Mannozzi, Burnett Capture 30 Km Titles

Valley Cotage, N.Y., Sept. 14—Mike Mannozzi and Katie Burnett captured National USAT&F titles at 30 Km on a full day of racewalking today. Mannozzi, now representing Shore AC, won going away in 2:31:37.2 as did Burnett in an impressive 2:37:38. Since this is the Ohio Racewalker, we will note that Mike became the fourth Buckeye winner at the distance joining Johnny Abate, who represented the Fenwick Club of Cincinnati when he won in 1943 with 2:49:35, Jack Mortland of the OhioTC a 1962 winner in 2:36:02, and Matt Boyles who had a 2:32:17 in his 2007 victory.

Mannozzi finished seven minutes ahead of runner-up Dave Talcott and Burnett had a victory margin of nearly 17 minutes after the early leader Teresa Vaill dropped out at 15 Km. The 30 Km distance was first on the national schedule in 1937 and was contested every year through 1988. From 1989 through 1999 it was held only four times, but has been back on the schedule every year since.

There were accompanying races at 10,20, and 50 Km, with the most impressive performance being a 1:23:45 at 20 Km by Ecuador’s Marcio Artega.

Results of the races:

National 30 Km, Men:
1. Michael Mannozzi, Shore AC 2:31:37
2. Dave Talcott, Shore AC (1st Master, 1st 50-54) 2:38:29
3. David Swarts, Pegasus (1st 50-54) 2:40:51
5. Mark Green, Pegasus (1st 55-59) 3:00:30
7. Leon Jasionowski, Pegasus (1st 65-69) 3:20:07
9. Dan O'Brien, Pegasus (3rd 45-49) 3:26:54
10. Bruce Logan, Park-RW 3:30:47
11. Vlado Haluska, Pegasus (2nd 55-59) 3:35:39
12. Timothy Chehuis, Shore AC (2nd 55-59) 3:37:12
13. Byron Kaelin, World Class RW (2nd 50-54) 3:40:59
14. John Morrison, Potomac Valley TC (2nd 60-64) 3:55:17
15. Patrick Bivona, Shore AC (3:09:03 at 25 Km) and Ron Salvio, Freehold RC (1:57:12 at 16.67 km), Team Score—1. Shore AC 7:52:33
2. Pegasus 9:01:24

National 30 Km, Women:
1. Katie Burnett, un. 2:37:38
2. Darlene Backlund, So.Cal. TC (1st 65-69) 2:54:23
4. Yadira Guaman, Ecuador 1:43:05

Other Concurrent Events:

Jr. Women's 10 Km—1. Brittany Collins (19), WalkUSA 2:00:42
International 50 Km—1. Jhon Alexander Castaneda, Colombia 4:13:21
Men's International 20 Km—1. Marcio Artaga, Ecuador 1:23:45
Women's International 20 Km—1. Magaly Bonilla, Ecuador 1:39:57
Results of Other Races, Near and Far


Central American and Carribbean T&F Championships, Morelia, Mexico, July 5–7L

Women’s 10 Km–1. Maria Gonzalez, Mexico 1:06:24 2. Olga Ferraro, Italy 1:06:37 3. Galina Kichgina, Kazakhstan 1:06:41

Some Opportunities To Lace Up Those Walking Shoes

Sun. Oct. 5

USATF Open/Masters Indoor 5000 meter, Rochester, N.Y. (L)

Sun. Oct. 6

5 Km, Portsmouth, N.H. (E)


National USATF 5 Km, Kingsport, Tenn. (A)


National USATF 40 Km, Ocean Township, N.J. (A)

Sun. Oct. 20

Pacific Association 10,000 meters, Clinton, Conn., 10 am (N)

Sun. Oct. 26

5 Km, Portsmouth, N.H. (E)

Sun. Nov. 3

10,000 meters, Clinton, Conn., 10 am (N)

Sun. Nov. 9

1 Hour, Virginia Beach Va. (N)

Sun. Nov. 10

½ Marathon, Portsmouth, NH (E)

Sun. Nov. 24

50 Km (World Cup Trial, National Masters, South Region, and Florida State Championship), South Florida (B)

Sun. Dec. 21

5 Km, Hudson, N.Y. (S)

Sun. Dec. 28

USATF Open/Masters Indoor 5000 meter, Rochester, N.Y. (L)
Russian Racewalking Scandal

by Mel Watman from the British publication Athletics Weekly

The news that Russian walker Igor Yerokhin has been banned for life by the antidoping commission of the Russian Athletics Federation indicates that although the Russian authorities are doing a good job in catching drug offenders, the IAAF must consider taking draconian measures over the constant cheating by Russian walkers based in Saransk.

