

Women's

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REEL TALK

Coming up next month is the Annual Issue and it should be a good one again for 1975. The Annual issue contains the results of the voting of WTFW correspondents for the Athlete of the Year awards - and believe me, there are some very, very close contests for 1974 honors. The vote for African athlete of the year is actually tied as this is written; four athletes are close together in the Caribbean-Central-South America category; and North America is still wide open. So remarkable was 1974 that the World Athlete of the Year for 1973, Renate Stecher, in spite of running 11.0 and 22.4 this past season, has yet to get a single vote!

The Annual Issue will also feature Jan Popper's yearly World Rankings, the 1974 USA List (minimum of 50 deep) and other interesting features. Watch for it.

The Club Record Contest will be a feature of the February issue, so get in your Club's records if you have not already done so. We need 100, 200, 400, 800, 1500, 100H, 400H, HJ, LJ, SP, DT, JT and Pentathlon marks. Send metric marks if you have them - if not, we will convert your linear performances.

Still a few of Pozzoli's 1974 Yearbooks available at \$6 per copy. A very few left. Don't be disappointed and miss out on this outstanding publication.

What can we say about the wonderful pictures in this issue by Jeff Johnson? Not only are the photos excellent, but Jeff seemed to be all over the entire cross country course at the same time. All in all, Jeff sent a batch of about 30 pix of the Nationals and we could have printed every one, they were that good. Jeff shows up at 90% of the National Championship meets and if you see him give him his only payment for such excellent work and his great contribution to the sport - tell him how much you like his work.

USA/USSR INDOOR SET FOR MARCH 3

(Special from the AAU). Top flight amateur sport competition joins the Monday night scheduling bandwagon in 1975, with the announcement by the AAU of the Fourth Annual USA-USSR Men's and Women's Indoor Track and Field Meet Monday March 3rd in the Richmond Coliseum, Richmond Virginia.

The Monday meeting of the two world track powers follows by two days the US Indoor Championships, annually held the last Friday in February at New York's Madison Square Garden. Outstanding performers at the indoor championships are invited to compete against the Soviets. (?)

The AAU feels that scheduling the meet on Monday following its national championships will be more convenient for US athletes since it guarantees less amount of time away from school or job.

VINCE REEL, Editor

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WHITE PLAINS - ANOTHER VERSION

"I read with interest your column on the selection of the site for the 1975 outdoor AAU National meet at White Plains, NY. You intimated that there was a "planned conspiracy" in the voting and that those who were going to speak for the Ohio site did not get a chance to speak out.

"As I was at that meeting I would like to offer my views on the subject. The vote took place in the afternoon after the meeting had been switched from one room to another to facilitate the White Plains presentation. As I recall it, the Ohio people switched rooms with the rest of us abd sat through the White Plains presentation. After their presentation, some questions were asked. Then the chairperson asked for any other bids. I had thought that the Baldwin Wallace facility was going to be offered, but no sound. I had been instructed by my association to vote for the Ohio site so was a little astounded by that. It was after this that someone moved to accept the White Plains bid. There could have been discussion at this time but again no sound. After the vote was taken, several minutes elapsed before there was an uproar from the Ohio man. He was rather abusive and vulgar at the time, to say the least. I thought Pat Rico remained remarkably restrained after that assault.

"I will have to say that this is just my recollection of the events and some details may be wrong, but I definitely recall wondering why the fellow from Ohio hadn't spoken up. Besides, there were several other people there from the Lake Erie Association and they didn't speak up either.

"I personally preferred the Cleveland site and would have voted for it if they had spoken up. However, I assumed that they had dropped out. The fact that White Plains track is only six lanes is reason enough for me not to like it. All the other complaints are valid also but I doubt that anything can be done about it now. So let's make the best of it.

"Again, don't put the blame on the national chairperson, put at least as much or more on the guy who didn't open his mouth when he should have."

Earl R. Hackett,
New Orleans, Louisiana

LETTER FROM JAN FREEDENBURG, Dominican Republic

"Thanks a lot for having WTFW sent to me here. I still enjoy it even though the mail service brings the September issue before the August issue - they both arrived in November.

"Things are getting pretty busy here in Santiago. About two months ago the other Peace Corp Volunteer left, so I now also have the men's track team. Next week we will finally get to compete in the Nationals! The date was changed about three times when the Federation couldn't afford to put them on as they pay transportation, room and board for all the athletes.

"Next semester should be smoother for me as I will just have the two track teams plus two track classes. Along with that, I am working on a program for study for a major in PE and recreation. We are also planning a big marathon for the end of January.

"Have about six girls now and I have to admire them especially in this society where women are given the role of getting married and having children and if they try things our of the ordinary (such as athletics) they get hassled. Machoism is prominent.

"I hope to get running again as it has been about a year since my last endeavors. Besides, I don't enjoy lugging around the extra 10 or 12 pounds I have found. I have missed the running especially during the autumn. Guess the old feeling hasn't died yet. Coaching just can't take the place of it."

TAIWAN REGION CHAMPIONSHIPS from Sy Yinchow

Kaoshiung, Taiwan, October 26/29: 100, Hung Mei-yu 12.3; 200, Chiu Mei-chui 25.7; 400, Huang Chiu-chin 57.3; 800/1500, Wang Su-chuan 2:22.4/5:01.5; 100mH, Ting Chum-chi 14.8; HJ, Lee Hui 1.60/5'3; LJ, Hung Mei-yu 5.91/19'4½; SP, Chen Fu-mei 12.92/42'4½; DT, Hsu Chu-ying 41.74/136'11; JT, Chiu Hsieh-mei 36.68/120'4; Pentathlon, Wu Lee-hua 3539.

BJORKLUND, UCLA NATIONAL CROSS COUNTRY CHAMPIONS



(Jeff Johnson photo)

Bellbrook, Ohio, November 30:-As expected, UCLA won the team title at the National AAU Cross Country Championships with a score of 68 points, far ahead of the runner-up tally of 139. Not as expected, Lynn Bjorklund annexed the individual title as she ran and jumped over the tough Bellbrook course to score a 10 second win over previously undefeated Julie Brown. Although Bjorklund's win can not be classified as an "upset", her lack of racing during the 1974 cross country season made her a definite underdog to the more ballyhooed opponents.

One hundred and three teams were represented in the annual title competition and a total of 785 runners finished the tough course. The far West was challenged viscerously by the far East and Mid West, and although still annexing more than its share of titles, the West discovered the rest of the nation on this trip to Ohio.

In the women's race, the large field of nearly 160 runners stayed closely bunched for the first 400 yards, but then the favorites began to assert themselves with Julie Brown and teammate Clare Choate moving into the lead, closely followed by Wendy Koenig, Katy Schilly, Bjorklund and Doreen Ennis. At the first creek jump, about 880 yards into the race, it was still Brown and Choate together, Quatier just a few yards behind, Koenig, Bjorklund, Larrieu, Ennis and Graham. By the time the first mile had been reached, five runners had broken slightly away from the pack with Larrieu leading over Bjorklund by a step, then Brown, Choate and Graham. Soon it was Larrieu and Bjorklund running together with Brown just two steps behind and the others dropping back. Down the hill at the 1 1/4 mile mark, it was now Bjorklund and Brown together with Larrieu another 15 yards back and the rest of the field long gone. By 2 1/4 miles, it was Bjorklund who had broken away and she was in command the rest of the way.

UCLA power showed as they grabbed 2, 3, 12, 26, 28, 34 and 46 places. Duke City Dashers, after endless years of competing in nothing but age group races, finally has matured and scored a blazing second place finish. The unknown-quantity-club from Seattle, the Falcons, were third in spite of losing Vicki Foltz who was ordered out of competition by her doctor when it was discovered she was pregnant. The always powerful San Jose Cindergals wound up fourth and the Oregon TC finished fifth.

Some surprises in the race were Charlotte Lettis of the Sugarloaf Mountain Athletic Club of Massachusetts who finished in fifth position and thus earned herself a probable trip

to Morroco for the world championship race in March; Peg Neppel of Iowa State, winner of the USTIFF title, showed she is no flash in the pan with her sixth place finish - and Morrocco; Pam Jewell of the Long Beach Comets, who could only place 13th in the California State Championships, eased into 8th position for her best-ever performance.

A real upset occurred in the 14/17 race as Pamela Allen of the Lassen Cinderellas took the individual title with a ten second margin over runner-up Margaret Groos of the Nashville Whippets. Both these athletes were picked to finish far back in the chute and Groos stood in the finish chute with bleary eyes and muttering "I can't believe it, I just can't believe it". She was not alone, for no one else could believe her great performance either. Allen did not even compete in the California Championships and had done little AAU running this season. Internationalist Marlene Harewicz finished fourth as Mary Ann Opalewski slipped in for third. The Syracuse Chargers supplied yet another surprise in this division by taking the team title over the favored San Jose Cindergals. There was tragedy in this race also as Debbie Johnson of the Rialto Road Runners, the favorite, broke her leg at the first creek jump while leading the race. Debbie, undefeated in her division all year, hopes to be back running by mid-track season. Johnson's accident put the RRR team out of the scoring as only four other runners were entered.

Shannon Cline of the newly formed Scioto TC of Ohio, took the individual title in the 12/13 race over Donna Campbell from Sports International. Scioto also won the team title over the Rialto Road Runners. Paula Rose, Blue Angels, took off too fast and ended up fifth.

Just to prove to the world that the "Names I like" Department of our Kaleidoscope column does not contain "made-up" names, Sandy Beach of Albuquerque won the 10/11 individual title and the team title went to the Rialto Road Runners who outscored neighboring Blue Angels 62'96.

The biggest winning margin of the meet was racked up by Laura Craven who ran the shortest distance of the competition. Craven, after a few minutes battle with overzealous opponents, went to the front and scored a 1 1/2 second triumph over the field, covering the mile in 6:07.5. Michigan based Fleet Feet won the team title by a scant 6 points over the Albuquerque PAL team.

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WOMEN'S CHAMPIONSHIPS - A PICTURE STORY BY JEFF JOHNSON



Nearing the 440 pole, runners are still closely bunched. From left can be seen Bjorklund, Ennis, Koenig, Julie Brown, Choate with Diane Vetter looking over her shoulder.



And then there were three. After a mile, Larrieu gives Bjorklund the eye and Julie Brown is still right there.



At the first creek jump. Graham at the left, Bjorklund, Ennis, Doris Brown (38), Larrieu, Choate, Julie Brown, Koenig and Vetter.



