Sanchez, Henriques Shine In Chihuahua

Chihuahua, Mexico, March 4—The second event in the 2012 IAAF Racewalking Challenge provided promising season openers for Mexico's Eder Sanchez and Portugal's Ines Henriques in 20 Km races and a personal best for Mexico's Omar Zepeda at 50 Km. Sanchez, who had risen to third in the World Rankings in 2009, seemed to be a fading star the past two seasons, dropping to eighth in 2010 and disappearing altogether last year. He started his 2012 campaign on a very positive note, scoring a decisive win over Australia's Jared Tallent, the winner of the first Challenge race last month. The two were together through 15 Km, but Sanchez closed with a 20:02 for the final 5 to win in 1:21:17, 33 seconds ahead of the Aussie.

Henriques, who also dropped from the rankings last year after rising to sixth in 2010, also had a Tallent to contend with and had to go right to the finish to achieve a significant win in 1:33:18, 4 seconds ahead of Claire Tallent, after the two matched strides throughout the race.

At 50, Zepeda walked an even paced race, though faltering slightly on the final 10, to come home in 3:48:38, more than 2 minutes ahead of teammate Clemente Garcia, who was with him through 35 Km.

In the men's 20, Sanchez was accompanied by five others through 12 Km, but after that it was strictly a two-man race. By the start of the final lap, Sanchez had built a 15 second lead, which he continued to widen all the way to the finish. Mexico's 50 Km specialist, Horacio Nava, finished third, 1:21 behind Sanchez.

"I am satisfied to have won one of the toughest events in Mexico. It was a good time to open the season, especially considering that the course has a steep section that makes it challenging," commented Sanchez.

Henriques escaped Claire Tallent only over the final 200 meters and finished almost a minute faster than she had in winning last year's race here. "I was aiming for 1:34, so I performed better than expected. I will soon have the Portuguese Championships and I want to compete well there to be able qualify for the Olympic Games. I am very satisfied," said the 31-year-old Henriques.

In the 50, Norway's Trond Nymark led by a minute as he went through the first 25 in 1:53:34. Zepeda hauled him in by 35 Km and he eventually faded to sixth. Second-place finisher Garcia, just 22, improved his best by 10 minutes as he finished in 3:50:55. The 34-year-old Zepeda, who scored his first Challenge win since 2007, said: "Winning is a great feeling. Thanks to God and the training with Eder Sanchez under coach Victor Sanchez, we have secured a place for the World Cup. After six World Championships and two Pan American Games, I would love to end my career at the Olympic Games. I look forward to walking closer to 3:45 to be at par with Horacio Nava."

Schwazer Impresses With Lugano Challenge Win

Lugano, Switzerland, March 18—For the second time, Italy’s reigning Olympic 50 Km gold medalist, Alex Schwazer, broke the Italian 20 Km record at this site. His 1:17:30, topped the 1:18:24 he did here in 2010. That 2010 time bettered Maurizio Damilano’s previous Italian record. Not far behind, French 50 Km ace, Yoann Diniz also shone at the shorter distance, finishing just 3 seconds behind Schwazer. Another stunner was the 1:18:28 by Guatemala’s Erik Barrondo in third. Tenth in last year’s World Championships, Barrondo had a previous best of 1:20:58 in Dublin last year. In fact, ten of the first 11 finishers had personal bests in a spectacular race, with Nazar Kovelenko of Ukraine also under 1:20 and his teammate Ruslan Dmytrenko close. All that could lead one to wonder, but let us not speculate.

Schwazer led through the race with Barrondo close behind. They went through 5 Km in 19:40 and 10 in 39:06. Diniz was 39:15 at that point. Diniz caught up by 15, despite a 19:26 5 Km for the leaders, taking them through 15 in 58:32. Barrondo was broken by 16 Km as Schwazer accelerated to 18:58 for the final 5. Diniz tired to match strides but had to yield grudgingly to the finish.

“When I spoke with my coach Michele Didoni, I predicted a final 1:18:30 and at the end I was one minute faster. I did not expect this time, but I planned to reach good shape in this period of the year. I worked very hard, so it is not a complete surprise. Walking neck and neck with Diniz gave me the strength to keep the pace fast. I knew I had energy in my body,” said Schwazer.

