Tuusula’s Hyrla, Finland, Sept. 4—Walking as a guest in the Nordic Track Championships, U.S. junior champion and record holder Trevor Barron destroyed the field of older walkers circling the track 50 times to record 1:23:49.39 for 20 Km. Still just 17, Trevor finished nearly 6 minutes ahead of Finland’s Antti Kemppas who won the Nordic title in 1:29:39.03.

It was immediately obvious that Trevor, with a best of 1:31:51 from February, was out to pulverize that record. He went through the first 5,000 meters in 21:34—a 1:26:16 pace. Apparently feeling pretty fresh, he dropped to a 21:12 for the next 5, to reach 10 in 42:46, which would have been a personal best at that distance prior to his 41:50 for seventh in the World Juniors in July.

But there was a lot more in the tank as he blitzed the final two 5,000 meter segments in 20:33 and 20:31—a 41:04 for the final 10. That’s 47 seconds faster than his previous best at the distance. His coach, two-time Olympian and 43 times National Champion Tim Seaman, who followed the race by phone at his home, noted: “What do you do when you have an athlete who has a “disappointing” race and “only” places seventh at the World Junior Track and Field Championships? You come up with a new goal for him. Going over to Finland for the Nordic 10 Km, Trevor and I had as his goal to break 1:26:00. Some people thought we were crazy.” Well, maybe they were crazy to set the goal that low.

Trevor’s time makes him the sixth fastest U.S. 20 Km walker of all-time. Only Tim Lewis, Tim Seaman, Kevin Eastler, John Nunn, and Curt Clausen have gone faster. As Dave McGovern noted: “A 17-year old just knocked Ray Sharp off the U.S. top-10 list and bumped me, Allen James, Jonathan Matthews, and Jim Heiring back a notch. (I’m also no longer the fastest US non-Olympian at 20 Km, but I’m sure this will change in 2012.)”

Trevor’s time would be a “B” qualifying standard for next year’s World Championships, but Sweden’s Birger Falt, who was at the race, reports that there were no international judges at the competition, so he will have to do it again. Birger suggests, “Trevor will certainly do this time again next year.”

Trevor first walked a 20 in February 2009 when he returned a 1:37:57, considered at the time an amazing debut for a 16-year-old. How many 16-year olds ever walk 20. It made him the eighth fastest U.S. walker last year. He dropped that to 1:31:51 in February of this year. So now in his third race at the distance he takes off another 8 minutes. Let’s see. At that rate... Well let’s say that Trevor has a promising future.

An Added Note. In the October issue Track and Field News devoted a full page on article to the exploits of Trevor, and Tyler Sorensen, including a very nice color picture of Trevor in action. I have a complete collection of T&F News dating back to the fall of 1953 and I can’t recall this much space given to any other racewalker, although such as Ron Laird, Larry Young, and Curt Clausen were certainly deserving of some space in that publication.
Moncada, Login Take 40 Km Titles

Ocean Twp., N.J., Sept. 12 (From Elliott Deman) - Jose Moncada took the men's title and Solomiya Login won the women's crown, giving the Philadelphia-based Southeastern Pa. Athletic Club a sweep of the individual gold medals in the 72nd annual USA T&F National 40 Km racewalking event Sunday at Joe Palamia Park.

Moncada, 21, a junior history major at LaSalle University, wrote some history of his own as he turned the table on four-time defending champion Ray Sharp of Atlantic Mine, Michigan, and won his first national racewalking title with an eye-opening negative-split performance of 3:32:40.

"Jose was just amazing," said Southeastern AC coach Ed Richardson. "He walked the first 20 in 1:50, then came back to do 1:42 for the second 20. That kind of performance is unheard of at a distance like this."