And then there were two. As the runners near the two mile mark it's Brown and Bjorklund together as Larrieu has fallen back



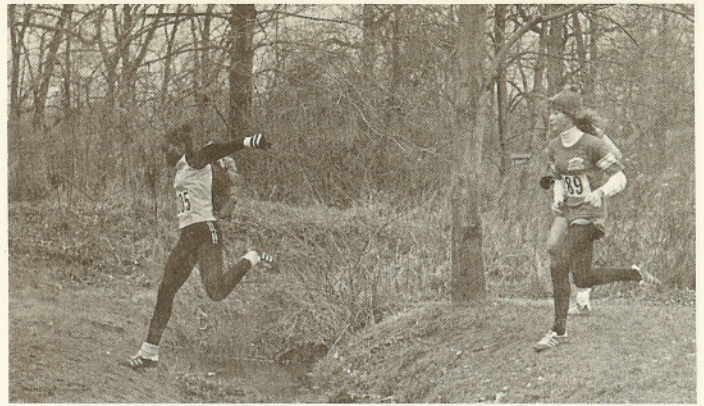
By the three-quarter mile pole, five runners had broken away from the pack - Bjorklund, Graham, Choate, Larrieu and Julie Brown.



And the winner is....Lynn Bjorklund. Last year's Girl's champion is now Queen of the Women's Division.



Littlest runner - Biggest winner. Laurie Craven scores the days biggest victory margin in the 9/Under mile.



Tragedy struck Debbie Johnson shown here in this unusual shot by Jeff Johnson as she lands from the creek jump and breaks her right leg. Debbie painfully moved herself off the course, but others fell behind her. Johnson was leading the race when injured and was the favorite to win.



Left is Sandy Beach on her way to victory in the 10/11 race. Right is upset winner Pam Allen of the Lassen Cinderellas who took the Girl's title. Known as "Chop-chop Allen" because of her quick, short stride, Pam was the meet's biggest surprise winner.



Shannon Cline has a good lead as she dominated the 12/13 race.

NATIONAL CHAMPIONSHIPS (Photos by Jeff Johnson)

CROSS COUNTRY CHAMPIONSHIPS (Continued)

Cross Country Kaleidoscope: Larrieu was very pleased with her performance since her training had been rather, shall we say, lax since her return from Europe this summer....Charlotte Lettis is an experienced road racer....Peg Neppel is a college student with no AAU club experience and is coached by former University of Michigan distance ace Chris Murray who is a professor at Iowa State....Doris Brown has been overseas most of the fall and had only trained a couple of weeks before the Nationals. She was the first finisher over 30....Tenth placer Carol Cook is also a college girl and had not raced before the Nationals....In 82nd place was Ona White-Siporin - could this be Ona Dobrotz?...Karen MacHarg is having difficulty finding training time this year as she is supervising retarded workers....Doreen Assuma finished 8th in the "Under 11 Division" in 1968, won the 10/11 Division in 1969, was 5th in the 12/13 Division in 1971, 5th in the 14/17 Division in 1972, 7th in 1973 and 8th in 1974....Winner Pam Allen was third in the 12/13 Division behind Mary Decker and Robin Perry in 1971 and 8th in 1970....Norm Higgins, coach of the Age Group AA, amazed others with his stories of Igloi and the old training days - for which he should receive no credit for anyone ever connected with Igloi can tell stories for hours on end....Alan Bonney, Occidental College graduate who coaches the victorious Syracuse Chargers, is also the men's coach at Syracuse University....Syracuse assistant Steve Wennerstrom is returning to California in December. Couldn't take the weather....This was probably the first time many had seen a true cross country course complete with hills, creeks and all that, but as Angie Argabright said after the meet, "Good runners will run well under any conditions"....The Rialto Road Runners brought 46 runners and were represented in every division including boys on Friday and girls on Saturday. They came by plane, train and car....Banquet served 500 in candlelight and an impressive talk by Dr. Ken Foreman....Awards were medals, silver trays and yellow roses to the top finishers plus key chain medals to winning coaches as well as bracelets to the top finishers. A traveling banner to the women's team champions and a special Kettering Striders meet banner to UCLA....After the meet, it began to snow and during the night 8 inches of heavy, wet snow accumulated. Many of the California kids had never seen snow before and had great fun throwing snowballs and making snowmen. Although late, the charter flight to LA got off the next morning.... Steve Price, meet director, says, "Despite a few jerks who are in the minority, our sport is full of many wonderful people"....Of which Steve Price is one of the best.

Women's Division (3.0m), 1-Lynn Bjorklund (DCD) 17:31.7, 2-Julie Brown (UCLA) 17:41, 3-Francis Larrieu (UCLA) 18:03, 4-Debbie Quatier (Falcons) 18:12, 5-Charlotte Lettis (Sugarloaf Mountain AC) 18:12, 6-Peg Neppel (Iowa State) 18:13, 7-Judy Graham (SJC) 18:15, 8-Pam Jewell (LBC) 18:26, 9-Doris Brown (Fal) 18:31, 10-Carol Cook (Sthw Missouri State) 18:41, 11-Sheryl Bridges (IATC) 18:41, 12-Claire Choate (UCLA) 18:42, 13-Debbie Vetter (BRTC) 18:46, 14-Kathy Gibbons (GG) 18:50, 15-Susan Vigil (DCD) 18:51, 16-Katy Schilly (SyrChg) 18:51, 17-Jan Merrill (AGAA) 18:52, 18-Maryl Barker (OreTC) 18:52, 19-Wendy Koenig (ColState) 18:57, 20-Roberta Angeloni (Ontario, Can) 19:02, 21-Linda Stecker (DCD) 19:05, 22-Cyndy Poor (SJS) 19:10, 23-Debbie Roth (OreTC) 19:11, 24-Kathy Kuyk (Fal) 19:13, 25-Hilary Noden (ShoreAC) 19:15, 26-Kate Keys (UCLA) 19:21...28-Linda Heinmiller (UCLA) 19:23, 29-Doreen Ennis (Nutley) 19:24...34-Teri Johnson (UCLA) 19:32, 35-Valerie Eberly (SJC) 19:34, 36-Karen MacHarg (Kettering) 19:39, 37-Sue Parks (Un) 19:41...40-Brenda Webb (Ket) 19:44...42-Phyllis Olrich (West Valley TC, Cal) 19:47...45-Caroline Walker (OreTC) 19:52, 46-Maria Stearns (UCLA) 19:54...49-Anita Scandurra (Un) 19:58, 50-Cheryl Toussaint (Atoms) 20:01...55-Teri Anderson (SJC) 20:09, 56-Amy Haberman (SJC) 20:09...58-Ann Forshee (Mich) 20:15...72-Dianne Vetter (BRTC) 20:34...76-Janis Vetter (BRTC) 20:46...86-Miki Hervey (Met. Striders, Tx) 21:04...91-Brenda Nichols (Atoms) 21:12...104-Sue Brodock (RRR) 21:38. Team scores, 1-UCLA 68, 2-Duke City Dashers 139, 3-Falcon TC 149, 4-San Jose Cindergals 161, 5-Oregon TC 189, 6-Padukies 295, 7-Kettering Striders 327, 8-Atoms TC 371, 9-Blue Ribbon TC 376, 10-Ohio TC 406, 11-Bloomington TC 436, 12-Burbank Striders 462, 13-Southeast Missouri State University 516, 14-Suffolk AC 517, 15-Ft. Wayne PAL 678. Number of finishers - 157.

14/17 Division (2.5m less 30y), 1-Pamela Allen (Lassen) 15:05, 2-Margaret Groos (Nashwhpts) 15:15, 3-Mary Ann Opalowski (Fleet Feet) 15:16, 4-Marlene Harewicz (MtLeb) 15:25, 5-Kathy Adams (WS) 15:28, 6-Janet Wroblewski (AlbOC) 15:29,

7-Carrie Pusch (SyrChrg) 15:31, 8-Doreen Assuma (RRR) 15:32, 9-Mary Seybold (SC) 15:37, 10-Lisa Greenberg (SJC) 15:38, 11-Melody Miller (WstSubTC) 15:40, 12-Vicky Monroe (Lassen) 15:41, 13-Estella Guina (SJC) 15:42, 14-Marjorie Kaput (PTC) 15:43, 15-Erica Hagenlocher (SC) 15:43, 16-Jamie Mitchell (PortTC) 15:44, 17-Becky Wolfenbarger (SCC) 15:45, 18-Janet Waterbury (Orange Cst Thunderbolts) 15:46, 19-Linda McQuarrie (LBC) 15:47, 20-Laurie Jewell (LBC) 15:48...28-Linda Brodock (RRR) 16:08...34-Carol Flournoy (SCC) 16:16...37-Teri Seippel (KS) 16:21...52-Teresa Caudillo (LBC) 16:42...70-Donna Schellhous (BA) 16:58...136-Trudi Rebsamen (Un) 18:46...143-Fawzi Ali (Mich) 18:57...168-Beth Eberle (Ozark) 20:28. Scores, 1-Syracuse Chargers 98, 2-San Jose Cindergals 108, 3-Albuquerque OC 168, 4-SC Cheetahs 228, 5-Kettering Striders 267, 6-Long Island Golden Spikes 324, 7-West Suburban TC 335, 8-Liberty AC 355, 9-Kirkwood TC 379, 10-Fleet Feet TC 432, 11-Michigamto 471, 12-North HS, Iowa 545, 13-Latrobe TC 580, 14-Scioto TC 667, 15-St. Peters TC, Ohio 765, 16-Ann Arbor TC 784. Finishers - 184.

12/13 Division (2.0m), 1-Shannon Cline (SCIO) 12:07, 2-Donna Campbell (SITC) 12:12, 3-Sandy Hoffman (SCIO) 12:18, 4-Eryn Forbes (PortTC) 12:19, 5-Paula Rose (BA) 12:23, 6-Karen Bain (WS) 12:31, 7-Becky Villalvazo (RRR) 12:33, 8-Michèle Waters (SCC) 12:48, 9-Lesa Gilliland (AlbOC) 12:50, 10-Kim Mamilan (RRR) 12:52, 11-Penny Bridges (RRR) 12:53, 12-Diane Barrett (ArizTC) 12:53, 13-Heather Hearnies (Kirkwood) 12:54, 14-Barney Carral (SCC) 12:55, 15-Margaret LaPorte (WSPC) 12:56...29-Alicia Kirkorn (BA) 13:08...37-Suzanne Keith (RRR) 13:17...57-Juanita Vetter (BRTC) 13:36. Scores, 1-SCIO TC, Ohio 76, 2-Rialto Road Runners 89, 3-Southern California Cheetahs 125, 4-SITC 153, 5-Albuquerque Olympic Club 191, 6-Blue Angels 233, 7-Syracuse Chargers 359, 8-Burbank Striders 367, 9-West Suburban TC 376 and Kettering Striders 376, 11-Ambler OC 393, 12-Padukies 396, 13-Kirkwood 456, 14-Blue Ribbon TC 501, 15-Fleet Feet TC 545, 16-Lake Erie Comets 615, 17-LI Golden Spikes 627. Number of finishers - 163.

