

Dominant Performances In European Championships

Barcelona, Spain, July 27-30—The European Championship racewalks saw three races in which the winners took control early and dared anyone else to challenge them. There were no challengers out there. The golds went to Russian walkers Stanislav Emelyanov and Olga Kaniskina at 20 Km and the Frenchman Johann Diniz at 50. As the races finished Emelyanov won by 28 seconds, Kaniskina by 1:11, and Diniz by 1:47.

Emelyanov, in his first major race outside the junior ranks, was the real surprise. He started to leave the pack after 8 km and had established an 8 second lead at 20 on a group of eight including favorite Alex Schwazer of Italy, Joao Vieira of Portugal, Ireland's Robert Heffernan, Italy's Giorgio Rubino, and Emelyanov's teammate Andrey Krivov. Emelyanov reached 10 in 40:14. The lead grew to 15 seconds by 14 Km and the pursuers were breaking apart into the order in which they eventually finished.

The only real race from there to the finish was between Schwazer and Vieira, with Vieira establishing a slight lead at 16 Km, and Schwazer back on even terms by 18 km. The Italian proved too strong in the finishing stages and left Vieira 11 seconds back at the tape with Heffernan another 11 back. Emelyanov finished in 1:20:10, having covered the second half in 39:56.

Still just 19, Emelyanov admitted to being unsettled by the experience of being out in front for so long: "I was afraid the whole distance that the pack would eat me up, but I followed my coach's instructions. The crucial moment was when the pack reeled me back at 6 km and I went away again. It was only when I passed 18 Km that I started to believe I would win," he admitted. "It may have looked easy, but it was not. First times are never easy," said the man who has a hat-full of junior titles but who was making his debut in the senior ranks.

Schwazer paid tribute to him in the evening press conference: "It was not a tough race for him, it was easy," he said, admitting the superior quality of the young Russian's walking. Emelyanov had discouraged all pursuit, despite his doubts, by covering the section between 14 and 16 km in 7:54, the fastest 2 km in the race.

An only child from a broken family—he does not know what this father does—Emelyanov was brought up in a town in Mordovia, 220 km from Saransk. It was a perceptive teacher who recognized his talents and recommended he move to the walking capital and coach Viktor Chegin. When he is not training, he is studying his second year of law.

Commenting on his charge, Coach Chegin noted; "The guy came to me three years ago as a runner and even protested against the change specialization. But I soon realized that he would make a cool walker. He is physically very fit for out group He has a very economical and ergonomic style of walking. He does not make unnecessary movements and he goes very smoothly. Things you cannot teach; they must be built into a man from the beginning."

Already an Olympic and World champion, the 25-year-old Kaniskina moved easily to the women's 20 Km title. Finishing in 1:27:44, modest by her standards, the mathematics

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student had an untroubled path to the gold. Her 20-year-old teammate, Anisya Kirdyapkina grabbed the silver in 1:28:55. Vera Sokolova completed a Russian seep of the medals, a first in the history of the event.

The race kicked off in a conservative way with a 4:58 split for the opening kilometer. Portugal's Vera Santos led the 22-woman pack with Spaniards Maria Vasco and Beatriz Pascual on her heels. Germany's Melanie Seeger quickened the pace and was in front at 10 Km along with Ireland's Olive Loughnane, Santos and Vasco. Just 5 seconds separated the entire field as they went through in 9:27.

The quickened pace began to break up the pack, but there were still 10 walkers together at 4 Km reached in 18:33. Kaniskina and Kirdyapkina upped the ante and by 6 Km, reached in 27:09 had opened up 6 seconds on Santos, who was just ahead of four others. Then Kaniskina took over. By 10 Km, only Kirdyapkina was hanging on, ten seconds behind Kaniskina's 44:11. Sokolova, Santos, and Vasco were in a battle for the bronze medal, 40 full seconds behind the fleet Kaniskina.

From there, Kaniskina pulled steadily away from her teammate and Sokolova gradually pulled away from the rest. Vasco pulled out with cramps in her right leg shortly after the 10 Km mark. Sokolova was an easy third and Seeger overhauled Pascual in the closing stages. Santos was a distant sixth. Kaniskina covered the second half in 43:33. She added to her gold medal collection: Olympic in 2008, World Championships in 2007 and 2009, World Cup in 2008.

In the 50, Diniz was successful in defending the title he won two years earlier. The 32-year-old led from the first stride as he won in 3:40:37. His punishing pace was too much for Olympic champion Alex Schwazer, who dropped out after 40 Km. World champion Sergey Kirdyapkin also failed to finish.

Poland's Grzegorz Sudol took silver in a personal best of 3:42:24 and Russia's Sergey Bakulin completed Russia's haul of medals winning bronze in 3:43:25, also a personal best. Ireland's Heffernan missed a medal by one spot for the second time in the meet, but has an Irish record for compensation. He beat out Spain's 41-year-old Jesus Garcia for the fourth spot. The great Spanish veteran, the 1993 World Champion had won bronze and silver in the last two European Championships.

For Diniz, who had won World silver in 2007, but had poor performances in the 2008 Olympics and last year's worlds, it was brilliant return to form. With everyone else walking conservatively, he tore away at the start and had a 30 second lead after the first 1 Km lap. That increased to 53 seconds as he reached the first 10 Km in 44:23. A chasing group of six included Bakulin, Kirdyapkin, Norway's world silver medalist Trond Nymark, Sudol, and Schwazer. Garcia was in a third pack, another 40 seconds back.

Diniz's pace seemed near suicidal as he reached 20 km 1:28:09 and the half-way point in 1:49:56. The two Russians and Sudol had left Schwazer, but were 1:45 behind the fleeing Frenchman.

Holding his pace, Diniz went through 30 Km in 2:11:53, Bakulin, Sudol, and Schwazer were beginning to leave Kirdyapkin, but were still 1:45 back. Garcia, was making his way slowly up the field, but was lapped by Diniz at 35 Km. He walked with the Frenchman for two laps, drawing applause from the crowd while closing ground on those ahead of him.

By 40 Km, reached in 2:55:30, Diniz still had a 1:41 lead. The last stretch was

clearly tough and Diniz could be seen talking to himself, willing his legs to keep going. He actually fell to the ground after tripping on a curb near a drink station with 8 km left. But he hadn't led for three hours only to let the crown slip away and actually increased his lead slightly over the final 10.

Schwazer had worse problems. Clearly in discomfort, the Italian stopped 13 Km from home to rub his right hamstring, hobbled on, stopped again, and eventually dropped out leaving Sudol to muscle Bakulin in the battle for silver.

At the finish, Diniz sunk to his knees and kissed the road before roaring at the skies and jumping up and down in delight. A wine expert when not walking, he had just walked solo to the third quickest time ever in a European championship and joins Italy's Abdon Pamich and Poland's Robert Korzeniowski as the third man to retain this title, cause enough for the champagne to down a glass or two of the best bubbly money can buy.

