

Ohio Race Walker
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OHIO RACEWALKER

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HERE THEY ARE--THE ANNUAL RANKINGS

The end of another year and the Ohio Racewalker once again announces its annual rankings. These prestigious rankings--for which there is absolutely no reward and precious little publicity (only a fortunate few read the ORW)--are agreed upon by your editor in collaboration with no one. This marks the 13th consecutive year we have ranked the world's men at both 20 and 50 Km, the 11th year for ranking U.S. men at the same two distances, and the sixth year for ranking women, world and U.S., at 5 and 10 Km.

The rankings are the result of subjective judgment based on times, performance in major competitions, head-to-head competition with other contenders, and personal bias. Lists of the best performances follow the rankings at each distance. Note that these include times made at intermediate distances (e.g., the 20 Km mark of a 25 Km race) when that is the athlete's best of the year. However, these intermediate times are not considered in the rankings. This comes into play mostly in the women's 5 Km, where many athletes had their fastest time of the year on the way to 10 Km in the Eschborn Cup race. These are legitimate 5 km times, but it would be unfair to rank walkers based on their position half way through a race.

And so, on to what you have been eagerly anticipating.

1983 WORLD 20 KM RANKINGS

- | | |
|---|--|
| 1. Josef Pribilinec, Czechoslovakia
1:19:49 (1) Barcelona 4/19
1:27:59 (1) Borsky Mikulas 5/21
1:24:04 (1) Trnava 6/18
1:27:19 (1) Prague 7/23
1:20:59 (2) Helsinki 8/7
1:19:30 (1) Bergen 9/24 | 5. Jose Marin, Spain
1:23:44 (1) Sant Coloni 4/3
1:20:00 (2) Barcelona 4/19
1:29:41 (1) Southwark 6/
1:21:21 (4) Helsinki 8/7
1:28:24 (31) Bergen 9/24 |
| 2. Ernesto Canto, Mexico
1:25:49 (1) Guadalajara 4/10
1:20:49 (1) Helsinki 8/7
1:28:12 (1) Caracas 8/24
1:19:41 (2) Bergen 9/24 | 6. Maurizio Danilano, Italy
1:22:54 (3) Naumburg 5/1
1:24:20 (2)t Bergen 5/7
1:21:50 (1) Cremona 5/29
1:25:53 (1) Los Angeles 6/26
1:24:21 (2) Edmonton 7/8
1:21:57 (7) Helsinki 8/7
1:20:10 (4) Bergen 9/24
1:23:20 (1) Casablanca 9/12 |
| 3. Anatoliy Solomin, UBSR
1:23:30 (1) Bekascaba 4/2
1:19:43 (3) Bergen 9/24 | 7. Gerard Lelievre, France
1:28:40 (1)t Bar-De-luc 6/18
1:21:37 (5) Helsinki 8/7
1:24:32 (2) Casablanca 9/12 |
| 4. Yevgeniy Yevsyukov, USSR
1:22:41 (3) Moscow 6/21
1:21:08 (3) Helsinki 8/7
1:20:30 (5) Bergen 9/24 | |

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- | | |
|--|---|
| E. Marcelino Colin, Mexico
1:20:40 (6) Bergen 9/24
1:33:49 (3) Havana 7/24 | 10. Guillaume Leblanc, Canada
1:26:38 (2) Calgary 6/1
1:24:03 (1) Edmonton 7/8
1:31:27 (1) Montreal 6/17
1:22:04 (8) Helsinki 8/7
1:24:17 (11) Bergen 9/24 |
| 9. Pavol Blazek, Czechoslovakia
1:23:22 (3) Barcelona 4/19
1:23:15 (5) Naumburg 5/1
1:21:54 (6) Helsinki 8/7
1:24:15 (2) Trnava 6/18
1:27:50 (2) Prague 7/23
1:21:37 (9) Bergen 7/23 | |

Pribilinec and Canto traded wins in the two major races of the year, the World Championships and the Lugano Cup, but the Czech had the faster time, a more impressive record otherwise, and was one whole second ahead of Canto in total time for the two races. .Solomin was very impressive in his one International race of the year, nearly catching Canto in the Lugano Cup race. .Yevsyukov had fine races in both the majors to capture the fourth spot. .Marin rates fifth despite his demise at Bergen, where he was walking injured to get points for the Spanish team. .Damilano put in a lot of races all over the world, none of them bad. While Lelievre beat him in the World Champ., the Italian got revenge in a later, less important race, and has his long series of impressive races. .Colin's impressive sixth at Bergen (Lugano Cup) merits the eighth spot. .Blazek had good races in both majors and competed well otherwise to take ninth. .Leblanc edges out Soviet Anatoliy Gorschkov, who was 11th at Helsinki, but eighth at Bergen (just the reverse of Leblanc) off his impressive win over Damilano in the World University Games in Edmonton

1983 WORLD LIST--20 KM

- | | |
|--------------------------------------|--------------------------------------|
| 1:19:30 Josef Pribilinec, Czech. | 1:22:04 Guillaume Leblanc, Canada |
| 1:19:41 Ernesto Canto, Mexico | 1:22:06 Raul Gonzalez, Mexico |
| 1:19:43 Anatoliy Solomin, USSR | 1:22:14 Roland Weisser, East Germany |
| 1:20:00 Jose Marin, Spain | 1:22:17 Werner Heyer, East Germany |
| 1:20:10 Maurizio Damilano, Italy | 1:22:26 Reima Salonen, Finland |
| 1:20:30 Yevgeniy Yevsyukov, USSR | 1:22:33 Nikolai Vinnetschenko, USSR |
| 1:20:37t Valdas Kazlauskas, USSR | 1:22:37 Nikolai Polozov, USSR |
| 1:20:40 Marcelino Colin, Mexico | 1:22:38 Dietmar Miesch, East Germany |
| 1:20:51 David Smith, Australia | 1:22:42 Ljubomir Ivanov, Bulgaria |
| 1:20:55t Ronald Weigel, East Germany | 1:22:47 Aloizus Bludzius, USSR |
| 1:21:11 Carlo Mattioli, Italy | 1:22:51 Steve Barry, UK |
| 1:21:18 Nikolai Mateyev, USSR | 1:22:56 Pyotr Potschenchuk, USSR |
| 1:21:26 Anatoliy Gorschkov, USSR | 1:23:15 Spagnulo, Italy |
| 1:21:33 Hartwig Gauder, East Germany | 1:23:15 Andrei Perlov, USSR |
| 1:21:37 Pavol Blazek, Czech. | 1:23:19 Viktor Semyonov, USSR |
| 1:21:38 Bo Gustavsson, Sweden | 1:23:39 Antanas Grigaliunis, USSR |
| 1:21:45 Michael Bohake, East Germany | 1:23:50t Erling Anderson, Norway |
| 1:21:48 Uwe Dunkel, East Germany | 1:23:54 Petr Kohnovisy, USSR |
| 1:21:52 Rolf Kowalsky, East Germany | 1:23:57 Viktor Mostovik, USSR |
| 1:22:03 Sergei Protshishin, USSR | 1:23:59 A. Basriev, Bulgaria |

