

# WOMEN'S TRACK WORLD

**NUTRITION —**  
YOUR HARD-WORKING HEART

JULY 1980  
VOL. 11, NO. 11  
\$1.50



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CHAMPIONSHIPS**

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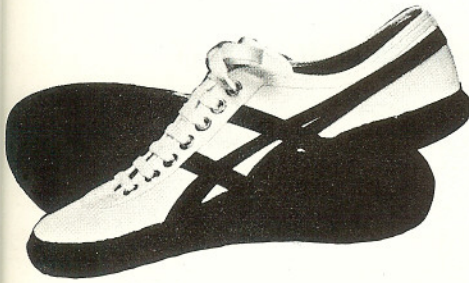
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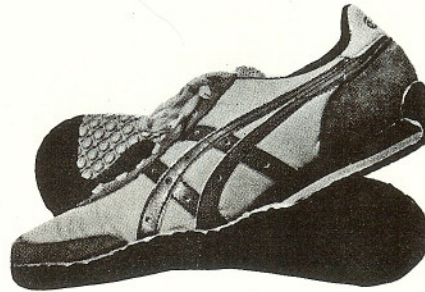
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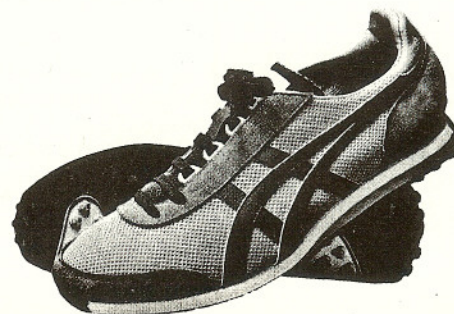
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# WOMEN'S TRACK WORLD

VOLUME 11 — NUMBER 10

JULY 1980

COVER PHOTO: ALICE BROWN, America's Sprint Champion

Photo by: JEFF JOHNSON



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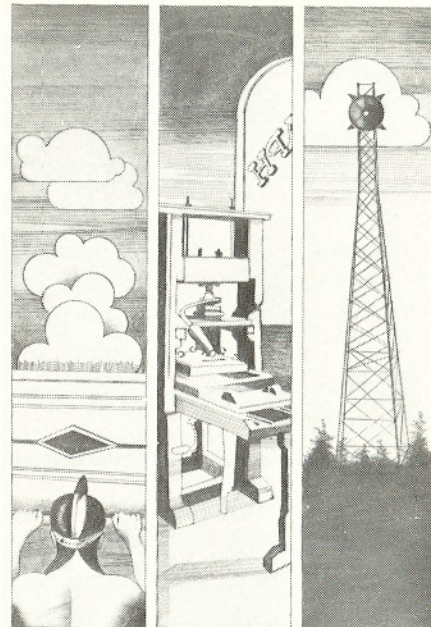
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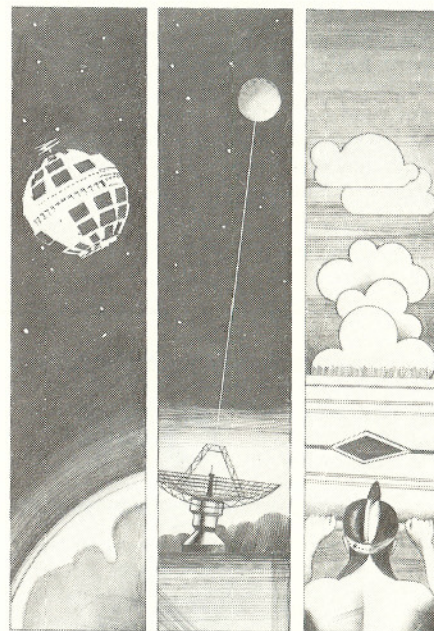
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# KALEIDOSCOPE

If you run the 5000, it helps to be named Mary. There's Mary Shea, Mary Walsh, Mary Rawe, Mary Seybold, Mary Kunkel, Mary Spencer, Mary Small, Mary Pils and Mary Weis all in the USA listing for 1980 . . . Former top athlete Cyndy Poor will be at Idaho State next year as one of their coaches . . . Now it's Madeline Manning Mims — MMM . . . How do you pronounce Texas hurdler Tammy Etienne's last name? Say "Asian" and add an "h" after the "s" and you've got it — Ashian . . . UCLA expects to have a "B" team run the 4x800 in 8:45 next year . . . We talked about Su-Mei Lee and Sue Lee last month. Now add yet another — Agatha-Sue Lee from Lafayette, California . . . In the seven major relay meets held in the USA each year (Texas, Mt. SAC, Kansas, Penn, Drake, West Coast and California), top performances in nine events occurred at Mt. SAC. The California Relays at Modesto produced three best marks with Texas, Penn and Drake each grabbing one best.

Australia selected nine women for the

Olympics in Moscow. Denise Boyd, Raelene Boyle, Penelope Gillies, Pam Matthews, Gael Mulhall, Colleen Pekin, Petra Rivers, Chris Stanton and Debbie Wells . . . Dana Slater won the US Women's 10000 meter championships at Albany, NY, on March 30 in 33:26 ahead of Judi St. Hilaire (33:31), Ellen Hart (33:40) and Karen Bridges (33:41) . . . Tennessee has signed top ranked high school distance runner Kathy Bryant of Ohio . . . 32 of Tennessee's 33 points at the AIAW will be returning in 1981 . . . Fine movie on TV called "Golden Moments" about the love affair between the Russian gymnast and the American decathlon performer. A few points were knocked off its rating however, as Dick Enberg, playing an announcer, kept calling it the "deca-A-lon" . . . And speaking of announcers, Charley Jones called all the competitors "ath-A-letes" on the TV showing of the US Olympic Gymnastic trials.

Interesting Note: The Soviet Union unilaterally cancelled out on the annual



Remember, only you can prevent forest fires.

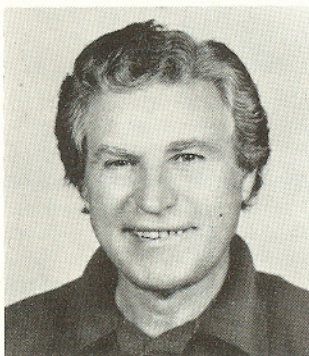
I can't

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USA-USSR competitions this year as well as the USA-Canada-USSR pentathlon meet. I wonder why? . . . First Pan American Junior Games will be held at Sudbury, Canada, on August 29/31 . . . From the coach's bulletin board, "The Gunslinger Rule — Have confidence, swagger and come out smoking!".

WTW

## REEL OFF



Wouldn't it be great to be able to find out where some of the rules come from and who is responsible for them. The high schools, especially those in California, have once again come up with some strange new "rules". Now they have come up with such gems as the "1600 meter run" and the "3200 meter run". What genius is responsible for those beauties? Does any nation in the world run a 1600 and/or a 3200? How can our athletes compare their performances with the rest of the world as long as we stick by these unheard of distances. This brilliant rule was actually over-shadowed at the recent California State Championships by a fantastic new way of qualifying athletes from the trials to the finals. No one, not the IAAF, not the NCAA, not the NAIA, not the USA/TFF, not the NAGWS, not the AIAW, not the National Scholastic body, no one has ever

dreamt this one up before. The California officials decreed that in the trials at the State Championships, the fastest eight times would move into the final. So what happened? The State's fastest 800 runner won her heat by, according to reports, "more than 15 yards" — but did not qualify. Sprinters won trial heats running into the wind and were eliminated by sprinters running trial heats with an aiding wind. Most of the rules of the above-named governing bodies contain this statement, or one similar to it: "At least the first two and preferably the first three placed in preliminary heats SHALL advance to the succeeding round. OTHER qualifiers may be decided according to their times". Please, gentlemen or ladies, allow us to return to sensible rules.

WTW

# “Qualifying”

In recent weeks we have attended the climatic competitions of the season — the AIAW Championships, the National Pentathlon Championships and the TAC National Championships. Each of these meets requires entrants to have achieved certain marks during the year which qualifies the individual to take part. There were virtually no problems at the AIAW Championships for the simple reason the Committee in charge did an excellent job of checking submitted entry marks. The same cannot be said for the Pentathlon and TAC meets. Some weird happenings took place at these two meets which are briefly described below.

At the Pentathlon Championships we bumped into the seemingly ageless problem of foreign athletes competing in our National Championships. First of all, we have never found a rule in the books stating a foreign athlete cannot compete. The “understanding” is that if US athletes are allowed to take part in the National Championships of a particular country, then the athletes from that country may take part in our National Championships.

At Santa Barbara, there were three foreign competitors — two in the Junior Division and one in the Senior Division. When awards were made, two of the three were ruled eligible to receive awards because they “represented a club or institution in the USA”. The third was ruled ineligible because she had been entered as “Unattached”. Actually, the unattached athlete had just graduated that week from Corona Del Mar High School in California and, at least to me, seems to be quite a bona-fide resident of the State. Had she entered for her high school, she would have received her award.

There are discrepancies all over the place. First of all, the entry blank states on one page “This competition is open to foreign athletes”. Turn the page over and one sees “Foreign athletes finishing in the top six places will receive appropriate awards”. Nowhere does it state anything about being a member of a US Club.

Brazil's Themis Zambrzycki won the Senior title. She received an award. In the newspaper summaries the following day, Zambrzycki was listed as representing “BYU/Brazil”. We discovered Zambrzycki had been entered by Lyle Knudson for “Athletes International” and by the LANTC as “Unattached”. Zambrzycki had never signed either of the two entry forms.

Who printed the entry blanks? Who established the rules as listed on the entry blanks? And were the rules printed the correct rules or simply something that had been “handed down” through the years without having been checked. We were told “We have NEVER given awards to foreign athletes” — to which I simply reply please come look in Chi Cheng's closet and tell me what all those AAU medals are for. What we are asking is for uniformity at all meets and a clearing of the air by the rules committee. If these foreign athletes are not to receive awards, then so be it. But don't surprise them once they have arrived at the scene.

The confusion at the TAC Championships was another story. First bluster came in the 800 when one of the athletes entered had not met the standard and was ruled out. Her best time was 2:06.5, half a second away from the required mark. She complained about others who had been okayed and the result was the disappearance of several other entrants. Six runners took part in the first heat and only four in the second. At least one of the runners in Heat One certainly did not show enough talent to have run 2:06 during the year, finishing in close to 2:18.

There were others who evidently had been entered and certified but who displayed a noticeable lack of ability. Prize example was the long jumper who had a best mark of 14'0½ and a worst of 8'8¼ wind-aided and on the board!

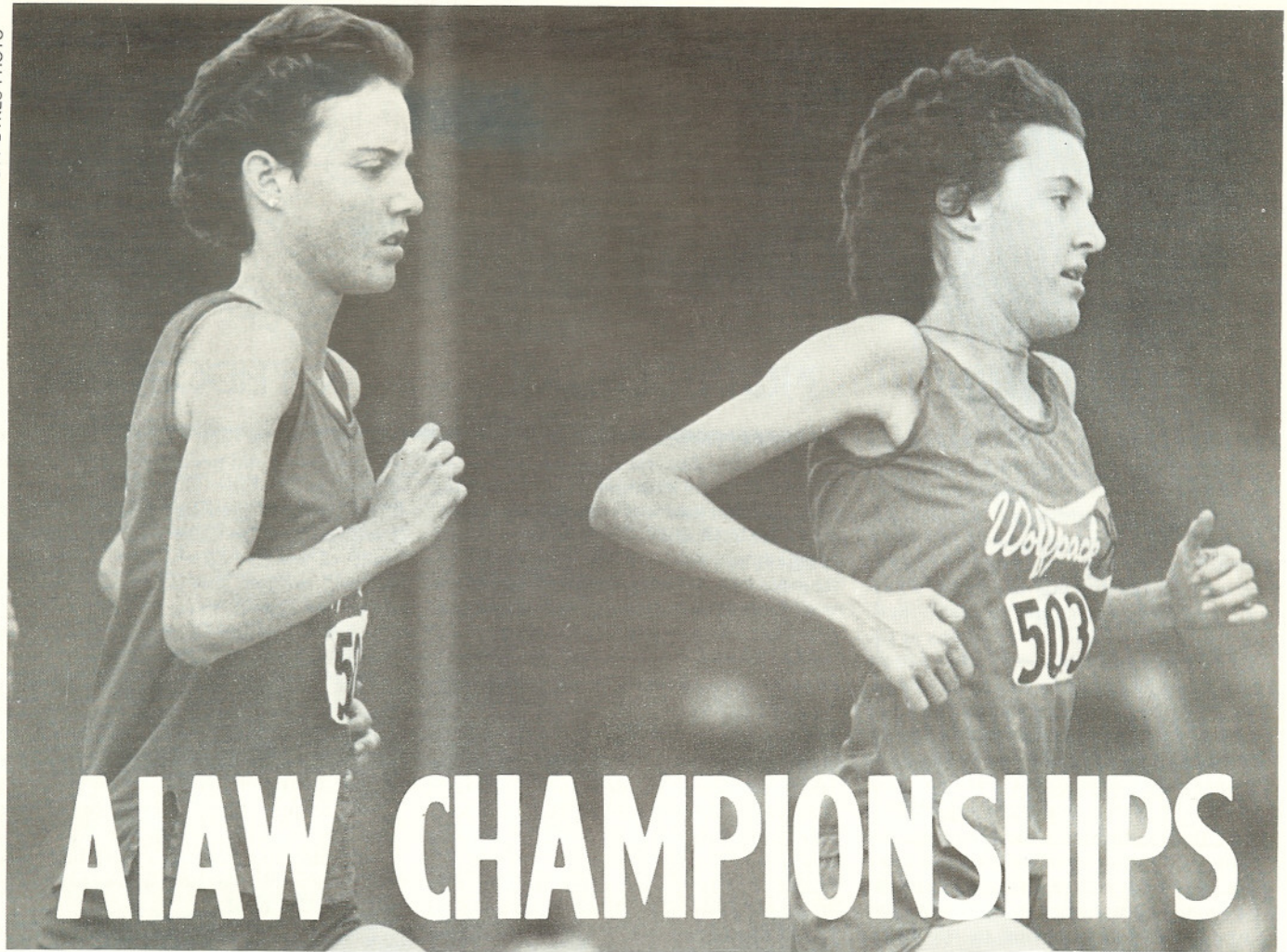
But the case which caused the most confusion was Julie Brown in the 1500. The official explanation for Julie not running the final of the 1500 was “she did not check with the clerk and declare her

presence in the race”. In view of the fact that the clerk did not abide by such a rule (for example, the pole vault began at noon and at 12:45 there were still vaulters coming onto the field with their poles, none of whom had checked in), and in view of the fact this is undoubtedly not true, we repeat here the story as we learned it and ask for anyone with proof this is not correct to let us know.

The problem began before the meet began. Julie Brown had not met the qualifying standard. Her coach, Chuck Debus, took written statements from her doctor to the chairman of the Women's T&F Committee and, because of Brown's injuries in early season, she was given permission to compete by the Chairman. And so she ran her heat and easily qualified for the final.

Comes the day of the final and a protest has been filed. Upon arrival at the stadium, Julie and her coach are notified she cannot compete in the final. Coach appeals to the Chairman requesting she be allowed to run without scoring as Tennessee State had been allowed to run in the mile relay the year before. Permission was granted. Julie shows up at the starting line. Clerk informs her she cannot run. Coach runs to Chairman's tent and is once again given the ok. Coach runs to clerk with this information. Clerk runs to Chairman's tent, returns and says “You cannot run”. Bang goes the gun. Is this a correct sequence of events? Let's hear it from the powers.

First mistake was allowing her to run in the trials. They would not allow Jane Frederick to enter the long jump or Marcia Romesser to enter the 800 — they must be consistent and simply say “no”. The inconsistency is what causes the trouble. If you're the boss, be the boss. The standard is either made or is not made. It's that simple. Let's get these rules established and keep them. It isn't fair to the athletes to be in a constant state of suspension with momentary whims ruling the day.



The most familiar sight at the AIAW Championships — Julie Shea and Mary Shea. The "Two-Shea" sisters ran the 3000, 5000 and 10,000 with Julie winning all three.

Eugene, Oregon, May 21/24 — They say history repeats itself. And it did in Eugene, home of the best bunch of track nuts in the USA. As is usual, it rained at the AIAW Championships as it has done six of the last seven years. And as usual, Cal State Northridge came charging down the stretch to win its third consecutive National title and maintain its record of never having finished worse than second in the history of the event.

Northridge was not picked to win. Nebraska, Cal State Los Angeles and North Carolina State were all given the nod over the Debus coached crew. Nebraska fell apart somewhat, but both North Carolina State and Cal State LA lived up to expectations. The difference was Northridge exceeded expectations. Here's the way things turned out —

**1. Cal State Northridge 59 points:** Northridge is a track team. They are not unfriendly or surly on the field as some teams tend to be, but they don't trot onto the field with their tape recorders and portable radios and jump about before or between events. They know what they

are there for and they are prepared. So many of their athletes came through with personal and seasonal bests that newsmen in the press section began demanding blood tests.

Leading the Northridge crew was a freshman who ran last year for Little River, Kansas, wherever that is. Sandra Myers, who was picked to tally six points, ended up with two wins, 20 points and a new American record in the 400m hurdles. Plus anchoring the sixth place 4x400 team. Two weeks previous, Myers had not been invited to compete in the UCLA-Pepsi Invitational in the long jump. Her best mark of 19'8½ did not warrant an invitation and so she sat and watched as one of the best long jump competitions ever staged in the USA was run. Four jumpers over the 21 foot mark. After the meet had ended, Myers moved onto the field, took six jumps and was happy with a leap of 20'11. What was not satisfying was a nagging muscle injury which she picked up the following week while jumping at the SPA District Championships at UCLA. Constant

treatment for the next days allowed Sandra to travel to Eugene. In the trials she hopped 19¼ on her first effort, passed her last two chances and qualified in 9th position. Two days later, she was the first jumper in the final, sped down the runway full of adrenalin and popped out 20'7¼ and that was that. She took two more jumps, then passed her final three tries ready to resume jumping should anyone pass her. Wisconsin's Pat Johnson, the AIAW Indoor champ, came close and any one of her final three efforts would have won it — but all were fouls and she finished three-fourths of an inch behind Myers. Jennifer Innes, CSLA, also had a good shot at Myers, but she too buckled under the pressure and fouled her last two jumps, both of which were beyond the 21 foot mark.

Myers came back later in the day on Thursday to win her 400 hurdle heat in 58.75, fastest of the four heats. On Friday, Myers was second behind favored Edna Brown of Temple in the semi-final as Brown ran a new field record of 57.62. In the final, Brown had the advantage in



Lane 3 over Myers in Lane 5, and the two were fairly even most of the way. Myers took the lead over the 8th hurdle, poured on the coals between the 8th and 9th barriers and took all the sting out of Brown as she continued on for her new American record of 56.40 breaking the old mark of 56.61 set by Prairie View's Mary Ayers in 1977.

Another come-through performer for Northridge was sprinter Andrea Lynch. A finalist in the Olympic 100 at Montreal, the world had not treated Andrea with respect since that time as injury after injury plagued her. This year was no exception and finally the CSN coaches limited Andrea to running only on the straight — eliminating the 200 and keeping her from number one or three positions on the 4x100 relay team. Andrea had not really gone all out since early in the year, but this was the time. Drawing the worst post position in the 100 final, Lane 1, Andrea swooped over the final part of the race, passed Ottey and came only 5/100 from teammate Alice Brown. Andrea also contributed greatly to the Northridge win in the 4x100.

One cannot, of course, overlook the other Northridge performers such as Alice Brown with a win in the 100, a second in the 200 and a leg on the winning 4x100 team. Or Kari Gosswiller who picked up a couple more digits with her fifth place in the high jump. It was a great team victory and required every team member to perform up to her potential because one thing was sure — North Carolina State was pretty certain of scoring more than 50 points and Northridge had to top them. Most observers gave up on Northridge when versatile Jodi Anderson dropped out of school to concentrate on preparing for the Olympics and sprinters Valerie Brisco and Sandra Howard also gave up the ghost and withdrew. But they didn't take into consideration determination, conditioning and desire.

**2. North Carolina State 55 points:** As the French would say, it was almost "Two-Shea" for the rest of the country as Julie and Mary Shea, with much help from Betty Jo Springs, nearly pulled it off. Julie was a triple winner, Mary added eight points in the 10k, six more in the 5k and another in the 3000. Springs picked up a surprise third in the 10k and a fourth in the 5000. Although they didn't do it in the manner we anticipated, we predicted 55 points for North Carolina State and that's just what they got. An amazing display of running by the three ladies and an extra yip of delight for Julie.

**3. Cal State Los Angeles 40 points:** Northridge had its Myers, North Carolina the Shea's and Cal State LA had

Yolanda. Bearing the brunt of the LA attack, Yolanda Rich proceeded to tally a win in the 400 (where she was defending champion), anchor the winning medley relay team with a splendid final 400, run a leg on the second place 4x100 relay team and move into the final of the 200 where, in her 10th race in three days, she managed to drag herself in to last place, just a little tired. Rich got much help from Jennifer Innes who picked up a third in the long jump, and Jackie Pusey with a third in the 200.

**4. Tennessee 33 points:** Coach Terry Hull's group was the surprise of the competition. Picked to tally no more than 10 points, the people from Orange County ended up with 33 and fourth place. Most thanks goes to a terror of a freshman, Delisa Walton. Walton used the three days to win the 800 and anchor the second place medley team as well as anchoring the 4x440 team with a 53.1 lap. Benita Fitzgerald scored just what was expected of her with her third in the 100m hurdles and a real plus came from shot putter Rose Hauch who has had at best a ho-hum season. At Eugene she uncorked a toss of 53'3 on her first effort, scaring the favorite Meg Ritchie out of her skin. Ritchie took over the lead on the second round, but Hauch held on for eight points. Susan Thornton added yet another digit with her life-time best for sixth place in the shot.

