

## Vaill, Boyles Repeat at 10 Km

Albany, New York, June 1—The National 10 Km Championship shifted east from its long-time site at Niagara Falls this year, but the top spots on the victory stand did not shift with it, as both Teresa Vaill and Matt Boyles successfully defended the titles they won last year. And neither was really challenged in their defense.

Vaill, still going strong at age 45, won her sixth National 10 Km title and her 31st title overall. Her first came in 1984 at 1 Mile, followed by three more that year. Today, she walked a relaxed 47:50, leaving second place Solomiya Login more than 4 minutes behind in second.

The 27-year-old Boyles also had an uneventful win in 45:15, well off the 42:48 he had last year in winning his first U.S. Championship. But, he was on his own throughout the race as Rich Luettchau, third behind Allen James last year, came second in 46:59, a 54 second improvement on his time last year.

“I was far off the pace I really wanted to be at, said Boyles, who was shooting for 43 minutes. “I could never quite get in rhythm, but I’m thankful to win.” The results:

**Women:** 1. Teresa Vaill (45) 47:50 2. Solomiya Login 51:58 3. Lauren Forgues 52:42 4. Lisa Marie Veilucci 55:04 5. Laura Feller 55:38 6. Catherine Davis (17) 56:05 7. Tori Cooper 56:18 8. Erin Taylor 56:28 9. Cheryl Rellinger (42) 58:48 (I wish Cheryl would make up her mind on who she is. She was Cheryl Rellinger for a long time and then several months ago a Cheryl Lemons popped up in results from Florida, and I correctly surmised that this was the former Cheryl Rellinger. Then I saw Rellinger again from time to time. Last month at the Masters 20 she was Cheryl Lemons again. And, now it’s back to Rellinger. Almost more than a tired old editor can handle.) 10. Lynn Tracy (55) 59:04

**Men:** 1. Matt Boyles 45:15 2. Rich Luettchau 46:59 3. Theron Kissinger 50:41 4. John Soucheck (42) 52:09 5. Dave Talcott (48) 52:32 6. Dan O’Brien (43) 54:10 7. Michael Bartholomew 54:43 8. Leon Jasionowski (63) 56:13 8. Robert Keating (61) 57:30 10. Rod Craig (50) 58:02

## Norway’s Day At La Coruna

La Coruna, Spain, June 8—Kjersti Platzer and Erik Tysse made the seventh stop on the 2008 IAAF Racewalking Challenge a Norwegian holiday as they swept the gold medals in the two 20 Km races. Platzer’s win solidified her lead in the Women’s Challenge standings and Tysse moved into second ahead of Spain’s Juan Molina and just 2 points behind Mexico’s Eder Sanchez. Neither Molina nor Sanchez chose to compete today.

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The 27-year-old Tysse was challenged by Tunisia's Hatem Ghoula for the first 12 Km, but completely destroyed Ghoula and the rest of the field as he clocked an impressive 1:19:21 to win by 2:31. Despite a somewhat leisurely (by today's international standards) first 5 (20:02) the pair had built a 35-second lead over Russia's Ilya Markov, the Portuguese pair of Joao and Sergio Vieira, Ghoula's teammate Hassanine Sbai, and Costa Rica's Alan Segura. Markov was soon DQ'd and the others continued to drop away so that when Tysee and Ghoula reached 10 Km in 39:47 they were more than a minute-and-a-half ahead.

Platzer started to move away at 12 Km and was up by 23 seconds at 15 Km. Ghoula was reportedly suffering from breathing problems—an unfortunate way to celebrate his 35th birthday—and simply couldn't live with Tysse's pace. Still nearly 2 minutes ahead of the Vieiras at 15 Km, the Tunisian barely held them off at the finish for the silver medal.

John Nunn made the trip to Spain with Kevin Eastler and Tim Seaman and had his best race in two years to finish seventh in 1:26:22. Eastler, still getting back in shape from his injury, had a 1:30:09 and Seaman a 1:34:08.

After the race, Tysse said, "I'm delighted with my second international win this season. In addition, I only missed my National Record by 10 seconds. When I left Ghoula everything was easy for me and I had a comfortable success. I'll try to make the double at 20 and 50 in the Olympics, but my main focus will be the shorter distance, where I'll fight to the death to get something great; that would let me go out also in the and take it easy." Tysse already made the double at last year's Worlds in Osaka, with eighth and fifth place showings.

The women's race opened cautiously and at 5 Km, Olympic Champion Athanasia Tsoumeleka of Greece, Portugal's Ines Henriques, and Ireland's Olive Loughnane had an 11-second gap over the favorite, Platzer and Germany's Sabine Zimmer. Platzer and Zimmer caught up by 10 Km as Loughnane began to drop away and a quartet reached 10 Km in 45:42, Platzer and Zimmer covering the second 5 in 22:17.

Platzer made most of the pace, but the German walked at her shoulder and they entered the final kilometer together. The key moment came 500 meters from the end when the experienced Platzer found another gear and left Zimmer two seconds adrift in a matter of a few strides to romp home in 1:29:38 to the German's 1:29:40. Tsoumeleka was a distant third in 1:30:44, well clear of Henriques.

An ecstatic Platzer commented, "This second double for my brother and me makes me extremely happy. Today's win is my fourth at the Challenge and I keep the top spot. I know that these results are creating great hopes in my country thinking of the Olympics, but I'm ready to bear the burden of responsibility in Beijing. My next stop will be next weekend's 10 Km on the track at the Nationals and a training camp in Saint Moritz where I'll be lucky to join some mates such as Zimmer, the Portuguese, the Australians. . . their company will make much easier the daily routine as training on your own is a bit boring." The results:

**Men:** 1. Erik Tysee, Norway 1:19:21 (20:02, 39:47, 59:36) 2. Hatem Ghoula, Tunisia 1:21:52 (20:02, 39:47, 59:59) 3. Joao Vieira, Portugal 1:21:56 (20:37, 41:22, 61:49) 4. Sergio Vieira, Portugal 1:21:58 (20:37, 41:22, 61:48) 5. Hassane Sbai, Tunisia 1:22:38 (20:37, 41:20, 61:55) 6. Alan Segura, Costa Rica 1:25:30 (20:35, 41:20, 62:51) 7. John Nunn, USA 1:26:22 (42:31,

64:08) 8. Yusuke Yachi, Japan 1:28:04 9. Luis Garcia, Guatemala 1:28:31 10. Bernardo Calva, Costa Rica 1:28:53 11. David Dominguez, Spain 1:29:50 12. Kevin Eastler, USA 1:30:09 13. Bertrand Moulinet, France 1:30:46 14. Akihiro Sugimoto, Japan 1:30:49 15. Ferran Collazos, Spain 1:32:10 16. Tim Seaman, USA 1:34:08 (8 DQ including Jesus Garcia, Spain, Robert Hefferan, Ireland; and Ilya Markov, Russia; apparently 8 DNF)