Scores:

MEN:
1. Robert Hailey (45), Pegasus AC 3:39:56
2. Dave McGovern (50) 3:37:28
3. Ray Sharp (60), Pegasus AC 3:35:57
4. Matt DeWilt (45) 3:34:20
5. John Soucheck (45), Shore AC 3:33:06
6. John Soucheck (45), Shore AC 3:32:40
7. Tom Bwelford (50) 3:32:40
8. John Soucheck (45), Shore AC 3:31:13
10. Judy Meixner (50) 3:30:45
11. Thomas Smith (50) 3:30:23
12. Tom Bwelford (50) 3:29:56
13. William Norton, Shore AC (60) 3:29:56
14. Tom Bwelford (50) 3:29:56
15. John Soucheck (45), Shore AC 3:29:56
16. John Soucheck (45), Shore AC 3:29:56
17. John Soucheck (45), Shore AC 3:29:56
18. John Soucheck (45), Shore AC 3:29:56
19. John Soucheck (45), Shore AC 3:29:56
20. John Soucheck (45), Shore AC 3:29:56
21. John Soucheck (45), Shore AC 3:29:56
22. John Soucheck (45), Shore AC 3:29:56
23. John Soucheck (45), Shore AC 3:29:56
24. John Soucheck (45), Shore AC 3:29:56
25. John Soucheck (45), Shore AC 3:29:56
26. John Soucheck (45), Shore AC 3:29:56
27. John Soucheck (45), Shore AC 3:29:56
28. John Soucheck (45), Shore AC 3:29:56
29. John Soucheck (45), Shore AC 3:29:56
30. John Soucheck (45), Shore AC 3:29:56

WOMEN:
1. Solomiya Login, SE Pa. AC 3:47:52
2. Erin Taylor-Talcott, Shore AC 3:50:38
3. Darlene Backlund, SoCal TC 3:51:03
5. Judy Meixner, Shore AC 3:51:25
7. Judy Meixner, Shore AC 3:51:25
8. Judy Meixner, Shore AC 3:51:25
10. Judy Meixner, Shore AC 3:51:25
15. Judy Meixner, Shore AC 3:51:25
17. Judy Meixner, Shore AC 3:51:25
18. Judy Meixner, Shore AC 3:51:25
20. Judy Meixner, Shore AC 3:51:25
22. Judy Meixner, Shore AC 3:51:25
23. Judy Meixner, Shore AC 3:51:25
25. Judy Meixner, Shore AC 3:51:25
27. Judy Meixner, Shore AC 3:51:25
29. Judy Meixner, Shore AC 3:51:25
30. Judy Meixner, Shore AC 3:51:25


Chinese Teenager Blazes 10 Km In IAAF Racewalking Challenge Final

Beijing, China, Sept. 18 (IAAF release by Mirko Jalaev) - The 2010 IAAF Racewalking Challenge Final turned out to be a show run by the Chinese hosts as presumed. Three Chinese men and two women finished in the top four of the 10 Km races on a fast course.

The men's race was the fastest ever at this level. The winning time for China's Zhen Wang, reportedly only 17, was 37:44, equal second fastest ever at this level. Norwegian Erik Tysse has the fastest time, 37:33, in Hildesheim in 2006. Tysse also walked 37:44 last year.

The pace was fast from the start and the top eight broke away early. Most of the walkers were together until 3 Km with the pace near four minutes per km, but the leaders accelerated after that with Zhen Wang, Yafei Chu, and Australia's Jared Tallent leading in 15:31 after 4 Km. The pace quickened to 4:35 per km but there were still nine walkers within two seconds of each other at 6 Km. By 7 Km, the lead pack was down to five, with Tallent almost 10 seconds back. Wang and Chu continued in the lead accompanied by Rubino, Colombiano Luis Lopez, and Korean Hyun-sub Kim. Hao Wang had dropped back by 5 seconds in sixth.

Wang and Chu clocked 3:40 for the next km to reach 8 in 30:25, 10 seconds clear of the others. Wang then made his move, grabbing a clear lead before 9 Km and going on to win.
by 13 seconds. His 37:44 bettered the world junior record of Russia’s Stanislav Yemelyanov by 44 seconds. It was also an Asian record, bettering the 38:40 of Chu in winning the IAAF Challenge race in Krakow earlier this year. Chu, 22, took 43 seconds off that record himself, but was no match for his young teammate on this day. The first 15 finishers were under 40 minutes and all set personal records.

