

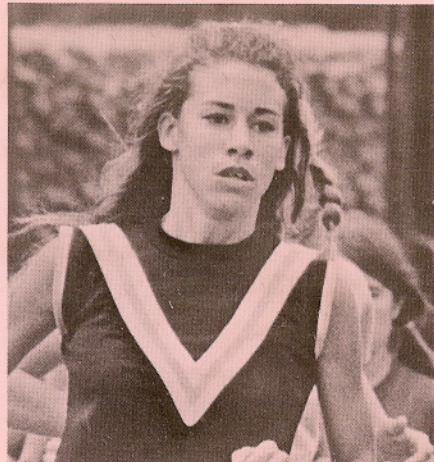
December 1969, Vol. 3, No. 7

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Cheryl Bridges



Francie Larrieu



Doris Brown



Debbie Roth

### FOUR UNDEFEATED RUNNERS CLASH FOR US CROSS COUNTRY TITLE

Four undefeated runners will clash head-on at the National AAU Cross Country Championships in Inglewood, California, on Saturday, November 29. In addition, seven other top ranked athletes will force the pace as the runners clash to determine not only the US champion but to select the six runners for the USA team at the World Championships in March.

The team title, never won by any club other than Will's Spikettes, appears to be a cinch for the Wolverine Parkettes from Michigan although the Falcon Track Club of Seattle, Washington, has an outside chance of winning.

The four undefeated cross country runners are defending champion Doris Brown (Falcon TC), Cheryl Bridges (Wolverine Parkettes), Francie Larrieu (San Jose Cindergals) and Debbie Roth (Oregon TC). The other outstanding contenders include Kathy Gibbons (Phoenix Flyers), Vicki Foltz (Falcon TC), Mo Dickson (Unattached, California), Maria Stearns (Santa Monica AA), Pam Bagian (Wolverine Parkettes), Pat Cole (SMAA) and Debbie Heald (La Mirada Meteors). Another long shot is Jane Hill (Frederick TFC) the 1968 national 1500m champion. A brief report on each of these runners follows:

1) Doris Brown (Falcon TC, Seattle, Washington). Brown is the defending US champion and two time world champion. To date she has run only two cross country meets, but her performances in both have been spectacular. She won at Seattle on November 8 over a course allegedly two miles in the fantastic time of 10:05 winning by 25 seconds over teammate Vicki Foltz. On November 15 she won the Canadian championship at 4000m (approximately 2½ miles) in 14:28, again with Foltz second some 17 seconds back. A great competitor, Doris must be the favorite to win her second consecutive USA cross country title.

2) Cheryl Bridges (Wolverine Parkettes, Michigan). Cheryl has been training hard and running hard in preparation for this meet. Working over 100 miles each week, she has compiled an undefeated string of three wins to date this year. On October 4 at Ypsilanti, Michigan, Bridges won over Pam Bagian at two miles in 10:54. October 25 she again won over



Maria Stearns

Continued on Page 4

## REEL TALK

Next month

The next issue of Women's Track and Field World, the January edition, will be the Annual Edition and should please everyone interested in our sport. Feature of the Annual Edition is always the announcement of the winner of the "World Athlete of the Year" chosen by the 72 correspondents of the magazine from all around the world. The winner in 1968 was West Germany's Liesel Westermann with Poland's Irena Kirszenstein and USA's Madeline Manning in second and third positions. Last year's winner was East Germany's Margitta Gummel while Wyomia Tyus and Irena (Kirszenstein) Szewinska were the second and third choices. The voting for 1969 winner is currently very close and will probably not be determined until the very last ballot is counted.

In addition to "World Athlete of the Year", the outstanding athletes of the various sections of the world are also chosen - North America, South America and Central America and the Caribbean, East Europe, West Europe, Africa, Oceania and Asia. This year we also had voting on a "Mythical 1969 World Championships" in all the regular T&F events and those results will also be printed.

Of major importance to the world of women's T&F will be the printing of the 1969 World Rankings by Jan Popper and his helpers. Popper, the Czechoslovakian women's expert, has ranked the athletes of the world annually for the past eight or ten years and his presentation will be eagerly looked for.

Also included in the Annual issue will be the US lists in all events. National statistician Neil Hofland has promised to provide the top 100 in every event. Age group statistician Glen Shaw will bring us the top athletes in all the Age Group Divisions. The WTFW Track Club Contest will be brought up to date with all records and standings. The National Cross Country Championships will be detailed. Calvin Brown will present a review of the 1969 Age Group season and a preview of the 1970 season. Indoor schedules and results will be printed.

It looks like a fine few hours reading. Watch for the January issue, the Annual Edition.

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### Letter from Don Callahan

"Regarding the October 1969 issue of WTFW. The article titled STRENGTH TRAINING by Harmon Brown, M.D., left me in a state of confusion. It was a fine article but under the TRAINING PROCEDURES section on attitude Dr. Brown states the following: :It is important to train the neuro-muscular system for the quality of explosiveness, even when loads are heavy. Thus, every repetition should be carried to completion with a 'snap' at the end".

The word "snap" is what causes me to worry. Therefore, I would like Dr. Brown to further define his thoughts on the above. Such great experts as Chuck Coker in his article titled WEIGHT TRAINING states in the first paragraph the following: "The mental aspect of lifting is very important. The explosion factor in lifting is mental".

I am sure you can understand that if the "snap" or "explosion" at the end of the weight exercise is physical as opposed to mental, severe physical injury can result.

This is not an attempt to criticize, it is only my desire to be totally informed."

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### Answer from Dr. Harmon Brown

"I am pleased to clarify Mr. Callahan's point about explosiveness, as I don't want to encourage anyone to incur injury during weight training. I agree with Chuck Coker and with Mr. Callahan that the explosiveness is primarily mental, but it is also important to carry the exercise through the full range of motion of the joint, and not to stop short of full extension. Of course, it is important to avoid hyper-extension, as this may cause ligamentous strain or injury. At any rate, the weight or apparatus should be under control at all times, and the exercises should be performed smoothly throughout the full range of the exercise, and not in a jerky fashion. If a weight should slip or control be lost, the weight should be dropped to the floor at once - better to dent the floor than risk injury.

I appreciate Mr. Callahan's point, and hope I have clarified it satisfactorily."

### Letter from Pete Pozzoli, Great Britain

"Regarding your comment about the poor showing of your girls in the Pacific Conference Games. You really must realize in the US that all international competition is 100% important - not just the Olympic Games. Unless you parade all your champions people do not take kindly to it. You can afford to turn out a second squad with the men and still be good enough to win - so people cannot feel too upset. But with the women unless you send all your champions you are not good enough (yet?) to beat the rest, and to come with 'second raters' and lose leaves a bad feeling that we, the Germans and the Japanese have been considered and treated as second-class countries to whom you need not bother to give the courtesy of parading your best talent. This is the European reaction and maybe your officials should know how we feel about it. I appreciate your touring over here - costs are great. But is it not about time you organised some regular international matches in your own continent? For instance, a women's USA vs Canada match should be an ANNUAL FIXTURE. And why not "B" team matches against the first teams of say Mexico, Cuba, Brazil, Argentina? Not only would this be good for the girls of all countries concerned, it would also be good publicity for the USA in those countries, for there is nothing like sport to cement good relations between nations."

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### Letter from Jeff Johnson

"CBS and the AAU got together a few weeks ago in New York to lay out tentative plans for the next season of TV track. Nothing has been signed yet, but it looks promising. If TV track survives, we all owe a tremendous debt to Dick Bank! His announcing made the show. I doubt if anyone else could have imparted so much accurate information about the competitors and events in as short a time as he did. Between "On your marks" and the gun, Dick could reel off all the life histories from lane one through nine, creating for the viewer an in-depth awareness of the personalities and chances of the competitors. Few fans know the athletes at all, and even the few that follow the sport closely were educated by Dick's commentary. He was great!"

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### Letter from Fernando Rodil, Puerto Rico

"It is a pity I did not subscribe earlier to your monthly. At the Mexico Olympics I approached some of your girls and when they gave me their names - they did not register - simply because I had never heard of them or seen their photos. At the Village, I instantly recognized Olga Connolly at a discus practice simply because I had a photo of her. Now, after taking your magazine, my knowledge of the female athletes from all over the world is complete.

Women's athletics in Puerto Rico are restricted to one-day-a-year intramural affairs at our High Schools. Field Days at the Universities they concentrate on volley ball and basketball. So our records are nothing to write about!

Keep up the good work."

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### Bonner Beats Bagian

Reedsville, West Virginia, September 27:-The Preston County Buckwheat Festival Invitational drew 29 competitors from four of the top eastern teams for their run over the beautiful, rolling course in equally beautiful weather. Beth Bonner set the pace from the start and scored a mild upset by whipping the Wolverine Parkette's Pam Bagian by a good margin. The Parkettes, however, won the team title.

RESULTS: (2.2m), 1-Beth Bonner (Un) 12:09, 2-Pam Bagian (WP) 12:18, 3-Jane Hill (Frederick TFC) 12:22, 4-Ellen Cornish (FTFC) 12:26, 5-Jackie Ford (WP) 12:30, 6-Vicki Slater (WP) 12:34. Team standings, 1-Wolverine Parkettes, 2-Frederick TFC, 3-Kettering Striders.

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## NATIONAL CHAMPIONSHIPS (Continued)

Bagian in 10:59 at Cass Benton, Michigan, and on November 7 she whipped Bagian once again, this time by 16 seconds as she won at St. Louis, Missouri, in 11:05. Word from the mid-west says "Brown better be ready!" - and this should be a terrific battle.

3) The third undefeated runner is Francie Larrieu (San Jose Cindergals, California), the co-holder of the US 1500m record with Doris Brown. At 16 years of age, Larrieu has suddenly become the future hope of US distance running and has won both her races this season. On October 18 she won the two mile road race at Reedley, California, in 10:41, beating Arizona's Kathy Gibbons by 28 seconds and shattering the old meet record. On November 15, Francie won the California State title in 11:26 scoring a two foot win over US international Maria Stears and a three yard win over Pat Cole.

4) Oregon's Debbie Roth is the fourth of the undefeated runners in the race. Debbie, who turned the mile in 4:59.8 while still only 13, like Larrieu is eligible to compete in the Girl's Division, but we figure both will be shooting for a spot on that US team and will compete in the women's race. Roth has won all three of her races and all by huge margins. On September 27 she scored a 30 second win over Carolyn Walker to triumph at Portland in 11:28. On October 25 at Woodland, Washington, she ankled to a 53 second win over Tara Mitchell, winning in 11:27. On November 2 she won again in Portland in 11:44, twenty five seconds ahead of Jan Freedenberg.

