ORW World Rankings mark 25th year

It's the end of the year again and time for those eagerly awaited Ohio Racewalker World and U.S. Rankings. This is the 25th year for our World Rankings at 20 and 50 Km, the 23rd year for U.S. Rankings at the same distances, and the 17th year for Women's Rankings, both U.S. and World, at 10 Km. We didn't have women's rankings in those early years simply because there wasn't enough reported racing activity to justify them.

The rankings, as always, are a subjective judgment on the part of your editor based on performance at the particular distance throughout the year. Factors considered include finishes in major competitions, competitive record against other contending athletes, and collection of times. The rankings are accompanied by lists of the best times at each distance for the year. We are holding the U.S. 50 Km rankings and list until the January issue in case the race in Houston on Dec. 30 has a significant impact.

1994 World 10 Km Rankings

1. Yelena Nikolayeva, Russia
   44:04 (4) Span. Ch. 3/5
   42:32 (2) World Cup 4/29
   42:37 (1) Eisen. 5/14
   43:22 (1) LaCoruna 5/20
   42:20 (3) World Ch. 8/7

2. Elisabetta Perrone, Italy
   43:33 (2) Span. Ch. 3/5
   43:13 (6) World Cup 4/29
   42:44 (3) Fougeres 6/11
   42:16 (2) World Ch. 8/7

3. Irina Stankina, Russia
   41:55 (2) Adler 2/11
   DQ World Cup 4/29
   43:05 (2) Eisen. 5/14
   42:13 (1) World Ch. 8/7

4. Hongmiao Gao, China
   42:19 (1) World Cup 4/29
   DQ World Ch. 8/7

5. Larisa Ramazanova, Russia
   41:29 (1) Rus. Ch. 6/3
   42:25 (5) World Ch.
   43:56 (3) World Univ 9/2

6. Hongyu Liu, China
   42:49 (3) World Cup 4/29
   42:46 (8) World Ch. 8/7

7. Olimpiada Ivanova, Russia
   43:06 (1) Span. Ch.
   41:30 (2) Rus. Ch.
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $10.00 per year ($12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

8. Sari Essayah, Finland
44:21 (13) World Cup 4/29
42:20 (4) World Ch. 8/7

9. Karry Saxby-Junna, Australia
43:53 (1) Canada 3/18
42:58 (5) World Cup 4/29
42:28 (1) Fana 5/25
42:18 (2) Fougères 6/11
43:06 (9) World Ch. 8/7

Tough event to rank and probably the first time ever in these rankings (men and women) that two major championships have been contested and the winner of one of them is not ranked number one. However, both winners (Stankina, World Championship) and Gao (World Cup) were disqualified in the other Championship race. That counts heavily against them. Nikolayeva barely gets the nod over Perrone, who beat her two of three times, off the more consistent record in the two big ones and two other strong wins. Perrone suffers from her loss at Fougères to Saxby-Junna and Anna Rita Sklodot, who just loses out on a ranking spot. We regard the World Championship slightly higher than the World Cup, so Stankina gets the nod over Gao for the fourth spot. Among the others, Ivanova was impressive in two races, but, for whatever reason, was not included on the Russian team for either World race. Defending No. 1 Essayah, suffered from a poor World Cup race when she was still heavily involved in studies.

1995 World 10 Km List
41:29 Larissa Ramazanova, Russia
41:30 Olimpia Ivanova, Russia
41:50 Yelena Asehintseva, Russia
41:55 Irina Stankina, Russia
41:58 Yelena Grouzinova, Russia
42:01 Tamara Kovalenko, Russia
42:04 Anna Rita Sidoti, Italy
42:11 Nina Alyushenko, Russia
42:16 Elisabeth Perrone, Italy
42:18 Kerry Saxby-Junna, Australia
42:19 Hongmiiao Gao, China
42:20 Yelena Nikolayeva, Russia
42:26 Rosella Giordano, Italy
42:34 Yelena Saiko, Russia
42:34 Maria Urbanik, Hungary
42:35 Yelena Voyvodov, Ukraine
42:46 Hongyu Liu, China
42:55 Yan Gu, China
43:15 Beatrice Gummelt, Germany
43:30 Tatiana Tsybulinskaya, Belarus
43:34 Ileana Salvador, Italy
43:42 Tatiana Rogozina, Ukraine
43:48 Nora Cimpean, Romania
43:50 Francisco Martinez, Mexico
43:52 Kathrin Boyle, Germany
43:54 Erica Alfredi, Italy
44:05 Susana Feitor, Portugal
44:07 Olga Kardapletseva, Belarus

