

**Women's**

# TRACK & FIELD WORLD

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## **EIGHTH ANNIVERSARY ISSUE**



**MUNICH BRONZE MEDALIST  
KATHY SCHMIDT  
SETS NEW AMERICAN RECORD  
IN JAVELIN  
209'3"**

**National Championship Pictorial Preview**

Vince has advised me to be sure to change the editorial portion of the magazine to 'Steve Talk' in tongue in cheek, I hope. Apparently, he wants to be relieved of any responsibility for what I may have to say here! However, I have no intention of playing the 'Bull in the China closet', so here it goes.

Firstly, I will never again take for granted the publishing of this monthly. Especially since Vince is literally doing it all himself. One of the items I was made aware of upon his departure to Korea, was a stack of papers and letters on his desk in which he stated, "These all demand immediate attention!" Great!, so to be fair I turned the stack upside down, realizing older items would be on the bottom... Right? My first letter was from a young girl inquiring on some tips for a beginner in running. It was dated, August, 1973! My work was cut out for me. So, in a sentence, what I guess I'm trying to say is 'bare with me'. What an incredible challenge trying to publish a magazine with only the experience of seeing one previous issue put together! At any rate, if any of you readers have suggestions or complaints, save them for when Vince returns. Who knows, maybe your letter will be the first in his new stack demanding immediate attention. All kidding aside, I just don't see how he does it!

I do, however, have a couple of questions regarding the AAU's last newsletter dated May 20th, 1975. Under the sub-heading 'White Plains Track', the following statement is printed; "At the indoor committee meeting, a coach made the statement that it was logistically impossible to conduct our championships on a six lane track. This gentleman, who is used to those beautiful eight or nine facilities on the west coast, was told that it could be done." Following this, there are three paragraphs of oratory stating how, in 1964, the Mens Outdoor Championships were held on a brand new six lane track at Rutgers U. in New Jersey. The paragraphs go on to explain in detail, the statistics on how many Olympic medals the men won and how the track meet included a real Who's-Who in men's track. It also goes on to tell of the

**VINCE REEL, Editor**

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IC4A Conference staging their championships on that same Rutgers track in 1973.

My first question is, How many times has the Men's OR Women's outdoor nationals been held on a six lane track since then? That was eleven years ago. How many all-weather tracks were available in the US at that time? But as long as we are going back in time, what about 1896? The Olympics were held on a FOUR lane track with two 180 degree turns which totalled 312 yards per lap! Bet you're thinking... so what? My exact reaction to the above paragraph printed in the AAU newsletter.

Well, at any rate, to all of us involved with the nationals and to all who will be in attendance, here's Mao Tai in your eye and best wishes for a successful national championship. See you all there, I'll be the one wearing a flack jacket!

**EIGHTH ANNIVERSARY ISSUE**

With this issue, it marks the eighth year of WTPW's publication. Much has happened since 1967. A quick perusal of that first issue finds some rather amusing changes. The first and most obvious is the subscription rates, 3.00 per year! A copy of the WTPW Yearbook could be secured for a buck. Calvin Brown's Age Group column told of a fine young 13 year old sprinter by the name of Renaye Bowen. This young prospect had 10.9 and 24.3. Renae Bair, fresh from a new American record in the Javelin, graced the front page along with Australias Judy Pollack. A quick look at the USA list finds Dorothy Myles at 10.4 as the top notch 100. Barbara Ferrell led the furlong in 23.8. Kathy Hammond was the top quartermiler at 54.8 and 57.6 was in the top ten! Doris Brown's 2:07.8 bested the half and Pat Coles 2:17.8 was 10th! Vicki Foltz led the way in the mile at 5:03.7. Helen Thayer was the leading discus thrower at 147'8" and Pat Winslow headed the LJ with a 19'1½". Lynn Graham of the LA Mercurettes was tops in the shot with a 46'1½". Lastly the HJ was swept away by Pat Winslow with a jump of 5'5¼". Thats right 5'5¼"! And 5'1" put you in the top ten! Times have certainly changed.

Who were the big teams in 1967? The LA Mercurettes, Crown Cities TC, Atoms TC, Laurel TC, Southern Cal Missiles, Cullen Astro-Belles, Wills Spikettes, Millbrae Lions, Ozark TC, Falcon TC, Compton TC, SA Rockettes, Topeka Cosmo Club among others.

