Mexican Races Kickoff 2006 IAAF Challenge Series

Tlalnepantia de Baz, Mexico, March 25-26—This Mexican community just north of Mexico City hosted the inaugural races of the IAAF Racewalking Challenge series, with 20 Km races for men and women on Saturday and a 50 Km race for men on Sunday. Winners were Ecuador’s Jefferson Perez, Romania’s Claudia Staf, and China’s Gadasu Alatan.

Staf has been a consistent performer over the first two years of the Challenge and has fourth and eighth place finishes in the last two World Championships, but had yet to take the top spot on the victory stand. She ended that drought as she withstood the strong challenge of her Chinese rivals to cross the line in 1:33:27, impressive time for a season-opening race at an altitude of about 7000 feet. Three Chinese walkers followed her across the line, with Quiyan Jiang second in 1:33:33 and Dan He third in 1:33:42.

Staf, Jiang, and China’s Na Shi shared the lead until the final km, where the Romanian made her move and moved gradually clear of the others. Na dropped to fourth by the finish. The Chinese had brought a team of 13 (men and women) to Mexico on March 10 to acclimatize to the altitude.

Elena Ginko of Belarus was with the leaders most of the way, but faded to fifth, apparently suffering the effect of the altitude.

The 28-year-old Staf was second in the 2004 Challenge standings and third last year. After the race, she noted, “I am 70 percent of my best form and I should be on top in La Coruna. It was hard to beat fast walkers like the Chinese. I felt the pressure, but I saved my energy for the end and enjoyed my first victory in the Challenge.”

Perez, who has many honors including golds in the 1996 Olympics and 2003 and 2005 World Championships, held off Mexico’s Eder Sanchez to win in 1:23:17. Sanchez was six seconds back at the finish. Colombia’s Luis Fernandez Lopez was a distant third in 1:24:25.

Even considering the altitude, the initial pace was rather leisurely for athletes of this caliber and at 10 Km, reached in 42:42, there were still 15 athletes in the lead group. As the pace quickened, Perez and Lopez took a slight lead by 14 Km. Perez put his foot down at 15 Km and covered the next 2 kilometers in 7:51 to take a comfortable lead of 26 seconds over Sanchez and 31 over Lopez.

But the 19-year-old Sanchez reacted and caught back up to Perez at 18 Km. He hung on for another kilometer, but Perez attacked again and managed to open his 6 second margin by the finish.

“I made a mistake,” said Perez. “I was excited and thought I had secured the win over more experienced athletes I know, like Bernardo Segura and Daniel Garcia. It’s great to see Eder leading the new generation in Mexico. He should be ready as the crowd will not be the same in the World Cup as it was here. We now want to win the individual and team competitions in the South American Cup in Cochabamba, Bolivia in April and then the World...
new air to Mexican racewalking. We needed a new racewalking team.” The results:


Peters Scores Double; Vergara Brothers Trade Wins In National High School Events

High School racewalkers participated in two National Indoor meets held on successive nights in March. On Friday, March 11, the Nike Indoor Nationals were held in Landover, Maryland and the next night the National Scholastic Championships were held in New York City. Both included 1 Mile racewalks for both boys and girls. And several athletes took advantage of the opportunity to compete in both.

In the women’s races, Christina (Tina) Peters from Yellow Springs, Ohio walked a personal best to win a hotly contested race in Landover and then had a much easier time the next night as she came home first again. In the boy’s races, the Vergara twins, already established in the national junior ranks though just high school sophomores, traded wins in the two races. Roberto won in Landover with a 6:49.20, the year’s fastest prep time, but just .36 ahead of his twin. Ricardo reversed the order the next night and took the yearly lead with a 6:47.83, just .38 ahead of Roberto.

In the Landover girl’s race, Heather Bulleti of Westhampton, New York led through the first half in 3:40. But Peters stepped up the pace with a 53 second 200 meter lap and took command of the race. Her 7:25.71, a personal best by .5 seconds brought her home well clear of Bulletti, who finished in 7:27.27. New York’s Kate Cannon and Maine’s Lauren Forgues were close behind, with all four well clear of the rest of the field.

