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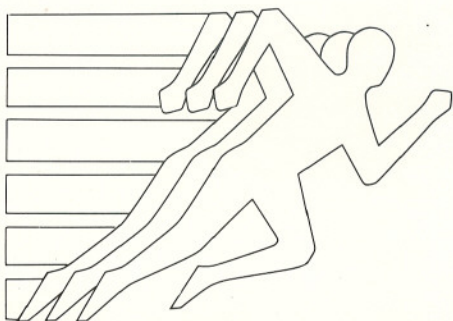


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Cover photo of Diane Williams by Tony Duffy..



REEL OFF

EQUALITY FOREVER!

In the December 28 edition of "The NCAA News", there is quite a lengthy article by "USA Today" writer Jacqueline Salmon headlined "Women Sportswriters Gaining in Struggle for Equality and Respect".

It's a well written and highly documented article about how the female reporters have finally achieved what has been their main objective all these years - access to the locker rooms following competition. Now, according to Ms. Salmon, "all-female television camera crews" can "walk right on in".

I personally would like to take this opportunity to thank reporter Salmon and her colleagues for their advance work on this problem. With the 1984 track season now upon us, I am looking forward, thanks to Ms. Salmon and co-workers, to some rather interesting locker-room interviews. I have put out a call for an "all-male television crew" and expect I will have enough volunteers by the time the big meets roll around.

If you know someone who might like to be on the waiting list for this project, let us know.

NON PERSON SETS WR

17-year old Zola Budd broke Mary Decker's world record for the 5000 meters by nearly seven seconds when she recently ran 15:01.83 in a meet held in Stellenbosch, South Africa.

The 'Powers-That-Be' have declared this to be a non-record since Zola, who runs barefoot, is a citizen of South Africa, thereby being contaminated as a bad girl and not eligible for any records. Zola probably hates her mother and father for being South African citizens!

So, Wise Power Guys, what do we do with Zola's performance? Pretend it didn't happen? Put a couple of astericks behind it and explain what a naughty girl she is for being born in such a wicked country? Just what DO we do with a performance like that?

I can tell you what I'm going to do about it. It's the best in the world and WTFW will always list it as such. Atta baby, Zola! Sock it to 'em!

With this issue, as you can obviously see, we are cutting down on the 'picas' - the size of our print will be smaller. By doing this we can get the same amount of news and information to you and at the same time counteract the cost

of postage as the Post Office keeps socking it to us more and more.

STERIODS AGAIN

Our attempt to stir up a little controversy over the steroid/drug situation has been successful. Most of our mail concerning the use of drugs has been on the negative side. In fact, all of our mail on this subject has been anti-drug. After all, it could be dangerous to put a positive view of steroid use on paper and sign your name to it.

The following letter from Jeff Johnson expresses the majority feeling on the subject:

"In your 'Reel Off' editorial on steroids in the December WTFW, you are confusing two quite separate issues of the athlete's health and the morality of aiding performance through drug use.

"You begin by suggesting that all of the literature on the potential long-term hazards of artificially supplementing your body's natural hormone levels is simply 'scare stuff' that is 'coming from somewhere'. At least you gracefully ask: 'Whome do you believe?' Hold that thought for a moment.

"You then leap to the moral question - with an absence of transition that may lead the naive reader to suppose you are still addressing the health question - and you lump steroids into the same category as 'lifting weights or taking wheat germ'. Morally speaking, one might indeed argue that steroids, as an artificial aid to performance, are on a moral par with weights, vitamins, altitude training, synthetic tracks, new shoes, etc. But the health question is another matter altogether.

"Where do you draw the line?, you ask, moralistically. I don't know, I answer moralistically. But MEDICALLY, it seems only common sense that you draw the line on those 'artificial aids' that MAY damage (either immediately or eventually) an athlete's health. And when there is ANY DOUBT AT ALL, the rules makers, responsible coaches and athletes (and responsible journalists!) should not condone such 'artificial aids' in the sport. There is certainly substantial doubt surrounding the long-term effects of steroid ingestion.

"Whom do you believe?, you ask. It beats me. I'm no expert. But as long as there is doubt, the sport should be determinedly opposed to steroid use.

"Your editorial is aptly titled. 'Reel' is certainly 'Off' on this one.

Jeff Johnson
Nottingham, NH

Jefferson is correct of course when he says this subject consists of two parts- moral and medical. And we still say, "Where do you draw the line?" We were just kidding, of course, about weights and such being artificial aids, but aren't they? Where do YOU put them in your classification file?

Because of what developed in Caracas at the Pan-Am Games, much has been written in recent months on the subject. We reprint some

Continued on page 6



WENDY SLY of Great Britain wins photo finish at the IAAF World Championship 10000m Road Race for women over BETTY SPRINGS of the USA. (Janearth, Ltd, photo)

WORLD 10k ROAD RACE SLY EDGES SPRINGS

San Diego, California, Dec 4: Great Britain's Wendy Sly edged out the USA's Betty Springs in a tightly contested photofinish during the first Avon sponsored, IAAF sanctioned World Championship 10k Road Race for Women held here today on Fiesta Island.

Heading one of the fastest groups of women ever assembled for the 10k distance - one third of the field ran under 34 minutes - Sly and Springs were both clocked at 32:23 and the victor was determined by a panel of finish judges.

The world record holder for 10k, Raisa Sadreydinova from the Soviet Union, was forced to drop out with leg cramps.

The United States captured the team title with Lesley Welch finishing third and Ellen Hart securing ninth. The Yanks tallied 12 digits to 19 for second place Canada and 32 for Ireland in third position.

Dueling for first place, Sly, who is better known as a track runner, and Springs ran side by side throughout most of the flat, wind-swept Fiesta Island course. Springs made a move with just 50m to go, but couldn't change the situation and the two runners hit the tape together, both clocking 32:23. Neither runner knew who had won until the judges verdict was announced.

Springs produced a very fruitful two weeks of running. She won the NCAA Championship on November 21, won the TAC Championship on November 26 and a week plus a day later romped through the World Championship to produce three outstanding performances in a row.

RESULTS, 1-Wendy Sly (GB) 32:23, 2-Betty Springs (USA) 32:23, 3-Lesley Welch (USA) 32:41, 4-Nancy Rooks (Can) 32:57, 5-Dorthe Rasmussen (Den) 33:03, 6-Midde Hamrin (Swe) 33:06, 7-Silvia Ruegger (Can) 33:06, 8-Monica Joyce (Ire) 33:14, 9-Ellen Hart (USA) 33:15, 10-Lisa Martin (Aus) 33:19, 11-Debor-

ah Peel (GB) 33:25, 12-Suzanne Girard (USA) 33:15, 13-Anne Marie Malone (Can) 33:38, 14-Alba Milana (Ita) 33:40, 15-Carey May (Ire) 33:47, 16-Jan Merrill (USA) 33:51, 17-Monica Schafer (FRG) 33:51, 18-Carol Urish (USA) 33:56, 19-Regina Joyce (Ire) 33:57, 20-Lizanne Bussieres (Can) 33:58.

Other finishers included: 21-Jacqueline Garreau (Can) 33:58, 22-Michele Bush (USA) 34:01, 23-Glynis Quick (NZ) 34:05, 24-Francine Peeters (Bel) 34:07, 25-Lisa Welch (USA) 34:11, 26-Raisa Smekhnova (SU) 34:12...30-Elly Van Hulst (Ned) 34:31...3-Nancy Conz (USA) 34:45...37-Eryn Forbes (USA) 35:07, 38-Nancy Ditz (USA) 35:10, 39-Laura Fogli (Ita) 35:15...45-Patricia English (USA) 35:30...52-Kim Schnurpfel (USA) 36:02...54-Bonnie Tamis (USA) 36:24.

Scores, 1-USA 12, 2-Canada 19, 3-Ireland 32, 4-United Kingdom 40, 5-New Zealand 51, 6-West Germany 53, 7-Australia 53, 8-Italy 55, 9-Netherlands 71, 10-Poland 79.

5th ASIAN ATHLETIC MEET

From Gurbaksh Singh Kler

Kuwait, November 5/9: The Chinese dominated the 5th Asian Athletic Meet held in Kuwait. Athletes from the Peoples Republic of China grabbed seven golds, four silvers and 1 bronze medal to score 126 points (using the 10-8-6-4-2-1 accepted method) and easily become the top nation at these Games. Surprising Taiwan, although ranked only seventh in the medal securing department with three each of silver and bronze, was second in the point scores as they picked off four fourth places, two fifth spots and three sixths for 65 points and runner-up in the scoring.

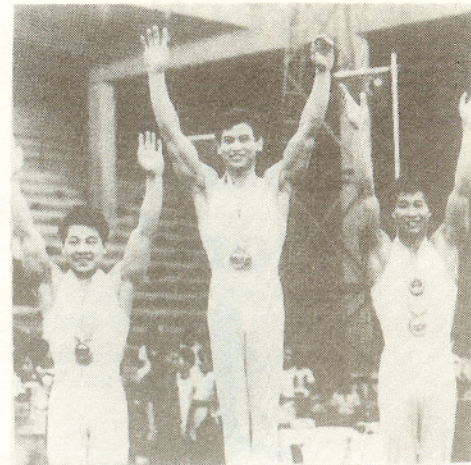
Lydia De Vega of the Philippines was the individual star of the competition winning the 100 and 200 and picking up a third in the 400. Movie star De Vega got her revenge for her loss to Thailand's 28-year old speedster Walapa Pinji who trounced the youngster at the Southeast Asia Games last June in the 100.

There were no other double winners but the PROC claimed gold in all three throwing events. There was great variance in the three weight results with the shot winner nearly 10 feet better than the runner-up and 27 feet better than 6th place; 173'11 won the disc - and less than 100' picked up fourth; only two javelin throwers entered with 25' difference in their results.

Best competition came in the 1500 and the long jump. On the track, just seven one-hundredths of a second separated second from 5th and in the long jump just 3/4 of an inch was the difference between second and fifth places.

PLACES WON & SCORES

	1	2	3	4	5	6	TOTAL SCORES
PRC	7	4	2	3	0	0	16
TAI	0	3	3	4	2	3	15
JAP	3	2	1	1	1	1	9
PRK	1	3	1	2	0	0	7
PHI	2	1	2	0	1	0	6
KOR	0	1	4	2	1	0	8
THA	2	1	0	0	0	1	4
IND	1	1	0	1	3	0	6
JOR	0	0	1	1	2	5	14
LEB	0	0	1	0	0	1	2
BAN	0	0	0	0	1	1	2
INA	0	0	0	0	1	0	1
SIN	0	0	0	0	1	0	1



China's ZHENG DA ZHENG wins Asian high jump title with leap of 6'0 1/2 in Kuwait.

MEDALS WON

	GOLD	SILVER	BRONZE	TOTAL
PROC	7	4	1	12
JAPAN	3	2	1	6
PHIL	2	1	2	5
THAIL	2	1	0	3
PRK	1	3	2	6
INDIA	1	1	0	2
TAIWAN	0	3	3	6
S.KOR	0	1	4	5
LEB	0	0	1	1
JORDAN	0	0	1	1

100, 1-Lydia De Vega (Phil) 11.82, 2-Walapa Pinji (Tha) 12.01, 3-Shen Su Fong (Tai) 12.02, 4-Mo Myong Hi (Kor) 12.03; 200, 1-Lydia De Vega (Phil) 24.07, 2-P.T. Usha (Ind) 24.68, 3-Mo Myong Hi (Kor) 24.72, 4-Shen Shu Fong (Tai) 24.85.

400, 1-P.T.Usha (Ind) 55.20, 2-Yoshida Junko (Jap) 54.65, 3-Lydia De Vega (Phil) 55.66, 4-Huo Lianzhu (PROC) 55.68; 800, 1-Huo Lian Zhu (PROC) 2:08.92, 2-Im Chun Sil (PRK) 2:09.20, 3-Geng Xiujuan (PROC) 2:10.02.

1500, 1-Geng Xiu Juan (PROC) 4:30.72, 2-Gao Suju (PROC) 4:31.10, 3-Kim Lyong Sun (PRK) 4:31.13, 4-Kim Chun Hwa (PRK) 4:31.15, 5-Kim Soon Hwa (Kor) 4:31.17; 3000, 1-Kim Lyong Sun (PRK) 9:39.64, 2-Kim Chun Hwa (PRK) 9:41.34, 3-Kim Soon Hwa (Kor) 9:47.19.

100H, 1-Sasaki Emi (Jap) 13.63, 2-Liu HuaJin (PROC) 13.82, 3-Lin Yueh Hsiang (Tai) 14.04, 4-Teruyo Yamazaki (Jap) 14.08; 400H, 1-Yoko Sato (Jap) 59.89, 2-Chizuko Akimoto (Jap) 59.95, 3-Agripina Dela Cruz (Phi) 61.26.

HJ, 1-Zheng Da Zheng (PROC) 6'0 1/2, 2-Ge Ping (PROC) 6'0 1/2, 3-Kim He Sun (Kor) 5'11 1/4, 4-Lje Yen Chin (Tai) 5'10; LJ, 1-Liao Wenfen (PROC) 10'4 1/2, 2-Elma Muros (Phi) 19'11 3/4, 3-Huang Donghuo (PROC) 19'11 1/2, 4-Lin Yueh Hsiang (Tai) 19'11, 5-Mercy Kuttan (Ind) 19'9 3/4.

SP, 1-Lu Cheng (PROC) 57'0 1/4, 2-So Bok Hui (PRK) 47'11 1/4, 3-Woo Kyon Sun (Kor) 46'4; DT, 1-Jiao Yunxiang (PROC) 173'11, 2-Chun Hwa Kyung (Kor) 154'10; JT, 1-Xin Xiaoli (PROC) 175'5, 2-Lee Hui Chen (Tai) 139'4.

4x100, 1-Thailand 46.13, 2-Taiwan 46.42, 3-Japan 46.47, 4-South Korea 47.43; 4x400, 1-Thailand 3:48.62, 2-Taiwan 3:58.52.

Heptathlon, 1-Hisako Hashimoto (Jap) 5486 (14.56-5'10 1/2-34'4 1/4-26.43-18'8 1/2-132'7-2:26.29), 2-Ye Lian Ying (PROC) 5394 (5'10 1/2-19'6 3/4-2:20.94), 3-Chen Jing Yun (Tai) 5075 (37'1 1/4), 4-Wang Youch Hsia (Tai) 4073 (26.14).

REEL OFF (Continued)

of the statements below and if they are read carefully, one will see there is MAJOR disagreement among officials and doctors. Our feeling is that the USA is getting the royal shaft and until the IAAF can COMPLETELY CONTROL the drug situation, we're in trouble. Here, then, are some quotes from recent articles on drugs as they concern the track and field athlete:

The "Los Angeles Times" ran a series of articles on the subject of drugs and told how simple it was to get steroids. The paper even listed the names and addresses of pharmacies in Tijuana where drugs are sold over the counter. No problem.

From an article by 'Jonathon Hamilton', listed as the publisher of a "well known national sports magazine" which appeared in 'Women's Sports': "Any use of artificial aids to improve performance is cheating and should be rigorously banned as such. (There are those words 'artificial aids' again. What do you call weights and vitamins and wheat germ and special shoes and on and on and on?) And steroids MAY have many harmful side effects. Women who take steroids OFTEN have deepened voices, increased growth of facial and body hair, broader shoulders and menstrual irregularities. (There's the SCARE bit again. We ask once more, do you PERSONALLY, or do any of your friends PERSONALLY know any track athlete who has these problems? Or any track athlete with a deformed baby caused by these steroids?) In addition, the present list of banned drugs is a confusing hodgepodge ranging from steroids to caffains and substances found in eye drops, common cold remedies and even scented tampons.

"Who is cracking down on whom, and for what?"

From an article written by Dr. John Robertson which appeared in "The Nor'wester": "Keep in mind that there are no good studies on the effects on athletes (who have taken steroids) due to multiple variables which must be controlled, such as athletic experience, protein supplementation, training protocol, etc. Also, virtually all studies have been performed on weight lifters. None have been done with runners.

"Of interest to runners, steroids foster an increase in muscle glycogen and facilitate fat metabolism during exercise. There is also an increase in red blood cell production, which would theoretically help endurance activity.