A look at the world Discus list shows Tamara Press far ahead of her competition at 195'10". Faina Melniks 229'4" of last year is over 30 feet further! An adjoining page contains an article on Christine Spielberg, the European Discus Champion, talking about the possibility of a woman throwing 62 meters (203'5"), an unheard of mark in 1967.

In the foreign news Ilona Gusenbauer had posted a mark of 5'6¼" (1.68) and was gunning for the Austrian record of 5'7". Five years later Ilona would be selected as the Womens World Track & Field Athlete of the Year for her 6'3½" jump.

The Kaleidoscope column told readers of Australias new hurdle sensation, Maureen Caird and the fact that she weighs only 94 lbs. Also from Australia, 13 year old Petra Rivers throwing the javelin 156'8". At the Tokyo Olympics we find that an unbelievable SIX girls ran under 55 seconds in the 400 meter dash. Lastly a report of two US athletes involved in automobile accidents. A young half-miler named Marie Mulder hit by a car while crossing the street and hurdler Pat Van Wolvelaere sustaining a neck injury which kept her out for a portion of the 1967 season.

It is truly amusing to look back, but our sport has progressed at a tremendously fast pace. We now have more coaches, better facilities, new interest and training philosophies. What does the future have in store? Who will erase Szewinskas 49.9-400, Melniks 229'4" Discus Mark? Who will be the first woman to break 4:00 at 1500 meters? Some of the answers may be settled sooner than you think- Montreal maybe. We look forward to the future.

# 1974 WORLD LIST

## 100 Meters

### Hand Timed

10.9	Irena Szewinska (Pol)
11.0	Renate Stecher (E.Germ.)
11.1	Barbel Eckert (E.Germ.)
11.1	Andrea Lynch (GB)
11.1	Ludmilla Maskalova (USSR)
11.2	Raelene Boyle (Aus)
11.2	Helen Golden (GB)
11.2	Christina Heinich (E.Germ.)
11.2	Jelica Pavilicic (Yug)
11.2	Annegret Richter (W.Germ.)

### Electric Time

11.13	Irena Szezinska (Pol)
11.23	Raelene Boyle (Aus)
11.23	Renate Stecher (E.Germ.)
11.24	Annegret Richter (W.Germ.)
11.27	Andrea Lynch (GB)
11.31	M-L Pursianinen (Fin)
11.32	Ludmilla Maskalova (USSR)
11.40	Helen Golden (GB)
11.40	Annegret Kroniger (W.Germ.)
11.40	Elfgard Schittenhelm (W.Germ.)

## 200 Meters

### Hand Timed

22.0	Irena Szewinska (Pol)
22.4	Renate Stecher (E.Germ.)
22.5	Raelene Boyle (Aus)
22.7	Denise Robertson (Aus)
22.8	Doris Maletzki (E.Germ.)
22.8	Riita Salin (Fin)
22.9	Alice Annun (Gha)
22.9	Karla Bodendorf (E.Germ.)
22.9	Petra Kandarr (E.Germ.)
22.9	Jennifer Lamy (Aus)

### Electric Time

22.21	Irena Szewinska (Pol)
22.50	Raelene Boyle (Aus)
22.68	Renate Stecher (E.Germ.)
22.73	Denise Robertson (Aus)
22.90	Alice Annun (Gha)
23.10	Doris Maletzki (E.Germ.)
23.10	Riita Salin (Fin)
23.13	Marjorie Bailey (Can)
23.13	M-L Pursianinen (Fin)
23.14	Jelica Pavilicic (Yug)

## 400 Meters

49.9	Irena Szewinska (Pol)
50.14	Riita Salin (Fin)
50.69	Ellen Streidt (E.Germ.)
50.88	Rita Wilden (W.Germ.)
50.98	Jelica Pavilicic (Yug)
51.20	Mariana Suman (Rom)
51.22	Nadezhda Ilyina (USSR)
51.24	Angelika Handt (E.Germ.)
51.6	Yvonne Saunders (Can)
51.67	Saunders (Can)
51.7	Lyudmilla Aksenova (USSR)
51.77	Karoline Kafer (Aut)
51.77	Donna Murray (GB)
51.9	Debra Sapender (USA)
51.94	Verona Bernard (GB)