Winner of the European under-23 20 km walk title in 2005 and fifth in the 2012 Olympic 30 Km, Yerokhin had already served a two-year drugs ban from 2009 to 2010 for testing positive for EPO. New data showed abnormalities in his biological passport and all of his results since February 2011 have been annulled, including his Olympic placing and the European Cup 50 Km second place and the Russian 35 Km winter title he won in 2011.

His personal bests included 1:19:21 in 2007 and 3:37:54 in 2012. That latter mark will now be disallowed, leaving him with 3:38:08 in 2009. Almost inevitably, Yerokhin is from Saransk, the center of Russian racing and increasingly controversial as numerous other walkers who train there have received doping bans.

Back in January, reporting on the life ban imposed on Sergey Morozov, who in 2009 was credited with an unratified 20 Km world record of 1:16:43, I wrote: “This latest doping scandal continues to make a mockery of international walking at the highest level and surely
it's time for the IAAF to take stern action. Russian walkers, several from Saransk, have achieved exceptional results in recent years and, although it would be unfair to accuse them all of cheating, it does appear that the coaching and medical set-up there should be thoroughly investigated by the world governing body.

Medal winning and/or record breaking Russian walkers who have received doping bans include German Skurygin (1st 1999 World 50 Km; two years), Valeriy Borchan (1st 2008 Olympic and 2009/2011 World 20 Km; one year), Vladimir Kanaykin (World 20 Km record, 2nd 2011 World 20 Km, two years; Victor Burayev (3rd World 20 Km, two years), Aleksy Voyevodin (3rd 2004 Olympic 50 Km and 2nd 32005 World 50 Km, two years), Olympiada Ivanova (World 20 Km record, 1st 2002 European and 2005 World and 2nd 2004 Olympics; two years), and Tatyana Mineyeva (1st World Junior 10 Km and 2011 European U23 20 Km; two years.)

The Saransk walking center, which has a $4 million budget this year, is headed by Victor Chegin. Is it possible that he could be unaware of the apparently widespread drugs culture at that center? And, therefore, how much credence should we place on the achievements of other record stars nurtured at Saransk?


Hopefully, all these athletes are clean... but Saransk’s disgraceful record besmirches everyone involved.

What sanctions could be applied? How about Russian walkers being barred from the IAAF World Cup and European Championships in 2014 and the IAAF World Championships in 2015? Russian walkers could be admitted to the 2016 Olympics only if no further positive tests are revealed between now and then. That might persuade athletes and their support teams to compete honestly.

(This article was first published in Athletics International, the track and field newsletter that is published by Mel Watman and Peter Matthews at least 35 times a year by email. For more details, contact mel@gardencourt.fsnet.co.uk.)

On a more positive note, this from an August 8, New York Time article: (Positive if you ignore the “funny” in the headline)

Walking Funny and Fast Puts Russian City on Map
by Andrew E. Kramer

Their hips swinging, their arms pumping, the sport heroes of Saransk set out for their daily workout in a city park, followed by dozens of wide-eyed young admirers. Taking the lead were Olga Kaniskina, an Olympic gold medalist and three-time world champion, and Elena Lashmanova, an upstart talent in the world of female racewalking who defeated Ms. Kaniskina at the Olympics in London.

Behind them came a crowd of boys and girls, all rotating their hips, locking their knees and gliding along as fast joggers pace—though, of course, never technically breaking into a run. This trick is the strange allure of racewalking, this city’s favorite and best sport—particularly among women.

It is telling of Russia’s approach to sports that when the Friday night lights come on in Saransk, the town’s heroes are not muscle-bound football players, or even dashing soccer aces, but demure and willowy young women who walk funny. And these women have this town’s unwavering respect; they have shown a fearsome ability to cream any challengers, even the Chinese, the rising world power in men’s racewalking.

Four of the five top-ranked female racewalkers in the world are from Saransk, an otherwise unremarkable city of 310,000 people 320 miles southeast of Moscow. In previous years, before the Chinese surged, 9 or the top 12 female 20 Km racewalkers were from here.

Today, in International Association of Athletics Federation rankings, Russian and Chinese women hold the top 11 spots, followed by Marina Ortiz of Guatemala.