The women’s race saw only 13 starters. Russia’s Tatiana Sibileva was in the lead from the start, leaving others behind after the first kilometer. She reached 4 km in 17:04, 17 seconds ahead of China’s Liu and Yanfei Li and Germany’s Melanie Seeger. After 5 km, Liu dominated both the Beijing Olympics and Berlin World Championships, trying to make a move, but her 5-second gap on Seeger and Li was no match for his young teammate on this day. The first 15 finishers were under 40 minutes and all set personal records.

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### From Heel To Toe

**Matthews comments.** Olympian Jonathan Matthews, one of those Trevor Barron dropped a spot on the all-time U.S. 20 Km list (come to think about it he dropped me a spot too, but that spot, probably in the top five or six 45 years ago, might be closer to 200th now) had this to say about Trevor’s performance: “This is great news. Trevor is a fine young man and a racewalker with huge potential. I don’t want to put impossible expectations on him, but it occurs to me that he may develop according to the Usain Bolt model. Trevor is much taller than most elite racewalkers, as Usain Bolt is much taller than most elite sprinters. It may be possible that Trevor can use his longer levers to ultimately attain speeds that surpass those attainable by elite shorter racewalkers. Normally in distance events, the smaller mass of a shorter person is more of performance advantage than that afforded by the longer legs of a taller athlete. However, because the center of gravity of a racewalker’s mass is relatively stable, in comparison to running, it may be the case that the greater mass that comes with more height is not as much of a problem, so that the taller racewalker may ultimately be able to perform better, all other factors being equal (in theory). Tim Lewis was much taller than other elite racewalkers, and I got the feeling that he never got close to realizing his ultimate competitive potential, for reasons that had nothing to do with his physical ability. Perhaps Trevor, with the help of Tim Seaman’s coaching, can fully realize the performance potential of the taller racewalker.” Jonathan, who teaches at Carroll College in Helena, Montana, also notes that Carroll is a very fine liberal arts college that is just adopting track and field this spring. As an NAIA school, racewalking will be part of it. So, any high school age racewalkers who would like to compete for a top-flight college in one of the most-beautiful places in the world could check them out at www.carroll.edu. **Another goof.** I managed to have two NO. 3 issues in this volume—May and June. So, making the correction with this issue, you never got a NO. 6. But, rest assured, you have received 6 issues and herein the seventh. One of those rare mistakes: a person on the staff makes: **24 Hour Walk.** Come to Yellow Springs, Ohio on Saturday, October 30 for the opportunity to walk for 24 hours. The Corinn’s Way 24 Hour Challenge walk is hosted by the Miami Valley Track Club and sponsored by Corinn’s Way, an organization recently founded by Jack Blackburn, publisher emeritus of the Ohio Racewalker and U.S. Centurion (those foolish enough to complete a 100 mile walk in 24 hours or less.) Jack states three purposes for the walk. First, to promote fitness as a lifestyle for all people whether an athlete or someone needing help. Second: to raise funds for Corinn’s Way—an organization for helping those in need. (Named in honor of Jack’s late mother, a pioneer in women’s racewalking and an extremely good person.) Third to showcase some of the best endurance athletes in Ohio (and elsewhere) as an example of perseverance and discipline in achieving a long-term goal. For further information you can call Jack Blackburn at 937-552-9599 (9 am to 6 pm). Or write Corinn’s Way, 306 S. Dorset, Troy, OH 45373. **A voice from the past.** But a voice still with us today. The most recent issue of the Walkers Club of Los Angeles newsletter reprints a 1964 quote from Ron Laird, a two-time Olympic racewalker as of that fall and eventually a four-time Olympian: “It’s not always best to copy exactly someone else’s style of racewalking. What works well for others may not work so well for you. Because our skeletal and muscular systems are a little different, we need to perfect a style that is most comfortable and natural for our own bodies. Over the years, I’ve seen all sizes and shapes do the work needed to become accomplished racewalkers. Some have even become champions. What helps is finding those small variations of basic technique that work best for you. At first glance, racewalking may look like a lot of work, but don’t let this intimidate you. It’s all that energetic arm pumping and quick leg action that gives some people the illusion of
excess work. But then, what’s wrong with work. Work is what gets us fit and helps keep us healthy. Give the Olympic style of walking a fair trial and you’ll soon be glad you did. Proper exercise makes you feel and look good.”

