30 Km Titles To Michta and Stroupe; Fast 50s For Visiting Walkers

Valley Cottage, N.Y., Oct.28 (From Jamie Kempton with your editor’s additions)—Patrick Stroupe strode to victory and Maria Michta fended off a pair of pursuers to capture the women’s crown at the USATF 30 Km Racewalk Championships held at Rockland Lake State Park. An accompanying 50 Km race saw three visitors from other lands dip under the 4 hour mark.

Stroupe, 28, of Armstrong, Mo, completed the 30 in 2:18:34 to win by nearly a full mile over runner-up Nick Christie of San Diego, who clocked 2:25:11. The meet record of 2:14:31 was set by Allen James in 1993. Olympian John Nunn was third in 2:26:22. Stroupe, who missed the Olympic 20 Km trials, appears to be back to racing fitness with his decisive win and ready again to be a force at 20 Km and perhaps 50 in 2013.

Michta, 26, opened up a slight lead over Katie Burnett and Susan Randall and maintained a 200-meter advantage to the finish to win in 2:40:44. Burnett wound up second in 2:41:46 and Randall took third in 2:42:48.

Dan Serianni, who finished fifth, Ian Whatley, and Chris Schmid combined to lead World Class Racewalking to the team title with an aggregate time of 8:24:36.

In a concurrent 50 Km race, contest el to achieve qualifying marks for the 2013 Pan Am Cup in Lima, Peru and the 2013 World Championships in Moscow, the top three finishers posted “A” qualifying standards. Andres Chocho of Ecuador, came back from the disappointment of a DQ at the London Olympics to win in a South American record 3:49:26. Andreas Gustafsson of Sweden, who does much of his training with Tim Seaman in Southern California, was second in 3:50:47. Gustafsson is the son of Bo Gustafsson who won silver at 50 Km in the 1984 Los Angeles Olympics. Canada’s Evan Dunfee debuted at 50 Km with a 3:59:58 to also make the “A” standard. It was the first 50 completed by a Canadian in several years.

Serianni and 52-year-old Ray Sharp qualified for the U.S. Pan Am Cup team, finishing fifth and sixth in 4:38:26 and 4:44:14. On their way to the 50, Sharp was fourth ahead of Serianni at 30. Sharp won back to back titles at 30 way back in 1980 and 1981.

The day’s activities also included races at 10 and 20 Km as shown in the results below.

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Darlene Backlund, So. Cal TC 3:51:09 (1st 65-59) (3 DQ)


Some Races For Your Pleasure

Sat. Dec. 1 5 Km, Dover, Del. (T)
Sat. Dec. 15 5 Km and ½ Marathon, New Orleans (E)
Fri. Dec. 28 1500 and 3000 meters, Pharr, Texas (O)
Sat. Dec. 29 Pan Am Cup Jr. 10 Km Qualifiers, Pharr, Texas (D or O)
USATF Masters and Open Indoor 5000 meters, Rochester, NY (D)
Sun. Dec. 30 10 Miles, Asbury Park, N.J., 10 am (A)
Tue. Jan. 1 5 Km, Dover, Del. (T)
Sat. Jan. 5 Southwest Region 50 Km and 20 Km, Houston (G)
Sun. Jan. 13 Pan American Cup 20 Km Qualifiers, Huntington Beach, Calif. (D)
Fri. Jan. 25 Millrose Games Indoor 1 Mile, New York City (D)

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Racewalking World Loses A Legend

In our May issue, we ran an article from the Tipperary (Ireland) Star about one of their athletic sons and heroes, John Kelly, Olympic racewalker and all-around athlete. Sadly, we now have to report that John passed away on November 13 in Prescott, Arizona where he and wife Kati had lived for several years. John had celebrated his 83rd birthday in October. We reported last December that John had been battling a serious lung disease. That, and a weak heart, finally caught up with him. There was a service for John in Arizona and Kati will be traveling to Ireland in December for a mass in his hometown. Several days later, there will be a memorial service in England, where John’s 91-year-old sister lives.

John was born on Oct. 6, 1929 and emigrated to Australia in 1949. Ten years later, he moved to the U.S. and has stayed here since, taking U.S. citizenship at some point. The article we ran in May was our tribute to John and his accomplishments and we won’t repeat it here. But following is the story on one of his many achievements, which we first published in September 1973, a couple of months after he had completed his walk across Death Valley.