Russian girls dream of growing up to figure skate or dance in the Bolshoi, but in Saransk, they want to be racewalkers. On a recent afternoon, Alesa Kolarova, a gangly 14-year-old, laced up her Adidas and limbered up by walking—not running—in place. “I really like to racewalk,” she said. “We look at the Olympic champions and want to be like them.”

She watches the races on television, she said, and analyzes technique and discusses meets with friends at school. “It’s all very interesting, she said. “You need to keep your legs straight, and it is very difficult.”

At racewalking events in the city, which occur as often as once a week in the fall, residents line the streets. “They yell and cheer and tell us to walk faster,” said one walker,
Vladilena Odushkina, 17. Galina Vaskina, a waitress at the Big Ben sports bar, said that one night last winter, “A group of men were sitting here and drinking beer and they said, 'Hey, can you put on a female racewalking' and so I did.”

Saransk might seem to exist in some through-the-looking-glass world where clocks run backward and a woman’s team practicing an obscure sport has the city’s full attention. In fact, though, it sits firmly within the context of Russian sports politics. Russia has been preparing to host a series of high-profile sporting events, starting with the World Athletics Championships and followed by the Olympics next winter, by reviving the modus operandi of the once-vaunted Soviet sports machine. That approach focused on national prestige and Olympic medal counts, not popularity of sport.

At the World Championships, Russian sportswriters say, do not look for a Russian to get close to Usain Bolt in the 100 meter sprint, for example. High profile is not Russia’s strategy. Instead, says the newspaper Komsomolskaya Pravda, Russia is expecting a harvest of medals in women’s hurdles, women’s pole vault, and men’s and women’s racewalking. “Our women are always the favorite,” he said. As they are in Saransk, where Russia’s methodical approach to medal counts is on full display.

“People criticize by saying, 'Well, yes, you win all the time, but that’s because nobody else in the world cares about this sport;” said Mikhail M. Nikishin, a spokesman for the regional government. “And we say ‘Fine, but just try to catch these girls if you can.”

Officials here lavish funds on women’s racewalking. In 1996, the regional governor signed a decree forming the Center for Olympic Preparation, a school for racewalkers. Its budget has grown with its successes; this year it is $4 million. The Center’s talent scouts, working from 20 local branch offices, have first pick of athletically gifted students in town and village schools.

Vyschislav Golovin, a scout, said in an interview that he watched a physical education class and picked students who caught his eye for “looking live.” The best prospects then wind up in a boarding school for racewalkers in Saransk, run by the Center for Olympic Preparation. It opened with 50 beds in 2006 and is already expanding, to add an additional 100 beds.

Coaches from other, seemingly broadly appealing, sports, like soccer or tennis, are left grumbling that all the best athletes are scooped up for speed walking,” said Yevgeny Naumov, a sports columnist at Stolitsa Sport, a local newspaper. Mr. Naumov said scouts were able to tell young athletes, presumably with a straight face: “Look, you could be a runner or a soccer player, but nobody from our town has ever achieved anything in running or soccer. So, if you want to be serious in sports, and want results and material benefits, you need to get into racewalking.”

The method is highly evolved. To emphasize the development of future talent, school girls and Olympic athletes train together in the city’s parks, so that children are inspired by success, he said. As the Olympians circle the park, the children periodically fall in behind for a lap, the rest. The head coach and top athletes decline all interviews stating about a month before a race.

On a recent afternoon, a few dozen girls waited in the park, going through the racewalk step in slow motion, hips twisted and one shoulder thrust forward, almost as if posing for a glamour photograph. When Ms. Kaniskina and the other Olympians swung past, the pack set off behind them, torsos swaying, arms swinging, and disappeared into a poplar forest, damp and humid after a summer rain.

The regional governor gave Ms. Kaniskina a white Mercedes sport utility vehicle, and she and dozens of female racewalkers were given free apartments. The head coach, Viktor Chegin, and Ms. Kaniskina are recipients of the Order of Glory of Mordovia, the highest honor bestowed by the local government. It means their busts will eventually be cast in bronze and displayed in a city park, an honor delayed only by a Russian tradition not to raise states for the living.