Peters noted, “I just followed my coach’s plan. He told me to stay behind until three laps to go and then push it. I never looked back. I knew there were some very good walkers behind me and I couldn’t afford to let up.” Her coach happens to be her father, Vince Peters, the USATF National Chairman for racewalking. Peters is also the Cedarville University coach. Peters and Forgues had been second and third behind Wisconsin’s Katy Hayes last year.

In the boy’s race, the Vergaras left the rest of the field well back, lapping all but one of their pursuers. The boys are sophomores at Edinburg High School and members of the
highly successful South Texas Walking Club. (Their teammates were third and fifth in this race, and another teammate, Christopher Diaz, now a freshman at Northwood U., was second in the NAIA Indoor 3 K.) They were born in California to a Mexican-American family, moving to Texas at age two. Both are fluent in English and Spanish.

In New York, Peters expected a tussle with New York State Champion Brittany O'Brien. At the gun, O'Brien shot to the lead, followed by Jenna Monahan, Peters, and Canada's Kathy Jackman. But, Monahan assumed the lead when O'Brien left the track, sick with the stomach flu and having already received a caution paddle. Monahan was unable to match Tim's pace, when the Ohio girl once again accelerated over the second half of the race. Peters was able to ease home with a 7:36.13 win. Jackman caught Monahan at the line, but received her third read card in the effort, giving Monahan second in 7:44.78, well clear of third place Shani Brown.

The Vergara twins were again untouchable. Ricardo went wide off the final turn to hold off his brother, crossing the line in 6:47.83, with Villarreal again a distant third.


Gorst, Strope Triumph at NAIA Meet

Johnson City, Tenn., March 9—The NAIA, a national association of smaller colleges, held their Indoor National T&F Meet here, including 3 Km racewalks for both men and women. In the men’s race, Virginia Intermont’s freshman Amanda Gorst, from New Zealand, prevailed and in the men’s race, last year’s runnerup, Patrick Strope, of Central College, came home first.

The women’s race featured four of last year’s top six finishers, but the quality of racing improved considerably, as last year’s winner, Anne Stanley of Lindsey Wilson was

pushed back all the way to ninth. Last year, Stanley won in 16:05. Gorst broke away from Malone’s Lindsey Hipp over the second half of the race to win in 14:39.30. (Amber Antonius holds the meet record at 13:56.06.) Hipp was only 10 seconds back at the finish and improved her time from last year by 2 ½ minutes. Hipp is a junior. Sophomore Caitlin Ayers of Lindsey Wilson repeated her third place finish of last year, but improved her time by more than a minute.

In the men’s race, Strope, second to Matt Boyles last year, also powered away the second half of the race to win in 13:13.27. He beat USATF National Junior Team member Chris Diaz, now a freshman at Northwood in Texas by 35 seconds. There had been some talk of eliminating the walks from the NAIA program, which were quelled by a vote of the coaches. Competitive fields of 16 in the women’s race and 17 in the men’s should help to ensure the future of the event.


Deakes Scores Commonwealth Double, Aussies Dominate

Melbourne, March 20-24—In the British Commonwealth Games, Australia’s Nathan Deakes showed why he is ranked as one of the world’s premier walkers, winning the 20 Km title on Monday, March 20 and coming back four days later to take the 50. He scored both wins with impressive, world-class times. On Monday, Australian swept the medals in both the men’s and women’s 20 Km. In the 50, they missed the silver but took the bronze along with Deakes’ gold.

In the men’s 20, Deakes and Luke Adams broke up the field immediately with a fast early pace. Indeed, so fast that Adams had to give up the chase after just 2 Km. Deakes went through the first 10 in 39:36. Not saving anything for the 50, he continued for a superb solo effort of 1:19:55. Adams came home in a splendid 1:21:38 and Jared Tallent completed the Aussie sweep in 1:23:32. Kenya’s David Kimutari Rotich was a strong fourth in 1:25:42, some 5 minutes ahead of fifth place.