**Women:** 1. Kjersti Platzer, Norway 1:29:38 (23:25, 45:42, 67:47) 2. Sabine Zimmer, Germany 1:29:40 (23:25, 45:43, 67:48) 3. Athanasia Tsoumeleka, Greece 1:30:44 (23:14, 45:44, 68:09) 4. Ines Henriques, Portugal 1:31:06 (23:15, 45:44, 68:13) 5. Maria Jose Poves, Portugal 1:31:16 (23:25, 45:53, 68:52) 6. Olive Loughnane, Ireland 1:31:22 (23:14, 46:05, 68:38) 7. Claudia Stef, Romania 1:32:06 (45:49, 68:47) 8. Maribel Goncalvez, Portugal 1:32:22 9. Sachito Konishi, Japan 1:34:43 10. Kumi Ootoshi, Japan 1:35:51 11. Alexandra Picagevicz, Brazil 1:36:32 12. Maria Galikova, Czech Rep. 1:38:49 13. Gioveana Irueta, Bolivia 1:40:49 14. Rahma Mahmoudi, Tunisia 1:42:45 15. Rocío Bajo Selma, Spain 1:43:58 (19 finishers, 3 DQ, 9 DNF including Sonata Milusauskaite, Lithuania and Rachel Lavalle, Canada)

**Challenge Standings after seven events** (in Mexico, Portugal, China, Italy, World Cup in Russia, Poland, and Spain):

**Women:** 1. Kjersti Platzer, Norway 40 2. Athanasia Tsoumeleka, Greece 31 3. Vera Santos, Portugal 20 4. Claudia Stef, Romania 20 5. Susana Feitor, Portugal 19  
**Men:** 1. Eder Sanchez, Mexico 38 2. Erik Tysse Norway 36 3. Juan Manuel Molina, Spain 29 4. Francisco Fernandez, Spain 23 5. Jefferson Perez, Ecuador 22 6. Rolando Saquipay, Ecuador 211

## Morozov Shatters World 20 Km Record

Saransk, Russia, June 8—Walking history was rewritten at the Russian Championships with the first two 20 Km times under 1:17. Sergey Morozov, still only 20, achieved a new World Road Record for the distance as he won in 1:16:43. Former record holder Vladimir Kanaykin had to settle for second as he also went well under his previous world mark with 1:16:53. Kanaykin had set the record last September with a 1:17:16 effort, five seconds under the former record of Ecuador's Jefferson Perez. A second disappointment for Kanaykin, who had to settle for second in the World Cup 50 last month as teammate Denis Nizhegorodov shattered the world record for that event.

Morozov won the World Youth Championship at 10 Km in 2005, the World Cup Junior 10 Km in 2006, and the European Junior 10 Km last year. This was his first completed 20 Km. Nice way to start a career. In his only other start at the distance, he was disqualified at the Russian Championships in February. Third place in today's race was Aleksandr Yargunkin in 1:20:01.

## National Junior Titles To Melville and Forgues

Columbus, Ohio, June 22 (Yes, the same Columbus that birthed and nurtures the Ohio Racewalker and holds your editor in its arms and at a site just 2 ½ miles from the home of said publication)—Jesse Owens Stadium in the vast athletic complex at The Ohio State University—the President or Board of Trustees, or someone, decreed several years ago that it is officially The Ohio State University, lest some unknowing persons confuse it with plain, old Ohio University in Athens, some 70 miles to the southeast—hosted the USAITF National Junior Track and Field Championships from June 20-22, with the racewalk events early on Sunday

morning—men at 7:30, women at 8:30. And helping to hand water to the young athletes in warm, but not oppressive heat, was your ORW editor. Would they have been awed had they known their cup came from such a “well-known celebrity”? I doubt it. Anyway, from my perspective as one who walked many 10s back in the ‘60s on much hotter days with no water on the premises, I wasn’t sure I was really a necessary accoutrement, but all of that is another story and you are probably wondering when this guy is going to get to the races.

Okay. In the men’s race, Maine’s Matthew Forgues went from the gun and quickly opened a gap on the field. By the kilometer mark, reached in just under 5 minutes, he was 10 to 20 meters clear, with Tyler Sorensen and the Vergara twins in a group behind him. Sorensen soon dropped the Vergara’s but continued to lose ground to Forgues, who was walking a very steady pace of 1:57-1:58 per lap. By the 5 Km mark, the lead had opened to about 80 meters, with the Vergara’s about the same distance behind Sorensen and Roberto beginning to drop Ricardo, who is still regaining strength after his bout with mono earlier in the year.

With four laps to go, Sorensen found another gear and begin to close on Forgues, who was remaining at his steady pace. Sorensen pulled to within 5 seconds at the finish as Forgues finished in 49:01.41. Roberto Vergara was just over a minute back at the finish and 28 seconds ahead of his brother. Evan Crowdus was more than a lap behind him in fifth.

The time was well off Ben Shorey’s meet record of 42:50.20, but let us remember that Forgues is still only 16, with three more Junior nationals ahead of him, and has a best of 47:46 at the World Cup. And, Tyler Sorensen has four or five more National Juniors to look forward to—he was still just 14 at the start of the year. Missing today, was 15-year-old Trevor Barron, who had 46:18 at the World Cup, but is choosing to concentrate on cross country running through the fall. So the future looks bright for U.S. junior walking.

The women had somewhat warmer conditions to contend with as the sun rose. But interestingly, we passed out considerably less water to the 11 women than to the 10 men. This was a four-girl race from the start with Jenna Monahan and Catherine Davis setting the early pace, closely followed by the Wisconsin-Parkside pair of Hope Christie and Miranda Melville. The quartet remained together and quickly left the rest of the field.

Shortly after 5 Km, the Wisconsin girls made their move with Christie springing into the lead followed closely by her teammate. Neither Monahan nor Davis was able to respond as lap times dropped by 2 or 3 seconds. With about 3 Km to go, Melville took over and dropped the lap times by another 2 or 3 seconds and Christie was unable to respond. From there to the finish all the gaps continued to grow as Melville lapped all but Christie to win in 54:04.07, more than a minute ahead of her teammate, who had nearly a minute-and-a-half on third place Monahan. Again, there was no threat to Maria Michta’s meet record of 50:24.54. The results:

**Women:** 1. Miranda Melville, Wisconsin-Parkside 54:04.07 2. Hope Christie, Wis.-Parkside 55:11.66 3. Jenna Monahan, Walk USA 56:35.07 4. Catherine Davis, S.E. Penn. AC 56:55.01 5. Christie Bernier, Maine RW 57:47.06 6. Chelsea Conway, Mansfield U. 58:09.12 7. Melissa Moeller, Indiana RW 59:37.36 8. Allison Chin, Miamia Valley TC 60:12.19 9. Rebecca Glass, Rochester, N.Y. 63:07.61 10. Nina Yang, un. 64:02.14 (1 DQ)  
**Men:** 1. Matthew Forgues, Maine RW 49:01.41 2. Tyler Sorensen, Pleasanton Heat 49:06.17 3. Roberto Vergara, South Texas Walkers 50:04.94 4. Ricardo Vergara, South Texas Walkers 50:32.47 5. Evan Crowdus, Kentucky Racers 52:49.17 6. Grant Bacon, Cedarville, U. 53:45.31 7. Jake Gunderkline, Miami Valley TC 54:35.15 8. Zachary Adams, un. 55:06.41 9. John Randall, Miami Valley TC 55:32.99 Dnf-Alejandro Chaves, South Texas Walkers