The results:

Women's 20 Km: 1. Olga Kaniskina, Russia 1:27:44 2. Anisya Kirdyapkina, Russia 1:29:32 3. Vera Sokolova, Russia 1:29:32 4. Melanie Seeger, Germany 1:29:43 5. Beatriz Pascual, Spain 1:29:52 6. Vera Santos, Portugal 1:30:52 7. Kristina Saltanovic, Lithuania 1:31:40 8. Ana Cabecinha, Portugal 1:31:48 9. Ines Henriques, Portugal 1:32:26 10. Jo Jackson, Great Britain 1:33:33 11. Maria Jose Poves, Spain 1:34:19 12. Agnieszka Dygacz, Poland 1:34:51 12. Brigita Virbgalyte-Dimdienne, Lithuania 1:35:00 14. Nastasia Yatesevich, Belarus 1:36:59 15. Neringa Aidietyta, Lithuania 1:37:32 16. Lucie Pelantova, Czech Rep. 1:41:35 DNF--Maria Vasco, Spain; Alina Matveyuk, Belarus; Olive Loughnane, Ireland; and Zuzana Malikova, Slovak Rep.. DQ--Sibilia Di Vincenzo, Italy and Paulien Bguziak, Poland

Men's 20 Km: 1. Stanislav Yemelyanov, Russia 1:20:10 2. Alex Schwazer, Italy 1:20:38 3. Joao Vieira, Portugal 1:20:49 4. Robert Heffernan, Ireland 1:21:00 5. Giorgia Rubino, Italy 1:22:12 6. Andrey Krivov, Russia 1:22:20 7. Matej Toth, Slovak Rep. 1:22:20 8. Jakub Jelonek, Poland 1:22:24 9. Juan Manuel Molina, Spain 1:22:35 10. Rafal Augustyn, Poland 1:22:40 11. Andriy Kovenko, Ukraine 1:22:43 12. Ruslan Dmytrenko, Ukraine 1:22:45 13. Herve Davaux, France 1:24:12 14. Miguel Angel Lopez, Spain 1:24:28 15. Silviu Dasandra, Romania 1:24:51 16. Maik Berger, Germany 1:25:01 17. Anton Kuomin, Slovak Rep. 1:25:12 18. Jose Ignacio Diaz, Spain 1:25:36 19. David Tomala, Poland 1:25:50 20. Jaime Costin, Ireland 1:26:05 21. Sergio Vieira, Portugal 1:27:07 22. Ivan Losyev, Ukraine 1:27:12 23. Arnis Rumbenieks, Latvia 1:30:50 DQ--Ato Ibanez, Sweden and Dzianis Simanovich, Belarus DNF--Mate Helebrandt, Hungary and Ivano Brugnetti, Italy

Men's 50 Km: 1. Yohann Diniz, France 3:40:27 2. Gregorz, Sudol, Poland 3:42:24 3. Sergey Bakulin, Russia 3:43:28 4. Robert Heffernan, Ireland 3:45:30 5. Jesus Angel Garcia, Spain 3:47:56 6. Marco De Luca, Italy 3:48:36 7. Andre Hohne, Germany 3:49:29 8. Lukaz Nowak, Poland 3:51:31 9. Tadas Suskevicius, Lithuania 3:52:31 10. Yariy Andronov, Russia 3:54:22 11. Colin Griffin, Ireland 3:57:50 12. Andreas Gustaffson, Sweden 3:58:02 13. Dusan Majdan, Slovak Rep. 4:00:51 14. Augusto Cardoso, Portugal 4:03:40 15. Predrag Filipovic, Serbia 4:06:29 DQ--Donatas Skarnulis, Lithuania DNF--Trond Nymark, Norway; Andriy Kovenko, Ukraine; Alex Schwazer, Italy; Serbiy Budza, Ukraine; Artur Brzozowski, Poland; Christopher Linke, Germany; Antonio Periera, Portugal; Jarkko Kinnunen, Finland; Milos Ratowsky, Slovak Rep.; and Mikel Odriozola, Spain

National 15 Km, Minneapolis, Minn., August 15

Women--1. Teresa Vaill, Walk USA 1:11:47 2. (Her 38th National title, the first coming 26 years ago.) 2. Erin Gray, Track City TC 1:16:44 3. Susan Randall, World Class RW 1:19:40 4. Katie Burnett, un. 1:22:23 5. Erin Taylor-Talcott, Shore AC 1:22:53 6. Debbie Topham (57), Pegasus AC 1:32:47 7. Sherry Watts (57), Canada 1:32:56 8. Rebecca Benjamin, Pegasus AC

1:34:14 9. Susan Mora Fassett (47) Pegasus AC 1:37:13 10. Kathleen Frable (65), S. Cal. TC 1:57:34

Men—1. Patrick Stroupe, Kansas City Smoke 1:09:14 2. Dan Serianni, World Class RW 3. Dave McGovern (45), World Class RW 1:11:43 4. Ray Sharp (50), Pegasus AC 1:17:35 5. Dave Talcott (40), Shore AC 1:17:50 6. Ian Whatley (51), World Class RW 1:20:48 7. Jonathan Hallman (17), un. 1:21:13 8. Michael Wiggins (611) un. 1:24:10 9. David Swarts (45), Pegasus AC 1:25:51 10. Leon Jasionowski (65), Pegasus AC 1:27:23 11. Norman Frable (65), Pegasus AC 1:27:59 12. Bill Reed (57), Pegasus AC 1:28:29 13. Rod Craig (52), Pegasus AC 1:29:38 14. John Randall (18), Miami Valley TC 1:30:54 15. Will Loew-Blosser (58), Twin City RW 1:31:15 16. Phil Rogosheski (65), Twin Cities RW 1:38:17 17. Marshall Sanders (69), Pegasus AC 1:42:25 18. Jack Bray (77), Parkside AC 1:44:16 19. William Hosken (73), Parkside AC 1:46:44 20. Alfred Du Bois (78), Parkside AC 21. Bernie Finnh (70), S. Cal. TC 2:04:58

USATF National Junior Olympics, Sacramento, Cal., July 27-28: 3000 Meters, Young Women—1. Erika Shaver, Miami Valley TC 14:56.50 2. Julia Townsend TC 18:25.50 3.

Ellerie Lagerhausen, Arizona Cheetahs 18:27.30 (5 finishers) **Intermediate Girls**—1. Kaitlin Flanders, un. 16:16.48 2. Patsy Hurley, Equalizers 17:04.79 3. Ruth Bvarlass, Northwest Flyers 17:28.61 4. Lila Haba Lsi Sprint 18:06.00 (8 finishers, 1 DQ) **Youth Girls**—1. Moriah Cionelo, Cougar TC 16:57.34 2. Amberly Melendez, South Texas WC 17:03.10 3. Teresa Murphy, Brunswi Parks 18:14.75 4. Jade Corral, Lsi Sprint 19:02.63 5. Victoria Yap, Equalizers 19:02.71 6. Courtney Thong, Equalizers 19:02.90 (11 finishers, 2 DQ) **Young Men**—1. Jonathan Hallman, un. 13:43.08 (1 DNF, 1 DQ) **Intermediate Boys**—1. Kilian Tooke, Texastrong 16:55.10 2. Ian Rixon, un. 19:09.50 (2 DQ) **Youth Boys**—1. Nathaniel Roberts, Salem TC 15:02.94 2. Daimon Todd Umoja TC 16:08.83 3. Alexander Peters, Elgin Sharks TC 17:23.07 4. Anthony Peters, Elgin Sharks TC 17:32.72 5. Geraldo Flores, South Texas 18:11.28 (7 finishers, 3 DQ) **1500 meters: Bantam Girls**—1. Julisa Juarez, South Texas 8:31.82 2. Bianca Garza, South Texas 8:34.23 3. Julianne Gerritsen, N.J. Striders 8:47.96 (10 finishers, 4 DQ) **Bantam Boys**—1. Marvin Isaac, Salem TC 7:49.46 2. Ryan Thong, Equalizers 7:55.27 3. Jason Gomez, Lsi Sprint 8:27.82 4. Jonathan Aguilar, South Texas 8:40.93 (12 finishers, 5 DQ) **Midget Girls**—1. Caitlin Palacio, Lsi Sprint 7:35.02 2. Cristal Florido, South Texas 8:07.14 3. Jael Wyatt, Flo-Jo International 8:34.32 4. Kasandra Rodriguez, South Texas 8:37.17 5. Alina Kasparsons, N.J. Striders 8:52.42 6. Rachel Byron, Texas Storm 8:59.99 (21 finishers, 3 DQ) **Midget Boys**—1. Constantine Yap, Equalizers 8:02.79 2. Andy Vasquez, Cornhusker Flyers 8:23.99 3. Casey Kiefer, N.J. Striders 8:44.56 4. Matias Serna, South Texas 8:46.69 5. Kyle Ngo, Equalizers 8:47.50 (10 finishers, 2 DQ)

