Russia Strikes Gold Again . . . and Again

Daegu, Korea—Following on the heels (and toes) of Valeriy Borchin’s win at 20 Km (reported in last month’s ORW), victories by Olga Kaniskina at 20 Km and Sergey Bakulin at 50 Km gave Russia a clean sweep of the racewalk events at the World Athletics Championships. The Russians medal count swelled to six as Anisya Kirdyapkina captured bronze in the 20 and Denis Nizhergorodov silver in the 50. Vladimir Kanaykin had taken the silver in the men’s 20. Three gold, two silver, and one bronze spells domination in our book.

In the women’s 20, Kaniskina overcame what had been labeled the “cover curse”.

Athletes on the cover of the daily program over the first four days of competition had all come up short in their events. The 26-year-old Kaniskina put an end to that in a dominating performance that gave her a third straight World title, something no woman had ever done, with a winning time of 1:29:42. Ecuador’s Jefferson Perez had won three straight on the men’s side in 2003, 2005, and 2007. His string ended when Kaniskina’s began.

Kaniskina presents a strong case as the greatest female racewalker of all time, having also won the 2009 Olympic 20 Km along with World Cup and European titles. Her last loss in a major competition was a second place in the 2006 European Championships when she was just 21.

On a hot day, the race started on a very conservative note, Kaniskina and teammate Vera Sokolova leading at the 5 km mark in 23:29, no one caring to challenge the favorites. But at that pace, there were still 33 others within at least 7 seconds of the lead. As Kaniskina applied a little pressure (22:47 on the second 5 for 46:16 at 10), the pretenders began to drop away. But still where were 13 walkers in the lead pack and six or seven others only a few seconds back.

Kaniskina quickly broke open the race as she accelerated to cover the next 5 in 21:52 reaching 15 km in 1:08:08. Kirdyapkina had moved to second, five seconds back, just 4 seconds ahead of China’s Hong Liu. Sokolova was fading as she reached 15 in 1:08:29, only six seconds clear of Italy’s Elisa Rigaudo.

From there, Kaniskina continued to pull away as she opened it up another notch to cover the final 5 in 21:34. Kirdyapkina had moved to second, five seconds back, just 4 seconds ahead of China’s Hong Liu. Sokolova was fading as she reached 15 in 1:08:29, only six seconds clear of Italy’s Elisa Rigaudo.

For the U.S., Maria Michta moved up the second half of the race to finish 30th in 1:38:54 with splits of 24:16, 48:48, and 1:13:43.

For Kaniskina, motivation is never an issue. “You have to be motivated, and I always have motivation. I try not to think of my previous victories and instead I just focus on the race ahead. I want to win every competition I take part in”, she said.

In the 50, Bakulin, just 24 seemed in control of the race, in which he overcame three challengers. Early in the race it was Australia’s Nathan Deakes who was willing to have a go. The 2007 world champion, who has been fighting injuries since, moved to the lead by 10 Km, which he reached in 44:36 with Bakulin in tow. Early leader, Yohann Diniz of France, one of
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $12.00 per year ($15.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matter to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. E-mail address is jmortlan@col11mbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

The favorites, was dropping back and was disqualified after just 17 kilometers. A pack of 10 was about 30 seconds back. Deakes was beginning to pull away by 20 km, which he reached in 1:28:03, 12 seconds ahead of Bakulin, who seemed unconcerned. Five others, led by Ecuador’s Andres Chocho were another 73 seconds back. Deakes continued to apply the pressure, reaching 30 km in 2:15:33, but beginning to show signs of giving way. Still looking fresh, Bakulin was 18 seconds back. Looming some 2 minutes back were two proven contenders, Australia’s Jared Tallent and Bakulin’s Russian teammate Deniz Nizhgegorodov, second and third in the 2008 Olympics, both seeming ready to challenge the lead.

Deakes gave away to Bakulin at 32 km, after stopping several times with hamstring cramps. He dropped out shortly after 35 km. At that point, Tallent had taken a 2:18 deficit at 30 km down to 1:48 and was pulling away from Nizhegorodov. By 45 km, he had chopped the lead to 90 seconds and pulled 46 seconds clear of Nizhegorodov. But, there was to be no real challenge as Tallent ran out of gas and was caught by Nizhegorodov at 46 km. Bakulin walked his slowest 5 of the race (23:09), but was still 81 seconds behind at the finish. Tallent was another 51 seconds back, but well clear of China’s Tainfeng Si, who took fourth ahead of another Aussie, Like Adams.