## Other results

**Nike Outdoor High School Nationals, Greensboro, N.C., June-1.** Tyler Sorensen, Lafayette, Cal. 7:05.51 2. Evan Crowdus, Morganfield, Kentucky 7:20.17 3. Matt Bolton, Hollis Center, Maine 8:12.49 4. Lucas Seiferth, Gorham, Maine 8:19.22 5. Keith Tremblay, Auburn, Maine 8:48.36 6. Evan Favreau, Auburn, Maine 9:00.20 7. Kristopher Nadeau, Wilton, Maine 9:04.90 **Girls-1.** Molly Josephs, Garden City, N.Y. 7:46.07 2. Lalane Destiny, Bay Shore, N.Y. 7:52.36 3. Nicolette Sorensen, Lafayette, Cal. 7:52.77 4. Kayte Demont, Cumberland, Maine 7:53.86 5. Maite Moscoso, Longwood, Florida 8:20.06 6. Jennifer 7. Hannah Kisley, Fuquay Varina, N.C. 8:57.23 8. Emily Reed, Farmington, Maine 9:08.11 9. Ashley Cox, Buxton, Maine 9:47.51 10. Jacklyn Sparling, Mount Sinai, N.Y. 10:15.77 Mercouris, Bayport, N.Y. 8:50.99

**Maine High School Results:** Girl’s 1600 m, Westbrook, May 31-1. Liz Demski 8:52.87 2. Sara Caldorette 8:56 3. Ashley Cox 8:59 (15 finishers, 1 DQ) Boys 1600, same place-1. Matt Bolton 7:52.47 2. Lucas Seiferth 7:55.41 3. Dalton Groeger 7:55.75 (13 finishers, 7 DQ) Girl’s 1600, Augusta, May 30-1. Sara Adams 8:56.06 2. Kelley Baickle 8:59.65 3. Chelsea Bilodeau 8:59.77 (12 finishers, 1 DQ) Boy’s 1600, same place-1. Matthew Forgues 7:21.82 2. Tler Campbell 7:48.73 (4 finishers) Boy’s 1600, Yarmouth, May 31-1. Charlie Swerdlow 7:48.64 2. Matt Goldstein 8:13 3. Brian Farrell 8:41 (12 finishers) Girl’s 1600, same place-1. Keyte Demont 7:59.14 (22 finishers) Girl’s 1600, Bath, May 31-1. Christie Bernier 8:21.25 2. Teresa Ranucci 8:32 3. Emily Reed 8:56 (9 finishers, 2 DQ) Boy’s 1600, same place-1. Kory Scarponi 7:54.72 2. Keith Tremblay 8:17 3. Dean Pellitier 8:33 (6 finishers, 2 DQ) Boy’s Class B 1600, same place-1. Ryan Fitzsimmons 7:29.37 4 finishers, 2 DQ) Girl’s 1600, Presque Isle, May 31-1. Hannah Saunders 8:25.34 (8 finishers, 1 DQ) Boy’s 1600, same place-1. Fran Bondeson 7:53.77 2. Jared Sleeper 8:28 3. D.J. Flynn 8:32 (8 finishers, 1 DQ) **5 Km, Cambridge, Mass., June 8-1.** Steve Vaitones (52) 31:39 2. Tom Knatt (67) 35:23 3. Mark Zullo (55) 37:01 Women-1. Dot Zullo (48) 32:44 2. Holly Wenninger (43) 34:00 3. Pat Godfrey (61) 37:30 **Girl’s H.S. 1500.Randalls Island, N., June 8-1.** Kelly McCann 8:02.62 2. Yangche Dolma 8:13.44 3. Diana Quinde 8:14.91 (11 finishers, 1 DQ) **Girl’s H.S. (Freshmen), Randalls Island June 1-1.** Diana Guinde 8:20.17 2. Samantha Vila 8:36.78 (12 finishers, 2 DQ) **Girl’s H.S. (Sophomores) 1500, Randalls Island, June 1-1.** Yangche Dolma 8:20.71 (9 finishers, 1 DQ) **5 Km, Berkley, Mich., May 24-1.** Walda Tichy 34:13 2. Julia Puzdrowski 37:02 (4 finishers) Men-1. Lynn Phillips 31:03 (4 finishers) **Michigan 5 Km Championships, Hillsdale, June 7-1.** Kristen Mullaney 25:05.50 (Reported as new National Record for 45-49 age group) 2. Janet Higbie 33:22 3. Walda Tichy 35:14 Men-1. Jeff Heath 29:42 2. Marshall Sanders (65+) 33:22 **20 Km, Kenosha, Wis., May 18-1.** Susan Randall 12:47:34 (26:49, 26:50, 26:58, 26:58-How’s that for even pacing?) 2. Sam Cohen 1:47:35 3. Klaus Thiedmann (53) 1:52:51 DNF-Le’erin Voss 1:24:57 at 15 Km, Ali Bahr 1:20:37 at 15 **10 Km, same place-1.** Miranda Melville (19) 55:03 2. Hop Christie (18) 55:04 3. Mark Sekelsky (50) 57:59 4. John Randall (15) 60:44 5. Mike Rose (47) 68:20 **20 Km, Kenosha, Wis., June 8-1.** Ben Shorey 1:35:10 (3 DNF, including Steve Quirke, who went 12 Km in 58:48) **20 Km, Kenosha, June 11-1.** Steve Quirke 1:34:23 (Evenly paced ( 5 Km splits of 23:18, 23:34, 23:15, 24:16, 5 DNF, including Ben Shorey who went 12 Km in 56:13 **Wisconsin 5 Km, Waukesha, June 21-1.** Lynn Tracy (55) 28:25.70 2. William Hosken (70) 32:07 3. Dave Owens (48) 32:09 4. Ronald Winkler (57) 32:54 5. Alfred DuBois (76) 34:38 **5 Km, Thornton, Col., May 17-1.** Mike Blanchard (46) 27:44 2. Barbara Amadour (58) 30:56 3. Sherrie Gossert (56) 31:34 4. Daryl Meyers (65) 32:01 5. Jerry Davis (43) 32:37 6. Gustaf Nyberg (52) 32:50 7. Rob McGuire (53) 32:54 **5 Km, Denver, May 24-1.** Dave McGovern (42) 25:28 2. Yvonne Allmaras (46) 31:02 3. Barbara Amadour 31:24 **10 Km, same place-1.**

