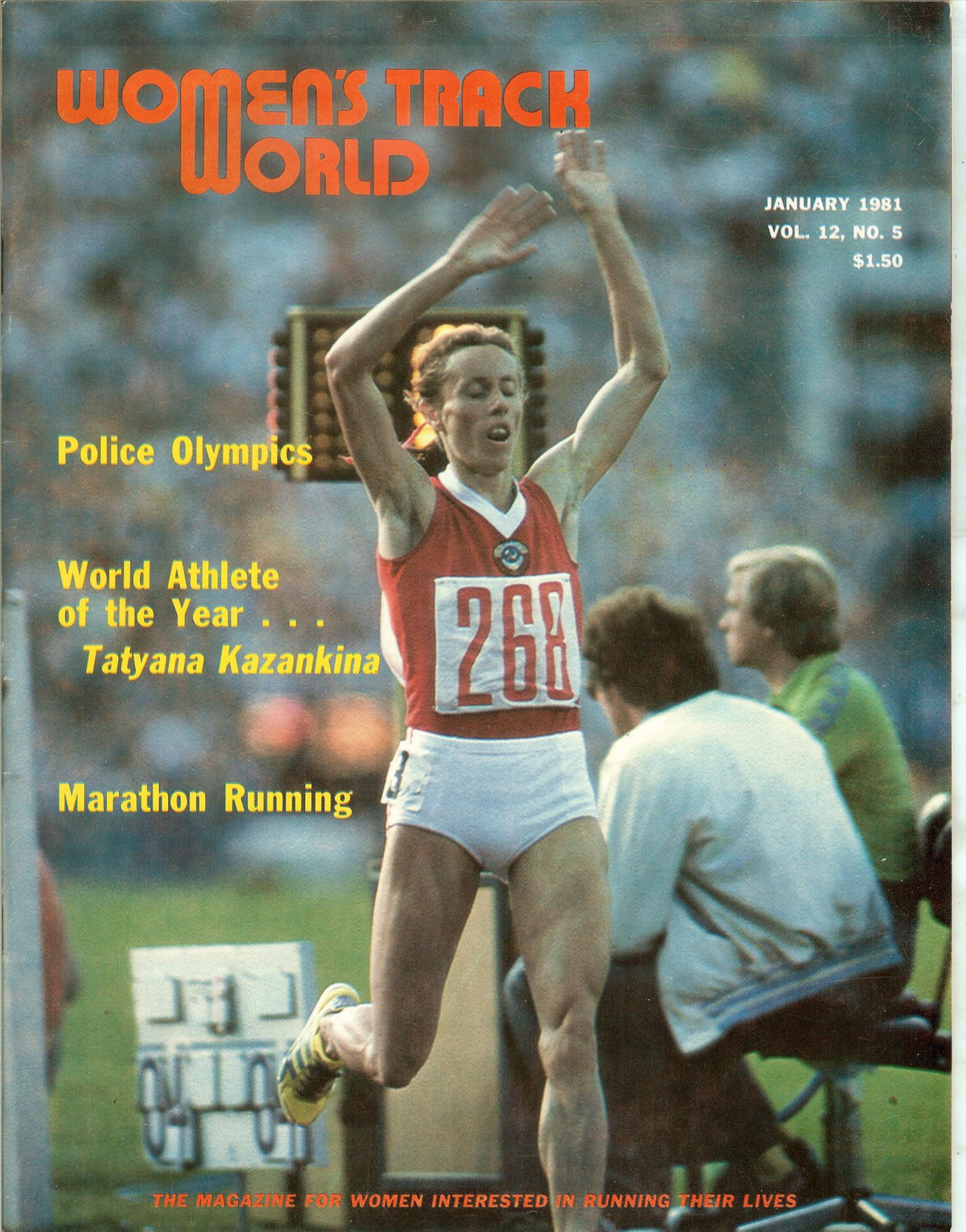


WOMEN'S TRACK WORLD



JANUARY 1981

VOL. 12, NO. 5

\$1.50

Police Olympics

**World Athlete
of the Year . . .
Tatyana Kazankina**

Marathon Running

THE MAGAZINE FOR WOMEN INTERESTED IN RUNNING THEIR LIVES

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1

FORMULA

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

Suggested use: 3 to 6 tablets daily.
Contents: Microcrystalline Cellulose (Vegetable origin), Dicalcium Phosphate, Calcium Gluconate, N,N-Dimethylglycine, Tricalcium Phosphate



2

FORMULA

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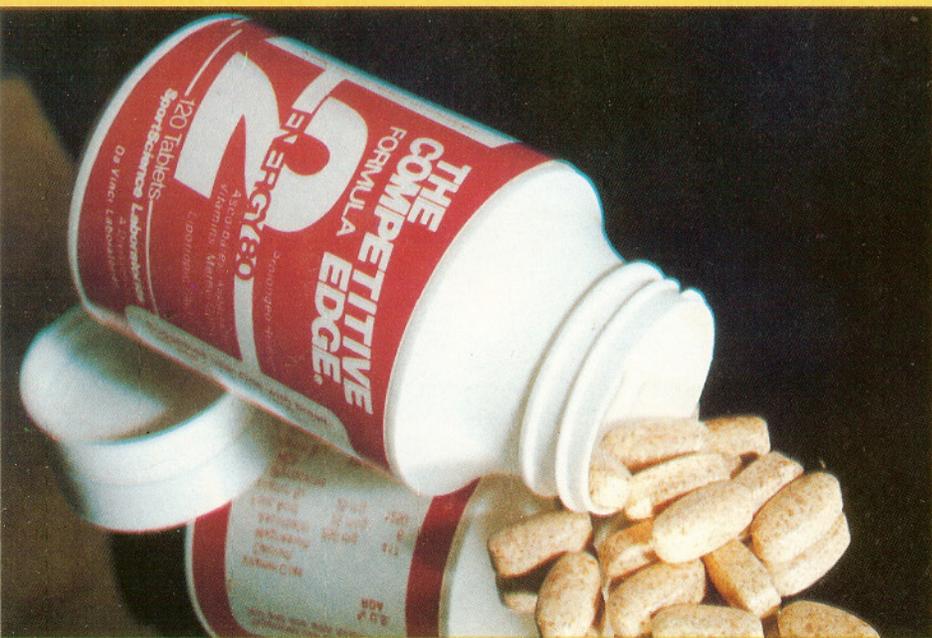
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Suggested Use: One with breakfast and one with lunch.

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Inositol	20 mg
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Betaine HCl	20 mg
PABA	25 mg
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(as Potassium, Magnesium Aspartate)	150 mg
DL-Methionine	150 mg
L-Blutamine	150 mg

***No U.S. Recommended Daily Allowance (U.S. R.D.A.) has been established for this nutrient.**

Contains:	% U.S. RDA
Vitamin C	250 mg, 417
(as Calcium, Magnesium Ascorbate)	
Folic Acid	25 mcg, 6
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Vitamin B12 (Cyanocobalamin)	100 mcg, 1667
Pantothenic Acid	25 mg, 250
Magnesium	50 mg, 13
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lunch	1	1	1	1	1	1
dinner	1	—	1	1	1	1
bed time	—	—	—	1	—	—

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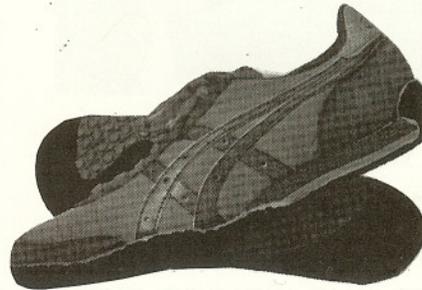
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spikes.
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Color: Navy with gold
stripes



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Color: Royal with gold
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WOMEN'S TRACK WORLD

VOLUME 12 — NUMBER 5

JANUARY 1981

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Photo by: TONY DUFFY

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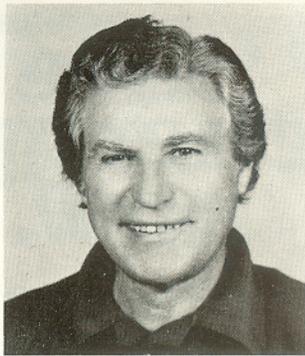


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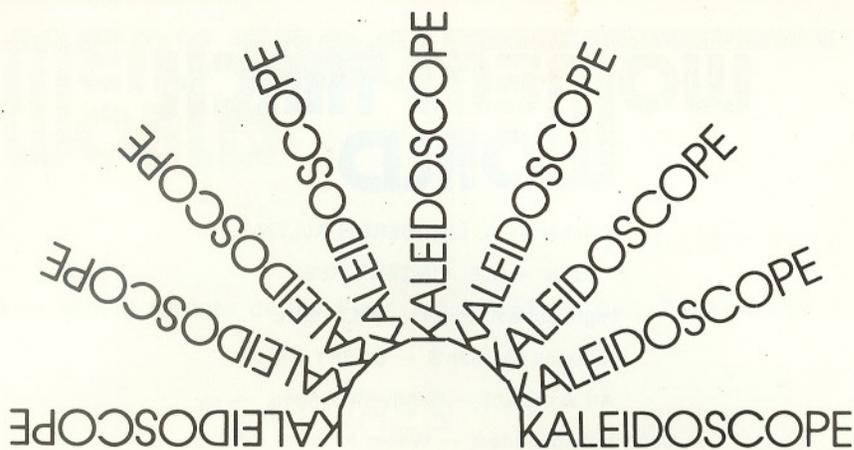
REEL OFF

It has taken more than a year, but with consistent effort, *Women's Track World* has finally worked itself into a regular schedule and is getting the magazine out on time. Must credit this achievement to Publisher Al Allen and his hard-working family crew. Being a number one procrastinator myself, it is fortunate for readers that I have nothing to do with circulation, advertising, publishing things — give credit to Allen and Allen and Allen.

Ever think about writing for *Women's Track World*? In addition to seeking regular reports from Sports Information Directors, WTW is looking for someone interested in taking over the position of Junior College reporting. The sport has grown so fast that the Junior College segment is being overlooked in our reports. We do receive various bits of information from JUCO itself, but they are few and far between and we do not have the time or staff to search for information. If you would be interested in being our Junior College Editor, drop me a line at P.O. Box 371, Claremont, California 91711. Incidentally, send all editorial material to the Claremont address. The Riverside address is strictly for circulation, advertising and those other uninteresting things.

WTW

The story in the December issue covering the New York Marathon was written by Mel Watman and published in *Athletics Weekly*. We apologize to Mel and the magazine for omitting these facts.



February 16 is the date for the L'EGGS/YWCA 10k in San Diego . . . Jody Ritzenhouse's problems during cross country date back to an auto accident last May. The Arkansas veteran should be rarin' to go with the indoor season . . . Correspondent Josep Corominas of Spain is in the hospital with a broken leg . . . Switzerland's outstanding middle distance runner, Cornelia Burki, was born in the Republic of South Africa. She ran 4:05.5 in her 1500 heat at Moscow . . . Cal State Bakersfield wishes it could forget the AIAW Nationals. Kathy Langdoc fell after 300 meters, Laurie Hagopian got completely boxed in the narrow part of the course and Debbie Wilson suffered a muscle pull near the start. The team still finished 21st . . . Maren Seidler held the US prep shot put record for 12 years, but now it belongs to Pennsylvania's Elaine Sobansky who upped the Seidler mark by six inches to 50'9 3/4 . . . We reported it previously, but it should be mentioned again: Russia had three teams break eight minutes for the 4x800 relay at their National Championships. First two teams ran 7:56.6 and the third place squad only 7:56.9.

Annette Tannander returns to Colorado after a year at "home" in Europe . . . The famous "Golden West" meet staged annually for graduating seniors (male only), will have a counterpart. University of Rutgers will stage the "Silver East Meet" for high school senior girls in June . . . The 1981 University Games are to be held in Rumania and Edmonton, Canada, will host the 1983 version . . . University of California has defeated 214 teams and lost to only 19 over the past three years . . . From the Coach's Bulletin Board: "The bold print giveth, the fine print taketh away" . . . To make certain your marks are correctly recorded for our annual lists, report all information when sending results: date, site, distance, mark, name (first and last), school or club represented, place in the competition, wind, etc., etc. . . Names I Like for January include: Gretta Chestnut of Texas Southern, Zandi

Zweibel from Minnesota/Duluth, Linda Guck of St. Cloud, Susan Strippy from Baldwin-Wallace, Janet Swim of Hope College, Twila Bridgewater from Cal, high jumper Tricia Hoptry from the Ohio TC, Kristi Ostrich from Central College and Donna Beers of Villanova.



ANNETTE TANNANDER

Quiz Time: Who has won the most gold medals in the Olympic Games? Answer: Fanny Blankers-Koen who won the 100, 200, 80 hurdles and 4x100 in 1948 and Barbel Wockel of East Germany who won the 200 in 1976 and 1980 and the 4x100 also in 1976 and 1980; and Betty Cuthbert of Australia who won the 100, 200 and 4x100 in 1956, bombed in 1960 and then came back in 1964 to win the 400 . . . England's Joyce Smith, who won her first British title back in 1959, won the Tokyo marathon recently with the third-fastest time ever recorded, 2:30:27 . . . More and more Canadians are showing up in US colleges. Among others there is Linda Spent at Missouri, Colleen Gibson at Oregon State . . . Order for the new heptathlon is: Day 1 — 100H, shot put, high jump and 200m; Day 2 — long jump, javelin and 800 . . . Nice to see the new format of the "BC Track Monthly" . . . Francie and John Goodridge are now proud parents of Kyle, born last July.

WTW

The Big Ones Ahead

February	6	Milrose Games (Indoor) * New York
	6/7	Mason Dixon Games (Indoor) * Louisville
	7	Oklahoma Classic (Indoor) * Oklahoma City
		Vandal Invitational (Indoor) * Moscow, Idaho
		U of C Games (Indoor) * Cleveland
	8	Sherbrooke Invitational (Indoor) * Sherbrooke, Canada
	13	LA Times Invitational (Indoor) * Inglewood
	13	Maple Leaf Games (Indoor) * Toronto, Canada
	14	Invitational (Indoor) * C. awa, Canada
	16	Brooks Invitational (Indoor) * Houston
	20	Jack in the Box Invitational (Indoor) * San Diego
	19/21	NAIA Championships (Indoor) * TBA
	21	Examiner Games (Indoor) * San Francisco
	21	Journal Games (Indoor) * Edmonton, Canada
21	USA/Canada Pentathlon (Indoor) * Logan, Utah	
21/22	European Indoor Championships * Grenoble	
27	TAC Championships (Indoor) * New York	
March	6/7	JUCO Championships (Indoor) * Champaign
	7	Aztec Invitational * San Diego
	13/14	AIAW Championships (Indoor) * Pocatello
	14/15	TFA/USA Heptathlon Championship * Corvallis, Oregon
	28	USC Invitational * Los Angeles
	28	IAAF World Cross Country Championship * Madrid
28/29	Phoenix Invitational * Phoenix	
April	23/26	Mt. SAC Relays * Walnut, California

May	2/3	WCAA Conference Championships * San Diego
	9	Southwest Collegiate Championships * Irvine, California
	10	Pepsi/UCLA Invitational * Los Angeles
	14/16	JUCO Championships * San Angelo
	16	California Relays * Modesto
	16/17	TAC District Championships * UCLA
	21/23	AIAW Division II & III Championships * TBA
	21/23	NAIA Championships * TBA
	28/30	AIAW Championships * Austin
	28/30	TFA/USA Championships * Wichita
June	12/14	TAC Championships * TBA
	15/16	"World Games" * Helsinki
	18	"Kusocinski Memorial" * Warsaw
	19	"Rosickenho Memorial" * Prague
July	3/5	TAC Age Group Championships * UCLA
	11/12	USA/Russia * Moscow
August	1/2	USA/Russia Pentathlon * Leningrad
	TBA	World University Games * Bucharest
	12/16	African Championships * Lagos, Nigeria
	20/23	European Championships * Utrecht, Holland
September	4/6	World Cup * Rome
	20	"Gaston Roelants Grand Prix" * Brussels

WIW



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

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

Tatyana Kazankina —

WORLD ATHLETE OF THE YEAR



Winning the Olympic 1500 title and setting a new world mark at that distance in 3:52.47 earned Russia's Tatyana Kazankina the honor of World Athlete of the Year. The speedy Russian was out of competition in 1978 as she took time out for a new baby, but the 1976 Olympic champion for the 800 and 1500 came back stronger than ever at age 29 after an easy season in 1979. Except for Sara Simeoni of Italy, the Russians and the East Germans grabbed off all the votes for the World Athlete of the Year. Last year's winner, Marita Koch (who also won in 1978), could place no higher than sixth in spite of winning the Olympic 400 title with a new record and in general galloping all over the track in splendid form. Runner-up Nadyezhda Olizaryenko had a great season with Olympic gold and a world record in the 800 plus some speedy 1500's and an Olympic medal.

Voting correspondents listed their top three choices with five points going for a first place vote, three for second and one for third. In the standings below, the number of first place votes received is shown in parenthesis:

World Athlete — Tatyana Kazankina

1 — Tatyana Kazankina, SU	(19)	119
2 — Nadyezhda Olizaryenko SU	(6)	61
3 — Nadyezhda Tkachenko, SU	(4)	40
4 — Ilona Slupianek, DDR	(2)	33
5 — Sara Simeoni, Ita	(3)	29
6 — Marita Koch, DDR	(1)	23
7 — Lyudmila Kondratyeva, SU		4
8 — Evelyn Jahl, DDR		3
9 — Vera Komisova, SU		1
Grete Waitz, Nor		1
Barbel Wockel, DDR		1



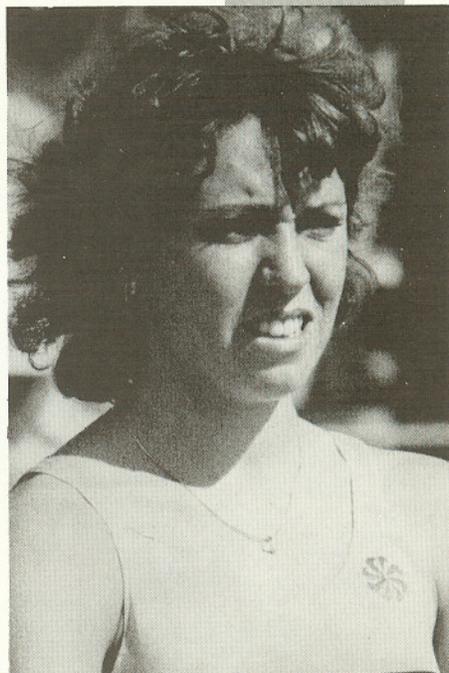
Area Athletes of the Year

North America — Mary Decker (USA)

In spite of being an internationalist for years, 1980 marks the first winning of the North American Athlete of the Year title for Mary Decker. Decker did a great deal of her work in the first three months of the year, disappeared slightly for a few months and then came back strong at the end of the season in the US and finally in Europe. Mary's marks for the 800, 1500, mile and 3000 stamp her as one of the great ones, and still at a young age (22) she has her best years ahead.

