

# WOMEN'S TRACK & FIELD WORLD

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**Kim Schnurpfeil**  
**TAC and NCAA**  
**10,000 Meter Champion**

# REEL OFF

Conversation with Bert Lyle (Texas Woman's University):

Lyle: "That sprinter Nay-yudd looks real good."  
WTFW: "Who?"  
Lyle: "Ney-yudd, Ney-yudd".  
WTFW: "Oh, you mean Nedd. How can you make two syllables out of N-E-D-D?"  
Lyle: "How can you make only one? It has two d's!"

End of conversation.

I realize this does not actually concern the improvement of performance in the sport, but isn't there one clothing manufacturer who can design women's running suits that will cover or control or conceal bra straps? There must be eighteen dozen companies who claim the best women's equipment and yet bra straps were VERY conspicuous at the Nationals. Cuba's Maria Saria looked like she was on her way for trick or treating. Every race revealed a bountiful display of various sized straps. I'm not very hip on Ashford's one piecer, but at least the straps don't show - if any.

Want to know where the real track nuts are at a big meet such as the Nationals? They probably never see a race, but they are the real nuts of the sports. I refer to General Pete Cava and his corps of busy bodies who provide the stats and compile the results for the press and the world. At Knoxville, you could find this little group of busy ones sequestered in one room with statistical books piled high around them and the continuous buzz-buzz of such earth shattering items as "Moves her to number 13 on the All-Time US List". We'll depend on commander Cava to give them this pat on the back. They're great.

Here's the report of the girl's shot put at the California State High School Championships printed in the Stockton Record: "In the shot put sophomore Natalie Kaaiawahia defended her 1981 title by winning with 53'3". The mark eclipsed her

## Editor & Publisher - Vince Reel

HIGH SCHOOL EDITOR - Rich Ede (714) 624-1484  
ROAD RUNNING EDITOR - Jack Welch (503) 641-6453  
ADVERTISING DIRECTOR - Jane Stary (714) 624-5955  
PHOTOGRAPHERS: Jeff Johnson, Cindy Collins, Bill Leung, Jr., Tony Duffy (Eng), Mike Bailey (Can), Gladys Chai (Malaysia)

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COVER PHOTO of Kim Schnurpfeil, Stanford, NCAA and TAC 10000 meter champion, by Jeff Johnson.

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national record of 52'4 1/2 and her state meet mark of 51'8 1/2, but the wind was over the allowable (6mph)." Natalie is a junior, her winning mark was 50'3, there is no such thing as a wind-aided shot performance and the wind was measured in meters per second, not miles per hour. (Taken from "California Track and Running News").

At the TAC meet in Knoxville, three or four coaches asked in passing, "When are you going to put my girl on your cover?" To which I would make some smart reply. When I returned home, however, I got to thinking about that question and the real reason I have never run "your girl" on the cover is simply that I do not have a photo of her. Cover shots must be color slides and shot verticle, not horizontal. If you have an athlete you feel deserves a cover, send in the color slide and then turn her loose for some good performances.

I am sure everyone is waiting with baited breath to read my condemnation of the starter at the TAC Championships since starters seem to be on my 'list'. Sorry, no real complaints. A couple of suggestions perhaps, but the only complaint would be he always gave the wrong first command. The rule book clearly states the first command is "On your marks" - but this Tennessee starter always said "Own your marks". Oh, well.

Seriously, the starter did a good job. He held the runners in the 'set' position longer than most US starters which must have seemed an eternity to the Californians. But he did have a pattern which could have been picked up by an enterprising coach or athlete. After a false start, the hold was cut drastically. Here's the record:

400 Trials - Heat 1- 1.8; #2-1.2, #3-1.9, #4-2.1  
100 Trials - #1-1.8, #2-1.8, #3-2.1; #4-2.2FS/1.5  
400H Trials - #1-2.0, #2-2.1, #3-1.5, #4-1.7  
MedR Trials - #1-1.5, #2-1.2  
100H Trials - #1-2.0FS/1.2; #2-2.0FS/1.5; #3-Break/1.5  
4x100 Trials - #1-1.9; #2-1.4  
400H Semi - #1-1.8; #2-1.8; #3-2.1  
100 Semi - #1-1.5; #2-1.7  
(Men's 100 Semis) - #1-1.5; #2-Break/1.5FS/Break/1.0  
400 Semi - Break/2.5FS/1.9FS/2.2; #2-1.9  
100H Final - Break/Break/1.5  
100 Final - Break/1.7  
4x400 Final - 1.8  
200 Trials - #1-1.5; #2-1.8; #3-1.8  
400H Final - Break/1.5  
400 Final - 2.1  
200 Final - 1.5  
4x100 Final - 1.7  
MedR Final - 2.0

You can see the pattern of a quicker gun after a false start, but on the whole, it was a good job. He didn't hold like the European starters do, but creditable. Fans here are still not too sharp on the rules and sorry to say that as soon as some one broke or had a false start, the spectators immediately began mumbling "He holds them too long". Which he didn't, of course. And to his everlasting glory, the starter did not use a whistle for the command "set".

Other TAC observations: Usual complaint about announcers at track meets is they are not prepared, have not done their homework, especially with women performers. At Knoxville, we had the opposite experience. This announcer had done so much homework there was never a break in the conversation. He gave so much information on and on and on that eventually one simply shut him out and let him drone on. And personally, I don't like giving results from last to first instead of first to last. Add to this the result given backward, ("In ninth place with a time of 11.76 from Podunk Track Club, Lily Marlene") - impossible to remember everything by the time the name is given - and by the time the name is found, announcer is on 8<sup>th</sup> or 7<sup>th</sup> and one simply gives up.

I think it's a shame to stage the United States Championships and not have starting blocks capable of being used without a flunky sitting behind them and holding them in place with their feet. Either the host committee or the TAC itself should purchase a new set of blocks if needed.

Couldn't believe one sight which was seen during the 400m heats: a coach who had an athlete in one of the outside lanes, actually ran with the runners down the backstretch shouting

Continued on Page 25

## ON THE ROAD AGAIN By Jack Welch

It's a damn good thing the IOC acceded to a woman's marathon in the 1984 Olympics. The lure of gold or some other metal presents an awesome lure to the world's distance sorority.

At the Stockholm Marathon (June 5), Ingrid Kristiansen, Norway's second best female marathoner, captured her third consecutive victory with a time of 2:34:26. She bestes two former world heavyweight champions - Floyd Paterson and Inge-Mar Johansen - by approximately two hours. Perhaps the marathon is too strenuous for pugilists.

Sue Boreham, the wife of decathlon international Colin, established a new Northern Ireland women's best, winning the N.I. News Race (May 31) in 3:11:34. You can kiss that record goodbye shortly.

Another national mark certain to be gone in the near future is that of Czechoslovakia set at Debno, Poland, on April 25th. One Ms. Rulcova covered 42k in 2:40:46. She was followed by Beltowska with a Polish mark of 2:44:27. Another Czech by the name of Urbanova finished third in 2:44:34.

In South Africa, at Port Elizabeth, May 1, Beverly Malan won a marathon in 2:47:44. Malan is also the fastest South African woman over 16k at 57:37.

Kath Binns is now the third fastest British female, having won the WAAA national title (Windsor, June 12) with a mark of 2:36:12. Carol Gould finished second in 2:37:51 and Julie Barleycorn next in 2:43:28. Gillian Adams Horowitz, wife of the playwright Israel - you know, "Author, Author" with Al Pacino - placed fourth in 2:45:19.

Back in the Land of the Free and the Home of the Brave, the marathon action wasn't record breaking but it was certainly competitive. One impetus for this increased competitive fervor is big bucks.

The International Women's Marathon, sponsored by Avon, offered the first 15 finishers a total payoff of \$65,000, (that is no misprint). The winner's prize of \$15,000 - in this first-ever women's only marathon to offer above-the-table payments - will make Lorraine Moller feel a great deal better about all those long miles of training.

Moller won the San Francisco (June 6) race in 2:36:13, with Carey-May of Ireland and BYU second in 2:38:31. May ran with Moller and Laurie Binder (third in 2:39:45) through 10 miles before the New Zealander began to pull away. Moller encountered little, if any, difficulty completing the course and she denied that the value of the prize for winning added any pressure.

"The only thing different running for money is that you run for place and not for time," Moller explained. "You don't want to take unnecessary chances and blow it. Actually, I look at the money as just a bonus".

Others eligible for such bonuses, in order of finish, were Eileen Claugus (2:42:58), Spain's Iciar Martinez (2:43:42), Sharlet Gilbert (2:43:42), Mary O'Connor of New Zealand (2:47:52 debut) and Cindy Dalrymple (2:45:03). Also headed for the bank were Gretchen Sternmitz (2:45:30), Nancy Mieszczak (2:45:50), Kim Burns (2:46:28), Melody Mayer (2:46:35), Lorrie Dierdorff (2:46:46) and Kathy Whitcomb (2:46:53).

Nancy Conz, considered by many to be a pre-race favorite with Moller, did not start the Avon race because of illness. Conz dealt with her disappointment in the most effective way she could, by running fast. Conz recorded the second-fastest time by an American woman at 25k winning the national title (June 13) in 1:26:34. The slender redhead covered the Sudbury, Massachusetts route just 12 seconds slower than Joan Benoit's AR set earlier this year. Benoit, continuing a truly remarkable comeback from last Dec-

Benoit, continuing a truly remarkable comeback from last December's surgery on both achilles tendons, easily captured the women's division at the Litchfield (Ct) Hills Road Race, running the hilly 7.1 mile course in 38:50. Benoit shook tenacious Sande Cullinane at three miles to win by 1:27.

Word has reached us that Benoit recently essayed a 1:09 half marathon in Scandinavia to place third. Third? Subscribe to Women's Track & Field World today to ensure the complete results next month. Until then you'll just have to be satisfied with Wendy Hanock's 1:12:00. The 19-year old New Zealander's time placed her an unofficial third on the all-time list late in May. However, lists ain't worth much as women everywhere continue to push the road records down and down. Dianne Rodger, treating the event largely as a training effort, placed second at 1:14:55.



Left to right: South Africa's Beverly Malan, England's Julie Barleycorn and USA's Laurie Binder. (Barleycorn photo by Peter Tempest, Binder by Jeff Johnson).

A couple of other ladies performed rather a decent workout of their own at the Oregon Track Club Half Marathon in Eugene (June 6). Paula Fudge and Ann Ford, fresh from watching Mary Decker disappear at the Prefontaine Classic, intentionally tied for first place in 1:16:11. Gail Volk earned third at 1:17:31.

Welcome news for American roadracers: Anne Audain is taking a break, which will give the rest of the women on the circuit a chance for the occasional victory. Audain showed up in Eugene, Oregon, in April of 1982, unknown here but intent upon establishing herself as a force on the roads. The force was with her, returning to New Zealand as the dominant woman competitor.

Audain's latest achievements include wins at such major events as Boulder, Cascade RunOff and the Peachtree Classic. At Boulder, Audain returned seeking revenge, not only on defending champion Ellen Hart, but rather on the course itself. Last year Audain showed up at Boulder in less-than-top shape and unaccustomed to the altitude. She placed third.

This year (May 30) Audain went for it all, disdaining the elevation, to score a course record of 32:38. Hart, returning from a lengthy injury-induced hiatus, improved her previous time by 43 seconds to finish second in 34:12. Miss Hart, now coached by the knowledgeable Rich Castro, led Nebraska school-girl Shona Jones who placed third at 35:21.

At Cascade (Portland, June 27) everyone knew it was Audain for first and everyone else for second. Steve's wife didn't let down, breaking Patti Catalano's course record by 20 seconds, the fifth consecutive road race in which Audain had broken a course mark. Audain's 49:22 - approximately a 5:18 pace - on a hilly course was again more than runnerup Ellen Hart could handle. Hart's 51:04 was enough to take care of track star Debbie Eide who placed third in 51:08.

The RunOff was another one of those races with a legion of exceptional women athletes, doubtlessly attracted by the \$50,000 in prize money arranged by A.R.R.A. and donated by NIKE. Nancy Conz placed fourth (51:50), Linda McLennan of Atlanta was fifth in 52:02, followed by New Zealanders Mary O'Connor (52:14) and Glenys Quick (52:50). Judi St. Hilaire of Athletics West was the eighth finisher (52:24), with Jacqueline Gareau next at 52:35 and Laurie Binder at 52:41. Other luminaries included Julie Shea (11th/52:57), Eileen Claugus (13th/53:45), Anne Locke (14th/53:54), Hong Kong's Winnie Ng - pronounced as it is spelled - (16th/54:39) and Patsy Sharples of South Africa (20th/55:05).

Audain never saw another woman after the start of the July 4th extravaganza known as Peachtree. Seeking a sub-32:00 10k, Audain sped past 3M in 14:58(!) However, that pace could not be maintained in the face of 75° temperature and 85° humidity, so she slowed to 32:35, three seconds faster than Allison Roe's 1981 CR in much better weather. The victory, Audain's 14th in a row, overshadowed another fine performance by Linda McLennan who placed second in 34:04.

Audain's win at Peachtree (\$5000), Cascade (\$10000) and Bolder Boulder (\$2750) earned her a total of \$17750 in three races and 21.7 miles. Not as much as a couple of guys have made from a single marathon, but enough to make those early morning runs more palatable.

Audain ran a great deal faster at Revco 10K (Cleveland, May 16) where she won unopposed in 31:45. That clocking, the second fastest ever, is only five seconds slower than Grete Waitz world record. Mary Shea protected the bridesmaid position with a mark of 34:22.

Top seeded Linda McLennan finished the Cotton Row Run, (Huntsville, Alabama, May 31) as No. 1, with a time of 34:48. 41-year old Judy Fox Eddy finished second at 35:37.

# LATC WINS MEANINGLESS NATIONAL TITLE By Vince Reel

Knoxville, Tennessee, June 18/20:-Time was, not too long ago, when winning the National TAC (AAU) Championship was the most important thing of the year in women's track and field. No more. The team title is a meaningless item nowadays with the richer clubs simply picking up athletes at random to compete for their "team". Not that the top teams violated the rules. They didn't. Their gathering of performers was quite legal.

However, the LATC, Wilt's AC and the LA Mercurettes, teams which finished 1-2-7 in the scoring, really brought in the sheaves. Chuck Debus and his administrators secured performers from Nebraska, Texas, Missouri, Tennessee, Ohio, Arizona, Jamaica and Holland for the Los Angeles team. Wilt's group brought in athletes only from Tennessee and New York, but the Mercurettes had them from Nevada, New Mexico, Iowa, Indiana, Florida, Idaho, Missouri, Kansas and Texas. And the complete Santa Monica TC roster came from Texas. (There was just one.) Two other LA based teams, the Southern California Cheetahs and Coast Athletics, used athletes only from their own area. The Pacific Coast Club, with three entries, had one from California, one from Oregon and one from Canada.

All of which leads to the conclusion TAC should either scrap the team title or restrict team members to the area they represent. As it now stands, winning the team gonfalon is good for nothing.

How great it was to have a National Championship meet with no rain! Knoxville provided that nicety and the athletes responded with some great performances. Here's how it went event by event:

**100 METERS:**--Ottey looked fantastic in winning her heat in 11.12, the epitome of speed and grace. Ashford won the second heat with her low arms akimbo style in 11.17. Other heat winners were Diane Williams and Alice Brown as Florence Griffith was content to breeze behind Williams. No real stunning losses in the heats.

The semis were eagerly looked forward to and saw the elimination of such outstanding sprinters as Jackie Washington, Jackie Pussey, Leleith Hodges and Karen Hawkins. Ottey took the first race in 11.24, Ashford the second in 11.17.

As expected, the final was a good one although not too exciting once the field passed the 50m mark. Ottey does not run well when behind in a scratch race and once Ashford had taken command, Ottey was satisfied to remain in second. Bolden, who has more ups and downs than a roller coaster, was on the down skid in this one and was never in the running. Griffith and Williams in third and fourth places, each had personal bests with Griffith (11.15) now the #6 on the All-Time US List and Williams (11.18) #8. Ashford's winning time of 10.96 is the second best ever by an American and Ottey's 11.06 isn't bad either.



100m winner EVELYN ASHFORD. (Jeff Johnson photo)



100 Meter Dash, Left to right, Merlene Ottey (2nd), Sandra Howard (9th), Brenda Morehead (8th), Janet Bolden (6th), Florence Griffith (3rd) and winner Evelyn Ashford. (Jeff Johnson photo).

**100 METERS:** Heat 1 (-0.01mps), 1-Merlene Ottey (LATC) 11.12, 2-Brenda Morehead (WAC) 11.57, 3-Jackie Pusey (LATC) 11.69, 4-Sandra Howard (LATC) 11.70, 5-Ada Hay (LATC) 11.89, 6-Sherry Funn (DC Int) 11.95, 7-Shonell Ferguson (DC Int) 11.96, 8-Andrakette Gill (IngPan) 12.10; Heat 2 (+1.01), 1-Evelyn Ashford (MedTC) 11.17, 2-Chandra Cheeseborough (TSUTC) 11.35, 3-Pam Marshall (CA) 11.44, 4-Brenda Cliette (FSUTC) 11.58, 5-Leleith Hodges (LATC) 11.71, 6-Sharon McDonald (NTxSt) 12.24; Heat 3 (-0.26), 1-Diane Williams (LATC) 11.41, 2-Florence Griffith (WAC) 11.45, 3-Sheryl Pernel (TSUTC) 12.06, 4-Tara Mastin (MsAC) 12.06, 5-Sybil Perry (Kan) 12.07, 6-Wanda Fort (TSUTC) 12.51; Heat 4 (+0.95), 1-Alice Brown (WAC) 11.44, 2-Jeanette Bolden (WAC) 11.45, 3-Jackie Washington (OmniTC) 11.57, 4-Lisa Winston (CA) 11.63, 5-Karen Hawkins (Atoms) 11.74, 6-Vivian Riddick (MsAC) 11.98, 7-Navaita Samuels (Tx&MTC) 12.41.

**Semi-Final 1** (-0.88), 1-Ottey 11.24, 2-Williams 11.41, 3-Cheeseborough 11.46, 4-Bolden 11.54, 5-Howard 11.70, 6-Marshall 11.77, 7-Washington 11.83, 8-Hawkins 11.90, 9-Mastin 12.19; **Semi-Final 2** (-0.70), 1-Ashford 11.17, 2-Griffith 11.33, 3-Brown 11.56, 4-Morehead 11.68, 5-Winston 11.90, 6-Pusey 11.93, 7-Hodges 11.94, 8-Cliette 11.96, 9-Pernel 12.26.

**FINAL** (-1.36), 1-Ashford 10.96, 2-Ottey 11.06, 3-Griffith 11.15, 4-Williams 11.18, 5-Brown 11.39, 6-Bolden 11.42, 7-Cheeseborough 11.43, 8-Morehead 11.50, 9-Howard 11.71

**200 METERS:** Heat winners were Cheeseborough, Ottey and Griffith. Eliminated were Darlene Jefferson as the Houston sprinters continue to disintegrate, Alice Jackson and Lisa Thompson among others.

Griffith, who defeated Ottey at the NCAA, drew the lane to Ottey's outside this time around and it made the difference. Ottey latched on to Griffith around the turn and had the lead as the field hit the straight. Her winning time of 22.17 was a personal best and moves her to the #5 spot on the All-Time World List. Only one other runner had a PR - Grace Jackson of the Atoms. Griffith ran well, but was not in Ottey's class on this particular day. Givens has dropped off considerable since her win at the UCLA/Pepsi meet in May.



200m winner, MERLENE OTTEY. (Bill Leung, Jr. photo)



DENEAN HOWARD, 400m winner. (Jeff Johnson photo)

**200 METERS:** Heat 1 (-2.63), 1-Chandra Cheeseborough (TSUTC) 23.37, 2-Randy Givens (FSUTC) 23.57, 3-Grace Jackson (Atoms) 23.72, 4-Janet Dodson (MsAC) 24.21, 5-Sharon McDonald (NTxSt) 24.88, 6-Novaita Samuels (TxA&M) 25.42; Heat 2 (-2.46), 1-Merlene Ottey (LATC) 22.90, 2-Brenda Cliette (FSUTC) 24.27, 3-Karen Hawkins (Atoms) 24.31, 4-Kelia Bolton (StanTC) 24.36, 5-Sybil Perry (Kan) 24.62, 6-Darlene Jefferson (MsAC) 25.02; Heat 3 (-2.49), 1-Florence Griffith (WAC) 22.95, 2-Janet Davis (IndTC) 23.74, 3-Sherry Funn (DCInt) 24.23, 4-Alice Jackson (DCInt) 24.23, 5-Sheryl Pernell (TSUTC) 24.43, 6-Lisa Thompson (LAM) 24.76, 7-Denise Mitchell (WillTC) 24.97.

**FINAL** (-0.97), 1-Ottey 22.17, 2-Griffith 22.58, 3-Givens 23.05, 4-Cheeseborough 23.05, 5-Jackson 23.24, 6-Davis 23.73, 7-Cliette 24.01, 8-Funn 24.12, 9-Hawkins 24.25.

**400 METERS:** The heats waved goodbye to such stalwarts as Lorna Forde, Rosalyn Dunlap, Kim White and one of the Howard sisters. These were the first running events of the opening day and got the meet off to a good start. Heat winners were Denean Howard, Alice Jackson, high schooler Diane Dixon and Am-

erican record holder Rosalyn Bryant. Five LATC runners advanced to the semis.

The semis saw the last of Sherri Howard, Sharon Dabney, Gwen Gardner and Roberta Belle among others. Ninth qualifier was Arlise Emerson who made it to the final as the fastest loser at 52.84. Alice Jackson (52.41) and Stephanie Bonner (53.56) had PR's in the semis.