Darla Yoerg Graff 62:35 **20 Km, same place**–1. Mike Blanchard 1:55:41 **Colorado 5 Km Championship, June 8**–1. Francisco Pantoja 26:59 2. Mike Blanchard (47–must have had a birthday) 27:40 3. Jose Vargas 28:45 4. Darla Yoerg Graaff 29:31 5. Marianne Martino (57) 29:46 6. Luz Barentes 30:46 7. Barbara Amadour 30:53 8. Yvonne Allmaras 31:32 9. Sherrie Gossert 31:35 10. Rita Sinkovec (68) 34:27 (15 finishers) **National Masters 15 Km, Riverside, Cal., May 18**: Men 35–39–1. Jay Cancion 1:37:42 Men 40–44–1. Art Morrow 1:52:06 Men 45–49–1. Mike Blanchard 1:24:41 2. James Kurtzman 1:30:22 3. Joe Nieroski 1:38:10 Men 50–59–1. Pedro Santoni 1:26:52 2. Alex Kazaryan 1:36:13 3. Mario Lopez 1:46:14 4. Al Casas 1:55:31 Men 55–59–1. Andrew Smith 1:31:11 2. John Magnussen 1:31:06 Men 60–69–1. John Backlund 1:43:34 2. Pat Bivona 1:47:46 3. Bernie Finch 2:03:16 Men 70–74–1. Carl Acosta 1:44:13 2. Pal Johnson 1:44:16 3. Arvid Rolle 1:59:46 Men 75–79–1. Jack Bray 1:40:15 2. Jack Starr 1:48:00 Men 80–89–1. Bill Moremen 1:50:48 Women 45–49–1. Heidi Hauch 1:38:51 Women 55–59–1. Marianne Martino 1:34:31 2. Donna Braham 1:44:22 Women 60–64–1. Diane Brandt 1:42:18 2. Jolene Steigerwalt 1:43:01 3. Darlene Backlund 1:46:45 4. Kathy Frable 1:52:23 Women 65–59–1. Kathleen Balsler 1:42:46 Women 60–69–1. Janet Robinson 1:45:25 2. Sandra Hults 1:52:25 Women 70–74–1. Joan McIntyre 2:01:00 **California State Senior Games, Pasadena, June 21**: Men 50–54–1. Anatoly Shipitsyn 26:51 2. Ray Billig 34:01 Men 60–64–1. Ellis Jones 34:59 Men 65–59–1. Gary Steck 32:13 2. Pat Bivona 33:31 3. Bob Nyman 34:39 Men 70–74–1. Carl Acosta 33:04 2. Leion Glazman 37:25 3. Arvid Rolle 38:11 Women 60–64–1. Yoko Eichel 31:12 2. Donna Cunningham 31:30 3. Carol Bertino 34:11 Women 70–74–1. Shirley Capps 38:18 **10 Km, same place**–1. Shipitsyn 53:48 2. Bivona 72:33 3. Nyman 73:36 **5 Km, San Mateo, Cal., May 25**–1. Tyler Sorensen (14) 23:58.69 2. Abderrezak Gharfara 24:24.63 3. Kevin Killingsworth (52) 27:12 3. Jaydeep Bhatia (17) 27:17 5. Joe Berendt (52) 28:59 6. Shoja Torabian (59) 29:04 7. Jack Bray (75) 29:16 8. Alex Price 31:34 9. Ron Walters (69) 33:59 10. Steven Popell (69) 35:11 (1 DQ) Women–1. Kelly Wong 25:08.70 2. Nicolette Sorensen (12) 27:29.60 3. Leslie Sokol (50) 29:13 4. Karen Stoyanowski (53) 30:34 5. Louise Walters (68) 31:47 6. Laura Cribbins (51) 32:02 (1 DQ) **2.8 Miles, Seattle, May 10**–1. Bob Novak (58) 26:23 2. Stan Chraminski (60) 26:24 3. John Backlund (68) 28:18 4. Darlene Backlund (62) 31:12 **Art Keay Walks, Toronto, Ontario, June 1: Men's 10 Km**–1. Allen James (44), US 44:52 2. Nil Lavallee (52) 49:36 3. Jocelyn Ruest 49:44 4. James Kenny (51) 51:46 5. Donald Cote 51:49 6. Hans Dinger (51) 58:10 7. Luc Bussieres (49) 60:28 8. Patrick King (63) 61:03 9. John Kittridge (63) 61:26 **Women's 10 Km**–1. Jean Harms 56:36 2. Sayward Spooner 58:46 3. Linda Wilson (52) 59:47 4. Sarah Raetsen 62:05 5. Caroline Samson 63:03 **20 Km**–1. Luc Menard 1:31:25 (22:43, 45:09, 1:07:55) **Women**–1. Mariona Crivello 1:44:29

**20 Km, Alytus, Lithuania, June 13**–1. Siarhei Charnou, Belarus 1:22:29 2. Dzianis Simanovich, Belarus 1:22:44 3. Jakub Jelonek, Poland 1:22:57 4. Dmitriy Yesipchuk, Russia 1:23:01 5. Andrei Talashka, Belarus 1:24:07 6. Marius Ziukas, Lith. 1:24:17 7. Donatas Skarnulis, Lith. 1:24:21 8. Tadas Suskevicius, Lith. 1:26:15 9. Ricardas Rekest, Lith. 1:29:53 10. Milos Holusa, Czech Rep. 1:30:22 (13 finishers, 6 DNF) Women–1. Tatyana Gudkova, Russia 1:29:59 2. Kristina Saltanovic, Lith. 1:31:15 3. Yekaterina Yezhova, Russia 1:33:15 4. Nadiya Prokopuk, Ukraine 1:33:18 5. Maria Hatzipanayiotkdou, Greece 1:34:00 6. Zhanna Halaunia, Belarus 1:34:53 7. Monica Svensson, Sweden 1:35:02 8. Neringa Aidietyte, Lith. 1:35:13 9. Brigita Virbalyte, Lith. 1:37:40 10. Jurgita Meskauskiene, Lith. 1:39:53 (12 finishers, 4 DNF, 1 DQ) **Men's Under 20 10 Km, same place**–1. Dawid Tomala, Poland 42:27 2. Lukasz Nowak, Poland 44:14 **Men's Under 18 10 Km, same place**–1. Gennadij Kozlovskij, Lith. 44:11 (5 other Lithunians under 48) **20 Km, Leamington, England, June 15**–1. David Dominguez, Spain 1:24:16 2. Colin Griffin, Ireland 1:14:22 3. Jamie Costin,

Ireland 1:24:37 4. Diego Martins, Portugal 1:26:33 5. Parayil Jalan, India 1:27:48 6. Augusto Cardoso, Portugal 1:28:19 7. Harminder Singh, India 1:29:15 8. David Kidd, Ireland 1:30:01 9. Chandan Singh, India 1:30:58 10. Brendan Boyce, Ireland 1:32:56 (15 finishers, 9 DNF, 1 DQ) **Women**–1. Jo Jackson, GB 1:32:40 2. Despina Zapounidou, Greece 1:33:23 3. Zuzana Malikova, Slovakia 1:35:14 4. Maria Galikova, Slovakia 1:38:22 (6 finishers, 2 DNF) **50 Km, same place**–Artur Brzozowski, Poland 3:51:09 2. Cedric Housaye, France 3:56:43 3. Herve Davauz, France 3:57:57 4. Rodrigo Moreno, Columbia 4:00:06 5. Mesias Zapata, Ecuador 4:00:29 6. Maik Berger, Germany 4:02:14 7. Andreas Gustafsson, Sweden 4:06:31 8. Gyula Dudas, Hungary 4:06:40 (10 finishers, 7 DNF, 1 DQ) **Under 20 10 Km, same place**–1. Hagen Pohle, Germany 43:42 2. Paul Fitzpatrick, Ireland 43:58 **Women**–1. Christin Elo, Germany 49:13 **20 Km, Naumburg, Germany, June 1**–1. Andre Hohne 1:23:43 (21:01, 42:03, 62:55) 2. Aliaksandr Kuzmin, Belarus 1:25:29 3. Andrei Talashko, Belarus 1:25:58 4. Hannes Tonat 1:28:15 5. Thami Hlatswayo, South Africa 1:28:45 (25 finishers, 1 DNF, 4 DQ including John Nunn, U.S.) Women–1. Sabine Zimmer 1:31:38 (22:38, 45:34, 68:23) 2. Melanie Seeger 1:31:57 3. Marie Polli, Switzerland 1:37:46 4. Laura Pollin Aswitz. 1:39:30 5. Lucie Pelantova 1:39:47 6. Rachel Lavallee, Canada 1:42:02 (24 finishers, including Jolene Moore, U.S., 1 DQ) **Junior 10 Km, same place**–1. Ben Helima, Tnisia 42:17 2. Hedi Tteraous, Tunisia 43:23 **Australian 20 Mile, Canberra, June 8**–1. Jared Tallent 2:20:30 2. Adam Rutter 2:25:42 3. Chris Erikson 2:27:08 4. Darren Brown 2:32:00 5. Tom Barnes 2:32:32 6. Ian Rayson 2:33:12 **Women's 10 Mile, same place**–1. Claire Woods 1:18:02 2. Becky Lee 1:23:46 3. Regan Lamble 1:24:11 **Jr. 10 Km, same place**–1. Daniel Coleman 45:25 2. Brendon Reading 45:50 **Women's Under 18 5 Km, same place**–1. Melissa Hayes (16) 23:35