1983 U.S. 20 KM RANKINGS

- | | |
|---|--|
| 1. Jim Heiring
1:26:55t(1) Indianapolis 6/18
1:28:12 (7) Los Angeles 6/26
1:25:55 (18) Helsinki 8/7
1:34:37 (6) Caracas 8/24
1:24:51(16) Bergen 9/24 | 6. Sam Shick
1:30:56t (6) Indianapolis 6/18
1:33:23 (18) Los Angeles 6/26
1:30:26 (39) Bergen 9/24 |
| 2. Marco Evoniuk
1:27:45t(2) Indianapolis 6/18
1:27:07 (4) Los Angeles 6/26
1:27:22 (9) Edmonton 7/8
DNF Helsinki 8/7
DNF Caracas 8/24 | 7. Ray Sharp
1:31:40t(6) Bergen 5/7
1:27:18 (1) Gimo 5/7
DQ Indianapolis 6/18 |
| 3. Dan O'Connor
1:28:38 (1) Long Beach 3/19
1:27:37 (2) Tokyo 4/
1:29:58 (1) Walnut 4/22
1:29:38t(3) Indianapolis 6/18 | 8. Carl Schueler
1:29:05 (1) Dearborn Heights 10/2 |
| 4. Todd Scully
1:30:23t(5) Indianapolis 6/18
1:31:31 (11) Los Angeles 6/26
1:39:14 (1) Colo. Springs 8/1
1:27:29 (24) Bergen 9/24 | 9. Steve Pecinovsky
DQ Indianapolis 6/18
1:43:41 (3) Colo. Springs 7/1
1:30:59 (2) Dearborn Heights 10/2 |
| 5. Tim Lewis
1:30:18t(4) Indianapolis 6/18
1:35:36 (16) Edmonton 7/8
1:30:10 (36) Helsinki 8/7
1:28:57 (34) Bergen 9/24 | 10. Mike Morris
1:35:01t(7) Indianapolis 6/18
1:43:57 (4) Colo. Springs 7/1
1:34:40 (7) Dearborn Heights 10/2
1:31:58(1) Niagara Falls 10/ |

Heiring won the national title and led U.S. walkers in both the World Championships and the Lugano Cup and gets the number one spot. .Evoniuk would be a close choice spot for that spot if he hadn't been misdirected when he was supposed to be entering the Stadium in Helsinki, at which point he was well ahead of Jim. .O'Connor was third in the National and had three other excellent races. He is a clear third. .Scully edges Lewis for the fourth spot off his great race in the Lugano Cup. .Shick was sixth in the National, walked well in his other races, and certainly deserves that spot in the rankings. .Sharp had a fast race in Sweden before his demise in the National to take the seventh spot. .Schueler's only race was a good one to earn him the eighth slot. .Following his DQ in the Nationals, Pecinovsky beat Morris twice and recorded a fine time at Dearborn. .Morris beat Tom McMillan three of four races to take the final place

1983 U.S. 20 KM LIST

- | | | |
|--------------------------|-------------------------|-------------------------|
| 1:24:51 Jim Heiring | 1:33:05 Tom McMillan | 1:37:37 Dan Pierce |
| 1:27:07 Marco Evoniuk | 1:33:39 Gary Morgan | 1:37:59 Juan Santana |
| 1:27:18 Ray Sharp | 1:34:03 Tom Edwards | 1:38:22 Larry Beckerly |
| 1:27:29 Todd Scully | 1:34:04 Larry Walker | 1:38:56 Martin Kraft |
| 1:27:37 Dan O'Connor | 1:34:15 Fabian Knizacky | 1:38:57 Bob Keating* |
| 1:28:57 Tim Lewis | 1:34:21 Randy Mimm | 1:38:58 Alton Ostrander |
| 1:29:05 Carl Schueler | 1:35:27 Troy Engle | 1:38:58 Andy Liles |
| 1:30:26 Sam Shick | 1:36:02 Mark Manning | 1:39:37 Steve Casarella |
| 1:30:59 Steve Pecinovsky | 1:36:05 Dave Cummings | 1:39:57 Dave Talcott |
| 1:31:58 Mike Morris | 1:36:51 John Knifton | 1:40:01 Ed Bouldin |
| 1:31:58 Pete Timmons | 1:37:12 Chris Knotts | |
| 1:32:05 Ed O'Rourke | | |

*Had a 1:32:43 continuing by himself following 10 Km race.

1983 WORLD 50KM RANKINGS

- | | |
|--|---|
| 1. Ronald Weigel, East Germany
3:41:31 (1) Naumburg 5/1
3:43:08 (1) Helsinki 8/12 | 6. Reima Salonen, Finland
3:55:30 (4) Naumburg 5/1
3:59:01 (2) Southwark
3:52:53 (4) Helsinki 8/12 |
| 2. Jose Marin, Spain
3:40:47 (1) Valencia 3/13
3:46:42 (2) Helsinki 8/12 | 7. Viktor Dorovsky, USSR
4:01:00 (4) Moscow 6/18
3:56:02 (8) Helsinki 8/12
3:49:47 (3) Bergen 9/25 |
| 3. Raul Gonzalez, Mexico
3:51:51 (1) Chapultepec 4/13
3:51:37 (1) Prague 5/8
3:53:51 (5) Helsinki 8/12
4:00:45 (1) Caracas 8/23
3:45:37 (1) Bergen 9/25 | 8. Jorge Llopart, Spain
3:47:48 (2) Valencia 3/13
3:57:29 (1) Southwark 6/
DNF Helsinki 8/12
3:52:53 (4) Bergen 9/25 |
| 4. Sergei Jung, USSR
4:00:53 (4) Prague 5/3
3:49:03 (3) Helsinki 8/12
3:57:15 (1) Moscow 6/18
3:48:26 (2) Bergen 9/25 | 9. Gerard Lelievre, France
3:57:57t(1) Saint-Quentin 3/27
DNF Helsinki 8/12
4:05:19 (1) Rouen 5/8
3:54:55 (5) Bergen 9/25 |
| 5. Hartwig Gauder, East Germany
3:43:23 (2) Naumburg 5/1 | 10. Dietmar Miesch, East Germany
3:46:12 (3) Naumburg 5/1
DQ Helsinki 8/12 |

Weigel proved his class with the second best time of the year in one race and an easy win in the World Championships in the other. . . Marin, with the year's best time and a second in the Championships was a clear second. . . Gonzalez had an off-day in the World Championships, but came back to dominate the field in the Lugano Cup race and takes third. . . Jung had solid races in both majors, but lost two of three to Gonzalez. . . Gauder, injured at the time of the World meet, gave Weigel a closer race at Naumburg than anyone else did at Helsinki and earns fifth of his lone race. . . Dorovsky kept improving as the year went along and his great race in the Lugano Cup merits the seventh slot. . . Llopart had a fast time early, failed in the World Ch., but came back with a solid race in the Lugano Cup. . . Lelievre joins Marin as the only athletes to rank at both distances. . . Miesch is a rather shaky tenth, his DQ at Helsinki being richly deserved according to reports.