Other results

5 Km, Long Branch, N.J., Aug. 14—1. Panse Geer (63) 30:40 2. Ron Salvio (61) 31:20 2. Manny Eisner (69) 32:08 4. Pat Bivona (69) 34:00 5. Maria Paul (45) 34:06 ((10 finishers) **Virginia and Eastern Regional USATF 15000 meters, Virginia Beach, Aug. 14**—1. Aleiza Higgins (17) 8:16.43 2. Rebecca Garson (46) 8:28.58 3. Linda Janssen (48) 9:05:01 4. Paula Graham (47) 9:31.48 5. Heidi Sleasman (48) 10:28.42 6. Lori Sherwood (46) 11:19.24 (8 finishers) **Men**—1. Tom Gerhardt (59) 7:51.54 2. William Lipford (55) 8:16.88 3. Ray Funkhouser (59) 8:32.26 4. Scott Stakes (47) 8:25.47 5. Rick Craven (54) 9:44.18 6. Hartley Dewey (62) 10:01.52 (9 finishers) **1500 meters, Yellow Springs, Ohio, July 22**—1. Kyle Hively 6:44.3 2. John Randall (19) 7:09.9 3. Reini Brickson (18) 7:55.3 4. Sydney Beal (12) 8:38.9 (a femal Sydney) 5. Elliot Wiggins (9) 9:10.5 6. Emily Belovich (13) 9:17.2 7. Taylor Ewert (8) 10:00.9 (a female Taylor) 8. Hali Hodge (18) 10:04.1 (10 finishers) **3000 meters,**

same place—1. Kyle Hively 14:27.1 2. Susan Randall 14:27.9 3. Mitchell Brickson (17) 14:57.1 5. John Randall 16:39.3 5. Erika Shaver (18) 16:43.1 6. Reini Brickson 26:43.9 7. Sydney Beal 18:42.1 **Region 5 Junior Olympics, Eastern Kentucky U., July 13**—1. Sydney Beal 8:37.40 **Boys 3000, same place**—1. John Randall 14:30.58 2. Erika Shaver 14:43.42 3. Mitchell Brickson 14:51.72 4. Reini Brickson 17:28.68 (all Miami Valley TC) *(And a note of explanation for "foreigners", probably long due after many years of reporting on Miami Valey walkers. Most readers have probably figured this out, but..... The Miami Valley TC is quartered in Yellow Springs, Ohio, down in the southwest part of the state where the Miami River flows and the Miami tribe once roamed. So, don't confuse it with that latecomer, Miami, Florida. Miami University in Oxford, Ohio was founded in 1809, 16 years before the first settlement in Miami, Florida, and 116 years before Florida's U. of Miami was established.)* **Washington Senior Games, Tumwater, July 24: 5000 meters**—1. Bob Novak (61) 238:30.6 2. George Opsahl (68) 30:47.2 3. Terry Buchanan (62) 32:47.2 4. William Brner (65) 35:14.6 5. Ron MacPike (77) 35:25.1 **Women**—1. Pauline Geraci (51) 34:19.6 2. Diane Johnson (67) 34:35.1 **1500 meters**—1. Georg Osahl 8:37.70 2. William Bruner 10:10.89 3. Ron MacPike 10:11.86 (9 finishers) **2.8 Miles, Seattle, July 10**—1. Bob Novak (61) 2. Stan Chraminski (62) 26:23 3. Rebeca Ketweig 28:36 **5 K, Seattle, July 17**—1. Bob Novak 28:24.58 2. Ann Tugerg (50) 29:14.74 3. Michelle Cunningham (49) 31:51 4. Bart Kale (54) 32:07 5. Stan Chraminski 32:29 6. Dora Choi (44) 33:30 7. Bev McCall (74) 34:39 8. Ron MacPike (77) 34:55

Canada vs USA Junior Meet: Men's 10 Km—1. Josh Haertel, USA 48:58.6 (23:35) 2. Alejandro Chavez, USA 49:29.6 (23:40) 3. Julien Voyer, Canada 49:53.1 4. Bruno Carriere, Canada 1:25:35 5. Ben Thorne, Canada 50:28.1 6. Mat Forgues, USA 50:50.3 7. John Randall, USA 52:51.8 8. Evan Vincent, USA 54:26.6 9. Kevin Gaisky, Canada 28:34.0 DQ—Tyler Sorensen after establishing a huge lead with 20:50 for the first 5) **Women's 5 Km**—1. Maite Moscosa, USA 26:36.6 2. Nicolette Sorensen, USA 26:54.7 (both girls are still just 15) 3. Rachel Zoyhofski, USA 26:59.6 4. Abby Dunn, USA 27:13.0 5. Rachel Phillips, USA 27:39.4 6. Rachel Inglis, Canada 27:43.2 7. Katlynn Ramage, Canada 27:55.4 8. Reini Brickson, USA 28:03.6 9. Anne Voyer, Canada 28:58.5 Team score: USA 29 Canada 15 (Men 13-9, women 16-6)

Canadian 20 Km, Toronto, July 28—1. Evan Dunfee 1:25:57.7 (21:10, 42:32, 1:04:11) 2. Inaki Gomez 1:27:07 (21:04, 42:20, 1:03:55) 2 3. Creighton Connolly 1:36:02.4 4. Jianping Xu 1:47:27.0 Guests: Tim Seaman, USA 1:38:45.1 and Mike Mannozi, USA 1:39:59.6 **Women**—1. Rachel Seaman 1:38:48.5 (24:08, 48:10, 1:12:52) 2. Megan Wylie 1:49:12.8 3. Nicola Evangelista 1:52:40.3 4. Heather Warwick 1:57:45.0 5. Catherine McCormack 1:58:39.0 Guests: Maria Michta USA 1:40:29 ((24:08, 48:45, 1:14:33).8 and Susan Randall, USA 1:47:42.8 (25:49, 52:48, 1:19:14)

