

WOMEN'S TRACK WORLD

FEBRUARY 1981

VOL. 12, NO. 6

\$1.50

UCLA —
*The Impossible
Team*

ASIA'S 1980 BEST

NUTRITION —
**A
PROPER
DIET**

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THE MAGAZINE FOR WOMEN INTERESTED IN RUNNING THEIR LIVES

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1

FORMULA

SPORT 15, based on the Russian "B-15" formula used in the olympics, was first introduced to the U.S. by our laboratories, and many professional athletes are now using **SPORT 15** as part of their training program. The active metabolite behind "B-15" activity is N,N-Dimethylglycine (DMG), a natural, non-toxic food component found in both plant and animal sources. The active ingredients in our **SPORT 15** formula are based on DMG and calcium gluconate as an equimolar mixture. DMG's value as part of a remedial or supplemental dietary program cannot be overestimated. As an intermediary metabolite, DMG can increase the utilization of oxygen in the body, bring about faster recovery rates and aid in detoxification. Athletes taking DMG report greater endurance and stamina; it also increases the body's immune response. Most important for athletes, however, is **SPORT 15's** ability to reduce the amount of lactic acid produced by the muscles during times of heavy exercise or stress, which, in turn, reduces the onset of cramps and fatigue in muscles.

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Contents: Microcrystalline Cellulose (Vegetable origin), Dicalcium Phosphate, Calcium Gluconate, N,N-Dimethylglycine, Tricalcium Phosphate.



2

FORMULA

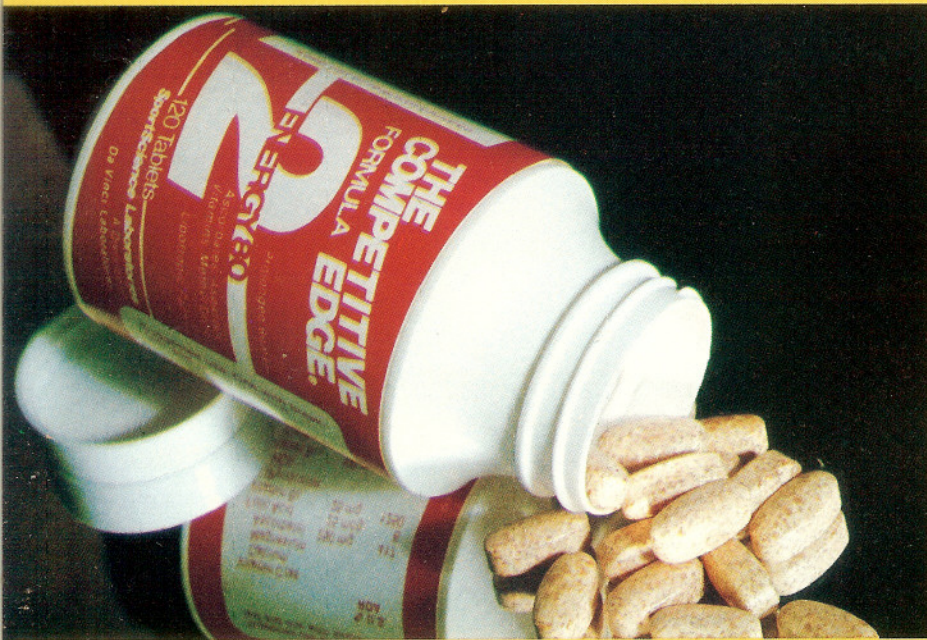
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Vitamin B12 (Cyanocobalamin)	100 mcg.	1667	
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Lecithin	150 mg.		
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			Inositol 20 mg.
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breakfast	1	1	1	—	1	1
lunch	1	1	1	1	1	1
dinner	1	—	1	1	1	1
bed time	—	—	—	1	—	—

The above program is recommended for individuals getting moderate exercise. The athlete under greater physical stress may wish to add to these levels as follows: FORMULA 1, add 3-6 tablets; FORMULA 3, add 6-10 tablets; FORMULA 4, add 2-4 tablets.

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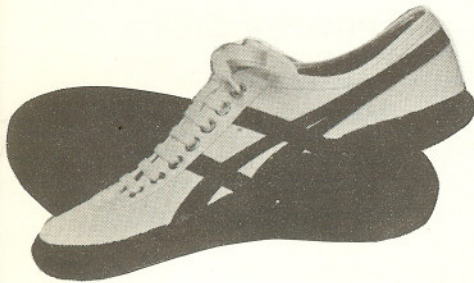
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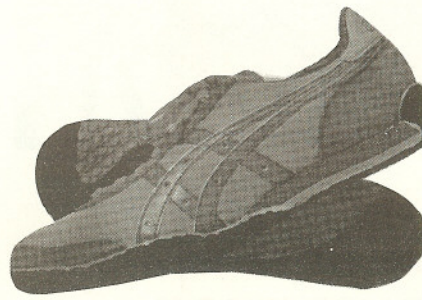
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Sizes: 5-13
Color: Yellow with royal
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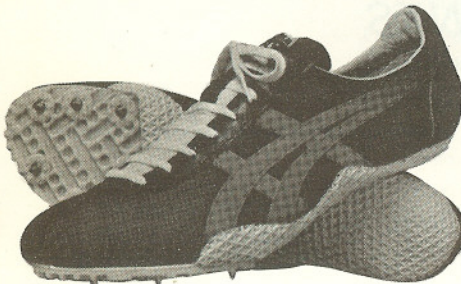
Sizes: 3-13
Color: Gold with navy
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sprinter's shoe. Special
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racing. Interchangeable
spikes.

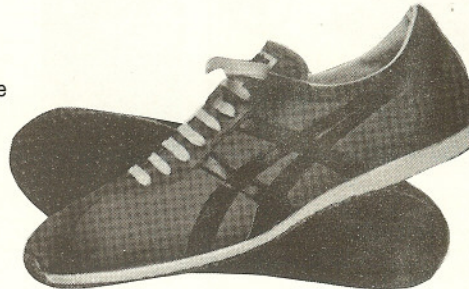
Sizes: 3-13
Color: Navy with gold
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Color: Light Gold with navy
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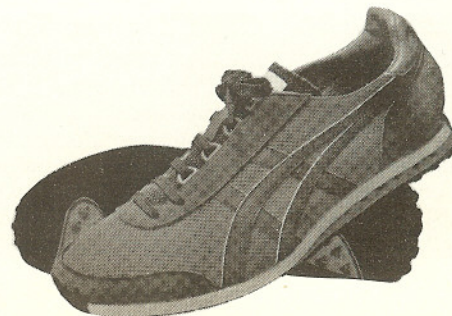
Sizes: 3-13
Color: Royal with gold
stripes



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reinforced leather. Light-
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midsole for flexibility and
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Tiger Trac sole for extra
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Sizes: 5-13
Color: Yellow with royal
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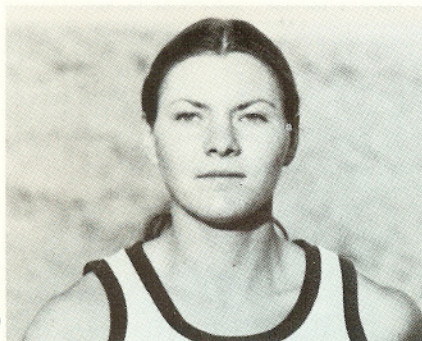
WOMEN'S TRACK WORLD

VOLUME 12 — NUMBER 6

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COVER PHOTO: COLLEEN REINSTRA

Photo by: JOE CAUZZA

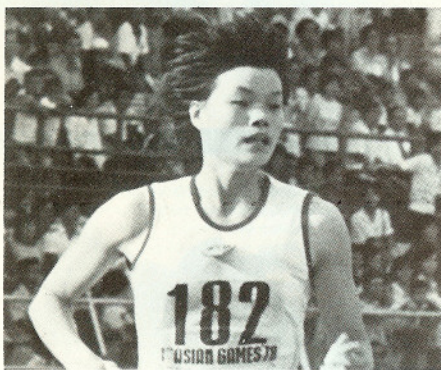


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WOMEN'S TRACK WORLD MAGAZINE (ISSN 0193-8312) is published monthly by WOMEN'S TRACK WORLD MAGAZINE, INC., P.O. BOX 4092, RIVERSIDE, CALIFORNIA 92514. Reproduction in whole or in part without permission is prohibited. Controlled circulation USPS 523470 postage paid at San Bernardino, CA. Subscription price \$14.00 in the U.S. Add \$2.00 in Canada and Mexico. Other international add \$6.00. WOMEN'S TRACK WORLD MAGAZINE assumes no responsibility for unsolicited materials, which to be returned must be accompanied by addressed, stamped envelope. Advertising Consultant: UNIVERSAL SPORTSMEN CONSULTANTS, One Century Plaza, 2029 Century Park East, Suite 600, Century City, Los Angeles, California 90067.

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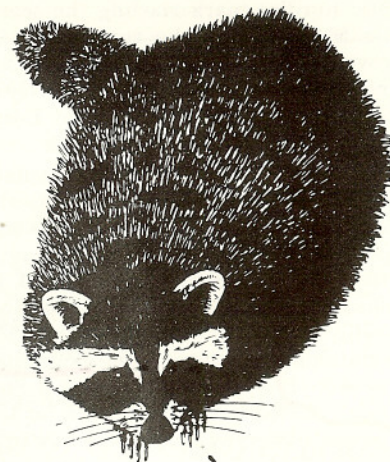
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KALEIDOSCOPE

1981 Junior Olympics will be staged at Wake Forest College, Winston-Salem, North Carolina, on August 8/9 . . . The USOC Annual Summer Sports Festival moved from Colorado to Syracuse, NY, sometime in July . . . TAC Championships moved from Mt. SAC to Sacramento . . . Su-Mei Lee has returned to Taiwan after three years of unsatisfactory conditions in California, including a high school which would not let her compete interscholastically. Su-Mei now wants to be a singer . . . Esther Mahr must have had more PR's in 1980 than any other American athlete. Her best 400m hurdles mark starting the season was 58.68. During the season she improved to 58.24, 58.02, 57.27, 57.23, 56.44 and finally an AR of 56.16 . . . More 1500m steeplechase marks from Finland. Best is now 4:41.8 by Marjo Riitta Lakka.

First mark over 6000 for the heptathlon was scored by Russia's Yekaterina Gordienko as she tallied 6144 points with marks of 14.06 in the hurdles, 48'6 $\frac{3}{4}$ in the shot, 5'8 $\frac{1}{2}$ in the high jump, 24.53 for 200m, 21'1 $\frac{1}{4}$ in the long jump, 105'3 in the javelin and 2:11.4 for the 800m. Her pentathlon score during the heptathlon was 4620 . . . According to "Track & Field News", the best dual meet team for 1980 was the University of Oregon followed by four California schools — Cal, UCLA, CS Northridge and San Diego State . . . "Women's Sports" selected Grete Waitz as Sportswoman of the Year stating "almost every time Grete Waitz runs in this country she breaks a world record." Not quite true — unfortunately Grete doesn't hold any world records — she does have a "world best" for the marathon. Still one must admit, Grete's a pretty fair runner . . . The TAC Championships for 1982 will be at the University of Tennessee and held in conjunction with the World's Fair . . . Looking forward to the 1981 cross country season? Of the top 15 finishers in the AIAW Division I Championships only two will graduate. But more importantly, only 15

out of the first 123 finishers will be gone and only 26 of the entire field of 214 finishers will graduate. In Division II, ALL of the first 43 return and only six of the 170 finishers disappear. Division III loses two of its top 15 and only 11 of the total of 145 finishers.

If you're a distance runner and don't subscribe to "The Harrier", it's your loss. Write to the magazine at 2403 Ridgeline, Lansing, Michigan 48912. Eight bucks per year . . . And if you live in the East and don't take "Eastern Track", you're missing a lot. Contact Walt Murphy, 78-10 83rd Street, Glendale, New York 11385. Ten bucks per year . . . Stephanie Ger-

the flap about awards at the TAC Pentathlon Championships? Here's the wording direct from the TAC book:

"Athletes attending an educational institution in this country are considered resident aliens" . . . Mary Decker has won the Norm Saettel Award as the Outstanding USA Lady Athlete for 1980 . . . East German weekly "Der Leichtathlet" has come up with a listing of which athletes have held official world records in the most events. Tie for first with six events for Holland's Fanny Blankers-Koen and Taiwan's Chi Cheng. Next in line with four events is Poland's Irena Szewinska and Japan's Hitomi Kinuye (1928-29). Germany's Gisela Mauermeyer (1934-39) and the late Stella Walsh (Poland) had three each . . . Speaking of Walsh (officially Stella Walasiewicz), she was killed in an apparent robbery at a shopping center last month . . . Couple of more Names I Like: Lynda Dumbill of Great Britain and Canadian javelin thrower Lorri Kokkola.

Joan Benoit and Ellison Goodall have joined Athletics West . . . Former AR 400 record holder (1972) Kathy Hammond is a soph at Sacramento State . . . Annegret Richter, 1976 OG 100 champion has retired . . . Alice Brown says she is going to become a hurdler. Wanta bet? . . . Anne McKenzie, who was African Athlete of the Year 'way back in 1968, recently set two world bests in the 800 and 1500 for age 55-59 with marks of 2:45.1 and 5:35.4 . . . Many-time contributor and top English track writer Cliff Temple was in and out of the hospital recently. Suffered a blood clot in his left leg . . . Not so fortunate is Franz Stampfl of Australia (coach of Roger Bannister and many other world-class athletes), who is paralyzed following a car accident. Franz says, "As long as I have eyes and a voice, I can coach".

It's summertime below the equator and Australia has been making some

(continued on page 22)



JEFF JOHNSON PHOTO

MAHR

ber, a 14-year-old South African, ran a 4:20.4 1500m . . . And South African Sarina Cronje toured the mile in 4:28.4 . . . Rumor has Cal Poly/San Luis Obispo moving to AIAW Division II next year . . . Dublin marathon was won by Carey May in 2:42:11 . . . Add another runner named Shea. We started with Julie and Mary at North Carolina State and now we have added sister Susan at Villanova, Chris at Georgetown and Noreen at Utah State . . . New woman's coach at Fordham is Dave Callaghan . . . Remember

World Junior Records

100	10.99	Natalia Bochina (SU)	1980
200	22.19	Natalia Bochina (SU)	1980
400	49.77	Christine Bremer (DDR)	1976
800	2:00.7	Kathy Weston (USA)	1976
1500	4:06.0	Bridgit Friedman (GFR)	1978
3000	8:58.4	Inger Knutsson (Swe)	1973
100H	12.95	Candy Young (USA)	1979
400H	56.68	Anne-Louise Skoglund (Swe)	1980
4x100	43.95	East Germany	1979
4x400	3:31.7	East Germany	1979
HJ	6'4	Louise Ritter (USA)	1979
		Kirstin Dedner (DDR)	1979
LJ	22'2½	Marianne Voelzke (DDR)	1974
SP	63'1	Ilona Schoknecht (DDR)	1974
DT	212'9	Irina Meszynski (DDR)	1980
JT	217'10	Antonetta Todorova (Bul)	1980
Pent	4594	Sabine Everts (GFR)	79

(13.46 · 45'7¾ · 6'1¼ · 20'9¼ · 2:16.3)

World Records Set in 1980

800m	1:54.9	Nadyezhda Olizaryenko (SU)	Moscow	6/12
	1:53.5	Nadyezhda Olizaryenko (SU)	Moscow	7/24
1500m	3:55.0	Tatyana Kazankina (SU)	Moscow	7/6
	3:52.5	Tatyana Kazankina (SU)	Zurich	8/13
One Mile	4:21.7	Mary Decker (USA)	Auckland	1/26
4x100	42.09	East Germany	East Berlin	7/9
	41.85	East Germany	Potsdam	7/13
	41.60	East Germany	Moscow	8/1
100mH	12.36	Grazyna Rabsztyń (Poland)	Warsaw	6/13
400mH	54.28	Karin Rossley (DDR)	Jena	5/17
SP	73'4¼	Ilona Slupianek (DDR)	Celje	5/2
	73'8	Ilona Slupianek (DDR)	Potsdam	5/11
DT	234'7	Evelyn Jahl (DDR)	Postdam	5/10
	235'7	Maria Vergova (Bulgaria)	Sofia	7/13
JT	229'6	Ruth Fuchs (DDR)	Split	4/29
	229'11	Tatyana Biryulina (SU)	Podolsk	7/12
Pent.	4856	Olga Kuragina (SU)	Moscow	6/20
	5083	Tatyana Tkachenko (SU)	Moscow	7/24

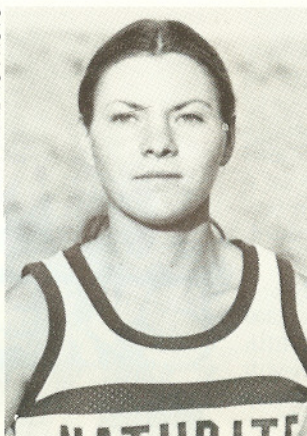


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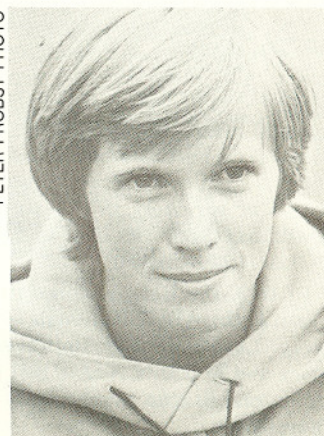
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WESTON

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ROSSLEY

WJW



**THESE YOUNG WOMEN
REPRESENT THEIR TEAMS
AT THE UNIVERSITY OF
SOUTHERN CALIFORNIA
IN INTERCOLLEGIATE COMPETITION**

Front row: Sandy Crabtree, track & field, Glendale, AZ; Kathy Haynes, basketball, Madera, CA; Anna Maria Fernandez, tennis, Torrance, CA; Meredith Williams, swimming, San Jose, CA; Jill Ornstein, gymnastics, Huntington Beach, CA.

