mich., 9 am (E)
4 Mile, Millcreek, Penn. (W)
10 Km, Exeter, N.H. (I)
5 Km, Paradise, Cal., 8 am (R)
1 Hour, Marin, Cal. (P)
Eastern Regional Junior 5 and 20 Km, Albany, N.Y.
8 Km, Needham, Mass. (I)
Sat. Sept. 3  Western Regional 15 Km,buquerque, N.M. (L)
5.2 Mile Handicap, Interlaken, N.J. (A)
Eastern Regional 15 Km, Washington, D.C. (J)
Sat. Sept. 10  5 Km, Para, Ohio, 10 am (N)
5 Km, Charleol, Pa. (W)
Sun. Sept. 11  NATIONAL 40 KM CHAMPIONSHIPS, FORT MONMOUTH, NJ (A)
19 Km, Hingham, Mass. (I)
Sat. Sept. 17  3 Mile, Bay Village, Ohio (N)
USA T&F 5 Km Championship, Kingsport, Tenn (EE)
5 Km, Hammond, Indiana (AA)
5 Km, Manchester, N.H. (I)
5 Km, Florence, S.C. (DD)
Sun. Sept. 18  2 Mile, Peabody, Mass. (I)
MAC 5 Km., New York City (F)
Sun. Sept. 24  5 K, Larkspur, Cal. (P)
5 Km, New Orleans, 4:30 pm (M)
Sun. Sept. 25  Eastern Regional 10 Km, Atlanta City, 9 am (A)
Sat. Oct. 1  1 Hour, San Francisco (G)
Sun. Oct. 2  3 Km, Naperville, Illinois (CC)
5 Km, Santa Barbara, Cal. (B)
Portland, Ore. Marathon (K)
Alongi International 3, 10, and 20 Km, Dearborn, Mich. (E)
5 Km, Hamden, Conn. (I)
Sun. Oct. 9  5 Km, New Orleans, 8:30 am (M)
Sun. Oct. 16  USA T&F 1 and 2 Hour, Cambridge, Mass. (I)
Sat. Oct. 22  Western Regional 8 Km, Las Vegas (O)
Sun. Oct. 27  Peter Ferrante Memorial 10 Km, Monterrey, Calif., 10 am (L)

Contacts
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✓ C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
✓ D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
✓ E--Max Green, 13660 Motenview Dr., Taylor, MI 48180
✓ F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
✓ G--Ron Daniel, 1289 Ball::oa Court #149, Sunnyvale, CA 94086 ((415-964-3580)
✓ H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
✓ i--Steve Vaitones, c/o NEAC, P.O. 0ox 1905, Brookline, MA 02146
✓ J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
✓ K--John Hanan 503-697-2787
FROM HEEL TO TOE