Bryant was hoping to break her own American Record in the final and was well placed in lane 5 with her biggest competitor, Howard, in lane 8. But Rosalyn turned it on too soon and had to settle for second behind Howard. Howard turned in a personal best at 50.87 and is the #2 on the US List. The big story was Arlise Emerson who sped to a lifetime best of



Denean Howard wins 400m title in 50.87. From left to right: La Shon Nedd (8th), Howard, Diane Dixon (4th), Arlise Emerson (3rd), Rosalyn Bryant (2nd) and Charmaine Crooks (5th). (Victor Sailer photo).

51.89 for third place. Emerson is now #13 on the US List. Another lifetime best was turned in by sixth placer Easter Gabriel. Gabriel ran 52.14 for her place.

Howard held back slightly over the first 300 and then came on strong over the final 100 to win it by half a second. The 51.34 for Bryant was her best in many-a-moon.

**400 METERS:** Heat 1, 1-Denean Howard (LATC) 53.16, 2-Gwen Gardner (IAM) 53.94, 3-Angie Wright (FSUTC) 54.02, 4-Merry Johnson (MetSt) 54.86, 5-Vernecia Smith (IAM) 54.93, 6-Ernestine Davis (TSUTC) 55.30, 7-Tina Howard (LATC) 55.60; Heat 2, 1-Alice Jackson (DCInt) 52.72, 2-Charmaine Crooks (Atoms) 52.91, 3-Arlise Emerson (WAC) 53.04, 4-Lori McCauley (AmblerOC) 53.41, 5-Lorna Forde (Atoms) 54.83, 6-Ella Smith (NTxST) 56.04, Robbin Coleman (AIA) dnf; Heat 3, 1-Diane Dixon (Atoms) 52.88, 2-Easter Gabriel (PV) 53.24, 3-Sharon Dabney (LATC) 53.39, 4-Roberta Belle (DC Int) 53.85, 5-Rosalyn Dunlap (LATC) 54.17, 6-Kim White (BTC) 55.16, 7-Judith Pollion (TSUTC) 56.08; Heat 4, 1-Rosalyn Bryant (LATC) 52.52, 2-Cathy Rattray (LATC) 53.17, 3-LaShon Nedd (WAC) 53.46, 4-Sherri Howard (LATC) 53.51, 5-Stephanie Bonner (Aub) 53.62, 6-Loretta Edwards (PV) 54.12, 7-Sumetia Wells (ISU) 54.64, 8-Janice Reid (BosInt) 55.79.

**Semi-final 1,** 1-Bryant 51.85, 2-D. Howard 52.29, 3-Crooks 52.54, 4-Gabriel 52.66, 5-Emerson 52.84, 6-S. Howard 53.05, 7-Dabney 53.65, 8-Edwards 54.43, 9-Johnson 54.50; **Semi-final 2,** 1-Dixon 51.97, 2-Rattray 52.02, 3-A. Jackson 52.41, 4-Nedd 52.53, 5-Gardner 53.10, 6-Wright 53.13, 7-Bonner 53.56, 8-Belle 53.84, 9-McCauley 53.85.

**FINAL,** 1-D. Howard 50.87, 2-Bryant 51.34, 3-Emerson 51.89, 4-Dixon 51.98, 5-Crooks 52.01, 6-Gabriel 52.14, 7-Rattray 52.28, 8-Nedd 52.95, 9-A. Jackson 54.48.



Photo on left shows first lap action in the 800m. Left to right: Kim Gallagher, Sue Addison, Joetta Clark, Delisa Walton, Louise Romo, Yvonne Hannus (partially hidden) and leader Diane Gutowski. Right photo is winner DELISA WALTON. (Jeff Johnson photos).

**800 METERS:** Good 800! The three heats, with only three from each heat advancing to the final, saw the elimination of some outstanding two-lappers. Had the TAC been using the "Consolation" race as did the NCAA, it would have been a good one with the likes of Kay Stormo, Pam Sedwick, Sheila Montgomery, Lee Ann Vanlandingham, Regina Dramiga, Diana Richburg taking part. But they watched the final from the bleachers.

Prepster Kim Gallagher won the first heat in 2:02.75 as Oregon's Ranza Clark led the field at 28.5 and 60.5 through the first lap. Gallagher was in front at the 600 in 1:32.3 and held on to defeat Delisa Walton (2:02.82) and Regina Jacobs, the other two qualifiers.

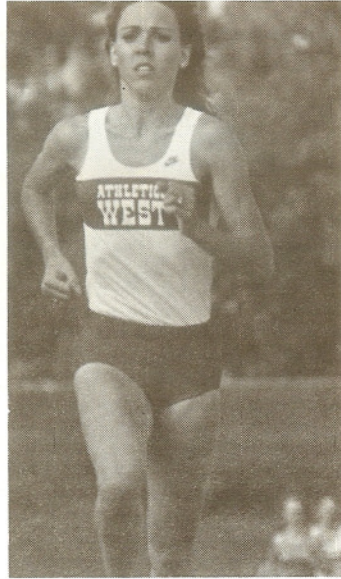
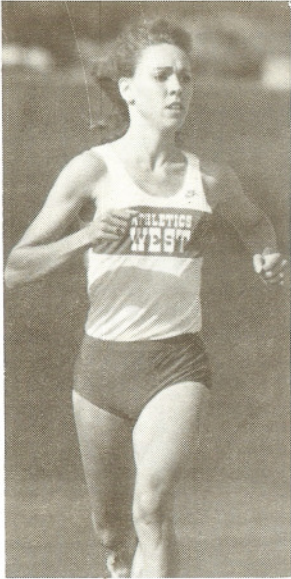
While Tennessean Walton represented the LATC, teammate Joetta Clark took the opposite side of the country and ran for Fred Thompson and his Atomic crew from New York. She did it well, too, for she won the second heat in 2:03.73 in a race which saw, as usual, Deanne Gutowski take the lead over the first part of the race. Clark was in front at the 400 in 59.5 and still led at the 600 in 1:31.5. Gutowski and Louise Romo were the others making it to the final.

The third heat was a close one with only 1.62 seconds separating first from sixth. Sue (Latter) Addison won it in 2:05.32 over Lee Ballenger (2:05.86) and Yvonne Hannus (2:05.87). Kay Stormo led the pack at the 400 in 62.3, a very slow pace. Ballenger had her nose in front at the 600 in 1:34.1, but the entire field was tightly bunched.

Whenever Deanne Gutowski is in the race, you can write the script in advance - and you can bet your last dollar the race will not be slow. Gutowski immediately went to the front and led at the 200 in 27 and at the 400 in 58. Hannus and Walton followed her at a safe distance. Walton had the lead at the 600 in 1:29.5 followed by the surprising Gallagher and the Finn, Hannus. There was a tight pack as the runners entered the final straight with Walton in the lead, Gallagher on her shoulder and Hannus, Addison and Clark a step back. Gallagher simply ran out of gas over the final 25-30 meters and was passed by all three closing runners, but still registered an excellent 2:02.83 for fifth place. Addison had a PR at 2:02.09 besting her mark of 2:03.7 which she ran in 1979. Joetta



Delisa Walton wins 800m in 2:00.91 followed by Yvonne Hannus (2:01.73), Joetta Clark (2:02.09), Sue Latter Addison (2:02.14) and Kim Gallagher (2:02.83). (Jeff Johnson photo)



Mary Decker is all alone as the official signals one lap to go in the 1500m in photo on the left by Victor Sailer. Jeff Johnson's shot on the right shows Mary with a big lead over Bremser and Warren.

Clark also had a PR in third at 2:02.09 and Walton had her PR at 2:00.91 for #4 on the US List. Walton ran her final 200 in 30.3s.

**800 METERS:** Heat 1, 1-Kim Gallagher (WAC) 2:02.75, 2-Delisa Walton (LATC) 2:02.82, 3-Regina Jacobs (StanTC) 2:04.38, 4-Regina Dramiga (IAM) 2:04.77, 5-Lee Ann Vanlandingham (LSU) 2:06.31, 6-Ranza Clark (Ore) 2:06.73, 7-Renee Durand (CA) 2:07.13, 8-Margaret Metcalf (NMTG) 2:09.43; Heat 2, 1-Joetta Clark (Atoms) 2:03.73, 2-DeAnn Gutowski (LAM) 2:04.49, 3-Louise Romo (GBTG) 2:04.51, 4-Ovrill Brown (FSU TC) 2:05.45, 5-Diana Richburg (WAC) 2:05.77, 6-Barbara Ennis (IndTC) 2:07.37, 7-Tami Essington (StanTC) 2:10.25, 8-Revah Knight (TxTC) 2:14.20; Heat 3, 1-Sue Addison (Ore

TC) 2:05.32, 2-Lee Ballenger (AW) 2:05.86, 3-Yvonne Hannis (StanTC) 2:05.87, 4-Chris Mullen (AW) 2:06.18, 5-Kay Stormo (IAM) 2:06.64, 6-Pam Sedwick (ConAth) 2:06.94, 7-Sheila Montgomery (LAM) 2:08.91, 8-Deborah Robinson (DCInt) 2:08.69, 9-Robbin Coleman (Tx) 2:09.06.

**FINAL,** 1-Walton 2:00.91, 2-Hannus 2:01.73, 3-J.Clark 2:02.09, 4-Addison 2:02.14, 5-Gallagher 2:02.83, 6-Romo 2:04.16, 7-Gutowski 2:04.62, 8-Jacobs 2:06.12, 9-Ballenger 2:08.20.

**1500 METERS:** Huzzah, said all the entrants - no heats. When the news got around that Mary Decker-Tabb would be running the 1500, there was an immediate hustle to the scratching board as the troops switched to the 3000 - which had 29 entries!

It turned out to be not a bad 1500 with seven runners turning personal bests and Decker herself registering her season best at 4:03.37.

At the gun, Decker took off like a wild banshee and with only three-quarters of a lap completed already led by 3/4 seconds - that's about 30 yards. She was six seconds in front of Joan Hansen at the end of the 400 in 62.7 and eight seconds in front of Bremser at the halfway mark (2:08.5). Came a little slowdown over the third 400 as she led Bremser by only seven seconds at the 1200 mark. Decker ran her final 400 in 64.0 and her last 200 in 32.7. Oregon's Leann Warren ran a smart race and grabbed second with a PR of 4:10.23 over Bremser, who at 4:11.29 had her season best. Darlene Beckford, fourth, broke her own PR of 4:19.6 set back in 1979 by nearly six seconds. Other's who had PR's included Michele Bush, Kathy Hayes, Sue Frederick, Jill Haworth and Linda Portasik.

**1500 METERS:** 1-Mary Decker-Tabb (AW) 4:03.37, 2-Leann Warren (Ore) 4:10.23, 3-Cindy Bremser (WisUn) 4:11.29, 4-Darlene Beckford (LibAC) 4:13.88, 5-Michele Bush (WAC) 4:14.00, 6-Kathy Hayes (Ore) 4:14.94, 7-Linda Goen (WAC) 4:16.07, 8-Sue Frederick (AnnArbor TC) 4:17.03, 9-Jill Haworth (Va) 4:17.24, 10-Joan Hansen (AW) 4:18.17, 11-Linda Portasik (KnoxTC) 4:18.97, 12-Cathie Twomey (AW) 4:19.42, 13-Tara Arnold (Tx) 4:22.11, 14-Sheila Ralston (WAC) 4:23.61, 15-Margaret Coomber (FSUTC) 4:27.26, 16-Claudette Groendaal (Ore) 4:33.51



Is this any way to win a race? Mary Decker Tabb won the 1500m by a seven second margin and had time to watch the rest of the field battle for the remaining places. The battlers were Leann Warren, Cindy Bremser, Darlene Beckford and Michele Bush. (Victor Sailer photo).



3000 Meter action. Top left photo shows the early going, left to right Brenda Webb, Francie Larrieu, PattiSue Plumer, Maggie Keyes and Debbie Eide. Bottom left, Merrill moves into the lead with two laps to go followed by Plumer, Keyes, Eide, Larrieu, Lesley Welch, Ceci Hopp and Webb. Upper right, Merrill heads into the back straight of the final lap with Larrieu on her shoulder followed by a half-hidden Bremser, Hopp and a hidden Webb. Bottom right, with 200m to go, Merrill leads Larrieu, Hopp, Bremser, Plumer and Webb.

(Photos on left by Victor Sailer, upper right by Bill Leung, Jr., lower right by Jeff Johnson)

**3000 METERS:** Old Deja Vu race. How many times has the USA seen races with Francie Larrieu, Jan Merrill, Cindy Bremser and Brenda Webb having a go at each other over the final stages? In spite of the spate of new faces in the distances over the past few years, it was heart warming to see the old ladies finishing 1-2-3-4 once again.

Stanford's freshman Ceci Hopp led for a spell, but her overstriding took its toll and teammate PattiSue Plumer was the front one. Then it was Maggie Keyes and veteran Debbie Eide, but from mid-way on, there was Merrill out in front and over the final 2½ laps, there was Merrill trying to build up a bit of a lead over fast-closing Larrieu - and in vain. Larrieu took the lead with about 100 meters to go and won it by less than half a second with Bremser closing very fast for a close third. Webb just nipped Plumer for fourth as Plumer turned in a new personal best. Others who had their best-ever were Hopp, Lesley Welch, Ann Pewe, Melanie Weaver, Mary Schilly and Eleanor Simonsick.

**3000 METERS,** 1-Francie Larrieu (NBTC) 8:58.66, 2-Jan Merrill (AGAA) 8:59.07, 3-Cindy Bremser (WisUn) 9:00.38, 4-Brenda Webb (AW) 9:03.12, 5-PattiSue Plumer (StanTC) 9:03.14, 6-Ceci Hopp (StanTC) 9:04.18, 7-Lesley Welch (Va) 9:09.54, 8-Debbie Eide (OreTC) 9:09.58, 9-Ann Pewe (AATC) 9:11.16, 10-Maggie Keyes (AW) 9:12.96, 11-Julie Shea (AW) 9:13.79, 12-Melanie Weaver (AATC) 9:15.89, 13-Susan Girard (Un)

9:17.20, 14-Kathy Bryant (KnoxTC) 9:17.90, 15-Mary Schilly (MetStr) 9:19.96, 16-Lisa Welch (Va) 9:21.70, 17-Eleanor Simonsick (Un) 9:24.61, 18-Joy Hansen (Un) 9:25.82, 19-Doreen Ennis-Swarz (Warren Stars) 9:27.19, 20-Lisa Larsen (AATC) 9:27.62, 21-Liz Hjalmarsson (Kan) 9:29.89, 22-Carol Urish (HH) 9:34.12, 23-Rosa Gutierrez (Ore) 9:35.87, 24-Susan Baxter (Gateway TC) 9:40.49, 25-Karen Campbell (AATC) 9:41.25, 26-Nancy Scardina (Club Nibus) 9:49.82, 27-Denise Ball (IATC) 9:53.97, 28-Paula Renzi (PennSt) 9:55.76, Eryn Forbes (Ore) dnf.

**10000 METERS:** Stanford's Kim Schnurpfeil did a couple of items the hard way. First of all, she won both the NCAA and the TAC 10000 meter runs - longest race on the track books. And in Tennessee, she led almost the entire race. Nineteen runners started the race and after the first four laps, three had taken leave of the pack. Coach Brooks Johnson must have been on cloud Nine as the runners passed the fifth lap with his Stanford runners in first, third and fourth and at the end of the sixth lap, the pack had shrunk to 14.

After eight laps, the leaders were reduced to only seven runners - Schnurpfeil, Mason, Hjalmarsson, Urish, Cooksey, Julie Shea and Simonsick. At the end of 13 laps, the pack numbered five and two laps later it was down to three - Kim Schnurpfeil, Julie Shea and Marty Cooksey.





Larrieu wins the Deja Vu race over Merrill, Bremser and Webb.  
Jeff Johnson photo.



3000m champ FRANCIE LARRIEU. (Jeff Johnson photo.)



10000m Champion KIM SCHNURPFEL (Jeff Johnson photo)



Kim Schnurpfeil leads Julie Shea in 10000m.  
(Jeff Johnson photo)



Kim Schnurpfeil leads during early stages of the 10000 meters ahead of Michele Mason, Carol Urish and Marty Cooksey. (Bill Leung, Jr., photo.)

Except for brief moments at the end of the second lap when Marilee Matheny had the lead, the 7<sup>th</sup> and 8<sup>th</sup> laps when Mason was in front, Schnurpfeil led all the way - until Julie Shea made her move on the 19<sup>th</sup> lap. Shea went to the front and stayed there for three laps, building up a sizeable lead. With five laps to go, Schnurpfeil went past Shea and finished 13 seconds in front.

With only 50 meters to go, Marty Cooksey was a cinch for third, but suddenly heat exhaustion caught up with her and she fell. She got to her feet with much difficulty and wobbled 5-10 meters and fell again. Once more she arose and staggered to the finish line with painful looking movements. She finished seventh as two runners went by her in the last slow five meters. In spite of all this, Cooksey ran a creditable 34:27.30, just three seconds slower than her lifetime best.

Personal bests went to Schnurpfeil, now #8 or #9 on the All-Time US List depending on how one considers Kelly Cathy's Mt. SAC performance, to Michelle Mason, Sue King, Lisa Larsen, Doreen Ennis and Eleanor Simonsick.

**10000 METERS:** 1-Kim Schnurpfeil (StanTC) 33:25.88, 2-Julie Shea (AW) 33:38.74, 3-Michelle Mason (StanTC) 33:48.11, 4-Carol Urish (HH) 34:00.59, 5-Sue King (NBTC) 34:12.97, 6-Lisa Larsen (AATC) 34:25.70, 7-Marty Cooksey (AW) 34:27.30, 8-Liz Hjalmarsson (Kan) 34:28.9, 9-Doreen Ennis-Schwarz (WStStars) 34:33.7, 10-Ann Locke (STanTC) 34:34.7, 11-Eleanor Simonsick (Un) 34:35.9, 12-Mary Shea (Un) 34:40.1, 13-Jill Washburn (AATC) 34:44.7, 14-Glenys Quick (MetStr) 34:47.6, 15-Marilyn Taylor-Allen (WVTC) 35:45.1, 16-Nancy Ditz (Un) 36:00.4, 17-Mary Mason (UCSB) 37:37.0, Merilee Matheny (TxA&MTC) and Linda McLennan (TR) dnf.

**5000 METER WALK:** 1-Susan Liers-Westerfield (IslTC) 24:56.6, 2-Bonnie Dillon (WVTC) 25:16.2, 3-Teresa Vaill (IslTC) 26:04.4, 4-Norma Arnesen (ShoreAC) 26:40.7, 5-Debbie Spino (Kan) 27:19.6, 6-Carol Brown (IslTC) 27:24.8, 7-Karen Stoyanowski (WVTC) 27:33.5, 8-Chris Anderson (LibAC) 27:36.8, 9-Susan Brodock (SCRR) 27:46.0, 10-Sally McWherson-Berendt (Army) 28:06.0, 11-Judy McKeown (NJStr) nt, 12-Lori Gambrel (CA) nt, Jeanne Bocci (Motor City Str), Gwen Robertson (SW) and Vicki Jones (Un) all disqualified.



100m Hurdles champion, STEPHANIE HIGHTOWER. (Bill Leung, Jr., photo.)

**100 METER HURDLES:** The lack of top flight hurdlers in the USA is once more apparent at the TAC Championships. Same old cast of Hightower, Fitzgerald, Young and Turner. There are some shiftings in the next rank, but very little to brighten the hurdle horizon in our country. Lori Dinello was credited with a 13.29 heat in May in Texas, but showed none of that ability here as she finished last in 13.94. Nebraska's Rhonda Blanford shows promise every once in a while, but is still young and inconsistent. Lori Smith has shown flashes this year, but has dropped off a great deal in the late season big meets. The only bright light for the future lies with Pam Page, former Missouri hurdler, now a member of the IA Track Club. From being a "floater", Page has developed into a real diver at the barriers and although she lost to Kim Turner and the 'big three' at the TAC meet, she whipped Turner the following week. Her hitting the last couple of hurdles in Knoxville didn't help. Aside from Page, there is nothing coming up - and Page is no spring chicken by track standards. Perhaps the USA is learning it takes time to know this event.

In the TAC final, Fitzgerald did not get out well and the race was over by the time Hightower reached the first hurdle. The former Ohio State athlete equalled the American record - finally - with her victory and was in command all the way.

**100 METER HURDLES:** Heat 1 (-0.03), 1-Stephanie Hightower (LA TC) 13.14, 2-Lori Dinello (LAM) 13.60, 3-Rhonda Blanford (LATC) 13.70, 4-Kris Costello (Ore) 14.13, 5-Lori Smith (LAM) 14.16, 6-Maureen Prendergast (Club NY) 14.44; Heat 2 (-0.92), 1-Benita Fitzgerald (LATC) 13.21, 2-Candy Young (FD) 13.25, 3-Gayle Watkins (CA) 13.87, 4-Jaqui Sedwick (ConAth) 14.03, 5-Julie Smithers (PoLath) 14.28, 6-Kelley Mathews (ISU) 14.87; Heat 3 (-0.69), 1-Kim Turner (Atoms) 13.28, 2-Pam Page (LATC) 13.37, 3-Linda Weekly (Atoms) 13.86, 4-Emi Akimoto (Japan) 13.89, 5-Clara Hairston (Aub) 13.92, 6-Marla Williams (Kan) 14.36, 7-Kelly Graham (MCTC) 14.65.

**FINAL** (-0.01), 1-Hightower 12.86, 2-Fitzgerald 13.01, 3-Young 13.14, 4-Turner 13.15, 5-Page 13.40, 6-Weekly 13.69, 7-Watkins 13.78, 8-Blanford 13.86, 9-Dinello 13.94.



Stephanie Hightower equals the American Record as she wins the 100m hurdles in 12.86. Left to right, Kim Turner (4th), Hightower, Benita Fitzgerald (2nd), Candy Young (3rd) and Pam Page (5th). (Jeff Johnson photo).