The End of DQ’s?

(The following was published in Great Britain’s Race Walking Record in the most recent issue. We repeat it here with the blessing of Editor John Constantiniou, who prefaced it as follows.)

At an IAAF Racewalking Committee meeting earlier this year, a radical new proposal was discussed. The aim of the proposal is to eliminate disqualifications through the introduction of a pit-lane or penalty area where athletes would be held for a period when breaking the rules, before being allowed to continue the race. The Committee members were handed a copy of the proposal which they were asked to discuss and circulate with in the racewalking community and to gather feedback of the next meeting. Following is the proposal.

IAAF RACE WALKING COMMITTEE MEETING
17 MAY 2010, CHIHUAHUA (MEX)

Is there a problem linked to racewalking and what is it? Racewalking is the only athletics discipline where athletes can be subjectively disqualified by judges for not complying with the rules before the end of the race and not have the right to appeal (except in the case of a disqualification by the Chief Judge in the last part of the race).

This creates the following problems:
• a clear discrepancy with the other disciplines where athletes can finish the race and appeal
• a great number of disqualifications with respect to the number of starters offering a negative image of the sport
• discourages grass-roots athletes from approaching the discipline to the extent that, in some countries, only the loss of contact rule (perhaps easier to understand and detect) is applied for age-group competitions in an effort to reduce the number of disqualifications
• judging ability is not consistent throughout the international panels so the “quality” of the judging panel unfairly becomes a determining factor in the athlete’s possibility to succeed or fail in a race
• a lack of understanding from the general public and loss of affection for the discipline.

What possible options are there to help solve the problem keeping the current rule. Studies have been conducted on the use of electronically operated warning devices linked to the athletes’ shoes and able to detect and report loss of contact, which is only one of the two characteristics of the Racewalking Rule (the other being the bent knee). This would introduce an objective element which would, in theory, ensure consistency in the detection of this violation of the rule. For the moment these devices are still prototypes which need further studies to guarantee the necessary reliability, duration and flexibility and are incompatible with a short-term real world application.

In any case taking the Racewalking Judges out of the equation is not possible nor desirable (an eventual electronic device would only be available for the major competitions).

Courses and seminars are held periodically in an attempt to establish a common understanding on the interpretation of the Racewalking Rule and on the criteria for its uniform application during a race, but this is proving difficult to achieve because the key characteristics that make a good judge are different from one judge to the other:
• concentration
• stamina
• eyesight
• observation
• reaction time
• commitment
• experience

A new approach

It is very unlikely that it will be possible to do without the subjective element of judging in the short term so a possible approach could be to find a way to reduce the impact that the judging factor has on the results of a race. At the moment it has a drastic impact which can go as far as the athlete’s disqualification. What if it instead leads to a penalty of some kind for those athletes breaking the rule (i.e. slowing them down), thus giving an advantage to the athletes walking properly, instead of leading to a disqualification? This principle, which already exists in other sports (biathlon, show jumping, car racing, etc.), is widely accepted and understood and its application to racewalking may not be as so unusual. In actual fact the judges would continue to do their duty in the same way and the efforts towards the development of a more consistent judging manner would be maintained, however their actions would lead to different consequences.

The proposal

Probably the closest existing practical application of the above principle is in motor racing (pit-lane drive through) and biathlon, the basic concept of which reads as follows: “A Biathlon competition consists of a race in which contestants ski around a cross-country track, and where the total distance is broken up by either two or four shooting rounds, half in prone position, the other half standing. Depending on the shooting performance, extra distance or time is added to the contestant’s total running distance/time. As in most races, the contestant with the shortest total time wins.”

If we reward to suit race walking, the basic principle could read:

“A Racewalk competition consists of a race in which contestants racewalk around a circuit in compliance with the rules of racewalking. Athletes judged unable to walk strictly according to the rules are penalized and extra distance (or time) is added to their total running distance/time. The contestant with the shortest total time wins.”