**5. UCLA 30 points:** At a pre-meet press luncheon, Coach Scott Chisam had been asked to speak for a few minutes on the "team battle". Scott, whose 1979 team scored all of two points remarked he hoped to double his 1979 score — but actually, UCLA was the enigma of the meet as they had strength in nearly all facets of the scoring, but the athletes were not top heavy favorites and UCLA could possibly win it all if everyone came through — or, they could end up like 1979 with everything a disaster. As it turned out, their product was just about their average with some good and some not so good. The Bruins won the two mile relay in a battle with Oklahoma and surprising Washington. Linda Goen was second in the 1500 and anchored the winning two mile relay team. The 4x440 team was second and Cynthia Warner picked up four digits in the 800 and that was it. The Bruins were not without disappointments as Tonya Alston, one of the favorites, was forced to drop out of the pentathlon with a pulled hamstring and Arlise Emerson, running in an outside lane, mis-calculated and was eliminated in the 400 trials. But the biggest disappointment came to Gwen Loud who was sixth in the long jump at 197. All three of Loud's last jumps were beyond the 21 foot mark but she constantly took off from far behind the board. Her last

effort, the 1977 performance, was at least 18" from the scratch mark.

**6. Arizona State University 29 points:** The Sun Devils have been perennial bridesmaids at the AIAW championships in the past. Usually, they did not score as many points as they had been expected to score. But for 1980, they were predicted to score 29 points and finish sixth. They scored 29 points and finished sixth. Val Boyer tallied in both sprints, sixth in the 100 and fourth in the 200. The 4x100 team was third. Colleen Rienstra won the high jump over favored Paula Girven and Ria Stalman uncorked her best throw of the year for second in the discus. Only disappointment was the failure of Celeste Wilkinson in the javelin. Wilkinson, fourth last year and one of the leaders in 1980, failed to make it to the final as she threw only 150'3.

**7. Nebraska 28 points:** Nebraska took itself out of championship contention before the meet ever began as they scratched their aces from the mile relay. Their only hope was to win the 100, 200, 400 and the medley and 4x440 relays. That, however, would have entailed much, much running by Marlene Ottey and Jennie Gorham and Coach Carol Frost wisely put the condition of the athletes before winning. As it was, Nebraska had troubles right from the start. Pentathletes Nancy Kindig and Sondra Obermeier, who had hoped to garner 6-8 points ended up with just one. Ottey had difficulty against the quick, short sprinters and collected six points in the 100 instead of 10. Likewise Gorham met with opposition and finished the 400 in fourth place. And in spite of speedsters Ottey and Gorham running the last two legs of the medley, Nebraska met its Waterloo in Cal State Los Angeles and Tennessee.

**8. Arizona University 24 points:** Arizona was expected to score 20 points with Meg Ritchie, but thanks to Joy Hansen and her splendid run in the 3000 for fourth place, the Tucson based team finished in 8th place. Hansen has not been sensational during the outdoor season, running well but not outstanding. In Eugene, she came into her own with a sub 9:20 performance. Ritchie, of course, was a shoo-in although Hauch gave her some uneasy moments in the shot.

**9. Wisconsin University 20 points:** Wisconsin surprised. Expected to score 12 points, 10 of them by Pat Johnson, they ended up with 20, only eight of them by Johnson. Rose Thompson of Kenya, pulled in a sixth in the 1500 and came back for a surprise second in the 3000. Effervescent Suzie Houston picked up a seventh for honorable mention in the

JEFF JOHNSON PHOTO



Merlene Ottey, Nebraska

1500 but joined with three others for a sixth place in the 4x880 to end a good year for the Badgers.

**10. University of Oregon and University of Maryland 19 points:** Oregon fans put so much pressure on their athletes it is amazing they can come through at all — but they do. We thought both Oregon and Maryland would score about 10 points more than they did, but the competition was rough and it was close. Oregon won the 4x440 relay to end the four day affair amid controversy and claim of 'foul'. Leann Warren was second in the 800 and Grace Bakari sixth in the 400. Only the collapse of their weight throwers cost the Ducks a higher score. As for Maryland, they too, suffered some downers. Girven did not win the high jump but finished third. Jalene Chase, however, was fourth in the high jump to maintain the projected points in that event. Marita Walton kept the Maryland team in the point chase with a third in the shot and a fifth in the discus and the medley relay team added another point with a sixth place finish.

**Others:** Absences caused eyebrows to lift. Texas Southern, expected to be in the thick of the title chase, suddenly an-

nounced they "had not budgeted" for the AIAW National Championships. Their absence greatly affected the sprints, hurdles and relays. June Griffith of Adelphi, the 400 favorite, didn't show. Beckford of Harvard was absent. All had been expected to take part by the meet directors. The wonder is how can a school suddenly announce they had not "budgeted" for the Nationals. What can a coach tell a prospect in such a case?

Meet preparation and conduct was excellent. Weather cannot be complimented, but as stated earlier, this is the sixth time in seven years that it has rained at the AIAW Championships. Only the meet at UCLA was a sunny affair. We thought we might be in for a bit of trouble the opening day as publicist Janet Heinonen, speaking about the meet announcer at Oregon said, "We have a rather 'folksy' type announcer" — and then the announcer proceeded to call Seippel "Seipper" and Brownell "Brownwell" and Stary "Starey" and Zambryzcki "Zambryscka" and Zwart "Zawert!" — but fortunately, the pentathlon announcer was a walk-on and the final three days were great.

Event by event, here's how it went:

**100 Meters:** The track was wet when

the heats of the 100 meters took place. Five heats were scheduled and all eyes were on Merlene Ottey, seeded number one, in the first heat. Rumors about her start were rampant and as the gun fired it was apparent Ottey cannot be listed as the greatest starter in the world. She appeared awkward and was definitely last out of the blocks. Once underway, however, there was no doubt that she can fly. Val Boyer led the first part of the race, but once Ottey got untracked, it was all over and the Jamaican won easily in 11.59. Heat Two gave the fans a look at Alice Brown of Northridge and Benita Fitzgerald of Tennessee. Brown is no slouch at the gun. She was out quick and powerful and had a four-tenth margin over Fitzgerald at the tape, clocking 11.48s. Two-time defending champion Leleith Hodges topped the third heat and won in leisurely 11.71. Olympian Andrea Lynch of Cal State Northridge took the fourth heat in 11.80 and Michigan State's new sprint sensation Diane Williams won the last heat in 11.91. No real big upsets in the heats although Hawaii's Shari Fox, Jackie Mays of Angelo State, Cheryl Osborne from Utah State and Lanessa Jones of UNLV all failed to make it to the semis. And Cal State Northridge had four sprinters advance to the next round.

The first semi brought teammates Brown and Lynch together and they finished 1-2 in 11.17 and 11.29 in a wind-aided race (+2.14). Ottey, showing she is capable of a good start, easily won the second semi in 11.36 over Arizona State's Val Boyer. Jennifer Innis, Sharon Colyear and Stephanie Hightower were eliminated — and Northridge had three runners in the final.

They squeegied the water off the track for the final, but Lynch was at a disadvantage running in Lane One. It became apparent as the meet progressed that the most important official in Eugene is the head of the squeegie department. The four favorites lined up with Lynch in Lane 1, Hodges in 5, Brown in 6 and Ottey in 7. Northridge's Florence Griffith was charged with a false start, but they were away on the next try. It was all over after the first 20 yards with Brown out very quick and Ottey reacting by overstriding. Hodges, noted as a fast starter, found herself left at the post and ended up in fifth position. Meanwhile, Lynch, running all alone in Lane One, gradually crept up on Brown and was only 5/100th behind at the tape. Had their lanes been reversed, their positions might also have been reversed. It was the best race Lynch has run for three years. Ottey, as is her habit, closed fast over the final 20 meters, but it was too late. As she has in the past, Merlene ran her semi faster than her final. Diane Williams slipped in ahead of Hodges to pick up fourth.



Three-fourths of CS Northridge's winning 4x100 team, left to right, Andrea Lynch, Florence Griffith and Alice Brown. Missing is Jeanette Bolden.

**HEATS** (Three qualify from each heat plus the fastest loser). 1, 1—Merlene Ottey (Neb) 11.59, 2—Val Boyer (ASU) 11.73, 3—Elaine Parker (Cal) 11.91, 4—Belinda Little (Ala) 11.94, 5—Pat Fowler (Wichita State) 12.18, 6—Beverly Kearney (Aub) 12.37, 7—Becky Kaiser (Ill) 12.82; 2, 1—Alice Brown (CSN) 11.48, 2—Benita Fitzgerald (Tn) 11.97, 3—Melanie Batiste (Ore) 12.08, 4—Wanda Harris (Ark) 12.17, 5—Sharon Walker (E.Ky) 12.22, 6—Shari Fox (Haw) 12.37, 7—Lori Green-Jones (Kan) 12.40; 3, 1—Leleith Hodges (TWU) 11.71, 2—Florence Griffith (CSN) 11.87, 3—Sharon Colyear (Bost) 11.97, 4—Cheryl Osborne (UtahSt) 12.26, 5—Veronica Walker (Ga) 12.37, 6—Vivian Riddick (PennSt) 12.49, 7—Michelle Gimblett (Haw) 12.59; 4, 1—Andrea Lynch (CSN) 11.80, 2—Leola Toomer (Md) 12.09, 3—Jennifer Innis (CSLA) 12.11, 4—Jackie Mays (AngSt) 12.37, 5—Vickie Finch (Houston) 12.43, 6—Colleen Hanna (ISU) 12.48, 7—Beatrice Reese (UTEP) 12.53; 5, 1—Diane Williams (MSU) 11.91, 2—Jeannette Bolden (CSN) 12.16, 3—Stephanie Hightower (OhioSt) 12.24, 4—Constance Ward (CS Bakersfield) 12.40, 5—Rosalind Love (Howard) 12.70, 6—Lanessa Jones (UNLV) 12.71. (All heats run into a headwind.)

**SEMI-FINALS:** 1, 1—Brown 11.17w (+2.14), 2—Lynch 11.29w, 3—Williams 11.32w, 4—Fitzgerald 11.57w, 5—Little 11.78w, 6—Toomer 11.82w, 7—Batiste 11.83w, 8—Colyear 11.87w; 2, 1—Ottey 11.36, 2—Boyer 11.54, 3—Hodges 11.56, 4—Griffith 11.64, 5—Innis 11.78, 6—Parker 11.84, 7—Hightower 11.87, 8—Bolden 11.93.

**FINAL** (+1.46), 1—Brown 11.27, 2—Lynch 11.32, 3—Ottey 11.38, 4—Williams 11.49, 5—Hodges 11.50, 6—Boyer 11.56, 7—Fitzgerald 11.77, 8—Griffith 11.81.

**200 Meters:** Only 19 sprinters declared for the 200 and three heats eliminated

only three athletes — one of which was disqualified. Pusey, Ottey and Brown were the heat winners. Ironically the first and third heats were run into a headwind while Ottey's heat in which she clocked 22.88 was listed as wind-aided. Dorothy Scott of Texas Woman's University was the disqualified runner as she slipped into Lane Seven on the home straight after starting the race in Lane Eight.

Ottey turned it on in the semis with a legal 22.56 for a new meet and collegiate record. It was a beautiful run and the Nebraska sprinter was nearly a full second in front of Val Boyer. CSLA's Jackie Pusey took the measure of Alice Brown in the second semi, hand-timed in 23.2 to 23.3.

The three favorites were placed in Lanes 3 (Pusey), 4 (Brown) and 5 (Ottey) for the final and if ever Brown had a chance to psyche out Ottey, now was the time. All knew that the short speedster would bomb out of the blocks and whisk past Ottey on the turn. The question then remained as to Ottey's reaction. Either

she would collapse after being passed so quickly and so soon, or she would dig down and run her own race for the victory. The race went according to plan and Brown went by Ottey on the turn like Genuine Risk. But Ottey stuck to her guns and came back to win in 22.86 as Brown was timed in 23.23. A very tired Yolanda Rich, running her 10th race of the competition, finished last.

Commendations must be given to the starters for their excellent work. Unlike those from Southern California who make every effort to fire the gun before completing the order to "set", the Oregon starters kept it easy and effortless, holding the athletes in the "set" position until all were still and motionless, then fired the gun. As it should be.

Ottey once again continued her strange habit of running faster in prelims than in the final. In spite of both the heat and the final being wind-aided (which should have helped), she ran the semi with a

(continued on page 11)

# The LONG & The SHORT of it!

*Dr. Magrann is a member of the American Academy of Podiatric Sports Medicine and is in Private Practice in La Palma, California. He is a long distance runner and has completed 12 marathons.*

How many times have you heard your non-running friends refer to runners as a "little off" or "we're not all there". Probably more times than you care to remember. However they are not too far from the truth. In many cases we are a little off . . . on one side or the other. Although many people do not realize it, leg length discrepancy is a common occurrence. Most discrepancies are small enough (less than 1/4 inch) that there are no overt signs or symptoms.

The runner however, is different. If you take an average 150 pound runner each foot hits the ground 800 times per mile and over a course of 10 miles he receives 600 tons of impact per foot. We also know that running causes three times the amount of force throughout the body (four times when going down hill) than walking. So an easy rule of thumb is to multiply the discrepancy by a factor of three. If a person has a 1/8 inch leg length discrepancy this would probably cause no problems in the daily routine of walking and standing. But if that same person begins to run, that 1/8 inch is converted to

a 3/8 inch difference and symptoms will follow.

Symptoms usually consist of pain around the hip joint or low back. The pain is usually deep in the hip joint and can become very severe.

There are two types of length discrepancies. One is an anatomical shortening, where a specific joint or bone, or both are shorter on one side. This may occur above the pelvis in the back or below the pelvis in the hip, knee, ankle, or foot.

The second type is known as a functional leg length difference. This occurs when one foot is flatter than the other. During weight bearing the deformed foot flattens and causes the affected side to shorten. In either situation, the short leg will develop the symptoms.

Treatment consists of either a heel lift usually one half the amount of the deformity or balancing the feet with functional orthotics. In either case treatment is easy and the problem quickly resolved. An example (we'll call our patient Jim)

case is Jim, a 55 year old runner who came into my office. He had been enjoying running for three months. He developed left hip pain about one month prior to coming into my office. He tried various shoes and exercises but the pain persisted. X-rays taken of the hip showed a moderate amount of arthritis in the left hip. This was a result of a lifetime of walking on a shorter leg. I told him the prognosis for running was not good due to the amount of hip joint degeneration already present, but he was eager to run and was willing to take a chance. I balanced his feet by using a full length leg lift. After three weeks Jim was running his daily three miles pain free.

So if you think you are "a little off" check yourself in front of a full length mirror. Make sure your shoulders, hips, knees, ankles and feet are even and symmetrical. If you find a discrepancy try a heel lift on the short side. If that doesn't relieve your symptoms seek professional help.

WTW



*They didn't score a Knockout at the Nationals, but the University of Oregon weight crew will kill you in a dual meet. Undoubtedly the deepest weight team in the nation, the Oregon throwers are, left to right, back row: sophomore Carrie Albano (SP 48'4 1/4), senior Denise O'Brien (JT 148'11), freshman Lisha Lass (DT 159'7), freshman Sally Harmon (JT 158'9) and senior Kathy Picknell (DT 154'1); front row: sophomore Kelly Buntjer (SP 42'9), sophomore Lori Dresser (SP 42'9 1/4), senior Mary Stevenson (DT 158'9), senior Lisa Vance (JT 143'5) and not shown is senior Louise Jean-Marie (JT 145'7).*

WTW

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## AIAW CHAMPIONSHIPS (continued from page 9)

legal wind faster than either of her other races.

**HEATS** (Five qualify plus fastest loser), 1, 1—Jackie Pusey (CSLA) 23.86, 2—Roberta Belle (Morgan State) 24.37, 3—Carman Rivers (UTEP) 24.84, 4—Cheryl Osborne (Utah State) 25.04, 5—Lori Green-Jones (Kan) 25.11, 6—Donna Renee Sherfield (Texas) 25.82, Dorothy Scott (TWU) disqualified; 2, 1—Merlene Ottey (Neb) 22.88, 2—Yolanda Rich (CSLA) 23.68, 3—Debra Pinnex (N.TxSt) 23.85, 4—Jackie May (AngSt) 24.35, 5—Gwen Loud (UCLA) 24.37, 6—Beverly Kearney (Aub) 24.51; 3, 1—Alice Brown (CSN) 23.45, 2—Val Boyer (ASU) 23.75, 3—Cheryl Gilliam (MSU) 24.19, 4—Melanie Batiste (Ore) 24.26, 5—Belinda Little (Ala) 25.52, 6—Debbie Lewis (PennSt) 26.09.

**SEMI-FINALS:** 1, 1—Ottey 22.56, 2—Boyer 23.36, 3—Rich 23.52, 4—Gilliam 23.82, 5—Kearney 24.11, 6—Loud 24.15, 7—Rivers 24.49, 8—Osborne 24.69; 2, 1—Pusey 23.2 (hand-timed), 2—Brown 23.3, 3—Pinnex 23.5, 4—Belle 23.8, 5—Little 23.8, 6—Batiste 23.9, 7—Green-Jones 24.5.

**FINAL:** 1—Ottey 22.85w (+2.64), 2—Brown 23.23, 3—Pusey 23.52, 4—Boyer 23.58, 5—Gilliam 23.82, 6—Pinnex 23.88, 7—Belle 23.95, 8—Rich 24.06.

**400 Meters:** Eight runners were eliminated in the first round and all eight were top flight 400 runners during the 1980 season. Those who bit the dust were Denise Peynado, Cindy Cumbess, Robbin Coleman, Linda Cassidy (disqualified), Marian Franklin, Sheila Polk, Diann Ousley and unbelievably, Arlise Emerson.

The quality of the runners who advanced was evident, but each of the four heat winners was outstanding. Yolanda Rich, the defending champion, won her trial easily in 52.81 — actually faster than her winning time in the final. Kim Thomas of St. Johns and Jennie Gorham of Nebraska were also overpowering in the trials, but the real potential bomb showed up in the person of Roberta Belle of Morgan State, a runner who has so much potential she isn't quite sure what to do with it. With maturity and discipline in her training and competing, Belle could be one of the best of all time. For the moment, she is still learning and does not know how to run with the top ones, but when she learns, look out!

Rich won the first semi over Belle 52.83 to 53.97 while Thomas took the measure of Gorham in the second semi in 52.87.

Thomas drew the inside for the final with Belle perfectly in 4, Rich in 6 and Gorham in 7. Rich ran a steady, powerful race and when she entered the home straight, she moved slowly to the front and stayed there as others tired. It was very close between Thomas, Gorham and Wisconsin's Pam Moore for third.

**HEATS** (First four advance to semi-finals), 1, 1—Yolanda Rich (CSLA) 52.81, 2—Cende Mills (TxTech) 54.12, 3—Ruth Simpson (TWU) 54.15, 4—Grace Bakari (Ore) 54.16, 5—Denise Peynado (Rut) 54.85, 6—Cindy Cumbess (UCLA) 55.25, 7—Robbin Coleman (UTEP) 55.90; 2, 1—Kim Thomas (StJohns) 53.32, 2—Deborah Mullice (E.Mich) 55.06, 3—Judy Richardson (Kan) 55.49, 4—Kim Law (UCLA) 56.06, 5—Linda Cassidy (USC) disqualified — moved from Lane 7 to Lane 6; 3, 1—Roberta Belle (MorgSt) 53.61, 2—Nancy Miller (UtahSt) 54.58, 3—Colleen Richardson (Wash) 54.97, 4—Wanda Trent (KanSt) 55.12, 5—Marian Franklin (Cal) 55.86, 6—

Sheila Polk (UNLV) 56.39; 4, 1—Jennie Gorham (Neb) 53.53, 2—Rosally Dunlap (Mo) 53.74, 3—Pam Moore (Wis) 53.75, 4—Sheila Barney (W.Ill) 54.26, 5—Diann Ousley (Ark) 54.37, 6—Arlise Emerson (UCLA) 54.38.

**SEMI-FINALS:** 1, 1—Rich 52.83, 2—Belle 53.97, 3—Moore 54.11, 4—Barney 54.84, 5—Trent 55.60, 6—Miller 56.80, 7—J. Richardson 57.16, 8—Mills 61.40; 2, 1—Thomas 52.87, 2—Gorham 53.76, 3—Bakari 53.85, 4—Simpson 53.89, 5—Dunlap 54.21, 6—Mullice 55.57, 7—C. Richardson 55.58, 8—Law 55.83.

**FINAL:** 1—Rich 52.7 (hand-timed), 2—Belle 53.1, 3—Thomas 53.5, 4—Gorham 53.6, 5—Moore 53.7, 6—Bakari 53.9, 7—Barney 54.5, 8—Simpson 55.6.

**800 Meters:** Probably the most evenly-matched event of the competition. There actually was no clear-cut favorite in the 800 as the entire field was capable of running well on any given occasion. Oregon's Leann Warren, a freshman, had the best time of the year in collegiate ranks before the competition, but she was only a fraction ahead of many others. For some reason known only to her coach and herself, Kathy Weston scratched from the 800 to concentrate on the two mile relay — but the concentration paid little dividends as the OSU team finished next-to-last. Three heats were necessary to trim the field of 21 down to 16 and the desire to save strength resulted in some very close races with much speed over the final 70 meters. The third heat, for example, saw McPhatter of East Carolina win the race in 2:09.7 with Pat Douglas of Rhode Island seventh and last just 1.1 seconds to the rear.

The semis, as is always the case in the 800, were real goodies as Lee Ballenger of Colorado and Warren were the winners. The second semi was a rough one with Monica Joyce's 2:06.2 not qualifying for the final and Dana Arnim's 2:08.4 in last place — a time which would have qualified in semi one. — good for last place.

The pace was deceptively slow in the final and Warren led at the 400 in 62.8 after UCLA's Cynthia Warner had taken the field through the first furlong in 29.6. Warren still led at the 600 in 1:34.8 but the margin was so very slight over a host of others and no one was out of it yet. Warren held her pace around the last turn as Lee Ballenger, coming from far back, and Delisa Walton, coming from the front of the pack, made their moves. Down the final straight it was a rough battle with Warren and Walton side by side and step for step with the Tennessee runner getting the edge at the tape by 3/100th in 2:04.88.

**HEATS** (First five in each heat plus the fastest loser), 1, 1—Delisa Walton (Tn) 2:08.2, 2—Rochelle Collins (UTEP) 2:08.4, 3—Leann Warren (Ore) 2:08.5, 4—Pam Schubarth (Kan) 2:09.1, 5—Dana Arnim (Wash) 2:09.2, 6—Sue Krogstad (Slippery Rock) 2:09.6, 7—Michelle Bonds (CSLB) 2:10.2; 2, 1—Cynthia Warner (UCLA) 2:08.4, 2—Disa Lewis (Rice) 2:08.8, 3—Eve Thompson (Princeton) 2:09.0, 4—Dana Glidden (Mo) 2:09.1 and Lee Ballenger (Col) 2:09.1, 6—Penny Fales (PennSt) 2:10.0, 7—Joslyn West (Ore) 2:13.3; 3, 1—Minnie McPhatter (E.Car) 2:09.7, 2—Monica Joyce (SDS) 2:09.7, 3—Kathy Tarpo (Purdue) 2:09.8, 4—Siri Bjelland (Ok) 2:09.8, 5—Marie Simonsson (Drake) 2:10.0, 6—Barbara Douglas

(MSU) 2:10.7, 7—Pat Douglas (Rhode Is) 2:10.8.