The women’s race was also quick with Russia’s Tatiana Sibileva winning in 1:28:03, 51 seconds ahead of Guatemala’s Mirna Ortiz. (ED. An article on the race shows her as Sucely Flores Ortiz Mirna, the results with that article show Sucely Ortiz Flores Mirna, and the full results on the IAAF web site show Mirna Ortiz. The latter being the simplest, we will go with that. Likewise in fourth is Amandine Franco Nunes Jamy or Jamy Franco of Guatemala, depending on whom you believe.) Italy’s veteran Elisa Rigaudo was third in 1:29:25. Here, 9 of the first 13 had personal bests. Susan Randall made the trip from Dayton and finished 27th in a personal best 1:42:47. The results:

**Women’s 20 Km:**

**Men’s 50 Km:**

A Week Later, It’s Schwazer Again

Dudince, Slovakia, March 25—A week later, Schwazer had no problem fulfilling his Olympic qualifying goal (he needed only 3:54 to make the Italian team), as he easily defeated a huge field of walkers in the 50 Km Challenge race here. He was content to “stroll” along with
his teammate Matteo Giupponi for the first 25 Km and didn’t push the pace until after 35 Km. Then, overtaking Poland’s Łukasz Nowak and Rafał Sikora, he easily pulled away for a win in 3:40:58, the fourth fastest of his career and this year’s world leading time.

“T’m satisfied with the performance,” he said. “My main goal was the Italian standard of 3:54. I was thinking I can go somewhere around 3:45 so I’m even surprised it was so fast. It shows in my best shape ever.”

Nowak and Sikora finished well with 3:44:24 and 3:46:52, and were well clear of Germany’s Andre Hohne, all three also assuming themselves of spots on their national teams for the London Olympics. Also challenging there will be Slovakia’s Matej Toth, who contented himself with a 20 Km win here in 1:22:38. Another possible London 50 Km entrant, Poland’s Rafał Fedaczynski, followed Toth in 1:22:38.

Results:

**50 Km:**

Then, overtaking Poland’s Łukasz Nowak and Rafał Sikora, he easily pulled away for a win in 3:40:58, the fourth fastest of his career and this year’s world leading time.

**Other Results:**

**New York Open and Masters 1 Mile, New York City, Feb. 20**

**New York State H.S. 1500 meters**

**Championships, March 3**

- Section 1
  1. Alexis VanOdshol 7:33.68 2. Rachel Deppe 7:41.25
  6. Molly Josephs 7:04.84 7. Annica Penn 7:04.86

- Section 2
  1. Tommy Janowski 7:04.84 2. Annica Penn 7:04.86

- Section 3
  1. Michael Shuey 7:04.84 2. Kate Gordon 7:04.86

- Section 4
  1. Alex Tuzar 7:04.84 2. Christopher Allen 7:04.86

- Section 5
  1. Michael Smith 7:04.84 2. Michael Cochrane 7:04.86

- Section 6
  1. Alex Tuzar 7:04.84 2. Christopher Allen 7:04.86

- Section 7
  1. Michael Smith 7:04.84 2. Michael Cochrane 7:04.86

**March 2012**

**MARCH 2012**

**New York City, Feb. 20**


**New York State H.S. 1500 meters**

**Championships, March 3**

- Section 1
  1. Alexis VanOdshol 7:33.68 2. Rachel Deppe 7:41.25
  10 (finishers)

- Section 2
  1. Molly Josephs 7:04.84 2. Annica Penn 7:04.86 (Wow! That’s closest)

MARCH 2012

(Continued on next page)

Heel and Toe Fast As You Can Go

Sun. April 1 20 Km and Jr. 10 Km World Cup Qualifiers, Men and Women, Eugene, Oregon
5000 and 10,000 meters, Nyack, N.Y. (R)
1500 and 3000 meters, Houston (G)

Sat. April 7
5 and 10 Km, Bethany Beach, Del. (T)

Sat. April 14
5000 meters, Greenville, S.C. (G)
5 Km, Newark, Del. (T)

