Dow, Seaman Back To The Top

Palo Alto, Cal. June 22-23--It took her four years including some time off for injuries, but Joanne Dow finally recaptured the National 20 Km title she had won in 1998. Not only did she win, she shattered the American record in the process, covering the 50 laps on the Stanford track in 1:34:46.52, 3/12 minutes under the old mark. (Official national records must be set on the track.) And in regaining the top spot on the podium, she exactly matched her time in that 1998 road race—except for that .52 on the end.

That was on Saturday, morning. On Sunday, Tim Seaman won his third U S. title in the men's 20, leaving the rest of the field well back by the finish, which he reached in 1:26:40.36. Seaman has taken control of the even years, since Curt Clausen's win in 1996, with his previous wins in 1998 and 2000. Curt gets the odd years, with wins in '97, '99, and '01. Surprisingly, there have been only four different winners of the race in the last 18 years. Tim Lewis won seven in a row from 1985 through 1991, and Allen James four in a row from 1991 through 1995. James, somewhat out of retirement, was 10th in this year's race. Before 1985, there were 12 different winners in 15 years, Tom Dooley winning twice and Jim Heiring three times.

New Hampshire's Dow, now 38, had to overcome a determined challenge from Teresa Vaill, who it seems has been racing near the top for ever. Near her 40th birthday (November), Teresa won this race in '84, '85, and '87, and was seeking redemption for last year, when she was DQ'd late in the race while in a solid second place.

As she usually does, Vaill took the lead immediately and set a pace that quickly broke up the field. By 5 Km, which she reached in a swift 23:10, she had 10 seconds on Dow and 40 on Amber Antonia and Susan Armenta, battling for third. Three-time Olympian Debbi Lawrence, who at age 40 has been around even longer than Vaill, was in fifth another 20 seconds back, while defending champion Michelle Rohl and Jill Cobb (nee Zenner), third last year, were together in sixth, but nearly 80 seconds behind Vaill.

By 10 Km, Vaill was 25 seconds in front of Dow with 46:28. Antonia had gotten clear of Armenta, but at 47:21 was nearly a minute behind Vaill. Armenta was another 21 seconds back. Lawrence came through in 49:00. just ahead of Rohl and Cobb. After the race, Dow said that at that point she was content to get second.

But apparently not content enough to give up. With Vaill slowing to 24 minutes for her third 5 (1:10:28 at 15), Dow found herself only 16 seconds down with 5 to go. Antonia had closed slightly, as she went through 15 in 1:11:19. Rohl and Cobb caught Lawrence by 13 km (Debbi dropped out shortly thereafter) and raced past Armenta as they approached 15. But Armenta hung on and repassed Rohl, who then simply ran out of gas. Excusable, of course, since she delivered her fourth child less than 3 months earlier.

Seeing the possibility of the win, Dow was able to pick up her pace and with six laps to go was just 6 seconds down. She made that up in less than two laps. Vaill fought to the finish, however, and Dow needed a 1:52 last lap to finally open a margin of 7 seconds at the finish. Antonia conceded little the final 5 km and finished a lonely third, just sneaking under 1:36 for a
personal record. Cobb, who had been struggling in races leading up to this one finished strongly, breaking 1:40 and leaving Armenta better than a minute behind. Rohr was unthreatened for sixth.

Joanne Dow came onto the scene with a rush in 1995 when she did a 47:43 for 10 to finish second in the National Invitational in March. But she missed the rest of that season with injury, which still had her below par by the Olympic Trials in 1996. She regained her form that fall with a 47:43 and improved that to 47:23 in 1997 with a fourth in the national title race. She really came on strong in 1998. when she won the 20 and followed that up with a second-place finish in 1999. Then the injury bug struck again, eventually requiring surgery, and she fell to fourth and fifth in the last two 20 km nationals. She made it back all the way this year approaching her usual best of 1:33:57, which was done in 1999.