## Racewalkers All, Answer the Call

Wed. July 2	1600 meters, Birmingham, Cal. ((E)
Fri. July 4	5 Km, Evergreen, Col., 8 am (H) 5 Km, Cleremont Village, Cal., 7:30 am (Y)
July 5-6	U.S. Olympic Trials, 20 Km, Men and Women, Eugene, Oregon
Wed. July 9	1600 meters, Birmingham H.S., Cal. (E)
Sat. July 12	1 Mile, Stockton, Cal. (J) 2.8 Miles, Seattle, 9 am (C)
Sun. July 13	Metropolitan 5 Km, New York City, 9 am (G)
Wed. July 16	1600 meters, Birmingham H.S., Cal. (E)
Sat. July 19	5 Km, Seattle, 10:15 am (C) West Region Masters 5 Km, Los Angeles (Y) 5 and 10 Km, Minneapolis (V)
Wed. July 23	1600 meters, Birmingham H.S., Cal. (E)
Sun. July 20	5 Km, Kentfield, Cal. (P)
Wed. July 30	1600 meters, Birmingham H.S., Cal. (E)
Sat. Aug. 2	5 Km, Eugene, Oregon (F) 2.8 Miles, Seattle, 9 am (C)
Sun. Aug. 3	5 Km, Evergreen, Col., 8 am (H) 1 Mile, Eugene, Ore. (F)
Aug. 7-10	<b>USATF National Masters Meet, Spokane, Wash. (D)</b>
Sun. Aug. 10	5 Km, Lakewood, Col., 8 am (H)
Wed. Aug. 13	Colorado Masters 5 Km, Golden, 6:30 pm (H)
Sat. Aug. 15	5 Km, Loveland, Col., 7 pm (H)
Fri. Aug. 16	Pacific Assn. 5 Km, Reno, Nev. (J)

Sun. Aug. 17 **USATF National 15 Km, Minneapolis (V)**  
 Sun. Aug. 24 1 Hour, Kentfield, Cal., 7:30 am (P)  
 Metropolitan 3 Km, New York City, 8:30 am (G)  
 Sat. Sept. 13 1 Hour, Albuquerque, N.M. (T)  
 1 Hour, Minneapolis (V)  
 Sun. Sept. 14 **USATF National 40 Km, Ocean Township, N.J. (A)**

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## From Heel To Toe

**Olympic Trials.** The U.S. Olympic Track and Field Trials are being held in Eugene, Oregon from June 27 through July 6. For 20 Km racewalkers, the men will go on Saturday, July 5 and the women on Sunday, July 6, both at 7 am. The 50 Km Trials were held earlier in the year and won by Philip Dunn, who then accomplished the Olympic B standard at the World Cup and is the only U.S. qualifier. Those qualified for the Eugene Trials (in the order listed on the Trials web site) are: Women--Joanne Dow, Susan Armenta, Jolene Moore, Stephanie Casey, Loretta Schuellein, Sara Standley-Gonzalez, Solomiya Login, Loren Forgues, Susan Randall, Kristen Furseth-Mullaney, Carolyn Kealty, Margaret Ditchburn, Heide Hauch, Teresa Vaill, Sam Cohen, and Maria Michta. Men--John Nunn, Patrick Stroupe, Michael Tarantino, Charles Collier, Jared Swehosky, Allen James, Chris Tegtmeier, Ben Shorey, Theron Kissinger, Kevin Eastler, Tim Seaman, Matt Boyles, Stephen Quirke, and Philip Dunn. In order for the U.S. to send full complements of three athletes in each event, all three would have to meet the "A" qualifying standard of 1:23:00 for men and 1:33:30 for women. Going in, only Kevin Eastler has the A standard among the men, a 1:22:56 in La Coruna last

spring. So, if Kevin finishes the race, he will probably our lone representative. Operformances to date this year, it appears highly unlikely anyone else will reach the A level. The B standard that allows a nation with no A standard athletes to enter one athlete is 1:24:30. Only Tim Seaman has that with a 1:23:38, also at La Coruna last year. But, he is far short of that to date this year. But, conceivably, if Kevin does not finish the race and no one else achieves the B standard in the race, Tim could be the representative. John Nunn has the best shot at doing a 1:24:30 in Eugene, Matt Boyles seems a remote possibility, and anyone else would need a massive improvement to get there. On the women's side, the A standard is 1:33:30 and the B 1:38:00 Both Dow and Vaill have a B and aren't too far off the A with 1:34:21 and 1:34:32, respectively, from last year. No one else has a B going into the Trial race. We'll tell you how it all comes out next month. . . **German Ace Retires.** German racewalker Andreas Erm has ended his athletic career. The 32-year-old, who won the 50 Km bronze medal at the 2003 World Championships, attributes his retirement to a too-long series of injuries. "Now it is over, I really feel kind of free now", he says. Erm holds German records at 20 Km (1:28:42), 50 Km (3:37:46), and 5000 meters indoors (18:22.35. . . **Laird finds lost medals.** Ron Laird got a great 70th birthday present--the return of a box of long-lost medals. The following is excerpted from an article in the Ahstabula (Ohio) Star Beacon, June 10: For nearly 20 years, Ron Laird wondered what became of the racewalking medals he trained, sweated, and sacrificed to win. The medals, more than 100 of them, came up missing sometime around 1989 as he made the mover from the West Coast to Ashtabula Township. "I had them stored in Pomona, Cal., in the city hall where I was working", says Laird. The box contained Laird's National Championship medals, his individual silver and bronze National Championships medals, and miscellaneous medals from other events he won in the U.S. and abroad. His most valuable medals, 65 golds won at National Championships, were stashed at a girlfriend's house and made the move to Ohio with him. "I kicked myself for years and years for not taking all this stuff and storing it with her", he said. The box vanished without a clue. "I was living here when I found out about it", he says. "I had a guy who was supposed to look after this stuff." Laird, who grew up in a Hudson River town near New York City, discovered racewalking in 1955 during the summer between his junior and senior years in high school. The New York/New Jersey area was a hotbed for the relatively obscure track-and-field sport. Laird found he had a knack for it and began competing while still in high school. Within a few years, he established himself as a top national racewalker--at great personal sacrifice. Laird says he would hitchhike from California to the East Coast to compete. Laird was on four U.S. Olympic teams--1960, 1964, 1968, and 1976--and competed in the 1963 and 1967 Pan-American Games, winning the gold in the 1967 20 Km event. He was on 16 other U.S. international teams from 1958-76 and won bronze medals in two World Cup 20 Km races. He won 65 U.S. National Championships, 4 Canadian Nationals, and 53 National Team Championships. Despite all these accomplishments, Laird lacked many of the medals that served as evidence of his accomplishments until June 2. That's the day he received the box from Pete and Margaret Hosterman of Yucaipa, Cal. It contained all of the missing medals, plus a stack of certificates, his school letter, and other memorabilia. The medals surfaced shortly before Memorial Day when Peter Hosterman was cleaning out a 40-foot storage trailer in Pomona, about 45 miles from their home. He can still recall how he acquired the box of medals and what he paid for them "Years ago, I was driving through Pomona and saw this yard sale", he said in a telephone interview. "There was a bunch of junk and this one box caught my eye. It was only \$20, and I grabbed it and put it away in the storage trailer." Margaret Hosterman was unaware of the medals until her husband produced the box one day and asked what they should do with it. There was no second thought about it for Margaret--they had to be returned to their owner, if he was living. Margaret, who loves