Sun. April 15
1 Hour, Ottawa, Ontario (Z)
Mt. SAC 5 and 10 Km, Walnut, Cal. (U)
3000 meters, Farmingdale, N.Y., N.Y.
5 Km, Wilmington, Del. (T)

Following that interesting and informative interlude, let us return to the results:

3000 meters, Colorado Springs, Col.–1. Trevor Barron 11:5.86 2. Francisco Pantoja 14:07.32 3. Gera Castillo Pantoe 16:10.07 4. Marianne Martin 61) 18:26.49 5. Sean Buck 19:40.48 6. Risa Sinkovec 73) 20:42.41 7. Bob Smith 70) 22:23.39 (Normally, Mr. Smith would not have made it into the ORW results with this time. But... Bob, formerly in the Dayton area, a member of the Ohio TC, and a faithful participant in the races in our area. And of greater note, he is responsible for the design of our front page and the cute little guy walking out of the page right at you. Bob was a commercial artist—maybe still is—and took it upon himself to improve our image, although the actual drawing was done by someone else in his shop. He moved out west many years ago, spent some time in a monastery, and has now enthusiastically returned to racing. He who knows, he might even reenlist to the ORW.)

20 Km, Huntington Beach, Cal., March 10–1. Tim Seaman 1:29:25 2. Nick Christie 1:34:50

You Can Go

Sun. April 1 20 Km and Jr. 10 Km World Cup Qualifiers, Men and Women, Eugene, Oregon
5000 and 10,000 meters, Nyack, N.Y. (R)
1500 and 3000 meters, Houston (G)

Sat. April 7
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Mt. SAC 5 and 10 Km, Walnut, Cal. (U)
3000 meters, Farmingdale, N.Y., N.Y.
5 Km, Wilmington, Del. (T)
From Heel To Toe

Errata. In Australian Challenge race results in the February issue, I omitted Canada's Evan Dunfee who was fourth in 1:25:17. Adam Rutter, who I had fourth, was actually fifth in 1:26:04, not the 1:28:04 I had listed... Fernandez. The Court of Arbitration for Sport reports it has upheld an appeal by the IAAF and banned Spanish racewalker Francisco Fernandez for two years. That means the 2004 Olympic silver medalist at 20 Km will not be able to participate in his fourth Olympic Games in London (he was seventh in both Sydney and Beijing). His initial two years ban was reduced to one year (starting in February 2010) by the Spanish Athletics Federation, but the IAAF challenged that decision. In the mean time, Fernandez was competing in 2011, even at the World Championships, where he was a non-finisher, and was the National Champion at 20 Km and 10,000 meters. To serve the second year of the ban, he will miss the 2012 season. Spanish media are quoting Fernandez as hugely disappointed as his ban was reduced to one year based on the fact that he was cooperating in the investigation... Subscription rate. Now $15.00 per year, as noted last month.

All-Time Greatest?

Race walking expert and IAAF correspondent Paul Warburton shares his all-time top-10 racewalkers. Do you agree? Or did he leave anyone out? Share your thoughts and discuss on the IAAF's World Athletics Club page on Facebook! No surprise this top 10 has a few who were happy to come back for more, with one about to have his ninth go at in Saransk this year of the ban, he will miss the 2012 season. Spanish media are quoting Fernandez as hugely disappointed as his ban was reduced to one year based on the fact that he was cooperating in the investigation...


This man (right) had the lot. Perez always appeared to battle for every stride. For mere mortals, i.e. the rest of us – Garcia is the perfect role model of what can be achieved through adversity. The head bobs, the arms...
are often too high and at right angles to his torso, and the foot plant is more ten-to-two than straight ahead.

But what Garcia lacks in technique, the 42-year-old makes up for with an amazing haul of medals in every major competition except the Olympics. IAAF World Championship and European success straddled a 19-year-career of first and two silvers in the World Cup.

His 50k gold in a near snowstorm at Podebrady 1997 was a then fastest time for the Cup, and Saransk in May will be a ninth appearance in a row to go with a proud record of never finishing outside the top 14.


There is not a lot left to be written about a man who has nine major golds including four Olympics -except that he never won a World Cup. In fact, the Polish legend's first 20k appearance was a lowly 40th in L'Hospitalet in 1989, and his best was a swansong second trying to catch Jefferson Perez in Naumburg, 2004.

