OHIO RACE WALKER

VOLUME VI NUMBER 6 OCTOBER, 1970 COLUMBUS, OHIO

GREAT CUP RACE

Eschborn, W. Germany, October 10-11--With an awesome display of strength and led by Olympic Champion Cristoph Hohne, East Germany's strong stable of distance walkers stormed through the final 10 km of a dramatic 50 km race to retain the Lugano trophy, symbol of world race-walking supremacy. Both Hohne in the 50 km and the East German team were scoring their third straight triumph in this bi-annual competition. (Normally biannual, but last held in 1967 and next held in 1973 because of a temporary change in the schedule of European Championship track meets.)

The two-day Lugano competition saw East Germany emerge from the first day's 20 km with a slim 66-64 lead over Russia. Everyone else was well out of it at that point with West Germany third with 39 and the U.S fourth with 36. In this race, East Germany's Hans-Georg Reimann came to the fore with a smashing triumph over Russia's two-time Olympic gold medalist, Vladimir Golubnichiy.

The Russian's made a determined, all-or-nothing effort in the second day's 50 km. After eight of the ten laps the positions showed the USSR leading East Germany 66-63, enough to give them a slim one-point margin overall. Then came the Deutsch onslaught. With Hohne moving to an overwhelming victory and veteran Burkhard Leuschke storming from 10th to 3rd, the East Germans occupied four of the first five positions at the finish and had a decisive 68 - 61 victory. This made the overall tally 134-125, with West Germany retaining third with. A distant fourth with 65 was Great Britain, followed by Italy-59, United States-59, Sweden-40, and Hungary-31. Italy was awarded fifth over the U.S. by virtue of having the highest finished in the 50. This left our team in the same place as in our initial effort 3 years ago when we finished 2 points back of Sweden, but with a 9-point improvement in our score.

Scoring in the Lugano Cup competition gives the winner one more pointthan the total number of scoring competitors, the second place man two less points than first, and one less point for each successive place. Each team is allowed four competitors in each of the two races, but only three count in the scoring. The fourth man is merely insurance against a DQ or dropout and is completely disregarded in the scoring. He neither scores or pushes other scorers down. This year's competition included 8 teams which meant 24 scorers in each race. Thus the winner got 25, second 23, third 22, and so on. Accounts of the two races follow.

20 KILOMETER. The 29-year-old Reimann finally fulfilled the promise he had shown 8 years ago as he blasted from atightly bunched pack in the last 5 km to win. Reimann's excellent 1:26:54.6 left him nearly 30 seconds ahead of Golubnichiy and is the fastest time ever recorded in a mojor championship race. Reimann walked a near perfect pace with splits of 21:37, 21:53, 21:43, and 21:41.6.

His teamate, Peter Frenkel, who broke the world's record earlier this year while beating him on the track, led the field through a fast first lap with 21:36 for the 5 km. This quick pace dropped all but eight of the starters (there were 30 with Russia and Hungary choosing to enter only three). Frenkel, Reimann, Golubnichiy, Nikolai Smaga and Genadiy Agapov, of the USSR, Dave Romansky, of the US., Paul Nihill, of Great Britain, and Wilf Wesch, of West Germany, were within 2 seconds of each other at this point. Tom Dooley was the next closest pursuer walking just a second in front of East Germany's Gerhard Sperling in 22:00. By 10 km Reimann, Golubnichiy, Frenkel, and Smaga were right together with Agapov only a second back.

Wesch was now trailing by 25 seconds and Sperling had moved into 7th another 9 seconds back. Romansky and Nihill, unable to hold the pace, went through together in 44:15 and Dooley was now only 12 seconds back of them. The rest of the field was trailing by nearly a minute. Nihill, last year's European champion and silver-medal winner in the Tokyo 50, had figured as a strong contender but for his illness in the spring. Evidently he was not yet ready, although he had scored a recent victory over Wesch, and he faded the rest of the way.

At 15 km, it was still a five-man race but Smaga and Agapov were beginning to drop. Reimann and Frenkel were together in 1:05:13 with Golubnichiy a second back, Smaga down another 3 seconds and Agapov yet another 3. Sperling had moved into sixth, well clear of Wesch, but over a minute back of the leaders. Dooley was now right on Romansky's heels and they were only 26 seconds down on Wesch.

In the final 5 km, Reimann moved well clear of Golubnichiy who managed to hold off Frenkel for second. Smaga and Agapov were left well back with the always fast-finishing Sperling closing on them. Wesch managed to hold his margin on the Americans and Romansky just did get away from Dooley for the eighth spot. Romansky, although he may have hoped for a better spot, was right on a par with earlier performances this year and only Ron Laird has gone faster in an international race. Tom Dooley had promised to be ready for this one and walked easily his best race in an already brilliant career. Having hung this close against the absolute best in the world certainly won't hurt his confidence in the futrue..

Ron Daniel and Ron Kulik in their trip abroad both turned in excellent performances in 23rd and 24th place. Daniel was an alternate for the trip but came through splendidly when he got the chance. (Steve Hayden, who qualified for the fourth spot had an injury problem all summer and althoggh he turned in a 1:36:31.6 on the track a week earlier he decided to pass up the trip in favor of a healthier specimen rather than run the risk of having to drop out if he aggravated the injury. Certainly a commendable gesture on Steve's part.) Daniel wasn't about to be branded as a guy just tagging along because someone else couldn't make it and went out rather fast with a 22:42 at 5. This left him in 19th place which may be a little disillusionning. However, he hung on strongly through 15 km in 1:11:13 before fading somewhat in the last 5 coming in with a 12 second improvement over his first International in Toronto in August. Kulik walked his usual well-paced race trailing the field with a 24:00 5 km and then moving up a couple of places each lap and closing considerable on Daniel on the last lap. His 1:37:37.8 was easily a lifetime best.