Why Walk Instead of Run

(For many, many years, Colorado’s Bob Carlson edited and published the Front Range Walkers News, a highly entertaining monthly newsletter that covered a bit of everything—health, nutrition, physiology, psychology, sex, philosophy, flatulence, language, history, humor, on and on, and, yes, even racewalking. Bob gave up the newsletter, I suppose two or three years ago, and Craig Foreman has carried it on, though in a much less extensive manner. And, that’s not to denigrate Craig; who else would have the time or patience to do all that Bob did. Bob also authored two books on racewalking, the most recent Walking for Health, Fitness and Sport, Fulcrum Publishing, Golden, Colorado 1996. I had saved Bob’s newsletters for many years, but recently went through them and preserved what I considered the real gems of his fertile contributions to my ideas of real worthwhile literature, some of these rescued items pertaining to racewalking. Here is one item I saved from the June 2008 issues. I assume that Bob wrote this himself as he didn’t attribute any other source and he was very good about doing that.)

An immortal quote by silent Cal Coolidge prior to the 1928 presidential campaign makes more sense than ever today. For you youngsters who were not around in those days, the quote was “I do not choose to run”. While in the quoting business, it should be noted that Hippocrates, the father of modern medicine, said “Walking is man’s best medicine” more than 200 years ago. Such great advice should not go unheeded. (Which, reminds that that the motto of Bob’s newsletter was “Leave no stone unturned and no torn unstoned”, with several variations.) A great number of thinkers throughout history have used walking as their chief mode of exercise and realized its relaxing qualities. The human body was truly designed for walking and all of us are reasonably good at it unless we are in very bad physical shape.

Conversely, many experts say that 20 percent of people have the legs, body, and joints that can stand extensive running without injury. George Sheehan, the eminent runner, cardiologist, and author tells us in his books that at least 70 percent of runners who do enough training to race usually end up being injured at any level will receive injuries at least once (and probably more than once) that will keep them sidelined for at least a week to a month or two at some time or another. If world-class runners could be polled about injuries that have kept them out of action for a month or more, it would be a rarity to find one who hasn’t. However, a poll of the world-class racewalkers would show that very few have been injured from the sport. Aches and pains and sore muscles, yes, but nagging injuries are very rare in the sport. Because walking is a gliding movement instead of a pounding one, walkers can get by with very ordinary feet and knees. Certainly, runners cannot because of the fact that they lift themselves off the ground on each step and land with about three times body weight on a bent leg. When the weight is on one foot at all times, as in walking, there is very little strain on any parts of the body.

Why then has walking not received more publicity as the most convenient, inexpensive, and injury free exercise? Because it is deemed to be too common. The problem is that the great majority strolls lazily instead of walking briskly enough to get training effects for the effort. If this fact could be more generally understood by the masses and if they would react positively, we would have a nation of super-fit citizens. Most of walk somewhere every day. If everyone made sure that their daily walks could be 20 minutes or more nonstop and at a brisk pace commensurate with individual ability and conditioning, then generally individual well-being and health would rise dramatically as time flows by. But researchers say about 60 percent of the populace will never embrace any helpful exercise of any sort and will never realize any sort of fitness. Other researchers say that less than 10 percent of Americans now do
enough regular exercise to produce a fit heart. The rest of us can only feel sorry for the unenlightened as we walk away into fitness.

How To Take Longer Strides For Efficiency
by Ray Sharp

(This article was also in that June 2008 issue. Ray Sharp is a long-time U.S. International racewalker, beginning with the 1981 World Cup team and most recently at the Pan-Am Cup in June of this year.)

The most effective way to increase your stride length is walking to maintain an upright posture with the hips forward. Keeping the pelvis forward under the torso, as opposed to sticking your rear end out behind you, will add to the length of your step without requiring extra energy. Some racers mistakenly try to gain these extra inches by reaching the lead foot too far forward of the center of gravity, or by using an exaggerated or excessive hip motion. These actions waste energy and lead to overstriding.

Overstriding refers to any increase in stride length that decreases overall efficiency, or any action that is perceived as increasing stride length, but actually doesn’t. For example, when you try to lengthen your stride by reaching to far forward with the swinging leg, the following problems occur. The foot is carried to high, wasting energy and sometimes leading to loss of contact. When the heel makes contact, there is a deceleration that interrupts forward momentum. Finally, by emphasizing the forward reach of the foot, the hips may shift back and decrease stride length. When an excessive hip motion is used, often times the increased motion is mostly lateral, not forward, and this wasted motion adds nothing to propulsion (and makes you waddle like a duck).

