South Texas Racewalking Camp Huge Success

Pharr, Texas (Reports from Vince Peters and AC. Jaime)—The largest gathering of teenagers ever to attend a racewalking camp in the U.S. spent 12 days in this Texas community observing, learning, and being motivated by two-time US Olympian Tim Seaman, coach Diane Graham-Henry of Illinois, coach Patricia Hanna from Missouri Baptist, and coach Ian Whatley, from South Carolina via England, among others. A total of 62 campers toed the line in one or more of the five racewalks held during the camp. More than 30 of the participants achieved personal bests during the races.

The junior-elite racewalk camps have been going on for about 14 years with the last seven in Pharr, the home town of coach AC Jaime. Jaime, once the mayor of Pharr, jump started the South Texas Walking Club about 15 years ago. Now the club is known nationally as the top club of racewalking for the under-16 crowd in the U.S. The camp opened on December 28. The attendees came not only from the U.S., but also from Mexico, Venezuela, Puerto Rico, and Hong Kong. Adding to the international flavor was the assistance of Tim Seaman’s wife, Rachel, a 2012 Canadian Olympian.

The racing got underway on December 29 with a 3000 meter event at the PJSA Stadium with 44 entrants. The 3000 was held in two sections with Molly Josephs, a 19-year-old from Missouri Baptist University leading the women in 14:37, just 5 seconds ahead of Mexico’s Diana Mendoza. Josephs bettered her personal best by 12 seconds while qualifying for the U.S. Indoor Nationals in February. Another seven women qualified for the USATF Junior Nationals next summer.

In the men’s 3000, 15-year-old Federico Gonzalez from Chihuahua, Mexico sped through the first mile in 7:01 and went on to win in 13:05, 13 seconds ahead of fast-closing Anthony Peters, a 17-year-old from Elgin, Illinois. Peters and three others qualified for the Junior Nationals.

Between the two sections, some of the best walkers living in the U.S. competed in a 10,000 meter event and two new National records resulted. Rachel Seaman was the first woman as she set a Canadian national record of 44:25 and in second was (Jessica) Siu Nga Ching with a Hong Kong national record of 44:25. Tim Seaman, an ambitious 41-year-old, edged his wife and his protege Nick Christie by 1 second. Results of these races:

Women’s 3000
1. Molly Josephs (19), Missouri Baptist U. 14:37
2. Diana Miranda (16), Mexico 14:42
3. Laisha Antillon (14), Mexico 15:07
4. Katherine Newsheed (16), Walk USA 16:02
5. Jennifer Lopez (17), Elgin Sharks 16:15
6. Analis Cisneros (16), Elgin Sharks 15:20
7. Fiona Dunleavey (17), Rowlett, Texas 16:22
8. Charlotte Walkey (15), Miami Valley TC (Ohio) 16:25
9. Emily Belovich (16), Miami Valley TC 16:27
10. Miriam Andablo (UL) 16:27

Men’s 3000
1. Federico Gonzalez (15), Mexico 13:05
2. Anthony Peters (17), Elgin Sharks 13:10
3. Nick Christie (16), South Carolina 13:15
4. Rachel Seaman (19), Canada 13:20
5. Tim Seaman (41), South Carolina 13:25
7. Diana Miranda (16), Mexico 13:30
8. Laisha Antillon (14), Mexico 13:32
9. Katherine Newsheed (16), Walk USA 13:35
10. Susan Leggett (16), N.Y. 13:37
11. Valia Valtanees (17), Pinkerton Academy (N.H.) 13:40
12. Gisela Flores (13), Pharr 13:42
14. Rlihika Valatari (11), Palo Alto, Cal. 13:46
(29 finishers, 1 DNF)


The final day (Jan. 4) saw both 5 and 10K walks. Gustafsson was unchallenged in the men's 5K as he strolled to a 20:03 win, 6½ minutes ahead of Alex Price. Caitlyn Palacio, age 15, walked a 28:29 in the women's race to score a 13 second win over 11-year-old Camila Vicens.

