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 assumed 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


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 Hassenne Sbai, and Costa Rica's Alan Segura. Markov was soon DQ'd and the others continued to drop away so that when Tysse 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 Vieras at 15 Km, the Tunisian barely held them off at the finish for the silver medal.

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 impressive lead 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 1:30:09, 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 step 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:


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


Morozov Shatters World 20 Km Record

Saratov, 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 Kanyakin had to settle for second as he also went well under his previous world mark with 1:16:53. Kanyakin 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 Kanyakin, who had to settle for second in the World Cup 1st last month as teammate Denis Nizhegoryev 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 2½ 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 USA TF National Junior Track and Field Championships from June 20-22, with the racewalk events early on Sunday
From there to the finish all the gaps continued to grow as Melville lapped all but Christie to open a gap of 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 began 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 more than three 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 12 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 pace into the lead followed closely by her teammate. Neither Monahan nor Davis was able to close on Forgues, who was beginning to drop Ricardo, who is still regaining strength after his bout with mono earlier in the year.

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. 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 Melville. There was no threat to Maria Michta's meet record of 50:24:54.

The results:


**Maine High School Results:**

- **Girls:**
  - 1600 m, Week 31, May 31:
    - 1st place: Hannah Saunders 8:25.34 (8 finishers, 1 DQ)
    - 2nd place: Kayte Demont 7:59.14 (22 finishers)

- **Boys:**
  - 1600 m, Week 31, May 31:
    - 1st place: Matthew Forgues 7:21.82 (20 finishers, 1 DQ)
    - 2nd place: Tyler Sorensen 8:02.72 (12 finishers, 1 DQ)

**Other results:**

- **Nike Outdoor High School Nationals, Greensboro, N.C., June:**

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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 Stanfield-Gonzalez, Solomiya Login, Loren Forgues, Susan Randall, Kristen Forseth-Mullaney, Carolyn Kealy, Margaret Ditchburn, Heide Hauch, Teresa Vaill, Jan Cohen, and Maria Michita. Men-John Nunn, Patrick Strouse, Michael Tarantino, Charles Collier, Jared Svehosky, Allen James, Chris Tegtmeyer, 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 1:23:30 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 Corona last spring. So, if Kevin finishes the race, he will probably be our lone representative. If performances 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 Corona 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, but 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 is 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 Alhambra (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 move from the West Coast to Ashtabula Township. “I had them stored in Pomona, Calif., 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 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. 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 55 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 Peter Hosterman of Yuccaia, Calif. It contained all of the missing medals, plus a stack of certificates, his school letter, and other memorabilia. The medals surved shortly after 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 them for Margaret—they had to be returned to their owner, if she 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 Nizhgorodov'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 that that. How about this: "Denis, today you want 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." Nizhgorodov'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 athletes' 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.

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.

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 great traveler, but the 18-year-old is obviously a home-loving boy.

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 great traveler, but the 18-year-old is obviously a home-loving boy.

Shande Yang thinks the picture is going to change in this year's Olympics, although the only sight she might see that 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 scattering of outside athletes.)

The respected IAAF Racewalking Committee member and judge believes familiar surroundings could be the deciding factor 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 great traveler, 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 Osaka’s 20 Km seven months ago.

(Editor: If the Chinese indeed picked there 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, Taeji Chun 1:21:04, and Jinmin Dong 1:21:17. They easily swept the 30, 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 Yueying 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 rang bells for the future success. A previous World Cup winner and on 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, 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 hysterical and hypochondrial 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 from London to Cornwall to set up in business, and this story may be repeated a thousandfold; 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.

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 amateurish 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, Gennady Solodov ignored temperatures in the mid-80’s 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 honyemooning.

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
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 Kas-Mori, fourth at 53:01 to 53:39. Joe Bernard won the men's 5 km in 22:31:6, just ahead of Carl Schueler and Wayne Glusker. Marco Evoniuk was fourth. In the 10, 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-Westfierd both won their third straight titles. 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 30 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 track) as he won in 1:26:55. 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.

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