Moncton, New Brunswick—Young Russian racewalkers took four of the six medals in the 10 Km events at the World Junior Track and Field Championships held here starting July 19. In the women's race, Elena Lashmanova and Anna Lukyanova outclassed the field to take one-two, leaving third-place Kumiko Okada of Japan nearly two minutes behind.

The men's race was more competitive, with Valery Filipchuk just edging China's Zelin Cai for the gold with a 2010 World leading time of 40:43.17. Russia's Pyotr Bogatyrev was just seven seconds back in third. Trevor Barron, a year younger than most of the top competitors, bettered his own American record as he finished seventh in 41:50.29. That bettered his 42:22.79 in last year's World Youth Championships.

The races were held on the track. In the women's race, Okada and her teammate, Chiaki Asada, hung with the Russian pair for 1500 meters, but were swept away from that point. The Russians were together at 5000 meters in 22:26 and walked in tandem until the final lap. Lukyanova tried to break away at that point, but with 250 meters to go Lashmanova stormed past to quickly open a 5 meter gap that she extended to 6 seconds by the finish, which she reached in 44:11.90. She won the gold by blitzing her final kilometer in 4:09.

Okada was a lonely third, well clear of China's Qin He, who beat Antonella Palmisano of Italy by a stride for fourth. Asada completed a good showing for Japan as she finished sixth.

Lashmanova, who had been third in the World Cup in Mexico in May behind Palmisano and He, said: "Everything was done correctly. The tempo, the race timing was good. We thought at the beginning that the two Russian would be right beside each other. I felt very good. Fantastic. I could have done better, but this is good."

The men's race quickly developed into a three-man affair, with China's Cai and the two Russians. At the World Cup in May, Cai had finished well ahead of Filipchuk as they finished second and third behind Colombia's Eider Arevalo, who was not present for this one.

Over the final three kilometers, the trio of Filipchuk, Cai, and Bogatyrev were locked in a close battle with Cai usually sandwiched between the two Russians. With a kilometer to go, Cai quickened the pace to try and drop the Russians, but to no avail. Filipchuk moved to the lead as the last lap began and managed to drop his teammate with about 250 meters to go. Cai gave ground only grudgingly, but as they entered the final straightaway, Filipchuk appeared to have a winning lead. Cai did not give up and managed a final surge that brought him within 0.42 seconds at the finish line. The Russian had covered his final kilometer in 3:44:34 and needed it all to hold off his Chinese challenger.

In fourth was Brazil's Caio Bonfim, a hair ahead of Australia's Dane Bird-Smith, who improved his personal best by 1:42. A couple of strides further back was Mexico's Ever Palma, up one spot from his World Cup finish.

Next was Trevor Barron, improving two spots on his World Cup place with his
American record performance. Trevor walked a strong race, and, although he had hopes of a medal, should be well satisfied with a 32 second improvement on his personal best and American record. He clipped off km splits of 4:07 to 4:10 through 8 km, where he had fifth place in his sights, with Palma just 8 seconds ahead and Bird-Smith only 6 seconds behind. Had he been able to hold that pace, Trevor would have been right with the other two at the finish. But his final two splits were 4:20 and 4:16. He was in no danger of losing a well-earned seventh spot, finishing 8 seconds of Mexico’s Erwin Gonzalez and Americans have seldom beaten Mexico’s elite.

The second American, Tyler Sorenson, a year younger than Trevor was fifteenth in 43:55.59 and finished strongly with a 4:16 for his final kilometer, accelerating form splits in the 4:22 to 4:28 range. We see a bright future for both of our phenoms.