U.S. 10 Km Rankings
1. Michelle Rohl
46:12 (1) World Cup Tr. 1/28
46:37 (2) Pan Am Games 3/21
45:57 (34) World Cup 4/29
45:16 (2) US Champ. 6/17
44:17 (15) World Ch. 8/17

2. Teresa Vaill
47:02 (4) World Cup Tr. 1/28
42:26 (6) World Ch. 8/7

3. Debbi Lawrence
45:01 (1) US Champ. 6/17
45:02 (23) World Ch. 8/17

4. Victoria Herazo
46:26 (2) World Cup Tr. 1/28
46:26 (1) Wash. DC 3/26
46:15 (42) World Cup 4/29
45:53 (4) US Champ. 6/17
47:50 (1) Nat. Masters 7/9
48:09 (2) World Vet 7/16
49:34 (1) Oly. Fest. 7/28

5. Debora Van Orden
47:22 (5) World Cup Tr 1/28
47:08 (52) World Cup 4/29
46:03 (5) US Champ. 6/17
DQ Oly. Fest. 7/28
47:57 (1) Alongi 9/29

6. Lynda Brubaker
46:52 (3) World Cup Tr. 1/28
47:53 (53) World Cup 4/29
47:27 (6) US Champ. 6/17
53:44 (6) Oly. Fest. 7/28
49:49 (2) Alongi 9/29

7. Joanne Dow
48:59 (7) World Cup Tr.
47:43 (2) Wash. DC 3/26

8. Susan Armenta
49:13 (1) Walnut 4/9
48:19 (1) Kenosha 4/23
49:40 (1) Mt. View 5/21
49:16 (8) US Champ. 6/17
54:40 (6) Oly. Fest. 7/28
51:24 (17) World Univ. 9/2

9. Dana Yarbrough
49:03 (7) US Champ. 6/17
DQ Oly. Fest. 7/28

10. Sara Standley
48:14 (6) World Cup Tr. 1/28
52:16 (16) US Champ. 6/17

Mortland. Address all correspondence regarding both editorial and subscription matters to Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.
Rohl was clearly on top, losing to a countrywoman only once (Vaill in the US title race). Vaill had a near disastrous early season, but was brilliant in the US and World Championships. After failing to finish the World Cup Trials, Lawrence came on strong and had her best race in the World Championships. Herazo was consistent as always and easily outranked the rest, but couldn't touch the top three when they were on. Van Orden and Brabaker were fifth and sixth in the US title race and hold those spots off the rest of the record, though Brabaker struggled in the late season. Dow came from nowhere to record two fine early season performances, but missed the rest of the season with injury. Armenta gets the nod over Vaill, who beat her in the US title race, off several other impressive races. Standley's good race in the World Cup Trials earns her the 10th spot over KerryMoskalik and Marykirk Cunningham.

1995 U.S. 10 Km List
44:17 Michelle Rohl 1:20:50 (5) World Cup 4/29
45:01 Teresa Vaill 1:24:28 (8) Barcelona 3/19
45:03 Debbi Lawrence 1:21:47 (3) World Cup 4/29
45:53 Victoria Herazo 1:19:58 (2) World Cup 4/29
46:03 Debora VanOrden 1:18:37 (1) Eisen. 5/14
46:52 Lynda Brabaker 1:20:23 (2) World Ch. 8/6
47:43 Joanna Dow 1:19:56 (3) Adler 2/11
48:19 Susan Armenta 1:23:44 (3) Barcelona 3/19
48:57 Kerry Moskalik 1:20:25 DmitriyDolnikov, Russia
49:03 Dana Yarbrough 1:20:39 (4) World Cup 4/29
49:31 Maryanna Torrellas 1:20:32 (3) World Cup 4/29
49:39 Markirk Cunningham 1:20:18 Grigoriy Komev, Russia
51:34 Michelle Didoni, Italy 1:18:37 (3) Eisen. 5/14
51:54 Suzanne Kisting 1:20:05 Igor Kollar, Slovakia
52:30 Chris Sakelarios 1:20:03 Igor Lyubomirov, Russia
52:31 Karen Styanowskis 1:20:03 Igor Lyubomirov, Russia
52:43 Nanette Reilly 1:18:59 Bernardo Segura, Mexico
52:43 Laurine Farkash 1:18:53 Ilya Markov, Russia
52:52 Sharon Lyons 1:20:25 DmitriyDolnikov, Russia
53:06 Kelly Watson 1:18:59 Bernardo Segura, Mexico
53:25 Liz Fashun 1:18:37 (1) Eisen. 5/14
53:30 Barbara Dupliciak 1:18:37 (1) Eisen. 5/14
53:31 Pat Weir 1:18:37 (1) Eisen. 5/14
53:40 Sally Richards 1:18:37 (1) Eisen. 5/14
54:00 Nicole McNichol 1:18:37 (1) World Ch. 8/6
54:01 Margaret Ditchburn 1:18:37 (1) World Ch. 8/6
54:02 Therese Ikoian 1:18:37 (1) World Ch. 8/6
54:13 Lisa Chumbley 1:18:37 (1) World Ch. 8/6
54:38 Phyllis Hansen 1:18:37 (1) World Ch. 8/6
54:45 Anne Lankowicz 1:18:37 (1) World Ch. 8/6
54:45 Diane Podsilaidik 1:18:37 (1) World Ch. 8/6
55:02 Sean Spacey 1:18:37 (1) World Ch. 8/6
55:11 Amber Nichols 1:18:37 (1) World Ch. 8/6
55:14 Deborah Idan 1:18:37 (1) World Ch. 8/6
55:18 Deborah Scott 1:18:37 (1) World Ch. 8/6
55:33 D.D. Walker 1:18:37 (1) World Ch. 8/6