"Russian and Eastern bloc countries support their athletes with up-to-the-minute information about training programs, biomechanical analysis of technique, personalized sports medicine programs designed to speed recovery from strenuous workouts and rehabilitate injuries, and current drug information, including proper dosages, which drugs to take, and when to stop taking them to get around laboratory testing. Our athletes can only dream of such support.

Arthur Gold, president of the European Athletic Association and head of the British athletics picture stated in an article appearing

in "Athletics Weekly": "We have little accurate information on the real side effects of the substances we are taking, and I lay the blame fairly and squarely on the medical fraternity who have cried wolf on this situation, as have the media, to the extent that very few people actually believe in what they are saying any more.

"At least in Europe we do have some system of doping control (as opposed to the USA which has not had any such program). (But) the chance of detection is minimal and I'm sad to say, thanks to some of my colleagues, punishments are nominal. Our task is to make sure that detection is more certain and the punishments are such that they will be a deterrent. But, having said that, we have to look at the fact that most of the time we can only test at the time of competition. The use of these particular drugs is in the training period. Consequently, if doping control is to be effective we must have a system of testing at any time.

"The consequences? In some sports or events it may mean that we shall be less successful for a while. That is unfortunate, but at least the victories of those Britons who do win will never be suspect."

Mike Winch, a British weight thrower, administrator and former research scientist involved in the analysis of hormones in the body believed "the lack of hard facts is at the root of the problem and that, if anything, the current system of testing is making the situation even worse. There is no simplistic answer. The problem of drug taking lies in human nature. It lies in the personal moral code, it lies in politics, it lies in greed and the pure drive to succeed which, let's face it, most athletes have in great quantities.

"The problem is that the current situation has led to great inequality and some very dangerous precedents. We can certainly say that some countries have tried to circumvent tests, as have some individuals. We can also say that testing for the easily detectable substances has led to the use of substances which are less easy to detect and also are less easy to quantify in terms of their appearance in the human body. I think it is safe to say that those athletes who have the most sophisticated and best medical back-up have the best chance of winning a medal.

"It's a Catch 22 situation in which the more you promote testing for a particular substance the more the athletes say to themselves 'this substance obviously has an effect, let's try it!' Athletes will risk ANYTHING to win a gold medal."

From the TAC report covering the Pan-Am Games comes the following: "The degree of harm accompanying the use of various substances, including anabolic steroids, is open to question. One doctor has said, 'I have yet to convince one youngster that taking steroids is dangerous.' As to the effect upon the health of an individual, unfortunately not all of those in the medical profession agree upon the possible harm which flows from the use of some banned substances, particularly anabolic steroids."

The British National and Event Coaches Conference came up with a suggested rule which we guarantee will NOT be adopted by

the IAAF - but it's a good one calling for the "automatic banning from international competition of a NATION should one of its athletes be found positive in a doping test. This would motivate all nations to put their domestic house in order." Would it ever!

Now the new substance is a growth hormone (somatropin) which can permanently enhance size and growth. Somatropin is used primarily on children who have not grown as they should. Commonly referred to as HGH (Humand Growth Hormone), traces were found in urine samples of some athletes at the World Championships in Helsinki.

Prince Alexandre de Morode of Belgium, chairman of the IOC Medical Commission, has said there was at present no reliable test for detecting HGH (it passes from the system in a few days). Thus it could not be on the banned list for the 1984 Olympics.

Here's what the Los Angeles "Times" had to say about HGH in a recent article: "HGH has more size and strength enhancing effects than steroids or testosterone. There is no method of testing."

Colonel F. Don Miller, ex-director of the USOC says, "We are chasing our tails around in a circle."

The drug has been used in Eastern Europe for the past ten years. A local doctor who specializes in this subject said, "100% of the HGH that goes to East Germany is used in athletes. Three-fourths of the HGH going to Canada is used in athletes."

Dr. Robert Kerr, San Gabriel, California, is one doctor who prescribes steroids, HGH et al for his patients, most of whom are Olympic class athletes. Dr. Kerr says, "The athlete who really knows what he is doing doesn't get caught with it in his system. The athletes I saw that were in Helsinki or Caracas, who were taking HGH, took the drug last winter - not last summer or spring, but last winter. The people who get caught using steroids or testosterone or HGH just don't know what they are doing.

"If you use it in the right way, your best gains come two or three months after you've finished taking the drug. Maybe even four months. Besides that, HGH is known for its permanency of effect. If you stop taking an anabolic steroid or testosterone, you're going to lose a certain percentage of the gains in strength and size. But with HGH the gains tend to stay."

Dr. Irving Dardik, chairman of the USOC Sports Medicine Council says, "I really think the idea of testing for testoserone is nonsense."

From an athlete: "I use steroids for gaining strength. I use HGH for maintaining strength. As far as my doctor knows, there are no side effects."

Prince de Merode announced, "HGH will NOT be banned at the 1984 Olympics and athletes will NOT be tested for it."

But watch out for those eye drops and that extra cup of coffee!

"Whom do you believe?"

INDOOR RESULTS

WESTERN MICHIGAN TRIALS

Kalamazoo, Michigan, Nov. 29/30 and Dec. 6: Western Michigan's indoor tracksters were put through their paces at an early date and came up with several not-so-bad performances for so early in the season. Chris Sharp sped the 1000m run in 2:59.0 and Maria Shoup had a swift 1:34.4 for 600 meters. Shoup, incidentally, was all over the place and thankful the trials were spread over three days as she won the long jump (17'7"), was sixth in the shot (31' 0½"), 4th in the high jump (5'0"), won the 60m hurdles (8.9), won the pentathlon (3622), won the pentathlon 800 (2:22.9) in addition to her best mark winning the 600m.

SP, Jennifer Long 43'0"; HJ, Kim Houtz 5'4"; 300m, Josephine Williams 42.1; 55m, 1-Melanie Tillman 7.1, 2-Josephine Williams 7.1, 3-Lisa Littleton 7.1; 3000, Kayla Skelly 9:58.6.

GERRITZ WINS THREE

New Haven, Ct, Dec 3: Gerritz of the home team, was the winner of three events as the Eli staged a Developmental Meet in Coxe Cage. Gerritz (we still can't convince the Ivy League that women have first names), captured the 55m hurdles, the 400 and the long jump to show her versatility. Best mark came in the high jump where Ferns (Holy Cross) and Buchnan (Yale) were over 5'8½".

4x200, 1-Holy Cross 1:50.12, 2-Yale 1:50.59, 3-Southern Connecticut 1:51.6; 1500, Donovan (HC) 4:54.54.

55mH6400/LJ, Gerritz (Y) 8.72/59.50/18' 1¼"; 55m, 1-Boody (SCt) 7.72, 2-Misiuk (HC) 7.74, 3-Wadsworth (Y) 7.75.

300m, 1-Ford (Y) 2:18.90, 2-Nicolau (Y) 2:19.03, 3-Sellar (HC) 2:19.18; 200, Wadsworth (Y) 27.62.

3000, Adams (Y) 10:42.2; 4x400, Yale (Rositol-Hollingshead-Hastings-Nicolau) 4:06.4; SP, Marques (C Ct) 37'0".

LID-LIFTER

Fairfax, Virginia, Dec. 4: Villanova's Mary Ellen McGowan turned in the best performance of the day as George Mason University staged its 'Lid-Lifter' Meet. McGowan covered 1500 meters in 4:26.5 and also picked up a second in the 800 at 2:12.6s. Morgan State's Janet Dodson ran the 300m in 38.5 and three sprinters hit the tape over 55m in 6.9.

55m, 1-Eldece Clark (Hampton Inst) 6.9, 2-Sherri Funn (Ms Int) 6.9, 3-Ramona Riley (Morg St) 6.9, 4-Renita Dingle (Ms Int) 7.0; 55mH, Thomasina Busch (HI) 8.0.

300m, 1-Sherri Funn (Ms) 39.0, 2-Terri Dendy (GM) 39.7; 300m (second section) Janet Dodson (Morg) 38.5; 400, 1-Michelle Collins (DelSt) 55.7, 2-Zanderland Dixon (Morg) 56.6.

600m, 1-Lorraine Dortch (DelSt) 1:32.9, 2-Jeanette Palmer (HI) 1:32.9, 3-Debbie Grant (Vil) 1:33.3, 4-Joanne Krebs (Vil) 1:33.6; 800, 1-Wanda Trent (Ms) 2:12.0, 2-Mary Ellen



Morgan State's JANET DODSON won the meters in a good 38.5 at the George Mason Lid-Lifter. (Jeff Johnson photo)

McGowan (Vil) 2:12.6, 3-Patty Bradley (Vil) 2:13.4.

1500, 1-Mary Ellen McGowan (Vil) 4:26.5, 2-Debbie Roberson (Ms) 4:36.9; 3000, Melissa Grubb (Vil) 10:02.3; 4x400, 1-Morgan State 3:47.0, 2-Delaware State 3:47.5, 3-Howard 3:48.0.

HJ, Wanda Johnson (Morg) 5'8"; LJ, Brenda Bailey (How) 19'8¾"; TJ, Gibson (How) 34'6¾"; SP, Sherry Green (Morg) 42'5".

HOLIDAY INVITATIONAL

Fairfax, Virginia, December 9: A whole passel of fine early season marks were turned in as George Mason University staged the second indoor meet of the year, the Holiday Invitational. Better-than-expected early season marks were run in the 300 (Terri Dendy, George Mason) 39.51, in the 400 by Michelle Collins (Delaware State) in 55.92, a 1:13.55 clocking for 500 meters by Lorraine Dortsch (Delaware State), a 2:10.14 800m by veteran Debbie Roberson (Ms Int) and good performances in all the relays, especially by Villanova in the 4x800 a 1-2 finish for their 'A' and 'B' teams, both under nine minutes.

In the field, Maryland's Marita Walton began her year with a fine toss of 52'3" to win the shot and Juanita Alston of the Falcon Track Club scored close to 4000 points to win the pentathlon.

55m, 1-Robin Benjamin (FTC) 7.0, 2-Ramona Riley (Morg St) 7.0, 3-Janet Dodson (Morg St) 7.1; 55mH, 1-Janet Williams (Towson) 8.0, 2-Letha Carson (NY Tech) 8.1; 300m,

1-Terri Dendy (GM) 39.51, 2-Robin Benjamin (FTC) 39.74, 3-Josephine Hobbs (Ms Int) 40.83, 4-Zanderland Dixon (Morg St) 41.18.

400, 1-Michelle Collins (Del St) 55.92, 2-Sherri Funn (Ms Int) 56.06, 3-Kathy Brooks (Howard) 57.07; 500m, 1-Lorraine Doetsch (Del St) 1:13.55, 2-Karen Gascoigne (Howard) 1:14.04, 3-Stefani Green (Navy) 1:17.62; 800, 1-Debbi Roberson (Ms Int) 2:10.14, 2-Wanda Trent (Ms Int) 1:11.35, 3-Cynthia Colquitt (Morg St) 2:14.0.

1500, 1-Lauren Searby (Vil) 4:36.4, 2-Melissa Grubb (Vil) 4:39.8, 3-Coleen Gallagher (Vil) 4:41.2; 3000, 1-Kelly Michaels (GM) 10:07.43, 2-Denise Fleenor (GM) 10:12.74.

4x200, 1-Morgan State 1:38.81, 2-Delaware State 1:42.33, 3-Howard 1:42.96, 4-George Mason 1:43.24, 5-Maryland 1:44.92; 4x800, 1-Villanova 'A' 8:46.95, 2-Villanova 'B' 8:51.92, 3-Georgetown 9:20.2, 4-George Mason 9:21.3; 4x400, 1-Ms International 3:45.3, 2-Howard 3:45.7, 3-Delaware State 3:47.1, 4-Morgan State 3:52.1.

SP, 1-Marita Walton (Md) 52'3", 2-Sherice Smaw (Ms Int) 42'1¼"; TJ, 1-Brenda Bailey (How) 37'6¾", 2-Shirley Gibsen (Howard) 35'9¾"; LJ, 1-Theresa Allen (How) 19'6½", 2-Brenda Bailey (How) 19'2½", 3-Carol Galloway (Ms Int) 19'1"; HJ, 1-Tammy Penny (Md) 5'7¾", 2-Wanda Johnson (Morg St) 5'6".

Pentathlon, 1-Juanita Alston (FTC) 3987 (8.6-38'11-5'6½-19'2¾-2:23.5), 2-Tina Shriver (Towson) 3409, 3-Chris Larsen (Mt. St Mary's) 3286.

HARVARD WINS DUAL

Cambridge, Mass, Dec. 10: Harvard edged host Boston College 62-51 in an indoor dual at the Ivy halls. Best mark of the festivities was the 17:15.6 for 5000m by Harvard's Kathy Goode.

SP, 1-Durante (H) 38'5", 2-Boulris (H) 37'10", 3-Acacia (H) 17'6½"; LJ655mH, Patterson (H) 16'9½-68.5; 4x220, 1-BC 1:45.52, 2-Harvard 1:45.87.

1500, 1-Simon (H) 4:37.4, 2-Willis (BC) 4:40.6; 3000, Fallon (BC) 9:53.2, 2-Goode (H) 9:55.8; 5000, 1-Goode (H) 17:15.6, 2-Keltz (H) 17:35.

HJ, Supple (BC) 5'4"; 4x440, BC 3:59.55; 4x880, Harvard 9:29.7; 400, Busby (H) 58.63; 55m, Freeman (BC) 7.49; 800, Harring (H) 2:16.6; 200, 1-Freeman (BC) 26.1, 2-Busby (H) 26.1.

CORNELL RELAYS

Ithaca, NY, Dec. 11: Host Cornell won all but two events at their Indoor Relays. Best mark came from shot putter Stone of Cornell with a toss of 39'4".

55mH, 1-Glat (C) 8.8, 2-Gagnon (Syr) 8.8; 55m, George (Syr) 7.42; 5000, Lutz (C) 18:49.4; LJ, Kulik (C) 17'6¾"; HJ, 1-Rothschild (Un) 5'5", 2-Daniels (Syr) 5'5"; SP, Stone (C) 39'4".

DMed/SMed/4x400/4x800, Cornell 12:30.1/4:09.6/4:02.1/9:31.1.

INDOOR RESULTS (Cont)

SYRACUSE RELAYS

Syracuse, NY, Dec. 11: Two good early season relay marks by Cornell topped the show at the Syracuse Relays.

Biggest question arising concerns the fact these same people competed in the Cornell Relays in Ithaca on the same day! Just how this was accomplished is a question we'd like answered so we can sleep at night!

LJ, Sharon Daniels (Syr) 18'7³/₄; 3000, Kathy Lutz (Cornell) 10:31.1; HJ, Sharon Gleasman (Un) 5'7; 50mH, 1-Jerri Gist (C) 7.8, 2-Sherril Gagnon (S) 7.9, 3-Bunny Averlett (S) 8.1.

50m, 1-Lisa George (S) 6.7, 2-Julie Cumberbatch (C) 6.7, 3-Lola Sergant (C) 6.8, 4-Kathy Borchelt (C) 7.0; SMed, Syracuse (Miller-George-Dobbs-Gagnon) 1:52.6; 1500, Sandy Rymph (C) 5:05.4.

4x200, 1-Cornell (Taylor-Gist-Johnson-Borchelt) 1:44.6, 2-Syracuse 1:47.8; DMed, 1-Cornell (Feeley-Bragdon-Day-Schmidt) 12:15.1, 2-Syracuse 12:44.3; 4x800, 1-Cornell (Jones-Schmidt-Jones-Carter) 9:18.1, 2-Cornell 'B' 10:02.1; 4x400, 1-Cornell 3:59.1.

BOSTON HOLIDAY CLASSIC

Boston, Mass, Dec. 27: Boston University's Anne Jennings was a double winner in the long jump and hurdles as Bean City staged its Annual Holiday Classic. Jennings hopped 18'3 and ran 8.0 flat for her wins.

Best performance came in the 1500 where veteran Judi St. Hilaire sped 4:31.3 to pip Mary Herlighy (4:32.0) and Mary McNaughton (4:32.7).