5) Another young one is Arizona's Kathy Gibbons. Gibbons was second to Larrieu in the Reedley Road Race, and then on November 8 in Ventura, California, she whipped three good runners as she won the two miler in 11:29 over Pat Cole (11:46), Maria Stearns (11:54) and Debbie Heald (12:04).

6) Vicki Foltz (Falcon TC), the 1967 National champion and last year's runner-up, has lost only to Doris Brown this year and will be tough to keep out of the top six. She has represented the US twice in the World XC Championships.

7) Maureen Dickson (Unattached, California), was runner-up to Doris Brown in the 1968 World Championships in Scotland, but has had no racing this season. "Mo" has been training hard at Occidental College where she is a freshman, but seems a little over-weight and lacks competition. She is the question mark of the race.

8) Maria Stearns (Santa Monica AA), one of Igloy's young runners was also a member of the 1969 World Championship team and has been running very well this season although she has yet to win a race. She lost to Pat Cole in Lompoc on October 4, lost to Debbie Heald and Cole in Long Beach on November 3rd, and lost the California State title to Larrieu at Millbrae on November 15 by only two feet. A determined runner, she could surprise everyone.

9) Michigan's Pam Bagian has had more running than any of the other top contenders with seven competitions to date, winning three and finishing second four times. She won at Kirkwood, Missouri, on September 14 in 10:39 over 1 1/4 miles, she was second behind Beth Bonner at Reedsville, West Virginia, on September 27 in 12:18 over 2.2 miles. On October 4 she lost to Cheryl Bridges at Ypsilanti, Michigan and won at Kettering, Ohio, on October 11 in 11:16. She lost again to Bridges at Cass Benton, Michigan, on October 25, won in Toledo on November 1 in 12:00 and was beaten again by Bridges on November 7 in 11:21 at St. Louis. A consistent runner, Bagian will be a distinct threat if the favorites get to watching each other instead of the pace.

10) Pat Cole (SMAA) is into her most successful cross country season ever. Now training under Igloy she has developed a finishing kick which she never had before and is a tough pace setter. You can count on Pat Cole to set the pace if no one else will. Of course Doris Brown doesn't like to run from behind, so chances are the two of them will be clear of the pack after the first half mile.

As for the team title, the powerful Wolverine Parkettes seem to have it all wrapped up. The defending champions Will's Spikettes are out of it and rumor has it may concentrate on the Girl's title. Ken Foreman's Falcon TC has a chance to upset the Michigan team provided they can find five runners. With Brown and Foltz possible 1-2 finishers again this year, the Falcons must come up with help - but right now their #3 runner, Judy Oliver, has become Mrs. Ernie Smith and is in New Mexico; their #4 runner, Trina Hosmer, is also a skier of national repute and must choose between competing in that National championship on November 29 or



Pam Bagian



Maureen Dickson



Vicki Foltz

Continued on Page 5

## NATIONAL CHAMPIONSHIPS (Continued)

the Cross Country Championship; Nancy Main, a student at Seattle's Ingram HS and Patty Engberg will round out the Falcon team - but there may be some missing spots.

In addition to Doris Brown, two other 1968 National champions return. Debbie Heald won the 12/13 title and may run in the women's division this year looking for a spot on the US International team. Ruth Kleinsasser annexed the 11/Under title at Frederick and moves up to the 12/13 Division where she and her Rialto Road Runner teammates plan to win the team title.

New divisions this year are the Girl's championship (14-17 age bracket) and the 9/Under gang - the most entertaining race of them all.

WTFW predictions for the women's division:		Odds
1-Doris Brown (FTC)	Stick with the champ	3-2
2-Cheryl Bridges (WP)	Could take it all	3-1
3-Francie Larriau (SJC)	Needs more experience	5-1
4-Vicki Foltz (FTC)	Consistent plodder	8-1
5-Debbie Roth (OreTC)	Strong backing by State	10-1
6-Maria Stearns (SMAA)	Should be in top six	12-1
7-Pat Cole (SMAA)	This one could move up	12-1
8-Debbie Heald (LMM)	Just might win it all	12-1
9-Kathy Gibbons (PF)	Outsider could be 4th	12-1
10-Pam Bagian (WP)	There or there-about	20-1
11-Mo Dickson (Un)	Needs more running	30-1

### 1968 National XC Results

Results of the 1968 National AAU Cross Country Championships held in Frederick, Maryland, were:

Women's Division (2.0m), 1-Doris Brown (Falcon TC) 10:35, 2-Vicki Foltz (Falcon TC) 10:40, 3-Maureen Dickson (SMAA) 10:46, 4-Cheryl Bridges (Indiana State U) 10:58, 5-Maria Stearns (Unattached) 11:04, 6-Judy Oliver (Falcon TC) 11:08, 7-Kathy Gibbons (Phoenix Flyers) 11:12, 8-Nancy Shafer (Canton TC) 11:14, 9-Marie Mulder (LB Comets) 11:24, 10-Jane Hill (Frederick TFC) 11:26, 11-Beth Bonner (Zan AC) 11:33, 12-Dino Lowery (Will's Spikettes) 11:35. ...14-Kathy Moore (Wolverine Parkettes) 11:40....17-Cheryl Toussaint (Atoms TC) 11:47....20-Pam Bagian (WP).

Team scores, 1-Will's Spikettes (4-5-11-17-24) 61, 2-Wolverine Parkettes (6-8-9-19-20) 62, 3-Atoms TC 119, 4-Rialto Road Runners 131, 5-Canton TC 137. Number of competitors in women's race - 125.

12/13 Division (1.0m), 1-Debbie Heald (Hutchinson TC) 4:59, 2-Vicki Eberly (San Jose Cindergals) 5:01, 3-Carol Hudson (Albuquerque Olympettes) 5:02, 4-Valerie Eberly (SJC) 5:08, 5-Jackie Priestly (Un) 5:11...7-Debbie Timpke (OMTC). Team scores, 1-Albuquerque OC (2-6-9-10-11) 38, 2-Hutchinson TC (1-4-5-13-18) 41, 3-Poison Spider School 113, 4-Wolverine Parkettes 115, 5-Toledo Road Runners 126. Number of competitors - 112.

11/Under Division (0.75m), 1-Ruth Kleinsasser (Valley Vikings) 4:17, 2-Cindy McNab (SC Missiles) 4:23, 3-Ann Skelly (Fleet Feet TC) 4:26, 4-Teri Seippel (Kettering Striders) 4:29, 5-Joy Jarvis (KS) 4:31, 6-Jean Aguilera (Rialto Road Runners) 4:31. Team scores, Rialto Road Runners (3-5-8-10-14) 40, 2-Kettering Striders (1-2-12-13-17) 45, 3-Roseville AC 88, 4-Poison Spiders School 103, 5-Wolverine Parkettes 117. Number of competitors - 121. Grand total of competitors in all three divisions - 358.

Note that no Girl's Division was held, and no separate division for 9 and Under as will be the case in 1969.

How about a quick look at the 1967 National Championship races. Open Division (2.0), 1-Vicki Foltz, 2-Linda Mayfield 3-Marie Mulder, 4-Lori Schutt, 5-Natalie Rocha, 6-Kathy Moore, 7-Cheryl Bridges, 8-Maria Stearns...10-Jackie Ford 11-Nancy Benson...13-Judy Oliver, 14-Dino Lowery, 15-Pam Bagian...33-Cheryl Toussaint...50-Lois Drinkwater. Will's Spikettes won with 27 points over Wolverine Parkettes with 75. 12/13 Division won by Kathy Gibbons, 2-Vicki Eberly...5-Debbie Norris. San Jose won the team title. 11/Under Division won by Diane Byington while Will's Spikettes won the team title. Times for the winners were Foltz 11:46, Gibbons 5:58 and Byington 4:18.

The high jumpers spring gets her over the bar; her style gets her away from it.

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# CROSS COUNTRY ROUNDUP

## Rialto Road Runners - ZOWIE!!!

Rialto, California, October 11:-The Rialto Road Runners won the 12/13 Division of their own cross country meet and moved into the spot of favorites for the National title on November 29 at Inglewood. Debbie Johnson maintained her undefeated record with a smashing 18 second win over the 1968 National 10/11 champion, teammate Ruth Kleinsasser. Jean and Julie Aguilera, twin sisters, just moved up into the 12/13 age bracket and give the RRR a powerful backup punch for the Johnson-Kleinsasser duo as the Road Runners completely out-classed the opposition with 18 points to runner-up Fontana's 67.

**RESULTS: Women's Division (2.0m), 1-Debbie Durst (Un) 11:03, 2-Carol Goya (LBCComets) 11:14, 3-Meta Vanderweff (LBC) 11:19, 4-Cindy Buccaro (SD) 11:32, 5-Debbie Norris (SCM) 11:39. No team scores. Number of runners - 6.**  
**Girl's Division (2.0m), 1-Nanette Torrey (Un) 10:59, 2-Sandy Dean (LBC) 11:06, 3-Reenie Westcott (Hutchinson TC) 11:15, 4-Debbie Timpke (OMC) 11:15, 5-Tina Stough (LBC) 11:57. Team winner, LBC. Number of runners - 15.**  
**Novice Race (0.75m), 1-Alberta Martin (CCTC) 5:22, 2-Marilyn McClung (SCM) 5:37, 3-Debbie Payne (CCTC) 5:38. Number of runners - 5.**  
**12/13 Division (1.0m), 1-Debbie Johnson (RRR) 6:10, 2-Ruth Kleinsasser (RRR) 6:28, 3-Jean Aguilera (RRR) 6:28, 4-Patty Cape (LBC) 6:39, 5-Esther Marquez (RRR) 6:45. Team scores, 1-RRR 18, 2-Fontana 67, 3-LB Comets 71, 4-Ontario-Montclair 75. Number of runners - 42.**  
**10/11 Division (1.0m), 1-Effie Jordan (RRR) 6:16, 2-Liz McDonald (LBC) 6:35, 3-Diane Holder (LBC) 6:45, 4-Doreen Assumma (RRR) 6:46, 5-Margi Sturhann (Metroes) 6:52. Team scores, 1-RRR 29, 2-LB Comets 50, 3-Fontana 57. Number of runners - 34.**  
**9/Under Division (0.75m), 1-Michelle Klein (SCM) 5:46, 2-Jill Boyd (OMC) 5:47, 3-Donna Traister (OMC) 5:49, 4-Rhonda Hollan (Fontana) 5:49, 5-Tammy Sheitz (RRR) 5:51. Team scores, 1-Fontana 33, 2-OMC 40, 3-LB Comets 48. Number of runners - 36. Total number of runners - 138.**

## Debbie Heald Wins LB Run

Long Beach, California, October 25:-Young Debbie Heald, running her first race of the 1969 season after a year of injuries and disappointments, thrashed a strong field to win the Women's division at the LB Comets Invitational in the good time of 10:48 for the two mile course. Maria Stearns, Pat Cole and San Diego's Cathy DeStout led after the first mile, but into the home stretch Heald pulled steadily ahead to win by about five yards over Pat Cole. Cole, who uncorked a fine finishing kick, nipped teammate Stearns for the runner-up spot and suffered her first defeat of the 1969 season.