Interesting to note that fourth place winner for 1980 is Madeline Manning. Young Madeline won this title in 1967 and repeated in 1969. Last year's winner, Evelyn Ashford, did not complete the 1980 season. Jodi Anderson gave Decker a good fight for the 1980 title with 93 points to 95 for Decker. Debbie Brill's 6'5½ high jump performance netted her third in the voting. Brill won this title in 1971.

JEFF JOHNSON PHOTO



JEFF JOHNSON PHOTO



North American — Mary Decker

1—Mary Decker, USA	(12)	95
2—Jodi Anderson, USA	(12)	93
3—Debbie Brill, Canada	(7)	62
4—Alice Brown, USA	(1)	11
Madeline Manning, USA	(1)	11
6—Patty Lyons, USA		10
7—Joan Benoit, USA		6
8—Julie Shea, USA	(1)	5
Angella Taylor, Canada		5
10—Lorna Griffin, USA		2
Karin Smith, USA		2
12—Stephanie Hightower, USA		1
Sherril Howard, USA		1
Brenda Morehead		1

Athlete of the Year Voters

This year, 35 correspondents from 21 different nations (20 if you count Puerto Rico as part of the USA — which it is), voted for Athlete of the Year honors. Those voting were: Steve Wennerstrom (USA), Jim Duncan (USA), Robert McMahon (GB), Lyle Knudson (USA), Dave Johnson (USA), Calvin Brown (USA), Winfried Kramer (GFR), Einar-Otto Oran (Norway), Erich Kamper (Aut), Rich Perleman (USA), Yves Pinaud (France), Lyle Sanderson (Canada), Max Heilrath (GFR), Stan Eales (USA), Sy Yinchow (Philippines), Milan Skocovsky (Cze), Gary Hill (USA), Nic Lemmons (Holland), Rolf von der Laage (GFR), Gladys Chai (Malaysia), Luigi Mengoni (Italy), Matthew Artavanis (Greece), Gabriel Szabo (Hungary), Roberto Quercetani (Italy), Josep Corominas (Spain), Turhan Goker (Turkey), Fernando Rodil (Puerto Rico), Vince Reel (USA), Gurbaksh Singh Kler (Malaysia), J. Koumans (Holland), Alfred Janecky (Cze), Vladimir Otkalenko (USSR), Leo Lang (Yug), Atsushi Hoshino (Jap).

Caribbean, Central and South America —

Maria Colon (Cuba)



For many recent years, this section of the world has been producing some fine athletes. In 1980 they came up with two great ones. Maria Colon of Cuba, who notched a gold in Moscow, and Merlene Ottey, who grabbed off a bronze in the Olympic 200. It wasn't much doubt about who was going to get the 1-2 votes from our correspondents in this category. The rest of the athletes simply picked up the crumbs left by these two outstanding personages. Colon won the title in 1979 while Ottey rose from ninth place to her present position.

1—Maria Colon, Cuba	(29)	148
2—Merlene Ottey, Jamaica	(2)	88
3—Maria Sarria, Cuba		14
4—Carmen Romero, Cuba		10
5—Jackie Pusey, Jamaica		6
6—Jennifer Innes, Guyana		4
7—Themis Zambrzycki, Brazil		3
8—June Griffith, Guyana		2
Maria Betancourt, Cuba		2

Africa —

Mary Chemweno (Kenya)

Last year Mary Chemweno of Kenya was tied for 12th in the voting. In 1980, she is the winner over a fine field of African athletes who, along with Asia, are the fastest improving section in the world. Chemweno, a mother of two, set African records in the 800 (1:59.94) and 1500 (4:08.8) in Europe and won in a contest which saw seven athletes receive first place votes. Last year's winner, Sakina Boutamine of Algeria, finished fifth this time around. A couple of South Africans were next in line including young (15) Charmine Gale who cleared 6'3¼ in the high jump.

1—Mary Chemweno, Ken	(11)	64
2—Maryne van Nierkerk, RSA	(6)	46
3—Charmine Gale, RSA	(5)	44
4—Mary Akinyemi, Nig	(1)	23
5—Sakina Boutamine, Alg	(2)	17
6—Rose Tata, Ken	(1)	14
7—Rose Thompson, Ken	(1)	10
8—Ilza de Kock, RSA	(1)	6
Joan Elumelu, Nig		6
10—Sarina Cronje, RSA		5
11—Grace Bakari, Gha		4
12—Sandra Barnard, RSA		3
Sabina Chebichi, Ken		3
14—Nzaeli Kyomo, Tan		2
15—Judy Belligam, Nig		1
Mwanga Mwanjala, Tan		1
Manette van Heerden, RSA		1

Asia —

Zheng Da-Zhen (China)

Fast improving high jumper Zheng Da-Zhen is the choice of WTW correspondents for Asian Athlete of the Year. Zheng completely dominated her event in her part of the world and made a considerable splash when she ventured away from home base. Runner-up was the everlasting Esther Rot of Israel who placed fourth in 1969, third in 1970 and has either been first or second ever since. Japan, once the dominate force in Asia, is conspicuous with only two athletes receiving votes.

1—Zheng Da-Zhen, PROC	(14)	118
2—Esther Rot, Isr	(5)	58
3—Li Xiao-Hui, PROC	(1)	24
4—Li Xia, PROC		15
5—Shen Li-Quan, PROC		8
6—Anat Meiri, Isr		7
7—Lu Zheng, PROC		6
Maomi Shibusawa, Jap		6
Yumiko Aoi, Jap		6
8—Kim Ok Sun, NK		2
Lai Lee-Chiao, ROC		2
Dai Jian-Hua, PROC		2
9—Zhang Xiu-Lun, PROC		1
Geeta Zutshi, Ind		1
Lu Cheng, PROC		1
Hisayo Fukumitsu, Jap		1

GLADYS CHAI PHOTO



Oceania —

Denise Boyd (Australia)

In this sprint-oriented section of the world, sprinter Denise Boyd is the popular choice for the title. Boyd won easily over arch rival Raelene Boyle, yet another sprinter turned quarter-miler. Boyle was the winner here in 1970 through 1974 and again in 1976. With only Australia and New Zealand providing athletes from this corner of the world, it is nice to note New Zealand has a few more quality candidates this season. Last year's winner, Gael Mulhall, finished fourth in 1980.

1—Denise Boyd, Aus	(15)	91
2—Raelene Boyle, Aus	(7)	59
3—Chris Stanton, Aus	(2)	30
4—Gael Mulhall, Aus	(2)	23
Lorraine Moller, NZ	(3)	23
5—Penny Gillies, Aus		11
6—Kim Robertson, NZ		5
7—Pam Matthews, Aus		3
Lyn Young, Aus		3
Petra Rivers, Aus		3
9—Lynette Foreman, Aus		1
Allison Roe, NZ		1
Bev Francis, Aus		1
Colleen Pekin, Aus		1

Western Europe — Sara Simeoni (Italy)



Olympic high jump champion and world record-holder Sara Simeoni of Italy won fairly easily over defending champion Grete Waitz, the world record holder for the marathon. Waitz, incidentally, has won this title every odd-numbered year since 1975, so maybe 1981 will be her year. Simeoni won the title two years ago.

1—Sara Simeoni, Ita	(15)	102
2—Grete Waitz, Nor	(10)	78
3—Gabriella Dorio, Ita	(2)	26
4—Tessa Sanderson, GB	(1)	18
5—Sabine Everts, GFR	(1)	11
6—Kathy Smallwood, GB		8
Linda Haglund, Swe		8
7—Meg Ritchie, GB	(1)	6
8—Anke Weigt, GFR	(1)	5
9—Brigit Friedman, GFR		4
Heather Hunte, GB		4
10—Linsey MacDonald, GB		3
Fausta Quintavalla, Ita		3
Ulrike Meyfarth, GFR		1
Shirley Strong, GB		1
Marja Wokke, Hol		1

Eastern Europe —

Tatyana Kazankina (Russia)

More or less a repeat of the World Athlete of the Year voting with Kazankina, Olizaryenko and Tkachenko 1-2-3 once again. Only Russian and East German athletes scored any votes. Kazankina won this title once before, in 1976 when she was double Olympic Champion.

1—Tatyana Kazankina, SU	(17)	104
2—Nadyezhda Olizaryenko, SU	(6)	67
3—Nadyezhda Tkachenko, SU	(4)	39
4—Marita Koch, DDR	(4)	37
5—Ilona Slupianek, DDR	(1)	29
6—Evelyn Jahl, DDR		3
Barbel Wockel, DDR		3
Lyudmila Kondratyeva, SU		3
7—Tatyana Biryulina, SU		1
Tatyana Kolpakova, SU		1
Vera Komisova, SU		1

Previous Athletes of the Year

WORLD ATHLETE OF THE YEAR

Liesel Westermann (Ger)	DT	1967
Margitta Gumel (DDR)	SP	1968
Chi Cheng (ROC)	SPR/HUR	1969
Chi Cheng (ROC)	SPR/HUR	1970
Ilona Gusenbauer (Aut)	HJ	1971
Heide Rosendahl (Ger)	LJ	1972
Renate Stecher (DDR)	SPR	1973
Irena Szewinska (Pol)	SPR	1974
Faina Melnik (USSR)	DT	1975
Tatyana Kazankina (USSR)	800/1500	1976
Rosemarie Ackermann (DDR)	HJ	1977
Marita Koch (DDR)	SPR	1978
Marita Koch (DDR)	SPR	1979
Tatyana Kazankina (USSR)	800/1500	1980

EAST EUROPE ATHLETE OF THE YEAR

Irina Kirszenstein (Pol)	SPR	1967
Margitta Gummel (DDR)	SP	1968
Nadyezhda Chizhova (USSR)	SP	1969
Burglinde Pollak (DDR)	PENT	1970
Faina Melnik (USSR)	DT	1971
Lyudmila Bragina (USSR)	1500	1972
Renate Stecher (DDR)	SPR	1973
Irina Szewinska (Pol)	SPR	1974
Faina Melnik (USSR)	DT	1975
Tatyana Kazankina (USSR)	800/1500	1976
Rosemarie Ackermann (DDR)	HJ	1977
Marita Koch (DDR)	SPR	1978
Marita Koch (DDR)	SPR	1979
Tatyana Kazankina (USSR)	800/1500	1980

WEST EUROPE ATHLETE OF THE YEAR

Liesel Westermann (Ger)	DT	1967
Ingrid Becker (Ger)	PENT	1968
Liesel Prokop (Aut)	PENT	1969
Heide Rosendahl (Ger)	LJ	1970
Ilona Gusenbauer (Aut)	HJ	1971
Heide Rosendahl (Ger)	LJ	1972
Mona-Lisa Pursiainen (Fin)	SPR	1973
Rita Salin (Fin)	400	1974
Grete Waitz (Nor)	DIST	1975
Annegret Richter (Ger)	SPR	1976
Grete Waitz (Nor)	DIST	1977
Sara Simeoni (Ita)	HJ	1978
Grete Waitz (Nor)	DIST	1979
Sara Simeoni (ITA)	HJ	1980

AFRICAN ATHLETE OF THE YEAR

Anne McKenzie (RSA)	800	1967
Violet Odogwu (Nig)	LJ	1968
Judith Ayaa (Uga)	SPR	1969
Alice Anum (Gha)	SPR	1970
Alice Anum (Gha)	SPR	1971
Alice Anum (Gha)	SPR	1972
Claudie van Straaten (RSA)	SPR	1973
Alice Anum (Gha)	SPR	1974
Alice Anum (Gha)	SPR	1975
Alice Anum (Gha)	SPR	1976
Modupe Oshikoya (Nig)	HUR	1977
Modupe Oshikoya (Nig)	HUR	1978
Sakina Boutamine (Alg)	800/1500	1979
Mary Chemweno (KEN)	SPR	1980

NORTH AMERICA ATHLETE OF THE YEAR

Madeline Manning (USA)	800	1967
Wyomia Tyus (USA)	SPR	1968
Madeline Manning (USA)	800	1969
Iris Davis (USA)	SPR	1970
Debbie Brill (Can)	HJ	1971
Kathy Hammond (USA)	400	1972
Kate Schmidt (USA)	JT	1973
Yvonne Saunders (Can)	400	1974
Joni Huntley (USA)	HJ	1975
Kathy McMillan (USA)	LJ	1976
Kate Schmidt (USA)	JT	1977
Diane Konihowski (Can)	PENT	1978
Evelyn Ashford (USA)	SPR	1979
Mary Decker (USA)	800/3000	1980

ASIAN ATHLETE OF THE YEAR

Chi Cheng (ROC)	SPR/HUR	1967
Chi Cheng (ROC)	SPR/HUR	1968
Chi Cheng (ROC)	SPR/HUR	1969
Chi Cheng (ROC)	SPR/HUR	1970
Chi Cheng (ROC)	SPR/HUR	1971
Esther Rot (Isr)	HUR	1972
Chi Cheng (ROC)	SPR/HUR	1973
Esther Rot (Isr)	HUR	1974
Esther Rot (Isr)	HUR	1975
Esther Rot (Isr)	HUR	1976
Esther Rot (Isr)	HUR	1977
Tamami Yagi (Jap)	HJ	1978
Esther Rot (Isr)	HUR	1979
Zheng Da-Zhen (PROC)	HJ	1980

OCEANIA ATHLETE OF THE YEAR

Judy Pollock (Aus)	800	1967
Maureen Caird (Aus)	HUR	1968
Pam Kilborn (Aus)	HUR	1969
Raelene Boyle (Aus)	SPR	1970
Raelene Boyle (Aus)	SPR	1971
Raelene Boyle (Aus)	SPR	1972
Raelene Boyle (Aus)	SPR	1973
Raelene Boyle (Aus)	SPR	1974
Denise Robertson (Aus)	SPR	1975
Raelene Boyle (Aus)	SPR	1976
Lynette Jacenko (Aus)	LJ	1977
Katrina Gibbs (Aus)	HJ	1978
Gael Mulhall (Aus)	SP/DT	1979
Denise Boyd (AUS)	SPR	1980

CENTRAL, SOUTH AMERICAN AND CARIBBEAN ATHLETE OF THE YEAR

Miguelina Cobian (Cuba)	SPR	1967
Miguelina Cobian (Cuba)	SPR	1968
Miguelina Cobian (Cuba)	SPR	1969
Marilyn Neufville (Jam)	400	1970
Silvia Chivas (Cuba)	SPR	1971
Silvia Chivas (Cuba)	SPR	1972
Silvia Chivas (Cuba)	SPR	1973
Andrea Bruce (Jam)	HJ	1974
Carmen Romero (Cuba)	DT	1975
Carmen Romero (Cuba)	DT	1976
Silvia Chivas (Cuba)	SPR	1977
Aurelia Penton (Cuba)	400/800	1978
Maria Colon (Cuba)	JT	1979
Maria Colon (CUBA)	JT	1980

Marathon Running

from "Athletics Weekly"

By Cliff Temple

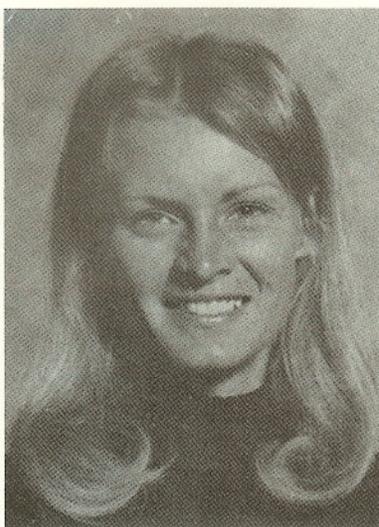
Perhaps the most significant performance by a woman runner in 1978, with an eye to the future, came in an event which is not yet even included in the program for any major Games: Grete Waitz's 2:32:30 marathon in New York. For although Grete was already acknowledged as one of the greatest female runners the world has seen, her achievement in knocking two minutes off the previous best time by a woman was remarkable, bearing in mind three distinct disadvantages she had that day. She had not prepared properly for a marathon, she had no previous experience of the distance (though there are those who would say that was a positive advantage!), and the temperature in New York was unhelpfully high.

Thus, when athletes of similar world standing prepare seriously, gain experience, and can race in cooler conditions, times well below 2:30 should become commonplace for an event which is slowly but surely gaining acceptance.

At present, with very little incentive internationally, few top class women runners have turned their attention to the marathon. To do so would mean neglecting the track to some extent, and even if the Olympic Games offers nothing further than 1500m for women, and the European and Commonwealth Games nothing more than 3000m, then it is understandable why they should still be reluctant to turn their backs on such distances. Even Grete Waitz ran in New York mainly because she wanted to visit the USA, not run a marathon.

Now, though, it seems distinctly possible that a women's marathon may be included in the inaugural World Championships in 1983, and that could be a turning point for the event, especially if Los Angeles could offer a women's marathon at the 1984 Olympics in that running-mad country. (In 1978, 30 women marathoners bettered 2:49, and 23 of them came from the USA. But a hint of its growing worldwide acceptance was that the others came from Norway, West Germany, Canada, Brazil and New Zealand!).

This short series of articles is designed to pull together the history of the event, in world and UK terms, to reflect the views of those who have run (or plan to run) the marathon, and perhaps provide some encouragement for those who are thinking about it. The UK, as will be seen, was the scene of some pioneering efforts at the distance, but then as the event gathered popularity elsewhere, British runners and officials got left behind. Now, though, there is a National Wom-



CHERYL BRIDGES



MIKI GORMAN



LORRAINE MOLLER

en's Marathon Squad, a national championship race, and in 1979 at least 11 UK marathons were open to female competitors. First, though, let's take a closer look at how the current position was reached:

The earliest woman marathoner appears to be a French girl, Marie-Louise Ledru, who finished 38th in a men's marathon in 1918, although her time is unknown. And in 1926, as women's athletics was getting underway in Britain, there is a record of a Violet Piercey, who ran the Windsor to Chiswick course in 3:40:22 on October 3, 1926.

But in more recent times the story really starts in Culver City, California, on December 16, 1963. As 67 male runners set off for the annual Western Hemisphere marathon, two young women clad in running gear emerged from behind some bushes across the street and set off in pursuit of the men. Horrified race officials tried to stop them.