Also, by a couple of pictures of John in action.

Kelly Survives Oven For Record

I have been remiss in not covering this before and my apology to John Kelly, who certainly deserves some recognition for the feat. What feat you ask? Well, back in July, John trekked across Death Valley, all 120 miles of it, in 34 hours, breaking Bill Emerton’s record by some 28 hours. In doing so, he survived temperatures that reached 156 F in the sun and 120 F in the shade. Temperature off the blacktop rose to around 190 F. As one reward for his effort, John made an appearance on the Johnny Carson show in early September and came off quite well. He proved such an able instructor in the technique that Doc Serverinson was able to take off in quite acceptable style. My thanks to Paul Chelson for a long-distance phone call alerting me to this appearance as I normally catch the Carson show for maybe 10 minutes once every three years, past my bedtime, you know. (Ed. Bill Emerton was an Aussie who lived in the L.A. area for a long while and spent a lot of time here in the Columbus suburb of Grandview Heights and competed in many of our races in the ’70s. I haven’t heard from or of him for many years and would guess he may be deceased.)

For more on John’s performance we quote from the “Evening Outlook”, a paper from some city out Death Valley way.

“There were other notable statistics outside of the temperature. Kelly’s entourage (Bill Armstrong, Steve Goff, Brian Blake, Dr. Paul McKenna, Michele Grumet, Pat Trobias, Robert Carlson, Richard Mackson) took along 64 bottles of beer. They returned with none. One gentleman driving a luxury car with one hand and holding a Coors in the other slowed down to ask Kelly what he was doing. He claimed he held the record and inquired how fast

Kelly in action. John on the way to a win in the Master’s Division of the Southern Pacific 20 Km in Long Beach in 1983. He is accompanied by Vicki Jones. John won in 1:46:18
Reflections

by Martin Rudow

Reading about the over-due accolades coming from the IAAF for Ukrainian* walker Vladimir Golubnichiy, I thought about what the man meant to my generation of walkers. Following are some personal reflections on the career of Vlad Golubnichiy.

Years ago, I remember a young walker scoffing at Bruce MacDonald’s Olympic-team-qualifying 50 Km marks of around five hours. “I’d have made all those teams,” he rudely stated. No kid, you wouldn’t have. And no kids, you would not walk 1:27 under the conditions Vladimir Golubnichiy did. And you would not beat him under those conditions, even with both hands tied behind his back.

* Golubnichiy competed for the Soviet Union (USSR) but was Ukrainian, not Russian. I remember when the U.S. track team went to Kiev for the 1965 US-USSR track meet, we were told by the state department representative not to refer to the residents of Kiev as Russians—they were proud Ukrainians, and Vladimir was one of them.

Martin says he will not try to recount Vladimir’s feats but here is the brief recap I published in April 2000, along with a series of photos showing the great one in action:

Although his best times may pale in comparison with performances today, Vladimir Golubnichiy must still rank as the top 20 Km walker of all time. Consider the amazing competitive record and longevity of this Soviet ace, who also ranked as a true sportsman in every sense of the word. He first came on the scene in 1955, when, at the age of 19, he had the world’s fastest time for the year—1:3o:028. Three years later, he really made his mark when he broke the world’s record on the track with a 1:27:05 of September 23. A year later (Sept. 15,
1959), he bettered that mark with a 1:25:13.2 in Odessa. Then began his amazing Olympic odyssey: 1960, Rome—1st in 1:34:07.2; 1964, Tokyo—3rd in 1:31:59.4; 1968, Mexico City—1st in 1:33:58.4; 1972, Munich—2nd in 1:26:55.2; and 1976, Montreal—7th in 1:29:24.6. The latter race was his swan song at age 40. In 1974, at age 38, he won the European title and was ranked No. 1 in the world. He was a frequent and popular competitor in the US-USSR meets of that era, winning six times. He competed in only two Lugano Cups (the Soviets did not enter until 1967) and finished second both times (1967 and 1970). The following sequence, taken from the book Race Walking by Julian Hopkins, showcases Vladimir's flawless style.