## 800 Meters

1:58.1	Lilyana Tomova (Bul)
1:58.6	Mariana Suman (Rom)
1:58.8	Gunhild Hoffmeister (E.Germ.)
1:59.9	Marie Dubois (France)
2:00.1	Valentina Gerasimova (USSR)
2:00.4	Elzbieta Katolik (Pol)
2:00.5	Nikolina Schterova (Bul)
2:00.6	Waltraud Pohland (E.Germ.)
2:00.8	Nina Morgunova (USSR)
2:00.9	Ulrike Klapezynski (E.Germ.)
2:01.0	Maritta Cierpinski (E.Germ.)
2:01.1	Charlene Rendina (Aus)
2:01.5	Gisela Klein (W.Germ.)
2:01.7	Krystina Kacperczyk (Pol)
2:02.0	Sue Haden (NZ)

## 1500 Meters

4:02.3	Gunhild Hoffmeister (E.Germ.)
4:05.0	Lilyana Tomova (Bul)
4:05.2	Grete Andersen (Nor)
4:05.9	Tatyana Kazankina (USSR)
4:07.8	Glenda Reiser (Can)
4:09.8	Tamara Pangelova (USSR)
4:09.9	Ludmilla Bragina (USSR)
4:09.9	Ulrike Klapezynski (E.Germ.)
4:10.3	Gunilla Lindh (Sweden)
4:10.5	Francie Larrieu (USA)
4:10.5	Natalia Andrei (Rom)
4:10.7	Thelma Wright (Can)
4:10.7	Joan Allison (GB)
4:11.5	Ellen Wellman (W.Germ.)

## 3000 Meters

8:52.8	Ludmilla Bragina (USSR)
8:55.2	Nina Holman (Fin)
8:55.6	Joyce Smith (GB)
8:59.0	Natalia Andrei (Rom)
9:01.4	Paolo Cacchi-Pigni (It)
9:03.2	Francie Larrieu (USA)
9:03.4	Thelma Wright (Can)
9:04.4	Tamara Pangelova (USSR)
9:05.2	Bronislava Ludwiewska (Pol)
9:07.0	Ann Yeoman (GB)
9:07.6	Tonka Petrova (Bul)
9:09.4	Silvana Cruciatu (It)
9:09.4	Bronislava Doborzynska (Pol)
9:09.6	Jadwiga Drazek (Pol)
9:09.6	Renata Pentlinowska ((Pol)

## 100 Meter Hurdles

### Hand Timed

12.4	Annelie Ehrhardt (E.Germ.)
12.5	Teresa Nowak (Pol)
12.9	Annerose Fiedler (E.Germ.)
12.9	Valeria Stefanescu (Rom)
13.0	Meta Antenen (Swi)
13.0	Natalia Lebedyeva (USSR)
13.0	Blondelle Thompson (GB)
13.0	Judy Vernon (GB)
13.1	Gudrun Berend (E.Germ.)
13.1	Ilona Bruszenyak (Hun)

### Electric Time

12.66	Annelie Ehrhardt (E.Germ.)
12.89	Annerose Fiedler (E.Germ.)
12.91	Teresa Nowak (Pol)
13.04	Valeria Stefanescu (Rom)
13.05	Natalia Lebedyeva (USSR)
13.14	Gudrun Berend (E.Germ.)
13.16	Tatyana Anisimova (USSR)
13.27	Zoya Spasovkhodskaya (USSR)
13.33	Gaye Dell (GB)
13.33	Vioric Enescu (Rom)

## Pentathlon

4776	Nadezhda Tkachenko (USSR)
4684	Burglinde Pollak (E.Germ.)
4628	Zoya Spasovkhodskaya (USSR)
4562	Christel Voss (W.Germ.)
4561	Snezhana Yurukova (Bul)
4561	Ilona Bruszenyak (Hun)
4557	Ludmilla Popovskaya (USSR)
4548	Sigrun Thon (E.Germ.)
4543	Tatyana Vorokhobko (USSR)
4538	Margit Olfert (E.Germ.)
4538	Barbel Muller (E.Germ.)
4531	Margot Eppinger (W.Germ.)
4502	Djuridica Pociu (Yug)
4472	Olga Rukavishnikova (USSR)
4455	Mary Peters (GB&NI)
4445	Liesel Prokop (Aut)
4435	Margit Papp (Hun)
4431	Ulrike Jacob (W.Germ.)
4423	Modupe Oshikoya (Nig)
4409	Diane Jones (Can)