"An AAU official grabbed me while I was running," said one of them, Lyn Carman, "so I punched him." Mrs. Carman, a 26-year-old mother of three, got as far as 18 miles, passing several male competitors, before tightening leg muscles forced her to retire. But her companion, a 20-year-old blonde student, Merry Lepper, finished the course in 3:37:07, an average of about 8¼ minutes per mile. So that is really considered the inaugural women's "record".

It lasted only a few months. Scotland's Dale Greig, from Tannahill Harriers, set out four minutes ahead of the field at the tough Isle of Wight Marathon from Ryde on May 23, 1964. She was followed all the way by an ambulance, but she didn't need it, and in fact finished with a sprint in 3:27:45, nearly 10 minutes faster than Merry Lepper's time. Dale announced afterwards that she would challenge Merry to a race, but it never took place. (Eight years later, though, Dale was still setting precedents by running the London to Brighton course, a double-marathon).

Sadly, Dale's marathon time didn't last long as a world best either, as Millie Sampson, four times NZ national cross-country champion, clocked 3:19:33 at Auckland in July 1964. This stood as a world best for nearly three years, before being bettered most unexpectedly.

The new record holder was not some super-human running machine but a 13-year-old Canadian, Maureen Wilton. Known affectionately as "Little Mo", she stood all of 4'8" tall, and starting unofficially in a Toronto marathon on May 8, 1967, she finished sixth, in a field of 28 men, in 3:15:23. "Sure I was pooped at the end of it," she said, "but I'd like to do it

again sometime." She had been up half the previous night dancing, but a doctor who took her pulse after the race found it was back to normal within two minutes. Her average pace for the race was inside 7½ minutes per mile, but she covered the final mile in just six minutes.

Later that summer, 27-year-old Anni Pede-Erdkamp of West Germany reduced the world's best to 3:07:26, to show that Europe would not be left out of the advance, but a great deal of progress would be made in the USA first. For the "phantom" runners in American races had grown more numerous. In 1966 23-year-old Roberta Bingay hid behind some bushes near the start of the Boston Marathon, joined in, and finished — unofficially — in under 3½ hours.

("After five miles I heard 'It's a girl. Is that really a girl? Pardon me . . . Hey, it is a girl . . . fantastic! I wish my wife would run. Good for you. Are you going the whole way?'.")

'I hope so, if they don't throw me out'.")

And after the race . . . "Some kind soul threw a blanket around my shoulders. The other runners went to have soup together. I felt a pang at being left out. After all, we had just run the Boston Marathon together. But the doors were shut."

She ran again the following year, when an official tried, unsuccessfully, to physically eject another female interloper, Kathy Switzer, from the race. And in each following year (until women were finally officially admitted to the Boston Marathon in 1972) there were female "gatecrashers" in the race.

So, virtually unnoticed in Britain at the time, there was already some activity on the women's marathon scene in the U.S. As the Seventies began the increasing number of "unofficial" women competitors in men's marathons there was underlining the need for official AAU acceptance of the event for women. Times were getting faster. Sara Mae Berman ran 3:05:07 at the 1970 Boston Marathon, for instance — "unofficially" — but two months earlier 16-year-old Caroline Walker had taken the world best within realistic sight of three hours when running 3:02:53 at Seaside, Oregon.

The general outlook for official acceptance, though, was bleak as Dr. Nell Jackson, head of the AAU Women's Track and Field Committee, expressed her opposition to the marathon at a national convention. "I wouldn't give permission to run a marathon. It's not in the best interest of the national program. I'm very concerned about the effect of these long distances on females. Only two medical studies have been done, and they're still in progress."

Backed by several other members of her committee, Dr. Jackson went on to emphasize that male-female competition

was specially forbidden by AAU rules. "By running together" she said, "not only does the woman or girl threaten her own eligibility, but also that of every male in the race. I have no objection to distances up to a certain point. But men and women must run in separate races. I think it's a sound rule."

In October 1970, however, the AAU did finally sanction a mixed marathon, albeit a closed race for members of the Road Runners Club in Atlantic City. The women's section was won by Sara Mae Berman in 3:07:10, and the gradual process of acceptance had been started. The U.S. women marathoners were the suffragettes of the event, and when the AAU unbent a little more and allowed women to compete in the same race as the men at the 1972 New York marathon *providing the women started 10 minutes before the men*, the female runners simply sat down on the line at the sound of "their" starting gun, and only began to race when the men did. No action was taken by the AAU, but 10 minutes was still added to the women's finishing times.

The same year, the Boston Marathon, admitting women officially for the first time, actually defied a ruling that the women should start half an hour earlier, but again no action was taken by the AAU which, in November 1972, finally agreed that female runners could start "from a common line at a common gunshot with men" in races of more than two miles.

3-hour barrier broken

And while all this wrangling over rules was taking place, the American runners were busy reducing the world best by over 20 minutes between February 1970 and December 1973. Caroline Walker's 3:02:53 was quickly eclipsed by Beth Bonner (3:01:42) and Sara Berman (3:00:35), and the three hour "barrier" was finally broken at the New York Marathon in September 1971 by two Americans. Beth Bonner (19) had a great duel with 32-year-old Nina Kuscsik, as Beth (2:55:22) and Nina (2:56:04) finished 34th and 35th out of 163 finishers. "I don't think three hours is a great barrier to women," Beth said afterwards. "Most female runners train as hard as I do, and can run under three hours if they want to try."

Already the leading runners were clocking up big training mileages. Beth Bonner, for example, said that she had trained twice a day, seven days a week, totalling 70-80 miles in spring and autumn, 45 during bad weather, and up to 100 miles during the summer. Nina Kuscsik had averaged 68 miles a week for the previous three months, including one run over the full marathon distance every fortnight. A year later another leading U.S. marathon girl, Teri Anderson, was doing a 100-140 miles a week.

The increases in training loads resulted, inevitably, in the world best times simply crumbling. Less than three months after Beth Bonner had convincingly cracked three hours for the first time, 23-year-old Cheryl Bridges took the mark under 2:50 with a 2:49:40 run at Culver City, California, in the Western Hemisphere Marathon. Two years later, in the same race on the same course, a 38-year-old Miki Gorman (who weighed just 83 lbs. and stood 5'11"), reduced the world best to 2:46:36, and followed that up in April 1974 by winning the Boston Marathon in 2:47:11.

The reply from Europe

Europe, though, was beginning to get back into the reckoning. Or, at least, West Germany was. Three of the first six finishers at Boston that year were Germans, with Christa Kofferschlager (later Vahlensieck) setting a European best of 2:53:00 in second place. The reply from Europe had begun, and in June 19-year-old Chantal Langlace of France was reported to have run 2:46:18, 18 seconds better than Miki Gorman's world best. The course, though, was subsequently found to be 1300m short.

There was a lot of interest, therefore, in the first ever Women's International Marathon race in September 1974 as it brought together Vahlensieck, Langlace, Kuscsik and the 1973 Boston winner Jackie Hansen. The event was organized by Dr. Ernst van Aaken (coach to the great Harold Norpoth) in his home town of Waldniel (population 4000), which is situated west of Dusseldorf in West Germany, near the border with Holland.

Van Aaken, a long-time champion of women's distance running, had organized the first ever national women's marathon championship at the same venue the previous year, and although this particular race had no IAAF-approval status as an "International Championship", it attracted an official team of six runners from the USA, including Kuscsik and Hansen. But the winner, in a European best of 2:50:31, was none of the favorites. Instead, it was a tall 32-year-old West German, Liane Winter. A member of the national cross-country team in her younger days, she had only the previous year come out of a long retirement and begun to train for marathons on van Aaken's LSD principles. Langlace finished second (2:50:45), and Vahlensieck third (2:54:40), with Hansen the first American home, in fifth position (2:56:25).

This high European standard was emphasized the following month when, on the same weekend, Christa Vahlensieck recorded 2:42:38 in Essen, only to find that the course was 835m short — worth approximately 3½ minutes — and Chantal Langlace finally broke Miki Gorman's world best with 2:46:24 for the

MARATHON RUNNING *(continued)*



CHANTAL LANGLACE

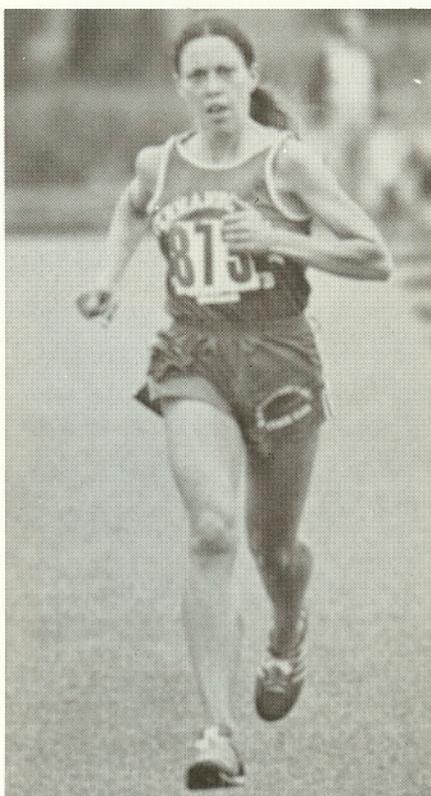
full length course at Neuf Brisach in France. That record lasted little more than two months before the USA took it back again through Jackie Hansen, a 26-year-old Los Angeles insurance worker, who ran 2:43:54 at Culver City in December 1974, the third world best to be set at the Western Hemisphere race in four years.

Hansen had started running only four years earlier as a mile-a-day fair-weather jogger, just intent initially on keeping fit. Two years later she ran her first marathon in 3:15. "I was delirious. I learned what it was all about. I was determined to go as far as I could. I finished . . . somehow. I went the first 20 miles thinking I've got this thing licked. What's the big fuss about?. I clipped along at seven

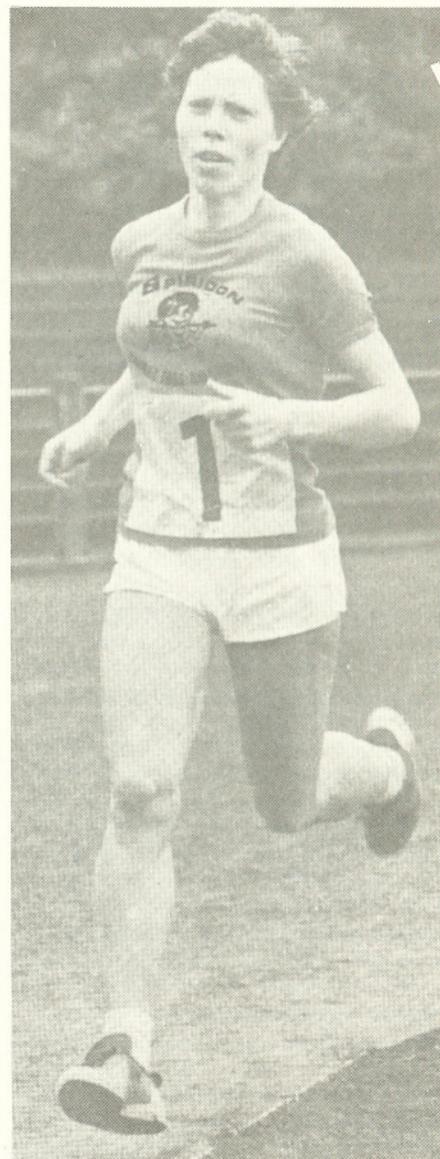
minute mile pace until 22 miles, undaunted. The rest of the race I can't remember. It was the hardest thing I have ever done in my life. Back to the drawing board."

But in April 1973, guided by the U.S.-based Hungarian coach (and former mile star) Laszlo Tabori, she won the Boston Marathon in 3:05, and the following year was the highest American finisher (5th) in that inaugural International Marathon at Waldniel. That race, she later admitted, convinced her that she was ready to step up into the world scene, though it must be added that she had been putting in regular training weeks of 140 miles. "It was hard to do those 20-mile training days, because I kept breaking down. But the truth of it is that I did enough of them to carry me through Boston and the rest of the season."

The record stayed with Hansen for only 4½ months, before Europe, in the shape of Liane Winter, took it back again. This time Winter had the audacity not only to break the record but to do so in the Boston Marathon! Clocking 2:42:24, she reduced the record by half a minute, winning the women's race by nearly 10 minutes.



JACKIE HANSON



CHRISTA VAHLENSIECK

Watching the event was her coach, van Aaken. The German doctor explained: "Liane, like most of the German women, trains by my endurance method — daily long runs at a slow pace, and few speed workouts. Saturdays or Sundays she often runs up to 60km (37 miles) in training. This background has strengthened her heart and circulation to the point where hills encountered in long races pose few difficulties for her. It wasn't hill training that made her strong. Rather, because of her long build-up with slow runs, her circulatory system is in tremendous condition. Thus, Liane found the Boston course not too difficult."

So at this time, April 1975, the top

(continued on page 24)

North Carolina State Wins AIAW

by Steve Wennerstrom

Seattle, Washington, November 15 — Picture the Pacific Northwest in November, add a golf course and a scheduled cross country race. What appears in your mind? Wet, damp, mud, slush. Does it rain in Seattle? Does fire burn? The standard joke in Seattle is that people don't tan, they rust. But somehow, Meet Director Alan B. Bonney managed to dish up a large bowl of sunshine on race day with an ideal 55° temperature. A heavy rain three days before the meet had left the course a squishy, slippery quagmire, but there were few complaints from the teams in attendance. On the contrary nearly everyone was almost thankful for the weather on the day of the race. In fact, the worst weather came the day prior to the competition when drizzles and cold temperature was abounding when the coaches took to the fields to stage their own competition — but more about that race later.

The Division I competition was somewhat predictable as far as team scores were concerned. It was assumed that North Carolina State would emerge as the winner and Julie or Mary Shea would win the individual title. And the Division I race went by the script with Julie running away from the field and North Carolina State winning the team title. But after Julie, the finishers took a noticeable change from the 1979 version.

Standing at the starting line, the athletes peered into the face of landing airline passenger jets. The brain rattled as the jets passed overhead. Interesting note, nary a runner I had the opportunity to talk to after the race ever heard a single aircraft sound after the gun went off! Ah, the power of the mind! Nevertheless, the noise added an interesting and unique addition to the always different world of cross country.

At the start, North Carolina State found itself tightly pushed against the inside fence of the course as they had unfortunately drawn starting position one. After a slight downhill of about 200 meters, the course took a sharp upward turn to the left that forced the North Carolina Staters even closer to the rail. Amazingly, there were no major spills of any kind over the first 300m of all three races. NC State was, however, buried solidly in the pack as they moved through the half-mile point. No one really knew how fast or slow they were running as the meet management, for reasons only they knew, set up time-check points at 1, 2 and 3 kilometers and the times meant nothing to anyone.

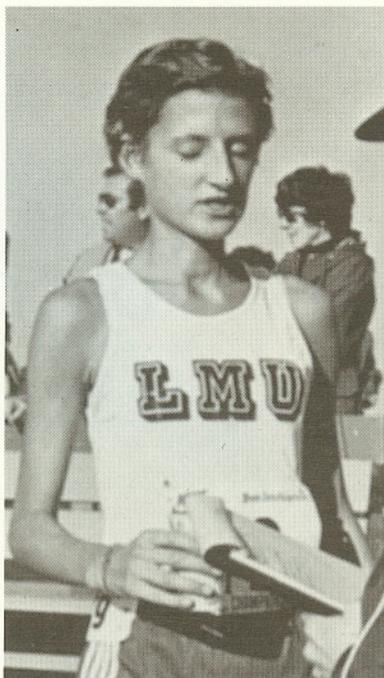
All Americans

DON GOSNEY PHOTO



Maggie Keyes, third time All American.

STEVE WENNERSTROM PHOTO



Division III Champ, Teresa Kozlowski from Los Angeles' Loyola/Marymount.

Julie Shea picked her way through the pack over the first half and went to the front between the mile and the 1½ mile mark. Following Julie, a group including Joan Hansen, Betty Springs, Judi St. Hilaire, Mary Shea, Regina Joyce, Maggie Keyes and Kathy Bryant followed closely behind. Somehow the course had managed to break the runners up in a way that they were strung out and never really tightly packed after the one mile mark. With Betty Springs sticking fairly close to Julie and Mary Shea also within 15 seconds of her sister, it could easily be seen that NC State had a lock on the team title unless their fourth and fifth runners dropped completely out of it. With the exception of NC State, team placings were virtually impossible to decode. Only Arizona and Tennessee had more than one runner in the top 15. Both the Wildcats and the Vols had two each.

And so, using her steady pace, Julie Shea tacked on another AIAW cross country championship to her crown with teammate Betty Springs close behind. Arizona's Joan Hansen, one of the most consistent runners in 1980, finished third. Fourth went to Vermont's Judi St. Hilaire who was clocked in 17:05.4 as the first three finishers dipped under the 17 minute mark. Shea's winning time of 16:48.1 was a new course record.

The strength of Division I cross country becomes even more apparent when it is noted only four teams from last year's top ten managed to improve. North Carolina State remained Number One, Arizona moved from fifth in 1979 to second this year, Virginia jumped from sixth to third and UCLA moved from a tenth place tie to seventh. Tennessee made an impressive improvement as they moved from 14th to sixth.

As AIAW championship commissioner Marilyn Weiss stated, "This was not just the best cross country nationals ever staged, it was the best AIAW national championship ever staged, period". Alan Bonney and his little band of tireless workers performed most admirably and presented the college ranks with a first class meet in every way.

There were some fantastic individual results if one digs through the results as many big names finished far down the list. Fifth place University of Oregon's lead runner, Eryn Forbes, finished only 35th, Midde Hamrin was 45th, Deanna Coleman 63rd, Patty Murnane 66th, Debbie Vetter 77th, Eileen Hornberger 83rd, Leann Warren 107th, Kay Stormo 122nd, Shannon Cline 128th, Siri Bjel-

land 162nd, Lynn Hjelte 178th — and so it went.

DIVISION II: In 1979, the Air Force Academy won the title with Seattle Pacific finishing second. This year a close battle between these two teams was again expected — and it did come off. Unfortunately for both teams, someone forgot to inform South Dakota State that they were not favorites. SD State placed two runners in the top five and won the title with 82 points to 99 for Seattle Pacific and 122 for the Air Force. For South Dakota, Nancy Gieske placed second and teammate Lori Bocklund finished fifth. Seattle Pacific was led by Lauri Shansby in third and Gail Volk in seventh.

Individually, the race was no contest. The field saw only the backside of Idaho's Patsy Sharples. Running with the same tactics as Julie Shea, Sharples simply wore the field down meter by meter and she won in 17:44, some eight seconds in front of Gieske.