Brandeis' Lauren Andrews upset Alabama's Pia Iacovo to win the shot at 46'0¹/₂.

LJ, Anne Jennings (BU) 18'3; TJ, 1-Anne Burke (Taunton) 35'7¹/₄; 2-Sue Gagnon (Syr) 35'2; SP, 1-Lauren Andrews (Bran) 46'0¹/₂, 2-Pia Iacovo (Al) 45'10.

HJ, 1-Maureen Ferns (HC) 5'8, 2-Kyle Emery (Taunton TC) 5'8; 55mH, 1-Anne Jennings (BU) 8.0, 2-Kelly Toole (NE) 8.2; 55m, 1-Nichole Williams (Flyers TC) 7.0, 2-Leslie Freeman (BC) 7.2.

4x200, Boston International TC 1:43.4; 1500, 1-Judi St. Hilaire (AW) 4:31.3, 2-Mary Herlighy (Lib AC) 4:32.0, 3-Mary McNaughton (HC) 4:32.7, 4-Julie LeClair (HC) 4:37.5, 5-Karen Dunn (NBTC) 4:38.1; 400, 1-Krystal Sheets (Morgan St) 58.5, 2-Melanie Stone (UMB) 58.9; 800, 1-Caroline Mitchell (Ct) 2:18.7, 2-Nancy Cullinane (BUTC) 2:19.1.

3000, 1-Ailison Quelch (Tn) 9:35.9, 2-Karen Dunn (NBTC) 9:44.5, 3-Janice Cataldo (Ocean State TC) 9:57.0; 4x800, 1-Holy Cross 9:31.1, 2-BITC 9:33.6; 4x400, BITC 3:54.2.

BOSTON/ADIDAS OPEN

Boston, Mass, Date not known: BU's Anne Jennings won her usual two events at the Boston/Adidas Open, capturing the long jump and hurdles. Maxine Underwood had a good 600y performance, winning in 1:23.9. Boston University captured the team title over 15 other competing schools.

OUTDOOR RESULTS

46 FLAT FOR PV 4x100

Prairie View, Texas, Dec. 10: Prairie View A&M staged their Winter Relays without much excitement EXCEPT their 4x100 team of Lynn Gamble, Diedre Jackson, Jocelyn Tatum and Evan Williams cut loose with a 46.0 clocking, outstanding for this time of year especially considering Prairie View's best 1983 outdoor mark was just one second faster and was the 12th best time of the year in all of the USA. Williams also won the 150m sprint with a meet record of 16.79 and Diedria Smith triple jumped 37'7.

CSLA ALL COMERS HARMON WHIPS ASHFORD

Los Angeles, Cal, Dec. 10: Cal State Los Angeles staged its first All-Comers affair of the season and the big news came when Marlene Harmon whipped Evelyn Ashford on the track. Actually the beating took place over 3000 meters and neither Harmon nor Ashford will treasure the time in their memory books as Ashford took more than 13 minutes to negotiate the distance.

There were three double winners with Sandra Farmer turning in the best marks while winning the 60y hurdles and the 200.

HJ, Sue Patterson (Un) 5'6; SP/DT, Molly Koffman (Un) 37'6/108'8.

60yH/200, Sandra Farmer (Un) 8.34/25.52; 60y/300m, Tesha Giddens (Locke HS) 7.32/42.3.

500m, 1-Donna Curtis (USC) 1:16.4, 2-Robin Simmons (USC) 1:16.7; 800, Christi Olson (Un) 2:24.0.

1000m, Kim Ojeda (Un) 3:18.9; 3000, 1-Michele Hopper (Un) 9:43.7...3-Marlene Harmon (Med TC) 11:27.9...5-Evelyn Ashford (Med TC) 13:03.1.

BOSTON/ADIDAS (Cont)

600y, 1-Maxine Undersood (PAL) 1:23.9, 2-Simpson (PAL) 1:24.1; 1500, 1-O'Reilly (Mass) 4:42.1, 2-Brunetto (Fitch) 4:42.2.

4x200, 1-Boston U 1:43.1, 2-NU 1:43.5; 1000y, Rogers (Lib AC) 2:41.1; 800m, Connelly (BU) 2:19.6.

55m, 1-Morrison (Mass) 7.2, 2-White (BU) 7.3; 55mH, 1-Anne Jennings (BU) 8.1, 2-Kelley Toole (NU) 8.2.

3000, Pratt (Mass) 10:25.3; LJ, Anne Jennings (BU) 18'0³/₄; SP, Lauren Anderson (B) 45'3³/₄; HJ, 1-Maureen Ferns (HC) 5'8, 2-Kyle Emery (Taunton TC) 5'6; TJ, Brown (BU) 35'3¹/₂.

4x800, Fitch 9:49.1; 4x400, 1-PAL 3:47.6, 2-Boston Int TC 3:51.0.

Scores, 1-Boston U 71, 2-Massachusetts 68, 3-Boston International TC 60, 4-Northeastern 4, 5-Fitch 30, 6-PAL 29, 7-Lowell 22, 8-Liberty AC 16, 9-Westfield 11, 10-Brandeis and Holy Cross 10, 12-Bates, Mass/Bos and Taunton TC 8, 15-Amherst 6, 16-SCSU 5.

CSLA ALL COMERS

Los Angeles, Cal, Dec. 17: Four stadium records were set as Cal State Los Angeles staged its second All Comers Meet of the season.

Returning to the track wars, Debbie LaPlante Smith cut the stadium record for the 60y hurdles down to 7.7. Sandra Howard took the 300m hurdle mark to 40.2, prepster Choo Choo Knighten has the SR for 500m at 1:13.0 and veteran Michele Hopper now owns the 10k mark at 35:51.8.

LJ' Catherine Williams (CA) 17'5; TJ, Renita Robinson (Manual Arts HS) 37'9³/₄; SP/DT/JT, Colleen Keavany (El Camino JC) 34'1¹/₂/101'11/119'8.

60yH, 1-Debbie Smith (CA) 7.7, 2-Nancy Young (EC) 8.1; 200, 1-Lisa Hopkins (Puma) 24.6, 2-Choo Choo Knighten (Locke HS) 25.2.

300m, 1-Sandra Farmer (Puma) 40.2, 2-Deanny Amy (Hawthorne HS) 41.8, 3-Stephanie Brown (CSLA) 42.3; 500m, 1-Choo Choo Knighten (LHS) 1:13.0, 2-Sandra Farmer (P) 1:14.8, 3-Myra Maycrovy (Un) 1:16.1.

800, 1-Trescia Palmer (CAL) 2:12.8, 2-Sylvia Mosqueda (San Gabriel HS) 2:19.3; 1000m, 1-Rose Monday (Puma) 2:52.6 (Stadium Record), 2-Carla Johnson (EC) 2:58.4.

5000 (One lap short), 1-Sylvia Mosqueda (SGHS) 16'10.2, 2-Michele Hopper (Puma) 16:44.0; 10000, Michele Hopper (Puma) 35:51.8; 4x100, Hawthorne HS 50.4.

DASSE 54'1¹/₂

Los Angeles, Cal, Dec. 24: California Athletics' Bonnie Dasse, who moved high on the All-Time US List last year with a shot mark of 54'7¹/₄, opened her 1984 campaign with a nifty toss of 54'1¹/₂ as Cal State Los Angeles staged yet another of its pre-season All Comers meets. Dasse also won the disc with a throw of 150'8. Both marks were stadium records.

Elsewhere, Jennifer Inniss, Sandra Farmer and Choo Choo Knighten did most of the damage. Inniss edged Lisa Hopkins in the 60y dash with a new stadium record at 6.8 and picked up a second behind Farmer in the 300. Farmer won the 60y hurdles (8.2) and the 300, the latter with a new stadium mark at 39.7. Prespster Knighten was 4th in the 60 (7.0), won the 200 (24.9) and won the 500m with a new stadium record at 1:12.0.

60yH, Sandra Farmer (Un) 8.2; 400H, Jackie Campbell (Manual Arts HS) 69.8; 60y, 1-Jennifer Inniss (CSLA) 6.8, 2-Lisa Hopkins (Puma) 6.8, 3-Tesha Giddens (Locke HS) 6.9, 4-Choo Choo Knighten (Locke HS) 7.0; 200, Knighten 24.9; 300m, 1-Sandra Farmer (Un) 39.7, 2-Jennifer Inniss (CSLA) 40.4; 500m, 1-Choo Choo Knighten (LHS) 1:12.0, 2-Rose Monday (Puma) 1:12.5.

10000, Michelle Hopper (Puma) 37:45.0; SP, 1-Bonnie Dasse (CA) 54'1¹/₂, 2-Molly Koffman (Un) 39'8¹/₂; DT, 1-Dasse 150'8, 2-Koffman 117'7. 1000m, Sharon Dabney (CSLA) 3:02.0.

USA ALL-TIME INDOOR TOP 10

50 YARDS

5.74	Evelyn Ashford	83
5.79	Alice Brown	83
5.80	Jeanette Bolden	82
5.84	Chandra Cheeseborough	81
5.86	Deandra Carney	78
5.89	Kim Robinson	78
5.91	Diane Williams	83
5.93	Sandra Howard	83
5.95	Angie Toney	81
5.96	Brenda Morehead	80
5.97	Pat Millier	80

50 METERS (†=No confirmation)

6.12†	Kathrene Wallace	83
6.13	Jeanette Bolden	81
6.13†	Vivian Brown	83
6.16	Evelyn Ashford	83
6.21	Alice Brown	81
6.23	Chandra Cheeseborough	83
6.24	Esther Hope	82
6.30	Eunice Jones	82
6.31	Ada Hay	83
6.34	Brenda Morehead	79
6.38†	C. Williams	83
6.39†	L. Cole	83
6.40	Dollie Fleetwood	80
6.40†	E. Boss	83
6.40	Sheila LaBome	83

60 YARDS

6.54	Evelyn Ashford	82
6.59	Jeanette Bolden	82
6.59	Chandra Cheeseborough	83
6.62	Alice Brown	81
6.65	Wanda Fort	83
6.71	Brenda Morehead	82
6.72	Deandra Carney	78
6.73	Michele Glover	81
6.74	Diane Williams	83
6.75	Dollie Fleetwood	79

60 METERS

7.21	Jeanette Bolden	81
7.28	Brenda Morehead	80
7.28	Sherrl Funn	81
7.29	Chandra Cheeseborough	82
7.29	Evelyn Ashford	83
7.32	Deandra Carney	79
7.34	Lisa Thompson	81
7.42	Marla Parsons	80
7.43	Michele Glover	81
7.43	Beatrice Reese	82
7.43	Elaïne Jones	83

200 METERS (*=Hand time +0.24; @=220y -0.12)

23.13@	Chandra Cheeseborough	82
23.54*	Rosalyn Bryant	77
23.69@	LaShon Nedd	82
23.73@	Alice Jackson	82
23.74@	Florence Griffith	81
23.86@	Sheryl Pernel	81
23.94*	Gwen Gardner	79
24.00	Wanda Hooker	80
24.00	Deborah Jones	80
24.09	Liz Young	79

300 YARDS (*=Hand time +0.24)

33.83	Diane Dixon	83
33.98	Angela Thacker	83
34.07	Rosalyn Bryant	80
34.07	Randy Givens	82
34.50	Liz Young	79
34.54	Val Boyer	81
34.54	Maxine Underwood	82
34.64	Belinda Little	83
34.71	Stephanie Bonner	83
34.78	Lillie Leatherwood	83

300 METERS (*=Hand time +0.24)

37.50	Diane Dixon	83
37.54	Janet Dodson	82
37.55	Evaïene Hatcher	82
37.98	Robin Jackson	81
38.24	Pat Melton	82
38.33	Randy Givens	81
38.42	Alice Jackson	83
38.44*	Linda Bedford	80
38.47	Gwen Smith	81
38.54*	Beverly Kearney	80

400 METERS (*=Hand time +0.14; @= 440y -0.14)

53.11@	Sharon Dabney	78
53.15@	Lori McCauley	83
53.17	Diane Dixon	83
53.20*@	Delisa Walton	83
53.31	Gwen Gardner	80
53.54*	Maxine Underwood	82
53.59	Edna Brown	82
53.62@	Rosalyn Bryant	80

500 YARDS

1:03.3	Rosalyn Bryant	77
1:03.5	LaShon Nedd	82
1:03.6	Arlise Emerson	82
1:03.7	Gwen Gardner	80
1:04.1	Denean Howard	81
1:04.5	Paulette Clagon	81
1:04.6	Brenda Peterson	81
1:04.6	Deann Gutowski	83
1:05.0	Lorna Forde	80
1:05.1	Jarvis Scott	76

500 METERS (*=Hand time +0.14)

1:11.14	Edna Brown	83
1:11.84*	Delisa Walton	82
1:11.94*	Rosalyn Bryant	77
1:12.54*	Debbie Roberson	83
1:12.74*	Kim Thomas	80
1:12.74*	Gail Conway	83
1:12.84*	Kathy Weston	79
1:13.04	Donithy Jones	83
1:13.05	Ellen Hart	83
1:13.14*	Marla Dwyer	80

600 YARDS (*=Hand time +0.14)

1:17.38	Delisa Walton	82
1:18.56	Rosalyn Dunlap	82
1:18.62	Robbin Coleman	82
1:19.44*	Robin Campbell	74
1:19.88	Lee Ann Van Landingham	82
1:20.08	Annette Campbell	83
1:20.16	Ovrill Brown	83
1:20.34	Tami Hart	83
1:20.43	Gretchen Grier	83
1:20.50	Joyce Wilson	83

600 METERS (*=Hand time +0.14)

1:26.56	Delisa Walton	81
1:28.82	Pam Sedwick	81
1:28.94*	Chris Mullen	80
1:29.04*	Ovrill Brown	83
1:29.54*	Wendy Knudson	76
1:29.54*	Piper Bressant	83
1:29.91	Annette Campbell	83
1:29.95	Lorna Forde	82
1:30.20	Wanda Trent	81
1:30.24*	Robin Campbell	74

800 METERS (*=Hand time +0.14; @=880y -0.70)

1:59.04*	Mary Decker	80
2:02.40@	Delisa Walton	83
2:02.84@	Robin Campbell	83
2:03.47@	Lee Arbogast	83
2:03.84	Joetta Clark	83
2:03.91@	Leann Warren	82
2:03.94*@	Madeline Manning	80
2:04.44*	Darlene Beckford	83
2:05.14*	Diane Richburg	83
2:05.44*@	Jan Merrill	78
2:05.44*	Wendy Knudson	79

1000 YARDS (*=Hand time +0.14)

2:23.94*	Mary Decker	78
2:25.14*	Diane Richburg	83
2:25.24*	Barbara Lawson	73
2:25.74*	Debbie Heald	79
2:25.94*	Wendy Knudson	79
2:26.44	Dorene Startare	82
2:26.70	Joetta Clark	82
2:26.94*	Francie Larrieu	75
2:27.34*	Marcia Romesser	79
2:27.34*	Robin Campbell	81

1000 METERS (*=Hand time +0.14)

2:40.24*	Diane Richburg	83
2:40.34*	Francie Larrieu	75
2:41.83	Joetta Clark	83
2:42.24*	Cyndy Poor	77
2:42.34*	Jan Merrill	76
2:43.83	Chris Mullen	80

2:45.44*	Brigid Leddy	80
2:45.64*	Dana Glidden	80
2:45.64*	Cindy Bremser	82
2:47.14*	Julie Brown	76

1500 METERS

4:00.8	Mary Decker	80
4:09.8	Francie Larrieu	75
4:10.9	Cindy Bremser	80
4:13.4	Maggie Keyes	80
4:13.6	Jan Merrill	80
4:14.0	Darlene Beckford	80
4:17.2	Debbie Heald	79
4:17.2	Margaret Groos	81
4:17.5	Brenda Webb	83
4:17.9	Debbie Vetter	78

One Mile (*=Hand time +0.14)

4:20.64*	Mary Decker	82
4:28.64*	Francie Larrieu	75
4:30.12	Darlene Beckford	83
4:31.14*	Jan Merrill	77
4:31.24*	Debbie Heald	78
4:32.42	Cindy Bremser	83
4:32.92	Cathie Twomey	82
4:33.26	Leann Warren	82
4:33.91	Brigid Leddy	80
4:34.04*	Joan Hansen	82