**SEMI-FINALS:** 1, 1—Ballenger 2:08.1, 2—Walton 2:08.2, 3—Bjelland 2:08.4, 4—Tarpo 2:08.5, 5—Lewis 2:08.8, 6—Collins 2:08.8, 7—Thompson 2:11.1, 8—Krogstad 2:16.8; 2, 1—Warren 2:06.0, 2—Warner 2:06.0, 3—Glidden 2:06.1, 4—McPhatter 2:06.2, 5—Joyce 2:06.2, 6—Simonsson 2:07.4, 7—Schubarth 2:08.0, 8—Arnim 2:08.4.

**FINAL:** 1—Walton 2:04.9, 2—Warren 2:05.0, 3—Ballenger 2:05.9, 4—Warner 2:06.1, 5—Bjelland 2:06.2, 7—McPhatter 2:09.6, 8—Tarpo 2:10.2.

**1500 Meters:** Twenty-four good 1500 meter runners declared for this race and three preliminary heats were required to pare the field to the final 12. The first heat saw Margaret Groos of Virginia, one of the favorites, lead through laps of 66.8, 2:16 and 3:27 and then ease off to fourth in 4:19.0 as UCLA's Linda Goen won in 4:18.2. Back in seventh came Linda Portasik of Tennessee whose time of 4:20.9 would have won the other two heats but got her a seat in the stands from Heat One. Carleen Thom of Colorado led the second heat past the 400 mark in 68.2, Jill Haworth took over at the 800 in 2:32 and the two were right together at the 1200 mark in 3:32 along with Suzie Houston. Mary Rawe of Penn State came on to win the heat in 4:22.8 with Thom one of the non-qualifiers along with Brigid Leddy of Villanova. Maggie Keyes, Cal Poly/San Luis Obispo, took command in the final heat, loping through times of 72, 2:23 and 3:32 and broke the tape in 4:22.5 with Pat Murnane of Penn State one of the non-qualifiers.

It was no secret that to let Linda Goen remain within striking distance was an error, and Maggie Keyes, who made that error just two weeks earlier, didn't make the same mistake twice. Keyes moved in front at the 400 mark in the final with a first lap of 68.5 followed by Mary Rawe. Keyes gradually moved farther into the lead and crossed the 800 mark in 2:16 with Chris Mullen in pursuit. Keyes moved further to the front during the third lap and the pack, led still by Mullen, was some 20 yards to the rear as Keyes clocked 3:26 for three laps. Maggie covered the final 440 in 68 seconds and in spite of Goen's finishing kick, won it by a safe margin. Keyes had stolen the race as Goen was mesmerized back in the pack. Alice Trumbly (Cal) had her best-ever race to finish third.

**HEATS** (Four advance to final), 1, 1—Linda Goen (UCLA) 4:18.2, 2—Alice Trumbly (Cal) 4:18.4, 3—Rose Thompson (Wis) 4:18.9, 4—Margaret Groos (Va) 4:19.0, 5—Deborah Mitchell (UTEP) 4:20.4, 6—Linda Portasik (Tn) 4:20.9, 7—Eileen Kraemer (CP/SLO) 4:23.7, 8—Gina Dyer (USC) 4:35.6; 2, 1—Mary Rawe (PennSt) 4:22.8, 2—Michele Brown (Kan) 4:24.1, 3—Jill Haworth (Va) 4:24.2, 4—Suzie Houston (Wis) 4:24.6, 5—Carleen Thom (Col) 4:24.9, 6—Laurie Holm (MonSt) 4:28.5, 7—Jacqueline Richards (UTEP) 4:31.1, 8—Brigid Leddy (Vil) 4:48.5; 3, 1—Maggie Keyes (CP/SLO) 4:22.5, 2—Chris Mullen (Gtn) 4:23.0, 3—Heana Hocking (N.Tx) 4:24.5, 4—Valorie Horan (Houston) 4:25.6, 6—Sandra Gregg (Wash) 4:31.4, 6—Pat Murnane (PennSt) 4:35.2, 7—Mary Schilly (Del) 4:35.8, 8—Suzanne Shea (Vil) 4:38.8.

## AIAW CHAMPIONSHIPS (continued)

**FINAL:** 1—Keyes 4:15.9, 2—Goen 4:16.2, 3—Trumbly 4:17.6, 4—Mullen 4:19.0, 5—Rawe 4:19.0, 6—Thompson 4:19.1, 7—Houston 4:19.4, 8—Hocking 4:19.5, 9—Haworth 4:25.3, 10—Horan 4:26.4, 11—Groos 4:28.4, 12—Brown 4:29.2.

**3000 Meters:** The three thousand was the last of the Shea's triple and the two needed to score 16 points to win the team title. Fortunately for the two North Carolina runners, a surprisingly small number of runners declared for the 3000 and no heats were required. But even this break couldn't quite do it for the ladies Shea. Surprising Joan Hansen of Arizona led through the first lap in 72.5 but Pia Palladino, Georgetown, took over by the 800 and led in 2:27 and 3:42. Palladino still led at the mile in 4:57 with Heather Carmichael in hot pursuit. Then Julie Shea took over, covering the next 440 in 74, followed by another lap in 74 and yet another in 74 as she pulled away from the crowd, winning it in 9:13.2, four seconds ahead of Wisconsin's Rose Thompson. Carmichael was third and Hansen fourth as Mary Shea felt the pressure of the previous two days of running and wound up sixth behind San Diego's Lynn Kanuka.

**FINAL:** 1—Julie Shea (NCS) 9:13.2, 2—Rose Thompson (Wis) 9:17.4, 3—Heather Carmichael (PennSt) 9:18.0, 4—Joan Hansen (Ariz) 9:19.0, 5—Lynn Kanuka (SDS) 9:21.2, 6—Mary Shea (NCS) 9:24.4, 7—Pia Palladino (Gtn) 9:28.1, 8—Debra Pavik (Md) 9:31.0, 9—Lauri Adams (MonSt) 9:32.2, 10—Kelly Spatz (MSU) 9:38.6, 11—Darcy Tomlinson (W.Mich) 9:51.5, 12—Shannon Cline (Tn) 10:01.3, 13—Carolyn Ihrig (PennSt) 11:12.2. Mulrooney (Wis) and McCrone (Mass) did not finish.

**5000 Meters:** Largest entry list of any event at the Championships was reserved for the 5000 meters. This is apparently the Year of the 5000 for 38 runners were entered in the two heats with the top eight from each race making it to the final. Margaret Groos of Virginia set some sort of record running the 4x880 relay immediately preceding her run in the first heat of the 5000 — and qualified in third position. Groos had mapped out a quite busy schedule for she also ran trials and final in the 1500.

Donna Gathje of Mankato State took the first heat in 16:19.9 and Rocky Racette of Purdue looked very strong in winning the second heat over the Shea sisters in a good 16:10.5s. First heat splits were 79-2:40-3:57-5:13-6:33-7:54-9:13-10:32-11:49-13:08-14:27-15:46 while the second heat, with Racette leading almost the entire way was run in 74-2:32-3:52-5:11-6:32-7:51-9:09-10:26-11:45-13:03-14:23-15:39.

The effort to make the final was so rough that half of the finalists ran slower than they had done in their heat. From the gun, it was evident that Margaret Groos feared no one. She moved into the lead followed by Racette, Julie Shea and Judi St. Hilaire and kept it for 10 laps as the clocks were stopped at 72-2:29-3:44-

4:58-6:13-7:29 and 8:44. Groos still led at the end of the 10th lap, but Julie Shea gradually closed in and had cut the margin of time to two and a half seconds. The North Carolinian took over and running with deliberate strength led at the end of Lap 11 in 11:20.5, less than a second ahead of Groos. Groos stayed close during the next lap and Julie led by three-tenths in 12:38, but Lap 13 was not Groos' lucky number and Shea increased her lead to five seconds in 13:54 and then passed the three mile mark in 15:09, nine seconds to the good over Groos. Shea covered the final 440 in 73.5 and won by 10 seconds over Groos who later admitted she let Julie get away from her. Little Mary was third and Betty Jo Springs fourth as North Carolina picked up 20 points to add to the 24 they scored in the 10000.

**HEATS, 1, 1—**Donna Gathje (MankatoSt) 16:19.9, 2—Judi St. Hilaire (Vermont) 16:27.3, 3—Margaret Groos (Va) 16:29.3, 4—Margaret Cleary (PennSt) 16:28.6, 5—Betty Jo Springs (NCS) 16:29.6, 6—Eryn Forbes (Ore) 16:29.6, 7—Ruth Hamilton (Col) 16:31.5, 8—Leandra Barinaga (Wyo) 16:35.8, 9—Joy Hansen (Ariz) 16:35.9, 10—Sandy Gibney (Del) 16:42.8, 11—Norene Harrison (OhioSt) 16:44.7, 12—Patricia Sharples (Idaho) 16:47.5, 13—Diane Bussa (Purdue) 16:58.5, 14—Sue Jackson (Ala) 17:02.6, 15—Cheryl Flowers (Cal) 17:12.7, 16—Darien Andreu (FlaSt) 17:14.2, 17—Cheryl Konkol (Wis) 17:14.4, 18—Donna Ganly (Mo) 17:31.0; 2, 1—Rocky Racette (Minn) 16:10.5, 2—Julie Shea (NCS) 16:22.8, 3—Mary Shea (NCS) 16:22.9, 4—Eileen Hornberger (West Chester) 16:23.1, 5—Kim Schnurpfel (Stan) 16:23.1, 6—Lynne Hjelte (Cal) 16:28.2, 7—Ann Mulrooney (Wis) 16:30.4, 8—Liz Hjalmarsson (Drake) 16:32.8, 9—Marjorie Kaput (Ariz) 16:34.4, 10—Jill Molen (Utah) 16:42.6, 11—Lynn Lashley (Tn) 16:45.7, 12—Cathy Saxon (KanSt) 16:47.9, 13—Katy Mountain (Ore) 16:53.3, 14—Susan Richardson (MichSt) 16:54.0, 15—Lindy Nelson (S.Ill/Cardondale) 16:55.2, 16—Mary Kunkel (Mo) 16:58.4, 17—Dawn Buntman (Wis/Stevens Point) 17:04.8, 18—Julean Quigley (Wesleyan) 17:41.9, Carol Keller (CSN) and Melanie Weaver (Mich) did not finish.

**FINAL:** 1—Julie Shea 15:41.3, 2—Margaret Groos 15:51.7, 3—Mary Shea 15:57.3, 4—Springs 16:03.9, 5—Hornberger 16:04.9, 6—St. Hilaire 16:08.0, 7—Racette 16:10.6, 8—Gathje 16:12.7, 9—Cleary 16:15.9, 10—Forbes 16:34.7, 11—Hjalmarsson 16:41.8, 12—Mulrooney 16:51.3, 13—Hjelte 16:53.8, 14—Hamilton 16:56.7, 15—Barinaga nt, 16—Schnurpfel 17:57.4.

**10000 Meters:** The first running final of the competition brought the coaches of opposing teams to strict attention as North Carolina State swept 1-2-3 and 24 points. Julie Shea scored the first of her three victories and the remarkable thing was she won it by only six-tenths of a second from sister Mary who was in turn only four-tenths ahead of teammate Betty Jo Springs — who probably would have been the AIAW champion if the race was 10010 meters.

Cal State Hayward's Michele Aubuchon led the pack of 24 runners through the first mile with splits of 73, 2:35, 3:56 and 5:15. Ohio State's Beth Sheridan took over the pace setting for the next nine laps. At the end of two miles (10:42) a pack of 12 runners had cleared their way from the other 12 and by the end of the 2½ mile mark there was still a pack of 10 runners closely bunched.



SHARON COLYEAR

JEFF JOHNSON PHOTO

The three mile mark was passed in 16:12 and the 5000 mark in 16:48.5. Sheridan still led at the end of Lap 13 but a few strides later Julie Shea took over for good. Julie passed the four mile mark in 21:24 and the five miles in 26:36. By this time it had developed into a four girl race with Julie, Mary, Springs and little known Midde Hamrin, a Swedish basketball player attending Lamar University. Julie averaged 80 seconds for the last four laps and the two sisters moved into what one assumed was a safe lead. With only 200 meters left, Springs suddenly came to life and uncorked a long, swift sprint which almost caught her two teammates. The first 16 finishers all turned in seasonal or lifetime bests and all 23 starters finished.

**FINAL:** 1—Julie Shea (NCS) 33:02.4, 2—Mary Shea (NCS) 33:03, 3—Betty Jo Springs (NCS) 33:03.4, 4—Midde Hamrin (Lamar) 33:10.2, 5—Ellen Hart (Harvard) 33:46.8, 6—Jan Oehm (Cal) 33:56.6, 7—Beth Sheridan (OhioSt) 34:05.6, 8—Michele Aubuchon (CS/Hay) 34:22.8, 9—Aileen O'Connor (Va) 34:34.2, 10—Sally Zook (Wis) 34:36.0, 11—Pat Reisdorfer (Augustana) 34:44.4, 12—Jill Molen (Utah) 34:45.7, 13—Judy McCreery (N.Col) 34:49.1, 14—Brenda Saunders (Mo) 34:55.1, 15—Bridgette Baker (Mon) 35:01.2, 16—Martha Stinson (Mo) 35:17.9, 17—Nancy Seeger (Rut) 35:19.6, 18—Mary Walsh (Md) 35:21.2, 19—Marty McElwee (Wis) 35:51.7, 20—Barbara Sabitus (Madison) 35:56.6, 21—Irene Griffith (Ore) 36:02.4, 22—Deborah Snaggs (Richmond) 36:08.2, 23—Mary Seip (IowaSt) 36:31.6.

**100m Hurdles:** Billed as the "race of the meet", the 100m hurdles lived up to its billing in spite of having none of the finalists run a lifetime best. The competition was rugged and it was a great race. Only five runners were eliminated in the three heats as the three favorites, LaPlante, Hightower and Fitzgerald all won easily. LaPlante had the toughest opposition in British hurdler Sharon Colyear who looked very sharp in running 13.71, a time which would have won either of the other two heats.

LaPlante won the first semi, again over Colyear, in a good 13.37, but that win was darkened somewhat by Hightower's 12.90 clocking in the second semi — and Fitzgerald's 13.33 for second spot. Unfortunately, the wind was over the allowable at 3.96mps — but it was a swift race.

For the final, LaPlante and Hightower were split as they were in 1979. LaPlante in Lane One and Hightower in Seven. Rainwater had been squeegied out of Lane One and the sun came out for final time. Hightower was off well and led slightly over the first two barriers. Then LaPlante slowly began to move up and took the lead over the sixth barrier. LaPlante still led by the slightest margin over the seventh, eighth and ninth hurdles and as they cleared the final barrier, she still was about a foot in front. On her third or fourth step after the final hurdle, she suddenly seemed to hesitate and Hightower swept past for a win in 13.07. LaPlante hung on to second at 13.16 to 13.18 for Fitzgerald.

Standing beside me in the press box was "Track and Field News" editor, Gary Hill. We both thought LaPlante had slipped and quickly whisked ourselves down to speak with her. But she said "No", she did not slip, she just got tired and hopes to do better at the Nationals in Walnut and the Olympic Trials. Hightower looked very good over the hurdles, especially her continuity and momentum. Very smooth and powerful. A great race between Hightower, LaPlante and Fitzgerald.

**HEATS** (Qualify first 5 from each heat plus fastest loser). 1. 1—Debi LaPlante (SDS) 13.47, 2—Sharon Colyear (Boston) 13.71, 3—Jackie Washington (CSN) 13.90, 4—Cecelia Branch (UNLV) 13.91, 5—Jan Smithers (Rut) 14.31, 6—Brenda Calhoun (ASU) 14.32, 7—Gwen Poss (Kan) 14.44; 2. 1—Stephanie Hightower (OhioSt) 13.72, 2—Pam Page (Mo) 14.10, 3—Sue Kameli (SDS) 14.17, 4—Cheryll Hawthorne (Cal) 14.53, 5—Lori Lowery (Kan) 14.66, 6—Lori Smith (CSLB) 14.98, 7—Danette Onyemelukwe (W.Ill) 15.03; 3. 1—Benita Fitzgerald (Tn) 13.88, 2—Debra Deutsch (Rut) 14.15, 3—Linda Bourn (BYU) 14.22, 4—Karen Wechsler (Ind) 14.37, 5—Paula Allen (IdahoSt) 15.05, 6—Lexie Miller (Ore) 15.34, Lisa Gouridine (UCLA) fell.

**SEMI-FINALS**, 1. 1—LaPlante 13.37, 2—Colyear 13.50, 3—Kameli 13.65, 4—Bourn 13.86, 5—Page 13.88, 6—Calhoun 13.96, 7—Hawthorne 14.15, 8—Smithers 14.38; 2. 1—Hightower 12.90w (wind +3.96), 2—Fitzgerald 13.33w, 3—Deutsch 13.68w, 4—Wechsler 13.78w, 5—Branch 13.80w, 6—Lowery 14.05w, 7—Allen 14.36w, Washington fell.

**FINAL** (wind +0.64): 1—Hightower 13.07, 2—LaPlante 13.16, 3—Fitzgerald 13.18, 4—Colyear 13.58, 5—Kameli 13.75, 6—Deutsch 13.90, 7—Bourn 14.01, 8—Wechsler 14.28.

**400m Hurdles:** All signs pointed to a win by Brown. In the semis the field still contained Edna Brown, Judith Brown and Tanya Brown — and Edna looked awfully sharp as she set a new field record of 57.62, more than half a second in front of Sandy Myers from Cal State Northridge.

In the trials on Thursday, Myers had set a new field mark winning the second heat in 58.75 while Edna had been content to take the first heat in 59.41. Kim Whitehead of Iowa State continued her season improvement winning the third heat and the fans thought they were watching a world record in Heat Four as Maureen Prendergast from Long Island University blasted over the first 300 meters at full tilt and amassed a 15 yard lead. Unfortunately for Miss Prendergast, the race continued on for an additional 100 meters and she barely made it to the semis in fourth place. Although she did not place in the final, she did run wiser the following days — and faster.

Whitehead won the second semi-final on Friday in 58.83 and drew Lane One for the final with Brown in three and Myers in five. Both Brown and Myers ran extremely well and wise. It was only after clearing the eighth barrier that Myers took over and pulled away for the win and the new American record which was nearly two seconds faster than she had ever run before. Brown was very close to her own personal best, two one-hundredths of a second, and Colorado's Brenda Chambers surprised by nipping Whitehead for third as seven of the eight finishers were under 60 seconds.

**HEATS** (First four qualify for semi-finals). 1. 1—Edna Brown (Temple) 59.41, 2—Brenda Chambers (Col) 59.71, 3—Tanya Brown (FlaSt) 60.59, 4—Regina Dramiga (NM) 60.68, 5—Amy Dunlop (Wis) 60.93, 6—Jeannette Bradley (Wyo) 61.21, 7—Carol Humphries (NEMOSt) 62.50; 2. 1—Sandra Myers (CSN) 58.75, 2—Teri Seippel (E.Ky) 60.10, 3—Vivian Scruggs (Va) 60.19, 4—Cathy Gebhards (Park) 61.10, 5—Truus Van Amstel (UTEP) 62.23, 6—Diane Steinhart (Iowa) 63.96, 7—Peach Payne (Purdue) disqualified; 3. 1—Kim Whitehead (ISU) 58.99, 2—Joan Elumelu (Boston) 59.56, 3—Deborah McClendon (Col) 59.79, 4—Stephanie Vega (Brooklyn) 60.01, 5—Karen Taylor (CSN) 60.37, 6—Linda Hightower (UCSB) 61.16, 7—Sally Anderson (Princeton) 62.59, 8—Chris Davenport (Iowa) 62.73; 4. 1—Tammy Etienne (Tx) 59.20, 2—Judith Brown (MSU) 59.95, 3—Ellie Mahal (ISU) 60.10, 4—Maureen Prendergast (LIU) 60.41, 5—Lexie Miller (Ore) 61.19, 6—Lori Lowery (Kan) 61.66, 7—Ruth Hubbard (Cent.Mich) 62.12, 8—Sue Kameli (SDS) 63.80.

**SEMI-FINALS**, 1. 1—E. Brown 57.62, 2—Myers 58.26, 3—Chambers 59.42, 4—Prendergast 59.76, 5—McClendon 60.12, 6—J. Brown 60.70, 7—T. Brown 62.23, 8—Dramiga 62.84; 2. 1—Whitehead 58.83, 2—Vega 59.05, 3—Scruggs 59.10, 4—Seippel 59.12, 5—Etienne 59.15, 6—Gebhards 59.80, 7—Elumelu 60.86, 8—Mahal 60.91.

**FINAL**: 1—Myers 56.40 (AR), 2—E. Brown 57.80, 3—Chambers 58.63, 4—Whitehead 58.92, 5—Seippel 58.97, 6—Scruggs 59.49, 7—Vega 59.72, 8—Prendergast 60.36.

**880 Yard Medley Relay:** The first final of the four AIAW relays was scheduled to be an important one as far as the team battle was concerned. Eight of the top ten teams were entered. The seeding, although done according to prescribed standards, put five of the top teams into

the third heat — UCLA, Cal State LA, Cal State Northridge, Tennessee and Nebraska. In addition, Michigan State and UN Las Vegas, both top notch medley teams, were also in the third heat. Last three positions in that section went to UCLA, UNLV and Michigan State and UCLA's clocking of 1:40.7 would have won the second heat and would have been a very close second (behind Texas Woman's University) in the first heat. And UNLV would have qualified in either of the other heats but ended up next-to-last in Heat Three.

The final was a good one with Cal State LA winning it in 1:38.4 over Tennessee at 1:38.5 and Nebraska 1:39.0s. Northridge put itself out with the dropped baton and the race, as expected, settled into the 440 leg with Yolanda Rich of CSLA, Delissa Walton of Tennessee and Jennie Gorham of Nebraska. Rich took the lead at the beginning of the home straight and held off Walton as the Tennessee freshman passed Gorham for second.