The results:

**Women**
- **July 21**:
  1. Elena Lashmanova, Russia 44:11.90 2. Anna Lukyanova, Russia 44:17.98
- **Karavanic, Racewalkers 33:56.45 Women 50-1. Maryanne Daniel, Conn. RW 26:27.00 2.
- 1. Elena Laslunanova, Russia 44:11.90 2. A. Ima Lukyanova, Russia 44:17.98

**Men**
- **July 21**:

5000 meters: **Women**

### 2010 USATF National Masters T&F Meet, Sacramento, CA, July 23 & 25

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The page contains a list of race results and upcoming races. The results section includes various races such as 5Ks, 10Ks, and other distances, with participants listed by name and location. The dates for races range from July to October. The upcoming races section lists events in different locations, including New York City, Denver, and various cities in the United States. The text is formatted in a tabular and list-like structure, providing information on race distances, participants, and locations.
.dragged Canadian Racewalking up to international respectability, the man who never lost a national 20 km championship for 11 years, the man who was known as “le feu en pijama” (the wacko in the pajamas) by the uncomprehending residents of his out-of-nowhere Quebec town for his constant presence on the country roads in those baggy sweatsuits we all wore in the ‘70s.

At the awards ceremony, younger Canadians tired out their rusty French to greet the legend, or just shook his hand and smiled a lot, and he soon warmed up to the attention.

Marcel was just laying the sport as Janice McCaffrey, who won the W50 3000 and 10,000 in Kamloops, came into it, so they had not met either. Janice was also in a comeback similarly out-of-the-blue but two decades later. Of Canada’s six principal national racewalk records, this pair will hold three to this day!

My group knows Janice, so they appreciated that she still holds the 10 and 20 km records. Both they also know the great Tim Berrett, so the coach must be wrong; surely Tim holds the 50 km record. Sorry guys; Tim had some super races in his magnificent career...but Marcel was three minutes faster!

The Whatley Training Center

Several months ago, we published information on a training center Ian Whatley was opening in Greer, S.C. Ian, who came to us via Great Britain, was a member of the 1993 U.S. World Cup team in addition to other honors he has garnered. Here is a report on Ian’s Center, written by Paula Graham who experienced life at the Center.

I had a couple other walkers recently spent a few days at Ian Whatley’s farm/training center in Greer, S.C. If you don’t already know, Ian has been busily setting up a training facility geared to racewalkers. I was there in the days leading up to the Southeastern Masters T&F meet in Raleigh so my goals were to refine my technique but no wear my legs out before the weekend races.

When I got there, we took a tour of the property and then reviewed my goals and came up with a plan. First on the schedule was a technique review on the treadmill, which has cameras set up an allowed me to see myself from four views. Also, below the screen showing the camera footage there was a TV playing video of elite racewalkers so Ian could point out an anecdoteal material:

Ian’s wife (also a racewalker) kept us supplied with good food and conversation. If you ever have time to visit Ian, it will be time well spent. You can reach him at whatleyian@yahoo.com.

Mighty Marcel

In our last issue we offered the opinion that Canada’s Marcel Jobin, fifteenth in the National 10 km in Albany, had not raced in many years. Our memory is too short. Our friendly correspondent in Ottawa, Roger Burrows, sends the following correction and anecdotal material:

Marcel was at the WMA Indoors in Kamloops in March 2010, coming second in both the 3000 and 10,000 in the 65-69 age group. (Ed. A result we carried in these pages, which aptly demonstrates my failing short-term memory.) When I sw his entry prior to our departure for the West, I was thrilled and told my group why they should be equally thrilled. I believe he may have played with a small race or two in the ‘90s, but, yes, his last real race, to my knowledge, was the 1984 Olympics. Long though my involvement has been, I had never met Marcel.

On the day of the 3000, I tentatively introduced myself. I then told every Canadian who came near to watch for something special. We were not disappointed—his race with a very Russian-looking Russian was as toughly fought as any international race from the Soviet era! Marcel may have been curious as to why he was getting so much support from the stands—the aforementioned Canadians responded grandly to my tales of “the man who singlehandedly...
From Heel To Toe