3000 METERS (*=Hand time +0.14)

8:47.44*	Mary Decker	82
8:53.54	PattiSue Plumer	83
8:53.55	Joan Benoit	83
8:57.74*	Jan Merrill	78
9:02.54*	Francie Larrieu	74
9:07.54*	Brenda Webb	82
9:08.40	Cindy Bremser	83
9:08.64*	Margaret Groos	80
9:09.49	Jenny Stricker	83
9:11.14*	Joan Hansen	81
9:11.14*	Kathy Hayes	83

TWO MILES (*=Hand time +0.14)

9:31.84*	Mary Decker	83
9:33.34*	Jan Merrill	83
9:37.03	Joan Hansen	82
9:37.64	Brenda Webb	82
9:37.65	Margaret Groos	82
9:38.24*	Francie Larrieu	81
9:43.33	Jenny Stricker	83
9:45.14*	Cindy Bremser	80
9:45.54*	PattiSue Plumer	83
9:46.24*	Julie Brown	79

THREE MILES (*=Hand time +0.14)

15:18.47	Kellie Cathey	82
15:18.83	Kathy Bryant	82
15:18.94	Andrea Fischer	83
15:25.25	Martha White	82
15:27.53	Nan Doak	82
15:34.54	Lesley Welch	82
15:41.54*	Pla Palladino	80
15:43.26	Marianne Dickerson	83
15:44.44*	Anne Sullivan	80
15:44.69	Cathy Branta	83

5000 METERS (*=Hand time +0.14)

15:34.64*	Margaret Groos	81
15:50.34	Joan Benoit	83
16:13.14*	Nan Doak	82
16:21.74*	Lesley Welch	82
16:21.94*	Ann Hird	83
16:22.74*	Melanie Weaver	82
16:23.44*	Brenda Webb	83
16:23.84*	Kathy Bryant	82
16:25.14*	Kim Bird	82
16:27.14*	Marlan Teltsch	83

50y HURDLES (*=Hand time +0.24)

6.37	Deby LaPlante	78
6.39	Patty Van Wolvelaere	78
6.44	Candy Young	80
6.50	Stephanie Hightower	82
6.54*	Jane Frederick	77
6.61	Lori Dnello	78
6.61	Kim Turner	82
6.64*	Mamie Rallins	73
6.64*	Lacey O'Neal	73
6.72	Benita Fitzgerald	81

Continued on Page 11

WORLD ALL-TIME INDOOR TOP 10

50 YARDS

5.74	Evelyn Ashford (USA)	83
5.79	Alice Brown (USA)	83
5.80	Andrea Lynch (GB)	78
5.80	Jeanette Bolden (USA)	82
5.81	Lyudmila Storozhkova (SU)	79
5.84	Chandra Cheeseborough (USA)	81
5.85	Vera Anislomova (SU)	79
5.85	Angella Taylor (Can)	81
5.85	Angella Bailey (Can)	82
5.86	Deandra Carney (USA)	78
5.88	Jennifer Inniss (Guy)	83

50 METERS

6.11	Marita Koch (DDR)	80
6.12	Marlies Gohr (DDR)	80
6.13	Jeanette Bolden (USA)	81
6.16	Evelyn Ashford (USA)	83
6.17	Sofka Popova (Bul)	81
6.17	Linda Haglund (Swe)	81
6.19	Renate Stecher (DDR)	74
6.19	Angella Taylor (Can)	81
6.20	Ingrid Auerswald (DDR)	81
6.21	Alice Brown (USA)	81
6.21	Wendy Hoyte (GB)	81

60 YARDS

6.54	Evelyn Ashford (USA)	82
6.59	Jeanette Bolden (USA)	82
6.59	Chandra Cheeseborough (USA)	83
6.61	Merlene Ottey (Jam)	82
6.62	Alice Brown (USA)	81
6.63	Lyudmila Storozhkova (SU)	79
6.66	Marlies Gohr (DDR)	83
6.71	Vyera Anislomova (SU)	79
6.71	Brenda Morehead (USA)	82
6.72	Deandra Carney (USA)	78

60 METERS

7.08	Marita Koch (DDR)	83
7.09	Marlies Gohr (DDR)	83
7.11	Sofka Popova (Bul)	80
7.12	Silke Gladisch (DDR)	83
7.13	Linda Haglund (Swe)	78
7.16	Renate Stecher (DDR)	74
7.17	Andrea Lynch (GB)	74
7.19	Christina Lathan (DDR)	80
7.19	Beverly Kinch (GB)	83
7.19	Marisa Masullo (Ita)	83

200 METERS (@=220y -0.12)

22.39	Marita Koch (DDR)	83
22.64	Gesine Walther (DDR)	82
22.76	Jarmila Kratochvilova (Cze)	81
22.79	Merlene Ottey (Jam)	82
22.94	Christina Sussick (FRG)	81
23.11	Kerstin Walther (DDR)	83
23.12	Heidi Gaugel (FRG)	81
23.13@	Chandra Cheeseborough (USA)	82
23.15	Angella Taylor (Can)	80
23.22	Annegret Richter (FRG)	77

300 YARDS (*=Hand time +0.24)

32.63	Merlene Ottey (Jam)	82
33.64*	Angella Taylor (Can)	80
33.83	Diane Dixon (USA)	83
33.98	Angela Thacker (USA)	83
34.07	Rosalyn Bryant (USA)	80
34.07	Randy Givens (USA)	82
34.20	Rita Bottiglieri (Ita)	78
34.24*	Ruth Simpson (Jam)	81
34.31	Janet Burke (Jam)	81
34.50	Liz Young (USA)	79

300 METERS (*=Hand time +0.24)

35.83	Merlene Ottey (Jam)	81
36.14*	Jarmila Kratochvilova (Cze)	81
36.34*	Tatyana Kocembova (Cze)	83
36.91	Angella Taylor (Can)	80
37.46	Sharon Colyear (GB)	81
37.50	Diane Dixon (USA)	83
37.54	Janet Dodson (YSA)	82
37.55	Evealene Hatcher (USA)	82
37.64*	Rita Wilden (FRG)	75
37.94	Natalia Borschina (SU)	81
37.94	Norma Murray (Jam)	81

400 METERS

49.59	Jarmila Kratochvilova (Cze)	82
50.43	Tatyana Kocembova (Cze)	83
51.14	Marita Koch (DDR)	77
51.18	Dagmar Rubsam (DDR)	82
51.57	Gaby Bussmann (FRG)	82

51.62	Kirsten Slemon (DDR)	83
51.80	Verona Elder (GB)	79
51.90	Karoline Kafer (Aut)	79
51.99	Angella Taylor (Can)	81
52.20	Yelena Korban (SU)	83

500 YARDS

1:03.3	Rosalyn Bryant (USA)	77
1:03.3	Janine MacGregor (CGB)	82
1:03.4	Lorna Forde (Bar)	76
1:03.5	LaShon Nedd (USA)	82
1:03.6	Arlise Emerson (USA)	82
1:03.7	Gwen Gardner (USA)	80
1:04.1	Denean Howard (USA)	81
1:04.5	Paulette Clagon (USA)	81
1:04.5	June Griffith (Guy)	82
1:04.6	Brenda Peterson (USA)	81
1:04.6	Deann Gutowski (USA)	83

500 METERS (*=Hand time +0.14)

1:10.64*	Lorna Forde (Bar)	78
1:11.84*	Delisa Walton (USA)	80
1:11.84	Edna Brown (USA)	82
1:11.94*	Rosalyn Bryant (USA)	77
1:12.04*	Helen Blake (Jam)	80
1:12.11	Molly Killlingbeck (Can)	82
1:12.24*	Brenda Walsh (Can)	72
1:12.44*	June Griffith (Guy)	79
1:12.54*	Debbie Roberson (USA)	83
1:12.74*	Kim Thomas (USA)	80

600 YARDS (*=Hand time +0.14)

1:17.38	Delisa Walton (USA)	82
1:18.54*	Yvonne Saunders (Can)	74
1:18.56	Rosalyn Dunlap (USA)	82
1:18.62	Robbin Coleman (USA)	82
1:18.85	Marcia Tate (Jam)	83
1:19.10	Nicole Ali (Can)	83
1:19.44*	Robin Campbell (USA)	74
1:19.88	Lee Van Landingham (USA)	82
1:19.94*	Robertta Angeloni (Can)	74
1:19.94*	Rochelle Campbell (Can)	74

600 METERS (*=Hand time +0.14)

1:26.56	Delisa Walton (USA)	81
1:27.41	Molly Killlingbeck (Can)	83
1:27.44*	Nadyezhda Olizaryenko (SU)	80
1:27.54*	Linsey MacDonald (GB)	81
1:28.04*	Anna Kastetskaya (SU)	81
1:28.07	Cathy Rattray (Jam)	83
1:28.33	Jane Fitch (GB)	83
1:28.34*	Larisa Golovanova (SU)	81
1:28.34*	Janine MacGregor (Can)	81
1:28.54*	Nina Rutshayeva (SU)	81
1:28.82	Pam Sedwick (USA)	81

800 METERS (*=Hand time +0.14; @=880y -0.70)

1:58.54*	Olga Vakrusheva (SU)	80
1:59.04*@	Mary Decker (USA)	80
1:59.24	Martina Steuk (DDR)	82
1:59.76	Beate Liebich (DDR)	82
2:00.04*	Ursula Hook (FRG)	79
2:00.23	Doina Melinte (Rom)	83
2:00.47	Lyubov Gurina (SU)	83
2:00.64*	Nikolijna Shtereva (Bul)	79
2:00.74	Jolanta Januchta (Pol)	80
2:00.74	Fita Lovin (SU)	82

1000 YARDS (*=Hand time +0.14)

2:38.94*	Mary Decker (USA)	78
2:25.14*	Diana Richburg (USA)	82
2:25.74*	Debbie Heald (USA)	79
2:25.94*	Wendy Knudson (USA)	79
2:26.24*	Jo White (GB)	82
2:26.70	Joetta Clark (USA)	82
2:26.94*	Francie Larrieu (USA)	75
2:27.34*	Marcia Romesser (USA)	79
2:27.34*	Robin Campbell (USA)	81
2:27.71	Tina Krebs (Den)	83

1000 METERS (*=Hand time +0.14)

2:34.94*	Brigitte Kraus (FRG)	78
2:37.60	Lyubov Gurina (SU)	83
2:37.68	Svyetlana Popova (SU)	83
2:37.91	Ravija Agletdinova (SU)	83
2:38.03	Yekaterina Podkopaeva (SU)	83
2:38.06	Lyudmila Borisova (SU)	83
2:38.95	Natalia Artyemova (SU)	83
2:39.63	Svyetlana Kitova (SU)	83
2:39.74*	Lyudmila Veselkova (SU)	81
2:39.76	Olga Dvirna (SU)	83

1500 METERS (*=Hand time +0.14)

4:00.94*	Mary Decker (USA)	80
4:03.14*	Natalia Marasescu (Rom)	79
4:04.01	Gabrielle Dorio (Ita)	82
4:04.04*	Zamira Zaitseva (SU)	79
4:04.22	Brigitte Kraus (FRG)	82
4:05.54*	Ileana Silai (Rom)	78
4:06.54*	Tatyana Podsydnakova (SU)	83
4:06.70	Beate Liebich (DDR)	82
4:06.93	Fita Lovin (SU)	82
4:07.49	Agnese Possamai (Ita)	81

ONE MILE (*=Hand time +0.14)

4:20.64*	Mary Decker (USA)	82
4:28.46	Nadyezhda Ralldugina (SU)	82
4:28.55	Maricica Puica (Rom)	82
4:28.64*	Francie Larrieu (USA)	75
4:28.90	Gabrielle Dorio (Ita)	82
4:29.54	Beate Liebich (DDR)	82
4:30.09	Wendy Sly (GB)	83
4:30.12	Darlene Beckford (USA)	83
4:30.24*	Zamira Zaitseva (SU)	79
4:31.24	Jo White (GB)	83

3000 METERS (*=Hand time +0.14)

8:47.44*	Mary Decker (USA)	82
8:50.94*	Grete Waitz (Nor)	80
8:52.84	Gabrielle Riemann (DDR)	83
8:53.54	Patti Sue Plumer (USA)	83
8:53.55	Joan Benoit (USA)	83
8:53.77	Agnese Possamai (Ita)	82
8:54.19	Svyetlana Ulmassova (SU)	82
8:54.26	Maricica Puica (Rom)	82
8:55.04	Tatyana Sycheva (SU)	82
8:55.13	Tatyana Pozdnitskova (SU)	82

50y HURDLES (*=Hand time +0.24)

6.20	Johanna Klier (DDR)	78
6.35	Esther Rot (Isr)	78
6.37	Deby LaPlante (USA)	78
6.39	Patty VanWolvelaere (USA)	78
6.41	Guadrin Wakan (DDR)	79
6.44*	Annelie Ehrhardt (DDR)	75
6.44	Candy Young (USA)	80
6.48	Silvia Kempin (FRG)	75
6.50	Stephanie Hightower (USA)	82
6.52	Liz Damman (Can)	75
6.52	Nina Dyerbina (SU)	79

50m HURDLES

6.74	Annelie Ehrhardt (DDR)	73
6.74	Zofia Bielczyk (Pol)	81
6.76	Danuta Perka (Pol)	79
6.77	Grazyna Rabsztyn (Pol)	79
6.80	Maria Merchuk (SU)	81
6.81	Tatyana Anislomova (SU)	81
6.83	Silvia Kempin (FRG)	81
6.85	Lidia Gusheva (SU)	81
6.85	Candy Young (USA)	83
6.86	Bettina Jahn (DDR)	80

60y HURDLES (*=Hand time +0.24)

7.36	Stephanie Hightower (USA)	83
7.37	Candy Young (USA)	82
7.45	Kerstin Knabe (DDR)	83
7.47	Kim Turner (USA)	83
7.51	Deby LaPlante (USA)	79
7.52	Benita Fitzgerlad (USA)	83
7.54*	Jane Frederick (USA)	77
7.54	Patty Van Wolvelaere (USA)	78
7.59	Esther Rot (Isr)	78
7.63	Johanna Klier (DDR)	78
7.63	Tatiana Anislomova (SU)	80

60m HURDLES

7.75	Bettine Jahn (DDR)	83
7.77	Zofia Bielczyk (Pol)	80
7.84	Grazyna Rabsztyn (Pol)	80
7.90	Annelie Ehrhardt (DDR)	74
7.94	Johanna Klier (DDR)	78
7.95	Danuta Perka (Pol)	79
7.96	Kerstin Knabe (DDR)	83
7.97	Svyetlana Gussarova (SU)	83
8.00	Bozena Swierczynska (Pol)	76
8.00	Vyera Komisova (SU)	80

Continued on Page 10

WORLD ALL-TIME SHOT/DISCUS BESTS

(Compiled by Joan Stratton)

Listed below are the top shot/discus athletes with their performances and their point score from the IAAF International Scoring Table. Not surprising, the Eastern Europe bloc of nations grabs 15 of the 27 places including the first 11. Meg Ritchie, (Great Britain and the University of Arizona) is the top non-Eastern bloc athlete in 12th position. Americans do better than the public would expect with Lorna Griffin, Carol Cady and Leslie Deniz sitting in 19-20-21 positions. Denise Wood, Kathy Picknell and Lynn Winbinger also make the list.