Youth Olympics, Singapore, Girl's 5000 meters, August 21: 1. Anna Clemente, Italy 22:27.38 2. Yanxue Mao, China 22:49.42 3. Nadezda Leontyeva, Russia 22:35.05 4. Kate Veale, Ireland 22:36.97 5. Yanelli Caballero, Mexico 22:42.15 6. Alina Galchenko, Ukraine 22:47.89 7. Kimberly Barcia, Peru 23:17.04 8. Katarina Strmenova, Slovak Rep. 23:24.65 9. Ana Gustos, Ecuador 23:43.81 10. Aikaterini Theodoropoulou, Greece 23:44.38 11. Diana Kacanova, Lithuanis 24:36.76 12. Volha Dukhounki, Belarus 25:09.48 13. Khushbir Kaur, Indonesia 25:20.27 14. Jantraporn Vongsuwakunta, Thailand 19:06.19 (1 DNF) In a highly competitive race, Galchenko led from the start with 1 Km splits of 4:23.83, 8:50.74, 13:22.84, and 17:52.97 She was still several meters ahead starting the last lap, but ran out of gas and staggering, finally stumbled and fell in the homestretch. Her last lap was 2:08 after walking between 1:46 and 1:50 throughout the race. **Boy's 10,000 meters, August 22**—1. Igor Lyashchenko, Ukraine 42:43.93 2. Oscar Villavicencio, Ecuador 43:46.00 3. Pavel Parshin,

Russia 44:18.04 4. Leonardo Serra, Italy 45:19.73 5. Xu hao Wei, China 45:33.80 6. Tawfik Yesref, Algeria 45:38.48 7. Jesus Vega, Mexico 46:06.16 8. Yauhen, Zaleski, Belarus 46:52.38 9. Alvaro Martin, Spain 47:04.10 10. Tyler Sorensen, USA 47:07.7 11. Blake Steele, Australia 48:00.85 (4 DNF, 2 DQ) Lyashchenko and Parshin traded the lead through 5 Km, where the Russian led in 21:24.85. At that point, the pace was slowing from 4:12 on the first kilometer to 4:25 on the fifth. When Lyashchenko stepped back up to a 4:12 on the sixth, the race was his and he walked in the 4:16 to 4:18 range to the finish, steadily building his lead.

Central American and Caribbean Games, Mayaguez, P.R., July 24-31: Men's 20 Km-1. Sanchez, Mexico 1:22:32 2. Moreno, Colombia 1:22:55 3. Restropo, Col. 1:22:56 **Men's 50 Km-1.** Horacio Nava, Mexico 3:56:45 2. Moreno 4:11:41 3. Berdeja, Mexico 4:32:50

Women's 20 Km-1. Calvis, Colombia 1:38:27 2. Rosales, Venesuela 1:40:16 3. Sanchez, Mexico 1:41:56

Victorian State 30 Km, Melbourne, Australia, August 8-1. Jared Tallent 2:08:27 (42:42, 1:24:59) 2. Chris Erickson 2:09:29 (42:41, 1:25:22) 3. Simon Evans 3:10:45 **Finnish National 20 Km, Kajaani, Aug. 21-1.** Antti Kempas 1:29:20 2. Heikki Kukkonen 1:29:52 3. Veli-Matti Partanen (18) 1:34:01 4. Aleksi Ojala (17) 1:34:38 5. Eemeli Kiiski (18) 1:34:53

Women's 10 Km, same place-1. Anne Halkivaha 51:22 2. Tiina Muinonen 52:21 3. Mikael Lofbacka 53:30 (The top two Finnish racewalkers were absent; Jarkko Kinnunen still recovering from the European 50, where had had to drop out at 45 Km, and Karoliina Kaasalainen, who has been out with injuries since early spring.) **Afrccan Championships, Nairobi, Kenya, August 1: Men's 20 Km-1.** Hassanine Sebei, Tunisia 1:20:36 2. David Rotich, Kenya 1:21:07 3. Hichem Medjeber, Algeria 1:22:53 4. Hedi Teraoui, Tunisia 1:23:25 5. Mohamen Ameer, Algeria 1:24:53 6. Sylvanus Wekesa, Kenya 1:25:32 7. Gabriel Ngnintedem, Cameroon 1:27:44 8. Chernet Mikoro, Ethiopian 1:30:08 (12 finishers, 1 DNF)

Women's 20 Km-1. Grace Njue, Kenya 1:34:19 2. Chaima Trabelsi, Tunisia 1:35:33 3. Anyalem Eshetu, Ethiopia 1:41:46 4. Emily Ngii, Kenya 1:44:51 5. Bekashig Aynalem, Ethiopia 1:46:03 6. Esther Murugi, Kenya 1:46:24 (1 DQ)

For Your Fall Racing Pleasure, Consider These Venues

Sun. Sept. 5 10 Km and 2 Mile, Houston (G)
 Mon. Sept. 6 5 Km, Ft. Worth, Texas (G)
 Sat. Sept. 11 5 Km, Kingsville, Texas (G)
 2.8 Miles, Seattle (C)
 Sun. Sept. 12 **National USATF 40 Km, Ocean Twp., N.J. (A)**
 Florida 1500 and 3000 meter Championships, Plantation, 7:30 am (B)
 Pacific Assn. 20 Km, Open 5 and 10 Km, Oakland, Cal. (J)
 Sat. Sept. 18 1 Hour, Albuquerque, N.M. (Q)
 2 Mile, Corpus Christi, Texas (G)
 Sun. Sept. 19 1 Hour, Falls Church, Vir., 9 am (N)
 5 Km, Denver, 9 am (H)
 5000 meters, Long Beach, Cal., 9:30 am (Y)
 Sat. Sept. 25 Michigan 1 Hour, Berkley (F)
 Sun. Sept. 26 5 Km, 10 Km, and ½ Marathon, Kitchener, Ontario (I)
 1500 and 3000 meters, Austin, Texas (G)
 Sun. Sept. 26 5 Km, New York City, 9 am (E)
 Sat. Oct. 2 5 Km, New Orleans (G)
 Sun. Oct. 3 1 Hour, Falls Church, Vir., 9 am (N)
 Sat. Oct. 9 **USATF National 1 Hour, Waltham, Mass.**
USATF National 5 Km, Kingsport, Tenn. (D)

Marathon and ½ Marathon, Portland, Oregon
 2.8 Miles, Seattle (C)
 Sat. Oct. 16 10 mile and 5 Km, New Orleans (G)
 Sun. Oct. 17 ½ Marathon, Detroit (F)
 One Hour, Falls Church, Vir., 9 am (N)
 South Region 10 Km, Atlanta (G)
 5 Km, Albuquerque (Q)
 1 Hour, Los Angeles area (U)
 West Regional 1 Hour, Banks, Oregon (C)
 Sat. Oct. 23 5 Km, New Orleans (G)
 Sun. Oct. 24 **USATF National 30 Km, Ronkonkoma, N.Y. (D)**
 Texas Senior Games 1500 and 5000 meters, Houston (G)
 Ohio 50 Km and Open 100 Mile, Yellow Springs, Ohio (M)
 15 Km, Tulsa, Oklahoma (G)
 Sat. Oct. 30 **National USATF Masters 20 Km, Coconut Creek, Fla. (B)**
 Sun, Nov. 14 5 and 10 Km, Washington, D.C., 8:30 am (N)
 Sat. Nov. 20

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 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 Z--Jeff Salvage, www.racewalk.com

From Heel To Toe

2011 Challenge. Here is the schedule for IAAF Racewalking Challenge races in 2011. March 5--Chihuahua, Mexico; April 9--Rio Major, Portugal; April 24--Taicang, China; May 1--Sesto San Giovanni; Sept. 18--La Coruna, Spain (Challenge Final) Other major competitions in

2011: May 22–European Cup, Olhao, Portugal; June 23–26–USATF National Championships, Eugene, Oregon; Aug. 27–Sept. 4–World Championships, Daegu, Korea; Oct. 14–30–Pan American Games, Guadalajara, Mexico. . . **Chavez sets National record.** After placing second in the USA-Canada Junior meet in Toronto, Alex Chavez flew to Norfolk, Virginia for the AAU National Junior Olympics the next day, where he set a new AAU National record of 12:59.89 in the Young Men’s division. He broke the record of 13:15.01 set by South Texas teammate Roberto Vergara in 2007.