1995 World 20 Km Rankings
1. Michele Didoni, Italy 1:18:32 Vladimir Andreyev, Russia
1:24:28 (8) Barcelona 3/19 1:18:37 Mikhail Schennikov, Russia
1:20:07 (1) Ital. Champ. 5/14 1:19:59 (1) World Cup 4/29
1:19:59 (1) World Ch. 8/6 1:24:52 (30) World Cup 4/29
1:22:53 (9) World Cup 4/29
1:22:31 (2) Barcelona 3/19
1:20:34 (1) LaCoruna 5/20
1:21:25 (1) Fougères 6/11
1:20:23 (2) World Ch. 8/6
1:21:06 (7) World Cup 4/29
1:20:09 (2) Eisen. 5/14
1:19:19 (7) World Cup 4/29
1:19:44 (1) World Ch. 8/6
1:24:20 (2) L'Hospitalet 5/14
1:24:20 (2) World Cup 4/29
1:19:09 (2) Eisen. 5/14
1:20:05 (5) World Ch. 8/6
1:20:34 Sergey Korepanov, Kazakhstan
1:19:09 (2) Eisen. 5/14
1:20:48 (3) World Ch. 8/6
1:23:13 (16) World Cup 4/29
1:18:37 Sergio Galdino, Brazil
1:19:33 (5) World Cup 4/29
1:19:59 (1) World Cup 4/29
1:19:38 Giovanni DiBenedictis, Italy
1:20:23 Valentin Massana, Spain
1:19:38 Giovanni DiBenedictis, Italy
1:20:23 Valentin Massana, Spain
1:19:59 Mikhail Orlov, Russia
1:20:09 Bernardo Segura, Mexico
1:20:09 Bernardo Segura, Mexico
1:19:32 Lingtang Bu, China
1:19:56 Michele Didoni, Italy
1:20:37 Hatem Ghoula, Tunisia
1:20:37 Hatem Ghoula, Tunisia
7. Ilya Markov, Russia
8. Shaogua Chen, China
9. Thierry Toutain, France
10. Denis Langlois, France

Didoni and Li traded first and fifth places in the two big races, but giving slightly more weight to the World Championships and considering Didoni's fine effort in his national title race, we give him the nod for first... Schennikov is a clear third with two fine World championships and two other good wins in fast times. Massana made up for not finishing the World Cup race with his strong silver medal performance in the World Championships... Segura beat Misutsky in both the World Cup and Eisenhuttenstadt races and he gets fifth, although not finishing the World Championship race... Markov made up for a very poor World Cup race with the rest of his season. The final three finished higher in one of the two big races than anyone else did in either.
James continued to dominate U.S. walkers... After a very poor WC Trials race, Nelson came on strong with a second in the national championship and two very
track races, along with an easy Olympic Festival win... Morgan and Clausen broke
even in four races against each other, but Gary finished ahead in the U.S. title race
and closed his season with an impressive race on the track in which he pushed
Nelson... Hermann beat Dunn in three or five races and barely gets the nod for fifth.
... Rob Cole had a nice consistent season and gets seventh over Tim Seaman, who
raced seldom, but had sixth in the National Championships... Van Axen spoiled a
good season with a poor race at the Olympic Festival and McGovern was on fire his
first two races but went downhill from there.