**HEATS** (Qualify first two plus two fastest losers). 1—Texas Woman's University (Hodges - Holmes - Scott - Simpson) 1:40.0, 2—Maryland 1:42.7, 3—Oregon State (Weston 54.8) 1:42.7, 4—Indiana 1:42.9, 5—Alabama 1:43.9, 6—Rutgers 1:44.0, 7—Temple 1:44.3; 2. 1—Morgan State (Yancy - Hatcher - Bullock - Belle 53.7) 1:40.7, 2—California 1:41.4, 3—Arizona State 1:41.5, 4—Houston 1:42.2, 5—Missouri 1:42.3, 6—Virginia 1:42.9, 7—Western Illinois 1:44.6; 3. 1—Cal State LA (Innis - Lair - Pusey - Rich 52.8) 1:39.0, 2—Tennessee (Walton 53.8) 1:39.4, 3—Nebraska (Gorham 53.7) 1:39.5, 4—CS Northridge 1:39.9, 5—UCLA (Fowler 52.9) 1:40.7, 6—UNLV 1:41.3, 7—Michigan State 1:45.4.

**FINAL:** 1—Cal State LA (Innis - Lair - Pusey - Rich 52.8) 1:38.4, 2—Tennessee (Smith - Robinson - Fitzgerald - Walton) 1:38.5, 3—Nebraska (Seaton - Murray - Ottey - Gorham 53.2) 1:39.0, 4—California (Hawthorne - Parker - Culbert - Franklin) 1:40.3, 5—Texas Woman's University (Hodges - Holmes - Scott - Simpson) 1:40.6, 6—Maryland (Palmer - Toomer - Roman - Miller) 1:41.5, 7—CS Northridge (Bolden - Lynch - Griffith - White) 1:49.4, Morgan State did not run.

**400 Meter Relay:** Cal State Northridge supplied the only real excitement in the trials as they came close to being out of the zone in the first exchange, but experience paid off and Lynch slowed down, got the baton and the team went on to win its heat. Arizona State, two-time winner of this event, had lost Renaye Bowen through a stomach operation but was still tough although they lost the final to Northridge and Cal State LA. Not one of the finalists managed a season best, but not one ran very slow either!

**HEATS** (First four qualify for final). 1. 1—CS Northridge 44.10, 2—TWU 44.89, 3—Texas Tech 45.75, 4—Houston 45.89, Michigan State disqualified; 2. 1—CSLA 45.38, 2—ASU 46.23, 3—Alabama 46.58, 4—Texas 46.60, 5—Murray State 46.62.

**FINAL:** 1—CS Northridge (Bolden - Lynch - Brown - Griffith) 44.79, 2—CS Los Angeles (Rich - Pusey - Innis - Lair) 45.57, 3—Arizona State (Reeves - Crawford - Calhoun - Boyer) 45.91, 4—Houston (Davis - Singleton - Ibarquen - Finch) 46.42, 5—Texas (Coleman - Rochester - Holmes - Sherfield) 46.64, 6—Texas Tech (Freeman - Mills - Montgomery - Moultrie) 46.79, 7—Alabama (Little - Amey - Key - Willard) 46.96, Texas Woman's University did not run.

(continued on page 16)

# **YOUR HARD-WORKING HEART**

***What have you done to repay your heart for its continued hard work?***

*By Susan Magrann, RD*

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

**Now, as always, is the time to pamper your heart with good care.**

To keep your heart in top shape, it is important to eat a nutritious diet. You should also increase your physical activity and reduce your smoking. It is not too late to incorporate these habits into your daily regimen.

If you are overweight, follow a low calorie diet to lose the extra pounds. And begin today. Every day you carry around the excess weight it forces your heart to overwork and may increase your blood pressure as well.

As far as a healthy eating plan for the entire family, it should be low in fat especially cholesterol and saturated fats. These fats should be substituted with polyunsaturated fats.

**Cholesterol** is a fatty substance found in the foods of animal origin. Cholesterol is especially high in egg yolk and organ meats (brain, liver and kidney) as well as shrimp, cold cuts and fatty meats.

**Saturated fats**, along with foods high in cholesterol, are believed to raise blood cholesterol. Saturated fats are usually of animal origin such as beef, pork, ham, butter, cream, whole milk, cheese and ice cream. Vegetable fats which have been hardened (hydrogenated vegetable shortenings) are also high in saturated fats as well as coconut oil, palm oil (found in non-dairy substitutes) and cocoa butter (found in chocolate).

**Polyunsaturated** fats like safflower, corn, soybean and cottonseed oils are believed to lower the level of blood cholesterol.

**Fruits, vegetables, cereals and grains** contain very little fat of any kind and can be consumed in generous amounts.

### **BREAKFAST**

Instead of cholesterol-rich eggs for breakfast every day, try the frozen egg substitutes. They are especially good when flavored with green pepper, to-

matoes, mushrooms or hot sauce.

With eggs, serve lean meats instead of bacon or sausage. Sliced ham and Canadian bacon are a few possibilities. You can also serve vegetable protein meat substitutes such as breakfast strips or links.

Pancakes, waffles, and crepes made with nonfat milk and polyunsaturated fats are also delicious breakfast treats.

If time is limited, you can enjoy toast, English muffin, bagels or cereal. Supplement these with a glass of nonfat milk. For a richer taste, mix nonfat milk with Mocha Mix. This is the only brand of non dairy creamer that does not contain saturated fats. For variety enjoy hot cocoa in the morning.

### **LUNCH**

Sandwiches are great for lunch. Use meat from leftover roast, meatloaf or chicken. Or make the sandwich from a wide variety of low fat deli meats (smoked peppered beef, sliced pastrami, corned beef or turkey).

Peanut butter or canned tuna, chicken or turkey are easy to keep on hand and are delicious sandwich fillers.

If you like cheese on your sandwich, use a low fat cheese.

Most breads and tortillas contain little or no fat. For variety make sandwiches with pumpernickle, rye, whole wheat or Italian bread.

To complete the sandwich add lettuce, tomato, pickles, relish, mayonnaise, mustard, catsup or horseradish.

Or instead of a sandwich, low fat cottage cheese, a Chef salad with lean meat or cheese are also nutritious.

### **DINNER**

A small portion of lean meat, veal, skinned poultry (see chicken supreme recipe), fish or shellfish (except shrimp) are low fat selections for dinner. Casseroles and oriental cooking are

creative ways to stretch a small serving of meat . . . not to mention the budget.

Canned vegetable protein foods are good meat substitutes because they contain no fat or cholesterol. Vita Burger, a beef flavored soy product is especially good when mixed with lean ground beef. The mixture can be used for taco filling, sloppy joes or casseroles.

Legumes contain no fat and are a good source of protein when eaten with meat, poultry, fish or dairy foods. Legumes include kidney beans, garbanzo beans, navy beans, pinto beans, soybeans and black eye peas. Heinz vegetarian baked beans are also a low fat compliment to the entree because they do not contain pork fat used in the preparation of regular baked beans.

Supplement the entree with carbohydrates in the form of pasta, rice, bread or vegetables. A fresh green salad tossed with bottled salad dressing or a dressing made with polyunsaturated oils is also a nutritious way to round out a meal.

### **SNACKS**

Raw vegetables and fresh fruits are a perfect snack because they contain no fat and are low in calories.

Besides the usual carrot and celery sticks, try raw cauliflower, green pepper, cherry tomatoes and jicama. They can be served with a dip made from low fat cottage cheese.

When the selection of fresh fruit is limited, try the fine variety of dry fruits such as figs, raisins and prunes. If you are concerned about calories, choose unsweetened canned or frozen fruits.

Popcorn, pretzels, bread sticks, graham crackers, melba toast, oyster crackers, saltines and soda crackers are also good low fat snacks.

Although nuts are acceptable snacks because they contain polyunsaturated fat they are high in calories.

If sweets are your weakness, enjoy a



low fat dessert such as an anglefood cake.

Regular or dietetic gelatin desserts contain no fat and can be made with a variety of fruits. And remember pudding mixes prepared with non fat milk are a healthy way to satisfy any sweet tooth.

### **BROCCOLI FLOWERETS and MUSHROOMS**

Many people dislike vegetables because they are prepared in an unimaginative way. This recipe will entice anyone to discover the delicious flavor of broccoli.

- 1 tablespoon of polyunsaturated vegetable oil
- 1 garlic clove
- 1 pound of broccoli, trimmed, cut into flowerets and thinly sliced
- ½ pound mushrooms, thinly sliced
- Pepper to taste
- 3 tablespoons fresh lemon juice

Heat oil in non-stick skillet or wok. Add garlic, stir-fry for 30 seconds. Add broccoli and mushrooms and stir-fry until vegetables are tender but crisp (about 8 to 10 minutes). Remove garlic, transfer to serving dish. Sprinkle with pepper and lemon juice. Makes four servings.

For each serving, 70 calories.

### **CHICKEN SUPREME**

When you taste this dish, you will know why it is called Chicken Supreme. Besides great taste, this recipe is low in calories and prepared without the addition of fat.

- 4 individual chicken breast, skinned and deboned
- Fresh ground pepper
- 2 tablespoons fat-skimmed chicken broth or broth made from chicken bouillon
- 4 thin slices of lean ham
- 4 thin slices of skim milk mozzarella cheese
- 1 tablespoon Parmesan cheese
- 2 tablespoons chicken broth
- Vegetable oil spray

Season chicken with pepper. Place chicken and 2 tablespoons of broth in non-stick skillet. Cook chicken over medium heat for 10 minutes.

Spray baking dish with vegetable oil. Transfer chicken to baking dish. Place a slice of ham and then a slice of cheese on each chicken breast. Sprinkle grated cheese and dribble 2 tablespoons of broth over chicken.

Bake in preheated 350° oven for 10 minutes or until cheese is melted. Serve at once. Makes four servings.

Each serving, 220 calories.

WTW

**"I thought it was out!"**



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

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

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

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

## AIAW CHAMPIONSHIPS *(continued from page 13)*

**One Mile Relay:** Trials were semi-routine. UCLA and Oregon were both placed in the same heat with the Uclans edging Oregon by a tenth as Leann Warren and Grace Bakari closed well over the final two legs for Oregon.

The final was a good one and it was Codex and Genuine Risk all over again. Arlise Emerson and Kim Law gave UCLA the lead after the first two legs but Leann Warren, with a 53.9, put the Ducks into the lead as Bakari and Oralee Fowler took off. The Bruins took over with 180 meters gone, Bakari held her position down the back stretch and made her move around the final turn. She opened some daylight as they hit the stretch and then moved toward the curb. She said she didn't and Fowler said she did — bump UCLA, that is. The Games Committee made their decision some 60 minutes after the meet had ended after a series of maneuvers on the track re-enacting the scenes they had witnessed on closed circuit TV. And as it was in the Preakness, the sign flashed "No Change" and that was that. Warren was the deciding factor with a wise run. Had she run the 800 wisely, she would be the AIAW champ instead of runner-up. With baton in hand, she bided her time although it was evident she wanted to move around the final turn. Bakari had the advantage of Fowler running too fast too soon and came back for the win.

**HEATS** (Four to qualify), 1, 1—Texas 3:41.0, 2—Temple (Brown 53.5) 3:41.1, 3—CS Northridge 3:41.3, 4—UTEP 3:41.8, 5—Rutgers 3:42.0, 6—Kansas State 3:45.3, 7—Howard 3:49.7; 2, 1—UCLA (Emerson 54.4-Law 55.3-Cumbess 55.4-Fowler 53.9) 3:38.9, 2—Oregon (Batiste 55.9-Massey 56.0-Warren 54.5-Bakari 53.6) 3:40.0, 3—Tennessee (Walton 53.1) 3:42.5, 4—Arkansas 3:43.9, 5—Nebraska 3:45.5, 6—Princeton 3:46.9, 7—Houston 3:48.0, 8—Iowa State 3:48.5.

**FINAL:** 1—Oregon (Batiste 54.8-Massey 55.2-Warren 53.9-Bakari 53.5) 3:47.5, 2—UCLA (Emerson - Law - Cumbess - Fowler) 3:37.7, 3—UTEP (Rivers - Otieno - VanAmstel - J. Brown) 3:39.0, 4—Texas (Coleman - Anderson - Itienne - Holmes) 3:40.0, 5—Temple (Howard - Boone - Whicker - E. Brown) 3:41.1, 6—CS Northridge (White - Jerald - Sherrill - Myers) 3:41.5, 7—Tennessee (Sherrill - Krichner - Allen - Walton) 3:43.0, 8—Arkansas (Howard - Bedford - Sparks Ousley) 3:43.6.

**Two Mile Relay:** They revised the trial heats of the two mile relay three times, but still couldn't come up with a perfect bit of handicapping as the University of Iowa, who finished last in the second heat, would have been third in the first heat.

The final, which was to be all UCLA, turned out to be a dog fight between the Bruins, Oklahoma and Washington. Linda Goen started the final leg a few ticks ahead of Siri Bjelland of Oklahoma and with both runners running 2:10.1, it was UCLA in front in 8:41.7 to 8:41.9. Washington was close with 8:43.6s. Oregon State kept Kathy Weston out of the 800 to concentrate on this race where

they were defending champions, and the medley, but they failed to qualify in the medley and were far behind when Weston got the baton in the final and finished next to last.

**HEATS** (Four qualify for final), 1, 1—Oklahoma 8:58.9, 2—Washington 8:58.9, 3—Wisconsin 9:01.0, 4—Colorado 9:05.3, 5—Missouri 9:05.8, 6—Villanova 9:08.1; 2, 1—UCLA 8:49.0, 2—Virginia 8:51.2, 3—Iowa State 8:52.3, 4—Oregon State 8:57.0, 5—Kansas 8:59.3, 6—Iowa 8:59.8.

**FINAL:** 1—UCLA (Ward - Ralston - Warner - Goen) 8:41.7, 2—Oklahoma (Houghton - Lancaster - Curtis - Bjelland) 8:41.9, 3—Washington (Gregg - Phillips - Gregg - Arnim) 8:43.6, 4—Iowa State (Lange - Schafer - Vetter - Vetter) 8:45.6, 5—Virginia (Nicholson - Groos - Haworth - Scruggs) 8:46.3, 6—Wisconsin (Houston - Beischel - Spalholz - Brewster) 8:49.4, 7—Oregon State (Brizee - Trom - Greiner - Weston) 8:55.0, 8—Colorado (Montes - Drake - Thom - Ballenger) 9:00.1.

**High Jump:** Today's high jumpers amaze those of us who have watched women's track in the USA over the years. Opening height in the qualifying was 1.71 or 5'7¼. In 1968, that was the qualifying standard to compete in the Olympic Games and when our Olympic Trials were held in 1968, the United States had only two jumpers in the entire country who had cleared that height! Seventeen jumpers cleared that height in the qualifying and 12 were over 1.76/5'9¼ to move into the final.

Jumpers were wearing wrinkled foreheads during the early part of the meet on Saturday as the rains came down — and down and down. The squeegie squad constantly moved water off the takeoff area and wonder of wonders, when high jump time came, the area was dry and the rain had stopped.

Once again the opening height was 5'7¼ and only one jumper failed to clear that height. Oklahoma's Sally McCarthy, who had a mark of 6'1¼ this year, tapped the bar off three times at the opening height and became the first victim of the day. Three more hit the dust at 5'9¼, Karen Krawiec of Penn State, Helen Ogar of Missouri and Inge Christensen of Ohio State. Next out were Ann Erpenbeck of Drake and Suzanne Blake of Ohio State at 5'10½ and the bar moved to 5'11¾ with six jumpers remaining. Nebraska's Sharon Burrill was the lone casualty at that height and Jalene Chase and Kari Gossweiler went out at 6'0½ while Maria Betioli and Coleen Reinstra hopped over on their first efforts. Maryland's Paula Girven, the favorite, missed twice but was clear on her final effort. All three missed their first jumps at 6'1¼, but Reinstra was over on her next effort and the other two missed.

**QUALIFYING:** (Non-qualifiers), Deb Ryals (Ill/-Edwardsville), Rene Nickles (Oklahoma) and Carina Westover (Oregon State) had no height. Mary Cragoe (Missouri), Nancy Steiner (Kearney State), Yolanda Gibson (LIU), Luanne Morris (UCSB) and Margaret Woods (Purdue) cleared 5'7¼.

**FINAL:** 1—Coleen Reinstra (ASU) 6'1¼, 2—Maria

Betioli (BYU) 6'0½, 3—Paula Girven (Md) 6'0½, 4—Jalene Chase (Md) 5'11¼, 5—Kari Gossweiler (CSN) 5'11¼, 6—Sharon Burrill (Neb) 5'10½, 7—Anne Erpenbeck (Drake) 5'9¼, 8—Suzanne Blake (OreSt) 5'9¼, 9—Helen Ogar (Mo) 5'7¼, 10—Inge Christensen (OhioSt) 5'7¼ and Karen Krawiec (PennSt) 5'7¼, 12—Sally McCarthy (Ok) no height.

**Long Jump:** Two very big surprises in the meet and one of them came in the long jump. Twenty-six athletes took part in the qualifying rounds in weather that was not good and wind that was wrong for Eugene. Jumpers were switched around and leaped into the auxiliary pit and performances were not good with only two people beyond 20 feet, Karen Taylor of CS Northridge and Pat Miller of Wyoming. There were some big disappointments as Lisa Gouridine (UCLA), Sandy Crabtree (USC), Pam Donald (Stanford) and Shari Fox (Hawaii), all 20 foot jumpers, failed to make it into the final.

The weather was not better, but the winds were in the right direction for the final. Northridge's Sandy Myers was the first jumper and out she went for a season and lifetime best of 20'7¼. Favored Pat Johnson of Wisconsin leaped 20'7 on her first jump to be close, but that's all she wrote. Interesting to note of the 12 finalists, half of them had their best mark on their first jump and two others on their second. Three, Innis, Jones and Miller, turned in their best mark on their final leap. Myers passed her three jumps in the finals while Pat Johnson fouled all three of her's. Myers best for the season until today was 19'8½.

**QUALIFYING:** 1—Karen Taylor (CSN) 20'4¼, 2—Pat Miller (Wy) 20'3¼, 3—Pat Johnson (Wis) 19'8¼, 4—Jennifer Innis (CSLA) 19'8¼, 5—LaNessa Jones (UNLV) 19'6¼, 6—Themis Zambrzycki (BYU) and



**MEG RITCHIE**

MIKE STREET PHOTO

Gwen Loud (UCLA) 19'6, 8—Becky Kaiser (Ill) 19'4, 9—Sandra Myers (CSN) 19'4, 10—Amy Davis (Houston) 19'3, 11—Jackie Mays (AngeloSt) 19'0, 12—Dorothy Scott (TWU) 19'0, 13—Evalene Hatcher (MorganSt) 18'9, 14—Lisa Gouridine (UCLA) 18'8, 15—Esther Otieno (UTEP) 18'8, 16—Pamela Donald (Stanford) 18'6, 17—Beverly Slaughter (SE Mo) 18'6, 18—Kathy Haynes (USC) 18'5, 19—Cende Mills (JxTech) 18'3, 20—Angie Bradley (W.Ky) 18'3, 21—Joanne Arnold (Austin Peay) 18'2, 22—Pat Knighton (Rutgers) 18'2, 23—Carolyn McLaughlin (SDS) 18'0, 24—Carolyn Amos (TWU) 17'8, 25—Sandy Crabtree (USC) 17'8, 26—Shari Fox (Hawaii) 17'6.

**FINAL:** 1—Myers 20'7, 2—Johnson 20'7, 3—Innis 20'3, 4—Davis 20'0, 5—Miller 19'10, 6—Jones 19'9, 7—Loud 19'7, 8—Zambrzycki 19'6, 9—Mays 19'3, 10—Taylor 19'2, 11—Kaiser 19'2, 12—Knighton 18'1.

**Shot Put:** The trials eliminated only four contestants and the final provided some fire works as Tennessee's Rose Hauch, who has been firing blanks most of the year, watched favored Meg Ritchie open with a toss of 50'5/4 and then proceeded to apply the pressure as she put 53'3 on her first toss for a new meet record. Ritchie fumed while the measuring of a new record went on and fumed still more when Maryland's Mary Walton uncorked her season best on the second round with a throw of 52'5/4. That upset Miss Ritchie who promptly marched into the circle and responded with a throw of 54'2 and it was all over. Of all the eight finalists, only Hauch had her best in the first round. Thornton and Dole had best efforts on their final throws and the rest of the field in mid-competition.

**QUALIFYING:** 1—Meg Ritchie (Arizona) 52'7, 2—Sandy Burke (Northeastern) 49'10, 3—Jennifer Smit (UTEP) 49'8, 4—Rose Hauch (Tn) 49'7, 5—Emily Dole (CSLB) 49'7, 6—Susan Thornton (Tn) 49'5, 7—Marita Walton (Md) 49'2, 8—Neni Davis (St. Johns) 48'2, 9—Kelly Curran (ColSt) 47'5, 10—Gail Koziara (Dartmouth) 47'4, 11—Maria Stalman (ASU) 47'3, 12—Heidi Kauti (UCLA) 47'0, 13—Jill Stenwall (KearneySt) 46'11, 14—Rosario Ramos (Col) 46'5, 15—Carrie Albano (Ore) 45'6, 16—Annette Bohach (Ind) 42'6.

**FINAL:** 1—Ritchie 54'2, 2—Hauch 53'3, 3—Walton 52'5, 4—Smit 50'9, 5—Burke 49'9, 6—Thornton 49'7, 7—Dole 48'11, 8—Davis 47'10, 9—Curran 47'4, 10—Kauti 47'3, 11—Stalman 47'2, 12—Koziara 46'9.

**Discus Throw:** Some outstanding discus throwers were eliminated in the trials including Gale Zaphiropoulos, Julie Jones, Mary Stevenson, Dana Olson and Penny Neer.

The final, held in what Oregonians term a "semi-drizzle" saw nearly everyone throw their best in the early going. Only Leslie Hoerner, CSLB, had her best throw in the finals as she threw 161'4 on her fourth effort. Meg Ritchie opened with a foul, then set a new record of 200'3 with her second effort and topped that on her third throw with 211'1. Maria Stalman, Arizona State, had one of her best marks at 189'1 for the silver and it took a toss of 161'11 to score.