DIVISION III: As in most sports, consistency is the hallmark of success. Division III showcased one of the most consistent cross country teams in recent years with Cal State Hayward defending its 1979 title. In 1979 Hayward scored 56 points to win the national championship. The 1980 squad, which was virtually intact from 1979, scored 54 points to win its second straight title. Led by All-American Michele Aubuchon, she of the pumping arms, the Hayward group placed all five runners in the top 20 for its team scoring (2-3-14-15-20). By comparison, the 1979 team placed 2-6-12-17-19.

But don't get the idea that the team race was a walkaway. For the second straight year, little St. Olaf College fought with Hayward right down to the wire before giving in. St. Olaf actually placed three runners in the top ten but lost out when their fourth and fifth runners slipped to 22nd and 33rd and scored 72 points to Hayward's 54. Other than North Carolina State in Division I, St. Olaf was the only other school to place three runners in the top ten. Hayward's top California rival Cal State Sacramento jumped from sixth in 1979 to third this year with clutch performances by Mary Ann Scannell and Carol Hannigan.

Individual honors were won by little known Therese Kozlowski of Loyola/Marymount in Los Angeles. Kozlowski overtook Aubuchon and Debbie Thometz of the College of St. Thomas in the closing stages. Her time was an excellent 17:34.9, nine seconds faster than the Division II winner.

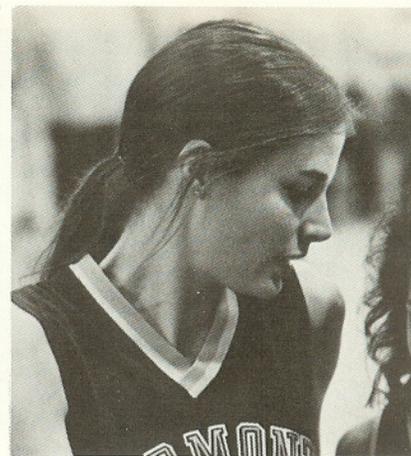
COACH'S DIVISION: One of the highlights of the nationals took place the day before the finals were held. Expecting 10 or 12 runners to show, Coach Al Bonney watched in amazement as 52 (!) coaches marched to the starting

line for the Big Coaches Race. Coach Dave Murray and Chris Murray of Arizona had the largest and loudest group of followers as the Arizona runners covered the course with placards touting their coaches abilities. (Unfortunately, as is the case with most advance touting, the Murrays were not winners.)

It appeared that most coaches entered to have fun, but some entered to win. There was another group who entered just to finish and a small group which just entered. First place went to Dan Buntman of Wisconsin/Stevens Point who finished so far ahead of everyone else that he was ignored. Dead last (and I use the term literally), was Jerry "Two Quart" Coleman of Cal State Sacramento. It took Coleman a mere 29 minutes plus to get to the finish line and he gained much more acclaim than winner Buntman. Absolute last went to UCLA trainer Gail Weldon who was running her first-ever 5000m. Gail ran 34:57 but she still didn't win the 'prediction' contest although she had expected 35 minutes. The winner, from Oregon State, missed by less than one second! Chris Daymount, the St. Olaf coach, was well back in the pack as well she should have been. Daymount was pregnant! She crossed the finish line backward stating "I didn't want my kid to beat me". Meet Director Al Bonney stated he could not run because he had to watch the finish line. Next year's race will be a handicap run based on 1980 results. Meaning Wisconsin coaches will be required to wear snow shoes.

RESULTS: Division I, 1—Julie Shea (NCS) 16:48.1, 2—Betty Springs (NCS) 16:53.8, 3—Joan Hansen (Ariz) 16:56.0, 4—Judi St. Hilaire (Vt) 17:05.4, 5—Mary Shea (NCS) 17:10.1, 6—Regina Joyce (Wash) 17:13.1, 7—Kellie Cathey (Ok) 17:15.2, 8—Kathy Bryant (Tn) 17:16.7, 9—Marjorie Kaput (Ariz) 17:21.5, 10—Nan Doak (Iowa) 17:26.6, 11—Linda Goen (UCLA) 17:27.3, 12—Maggie Keyes (CP/SLO) 17:27.8, 13—Aileen O'Connor (Va) 17:28.7, 14—Rose Thompson (Wis) 17:31.1, 15—Linda Portasik (Tn) 17:31.7, 16—Lisa Nickel (Wf) 17:33, 17—Sue Jackson (Al) 17:33, 18—Leslie Bancroft (Vt) 17:35, 19—Jill Haworth (Va) 17:35, 20—Jan Oehm (Cal) 17:36, 21—Kelly Spatz (MichSt) 17:38, 22—Letha Davis (Drake) 17:40, 23—Liz Hjalmarsson (Drake) 17:41, 24—Heather Carmichael (PennSt) 17:42, 25—Beth Sheridan (OhioSt) 17:43, 26—Mary Rawe (PennSt) 17:44, 27—Sheila Ralston (UCLA) 17:45, 28—Diane Bussa (Purdue) 17:48, 29—Sande Cullinane (NCS) 17:48, 30—Ruth Hamilton (Col) 17:51, 31—Anthea James (Ariz) 17:51, 32—Kim Bird (E.Tn) 17:53, 33—Mary Jean Wright (Va) 17:54, 34—Melanie Weaver (Mich) 17:54, 35—Eryn Forbes (Ore) 17:55, 36—Darlene Beckford (Harvard) 17:56, 37—Lori Nelson (Tx) 17:57, 38—Ellen Lyons (Stanford) 17:57, 39—Robin Baker (Ore) 17:57, 40—Theresa Ebanks (Tx) 17:58, 41—Jody Rittenhouse (Ark) 17:58, 42—Lindy Detlefsen (Ga) 18:01, 43—Mary Stepka (Wis) 18:01, 44—Sabrina Peters (ArizSt) 18:02, 45—Midde Hamrin (Lamar) 18:02, 46—Shelly Steely (Fl) 18:03, 47—Kristen O'Connell (Rhode Island) 18:03, 48—Karen Campbell (MichSt) 18:04, 49—Cindy Schmandt (Cal) 18:04, 50—Stacy Crystal (Ariz) 18:05, 51—Donna Ganly (Mo) 18:10, 52—Alice Trumbley (Cal) 18:13, 53—Peggy Cleary (PennSt) 18:14, 54—Deanna Coleman (Wash) 18:14, 55—Patty Murnane (PennSt) 18:16, 56—Janel Le Valley (KansasSt) 18:17, 57—Martha White (Va) 18:21, 58—Debbie Vetter (IowaSt) 18:25, 59—Ann Pewe (MichSt) 18:25, 60—Suzie Houston (Wis) 18:26, 61—Karen Petley (Wash) 18:26, 62—Ellen Hornberger (Tn) 18:27, 63—Suzanne Richter (Cal) 18:28, 64—Joanne Lahti (OreSt) 18:33, 65—Maryanne Pils (Tx)

JEFF JOHNSON PHOTO



JUDI ST. HILAIRE

18:34, 66—Carleen Thom (Col) 18:35, 67—Leann Warren (Ore) 18:37, 68—Wren Schafer (IowaSt) 18:37, 69—Diane Vetter (IowaSt) 18:39, 70—Kay Stormo (Iowa) 18:41, 71—Jayne Sweigart (Tx) 18:42, 72—Shannon Cline (Purdue) 18:44, 73—Sissel Bjerkenas (Wyo) 18:46, 74—Mary Ellen Kunkel (Mo) 18:48, 75—Ann Regan (UCLA) 18:49, 76—Kathy Adams (Wash) 18:53, 77—Cheryl Flowers (Cal) 18:57, 78—Sandy Gregg (Wash) 19:03, 79—Siri Bjelland (Ok) 19:05, 80—Liz Baker (San Diego State) 19:09, 81—Lynn Hjelte (Cal) 19:13, 82—Sharon Hulse (Col) 19:17. Number of finishers — 214.

Scores, 1—North Carolina State (1-2-5-26-42) 76, 2—Arizona (3-9-28-38-55) 133, 3—Virginia 140, 4—Penn State 198, 5—Oregon 251, 6—Tennessee 268, 7—UCLA 270, 8—California 281, 9—Wisconsin 285, 10—Iowa 299, 11—Michigan State 403, 12—Washington 306, 13—Texas 335, 14—Vermont 335, 15—Ohio State 354, 16—Cal Poly/SLO 365, 17—Purdue 379, 18—Missouri 407, 19—Colorado 408, 20—Harvard 415, 21—Florida State 469, 22—Iowa State 486, 23—Alabama 539, 24—Oklahoma 578, 25—Colorado State 617.

Division II, 1—Patsy Sharples (Idaho) 17:44.0, 2—Nancy Gieske (SDakSt) 17:52.0, 3—Lauri Shansby (Seattle Pacific) 17:53.6, 4—Beth Milewski (CS Northridge) 17:57.2, 5—Lori Bocklund (SD St) 18:08.0, 6—Cheryl Konkol (Wis/Milwaukee) 18:10.5, 7—Gail Volk (SP) 18:16.1, 8—Betsy Shillito (Sunny/Cortland) 18:26.2, 9—Sonia Blackstock (Idaho) 18:26.6, 10—Hope Fullwood (AC) 18:31.3, 11—Barb Hoch (W/M) 18:32.7, 12—Suzanne Shea (Villanova) 18:34.2, 13—Rita Burr (Air Force) 18:38.4, 14—Lori Bearson (MankatoSt) 18:38.8, 15—Carol Keller (CSN) 18:39.9. Number of finishers — 170.

Scores, 1—South Dakota State (2-5-19-25-31) 82, 2—Seattle Pacific (3-7-18-34-37) 99, 3—Air Force 122, 4—Marquette 162, 5—Mankato State 195, 6—Boston College 213, 7—Idaho 224, 8—West Chester State 244, 9—Cal State Northridge 249, 10—UC Santa Barbara 267, 11—Villanova 274, 12—James Madison 285, 13—Abilene Christian 300, 14—Eastern Illinois 349, 15—Boise State 359, 16—Wisconsin/Milwaukee 363, 17—North Dakota State 403, 18—Virginia Tech 439, 19—Northern Arizona 516, 20—Richmond 523, 21—CS Bakersfield 531, 22—Jacksonville State 671.

Division III, 1—Terese Kozlowski (Loyola/Marymount, CA) 17:34.9, 2—Debbie Thometz (College of St. Thomas) 17:53.6, 3—Michele Aubuchon (CS Hayward) 18:02.6, 4—Stefani Stoult (CS Hayward) 18:11.5, 5—Elizabeth Stronge (St. Olaf) 18:13.2, 6—Camilla Ratering (Central), 7—Leslie Seymour (St. Olaf) 18:16.3, 8—Janet Ensrud (St. Olaf) 18:16.6, 9—Mary Ann Scannell (CS Sacramento) 18:23.5, 10—Jane Petrick (Bowdoin) 18:31.5, 11—Cynthia Sturm (Westfield) 18:35.5, 12—Linda Zeman (Macakester) 18:38.9, 13—Mary Tracey (Claremont/Scriptss) 18:42.8, 14—Sue Fetherolf (Gettysburg) 18:42.8, 15—Carolyn Gore (Linfield). Number of finishers — 145.

Scores, 1—Cal State Hayward (2-3-14-15-20) 54, 2—St. Olaf (4-6-7-22-33) 72, 3—CS Sacramento 81, 4—St. Thomas 95, 5—Wisconsin/La Crosse 150, 6—Central College 188, 7—Slippery Rock 235, 8—Pacific Lutheran 248, 9—Army 261, 10—Humboldt State 262, 11—Linfield 274, 12—Western Washington 283, 13—Wisconsin/Stevenspoint 294, 14—Wisconsin/Eau Claire 303, 15—Mary Washington 423, 16—Radford 441, 17—Liberty Baptist 460.

WIW

HIGH SCHOOL TRACK

By Rich Ede

With the 1981 season hard upon us, it is time to look at some of the names likely to grace national lists this year. With only Sherri Howard and Joetta Clark gone from among the flat-race leaders, the nation-leaders promise to remain pretty much the same.

The distances in particular seem to lend themselves to little change this year as junior Vicki Cook Al-
emany/Mission Hills, CA), the 1980 3000/2-mile leader returns along with the likes of Laura Craven (sophomore, Girls/Columbus, Ohio), Karlene Erickson (sophomore, Wheeler Central/Bartlett, NE), and senior marathon leader Heike Skaden (Encina/Sacramento, CA). In the 1500/mile, Kim Gallagher (junior, Upper Dublin/Ft. Washington, PA) leads three California juniors (Polly Plumer—University/Irvine, Cook, and Bonnie McGlinchey/Fountain Valley) to make Southern California an exciting place for the mile.

California underclassmen also promise to show up well in shorter events. With the graduation of Joetta Clark, Gallagher leads the returning 800 runners, but everyone behind her is California. Junior Renee Durrand (Laguna Beach) and senior Louise Romo (North/Torrance) should once again lay claim to that state's best. Ironically, neither placed in last year's State Meet as Romo won her heat but was only the ninth fastest so failed to make the final and Durrand was disqualified after finishing first in the final. Juniors Marilyn Davis (Miramonte/Orinda) and Maria King (Ayer/Milpitas) will hold down the Northern California 800.

In the 400, the name is still Howard, but Sherri has graduated. That leaves Olympic Trials third-placer, junior Denean (Kennedy/Granada Hills, CA) to renew the battles with senior Faye Paige (Poly/Long Beach, CA). Maxine Underwood (Brookline, MA), another junior who came into her own at the

Junior Olympics, gives the East Coast a definite 400 threat.

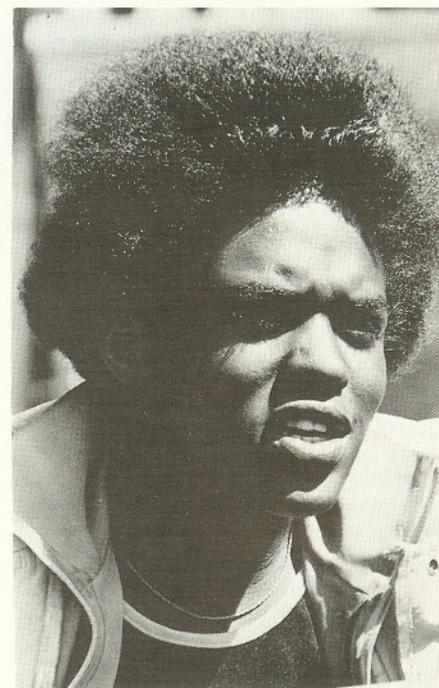
In the short sprints, the names Michele Glover (Willingboro, NJ) and Sharon Ware (Berkeley, CA) ranked 1-2 at 100's last year and should dominate their respective coastlines again. Glover's strength lies in the 100 yards while Ware shows up better at 100 meters and 200 meters. At the longer sprint, a couple of Texans break into prominence: Senior Susan Shurr (Austin) and sophomore Terri Smajstria (Pearland) both broke 24.0 last year. Deborah James (Fremont/Los Angeles) was also a consistent performer at 200 last year and joined the elite sub-24 group. Junior Zelda Johnson (Garey/Pomona, CA), a Southern California Cheetah teammate of Dolly Fleetwood, should profit from an additional year's strength and experience.

In the field, where technique takes time to perfect, the rewriting of the lists will probably be most nearly complete, with the exception of the jumps. Carol Lewis (Willingboro, NJ) returns to defend her national lead in the long jump, and with the graduation of Jackie Joyner and Marlene Harmon, Lewis should be unthreatened this year. A name to watch could easily be senior Sue Lind (Albion, NE) who returns as one of five preps over 6' in the high jump and also made last year's long jump lists. Also on both jump lists was Tamela Penny (Hermitage/Richmond, VA) with a 5'11/19'10 double. Both these girls should be impressive in multi-event competition.

Junior Denise Daebelliehn (Moline, IL) was not outstanding in her high school competition, but cleared 6'1¼ in July and must be a force to be reckoned with. The other six-footers returning are seniors Wendy Markham (Cedarburg, WI) and Karen Lysaght (St. Francis/Sacramento, CA) and junior Kim Carter (East/Wichita, KS).



DENEAN HOWARD



MAXINE UNDERWOOD

The throws belong to the mature. So who is Natalie Kasiawahia (Fullerton, CA)? She was the top underclassman as a frosh last year in the shot and promises to get better with experience. Cindy Johnson (junior, Chandler, AZ) is the top returning discus thrower and should be a threat in the shot also.

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CAROL LEWIS

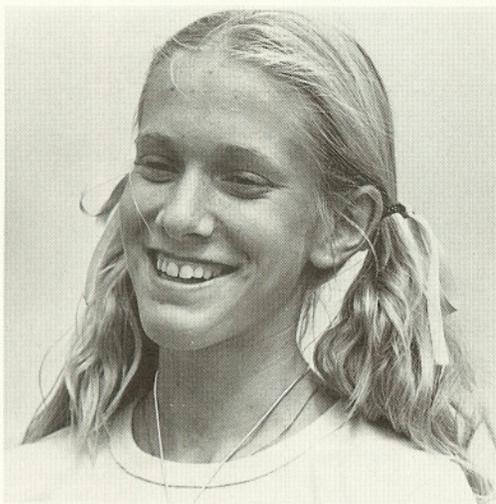
With the scarcity of javelin-throwing states, New Jersey and Oregon have the top prospects. Rena Antanelis (Randolph, NJ) and Julie Vobora (Medford, OR) are the top prospects there.

Candy Young and Marlene Harmon are gone so the hurdles are now anybody's game. Junior Jill Redo (Wichita Heights, KS) has the best time of those returning, but

Carol Lewis and Sherifa Sanders (Berkeley, CA) are also definite sub-14's, as is Carolyn Faison (Panama City, FL).

The pentathlon is all Sharon Hatfield's (Fountain Valley, CA—junior) if she wants it. She may decide to concentrate on open competition in the heptathlon, instead, leaving the field wide open.

WTW



VICKIE COOK

High School Kaleidoscope

Forty states have chosen to go along with the National Federation and run the 1600 and 3200. Arizona, Connecticut, New Mexico, Oregon, and Vermont are the only ones opting for the standard 1500/3000 so far, although dissatisfaction is rife with the 1600/3200 . . . California will run 300 meter hurdles for girls in its State Meet. It remains to be seen whether they will raise the 100 hurdles to 33" . . . New York will host a Silver East Invitational for high school girls. Invitations will be issued to the best high school seniors whose marks are submitted to **WTW** for consideration . . . Longtime youth track nut and publisher Bill Peck has been elected chairman of the Southern Pacific Association's Youth Athletics Committee and is taking a bold step by assuming that "Youth" includes Junior and Senior High School. Maybe, after all these years, there really may be some way to make sense of the rules mish-mashes.

