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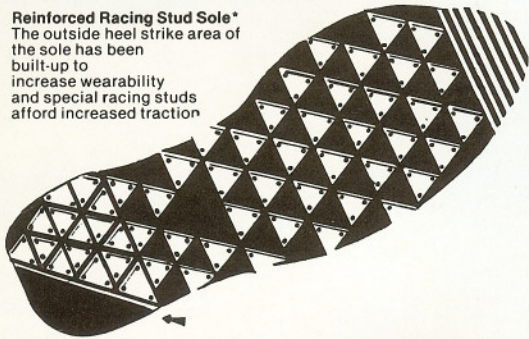
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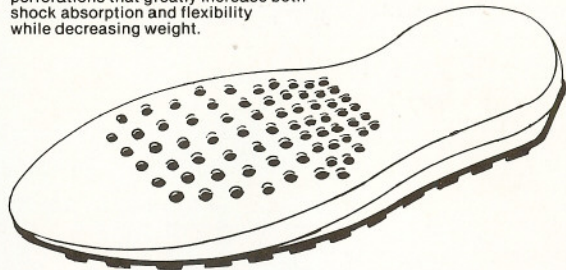
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# FOOT NOTES: HEEL PAIN

Reprinted from "Ontario Athletics"

Paul E. O'Connell  
B.Sc.Ph.M., D.P.M.  
President Canadian Podiatric  
Sports Medicine Academy

Pain in and around the heel area has plagued most runners at one time and some runners many times. This aggravating entity is common in most sports and can get to the point where the athlete has to completely eliminate his sporting activity.

What are some of the causes of pain in the heel? Heel pain can be due to several factors including bursitis, gout, arthritis, fractured heels, tendonitis, nerve entrapment, apophysitis, and heel spurs. It is very important that a careful history be taken of the athlete with the appropriate tests to rule out some or all of the above potential causes. The majority of the athletic patients which I see in the office that have heel pain usually have a plantar fasciitis and/or a heel spur. This is most common in those athletes that have a pronated or outward rotating foot when all their body weight is on it.

The main culprit with heel pain in these cases is a long "ligament" that goes from the heel to the ball of the foot. This ligament is often times referred to as the

plantar fascia. It is a firm band of tissue which courses the bottom of the foot. If you extend or lift your toes up you often times may feel this tight band of tissue, especially on the medial or inner side of your arch. It is when this becomes severely pulled or stressed for an excessive amount of time or at a time when it should not be pulled or stressed then it becomes inflamed and causes pain and irritation. Prime candidates for heel pain or pain along the bottom of the foot are those athletes with sudden starts or stops or those that constantly have an abnormal force going through their foot. An example of these are sprinters, jumpers and skiers. Now that it is winter time and we are running over more uneven terrain, that is the ice and snow mounds, we can expect to run into more cases of heel pain due to the fact that the solid ice mounds will put a great stress on the bottom of the foot when we inadvertently step on them. This is the same as stepping on a huge stone in the summer time. Another factor is that we sometimes tend to use our light training shoes which we use in the summer, in the winter. This is not always the greatest idea as I have most of my runners change to a slightly heavier shoe that has more shock absorbing properties in the sole and heel area to reduce the stress of winter running.

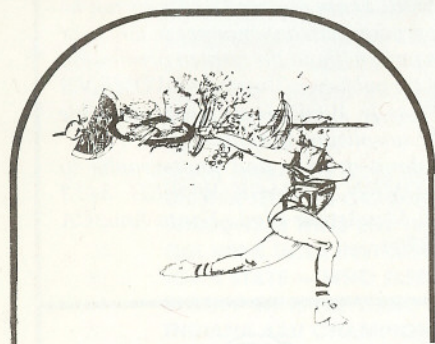
What do we do when we are suddenly beset upon with pain in the heel? If it is caught early in its acute stages the best treatment is to treat the heel pain as an overuse syndrome and use ice before and after the run. The second thing we recom-

mend is to cushion the heel to stop the pull of the plantar fascia on the heel bone and hence decrease an inflammatory area where the heel bone joins the plantar fascia. We also strap the foot up in a more supinated or inverted position to take the stress of the fascia off the heel bone again. Occasionally we have to inject the area with a steroid to reduce the inflammation and/or any bursae that may be forming in the tender area.

This injection is usually only indicated in chronic problems but occasionally to nip the heel pain or plantar fasciitis in the bud we inject at an early stage. The next thing we recommend and most important in these cases is a semi rigid or soft orthotic to control the excess pronation and to give some sort of protection to the inflamed area around the heel. This usually gives us very good results and enables the athlete to continue in his sport without a lay off.

In severely chronic cases, x-rays are taken and when a heel spur or growth of bone coming out from the heel is seen and conservative treatment after a couple of months gives no great relief then we often times have to operate to remove the excess amount of bone forming on the heel. This gives us fairly good results in a chronic heel spur case. Once the original pain has been reduced, the athlete is then placed in a pair of orthotics for running and street wear because we have only eliminated the effect of the cause, and not the original cause itself. It is important to continue maintaining the proper biomechanical status of the foot.

*Continued on pg. 13*



## FOOD FOR AFTER THAT MARATHON

by Ray Will 1978 Newfoundland Marathon Champion  
(Reprinted from the Newfoundland Track & Field Quarterly)

(Quite often, distance runners are advised on what to eat or drink during training for distance runs, and also what to take during a race. But we haven't seen much literature on post-meet food/drink intake. Ray Will offers some 'food for thought') Chris Pickard, Editor.

For the first few hours after a marathon, few competitors are capable of doing justice to solid food and a heavy meal is out of the question for all but the stoutest of heart and stomach (the latter are generally not running the marathon). Favorite foods are high in liquid content and are easily digested:

**DRINKS:** Juice, tea, milk, soft drinks  
**FRUIT:** Watermelon, oranges, peaches (fresh or canned), canteloupe  
**SOLIDS:** Light soups, sandwiches, celery, raw carrots  
**JUNK:** Corn Flakes, ice cream

The body craves liquids and carbohydrates. It *needs* liquids and protein (the latter being useful in tissue repair). The protein can really only be presented in the soup and sandwich, although some athletes manage a cold plate, but for most, the protein element must be disguised. For the athlete, probably the most palatable solid protein is cheese. Tomato juice is very high in potassium, as are cantaloupes. The potassium loss through sweat is one of the

most severe problems a marathoner faces and this is probably the single most important dietary deficiency leading to muscle cramp, exhaustion, electrolyte imbalance, post-race nausea and all sorts of nasties.

Sandwiches are somewhat of a burden to provide, especially if there is a large field. However, rolls, margarine and necessary fillings could be made available to finishers as a post-race get-together for a 'do-it-yourself.'

Soup is a good idea, and has always been popular at races where I have seen it supplied, except at Boston, where a 'stew' was supplied, quite unpalatable with large chunks of beef and vegetables floating in a dark sticky glue — the kind of celebration which becomes legendary while being abhorred in fact. They have a lot left over — presumably for use next year!

For the past few years we have seen major increases in the numbers of marathoners and marathons, to the degree that promoters are advertising widely in their quest for fields in excess of 500. This craze is likely to continue, and promoters will swell their numbers of entries by creating a reputation for a pleasant, nutritious post-race meal which leaves the marathoner content with time, place, and recuperation.

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# JULIE WHITE

She's back after a serious knee operation  
and is now a bonafide pentathlete  
as well as one of Canada's top high jumpers

by George Pachovsky



There was a time when Julie White was hailed as Canada's next high jump queen, natural heir apparent to the throne perennially occupied by Debbie Brill, whenever Brill should choose to vacate it or—better still—just claim it, whichever came first. This has not happened. While Brill has been sailing to new heights, Julie struggled; time and circumstance had dampened a meteoric career, a career studded with successes culminating in a 1.87 meter jump for a tenth place finish in the Montreal Olympics. The knee problem began to dominate and Julie had to trim back her training to such an extent that surgery was mandatory. In 1978, her first fully competitive year since the operation, Julie began her comeback with sporadic results, but finished strongly by clearing 1.83 meters in Edmonton to win the Bronze medal at the Commonwealth Games and later jumping 1.84 meters in the Canadian Pentathlon championships.

Julie White is an attractive sandy-blond haired girl, slim, standing 5'9 tall and weighing 138 pounds. She was born eighteen years ago in Bancroft, Ontario. Her first formal introduction to the high jump occurred one day in 1972 when her older sister Pat, who was to become OFSSAA high jump champ the following year and who was a member of the Brampton Kinsmen Track club, asked Julie to tag along to one of their training sessions. Julie took some jumps with the others, equalled Pat's effort and was hooked. She then joined the club and began an association with Dave Baetz under whom she made rapid progress which led to a clearance of 1.80 meters outdoors, an all-time world best by a 14 year old, and later reaching 1.85m at the National Indoor championships.

How long has she been using the "flop" or "bend" technique?

"I really first learned to jump backwards at St. Mary's Catholic School. That was in

1971 so I was eleven. I had been getting ready for one of their field days and practiced high jumping by hurdling over the bar when a Grade 6 teacher named Adrian Farnsworth noticed me and taught me how to jump backwards. I'm forever grateful to that man! If anyone knows of his whereabouts, I'd like to know because I want to thank him."

In 1974, things really began to jell for the fourteen year old girl as important victories started adding up. One day in August, after she'd missed the bus carrying many of her friends to Ottawa for a Legion Meet, she tried to console herself by competing in the Ontario Senior championships and won, beating Ontario record holder Louise Walker. She then followed that up by placing second in the National championships in Winnipeg. In 1975, triumphs came to OFSSAA with a new Canadian Interscholastic record (1.84 m) and at the Canadian Senior championships. In 1976, more victories. She won the Maple Leaf Indoor Games, the AAU Indoor Games and the Canadian Olympic Trials with heights of around 1.85m, finally peaking at the Olympics in Montreal for her 10th place finish. Within that span she beat Debbie Brill six times, something few others even around the world had accomplished.

What was her biggest thrill?

"Gee, there are so many meets I could think of . . . some that were good . . . some that were bad, but many that leave you thinking 'What if . . . ' That's why it's hard to single any one out. Of course I'll never forget the Olympics because of the camaraderie and the emotions involved. There was much more to it than just the meet and it's hard to describe all of the sensations. But I



had the operation but I found that I'd gotten lazy. I really missed Track and couldn't wait to start training again so in the winter I set about building up my strength to be ready for the summer. The early summer was a new experience for me. For the first time since I started high jumping, I had to get used to losing. I'd never known that before and although it's not that bad, it's still difficult to accept. I started the season off aiming for 1.87m and there were meets where I'd go out at 1.75m. When that happened, I'd just go out of my mind!"

After leaving the Brampton Kinsmen Club in 1975, Julie joined the Etobicoke Striders. Her training increased from one day a week to four days a week the year round. Typical winter training consisted of bounding, long distance running for endurance and jumping technique work. In summer she began to concentrate on speed work, jumping and individual events of the Pentathlon. It was after joining the Striders that she met Maggie Woods, a diminutive high jumper, who herself has a best height of 1.80m. So often are the two seen together that in Track circles they have become known as the "Siamese Twins".

How do they get along?

"Meeting and being friends with Maggie has been a big plus for me. She inspires me and makes training a lot easier. Although we're both competitive, we're not competitive towards each other. So one day she beats me and another day I beat her, but it doesn't bother us. We work as a team. I really like that."

Julie's knee problems can be traced back to December of 1974. She had been invited to a jumpers' training camp conducted by the CTFA in Phoenix, Arizona. During some of her take-offs she experienced a sharp pain in her knee. At first it was merely a nuisance which could be ignored but over the course of three years the problem exacerbated itself until she was no longer able to jump in competition.

What happened?

"Everyone in our family has had knee problems of one sort or another. Mine was a pain which I felt during jumping, especially noticeable in the long jump, and the diagnosis was that my kneecap was hitting the inside of the bone causing inflammation. It became really serious after Andy Higgins' (University of Toronto Track Club's coach) clinic for high jumpers in January of '77 and worsened after the Maple Leaf Games from which I had to withdraw. That didn't discourage me, but when next morning I heard on the radio that I was finished, it devastated me. They made it sound as if it were my fault and as if I'd let everybody down. The comments hurt me because I wasn't expecting them. I felt very low. In August, I suppose if I had to pinpoint one single meet, I'd say the National Indoors in Winnipeg in 1974. I was only fourteen then and awestruck to see all those big names that I'd heard so much about. But I came second to Debbie, clearing 1.80m."

But Julie steadily began to consolidate her jumping, qualifying along with Maggie for the team which would compete in the Commonwealth Games in Edmonton. As an added bonus for her, she was named to the Pentathlon team. This had been an event which she had been tinkering with attaining only indifferent results until she entered the event in a Junior Canada-versus-France dual meet in Etobicoke. Her score was a startling 3998 points for a new Canadian Junior record. At the Commonwealth Games she scored 3940 points for an eighth place finish to couple with her bronze medal.

How do the Commonwealth Games compare to the Olympics?

"I liked the Olympics much better, but in fairness it probably had a lot to do with my frame of mind. In Montreal, I was ready. I knew what I could do. In Edmonton, I didn't think that I really deserved to be on the team. I hadn't been jumping consistently well and I was afraid that I might bomb out. Fortunately, I didn't. But I was really glad that I took the Pentathlon because it was good experience.

Aside from the competition, what I really liked about the Olympics was that everyone treated each other equally — none of this I'm-a-big-star-and-you're nobody business. No one was snobbish. If we didn't read the papers we wouldn't have known who won what. We felt like ordinary people living together; Nadia Comeneci was just one of the girls. It was the media that placed her up on Mt. Everest. But unlike at school, no one at the village made you feel particularly special. It was very nice."

Julie is now in her final year at Brampton Centennial Secondary School. Her marks have improved greatly from her marginal performances in Grade 9, perhaps because she has become more relaxed and more confident about her academic work. She will soon be thinking about track scholarships in the States, but is wavering between going there or staying in Canada. Her career plans remain in limbo.

How does she see her future and the 1980 Olympics?

"I want to continue with Track for a while yet because I like the competition and the psychological aspects of it, particularly in high jumping. It becomes a game of minds. I also want to work on the Pentathlon. Unlike the high jump it presents an interesting challenge to me because I don't really know what I can achieve in it. It's a future for me. But I want to stay in both events until I feel I've done what I set out to do. Sometimes I don't know when that time will come, but when it does I'll know it and everything else will then become anticlimactic, at which time I will quit. I can't say if I'll remain with the sport after that. There are times when I think I might like to coach, but that seems unrealistic because I've been lucky in that everything has been easy for me and I wouldn't know how to relate to someone who did not possess a certain amount of natural ability. I just wouldn't be able to understand their problems."

The world high jump record has been rising at an alarming rate. Before Julie's operation, the record had been only eight centimeters above her best height; it is now fourteen. And many virtual unknowns are approaching the once hallowed 1.95m mark.

Does this bother her?

"Not really, but to see Simeoni pass Ackermann (who'd jumped the first 2.00m in women's competition) was a real shock to me. You begin to wonder how long that record will last! The next Olympic Bronze may be won at 1.93. I try not to let numbers scare me. I still like high jumping and want to compete — not as No. 1 where I'd constantly have to fight everybody off — but as a contender where I have a chance to win but don't have to prove anything."

So Julie White has now entered the third phase of her career. The days of the prodigious youngster are behind her; so too, it is hoped, are the days of uncertainty. Her Commonwealth Games Bronze Medal indicates that she will be around for a long time yet.

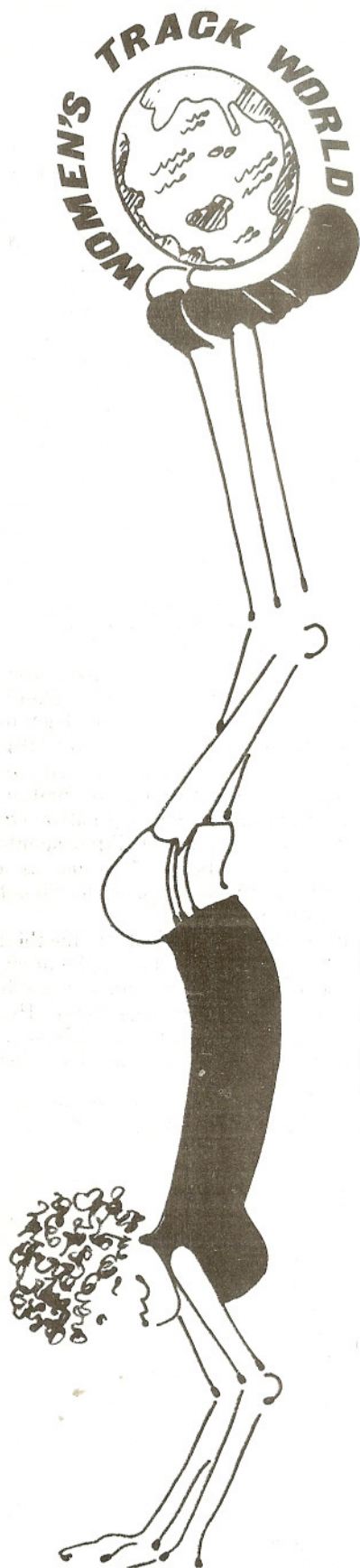
#### JULIE WHITE'S ANNUAL PROGRESSION IN BEST EVENTS

Year	Age	Event(s)	Performances
1972	12	High Jump	1.52m 4'11 <sup>3</sup> / <sub>4</sub>
1973	13	High Jump	1.65m 5'5
1974	14	High Jump	1.80m 5'11
1975	15	High Jump	1.85m 6'0 <sup>3</sup> / <sub>4</sub>
		Long Jump	5.35m 17'6 <sup>3</sup> / <sub>4</sub>
1976	16	High Jump	1.87m 6'1 <sup>3</sup> / <sub>4</sub>
1977	17	—	Injured
1978	18	High Jump	1.84m 6'0 <sup>1</sup> / <sub>2</sub>
		100m Hurdles	14.75 sec.
		Shot Put	11.51m 37'9 <sup>1</sup> / <sub>4</sub>
		Long Jump	5.90m 19'4 <sup>1</sup> / <sub>4</sub>
		800 Meter Run	2:23.8
		Pentathlon	3998 pts.*

\*(100m H - 14.75, SP - 11.21, 36'9<sup>1</sup>/<sub>4</sub>,  
HJ - 1.79, 5'10<sup>1</sup>/<sub>2</sub>, LJ - 5.90, 19'4<sup>1</sup>/<sub>4</sub>,  
800 - 2:32.2)

# US AGE RECORDS FOR 15 KILOMETERS

(Compiled by the National Running Data Center.  
Reprinted from "RUN" Magazine.)



**"On Top Of It All"**

Age	Time	Runner	Residence	Set At	Year Set
4	1:41:42	Kimberly Strain	OR	OR	76
6	1:33:01	Kristi Strain	OR	OR	76
7	1:29:28	Nicole Wagner	MO	MO	78
8	1:14:32	Deanna Koffel	OR	OR	78
9	1:16:43	Helene Stetch	NY	NY	74
10	1:04:38	Teri Mullen	OR	OR	76
11	1:00:49	Teresa Barrios		OR	78
12	1:00:03	Debbie Koffel	OR	OR	77
13	1:00:35	Donna Sanchez	CA	CA	75
14	1:02:40	Diane Esslinger		CA	76
15	1:01:00	Lora Cartwright	IN	IN	77
16	58:51	Diana Halpin	NY	NY	77
17	56:18	Celia Peterson	IN	IN	77
18	59:04	Anita Scandurra	NY	NY	74
19	58:49	Mary Decker	CO	CO	77
20	59:23	Debbie Roth	OR	OR	76
21	59:26	Doone Riley	OK	OK	78
22	1:02:38	Jani Rouda		CA	78
23	1:00:04	Laurie Miller	AZ	AZ	78
24	57:48	Nadia Garcia	CA	CA	78
25	1:03:02	Penny Demoss	CA	NY	75
26	56:04	Jacki Hansen	CA	CA	75
27	59:26	Cheryl Norton	NY	NY	76
28	57:53	Nancy Linday	NY	NY	78
29	1:07:03	Jennifer Sundem	NY	NY	78
30	1:00:49	Janet Heinonen	OR	OR	78
31	1:07:08	Rebecca Ryder	TX	TX	76
32	1:11:20	Henley Roughton		VA	76
33	57:57	Sue Peterson	CA	CA	78
34	1:00:29	Kathryn Loper	MI	IN	77
35	1:02:27	Janet Ledder	CA	CA	78
36	1:04:10	Lolitia Bache	CA	CA	78
37	1:06:39	Anna Thornhill	NY	NY	78
38	1:10:13	Karen King	CA	CA	78
39	1:06:05	Donna Gookin	CA	CA	76
40	1:04:09	Mary Czarapata	WI	IN	76
41	1:04:16	Mary Czarapata	WI	IN	77
42	1:04:43	Fay Hobbs		CA	78
43	1:00:09	Linda Sipperelle		CA	78
44	1:14:25	Andree Lewis	AZ	AZ	78
45	1:13:04	Virginia Collins	CA	CA	75
46	1:12:57	Virginia Collins	CA	CA	76
47	1:17:06	Betty Benkert	MO	MO	75
48	1:21:41	Lorraine Lubin	NY	NY	74
49	1:22:58	Lida Askew	TX	TX	76
51	1:09:43	Margaret Miller	CA	CA	78
52	1:29:52	Traude Weller	TX	TX	76
53	1:35:04	Shirley Mueller	IL	IN	77
55	1:38:24	Marion Epstein	NY	NY	74
56	1:38:46	Marion Epstein	NY	NY	75
57	1:48:24	Marion Epstein	NY	NY	76
58	1:46:26	Marion Epstein	NY	NY	77
59	1:44:54	Marion Epstein	NY	NY	78
60	1:35:16	Grace Schweitzer	CA	CA	78
63	1:47:00	Irene Brown	NY	NY	77

# CASEY'S COMMON- WEALTH CAL-IDE- OSCOPE Part 2

(CONTINUED FROM  
THE NOV. ISSUE)

CASEY IDE'S SUMMARY OF THE  
1978 COMMONWEALTH GAMES  
IN EDMONTON, CANADA

by Casey Ide

**Monday, Aug. 7 . . .** Scott Davis from California gave several of us a lift to the bus for downtown, and then I rode the subway for the first time. Sitting near me on the train was distance runner KAREN MACHARG whom I've known since the Bakersfield nationals in 1974. She introduced me to her husband Phil, who coaches the Bryan TC in Ohio, and by the time we reached the stadium I had persuaded him to consider reporting for this magazine with emphasis on collegiate results.

As I was approaching the press entrance (at the extreme far end of the stadium) a young man came up to me and introduced himself. It was Mike Bailey, the photographer from Vancouver for whom we got Women's Track World press accreditation. He says he got some color shots of DIANE KONIHOWSKI yesterday during the Pentathlon and hopes we can manage a color cover of her. Later I was able to introduce her to Vince Reel so they could discuss what picture he should try to get for the magazine. I had interviews today with girls from Ghana, Guyana, and Jamaica — three countries I have never visited, although I hope to stop off in Jamaica next summer on my way to the Pan Am Games. The handling of interviews here is fantastic! The press never had it so good! As you enter the press section you pick up the day's program, see who is competing today, and give one of the "Game's Girls" a list of those you wish to interview. After each event, a Games Girl finds the competitor and escorts her to a lounge where you are waiting, and even brings her a cold drink. (And there is free coffee!)

I was delighted to have a chance to get acquainted with Hannah Afriye of Ghana whom I met briefly in Montreal in 1975. Hannah, who is 26, works for the Prison Service and tells me they have an Athletic Club for their employees. The Women's Army also has one, and there is some competition for both elementary and secondary schools. While in school Hannah often had to train alone, but was encour-

aged by her family and by ALICE ANNUM, former Olympian whose name is familiar to many of our readers and whom I number among my earliest and dearest friends in Women's track. Hannah says her biggest problem is lack of competition. She won both the 100m and the 200m in the African Championships in Lagos in July, and today missed a medal in the Commonwealth 100m by 0.01 seconds! And she won her 200m heat yesterday. I told Hannah that Africa is the only continent I have never visited and I'm afraid it's too late now. She tells me Ghana is hot and dry from December to February, cool May to September, and wet in July and August.