Somewhat disappointing in this race were the Swedes. (I have to say that since I predicted that they, not the Italians would battle us for fifth.) Stefan Ingvarsson, who had been right behind Wesch in the Zone competition with 1:31:38, was only 20th and Lennart Back, just back of Bernhard Nermerich in the Zone race, was 21st.

The winner, Hans-Georg Reimann, first came to prominence in 1962 when he finished only 20 seconds back of Ken Matthews for a silver madal in the European Championships. In 1964 he had the fastest time in the world but could finish only 12th in the Tokyo Olympics. In 1966 he was disqualified in the European Championships and in 1968 he managed a seventh in Tokyo. Last year he was fifth in the European meet. And earlier this summer he lost that Wolrd's Record race Frenkel. But on this day he put it all together and decisively beat the world's best. The results: 1. Hans*Georg Reimann, E. Germany 1:26:54.6 2. Vladimir Golubnichiy, USSR 1:27:21.4 3. Peter Frenkel, E.G. 1:27:32.8 4. Nikolai Smaga, USSR 1:28:08.6 5. Gennadiy Agapov, USSR 1:28:24.8 6. Gerhard Sperling, E.G. 1:28:47.6 7. Wilf Wesch, WG 1:30:16 8. Dave Romansky, US 1:30:46.6 9. Tom Dooley, US 1:30:50.0 10. Ron Wallwork, GB 1:31:35.8 11. Bernhard Nermerich, W.G. 1:32 :13.6 13. Pasquale Busca, Italy 1:32:31 13. Eduardo Quirino, Italy 1:32:42.0 14. Andor Antal, Hung. 1:32:50 15. Paul Nihill, G. 1:33:09.8 16. Gabriele Nigro, Italy 1:33:53.0 17. Siegfried Zschiegner, E.G. 1:34:00.2 18. Shaun Lightman, GB 1:34:37.8 19. Heinz Mayr, W.G.

1:34:54.2 20. Stefan Ingvarsson, Sweden 1:35:05.4 21. Lennart Back, Sweden 1:35:28.4 22. Hans Tenggren, Sweden 1:35:58 23. Ron Daniel, US. 1:37:01.2 24. Ron Kulik, US 1:37:37.8 25. Gerd Schuth, W.G. 1:38:28.6 26. Kare Moen, Swed. 1:40:45.4 27. Janos Tabori, Hung. 1:40:50 28. Robert Hughes, GB 1:41:40.4 29. Sandor Forian, Hung. 1:44:08.6 Nicola DeVito, Italy did not finish
Score: East Germany--66, USSR--64, West Germany--39, USA--36, Italy--34, Great Britain--33, Sweden--15, Hungary--14.

50 KILOMETER. Christoph Hohne is as dominant a figure in distance walking as any man has ever been in any track and field event--sez this track and field expert anyway. He holds the world record by a wide margin, has now won three very decisive victories in this World Championship, won the Mexico Olympics by a 10-minute margin, and won last year's European championship with only teamate Peter Selzer within a mile of him at the finish. And the East Germans as a team seem to be just about as dominant.

In this race the pace was very fast, but no one was giving up easily. Hohne shared the early pace with Benjamin Saldatenko and Otto Bartsch of the Soviet Union, with several others in very close pursuit. At the halfway point Hohne was leading by one second over Soldatenko and Dr. Hubert Meier of West Germany in 2:02:32. Vittori Visini of Italy was another second back and Horst-Rudigor Magnor of West Germany just 2 seconds back of him. As a matter of fact, 12 men were within 1 minute of the leader with the others being Peter Selze, East Germany, Yevgeniy Lungin, USSR, Bartsch, Ray Middleton, Great Britain, Winfried Skotnicki and Burkhard Leuschke, East Germany, and Bob Dodson, Great Britain. John Knifton was walking in 14th at this point with 2:05:06, Goetz Klopfer was 23 seconds back in 15th, Bob Kitchen was in 26th with 2:11:53, and Jim Lopes was 28th with 2:15:28. Jim was sick at the start and had to drop out one lap later.

Things started to break up the next lap as Hohne and Soldatenko dropped from a 23:38 on the fifth lap to 24:29. This left Lungin and Meier together in third, 19 seconds back, with Bartsch fifth another 24 seconds behind. Selzer and Visini were just behind him, but everyone else was nearly 2 minutes in arears by this time. On the sixth lap Hohne dropped to a 24:25 and Soldatenko was hanging on a second back. Lungin was now in third 1½ minutes behind and pulling away from Meier and Bartsch. The rest of the field was really stringing out now.

On the eighth lap Hohne applied the killer and Soldatenko could not answer. Covering this lap in 24:04, Hohne passed 40 km in 3:15:30 and was winging away with Soldatenko passing 63 seconds later. At this point, lungin was still third and Bartsch fourth. For East Germany, Selzer was fifth, nearly a minute back of Bartsch, Skotnicki was seventh another 24 seconds back and Leuschke was a distant 10th, 3 full minutes back of Bartsch. All the Russians had to do was hold their positions and the Cup was theirs. It was too big an order.