So why hasn't someone chastised me for having two Volume XXX, Number 3's. That's right; I put that designation on both the May and June issues and just noticed it myself. If you care to, you can go back and ink in a Number 4 on the June issue... Bob Carlson tells us that the Western Regional 5 Km, scheduled for August 28 in Denver, has been reset for October 16 where it will be aligned with the annual Denver Zoo Benefit 5 Km race... A Racewalking Training Clinic featuring world-record setting masters walker, Don DeNoon, will be held in Indianapolis on Saturday, August 27. Don will emphasize technique and training in classroom discussion and a track workout. A lunch and pasta dinner are part of the package ($25.00), which also includes a Sunday morning walk and a pitch-in Sunday brunch. Contact Indiana Racers Club, 411 Taylor St., Pendleton, IN 46064 for further info... Sal Corrallo reports that a grant request has been submitted by the USA T&F National Racewalk Committee through USA T&F and the USOC to the International Olympic Committee requesting the presence of Boris C. Drazdov of Byelorussia and an athlete interpreter to conduct a series of clinics in the U.S. Coach Drazdov was senior clinician at a series of clinics in March 1993 before and after the National Invitational Racewalks in Washington, D.C. If the grant is approved, Coach Drazdov will participate in the USA T&F senior camp planned for the Olympic Training Center in Colorado Springs the week of August 14 and at the USA T&F Junior/Youth Camp at Lake Placid the week of August 21. Coaches of athletes attending either camp may apply to attend. If approved, room and board will be covered. Transportation is the responsibility of the coach. During the following week, beginning August 28, the visitors will conduct a series of 2- to 3-day clinics for coaches at all levels at a site near metropolitan New York, Philadelphia, or the Washington, D.C. area, depending on interest and logistics. A selected number of high school, college, and club coaches will be provided with room and board. Others may attend for a small fee and room and board on a space-available basis. Interested persons are invited to send their name and address, with a brief background statement to Sal Corrallo, 3466 Roberts Lane, Arlington, VA 22207. Or FAX it to 703-243-1291. For more information call 703-243-1290. The 1994-95 Senior National Racewalk Team is as follows: Women's 10 Km—Teresita Vaill, Michelle Rohi, Debra Van Orden, Debbie Lawrence, Dana Yarbrough, Victoria Herazo, Lynda Brubaker, Sally Richards-Kerr, D.A. Walker, Cheryl Rellinger, Lisa Sonntag, and Gretchen Eastler. Men's 20 Km—Allen James, Jonathan Matthews, Andrey Chynsk, Phillip Dunn, Andrew Hermann, Dave McGovern, Tim Seaman, Gary Morgan, Herr Nelson, Rob Cole, Al Heppner, and Marc Varsano. Men's 50 Km—Allen James, Jonathan Matthews, Herr Nelson, Andrey Chynsk, Paul Wick, Rob Cole, Dave Marchese, Paul Malek, Steve Pecinovksky, Eugene Kits. The Junior teams are: Women's 5 Km—Any-Maria Ruoss, Deb Iden, Anne Lankowicz, Roselle Safran, Debra Scott, and Lisa Chumbley. Men's 10 Km—Justin Marrujo, Will VanAxen, Kevin Eastler, Yark Pomeranetz, William Leggett, and Darren Parulo. Ruoss, Iden, and VanAxen represented the U.S. at the World Junior Championships in Portugal in late July, but no results are press time. The Intermediate teams are: Women's 10 Km—Kelly Watson, Gretchen Eastler, Susan Armenta, Sue Kisting, Liz Fashun, Danielle Kirk, and Margaret Ditchburn. Men's 20 Km—Philip Dunn, Andrew Hermann, Tim Seaman, Al Heppner, Elliot Taub, Chad Eder, and Sean Albert... Racewalk judging videos are available through the National RW Committee. Contact Steve Vaatones, d/o NEAC, Box 1905, Brookline, MA 02146.

LOOKING BACK

30 Years Ago (From the July 1964 issue of Chris McCarthy's newsletter)—In the National 2 Mile at the end of June, Ron Zinn was an easy victor in 13:48.6 with Ron Laird 15 seconds back... A week later in Pittsburgh, Laird had his game face on for the Olympic 20 Km Trials as he walked away to a 1:34:45 victory on a tough course in rather hot, muggy conditions. Zinn came second in 1:36:37, with your editor, the Mortland guy, third in 1:37:05, the finish going just as the sage Chris McCarthy had predicted in the final issue of his Midwest Racewalker. An unlucky fourth in 1:38:39, a time he would scoff at today having found his fountain of youth, was Don DeNoon. Rudy Haluzka and AKos Szekely took the next two spots... McCarthy captured the National 35 Km in Long Branch, N.J. in 2:50:53, 2 minutes ahead of Szekely, with Dean Rasmussen third and Bruce MacDonald fourth in 3:56:19. Mortland led at 15 miles and then decided there were better things to do on a hot day than walk another 10 Km. The course was somewhat short, but McCarthy was walking at well under a 3-hour pace.