JUNE GRIFFITH, who gave Adelphi something to cheer about in the long jump this year, is from Buxton, Guyana. She had the same problem as Hannah before coming to the USA to school — lack of competition. But again family and coach were very encouraging, and June justified their faith in her by having the fifth best long jump mark in the USA this year. After running in the 400m finals today, June felt very ill but graciously kept her interview appointment. I made it very brief and told her we will continue at the AAU nationals next June! I had only a few minutes with HELEN BLACK of Jamaica (and Tennessee State) because her coach was waiting, but I feel sure she too will be at our nationals next year as well as in Puerto Rico representing Jamaica in the Pan-Am Games.

**Tuesday, Aug. 8 . . .** Discovered elevators at the LRT today which made transportation to the stadium easier by eliminating two steep flights of stairs! Yesterday Vince had no problem meeting me in the press area and today they wouldn't let him in! He stood up above and waved and I went up and rescued him! I left him with Bryan Uzzell, an editor from the Cayman Islands, while I started a long day of interviews with girls from Sierra Leone, Turks and Caicos Islands, the Bahamas, and Canada! Several officials had told me that a friend of mine with whom I have ridden over much of Oregon and California, is a track official here. It seems several people told him I am here and he came up to see me and gave me a treasured souvenir — one of the cute caps all the volunteer workers are wearing. He and I share memories of meets in Porterville, Seattle, Eugene, a meet with the Soviet Union in Berkeley, Canada Games in Burnaby, and now in his home town — Edmonton. I took the subway downtown and had dinner with Vince at his hotel. We worked on a list of athletes to be invited to compete in Taiwan and he sent me back to Relay Inn in a cab.

The first girl I talked to today was JOYCE JOHN of Sierra Leone, who tells the same story of too little competition at home. She says that besides some school competition, Sierra Leone does have some clubs at national level, and that her family has always encouraged her to compete. Bryan Uzzell had told me about the Delan-

cey sisters who are competing for Turks and Caicos Islands and today I met CAROLINE DELANCEY. She came in while I was talking to Joyce John and I explained to them both that I was confining my interviews to girls from small countries or those who have fewer competitions and less elaborate facilities than the girls from England, Australia and Canada, with the idea of writing an article about their lack of advantages. Caroline smiled and said, "You should be talking to my sister!" It seems that Carolyn lives with an older sister on Grand Bahama, and goes to school in the USA. I thought her name sounded familiar! Last year she attended a college in Florida and ran at UCLA in the AAU senior meet! Next year she plans to attend Howard University. There's no track tomorrow so I plan to go to the village and Caroline says she will introduce me to her sister Beatrice, who lives with their mother on Grand Turk.

While I was waiting in the lounge, LUCETTE MOREAU and CARMEN IONESCU, two of yesterday's discus medal winners, happened to come in, and I told them about the Taiwan invitation. They were both interested and Carmen said she would talk to her husband and see me at the Village tomorrow.

(To be continued in the January issue.)

## ALL-TIME TOP TEN TWINS from Andrew Huxtable

Great Britain continues to dominate the All-Time Top Ten Twins performances as compiled by Andrew Huxtable. Four sets of ten twin sisters are from the English isle including 1-2-3 places. Debbie and Diane Vetter are the only placers from the USA, winding up in sixth spot. Please send additions and corrections to Andrew Huxtable, 78 Toynbee Road, London SW20 8SR, Great Britain.

1. Ann (8:52.8) 3000m and Paula (8:48.7) 3000m  
Yeoman (GB) 2159 pts.
2. Christine (2:01.2) 800m and Evelyn (2:02.0)  
800m McMeekin (GB) 2115 pts.
3. Rita (4:12.7) 1500m and Iris  
(2:05.8) 800m Lincoln (GB) 2036 pts.
4. Kirsti (185'0) JT and Kaisa (182'5)  
JT Launela (Finland) 1990 pts.
5. Angelika (4:17.9) 1500m and Ulrike (4:21.9)  
1500m Kullman (GRF) 1970 pts.
6. Debbie (4:13.1) 1500m and Diane (2:11.3)  
800m Vetter (USA) 1951 pts.
7. Wendy (23.48) 200m and Barbara (20'5)  
LJ Clark (GB) 1942 pts.
8. Edda (2:06.8) 800m and Elke (2:08.5)  
800m Klatte (DDR) 1922 pts.
9. Ragnhild (2:08.2) 800m and Gunhild (2:08.8)  
Skooog (Sweden) 1895 pts.
10. Rita (5'7) HJ and Monique (19'8½)  
LJ Vanherck (Belgium) 1843 pts.

(Interesting to note that 14 of the 20 marks were made in the 800, 1500 and 3000 meter runs with the 800 leading all other events with 8 marks. Only one sprint mark is listed and no hurdles mark. Does this mean the distances are scored high on the IAAF table or is it simply that these particular sets of twins concentrated on these events.) ED.

# KALEIDOSCOPE

Oregon's Heather Tolford missed part of the cross country season as the result of an emergency apendectomy . . . One of the best collegiate sports information releases come from Tamara Flarup, Women's SID at the University of Wisconsin/Madison . . . South Africa's Claudie Van Onselen, formerly van Straaten, has retired. Claudie, who competed in our sport from 1969 through 1978, never got the chance to run in international competition thanks to some archaic thinking by the IAAF Congress, but during her national career she won 38 South African titles and holds nine South African records in the sprints . . . Interested in Race Walking? Contact Harry Siitonen, 106 Sanchez St., #17, San Francisco, Ca. 94114, and subscribe to "The Golden Gate Walker" . . . Former UCLA coach Pat Connolly had a daughter, Shannon, last July . . . Scotty Chism is the new UCLA coach . . . Evelyn Ashford is now Evelyn (Ray) Washington . . .

Connie Dorsey, who has been high jumping for eons, hopped over 5'11 for a lifetime best at the 1978 Peace Games in Indianapolis last August . . . Francie Larrieu has been reinstated by the AAU and will be eligible January 1 for any competitions . . . How fast do women run? From Bert Nelson, editor of "Track and Field News" comes this table based on current world records: 100m-20.56mph, 200-20.24mph, 400-18.29 mph, 800-15.57mph, 1500-14.22mph, 3000-13.23mph, marathon-10.16mph, 100H-17.92mph, 400H-16.22mph, 4x100-21.11 mph, 4x400-17.97mph . . . Reporters in the Western world complain about the length of new WR holder Vilma Bardauskiene's name. But they should be happy she married for until that time her last name was Augustinaviciute . . . High jump record holder Sara Simeoni of Italy wanted to be a ballet dancer but was turned down at age 12 because "She was a bit tall for her age and, even worse, had big feet" . . .

At the USSR Championships in September, the first place 4x800 relay team averaged 2:00.49 (they clocked 8:01.9), the second place team averaged 2:00.5 (8:02.0) and the third place team averaged 2:04.1 (8:12.5). How's that for a group of 800m runners . . . Raelene Boyle, Australia, is moving to the 400 . . . The Second African University Games will be held in December of this year (1978) in Kenya . . . A fabulous month for our "Names I Like" Department: From Memphis comes Sue Poteats, then we have Cindy Beanblossom of the Decatur Central team, Sandy Mustard of Central Missouri State, Dawn Day of the Bloomington TC, Sally Shoots from Scioto TC, Beta Little the cross country coach at Texas Tech who should coach at Las Vegas, Rocky Racette from Minnesota, and add teammate Steff Pinsky, then we have Sandy Grove from the University of Wisconsin,



Claude Van Onselen

Madison, Kitty Ho of Drake and just Starlet from Indonesia . . .

Does this sound like old times? "Second place went to Doris Brown and 11th to Vicki Foltz, both of the Falcon TC" — this actually happened in their meet against the University of Washington on October 28 of this year . . . Kathy Kuyk is now Kathy Oswald . . . Shed a tear for the University of Redlands' half miler Donna Fromme, (who also doubles as circulation manager for WTW). She learned from reading the November issue that if she had attended the University of Southern California, she would hold the USC school record with her time of 2:09.1 — but at little University of Redlands, that clocking is only number 10 as UR has been blessed with some fine two lappers including AAU champion Ruth (Kleinsasser) Caldwell . . . Wendy Knudson is working on her Masters degree in hearing disabilities. She and husband Lyle no longer live in Loveland, Colorado, but are now in Logan, Utah . . .

A women's marathon will be held simultaneously with the men's marathon at the First World Championships now scheduled for 1983. Canada, Japan, Finland, Italy and West Germany have expressed interest in hosting this meet. Don't confuse the World Championships with the World Cup for they are separate and distinct meetings . . . At the 1979 World Cup in Montreal, a

women's 400m hurdles and 3000m run will be held. These two events are NOT scheduled for the 1979 Pan Am Games . . . Checking the time schedule for the 1980 Moscow Games shows it will be practically impossible to double in the 800 and 1500 . . . Good news from the AAU Convention: the 1979 AAU cross country championships will be a combined affair with men and women taking part in North Carolina. The Nationals will be at Ft. Collins in 1980 and in Southern California in 1981 . . . Starting next year, there will be a trial meet for the International cross country team — probably six weeks before the meeting . . . The end of the year always brings about selections for outstanding athletes and it has already started: Jodi Anderson (field) and Jan Merrill (track) have been voted recipients of the C.C. Jackson award, while Merrill won the voting for the Norm Saettel trophy with Anderson second and Maren Seidler third. How accurate are all these selections? If you receive an award, be thankful. If you don't, forget it. For example, as shown above, Jan Merrill is the USA's top athlete, but in the voting now going on by WTW done by our world-wide correspondents, there are six American athletes ahead of Merrill . . .

Daniele Lairtoup of France won her National Championship in the 400m hurdles this past season in 57.74. What is so amazing about that? This is her first-ever national title — at age 31 . . . East Germany hasn't lost a 4x400 relay in seven years . . . Russian jump coach and former WR holder Igor Ter-Ovanesyan declares Vilma Bardauskiene will be the first woman over 7.50/24'7 . . .

Nadyezhda Tkachenko, European pentathlon champion and number one ranked all-rounder in the world, and Elena Stoyanova, Bulgaria's top shot putter, have been suspended for at least an 18 month period from international competition for using steroids at the European Championships in Prague. Tkachenko will be forced to return her gold medal and Stoyanova will be removed from her fifth place in the shot . . . During the 1978 season, the 1:58 mark for the 800 was bettered 19 times . . . And there were 50 marks under 4:06 in the 1500 . . . 19 year old Svyetlana Guskova of the Soviet Union was under 4:10 for the 1500 six times this year . . . European 3000 champ Svyetlana Ulmasova covered the final 400 at Prague in 61.2 . . . world record holder for the 400m hurdles, Tatyana Selentsova, at 54.89, has also long jumped 20'8 $\frac{3}{4}$ , run the 100 hurdles in 13.6 and scored over 4200 in the pentathlon. Not too bad for a 30-year old . . . Jan Popper says long jumper Bardauskiene went "from obscurity to eternity" with her 23'3 $\frac{3}{4}$  jump . . . Veteran javelinist Ruth Fuchs, 226'11 this year, is now 32 . . . Scotland has banned 800m runner

*Continued on pg. 13*

*December 1978*

# THE LONG JUMP TAKEOFF

Reprinted from "B.C. Track Monthly"

by Ron Parker

North American trends in coaching the long jump have currently concentrated upon speed in the takeoff movement and specialty exercises aimed at improving the strength and timing for the critical takeoff movements. Such phrases as "running off the board", "increased cadence" and "active plant" come to mind.

In addition, the researches of Dyatchkov of the Soviet Union and others in Europe have shown that the final stride prior to takeoff is *shorter* than the penultimate stride — actually 20 to 32 cm shorter. This would seem to indicate some justification for the above coaching methods. Unfortunately this concentration upon a quick, short final stride has not been particularly successful.

In fact, it is not that the final stride is the deciding factor in the long jump takeoff but the final *three* strides. What has been overlooked in the aforementioned researches is that the third stride before takeoff is approximately the same as the final stride and the penultimate stride is significantly *longer* than either the step prior to it or after it. There are reasons for this that will be presented later in the article. But first, here are the coaching methods that should be employed to improve the last part of the runup prior to takeoff thus improving performance. (The movements of the takeoff will be presented later).

First, an athlete should be jumping reasonably well before attempting to modify his or her natural takeoff preparation pattern. A boy should be jumping six meters and a girl five meters with a consistent runup. Also, it is necessary that the jumper be using the proper running form for a jumper. In brief, the jumper should run with a very slight forward lean with a high arm carry and a high, driving knee action. A full rearward leg extension off the toes into each long stride is important but the high knee drive is most important for being able to negotiate the takeoff preparation phase without losing speed. A slight foreleg reach is also advisable.

Now, there are two actions that the jumper must perform while moving through the final three strides *without diminishing horizontal speed*.

The first and most important is the *forward drive of the penultimate stride*. The athlete should be instructed to really drive forward onto the right foot (left foot jumper), to lengthen that stride. The right foot must strike the ground ahead of the center of gravity of the body and not under it as in normal sprinting action. There is a tendency when reaching ahead in a stride to strike the ground with the heel of the foot first — this must be avoided. The jumper will have to consciously try to land on the ball of the foot first when touching down on the right foot after the long stride. Care must also be taken to instruct the athlete not to go up on the long stride. It must be straight ahead, with no added elevation.

The problem with (1) which many beginners use is that the plant is usually a heel-toe action and as usual when the heel strikes first, horizontal speed is considerably diminished and a high jump type takeoff is the result.

The latter (2), of course, is the theory being developed in this article. By employing a long penultimate stride, the right foot placement ahead of the body's center of gravity a full stride prior to the takeoff stride enables the jumper to attain a proper plant of the takeoff foot (left foot) and body position. Contact of the takeoff foot ahead of the center of gravity of the body will happen naturally because the body has been placed in this position one step prior to takeoff. The long penultimate stride also enables the jumper to make a very fast final stride prior to takeoff thus enabling a quick takeoff. The need for a quick takeoff will be explained later.

During the forward extension of the right leg in the penultimate stride, the body continues in the normal sprinting trajectory. Therefore, when the body's center of gravity passes over the right foot (which has touched the ground ahead of the center of gravity) the body has dropped its center of gravity below the normal sprinting position thus producing a natural dipping action of the hips. This can be further accentuated by consciously lowering the hips over the right foot (if the athlete has the y strength).

Further technical explanation of the takeoff movements and those of the preceding two strides follows.  
(PART TWO of this article, will appear in the next issue of *Women's Track World*.)

## KALEIDOSCOPE

Continued on from pg. 12

Paul Forbes for one year for "spending a night in the women's quarters at the Commonwealth Games" . . . Best mark recorded to date for the new heptathlon is 5831 by West Germany's Liesel Albert with 13.6, 46'6", 5'2", 24.1, 19'11", 99'11 and 2:19.6 . . .

Lyudmila Bragina has retired, but not double Montreal champion Tatyana Kazankina. Although missing from the 1978 scene, Kazankina is merely taking time off to have a baby . . . Sometimes we become upset at authors claims to having produced the "ideal" book for women runners, boasting that their book covers "everything" connected with running. True only if you consider distance running as the only form of running. These books rarely provide information about sprinting, hurdling, throw-

ing or jumping. We can see why throwing and jumping might be left out of a running book, but not sprinting or hurdling. Only with these items included can a book on running be "complete" . . . Marcie Trent, just turned 60, has completed 29 full marathons since 1968. Her first effort resulted in a 5:23:22 clocking and she got under four hours for the first time in 1972 (3:43:37). This year, she lowered her PR to 3:26:16 . . . University of Tennessee has already had indoor meet. Coach Terry Crawford split her squad into two teams and had at it in December. Best marks included 47'3" in the shot and 7.25 for the 60 . . . Tennessee's Brenda Webb dropped out of the AAU XC Championships about the two mile mark with a sick stomach . . . Auburn University has announced the acquisition of Portuguese pentathlon champion (4015) Nora Araujo. Nora will be competing in the coming indoor campaign and has best marks of 14.4, 38'4", 20'4", 5'8 and 2:24 plus an eleven flat 100 yards.

## FOOT NOTES:

Continued from pg. 6

The above mentioned treatments are only good in those heel pain cases where we have a biomechanical abnormality. As mentioned before, there are several other causes and it is important to eliminate the fact that one may have a systemic disease which is manifesting itself as a heel pain. In the younger runners, we occasionally have part of the heel bone being "split" and this is one of the few cases where the runner is taken out of the sport altogether. This is known as apophysitis and affects the growth centre of the heel bone. The area has to rest until all the inflammation has resolved or problems in later years can arise with that foot in the heel area.

As mentioned before, it is important to get to the exact cause of the heel pain and sometimes surgery, blood and lab tests, and other modalities are needed to eliminate this nagging problem.



*yamamoto '78*

# Red China and the IAAF — Collusion and Conspiracy

by Vince Reel

(Note: The author undoubtedly knows and understands more about the Chinese and the IAAF than any Caucasian in the world. His initial contact with the Republic of China, (sometimes referred to as Taiwan), came in 1962 when the US State Department sent him to Taiwan to coach their team for the Asian Games scheduled to be held in Djakarta, Indonesia. This was his first experience with Asian politics, for the Indonesian government sent the Taiwanese blank pieces of paper instead of visas, and consequently the ROC could not travel to Indonesia and missed taking part in the Asian Game of 1962. Since 1963 when Chi Cheng came to the USA for training, he has been associated with the Republic of China as coach and advisor at Olympic Games, Asian Games, Asian Championships and IAAF Congress meetings. He and Chi Cheng were married, but three leg operations ended her running career in 1971. In 1976 she accepted the position as General Secretary for the Republic of China Track and Field Association, and since that date has built Taiwan's track and field power to rank second only to Japan in all of Asia. Chi also became an ROC delegate to the biennial IAAF Congress meetings and this year served as Head of the ROC delegation to the Congress in Puerto Rico in October. The author was assigned as official advisor to the ROC delegation. The Puerto Rico Congress was the fourth they had attended together, the first being Rome in 1970. Reel says Kipling was right when he wrote, "Never the twain shall meet", but he believes he knows the situation between the Republic of China, the People's Republic of China and the International Amateur Athletic Federation better than anyone else of his race. What he writes here is his own observation and report and is in no way an "official report" of any kind.)

Approximately 160 nations are members of the IAAF. Until the Puerto Rico Congress, the most populous country in the world, the People's Republic of China, was not a member. As far as I can determine, every member country of the IAAF, including Taiwan, wanted the PROC to become a member so the eight hundred million Chinese would become a part of recognized international track and field athletics.

Why, then, was the PROC not a member? The fly in the ointment was the Republic of China, established on the island of Taiwan following World War II. The Red Chinese

claimed Taiwan as part of China and stated it would not belong to the IAAF as long as Taiwan (ROC) was a member.

Following the 1976 Olympic Games in Montreal, (at which Games the Canadians bowed to the pressure of financial agreements with the PROC and refused to allow the Taiwan athletes into the country — in clear violation of IOC rules), long-time IAAF President, the Marquis of Exeter, resigned and after a small power struggle, a new President was elected. He is Adrian Paulen of Holland. One of Mr. Paulen's goals was to secure the admission of Red China into the IAAF. He would become known through all of history as the man who accomplished this feat where others had failed. But how to remove the obstacle in his path, Taiwan? Paulen met several times with representatives of the PROC. Following the 1975 Asian Championships in Seoul, Korea, he travelled to Red China and more meetings were held. Here, evidently, plans were drawn. The conspiracy to force the Republic of China to withdraw from the IAAF was set in motion, for only the elimination of Taiwan would entice the Communists to apply for membership. Since the IAAF constitution makes no provision for expelling a member the problem was "how to get rid of Taiwan".

A scheme was worked out. The People's Republic of China submitted an application for membership stating these main points: (1) The United Nations, in answer to a request from President Paulen, stated that Taiwan is within the "political boundaries" of the People's Republic of China; (2) the government of the PROC "guaranteed the safety" of any athlete from Taiwan who wished to come to the mainland for the purpose of attempting to qualify as a member of a PROC team; (3) they (the PROC) requested the IAAF reconsider their original application for membership submitted in 1954 in which they stated they had claimed jurisdiction over Taiwan; and (4) they pointed out that in Taiwan's original application in 1956, Taiwan claimed jurisdiction over all of the mainland.

Let's look at these points one by one: (1) The point that the United Nations had determined Taiwan was within the 'political boundaries' of the People's Republic of China. True, the UN did make that statement. However, as was pointed out in the Congress meeting, the IAAF is not a political body. It is a sports body and claims that politics has no place in its business. In addition,

nearly 30 member countries of the IAAF have governments who do not even belong to the United Nations. In other words, no decision by the UN has any effect on the IAAF. Rule 4, section 1 of the IAAF constitution states "The National Governing Body of *any* country OR TERRITORY shall be eligible for membership". (2) The "guarantee" by the PROC for the safety of any ROC athlete wishing to come to the mainland for competition. This is the same as having Israel guarantee the safety of Arafat to speak in Jerusalem's town square. Impossible! What the ROC tried to make clear to the Congress in Puerto Rico was a fact most people in the world do not know — the Republic of China and the People's Republic of China are now in a DECLARED state of war and have been since 1946. At least three times each week, the Red Chinese shell the island of Quemoy. In the late fifty's, the Red Chinese attempted an invasion of the Republic of China and thousands were killed. What kind of "guarantee" could they possibly give for the safety of a citizen of the Republic of China? No way, Jose.

(3 and 4) The biggest mistake the PROC made in their application was their request to return to their original application of 1954 in which they claimed they had jurisdiction over Taiwan. When Chi and I were in the IAAF London office in August, we searched through the old files and obtained copies of the original application of the PROC in 1954 and the ROC in 1956. The island of Taiwan is not even mentioned in the PROC original application. In addition their claim that in the ROC application of 1956 that Taiwan had jurisdiction over mainland China is also not true for the ROC claimed only the islands of Taiwan, Quemoy, Matsu and the Pescadores. Not one word or implication about the mainland.

And so ALL the claims of the People's Republic were false. Tell the big lie and people will believe you. So how did they manage to get through to the Congress for a vote?

In order to get a motion placed on the agenda for an IAAF Congress, said motion must reach the IAAF office in London six months prior to the meeting date. When the agenda was made up and mailed to the members, the motion appearing was Item 10, Number 'f' which read, "To consider a resolution from Council to change the name

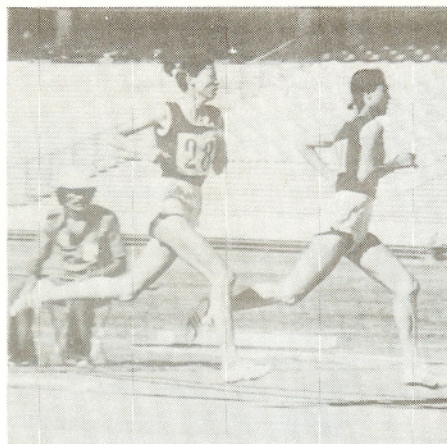
*Continued on pg. 16*

of the Republic of China to Taiwan." The IAAF Council consists of 19 individuals, elected to their positions by the Congress, who sift through items and assist in smoothing the path for conducting the business of the Congress meeting itself. However, anyone with a modicum of knowledge of the situation knew that even with such a name change the Red Chinese still would not apply for membership. As long as the Association from Taiwan belonged to the IAAF, no matter what they might be called, the PROC still would not apply for membership. The objective of this motion was quite obvious — to set up a vote that would force the Republic of China to change its name, hoping they would refuse this blow and walk out of the Congress to leave the door wide open for the application of the PROC.