Back row: Denise Streb, golf, San Bernardino, CA; Cathy Stukel, volleyball, Champaign, IL; Elizabeth Palmer, crew, San Marino, CA.

For more information please contact: USC Women's Athletic Dept., Heritage Hall, University Park, Los Angeles, CA 90007, (213) 741-7693 or 7770

Ucla

The Impossible Team!!!

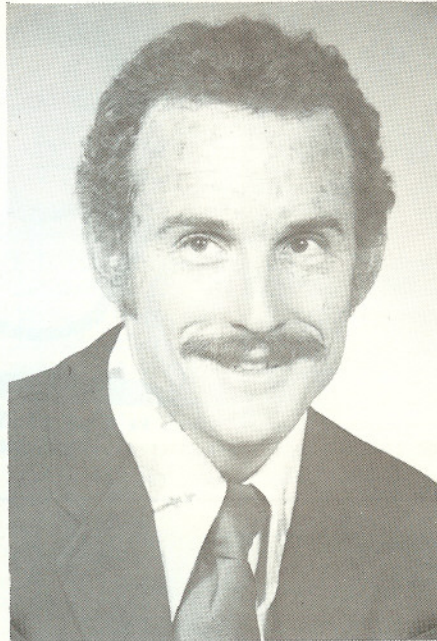
You can stop wondering who will be the 1981 AIAW track champion. Get out the silver polish for that second place trophy 'cause the gold one is already taken. Turn out the lights — the party's over. This year it's going to take more than a couple of distance runners or a fistful of sprinters to threaten the favorites. Everyone roll over and play dead. UCLA is here now!

In 1979, the Uclans scored in only one event at the AIAW Nationals — the 4x800 relay. Last year they improved to fifth place and 30 points. And in 1981 there will be no one to stop them unless they stop themselves.

If you're a track coach you've probably dreamed of having a 20 foot long jumper or maybe a couple of quartermilers under 58 seconds or a few distance runners with potential or a forty foot shot putter and maybe a 150 foot javelin tosser. If you're Scott Chisam of UCLA you have seven sprinters better than 11.61, eleven 400 runners between 51 and 57 seconds, a corp of distance runners — 10 at least — who can boast marks which place them in the top all-time lists, three long jumpers near 21 feet, two shot putters over 49 feet, a 180 foot javelin thrower and a couple of 100m hurdlers better than 13.75. That's for starters. Take a look at what opponents will face when they tangle with the Bruins in 1981:

SPRINTS: Transferring from Cal State Northridge is Jeanette Bolden (11.41/-23.94) and Florence Griffith (11.54/23.55). Freshman Sherri Howard is no slouch at the sprints with marks of 11.61 and 23.19 in 1980. Returnee Gwen Loud (11.51/-24.07). Judy Reed, UCLA's top sprinter in 1979 who did not compete last year also returns. Arlise Emerson, although primarily a 400/800 runner, can sprint too and can be a help on relay teams which call upon her. Primarily a long jumper, Jackie Joyner must be able to run the dashes — anyone who can jump 20'9¼ must have some speed. Hurdlers Lisa Gourdine and Jackie Washington can run on the flat too.

400: Talk about strength! UCLA's 400



Coach Scott Shisam —
look at that sneaky smile!

meter crew is something else. Start with the TAC and OT champion Sherri Howard, a freshman. Howard ran 51.48 last year and 51.09 in 1979. UCLA's top 400 runner from 1980 is back, Oralee Fowler from the Bahamas. Bothered by leg problems toward the end of the year, Fowler had a best of 53.55 for 1980 and is secretly picked by some as the Bruins Number One one lapper in spite of the presence of Howard. Kim Law was the Conference champion in the 400 last year and has best of 54.38. Arlise Emerson clocked 53.50 in 1980 but had a 53.42 in high school. The Bruins also picked up Deanne Gutowski who ankleed a swift 53.39 last season. Junior Cindy Cumbess returns from the 1980 squad and walk-ons Karen Copper, Dina Seerden, Carol Norman and Stephanie Thornton can all spin once around the oval in better than 57 seconds. Another possibility is 400m hurdler Missy

Jerald, another CSN transfer. Pick a relay team from that roster.

800/1500: It is debatable whether UCLA's strongest points are the 400m runners or the middle distance or the distance crews. No doubt the Bruins are loaded in the 800/1500. Number One should be Linda Goen, a sophomore. Goen covered the 1500 in 4:12.8 last year and added a 2:09.8 2-lap mark although she is capable of much faster. The Bruins picked up junior college transfer and veteran half-miler Ann Regan from the San Jose area. Regan, a 3-time California half mile champ ran only 2:06.5 last year but turned in a 2:04.4 in her high school days. Although she never runs on Saturday, Michele Bush will be on hand on all other days to help out. All Bush did last year was run 2:10.3 and 4:18.6. Although she doesn't believe it, the 800 will eventually be Arlise Emerson's best event by far. She has unlimited talent for this event and ran 2:07.0 in one of her few efforts at the distance in 1980. Deanne Gutowski can also cover two laps and clocked 2:10.4 last year. One of the few seniors on the team, Sheila Ralston certainly won't be a drawback to the middle distance team. Ralston ran 2:11.1 and 4:22.8 last year in spite of mid-season injuries. Concentrating on the 1500 will be one-time high school sensation from California, Cheri Williams with a best mark of 4:18.9 in the 1500. Williams transfers in from Oregon.

3000/5000/10000: If you were impressed with the power shown by the Uclans in the 400, 800 and 1500, you will be breathless after reading of the power in the long distance runs. Michele Bush, the versatile one on Sundays through Fridays has covered the 3000 in 9:33.0 and the 10k in 35:06.8. Bush picked up a fourth place in the half marathon staged in Korea last summer. Combine this distance ability with her 2:10.4 800m speed and you have talent galore. Linda Goen trotted a 9:30.3 in her only 3000 last year and Sheila Ralston can also go this distance which she has done in 9:52.7. Heidi Perham, a senior, is a good journeyman distancer and had her best cross country season in 1980. Now add Lisa Scaduto who was California prep 2-mile champion and it gets better. But it gets even better than that for Kathi Mintie is returning after a year off. Mintie ran 9:23.9 and 16:16.8 in 1979, but more importantly has been whipping the blazes off everyone in distance runs around the southland this fall and is looked upon to lead the UCLA distance team.

HURDLES: The Bruins are not what one would call sensational in the barrier events, but will still pick up points in the big meets. Neither Lisa Gourdine (13.75) nor Jackie Washington (13.59) will be

(continued on page 9)

JEFF JOHNSON PHOTO

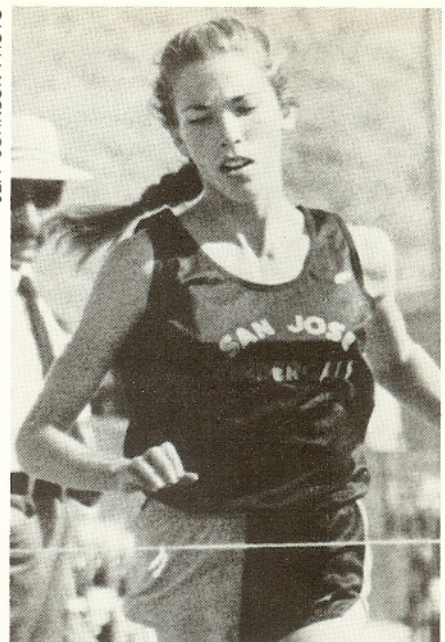


*Sherri Howard — TAC
and OT 400 Champ.
11.61/23.19/51.09.*



*Cheri Williams — California HS
Mile Champion. 2:09.0/4:18.9.*

JEFF JOHNSON PHOTO



*Ann Regan — 3-time
California High School
800 Champion. 2:04.4.*

Ucla WOMEN'S TRACK

JEFF JOHNSON PHOTO



Jackie Nelson — AIAW Javelin Champion, 173'11.

JEFF JOHNSON PHOTO



Deann Gutowski — 400/800, 53.39/2:10.4.

JEFF JOHNSON PHOTO



Jackie Joyner.
20'9³/₄/4129.



Lisa Gourdine — 13.75/20'1³/₄.

JEFF JOHNSON PHOTO



Linda Goen —
2:09.8/4:12.8/9:30.3.

Ucla WOMEN'S TRACK

JEFF JOHNSON PHOTO



Heidi Kauti — 49'5.

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Sheila Ralston — 2:09.4/4:22.8/9:52.7.

JEFF JOHNSON PHOTO



Gwen Loud — 11.51/23.00w/20'6¹/₂.

UCLA (continued)

expected to beat LaPlante, Hightower, Fitzgerald or Young, but their times are good and Washington did beat Candy Young and grab fourth place at the TAC championships last year. Tonya Alston, a 4000 point pentathlete, can also run the hurdles near the 14 second mark and can be called upon here. The weak spot of the track events for the Bruins is the 400m hurdles where only Missy Jerald at 61.09 is present. Of course it is possible to take a couple or three of those 57 second 400m runners and turn them into 400m hurdlers.

JUMPS: Alston is the only high jumper and won't threaten the national record with her 5'9 best, but that will win a lot of dual meets. The long jump is a corker with Jackie Joyner (20'9³/₄), Gourdine (20'1³/₄) and Loud (20'6¹/₂) being ably assisted by Alston and Roxanne Banks, sister of triple jumper Willie Banks.

THROWS: Alston can toss the shot, but she will be outdone by senior Heidi Kauti at 49'5 and freshman Susie Ray (48'11¹/₂). Discus throwers are a rarity this year but one might expect to see Ray and Kauti trying this event along with sophomore Diana Carman who competed last year. Carman also tosses the javelin but top thrower will be Jacque Nelson, a transfer from Cal State Long Beach who has a best of 173'11. Nelson's mark of 173'11 was made in the rain at the AIAW Nationals last year which she won for the 49'ers.

HEPTATHLON: Tonya Alston and freshman Deborah Thurston will cover the multiple event for the Bruins. Alston is a veteran and should score well enough to pick up some unneeded points at Austin next May. And then there is Jackie Joyner, the 3-time National Junior Olympic Pentathlon Champion, who scored 4129 last year. Tears for Mr. Chisam please.

So who is going to give UCLA competition when Nationals time rolls around? Last year's winning team, Cal State Northridge, is no more. They have moved to Division II and their athletes have gone with the winds. Nebraska has also drifted apart. No one knows where Ottey is. Gorham is gone, Coach Carol Frost has gone. Alice Brown, Andrea Lynch, Jodi Anderson and Themis Zambrycki are not in school. Marlene Harmon is not in school. North Carolina State, runner-up in 1980, returns all their athletes but probably will not score as many points in 1981 as they did in 1980 when the competition was not too sharp. Cal State Los Angeles is a mystery and one awaits spring registration to see who has enrolled from where. CSLA was third in 1980. Apparently the strong

JEFF JOHNSON PHOTO



Michele Bush —
2:10.3/4:18.6/9:33.0/35:06.8

JEFF JOHNSON PHOTO



Florence Griffith — 11.54/23.55

DIANE JOHNSON PHOTO



Arlise Emerson — 53.42/2:07.0

JEFF JOHNSON PHOTO



Jeannette Bolden — 11.41/23.94

UCLA (continued)

teams will be Tennessee, UTEP, and Florida State. Florida, Oregon, Washington and Arizona State are outside choices at this time.

Tennessee returns Fitzgerald, Walton, Hauch and picks up 800 runner Joetta Clark, distancer Eileen Hornberger, all rounder Myrtle Chester from Guyana, 400 runner Cathy Rattray and a couple of sprinters, Shareiffa Barksdale and Donna McLain. Florida State didn't score in the Nationals last year but has enrolled some strong foreign talent to go with their USA recruits. Among the Florida State newcomers are Britain's Margaret Coomber

(2:02.0/4:18.2/9:50.2), sprinter Esmeralda Garcia from Brazil (11.48/23.7), Randy Givens (NY) with 11.6/23.56, javelin tosser Lynn Hughes from Oregon (17'4), Marita Payne from Canada (23.20/53.01), Janette Wood from Canada (23.23/53.86), transfer from Wyoming Jeanette Bradley (60.80—400H) and 5'10 high jumper Joanne MacLeod.

Always a strong team, Arizona State has added Sandy Beach (2:08.9), Margaret Hamley from Australia (20'11/4165), sprinter Marbella Washington (11.99/-24.02), distancer Sabrina Peters and a passel of sprinters. Plus rumors of getting

Leslie Deniz. Washington has picked up middle distance ace Deanna Coleman (2:04.7/4:26.2), Regina Joyce from Britain (4:17.3/9:10.8), Karen Petley from New Zealand (9:36.4) and has Maggie Garrison (6'0½) and Caryl van Pelt (51'1/163'6) returning after missing a year. UTEP has recruited heavily from Holland and Canada.

But no one has 11 quartermilers and 10 middle distancers and 10 sprinters and 10 distancers and long jumpers and throwers and hurdlers to match UCLA. It'll all be for second place!

WIW

CALENDAR

CALENDAR

The Big Ones Ahead

March	6/7	JUCO Championships (Indoor) • Champaign
	7	Aztec Invitational • San Diego
	13/14	AIWA Championships (Indoor) • Pocatello
	14/15	TFA/USA Heptathlon Championship • Corvallis, Oregon
	28	USC Invitational • Los Angeles
	28	IAAF World Cross Country Championship • Madrid
28/29	Phoenix Invitational • Phoenix	
April	23/26	Mt. SAC Relays • Walnut, California
May	2/3	WCAA Conference Championships • San Diego
	9	Southwest Collegiate Championships • Irvine, California
	10	Pepsi/UCLA Invitational • Los Angeles
	14/16	JUCO Championships • San Angelo
	16	California Relays • Modesto
	16/17	TAC District Championships • UCLA
	21/23	AIWA Division II & III Championships • TBA
	21/23	NAIA Championships • TBA
28/30	AIWA Championships • Austin	
28/30	TFA/USA Championships • Wichita	
June	12/14	TAC Championships • TBA
	15/16	"World Games" • Helsinki
	18	"Kusocinski Memorial" • Warsaw
	19	"Rosickenho Memorial" • Prague
July	3/5	TAC Age Group Championships • UCLA
	11/12	USA/Russia • Moscow
August	1/2	USA/Russia Pentathlon • Leningrad
	TBA	World University Games • Bucharest
	12/16	African Championships • Lagos, Nigeria
	20/23	European Championships • Utrecht, Holland
September	4/6	World Cup • Rome
	20	"Gaston Roelants Grand Prix" • Brussels

1982	February	26	TAC Championships (Indoor) • New York
		March	21
June	17/19	TAC Championships • TBA	
	26/27	USA-USSR-GFR-Africa • USA	
	July	3/4	USA-USSR-GFR-Africa • USA
July	10/11	USA-DDR-GFR • London or Leipzig	
	TBA	Pan American Jr. Championships • Caracas, Venezuela	
September	7/12	European Championships • Athens	
	October	3/9	Commonwealth Games • Brisbane, Australia
1983	February	25	TAC Championships (Indoor) • New York
		June	16/18
July	26/July 7	World Student Games • Edmonton, Canada	
	TBA	USA-GFR-USSR • USSR or GFR	
July	TBA	USA-GFR-DDR • GFR or DDR	
	August	7/14	IAAF World Championships • Helsinki
August	TBA	Pan American Games • Venezuela	
	1984	July 28 - August 12	Summer Olympic Games • Los Angeles

WIW

Nadyezhda Olizaryenko

By Ivan Berenyi

(from "Athletics Weekly")



Nadyezhda Olizaryenko-Mushta (26) has been around for some years under her maiden name, Mushta, but in top contention in the middle distances only since 1977. Her 13th competitive season, 1980, proved truly lucky for her because it was this year that her career really took off, carrying her to two world records, an Olympic gold and bronze, and a permanent place in athletics' hall of fame.