NARI completes Executive Board. North American Racewalking Institute CEO Tom Eastler reports that they have welcomed Jeff Salvage as the sixth and final Executive Board member. Tom says: “I challenge any philanthropic organization to even come close to having the quality Executive Board that we have now. Each of us brings unique talents in such a way that the future of competitive racewalking in the U.S. looks very promising. What Elaine Ward started in 1986 and 1992 will continue to flourish way into the future as NARI defines the cutting edge of training education and philanthropy as it pertains to racewalking. Stay tuned for our future developments as NARI kicks into high gear with our fund raising activities aimed at helping our racewalk Olympians of the future.” The Board members, serving without financial compensation, are: Tom Eastler, Farmington, Maine, CEO and Chairman of the Board; Diane Granam-Henry, Chicago, Ill., Secretary, Editor-in-chief; AC Jaime, Pharr, Texas, treasurer; Tim Seaman, San Diego, Cal., Technical Clinician; Jeff Salvage, Medford, N.J., webmaster, publications and photo specialist, and Elaine P. Ward, Pasadena, Cal., founder of North American Racewalking and NARI, ex officio, advisor. Words of praise. Tim Seaman and Jeff Salvage are mentioned above. Tom Menendez, coach of the Maine Racewalkers, has this to say about their clinics: “I just returned from Philadelphia and the Jeff Salvage/Tim Seaman Racewalking Clinic of Excellence. It lived up to its title. A carefully crafted combination of drills, workouts, film analysis and class work over two days was extremely informative and fun. The clinic was small enough to allow everyone to get individualized instruction, yet was ability diverse enough from some that have never competed to national level athletes so there were groups that could together on specific skills. Tim and Jeff are extremely qualified presenters and kept the clinic interesting and moving along at a pace that was perfectly balanced between outdoor work and classroom presentations. It was an extremely informative clinic that is a must for anyone interested in racewalking. Upcoming clinics are in Toronto in August, in Houston and Santa Cruz, Cal., in October, and in Springfield, Ill. in November. Go to www.racewalk.com for more information on the clinics and on their publications. NAIA racewalking takes a hit. The NAIA is a national association of small colleges that has long supported racewalking by including it in its track and field, both indoors and outdoors. Now many of its members seem to be leaving the NCAA, either Division II or III. The NAIA has no racewalking in its T&F program. The top three women racewalkers at this year’s NAIA outdoor meet were from U. of British Columbia, McKendree, and Lindenwood. All three schools are now moving to NCAA Division II. Now Vince Peters, USATF National Racewalk Coach and coach at Cedarville U. in Ohio, has announced that the 2010-11 school year will be the last in NAIA for that school, which is also moving to the NCAA. Cedarville had four walkers competing in this year’s NAIA meet and has produced numerous All-Americans, three national champions, and an American record during Vince’s 18-years at the school. Two racewalkers—Chad Eder and Jill Zenner—are in the school’s Athletics Hall of Fame. Three other schools from the same conference—Walsh and Malone in Canton, Ohio and Notre Dame College in Cleveland—will also be leaving the NAIA fold for the NCAA. All told, the movement of schools from NAIA represents the loss of eight male and five female walkers, plus two walkers from Hong Kong who competed for McKendree and Lindenwood in the St. Louis area. While I can see Vince continuing to support racewalkers despite the lack of any collegiate competition, it is doubtful that such support will continue at any of the other schools. All of this follows the departure of Coach Mike DeWitt from Wisconsin-Parkside, which we reported last month. While Parkside had left the NAIA for NCAA several years ago, Mike had continued to promote racewalking among his athletes, but it is questionable whether a new coach will continue to do so. Parkside had...
A year before Pearl Harbor, Dyas joined the National Guard because he worked for the State of New York at the time and when someone was called up, the state had to make up the difference between military pay and civilian pay...

Dyas was moved around Germany during his POW period and has some unwanted souvenirs from that time. While in a Munich suburb in 1945, the noise from Russian bobging affected his hearing. He has a bad back from parachuting and sleeping in snow and is currently battling a knee problem that originated from a rifle blow by a German sergeant during his captivity and continued during his running career.

Dyas later learned that a then 16-year-old soldier stationed at the Munich base would later become Pope Benedict (all Germans had to serve in the military.) He wrote to him and received an autographed photo in return.

During his career as an educator, Dyas was at a number of schools on Long Island and in New Jersey. He retired from the Milburn school system. He was the vice principal of River Dell High School from 1960 to 1962.