The conspirators forgot one important point when they submitted this proposal for the agenda. Chi Cheng is a competitor and a fighter. When news of this motion reached her, she immediately contacted her President and made arrangements for her and me to make a quick trip to Europe where we visited 16 countries and their IAAF representatives in the space of three short weeks. Result of this campaigning was that even though the ROC would lose the vote and be forced to be called Taiwan, they would not walk out. And so this plan by the conspirators had failed and a new plan had to be found. What to do? The IAAF can suspend a member country, but since Taiwan had not broken any rules, there could be no excuse for suspending them. Even if they could be suspended on some trumped up charge, they would still be a member of the IAAF which prohibited the Communists from applying. How could they get rid of Taiwan? How could they be eliminated and simply cease to exist?

The two days preceding a Congress meeting are busy days for members of the IAAF Council. They meet, discuss and help make the way a little easier for the actual Congress meeting by culling out unnecessary or duplicate motions, etc. One of the items discussed by the Council was the application of mainland China. Although the application was not valid, they voted to accept it. The vote was 10 for acceptance, 9 against. Hardly an overwhelming majority. The United States then made a counter proposal: accept the application of the Communists, but retain the membership of the Republic of China. This was defeated 9 to 10.

And so, when Congress convened and the agenda was followed, they soon came to Item 10, "IAAF Members". The Congress accepted the application of the Cayman Islands, (who stated their entire program consisted of five athletic clubs and 'about' 150 athletes), and accepted the application for Turk and Caicos Islands, (with four clubs and about 50 athletes), and, believe it or not, accepted the application from Gaza, (this is a country or a territory?), who did not claim any athletes. Then, before you



Chinese athletes

could blink an eye, the President read the application of Red China for membership and announced the majority of Council recommended acceptance of the application with the stipulation that Taiwan be given to mainland China.

First of all, it is obvious that the action by Paulen to place this motion before the Congress was illegal. All agenda items must arrive in the IAAF office at least six months in advance of the meeting. This motion was not on the agenda. Secondly, the claims made by the Red Chinese in their application had been proven false and this was told to the delegates. Thirdly, the Congress was officially informed by a member of Council that the entire procedure was illegal and if the motion carried and Taiwan took the IAAF to court, there was no possible way the decision would not be reversed by the court. (The ROC Badminton Federation, expelled to allow the PROC into that Federation, had done that very thing — taken the Badminton Federation to court in London and had won a reversal of the action.)

After more than four hours of debate the vote was called for. During those four hours, many nations expressed their feelings and nearly all of those who spoke for Red China stressed the point that a nation of 800 million people should not be kept from this international body by a 'small' country such as Taiwan. Taiwan's answer to that was simply the fact that of the 160 nations belonging to the IAAF, only 22 are larger than Taiwan. Actually, all of the debating and all of the arguments meant absolutely nothing, for every delegate had been instructed by his government how to vote. And so the application of Red China was approved and once again politics determined the result of a vote by a so-called sports organization. Evidently trade with mainland China is more important than sport.

President Paulen had met with the Communist Chinese representatives several times and had visited mainland China. Had he ever gone to Taiwan in order to compare the two countries? No, never, although he had been invited many, many times by Chi

Cheng. How is it possible to compare two items by seeing only one?

In addition, the IAAF constitution states in Rule 10, Section 1, "Proposals for alterations or additions to the constitutional rules of the IAAF may be made only by a Member (nation) or by the Council and must reach the General Secretary of the IAAF at least six calendar months prior to the Congress at which they are to be considered. The proposals shall be sent to the Members at least four months before such Congress. No proposals shall be considered by Congress without the notice specified herein." The Congress violated that rule also.

In Rule 4, Section 2, the IAAF constitution states, "Application for membership together with a copy of the constitution and rules of the national governing body shall be submitted to the Council, which shall have power to elect to membership provisionally, pending confirmation at the NEXT Congress meeting." Again a rule violated, plus no constitution or rules submitted by the Communists.

And in Rule 7, Section 8, "Only the Congress shall have power to approve or alter any constitutional rule. All additions, amendments or alterations of the Constitutional Rules MUST obtain TWO-THIRDS of the votes cast." President Paulen accepted a simple majority vote — again a violation of the IAAF constitution.

Now that the application of Red China has been accepted and Taiwan assigned to the People's Republic of China, what can be expected? The entire nation of Taiwan has been cleverly eliminated from the world of track and field, for in order to compete internationally, an athlete must be certified by his governing body and you can bet your last peso that no one from Taiwan will ever be okayed by the Communists. Remember, these two nations are at war, real honest-to-goodness shooting war. Taiwan attempted to send two runners to the International Marathon in Puerto Rico on November 5. The ROC Secretary General telephoned the IAAF Office in London and secured permission from that body for their two entries to compete as non-members. However, the day the athletes were scheduled to leave for Puerto Rico, the mainlanders cabled meet directors and the IAAF Office and denied the Taiwanese permission to compete. And so the routine has begun.

The Republic of China's lawyers are now at work and soon will file suit against the IAAF to reverse the voting by the Congress in Puerto Rico. And since everything done by the People's Republic of China was in violation of the IAAF rules, it is assumed the verdict of the court will go for Taiwan. However, don't bet your shirt on it. Someone, somewhere may be wanting to sell a few shackles of wheat or a box car full of coal to mainland China and the bribes will be offered. Isn't it time athletics were returned to sports governing bodies concerned with running their sport and not

*Continued on pg. 23*



# HIGH SCHOOL CROSS COUNTRY

Edited by Rich Ede

With cross-country wrapped up around the country, we have some scattered results:

**OHIO**—In the first-ever Ohio state championships (Nov. 5) Ann Henderson (Brecksville) claimed the AAA championship in a runaway, pacing 13:46.2 over the 2½ mile course. Her nearest competitor, Shannon Cline, led her Upper Arlington squad to the team title with a 14:09.7 clocking. In the combined AA-A race (combined in the erroneous concept that there would be little participation) Mary Jean Wright (Kirtland) edged Juanita Vetter (Chardon—yep, same family) 14:29.9 to 14:34.3. Vetter's squad, however, claimed the team race.

**INDIANA**—Youngsters dominated *this* first-ever state "Invitational" (Oct. 7), as the first three finishers were in the 14/15 age group. Amy Crozier (Bloomington North) had a 19 second edge over Sally Geisse (Brebeuf), 10:50 to 11:09, over the 1.9 mile course. Geisse was followed by Michele Stephens (West Vigo-11:11), Dana Snyder (Northwest/Indianapolis-11:12), Ruth Sternaman (Madison-11:14), and Denise Weinfoeft (South Putnam-11:15, another 14/15-year-old). Southport, led by 8th placer Delores Hathaway (11:19) claimed the team title.

**TENNESSEE**—Familiar names cropped up in the Tennessee championships (Nov. 3-Nashville) as Tania Wells (Memphis Memorial) raced to a 10:53 (two miles) win in the individual championships and Harpeth Hall Academy (Nashville) took the team title.

**CONNECTICUT**—The open (all division meet) for Connecticut was held November 9 over a 4000 meter course in Cromwell. Jeremy Edmonds (Glastonbery) won the individual title in 14:53.3, but it was St. Bernard's with 10th, 11th, 12th, 13th, 14th, and 15th places that ran away from the field to claim to the team title. Second place Conard's first runner (Jenny Little) claimed 16th. Other results: 2. Sheila Pekari (East Hampton-14:59), 3. Mary Cobb (Northwest Catholic-15:05), 4. Mary Stoner (Waterford-15:09), 5. Alison Quelch (Cheshire-15:11), 6. Mary Jo Taube (Stimbsbury-15:20), 7. Cindy Arico (Penney-15:26), 8. Alice Crosby (Ledyard-15:27), 9. Magie Zinaldi (New Milford-15:30), 10. Sue Hoagland (St. Bernard-15:31).

On November 2, the Connecticut class meets were held over a 4000 meter flat course in Waterford. Class LL: 1. Edmonds-14:33.5, 2. Taube-14:46.8; Team-Conard; Class L: 1. **Hoagland-14:12.5**, 2. Stoner-14:26.4, 3. Quelch-14:39.4, 4. Cindy Arico (Penney)-14:44.2, 5. Betsy Connolly (St. Bernard-14:46.7; Team-St. Bernard; Class M: 1. Cobb-14:15.6, 2. Christina Russell (E.O. Smith)-14:33.8; Team-Montville; Class S: 1. Pekari-14:36.1; Team-Wamago.

**NEW YORK**—Beth Dwyer (Fairport) set a course record in the Class A meet on November 11, at Poughkeepsie, clocking 18:03 and outdistancing the field by 22 seconds. Linda Detlefsen (Sachem) ran 18:25 in second, with P. Palladino (Huntington) next in 18:33. Nottingham claimed the team race, with Section 11 (led by Detlefsen and Palladino) claiming the section title. Other results: 4. M. Bessel (Grand Island)-18:35, 5. E. McCarthy (Clarence)-18:40, 6. A. Kelly (Rush Henrietta Sperry)-18:42, 7. H. Maher (Valley Stream South)-18:44, 8. A. Dobrowski (Lancaster)-18:45, 9. D. Braim (Williamsville North) 18:50, 10. L. Bickert (Nottingham)-18:51.

In Class B, Laura Whitney (Stonybrook) was an easy winner but Delaware Academy barely edged Queensbury and Franklin Academy for the team title, 80-81-89. Other results: 1. Whitney 18:35, 2. E. Wood (Shntls)-18:44.

**GIRLS EASTERN STATES CHAMPIONSHIPS**—Oct. 14-Raritan's Mary Banks raced to a 15:04.7 win in the main division of this meet but Nottingham's Lauren Bickart (15:33), Tanya Heard (15:46), and Kirscher Hagenlocher (15:47) claimed the next three spots for a Nottinham team win. In the non-championship

A race, Ann Gladus (Bayley-Ellard) beat Columbia's Joetta Clark, 15:11.7 to 15:18, while Janet Pietrapacio (Nanuet) won the non-championship B race in 15:35.

**CALIFORNIA**—Southern Section, November 25—A week of rain flooded the Mt. SAC hill course and shifted the prestigious sectionals to a flatter alternate course. Andrea Kirkhorn (Edison/Huntington Beach) posted the fastest time of the competition, as she won the 4A race and led her team to the team title. Runner up to Kirkhorn's 12:03 (two miles) was Cindy Schmandt (Santa Barbara) who had posted the third fastest time ever on the hill course (11:50) the week before. In the 3A, Hazlett (Saugus) posted a 12:19 to lead Carol Karamitsos (Righetti 12:21) and Kelly Wells (Quartz Hill-12:33). The 2A race went to Vickie Cook (Chaminade) in 12:12.

**OREGON**—We have District championship results only from Oregon. We assume all races are at 3000 meters.

**Class AA:** District 1-Kathy Dov (Clat) 12:40; Team-Scappoose. Dist. 2-Bridget Cooke (Yamhill Carlton) 11:45; Team-Sherwood. Dist. 3-Terri Davis (Brookings) 11:31; Team-Brookings. Dist. 4-Janet Crites (Philomath) 12:11; Team-Elmira. Dist. 5-Diane Theriault (Oakridge) 11:44; Team-Sutherlin. Dist. 6-Nancy Reynolds (Illinois Valley) 11:26. Dist. 7-Wendy Tschantre (Crook County) 12:33; Team-Crook County-15 points. Dist. 8-Tammy McKinney (Central) 11:26, Caroline Meyer (Gladstone) 11:26, Linda Robinson (Cascade) 11:27, Marla Dasso (Gervais) 11:28; Team-Gervais.

**Class A:** Dist. 1-Laurie Poch (Colton) 12:57; Team-Colton. Dist. 2-3-Sue Duffy (Regis) 11:40; Team-Regis. Dist. 4-Tammy King (Monroe) 11:45; Team-Waldport. Dist. 5-6-Rosa Gutierrez (Glendale) 10:40.7; Team-Pacific. Dist. 7-8-Wendy Wolfram (Pilot Rock) 10:52; Team-Wasco County.

**Class AAA:** Dist. 1-Mary Hanlon (Lincoln) 11:18.2; Team-Lincoln. Dist. 2-Eryn Forbes (Sunset) 10:10; Team-Sunset. Dist. 3-Janet Beaudry (Milwaukie) 11:42.7; Team-Milwaukie. Dist. 4-Julie Iverson (Canby) 11:08; Team-Canby. Dist. 5-Melanie Woodworth (Cottage Grove) 10:28; Team-Churchill. Dist. 6-Sue Word (Grants Pass) 11:52; Team-Ashland. Dist. 7-Katiki Morrow (Bend) 12:37; Team-Bend, 39; Redmond, 40. Dist. 8-Claudette Groenendaal (N. Salem) 10:25; Team-Sprague.

**UCLA INVITATIONAL** (Oct. 21)—Linda Goen (North/Bakersfield) continued her dominance of Southern California distance running as she claimed the win here in 10:59.3 over a two mile course on the Westwood campus. Newbury Park scored the team win with 41 points.

**KALEIDOSCOPE**—California's Southern Section seems to lose its best runners at the championships. Last year, Susie Sanchez set a Mt. SAC course record (11:31), then bypassed the championship to compete in the AAU Nationals. This year, Michelle Bush (Rolling Hills) ran 11:35 earlier in the season on the course, then passed up the championships for religious reasons . . . High school athletes are likely to be in for a shock as the National Federation has announced the "no false start" rule to be in effect in 1979. One jump and you're gone. Let's hope the quality of high school starting and starters improves . . . Other Federation rule changes (effective in 1981) include an increase in shot weight to 4 kilo (8 pounds, 13 ounces—or about the weight of most "8 pound" shots) and an increase in the hurdle spacing to 8.5 meters—the international spacing now run in Oregon, New York, California, and Iowa (at least) . . .

Inglewood, California, November 5: The first annual Naturite Run for Leukemia Research at Hollywood Park attracted 700 runners in races from 3000 to 10000 meters. This first-ever in the United States racetrack run over steeplechase-and-hay-bale barriers found some of the southland's finest distance runners claiming prizes. Sue Kinsey (LANTC) easily won the 5000 meters in 17:32.8, while teammate Julie Brown took the 10000 in 36:43.8 over Quest's Kathy Mintie (37:38), Bakersfield high schooler Linda Goen (37:51) competing for the Patriots and ROC's Lee Su-Mei (38:01) who competes for Southern California Road Runners. Plans to run the race on the turf course were scrapped when a re-sodding project at the racetrack didn't "take" properly and the races were moved to the dirt course.

# NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS

from Phil MacHarg



Aileen O'Connor leads in the Junior Women's Race followed by Betty Springs, Carrie Craven, Ann Henderson, and Su Mei Lee (PHIL MACHARG PHOTO)

Memphis, Tennessee, November 25: Julie Brown, the 1975 World Cross Country Champion, had to wait until today to win her first-ever USA National AAU title as she ran a wise race to defeat a powerful group of challengers with a good final mile over the 5000 meter course and a surge of speed over the final 400 meters. Defending champion Jan Merrill was second and North Carolina's Julie Shea third.

Unlike last year's two-women race, the 1978 version saw a group of eight fine runners breaking away from the pack early in the race and run together for the first two miles. Mills took the lead for the first mile, passing this mark in 5:16 but the group of eight — Mills, Merrill, Brown, Shea, Jennifer White, Margaret Groos, Debbie Vetter and Dana Slater — stayed together and began to break up at the 1¼ mile post when Merrill had the lead over Brown by a few yards. Shea, Mills, Groos and Vetter were still close, but Slater had dropped back a few yards. Brown and Merrill edged ahead of the group over the last mile and raced each other to the finish with Brown gaining a three second victory. Brown stated later that she believed if she could cover Merrill's surges throughout the race, she was confident of victory.

Jennifer White improved dramatically from her 44th place a year ago to run with the leaders all the way and finish in fifth position and earn a spot on the World Championship team.

In the Junior Women's race, the closest finish of the day, Aileen O'Connor of Washington DC, nipped Betty Springs of Florida by less than a second. The biggest margin of the day was by Laura Craven of Scioto, Ohio, who won the 12/13 Division by a whopping 25 seconds. Although 9-year-old Bethie Hanlon of

Ashwood, Maryland, was the youngest champion, she was not the smallest. Nanette Garcia from San Jose, California, the 10/11 Division winner, stands only 4'6 and weighs 65 pounds while the 9-year-old Hanlon is 4'9 and weighs 69 pounds.

As happened in 1977, the East dominated the top finishes in both the Junior and Senior races with the Liberty AC winning the team titles in both races. In the Age Group Divisions, however, the team champions had a Western flavor with the Southern California Roadrunners and the San Jose Cindergals dominating the scoring along with the Kirkwood Track Club from Missouri.

The weather was in the 60's with some wind. The course would have been much faster but for a week of rain preceeding the meet which created one small creek jump and a mushy course.

**Open Division, (5000m),** 1-Julie Brown (LA Naturite) 16:32.6, 2-Jan Merrill (AGAA) 16:35.1, 3-Julie Shea (North Carolina State University TC) 16:41.8, 4-Kathy Mills (Penn State University TC) 16:43.9, 5-Jennifer White (Washington DC Running Club) 16:46.2, 6-Margaret Groos (Charlottesville TC) 16:46.6, 7-Ellison Goodall (Unattached, Durham, NC) 16:50.3, 8-Joan Benoit (Liberty AC) 16:52.2, 9-Debbie Vetter (Iowa State University TC) 17:01.0, 10-Dia Elliman (Liberty AC) 17:02.0, 11-Sue Kinsey (LAN) 17:03.9, 12-Deanna Coleman (Club NW) 17:08.9, 13-Nancy Rooks (Canadian T&F Association) 17:09.7, 14-Lorna Orleman (LibAC) 17:12.6, 15-Paula Newnham (LibAC) 17:15.3, 16-Doris (Brown) Heritage (Club NW) 17:16.3, 17-Karen Bridges (Oklahoma State University TC) 17:21.2, 18-Liz Berry (Penn State TC) 17:24.1, 19-Cindy Bremser (Wisconsin Track United) 17:24.5, 20-Joan Hanson (Quest Club) 17:26.0 . . . 23-Roxanne Bier (SJC) 17:32.7 . . . 25-Mary Spencer (Wisc) 17:36.7 . . . 27-Mary Seybold (Iowa State) 17:38.2, 28-Lynn Jennings (LibAC) 17:38.6 . . . 32-Linda Broderick (UCLA TC) 17:41.9, 33-Ann Regan (SJC) 17:46.5, 34-Dana Slater (University of Colorado TC) 17:47.8, 35-Jan Oehm (LibAC) 17:48.4, 36-



Nearing the half-way point, Merrill leads the front running pack followed by (L to R) Mills, Dana Slater, Julie Shea, winner Brown, and Jennifer White (PHIL MACHARG PHOTO)



Kathy Mills

Diane Vetter (Iowa) 17:48.8 . . . 38-Sally Zook (Wisconsin) 17:50.0 . . . 41-Eryn Forbes (Portland, Oregon, TC) 17:56.4, 42-Phyllis Olrich (SJC) 17:56.9 . . . 44-Doreen Ennis (NJ Ath Attic) 17:57.6 . . . 46-Kris Bankes (Reading Ath Attic) 17:59.6 . . . 48-Charlotte Lettis (LibAC) 18:02.1 . . . 51-Nancy Shafer (Florida TC) 18:03.7 . . . 53-Kathy (Gibbons) Jackson (Quest) 18:07.0 . . . 55-Marjorie Kaput (Quest) 18:09.2 . . . 57-Carol Cook (LAN) 18:12.5, 58-Laura Ledbetter (Fla TC) 18:13.8 . . . 63-Mary Shea (Raleigh, NC) 18:21.3, 64-Linda Carlson (Ft. Collins, Colorado TC) 18:21.8 . . . 69-Karen MacHarg (Bryan TC) 18:26.6 . . . 72-Nancy Scardina (Kettering) 18:32.7, 73-Bridget Seip (Iowa St) 18:34.1, 74-Kathy Chism (UCLA TC) 18:35.9 . . . 80-Kathy Mintie (Quest) 18:43.8 . . . 84-Johanna Forman (Falmouth, Mass) 18:50.6 . . . 90-Sue Latter (Mich St) 19:09.2 . . . 94-Ceceilia Peterson (LAN) 19:22.5 . . . 99-Marcia Romesser (Fresno Pacific TC) 19:30.3. Scores, 1-Liberty AC 75, 2-San Jose Cindergals 141, 3-Club Northwest 142, 4-LA Naturite 206, 5-Wisconsin Track United 239, 6-Quest Club 253, 7-Michigan State TC 337, 8-Ft. Collins TC 338, 9-Florida State University TC 417. Number of finishers - 120.

**Junior Women (14-18) (2.5 miles)**, 1-Aileen O'Connor (Washington DC CYO) 13:41.1, 2-Betty Springs (Un, Florida) 13:41.6, 3-Carrie Craven (Scioto TC) 13:55.4, 4-Su Mei Lee (SCRR) 14:05.5, 5-Pat Murname (Liberty AC) 14:07.2, 6-Emily Wood (Baldwinsville NY Harriers) 14:09.2, 7-Ann Henderson (Un, Ohio) 14:09.4, 8-Lesley Welch (LibAC) 14:10.4, 9-Jill Purola

(Ontario, Canada) 14:11.7, 10-Mary Banks (Shore AC) 14:12.0, 11-Kellie Cathy (Quest) 14:12.8, 12-Jill Haworth (WaDC CYO) 14:13.5, 13-Stacy Crystal (Colorado Gold) 14:13.7, 14-Beth Huff (Ann Arbor TC) 14:14.5, 15-Lauri Shansby (Cheetah TC, Seattle) 14:17.7. Scores, 1-Liberty AC 106, 2-Long Island Golden Spikes 136, 3-Colorado Gold 159, 4-Shore AC "A" 190, 5-London Western T&F Association, Ontario, Canada 193, 6-DC CYO 268, 7-Ocean State TC 348, 8-Kansas City North Stars 365, 9-Shore AC "B" 367, 10-Comet TC, Seattle 370, 11-Boone Avenue H&S 382, 12-Central Connecticut AA 395, 13-Baldwinsville, NY, Harriers 419. Number of finishers - 130.

**Intermediate Division, 14/15 (2.5 miles)**, 1-Kerry Brogan (SJC) 14:10.6, 2-Maria King (SJC) 14:18.6, 3-Leanne Buckley (Eastside TC, Wa) 14:31.2, 4-Laurie Sawyer (Un, Ar) 14:34.3, 5-Michelle Garche (SCRR) 14:44.9, 6-Nancy Louise Kramer (Un, Ill) 14:56.8, 7-Sheila Wall (LI Golden Spikes) 15:00.7, 8-Aida Stearns (SJC) 15:03.2, 9-Cathy Demmelmaier (SJC) 15:08.3, 10-Paula Cobb (SCRR) 15:08.7. Scores, 1-San Jose Cindergals 34, 2-Southern California Road Runners 69, 3-Kettering Striders 108, 4-Long Island Golden Spikes 113, 5-Roseville (Ca) Gazelles 204. Number of finishers - 54.

**Youth Division, 12/13 (2.0 miles)**, 1-Laura Craven (Scioto TC) 10:41.4, 2-Conni Frank (Sterling, Ill, TC) 11:06.8, 3-Chris Ramirez (SCRR) 11:19.3, 4-Kari Johassen (Eastside TC, Wa) 11:23.0, 5-Leslie Pratt (SCRR) 11:25.6, 6-Carmen Jordan (Kettering Striders) 11:26.7, 7-Kim Koch (Seacoast Striders) 11:27.3, 8-Stacy Hartsfield (Quest) 11:30.5, 9-Cindy Tolle (Metroplex Striders) 11:32.7, 10-Cathi Frank (Sterling TC, Il) 11:33.2. Scores, 1-Southern California Road Runners 57, 2-Kirkwood (Mo) TC 86, 3-Sterling (Ill) TC 162, 4-Albuquerque Olympettes 166, 5-Metroplex Striders 238, 6-Duke City Dashers 268, 7-Kansas City North Stars 269, 8-Memphis-Shelby Track Foundation 340. Number of finishers - 83.