**QUALIFYING:** 1—Meg Ritchie (Arizona) 178'2, 2—Maria Stalman (ASU) 169'2, 3—Brenda Denny (Col) 163'9, 4—Diane Pugh (St. Johns) 162'10, 5—Betty Bogers (UTEP) 161'3, 6—Pia Iacovo (Holy Cross) 159'11, 7—

Marita Walton (Md) 159'6, 8—Ramona Pagel (CSLB) 157'9, 9—Lisha Lass (Oregon) 157'8, 10—Leslie Hoerner (CSLB) 153'2, 11—Robin Small (Kan) 151'2, 12—Julie Cart (ASU) 151'1, 13—Vickilee Cobern (Tx A&M) 150'2, 14—Laura Messner (Tx) 149'10, 15—Victoria Gay (W. Ky) 148'6, 16—Dana Olson (USC) 148'5, 17—Mary Stevenson (Ore) 147'9, 18—Wendy Robinson (CS Chico) 147'7, 19—Jane Sumner (S. Ill) 146'8, 20—Francine Kaylor (Col St) 145'5, 21—Gale Zaphiropoulos (Cal) 145'2, 22—Kathy Picknell (Ore) 144'9, 23—Heather Kuusela (BYU) 144'4, 24—Penny Neer (Mich) 143'4, 25—Debbie Herman (Bethany) 142'6, 26—Terri Byland (Kent) 140'9, 27—Julie Jones (Wy) 140'5, 28—Pat Herrington (Idaho St) and Jane Toporowski (Drake) 137'7.

**FINAL:** 1—Ritchie 211'1, 2—Stalman 189'1, 3—Bogers 169'7, 4—Iacovo 165'0, 5—Walton 162'5, 6—Pugh 161'11, 7—Hoerner 161'4, 8—Denny 150'2, 9—Small 146'1, 10—Pagel 145'8, 11—Cart 142'5, 12—Lass 137'5.

**Javelin Throw:** This, along with the long jump, was the surprise of the meet. Javelin throwers are usually fairly consistent, but who would imagine 1979 fourth placer Celeste Wilkinson would wind up 15th in the qualifying round? Or Patty Kearney, with the nation's best collegiate throw in 1980 would finish with a toss of 149'10 and place 11th in the final. Or that Jacque Nelson of Cal State Long Beach, a journeyman thrower, would wind up the 1980 season as Collegiate champion?

The final came with the rain. The tartan runway was slippery. The rain came down in sheets as the competition opened. Everyone threw poorly on the first round, testing the runway, fearful of slipping. Except Jacqueline Nelson. Throwing with reckless abandon, Nelson uncorked a toss of 173'11 on her first effort, more than 10 feet further than her previous lifetime best which she scored only the week before at Modesto in the California Relays. Nelson scurried back under the protective cover and didn't come out again until the fourth round when she made a feeble effort, passed her fifth throw and after having won it, took her sixth toss which was all of 152 feet. Nelson got off her big throw before she had tested the runway and she threw as if it was as dry as the Sahara. After that the runway scared the dickens out of her and she was fearful of slipping. But the damage had been done and no one was going to catch her on this day in May. Eight of the 12 finalists had their best throw in the third round when the chips were down to make the final. No one threw well after that and in fact, more than half of the throws in the final three rounds were either fouls or passes. It was not conducive to good javelin throwing—except for Nelson's one toss.

The event was almost the monopoly of the West Coast with 10 of the 12 finalists from that area. Proving it does help to have the event in high school. The slippery conditions caused many of the throwers to record marks 20 to 30 feet below their best. But not Jacque!

**QUALIFYING:** 1—Cathy Sulinski (CS/Chico) 172'2, 2—Jeanne Eggart (WashSt) 166'9, 3—Teresa Cooper (OreSt) 164'11, 4—Patty Kearney (Ore) 160'6, 5—

Deanna Carr (Wash) 158'3, 6—Rozlyn Rouse (BYU) 155'4, 7—Jacqueline Nelson (CSLB) 155'2, 8—Tonja Reigle (OreSt) 154'5, 9—Kathy Calo (Kent State) and Mary Osborne (Stanford) 154'1, 11—Susan Gibson (Ala) 153'11, 12—Sally Harmon (Ore) 152'6, 13—Lorri Kokkola (W.Ky) 152'3, 14—Paula Perfito (Springfield) 150'9, 15—Celeste Wilkinson (ASU) 150'3, 16—Lisa Van Benthem (USC) 140'1, 17—Darlene Ourso (Sam Houston) 139'11, 18—Debra Williams (Mich) 137'2, 19—Kristen Engle (Col) 123'0.

**FINAL:** 1—Nelson 173'11, 2—Osborne 166'2, 3—Sulinski 164'0, 4—Kalo 161'0, 5—Cooper 159'10, 6—Eggart 159'8, 7—Carr 159'4, 8—Reigle 156'8, 9—Harmon 156'4, 10—Osborne 152'0, 11—Kearney 149'10, 12—Gibson 148'3.

**Pentathlon:** Seventeen athletes declared for the pentathlon and 14 of them finished. One, Jenny Stary of Pomona-Pitzer, violated one of the basic rules of pentathloning and scored a zip in the high jump. But it was an interesting competition. BYU's Themis Zambrzycki, although never performing up to par in any event, was the class of the field and won without straining. The surprise was runner-up Terri Seipel of Eastern Kentucky who turned in a lifetime best score of 4034 and moved to the silver in only the final event of the day, the 800 meters. Ann Crump of UNLV, suffered a leg cramp in the long jump and courageously completed that event as well as the 800 to grab the bronze. Some fine come-through performances enabled Cal's Cindy Banks to grab fifth with her best-ever score. The event figured to be an important one in the scoring, but UCLA's Tanya Alston was forced out of the competition after two events with a muscle injury, Virginia's Susan Brownell was not up to par, and Nebraska's duo of Nancy Kindig and Sondra Obermier picked up only one point between them.

If you ever stage a pentathlon, be sure to invite Purdue's Margaret Woods. This half-pint has a high jump of nearly six feet and goes at the bar hell bent for election. She also has a unique—"windmill" style of throwing the shot and will give you 110% in every event.

**RESULTS: 100m Hurdles,** 1—Ann Crump (UNLV) 14.61, 2—Susan Brownell (Va) 14.70, 3—Themis Zambrzycki (BYU) 14.81, 4—Teri Seipel (E.Ky) 14.91, 5—Tanya Alston (UCLA) 15.05, 6—Sande Lambert (TxA&M) 15.06. **Shot Put,** 1—Cindy Banks (Col) 44'11, 2—Zambrzycki 44'10, 3—Kerry Zwart (USC) 43'8, 4—Nora Araujo (Auburn) 41'7, 5—Jenny Stary (Pomona-Pitzer) 39'9, 6—Ann Crump (UNLV) 38'8. **High Jump,** 1—Seippel 5'9, 2—Zambrzycki, Janet Terp (Va) and Margaret Woods (Purdue) 5'7, 3—Crump 5'6, 4—Brownell 5'5, 5—Lambert 5'5, 6—Brownell 5'5, 7—Seippel 5'5, 8—Crump 5'5, 9—Wendy Limbaugh (UtahSt) 5'4, 10—Lambert 5'4, 11—Brownell 5'4, 12—Seippel 5'4, 13—Kerry Zwart (USC) 4'11, 14—Jenny Stary (Pomona-Pitzer) 2'20.7, 15—Nancy Kindig (Neb) 2'21.0, 16—Brownell 2'22.96, 17—Stary 2'22.97, 18—Araujo 2'25.1.

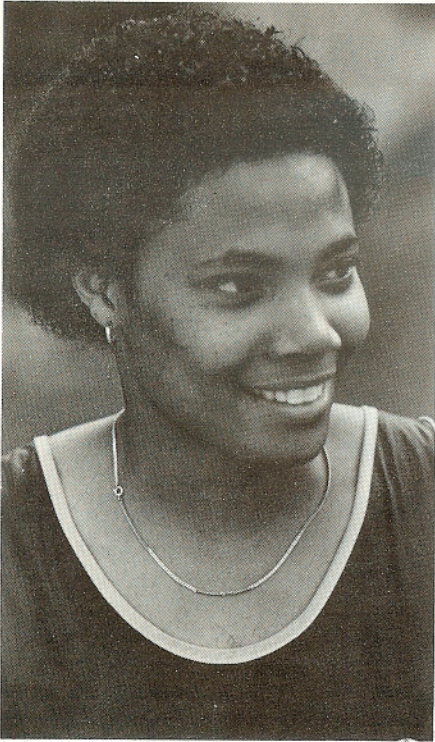
**SCORES,** 1—Themis Zambrzycki (BYU) 4180, 2—Teri Seippel (E.Ky) 4034, 3—Ann Crump (UNLV) 3932, 4—Susan Brownell (Va) 3892, 5—Cynthia Banks (Cal) 3783, 6—Nancy Kindig (Neb) 3747, 7—Sande Lambert (TxA&M) 3746, 8—Nora Araujo (Auburn) 3722, 9—Janet Terp (Vt) 3686, 10—Wendy Limbaugh (UtahSt) 3668, 11—Margaret Woods (Purdue) 3564, 12—Luann Morris (UCSB) 3461, 13—Kerry Zwart (USC) 3428, 14—Jenny Stary (Pomona-Pitzer) 2899, Tanya Alston (UCLA), Sondra Obermier (Neb), Peggy Schaffer (MonSt) did not finish.



*Themis Zambrzycki, pentathlon champion.*

WARREN MORGAN PHOTO

*July 1980*



*Brenda Chambers, Colorado.  
Surprise Bronze in 400H.*

**Team Scores:** 1—Cal State Northridge 59, 2—North Carolina State 55, 3—Cal State Los Angeles 40, 4—Tennessee 33, 5—UCLA 30, 6—Arizona State 29, 7—Nebraska 28, 8—Arizona 24, 9—Wisconsin 20, 10—Oregon and Maryland 18, 12—Brigham Young 18, 12—UTEP 16, 13—Virginia 15, 14—California 13, 16—Colorado and San Diego State 12, 18—Cal Poly/SLO, Cal State Long Beach, Temple, Ohio State, Oklahoma and Eastern Kentucky 10, 24—Stanford, Penn State, Iowa State, Morgan State and Houston 8, 29—UNLV and St. Johns 7, 31—Texas, Cal State Chico, Washington and Michigan State 6, 35—Holy Cross, Lamar, Texas Woman's University, Kent State, Georgetown and Boston 4, 41—Wyoming, Harvard, West Chester State, Oregon State and Northeastern 2, 46—Texas Tech, Vermont, Washington State, North Texas State, Rutgers and Missouri 1. 51 teams scored.

**AIAW KALEIDOSCOPE:** This could almost be called a "freshman" meet. Without perusing the lists, the ones who come to mind right off hand include Delisa Walton, Leann Warner, Mary Shea, Linda Goen, Benita Fitzgerald, Jenny Gorham, Merlene Ottey, Sandra Myers, Coleen Reinstra for starters. Meet can't get anything but better . . . Don't get the idea that everything went right for Northridge. You could hear the heart valves popping when Kim White took her eye off the baton on the final exchange of the medley relay and dropped the baton.

*Women's Track World*

CSN lost at least six points in that happening . . . UCLA and Texas Woman's University received some bad news at the coaches scratch meeting before the meet began. Seems that Bert Lyle forgot to enter Karen Holmes in the 100 and hurdles and Scott Chisam left off Michele Bush's name for the 10 thousand. Both girls were at the meet and Holmes got to run the relays, but Michele pouted from the stands.

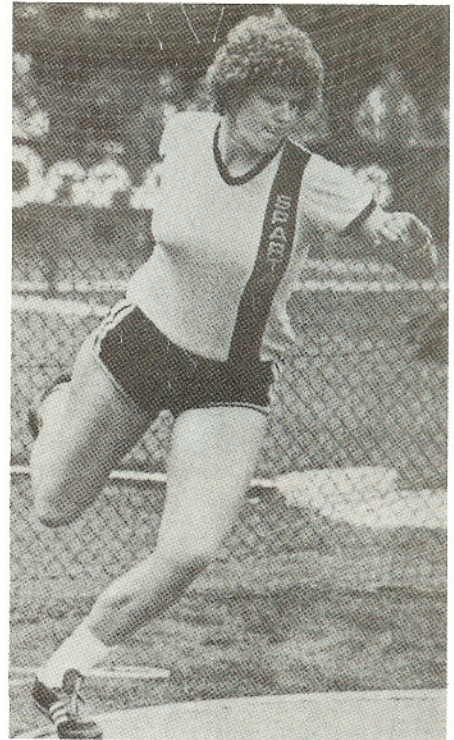
When will the rule makers determine that standing starts are tabu for the 400 and 400 hurdles. First of all, such action is not conducive to best results and secondly, there is no unanimity in this 'start' forcing the starters to scan the runners pointedly and resulting in many false starts. Runners using such a start do not have control of their bodies.

More than 60 collegiate runners met the easy AIAW qualifying standard for the 5000. Fortunately they didn't all show up, but 38 did . . . Meg Ritchie, double winner in the shot and discus, who hails from Scotland says, "I don't think the American boycott (of the Olympics) will do the least bit of good. All it will do is deprive the American athletes from competing. You can tell (the Americans) are not motivated. As far as I know, everybody is concerned about what is going on in Afghanistan. Anybody who is a thinker is concerned. But life must go on. This is Olympic year and the boycott is nothing but a big publicity stunt. I'm just happy to throw. I don't care where the others come from. We compete



*Margaret Groos, Virginia.  
A busy week in Eugene.*

JEFF JOHNSON PHOTO



*"Here's Lambertha"*

against each other as people." . . . Kathy Weston, Oregon State, set two records this year: 1) She ran for the same college two years in a row and 2) she did not anchor the winning two mile relay team for the first time in four years . . . About the boycott Weston says, "The boycott took a lot out of me. I won't say it devastated me, but its taken a lot of my heart".

Themis Zambrzycki comes from Brazil, she is Polish, has a Greek first name and her native tongue is Portugese. Chances are the romance with BYU has evaporated and she will be elsewhere for her senior year. She will compete for the LA Naturite team this summer . . . No school has ever won the AIAW cross country and track championships in the same year. North Carolina State came close — but no cigar . . . Zambrzycki speaks on the weather: "Generally, the weather was horrible" . . . The 3000, 5000 and 10000 triple by the Shea's wasn't a last minute decision. It was noted that such a program had evidently been planned long before leaving the home state for each Shea had three different uniform changes . . . The Shea's weren't the only ones who ran a lot in this meet. Consider Virginia's Margaret Groos who qualified in the 1500, ran a leg on the two mile relay and 10 minutes later qualified for the 5000. Then came back to run the final in all three. Or Yolanda Rich of Cal State LA with a 400 in the medley trials, a

*(continued on page 31)*



ST. LOUIS — Carol Cook, 26, of St. Louis, snaps the tape to win the L'eggs/YWCA 10,000 meter run in St. Louis, April 19. Cook's victory, in 37:14, earned her a trip to New York to compete in the L'eggs Mini Marathon, May 31.

## St. Louis, April 19

Place, Name, Age	City	Time
1—Carol Cook, 26	St. Louis	37:14
2—Vickie Sork, 26	St. Louis	44:16
3—Penelope Gallogly, 33	St. Louis	44:20
4—Karen McKinney, 31	St. Louis	45:15
5—Nan Weiss, 28	St. Louis	45:34



WINSTON-SALEM — Jeannie Eldridge, a 24-year-old school teacher, wins the second annual L'eggs/YWCA 10,000 meter run for women in Winston-Salem, May 10. Eldridge completed the 6.2 mile course in 39 minutes, 17 seconds, just six seconds ahead of Beth Dillinger, of Blacksburg, VA. For the victory, her first ever for the 10,000 meter distance, Eldridge received an expenses paid trip to New York for the L'eggs Mini Marathon.

## Winston-Salem, May 10

Place, Name, Age	City	Time
1—Jeannie Eldridge, 24	Winston-Salem	39:17
2—Beth Dillinger, 24	Blacksburg, VA	39:23
3—Anne Mansfield, 32	Winston-Salem	39:33
4—Diane Swick, 18	Pfafftown	41:02
5—Diane Ludwig, 24	Winston-Salem	41:31

# L'EGGS / YWCA 10,000 METER RUNS



DENVER — Lori Jorgensen, 21, captures the first L'eggs/YWCA 10,000 meter run in Denver in 38 minutes, 54 seconds. The University of Colorado sophomore who finished 14th among women at the 1980 Boston Marathon, received an expenses-paid trip to New York to compete in the L'eggs Mini Marathon, May 31.

## Denver, May 17

Position, Name, Age	City	Time
1—Lori Jorgensen, 21	Boulder	38:54
2—Sue Henderson, 33	Boulder	39:07
3—Cheryl Flanagan, 32	Boulder	40:01
4—Pamela Schmid, 29	Fort Collins	40:47
5—Anne Barrett, 19	Boulder	40:57

### AGE GROUP 0-19

Position, Name, Age	Overall	City	Time
1—Anne Barrett, 19	5	Boulder	40:57
2—Jennifer Haberl, 19	23	Boulder	45:58
3—Mary Butler, 15	41	Lakewood	47:28

### AGE GROUP 20-29

1—Lori Jorgensen, 21	1	Boulder	38:54
2—Pamela Schmid, 29	4	Fort Collins	40:47
3—Debbie Roof, 26	8	Boulder	42:27

### AGE GROUP 30-39

1—Sue Henderson, 33	2	Boulder	39:07
2—Cheryl Flanagan, 32	3	Boulder	40:01
3—Bette Poppers, 37	6	Littleton	41:00

### AGE GROUP 40-49

1—Betsy Harrower, 42	12	Arvada	43:54
2—Charlotte Martinez, 46	37	Arvada	47:20
3—Brenda Bottoms, 41	46	Boulder	48:04

### AGE GROUP 50 PLUS

1—Doris Lehnert, 52	121	Denver	53:59
2—Francis Cable, 51	138	Berthoud	55:05
3—Shirley Griffin, 55	184	Boulder	57:54



CHICAGO — Cheryl Konkol, 19, of West Allis, WI, breaks tape in 35:47 to win the Chicago L'eggs/YWCA 10,000 meter run for women, April 20. Konkol outran more than 1,000 women to capture the first place prize of a trip to New York to compete in the L'eggs Mini Marathon on May 31.

## Chicago, April 20

Place, Name, Age	City	Time
1—Cheryl Konkol, 19	West Allis, WI	35:47
2—Tina Gandy, 26	Des Moines, IA	36:52
3—Terri Goonan, 21	Dayton, OH	39:42
4—Mary Czarzata, 44	New Berlin, WI	40:23
5—Catherine Kollar, 23	Chicago	41:02



SAN DIEGO — Laurie Binder, 32 year old nurse, wins the L'eggs/YWCA 10,000 meter run in San Diego in 35:05, a personal best time and record for the L'eggs/YWCA circuit. Two members of the Santa Monica Track Club finished second and third, Pam Morris in 35:47 and Linda Heinmiller in 36:18.

## San Diego, Feb. 18

Place, Name, Age	City	Time
1—Laurie Binder, 32	San Diego	35:05.7
2—Pam Morris, 21	Los Angeles	35:47
3—Linda Heinmiller, 33	Redondo Beach	36:18
4—Elaine Campo, 29	Goleta	36:49
5—Debbie Lewis, 25	Solana Beach	37:26

# TAC Championships

Walnut, California, June 13/15 — The first-ever TAC Championships were staged on the artificial surface of the famed Mt. San Antonio College track and were filled with surprises and fine performances. The Los Angeles Naturite Track Club made a mockery of the team battle as they scored 77 points, far ahead of runner-up Tennessee State University Track Club with 42 and third place Ali Track Club with 37 points. Fifty-one teams scored.

It was a rough situation for defending champions as only three successfully defended their crowns. Francie Larrieu repeated in the 1500, Maren Seidler in the shot and Sue Brodock in the two walks. Brodock, who set an American record in the 5000, was the meet's only double winner.

Many of the 1979 champions failed to appear in 1980. Ashford was absent in the two sprints, Larrieu did not run the 3000, Deby LaPlante and Edna Brown were no-shows in the hurdles and none of the 1979 relay winners showed up. For those who did appear, things were not pleasant. Patricia Jackson was eliminated in the semis of the 400, Essie Kelly was a distant seventh in the 800, Mary Shea finished sixth in the 10k, Kathy McMillan and Kate Schmidt picked up silvers in the long jump and javelin and Lynn Wimbler wound up fourth in the disc.

Top honors in the competition must go to Madeline Manning, the 32 year old Olympic 800 Champion from 1968. Not only did Madeline force the pace all the way, passing the 400 in 57 seconds, she was never pressed as she ran the second-fastest ever by an American, winning in 1:58.8. Mary Decker gave it all she had, but injuries kept her from running since last February, and she just didn't have it yet.

**100 Meters:** The three favorites, Morehead, Alice Brown and Hawkins won their heats with no difficulty and Morehead and Brown annexed the semis. There were three false starts in the final with Diane Williams, Jodi Anderson and Karen Hawkins being the guilty parties. At the gun, Brown, with her quick reflexes, took the lead after 20 meters. Then Morehead made her move and pulled even with Brown at the halfway mark. With fans expecting Morehead to pull away at this point, the surprise came when, after running dead even for 30 meters, Brown powered her way back into the lead and won in 11.21, a lifetime best. Hawkins made a big move over the last half, but seeing she could not catch Morehead, eased up and was nearly

nipped by both Cheeseborough and Jodi Anderson who finished only 2/100 behind.

**Heats, 1 (+5.0),** 1—Brenda Morehead (TSUTC) 11.25w, 2—Diane Williams (MichStTC) 11.38w, 3—Pam Greene (Un) 11.65w, 4—Darlene Jefferson (MsAC) 11.79w, 5—Florence Griffith (LANTC) 11.83w, 6—Yvette Evans (LAM) 12.06w; **2 (+2.8),** 1—Alice Brown (LANTC) 11.27w, 2—Dollie Fleetwood (SCC) 11.55w, 3—Jodi Anderson (LANTC) 11.61w, 4—Jennifer Innis (Ali) 11.64w, 5—Leoloa Toomer (MsAC) 11.84w, 6—Gwen Loud (LAM) 11.86w, 7—Felicia DuPuch (ColFly) 11.98w, 8—Sheryl Purnell (TSUTC) 12.47w; **3 (0.0),** 1—Karen Hawkins (TxStH) 11.52, 2—Lisa Hopkins (IngPan) 11.53, 3—Chandra Cheeseborough (TSUTC) 11.58, 4—Jeanette Bolden (LANTC) 11.62, 5—Linda Wilson (TexTC) 11.76, 6—Mattline Render (NYPAL) 11.89, 7—Helena Nelson (Atoms) 12.03, 8—Pam Riggs (ClubNth) 12.04.