The longest walk.

This item, reprinted from The Explorers Club Lecture Series, appeared in the Spring 1985 issue of Heel and Toe, the official publication of the Walkers Club of America, a publication that lasted for only a few issues.

On January 26, 1977, a young Englishman and his Japanese girlfriend headed northward from the small Argentinian settlement of Ushuaia and began walking. Seven-and-a-half years later, on September 18, 1983, George Meegan, former Merchant Marine seaman from Ransham, Kent, England, completed an epic marathon of a lifetime; he walked from the southernmost tip of South America to the northernmost reach of Alaska, Point Barrow, a total distance of 19,091 miles.

Starting in Tierra del Fuego, George wandered along deserts, jungles, prairies, and highways through 14 countries. During the journey, he married his traveling companion, Yoshiko, who then later gave birth to their children. He encountered “enough crawly things with teeth and fangs to last several lifetimes”, as well as bandits, hostile police and soldiers, and even a crazed jungle guide.

Four-and-a-half years and 13,000 miles into the trip, talking to a reporter in the U.S., George pulled from his rucksack a stanza by the poet Robert Service:

“There’s a race of men that don’t fit in,
A race that can’t stay still.
So they break the hearts of kith and kin
And then roam the world at will.”

George then said to the reporter, “The English have a tradition in this sort of thing.”

Commentary

Reacting to the quote from Russian coach Viktor Chegin regarding his youngprotege Stanislaw Emelyanov (see page 1 story on European Championships), U.S. International Ray Sharp (that 50-year-old guy still going strong) posted the following letter on the web:

I have always thought that some very fit runners can make the conversion to RW because it “feels right”, whatever that means on the biomechanical level, and others cannot. I recently spent about 45minutes working with a local runner, a woman in her mid-20s, a pretty good 1500/5000 meter runner in college, ran 2:52 for the marathon a couple years ago, has had some running injuries. We would consider her a hot prospect for racewalking—she looks very fit and can probably run 10 miles in 62 just off her jogging and elliptical trainer work.

We walked some laps on the track. I showed her some basic drills. I did good demos, tried everything to get her to racewalk, but she could not get the straight leg and hip rotation. She was a hiker and could not progress into legal walking; could not go faster than 12 minutes per mile. She worked on the things I showed her a few more times, never got the hang of it, and quit. One out of my three children on the other hand, has great technique, like a

mini-version of Jefferson Perez; the other two do not and likely never could. I would say mabe I in 3 or 1 in 10 can become a good racewalker; they self-select generally, and the others fall by the wayside or never even try because it does not come naturally.

So, my point being, we can coach an teach and refine and analyze an train an athlete, but as Chegin said, the basic movement “must be built into a man from te beginning.’ Women, too.

Maybe Roberto Salazar could have been a world champion in teh 50 km while Frank Shorter would never have been able to walk a legal lap around the track. Although I had modest talents in running, I was able to parlay some innate ability to racewalk into a long and satisfying career. Many other athletes will tell you the same—Curt Clausen or Tim Seaman might never have been able to run a 2:10 marathon, but neither could many successful runners make the US Racealking Team. Perhaps one in ten or less.

Of course, if 1 in 10 good runners could become great walkers, the next thing we consider is what if every high school boy under 18:00 for 5 km cross country, and every girl under 20:00 were to try racewalking? That would be thousands of kids er year, and taking 10 percent, a talent pool of hundreds of potential elites. Which leads us to two strategies that are commonly mentioned:

1. Talent ID to expose as many youth and college runners as possible to the event, and
2. Inclusion in the high school programs in more states.

Nothing new in this letter, I’m just restating the obvious, after Chegin’s quote on the young man from Russia who just came out of nowhere to win the Euro meet in 1:20, well clear of favorite Alex Schwazer.

The editor comments: I have long held two conflicting ideas on this subject. The first is that racewalking is a natural extension of normal walking. Kids on the deck of swimming pool with restrictions on running, in a hurry to get from point A to point B, racewalk with no idea of what they are doing. Likewise, I used to see adult workers in a factory racewalk out of the place at quitting time because running was prohibited. So, I have often told people trying to learn racewalking to just think “I want to go faster, but I’m not allowed to run.” But, of course it isn’t that simple, and that is where my second idea, in agreement with Ray’s, comes in. Some are born to run fast, some to jump high, or far, some to run endlessly, and...some to racewalk. Running, I was much faster than the average person, but no amount of training would have gotten me much under 11 seconds for 100 meters. But, with no instruction, and not really being aware of what the rules were, I was easily able to imitate what I saw racewalkers doing and to carry that natural ability quickly to being able to compete on a national level. I always wondered if I had success merely because all the other athletes out there never tried racewalking, but I doubt if that is true. All the other athletes weren’t born with whatever it is that makes walking natural. I saw a lot of good runners who dabbled in racewalkig with no signs of any real talent. (I also saw runners who worked much harder than most, but were not threat to the elite because they were missing some innate talent, whatever it may be) Then, there were others, who came into the sport even later than I did (I was 23 when I took up racewalking) with even greater success. I think of Ray Somers, Neal Pyke, and Jonathan Matthews, all moderately successful runners, but immediately highly successful as racewalkers. Ray, unfortunately, had his career cut short by injuries. So, for whatever it is worth, that’s my reaction to Ray’s comments)

Teen Prodigy Has His Buffalo Roots

(From the August 19, 2010 Buffalo News)

Walking equates to laziness in the world athletics. Athletes are always told to be “on the hop”, even while heading to the drinking fountain during a water break. Seldom is such a pace considered a positive performance. But if you shuffle through enough sports, you

may run across one that is not only quite competitive, but a life saver as well. Meet Trevor Barron, a 17-year-old racewalking prodigy from Pittsburgh with Buffalo roots. Walking competitively since he was 10 years old, Trevor has become one of the best amateur racewalkers in the world, placing first in a number of national events and finishing in the top 10 in international competitions.

Although Trevor has been dominating the national racewalking scene for some time, battling a "who's who" of amateur competition, he has also been in a battle with epilepsy, a condition that has been out of his control for an even longer period. Experiencing seizures when as young as 7 years old, Trevor had gone through infrequent attacks for a few years, until the convulsions increased when he was 13, causing a nasty break-up with his love; the swimming pool.