Turning for home in the 400m hurdles, Tammy Etienne takes the lead. Left to right, Etienne, Sandra Farmer (4th), Patricia Melton (8th), Edna Brown (3rd), Tonja Brown (2nd) and Marlene Harmon (9th). (Jeff Johnson photo).

**400 METER HURDLES:** Now here's a hurdle race which has ample competitors and they're getting better all the time. Took four heats and three semis to cut the field down to the final nine and the Americans are learning how to run this one.

The heats eliminated some well-known names. Sitting down after the trials were former American record-holder Debbie Esser along with a disappointing Stephanie Vega, Princeton's Sally Anderson, Patricia Melton and Amy Dunlop. There was some confusion at the fourth turn with the track markings and the outside runners were finishing in lane 8, but all was well in the semis.

The semis waved bye-bye to a goodly group including Lexie Miller, Maureen Prendergast, Tami Hart, Lynn Gamble, Judi Brown and Faye Paige. One had to feel sorry for Paige as she was an easy qualifier but misjudged the finish line, eased up and was eliminated.

The final shaped up as a good one between the two remaining Browns, Tonja and Edna, Tammy Etienne and Kim Whitehead. Whitehead drew the outside lane and being noted for not knowing pace, that put her at a distinct disadvantage - and she went out too fast and finished seventh in 59.26 after running in the 57's earlier. The Brown girls in lanes 2 and 4 did a good job of taking away each other's finishing kick as they battled over the first 300 meters. Etienne, running in lane 6, maintained her rhythm and pace, took the lead as the field rounded the final turn and won by nearly a second in her lifetime best of 56.55. Etienne was the only finalista to have a PR. Tonja was second and Edna third as the latter hit the last hurdle.

Much pats on the back must be given to Tammy Etienne. She has worked over the past years to become a good world class 400m hurdler. She ran 61.16 in 1979, cut that to 59.15 in 1980, then 58.46. In 1981 she lowered her best to 58.15, 57.53, 57.37 and 57.10. This year she ran 56.67 and in Knoxville her new PR of 56.55.

**400 METER HURDLES:** Heat 1, 1-Tonja Brown (FSUTC) 59.20, 2-Faye Paige (LAM) 60.70, 3-Lisa Nicholson (Ore) 61.74, 4-Kelley Mathews (ISU) 62.16, 5-Debbie Mullice (AATC) 63.21, 6-Jayne Glade (Kan) 64.61, 7-Janet Fluker (Aub) 65.64, Karen Hatchett (MsAC) dnf; Heat 2, 1-Tammy Etienne (Met Stri) 58.22, 2-Kim Whitehead (Atoms) 58.44, 3-Lexie Miller (Ore) 59.67, 4-Tamie Hart (MsAC) 59.70, 5-Rachel Clary (MsAC) 60.10, 6-Lai Lih-Jiau (SCRR) 60.26, 7-Cathy Anderson (Minn) 61.93, 8-Stephanie Vega (Atoms) 62.56; Heat 3, 1-Edna Brown (Temple) 57.83, 2-Colleen Williams (LAM) 58.80, 3-Marlene Harmon (LATC) 59.44, 4-Maureen Prendergast (Club NY) 59.91, 5-Sally Anderson (Princeton) 61.16, 6-Kimberly Hatchett (MsAC) 62.64, 7-Vivian Scruggs (MsAC) 66.26; Heat 4, 1-Sandra Farmer (LATC) 58.67, 2-Judi Brown (ConAth) 58.89, 3-Sharrieffa Barksdale (KnoxTC) 59.26, 4-Lynn Gamble (PV) 59.39, 5-Patricia Melton (LibAC) 60.27, 6-Debi Esser (TxA&MTC) 60.46, 7-Amy Dunlop (WisUn) 62.80, 8-Jill Lancaster (Un) 63.97.

Semi-final 1, 1-E.Brown 57.35, 2-Farmer 58.18, 3-Williams 58.32, 4-Miller 59.19, 5-Hart 60.38, 6-Prendergast, 60.64, 7-Lai 61.10; Semi-final 2, 1-T.Brown 57.78, 2-Whitehead 57.94, 3-Barksdale 58.23, 4-Gamble 59.79, 5-J. Brown 59.95, 7-Clary 60.49; Semi-final 3, 1-Etienne 57.64, 2-Harmon 58.48, 3-Melton 60.33, 4-Paige 61.0, 5-Nicholson 61.73, 6-Mathews 64.5.

FINAL, 1-Etienne 56.55, 2-T.Brown 57.43, 3-E.Brown 57.49, 4-Farmer 57.85, 5-Barksdale 58.67, 6-Williams 58.68, 7-Whitehead 59.26, 8-Melton 59.30, 9-Harmon 59.33.



400m Hurdles champion, TAMMY ETIENNE, (Bill Leung, Jr., photo.)

**4x100 METER RELAY:** Lotsa speedsters in this one. The trials eliminated only two teams, both from the same heat, and both Wilt's AC and the LATC took advantage of the new replacement rule and switched runners for the final. Wilt's group put Brenda Morehead in place of La Shon Nedd on their "A" team and scratched their "B" team from the final. Merlene Ottey replaced Jackie Pusey on the LATC "A" team for the final.

However, it was agreed that the Wilt's AC had the horses and it was just a question of how fast they could cover the lap. The foursome of Morehead-Bolden-Brown-Griffith made it once around in 43.45 with the LATC "B" team next in 43.73 and the "A" team third at 43.91. One can but wonder what a team of Hodges (who apparently can't run 100m on the straight but zooms on the turn), Fitzgerald, Williams and Ottey could have scampered.

**4x100 METER RELAY:** Heat 1, 1-Wilt's AC 43.60, 2-Tennessee State University TC 44.60, 3-Atoms TC 44.96, 4-LATC 44.98, 5-MsAC 45.08; Heat 2, 1-LATC "B" 44.25, 2-DC International 45.03, 3-Southern California Cheetahs 45.24, 4-Wilt's AC "B" 45.41, 5-LA Mercurettes (L.Smith-Thompson-V.Smith-Jerald) 45.69, 6-MsAC "B" (Dixon-Johnson-Clary-Asheber) 46.64.

**FINAL,** 1-Wilt's AC (Morehead-Bolden-Brown-Griffith) 43.45, 2-LATC "B" (Hodges-S.Howard-Hay-Williams) 43.73, 3-LATC "A" (Anderson-Fitzgerald-Blanford-Ottey) 43.91, 4-TSU TC (Cheeseborough-Fort-Davis-Pernell) 44.74, 5-Atoms (D.Dixon-Jackson-Weekly-Hawkins) 45.12, 6-MsAC (Mastin-Dodson-Jefferson-Riddick) 45.14, 7-DC International (Funn-Belle-Ferguson-Jackson) 45.14, 8-SC Cheetahs (Innis-McCraw-Bell-Z.Johnson) 45.30.

**4x400 METER RELAY:** Great race as the LATC put together a swift foursome. Sharon Dabney opened with a 53.3 for the lead over Wilt's Jackie Joyner (54.5). Denean Howard toured the oval in 51.3 to 51.6 for Arlise Emerson and sister Sherri increased the margin with a 52.2 to Cindy Cumbess' 53.5. Roslyn Bryan anchored the LA group with 51.7 and in spite of a good 52.0 by anchor La Shon Nedd for Wilt, the Atoms Diane Dixon sped 50.5 to grab the runner-up position. The winning time was the fastest ever by a non-national team.

**4x400 METER RELAY: FINAL,** 1-LATC (Dabney 53.3-D.Howard 51.3-S.Howard 52.2-Bryant 51.7) 3:28.68, 2-Atoms TC (Crooks-Scott-Whitehead-D.Dixon) 3:31.62, 3-Wilt's AC (Joyner 54.5-Emerson 51.6-Cumbess 53.5-Nedd 52.0) 3:31.83, 4-LA Mercurettes (Thompson-Paige-V.Smith-Gardner) 3:34.89, 5-SC Cheetahs (Kellon-Z.Johnson-Taylor-McCraw) 3:37.08, 6-DC International (Jackson-Belle-Collins-Roberson) 3:38.84, 7-MsAC (Jefferson-Dodson-Hart-Dixon) 3:42.45, 8-Boston International (Williams-Stone-Eddins-Reid) 3:44.60.

**MEDLEY RELAY:** Heats were needed to eliminate one team from the final. Then two of the qualifying teams didn't show for the final which no doubt pleased the MsAC team which was eliminated in the trials.

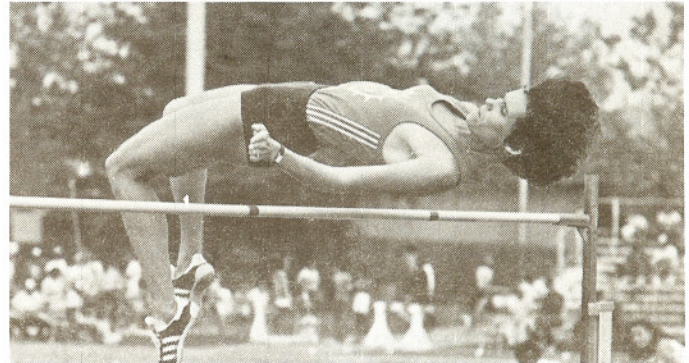
Some switching around after the heats - Arlise Emerson replaced La Shon Nedd for the winning Wilt's AC team and responded with a fine 51.7 lap. LATC scratched their "A" team but still finished second with their "B" group. The Southern California Cheetahs did well with three high schoolers on the final three legs to finish third. The winning team had a world best and an American record at 1:36.79, mighty swift.

**800 METER MEDLEY RELAY: Heat 1,** 1-Wilt's AC 1:38.28, 2-SC Cheetahs 1:38.89, 3-Wilt's AC "B" 1:40.29, 4-LATC 1:40.41, 5-Atoms 1:40.67; Heat 2, 1-LATC "B" 1:39.36, 2-LA Mercurettes 1:41.66, 3-Tennessee State University TC 1:41.77, 4-MsAC 1:41.94, 5-MsAC "A" (Reddick-Mastin-Jefferson-Hart) 1:43.36.

**FINAL,** 1-Wilt's AC "A" (Morehead-Bolden-Brown-Emerson 51.5) 1:36.79, 2-LATC "B" (T.Howard-D.Howard-Hay-Dunlap 52.0) 1:37.57, 3-SC Cheetahs (Innis-Z.Johnson-McCraw-Kellon 52.7) 1:38.28, 4-LA Mercurettes (L.Smith-Scotfield-Thomas-Garfield) 1:39.46, 5-Tennessee State TC (Jones-Fort-Davis-Pollion 54.9) 1:41.58, 6-MsAC "B" (Dixon-Hatcher-Dodson-Neale) 1:42.0, LATC "A" and Atoms TC did not start.

**4x800 METER RELAY:** Stanford's Regina Jacobs whipped through the two laps in 2:02.9 as second runner for the Stanford TC, and that took care of the race. Kay Stormo had a fine 2:05.6 for the LA Mercurettes on the lead leg, but Jacobs ruined the plans. The Stanford crew's slowest leg was the opening run of 2:08.1 by Tami Essington. June Griffith (2:06.1) and Yvonne Hanus (2:04.9) applied the pressure.

**4x800 METER RELAY: FINAL,** 1-Stanford TC (Essington 2:08.4+ Jacobs 2:02.9-Griffith 2:06.1-Hanus 2:04.9) 8:22.26, 2-LA Mercurettes (Stormo 2:05.6-Montgomery 2:06.2-Dramiga 2:06.8-Gutowski 2:08.0) 8:26.58, 3-LATC (Dabney 2:09.8-Ball 2:11.2-Stachura 2:13.3-Harmon 2:08.3) 8:42.59, 4-Coast Athletics (Bottomley 2:11.4-Curtis 2:10.3-Zuleski 2:12.2-Scherzinger 2:09.4) 8:43.26, 5-Ms AC (Hart 2:11.5-Kelly 2:11.0-Neale 2:24.9-Trent 2:21.2) 9:08.35.



Now THAT'S clearance! Debbie Brill wins the high jump at 6'4". (Jeff Johnson photo.)

**HIGH JUMP:** The old pro, Debbie Brill, had the title wrapped up from the beginning. One could sense the winning feeling bundled up inside Brill as she watched the meet from the press box the day before her competition. And she didn't disappoint. She briefly fell behind at 6'1 1/4 when it took her three attempts to the first try clearance of Phyllis Blunston, but that was the only questionable moment. Blunston, who ended up with a personal best and second place at 6'3 1/2, was having a day of sink or swim. She was over 5'8 1/2 on her first jump, passed 5'9 1/2 and took three tries to get over the next height of 5'10 1/2. Then it was back to swimming as she hopped over 6'0 and 6'1 1/4 on her first effort. Back to sinking at 6'2 1/4 with three attempts. And she finished swimming once again with a first effort clearance of 6'3 1/2.

Seven jumpers were over the six foot mark, happiest of whom was Maggie Garrison who hasn't jumped that high too often lately. The two high schoolers, Mary Moore and Kym Carter appeared nervous and hesitant although Moore was over six feet while Carter had to settle for 11 1/2 at 5'9 1/2.

Something should be done to control those roving TV camera persons! When the bar got to 6'4 1/2, there was the little man with his big camera right in the faces of Blunston and Brill. With the lenses now available, there is no reason these characters have to stand six or seven feet from the athlete and aim right at their heads. Give the athletes a break!

**HIGH JUMP: FINAL**

	5'8 1/2	5'9 1/2	5'10 1/2	6'0	6'1 1/4	6'2 1/4	6'3 1/2	6'4 1/2	6'6
Brill	p	x	p	x	oox	x	x	oo	ooo
Blunston	x	p	oox	x	x	oox	x	oo	
Sommer	x	x	oox	x	oox	oox	oo		
Huntley	p	x	p	oox	oox	oo			
Fukumitsu	oox	oox	x	oox	oo				
Moore	x	oox	x	oox	oo				
Garrison	x	oox	oox	oox	oo				
Markham	oox	x	x	oo					
McNeal	x	x	oox	oo					
Gibson	x	oox	oox	oo					
Carter	x	x	oo						
Bullard	x	oox	oo						
Ogar	oox	oo							

**HIGH JUMP: FINAL,** 1-Debbie Brill (PCC) 6'4 1/2, 2-Phyllis Blunston (LATC) 6'3 1/2, 3-Coleen Sommer (WAC) 6'2 1/4, 4-Joni Huntley (PCC) 6'1 1/4, 5-Hisayo Fukumitsu (Japan) 6'0, 6-Mary Moore (Issaquah Gliders) 6'0, 7-Maggie Garrison (SW) 6'0, 8-Wendy Markham (FSUTC) 5'10 1/2, 9-Sue McNeal (WAC) 5'10 1/2, 10-Yolanda Gibson (Atoms) 5'10 1/2, 11-Kym Carter (Un) 5'9 1/2, 12-Joanna Bullard (AATC) 5'9 1/2, 13-Helen Ogar (IAM) 5'8 1/2.



High jump winner DEBBIE GRIFIN (Jeff Johnson photo).

**LONG JUMP:** Some pretty fair jumpers failed to advance from the qualifying round. Jackie Joyner (21'8 $\frac{1}{2}$ ), Kathy Rankins (20'11 $\frac{1}{2}$ ), Vivian Riddick (20'4 $\frac{1}{2}$ ), Alice Bennett (20'2 $\frac{1}{2}$ ) and Lori Risenhoover (20'2) all failed to leap the 19'8 needed to make it to the final. Joyner was particularly disappointing as she once again had trouble finding the takeoff board. Joyner registered a foul, 19'6 and then 18'2 $\frac{1}{4}$  on her last try.

The 14 finalists produced an excellent competition. There were eight athletes beyond the 21 foot mark and four more over 20 feet. Carol Lewis won it at 22'4 $\frac{1}{4}$ , a personal best. American record holder Jodi Anderson, turned loose for the first time this year, was next with a good 21'10 $\frac{1}{2}$ , just three-quarters of an inch ahead of Shonell Ferguson. The question-mark girl of the long jump, indoor cham Veronica Bell, did get a legal leap over 21 feet (21'1 $\frac{1}{4}$ ) and a wind-aided 21'2 to further cast confusion regarding her indoor performance. Her jump has more the mark of respectability now although she placed only eighth.

**LONG JUMP: Qualifying,** 1-Carol Lewis (SMTC) 21'9, 2-Kathy McMillan-Ray (CA) 21'6 $\frac{1}{4}$ , 3-Dorothy Scott (Atoms) 21'1 $\frac{1}{2}$ , 4-Shonell Ferguson (DCInt) 21'1 $\frac{1}{4}$ , 5-Tootie McKnight (LAM) 20'9 $\frac{1}{4}$ , 6-Jodi Anderson (LATC) 20'9 $\frac{1}{4}$ , 7-Elaina Echevarria (Cuba) 20'5 $\frac{1}{4}$ , 8-Pat Johnson (ChiZeph) 20'4 $\frac{1}{4}$ , 9-Jennifer Innis (SCC) 20'4 $\frac{1}{4}$ , 10-Lorraine Ray (StanTC) 20'3 $\frac{1}{4}$ , 11-Veronica Bell (SCC) 20'3 $\frac{1}{4}$ , 12-Donna Thomas (LAM) 20'2 $\frac{1}{4}$ , 13-Robin Taylor (ConAth) 19'9 $\frac{1}{4}$ , 14-Evalene Hatcher (MsAC) 19'8, 15-Gwen Loud (CA) 19'7 $\frac{1}{2}$ . Non-qualifiers, 16-Vivian Riddick (MsAC) 19'7 $\frac{1}{2}$ , 17-Kathy Rankins (MsAC) 19'7, 18-Jackie Joyner (WAC) 19'6 (Foul-19'6-18'2 $\frac{1}{4}$ ), 19-Lori Risenhoover (AdamsSt) 18'11 $\frac{1}{4}$ , 20-Alice Bennett (FSUTC) 18'10 $\frac{1}{2}$ .

**FINAL,** 1-Lewis 22'4 $\frac{1}{4}$ , 2-Anderson 21'10 $\frac{1}{2}$ , 3-Ferguson 21'10, 4-Innis 21'8 $\frac{1}{4}$ , 5-McKnight 21'6 $\frac{1}{4}$ , 6-McMillan-Ray 21'5 $\frac{1}{2}$ , 7-Loud 21'2 $\frac{1}{4}$ , 8-Bell 21'2w (21'1 $\frac{1}{4}$  legal), 9-Johnson 20'6 $\frac{1}{4}$ w (20'3 legal), 10-Echevarria 20'4 $\frac{1}{4}$ , 11-Scott 20'2 $\frac{1}{4}$ , 12-Thomas 20'1w (19'11 legal), 13-Taylor 19'10 $\frac{1}{4}$ , 14-Ray 19'10 $\frac{1}{4}$ , 15-Hatcher 19'3 $\frac{1}{2}$ .

**SHOT PUT:** Great fun in the shot with Cuba's rhyming Maria Sarria giving the Americans something to shoot at. A couple of athletes, Kathy Picknell and Quenna Beasley from the Oregon TC and Oregon University respectively, had PR's in the trials, Picknell tossing 51'9 $\frac{1}{4}$  and Beasley 48'8 $\frac{1}{4}$ . Beasley improved in the final to 49'8 $\frac{1}{4}$  to finish 12<sup>th</sup>. Picknell did not compete in the final.

Sarria had three legal throws in the final, all beyond 60 feet and one at 61'8 $\frac{1}{4}$  for the win. The USA's leading putter for 1982, Lorna Griffin, had to settle for fifth as she dropped off a couple of feet from her season best. Tennessee's Rose Hauch had a PR at 55'7 $\frac{1}{4}$  for second place and Cal State Long Beach's Annie McElroy also had a PR at 52'2 $\frac{1}{4}$ . McElroy's two CSLB teammate, Ramona Pagel and Peggy Pollack, also qualified for the final as they did in the NCAA - but this time, none of them placed.

**SHOT PUT: Qualifying,** 1-Maria Sarria (Cuba) 59'11, 2-Elaine Sobansky (PennSt) 53'11, 3-Rosemarie Hauch (KnoxTC) 53'2 $\frac{1}{4}$ , 4-Lorna Griffin (AW) 52'0, 5-Kathy Picknell (OreTC) 51'9 $\frac{1}{4}$ , 6-Denise Wood (KnoxTC) 51'9, 7-Ria Stalman (LATC) 51'8 $\frac{1}{2}$ , 8-Sandy Burke (NE) 51'8 $\frac{1}{4}$ , 9-Annette Bohach (IndTC) 51'7 $\frac{1}{4}$ , 10-Ramona Pagel (VitP) 51'5, 11-Nini Davis (PAL) 50'2, 12-Annie McElroy (WAC) 50'1 $\frac{1}{4}$ , 13-Quenna Beasley (Ore) 48'8 $\frac{1}{4}$ , 14-Carol Cady (StanTC) 48'1 $\frac{1}{4}$ , 15-Peggy Pollock (Kan) 47'9 $\frac{1}{4}$ . Non-Qualifiers, 16-Karen Nitsch (Un) 46'10 $\frac{1}{4}$ , 17-Cheryl Kennedy (VitP) 46'7 $\frac{1}{2}$ , 18-Bonnie Dasse (VitP) 46'5 $\frac{1}{4}$ , 19-Pia Iacovo (Taunton TC) 46'3 $\frac{1}{2}$ , 20-Terri Byland (Un) 45'11 $\frac{1}{4}$ , 21-Jo Beth Palmer (Tx) 45'4, 22-Lorraine Costanzo (CA) 45'2 $\frac{1}{2}$ , 23-Cheryl Baker (Un) 45'2 $\frac{1}{4}$ , 24-Pamela Dukes (Willingboro TC) 44'11.