This, of course, would be the new basic principle for which general consensus would be required and the immediate consequences of which would be that athletes would no longer be disqualified (except, perhaps, extreme cases in the last part of the race) but, depending on the number of red cards received, would be required to either stop for a certain time before continuing or walk an extra distance in the middle of the race (or a combination of both). During the time in which the athlete undergoes the penalty, he/she must be off the course and in a designated secured area (“pit lane”)

Advantages

• No longer any disqualifications for not walking according to the rule (except extreme cases) so all athletes have the chance to finish the race and record a performance – very important
racewalking community that such a proposal is being considered by the IAAF and that opportunities to test this new concept, at first within the younger age groups or at minor competitions, are sought.

ORW Editor comments:

First, I am curious as to why this has apparently remained underground since May. It was news to me when John passed it on. That aside, here are my initial comments to John:

I have had the thought in the past that a time penalty in lieu of a DQ might be a way to go and I think I, or someone else, has expressed that thought in one of the many discussions of judging matters that have appeared in the ORW over 46 years. Briefly, some comments on the proposal:

How do we define “extreme case”? Probably everyone can relate to the term (flagrant violation might be another term), but where is the fine line between a routine loss of contact and an “extreme case”?

After three cards and time in the pit lane, does a competitor have to accumulate three additional reds before a second penalty, or does each subsequent violation warrant a penalty (any 10 seconds)? If it takes three more, a competitor might try to make up for the 30 seconds lost by throwing all caution to the wind (short of becoming an “extreme case”, however that might be defined) until two more reds are thrown his or her way.

After three reds and a penalty, can a judge who issued one of the three cards, issue another red, or do subsequent reds have to come from other judges?

Finally, why not just a time penalty (30 seconds added to the final time) rather than the “pit lane” stop, which it would seem would be more of an administrative headache.

And here is John’s reply to my comments:

“I had the document for a few months, but have been rushed with space and stuff. No doubt there have been many suggestions over the years, all probably with merit. But for the IAAF committee to discuss it at this level seriously is a great step. They acknowledge in the document that there are many things to consider and it won’t be easy, and some dismiss it out of hand altogether as many people don’t like any change whatsoever. A time penalty would be near identical to a pit lane, no argument there—but more exciting for an audience to see penalties in action during the event rather than see someone finish in first place and then appear in the results in fifth, confusing them! (Ed. Good point) It is the confusion and the impression of cheating that outsiders see in our sport that we need to fix, and personally I think it would be great. I know a lot of people who quit the sport due to getting DQ’d too. If it stirs up debate, then great. I don’t think it will happen any time soon though.”

Regarding Evolution of 20 and 50 Km Records

The following communication comes from subscriber Richard Harper, who has a deep interest in the statistics of our sport.

Thank you for continuing to assist our sport through the printing of the Ohio Racewalker. It continues to be one of the few resources available. This letter is in regard to the evolution of 20 and 50 km road records printed in the July and August issues.

Years ago, I was researching the evolution of the world bests for women and you were kind enough to lend me your collection of Race Walking World Statistics. (Ed. A series of booklets published by Denmark’s Palle Lassen and Egon Rasmussen from the mid 1960s through the late 1980s, which I still have many of on hand.) Nowadays, with the internet, it is easier to find the answers to the evolution, but for me, questions remain. You highlighted
one, how far back does one go in establishing a record? (Ed. Actually, I think the question posed was how far back in the record list do you or I have to go to have walked a world record, so Richard is posing a new, but legitimate question.) A second one is when does a world's best performance become a world record?

In answer to the question, how far back is back? The IAAF records start with its founding in 1913. Since that time, validated marks set on a track became records until 2003 when road marks were added. The last valid mark set before 1913 was sometimes confirmed as a record, such as Goulding's 1912 Olympic track time of 46:28.4 for 10 Km or Thomas Griffith's 20 mile track time walked in 1870. Muller's road time of 1:38:43 was the world best when the IAAF was established in 1913.

From 1913 until 2003, road marks were not recognized as world records. I'd like to know, how and by what criteria, did certain road marks set during that 90-year span retrospectively become part of the world record progression? Why were other recognized world best times left out?