Trevor was a competitive swimmer at age 9. Medication had kept his seizures irregular for a bout seven years until 2005 when they became increasingly frequent, even occurring while he was in the pool. He began to know when one was coming on. "Before a seizure I'd go rigid for about 20 or 30 seconds," said Trevor. "I was conscious but couldn't do anything about it. I couldn't move. After the first 20 or 30 seconds I recovered quickly and continued to do what I was doing. A lot of people aren't able to know when it's coming. I was lucky, especially when I was swimming."

As Trevor's seizures started happening more frequently, limitations to his swimming activities were set and eventually forced him out of the pool away from swim competitions. That forced Barron to change his focus. He turned his attention to the track, which he took up at age 9 to be with sister, Tricia.

"Trevor really did try every event before he found the racewalk," said Tricia, who qualified for the USAT&F Junior Olympics in 2001. "In 2001, my dad and I had traveled to Sacramento for the national meet, and Trevor was sad to be left home. I remember we sent him a post card, but I'm sure he was still disappointed to not come along and compete."

The next year, though, Trevor qualified for the 2002 meet only six weeks after he learned the proper walking technique. He finished second in the bantam boys division in Omaha. He also qualified to compete in the high jump and javelin. "In high jump I was just glad to be there," said Trevor. "In javelin, I was actually pretty respectable, but I wasn't as good as in racewalking."

The following year, Trevor won the gold medal in racewalking at the Junior Olympics, the first of four straight years winning the gold. Trevor's late grandfather, Stan, was inducted into the Greater Buffalo Sports Hall of Fame in 2001 for his contributions as a sportscaster. Stan spent 18 years in the business, working for WKHW, WEHEN, and the Buffalo Bills among other ventures. "My dad was well known in Buffalo as a promoter of youth sports," said Bruce Barron, Trevor's father. "A lot of what he stood for was valuing youth, character, and self-discipline to the extent that legacy has carried on when our kids began to take up athletics, Trevor is one who really reflected the consistent work ethic that Stan Barron would've stood for."

Trevor attended high school through his sophomore year, when he switched to home schooling in order to focus on training with Tim Seaman, a two-time Olympian. "I wouldn't say Trevor trains very hard," said Seaman. "I would say Trevor trains very smart. What I mean by that is we maximize his ability to do the workouts and recover from them. So if we had a hard workout we make sure he has the correct number of days afterwards, and that allows him to excel even more than it would under a different training philosophy. He is a very intelligent and dedicated athlete."

Dr. Deborah Holder, a neurologist at Children's Hospital of Pittsburgh, who has been working with Trevor since 2005, explains that 1 to 3 percent of the population will develop epilepsy. Of that percentage, 20 to 30 percent won't respond to medication but may

be eligible for surgery. In order to qualify for surgical procedures to stop the epileptic seizures, the patient must have seizures that are not responding to medication, and the attacks can only be coming from one area of the brain. Both were the case with Trevor, who underwent surgery in August 2006.

"The problem with Trevor's surgery, which made it more difficult, is his seizure focus was very close to where his motor control is, the part of the brain that controls his motor activities," said Dr. Holder, who is a former swimmer herself. "Being a highly skilled athlete, we didn't want to leave him with any weaknesses. So we had to map out his brain function to find where his motor control and seizures focus was so we could take out the seizures focus and leave the motor control normal."

Trevor had to have two surgeries. Dr. David Adelson, Trevor's neurosurgeon, placed more than 100 electroencephalography (EEG) electrodes (a study that looks at the brain waves to help tell where seizures are coming from) in his brain and left them there for a week in order to record the seizures, and used the same electrodes to map out the brain function to find out where his motor control was. The next week another surgery took place to remove the EEG electrodes as well as the part of the brain wave that was identified as the seizure focus.

Trevor has been seizure free since September 2006. He recently finished in the 10 Km racewalk at the IAAF World Junior Championships in Moncton, New Brunswick, recording a personal best time of 41:50. He is taking a year off before entering college to focus on racewalking. He is looking forward to competing in a 20 Km event in London this September.

Progression of Men's 50 Km World Record

(Following up on last month's progression of men's and women's 20 Km World Records, as published in UK's *Race Walking Record* here is the way the 50 Km record has progressed.)

4:40:15	Hermann Muller, Germany, , Sept. 7, 1921, Munich
4:36:22	Karl Hahnel, Germany, Sept. 24, 1924, Berlin
4:34:03	Paul Sievert, Germany, Oct. 10, 1924, Munich
4:30:22	Romano Vecchietti, Italy, Sept. 16, 1928, Rome
4:26:41	Edgar Bruun, Norway, June 28, 1936, Oslo
4:24:47	Viggo Invorsen, Denmark, August 17, 1941
4:23:40	Josef Dolezal, Czechoslovakia, August 4, 1946, Pödebrady
4:23:14	Josef Dolezal, Czechoslovakia, August 24, 1952, Pödebrady
4:20:30	Vladimir Ukhov, USSR, August 29, 1952, Leningrad
4:16:06	Josef Dolezal, Czechoslovakia, Sept. 12, 1954, Pödebrady
4:07:29	Anatoliy Yegorov, USSR, Nov. 17, 1955, Tbilisi
4:05:13	Grigoriy Klimov, USSR, August 8, 1956, Moscow
4:03:53	Anatoliy Vedyakov, USSR, August 13, 1959, Moscow
4:03:02	Abdon Pamich, Italy, Oct. 15, 1960, Ponte San Pietro
4:01:39	Grigoriy Klimov, USSR, August 17, 1961, Leningrad
4:00:50	Mikhail Lavrov, USSR, Sept. 5, 1961, Kazan
3:55:36	Gennadiy Agapov, USSR, Oct. 17, 1965, Alma Ata
3:52:45	Bernd Kannenberg, West Germany, May 27, 1972, Bremen
3:45:52	Raul Gonzalez, Mexico, April 23, 1978, Mixhuca
3:41:20	Raul Gonzalez, Mexico, June 11, 1978, Pödebrady, Czechoslovakia
3:40:46	Jose Marin, Spain, March 13, 1983, Valencia
3:38:31	Ronald Weigel, East Germany, July 7, 1984, Berlin
3:38:17	Ronald Weigel, East Germany, May 25, 1986, Potsdam

3:37:41 Andrey Perlov, USSR, August 5, 1989, Leningrad
 3:37:26 Valeriy Spitsyn, Russia, May 21, 2000, Moscow
 3:36:39 Robert Korzeniowski, Poland, August 8, 2002, Munich
 3:36:03 Robert Korseniowski, Poland, August, 27, 2003, Paris
 3:35:47 Nathan Deakes, Australia, Dec. 2, 2006, Geelong
 3:34:13 Denis Nizhegorodov, Russia, May 5, 2008, Cheboksary
 (A bit of trivia: The record has been broken in every month but January and February. August seems to be the best time with ten records in that month There were five in September and four in May.)

Progression of Women's 10 Km World Record

(when the 20 Km became the distance for women's international competitions in the late '90s, 10 Km records were no longer kept, and the distance is reealy contested these days. But here is the progression of the World Record up to that time, again from the *Race Walking Record*.)