McGuire Also Passes

Australia’s Frank McGuire, well-known in that country for his racewalking prowess in the first half of the 20th century and highly respected as a coach in the second half, died on September 28. He had celebrated his 100th birthday in March. He was appointed National Coach in 1959 and was known in racewalking circles around the world as an International Judge. He was respected world-wide for his numerous books on coaching and training, with an emphasis on junior walkers in many of his publications. His best known book, Training For Race Walking, was published in 1962. Among his many honors was the British Empire Medal awarded in 1982 for his services to athletics.

The Training For Race walking book included training schedules for racewalkers around the world including U.S. walkers Ron Laird, Bob Minn, Ron Zinn and surprisingly, John E. (Jack) Mortland. Ron L., Bob, and Ron Z. had all been on the 1960 U.S. Olympic, but I’m not sure how I got included, although it listed me as an Olympian, which wouldn’t be true for two more years. Perhaps Frank was prescient. At this point, I don’t really remember being contacted, but apparently I was and submitted some information on my training schedules, which looks a little laughable now. I would question some of the information I provided. The schedules are largely for Australian walkers and Golubnichiy is not included. The only Soviet walker is V. Ukhov, who was 6th at 50 Km in the 1952 Olympics. The most notable international walkers are Great Britain’s Don Thompson (1960 Olympic 50 Km gold) and Ken Matthews (1964 Olympic 20 Km gold) and Josef Dolezal of Czechoslovakia, a silver medalist at 50 in 1952, who, reportedly held 9 world records during his career.

Frank McGuire (third from left) in a 1949 race walking even with Alex Philpott and H. Horden with W. Knott and G. Smith trailing (and an unidentified walker blocked out by McGuire.)

THE WAY IT WAS
or
THE TRIALS OF WE AMATEURS
or
A RACEWALKING ODYSSEY

(First published in the January 1970 ORW under no title whatsoever and rerun 30 years ago.)

Back in 1961, someone decided they would like to introduce racewalking to the Drake Relays in Des Moines, Iowa. (A historic track meet still going strong today.) So a 1 Mile Invitational was added to the program and Jack Blackburn I was fortunate to be invited. We used to have some rather hairy weekends of travel, but this invitation led to probably the all-time hairiest.

The invitation included expense money (mostly unheard of for racewalkers in those
days), but to say Jack and I, amateurs to the core, were naive about such things would be an understatement indeed. This is the only time we were offered travel expenses and they actually asked us what we needed. Boy, what would Ron Laird have done with that one? But, as far as we were concerned, the only way to get to a walking race was to get in the car and drive all night, or all day as the case may be.

Like to New York for the Indoor Nationals: Leave about 7 pm Friday, hit New York mid-morning (interstates were still to come, but the Pa. Turnpike helped), get a little sleep in the hotel room of someone you know, race that night, and then start home because you can’t afford a room of your own. Or, to New York for a Sunday morning race: Drive all day Saturday, get the cheapest room you can find at 10 or 11 that night, race on Sunday, and then back on the road through half the night because you have to be at work at 8 Monday morning. Well, that’s the way we did it back in “the good old days”.

So, when we received the invitation from Drake, we made our plans along those lines. After all, Des Moines is about the same distance as New York (600 miles or so), although in the opposite direction. However, knowing there was a 25 Km race in Chicago on Sunday, the day after Drake, we figured we would “take advantage” of the Drake people and get enough money to make that race as well. So, we figured the cost for driving the 600 miles to Des Moines, home via Chicago, which may be 700 miles, Saturday lodging, and meals for two days. About $75 for the two of us would do it. (For youngsters, gas was around 30 cents a gallon in those days and one could get a decent room for about $15.) The fact that there were planes flying in the skies never crossed out feeble minds.

We got our $75 with no questions asked and on getting to the race found that the other two contestants, Rimas Vacaitis and Matt Rutyna, had gotten $150 to come the 300 miles or so from Chicago, via the airways. We have the memories, however.

Our schedule was just a bit tighter than going to New York, although the distance was the same, the race was in the afternoon, not evening, about 7 or 8 hours earlier. So, both being very conscientious about our jobs and wanting to keep them, we left at 7 or 8 pm Friday after work and supper. Taking turns driving, we both managed 1 or 2 hours sleep in the backseat during the drive out. Our only problem was a fuel gauge that registered empty at about 10, which gave us about 4 hours to sleep and less than 2 hours to eat and digest our breakfasts and find the race site.