## Discus

229'4"	Faina Melnik (USSR)
224'8"	Maria Vergova (Bul)
217'3"	Gabriele Hinzmann (E.Germ.)
216'0"	Argentina Menis (Rom)
207'6½"	Evelyn Schlaak (E.Germ.)
202'10½"	Karin Holdke ((E.Germ.)
202'2½"	Barbara Regel (E.Germ.)
200'11"	Annelie Braun (E.Germ.)
200'7"	Helena Vyhnaalova (Czech)
199'9½"	Nadezhda Yerokha (USSR)
199'5½"	Olga Andrianova (USSR)
199'6½"	Olimpia Catarama (Rom)
198'6½"	Nelli Sivoplyasova (USSR)
198'2"	Vassilka Stoyeva (Bul)

## Javelin

220'6½"	Ruth Fuchs (E.Germ.)
211'1"	Jacqueline Todten (E.Germ.)
206'11½"	Felicia Kinder (Pol)
205'4½"	Lutvian Molova (Bul)
203'1½"	Kathy Schmidt (USA)
202'3½"	Natasa Bezjek (Yug)
201'11½"	Eva Janko (Aut)
200'8½"	Svyetlana Babich ((USSR)
200'7"	Maria Vago (Hun)
198'2"	Marion Becker (W.Germ.)
197'8½"	Tatyana Zhingalova (USSR)
194'2½"	Sabine Kargel (E.Germ.)
192'9½"	Daniela Jaworska (Pol)
192'4"	Ioanna Pecec-Stancu (Rom)
192'3"	Ute Hommola (E.Germ.)

## Long Jump

22'2½"	Angela Schmalfeld (E.Germ.)
22'2½"	Marianne Voelzke (E.Germ.)
21'10½"	Eva Suranova (Czech)
21'10½"	Lidia Alfeyeva (USSR)
21'9½"	Ilona Bruszenyak (Hun)
21'8½"	Maroula Lambrou (Gr)
21'7½"	Pirkko Helenius (Fin)
21'7½"	Ildiko Szabo (Hun)
21'7½"	Martha Watson (USA)
21'7"	Valeria Stefanescu (Rom)
21'7"	Tatyana Timokhova (USSR)
21'6½"	Jarmila Nygrynova (Czech)
21'6½"	Nadezhda Tkachenko (USSR)
21'6½"	Margarita Trenite (USSR)
21'6"	Kristina Albertus (E.Germ.)

## High Jump

6'4¾"	Rosemarie Witschas (E.Germ.)
6'3¾"	Virginia Ioan (Rom)
6'3¾"	Milada Karbanova (Czech)
6'3"	Rita Kirst (E.Germ.)
6'3"	Sara Simeoni (It)
6'1¾"	Debbie Brill (Can)
6'1¾"	Miloslava Hubernova (Czech)
6'1¾"	Maria Mraznova (Czech)
6'1¾"	Vera Bradocova (Czech)
6'1¾"	Galina Filatova (USSR)
6'1¾"	Barbara Lawton (GB)
6'1¾"	Cornelia Popa (Rom)
6'1¾"	Erika Teodorescu (Rom)
6'1¾"	Karin Wagner (W.Germ.)
6'1"	Tatyana Denisova (USSR)
6'1"	Tamara Galka (USSR)
6'1"	Joni Huntley (USA)
6'1"	Ulrike Meyfarth (W.Germ.)