Alex Chavez narrowly edged his coach Tim Seaman to win the 10K race in 43:46, just a second ahead of Seaman. The duo broke away from Nick Christie at 6K with Christie finally finishing 2 minutes back but well clear of Mexico's young Federico Gonzalez. Anthony Peters in fifth bettered the qualifying time for the IAAF World Cup Junior race. The women's race went to Molly Josephs who bettered her personal best by two minutes as she beat Mexico's Diana Miranda. Results:

Men's 5K: 1. Andreas Gustafsson (32), Sweden 20:03.2 2. Alex Price (30+), Pacific RW 26:36.3 3. Vincen Peters (55+), Miami Valley 29:50.4 4. Christian Ros (13), South Texas 30:11 5. Peter Armstrong (65+), New Mexico 32:43.6 6. Emiliano Mancha (17), Elgin Sharks 33:45.10


A note of praise for the efforts that went into this camp, with which I heartily agree:

This is what's promising and good and wonderful about Race Walking!!

As one of the RW Development Chairs trying to work with USATF and do things to help our event (and often very frustrated) This is where I see true "Development" happening and it happens because people with big hearts expend a lot of energy and come together and...
make it work. It happens because North Am RW Foundation and the people who give to it are extraordinarily generous. It happens because lots of people make sacrifices, travel long distances open their homes, cook mountains of spaghetti and in the process have a lot of fun. A place where Olympians toe the line with brand new RWers, where kids truly get inspired, see beyond regions and develop a future plan.

I salute AC and all those involved, YOU are doing true Development!!!

Other Results


2013 National 1 Hour Postal Competition

Each year the Shore AC sponsors a “Postal” competition over 1 Hour. Races are held on tracks across the country and throughout the year (and also in Canada and Hong Kong this year) with results submitted to the Shore AC for final compilation. For the second year in a row Oregon’s Erin Gray was the overall winner, covering 12,828 meters (7 miles 1709 yards). Michigan’s Zbigniew Sadlej was second with 12,557 meters. He was also the master’s winner ahead of Linda Wilson of the Bytown Walkers (Ottawa, Ontario). There were eight competitors overall. The results:

Opportunities For That Stirring Competitive Walk

Sun. Feb 9 Indoor 1 Mile, New Haven, Conn. (X)
Sun. Feb 10 Indoor 1 Mile or 3000 m, Albany, N.Y. (X)
Sat. Feb 15 USATF National Indoor 1 Mile, New York City (D)
Mon. Feb 17 Presidents’ Day 3.7 mile, Brockton, Mass. (X)
Sun. Feb 23 National Masters 20 Km, Open 6, 10, and 20 Km, South Florida (B)
USATF Northeast Indoor 3000, Boston (X)
Sat. Feb 22 USATF National Indoor 3000 meters, Albuquerque (D)
Sun. March 9 50 Km (Track), Banks, Oregon, 9 am (E)
Sun. March 16 USATF Masters National Indoor 3000, Boston (X)