Hohne breezed through to victory slowing only slightly with 24:28 and 24:37 on his last 2 laps. His slowest lap of the race was 24:39 on the third and fourth and that is under 8-minute pace. He covered the first half in 2:02:32 and the second half in 2:02:03.2. More amazing, his time between 25 and 45 kms, when he set Soldatenko up and applied the kill, was 1:37:26. However, finishing even faster over the last 10 km was Burkhard Leuschke. Just as everyone else was starting to fade, he put in a 24:18 on the 9th lap to move from tenth to fourth and withing 6 seconds of the third place Bartsch. Lungin took 27:43 on this lap and was fifth just 11 seconds in front of Selzer, with Skotnicki right on his heels. Obviously the fun was over for the Russian bear.

Leuschke continued to roll on his last lap with a 24:19, for a 48:37 final 10 km (compared to 49:05 for Hohne) and easily picked up Bartsch, who really hit the wall. He took 30:01 for the final lap and wound up eighth. Selzer and Skotnicki came home well clear of Lungin and only Soldatenko, who hung on fairly well prevented an East Germany sweep.

Burkhard Leuschke Has had other fine races, fourth in Tokyo and second in this race in 1965, but this was certainly his best in some time. Selzer had been sick and could not match his finish of three years ago when he was under 24:00 for the last 5 but this was a pretty good performance for a sick man and he is still only 24 years old. Skotnicki doesn't make a bad fourth man.

Back in the pack, Orjan Andersson of Sweden made a fantastic move, too. In 26h as late as 15 km and still 19th at the halfway mark, he moved up every lap and wound up in 10th. And he was the only man in the race, other than Hohne, to walk the second half faster than the first. Another good story in the pack was British veteran Ray middleton who finished 11th. He is, I believe, the only man to compete in all five Lugano Cup competitions, all at 50 km. He has been fourth, second, seventh, and eighth previously.

For the U.S., John Knifton was slowing all the way over the second half but came home 16th with 4:28:41.6, a good improvement over his time in the National and not bad for a man trained primarily for 20 km. He beat two of the four Englishmen, which would seem to prove he really didn't have to move over here to become an International. Goetz Klopfer pulled even with John at 30 km but slowed very badly over the last 15 and wound up in 19th. Goetz, for some reason, has been better over the shorter distances this year and really hasn't produced a good distance race. Good by his standards, that is. Bob Kitchen finished 22nd in respectable time but really hasn't been able to get ready for 50 km this year. So, as a team, we beat only Hungary at 50 and thus wound up sixth.

As noted above, this was the fifth Lugano competition. Great Britain won the first, in Lugano, Switzerland in 1961, by a narrow margin over Sweden. They repeated their victory in 1963 by a wide margin with Hungary edging Sweden for second. In 1965 East Germany entered for the first time and beat the British by 30 points with Hungary third. For some reason the Russians, who dominated the walking scene in those years, did not choose to enter teams. They did enter in 1967, but by then East Germany had hit full strength and so they have settled for second in both their attempts. The British dropped to third in 1967 and now to fourth.

Results of the 50:
1. Christoph Hohne, E. Germany 4:04:35.2 2. Benjamin Soldatenko, USSR 4:09:52.0 3. Burkhard Leuschke, E.G. 4:11:10.0 4. Peter Selzer, E.G. 4:11:47.4 5. Winfried Skotnicki, E.G. 4:13:32.8 6. Yevgeniy Lungin, USSR 4:13:32 .8 7. Dr. Hubert Meier, W. Germ. 4:15:52.0 8. Otto Bartsch, USSR 4:16:46.8 9. Horst-Rudigor Magnor, W.G. 4:18:40.4 10. Orjan Andersson, Sweden 4:19:01.2 11. Ray Middleton, G.B. 4:19:57.2 12. Antal Kiss, Hungary 4:20:30.2 13. Bernhard Kannenberg, W.G. 4:21:43.8 14. Walter Sgardello, Italy 4:26:24.2 15. Robert Dobson, G.B. 4:26:58.8 16. John Knifton, USA 4:28:41.6 17. Domenico Carpentieri, Italy 4:31:26.0 18. Gerhard Weidner, W.G. 4:32:52.0 19. Goetz Klopfer, USA 4:33:23.6 20. Stig Lindberg, Sweden 4:34:02.2 21. John Warhurst, G.B. 4:34:31.0 22. Bob Kitchen, USA 4:37:53.6 23. Armando Zambaldo, Italy 4:40:17.0 24. Ken Harding, G.B. 4:42:03.2 25. Tividar Schiller, Hung. 4:48:21.8 26. Ingvar Hansson, Sweden 4:53:48.6 Vittorio Visini, Italy; Daniel Bjorggren, Sweden, Istvan Havasi, Hungary, and Jim Lopes, USA did not finish.

Both races were contested on a 5 km loop that was relatively flat but included 29 turns. The 20 km started at 3:45 p.m. on Saturday and the 50 at 8 the next morning. This may have been one problem for us in the 50. Kitchen is now in San Francisco, so to him, Klopfer, and Lopes it was midnight

****

The OHIO RACE WALKER is published monthly in Columbus, Ohio. The Ohio in the title really means nothing except that is what we started calling it when we went into business. As indicated by the above, we cover everything up to the International scene. Editor and Publisher--Jack Mortland. Aide de Camp--Marty Mortland General Nuisance about the office--Derek Mortland. Mimeographing Specialists--Sheumaker Secretarial Service. Subscription rate--$2.00 per year. Address all correspondence to: 3184 Summit St., Columbus, Ohio 43202, USA.