detective work, went to the Internet and within five minutes located Ron Laird. She called his house and talked to his brother Don, who confirmed that the medals were lost years ago. Margaret securely packed them and paid the \$41 to ship the "pretty darn heavy" box to its owner without any advance payment from Laird. Margaret didn't want Laird to pay for the shipping. Nevertheless, he sent \$100 to her. Laird has been busy polishing the medals and reliving the moments he won them. Of all the medals returned to him the silver nationals mean the most, not only for the accomplishments they represent, but also the detail in the silversmithing, details that had been only a memory until last week. . . **Another Perspective.** Trying to put Denis Nizhegorodov's amazing 50 Km performance at the World Cup in perspective, Wayne Armbrust made this suggestion on an internet site: "This is your workout today, Denis. 10x5K in 21:30 with zero rest. And, oh, by the way, try to pick it up a bit on the last two." Looking closely at the splits on that race, I think he was given even a harder workout than that. How about this: "Denis, today I want you to ease through a 20 in 1:27:40, but go a couple minutes faster on the second 10, and then, with no rest, do 6x5K at about 21:06 pace, still with no rest between." Nizhegorodov's 10 Km splits were 44:47, 42:53, 42:13, 42:06, and 42:15!.. **An etiquette lesson.** Robert Carver, who was the Race Director at the National Masters 20 Km in Orlando this spring writes regarding that race: "The race was held in conjunction with the Florida Association 10 Km Championship. We would like to thank all those who participated and the volunteers who helped out. We had over 50 racewalkers from all over the country. There was strong competition and camaraderie among the athletes, but because of the heat and narrow route of the 2500 meter loop course, the times were slower than desired. Some of the athletes were trying to qualify for the trials in June. There is one item I would like to address, because some of the athletes were doing both the 10 and 20 Km combined. There was some confusion at the finish area and lap counters. Some of the athlete's support staff came up to the lap counters to question whether their athlete had been counted properly. This caused lap counters to become upset and miss the other athletes they were responsible for, which created even more confusion. These people were volunteers and some were there for the first time. . . they did not need outside interference. (I should have roped off the finish areas.) The kinks were worked out and the race proceeded as it should have. If you have questions about race procedures, you should seek out the Referee or Race Director to make your comments known and let the Race Officials rectify any problems because interference may result in the removal of you and your athlete from competition or disqualification. The Referee has the right to do so (See Rule 144-145 in the USATF Rule Book.) This includes track and road races. A couple of people did get upset and I would like to personally apologize again. The Central Florida Walkers and I would like to wish all the participants well in their future endeavors and in keeping the spirit of race walking alive." . . . **Bulakowski.** Steve Vaitones reports that Bohdan Bulakowski, who was the U.S. National coach for several years with groups in LaGrange, Georgia and at the Olympic Training Center in San Diego, is now the National coach for the Korean team. He works with a small number of athletes and is paid by a club sponsored by Samsung. While he spends most of his time in Korea, he was married about a year ago, and his wife still lives in Poland; he also has a young son. He was headed back to Poland for a visit after the World Cup. . . **The payoff.** Men and women at the World Cup this year took home a total of \$367,500 in prize money. In each of the three races (men's 10 and 50, women's 20), the individual payout was: First-\$30,000; Second-\$15,000; Third-\$10,000; Fourth-\$7,000; Fifth-\$5,000; and Sixth-\$3,000. Then there were the team prizes of \$15,000, \$12,000, \$9,000, \$7,500, \$6,000, and \$3,000 for first through sixth. And Denis Nizhegorodov got an additional \$50,000 for his world record at 50 Km. Olga Kaniskina missed a similar prize in the women's 20 by a second. . . **Stein Clinic in Ohio.** Bonnie Stein will present a two-day clinic on Racewalking For Fitness and Fun in

New Albany, Ohio ( a Columbus suburb) on September 19-20. Bonnie has coached beginning, intermediate, and advanced racewalkers for 20 years. She is a Certified Personal Training Specialist (Fitness Institute International based in Redington Shores, Florida. She has published more than 200 articles on walking and fitness. Cost is \$105 to \$135, depending on how soon you register. Contact Bonnie at [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com) or go to [www.AceWalker.com](http://www.AceWalker.com) for a registration form.

## Chinese Walkers Have Beijing Medals In Sight

by Paul Warburton  
For the IAAF, Feb. 29

The sight of Chinese walkers charging along up front in the early part of a men's race has been a staple for 20 years. Not so common are the same athletes battling it out for honors at the end. It seems amazing that in a country of more than a billion, there hasn't been a solitary men's Olympic or IAAF World Championship medal.

And yet, sporadic success in the IAAF World Racewalking Cup as well as super-fast times in past Chinese legs of the IAAF Racewalking Challenge gives more than a hint of unfulfilled potential

Shande Yang thinks the picture is going to change in this year's Olympics, although the only sight the 2008 Challenge will get of the team will be on home turf in Beijing for round three of the series on April 18-19. (*Ed. Where they took one-two-three at 50 and 2-4-5 at 20, but with only a spattering of outside athletes.*)

The respected IAAF Racewalking Committee member and judge believes familiar surrounds could be the decider for a country tipped to top the Olympic medal table. He said: "It's difficult to answer simply why China hasn't had a men's medal up till now. But, in the past there have been gold medals for a Greek in Greece, the Spanish in Spain, and hopefully now for the Chinese in Beijing."

One thing's for sure, the first three across the line in the Challenge races will get a second chance to show what they can do on the same course in August. The Beijing leg of the series will be the unofficial Olympics dress rehearsal and Chinese trial for the big summer show on a tree-lined 3 Km loop in Olympic Park—just outside the so-called "Bird's Nest" National Stadium. Shande reckons there are so many potential Chinese winners He's reluctant to tip the first three. It's either that or diplomacy demanding no-one gets a verbal leg-up from a major figure in Chinese walking.

But Shande does suggest no further than the 2007 rankings will produce the likely suspects. And as far as that goes, Gaobo Li must surely start as favorite for not only the Challenge race—but the Olympic 20 Km as well. He might not be a good traveller, but the 18-year old is obviously a home-loving boy.

He shot to prominence, and "shot" is wholly appropriate in this case, when he walked a world-age best of 1:18:07 in the 2005 Challenge race in the southern city of Cisi. However, just to prove it was no fluke, Li did it again a year later in Yangzhou, just 10 seconds slower than his amazing debut.

In the last Chinese leg of the series in 2007, Li was right behind World silver medalist Francisco Fernandez in a still nippy 1:19:03, but any change of national air has so far blown Li off course. He was DQ'd in the 2006 Junior 10 Km of the World Racewalking Cup and he finished an unlucky 13th in Osaka's World Championship last August—more than 7 minutes outside his best.

Yucheng Han doesn't appear to suffer quite the same when he picks up his suitcase.

He at least got a bronze in the World Cup when Li was DQ'd. But Yucheng too hasn't wholly cut it on his travels. His 3:39:10 for 50, followed 24 hours later by 1:19:30 for 20 is one of the unsung feats of modern walking. But Yucheng achieved that stunning double in the 2004 series race in Guangzhou and yet trailed in a lowly fourth-last in O:saka's 20 Km seven months ago.