Debbie Johnson continued her mastery over the 12/13 age group as her Rialto Road Runners thoroughly trounced the rest of the field scoring 1-3-6-7-8 for 25 points and they ran without the 1968 10/11 National champion, Ruth Kleinsasser.

**RESULTS: Women's Division (2.0m), 1-Debbie Heald (La Mirada Meteors) 10:48, 2-Pat Cole (SMAA) 10:50, 3-Maria Stearns (SMAA) 10:51, 4-Reeny Westcott (LMM) 11:05, 5-Sandy Dean (LB Comets) 11:12, 6-Nanette Torrey (Un) 11:14, 7-Cathy DeStout (SD Lancerettes) 11:20, 8-Debbie Durst (Un) 11:33, 9-Debbie Norris (SCM) 11:38, 10-Carol Goya (LBC) 11:39. Team scores, 1-La Mirada Meteors 26, 2-LB Comets "A" 50, 3-LBC "B" 60, 4-Ontario-Montclair 100, 5-Lakewood Spartans 102. Number of runners - 44.**  
**Novice Race (0.75m), 1-Alberta Martin (CCTC) 4:15. 12/13 Division (1.0m), 1-Debbie Johnson (RRR) 5:09, 2-Pat Cape (LBC) 5:16, 3-Jean Aguilera (RRR) 5:18, 4-Debbie Schuster (LMM) 5:22, 5-Valerie Metcalf (OMC) 5:24. Team scores, 1-RRR 25, 2-LB Comets 56, 3-Ontario-Montclair 61, 4-Fontana Cinderbells 101. Number of runners - 48.**  
**10/11 Division (1.0m), 1-Effie Jordan (RRR) 5:14, 2-Dianne Holder (LBC) 5:15, 3-Doreen Assumma (RRR) 5:23, 4-Elizabeth McDonald (LBC) 5:28, 5-Donna Mueller (RRR) 5:34. Team scores, 1-RRR 24, 2-LB Comets 40, 3-Lakewood Spartans 66. Number of runners - 39.**  
**9/Under Division (0.75m), 1-Linda McQuarrie (LBC) 4:08, 2-Jill Boyd (OMC) 4:09, 3-Michelle Klein (SCM) 4:15, 4-Debbie Kainz (OMC) 4:16, 5-Rhonda Hollan (FC) 4:17. Team scores, 1-La Mirada 54, 2-Ontario-Montclair 56, 3-LB Comets 61, 4-Fontana 80, 5-RRR 116, 6-SC Missiles 129. Number of runners - 44. Total number of runners - 180.**

## Millbrae Wins Own Invitational

Millbrae, California, October 25:-The Millbrae Lions were poor hosts today as they won their own Invitational Cross Country Meet with 24 points over the Redwood City Striders (55) and the Roseville TC (56). Veteran Linda McCain won the 1.5m race in 10:04 by a short nose over Vicki Eberly (Unattached) who clocked the same time and both girls were given credit for a new course record.

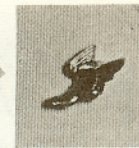
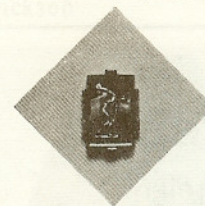
**RESULTS: Women's Division (1.5m), 1-Linda McCain (ML) 10:04, 2-Vicki Eberly (Un) 10:04, 3-Cis Schaffer (ML) 10:10, 4-K. Wilkerson (Roseville) 10:22, 5-Ronnie Rivett (Un) 10:43... 13-Barbara Pickel (ML) 11:47. Team scores, 1-Millbrae Lions 24, 2-Redwood City Striders 55, 3-Roseville TC 56. Number of runners - 28.**  
**12/13 Division, (1.0m), 1-Valerie Eberly (Un) 5:34, 2-J. Biller (Orinda) 5:42, 3-N. Stuart (Orinda) 5:43, 4-B. Lechevalier (RCS) 5:47, 5-J. Bullivarvt (RCS) 5:51. Team scores, 1-Redwood City Striders 16, 2-Roseville 42. Number of runners - 33.**  
**10/11 Division (1.0m), 1-M. Jimenez (Roseville) 5:53, 2-J. Sahl (Roseville) 6:01, 3-Moorlton (Orinda) 6:03, 4-M. Williams (Roseville) 6:04, 5-Schmidt (Salinas) 6:05. Team scores, 1-Roseville 25, 2-Millbrae Lions 51, 3-Salinas Valley 65. Number of runners - 35.**  
**9/Under Division (0.75m), 1-J. Buwalda (RCS) 4:43, 2-H. Riley (R) 4:54, 3-K. Derryberry (R) 5:00, 4-Tracy Miller (San Leandro) 5:02, 5-K. Lermo (R) 5:04. Team scores, 1-Roseville 24, 2-Redwood City Striders 45, 3-Salinas Valley 83, 4-Millbrae Lions 105. Number of runners - 33. Total number of runners - 129.**

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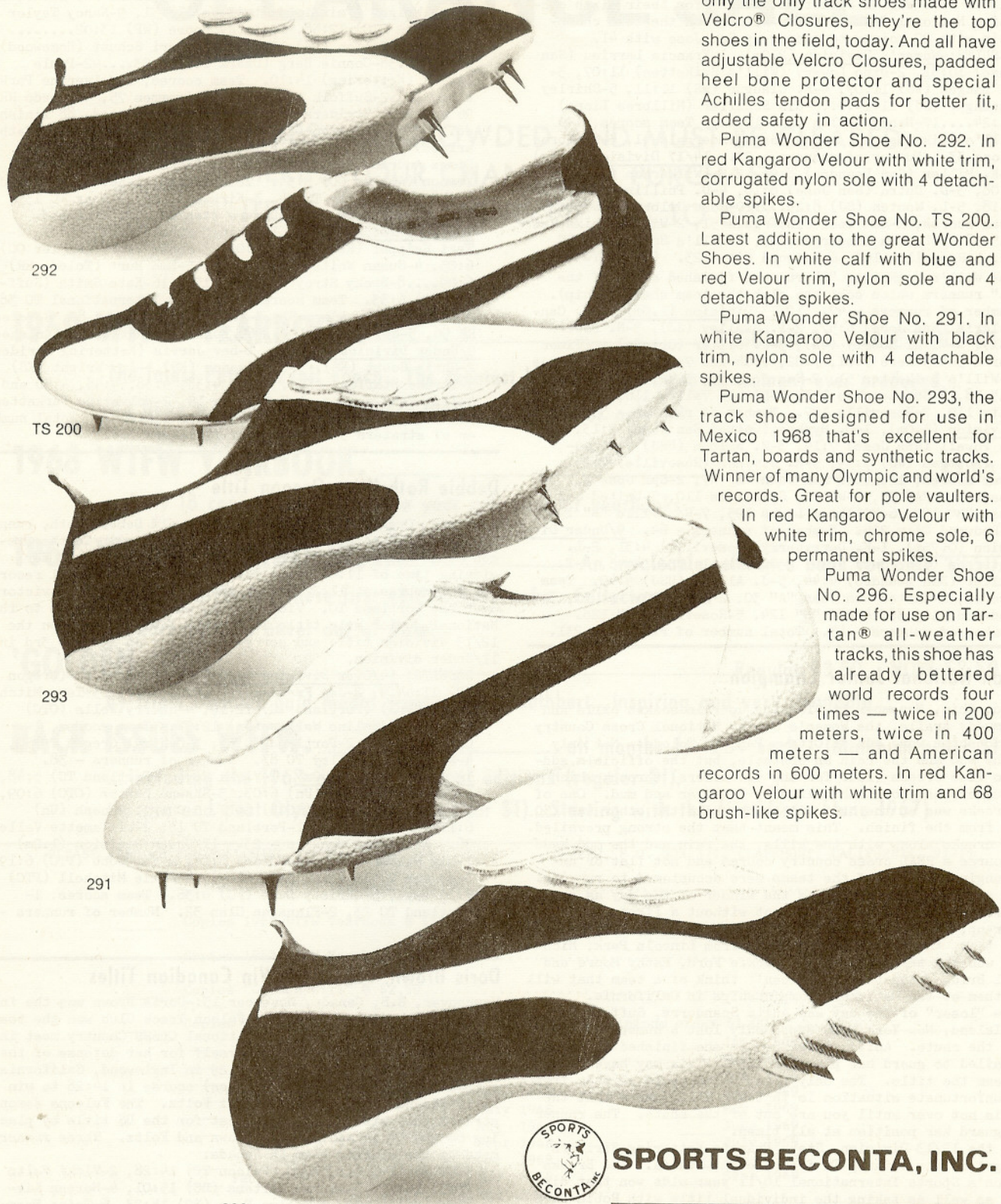
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## CROSS COUNTRY ROUNDUP (Continued)

### Larrieu Wins PAA

Roseville, California, November 1:-Francie Larrieu continued her undefeated season by easily winning the Pacific Association cross country title here today in the good time of 10:52. Veteran Dino Lowery, Will's Spiketettes, finished second in 11:07. The Will's Spiketettes, aiming for their sixth consecutive National Cross Country title, won the team championship with 27 points to runner-up San Jose with 41.