The first five qualified for the World Cup in Italy in October. It will be Dow's third World Cup experience. She competed in 1997, when the distance was still 10 Km. In 1999, Cobb, was also on that 99 team. Vail is the real veteran--this will be her sixth World Cup race, but first since 1995. She was also on teams in 1985, 1987, 1989, and 1991. In addition, she competed in the World Championships in 1993 and 1995 and the World Indoor Championships in 1987 and 1989. Susan Armenta will be on her first World Cup team, but she did compete in the 1999 World Championships:


In the men's race, Seaman blistered the second half to decimate a strong field. Tim had missed the Penn Relays in April due to severe pain in the back of his knee. He did contest the National 30 in early May. But at great cost to the ailing knee, as he hobbled to victory over the final stages of that race. After contemplating surgery, which would have effectively wiped out his National 30 in early May, but at great cost to the ailing knee, as he hobbled to victory over the final stages of that race. He decided to start the racing, dropping to 1:40 laps (or 4:10 km pace). The pack slowly broke up, but it was still a seven-man race at 10 Km. Nunn had 44:26, after a 21:55 second 5, and led Seaman by just a second. Following were Dunn and Clausen at 44:42, Heppner at 44:45, and Eastler and Albert at 44:46.

Seaman stepped up the pace another notch and started to pull away from Nunn, also on the injured list. John has been nursing a hamstring injury that seriously curtailed his training in the month leading up to the race, and he was well short of the form that brought him a 1:24:49 in early May. With Nunn fading fast, Heppner accelerated past Clausen and Dunn and soon caught Nunn.
Anne Favolise and New York high school sophomore Maria Michta were the only women not to be lapped by Stevens. They engaged in a tight race, Favolise prevailing 51:20.08 to 51:23.31, not far off the World Junior qualifying time of 51:00 for Michta. Favolise already had a qualifying time from an earlier race in Maine. In the men’s race, Jake and Jerry Daleabout from Utah were no match for Shorey, but walked impressive races to take second and third and leave New Jersey’s 15-year-old Zach Pollinger well back in fourth. Maine’s Adam Staier, who had a 47:08 at the Penn Relays, was disqualified. He was 29 seconds ahead of Jake Daleabout at 6 km before his disqualification.

The results:


Easy Wins For Nunn and Antonia In Evansville 15 Km

Evansville, Indiana, June 2—Seemingly to ignore a temperature near 90 F and high humidity, the U.S. Army’s John Nunn and Wisconsin-Parkside’s Amber Antonia scored decisive wins in today’s National 15 Km racewalk championships. Actually, Nunn did say he was slowed by the conditions, but it wasn’t noticeable to second-place Al Heppner, nearly 3 minutes behind the leader. Heppner eventually finished 5th, nearly 5 minutes ahead of Michelle Rohr, who, as noted above, was working her way back into competitive condition after giving birth. Rohr pulled well clear of Jill Cobb, who led her through 10 Km. The recently married Cobb barely held off Jolene Moore for third.

Nunn, who was seventh in last year’s race, took control from the start, his 21:53 for the first 5 leaving Heppner 48 seconds back. While slowing on the second 5, he continued to build the lead and hit 10 Km in 44:37 (22:44). Even so, the stunning heat and lack of competition, he managed to accelerate again, finishing with a 22:12 for the final 5. Nunn, who graduated from Evansville High School was a popular winner in his old hometown. The results:


From Across the Seas

Alexandr Arhipov 1:23:57 10. Vasily Ivanov 1:24:13.1 11. Saby Shurav 1:24:36.12. Konstantin Golubrov 1:24:59. These first 12 were together at the 10 Km mark, along with two others who were subsequently DQd. Then the race got underway.

JUNE 2002


Champion 20 Km, British Columbia High School Championships, June 1: Women's 1500 meters--1. Megan Huzey 6:35:61 2. Jackie Dawes 7:40 (17 finishes, 2 DQs) Boys 1500--1. Matt McHaffie 7:22:60 (10 finishes, 6 DQs)

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2001 Postal 1 Hour Results

Each year the Shore AC in New Jersey, under the outstanding direction of Elliott Denman, conducts a 1 Hour walk via the US Postal Services. Conduct your own 1 Hour race on the track, send the results to the Shore AC, and they compile and publish them. And here are the results for 2001, which we intended to publish last month until we ran out of room.