**FINAL,** 1-Sarria 61'8 $\frac{1}{4}$ , 2-Hauch 55'7 $\frac{1}{4}$ , 3-Wood 54'0 $\frac{1}{4}$ , 4-Burke 53'1 $\frac{1}{4}$ , 5-Griffin 52'10 $\frac{1}{4}$ , 6-Bohach 52'9 $\frac{1}{4}$ , 7-Pagel 52'6 $\frac{1}{2}$ , 8-McElroy 52'2 $\frac{1}{4}$ , 9-Sobansky 52'2, 10-Stalman 51'1 $\frac{1}{2}$ , 11-Davis 50'6 $\frac{1}{4}$ , 12-Beasley 49'8 $\frac{1}{4}$ , 13-Pollock 48'5 $\frac{1}{2}$ , 14-Cady 47'5 $\frac{1}{4}$ , Picknell did not compete.

**DISCUS THROW:** Many top ranked throwers didn't get past the qualifying round. Eliminated were such names as Carol Cady, Julie Jones, Laura DeSnoo and Leslie Hoerner. A throw of 161'10 was needed to advance to the final.

Oregon's Quenna Beasley, who had a PR in the shot qualifying and another in the shot final, got her third PR of the meet with a qualifying toss of 162'3. Beasley's golden days came to an end in the final when she dropped to 150'1 and finished last.

Ria Stalman, the stalwart thrower from Holland, won the individual title as expected with young Leslie Deniz next in line. American record holder Lorna Griffin continued her sub-par disc year with a throw of 184'1 for fourth.



CAROL LEWIS won long jump with a leap of 21'9. (Bill Leung, Jr., photo.)



Foreign athletes win the shot and discus at the TAC meet. Left is discus winner Ria Stalman from Holland, right is shot winner Maria Saria of Cuba. (Stalman photo by Bill Leung, Saria by Jeff Johnson.)

**DISCUS THROW:** Qualifying, 1-Ria Stalman (LATC) 192'5, 2-Leslie Deniz (LATC) 188'8, 3-Denise Wood (KnoxTC) 178'11, 4-Penny Neer (AATC) 178'10, 5-Kathy Picknell (OreTC) 178'10, 6-Lorna Griffin (AW) 175'4, 7-Lynne Anderson (Ore) 174'7, 8-Jan Svendsen (WAC) 174'3, 9-Julie Hansen (SW) 170'2, 10-Terri Byland (Un) 163'10, 11-Quenna Beasley (Ore) 162'3, 12-Pia Iacovo (Taunton TC) 162'2, 13-Robin Small (Un) 161'10. Non-qualifiers, 14-Jacque Norton (CA) 161'3, 15-Karen McDonald (Ore) 160'7, 16-Carol Cady (Stan) 160'4, 17-Julie Jones (BYU) 158'7, 18-Laura DeSnoo (VitP) 157'10, 19-Jacquelyn Wallace (KnoxTC) 157'6, 20-Mary Hyder (WMichTC) 155'5, 21-Leslie Hoerner (AIA) 150'1, 22-Pat Harrington (IdahoSt) 144'10.

**FINAL:** 1-Stalman 203'10, 2-Deniz 191'0, 3-Picknell 186'4, 4-Griffin 184'1, 5-Wood 182'11, 6-Svendsen 177'1, 7-Anderson 177'0, 8-Hansen 175'8, 9-Small 167'3, 10-Iacovo 166'2, 11-Neer 164'4, 12-Byland 158'6, 13-Beasley 150'1.

**JAVELIN THROW:** Cuban Mayra Vila led the qualifying round with a good toss of 201'1 and the six non-qualifiers were well-known 'names' in the javelin world.

Karin Smith opened the final competition with a throw of 199'7 which held up until the fourth round when nemesis Lynda Hughes of Oregon unleashed one for 201'1, her second time ever over 200 feet. Hughes finished the day with a fifth round throw of 199'1 and hit 202'3 on her last effort. In the meantime, Smith was not just picking daisies and everyone named Hughes held their breath as Smith's final throw landed at 199'7. Meanwhile, Vila could only muster 196'10, a mark which she made twice, on her first throw and on her last one. Kate Schmidt was back in town after some little known competitions overseas, and whipped the spear out 195'10 for fourth.

**JAVELIN THROW:** Qualifying, 1-Mayra Vila (Cuba) 201'1, 2-Karin Smith (AW) 193'1, 3-Lynda Hughes (Ore) 176'7, 4-Kate Schmidt (PCC) 175'3, 5-Sally Harmon (Ore) 172'8, 6-Deanna Carr (SW) 171'5, 7-Jacque Nelson (WAC) 164'10, 8-Liz Mueller (VitP) 162'10, 9-Debbie Williams (AATC) 158'7, 10-Barbara Moro (WAC) 157'0, 11-Rozlyn Rouse (Ore) 156'6, 12-Donna O'Carroll (PAL) 155'1, 13-Kristen Engle (GBTC) 151'11. Non-qualifiers, 14-Danella Barnes (WAC) 147'8, 15-Linn Dunton (AIA) 146'10, 16-Kathy Calo (Un) 142'11, 17-Marilyn Senz (Penn St) 141'11, 18-Lori Kokkola (Tx) 141'9, 19-Debbie Dibb (Vit+) 141'1.

**FINAL:** 1-Hughes 202'3, 2-Smith 199'7, 3-Vila 196'10, 4-Schmidt 195'10, 5-Harmon 190'4, 6-Carr 173'11, 7-Nelson 167'8, 8-Mueller 163'2, 9-Williams 161'1, 10-Rouse 160'5, 11-O'Carroll 156'3, 12-Moro 156'1, Engle did not compete.

**SCORES:** A proud Californian might announce the Golden State tallied nearly all of the 600+ points and the rest of the country could muster only 129 points - less than the winning LATC alone. But with "California" athletes coming from 15 states and several foreign countries, the "California" victory is rather hollow.

1-LATC	146	20-West Valley TC	8
2-Wilt's AC	62	AGAA	8
3-Stanford TC	37	22-DC International	7
4-Athletics West	36	23-Temple	6
5-Atoms TC	29	Farleigh Dickinson	6
6-Oregon	21	25-Coast Athletics	5
7-LA Mercuresses	19	26-Northeastern	4
8-Knoxville TC	18	Ms AC	4
Pacific Coast Club	18	Houston Harriers	4
10-Island TC	17	Liberty AC	4
11-Florida State TC	14	Shore AC	4
12-SC Cheetahs	12	31-Indiana TC	2
Wisconsin United	12	Kangaroos	2
New Blance TC	12	33-SportsWest	1
15-Oregon TC	10	Ann Arbor TC	1
Santa Monica TC	10	Prairie View	1
Metroplex Striders	10	Golden Bear TC	1
TSU TC	10	Issaquah Gliders	1
Medalist TC	10		



Javelin winner LYNDA HUGHES of Oregon. (Bill Leung photo)

## LETTERS

"You do a great work with WTFW. Fourteen dollars is actually a low price. And USA is a superpower in our track and field sport! There are several good reasons for subscribing to the monthly magazine.

"Our pride lady trackster is Grete Bjordatsbakke, born 1960, who has possibly the world best standing high jump at 1.51/4'11". This past indoor season she came within reach of the standing long jump mark of 2.88/9'5". G.B. jumped 2.82/9'3.

"Do you have space for a search after my granduncle Tobias Oren, (or Hren or Wren or Oeren), who possibly settled in California as a carpenter about 1913 and married an 18 year old American lady? He might have had some contact with her sister Hannah Oren-Vraa in North Dakota. I know much about them but the decendants know very little."

Einar Otto Oren  
Norway

"I read with interest your editorial about the Mt. SAC heptathlon competition and the involvement of UCLA coach Scott Chisam and Wilt Chaberlain during the meet.

"Speaking as a three-time head pentathlon official at the AIAW Championships in 1977, 1978 and 1979 and the head official for the multi-event competition at Mt. SAC in 1979 and 1980, I must say that you are perhaps a bit harsh on these two individuals. In defense of Scott, he had called me on two separate occasions asking me to officiate the Mt. SAC heptathlon and expressing his concern that competent officials were needed. Because of my new magazine duties, I was unable to assist. Evidently, and unfortunately, it came down to "if you want something done, do it yourself".

"Clearly, every coach wants the best possible situation for his or her athlete when so much is at stake, and from 12 years in the women's coaching ranks myself, I know full well there are many coaches who will always find something to cry about regardless of who is officiating.

"In this particular instance, I would think Scott would be professional enough to refrain from blatant coaching on the field during competition and in Wilt's situation, his only shortcoming (if it can be considered such) is that he simply cares about the sport and the athletes. He's proven that time and time again with his willingness to lend a hand whenever it is needed.

"Lastly, in regard to coaching on the field, this is something that has bothered me ever since I became involved with coaching women's track and field. In my opinion, the rule seems in every way - archaic. If the rule was originally drawn to keep the added clog of bodies off the infield, so be it. But I still feel athletes should have access to their coaches whenever they desire. Be it plits, advice on steps in the jumps or just plain motivational talk prior to a race. The learning experience of competition should not stop at the gate to the stadium. In gymnastics, a coach is afforded the right to be on the floor with the athlete during the competition, something which the track and field world might do well to consider in the future.

"At any rate, my main point is that last year, as head official at Mt. SAC, I was also the assistant coach at UCLA and I had three athletes competing in that event. Fortunately, no one took exception to my efforts to run an honest, proper event. And I'm sure those wishes were also on Scott and Wilt's minds when they volunteered to help this year."

Steve Wennerstrom, Editor  
Body & Power Magazine

Dear Steve:

A closer perusal of that editorial will reveal I never said the two gentlemen in question were coaching on the field. I said they were foolish to put themselves in a position which could be misinterpreted by opposing coaches. Most coaches of women's teams, (especially in southern California), hate all of the other coaches. Discretion directs you not become an open target for their venom.

Both Wilt and Chisam were at Knoxville. Both sat in the stands and neither spoke to me. Oh, well.

You are 100% correct in your feelings about communication between coach and athlete being outlawed. Can you name one other sport in which the coach can not talk with the athlete? I don't think so. I can understand not allowing coaches on the field, but see nothing wrong with athletes coming to the stands for a talk. It's a ridiculous rule and is violated by most coaches through "messengers", written notes, sign language, etc.

As for your officiating in 1981 and simultaneously coaching at UCLA, perhaps the lack of opposition to your presence was dictated by their opinion of your coaching ability! (I'm just kidding - come get your magazines).

SFVR

"What is being done about the records set by Veronica Bell in the indoor long jump and Kellie Cathey in the outdoor 10k run? Are these marks legitimate and will they be accepted by our records committee? We certainly don't want to deprive any athlete from her legitimate performance, but someone must protect the athletes of the future from erroneous ones."

James Wakefield  
Pittsfield, Mass

I can't tell you officially what the status of these two performances is. Cathey's mark can't go into the books because the race was run with men, so that settles that. In addition, there is the rumor the race was a lap short. Cathey has not come close since that race in April. As for Bell, all the controversy surrounding her performance has had an effect on her personal life and she dropped off the Cal Poly/Pomona team in mid-season. Bell has been consistent around 20'6 and on several occasions hit 21 feet. I doubt her mark of 21'11" will be accepted by the records committee, but it is possible she did it.

SFVR

## CALIFORNIA TRACK & RUNNING NEWS

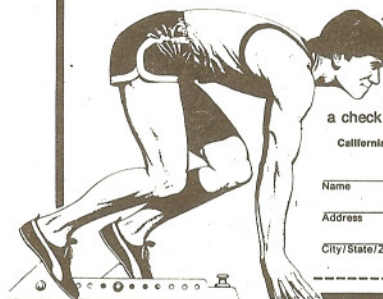
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# RESULTS-RESULTS-RESULTS

## PRAIRIE VIEW SPEED WINS NAIA CROWN

Charleston, West Virginia, May 20/22:-Prairie View A&M used its speed merchants to capture the 31st Annual NAIA Track & Field Championships with 117 points, far ahead of runner-up Adams State who tallied 73 digits. Thirty three schools scored in the meet.

The Pantherettes were 1-3 in the 100, 1-2 in the 200, 1-2 in the 400 and won the 400 hurdles and three relays, the 4x100, 4x400 and sprint medley. In the field, Prairie View picked up a third in the long jump and went 1-2 in the shot. There were two double winners. Cassandra Graham led the PV team with victories in the two sprints and Mary Jaqua of Adams State won the 3 and 5 thousands.

RESULTS: 100, 1-Cassandra Graham (PV) 11.82, 2-Antoinette Gilbert (St.Aug) 11.86, 3-Sheila LaBome (PV) 12.06; 100H, 1-Thomasina Busch (HampInst) 14.28, 2-Norma Bullock (VaSt) 14.38; 200, 1-Cassandra Graham (PV) 24.03, 2-Sheila LaBome (PV) 24.38; 400, 1-Easter Gabriel (PV) 52.53, 2-Loretta Edwards (PV) 53.49; 400H, Margaret Gamble (PV) 59.30; 4x100, 1-Prairie View 45.25, 2-St Augustine's 46.74; 800, Denise Day (Midland) 2:12.61; 1500, Debbie Spino (Wis/Pk) 4:35.47; 3000, Mary Jaqua (AdamsSt) 10:04.15; MedR, 1-Prairie View 1:39.32, 2-St. Augustine's 1:42.55; 4x400, 1-Prairie View 3:37.82, 2-Adams State 3:50.04, 3-St. Augustine's 3:50.62; 4x800, Midland 9:08.67; 5000, Mary Jaqua (AdamsSt) 16:56.97; Marathon, 1-Liz Garman (Azusa Pacific) 3:03:00.43, 2-Angie Pikechus (Ozarks) 3:04:31; LJ, 1-Yvonne Taylor (SCol) 19'2 1/4, 2-Lori Risenhoover (AdamsSt) 19'0; HJ, Lori Shephard (Taylor) 5'6; SP, 1-Karen Waddell (PV) 47'1 1/2, 2-Pat Thomas (PV) 44'4 1/4; DT, Lynette Antoine (St. Augustine's) 151'7; JT, Carol Woodside (HampInst) 145'7; Scores, 1-Prairie View 117, 2-Adams State 73, 3-St. Augustine's 68, 4-Saginaw Valley State 39, 5-Hampton Institute 33, 6-Western Washington 31, 7-Midland Lutheran and Berry 23, 9-Mississippi Valley State 20, 10-School of the Ozarks 16.

## AMERICA 3000 RECORD TO DECKER

Oslo, Norway, July 7:-Mary Decker-Tabb did it again in this northern city as she whipped a good field to win the 3000m run in an international meet with a new American record of 8:29.71. This was Decker's first 3000 since she set the old record of 8:38.73 two years ago.

Swift Mary pulled the rest of the field to some great performances, too. Britain's Wendy Smith clocked 8:46.01 for the silver and West Germany's Brigitte Friedmann had 8:50.11 in third place. Then came a host of Yanks, all setting personal bests. Kathy Hayes, Oregon University freshman, clocked 8:56.26 for fifth, the same time as Brenda Webb had in placing sixth. These two are now tied for the sixth best-ever on the US All-Time List. Athletic West's Maggie Keyes was seventh in 8:56.58 and is now 8th on the US List. Washington University's Regina Joyce, running for Ireland, also was timed in 8:56.58. Cathie Twomey finished 11th in 9:03.04, the only American not to set a PR in this race. Tennessee's Kathy Bryant was 13th with a PR of 9:11.17 and is 26th on the US List.

In other events, Evelyn Ashford easily annexed the 100m in 11.06 and Carol Lewis scored a PR with her 13.55 time for second in the 100m hurdles. Debbie Brill took the high jump at 6'3 1/4 on the same day in Milan.



On the left is Oregon sophomore KATHY HAYES who sped to a PR for 3000 meters in Oslo at 8:56.58. Right is DDR's Ramona Neubert with a new world record for the heptathlon with 6772 points.

(Hayes photo by Jeff Johnson; Neubert by Peter Probst)

## DDR CHAMPIONSHIPS

Dresden, East Germany, July 3/7:-World records were in danger in the sprints as East Germany staged its National Championships. Record-holder Marlies Gohr captured the 100 meters in 10.91, only .03 off her world mark. Barbara Wockel, the Olympic 200m champion, was close behind in 10.95 and 400m record-holder Marita Koch next in 11.01.

Koch came back to win the 200 in 21.75. Bettine Gartz took the 100m hurdles in a swift 12.57 with Kerstin Knabe just a step back in 12.75. All field event marks were outstanding with Ilona Slupianek's toss of 71'5 1/2 to win the shot most worthy of mention.

RESULTS: 100 (+1.0), 1-Marlies Gohr 10.91, 2-Barbel Wockel 10.95, 3-Marita Koch 11.01, 4-Gesine Walther 11.16; 100 H, 1-Bettine Gartz 12.57, 2-Kerstin Knabe 12.75, 3-Sabine Mobius 12.83, 4-Cornelia Riefstahl 13.02; 400H, 1-Annelie Fiedler 55.44, 2-Uibel 56.09; SP, 1-Ilona Slupianek 71'5 1/2, 2-Liane Schmuhl 68'8 1/4, 3-Ines Muller 67'0 1/2, 4-Helma Knorscheidt 64'3 1/4, 5-Margitta Pufe 62'11 1/2; 400, 1-Dagmar Rubsam 50.74, 2-Sabine Busch 51.08; 800, 1-Martina Steuk 1:59.25, 2-Ulrich Bruns 1:59.38, 3-Heidegard Ullrich 1:59.76; LJ, 1-Ramona Neubert 22'3 1/4, 2-Christine Schima 22'1, 3-Heike Daute 21'11 1/4, 4-Radtke 21'9 1/4, 5-Heidrun Geissler 21'9 1/4; DT, 1-Irina Meszynski 222'7, 2-Gisela Beyer 216'7, 3-Petra Sziegau 215'3, 4-Opitz 210'9; 200, 1-Marita Koch 21.75, 2-Gesine Walther 22.24, 3-Sabine Rieger 22.47, 4-Barbel Scholzel 22.73, 5-Kerstin Walther 22.97; 1500, 1-Ulrike Bruns 4:01.72, 2-Beate Libich 4:07.66; 4x400, SC Turbine Club 3:29.07; 4x100, SC Motor Club 42.49; HJ, 1-Bienas 6'4 1/2, 2-Jutta Kirst 6'3 1/2, 3-Susanne Helm 6'2 1/2; JT, 1-Ute Richter 212'0, 2-Petra Felke 206'2.

## WORLD HEPTATHLON RECORD

East Germany's Ramona Neubert broke her own world record in the heptathlon with a score of 6772 at a meet in Ergebnisse. Neubert's marks were:

100H	13.59
Shot	49'6 1/2
HJ	6'0
200	23.14
LJ	22'5 1/4
JT	139'7
800	2:06.2

The score was made in competition between the DDR and the Soviet Union in which the German team won 25631 to 25006, the combined scoring of four athletes per team. Other scores: 2-Gratscheva (SU) 6474, 3-Mobius (DDR) 6464, 4-Schubenkova (SU) 6338, 5-Vater (DDR) 6332, 6-Yakovleva (SU) 6159, 7-Thiele (DDR) 6063, 8-Potapova (SU) 6035.



## 5000 MARK TO DECKER

By Lester B. Hanson

Okay, so it isn't run very often and few women run it, and the old record stood for only 84 days, and this one probably won't last much longer. But there is still nothing quite like the rush a spectator gets witnessing a World Record, no matter how significant. There is something about the Prefontaine Classic that gets performers excited, and some good things often happen. It was a balmy, sunny evening, but the competitors were beset with tricky winds that twisted and changed direction whimsically.

Mary Decker Tabb, running her first competitive 5000, broke the world record set back on March 17 by New Zealander Anne Audain (15:13.22) in a smooth performance against Paula Fudge of Great Britain. Fudge led for seven laps, and it was still a contest for 2½ miles; but Tabb ran away with it in the last 800 meters, and eclipsed Audain's time by almost 5 seconds (15:08.26).

Debbie Brill, in her first outing this season, broke the Field Record of 6'2 by three inches. Second and third place finishers were high school students: Kym Carter, 6'2, Kansas HS, and Shari Collins, 5'10, (in fewer misses) was the AA Oregon Champion from Chiloquin HS.

Said Mary Decker Tabb: "My main objective was to win the race. Second, I wanted to see how I felt with a mile to go, then possibly go for the record. I wasn't conscious of the clock, but I was of the laps. It felt like a very evenly paced race. Maybe it's (the 5000) not run that often, but the people who do run it take it very seriously. The next couple of tries, I'm sure the record will come down more and more. I would like to see it more respectable; I'd like to get it down fast. Hopefully, I will be the one to do it. I'm sure you'll see a year from now that it will definitely be hard to break." She considers Norway's Grete Waitz as one of the major contenders in the 5000m, but doesn't think the two will duel this summer in Europe because, "she doesn't want to run against me because I don't think she wants the pace to go too fast."