RESULTS:-Women's Division (2.0m), 1-Francie Larrieu (San Jose) 10:52, 2-Dino Lowery (Will's Spiketettes) 11:07, 3-S. Langan (WS) 11:07, 4-E. Claugus (WS) 11:11, 5-Shirley Springer (SJ) 11:14....8-Cis Schaffer (Millbrae Lions) 11:24....17-Nancy Mullen (ML) 12:11. Team scores, 1-Will's Spiketettes 27, 2-San Jose Cindergals 41, 3-Millbrae Lions 53. Number of runners - 22. 14/17 Division (1.5m) 1-K. Miller (San Leandro) 8:06, 2-K. Wilkerson (Roseville) 8:08, 3-D. Dutra (San Jose) 8:16, 4-D. Phillips (Lassen) 8:18, 5-L. Wooten (SJ) 8:23....10-Rose Gilbert (WS) 8:39. Team scores, 1-San Jose Cindergals 51, 2-Will's Spiketettes "A" 58, 3-Lassen Cindergals 69, 4-Will's Spiketettes "B" 96, 5-Roseville 100, 6-Redwood City 123. (Note:-Two of the Will's Spiketettes "B" runners finished ahead of the "A" runners which cost the club the team championship). Number of runners - 47. 12/13 Division (1.0m), 1-M. Candelaria (San Jose) 6:57, 2-P. Swalley (SJ), 3-N. Bowers (SL), 4-Vicki Eberly (Un), 5-J. Biller (Orinda). (Times for 2-3-4-5 were 7:01, 7:02, 7:04 and 7:07.) Team scores 1-Will's Spiketettes 51, 2-San Jose 55, 3-United San Juan "A" 58, 4-San Leandro 113, 5-Diablo Valley 116, 6-Redwood City 119, 7-Roseville 177. Number of runners - 55. 10/11 Division (1.0m), 1-C. Hyrkas (United San Juan) 7:13, 2-R. Powell (San Jose) 7:14, 3-R. Nelson (USJ) 7:16, 4-G. Protteau (WS) 7:19, 5-M. Jiminez (Roseville) 7:25. Team scores, 1-United San Juan "A" 47, 2-San Jose 51, 3-Roseville "A" 55, 4-Will's Spiketettes 110, 5-United San Juan "B" 177, 6-Millbrae Lions 195, 7-Roseville "B" 198, 8-Redwood City 225. Number of runners - 64. 9/Under Division (0.75m), 1-K. Derryberry (Roseville) 4:31, 2-I. Peterson (San Jose) 4:35, 3-S. Seibel (USJ) 4:43, 4-T. Miller (San Leandro) 4:44, 5-J. Allred (USJ) 4:49. Team scores, 1-United San Juan "A" 30, 2-Roseville "A" 31, 3-Redwood City 88, 4-USJ "B" 124, 5-Roseville "B" 128. Number of runners - 43. Total number of runners - 231.

### Bagian National Junior Champion

Toledo, Ohio, November 1:-Sloshing up rain soaked hills and down muddy trails, the Women's Junior National Cross Country Championships were run at Ottawa Park in Toledo. Not only was the mud and the rain an obstacle, but the officials added two wide creeks (four for the two milers) through which the runners had to slosh calf deep in water and mud. One of the creeks was at the half mile mark while the other was 150 yards from the finish. This meant that the strong prevailed. These creeks along with the hills, the rain and the mud made the course a REAL cross country course and not flat or unchallenging as some of the teams were accustomed to running.

17 year old Pam Bagian was the winner of the day as she captured the senior title, but not without a fight from the runner-up, Beth Bonner of the Pennsylvania Striders. Bagian's team, the Wolverine Parkettes from Lincoln Park, Michigan, won the team title. Add Jackie Ford, Kathy Moore and Cheryl Bridges together and I can't think of a team that will beat them at the National Championships in California.

The "loser" of the day was Anita Scandurra, Suffolk AC, Long Island, New York, who supposedly lost a number of places in the chute. Anita was winded as she finished the race and failed to guard her place in line. This may have cost her team the title. The only point which could be made from this unfortunate situation is to teach all runners that the race is not over until you are out of the chute. The runner must guard her position at all times.

In the 12/13 Division, Steve Price's Kettering Striders just got by the Trinity TC from Gleuph, Canada. And Brooks Johnson's Sports International 10/11 year olds won that division as well as taking the individual title with Robin Campbell. Look out for SITC on November 29!

For the first time on the National level, the 9/Under Division had a team title. Kettering Striders took all the top places to win the championship with a perfect 15-40 score over the Wolverines.

The meet is best summarised by Linda Iddings (Angels TC) quote, "It was the best course I have run on and the best competition I have run against this year."

RESULTS: Senior Age Group (2.0m), 1-Pam Bagian (Wolverine Parkettes) 12:00.9, 2-Beth Bonner (Penn Striders) 12:07, 3-Brenda Mills (Scarboro) 12:30, 4-Carol Frederick (Michigammas) 12:39, 5-Jackie Ford (WP) 12:42, 6-Linda Iddings (Angels TC) 12:43, 7-Debbie Trudel (Suffolk AC) 12:47, 8-Cindy Wright (Fairfield Striders) 12:51, 9-Nancy Taylor (Delaware TFC) 12:58, 10-Kathy Moore (WP) 13:02..... 33-Jaynet Colton (PS) 13:45....36-Lori Schutt (Homewood) 13:51....38-Connie Berg (Ozark TC) 13:53....42-Paula Strack (Kettering) 14:10. Team scores, 1-Wolverine Parkettes 54, 2-Suffolk AC 55, 3-Michigammas 75, 4-Toledo RR 96 and Penn Striders 96. 110 runners started, 88 finished. 12/13 Division (1.0m), 1-Anna-Marie Doede (St. Catharines) 5:41, 2-Michelle Tupper (Motor City) 5:48, 3-Diane Andrade (LIM) 5:49, 4-Sue Parks (WP) 5:54, 5-Lisa Vernon (Ambler OC) 5:54. Team scores, 1-Kettering Striders 89, 2-Trinity TC 94, 3-Kirkwood 126, 4-Ajax TC 135, 5-Toledo RR 136. 110 runners started, 101 finished. 10/11 Division (1.0m), 1-Robin Campbell (SITC) 5:57, 2-Teri Seippel (Kettering) 6:02, 3-Robin Perry (Ambler OC) 6:05, 4-Susan White (SITC) 6:08, 5-Eme Burt (Toledo RR) 6:09....8-Becky Stroy (SITC) 6:15....16-Kate Smith (Suffolk AC) 6:33. Team scores, 1-Sports International TC 38, 2-Kettering Striders 51, 3-Fairfield Striders 85, 4-Toledo RR 96, 5-Suffolk AC 103. 60 runners started, 57 finished. 9/Under Division (0.75m), 1-Bev Jarvis (Kettering Striders) 2-Chris Scott (KS), 3-Pam Isaacs (KS) 4-Amy Wright (KS) 5-Terese Stafford (KS), Times 4:38, 4:38, 4:48, 4:50 and 4:51. Team scores, 1-Kettering 15, 2-Wolverine Parkettes 40. 22 runners started, 22 runners finished. Total number of straters 302, number of finishers 268.

### Debbie Roth Wins Oregon Title

Portland, Oregon, November 2:-14 year old Debbie Roth, running her first mile in 5:37, sped to an easy win in the Oregon State Championships on the Gabriel Park Course. Her winning time of 11:44.9 was far short of her personal record for the course at 11:27.9, but she led her team to a victory over the Portland TC. Vicki Rojas, who was runner-up to the National Junior mile title in Seattle last summer, won the 12/13 division title and her young sister Jo Ann was 3rd in 11/Under division.

RESULTS: 14/Over Division (2.0m), 1-Debbie Roth (Oregon TC) 11:44.9, 2-Jan Freedenberg (OTC) 12:09, 3-Tara Mitchell (14yrs) (Portland TC) 12:19, 4-Sherry Wells (OTC) 12:48, 5-Caroline Walker (Un) 12:57. Team scores, 1-Oregon TC 21, 2-Portland TC 51, 3-Central Oregon TC 57, 4-Willamette Valley TC 83. Number of runners - 38. 12/13 Division (1.0m), 1-Vicki Rojas (Portland TC) 5:48, 2-Debbie Brundage (Un) 6:03, 3-Shawna Baxter (OTC) 6:09, 4-Debbie Christian (SOCB) 6:11, 5-Cheryl Benesh (Un) 6:11. Team scores, 1-Portland TC 15, 2-Willamette Valley 56. Number of runners - 23. 11/Under Division (1.0m) 1-Liz Walker (Flanagan Clan) 6:14, 2-Val Cobb (PTC) 6:19, 3-Jo Ann Rojas (PTC) 6:25 (10y), 4-Jamie Mitchell (PTC) 6:27 (9y), 5-Christy Luce (FC) 6:36. Team scores, 1-Portland TC 23, 2-Flanagan Clan 32. Number of runners - 15.

### Doris Brown, Falcon TC Win Canadian Titles

Vancouver, B.B, Canada, November 15:-Doris Brown won the individual championship and her Falcon Track Club won the team championship at the Canadian National Cross Country meet in Vancouver. Brown, preparing herself for her defense of the US cross country title November 29 in Inglewood, California, romped through the 4000m (2½ miles) course in 14:28 to win by 17 seconds over teammate Vicki Foltz. The Falcons demonstrated they will be tough to beat for the US title by placing 6th and 8th in addition to Brown and Foltz. Three runners make up the scoring team in Canada.

RESULTS: 1-Doris Brown (Falcon TC) 14:28, 2-Vicki Foltz (FTC) 14:45, 3-Doreen Martens (BC) 15:01, 4-Noreen Liepins (BC) 15:09, 5-Thelma Fynn (BC) 15:23, 6-Trina Hosmer (FTC) 15:29, 7-Sandra Harper (Man) 15:30, 8-Nancy Main (FTC) 15:30, 9-Sheila McHarg (Central Ontario) 15:34, 10-Denise McLeod (CO) 15:35. Team scores, 1-Falcon TC 9, 2-British Columbia 12. Number of runners 52. Course was a tough one, wet, soft and several hills.



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## CROSS COUNTRY ROUNDUP (Continued)

### Bridges & Wolverines Win Central US Championships

St. Louis, Missouri, November 7:-Cheryl Bridges and the Wolverine Parkettes served notice they will be the ones to beat for the National titles on November 29 when they completely dominated the individual running and team scores at the Central US Championships. Bridges won the two mile hilly, grassy course in 11:05 over teammate Pam Bagina who finished some 16 seconds later. The Wolverine club won the team title with 26 points over runner-up Wolverine Parkettes "B" who tallied 70 digits and the Wolverine Parkettes "C" with 94 points.

The Kettering (Ohio) Striders showed they will be tough to beat for the national 12/13 title when they snowed under the opposition to win that division with 45 points to runner-up Kirkwood's 61.

RESULTS: Women's Division (2.0m), 1-Cheryl Bridges (Wolverine Parkettes "A") 11:05 (5:19 at mile), 2-Pam Bagina (WP"A") 11:21, (5:18 at mile), 3-Jackie Ford (WP"A") 11:56, 4-Kathy Moore (WP"A") 12:01, 5-Theresa Rulison (WP"B") 12:11....14-Lori Schutt (Un) 12:36 (still injured). Team scores, 1-Wolverine Parkettes "A" 26, 2-WP "B" 70, 3-WP "C" 94, 4-Kirkwood TC 136, 5-Ozark TC 165. Number of runners - 50. 13/Under Division (1.0m), 1-Betty Shell (Kettering Striders "A") 5:49, 2-Joyce Stapleton (Kirkwood TC) 5:50, 3-Gwen Eberle (Ozark TC) 5:53, 4-Sue Parks (Wolverine Parkettes "A") 5:54, 5-Sharon Groth (L) 5:59. Team scores, 1-Kettering Striders "A" 45, 2-Kirkwood TC 61, 3-Wolverine Parkettes "A" 97, 4-Toledo Road Runners 108, 5-Midland Fleet Feet 187, 6-KS "B" 165, 7-Ozark TC 203, 8-WP "B" 274, 9-SEMO TC 283. Number of runners - 67. Total number of runners - 117.