1983 WORLD 50 KM LIST

- | | |
|-------------------------------------|------------------------------------|
| 3:40:47 Jose Marin, Spain | 3:53:57 Francois Lapointe, Canada |
| 3:41:31 Ronald Weigel, East Germany | 3:54:00 Erling Anderson, Norway |
| 3:43:23 Hartwig Gauder, EG | 3:54:03 Bohdan Bulakowski, Poland |
| 3:45:37 Raul Gonzalez, Mexico | 3:54:11 N. Frolov, USSR |
| 3:45:48 Andrei Perlov, USSR | 3:55:38 Sandro Bellucci, Italy |
| 3:46:12 Dietmar Miesch, EG | 3:55:03 V. Baidatschenkov, USSR |
| 3:46:34 Valeri Suntsov, USSR | 3:55:28 V. Ovtshinikov, USSR |
| 3:47:48 Jorge Llopart, Spain | 3:56:34 Pavol Szikora, Cz3ch. |
| 3:48:26 Sergei Jung, USSR | 3:56:56 Sergei Tsimbalyuk, USSR |
| 3:49:47 Viktor Dorovsky, USSR | 3:56:57 Marco Evoniuk, USA |
| 3:50:45 Martin Bermudez, Mexico | 3:57:14 Paolo Gregucci, Italy |
| 3:51:49 Bo Gustavsson, Sweden | 3:57:25 Bengt Simonsen, Sweden |
| 3:52:38 Vladimir Nefedov, USSR | 3:58:14 Ivan Tichonov, USSR |
| 3:52:53 Reima Salonen, Finland | 3:59:18 Ernesto Cantov, Mexico |
| 3:52:58 Pyotr Gauss, USSR | 3:59:27 Laszlo Sator, Hungary |
| 3:53:51 Felix Gomez, Mexico | 4:00:30 Karl Degener, West Germany |
| 3:53:57t Gerard Lelievre, France | 4:00:50 Lars Ove Moen, Norway |

1983 U.S. 50 KM RANKINGS

- | | |
|---|---|
| 1. Marco Evoniuk
4:01:43 (1) Monterey 5/21
3:56:57 (2) Helsinki 8/12
DQ Bergen 9/25 | 6. Randy Mimm
DNF
4:20:20 (1) Colorado Springs 7/2 |
| 2. Jim Heiring
4:07:28 (2) Monterey
DNF Helsinki 8/12 | 7. Wayne Glusker
4:22:30 (6) Monterey 5/21
4:38:45 (2) Colorado Springs 7/2
4:31:41 (36) Bergen 9/25 |
| 3. Dan O'Connor
4:21:27 (7) Valencia 3/13
4:09:29 (3) Monterey 5/21
4:18:41 (23) Helsinki 8/12
4:09:50 (18) Bergen 9/25
4:14:25 (3) Montreal 10/23
4:12:46t(1) Irvine 11/19 | 8. Fabian Knizacky
4:27:27 (7) Monterey 5/21
4:45:27 (4) Colorado Springs 7/2 |
| 4. Tom Edwards
4:23:22 (1) Stone Brook 3/27
4:15:22 (4) Monterey 5/21
(6) Caracas
4:13:30 (23) Bergen 9/25 | 9. Mike DeWitt
4:27:55 (8) Monterey 5/21
4:50:16 (5) Colorado Springs 7/2 |
| 5. Sam Shick 4:
4:17:03 (5) Monterey
DNF Caracas | 10. Vincent O'Sullivan
4:27:34 (2) Liverpool 8/13 |

The National title race in Monterey pretty well decided the rankings. Mimm's great race in the Olympic Festival moves him into the sixth spot and Vincent O'Sullivan's comeback in the NY State Empire Games earns him the 10th slot. We have disregarded Carl Schueler's 4:15:56 for both the rankings and the list because it was not in an official 50 km race (he kept going after winning the National 40). The time has been accepted for Olympic Trials qualifying, however.

1983 U.S. 50 KM LIST

- | | |
|----------------------------|-------------------------|
| 3:56:57 Marco Evoniuk | 4:41:07 Dan Pierce |
| 4:07:28 Jim Heiring | 4:41:59 Brian Savilonis |
| 4:09:29 Dan O'Connor | 4:42:22 Carl Schueler |
| 4:13:00 Tom Edwards | 4:42:50 Nick Bdera |
| 4:17:03 Sam Shick | 4:47:10 Juan Santana |
| 4:20:20 Randy Mimm | 4:48:53 Tim McCoy |
| 4:22:30 Wayne Glusker | 4:52:38 Jon Gaska |
| 4:27:24 Fabian Knizacky | 4:55:00 Mel McGinnis |
| 4:27:34 Vincent O'Sullivan | 4:55:42 Don Lawrence |
| 4:27:55 Mike DeWitt | 4:56:24 Ed Bouldin |
| 4:37:44 Mike Morris | 4:56:45 Jay Byers |
| 4:38:59 Martin Kraft | 4:56:54 David Lawrence |
| 4:39:23 Bob Keating | 4:59:04 Walt Jaquith |

1983 WOMEN'S WORLD 5 KM RANKINGS

- | | |
|--|---|
| 1. Olga Jarutkina, USSR
22:49I(1) Moscow 2/6
22:45t(1) Syekova 3/27
22:57t(1) Moscow 5/21
22:04t(1) Dnepr 8/22 | 2. Siv Gustavsson, Sweden
23:25 (1) Krogsered 7/29
22:03 (1) Boras 10/1 |
|--|---|

3. Sue Cook, Australia
24:12t(1) Sydney 2/2
23:29t(1) Melbourne 2/0
22:59t(1) Canberra 2/25
23:06 (1) Canberra 4/23
23:16t(1) Calgary 6/1
22:38 (1) Sydney 8/13
22:11 (2) Boras 10/1
4. Sally Pierson, Australia
23:18 (1) Canberra 6/12
22:23t (1) London 9/14
5. Natalia Scharipova, USSR
23:08t(1) Kislowodsk 2/28
6. Roza Underova, USSR
23:10t(2) Kislowodsk 2/28
22:35 (1) Tyerkassy 5/17
7. Ann Jansson, Sweden
22:57t(1) Bergen 5/6
23:49 (1) London 6/11
22:49 (1) Gino 5/12
23:51 (1) Haggenas 7/7
23:28 (2) Krogsered 7/29
8. Hong Yon, China
22:52t(1) Shanghai 4/14
9. Yong Ju Xu, China
23:08t (2) Shanghai 4/14
10. Polina Bisnya, USSR
23:27I(2) Moscow 2/6
23:41t(5) Kislowodsk 2/28
22:57t(2) Syelkova 3/2y

Little comment hear, other than the fact that I'm not very comfortable with these rankings this year. I think there must be alot of data missing. The Chinese girls must have done some racing leading up to their Eschborn Cup triumph and I'm sure the Soviets had more races than I have record of. Note that intermediate times from the Eschborn 10 Km are included in the list that follows, but are not figured in the rankings. (Also note that my last carbon ribbon has broken, the office supply place is not open on this, the day before Christmas, and I am left with two rather worn nylon ribbons. So the quality of print may not be too great from here on.)