Elliott reports that three all-time individual records were established. 1. Be Shorey went 12,860 meters to top Curt Clausen’s age 15-19 mark of 12,554 set in 1988. 2. Victoria Herazo topped her own record of 11,785 meters set last year in the women’s 40-44 category with an 11,805. 3. Jane Dania, holder of the women’s 75-79 record, celebrated her arrival in 80-84 with a fine walk of 8142 meters to erase Velma Jacob’s 1991 record of 7252.

Three team records were notch too. 1. The U. of Wisconsin-Parkside team went to work in the women’s 15-19 division and Ann Favolise, Amanda Berberon, and Nicole Olson totaled 31,726 meters to best the Milwaukee (wnc) TC’s 28,320 set in 1995. 2. Marin Racewalkers topped her own record of 11,785 meters set last year in the women’s 40-44 category with an 11,805.

There were 50 different teams represented, 32 more than in 2000. Marin Walkers did a tremendous job in fielding a 39-walker team to retain their national honors (based on total participation). Marin, Florida AC (18), Potomac Valley (15), and Pegasus AC (14) earn handsome silver trays for their great walking. Host Shore AC (23) respectfully declines.

The top three marks for the year were recorded by Sean Albert, Al Heppner, and Curt Clausen as “en route” performances in the National 2 Hour. Imagine how many more meters they’d have covered if they hadn’t had another hour to go! The results:


Enjoy a good fast walk, and then a friendly talk
(The camaraderie is the best part of a race)

Mon. July 1 5 Km, Long Branch, N.J. (and every Monday through Aug. 26, 6:45 pm (A)
Wed. July 3 1500 meters, Yellow Springs, Ohio (M)
Thur. July 4 8 Km, Alexandria, Vir., 7:30 am (O)
Sun. July 7 3 Km, Alexandria, Vir., 8:30 am (O)
Sun. July 14 1 Hour, Kentfield, Cal. (P)
Wed. July 17 1 Mile, Ocean Twp., N.J. (A)
Thu. July 18 3 and 10 Km, Yellow Springs, Ohio (M)

Sat. July 20 5 Km, Hayward, Cal. (I)
Sun. July 21 5 Km, Denver, 8 am (H)
Wed. July 24 1 Mile, Ocean Twp., N.J. (A)
Sat. July 27 3 Km, Hayward, Cal. (B)
Sun. July 28 Doc Tripp Memorial 5/10 Km, Aurora, Col., 8 am (H)

Mon. July 8 8 Km, Denver, 8 am (H)
Fri. Aug. 2 5 Km, Littleton, Col., 6:30 pm (H)
Sat. Aug. 4 5 Km, Evergreen, Col., 8 am (H)
Fri. Aug. 9 USATF National Masters 5 Km, Orono, Maine (J)
Sat. Aug. 10 2.8 Miles, Seattle, 9 am (C)
Sun. Aug. 11 USATF National Masters 10 Km, Orono, Maine (J)
Fri. Aug. 23 5 Km (Track), Flint, Mich. (S)
Sat. Aug. 24 5, 10, 15, and 20 Km, West Des Moines, Iowa (N)
Sat. Aug. 25 5 Km, Denver, 8 am (H)

Sat. Sept. 1 National USATF 40 Km, Fort Monmouth, New Jersey (A)
Sat. Sept. 7 5, 10, and 20 Km, Edmondton, Can. (C)
Sun. Sept. 8 10 Km, Oakland, Cal. (B)
Sat. Sept. 14 2.8 Miles, Seattle, 9 am (C)

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PAGE 10 JUNE 2002
or destruction from sunlight. At this stage, the plant produces a tremendous amount of antioxidants that can be found in many common sources. For example, plants produce seeds in their fruit to help protect them during the ripening process. It is a natural part of insuring the perpetuation of the plant species.

As the fruit ripens, the seeds inside the fruit are the most vulnerable to oxidative stress and procreation. As the fruit ripens, the seeds inside the fruit are the most vulnerable to oxidative stress. Free radicals are created during normal every day activity when oxygen molecules are circulating in the blood and become depleted of electrical charges. Physical stress during a hard workout increases this depletion. As a consequence, the oxygen molecules become unusable and unstable. They become what we call free radicals. A free radical is electrophilic (has an affinity for electrons), which causes it to stick to cells that have a normal charge. As it begins to adhere to a healthy cell, it obstructs the absorption of nutrients into the cell. This process begins to change the cell's metabolism and contributes to aging. The creation of free radicals is found in all living matter and cannot be stopped except by death.