## Shot Put

70'9¾"	Helena Fibingerova (Czech)
69'7½"	Nadezhda Chizhova (USSR)
67'7½"	Marianne Adam (E.Germ.)
65'4¾"	Ivanka Khristova (Bul)
64'6¾"	Yelena Stoyanova (Bul)
63'7½"	Marita Lange (E.Germ.)
63'7½"	Faina Melnik (USSR)
63'1"	Ilona Schoknecht (E.Germ.)
62'8¾"	Yelena Korablyeva (USSR)
62'6¾"	Esfir Kravcheykaya (USSR)

# COLLEGE TRACK

## BRUINS WIN AIAW COLLEGIATE NATIONALS from LEE GREEN

Corvallis, Oregon, May 20:

Talent, coaching and determination paid off nicely for the UCLA women's track team at Corvallis last weekend as they won 5 of 17 events and shattered 4 meet records en route to the 1975 AIAW national championship. Eleven of 13 participating UCLA athletes contributed to the team's 89 points as the Bruins prevailed over pre-meet co-favorite Prairie View, A & M and 101 other colleges from throughout the country. Prairie View, last year's national champion, took runners-up honors with 71 points while 3-time national champion Texas Women's University finished with a distant 3rd with 29. Host Oregon State finished 7th with 20 points, all scored by American high jump record holder Joni Huntley who won the high jump (6'½" - New meet record), and the long jump (19'3/4").

Four Bruins accounted for 63 of UCLA's 89 pts. The top individual scorer was sophomore Julie Brown, who set 2 new meet records in winning the mile (4:40.58) and two mile (10:11.20) and ran her fastest 880 in 2 years (2:08.48) to place second behind Colorado State's Wendy Knudson. Brown also ran a leg for the Bruins' 1600 meter relay team which placed 3rd but was disqualified along with Seattle Pacific for an alleged bumping violation.

"I just wanted to run to win. I didn't care about the times," said Brown. Nevertheless, her two mile mark was a lifetime best and her mile time was her fastest ever outdoors (she was clocked 4:38.8 indoors).

Right behind Brown in the distance events was teammate Kate Keyes. The freshman phenom from Santa Rosa turned in 3 lifetime bests and placed 2nd in the mile (4:42.09), 3rd in the two mile (10:12.45) and 6th in the 880 (2:09.78).

"The toughest thing for a coach is to get his team to peak on the right day," remarked UCLA coach Chuck Debus in a post-meet interview. Apparently Debus used precisely the right formula to coax peak performances out of Keyes and Brown considering they set 5 personal records between them and never looked sharper. Debus said Brown's accomplishments marked "the best performance by an American distance runner I have ever seen." And Debus has been coaching track for 11 years.

While Brown and Keyes were churning out points on the track, Kathy Schmidt and Monette Driscoll were doing the scoring for UCLA in the field events. Schmidt, a 1972 Olympic bronze medalist, won the javelin easily with a meet record 198-1. Driscoll, a junior transfer from Cal State Fullerton, set a new meet record in the discus in the prelims with a toss of 159-2 and then became the 1975 AIAW discus champion with a throw of 156-5 in the finals.

The victory was sweet for coach Debus and a UCLA squad that finished 2nd at the nationals last year behind Prairie View.

"Our girls were ready to run today," commented Debus after the meet, "and we set a lot of season and personal bests. It was almost a perfect day for us. We were ready mentally and physically and we won events we weren't supposed to win."

One such event was the first running event of the Saturday finals, the 800 meter medley relay. Although 7 teams had better qualifying times than UCLA, the Bruins auspiciously won the sprint relay and heightened their psych for the remainder of the meet. "That race really gave us a lift," said Debus. "There was no stopping us after that."

Ironically, Prairie View was the odds-on favorite to win the medley relay, but was disqualified in a semifinal heat on a baton-passing violation. Prairie View came up short again later in the meet when high jumper Andrea Bruce passed until the bar at 5-9, failed to show for her first jump at that height and then missed on her two remaining tries. But for the poor strategy, Bruce probably would have placed 2nd

behind Huntley. With those 8 2nd place points and the 10 points from the medley relay Prairie View could have been right up there with UCLA at the end. But it was the Bruins who bore up well under the pressure of a championship meet, and accordingly they are the 1975 AIAW national track champions.