Nadyezhda first gave thumping notice to the world of her emergence as a major track star in the Pravda Prize meet early June in Moscow's Lenin Stadium, where she took the lead right from the start, ran a 57.1 first lap and clocked 1:54.85 for the 800m. This was 0.09 seconds faster than Tatyana Kazankina's world record which, achieved in the Montreal Olympics, had entered the record books as 1:54.9.

Asked in the wake of this competition if the time had been pre-planned or merely the result of the way the race developed, the cerebral, curt and always somewhat remote Russian blonde was unequivocal. "Yes, I wanted a world record," she said. "Or at least a time very close to it. The first lap? It was slow, which is why the end-result was not better. That's clear enough, isn't it?"

Fita Lovin (1:56.70) of Rumania finished runner-up in this June 11th race and five Russians ran under 1:58 behind her. They included in 4th place Kazankina (1:57.00) whose every attempt to dislodge her from the front was vigorously denied by Olizaryenko, so that in the end the reigning two-lap Olympic champ faded and was even pipped to the post by Olga Vakrusheva in the same time.

The Pravda Prize race was certainly enough to persuade Kazankina to give up her long-voiced ambition to repeat the Montreal double in Moscow. "I will concentrate on the 1500m in the Olympics", she said cagily shortly afterwards, "and leave alone the option to run the 800m, too, mainly because my best friend and training companion, Tanya Providokhina, deserves her own Olympic chance. In 1976, I was in great form partly because Tanya helped me so much, and last year we made our comeback jointly, after a year's rest".

Providokhina was the girl, of course, who won the 800m in the 1978 European Championships with 1:55.8 in front of Mushta, whose desperate surge in the home stretch carried her to the tape in the same time, but fractionally (by 0.02

seconds) behind. That year, Tanya and Nadyezhda shared first place on the world list, but the track world considered this an interim state of affairs, to be rudely interrupted in Moscow by Kazankina's return from her lengthy sabbatical.

Wasn't it perhaps Nadyezhda's show of strength in the Pravda Prize race, rather than concern for Tanya Providokhina's Olympic prospects, that made up her mind to opt out of the 800m? Kazankina was uncompromisingly asked this in the Olympic run-up by the East German sports daily, *Deutsche Sportecho*. "I have known of Nadyezhda's potential for some time," she answered. "I had ample opportunity to assess it during the selection's training sessions. But I believe this is going to be Tanya Providokhina's year at 800m. She richly deserves it."

But Nadyezhda was icily unconcerned about others talking shop. First she demonstrated in the Znamenskiy Memorial in Moscow on July 6th that she might even prove a threat to Kazankina at her chosen distance, the 1500m. While the 800m was won by Olga Mineyeva in an impressive 1:55.1 with Providokhina runner-up (1:55.9), Olizaryenko took on Kazankina in the 1500.

New world record for Kazankina

It was a memorable race, Raissa Belousova acted as hare for Kazankina, forcing a murderous tempo over the first two laps (splits of 60.0 and 2:07.0) and then dropping out of sight to finish last in 4:14.7. Kazankina kept close (61.2 split at 400), raised the pace on the third lap, clocking 3:09.2, at 1200, and produced a 45.8 dash over the final 300m. Her time of 3:55.0 was a new world record, a full

second better than her 1976 mark. Lyubov Smolka (3:56.7) was runner-up. Nadyezhda did not go along with the pace dictated by Kazankina and Co., but lay back a bit too long, to storm home with a scorching 43.8 final 300. But with 3:56.8 she came only third. "There will be no Belousova in the Olympics", she remarked caustically after the race.

Nadyezhda's next gambit, a week later, was a one-lap race where she eclipsed the whole Soviet 400m top bracket with 50.96. Asked what would this new-found 400m prowess mean in terms of the Olympics, she replied tartly: "How should I know? OK, it may mean that my finish will be stronger, which is important since I settled for front-running in the 800m. More generally, it will mean that I will probably have greater reserves of both speed and stamina. The Znamenskiy 1500 was proof of sorts in the later respect. Consider that it was only my second 1500m race ever."

When quizzed about her main opposition in the Olympic 800m she became thoughtful. "Let's lump the opposition at 800/1500 together," she said. "So who is there? Kazankina, Mineyeva and several other possibles from the home side, plus people like Totka Petrova and Shtereva from Bulgaria, Lovin, Marasescu, Puica and perhaps even Silai from Romania, and whoever the GDR comes up with. Comprehensive enough?"

So what were the two most memorable events of the Olympic run-up? "One was that Sergey, my husband, qualified for a spot in the USSR's 3000m steeplechase trio, and that so far both of our Olympic plans went as wished," she said. "Another was when Kazankina attacked me 250m from the tape in the Pravda Prize race. Having already run 1:56.7 in the heats there, I knew that I was in top form and had plenty in store, and was deliberately taking it a bit easy up front, awaiting and anticipating that attack. So I was more than ready with my own surge when it came, and knew that there was no way in which she could pass me. It was pretty satisfactory."

In the Olympics, Nadyezhda coasted to easy wins in the heats (1:59.3) and semis (1:57.7), and in the final on July 27th on-lookers could only see a blonde streak in lane 7, as she took the front-runner position right at the start and forged along powerfully. She clocked 56.41 for the first lap and powered home in a world record of 1:53.42, never for a moment threat-

ened by her fellow-Russians, Mineyeva (1:54.90), who herself equalled the old record and Providokhina (1:55.5). It was a Soviet triple.

The interview room was packed after the race, and the questions flew. Did she consider herself the favorite before the race? Did that affect her? Was her first lap not too fast? Was her result the human limit for the 800m? She took them patiently, one by one.

Frank answers after Olympic final

"I wanted to win this race, and saw pretty good prospects for doing just that. I wanted to run a world record, because that seems the best way to ensure that I would come out on top. It was the safest variant. The 56.41 for the first lap was not fast at all though; it was slow, in fact. I was playing it by ear there; had Mineyeva stayed closer on my tail, I would have gone down to 55 or even 54. But there was no real pressure, so that I decided to keep my final surge intact. This world record being the human limit? Not at all. This sort of time has been due, in fact, for a while, and there is plenty of room left for improving on this result. I aim to do some of the improving myself, actually."

She even smiled once, when asked if the fact that there were three Soviet competitors in the final allowed for any team maneuvering. "None at all, as far as I was concerned. In an Olympic final, it's everyone for herself. It will be the same in the 1500m. My prospects there? I am convinced that I have a good chance of getting a medal, and that's all I want to say for now."

Nadyezhda's coach, Boris Gnojevoi, was then asked by Belgium's former world 800m record holder Roger Moens a very pertinent question. "Nadyezhda came good after competing for the best part of a decade and a half," he said. "But how do you keep a girl's nose to the grindstone, how do you keep her interested, that long?"

Gnojevoi replied: "By inducing in her a love of running. As a 14-year-old, she trained 1½ hours five times a week. But we did not merely run. One must make practice sessions colorful, interesting. It all depends what you come up with as a coach."

Nadyezhda Mushta was born in Buryansk, in the Russian SSR, on November 28th, 1953. She became a sports student in 1965, at age 12, and was taken by Coach Gnojevoi at age 14, subsequently delegated to Odessa. But she was not to be a mere sports student, which is the well-known euphemism for the professional athlete. A girl with a studious bent and an inquiring mind, she qualified in due course as a sport teacher and coach armed with the diplomas



Russia's 1-2-3 sweep of the Olympic Games 800 — Olga Mineyeva (1:54.9), Champion Olizaryenko (1:53.5) and Tatyana Providochina (1:55.5).

needed, and had for years been working as an office clerk.

Nadyezhda married Sergey Olizarenko in the second half of last year, after that World Cup in Montreal where she was runner-up with 2:01.1 to Bulgaria's Nikolina Shtereva (2:00.6), and she resumed contact with Gnojevoi in the autumn, but to be trained jointly this time by Boris and his wife, Svetlina.

At 16 (1970) Nadyezhda ran an unspectacular 2:11.4 for 800m and in 1977, when she was first included in the senior world list, she ranked 13th with a 1:59.76 run. In 1978, she was listed — along with her joint first place at 800m (1:55.9) — as 16th in the 1500 with 4:04.1 and 17th in the 400 with 51.41. In 1979, she was only 6th on the 800m world list with 1:57.5. She achieved this result in Moscow, in the Spartakiad, where she placed 2nd to Yekaterina Poryvkina (1:57.2). In the 1978 and 1980 USSR championships she was also runner-up.

Fed up with being an eternal second, during the winter of 1979/80 Nadyezhda raised her training schedule to 200km (125 miles) a week, using the woods around Moscow as her training ground and alternating between husband Sergey and the Gnojevois for partners. Her aim was to ensure that she would both be able

to dictate tempo and retain a scorching finish — a plan which panned out admirably.

The only thing that did not quite work out as anticipated was her 1500m Olympic bid. She seemed a bit stale by July 30th when Kazankina got away from her in the home straight in the heats to chalk up a new Olympic record (3:59.2 to 3:59.5). In the final, two days later, Kazankina ran a race of her own (3:56.6), with Christine Wartenberg of the GDR a safe runner-up (3:57.8) and Nadyezhda an equally secure third (3:59.6). Kazankina also confirmed her superiority at 1500 with a subsequent world record of 3:52.5 in Zurich and assorted wins over the best middle-distance women of the "boycott nations" elsewhere.

But Nadyezhda had already proved amply that she is not to be taken lightly over any distance, and since she is determined to challenge Kazankina for supremacy at 1500 the emergence of a Coe-Ovett type duel on the women's side appears to be a foregone conclusion. The analogy is valid in more respects than just one, in fact. Nadyezhda, the loner, does not believe in the lead-up tactics of Kazankina's Leningrad cabal, while the

(continued on page 22)

A PROPER DIET

A DISCUSSION OF SOME MISCONCEPTIONS

Susan Magrann is a registered dietician with a masters degree in nutrition. She is in private practice as a consulting nutritionist in La Palma, California.

Eating a proper diet is important for all amateur athletes whether they keep fit by daily running, swimming or aerobic dancing.

A nutritious diet will not transform you into a Grete Waitz, women's winner of the New York Marathon. That takes long hours of training and the luck to be born with the genetic potential to be a top athlete. But if an athlete ignores her nutritional needs, she will sabotage her efforts to perform at her best.

But beware!!! Because athletes will do

anything to improve, they are prime victims of nutrition misinformation. Much of the nutritional advice they receive is based on personal feelings of friends or coaches, and not scientific research.

Let's look at what an athlete needs to know to perform at his or her best and hopefully dispel some common nutrition myths.

Exercise Burns Calories

No one will disagree with this point. The chart shows the number of calories

burned for various activities by a 150-pound person.

This makes exercising a great way for an overweight person to lose weight. In order to lose one pound of fat you must burn 3,500 calories more than what you eat. If you exercise 30 minutes every day with no change in your eating habits, you will see how fast fat melts away as outlined in the chart.

Don't be tempted to severely restrict your food intake so you will lose weight rapidly. You will feel tired and not have

FOR 30 MINUTES OF ACTIVITY

	Calories Burned	Pounds of fat lost in one month
Badminton (doubles)	150	.13
Bicycling 5.5 mph	120	.10
10.0 mph	205	.18
13.0 mph	330	.28
Dancing - Aerobic		
light	140	.12
moderate	225	.19
strenuous	330	.28
Football (touch)	315	.27
Golf (carrying clubs and walking)	190	.16
Gymnastics		
light	150	.13
moderate	255	.22
strenuous	355	.30
Hiking (20 pound pack, 2 mph)	150	.13
Ropeskipping (50-60 skips, left foot only)	255	.22
Running		
5.5 mph	330	.28
8.0 mph	440	.34
11.4 mph	610	.52
Swimming		
20 yds/min.	150	.13
40 yds/min.	300	.26
55 yds/min.	420	.36
Tennis (doubles)	150	.13
Volleyball	175	.15
Walking		
2 mph	95	.8
3 mph	160	.14
4 mph	180	.15

enough energy to exercise.

If you are happy with your present weight, you can eat these extra calories every day without feeling guilty.

Your protein requirements do not increase with exercise.

It is a common misconception that athletes need extra protein. If you eat like the typical American you already get two to three times more protein than you need.

The protein myth is perpetuated because people think extra protein builds bigger muscles but it doesn't. Only exercise will.

Not only does extra protein have zero benefit, it can be harmful. The kidneys are forced to overwork to excrete the waste products of protein metabolism and this can cause the body to become dehydrated.

Athletes should eat generous servings of carbohydrate foods.

Instead of extra protein, athletes need to be concerned about consuming adequate amounts of carbohydrates especially complex carbohydrates such as cereals, bread, rice, pasta, potatoes and vegetables. This is because carbohydrates are the preferred fuel that muscle burns for energy during exercise.

The need for carbohydrates is especially crucial for athletes engaged in endurance events such as long distance running and swimming.

Quick Energy Myth

Eating sugar or honey right before ex-

ercising will not give you quick energy.

The truth is this can be detrimental to the athlete's performance. Dr. David Costill of the Human Performance Laboratory, Ball State University, found that eating sugar before exercising decreases the athlete's ability to perform to exhaustion by 19%.

A vitamin deficiency will impair the athlete's performance.

Although this is true, a vitamin deficiency is rare among athletes. Instead most athletes over-compensate by taking huge amounts of vitamin supplements because they erroneously think it will give them "super health".

Besides just wasting your money, excess amounts of vitamins A, D and C can be toxic to your body and hinder your performance.

The best way to insure you are getting all the vitamins you need is to eat a proper diet as outlined in our chart.

Inadequate water intake will cause fatigue and decrease endurance.

In the past, athletes were told to avoid water before or while exercising because it would cause cramping. Research has documented this to be false.

Your need for water is great when you consider that 57 to 60% of your body is composed of this essential nutrient. If sweating causes a weight loss of 2 to 3% of your body weight, performance will decline.

Plain water is the best beverage to meet your fluid needs. This is because

plain cool water (41° F) will leave the stomach faster than special drinks which contain minerals or glucose.

Along with water, sodium and potassium also are lost in sweat.

But the loss of sodium is not a problem for the majority of amateur athletes. This is because your major intake of sodium is salt and the typical American diet contains about six times more sodium than you need.

If you have a particularly strenuous workout and lose up to 5 to 6 pounds because of heavy sweating, you will need to add extra salt to your food.

To compensate for the potassium lost in sweat, you should eat extra servings of fruits and vegetables since they are rich in this mineral. Citrus fruits and juices, bananas, apricots, pears, dried fruits, potatoes, mushrooms and lima beans are especially a good source of potassium.

Athletes should not skip meals.

This statement is true for all individuals. For maximum energy you should eat three meals a day.

The content of these meals is the same as the non-athlete. The only difference is the athlete needs plenty of fluids and maybe more potassium and carbohydrates.

This guide to good eating will help you plan a nutritious diet to meet your nutritional requirements.

