

## Barron Under 1:24 at Age 17

Tuusula's Hyrta, 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 Kempas 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 5000 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.*

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## Moncada, Login Take 40 Km Titles

Ocean Twp., N.J., Sept. 12 (From Elliott Denman)—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 Palaia 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." (Ed. Not to belittle that sort of acceleration, but to put it in some perspective, even had he walked the first 20 in 1:42 and came back with another 1:42, he would still have had only the eleventh fastest winning time in the history of the event and would have needed two 1:33+ 20s to equal Tim Seaman's championship record of 3:06:17.)

Login, 30, a former holder of the LaSalle U. women's steeplechase record, led the women's field from start to finish, regaining the title she'd won in 2008 and clocking 3:47:52. She was the first American finisher in the World Cup 20 in Mexico this spring and has now set her sights on the 2012 Olympic Trials.

Meanwhile, in the race that also incorporated the U.S. masters championship, walkers recorded six national and one world-best performance.

Walking through the day's intermittent rain, former men's champion Dave McGovern (three times with a best of 3:28:03 in 1994) of Locust Valley, N.Y. held the men's lead through most of the first 19 of course's 2 Km loops, before Moncada surged past to win it on the 20th and final circuit. McGovern, 45, held on the second place, with Sharp, 50, third in 3:39:56. (Ray won the race way back in 1982 with 3:27:31.)

Erin Taylor-Talcott of Shore AC, the 2009 women's champion, settled for second place this time in 3:58:46, with Dorit Attias of Lakewood, N.J., another past winner, third in 5:03:04.

In a tight battle for the men's team title, Pegasus AC of Michigan (Sharp, Leon Jasionowski, and Rod Craig) totaled 12:23:11 to prevail over the World Class Racewalkers threesome of McGovern, Chris Schmid, and Eduardo Sorrenti, 12:24:12.

Topping the Masters record-breakers was SoCal TC's Darlene Backlund of Redmond, Oregon who set a U.S. women's 65-59 division of 5:09:46 and went on to finish 50 Km in 6:26:44, a world and U.S. women's Masters record performance.

World Class's Chris Schmid, of Wooster, Ohio, set a U.S. men's 60-64 record of 3:53:14. Pegasus AC's Jasionowski lowered the U.S. men's 65-59 25 Km record to 2:33:06 and completed 40 Km in 4:17:15, better than the listed American record but slower than his own performance back in February. And 82-year-old Jack Starr of Wallingford, Pa added to the record spree with a 4:01:13 mark at 30 Km for a U.S. 80-84 division mark. Starr finished the 40 in 5:28:26.

The results:

**Women:** 1. Solomiya Login, SE Penn AC 3:47:52 2. Erin Taylor-Talcott, Shore AC 3:58:46 3. Dorit Attias (48) Walk USA 5:03:04 4. Maria Paul (45), Shore AC 5:06:25 5. Darlene Backlund (65), So. Cal. TC 5:09:46 (U.S. age group record and went on to a World age-group record at 50 Km with 6:26:44) 6. Rebecca Garson (46) World Class RW 5:25:10

**Men:** 1. Jose Moncada, SE Penn AC 3:32:40 2. Dave McGovern (45) World Class RW 3:37:28 3. Ray Sharp (50), Pegasus AC 3:39:56 4. Dave Talcott (50), Shore AC 3:48:35 5. Chris Schmidt (63), World Class RW 3:53:14 (U.S. age group record) 6. John Soucheck (45), Shore AC 3:55:37 7. Matt DeWitt (30), Parkside AC 3:59:09 8. Leon Jasionowski (65), Pegasus AC 4:17:15 (U.S. age group record, and also record 2:33:06 at 25 Km) 9. Bob Keating (63), New England Walkers 4:25:31 10. Rod Craig (52), Pegasus 4:26:00 11. Bil Vayo (46), NY Walkers Club 4:41:28 12. Tom Quattrocchi (59), Shore AC 4:45:27 13. Bruce Logan (45), Park Walkers 4:48:11 14. Eduardo Sorrenti (67), World Class RW 4:53:32 15. John Backlund (70) S.o. Cal. TC 4:57:21 16. Bill Lipford (58), Tidewater Striders 4:58:25 17. Dr. Tom Bwelford (61), Pegasus AC 4:59:07 18. Steve Shapiro (56), Tidewater Striders 5:05:54 19. Peter Bayer (72), Florida AC 5:23:59 20. Hartley Dewey (62), Tidewater Striders 5:25:10 21. Jack Starr (82), Phil. Masters 5:28:26 (U.S. age group 30 Km record of 4:01:18 en route) 22. Eliot Collins (58), Shore AC 6:01:27 23. Robert Newhouser (55), NY Walkers 6:10:53 Team Scores: 1. Pegasus AC 12:23:11 2. World Class RW 12:24:12 3. Shore AC 12:29:59 4. Tidewater Striders 15:29:29