FIRST TITLE FOR L. WALKER

Mt. San Antonio College, Walnut, Cal., Oct. 4--Van Nuys chemistry teacher Larry Walker won his first National AAU title in the Senior 1 Hour today beating defending champion Ron Laird. Walker missed covering 8 miles by just 149 yards and left Laird well over a lsp behind. Bill Ranney was the only other walker to carry 8 minute miles over the full distance (or, I should say, time). The race left Laird in jeopardy of missing a national title for the first time in about a million years with only one race to go.

With out checking any records I would say that only Laird, Ron Zinn, Rudy Haluza, Tom Dooley, and Ray Somers have gone further in an hour race, but I am no doubt missing some, of which fact some astute reader will inform me. However, don't tell me of Art Mark and Jack Mortland who went 1647 and 1640 respectively in the 1964 national. The gun wouldn't fire at the finish in that race and we went at least 10 extra seconds, probably more.

The Striders rather dominated the team picture with first, second, and third. The results; 1. Larry Walker, SC Striders "A" 7 mi 1611 yds 2. Ron Laird, NYAC 7 mi 1065 yds 3. Bill Ranney, Athens AC 7 mi 951 yds 4. John Kelly, SCS "B" 7 mi 820 yds 5. Jim Hanley, SCS "A" 7 mi 352 yds 6. Bryon Overton, SCS "B" 7 mi 341 yds 7. Bob Bowman, SCS "A" 7 mi 128 yds 8. Ray Parker, SCS "B" 6 mi 1751 yds 9. Steve Tyrer, Mt. Hood CC 6 mi 1521 yds 10. Steve Merrilees, SCS "A" 6 mi 1463 yds 11. Manny Adriano, SCYV 6 mi 1229 yds 12. Gerry Willwerth, US Army 6 mi 1000 yds (on his way to Vietnam) 13. Chris Clegg, Sr. Striders 6 mi 683 yds 14. Gary Flinchum, Iowa TC 6 mi 270 yds 15. Bob Long, Sr. Striders 6 mi 269 yds 16. Hal McWilliams Sr. Striders 6 mi 42 yds. Team: 1. Striders A--9; 2. Striders B--12; 3. Sr. Striders-27.

****

LAIRD WINS ONE

Atlantic City, N.J., Oct. 11--One week later, Ron Laird took advantage of that last opportunity and, with some pretty good people out of the country, overcame a determined bid by Bill Ranney to take his national for the year in the Senior 30 km. Comebacking Ray Somers finished a strong third and it appears that his knee is now sound and he will be a threat again next year. Gerry Bocci walked a steady race and passed Bob Bowman and Greg Diebold in the middle stages to take fourth.

The race was contested on a 5-lap course. Ranney took off a fast pace with lap times of 29:35 and 59:49, just about 8-minute miling. At that point Laird was trailing by 18 seconds and Somers by 63. As Ranney slowed to a 31:28 on the next lap Laird closed to within one second, with Somers dropping another 20 seconds further back. Ron accelerated slightly on the next-to-last lap and left Bill over two minutes in his wake and then picked up another minute on the last lap as both slowed considerably. The race was walked on the boardwalk and everyone found their legs were dead at the finish. It was generally agreed that 10 miles is about as long a race as is desirable on this surface. The results:
1. Ron Laird, NYAC 2:37:17.4 2. Bill Ranney, Athens AC 2:40:14 3. Ray Somers, Penn AC 2:41:43 4. Gerry Bocci, Motor City Striders 2:45:21 5. Greg Diebold, Shore AC 2:48:35 6. Bob Bowman, Striders 2:49:20 7. Steve Tyrer, Striders (?) 2:52:06 8. Bill Walker, Motor City Striders 2:52:43 9. Joe Joiner, LIAC 2:53:11 10. Bob Mimm, Phil. AC 2:57:27 11. Fred Timcoe, Shore AC 2:58:04 12. John Markon, LIAC 2:59:01 13. Paul Schell, N. Medford Club 3:04:08 14. Don Johnson, Shore AC 3:06:22 15. Phil McGaw, NMC 3:09:01 16. Leon Jasionowski, MCS 3:14:01 17. Bill Hackulich, Phil AC 3:17:31 18. George Braceland, Phil. AC 3:18:18 19. Joe Stefanowicz, Phil. AC 3:18:27 20. John Killinger, NMC 3:25:09 21. Dale Arnold, OTC 3:25:37 22. John Skislak, Shore AC 3:33:04 23. Elliott Denman, Shore AC 3:30:41 24. Charles Stahl,

Shore AC 3:33:04 25. Randy Mimm, Phil AC 3:34:14 26. Robert Sullivan, USMMA 3:39:00 27. Paul Bieger, Shore AC 3:40:07 28. Sam Monastero, Phil. AC 3:49:29 29. Robert Falcila, Shore AC 4:07:30. Team: 1. Motor City Striders--13 (a first for the Motor City crew) 2. Shore AC--14; 3. NorthMedford Club--27; 4. Philadelphia AC "A"--32; 5. Phil. AC "B"--39; 6. Shore AC "B"--46.

****

We have an excellent report on the 25, for which we had only a brief bulletin last month, from one Ronald Daniel. Ron referred to this summary of the race as the "sadistics".