1983 WOMEN'S WORLD 5 KM LIST

- | | | | |
|----------|----------------------------|--------|---------------------------------|
| 22:03.2 | Siv Gustavsson, Sweden | 23:29 | Maryanne Torrellas, USA |
| 22:04t | Olga Jarutkina, USSR | 23:31t | V. Andresysyik, USSR |
| 22:10.2 | Sue Cook, Australia | 23:35 | Olga Krishton, USSR |
| 22:23t | Sally Pierson, Australia | 23:37 | Soya Baurdinovs, USSR |
| 22:33 | Yong Ju Xu, China | 23:37 | Eva Karlsson, Sweden |
| 22:33 | Natalia Sharipova, USSR | 23:37 | Suzanne Greisbach, France |
| 22:35 | Rosa Underova, USSR | 23:39 | Olga Maste, USSR |
| 22:47 | Ludmila Crustyeva, USSR | 23:40 | Tatyana Kosbar, USSR |
| 22:48.5 | Ann Jansson, Sweden | 23:41 | L. Achmedsyanova, USSR |
| 22:51.6t | Hong Yon, China | 23:42 | Regina Galkovskaya, USSR |
| 22:53 | Vera Osipova, USSR | 23:42 | Lillian Millen, UK |
| 22:56.5 | Polina Bisnya, USSR | 23:46 | Jill Barrett, UK |
| 23:01.7t | V. Pirodbinkova, USSR | 23:46 | Monica Onos-Zethof, Netherlands |
| 23:03.1 | Guiliana Salce, Italy | 23:56 | Anne Ryan, Australia |
| 23:04 | Rainsa Sinyayova, USSR | 23:57 | Tamaya Mayanok, USSR |
| 23:10 | Ping Guan, China | 23:57 | Maria Cogoli, Italy |
| 23:10t | R. Balkovskaya, USSR | 23:59t | Lorraine Young, Australia |
| 23:12.3t | M. Styunilo, USSR | 23:59 | Ann-Marie Larsson, Sweden |
| 23:17t | Ann Peel, Canada | 23:59 | Susan Miller, USA |
| 23:25.6t | Froydis Hilsen, Norway | 24:02 | T. Krivoschischna, USSR |
| 23:27.1t | Heping Yu, China | 24:05 | Virginia Birch, UK |
| 23:27.7t | Mia Kjolberg, Norway | 24:13 | Marina Schupilo, USSR |
| 23:28 | Irene Bateman, UK | 24:15 | Valentina Andreitschik, USSR |
| 23:29t | V. Filina, USSR | | |
| 23:30 | Rachel Thompson, Australia | | |

1983 WOMEN'S U.S. 10 KM RANKINGS

- | | |
|-----------------------------|------------------------------|
| 1. Maryanne Torrellas | 25:53.1 (3) Stony Brook 7/30 |
| 25:22.7 (2) NTAC 6/5 | 23:30.6 (4) Boras 10/1 |
| 24:04 (2) Haggenas 7/7 | |
| 24:52t (2) Ornskoldrik 7.10 | |

2. Susan Liers-Westerfield
25:08.5t (5) Bergen 5/6
24:41.6 (1) NTAC 6/5
3. Susan "Sam" Miller
26:21 (2) Seattle 3/19
25:20 (4) Haggenas 7/7
25:20t (3) Ornskoldrik 7/10
24:20.8 (6) Boras 10/1
4. Vicki Jones
26:11 (1) San Diego 4/2
24:45 (1) Los Angeles 4/10
5. Gwen Robertson
25:17 (1) Seattle 3/19
25:32 (5) Haggenas 7/7
25:41t (4) Ornskoldrik 7/10
6. Debbie Spino-Lawrence
24:50.6 (1) Racine 6/4
26:19 (6) Haggenas 7/7
7. Norma Arneson
25:42 (1) Rutgers 4/21
25:54.2 (3) NTAC 6/2
25:39 (1) Long Branch 7/4
25:40 (1) Long Branch 7/11
25:26 (1) Long Branch 7/18
26:25.1 (5) Stony Brook 7/30
25:16 (1) Long Branch 8/15
25:29 (1) Long Branch 8/22
8. Teresa Vaill
27:29.2 (5) NTAC 6/2
25:10.7 (1) Stony Brook 7/30
9. Paula Kash
26:30 (2) Los Angeles 4/2
26:27 (2) Los Angeles 4/10
25:31 (1) Los Angeles 11/12
10. Chris Anderson
26:15 (1) Cambridge 5/3
26:01 (1) Cambridge 5/11

Torrellas' series of fast races in Europe give her the nod over Liers-Westerfield, who beat her in the National, but did not race much at this distance. . . Sam Miller takes the third spot with an impressive late season race in Sweden. . . Jones never raced against the other top contenders, but has a fast time to take fourth. . . Robertson easily beat Spino-Lawrence in their one race against each other and takes fifth despite Debbie's faster time. . . Arneson was a master of consistency over a long season and edges Vaill off her better finish in the Nationals. . . Kash takes the ninth spot from Anderson with a good late season race.

1983 U.S. WOMEN'S 5 KM LIST

- | | | | |
|---------|-------------------------|---------|--------------------|
| 23:29 | Maryanne Torrellas | 27:39 | Tammie McPoland |
| 23:59 | Susan Miller | 27:42.8 | Donna Goldstein |
| 24:41.6 | Susan Liers-Westerfield | 27:46 | Dorothy Kelly |
| 24:45 | Vicki Jones | 27:50 | Bev LaVeck |
| 24:50.6 | Debbie Spino-Lawrence | 28:16 | Kathleen Gallegher |
| 25:10.7 | Teresa Vaill | 28:38 | Edna Buckstein |
| 25:16 | Norma Arneson | 28:49 | Nancy Novak |
| 25:17 | Gwen Robertson | 29:23 | Kathleen Duchamp |
| 25:31 | Paula Kash | 29:23 | Katie Warren |
| 26:01 | Chris Anderson | 29:33 | Sue Zaknow |
| 26:14 | Lori Maynard | 29:52 | Julie Jordan |
| 26:40 | June MacDonald | 29:56 | Maria Sacco |
| 26:58.4 | Sue Brodock | | |
| 27:39 | Patti Sobanko | | |

1983 WORLD WOMEN'S 10 KM RANKINGS

- | | |
|----------------------------|---------------------------|
| 1. Yong Ju Xu, China | 3. Sue Cook, Australia |
| 49:04 (1) Shanghai 4/12 | 48:01 (1) Canberra 4/30 |
| 45:14 (1) Bergen 9/25 | 48:38t (1) Montreal 6/17 |
| | 47:24 (1) Adelaide 6/25 |
| 2. Natalia Sharipova, USSR | 45:17t (1) Leicester 9/14 |
| 47:04t (1) Moscow 6/1 | 45:27 (3) Bergen 9/25 |
| 45:26 (2) Bergen 9/25 | |

4. Sally Pierson, Australia
47:45 (2) Adelaide 6/25
49:46t (2) Leicester 9/14
49:49 (1) Newmarket 9/18
46:43 (1) Melbourne 7/16
45:40 (4) Bergen 9/25
5. Siv Gustavsson, Sweden
46:21 (5) Bergen 9/25
47:53 (1) Vedstera
6. Ping Guan, China
49:09 (2) Shanghai 4/12
46:39 (6) Bergen 9/25
7. Ludmila Crustyeva, USSR
47:38 (4) Moscow 6/11
46:39 (7) Bergen 9/25

8. Vera Osipova, USSR
47:10t (2) Moscow 6/1
46:49 (8) Bergen 9/25
9. Heping Yu, China
50:06 (4) Shanghai 4/12
46:59 (9) Bergen 9/25
10. Roza Underova, USSR
47:13t (1) Moscow 5/21
47:12t (3) Moscow 6/1
46:16t (1) Oryd 8/28
47:16 (12) Bergen 9/25

The Eschborn Cup race practically said it all for the women. One could make an argument for moving Cook up a slot off her world record on the track and the fact she lost to Sharipova by only a second in Bergen, but I'm not making that argument. Thus the only deviation from the Bergen order is Underova whose impressive series of track races give her the tenth spot at the expense of Canada's Ann Peel.