### Doris Brown Is Ready!

Green Lake, Seattle, Washington, November 8:-From the State of Michigan came the warning - "Doris Brown had better be ready" - as Cheryl Bridges won her umpteenth consecutive race. And from Seattle came the answer - a two mile cross country title in 10:05 by the two-time world cross country champion as she won the Pacific Northwest AAU title. Although it is quite certain the distance was not the full two miles as claimed, Doris Brown's performance shows she is ready for a good run at the Nationals.

Falcon Track Club teammates finished behind Brown in 2-3-4 order to stamp that Club as a threat for the national title. Vicki Foltz cruised through the course in 10:30 and Trina Hosmer clocked 10:41 in third spot.

RESULTS: Women's Division (2.0m), 1-Doris Brown (Falcon TC) 10:05, 2-Vicki Foltz (FTC) 10:30, 3-Trina Hosmer (FTC) 10:41, 4-Nancy Main (FTC) 11:00, 5-Linda Iddings (Angels TC) 11:06....10-Joan Pirie (ATC) 11:37....19-Janene Jaton (Angels) 12:30. Team scores, 1-Falcon TC 31, 2-Angels TC 35, (FTC 5th runner finished 23rd). Number of runners - 24. Girl's Division (1.0m), 1-Nancy Mozer (Eastside TC) 5:03, 2-Jackie Guichard (Dynamics TC) 5:11, 3-Linda Howe (Fledglings TC) 5:12, 4-Brenda Batchelor (Richmond TC) 5:13, 5-Sharon Barker (ETC) 5:15. Team scores, 1-Richmond TC 34, 2-Dynamics TC 68, 3-West Seattle Roadrunners TC 71, 4-Fledglings TC 73, 5-Rainbow Runners TC 79. Number of runners - 34. 9/11 Division (0.75m), 1-June Coffin (Eastside TC) 4:16, 2-Terry Kraft (ETC) 4:19, 3-Julie Pulley (ETC) 4:21, 4-Debra Matter (ETC) 4:31, 5-Teresa Kronk (Dynamics) 4:32. Team scores, 1-Eastside TC 15, 2-Richmond TC 62, 3-West Seattle Roadrunners 77, 4-Angels TC 88. Number of runners - 38. Total number of runners - 96.

### Missouri Valley Champs from John Davis

Hays, Kansas, November 15:-Kathy Rogers of McPherson College won the individual title but Kirkwood TC of Kirkwood, Missouri, won the team title at the Missouri Valley Women's Cross Country Championships in sunny 68° weather. Rogers was not pressed as she won over Kirkwood's Cindy Taylor.

RESULTS: (2.0m), 1-Kathy Rogers (McPherson College) 12:27, 2-Cindy Taylor (Kirkwood TC) 12:40, 3-Jean Benkert (KTC) 13:03, 4-Teri Anderson (Topeka Cosmo Club) 13:24, 5-Norma Settlemeyer (TCC) 13:33. Team scores, 1-Kirkwood TC 40, 2-Ozark Bible College (Joplin, Mo) 60, 3-Topeka Cosmo Club 69. Number of runners 33.

### Kathy Gibbons Moves Into Title Picture

Ventura, California, November 8:-Kathy Gibbons of the Phoenix Flyers moved into contention for a spot on the US International cross country team with a clear cut victory over three of the country's top ranked distance runners, Pat Cole, Maria Stearns and Debbie Heald. Gibbons had 17 seconds over Cole and half a minute over Heald over the grassy, hilly run.

The Rialto Road Runners, even though running without all their top competitors, crushed all other teams in the 12/13 Division to continue their move toward the national title in that division as well as a distinct threat in the 10/11 division.

RESULTS: Women's Division (2.0m), 1-Kathy Gibbons (Phoenix Flyers) 11:29, 2-Pat Cole (SMAA) 11:46, 3-Maria Stearns (SMAA) 11:54, 4-Debbie Heald (La Mirada) 12:04, 5-Sandy Dean (LBC) 12:24, 6-Debbie Norris (SCM) 12:35, 7-Karen Hurlocker (LM) 12:50, 8-Carol Goya (LBC) 13:04, 9-Giselda Stearns (SMAA) 13:07, 10-Sharon O'Dair (LBC) 13:17....15-Nancy Benson (PF) 13:44. Team winner, LBC with 15 points. Number of runners - 19. Girl's Division (1.5m), 1-Pam Jewell (LBC) 9:24, 2-Liz Shull (SCM) 9:43, 3-Mary Ann Slater (LBC) 9:49, 4-Debbie Timpke (OM) 9:51, 5-Ann Wheeler (OM) 10:01. Team scores, 1-LB Comets 15, 2-Aviation Aquatics 44. Number of runners - 23. 12/13 Division (1m) 1-Debra Johnson (RRR) 5:45, 2-Pat Cape (LBC) 5:47, 3-Jean Aguilera (RRR) 5:49, 4-Julie Wyle (Ventura) 5:55, 5-Julie Aguilera (RRR) 5:56. Team scores, 1-Rialto Road Runners 28, 2-LB Comets 90, 3-Ontario-Montclair TC 98, 4-Fontana Cinderbelle 103, 5-La Mirada Meteors 132, 6-Cabrillo 140, 7-Ventura Girl's TC 148. Number of runners - 56. 10/11 Division (1.0m), 1-Doreen Assumma (RRR) 5:49, 2-Effie Jordan (RRR) 5:50, 3-Liz McDonald (LBC) 6:04, 4-Margit Sturham (LM) 6:05, 5-Dianne Holder (LBC) 6:11. Team scores, 1-RRR 26, 2-LBC 66, 3-Lomita TC 82, 4-Fontana 83, 5-Cabrillo TC 106. Number of runners - 41. 9/Under Division (0.75m), 1-Donna Traister (OM) 4:42, 2-Linda McQuarrie (LBC) 4:44, 3-Renee Quigley (LM) 4:46, 4-Tammy Sheetz (RRR) 4:52, 5-Lorna Traister (OM) 4:53. Team scores, 1-La Mirada Meteors 33, Ontario-Montclair TC 51, 3-LBC 66, 4-RRR 96, 5-Fontana 114. Number of runners - 41. Grand total number of runners - 181.

### Fall Track Classic

Knoxville, Tennessee, October 25:-The Seventh Annual Knoxville Fall Track Classic was held this year in rainy 45° weather which cut down on good performances. Terry Hull won the 880 and mile in fair times and Judy Vernon had a satisfactory leap of 18'8" to win the long jump.

RESULTS: Mile, 1-Terry Hull (Knoxville TC) 5:18.3, 2-Gwen Eberle (Ozark TC) 5:41.7; 100, 1-Laurie Barr (Ohio TC) 11.4, 2-Judy Vernon (OTC) 11.6, 3-Jane Mussel (Ohio TC) 11.6; 440, 1-Beth Hutson (Ohio TC) 57.5, 2-Kim Kouk (Ohio TC) 58.3, 3-Chris Tucholski (Toledo TC) 59.4; 880, 1-Terry Hull 2:14.1, 2-Amy Prentiss (TTC) 2:34.4....4-Beth Hutson 2:34.9; HJ, 1-Carol Israel (KTC) 4'10; LJ, 1-Judy Vernon 18'8", 2-Carol Thompson (Delaware TC) 17'9"

A girl can jump only as high as she can lift her head on the upward spring.

### St. Bernard In Business

St. Bernard Girls' High School has finally made an entry into the interscholastic sports scene. Seventy Nine girls, under the direction of Norm Higgins, a former Igloy marathon runner and coach at the US Coast Guard Academy, are currently working out after school at Connecticut College, preparing themselves for cross country and track competition. St. Bernard is in New London, Connecticut.

Intramural races were run in cross country over a 1.1m course with Mary Pullan setting a record of 5:55.6.

On November 10, St. Bernard Girls' took a team of 12 girls to compete against Windsor Locks. The race was held in a driving rain, but SBGHS took the first 12 places and defeated their rivals by the perfect score of 15-50. Mary Pullan and Judy Mazzarella tied for first in the record time of 5:17.8 for the 1500m distance. Other places were won by: 3-Linda Rancourt 5:38, 4 (tie)-Gail Chapman and Vicky Mazzarella 5:50, 6-Karen Neilan 5:53, 7-Sue Dickson 5:55, 8-Lynn Chapman 6:07, 9-Margaret Mazzarella 6:09, 10-Sheila Calanzuin 6:25.

## LARRIERU CALIFORNIA CHAMPION - BY INCHES

Millbrae, California, November 15:-Francie Larrieu maintained her undefeated status here today by winning the California State title - but only by the narrowest of margins over Maria Stearns and Pat Cole, as all three finished within one second. The end of an era came as the San Jose Cindergals swept defending champions Will's Spikettes completely under the carpet with a 34-67 point victory.

Millbrae's Linda McCain led the women's race for the first three-quarters of a mile but then Stearns, Cole and Larrieu broke away from the pack and ran together the rest of the race. Pat Cole, stronger and wiser, did most of the work with Stearns on her shoulder. Larrieu would drop back five or six yards, then pick it up again. With 300 yards to go Larrieu took off, but the fast pace made a speedy kick almost impossible and Cole stayed with her. With only 100 yards to go, Stearns appeared to be out of it as Larrieu led Cole by three yards and Stearns another 7-8 yards behind. All of a sudden Stearns came to life and blazed past Cole and appeared to be going to pass Larrieu, but the San Jose youngster heard the pitter-patter of feet and responded to win by about two feet with Cole just 5 yards aack.

Debbie Heald had no trouble winning the girl's title as she coasted to an 8:39 win for the 1½ mile course. Runner-up Renee Westcott was 33 seconds back as Heald's club, the La Mirada Meteors won the team title over San Jose.

In the 12/13 Division, Debbie Johnson and her Rialto Road Runners dominated the scene. Debbie, who lost to teammate Ruth Kleinsasser in a recent run, took the lead and went off the course at the 600 yard mark losing about 40-50 yards. Back she came, however, to catch Kleinsasser and score a one second victory. Establishing themselves as the power in this age division, the Rialto Club won with 24 points as Will's Spikettes amassed 108 for second place

San Jose picked up their second State title in the 10/11 Division in spite of the Rialto Road Runners 1-2 finish. Effie Jordan and Ruth Assumma were only 0.2 apart at the finish but the San Jose team nosed out the Road Runners for the title 60-88.