Tim and Corinne have been married for 36 years, the second marriage for both. They have four sons and a daughter. They enjoy exercising, movies, plays and opera together. Tim credits his wife for her help and support during his training over the years. Before he retired, he would go out at 3 am four days a week and run for one hour, return home by 4 am where Corinne was waiting to run one hour with him before leaving for Milburn. Then she went to her teaching job at Rigewood's Willard School.

Dyas began writing poetry at age 55 and in 2000 had a book of his poems published. Many of them are from recollections of his war years. He was inspired by the Spanish poet-philosopher Jorge Semprun’s book “Literature of Life.”

Dyas will mark his 90th birthday on May 25 and, if his knee permits, will start running two miles a day on the treadmill in his basement to train for the Ridgewood Memorial Day 5 km race. “I shouldn’t have much competition in the 90-age group,” he said with a smile.

**USATF Grand Prix Standings through July 15**

**Men**
1. Tim Seaman, New York AC 38
2. Patrick Stroupe, un. 27
3. Dan Serianni, World Class RW 25
4. Allen James, Bond Lake AC 18
5. Dave McGovern, World Class RW and Ben Shorey, un. 15
6. Alejandro Chaves, South Texas RW and Matt DeWitt, Parkside AC 11
7. John Nunn, US Army, Stephen Quirke, un; John Soucheck, Shore AC; and Dave Talcott, Shore AC 10

931 with 1 or more points)

**Women**
1. Maria Michta, Walk USA 39
2. Teresa Vaill, Walk USA 29
3. Lauren Forgues, Maine RW 22
4. Erin Taylor, Shore AC 19
5. Miranda Melville, U. of Wisconsin-Oakside 19
6. Joanne Dow, un. 17
7. Erin Bresnaham, Walk USA 14
8. Stephanie Casey, un. 13

**Progression of Men's 20 Km World Record**

(As published in the UK's Race Walking Record, with the query: How far back do you have to go to beat an old world record?)

1:38:43 Herman Muller, Germany, Oct. 4, 1911, Berlin
1:37:57 Emile Anthoine, France, July 13, 1913, Paris
1:34:15 Vaclav Balsa, Czechoslovakia, Aug. 13, 1933, Cesky Brod (Your editor has to go back a day earlier than that to hold the world record. But, of course it was still about a year-and-a-half until I was born.)
1:33:25 Fritz Bleieweiss, Germany, June 7, 1936, Fürstenwalde
1:31:44 John Mikaelsson, Sweden June 10, 1946, Stockholm
1:31:21 Josef Dolezal, Czechoslovakia, June 5, 1955, Prague
1:30:36 Vladimir Golubnichiy, USSR, Sept. 23, 1955, Kiev
1:30:00 John Dolezal, Czechoslovakia, July 23, 1956, Prague
1:28:39 Vladimir Guk, USSR, April 13, 1957, Kiev
1:27:30 Leonid Spirin, USSR, July 7, 1959, Moscow
1:27:04 Vladimir Golubnichiy, USSR, July 15, 1959, Moscow
1:25:58 Anatoliy Vedyakov, USSR, Sept. 6, 1959, Moscow
1:25:19 Gennady Agapov, USSR, May 7, 1972, Berlin
1:24:50 Paul Nihill, Great Britain, July 30, 1972, Munich, Germany
1:23:40 Daniel Bautista, Mexico, May 30, 1976, Bydgoszcz, Poland
1:23:30 Anatoliy Solomin, USSR, July 19, 1978, Vilnius
1:23:13 Roland Weiser, GDR, August 30, 1978, Prague
1:22:19 Vadim Tsvetkov, USSR, May 13, 1979, Klaipeda
1:22:16 Daniel Bautista, Mexico, May 19, 1979, Vrestorp, Sweden
1:21:04 Daniel Bautista, Mexico, June 7, 1979, Riasio, Finland
1:21:00 Daniel Bautista, Mexico, March 30, 1980, Xalapa
1:19:19 Domingo Colín, Mexico, April 27, 1980, Cherkesy, Soviet Union
1:19:08 Josef Pribilinco, Czechoslovakia, Sept. 9, 1983, Bergen Norway
1:19:08 Mikhail Schennikov, USSR, July 30, 1988, Kiev
1:18:20 Andrei Perlov, USSR, May 5, 1990, Moscow
1:18:13 Pavol Blazek, Czechoslovakia, Sept. 10, 1990, Hildesheim, Germany
1:18:04 Lingang Bu, China, April 7, 1994, Beijing
1:17:25 Bernardo Segura, Mexico, March 7, 1994, Bergen, Norway
1:17:22 Francisco Fernandez, Spain, April 28, 2004, Turku, Finland
1:17:16 Vladimir Kamynkin, Russia, Sept. 29, 2007, Saransk
1:16:43 Sergey Morozov, Russia, June 6, 2008, Saransk
Women’s 20 Km Progression