**Midget Division, 10/11 (1.5 miles)**, 1-Nanette Garcia (SJC) 8:25.0, 2-Tanya Fisher (SCRR) 8:33.9, 3-Lynette Morgan (Un, Ohio) 8:37.6, 4-Michelle Miller (SJC) 8:42.8, 5-Kim Carter (Redding TC, Ca) 8:47.8, 6-Sheila Elms (Colorado Flyers TC) 8:49.2, 7-Pauline Vasquez (SJC) 8:49.5, 8-Rosie Martinez (SCRR) 8:51.9, 9-Sarah Peapples (WA CYO) 8:52.3, 10-Tina Hartman (Kirkwood TC) 8:52.6. Scores, 1-San Jose Cindergals 54, 2-Southern California Road Runners 99, 3-DC CYO 108, 4-Sterling TC, Il 134, 5-Roseville Gazelles, Ca 161, 6-Blue Angels TC (Ca) 196, 7-Duke City Dashers 206. Number of finishers - 72.

**Bantam Division, 9/Under (1.0 mile)**, 1-Bethie Hanlon (Olney TC, Md) 5:51.0, 2-Christine Rakestraw (Kirkwood TC) 6:00.3, 3-Caryn Preusser (Kirkwood TC) 6:02.3, 4-Carol Doody (SCRR) 6:05.5, 5-K.C. Goodwin (Albuquerque Olympettes) 6:07.0, 6-Kerry Bratton (Cupertino Yearlings) 6:07.4, 7-Catherine McKinney Duck City Dashers) 6:08.5, 8-Sarah Matthews (DCD) 6:12.9, 9-Tammy Alwine (Sandwich Striders) 6:15.4, 10-Tracy Reglin (Sterling TC, Il) 6:16.4. Scores, 1-Kirkwood TC, Mo 69, 2-Duke City Dashers 103, 3-Kettering Striders 124, 4-Cupertino Yearlings 144, 5-Roseville Gazelles, Ca 160, 6-Memphis-Shelby Track Foundation 187. Number of finishers - 56.



Julie Shea-North Carolina (J. BACHELER PHOTO)



Mary Decker (COLORADO U.) winning AIAW.

*Boulder, Colorado, November 18:* Defying all the odds, the evenly balanced team from Iowa State, coached by Chris Murray, (who incidentally designed the course for this year's championships), won their fourth consecutive AIAW National title by a convincing margin over their challengers. The Iowa Staters tallied 116 points as their six strongest opponents engaged in a battle royal for runner-up honors. Only three points separated second place from fourth and just nine digits divided 5th from 7th. North Carolina State, not even in the top ten during the 1977 championships, surprised by nabbing second place by scoring 144 points, one less than Penn State and three points ahead of Colorado University. Oregon led the next group with 180 points, with sixth and seventh places by Wisconsin/Madison (190) and the University of Calif-

## AIAW CHAMPIONSHIPS— IOWA NOW FOUR STRAIGHT

ornia (199) disappointing their backers. Wisconsin had beaten Iowa State over this same course a month earlier and California had swept aside all opposition during the year for an undefeated season.

Individual win was scored by home-teamer Mary Decker as she zipped the last 400 to score a three second win over North Carolina's Julia Shea and defending champion Kathy Mills. Mills led into the final turn heading for home, but veered off the course slightly and could not recoup. Virginia scored perhaps the most unusual result as it placed three runners in the top fifteen (4-8-14), giving All American honors to the three but could not back them up with runners strong enough to threaten for the team title. Virginia's fourth and fifth runners strolled in at 77th and 110th places.

Controversy raised its ugly head before race day with the AIAW refusing to allow Cal State Northridge's Julie Brown eligibility to compete. Northridge took the case to court and obtained an injunction permitting Brown to take part and to score. The AIAW, however, refused to abide by the court's decision and although they allowed Brown to run, they would not count her in the scoring. And so, with the case coming up in court soon, the final results may yet be adjusted.

Unfortunately for Northridge, it isn't going to make much difference in their plans, as is often the case with those of mice and men, went completely down the tubes. Brown and Sue Kinsey eased to 1-2 positions at the AIAW Regionals in California and with three other better than average runners, Northridge was a distinct threat for the National title. Coach Chuck Debus planned well. His squad ran at altitude every weekend for several months. The entire group went to Boulder more than a week before the race and planned to be so acclimated they could set a fast pace, kill off the opposition and win the title.

But these plans did not materialize. Upset by the AIAW rulings, court battles and other items not connected with actual running, Brown set a sizzling pace at the mile high course. By the end of the first half mile, Brown and Kinsey had a good 50 yards over the field. The remainder of the Northridge crew took their cue from their



Lynn Jennings (JEFF JOHNSON PHOTO)

two stars and set a pace no one could follow. At the Colorado Invitational in October, Mary Decker passed the mile mark in 6:01 then continued on to win the race with a new course record. Today Brown went by the mile in 4:58, Kinsey at 5:12 and the other three Northridgers at 5:17, 5:20 and 5:28. Needless to say, they soon discovered the pace was too fast and Brown faded to 12th, Kinsey to 193rd and the others fell to a similar fate.

Iowa State became the first team in AIAW history to win four consecutive AIAW titles, although the first championship was an unofficial one. The team strength of the Cyclones won it for them. Debbie Vetter placed seventh, Diane Vetter was 23rd, Bridget Seip 49th, Mary Seybold 61st and Katy Schilly 63rd. It was a sweet victory for Iowa State after battling injuries all year. Seybold missed the Colorado meet with a groin injury, Seip was bothered by bursitis throughout the season and freshman star Teri Wierson, a most sought-after freshman from Oregon, missed the regional and national meets with an injured achilles.



Julie Shea (North Carolina State) leads Kathy Mills before the crucial final turn. Note, how far back is Colorado U's Mary Decker (UNIVERSITY OF COLORADO PHOTO)

"It was a challenging year but we got together and we did it," said ISU Coach Murray. "This team has a lot of character. I don't want to make a big thing of our adversity this year. Our girls know how to run under pressure. They've done it before."

University of California Coach Vern Gambetta came up with some interesting statistics on the race: Totaling times of the first five runners, North Carolina State was tops with a total time of 90 minutes 40.4 seconds. Next came Penn State with 90m 45.9 seconds and Iowa State at 90:49.1. The University of Wisconsin had the smallest spread between first and fifth runner, only 18.4 seconds. Next came Oregon at 51.1 and then Michigan State at 51.6. Gambetta's chart:

School	Score	Team Time	Spread 1-5
Iowa State	6-15-27-35-36	119	90:49.1 59.8
N. Car. St.	2-5-18-49-70	114	90:40.4 2:05.3
Penn State	3-12-29-32-69	145	90:45.9 2:03.3
Colorado	1-21-22-48-55	147	91:05.3 1:51.0
Oregon	19-20-26-51-64	180	91:37.3 51.1
Wisconsin	25-33-41-45-46	190	92:34.2 18.4
California	13-28-38-57-63	199	92:37.7 1:09.1
Virginia	4-7-10-77-110	208	91:55.0 2:44.5
Maryland	14-17-56-58-65	210	92:49.0 1:03.8
Mich St.	23-31-42-43-73	212	93:00.9 51.6

Competition was unbelievably tough. Only 25.3 seconds separated 15th and 50th, only 30 seconds between 50th to 100, and only 32 more seconds from 100th to 150th . . .



Penn State's Kathy Mills, irked by the wrong turn she made which cost her the National Championship. (UNIVERSITY OF COLORADO PHOTO)

Wisconsin coach Pete Tegen stated before the race "If we place in the top five, I will be extremely happy". Well, he wasn't extremely happy, but his team did finish sixth . . . What's the problem with Julie Brown's eligibility? It seems she attended UCLA during the 1973 and 1974 cross country seasons. Although they did not field a University cross country team, Julie did run for the UCLA Track Club, an AAU Club, during those two seasons as there were no collegiate teams to compete against. (I know this to be true for we began cross country at the University of Redlands in 1975 and had to compete only in AAU meets.) The AIAW says these two years of Club running constitute years of eligibility for Brown. What say you? . . . AIAW needs to clean up their rules somewhat. What is "normal progress" toward a degree? How can someone drop out of school one semester, return the following semester and still be eligible? . . . Adding to Northridge's problems: during the nine days they trained in Colorado, the weather was around 20 degree and it snowed constantly. You guessed it, the day of the race it was 60 degrees, the sun was shining, and the team wore spikes for the first time . . . Iowa State had all of its 1977 team members back for 1978. And watch out for the University of California over the next few years. Their team in 1978 was composed of five freshmen and two sophomores . . .

**RESULTS:** 1-Mary Decker (Colorado) 16:59.4 (New course record), 2-Julie Shea (North Carolina State) 17:01.2, 3-Kathy Mills (Penn State) 17:01.7, 4-Margaret Groos (Virginia) 17:15.1, 5-Brenda Webb (Tenn) 17:20.4, 6-Joan Benoit (North Carolina) 17:24.0, 7-Debbie Vetter (Iowa State) 17:30.2, 8-Martha White (Virginia) 17:34.0, 9-Lynn Jennings (Princeton) 17:37.2, 10-Lori Thrupp (Stanford) 17:40.5, 11-Karen Bridges (Oklahoma State) 17:41.9, 12-Maggie Keyes (Cal Poly/SLO) 17:43.3, 13-Janet Ensrud (St. Olaf) 17:44.7, 14-Janet MacColl (Virginia) 17:46.1, 15-Diana Halpin (Houston) 17:47.5, 16-Liz Berry (Penn State) 17:48.9, 17-Jan Oehm (California) 17:50.3, 18-Lorna Orleman (Boston University) 17:51.7, 19-Jody Rittenhouse (Arkansas) 17:53.1, 20-Judi St. Hilaire (Vermont) 17:54.4, 21-Diane Mitchell (UTEP) 17:55.7, 22-Kimberlee Dunlap (Maryland) 17:57.0, 23-Diane Vetter (ISU) 17:58.3, 24-Renee Urish (Kansas State) 17:59.5, 25-Kathy Adams (Washington) 18:00.8 . . . 32-Cheri Williams (Oregon) 18:09.3 . . . 43-Nancy Scardina (Texas) 18:19.0 . . . 53-Sue Munday (CP/SLO) 18:23.9 . . . 58-Sally Zook (Wisconsin) 18:27.5 . . . 88-Marjorie aput (Arizona) 18:43.5 . . . 107-Susan Vigil (New Mexico) 18:58.2 . . . 125-Kate Keyes (CP/SLO) 19:08.0 . . . 129-Pam Morris (Occidental) 19:11.0 . . . 138-Kathy Chisam (UCLA) 19:15.7 . . . 158-Sue Latter (Michigan State) 19:30.0 . . . 185-Christine Caldwell (Western Illinois) 19:56.3 . . . 193-Sue Kinsey (CSN) 20:05.0 . . . 208-Laurie Jewell (CSLB) 20:26.6. Number of finishers - 234.

**SCORES:** 1-Iowa State University 119, 2-North Carolina State 144, 3-Penn State 145, 4-Colorado University 147, 5-Oregon 180, 6-Wisconsin/Madison 190, 7-University of California 199, 8-Virginia 208, 9-Maryland 210, 10-Michigan State 212, 11-Cal Poly/San Luis Obispo 254, 12-Princeton 271, 13-Kansas State 305, 14-Kansas University 358, 15-Spokane Community College 369, 16-Texas 397, 17-Florida State 397, 18-Alabama 438, 19-New Mexico 506, 20-Houston 508, 21-Cal State Northridge 534, 22-Colorado State 535, 23-Western Illinois 553.

# AIAW QUALIFYING

## AIAW REGION 1 QUALIFYING — 11/4/78

Burlington, VT 5,000 Meters

Kathy Mills and Liz Berry took the top two spots to lead Penn State to a win in the Region 1 qualifying. Princeton took second, while the AIAW tie break rule of using the place of the fifth finisher was necessary to break the deadlock for the third qualifying spot, with Maryland qualifying, and Harvard staying home.

Penn State 47; Princeton 92; Maryland 128; Harvard 128; Vermont 157; Rutgers 165; Massachusetts 198; New Hampshire 234; Middlebury 290; Yale 292; St. Johns 319; Connecticut 374; Maine 381; Cornell 385; Slippery Rock 454 (33 full teams, 228 finishers)

1) Kathy Mills	PS	16:18.6
2) Liz Berry	PS	16:42
3) Lorna Orlenan	BU	16:46*
4) Judy St. Hillaire	VT	16:52*
5) Kim Dunlap	MD	16:54
6) Lynn Jennings	Prin	17:00
7) Paula Newnham	Harv	17:10*
8) Patty Murnana	PS	17:11
9) Debby Schulte	Prin	17:11
10) Mary Rawe	PS	17:12
11) Ann Sullivan	Harv	17:15*
12) Karen Von Berg	Midd	17:16*
13) Donna Raymond	VT	17:16*
14) Joan Westphal	Maine	17:22*
15) Nina Zollo	Prin	17:25
16) Beth Clark	UNH	17:26*
17) Mary Walsh	MD	17:26
18) Nancy Seeger	Rut	17:27*

## AIAW REGION 2 QUALIFYING — 11/4/78

Raleigh, NC 5,000 Meters

North Carolina State and Virginia captured the top two spots in the meet to qualify for the AIAW, leaving the Volunteers of Tennessee home. Julie Shea looks ready for another high finish at the AIAW, and has a supporting cast as well.

North Carolina State 35; Virginia 51; Tennessee 86; North Carolina 132; Kentucky 149; Murray State 164; Richmond 167; Morehead State 202; William & Mary 227; Wake Forest 242; Madison 258.

1) Julie Shea	NCS	16:35.8
2) Margaret Groos	VA	16:41.8
3) Joan Benoit	NCS	16:59.2
4) Brenda Webb	T	17:18 *
5) Martha White	VA	17:39
6) Valerie Ford	NCS	17:47
7) Alenna McCarthy	More	17:51 *
8) Kim Sharpe	NCS	17:52
9) Janet McCall	VA	18:03
10) Nancy Radford	NC	18:10 *
11) Debra Snaggs	Rich	18:24 *
12) Mary Whitt	Kent	18:25
13) Laura Brewer	Memp St	18:26 *

## AIAW REGION 3 QUALIFYING — 11/4/78

Atlanta, Georgia 5,000 Meters

Alabama handed Florida State their first loss ever in regional competition with a 32-39 win. Both teams advance to the nationals as the region representatives. Cindy Sturm of Alabama was a comfortable winner, twenty six seconds ahead of Kathy Moore of Florida State.

Alabama 32; Florida State 39; Auburn 60; Berry 116; Georgia State 132; Jacksonville State 172.

1) Cindy Sturm	Ala	18:26
2) Kathy Moore	FSU	18:52
3) Kim Peterson	AU	18:56*
4) Sue Thomas	Ala	19:02
5) Lisa Kinch	FSU	19:06
6) Nancy McCormac	FSU	19:08
7) Sue Jackson	Ala	19:09
8) Ann O'Mara	AU	19:10 *
9) Linda McLennon	Ala	19:11
10) Kristi Hanna	GSU	19:12 *
11) Lisa Schulzemer	Ala	19:14
12) Nancy Jacquish	FSU	19:17
13) Kristan Glasgow	AU	19:20 *

\*Eight Individual Qualifiers.

## AIAW REGION 4 QUALIFYING — 11/4/78

Norman, Okla. 5,000 Meters

Texas and Houston locked up in a close battle with both qualifying for the AIAW, with Texas A&M only points back. Karen Bridges of Oklahoma State was the individual winner.

Texas 50; Houston 54; Texas A&M 61; Arkansas 81; Texas Tech 111; Angelo State 168.

1) Karen Bridges	OSU	16:59 *
2) Jody Rittenhouse	Ark	17:03 *
3) Martha Serpian	A&M	17:19 *
4) Diana Halpin	Hou	17:21
5) Nancy Sardina	Tex	17:46
6) Laurie Scott	A&M	17:50 *
7) Isabell Navarro	TT	17:59 *
8) Nancy Fitzgerald	Hou	18:09
9) Lisa Thomas	Ark	18:14 *
10) Kristi Garcia	Tex	18:25

## AIAW REGION 5 QUALIFYING — 11/4/78

Macomb, Ill. 5,000 Meters

Powerful Wisconsin, led by individual winner Marybeth Spencer, readied themselves for the AIAW Meet with an impressive win over Michigan State, 25-83. Western Illinois gained the third spot with the tiebreak rule with Illinois.

Wisconsin 25; Michigan State 83; Western Illinois 165; Illinois 165; Wisconsin-Milwaukee 177; Illinois State 201; Purdue 216; Ohio State 235; Southern Illinois 238; Eastern Michigan 243.

1) Marybeth Spencer	WISC	17:16
2) Robin Smith	EIU	17:17 *
3) Sally Zook	WISC	17:27
4) Anita Moyer	Ill	17:32 *
5) Beth Sheridan	OSU	17:37 *
6) Marty McElwee	WISC	17:47
7) Lindy Nelson	SIU	17:48 *
8) Cathy Bremser	WISC	17:49
9) Kelly Spatz	MSU	17:56
10) Lil Lawrence	MSU	18:00
11) Lynn Morin	WISC	18:09
12) Cheryl Konkol	W-MIL	18:12 *
13) Marybeth Wisnew	PURD	18:13 *
14) Lisa Berry	MSU	18:14
15) Nathalie Hughes	MSU	18:16
16) Chris Hass	W-MIL	18:17 *
17) Shirley Russell	Kent	18:18 *
18) Sue Agnew	WISC	18:19
19) Nancy Knop	ILL	18:21 *
20) Noreen Harrison	OSU	18:21 *
21) Mary Rier	W-MIL	18:22 *
22) Kelly O'Toole	IND	18:23 *

## AIAW REGION 6 QUALIFYING — 11/4/78

Ames, Iowa 5,000 Meters

Iowa State looks ready for a defense of their AIAW title in two weeks at Colorado with a convincing win in the Region 6 Meet. Debbie Vetter of ISU took the individual crown as well, to pace ISU to a comfortable win over Kansas and Kansas State, the other two qualifiers from the district.

Iowa State 39; Kansas 104; Kansas State 109; St. Olaf of Minnesota 114; Minnesota 158; Missouri 180; Nebraska 186; Southwest Missouri 227; Mankato State 257; Golden Valley Lutheran 307.

1) Debbie Vetter	ISU	17:17
2) Carol Schenk	Neb	17:30 *
3) Renee Urish	KSU	17:49
4) Janet Ensrud	SO	18:00 *
5) Diane Vetter	ISU	18:03
6) Katy Schilly	ISU	18:06
7) Sue Thomas	SDSU	18:09 *
8) Wren Schafer	GV	18:09 *
9) Michele Brown	Kan	18:18
10) Donna Gathjie	Mank	18:21 *
11) Mary Seybold	ISU	18:22
12) Janel LeValley	KSU	18:24
13) Sheila Beecher	GV	18:27 *
14) Liz Stronge	SO	18:29 *
15) Maryellen Kunkel	Miss	18:29 *

### Other Individual Qualifiers:

16) Leslie Seymour	St. Olaf
17) Terry Schooner	Neb. Omaha
19) Maggie Munro	Minnesota
20) Terri Wegner	Minnesota
24) Cathy Gebhards	Cent. Missouri

**HOW  
THEY  
GOT  
THERE**

(All Regional summaries courtesy of "The Harrier", Mike Muska, Editor and Publisher).

**AIAW REGION 7 QUALIFYING — 11/4/78**  
Laramie, WYOM 5,000 Meters

Colorado got a bit more competition than expected from New Mexico, but a win by Mary Decker helped the team from CU to the regional win 52-68. Colorado State, the host school for the AIAW, was third, but is granted an automatic spot as host school.

Colorado 52; New Mexico 68; Colorado State 85; Arizona 106; Northern Colorado 131; BYU 147; Wyoming 149; Idaho State 199; Texas El Paso 207; Air Force 212; Adams State 315.

Meet was run at 7,200 altitude.

1) Mary Decker	COL	18:42
2) Amy Laffoon	CSU	18:59
3) Janet Wrobiskie	NM	19:06
4) Judy McClarey	NCU	19:16*
5) Debbie Mitchell	UTEP	19:23*
6) Jeri Wells	CSU	19:28
7) Joan Hansen	ARIZ	19:34*
8) Kathy Wilson	COL	19:39
9) Susan Vigil	NM	19:47
10) Linda Carlson	NCU	20:01*
11) Araceli Arana	Weber	20:04*
12) Dana Slater	COL	20:10
13) Kim Hills	COL	20:10
14) Patty Kauffman	NM	20:11
15) Marjorie Kaput	ARIZ	20:11*
16) Jeri Butt	NCU	20:13*
17) Joy Hansen	ARIZ	20:23*
18) Kystra Holmes	ARIZ	20:26*

**AIAW REGION 8 QUALIFYING — 11/4/78**  
Long Beach, Cal. 5,000 Meters

Berkeley came through again strong to capture the Region 8 meet over UCal Northridge and Cal Poly, the two other national qualifiers. Julie Brown and Sue Kinsey of Northridge took the top two spots in the individual battle.

UC Berkeley 32; Northridge 58; Cal Poly SLO 62; UCLA 102; Hawaii 188; San Diego State 240; Stanford 249; Sacramento State 253; Hayward State 262.

1) Julie Brown	North	17:02
2) Sue Kinsey	North	17:07
3) Maggie Keyes	Poly	17:12
4) Jan Oehm	Berk	17:14
5) Lynn Hjelte	Berk	17:27
6) Alice Trumbly	Berk	17:30
7) Susie Meek	Berk	17:33
8) Ann Thrupp	Stan	17:34*
9) Sue Monday	Poly	17:36
10) Sue Richter	Berk	17:38
11) Kate Keyes	Poly	17:42
12) Linda Broderick	UCLA	17:47*
13) Lori Declerg	Haw	17:53*
14) Tammy Hogge	North	17:56
15) Cindy Haney	Haw	17:58*
16) Kathy Chisam	UCLA	17:59*
17) Sheila Ralston	UCLA	18:00*

Other Individual Qualifiers:

21) Diane Riley	SDS	18:15
22) Kathy Robertson	UCLA	18:16
23) Kathy Jewell	LB	18:26
26) Pam Morris	Oxy	18:36

**AIAW REGION 9 QUALIFYING — 11/4/78**  
Seattle, Wash. 5,000 Meters

Oregon scored a perfect 15 with their top five within eighteen seconds of each other to establish themselves as a definite national contender. Washington and Spokane Community College were the other two team qualifiers. Robin Baker captured the individual crown for the Lady Ducks.

Oregon 15; Washington 73; Spokane Community College 110; Montana State 138; Oregon State 163; Seattle Pacific 175.

1) Robin Baker	Ore	17:46.3
2) Ellen Schmidt	Ore	17:56.0
3) Cheri Williams	Ore	18:01.5
4) Jody Parker	Ore	18:01.7
5) Kati Mountain	Ore	18:04
6) Jodi Smith	Boise	18:05*
7) Renee Rotman	Wash	18:09
8) Kathy Adams	Wash	18:11
9) Laurie Adams	Mont St.	18:13 *
10) Cindy Bradley	Mont St.	18:14 *

Other Individual Qualifiers:

11) Carmen Aguirre	Cent Wash	18:16
15) Brenda Cardon	Ore St	18:25
19) Janet Lovelace	Ore St	18:32
23) Ronda Burnett	East Ore	18:46
24) Debby Brizze	Lynnfield	18:50
25) Stefani Stouff	Ore St	18:52
27) Janet Pearson	West Wash	18:56

\*Indicates individual qualifiers.

## LET'S HEAR IT FOR PAT RICO



"Women's Track World" is happy to report on the actions of the Women's Committee at the biennial meeting of the IAAF Congress in Puerto Rico in early November. The ongoing controversy between women distance runners and officials, (see Jackie Hanson's article in last month's issue of WTW), lost some of its punch when Maria Hartman, chairman of the Women's Committee, and Pat Rico, representative from the USA, gave their reports and opinions on the floor of the Congress meeting. In spite

of harassment from IAAF President Adrian Paulen, Pat Rico battled for recognition of the 3000 meters as an approved event for international competition, requested approval of the marathon and for the 10000 meters and asked for the 5000 to replace the 3000. These latter measures were not even allowed to go before the Congress as they were shot down by President Paulen. Perhaps that old saying about being a "stubborn Dutchman" is not so far from wrong after all!