Name/Country	Shot	Discus	Points
1-Margitta Pufe (DDR)	70' 9 ³ / ₄ (78)	225' 4 (80)	2403
2-Ilona Slupianek (DDR)	73' 8 (80)	211' 3 (77)	2383
3-Zdenka Sihava (Cze)	69' 0 ³ / ₄ (83)	229' 4 (83)	2371
4-Faina Myelnik (SU)	65' 8 ¹ / ₂ (76)	231' 3 (76)	2354
5-Tatyana Lisovskaya (SU)	68' 5 (83)	210' 4 (83)	2306
6-Ines Muller (DDR)	67' 4 ³ / ₄ (83)	212' 3 (83)	2300
7-Natalya Akhrymyenko (SU)	67' 0 ³ / ₄ (80)	211' 11 (80)	2294
8-Innes Reichenboch (DDR)	68' 10 ³ / ₄ (80)	203' 5 (79)	2283
9-Brigitte Michel (DDR)	63' 8 ¹ / ₂ (79)	221' 1 (79)	2282
10-Zdena Bartonova (Cze)	65' 7 ¹ / ₂ (80)	211' 7 (80)	2271
11-Svetlana Myenckova (SU)	63' 10 ¹ / ₂ (83)	216' 9 (79)	2267
12-Meg Ritchie (GB)	62' 3 ³ / ₄ (83)	221' 5 (81)	2239
13-Rodostina Bakhchevanova (Bul)	63' 2 (79)	211' 10 (76)	2236
14-Ria Stalman (Hol)	57' 11 ¹ / ₄ (83)	220' 6 (83)	2193
15-Gael Mulhall (Aus)	61' 4 (83)	206' 11 (79)	2187
16-Heidi Krieger (DDR)	61' 11 ³ / ₄ (??)	201' 8 (83)	2174
17-Svetla Mitkova (Bul)	57' 1 (83)	219' 2 (83)	2174
18-Vanessa Head (GB)	60' 4 ³ / ₄ (??)	205' 4 (83)	2168
19-LORNA GRIFFIN (USA)	58' 5 ¹ / ₄ (83)	207' 5 (83)	2146
20-CAROL CADY (USA)	56' 6 ³ / ₄ (83)	207' 8 (83)	2117
21-LESLIE DENIZ (USA)	55' 10 ¹ / ₄ (83)	213' 1 (83)	2113
22-Florentina Crociunescu (Rum)	51' 10 ¹ / ₂ (83)	222' 3 (83)	2103
23-Carmen Ionescu (Can)	54' 3 ³ / ₄ (82)	212' 6 (76)	2101
24-DENISE WOOD (USA)	56' 8 ¹ / ₂ (83)	189' 4 (83)	2038
25-Marlette Van Heerden (RSA)	56' 4 ¹ / ₄ (81)	186' 6 (81)	2021
26-KATHY PICKNELL (USA)	52' 2 ³ / ₄ (82)	190' 10 (83)	1973
27-LYNN WINBIGLER (USA)	51' 5 ¹ / ₂ (77)	189' 6 (79)	1955



Best All-Time shot/discus thrower is East Germany's Margitta Droese-Pufe. Margitta has a best of 70'9³/₄ in the shot and 225'4 with the disc to score 2403 points on the international scoring table.

NCAA OUTDOOR STANDARDS

Qualifying standards for the 1984 NCAA Outdoor Track Championships are listed below.

Standards MUST be competed in meters, except for the 400m and 1600m relays which may be competed in yards. All field event performances MUST be measured, recorded and entered in feet and inches.

A wind-gauge reading is required for all manual-time entries in the 100 and 200 meter dashes and the 100m hurdles. The wind reading must be recorded on the entry form and must not exceed 4.473 miles per hour to be acceptable.

	Division I		Division II		Division III	
	FAT	MT	FAT	MT	FAT	MT
100m	11.64	11.4	12.02	11.7	12.54	12.4
200m	23.78	25.5	24.50	24.2	25.74	25.5
400m	53.74	53.5	56.40	56.1	58.64	58.4
800m	2:08.00	2:07.8	2:13.60	2:13.4	2:17.64	2:17.4
1500m	4:22.75	4:22.5	4:37.40	4:37.2	4:44.50	4:44.3
3000m	9:31.24	9:31.0	10:11.00	10:10.8	10:19.74	10:19.5
5000m	16:31.24	16:31.0	17:35.50	17:35.3	18:00.20	18:00.0
10k	34:40.24	34:40.0	37:30.00	37:29.8	38:05.20	38:05.0
100H	13.85	13.6	14.52	14.2	15.64	15.4
400H	59.40	59.2	63.00	62.7	65.34	65.1
4x100m	45.75	45.5	47.78	47.4	50.24	50.0
4x100y	45.95	45.7	47.98	47.6	50.44	50.2
4x400m	3:41.74	3:41.5	3:53.50	3:52.3	4:01.20	4:01.0
4x440y	3:41.94	3:42.7	3:54.70	3:53.5	4:02.40	4:02.2
HJ	5'11 ¹ / ₄		5'7 ¹ / ₄		5'5	
LJ	20'4		18'11 ¹ / ₂		17'9	
TJ	40'0		35'0		33'2	
SP	50'0		43'6		40'2	
DT	166'7		140'0		129'8	
JT	162'0		136'2		131'7	
Hept	5340	5400	4850	4910	4240	4300

WORLD ALL-TIME INDOOR TOP TEN (Cont)

HIGH JUMP

6'8	Tamara Bykova (SU)	83
6'6 ³ / ₄	Coleen Sommer (USA)	82
6'6 ¹ / ₄	Debbie Brill (Can)	82
6'6 ¹ / ₄	Andrea Bienias (DDR)	82
6'6 ¹ / ₄	Ulrike Meyfarth (FRG)	82
6'6 ¹ / ₄	Katalin Sterk (Hun)	82
6'6	Andrea Matay (Hun)	79
6'6	Louise Ritter (USA)	83
6'5 ¹ / ₂	Sara Simeoni (Ita)	81
6'5 ¹ / ₂	Shanna Nyekrassova (SU)	82

LONG JUMP

22'9 ¹ / ₄	Anisoara Cusmir (Rom)	83
22'8 ¹ / ₂	Valeria Ionescu (Rom)	83
22'7	Heike Dauter (DDR)	83
22'5	Svyetlana Zorina (SU)	82
22'2 ¹ / ₂	Karin Hanel (FRG)	81
22'2 ¹ / ₂	Magarite Butkiene (SU)	82
22'2 ¹ / ₂	Eva Murkova (Cze)	83
22'2 ¹ / ₄	Angela Voigt (DDR)	76
22'1 ¹ / ₂	Anna Wrodczyk (Pol)	80
22'1 ¹ / ₂	Christina Sussek (FRG)	81

SHOT PUT

73'10	Helena Fibingerova (Cze)	77
70'10	Ilona Slupianek (DDR)	79
69' 8	Margitta Pufe (DDR)	78
69' 1 ¹ / ₄	Eva Wilms (FRG)	77
68' 2 ¹ / ₄	Ivanka Christova (Bul)	76
68' 2 ¹ / ₄	Helma Knorscheidt (DDR)	81
68' 0 ¹ / ₂	Verzhina Veseljinova (Bul)	82
67'11	Liane Schmuhi (DDR)	82
67'11	Natalya Lisovskaya (SU)	83
67' 8	Nadyezhda Chizhova (SU)	74

WORLD BEST HEPTATHLON THROWERS

(Compiled by Joan Stratton)



Surprise, surprise! The United States has the three top heptathlon throwers in the world led by JANE FREDERICK. Frederick's marks of 53'1 (shot) and 169'4 (javelin) make her best in the world. Heptathlon world record holder, Ramona Neubert of East Germany, is fifth. (Bill Leung Jr, photo).

Here's a surprising statistical listing of the best shot/javelin throwers in the world who compete in heptathlons. The surprise is that of the 24 listed, 11 of them are from the USA including the first three positions! Only five Russians make the list and only three from East Germany. Soooooo, if the USA is so good in the two weight events of the heptathlon, (events in which everyone believes we are quite weak), how come we don't beat those 'furriners' in the heptathlon? Part of our success in this ranking list is due to the fact the USA is more of a "throwing" nation than the Europeans and the javelin comes as a more natural event. We throw baseballs, softballs, basketballs, frisbees et al from the time we can barely perambulate and therefore manage high points in the javelin event while sinking as low as under 39 feet in the shot. World-record holder Ramona Neubert of the DDR ranks fifth in this list prepared by Joan Stratton while Jane Frederick has the best in the world!

ALL AROUND SPRINTER UPDATE

Calvin Brown sends along three more sprinters to add to the 1983 All-Around Sprinter List for combined 100-200-400 times. Here's the latest update:

NAME	100	200	400	TOTAL
1-Marita Payne	11.43	22.62	50.06	84.11
2-C.Cheeseborough	11.23	21.99	51.00	84.22
3-Florence Griffith	11.06	22.23	50.94	84.23
4-Merlene Ottey	11.07	22.14	51.12	84.33
5-Evelyn Ashford	10.79	21.88	52.10	84.77
6-Grace Jackson	11.27	22.36	51.69	85.32
7-Denean Howard	11.87	23.54	50.99	86.40
8-Diane Dixon	11.65	23.49	51.61	86.75
9-Jackie Pusey	11.44	23.14	53.28	87.86
10-Valerje Briscoe	11.39	23.10	53.61	88.10
11-Gervaise McCraw	11.59	23.33	53.74	88.66
12-LaShon Nedd	11.35	22.89	54.71	88.95

Name/Country	Shot	Javelin	Points
1-Jane Frederick (USA)	53' 1 (78)	169' 4 (??)	1896
2-Susie Ray (USA)	49' 3 (81)	179' 8 (82)	1875
3-Julie Jones (USA)	50'11 1/2 (82)	169' 4 (83)	1860
4-Mila Kolyadina (SU)	53' 5 (83)	158' 4 (83)	1855
5-Ramona Neubert (DDR)	50' 5 1/2 (??)	163'10 (83)	1829
6-Margarite Dimitrova (Bul)	53'11 3/4 (83)	146' 4 (83)	1811
7-Marilyn Senz (USA)	47' 6 3/4 (??)	166' 2 (83)	1790
8-Deanna Carr (USA)	41' 0 1/2 (82)	191' 2 (83)	1775
9-Yekaterina Smirnova (SU)	49'10 1/2 (83)	150' 1 (83)	1759
10-Sabine Paetz (DDR)	49'10 1/2 (83)	146' 1 (??)	1741
11-Valentina Korachkina (SU)	47' 3 (83)	149'11 (83)	1714
12-Janette Poltner (USA)	45' 3 3/4 (83)	150' 9 (83)	1683
13-Malgorzata (Pol)	46'11 1/2 (??)	143' 6 (??)	1681
14-Sonia Smith (Ber)	39'10 3/4 (83)	171'10 (81)	1676
15-Julie Ravary (USA)	41' 6 (??)	161'10 (83)	1661
16-Melitta Aigner (Aut)	46' 4 1/4 (83)	140' 8 (83)	1657
17-Heiga Nusko (FRG)	44' 5 1/4 (83)	147' 8 (83)	1655
18-Patsy Walker (USA)	46' 7 1/2 (??)	138' 9 (83)	1645
19-Tonya Alston (USA)	45' 7 3/4 (81)	138' 5 (83)	1635
20-Natalya Shubenkova (SU)	45' 3 3/4 (83)	138' 6 (82)	1628
21-Nadyezhda Vinogradova (SU)	47' 2 1/4 (83)	130' 9 (??)	1624
22-Jackie Joyner (USA)	41' 8 3/4 (83)	147' 4 (83)	1604
23-Carla Battaglia (USA)	38'10 1/4 (83)	158' 9 (83)	1600
24-Anke Vater (DDR)	47' 6 3/4 (83)	124' 2 (83)	1600

USA ALL-TIME INDOOR TOP TEN (Continued)

50m HURDLES (=Hand time +0.24)		8.02	Stephanie Hightower	83	21' 0	Pat Johnson	81	
6.85	Candy Young	83	8.18	Candy Young	81	20'11 3/4	Donna Thomas	83
6.93	Stephanie Hightower	83	8.18	Benita Fitzgerald	83	20'11	Kathy Rankins	83
6.98	Kim Turner	80	8.25	Deby LaPlante	78	20'10 3/4	Evalene Hatcher	82
7.01	Linda Bourne	79	8.25	Karen Wechsler	81	20' 8	Willie White	72
7.03	Deby LaPlante	79	8.30	Kim Turner	80	SHOT PUT		
7.03	Kathy Freeman	83	8.34	Lori Dinello	81	61' 2 1/4	Maren Seidler	78
7.04	Rhonda Scott	83	8.37	Jackie Washington	81	55'10 1/2	Leslie Deniz	83
7.11	Carol Thomson	77	8.45	Kim Willis	79	55' 7 1/4	Denise Wood	83
7.14	Anthea Johnson	83	8.46	Gayle Watkins	81	54' 7 1/2	Carol Cady	83
7.18	Lillian Cole	83	HIGH JUMP			54' 6 1/2	Elaine Sobansky	83
60y HURDLES (*=Hand time +0.24)		6'6 3/4	Coleen Sommer	82	53' 6 1/2	Regina Cavanaugh	83	
7.36	Stephanie Hightower	83	6'6	Louise Ritter	83	53' 5 3/4	Lorna Griffin	80
7.37	Candy Young	82	6'4 3/4	Jonj Huntley	81	55' 5 3/4	Ann Turbyne	80
7.47	Kim Turner	83	6'3	Sharon Burrill	80	53' 5 1/2	Sandy Burke	82
7.51	Deby LaPlante	79	6'2	Paula Givens	80	53' 1	Nini Davis	83
7.52	Benita Fitzgerald	83	6'1 1/4	Sally McCarthy	80			
7.54*	Jane Frederick	77	6'1	Yolanda Gibson	81			
7.54	Patty Van Wolvelaere	78	6'1	Sharri Collins	83			
7.64	Karen Cannon	82	6'0 1/2	Cindy Greiner	83			
7.64	Pam Page	83	6'0	Twelve individuals	83			
7.68	Maureen McGee	82	LONG JUMP					
		21' 7 1/4	Carol Lewis	81				
		21' 4 3/4	Martha Watson	73				
		21' 4 3/4	Kathy McMillian	76				
		21' 2 3/4	Jodi Anderson	79				
		21' 2 1/2	Angela Thacker	83				



HIGH SCHOOL REPORT by Rich Ede

We're in that transition between cross country and indoor track, with some warm-weather state outdoor marks thrown in.

CROSS COUNTRY

TEXAS REGIONALS

AAAAA-I, 1-Brenda Moore (Amarillo) 11:13, 2-Claudina Navarro (Jefferson) 11:34, 3-Donna Lavery (Address) 11:41, 4-Celina Terrazos (Coronado/El Paso) 11:43, 5-Margie Bernal (Socorro) 11:47.

AAAAA-II, 1-Carrie Boyd (Berkner) 11:35, 2-Carol Boyd (Berkner) 11:47, 3-Mary Johnson (Trinity) 11:54, 4-Crystal McGuire (Highland Park) 11:54, 5-Wendi Smith (Westwood) 11:56.

AAAAA-III, 1-Armanda Buffalo (Pasadena) 12:04.

AAAAA-IV, 1-Kathy Smith (Churchill/San Antonio) 11:09, 2-Debbie Divine (Memorial/McAllen) 11:44, 3-Sara Tamayo (McAllen) 11:56, 4-Perez (Edinburg) 11:56, 5-Norma Salazar (Edinburg) 11:57.

AAAA-I, Rachelle Mullanax (Sweetwater) 11:58.

AAAA-II, 1-Kim Ahrens (Midway) 12:12.

AAAA-III, 1-Sheila Quigley (Westlake/Austin) 11:15, 2-Karen Kunze (A&M Consolidated) 11:30, 3-Jeanette Reed (A&M) 11:40, 4-Suzanne Wolfenden (A&M) 11:53, 5-Ellen Sterling (A&M) 12:06.

AAAA-IV, 1-Kim Whitaker (New Braunfels) 11:04, 2-Bridgette Wilson (Flour Bluff) 11:26, 3-Elizabeth Wohltman (FB) 11:42, 4-Kourtney Kahler (NB) 11:55.

AAA-I, 1-Darla Graham (Iraan) 12:27. AAA-II, 1-Jody Dunston (Blooming Grove) 11:21, 2-Karol Kubicek (Celina) 11:50, 3-Julie Kilburn (Pittsburg) 11:56.

AAA-III, 1-Demeta Bailey (Fairfield) 13:01. AAA-IV, 1-Irma Pena (Odem) 11:50.