1983 WORLD WOMEN'S 10 KM LIST

- | | | | |
|--------|-----------------------------|---|---------------------------------|
| 45:14 | Jong Ju Xu, China | 49:23 | Vera Prudnikova, USSR |
| 45:17 | Sue Cook Australia | 49:25 | Maria Cogoli, Italy |
| 45:26 | Natalia Sharipova, USSR | 49:30 | Agnieta Wyszynska, Poland |
| 45:40 | Sally Pierson, Australia | 49:32 | Mia Kjolberg, Norway |
| 46:07 | Olga Yarutkina, USSR | 49:36 | Natalia Javochenko, USSR |
| 46:08 | Olga Krischtov, USSR | 49:41 | Teresa Vaill, USA |
| 46:16t | Roza Underova, USSR | 49:46 | Monica Onos-Zethof, Netherlands |
| 46:20 | L. Levandaskaya, USSR | 49:47 | Antonella Marangoni, Italy |
| 46:21 | Siv Gustavsson, Sweden | 49:48 | Jill Barrett, UK |
| 46:25 | Isakova, USSR | 49:51 | Virginia Birch, UK |
| 46:39 | Ping Guan, China | 49:52 | Hong Yan, China |
| 46:49 | Vera Osipova, USSR | 49:53 | Monica Gunnarsson, Sweden |
| 47:02 | Ann Peel, Canada | 50:02 | Teresa Palacio, Italy |
| 47:10 | Eva Karlsson, Sweden | 50:11 | Ann Marie Larsson, Sweden |
| 47:24 | Ann Janssen, Sweden, Sweden | (We blew it again. Insert the following.) | |
| 47:30 | Polina Bisnya, USSR | 46:59 | Heping Yu, China |
| 47:37 | Froydis Hilsen, Norway | 48:01 | Tatyana Krivoschisha, USSR |
| 47:46t | Giuliana Salce, Italy | 48:12 | Marina Schupilu, USSR |
| 47:51 | Rachel Thompson, Australia | 48:42 | Julia Lesnych, USSR |
| 47:53 | Maryanne Torrellas, USA | 49:49 | Nina Fessenko, USSR |
| 47:57 | Suzanne Greisbach, France | 49:57 | Valentina Antonova, USSR |
| 47:57 | V. Nikolayev, USSR | 50:17 | Beata Baczyk, Poland |
| 48:47 | Anne Ryan, Australia | 50:18 | Gunhild Kristiansen, Denmark |
| 48:53 | Irene Bateman, UK | 50:19 | M. Cruz Diaz, Spain |
| 49:20 | Susan Miller, USA | 50:22 | Brenda Lupton, UK |

1983 U.S. WOMEN'S 10 KM RANKINGS

1. Maryanne Torrellas
52:52 (4) Indianapolis 6/18
51:51 (2) Raten 7/3
47:53 (16) Bergen 9/25
2. Susan "Sam" Miller
55:14 (2) Seattle 1/22
53:13 (1) Seattle 4/10
53:44 (2) Seattle 4/4
52:50 (3) Indianapolis 6/18
52:40 (3) Raten 7/3
49:20 (21) Bergen 9/25

3. Teresa Vaill
51:59 (1) Westfield 4/2
52:27 (1) Stony Brook 4/30
53:26 (6) Indianapolis 6/18
49:41 (1) Liverpool 8/11
4. Susan Liers-Westerfield
54:22 (1) Sayville 3/20
52:32 (2) Westfield 4/2
52:28 (2) Stony Brook 4/30
50:58 (1) Indianapolis 6/18
52:09t (1) Stony Brook 7/30
51:13 (2) Liverpool 8/11
51:07 (1) Brooklyn 7/24
51:54 (41) Bergen 9/25
5. Debbie Spino-Lawrence
51:40 (2) Indianapolis 6/18
54:47 (6) Raten 7/3
53:49 (51) Bergen 9/25
6. Gwen Robertson
52:13 (1) Seattle 1/22
52:53 (1) Seattle 4/4
54:00 (1) Redmond 4/30
53:20 (1) Bellingham 5/4
53:20 (5) Indianapolis 6/18
53:56 (5) Raten 7/3
53:24 (1) Mettitt 9/25
7. Vicki Jones
54:19 (2) Walnut 4/22
53:26 (7) Indianapolis 6/18
8. Chris Anderson
52:57 (1) Boston 4/4
53:24 (3) Westfield 4/2
53:44 (8) Indianapolis 6/18
54:37 (3) Stony Brook 7/30
9. Carol Brown
53:50 (1) Stony Brook 4/30
54:46 (1) Indianapolis 6/18
52:54 (3) Liverpool 8/11
10. June MacDonald
53:55 (9) Indianapolis 6/18

Newcomer Torrellas kept improving and her great performance in Bergen vaults her into first, after her fourth place finish in the Nationals. . . Miller leaped into prominence in the Nationals and also added a fine race in the Eschborn Cup to take second. . . Vaill had a poor race in the Nationals, but beat Liers-Westerfield on three other occasions to earn the third spot. . . Nationals winner Liers-Westerfield is left no better than fourth despite a consistent record. . . Spino-Lawrence had a tremendous race in the Nationals but went down from there, losing twice to both Torrellas and Miller. . . From there, the Nationals were generally decisive in deciding the rankings, except that Brown had two good races to get the nod for ninth over MacDonald.

1983 U.S. WOMEN'S 10 KM LIST

- | | | | |
|-------|-------------------------|-------|--------------------|
| 47:53 | Maryanne Torrellas | 55:21 | Bev LaVeck |
| 49:20 | Sam Miller | 55:28 | Jolene Steigerwalt |
| 49:41 | Teresa Vaill | 55:49 | Gloria Brown |
| 50:58 | Susan Liers-Westerfield | 56:05 | Cathy Pugh |
| 51:40 | Debbie Spino-Lawrence | 56:26 | Lori Gambrel |
| 52:13 | Gwen Robertson | 56:29 | Liz Kemp |
| 52:17 | Sue Brodock | 56:49 | Michelle Mossi |
| 52:54 | Carol Brown | 57:51 | Lo-An Flettreich |
| 52:57 | Chris Anderson | 57:55 | Sian Sapcey |
| 53:26 | Vicki Jones | 58:23 | Kathleen Gallagher |
| 53:55 | June MacDonald | 58:36 | Trisha Reilly |
| 53:57 | Jeanne Bocci | 58:56 | Jenni Fisher |
| 54:02 | Tammie McPoland | 59:06 | Helen Coll |
| 54:31 | Paul Kash | 59:16 | Maria Sacco |
| 54:41 | Norma Arneson | 59:17 | Cynthia Best |
| 54:48 | Donna Goldstein | 59:52 | Nancy Novak |
| 54:54 | Bonnie Dillon | 59:56 | Cynthia Costa |
| 55:05 | Dorothy Kelly | | |
| 55:10 | Lori Maynard | | |