Items of major interest to women all over the world were the following items which were approved by the IAAF: (1) Following the 1980 Olympic Games, the pentathlon will be replaced by a heptathlon. Schedule will be: first day — 100H, shot put, high jump and 200; second day — long jump, javelin throw and 800. Evidently the scoring table will be revised, opinion is that too much scoring power is presently given to the high jump. (2) The marathon WILL be run in the World Championships, first of which is scheduled for 1982. (3) Discus sector has been reduced from 45° to 40°.

concerned with politics? The IAAF Congress completely ignored the warnings and statements of its own lawyers and voted as they had been instructed by their governments. Now that they have the Red Chinese in their organization, what can they expect? Trouble with a capital "T", that's what they can expect.

## Red China and the IAAF

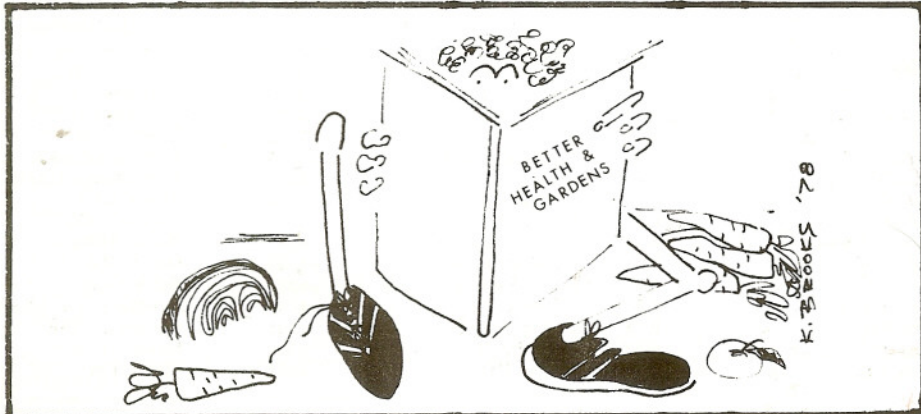
*Continued from pg. 16*

My solution: stage the Olympics and the world championships, invite the world and those who want to compete will come and those who don't want to compete will stay home, but don't prevent anyone from taking part if they want to do so.

The irony of the whole thing is yet to be told. In order to compete in the Olympic Games, a nation must belong to the International Olympic Committee. The Republic of China is a member, the Communists are not. And so the Red Chinese still can not take part in the Olympics.

Don't ever believe this entire maneuver was not carefully planned. The sequence of events as they occurred could not "just happen". There was a conspiracy and there was collusion. Chances are the Red Chinese will be in the Olympics IF THEY FEEL THEY ARE READY FOR INTERNATIONAL COMPETITION. My guess is they will not take part in 1980 because they do not feel they are ready and because they will not go to the Soviet Union. But money still talks and it may talk them right into the Games after all. So far, they have succeeded in eliminating Taiwan from even existing in the athletic world and have achieved their first objective.

BL. M. MOORE



# EUROPE TOP TWENTY 1978

## 100 m

10.94	Gohr, DDR
11.16	Koch, DDR
11.16	Richter, GFR
11.18	Haglund, Swd
11.18	Walsh, Irl
11.20	Hamann, DDR
11.23	Maslakowa, USSR
11.26	Lannaman, GB
11.27	Rega, Fra
11.27	Storoshkova, USSR
11.30	Schneider, DDR
11.32	Lynch, GB
11.35	Sulter, Fra
11.35	Kondratjewa, USSR
11.36	Auerswald, DDR
11.36	Bodendorf, DDR
11.37	W. Anissimowa, USSR
11.38	Szewinska, Pol
11.40	Alize, Fra
11.41	Lockhoff, DDR
11.41	Bading, DDR

## 200 m

22.06	Koch, DDR
22.38	Gohr, DDR
22.52	Kondratjewa, USSR
22.62	Maslakowa, USSR
22.64	Bodendorf, DDR
22.75	Hartley, GB
22.76	Hamann, DDR
22.77	Brehmer, DDR
22.77	Rega, Fra
22.84	Richter, GFR
22.86	Szewinska, Pol
22.88	Lannaman, GB
22.89	Lockhoff, DDR
22.89	Iwanowa, Bul
22.90	Haglund, Swd
22.99	Smallwood, GB
23.03	Schneider, DDR
23.03	W. Anissimowa, USSR
23.09	Kafer, AUT
23.11	Goddard, GB

## 400 m

48.94	Koch, DDR
50.15	Brehmer, DDR
50.40	Szewinska, Pol
50.83	Kultschunowa, USSR
50.85	Streidt, DDR
51.09	Kratochvilova, CSSR
51.13	Prorotschenko, USSR
51.29	Haggman, Fin
51.36	Krug, DDR
51.41	Mushta, USSR
51.45	Marquardt, DDR
51.59	Kohn, DDR
51.62	Weib, DDR
51.69	Hartley, GB
51.70	Elder, GB
51.74	Bubmann, GFR
51.78	Kacperczyk, Pol
51.82	Petrowa, Bul
51.97	Fuhrmann, GFR
52.06	Tariza, Rum

## 800 m

1:55.8	Prowidochina, USSR
1:55.8	Mushta, USSR
1:56.2	Weiss, DDR
1:56.6	Riel, USSR
1:56.6	Petrowa, Bul
1:57.5	Weselkowa, USSR
1:57.5	Ulrich, DDR
1:57.9	Styrkina, USSR
1:58.10	Bruns, DDR
1:58.7	Bjelousowa, USSR
1:58.8	Lowin, Rum
1:59.24	Buse, DDR
1:59.3	Iwanowa, USSR
1:59.32	Kampfert, DDR
1:59.41	Tariza, Rum
1:59.42	Schmidt, DDR
1:59.5	Kustowa, USSR
1:59.78	Kacperczyk, Pol

1:59.8	Silai, Rum
1:59.8	Jazinska, Bul
1:59.89	Roock, DDR

## 1500 m

3:59.0	Romnowa, USSR
3:59.8	Marasescu, Rum
4:00.2	Petrowa, Bul
4:00.2	Ilijnych, USSR
4:00.6	Waitz, Hol
4:01.3	Dorio, Ita
4:01.54	Kraus, GFR
4:01.95	Bruns, DDR
4:02.1	Kalnizkaja, USSR
4:02.8	Swirna, USSR
4:03.1	Lehmann, DDR
4:03.1	Silai, Rum
4:03.5	Kusnezowa, USSR
4:03.5	Guskowa, USSR
4:03.9	Rigel, USSR
4:04.1	Mushta, USSR
4:04.5	Saizewa, USSR
4:04.6	Burki, Swz
4:04.7	Weselkowa, USSR
4:04.7	Kusnezowa, USSR
4:04.7	Jazinska, Bul

## 3000 m

8:32.1	Waitz, Nor
8:33.2	Ulmasowa, USSR
8:33.5	Marasescu, Rum
8:40.9	Puica, Rum
8:42.3	Olafsson, Dan
8:43.0	Romanowa, USSR
8:45.6	Bjelousowa, USSR
8:45.6	Ilijnych, USSR
8:46.1	Burki, Swz
8:47.6	Guskowa, USSR
8:48.3	Smechnowa, USSR
8:48.7	Fudge, GB
8:52.33	Benning, GB
8:52.5	Sadretidinowa, USSR
8:52.60	Lehmann, DDR
8:53.1	Ford, GB
8:58.4	Purcell, Irl
9:00.38	Schterewa, Bul
9:00.9	Valero, Spa
9:01.6	Gazibara, Rum

## 100 m Hurdles

12.48	G. Rabsztyn, Pol
12.62	Klier, DDR
12.67	T. Anissimowa, USSR
12.73	Berend, DDR
12.83	Morgulina, USSR
12.89	Langer, Pol
12.92	Perka, Pol
12.98	Lebedjewa, USSR
12.98	E. Rabsztyn, Pol
13.02	Fiedler, DDR
13.08	Boothe, GB
13.14	Bielczyk, Pol
13.16	Kempin, GFR
13.19	R. Beyer, DDR
13.20	Swierczynska, Pol
13.23	Colyear, GB
13.25	Bartkowiak, DDR
13.27	Guschewa, Bul
13.28	Claus, DDR
13.31	Szuic, Pol

## 400 m Hurdles

54.89	Selenzowa, USSR
55.14	Hollmann, GFR
55.36	Rossley, DDR
55.44	Kacperczyk, Pol
55.46	Kohn, DDR
55.63	Weiss, DDR
55.97	Barkaane, USSR
56.19	Makejewa, USSR
56.47	Ullrich, DDR
56.60	Weinstein, GFR
56.68	Filippowa, Bul
56.71	Alaerts, Bel
56.73	Blaszak, Pol
56.97	Subowa, USSR

57.09	Kostezkaja, USSR
57.12	Iliewa, Bul
57.21	Kolesnik, USSR
57.23	Badescu, Rum
57.34	Keller, Swz
57.36	Appleby, Irl

## 4x100 m Relay

42.27	DDR
42.54	USSR
42.72	Great Britain
43.47	Bulgaria
43.78	France
43.83	Poland
44.18	GFR
44.31	Sweden
44.76	Switzerland
44.89	Italy
45.03	CSSR
45.20	Belgium
45.30	Holland
45.75	Finland
45.86	Yugoslavia

## 4x400 m Relay

3:21.2	DDR
3:22.5	USSR
3:26.8	Poland
3:27.1	Great Britain
3:28.0	GFR
3:30.4	CSSR
3:30.7	Hungary
3:30.7	Rumania
3:32.2	Finland
3:32.7	Bulgaria
3:33.4	Belgium
3:33.8	France
3:34.7	Holland
3:36.6	Sweden
3:38.2	Italy
3:39.59	Switzerland
3:41.43	Ireland
3:41.9	Norway
3:42.53	Spain
3:44.0	Yugoslavia

## High Jump

2.01'	Simeoni, Ita
1.99'	Achkermann, DDR
1.95'	Holzappel, GFR
1.95'	Meyfarth, GFR
1.93'	J. Kirst, DDR
1.93'	Nitzsche, DDR
1.91'	Popa, Rum
1.89'	Klimentjonok, USSR
1.89'	Matay, Hun
1.89'	Kielan, Pol
1.89'	Dini, Ita
1.88'	Pira, Bel
1.88'	Pira, Bel
1.88'	Harnack, GFR
1.88'	Filatowa, USSR
1.88'	Denissowa, USSR
1.88'	Mracnova, CSSR
1.88'	Rehorowska, CSSR
1.88'	Oskolok, USSR
1.88'	Iwantschentoko, USSR
1.88'	Ioan, Rum

## Long Jump

7.09'	Bardauskiene, USSR
6.79'	Siegl, DDR
6.79'	Voigt, DDR
6.74'	Nygrynova, CSSR
6.73'	Wujak, DDR
6.71'	Panaït, Rum
6.66'	Stukaane, USSR
6.65'	Wycisk, DDR
6.62'	Curtet, Fra
6.61'	Alfejewa, USSR
6.59'	Reeve, GB
6.59'	Neubert, DDR
6.58'	Weigt, GFR
6.57'	M. Papi, Hun
6.56'	Hanel, GFR
6.56'	Anton, Rum
6.54'	Wilkes, GFR
6.54'	M. Papp, Hun
6.53'	Schmidt, GFR
6.50'	Kruger, DDR

## Shot Put

22.06/72' 4½	Slupianek, DDR
21.87/71' 9	Fibingerova, CSSR
21.58/70' 9½	Droese, DDR
21.58/70' 9½	Adam, DDR
20.99/68' 10½	Knorscheidt, DDR
20.70/67' 11	Kratschewskaja, USSR
20.20/66' 3¼	Stojanowa, Bul
20.10/65' 11¼	Wilms, GFR
19.92/65' 4½	Bufetowa, USSR
19.76/64' 10	Petrowa, Bul
19.74/64' 9½	N. Issajowa, USSR
19.42/63' 8½	Bartonova, CSSR
19.24/63' 1½	Fitzner, DDR
19.22/63' 0¾	Michel, DDR
19.16/62' 10¼	Weselinowa, Bul
19.09/62' 7½	Achrimenko, USSR
19.05/62' 6	Schulze, DDR
18.98/62' 3¼	Welewa-Melnik, USSR
18.95/62' 2	Kot, USSR

## Discus

70.72/232' 0	Jahl, DDR
70.34/230' 9	Welewa-Melnik, USSR
68.48/224' 8	Droese, DDR
67.54/221' 7	Petrowa, USSR
66.94/219' 7	Boshkowa, Bul
66.28/217' 5	L. Issajowa, USSR
66.24/217' 4	Gorbatschowa, USSR
66.10/216' 10	Engel, DDR
64.04/210' 1	Prouzova, CSSR
63.02/206' 9	Bereshnaja, USSR
63.00/206' 8	Sander, DDR
63.00/206' 8	Slupianek, DDR
62.88/206' 3	Christowa, Bul
62.46/204' 11	Rekeschat, DDR
62.40/204' 9	Menis, Rum
62.16/203' 11	Jerocha, USSR
62.00/203' 5	Chartschenko, USSR
61.36/201' 4	Stepanova, USSR
61.20/200' 9	Achrimenko, USSR
61.04/200' 3	Streljowa, Bul

## Javelin

69.16/226' 11	R. Fuchs, DDR
64.24/210' 9	Richter, DDR
64.04/210' 1	Helmschmidt, GFR
64.00/210' 0	Sanderson, GB
63.60/208' 8	Hommola, DDR
63.18/207' 3	Nikanorowa, USSR
62.40/204' 9	Raduly-Zorgo, Rum
61.92/203' 2	A. Fuchs, DDR
61.90/203' 1	Felke, DDR
61.66/202' 3	Resper, GFR
61.20/200' 9	Putiniene, USSR
61.20/200' 9	Blechacz, Pol
60.42/198' 3	Thyssen, GFR
60.38/198' 1	Wantschewa, Bul
69.76/196' 1	Sakorafa, Gre
59.74/196' 0	Michailowa, Bul
59.40/194' 10	Fekete, HUN
59.08/193' 10	Portnowa, USSR
59.04/193' 8	Gumba, USSR
58.82/193' 0	Stange, DDR

## Pentathlon

4746	Tkatschenko, USSR
4655	M. Papp, HUN
4600	Pollak, DDR
4599	Nitzsche, DDR
4596	Smirnowa, USSR
4592	Philipp, GFR
4590	Gordienko, USSR
4520	Neubert, DDR
4514	Losch, GFR
4415	Korjakina, USSR
4388	Schulshenko, USSR
4363	Albert, GFR
4351	Lorenci, YUG
4348	Barlag, HOL
4343	Oja, USSR
4336	Sulek, GFR
4331	Kvietkauskaitė, USSR
4321	Karpowa, USSR
4310	Ionescu, Rum
4307	Picaut, Fra



# IT'S A TWO

# COUNTRY WORLD

More than 160 nations are members of the International Amateur Athletic Federation, but as far as women's track and field is concerned, there are only two — The Soviet Union and the German Democratic Republic. These two countries so dominate the track world of women that sometimes one wonders just how it will be possible to catch up with them. Don't be misled by the slim four point victory the Soviet women scored over the Americans last July in Berkeley. The main troops were being readied for the European Championships for one thing. And during the competition their number one javelinist was injured and threw without an approach run, their number one high jumper did not compete and their number two 200m runner was scratched. When the chips were down in Prague, the Soviets came through with, if you'll excuse the expression, flying colors.

With the release of the 1978 Europe Best List, the strength of the East Germans and the Russians is immediately visible. A secondary fact which also strikes you immediately is the strength of Eastern Europe over the Western nations. Two hundred and eighty two athletes are listed in the

1978 Europe list with 217 of these spots taken by the Eastern bloc — 154 by East Germany and Russia alone! All of Western Europe grabbed off only 65 positions and 48 of these were by West Germany and Great Britain. (See chart #1)

Scoring the events on a 10-8-6-4-2 scale, Eastern Europe would whip the West 338 to 82 with the DDR troops scoring 173 points all by themselves. (See Chart #2).

Chart #3 shows the number of positions each nation registered by events. East Germany scored 8 out of the 20 spots in the 100, seven each in the 200, 400, and 800 and shot put but dropped off dramatically in the 1500 (2 positions) and the 3000 (only 1 spot). The Soviets monopolized the discus with 9 positions, picked up 8 more in the pentathlon and 800 and capped everything by nabbing 11 of the top 20 positions in the 1500. Best effort by a Western nation was the 23 positions won by the West German athletes while Great Britain captured 13 spots. (Remember the Russians had 11 places in one event alone!) In only one event, the high jump, did the Eastern nations fail to win the top mark of the year.

CHART #1: Positions won by each nation.

1—USSR.....	81
2—DDR.....	73
3—GFR.....	23
4—Bulgaria.....	17
Rumania.....	17
6—Great Britain.....	15
Poland.....	15
8—Czechoslovakia.....	7
9—France.....	6
10—Hungary.....	5
11—Ireland.....	3
Italy.....	3
Switzerland.....	3
14—Sweden.....	2
Belgium.....	2
Norway.....	2
17—Yugoslavia.....	1
Austria.....	1
Finland.....	1
Netherlands.....	1
Denmark.....	1
Greece.....	1
Spain.....	1
Eastern bloc.....	217
Western bloc.....	65

CHART #2: Scoring (10-8-6-4-2) by nations.

1—DDR.....	173
2—USSR.....	82
3—GFR.....	34
4—Poland.....	28
5—Rumania.....	19
6—Great Britain.....	15
7—Czechoslovakia.....	14
Bulgaria.....	14
9—Norway.....	12
10—Italy.....	11
11—Hungary.....	8
12—Switzerland.....	3
Ireland.....	3
14—Denmark.....	2
France.....	2
Eastern bloc.....	338
Western bloc.....	82

CHART #3: Positions by event

Nation	100	200	400	800	1500	3000	100H	400H	Track Events	HJ	LJ	SP	DT	JT	Pent	Field Events	Total
USSR	4	3	3	8	11	7	3	6	45	5	3	7	9	4	8	36	81
GDR	8	7	7	7	2	1	6	4	42	3	6	7	6	6	3	31	73
GFR	1	1	2	x	1	x	1	2	8	3	4	1	x	3	4	15	23
Bulgaria	x	1	1	2	1	1	1	2	9	x	x	3	3	2	x	8	17
Rumania	x	x	1	3	2	3	x	1	10	2	2	x	1	1	1	7	17
Poland	1	1	2	1	x	x	7	2	13	1	x	x	x	1	x	2	15
Great Britain	2	4	2	x	x	3	2	x	13	x	1	x	x	1	x	2	13
Czechoslovakia	x	x	1	x	x	x	x	x	1	2	1	2	1	x	x	6	7
France	3	1	x	x	x	x	x	x	4	x	1	x	x	x	1	2	6
Hungary	x	x	x	x	x	x	x	x	0	1	2	x	x	1	1	5	5
Ireland	1	x	x	x	x	1	x	1	3	x	x	x	x	x	x	0	3
Italy	x	x	x	x	1	x	x	x	1	2	x	x	x	x	x	2	3
Switzerland	x	x	x	x	1	1	x	1	3	x	x	x	x	x	x	0	3
Sweden	1	1	x	x	x	x	x	x	2	x	x	x	x	x	0	2	2
Belgium	x	x	x	x	x	x	x	1	1	1	x	x	x	x	x	1	2
Norway	x	x	x	x	1	1	x	x	2	x	x	x	x	x	x	0	2
Austria	x	1	x	x	x	x	x	x	1	x	x	x	x	x	x	0	1
Finland	x	x	1	x	x	x	x	x	1	x	x	x	x	x	x	0	1
Yugoslavia	x	x	x	x	x	x	x	x	0	x	x	x	x	x	1	1	1
Netherlands	x	x	x	x	x	x	x	x	0	x	x	x	x	x	1	1	1
Denmark	x	x	x	x	x	1	x	x	1	x	x	x	x	x	x	0	1
Greece	x	x	x	x	x	x	x	x	0	x	x	x	x	1	x	1	1
Spain	x	x	x	x	x	1	x	x	1	x	x	x	x	x	x	0	1
TOTALS	21	20	20	21	20	20	20	20	162	20	20	20	20	20	20	120	282



# ANDREA KIRKORN

On a recent quiet Saturday afternoon, Randy Dunlevie burst into my office and yelled "Coach," (Randy is one of my ex-athletes... a 2:30 marathoner who is also a staff writer for WTW) "You'll never believe the little girl who won the C.I.F. meet today!"

The C.I.F. Meet he spoke of happens to be one of the toughest, most competitive high school races in the country. It is properly titled, "Southern California Interscholastic Federation Cross Country Championships." However, to the runners, it's just plain "C.I.F. Finals."

The runner he spoke of was a surprise because most of the knowledgeable cross country buffs had not heard of Andrea Kirkorn, or if they had, they certainly had not placed any bets on her. The reason? Andrea is a 14 year old ninth grader in her first season of high school competition... just like hundreds of other ninth graders across the nation.

Andrea is not like other freshmen. True, she is small, (5'3 and 90 lbs.) and young and appears normal in every other way to the point that you could not pick her out of a crowd as being a national-class runner. However, the difference stops there: First, she is a member of the Edison H.S. (Huntington Beach, Calif.) cross country team which strikes fear in the hearts of most So. California coaches. Edison just won its second straight C.I.F. championship having devastated the field in 1977 and again this year.

Secondly, Andrea is different from other fourteen year olds in that she has just taken on the finest prep runners Southern California can offer. The C.I.F. meet was composed of the survivors of the qualifying rounds which started with over 400 high schools... when you start with that many schools and pare it down to the finals... everyone is good!

After Randy had settled down in an office chair and told me about Andrea's victory, I arranged to meet her for an interview and a session of photos. Our staff photographer met her at the Huntington Beach pier and shot three dozen pictures of Andrea on and near the beach which is her favorite place to run. She is extremely photogenic and caused nothing but havoc when the staff went about selecting the picture to be used for the cover... there wasn't a bad photo in the bunch!

After the photo session, Andrea came to the WTW office still dressed in her Edison H.S. warmup suit. I was pleasantly surprised! She was friendly, smiled easily, a bit on the shy side, and... pretty. Her eyes are expressive, especially when she becomes engrossed in talking about running... or rather, the fun things that go with running, like her travels, her team mates and her days spent at the beach. One thing was obvious: Andrea Kirkorn is not only unaffected by her accomplishments... she has not the slightest idea how good she really is. That, in itself, made the interview a delight.

**WTW:** To win the C.I.F. meet is quite an accomplishment, but more so when you are a fourteen year old freshman. Did it ever occur to you that you would win the meet?

**ANDREA:** Not really. I had raced well most of the season and I secretly had in my mind that I might do well. I hoped I could be in the top five.

**WTW:** The top five! That is still a lofty ambition for one your age. Let's talk about your background in running. When did you start?

**ANDREA:** I first started running when I was eight years old and competed for the La Mirada Meteors where I was coached by Steve Wennerstrom. (Ed. Steve Wennerstrom is a former editor of WTW and is now

the assistant Sports Information Director for Women's athletics at University of Tennessee).

**WTW:** How long did you run with the Meteors and did you enjoy running?

**ANDREA:** Yes, I like it most of the time. Like all things, it has some days when I get tired of it, but mostly I really like it. I stayed with the Meteors one year and then changed to the Blue Angels Track Club where I stayed for the next five years under the training of coach Don De Noon. Then I spent one year with the Rialto Roadrunners and was coached by my Dad.

**WTW:** Can you give times you ran in those early years?

**ANDREA:** I really can't remember much in the way of times. I ran cross country, and in track ran mostly 880 and mile. Last year as an eighth grader I ran 2:20 for 880 yards and 5:07 for one mile.

**WTW:** Do you know what kind of leg speed you have?

**ANDREA:** I ran 61.9 for 440 as an eighth grader. I really like the 440 and hope to run on our mile relay team this year.