WTW

Pocatello, Idaho, November 29 — Taking advantage of sister Julie's aching knee, Mary Shea came from behind over the final mile and won the Annual TAC Cross Country Championship in the cold and windy weather of Pocatello. Jan Merrill led for the first mile, but the "two-Shea" sisters ran her down (or up) over a lengthy hill and never looked back. The toughness of the course can be attested to by viewing Mary's winning time of 18:18.7 with only six runners finishing under 19 minutes.

The first six finishers will form the American team for the World Cross Country Championships coming up in March in Spain. In addition to Mary and Julie, the team will consist of Jan Merrill, Brenda Webb, Betty Springs and F. L. Smith — or Francie Larriue Smith.

Laurie Craven split the Welch sisters in the Junior Women's race with Lesley Welch winning the title and Lisa Welch finishing third.

A lot of nostalgia accompanied the running of the National Championships. The race does not attract the crowds of former years when it was the BIG race of the season. Only three teams had the full compliment of runners in the Women's Division with Wisconsin United taking the team title over a couple of Oregon units. Larriue's sixth place matched her initial effort in 1969 when she also finished sixth in this race. She was eighth in 1970, fourth in 1971 and won it in 1972 and 1973. Brenda Webb, who finished fourth today, was third in the 14/17 Division back in 1970.

Others from the past who took part included Lynn Bjorklund, the 14/17 winner in 1973 and the women's champion in 1974 and 1975. Bjorklund was 18th at Pocatello. Kathy Mills, the AIAW champion of the past, also took part and finished 13th. Wendy Knudson is back after her new baby and finished 23rd. Laura Craven, second in the Junior race today, won the 9/Under title in 1974 and the 12/13 title in 1977 and 1978. Betty Springs was second in the 14/18 Division in 1978.

The younger runners produced some excellent results and some good team battles. Liberty AC, a perennial power in this meet, won the Junior Women's title with ease while old favorites San Jose Cindergals (14/15), Rialto Road Runners (12/13 and 10/11) and newcomer Southern California Thunderbirds (with old friend Lisa Padilla placing fourth) in the 9/Under Division were all National Champions.

RESULTS: Senior Women, 1—Mary Shea (NCS) 18:18.7, 2—Julie Shea (NCS) 18:31.1, 3—Jan Merrill (AGAA) 18:39.1, 4—Brenda Webb (AthWest) 18:43.4, 5—Betty Springs (NCS) 18:43.7, 6—Francie Larriue Smith (Un) 18:59.9, 7—Joan Hansen (Ariz) 19:04.7, 8—Patsy Sharples (Idaho) 19:07.0, 9—Judi St. Hilaire (LibAC) 19:08.4, 10—Ellen Hart (LibAC) 19:09.0, 11—Rose Thompson (WisUn) 19:10.5, 12—Cindy Bremser (WisUn) 19:11.0, 13—Kathy Mills (Un) 19:29.5, 14—Carol

★ **Mary** ★
 ★ **Shea** ★
 ★ **Wins** ★
 ★ **TAC** ★
 ★ **Title** ★

JEFF JOHNSON PHOTO



She's a big girl now. Laura Craven, runner-up to junior title in 1980, shown here as she won 9/under title in 1974.

Urish (HoustonHarriers) 19:29.9, 15—Cathy Twomey (AthWest) 19:33.5, 16—Marjorie Kaput (Ariz) 19:36.5, 17—Kelly Spatz (MichSt TC) 19:52.8, 18—Lynn Bjorklund (Un) 19:56.2, 19—Lauri Adams (Montana Miracles) 19:57.5, 20—Chris Bankes (Redding AA) 20:01.2, 21—Mary Jean Wright (Virginia) 20:06.1, 22—Debbie Ulian (LibAC) 20:12.7, 23—Wendy Knudson (AthInt) 20:15.6, 24—Meg Cooke (Greater Monmouth TC) 20:17.7, 25—Sue Latter (OreTC) 20:18.1 . . . 28—Jennifer White (AthWest) 20:31.6 . . . 32—Marybeth Spencer (WisUn) 20:49.9, 33—Joanne Lahti (OreSt Spikettes) 20:41.8 . . . 39—Sheila Ralston (UCLA) 21:02.6 . . . 41—Robin Baker (OreTC) 21:08.6 . . . 51—Suzie Houston (WisUn) 21:56.2, 52—Charlene Delventhal (IdahoSt) 21:59.3. Number of finishers — 63. **Scores,** 1—Wisconsin United 153, 2—Oregon Track Club 201, 3—Oregon State Spikettes 247.

Junior Women, 1—Lesley Welch (LibAC) 19:27.6, 2—Laura Craven (Un) 19:51.6, 3—Lisa Welch (LibAC) 19:55.7, 4—Sande Mullinana (NCS) 20:03.7, 5—Donna McLain (Knoxville TC) 20:04.9, 6—Kathy Bryant (KTC) 20:12.6, 7—L. Buckley (STC) 20:17.2, 8—Thayer Plante (LibAC) 20:24.3, 9—Sloan Burton (Hustlers) 20:35.6, 10—Martha Shea (LibAC) 20:38.7, 11—Lisa Kalbach (ColGold) 20:43.9, 12—Elizabeth Natale (LibAC) 20:54.3, 13—Jenny Strickler (CG) 21:02.4, 14—L. Kindelan (STC) 21:07.3, 15—Chris Hoth (Montana Miracles) 21:13.9 . . . 21—Noreen Shea (AthInt) 21:37.2. Number of finishers — 73. **Scores,** 1—Liberty AC 34, 2—Colorado Gold 91, 3—Hustlers 149, 4—Rapid Transit 176, 5—Woodside Striders 212, 6—Club Sota 221, 7—Foothill AC 246, 8—Roseville Gazelles 333.

14/15 Division (4000 Meters), 1—W. Thomas (STC) 15:24.5, 2—Carrie House (W.New Mexico TC) 15:38.9, 3—Linda van Housen (Woodside) 15:44.5, 4—M. Garney (STC) 15:46.3, 5—J. Walthier (NTC) 15:51.7, 6—Jessica Speis (SJC) 15:52.9, 7—Andrea Heimbecker (SJC) 15:53.4, 8—Patty Wallace (VXC) 15:55.9, 9—E. Menning (CG) 15:58.6, 10—Camille Davis (Ogden Valley TC) 16:00.3. Number of finishers — 53. **Scores,** 1—San Jose Cindergals 45, 2—Ogden Valley TC 87, 3—Vancouver Cross Country 102, 4—Duke City Dashers 145, 5—Foothill AC 167, 6—Albuquerque Olympettes 205.

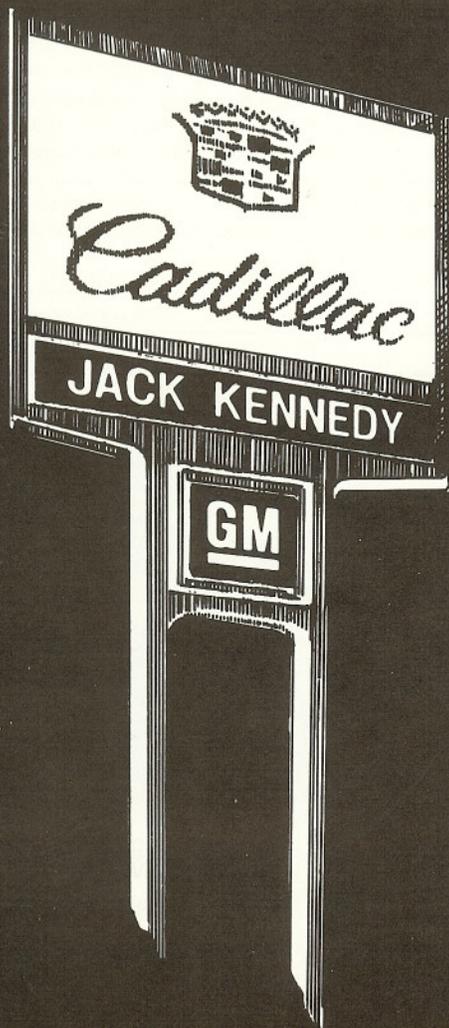
12/13 Division (3200 Meters), 1—Allison Botkin (Jesko Jets) 12:13.4, 2—Theresa Fisher (SJC) 12:20.7, 3—McDowell (Roseville Gazelles) 12:28.1, 4—Jianne Maldonado (RRR) 12:30.4, 5—Janet Rollins (Brighton HS) 12:45.6, 6—Wendy Massey (SCVGG) 12:47.0, 7—Karen Hinenes (Woodside Striders) 12:49.0, 8—Jeni Toman (DCD) 12:50.9, 9—Tammi Foster (RG) 12:53.0, 10—Toni Evert (RRR) 12:58.8. Number of finishers — 66. **Scores,** 1—Rialto Road Runners 59, 2—Roseville Gazelles 105, 3—Duke City Dashers 120, 4—San Jose Cindergals 131, 5—Woodside Striders 139, 6—Vancouver Cross Country 238.

10/11 Division (2400 Meters), 1—Shannon Clark (SJC) 9:04.2, 2—Wendy Sinclair (Jesko Jets) 9:12.9, 3—Stephanie Glowa (Portland TC) 9:35.9, 4—Catherine McKinney (DCD) 9:39.6, 5—Suzy Ramirez (RRR) 9:40.3, 6—Michele Gonzales (RRR) 9:40.9, 7—Lila Silverstein (Team Spokane TC) 9:41.4, 8—Deanna Koffel (Rapid Transit) 9:45.2, 9—Jenell Gomez (RRR) 9:46.9, 10—Lisa Williams (SCT) 9:49.1. Number of finishers — 67. **Scores,** 1—Rialto Road Runners 45, 2—Duke City Dashers 108, 3—San Jose Cindergals 136, 4—Albuquerque 137, 5—Southern Cal Thunderbirds 210, 6—Timpview TC 245, 7—Roseville Gazelles 266.

9/Under Division (2400 Meters), 1—Tracey Williams (Southern Cal Thunderbirds) 9:59.8, 2—Kari Duncan (RRR) 10:04.3, 3—Vanessa Stone (Univac TC) 10:06.7, 4—Lisa Padilla (SCT) 10:08.1, 5—Amber Chavez (RRR) 10:12.6, 6—Kerry Slinkard (RG) 10:13.3, 7—Karen Denovi (SCT) 10:17.1, 8—Mary Brington (Portland TC) 10:21.0, 9—Diane Castillo (SCT) 10:21.7, 10—Mindley Heywood (Mesa Sun Angels) 10:25.1. Number of finishers — 62. **Scores,** 1—Southern California Thunderbirds 46, 2—Rialto Road Runners 86, 3—Santa Clara Valley Golden Girls 112, 4—Duke City Dashers 113, 5—Albuquerque Tumbleweeds 144, 6—Roseville Gazelles 173, 7—Mesa Sun Angels 181.

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POLICE OLYMPICS

For the past 16 years, State and International Police Olympics have been held at various locations throughout the country to encourage participation by individuals who work in law enforcement careers. This year, the International Police Olympics was held in New York on August 20-25. In order to qualify for the International competition, a person must place first, second, or third in the State Olympics. Three who made it are Los Angeles Police Department Sergeant Jeannie Eisentrout, and Officers Nancy Kleffman and Linda Mottl-Neeley. They shared their experiences at the International event.

The only female Physical Training Instructor at the Los Angeles Police Academy, Nancy Kleffman gets plenty of exercise during the week. She runs from 3-6 miles daily while teaching physical training classes to Police Officer recruits at the LAPD Academy, a position to which she was promoted after three years of patrol car work in Van Nuys. In addition, she runs 3-5 miles several times a week on her own time.

Nancy has participated for the past two years in Police Olympic running events. In the 100 and 200 meter sprints at the California State Police Olympics, she took a gold and a silver medal, plus a gold in long jump and a silver in the 440 relay. Continuing to win at the New York event, Nancy won a gold medal in the long jump, a bronze in the 200 meter sprint, and came in fourth in the 400 meter sprint.

"Running comes naturally," says Nancy, who sees to it that she eats right, gets enough rest, and works out consistently when preparing for an event. Always a competitor, Nancy finds winning very exciting. "To win, you have to give 110% mentally and physically, and go until you can't go any more," according to Nancy.

In contrast, Linda Mottl-Neeley is "drawn to the water". At age six, she competed on a swim team, and today is still going strong as a swimmer. To qualify for the International event, Linda won a gold and a bronze medal for crew as well as three medals for swimming, one bronze and two silver, at the California State Police Olympics. In New York, Linda participated in freestyle and breast stroke swimming events, winning two silver and one bronze medal.

In the freestyle event, Linda was a mere two seconds behind the winner! As the seconds ticked away, Linda saw her competitor out of the corner of her eye throughout the event, experiencing a true sense of the term "competition". Her determination to do her best was heightened by the close event. Although Linda came in fourth, her effort was first-rate.

Linda's interest in water sports is not a selfish one. When she discovered that the State Police Olympics had a crew team event only for men, she immediately coordinated an effort with the Orange County Sheriff's Department and the San Francisco Police Department to change the policy to include women. After 16 years, 1980 was the first year the event was open to females.

What makes a candidate successful? According to Linda, "That old catch-all, determination, plus desire," is the answer. "Women must be willing to forego other pleasures and put in training time. It is important to have a schedule and stick to it."

In addition to swimming 2500-3000 yards three times a week, Linda works full time as Training Instructor in the Emergency Command Control Communication System at the Los Angeles Police Department. Before this promotion, she "walked a beat" in Hollywood, drove a patrol car in Watts for 1½ years, and worked "gang detail". Ambitious in her career as well as in

athletics, Linda is currently studying for a promotional exam for Detective.

Enthusiasm is eminent when talking with Jeannie Eisentrout, a Sergeant with LAPD. Her interest in volleyball began in grammar school, and today Jeannie is a seasoned and competent player. Her first Police Olympic competition took place in 1969 at Long Beach, California, where her team came in second. For the past five years, Jeannie has consistently been a winner at California State Police Olympics events. This was Jeannie's first year to compete in the International Competition in New York, and she was elated with the opportunity. "The International Olympics was the high point of my volleyball career! I never imagined that playing volleyball would lead to a trip to New York."

The trip was rewarding, and paid off in many ways for Jeannie. Not only did her team win a gold medal, but she was able to meet people from all over the country as well as visit a part of it she had never seen before.

In preparing for the August volleyball event, Jeannie began practice in February, in spite of a more than full-time career at LAPD. This proved to be no easy task because of the wide variations in work shifts among her teammates. Consequently, the practice schedule had to be set up a full six months in advance. Jeannie practiced with her team three

(continued on page 32)



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UPDATE—UPDATE—UPDATE—UPDATE—UPDATE—UPDATE—UPDATE—UPDATE

1980 USA LIST

100 Meters

11.35 by Diane Williams (MichSt) was hand timed.
Change to 11.59.
11.43 by Patrice Roberts (PV) was hand timed and windy.
11.54 by Cheryl Osborne (UtahSt) was wind aided.
11.51 by Florence Griffith (CSN) — not 11.54.

200 Meters

22.82 by Jackie Pussey (CSLA) at London 8/8.
22.92 by Sharon Ware (CaHS) at Ceres, CA, 5/3.
23.39 by Rosalyn Bryant (Ali) was wind aided.
24.34 by Gail Douglas (USC) at Los Angeles 3/23.
24.44 by Kim Robinson (USC) at Irvine 5/3.

400 Meters

54.84 by Linda Cassidy (USC) at Los Angeles 5/11.
52.00 by Sharon Dabney.
52.49 by Merlene Ottey (Nb).
53.79 by Denise Peynado.
53.83 by Helen Blake.

800 Meters

2:07.04 by Helen Blake.
2:11.21 by Gina Dyer (USC) at Tempe 4/26.

1500 Meters

4:12.8 by Brenda Webb (not 4:12.5).
4:10.9 by Cindy Bremser.

3000 Meters

9:24.8 by Vicki Cook (CaHS) at Sudbury, 8/30.

100m Hurdles

13.32 by Linda Weekly was windy.
13.34 by Pat Van Wolvelaere — rolling start.
13.55 by Sherri Ballew was hand timed.
13.57 by Karen Holmes was wind aided.
13.76 by Gayle Watkins was hand timed.
13.94 by Danette Onyemelukwe was wind aided.
14.29 by Renita Garnett (USC) at Westwood 5/18.
13.99 by Carolyn Faison (FIHS).

400m Hurdles

59.02 by Joan Elumelu (Boston) — not 59.14.
58.62 by Sandra Farmer (Flashettes) — not 61.14.
63.01 by Joan Jilka (Colby CC) at San Angelo 5/24.
63.84 by Lynn Davis (USC) at Los Angeles, 5/11.

Long Jump

21'4" by Shonell Ferguson (DC Int) at Knoxville 5/25.
21'1½" by Jennifer Innes (CSLA) at Moscow 7/30.
20'3½" by Dorothy Scott (TWU) was wind aided.
19'6½" by Myrtle Chester (MaHS).

Shot Put

52'10¼" by Sandy Burke (Northeastern) at Boston 4/5.
44' 1" by Dana Olson (USA) at San Diego 3/8.
44' 9" by Katrina Geurkink (Vt) at Lebanon, NH, 4/29.

Discus Throw

187'9" by Denise Wood — not 187'6".

Javelin Throw

154'6" by Lisa van Benthem (USA) at Westwood 5/18.

800m Medley Relay

1:42.5 by San Diego State at San Diego 3/8.

4x400m Relay

3:46.26 by Wisconsin at Minneapolis 5/3.
3:49.35 by Ohio State at Minneapolis 5/3.
3:52.82 by Indiana at Minneapolis 5/3.
3:52.84 by Michigan at Minneapolis 5/3.
3:53.10 by Minnesota at Minneapolis 5/3.

Marathon

2:49:17 by Debby Froelich (MichSt) at Detroit 10/19.
2:51:05 by Sue Richardson (MichSt) at Detroit 10/19.
2:54:45 by Jenny Weil (MichSt) at Detroit 10/19.

WTW

SU Expands Women's Sports

Syracuse University will add two women's sports — cross country and track — to its intercollegiate program next fall, the university revealed. To help establish those teams, SU will award eight tuition grant-in-aids during the next four years for student-athletes, and a full-time coach will be hired.

With the two squads, SU will have 18 intercollegiate teams — men competing in 10 sports, women in eight.

WTW

LETTERS

"Dear Ed:

Why? in the world do you in your October issue say that there were no outstanding performances at the Junior Pan-Am Games? You have nothing but praise for the Junior Olympic performances (on the other hand).

"According to your listed results, many performances at the Junior Pan-Am Games exceeded those at the Junior Olympics.

"I was particularly surprised to see that Vicki Cook's mark of 9:24.8 for 3000m was not mentioned. According to *Track & Field News*, this mark is the fastest junior woman's time of the year earning Miss Cook All American status. I would think Miss Cook's mark be considered "outstanding" even by Women's Track World's discriminating written article."