58:14 Albertine Regel, France, Nov. 11, 1926, Paris
 56:26 Margit Lindstrom, Sweden, Oct. 7, 1934, Stockholm
 53:17 Sandrah Holm, Sweden, May 19, 1935, Uppsala
 52:56 Birgit Frish, Sweden, June 21, 1942, Almunge
 51:14 May Holmen, Sweden, June 21, 1946, Mariestad
 51:11 Stina Lindberg, Sweden, August 23, 1942, Gavle
 51:01 Margarita Simu, Sweden, June 24, 1972, Appelbo
 49:04 Margarita Simu, Sweden, June 22, 1976, Appelbo
 48:53 Margarita Simu, Sweden, June 25, 1978, Appelbo
 48:40 Thorill Gylder, Norway, Sept. 16, 1978, Softeland
 47:24 Thorill Gylder, Norway, Sept. 15, 1979, Valer
 46:28 Sue Orr, Australia, May 11, 1980, Moss Norway
 45:38 Sally Pierson, Australia, May 8, 1982, Melbourne
 45:32 Susan Cook, Australia, June 10, 1982, Canberra
 45:14 Young Juxu, China, Sept. 24, 1983, Bergen, Norway
 44:52 Olga Krishtop, USSR, August 5, 1984, Penza
 44:14 YanHong, China, March 16, 1985, Jian
 43:22 Olga Krishtop, USSR, May 3, 1987, New York City
 42:52 Kerry Saxby, Australia, Jay 4, 1987, Melbourne
 41:30 Kerry Saxby, Australia, August 27, 1988, Canberra
 41:29 Larisa Ramazanova, Russia, June 4, 1995, Izhevsk
 41:04 Yelena Nikolayeva, Russia, April 20, 1996, Sochi

World Records (As of ugust 1, 2010)

Men (track)

20,000 meters 1:17:25.6 Bernardo Segura, Mexico, Bergen,Norway, May 7, 1994
 2 Hours 29,572 m Maurizio Damilano,Italy, Cuneo, Oct. 3, 1992
 30,000 meters 2:01:44.1 Maurizio Damilano, Italy, Cuneo, Oct. 3, 1992
 50,000 meters 3:40:57.9 Thierry Toutain, France, Hericourt, Sept. 29, 1996
 Road
 20 Km 1:17:16 Vladimir Kanaykin, Russia, Saransk, Sep.t 29, 2007
 50 Km 3:34:14 Denis Nizhegorodov, Russia, Cheboksary, May 11, 2008

Women (track)

10,000 meters 41:56:23 Nadyezhda Ryashkina, Russia, Seattle, July 24, 1990
 20,000 meters 1:26:52.3 Olimpiada Ivanova, Russia, Brisbane, Australia, Sept. 6, 2001

Road

20 Km 1:25:41 Olimpiada Ivanova, Russia,Helsinki, August 7, 2005

Recent mark not officially ratified

20 Km 1:25:11 Anisya Kirdyapkina, Russia, Sochi, Feb. 20, 2010

LOOKING BACK

45 Years Ago (From the Augut 1965 ORW)—Ron Laird and your editor toured Europe with the U.S. track and field team, starting with a 20 Km race in Kiev, part of a meet in which we had the great privilege of bing part of the first losing men's T&F team in an international dual. To make matters worse, they threw a long course at us. The Soviet walkers thought it was at least 21 Km, and maybe as much as 21.6. Laird had a quite decent race, finishing third in 1:41:10, behind a 1:39:14 for the winner Boris Khrolovich. Mortland was terrible, losing contact early and trudging by himself through busy streets to a lonely finish in 1:48:45. In Poland, we had a 3 Km on a cinder track in the midst of a beautiful pine forest on the Baltic. After withstanding the opening burst of dozens of eager Poles, who were at a training camp, Laird set an American record of 12:52.4, though some 7 seconds behind the winner, Andres Czaplinski. Mortland came third in 13:09. Two days later, a 20 Km from Sztum to Malbork came up short—at least the final 5 Km was 2 to 3 minutes faster that it should have been based on splits through 15. Laird beat Czaplinski this time in 1:29:40 and Mortland was third in 1:34:39, which was a personal best if I chose to count it, which I don't. Finally, there was a track 10 in Augsburg, West Germany with Laird second in 46:06 and Mortland third in 47:57. . . Paul Schell survived temperatures in the high 90s to win the National 40 Km in New Jersey with 4:17:38 ahead of Ron Kulik, Bruce MacDonald, and John Kelly.

40 Years Ago (From the Aug. 1970 ORW)—The U.S. defeated Canada in their first dual meet in Toronto, with Ron Laird wining the 20 Km in 1:35:13 and Dave Romansky the 20 Mile in 2:37:21 (both races on the track). John Knifton and Ron Daniel completed a U.S. sweep in the metric race. Your then aging editor, called in for emergency at the last moment, was well back at the finish, but broke 49:00 on the way for his best 10 Km of the year. Romansky dominated the 20 miler with a 1:34:35 20 Km on the way (faster than Laird the day before.) Bob Kitchen finished behind Canadian Alex Oakley. . .Romansky won the National 40 Km in 3:32:29 and Gary Westerfield the National Junior 25 Km in 2:12:28. . .The 512-Km Paris-to-Strasbourg race was won in 70:04:50 by Sammy Zaugg.

35 Years Ago (From the August 1975 ORW)—In the Pan American Games20 Km trial in Eugene, Ore., Larry Young and Todd Scully walked together all the way, well in front of everyone else, and crossed the line in 1:34:16. Officials declared Young the winner, although the intent was a tie. Jerry Brown took third in 1:38:04, with John Knifton, Bob Kitchen, and Wayne Glusker also under 1:39 in a tight finish. . .Bernd Kannenberg, of West Germany, won a pre-Olympic 20 Km in Montreal in 1:34:44 on a very hot day. . .Upcoming Steve Pecinovsky edged descending star Jack Blackburn in a 6 miler in Dayton, Ohio 48:59 to 49:00. . .The Soviet 20 Km champion was Otto Bartsch, better known for this 50 Km exploits, in 1:27:12, ahead of Yevgeniy Ivchenko and the grand old man, Vladimir Golubnichiy, the 1960 and 1968 Olympic gold medal winner. . .Vladimir Soldatenko wan the 50 ahead of Yevgeniy Lyungin in 3:58:55. . .National Masters titles went to Roy Thorpe, visiting from England in 23:18 for 5 Km and 1:46:11 (on a very long course) for 20. First

Americans were John Kelly in 24:10 and Kelly and Jack Mortland in 1:53:01.

30 Years Ago (From the August 1980 ORW)—Roland Weiser of East Germany walked 14,134 meters in an hour in a French race on a very hot day. Marco Evoniuk was fourth with 13,695 meters and Jim Heiring fifth with 13,435. . . In another 1 Hour in Russia, Pyotr Potschenchuk covered 14,710 meters. . . In the Women's World Championships held in Syracuse, N.Y. Australia's Sue Cook edged Sue Brodock by less than a second in 23:39.4. Canada's Ann Peel was third and Sue Liers-Westerfield fourth. The 10 Km race went to Switzerland's Margot Vetterli in 52:20.5 with Canada's Gillian Grant second in 53:34. Vicki Jones was third for the U.S.