1995 U.S. 20 Km List

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Allen James</td>
<td>1:24:48</td>
</tr>
<tr>
<td>2</td>
<td>Valentin Kononen, Finland</td>
<td>1:28:57</td>
</tr>
<tr>
<td>3</td>
<td>Herman Nelson</td>
<td>1:28:02</td>
</tr>
<tr>
<td>4</td>
<td>Curt Clausen</td>
<td>1:28:02</td>
</tr>
<tr>
<td>5</td>
<td>Gary Morgan</td>
<td>1:28:47</td>
</tr>
<tr>
<td>6</td>
<td>Andrew Hermann</td>
<td>1:28:47</td>
</tr>
<tr>
<td>7</td>
<td>Rob Cole</td>
<td>1:28:21</td>
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<tr>
<td>8</td>
<td>Tim Seaman</td>
<td>1:28:21</td>
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<tr>
<td>9</td>
<td>William Van Axen</td>
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</tr>
<tr>
<td>10</td>
<td>Dave McGovern</td>
<td>1:28:21</td>
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1995 World 50 Km Rankings

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<tr>
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<td>Valentin Kononen, Finland</td>
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<td>2</td>
<td>Giovanni Perricelli, Italy</td>
<td>3:49:12</td>
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<tr>
<td>3</td>
<td>Bruce DeHaven, USA</td>
<td>3:49:12</td>
</tr>
<tr>
<td>4</td>
<td>John E. Fenske, USA</td>
<td>3:54:11</td>
</tr>
<tr>
<td>Position</td>
<td>Name</td>
<td>Country</td>
</tr>
<tr>
<td>----------</td>
<td>-----------------------</td>
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</tr>
<tr>
<td>1</td>
<td>Robert Korzenowski</td>
<td>Poland</td>
</tr>
<tr>
<td>2</td>
<td>Valeriy Spitsyn</td>
<td>Russia</td>
</tr>
<tr>
<td>3</td>
<td>Yongshen Zhao</td>
<td>China</td>
</tr>
<tr>
<td>4</td>
<td>Viktor Ginko</td>
<td>Belarus</td>
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<tr>
<td>5</td>
<td>Jesus Garcia</td>
<td>Spain</td>
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<tr>
<td>6</td>
<td>Miguel Rodriguez</td>
<td>Mexico</td>
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<tr>
<td>7</td>
<td>Alessandro Voyvodin</td>
<td>Russia</td>
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<tr>
<td>8</td>
<td>Rene Piller</td>
<td>France</td>
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<td>9</td>
<td>Vladek Kononen</td>
<td>Finland</td>
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<tr>
<td>10</td>
<td>Yongsheng Zhao</td>
<td>China</td>
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<tr>
<td>11</td>
<td>Basilio Labrador</td>
<td>Spain</td>
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<tr>
<td>12</td>
<td>Pavel Blazek</td>
<td>Slovakia</td>
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<tr>
<td>13</td>
<td>Aleksey Prikhodko</td>
<td>Russia</td>
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<tr>
<td>14</td>
<td>Valery Popivov</td>
<td>Ukraine</td>
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<td>15</td>
<td>Rafaello Rangel</td>
<td>Brazil</td>
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<td>16</td>
<td>Michal Steiner</td>
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<td>17</td>
<td>Vitaliy Popov</td>
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<td>19</td>
<td>Vitaliy Popivov</td>
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<tr>
<td>20</td>
<td>Vitaliy Popivov</td>
<td>Ukraine</td>
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Kononen is an easy choice with his World Championship and strong race at the World Cup. Perricelli and Korzenowski get the nod over World Cup winner Zhao, who could not rise to the occasion again in the World Championships when he was off his home turf. Garcia had strong performances in both World races with Garcia getting fifth off his World Cup silver.