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From Heel To Toe

A reader speculates. Richard Wing in Texas writes: I also found the listing of the top performers in the 20 Km for 2013 noteworthy. The lack of correlation between the best times walked this past year and the top podium finishers for the major walking competitions was strange in the extreme. It, of course, begs the question as to what might be the cause of such a disparity? Sadly, in the post-confessional world of Lance Armstrong, a reasonable person would have to consider the possibility of doping. It would be hard not to notice that many of the top 50 were from only two countries—Russia and China (42% of the list). Yes, it is true that both countries have strong sporting cultures of racewalking, large numbers of young athletes entering the sport, and a greater deal of financial support to their development programs. However, it also true that both countries have had significant numbers of their top walkers testing positive for banned substances—Sarsan in particular has been an epicenter for this in recent years. Another possibility is that these times are being walked on non-certified courses where the distances are “juiced” (Ed. The Russian Winter Championships have always been suspect.) I think it would be interesting to list the type of meet where each of the 50 performances occurred. Let us not forget, as well, the importance of exert racewalking judges. How many of the times listed might be the result of lifting “in excess” that would make Mexico City’s 1968 man-of-the-hour Pedrasa proud? I was particularly amused by the appearance of two gentlemen from India on the list—not exactly a racewalking juggernaut nation. (Ed. India second e-mail, Richard noted that A New York Times article on Jan. 2 reported that since 2009 India has had the most athletes sanctioned for doping (500), far out-stripping the second place country, Russia, at 260. It discussed that steroids were readily available at a remarkably cheap cost from pharmacies throughout India and that India had hired a number of foreign coaches—many from Eastern Europe—who might have brought to India a culture of using performance enhancing drugs in training athletes. In short, times are interesting to look at, but I agree with the great Australian distance runner Ron Clark, who thought the measure of a great athlete was how he/she performed at big meets against quality competition—regardless of the winning time. (Ed. Unfortunately, Ron himself was not a great competitor, running his fastest times when there was little competition but failing to win major competitions.) Your comments on the dearth of depth and quality of American walkers of today compared to that of earlier years were sadly illustrative. I do wonder, however, if this type of comparison could also be made of middle and long distance American runners of today with the previous era? I think the runners’ decline would parallel that of the walkers? The reasons? A sociologist of sport...
could probably spin out quite a few guesses. My thought: it may be the result of general decline within our society as a whole for jobs involving manual labor, transportation of the two-legged variety, interest in outdoor recreational pursuits, and a passion for physical movement in the form of healthy competitive sport. Whatever the reason(s), it is too bad because Americans are missing out on a lot of fun. (In support of Richard's suggestion that there is parallel decline in running performance, I recently read a very interesting book by David Epstein titled "The Sports Gene". In a chapter on running he noted that between 1983 and 1998 the number of U.S. men who ran under 2:20 for the marathon in the year declined from 267 to just 33, just as the number under 1:40 and 5:00 declined sharply in the racewalks. In England, the same decline was from 137 to 17. But, at the same time, I would guess that the total participation in the marathon may have increased during that same period, while we find fewer and fewer racewalkers at 20 and 50). Racewalkers of the year. All-Athletics.com announced racewalkers of the year for 2013 worldwide as in an different areas, as follows. World: Male—Jared Tallent, Australia. Female—Anisya Kirdyapina, Russia. Africa: Male—Hatem Ghoul, Tunisia Female—Grace Wjiru Jnce, Kenya. Asia: Male—Yusuke Suzuki, Japan Female—Hong Liu, China. Europe: Male—Mikhail Ryzhov, Russia Female—Kirdyapina North and Central America: Male—Inaki Gomez, Canada Female—Mima Ortiz, Guatemala Oceania: Male—Tallent Female—Tanya Holliday, Australia South America: Male—Jose Montaona, Colombia and Caio Bonfin, Brazil Female—Sandra Lorena Arenas, Colombia. Racewalking vs. Race Walking. Bob Mimm writes having noted my comments in the last issue regarding racewalking vs. race walking (I don’t recall what I said). I know I have defended racewalking on line in the past. Did you know that baseball was base ball back in the 19th century? And I know that it is the Ohio Racewalker primarily because when Bob Smith laid out our front page with the title racewalking guy, there wasn’t room for a space in racewalking. Anyway, Bob notes that back in 2009 he wrote an article about this for the Walkers Club of Los Angeles newsletter and sent the article here. It is:

Mimmisms...
Race Walking, Racewalking, and the English Language

English is spoken on six continents. Only Mandarin Chinese is spoken by more people. In the world, English; is the primary or secondary language for one of every seven persons. English has the largest vocabulary of any language. There are some 540,000 words. English is a growing language. New words are constantly being added. We know that computers and the internet have been responsible for the addition of many new words. Often a word will be officially accepted into the dictionary after it has been used for a long time. One exception is ain’t. Although much used, it is still not acceptable.

Often a word will be officially accepted into the dictionary after it has been used for a long time. That computers and the internet have been responsible for the addition of many new words. Frequency of use is the determining factor. I have learned that Merriam Webster’s online dictionary listed racewalk as a closed compound. The American Heritage Dictionary of the English language added racewalking in 1992. The editor says both forms are acceptable but racewalking is predominantly used.

So it seems you can correctly use either one. I wonder if kite flying, binge eating, or wind drinking will ever become acceptable as one word?

Kaniskina Turns To Coaching

Olga Kaniskina, Russia’s three-time World Champion and Olympic gold and silver medalist at 20 Km has turned to coaching. Following is an article about her from a Portuguese racewalking blog which google.gold thoughtfully translated to “English” for me. Just to demonstrate that computer translation is still an inexact art, I will publish it as it appeared on my screen. Have fun reading it. (Note that Olga is still a female despite the masculine pronouns used here.)

Kaniskina: 'Age is not an obstacle to train and compete’

Young attentive to instructions Kaniskina.

Olga Kaniskina, that next January 19 will complete the age of 29, officially ended his career as an athlete of high competition and began training young people.

When answering questions from a journalist said, always smiling, the only habit of ancient life that is to miss is a sleep afternoon rest.

It was with great regret not having participated in world championships ‘at home’ in Moscow, for reasons of injury.

Has a training group with about 20 athletes, aged between 6 and 12 years old, and all of them have participated in various competitions.