WTW

CHART — A GUIDE TO GOOD EATING

Food Group	Minimum Servings Per Day	Serving Size
Milk Group (Provides protein, calcium, riboflavin)	*2	1 C milk, yogurt 1½ oz. cheese 2 C cottage cheese
Meat or Alternate Group (Provides protein, iron, B vitamins)	2	2 oz. lean meat, fish, poultry 2 eggs 1 C cooked beans, peas, lentils 4 Tbsp Peanut Butter
**Fruit/Vegetable Group (Provides carbohydrates, vitamins A & C, fiber)	4	½ C cooked or juice 1 C raw
<p>one serving/day should be high in Vitamin C (citrus, broccoli, strawberries, cantaloupe)</p> <p>three servings/week should be high in Vitamin A (dark green, yellow or orange vegetable or fruit)</p>		
**Grain Group (Provides carbohydrates, fiber, iron, B vitamins)	4	1 slice bread, whole grain 1 C ready-to-eat cereal ½ C cooked pasta, rice, grits

*Teenagers need 4 servings per day

**Athletes should eat more than minimum servings

ASIA'S 1980 BEST

Compiled by
Rolfe von der Laage

GLADYS CHAI PHOTO



Xie Jian-Hua (PRC), Discus 192'9.

100

11.84 U. Laopinkarn (Tha)
11.87 Ester Rot (Isr)
11.94 Yukiko Ohsako (Jap)

200

24.27 Sumiko Kaibara (Jap)
24.53 Lydia deVega (Phi)
24.57 My Myung Hi (Kor)

400

54.6 Lydia deVega (Phi)
55.27 Yumiko Aoi (Jap)
55.53 Keiko Nagasawa (Jap)

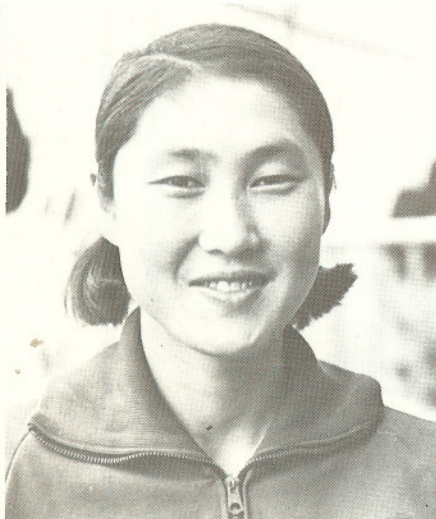
800

2:06.6 Geeta Zutshi (Ind)
2:06.95 Anat Meiri (Isr)
2:08.4 Huo Lian-Zhu (PRC)

1500

4:15.01 Anat Meiri (Isr)
4:22.1 Zhava Shmueli (Isr)
4:23.9 Zhang Xiu-Nun (PRC)

GLADYS CHAI PHOTO



Kim Ok-Sun (NK),
2:03.9—4:14.8—9:22.3.

3000

9:22.3 Kim Ok Sun (NK)
9:25.2 Zhang Xiu-Nun (PRC)
9:25.8 Jian Zhou-Rong (PRC)

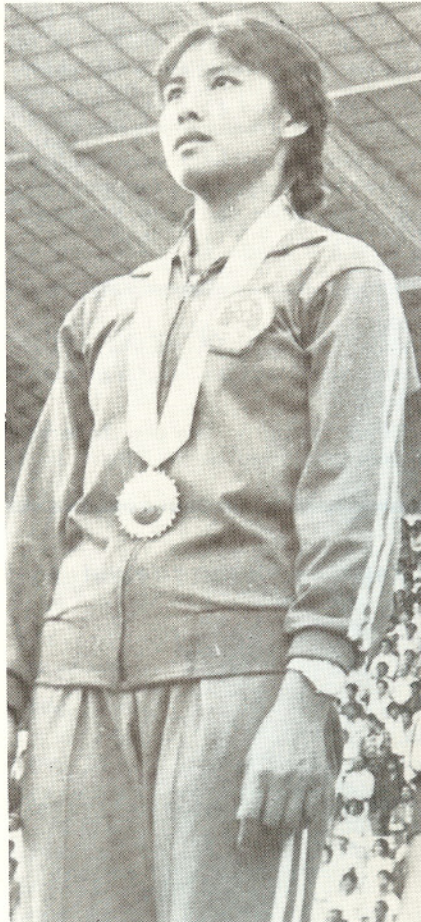
100H

13.20 Ester Rot (Isr)
13.64 Dai Jian-Hua (PRC)
13.87 Guo Su-Hua (PRC)

400H

59.33 Hu Ai-Ping (PRC)
59.3 Lai Lee-Chiao (Tai)
59.52 Yumiko Aoi (Jap)

GLADYS CHAI PHOTO



Zhou Wa (PRC), 20'6½.

High Jump

6'3½ Zheng Da-Zhen (PRC)
6'1¾ Ge Ping (PRC)
6'1¼ Hisayo Fukumitsu (Jap)

Long Jump

20'10 Wu Fong (PRC)
20'7¾ Wang Hong (PRC)
20'6½ Zhou Wa (PRC)

Shot Put

58'2½ Shen Li-Quan (PRC)
55'11 Lu Cheng (PRC)
53'11¼ Lee Zhun-Lian (PRC)

GLADYS CHAI PHOTO



Ye Pei-Su (PRC), 6'0¾—4139 Pent.

Discus Throw

202'9 Li Xiao-Hui (PRC)
195'7 Xie Jian-Hua (PRC)
185'3 Zhu Jun-Fang (PRC)

Javelin Throw

198'3 Naomi Shibusawa (Jap)
191'1 Tang Guo-Li (PRC)
189'0 Emi Matsui (Jap)

Pentathlon

4065 Ye Pei-Su (PRC)
4026 Guo Yu (PRC)
3993 Zhang Su-Yun (PRC)

4x100

45.92 Japan
46.29 Thailand
46.65 China

4x400

3:46.1 Japan
3:48.41 Israel
3:49.61 Malaysia

GLADYS CHAI PHOTO



Li Xiao-Hui (PRC), Discus 202'9.

WTW

February 1981

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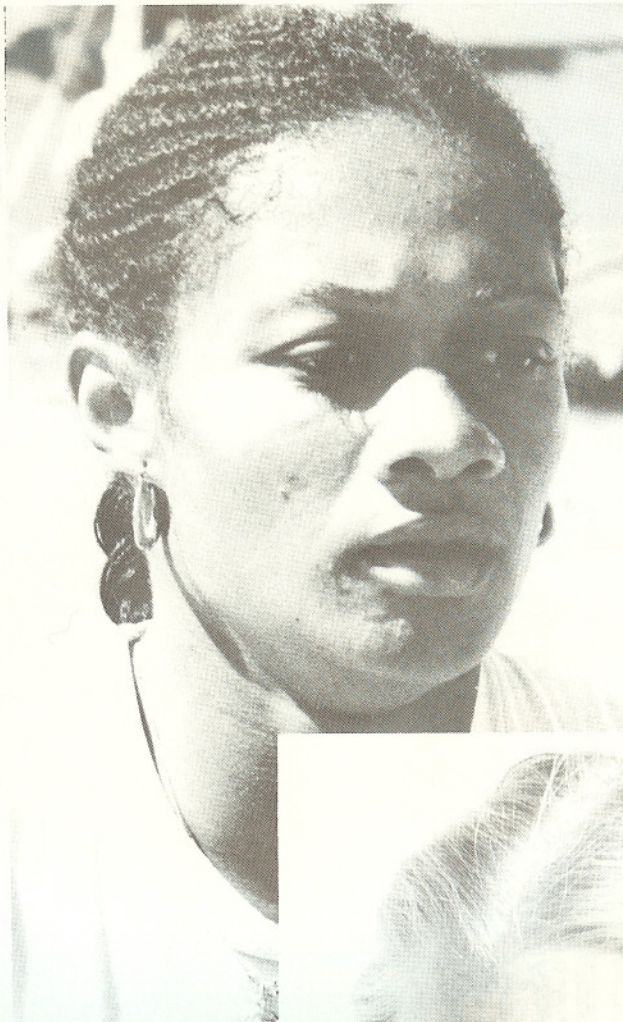
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Results — Results — Results

World Mark for Taylor

Saskatoon, Canada, December 29 — In the opening meet of the new indoor season, Canada's Angella Taylor, running on the 130y track at Saskatchewan, set a new world mark for the 300 meters with a time of 36.71s. Old mark was 37.13s. Runner-up was Jamaica's Merlene Ottey. (Complete results next issue.)

JEFF JOHNSON PHOTO



Arizona's Joan Hansen now #5 on the All-Time USA Indoor List with her 9:11.0 3000 at San Francisco.

Harvard Wins Opener

Cambridge, Massachusetts, December 6 — New Hampshire's Aleshia Davis won the two sprints and picked up a third in the long jump to no avail as Harvard University won an early season indoor dual meet 61-44. Best mark of the day was the 9:44.4 two mile relay win by the home team.

RESULTS: **60y/220**, Aleshia Davis (NH) 7.5/27.5; **Mile**, 1—Mary Herlihy (H) 5:02.7, 2—Nancy Scardina (Un) 5:03.0m, 3—Ellen Gallagher (H) 5:03.6; **2M**, Kristin Linsley (H) 10:29.9; **4x220**, New Hampshire 1:50.8; **2-Mile Relay**, Harvard 9:44.4; **SP**, Denise Houseman (NH) 38'7 $\frac{3}{4}$, 2—Chris Trachemintagne (NH) 38'1 $\frac{1}{2}$.

Runners World Indoor Games

San Francisco, January 3 — Grete Waitz sped a swift 3000 and Denean Howard whipped big sister Sherri in the 400 to highlight the staging of the Annual Runner's World Indoor Invitational at the Cow Palace. Waitz was far short of the world record she set here last year but still managed a fast 9:05.6 for the distance. She pulled runner-up Joan Hansen (Arizona) to the #5 mark on the All Time US List at 9:11.0s. Lisa Hopkins moved to the #5 spot on the US List when she annexed the 50m sprint in 6.47. Robin Campbell whipped Leann Warren in a fast early season 800, 2:07.8 to 2:08.8.

RESULTS: **50m**, 1—Lisa Hopkins (Ing. Panthers) 6.47, 2—Gwen Loud (LAM) 6.54, 3—Pam Donald (Stanford) 6.66, 4—Sharon Ware (Berkeley HS) 6.67; **50mH**, 1—Saunders (Un) 7.55, 2—Deanne Johnson (Stanford TC) 7.56, 3—Young (Un) 8.00, 4—Robyn Johnson (Un) 8.01; **400m**, 1—Denean Howard (Kennedy HS) 56.1, 2—Lorna Forde (Atoms TC) 56.2, 3—Sherri Howard (Ali TC) 56.4, 4—Paulette Clagon (LAM) 59.7; **800**, 1—Robin Campbell (Stanford TC) 2:07.8, 2—Leann Warren (Oregon) 2:08.8, 3—Debbie Campbell (Can) 2:09.8, 4—Brenda Peterson (LAM) 2:12.9; **3000**, 1—Grete Waitz (Norway) 9:05.6, 2—Joan Hansen (Arizona) 9:11.0, 3—Debbie Scott (Can) 9:14.9, 4—Francie Larriue (Un) 9:26.7; **4x400**, 1—LA Mercurettes 3:53.8, 2—Stanford TC 3:59.6, 3—Cal Poly/SLO 4:05.2.

Lisa Hopkins moved to #5 for the 50m with her 6.47 winning time at the Cow Palace.



(continued on page 22)

Wisconsin Intrasquad Meet

Madison, Wisconsin, December 6 — Coach Pete Tegen unleashed his fall tracksters to take part in the annual Wisconsin intrasquad meet and discovered his troops were in pretty good shape for this time of year. Wisconsin, which has dominated their conference indoor scene for as long as can be remembered, promises to do the same in 1981 off their accomplishments in December. Long jumper Pat Johnson copped her favorite event with a leap of 19'9¼ and added the 220 title as well with a clocking of 25.84. Pam Moore was another double winner with 58.4 in the 440 and 1:23.7 for the 600 yards.

Mary Stepka ran a swift December two mile in 10:35.2 and Suzie Houston captured the 1500 in 4:35.9. Crystal Jones took the 60y in 7.24 and Junior Kathy Borgwarth set a new school record in the 60y hurdles at 8.04 (hand timed in 7.9). Yet another of Coach Tegen's distance army, Maryann Brunner took the 880 in 2:13.9.

In the field, Cheri Essman started off the year with a good leap of 5'8 to win the high jump and shot putter Shu Quereshi annexed her event at 42'5¾ just beating out Freshman Diane Nordstrom who tossed the pellet 42'4.

JEFF JOHNSON PHOTO



Suzie Houston won 1500 at Madison in 4:35.9.

GLADYS CHAI PHOTO



Pictured above is Japan's woman javelin ace Naomi Shibusawa who set a new Asian record for the spear throwing event during the 1980 season with a throw of 60.42/198'3. Naomi is a student at Tokyo Women's College of Physical Education and was born on November 6, 1956. She is 5'3½ and weighs 143 pounds. Her annual progression:

1973 (17)	42.44/139'3
1974 (18)	47.92/157'3
1975 (19)	52.70/172'11
1976 (20)	49.82/163'5
1977 (21)	53.26/174'9
1978 (22)	56.20/184'4
1979 (23)	58.72/192'8
1980 (24)	60.42/198'3

Barbel Wockel

by Ivan Berenyi
from "Athletics Weekly"

CAN SOMEONE be a "surprise winner" in a track event in two successive Olympics, and collect a remarkable four Olympic golds all told, without being universally accepted as an all-time athletic great? In theory, this would seem impossible, yet in practice this personified enigma exists. She is called Barbel Eckert-Wockel:

Born on March 21, 1955 in Leipzig, trade fair capital of the GDR, Barbel Eckert already defied categorization at school, due to being gifted in several ways. While she clearly had outstanding sporting potential, she was also exceptionally bright, very attractive and fast-developing, musically talented and highly individualistic. She, and her parents, were apparently against her becoming a sports student, and her varied talents and interests made it difficult to mold her into a prototype athlete the GDR track-mill is geared to generating.

But she took to athletics, nonetheless, with enthusiasm and ample drive at age 12, and was training with the SC DHfK Leipzig club from the following year. She showed promise, and perhaps too much bravado, at the hurdles in particular, while also being a competent sprinter. In 1970, her first competitive year, the 15-year-old established personal bests of 12.4/25.3 for the sprints and 14.5 for 100m hurdles.

Her boldness over the hurdles, and several dangerous-looking falls, resulted in a year in which she only competed as a sprinter in 1971, clocking bests of 12.0/-24.9, but the following year she was back in her favorite event, which was to bring her early recognition. In 1972, Barbel was runner-up in the national youth Spartakiad 100m hurdles, lowering her best time to 13.8 there, while she improved only marginally in the short sprint (11.9) and actually relapsed in the 200 (25.6). Then, in 1973, she showed her versatility by capturing three golds in the European Junior Championships in Duisburg — in the 100H, the 200 and the 4x100 relay. Her new personal bests were 11.3, 22.85 and 13.14. She was ready for the national squad, and the European Championships in Rome, which were to dominate her first senior year.

Since the role envisaged for her in 1974 was primarily as a member of the 4x100 team in Rome, she was subjected to intensive weight and sprint training prior to the main season, and was kept out of 200 competition altogether. In the GDR Championships she won a relay gold and 100 and 100H bronzes, and in Rome she



FOUR OLYMPIC GOLD MEDALS

Barbel Wockel's tally of four Olympic gold medals equals the most by any woman athlete. Fanny Blankers-Koen (Holland) won the 100, 200, 80 hurdles and 4x100 relay in 1948; Betty Cuthbert (Aus) gained victories in the 100, 200 and 4x100 relay in 1956 and the 400 in 1964.

claimed a European gold with the GDR relay team and was seventh in the 100. Her fastest 100 time improved to 11.1, but in the hurdles she only achieved 13.2, and was told to give up this event because her sprint relay role was paramount. She was never to compete as a hurdler again, though clearly it was there that her real potential lay.

Her taxing first senior year left Barbel Eckert injured, so she neither competed nor trained in pre-Olympic 1975, belatedly completing high school and registering as an undergrad at the Psychology Faculty of Leipzig Institute of Pedagogy. Her 1976 Olympic prospects looked decidedly bleak, especially since the approaching Olympics induced massive improvements in the rank and file of GDR sprinters.

But Barbel Eckert wanted to get the Montreal ticket, and she did not need telling how to go about it, being independent-minded, personable and bright to boot. The center of GDR sprinting power was the city of Jena, or more precisely the SC Motor Jena club and its sprint coach, Horst-Dieter Hille, under whose guidance worked the GDR sprint queen of the day, Renate Stecher, and her already anointed successor, Marlies Oelsner (later Gohr).

In the late autumn of 1975, brave Barbel simply turned up in Jena, asked Coach Hille to let her join his stable, and set about persuading the girls to agree with the idea. They did. "It was hard at the beginning, but then, with Renate's encouragement and help and Coach Hille's guidance, I started to improve dramatically in training," Barbel was to say later.