2:24:00 Antonie Briskova, Czechoslavakia, Sept. 6, 1931, Prague
2:14:07 Antonie Odvarkova, Czechoslavakia, Sept. 14, 1931, Prague
1:59:02 Lisa Aebisold, Switzerland, June 9, 1934, Zurich
1:57:35 Marie van Tonder, South Africa, July 7, 1962, Cape Town
1:57:26 Inna Hansson, Sweden, Oct. 27, 1963, Copenhagen, Denmark
1:54:30 Inna Hansson, Sweden, Oct. 22, 1967, Copenhagen
1:53:46 Karin Moeller, Denmark, Oct. 27, 1968, Copenhagen
1:51:05 Inna Hansson, Sweden, Oct. 12, 1969, Copenhagen
(There's nothing like Copenhagen in October) 
1:57:26 Irma Hansson, Sweden, Oct. 27, 1963, Copenhagen, Denmark
1:54:30 Irma Hansson, Sweden, Oct. 22, 1967, Copenhagen
1:53:30 Karin Moeller, Denmark, Oct. 27, 1968, Copenhagen
1:51:05 Inna Hansson, Sweden, Oct. 12, 1969, Copenhagen

JULY 2010

with a 1:16:04, Bill Walker (a ringer from Michigan) won a Van Wert 10 Miles in 1:21:24, and Mortland won a rather long 7 ¾ Km in Columbus in 38:15.

35 Years Ago (From the July 1975 ORW) - John Knifton won the National 10 Km in Bridgeport, Conn. in 45:04 on an unseasonably cold and windy day, with Dave Romansky, Ron Daniel, and Bob Katchen also under 47 minutes. Your editor (having celebrated his 40th birthday earlier in the year) came tenth in 50:26, but barely beat 30-year-old Bob Munn for the master’s title... Todd Scully overcame John Knifton in the final miles to win the National 40 Km in 3:25:30, with Ron Kulik, Ron Daniel, and Tom Knutt following.

30 Years Ago (From the August 1980 ORW) - Olympic titles went to Italy’s Maruzzo Damiano (1:23:35) and the GDR’s Hartwig Gauder (3:49:24). Mexican favorites Daniel Bautista (20) and Saul Gonzalez (50) were DQ’d and blew up, respectively. Pyotr Potsechenkuk of the USSR and Roland Wieser of the GDR followed Damiano. Spain’s Jorge Llopard and the USSR’s Vigeniy Ichenko took the other 50 Km medals. ... With the U.S. not competing in the Olympics, Marco Evoniuk led our team in a 20 Km in Germany with 1:25:51. Dan O’Connor (1:27:53), Jim Heiring (1:28:41), Todd Scully (1:30:09), and Carl Schuler (1:30:26) followed. ... Canadian Marcel Joblin won the National 15 Km in 1:08:56 ahead of Ray Sharp.

25 Years Ago (From the July 1985 ORW) - Marianne Torrellas and Tim Lewis both set American records while winning races in a dual meet with West Germany. Marianne had 22:55.12 for 5 Km and Tim 40:26.0 for 10. Teresa Vail (23:22.6) and Marco Evoniuk (41:02.8) were second in the two races... Gary Morgan won the National 10 Km title in 43:31 at Niagara Falls. Todd Scully (44:35), Ray Funkhouser, and Mel McGinnis followed... The National Junior 10 Km went to Curtis Fisher in 47:50 ahead of Paul Schwartzburg’s 48:08.