25 Years Ago (From the July 1969 ORW)—In a 6-week period, Ron Laird won three national titles and set two American records. His titles were at 2 Miles, 20 Km, and 35 Km. In his 20, he walked 1:33:41 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27). The 2 Mile was an easy win in 13:31.4 with Jim Hanley a distant second. The 35 was held on an infamous shopping center course at McKeesport, Penn., and Ron overcame 90 degree heat to beat Canada's Karl Merschenz by nearly 10 minutes in 2:55:57. Mexican Pascal Ramirez was third. Laird's records came in races at 3 Km.
10 Years Ago (From the July 1974 ORW)--Nikolay Smaga and Yevgeny Ivchenko won one-two against the U.S. in a dual meet held in Skeletting Durham, N.C. The two were given the same time of 1:37:25. Jerry Brown stayed with them for 12 1/2 Km, but then faded and Floyd Godwin, his Colorado TC teammate, took third in 1:38:32. Brown finished in 1:40:31. The Soviets swept a Junior meet earlier with Ivan Ulica covering 10 Km in 49:28, a couple of strides ahead of Nikolai Matveev. Jim Murchie had 50:59 and Steve Herrman 52:55 for the U.S. Ester Marquez won the women's National 5 Km in 26:28 with Ellen Minkow and Susan Brodock also under 27 minutes.

15 Years Ago (From the July 1979 ORW)--Mexico's Daniel Bautista and Raúl González won Pan-American Games titles. Bautista took the 20 in 1:28:15, 2 minutes ahead of Neal Pyke, with Todd Scully third in 1:32:30. González had a 4:05:17 in the 50, beating Martin Bermudez by 6 minutes. Marco Evoniuk was third in 4:24:23 and Vincent O'Sullivan fifth. .Pyle finished 13th in 1:25:34 in the Spartakad in Moscow, won by Nikolai Vinnesenha in 1:22:29. Reima Salonen, Finland, was the first non-Soviet in fifth with a 1:23:22, and Maurizio Damilano, soon to be Olympic champion at the same site, was sixth. Scully was 41st in 1:33:31. Chris Hansen covered 8 miles 611 yards to take second to Sweden's Bo Gustafsson in a 1 Hour race in France. Bautista did 1:21:04, a world's best, in Sweden, and González had a 3:48:56 for 50 at the same site. Bermudez was second in 3:51:15.

10 Years Ago (From the July 1984 ORW)--Tim Lewis finished eighth in the National 10 Km at Niagara Falls in 44:15, but won the title. Australia's Dave Smith was first in 40:56, and two Canadians (guillaume Leblanc and Francois Lapointe) and three more Aussies followed. Peter Timmons and Mel McGinnis were second and third among American walkers. Mexico's Ernesto Canto set a world 20 Km record on the track in Bergen, Norway with a 1:18:40. Norway's Erling Andersen was nearly 2 minutes back. Czech Pavol Blazek (1:21:14) and González (1:21:49) followed. Marco Evoniuk was 11th in in 1:26:43.

5 Years Ago (From the July 1989 ORW)--Tim Lewis and Debbi Lawrence were winners at the National 10 Km in Niagara Falls. Covering the first half in 20:15, Lewis strode home in 41:28, 48 seconds ahead of Gary Morgan. This year's winner, Dave McGovern, was third in 44:50. Lawrence had a 48:44 to lead the women, with Canada's Holly Gerke second in 50:01. Lennie Becker won the National Junior 10 Km in Columbus with a 46:18.12 with Dave Doherty second in 47:27.78. In the women's 5 Km, Christy Izzo won in 25:32.02, 4y seconds ahead of Melody Rivera. .In a U.S., England, USSR meet in Birmingham, England, Mikhail Schennikov won the 10 Km walk in 40:10.97 with Tim Lewis fourth in 42:25.50.
To stretch the hamstrings the walker should lie on his back with one knee bent, foot on the floor and the other leg extended (figure C). The extended leg is grasped with both hands until a stretch is felt.

Figure C

All stretches should be held for at least 10-20 seconds. Athletes should stretch after every workout, but if time does not permit, at least three days per week should be devoted to an overall stretching/strengthening routine. These stretches, in addition to proper warm up before workouts and races, should help to reduce stiffness that may lead to bent knees.

Other things to try

* The brick: Many walkers coming from running or fitness walking backgrounds have difficulty attaining a proper degree of "hip drop." Hip drop acts as a shock absorber, easing the impact of "riding through" on a straight lead leg. Without sufficient hip drop, shock is often reduced by slightly bending the knee. The specific muscles used during this phase of the walking gait can be stretched by standing with one foot on a brick or two-by-four and the other on the floor. Of course there's one catch... Both knees must be straightened! Always maintain a comfortable, erect posture without bending at the waist.