In the women’s race, the Saville sisters, Jane and Natalie were one-two, joined by teammate Cheryl Webb in third. South Africa’s Nicole Cronje was well back in fourth. Jane won her third Commonwealth gold as she won in 1:22:46, following an opening 10 Km of 45:48. Natalie was not embarrassed by her sister as she finished in 1:33:33, 2 ½ minutes ahead of Webb.

Deakes had even less of a competitive challenge in the 50, but still walked a brilliant 3:42:53, more than 15 minutes ahead of New Zealand’s Tony Sargisson. This looked
like another Aussie sweep until Duane Cousins was disqualified while in second and only 3.9 seconds ahead of teammate Chris Erickson at 56 km. But, it was not to be in any case as Surjinsen overtook Erickson on the last lap for the silver.


**Other Results**


Have A Peculent For Racewalking. Opportunities Abound

Sun. April 2      5 and 10 Km, Walnut, Cal. (Y)  
                 5 Km, Kentfield, Cal., 8 am (P)  
                 3.5 Miles, Brunswick, Maine, 1 pm (D)
Sat. April 8      2.8 Miles, Seattle, 9 am (C)  
                 5 Mile, Denver, 9 am (H)  
                 1500 meters, and/or 3Km, 5 Km, Clermont, Fla (B)
Sat. April 15     10 K, Seattle(C)  
                 Metropolitan 10 K, New York City, 8:30 am (G)
Sun. April 23     Ron Zinn Memorial 10 K, Wall Twp., N.J. (A)  
                 5 Km, Fair Oaks, CA (E)
Fri. April 28     5 Km, Fair Oaks, CA (E)  
                 5 Km, Denver, 8 am (H)
Sat. April 29     Penn Relays Men’s 10 K, Women’s 5 Km, Philadelphia(J)
Fri. May 5        5 Km (track), Sioux Falls, S.D., 1:30 pm (K)
Sun. May 7        Western Regional 5 Km, Sequel, Cal (J)
                  USATF National Masters 15 Km, Riverside, Cal. (Y)
                  Jack Mortland Walks (5, 10, and 20 K), Dayton, Ohio (M)
Sat. May 13       2.8 Miles, Seattle, 9 am (C)  
                 5 Km, Denver, 8 am (H)  
                 5 Km, Kentfield, Cal., 7:30 am (P)
Sun. May 14       3.5 Miles, Brunswick, Maine, 1 pm (D)  
                 3 Km, Arlington, Va. (S)  
                 5 Km, Denver, 8 am (H)
Sat. May 20       5 Km, Thornton, Col., 8 am (H)  
Sun. May 21       Masters 10 Km, Denver, 9 am (H)  
                  South Region 10 Km, Phantom, Texas (O)
Sat. May 27       10 and 20 Km, Colorado (H)  
                 Pac. Assn. 5 Km, Sacramento (E)
Sun. May 28       1500 meters to 5 Km, Clermont, Fla. (U)
                 Alongi 5 Km, Kentfield, Cal. (P)  
                 Art Keay Memorial 5, 10, and 20 Km, Toronto, Ontario (O)
                 3 Km, Arlington, Va. (S)
Mon. May 29       Sanford Kalb 9 Mile, Lakewood, N.J. (A)  
                 10 Km, Boulder, Col., 7 am (H)
Sat. June 3        Masters 1500 meters and 3 Km, Seattle (O)
Sat. June 10      5.3 Miles, Brunswick, Maine, 1 pm (D)  
                 1500 to 5 Km, Clermont, Fla. (U)  
                 1 Mile, Colon Neck, N.J. (A)
Sun. June 11      1 Hour, Kentfield, Cal. (P)  
                 3 Km, Arlington, Va. (S)  
June 16-17        South Region Club Championships 5 and 10 Km, Waco, Texas (L)