10/11 Division (1.5m plus 143y), 1-Sandy Beach (Albuquerque TC) 9:37.6, 2-Vicki Cook (RRR) 9:40, 3-Danielle Mojica (SCC) 9:47, 4-Diane Zurweller (Florissant TC, Mo) 9:52, 5-Kimberly Gallagher (Ambler) 9:58, 6-Paula Cobb (RRR) 9:59, 7-Kristi Wilson (BA) 10:01, 8-Sandy Beauchamp (WS) 10:04, 9-Kelly Cerda (BA) 10:06, 10-Sheila Erickson (Burbank Str) 10:08, 11-Wendy Bigham (RRR) 10:09, 12-Angela Johnson (RRR) 10:13, 13-Andrea Kirkorn (BA) 10:16, 14-Val Fisher (Pad) 10:17, 15-Kim Campbell (SITC) 10:18. Scores, 1-RRR 62, 2-Blue Angels 96, 3-Ambler OC 161, 4-Padukies 210, 5-Alb TC 257, 6-Fleet Feet 258, 7-Burbank Striders 271, 8-Kirkwood 337, 9-CYO TC, Wash DC 362, 10-Dormont TC, Pa. 381, 11-Roseville Gazelles, Cal. 404, 12-Peoria Pacettes 414, 13-SCIO TC 427, 14-Staten Island TC 435, 15-Kettering 485, 16-Alief TC, Tx. 600, 17-Bloomington TC 606. Finishers - 169.

9/Under (1.0m), 1-Laura Craven (SCIO) 6:07.5, 2-Davida Jackson (CYO) 6:22, 3-Kathy Kiernan (BA) 6:31, 4-Bobbi Gallegos (AlbTC) 6:46, 5-Kathy Kulpa (BurStr) 6:49, 6-Patty Watson (Amb) 6:51, 7-Tracy Fagan (BürStr) 6:51, 8-Cathy Berry (FF) 6:53, 9-Lou Ann Hughes (DormontTC, Pa) 6:53, 10-Kendall Anno (Orange Coast) 6:55, 11-Lisa Jewitt (RRR) 6:56, 12-Jackie Pickett (BRTC) 6:59, 13-Lori Tenorio (AlbTC) 6:59, 14-Karen Wilson (Ambler) 7:00, 15-Kim Tanabe (BA) 7:01. Scores, 1-Fleet Feet 118, 2-Albuquerque PAL 124, 3-Ambler OC 125, 4-Burbank Striders 140, 5-Blue Angels 162, 6-RRR 183, 7-Padukies 228, 8-Albuquerque TC 253, 9-Lipke TC 264, 10-Ohio TC 327, 11-Roseville Gazelles 415, 12-Suffolk AC 507, 13-Ohio TC "B" 527. Finishers - 113.

SECOND INTERNATIONAL WOMEN'S 10000

Guayanilla, Puerto Rico, November 3:-Results of the invitational 10000 meter run:

1-Thelma Wright (Can) 35:42:07, 2-Debbie Mitchell (Can) 36:33:05, 3-Jennie Orr (Australia) 37:39:03, 4-Claire Morgan (Can) 38:11:08, 5-Marlene Harewicz (USA) 38:12:03, 6-Angela Cook (Aus) 38:42:16, 7-Lavina Petrie (Aus) 38:51:05, 8-Doreen Ennis (USA) 39:01:18, 9-Anita Scandurra (USA) 39:02:03, 10-Lynn Tennant (Aus) 39:11:00...15-Cathy Green (USA) 42:17:00.

Competing nations: Puerto Rico, USA, Canada, Guatemala, El Salvador, Nicaragua, Costa Rica, Panama, Colombia, Argentina, Barbados, Trinidad, Paraguay, Uruguay and Spain. There were 70 competitors and 60000 spectators. (From Istvan Hidvegi)

MARATHON NEWS: HANSEN GETS WORLD RECORD

Marathoning was much in the news over the past few weeks. First of all the new record of 2:42:38 set by East Germany's Christa Kofferschlager was tossed out when it was discovered the course lacked about 800 or so meters. Christa's best official time is now back to 2:53:00.

France's Chantal Langlace turned in a 2:46:24 performance to clip some 22 seconds off Miki Gorman's standing record and then the USA's Jackie Hansen, with some speedy cross country runs under her belt, took the record apart with a sparklin 2:43:54.6 performance. And that's where the record stands.

Ellen Turkel, Plattsburgh, New York, moved into the number 13 spot on the world list with her 2:58:16 run in the Buffalo to Niagara Skydon International Marathon on October 26.

JULIE BROWN THREE MILE WR

Los Angeles, California, December 8:-Julie Brown, fresh from a fine cross country season, claimed a new world three mile record as she covered the 12 laps on the UCLA tartan track in 15:43.4. Her time bettered the mark of 15:48.6 set by Italy's Paola Pigni in 1969 and also her own American record of 16:08. The mark might have been even faster had not Brown been hampered by strong winds during the run.

LETTER FROM JOHN CRAMER

"I'm currently teaching in an English speaking school in Tequigalpa, Honduras, and found out that the Central American T&F Championships were moved to a different country this year. The reason was because the national sports federation would not allocate any money to repair the track which is in real bad shape. Panama and Costa Rica said that they'd supply any and all help needed to run the meet if the track was repaired. The sports federation has been very little help to the track program here in Honduras. They only gave the sport \$25 for 1974! The National track coach recently quit because of lack of support by the federation.

"I'm an active male long distance runner and was very disappointed in the total lack of support by the federation."

LETTER FROM JANET HEINONEN, Eugene

"I was sorry to read that you favor continuing segregation of men and women in track. (Ed. note: Now just a darn minute, Janet. For all the 9 years of WTFW, we have urged EQUAL competition for men and women. I urge togetherness, but not at the expense of the women. They have for too long been moved at the whim of a TV director or have had heats 'reassigned' by unknowing clerks of course. Of course the USA MUST have men and women's competition together to catch up to the rest of the world. But it must be equal.) I stringly feel that women now have the opportunity to get out of the back of the bus, so to speak. It has been my experience in Eugene, at least, that the men are more than willing to include women in the track programs here. Now it's the fault of the women for not taking the ball.

"If the women continue to stay off by themselves, they're likely to continue playing to an empty house. I think that Debbie Quatier, Francie Larrieu and Joni Huntley can tell you what it's like to play to a full house, i.e. the June 8 Hayward Field Restoration Meet. (Ed. note: Francie can also give you a few words about tv shifting schedules - without announcement.)

"The US is one of a few (maybe the only nations) to separate men and women in track. I hope this will soon change. In Oregon this year for the first time, high school boys and girls will have cross country and track meets scheduled together. If Americans are going to accept women's athletics, then they need to see some women athletes. Perhaps the reason American women do so poorly in international competition is that they've never been expected to compete at that level before."

COVER PHOTO: Julie Brown and Lynn Bjorklund still running together at the two mile post of the National Cross Country Championships. (Photo by Jeff Johnson)



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CROSS COUNTRY ROUNDUP

BJORKLUND WINS NEW MEXICO RUN

Albuquerque New Mexico September 29:-Lynn Bjorklund, 1974 USA two mile queen, easily annexed top honors at the PAL/Striders Cross Country Invitational held on the University of New Mexico golf course. Bjorklund covered the 2 1/4 miles in 11:58.8 far ahead of teammate Linda Stecker.

Open (2.25m), 1-Lynn Bjorklund (DCD) 11:58.8 2-Linda Stecker (DCD) 12:35, 3-Cheryl Bridges (Un) 12:50. 12/13 Division (1.75m) Tracy Bear (DCD) 9:58.4. 9/Under (1.m) Debbie Mata (AlbPAL) 6:13.

MT. LEBANON ALLEGHENY CHAMP

The Mt. Lebanon Track Club swept to both the Junior and Senior titles in the Allegheny Mountain Association. Nina Crampe led the way for the Juniors on November 9 with a time of 19:46 over the three mile course, and Marlene Harewicz set a new course mark in leading the Seniors to their title on November 24 in 17:52. Harewicz also led the Club to victory in the Sixth Annual Eastern USTFF Cross Country Championship on November 17 with a new record of 15:11.5 over the 2 1/2 mile course.

Results: 1-Marlene Harewicz (ML) 15:11.5, 2-Carol Fridley (Un) 15:44, 3-Gail Morse (Bethesda-Chevy Chase HS) 15:57, 4-Marilyn Bevans (North Baltimore TC) 16:06, 5-Kristen Bankes (Penn State) 16:22. Scores, 1-Mt Lebanon TC 32, 2-Latrobe TC 34, 3-Penn State 55, 4-Lower Dauphin 123, 5-Jersey Shore CC Club 132. Finishers - 51.

CC CLUB OF DALLAS

The cross country club of Dallas staged some distance runs over the past weeks with the following results:

November 2:(1.0m), First race, 1-Rhonda Garrison 5:26, 2-Sherry Sessions 5:27 (38 finishers); Second race, 1-Tina Symank 5:44, 2-Laura Mahon 5:45 (36 finishers);(6.0m) 1-Vicki Baker 39:27, 2-Mickey Hervey 39:57 (10 finishers); (10.81m) 1-Terry Arasim 96:14, 2-Angie Trantham 106:51 (3 finishers).

HAREWICZ WINS KENNEDY RUN

Pittsburgh, Pennsylvania, November 10:-More than 100 athletes took part in the 12th Annual John F. Kennedy Memorial Three Mile Run at Schenley Park. Veteran Marlene Harewicz took the 14/Over race in a fine 19:35 and Robin Wormsley won the 13/Under division in 21:24, a time good enough for third in the Open Division.

14/Over Division: 1-Marlene Harewicz (MtLeb) 19:35, 2-Julie Hamilton (Neshannock) 21:10, 3-Nina Crampe (MtLeb) 22:00, 4-Mary Ellen Williams (Owen Sound) 22:06...18-Sharon Gough (MtLeb) 24:31. Scores, 1-Mt.Lebanon TC 44, 2-Latrobe TC 80, 3-Scioto TC 125, 4-Sacred Heart TC 137. Finishers - 41.