*(Editor: If the Chinese indeed picked their team from the Challenge race in Beijing in April, neither of these two will compete in the Olympics as neither even competed in the Challenge race. But the Chinese didn't appear to show their best hand at that event, where Australia's Jared Tallent took the 20 in 1:20:11 with Mexico's Eder Sanchez third in 1:20:57. The three Chinese in second, fourth and fifth were Hao Wang 1:20:25, Yafei Chu 1:21:04, and Jimin Dong 1:21:17. They easily swept the 50, but with unimpressive times by their standards, and only two walkers showed up from outside of China.)*

Thankfully, Chinese women don't have the same burden as the men. They made sure of a name on the Olympic roll of honor in the very first race. And since Yueling Chen's triumph in Barcelona 16 years ago, another gold, two bronzes, and three World Championship medals have established them as a force at the majors. In the 2007 Challenge in Shenzhen, Liu Hong won by a margin, but it was third place Jiang Jing that rung bells for the future success. A previous World Cup winner and one of the few Chinese to walk well in the Challenge series outside her own country, it says something for the pedigree of a walker still just 22.

At the moment, she and 100 others are at three major training camps in China, one of them at altitude, with all eyes focused on the Challenge Race in Beijing. The prestige of winning that will be only half the battle for nine successful walkers. They get to do it all again at the biggest sporting show on Earth.

### Racewalking—The Beginnings

From *The Sport of Racewalking*, published by the Racewalking Association (British), 1962

"Walking", we are told by an early 19th Century medical authority, "is the most salutary and natural exercise, is in the power of everybody; and we can adapt its degree and duration to the various circumstances of health. By this exercise, the appetite and perspiration are promoted; the body is kept in proper temperament; the mind is enlivened; the motion of the lungs is facilitated; and the rigidity of the legs arising from too much sitting, is relieved. The most obstinate diseases, and the most troublesome hysteric and hypochondriacal complaints, have been frequently cured by perseverance in Walking."

Such, was at least one medical opinion some 150 years ago (200 now), and we may be sure that most of our ancestors, will-nilly, were compelled to take plenty of this exercise. They walked to their work and home again in the evening, they walked to church on Sundays, to the nearest Market Town, to the Fairs in the neighborhood, to the Sports and Festivals as they took place. And as London and the other large towns began to grow, as the Industrial Revolution permeated the country, so our great-great-grandparents trudged their way to the great towns and the promise of a prosperous future. A recent Lord Mayor of London has told how his grandfather walked to London from Cornwall to set up in business, and this story may be repeated a thousand-fold, and may well be the reason why so many town-dwellers make for the country in their leisure hours and use their feet on the roads, the footpaths and to climb the Down, and traverse the moorland.

These inherited instincts plus the deep-seated competitive spirit in man manifested itself in racing and in competing against time, and we may be certain that many thousands of such events took place in the early days of our island story. We are told, for instance, of the feat of Sir Robert Carey, who walked from London to Berwick in the year of 1589 to win a handsome wager, and of King Charles II who was noted for his walking powers and unexcelled in his favorite walk from Whitehall to Hampton Court. In October 1670, the King and his nobles watched Lord Digby attempt to walk five miles within the hour on Newmarket Heath for a wager of 50 pounds—and failed by half a minute walking barefooted! In the early 17th Century, athletics in the broadest sense were an essential part of the May games, wakes, fairs, and festivals that brought brightness into the lives of our ancestors. At the same time, a class of professional pedestrians grew up in the service of the aristocracy of the day. They were employed as "footmen" to run messages in town, or to run ahead of the family coach on the awful roads of the period to make arrangements at the inns for a night's refreshment and sleep, or to advise the country house staff of the imminence of the family's arrival. Inevitably, in those days of high wagering, the gentlemen of gentility began to match their footmen against one another in races; and a development they tended to employ only those men who could give proof of speed and stamina, after which they were trained as "gladiators" to carry the Masters' confidence and stakes in the matches over varying distances that were arranged. *So go you racewalkers and carry the master's confidence.*

### LOOKING BACK

*(Another colossal blunder by your bumbling editor. I just noticed that in both the April and May issues I failed to change the months in the five-year headings of this feature. Thus, in both issues everything was listed as coming from past March issues. But, of course in April, the info came from past April issues and in May from past May issues. Of course, I realize my astute readers figured that out and just chuckled at another gaffe that the careless editor managed to carry on for two months.)*

**45 Years Ago** (From the June 1963 Race Walker published by Chris McCarthy)—Chris himself won the National 50 Km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race. In the US-USSR dual meet in Moscow, Gennadiy Solodov ignored temperatures in the mid-80s to win in 1:33:45 for 20 Km, with Vladimir Sorin in second. Ron Zinn and Ron Laird went through 15 Km in about 1:12, but then faded badly to finish in 1:41:34 and 1:42:24, respectively. Jack Blackburn continued his sprint mastery over Jack Mortland, winning the Ohio 1 Mile in 6:55.5. Blackburn also had a 39:13 for 5 miles and 31:11 for 4 miles while Mortland was off honeymooning.-

**40 Years Ago** (From the June 1968 ORW)—Paul Nihill held off the challenge of two Americans to win the British 20 Mile in 2:35:07. Larry Young was second in 2:37:04 and Don DeNoon just behind Shaun Lightman in fourth with 2:39:50. DeNoon recorded a fast 3 Km 2 weeks later in capturing the National AAU title in 12:37.9. Ron Laird was second in 12:40.6, Larry Young third in 12:49.4, and Tom Dooley fourth in 12:57.4. In a Philadelphia 30 Km race, Dave Romansky recorded 2:28:46 to easily beat Bob Kitchen (2:33:32).

**35 Years Ago** (From the June 1973 ORW)—The National 3 Mile title went to John Knifton in 21:35.4, while Jerry Brown won the National 15 Km in 1:12:26. Ron Laird (21:45) and Bill

Ranney (21:49) trailed Knifton in the Bakersfield, Cal. heat and Laird was second in the 15 with 1:14:22. That race was conducted at high altitude in Boulder, Col. . Randy Mimm won the Junior National 10 Km title in 52:45. Mimm qualified to compete against the Soviet juniors and thus became the first son of an international walker (Bob, 1960 Olympics) to gain international status (for the U.S., that is). And, I believe they remain the only U.S. father-son internationals. . Ron Laird won the Zinn Memorial 10 Km in Chicago with a 46:23. The women's title went to Jeanne Bocci in 54:29. . East Germany won both races in an international match with France and Sweden. Karl-Heinz Stadtvuller doing 1:27:38 and Peter Selzer 4:03:35. . West Germany's Bernd Kannenberg topped the Soviet walkers in a dual meet with a 1:27:19 for 20.

**30 Years Ago** (From the June 1978 ORW)—Augie Hirt moved through 100 Km in 10:19:00 to win the National title in Lafayette, Col. Allen Price was second in 10:51:46. . There were four races at the National T&F Meet that year. Susan Liers won the Women's 5 Km in 25:46, well clear of Sue Brodock and Chris Shea. Brodock came back to win the 10 in 52:18, with Paula Kash-Mori, fourth at 5, beating Liers 53:01 to 53:29. Joe Berendt won the men's 5 Km in 22:31.6, just ahead of Carl Schueler and Wayne Glusker. Marco Evoniuk was fourth. In the 20, Todd Scully moved well clear over the second half to win in 1:34:46. Larry Walker had 1:35:27, Dan O'Connor 1:36:20, Tom Dooley 1:37:08, and Evoniuk 1:38:38. . The Mexicans cleaned up in Europe. Raul Gonzales set a world's record on the track in Norway with 3:52:24 for 50 and Daniel Bautista had 20 Km wins in Norway (1:25:10), Madrid (1:23:38), and Sweden (1:25:54), beating most the best Europeans in the process. . England's Derek Harrison broke the world mark for 24 hours, covering 219.5 Km.