However, he is not only a great athletic legend, he is also a great dancer, as witnessed at the post Cup banquets where his personality filled the room, and hence his appeal on Polish TV. He also effortlessly speaks five languages.

In contrast to a stream of faceless eastern Europeans, for a decade Korzeniowski was a Pied Piper to ambitious walkers who followed him around picking up advice, and was and is an outstanding ambassador for the sport.


She was never a winner - but nobody could fault Kerry Saxby-Junna's effort. The Aussie with a mane of blond hair jutting out behind her was an inspiration to a generation of walkers simply because she gave it everything. The sight of Saxby-Junna collapsing over a World Cup finish was commonplace after her first appearance on the Isle of Man to her last in Mezidon - and unlike some prima donas - she really suffered.

There were plenty who settled for second before the gun. But the native of tiny Ballina right up in Australia's north-east was a fixture at the front with a series of heart-stopping efforts that got her silver in the 1989 World Cup behind the GDR's Bratva Anders. Walking's world rejoiced when Saxby-Junna was duly rewarded at the very last chance of her stopping efforts that got her silver in the 1989 World Cup behind the GDR's Beate Anders.

Vladimir Golubnichy — Russia (1967-1970)

The great Russian's flirtation with the then Lugano Trophy lasted only three years but he was second in them both. There was a presence about Golubnichy few before or after have reproduced, and although he was never at his ultimate best in the World Cup, two Olympic golds in contrasting conditions as well as European success in 1974 left a lasting legacy for others in red vests to emulate.


By the time Nikolayeva won the 20k in Naumburg at her last IAAF World Walking Cup in 2004 - she had won everything else. Olympic gold, IAAF World indoor and outdoor championship medals were already in the display case.

But although she had a bronze and silver from previous World Cups and led for a very long time in 1999, the complete set eluded her until a farewell performance in the former East German town. Her perseverance saw her finally atop the podium at the age of 38 to underline the old adage, if at first you don't succeed...

And although she had retired by then, Nikolayeva's work and status behind the scenes helped Cheboksary and Russia claim World Cup host status for the first time in 2008.

Raul Gonzales — Mexico (1977-1983)

The moustached Mexican joins a list of only four who claimed a hat-trick of World Cup wins — and only the second with German Christophe Hohne who did it over 50k. The sight of Gonzales leaving the rest for dead on his 1977 debut set a marker for the next three editions, and whether it was north, south or at middle European venues, it worried the man not a bit as he got on with the job of winning.

His command of the event was synonymous with a Mexican dominance between 1977-1983 culminating in 20k Olympic silver and 50k gold in 1984. "Mas contento..." was a comment of some understatement as he climbed the podium in Los Angeles.

Olga Kaniskina — Russia (2006-to the present)

Since 2007 the slight Russian's name has been first on every result sheet. Kaniskina makes it look as if the whole thing is agony almost from the first lap, but her contorted face is betrayed by an effortless style - and for the most part, she's got used to wrapping up the result long before the end, despite the appearance of pain.

A World Cup debut fifth in 2006 became gold on home soil two years later, and with a bit more competition she would have produced a second world record on a day when Denis Nizhnikorov had already smashed the 50k mark. How many more World Cup wins can 27-year-old produce? Well, Yelena Nikolayeva was 38 when she won a 20k, and Kaniskina if anything looks even more dominant.

Ken Matthews — Great Britain (1961-1963)

The 1964 Olympic gold medallist was the first Lugano Trophy winner - and he not only repeated the success two years later - he made it look easier. There was never a chance of a close finish in the Swiss city that lent its name to the trophy. In fact, the man from Birmingham was nearly a minute clear at 5k, and was the best part of two minutes ahead of second at the line.

If that was good, the three minutes Matthews won by in Varose, Italy in 1963 was a precursor to a glorious October day in Tokyo a year later, and the last Olympic walking gold by a nation who collected 15 major medals in the 20th century, and nothing since.