1995 World 50 Km List

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
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<tbody>
<tr>
<td>3:50:59</td>
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<td>Pavel Blazek</td>
<td>Slovakia</td>
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<td>3:51:44</td>
<td>Aleksey Prikhodko</td>
<td>Russia</td>
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<td>3:52:36</td>
<td>Valery Popivov</td>
<td>Ukraine</td>
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<td>Rafaello Rangel</td>
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<td>3:53:01</td>
<td>Michal Steiner</td>
<td>Czech Republic</td>
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<td>3:53:15</td>
<td>Vitaliy Popov</td>
<td>Russia</td>
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<td>3:53:27</td>
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<tr>
<td>3:53:39</td>
<td>Vitaliy Popov</td>
<td>Russia</td>
</tr>
<tr>
<td>3:53:47</td>
<td>Vitaliy Popivov</td>
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A rather sparse collection of results


Dec 1995

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Country</th>
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<tr>
<td>3:57:03</td>
<td>Wie Han, China</td>
<td>India</td>
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<tr>
<td>3:57:30</td>
<td>Jani Lehtinen, Finland</td>
<td>Finland</td>
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<tr>
<td>3:57:54</td>
<td>Yuriy Andronov, Russia</td>
<td>Russia</td>
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<tr>
<td>3:58:38</td>
<td>Oscar Font, Spain</td>
<td>Spain</td>
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<tr>
<td>3:58:39</td>
<td>Andrzej Chylinski, USA</td>
<td>USA</td>
</tr>
<tr>
<td>3:58:52</td>
<td>Ricardo Jorge Risquet, Cuba</td>
<td>Cuba</td>
</tr>
</tbody>
</table>

(U.S. 50 Km Rankings and List next month)
Sandra who was featured last month. See further commentary later in this issue.

PAGE 10

DECEMBER 1995

FOR YOUR WALKING PLEASURES IN THE NEW YEAR

Sat. Jan. 6
Sat. Jan. 13
Sat. Jan. 14
Sat. Jan. 20
Sat. Jan. 21
Sat. Jan. 27
Sat. Feb. 4
Sat. Feb. 10
Sun. Feb. 11
Sat. Feb. 17
Sun. Feb. 18
Sat. Feb. 24
Sat. March 2
Sat. March 9

5 Km and Half-Marathon, Irvine, Cal., 8:30 am (B)
5 Km, Seattle, 9 am (C)
Race at some distance, Denver area (H)
Marathon, 1/2 Marathon, and 5 Km, New Orleans (504-482-6632)
10 Mile Handicap and 5 Km, Pasadena, Cal. (B)
5 Km, Miami, 4:30 pm (Q)
5 Km, Denver (H)
50 Km, Palo Alto, Cal (G)
3 Km (Indoor), Indianapolis, Ind (M)
5 Km, Miami, 9 am (Q)
5 Km, Seattle, 9 am (C)
5 Km, Miami, 9 am (Q)
3 Km, Bridgeport, Conn., 9 am (I)
8 Km, Sacramento, Cal., 10 am (AA)
5 Km, Raleigh, N. Car. (S)
Marathon and 1/2 Marathon, Miami (Q)
5 Km, Miami, 7:30 am (Q)

USATF National Indoor Women's 3 Km, Men's 5 Km,
Atlanta (Z)

5 Km, Seattle, 9 am (C)

PAGE 11

DECEMBER 1995

FROM HEEL TO TOE

Who out there remembers Browning Ross's publication the Long Distance Log. Browning, an Olympic steeplechaser and many times National champion at various road running distances, published this distinctive newsletter through the '50s and sometime into the '60s. I have a rather extensive collection stashed away somewhere, having started to subscribe sometime during my college days at Bowing Green (1953-57). Browning included some racewalk results with all of the distance running news, in a bare bones, information intensive format. (Sound familiar?) This was certainly all before Steve Vaitones was much more than a wee sprout, but apparently Steve has been browsing in some old issues of the Log, as he sent an excerpt from August 1961 pertaining to one-time racewalking guru, Chris McCarthy. Chris published the Midwest Walker in the early '60s and was on the 1964 Olympic team at 50 Km. Steve doesn't remember seeing this quote in the ORW. Following the result of a 10 Km race at Stagg Field in Chicago on June 11, in which Rimas Vaicaitis easily whipped McCarthy (52.08 to 56.31), the commentary runs: Runner-up Chris McCarthy relaxed the night before at the wedding party of M.W.A. Handicapper Carlton Wade. Said McCarthy after the contest, "I don't mind sweating off beer, but I sure hate to puke up good champagne." Earlier in the day, Vaicaitis won the B.B.Y.O 1 mile walk at Rockne Stadium in 7:21 in 93 degree temperature. McCarthy finished second in 8:10 (Ed. I'm not sure if the quote ever appeared in the ORW, but I remember it. I thing Chris had put it in his own publication.) . . . Apologies to Marc Varsano, who we left out of the New York City Marathon results last month.

