
Men's Track & Field Statistics

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North Zone Race Walking

Cedarville University

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NORTH ZONE RACE WALKING

As of March 1st, 1996

The following results, items of interest and schedule have been garnered from several sources and individuals (Ross Barranco, Virginia Mulanex, Diane Graham-Henry, & Lynn Tracy) by Vince Peters, schedule coordinator of the North Zone USATF Committee. Please distribute to all R'Walkers in your area and send all corrections, changes and additions to Vince @ 607 Omar Circle, Yellow Springs, Ohio, 45387. Phone # (513) 767-7424 (7-10pm EST). His email address is vpeters@ball.com.

NORTH ZONE RESULTS

I hope the following results from some of the early season racewalks will spur on competition between the clubs in the North Zone (Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, Missouri, Ohio, Wisconsin). Remember to forward all RW results to Jack Mortland of the Ohio Walker Magazine, 3184 Summit St., Columbus, OH. 43202 and to Elaine Ward of the Racewalk National Challenge Ladder at the N.American RW Foundation, 1000 San Pasqual - #35, Pasadena, CA., 91106.

ILLINOIS INDOOR CHAMPIONSHIPS

Don and Debbie Lawrence dominated the Illinois Indoor RW Championships at Proviso West High School in Hillside, Illinois, on Saturday, February 3. It was a great field of all ages and caliber of walkers. Lynn Tracy of the Parkside Athletic Club in Kenosha, Wisconsin, reports that it was nice to don a pair of shorts and a singlet and race while the wind was blowing a bone-chilling -51 degrees outside! Jane St. Clair, a rookie, had a great first race!

1. Don Lawrence	OPEN	12:31
2. Paul Malek	OPEN	13:25
3. Van Blaricum	55-59	14:48
4. Jonathan Udesky	40-44	14:59
5. Ron Winkler	45-49	16:36
6. George Kruck	60-64	17:13
7. Al Dubois	60-64	17:42
8. Ken Bretl	45-49	19:53
9. Al Goldman	70-74	20:12

1. Debbi Lawrence	OPEN	13:53
2. Lynn Tracy	40-44	16:12
3. Nancy Goldman	45-49	18:10
4. Allee Winkler	45-49	19:26
5. Deb Hammen	40-44	20:05
6. Jane St. Clair	35-39	20:23
7. Joanne Davis	40-44	21:42
8. Nancy Mackrola	45-49	21:49

>>>> NOTICE TO OHIO WALKERS & CLUBS <<<<

Any Ohio RW athlete, club, or organization wanting to host or organize a 1996 or 1997 RW should contact Vince Peters as soon as possible. Several distances are still available, including 15K, 1 & 2 hour, 30K and 50K. Please step forward, I can't do it all. Judges also wanted!

NATIONAL INSTITUTE FOR FITNESS AND SPORT INDOOR INVITATIONAL

The fast 200 meter track at the NIFS center on the IUPUI campus in Indianapolis showed hometown allowed Cheryl Rellinger to walk a quick fast qualifying time for Atlanta. Max Walker of the Indiana Walkers also reported that junior walker, Scott Crafton, had an outstanding performance in the Saturday, the February 3rd, race.

1. Scott Crafton	17-18	14:00.0	1 Cheryl Rellinger	30-34	13:45
2. Max Walker	45-49	15:26	2. Lisa Sontag	30-34	14:18
3. George Quinn	50-54	17:20	3. Abigail Oliver	35-39	17:30
4. Jim Crafton	40-44	18:15	4. Janet Hibie	50-54	18:59
5. Dave Keith	50-54	18:48	5. Pat Walker	45-49	19:47
6. D. Clement	60-64	18:30			
7. John McGuinney	55-59	19:31			

CEDARVILLE COLLEGE INDOOR INVITATIONAL

Chad Eder got an easy workout in at the Cedarville College Invitational on Friday, February 9th. The NAIA's top returning male walker qualified for the USATF Indoor Nationals in Atlanta on March 2nd with a 12:27.8 win. Runner-up was last year's Junior Olympic Youth Division National Champ, Danny Dalton of the South Dayton Flyers club. Women's winner Kelly Miller, a Wittenberg College frosh, walked 18:09, her fastest 3k ever.