**Event Results:** Shot--1. Susie Snider (Baylor) 48-1; 2. Okele (OCE) 46-7½; 3. Mathews (Seattle Pacific) 45-4½. Long Jump--1. Joni Huntley (Oregon State) 19-3/4; 2. Ayers (Prairie View) 18-8½; 3. Lewis (Ill. St.) 18-3. High Jump--1. Joni Huntley (OSU) 6-½ (Meet record); 2. Von Behren (Wisc. Parkside) 5-6. Javelin--1. Kathy Schmidt (UCLA) 198-1; 2. Norton (Kansas St.) 149-4½; 3. Poppe (Kansas St.) 149-3½; (New meet record--Old record 192-0 by Sherry Calvert, USC, 1972). Discus--1. Monette Driscoll (UCLA) 156-5; 2. Griffin (Flathead) 147-5½; 3. Winbigler 147-4; (Driscoll-UCLA-set new meet record at 159-1 in pre-lims). Pentathlon--1. Mitzi McMillen (Colo.) 3717; 2. Officer (Oregon) 3620; 3. Suellentrop (McPherson Coll.) 3507; New Meet record. Old record 3257 by Debbie Wilson, Ill. State, 1974). 100M Hurdles--1. Andrea Bruce (Prairie View) 14.18; 2. Edit (OCE) 14.69; 3. Vaamonde (TWU) 14.79; 4. Clydine Crowder (UCLA) 14.93; 880--1. Wendy Knudson (Colo. St.) 2:05.97; 2. Julie Brown (UCLA) 2:08.48; 3. Swegle (Seattle U.) 2:08.54; 6. Kate Keyes (UCLA) 2:09.78; (New meet record. Old record 2:09.7 by Terry Hull, Tenn., 1970). Mile--1. Julie Brown (UCLA) 4:40.58; 2. Kate Keyes (UCLA) 4:42.09; (New meet record. Old record 4:45.8 by Teri Anderson, Kansas St., 1972). Two Mile--1. Julie Brown (UCLA) 10:11.20; 2. Nepal (IOWA) 10:11.66; 3. Kate Keyes (UCLA) 10:12.45; (New meet record. Old record 10:56.6 by Francis Larrieu, UCLA, 1974). 400M Relay--1. Prairie View 46.21; 2. Michigan State 47.44; 3. UCLA 47.64. 220--1. Marjorie Grimmett (Mich. St.) 24.96; 2. Greene (CSU) 25.00; 3. Harris (Chicago St.) 25.06. 440--1. Jarvis Scott (CSLA) 54.92; 2. Williams (Prairie View) 55.45; 3. Alexander (Flathead) 55.84; 4. Robertson (UCLA) 55.87. 400M Hurdles--1. Mary Ayers (PV) 59.55; 2. Bruce (PV) 59.99; 3. Hopper (CSLA) 61.95; 4. Crowder (UCLA) 61.96; 100--1. Veronica Harris (Chi. St.) 11.18; 2. Riggs (Gen. Wash. St.) 11.20; 3. Birt (USC) 11.28. 800M Medley Relay--1. UCLA 1:44.96; 2. TWU 1:45.23; 3. USC 1:45.50. 1600M Relay--1. Prairie View 3:45.06; 2. Colorado State 3:45.23; 3. Iowa State 3:51.04. **Final Team Standings:** 1. UCLA 89; 2. Prairie View 71; 3. Texas Women's University 29; 4. Colorado State 27; 5. Michigan State 27; 6. Oregon College of Education 23; 7. Oregon State 20; 8. Iowa St. 20; 9. Oregon University; 10. Flathead Valley; 11. Chicago State; 12. Kansas State; 13. Seattle Pacific; 14. Colorado; 15. Baylor; 16. Central Washington; 17. Southern California; 18. Cal St. L.A.

## SEATTLE PACIFIC AGAIN IN NCWSA REGIONALS

May 9-10:

Seattle Pacific College, under the guidance of Dr. Ken Foreman, added another title to their already successful season as they costed to the team title defeating a fastly improving Oregon College of Education by a 34 point bulge. Flathead Valley CC finished third with 71 points. Joni Huntley continued her dominance of the jumps as she annexed both the Long Jump and High Jump setting a meet record in both. Denise Anderson of Seattle Pacific also set a meet record in the 400 Meter Hurdles clocking a very fine 61.9. Debbie Roth of Lane CC took the Two Mile title with a good 10:39.8. The depth of college competition is becoming more apparent as witnessed by the Discus event where all eight finalists had throws in excess of 128'. Six milers were under 5:05 and five Shot Putters were better than 42'. 22 schools took part in the two day meet.