There were 12 disqualifications in the race and six who did not finish. Among the disq, was one of the pre-race favorites, Matej Toth. Those who were DQ’d included Spain’s great veteran, Jesus Angel Garcia, the 1993 World Champion and bronze medalist in 2009. Defending champion, Sergey Kirdyapkina, was another drop out. A real surprise is three drop outs was one of the pre-race favorites, Matej Toth. Those who were DQ’d included

Results:

**Women’s 20 Km:**


**Men’s 50 Km:**


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**Tayor-Talcott Beats Hubby and Other Men In National 40 (And Then Adds Another 10)**

Ocean-Township, N.J., Sept. 11—In the National 40 Km Championship race today, Erin Taylor-Talcott not only won the women’s race, she left all the men behind as well, crossing the line in 3:41:59. To embarrass the gents further (although that wasn’t her intent) she went on to finish 50 km in 4:41:36. That is the second fastest 50 ever walked by an American woman (Susan Armenta did 4:39:50 in 2002 when she finished eighth in the men’s national 50). It’s a time good enough to qualify Erin for the 2012 50 Km Olympic Trials—more on that later in this issue.

Winning the men’s race was Erin’s husband, Dave Talcott in 3:45:24. As has been a troubling trend in the longer races, it was primarily a race for the seniors, with the first three—Talcott, Ray Sharp, and Ian Whatley all on the far side of 50 and fourth place finisher Chris Schmid over 60. The only younger in the race was Mike Mannozzi, who had a 4:41:59 for 50 in the spring, but struggled mightily after the first 20 in this race. He finished fifth in over 4 hours.

Bold as ever, Ray Sharp, who won first this race back in 1982, dominated the early going. With a 50:32 for the first 10, he was well clear of the field, as the splits below will show. By 20 km (1:42:57) he was nearly seven minutes ahead of Mannozzi, 8 minutes ahead of Taylor-Talcott, and 10 minutes or more ahead of the rest. Both Sharp and Mannozzi paid the price the rest of the way. Dave Talcott moved ahead of his wife by 30 km, but he too faded and trailed her by nearly 3½ minutes at the finish. His finish, that is; she was still going strong and still managed to break 60 minutes on her solo final 10.

Fading fast, Sharp stayed ahead of Talcott for 30 km but couldn’t hold him off from there. He did hold off Whatley, who gained nearly 7 minutes on him the final 10. The results:

**Results: Women:**


**Men:**

No Surprises At Challenge Final

La Coruna, Spain, September 17—As expected, the 10 Km races at the IAAF Racewalking Challenge Final went to pre-race favorites Valeriy Borchin and Olga Kaniskina. The Russian World Champions, dominant all year, continued that dominance. For Borchin, it was a 7 second victory over China’s Zhen Wang in 38:42. Kaniskina had an easier time, beating Hong Liu, also of China, by 17 seconds with a 42:37.

In the men’s race, the first 1 Km lap went in 3:56 with 14 walkers right together. Mexico’s Jose Diaz then moved away to a lead of about 20 meters, reaching the 3 km mark in 11:50. As the rest of the field bided their time doing laps in about 4 minutes. But by the fifth lap, the real contenders started to move away from the pretenders. On the seventh lap, Borchin showed why he is a champion. A 3:47 lap put him clearly in the lead, with Wang the only one willing to challenge. From there steadily widened his lead on Wang, who moved easily away from the rest of the field.

Borchin wasn’t thinking about the money he had won as Race and Challenge winner. “It’s the victory that’s most important. This one is just as good as the rest of the year”, he said. “If you’re competing against the best, then any victory is important. It’s been a hard few weeks—but I’m glad all the hard work has been rewarded.”

Kaniskina was unchallenged at the finish in the women’s race, which ended in near darkness. Hong Liu was dominant over the rest of the field, finishing 12 seconds ahead of her. Kaniskina had a 40-meter lead as they started the u well out in front, Liu went all out on the next lap—a 3:58, but couldn’t shake the fluid.

Kaniskina had failed to finish in the World Championships. “I knew I had it in me, she said. “I just wanted a second chance to prove it after Daegu, and you don’t know how happy I am.”