13/Under Division: 1-Robin Wormsley (New Image) 21:24, 2-Sheila Boyer (NI) 21:30, 3-Sheila Lester (NI) 21:50, 4-Mary Jo Davis (Latrobe) 22:03. Scores, 1-New Image TC 22, 2-Latrobe TC 46, 3-Mt. Lebanon 80, 4-Burgettstown TC 205, 5-Golden Valley Striders 229. Finishers - 74.

ENNIS WHIPS MERRILL

New York, NY:-Doreen Ennis, Nutley TC, sped to an easy win over Jan Merrill to cop the Region I AAU cross country title as the Age Group AA took the team victory. More than 300 runners took part from the New England states, New York and New Jersey.

Women (3.0m), 1-Doreen Ennis (Nutley) 18:39, 2-Jan Merrill (AGAA) 19:03, 3-Diane Andrade (Suffolk AC) 19:42, 4-Carol Deagan (Green Mountain AA) 19:58, 5-Caroly Court (AGAA) 20:01, 6-Anita Scandurra (Un) 20:06. Scores, 1-AGAA 42, 2-GMAA 67, 3-SAC 69, 4-Liberty TC 90. Finishers - 31. Girls (2.5m), Carrie Pusch (Syracuse Chrgs) 15:19. 12/13 (2.0m), Noreen White (SC) 12:57. 10/11 (1.5m), Louise Theetge (SC) 9:44. 9/Under (1.0m), Rita Scraeder (New Hyde Park) 7:02.

NEPPEL, IOWA STATE COLLEGIATE CHAMPS



National Collegiate Champions from Iowa State University
Left to right: Peg Neppel, Robin Evans (behind Neppel), Joan Mayland, Barb Brown, Deb Wood (behind Brown), Tweety Wolf and Georgette Goonan.

Ames, Iowa, November 16:-Twenty-six universities and colleges took part in the first National Collegiate Women's Invitational Cross Country Championships. 120 athletes participated over a tough course on the university golf course.

The tempo of the race developed within the first half mile passed in 2:35. Peg Neppel (Iowa State) and Wendy Koenig Knudson (Colorado State) opened up ten yards on the field with Maryl Barker (Oregon) and Carol Cook (Southwest Missouri State) following. The mile was passed by Neppel and Knudson in 5:29, Cook in 5:36, Maryl Barker in 5:40 and a tight group of 8 runners in 5:45. The steep hill at the 1 1/4 mile mark separated the leaders. Neppel gained nearly 30 yards on Knudson before the top as did Cook on Barker. The runners basically held the same positions from the top of the hill through the finish.

The team title through the first five places was never in doubt. The host school, Iowa State, bunched six runners into the top twenty and topped second place Colorado State by 43 points (44 to 87). The Iowa State team had an 8-0 dual meet season record and won both the National Federation Championship and this National Collegiate meet.

1-Peg Neppel (IS) 13:54, 2-Wendy Koenig (CSU) 14:17, 3-Carol Cook (SMS) 14:25, 4-Maryl Barker (Ore) 14:58, 5-Barb Brown (IS) 15:01, 6-Cindy Bremser (Wisc) 15:11, 7-Diane Culp (CentMich) 15:13, 8-Sue Parks (EstMich) 15:15, 9-Karen McKeachie (Mich) 15:18...14-Ann Forshee (MichSt) 15:37...17-Robin Evans (IS) 15:47. Scores, 1-Iowa State 44, 2-Colorado State 87, 3-Kansas State 110, 4-Minnesota 134, 5-Florida 173, 6-MichSt 191, 7-SW Missouri 192 and 8 others.

WRIGHT CANADIAN CHAMPION

St. Catharines, Ontario, Canada, November 16:-Thelma Wright continued to dominate the Canadia distance scene as she ran to an easy victory over the 4000 meter cross country course. The petite Mrs. Wright won by more than 11 seconds from Maureen Crowley and added the scalps of Aby Hoffman and Glenda Reiser as well. British Columbia won the team title over Ontario.

Open Women (4000mtrs), 1-Thelma Wright (BC) 12:47.2, 2-Maureen Crowley (BC) 12:58.6, 3-Abby Hoffman (Ont) 13:03.8, 4-Debbie Mitchell (Ont) 13:06, 5-Shauna Miller (Prarie) 13:12, 6-Glenda Reiser (Ont) 13:18...14-Brenda Webb (Kettering) 13:53...18-Tecla Chemabwai (Chicago State Univ) 14:08...22-Karen MacHarg (Kettering) 14:16...47-Marg MacGowan (BrockUn) 16:35. Midget Women (3000mtrs), 1-Cathy Homer (Prarie) 9:49, 2-Wendy Van Mierlo (Ont) 10:03...5-Marie Kastrup (Kettering) 10:21.

BJORKLUND NM CHAMP

West Mesa, New Mexico, November 17:-To no one's surprise, Lynn Bjorklund won the New Mexico State AAU title here today with a fine 14:22 for the three miles. Questionable measuring accuracy marred the performance, however. Sandy Beach took the 10/11 race over 1½ miles in 9:17.6 and Lesa Gilliland won the 12/13 affair over two miles in 12:42.9. Bobbie Gallegos was the 9/Under titlist at 6:25 for one mile.

KOENIG BIG WINNER

Boulder, Colorado, November 18:-Wendy Koenig's dominance over her Colorado opposition continued here today in the Colorado Pacer Invitational as she scored a near-90 second triumph over the two mile course on a cold, 45° day. Wendy covered the tough, hilly course in 11:50 as she led her Colorado State University team to victory.

Women (2.0m), 1-Wendy Koenig (CSU) 11:50, 2-Jamie Frommer (CSU) 13:27, 3-Suzanne Sibbitt (CSU) 13:44. (Note, CSU had 17 finishers in this race.) 14/17 (2.0m), Robin Castor (CP) 12:47. 13y (1.0), Brenda Jesser (CP) 6:38. 12y (1.0m), Nancy Rogowski (Boulder Cinderbells) 6:25. 11y (1.0m), Portia Bowman (BC) 6:48. 10y (1.0m) Donna Boffey (CP) 6:53. 9y (1.0m), Judy Blackshere (CP) 7:07. 8y (1.0m), Benita Vigil (CP) 8:47. 7y (1.0m), Andrea Bush (CP) 7:42.

CARRON WINS NATIONAL JUNIOR AAU TITLE

Millbrae, California, November 24:-In the last-ever National AAU Junior Championship, (this division ceases to exist on January 1, 1975), Dominique Carron of the hometown Millbrae Lions scored a huge victory, covering the three mile grassy course in a good 17:27.8. Pam Bowers of the San Jose Cinder-gals was second and Pam Allen of Lassen (who just one week later was to win the National Girl's title in Ohio) finished third as the San Jose troupe annexed team honors.

1-Dominique Carron (ML) 17:27.8, 2-Pam Bowers (SJC) 18:10, 3-Pam Allen (Lassen) 18:17, 4-Cheryl Gamoe (Eastside TC, Wa) 18:25, 5-Terrie Winnie (Rainbow Runners) 18:34, 6-Stella Guina (SJC) 18:41, 7-Lisa Greenberg (SJC) 18:46, 8-Kathy Estes (Flathead Valley) 18:55, 9-Pam Happy (Rainbow Runners) 18:58, 10-Penny Reneau (Bridgeport) 18:58...28-Chris Sakelarios (RedCityFly) ;9:56. Scores, 1-San Jose Cindergals 51, 2-Eastside TC 77, 3-Rainbow Runners 90, 4-Flathead Valley 126, 5-Redwood City Flyers 161, 6-Millbrae Lions 187, 7-Moscow Mercurians, Idaho 216. Finishers - 59.

NATIONAL JUNIOR OLYMPICS CHAMPIONSHIPS

Raleigh, North Carolina, December 7:-The Junior Olympic Organization staged its version of the National Championships over the rough course at North Carolina State College. More than 300 girls participated in the five divisions. South Dakota's Jane Wipi won her second straight title as she added the 16/17 crown to the 14/15 title she won in 1973. 15 year old Julie Shea, however, turned in a 25 second faster performance in winning her division for the best run of the day.

16/17 Division (2.0m), 1-Jane Wipi (Freeman, SD) 11:35, 2-Ann Mulrooney (Prarie Du Chien, Wis) 11:38, 3-Marie Ann Kas-trup (Deer Park, Ohio) 11:38, 4-Marybeth Ann Spencer (Anoka, Minn) 11:40, 5-Kathie Wilz (Philadelphia) 11:44. 14/15 Division (2.0m), 1-Julie Shea (Raleigh, NC) 11:10, 2-Paula Jean Class (St. Paul, Minn) 11:17, 3-Mary Rowe (Camp Hills, Pa) 11:19, 4-Mary Ann Opalewski (Saginaw, Mich) 11:19, 5-Cynthia Wadsworth (Farmington, Conn) 11:35.

12/13 (1.5m), 1-Eileen Anne Jackson (Indianapolis) 8:25, 2-Kelly O'Toole (Lynbrook, NY) 8:31, 3-JoAnn Hall (Pittsburgh) 8:35. 10/11 (1.25), 1-Robin Wormsley (Pittsburgh) 7:09, 2-Sheila Boyer (Pittsburgh) 7:13, 3-Sheila Beth Erickson (Rockford, Ill) 7:19. 9/Under (1.0m), 1-Kimberly Gallagher (Ambler, Pa) 5:32, 2-Keleigh Baldwin (Ambler, Pa) 5:44, 3-Gwynn Spurlock (Philadelphia) 5:45.

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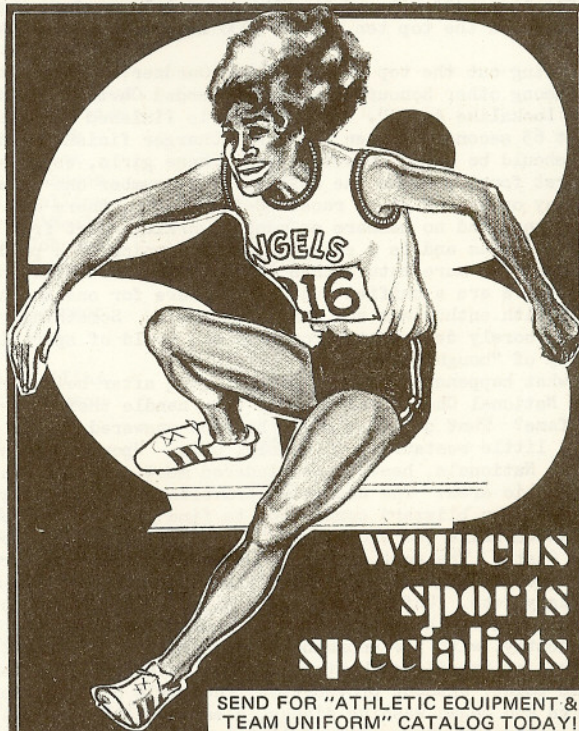
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STEVE'S WONDERS
by **STEVE WENNERSTROM**

'WHO ARE THESE GUYS?'