Well, not so big really. It seems that the important thing was to make it a very good race for the spectators Be competitive but extra sure of style so everyone could see the sport at its finest and cleanest and then get it on the program as a regular thing. (That didn’t happen. That was the first and last Drake Relay 1 Mile Racewalk.) So, at the suggestion of Chief Judge Bill Ross, it is agreed that we will stick together at a fast, but safe, pace and then race at the finish. The result was a victory for Jack Blackburn at just over or just under 7 minutes, with Rimas second, myself third, Matt fourth, and one really satisfied, although Jack didn’t feel too bad with his nice Drake Relays watch.

Back in the car after supper and on to Chicago, with Rimas as our guest (allowing him to cash in his return ticket and lose his amateur standing for all time, if we told--which we didn’t). By the time we helped some attractive young ladies fix a flat, had some drunk run into our back end at a stoplight, got Rimas home, and found a motel it was 4 am. Our race was at 10, which gave us about 4 hours to sleep and less than 2 hours to eat and digest our breakfasts and find the race site.

Some way, off that preparation, I walked by far the best race of my career to that point, bettering my 20 Km best on the way to 25, with Rimas again second and Jack third this time. My only regret was that Jack had that beautiful watch for a paltry 1 Mile and all I had for going 25 Km on two sleepless nights was a little medal.

Well we were back in Columbus by midnight and at work the next morning, as usual. And we still had $18 of our $75 to split between us (which, I suppose, allowed us to join Rimas in losing our amateur status for all time). Despite our small profit, such a trip and many others like it assured us that we were indeed competing in amateur sport. And, we cherish the memories.

Annual Awards

Retiring National Chairman Vince Peters announces and congratulates those being honored in the annual USATF Racewalking Awards and thanks Dave Talcott, Ray Funkhouse, and Ginger Mulanax for handling the data and voting than went into determining the winners.

And the winners are:

Ron Zinn Memorial Award, given to the year’s outstanding male and female racewalkers. The award commemorates the achievements of Capt. Ron Zinn, who lost his life in combat during the Vietnam War. Ron was a member of the U.S. Olympic Team in the 1964 Games in Tokyo where he finished sixth in the 20 Km. The 2012 winners are Maria Michta and Trevor Barron, both repeating from 2011.

Henry Laskau Award, commemorating the achievements of Henry Laskau as an athlete and as a person, is presented annually to the USA’s top junior racewalkers. Henry won 42 National titles and was member of the 1948, 1952, and 1956 U.S. Olympic teams. The 2012 winners are Maite Moscoso and Tyler Sorensen.

Mike Riban Award given in memory of the longtime supporter, coach, and official Mike Riban of the Green & Gold A.C. in Chicago to the outstanding contributor to racewalking. The 2012 award goes to retiring chairman Vince Peters.

Outstanding Association Award, which goes to the San Diego-Imperial Association.

The Masters Male and Female Racewalkers of the Year presented annually to the top master (35 and older), which go to Terresa Vaill and Tim Seaman.

And finally, the Masters Men and Women Age Group winners were as follows:

Women
1. Maria Michta, Walk USA 40
2. Katie Burnett, un. 39

Men
1. Dan Serianni, World Class RW 57
2. Tim Seaman, New York AC 46
### 50 Years Ago (From the November 1962 ORW-)

- The November 1962 American Race Walker, published by Chris McCarthy in Chicago.-A National Postal 20 Km went to Canada's Alex Oakley, who had walked 1:34:40:4 in Toronto. Ron Laird's 1:38:25:9 in Chicago was second and John Allen's 1:39:25:6 in Amherst, N.Y. was third. There were 42 finishers. Laird's time bettered the American record (track) of 1:40:35.5 set by Jack Mortland in the 1961 postal. Mortland had walked on his old high school in Upper Arlington, Ohio, a Columbus suburb. Oakley bettered his own Canadian record...Laird won the 10 Mile race at the Ohio Track Club Distance Carnival in 79:19, well clear of Jack Mortland. He then came back to take the 2 mile from Jack Blackburn with a 14:32 effort. Chris McCarthy won the 20 miler in 2:56:08. The Coney Island Carnival in 79:19, well clear of Jack Mortland. He then came back to take the 2 mile from Jack Mortland with a 14:32 effort. Chris McCarthy won the 20 miler in 2:56:08. The Coney Island