From Heel To Toe

IAAF Challenge. The IAAF Racewalking Challenge, now entering its third year, is a series of races with a straightforward point system to determine places at the end of the year. In each race, the winner receives 10 points, the runner-up 9, and so on to one for the tenth place finisher. Final standings are based on the three best results achieved by each athlete. The overall winner will receive $30,000, second place $20,000, third place $15,000, graduating down to $5000 for eighth place. The overall winners in 2005 were Spain’s Francisco Fernandez and Balarus’ Margarita Turva with 30 and 29 points respectively. Among women, Portugal’s Susana Feitor was second and Claudia Stef for Romania third. Italy’s Elisa Rigano was fourth. Australia’s Nathan Doakes and Spain’s Jesus Molina were second and third in the men’s standings. None of last year’s World Champions-Jefferson Perez, Olimpiada Ivanova, and Sergey Kirdyapkin—competed in enough races to figure in the standings. Remaining Challenge races for this year will be held in Rio Maior, Portugal on April 15, in Yangzhou, China on April 22, Sesto San Giovani, Italy on May 1, and at the World Racewalking Cup in La Coruna, Spain May 13–14. Brunswick update. Last month we had a note on the monthly 5.3 mile racewalk events in Brunswick. An update: The series has been changed from the second to the first Sunday of each month (as reflected in our schedule of events). Also, if enough walkers show up who are interested in a shorter event, a mile or 5 Km race might be added to the schedule. And we neglected to mention that there is a $500 prize to the walker who achieves the fastest time on the course.
fellow athletes to carry the Australian flag in the Opening Ceremonies of the Commonwealth Games. Another feather in the hat for our sport: Deer on the course. A side story on the National 50 in Clermont, Florida last month comes from Robert Carver, who participated in the race: “The race was held at Lake Louisa State Park and being a state park, you have a chance to see wildlife, including deer. During the race I spotted several deer in brush near the course. As I was coming back from the turnaround on my second lap, I saw a doe trying to cross the road, but the racewalkers made her skittish. She made a big leap and charged the road in full gallop. She crossed within 5 feet of winner Philip Dunn, who was coming from the opposite direction. Judge Sandra DeNoon was also there to witness this event. Next to Sandy was a deer crossing sign. (Ed. The deer knew what she was doing.) Philip seemed unphased and continued on, but later acknowledged that he though it was kind of cool. Loreta Schuelein, blind Dunn, couldn’t believe what she was seeing.” Robert was making his first attempt at 50, but his legs gave out and he dropped out at 30 Km. No kidding. It’s hard to believe, but I’m not kidding. This issue starts the 42nd year of publication for the Ohio Racewalker. I can guarantee there won’t be 42 more, but certainly never imagined when Jack Blackburn and I mailed a five-page inaugural, reproduced on an ancient ditto machine, that I was launching a veritable career. Many thanks to many long-time and very loyal subscribers. While there has been a steady decline in circulation over the past 15 to 20 years, in lock step with the decline in participation at elite levels, there is still a spark of interest out there and we motors on... Stein in Columbus. The Buckeye Striders are bringing Bonnie Stein to Columbus in June for a clinic, Racewalking For Fitness and Fun. The clinic on June 10 and 11 will feature seminars and practice on the track from 9 am to 4:30 pm on Saturday and 9 to noon on Sunday. Bonnie is a certified personal training specialist, author, and walking consultant. She has published more than 200 articles on walking and fitness. She will also be available for private lessons on Friday and Monday. An additional clinic for experienced racewalkers will be held on Sunday afternoon. Cost for the basic clinics ranges from $95 to $125 depending on the date of registration. For further information, contact Deb Chenault, 1962 Starbridge Court, Columbus, OH 43235 or email Bonnie@AceWalker.com... Dean Ingram. Last month, we noted Dean Ingram’s passing. Bev LaVeeck who knew Dean well in Steve offers more on Dean. “Many of you didn’t know him well and didn’t know how much he contributed to racewalking here and nationally. He was always ready to step in when and where needed to hold things together and make sure the program continued. He and Martin Rudow took turns offering a free RW clinic every Wednesday evening at Lower Woodland—he was my introduction in December, 1979 when I was trying to recover from a running injury.