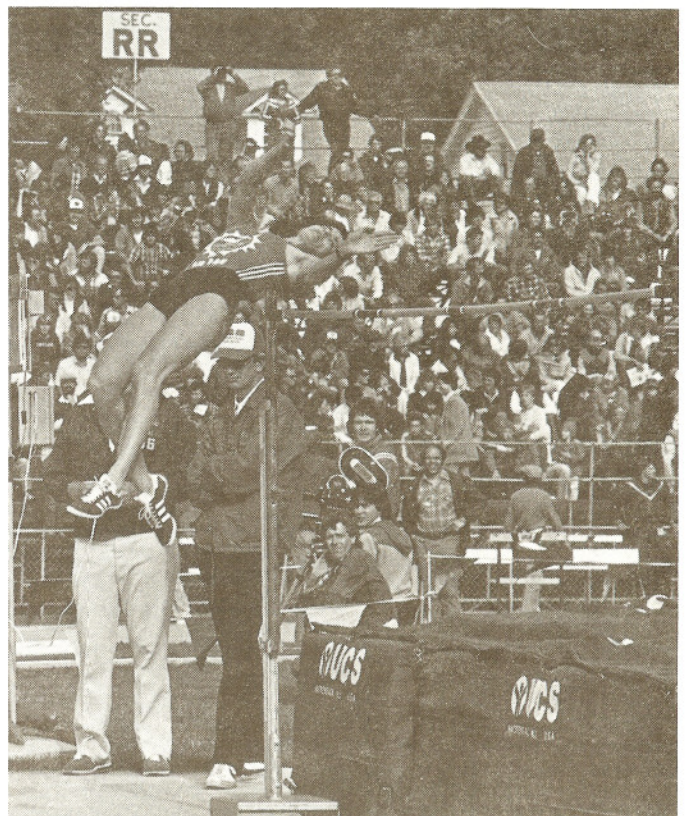
RESULTS: 800, 1-Brit McRoberts (Can) 2:02.92, 2-Diane Gutowski (IAM) 2:04.06, 3-Lee Ballenger (AW) 2:04.35, 4-Sue Addison (AW) 2:04.87, 5-Tammy Etienne (MetSt) 2:05.61, 6-Francis Larriou (NBTC) 2:06.23, 7-Cindy Bremser (WisUn) 2:06.26, 8-Joan Hansen (AW) 2:06.85, 9-Susan Gregg (Wash) 2:09.4; 5000, 1-Mary Decker Tabb (AW) 15:08.26, 2-Paula Fudge (GB) 15:19.63, 3-Maggie Keyes (AW) 15:33.50, 4-Ann Ford (GB) 15:38.84, 5-Debbie Eide (OreTC) 15:43.46, 6-Scott (Can) 15:48.99, 7-Julie Shea (AW) 15:52.54, 8-Marty Cooksey (AW) 16:01.88, Cathey Twomey (AW) and Margaret Groos (Nike) did not finish; HJ, 1-Debbie Brill (PCC) 6'5, 2-Kym Carter (KanHS) 6'2, 3-Shari Collins (OreHS) 5'10, 4-Maggie Garrison (SW) 5'10, 5-Westover (OreSt) 5'10, 6-(Tie) Blake (Ore St), Brandenstein (Wash) and Greiner (OreTC) 5'8; DT, 1-Lorna Griffin (AW) 180'11, 2-Julie Hansen (SW) 180'7, 3-Lynne Anderson (OreTC) 175'9, 4-Kathy Picknell (OreTC) 174'9, 5-Leslie Hoerner (AIA) 167'3; High School 1500, 1-Roth (Ore HS) 4:24.0, 2-Schlatter (Ore HS) 4:27.8.



Canada's Brit McRoberts wins Prefontaine 800 in 2:02.92 over Diane Gutowski, Lee Ballenger and Sue Addison. (Jeff Johnson photo).



Here's a sight one doesn't see too often in the USA - Mary Decker in second place. Half-way through Decker's world record 5000, Britain's Paula Fudge has the lead. Decker is followed by Ann Ford, also from Britain. (Jeff Johnson photo).



Debbie Brill demonstrates good form as she clears the bar at 6'5 for a new field record at the Prefontaine Classic in Eugene. (Jeff Johnson photo).

## AMERICAN MILE RECORD TO DECKER

Oslo, Norway, June 26:-American distance runners grabbed the spotlight at the Annual Bislett Games led by Mary Decker-Tabb who set a new American record in winning the mile in 4:21.46. Her old mark was 4:21.68 set in 1980. Decker's mark is the number 2 on the All-Time World List.

The 5000 brought out the best in several US runners and the best by Norway's Grete Waitz who won the race in the second fastest time ever, 15:08.80. Maggie Keyes was clocked in 15:34.44, Kathy Bryant 15:37.73 and Kathy Hayes in 15:38.12. US collegians Monica Joyce (15:35.60) and Midde Hamrin (15:36.41) were also swift as was Oregon's Eryn Forbes who tallied 15:37.01.

RESULTS: 200, 1-Merlene Ottey (Jam) 22.41, 2-Sonia Lannamann (GB) 23.40; 400, Kathy Smallwood (GB) 51.28; 800, 1-Chris Boxer (GB) 2:01.00, 2-Brit McRoberts (Can) 2:01.39, 3-Laurie Baker (GB) 2:01.66, 4-Barralet (Aus) 2:01.73; Mile, 1-Mary Decker-Tabb (US) 4:21.46, 2-Scott (GB) 4:29.67; 5000, 1-Grete Waitz (Nor) 15:08.80, 2-Charlotte Teske (WG) 15:19.54, 3-Inga Kristiansen (Nor) 15:21.81, 4-Maggie Keyes (US) 15:34.44, 5-Furness (GB) 15:34.44, 6-Monica Joyce (Ire) 15:35.60, 7-Midde Hamrin (Swe) 15:36.41, 8-Eryn Forbes (US) 15:37.01, 9-Kathy Bryant (US) 15:37.73, 10-Kathy Hayes (US) 15:38.12; 400H, Foreman (Aus) 56.99; HJ, 1-Elliott (GB) 6'4". . . 5-Joni Huntley (US) 6'0.



ERYN FORBES, left, and MAGGIE KEYES, right, both had good 5000 times in Oslo. Forbes ran 15:37.01 and Keyes 15:34.44. (Jeff Johnson photos)

## EAST GERMANY WHIPS SOVIETS 91-65

Cottbus, East Germany, June 25/26:-Powerful East Germany had little difficulty trouncing visiting USSR in a dual meet by a score of 91-65 as top marks were turned in in almost every event. Marita Koch turned one lap in 49.49, the Russian duo of Ulmassova and Guskova ran the 3k in 8:35.46 and 8:36.32, Olga Dvirna ran 3:59.31 in the 1500, the high jump went at 6'5 1/2 (two DDR jumpers), 22'5 won the long jump, 71'3/4 took the shot and 223'6 was good for only second in the disc.

RESULTS: 100, 1-Marlies Gohr (DDR) 11.36, 2-Barbara Wockel (DDR) 11.50. . . 4-Kondratyeva (SU) 11.74; 400, 1-Marita Koch (DDR) 49.49, 2-Rubsam (DDR) 50.85; 800, 1-Mineyeva (S (SU) 1:58.45, 2-Steuk (DDR) 1:58.83, 3-Vesselkova (SU) 1:59.11, 4-Gigel (SU) 2:02.74; 3000, 1-Ulmassova (SU) 8:35.46, 2-Guskova (SU) 8:36.32, 3-Riemann (DDR) 9:17.51; 400H, 1-Kostetzkaya (SU) 55.33, 2-Uibel (DDR) 55.83, 3-Fiedler (DDR) 56.13; 4x100, 1-DDR (Siemon-Wockel-Scholzel-Gohr) 42.58, 2-SU 43.40; SP, 1-Slupianek (DDR) 71'3/4, 2-Pufe (DDR) 65'2 1/2, 3-Lossovskaya (SU) 64'4 1/4, 4-Abaschidse (SU) 61'7 1/2; JT, 1-Richter (DDR) 206'0, 2-Felke (DDR) 202'3; 200, 1-Barbara Wockel (DDR) 22.25, 2-Rieger (DDR) 22.37; 1500, 1-Olga Dvirna (SU) 3:59.31, 2-Saizeva (SU) 3:59.95,

3-Ulrike Bruns (DDR) 4:01.49, 4-Leibich (DDR) 4:05.42; 100H, 1-Knabe (DDR) 12.74, 2-Tatyana Anissimova (SU) 12.77, 3-Mertschuk (SU) 12.81, 4-Gartz (DDR) 13.01; 4x400, 1-DDR (Siemon-Busch-Rubsam-Koch) 3:23.98, 2-SU 3:24.86; HJ, 1-(Tie) Bienias (DDR) and Kirst (DDR) 6'5 1/4, 3-Poluiuko (SU) 6'3 3/4, 4-Nekrassova (SU) 6'3 3/4; LJ, 1-Schima (DDR) 22'5, 2-Ivanova (SU) 21'6 1/4, 3-Sorina (SU) 21'6 1/4; DT, 1-Meszynski (DDR) 226'5, 2-Savinkova (SU) 223'6, 3-Muraschova (SU) 211'3. Not a part of the dual meet, extra races were held with the following interesting results: 100, Scholzel (DDR) 11.27; 200, 1-Walther (DDR) 22.46, 2-Gohr (DDR) 22.78, 3-K.Wakther (DDR) 22.93; SP, Schmuhl (DDR) 69'9 1/2; DT, Sziegaud (DDR) 212'10; JT, Kempe (DDR) 208'9.

## TAC NATIONAL HEPTATHLON

USC, June 25-27

There was plenty of excitement from both the team competition and the individual event as Jackie Joyner led the US team to a narrow 52 point victory over the Federal Republic of Germany (West Germany) with her second 6000 point performance in the last month. Joyner took over the lead from Cindy Greiner after the long jump. Jackie's first two jumps evidenced the step problems that have plagued her, but a modification of her approach gave her a 20'4" and the lead for good in the domestic competition, though she still trailed Iris Kuenstner of Germany by 15 points going into the javelin. Joyner's 119'11" gave her a 12 point lead going into the 800 and she edged Kuenstner 2:12.67 to 2:12.97. Greiner threw 128'10" to come within 40 points of Joyner but her 2:16.31 couldn't catch the Wilt's AC athlete. Meanwhile, Heike Filsinger (WG) long jumped 20'8" and teammate Birgit Dressel led the javelin at 138'5".

In the team competition, the US held a 17 point lead going into the 800 and Joyner, Greiner, and Marlene Harmon (2:11.30) salvaged the win.

Both competitions became more exciting on the second morning when America recordholder Jane Frederick withdrew after experiencing some pain in her left knee overnight. Frederick was well ahead of her AR pace with marks of 13.72, 52'4-3/4", 6'0", and 24.79 for 3774 and both individual and team titles threatened to be routs. When Jane withdrew, the races got close in a hurry.

Filsinger started the meet off with a bang as she blasted 13.31 in the hurdles, followed by Harmon and Frederick at 13.72. Frederick's shot put, followed by a high jump with four athletes over 6 feet (Greiner and Kuenstner at 1.86/ 6'1-1/2", Frederick and Dressel at 6'), and Joyner's 23.85 in the 200 were tributes to the excellent competition and facility at USC. The competition for the six US team berths against the USSR wasn't decided until the 800, with Kerry Bell fading from 6th to 8th, and Renee Nickles (Kangaroo TC) holding on to 6th by 7 points over a fast-closing Lana Zimmerman (LSU). Zimmerman's 2:10.09 topped the field.

In the junior competition, Sharon Hatfield dueled Debbie DaCosta throughout the first day, but put the issue away with three firsts on the second day. DaCosta, meanwhile, was the individual leader in the hurdles (14.37), shot (36'3"), and 200 (25.58). Hatfield's 5405 is a new American Junior Record.

Results: SENIOR--1. Jackie Joyner (Wilt's AC) 6041 (13.81, 38'8-1/4", 5'7-1/2", 23.85, 20'4", 119'11", 2:12.67); 2. Iris Kuenstner (FRG) 6025. (13.82, 42'4-3/4", 6'1-1/2", 24.80, 18'9-1/4", 114'6", 2:12.97); 3. Cindy Greiner (Oregon TC) 5950 (14.49, 42'7", 6'1-1/2", 25.18, 18'11-1/2", 128'10", 2:16.31); 4. Heike Filsinger (FRG) 5927; 5. Marlene Harmon (Naturite) 5902; 6. Birgit Dressel (FRG) 5889; 7. Marita Garbiel (FRG) 5740; 8. Patsy Walker (U. Houston TC) 5720; 9. Susan Brownell (U. Virginia) 5478; 10. Renee Nickles (Kangaroo Club) 5422; 11. Lana Zimmerman (LSU) 5415; 12. Kerry Zwart Bell (USC) 5357; 13. Kathy Raugust (Golden Bear TC) 5173; 14. Chris Viguie (Golden Bear TC) 4979; Cindy Banks (Golden Bear TC) withdrew after HJ, 2324; Jane Frederick (AW) withdrew after 200, 3774; Sonya Crowther (Unatt/Ore) withdrew after LJ, 3815.

EVENT LEADERS: 100H--Filsinger 13.31; SP--Frederick 52'4-3/4"; HJ--Greiner & Kuenstner 6'1-1/2"; 200m--Jackie Joyner 23.85; LJ--Filsinger 20'8"; JT--Dressel 138'5"; 800--Zimmerman 2:10.09.

TEAM: USA 17893, FRG 17841.  
 JUNIOR--1. Sharon Hatfield (Coast Athletics) 5405 (14.50, 33'6", 5'5-1/2", 25.65, 18'8-1/2", 116'10", 2:21.18); 2. Debbie DaCosta (Sunshine Striders TC) 5191 (14.37, 36'3", 5'3", 25.58, 17'1-1/4", 107'0", 2:26.41); 3. Sharon Pfister (Lancaster HS/ Buffalo NY) 5105 (14.64, 31'5-1/4", 5'7-3/4", 26.87, 18'3-1/4", 104'7", 2:30.38); 4. Debbie Larsen (Coast Athletics) 5091; 5. Denise Gastembide (Judge HS/ Salt Lake City) 4915; 6. Laura Mozingo (Knoxville TC); 7. Dori Tressler (unatt/ Santa Barbara, Ca) 4365; 8. Molly Moore (unatt/ Anaheim, Ca) 4277; 9. Cheryl Wilson (Sunshine Striders) 4166; 10. Tonya Scarborough (Idaho State TC) 4149; 11. Lona Sasser (Sunshine Striders) 3823.  
 EVENT LEADERS-- 100H DaCosta 14.37; SP Da Costa 36'3"; HJ Larsen 5'10", Gaztembide 5'8-3/4", Moore, Mozingo, Pfister 5'7-3/4"; 200m DaCosta 25.58; LJ, JT, 800 Hatfield 18'8-1/2", 116'10", 2:21.18.

## LARRIEU, COLEMAN, AND SMITH WIN

Stockholm, Sweden, July 6:--Francie Larrieu captured the 1500 in 4:11.10 and Robbin Coleman took the 400 in 52.91 in an international meet in Stockholm's old Olympic Stadium. Merlene Ottey (Jamaica/Nebraska) won the 100. and Karin Smith won the javelin.

RESULTS: 100, Merlene Ottey (Jam) 11.21; 400, Robbin Coleman (US) 52.91; 800, 1-Podyalovskaya (SU) 2:01.32, 2-Januchta (Pol) 2:01.73; 1500, 1-Francie Larrieu (US) 4:11.10, 2-Wagner (DDR) 4:11.33, 3-Gilian Dainty (GB) 4:11.96.... 6-Joan Hansen (US) 4:15.50; 400H, 1-Skoglund (Swe) 55.04, 2-Blaszak (Pol) 56.84; HJ, 1-Elliot (GB) 6'0.... 4-Joni Huntley (US) 5'10"; JT, Karin Smith (US) 202'4.

## MILE MARK TO DECKER

Paris, France, July 9:--With no opposition, Mary Decker Tabb captured the world record for the one mile in an international meet in Paris. Decker was clocked in 4:18.08, breaking the record of 4:20.89 set by Lyudmila Vesselkova of the Soviet Union last year. Decker has run a 4:17.6 mile, a "bastard" record for in was run indoors on an oversized track and therefore can count as no record at all. Runner-up Britt McRoberts of Canada was 23 seconds to the rear. Evelyn Ashford won the 100 in 11.21. Lucyna Langer of Poland took the 100m hurdles in 12.76 over countrywoman Grazyna Rabsztyń who clocked 12.97.



This is ZOLA BUDD, the 15 year old middle distance ace from South Africa. Budd, who runs barefoot but with her toes taped, has recorded times of 2:06.5 for the 800, 4:09.1 for the 1500 and 9:06.1 for the 3000.

UCLA's super 1-2 punch in the sprints. FLORENCE GRIFFITH, left, and JEANNETTE BOLDEN, below. (Dodie Bump photos).



## YANKS DOWN WEST GERMANY 90-56

Durham, North Carolina, June 26/27:-The USA turned in a host of fine performances to easily defeat West Germany in a dual meet 90-56.

Colleen Sommer led the attack with a new American record in the high jump when she sailed over the bar at 6'6 to break Pam Spencer's year old mark of 6'5½. Too bad the Germans left their ace Ulrike Meyfarth at home. Meyfarth, the 1972 Olympic champion, has cleared 6'5½ this season and 'twould have been a good match.

The 3000 produced some swift results as the Americans ran without foreign competition. Cindy Bremser had her lifetime best in winning it at 8:51.11 and became #4 on the All-Time USA List. Jan Merrill was next in a season best of 8:51.95 and she was followed by PattiSue Plumer of Stanford at 8:55.98 for a new collegiate record. Plumer's Stanford teammate, Ceci Hopp, closed out the affair with 'only' 8:57.27. Plumer is now #5 on the US List and Hopp #6.

The US hurdlers also produced some fine marks. Candy Young had her lifetime best winning the short race in 12.94 and she remains #3 on the US List. Pam Page produced her best-ever as runner-up with a 13.01 and becomes America's #5. Kim Turner had a swift 13.09 for third, close to her lifetime best of 13.04. In the longer barriers, Tammy Etienne continued to improve with a personal best of 56.28 and moves closer to getting the American record. Edna Brown stayed with the PR hurdler's with 56.80 for second and is now #7 on the US List.

RESULTS: 100 (+0.1), 1-Diane Williams (USA) 11.20, 2-Brenda Morehead (US) 11.48, 3-Chandra Cheeseborough (US) 11.49, 4-Hirsch (WG) 11.50; 200 (+0.1), 1-Hirsch (WG) 23.38, 2-Steger (WG) 23.42, 3-Rosalyn Bryant (US) 23.73, 4-Sherry Funn (US) 23.94; 400, 1-Gaby Bussman (WG) 51.06, 2-Denean Howard (US) 51.38, 3-Rosalyn Bryant (US) 51.69, 4-Diane Dixon (US) 52.28, 5-Steger (WG) 52.58; 800, 1-Kim Gallagher (US) 2:02.28, 2-Joetta Clark (US) 2:03.14, 3-Kleinbaum (WG) 2:03.87; 1500, 1-Leann Warren (US) 4:11.74, 2-Darlene Beckford (US) 4:12.85 (#13US), 3-Gerdes (WG) 4:13.00; 100H (+1.0), 1-Candy Young (US) 12.94, 2-Pam Page (US) 13.01, 3-Kim Turner (US) 13.09, 4-Oker (WG) 13.49; 400H, 1-Tammy Etienne (US) 56.28, 2-Edna Brown (US) 56.80, 3-Gutewort (WG) 58.11, 4-Sharieffa Barksdale (US) 58.93, 5-Nagel (WG) 59.47; 4x100, 1-US (Williams-Hawkins-Cheeseborough-Morehead) 43.73, 2-WG 44.14; 4x400, 1-US (Bryant-Nedd-Dixon-Howard) 3:25.02, 2-WG 3:26.32; HJ, 1-Coleen Sommer (US) 6'6, 2-Phyllis Blunston (US) 6'2¼, 3-Heitmann

(WG) 6'0; LJ, 1-Carol Lewis (US) 21'11½, 2-Kathy McMillan (US) 21'11 (SB), 3-Hanel (WG) 21'0¾, 4-Hirsch (WG) 20'10; SP, 1-Petsch (WG) 55'10, 2-Lorna Griffin (US) 53'8¼, 3-Denise Wood (US) 53'2¼, 4-Sandy Burke (US) 50'7½; DT, 1-Lorna Griffin (US) 187'0, 2-Kathy Picknell (US) 186'7, 3-Galler (WG) 186'0, 4-Denise Wood (US) 169'10; JT, 1-Ingrid Thyssen (WG) 209'3, 2-Helmschmidt (WG) 207'0, 3-Karin Smith (US) 203'2, 4-Lynda Hughes (US) 195'4.



## RUSSIA WHIPS YANKS 89-67

Indianapolis, Indiana, July 2/3:-The way to win international dual meets is to score a lot of 1-2 finishes. With the international dual meet scoring at 5-3-2-1, the Russians piled up the points as they a-one and a-twoed six events while the USA could only score eight points once, that in the 100m with Evelyn Ashford and Florence Griffith. The red, white and blue team stayed fairly close the first day, finishing only six points back, 45-39, but the roof caved in on day two as the Soviets tallied 44 points to only 28 for the US.

The Russians start every dual meet against the United States with an automatic 24-9 margin in the weights. Add to this margin the Soviet domination in the distances and they are hard to beat.

The Americans had some fine performances in defeat along with some disappointments. Carol Lewis defeated the Olympic bronze medalist Tatyana Skachko at 21'8¼ to 21'3¼. Kathy McMillan, who jumped 21'11 just a week earlier, had to be content with fourth this week, a foot less than her 1982 best. Tammy Etienne once again was under the 57 second mark in the 400 hurdles, but could only pick up third behind the Russians. Jan Merrill and Francie Larrieu ran well in the 3000 with Merrill getting her season best, but they could only collect three points. Arlise Emerson had her lifetime best in the 400 with 51.79 yet scored only one point. Stephanie Hightower and Benita Fitzgerald have been running under 13 seconds in most races this year, but not this time. Conditions kept their times to 13.06 and 13.11 and they garnered four points.

And so it went. The brightest spot for the Americans was the new AR in the 4x100 as a team of Alice Brown, Florence Griffith, Randy Givens and Diane Williams toured the oval in 42.47 breaking the year-old mark of 42.82.