A few examples will highlight the problem. Oliviapa Ivanova set the initial and current 20,000 meter bar at 1:26:52.3 in a 2001 track race. Yan Wang's mark of 1:26:22 was set on the road later that year. Superior road marks set in several Russian winter championships were not accepted because of an insufficient number of internationally certified judges. Three marks inexplicably do not appear in the record progression. Yelena Nikolayeva tied Wang's mark in 2003 in the European Cup. What was the problem in a European Cup race. Kerry Saxby wins a world best in 1986 of 1:33:29 and 1:32:51 in 1987, yet they do not appear as records. Do you, or do any of your readers, have any idea why?

The men's evolution is more perplexing. Niels Pederson of Denmark set the initial 20,000 meters record on a road course not a track on his way to 25 Km. Shouldn't that be the first real road record? Also, there are persistent questions about the mark of 1:37:57 set by Emile Antoine of France in 1913. Antoine went on an apparent record binge that year completing three 50 Km races in five weeks, one of which was on a track. All three of those 50 km races were faster than the eventual world and road record of Paul Sievert of 4:34:03 set in 1924. No source, including Race Walking Record, accepts the 50 km times of Antoine as real records. How is his 20 Km mark valid when his entire race of 50 Km is considered suspect?

Finally, nestled among the road races listed by UK's Race Walking Record is Bernardo Segura's 1994 track world record of 1:17:25.6. Segura's mark was the best effort on either the road or the track at the time but there is no other inclusion of a track race (even when those times were superior to the road times) in the road race evolution.

Once again, thank you for your unwavering support of our sport. I hope that, if you print this letter, one of your readers will supply answers to these questions.

Obviously, the lists are a work in progress and perhaps Richard himself would be the best one to set them right. I mentioned to Race Walking Record's editor, John Constandionou that one of my readers had some problems with the lists. John replied: "I'm not surprised there are mistakes in the lists and take no offense in people providing corrections. Unfortunately, I have little time to double and triple check every statistic I come across, and have been on the wrong side of the IAAF myself regarding records. The progressive lists I took directly from Wikipedia. One of the pages (Men's 20 Km) seems to have been taken down due to "copyright infringement", and I take that to mean it was an exact copy from the legitimate source. The Athletics Annual (available each year from Amazon) is an amazing source of every legitimate statistic and progression list, but it would
looking back

45 years ago (from the September 1965 ORW) - Ron Laird overcame a muddy track (one huge puddle forced walkers into the fourth lane as they entered the homestretch) in Chicago’s Riis Park to win the National 1 Hour title, covering 7 miles 1432 yards. Taking a quick lead, Laird stretched it to as much as 56 seconds at 5 Miles (37:39). Second place Jack Mortland then closed some ground, but was still 90 yards back at the finish. Mortland’s Ohio TC teammate, Jack Blackburn, was another 127 yards back. Ron Daniel came fourth, covering 7 miles 953 yards.

40 years ago (from the Sep. 1970 ORW) - John Knott, better known for his exploits at shorter distances at that stage of his career, won the National 50 Km in Santa Barbara, Calif. in 3:35:02. John Kelly was nearly 3 minutes back and Bob Kitchen another minute back, the first American born contestant with the other two transplanted from England and Ireland, respectively. Rounding out the top six were Goetz Klopfer, Jim Lopes, and Bryan Overton.

Dave Romensky survived a severe electrical storm during the contest to win the National 25 Km from Knott in under 2 Hours. The Canadian 50 Km went to Michigan’s Gerry Bocci, with Poland’s 1:18:59, ahead of Pat Farrelly in 4:54:57. Wife Jeanne set American bests from 25 to 50 Miles (37:39). Second place Jack Blackburn, was another 127 yards back. Ron Daniel came fourth, covering 7 miles 953 yards.

25 years ago (from the Sep. 1990 ORW) - Larry Young, now a two-time Olympic bronze medalist, added another 50 Km national title to his list (his sixth at the distance and 22nd overall) winning in Smithtown, N.Y. in 4:18:56. Augie Hirt was 12 minutes back, with John Knott, Tom Knatt, Ray Somers and Paul Ide also finishing under 4:40.