1 Chad Eder	20-29 Cedarville College	12:27.8	1 Kelly Miller	15-19 Wittenberg Col.	18:09.7
2 Dan Dalton	15-16 South Dayton Flyers	14:59.5	2 Jill Zenner	20-29 Cedarville Col.	19:04.4
3 Ed Fitch	30-39 Miami Valley TC	16:24.0			
4 Vince Peters	40-49 Miami Valley TC	17:06.0			

MACOMB COLLEGE INVITATIONAL 2 MILE

Feb. 3rd

Ioan Froman and Kirsten Mullaney won their divisions in this first race of the Michigan season.

1. Ioan Froman	14:08	1. Kirsten Mullaney	15:09
2. Dan O'Brien	15:07	2. Walda Tichy	19:51
3. Terry McHoskey	16:59		
4. Vance Genzlinger	19:37		

McDONALD'S/SALUKI Invitational, Carbondale, IL.

Feb 10th

The first of two Southern Illinois University Meets under the direction of Don DeNoon was held at the Recreation Center. Cheryl Rellinger had the top performance at both meets.

<u>Men's 3K</u>			<u>Women's 3K</u>		
1. Don DeNoon	50-54	13:52	1. Cheryl Rellinger	30-34	13:33
2. Stephen Lipe	?	16:27	2. Sue Hoch	?	22:22
3. James McHose	55-59	18:45	DQ Gail Johnson		
4. Herschel Asner 65-69	22:35		DQ Jean Wasser		
DQ Gordon Pitz					

Saluki/USA Open Indoor Track Meet,

Saturday Feb. 17th

<u>Men's 3K Race Walk</u>			<u>Women's One Mile Race Walk</u>		
1 Gordon Pitz	16:34.2	1 Cheryl Rellinger	6:56.8		
2 James McHose	17:59.8	2 Victoria Herrazo	7:12.9		
		3 Suzanne Richardson	9:39.0		
		4 Sandy Spiller	10:06.9		

POLAR BEAR 5K

The first big judged walk of the outdoor season for the walkers in the Great Lakes area was Indianapolis' Polar Bear 5K on Saturday February 17th. This year's competitive walk drew over 600 entries with about 150 racewalking. The official results as reported for the top three finishers of each gender were:

1. Gary Morgan (35-39)	21:25	1. Jeanette Smith (45-49)	27:47
2. Scott Crafton (17-18)	25:22	2. Jackle Jessup (45-49)	29:02
3. Max Walker (45-49)	25:52	3. Abigail Oliver (45-49)	29:05

UNIVERSITY OF WISCONSIN - OSHKOSH INVITATIONAL

A fast and loaded field qualified six athletes for the USATF Indoor National's. The race was held February 17th at the UW Oshkosh Indoor Track with Georgia's Michelle Rohl recording an excellent 13:15 clocking.

1. Will VanAxen	UWParkside	12:19	1. Michelle Rohl	LaGrange Ga.	13:15
2. Al Heppner	UWParkside	12:27	2. Danielle Kirk	UWParkside	14:10
DQ Dave Michielli			3. Deb Iden	UWParkside	14:24
			4. Kelly Watson	PAC	14:37
			5. Amber Nichols	UWParkside	14:59
			6. Ali DeWitt	PAC	15:38
			7. Margaret Ditchburn	UWParkside	15:57

OHIO ASSOCIATION INDOOR CHAMPIONSHIPS

Debi Iden set a fast pace in this race with Amber Nichols following close behind. Amber's goal was to walk the 14:40 needed for Indoor Nationals in Atlanta. While the University of Wisconsin Parkside (UWP) student made a superb effort she came up short. She was happy with her new PR. Coach Vince Peters of the Cedarville College walkers and the Miami Valley Track Club was also extremely pleased with his young walkers, especially Rachel Elder who participated in her first race with a fine 20:23 rookie clocking. Ernie (Ernestine) Yoemans posted a women's Canadian age 77 record for the 3K.