A little less than two years ago in Brockport, New York, a young girl approached the Syracuse Chargers Girl's cross country team and exclaimed, "Boy, you guys look like a bunch of rag-a-muffins.: True it was that the Chargers did not have uniforms or sweats of matching style or color, nor did they have fancy shoes or equipment they needed. But that was 1972. What about the 1974 edition? Same girls, same home-sewn uniforms and sweats, but there is one slight addition, The 1974 AAU National Girl's Cross Country Trophy!

At the Nationals the question was asked, "Who are these guys?" The reply is not an easy one, yet it is a highly satisfying one to answer. With less than two years of cross country experience for any of the seven girls, it is little wonder why they are referred to as a "no-name team".

Three of the first five girls attend the same high school in Syracuse (Nottingham). The number one runner on the girls team was discovered running pass patterns on the playground by Coach Al Bonney. After much convincing that cross country would be less injurious and more pleasureable than a pro football career, Carrie Pusch began running in earnest. In 1973, Carrie finished 51st in the girl's division at Albuquerque. A year later and a jump of 44 positions, Carrie placed 7th to lead her team.

Mary Seybold, the number two girl, did not run cross country last year. At Bellbrook a year later, the 5'8 Oregon transplant finished 9th. At Nottingham HS, Mary ran the better part of the season as the team's Number Four girl!

The third position belongs to Erica Hagenlocher. During the last track season, the now 15-year old Erica was still experimenting with races in which she could be successful. Erica finished 15th at this year's Nationals quite a surprising for a young lady who is primarily a quarter-miler and 400m hurdler. She was also the number two girl on Nottingham's highly successful girl's squad.

If there is a familiar name on the Charger's Girl's team it would have to be that of Amy Welch, a junior at West Genesee HS. Amy landed the 22nd spot despite a near disasterous fall at the first water jump. The Charger victory was assured as Amy outkicked three girls from runner-up San Jose over the last half mile of the European style course. Amy was ranked in the top ten in the 3000 meters last track season.

Rounding out the top five is Chris Gardner. Earlier this year, among other honours, the team awarded Chris the "John Denver Lookalike Award". Although Chris finished 45th, there was but 63 seconds between the first Charger finisher and her.

It should be noted, however, that these girls, especially the first four, possess the ability to be number one on any given day or in any given race. Refreshingly, there are no prima donnas and no members or member working apart from the team. This was and is a group of girls running with pride and desire far more mature than their 14-17 years might show. The Chargers are a unified bunch whose care for one another is ripe with enthusiasm and genuine concern. Something which is sorely deficient throughout the world of sport in this day of "bought" teams.

So what happens to this Cinderella gang after being crowned the National Champions? How do they handle their newfound fame? That question might best be answered by the owner of a little restaurant in Copely, Ohio. Upon returning from the Nationals, heavy snow hindered most everyone leaving the Ohio area. The Chargers, traveling caravan style, were forced by blizzard conditions to find shelter just outside Canton while the storm dumped close to a foot of snow on the State. The next morning they headed for a restaurant directly adjoining our motel with breakfast on the minds of the hungry team. Unfortunately the night waitress had not been relieved by the morning shift because of the blizzard. Consequently, with the enormous morning rush of breakfasters, there was an immediate shortage of food, dishes and personnel. At this point, without provocation, the girls offered their services and began washing dishes, cleaning tables and waiting on customers whose outward impatience had suddenly turned silent in reaction to the girl's assistance.

I saw it and observed it, and it is something that Coach Al Bonney and everyone connected with the Chargers can look to with a great deal of pride. It was class with a capitol K in the purest sense of the word. It gave a small portion of the public a look at what sports, and running in particular, is doing for girls. I feel very grateful to have had

the opportunity to be associated with Coach Bonney and his band of "Rag-a-Muffins" if only for a cross country season. And if this be what champions are made of, trite as it may sound, Long Live the Champions!

TEAM RESULTS - THE CHAMPIONS

7th - Carrie Pusch	15:31
9th - Mary Seybold	15:37
15th - Erica Hagenlocher	15:43
22d - Amy Welch	15:54
45th - Chris Gardner	16:34
65th - Wende Pusch	16:51
76th - Cathy Rayo	17:02

LETTER FROM MRS. MILLER

"I am renewing my subscription to your magazine with great reluctance, because I feel your staff has shown a serious lack of sportsmanship and taste.

"Your policy of listing athletes based only on their past reputations, regardless of where they cross the finish line, while at the same time deleting newcomers who have worked hard and finished ahead of them, is, in my opinion, criminal. The lesser known girls deserve recognition for their hard work and accomplishment. It is inexcusable to slight them to satisfy the egos of the well-established athletes."

(Ed. Note:-Now just a darn minute there Mrs. Miller. It is true we list well-known performers and omit the lesser-knowns, but only after the bulk of the reporting has been done. For example, in reporting the Nationals, the top 25 finishers are listed and THEN we inform the public of the performances of the established runners. Don't you agree the readers are more interested in what places were recorded by such runners as Teri Anderson, the Vettors, Cheryl Toussaint or Caroline Walker than if the names of Tara McNulty, Gerre Noble or Carol Conlon were listed. There is a disadvantage to being well-known, too. When you bomb, your name is printed along with the good performances. Sorta keeps you on your toes.)

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INDOOR RECORDS

WORLD

AMERICAN

50y	:05.5	Iris Davis (USA)	1973	:05.5	Iris Davis (TSU)	1973
50m	:06.0	Barbara Ferrell (USA)	1968	:06.0	Barbara Ferrell	1968
		Barbara Ferrell (USA)	1969			
		Renate Stecher (GDR)	1971			
55m	:06.1	Renate Meissner (GDR)	1970		No record	
60y	:06.5	Wyomia Tyus (USA)	1966	:06.5	Wyomia Tyus	1966
		Iris Davis (USA)	1971		Iris Davis	1971
		Mattline Render (USA)	1972		Mattline Render	1972
		Alfreda Daniels (USA)	1972		Alfreda Daniels	1972
60m	:07.1	Tatyana Shchelkanova (SU)	1962	:07.1	Martha Watson	1974
		Renate Meissner (GDR)	1970		Theresa Montgomery	1974
		Sylviane Telliez (Fra)	1973			
		Renate Ihle (GDR)	1974			
		Irena Szewinska (Pol)	1974			
		Martha Watson (USA)	1974			
		Ludmila Maslakova (SU)	1974			
		Nadyezhda Besfamilnaya (SU)	1974			
		Theresa Montgomery (USA)	1974			
		Mona-Lisa Pursiainen (Fin)	1974			
70y	:07.5	Wyomia Tyus (USA)	1964	:07.5	Wyomia Tyus	1964
		Jennifer Smart (GB)	1961			
70m	:08.7	Christa Stubnick (GDR)	1955		No record	
80m	:09.3	Annelie Wilden (GFR)	1971		No record	
100y	:10.48	Renate Stecher (GDR)	1974	:10.7	Wilma Rudolph	1960
					Kathy Lawson	1974
					No record	
100m	:11.4	Nadyezhda Besfamilnaya (SU)	1973		Edith McGuire	1966
200m	:23.6	Rita Wilden (GFR)	1972	:24.1	Edith McGuire	1966
220y	:24.1	Edith McGuire (USA)	1966	:24.1	Edith McGuire	1966
300y	:35.1	Maureen Tranter (GB)	1967	:35.5	Janet Brown	1973
300m	:38.8	Ludmila Samotesova (SU)	1966		No record	
		Brenda Walsh (Can)	1973			
400m	:52.44	Nadyezhda Ilina (SU)	1974	:54.0	Janell Smith	1965
440y	:54.2	Charlotte Cooke (USA)	1966	:54.2	Charlotte Cooke	1966
500y	1:04.5	Kathy Hammond (USA)	1972	1:04.5	Kathy Hammond	1972
500m	1:12.1	Brenda Walsh (Can)	1972	1:14.8	Jarvis Scott	1973
600y	1:18.4	Yvonne Saunders (Can)	1974	1:19.3	Robin Campbell	1974
600m	1:30.1	Robin Campbell (USA)	1974	1:30.1	Robin Campbell	1974
800m	2:01.8	Mary Decker (USA)	1974	2:01.8	Mary Decker	1974
880y	2:02.4	Mary Decker (USA)	1974	2:02.4	Mary Decker	1974
1000y	2:26.7	Mary Decker (USA)	1974	2:26.7	Mary Decker	1974
1000m	2:44.8	Tamara Kasat chkova (SU)	1973		No record	
1500m	4:11.0	Tonka Petrova (Bul)	1974	4:12.2	Francie Larrieu	1974
One Mile	4:34.6	Francie Larrieu (USA)	1974	4:34.6	Francie Larrieu	1974
3000m	9:02.4	Francie Larrieu (USA)	1974	9:02.4	Francie Larrieu	1974
Two Mile	9:39.4	Francie Larrieu (USA)	1974	9:39.4	Francie Larrieu	1974
1500m Wk	7:17.0	Sue Brodock (USA)	1973	7:17.0	Sue Brodock	1973
Mile Wk	7:28.6	Sue Brodock (USA)	1974	7:28.6	Sue Brodock	1974
50yH	:06.4	Patty Johnson (USA)	1972	:06.4	Patty Johnson	1972
		Mamie Rallins (USA)	1973		Mamie Rallins	1973
		Lacey O'Neal (USA)	1973		Lacey O'Neal	1973
50mH	:06.6	Annelie Ehrhardt (GDR)	1972	:07.0	Patty Johnson	1973
55m/60yH	:07.4	Karin Balzer (GDR)	1970	:07.4	Patty Johnson	1972
		Patty Johnson (USA)	1972			
60mH	:07.9	Valeria Bufanu (Rum)	1973	:08.4	Patty Johnson	1974
		Gragyna Rabsztyn (Pol)	1974			
		Annelie Ehrhardt (GDR)	1974			
70yH	:08.8	Mamie Rallins (USA)	1970	:08.8	Mamie Rallins	1970
100mH	:13.2	Patty Johnson (USA)	1974	:13.2	Patty Johnson	1974
		Annelie Ehrhardt (GDR)	1972			
HJ	6'3½	Rita Kirst (GDR)	1974	6'0½	Joni Huntley	1974
		Yordanka Blagoyeva (Bul)	1973			
LJ	21'11½	Meta Antenen (Swi)	1974	21'4¾	Martha Watson	1973
SP	68'1	Helena Fibingerova (Cz)	1974	56'11	Maren Seidler	1974
4x110y	:47.4	USA (Reynolds-Hawkins-Cordy-McMillan)	1970	:47.4	Atoms TC (Reynolds-Hawkins-Cordy-McMillan)	1970
4x160y	1:10.8	USA	1968	1:10.8	Tennessee State Univ	1968
4x200m	1:35.7	SU (Besfamilnaya-Popkova-Bucharina-Samotesova)	1970	1:46.8	Millbrae Lions (Sulinski-Rand-Lewis-Hardeman)	1973
		GFR (Krause-Richter-Helten-Schroeder)	1973			
4x400m	3:36.6	SU (Finogenova-Kamardina-Popkova-Aksenova)	1971	3:54.4	Angels TC (Pirie-Jaton-Johnson-Newing)	1970
4x440y	3:47.5	USA (McMillan-Toussaint-Fitzgerald-Nichols)	1974	3:47.5	Atoms TC (McMillan-Toussaint-Fitzgerald-Nichols)	1974
880yMed	1:45.1	USA (Scott-DeBusk-Wilson-Ferrell)	1968	1:45.1	LA Mercuresses (Scott-DeBusk-Wilson-Ferrell)	1968
4x880y	8:41.6	SU (Ruus-Weingarten-Kasankina-Sabaite)	1972		No record	
Pent	4490	Burglinde Pollak (GDR)	1972		No record	
		(13.8-48'11½-5'5¼-20'1¾-24.6)				