1983 WORLD WOMEN'S 20 KM LIST

1:39:06	Sally Pierson, Australia	1:52:20	H. Elleker, UK
1:40:45	Irene Bateman, UK	1:53:23	Gwen Robertson, USA
1:43:03	Anne Ryan, Australia	1:53:37	Beverly Wilkins, Australia
1:44:42	Lillian Millen, UK	1:53:56	Uvlla Kristiansen, Denmark
1:44:38	Rachel Thompson, Australia	1:55:12	Sarah Miller, Australia
1:48:03	Brenda Lupton, UK	1:56:28	Susan Brodock, USA
1:50:28	Susan Liers-Besterfield, USA	1:57:41	Jolene Steigerwalt, USA
1:50:28	Teresa Vaill, USA	1:58:35	Bev LaVeck, USA
1:51:09	Chris Anderson, USA	1:59:50	Marlene Stanway, Australia
1:51:30	Carol Brown, USA	2:00:26	H. Allen, UK
1:51:42	Lisa Harrison, Australia	2:01:36	Kathy Pugh, USA

A FEW RESULTS FROM HERE AND THERE

Northeast 15 Km Champ., Sterling, Mass., Nov. 19--1. Brian Sivilonis 1:16:55
 2. Bob Falciola 1:17:27 3. Tom Knatt 1:21:05 4. Fred Louft 1:21:07
 1 Hour, Lexington, Mass., Nov. 11--1. Bob Falciola 7 mi 849 yds 2. Steve Vaitones 7 mi 553 3. Rich O'Neil 7 mi 356 4. Adam Saravay 7 mi 89
 10 Km, Oakhurst, NJ, Oct. 30--1. Ray Funkhouser 50:02 2. Bob Mimm (age 58) 54:06 3. Tim Chelius 55:41 4. Don Johnson (66) 60:13 5. Jack Haney 60:29
 6. Paul Robertson 63:20 (10 finished) women 1. Cynthia Costa 58:36 (Wouldn't you know it. Haven't even got this in the mail and there is the first mistake on my 1983 lists. Well, as you have seen, I took care of that.) (6 finishers) 5 Miles, Oceanport, NJ, Sept. 18--1. Elliott Denman 49:32
 Women: 1. Cynthia Costa 48:34 Sri Chimney Marathon, Plainsboro, NJ, Sept. 10--1. Paul Robertson 4:58:23 2. Prabhir Buthwell 5:25:19 11 Km, West Deal, NJ, Sept. 5--1. Ray Funkhouser 52:59 (48:16 at 10) 2. Ron Salvio 60:06 3. Paul Robertson 72:43 5 Km, Chapel Hill, NC, Dec. 11--1. Eric Bigham 26:19 2. Andy Briggs 27:00 3. Ray McKinnis 27:01 10 Km, Augusta, Ga., Oct. 29--1. Steve Sparrow 57:30 2. Charles Blackburn 57:41 Women: 1. Ellen Merry 72:16 10 Km, Los Angeles, Dec. 4--1. Larry Walker 43:23 (Personal best and master's record) 2. Vince O'Sullivan 46:36 3. Todd Scully 48:34 4. Ed Bouldin 49:45 5. Jim Coots 52:02 6. John McEachlan 55:10 7. Chris Smith 55:15 8. Carl Warrell 55:35 9. Gerry Willwerth 57:20 10. Carl Acosta 58:06
 Women: 1. Jolene Steigerwalt 55:28 5 Km, Los Angeles, Nov. 12--1. Larry 21:51 2. Vince O'Sullivan 23:07 3. Ed Bouldin 23:21 4. Ed Ansan 25:51 5. John Kelly 27:33 Women: 1. Paula Kash 25:31 2. Jolene Steigerwalt 27:31 Pacific Ass'n. 15 Km Champ., San Francisco, Nov. 19--1. Bruce Ransdell 1:14:07 2. Chuck Marut 1:17:29 3. Ed Bouldin 1:20:37 4. Nancy Novak 1:31:18 1 Hour, Seattle, Nov. 12--1. Dan Pierce 7 mi 1193 yds 2. Jay Haavik 7 mi 380 3. Susan Miller 6 mi 1471 4. Mike Scott 6 mi 968 5. Ed Kraemer 6 mi 6 (12 finishers) 5 Km, Seattle, Nov. 20--1. Jay Haavik 23:57 2. Mike Scott 26:34 3. George Edwards 28:45 . . . 6. Susan Miller 25:53 (actual time in handicap race) 7. Tony Englehardt 25:02 20 Km, Seattle, Dec. 10--1. Sam Shick 1:36:11 2. Dan Pierce 1:42:47 3. Jay Haavik 1:47:17 4. Bev LaVeck 1:58:35 15 Km, same place--1. Jerry Follet 1:16:50 2. Marina Waugh 1:48:55 10 Km, same place--1. Allen James 48:03 2. Tony Englehardt 50:21 3. George Bogdan 53:53 20 Km, Sheffield, Eng., Sept. 4 (women)--1. Brenda Lupton 1:48:00 2. H. Elleker 1:52:20 3. H. Allen 2:00:26
 2.5 Km x 3 Relay, Brunflo, Sweden, July 4--1. USA 35:20 (Debbie Spino-Lawrence 12:13, Gwen Robertson 12:12, Maryanne Torrellas 10:55) 2. Brunflo IF 35:30 (Ann Jansson 10:50 anchor) Women's 3 Km (track), Ostersund, Sweden, July 6--1. Ann Jansson 13:17.8 2. Maryanne Torrellas 13:36.1 (American record) 3. Gwen Robertson 14:24 4. Sam Miller 14:39.9 (Whoops! That's all wrong. Ann-Marie Larsson was third in 14:10.8) 6. Debbie Spino-Lawrence 14:59.6 5 Km, Haggenas, Swed., July 7--1. Ann Jansson 23:51 2. Maryanne Torrellas 24:04 3. Ann-Marie Larsson 24:34 4. Sam Miller 25:20 5. Gwen Robertson 25:32 6. Debbie Spino-Lawrence 26:10 Women's Mile, Soleftea, Sweden, July

1. Maryanne Torrellas 6:51.7 (American record) 2. Ann Jansson 7:03.5 3. Sam Miller 7:21 4. Gwen Robertson 7:26 Junior 3 Km, same place--1. Cla Wikstrom 12:19 2. Stefan Johansson 12:22 3. David Petri, USA 13:20 . . . 5. Andy Kaestner, USA 13:34 . . . 7. Jim Mann, USA 13:54 Women's 5 Km (track), Ornskoldsvik, Swed., July 10--1. Ann Jansson 24:28 2. Maryanne Torrellas 24:52 3. Sam Miller 25:20 4. Gwen Robertson 25:41 Jr. 5 Km, same place--1. Ola Wikstrom 21:59. . . 3. Jim Mann 22:58 4. Dave Petri 23:12 5. Andy Kaestner 23:23. . . 8. Allen James 24:22

A FEW RACES TO GO TO HERE AND THERE

Sat. Jan. 7--15 Km, Pine Mountain, Ga (E)
 50 Km, Seattle (D)
 1 Mile, Hanover, NH (F)
 Sun. Jan. 8--15 Km, Long Branch, NJ, 1:15 pm (A)
 10 Mile, Stockton, Cal., 10 am (B)
 10 Mile, Pasadena, Cal. (C)
 Sat. Jan. 14--5 Km, Johnson Ferry, Ga. (E)
 Sun. Jan. 15--1 Mile (Indoor), Seattle (D)
 Sat. Jan. 21--10 Km, Seattle (D)
 NATIONAL TAC 3 KM, JR. AND SR., BOSTON, 3:30 pm (F)
 Women's 1 Mile, Boston, 5 pm (F)
 Sun. Jan. 22--20 Km, Long Branch, NJ, 1:15 pm (A)
 Sat. Jan. 28--20 Km, Stone Mountain, Ga. (E)
 Sun. Jan. 29--1 Mile, Boston (F)
 Sun. Feb. 5--10 Km, Long Branch, NJ, 1:15 pm (A)
 Sat. Feb. 11--4 Mile, Atlanta (E)
 Sun. Feb. 20--10 Km, Seattle (D)
 Fri., Feb. 24--NATIONAL TAC MEN'S 2 MILE AND WOMEN'S 1 MILE, NEW YORK CITY (G)
 Sun. Feb. 26--10 Mile, Long Branch, NJ, 1:15 pm (A)