TEXAS STATE CHAMPIONSHIP

Georgetown, Texas, Nov. 12: Undefeated defending champ Kathy Smith (Churchill/San Antonio) led Brenda Moore (Amarillo), also undefeated this year, through all but the last 100 yards of this two mile, but Moore kicked to a two second victory in the 5A race. Kim Whitaker (New Braunfels) claimed the fastest time of the day in the 4A race as she ran away from three-time defending champion Sheila Quigley (Westlake/Austin). Quigley held the lead for the first mile but it was all over after that as Whitaker won by 45 seconds in 10:56.

5A, 1-Brenda Moore (Amarillo) 11:10, 2-Kathy Smith (Churchill/San Antonio) 11:12, 3-Claire Hardy (Midland) 11:35, 4-Amanda Buffalo (Pasadena) 11:39, 5-Celina Terrazos (Coronado/El Paso) 11:42, 6-Margie Bernal (Socorro) 11:44, 7-Debbie Divine (Memorial/McAllen) 11:49, 8-Crystal McGuire (Highland Park) 11:51, 9-Wendi Pena (Elisk) 11:52, 10-Donna Lavery (Address/EP) 11:53. Team, 1-Clear Lake (League City) 71, 2-Burges (El Paso) 89, 3-Coronado (El Paso) 89.

4A, 1-Kim Whitaker (New Braunfels) 10:56, 2-Sheila Quigley (Westlake/Austin) 11:41, 3-Bridgette Wilson (Flour Bluff) 11:49. Team, 1-A&M Consolidated 44, 2-Flour Bluff (Corpus Christi) 60, 3-Fredericksburg 90.

3A, 1-Jody Dunston (Blooming Grove) 11:47, 2-Darla Graham (Iraan) 12:13. Team, 1-Nazareth 27, 2-Yoakum 67, 3-Medina Valley (Castroville) 91.

TEXAS CHRISTIAN INTERSCHOLASTIC LEAGUE

Dallas, Texas, Nov. 12: Texas holds three separate State meets in addition to the public school divisions. Linda Prado (Mt. Carmel/Houston) claimed the TCIL title in 13:30 as Incarnate Word (Corpus Christi) took team honors.

1-Linda Prado (Mt. Carmel/Houston) 13:30, 2-Jori McLaughlin (Bishop Lynch/Dallas) 3-Sandra Bratsch (Kelley/Beaumont) 13:52, 4-Mary Coyle (Bishop Lynch) 13:58, 5-Amy Vioja (Incarnate Word/CC) 14:02.

SOUTHWEST PREPARATORY CONFERENCE

Dallas, Texas, Nov. 12: St. Johns (Houston), led by Laura Wilson's 11:56 win edged Cassidy (Oklahoma City) for the SPC title, a third unofficial title in Texas.

1-Laura Wilson (St Johns/Houston) 11:56, 2-Robin Woolfolk (KIncald/Houston) 12:47, 3-Shona Simpson (Hockaday) 12:48, 4-Kristen Davis (Casady/Oklahoma City) 13:04, 5-Nicole Payseur (Greenhill) 13:11. Team, 1-St Johns (Houston) 60, 2-Casady (Oklahoma City) 68, 3-Holland Hall (Tulsa) 104.

NEW JERSEY ALL GROUP MEET

Holmdel, NJ, Nov. 19: Janet Smith (North Edison) capped an excellent high school season with her third State title. She won by over a minute in 17:35.5. Frosh Missy Duchini (Wayne Valley) and Jeanne LaPlaca (N.Hunterdon) engaged in a battle for second with Duchini edging LaPlaca 18:38 to 18:45. Next year's race should be interesting as fourth placer Toni Ann Angione (Bergenfield) is only a junior. The team battle wasn't much of a contest as North Hunterdon easily took the title with 37 points. Bernards was second with 88, less than half the total of third place Wayne Valley.

1-Janet Smith (N.Edison) 17:35.5, 2-Missy Duchini (Wayne Valley - frosh) 18:38, 3-Jeanne LaPlaca (N.Hunterdon - frosh) 18:45, 4-Toni Angione (Bergenfield) 18:46, 5-Stacy Bilotta (N.Hunterdon) 18:50, 6-Lisa Herman (WV) 18:54, 7-Lori Watson (Cherry Hill East) 18:57, 8-Kathy Millton (N.Edison) 19:04, 9-Sheila O'Brien (S.Brunswick) 19:08, 10-Tracey Bigley (NH) 19:10.

KINNEY SOUTHERN REGIONAL

Raleigh, NC, Nov. 25: Despite the added distance from their state two miles to the Kinney 5000 meters, Texas contributed four of the eight qualifiers and claimed the team title 33-39 over Virginia. Kathy Smith (Churchill/San Antonio) avenged her State Meet loss to Brenda Moore (Amarillo) with a clear 32 second win over Demarche Robertson of JHW/Richmond,

Va., relegating Moore to third.

Club runners Stacy Zartler and Donna Combs, (running for the Metroplex Striders instead of their schools due to Texas' rules), claimed the other two Texas spots.

1-Kathy Smith (Tx) 16:56, 2-Demarche Robertson (Va) 17:28, 3-Brenda Moore (Tx) 17:32, 4-Veronica Verjnder (Va) 17:35, 5-Alena Palmquist (Ga) 17:43, 6-Stacy Zartler (Tx) 17:45, 7-Donna Combs (Tx) 17:46, 8-Juanita Wilson (Tx) 17:56, 9-Mindy Lukens (Ga) 18:05, 10-Erin Keogh (Va) 18:06

KINNEY NORTHEAST REGIONALS

Van Cortland Park, NY, Nov. 26: New Jersey's Janet Smith dominated here as she has all along in the East this year, winning by 31 seconds over junior Kathy Schiro (Dover, NH). Frosh Missy Duchini (Wayne Valley, NJ) duplicated her win over Stacy Bilotta (N. Hunterdon, NJ) for third and the New Jersey quintet easily claimed team honors.

1-Janet Smith (NJ) 17:08, 2-Kathy Schiro (NH) 17:39, 3-Missy Duchini (NJ) 18:11, 4-Stacy Bilotta (NJ) 18:17, 5-Harbaugh (Pa) 18:21, 6-Bowers (Pa) 18:24, 7-Thompson (Ct) 18:30, 8-Kim Ryan (NY) 18:30, 9-Carol Parletti (NY) 18:37, 10-Eitepence (Vt) 18:38.

KINNEY NATIONALS

San Diego, California, Dec. 10: Janet Smith simply ran away with the Kinney Nationals after two successive second place finishes. The Northeast came cross-country with a vengeance, placing five in the top twelve to easily capture team honors.

Kathleen Smith (Texas) led early but Janet Smith took over at the mile mark and never looked back. Melissa Straza (Illinois) claimed second ahead of Kathy Schiro (NH) as Kathleen Smith faded to fourth.

1-Janet Smith (NJ) 16:43.7, 2-Melissa Straza (Ill) 17:16.5, 3-Kathy Schiro (NH) 17:25.4, 4-Kathleen Smith (Tx) 17:34.1, 5-Kirsten O'Hara (Cal) 17:38.7, 6-Thompson (Ct) 17:45.9, 7-Demarche Robertson (Va) 17:46.1, 8-Harbaugh (Pa) 17:46.5, 9-Brenda Moore (Tx) 17:47.5, 10-Driscoll (Ill) 17:48.0.



HIGH SCHOOL REPORT (Cont)

TRACK RESULTS

GEORGE MASON PINNACLE TRACK INVITATIONAL

Fairfax, Virginia, Dec. 14/15: The George Mason University Invitational was so big it took two days and numerous sections to get everything completed. Unfortunately, the format prevented some excellent matchups between athletes who turned in marks on different days.

Robin Benjamin (Central/Mt. Pleasant, Md) and the Langley (Va) distance crew provided the highlights on Wednesday. Benjamin led off with the fastest 300 of the evening (41.3) and the second-fastest 55m (7.2) to Clark of Oxon Hill in 7.1) and contributed a leg on the 4:05.0 4x400 relay. Langley served notice of an outstanding DM relay this year as they claimed the 100 (Pederson in 2:58.7), the 1600 (Verinder in 5:09.6) and the 3200 (Clarke in 11:28.).

Thursday saw Dawn Sowell (JHW/Richmond, Va) and Tolbert (Ballou) in the spotlight. Sowell eclipsed Benjamin's mark in the 300 with a 39.8 and equalled her 55m mark of 7.2. Tolbert clocked a good 41.9 and claimed the hurdles in 8.5.

55m (14th), 1-Clark (Va) 7.1, 2-Robin Benjamin (Md) 7.2; (15th) Dawn Sowell (Va) 7.2, 2-Williams (Va) 7.2; 300m (14th) 1-Robin Benjamin (Md) 41.3, 2-Moore (Va) 41.7; (15th) 1-Dawn Sowell (Va) 39.8, 2-Tolbert (Va) 41.9.

500m (14th), 1-Deskins (Va) 1:20.9; (15th) 1-Birge (Va) 1:16.9, 2-Pugh (Va) 1:18.9, 3-Badden (Va) 1:19.6; 1000m (14th), 1-Pederson (Va) 2:58.7; (15th) Welsh (Va) 3:04.2.

1600 (14th), Verinder (Va) 5:09.6; (15th) Robertson (Va) 5:00.7, 2-Welch (Va) 5:04.0; 3200 (14th), Clarke (Va) 11:28.3; (15th), 1-Douglas (Va) 11:11.9, 2-Cassell (Va) 11:18.5.

4x400 (14th), 1-Central (Seat Pleasant, Md) 4:05.0, 2-Padua (Del) 4:05.5, 3-Suitland (Md) 4:05.7; (15th) JHW (Richmond, Va) 4:05.0; 4x800 (14th) Crossland 10:06.9; (15th) 1-Stonewall Jackson 10:19.2, 2-Lake Braddock (Va) 10:19.7.

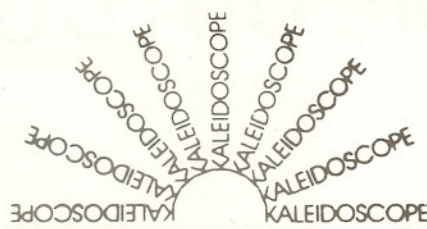
55mH (14th) Elzey (Md) 8.5; (15th) Tolbert (Va) 8.5; HJ (14th) Svenson (Va) 5'2; (15th) Mann (Va) 5'5.

SP (14th) Gleaves (Va) 40'1; (15th) Rogozinski (Va) 38'10; LJ (14th) Capalaces (Va) 15'10; (15th) Hicks (Va) 17'10, 2-Woodson (Va) 17'0.

MT. SAC ALL COMERS

Walnut, California, Dec. 31: Locke (Los Angeles) showed excellent early season speed behind Chewakii Knighton's 53.9 leg for a 3:57.7 1600m relay clocking. Knighton also had a 55.7 in the open 400 and 12.1 behind teammate Giddens' 11.8 in the 100.

100, 1-Giddens (Locke) 11.8, 2-Knighton (Locke) 12.1; 200, 1-Kerry Zaleski (Millikan/Long Beach) 25.3w, 2-Grant 25.4w; 400, 1-Knighton 55.7, 2-Zaleski 56.8; 800, Willis (Hawthorne) 2:26.0; 4x100, Hawthorne 48.6; 4x400, Locke 3:57.7 (Knighton 53.9).



One of the most interesting rules to come out of the latest IAAF Meeting in the Philippines states, "The shoes of all athletes competing in the 1984 Olympic Games in Los Angeles will be controlled. Each athlete will declare, prior to competing, the brand of shoe to be worn in the Games, after which no change will be permitted." How about those high jumpers who use a different brand on each foot?.....At the IAAF 10k World Championship in San Diego, athletes were not allowed to be served tea or coffee at the Hotel....In last month's issue. WTFW stated Boston College was THE power in New England as they won the New England Championships in both varsity and junior varsity divisions. Not so says Holy Cross. The Crusaders were at the NCAA Division II Regionals that day (winning it) and sent their JV team to the New England meet - where they finished seventh. Holy Cross trounced BC earlier in the year.

Welcome to the Rat Race for Lisa Marie Sandoval. The first offspring of coach Tony Sandoval, California's fine director....Interesting observation about Villanova University: The Wildcats have 26 athletes on their 1984 roster including one high jumper, one weight person and one hurdler. All the rest run nothing shorter than the 400 and most are listed in distances longer than that....Austria's 1984 marathon champ is Monika Frisch. She's 12....The 1984 TAC Cross Country Championships are set for Georgetown, Texas, (near Austin). The 1985 TAC Outdoor Championships will be in San Jose - show me the way.

LATE NEWS

VIRGINIA TECH HS INDOOR INVITATIONAL

Blacksburg, Virginia, Jan. 7: Karen Wierwille of Blacksburg High was a double winner in the 3000 and 1500 to grab top honors at the Virginia Tech High School Invitational.

SP, Theresa Burris (Tennessee HS) 36'7/2; 400, Deborah Day (Armstrong Kennedy) 61.5; 1500/3000, Karen Wierwille (Blacksburg) 4:46.5/10:27.6.

300, 1-Julie Johnson (Memorial Day) 41.1, 2-LaVonna Martin (NWTC) 41.1; LJ, Laura Kirkham (Un) 17'8 3/4; 55mH, LaVonna Martin (NWTC) 8.28.

55m, 1-Julie Sandy (Salem) 7.35, 2-Wanda Brown (Patrick Henry) 7.35; HJ, Ginny Hanlon (Sherwood) 5'2; 4x400, Armstrong Kennedy (Day-Jasey-Jacobs-Hubbard) 4:16.1.

MT. SAC ALL COMERS

Walnut, California, Jan. 7: Not much to write home about at the weekly Mt. San Antonio

College All Comers affair. Prepster Choo Choo Knighton scurried around the oval in 55.7 for perhaps the best performance. Debby (LaPlante) Smith won the open 100, but Locke High's Tisha Giddens won the high school section four-tenths quicker.

100, Debbie Smith (CA) 12.1; HS 100, 1-Tisha Giddens (Locke) 11.7, 2-Choo Choo Knighton (Locke) 12.04, 3-Kim Grant (Hawthorne) 12.05; 200, 1-Karen Cannon (CA) 25.2, 2-Kerry Zaleski (CA) 25.2.

400, Kerry Zaleski (CA) 56.3; HS 400, Choo Choo Knighton (Locke) 55.7; 800, Meredith Smith (LAM) 2:22.9; 1500, Laura McCrocker (Un) 4:36.0.

100H, 1-Shann Kery (SCC) 15;5, 2-Tsai Li-Jin (Mt.SAC) 15.7; 4x400, Mt. SAC 3:59.0; HS 4x400, Locke 3:58.9

RITTER 6'5 AT OTTOWA

Ottawa, Canada, Jan. 13: Louise Ritter began her 1984 season where she left off outdoors in 1983 - winning at Ottawa with a good mark of 6'5.

800, 1-Finch (GB) 2:05.3, 2-Colebrook (GB) 2:06.2, 3-Diane Richburg (USA) 2:06.7, 4-Cynthia Warner (USA) 2:09.7, 5-Debbie Roberson (USA) 2:12.1, Robin Campbell (USA) was disqualified.

1500, 1-Whiteside (Can) 4:29.9, 2-Linda Detlefsen (USA) 4:33.3, 3-Claudette Groendaal (USA) 4:34.3; HJ, Louise Ritter (USA) 6'5.

REEL OFF ADDENDA

Here's something to think about. In a letter to the editor of the Canadian publication "Athletics", the following was seen:

"Money in sports is effective only in combination with discipline, enthusiasm, personal and national pride, willingness and ability to work hard. Our athletes should put more emphasis on technique, but by knowledgeable people only and without the Yankee-style (that's us) nonsensical glorification of staged performances and heroes. That leads to showmanship, unreal expectations, and when the chips are really down many athletes break to pieces. That happened to American throwers, vaulters and steeplechasers, some of our sprinters and Evelyn Ashford of the 10.79 altitude glory, while many European "unknowns" collected medals with personal bests. Small wonder the Finns and others have national pride. Our system is based on imports, hired hands, dubious priorities and a money-hungry bureaucratic jungle."

How about THAT!

USA ALL-TIME OUTDOOR TOP 50

Please send additions and/or corrections to WTFW, PO Box 850, Cedar Glen, Ca 92321.