Cover photo by Tony Duffy

(Continued on page 8)

## WORLD LIST (Cont.)


- 62'3/4" Ludwika Chewinska (Pol)  
 61'7/2" Antonina Ivanova (USSR)  
 60'6/2" Radostina Batchevanova (Bul.)  
 60'5/2" Raissa Taranda (USSR)  
 60'4/2" Rimma Makaускаite (USSR)

### 400 Meter Hurdles

- 56.51 Krystina Kacperczyk (Pol)  
 56.7 Karola Claus (W.Germ.)  
 56.83 Danuta Piecyk (Pol)  
 57.6 Hybre de Lange (S.Af.)  
 58.0 Chris Warden (GB)  
 58.87 Zofia Zwolinska (Pol)  
 59.36 Heide-Lore Bretz (W.Germ.)  
 59.4 Judy Canty (Aus)  
 59.5 Sue Howell (GB)  
 59.66 Janice Lester (USA)  
 59.7 Sylvia Hollman (W.Germ.)  
 59.8 Michelle Hopper (USA)  
 60.0 Clydine Crowder (USA)

### Marathon

- 2h43:55 Jackie Hansen (USA)  
 2h46:24 Chantel Langlace (FR)  
 2h47:11 Miki Gorman (USA)  
 2h50:32 Liane Winter (W.Germ.)  
 2h51:38 Marjorie Kaput (USA)  
 2h53:00 C.Kofferschlagler (W.Germ.)  
 2h54:28 Judy Ikenberry (USA)  
 2h55:12 Diane Barrett (USA)  
 2h55:12 Nina Kuscsik (USA)  
 2h56:00 Manuela Pruess (W.Germ.)  
 2h57:41 Karin Pagaard (Dan)  
 2h58:10 Joan Ulliyot (USA)  
 2h58:16 Ellen Turkel (USA)  
 2h58:34 Irja Pettinen (Fin)  
 2h58:44 Marilyn Paul (USA)  
 2h58:55 Peggy Lyman (USA)



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# Women's Olympic Instructional Film



## 1st FLASHETTES INVITATIONAL

Baton Rouge, Louisiana, May 17: Indianola TC swept the 4 Division team title garnering 155 points with the upstart Baton Rouge Flashettes finishing a strong second with 121½.

14-Over Division: 100, 1-Sheila Labome (Astro) 11.4, 220, 1-Sheila Labome (Astro) 25.8, 880, 1-Laura Davis (Houston) 2:14.6, 44OR, 1-Baton Rouge Flashettes 50.5, 2-Indianola TC 50.9, MileR, 1-Houston Astrobelles 4:04.2, LJ, 1-Pat Williams (BRF) 18'5½", 2-Lola Robinson (UN) 18'4", SP, 1-36'1½", JT, 1-Darlene Ourso (BRF) 125'3".

Team Scores: Baton Rouge Flashettes 70, 2-Indianola TC 28.

12-13 Division: 100, 1-Karen Young (Astro) 11.9, 440, 1-Lisa Griffiths (Astro) 59.7, 44OR, 1-Houston Astrobelles 52.8, 880YMR, 1-Houston Astrobelles 1:56.2, HJ, 1-Elma Brown (Caddo) 4'8", Team Scores: 1-Frog City TC 50, 2-Houston Astrobelles 22.

10-11 Division: 220, 1-Pat Hudson (Ind TC) 28.1, 44OR, 1-Indianola TC 55.1, Mile, 1-Peresa Maristany 5:45.1, Team Scores: 1-Indianola TC 58, 2-BR Flashettes 36½.

9-Under Division: 220, 1-Janice Conrad (IndTC) 20.0, 44OR, 1-Indianola TC 57.2, LJ, 1-Janet Davis (IndTC) 14'3", HJ, 1-Louise Hopkins (IndTC) 4'0". Team Scores: Indianola TC 50, 2-CaddoTC 19.

## MID-AMERICA TRACK LEAGUE CHAMPIONSHIP

The championships were marked by the presence of a few outstanding athletes turning in some good marks. Madeline M. Jackson was the main feature recording a good 55.8/2:12.8 double. Ohio's Vetter sisters were their usual impressive selves, as Debbie defeated Diane 63.1 to 65.4 in the 400MH. Sister Janis was 2nd in the 880 with a 2:13.6, and 13 year old Juanita finished 2nd in her division 880 clocking 2:29.3. Rosalyn Bryant was also a double winner, speeding to a 24.1 clocking in the 220 and covering the century in 10.9.