William North
Van Nuys, California

(Ed. Note: Individuals performing in the Junior Pan-Am Games are internationalists and are expected to perform to a higher degree of excellence than natives taking part in the Junior Olympics. Miss Cook had a passel of fine marks for 1980 of which her 9:24.8 was one.)

WTW

MARATHON RUNNING (continued from page 14)

women marathon runners were knocking on the door of 2:40, training as much as 140 miles a week, with single runs of anything up to 37 miles at a time. Women had taken part officially in the Boston Marathon for four years (and unofficially for nine), and both the USA and West Germany had already established their own annual national women's marathon championships.

However, in the UK things had moved more cautiously. The maximum distance for a senior woman road or cross-country runner, under Women's CC and RWA Rules, was still just 6000m (approximately 3¾ miles). The change started when a meeting of the Association's Executive in Birmingham the same month decided to permit athletes over the age of 17 to compete in long distance road races under a set of Experimental Rules, which would be tried out initially for approximately one year. Then a review would be made, and, based on results and reports, any changes to existing rules would be considered. The experimental rules allowed athletes under 19 to compete at distances up to seven miles, under 20 up to 10 miles, and under 21 up to 15 miles. For those over 21 there was no limit, so the full marathon distance was given an official go-ahead — temporarily, at least — for those above that age.

It was a big advance, although the original stipulations for races held in conjunction with men's events included the quite impractical rule that "women should start not less than 30 minutes after the start of the men's race." (This was dropped when the rules were eventually adopted).

WTW

DON CHADEZ PHOTO



BETH BONNER

TOP TEN PERFORMANCES

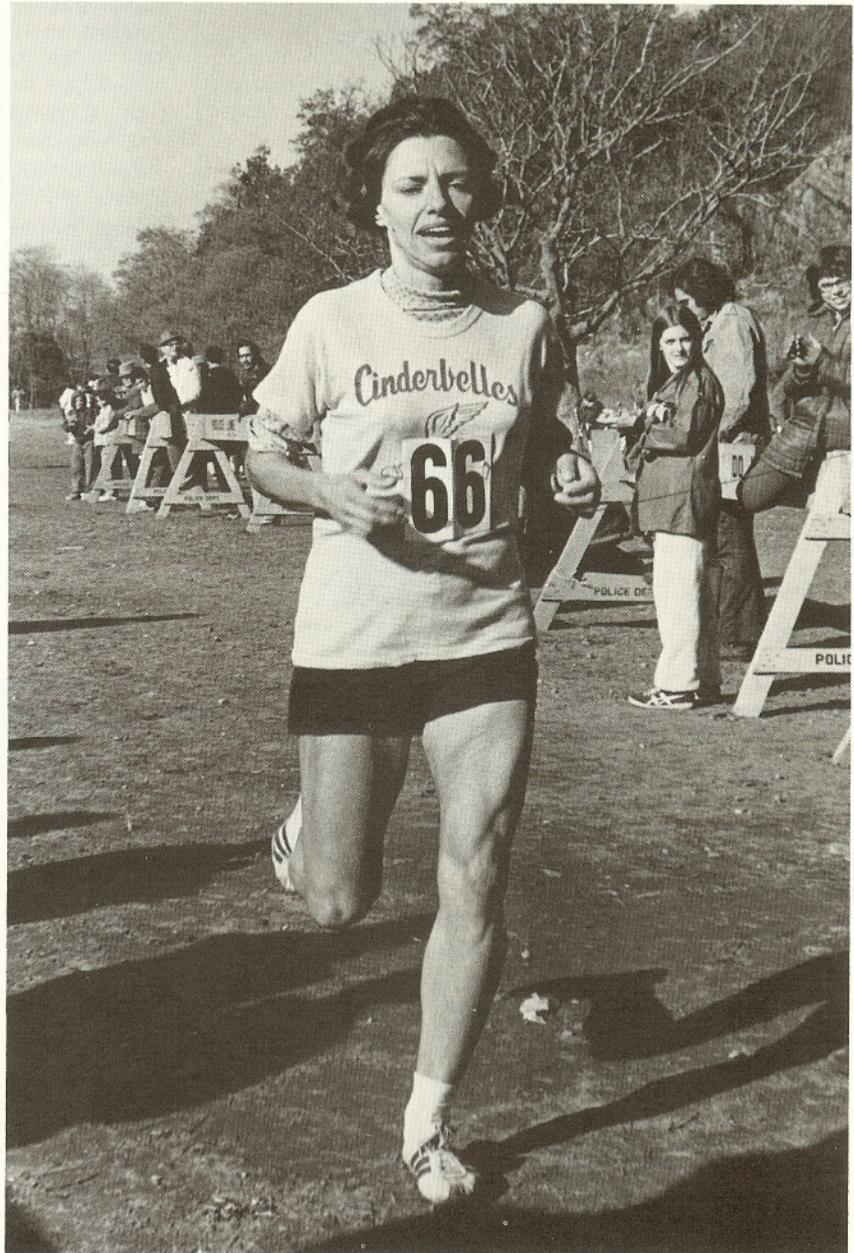
WORLD

2:25:42	Grete Waitz (Nor)	80
2:29:34	Patty Catalno (US)	80
2:30:27	Joyce Smith (GB)	80
2:30:58	Jacqueline Gareau (Can)	80
2:31:23	Joan Benoit (US)	80
2:31:42	Lorraine Moller (NZ)	80
2:32:29	Marja Wokke (Ned)	80
2:34:25	Ingrid Christensen (Nor)	80
2:34:29	Allison Roe (NZ)	80
2:34:48	Christa Vahlensieck (GFR)	77

USA

2:29:24	Patty Catalno	80
2:31:23	Joan Benoit	80
2:36:02	Nancy Conz	80
2:36:23	Julie Brown	78
2:37:57	Kim Merritt	77
2:38:10	Laurie Binder	80
2:38:19	Jackie Hansen	75
2:38:50	Sue Krenn	79
2:39:11	Miki Gorman	76
2:39:48	Gail Volk	79

JEFF JOHNSON PHOTO



NINA KUSCIK

America and the Weight Events

from Oregon State Dept. of Information

American women — in the discus, shot put and javelin — don't throw much weight around. There is simply a lack of class — world class — weightwomen in this country.

According to current world rankings, there are no U.S. women listed in the top 30 positions in either the discus or shot put, and only two (in 15th and 16th) in the javelin. The Soviet Union and East Germany, meanwhile, have a total of 20 and 16 athletes, respectively, in the combined ratings for the three events.

Those rankings are not going to improve for American women, according to an Oregon State University sports physiologist, until American women improve their training methods.

"The reasons Soviet and European women are dominating the throwing events is because they have adopted the same training methods as men," says Pat O'Shea, an exercise physiology professor at OSU who, if not for the boycott, would have been advisory strength coach for the U.S. Olympic Team.

"Some observers say the reason the communist athletes are so advanced is because they're taking anabolic steroids. Well, this is only part of the total picture.

"Rather, the primary reason these women are dominating the sport is because they're using super-quality weightlifting methods the same as our elite weightmen, the same as our Al Oerters and Mac Wilkins."

O'Shea says super-quality training is based on three lifts — heavy squats, which build basic body power; heavy bench presses, which build upper body power; and then the application of this strength to the power clean lift, which works the body through a full range of movements and develops power through a full range of multiple joint movements necessary for a world class performance in the throwing events.

O'Shea has completed a study at OSU in which he tested 13 women and 13 men over a seven-week period. The students, ranging in age from 18 to 30 for the females and from 19 to 26 for the males, had no experience in advanced methods of strength training as used by competitive power lifters.

After two weeks of pre-conditioning, the students followed a three-day-a-week training program.

"One of the crucial features of the experimental program," says O'Shea, "was the application of the progressive over-

load principle, which means that on each Monday the weight was increased by five pounds in the bench press and 10 pounds in the squat.

"This progressive system worked perfectly for the full seven weeks in the squat but in the bench press half of the subjects — women and men — were unable to add the five-pound increase after four weeks.

Results of the study, which will be featured as the lead article in a forthcoming edition of *Physician and Sports Medicine* magazine, "Strongly support the contention that the female possesses the same biological ability to develop strength as the male when subjected to a high-intensity weight training program," O'Shea says.

"While perhaps the absolute strength potential of the female is somewhat less than the male, it is still formidable. This was reflected in both the bench press and squat, where the females improved by 13 percent and 24 percent, and the males by 8 percent and 16 percent," he explains.

"You could argue that a higher percentage of improvement could be expected from the women because they were weaker to begin with than the men. But offsetting this argument is the fact, that in comparing the strength potential of both sexes using total percent of lean body mass to fat ratio, the male comes out ahead. This greater muscle mass gives the male a decided advantage in building strength."

O'Shea, assisted in the experiment by graduate laboratory assistant Julie Wegner, says two significant training concepts were identified in the study.

"First, the full squat must be considered the cornerstone exercise that quickly stimulates overall strength increase in both males and females. Neglecting this exercise retards overall physical development and inhibits the athlete from achieving the optimal performance potential.

"The second — and most important — concept to emerge," he says, "is that the female has the same physiological ability as the male to tolerate and to adapt to the demanding physical stress of power lifting.

"For the American female athlete, this means that if she desires to realize her full athletic power and compete on equal

terms with her Soviet and European counterparts, she has little alternative but to utilize basic scientific strength building methods as applied in our studies and as followed by elite male athletes," O'Shea adds.

The professor emphasizes that no students in the experiment received any injuries.

"If athletes take the time for pre-conditioning training; if they receive the proper training; if they are taught the proper lifting techniques; and if all safety precautions — such as wearing lifting belts — are observed, then there can be great improvement with virtually no injuries," he notes.

If advanced power weightlifting methods work for European women, why aren't American women using them?

"These methods have never been in vogue primarily due to cultural and social stereotyping which consider muscle building not in keeping with women's traditional role," answers O'Shea.

"As a result, women have never been exposed, in either high school or college, to the same type of strength training as their male counterparts. The men are training in the same fashion as our world class throwers, but our women are usually training on some type of machine, which is fine for body building, but not for the throwing events.

"And then there's the myth," he adds, "that women will develop the same muscle bulk as a power lifter, that they'll end up looking like Vasily Alexeev (the legendary USSR super heavyweight lifter).

"But that myth is totally untrue because muscle bulk is controlled by the hormone testosterone, which is considerably higher in men than in women," O'Shea says.

"If you look at the current world record holders, like Tatyana Biryulina of the Soviet Union in the javelin, you'll see they're running in weight from 170 to 180 pounds. They're not fat, they're very athletic looking."

WTW

Results - Results - Results

Iowa Wins Region Six

Ames, Iowa, October 31 — Unseeded University of Iowa overcame favored Iowa State, Drake, Missouri and Kansas State to steal top honors at the Region Six AIAW Championships as Debbie Vetter finished her college career on her home course with a six second margin over runner-up Liz Hjalmarsson of Drake. Pre-meet discussion was over who would win between Iowa State, Kansas State and Missouri but Coach Jerry Hassard's crew grabbed third and fourth positions with practically unknown Nan Doak and Judy Parker and the Iowa bunch annexed the title with 48 points. Missouri was next with 54 followed by Iowa State (77), Kansas State (89) and Drake (97). Vetter won the race in 17:15, just shy of her meet record of 17:10.

Biggest margin of victory came in Division II where South Dakota State, led by Nancy Gieske's win in 17:29, waltzed away with the contest with 27 points to 42 for Mankato State in the runner-up slot. Gieske's team was ably assisted by Lori Bocklund who grabbed off second place and they had all five of their scoring runners in the top ten. Mankato State had all five of their runners in the top 14, but it wasn't enough.

Closest battle of the day was Division III with St. Olaf College upsetting favored Central and St. Thomas. St. Olaf scored 37 to 40 for St. Thomas. After the Catholics had run off with the top places, Central showed up with 70 points for third place. Individual winner was St. Olaf's Leslie Seymour in what might be called a mild upset.

RESULTS: **DIVISION I**, 1—Debbie Vetter (ISU) 17:15, 2—Liz Hjalmarsson (Drake) 17:21, 3—Nan Doak (Iowa) 17:34, 4—Judy Parker (Iowa) 17:35, 5—Janel LeValley (KSU) 17:43, 6—Cathy Saxon (KSU) 17:44, 7—Donna Ganly (Mo) 17:45, 8—Zanetta Weber (Iowa) 17:47, 9—Bridget Collins (Mo) 17:51, 10—Susan Maupin (Mo) 17:53, 11—Wren Schafer (ISU) 17:54, 12—Mary Ellen Kunkel (Mo) 17:55, 13—Sara Stricker (Nb) 17:58, 14—Letha Davis (Drake) 17:59, 15—Diane Vetter (ISU) 18:00 . . . 23—Kay Stormo (Iowa) 18:26 . . . 31—Marie Simonsson (Drake) 18:45, 32—Sandy DeNoon (Drake) 18:47 . . . 46—Tammy Tucker (Wichita State) 19:35. Number of finishers — 56.

SCORES, 1—Iowa 48, 2—Missouri 54, 3—Iowa State 77, 4—Kansas State 89, 5—Drake 97, 6—Minnesota 162, 7—Kansas 177, 8—Wichita State 231.

DIVISION II, 1—Nancy Gieske (South Dakota State) 17:29, 2—Lori Bocklund (SDS) 17:41, 3—Donna Gathje (Mankato State) 18:02, 4—Lori Bearson (MSU) 18:29, 5—Becky Clairmont (North Dakota State) 18:34, 6—Laura Gleason (SDS) 18:40, 7—Kathy Kapple (NDS) 18:44, 8—Vicki Coyle (SDS) 18:50, 9—Kathy Kaiser (MSU) 18:53, 10—Cindy Springman (NE Missouri State) 18:55. Number of finishers — 80.

SCORES, 1—South Dakota State 27, 2—Mankato State 42, 3—North Dakota State 113, 4—Northern Iowa 129, 5—Minnesota/Duluth 142, 6—St. Cloud State 154,

7—Moorhead State 167, 8—Southwest Missouri State 184, 9—Central Missouri State 233, 10—North Dakota 272.

DIVISION III, 1—Leslie Seymour (St. Olaf) 17:40, 2—Debbie Thometz (St. Thomas) 17:48, 3—Cam Ratering (Central) 17:50, 4—Elizabeth Stronge (SO) 18:01, 5—Janet Ensrud (SO) 18:16, 6—Susan Paulson (Carleton) 18:20, 7—Robin Holtzaple (ST) 18:27, 8—Linda Zeman (Macalester) 18:28, 9—Teresa Mayer (ST) 18:39, 10—Robin Rasmussen (Central). Number of finishers — 108.

SCORES, 1—St. Olaf 37, 2—College of St. Thomas 40, 3—Central College 70, 4—Carleton 94, 5—Luther College 162, 6—Jamestown College 236, 7—Grinnell 260, 8—Wartburg 265, 9—Hamline 265, 10—Concordia (Nb) 273, 11—Nebraska Wesleyan 278, 12—Washington University 278, 13—Bethel 299, 14—Concordia (Mn) 359.



Beth Stronge
St. Olaf



Janel LeValley
Kansas State

Tennessee Indoor Opener

Knoxville, Tennessee, December 2 — The University of Tennessee kicked off the 1981 indoor season with their annual Orange-White dual meet, the result of which was some fine early season marks. Sharieffa Barksdale turned in the top performance of the competition when she leaped 19'3 to win the long jump. Barksdale showed her versatility as she placed second in the hurdles, third in the sprint and ankle a leg on the winning 4x440 relay team.

Veteran Rose Hauch tossed the shot a fine 49'8 and also placed third in the disc with a throw of 119'8. Freshman from Guyana, Myrtle Chester, won the 60y and 200m hurdles and the high jump to annex high point honors. Chester was also third in the long jump.

RESULTS: **DT**, 1—Denise Wood 138'0, 2—Susan Thornton 128'2, 3—Rose Hauch 119'8; **JT**, Pam Passera 148'2; **200mH**, 1—Myrtle Chester 28.50, 2—Susan Manning 29.14; **LJ**, 1—Sharieffa Barksdale 19'3, 2—Paula Hines 17'10 3/4, 3—Myrtle Chester 17'4 1/2; **60yH**, 1—Myrtle Chester 8.22; **SP**, 1—Rose Hauch 49'8, 2—Susan Thornton 45'10; **60y**, 1—Cathy Rattray 7.00, 2—Paula Hines 7.01, 3—Sharieffa Barksdale 7.03; **Mile**, 1—Joetta Clark 5:07.0; **HJ**, 1—Myrtle Chester 5'4, 2—Ann McPherson 5'4; **400**, 1—Lisa Sherrill 56.9, 2—Cathy Rattray 57.2; **800**, 1—Delisa Walton 2:15.0, 2—Tania Wells 2:17.4; **2M**, 1—Beth Huff 11:26.0; **4x100**, 1—White (Rattray-Barksdale-McPherson-Walton) 3:59.0.

Guayanilla 10k International

From Fernando Rodil

Guayanilla, Puerto Rico, November 16 — Fifty-seven contestants from Bolivia, Brazil, Mexico, Guatemala, El Salvador, South Korea, Spain and Puerto Rico competed in this yearly classic. Unlike previous years, there were no entries from the USA, Canada, Australia or the always announced Kenyans.

The winner was a Peruvian University student, Eva Guevara, who studies in Mexico and who recently became a Mexican citizen.

RESULTS: 1—Eva Guevara (Mex) 37:13.00, 2—Elenora Mendoza (Bra) 37:34.67, 3—Irma Hernandez (Mex) nt, 4—Maria Ronquillo (Mex) nt, 5—Rosa Dominguez (Mex) nt, 6—Kyoune Rih (Korea) nt, 7—Aracelis Salas (Mex) nt, 8—Naida Nazario (PR) 39:48.44, 9—Norma Franco (ES) nt, 10—Keum Sook Bae (Korea) nt.

Waitz Wins Viren Run

Malibu, California, November 16 — Norway's Grete Waitz scored her annual win at the Annual Lasse Viren 20k run as she whipped a non-descript field in the fine time of 1:14.48. Only Laurie Binder (1:18.32) and Ellen Hart (1:19.33) stayed within shouting distance of the fast running Scandinavian. Tena Harms and Dianne Kelleen were fourth and fifth in 1:24.37 and 1:28.07.

JEFF JOHNSON PHOTO



Ellen Hart — chased Grete.