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Men-1. Rafal Augustyn


3000 meters, Moorpark College, Cal. 9 am (U or Y)

SEPTEMBER 2011

It's Sweet To Compete

Sat. Oct. 1  USATF National 5 Km, Kingsport, Tenn. (D or L)
12 Hours, Troy, Ohio (E)

Sat. Oct 8 5 Km, Felton Del. (T)

Sun. Oct. 9 Pacific Assn. 10 Km, Oakland (J)

USATF National 1 Hour, Waltham, Mass. (D or N)
15 KM and 50 Km, Pleasant Prairie, Wis. (I)

Sun. Oct. 16 Detroit ½ Marathon and 5 Km, Detroit, Michigan (F)

Sat. Oct. 22 5 Km, Bear, Del. (T)
1 Hour, Los Angeles (Y)

Sun. Oct. 23 5 Km, Rehobeth Beach, Del. (T)
3000 meters, Moorpark College, Cal. 9 am (U or Y)

Sun. Oct. 30 USATF National 30 Km, Valley Cottage, N.Y. (D or R) (Reportedly there will also be an opportunity to go 50 Km under conditions to meet Olympic qualifying standards.)

Sun. Nov. 6 5000 meters, Houston (G)

Sat. Nov. 12 Virginia 1 Hour Championship, Virginia Beach (W)

Sat. Nov. 13 10 and 20 Km, Miami area (B)

Sun. Nov. 20 Coney Island 10 Mile handicapped (P)

Thu. Nov. 24 5 and 10 Km, Wilmington, Del. (T)

Sat. Nov. 26 5 Km, Medford, Del. (T)

Sat. Dec. 3 5 Km, Dover, Del. (T)

Sun. Jan. 7 50 Km, Houston (G)

Fall Shore AC 1 Hour walks, details TBA (A)

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From Heel To Toe

Pan Am Games. The U.S. racewalkers for the Pan American Games in Guadalajara, Mexico in October have been named. In the men’s 20 km, we will send John Nunn and Mike Manozi; in the Women’s 20 Maria Michia and Lauren Forgues; and in the Men’s 50 Ben Shorey and Dave Talcott. The men’s endurance coach (distance runs and the walks) for the Games is Troy Engle, the Head Track Coach at West Point Military Academy. Troy was a national-class racewalker in the 1980s. The track program at the Pan Am Games runs from October 23 through the 30th. Junior record. The IAAF has announced the ratification of a new world racewalking record in the junior women’s, 10,000 meter event, Elena Lashmanova of Russia walked 42:59.48 in Estonia on July 21 bettering Vera Sokolava’s record set in 2005.

Drake Relays. In 1961, the Drake Relays decided to stage a 1 Mile Walk. The invited four athletes—expenses paid—to compete. Rimas Vacaitis and Mat Rutyna of the U. of Chicago Track Club, and Jack Blackburn and Jack Mortland of the Ohio TC. We were told before the race that it was an experiment on their part and see had better look convincing, so the pace was cautious with a final sprint to decide the outcome. Blackburn finished just ahead of Vacaitis with Mortland a close third with times ranging from about 6:58 to a second or two over 7 minutes. I don’t think the race was ever held again. Perhaps I will write about the expense money some time.

Commentary on World Championship 50 Km

In the last two issues, we covered controversy that arose from what some felt was lax judging at the World Masters Racewalks earlier this year. The 50 Km race at the World Championships in Taegu has raised further questions, primarily regarding bent knees. In that race, 12 of the 43 starters were disqualified, nearly all for bent knees. According to Ray Somers, there were 52 red cards issued—47 of them for bent knees. While there were considerably fewer DQ’s in the two 20 Km races (6 in the women’s race and 4 in the men’s with 50 and 46 starters respectively) again, the vast majority of red cards were for bent knees. We should note that although this is a large number of DQ’s, it is not unprecedented. The following summary of DQ’s in the 50 at the World Championships, compiled by Brian Huntley in the UK, shows this was pretty much an average year—but it is likely the number of cards for bent knees was higher than usual.