Someway, we skipped from fourth to sixth place. Marc was fifth in 3:45:26 . . . We reported a couple of issues ago that Alan Wood was giving up his publication MasterWalker Newsletter because of his terminal cancer. Ron Heimburger, who is taking over the publication, sent the following note to subscribers of the MasterWalker: "Alan Wood passed away on October 7th. He was at peace with himself and asked me to tell you all that he loved you and really enjoyed the communication and help that was generated by the newsletter." Ron plans to publish an abbreviated January 1996 newsletter and to begin publishing a full monthly newsletter starting in February. Ron can be reached at 308 Bartell Drive, Chesapeake, VA 23320 . . . The Potomac Valley Track Club is holding Saturday morning (8 to 9:30) racewalking clinics beginning January 6 and running through February 10. Directed toward fitness, fun, or competition, they will stress proper form and training advice. Contact Richard Jirousek, 7035 Flex Street, Springfield, VA 22152 for further information. . . . The Bohdan Bulakowski Racewalking Camp we mentioned last month is to be held January 26-28 in LaGrange, Georgia (we had earlier dates last month). Bohdan, a Polish Olympian and former Polish National
Team Coach, has been coaching some of this country's top walkers since 1994. He is now coach at USATF's Center of Excellence in LaGrange. The camp will include instruction on racewalk technique, injury prevention, heart rate training, race strategy, and nutrition. There will be daily workouts, a 3 km technique clinic, and personal one-on-one technique training. For more information, contact Rob Cole, 812 Camellia Drive, LaGrange, Georgia 30240, 706-894-7855. We struck a chord of nostalgia with at least one reader in our last Looking Back column with reference to the Ohio Track Distance Carnival. Jack Blackburn and I kept this fall event going for several years. It consisted of a series of distance runs and walks held over 2 days and attracted some pretty fair athletes through the years. Eventually, others in the Ohio Track Club sort of took it over and it evolved into an age cross country event and then faded into oblivion. Anyway, Jerry Bocci writes: "I enjoy going through the "Looking Back" section to see if my name appears in the past. I haven't been doing much lately to get my name in the current results. The latest "Looking Back" brought back some pleasant memories. Thirty years ago, Jeanne won the women's 5 mile walk in 48:38. Last month, we celebrated our 30th wedding anniversary. We were coming back from our honeymoon in Florida and had stopped in Columbus to participate in the OTC Distance Carnival. I think I won the 4 mile run to go with Jeanne's win. I used to compete in the runs in the early '60s. I once received the "Outstanding Male" award for winning the 10 and 20 mile runs. I had hoped to repeat as "Outstanding Male" by winning the walks, but the one time I did good in the walks, some guy won the 10 and 20 mile runs and got the award. (Ed. Jerry can just be thankful we didn't give the award to a walker, like one of the two of us, the year he did win it.)"... The International Senior Games, for those 50 and over, are scheduled for Bermuda from April 13-27, 1996. The Games will include a 5K walk, with awards to be made in each of eight age categories. Elliott Denman, well known U.S. Olympian, race official, race promoter, and great booster of the sport, will be overseeing the racewalk event, which is sanctioned by the Bermuda T&F Association. The Games will also include a dream mile, with Jim Ryun and Ron Clarke among the competitors. And, Bob Cousy and Jack Ramsay will be coaching the U.S. Senior Dream Team in basketball. ...I will pick that team are Cliff Hagan, Guy Rodgers, Bailey Howell, Bob Ferry, Barry Clemens, Connie Hawkins, Bob Love, Paul Silas, Earl Monroe, and Cazzie Russell. (I don't suppose those names mean a lot to some younger readers, nor do they have anything to do with walking, but it's a tough group. Barry Clemens, by the way, went to school just up the road from here, at Ohio Wesleyan, before his distinguished pro career, and Cazzie Russell has been in Columbus of late, first as coach of a CBA team and then a local high school team.) Well, those are some other things you might see