WTW

All Time Top 10 Indoor

WORLD

50 Yards

5.80	Andrea Lynch (GB)	78
5.81	Lyudmila Storozhkova (SU)	79
5.85	Vera Anissimova (SU)	79
5.86	Deandra Carney (USA)	78
5.86	Evelyn Ashford (USA)	80
5.87	Angela Taylor (Can)	80
5.89	Kim Robinson (USA)	78
5.90	Rita Bottiglieri (Ita)	78
5.92	Christine Brehmer (DDR)	79
5.93	Angela Bailey (Can)	80
5.96	Brenda Morehead (USA)	80

50 Meters

6.11	Marita Koch (DDR)	80
6.12	Marlies Gohr (DDR)	80
6.19	Renate Stecher (DDR)	74
6.21	Angela Taylor (Can)	80
6.22	Ellen Streidt (DDR)	74
6.26	Renate Houser (DDR)	74
6.26	Annie Alize (Fra)	80
6.26	Evelyn Ashford (USA)	80
6.27	Ingrid Brestrich (DDR)	77
6.28	Annegret Richter (GFR)	79

60 Yards

6.63	Lyudmila Storoshkova (SU)	79
6.68	Chandra Cheeseborough (USA)	79
6.69	Carrie Sherman (USA)	79
6.71	Evelyn Ashford (USA)	79
6.71	Deandra Carney (USA)	78
6.73	Brenda Morehead (USA)	79
6.73	Merlene Ottey (Jam)	80
6.74	Janice Bernard (USA)	79
6.75	Dollie Fleetwood (USA)	79

60 Meters

7.10	Marlies Gohr (DDR)	80
7.11	Sofka Popova (Bul)	80
7.13	Linda Haglund (Swe)	78
7.13	Marita Koch (DDR)	80
7.16	Renate Stecher (DDR)	74
7.17	Andrea Lynch (GB)	74
7.19	Christine Lathan (DDR)	80
7.20	Irena Szewinska (Pol)	74
7.22	Mona-Lisa Pursiainen (Fin)	74
7.22	Lyudmila Storoshkova (SU)	79

200 Meters (* = Yards converted to Meters)

23.15*	Angela Taylor (Can)	80
23.19	Jarmila Kratochvilova (Cze)	79
23.22	Annegret Richter (GFR)	77
23.30	Christine Brehmer (DDR)	78
23.47	Karoline Kafer (Aut)	79
23.51	Rita Wilden (GFR)	75
23.59*	Merlene Ottey (Jam)	80
23.60	Heidi Gaugel (GFR)	80
23.65	Claudia Steger (DDR)	78
23.71	Gaby Bussmann (GFR)	80
23.74*	Chandra Cheeseborough (USA)	80

SHEARMAN PHOTO



RENATE STECHER (DDR)



ANDREA LYNCH (GB)

GLADYS CHAI PHOTO



GABY BUSSMAN (GFR)

USA

50 Yards

5.86	Deandra Carney	78
5.86	Evelyn Ashford	80
5.89	Kim Robinson	78
5.96	Brenda Morehead	80
5.97	Pat Miller	80
6.07	Chandra Cheeseborough	80
6.11	B. J. Eldridge	80
6.16	Damita McClinton	80
6.17	Denise Cox	80
6.18	Tracey Valentine	80
6.20	Jill Evans	80

50 Meters

6.26	Evelyn Ashford	80
6.38	Brenda Morehead	80
6.40	Dollie Fleetwood	80
6.45	Sharon Ware	80
6.52	Gwen Loud	80
6.54	Alice Brown	80
6.54	Freida Cobbs	80
6.55	Jeanette Bolden	80
6.59	Yvette Evans	80
6.61	Elaine Parker	80

60 Yards

6.68	Chandra Cheeseborough	79
6.69	Carrie Sherman	79
6.71	Evelyn Ashford	79
6.72	Deandra Carney	78
6.73	Brenda Morehead	79
6.74	Janice Bernard	79
6.75	Dolly Fleetwood	79
6.83	Kim Robinson	78
6.85	Lindy Wilson	80
6.88	Belinda Little	80

60 Meters

7.28	Brenda Morehead	80
7.32	Deandra Carney	79
7.39	Chandra Cheeseborough	79
7.42	Maria Parsons	80
7.51	Carmen Thomas	79
7.51	Stephanie Hightower	80
7.52	Alice Brown	79
7.52	Carmen Rivers	80
7.53	Rhonda Brady	79

200 Meters

23.74*	Chandra Cheeseborough	80
23.94*	Gwen Gardner	79
24.00	Wanda Hooker	80
24.00	Debbie Jones	80
24.09	Liz Young	79
24.30	Lorna Forde	79
24.35*	Maria Parsons	80
24.59*	Carolyn McRoy	80
24.60*	Sharon Dabney	80
24.83	Maxine Underwood	80
24.97	Cheryl Gilliam	80

ALL TIME TOP 10 INDOOR (continued)

WORLD

300 Yards

33.54	Angela Taylor (Can)	80
33.64	Merlene Ottey (Jam)	80
34.07	Rosalyn Bryant (USA)	80
34.20	Rita Bottiglier (Ita)	78
34.50	Liz Young (USA)	79
34.59	Ruth Simpson (Jam)	79
34.80	Jenny Gorham (USA)	80
34.84	Maxine Underwood (USA)	80
34.92	Jeanine Brown (USA)	79
34.93	Sheila Calmese (USA)	79

300 Meters

37.0	Angela Taylor (Can)	80
37.13	Merlene Ottey (Jam)	80
37.4	Rita Wilden (GFR)	75
37.5	Jarmila Kratochvilova (Cze)	79
38.1	Christine Kraus (GFR)	75
38.1	Erika Weinstein (DDR)	75
38.2	Joanne McTaggart (Can)	75
38.25	Ruth Simpson (Jam)	80
38.3	Ramona Neubert (DDR)	80
38.3	Kristine Nitzsche (DDR)	80

400 Meters * = Yards converted to Meters)

51.14	Marita Koch (DDR)	77
51.80	Verona Elder (GB)	79
51.81	Jarmila Kratochvilova (Cze)	79
51.90	Karoline Kafer (Aut)	79
52.11*	Ellen Streidt (DDR)	80
52.26	Rita Wilden (GFR)	76
52.28	Elke Decker (GFR)	80
52.30	Martina Kampfert (DDR)	80
52.44	Lyudmila Zenina (SU)	80
52.36	Barbara Krug (DDR)	79

500 Yards

1:03.3	Rosalyn Bryant (USA)	77
1:03.4	Lorna Forde (Bar)	76
1:04.5	Kathy Hammond (USA)	72
1:05.1	Jarvis Scott (USA)	76
1:05.1	Gwen Gardner (USA)	80
1:05.4	Arlise Emerson (USA)	78
1:05.5	Wendy Knudson (USA)	73
1:05.6	Kathy Weston (USA)	76
1:05.6	Denene Howard (USA)	80
1:05.7	Yolanda Rich (USA)	77

500 Meters

1:10.5	Lorna Forde (Bar)	78
1:11.7	Delisa Walton (USA)	80
1:11.8	Rosalyn Bryant (USA)	77
1:11.9	Helen Blake (Jam)	80
1:12.1	Brenda Walsh (Can)	72
1:12.3	June Griffith (Guy)	79
1:12.3	Kim Thomas (USA)	80
1:12.3	Marie Dwyer (USA)	80
1:12.6	Edna Brown (USA)	80
1:12.7	Kathy Weston (USA)	79



MARLIES GOHR (DDR)



VERONA ELDER (GB)



JANELL SMITH (USA)

USA

300 Yards

34.07	Rosalyn Bryant	80
34.50	Liz Young	79
34.80	Jenny Gorham	80
34.84	Maxine Underwood	80
34.92	Jeanine Brown	79
34.93	Sheila Calmese	79
34.94	Sharon Dabney	78
35.12	Nancy Miller	79
35.14	Liz Hatz	68
35.24	Lorna Forde	79

300 Meters

38.56	Wanda Hooker	80
38.59	Maria Parsons	80
38.68	Jeanine Brown	80
38.74	Rosalyn Bryant	77
39.04	Sheila Polk	79
39.05	Beverly Kearney	80
39.14	Felicia DuPuch	80
39.32	Pam Moore	80
39.44	Nancy Miller	80

400 Meters (* = Yards converted to Meters)

53.11*	Sharon Dabney	78
53.31	Gwen Gardner	80
53.62*	Rosalyn Bryant	80
53.67*	Kim Thomas	80
54.04	Charlette Cooke	66
54.14*	Janell Smith	65
54.20*	Yolanda Rich	80
54.34*	Debra Armstrong	76
54.34*	Pam Jiles	79
54.44*	Gwen Norman	71

500 Yards

1:03.3	Rosalyn Bryant	77
1:04.5	Kathy Hammond	72
1:05.1	Jarvis Scott	76
1:05.1	Gwen Gardner	80
1:05.4	Arlise Emerson	78
1:05.5	Wendy Knudson	73
1:05.6	Kathy Weston	76
1:05.6	Denene Howard	80
1:05.7	Yolanda Rich	77
1:06.2	Marqueta Belk	78
1:06.2	Sherri Howard	79
1:06.2	Diane Gutowski	80

500 Meters

1:11.7	Delisa Walton	80
1:11.8	Rosalyn Bryant	77
1:12.3	Kim Thomas	80
1:12.3	Marie Dwyer	80
1:12.6	Edna Brown	80
1:12.7	Kathy Weston	79
1:13.4	Pam Sedwick	78
1:13.5	Wendy Koenig	75
1:13.7	Judy Fontaine	78
1:13.9	Robin Campbell	78

WORLD

600 Yards

1:18.4	Yvonne Saunders (Can)	74
1:19.3	Robin Campbell (USA)	74
1:20.5	Kathy Hammond (USA)	72
1:20.7	Cheryl Toussaint (USA)	73
1:20.8	Wendy Koenig (USA)	73
1:20.9	Madeline Manning (USA)	75
1:21.1	Jarvis Scott (USA)	72
1:21.1	Debbie Vetter (USA)	78
1:21.2	Doriane Lambelet (Swi)	79
1:21.2	Diann Ousley (USA)	79

600 Meters

1:26.2	Anita Weiss (DDR)	80
1:26.6	Christine Wartenberg (DDR)	80
1:27.0	Marion Hubner (DDR)	80
1:27.2	Ines Schimmel (DDR)	80
1:27.3	Nadyezhda Olizaryenko (SU)	80
1:27.5	Hildegard Ullrich (DDR)	80
1:28.8	Chris Mullen (USA)	80
1:29.0	Verona Elder (GB)	74
1:29.4	Wendy Knudson (USA)	76
1:30.1	Robin Campbell (USA)	74

800 Meters

1:58.4	Olga Vakrusheva (SU)	80
1:58.9	Mary Decker (USA)	80
1:59.9	Ursula Hook (GFR)	79
2:00.0	Martina Kampfert (DDR)	80
2:00.4	Anita Weiss (DDR)	80
2:00.5	Nikolina Shtereva (Bul)	79
2:00.6	Ulrike Bruns (DDR)	78
2:00.6	Heike Rook (DDR)	78
2:00.6	Jolanta Januchta (Pol)	80
2:00.8	Nadyezhda Olizaryenko (SU)	80

1000 Yards

2:23.8	Mary Decker (USA)	78
2:25.6	Debbie Heald (USA)	79
2:25.8	Wendy Knudson (USA)	79
2:26.8	Francie Larrieu (USA)	75
2:27.2	Marcia Romesser (USA)	79
2:27.6	Robin Campbell (USA)	80
2:28.8	Cheryl Toussaint (USA)	75
2:28.9	Ann Mackey-Morelli (Can)	80
2:29.3	Debbie Mitchell (Can)	73
2:29.4	Glenda Reiser (Can)	73

1000 Meters

2:34.8	Brigitte Kraus (GFR)	78
2:40.2	Francie Larrieu (USA)	75
2:40.8	Anna Bukis (Pol)	80
2:41.6	Waltraud Strotzer (DDR)	76
2:41.7	Christine Neumann (DDR)	76
2:42.1	Angelika Herrmann (DDR)	76
2:42.1	Cyndy Poor (USA)	77
2:42.2	Iris Wagner (DDR)	76
2:42.2	Jan Merrill (USA)	76
2:41.8	Anita Weiss (DDR)	80
2:41.9	Martina Kampfert (DDR)	80

JEFF JOHNSON PHOTO



ROBIN CAMPBELL (USA)



GLENDA REISER (CAN)

PETER PROBST PHOTO



ANITA WEISS (DDR)

USA

600 Yards

1:19.3	Robin Campbell	74
1:20.5	Kathy Hammond	72
1:20.7	Cheryl Toussaint	73
1:20.8	Wendy Koenig	73
1:20.9	Madeline Manning	75
1:21.1	Jarvis Scott	72
1:21.1	Debbie Vetter	78
1:21.2	Diann Ousley	79
1:21.6	Lee Ballenger	79
1:21.6	Pam Moore	80

600 Meters

1:28.8	Chris Mullen	80
1:29.4	Wendy Knudson	76
1:29.9	Marie Dwyer	80
1:30.1	Robin Campbell	74
1:30.2	Rosalyn Dunlap	80
1:30.3	Diann Ousley	80
1:31.1	Linda Perry	79
1:31.4	Pam Sedwick	78
1:31.4	Denise Peynaldo	80
1:32.2	Lorrie Oldham	80

800 Meters (* = Yards converted to Meters)

1:58.9	Mary Decker	80
2:03.8*	Madeline Manning	80
2:04.0*	Robin Campbell	80
2:05.3*	Jan Merrill	78
2:05.3	Wendy Knudson	79
2:05.4	Francie Larrieu	79
2:05.8	Debbie Vetter	78
2:05.9*	Cheryl Toussaint	74
2:06.0	Joetta Clark	80
2:06.5*	Doris Brown	71

1000 Yards

2:23.8	Mary Decker	78
2:25.6	Debbie Heald	79
2:25.8	Wendy Knudson	79
2:26.8	Francie Larrieu	75
2:27.2	Marcia Romesser	79
2:27.6	Robin Campbell	80
2:28.8	Cheryl Toussaint	75
2:29.9	Debbie Vetter	79
2:30.3	Barbara Lawson	74
2:30.3	Cyndy Poor	76

1000 Meters

2:40.2	Francie Larrieu	75
2:42.1	Cyndy Poor	77
2:42.2	Jan Merrill	76
2:43.9	Chris Mullen	80
2:45.5	Dana Glidden	80
2:46.4	Brigid Leddy	80
2:47.0	Julie Brown	76
2:47.1	Jacqueline Richards	80
2:48.0	Thoman	80
2:48.2	Judy Graham	76
2:48.6	Kate Keyes	76

ALL TIME TOP 10 INDOOR (continued)

WORLD

1500 Meters

4:00.8	Mary Decker (USA)	80
4:03.0	Natalia Maracescu (Rum)	79
4:03.9	Zamira Zaitseva (SU)	79
4:05.4	Ileana Silai (Rum)	78
4:06.0	Ulrike Bruns (DDR)	78
4:07.8	Tamara Sorokina (SU)	80
4:07.4	Svetiana Guskova (SU)	79
4:07.6	Brigitte Kraus (GFR)	78
4:08.0	Lyubov Smolka (SU)	80
4:08.1	Mary Stewart (GB)	77

One Mile

4:17.6	Mary Decker (USA)	80
4:24.7	Galena Sebelyeva (SU)	70
4:26.1	Doris Brown (USA)	70
4:28.2	Francie Larrieu (USA)	77
4:30.1	Zamira Zaitseva (SU)	79
4:31.0	Jan Merrill (USA)	77
4:31.1	Debbie Heald (USA)	78
4:32.3	Darlene Beckford (USA)	80
4:34.0	Brigid Leddy (USA)	80
4:34.3	Mary Stewart (GB)	79

3000 Meters

8:50.8	Grete Waitz (Nor)	79
8:57.6	Jan Merrill (USA)	78
9:01.8	Cindy Bremser (USA)	80
9:02.4	Francie Larrieu (USA)	74
9:03.6	Giana Romanova (SU)	77
9:06.7	Irina Bondarchuk (SU)	77
9:07.6	Mary Stewart (GB)	76
9:08.4	Brenda Webb (USA)	80
9:08.5	Margaret Groos (USA)	80
9:10.4	Brigitte Kraus (GFR)	78

Two Miles

9:31.7	Jan Merrill (USA)	79
9:37.8	Galina Safronova (SU)	72
9:39.4	Francie Larrieu (USA)	74
9:41.7	Raisa Sadretdinova (SU)	79
9:45.0	Cindy Bremser (USA)	80
9:46.1	Julie Brown (USA)	79
9:52.2	Brenda Webb (USA)	80
9:52.3	Margaret Groos (USA)	80
9:56.9	Valina Ilyinich (SU)	79
10:01.9	Kathy Mills (USA)	79

50 Yard Hurdles

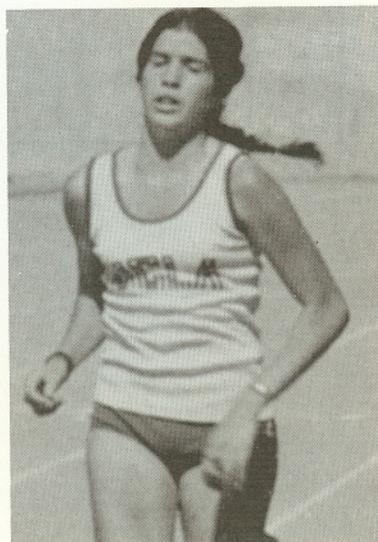
6:20	Johanna Klier (DDR)	78
6:35	Esther Rot (Isr)	78
6:37	Deby LaPlante (USA)	78
6:39	Patty Van Wolvelaere (USA)	78
6:41	Guhrun Wakan (DDR)	79
6:44	Candy Young (USA)	80
6:52	Nina Morgulina (SU)	79
6:57	Sharon Lane (Can)	80
6:61	Lori Dinello (USA)	78
6:64	Irina Litovschenko (SU)	79



DEBBIE MITCHELL (CAN)



MARY STEWART (GB)



KATE KEYES (USA)

USA

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
4:17.9	Debbie Vetter	78
4:18.9	Lynn Jennings	78
4:19.2	Ruth Caldwell	78

One Mile

4:17.6	Mary Decker	80
4:28.2	Francie Larrieu	77
4:31.0	Jan Merrill	77
4:31.1	Debbie Heald	78
4:32.3	Darlene Beckford	80
4:34.0	Brigid Leddy	80
4:35.3	Cindy Bremser	79
4:38.3	Kate Keyes	78
4:38.5	Julie Brown	76
4:39.0	Lynn Jennings	78

3000 Meters

8:57.6	Jan Merrill	78
9:02.4	Francie Larrieu	74
9:08.4	Brenda Webb	80
9:08.5	Margaret Groos	80
9:22.7	Julie Shea	79
9:23.5	Julie Brown	79
9:27.6	Joan Benoit	78
9:23.8	Ellison Goodall	78
9:29.0	Debbie Quatier	74
9:33.1	Marty Cooksey	79