EXCEPTIONS:

American records are also All-Comers records with the following exceptions -

300y, 35.4 by Marilyn Neufville (Jam) 1972;
HJ, 6'1 by Antonina Lazaryeva (SU) and Galina Filatova (SU) 1972;
LJ, 21'5½ by Tatyana Shchelkanova (SU) 1966;
SP, 63'¾ by Nadezhda Chizhova (SU) 1973;
4x160y, 1:10.4 by Atoms TC (Reynolds-Cordy-Hawkins-Brown) 1972;
4x440y, 3:47.0 by Atoms TC (McMillan-Toussaint-Forde-Nichols) 1974;
880yMed, 1:45.0 by Atoms TC (Toussaint-McMillan-Nichols-Forde) 1974

WORLD EXCEPTIONS:

300m, 38.3 by Karin Lundgren (Swe) made on 300m track in 1970;
600m, 1:29.5 by Waltraud Dietsch (GDR) made on 250m track in 1973;
LJ, 22'1 by Tatyana Shchelkanova (SU) in 1966 was never accepted.

HIGH SCHOOL TRACK By RICH EDE

How well do you know your rulebook? Do you know that your Federation-legal high jump pit is probably FIVE FEET too narrow to comply with DGWS, AAU or IAAF standards (which require it to be 13'1½ deep)? Or that a javelin which meets DGWS standards could be several FEET too long for any other rules? Or that the Federation javelin weight is 5 ounces too light for any other rulebook? Or that a DGWS record may be set if timed by a SINGLE watch which has never been calibrated? Or that there is no DGWS provision for breaking ties in field events? Or that you need two wind gauges to record wind on a turn under Federation rules, but that there are no guidelines as to when they should be in operation? That DGWS runners are instructed to "Take" their marks, while the rest of the world is told to get "on" theirs? That a DGWS legal hurdle need only be 42" wide while all other rulebooks demand 47"? That DGWS does not limit the thickness of a discus? That a dropped baton may be picked up (a) by the passer only in DGWS rules, (b) the person who dropped it in IAAF or AAU rules, or (c) by either runner according to Federation. That Federation rules allow you to use a pole vault crossbar for the high jump (all 14'10 of it)? That Federation rules do not prevent you from turning your back to throw the javelin, (you just can not make a 360° turn)? That a DGWS-legal long jump pit may end 15 feet from the take-off board? That the Federation pentathlon and hurdles bear no resemblance to anything contested under ANY other rules? Or that you might have to jump into a 12" thick high jump pit under DGWS rules, and it would be legal?

All of these discrepancies in our sport are to be found in the fascinating pages of reading known as rulebooks. And the examples I've listed are merely a small number of the conflicts. The most common discrepancies, of course, occur when different rulebooks convert the exact metric measurements of implements to English measurements in different ways. Thus while AAU says the shot will vary between ¾ inches and 4 11/32 inches in diameter, IAAF places the upper limit at 4 3/8", DGWS at 4'11/32" and Federation at 4¾". Eventually, when we backward Americans finally convert, such details will be history. Now, though, the conversions can become ludicrous, as evidenced by the length of the baton. International rules specify that the tube may be between 28 and 30 centimeters in length (11-12 inches). AAU specifies that the maximum be 12" also, but calls it 28cm in conversion. DGWS allows a tolerance of from 11 to 11.8 inches (30cm) while the Federation picks nits at 11.81" maximum.

It is not this picayune kind of differentiation with which I argue most vehemently, but with the philosophical basis which claims that our (American) high school athletes have to do things differently than the rest of the world. There seems to be an insistence on the part of many of our coaches that our athletes are fragile little flowers and must be protected from such monumental tasks as 3 hurdles and 30 yards in the hurdles, or 13 ounces in the shot. In my own area in southern California, a recent poll of girl's track coaches in high schools demonstrated an even split in moving from the 80y hurdles to the 100m hurdles, (ostensibly because of insufficient hurdles - what are the boys using for their 120y races?). The same poll rejected strongly the attempt to go to the 4 kilo shot from the 8 pound shot. Here the argument was the cost of the international implement. It is a sad commentary on the state of financial support of girl's athletics that \$6 is the reason given for relegating the United States to second class status in a sport.

Earlier, I alluded to the establishment of records and the rather slipshod requirements we maintain in our high school rules. Having only year-old record lists to go by, (Federation does not publish its list until January and DGWS merely ignores my requests for information on records), I am nonetheless astounded at some of the claims listed as "High School Records". The latest Federation listing omits the 100, 220, mile relay and javelin completely - hopefully merely a printer's error - but as we have noted before, the Federation seems to have ignored several legitimately established and applied-for claims. DGWS, on the other hand, seems perfectly willing to accept almost anything. The listed 100y record of 10.3 would have been a world record at the time it was claimed to have been run. Is the mile record 5:06.0 or 5:06.9? We cannot tell since the publisher omits the tenths. Does anyone know the height of those 100m hurdles that Deidi Davidson ran in 1970, and how come there is no listing for the 33" hurdles since that is the only event a high-school aged girl may run except in closed HS meets? And why isn't that 5:06 mile acc-

epted as the 1500 meter record since it is farther yet 45 seconds faster than the listed 1500 record?

What all this boils down to is this - Why, when the sport of track and field has been regulated so well for so long on an international basis, do we in the USA insist on being different for difference's sake? Why do we insist on English measurements? Why do we insist on our own set of inadequate rules which merely serve to retard the development of our fine athletes when they finally do get to compete "in the real world"? Why do we continue to recognize ridiculous records? Why can't we conduct our program in the sport of track and field so we don't have to asterisk everything and note "US High School Rules"? With a new track season about to get under way, let's hope the powers that be get the message.

Meanwhile, back to the business at hand. We have only three meets to report, but they are good ones. OREGON held its state Cross Country meet on November 16, at Lane CC over an unspecified distance. Best time of the day was turned in by Elaine Pond of Grant whose 10:56 was the only clocking under eleven minutes, as she led her team to a 25-point win in the AAA race. Jamie Mitchell of LaSalle was a 10-second winner in the AA race with 11:02.8, but her team could only manage fifth place as Crook County sped to a 50 point total to wallop the field with Cascade's 75 points far ahead of third. Rosana Cahill (Bonanza) was all by herself in capturing the A race by 26 seconds over teammate Vicky Paddock, but again the team support was lacking as Catlin Gabel copped the team title with 41 points. All in all, 227 athletes and 33 teams participated.

MASSACHUSETTS ran its Girl's Cross Country Championships on November 16, also over a 2.5 mile course of rolling hills on the Franklin Park Golf Course. With temperatures in the 50's, Debbie Mueller of Bellingham set a new course record of 16:11 in winning individual honors, but Falmouth walked away with the team title over 28 other full teams. 235 runners, representing 55 schools participated in the meet. Both these meets should serve as excellent examples to some of our more sluggardly states.

Here in CALIFORNIA, Santa Barbara High School hosted an Invitational cross country meet and Arcadia HS took team honors despite not having anyone in the top six. Runner-up Crescenta Valley (67 points to Arcadia's 63) placed winner Chris Troffer and Laura Fisanotti (3rd) high and the Royal Moore sisters, Karen and Barbara, placed 4-5. Debbie Porter (Simi) established her home town as something of a cross country center as she placed second, (Royal is also in Simi).

Now that we're heading into another busy season, I expect to be able to report more extensive results. Send results, records, pictures, etc., to Rich Ede, 627 N. Indian Hill Blvd, Claremont, California, 91711.

OFF AND RUNNING IN THE GRANITE STATE

In the first year of any sport, some strange things happen, and this fall in New Hampshire was no exception as the Granite State initiated high school cross country for girls. Schedules were drawn up over summer vacations, and announcements were made for try-outs on the first day of school. In some cases, turnouts were so small that some schools couldn't field a dual meet team, and room was made for their few individual girls in the dual meet schedules of neighboring schools. Other schools, in small New Hampshire communities, combined eager junior high girls with high school age runners to form the "high school" team, and found no formal rules to the contrary. At still other schools, the turnout was large and enthusiastic. Schedules were shuffled and rearranged to give everybody weekly competition near to home, but some teams - especially those in remote areas - found themselves running against the same school again and again as previously scheduled opponents failed to materialize.

But in spite of the ragged beginnings, girls' cross country was under way in New Hampshire. While the tress turned their autumnal hues and the first wisps of polar air came drifting down from the White Mountains, girls all over the state were taking to the roads, woods and fields, building their legs and lungs for the demands of competitive distance running.

Concord High hosted the Concord Cross Country Jamboree at the state capitol in October, a 15-school affair in which Trinity HS of Manchester edged Exeter HS for the team honors, 70 to 77. Exeter hosted the final meet of the season in No-

GRANITE STATE (Continued)

vember, the Exeter Invitational, a meet billed as the "un-official state meet." With 18 schools on hand, Exeter proved to be a rude host by running off with the team championship with 71 points to Hanover's 117 and Trinity's 123. Trinity sophomore Mary Anne Hamilton emerged from the season undefeated and with undisputed claim to being number one in New Hampshire girls' cross country.