if you choose to participate. For more information, contact: Jonathan Marks, International Senior Games, 460 Summer Street, Stamford, Connecticut 06901, 203-352-0532, FAX 203-352-0567. Comments from the IAAF Magazine on last summer's World Championship walks: "When Michele Didoni won the 20 km, it was pointed out that at 21 he was the youngest ever world walking champion. He never had time to choose to participate. For more information, contact: Jonathan Marks, International Championships walks: "When Michele Didoni won the 20 Km walk, it was pointed out that Garcia was actually flagged off the course. The experience of Giovanni DeBenedicts of Italy was equally distressing. He crossed the finish line in third place but he too was disqualified, having earlier exhausted his quota of warnings, but not been notified."... The International Senior Games, for those 50 and over, are scheduled for Bermuda from April 13-27, 1996. The Games will include a 5K walk, with awards to be made in each of eight age categories. Elliott Denman, well known U.S. Olympian, race official, race promoter, and great booster of the sport, will be overseeing the racewalk event, which is sanctioned by the Bermuda T&F Association. The Games will also include a dream mile, with Jim Ryun and Ron Clarke among the competitors. And, Bob Cousy and Jack Ramsay will be coaching the U.S. Senior Dream Team in basketball. ...I will pick that team are Cliff Hagan, Guy Rodgers, Bailey Howell, Bob Ferry, Barry Clemens, Connie Hawkins, Bob Love, Paul Silas, Earl Monroe, and Cazzie Russell. 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For more information, contact: Jonathan Marks, International Championships walks: "When Michele Didoni won the 20 Km walk, it was pointed out that Garcia was actually flagged off the course. The experience of Giovanni DeBenedicts of Italy was equally distressing. He crossed the finish line in third place but he too was disqualified, having earlier exhausted his quota of warnings, but not been notified." 30 Years Ago (From the Dec. 1965 ORW)--Jack Blackburn won the annual Ft. Thomas to Cincinnati Thanksgiving Day 6 Mile (short) in 43:13, with Chuck Newall beating Wayner Yarcho for second. ...Canadian Bert Life, age 56, won the Coney Island 10 1/2 mile handicap in 1:39:44 as Ron Daniel captured fast-time honors in 1:26:38. ...Subscription rate to the ORW was $1.20 per year. We probably had 50 to 60 subscribers by that time. 20 Years Ago (From the December 1975 ORW)--In the ORW's annual rankings, Mexico's Daniel Bautista led countryman Domingo Colin in the 20, with Karl-Heinz Stadtmuller, East Germany, ranked third. West Germany's Bernd Kannenberg led Soviets Veniamin Solstaken and Yevgeniy Lungin at 50. ...Top three in the U.S. rankings were Larry Young, Todd Scully, and Jerry Brown at 20; and Young, Augie Hirt, and John Knifton at 50. 10 Years Ago (From the Dec. 1985 ORW)--Tom Edwards won the U.S. Indoor 5K at West Point on Dec. 22 in 21:18.9. Curtis Fisher and Dave McGovern followed. ...Eugene Kitts did a 4:23:57 50K in Houston on the same day. ...The World 10K rankings were headed by Hong Yan, China; Ping Guan, China, and Olga Kristop, USSR. Top U.S. women were Maryanne Torrellas, Teresa Vaill, and Debbi Lawrence (things haven't changed a lot). In the 20, Jose Marin, Spain; Maurizio Damilano, and Viktor Mostovik, USSR led the rankings. Hartwig Gauder, E.G.; Andrei Perlov, USSR; and Eirg Anderson, Norway, were the leaders at 50. The U.S. rankings saw Tim Lewis, Marco Evoniuk, and Jim Heiring ranked one-two-three at 20; and Carl Schueler, Evoniuk, and Randy Mimm taking the three spots at 50. 5 Years Ago (From the Dec. 1990 ORW)--Gary Null, at age 45, won New York races in 6:51 (mile) and 48:55 (10K). ...Australia's Kerry Saxby topped the ORW World Rankings at 10K, followed by Soviets Nadezhda Ryashkina and Olga Kardopolitsa. Top three in the U.S. were Debbi Lawrence, Lynn Weik, and Teresa Vaill. ...At 20, Pavol Blazek, Czechoslavakia; Daniel Plaza, Spain; and Ernesto
Canto, Mexico led the World rankings, with Tim Lewis, Doug Fournier, and Steve Pecinovskiy out front in the U.S. The 50 Km rankings saw Andrei Perlov, USSR; Bernd Gummelt, Germany; and Simon Baker, Australia leading the World and Tim Lewis, Marco Evinui, and Eugene Kitis one-two-three in the U.S.