**Semi 1 (+0.4),** 1—Morehead 11.34, 2—Anderson 11.44, 3—Hopkins 11.54, 4—Williams 11.55, 5—Jefferson 11.71, 6—Loud 11.74, 7—Greene 11.78, 8—Wilson 11.83; **Semi 2 (+0.2),** 1—Brown 11.24, 2—Hawkins 11.45, 3—Cheeseborough 11.60, 4—Bolden 11.64, 5—Griffith 11.68, 6—Fleetwood 11.73, 7—Innis 11.80, 8—Toomer 11.90.

**FINAL (+0.3),** 1—Alice Brown 11.21, 2—Brenda Morehead 11.30, 3—Karen Hawkins 11.40, 4—Chandra Cheeseborough 11.42, 5—Jodi Anderson 11.42, 6—Lisa Hopkins 11.58, 7—Jeanette Bolden 11.61, 8—Diane Williams 11.71.

**200 Meters:** One of the meet's upsets occurred in the 200 where Karen Hawkins nipped Brenda Morehead for the gold in a wind-aided 22.80. Hopkins, who has been having an up and down season, was on the "up" trail at Mt. SAC and won it in the last step. Interesting note was the elimination of Pam Greene with a fifth place in the semis. Pam, now 26, had her lifetime best at 23.59. Mattline Render, another oldtimer, was eliminated in the 100 heats. Render is now 33.

**Heat 1 (+5.1),** 1—Brenda Morehead (TSUTC) 22.73w, 2—Randy Givens (NYPAL) 23.25w, 3—Felicia DuPuch (ColFly) 23.73, 4—Wanda Hooker (UpstartsTC) 23.79w, 5—Linda Wilson (TxTC) 24.15w; **Heat 2 (+0.8),** 1—Karen Hawkins (TxStH) 22.8h (doubtful timing on all runners), 2—Lorna Forde (Atoms) 22.8, 3—Cheryl Gilliam (MichStTC) 23.7, 4—Kelia Bolton (MilLions) 23.7, 5—Freida Cobbs (BEBTC) 24.2, 6—Sheryl Purnell (TSUTC) 24.6; **Heat 3 (+1.8),** 1—Lisa Hopkins (IngPan) 23.55, 2—Pam Marshall (ClubInt) 23.97, 3—Brenda Finch (ColFly) 24.07, 4—Melanie Batiste (Ore) 24.08, 5—Deborah Jones (TSUTC) 24.12, 6—Brenda Gullege (TxTC) 25.16; **Heat 4 (+0.7),** 1—Chandra Cheeseborough (TSUTC) 23.35, 2—Pam Greene (Un) 23.62, 3—Elaine Parker (BEBTC) 23.74, 4—Beverly Kearney (AubTC) 23.89, 5—Helena Nelson (Atoms) 24.09, 6—Gwen Loud (LAM) 24.20.

**Semi 1 (+0.4),** 1—Morehead 23.01, 2—Hopkins 23.34, 3—Givens 23.56, 4—Bolton 23.56, 5—Greene 23.59, 6—Hooker 23.80, 7—Kearney 23.94, 8—DuPuch 24.0; **Semi 2 (+0.5),** 1—Hawkins 23.17, 2—Cheeseborough 23.22, 3—Marshall 23.56, 4—Parker 23.64, 5—Batiste 23.66, 6—Forde 23.84, 7—Finch 23.89, 8—Gilliam 23.90.

**FINAL (+2.8),** 1—Karen Hawkins 23.80w, 2—Morehead 22.80w, 3—Cheeseborough 23.04w, 4—Hopkins 23.15w, 5—Givens 23.23w, 6—Marshall 23.31w, 7—Bolton 23.40w, 8—Parker 23.93w.

**400 Meters:** The most evenly balanced field of the competition faced the starter for the 400 meters. At least a dozen of the entries had a shot at winning the title and after the first round,

Roberta Belle, Pam Moore and Freida Hancock, among others, were watching from the bleachers. Sharon Dabney, Gwen Gardner, American record-holder Rosalyn Bryant and defending champion Pat Jackson were the heat winners, setting the stage for two sizzling semi-finals. When the semis were finished, so were outstanding 400 runners as Deann Gutowski, Arlise Emmerson, Marian Franklin, Jennie Gorham, Lorna Forde, Kelia Bolton, Brenda Peterson and the defending champion. In the final, Alice Jackson took command early, but at the 200 it was high schooler Sherri Howard in command in 24.7 with Gardner, Griffith and Bryant in hot pursuit. Griffith made her move around the final turn and led as they entered the home straight. With less than 100 to go, Howard-power showed up and Sherri maintained good form through the tape. Dabney, who laid back in the early going, came on for the silver as Griffith faded to fifth.

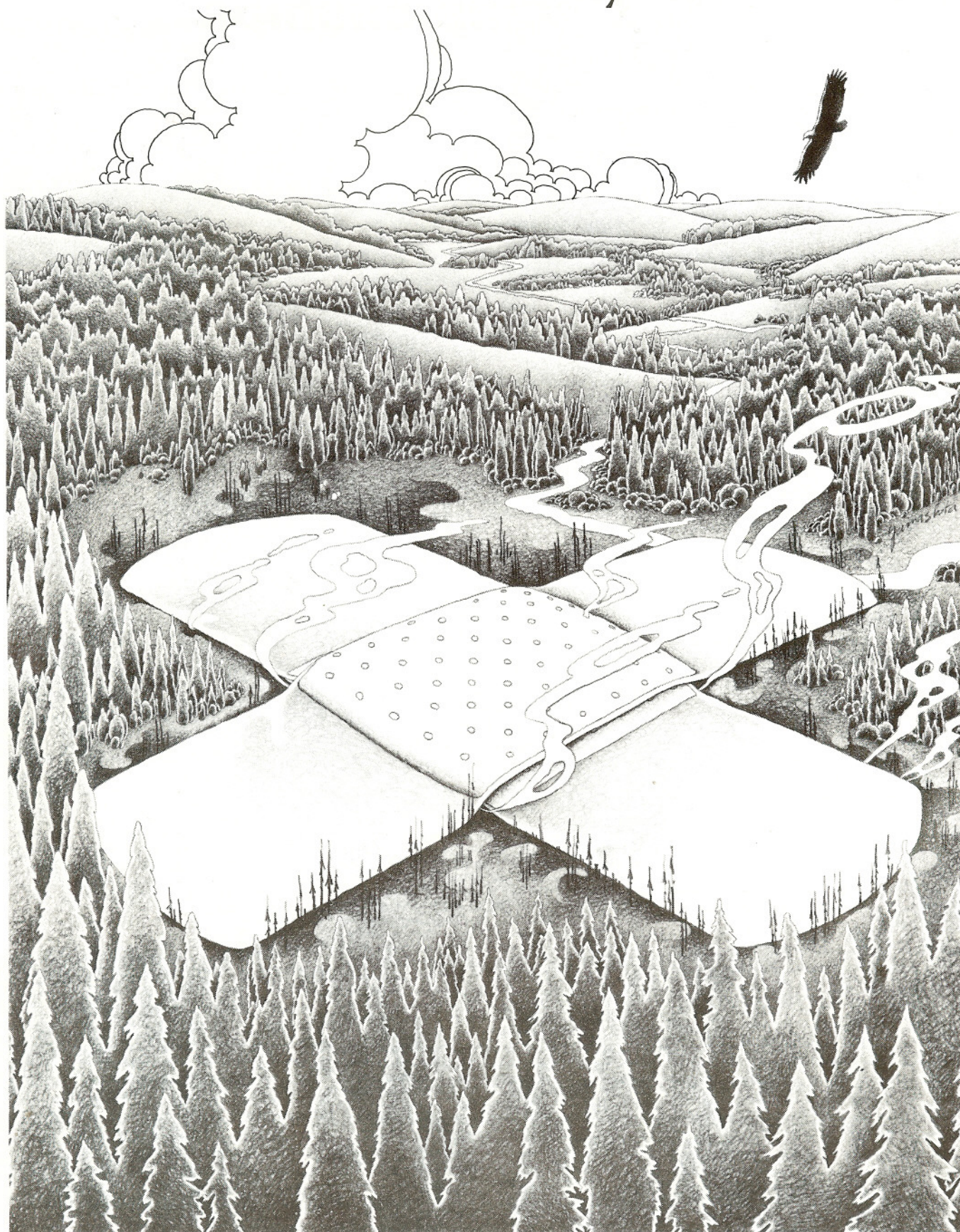
**Heat 1,** 1—Sharon Dabney (ClippersTC) 53.1h, 2—June Griffith (CarlosTC) 53.1h, 3—Denean Howard (Ali) 53.7h, 4—Brenda Peterson (LAM) 54.2h, 5—Linda Waltman (TxTC) 55.4h; **Heat 2,** 1—Gwen Gardner (LAM) 53.1h, 2—Sherri Howard (Ali) 53.1h, 3—Jennie Gorham (KCNorthStars) 53.9h, 4—Alice Jackson (DCInt) 54.0h, 5—Pam Moore (WisUn) 54.2h, 6—Wanda Trent (MsAC) nt, 7—Cende Mills (PremierTC) nt; **Heat 3,** 1—Rosalyn Bryant (Ali) 53.6h, 2—DeAnn Gutowski (LAM) 53.6h, 3—Arlise Emerson (Mac) 53.9h, 4—Marian Franklin (MilLions) 54.1h, 5—Roberta Belle (DCInt) 54.3h, 6—Judith Pollion (TSUTC) nt, 7—Kim White (BEBTC) nt; **Heat 4,** 1—Pat Jackson (PV) 52.8h, 2—Yolanda Rich (Ali) 53.0h, 3—Lorna Forde (Atoms) 53.5h, 4—Kelia Bolton (MilLions) 53.9h, 5—Sharon Johnson (MsAC) 54.3h, 6—Freida Hancock (ColFly) nt.

**Semi 1,** 1—Griffith 52.44, 2—Alice Jackson 52.72, 3—Bryant 53.06, 4—D. Howard 53.20, 5—Patricia Jackson 53.28, 6—Deann Gutowski 53.59, 7—Emerson 53.77, 8—Franklin 55.94; **Semi 2,** 1—Gardner 51.59, 2—S. Howard 51.79, 3—Dabney 52.36, 4—Rich 52.54, 5—Gorham 52.82, 6—Forde 53.26, 7—Bolton 53.62, 8—Peterson nt.

**FINAL,** 1—Sherri Howard 51.51, 2—Sharon Dabney 52.35, 3—Gwen Gardner 52.35, 4—Denean Howard 52.58, 5—Griffith 52.62, 6—Rich 53.26, 7—Bryant 54.14, 8—Alice Jackson nt.

**800 Meters:** Some strange "goings-on" before the heats were run on the part of the officials resulted in some mighty unhappy athletes and only two semi-final heats, one in which only four runners participated. (See adjacent story on "Qualifying for the Nationals".) In the final, Manning took the field out from the gun and was never headed. Defending champion Kelley stuck with Manning for the first 400 and turned that lap under 60 seconds for the first time in her life and lacked the strength to maintain the pace, fading to next to last at the tape. Manning said, "That's the way the Europeans run this race and if we are going to compete with them, we had darn well learn how to run the distance correctly". In the US, the race has degenerated into a 600

# Some burns take 100 years to heal.



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## TAC CHAMPIONSHIPS (continued)

jog/trot and a 200 sprint and one just doesn't run sub two minute races with that kind of pace.

**Semi 1**, 1—Mary Decker (AthWest) 2:04.2, 2—Kathy Weston (PCC) 2:05.2, 3—Lee Ballenger (Un) 2:05.6, 4—Essie Kelley (PV) 2:06.7, 5—Kim Neall (ORTC) 2:07.4, 6—Radious Jacobs (ColFly) 2:09.3, 7—Diane Ray (MsAC) 2:17.1; **Semi 2**, 1—Robin Campbell (StanTC) 2:20.8, 2—Madeline Manning (ORTC) 2:20.9, 3—Delisa Walton (KnoxvilleTC) 2:20.9, 4—Ann Regan (SJC) 2:21.0.

**FINAL**, 1—Manning 1:58.8, 2—Campbell 2:01.6, 3—Decker 2:02.3, 4—Weston 2:04.6, 5—Walton 2:05.7, 6—Regan 2:06.5, 7—Kelley nt, 8—Ballenger nt.

**1500 Meters:** Yet another event involving officials and political decisions. Once again we call your attention to the article on "Qualifying for the Nationals". No top notchers were lost in the two semis, and Francie Larrieu, running tentatively and expecting someone to make a real challenge, led practically the entire distance to win the final in an ordinary 4:12.8. Bremser, Goen and Keys made a run for it with 300 to go, but never really got close.

**Semi 1**, 1—Cindy Bremser (WisUn) 4:23.9, 2—Maggie Keyes (CP/SLO) 4:24.7, 3—Julie Brown (LANTC) 4:25.5, 4—Suzie Houston (WisUn) 4:25.5, 5—Brenda Webb (KnoxvilleTC) 4:25.7, 6—Alice Trumbly (GoldenBearTC) 4:27.0, 7—Patty Murnane (LibertyAC) 4:29.2, 8—Ana-Maria Oredain (Mexico) 4:30.7, 9—Sheila Ralston (UCLA) 4:32.0, Debbie Mitchell (Maccabi) did not finish. **Semi 2**, 1—Francie Larrieu (PCC) 4:21.6h, 2—Linda Goen (UCLA) 4:21.6, 3—Rose Thompson (WisUn) 4:22.3, 4—Cathie Twomey (OreTC) 4:22.9, 5—Darlene Beckford (LibAC) 4:23.5, 6—Chris Mullen (GeorgetownAA) nt, 7—Linda Portasik (KnoxvilleTC) nt, 8—Debbie Pavik (MsAC) nt, 9—Mary Rawe (PennSt) nt.

**FINAL**, 1—Larrieu 4:12.8, 2—Bremser 4:13.7, 3—Goen 4:14.2, 4—Keyes 4:14.3, 5—Thompson 4:16.4, 6—Twomey 4:19.7, 7—Webb 4:21.1, 8—Beckford nt, 9—Houston 4:25.6, 10—Trumbly 4:28.7, 11—Mullen 4:35.2. Brown (LANTC) did not run.

**3000 Meters:** Julie Brown, still filled with adrenalin after the 1500 faux faux, went to the lead at the gun and never looked back. She was two seconds in front by the 800, four seconds ahead at the end of three laps, five seconds after five laps. Julie Shea cut it to a four second lead after six laps and back to two seconds at the end of seven, but there was never any doubt of the eventual winner and the first of the two Julies crossed the finish line nearly four seconds to the good. Meanwhile, back in the pack, there were some surprising happenings with Cindy Bremser, Eryn Forbes and Kim Schnupfiel finishing 9-10-11 and Brenda Webb and Joan Hansen not even finishing.

**FINAL**, 1—Julie Brown (LANTC) 9:07.9, 2—Julie Shea (NCSiTC) 9:11.4, 3—Rose Thompson (WisUn) 9:26.1, 4—Mary Shea (NCSiTC) 9:27.5, 5—Jennifer White (CharlottesvilleTC) 9:30.1, 6—Sabrina Peters (LoneCypressTC) 9:32.1, 7—Rocky Racette (Minn) 9:32.9, 8—Michele Bush (UCLA) 9:33.0, 9—Cindy Bremser (WisUn) 9:36.0, 10—Eryn Forbes (Ore) 9:41.6, 11—Kim Schnupfiel (StanTC) 9:58.1. Brenda Webb (KnoxvilleTC) and Joan Hansen (Ariz) did not finish.

**10000 Meters:** It took the field 11 laps

to realize Mary Shea was not invincible. Mary led the field through 4400 meters in an average pace, never being more than two seconds in the lead. Betty Springs went in front, then Carol Urish passed Shea and soon Judi St. Hilaire did it also and before long they were joined by Ellen Hart and Anne Sullivan. Springs led at the 5000 in 16:38.5 over Urish (16:38.7) and at lap 19 Sullivan took over briefly. By the end of the next lap, Urish was in the lead and she held it until the bell when St. Hilaire took over with a lengthy sprint. The race was made for Betty Springs, but she failed to take advantage of it and uncorked her furious finishing kick too late once again, finishing third. Mary had no excuses. "Just too tired", she said.

**FINAL**, 1—Judi St. Hilaire (LibAC) 33:31.1, 2—Carol Urish (HoustonHarriers) 33:33.1, 3—Betty Springs (NCSiTC) 33:34.9, 4—Ellen Hart (LibAC) 33:37.5, 5—Anne Sullivan (OreStTC) 33:48.5, 6—Mary Shea (NCSiTC) 34:27.4, 7—Peg Cleary (PennSt) 34:36.5, 8—Jill Molen (SecondSoleTC) 34:40.7, 9—Lauri Binder (KCBQ) 34:41.7, 10—Judy McCreery (Un) 34:59.2, 11—Karen Fitz (KansasCityTC) 35:00.2, 12—Michelle Aubuchon (GoldenBearTC) 35:16.4, 13—Linda Heinmiller (SMT) 35:33.0, 14—Liz Berry (LibAC) 36:05.8, 15—Karen Bridges (WarrenStreetS&AC) 36:18.5. Phyllis Olrich (WestValleyTC) and Pam Morris (SMT) did not finish.



Julie Brown leads early stages of 3000.

**100 Meter Hurdles:** All the big wheels on hand except the two KCBQers LaPlante and Van Wolvelaere. As expected Stephanie Hightower and Benita Fitzgerald won the prelims with Linda Weekly and Candy Young in the runner-up spot. In the final, Hightower was clearly the class of the field and Fitzgerald was clearly the class of the rest. Only surprise came when LANTC's

Jackie Washington slipped in ahead of Young for the fourth spot — and almost nipped Weekly.

**Heat 1** (+0.8), 1—Stephanie Hightower (OhioSt) 13.33, 2—Linda Weekly (TxSth) 13.67, 3—Debbie Deutsch (ShoreAC) 13.71, 4—Gayle Harris-Watkins (THCT) 13.79, 5—Lori Dinello (WSTC) 13.82, 6—Cheryll Hawthorne (BEBTC) 14.11, 7—Maureen McGee (LAM) 14.75; **Heat 2** (+2.0), 1—Benita Fitzgerald (KnoxvilleTC) 13.40, 2—Candy Young (Ryan'sExpress) 13.45, 3—Jackie Washington (LANTC) 13.66, 4—Linda Bourn (BYU) 13.93, 5—Mitzi McMillan (ClubInt) 14.11, 6—Lorraine Tummings (Un) 14.16, 7—Lexie Miller (Ore) 14.22.

**FINAL** (-0.2), 1—Hightower 13.14, 2—Fitzgerald 13.23, 3—Weekly 13.59, 4—Washington 13.59, 5—Young 13.64, 6—Deutsch 13.86, 7—Watkins 14.17, 8—Bourn 14.21.

**400 Meter Hurdles:** One of the classic events of the competition opened the 1980 championship meet. Officials seemingly poured all the top names of 400m hurdling into the first heat of the first race of the first day — American record holder Sandy Myers, meet record-holder Mary Ayers, AIAW runner-up Kim Whitehead along with Sandra Souza and Lexie Miller. And who won it? Tammy Etienne of Texas in her best-ever 58.46. The second heat was almost a walk-through, but the third heat saw Esther (Alfonso) Mahr set a new stadium record at 57.27 and establish herself as the one to beat two days later. Mahr came back the following day with yet another record at 57.23 as favored Myers finished third. In the final, Myers was in good position inside Mahr and violating all the rules of oxygen debt, took off like a hunted stag at the gun. Mahr began her move around the final turn and caught the tiring Myers over the ninth barrier. Whitehead zipped past Myers between hurdles and the young AIAW champ hit the tenth hurdle, fell to the ground and bounced back up to pick up sixth place. In the meantime, Mahr recorded a 56.3 win. Unfortunately for Esther, the Acutrack did not function, depriving her of what might have been a new American record.

**Heat 1**, 1—Tammy Etienne (Tx) 58.46, 2—Sandra Myers (LANTC) 58.68, 3—Kim Whitehead (DynamiteTC) 58.81, 4—Rachel Clary (MsAC) 60.03, 5—Mary Ayers (HoustonAth) 60.20, 6—Sandra Souza (TWUTC) 60.98, 7—Lexie Miller (Ore) 61.72, 8—Anna Biller (SMT) 62.06; **Heat 2**, 1—Stephanie Vega (Atoms) 60.4h, 2—Debbie McClendon (Col) 61.2h, 3—Debra Melrose (PV) 61.4h, 4—Anita Jones (USArmy) 61.8h, 5—Gail Hicks (Alcorn) 61.9h; **Heat 3**, 1—Esther Mahr (KCBQ) 57.27, 2—Brenda Chambers (Col) 59.42, 3—Cathy Gebhards (KCNorthStars) 60.40, 4—Vivian Scruggs (MsAC) 60.64, 5—Missy Gerald (LANTC) 61.83, 6—Debbie Deutsch 64.75, 7—Linda Hightower (Un) 65.31.

**Semi 1**, 1—Mahr 57.23, 2—Melrose 58.41, 3—Myers 58.56, 4—Chambers 58.96, 5—Gebhards 60.10, 6—Ayers 60.49, 7—Souza 61.72, 8—Scruggs nt; **Semi 2**, 1—Whitehead 59.00, 2—Etienne 59.22, 3—Clary 59.73, 4—Vega 60.22, 5—McClendon 60.34, 6—Gerald 61.09, 7—Hicks 61.84, 8—Jones nt.

**FINAL**, 1—Mahr 56.3h, 2—Whitehead 57.2, 3—Melrose 58.2, 4—Chambers 58.4, 5—Etienne 58.9, 6—Myers 59.7, 7—Vega 61.6, 8—Clary nt.

**Relays:** None of the four relays had enough entrants to require trials. The Ali TC and LA Naturite divided the relay

## TAC CHAMPIONSHIPS (continued)

titles with the Naturiters winning the shortest and longest relays and the Ali group the in-between ones.