Antioxidants serve to combat the cellular damage caused by free radicals. An antioxidant donates an electron back to the free radical and makes the oxygen molecule usable again. A common source of antioxidants is plants. For example, plants produce seeds in their fruit for procreation. As the fruit ripens, the seeds inside the fruit are the most vulnerable to oxidative stress or destruction from sunlight. At this stage, the plant produces a tremendous amount of antioxidants to protect its seeds. It is a natural part of insuring the perpetuation of the plant species.

As humans are higher in the food chain, we eat ripened fruit and draw the benefits of the plant's immune system. When we take the antioxidants produced by the plant into our bodies, they effect free radicals. This is the natural way to regulate our own systems.

However, in our society, we have two problems. First, during normal living, we have to deal with an elevation of oxidative stress created by industrialization and pollution in air, water, and food. As athletes, we add the additional physical stress of exercising in polluted air.

Second, farmers harvest fruits before they become mature in order to ship them to faraway markets. There also may be several days between harvesting and eating. As the fruits are both immature and no longer fresh, they have diminished amounts of antioxidants. For this reason, many nutritionists stress the need to eat freshly picked, mature fruits and vegetables. However, this is impossible for most of us. The simplest solution we have in our industrialized, urban societies is to supplement with antioxidant formulas.

Within the last 6 or 7 years, producers of supplements have begun to extract antioxidants from grape seeds and grape bark. On the most potent antioxidants is known as Pyconoagel. However, Pyconoagel is expensive because it is hard to make in pill form. Another high-powered antioxidant is milk thistle or Silymarin. Fortunately, it is not necessary to use these antioxidants except in cases of severe illness as less expensive antioxidants work very well for most people.

Dr. Michael Murray, the editor and publisher of the American Journal of the Natural Medical Association, published a study about 5 years ago that showed that the old standby antioxidants, vitamin C, preferably buffered with potassium, vitamin E, Vitamin A in the form of beta carotene, and selenium are perfectly adequate and a lot cheaper. Most people do quite well on formulas containing these antioxidants. For regular use, antioxidants are best taken with your meals when your digestive enzymes are available. They also are helpful to recovery after a stressful workout.

In endurance or stressful sports, such as racewalking, athletes create a lot of free radicals. The quickest way to recover from their creation is to immediately ingest antioxidants to provide the extra electrons needed to turn them into normal oxygen molecules. Being water soluble, antioxidants rapidly absorb into the body, make their contribution, and exit. They free up the agglutination that has occurred around healthy cells. This effect is particularly important in the liver as this organ is essential to maintaining physical endurance, environmental immunity, and waste disposal.

In summary, to gain optimum protection from free radicals, non athletes should take antioxidants with their meals three times a day. Athletes should take them not only with their meals, but directly after strenuous workouts and competition. This habitual usage will counter the cellular damage caused by free radicals.

A bit of inspiration

Tom Eastler reports the following:

In March at the National Scholastic Indoor Meet, Owen Shoppe, a senior at Ellsworth High School, Maine, came in seventh in the Mile Racewalk with a time of 7:26. No big deal you'd think. One might be curious why he was only seventh this year when he was second last year 6:59.34. Now we jump to outdoor season. Owen is still there and still competing, but his time, although very good, is still in the 7s (7:21.07 at the regionals and 7:16.55 at the state meet).