100 METERS

10.79	Evelyn Ashford	83
10.94	Diane Williams	83
11.06	Florence Griffith	83
11.08	Wyomia Tyus	68
11.08	Brenda Morehead	76
11.08	Alice Brown	83
11.11	Barbara Ferrell	68
11.11	Jackie Washington	83
11.13	Chandra Cheeseborough	76
11.16	Jeanette Bolden	81
11.17	Wendy Vereen	83
11.24	Gwen Loud	83
11.27	Iris Davis	72
11.28	Randy Givens	83
11.29	Margaret Bailes	68
11.30	Dollie Fleetwood	80
11.30	Lisa Hopkins	80
11.30	Brenda Cliette	83
11.31	Pam Jiles	76
11.32	Karen Hawkins	79
11.32	Sheryl Pernel	82
11.33	Kathrene Wallace	82
11.34	Sharon Ware	80
11.35	LaShon Nedd	83
11.36	Benita Fitzgerald	82
11.38	Renaye Bowen	76
11.38	Jodi Anderson	80
11.39	Valerie Briscoe	83
11.41	Wilma Rudolph	60
11.42	Michele Glover	81
11.43	Rosalyn Bryant	76
11.43	Lisa Thompson	82
11.43	Angela Thacker	83
11.44	Pam Marshall	82
11.45	Cassandra Graham	82
11.46	Val Boyer	79
11.46	Michelle Mathias	82
11.47	Edith McGuire	64
11.47	Sheila Calmese	78
11.49	Dawn Sowell	83
11.50	Martha Watson	73
11.50	Kim Robinson	77
11.50	Sherril Funn	82
11.51	Marilyn White	64
11.51	Sandra Howard	77
11.51	Stephanie Brown	81
11.51	Dana DeVan	81
11.51	Jeri Domes	82

(48)

200 METERS

21.83	Evelyn Ashford	79
21.99	Chandra Cheeseborough	83
22.23	Florence Griffith	83
22.31	Randy Givens	83
22.38	Brenda Morehead	81
22.41	Alice Brown	83
22.78	Karen Hawkins	80
22.81	Pam Jiles	75
22.86	Brenda Cliette	83
22.87	Barbara Ferrell	68
22.89	LaShon Nedd	83
22.95	Margaret Bailes	68
22.96	Debra Armstrong	76
22.99	Wendy Vereen	83
23.03	Gwen Gardner	79
23.04	Diane Williams	83
23.05	Edith McGuire	64
23.05	Rosalyn Bryant	76
23.08	Wyomia Tyus	68
23.08	Jackie Thompson	73
23.10	Valerie Briscoe	83
23.13	Lisa Hopkins	80
23.17	Fran Sichtung	74
23.19	Sherril Howard	80
23.21	Michelle Mathias	82
23.22	Benita Fitzgerald	81
23.23	Lisa Thompson	82
23.24	Yolanda Rich	79
23.25	Denean Howard	82
23.27	Gervaise McCraw	82
23.30	Wilma Rudolph	60
23.30	Gwen Smith	80
23.34	Cassandra Graham	82
23.34	Pam Marshall	82
23.34	Angela Thacker	83
23.35	Liz Young	78
23.35	Jackie Washington	83
23.36	Val Boyer	80

23.38	Sandra Howard	77
23.39	Angel Doyle	80
23.39	Donna Dennis	82
23.40	Janet Davis	82
23.40	Lori Smith	83
23.41	Freida Cobbs	79
23.41	Karen Hawkins	82
23.42	Gwen Loud	79
23.44	Easter Gabriel	82
23.44	Leslie Maxie	83
23.48	Novaita Samuels	83

(49)

400 METERS (*=Hand time +0.14)

50.62	Rosalyn Bryant	76
50.87	Denean Howard	82
50.90	Sheila Ingram	76
50.94	Florence Griffith	83
50.99	Easter Gabriel	83
51.00	Chandra Cheeseborough	83
51.09	Sherril Howard	79
51.11	Patricia Jackson	78
51.23	Debra Sapenter	76
51.31	Sharon Dabney	78
51.45	Erlicka Harris	81
51.57	Evelyn Ashford	79
51.59	Gwen Gardner	80
51.61	Roberta Belle	83
51.61	Diane Dixon	83
51.64	Kathy Hammond	72
51.69	Arlise Emerson	83
51.91	Mable Ferguson	72
51.93	Kelja Bolton	83
51.94	Jennie Gorham	79
52.08	Valerie Briscoe	79
52.14*	Delisa Walton	82
52.19	Yolanda Rich	80
52.20	Rosalyn Dunlap	82
52.29	Robbin Coleman	81
52.29	LaShon Nedd	82
52.33	Essie Kelly	78
52.34	Merry Johnson	82
52.35	Robin Campbell	80
52.41	Alice Jackson	82
52.50	Madeline Manning	81
52.53	Shirley Williams	76
52.61	Angela Wright	82
52.64	Pam Jiles	77
52.64*	Lisa Garrett	83
52.64	Gloria Jackson	83
52.64	Lori McCauley	83
52.72	Debra Armstrong	76
52.73	Kim Thomas	78
52.74	Delphinia Banks	83
52.76	Edna Brown	77
52.79	Jarvis Scott	68
52.85	Loretta Edwards	83
52.87	Lorna Forde	81
52.90	Marlan Franklin	80

(45)

800 METERS (*=Hand time +0.14)

1:57.60	Mary Decker	83
1:58.04*	Madeline Manning	76
1:59.00	Robin Campbell	83
1:59.63	Leann Warren	81
1:59.91	Wendy Knudson	76
2:00.07	Kim Gallagher	82
2:00.15	Cyndy Poor	76
2:00.22	Francie Larrieu	76
2:00.67	Delisa Walton	82
2:00.73	Kathy Weston	76
2:00.82	Diane Richburg	83
2:00.94*	Julie Brown	77
2:01.07	Lee Arbogast	83
2:01.14*	Essie Kelly	78
2:01.23	Chris Mullen	83
2:01.32	Joetta Clark	82
2:01.76	Sue Addison	82
2:01.99	Ruth Caldwell	78
2:02.02	Annette Campbell	83
2:02.34*	Doris Brown	68
2:02.74*	Louise Romo	83
2:02.75	Cynthia Warner	83
2:02.78	Debbie Robertson	83
2:02.94*	Jan Merrill	77
2:03.14*	Cheryl Toussaint	75
2:03.31	Deann Gutowski	82
2:03.45	Patty Bradley	83

2:03.54	Lee Ann Van Landingham	82
2:03.84*	Debbie Vetter	77
2:03.84*	Darlene Beckford	82
2:03.84	Robin Bell	83
2:04.04*	Charlotte Cooke	66
2:04.20	Cindy Bremser	83
2:04.24*	Sue Vigli	79
2:04.38	Regina Jacobs	82
2:04.51	Robbin Coleman	82
2:05.54*	Terry Crawford	72
2:04.54*	Kathy Hall	75
2:04.54*	Liane Swegle	76
2:04.54*	Ann Regan	77
2:04.60	Jacquel Sedwick	83
2:04.64*	Jarvis Scott	68
2:04.64*	Nancy Shafer	69
2:04.74*	Francie Kraker	70
2:04.74*	Marcia Romesser	78
2:04.84*	Karel Jones	78
2:04.74*	Deanna Coleman	79
2:04.85	Tammy Etienne	82

(48)

1500 METERS (*=Hand time +0.14; @=Intermediate time)

3:57.12	Mary Decker	83
4:02.61	Jan Merrill	76
4:05.09	Francie Larrieu	79
4:05.76	Cindy Bremser	82
4:05.88	Leann Warren	82
4:06.54*	Julie Brown	79
4:06.83	Cyndy Poor	76
4:09.03	Sue Addison	82
4:10.88	Debbie Heald	78
4:10.92	Missy Kane	83
4:10.99	Joan Hansen	83
4:11.44* @	Brenda Webb	83
4:11.84*	Maggie Keyes	82
4:11.96	Cathie Twomey	81
4:12.76	Francie Kraker	72
4:12.85	Darlene Beckford	82
4:13.04*	Linda Goen	80
4:13.09	Regina Jacobs	83
4:13.24*	Debbie Vetter	77
4:14.00	Michelle Bush	82
4:14.04	Madeline Manning	80
4:14.74*	Doris Brown	71
4:14.94	Kathy Hayes	82
4:15.24*	Judy Graham	75
4:15.56	Doreen Ennis	77
4:15.90	Sue Foster	83
4:16.06	Jill Haworth	83
4:16.14*	Ruth Caldwell	76
4:16.24	Louise Romo	83
4:16.27	Kellie Cathey	82
4:16.54*	Lesley Welch	82
4:16.65	Tara Arnold	83
4:16.74*	Margaret Groos	81
4:16.74*	Kim Gallagher	82
4:16.94*	Polly Plumer	82
4:16.77	Linda Detlefsen	83
4:16.78	Doreen Startare	83
4:17.03	Sue Frederick	82
4:17.05	Mary Rawe	79
4:17.09	Suzie Houston	81
4:17.14* @	Jenny Stricker	83
4:17.16	Robin Campbell	83
4:17.24*	Eleanor Simonsick	83
4:17.34*	Ceci Hopp	82
4:17.44*	Kate Keyes	75
4:17.58	Alice Trumbley	80
4:17.74*	Lisa Welch	82
4:17.84*	Lynn Strauss	83
4:17.84	Allison Harvey	83
4:18.06	Lynn Jennings	77

(50)

ONE MILE (*=Hand time +0.14)

4:18.08	Mary Decker	80
4:27.52	Francie Larrieu	79
4:28.23	Jan Merrill	79
4:29.21	Cindy Bremser	82
4:30.23	Julie Brown	80
4:30.36	Leann Warren	81
4:30.88	Brenda Webb	83
4:31.02	Debbie Heald	78
4:31.52	Maggie Keyes	82

4:32.07	Cathie Twomey	82	15:33.51	Kathy Hayes	83	100 METER HURDLES (*=Hand time +0.24)	
4:32.61	Joan Hansen	81	15:33.64	Brenda Webb	83	12.79	Stephanie Hightower
4:34.11	Sue Addison	82	15:35.64*	Kathy Mills	78	12.84	Benita Fitzgerald
4:34.32	Jill Haworth	82	15:36.11	Francie Larrieu	83	12.86	Deby LaPlante
4:35.24	Polly Plumer	82	15:37.01	Eryn Forbes	82	12.89	Candy Young
4:35.56	Lesley Welch	82	15:37.73	Kathy Bryant	82	12.95	Kim Turner
4:36.37	Jenny Stricker	83	15:39.49	Cathie Twomey	81	13.00	Pam Page
4:36.44*	Michele Bush	81	15:41.28	Julie Shea	80	13.14	Patty Van Woivelaere
4:36.64*	Ceci Hopp	82	15:41.74*	Peg Neppel	76	13.18	Jackie Washington
4:36.75	Linda Goen	82	15:43.24*	Joan Benoit	79	13.25	Jane Frederick
4:36.94	Kim Gallagher	82	15:43.46	Debbie Eide	82	13.29	Lori Dinello
4:38.14*	Debra Pavik	80	15:43.54*	Julie Brown	74	13.34	Mamie Rallins
4:38.28	Kate Keyes	78	15:45.44*	Cathy Branta	82	13.35	Linda Weekly
4:38.38	Sue Girard	82	15:47.84*	Cindy Bremser	79	13.40	Gayle Watkins
4:39.14*	Lynn Jennings	78	15:47.84*	Chris Ramirez	79	13.40	Tonja Brown
4:39.30	Cindy Wuss	83	15:49.37	Kathie Mintie	81	13.41	Laura Lim
4:39.49	Amy Harper	83	15:49.84*	PattiSue Plumer	83	13.43	Karren Cannon
4:39.62	Sheila Ralston	82	15:50.64*	Mary Shea	81	13.44	Lori Smith
4:39.74*	Doris Brown	71	15:50.64*	Amy Harper	83	13.45	Carol Lewis
4:39.77	Andrea Marek	82	15:51.64	Margaret Groos	80	13.45	Rhonda Blanford
4:39.88	Darlene Beckford	80	15:57.14*	Teri Anderson	77	13.45	Marlene Harmon
4:40.64*	Kathy Gibbons	73	15:59.84*	Kellie Cathey	82	13.47	Brenda Calhoun
4:40.84*	Eileen Claugus	73	16:00.24*	Carol Urish	82	13.47	Delores Gibbs
4:41.54*	Cheri Williams	79	16:00.54*	Sue Kinsey	78	13.48	Patricia Davis
4:41.44*	Judy Graham	77	16:01.88	Marty Cooksey	82	13.50	Sonja Hardy
4:41.44	Mary Rawe	80	16:02.16	Judi St. Hilaire	83	13.50	Mary Smith
4:41.74*	Teri Anderson	72	16:02.34*	Ellison Goodall	78	13.52	Pat Donnelly
4:41.94*	Vicki Cook	81	16:02.74*	Joan Hansen	82	13.53	Rhonda Brady
4:41.96	Lisa Welch	82	16:03.04*	Judy Bijala	82	13.53	Arnita Epps
4:42.44*	Debbie Eide	82	16:04.87	Eileen Hornberger	80	13.56	Tonya Lowe
4:42.64*	Francie Kraker	71	16:06.04*	Sue Schaefer	78	13.57	Janet Yarbrough
4:42.64*	Deanna Coleman	78	16:06.13	Stephanie Weickert	83	13.60	Carolyn Faison
4:42.64*	Suzie Houston	80	16:07.06	Kate Ishmael	83	13.60	Linda Cole
4:42.65	Julie Shea	77	16:07.34*	Tori Neubauer	83	13.61	Candice Williams
4:43.24*	Chris Curtin	82	16:07.44*	Kim Schnurpfeil	81	13.62	Jodi Anderson
4:42.64*	Ann Henderson	78	16:08.69	Nan Doak	83	13.62	Jackie Joyner
4:44.44*	Cyndy Poor	79	16:09.66	Connie Jo Robinson	83	13.63	Angela Carson
4:44.44*	Michelle Rowen	82	16:10.53	Sherri Crang	83	13.63	Lavonna Martin
(46)			16:10.90	Suzanne Girard	83	13.64	Gayle Harris
3000 METERS (*=Hand time +0.14)			16:10.93	Lynn Jennings	83	13.64*	Linda Bourne
8:29.71	Mary Decker	82	16:11.71	Paula Renzi	83	13.64*	Karen Holmes
8:42.74*	Jan Merrill	78	16:10.64*	Rocky Racette	80	13.64	Kathy Freeman
8:48.09	Brenda Webb	83	16:12.14*	Kris Bankes	78	13.65	Lorna Russell
8:49.96	Maggie Keyes	83	16:12.70	Donna Gathje	80	13.65	Pat Lavallis
8:50.79	Kathy Hayes	83	16:13.12	Mary Jean Wright	83	13.66	Gwen Poss
8:51.03	Francie Larrieu	79	(49)			13.67	Lexie Miller
8:51.11	Cindy Bremser	81				13.67	Claire Hairston
8:53.49	Joan Benoit	83	10000 METERS (*=Hand time +0.14)			13.69	Mitzi McMillan
8:53.74	Joan Hansen	83	31:35.44*	Mary Decker	82	13.69	Maureen McGee
8:53.81	PattiSue Plumer	83	32:22.64*	Kellie Cathey	82	13.70	Sheriffa Sanders
8:57.27	Ceci Hopp	82	32:30.94*	Joan Benoit	82	13.71	Debbie Deutsch
8:58.14*	Cathie Twomey	82	32:49.24*	Bath Farmer	83	13.71	Barbara Scott
8:58.27	Julie Brown	79	32:52.64*	Mary Shea	79	(50)	
8:59.79	Betty Springs	83	32:58.74*	Eleanor Simonsick	83	400 METER HURDLES (*=Hand time +0.14)	
9:01.44	Lynn Jennings	83	33:01.02	Betty Springs	83	55.69	Lori McCauley
9:02.74*	Julie Shea	80	33:02.32	Julie Shea	80	55.78	Sharrieffa Barksdale
9:03.04*	Mary Shea	80	33:06.09	Kim Schurpfeil	82	56.03	Judi Brown
9:03.31	Kathy Mills	78	33:06.70	Melanie Weaver	83	56.16	Esther Mahr
9:03.91	Eleanor Simonsick	83	33:08.46	Kate Ishmael	83	56.28	Tammie Etienne
9:03.98	Margaret Groos	83	33:11.54*	Patty Catalano	81	56.38	Sandra Myers
9:06.23	Michele Bush	83	33:14.74*	Debbie Eide	82	56.46	Tonja Brown
9:06.84*	Debbie Eide	82	33:15.24*	Peg Neppel	77	56.46	Edna Brown
9:07.64*	Eryn Forbes	82	33:17.94*	Judi St. Hilaire	81	56.61	Mary Ayers
9:07.65	Kate Schilly	83	33:28.20	Aileen O'Connor	81	56.63	Debbie Esser
9:08.58	Ann Pewe	82	33:28.24*	Brenda Webb	82	56.65	Patty Bradley
9:08.74*	Lynn Bjorklund	75	33:31.84*	Eryn Forbes	82	56.74	Angie Wright
9:09.54	Lesley Welch	82	33:33.08	Carol Urish	80	56.78	Piper Bressant
9:09.74*	Andrea Fischer	82	33:36.64*	Ann Hird	83	56.94	Ovrill Brown
9:10.75	Rosa Gutierrez	82	33:36.19	Jill Moien	83	57.08	Lexie Beck
9:11.17	Kathy Bryant	82	33:37.41	Ellen Hart	80	57.24	Arthurene Gainer
9:11.80	Cory Schubert	83	33:38.43	Lisa Larsen	83	57.34*	Kim Whitehead
9:11.95	Jenny Stricker	83	33:39.94	Jenny Spangler	83	57.54*	Pat Collins
9:11.99	Mary Schilly	82	33:40.34*	Ellison Goodall	78	57.60	Gayle Kellon
9:12.63	Sue Kinsey	78	33:40.64*	Martha White	83	57.84*	Colleen Williams
9:14.02	Leann Warren	82	33:42.33	Patti Gray	83	57.86	Pat Melton
9:14.19	Sue Girard	82	33:42.84*	Sue Kinsey	78	58.04*	Sandra Souza
9:14.38	Andrea Marek	82	33:45.74*	Kris Bankes	80	58.11	Lynn Gambia
9:14.54*	Connie Jo Robinson	83	33:48.11	Michelle Mason	82	58.16	Val Morgan
9:15.24*	Missy Kane	83	33:48.49	Anne Sullivan	80	58.19	Sally Anderson
9:15.89	Melanie Weaver	82	33:50.32	Debbie Thometz	83	58.20	Kathy Freeman
9:17.14	Stephanie Weickert	83	33:55.59	Jan Oehm	80	58.21	Faye Paige
9:17.20	Margaret Wynne	82	33:57.34*	Michele Bush	82	58.33	Debra Melrose
9:17.54*	Peg Neppel	75	33:59.14*	Linda McLennan	81	58.42	Lisa Nicholson
9:17.64*	Carol Cook	77	34:00.54*	Natalie Updegrove	83	58.44*	Vivian Scruggs
9:18.14*	Cathy Branta	82	34:01.24*	Cathy Schiro	83	58.45	Tammie Hart
9:18.14*	Lisa Welch	82	34:03.94*	Nancy Conz	80	58.46	Stephanie Vega
9:18.16	Sue Foster	83	34:05.60	Beth Sheridan	80	58.48	Marlene Harmon
(47)			34:07.74*	Ann Locke	82	58.54*	Brenda Chambers
5000 METERS (*=Hand time +0.14)			34:09.54*	Ellen Lyons	82	58.56	Tracy Nelson
15:08.26	Mary Decker	82	34:12.97	Sue King	82	58.62	Clydine Crowder
15:30.74	Jan Merrill	80	34:13.88	Mary Walsh	81	58.62	Denise Waddy
15:33.44	Betty Springs	83	34:15.79	Darlen Andreau	83	58.64	Rachel Clary
15:33.50	Maggie Keyes	82	34:15.94*	Mary Jean Wright	83	58.65	Barbara Scott
			34:17.44*	Karen Bridges	78	58.68	Chris Crowther
			34:19.64*	Julie Brown	77		
			(47)				