### 5 Years Ago (From the November 2012 ORW-)

- NOVEMBER 2012

3. Tamara Stevenson, Wasatch Walkers 34
4. Susan Randall, Miam Valley TC 33
5. Lauren Forgues, NYAC 31
6. Miranda Melville, un. 31
7. Erin Taylor-GTalcott, Shore AC 31
8. Teresa Vaill, Pegasus AC 30
9. Erin Gray, Bowerman AC 29
10. David Swarts, Pegasus AC 28
11. Ben Shorey, Shore AC 28
13. Ben Shorey, Shore AC 28
14. Patrick Strope, World Class RW 25
15. Deshi Topham, Pegasus 14

**Junior Women**

1. Abby Dunn, Miami RR 33
2. Maite Moscose, Central Fl. Gliders 28
3. Kaitie Michuta, Walk USA 25
4. Nancy Josephs, Walk USA 24
5. Kaitie Michta, Walk USA 25
6. Maite Piedra-Moscose, Fla. AC 14
7. Nicole Court-Menendez, Maine RW 12
8. Patsy Hurley, Equalizers TC 10
9. Stephanie Saccante, Walk USA 10
10. Irene Fletenev 10

**Junior Men**

1. Jonathon Hallman, un. 44
2. Michael Nemeth, Wings of Moon 28
3. Nataniel Roberts, Bowerman AC 22
4. Anthony Peters, Elgin Sharks 21
5. Alex Chavez, South Texas WC 17
6. Alexander Peters, Elgin Sharks 21
7. Lucas Borget, Lakers TC 10
8. Tyler Sorensen, un. 10
9. Mitchell Brickson, Goshen Coll. 10
10. Thomas Dunlevy 10

**Masters Women**

1. Marianne Martino, High Stiltvue RW 38
2. Debbie Topham, Pegasus 42
3. Sue Hilder, Walk USA 34
4. Ann Harsh, Florida AC 32
5. Tamara Stevenson, Wasatch Walkers 28
6. Sandra DeNoon, Florida AC 24
7. Teresa Vaill, Pegasus AC 20
8. Cathy Mayfield, Pegasus AC 19
9. Panseluta Geer, Shore 19
10. Susan Randall, Miami Valley TC 16

**Masters Men**

1. David Swarts, Pegasus AC 26
2. Andrew Pegasus, AC 26
3. Max Green, Pegasus AC 26
4. Leon Jasonowski, Pegasus AC 26
5. Omar Nash, Miami Valley TC 21
6. Max Walker, Pegasus AC 29
7. Ray Sharp, Pegasus AC 20
8. Ian Whatley, World Class RW 17
9. Dave Talcott, Shore AC 16

**2012 Event**

- NOVEMBER 2012

- 10.5 mile handicap race went to Jerry Madden in 1:38:24 with Ron Laird taking fast time honors in 1:24:53.

### 45 Years Ago (From the November 1967 ORW-)

- Ron Laird swept to victory in the National 30 Km in Columbia, Missouri, clocking 2:29:06. The Ohio TC's Jack Blackburn was some 22 minutes back and won the name Big Red Duck from Bill Clark because the cold weather had him walking in his baggy OTC sweats. Howie (now Jake) Jacobson beat Ron Kulik for third. Shaul Ladany won a 50 K race in Long Branch, N.J., his 4:15:02 leaving Dave Romansky, walking his first 7 minutes in arrears.

### 40 Years Ago (From the November 1972 ORW-)

- Bill Weigle walked off with the National 50 Km title in San Francisco, covering the distance in 4:22:00. He continued a pattern of consistent times, having done 4:20:09 in the Olympic Trials and 4:22:52 in the Olympics themselves. Bob Kitchen was well back in second with 4:35:43 and Bill Ramsey came third.

### 35 Years Ago (From the November 1977 ORW-)

- Not much exciting to report this month, although we did run an interesting profile of Great Britain's 20 Km great, Ken Matthews. Jack Blackburn beat Chris Knotts in a 5 miler on the Ohio scene...In England, Derek Harrison had 17:43:00 for 100 miles (I guess that's rather exciting), as 56 finished the race under the 24-hour limit. (Also exciting. Perhaps I should extract my opening statement.)