**WTW:** That covers your early years. Tell me what you did to prepare for the C.I.F. meet. Let's start with last summer. Did you train all summer?

**ANDREA:** I ran very little during the summer except for two different weeks when I trained with a close friend who lives in Northridge. She spent a week at my house and we put in 60 miles that week. That was at the end of June and then the first week of August I spent a week with her and we put in 60 miles again. Other than that I did very little running. Sometimes I would run several miles to the beach with friends and spend the day at the beach and then run home.

**WTW:** You say it so casually... how fast were these runs?

**ANDREA:** Really, I mean very slow... like ten-minute mile pace.

**WTW:** O.K., I guess we've established that you had a rather leisurely summer. When did you start getting serious about your training?

**ANDREA:** In late August our team went on a camping trip to Yosemite National Park and spent a week at Touleme Meadow camped in tents and cooking our own food; took turns washing dishes, etc. We had a variety of meals which ranged from steak to pancakes to sandwiches.

*Continued on next page—*

# WHY RUN?

When I started my coaching career eighteen years ago, I was constantly searching for inspirational material to pass on to my athletes. That first year I read an essay written by Jim Klein, coach at Westmont College in Santa Barbara, California. That year and each succeeding year, I gave a copy of that essay to each athlete I coached. My thanks to Jim for "WHY RUN" and the affect it had on hundreds of fine young men and women through the years. Jim Crumpton — Publisher.

The question has come up a couple of times this year: "Why Run?" What am I doing this for? "Why come out here every afternoon and beat my brains out?" "What does it prove?" Well, these are all good questions and they should be answered.

Running, in and of itself probably doesn't prove much. The mere fact that a man ran a four-minute mile probably won't mean much a hundred years from now or maybe even tomorrow. Running is possibly just as pointless as putting a man on the moon, or constructing a monument or painting a picture or some of the other strange things that men do.

There are many valuable bi-products to running and training and it's possible the bi-products are more significant than the product. First, there is physical fitness. You can arrive at a high state of physical fitness through running and exercising. Fitness is certainly in the limelight these days, and I think that for a Christian, a sound body is certainly to be coveted. But fitness isn't a good enough excuse to come out and run yourself into the ground each evening.

There must be a better reason than fitness because there are many easier and less painful ways at arriving at fitness. The fact is that some of our world's great men, who have made tremendous contributions to our society, have been men who have scorned exercise in any form.

Could the value in running be in defeating

your opponent? Could setting yourself up as the champion and becoming confident and able to take on all comers be the thing to strive for? This breaks down pretty fast. Some of the men that get more out of competing than anyone else are those who run last or nearly last in every race; and some of the men who lose more and are done more harm by competition are those who never taste defeat. A man cannot remain the champion long. Someone who is faster or stronger always comes along. Another interesting thing about being the champion is that once you reach the heights it doesn't seem as valuable anymore. It's just another of many little steps, happening to be the top one.

Well, what is the sense of running? What is the logic of really punishing yourself each evening, of striving to become better, more efficient, tougher? THE VALUE IN IT IS WHAT YOU CAN LEARN ABOUT YOURSELF. The value is in the position it puts you. You are placed naked before yourself and your team. You can give it all you've got or you can make an excuse for yourself and not really try. You can make an excuse for not winning or you can admit that your opponent was a better man on that day. In this sort of situation, all kinds of qualities come out; things that you may not have seen in yourself before and are hard to look at and accept as being you. You may see in yourself a tendency to loaf when the going

really gets tough and your body is crying for a moments rest. It is not fun to look at a quality like this, especially when you see it in yourself. You may find yourself talking a great race and yet not running one and see yourself as a bag-of-wind. You may be a chronic excuse maker, finding all sorts of fantastic reasons for not really doing what you can do. There are dozens of other things that you might see, some unpleasant, some pleasant. The important thing is that these qualities are you, not just you as you relate to running, but you as you relate to your studies, your schoolmates, your parents, your job, and, most importantly, to your God.

Through running, persevering, punishing, you get down to the real you as you can in few things. You get a rare glimpse of what you are really like. This is a privilege granted to a very few. Not many have the opportunity of taking themselves to the breaking point and then recognizing it and overcoming it. Each evening when you jog down to the track, you should look upon it as another opportunity to find out something about yourself or to work on something that needs working on. This may sound like a high-and-mighty concept of what running is, but think about it; this is actually what it is all about.

You may get down to the real you and discover a relentless, competitive TIGER. It's true that God loves the gutless wonder just as much as the TIGER but I wonder if those are the qualities we would want HIM and others to see in us. In looking back over these words, it is possible I have left out something . . . perhaps you already possess those great qualities others are still searching for . . . perhaps you have nothing to gain by running, punishing or persevering . . . if so, perhaps you should take a trip to the moon . . . or carve a monument . . . or paint a picture.

## ANDREA KIRKORN

—Continued from Page 26

**WTW:** It sounds like fun, but surely it wasn't all camping and eating!

**ANDREA:** There was a lot of running every day. We ran 3 to 5 miles every morning over a hilly course. This was all at a slow easy pace mostly running in a group. Then in the afternoon we ran 5 to 6 miles.

**WTW:** What was your training like when you returned home?

**ANDREA:** Back at Edison H.S. we trained twice a day, running an easy three miles or so in the morning and 5 to 6 in the afternoon. Sunday was our distance day, Monday interval, Tuesday distance, Wednesday was a pre-meet day and we jogged a warmup and ran maybe ten windsprints. Thursday was competition and Friday varied.

**WTW:** Did you take Saturday off and if so, how do you feel about having a day off?

**ANDREA:** We usually had Saturday off, but sometimes had a meet. I really need one day off each week to keep from getting mentally stale about running.

**WTW:** Tell me about your season; did you win all your meets?

**ANDREA:** No, I lost to one of my teammates Sharon Hulse who is a 4:50 miler.

**WTW:** And that was your only defeat in this tough area of competition?

**ANDREA:** Yes.

**WTW:** Tell me about the C.I.F. Championships. Was it a difficult race?

**ANDREA:** It was difficult, but not as hard as I thought it would be. We were really grouped for a long time and then we began to break away. I didn't take the lead until we came down on the track for the last quarter.

**WTW:** Tell me about the Edison H.S. team that has now won two consecutive C.I.F. Championships.

**ANDREA:** We scored 64 points and the second place had something like 96. I was first, Sharon Hulse was 8th, Kelley Ringer was 11th and my sister Alicia was 20th and Tawney Feree was 22nd.

**WTW:** Your sister??? There are two Kirkorns on the same championship team?

**ANDREA:** Yes (shyly).

**WTW:** Tell me in closing, what makes you different from other girls your age? What do you do that might make the difference?

**ANDREA:** I'm really not different than others my age. I enjoy running but I also enjoy my friends, dancing, reading, going to the beach. I like Mexican food, but dislike Chinese food.

**WTW:** Do you like boys?

**ANDREA:** Of course.

**WTW:** Do you date at age 14?

**ANDREA:** I don't know . . . no one has asked me yet. (Ed. we find that a little difficult to understand . . . she either has one very ferocious father, or the Edison H.S. boys have poor eyesight).

**WTW:** What about future plans?

**ANDREA:** I have no immediate plans other than I have been invited to compete in the Sunkist Invitational Indoor Meet in Los Angeles January 20th. I'll be in the high school mile.

**WTW:** We'd like to wish you the best in the coming season and in your future running career.

# CROSS COUNTRY ROUND-UP

## ARIZONA OPENS CROSS COUNTRY SEASON

*Phoenix, Arizona:* Arizona, a perennial strong entity of US cross country, opened its 1978 season with two competitions in September. Quest TC's Kathy Mintie took top honors in the first meeting on September 16 over the Papago Park course, and Theresa Smith (Valley of the Sun) ran off with the second title at South Mountain.

**RESULTS:** September 16, (Open), 1-Kathy Mintie (Quest) 17:10, 2-Kathy Jackson (Quest) 17:48, 3-Carol Thompson (Quest) 19:36, 4-Theresa Smith (VOS) 20:59, (distance not known); **12/13 Division**, 1-Alice Reed (Un) 13:29, 2-Kathleen Underwood (VOS) 14:49, 3-Shelby Rahilly (Scottsdale TC) 14:54; **10/11 Division**, 1-Nancy Bak (Q) 11:35, 2-Pam Banta (Q) 12:06, 3-Stephanie Linderman (STC) 12:58; **9/Under Division**, 1-Shannon Gallago (VOS) 9:06, 2-Christine Gulbrant (STC) 9:12, 3-Melody Harris (VOS) 9:12.

(September 30), **Open Division**, 1-Theresa Smith (VOS) 17:07, 2-Katie Gossman (VOS) 17:40, 3-Kathryn Patterson (VOS) 19:50; **12/13 Division**, 1-Kathleen Underwood (VOS) 12:51, 2-Carrie Daly (TT) 12:52, 3-Shawna McCarty (CTC) 13:15; **10/11 Division**, 1-Nancy Bak (Q) 12:26, 2-Tasa Blincow (VOS) 12:26, 3-Charlene Fielder (VOS) 12:34; **9/Under Division**, 1-Shannon Gallago (VOS) 5:48, 2-Melody Harris (VOS) 6:04, 3-Danielle Dalgleish (STC) 6:08. (Distances not known).

## DECKER WINS 10000 TITLE

*Purchase, New York, September 23:* Although she gained her fame as a teen-aged half miler, the "new" Mary Decker has returned to competition as a distance runner as she annexed the National AAU 10000 meter run title in 34:38.

**RESULTS:** 1-Mary Decker (Univ. of Colorado) 34:38, 2-Marge Rosasco (Baltimore RR) 34:54, 3-Cathie Twomey (Un) 35:22, 4-Gayle Barron (Atlanta TC) 35:45, 5-Lynn Petronella (Un) 35:54 .... 10-Renee Urish (Un) 38:07.

## MISSOURI INVITATIONAL

*Columbia, Missouri, September 29:* Kansas State University won the first ever University of Missouri Invitational Cross Country Meet, tallying 33 points to runner-up Kansas University's 45. KSU veteran Renee Urish won the 5000 meter event staged over the Gustin Golf Course, with a new course record over the hilly terrain in 17:31.

**RESULTS:** 1-Renee Urish (KSU) 17:31, 2-Eileen Casey (Southwest Missouri State) 17:40, 3-Janel LeValley (KSU) 17:58, 4-Louise Murphy (KU) 17:59, 5-Michelle Brown (KU) 18:17, 6-Connie Prince (KSU)

18:20, 7-Maureen Finholm (KU) 18:21, 8-Mary Ellen Kunkel (Missouri) 18:30, 9-Cathy Gebhards (Central Missouri) 18:32, 10-Marty Stinson (Missouri) 18:38. Number of finishers — 54.

**SCORES:** 1-Kansas State University 33 (1-3-6-11-12), 2-Kansas University 45, 3-Southwest Missouri State 89, 4-Missouri 96, 5-Central Missouri 146, 6-William Woods College 210. Non-scoring teams: Florissant Valley CC, Arkansas University, St. Louis University.

## MINNESOTA WINS QUADRANGULAR

*St. Paul, Minnesota, September 30:* The University of Minnesota showed surprising strength as they easily won a 4-way cross country competition over the University's Golf Course 5000 meter layout. Unattached Cathie Twomey won the race in 17:51.8, but Minnesota's Tammy McGrane led the scoring runners as she and her teammates tallied only 22 points, far ahead of runner-up University of Wisconsin/La Crosse at 51, South Dakota State University with 73 and Luther College at 95.

**RESULTS:** 1-Cathie Twomey (Un) 17:51.8, 2-Tammy McGrane (M) 18:59, 3-Sue Thomas (SD) 19:00, 4-Terrie Wegner (M) 19:08, 5-Karen Ayd (W) 19:15, 6-Rocky Racette (M) 19:19, 7-Mary Peninger (M) 19:21, 8-Steff Pinsky (M) 19:22, 9-Stevie Gass (W) 19:23, 10-Vicki Coyle (SD) 19:27. Number of finishers — 51.

## IOWA STATE WINS INVITATIONAL

*Ames, Iowa, October 6:* Showing the power expected to enable them to retain the National cross country title, the Iowa State University team completely obliterated a fine field of 12 teams as they won their own Invitational with a low score of only 18 points. University of Minnesota was a distant second with 86 points.

Debbie Vetter, with a 5:40 per mile average, won the race over the 5000 meter Veenker Golf Course in a new course record of 17:38. She was followed by twin sister Diane (18:01), Teri Wierson (18:14) and Mary Seybold (18:15) as the Iowa Staters captured 1-2-3-4. Fifth runner for the defending National champs was Bridget Seip in 8th position.

**RESULTS:** 1-Debbie Vetter (IS) 17:38, 2-Diane Vetter (IS) 18:01, 3-Teri Wierson (IS) 18:14, 4-Mary Seybold (IS) 18:15, 5-Wendy van Mierlo (Ill. State) 18:16, 6-Wren Schaefer (Golden Valley Lutheran) 18:22, 7-Anita Moyer (Ill) 18:25, 8-Bridget Seip (IS) 18:26, 9-Kay Stormo (Iowa) 18:42, 10-Terrie Wegner (Minn) 18:42 .... 12-Katy Schilly (IS) 18:49.

**SCORES:** 1-Iowa State 18, 2-University of Minnesota 86, 3-University of Wisconsin/La Crosse 107, 4-University of Illinois 118, 5-Illinois State University 138, 6-Golden Valley Lutheran College 143, 7-University of Iowa 158, 8-Central College 193, 9-Iowa State #2 200, 10-University of Minnesota #2 280, 11-North Dakota 296, 12-Drake University 321. Number of finishers — 98.

## SACRAMENTO WINS OPENER

*Sierra College, California, October 1:* In hot 93° weather, Cal State University at Sacramento dominated the Pacific Association's Cross Country opener over 5000 meters. Krista Roberts (Unattached) won the race in 19:39, but the next 10 places went to the Sacramento troupe led by Shaun Pedrotti and Barbara Sprague, both clocked in 20:57.

Other winners included Sarah Chamness (Un) in the 14/15 division over 2.5 miles in 18:00, Maria King in the 12/13 division at two miles in 11:38, Kim Carter (Redding TC) winning the 10/11 division miles and a half in 8:18, and Kerry Bratton (Cupertino) taking the 9/Under mile in 6:29.

## UC BERKELEY LOOKS AWESOME!

*Berkeley, California, October 7:* Unranked in pre-season listings, the University of California produced a cross country team which completely wiped out eight of the top ranked universities as they won their own Invitational over the Tilden Park course of 5000 meters. Highly rated University of Oregon finished second with the University of Colorado, including Mary Decker, in third. University of Washington, expected to make a fight for the title, finished fifth behind Cal Poly (San Luis Obispo), but ahead of UCLA. Oregon State, Stanford and Cal State Hayward rounded out the field.

Colorado's Dana Slater won the race in 17:43.1 as 43 finishers were under the twenty minute mark.

**RESULTS:** 1-Dana Slater (Col) 17:43.1, Jan Oehm (UC) 17:48.9, 3-Suzanne Richter (UC) 17:49.9, 4-Mary Decker (Col) 17:59.5, 5-Maggie Keyes (CP) 18:07.6, 6-Susie Meek (UC) 18:08.0, 7-Alice Trumbly (UC) 18:08.3, 8-Robin Baker (Ore) 18:13.9, 9-Kathy Wilson (Col) 18:19.6, 10-Cheri Williams (Ore) 18:23.0, 11-Irene Griffith (Ore) 18:26.9, 12-Sue Munday (CP) 18:36.4, 13-Katy Mountain (Ore) 18:38.5, 14-Molly Morton (Ore) 18:42.4, 15-Jody Parker (Ore) 18:44.1, 17-Kate Keyes (CP) 18:53.0 .... 22-Kathy Chism (UCLA) 19:04.1 .... 25-Ann Thrupp (Stan) 19:13.4 .... 43-Lee Ballenger (Col) 19:53.8 .... 73-Glenna Pickel (CSH) 24:19.6. 75 runners finished.

SCORING: 1-UC Berkeley 43 (2-3-6-7-25), 2-University of Oregon 56 (8-10-11-13-14), 3-University of Colorado 83, 4-Cal Poly/San Luis Obispo 85, 5-University of Washington 130, 6-UCLA 147, 7-Oregon State 195, 7-Stanford 222, 8-CS Hayward 234.

## ELEVENTH ANNUAL KETTERING INVITATIONAL

*Kettering, Ohio, October 7:* The DC CYO squad took team honors at the Eleventh Annual Kettering Relays, staged over the Wright State University course. The DC'ers Aileen O'Connor scored a 17 second victory over Scioto's Carrie Craven for individual honors.

**RESULTS: Open Division:** (3.04 miles) 1-Aileen O'Connor (DC CYO) 17:14, 2-Carrie Craven (Scioto) 17:31, 3-Jill Haworth (CYO) 17:43, 4-Diane Bussa (Bloomington) 17:44, 5-Miriam Boyd (Bryan TC) 17:46, 6-Karen MacHarg (Bryan) 17:51. **Scores:** 1-DC CYO 45, 2-Bryan TC 60, 3-Kettering Striders 61. **Number of finishers - 48.** **12/13 Division:** (2.12 miles). 1-Laurie Craven (Scioto) 11:40, 2-Kim Gallagher (Ambler OC) 12:10, 3-Conni Frank (Un) 12:17. **Scores:** 1-Kirkwood TC "A" 53, 2-Ohio Angels TC 86, 3-Kettering Striders "A" 142, 4-Scioto TC 150, 5-Kirkwood TC "B" 167, 6-Mound City Dashers 207, 7-Stride Rite TC 242. **Number of finishers - 67.** **10/11 Division:** (1.53 miles). 1-Lynette Morgan (Mount City Dashers) 9:09, 2-Joanne Woziak (Ambler OC) 9:17, 3-Lory Slusser (Sterling TC) 9:18. **Scores,** 1-Ambler TC 55, 2-DC CYO 57, 3-Mound City Dashers 94, 4-Ohio Angels TC 98, 5-Sterling TC 131, 6-Kettering Striders 133, 7-Kirkwood TC 203. **Number of finishers - 68.** **9/Under Division:** (1.11 miles), 1-Kathy Kreutz (Kirkwood) 6:51, 2-Chrissy Rakestraw (Kirkwood) 6:53, 3-Peggy Odita (Angels) 6:59. **Scores,** 1-Kirkwood TC 39, 2-Ohio Angels TC 62, 3-Kettering Striders 114. **Number of finishers - 47.**

## MINNESOTA WINS SALUKI INVITATIONAL

*Carbondale, Illinois, October 14:* Fifteen teams gathered for the Saluki Invitational over the 5000 meter distance on the Midland Hills Golf course and when the running was over, the University of Minnesota emerged the winner with 67 points. Western Illinois University was second with 90 points. Eastern Illinois University provided the individual winner as Robin Smith scored a one second triumph over Ohio State's Beth Sheridan, the winner clocking 18:47 in the 60 degree, windy weather.

**RESULTS:** 1-Robin Smith (Eastern Illinois) 18:47, 2-Beth Sheridan (Ohio State) 18:48, 3-Anita Moyer (Illinois) 18:58, 4-Bev Roland (Western Ill) 19:02, 5-Martha Sartain (Tex A&M) 19:03, 6-Lindy Nelson (Southern Ill) 19:04, 7-Teri Wegner (Minn) 19:06, 8-Laura Buddenbaum (Ill St) 19:28, 9-Maggie Munro (Minn) 19:29, 10-Eileen Casey (Sthwest Missouri) 19:30 .... 31-Chris Caldwell (WIU) 20:29. **Number of finishers - 105.**

**SCORES:** 1-University of Minnesota 67, 2-Western Illinois University 90, 3-University of Illinois 120,

4-Texas A&M 147, 5-Southwest Missouri State 152, 6-Southern Illinois 157, 7-Illinois State University 171, 8-Ohio State 178, 9-Murray State 237, 10-University of Kentucky 257, 11-Indiana State 259, 12-Eastern Illinois 285, 13-Memphis State 290, 14-Western Kentucky 348. Eastern Kentucky did not score.

## CAL WINS AGAIN

*Stanford, California, October 14:*—Cal Poly/San Luis Obispo's Maggie Keyes scored a mild upset as she won the Third Annual Stanford Invitational over the 5000 meter course in record time of 17:34.9. Keyes edged Cal's red hot quartette of Suzanne Richter (17:36.8), Jan Oehm (17:49.8), Susie Meek (17:49.8) and Alice Trumbly (17:50.0) but the team strength of the Golden Bears was far too much for anyone else as they won the title with 28 points. Cal Poly was second with 37 digits, but the other 14 teams were far behind.

**RESULTS:** 1-Maggie Keyes (CP) 17:34.9, 2-Suzanne Richter (Cal) 17:36.8, 3-Jan Oehm (Cal) 17:49.8, 4-Susie Meek (Cal) 17:49.8, 5-Alice Trumbly (Cal) 17:50.0, 6-Sue Munday (CP) 18:01, 7-Kate Keyes (CP) 18:12, 8-Ann Wotherspoon (West Valley) 18:18, 9-Kathy Perkins (WV) 18:19, 10-Jill Symons (Chico State) 8:36 . . . 13-Ann Thrupp (Stan) 18:41 . . . 18-Marcia Romesser (Fresno Pacific TC) 19:04 . . . 23-Carol Flournoy (Sacramento State) 19:17 . . . 81-Amber Souza (Sac) 23:59 . . . 83-Glenna Pickel (CS Hay) 24:09. **Number of finishers - 97.**

**SCORES:** 1-California 28, 2-Cal Poly San Luis Obispo 37, 3-West Valley College 91, 4-Cal State Chico 131, 5-Cal State Hayward 151, 6-Cal State Sacramento 152, 7-Stanford 155, 8-UC Davis 220, 9-Humboldt State 226, 10-San Francisco State 266, 11-De Anza College 305, 12-University of San Francisco 345, 13-University of Santa Clara 346. Foothill College, Sonoma State and Fresno Pacific TC did not score.

## TERRE HAUTE TC WINS INDIANA AAU TITLE

*Terre Haute, Indiana, October 21:*—The Terre Haute Track Club hosted the Indiana State AAU Championships and proceeded to win the title and the individual championship as well. The Club won over Indiana State University with 31 points to 44 for the collegians and 71 for the Bloomington TC. Terre Haute's Joyce Urish won the three mile race in 17:37, three seconds ahead of Indiana's Kris Hackler.

**RESULTS:** 1-Joyce Urish (TH) 17:37, 2-Kris Hackler (ISU) 17:40, 3-Diana Bussa (Bloomington TC) 18:03, 4-Judy McLaughlin (Ohio TC) 18:27, 5-Denise Weinhoeft (TH) 18:32. **Number of finishers - 34.**

## SHASTA TITLE TO OREGON

*Shasta College, California, October 21:* The University of Oregon, led by individual

winner Robin Baker, trounced the San Jose Cindergals to nab top honors at the Annual Shasta Invitational. Seven teams took part and 71 runners finished the tough course.

**RESULTS:** 1-Robin Baker (Ore) 16:58, 2-Roxanne Bier (SJC) 17:00, 3-Ellen Schmidt (Ore) 17:02, 4-Phyllis Olrich (SJC) 17:05, 5-Cheri Williams (Ore) 17:14, 6-Ann Wotherspoon (West Valley College) 17:20, 7-Molly Morton (Ore) 17:21, 8-Katy Mountain (Ore) 17:22, 9-Jody Parker (Ore) 17:25, 10-Kerry Brogan (SJC) 17:31 .... 13-Ann Regan (SJC) 17:44 .... 28-Val Eberly (WVC) 19:04. (Distance not known).

**SCORES:** 1-University of Oregon 24, 2-San Jose Cindergals 44, 3-West Valley College 71, 4-Cal State Chico 133, 5-Redding TC 144, 6-UC Davis 153, 7-Cal State Humboldt 155.



## BIG TEN CHAMPIONSHIPS —10/21/78

Madison, Wis. 5,000 Meters  
Wisconsin 32; Michigan State 53; Minnesota 110; Illinois 122; Ohio State 139; Purdue 150; Iowa 155; Indiana 191; Northwestern 219.