Well, I don't know about you, but I'm sure, even in my prime, I wouldn't be able to race at all, let alone race in the low 7s while undergoing aggressive chemotherapy to shrink a tumor (which, thankfully is shrinking out of sight.) Somehow, this kid has got what it takes to be a cut above the rest, and you'd never know how much he must be suffering to talk to him. I was looking for him on Saturday after the State meet to ask his permission to have a reporter do a special story about him. I felt that his guts, the determination, and his character could serve as a great role model for other youth who have cancer and who might be thinking about giving up. Owen is as positive a young man as anyone could find. Anyway, I couldn't find him at first, and Ben Shorey, who was also at the meet, and who was Owen's teammate last year, told me that I probably wouldn't find him for a while because Owen was probably "out cold" in some corner of the stadium trying to recover from his race. I did eventually find him and got his immediate favorable response to being interviewed. I can't wait to see the article. You should all meet this guy...he is unbelievable.
40 Years Ago (From the June 1962 American Race Walker, edited by Chris McCarthy) — Under a blazing sun that brought the temperature into the 90s, Ron Laird was one of the few survivors in the National 50 Km on Long Island. It took him a struggling 5:25:30. The next two spots went to Canadians Felix Cappella and Bill Grandy in 5:40. Johnny Abbate and Dave Latzlik, both into the master's category before such category existed, were the only other able to better 6 hours as the heat took a tremendous toll. It was also very hot in Chicago where Ron Zinn won the National 10 in 47:54 at Stagg Field. Following were Jack Mortland (48:51), John Allen (48:56), & Cappella (49:53). The Ohio Track Club grabbed the team title (hurrah!).

35 Years Ago (From the June 1967 ORW) — Ignoring temperatures in the low 80s, Larry Young won the National 50 in Chicago. His 4:33 effort left Goetz Klopfer 11 minutes behind. Ron Laird was third, just under 4:49, with Ron Kulik another 4 minutes back. The Athens AC, from the SF Bay area, won the team title. Laird got the best of Young in the National 2 Mile, winning in 13:41.4. Larry had 14:07, just ahead of Don DeNoon. Next were Larry Walker, Ron Daniel, and Tom Dooley. In an earlier race, DeNooon did 3 km in 12:39.4 to better Laird's American record, and beat Ron in the process.

30 Years Ago (From the June 1972 ORW) — Dave Romansky covered 8 miles and 90 yards to win the National 1 Hour Championship in Lawrenceville, N.J. John Knifton was 374 yards back, with Ron Daniel and Steve Hagedis also going past 7 3/4 miles. Larry Young won National titles at both 5 and 10 Km. In Chicago, he beat Tom Dooley by 21 seconds in the 10, doing it in 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed... In the 5 Km in Seattle, Young's 21:39.8 left Bill Ramsey 50 seconds back with Ted Scully third. Laurie Tucholski walked an American record 7:50.4 for 1 Mile in Dayton, beating former record holder Lynn Olsen... ORW Editor Jack Mortland threw in final laps of 1:54 and 1:50 to win a track 7 miler by seconds in 21:39.8 left Bill Ranney.

JUNE 2002

15 Years Ago (From the June 1987 ORW) — Finally moving away from Paul Wick in the final 5 Km, Ray Sharp won the National 25 in Long Beach. The two were together at 20 Km in a swift 1:28:52, but Sharp proved stronger at the finish winning in 1:31:25. Wick was just 35 seconds behind and nearly 8 minutes ahead of Larry Walker, who took third. Larry broke the 2 hour mark by 1 second. John Slavonic and Jim Mann followed... In the Women's National 20 at the same site, Teresa Vaill prevailed in 1:42:24, beating sister Lisa by more than 4 minutes. Sara Standley was third. Vaill opened a huge lead from the start and has splits of 23:53, 49:01, and 1:15:24. The National 5 km races were held in Denver with Teresa Vaill and Tim Lewis scoring victories. Vaill was only slightly faster than her time on the way to 20 a week earlier with a 23:44, but that left sister Lisa 28 seconds in arrears. Visha Seddik was a distant third (26:33), just ahead of Karen Rezach. Lewis won in 20:23, 63 seconds ahead of Carl Schueler. Brad Knutson, age 19, was third... The NAIA 10 Km went to Make Stuech in 43:22.1, a time that broke Ray Sharp's meet record by 9 seconds. Doug Fournier was more than 2 minutes back in second.