**4x100:** Only six teams entered and one of the six was disqualified while yet another did not finish. The Naturite crew of Bolden, Anderson, Brown and Griffith handled Tennessee State without too much trouble. 1—LANTC (Bolden - Anderson - Brown - Griffith) 43.81, 2—Tennessee State Track Club 44.31, 3—Berkeley East Bay TC 45.84, 4—Ms AC 46.40, Texas TC disqualified for passing out of zone, Ali TC did not finish.

**4x400:** Only five teams entered this event with the Ali Track Club the easy winner in a fairly swift 3:34.2. Best leg was turned in by DC International's Roberta Belle as she cruised through her lap in 51.9. 1—Ali TC (Bryant 53.2-T. Howard 56.0-Rich 52.7-S. Howard 52.3) 3:34.2, 2—DC International (Hatz 56.2-Matthews 56.2-A. Jackson 53.3-Belle 51.9) 3:37.6, 3—MS AC (Trent 54.3-S. Johnson 53.7-Clary 54.5-Scruggs 55.3) 3:37.8, 4—NY PAL 3:40.9, 5—LA Naturite TC 3:42.2.

**800m Medley:** Ali TC turn once again as the Los Angeles based team had no trouble and won by nearly two seconds over Naturite. 1—Ali TC (Lair-Bryant-Pusey-D. Howard 51.5) 1:37.4, 2—LA Naturite (Bolden-Robinson-Griffith-Myers 53.1) 1:39.1, 3—NY PAL 1:40.5, 4—Ms AC 1:40.8, 5—Texas TC 1:41.2, 6—Berkeley East Bay TC nt, Tennessee State TC disqualified.

**4x800:** With Regina Jacobs leading off with a 2:08.6, the Naturite team was never headed and won easily with Julie Brown spinning the final 800 in 2:03.9. Sports West's Dana Arnin, running 2:05.7, finished second ahead of San Jose Cindergals and their all high school group. 1—LA Naturite (Regina Jacobs 2:08.6-Roma Antoniewicz 2:10.4-Lauri Mullins 2:09.3-Julie Brown 2:03.9) 8:32.3, 2—Sports West (Susan Gregg 2:11.2-Theresa Smith 2:09.6-Sandra Gregg 2:09.6-Dana Arnin 2:05.7) 8:36.1, 3—San Jose Cindergals (Tracy Weber 2:10.5-Jessica Speis 2:09.2-Maria King 2:07.7-Diana Figliomeni 2:09.0) 8:36.4, 4—Ms AC 8:53.8, 5—Minnesota 8:58.1.

**High Jump:** Upset winner was Colleen Reinstra, the 20-year old sophomore from Arizona State. Favorite Louise Ritter was not 100% fit, but that made no difference to Reinstra who upped her PB by two inches and had a couple of good efforts at 6'5. Several hours after the competition had finished, Reinstra was seen muttering to herself something about "not believing it".

**FINAL,** 1—Colleen Reinstra (Sun Devil Sports) 6'4, 2—(tie) Pam Spencer (LANTC) and Louise Ritter (PCC) 6'2, 4—Sharon Burrill (Col Gold) 6'0, 5—Kari Gossweiler (LANTC) 5'10 $\frac{3}{4}$ , 6—Maggie Garrison (Sports West) 5'9 $\frac{3}{4}$ , 7—Kym Carter (Wichita East Side TC) 5'8 $\frac{1}{2}$ , 8—Jalene Chase (DC Int) 5'7 $\frac{1}{4}$ , 9—Debbie Dubbs (Kearney St) 5'7 $\frac{1}{4}$ .

**Long Jump:** For a few minutes, it appeared the long jump would be a desultory event as the qualifying marks in the early going were not much to shout about. But as the athletes got warmed up and into the competition, the marks improved and it took 19'2 to make the final. Shonel Ferguson had the best jump in the trials at 21'2 $\frac{1}{4}$  (wind-aided). One of those failing to make it to the final round was AIAW champ Sandy Myers.

In the final, Jodi Anderson took the lead after the first round with a wind-aided leap of 21'7 $\frac{3}{4}$  and improved to 21'9 $\frac{3}{4}$

legal in the fourth round. Kathy McMillan, who had a great series with all six jumps over 21 feet, came close in the fifth round with a wind-aided 21'9, but lost by  $\frac{3}{4}$  of an inch. Shonel Ferguson had trouble in the early rounds but came through with a legal 21'2 $\frac{3}{4}$  mark for third.

**Qualifying:** 1—Shonel Ferguson (DC Int) 21'2 $\frac{3}{4}$ w, 2—Kathy McMillan (TSUTC) 20'11 $\frac{1}{4}$ w, 3—Carol Lewis (Willingboro TC) 20'3 $\frac{1}{4}$ w, 4—Jodi Anderson (LANTC) 20'2 $\frac{1}{4}$  and Pat Johnson (Wis Un) 20'2 $\frac{1}{4}$ , 6—Sandy Crabtree (Club Int) 20'1w, 7—Vicki Betts (Club Int) 19'10 $\frac{1}{2}$ , 8—Becky Kaiser (Ill) 19'10w, 9—Martha Watson (Club Int) 19'9w, 10—Karen Taylor (LANTC) 19'8 $\frac{3}{4}$ w, 11—Evalene Hatcher (Ms AC) 19'7 $\frac{1}{2}$ , 12—Marlene Harmon (LANTC) 19'2 $\frac{3}{4}$ w, 13—Jennifer Innis (Ali) 19'2 $\frac{1}{4}$ , 14—Gwen Loud (LAM) 19'2, 15—Veronica Bell (SCC) 19'1, 16—Lanessa Jones (Club Int) 19'0, 17—Brenda Bryan (Tx TC) 18'11 $\frac{1}{4}$ , 19—Sandy Myers (LANTC) 18'7 $\frac{1}{2}$ , 20—Kim Schofield (Tx TC) 18'5, 21—Judith Pollian (TSUTC) 14'0 $\frac{1}{2}$ .

**FINAL,** 1—Anderson 21'9 $\frac{3}{4}$ , 2—McMillan 21'9w, 3—Ferguson 21'2 $\frac{3}{4}$ , 4—P. Johnson 20'1w, 5—Innis 20'9 $\frac{1}{4}$ , 6—Harmon 20'5 $\frac{1}{4}$ w, 7—Taylor 20'4, 8—Betts 19'10 $\frac{1}{2}$ , 9—Kaiser 19'9, 10—Crabtree 19'7, 11—Loud 19'5 $\frac{1}{2}$ w, 12—Lewis 19'3 $\frac{1}{2}$ , 13—Watson 19'1 $\frac{1}{4}$ , 14—Hatcher 18'11 $\frac{1}{4}$ .

**Shot Put:** Maren Seidler tossed the bulb 59'1 on her first effort and sent everyone home early. That won the competition by more than five feet over Lorna Griffin who continues to improve in this event, with a toss of 53'10 $\frac{1}{2}$ .

**Qualifying:** 1—Maren Seidler (SanJoseStars) 54'4 $\frac{1}{2}$ , 2—Lorna Griffin (ACA) 53'6 $\frac{1}{4}$ , 3—Mary Jacobson (OreTC) 50'2 $\frac{3}{4}$ , 4—Sandy Burke (Northeastern-Women'sTC) 49'10 $\frac{1}{2}$ , 5—Emily Dole (ClubInt) 49'5 $\frac{1}{4}$ , 6—Ramona Pagel (ClubInt) 49'0 $\frac{1}{4}$ , 7—Marcia Mecklenburg (SptsWest) 48'9, 8—Melody Rose (Ali) 48'5, 9—Susan Thornton (KnoxvilleTC) 48'4 $\frac{1}{4}$ , 10—Rosario Ramos (AnaheimAtoms) 48'1 $\frac{1}{2}$ , 11—Susie Ray (LANTC) 47'3 $\frac{1}{4}$ , 12—Heidi Kauti (UCLA) 46'10 $\frac{1}{4}$ , 13—Carol Van Pelt (SptsWest) 46'2 $\frac{1}{4}$ , 14—Kelly Curran (Un) 45'9 $\frac{1}{4}$ , 15—Carrie Albano (Ore) 45'0 $\frac{1}{4}$ .

**FINAL,** 1—Seidler 59'1, 2—Griffin 53'10 $\frac{1}{2}$ , 3—Jacobson 50'11 $\frac{1}{2}$ , 4—Burke 50'5, 5—Dole 49'6, 6—Mecklenburg 49'6, 7—Rose 49'4 $\frac{1}{4}$ , 8—Kauti 48'5, 9—Ramos 47'9, 10—Thornton 47'5 $\frac{1}{4}$ , 11—Pagel 46'11 $\frac{1}{4}$ , 12—Ray 44'11.

**Discus:** Except for winner Lorna Griffin, the field threw rather poorly at a site noted for its lengthy discus marks. Griffin, the winner at 191'9, was the only thrower beyond 180 feet and only two of her six throws were farther than that distance.

**Qualifying:** 1—Jan Svendsen (WarrenStreetS&A-Club) 173'11, 2—Lorna Griffin (ACA) 167'4, 3—Gale Zaphropoulos (GoldenBearTC) 164'11, 4—Helene Connell (ACA) 164'4, 5—Denise Wood (Un) 162'11, 6—Lynn Winbigger (OreTC) 161'10, 7—Lisa Vogelsang (ACA) 160'6, 8—Leslie Hoerner (ClubInt) 159'11, 9—Pia Iacova (Falmouth-PierrierTC) 159'9, 10—Monette Branson (LANTC) 159'4, 11—Mary Stevenson (Ore) 156'4, 12—Julia Hansen (SptsWest) 155'11, 13—Julie Jones (Un) 152'6, 14—Ramona Pagel (ClubInt) 152'2, 15—Marcia Mecklenburg (SptsWest) 152'0, 16—Julie Cart (SunDevilSports) 150'0, 17—Terri Grudzinskas (LANTC) 148'7, 18—Brenda Denny (Col) 147'8, 19—Laura Messner (Texas) 137'11, 20—Carol Van Pelt (SptsWest) 136'1, 21—Lisha Lass (Ore) 119'10.

**FINAL,** 1—Griffin 191'9, 2—Wood 179'11, 3—Vogelsang 173'3, 4—Winbigger 171'6, 5—Svendsen 170'2, 6—Connell 169'10, 7—Hansen 164'5, 8—Zaphropoulos

162'3, 9—Hoerner 160'6, 10—Branson 157'2, 11—Iacova 151'5, 12—Stevenson 150'11.

**Javelin:** With the exception of Schmidt and Smith, the field was full of inconsistent javelin throwers. Both Karen Smith (186'11) and Kate Schmidt (184'11) qualified on their first throw and retired for the day. In the final, Schmidt led through the first four rounds, but European-trained Smith came through on her fifth try with a toss of 199'1 for her first-ever win over old rival Kate Schmidt. No one else was over 170 feet as junior college champ Donna Mayhew grabbed the bronze.

**Qualifying:** 1—Karen Smith (ACA) 186'11, 2—Kate Schmidt (PCC) 184'11, 3—Patty Kearney (Ore) 166'5, 4—Jackie Nelson (ClubInt) 164'0, 5—Deanna Carr (SptsWest) 163'0, 6—Jeanne Eggart (SptsWest) 162'8, 7—Sally Harmon (Ore) 162'0, 8—Donna Mayhew (GlendaleCollege) 161'10, 9—Sherry Calvert (ClubInt) 160'10, 10—Mary Osborne (StanfordTC) 159'11, 11—Linn Dunton (KCBQ) 155'11, 12—Celeste Wilkinson (Un) 154'9, 13—Donna O'Carroll (ShoreAC) 151'5, 14—Sheila Smith (TxTC) 147'2, 15—Paula Perfito (LibertyAC) 146'8, 16—Barbara Friedrich (ShoreAC) 146'3, 17—Debbie Williams (Un) 143'1.

**FINAL,** 1—Smith 199'1, 2—Schmidt 197'6, 3—Mayhew 166'9, 4—Nelson 166'6, 6—Eggart 163'5, 7—Calvert 162'11, 8—Osborne 161'4, 9—Dunton 159'10, 10—Wilkinson 156'9, 11—Harmon 154'0, 12—Carr 152'3.

**Walks:** It was all Sue Brodock, looking better and better as the years pass. Brodock opened the meet with a new American record for the 5000 and closed the meet with a minute and a half edge in the 10000. The Southern California Road Runners scored 30 points in these two events to finish fifth in the team scoring — without any runners.

**5000 Walk,** 1—Sue Brodock (SCRR) 23:19.1, 2—Susan Liers-Westerfield (IslandTC) 24:38.7, 3—Bonnie Dillen (CupertinoYearlings) 24:40.3, 4—Esther Lopez (SCRR) 24:41.8, 5—Vicki Jones (CalWalkers) 26:16.0, 6—Paula Kash (CalWalkers) 26:38.8, 7—Diane Uribe (CalWalkers) 26:41.8, 8—Gwen Robertson (SptsWest) nt, 9—Norma Arnesen (ShoreAC) nt.

**10000 Walk,** 1—Sue Brodock (SCRR) 51:01.0, 2—Susan Liers-Westerfield (IslandTC) 52:33.6, 3—Esther Lopez (SCRR) 52:40.6, 4—Vicki Jones (CalWalkers) 55:34.0, 5—Paula Kash (CalWalkers) 56:29.8, 6—Norma Arnesen (ShoreAC) 56:55.0.

**Scores,** 1—Los Angeles Naturite TC 77, 2—Tennessee State TC 42, 3—Muhammad Ali TC 37, 4—ACA 35, 5—Southern California Road Runners 30, 6—Pacific Coast Club 29, 7—Texas Southern 22, 8—Wisconsin United 20, 9—North Carolina State TC 19, 10—Ms AC 18, 11—Island TC 16, 12—DC International 14, Liberty AC 14, 14—NY PAL 12, 15—Oregon TC and Sports West 11, 17—Oral Roberts TC, KCBQ TC, Knoxville TC, Ohio State, Sun Devil Sports and San Jose Stars 10, 23—California Walkers 9, 24—Houston Harriers, Clippers TC, Stanford TC and Dynamite TC 8, 28—Club International, San Jose Cindergals and Berkeley East Bay TC 7, 31—Los Angeles Mercurettes, Athletes West, UCLA, Prairie View, Glendale College and Cupertino Yearlings 6, 37—Inglewood Panthers 5, 38—Cal Poly/SLO, Colorado University, Colorado Gold and Northeastern University Women's TC 4, 42—Carlos TC, Charlottesville TC, Texas University, Texas TC, Shore AC, University of Oregon, Ryan's Express, Oregon State TC and Minnesota 2, 51—Lone Cypress TC 1.

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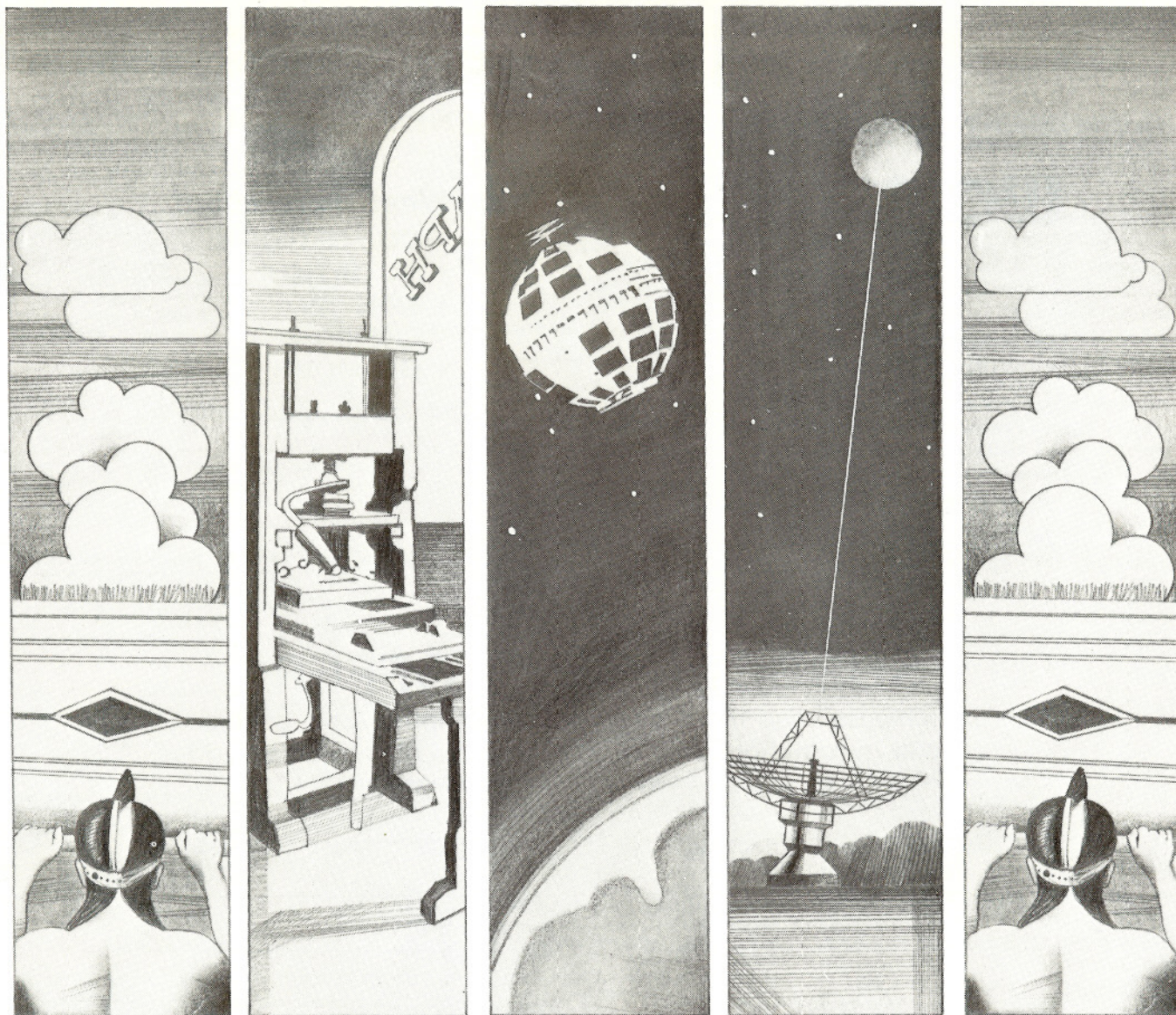
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# RESULTS - RESULTS - RESULTS

## Drake Relays

Des Moines, Iowa, April 25/26 — Prairie View won the three sprint relays, but the best relay race was the 4x800 which had eight teams under the nine minute mark, a race won by Oklahoma in 8:41.0s.

RESULTS: **4x800**, 1—Oklahoma (Houghton) 2:09.2-Lancaster 2:12.4-Curtis 2:10.7-Bjelland 2:08.5) 8:41.0, 2—Colorado 8:47. (Ballenger 2:06.1), 3—Wisconsin 8:48.7 (Brewster 2:08.0), 4—Iowa State 8:49.7, 5—Kansas 8:51.9, 6—Missouri 8:50.6, 7—Wyoming 8:58.3, 8—Minnesota 8:58.9; **5000**, 1—Donna Gathje (ManSt) 16:19.5, 2—Karen Bridges (Un) 16:37.7, 3—Jody Rittenhouse (Ark) 16:41.6, 4—Carol Urish (Houston Harriers) 16:41.8; **LJ**, 1—Pat Johnson (Wis) 20'5¼, 2—Becky Kaiser (Ill) 20'4; **SP**, 1—Kathy Devine (Un) 50'7½, 2—Jill Stenwall (KearneySt) 47'1½; **DT**, 1—Brenda Denny (Col) 153'8, 2—Julie Jones (Wyo) 151'8; **4x100**, 1—Prairie View (Dudley 54.8-Jackson 52.9-Melrose 53.8-Kelley 55.2) 3:36.9 (3:36.1h), 2—Nebraska (Seaton-Ottoy 50.7-Murray-Gorham 53.1) 3:37.3, 3—Arkansas (Ousley 53.8) 3:41.8 (3:41.1h); **4x100**, 1—Prairie View (Edwards-Roberts-Melrose-Jackson) 45.39, 2—Texas TC 46.32, 3—Wisconsin 46.36; **400H**, 1—Debra Melrose (PV) 59.02, 2—Kim Whitehead (ISU) 60.24, 3—Lori Dowrey (Kan) 60.70; **HJ**, 1—Sharon Burrill (Neb) 5'11¼, 2—Helen Ogar (Mo) 5'10½; **800**, 1—Essie Kelley (PV) 2:07.5, 2—Lee Ballenger (Col) 2:07.6, 3—Penny Werthner (USAM) 2:07.8; **800Med**, 1—Prairie View (Edwards-Melrose-Roberts-Jackson) 1:40.9 (1:40.5h), 2—Missouri 1:42.8; **1500**, 1—Penny Werthner (USAM) 4:19.0, 2—Rose Thompson (Wis) 4:21.6, 3—Cindy Bremser (Wis Un) 4:23.2; **400**, 1—Jenny Gorham (Neb) 52.86, 2—DeeAnn Gutowski (LAM) 53.79, 3—Diann Ousley (Ark) 53.90.

## Southwest Championships

Houston, Texas, May 3 — The speed merchants from Texas Southern and Prairie View tangled in the Annual Southwest Conference Championships with hosts Texas Southern pulling out a close 177-159 win as seven colleges took part. Best marks included the 44.38 clocking by Texas Southern in the 400 relay and Karen Hawkins legal 22.78 in the 200 dash.

RESULTS: **4x100**, 1—Texas Southern (Sherman-Smith-Weekly-Hawkins) 44.38, 2—Prairie View 45.06, 3—Southern 46.08, 4—Grambling 46.30; **1500**, 1—Essie Kelley (PV) 4:31.2, 2—Tawanna Thompson (TxS) 4:32.0; **100H**, 1—Linda Weekly (TxS) 13.65, 2—Debra Melrose (PV) 14.03; **400**, 1—Patricia Jackson (PV) 52.64, 2—Alice Jackson (G) 53.80; **100**, 1—Karen Hawkins (TxS) 11.43, 2—Patrice Roberts (PV) 11.58, 3—Linda Weekly (TxS) 11.80; **HJ**, Pat Curry (TxS) 5'8; **800**, 1—Essie Kelley (PV) 2:10.6, 2—Tawanna Thompson (TxS) 2:12.0; **400H**, Debra Melrose (PV) 60.53; **200** (+1.72), 1—Karen Hawkins (TxS) 22.78, 2—Gwen Smith (TxS) 23.30, 3—Angel Doyle (Southern) 23.39, 4—Patricia Jackson (PV) 23.38, 5—Alice Jackson (G) 23.57; **4x400**, 1—Prairie View (Edwards-Jackson-Melrose-Kelly) 3:37.5, 2—Texas Southern 3:38.0, 3—Southern 3:46.6; **Scores**, 1—Texas Southern 177, 2—Prairie View 159, 3—Jackson State 46½, 4—Southern 40½, 5—MVSU 38, 6—Grambling 21, 7—Alcorn 12.