Although both teams tallied 78 points, the Ontario-Montclair Cheetahs won the 9/Under title over the La Mirada team by virtue of higher finishes. Once again the shortness of the distance was responsible for confusion at the finish. For example, in one three second interval, 17 runners crossed the finish line - and without a recording device of some sort, you KNOW all those little squirts didn't get counted in the correct order!

The competition at the State Meet was terrific. But we have heard complaints from nearly a dozen different sources concerning the handling of the meet. First of all, it has been reported that the Meet Director, a Mr. DeCelle, admitted this was the "first women's meet he had ever been involved in" and he didn't know what to expect. The entry fee was \$2 per girl, \$10 per club. 395 runners actually finished the races, (no telling how many entered and did not compete), and 43 Clubs scored. But there were no trophies, and they ran out of medals. The medals are another story for the track minded wonder where the medals which were awarded came from as they all bore the likeness of Amos Alonzo Stagg, "the grand old man of football", on them. I, like many others, fail to see the connection. The organization was poor in other respects also. It took 45 minutes to tally and announce the women's scores. It is obvious that most of the coaches and officials from the Pacific Association were and are embarrassed about the situation for that section of our State is highly responsible and organized. The consensus is a financial statement covering the meet should be made public and the errors made in meet management in 1969 be eliminated in future competitions.

RESULTS: Women's Division (2.0m), 1-Francie Larrieu (San Jose Cindergals) 11:26, 2-Maria Stearns (SMAA) 11:26, 3-Pat Cole (SMAA) 11:27, 4-M. Candelaria (SJ) 11:47, 5-Dean (LBC) 11:49, 6-Shirley Springer (SJ) 11:51, 7-Langan (Will's Spikettes) 11:56, 8-Rivett (Un) 12:06, 9-McCain (Millbrae Lions) 12:06, 10-Jacqueline Dixon (SJ) 12:07, 11-Cis Schaffer (ML) 12:08...14-Dino Lowery (WS) 12:17, 15-Glenna Stephens (WS) 12:28, 16-Debbie Norris (SCM) 12:29. Team scores, 1-San Jose Cindergals 34, 2-Will's Spikettes 67, 3-Millbrae Lions TC 86, 4-Long Beach Comets 95. Girl's Division (1.5m), 1-Debbie Heald (La Mirada Meteors) 8:39, 2-Renee Westcott (LMM) 9:12, 3-Jewell (LBC) 9:13. 4-Wilkerson (Roseville AC) 9:20,

5-Karen Hurlocker (LMM) 9:24, 6-Anne Hamill (SJC) 9:29, 7-Jennie Burns (SJC) 9:35, 8-Brown (Lassen Cinderbells) 9:36, 9-Slosson (WS) 9:37, 10-Cortex (Redwood City) 9:38. Team scores, 1-La Mirada Meteors 47, 2-San Jose Cindergals 59, 3-Long Beach Comets 68, 4-Lassen Cinderbells 81, 5-Will's Spikettes 87, 6-Redwood City 158, 7-Millbrae Lions 204. Number of runners - 66. 12/13 Division (1.0m), 1-Debbie Johnson (Rialto Road Runners) 5:45, 2-Ruth Kleinsasser (RRR) 5:46, 3-Vicki Eberly (Un) 5:46, 4-Jean Aguilera (RRR) 5:47, 5-Pat Cape (LBC) 5:48, 6-Swalley (SJC) 5:49, 7-Schuster (LMM) 5:50, 8-Julie Aguilera (RRR) 5:50, 9-Anex (WS) 5:52, 10-Marquez (RRR) 5:53. Team scores, 1-Rialto Road Runners 24, 2-Will's Spikettes 108, 3-Fontana Cinderbells 147, 4-San Jose Cindergals 178, 5-Long Beach Comets 179, 6-San Juan United 203, 7-Cabrillo TC 292, 8-Redwood City 326, 9-TS 391, 10-Millbrae Lions 392. Number of runners - 116. 10/11 Division (1.0m), 1-Effie Jordan (RRR) 6:00, 2-Ruth Assumma (RRR) 6:01, 3-Powell (SJC) 6:05, 4-Holder (LBC) 6:06, 5-VanBebber (Roseville) 6:08, 6-Jack (Lomita TC) 6:13, 7-Protteau (WS) 6:13, 8-Cathy Ellis (Diablo Valley) 6:15, 9-Sturham (LMM) 6:16, 10-Hyrkas (United San Juan) 6:20. Team scores, 1-San Jose 60, 2-RRR 88, 3-United San Juan 94, 4-Roseville AC 129, 5-Fontana 146, 6-Lomita TC 149, 7-LB Comets 153, 8-Will's Spikettes 185, 9-Cabrillo TC 196, 10-Millbrae Lions 227, 11-USITC 264, 12-Redwood City 340. Number of runners - 101. 9/Under Division (0.75m), 1-Peterson (SJ) 4:27, 2-Seibel (USJ) 4:28, 3-Tamara Sheetz (RRR) 4:33, 4-McQuarrie (LBC) 4:33, 5-Jill Boyd (OMTC) 4:34, 6-Klein (SCM) 4:36, 7-Riley (RAC) 4:36, 8-Hollan (RCB) 4:37, 9-Renee Quigley (LMM) 4:38, 10-Charlene Allred (USJ) 4:38. Team scores, 1-Ontario-Montclair Cheetahs 78, 2-La Mirada Meteors 78, 3-Roseville AC 82, 4-LB Comets "A": 88, 5-United San Juan "A" 88, 6-Fontana 150, 7-Rialto Road Runners 176, 8-Redwood City 210, 9-Millbrae Lions 260, 10-USJ "B" 288. Number of runners - 80. Grand total number of runners - 395.

And while we are on the subject of complaints, I would like to point out that the result sheets never reached this office from the meet director but were sent by four coaches... In two of the five divisions, the winner was listed as having a slower time than the runner-up....There were only a few of the 395 finishers who had first names listed...The team scores were listed only by initials which required some rather deep decoding. Let's hear it for 1970!

It didn't take long for the fine Pacific Association T&F Committee to rectify the errors of the State Championship meet. The following letter, dated November 17, was sent to all California Conference Cross Country Teams:

"We of the Pacific Association Women's Track and Field Committee are deeply disturbed and embarrassed by the situation which arose during the awards presentation at the California State Cross-Country Championships in Millbrae on November 15th. Due to an apparent lack of understanding, the meet director had not procured sufficient awards to fulfill the commitment which had been stipulated by the sponsoring committee, despite our having been assured to the contrary. We have already taken steps to correct this error, and are in the process of obtaining sufficient medals and team trophies to fulfill our original commitment. We thank you for your participation, and deeply regret the anguish which this has caused to so many deserving athletes."

The approach run in the high jump is a straight line - no weaving, hopping or skipping.

To start practice only a month before the first competition is to think in terms of minimum development and learning.

Better high jumping is 60% mental attitude.

Concentrate on your greatest weaknesses in practice.

Never limit yourself mentally or physically.

The long jump is merely a high jump at the end of a sprint down the runway.

All other things being equal, the athlete who runs the fastest and jumps the highest will also jump the farthest; speed plus spring equals distance.

## PETRA - THE GIRL OF GOLD by Wolfgang Gitter

At the 9th European Track & Field Championships in Athens in 1969, 19 year old Petra Vogt from the German Democratic Republic had the greatest success in her lifetime: she won the 100 meter sprint in 11.6 seconds, the 200 meter sprint in 23.2 seconds, and finally the 4x100 meter relay, together with her teammates, in 43.6 seconds.

Three gold medals for one woman sprinter - that had never happened in any European Championship before. It was an achievement not even attained by the great Stanislaw Walasiewicz (Stella Walsh) of Poland in 1938 or the famous Fanny Blankers-Koen of the Netherlands in 1950.

This triple victory was even more sensational because Petra Vogt was hardly even known when she arrived in Athens for the competitions. She had never attained either a world record or an Olympic victory. Quite the contrary. The then 18 year old high school girl from Halle had not even dared to dream of running in Athens twelve months earlier, in the 1968 Olympic year. That year she had come in only sixth with a modest 12.4 seconds at the GDR 2nd Children's and Young People's Spartakiade. It was not until June 1969 that she attracted attention with her German 100 meter record of 11.3 seconds, but hardly anyone placed much weight on her ability, for shortly thereafter she suffered a number of bitter defeats. It was not until the 20th German Athletic Championships of the GDR, where she became German champion in the 100 meter and 200 meter sprints, that she got her chance for the European Championships.

In Athens, Petra was faster than anyone expected. Despite the strong headwind blowing constantly against her from the Gulf of Piraeus, she was able to win all the eight races she went in for. After a great start at 5:45 P.M. on September 17, 1969, she was able to beat Wilhelmina van den Berg of the Netherlands in the 100 meter dash with a time of 11.6 seconds. Two days later she started on the outside lane in the final 200 meter race. Just behind her on lane 7 was Renate Meissner, also of the GDR and her room-mate in the team's hotel. "The night before the final race was a bad one", Renate Meissner said. "I was awakened at 5 o'clock in the morning by Petra, who couldn't sleep any more. After that I couldn't sleep anymore either. We walked back and forth across the room. Petra took out her knitting and tried to concentrate on that. But we kept on thinking about the race. Finally Petra came up with a solution: 'You know what we'll do, Renate? We'll try to beat everybody! Then it just doesn't matter which of us two wins!'"

Renate and Petra stuck to this simple but consistent plan and dashed around the curve to win both Gold and Silver for the GDR in speeds of 23.2 and 23.3 seconds. The peak of success, finally, was the victory of the GDR team in the 4x100m relay in 43.6 seconds. No less surprising were some of Petra's answers to international press men.

"What are your plans?"

"I am now in high school and hope that my final exams will work out as well as the competitions here at the European Championships. After that I hope to study history and become a teacher."

"What do you do in your free time?"

"I like to read and to listen to music. My favorite authors are William Shakespeare and Johann Wolfgang Goethe, and my favorite composer is Peter Tchaikowski."

"Do you think you will win three gold medals at the next Olympic Games?"