**Other events conducted at the same time as the 40: 30 Km**—1. Ron Salvio (61) 3:36:42 2. William Norton, Shore AC (60) 3:52:16 **10 Km**—1. Dan Serianni (19), World Class 1:36:18 2. John Fredericks (62) 2:08:39 3. John Molendyk, Shore AC (68) 2:52:02 **10 Km**—1. William Meixner 1:10:00 2. Steve Durrant (71), Tidewater Striders 1:13:06 3. Bob Mimm (85), Shore AC 1:28:49 **Women's 30 Km**—1. Loretta McGovern, World Class 2:57:13 **Women's 20 Km**—1. Pamela Alva, SE Pa. AC (21) 1:54:40 2. Panse Geer (630), Shore AC 2:15:23 **Women's 10 Km**—1. Maryann Harvey (53), World Class 1:11:38 2. Paula Graham, World Class 1:13:06

## Chinese Teenager Blazes 10 Km In IAAF Racewalking Challenge Final

Beijing, China, Sept. 18 (IAAF release by Mirko Jalava)—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 all-time, Norwegian Erik Tysse has the fastest time, 37:33, in Hildesheim in 2006. Tysse also walked 37:44 last year. But the depth in those races was different. Tysse was the only athlete to dip under 38 minutes before today. Two Chinese athletes, Wang and Yafei Zhu, went under 38 minutes and Italy's Giorgio Rubino and China's favorite, Hao Wang, finished in 38 flat.

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 3:45 per km but there were still nine walkers within two seconds of one another 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, Colombian 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 Yemlyanov 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 Tatyana 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 Hong Liu and Yanfei Li and Germany's Melanie Seeger.

After 5 Km, Liu, medalist at both the Beijing Olympics and Berlin World Championships, tried to make a move, but her 5-second gap on the other two vanished before 7 km. With Sibileva far ahead, the final decision second was made between 8 and 9 km when Liu finally succeeded in leaving Seeger and Li. Sibileva won in 41:53, a personal best and fastest time in the world this year, with Liu second in 42:30, 6 seconds ahead of Seeger, and 11 ahead of Li. The results of both races:

**Women:** 1, Tatyana Sibileva, Russia 41:53 2. Liu Hong, China 42:30 3. Melanie Seeger, Germany 42:36 4. Yanfei Li, China 42:41 5. Ines Henriques, Portugal 43:09 6. Ana Cabecinha, Portugal 43:17 7. Susan Feitor, Portugal 43:41 8. Zuzana Malikova, Slovak Rep. 44:12 9. Qing He, China 44:20 10. Vera Santos, Portugal 44:53 11. Jessica Rothwell, Australia 46:05 DQ—Li Li, China and Claire Tallent, Australia  
**Men:** 1. Zhen Wang, China 37:44 2. Yafei Zhu, China 37:57 3. Giorgio Rubino, Italy 38:00 4. Hao Wang, China 38:00 5. Luis Lopez, Colombia 38:10 6. Hyun-Sub Kim, Korea 38:13 7. Ding Chen, China 38:23 8. Jared Tallent, Australia 38:29 9. Luke Adams, Australia 38:41 10. Chil-Sung Park, Korea 38:42 11. Chris Erickson, Australia 38:59 12. Joao Vieira, Portugal 39:06 13. Zelin Cai, China 39:06 14. Matej Toth, Slovak Rep. 39:07 15. Adam Rutter 39:20 16. Arai Hirooki, Japan 40:11 17. Chingliang Zhao, China 40:12 18. Jung-Huun Yim, Korea 41:28 19. Sh-Han Oh, Korea 42:11 DQ—Eder Sanchez, Mexico and Youg-Jun yun, Korea DNF—Faguang Xu, China.