Olga believes that age is not an obstacle to train and compete, and perspective the participation of their athletes in a competition to be held at the end of year 2013, the championships of Mordovia of racewalking, where the little ones age 6 made 500 meters.

The workouts start at 14 hours and last about 1 hour and a half. Although the paces and distances are different, all are running, marching and games.

Answering the question whether it is a demanding coach, said yes, especially with older, having to raise his voice and get angry when they do not respect the rhythms in training and ‘compete’ with each other.

Mentioned still enjoy being with kids and colleagues gait and would rather go unnoticed in this new phase of transition from athlete to coach. However, the government has promised to soon Mordovia a great farewell this your athlete, the one to get the titles of champion Olympic (Beijing 2008), world 3 times (Osaka-2007, Berlin and Daegu-2009-2011), still winning the championship of Europe (Barcelona, ??2010) and the World Cup (Cheboksary, 2008).

Walter Hawrys

(Racewalking lost a true and contributor recently, a man I never had the privilege of knowing. Here is Gary Westerfield’s tribute to a man who had an important impact on Gary’s life.)

It is with sadness in my heart, that through this impersonal form of communication, I report that at approximately 11pm last night our dear friend, and wonderful benefactor Walter Hawrys passed.

Walter Hawrys, age 88 at his passing, was at one time our fiercest competitor. We
met in Smithaven Mall more than 20 years ago, where some of us walked in the mornings to escape the winter cold. He was impressed with the grace of race walking and wanted to learn proper technique and to race. Race he did, leading our masters walkers to events all over the country. My role as coach, was to get him to slow down, to get him to pace himself. That was difficult, because as a successful businessman he gave everything 100% from the start. I was less concerned with the start and more so with the finish. Walter's finish came peacefully at home with his family, with grace.

After his surgery, Walter became less active as a walker but not in his support for WalkUSA. His legacy will be how he made it possible for many people to make race walking a central part of their lives. Through donations from him directly and from his family we have been able to fund developmental activities through the club and USATF Long Island. With the philosophy that no one should ever say "I can't afford to go," Long Island has developed many of the top junior walkers in the country. A quick look at New York State rankings today has WalkUSA girls at the top. Maria Nicha, 2012 Olympian and many times national champion was once where our high school walkers are today, just beginning. She had dreams of competing at the Olympics. With the support of the Hawrys family, and through dedicated hard work she has become one of Long Island's most successful track and field athletes.

Whenever we were together, Walter could not wait to talk about race walking technique. Walter always had some new idea on how to think about race walking. "Suppose we taught this practice was an individual or informal group activity. After one busy summer of racing and training at Hauppauge HS, and when sunset came early, WalkUSA practices were set to revert to an individual thing. "Hey Coach," he said, "there are lights at the Dennison Building. If there's no one there, let's come team practice!" We did. He was always there. We continue there to this day.

It seems like history now (That's what this is, a history.) Walter helped design a course on the roadway next to the Dennison Building which was the site of many national level events. Through his support, his sponsorship made our races a step above other walking competitions. We funded travel, accommodations and prize money for the best in the USA and other countries to compete on our unique 2K course. Appropriately, the course was titled the Walter Hawrys 2K. Perhaps it is time to honor his memory to recertify the course and host events. Through his support, his sponsorship made our races a step above other walking competitions—leading our masters walkers to events all over the country. My role as coach, was to get him to slow down, to get him to pace himself. That was difficult, because as a successful businessman he gave everything 100% from the start. I was less concerned with the start and more so with the finish. Walter's finish came peacefully at home with his family, with grace.

But where will the next great racewalker come from? Racewalking leadership is forever changing. Two-time Olympic Tim Seaman age 39, logged his sixth victory. And, with his 2010 win Seaman tied the great Henry Laskau for second all-time in national racewalk titles won at 42. Only T&F Hall of Fame member and four-time Olympian Ron Laird has won more national titles—an amazing 65.

Other multiple Millrose Games winners for the men are: Tim Lewis, who finished his career with five wins, ahead of Willie Plant 3, Harry Hinkel 3, Todd Scully 3, Henry Cienman 2, Jim Heiring 2, Ray Sharp 2, and Curt Clausen 2.

And where will the next great racewalker come from? Millrose has always had those precocious high school teenagers in the field battling with the veterans and college stars. And sometimes they prevail. In 2003 and again in 2008, high school seniors pulled off surprising upsets. Zac Pollinger (2003) hailed from just across the Hudson in New Jersey. Texan Ricardo (Ricky) Vergara topped his twin brother Roberto (Rob) in his 2008 upset performance.