RESULTS: 100, 1-Evelyn Ashford (US) 11.18, 2-Florence Griffith (US) 11.35, 3-Nassanover (SU) 11.47, 4-Zolotareva (SU) 11.60; 400, 1-Korban (SU) 50.78, 2-Basakova (SU) 51.07, 3-Rosalyn Bryant (US) 51.33, 4-Arlise Emerson (US) 51.79; 3000, 1-Pozdnyakova (SU) 8:44.50, 2-Yapeyeva (SU) 8:47.52, 3-Jan Merrill (US) 8:47.95, 4-Francie Larrieu (US) 8:52.03; 100H, 1-Merchuk (SU) 12.99, 2-Stephanie Hightower (US) 13.06, 3-Tatyana Anisimova (SU) 13.07, 4-Benita Fitzgerald (US) 13.11; 4x100, 1-USA (Brown-Griffith-Givens-Williams) 42.47, 2-SU 43.17; LJ, 1-Carol Lewis (US) 21'8¼, 2-Tatyana Skachko (SU) 21'3¼, 3-Varyushina-Zorina (SU) 21'1½, 4-Kathy McMillan (US) 20'10¾; HJ, 1-Coleen Sommer (US) 6'2¼, 2-Poluyko (SU) 6'1¼, 3-Phyllis Blunston (US) 6'0¾, 4-Nekrassova (SU) 6'0¾; DT, 1-Savinkova (SU) 227'6, 2-Murashova (SU) 211'6, 3-Lorna Griffin (US) 188'3, 4-Kathy Picknell (US) 167'6; 200, 1-Florence Griffith (US) 22.23w, 2-Kelchevskaya (SU) 22.84w, 3-Randy Givens (US) 22.97w, 4-Oikhovnikov (SU) 23.17; 800, 1-Agletdinova (SU) 2:00.50, 2-Delisa Walton (US) 2:02.51, 3-Sue Addison (US) 2:02.60, 4-Monakhova (SU) 2:07.42; 1500, 1-Guskova (SU) 4:03.36, 2-Leann Warren (US) 4:05.88 (PR, #4 US), 3-Cindy Bremser (US) 4:10.98 (SB), Kaldugina (SU) disqualified; 400H, 1-Kastetskaya (SU) 55.87, 2-Filipishina (SU) 56.14, 3-Tammy Etienne (US) 56.56, 4-Tonja Brown (US) 58.86; 4x400, 1-SU (Baskakova-Borisova-Belova-Korban) 3:25.50, 2-USA (Bryant-Nedd-Gabriel-Emerson) 3:28.07; SP, 1-Lisovskaya (SU) 63'2¼, 2-Abashidze (SU) 61'4, 3-Lorna Griffin (US) 53'0¼, 4-Denise Wood (US) 51'4¾; JT, 1-Leishkaine (SU) 201'5, 2-Blodniece (SU) 197'1, 3-Lynda Hughes (US) 192'8, 4-Sally Harmon (US) 185'7.



Tammy Etienne wins the 400m hurdles in the match against West Germany and Kim Gallagher captured the 800. (Etienne photo by Horstmuller)

## EAST GERMANY CRUSHES U.S.A.

Dresden, East Germany, July 9/10:-In spite of two new American records, six personal bests and numerous world class performances by the American athletes, East Germany turned in a masterful dual meet victory defeating the Yanks 105-52. The Germans won 11 of the 13 individual events and both relays and capped their performance by placing 1-2 in 9 of the individual events.

Outstanding marks were the order of the day. Marlies Gohr got the DDR team off to a great start by equalling her own world record in the 100 meters at 10.88 with teammate Barbel Wockel second in 11.00. Florence Griffith had a PR at 11.12 for third place and became equal #4 on the All-Time US List. Diane Williams was clocked in 11.14 in last place, probably the fastest last place finish in history. Williams in #7 on the US List now.

Marita Koch, who has world records in both the 200 and 400 meters, sped the third fastest-ever time of 48.77 in winning the 400 meters.

Olympic 200m champion Barbel Wockel ran a wind-aided 21.85 200 meters and Floreane Griffith had her fastest ever in the runner-up spot at 22.34. Gesine Walther at 22.39 was third for the East Germans while Randy Givens, who won the UCLA/Pepsi meet at 22.3 (hand timed) was a disappointing 4th at 23.07.

Delisa Walton and Tennessee teammate Joetta Clark both ran well in the 800. Walton was only a few ticks short of her lifetime best at 2:00.67 and Clark had her PR at 2:01.32 and moved to the #12 spot on the US List. Unfortunately for them, Martina Steuk and Hildegard Ullrich ran under two minutes and finished 1-2.

Leann Warren gave the US a second in the 1500 with 4:06.71. Finishing fourth in the race for the United States was Sue Addison who was pressed into service in an event not her favorite. In fact, Addison didn't even run the 1500 at the TAC Championships, supposedly the tryout to select the US team. Give a cheer for Sue Letter Addison for she not only filled in, but set a new personal record at 4:12.15, nearly five seconds faster than her old record.

The US 4x100 team of Alice Brown, Randy Givens, Griffith and Williams set a new AR at 42.29 - but finished some three-tenths back of the East German crew of Gohr-Wockel-Schoelzel-Walther who ran 41.99.

Great long jump competition and it was won by Carol Lewis at 22'4", just 1/4" short of her own PR. Kathy McMillan had a good 21'8 1/2 mark, but finished fourth.

The javelin was within reach of the US throwers, but they had to watch the DDR athletes place 1-2 in spite of marks of 199'11 by Karin Smith and 190'1 by Lynda Hughes.

Jan Merrill won the 3000 in what must have been the slowest international time on record. The wind and the tactics slowed the time to 9:00.63 with the fourth place East German clocked in 9:47.55.

Stephanie Hightower and Benita Fitzgerald duplicated the experience of Griffith and Williams from the 100m dash. Hightower set a new American Record at 12.80 and Fitzgerald became the #3 American of all time at 12.92 - yet they finished third and fourth.

The Germans; of course, were 1-2 in the shot and discus and surprisingly finished 1-2 in the high jump although Sommer and Blunston were both over 6'2. In the disc, Irina Meszynski got off a toss of 234'3, third best throw ever.

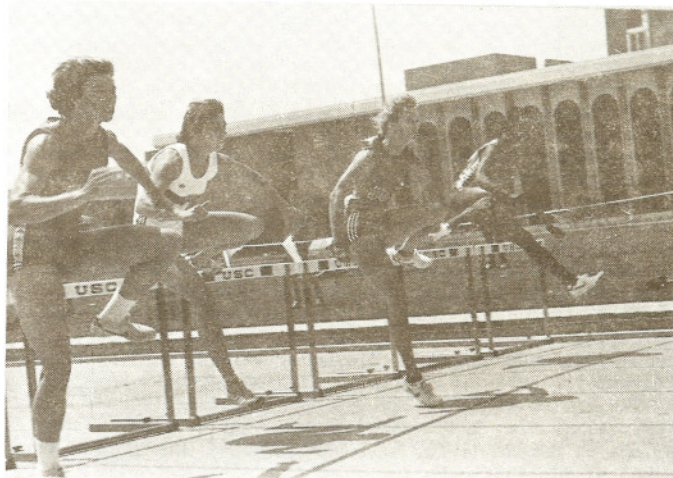
A few good words for Hightower and Fitzgerald who have been two of our best hurdlers for several years. Hightower registered a 13.09 back in 1979. In 1980 she improved to 13.07 and then the breakthrough to 12.90. She was dormant in 1981 and although running well, did not improve her PR. This year she hit 12.86 to equal the American Record at the TAC meet in Knoxville and now her 12.80 in Dresden.

Fitzgerald's 12.92, like Williams' 11.14 century, must be the fastest last place clocking in history! Benita has a problem in the hurdles. She is too fast for her size and therefore must chop her stride once she gets under way. She ran 14.00 in 1978, improved to 13.53 in 1979. In 1980 she got down to 13.33, then 13.18, 13.11 and finally 13.10 in 1981. This year she broke the 13 second block with a 12.97 and now has her 12.9a and is the third fastest American at this distance.

**RESULTS: 100,** 1-Marlies Gohr (DDR) 10.88, 2-Barbel Wockel (DDR) 11.00, 3-Florence Griffith (US) 11.12, 4-Diane Williams (US) 11.14; **400,** 1-Marita Koch (DDR) 48.77, 2-Dagmar Rubsam (DDR) 50.52, 3-Denean Howard (US) 51.17, 4-Rosalyn Bryant (US) 51.85; **800,** 1-Martina Steuk (DDR) 1:59.54, 2-Hildegard Ullrich (DDR) 1:59.74, 3-Delisa Walton (US) 2:00.

67, 4-Joetta Clark (US) 2:01.32; **1500,** 1-Ulrich Bruns (DDR) 4:01.85, 2-Leann Warren (US) 4:06.71, 3-Beate Liebich (DDR) 4:07.06, 4-Sue Addison (US) 4:12.15; **400H,** 1-Fiedler (DDR) 54.96, 2-Uibel (DDR) 56.10, 3-Tammy Etienne (US) 56.33, 4-Tonja Brown (US) 57.78; **4x100,** 1-DDR 41.99, 2-USA 42.29; **1J,** 1-Carol Lewis (US) 22'4", 2-Schima (DDR) 22'2 1/2, 3-Heike Daute (DDR) 21'9 1/4, 4-Kathy McMillan (US) 21'8 1/2; **SP,** 1-Ilona Slupianek (DDR) 71'1 1/4, 2-Liane Schmul (DDR) 68'7 1/4, 3-Denise Wood (US) 52'4, 4-Sandy Burke (US) 51'2 1/2; **JT,** 1-Ute Richter (DDR) 218'8, 2-Petra Felke (DDR) 213'4, 3-Karin Smith (US) 199'11, 4-Lynda Hughes (US) 190'1; **200 (+2.6)** 1-Barbel Wockel (DDR) 21.85w, 2-Florence Griffith (US) 22.34w, 3-Gesine Walther (DDR) 22.39w, 4-Randy Givens (US) 23.07; **3000,** 1-Jan Merrill (US) 9:00.63, 2-Ulrike Bruns (DDR) 9:09.78, 3-Francis Larriou (US) 9:20.30, 4-Rieman (DDR) 9:47.55; **100H (+1.9),** 1-Kerstin Knabe (DDR) 12.62, 2-Bettine Gartz (DDR) 12.63, 3-Stephanie Hightower (US) 12.80, 4-Benita Fitzgerald (US) 12.92; **4x400,** 1-DDR (Siemon-Busch-Rubsam-Koch) 3:20.23, 2-US (Bryant-Emerson-Dixon-D.Howard) 3:23.13; **HJ,** 1-Jutta Kirst (DDR) 6'5 1/2, 2-Bienias (DDR) 6'2 1/4, 3-Coleen Sommer (US) 6'2, 4-Phyllis Blunston (US) 6'2; **DT,** 1-Irina Meszynski (DDR) 234'3, 2-Gisela Beyrer (DDR) 216'10, 3-Lorna Griffin (US) 187'8, 4-Kathy Picknell (US) 178'1.

Shots by Bill Leung, Jr., at the TAC Heptathlon Championships and match against West Germany. Top shows Jane Frederick leading her flight in 100m hurdles. Others are, left to right, Iris Kuenstner (FGR), Marlene Harmon and Jackie Joyner. Lower photo shows the patience of waiting to warm up at the high jump pit. Visible are Joyner, Kuenstner, Frederick, Cindy Banks, Renee Nickles, Harmon and Heike Pilsinger (FGR).



# HIGH SCHOOL TRACK

By Rich Ede

California State Meet--Sacramento, June 4-5

Be sure to read the results section because the depth of this meet defies description. Denean Howard (Kennedy/Granada Hills), Gayle Kellon (Walnut), and Polly Plumer (University/ Irvine) all set Federation records and the California girls rewrote the national lists in this jumbled affair that succeeded despite the best efforts of meet management. Howard failed in her bid to be the first to win the sprint triple in California, losing the 100 to Gervaise McCraw (Ganessa/ Pomona) 11.69 to 11.70, but she claimed the 400 (52.39 for a new Federation mark) and the 200 (23.59w) as McCraw false started in her heat. Kellon lowered her own 300 hurdle mark to 41.09 as she won by nearly 2 seconds over a busy Sharon Hatfield (Fountain Valley) in 42.97. (Hatfield placed in three events here). Plumer's record, 4:39.92 in the 1600, will go down as a Federation record, but will not lead the year's list since her own mark at the Pepsi meet is vastly superior (Plumer was timed at 4:24.4 for 1500).

Despite not winning a single event, defending champions Berkeley won the team title easily over a gaggle of southern California teams.

Other Results: 100-- 3. Monica Taylor (Grant/ Sacramento) 11.78, 4. Zeld Johnson (Garey/ Pomona) 11.81, 5. Lisa Winston (Jordan/ Long Beach) 11.87, 6. Nedrea Rodgers (Berkeley) 11.91; 200-- 2. Johnson 23.65w, 3. LaTanya Dawkins (Dorsey/ L.A.) 24.03w, 4. Rodgers 24.19w, 5. Taylor 24.74w; 400-- 2. Jeannie Arnold (Locke/ L.A.) 53.48, 3. Leslie Maxie (Mills/ Millbrae frosh) 53.76, 4. Andrea Rolfe (Dorsey) 54.70, 5. Leslie Brewer (Hillsdale/ San Mateo) 54.90; 800-- 1. Rennie Durrand (Laguna Beach) 2:06.36, 2. Jessica Spies (Livermore) 2:06.95, 3. Trescia Palmer (Westchester/ L.A.) 2:08.06, 4. Sharon Yaninek (Presentation/ San Jose) 2:10.39, 5. Missy Moore (Piedmont) 2:10.44, 6. Yolanda Devers (Sweetwater/ Spring Valley) 2:11.07; 1600-- 2. Denise Ball (Newbury Park) 4:44.47 (4:28.1), 3. Tina Allen (Santana/ Santee) 4:45.46 (4:27.8), 4. Laura Cattavera (Mira Costa/ Redondo Beach frosh) 4:52.94 (4:34.9), 5. Jo Barry (Leigh/ San Jose) 4:54.08 (4:36.9), 6. Esther Berndt (Gunn/ Palo Alto) 4:54.85 (4:36.9); 3200-- 1. Vickie Cook (Alemany/ Mission Hills) 10:16.27 (9:44.7 for 3000), 2. Ball 10:17.90 (9:44.9), 3. Tanya Fischer (Chaminade/ Canoga Park) 10:28.63 (9:48.9), 4. Teresa Barrios (University/ Irvine) 10:29.03 (9:53.8), 5. Nanette Garcia (Silver Creek/ San Jose) 10:30.40 (9:55.0), 6. Jennifer Liu (Monroe/ L.A.) 10:41.85 (10:05.1); 100H(30")-- 1. Spinks (Skyline/ Oakland) 13.88w, 2. Maxie 14.00w, 3. Ruth Whitehead (Berkeley) 14.01w, 4. CeCe Chandler (Elsinore) 14.05w, 5. Yvette Bates (Berkeley) 14.14w, 6. Felicia Thompson (Jordan/ Long Beach) 14.17w, 7. Hatfield 14.22w, 8. Sharon Hanson (Buena/ Ventura) 14.47w; 300H-- 3. Thompson 43.34, 4. Whitehead 43.65, 5. Spinks 43.70, 6. Roberta Eccles (Gunderson/ San Jose) 43.98; 400R-- Dorsey 45.42, 2. Berkeley 46.16, 3. Ganessa 46.26, 4. Manual Arts (L.A.) 47.20, 5. Jordan 47.27, 6. Poly (Long Beach) 47.42, 7. Walnut 47.69; 1600R-- Dorsey 3:41.72, 2. Ganessa 3:43.26, 3. Berkeley no time, 4. Manual Arts 3:46.65, 5. Poly 3:48.70; SP-- Natalie Kaaiawahia (Fullerton) 50'3", 2. Dot Jones (Hilmar) 45'10-1/2", 3. Jacqui Sheffield (Eisenhower/ Rialto) 44'8-1/2", 4. Jill Crisler (Gunn/ Palo Alto) 44'5-1/2", 5. Wendy Bradshaw (Saugus) 44'1"; LJ-- Wendy Brown (Woodside) 19'10-1/2", 2. Bates 19'7-1/4", 3. Katrena Johnson (Marshall/ Pasadena) 19'4-3/4", 4. Goodman (Narbonne/ L.A.) 19'1-3/4", 5. Denise Woodard (Hemet) 18'11-1/4", 6. Hatfield 18'9"; DT-- Jacque Norton (Mission Viejo) 160'2", 2. Nickerson (San Carlos) 152'2", 3. Tani Lutjens (Righetti/ Santa Maria) 151'8", 4. Dentinger (El Camin0/ Sacramento) 145'5"; HJ-- Johnson 5'11", 2. Tonya Mendonca (Mt. Whitney/ Visalia) 5'10", 3. Johnson (Clovis frosh) 5'9", 4. Maxie 5'9"; TJ-- Brown 39'8-3/4", 2. Bates 38'10-1/2", 3. Gayle Wadsworth (Hawthorne frosh) 37'11-3/4", 4. Disbrow (Granada) 37'7-3/4".

TAC JUNIOR NATIONALS--June 30/ July 1  
UCLA

Even the prospect of two international competitions for the first two finishers in each event didn't increase the turnout in this year's junior championships. But, for the most part, the results were outstanding. Gayle Kellon, the national high school recordholder in the 300 hurdles, added the national junior 400 meter mark to her credit and joined her Southern California Cheetah teammates for a meet record in the mile relay.

100 METERS: The two short sprints required three rounds to pare the field for the final as most of the nationally ranked sprinters came to Westwood. Notable loss in the semi was Lisa Winston of Coast Athletics who didn't report for her semi. Results: 1. Donna Dennis (SCAA/Wash) 11.52, 2. Janet Davis (Indianola TC/ Miss) 11.70, 3. Angela Williams (Flashette TC) 11.77, 4. Monica Taylor (unatt/ Sacramento) 11.82, 5. Zeld Johnson (So. Calif. Cheetahs) 11.98, 6. Inger Peterson (LA Mercuresses) 12.02, 7. LaTanya Dawkins (LAM) 12.22.

200 METERS: The local interest was in the "rematch" of national 400 leader Denean Howard and Gervaise McCraw who had false started out of her state 200. For good measure, Maxine Underwood was also stepping down. When the smoke cleared after three rounds, Donna Dennis had a sprint double fairly easily. Underwood was eliminated in the heats. And nearly everyone else was doubling or tripling in this event. Results: 1. Donna Dennis (SCAA) 23.39, 2. Denean Howard (Naturite) 23.47, 3. Tonja Stevens (New Image TC/ Pittsburgh) 23.59, 4. Gervaise McCraw (SCC) 23.67, 5. Janet Davis (Indianola TC) 23.79, 6. Angela Williams (Flashette TC) 23.93.

400 METERS: Who wasn't here was almost as important as who was. Denean Howard stayed in the 200. Diane Dixon passed the meet. The heats were uneventful as the big names simply ran to qualify and did so without surprise. Gervaise McCraw, winner of the 1981 Calif. HS meet, concentrated on the shorter sprints in high school but proved the 400 no fluke here. The race for the remaining 400 meter spot on the US team was a thriller with only 3 hundredths separating 2-3-4. Nedrea Rodgers (the third finisher) was added to the team. Results: 1. McCraw (SCC) 53.50, 2. Maxine Underwood (Boston International TC) 53.82, 3. Nedrea Rodgers (Berkeley Eastbay TC) 53.83, 4. Jeannie Arnold (LAM) 53.86, 5. Gina Gardner (Tenn. St. Univ. TC) 54.15, 6. Cerina Henry (Club New York) 54.77.

800 METERS: This was one of the few events to provide some thrills in qualifying. The first heat was loaded, with 14 year olds Michelle Taylor (SCC) and Kerry Zaleski (Coast Athletics) and Trescia Palmer (LAM). Zaleski was in last with 300 meters to go and finished second in the heat. Taylor barely moved into the fourth qualifying spot. In the final, Zaleski moved from 6th to 2nd in the final 50 meters, edging Spies to 3rd behind Palmer. Spies was also named to the US team. Results: 1. Trescia Palmer (LAM) 2:06.07, 2. Kerry Zaleski (CA) 2:07.00, 3. Jessica Spies (SJC) 2:07.23, 4. Michelle Taylor (SCC) 2:08.18, 5. Nancy Rosenfeld (Suffern HS, NY) 2:09.22, 6. Doreen Best (BOHAA) 2:10.14.

1500 METERS: With no qualifying heats, and Polly Plumer fresh, the winner wasn't much of a question. The fun was the battle for second, won easily by Michelle Rowen (Garden State TC) over Juanita Wilson (Metroplex Striders). Results: 1. Polly Plumer (Coast Athletics) 4:23.33, 2. Michelle Rowen (GSTC) 4:24.19, 3. Jaunita Wilson (MS) 4:27.58, 4. Kristin Perini (Liberty AC) 4:28.01, 5. Cindy Tolle (Metroplex Striders) 4:31.02, 6. Karole Painter (Houston Harriers) 4:32.35.

3000 METER RUN: Again, no qualifying, and a heck of a battle for the top four spots. Christine Curtin (Mepham HS/ Belmore, NY) topped Vicki Cook (Wilt's AC) who, in turn, held off Katie Ishmael (Wisconsin United). Results: Christine Curtin (Mepham HS) 9:25.72, 2. Vickie Cook (WAC)



9:26.23, 3. Katie Ishmael (WU) 9:26.50, 4. Liz Natale (Liberty AC) 9:27.58, 5. Tanya Fischer (WAC) 9:35.33, 6. Patty Matava (Cascade Striders) 9:38.23.

**100 METER HURDLES:** Two heats were required to pare this field. The final was a rather pedestrian affair with many of the athletes showing their unfamiliarity with the international hurdle height. Results: 1. Arnita Epps (Tidewater Track) 14.10, 2. Kelly Graham (Motor City TC) 14.30, 3. Jackie Browne (Atoms TC) 14.42, 4. Ruth Whitehead (Berkeley Eastbay TC) 14.45, 5. Sharon Hatfield (Coast Athletics) 14.57, 6. Natalie Spinks (unatt/ Oakland, Ca) 14.62.