Perez Points to La Coruna

by Eduardo Bisayart for the IAAF (A story written prior to the first IAAF Challenge event reported on page 1)

At age 31 and with all the possible athletics honors under the belt, Ecuadorian racewalker Jefferson Perez is preparing for another athletics season, the eighteenth of his international career with the objective of winning the 2006 IAAF World Racewalking Cup, which will take place in the Spanish city of La Coruna on May 13-14.

Since he emerged onto the world scene when winning the 20 Km at the 1996 Atlanta Olympic Games, which today is still the only Olympic medal obtained by Ecuador, Perez has been the most prominent athlete of South America. After Atlanta glory, other victories followed, such as the 2003 and 2005 IAAF World Championships, the 1997, 2002,
and 2004 World Cup, and the 2003 Pan-American Games (which he also won in 1995). All that topped with the current World record of 1:17:21.

Still, Perez who now is one of the most popular personalities in his country, finds enough motivation to set goals on and off the track, or the roads, as it should be in his case. All the honors earned by Jefferson have given him great recognition beyond athletics in his country, even to the extent of making him a true national hero. In November of 2005, his native city of Cuenca unveiled a statue in his honor in the main park “Parque de la Madre, remembering his victory in Atlanta, with the vice-president of Ecuador, Alejandro Serrano, in attendance at the ceremony.

Also, the “Banco Central del Ecuador” is to introduce 300 commemorative gold-90 percent gold and 10 percent copper---and 10,000 nickel-copper coins in April to celebrate Jefferson’s glorious moment in Atlanta. Those coins shall have the value of 1 Bolivar, and one side will show Perez’s image and a brief text “Bicampeón Mundial—campeón Olímpico Atlántico”, which translates to “two times World Champion—Atlanta Olympic Champion.” All that hoopla has not sidetracked Jefferson at all. Perhaps the only change is reflected in his competitive calendar, which is somehow lighter than it used to be. “The reason for that is that I’m trying to complete my master’s degree in business administration, which I want to have done by July or August,” said Perez.

“My training is going very well here in Ecuador,” added Jefferson, speaking from his home in Cuenca. “Our group, which includes Rolando Saquipay, Segundo Penafiel, and several junior athletes is in very good shape, though comparing it with the 2005 season, this one is slightly different. The main reason is that our goal this time—the World Cup—is in May, while last year was in August (the 2005 World Championships). The rest will be pretty similar to what we did in August,” said Perez.

“I’m pretty sure that my first competition of the season will be in Mexico at the IAAF Racewalking Challenge, even though I have received invitations for Portugal and China. Happens that because of my studies, I can’t take long trips and that is why I will perhaps compete in Mexico. It’s much closer.”

“I might engage in other regional events, but this will be the only one we will insert into the preparation as a test. Then in April, we shall begin the final phase of our work. We are still not sure about the place. Last year we worked well in Acrequina, Peru, and we chose that city because it had altitude and some similarities with Helsinki.”

“La Coruna is a bit warmer, and perhaps more humid, so we might go to a different place in Peru, or perhaps to Mexico. Maybe to Veracruz or Puebla. We shall make that decision soon. Here in Ecuador, we have great venues, but sometimes it’s better to be in a quieter place. If I stay here, I know I will have more distractions, and I want to avoid that. My goal is to win my fourth World Cup in La Coruna, and to lead Ecuador to a good place in the team competition, to perhaps improve our second from Naumburg in 2004”, ended the World Champion.