And high school stardom doesn't end there. Superb performances by these youngsters conducted at Madison Square Garden long before the Millrose Games even came to be. In fact, the Millrose Games has its roots in the attraction New Yorkers have always had for contests featuring raw endurance, like racewalking. Pedestrianism, as it was called, came into vogue early in the early 1900s with many famous races taking place at Madison Square Garden, including the six-day Astley and then O'Leary Belt races in the 1870s and 1880s. Winners in those events were afforded incredible riches, sums that—just today—would make athletes jealously. But walking would not find their way into the Millrose Games until 1915. Conducted periodically until 1978, it has since been contested annually. 

But, if you plan on watching, and all the athletes hope you do, don't be late. The women's Indoor 1 Mile Championships for both men and women—will be featured events at the start of the Games! The women's mile will be among the first events conducted, followed shortly by the men's race which is sponsored by the Rudin family in memory of his wife Susan.

Records always make attendance at any Track and Field Meet memorable. And race walking has done its part by bringing the crowd to its feet with multiple world indoor records at the Millrose Games over the years.

Born in Berlin Germany, Henry Laskau, now a member of the USA Track & Field Hall of Fame, was the first on the modern racewalkers who electrified the crowds at Madison Square Garden. After losing his family to the concentration camps, Laskau found his way to America where he provided counterintelligence support to the army after the USA's entry into World War II. Switching from distance running after the war to racewalking, Laskau became a three-time Olympian. It was during the height of his career in 1951 when he brought the Garden's crowd to its feet. Laskau's record walk of 6:19.2 for the mile that evening became a world record that stood for 12 years.

Following Laskau, the most significant mark occurred with the 1979 win of Todd Scully. Scully's time of 5:55.8 was racewalking's equivalent of Roger Bannister's running the first sub-four minute mile. Until 1979, no racewalker had ever broken the six-minute barrier. But, once the barrier was breached, the records kept coming and the times went tumbling down with Ray Sharp—who is still actively competing—and Jim Heiring claiming the record for a year or two. Then came 1988. That was the year the great Tim Lewis walked the still standing indoor world and USA record for the mile: 5:33.52.

And then there is Allen James, the chairman of the boards for the racewalk. In the long history of walking, he has stood above the others in wins. While James has never set a record in the race while competing in the Millrose Games, he notched several in other competitions—he dominated an eight-year period with seven wins.

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And high school stardom doesn't end there. Superb performances by these youngsters

A History of Racewalking At The Millrose Games
by Vince Peters

The Millrose Games, the oldest of the indoor meets, will mark its 107th Anniversary this year. This will be the 47th Millrose to include the racewalk for men and the eighth for women. But, perhaps unknown to most, the walks were featured at the Millrose Games over the years.
can sometimes be hidden behind the wins of older, and physically more mature, superstars.

2010 was one of those years. Pennsylvania high school senior Trevor Barron did something truly special. The 17-year old from the Pittsburgh suburb of South Park smashed the national high school record in the mile with his third place finish behind his coach, Tim Seaman, and the Swede, Andreas Gustaffson. Barron, who would go on to break the American Junior records at 5, 10, and 20Km in the outdoor season, finished third in 6:03:48. The old record of 6:11:00 was set way back in the 1990 Millrose Games by Paul Tavares of Centereach High School in New York.

In 2011, the youth movement hit a peak as a trio of high school athletes ruled the men’s field. And, it was Barron, following up his record setting year, who won. Following him, just five days after qualifying for the 2012 Olympic Trials at 20 Km was 16-year-old Torry Pines H.S. junior Tyler Sorensen. Pharr, Texas high school senior Alex Chavez was third.

Barron has gone on to compete at the 2012 Olympic Games in London. In 2012 and 2013, the changing of the guard continued with Michael Mannozzi and Jonathan Hallman earning the crystal award as the winners of the Susan Rudan Mile Racewalk.

The women’s mile doesn’t have the tradition of the men’s mile—yet. But, it is well on the way. For no more fitting an athlete could have won that initial mile race than New York City school teacher Loretta Schuellein. Schuellein, 27, dominated the field with a 14-second victory. 2004 Olympian Teresa Vaill won the 2008 race and finished a close second in 2009 to Canada’s top racewalker Rachel Lavallee. In 2011, having married her coach Tim Seaman in the fall of 2009, she became the first woman to threepeat as champion. Maine’s Lauren Forgue totally dominated the 2012 field. In 2013, a stellar field was assembled. It featured nearly all of the top American athletes. A fast pace from the gun by 2012 Olympian Maria Michta resulted in an incredible first for American racewalkers—the top four finishers were all under the seven-minute barrier. And Michta came out on top to establish a new Millrose Games record of 6:40.06. This broke Rachel Seaman’s 2011 mark of 6:41.32.