IAAF Recognized World Racewalking Records
(as if November 15, 1995)

Men
20 Km 1:17:25.6 Bernardo Segura, Mexico, Bergen, Norway, May 7, 1994
30 Km 2:07:44.1 Maurizio Damilano, Italy, Cuneo, Italy October 3, 1992
50 Km 3:41:28.2 Rene Piller, France, Bergen, Norway, May 7, 1994
2 Hrs 29,572 m Maurizio Damilano, Italy, Cuneo, Italy, October 3, 1992

Women
5 Km 20:17.19 Kerry Saxby, Australia, Sydney, Australia, June 14, 1990
10 Km 41:56.23 Nadezhda Ryashkina, Russia, Seattle, Wash., July 24, 1990

More Brown's stuff

More from New Zealand correspondent Dudley Harris, who supplied our feature on Sandra Brown in the November issue (as well as the Roubaix 28 hour result in our results section this month). Referring to last month's excerpt from his book Long, At the Top, he notes that reproduction was done in Britain by Richard Brown, and goes on:

"Should any of your readers wish to obtain a copy, they should write to Sandra and Richard Brown, 72 Eccleston Square, London SW1V 1PJ or call 0178-345-863 at a UK evening time.

"Four weeks later (referring to the 28 hour race), Richard Brown went to Odessa for a six-day event, while Sandra competed in a local event at Tooting Bec, London—the annual Sir Cloughley 24 hour run track. I'm sorry that I don't have the results of that one, except that Sandra Brown happily racewalked for most of the time, finishing as first lady and second overall.

"Sandra wrote to me with pride to say that her daughter, Victoria, (I think she is 9 years old) was 'the real champ.' She walked brilliantly and with such cheerful composure to complete at least 58 Km—that's not counting the skipping about and tumbling and fro-ing which kids can't resist.' No doubt, Victoria took plenty of rests along the way. Even so, I suddenly feel old!

"I have just begun to write a book about the redoubtable Browns—about their 825 mile event the length of Britain, from Land's End to John o'Groats, which they did in May 1995. Richard recaptured his own title for the course and set a new 'best time' of 10 days, 2 hours, and 25 minutes; while Sandra set a new women's 'best time' of 13 days, 10 hours and 1 minute.

"Sandra did some running but mostly walking. So, for the purists, the women's best time for walking the length of Britain presumably still belongs to England's Ann Sayer, who completed it in 13 days, 17 hours and 42 minutes back in 1980. Incidentally, Ann Sayer is still competing as a racewalker, and finished the 1995 Roubaix 28 hour in 32nd place overall and fifth woman with 184.25 Km.

More Brown's stuff

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DECEMBER 1995

"As I said, I've only just begun the book, but the first to be typed among the papers which Richard has given me is, I feel, truly inspirational. I am enclosing a copy of it. Your readers, wondering about their New Year Resolutions, might benefit!"

So here it is, dear readers:

Land's End to John o'Groats, May 1995

I suppose that there are a few great moments in life for everyone—moments we look back on, drawing warmth and exhilaration from them, even though they may have happened years ago.

Such moments don't just happen. They require effort. You have to create them.

Making the effort is part of the fun, part of the achievement. None of us know what we're really capable of achieving, until we try. Too often, we are afraid to dream dreams, to think what we might achieve, to set ourselves goals and ambitions and then set about achieving them. We waste our potential without even realising it, because we don't explore and push out our own boundaries.

When we do push them out, we start to crave for the next experience, the next excitement. The five mile walk becomes a ten mile hike, and the exhilaration makes us want to try something even further.

And so the yearning takes hold and, if you are not careful, you end up running from Land's End to John o'Groats!

Many years ago, David Hemery, a great Olympic hurdler, said that we can achieve anything within the scope of our imagination. "We simply don't often dare to dream what we might achieve in our lives."

But it needs more than just determination to convert the dream into reality. It needs more than hard work and long training hours in all weathers. It also needs a plan of campaign just as if an expedition were to be embarking into an unknown land— which, in a way, it is.

For Land's End-to-John o'Groats, it means a team effort from friends who would give up their time to be part of a joint adventure. They would experience all the tensions which any small group would, forced to live together in varying weather conditions, experience, and constantly keep each other going.

Also, they would share the exhilaration of beautiful and varied countryside, the encouragement from cyclists who would stop to wish us well, the cafe owner offering us home-made cakes, the lorry-driver waving to us while passing us for the third time in as many days on his trip up and down Scotland's A9.

So our expedition is a voyage of discovery: a discovery of ourselves, and a voyage with others where, together, we share new peaks of achievement, and the exhilaration and motivation— from whatever we encounter.

Life is fun as well as hard work. The joy of achieving something which, at first, you thought was beyond you gives some of the greatest fun.

So, set yourself a challenge ... this year, this month, this week. Dream your dreams, and then go out and live them. We did. What's holding you back?

Richard and Sandra Brown