5581	Cindy Banks	82
5579	Debbie DaCosta	83
5553	Debbie Larsen	83
5542	Heldi Mann	83
5514	Kathy Raugust	82
5498	Kerry Bell	82
5490w	Laurie Young	83
5466	Renee Nickles	82
5448	Kathy Gillespie	83
5444w	Juanita Alston	83
5435	Lori Smith	83
5430w	Carla Battaglia	83
5412	Linda Hightower	81
5404	Sharon Hatfield	82
5402	Tracy Hanlon	83
5387	Ann Bair	83
5357	Janet Nicolls	83
5346	Camile Harding	83
5335	Margot Rogus	83
5324	Jill Lancaster	83
5318	Cathy Borgworth	82
5313	Yutta Shelton	83
5277	Karen Roth	81
5222	Sandra Obermeir	81
5210	Debra Deutsch	81
5200	Laura Mills	81
5196	Roxanne Keating	82
5177	Chris Dubois	83
5161	Chris Vigule	82
5158	Cindy Holmes	82
5157	Chris Davenport	83
5155	Cathy Wilson	81

(49)

MARATHON

2:22:43	Joan Benoit	83
2:26:26	Julie Brown	83
2:27:51	Patti Catalano	81
2:30:12	Julie Shea	81
2:31:09	Marianne Dickerson	83
2:33:23	Nancy Conz	82
2:33:24	Mary Shea	83
2:33:25	Gabriele Anderson	83
2:33:36	Karen Dunn	83
2:33:36	Laurie Binder	83
2:33:52	Jenny Spangler	83
2:33:53	Susan King	83
2:34:24	Julie Ispording	82
2:34:27	Jan Yerkes	82
2:34:56	Lisa Larson	83
2:34:59	Laura DeWald	82
2:35:16	Debbie Eide	83
2:35:17	Ellen Hart	82
2:35:31	Nancy Ditz	83
2:35:43	Janis Klecker	83
2:35:43	Marty Cooksey	83
2:36:18	Jane Weizel	83
2:36:47	Janis Horns	81
2:36:54	Jane Buch	83
2:36:55	Debbie Mueller	83
2:36:56	Kiki Sweigert	81
2:37:03	Margaret Groos	83
2:37:15	Betty Springs	83
2:37:16	Eileen Claugus	82
2:37:19	Jane Wjpf	83
2:37:24	Debbie Thometz	83
2:37:41	Kere Cossaboom	83
2:37:44	Rajney Stolp	83
2:37:46	Bath Farmer	83
2:37:56	Sarah Linsley	83
2:37:57	Kim Merritt	77
2:37:57	Carol Urish	83
2:38:04	Lorrie Dierdorff	81
2:38:15	Isabelle Carmichael	83
2:38:18	Patti Gray	83
2:38:19	Jackie Hansen	75
2:38:19	Ann Peisch	83
2:38:30	Kejlie Cathey	81
2:38:31	Maureen Custy	83
2:38:51	Sue Krenn	79
2:39:08	Michele Bush	81
2:39:08	Mindy Ireland	83
2:39:11	Miki Gorman	76
2:39:15	Nancy Mieszczyk	83
2:39:17	Shirley Durtsch	82

(50)

WEIGHT TRAINING

By Bob Yakas (From "The Nor'wester")

In his book "This Running Life", Dr. George Sheehan talks of the upper body being used only for balance while the lower body, from the hips down, does the actual running. While this assertion is basically true, if the muscles of the trunk are not strong, fatigue sets in more easily. So there goes your balance, and, with it, some of your endurance. Weight training exercises for the upper body, especially for runners, are a must if you want to assure over-all body power.

Off season is a good time to concentrate on total body strength to help you condition you for the next racing and long runs you'll face next season. Gains in strength and muscular mass can easily be achieved through systematic, progressive resistance on most any weight training apparatus.

Building muscle is a matter of inducing chemical changes in muscle tissue through the stimulus of exercise. Muscles adapt to the work they're put to, and as work progressively increases, muscles respond by growing larger and stronger.

The intensity with which you work is an important factor in this equation. A poundage chosen for a particular movement should, if the exercise is to be effective, be difficult to handle in the last repetition of the last set. In most cases with conventional equipment 3 sets of 8 to 10 repetitions are sufficient to assure a proper intensity which will bring a muscle to the fatigue point.

Experts also emphasize the importance of rest between workouts, as this is the time when the tissue rebuilds and your body recuperates from the stress of the work. Three workouts a week on alternate days is the usual recommendation.

What kind of workouts are the best?

"Resistance is resistance" says Dr. Ken Foreman, internationally known exercise physiologist. "Muscle building will occur over a period of time no matter what you push or pull against as long as it is progressive and done on a regular basis."

The two most popular choices these days are free weights and equipment, and Nautilus.

Free weights are those inert chunks of iron with long (barbell) and short (dumbbell) bars with changeable or fixed weights and the attendant benches, pulleys and racks. This equipment has

been the bulwark of bicep building and you'll probably remember that old rusted-out set of weights thrown in the darkest, dampest corner of your basement. Everyone, at one time or another, has purchased a set of these things.

Well, go dig them out because they are all you really need to fully exercise every major muscle group in your body. Sure, you can invest in some of the new flashy devices on the market, but in the end it all comes down to resistance and nothing more. A set of barbells and a bench won't force you to remodel in order to have workout space. And they'll provide you with the needed resistance to build all the strength you need to augment your running.

While most free weight exercises work muscles synergistically, that is, in groups (i.e. in doing a dead lift, an exercise principally for the lower back, the hips, legs, upper back and arms benefit as well), Nautilus machines tend to specialize and isolate individual groups. Nautilus equipment is a fairly recent innovation by inventor/entrepreneur Arthur Jones and is supported by research done at the Nautilus Sports Medicine Industries in Florida.

Nautilus uses an ingenious system of cams and pulleys which adjust resistance throughout an exercise. Consequently, the weight being lifted becomes a variable resistance through a full range of motion.

"Because of the variable resistance principle," says Tom Anderson of Anderson's Nautilus Fitness Center near Greenlake, "better results are achieved, with greater joint flexibility than with other methods."

This is still a somewhat controversial area in sports physiology, but the claims Nautilus makes are well documented and legions of believers from casual fitness buffs to hard-core body-builders swear by it. To use Nautilus, however, you'll have to join one of the clubs. The 15 basic machines probably won't fit either in your basement or your budget!

As for exercise routines with free weights for total body strength, a routine including Bench Press, Half Squat, Dead Lift, Bent-over Rowing, Press Behind Neck, Heel Raise and Curl done for 3 sets of 8 to 10 repetitions will work all the muscle groups of your body and provide you with sufficient resistance exercise in about 30 minutes.

With Nautilus use these machines: Hip and Back, Squat, Leg Extensions/

Continued on Page 18



AEROBICS

By Vickie Aldrich & Richard Harrington
(From "The Nor'wester")

Aerobic exercise has become a way of life and is no longer considered a trend or fad. Newspapers and magazines are full of articles on aerobic exercise, and class participants range from the Seattle Seahawks to expectant mothers and newborn babies.

Many runners have wondered whether aerobics might be a worthwhile addition to their training program, or a substitute activity in the dark and rainy winter months. There is a certain appeal to working out in a warm, dry gym to the beat of lively music while outside the weather is doing its worst.

But if an aerobics class is to help a runner, she must have goals, then find a class which meets them. Just as a running workout can be designed to improve speed, leg strength, or endurance, aerobics classes are designed to provide different levels of workouts for cardiovascular conditioning, muscle strength and endurance and flexibility.

Programs range from the non-competitive, conditioning participant to the serious runner or triathlete. Additionally we see swimmers, skiers, soccer and basketball players, and even one amateur race car driver, participate in the classes.

Aerobic exercises are intended to improve the ability of your heart and lungs to deliver oxygen to your muscles. Any activity which increases your heart rate into your training range or "target zone" and maintains it there for at least 20 to 30 minutes, three times a week, meets this definition. Your training range is based on your age and resting heart rate. The simplest formula is:

$$\text{Training Heart Rate} = (180 - \text{Age}) \\ \text{Beats per minute}$$

Many runners have heard of the "talk test" in which you carry on a conversation with your running partner. This also keeps your heart rate in the training range. More precise formulas are available in Dr. Kenneth Cooper's book on aerobics for those who are interested.

Aerobics classes use various exercises or dance movements in order to warm up and maintain the heart rate in the training range. These activities usually involve motion in all directions and use more muscles than running, often providing a more complete exercise program.

After completing the exercises designed to provide cardiovascular conditioning, the class moves to other activities, depending on the goals of the instructor and students. Some classes are designed for specific sports such as skiing or tennis, while others concentrate on flexibility or muscular strength and endurance.

Classes taught in swimming pools are good for runners suffering from back or leg injuries. Aerobic dance classes usually use choreographed routines and are good for developing flexibility. Aerobic exercise classes use standard calisthenics

such as jumping jacks, running in place, situps, pushups, leg lifts, and so forth, done to the beat of music. Men seem to prefer the exercise style classes with fewer dance moves while choreographed dance-style classes have more females..

The best method to determine whether or not a class is for you is to go to a few different classes to discover which one is most to your liking. Factors to consider: Is the class convenient to where you live or work? Do you feel comfortable in attending the class? Is the class priced within your means? Is the workout what you're looking for? Do you have any physical problems (such as knee or back injuries) which limit the type of exercise you can do? Is the instructor knowledgeable and motivating? Talk with members of the class and learn what they like and dislike about the class.

Most instructors will allow a new student to participate in a workout the first time free or for a small fee. This is the best method to determine if a class will meet your needs. Since many of the classes fill up rapidly, especially in the winter months, now is the time to check out some.

An instructor should have training in anatomy and physiology, CPR, basic first aid, and knowledge of athletic training theory, injury treatment and prevention. We also believe an instructor should have a very high level of personal fitness to meet the demands of teaching large and diverse groups and to maintain a high level of motivation. Many states are initiating certification programs for instructors, but Washington has no such requirement at this time.

While we recommend enrolling in a class where motivation and energy levels are high and the instructor can guide participants in correct performance of exercise, other types of aerobics programs are available on television and through records or tapes.

But such 20 minute workouts are fast paced and often hard to follow. Not only that, 20 minutes is simply not a long enough period of time to maintain a high level of fitness. People we know who have purchased the recorded programs prefer attending classes in person, using tapes and records at home when they cannot get to class.

(Richard Harrington and Vickie Aldrich are members of the Seattle Track Club and have taught aerobics for four years. Harrington is a biomechanical engineer in orthopedic research at the Veteran's Administration Hospital. Aldrich studies kinesiology at the University of Washington.)



WEIGHT TRAINING (Cont)

Curl, Abductor/Adductor, Low Back, Press/Laterals. Each exercise is done for one set of 12 to 15 repetitions and the routine takes from 20 to 30 minutes.

To explain more fully what these exercises are, as well as other things you may want to know about training with free weights or Nautilus, the information is as close as your library or your favorite book store. Some helpful recent books include:

"Weight Training for Runners" by the editors of Runner's World;

"Strength Training by Experts", edited by Riley;


"Mike Mentzer's Complete Book of Weight Training";

"The Mentzer Method of Fitness" by Mike Mentzer;

"Nautilus" by Ellington Darden.

So the next time the dark, cold rain keeps you from hitting the road, pump some iron. It will pay off in big dividends in your future miles.







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PASSION IS THE MOTHER OF INVENTION.

When the first crude sample was brought onto the field, there was no talk of lab results or computer analysis.

No one asked how this model would affect the bottom line.

There was no bottom line. Only athletes.

And a bull-headed coach so totally obsessed with performance that he had whittled his own last and made his own track shoe.

We were nothing but a bunch of fanatics. Willing to lace up anything that would move us faster, take us higher or farther than we'd ever gone before.

The fanaticism has been incorporated. And there's money now. Research teams. Doctors of anatomical and physical science working in one of the most sophisticated labs in the world.

And we're coming out with new shoes, better shoes than we ever dreamed possible.

But anyone who thinks these breakthroughs all come from computers, knows very little about the act of creation.

And virtually nothing about us.



Beaverton, Oregon