LOOKING BACK

40 Years Ago (From the March 1966 ORW)—Rudy Haluza launched what was probably his most successful year in racewalking (and not discounting his Olympic fourth place finish 2 years later) with a stunning last lap to nip Don DeNoon in the National Indoor 1 Mile. In Albuquerque’s altitude, DeNoon’s very fast early pace proved to be his downfall. Going through 4:40 in 1:31 and 880 in 3:06, DeNoon was nearly 50 yards up on Rudy, who had 1:38 and 3:18. However, Rudy maintained his pace, while DeNoon staggered through a final quarter 9n 1:53. Gaining 20 yards on the final lap, Haluza caught his struggling opponent at the line to win in 6:39.2. Ron Daniel was third in 6:43.8 with Larry Walker fourth. Ron Laird, only fifth in the mile, earlier broke three American records in a San Diego race. He covered 15 miles in 1:57:36, 25 Km in 2:02:09, and 15 miles, 501 yards in 2 hours. D. DeNoon set an American outdoor 2 Mile record of 13:38.6, also in San Diego.

35 Years Ago (From the March 1971 ORW)—Tom Dooley covered 20 Km in 1:32:33 in San Francisco. Although well behind Dooley in that 20, Goetz Kloepfer shone in a Seattle race, setting American records at 15 miles, 25 Km, and 2 Hours---5:24.4, 1:56:53, and 15 miles 1578 yards. However, since he was in a 20-mile race that he failed to finish, he never got the records in the book... Greg Diebold won the ICA(I (collegiate) indoor Mile in 6:51.8. He also had a 6:37.6 in Albany, N.Y., edging Ron Kulik.

30 Years Ago (From the March 1976 ORW)—In the National Indoor Meet, veteran Ron Laird captured the 2 Mile in 13:37 and Sue Brodock the women’s 1 Mile in 7:12.7. Although he controlled the race throughout, Laird was only 1.6 seconds ahead of Larry Walker and Todd Scully at the finish. Ron Daniel and Dave Romansky were also under 13:50 in a tight finish. The Ohio Track Club’s Laurie Tucholski was second to Brodock in 7:39.6. Laird and Scully journeyed to Leningrad with the U.S. National track team, but couldn’t cope with the Soviet walkers. Yevgeniy Ysyukov won the 5 Km indoor race in 20:21.8 with Alexis Troitski close behind in 20:31.6. Scully had 21:06 and Laird 21:56.2. Jim Heiring won the NAIA indoor 2 Mile in 14:07.3, breaking his own meet record. Carl Schueler was second in 14:49. On his way from Leningrad to Mexico, Senior Laird stopped off in Springfield, Ohio for a friendly 6 mile, winning handily in 44:39. In a battle of aging Jacks, Mortland beat Blackburn 49:49 to 50:00. Laurie Tucholski did 51:56. Larry Walker won the L.A. Times indoor Mile in 6:28.1

25 Years Ago (From the March 1981 ORW)—The Eastern Interscholastic Indoor Mile went to Andy Liles in 6:50.3. He was followed by Bill Isberg (6:54.4), Pat Morone (6:59.6), and Jim Mann (7:09.3). At the Philadelphia Track Classic, Todd Scully won the 1 Mile in 6:18.8, 6.2 seconds ahead of Tim Lewis. An indoor 3 Mile in Madison, Wis., went to Ray Sharp in 11:42.5. Jim Heiring was second in 11:52. In the European Indoor Championships, the 5 Km racewalk went to Hans Gauder of East Germany in 19:08.59. Italy’s Maurizio Damiano was second in 19:13.90. Moving outdoors, Dan O’Connor had 1:33:53 for 20 Km in Long Beach, beating Sweden’s Roland Nilsson and Lennart Mather (1:34:35 and 1:36:13). Sue Brodock walked a 1:46:14 at the same site ahead of Monica Karlsson, Sweden, who had 1:49:25.