**25 Years Ago** (From the June 1983 ORW)—At the National Outdoor Championships, Jim Heiring and Susan Liers-Westerfield both won their third straight title. Susan controlled the 10 Km race all the way to win in 50:58. Debbi Lawrence was 42 seconds back, with Sam Miller third in 52:20. Surprising newcomer Maryanne Torrellas was just 2 seconds behind Miller at the finish. Heiring was also in full control in the men's 20 (both races were on the track), as he won in 1:26:55. Marco Evoniuk trailed by 50 seconds and Dan O'Connor took third in 1:29:38. Tim Lewis started the final 400 meters 11 seconds back of Todd Scully, but stormed through the final lap to overhaul the veteran (1:30:18 to 1:30:23) for the final spot on the U.S. World Cup team. . The annual races in Naumberg, Germany went to Soviet Nikola Polozov (1:22:37) and Ronald Weigel (3:41:31) of the host East Germans. . Raul Gonzales walked two 50 Km races in just 3 weeks—3:51:50 in Mexico and 3:51:37 in Czechoslovakia. . Susan Leirs-Westerfield also won the National 5 Km on Long Island in 24:41.6.

**20 years ago** (From the April 1988 ORW)—In Tampa Florida, Maryanne Torrellas defended her National 10 Km title, winning in 48:25.3. Teresa Vaill pushed her all the way and was just 7 seconds back at the finish. Wendy Sharp (50:50.3) and Victorial Herazzo followed. In the men's 20, Tim Lewis was never challenged and his 1:29:34 left him 2:40 ahead of second place Ray Sharp. Times were slowed considerably in sweltering conditions. Andy Kaestner beat Marco Evoniuk for third and Curt Clausen was fifth. . Ray Sharp won the National 5 Km in 20:56.50 with Doug Fournier just 7 seconds back in second. . Australia's Kerry Saxby won a women's 20 Km race in Sweden in 1:29:40. . The Naumberg 20 Km went to Axel Noack in 1:20:39, one second ahead of Ralf Kowalsky. Noack also had a 1:22:27 in Sweden and 1:22:39, behind Ronald Weigel's 1:22:05 in Potsdam. . Herman Andrade did 3:49:38 for 50 in Mexico City's altitude and Hartwig Gauder had a 3:46:50 in Berlin.

**15 Years Ago** (From the June 1993 ORW)—Debbi Lawrence and Allen James were winners at the National Outdoor T&F Championships in Eugene, Oregon. Teresa Vaill led Lawrence for all but the last 800 meters of the women's 10, but couldn't match Debbi's pace at the finish. Lawrence's strong finish brought her a 45:55 win, 9 seconds ahead of Vaill. Sara Standley was more than 2 minutes further back in third, but well clear of Debora Van Orden and Lyn Brubaker. The first 9 broke 50 minutes. James had control of the race throughout in the men's 20. He went through 5 Km in 21:12 and 10 in 43:06 with a 78 second lead on Jonathan Mathres. HE slowed considerably the second half, bt still stretched the lead slightly to win in 1:29:09. Matthews was second in 1:30:45 with Doug Fournier (1:31:25) and Herm Nelson (1:31:42) following. The first 10 were under 1:35.

**10 Years Ago** From the March 1998 ORW)—Overcoming steamy conditions in New Orleans, Joanne Dow beat favorite and American record holder Michelle Rohl to win the Women's National 10 Km race. Her 47:06.50 was excellent in the conditions and left her 26 seconds ahead of Rohl. Debbi Lawrence was third in 48:06.50 and Victoria Herazo fourth in 50:04.50. The men's 20 went to Tim Seaman, who upset two-time defending titlist Curt Clausen with a 1:35:07. Clausen was 34 seconds back and just 17 seconds ahead of Jonathan Matthews. Gary Morgan was fourth, Al Heppner fifth, and Michael Rohl sixth, the only others under 1:40, thanks to heat and humidity. Matthews, only a few days short of his 42<sup>nd</sup> birthday, and the 38-year-old Morgan showed the toughness of their yers in testy conditions. . Twelve days earlier, Michelle Rohl had shattered the American record with her 43:30.4 in a track race in the cool air of Wisconsin. . In the European Cup, team titles went to Russia in the Women's 10, Belarus in the Men's 20, and Spain in the Men's 50. Individual winners were Russia's Nadezhda Ryashkina in 43:06, Spain's Francisco Fernandez in 1:20:31, and Poland's Tomasz Lipiec in 3:42:57. Silver medals to Hungary's Maria Rosza (43:08), Poland's Robert Korzeniowski (1:20:40), and Spain's Jesus Garcia (3:43:17). . In the La Coruna Grand Prix in Spain, Ecuador's Jefferson Perez prevailed in 1:19:40, just 2 seconds ahead of Guatamala's Julio Martinez, 5 ahead of Mexico's Joel Sanchez, and 6 ahead of Korzeniowski. . Andrei Plotnikov walked 3:41:14 to win the Russian 50. . Perez also won in Naumberg, Germany with a 1:19:19, ahead of Mexicans Daniel Garcia (1:19:41) and Bernardo Segura (1:19:46), with Ivan Trotskiy, Belarus; Alejandro Lopez, Mexico; and Artur Meleshkevich, Belarus also under 1:20 and Martinez right on it.

**5 Years Ago** (From the March 2003 ORW)—At the USATF National T&F Championships in Palo Alto, Cal, racewalking titles went to Michelle Rohl, Kevin Eastler, Christine Tagliaferri, and Adam Staier. Rohl won her fourth 20 Km title in 1:34:31.06, nearly 27 seconds ahead of Joanne Dow. Teresa Vaill was third in 1:36:37. Amber Antonia was just under 1:40 and Susan Armenta, Jolene Moore, and Bobbi Jo Chapman were all under 1:41:30. In winning the men's 20, Eastler took more than 2 minutes off his PR, finishing in 1:23:52.20. Tim Seaman had 1:24:48, John Nunn 1:25:16 and Curt Clausen 1:26:31. Philip Dunn and Ben Shorey also came in under 1:29. Tagliaferri won the Jr. Women's 10 Km in 55:15.49, 26 seconds ahead of Maria Michta. Staier was an easy winner in the Jr. Men's 10 in 45:43.86, more than 4 minutes ahead of Zach Pollinger. . In Racewalking Challenge races in Spain, Yelena Nikolayeva, Russia, won the women's 20 in 1:27:25 and Robert Korzeniowski, Poland the men's 20 in 1:19:56. Ireland's Gillian O'Sullivan and Portugal's Joao Vieira were second. . In Evansville, Indiana, National 15 Km titles went to Michelle Rohl in 1:10:21 and Curt Clausen in 1:06:22. Jolene Moore and AL Heppner grabbed silver medals. . Gillian O'Sullivan upset Yelena Nikolayeva in a 5 Km race in Krakow, Poland. O'Sullivan's 20:11 missed the World best ever by just 6 seconds and beat Nikolayeva by 5 seconds. Robert Korzeniowski won a 10 Km race at the same meet in 18:47, 8 seconds ahead of Ivan Trotskiy, Belarus.