It was a season for learning, for both coaches and athletes. Curiously, the junior high girls did more than just fill out high school teams, as the "little kids" became formidable competitors. Six of the top twenty finishers at the Exeter Invitational were junior high runners, and Exeter High unofficial championship team included two 8th graders and a 7th grader in its top five. Alert to this fact, the rules committee is considering formalizing the opportunity for junior high girls to run high school girls cross country in seasons hence. For the young and the very young, the future of girls cross country in New Hampshire looks bright.

RESULTS: Concord Jamboree, Concord, NH, October 19 (1.5m)

1-Mary Ann Hamilton (Trinity, Manchester) 9:04, 2-Maggie Davis (Burlington, Vt) 9:10, 3-Christy Belanger (Exeter) 9:11, 4-Huard (Burlington) 9:19, 5-Robin Snyder (Concord) 9:21.

Exeter Invitational, Exeter, NH, November 1 (1.85m), 1-Donna Randall (Amesbury, Mass) 11:14, 2-Mary Ann Hamilton 11:20, 3-Mia Arnold (Hanover) 11:28, 4-Sue Collins (Littleton) 11:47, 5-Christy Belanger 11:50.

LONG JUMPS OVER 22 FEET (From 'Der Leichtathlet')

Since women began competing in track and field, there have been a total of 28 jumps beyond the 22 foot mark. Heide Rosendahl hopped over that magic mark more than anyone else - a total of 9 jumps. Mickler, Herbst and Schmalfeld are next in line with three marks each over the 22'0 distance.

1964		1971	
22'2 ³ / ₄	Rand (GB)	22'4 ³ / ₄	Herbst (GDR)
22'1 ¹ / ₂	Rand (GB)	22'2 ³ / ₄	Mickler (GFR)
		22'1 ¹ / ₂	Herbst (GDR)
1965		22'1	Antenen (Swi)
22'0 ³ / ₄	Shchelkanova (SU)	22'0 ¹ / ₂	Mickler (GFR)
1966		1972	
22'1	Shchelkanova (SU)	22'4 ³ / ₄	Rosendahl (GFR)
1968		22'3	Rosendahl (GFR)
22'4 ¹ / ₂	Viscopoleanu (Rum)	22'2 ¹ / ₂	Yorgova (Bul)
1970		22'1 ³ / ₄	Yorgova (Bul)
22'5 ¹ / ₄	Rosendahl (GFR)	22'1	Rosendahl (GFR)
22'4 ³ / ₄	Rosendahl (GFR)	22'1	Herbst (GDR)
22'3 ³ / ₄	Rosendahl (GFR)	22'0 ¹ / ₂	Rosendahl (GFR)
22'1	Sherwood (GB)	1973	
22'1	Mickler (GFR)	22'2 ³ / ₄	Schmalfeld (GDR)
22'0 ¹ / ₂	Rosendahl (GFR)	1974	
22'0 ¹ / ₂	Rosendahl (GFR)	22'2 ¹ / ₂	Schmalfeld (GDR)
		22'2 ¹ / ₂	Voelzke (GDR)
		22'0 ³ / ₄	Schmalfeld (GDR)

The most obvious statistic from the above is that you don't have to be German to long jump over 22 feet, but it must help!

WORLD ALL-TIME WOMEN'S WALK LISTS

3000 METRES (TRACK)

14:14.8	(1)	Britt Holmqvist	(Swe)	Sala	3.8.1974
14:17.4	(1)	Alison Nicholls	(Aus)	Hobart	5.3.1973
14:19.4	(1)	Margareta Simu	(Swe)	Stockholm	30.7.1974
14:21.6	(1)	Eivor Johansson	(Swe)	Ostersund	13.7.1973
14:21.8	(1)	Lilian Harpur	(Aus)	Adelaide	3.3.1974
14:25.0	(1)	Elisabeth Olsson	(Swe)	Orebro	23.7.1972
14:25.0	(1)	Eivor Johansson	(Swe)	Appelbo	4.8.1973
14:25.2	(2)	Eivor Johansson	(Swe)	Orebro	23.7.1972
14:26.0	(2)	Britt Holmqvist	(Swe)	Stockholm	30.7.1974
14:26.0	(2)	Margareta Simu	(Swe)	Sala	3.8.1974
14:33.6	(1)	MARION FAWKES	(UK)	London	20.7.1974
14:34.8	(1)	Sue Brodock	(USA)	Sdr.Omme	15.8.1974
14:35.0	(3)	Berit Jonsson	(Swe)	Appelbo	4.8.1973
14:39.0	(1)	Siv Gustavsson	(Swe)	Ostersund	7.7.1972
14:42.0	(3)	Thorhild Sarpebakken	(Nor)	Ostersund	7.7.1972
14:47.0	(2)	PAMELA BRANSON	(UK)	Paris	19.9.1974
14:49.0	(2)	Esther Marquez	(USA)	Sdr.Omme	15.8.1974
14:49.6	(1)	Monica Karlsson	(Swe)	Stockholm	24.8.1974
14:51.0	(2)	Anne Pembroke	(Aus)	Adelaide	3.3.1974
14:52.6	(1)	Mary Nilsson	(Swe)	Copenhagen	2.5.1965
14:54.4	(1)	Eva Karlsson	(Swe)	Hallstadvik	14.9.1973
14:56.0	(1)	Gerd Gylder	(Nor)	Appelbo	20.7.1974
14:58.0	(1)	CHRISTINE COLEMAN	(UK)	London	18.7.1974
14:58.6	(2)	Thorill Gylder	(Nor)	Fredrikstad	10.8.1973
14:59.2	(1)	Monica Glocker	(WG)	Vienna	14.7.1973
14:59.4	(1)	BETTY FRANKLIN/JENKINS	(UK)	London	21.7.1973
15:00.0	(3)	Karen Moller	(Den)	Sdr.Omme	15.8.1974
15:00.6	(1)	SALLY WISH	(UK)	Birmingham	16.9.1932
15:01.0	(1)	Mary Holmen	(Swe)	Vaxjo	29.8.1943
15:01.0	(3)	Margareta Olsson	(Swe)	Ostersund	7.7.1972
15:01.2	(1)	Linnea Olsson	(Swe)	Uppsala	6.9.1942
15:01.2	(2)	JUDITH WOODSFORD/FARR	(UK)	Walford	5.6.1971
15:01.6	(2)	Birgit Frisk	(Swe)	Uppsala	6.9.1942
15:02.0	(2)	Stina Molin/Petersson	(Swe)	Vaxjo	29.8.1943
15:03.0	(3)	May Johansson/Bengtsson	(Swe)	Vaxjo	29.8.1943
15:03.0	(1)	BARBARA COOK/FISK	(UK)	London	2.6.1973

5000 METRES (TRACK)

24:16.2	(1)	Sue Brodock	(USA)	Stockholm	24.8.1974
24:18.0	(1)	Margareta Simu	(Swe)	Sala	4.8.1974
24:27.6	(1)	Ingrid Johansson	(Swe)	Boras	7.10.1951
24:30.6	(1)	Elisabeth Olsson	(Swe)	Boras	4.8.1972
24:39.0	(2)	Eivor Johansson	(Swe)	Boras	4.8.1972
24:40.0	(1)	Eivor Johansson	(Swe)	Boras	5.9.1970
24:41.0	(1)	Mary Nilsson	(Swe)	Bjorneborg	29.8.1959
24:41.0	(1)	Mary Nilsson	(Swe)	Sranganas	23.5.1965
24:45.0	(1)	May Johansson/Bengtsson	(Swe)	Varberg	1.9.1946
24:47.2	(1)	May Johansson/Bengtsson	(Swe)	Orebro	1.10.1944
24:47.2	(1)	Mary Nilsson	(Swe)	Stockholm	6.9.1950
24:49.0	(2)	Stina Molin/Petersson	(Swe)	Orebro	1.10.1944
24:52.4	(2)	Stina Lindberg/Magnusson	(Swe)	Varberg	1.9.1946
24:54.0	(2)	Britt Holmqvist	(Swe)	Sala	4.8.1974
24:59.0	(1)	Berit Jonsson	(Swe)	Vretstorp	17.8.1973
24:59.2	(3)	MARION FAWKES	(UK)	Stockholm	24.8.1974
25:00.4	(2)	May Holmen	(Swe)	Varberg	11.7.1943
25:06.0	(3)	Siv Gustavsson	(Swe)	Sala	4.8.1974
25:09.2	(2)	BETTY FRANKLIN/JENKINS	(UK)	Birmingham	16.9.1972
25:10.6	(2)	Thorill Gylder	(Nor)	Fredrikstad	10.8.1973
25:12.4	(1)	Linnea Olsson	(Swe)	Uppsala	20.9.1942
25:13.2	(2)	Laila Jensen	(Nor)	Lynby	1.9.1973
25:16.0	(1)	Siv Johansson/Harthelius	(Swe)	Sala	28.8.1955
25:16.0	(1)	Thorhild Sarpebakken	(Nor)	Uddevalle	17.9.1972
25:20.0	(1)	Aslog Forsell	(Swe)	Sala	2.7.1967
25:22.0	(3)	Birgit Frisk	(Swe)	Uppsala	20.9.1942
25:27.0	(1)	Jacqueline Delassaux/Daniel	(Fra)	Paris	14.10.1973
25:27.2	(2)	Monica Karlsson	(Swe)	Hallstadvik	14.9.1974
25:31.0	(5)	Margareta Olsson	(Swe)	Boras	4.8.1972
25:34.0	(5)	SALLY WISH	(UK)	Lynby	1.9.1973
25:36.8	(3)	Edit Nilsson	(Swe)	Kumla	10.10.1943
25:37.0	(2)	Runa Magnusson/Andersson	(Swe)	Sala	28.8.1955
25:40.0	(2)	Anna-Greta Nystrom	(Swe)	Orebro	23.9.1945
25:40.4	(2)	Maja Ostlund/Blomqvist	(Swe)	Kumla	9.9.1945

(Lists with acknowledgments to Egon Rasmussen, Denmark)

SEASON'S FIRST INDOOR MEET

Boulder, Colorado, December 8:-The Colorado Track Club got the jump on the rest of the nation by staging the first indoor meet of the season and Sonya Hardy grabbed the spotlight with a triple scoring wins in the 60, 300 and hurdles. The best performance of the day, however, was turned in by Wendy Koenig as she zipped through a 2:11.7 880 - in December yet! Good high jumping by Mitzi McMillin and Lori West as the University of Colorado flexed its team muscles.