Maria Vasco — Spain (1997-to the present day)

For a long while it looked as if the belle from Barcelona was destined to be a bridesmaid wearing bronze. Some would have been grateful just for that, but after four major third places including Naumburg 2004, the athlete born on Boxing Day battled to the front in Chihuahua two years ago.

On a hot, tough evening years of experience paid off as Vasco finally made it to the top of the podium at age 34 and made the sunset all the brighter with a beaming smile.

(Certainly an interesting list. Of course it ignores anyone who finished their competitive days before 1960, which could be an argument against its validity. If he intended the order in which he listed them as a ranking, I would certainly argue with some of the placings. But certainly all those listed are worthy of accolades. Anyone care to argue with Paul?)

Racewalking — The Beginnings

(The final installment of this chapter from the book "The Sport of Race Walking", published by the Race Walking Association (Great Britain) in 1961. See also January and February ORW issues.)
On Boxing Day, 1815, Josiah Eaton completed a walk of 1,100 miles in 1,100 successive hours. In July of the following year, he repeated the performance, handicapping himself by commencing each mile within 10 minutes after each hour; and on December 5, 1916, completed 1009.5 miles in a line number of successive half-hours on Brixton Causeway at 46 years of age. In 1917, Eaton contested a match of walking 20,000 miles in 42 days on Worwood Scrubs against an opponent named Baker. Baker had held up 13 miles on the 24th day, but Eaton recovered to win his match. Later in the year, Eaton walked from Colchester to London in one day (51 miles) returning to Colchester the next and so for 20 successive days—a total of 1020 miles. They certainly liked to do the distance in those days!

In 1879, Edward Payson Weston, an American, attempted the enormous task of walking 2,000 miles in 1000 hours on turnpike roads, undertaking at the same time to give 50 lectures on his walking experience at certain towns. Weston accepted a wager of 500 pounds to 100 pounds laid by Sir John Astley, who, however, with infinite cunning not only stipulated that Weston should not walk on Sundays but that the time spent in resting should be deducted from 1000 hours, leaving only 856 hours walking time. Sir John was obviously one of the original villainous baronets of melodrama. However, Weston started from the Royal Exchange on January 18, his first day’s walk being to Folkestone, 81.5 miles on terrible roads and in a snowstorm. On February 14, he had fallen 171.5 miles behind his average, but during the next 11 days pegged it back 120 miles. As he approached the end of his walk, Weston made almost superhuman efforts; and, after delivering a lecture, would start off at midnight walking 30 miles before breakfast! In this way 80/12 miles were covered on the last day but one. With 31 hours left to cover 105 miles, Weston had an outside chance of success, but with 12 hours to go sleep claimed him and he lost three hours making two unavailing attempts to get started. When time was called at 4 pm, he had completed all but 22.5 miles of his attempted total; but he carried through and reached the Royal Exchange just before midnight. A stupendous effort over the ghastly roads of the period.

The performance of Richard Monks (1,000 miles in 1,000 successive hours in 1877), William Gale (1,500 miles in 1,000 successive hours in 1877), and William Buckler (4,000 quarter miles in 4,000 successive periods of 9 and 1/4 minutes) and of many others that have followed have not succeeded in attracting a hundredth part of the attention that was accorded to the gallant Captain Barclay in his day, or capturing the public imagination as did Weston 70 years later.

Recent happenings have reminded us of the days of the old pedestrians. The newspapers have avidly seized upon the stories of soldiers and others marching their hundred miles, of journeys from John o’Greats to Land’s End, etc.; and the accounts have made for colorful reporting and sensational television. The publicity hounds have cashed in for their own purposes; the events have deteriorated into “go-as-you-please” affairs and could certainly not be classified as Walking by amateur competition definitions, but this revival of the use of their own purposes; the events have deteriorated into “go-as-you-please” affairs and could certainly not be classified as Walking by amateur competition definitions, but this revival of the use of practices that were to be seen at every sports gathering; and bitterly he complained of the “inability or want of courage on the part of the judges and referees to stop the man, who, in his eagerness for fame or determination to gain money anyhow, may trespass upon fair walking and run.”

LOOKING BACK

50 Years Ago (From the March 1962 Race Walker, published by Chris McCarthy in...
a women’s world best, and Dave Smith covered the same distance in 11:26.5. .. Maurizio Damilano, Italy, won the European Indoor 5 Km in 19:40.28, well clear of countryman Carlo Mattioli.