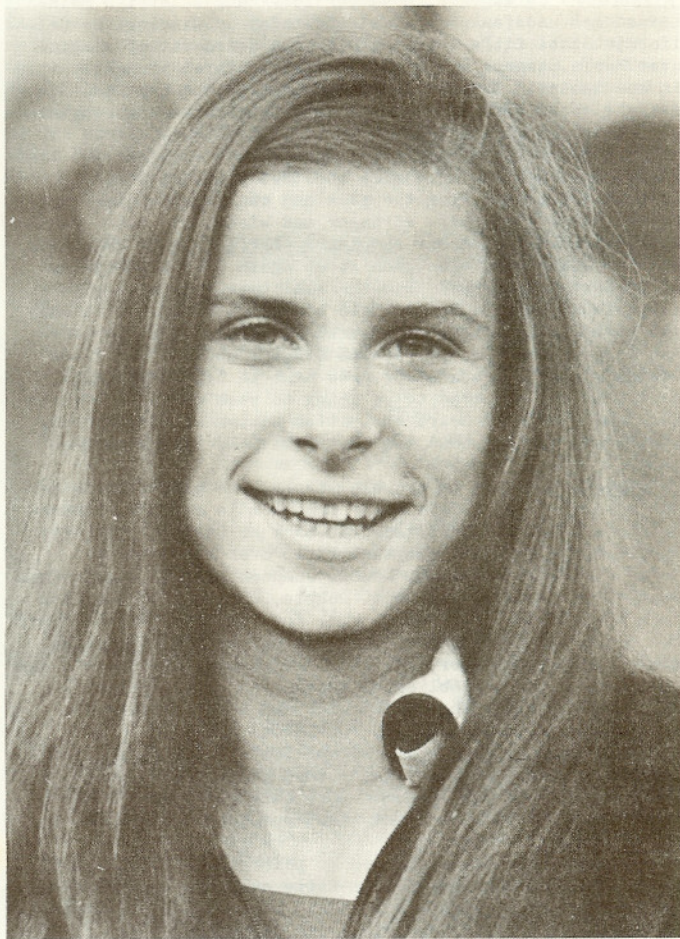
"I will be glad if I can even qualify for the GDR Olympic Team then, because new talents are moving up all the time. But of course I shall do everything I can to honour my country."

PETRA VOGT.....Sport Club Chemie Halle....Born August 20,1950 in Halle.....Trainer, Josef Breitschaft....Occupation, High School student.....Height, ....Weight

### PROGRESSION TABLE:

	100m	200m
1966 (16 yrs)	12.2	25.5
1967 (17 yrs)	12.2	25.4
1968 (18 yrs)	12.0	24.4
1969 (19 yrs)	11.3	23.0

SPORTS SUCCESSES: European Champion in 1969 over 100m, 200m and 4x100m relay....German champion of the GDR in 100m and 200m....German record for 100m (11.3), 200m (23.0) and 4x100 (43.6).



Petra Vogt

Girls with spring in their legs come in all sizes and shapes.

Successful high jumpers are usually slight and should have longer legs than the rest of their body; the taller individual has the advantage provided she possesses requisite native ability.

Great heights have been acquired only by jumpers who, in addition to possessing natural gifts, have patiently acquired a scientific and economical style. This is neither uninteresting or difficult, but it does take time.

## TRACK TOURS

### 1972 OLYMPIC GAMES

It is not too early to plan for the 1972 Olympics in Munich, Germany. Join the many fans who have already signed up with us for this great sports spectacle, and see the Games under experienced tour direction (Olympic Tours since 1952) and together with a terrific group of congenial, like-minded track fans. Games dates are August 26 to September 10, 1972. Tours include round-trip air transportation from your home airport, lodging, excellent track tickets every day, opportunity to buy tickets to other sports, wide choice of European travel and sightseeing (if desired), big meet-the-athletes celebrity party, & much more. A \$50 per person deposit will reserve your spot now.

## KALEIDOSCOPE

Ozark TC boasts a new world age record as Gwen Eberle ran the 1500m in 5:11.3 on October 25. Gwen continued on to a 5:41.7 mile time....One of Canada's greatest athletes, Bobbie Rosenfeld who was Canada's women athlete of the first half-century, died recently. Rosenfeld won the silver medal in the 100m and the gold in the 400m relay at the 1928 Olympic Games in Amsterdam....Cindy Taylor who runs for the Kettering Striders, can boast of a mother who was an Olympian in the swimming events in 1948....Evmaria Buchholz of Austria, a 13 year old, recently set a world age record in the high jump with a lead of 5'3/1.60. She is 5'6" tall.

Denmark's Annelise Damm-Olesen set 7 National records during 1969. She lowered the 400m record to 54.7, then 54.4 and finally 53.6; got the 800m to 2:04.5 and then 2:02.6; was on the 4x400m relay team that ran 3:36.2; and ended the season in Copenhagen by getting a new pentathlon record with 4335 points....The European Indoor Games is now officially the European Indoor Championships and will be held in Vienna, Austria, March 14/15....M. Peterson-whoever you are - you ordered a book and sent the money, but no address....The Albuquerque Indoor Invitational has replaced the men's triple jump with the women's long jump for this year's meet....Una Morris has been accepted into medical school and will be a freshman this September....

A new magazine, "Women's Sports Reporter" comes out in December. Devoted to all women's sports, amateur and pro. \$4 per year from 334 N. Central Avenue, #201-C, Glendale, California, 91203....Harry McKnight, coach of Ohio TC, says, "It would be so simple to double the 100mH distances to get 200mH spacing without changing strides or timing, but that's too easy...isn't it?"....Next European Championships will be in Helsinki, Finland, August 10-15, 1971. The 1974 EC will be in Rome....Next Europe-Western Hemisphere dual meet is set for 1971, possibly in Los Angeles....Two Olympic champions from Rumania, Lia Maoliu (discus 1968) and Mihele Penes (javelin 1964), met head-on recently - in the shot put. Manoliu won with 47'7" to Penes' 46'0"....West Germany's Heide Rosendahl is touring Africa....Frances Bush, Staten Island high jumper, now attending Tennessee State....Anne Smith, the controversial English runner and former world record holder for the mile, hopes to represent New Zealand in the Commonwealth Games next summer....

Pat Winslow and Dick Bank were married on November 15 in Los Angeles.

### Canadian Indoor Schedule from Lyle Sanderson

All meets have open and age class events unless otherwise indicated. The meets marked with (\*) have invitational events for women in addition.

- December 29-30, Knights of Columbus Saskatchewan Indoor Games. Contact Ned Helfrick, Box 563, Saskatoon, Saskatchewan. (\*)
- January 9-10, Stampede City International, Calgary, Alberta. Contact John Cannon, 149 Springwood Drive S.W., Calgary, Alberta. (\*)
- January 24, University of Saskatchewan Invitational, Saskatchewan. Contact Lyle Sanderson, 157 East Drive, Saskatoon, Saskatchewan.
- February 7, WCIAA Championships, Edmonton, (some open events) Contact Geof Watson, University of Alberta, Edmonton.
- February 13, Telegram-Maple Leaf Games, Toronto. Contact John Hudson, % Toronto Telegram, Toronto, Ontario (\*)
- February 14-15, Canadian Intercollegiate AA. Contact Jim Daly, % School of Physical Education, University of Manitoba, Winnipeg.
- February 20-21, Regina Lions International, Regina. Contact G. E. Mundel, 2054 Broad Street, Regina, Saskatchewan (\*).
- April 3-4, Saskatoon Indoor Championships, Saskatoon. Contact Jurgen Wittenberg, 222 Winnipeg Ave., Saskatoon.

High jumping requires a high degree of coordination, quickness and elasticity in all parts of the body.

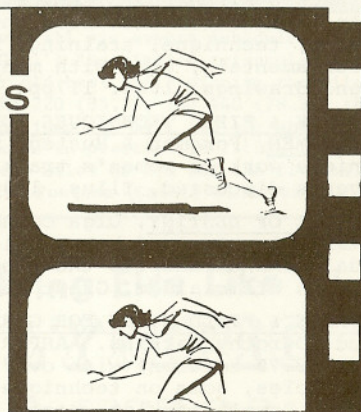
Leg spring or bounce is usually inherited, but it is possible to improve and develop this ability with practice.

The novice should avoid copying mannerisms of the great. She should decide for herself which is her favorite and best style.



HOW ABOUT A WEEK-END IN CHINA?... That's what happened to Chi Cheng. With the Republic of China's National Championships being held in her home town of Hsin-Chu, the Mayor of the town flew her back to carry the torch for the Opening ceremonies. She left Los Angeles on a Thursday night and was back on Tuesday.

## Women's loop films



For the first time! Women's loop films, taken by official IAAF photographer Toni Nett at the 1968 Olympic Games in Mexico (except for the Westermann loop).

Seven fine loops of Mexico medal winners, all unrivaled technique study tools, superb aids to coach and athlete. All are in slow motion, black & white, silent. All loops are available in 16mm. (8-12 ft.), 8mm., or Super 8 (4-6ft.)—take your pick. Analytical commentary provided by Les Berman, Bill Peck and Ed Parker.

- \* USSR '68 Olympic 400m. Team (3rd).
- \* Madeline Manning, US ('68 Olympic Champion).
- \* Maureen Caird, Australia ('68 Olympic Champ).
- \* Viorica Viscoploaneu, Rumania ('68 Olympic Champion).
- \* Margitta Gummel, East Germany ('68 Olympic Champion).
- \* Angela Nemeth, Hungary ('68 Olympic Champ).
- \* Liesel Westermann, West Germany ('68 Olympics silver medal).

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- 4 or more, \$3.00 each ●
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ONTARIO-MONTCLAIR CHEETAHS who won the California State Cross Country Title in the 9/Under Division. The Cheetahs and the La Mirada Meteors both finished with 78 points, but the OM team won the title by virtue of Debbie Kainz finishing in 28<sup>th</sup> place ahead of La Mirada's fifth runner Ruth Cotner who finished 30<sup>th</sup>. Left to right the Cheetahs are Marci Riccardi (23<sup>rd</sup>), Jill Boyd (5<sup>th</sup>), Donna Traister (14<sup>th</sup>), Lorna Traister, they are cousins, (21<sup>st</sup>) and Debbie Kainz (28<sup>th</sup>).