60y, 1-Sonya Hardy (Boudler Cinderbellies) 7.0, 2-Donna Washington (UnCol) 7.1; 60yH, 1-Sonya Hardy 8.1, 2-Terrie Heid (CU) 8.4; LJ, 1-Lori West (CU) 17'11¹/₂, 2-Alice Pfaff (CU) 17'5¹/₂; SP, 1-Joan Stratton (Un) 38'11¹/₂, 2-Mitzi McMillin (CU) 35'6; 300, 1-Sonya Hardy 37.1, 2-Pam Greene (ColStUn) 37.7, 3-Paula McClain (CU) 37.9; 880, 1-Wendy Koenig (CSU) 2:11.7, 2-Barbara Lawson (TCG) 2:14.0; HJ, 1-McMillin 5'6, 2-West 5'6, 3-Lori Rutherford (TCG) 5'2; MileR, 1-TCG 4:07.6, 2-UC 4:08.9.

12/13 Division: 220, Kathy Weiss (TCG) 26.8; 1320, Cara Pratt (Un) 4:06.4; 880yW, Norma Howitt (BC) 4:30.7; 880yR, TCG 2:01.5. 10/11 Division: 220, Lonnie Clark (Mile High) 30.5; 880, Julie Kautz (TCG) 2:43.7; 880yR, MH 2:12.6. 9/Under Division: 220/440, Karen Collins (MH) 33.3/78.7.

CANADIAN COACHING MANUAL \$3.00

Here is an ideal coaching manual for the young or beginning coach or athlete, published by the Junior Development Division of the British Columbia T&F Association.

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PO BOX 371, CLAREMONT, CALIFORNIA 91711.

KALEIDOSCOPE

Report is now in that Julie Shea has the fastest US time for 10 miles with a 59:00 flat on February 26, 1974....Greater Miami Bicentennial Marathon set for February 16, 1975. Contact George Zell, Meet Director, 8794 SW 12th Street, Apt. 206, Miami, 33144....Susan Abernathy won the Region IX Junior Olympic cross country title....Add to indoor schedule, the AGAA Classic, February 23. Contact AGAA, PO Box 1491, New London, Conn 06320....At the National Collegiate Invitational, Iowa State coach Chris Murray used a computer for results - could be accurate up to 10000th of a second. Timer pressed a button every time a runner crossed the finish line and one minute after the last runner finished, the computer printed out the time and place of every runner in the race! A second print-out included the name of the individual, her place, the team finish, the school and the time. Then two minutes later, the computer printed out the final positions of the schools in the team race with the positions of their top five runners..University of Colorado will stage six indoor meets from December through March....

Shauna Kyle, 19, was chosen as "Miss Sportsworld 1974", a competition staged by "Sportsworld" magazine in England. She is the running daughter of one of the world's greatest and nicest athletes, Maeve Kyle. She won a trip to the USA.... There's also another indoor meet, this one in Memphis. Contact Harold Buehler, 4052 Barron Ave, Memphis, Tenn 38111. Meet date is February 22....Congratulations to Sandy and Don DeNoon, now parents of a six pound girl born Pearl Harbor Day, December 7....The Annual Age Group Classic will be held July 12 or 13 at Mt. San Antonio College in southern California....Well-known and much-liked AAU starter in southern California, tall Ross McMillan, was killed while working in a liquor store by hold-up persons....News Release from Long Beach states Marta Stolz of Cal State University Long Beach established an unofficial women's American pole vault record at 8'0 at the inaugural Port-A-Pit/Cata-Pole meet for women vaulters. Not true. Record is 8'6 set by Diane Bragg in 1952 and tied by Brenda Walker in 1969....Lurline Struppeck as chairman of the Southern AAU, has released some interesting material covering that District's activities for 1974. Much improvement is noted in that section of the country....

More Names I Like: Patty Pink from Missouri, Tweety Wolf of Iowa State University and Peka Twitchell, Pam Happy and Snooze Weber of Seattle's Rainbow Runners....Julie Shea and her family had a big day at the recent cross country championships staged by North Carolina State. Julie won the Ladies title, sister Mary took the 12.13 division, brother Mark won the boy's 10/11 race and papa Mike spoiled it all by finishing only second in the 40-over race....Interested in taking part in the US Olympic Invitational in Madison Square Garden on February 21? Contact Jesse Abramson, Suite 600A, Statler-Hilton Hotel, 33rd St and 7th Ave, NY 10001....Rich Ede's fine High School Track column this month deals with the crazy world of rules in the USA. This is brought out even more with an announcement from Herman Goldberg concerning the Second Annual Houston Astro-Belle Relays scheduled for February 22. The meet management is adding a Girl's High School Division this year - but of course it must be made clear the new Division will be run under Texas Interscholastic League rules. Again the plaint - why must the USA have different rules for track and field events?....And why we are in the "wondering" mood, we wonder why so much money is spent publicizing the Junior Olympic program when it is the international/national level of competition that needs and could use the financial help. We receive copious quantities of press releases from the AAU House relative to the Junior Olympics but nothing concerning the advancement of the sport as a whole. Strange....

We all know Moscow will host the 1980 Olympics, but where after that? Teheran is a likely site in 1984 and Sydney has aimed for 1988....The 1977 Pacific Conference Games are set for Canberra, Australia. There's a rumor Red China may be included....One athlete, Vladimir Zhaloshik of Russia, was disqualified after the European Championships for a positive reaction to the steroid test and his medal and place taken from him....Australia's Debbie McCawley, youngest Aussie in the Commonwealth Games, is injured and has not competed this season....Lyn Tillett, Australia's long jumping ace, is now Lyn Jacenko....The Annual Albuquerque Indoor Meet, long one of the best for women, is set for February 1. Events will include the 60, 60yH, high jump, mile relay, 600 meters and 1000 meters. Plus a 4x1 lap relay for age groupers. Contact Ken Hansen, 5505 S. Emporia Circle, Englewood, Colorado 80110.Chuck Debus takes exception to the statement UCLA has

the "best team that money can buy". Says Charles, neither Francie Larrieu nor Julie Brown is on scholarship and those who are on scholarship were on it before he came to Westwood.What southland coach tells prospects not to go to the University of Redlands because "they only have two girls on their track team"? At last count, Redlands had 26 women on the roster....

Canada's Louise Hanna is now Louise Walker and Joan Eddy is Joan Wenzel....Garland Track Club put out its usual fine handbook again covering 1974....Apologies to TWU - all these years we have called them Texas Women's University when actually they are Texas Woman's University....And they have a powerhouse for 1975!....In last month's listing of the 1974 World Top Ten, we omitted Canada from the list of nations - and this after they had their best-ever year. Canada had 5 places on the World List which put them tied for 9th place with Australia and Great Britain....Jean Roberts, Australia's gift to the Delaware Sports Club, is now in the doctoral program at Temple University and also has been appointed as the head of Women's intercollegiate athletics at Temple....Sandy Bloomfield has moved to Delaware from the Mt. Lebanon Club....Now a freshman at Bradywine College is Carol Thomson but she will be transferring to University of Delaware in January....Karen Moller is a senior at Temple University and will go to grad school in Boston next year...

National AAU pentathlon indoor championship is set for the mini-dome at Pocatello, Idaho, February 22. Contact Bob Beeten, PO Box 8159, Idaho State University, Pocatello, Idaho, 83209....UCLA's track team had a 3.08 GPA for 1974....Monika Zehrt, 1972 Olympic champion at 400 meters, has retired from competition....Two new South African records were set recently in the discus at 54.08/177'5 by Boshoff, and the long jump at 6.45/21'2 by Meyer....Raelene Boyle, double silver medalist in the sprints at Munich, underwent an Achilles operation recently and will be out of the 1975 season....Anne McKenzie, the ageless one from South Africa writes, "I still run regularly and last month had the new experience of running on Tartan for the first time ever. I was very happy with my times, all age records, but I feel embarrassed to be the one to tell you about them. Pity you don't get our results regularly". Now if we just knew what her performances were, we'd be happier...."Sport" magazine of Poland is currently attempting to settle the World All-Time Ranking List and is getting votes from outstanding authorities all over the world. Results will be most interesting....University of Saskatchewan coach Lyle Sanderson writes, "We should have our best women's team ever. Both Jones sisters, Joanne McTaggart, Jane McLeod plus several other strong girls"....Edmonton, Canada, has a five lane Tartan indoor 200m track,



Julie Shea on her way to victory in the 14/15 National Junior Olympic Cross Country Championship. (Jack Bachelier photo)

COSTELLO 10:44 TWO MILE

Pleasant Hill, California, November 26:-Pleasant Hill High School senior Kathy Costello, sped through 880's of 2:33, 2:46, 2:46 and 2:39 for an outstanding two mile time of 10:44 to cap a fine season for her and her Pleasant Hill High School teammates. Earlier, Costello won the Northern California Invitational over a 1.75m course in 9:31 on November 19, won the All-Catholic League title over 1.7m in 8:25, took the Diablo Valley League title on November 6 in 11:26 for two miles.

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EDITED BY FRED WILT

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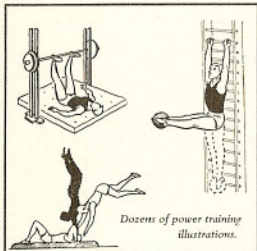
One of the most popular books Track & Field News has ever produced, *How They Train*, has now been brought up to date, and split into three separate volumes. The volumes on middle and long distances cover 60 athletes each and include such current champions as Dave Wottle, Steve Prefontaine, Kip Keino, and Mohamed Gamoudi. Each entry contains information on the runner's best marks, personal statistics, his seasonal and daily training routines, pacing tactics, honors won, etc., providing a fund of valuable suggestions and interesting reading for coach, athlete and fan. The third volume is the first "How They Train" book on sprinting and hurdling, and has 48 training profiles of athletes past and present.

Here are some of the training profiles included:

VOL. I MIDDLE DISTANCES	VOL. II LONG DISTANCES	VOL. III SPRINTING AND HURDLING
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Tom Courtney	Dave Bedford	Cris Davis
Bill Crothers	Ron Clarke	Jim Green
Ralph Doucett	Greg Fredericks	Armin Hary
Juris Ludins	Mohamed Gamoudi	Mike Larrabee
Manfred Matuschewski	Mike Manley	Curie Mills
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Joel Prachy	Dick Taylor	Wendell Mortley
Mark Winterfield	Horace Ashenfelter	Peter Norman
Dave Wottle	Vladimir Kuts	Mal Patton
Francisco Area	Erni Zatepek	Julius Sang
Roger Barnister	Ron Hill	Dave Sims
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Glen Cunningham	Steve Prefontaine	Uta Williams
Gianni Del Buono	George Young	Rex Cawley
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