25 Years Ago (From the March 1987 ORW) - The World Indoor Championships were held in Indianapolis. In the men’s 5 Km, Soviet Mikhail Schennikov edged Josef Pribilince, Czechoslovakia, in 18:27.79. But after a smooth race, both appeared to go completely out of control and flying high in a desperate race over the last 100 meters. The judges let it go. Mexico’s Ernesto Canto was 1 seconds back in third, Tim Lewis did 19:18.40 in eighth. The women’s 3 Km went to Olga Kristoff, USSR, in 12:15.49, with Italy’s Giuliana Salese second and Canada’s Ann Peel third. Maryanne Torrellas (now Daniel) also finished eighth for the U.S. in 13:10.30. Lewis and Torrellas were easy winners at the U.S. Indoor Nationals. Lewis had 19:30.70, 53 seconds ahead of Ray Sharp, with Paul Wiek and Doug Fournier also under 20:30. Torrellas won in 13:05.41, 10 seconds ahead of Teresa Vaill. Lynn Weik was third...

20 Years Ago (From the March 1992 ORW) - The National Indoor Championships in New York saw two outstanding performances. In the Men’s 5 Km, Gary Morgan easily won, beating meet and American record holder Tim Lewis by 22 seconds with his 19:55.6. Only Lewis had ever gone faster...

15 Years Ago (From the March 1997 ORW) - Debbi Lawrence and Allen James captured National Indoor titles in Atlanta. In the women’s 3 Km, Lawrence was 4 seconds ahead of Kristen Mullaney in 13:14.24, with Victoria Herazo another 7 seconds back in third, just ahead of Gretchen Eastler. James got a good tussle from Tim Seaman in the 5 Km before winning in 20:07.98. Seaman led for the first half of the race, covering the first 2 Km in 7:57, then dropped back by as much as 40 meters before closing the gap over the final 500 meters to finish in 20:12.06. Phillip Dunn was third in 20:19.7, leaving Curt Clausen well back in fourth.

10 Years Ago (From the March 2002 ORW) - Joanne Dow and Tim Seaman captured U.S. Indoor titles, Dow covering 3 Km in 13:05.72 and Seaman 5 Km in 19:46.40. In the women’s race, Amber Antonia (13:26.70), Susan Armenta (13:31.51), and Jill Zenner (13:44.07) followed. Sean Albert was second in the 5 with 20:43.98 with Jim Heys and Ben Shorey well back in third and fourth. Antonia won the women’s NAIA title in 13:56.06, well ahead of her UW Parkside teammates, Robyn Stevens and Ann Favolise. Parkside also took one-two in the men’s race with Lachlan McDonald returning 12:16.56 and Jim Heys 12:19.51. Matt Boyles was third in 12:26.87. Australia’s Nathan Deakes and Spain’s Francisco Fernandez in the Mexican Walk 20 Km, 1:21:07 to 1:21:21. Ecuador’s Jefferson Perez was another 12 seconds back in third, well clear of Poland’s Robert Korzeniowski. With a 1:35:41 effort, Mexico’s Guadalupe Sanchez beat Australia’s Jane Saville in the women’s 20. Mexico’s Rogelio Sanchez won the 50 in 3:53:49, beating Tomas Lipiec (3:55:06), German Sanchez (3:55:32), and Edgar Hernandez (3:56:58). New Zealand’s Craig Barrett did a 352:35 for 50 on the track.

5 Years Ago (From the March 2007 ORW) - In U.S. Pan-Am Cup Trials, Teresa Vaill and Kevin Eastler won 20 Km races in 1:35:44 and 1:24:12, respectively. Eastler was just 9 seconds ahead of Tim Seaman with John Nunn third in 1:27:55 and Matt Boyles fourth in 1:28:50. Sam Cohen trailed Vaill in second with 1:42:48, 43 seconds ahead of Jolene Moore...

Recent winners. Alex Schwazer on his way to 50 Km win in Dudince on the left and Ines Henriques leading the pack in the 20 Km in Chihuahua, Mexico 20 Km.