## WISCONSIN WINS BIG TEN TITLE

*Madison, Wisconsin, October 21:* With Sally Zook and Mary Stepke finishing one-two, the University of Wisconsin won the Big Ten championship here today over the 5000 meter course on the Yahara Hills Golf course. The Badgers tallied 32 points to 53 for runner-up Michigan State as the other teams trailed in the distance.

**RESULTS:** 1-Sally Zook (W) 17:42.9, 2-Mary Stepke (W) 17:44.1, 3-Anita Moyer (Ill) 17:49, 4-Lisa Berry (MS) 17:50, 5-Lil Warnes (MS) 17:52, 6-Beth Sheridan (OS) 17:55, 7-Natalie Hughes (MS) 18:08, 8-Marybeth Spencer (W) 18:11, 9-Kelly O'Toole (Ind) 18:18, 10-Lynn Morin (W) 18:20 .... 27-Kay Stormo (Ia) 19:00. **Number of finishers - 63.**

**SCORES:** 1-Wisconsin 32, 2-Michigan State 53, 3-Minnesota 110, 4-Illinois 122, 5-Ohio State 139, 6-Purdue 150, 7-Iowa 155, 8-Indiana 191, 9-Northwestern 219.

# CROSS COUNTRY ROUND-UP



ALL STAR TEAM. The top seven finishers at the Big Eight Women's cross country championship Oct. 21 in Columbia Mo. were named to the conference's honor team for 1978. They are (from left) Debbie Vetter of Iowa State, Carol Schenk of Nebraska, Renee Urish of Kansas State, Karen Bridges of Oklahoma State, Dana Slater and Mary Decker of Colorado, and Teri Wierson of Iowa State, Iowa State captured the team championship for the fourth consecutive year as Vetter won the individual crown for the second straight year.

(Photo by Ken Cerino, Iowa State Information Service).



## IOWA STATE — WHO ELSE? — WINS BIG 8 TITLE

Columbia, Missouri, October 21:—Iowa State trounced Colorado and the rest of the Big Eight Conference teams over the Gustin Golf Course 5000 meters to successfully defend its Conference title with 43 points. Iowa veteran Debbie Vetter was the individual winner in a course record of 17:09.

**RESULTS:** 1-Debbie Vetter (IS) 17:09, 2-Carol Schenk (Nebraska) 17:12, 3-Renee Urish (Kansas State) 17:18, 4-Karen Bridges (Oklahoma State)

17:23, 5-Dana Slater (Colorado) 17:25, Wierson (IS) 17:43, 6-Mary Decker (Colorado) 17:41, 7-Teri Wierson (IS) 17:43. Scores: 1-Iowa State 43, 2-Colorado 70, 3-Kansas State 71, 4-Kansas University 160, 8-Oklahoma State, did not score. Number of finishers — 47.

## CAL WINS UCLA INVITATIONAL

Los Angeles, California, October 21: Powerful University of California at Berkeley, placing their five scorers in the top six places, easily dominated the Annual UCLA Invitational over the 5000 meter course. UCLA's Sheila Ralston snuck in for third place, but other than that, it was all Cal with Susan Richter edging teammate Jan Oehm in 17:31.9. Sixty nine runners completed the run as seven western universities took part.

**RESULTS:** 1-Susan Richter (Cal) 17:31.9, 2-Jan Oehm (Cal) 17:34.8, 3-Sheila Ralston (UCLA) 17:48.1, 4-Alice Trumbley (Cal) 17:48.4, 5-Susie Meek (Cal) 17:56.6, 6-Lynne Hjelte (Cal) 18:01.6, 7-Linda Broderick (UCLA) 18:10.2, 8-Kathy Chism (UCLA) 18:35.6, 9-Brenda Falash (UCLA) 18:39.5, 10-Laurie Jewell (CSLB) 18:39.9, 11-Wanda Bruke



Do you feel droopy at the end of a cross country race? Are you wrung out and let down? If so, wear the newly designed cover-all shown here by England's Phyllis Lewis.

(UCLA) 18:42.5, 12-Pam Cox (Cal) 18:48.0, 13-Jeanne Abare (SDS) 18:49.4, 14-Diane Lester (UCLA) 18:58.5, 15-Evelyn Grimm (CSLB) 18:58.9, 16-Michelle Bonds (CSLB) 19:02.0, 17-Michelle Hopper (CSLA) 19:04.1, 18-Sheri Marshall (UCLA) 19:04.8, 19-Debbie Bottomly (CSLB) 19:11.6, 20-Patty Cape (CSLB) 19:13.9, 44-Cathy Clarke (SD) 21:03.8 .... 49-Yolanda Rich (CSLA) 21:30.9.

**SCORES:** 1-California 18, 2-UCLA 38, 3-Cal State Long Beach 80, 4-San Diego State 127, 5-Cal Poly Pomona 159, 6-UC Irvine 166, 7-USC 185.

## INDIANA AAU CHAMPIONSHIPS

*Terre Haute, Indiana, October 21:* Indiana staged its AAU Championships over the three mile course in Terre Haute with home-towner Joyce Urish winning the individual title and home-town club winning the team title. Thirty four runners completed the course.

**RESULTS:** 1-Joyce Urish (THTC) 17:37, 2-Kris Hackler (Indiana State University) 17:40, 3-Diana Bussa (Bloomington TC) 18:03, 4-Judy McLaughlin (Ohio TC) 18:27, 5-Denise Weinhoeft (THTC) 18:32. Scores, 1-Terre Haute TC 31, 2-Indiana State University 44, 3-Bloomington TC 71.

## MICHIGAN STATE WHIPS MINNESOTA

*East Lansing, Michigan, October 28:* Michigan State University scored a convincing 21-37 win over visiting University of Minnesota in a Big Ten Conference dual meet over the Forest Akers Golf Course at 5000 meters. Minnesota's Terrie Wagner took individual honors in 18:15.

## THRUPP WINS HAYWARD INVITATIONAL

*Hayward, California, October 21:* Stanford's Ann Thrupp, after a poor early season, began to show signs of national prominence here today as she easily won the Hayward Invitational over the three mile course at Hayward High School in a good 17:53. The host(ess) team won the team battle over eight other universities with 37 points, far better than runner-up Stanford's 52.

**RESULTS:** 1-Ann Thrupp (Stanford) 17:52, 2-Michelle Aubuchon (Hayward) 18:17, 3-Eugenia Zorrich (UC Berkeley) 18:25, 4-Wendy Behrbaum (Hayward) 18:40, 5-Karey Robinson (Delta College) 18:49. Scores: 1-Cal State Hayward 37, 2-Stanford University 52, 3-UC Berkeley "B" 83, 4-San Francisco State 101, 5-Chabot College 116, 6-Delta College 135, 7-University of San Francisco 187, 8-Santa Clara 199, 9-Sonoma State did not score. Number of finishers - 61.

## MADISON USTFF CHAMPION

*Kenosha, Wisconsin, October 28:* The USTFF staged its National Championships over the three mile course at University of Wisconsin-Parkside with the team title going to UW-Madison, the only squad with a full team entered in the competition. Veteran Cathie Twomey of Golden Valley, Minnesota, took individual honors.

**RESULTS:** Cathie Twomey (Golden Valley, Mn) 16:58.5, 2-Diane Busse (Carmel, In) 17:23, 3-Mary Stepka (UW-Madison) 17:30, 4-Lynn Morin (UW-Madison) 17:39, 5-Cathy Bremser (UW-Madison) 17:50. Team winner, UW-Madison with 15 points. Number of finishers - 31.

## MISSOURI WINS STATE AIAW CHAMPIONSHIP

*Warrensburg, Missouri, October 28:* The University of Missouri easily won the Missouri State AIAW title here today over the 5000 meter course. Individual winner was Missouri's sophomore ace, Mary Ellen Kunkel in 17:42.

**RESULTS:** 1-Kunkel (M) 17:42, 2-Stinson (M) 17:49, 3-Gebhards (Central Missouri) 18:07, 4-Casey (Southwest Missouri) 18:08, 5-Leu (Southwest Missouri) 18:10. Scores: 1-Missouri 29, 2-Southwest Missouri 41, 3-Northwest Missouri 74, 4-Central Missouri 94, 5-Northeast Missouri 138, 6-Southeast Missouri 142. Number of finishers - 53.

## GOLDEN STATE CONFERENCE CHAMPIONSHIPS

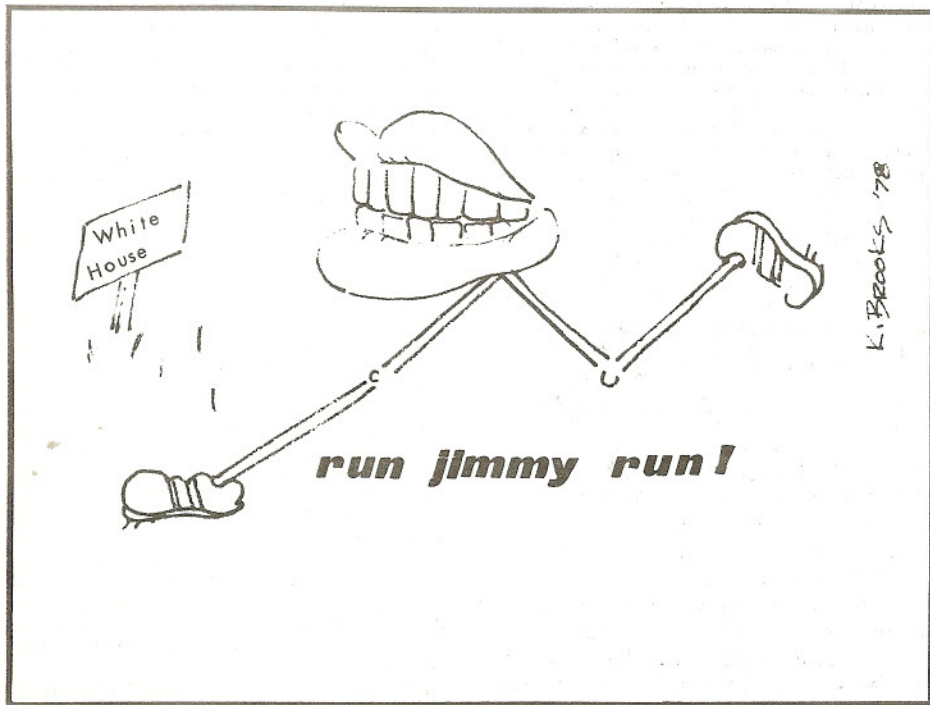
*Hayward, California, October 28:* The first-ever Golden State Conference cross country championships, staged over Cal State Hayward's 5000 meter course, was won by Cal State Sacramento and Chico State's Jill Symons. Eight California State schools took part in the championships run in beautiful 65° weather.

**RESULTS:** 1-Jill Symons (Chico) 18:04.6, 2-Michelle Aubushon (Hayward) 18:19.9, 3-Carol Flourmoy (Sac) 18:26.3, 4-Linda Robinson (Hayward) 18:39.6, 5-Juli Mastain (Chino) 18:43.3, 6-Deb Rudolph (Sac) 18:45.4, 7-Lisa Foy (Sac) 18:46.7, 8-Wendy Behrbaum (Hayward) 18:48.5, 9-Sue Grigsby (Humboldt) 18:52.5, 10-Cathy Oddone (Chico) 18:57.7. Scores, 1-Cal State Sacramento 41, 2-Cal State Hayward 56, 3-Cal State Chico 65, 4-Cal State Humboldt 82, 5-UC Davis 105, 6-Cal State San Francisco Stanislaus 221, 8-Cal State Sonoma 222. Number of finishers - 62.

## SPA JUNIOR OLYMPIC CHAMPIONSHIPS

*Huntington Beach, California, November 19:* Results of the Southern Pacific Association Junior Olympic Championships staged over the Central Park course:

**14/15 Division** (2½ miles), 1-Sharon Hulse (Un) 15:06.5, 2-Kim Gonzales (Ventura TC) 15:26, 3-Therese Ebner (Un) 15:30. **12/13 Division** (2 miles), 1-Chris Ramirez (SCRR) 11:58.5, 2-Sonja Cooper (SCRR) 12:04, 3-Cindy Rouiller (SCRR) 12:09. **10/11 Division** (1½ miles), 1-Tapia Fischer (SCRR) 8:38, 2-Diane de Dianous (SCRR) 9:12, 3-Rosalind Martinez (SCRR) 9:14. **9/Under Division** (1½ miles), 1-Carol Doody (SCRR) 9:37, 2-Kristin Harkins (Blue Angels) 9:45, 3-Marlene Reyes (SCT) 9:47.



# CROSS COUNTRY ROUND-UP

## SACRAMENTO STATE WINS CONFERENCE TITLE

Hayward, California, October 28: Sacramento State, paced by UCLA transfer Carol Flournoy, won the First Annual Golden State Conference cross country title here today with 41 points. Individual winner was Chico's Jill Symons who covered the course in 18:04.6.

## PACIFIC AAU CHAMPIONSHIPS

Rocklin, California, October 29: Phyllis Olrick, San Jose Cindergals, ran away from teammates Roxanne Bier and Ann Regan to win the Pacific Association AAU cross country championship here today. The Cindergals took the team title with ease over Woodside TC, 16-47. Olrick covered the course, (distance unknown) in 15:38, nearly a full minute ahead of runner-up Bier.

Other winners included Renay Wolfe (Junior Women), Kerry Brogan (14/15), Maria King, SJC, (12/13), Kim Carter, Redding, (10/11) and Alisa Fong, Roseville, (9/Under).

## REGION SIX CHAMPIONSHIP

Ames, Iowa, November 3: With veteran Debbie Vetter leading the way, defending National Champion Iowa State had no trouble winning the Region Six Championships over the 5000 meter course on the Veenker Golf course. The powerful crew assembled by Coach Chris Murray grabbed off first, fourth, fifth, eighth and twelfth positions with Vetter cruising the course in 17:17. Nebraska's Carol Schenk was a surprise runner-up, some 19 seconds ahead of Renee Urish, Kansas State.

In the Small College Division, St. Olaf College of Northfield, Minnesota, completely dominated the scoring with a 35 point total to 124 for second place Northwest Missouri State.

Thirty nine colleges took part in the Championships with 224 runners finishing the race.

**RESULTS: Large School Division:** 1-Debbie Vetter (Iowa State) 17:17, 2-Carol Schenk (Nebraska) 17:30, 3-Renee Urish (Kansas State) 17:49, 4-Diane Vetter (IS) 18:03, 5-Katy Schilly (IS) 18:06, 6-Michelle Brown (Kansas) 18:18, 7-Donna Cathje (Makato State) 18:21, 8-Mary Seybold (IS) 18:22, 9-Janel LeValley (KS) 18:24, 10-Mary Ellen Kunkel (Missouri/Columbia) 18:29, 12-Bridget Seip (IS)

18:36. Scores, 1-Iowa State 30, 2-Kansas 78, 3-Kansas State 86, 4-Minnesota 120, 5-Missouri 137, 6-Nebraska 145, 7-Southwest Missouri State 165, 8-Mankato State 183, 9-St. Cloud State 231, 10-Nebraska/Omaha 253, 11-Iowa 304, 12-Drake 315. Number of finishers — 89.

**Small Schools Division:** 1-Janet Ensrud (St. Olaf) 18:00, 2-Susan Thomas (South Dakota State) 18:09, 3-Wren Schafer (Golden Valley Lutheran) 18:09, 4-Sheila Beecher (GVL) 18:24, 5-Elizabeth Stronge (SO) 18:28, 6-Leslie Seymour (SO) 18:31, 7-Cathy Gebhards (Central Missouri State) 18:44, 8-Elizabeth Hartwich (SO) 18:45, 9-Shona Hillman (Macalester) 18:54, 9-Becky Clairmont (North Dakota State) 19:03, 10-Jeanne Reynolds (Carleton) 19:08. Scores: 1-St. Olaf 35, 2-Northwest Missouri State 124, 3-Golden Valley Lutheran 131, 4-Carleton 157, 5-Central 199, 6-St. Thomas 218, 7-South Dakota 219, 8-Central Missouri State 229, 9-Northeast Missouri State 263, 10-Kearney State 269, 11-Concordia 292, 12-North Dakota State 300, 13-Midland 320, 14-Luther 345, 15-Hamline 407, 16-Grinnell 414, 17-Bethel 436. Number of finishers — 135.

## MERRILL WINS ROAD RUNNER'S TITLE

Bronx, New York, November 5: Jan Merrill opened her 1978-79 season with an easy win for the National Road Runner's Club of America Age Group Championships over the three mile course at Vancortland Park in the Bronx. Merrill had no trouble trouncing the field which included Washington's Jennifer White, Charlotte Lettis, Judy Fontaine and Carrie Craven among others.

Mary Shea, Julie's younger sister, won the 16/18 division in good time while Kim Gallagher took top honors in the 14/15 division.

**RESULTS: Women's Division (3m),** 1-Jan Merrill (Age Group AA) 16:25.2, 2-Jennifer White (Washington Running Club) 16:53.9, 3-Dia Elliman (Liberty AC) 17:15.1, 4-Aileen O'Connor (Washington DC CYO) 17:21.4, 5-Carrie Craven (Scioto TC) 17:29, 6-Charlotte Lettis (Liberty AC) 18:11.8, 7-Karen MacHarg (Bryan TC) 18:15.8, 8-Joan Sterret (Flashettes TC) 18:30, 9-Judy Fontaine (AGAA) 19:00.7, 10-Marie Kastrup (Kettering Striders) 19:14.8. **16/18 Division (3m),** 1-Mary Shea (Un) 17:20.5, 2-Alicia Moss (Atoms TC) 18:02.2, 3-Jill Haworth (Was DC CYO) 18:11.7, 4-Jill Cutter (Maryland) 18:50.8, 5-Shelly Steely (Club Keystone) 18:55.2. **14/15 Division (1.5/8m),** 1-Kim Gallagher (Ambler OC) 8:37.6, 2-Marissa Schmidt (Ambler OC) 8:49.2, 3-Kim Kelly (Dunbar TC) 8:51.5.

## JAN MERRILL RETURNS HOME — RUNS AWAY

Montville, Connecticut, November 12:—Jan Merrill, Waterford's only Olympian, returned to her Eastern Connecticut territory for the first time in three years, and easily won the Region I AAU cross country championship here today. Only 24 year old Jennifer White, who didn't start running until she was a college student, kept Merrill

company over the 5000 meter course. The two runners pulled away from the pack early in the race with White leading by more than 20 meters at the half-way mark. Merrill gradually worked her way up to White and then pulled away over the final mile to win by nearly 20 seconds.

The course combined hills and dirt paths with man-made barriers and gave the participants a taste of European cross country conditions.

**RESULTS:** 1-Jan Merrill (Age Group AA) 16:32.8, 2-Jennifer White (Washington, D.C.) 16:51.4, 3-Doreen Ennis (NJAA) 17:46.8, 4-Charlotte Lettis (Liberty AC) 17:57.7, 5-Susan Hughes (LAC) 18:58.7, 6-Judy Fontaine (AGAA) 19:16.7. Number of finishers — 80.

## BIER CALIFORNIA CHAMP

Belmont, California, November 12: High schooler Roxanne Bier of the San Jose Cindergals, took the top spot in the California State AAU Championships, but the Southern California Road Runners took home the team title over the San Jose lasses 37-41. Although 24 clubs took part in the competition, the Cindergals and the Road Runners practically monopolized the team titles with the Road Runners winning the Open Division, the Junior Women, the 12/13 Division and finishing second in the 9/under, the 10/11 and the 14/15 Divisions while the San Jose based team won the 14/15 and 10/11 titles plus seconds in the 12/13 and Open Divisions.

**RESULTS: Open Division:** 1-Roxanne Bier (SJC) 17:01.2 (Distance not known), 2-Phyllis Olrick (SJC) 17:25, 3-Judy Fox (West Valley TC), 18:02, 4-Sue Brodock (SCRR) 18:12, 5-Su Mei Lee (RR) 18:27, 6-Judy Leydig (WV) 18:29, 7-Marie Albert (RR) 18:39, 8-Marcia Romesser (Fresno Pacific TC) 18:44, 9-Vicky Bray (SJC) 18:45, 10-Tere de Anda (RR) **14/15 Division:** 1-Kerry Brogan (SJC) 14:13 (Distance not known), 2-Cathy Demmelmeier (SJC) 14:38, 3-Tracy Weber (SJ) 15:02. Scores, 1-SJC 39, 2-SC Road Runners 40, 3-Roseville Gazelles 92. Number of finishers — 26. **12/13 Division:** 1-Kathi Kiermen (Blue Angels) 12:22.7 (Distance not known), 2-Chris Ramirez (RR) 12:46, 3-Leslie Pratt (RR) 12:52. Scores, 1-RR 30, 2-SJC "A" 59, 3-SJC "B" 138, 4-Quad City Cobras 140, 5-Roseville Gazelles 204. Number of finishers — 46. **10/11 Division:** 1-Tanya Fischer (RR) 9:59.8 (Distance not known), 2-Paulene Vasquez (SJ) 10:12, 3-Nanette Garcia (SJ) 10:15. Scores, 1-SJC 35, 2-SCRR 85, 3-Blue Angels 86, 4-Roseville Gazelles 131, 5-Redding TC 146, 6-Woodside Striders 178. Number of finishers — 63. **9/Under Division:** 1-Carol Doody (RR) 7:57.9 (Distance not known), 2-Kerry Bratton (Cupertino Yearlings) 8:13, 3-Kristine Harkins (BA) 8:23. Scores, 1-Cupertino Yearlings 77, 2-SCRR 81, 3-BA 116, 4-SC Thunder Birds 129, 5-Roseville Gazelles 129, 6-Salinas Valley TC 167. Number of finishers — 54. **SCORES:** 1-SC Road Runners 37, 2-SJC 41, 3-West Valley TC 68, 4-Woodside Striders 104, 5-Fresno Pacific TC 105. Number of finishers — 35. **Junior Division,** 1-Diane Gong (WV) 19:12.3 (Distance not known), 2-Nancy Wouters (RR) 19:55, 3-Suzanne Keith (RR) 20:27. **TEAM SCORES:** 1-Road Runners 21. Number of finishers — 7.



# SINGAPORE CHAMPIONSHIPS

Singapore, September 1-3: Singapore opened its Championships to outsiders and entertained Brunei, Hong Kong, India, Indonesia, Japan, South Korea, Malaysia, the Philippines, Thailand and the London Achilles and Cologne ASV Clubs in an international match. Results, as compared to the rest of the world, were not spectacular, but it will be noted in the summaries that several new national marks were set, indicating a continued improvement in this part of the world. Japan's Sumiko Kaibara won both sprints to be the only double winner.

**RESULTS:** 100/200, Sumiko Kaibara (Jap) 12.1/25.1; 400, 1-Carolina Marler (Achilles) 56.6, 2-Yoshie Itzuko (Jap) 57.1; 800, 1-Ulla Meyer (ASV) 2:08.7, 2-Geeta Zutchi (India) 2:10.7 (Record), 3-Kim Sun Hwa (Kor) 2:10.9, 4-Starlet (Indonesia) 2:14.0 (Record); 1500, 1-Kim Sun Hwa (Kor) 4:34.2, 2-Shina Okawa (Jap) 4:35.2, 3-Starlet (Indonesia) 4:36.4 (Record); 3000m, 1-Kandasami Jayamani (India) 10:18.1; 100H, 1-Marina Chin Leng Sim (Mal) 14.4, 2-Kimie Ikeda (Jap) 14.5; 400H, 1-Jessica Law Kew Yee (Mal) 62.1 (Record), 2-Susan Orge (Phi) 65.0; 4x100, 1-Malaysia 48.1, 2-Japan 48.4, 3-Philippines 48.9; 4x400, 1-Malaysia 3:52.0, 2-Singapore 3:59.0, 3-Indonesia 4:02.6; HJ, Gladys Chai Ng Mei (ASV) 5'7"; LJ, Junko Shibata (Jap) 18'6-3/4; SP, Byun San Ron (Kor) 39'11-1/4; DT, Poppy Timorasan (Indonesia) 125'9"; JT, Hideko Yamaguchi (Jap) 147'0.