Women’s racewalking was just beginning to emerge on the world scene.

20 years ago (From the Sep. 1990 ORW) - The European Championships saw some surprise winners. Italy’s Anita Carotenuto took the Women’s 10 Km in 44:00, as world record holder, Nadesha Ryakhina was pulled by the judges at 8 km. Olga Karpalotsyeva, USSR, was right on Sidot’s back, finishing second in 44:06, with another Italian, Ilena Salvador third in 44:38. Russian favorites folded in the 20 Km as the title went to Czech Pavol Balazek in 2:22:05. Daniel Plaza, Spain, and Thierry Toutain, France, were next in 2:22:22 and 2:23:22. The 50 was walked at midday on a very hot day and only Soviet Andrei Perlov and German Bernd Gummelt seemed to hold up in the conditions, though well short of their best times. Perlov won in 5:34:36 ahead of Gummelt’s 5:35:03. Favorite Hartwig Gauder took third, but couldn’t break 4 hours. Nearly half the field was on the sidelines at the finish. Dan O’Connor won the National 40 Km in New Jersey, his 3:26:57 beating Dave McGovern by 10 minutes. Nick Benda was just 16 seconds behind McGovern in third.

15 years ago (From the Sep. 1995 ORW) - In races at Elk Grove, National 15 Km titles went to Victoria Herazo and Al Heppner. Herazo was unpressed, her 1:12:39 leaving Danielle Kirk 7½ minutes behind. The men’s race was much closer, if we ignore Wil Van Anden, who broke the tape ahead of the field, only to find that he was DQ’d. This left Heppner (1:12:07) to edge Paul Malek (1:12:11) and Paul Martino (1:12:14) for the title. The master’s title went to 51-year-old Jim Carmines in 1:16:21. The National 5 Km in Kingstown, Ten., saw Herazo winning again in 22:48 with Cheryl Rellinger second in 25:05. Gary Morgan won the men’s race in 20:54, ahead of Dave McGovern (21:03) and Curt Clausen (21:15).

10 years ago (From the Sep. 2000 ORW) - Robert Rules. Poland’s Robert Korzeniowski picked up his second and third Olympic gold medals in Sydney. After winning the 20 Km in 1:18:59, he came back a week later to defend his 50 Km title in 3:42:22. He became the first to win gold medals at both distances. Only Italy’s Ugo Frigerio, with golds at 3 and 10 km in 1990 and 10 Km in 1992, can match his three golds in racewalking. (Four years later, Korzeniowski added a fourth, winning the 50 for the third time.) In the 20, Mexico’s Bernardo Segura led him across the finish line by a small margin, but had picked up his third red card before they entered the stadium, for the final lap. Noe Hamankes, Mexico, was four seconds back, second, well ahead of Vladimir Andreev, Russia, and Jefferson Perez, Ecuador, the defender. The 50 was a more decisive win for Korzeniowski as he pulled clear of Latvia’s Aigars Padejevs over the final 20 to establish a winning margin of 1:18. Mexico’s Joel Sanchez was third. The women’s 20 went to China’s Liping Wang in 1:29:50, 28 seconds ahead of Norway’s Kjersti Platzter, with Spain’s Maria Vasco another 50 seconds back in third. The National 340 Km in New Jersey went to Dave McGovern in 3:38:36, better than two minutes ahead of John Soucheck. Ohio’s Chris Knotts was third.

5 years ago (From the Sep. 2005 ORW) - John Nunn and Teresa Vaill moved up from their usual 20 Km treks to capture National 40 Km titles. Both were unchallenged. Nunn’s 3:18:43 left Paul Schwartzburg nearly 25 minutes back, with Dave McGovern another 5 behind in third. Vaill did 3:37:51, for second overall with Loretta Schuellein 27½ minutes back in second.

Mostovik, USSR, captured the other two medals. The Chinese women took one-two individually in a very close 10 Km race. Hon Yan (46:11) and Guan Ping (46:23) just held off the USSR’s Olga Kristof (46:24).