

SPAAAU WALKER



BOWMAN WINS SPAAU CHAMPIONSHIP WITH GREAT WALK!

December, 1952

Echo Lake Park, Nov. 28. Bob Bowman and John Kelly came right down to the wire in their battle for the SPAAU Walker of the Year award, with the title going to the winner of the final SPAAAU race of the year, the 40 km held here today. And the winner and titlist was Bowman, in a convincing fashion indeed. Bob, who has been walking near the top for years without ever really doing much, had given indication this Fall that he was ready for better things, but few of us were ready for his very strong performance here.

Bob's final time of 3:31.31 was impressive enough, but added to it was the ease with which he handled Kelly and his obvious strength at the finish—leaving little doubt that a 50 km of well under 4:30 was within his capability. At last, we may be ready to see Bob fulfill his long-time promise.

Overshadowed by Bowman's great walking were strong performances by both Kelly and Bryon Overton. Bryon almost even caught Kelly at the end, before John realized the threat and picked up the pace. It was the best performance we've ever seen by Bryon. Both Kelly and Overton looked a little short on conditioning for the full distance but hopefully will be able to correct this situation soon.

The rest of the finishers weren't really up to the distance but all gutted themselves in with respectable times. Dave Bryant really surprised with a 4th place finish, in his first walk of any length. Dave's heavily-muscled body looked to be in one painful knot over the last few miles, but he still hung on well to edge returning Jerry Willwerth. Jerry is just out of the Army and living in San Pedro, and is certainly a welcome addition to the Southland walking scene. Rounding out the trophy winners in 6th was the perennial Chris Clegg, hiking along cheerfully throughout. Chris probably shows less effort than anyone in these walks.

Irv Spector and Marty Lipstein rounded out the finishers, both showing we well to last out this distance. Irv is certainly one of the most determined pluggers we've seen.

Several other walkers started, but most had no plans to go the distance. One who did and didn't make it was Mike Ryan, certainly a force to be reckoned with at any distance, who just never looked good and finally called it a day shortly after 20 km. George Macure, making his first start since leaving National Guard basic, lasted a few laps before stopping to help with the timing. Hal McWilliams and Al Guth also started, but neither had any real plans to finish. Hal walked several miles before the race measuring the course... what would we do without him.

Many thanks to Bob Whitman and Murray Rosenstein for their race-long judging and timing. Martin Rudow acted as head timer.

RESULTS

	10km	20km	30km	40 KM
1. Bob Bowman	53:54	1:45.39	2:37.15	3:31.31
2. John Kelly	53:01	1:46.39	2:43.07	3:45.55
3. Bryon Overton	53:02	1:48.45	2:46.20	3:46.52
4. Dave Bryant	59:00	2:03.07	3:13.40	4:26.25
5. Gerry Willwerth	61:20	2:05.07	3:15.30	4:27.17
6. Chris Clegg	65:06	2:11.02	3:18.53	4:36.06
7. Howard Barnes	70:41	2:18.32	3:24.15	4:48.41
8. Irv Spector	68:28	2:18.53	3:33.35	4:53.00
9. Marty Lipstein	68:23	2:23.53	3:45.25	5:04.50

DNF—Mike Ryan, George Macure, Al Guth, Hal McWilliams, Leo Sjorgren, Justin Gersbuny. More on this race on page 4

MIKE RYAN AND STOCKTON WALKERS LEAD LARGE GRIFFITH PARK HANDICAP FIELD!

Nov. 14, Griffith Park. Large fields, something missing from the local walking scene the past months, returned here today in a big way. No less than twenty-two pedestrians competed in the annual 10 kilometer handicap, with two who traveled the farthest to get here, Brad Bentley and Kevin Britnall of the Stockton Walkers tying for first place honors. Although both young competitors walked well and won by a large margin, most of the attention went to 6th place finisher Mike Ryan, who shattered a course record held by no less a personage than the departed Ron Laird. Ryan's time of 47:42 was well under Laird's old record of 49:15.

Also under Laird's course record was Bob Bowman, who, like Ryan, could not make up the large handicap given to the rest of the field. Ryan, Bowman, and Kelly started together, 25 minutes after the first competitor left, but the expected three-man battle did not develop as Kelly chose to take it easy, and Ryan easily handled Bowman in the second lap of the 5000-meter loop course.