### 30 Years Ago (From the November 1982 ORW-)

- In the Can-Am walks in Niagara Falls, N., Jim Heiring beat Tim Lewis at 20 Km, 1:29:50 to 1:31:43, with Canada's Franko Lapointe a distant third. Ann Peel was an ashy winner at 10 Km in 49:50, leading a Canadian sweep of the first five places. Her stiftless competition, Susan Leirs and Teresa Vaill, were stuck at the airport in New York City. Peel also won the Canadian Championship in 48:04. Guillaume Leblanc went in 1:28:36 and Lapointe took the 50 with a brilliant 3:51:38. In Italy, Olyp 20 Km Champion Maurizio Damilano turned in a very time at an unusual distance--5 miles. He had 31:24. ...Bob Keating won the National 100 mile in 19:05:31, beating three-time champion Alan Price, who had 19:35:44. John Kelly was also well under 20 hours and 46-year-old Bex Leveck established a U.S. women's record in fourth with her 21:42:14.

### 25 Years Ago (From the November 1987 ORW-)

- A three-race international series was wrapped up in Medison, France and San Giovanni, Italy. In France, Sweden's Bo Gustavsson won the 15 K in 62:15, ahead of Roman Mrazek, Czechoslovakia and Querubin Moreno, Colombia. Australia's Kerry Saxby took the women's 5 K in 21:58 with Sweden's Ann Janssen 48 seconds back. Finland's Reima Salomon won at 30 Km in San Giovanni with a 2:13:59, better than a minute ahead of Italy's Raffelo Docceschi and Giovanni Pericelli. Moreno was fourth. Saxby was a winner here, too, taking the 10 Km race in 46:35 ahead of Janssen's 47:17 and Sue Cook's 48:23. Moreno was the men's series winner with 55 points, 1 ahead of Mrazek and 5 ahead of Docceschi. Saxby swept the women's series with 18 points to 15 for Janssen. Alan Price won the Columbia, Missouri 100 miler for the ninth time in 20:53:42. Chuck Hunter was...
A sample of the training schedules included in Frank McGuire’s book, *Training For Race Walking*:

**EDWARD JAMES ALLSOPP**


**Best times:** 1 mile, 6:28; 2 miles 13:32; 5 miles, 32:25; 10,000 meters, 44:24; 20,000 meters, 93:30; 2 hours, 16 miles 403 1/3 yards (world record 1956). Born December 15, 1926 at Bdenbope, Victoria, Australia. Height 5 ft. 8 in. Weight 146 lbs. Started race walking in 1945 at age 16 years.

**TRAINING FOR 3,000 METERS. Typical schedule:**
- Sun.: 4x1 mile, 8 min. pace. (2 mins. rest.)
- Mon. 12x440 at 1:50. (1 min. rest.)
- Tue.: 6x880 at 3:40 (2 mins. rest.)
- Wed.: 4x1 mile at 8 min. pace. (2 mins. recovery)
- Thu.: 12x440 at 1:50 pace (1 min. recovery)
- Fri.: Rest.
- Sat.: Race.

**TRAINING FOR 10,000 METERS. Typical schedule:**
- Trains 8 nights per week over repetition 440s, 880s, and longer miles. Races each Saturday.
- Sun.: 1 hour on road.
- Mon.: 16x440 with 1 min. recovery.
- Tue.: 7 miles at 8 min. mile pace.
- Wed.: 5x1 mile at 8 min. mile pace. (1 min. rest)
- Thu.: 12x440 at 1:50 to 2:00. (1 min. rest)
- Fri.: Rest.
- Sat.: Race.

**TRAINING FOR 50 KILOMETERS. Typical schedule:**
- Sun.: 3 hours road. (6-9:30 mins. per mile)
- Mon.: 10 miles on road, 8:45 mile pace.
- Tue.: 12 miles on road, 8:30 mile pace.
- Wed.: 10 miles track 9 mins. mile pace.
- Thu.: 12 miles, 8:30 mile pace.
- Fri.: Rest.
- Sat.: Race.

Trains alone and has no personal coach now, but was helped early in career by ex-New Zealand champion, Ian Driscoll, and latter by club coach Cliff Barling. Lost form for a year or so while undergoing a style change recommended by the writer. Is now back in top form specializing in long distance with great success. Does no calisthenics or weight training. During 50 kilometers event, takes tea and glucocin.