10 Years Ago (From the June 1992 ORW) — In the U.S. Olympic Trials, Debbie Lawrence was a clear winner at 10 Km in 45:46. Victoria Herazo (46:21) and Michelle Rohl (46:50) also captured Olympic slots. Debbi Lawrence was fourth in 47:32, ahead of Cindy March and Lynn Weik... In the men's 20, Allen James survived the hot, humid conditions to win in 1:29:38. Gary Morgan edged Jonathan Matthews for second, followed by Ray Funkhouser, Dave McGovern, and Carl Schueler. James was the only Olympic qualifier because none of the others had met the qualifying standard... Valery Spitsin won a 50 Km in Moscow in an unbelievable 3:33:22. However, the course, although reported as accurate, was also reported as one on which it was easy to take short cuts. The time was never accepted as valid. Viktor Popovich had a 3:36:12 in second and A. Plotnikov a 3:37:05 in third... Italy's Ileana Salvador edged Australia's Kerry Saxby in an Italian race, with both given a 42:07 for 10 Km. Anna Marie Sidot was third in 43:03... In a more legitimate 50, Poland's Robert Korzeniowski did 3:46:42 in Dudince, Czech Rep., with Canada's Tim Berrett second in 3:50:55.

5 Years Ago (From the June 1997 ORW) — In the National T&F Meet, Debbie Lawrence and Curt Clausen defended their titles, Lawrence winning the women's 10 in 46:45 and Clausen the men's 20 in 1:27:12. The meet was held in Indianapolis. Lawrence led from the 200 meter mark on, but Sarah Stancluy hung close and was just 8 seconds back at the finish. Victoria Herazo (47:18), Joanne Dow (47:23), Jill Zener (48:11), and Deborah Van Orden (48:42) filled out the top six. Clausen was unchallenged, as he won by more than a minute in 1:27:23 in challenging conditions. Andrew Herman (1:28:23), Tim Seaman (1:30:00), Gary Morgan (1:30:24), and Jonathan Matthews (1:30:49) followed... In Albany, New York, Herman Nelso (2:28:07) won the National 30 Km and Victoria Herazo (1:43:14) the National Women's 20 Km... Al Heppner zipped through 5 Km in 20:07:38 to win the NAIA Championship, leaving Dave Michielli more than 2 minutes back in second. Jill Zener won the women's 3 Km in 13:16:16.

10 Years Ago (From the June 1992 ORW) — In the U.S. Olympic Trials, Debbie Lawrence was a clear winner at 10 Km in 45:46. Victoria Herazo (46:21) and Michelle Rohl (46:50) also captured Olympic slots. Debbi Lawrence was fourth in 47:32, ahead of Cindy March and Lynn Weik... In the men's 20, Allen James survived the hot, humid conditions to win in 1:29:38. Gary Morgan edged Jonathan Matthews for second, followed by Ray Funkhouser, Dave McGovern, and Carl Schueler. James was the only Olympic qualifier because none of the others had met the qualifying standard... Valery Spitsin won a 50 Km in Moscow in an unbelievable 3:33:22. However, the course, although reported as accurate, was also reported as one on which it was easy to take short cuts. The time was never accepted as valid. Viktor Popovich had a 3:36:12 in second and A. Plotnikov a 3:37:05 in third... Italy's Ileana Salvador edged Australia's Kerry Saxby in an Italian race, with both given a 42:07 for 10 Km. Anna Marie Sidot was third in 43:03... In a more legitimate 50, Poland's Robert Korzeniowski did 3:46:42 in Dudince, Czech Rep., with Canada's Tim Berrett second in 3:50:55.

20 Years Ago (From the June 1982 ORW) — Jim Heiring was an easy winner in the National 20 Km, held in Knoxville, Tenn. Jim's 1:30:22 put him 2:08 ahead of Ray Sharp at the finish. Marcio Evoniuk was third in 1:33:48, followed by Dan O'Connor and Todd Scully... Susan Liers-Westerfield won the National 5 Km in 24:50:6, 26 seconds ahead of Bonnie Dillon, with Teresa Vaill third. Heiring was also an easy winner in the National 10 Km in 44:17.6. Mike DeWitt and Mike Morris followed... Liers-Westerfield won the women's 10 Km in 50:59, after a tough race with Sue Brodock. Brodock had 51:09.