CONTACTS:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Harry Siitonen, 106 Sanchez, Apt. 17, San Francisco, CA 94114
 C--John Kelly, 1024 Third St., Santa Monica, CA 90403
 D--Dan Pierce, 1137 NW 57th, Seattle, WA 98107
 E--Wayne Nicoll, 3535 Gleneagles Dr., Augusta, GA 30902
 F--Steve Vaitones, 15 Chestnut St., Waltham, MA 02154, (617)893-6213
 G--Heliodoro Rico, PO Box 1504, Ansonia Sta., New York, NY 10023 (212)555-7647

 SCHEDULE OF NATIONAL ATHLETICS CONGRESS RACE WALKING CHAMPIONSHIPS FOR 1983
 (Note: Indoor championships at 3 and 5 Km have been added to the men's schedule.)

Dist.	Category	Date	Place	Contact
3 Km	Sr. & Jr.	Jan. 22	Boston, Mass.	Steve Vaitones 15 Chestnut St. Waltham, MA 02154
(Ind)	Men			
3 Km	Jr. Women	June 22	Los Angeles, Cal.	Will Kern LA Times Spec. Events Dept. Times-Mirror Square Los Angeles, CA 90053
3 Km	Jr. Men	June 17	Sayville, NY	Robert Timmons 90 Colton Ave. Sayville, NY 11782
5 Km	Sr. Men	Feb. ?	New Haven, Conn.	Bruce Douglass 36 Canterbury Lane Mystic, CT 06355
(Ind)				

DECEMBER 1983

2 Mile (Ind)	Mast. Men	March 24 or 25	Princeton, N.J.	Ron Salvio Squan Rd. Clarksburg, NJ 08510
5 Km (road)	Sr. M&W Jr. M&W Mast. M&W	May 12	Denver, Col.	Joseph J. Barrowitz Wood Bros. Homes 55 Madison St., Suite 700 Denver, CO 80206
5 Km	Mast. M&W	Aug. 18	Eugene, Ore.	Oregon Track Club P.O. Box 10085 Eugene, OR 97440
10 Km (road)	Sr. M&W Jr. M&W Mast. M&W	July 14	Niagara Falls, NY	Dan Stanek 281 Meadowview Lane Williamsville, NY 14221
10 Km (Tr)	Sr. Women	June 6, 7, 8, or 9	San Jose, CA	Bert Bonnano 2100 Moorpark Ave. San Jose, CA 95128
10 Km (Tr)	Jr. Men	June 24	Los Angeles	Will Kern (See above)
15 Km	Sr. M&W Jr. M&W Mast. M&W	May 27	New York City	Howard Jacobson 445 E. 86th St. New York, NY 10028
20 Km	Sr. Women	April 15	Seattle	Lawrie Robertson 14503 NE 65th Redmond, WA 98052
20 Km (Tr)	Sr. Men	June 6, 7, 8, or 9	San Jose, Cal.	Bert Bonnano (see above)
20 Km	Jr. Men	April 28	Cleveland, Ohio	Jim Janos 2500 Derbyshire #15 Cleveland Heights, OH 44106
20 Km	Mast. M&W	Aug. 19	Eugene, Ore.	Oregon TC (see above)
25 Km	Sr., Mast, Jr. Men	April 15	Seattle, Wash.	Lawrie Robertson (see above)
30 Km	Sr. Men Mast. Men	April 13	Colorado Springs	Joseph Barrowitz (see above)
35 Km	Sr. Men Mast. Men	March 17	Carmel, Cal.	Giulio de Petra P.O. Box 2927 Carmel, CA 93921
40 Km	Sr. Men Mast. Men	Sept. 30 or Oct. 7	Ft. Monmouth, NJ	Elliott Denman 28 N. Locust W. Long Branch, NJ 07764
50 Km	Sr. Men Mast. Men	April 28 or 29	Cleveland, Ohio	Jim Janos (see above)
100 Km	Sr. Men Mast. Men	Nov. 3	Arlington, Vir.	Sal Corrallo 5351 N. 37th St. Arlington, VA 22207

DECEMBER 1983

100 Mile	Sr. Men	Sept. or Oct.	Columbia, Miss.	Joe Duncan 2980 Maple Bluff Dr. Columbia, MO 65201
1 Hr. (Postal)	Sr. Wom. Jr. M&W Mast. Men	Jan. to Dec.		Ray Somers Box 123, RD 5 Flemington, NJ 08822
2 Hour	Sr. Men	Sept. 9	Upper Montclair, NJ	Randy Krakower New Jersey Striders P.O. Box 885 Maywood, NJ 07607

FROM HEEL TO TOE

We have a winner! As a matter of fact, several readers were able to correctly identify the two runners in our photo quiz from last month as Jack Mortland, has-been race walker and editor of this publication, and Glenn Davis, two-time Olympic 400 meter hurdle champion. The event was the 440 yard dash at the 1957 Ohio AAU Championships, held in Ohio Stadium. Davis won, with Mortland fourth--times long forgotten. Winning the contest with the earliest entry was noted walking judge, administrator, and former competitor, ^{Bob Bowman} who called only about 3 days after the issue went in the mail. Davis, it seems, was a boyhood idle of Bob's. (Mortland was not.) Bob will have to wait to collect his year's subscription, since he renewed for 2 years in September. Others with correct entries were Tom Franck, John Allen, Gerry Bocci, Corrinne Blackburn, Don Jacobs, and Gerry Willwerth. These people get a consolation of 2 months tacked on to their subscriptions. I realize now the contest really isn't fair as set up, since First Class subscribers generally get their issues well in advance of Second Class subscribers and can thus respond more quickly. Bocci also said he correctly identified the athletes in our first photo contest (Mortland and Bernie Casey), something no one else did, but forgot to respond. Knowing Gerry to be an honorable, and one who probably would recognize Mr. Casey, if not Mortland, we are declaring him winner of that contest and giving him the full year (which he needs if he wants to stay on the list). . . . Different strokes for different folks, as they say. Brian Savilonis commenting after his win in the National 100 Km: "I found the 100 Km rather easy physically, although it had to be one of the most boring activities I've ever done. . . I fail to see why people enjoy that stuff; I was more pleased with myself for running 10 Km in 34:30 the week before--fastest I've been since college." Speaking of strokes, here are some good ones for all of you in walking. From Rich Torrellas, Maryanne's husband: "I have coached for 10 years, but had never had to coach a race walker until Maryanne. In our first year of involvement in this part of track and field, we found a dedicated and professional group of individuals who were content to share information without trying to impose a subjective opinion. Some of my brother coaches in the throwing, jumping, hurdling, and jumping events could learn a little from that." . . . New York State Assemblyman Steven Sanders, Chairman of the Assembly's Subcommittee on Human Rights, will be holding a public hearing on sex discrimination in women's sports, with particular emphasis on race walking on February 9, 1984 at 10 am. I was given the place, but can't quite decipher my hurried scribbling. Mr. Sanders can be reached in his Albany office on (518) 455-5506 or at his New York city office on (212) 673-3266 if you care to make any input to the hearing or want further information. . . Ron Zinn Awards for 1983, as presented at the Athletics Congress Convention, were: Outstanding Athlete--Marco Evoniuk; Outstanding Association--Pacific; Outstanding Contributor--John MacLachlan. . . Awards also went to John Knifton and Bev LaVeck as the