### Other Results

**3000 meters, South Florida, Sept. 12—1.** Juan Moscoso 15:10 2. Maite Moscoso (15) 15:24 3. Carolyn Keealty (48) 15:58 4. Maite Moscoso 17:10 5. Juna Yanes (62) 17:10 6. Mike DeWitt (59) 17:12 7. Ann Harsh (^) 18:38 8. Sandra DeNoon (55) 19:35 (11 finishers, 1 DQ) **1500 meters, same place—1.** Juan Moscoso 7:44 2. Maite Moscoso 7:45 3. Maite Moscoso (15) 8:11 4. Juan Moscoso (9) 9:05 5. Ann Hharsh 9:06 6. Sandra DeNoon 9:15 7. Gary Null (65) 9:18 8. Scott Manas (44) 10:52 (11 finishers, 1 DQ) **3 Km, Houston, August 22—1.** Laura Draelos 18:45 2. Kerri Segell 19:59 3. Roy Cope 20:22 (7 finishers) **5 Km, Lake Gregory, Cal., Aug. 15—1.** Francine Avellaneda (40+) 30:52 2. Steve Avellaneda (40+) 31:51 3. Art Morrow (40+) 33:06 (10 finishers) **5 Km, Dockweiler Beach, Cal., Sept. 11—1.** Richard Campbell 30:18.2 2. Raymond Billig 31:17.7 3. Mike Mizote 33:05 4. Carl Acosta 33:38.9 (9 finishers) **20 Km, Oakland, Cal., Sept. 12—1.** John Nunn 1:29:49 2. Mark Green (50+) 1:50:35 3. Susan Armenta 1:52:21 4. Joe Berendt (50+) 2:09:21 5. Susan Mears (50+) 2:18:36 **10 Km, same place—1.** Alex Beyer 61:22 2. Caitlin (12) 62:17 3. J.J. Baglin (60+) 66:55 4. Marge Garner (60+) 72:20 (7 finishers) **20 Km, Oakland, Cal., Sept. 12—1.** John Nunn 1:29:49 (John, who has a lifetime of 1:22:31 from 2004 and who won his first National 20 this year, was seeking a 1:26 to qualify for the U.S. Army track team, which he has been a member of in the past. Following disc problems, his weight had gone up as high as 210 before he got started back this year. John is still coached by Enrique Pena, Jefferson Perez's coach and the former racewalking coach at the U.S. Olympic Training Center. 2. Mark Green (50+) 1:50:35 3. Susan Armenta

1:52:21 4. Joe Berendt (50+) 2:09:21 5. Susan Mears (50+) 2:18:36 **10 Km, same place—1.** Alex Beyer 61:22 2. Caitlin Palacio (12) 62:17 3. M.J. Baglin (60+) 66:55 4. Marge Garner (60+) 72:20 (7 finishers) **2.8 Miles, Seattle, August 14—1.** Stan Chraminski (62) 25:45 2. Ann Tuberg (50) 26:56 3. Rebecca Kettwig 28:22 4. Michelle Cnningham (48) 28:28 (6 finishers) **Ontario Roadwalking Championships, Welland, Sept. 12: Men's 20 Km—1.** Jianping Xu (44) 1:51:16 Women's 20—1. Catherine McCormack 2:00:04 2. Sherry Watts (57) 2:05:38 10 Km—1. Jean-Pierre Fortin 55:56 5 Km—1. John Kittredge (65) 29:52 2. Paul Holmes (48) 31:33 3. Lawrence Malek (50) 32:43 4. Ken Atkins (54) 33:32 Women's 5 Km—1. Kity Cashman (50) 27:40 2. Lee Anne Chisholm 28:04 3. Sarah Raetsen 31:34 4. Kris Kozell (57) 31:58 (9 finishers)