**400 METER HURDLES:** After the two heats, the only question was by how much Gayle Kellon (SCC) would break the old junior record. She ran 58.32 in her heat, leading the field by over one hurdle. The winner of the other heat, Debbie DaCosta (Sunshine Striders) was over 3 seconds back. In the final, Kellon literally stopped and jumped over the ninth hurdle on her way to a 58.22 national record (there are only 8 hurdles in her national high school record 300 meter race). Results: 1. Gayle Kellon (SCC) 58.22, 2. Andrea Johnson (Plainfield HS, NJ) 60.58, 3. Debbie DaCosta (SS) 60.71, 4. Debbie Grant (Ramapo HS) 61.48, 5. Marva Benjamin (unatt/ Seattle) 62.73, 6. Lisa Bradley (unatt) 62.94.

**3000 METER WALK:** The two team berths were decided early as Simone Pavlides (Island TC) and Jamie Melfi (Springfield TC) finished a full straightaway ahead of third. Results: 1. Simone Pavlides (Island TC) 15:31.41, 2. Jamie Melfi (Springfield TC) 15:33.85, 3. Terri Ann Holmes (Willamete Falls TC) 16:08.57, 4. Susan Meininger (Sunshine Striders) 16:44.54, 5. Tracy Hebron (Island TC) 17:08.02, 6. Tammie McPoland (Gateway TC) 17:17.44.

**400 METER RELAY:** Another close southern California battle, with the Los Angeles Mercurettes edging the So. Calif. Cheetahs by 3 hundredths. Results: 1. LAM "A" 45.60, 2. SCC 45.63, 3. South Central AA 46.56, 4. Willingboro TC 46.34? (place correct), 5. New Image TC 47.00, 6. LAM "B" 47.12.

**880 YARD RELAY:** Results: 1. New Image TC 1:42.88, 2. LAM "B" 1:43.05, 3. LAM "A" 1:44.39, 4. Gazelle Striders TC 1:45.94, 5. Willingboro TC "A" 1:46.34, 6. SCAA 1:46.47.

**ONE MILE RELAY:** Gayle Kellon, Gervaise McCraw, Michelle Taylor, and Zelda Johnson all took individual medals in these championships, but put them together and it spelled a new meet record at 3:39.1. Results: 1. So. Calif. Cheetahs 3:39.1, 2. BOHAA 3:43.0, 3. Gazelle Striders 3:43.7, 4. LAM "B" 3:46.2, 5. LAM "A" 3:47.6, 6. Sunshine Striders 3:52.3.

**TWO MILE RELAY:** Ever enjoy a two team race? Results: 1. Liberty AC 9:02.30, 2. San Jose Cindergals 9:03.65.

**LONG JUMP:** Lois White got a good wind on one jump and claimed the title over Yvette Bates. With only 5 jumpers in the field, the results were still good if not outstanding. Results: 1. Lois White (Sunshine Striders) 19'7-1/2"w, 2. Yvette Bates (Berkeley Eastbay TC) 19'6-1/2", 3. Debbie Larsen (Coast Athletics) 18'10-1/4", 4. Carla Jackson (Unatt/ Big Springs, Tex) 18'10-1/4", 5. Sharon Hatfield (Coast Athletics) 18'4-3/4"w.

**HIGH JUMP:** In the battle of the six-footers, 5'10-3/4" won it with Shari Collins outdueling Mary Moore. In an event that looked like a throwback eight years or more, 5'5" placed, and the fifth placer hadn't even qualified for this meet. Results: 1. Shari Collins (unatt) 5'10-3/4", 2. Mary Moore (Issaquah Gliders) 5'10-3/4", 3. Debbie Larsen (Coast Athletics) 5'8-3/4", 4. Pamela Simmons (Lindenhurst HS) 5'7", 5. Lisa Feagraus (unatt/ Laguna Beach, Ca) 5'7", 6. Michal Miller (San Jose Cindergals) 5'5".

**SHOT PUT:** The winner was predictable, and so was second, but Carla Garrett threw a scare into Regina Cavanaugh with her 45'9-1/4". Results: 1. Natalie Kaaiawahia (Unatt/ Fullerton, Ca) 51'3", 2. Regina Cavanaugh (unatt/ Kileen, Tex) 46'4-3/4", 3. Carla Garrett (Albuquerque Dust Devils) 45'9-1/4", 4. Cindy Johnson (Coast Athletics) 44'6-1/4", 5. Pam Dukes (Willingboro TC) 44'0-3/4", 6. June Reid (Mephram HS) 43'7-3/4".



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**DISCUS THROW:** National leader Kaaiawahia has been having her problems with this event recently and finished 5th here as Cindy Johnson simply threw away from the field. Results: 1. Cindy Johnson (Coast Athletics) 174-0, 2. Jacque Norton (Coast Athletics) 154-9, 3. Karen Nickerson (unatt/ Rancho Cordova, Ca) 154-5, 4. Carla Garrett (Alb. Dust Devils) 146-3, 5. Natalie Kaaiawahia (unatt/ Fullerton, Ca) 145-5, 6. Mary Dentinger (unatt) 142-8, 7. Regina Cavanaugh (unatt) 142-8.

**JAVELIN THROW:** The winning throw was the shortest winner by over 20 feet in the history of this event as not one of the top 10 juniors in the country entered the meet. Results: 1. Bronwyn Morrison (Abraxas TC) 137-4, 2. Carrie Daly (Turtles U.S.A) 133-1, 3. Sandra Edwards (Sunshine Striders) 128-10, 4. Liz Lasater (unatt) 112-2, no 5th or 6th.

**TEAM SCORES:** 1. Coast Athletics 56, 2. So. Calif. Cheetahs 48, 3. L. A. Mercurettes 46, 4. South Central Athletic Assn. (Seattle) 27, 4. Sunshine Striders 27, 5. Berkeley Eastbay TC 19.

USA Junior National Team for Canadian Dual Meet and Pan Am Junior Games:

100--Dennis, Davis, Taylor, Johnson  
 200--Dennis, Howard, Stevens  
 400--McCraw, Underwood, Rodgers  
 800--Palmer, Zaleski  
 1500--Plumer, Rowen  
 3000--Curtin, Cook  
 100H--Epps, Graham  
 400H--Kellon, Johnson  
 Walk--Pavrides, Melfi  
 LJ--White, Bates  
 HJ--Collins, Moore  
 SP--Kaaiawahia, Cavanaugh  
 DT--Johnson, Norton  
 JT--Morrison, Daly  
 Hept--Hatfield, DaCosta  
 Alts--Browne (Hurdles), Sharon Pfister (Hept, HJ), Spies (800), Larsen (HJ, LJ, Hept)

**Junior Nationals Kaleidoscope:** Coast Athletics parlayed a lot of out-of-state but headed-for-USC athletes into points, including Cindy Johnson and Debbie Larsen. Hatfield and Norton are home grown southern Californians .... The San Diego Cougars, which qualified several athletes and relay teams for the finals, failed to show up the second day .... The international selection passed up versatile Jeannie Arnold (4th in the 400 and a good 200 and 800 runner) in favor of 3 200 runners .... Michelle Olivera, a 150' javelin thrower and a shoo-in to win at UCLA was not entered. Her club coach and personal coach each thought the other was doing the entering .... BOHAA, prominent in the meet, stands for Brooklyn Over the Hill AA ....

**KALEIDOSCOPE:** Dorsey's (Los Angeles) relay teams created a minor controversy by wearing bodysuits at Arcadia, Mt. SAC, the city championships (all green) and the state finals (white). Opinion seemed split with a lot of sour grapes by losing coaches. There was some discussion of the fact that it wasn't "shirt and shorts" but reason prevailed and they were allowed to run....If the national lists are any indication, there are a lot of potential heptathletes out there. Leslie Maxie (Mills/ Millbrae, Ca. frosh) appears on the 100 hurdles, 300 hurdles, 400, and high jump lists. Kym Carter (East/ Wichita, Neb) leads the HJ list, but shows up over 40' in the shot and is a hurdler also. Wendy Brown (Woodside, Ca) is on the roster in the TJ, LJ, 100H and has a 5'7" HJ. Sharon Pfister (Lancaster/ Buffalo, NY) was the state champ in the pentathlon and claimed a 5'10-1/4" HJ. Katrena Johnson (Marshall/ Pasadena, Ca) won her state high jump at 5'11", placed in the long jump over 19', and is an accomplished hurdler....USC will get a dynamite multi-event duo with Hatfield and Debbie Larsen who scored 5300 points in her first heptathlon, including her first ever hurdles, shot, and javelin....How many states run a state multi-event meet? We know of Oregon, Washington, New York, Florida, and Iowa.... California has run its last 2-day meet for a while at least. Next year the Golden State will have 2-day regional meets (north-south) and a one-day state affair. That south regional should be better than the state final....



Carleton College's track will have a real new look in 1983. Presently they have a four lane cinder track. Next year they will have an eight lane all-weather job. Says coach Bill Huyck, "I can't express how happy I am. We haven't been able to host a meet for seven years." Understatement....Apologies to Gisa Disladottir for calling her Disa Gisladottir in last month's magazine. The Icelander won the NCAA high jump.... University of Oregon loses only Kris Costello from this year's team for 1983. Oregon sprinter Grace Bakari severed her achilles tendon with broken glass in a freak accident last May.. ..At the Eighth International Combined Events Meeting in Gortz, Austria, where Jane Frederick set her American record, there were more than 5000 spectators watching the decathlon and heptathlon....Ever hit a lucky number? How about New Jersey high schooler Buk Rowen at the Kinney Invitational. Rowen ran the mile in 4:44.44. You're right, she was 4th.

We think we received a birth announcement from West German correspondent Rolf von der Laage and photographer-wife Gladys Ng Mei Chai. Although written in German and Chinese, our feeling is they are papa and momma now. Gladys once had the distinction of being the high jumper to clear the most inches above her own height. Congratulations....Add two more candidates to the All-Around Thrower contest. Both from Cal Poly/Pomona: Monica Wren with 311'3 3/4" (40'0 3/4"-128'9"-142'6") and Carol Hall 308'1 1/2" (39'7 1/2"-129'6"-139'0"). Any more out there?....Surprise notice of the resignation of Vern Gambetta as women's coach at UC Berkeley....Could be a name for our "Names I Like" Department, but this is to announce that Rocky Light of Adams State has been selected NAIA Coach of the Year....And David Hemery, Boston, was named NCAA Division I, District I, coach of the year. Even without Sharon Colyear....

A popular running magazine announced on its cover this is a "Special Women's Issue". First article on women was back on page 34 - and there were no other articles about women. Some special!....Checking results of the San Diego Cougars Invitational, we noted a lack of names such as "Mary" and "Barbara" et al. These are first names of entries at the border city:

Marvella	Adienne	Dieandra	Colandra
Gayvon	Shawnette	Naima	Sjondrala
Tanaela	Lequita	Kyshaune	Lakithia
Euphemia	Tyesha	Kaishoda	Durnesia
Kecia	Chewvakii	Kateri	Killie
Kysa	Hacockey	Keascha	Alechhia
Sasheen	Rameika	Omyia	Nenisha
Heaihi	No Mary!		

"Names I Like" Department somewhat small this month. We mention only Washington hurdler Inge Smaka, Lorraine Lorraine from New York, Fippy Shorter, Candance McLeod, Shawn Tell and Durnesia Body all of San Diego.

## OUTDOOR MARKS

4x200 METERS (*=Hand time +0.14) (#=4x220y -0.5)	800m MEDLEY RELAY
1:33.75 Wilt's AC	1:38.28 Wilt's AC
1:34.34*# Florida State	1:38.84* Nebraska
1:35.34* Prairie View	1:38.85 Prairie View
1:35.64* Morgan State	1:38.89 SC Cheetahs
1:37.11 South Carolina State	1:39.36 LATC
1:37.34* Berkeley HS, Cal	1:39.40 Tennessee
1:37.61 Coast Athletics	1:39.64 UTEP
1:37.74* Texas Southern	1:39.71 Texas
1:37.78 LATC	1:40.34* Missouri
1:38.04* Southern University	1:40.67 Atoms TC
1:38.24 Cal Poly/SLO	1:40.94* UCLA
1:38.43 CS Bakersfield	1:40.98 Houston
1:38.54* Atoms TC	1:41.01 DC International
	1:41.01 Texas Southern



# SOBOTHANE - MYTH OR MIRACLE

By Debra Blake, from "The Nor'wester"

Sorbothane - miracle cure or fad?

Soborthane - miracle cure or fad?

This new material used for shoe inserts has been hailed by some as THE answer to runners' problems. Described as a material with the basic properties of a liquid although it is a solid, Soborthane seems to have advantages as a shock absorber, making it a boon to preventing injury from heel-strike force.

In addition, because it is a material that will not break down from use and one that distributes force in all directions, it could be more effective than the foams currently used in most cushioning products.

Stories of runners whose injuries were eased by the use of Sorbothane abound. Interest has also been sparked by a recent segment of "That's Incredible" that featured the material.

First developed in Great Britain some four years ago, Sorbothane was introduced to this country last year, where studies have yielded impressive results.

Tests at the Nike Sport Research Laboratory in Exeter, NH, showed that shock absorption capabilities were 94.7%, compared with 60.3% for a more common ethyl vinyl acetate material and 58.3% for the air sole used in some Nike shoes.

Ned Frederick, exercise physiologist and researcher for Nike, said "some fairly good studies" have shown that Sorbothane can reduce impact to the skeletal system during walking by 25-40%, but warned "until more research is done, we can't be sure it will be as good for runners as it is for walkers."

But Nike's research on Sorbothane has been encouraging enough so that the company will market this new material in its top line of soccer shoes this summer.

Frederick describes Sorbothane as a "viscoelastic polymer that mimics the shock absorption properties of biological tissues." Translated, this means an insole of Sorbothane in a shoe is like adding another quarter inch of flesh to your heel.

This all sounds very impressive - almost too impressive. There are fears that runners may view Sorbothane as a cure-all, especially in view of its relatively low price: under \$15 for insoles, under \$10 for heel inserts.

Seattle podiatrist William Warnekos heard about Sorbothane two months ago and is sceptical about it, though he admits it seems to be working out well for one of his patients.

"He uses the heel lifts and they seem to work real well for his achilles tendon problems," Warnekos said, adding that "I would not advocate using Sorbothane for any other kind of injury. It works well for absorbing shock because it has a good rebounding effect. But even for that, the normal material used in most shoes is adequate."

Warnekos speaks from experience. He tried Sorbothane but stopped using it after three days when he developed tendonitis of the ankle, the first such injury he'd had in years. He blames the injury on the increased weight of the Sorbothane - 10 1/2 ounces for a pair of size 10 insoles.

"That's a 63% increase in weight," explained Warnekos. "My basic complaint is that it is too heavy. Your muscles have to work harder and that can lead to injury."

"I question the value of it. When it is further evaluated, I don't think it's going to have the long-term effects on injuries that are now claimed for it."

Dennis Sealey, head trainer for University of Washington sports, also believe Sorbothane is overrated. "We tried it out in our running shoes during the month of April but haven't noticed much difference," he said.

Sealey added that there are no plans to discontinue its use, however, "at least not for a while. We want to get a good feel for it before we make any decisions."

Derek Lahuis, manager of a Sporting Goods Company, has a somewhat different outlook. While he tells people "not to expect miracles," he feels Sorbothane is a good safeguard against injuries.

"The insole is probably more helpful to the casual runner who is more prone to injuries," he said. "The competitive runner who runs longer distances usually prefers the heel wedge because of the weight of the insole."

"I've had a lot of good feedback about it," Lahuis said. A co-worker has had achilles tendon problems and tennis-related problems with his back that almost put him out of

running. He tried the heel inserts and noticed an improvement within a week.

A customer with shin splints also experienced relief within a week of using the insoles, Lahuis reported, adding that "it's rare when you have people coming back with positive feedback. Usually you only hear about something when it doesn't work."

Chet James of Super Jock 'n Jill running store says that "we haven't really heard anything great about it from people who have tried it. We haven't sold that much of it either. But we haven't really tried to push it. We're honest with people and in my opinion it's pretty heavy."

Added James, "You never know. There is a store in Spokane that says they can't keep enough of it on the shelves. But I've always been kind of leery about new products. I guess we'll just have to wait and see."

## REEL OFF - "CONTINUED"

instructions en route. Coach ran in front of the stands behind the fence. Ran more than 100 meters with his athlete.

Speaking of announcers, did you watch the meet on ABC-TV? Renaldo Nehemiah was one of the network's 'color' persons and one would feel the nationals were controlled by him if one believed everything he said. Either the winners "reminds me of myself" or "Joe and I worked on that point yesterday and now today he is a winner" or "he/she runs like me, (should be 'I')", or "I gave her some pointers" or something. Nice to know ABC has a real expert at the mike.

Nehemiah was right in one of his observations however, when he said "Hightower reminds me of myself" - her trail arm is wrong, too.

Wish meet directors would give a thought to setting up and checking the hurdles from flight 1-10 instead of 10-1. The hurdlers need the first flights set up and straightened so they can properly prepare for the forthcoming race. At Tennessee, (and most meets), hurdles are checked from the last flight to the first and just as the hurdlers are getting themselves into their final preparations, here come the string bearers to line up the first flights and get in everyone's way.

It seems there is an old saying, something about "great minds run in same channels". While reporting the results of the US-West Germany meet, the results of the 200 meters got to me. The race was won by a non-descript German sprinter by the name of Hirsch in 23.38. Second was another German, Steger, in 23.42. Rosalyn Bryant and Sherri Funn were our two entries, both women pressed into an event which is not their specialty. I checked the files - we, the United States, have 13 runners who have marks better than the winning time against the FGR team. 18 runners better than the second place finisher. A question - where were these speed burners when we needed them?

Then along came the weekly copy of Britain's "Athletics Weekly" and an article by editor Mal Watman entitled "Loyalty to the British Team", an article expounding the match between the British, East Germany and Belgium. It seems the British Board received the turn-down from FIFTY FIVE athletes who desired to compete elsewhere. The British are thinking along the lines of sanctions against the athletes who compete elsewhere when the National team is participating. Says their General Secretary, "It seems logical that those athletes who are not interested in representing Britain in matches such as the one against the DDR will therefore not be interested in representing Britain in the European Championships or the World Championships (or the Olympics). Watman concludes: "Certain athletes do need to be reminded of their duty to the sport at home and it wouldn't come amiss if, should friendly persuasion fail, invitations to races abroad were withheld by the Board."

A couple of days later, in Scott Ostler's column in the LA Times, Wilt Chamberlain had his say on the same subject with some remarks directed toward our athletes who scoot off to Europe to make the fast buck instead of representing their country in international competition.

And add an interesting note: while East Germany was trouncing us with ridiculous ease and finished 1-2 in the 100 and won the 1500, Evelyn Ashford and Mary Decker were cavorting in Paris. Damn it, we're not that far behind East Germany and the Soviet Union and could give them a real battle. But not without our best. Can you picture Marita Koch telling her Board she wanted to go to Paris the day East Germany was set to meet the United States? No way, Jose!