25 Years Ago (From the August 1985 ORW)—At the National Sports Festival, Maryanne Torrellas won the women's 10 Km in 49:13, Tim Lewis easily won the 15 Km in 1:05:45, and Carl Schueler won the 30 Km in 2:23:25. (The men's races were shortened from 20 and 50 because of oppressive heat and humidity in New Orleans.) Ester Lopez finished just 20 seconds behind Torrellas and Teresa Vaill missed 50 minutes by just 1 second. Marco Evoniuk followed Lewis by more than 3 minutes and Randy Mimm was second in the 30, nearly 9 minutes back.

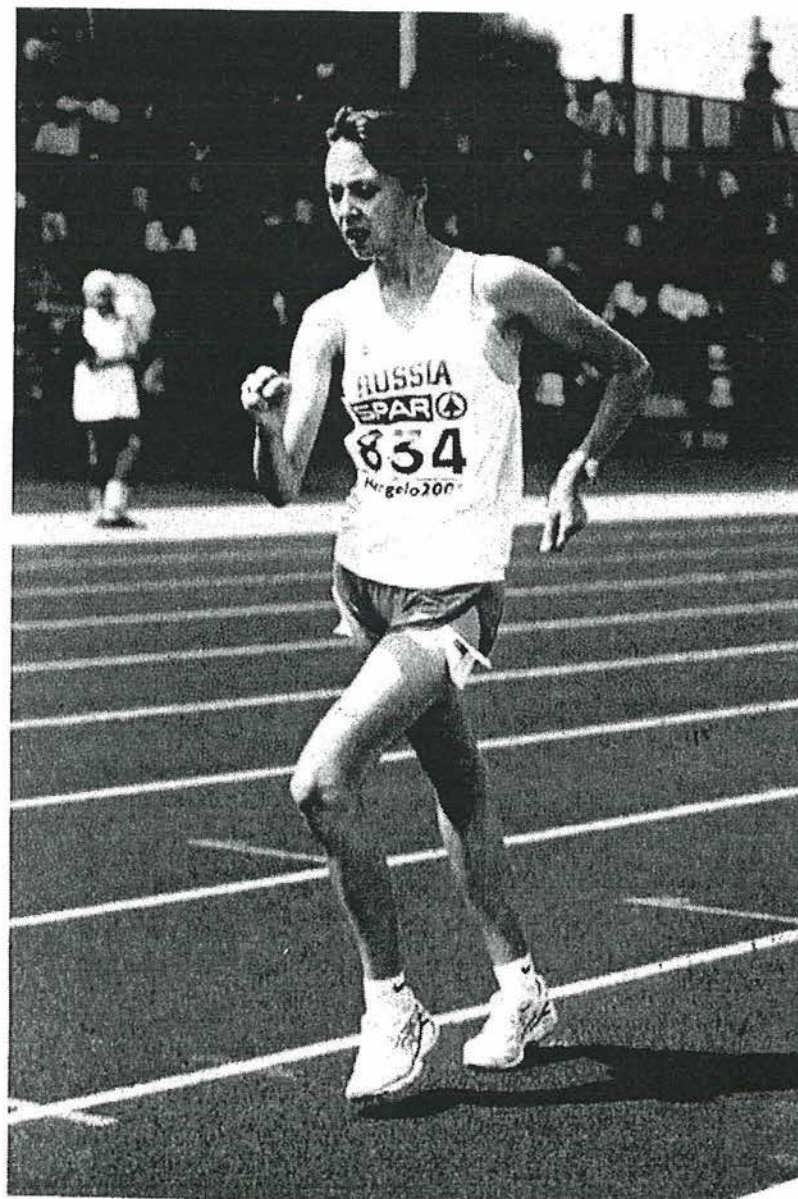
20 years ago (From the August 1990 ORW)—Portugal's Susana Feitor and the USSR's Ilya Markov won World Junior titles in Bulgaria. Feitor beat Tatyana Schastnay by more than a half minute in 21:44.30 in the women's 5 Km. Markov's 39:55 for 10 beat Mexico's Alberto Cruz by just a second with 1996 Olympic gold medalist Jefferson Perez third in 40:09. Philip Dun finished 16th in 44:46. Gretchen Eastler (25:11) and Jennifer Zalewski (25:20) were 24th and 25th for the U.S. . . The GDR's Ronald Weigel covered 20 Km on the track in 1:19:19 in Norway, just 6 seconds ahead of Italy's Walter Arena.

15 Years Ago (From the August 1995 ORW)—At the World Championships, Russia's Irina Stankina, DQ'd at the World Cup earlier in the year, edged Italy's Elisabetta Perrone, 42:13 to 42:15 in the women's 10 Km. Russia's Yelena Nikoloyeva was third in 42:20. Michelle Rohl captured 15th in 44:17 and Teresa Vaill had 45:02 for the U.S. In the men's 20, Italy's Michele Didoni prevailed in 1:19:59, well clear of Valentin Masaana, Spain (1:20:23) and Yevgeniy Misyulya, Belarus (1:20:48). The 50 went to Finland's Valentin Kononen in 3:43:42 with Giovanni Pericelli, Italy, and Robert Korzeniowski, Poland, following in 3:45:11 and 3:45:57. Korzeniowski showed some improvement in years to come. . . Heat and altitude slowed walkers at the Olympic Sports Festival in Colorado Springs. Victoria Herazo won the women's 10 in 49:33.93, ahead of Cheryl Rellinger. Herm Nelson (1:33:48) finished just 12 seconds ahead of Curt Clausen in the 20. Andrew Hermann was only 4 seconds back in a close race.

10 Years Ago (From the August 2000 ORW)—Sean Albert (43:14) and Michelle Rohl (46:02) won National 10 Km titles in Hanover Twp., Penn. Mike Rohl (43:27), Dave McGovern (44:34), and Allen James (45:31) followed in the men's race. Jill Zenner was second in the women's race with 47:13 with Ecuador's Miriam Ramon a distant third in 49:08. . . Tim Seaman set an American record at 20 Km on the track in San Diego with a 1:23:40 clocking. Well ahead of him, Jefferson Perez, Ecuador, finished in 1:20:55.8. . . Russia's Alexii Rodionov won the Paris-to-Colmar race, covering the 535 Km of that year's event in 66:18. Four-time winner Gregorz Urbanowski of Poland was second in 70:30. The women's Chalons-to-Colmar event (360 Km) went to Russia's Irina Putintseva in 47:55 with her teammate Ludmila Amirove second in 49:06.

5 Years Ago (From the August 2005 ORW)—The headline read: Perez, Ivanova, Kirdyapkin Overwhelm Opposition at World Championships. In Helsinki, Jefferson Perez blitzed 20 Km in 1:18:35 leaving Spain's Francisco Fernandez 61 seconds behind in second. It was his second World gold to go along with a silver, three golds in World Cup races, and an Olympic gold. For the U.S., John Nunn was 30th in 1:27:10. Russia's Ivanova was even more

dominant, winning the women's 20 in 1:25:41 with Belarus's Ryta Turava second in 1:27:05. The Russians were one-two in the 50 with Kirdyapkin returning 2:38:08 and Aleksey Voyevodim 3:41:25 in second, just 29 seconds ahead of Italy's Alex Schwazer. . . In the National 15 Km in Watertown, Mass. Joanne Dow (1:14:13) and Ben Shorey (1:11:00) won titles.



The gold medal queen Olga Kaniskina a few years back in the European Under 23 20. .