Figure D

* Strengthening: Weak quadriceps muscles are another contributor to bent knees. The quadriceps (the muscles in front of the thighs) can be strengthened at home with a "dynaband" or other elastic device, or with a light (10 lb.) weight hung from the ankle. A simple implement can be made by inserting a pair of small five pound weights into a long sock. After tying off the end of the sock, the device can be hung from the ankle with one weight hanging on each side of the leg. The athlete should sit in a sturdy chair with one leg fully extended. The knee is then bent 15-20°, then re-straightened to lift the weight. Work up to three sets of ten repetitions to strengthen the quadriceps through the final 15-20° of their range of motion.

* Avoid wearing "fat" shoes: If the athlete is walking "flat footed," lifting the forefoot slightly upon heel contact will help to straighten the knee by slightly extending the reach of the lower leg. Shin pain, however, may prevent walking with the toes raised. At the moment of heel contact a walker's shoe acts like a lever. The thicker the midsole, the greater the force imparted to the heel extending behind the ankle--the fulcrum of the lever. If the walker wears a shoe with a very thick heel the foot tends to flatten quickly, slapping the ground with every step. This often causes pain in the anterior tibialis, or shin muscles. Wearing a thinner shoe will reduce these forces and, ultimately, ease knee straightening. Strengthening the ankle and shin muscles is also important. Again, a dynaband--or a hanging sock with lighter weights--can be used. Walking for several minutes on the heels is another excellent strengthening exercise (Figure E).

Figure E

* Avoid overstriding: When the advancing leg is thrown too far forward, the knee will often reflexively "break" to make heel contact with ground sooner. Of course this may prevent the walker from falling on his face, but it can lead to a far worse fate--disqualification. Shortening the stride in front of the body not only eliminate straightening problems in some individuals, it will also increase efficiency. "Riding" on the straight leg far beyond the vertical support phase by keeping the rear foot on the ground longer will make up for lost stride length in front of the body--and increase power.

* Posture, posture, posture!: Body posture is also very important. Many racewalkers tend to slump forward by bending excessively at the waist. The center of gravity is shifted forward over the lead leg. When walking speed is increased, momentum collapses the knee when the heel touches the ground. A forward lean of 5-8° is recommended to aid quick turnover and strong propulsion from the rear leg, but this lean must come from the ankle, not the waist. Body carriage must be erect despite the overall forward lean (figure F).

Figure F

* Hill work: Racewalking slowly up a gradual incline is an excellent way to accentuate proper straightening technique. Forward lean, a short stride in front of the body and a strong drive from the rear leg are all necessary when racewalking up hills. The athlete should walk several repeats up the hill under supervision of a knowledgeable friend or spouse. Hills tend to magnify technique problems, especially when the athlete is fatigued--the partner should make certain that the athlete is walking correctly at all times.

After objectively assessing the reasons behind a particular walker's creeping tendencies, it is often relatively easy to eliminate the problem. If the athletes' technique is a hybrid of running and walking elements, flaws can be eliminated by demonstration of the proper technique. If tightness and weakness are to blame, the walker must take remediation into his own hands by thoroughly stretching and strengthening the affected areas. In all case, however, patience and persistence are generally rewarded by better, faster and more legal racewalk technique.

Flash! Women's 10 Km, Goodwill Games, St. Petersburg, Russia, July 26–1. Olimpiada Ivanova, Rus. 42:30.31 2. Yelena Saiko, Rus. 42:43.23 3. Sari Essayah, Fin. 42:45.04 4. Kong Yan, China 43:39.39 5. Yulya Odzilyeva, Rus. 43:45.80 6. Tamara Kovalenko, Rus. 44:15.78 . . . 9. Michelle Rohli, U.S. 44:41.87 (Betters Amer-ican record. Not sure if this was road or track)--16 finishers, Kerry Junna-Saxby, Australia, DQ'd.