**Nordic Track Championships:** Men's 20 Km—Guest Trevor Barron, U.S. 1:23:49.39 (See page 1) 1. Antti Kempas, Finland 1:29:39.03 2. Timo Viljanen, Finland 1:34:27.53 3. Christer Swensson, Sweden 1:35:39.99 Women's 10 Km—1. Mari Olsson, Sweden 48:39.78 2. Anne Halkivaha, Finland 49:40.11 3. Marika Peltonlehti, Finland 53:10.59 JR. Men's 10,000—1. Veli-Matti Partanen, Finland 43:46.03 2. Aleks Ojala, Finland 44:40.96 3. Eemeli Kilski, Finland 45:35.29 Team scores (including several junior races not listed Here: 1. Finland 99 2. Sweden 64 3. Norway 32 4. Denmark 18. **Brazilian 20 Km Championships: Men—1.** Mario Jose de Santos 1:27:39 Women—1. Cisiane Dutra Lopes 1:37:36 **Finnish National 30 Km, Lappeenranta, Sept. 18—Jarkko Kinnuner 2:15:41 2. Antti Kempas 2:16:51 3. Heikki Kukkonen 2:23:03 Finnish National Women's 20 Km, same place—1.** Anne Halkivaha 1:44:12 2. Marika Peltoniemi 1:50:35 3. Tiina Muinonen 1:51:53 **Men's under 22 20, same place—1.** Matias Korpela 1:38:00 **Men's 19 under 19 20, same place—1.** Aku Partanen 1:33:22 2. Eemeli Kiiski 1:35:09 **Women's Under 20—1.** Mikeela Lofbacka 1:51:01 2. Saara Mondillo 1:54:33 **Finland-Sweden Dual, Helsinki, Aug. 27:** Men's 10,000—1. Andreas Gustafsson, Sweden 40:59.3 2. Heikki Kukkonen, Finland 41:05.0 3. Anatole Ibanez, Sweden 42:38.5 4. Antti Kempas, Finland 43:04.8 Women's 5000—1. Mari Olsson, Sweden 23:45.6 2. Anne Halkivaha, Finland 23:57.3 3. Tiina Muinonen, Finland 24:29.7 4. Mikaela Lofbacka, Finland 24:36 (The Sweden men and Finnish women won by identical 12-10 scores with Sweden getting the win with individual wins in both races.) **5000 meters, Birmingham, England, June 27—1.** Alex Wright 20:11.09 2. Tom Bosworth 20:50.01 3. Luke Finch 21:29.89 Women—1. Johanna Jackson 21:52.95 2. Lisa Kehler 24:21.92 **3000 meters, Bedford, England, May 31—1.** Alex Wright 11:38.16 2. Tom Bosworth 11:43.44 3. Brendan Boyce 11:49.93 4. Luke Finch 11:50.26 Women—1. Johanna Jackson 12:57.08 **Australian Winter Championships, Brisbane, August 21:** Men's 20 Km—1. Chris Erickson 11:24:45 2. Ian Rayson 1:26:41 3. Darren Brown 1:32:01 4. Rhydian Cowley (19) 1:35:47 (12 finishers, 2 DQ, 1 DNF Men's Under 20 Km—1.1. Dane Birs-Smith 43:00 2. Sean Fitzsimons (18) 43:05 3. Brad Alton (16) 45:13 3. Kyle Malone (19) 46:58 (15 finishers Women's 20—1. Claire Tallent 1:33:30 2. Zuzana Schindlerova, Czech Rep. 1:39:32 3. Kelly Ruddick 1:42:32 (6 finishers)