## Miller Lite Invitational

Houston, Texas, May 3 — They gathered athletes from many nations to spice up the Miller Lite Invitational, the result being fine performances in nearly every event. Heather Hunte of Great Britain was the only double winner in the two sprints. Kathy McMillan had a wind-aided jump of 22'8 in the long jump for yet another fine mark.

RESULTS: **HJ**, 1—Joni Huntley (PCC) 6'1, 2—Pam Spencer (LANTC) 6'1, 3—Ann Marie Pira (Belgium) 5'11¼; **LJ**, 1—Kathy McMillan (TSU) 22'8w, 2—Jodi Anderson (LANTC) 21'11¼w, 3—Carol Lewis (WillTC) 21'2w; **100**, 1—Heather Hunte (GB) 11.23w (wind +3.0), 2—Chantal Rega (France) 11.27w, 3—Karen Hawkins

(TxS) 11.33w, 4—Chandra Cheeseborough (TSU) 11.56w; **800**, 1—Ann-Marie van Nuffel (Belgium) 2:04.5, 2—Robin Campbell (StanTC) 2:04.7, 3—Kim Gallagher (WillTC) 2:04.9, 4—Delissa Walton (Tn) 2:05.1 . . . 6—Francie Larrieu (PCC) 2:06.0; **4x100**, 1—Houston (Davis-Singleton-Ibarquen-Finch) 45.84, 2—Texas 45.95, 3—Texas A&M 47.91; **100H**, 1—Irina Litovchenko (USSR) 13.07, 2—Deby LaPlante (SDS) 13.18, 3—Lorna Booth (GB) 13.29, 4—Pat Van Wolvelaere (KCBQ) 13.34, 5—Benita Fitzgerald (Tn) 13.42, 6—Linda Weekly (TxS) 13.78; **SpMed**, 1—Texas Southern (Sherman-Smith-Hawkins-Hanna) 1:40.5, 2—Houston 1:41.8, 3—Texas 1:41.5; **400**, 1—Rosalyn Bryant (Ali) 52.76, 2—Joslyn Smith (GB) 53.12, 3—Denean Howard (Ali) 53.26, 4—Lorna Forde (Atoms) 53.67; **200**, 1—Heather Hunte (GB) 22.86, 2—Chantal Rega (France) 22.87, 3—Karen Hawkins (TxS) 23.11; **3000**, 1—Jan Merrill (AGAA) 9:18.9, 2—Brenda Webb (KnoxTC) 9:19.0, 3—Debie Mitchell (UTEP) 9:30.0; **4x400**, 1—Texas Southern (Wallace-Moss-Scott-Hanna) 3:40.9, 2—Texas A&M 3:50.8; **DisMed**, 1—Texas (Murray-Etienne-Pils-Wells) 11:59.4, 2—Texas Southern 12:04.1.



Heather Hunte, GB, double winner at Lite Invitational.

## Pam Greene the Star

Colorado Springs, Colorado, May 10 — Pam Greene, veteran of many years of running, was the star of the Annual Colorado Flyers Invitational held on the tartan of the Olympic Training Center. Greene won both sprints over Felicia DuPuch with clockings of 11.56 and 23.75s.

RESULTS: 100, 1—Pam Greene (Un) 11.56, 2—Felicia DuPuch (ColFly) 11.95, 3—Pam Burgess (ColFly) 11.96; 200, 1—Pam Greene (Un) 23.75, 2—Felicia DuPuch (ColFly) 24.22, 3—Brenda Finch (ColFly) 24.43; 400, Brenda Finch (ColFly) 55.28; 800, Radium Jacobs (ColFly) 2:14.3; HJ, Foxworth (ColFly) 5'8 $\frac{3}{4}$ .

## Region VI Champ

Des Moines, Iowa, May 9/10 — Kansas, using depth to make up for their lack of outstanding performers, won the Region VI AIAW Championships with a score of 152 points to defeat Drake (108) and Missouri (101). Mankato State won the Division II title and Central College annexed the Division III gonfalon. Fifty-six colleges and universities took part in the competition.

No real outstanding marks were recorded in the Division I competition although most performances were high calibre. Iowa turned in an 8:56.2 clocking for the 4x800 and Ellie Mahal had a sub-60 clocking in the 400m hurdles for perhaps the best marks. Donna Gathje of Mankato State had two good performances in the Division II competition with times of 16:25.7 in the 5000 and 9:31.8 in the 3000. Carol Humphries of Northeast Missouri State toured the 400m hurdle course in 59.53 and Nancy Steiner of Kearney State hopped 5'10 in the high jump. In spite of losing the team title, St. Olaf's distance runners dominated the Division III meet.

RESULTS: Division I: DT, 1—Robin Small (Kan) 158'5, 2—Jane Toporowski (Drake) 151'11; LJ, Halcyon McKnight (Kan) 19'2 $\frac{3}{4}$ ; 5000, 1—Liz Hjalmarsson (Drake) 17:01.7, 2—Martha Stinson (Mo) 17:20.4; 4x800, 1—Iowa (Drapcho - Schlader - Williams - Stormo) 8:56.2, 2—Kansas 8:57.9, 3—Drake 8:58.2; 4x100, Iowa (Steinhart - Knoblauch - Abel - Gaupp) 47.23; 1500, 1—Rocky Racette (Minn) 4:29.9 . . . 6—Deb Vetter (ISU) 4:51.1, 7—Diane Vetter (ISU) 4:54.2; 100H, 1—Pam Page (Mo) 14.15, 2—Gwen Pass (Kan) 14.29, 3—Lori Lowrey (Kan) 14.60; 100/200, Colleen Hanna (ISU) 12.4/25.07; 400, Rosalyn Dunlap (Mo) 54.43; 400H, 1—Ellie Mahal (ISU) 59.30, 2—Lori Lowrey (Kan) 60.59, 3—Chris Davenport (Iowa) 61.24; 800, 1—Dana Glidden (Mo) 2:07.9, 2—Marie Simonsson (Drake) 2:10.2; 4x400, 1—Iowa State (McCarthy - Mahal - Wells - Whitehead) 3:44.3; 2—Iowa 3:50.7, 3—Kansas 3:53.3, 4—Missouri 3:56.0; 3000, 1—Rocky Racette (Minn) 9:34.9, 2—Michelle Brown (Kan) 9:43.3, (Note: Race was won by guest entrant Joan Hansen of Arizona in 9:28.2); HJ, 1—Ann Erpenbeck (Drake) 5'8, 2—Shawn Corwin (Kan) 5'8, 3—Mary Cragoe (Mo) 5'8; SP, 1—Joan Fagerness (Minn) 44'8 $\frac{3}{4}$ , 2—Robin Small (Kan) 44'1 $\frac{1}{4}$ ; 800Med, Missouri (Vessley - Glidden - Page - Dunlap) 1:44.1; Pentathlon,

JEFF JOHNSON PHOTO



Patty Lyons, runner-up to Grete Waitz in NY mini-marathon.

Bev Fuller (Kan) 3380; Scores, 1—Kansas 152, 2—Drake 108, 3—Missouri 101, 4—Iowa 97, 5—Iowa State 62, 6—Minnesota 51, 7—Wichita State 26.

DIVISION II: 10000, Pat Reisdorfer (Augustana) 35:37.0; SP, 1—Jill Stenwall (KS) 45'8, 2—Jody Hagens (Mankato St) 45'5 $\frac{3}{4}$ ; 100H, Yvette Greer (SD) 14.58; 400, Jane Schauer (Moorhead St) 55.36; 400H, Carol Humphries (NE Mo St) 59.53; 800, Lori Bearson (Man St) 2:12.7; 4x400, 1—Nebraska/Omaha (Arnold - Frazer - Cardisco - Shelton) 3:54.8, 2—South Dakota 3:55.9; HJ, Nancy Steiner (KS) 5'10; DT, Pat Washington (SE Mo) 147'4; 3000/5000, Donna Gathje (Man St) 9:31.8/16:25.7; 4x800, Moorhead State (Miller - Brakke - Liptrap - Hock) 9:26.5; 800Med, Moorhead State (Tudahl -

Moorhouse - Ebner - Schauer) 1:45.0; Pentathlon, Donna Tiegs (Man St) 3509; 200, Sandra Middleton (Neb/O) 24.92; Scores, 1—Mankato State 92, 2—Moorhead State 80, 3—Kearney State 64, 4—Nebraska/Omaha 53, 5—Southeast Missouri 46, 6—North Dakota State 45, 7—(tie) St. Cloud State and Southwest Missouri 30, 9—South Dakota State and Northern Iowa 20.

DIVISION III: 5000, Janet Ensrud (St. Olaf) 17:24.8; 4x800, 1—St. Olaf (Jordan - Havlir - Kinkel - Seymour) 9:20.2, 2—Central 9:22.6; 1500, Leslie Seymour (St. Olaf) 4:28.1; Scores, 1—Central 164, 2—St. Olaf 83, 3—St. Thomas 61, 4—Northern State 45, 5—Gustavus Adolphus 28, 6—Concordia 27, 7—Simpson 23, 8—(tie) MacAlester and Minot State 20.

## RESULTS - RESULTS - RESULTS (continued)

### Rutgers New Jersey Champ

Princeton, New Jersey, May 11 — Rutgers University, using their great hurdle strength, scored a 119-104 victory over host Princeton to win the New Jersey AIAW title for 1980. Debra Deutsch had a good hurdle double with times of 13.6 and 61.3 and Pilgrim annexed both sprints for Princeton with 11.9 and 24.6. Other winners included:

RESULTS: 5000, Nancy Seeger (Rut) 17:18.4; 100H, 1—Debra Deutsch (Rut) 13.6, 2—Julie Smithers (Rut) 13.9, 3—Peg Knighton (Rut) 14.0; 400, Denise Peynado (Rut) 55.7; 800, Thompson (P) 2:10.7; 4x100, Rutgers 3:53.7.

### Waitz Wins L'eggs 10k

New York, NY, May 31 — Grete Waitz of Norway set a world best of 30 minutes 59.5 seconds in winning the New York Road Runner's Club mini-marathon of 10000 meters in this city's Central Park.

The 26-year-old school teacher from Oslo led the race from the start in breaking her own mark of 31:15.4 which she set last year.

Patti Lyons-Catalano of West Roxbury, Mass., finished a distant second in 33:03.1 in the field of 5200 runners. Joan Benoit of Cape Elizabeth, Maine, who underwent an appendectomy just two months ago, finished third in 33:42.9.

Waitz, who has taken a year off from teaching to concentrate on running, said last year was the first time she had run such a "short race", but this time she knew what she was doing. Unfortunately, President Carter got to the Norwegians, and they are not going to Moscow and so yet another who sacrificed has seen her plans and dreams shot down by politicians.

RESULTS: 1—Grete Waitz (Norway) 30:59.5, 2—Patti Lyons-Catalano 33:03.1, 3—Joan Benoit 33:42.9, 4—Lorraine Mollar (New Zealand) 34:00.3, 5—Carol Urish 34:02.5, 6—Judi St. Hilaire 34:08.2, 7—Betty Springs 34:10.2, 8—Joyce Smith (England) 34:12.1, 9—Joan Hansen 34:13.2, 10—Mary Shea 34:15.1, 11—Nancy Cox 34:16.8, 12—Beth Sheridan 34:29.7, 13—Anne Sullivan 34:31.5, 14—Ellen Hart 34:36.3, 15—Laura Binder 34:38.3, 16—Karen Bridges 34:43.3, 17—Jane Surdyka 34:46.1, 18—Kathy McIntyre 34:49.3, 19—Kristen Bankes 34:52.4, 20—Gillian Adams (England) 34:55.6.

### Calif. High School Champ

Berkeley, California, June 7 — In what must be classed as one of the greatest prep meets of all time, the three Howard

sisters — Sherri, Denean and Tina — led their school to the California high school title, setting four national records in the process. Although the Howards received the major portion of the ink, they were not alone in outstanding marks. Natalie Kaaiwahia, a 15-year-old freshman from Fullerton High School, tossed the 4-kilo shot 48'4½, a mark that will keep her coach Bud DeGroot, from retiring for a few more years; Marlene Harmon of Thousand Oaks, hopped 20'8¾ to win the long jump, ran 13.58w in the hurdles for the silver, and ran a 53.6 anchor leg in the 1x400 — plus these same events in the prelims the day before and then scored 4124 points to make the US team in the pentathlon the following day in Santa Barbara; the 100 was won by Sharon Ware in 11.42, the 800 by Davis of Miramonte in a strange happening of events that saw the State's leading 800 runner fail to qualify for the final through the strange and illegal trials system and the actual winner of the race Rennie Durrand in 2:09.3 get disqualified; a 6'0 jump to win the altitude event and a 172'11 toss to annex the discus.

In the meantime, the Howards were busy. They opened the day by winning the 4x100 in 45.81 for a new national mark as Sherri came from behind over the last 100 for the victory; next up Sherri ran second in the 100 clocking 11.61; Denean broke Sherri's national record in the 400 with a time of 53.04; Sherri won the 200 with yet another national record in 23.19; and the trio finished off with a new national mark in the 4x400 in 3:38.0 with Tina galloping 55.2, Denean running 52.3 and Sherri yet another 52.3.

Even with their heroics, their team title cannot be claimed as "won" by them. Rather, it was "lost" by Berkeley High School. Needing second place in the final event of the day, the 4x400, Berkeley's second runner dropped the baton after having gone some 60 yards, and they finished out of the money. Ironically, this is the SIXTH CONSECUTIVE year that Berkeley, always one of the meet favorites, has dropped the baton in one of the two relays.

RESULTS: 100 (wind +1.2), 1—Sharon Ware (Berkeley) 11.42, 2—Sherri Howard (Kennedy) 11.61, 3—Ward (DeAnza) 11.92; 200, (+1.1), 1—Sherri Howard (Kennedy) 23.19, 2—Sharon Ware (Berkeley) 23.62, 3—Marbella Washington (Centennial) 24.26; 400, 1—Denean Howard (Kennedy) 53.04, 2—Faye Paige (LB Poly) 53.51, 3—Harris (Oakland) 54.36, 4—Miller (Fremont, Sunnyvale) 54.38; 800, 1—Davis (Miramonte) 2:09.8, 2—King (Ayer) 2:10.9, Durrand (Laguna Beach) won in 2:09.3 but was disqualified; 1600, 1—Polly Plummer (University) 4:46.8, 2—Vicki Cook (Alemany) 4:47.4; 3200, 1—Vicki Cook (Alemany) 10:14.8, 2—Mason (Buena) 10:34.0; 100H (+3.7), 1—Young (Berkeley) 13.52w, 2—Marlene Harmon (Thousand Oaks) 13.58w, 3—Sanders (Berkeley) 13.79w; 4x100, 1—Kennedy (Thompson - T. Howard - D. Howard - S. Howard) 45.81, 2—LB Poly 46.06, 3—LA Fremont 46.21, 4—DeAnza 46.23; 4x400, 1—Kennedy (T. Howard 55.2 - Cook 58.2 - D. Howard 52.3 - S. Howard 52.3) 3:38.0, 2—LB Poly (Rambo 56.3 - Randolph 55.9 - Smith 53.5 - Paige 53.1)

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## RESULTS - RESULTS - RESULTS (continued)

3:39.9, 3—LA Manual Arts (White 54.7) 3:42.8, 4—LA Fremont 3:50.6, 5—Thousand Oaks (Harmon 53.6) 3:51.6, 6—North Torrance 3:52.8; SP (4k), 1—Natalie Kaalwahia (Fullerton) 48'4½, 2—Ray (Villa Park) 46'9½, 3—Hamilton (Santa Monica) 45'2½; HJ, 1—Lysaght (Sac) 6'0, 2—Mendonca (Mt. Whitney) 5'10, 3—Sue McNeal (Carlsbad) 5'10; LJ, 1—Marlene Harmon (Thousand Oaks) 20'8¼, 2—Sanders (Berkeley) 18'11; DT, Leslie Deniz (Gridley) 172'1, 2—Hollingworth (Chaffey) 150'7; Scores, 1—Kennedy 48, 2—Berkeley 42, 3—LB Poly 25, 4—LA Fremont 24, 5—Thousand Oaks 20.

### Zambrzycki Wins TAC Pentathlon

Santa Barbara, California, June 8 — Themis Zambrzycki completed her 1980 season of pentathloning with an undefeated season, winning the TAC title with her season best of 4299 points. Fourth after the opening event, Themis moved into the lead with a put of 45'8½ in the shot and never looked back. Her other marks included 14.30 in the hurdles, 5'8½ in the high jump, 19'8½ in the long jump and 2:22.7 in the 800. The first four finishers were over 4000 points and the next six scored above 3900 mark.

Runner-up was Texas' Linda Waltman who scored a lifetime best of 4187, capped by a time of 2:10.7 in the 800 which moved her from fourth to the silver. Thirty-one year old Marilyn King, the best technician in the field, was third with her best-ever score of 4169. Fourth was Cali-

fornia high schooler Marlene Harmon with 4142. Harmon's score is more significant when the fact is known she competed in the 100 hurdles, long jump and mile relay at the State Championships on Friday, repeated the same three events on Saturday, and was on the UCSB track bright and early Sunday morning.

Harmon led after the hurdles followed by Joan Russell and Mary Harrington. Zambrzycki took over after the shot with 1663 with King close behind at 1562, just ahead of Cal's Cindy Banks (1531).

Cindy Gilbert, back in the thick of things after a couple of forgettable seasons, won top honors in the high jump as she straddled to a season best of 5'9¾, but Zambrzycki still led off her 5'8½ leap with 2637. King was still in second and Patsy Walker moved into third. Waltman, Ann Crump and Banks were close behind.

Harmon won her second event as she leaped 20'6½ in the long jump to move into fifth place with just the 800 to go. Zambrzycki leaped 19'8½ to maintain her lead (3543) and King hopped 19'9 to move into second with 3417. Crump was third and Waltman, who missed her chance for an upset by only jumping 18'0½, was fourth.

Crump ran a 2:35.4 800 to drop from third to 10th, but still had her season best

score at 3902. Waltman (2:10.7), Harmon (2:12.0) and Russell (2:14.7) had the fastest 800's.

In the Junior Division, high schooler Sharon Hatfield finished ahead of two other prepsters, Myrtle Chester from Massachusetts and Guyana and Li-Jiau Tsai of Corona Del Mar and Taiwan to win the gold. Hatfield had her lifetime best with 3925 points. Chester was number one in the hurdles (14.74), long jump (18'7¼) and 800 2:16.2 while Tsai, although not winning an event, produced a very steady stream of marks for the third place.

RESULTS: Seniors: 1—Themis Zambrzycki (Athletes International TC) 4299 (14.30-45'8½-5'8½-19'8½-2:22.7), 2—Linda Waltman (Un) 4187 (14.19-36'4½-5'8½-18'0½-2:10.7), 3—Marilyn King (Millbrae Lions) 4169 (14.35-40'5-5'7¼-19'9-2:23.1), 4—Marlene Harmon (LANTC) 4142 (14.04-31'9-5'4-20'6½-2:12.0), 5—Susan Brownell (Frederick TC) 3993, 6—Mary Harrington (Un) 3981, 7—Joan Russell (Un) 3959, 8—Cindy Banks (Golden Bear TC) 3958, 9—Cindy Gilbert (Un) 3947, 10—Ann Crump (Las Vegas Striders) 3902, 11—Judy Fontaine (AGAA) 3880, 12—Wendy Limbaugh (Athletes International TC) 3714, 13—Kathy Raugust (Hartnell) 3635, 14—Christine DuBois (Cal Poly/SLO) 3231, Patsy Walker (Un) and Kerry Zwart (USC) withdrew.

Juniors: 1—Sharon Hatfield (Club International) 3925 (14.89-35'5¼-5'7½-17'10¼-2:19.4), 2—Myrtle Chester (Whiskey Bottom Striders) 3787 (14.74-25'3½-5'6½-18'7¼-2:16.2), 3—Li-Jiau Tasi (Un) 3581 (15.87-36'3-5'1½-17'7-2:26.5), 4—Gigi Hurley (Millbrae Lions) 3416, 5—Dolores Archuleta (Albuquerque TC) 3411, 6—Chris Viguie (Millbrae Lions) 3311, 7—Debbie Gelvin (Un) 3171, 8—Barbara Davis (Frederick TC) 3164, 9—Heidi Ellis (Orinda TC) 3009, Linda Soja (LANTC) withdrew.

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### AIAW CHAMPIONSHIPS (continued from page 19)

heat in the 400, a heat in the 200, a leg on the 400 relay trials, a semi in the 400, a semi in the 200, another 400 in the medley final, a leg in the 400 relay final, a win in the 400 final and finished (in more ways than one) in the 200 final . . . Oregon coach Tom Heinonen remarked before the meet, "Do you realize the Shea sisters can score more points in this National Championship meet than they could score in a dual meet against us?" . . . Merlene Ottey had minor surgery only a week before the Nationals . . . How much has US distance running improved? Before the meet Tom Heinonen predicted 16:25 would score in the 5000. Rocky Racette ran 16:10.6 and was a non-scorer . . . Press box voted Montana State as the team with the best looking uniform . . . Quite a contest went on between officials and the 5000 meter

finalists. The rain was pouring down as the race was scheduled to start, officials ordered the runners to remove their sweats which they did — but they all remained like a covey of quail under the protective eaves of the east grandstand. The starter blew his whistle and called the girls to the starting line, but no one budged. The starter, standing in the pouring rain, blew once again and finally a third blast, this time with motions of the hands, and reluctantly the little birds came onto the track.

No wonder she is called "Betty". Her full name is Lambertha Bogers . . . The Eugene Register-Gazette, headlined "Oregon Captures the AIAW Mile Relay — 4-3", meaning that was the result of the voting by the Games Committee after the claim of foul by UCLA.

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