Situated where we were, at the start finish line, it was hard to get a good idea of what was going on in the race, as the competitors came by for only a few minutes. But from mid-way through the first lap, it was obvious that the two young walkers from Stockton had the best of the handicap, and they had the race well in hand after one lap. Alex Gilbert also challenged in the early going, but had a bout with blisters and eventually finished far back, thus guaranteeing himself of a better handicap next time. Finally emerging in 3rd place was running convert Dave Russell, making his initial start in a walking race a good one. Two more familiar faces rounded out the top 6, one being Hal McWilliams, who warmed up by measuring the course, and Bryon Overton, who showed up in good shape after not racing for several months.

Covering the rest of the field...Joe Werkly in 7th is recovering from a recent serious back injury but still wasn't too far off form...Dave Bryant did a good job in 8th with a fast time but was over-handicapped, as were most today...James Bentley didn't get the break his brother did but recorded good time...Ed Bouldin showed a lot of speed with 52:45, and got several pointers on his from the judges...Mike O'Rourke continues to look like our best Veteran after John Kelly...Nice to see Leo Sjorgren out again-we usually look for him only at Echo Park races. Wonder how many in today's race knew they had a two-time Olympian in the field?...Also nice to see Justin Gershuny again, he's been out with muscle trouble for several months...Marty Lipstein managed to hold off Irv Spector, with the help of a handicap, but some reports said his style's not too good. Irv looked very legal as usual...Mike Hyman obviously is doing very well for a recent open heart surgery case... last in stats but first in our hearts was one H. Coleman.

Good to have two judges for this one-in a field of this size they are needed and their form hints are always welcomed. Martin Rudow timed, Murray Rosenstein and Tom Gestel judged.

RESULTS

pl.	name	hcp. time	act. time	pl.	name	hcp. time	act. time	pl.	
1.	Kevin Britnall	58:15	57:15	7	12.	Mike O'Rourke	74:51	58:51	10
1.	Brad Bentley	58:15	57:15	7	13.	Leo Sjorgren	74:52	63:52	15
3.	Dave Russell	72:06	59:06	11	14.	Justin Gershuny	75:04	62:04	14
4.	Hal McWilliams	72:12	60:12	13	15.	Marty Lipstein	75:19	65:19	18
5.	Bryon Overton	72:28	50:28	3	16.	Irv Spector	75:52	64:52	17
6.	Mike Ryan	72:42	47:42	1	17.	Alex Gilbert	78:31	67:31	19
7.	Joe Werkly	72:53	63:53	16	18.	Mike Hyman	82:45	82:45	21
8.	Dave Bryant	73:30	56:30	6	19.	John Kelly	83:10	58:10	9
9.	Bob Bowman	73:41	48:41	2	20.	Jim Hanley	83:10	59:10	12
10.	James Bentley	74:12	55:12	5	21.	Jim Boyer	84:05	74:05	20
11.	Ed Bouldin	74:45	52:45	4	22.	H. Coleman	92:30	91:30	22

Note-Jim Hanley walked this race with mononucleosis, unbeknown to him.

Los Angeles City College, Nov 20. As soon as he showed up, it was almost a foregone conclusion that Don DeKoon, reportedly on the comeback trail, would win the SPAAU One Mile Championship handily. And, partially thanks to a mistake by Larry Walker, he did just that.

Don, a real speed burner, faced almost no real sprint walkers in this one, and really walked just to finish. Walker, who would have provided some competition, went to the wrong track and missed the race. Don's unpressed time of 7:01 is well off his best, but its good to see him walking seriously once again, and he is obviously capable of far faster times right now.

In the hot battle for SPAAU points, John Kelly went out fast, and hung on to edge fast-finishing Bob Bowman to take a one-point lead in the standings. Bryon Overton took an easy 4th, after dicing with Kelly throughout the race. These men were also 10-15 seconds off their usual times for a mile, reflecting on the poor condition of the track.

Two High Schoolers, recruits of Jim Hanley's, took the last two medals with good times. Both Tom Williams and Gary McGee were drinking cokes and eating hamburgers right up to race time.

For the others, it was probably too short a distance to show their best, but Alex Gilbert is really looking tough. An expected duel between he and Irv Spector fizzled when Irv had a leg cramp after one lap.

RESULTS

1. DeKoon 7:01 2. Kelly 7:06 3. Bowman 7:08 4. Overton 7:10 5. Tom Williams 8:06
6. Gary McGee 8:24 7. Tony Chavez 8:55 8. Alex Gilbert 9:10 9. Joe Werhly 9:39
Timers--Martin Rudow, Kati McIntyre, Pat Carroll.
Judge--Tom Carroll, Martin Rudow

SCHEDULE

December 18, Saturday, Seven Mile Handicap, Valley College, Van Nuys. Starts at 3:00 PM sharp. We promise a well-marked course. Ventura Freeway to Colchater Canyon Off Ramp, North to Valley (approx. 5 miles) Meet at the Northwest corner of the track.