### And A Racing We Will Go

Sat. Oct. 2 5 Km, New Orleans (G)  
Sun. Oct. 3 1 Hour, Falls Church, Vir., 9 am (N)  
**USATF National 1 Hour, Waltham, Mass.**  
Sat. Oct. 9 **USATF National 5 Km, Kingsport, Tenn. (D)**  
Marathon and ½ Marathon, Portland, Oregon  
2.8 Miles, Seattle (C)

Sat. Oct. 16	10 milc and 5 Km, New Orleans (G) Portland Marathon, Portland, Oregon (C)
Sun. Oct. 17	Half-Marathon, Detroit (F) One Hour, Falls Church, Vir., 9 am (N) South Region 10 Km, Atlanta (G) 5 Km and Half-marathon, Albuquerque (Q) 1 Hour, Los Angeles, Cal Tech track, 6:45 am (U) West Regional 1 Hour, Banks, Oregon (C)
Sat. Oct. 23	5 Km, New Orleans (G)
Sun. Oct. 24	<b>USATF National 30 Km, Ronkonkoma, N.Y. (D)</b> Texas Senior Games 1500 and 5000 meters, Houston (G)
Sat. Oct. 30	24 Hour, Yellow Springs, Ohio (P) 15 Km, Tulsa, Oklahoma (G)
Sat. Nov. 13	Virginia USATF 1 Hour, Virginia Beach (W)
Sun. Nov. 14	<b>National USATF Masters 20 Km, Coconut Creek, Fla. (B)</b> Conn. 10 Km, Clinton (I)
Sat. Nov. 2	5 and 10 Km, Washington, D.C., 8:30 am (N)
Sun. Nov. 21	1 Hour, Cal Tech track, Los Angeles. 6:45 am (U)
Sun. Dec. 12	1 Hour, Los Angeles, Cal Tech track, 6:45 am (U)

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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](http://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 someone 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 a 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 life style 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 repeats 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 Constandinou, 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 seen 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 reword 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

for young less experienced athletes

- Less pressure on the race walking judges who can act according to their best knowledge and capacity without being conditioned by the consequences of their actions
- Penalized athletes still remain in the competition with a chance to come back creating more drama, suspense and uncertainty in the race
- Penalties can be a spectacular moment of the race and add to the appeal of the competition if adequately presented and televised

### Disadvantages

- Practical implementation
  - More paperwork / data processing required
  - Physical feasibility and location of the start-stop phase
- Historical comparison of results and performances
- Determination of correct penalties (time and / or distance)

### In practice

The practical implementation is certainly a challenge and can be more or less complicated depending on the technology available to assist with the process. The identification of the key phases of the process from the moment an athlete receives his third red card (assuming this is the criteria which determines his/her stop at the pit lane) could be as follows. For the moment we are assuming that athletes receiving three red cards must stop for 30 seconds and that the pit lane is placed somewhere before the finish line.

- The Recorder acknowledges the receipt of the red card from a third Judge
- The Posting Board is updated and shows that the athlete must undergo a penalty
- The Recorder informs the relevant Assistant to the Chief Judge
- The relevant Assistant to the Chief Judge (or the Chief Judge if closer) notifies the athlete of the third red card and of the consequential penalty
- Having been notified, the athlete approaching the Pit Lane is directed into the holding area by a Competition Official. The athlete must stop and cannot postpone his stop.
- The clock starts counting 30 seconds from the moment the athlete crosses the entry line
  - if transponders are available, a mat could be used to start the clock and the time could be shown on a simple display, also showing the athlete's bib number or name, at the exit of the Pit Lane
  - if technology is not available, then a timekeeper shall start the time and shall notify the athlete with some sort of countdown leading up to his exit from the Pit Lane
- The athlete is free to stop or continue moving inside the Pit Lane area without constraints (cannot however have access to refreshments, drinking or sponging)
- When the 30 seconds are over, the athlete is free to leave the Pit Lane and re-enter the course, where he is again required to walk according to the Rules
- The count of the red cards for that specific athlete starts again from zero and the Posting Board is amended accordingly (though the total red cards received is kept on record for statistical purposes)

### Next steps

Should it be concluded that this proposal has some merit, the next logical steps could be:

- Give mandate to a small working group to fine-tune the practical aspects by a certain deadline
- If the proposal is supported in principle by the IAAF Council, officially inform the

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 (say 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 reds, 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 Rassmusen 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 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 retroactively become part of the world record progression? Why were other recognized world best times left out?