1991-43 starters; 25 finished, 12 DQ’d, 6 DNF (28 percent of field DQ’d)
2009-47 starters; 31 finished, 3 DQ’d, 13 DNF (6 percent of field DQ’d)
2007-54 starters; 31 finished; 9 DQ’d, 14 DNF (17 percent of field DQ’d)
2005-44 starters; 23 finished; 14 DQ’d, 7 DNF (32 percent of field DQ’d)
2003-39 starters; 19 finished, 15 DQ’d, 5 DNF (38 percent of field DQ’d)
2001-48 starters; 31 finished, 10 DQ’d, 7 DNF (21 percent of field DQ’d)

There was considerable bantering among people in this country (on the Yahoo RW list) concerning the matter and the general issue of judging, particularly regarding the relatively new bent knee rule. But there is also concern on the international level, as suggested by the following open letter (unedited):

Open letter to the Members of the IAAF and of the EAA Race Walking committees, the judges of Race Walking and the supporters of Race Walking

Dear Mr. M. Damilano and Mr. P. Marlow,

IAAF World Championship 2011 in Daegu has just ended. The world record of negative judging was broken and the championship is a scandal. The judges were competing who is going to give the biggest number of cautions. The judges were especially “generous” in the 50 km race walking, when almost all 43 participants have received cautions (the total number of cautions 156). 12 walkers were disqualified after they have received red cards (total 53) All of them for the breaking of the “bent knee” rule. One must understand that all race walkers have bad technique and all the judges have the good judging. Or maybe it is the opposite? We have watched the recording of the competition and it is visible that a lot of race walkers have received the cautions without a reason.

Such kind of judging might lead to the elimination of the Race Walking from World Championships and Olympic Games. Some leaders of the Athletic federations are already voicing this message. They do not see why they should finance the Race Walking. And in some countries the attention to the Race Walking is already very small. The number of trainers and of the competitions is decreasing. There is almost no Race Walking in the USA, Canada, Africa, Balkan countries.

I hope this letter will catch your attention and we will have an open discussion on this issue.

Regards,

Kastytis Pavilonis
President Lithuanian Race Walking Association, Extrational RW Judge

Much of the discussion on line suggested changes in the rules to clarify the definition of racewalking, again, pertaining particularly to the knees. I will repeat here a most thoughtful commentary from Ian Whatley:

Before we propose new rules, we should understand our objective in having rules. I suggest something along the lines of:

Racewalking is an event group in which athletes compete to be fastest at specific distances whilst abiding by a rule or rules which define their form and differentiate it from running. We have a long and storied history for our event which also gives an aesthetic constraint: Any new rule(s) should not radically alter our mode of progression.

Also, we need to keep in mind that Racewalking is a very accessible event group within an accessible sport (athletics/track and field) Thus anyone, anywhere can racewalk. We do not want to make changes that would require complex, costly, or rare equipment for people to participate. This is one of the problems with electronic contact measuring tools - if they are ever made compulsory, racewalking will cease to be an option in the vast majority of nations. We presently have rules that concern knee angle and foot-ground contact. These are adequate, if not perfect, in meeting the objectives for rules that I stated above.

Contact - part of at least one of your feet (shoes) must touch the ground at all times, as seen in real time by the appointed judges. This rule, which I have paraphrased since we have all read the original so many times that we have loaded it with our personal expectations, is good PROVIDING that one underlying premise is correct: judges perceive loss of contact at about the same threshold for flight time.

If a group of judges were presented with walkers exhibiting various flight phases, our premise is that they would notice lifting at the same length of flight time. Since I can’t include a graph, let me describe one: X axis is flight time and Y axis is percentage of judges who ‘see’ lifting. If our underlying assumption is correct, we would see a curve that remained at zero calls...
until the flight time reached a certain level (experiments suggest this is about 30-35 milliseconds) and the percentage of judges issuing a red card would then leap up to 100%.

(Side note: Someone suggested that judges with especially sensitive eyes for detecting lifting should be recruited for international events. That is a bad idea. It would be similar to raising the hurdles for top level competition, but not telling the hurdlers how much the barriers were to be raised.)

Straight leg - In any language, this rule is a semantic disaster. What are we trying to achieve with this 'straight/straightened' leg rule? Two things:
1. We are differentiating RW from running by preventing the use of the quadriceps to push off the ground behind the athlete.
2. We don't want walkers to look like Groucho Marx or the ministry of silly walks.