At the 1976 GDR Championships in Karl-Marx-Stadt, Barbel Eckert ran 22.91 for 200 and won ahead of Stecher (23.06), Carla Bodendorf (23.14) and Oelsner (23.26). She also achieved 11.50 in the 100 and Coach Hille, who was in charge of the national relay team, insisted that Eckert was to be the fourth girl in the team. This caused considerable friction, since there were three others with stronger claims to the spot behind Stecher, Oelsner and Bodendorf, but the lobby was to prevail.

Hille — a coach with a most unusual career himself — especially appreciated young Barbel's individuality and easy charm. Trained originally as a locksmith, Hille wanted to become a gymnastics coach in 1953, at age 20, but was directed to athletics, qualified three years later, and took over as coach at SC Motor Jena in 1962. He does not believe in group training, but puts his wards through their paces individually, and was ecstatic about the enthusiasm and good-natured loyalty with which Barbel responded to advice.

The times were difficult ones at SC Motor Jena, Stecher, married not long before and in due course having given birth to a sickly, problematic child, was all for giving Montreal a miss. But the GDR hierarchy insisted that, despite having rapidly faded, the sprint heroine of the previous Olympics had to participate. The understanding, sympathetic Barbel Eckert who — in spite of her youth — had already experienced the pigheadedness of central sports cadres herself, was everywhere, helping to soothe frayed nerves.

In Montreal, Renate Stecher gathered her young fellow-sprinters under her wing. "Marlies (Oelsner-Gohr) and myself — we were both novices and vaguely afraid of the atmosphere of the Olympic Village, expecting bitchiness and avarice from all sides," Barbel said later. "But Renate helped us immensely. All we had to do was fall in step with her. And that way the Village became a stimulant, a fantastic place of international friendship where you felt

your personality, your horizons expand. Renate is a terrific sportswoman. I would like to follow in her footsteps . . ."

Barbel cruised through the heats of the 200, and by the semis, run on the afternoon of the final, she was showing devastating form. She drew an inside track (lane 2) for the final, which worried her slightly. "I was afraid that, with my long legs, I might not be able to stretch out properly around the tight curve and may lose rhythm," she said in the post-race interview.

The race was to be, in theory, between Stecher and the two West German sprinters, Annegret Richter and Inge Helten. Eckert, with her semifinal personal best of 22.71, was merely considered to have an outside chance for bronze. But when the runners entered the home straight, Eckert was ahead of Stecher, only slightly behind 100m champ Richter, and in full cry. Powering on, she hit the tape 2/100ths of a second in front of Richter to take the gold. The stadium graciously celebrated the pretty and schoolgirlishly excited winner.

"I couldn't believe I had won, not for several seconds," Barbel said. "Of course, I could not judge properly, being too far away from Renate, who had been my certain tip for the gold. In the past few days I felt very satisfied with my form in training. In the semis, I knew I still had a lot left in me at the end, and I started thinking in terms of a lesser medal. I felt I was riding a wave, that I have reached a peak hitherto not experienced. On balance, the allocation of lane 2 in the final proved a blessing, too. I could keep an eye on Richter this way and build up a head of steam while the others were locked in battle off the curve."

Barbel Eckert's winning time was 22.37; a personal best and a new Olympic record. She just stood there, gasping for air and looking around for a while, when suddenly she jumped into the air, and flew towards "mother-hen" Renate Stecher, to search for reassurance.

In the 4x100 relay, Barbel — clearly at peak — was made anchor, and it was her robust running which assured a GDR gold in the battle against West Germany in the final. The picture showing the four girls celebrating, with arms around one another, joined together by Barbel's exuberance, has been a GDR standard on book-covers and posters ever since.

Later, at home, she reduced her year's best for the 100 to 11.40 and was a member of the 4x200 relay team which set up a world record of 1:32.4.

In 1977, Barbel won the GDR 200 title and was a member of the champion 4x100 relay team, but did little else of prominence, mainly because her winter preparations were interrupted by injury. Or was she taking a sabbatical? Many said



Olympic 200 medal winners: Natalia Bochina (SU) 22.19, Champion Barbel Wockel (DDR) 22.01 and Merlene Ottey (JAM) 22.20.

she was. In the USSR-Poliand-GDR match she placed third in the 200 behind Irena Szewinska and Marina Sidorova; in the European Cup semis, in Dublin, she was runner-up (22.87) to Sonia Lannaman (22.71), having faded over the last 40m when in a winning position. Her bests for the year were 11.39 and 22.66.

During 1978/79, while Marita Koch gradually whittled down the 200 world record to an incredible 21.71, Barbel Eckert — who had to give up her Leipzig living quarters and studies to join SC Motor Jena — got married, which involved a name change to Wockel, and took off a year's maternity leave. Her 1978 bests marks were 11.80 and 23.30, and in 1979 (when she only competed in the 100) she ran 11.50. Most pundits had already written her off as an Olympic threat in Moscow, but in late autumn of 1979 she looked up Coach Hille, just as prior to the Montreal Games, and asked for his help.

In May, with two months to go to the Olympics, Barbel Wockel ran a pb of 22.19 for the 200 and in the GDR Championships in Cottbus she improved this to 22.01 for third place on the world all-time list.

And so to Moscow. World Cup winner Evelyn Ashford (USA) was of course not present, while Koch and Lyudmila Kondratyeva — both nominated for the 200 — bowed out, the GDR girl because the 400 final was the same day as the 200 heats,

and the Russian due to having hurt herself in winning the 100 title. Barbel coasted to the final with second places in the heats (23.55 and 22.86) and in the semis (22.54), and there, drawn in lane 1, she walked away with the gold in 22.03, a new Olympic record. The USSR's Natalya Botchina finished runner-up with 22.19, a world junior record.

"My worry in this final was the draw again. Like four years ago, I got the tight curve, and even in No. 1 lane this time, which I dislike," Barbel said. "I was concerned about my tendency to veer right a bit, and the possibility of bumping. But it worked out OK, and I had it all worked out when I was going to get past the Russian junior."

Asked to compare Montreal and Moscow, and explain why she was so inactive between them, Barbel was to the point. "I was inactive due to injuries and illnesses. There were four years between Montreal and Moscow, which spells a lot of development, forward movement. Just compare the times of the two finals." Questioned whether she could have done better under pressure, and if she could have pipped Ashford and Koch to the post, too, Barbel just laughed. "Who knows? I am usually pretty strong at the time of the Olympics," she said. "Time-wise, I could certainly have done a bit better, I guess."

(continued on next page)

WOCKEL

(continued from previous page)

Getting into the 4x100 relay team was a bit trickier this time, with the likes of Gohr (10.93), Romy Muller (11.02), Ingrid Auerswald (11.08), Barbel Lockhoff (11.27) and Gesine Walther (11.29) in attendance. Barbel Wockel's pre-1980 best, the 11.34 she ran in August 1977, would certainly have been insufficient to do it.

But she ran a last-gasp 11.24 on July 11th, finishing behind Muller (11.11) and in front of Auerswald (11.29) in Berlin, and this assured her of a place. By then, in fact, the Muller - Wockel - Auerswald - Gohr team had already run an introductory 42.09, but there was still room for a replacement. The 42.09, which equalled the GDR squad's Turin world record, was whittled down to 41.85 on July 13th, and then in the Olympics final the four galloped to 41.60 and an easy gold.

Barbel has not made any public announcement yet as to her next plans, but the speculation is that she will now sort out her student status and get that psychiatry degree finally. She has certainly mentioned to friends in private that the degree is one thing missing from her life, and that she is determined to get it. And of course when Barbel is determined to get something . . . **WTW**

OLIZARYENKO

(continued from page 13)

diminutive Tatyana, more than aware of the danger she represents, can be relied upon to avoid Nadyezhda in other than international meets.

Displaying her strong interest in Olizaryenko's designs, Kazankina in fact wrote an article in *Sovietsky Sport* in the wake of the Games. "Her secret? Simply — acceleration and tempo. Olizaryenko tried all sorts of tempo with her coaches, persevered, and now she has a strong formula. In sprint events, talent is the main thing you have to have to be able to explode into 10-11 seconds of unmitigated action. With us middle-distance runners it's different. We have to work out, mature into, an optimal pattern." Olizaryenko puts it differently. "Uncompromising tempo and a scorching finish — these are the ingredients of middle-distance supremacy. And now I have them both."

NADYEZHDA OLIZARYENKO

Born in Bryansk, 28/11/53. Height: 5'5"; Weight: 119 lb. Annual progression at 400 and 800:

1967	64.5	—	1974	—	2:05.0
1968	59.3	—	1975	—	2:03.3
1969	57.6	—	1976	—	2:05.8
1970	56.8	2:11.4	1977	52.9	1:59.8
1971	56.0	—	1978	51.41	1:57.2
1972	54.9	2:08.6	1979	51.72	1:57.5
1973	54.6	—	1980	50.96	1:53.42

WTW

KALEIDOSCOPE (continued from page 4)

ripples in the track news. Franz Stampfl's latest discovery, Suzanne Howland, has been improving her PR in the javelin with monotonous regularity from 196'10 to 201'6 and finally to 204'5. Stampfl says a future world record will come from Howland . . . Chris Stanton was over 6'2 and Lyn (Young) Foreman set a new national record for the 400H at 56.85 . . . The Aussies have some young ones coming up. Debbie Boyce (15) hopped over 5'11¹/₄, 14-year-old Jodie Nykvist ran 2:09.9 and 4:25.9 and 13-year-old Kerry Bowers sped a wind-aided 11.7 and a legal 24.5. New Junior records were set by Michelle Baumgartner in the 400 at 52.90 and by Margaret Reddish with 9:40.9 over 3000 meters.

Isn't it strange that horses all run alike and dogs and cheetahs and deer and cats — but humans all run differently? . . . Britain's Carol Tyson holds the best marks for all of 1980 in her country for walks — 3000 in 13:46.3, 5000 in 23:48.7 and 10000 in 49:30.4 . . . Norwegian Brita Witzoe, who lives in Houston, won the L'eggs 10000 in that city last December in 38:40, 14 seconds in front of runner-up Diane Thomas . . . One prominent AD has said, "In five years the only school remaining on AIAW rolls will be the University of Texas". Looks like the NCAA is set to take over.

Evelyn Jahl said it: "Talent alone is not enough to get you to the summit of world class" . . . 62 athletes from foreign nations made the USA's Top 30 List for 1980 as

"resident foreigners". Sixteen came from Canada, seven from Jamaica, five from Great Britain, four from Australia and three each from Brazil and Holland . . . Ever since Galina Zybina of Russia set the world record in the shot many years ago, rhyming names have intrigued me. Here's three from the 1980 World List — Nina Derbina and Nina Serbina from the Soviet Union and Maria Sarria from Cuba. Can you come up with any others? . . . From the Coach's bulletin board: "Without a hurt the heart is hollow" . . . Two late ballots for "Athlete of the Year" have arrived but do not affect the original voting. Only close contest was between Mary Decker and Jodi Anderson for North American Athlete of the Year and the Cuban Information Office selected Anderson first and Decker second while Abraham Greene of Israel reversed that choice . . . With Sandy Dickerson and Martha Swatt placing 1-2, Lane Junior College won the JUCO National cross country title at Coeur d'Alene, Idaho . . . First ever NAIA National cross country title was won by University of Wisconsin/Parkside as their championships were staged in Salina, Kansas . . . Third annual International Woman's Day Marathon will be held at Napa Valley on March 8 . . . Long-time Australian correspondent Bernie Cecins reports he was the loser in bouts with the flu and bronchitis recently but is now back and at 'em once again.

WTW

RESULTS (continued from page 18)

Eastman Invitational

Johnson City, Tennessee, January 10 — Good marks in all events made the Eastman Invitational one of the top competitions of the young 1981 indoor season. Individual winners included Chandra Cheeseborough, Delisa Walton, Margaret Groos and the Tennessee 4x440 relay team — which sounds like old times.

RESULTS: **60y**, 1—Chandra Cheeseborough (TSU) 6.89, 2—Moore (Ok) 7.12, 3—Leoloe Toomer (Md) 7.13; **100m**, 1—Garrett (Va) 55.03, 2—Ernestine Davis (TSU) 55.74, 3—Judith Pollion (TSU) 56.02; **800**, 1—Delisa Walton (Tenn) 2:08.69, 2—Lambert (Cor) 2:10.06, 3—Helen Blake (TSU) 2:10.37; **Mile**, 1—Margaret Groos (Va) 4:44.75, 2—Kim Schnurpfel (Stanford) 4:45.81, 3—Jill Haworth (Va) 4:47.30; **60yH**, 1—Watkins (Un) 8.00, 2—Thomas (Ky) 8.26, 3—Lowe (Ky) 8.32; **4x440**, 1—Tennessee 3:40.05, 2—Tennessee State 3:41.12, 3—Virginia 3:46.95.

Jarmila Kratochvilova

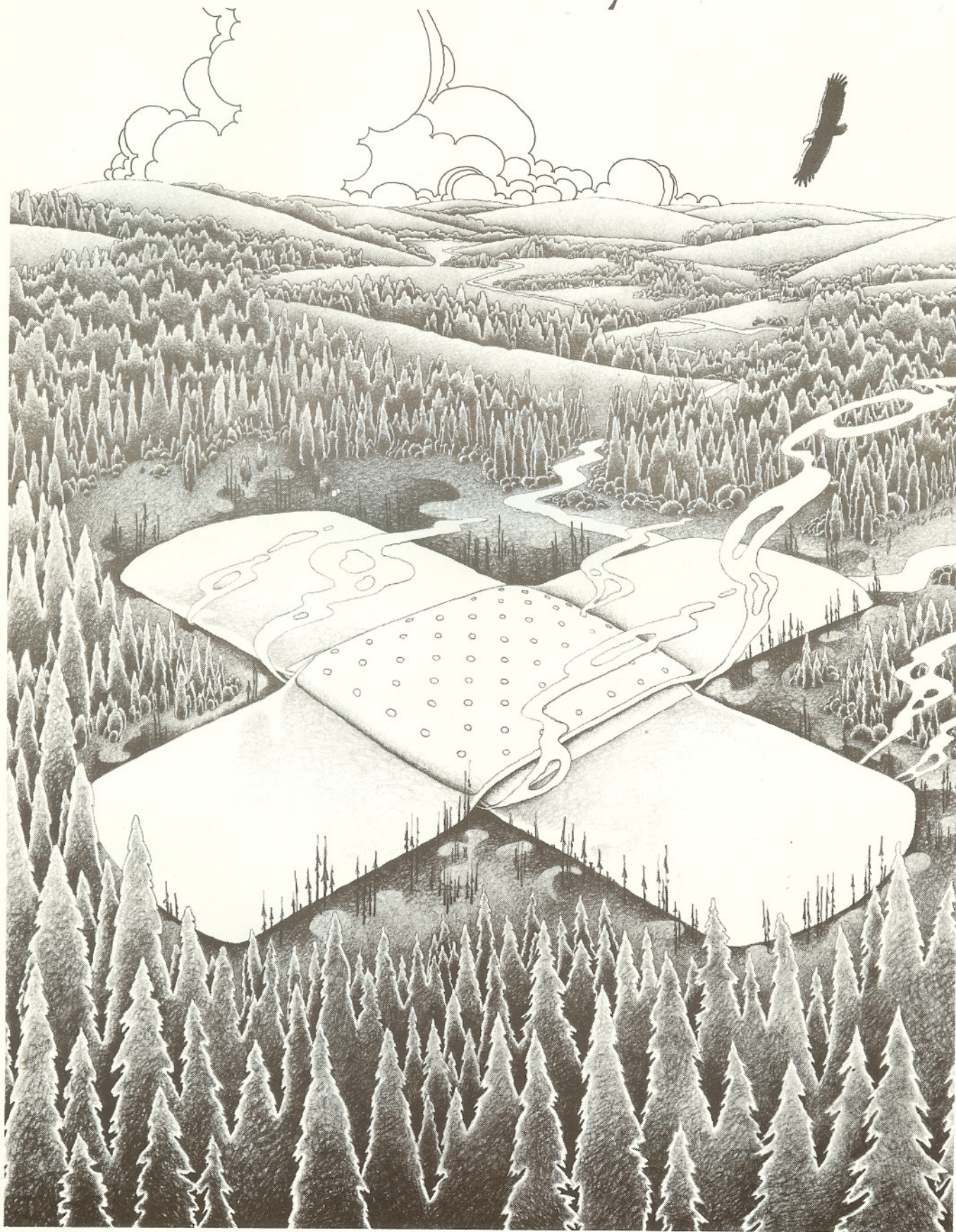
One of the surprises of the 1980 Olympics was the second place finish by 29-

year-old Czech Jarmila Kratochvilova in the 400 meter final. Her time of 49.46 puts her third on the All Time World List behind only Marita Koch and Irena Szewinska and adds fuel to the claim by American coaches that the US athletes retire far too soon. At age 20, when most of the American girls have quit the sport, Jarmila's best time for 400 meters was 60.2. Our age groupers wouldn't even compete if they couldn't run faster than that! In 1975 when she was 24, her best was only 57.4! Kratochvilova didn't get under 55 seconds until she was 25 and had a best of 51.17 in 1979 at age 28. The Czech record holder was born 26 January 1951 and is 5'7 tall, weighing 141 pounds. Her annual progression:

1971 (20)	60.2	1976 (25)	53.1
1972 (21)	55.0	1977 (26)	53.3
1973 (22)	56.0	1978 (27)	51.09
1974 (23)	55.5	1979 (28)	51.17
1975 (24)	57.4	1980 (29)	49.46

WTW

Some burns take 100 years to heal.