So you can see that many times when you try to take a longer stride all you really do is waste energy. There is, however, a way to make your stride as long as possible and still efficient. Concentrate on driving the hip forward and then put the foot down quickly. At first, it may feel like you are shortening your stride by dropping the foot too close to your body, but in reality, the hips have already done this work so you are merely eliminating the pause in your rhythm and the breaking force of the overextending foot. Videotape analysis by the biomechanists at the U.S. Olympic Committee shows that the fastest walkers keep their hips forward and put their heels down for less distance, percentage wise, ahead of their centers of gravity. In other words, more of the stride length is behind the body, and less is in front. Not only is the stride longer, but it’s easier to roll the foot down quickly to overcome the break in inertia caused by the heel-strike and get to the propulsion phase sooner.

Try practice walking with the hips forward. Try walking alternate 100 meters with your new and old techniques. Count the strides each way. With the hips forward, although the perception is that you are putting the foot down directly under the body and cutting your stride length, you should actually find that it takes about the same number of steps as it did the old way. Now, walk several times 400 meters, alternately using the old or new style for the entire repetition. I’m sure that when you keep the hips in their proper forward position, you will walk faster with less effort.

By keeping the hips forward and putting the heel down quickly, you can walk with longer and faster steps by not overstriding. So, next time you want to walk fast, don’t think about pumping your arms or reaching with your feet. Just focus on quick forward hips and you’ll be on your way to faster, easier racewalking.

Final IAAF Grand Prix Standings

Women
1. Elena Lashmanova, Russia 38
2. Ines Henriques, Portugal 34
3. Ana Casbecinha, Portugal 23
4. Lea Pelantova, Czech Republic 17
5. Monica Equihua, Mexico 16

Men
1. Jarred Tallent, Australia 34
2. Joao Vieira, Portugal 26
3. Matej Toth, Slovakia 26
4. Robert Heffernan, Ireland 23
5. Dane Bird-Smith, Australia 20

The Greatest World Cup Races Ever

(In the July issue, I published Nos. 10 through 6 on Paul Warburton’s selection of the ten greatest World Cup races of all time, promising the top five in the next issue. That August issue passed and I neglected to live up to the promise. So, belatedly, here are Nos. 5 through 1.)

No. 5. Men’s 50 Km, Cheboksary 2008

Anyone who has ever led a marathon or walked 50 Km will know when you are caught—you usually stay caught. Not so Denis Nizhegorodov. In fact, such was the Russian’s power of recovery at 44 km when teammate Vladimir Kanyakin reinied him in, he went away again at speed to post the current world record of 3:34:14.

The race seemed over as Kanyakin moved into first, and for a second Nizhegorodov’s head dropped much as it did when he painfully crawled into the Olympic stadium for second in 2004. But this time, he regrouped mentally and posted 8:19 for the fastest 2 km lap of the race from 46 to 48 km on a picturesque course that could also be seen from start to finish.

The bonus of a natural amphitheater made by a surrounding hill allowed hometown spectators to marvel in the Russian’s supreme effort that bettered Australian Nathan Denkes’ record by 1:33. A world record anytime is good, but when achieved in the white heat of a major competition, it supersedes anything achieved using pacemakers and minus any pressure.

No. 4. Men’s 20 Km, Monterrey, 1993

There is nothing like a hometown winner to engender interest, and Daniel Garcia duly delivered the goods for this one. Racewalking is often described as the Cinderella sport of athletics. You would have been hard pressed to call it that after the Mexican won gold.

There were scenes reminiscent of the Oscars as cameramen, TV crews, radio and journalists all heaved, argued, and fought to get close to the winner and add to the moment. Live national TV wanted a piece of the action, as did just about everyone else, and it more than helped Mexico win the team event as well.

Often seen as a second national sport behind football (soccer), walking and Garcia’s profile shot up as a result to a last-lap spring that curiously saw a road underpass used on the 2 km loop. He went down in the dark, but when he emerged, it was limelight from there to the
finish as Garcia beat Spaniard Valentin Massana by six seconds.

No. 3. Men's 50 Km, San Jose, 1991

This was a rare case of a non-winner taking central stage. In fact, bronze medalist Ronald Weigel thought he finished fifth, later to be told it was fourth, only for the German to then be elevated to the podium.

As he joked afterwards, “I didn’t want to get up there quickly, just in case there was even better news.” Andrei Perlov was leading in the last 400 meters in northern California only to show the dreaded red disc of disqualification.