3000m Racewalk:

1. Ed Fitch (30-34M)	MVTC	16:16.7	1. Debi Iden (OW)	UWP	14:52.1
2. Vince Peters (40-44M)	MVTC	16:46.9	2. Amber Nichols (OW)	UWP	14:55.1
3. Jerry Musical (35-39M)	IndyW	17:04.5	3. Jill Zenner (OW)	Ced.College	17:48.1
4. Ralph Dehner (45-49M)	unat	20:25.8	4. Michelle Kirk (OW)	unat	18:59.9
5. Rob Gardewing (70-74M)	ClifTC	25:35.2	5. Rochelle Elder (OW)	Ced.College	20:23.6
			6. Karin Lemkau (13-14G)	MVTC	23:29.0
			7. Ernie Yoeman (75-79W)	Clifton TC	23:55.6

1500m Racewalk:

1. Ana Krohn (11-12), MVTC	10:34.0
2. Abby Ensor (11-12), MVTC	10:55.8
3. Ashley Cooper (11-12), MVTC	11:46.1
4. Tina Peters (10&u), MVTC	12:12.6
5. Bessie Wellerman (10&u), MVTC	13:11.0

DQ:

Judy Musical, Indiana Walkers (IndyW)
Hugh Yeomans, Clifton TC (ClifTC)

USATF INDOOR NATIONALS

Atlanta's Georgia Dome was the site for the third straight year for the men & women indoor racewalk nationals. Michelle Rohl led from start to finish to repeat as champ. Torrellas survived a very competitive race for second that saw several place changes in the last K. The race had so much physical contact that an umpire (non RW judge) raised a flag (Nothing showed up in the results though). Allen James went out hard in the men's race with Tim Seaman as his shadow. The 19:30 5K pace of the first three kilometers took its toll with Gary Morgan zipping past Clausen and Seaman and then with 1K to go, past James. James awoke with two laps to go and sprinted away to reclaim the lead and repeat as champion.

1. Allen James, Athletes in Action,	20:02.59	1. Michelle Rohl, Parkside Athletic Club,	12:55.90
2. Gary Morgan, NYAC,	20:06.02	2. Maryanne Torrellas, Abraxas Track Club,	13:09.35
3. Curt Clausen, Shore AC,	20:17.96	3. Victoria Herazo, California Walkers,	13:12.29
4. Timothy Seaman, LaGrange TC,	20:38.87	4. Debbi Lawrence, Natural Sport WC,	13:13.71
5. David McGovern, NYAC,	20:47.65	5. Sara Standley, unattached,	13:15.24
6. Rob Cole, LaGrange Track Club,	20:58.82	6. Lynda Brubaker, LaGrange Track Club,	13:25.19
7. Chad Eder, Cedarville College,	21:45.92	7. Cheryl Rellinger, Potomac Valley TC,	13:46.65
8. Don Lawrence, Natural Sport WC,	22:09.62	8. Danielle Kirk, UofWis. Parkside,	14:09.11
9. Sean Alberts, St. Peter College	23:??	9. Kelly Watson, Parkside AC	14:19.07
		10. Deb Iden, U. of Wis. Parkside	14:19.45
		11. Lisa Sontag, IRA	14:21.83
		12. Samatha Cohen, NYU at Albany	14:??

MIDWEST MASTERS MEET

Six Wisconsin walkers dominated the 1500m Racewalk competition at the Glenview meet in Illinois on March 2nd.

1. Ed Sell, (45-49)	PAC	7:30.18
2. Ron Winkler, (45-49)	PAC	8:03.52
3. Al DuBois, (60-64)	PAC	8:26.24
4. George Kruck (60-64)	PAC	8:29.56
5. Al Goldman (70-74)		10:16.97

1. Lynn Tracy (40-44)	PAC	7:54.50
2. Nancy Goldman, (45-49)		8:50.43
3. Deb Hammen, (40-44)	PAC	9:29.53
4. Alice Winker, (45-49)	PAC	9:32.25
5. Vivian Polcznez (65-69)		12:10.74