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1980 World List

(Top 30)



KATHY SMALLWOOD (GB)

- 11.32 Doris Zanke (DDR)
- 11.32 Brigit Rabe (DDR)
- 11.32 Andrea Lynch (GB) 11.29w
- 11.32 Chantal Rega (Fra) 11.23w
- 11.33 Evelyn Ashford (USA)
- 11.33 Vera Anisimova (SU)
- 11.34 Sharon Ware (USA)
- 11.34 Lyudmila Maslakova (SU)

Wind Aided

- 11.14w Irena Szewinska (Pol)
- 11.19w Beverly Goddard (GB)
- 11.27w Angela Bailey (Can)
- 11.27w Wendy Clarke (GB)
- 11.27w Carla Eberding (DDR)
- (1979 #30 was 11.45)

200 Meters

- 22.01 Barbel Wockel (DDR)
- 22.19 Natalya Bochina (SU)
- 22.20 Merlene Ottey (Jam)
- 22.31 Lyudmila Kondratyeva (SU)
- 22.31 Kathy Smallwood (GB)
- 22.34 Marita Koch (DDR)
- 22.35 Denise Boyd (Aus)

100 Meters

- 10.93 Marlies Gohr (DDR) 10.79w
- 10.99 Marita Koch (DDR)
- 11.02 Romy Muller (DDR)
- 11.06 Lyudmila Kondratyeva (SU)
- 11.08 Ingrid Auerswald (DDR) 10.93w
- 11.15 Stefka Popova (Bul)
- 11.16 Linda Haglund (Swe)
- 11.19 Brenda Morehead (USA)
- 11.20 Sonia Lannaman (GB) 11.06w
- 11.20 Heather Hunte (GB) 11.01w
- 11.21 Alice Brown (USA) 11.17w
- 11.22 Natalya Bochina (SU)
- 11.23 Angella Taylor (Can) 11.03w
- 11.24 Barbel Wockel (DDR) 10.92w
- 11.24 Kathy Smallwood (GB) 11.10w
- 11.25 Maria Chichkova (Bul)
- 11.26 Vera Kornisova (SU)
- 11.27 Barbel Lockhoff (DDR) 11.21w
- 11.27 Chandra Cheeseborough (USA)
- 11.28 Gesine Walther (DDR) 10.97w
- 11.29 Marisa Masuilo (Ita)
- 11.30 Dollie Fleetwood (USA)
- 11.30 Lisa Hopkins (USA)

TONY DUFFY PHOTO



MARLIES GOHR (DDR)

- 22.38 Brenda Morehead (USA)
- 22.45 Marlies Gohr (DDR)
- 22.47 Romy Muller (DDR)
- 22.53 Jarmila Kratochvilova (Cze)
- 22.55 Gesine Walther (DDR)
- 22.58 Sonia Lannaman (GB)
- 22.60 Ingrid Auerswald (DDR)
- 22.61 Angella Taylor (Can)
- 22.65 Barbel Lockhoff (DDR)
- 22.72 Beverly Goddard (GB)
- 22.78 Karen Hawkins (USA)
- 22.82 Jackie Pusey (Jam)
- 22.82 Chantal Rega (Fra)
- 22.84 Raelene Boyle (Aus)
- 22.84 Chandra Cheeseborough (USA) 22.70w
- 22.88 Carla Eberding (DDR)
- 22.90 Linda Haglund (Swe)
- 22.90 Kerstin Walther (DDR)
- 22.93 Irena Szewinska (Pol) 22.80w
- 22.95 Colleen Pekin (Aus)
- 22.96 Vera Kornisova (SU)
- 22.96 Lyudmila Maslakova (SU)
- 22.97 Raymonde Naire (Fra)
- (1979 #30 was 23.19)

BONGARTS PHOTO



LYUDMILA KONDRATYEVA (SU)

JEFF JOHNSON PHOTO



DOLLY FLEETWOOD (USA)

MIKE STREET PHOTO



SONIA LANNAMAN (GB)



HEATHER HUNTE (GB)

PETER PROBST PHOTO



PIRJO HAGGMAN (FIN)

- 51.50 Ilona Pal (Hun)
- 51.55 Irina Baskakova (SU)
- 51.58 Tatyana Litvinova (SU)
- (1979 #30 was 51.89)

800 Meters

- 1:53.42 Nadyezhda Olizaryenko (SU)
- 1:54.9 Olga Mineyeva (SU)
- 1:55.5 Tatyana Providokina (SU)
- 1:56.3 Martina Kampfert (DDR)
- 1:56.5 Tatyana Kazankina (SU)
- 1:56.7 Fita Lovin (Rum)
- 1:56.9 Lyudmila Vesselkova (SU)
- 1:56.95 Jolanta Januchta (Pol)
- 1:57.0 Olga Vakrusheva (SU)
- 1:57.0 Nina Ruchayeva (SU)
- 1:57.0 Zamira Zaitseva (SU)
- 1:57.2 Hildegard Ullrich (DDR)
- 1:57.26 Elzbieta Katolik (Pol)
- 1:57.3 Valentine Gerasimova (SU)
- 1:57.3 Zoya Rigel (SU)
- 1:57.66 Gabriella Dorio (Ita)
- 1:58.30 Madeline Manning (USA)
- 1:58.3 Anita Weiss (DDR)
- 1:58.7 Lyudmila Shesterova (SU)
- 1:58.7 Aleksandra Bukharova (SU)

JEFF JOHNSON PHOTO



JUNE GRIFFITH (GUY)

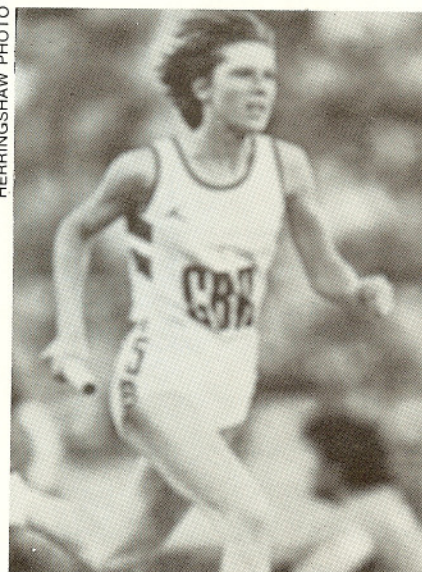
400 Meters (* = Hand + .14)

- 48.88 Marita Koch (DDR)
- 49.46 Jarmila Kratochvilova (Cze)
- 49.66 Christine Lathan (DDR)
- 50.07 Irina Bagryantseva (SU)
- 50.17 Nina Zyuskova (SU)
- 50.44* Olga Mineyeva (SU)
- 50.85 Gabi Lowe (DDR)
- 50.88 Joslyn Hoyte-Smith (GB)
- 50.96 Nadyezhda Olizaryenko (SU)
- 51.00 Irena Szewinska (Pol)
- 51.01 Dagmar Rubsam (DDR)
- 51.02 Pirjo Haggman (Fin)
- 51.03 Barbara Krug (DDR)
- 51.09 Tatyana Prorochenko (SU)
- 51.10 Gaby Bussmann (GFR)
- 51.14* Sabine Busch (DDR)
- 51.16 Linsey MacDonald (GB)
- 51.22 Lyudmila Charnova (SU)
- 51.25 Marina Makeyeva (SU)
- 51.28 Tatyana Goyshchik (SU)
- 51.31 Karin Rossley (DDR)
- 51.34* Raelene Boyle (Aus)
- 51.39 Ellen Streidt (DDR)
- 51.44* June Griffith (Guy)
- 51.45 Maria Kulchunova (SU)
- 51.47 Rositsa Stamyenova (Bul)
- 51.48* Sherri Howard (USA)



GABRIELLA DORIO (ITA)

HERRINGSHAW PHOTO



LINSEY MACDONALD (GB)

HORSTMULLER PHOTO



MARIA KULCHUNOVA (SU)

- 1:58.7 Svetlana Popova (SU)
- 1:58.6 Ileana Silai (Rum)
- 1:58.8 Nikolina Shtereva (Bul)
- 1:58.9 Anna Bukis (Pol)
- 1:58.9 Yekaterina Podkopayeva (SU)
- 1:58.99 Christine Wartenberg (DDR)
- 1:59.1 Tatyana Mishkel (SU)
- 1:59.10 Mary Decker (USA)
- 1:59.2 Raisa Byelusova (SU)
- 1:59.20 Margrit Klinger (GFR)
- (1979 #30 was 1:59.9)

1500 Meters

- 3:52.47 Tatyana Kazankina (SU)
- 3:56.7 Lyubov Smolka (SU)
- 3:56.8 Nadyezhda Olizaryenko (SU)
- 3:56.9 Zamira Zaoitseva (SU)
- 3:57.4 Yekaterina Podkopayeva (SU)
- 3:57.8 Christine Wartenberg (DDR)
- 3:59.3 Tamara Sorokina (SU)
- 3:59.3 Maricica Puica (Rum)
- 3:59.43 Mary Decker (USA)
- 3:59.82 Gabriella Dorio (Ita)
- 3:59.9 Beate Liebich (DDR)
- 4:00.3 Lyudmila Shesteriva (SU)
- 4:00.7 Ulrike Bruns (DDR)
- 4:01.8 Tatyana Providokhina (SU)

STAMPE PHOTO



JOLANTA JANUCHTA (POL)

1980 WORLD LIST (continued)

- 4:02.2 Tamara Koba (SU)
- 4:02.5 Yelena Sipatova (SU)
- 4:02.5 Olga Dvirna (SU)
- 4:02.9 Raisa Byelusova (SU)
- 4:02.9 Valentina Ilyinikh (SU)
- 4:03.0 Ileana Silai (Rum)
- 4:03.2 Giana Romanova (SU)
- 4:03.35 Natalia Marasescu (Rum)
- 4:03.6 Lyudmila Vesselkova (SU)
- 4:03.7 Laitimute Baikauskaite (SU)
- 4:03.7 Fita Lovin (Rum)
- 4:04.0 Zoya Rigel (SU)
- 4:04.23 Anna Bukis (Pol)
- 4:04.39 Cornelia Burki (Swi)
- 4:04.53 Vanya Gospodinova (Bul)
- 4:04.68 Doina Besilu (Rum)
- (1979 #30 was 4:06.7)

3000 Meters

- 8:33.53 Yelena Sipatova (SU)
- 8:33.9 Tatyana Sycheva (SU)
- 8:34.0 Faina Krasnova (SU)
- 8:36.6 Lyubov Smolka (SU)
- 8:37.6 Tatyana Pozdnyakova (SU)
- 8:38.73 Mary Decker (USA)

- 8:40.23 Grete Waitz (Nor)
- 8:40.4 Nina Yapeyeva (SU)
- 8:41.8 Giana Romanova (SU)
- 8:44.7 Raisa Sadretdinova (SU)
- 8:45.6 Olga Ilynia (SU)
- 8:46.2 Nina Konyakina (SU)
- 8:47.4 Maria Klyukina (SU)
- 8:48.1 Birgit Friedman (GFR)
- 8:48.4 Lyubov Skripkina (SU)
- 8:49.96 Gabriella Dorio (Ita)
- 8:50.3 Karlaina Nemetz (Swe)
- 8:52.0 Maria Maksimyenko (SU)
- 8:52.1 Raisa Smelkhnova (SU)
- 8:52.2 Yelena Novikova (SU)
- 8:52.4 Maria Glechikova (SU)
- 8:52.5 Olga Krenzer (SU)
- 8:53.76 Cornelia Burki (Swi)
- 8:53.78 Wendy Smith (GB)
- 8:54.0 Yelena Tsukhio (SU)
- 8:55.0 Irina Krapivniskaya (SU)
- 8:55.0 Yelena Michalchuk (SU)
- 8:56.9 Antonia Ladanyi (Hun)
- 8:57.0 Agnese Possamai (Ita)
- 8:57.30 Ellen Wessinghage (GFR)
- (1979 #30 was 9:00.14)



ILEANA SILAI (RUM)

NAGY PHOTO



MARICICA PUICA (RUM)



WENDY SMITH (GB)



ELLEN WESSINGHAGE (GFR)

100 Meter Hurdles

- 12.36 Grazyna Rabsztyn (Pol)
- 12.39 Vera Komisova (SU)
- 12.44 Lucyna Langer (Pol)
- 12.56 Johanna Klier (DDR) 12.51w
- 12.60 Kerstin Claus (DDR) 12.56w
- 12.66 Zofia Bielszyk (Pol)
- 12.67 Bettina Gartz (DDR)
- 12.69 Danuta Perka (Pol)
- 12.80 Gudrun Wakan (DDR)
- 12.80 Elzbieta Rabsztyn (Pol)
- 12.82 Tatyana Anisimova (SU)
- 12.84 Irina Litovchenko (SU)
- 12.90 Stephanie Hightower (USA)
- 12.99 Nina Derbina (SU)
- 13.00 Deby LaPlante (USA)
- 13.03 Laurence Lebeau (Fra)
- 13.06 Shirley Strong (GB)
- 13.08 Christine Laser (DDR)
- 13.09 Tatyana Maluyvanyets (SU)
- 13.10 Penny Gillies (Aus)
- 13.11 Benita Fitzgerald (USA)
- 13.13 Laurence Elloy (Fra)



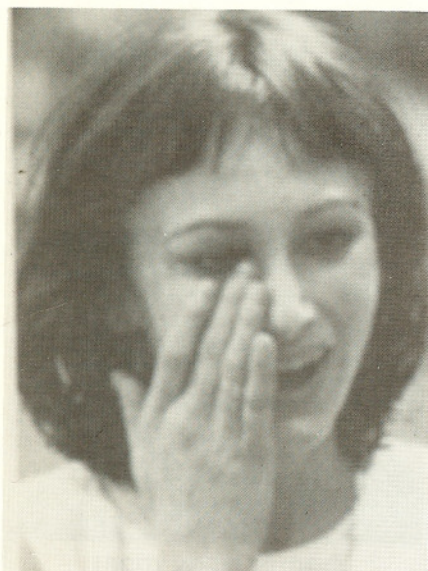
CHRIS WARDEN (GB)

- 13.17 Xenia Siska (Hun)
- 13.20 Lorna Boothe (GB) 13.17w
- 13.20 Esther Rot (Isr)
- 13.20 Natalya Petrova (SU)
- 13.21 Svetlana Gusarova (SU)
- 13.21 Yekaterina Smirnova (SU)
- 13.23 Silvia Kempin (GFR) 13.22w
- 13.23 Maria Kamentchezhi (SU)
- (1979 #30 was 13.33)

400 Meter Hurdles (* = Hand time + 0.14)

- 54.28 Karin Rossley (DDR)
- 54.55 Barbel Broschat (DDR)
- 54.56 Ellen Neumann (DDR)
- 54.80 Tatyana Storosheva (SU)
- 55.21 Marina Makeyeva (SU)
- 55.60 Petra Pfaff (DDR)
- 55.66 Yekaterina Fesyenko (SU)
- 55.81 Anna Kasterskaya (SU)

KREBS PHOTO



ZOFIA BIELSZYK (POL)