Stony Brook, Long Island, Sept. 27--A crowd of 50 or so semi-clad hopefuls went to the line under what appeared to be just another hot, sunny day for a 1970 Sr. National Championship. Little did they know what evil demon was lurking out over Long Island sound. After 5-days of record-breaking heat, the end was just over the hill.

At the whistle, the race was under way. The pattern was the same as all other East Coast races this year. Dave R. starts with the group, wishes everyone well and goes off to play by himself. Today, Marcel Jobin and R. Laird made a token attempt at staying with Dave. Ron L. took the hint early and drifted back to the rest of the mortals (of whom he has chosen to be one this year). Marcel, showing his usual early speed and determination (a la DeNoon) stayed up front past the 5 km mark. Much too hot for that nonsense, thought I.

The next group of educated heel and toers consisted of J. Knifton, Ray Somers, Ron Kulik, and me; R. Laird having already fallen back! He was trailed by G. Westerfield, F. Timcoe, and G. Diebold.

With Ray and John breaking contact with Kulik and myself (still too hot to make any big move, thought we); after all Jobin fades in the sun, Knifton dries up (40 km), Somers-25 km way over his head, and Laird, well he was doing his thing for 1970 and tromping along behind us. Oh yes, Big Dave was reported last seen some 600 yards or so ahead hurrying to get in out of the heat.

R.K. and I were already heavy on the Gatorade, water, and sponges, but wouldn't you know, 5 minutes or so after taking a good water dousing, the cold front moved in--at least a 20 degree drop in 10 seconds. Sure gives the body the shivers. As the light rain began, R.K. and I recognized this as a bad omen since we were counting on the heat to kill off those guys in front of us. We began our acceleration. By 10 km in 51:30, John and Ray were 45 seconds up and Marcel was 20 seconds up. Laird was revived and 75 seconds back.

Slightly thereafter the fun began. A big black cloud appeared overhead and the rumbling of thunder was getting louder. As those zig zag streaks appeared in the distance, R.K. and I became a little concerned. When a shot several hundred yards to our right blasted something and more in front to the left and overhead started to come with increasing tempo and being basically chicken, we took refuge in the first vehicle we came to. It was already occupied with timers, judges, and their wives. They thought we were nuts when we jumped in on them. To our amazement, no one else hit the panic button, except perhaps Ray Somers. But he couldnt't persuade John Knifton to take a break, so they stayed out there. As we watched from our insulated vehicle, R. Laird came pounding by after a minute or so, then there seemed to be a very large gap. The skies brightened up a bit as the thunderhead moved very quickly away. So after bread of about 4 minutes,our courage returned but the desire, as well as our bodies, had been dampened. We took to the road several yards in front of the next group. The only one recognized was Fred Timcoe.

With a light rain falling, we thought the worst was over, but the gods were still angry. The winds came, then hail about the size of marbles and torrents of water. Much like walking under a water fall. (And how often have you done that, Ron) The heavy rains lasted for about a half hour.

Kulik and I finally reached the 15 km mark in 1:19:30. We were told that Laird was about 2½ minutes ahead and no one behind! A lttle disconcerted over having stopped, we decided to take a run (in hops) at Laird. (Ed. All sounds highly illegal to me.) The last 10 km was humorous in the sense that our attempt to overhaul Laird or whoever might be staggering, was made more difficult by our inability to see clearly for more than 100 yards.

(Both Kulik and I are nearsighted, and we had discarded our glasses in the rain.) So as we started to see people coming into view we would sprint up to them only to find out it was someone we were lapping. With about 2½ miles to go, we were told that the blur about 300 yards ahead indeed was Ron Laird. As we surged on, we found Laird passing two other walkers who looked very much like Marcel and Ray. We nearly leapt with excitement for we knew that we would certainly catch them. But, alas, misfortune was still with us for they were just two more people being lapped.

However, we were still closing on Ron, but he must have sensed trouble, because he looked back. We were about 150 yards back but Ron Laird was not about to be shut out of a national medal; he too started to sprint. We closed a few more yards but it was all over. Laird was fifth, Kulik broke clear of me in the last 440 and I was shut out of a championship medal and off the championship team.

The results: 1. Dave Romansky, Del. T&F 1:59:05 2. John Knifton, NYAC 2:04:15 3. Ray Somers 2:05:25 4. Marcel Jobin, Canada 2:08:32 5. Ron Laird, NYAC 2:09:07.8 6. Ron Kulik, NYAC 2:09:34.6 7. Ron Daniel, NYAC 2:09:56.6 8. Gary Westerfield, LIAC 2:15:00 9. Greg Diebold, Shore AC 2:16:03 10. Fred Timcoe, Shore AC 2:17:11 11. Marc Achen, Columbia TC 2:17:31 12. Paul Schell, NMC 2:19:20 13. Joe Joyner, LIAC 2:19:38 14. Bob Mimm, Phil. AC 2:21:14 15. Phil McGaw, NMC 2:22:22 16. Clarence Buschert, USMMA 2:24:05 17. John Shilling, NYPC 2:24:36 18. Max Gould, Canada 2:24:40 19. Don Johnson, Shore AC 2:30:23 20. Mike Kice, USMMA 2:32:03 21. Tony Medeiros, NMC 2:32:13 22. George Shilling, NYPC 2:34:04 23. Bruce Truog, USMMA 2:34:05 24. Peter Warren, USMMA 2:35:16 25. Bob Sullivan, USMMA 2:37:21 26. Joe Stefanowicz, Phil. AC 2:38:01 27. John Killinger, NMC 2:38:03 28. Randy Mimm, Phil AC 2:38:30 29. George Braceland, Phil. AC 2:38:40 30. Ed Rics, Phil. AC 2:40:44 31. Elliott Denman, Shore AC 2:41:17 32. Bill Hackulick, Phil. AC 2:43:10 33. Dale Arnold, OTC 2:45:14 34. Harold Hoffman, Canada 2:47:14 35. Rick Rolph, USMMA 2:48:01 36. George Lattarulo, NMC 2:48:46 37. Sig Podlazny, NMC 2:48:52 38. Paul Walkovic, Phil. AC 2:50:30 39. Mike Conn, Phil. AC 2:53:09 40. Nat Riggler, 92nd ST YMHA 2:53:23 41. John Skrislak, Shore AC 2:55:01 42. Charles Stahl, Shore AC 2:59:11 43. Tony Coviello, un. 3:00:22 44. Jack Boitano, Stanford Spartans 3:07:52 45. Bob Balcibla, Shore AC 3:14:01 46. Joe Santarsiero, un. 3:18:49