Our wording problem is compounded by the unwritten exceptions for lumpy knee caps, bow legs, and hyper-extension. Your leg must be straight, ignoring the fact that legs are never straight except in stick figure drawings. Take two non-parallel sided columns (the upper and lower leg) and attach them at a knobby two-axis sliding cam joint and look for anything straight about the whole set up. Never, never have I ever seen a straight leg anywhere on anyone. (Hang on, the picture of Long John Silver on this kids version of Treasure Island has one straight leg, but it appears to be pine, or possibly oak)

So, right idea - wrong wording.

(Side note 2: On the biomechanics of the knee: It is not a simple hinge. A little knowledge or a poor analogy is a dangerous thing. To compound matters, biomechanical analysis of knee motion is still debated amongst experts, at the more subtle levels of detail, as MRI analysis refines our knowledge of this complex joint. For a discussion of Tibiofemoral kinematics, see Michel Bonnin and Pierre Chambat - Osteoarthritis of the Knee (2008))

Consider three markers seen from the side of a walker, A= top of the femur, B = mid-point of the knee joint and C = bottom of the fibula (these can be more clearly defined in anatomical terms) A straight leg rule might be written as: The angle ABC must be 180 degrees or greater from the moment the foot strikes the ground until the line A-C is perpendicular to the ground, as viewed from a lateral aspect of the walker.

What's going on here? We are removing the argument that some athlete's legs are never straight if you judge from the front, while the words 'or greater' will modify the rule to ignore hyper-extension. The present rule should lead to hyper-extenders being DQ'd for having bent legs. It doesn't because, well, everyone knows that is not the intent of the rule even if it is what it says! No wonder TV commentators are confused.

How do knee angle rules prevent 'pushing off'?

The length of the line A-C is at its maximum when the angle ABC is 180. If you reduce the angle, the length decreases. In running, the support leg angle ABC increases as the body moves over the foot, and then increases (thus increasing the length A-C) to propel the body forward and upwards off the ground. The lengthening of A-C and increase in angle ABC is produced by the quadriceps muscles contracting. This is, in part, the basis for Gary Wiesenerfield's excellent analysis of the present rule. Having laid out the problem, here are some brain-stormed ideas on how to change the so-called straight leg rule:

The walker shall not use their quadriceps muscles to propel themselves forward by straightening the supporting leg after the supporting foot has passed behind their body.

or: Viewed from the side, the upper and lower leg bones must form an angle of 180 degrees or greater at the knee when the ankle and hip of the supporting leg are vertically aligned.

And while we're at it, can we please, please dump the words 'caution' and 'warning'? The terms yellow card and red card are easier to remember, and soccer is a well known analogy for most people in the world.

Aha! So this is what our sport is about.

John Constantinou, editor of the UK's Race Walking Record, in commenting on coverage of the World Championship walks in Daegu moped: Apart from the cover of the program featuring a photo of Diniz mid-stride with both feet in the air (Ed. A photo, incidentally, also used in Track and Field News pre-meet coverage), the official website gave a bizarre summary of the rules of racewalking for the public, as follows.

Race Walk
An event wherein the athlete walks with either foot not being lifted from the ground while walking to compete for the fastest speed.

Rules of Competition
01 The knee of the leg that treads the ground should be straight, while the other leg that supports the body should also be straight.

02 If an athlete is disqualified by the judge on the tracks during the match, he should immediately retire, and remove his numbers if he is on the road.

03 If an athlete, during the race, receives two or more warnings due to violations, he will be disqualified. The athlete should maintain his walk stride at 4/7 - 2/3 of his height, and if the walk stride is over 2/3 of his height, this will be equivalent to running, thus the athlete will receive.

04 If the athlete lifts his thighs too high or moves his arms too heavily or do not move them at all, he cannot balance his upper body, causing himself to shake back and forth and right and left or when landing on his heel, if the toe bending angle is small, he will receive warnings. Ed. Exactly.

Regarding IAAF RW Committee

In the August issue we reported on IAAF RW Committee elections, in which Bob Bowman was not only defeated in his bid to regain the Chairmanship, but was also voted off membership on the Committee. Bob's comment on the election follows:

Just got the August issue of the ORW. I see where you reported on the IAAF Race Walking Committee election results. I didn't go to Daegu. Don't know if that would have made a difference or not. In all previous elections going back to 1981 I had always finish high - never less than 100 votes always on the first ballot. I'm usually in the top 3 or 4. I received much less votes this time. I believe the reasons were the following:

(1) First of all, the IAAF never conducts an honest election. They are always manipulated. At the very least lists are circulated by the leadership as to who they want selected. Additionally voting is sometimes rigged. This time I believe was no exception. If you followed the election, the very first day the officer's election was thrown out because the electronic system had "glitches" and Sergey Bubka was not re-elected VP. They then went to a paper ballot and he was elected. This same scenario has been repeated in past elections! Of course they can more easily manipulate a paper manual vote. In an age of advanced electronic voting, the IAAF can't seem to be able to conduct a simple 200 vote election. Often the votes don't even add up properly.
For the Race Walking Committee, strong walking federations always do well. You could run Mickey Mouse as the nominee from China, Russia or Mexico and he would get elected, regardless how good he would be. By the way, ex-athletes who have never been involved as a judge or official, have been extremely weak members of the Committee in that most of the Committee's work has to do with judging and event management. For example, the current Chairman came onto Committee as Chair in 1999, having never served on the Committee and had no background as an official or judge. His performance as Chairman has been pathetic since. Incumbents usually run strong also, which explains how I've survived over the years. Performance on the Committee is never taken into consideration. It is nothing but politics. The people that vote are the heads of federations, few are interested in race walking.

I therefore wrote the President in July of this matter. He wrote back to me questioning the evidence of these wrong doings. I should point out that following the first incident in 1993, Diack and I met privately in 1994 following the hearing that addressed this incident which occurred at the 1993 World Championships. At that time he became aware of the incident and the "cover up" by the then President of the IAAF, Primo Nebiolo. We will never know the exact number of athletes that have been unfairly disqualified by these people.

I leave the Committee after 31 years knowing I did my best to help the sport and to protect it from dishonest behavior. I ran for Chairman again only to remove Damilano from this position which allows him to protect this dishonest judge. Both Gabriel Roldan of Mexico and I both ran against him in 2007 for the same reason. Both of us were threatened by Damilano. He eventually carried out his threats by removing both of us as Level III judging examiners, as well as other assignments.

Start of 3500 meter race at 1908 London Olympics. The race was won by Great Britain's George Larner in 14:55
25 Years Ago (From the September 1986 ORW)—Tim Lewis had an American best 1:23:15 to win the Rockport Series 20 Km in Seattle. Carl Schueler was over 2 minutes back in second with Ray Sharp another 2 minutes behind and Paul Wick also under 1:30 in fourth. Teresa Vail (49:30) won the 10 Km over Debbi Lawrence at the same site. Hartwig Gauder won the European 50 in 3:40:55, a minute ahead of Vyacheslav Ivanenko, USSR.

20 Years Ago (From the September 1991 ORW)—The World Championship 50 went to Aleksandr Potashov over countryman Andre Perlov. The two USSR athletes strode across the line together in 3:50:09, but the judges gave Potashov the nod. Hartwig Gauder was third in 3:55:14. For the U.S., Carl Schueler had his first DNF in a long, distinguished career. The National 40 went to Paul Malek in 3:32:40, 21 minutes ahead of Nick Bidia, with Bob Keating another 2 minutes back. An up-and-coming walker, Poland’s Robert Korzeniowski, won the World University Games 20 Km in 1:24:37. As we now know, Robert went on to win four Olympic golds, including a 20-50 double in 2000. Dave McGovern was tenth for the U.S. in 129:27.


15 Years Ago (From the September 1996 ORW)—National 5 Km titles went to Tim Seaman in 19:59 and Debbi Lawrence in 21:15. Following Seaman in the Wilkes-Barre, Pa. race were Dave McGovern (20:17), Gary Morgan (20:23), Curt Clausen (20:54), and Al Heppner (20:59). Michelle Rohi (21:54) and Victoria Herazo (22:03) followed Lawrence. The National 40 went to Warrick Yager in 3:38:19 with Curt Sheller taking second in 3:59:37. World Junior titles went to Spain’s Francisco Fernandez in 40:38:25 and Russia’s Irina Stankina in 21:38.85 (10 and 5 Km, respectively.)

10,000 meter walk, 1912 Stockholm Olympics. Canada’s George Goulding leads and went on to win in 46:28.4. Note the judge getting a worm’s eye view.

Great Britain’s Harold Whitlock wins the 1936 Olympic 50 Km race. Whitlock finished the Berlin race in 4:30:41.40 well clear of Switzerland’s Artur Tell Schwab (4:32:09.2).