Two Miles

9:31.7	Jan Merrill	79
9:39.4	Francie Larrieu	74
9:45.0	Cindy Bremser	80
9:46.1	Julie Brown	79
9:52.2	Brenda Webb	80
9:52.3	Margaret Groos	80
10:01.9	Kathy Mills	78
10:02.0	Carol Cook	77
10:03.5	Sue Kinsey	78
10:03.7	Jennifer White	80

50 Yard Hurdles

6:37	Deby LaPlante	78
6:39	Patty Van Wolvelaere	78
6:44	Candy Young	80
6:61	Lori Dinello	78
6:65	Stephanie Hightower	80

WORLD

50 Meter Hurdles

6.74	Annelie Ehrhardt (DDR)	73
6.76	Danuta Perka (Pol)	79
6.77	Grazyna Rabsztyn (Pol)	79
6.86	Bettina Gartz (DDR)	80
6.87	Annerose Fiedler (DDR)	74
6.91	Kerstin Claus (DDR)	80
6.94	Teresa Sukniewicz (Pol)	72
6.94	Gudrun Wakan (DDR)	80
6.95	Candy Young (USA)	79
6.96	Ilona Bruzsenyak (Hun)	73

60 Yard Hurdles

7.47	Stephanie Hightower (USA)	80
7.48	Candy Young (USA)	80
7.51	Deby LaPlante (USA)	79
7.54	Patty Van Wolvelaere (USA)	72
7.59	Esther Rot (Isr)	78
7.63	Tatyana Anisimova (SU)	80
7.70	Sharon Colyear (GB)	80
7.72	Rhonda Brady (USA)	79
7.72	Lori Dinello (USA)	80
7.72	Jackie Washington (USA)	80

60 Meter Hurdles

7.77	Zofia Bielczyk (Pol)	80
7.82	Natalia Lebedyeva (SU)	80
7.84	Grazyna Rabsztyn (Pol)	80
7.89	Vera Komisova (SU)	79
7.90	Annelie Ehrhardt (DDR)	74
7.94	Johanna Klier (DDR)	78
7.95	Danuta Perka (Pol)	79
7.98	Tatyana Anisimova (SU)	79
8.00	Bozena Nowakowska (Pol)	76
8.01	Bettine Gartz (DDR)	80

High Jump

6'6"	Andrea Matay (Hun)	79
6'5¼"	Sara Simeoni (Ita)	80
6'4¾"	Rosemarie Ackermann (DDR)	77
6'4¾"	Debbie Brill (Can)	80
6'4½"	Valentina Poluiko (SU)	80
6'4½"	Valentina Akramenko (SU)	80
6'4¼"	Joni Huntley (USA)	80
6'4"	Brigitte Holzapfel (GFR)	78
6'4"	Urzula Kielan (Pol)	79
6'4"	Ulrike Meyfarth (GFR)	79

Long Jump

22'2¼"	Angela Voigt (DDR)	76
22'1½"	Anna Wiodarczyk (Pol)	80
22'1"	Tatyana Schelkanova (SU)	66
22'1"	Anke Weigt (GFR)	80
22'0½"	Ramona Neubert (DDR)	80
21'11¾"	Sigrun Siegl (DDR)	79
21'11½"	Meta Antenen (Swi)	74
21'10½"	Heide Rosendahl (GFR)	71
21'10½"	Tatyana Skatshko (SU)	77
21'9½"	Lydiya Alfeyeva (SU)	76

V. D. RAKT PHOTO



ZOFIA BIELCZYK (POL)

PETER TEMPEST PHOTO



SHARON COLYEAR (GB)



ANKE WEIGT (GFR)

USA

50 Meter Hurdles

6.95	Candy Young	79
6.98	Stephanie Hightower	80
6.98	Kim Turner	80
7.01	Linda Bourn	79
7.03	Deby LaPlante	79
7.11	Carol Thomson	77
7.25	Jackie Washington	80
7.26	Rhonda Brady	79
7.34	Jodi Anderson	79

60 Yard Hurdles

7.47	Stephanie Hightower	80
7.48	Candy Young	80
7.51	Deby LaPlante	79
7.54	Patty Van Wolvelaere	72
7.72	Rhonda Brady	79
7.72	Lori Dinello	80
7.72	Jackie Washington	80
7.72	Benita Fitzgerald	80
7.74	Kim Turner	80
7.74	Karen Weschler	80

60 Meter Hurdles

8.17	Stephanie Hightower	80
8.25	Deby LaPlante	78
8.30	Kim Turner	80
8.37	Karen Weschler	80
8.45	Kim Willis	79
8.48	Debra Beautsch	80
8.54	Rhonda Brady	79
8.54	Benita Fitzgerald	80
8.59	Carol Thomson	77
8.62	Pam Page	80

High Jump

6'4¼"	Joni Huntley	80
6'3½"	Louise Ritter	80
6'3"	Sharon Burrill	80
6'2"	Paula Girven	80
6'1¼"	Sally McCarthy	80
6'0½"	Maggie Garrison	78
6'0½"	Colleen Reinstra	78
6'0"	Pam Spencer	76
6'0"	Wendy Markham	80
6'0"	Jalene Chase	80
6'0"	Yolanda Gibson	80

Long Jump

21'4¾"	Martha Watson	73
21'4¾"	Kathy McMillan	76
21'2¾"	Jodi Anderson	79
20'11½"	Pat Johnson	80
20'10½"	Carol Lewis	80
20'8"	Willye White	72
20'5½"	Becky Kaiser	80
20'5"	Pat Miller	80
20'3½"	Gwen Loud	80
20'3"	Diane Kummer	77

ALL TIME TOP 10 INDOOR (continued)

WORLD

Shot Put

73'9¾	Helena Fibingerova (Cze)	77
70'10	Ilona Slupianek (DDR)	79
69'7¾	Margitta Pufe (DDR)	78
69'1¼	Eva Wilms (GFR)	77
68'2¼	Ivanka Khristova (Bul)	76
67'7¾	Nadyezhda Chizhova (SU)	74
67'6¾	Marianne Adam (DDR)	79
66'10	Ines Reichenbach (DDR)	80
65'9¾	Esfir Brachevskaya (SU)	76
65'6¾	Svetlana Kratshevskaya (SU)	80

100 Yards

10.29	Marlies Gohr (DDR)	80
10.33	Marita Koch (DDR)	79
10.42	Christine Lathan (DDR)	80
10.46	Doris Zanke (DDR)	80
10.48	Renate Stecher (DDR)	74
10.53	Barbel Lockhoff (DDR)	80
10.62	Annelies Hirsch (DDR)	80
10.63	Ingrid Auerswald (DDR)	80
10.64	Romy Muller (DDR)	80
10.68	Brigit Rabe (DDR)	80

100 Meters

11.15	Marita Koch (DDR)	80
11.16	Marlies Gohr (DDR)	80
11.40	Sybille Priebsch (DDR)	76
11.44	Doris Zanke (DDR)	80
11.46	Karla Eberding (DDR)	79
11.48	Christine Brehmer (DDR)	76
11.49	Carla Bodendorf (DDR)	76
11.49	Sybille Pfennig (DDR)	80
11.53	Lyudmila Kondratyeva (SU)	80
11.70	Marina Sidorova (SU)	78



ROSEMARIE ACKERMANN (DDR)



EVÁ WILMS (GFR)

USA

Shot Put

61'2½	Maren Seidler	78
53'5¾	Lorna Griffin	80
53'5¾	Ann Turbyne	80
52'2¼	Kathy Devine	80
52'1	Marcia Mecklenberg	79
51'5¼	Jill Stenwell	80
51'2	Sandy Burke	80
50'11½	Mary Jacobson	79
50'2¾	Annette Bohach	80
50'0¼	Jan Svendsen	73

Three Miles

15:41.4	Pia Palladino	80
15:44.3	Anne Sullivan	80
15:57.3	Peggy Cleary	80
16:05.5	Dana Slater	79
16:09.1	Mary Seybold	80
16:10.2	Karen Bridges	79
16:16.2	Diane Bussa	80
16:18.4	Brenda Saunders	80
16:19.7	Debra Pavik	80
16:20.0	Jill Nolen	80

5000 Meters

16:28.6	Ellen Hornberger	80
16:34.1	Donna Gathje	80
16:36.0	Alanna McCarthy	80
16:29.5	Melanie Weaver	80
16:39.7	Rocky Racette	80
16:40.5	Pia Palladino	80
16:50.7	Heather Carmichael	80
16:51.4	Cynthia Wadsworth	80
16:51.7	Kelly Spatz	80
16:53.5	Marty McElwee	80

WTW

POLICE OLYMPICS (continued from page 22)

hours a session, twice a week, at the Los Angeles Police Academy gym — all on her own time.

Finally arriving at the International event, the anxious team waited five hours on the sidelines. Jeannie began playing the way she begins every competition — with shaky knees. To overcome this, she jumped around just before the game, getting rid of excess energy. Skillful in "setting", Jeannie counted on her teammates to excel in "bumping" and "hitting". She had confidence in her team, which played together for four years, and knew that if they "played like a team and held it together," they could win. She was right, they won their gold medal.

For women who feel they are "too old" for sports, take heart. Every member on Jeannie's team is over 30, and Jeannie feels their maturity is a definite plus when playing as a team. She did state, however, that those team members who stayed in shape during the off season performed much better than those who began training four months before competition. (Jeannie runs 10K and marathon races to keep in

top shape. She ran her first marathon race in San Pedro on October 19, finishing in 4:09.) "The important thing to remember," advises Jeannie, "is that once you're past 30, it's not all down hill. To be good," she continued, "it takes lots of practice, the ability to take constructive criticism, and putting forth your maximum effort."

The three gold medalist are women who do put forth their maximum efforts both in sports and in their jobs with LAPD. For each of these women, being a winner is natural.

If you are an active woman interested in a law enforcement career, find out about the opportunities by calling (213) 386-LAPD.

Judy Meyer
Police and Fire Selection Unit
Room 404, City Hall South
111 East First Street
Los Angeles, CA 90012
(213) 485-2934

WTW

COMPARE FORMULAS!

4

POWER C+

FORMULA



POWER C+ is recognized by leading nutritionists as the most advanced formula for a Vitamin C tablet. Each prolonged-release tablet contains 1,000 mg. of Vitamin C, as mixed mineral ascorbates, and, for increased efficiency, potassium citrate, seven mixed citrus bioflavonoids, rutin, and pectin. Ascorbates are the linking up of a mineral with Vitamin C. The body uses Vitamin C in the ascorbate form; thus, it makes sense to formulate it as ascorbates to ensure maximum assimilation in instances where the body may be deficient in minerals. The minerals present in **POWER C+** are a source of needed electrolytes, and also serve as a buffer, eliminating the side effects of acidosis and diarrhea which often accompany high level intake of Vitamin C. The prolonged release **POWER C+** tablet effectively releases Vitamin C over an extended period of time, supplying adequate levels of this incredible metabolite to the body cells at all times, day or night. Vitamin C is essential for the production of adrenal and other hormones and also has beneficial detoxifying properties. Vitamin C can substantially reduce the time needed for the healing of wounds or injuries; it also steps up energy production and gives a greater sense of mental awareness. Studies with athletes have shown that when bioflavonoids accompany Vitamin C, the effectiveness of the latter is increased by over 50%.

Suggested Use: One tablet with each meal.	Manganese	125 mcg.
	Potassium (Citrate)	60 mg.
	Seven Mixed Bioflavonoids Plus Rutin (Rose Hips, Acerola, Cherry, Orange, Lemon, Grapefruit, Hesperidih)	100 mg.
	*No U.S. Recommended Daily Allowance (U.S. R.D.A.) has been established for this nutrient.	
Each tablet contains:	% U.S. RDA	
Vitamin C (as Mineral Ascorbates Listed)	1000 mg	1667
Calcium	40 mg.	4
Magnesium	40 mg.	10
Zinc	2.5 mg.	17

FORMULA

5

PRO-ZYME



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

Suggested Use: One tablet with each meal.	Pancreas Substance (Enteric Coated)	200 mg.	Amylase Enzymes	100 mg.	
Each Tablet Contains:	Papain (Enteric Coated)	50 mg.	Lipase Enzymes	25 mg.	
Pepsin	50 mg.	Protease Enzymes (Enteric Coated)	100 mg.	Cellulase Enzymes	10 mg.
Bromelain	50 mg.		100 mg.	Betaine HCl	100 mg.
Ox Bile (Enteric Coated)	30 mg.				

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OMNI 2000

FORMULA

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

Suggested Use: One tablet with each meal	(Pyridoxine HCl)	60 mg.	2997	Potassium (Proteiniate)	50 mg.
	Vitamin B12	15 mcg.	250	Selenium (Yeast)	30 mcg.
	(Cyanocobalamin)	200 mcg.	67	N,N-Dimethylglycine Hydrochloride	40 mg.
Three tablets contain:	Pantothenic Acid	60 mg.	599	RNA (Ribonucleic Acid)	60 mg.
Vitamin D3 (Cholecalciferol)	Calcium (Ascorbate)	100 mg.	10	Lecithin	200 mg.
Vitamin E (d-alpha-Tocopheryl Succinate)	Phosphorus (Bonemeal)	50 mg.	5	Choline	60 mg.
400 I.U.	Iodine (Kelp)	30 mcg.	20	Inositol	60 mg.
	Iron (Hydrex)	10 mg.	56	PABA (Para-aminobenzoic Acid)	60 mg.
Vitamin C (Mineral Ascorbates)	Magnesium (Citrate, Ascorbate)	100 mg.	25	Citrus Bioflavonoids	300 mg.
1000 mg.	Copper (Gluconate)	50 mcg.	2.5	Hesperidin	120 mg.
Folic Acid	Zinc (Ascorbate)	15 mg.	100	Pectin	50 mg.
300 mcg.	Chromium (Yeast)	30 mcg.			
Thiamine (Vitamin B1)	Manganese (Ascorbate)	5 mg.			
60 mg.	Molybdenum	30 mcg.	40		
Riboflavin (Vitamin B2)					
60 mg.					
Niacinamide					
60 mg.					
Vitamin B6					



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5 PRO-ZYME

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OMNI 2000 6

_____ btl. 90 tbs.—\$16.95 ea. _____

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SUBTOTAL

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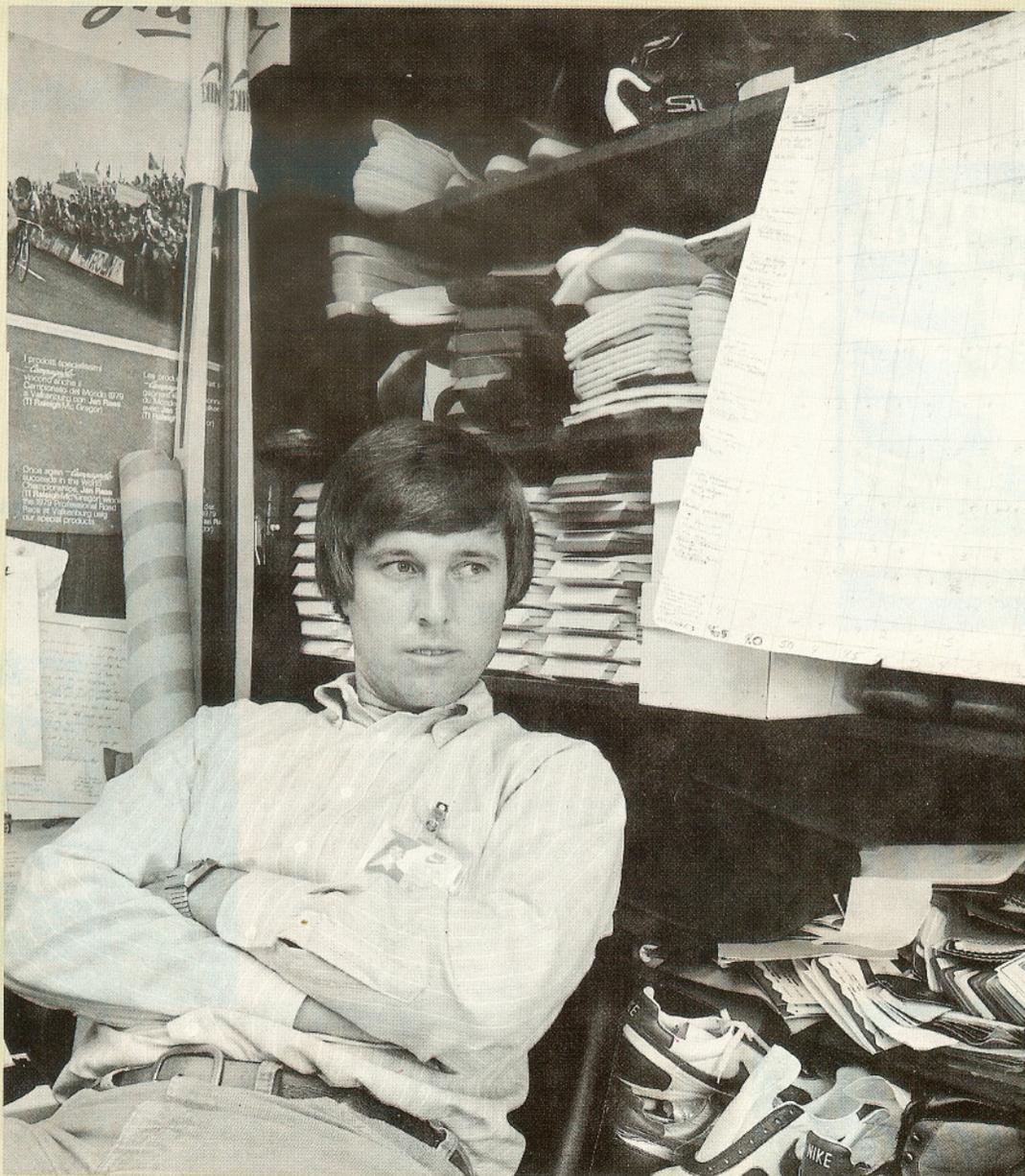
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Actually, this middle-distance runner out of Stanford had us wondering right from the start.

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to our Variable Width Lacing System.

But for all that, the man has no sense of propriety. He'll read dime novels in the middle of a business lunch. Suddenly turn up missing. When we asked him to set up an east coast office in '67, he did it behind a funeral home. And shipped out shoes in embalming fluid boxes.

Under normal circumstances he'd be one of the hard core unemployables.

Because Jeff Johnson is a first class eccentric. A dreamer. In fact, it was during his sleep that he came up with our name.

No wonder we listen.



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