ORW Style Prize to Gary Westerfield. The style prize in the One Hour, which I forgot to mention, went to Bill Ranney, or else he got it in the 50. Anyway, he was good enough to thank me for the style prize, but I haven't been getting too godd of word on who is getting them.

****

The splits on the above race show Romansky covering his last 10 km in 46:35 with 5 km times of 23:48, 48:10, 1:12:30, and 1:36:10.)

****

Dayton, Ohio, Oct. 4--The Ohio AAU 20 Km was about our most poorly attended race of the year, with only four starters. (Doc Blackburn was also on hand, but has 10 miles as his limit so went only 15 km). Jack Mortland walked a fairly steady, if somewhat pedestrian pace, to win the race in 1:46:39 (including a 70 second shoe change at about 4½ miles). Dale Arnold showed that he is moving back toward condition covering the first 10 km close to 60 minutes before slowing the last 4 miles to record 2:07:45 in second. Clair Duckham, somewhere on the big side of 60, is still as tough as nails and grabbed third in 2:11:13.6. Bob Smith, feeling the effects of an enforced layoff of about 3 weeks, stopped just after halfway. Doc covered his 15 km in 1:33:30.

****

Other results:

<u>15 Mile, Boulder, Colo., Oct. 3</u> (very hilly at altitude varying from 5400 to 6400 feet)--1. Floyd Godwin 2:31:11 2. Al Christian 2:51:31 3. Steve Christian 2:51:33 <u>16 Mile, Boulder, Oct. 17</u>--1. Godwin 2:25:36 2. George Lundmark 3:01:05 <u>1 Mile</u> (12 and under), Broomfield, Colo., Oct. 17--1. Kevin Young 8:45 2. Mark Pent 8:46 3. Mike Pent 9:08 <u>1 Mile</u> (13 and over)--1. Don Razey 8:55 2. Mike Razey 9:09 <u>20 Km, Long Island, Oct. 3</u> (track)--1. Steve Hayden 1:36:31.6 2. Clarence Buschert 1:44:59.2 3. John Shilling 1:50:29.8 4. George Shilling 1:53:26 <u>6 Mile, Los Angeles</u> 1. Ron Laird 44:56 2. Larry Walker 45:03 3. Ray Parker 46:55 4. Jim Hanley 47:24 5. Bob Bowman 47:25 6. Steve Tyrer 51:17 7. Dick Ortiz ? 8. Chris Clegg 53:00 9. Hal McWilliams 55:32 10. Gary Flinchum 55:40 11. Jack Cruthhfield 56:04

5 Km, Oakland, Cal., Oct. 10--1. Jim Bean 23:28 2. Manny Adriano 23:35 3. James Bentley, Jr. 27:01 4. Phil Mooers 29:05 5. Brad Bentley 30:22

O'NEIL DOES IT AGAIN

Columbia, Mo., --The amazing Larry O'Neil, now age 64, finished the annual 100-mile track race for the third time in 4 years. And for the first time, someone else joined him, namely John Argo of Mattawa, Ontario--a mere 56. O'Neil finished the grind in 20:42:42, more than an hour off his 1967 record, but 9 minutes faster than in 1968. Last year he had run into problems and gone only 73 miles. Argo finished in 23:22.

O'Neil was given a real challenge in the early going by 39-year-old Bob Chapin of Independence, Mo., who went out to break Larry's record. Chapin started out doing 11 minute miles and passed 25 in 4:36:32, 9 minutes ahead of O'Neil, who was being drawn out to a faster pace than he may have wished. Chapin continued to do just under 12 per mile and hit 50 in an excellent 9:33:02, with O'Neil having 9:49:58. However, Cha pin had to take a 6-minute rest during the next 5 miles and at 60 he had 11:45:46 to O'Neil's 11:55:10. A 30-minute rest by Chapin during the next 5 put Larry well in front and with the record no longer possible, Chapin called it a day at 70 miles in 14:53:36. O'Neil held about 13 minute miles the rest of the way in. Argo hit 50 miles in 10:18:40, but had several rest periods during the second half. Carl McCoun, a Navy distance runner and acomplete novice to walking, finished 3rd with 78 3/4 miles in 23:29:40. Chapin later did antoher 2 $\frac{1}{4}$ miles to take fourth over Aubrey Anderson, aldo of Independence, who did 70 3/4 in 20:29:30. Others with 50 or more were: Dave Leuthold, Columbia, 64 $\frac{1}{4}$ in 23:57:59; Steve Nelson, Leawood, Kan. 54 3/4 in 12:50:40; Lee Hill, Columbia, 51 $\frac{1}{4}$ in 22:14:05; Bruce Etherton, Independence, 50 $\frac{1}{4}$ in 21:55:38; Mike Shanahan, Independence, 50 in 15:33:10; John McCrory, Columbia, 50 in 21:42:12; and Dennis Stewart, Higginsville, Mo., 50 in 21:38:50. Janet Leuthold, only 11, covered 46 $\frac{1}{4}$ miles in 23:59:03, including a 12 hour rest.