outstanding master's walkers of the year. . . A promising note in the battle to add women's walking to the Olympic program: There will be a 5 Km walk for women in the European Junior Championships in 1985 and a Women's 10 Km in the 1986 European Championships. . . American records accepted at the convention were: 10 Km--41:08, Jim Heiring; 25 Km--1:54:44, Ray Sharp; 2 Hours--15 mi 1598 yds, Jim Heiring and 16 mi 433 yds, Ray Sharp; 50 Km--4:12:45, Dan O'Connor; Indoor 1 Mile--5:46.21, Ray Sharp, Indoor 3 Km--11:32.2, Jim Heiring; Women's 3 Km--13:36.1, Maryanne Torrellas; Women's 1 Mile--6:51.7, Maryanne Torrellas; Junior 3 Km--12:51.5, Jim Mann. . . If you want to look ahead, the 1985 Athletics Congress T&F Championships, including the women's 10 Km walk and the men's 20 Km, will be back in Indianapolis. . . A rather sad note: "Felix Capella, 53, a former Canadian walker from Midland, Ontario, who's already awaiting trial for an alleged "bombing" job some months ago, has been caught and charged again for placing a bomb in a plaza in Angus, Ontario." We remember Felix as a very tough, but amiable, competitor. . . In the National Age-Group results reported last month, we speculated on where Duke City might be. Bob Reedy informs us that is the nickname for Albuquerque, N.M.

THE RACE WALK SHOE by Howard J. Palamarchuk, DPM

As I've said many times, "Before I die some day, will someone please make a real race walking shoe that is available to everyone?" Well, we're still waiting. As running shoe technology advances by leaps and bounds, race walking shoe technology is still in the dark ages. Of course, there have been attempts by the "big" shoe companies to market "walking" shoes. The resulting shoes are either running shoes with slight modifications passed off as race walking shoes, or dockside-like loafers to stroll to the country club. And finally, when there is a universally acclaimed walking shoe--the adidas race walk shoe, you cannot get it in the United States. The bottom line is profit and production. There are more runners than walkers (although statistics dispute this assertion), so running shoes are the rage. So we are left with shoes designed for the rigors of running and told that they will work just as well for walking. This is not true.

According to Mark Fenton's pressure plate study, walkers strike the ground at $1\frac{1}{2}$ times their body weight as opposed to runners striking at three to four times their body weight. Therefore, walkers do not need all the cushioning and padding found in the heel area of most running shoes. In fact, this excess padding may dampen needed energy that the walker imparts to the ground. The wide heel flares in running shoes for stability are a detriment to the walker. The excess flaring may throw the foot into early pronation instead of the normal amount of pronation occurring at a later period of heel strike. The rigid heel counters in most running shoes are adequate for controlling rearfoot pronation in walking.

Overall, running shoes are designed with two goals in mind--1. control excess shock, and 2. control excess motion.

Race walking shoes need to be firmer (i.e., less padding and midsole material) and have a lower profile in relation to the ground. The heel should have no flares, but be flush cut with relation to the ground. The heel may be "swept" up or rounded at the heel to initiate a quicker heel contact and a greater foot-to-ground angle. The outsole material should be made of a durable material reinforced at the heel and toe areas and in the center of the ball area. The sole should be flexible across the ball to allow forceful toe off. The forefoot area of the shoe should be roomy

enough to allow expansion of the foot at toe off and also have some cushioning to prevent metatarsal injury. Overall, the shoe should allow the foot to roll from heel to toe and not waste any energy from too much cushioning or unnecessary control.

LOOKING BACK

15 Years ago (From the Dec. 1968 ORW)--Chuck Newell, unheard of in 6 months, came striding out of limbo to win the annual New Year's Eve race held on the road loop at Worthington H.S. (a Columbus suburb) over 5 miles 536 yds. Given an 8-minute handicap on the cold (3 F), winy night, Newell easily held off stalwarts Jack Blackburn and Jack Mortland as he recorded a 55:30. Blackburn took fast time honors by 5 seconds in 49:30, escaping Mortland down the final hill. . . Gerry Willwerth won the National Junior (at that time for those who had not won a National title) 35 Km in Columbia, Mo. in 3:56:14.

10 Years Ago (From the Dec. 1973 ORW)--In a late season dual with Canada held in Colorado, the U.S. took 1-2 in the 20 and 2-3-4 in the 50 to win the meet. Carl Swift won the 20 in 1:42:23, with Jim Bean second and Roman Olszewski third for Canada. Ron Kulik and John Kelly filled out the U.S. side in fourth and seventh. Pat Farrelly captured the 50 for Canada in 4:50:45, followed by Dan O'Connor, just over a minute back, Augie Hirt, and Bob Bowman. . . In results from hither, thither, and yon, we reported that Freddy Flyer won a 70 Km in Hither, Outer Mongolia in 38:24, Chief Bent Knee a 100-yard affair in Thither, Pago Pago with 11.2; and Slip Slider the 3 Km in Yon, Greenland in 11:57. . . Ron Laird and Todd Scully led the U.S. 20 Km list for 1973, Laird with a 1:30:27 and three other times under 1:32:30, and Scully with 1:32:23, which was a big break through for him at that time. Jerry Brown, Bill Ranney, and John Knifton were also under 1:36. In the 50, John Knifton was tops with a 4:16:48 and Bill Weigle next with 4:22:27. Lloyd Godwin and Bob Kitchen were also under 4:30.

5 Years Ago (From the Dec. 1978 ORW)--In the National 25 Km, held in San Antonio in conjunction with the National Convention, Neal Pyke blitzed a 1:51:02, leaving Canada's Marge Jobin better than 5 minutes back. Jim Heiring also broke 2 hours and Tom Dooley just missed. Eric Svoniuk and Bob Henderson rounded out the top six. . . In San Francisco, Henderson went 30 yards beyond 8 miles in an hour. . . We sadly reported the murder of Olympian Jim Hewson (1956), who was killed while tending a lift bridge in Buffalo. Elliott Denman, a Melbourne teammate of Jim's, had written a very poignant column for the Asbury Park Press, which we repeated in the ORW. We also included a couple of articles in training by British National Events Coach Julian Hopkins, which had originally appeared in the Race Walking Record

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WALKING CLINIC FOR BEGINNING FITNESS AND COMPETITIVE RACE WALKING

Sunday, January 15, 1984, 1 to 4:30 pm
University of Wisconsin-Parkside, Kenosha Wisconsin
Mike DeWitt and Larry Larson cover:

- o Introduction to Walking for Fitness
- o Technique Analysis
- o Individual Program
- o Competitive Race Walking Introduction
- o Race Walking Training Schedules

Topped by a group workout, either indoors or outdoors, depending on weather.

Contact: Mary Byers, 6946 N. Ardara Ave., Milwaukee, WI 53209
(414) 352-2258, or
Ruth Leff (414) 351-0311

Cost: \$5.00