- 56.09 Tatyana Zubova (SU)
- 56.16 Esther Mahr (USA)
- 56.34* Silvia Hollman (GFR)
- 56.40 Sandy Myers (USA)
- 56.51 Mary Appleby (Ire)
- 56.52 Tatyana Zelentsova (SU)
- 56.56 Nadyezhda Ryseva (SU)
- 56.68 Ann-Louise Skoglund (Swe)
- 56.76 Christine Warden (GB)
- 56.76 Rita Bottiglieri (Ita)
- 56.85 Inge Fredrikson (Nor)
- 56.96 Bonka Dimova (Bul)
- 57.08 Helke Bessler (DDR)
- 57.10 Brigitte Kohn (DDR)
- 57.24* Lyn Young (Aus)
- 57.34* Kim Whitehead (USA)
- 57.34 Montserrat Pujoi (Spa)
- 57.47 Rosa Colordao (Spa)
- 57.62 Edna Brown (USA)
- 57.68 Anne Michel (Bel)
- 57.71 Temanushka Nakova (Bul)
- 57.74* Rose Tata (Ken)
- (1979 #30 was 57.96)

PETER PROBST PHOTO



KARIN ROSSLEY (DDR)



BARBEL BROSCHAT (DDR)

JEFF JOHNSON PHOTO



SANDY MYERS (USA)

MROTKOWSKI PHOTO



DANUTA PERKA (POL)

High Jump

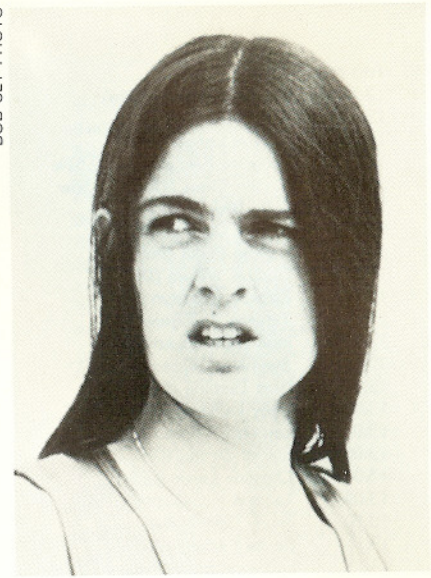
- 6'6 Sara Simeoni (Ita)
- 6'5½ Debbie Brill (Can)
- 6'5½ Tamara Bykova (SU)
- 6'5 Nina Serbina (SU)
- 6'4¾ Urszula Kielan (Pol)
- 6'4¾ Jutta Kirst (DDR)
- 6'4¾ Valentina Poluiko (SU)
- 6'4¾ Louise Ritter (USA)
- 6'4¾ Rosemarie Ackermann (DDR)
- 6'4¾ Elzbieta Krawczuk (Pol)
- 6'4¾ Ulrike Meyfarth (GFR)
- 6'4¾ Louise Miller (GB)
- 6'4¾ Andrea Reichstein (DDR)
- 6'4 Brigitte Holzapfel (GFR)
- 6'4 Andrea Matay (Hun)
- 6'4 Colleen Reinstra (USA)
- 6'4 Marina Susoyeva (SU)
- 6'3½ Zheng Da-Zhen (Chn)
- 6'3½ Charmaine Gale (RSA)
- 6'3½ Nadyezhda Oskolck (SU)
- 6'3½ Yelena Popkova (SU)
- 6'3½ Marina Serkova (SU)
- 6'3¼ Doria Havrtny (DDR)

CHLOSTA PHOTO



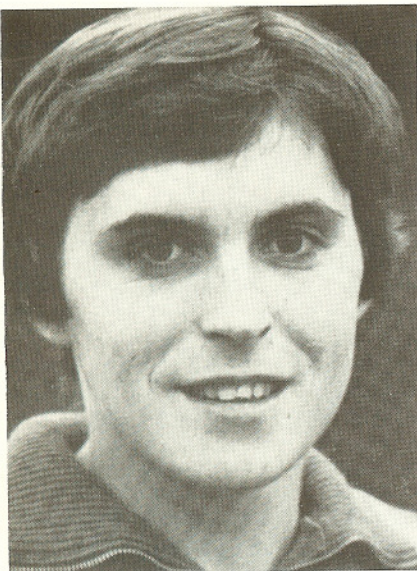
CHRISTINA SUSSIEK (GFR)

BOB SLY PHOTO



LOUISE MILLER (GB)

PETER PROBST PHOTO



TATYANA SKATSCHKO (SU)

- 6'3¼ Chris Stanton (Aus)
- 6'2¾ Danuta Bulkowska (Pol)
- 6'2¾ Maria Costa (Cub)
- 6'2¾ Marina Godinchuk (SU)
- 6'2¾ Susanne Lorentzon (Swe)
- 6'2¾ Cornelia Popa (Rum)
- 6'2¾ Pam Spencer (USA)
- 6'2¾ Niculina Vasile (Rum)
- (1979 #30 was 6'2)

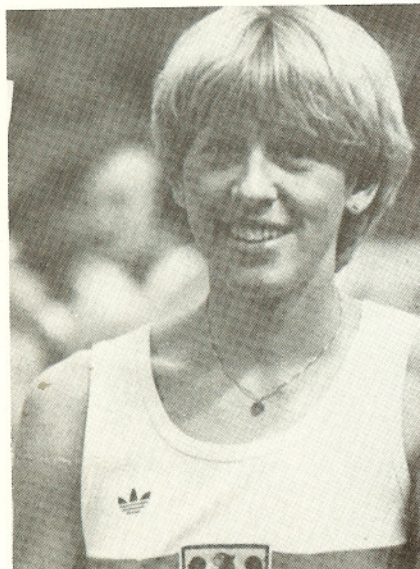
Long Jump

- 23'2 Tatyana Kolpakova (SU)
- 23'1¼ Brigitte Wujak (DDR)
- 23'0 Tatyana Skachko (SU)
- 22'11¼ Jodi Anderson (USA)
- 22'9¾ Anna Wiodarczyk (Pol)
- 22'6½ Sigrun Siegl (DDR)
- 22'5¾ Sigrid Heimann (DDR)
- 22'5¼ Lidiya Alfeyeva (SU)
- 22'5 Jarmilla Nygrynova (Cze)
- 22'4¼ Natalya Alyeshina (SU)

HORSTMULLER PHOTO



SIGRUN SIEGL (DDR)



ANKE WEIGT (GFR)

PETER PROBST PHOTO



LIDIYA ALFEYEVA (SU)

- 22'3¼ Anke Weigt (GFR)
- 22'3¼ Olga Rukavishnikova (SU)
- 22'3 Heike Schmidt (GFR)
- 22'2½ Maryna van Niekerk (RSA)
- 22'2½ Olga Kuragina (SU)
- 22'2¼ Kathy McMillan (USA) 22'8w
- 22'1 Nadyezhda Tkachenko (SU)
- 22'0½ Angela Voigt (DDR)
- 22'0¼ Helga Radtke (DDR)
- 21'11¾ Lyudmila Khaustova (SU)
- 21'11 Vilma Bardauskiene (SU)
- 21'11 Sue Reeve (GB)
- 21'11 Nadyezhda Cheludkova (SU)
- 21'11 Christina Sussiek (GFR)
- 21'10¼ Sue Hearnshaw (GB)
- 21'10¼ Ramona Neubert (DDR) 22'5w
- 21'9¾ Margarita Butkiene (SU)
- 21'9 Petra Pappeler (DDR) 22'1w
- 21'9 Christine Laser (DDR)
- 21'8¼ Olga Anufriyeva (SU)
- 21'8¼ Barbara Baran (Pol)

Wind Aided

- 21'11¾ Heike Daute (DDR)
- (1979 #30 was 21'5)

NAGY PHOTO



EVA RADULY (RUM)

Shot Put

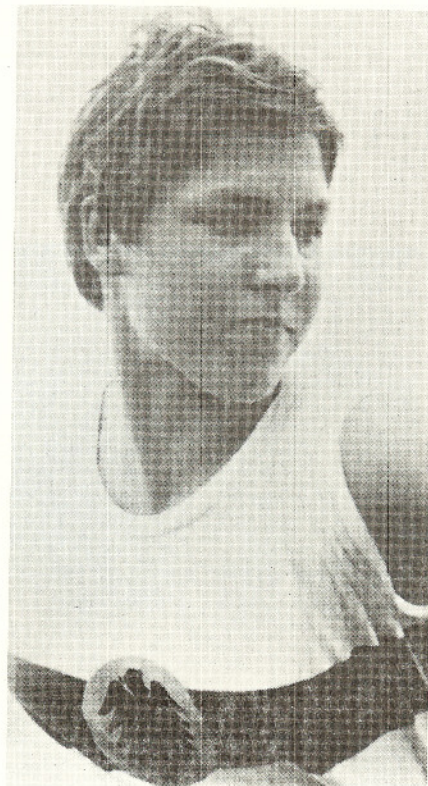
- 73'8 Ilona Slupianek (DDR)
 - 70'7 $\frac{3}{4}$ Helena Fibibgerova (Cze)
 - 70'3 $\frac{1}{4}$ Svetlana Krachevskaya (SU)
 - 70'1 $\frac{1}{4}$ Nunu Abashidze (SU)
 - 69'10 $\frac{1}{2}$ Vera Veselinova (Bul)
 - 69'7 $\frac{1}{2}$ Margitta Pufe (DDR)
 - 69'0 Marianne Adam (DDR)
 - 68'10 $\frac{3}{4}$ Ines Reichenbach (DDR)
 - 68'8 $\frac{3}{4}$ Elena Stoyanova (Bul)
 - 67'4 $\frac{3}{4}$ Eva Wilms (GFR)
 - 67'3 $\frac{1}{2}$ Ivanka Petrova (Bul)
 - 67'1 $\frac{1}{2}$ Helma Knorscheidt (DDR)
 - 67'0 $\frac{3}{4}$ Natalya Akhrimenko (SU)
 - 66'11 $\frac{1}{4}$ Maria Sarria (Cub)
 - 65'9 Gabriele Retzlaff (DDR)
 - 65'7 $\frac{1}{2}$ Zdenka Bartonova (Cze)
 - 64'7 $\frac{1}{2}$ Nina Isayeva (SU)
 - 64'4 $\frac{1}{2}$ Rimma Muzijaviciene (SU)
 - 64'1 $\frac{3}{4}$ Mihaela Loghin (Rum)
 - 63'6 $\frac{1}{2}$ Biruta Kershulyene (SU)
 - 63'5 $\frac{1}{2}$ Faina Myelnik (SU)
 - 62'10 $\frac{3}{4}$ Tamara Bufetova (SU)
 - 62'2 Brigitte Michel (DDR)
 - 62'1 $\frac{3}{4}$ Vera Zapkolyenko (SU)
 - 61'7 $\frac{1}{2}$ Olga Turta (SU)
 - 61'5 $\frac{3}{4}$ Cinzia Petrucci (Ita)
 - 61'5 Nina Samsionova (SU)
 - 61'2 $\frac{1}{4}$ Lyudmila Limina (SU)
 - 61'0 $\frac{3}{4}$ Natalya Subekhina (SU)
 - 60'10 $\frac{1}{4}$ Gael Mulhall (Aus)
- (1979 #30 was 60'8 $\frac{1}{4}$)

Discus Throw

- 235'7 Maria Vergova (Bul)
 - 234'7 Evelin Jahl (DDR)
 - 228'4 Faina Myelnik (SU)
 - 222'0 Margitta Pufe (DDR)
 - 221'6 Galina Murasheva (SU)
 - 221'3 Gisela Beyer (DDR)
 - 221'1 Tatyana Lesovaya (SU)
 - 220'8 Svyetka Bozhkova (Bul)
 - 220'6 Galina Savinkova (SU)
 - 219'10 Florenta Tacu (Rum)
 - 219'7 Nadyezhda Yerasha (SU)
 - 217'10 Sabine Engel (DDR)
 - 217'5 Lyudmila Isayeva (SU)
 - 216'9 Brigitte Michel (DDR)
 - 216'5 Meg Ritchie (GB)
 - 216'4 Tatyana Berezhnaya (SU)
 - 215'11 Maria Betencourt (Cub)
 - 215'7 Petra Sziegaud (DDR)
 - 215'7 Carmen Romero (Cub)
 - 214'1 Svetlana Myelnikova (SU)
 - 214'1 Argentine Menis (Rum)
 - 213'6 Valentina Kharchenko (SU)
 - 212'9 Irina Meszynski (DDR)
 - 212'6 Natalya Gorbacheva (SU)
 - 211'11 Natalya Akhrimenko (SU)
 - 211'11 Jilla Lundholm (Fin)
 - 211'7 Zdenka Bartonova (Cze)
 - 211'0 Martina Opitz (DDR)
 - 210'7 Natalya Labadze (SU)
 - 210'0 Elyu Kubi (SU)
- (1979 #30 was 204'4)



MEG RITCHIE (GB)



EVA WILMS (GFR)



FAINA MELNIK ((SU)

1980 WORLD LIST (continued)



ANTOANETA TODOROVA (BUL)



INGRID THYSSON (GFR)



TESSA SANDERSON (GB)

Javelin Throw

- 229'11 Tatyana Biryulina (SU)
- 229'6 Ruth Fuchs (DDR)
- 228'8 Tessa Sanderson (GB)
- 225'9 Eva Raduly (Rum)
- 224'5 Maria Colon (Cub)
- 224'0 Saida Gunba (SU)
- 222'7 Jadviga Putiniene (SU)
- 218'8 Ute Richter (DDR)
- 218'4 Ute Hommola (DDR)
- 217'10 Antoaneta Todorova (Bul)
- 214'6 Ivanka Vancheva (Bul)
- 213'4 Nina Nikanorova (SU)
- 212'11 Leolita Blodniece (SU)
- 212'6 Karin Smith (USA)
- 210'1 Ingrid Thysson (GFR)
- 209'8 Fausta Quintanvalla (Ita)
- 207'4 Kate Schmidt (USA)
- 206'11 Sandra Leiskaine (SU)
- 206'7 Roswitha Potreck (DDR)
- 205'1 Bernadette Blechacz (Pol)
- 204'10 Tatyana Shigalova (SU)

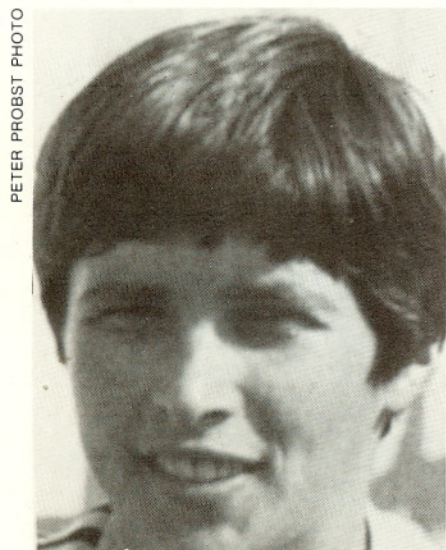
- 204'4 Zvetanka Mikhailova (SU)
- 204'0 Natalya Sipova (SU)
- 203'9 Petra Felke (DDR)
- 203'9 Angelika Fuchs (DDR)
- 203'9 Pam Matthews (Aus)
- 202'11 Ana Gonzales (Cub)
- 201'9 Andrea Findeis (DDR)
- 201'8 Maria Janak (Hun)
- 201'4 Petra Rivers (Aus)
- (1979 #30 was 194'6)

Pentathlon (* = Hand time converted to auto.)