## Books

from WFTW



### TRACK & FIELD FOR GIRLS, K. Miller.

An instructive book covering every event, technique, training, history, fundamentals, etc. With many photos and drawings. 1964. 117pp. \$4.50

### TRACK & FIELD TECHNIQUES FOR GIRLS & WOMEN, Foreman & Husted. THE technique work on women's track. All events discussed. Illus. 188pp. \$4.50

RINGS OF DESTINY. Olga Connolly's remarkable story of her & Hal's gold medal romance despite the opposition of Czech officialdom. Great reading. \$6.50

TRACK & FIELD GUIDE FOR GIRLS & WOMEN, ed. Dorothy Harkins. AAHPER booklet (1968-70 edition) with over 30 useful articles, some on technique & training. Complete rules, etc. \$1.75

WOMEN'S SCORING TABLES. Official IAAF tables--nine events. \$1.50

DISABILITIES & INJURIES OF SPORT, A. Abrahams. Handy book for every athlete & coach, with much pertaining to track injuries, etc. and to the special problems of female athletes. 96pp. \$2.50

RUN RUN RUN, Ed. Fred Wilt. One of the best books ever compiled on running training & technique for events 880 and up. 281pp. Paperbound. \$3.00

INTERNATIONAL ATHLETICS ANNUAL 1969. All the facts & figures on the great 1968 season, incl. extensive stats on women's track, lists, etc. \$2.50

SUPER FOOD FOR SUPER ATHLETES, Arthur Fleming. Important diet and nutrition tips for the athlete. 1968. \$2.95

PROBLEM ATHLETES AND HOW TO HANDLE THEM, Ogilvie & Tutko. Pioneering study which outlines common types of problem athletes and suggests ways of dealing with them. A practical guide for coach, athlete, fan. 1966. \$4.95

OUT IN FRONT, Geo. Gretton. An immensely interesting book on "what makes the distance runner tick." It examines many of track's famed personalities. \$3.95

## AUSTRALIAN REPORT from Bernie Cecins KILBORN 12.8w, 26.0wr; 4x220 1:35.8wr

Well, we are back once more. Various interclub rounds have started in all States. We are pleased here with the Australian team at Tokyo's Pan-Pacific Meet. Though the Americans were past their peak, it should be recalled that the Australians competed well out of the season, and for many the last competition was late in March. The tremendous interest of the little athletics (T&F) movement, (there are 30000 boys and girls in Victorias alone who take part), is an indication that athletics here will be truly on the way in the next 5-6 years. The future looks bright, but we still need official help and finance to enable our leading athletes to compete more frequently abroad.

Our "pin-up" athlete of recent weeks is the ever-green sprinter-hurdler Pam Kilborn. At Melbourne, November 1, she clocked a windy 12.8 for the 100m hurdles and 11.2w in the 100m flat behind Raelene Boyle's 11.1w on the same day. At Brisbane on November 9, she reduced her 200mH world record to 26.0 and scored a runaway, though windy, 13.1 victory in 100mH over Maureen Caird. She also teamed with Marion Hoffman, Lamy and Boyle to clip 0.2 off East Germany's 4x220y relay record of 1:36.0. Boyle on the same occasion ran 100y in 10.5 and 220y in 23.2 with Hoffman second in 10/7/23.7

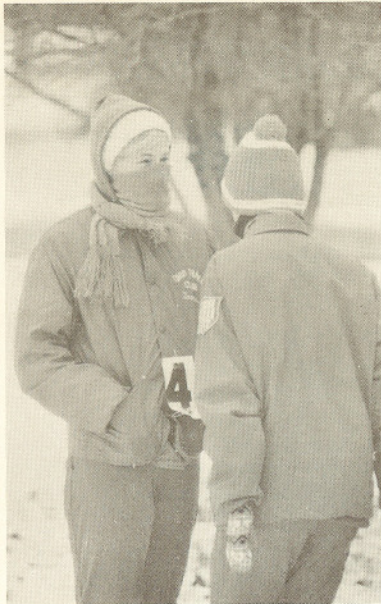
OTHER RESULTS: Melbourne, October 25, JT, Chris Thompson 170'4; Sydney, October 25, 100m, Caird 11.8, Monica Pegg 11.8, 100mH, Caird 13.8, Penny McCallum 13.8; Melbourne, November 1, 1500, Jenny Orr 4:40.1, DT, Jean Roberts 171'11; Sydney, November 1, 200mH, Caird 27.5, McCallum 27.6, Pease 27.8; JT, Diane White 160'1, Mary Thomas 155'2; Royal Park (no date) 1500, Adrinne Beames 4:38.5; Sydney, November 8, 100m, Lamy 11.6, Alison Ross-Edwards 11.8; 200mH, Caird 27.3, Pease 27.4 (separate races), 400 Sandra Brown 55.7.....Perhaps through an error of mine, Chryle Peasley's best 400m time should read 53.8 and not 53.4. Some European papers have credited Joyce Bennett with 53.9. Her 1969 best was 55.4.



PAM KILBORN (AUSTRALIA) - New 200mH record at 26.0, wind-aided 100mH in 12.8 and world record 4x220 relay at 1:35.8s.



Terri Seipple, Kettering Striders, wins the mile at Worthington, Ohio, cross country meet in 6:09 - and also in a lot of snow! (Oliver photo)



Cross country for sprinter Laurie Barr (Ohio TC) is not a warm, loving affair as she prepares for her mile and a half run at the Worthington, Ohio, meet. (Oliver photo)



LINDA BRODOCK, age 9, won all six events scheduled at a recent Southern Pacific Girl's Association triangular track meet. She set a 9 year old best while winning the mile in 6:16.4, and also won the 220 (35.2), the 440 (78.3), the two mile (14:05.1), the long jump (10'5½"), and the shot (13'6½"). Linda has run the two mile in practice in 13:30, the three mile in 21:00.0, the four miles in 29m and the five miles in 37½m. Linda runs for the Fontana (Calif) CinderBelles.

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## **WOMEN'S 1968 OLYMPIC INSTRUCTIONAL FILM**

Taken during the action at the 1968 Olympic Games in Mexico City, the new Women's Instructional Film shows 36 Olympic stars in super slow motion (some at a fantastic 140 frames a second!), and from various angles. Filmed by the official IAAF photographer, Toni Nett, these are beautiful technique studies of the world's top female athletes.

Covered are the 400m. Relay (USSR, France); 800m. (Manning, Nikolic); 80m. Hurdles (Caird, Kilborn); Shot Put (the top three medalists, plus 5th, 6th, and 7th placers); Long Jump (the top 8 finishers, plus Kirzsenstein-Szewinska); Javelin (the top five).

The film doesn't show every event, unfortunately, but there is nothing else like it available. A magnificent coaching aid that should be studied over and over again. Black-and-white. Silent, with titles. Running time: about 20 minutes.

RENTAL FEE: 16mm.--\$15 per day; \$30 per week  
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## BIOLOGICAL ASPECTS OF WOMEN Translated from 'A Sus Marcas' by Pete Pozzoli

### MOTHERHOOD AND ATHLETICS

It is very frequently found that athletic champions are married women. Does this mean that mothers are better sportswomen than spinsters?

Maryvonne Dupureur (400 & 800), Monique Noirot (400), Denise Guenard (pentathlon) and Karin Balzer (100mH) are some of the better-known mothers of one or more children. Nor should be overlooked the classic example of the Dutch-woman Fanny Blankers-Koen.

Furthermore it is worth recalling that Karin Balzer won her gold medal in the 1966 European Games and Maryvonne Dupureur her silver in the Tokyo Olympics - both just a few months after having a baby.

It is interesting to note that in all the above cases the husbands were the principal athletic advisers (coaches) of their respective wives. The husband of Karin Balzer is an old performer of ability himself and is Karin's sole coach. So is Mr. Dupureur - a professor of physical education. Mr. Noirot is an athlete active with a French Club and Mr. Guenard a well-known javelin thrower. This was also true of the Blankers and the Zatopeks.

It is true various complications can arise in pregnant women who practice a violent sport if participation in competition is continued to a too advanced state of the pregnancy. However, the improvement in general biological state, the strengthening of the cardio-circulatory system and the enlargement of the walls of the heart which all take place during pregnancy, may help explain why so many female athletes achieve their best performances after becoming mothers.

Dr. Guillot of France has written: "One frequently hears it said that sportswomen give birth with difficulty, that their muscles having become developed or hardened makes an easy parturition difficult. A gynaecologist of Lyon (France) carried out an enquiry into the pregnancies of 214 athletes and his conclusions were, 'women's sport does not deserve the sombre obstetrical reputation given to it by old-time writers. Indeed, sport for women seems to be a good and beneficial thing, provided pregnant sportswomen are instructed in the psychosomatic techniques of parturition'. I add that generally sportswomen also benefit by making a much quicker and better return to a normal state after childbirth than non-athletic women."

The British trainer (coach) Le Masurier wrote in a similar vein: "Many sportswomen of the top rank have realised their best performances after the birth of their first child. Moreover in the 1956 Melbourne Olympic Games three women athletes actually competed whilst pregnant - one of them four months advanced - and in Helsinki 1952 Games a woman gymnast was clearly performing whilst in the same state."

And here is the testimony of Florica Otel-Gresescu, a Rumanian athlete: "Childbirth and rearing of children does not hinder a woman from pursuing sporting activities successfully. Quite the reverse is true. After I brought my two children into the world, my health was much improved and I felt a noticeable increase in my general strength. As far as actual athletic performances are concerned my 800m record was 2:07.9 before and 2:06.8 after motherhood, the latter performance ranked me as 7<sup>th</sup> in the world in 1961. I am also of the opinion that I bore childbirth (of twins, incidentally), far better than do non-athletes. I don't want to sound too subjective about this and would give you the name of Fanny Blankers-Koen for one. And Larissa Latinina who won the Olympic gymnastic crown after the birth of her son? Or my friend Elena Lerstean, the Rumanian gymnast who won two bronze medals in the Rome Olympics after being a mother several times over?"

(Editors note: Don't forget some of the other mothers who have made their mark in our sport - Mary Rand, Viorica Viscoploneau, Olga Connolly, Diane Burge, Cherrie Sherrard, Dee DeBusk and Deanna Yorgova just to mention a few.)

### INTIMATE PROBLEMS

The Polish Dr. Maria Weinert Droszez published an interesting study dealing with the cycles of women and its relationship and influence on training and competition. We have not the audacity of translating this since we consider that certain intimate aspects of women athletes referred to would not have been within the general policy of this magazine to print.

We will, however, allow ourselves to simply say that a questionnaire which was conducted on 553 women athletes in the 1956 Olympic Games showed that not a single one of them had any period difficulties or disorders during the Games, and that in a medical survey carried out in the European Championships in Prague on a similar basis it was shown that 63% of the athletes stated menstruation had no effect of any kind on their performances, 29% stated that their performances actually improved during their periods and only 8% said they experienced slight loss of form during this time. Naturally in both cases the enquiry dealt only with veteran athletes who had many years of experience in sport.

### PHOTO CORRECTION

The photo of Madeline Manning and Nancy Shafer which appeared on page 20 of the October issue of WITFW was credited to Jeff Johnson. Actually the photo was taken by the dean of our staff, Don Wilkinson.

Photo credits: Vicki Foltz by Bill Jack Rodgers; Kilborn from "Leichtathletik"; Bagian, Roth, Stearns, Brown and Larrieu by Jeff Johnson.