20 Years Ago (From the March 1986 ORW)—John Alfonso won a 60 Km race in New York City in 5:58:37, passing 50 Km in 4:58:39. That was a short stroll indeed in the light of news “Flash” we lifted from the N.Y. Daily Mirror, May 31, 1942 edition: “If you think you’re being abused because you are forced for one reason or another to walk more these days, get a load of Jim Hocking, the man never once in his 85 has been nicknamed “Hitch”! With the help of Ray Van Cleef, the Hotel New Yorker’s rub-downer par excellence, we have some of Hocking’s feats at hand. Hocking has walked a quarter of a million miles, with some replacements. When he was a sprightly lad of 61, he walked from Times Square to the City Hall in Philadelphia, 97 miles, in 19:16. Seven years later, he strolled from New York to Chicago in 17 days 11 hours. It took him only 83 walking days the time he ankled from Coney Island to San Francisco. Sgt. John Walsh, when 61, did the same 3,684 miles in 85 days, didn’t like San Francisco, did an about-face, and walked back. Made nice time.
coming back: 91 days. Jim Ennis is another who contracted the same curious siege of vagabondia at Coney Island and immediately lit out for San Francisco. Last year, at the age of 84, Jocking walked from Yonkers to Poughkeepsie, 61 miles, in 13:40. On his 84th birthday, he legged it from old Teaneck, N.J., his home when not walking, and made it to Bear Mountain Inn, 55 miles away in 12 hours. Edward Payson Weston, at 75, walked from Minneapolis to New York, 1,546 miles, in 60 days. So, what are you griping about: B0oy, call me acab."

15 Years Ago (From the March 1991 ORW) - Carl Schueler captured the U.S. 50 Km title for the sixth time in Long Beach. Carl's 4:11:03 put him better than 2 minutes ahead of Marco Evoniuk. Third in 4:15:13 was Eugene Kitts, on the far side of age 40. Paul Wick and Tim Lewis followed, both under 4:20, with Dan O'Connor, Herm Nelson, and Bob Briggs under 4:25 and Mark Manning just missing that time. . . In the U.S. - Great Britain Indoor track meet, Victoria Herazo edged Britain's Julie Drake in an exciting 3 Km. Victoria had 13:28.05 to Julie's 13:29.73. Susan Liers was fourth. Doug Fournier completed a U.S. sweep of the racewalks, winning in 11:34.9, 9 seconds ahead of Britain's Mark Easton. Tim Seaman was fourth in 11:50.71. . . Fournier also won the Millrose Games Mile in 5:51.87, nearly 4 seconds ahead of Curtis Fisher, with Don Lawrence edging Seaman from third, both under 5:58.

10 Years Ago (From the March 1996 ORW) - Allen James and Michelle Rohl was USATF National Indoor titles, Allen with a 20:02.59 for 5 Km and Michelle with a record 12:55.90 for 3 Km. Gary Morgan was less than 4 seconds back of James in second, after surging into the lead with about 3 laps to go. Curt Clausen was third in 20:18 and Tim Seaman fourth in 20:59. . . In the women's race, Rohl was by herself most of the way, but in was close behind her with Maryanne Totrellas taking second in 13:09.35, Victoria Herazo third in 13:12.29 Debbi Lawrence fourth in 13:12.71, and Sara Standley fifth in 13:15.24. . . In the German indoor championships, Axel Noack blitzed the 5 Km race in 18:37.70 and Beate Gummelt roared through a 11:53.03 for 3 Km.

5 Years Ago (From the March 2001 ORW) - National Indoor titles went to Michelle Rohl and Tim Seaman. Rohl had a meet record at 3 Km, winning in 12:28.32, 22 seconds ahead of Jill Zenner. Sara Stevenson was third. Seaman's 19:29.96 for 5 Km put him 14 seconds ahead of second-place Curt Clausen. Al Heppner was well back in third. . . University of Wisconsin-Parkside walkers dominated the NAIA walks. Lachlan Mc Donald won the men's 3 Km in 12:40.92, with teammates Steven Qui9rke and Mike Stanton in second and third. Amber Antonia won the women's race in 16:04.68 ahead of Emman Carter and teammate Nicole Olson. . . In the Russian Winter Championships, Olimpiada Ivanova won by nearly 3 minutes at 20 Km in 1:24:50, with four others under 1:30. The men's race went to Dmitry Esipchuk in 1:18:05, one second ahead of Victor Buryaev. Two other went under 1:20. The men's 35 km was won by Alexey Voyevodin in 2:28:46 with Vladimir Potomin second in 1:29:03.