5 Mile, Columbia, Sept. 20--1. Mark Achen 42:53 2. Dave Leuthold 54:45 3. Janet Leuthold 65:03 MVAAU 20 Km, Independence, Oct. 4--1. Larry Young 1:45:25 2. Mark Achen 1:46:13 3. Darrell Palmer 1:51:13 1 Hour, Attleboro, Mass., July 19-- 1. Paul Schell 6 mi 1354 yds 2. Tony Medeiros 6 mi 1061 yds 3. Richard Bostick 6 mi 665 yds 10 Km Boston, Mass., Aug. 11--1. George Lattarulo 54:51 2. Charles Scott 55:12 3. Jake Brederson 57:22 4. George Grzebien 57:50 5 Km, Attleboro, Aug. 15--1. Paul Schell 25:16 2. Phil McGaw 25:40 3. Rick Bostick 27:46 5 Mile (track), Portland, Orel Oct. 18--1.Roger Duran 41:37 2. Ken Fowler 45:12 3. Bob Bradley 49:55 4. Don Jacobs 51:09

FOREIGN

Australia

20 Km Championship, Adelaide, Aug. 29--1. Noel Freeman 90:53 2. Graeme Nicholls 95:18 3. Arthur Jones 95:49 (former British walker, 7th at Mexico City) 4. Stephen Hausfeld 97:42 5. Vance Newmark 98:50 6. Robin Wood 98:54 (31 starters, 28 finishers) Australian 50 km, Melbourne, Sept. 26--1. Ted Allsopp 4:21:05 (age 43) 2. Peter Fullager 4:29:15 (just emigrated from England where he was primarily a 20 km walker. I guess leaving the merry olde country prompts these guys to become distance stars.) 3.Bob Gardiner 4:36:53 (had held title since 1962) 4. Stephen Hausfeld 4:41:05 5. Robin Whyte 4:41:51 6. Graeme Nicholls 4:55:55 (thanks to Bob Steadman for results.)--The ultra-fast 20 Mile by Freeman mentioned last month was on the road, not the track. Results of that race in Melbourne on June 13--1. Noel Freeman 2:28:02 (1:13:32 at 10, 1:30:56 at 20 Km, 1:50:11 at 15, 1:54:03 at 25 km, and 2:17:42 at 30 km) 2. Bob Gardiner 2:38:23 3. Ted Allsopp 2:45:21 15 Km, Melbourne, June 20--1. Freeman 1:07:10.0 2. Graeme Nicholls 1:07:14 20 Km, Melbourne June 27--1. Freeman 1:31:24 2. Gardiner 1:32:07 30 Km, Melbourne, July 4--1. Freeman 2:18:41 2. Gardiner 2:20:59 20 Mile, Melbourne, Aug. 20--1. Freeman 2:35:10 2. Ted Allsopp 2:41:25 3. Graeme Nicholls 2:44:15 USSR 20 Km Championship, Frasino, Sept. 12--1. Nikolai Smaga 1:30:21.6 2. Vladimir Golubnichiy 1:30:21.8 3. Victor Vavilov 1:30:55.8 4. Jaan Poldmae 1:31:51.8 5. Gennadiy Agapov 1:31:51.8 6. Olav Laiv 1:32:49.8 USSR 50 Km Championship, Frasino, Sept. 12--1. Benjamin Soldatenko 4:09:26.4 2. Otto Bartsch 4:09:26.4 3. Yevgeniy Lungin 4:13:01 4. Anatoliy Penek 4:14:31.8 5. Sergei Grigoryev 4:15:57 6. Yuriy Andruschenko 4:18:27 10 Km (track) Riga, USSR, Sept. 15--1. Y Shurya 42:32 2. Jaan Poldmae 42:48.