20 Years Ago (From the July 1990 ORW) - At Seattle’s Goodwill Games, Russia’s Nyadeszhda Ryashkina broke the world 10 Km record with a 41:56.21 on the track. Australia’s Kerry Saxby was just a second back with Beate Anders, GDR, third in 42:49. Debbi Lawrence led U.S. walkers with 46:32. Mexico’s Ernesto Canto won the 20 Km gold medalist Yueling Chen, now a U.S. citizen, to win by a minute in 1:34:10. Debbi Lawrence’s victory was the first for the U.S. in the race, and she was accompanied by 20 others in the top 20. Italy’s Marcello Cacciaferr led the women in 47:10. .. At the U.S. Olympic Festival, Debbi Lawrence (46:10) beat Sarah Standlee by more than 2 minutes with Wendy Sharp third. In the 20 Km, a misplaced cone on the 1.5 Km loop shortened the race to a calculated 18.27 Km with Carl Schuler winning in 1:38:58, 20 seconds ahead of Allen James with Curtis Fisher third. Marco Evoniuk won the 50 in 4:17:11 ahead of Dan O’Connor (4:19:28).

10 Years Ago (From the July 2000 ORW) - At Seattle’s Goodwill Games, Michelle Rohl won the Women’s 20 Km and Tim Seaman the Men’s 20. Rohl slipped away from 1992 Olympic Gold Medalist Yueling Chen, now a U.S. citizen, to win by a minute in 1:32:39. Debbi Lawrence led in third in 1:33:46 and Joanne Dow fourth in 1:36:17. In the men’s race, Kevin Eastler hung with Seaman for 11 Km but slowly dropped away after that, with Seaman winning in 1:25:41, Eastler second in 1:26:38, and Andrew Herrmann third in 1:28:06. Michael Rohl was fourth in 1:32:34, just 5 seconds faster than his wife had gone a week earlier... Portugal’s Susa Reitler walked a 1:28:19 for 20 Km in Hildesheim, Germany with Russia’s Natalia Fedoskina second in 1:28:32 and Italy’s Rosella Giordano third in 1:29:47. Robert Korzeniowski won the men’s 20 at the same venue in 1:18:22, 21 seconds ahead of Eugene Misulya of Belarus.

LOOKING BACK

45 Years Ago (From the July 1965 ORW) - Ron Laird won the National AAU 20 Km in Baltimore in 1:38:38 over Jack Mortland, Don DeNoo, and George Reimann, and surprising Regis Dandur. Laird led from the start and was never seriously challenged. Baltimore was a big improvement over Ron’s miserable sixth place finish in 50:00 a few weeks earlier in the Tour of Ohio series. Paul Reback beat Jack Mortland by 7 seconds in a Dayton 15 Km race...
5 Years Ago (From the July 2005 ORW) - At the National Club Championships, 5 Km racewalk titles went to Tim Seaman (20:41.13) and Joanne Dow (22:54.73). Zachary Pollinger and Jolene Moore were second in the two races. Pollinger also won the National Junior 5 Km in 22:10.55. Russian's won at the World Youth Championships; Tatyana Kalmykova in 22:14.47 at 5 Km and Sergey Morozov in 42:26.92 at 10.

New Zealand's Norman Read crosses the finish line to win the 1956 Olympic 50 Km in Melbourne. Read finished in 4:40:42.8, 2:15 ahead of Russian's Yevgeniy Maskinskov.

Two eras of Ray Sharp. One of the three grand old men this year's U.S. World Cup 50 Km team, Ray Sharp has had two careers. On the left, a 20-year-old Ray is seen leading Chris Hansen in the 1980 U.S. 10 Km Championship. They tied for the title in 42:42.9. Canada's Marcel Jobin (see p.6) won the race in 41:47.3. On the right, the 46-year-old Sharp on his way to a second place finish in the 2006 National 50 in 4:21:06. Ray spent about 15 of the intervening years 26 years in retirement. (Photos provided by Tim Jacobs.)