A few examples will highlight the problem. Olimpiada 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. Yet 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 set world bests 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. Neils 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 Antonine of France in 1913. Antonine 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 Constandinou 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 20Km) 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

take an awful long time to collate the printed lists with the online ones. No arguing with them, as they say their lists are the official ones. Should have verified with it, but I published before getting the book. You can print from me in ORW that I really do apologize for printing slightly inaccurate information taken from public sources with good intention. I invite anyone with better information to update Wikipedia, for the benefit of our sport. (I intend to keep an online list of all walking records at some point!)"

Well regardless, the lists, though not entirely accurate, provide an interesting look at the progression of records in our sport. We will be glad to update them when someone develops more accurate (will they ever be entirely accurate?) lists.

Now speaking of lists, here is another, this one developed by Australia's Jim Leppik and tweaked by Dave Talcott, who sent it to me.

### Women's All-Time World 50 Km List

4:10:59 Monica Svensson, Sweden, Oct. 21, 2007  
 4:12:16 Elena Ginko, Belarus, Oct. 17, 2004  
 4:16:27 Jolanta Dukure, Latvia, Sept. 9, 2006  
 4:28:13 Evaggelia Xinou, Greece, Oct. 17, 2004  
 4:28:53 Neringa Aidietyte, Lithuania Oct. 1, 2006  
 4:29:56 Natalia Bruniko, Italy, Oct. 27, 2002  
 4:32:36 Lyudmila, Shelest, Ukraine, Oct. 18, 2009  
 4:35:51 Anna Lisa Potenza, Italy, Oct. 18, 2009  
 4:36:45 Olena Kryvokhyzha, Ukraine, Oct. 28, 2001  
 4:37:40 Martina Gabrielli, Italy Oct. 15, 2006  
 4:39:45 Susan Armenta, USA Feb. 1, 2002  
 4:41:32 Agnese Pastare, Ltvia Oct. 19, 2008  
 4:41:57 Kora Boufflert, France Sept. 19, 1995  
 4:43:24 Anita Liepina, Latvia Oct. 27, 200-2  
 4:44:09 Henrietta Rushnakova, Slovak Rep., Oct. 19, 2003  
 4:45:13 Katsiaryna Pashkouskaya, Belarus Oct. 18, 2009  
 4:45:57 Laura Polli Switzerland, Oct. 16, 2005  
 4:46:35 Monica Gardini, Italy, Oct. 19, 2003  
 4:47:27 Tiziana Sechi, Italy, Oct. 27, 2002  
 4:47:42 Maria Teresa Marinelli, Italy, Oct. 15, 2006  
 4:49:25 Jaqueline Delasseaux, France Sept. 17, 1978  
 4:49:39 Despina Zapounidou, Greece, Oct. 16, 2005  
 4:49:44 Monika Choderova, RTC (?) Oct. 27, 2002  
 4:50:05 Ludmilla Lubomirova, Russia, Oct. 15, 1995  
 4:50:51 Sandra Brown, Great Britain July 13, 1991  
 4:52:39 Silvia Panseri, Italy Oct. 27, 2002  
 4:54:10 Nadezhda Putilova, Russia, Sept. 9, 2002  
 4:55:19 Svetlana Bychkova, Russia, June 17, 1998  
 4:57:11 Erin Taylor, USA, Feb. 7, 2002  
 4:58:08 Lucie Pelantova, RTC(?), Oct. 21, 2007  
 4:58:13 Heidi Maeder, Switzerland Aug. 6, 2000

(Interesting how few names are recognizable for their feats at the usual women's distances. Svensson and Ginko at the top, along with Laura Polli, have had some success at 20; Susan Armenta and Erin Taylor are well known in the U.S., and Kora Boufflert and Sandra Brown

are highly recognizable to those who follow the ultra-distances—100 Km on up to 24 hours and beyond.)