# OUTDOOR MARKS

Marks received to 8 July  
 +=Not a US citizen

## 100 METERS

10.96 Evelyn Ashford (MedTC)  
 11.05 +Merlene Ottey (Nb/Jam) 10.97w  
 11.15 Florence Griffith (UCLA) 11.14w  
 11.16 Jeanette Bolden (UCLA) 11.12w  
 11.18 Diane Williams (CSLA) 11.13w  
 11.26 Jackie Durham (AngSt)  
 11.32 Sheryl Pernell (TSU)  
 11.32 Jackie Washington (Hst) 11.20w  
 11.33 +Leleith Hodges (LATC/Jam)  
 11.33 Kathrene Wallace (TxSth)  
 11.34 Chandra Cheeseborough (TSU)  
 11.36 Benita Fitzgerald (Tn) 11.13w  
 11.37 Alice Brown (WAC)  
 11.38 Randy Givens (FSU) 11.23w  
 11.41 Karen Hawkins (Atoms)

## 200 METERS (\*=Hand time +0.24)

22.17 +Merlene Ottey (Nb/Jam)  
 22.39 Florence Griffith (UCLA)  
 22.54\* Randy Givens (FSU)  
 22.91 +Marita Payne (FSU/Can)  
 22.94 Evelyn Ashford (MedTC)  
 23.05 Chandra Cheeseborough (TSU)  
 23.18 Lisa Thompson (UNLV)  
 23.21 Michelle Mathias (StanTC)  
 23.21 Janet Davis (Miss HS)  
 23.24 Grace Jackson (Atoms)  
 23.25 Denean Howard (Cal HS)  
 23.26 La Shon Nedd (UCLA)  
 23.29 Alice Brown (WAC)  
 23.34 Cassandra Graham (PV)  
 23.34 Pam Marshall (CA)

## 400 METERS (\*=Hand time +0.14)

50.87 Denean Howard (Cal HS)  
 51.34 Rosalyn Bryant (LATC)  
 51.71 +Cathy Rattray (Tn/Jam)  
 51.75 Diane Dixon (NY HS)  
 51.79 Arlise Emerson (UCLA)  
 51.91 Florence Griffith (UCLA)  
 51.99 +Marita Payne (FSU/Can)  
 52.01 +Charmaine Crooks (UTEP/Can)  
 52.14\* Delissa Walton (Tn)  
 52.14 Easter Gabriel (PV)  
 52.20 Rosalyn Dunlop (Mo)  
 52.29 La Shon Nedd (UCLA)  
 52.34 Merry Johnson (WVxSt)  
 52.36 Sharon Dabney (CSLA)  
 52.41 Alice Jackson (DC Int)

## 800 METERS (\*=Hand time +0.14)

2:00.91 Delisa Walton (Tn)  
 2:01.73 +Yvonne Hannus (StanTC/Fin)  
 2:02.09 Joetta Clark (Tn)  
 2:02.14 Sue Addison (OreTC)  
 2:02.28 Kim Gallagher (Pa HS)  
 2:02.72 +Dorian Lambelet (Cor/Swi)  
 2:03.02 Lee Ballenger (AW)  
 2:03.11 Leann Warren (Ore)  
 2:03.14\* Louise Romo (Cal)  
 2:03.54 Lee Ann Vanlandingham (LSU)  
 2:03.84\* Darlene Beckford (Har)  
 2:03.94\* Chris Mullen (AW)  
 2:04.06 Deanne Gutowski (LAM)  
 2:04.38 Regina Jacobs (Stan)  
 2:04.51 Robbin Coleman (Tx)

## 1500 METERS (\*=Hand time +0.14)

(#=Intermediate time)  
 4:03.37 Mary Decker (AW)  
 4:05.88 Leann Warren (Ore)  
 4:10.98 Cindy Bremser (WisUn)  
 4:11.10 Francie Larrieu (NBTC)  
 4:11.84\*# Maggie Keyes (AW)  
 4:12.04\*# +Monica Joyce (SDS/GB)  
 4:12.85 Darlene Beckford (Harv)  
 4:13.14\*# Cathie Twomey (AW)  
 4:13.44\*# Brenda Webb (AW)  
 4:14.00 Michele Bush (UCLA)  
 4:14.25 +Lorraine Moller (NBTC/NZ)

4:14.64\*# +Regina Joyce (Wash/GB)  
 4:14.94 Kathy Hayes (Ore)  
 4:15.50 Joan Hanson (AW)  
 4:16.27 Kellie Cathey (Ok)

## ONE MILE (\*=Hand time +0.14)

4:21.46 Mary Decker (AW)  
 4:29.21 Cindy Bremser (WisUn)  
 4:30.54\* +Monica Joyce (SDS/GB)  
 4:30.95 Francie Larrieu (NBTC)  
 4:31.26 Brenda Webb (AW)  
 4:31.52 Maggie Keyes (AW)  
 4:32.07 Cathie Twomey (AW)  
 4:34.11 Sue Addison (OreTC)  
 4:34.16 +Regina Joyce (Wash/GB)  
 4:34.82 Jill Haworth (Va)  
 4:35.24 Polly Plumer (Cal HS)  
 4:35.56 Lesley Welch (Va)  
 4:36.52 Michele Bush (UCLA)  
 4:36.64\* Ceci Hopp (Stan)  
 4:36.75 Linda Goen (UCLA)

## 3000 METERS (\*=Hand time +0.14)

8:29.71 Mary Decker (AW)  
 8:47.95 Jan Merrill (AGAA)  
 8:51.11 Cindy Bremser (WisUn)  
 8:52.03 Francie Larrieu (NBTC)  
 8:55.98 PattiSue Plumer (Stan)  
 8:56.26 Kathy Hayes (Ore)  
 8:56.26 Brenda Webb (AW)  
 8:56.58 Maggie Keyes (AW)  
 8:56.58 +Regina Joyce (Wash/GB)  
 8:57.27 Ceci Hopp (Stan)  
 8:58.14\* Cathie Twomey (AW)  
 8:58.20 +Anne Audain (PhTC/NZ)  
 9:00.71 +Lorraine Moller (NBTC/NZ)  
 9:01.78 +Monica Joyce (SDS/GB)  
 9:05.65 +Kerry Robinson (Clem/Scot)  
 9:05.84\* Julie Shea (AW)  
 9:06.84\* Debbie Eide (OreTC)

## 5000 METERS (\*=Hand time +0.14)

15:08.34\* Mary Decker (AW)  
 15:13.22 +Anne Audain (PhTC/NZ)  
 15:33.50 Maggie Keyes (AW)  
 15:34.44\* Brenda Webb (AW)  
 15:35.60 +Regina Joyce (Wash/GB)  
 15:36.41 +Midde Hamrin (Lamar/Swe)  
 15:37.01 Eryn Forbes (Ore)  
 15:37.73 Kathy Bryant (Tn)  
 15:38.12 Kathy Hayes (Ore)  
 15:40.23 +Lorraine Moller (NBTC/NZ)  
 15:43.46 Debbie Eide (OreTC)  
 15:51.64\* Francie Larrieu (NBTC)  
 15:52.54 Julie Shea (AW)  
 15:55.64\* +Eva Ernstrom (SDS/Swe)  
 15:59.34\* +Lynn Kanuka (SDS/Can)

## 10000 METERS (\*=Hand time +0.14)

32:22.64\* Kellie Cathey (Ok)  
 32:30.94\* Joan Benoit (AW)  
 33:25.28 Kim Schnurpfeil (Stan)  
 33:28.24\* Brenda Webb (AW)  
 33:37.68 +Midde Hamrin (Lamar/Swe)  
 33:38.74 Julie Shea (AW)  
 33:48.11 Michelle Mason (Stan)  
 33:48.24\* Jill Molen (Utah)  
 33:55.10 Eryn Forbes (Ore)  
 33:57.34\* Michele Bush (UCLA)  
 33:59.44\* +Patsy Sharples (Id/RSA)  
 34:00.59 Carol Urish (HstHar)  
 34:03.04\* +Glynis Quick (MetSt/NZ)  
 34:07.74\* Ann Locke (Stan)  
 34:09.54\* Ellen Lyons (Stan)

## MARATHON

2:34:29 +Midde Hamrin (Lamar/Swe)  
 2:34:59 Laurie DeWald (WRC)  
 2:34:59 +Lorraine Moller (NBTC/NZ)  
 2:38:48 Eileen Claigus (Sac)  
 2:39:17 Shirley Durtschi (Ore)  
 2:39:40 Quinn (Warren STAC)  
 2:39:46 Laurie Binder (Cal)

2:39:49 Kiki Sweigart (Ct)  
 2:40:21 King (Un)  
 2:41:12 Kathy Moliter (Tx)  
 2:43:31 Julie Isphording (Oh)  
 2:43:42 Gilbert (Cal)  
 2:44:09 Shirley Finken (NJ)  
 2:45:03 Cindy Darlymple (NY)  
 2:45:25 Susan Krenn

## 100 METER HURDLES (\*=Hand time +0.24)

12.86 Stephanie Hightower (LATC)  
 12.94 Candy Young (FD)  
 12.97 Benita Fitzgerald (Tn)  
 13.01 Pam Page (LATC)  
 13.04\* Kim Turner (UTEP)  
 13.29 Lori Dinello (Fl)  
 13.42 Tonja Brown (FSU)  
 13.51 Lori Smith (SDS)  
 13.54\* Rhonda Scott (Sth)  
 13.55 Carol Lewis (Hst)  
 13.57 Jan Yarbrough (CP/SLO)  
 13.60 Carolyn Faison (FSU)  
 13.63 Rhonda Blanford (Nb)  
 13.65 Lorna Russell (Pur)  
 13.68 Maureen McGee (LAM)

## 400 METER HURDLES (\*=Hand time +0.14)

56.28 Tammy Etienne (MetStr)  
 56.46 Tonja Brown (FSU)  
 56.80 Edna Brown (Temple)  
 57.34 +Sandra Farmer (LATC/Jam)  
 57.84\* Colleen Williams (Idaho)  
 57.86 Pat Melton (Yale)  
 57.91 Robin Marks (Ariz)  
 57.93 Kim Whitehead (MorgSt)  
 58.16 Val Morgan (Ga)  
 58.20 +Dana Wright (OldD/Bah)  
 58.21 Faye Paige (CSLB)  
 58.22 Gayle Kellon (Cal HS)  
 58.23 Sharrieffa Barksdale (Tn)  
 58.40 Lynn Gamble (PV)  
 58.45 Tami Hart (Penn St)

## HIGH JUMP

6'6 Coleen Somner (WAC)  
 6'5 +Debbie Brill (PCC/Can)  
 6'3 1/2 Phyllis Blunston (CS Bak)  
 6'2 3/4 +Charmaine Gale (Ariz/RSA)  
 6'2 1/4 Joni Huntley (PCC)  
 6'2 1/4 Kym Carter (Kan HS)  
 6'2 +Suzanne Lorentzen (UTEP/Swe)  
 6'2 Sue McNeal (CP/SLO)  
 6'1 1/4 +Julie White (Bos/Can)  
 6'1 1/4 +Disa Gisladdottir (Al/Ice)  
 6'0 1/2 Carolyn Ford (Lamar)  
 6'0 Terri Turner (Tx HS)  
 6'0 +Maria Zanandrea (BYU/Bra)  
 6'0 Sheri Collins (Ore HS)  
 6'0 Renee Nickles (Ok)  
 6'0 Jane Clough (Ok)  
 6'0 Holmes (Ariz)  
 6'0 Frances Daniell (Ohio Un)  
 6'0 Wendy Markham (FSU)  
 6'0 Mary Moore (Wash HS)  
 6'0 Maggie Garrison (Un)  
 6'0 Jane Frederick (AW)

## LONG JUMP

22' 4 1/2 Carol Lewis (Hst)  
 21' 11 Kathy McMillan (CA)  
 21' 10 1/4 Jodi Anderson (LATC)  
 21' 10 +Shonell Ferguson (DCInt/Bah)  
 21' 9 1/2 +Jennifer Inniss (SCC/Guy)  
 21' 8 1/4 Jackie Joyner (UCLA)  
 21' 6 1/4 Halcyon McKnight (Kan) 21' 10 1/4w  
 21' 6 1/4 Gwen Loud (CA)  
 21' 4 3/4 Pat Johnson (Wis)  
 21' 2 1/4 +Myra Van Niekark (Mac/RSA)  
 21' 2 1/4 Donna Thomas (NBTC/St)  
 21' 1 1/2 +Dorothy Scott (Atoms/Jam)  
 21' 1 1/4 Veronica Bell (SCC) 21' 2w  
 21' 1 Melody Smith (Tx HS)  
 21' 0 Kim Schofield (Fl)

**SHOT PUT**

57' 3/4	+Meg Ritchie (Ariz/GB)
56' 9/4	Lorna Griffin (AW)
55' 11/4	+Marita Walton (Md/Ire)
55' 7/4	+Rose Hauch (Tn/Can)
54' 2/2	Denise Wood (KnoxTC)
54' 0/2	Elaine Sobansky (Penn St)
53' 11	Sandy Burke (NE)
53' 5/4	+Ria Stalman (LATC/Hol)
53' 4	Ramona Pagel (GSLB)
52' 11/2	Annette Bohach (Ind)
52' 7/2	Nini Davis (St.John's)
52' 6	+Cecil Hansen (Ok/Nor)
52' 4/4	Jane Frederick (AW)
52' 2/4	Annie McElroy (CSLB)
52' 2/4	Natalie Kaaiawahia (Cal HS)
52' 2/4	+Jennifer Smit (UTEP/Hol)

**DISCUS THROW**

218' 5	+Ria Stalman (LATC/Hol)
216' 8	+Meg Ritchie (Ariz/GB)
199' 9	Leslie Deniz (AzSt)
192' 1	Lorna Griffin (AW)
190' 10	Kathy Picknell (OreTC)
187' 2	+Patricia Walsh (Tn/Can)
184' 0	Penny Neer (Mich)
183' 2	Denise Wood (KnoxTC)
181' 10	Jan Svendsen (WAC)
180' 7	Julie Hansen (SptWst)
179' 0	Carol Gady (Stan)
178' 3	Lynne Anderson (Un)
177' 10	Pia Iacovo (Al)
176' 4	Cindy Johnson (Az HS)
175' 6	Jackie Wallace (Tn)

**JAVELIN THROW**

211' 3	Karin Smith (CP/SLO)
202' 3	Lynda Hughes (Ore)
202' 0	Kate Schmidt (PCC)
195' 0	Dana Olson (Hst)
194' 9	Cathy Sulinski (Mill)
190' 4	Sally Harmon (Ore)
181' 10	+Cindy Crapper (Ky/GB)
178' 10	Patty Kearney (OreTC)
174' 7	Danella Barnes (CP/SLO)
173' 11	Deanna Carr (Wash)
173' 7	Susie Ray (UCLA)
173' 6	Barbara Moro (FulCC, Ca)
173' 5	Jacque Nelson (UCLA)
173' 3	Liz Mueller (PalJC, Ca)
171' 11	Deena Bernstein (CA)

**HEPTATHLON**

6423	Jane Frederick (AW)
6099	Jackie Joyner (UCLA)
5950	Cindy Greiner (OreTC)
5902	Marlene Harmon (LATC)
5788	Patsy Walker (HstTC)
5671	+Annette Tannander (Col/Swe)
5637w	Susie Ray (UCLA)
5592	Sonya Crowther (OreSt)
5581	Cindy Banks (GBTC)
5526	Carrie McLaughlin (SDS)
5514	Kathy Raugust (Cal)
5498	Kerry Zwart-Bell (USC)
5471	Mary Harrington (Un)
5470	Tonya Alston (WAC)
5458	Sue Brownell (Va)

**4x100 METERS**

43.45	Wilt's AC
43.67	Nebraska
43.73	Florida State
43.73	LATC
43.86	UCLA
44.27	CS Los Angeles
44.36	Tennessee
44.38	Atoms TC
44.49	Prairie View
44.60	Tennessee State TC
44.68	Houston
45.00	UTEP
45.02	Coast Athletics

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NEW! "WHOLE LIFE RUNNER" MAGAZINE. \$7, quarterly. 14618 Tyler, Nevada City, Ca 95959.

45.03 DC International  
45.08 Ms AC

**4x400 METERS** (\*=Hand time +0.14)

3:28.55	Tennessee
3:28.68	LATC
3:28.70	Florida State
3:30.44	UCLA
3:31.62	Atoms TC
3:31.82	Wilt's AC
3:31.84	Prairie View
3:34.89	LA Mercurettes
3:35.04*	Stanford TC
3:37.08	SC Cheetahs
3:37.45	Texas Southern
3:37.66	Texas
3:38.29	Harvard
3:38.44	Houston
3:38.68	UNLV

**4x800 METERS** (\*=Hand time +0.14)  
(#=4x880y -3.00)

8:22.26	Stanford TC
8:26.58	LA Mercurettes
8:32.12	Tennessee
8:32.13	Virginia
8:39.44	Texas
8:39.71	Wisconsin
8:40.62	Villanova
8:42.21	Purdue
8:42.59	LATC
8:43.26	Coast Athletics
8:43.57	Penn State
8:45.65	Michigan State

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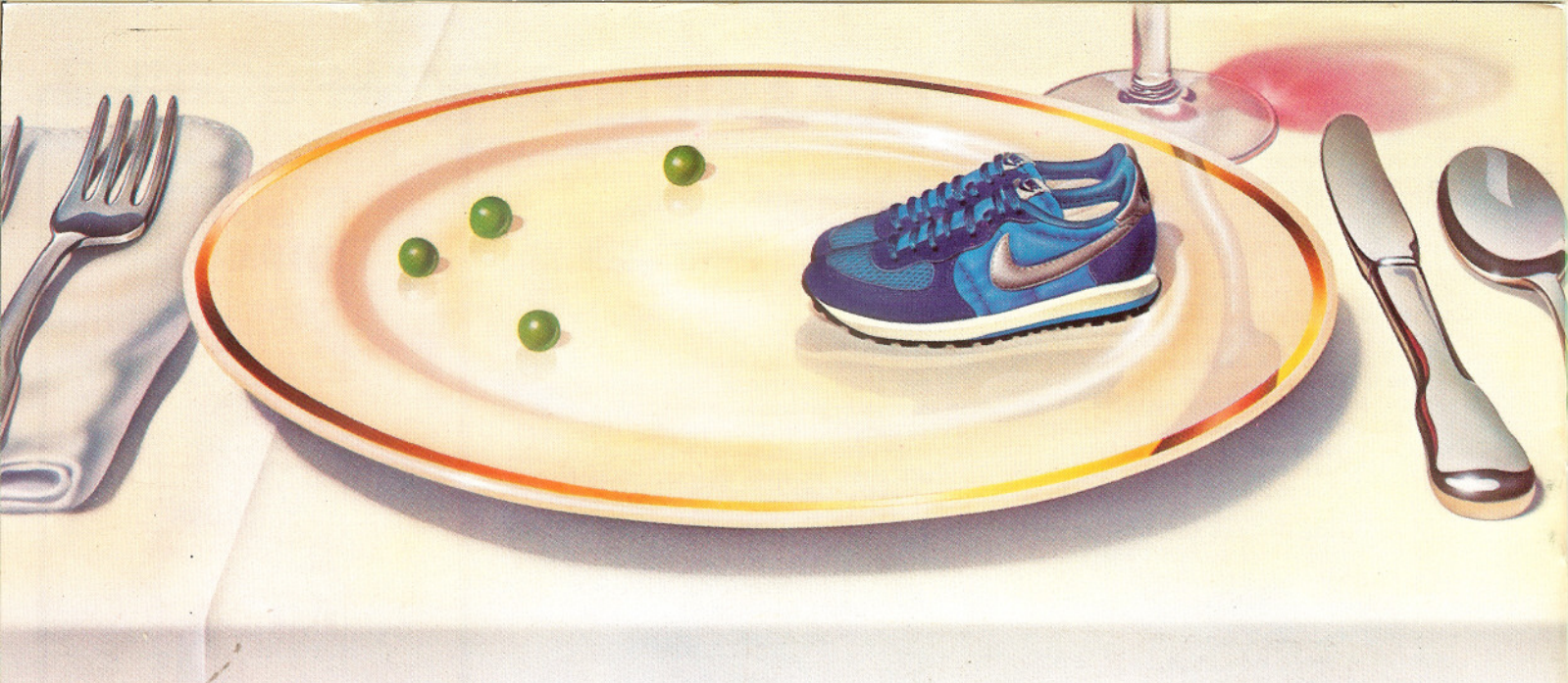
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## THE CARE AND FEEDING OF A LIGHTWEIGHT.

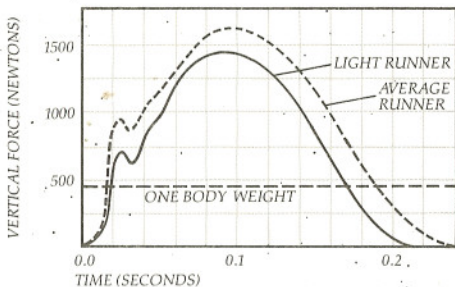
Believe it or not, one of the most envied group of runners—the lightweights—has a very unenviable problem.

While the rest of us are out there causing street lamps to sway, these folks are hitting the ground with considerably less force. The typical 6 footer who is 20 pounds underweight, is receiving a jolt about 14 percent less than normal.

This is a problem? You bet. Especially when you start cranking out the weekly miles in shoes designed for the average weight runner.

What lightweights should fear most is too much cushioning. An overdose here and the shoe can become dangerously inflexible.

If you're one of nature's more slimmed down versions, you won't be applying enough weight to penetrate the forefoot area as much. And what you lack in pounds, you'll have to make up for in effort. It takes more energy to flex



Vertical ground reaction forces for a 150 lb. runner and a 100 lb. runner at a 6:00 mile pace. Forces under the heel and forefoot are both proportionally smaller for the lighter runner.

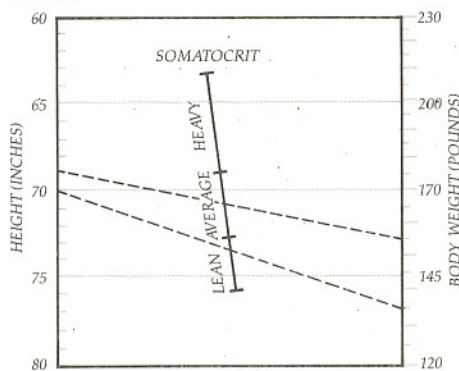
a thicker sole, so you'll run less efficiently.

You may also be flirting with shin splints and Achilles tendinitis, the most common results of too little flexibility.

Unfortunately, things really get sticky if your shoe size is less than a size 9. Because most midsoles aren't scaled the way the human body is.

Until we started investigating, the general assumption was that the forces under the foot were directly proportional to shoe size.

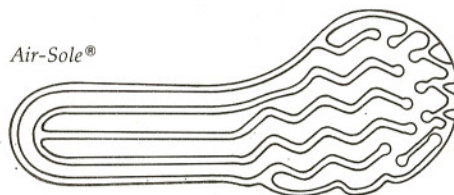
In other words, if a size 7 shoe is 9 percent smaller than a size 10, then a typical runner in a size 7 will experience 9 percent less vertical force.



Are you a lightweight? Draw a line between your height and weight and see where it intersects the somatocrit scale.

As it turns out, nature doesn't work that way. In actuality, that size 7 runner will hit the ground with 18 percent less force.

All of which means the smaller sizes of most running shoes have an over-generous amount of cushioning. For even the average weight runner.



Terra T/C



The Air-Sole® (top) in the Columbia, Aurora and Tailwind has different air pressure in the various sizes to give more appropriate cushioning. The Terra T/C (below) has a Pylon™ midsole also scaled for cushion as well as the same degree of heel lift in all sizes.

It was a startling discovery. And we did something about it.

First with our air shoes—the Columbia, Aurora, and the Tailwind. Not only are these shoes slip lasted for the flexibility lightweight runners need, but we also adjusted the air pressure in the various sizes for more appropriate cushioning.

Lightweights will also appreciate the Terra T/C and the Lady Terra T/C. They are slip lasted in the front to make them flexible and board lasted in the rear to make them stable. In addition, the midsole has been molded to give the proper cushion and heel lift for each size.

So if you're on the thin side, put your feet on a diet. When it comes to cushioning, don't ask for second helpings.

Or you'll wind up a glutton for punishment.



Beaverton, Oregon