In 1915 Ed Renz
1923 Willie Plant
1924 Willie Plant
1925 Willie Plant
1926 Harry Hinkel
1928 Harry Hinkel
1929 Harry Hinkel
1936 Henry Cierman
1937 Henry Cierman
1938 Henry Cierman
1939 Todd Scully
1940 Todd Scully
1941 Evan Fox
1942 Jim Heirfing
1943 Ray Sharp
1944 Ray Sharp
1945 Tom Edwards
1946 Jim Heirfing
1947 Tim Lewis
1948 Tim Lewis
1949 Tim Lewis
1950 Tim Lewis

Women
2007 Loretta Schuellein 6:52.12
2008 Teresa Vaill 7:01.17
2009 Rachel Lavallee 6:47.45
2010 Rachel Seaman 6:49.20
2011 Rachel Seaman 6:41.32
2012 Lauren Forgue 6:48.62
2013 Maria Michta 6:40.06

World Record Holder and five-time Millrose Winner Tim Lewis. Seen here on his way to a 1:26:52 win the 1989 National Invitational 20 Km in Washington, D.C.
Neal Pyke with an American record performance of 8 miles 1021 yards. Todd Scully wasn’t far back, covering 8 miles 807 yards. Larry Walker went beyond 8 1/4 miles in third and Bob Hendrickson also exceeded 8 miles in the hour. Scully broke the American record at 1500 meters while winning the Olympic Invitational in New York with 5:40, the third year in a row he had bettered the record at this meet.

30 Years Ago (From the January 1984 ORW)-Canada’s Guillaume Leblanc, ranked number 10 in the world in 1983, got the new year off to a fast start with a 1:26:12 for 20 Km in Santa Monica, Cal. Dan O’Connor was just a second behind at the finish and Marco Evoniuk did 1:26:59. Vincent O’Sullivan was fourth in 1:31:43.

25 Years Ago (From the January 1989 ORW)-Rene Haarpainter covered 13,400 meters in 1 Hour to win a Santa Monica, Cal. race over Larry Walker (13:019). Tim Lewis won a 4.3 miles race in Denver with a 31:24, which was probably a pretty good time and quite likely the fastest ever recorded at the distance (probably the only time ever recorded at the distance). In England, Roger Brown won a 100 miler in 17:00:35, nearly 10 minutes ahead of J. Cannell. Sarah Brown won the women’s race in 21:11:14. (This was a late arriving report on a July 1988 race.)

20 Years Ago (From the January 1994 ORW)-The Annual ORW World Rankings saw Finland’s Sari Essayah on top at 10 Km, Spain’s Valentin Massana at 20, and Spain’s Jesus Garcia at 50. At 10, Ileana Salvador, Italy and Ynn Wang, China, were second and third; 11 20 km was Daniel Garcia, Mexico and Giovanni DeBenedictis, Italy following Massana; and at 50 Valentin Kononen, Finland and Carlos Mercenario, Mexico were second and third. The U.S. Rankings were as follows: 10 Km-Teresa Vaill, Debbi Lawrence, and Debbie Van Orden; 20 Km-Jeff Bode, Adam Magness, and Doug Fournier; 50 Km-Jonathan Matthews, Herman Nelson, and Andrzei Chylinski. Indoor 3 Km races in New York City went to Curtis Fisher in 12:16:58, with Sean Albert less than 2 seconds back, and Tim Seaman in 12:02, followed by Al Heppner in 12:21:2.


5 Years Ago (From the January 2009 ORW)-At the Pharr, Texas Training Camp, Tim Seaman won a 1 Hour race covering 12,647 meters with 16-year-old Trevor Barron second at 12,207 meters. Seaman also won at 1 Mill and 5 Km. In the mile, he did 6:11:2 with Barron second in 6:25 and Chris Tegtmeier third in 6:31, just 9 seconds ahead of 14-year-old Tyler Sorenson. At 5 km, Seaman had 21:22:2, Barron 21:40, Tegtmeier 22:18 and Sorenson 23:10. Spain’s Francisco Fernandez won a 30 Km race in Ireland with 2:07:33.