## 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 Knifton, better known for his exploits at shorter distances at that stage of his career, won the National 50 Km in Santa Barbara, Cal. 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 Bryon Overton. . . Dave Romansky survived a severe electrical storm during the contest to win the National 25 Km from Knifton in under 2 Hours. . . The Canadian 50 Km went to Michigan's Gerry Bocci, ahead of Pat Farrelly in 4:54:57. Wife Jeanne set American bests from 25 Km on, going the distance in 5:45:20. . . Larry Young started on the comeback trail with his eye on the Munich Olympics. The 1968 Olympic bronze medalist at 50 started back with a 1:25:09 for 10 miles in Osage, Kansas. . . In Australia, Noel Freeman turned in a 1:50:02 for 15 miles on the track, passing 20 Km in 1:30:10. . . Eivor Johansson, Sweden, won the Women's International 5 Km in 24:40. Women's racewalking was just beginning to emerge on the world scene

**35 Years Ago** (From the Sep. 1975 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 Knifton, Tom Knatt, Ray Somers, and Paul Ide also finishing under 4:40. . . Sue Brodock was an easy winner of the women's National 10 Km. Her 52:03 put her nearly 7 minutes ahead of Sandy Briscoe. . . Roland Weisser set a World Junior Record for 10 Km in East Germany, winning in 41:46.8.

**30 Years Ago** (From the Sep. 1980 ORW)—Dan O'Connor was an easy winner of the National 35 Km race in 3:00:31, with Dennis O'Reilly (3:11:28) and Bill Ranney (3:13:11) following. . . Alan Price won a 75 Km race in Springfield, Ohio in 8:31:41 ahead of Jack Blackburn's 9:00:25. . . In a 100 miler in Leicester, England, Dave Boxall did 17:45:10. Ten competitors bettered 10 hours and 64 finished under 24 hours to win Centurion honors.

**25 Years Ago** (From the Sep. 1985 ORW)—Paul Wick emerged as the National 15 Km winner, finishing in 1:10:24. Frederico Valerio (1:12:35) and Larry Walker (1:12:43) followed. The women's title went to Ester Lopez in 1:21:48 with Jolene Steigerwalt second. . . The men's World Cup title was captured by the German Democratic Republic (East Germany), with China winning the women's title. This Isle of Man hosted the races. Hartwig Gauder led the GDR with his 50 Km win in 3:47:31. Andrei Perlov, USSR, and Axel Noack, GDR, followed. For the U.S., Marco Evoniuk had 4:11:03 in 16th and Carl Schueler 4:13:14 in 19th. Spain's Jose Marin won the 20 in 1:21:42, after apparent winner Josef Pribilinec, Czechoslovakia, was DQ'd. Maruzio Damilano, Italy, and Viktor

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 Kristoph (46:24).

**20 years ago** (From the Sep. 1990 ORW)—The European Championships saw some surprise winners. Italy's Annarita Sidote took the Women's 10 Km in 44:00, as world record holder, Nadeshda Ryaahkina was pulled by the judges at 8 km. Olga Kardapoltseva, USSR, was right on Sidote's back, finishing second in 44:06, with another Italian, Ileana Salvador third in 44:38. Russian favorites folded in the 20 Km and the title went to Czech Pavol Balzek in 1:22:05. Daniel Plaza, Spain, and Thierry Toutain, France, were next in 1:22:22 and 1:23:22. 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 3:54:36 ahead of Gummelt's 3:56:33. 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 Bdera 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 unopposed, her 1:12:39 leaving Danielle Kirk 7 ½ minutes behind. The men's race was much closer, if we ignore Will Van Axen, who broke the tape way 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 (1:12:12) for the title. . . The master's title went to 51-year old Jim Carmines in 1:16:21. . . The National 5 Km in Kingsport, Tenn., 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 (21:05) 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 1920 and at 10 Km in 1924, 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 Hernandez, Mexico, was four seconds back in 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 Fadejevs 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 Platzer, 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 27 ½ minutes back in second.