Ignoring protocol, the Russian, who would be Olympic champion the following year, pushed aside chief judge Gary Westerfield and kept going. The official was having none of it, and hopping onto a golf cart ferrying information around the course he adapted the famous film line: “Follow that walker!”

He jumped out 50 meters from the finish and clinging on to clipboard and everything else, caught up with Perlov inches from the line before physically shoving him to one side.

What did Perlov say to Westerfield?” “I don’t know,” said the judge, “it was in Russian—but I don’t think he was pleased.”

Mexican Carlos Mercenario was the eventual winner. Simon Baker, Australia, was second, and, when second Russian Aleksandr Potashov also got belated bad news, Weigel made up the places.

(Editor: I was on a stand overlooking the finish line as part of the Athletics Congress (now USASTF) press crew and must say it was a matter of a few feet, not inches, as Gary shoved Perlov aside to prevent his breaking the tape. Of course, he was DQ’d regardless, but in a heroic and dramatic effort, Gary preserved the integrity of the even).)

50 Years Ago From the September-October 1963 issue of Chris McCarthy’s Race Walker–Great Britain scored an overwhelming victory in the 2nd Edition of the Lugano Trophy Championships (now World Cup), scoring 93 points to the 64 of runner-up Hungary. Sweden, Italy, Czechoslovakia, and West Germany followed. Earlier zone competitions had narrowed the field to these six nations. The U.S. did not participate. Ken Matthews, Great Britain, won the 20 Km in 1:30:10.1 with teammate Paul Nihill second in 1:33:18. The 50 went to Hungary’s Istvan Havasi in 4:14:24, nearly 3 minutes ahead of Britain’s Ray Middleton...Ron Zinn won the New England 15km in 45:20 with Paul Schell second in 45:38. A 50 Km race on Staten Island was won by Bruce MacDonald in 4:58:17 with Zinn finishing second and recorded the fast time in a 10 mile Handicap race on Long Island. Ron has a 1:19:07...in the Far Western 50 Km in Berkeley, Ron Laird cruised through a 4:46:28, nearly 15 minutes ahead of Mickey Brodie.

45 Years Ago (From the September 1968 ORW)—In the Olympic Trials in Alamosa, Col., Ron...

**National 40** Ocean Township in 3:58:32. It was Ray’s 19th National title, his first coming at 30 years ago.

Women’s race, Greece’s Athanasia Tsoneleka and Norway’s Kjersti Platzer were second in 20:08. Ahead of Trotskiy. At the same site, Norway’s Kjersti Platzer won a 3 Km in 11:41 and sixth at 10 years ago.

Belarus and Eric Tysse, Norway. Trotskiy had 18:57 and Tysse 19:01. The next day, Tim was side, Bobbi Jo Chapman was an easy winner seconds back but well clear of third-place finisher Dave McGovern (22:20). On the women’s side, Curt Clausen was a distant second to Tim Seaman also finished under 4 hours. Cheryl Rellinger won the women’s race in 4:32:50. Later, 1980. SolomiyaLogin won the women’s race in 3:35:58. Nick Bdera set a U.S. 50-54 age group record of 3:51:06 in third and Ed Parrot.

19°N 5°E. A long jump sweep at the 1956 Melbourne Olympics. Leonid Spirin was first in 1:31:27.4. Artenas Mikenas was second in 1:32:12 and Bruno Junk third in 1:32:12. Spirin was Russian, Mikenas Lithuanian, and Junk Estonian. Sweden’s John Ljunggren was fourth in 1:32:24, Great Britain’s Stan Vickers fifth in 1:32:34.2, and Australia’s Donald Keane sixth in 1:33:52. Henry Laskau did 1:3846.8 in 12th for the U.S.

5 Years Ago (From the September 2008 ORW) – In IAAF Challenge races Spain’s Francisco Fernandez (1:23:14) and Portugal’s Susan Feitor (1:30:17) won at 20 Km. Following Fernandez were Jared Tallent, Australia (1:24:02) and Jefferson Perez, Ecuador (1:24:35). In the women’s race, Greece’s Athanasia Tsoneleka and Norway’s Kjersti Platzer were second and third in 1:31:17 and 1:31:31. Ray Sharp, still going strong at 48, won the National 40 in Ocean Township in 3:58:32. It was Ray’s 19th National title, his first coming at 30 Km in 1980. Solomiya Login won the women’s race in 4:15:32.