7 Mile (road) Leicester, Eng., Oct. 3--1. Bob Hughes 49:38 2. Ron Wallwork 50:12 3. Anthony Taylor 51:33 4. E ic Taylor 52:49....13. Ken Matthews 53:26 (If this is indeed the same Ken Matthews known to all, it would be his first race since the 15 Km British Empire-Japan-USA match in Osaka a week after the Tokyo Olympics. And it would be a rather auspicious debut after such a long time away.) 1 Mile, London Sept. 5--1. Paul Nihill 6:17 2. Roger Mills 6:23 3. Olly Caviglioli 6:25.5 4. Phil Embleton 6:32.2 5. Shaun Lightman 6:37.4 6. Bill Sutherland 6:36.4 3 Km, Weymouth, Eng. Sept.6--1. Embleton 12:46.2 2. Caviglioli 12:48.8 20 Km, Enfield, Eng. Sept. 19 (in my source it says kurz in parentheses, which maybe means short, perhaps, do you think possibly. I don't know.)--1. Ron Wallwork 1:28:57 2. Wilf Wesch 1:29:19 3. Shaun Lightman 1:31:04 4. Phil Embleton 1:32:03.8 5. Ray Middleton 1:32:56.2 1 Hour, London, Sept. 26--1. Phil Embleton 13,368 meters (over 8½ without making any real calculation) 2. Wilf Wesch 13,258 m. 3. Shaun Lightman 13,217 4. Bill Sutherland 13,073 Swiss 50 Km, Aug. 30--1. Alfred Badel 4:21:27.0 2. Manfred Aberhard 4:28:27 50 Km, Weinbohla, E.G., Oct. 4--1. Achim Schlectweg 4:18:24 2. Mathias Kroel 4:24:15.4 3. Ralph Fugner 4:32:20.8 4. Michael Sternberg 4:32:21.6 (a few of the lesser boys) Czech 20 Km Cahmpionship, Ostrava, Sept. 12--1. Alexander Bilek 1:29:14.8 2. Evzen Zednik 1:30:47.8 3. Josef Macek 1:31:1.4 4. Jurai Bencik 1:35:03.4 5. Vladimir Parizek 1:36:23.6 6. Vladimir Kansky 1:37:22.4 1 Hour, Banska Bystrica, Czech, Sept. 9-- 1. Jurai Bencik 13, 187 meters (45:03 at 10 Km) 2. Evzen Dednik 12, 997 10 Km (track), Milevsko, Czech., Sept. 26--1. Bilek 43:11.8 2. Kansky 46:08.8 100 Km, Kariovy Vary-Kladno, Czech., Sept.-27--1. Jindrich Stavik 10:21:52.0 20 Km (track), Liberec, Czech, Sept. 19--1. Bilek 1:33:45.2 Norway 24, Denmark 20, Sept. 26, 20 Km--1. Kjell Lund, Nor. 1:34:11 2. Milton Juul, Den. 1:39:54 35 Km--1. Tore Brustrad, Nor. 2:58:15 2. Togeir Ohm, Nor. 3:02:47 Women's Junior 5 Km--1. Torhild Sarpebakken, Norway 25:46.2 (track) 2. Elisabeth Olsson, Swed. 26:02 3. Margaretha, Swed. 26:09 4. Margaretha Olsson, wed. 26:15 5. Laila Jensen, Nor. 26:35

****

A note passed along by Chris Clegg from the Department of Physiology, Gymnastik-och idrottshogskolan, Stockholm, dated June 28, 1968 and written by Goran Agnevik:

"Race walking is a typical endurance event and the energy output is kept at a very high level during the competition. Based upon measurements performed during the Swedish Championships in race walking we know that the sweat rate often exceeds 1.5 liters per hour. These findings are in good agreement with data obtained during similar conditions such as running and cycling.

Laboratory experiments have shown that the physical working capacity decreases when a person loses weight due tosweating. With a weight loss of 1 percent of the body weight, the maximal working capacity decreases by around 10 percent. An adequate water intake during the race minimizes the reduction in performance capacity.

As water and glucose are not considered as dope agents, it doesnot seem right to have rules prohibiting a fluid intake in connection with competitions. My suggestion is that the rules are changed so that the competitor himself can make his own decisions concerning his water and glucose intake during the race."

That will serve as our medical comment for the month, as we don't have room for the Doc. I tend to agree with the above, although in my own case, I have always felt it a waste of time to bother with drinks in anything up to 20 kms unless the weather is exceptionally hot. This does bring up the whole question of drugs in sport, however, which was of some interest in the World weightlifting championships held here in Columbus last month. Several of the lads disqualified after winning medals for the use of amphetamines. The ridiculous thing about that was that they tested only the first three and the fourth guy, who wound up with the gold medal, may have been just as big a sinner. There was a very interesting three-part series on this problem in Sports Illustrated a year or so ago, too. Having wetted your appetitie, I don't intend to say any more, since I am hardly a qualified expert and I don't have much space left anyway. How many walkers are high at the start of a race? Stand up and be counted.

RACES

Sat. Nov. 7--Metropolitan 50 Km, Long Island
Eastern Canadian 20 Km and Ladies 10 Km, Toronto
Sun. Nov. 8--Michigan AAU 10 Mile, Detroit
Iowa AAU 10 Km, Fairgrounds, Des Moines, 9 a.m.
Mo. Valley 50 Km, Jefferson City, Mo. 8 a.m.
Sat. Nov. 14--10 Mile and 2 Mile, Ohio Track Club Distance Carnival, Worthington
Sun. Nov. 22--10 Km, Griffith Park, Los Angeles, 10 a.m.
Sat. Nov. 28--NAAU JUNIOR 35 KM, KANSAS CITY, MO. 10 a.m.
Sun. Nov. 29--10 mile handicap, Coney Island Boardwalk, Brooklyn, N.Y., 10 a.m.
All-comers walks at Delta College, Stockton, Cal. commencing in November. Races once a month alternating a 1 and 2 mile as the short race and a 5 km and 10 km as the longer race. Contact Jim Bentley, P.O. Box 8452, Stockton, Calif. 95204

****

For the Jack Blackburns its another boy to go with Cathy, Timmy, and Molly. Born Oct. 17, weight 6 pounds plus, name as yet unknown to me. Martha Mortland due to deliver in a couple of weeks with a playmate for Derek.

OHIO RACE WALKER
3184 Summit St.
Columbus, Ohio 43202

FIRST CLASS MAIL