## CHINA DOWNS JAPAN 78-54

Tokyo, Japan, September 10: Making a rare appearance, the Peoples Republic of China trekked to Tokyo and defeated the Nipons 78-54 at the Olympic Stadium. The meeting revealed the PROC has a long way to go to move into world class although their distance crew turned in their best performances on the track and their discus throwers were on a par with the rest of the world — excluding Eastern Europe. Best mark of the competition went to Japan's Tamami Yagi who set a new national mark winning the high jump at 6'2.

**RESULTS:** 100, 1-Sumiko Kaibara (J) 12.43, 2-Hsiao Yien-Ching (C) 12.44, 3-Cueh Feng-hua (C) 12.45, 4-Marisa Amman (J) 12.73; 200, 1-Kaibara 25.15, 2-Emiko Konishi (J) 25.32, 3-Liang Yueh-lin (C) 25.34, 4-Ho Chiah-hsiu (C) 26.02; 400, 1-Keiko Nagasawa (J) 54.97, 2-Kuo Kwei-mei (C) 56.08 (National Record), 3-Tomoko Maeda (J) 56.59; 800, 1-Chen Hsiao-li (CO) 2:09.3, 2-Liang Li-hua (C) 2:10.1, 3-Chiemi Endo (J) 2:12.6; 1500, 1-Chuo Hsiao-fang (C) 4:28.6, 2-Chang Hsiu-nen (C) 4:30.0, 3-Shina Okawa (J) 4:39.2; 3000, 1-Yang Yen-ying (C) 9:38.6, 2-Lo Hung-hsiang (C) 9:40.6, 3-Mami Fukao (J) 10:28.4; 100H, 1-Tai Chien-hua (C) 14.07, 2-Chieh Li-chen (C) 14.24, 3-Emi Akimoto (J) 14.33; 4x100, 1-Japan 46.38, 2-China 46.56 (National Record); 4x400, 1-China 3:45.8 (National Record), 2-Japan 3:46.6; HJ, 1-Tamami Yagi (J) 6'2, 2-Chen Ta-chen (C) 6'0, 3-Yueh Peh-hau (C) 5'7, 4-Hisayo Fukumitsi (J) 5'7; LJ, 1-Chou Wa (C) 20'5-3/4, 2-Koyoko Izumi (J) 20'5; SP, 1-Hsen Lee-chuan (C) 55'9-3/4 (National Record), 2-Kayoko Hayashi (J) 51'5-1/4, 3-Lu Chen (C) 50'4; DT, 1-Wang Tan (C) 184'8, 2-Li Hsiao-hui (C) 177'8; JT, 1-Li Hsia (C) 176'3, 2-Yao Hsueh-ying (C) 170'8.

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Vilma Bardauskiene (HORSTMULLER PHOTO)

by Peter Kroh  
Translated from  
"DerLeichtathlet"  
by Karen Blizel

## VILMA BARDAUSKIENE— THE JUMP "WONDER" FROM VILNIUS

A barrier was broken a few days before the European Championships in Prague. For years, hundreds of women long jumpers dreamed of the first seven meter (23 foot) long jump, but only a few challenged this barrier. East Germany's Sigrun Siegl of Erfurt came the closest two years ago at 6.99/22'11¼. Vilma Bardauskiene took care of the "thunderclap in the storm of records" for this 1978 season as she broke into the seven meter domain of the men three times at the "Jumpers Day" in Kishinyov, and with 7.07/23'2¼ made the jump she had only dared to dream of at the Friendly Competition in her hometown of Vilnius. Before the competition she had stated, "I feel in the position to jump seven meters in the next few weeks. Hopefully I will be the first . . ."

Her series at Kishinyov is unique: on her first attempt she cleared 7.07/23'2¼, but the jump was wind-aided. She followed with 6.82/22'4½, then came her legal 7.07 and this was followed by 7.06/23'2. Some 3000 spectators cheered her on and threw flowers on top of flowers! Was this a stroke of luck? Not likely, for she had already displayed her capability, and under ideal conditions at the European Championships in Prague, she improved with 7.09/23'3¼ on her first jump in the qualifying rounds.

As for the final, "the decision (whether to jump or not to jump) in the extreme cold and hard rainshowers was my only battle.

Everything went wrong on this day. I had a headache, the weather was very bad and technical deficiencies crept into my form. Only with 6.69/21'11½ on my third attempt and 6.88/22'7 on my fourth did I become somewhat composed. It was not easy for me. Everyone thought that the holding of a world record is a sure ticket for victory, but every competition has its own laws. Therefore, I believe it is still difficult to win at any international championship. The EC qualifying mark of 6.40/21'0 put the pressure on all jumpers as it was ten cm/4" further than that at the Olympic Games."

In her own words, she is still not the Bob Beaman of the women jumpers. "The dream jump of the century will probably be at 7.50/24'7". But it is interesting to note that Vilma herself may have the potential for this distance as she was clocked at a speed of 10.0m/s over the final five meters of her approach run on her 7.09 leap. This is a speed which, until now, has not been made by any female long jumper. The Russian jump coach and one-time world record holder in the long jump, Igor Ter-Ovanesian, placed particular value on the improvement of sprint ability and above all, the ability to carry this speed into the takeoff technique coming in at maximum speed. In this way, the dark-haired Education major was able to improve considerably and climaxed her improvement with the new world record. Vilma has clocked 100m in 11.2

from a crouch start, but Ter-Ovanesian she is faster during certain section of the run.

There really is no "wonder woman" about Vilma Bardauskiene. As a fourteen year old she already had a promising beginning with 5.46/17'11, and this was the start toward the world record some six years later. In between lay hard years. Joy, disappointment, success and decisions—which represented great disruptions in her life. "At one time, everyone in my school at Rosalimas thought I would become a good speed skater or skier. In the winter I drifted around on the ski slopes and was even at one time the Lithuanian champion over three kilometers. It was simply by chance that I got into track at that time at a local championship. Some one hundred spectators rushed me as I won with 5.09/16'8½. Here I found my love, and my trainer Tramas Warkala and later Algis Kukschta cared for me from then on like a rare flower." In 1971 she won the Junior National Competition between the DDR and the USSR, and in Warsaw, at the Youth Competitions, still under the name of Augustinaviciute, she jumped 6.37/20'10¼ for the USS junior record. In this year she also began studying at the state institute of Education in Vilnius, majoring in the fields of geography, and her present trainer took care of her from that point on. Kestutis Sapka, as the European high jump champ-



ion, had already learned the fine jumping technique under him. However, times of bad luck and partial resignation then began.

Vilma Bardauskiene thought seriously of retiring in 1973. A muscle-nerve injury in her left leg and in her back kept her from making full-effort jumps although she takes off from her right leg, and she wanted to quit. Her family, however, was here; her son Thomas was born, and there were specialists at the institute who, above all, helped her make new adjustments with her leg. "My outlook on the sport changed. My whole life was

somehow differently after the birth of my son. Right away there was another motivation. And it was not easy to go on now, because with my family and studies my tasks were multiplied and the days seemed too short to cope with all of them." Through her son's birth and the accompanying break, her leg had a chance to rest, ("although even today I still have pain after a great strain"). Also, the help of the scientist Jasiunas, from the institute, bore its fruit. He is well known by athletes and has already helped many over the hump through special treatment

with self-developed devices. All of these factors led Vilma finally to continue up the steps to the top.

"In our time, many people strive to acquire, try out or discover something new", she thought. There have already been numerous experiments to practice a completely new jump—the Salto jump—which will affect the long jump of the future. It was also attempted by us with Pereversyev, but it was abandoned because the jump is too ineffective. For me, a further improvement of the approach run technique is the only thing still worth striving for. I think little of innovations that are based only on sensationalism. For me, other things count. For example, if a woman can remain among the world's best over many years, as for example, Irena Szewinska. I take off my hat to her—she is for me one of the greatest personalities in the sport."

The Bardauskiene family found their recipe for agreement between sports and free time. If Vilma is travelling, her husband Antanas takes over the duties of housewife. He always reminds her not to leave the camera in her suitcase so that later in the family theater all the steps can be seen. Then her mother and father from Pakruois, whom her son seems to feel comfortable staying with, also come by and listen to her stories. By the way, her husband, who never got into active sports, now undertakes large jumps also. As planner and scientist he has worked for years on "living" city models at the Institute for Architecture in the Lithuanian capital, which will help Lithuanian architecture achieve a well known name far beyond that of the Baltic Soviet Republic.

#### VILMA BARDAUSKIENE (USSR)

Born: 15 June, 1953, in Pokruois

Height: 5'7. Weight: 140

Trainer: Jan Janovitch Godovich of the Dynamo Vilnius Club

Best marks: 60m - 7.3; 100m - 11.2; LJ - 23'3¼; HJ - 5'6½

#### Annual Progression:

1968 (15)	16' 10½
1969 (16)	19' 6¾
1970 (17)	20' 1
1971 (18)	20' 1¼
1972 (19)	20' 10¾
1973 (20)	X
1974 (21)	X
1975 (22)	X
1976 (23)	21' 4¾
1977 (24)	22' 4½





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6.92/22' 8½	Angela Voigt (51)	DDR
6.895/22' 7½	Jodi Anderson (57)	USA
6.84/22' 5¼	Heide Rosendahl (47)	GFR
6.82/22' 4½	Viorica Viscopoleanu (39)	RUM
6.81/22' 4¼	Margit Herbst (47)	DDR
6.79/22' 3¼	Lidya Alfeyeva (46)	USSR
6.78/22' 3 (i)	Kathy McMillan (57)	USA
6.77/22' 2½	Diana Yorgova-Prodanova (42)	BUL
6.77/22' 2½	Marianne Voelske (56)	DDR
6.76/22' 2¼	Mary Rand (40)	GB
6.76/22' 2¼	Ingrid Mickler (42)	GFR
6.76/22' 2¼	Brigitte Kunzel (55)	DDR
6.76/22' 2¼	Heide Wycisk (49)	DDR
6.76/22' 2¼	Ildiko Erdedyi (55)	HUN
6.74/22' 1½	Jarmila Nygrynova (55)	CZE
6.73/22' 1	Tatyana Shschelkanova (37)	USSR
6.73/22' 1	Sheila Sherwood (45)	GB
6.73/22' 1	Meta Antenen (49)	SWI
6.71/22' 0¼	Lilyana Panayotova (56)	BUL
6.71/22' 0¼	Gina Panait (58)	RUM
6.70/21' 11¾	Lynette Jacenko (53)	AUS
6.69/21' 11½	Angelika Liebach (50)	DDR
6.68/21' 11	Alina Gheorghiu (51)	RUM
6.67/21' 10½	Irena Szwenska (46)	POL
6.67/21' 10½	Eva Suranova (46)	CZE
6.67/21' 10½	Maryana van Nierkerk (54)	RSA
6.66/21' 10¼	Tatyana Talisheva (37)	USSR
6.66/21' 10¼	Anita Stukaane (54)	USSR
6.65/21' 9¾	Isabella Lusti (53)	SWE
6.64/22' 9½	Sieglinde Amann (46)	SWI
6.63/22' 9	Ana-Bella Alexander (54)	CUB
6.62/21' 8¾	Margarita Treinyte (49)	USSR
6.62/21' 8¾	Maria Lambrou (53)	GRE
6.62/21' 8¾	Marcia Garbey (48)	CUB
6.62/21' 8¾	Nina Krause (45)	USSR
6.62/21' 8¾	Irina Timadeyeva (53)	USSR
6.62/21' 8¾	Jacqueline Curtet (55)	FRA
6.61/21' 8¼	Susan Reeve (51)	GB

(i) Indicates indoor mark

(Compiled by Ernst Elert)

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## RUSSIA POWER

No doubt about the fact that the Soviet Union produced the most powerful middle and long distance squads of any country in the world for the 1978 season. Through the courtesy of *Leicht Athletik*, we print the following Top Ten for the Soviets this year in the 800, 1500 and 3000 meter runs:

### 800 m

1:55.8		4:02.8	Olga Dwirna
Tatjana Prowidochina		4:03.9	Soja Rigel
1:55.8	Nadeshda Muschta	4:04.1	Nadeshda Muschta
1:56.6	Soja Rigel	4:04.5	Samira Saizewa
1:57.5	Ludmila Wesselkowa	4:04.7	Ludmila Weselkowa
1:57.9	Swetlana Styrkina		
1:58.7	Raissa Belousowa		
1:59.2	Ljubow Iwanowa		
1:59.3	Swetlana Guskowa		
1:59.5	Valentina Iljnych		
2:00.1	Nina Kowylina		

### 1500 m

3:59.0	Giana Romanowa	8:33.2	Swetlana Ulmasowa
4:00.2	Valentina Iljnych	8:43.0	Giana Romanowa
4:02.1	Ludmila Kalnizkaja	8:45.6	Raissa Belousowa
4:03.5	Natalia Kusnezowa	8:45.6	Valentina Iljnych
4:03.5	Swetlana Guskowa	8:48.3	Raissa Smechnowa
		8:48.8	Swetlana Guskowa
		8:52.5	Raissa Sadretdinowa
		9:08.5	Tatj. Golowinskaja
		9:12.5	Nina Schnyrikowa
		9:15.3	Jelena Zuchlo

## SEIDLER 62'3¼ FOR AMERICAN RECORD

*Freising, West Germany, September 10:* On September 1, 1977, the American record for the 4-kilo shot was 56'7 held by Maren Seidler went to West Germany for a period of training and gradually the record went up and up, then up again until finally the USA had a putter over sixty feet as Maren tossed to a new AR of 61'2¼. Here today, Seidler finished only third in her favorite event behind the 71'0½ throw of world record holder Helena Fibingerova from Czechoslovakia and the 65'0¼ mark of Germany's Eva Wilms — but Seidler's throw of 62'3¼ is a new American mark and a grand finale to her European training.



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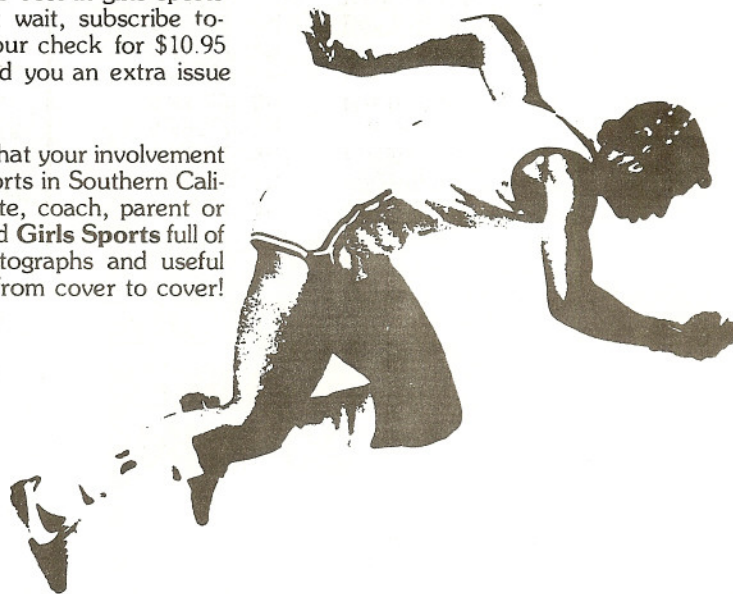
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- It takes only ONE HOUR to complete a Jog-A-Thon, yet hundreds of dollars per participant can be raised.

### WHY PROMO-THON?

- Full time, experienced Field Consultants can substantially increase results.
- We handle the complete Jog-A-Thon from beginning to end including all printing, materials, personal contacts, mailings, postage, incentives, registration, media contact, running of the jog, and computerized collection and reports.
- Unique mail-out sponsor methods allow for large dollar pledges from outside the local area . . . up to 70%.
- No collection responsibility on the part of contestants. When they run their laps their job is over . . . Promo-Thon does the rest.
- Computerized billing results in fast collection of pledges.
- Maximum control and analysis of your fund raising jog can be achieved through our computerized management reports.
- Net return after all expenses is substantially higher than other forms of fund raising.
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To name a few:	Pledged Amount*
University of Arizona	\$225,000
Abilene Christian University	\$ 99,000
University of Wyoming	\$119,000
Goleta Valley Girls Club	\$ 28,000
Santa Monica Track Club	\$ 22,000
Kings Garden High School	\$104,000
University of Oregon	\$100,000
Christian High	\$ 71,000
Teen Challenge Hawaii	\$ 69,000
Pacific Lutheran University	\$ 65,000
Redmond High School	\$ 38,000
Woodruff Elementary	\$ 17,000
Westside Assembly of God	\$ 37,000
Biola College	\$ 25,000

\*Collections Averaged 85%

- PLEASE have a Field Consultant contact me regarding a PROMO-THON Jog-A-Thon.
- WE CAN'T WAIT . . . please call us right away!

Phone ( ) Name

- YES, contact us! We would like to see your film on Promo-Thon fund raising.

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POSITION \_\_\_\_\_

ENROLLMENT \_\_\_\_\_

TYPE OF ORGANIZATION \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

# NATIONAL MARATHON RECORDS

from Der Leichtathlet, DDR

Norway	Grete Waitz	2:32:29.8	1978
GFR	Christa Vahlensieck	2:34:47.5	1977
France	Chantal Langlace	2:35:15.4	1977
USA	Julie Brown	2:36:24.0	1978
Australia	Adrienne Beames	2:46:32.0	1977
New Zealand	Beverly Shingles	2:47:16.0	1977
Holland	Claire Spauwen	2:47:50.4	1976
Hungary	Sarolta Monspart	2:48:22.2	1976
Italy	Silvana Cruciatà	2:50:36.0	1976
Great Britain	Christine Readdy	2:50:55.0	1976
Finland	Irja Paukkonen	2:52:33.0	1976
Brazil	Eleanora de Mendonca	2:52:50.0	1978
Bermuda	Deborah Butterfield	2:53:20.0	1978
Canada	Gayle Olinek	2:53:25.0	1978
Belgium	Magda Iland	2:54:45.0	1976
Denmark	Karin Pagaard	2:57:41.0	1974
Sweden	Uila Ewgelby	2:59:00.0	1976
Switzerland	Marijke Moser	2:59:24.0	1974

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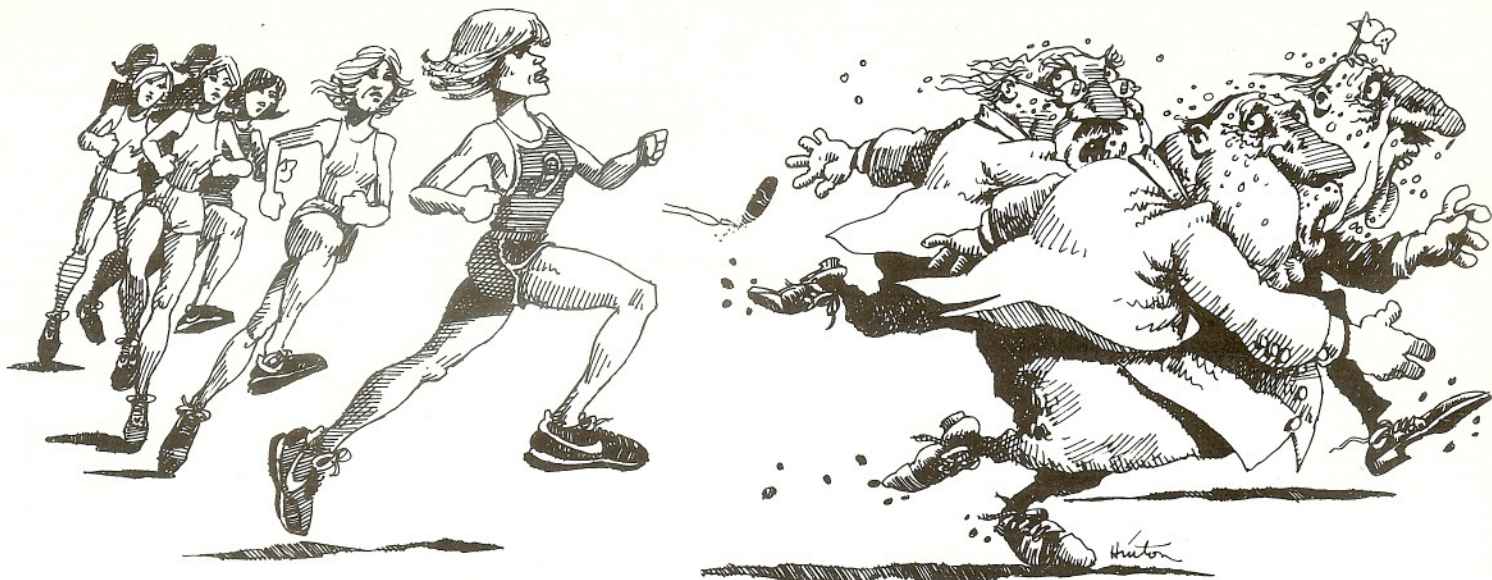


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## **WE THINK IT'S TIME THE IOC STOPPED RUNNING AWAY FROM WOMEN RUNNERS.**

For some archaic reasons, the International Olympic Committee refuses to allow women runners to compete at any distance longer than 1500 meters.

They say that running a marathon isn't feminine. Women aren't strong enough.

Or that not enough countries are interested. Right. The IOC recognizes things like roque and team epee as Olympic events.

We say the members of the IOC have their heads in the sand.

We'd like to take a stand here for women runners. We've joined the crusade to convince the IOC to allow women to run the distance races just like men do.

And world-class women runners need your help, too. If you agree that women should get equal treatment from the IOC, say so in a letter to us at the address below.

We'll collect all the letters in one giant pouch and dump them on the IOC and the IAAF.

Your letter might make all the difference in getting women in Olympic distance races.

And in getting the IOC off their brains.



World Headquarters  
8285 SW Nimbus Avenue, Suite 115  
Beaverton, Oregon 97005

Send your letter to the attention of Patsy Mest.



Fatina Whitbread — Commonwealth Games Edmonton, Canada 1978 (TONY DUFFY PHOTO)

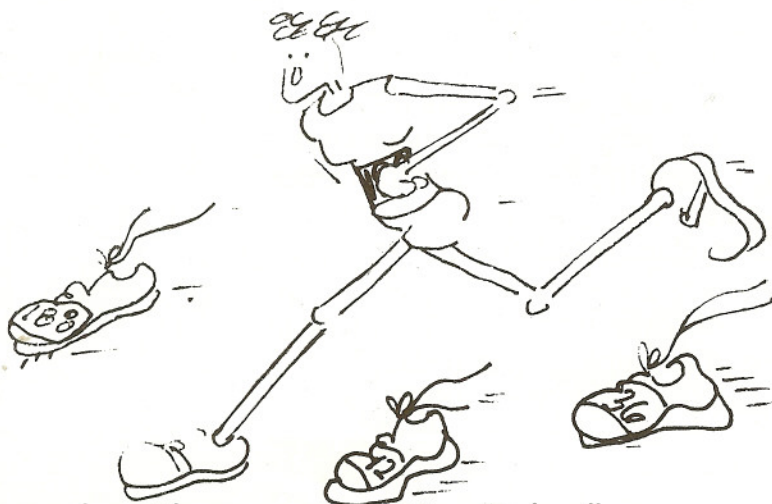
## Hey! You Wanna Write an Article for Women's Track World?

We are looking for good articles, and photographs for Women's Track World. The kind of material we want are training profiles, human interest stories, coaching articles, unusual events connected with track and field.

If you are NOT an accomplished journalist, send us a rough draft and one of our staff writers will do the finish work for you and use your name as a by-line.

Here are the guidelines: (1) Anything you submit should have your name clearly printed on each typewritten page as well as on the back of each photograph. Photographers name should be included so we may give him photo credit.

So . . . sharpen your pencil and start that article today!



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Nobody understands that better than Nike. Because we're runners, too. By following you, we've become the leaders. So when we design shoes, we don't go to computers, we go to runners.

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