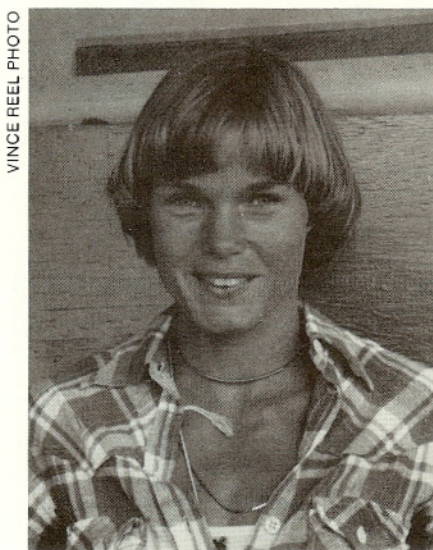
- 5083 Nadyzhda Tkachenko (SU)
- 4937 Olga Rukavushnikova (SU)
- 4875 Olga Kuragina (SU)
- 4740 Yekaterina Smirnova (SU)
- 4735 Natalya Alyeshina (SU)
- 4724 Christine Laser (DDR)
- 4718 Ramona Neubert (DDR)
- 4707 Burglinde Pollak (DDR)
- 4657 Sabine Everts (GFR)

- 4652 Natalya Korotyeva (SU)
- 4651 Jodi Anderson (USA)
- 4650 Valentina Dimitrova (Bul)
- 4640 Dinae Konihowski (Can)
- 4627 Sabine Mobius (DDR)
- 4620 Yekaterina Gordiyenko (SU)
- 4609 Kristine Nitzchke (DDR)
- 4589 Cornelia Sulek (GFR)
- 4562 Margit Papp (Hun)
- 4550 Lyudmila Palamaryenko (SU)
- 4538 Sylvia Barlag (Hol)
- 4531 Nadyzhda Karyakina (SU)
- 4513 Anke Vater (DDR)
- 4463 Florence Picaut (Fra)
- 4440 Ina Losch (GFR)
- 4431 Emilyya Kunova (Bul)
- 4429* Conceicao Geramias (Bra)
- 4418 Zoya Spasovkhodskaya (SU)
- 4412 Nina Golovina (SU)
- 4409 Natalya Grasheva (SU)
- 4386 Maigorzata Guzowska (Pol)
- (1979 #30 was 4352)

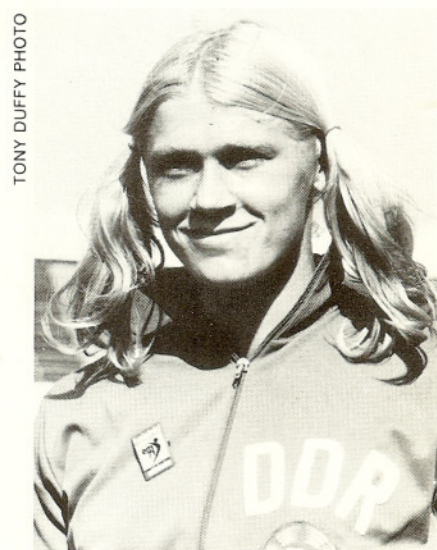
WTW



YEKATERINA SMIRNOVA (SU)



DIANE KONIHOWSKI (CAN)



BURGLINDE POLLAK (DDR)

WORLD LIST RESUME

Eastern Europe continues to dominate the world. Of the 426 positions on the 1980 World Top 30 List, Eastern Europe hogs nearly 300 (298) and the Soviet Union and the German Democratic Republic grab off 239 positions between them. Thirty nations were able to place at least one individual on the 1980 List. (The Russians placed 154.) The USA managed third place with 32 positions of which nearly a third (10) were in the 100 and 200, and seven of those ten were in the 100.

In the flat races, the best representation by the non-eastern bloc came in the 200 where the west placed 3-5-7-8 and the USA disappointed with only three placings as compared to seven in the 100. The DDR dominated the sprints with 26 of the positions in the three dashes. In the three distance runs, the Russians showed exceptional power as they grabbed off 16 spots in the 800 (including 1-2-3-5-7-9-10-11), 17 positions in the 1500 (1-2-3-4-5-7)

and TWENTY of the 30 positions in the 3000.

In the two hurdle races, the Soviets hogged 16 positions and the DDR 11. Poland scored with 1-3-6-8-10 in the 100m event but got no one in the 400 hurdles. As for the jumps, Eastern Europe took 18 of the 30 spots in the high jump and 21 in the long jump.

The throws were pretty ridiculous as the Eastern bloc corralled 27 of the 30 spots in the shot, 26 of 30 in the discus and 21 in the javelin. The pentathlon likewise belongs to the Eastern bloc with 1-2-3-4-5 spots going to the Russians and Eastern Europe grabbing 22 of the 30.

Only one nation managed to secure a place in every event — the Soviets. East Germany failed to get a single position in the 3000, the USA missed out in the shot and discus and Great Britain was nixed in the 800, 1500, shot and pentathlon.

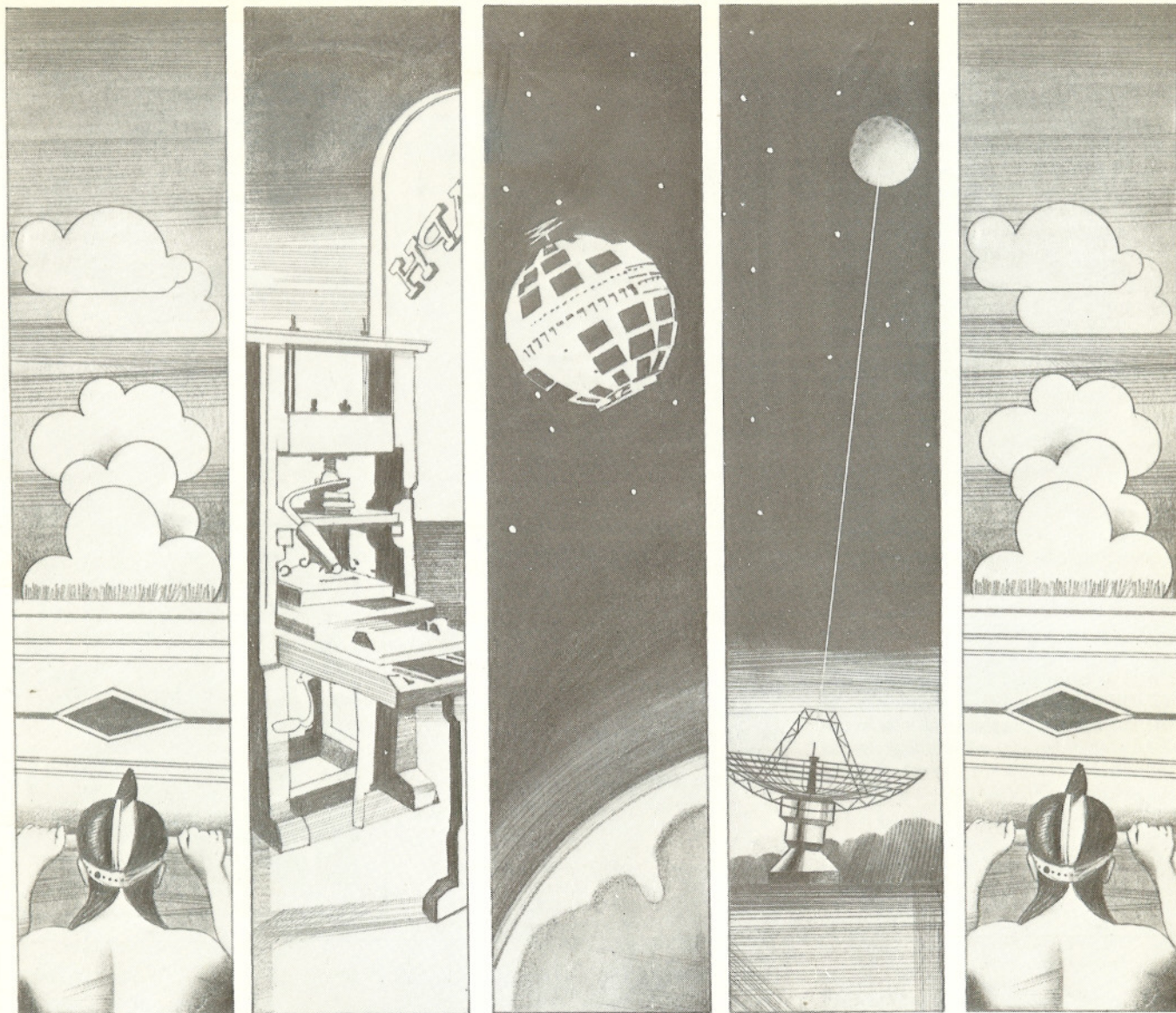
WTW

"I thought it was out."



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Country	100	200	400	800	1500	3000	100H	400H	HJ	LJ	SP	DT	JT	Pent	TOTAL
USSR	5	4	11	16	17	20	9	7	8	11	13	13	8	12	154
DDR	9	9	8	4	3	0	5	6	4	8	8	8	7	6	85
USA	7	3	1	2	1	1	3	4	5	2	0	0	2	1	32
GB	4	3	2	0	0	1	2	1	1	2	0	1	1	0	18
BUL	2	0	1	1	1	0	0	2	0	0	3	2	3	2	17
POL	0	1	1	3	1	0	5	0	3	1	0	0	1	1	17
GFR	0	0	1	1	0	2	1	1	2	4	1	0	1	3	17
RUM	0	0	0	2	5	0	0	0	2	0	1	2	1	0	13
AUS	0	3	1	0	0	0	1	1	1	0	0	1	2	0	10
ITA	1	0	0	1	1	2	0	1	1	0	1	0	1	0	9
SWE	1	1	0	0	0	1	0	1	2	0	0	0	0	0	6
FRA	1	2	0	0	0	0	2	0	0	0	0	0	0	1	6
CZE	0	1	1	0	0	0	0	0	0	1	2	1	0	0	6
HUN	0	0	1	0	0	1	1	0	1	0	0	0	1	1	6
CUB	0	0	0	0	0	0	0	0	1	0	1	2	2	0	6
CAN	1	1	0	0	0	0	0	0	1	0	0	0	0	1	4
JAM	0	2	0	0	0	0	0	0	0	0	0	0	0	0	2
FIN	0	0	1	0	0	0	0	0	0	0	0	1	0	0	2
SWI	0	0	0	0	1	1	0	0	0	0	0	0	0	0	2
NOR	0	0	0	0	0	1	0	1	0	0	0	0	0	0	2
SPA	0	0	0	0	0	0	0	2	0	0	0	0	0	0	2
RSA	0	0	0	0	0	0	0	1	1	0	0	0	0	0	2
GUY	0	0	1	0	0	0	0	0	0	0	0	0	0	0	1
ISR	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1
IRE	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1
BEL	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1
KEN	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1
CHN	0	0	0	0	0	0	0	0	1	0	0	0	0	0	1
HOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
BRA	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1



We can't afford to run out of ideas.

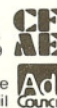
How many ideas do you suppose it took to develop human communications from smoke signals that covered a few miles to satellites and laser beams that reach from here to the moon? Most of those ideas came from college-trained minds and college-based laboratories. Now these vital sources of ideas are threatened — by shortages of money that are forcing

colleges to curtail programs, reduce faculty, limit laboratory work, cut down on book purchases for libraries. We must not let this deterioration continue. We can't afford to run out of ideas. Or we may all be back to smoke signals again before we realize it.

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COMPARE FORMULAS!



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FORMULA

POWER C+

POWER C+ is recognized by leading nutritionists as the most advanced formula for a Vitamin C tablet. Each prolonged-release tablet contains 1,000 mg. of Vitamin C, as mixed mineral ascorbates, and, for increased efficiency, potassium citrate, seven mixed citrus bioflavonoids, rutin, and pectin. Ascorbates are the linking up of a mineral with Vitamin C. The body uses Vitamin C in the ascorbate form, thus, it makes sense to formulate it as ascorbates to ensure

maximum assimilation in instances where the body may be deficient in minerals. The minerals present in **POWER C+** are a source of needed electrolytes, and also serve as a buffer, eliminating the side effects of acidosis and diarrhea which often accompany high level intake of Vitamin C. The prolonged release **POWER C+** tablet effectively releases Vitamin C over an extended period of time, supplying adequate levels of this incredible metabolite to the body cells at all times, day or night. Vitamin C is essential for the production of adrenalin and other hormones and also has beneficial detoxifying properties. Vitamin C can substantially reduce the time needed for the healing of wounds or injuries; it also steps up energy production and gives a greater sense of mental awareness. Studies with athletes have shown that when bioflavonoids accompany Vitamin C, the effectiveness of the latter is increased by over 50%.

Suggested Use: One tablet with each meal.	Manganese	125 mcg.	
	Potassium (Citrate)	60 mg.	
	Seven Mixed Bioflavonoids Plus Rutin (Rose Hips, Acerola, Cherry, Orange, Lemon, Grapefruit, Hesperidin)	100 mg.	
Each tablet contains:	% U.S. RDA		
Vitamin C (as Mineral Ascorbates Listed)	1000 mg.	1667	
Calcium	40 mg.	4	
Magnesium	40 mg.	10	
Zinc	2.5 mg.	17	

FORMULA

PRO-ZYME

5

The **PRO-ZYME** formula, when taken with each meal, improves digestion and allows more nutrition to be delivered to the body's cells. The proper digestion of food is critical to the optimum performance of any athlete. You are what you eat; but those essential food factors won't be assimilated—taken into the body—if the food is not properly digested. Factors which inhibit efficient secretion of enzymes include physical and mental stress, fatigue and age. **PRO-ZYME** eliminates many problems associated with inadequate digestion such as heartburn, gas, and other stomach upsets. Digestion is the process by which foodstuffs are broken down into smaller components. Proteins, fats, and carbohydrates, for example, are broken into smaller pieces before being assimilated from the G.I. tract into the blood stream. This process of breaking down is accomplished by enzymes which are produced in the body or are present in the food itself. The enzymes in **PRO-ZYME** supplement the body's own enzymes and increase the assimilation of your food; athletes who need to build up body mass and restore muscle density will benefit from **PRO-ZYME**. The **PRO-ZYME** formulation is the most complete enzyme system available on the market today, and contains all the necessary classes of enzymes required for proper digestion of food.

Suggested Use: One tablet with each meal.

Each Tablet Contains:

Pepsin	50 mg.
Bromelain	50 mg.
Ox Bile (Enteric Coated)	30 mg.

Pancreas Substance (Enteric Coated)	200 mg.
Papain (Enteric Coated)	50 mg.
Protease Enzymes (Enteric Coated)	100 mg.

Amylase Enzymes	100 mg.
Lipase Enzymes	25 mg.
Cellulase Enzymes	10 mg.
Betaine HCl	100 mg.



6

FORMULA

OMNI 2000

OMNI 2000 is the first multi-vitamin mineral supplement which fulfills the special needs of athletes for basic supplementation. It represents the foundation of the athlete's nutritional program, providing all the major vital food factors. **OMNI's** broad spectrum, high-potency, multi-vitamin mineral formula supplies all essential vitamins, minerals, and fat metabolizers plus anti-stress and anti-aging components, such as Ribonucleic Acid (RNA) and N,N-dimethylglycine (DMG). **OMNI 2000** is one of the few multi-vitamin products which includes RNA and DMG together, which can significantly contribute to increased energy levels. Also built into the **OMNI 2000** formula is a complete stress B formulation, 400 I.U. of Vitamin E and 1000 mg. of Vitamin C as mineral ascorbates. All the minerals in **OMNI 2000** are naturally chelated for maximum assimilation. The formula of over 35 essential nutrients has been designed to maximize the complex relationships among food factors. **OMNI 2000** is serious, balanced nutrition—a product ahead of its time.

Suggested Use: One tablet with each meal.	(Pyridoxine HCl)	60 mg.	2997	Potassium (Proteinat)	50 mg.
	Vitamin B12 (Cyanocobalamin)	15 mcg.	250	Selenium (Yeast)	30 mcg.
	Biotin	200 mcg.	67	N,N-Dimethylglycine	30 mcg.
	Pantothenic Acid	60 mg.	599	Hydrochloride	40 mg.
Three tablets contain:	Calcium (Ascorbate)	100 mg.	10	RNA (Ribonucleic Acid)	60 mg.
Vitamin A (Fish liver oil)	Phosphorus (Bonemed)	50 mg.	5	Lecithin	200 mg.
Vitamin D3 (Cholecalciferol)	Iodine (Kelp)	30 mcg.	20	Choline	60 mg.
Vitamin E (d-alpha-Tocopheryl Succinate)	Iron (Hydex)	10 mg.	56	Inositol	60 mg.
Vitamin C (Mineral Ascorbates)	Magnesium (Citrate, Ascorbate)	100 mg.	25	PABA (Para-aminobenzoic Acid)	60 mg.
Folic Acid	Copper (Gluconate)	50 mcg.	2.5	Citrus Bioflavonoids	300 mg.
Thiamine (Vitamin B1)	Zinc (Ascorbate)	15 mg.	100	Hesperidin	120 mg.
Riboflavin (Vitamin B2)	Chromium (Yeast)	30 mcg.	3	Pectin	50 mg.
Niacinamide	Manganese (Ascorbate)	5 mg.		*No U.S. Recommended daily Allowance (U.S. R.D.A.) has been established for this nutrient.	
Vitamin B6	Molybdenum	30 mcg.	40		



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