January 8, Saturday, SPAAU 15 Kilometer Championship, Altadena Town and Country Club, Altadena. Starting time 10:00 am. This will be a race through streets or a Park. First SPAAU points race of the year. To get there, take Ventura Fwy to Colorado Blvd., East on Colorado to Lake, left on Lake, No. 3 miles to Mendocino, right on it 1/2 mile to the Club.

January 21, Friday, San Francisco Examiner Indoor Invitational Mile. Contact Bill Ranney, 1 Barker Ct., Fairfax, Calif. immediately if interested.

January 22, Saturday, Sunkist Invitational Mile, Sports Arena

January 23, Sunday, 9 am Rose Bowl Handicap 10 Mile. Come prepared to race & meet just south of the Rose Bowl, Pasadena.

February 11, Friday, LA Times Indoor Games Invitational Mile, The Forum, Inglewood

February 12, Saturday, Athens Invitational Mile, Oakland, Contact Ranney if interested and qualified.

TO BE ARRANGED-- Feb. LAAC 4 Mile Indoor Invitational; 20 Km. Olympic Development; 10 Km. Handicap Echo Park Lake.

March 18 National AAU 35 Kilometer Championship. Start Training NOW!

Note: The World Record holder (2:47:34.0) for this event is now living in California and will probably attend the race. On November 21, 1971 Oakland's Bob Kitchen broke Christoph Hoehne's mark of 2:48:22.2.

More on 40 Km race: We somehow overlooked Howard Barnes while doing the story, certainly a bad oversight on our part as he did very well and won the style prize with very legal and relaxed style.

Lastly, we'd like to say that we have seen many prospects fall by the wayside as a result of suffering through a long race like this before they were ready for the distance. We hope that this doesn't happen to anyone in this one as they are all good potential walkers.

Final SPAAU standings: As everyone knows by now, Bob Bowman won the title by virtue of his fine 40 km race. John Kelly came in 2nd in the standings after leading most of the year. No one else was really close. The final standings:

1. Bob Bowman 43 2. John Kelly 41 3. Jim Hanley 18 4. Steve Tyrer and Byron Overton (tie) 16 5. Mike Ryan 12 7. Don DeNoon and Larry Walker (tie) 10 points

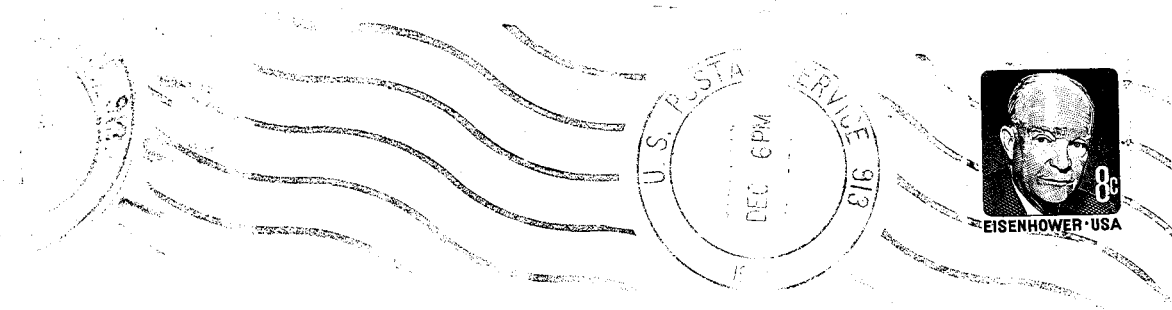
Special mention to Kelly (best veteran), and Ryan (most improved since 1970).

Qualifying time announced for major meets: National AAU Indoors 6:40, National AAU outdoors 13:20 for 2 miles. And remember-11:45 for 20 km; 5:00 for 50 km will get you into the Olympic Trials!

Chances for getting into the Indoor Meets this year look very good, so we'd advise anyone with any kind of speed to train for these. Four good speed walkers from last year are out-Laird, Tyrer, Bean, and Hanley.

The SPAAU Walker is edited and published by Martin Rudow, with a little help from my friends. All correspondence should be addressed to 1024 3rd St., Apt. 2, Santa Monica 90403. Phone (213) 395-5580

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