Peoria, Ill., May 3:

14-Over Division: 100MH, 1-Rhonda Brady (MHYF) 14.6, 2-Cheryl Rogers (MDYF) 15.2, 3-Tami Essington (PP) 15.4, 44OR, 1-Mayor Daley YF 47.2, 2-Mayor Hatchor YF 49.0, SP, 1-Susan Pace (BR) 38'9", HJ, 1-Teri Seippel (KS) 5'4", Mile, 1-Paula Gaston (KS) 5:12.7, 880, 1-Madeline M. Jackson (ClevTC) 2:12.8, 2-Janis Vetter (BR) 2:13.6, 400MH, 1-Debbie Vetter (BR) 63.1, 2-Diane Vetter (BR) 65.4, 100, 1-Roselyn Bryant (MDYF) 10.9, 2-Teri Hopkins (MDYF) 11.1, 3-Valerie Milan (MDYF) 11.1, 4-Rhonda Brady (MHYF) 11.1, 440, 1-M.M. Jackson (ClevTC) 55.8, 2-Chere DeHaven (Ft. Wayne) 57.5, 220, 1-Roselyn Bryant (MDYF) 24.1, 2-Teri Hopkins (MDYF) 24.6, 3-Valerie Milan (MDYF) 25.0, Mile W, 1-Carol Mohanco (KS) 8:09.5, 2-Cindy Luebben (KS) 9:08.0, MileR, 1-Blue Ribbon 4:04.3.

12-13 Division: 80MH, 1-Linda Karecki (WS) 12.8, 2-Lisa Allen (Gale) 12.9, HJ, 1-Linda Karecki (WS) 4'10", 2-Kiawii Russell (BS) 4'8", 100, 1-Lawanda Waters (KTC) 11.6, 2-Lisa Allen (GJJ) 11.9, 3-Rhonda Clay (MHYF) 11.9, 220, 1-Rhonda Clay (MHYF) 26.2, MileW, 1-Judy Cychol (Peo) 9:31.3, LJ, 1-Linda Karecki (WS) 16'11¼".

10-11 Division: 50YH, 1-Michelle Johnston (Peo.) 8.6, 440, 1-Ann Henry (Peo) 65.8, 880, 1-Julie Stibbes (BR) 2:26.8, 9-Under: 440, 1-Leigh Mann (BR) 69.2.

## LETTER FROM MRS. SMITH, CORVALLIS, OREGON

" I just watched UCLA win the Nat'l Collegiate track meet here in Oregon. They were very good but I've watched track and field for 15 years and have never witnessed such poor sportsmanship in a winning team. Two girls were crying at a legal disqualification when the meet was over. It was in a relay where a UCLA girl whacked another teams runner. UCLA is labeled good, but I only wish they could be a graceful winner.

U	C	L	A
You	Can't	Lose	Anything

Sure does fit."

## TWU'S FLEX AT METROPLEX

Dallas, Texas, May 10: Texas Women's University dominated this first annual meet which was held in conjunction with the Southwestern AAU Championships. Good relay marks seemed to be the order of the day as the Metroplex Striders and TWU met national qualifying standards in most races. The Two Mile Relay, an event which has become increasingly competitive over the past two years was also in evidence here as the Metroplex team clocked a very fine 9:05.6 with Sherrie Sessions anchoring in 2:10.7

Discus, 1-Karrie Kelly (TWU) 117'9", LJ, 1-Peggy Rose (TWU) 17'3¼", HJ 1-Peggy Rose (TWU) 5'4", Shot, 1-Olga Oranda (TWU) 45'1¼", 2-Judy Booker (GarTC) 39'53/4", 100H, 1-Lucy Vaamonde (TWU) 14.4w, 44OR, TWU 47.6 2-Metro 48.1 2MileR, 1-MS 9:05.6, 2-TWU 9:36.3, SprintMed, 1-TWU "A" 1:46.0 2-TWU "B" 1:46.7 3-MS 1:47.4, 880R, 1-TWU 1:42.5, 2-Astrobelles 1:46.1, MileR, 1-TWU 3:54.3 2-MS "A" 3:56.2, 3-MS "B" 3:58.0, 100 1-Charlotte Gautier (MS) 10.9, 2-Sondra Childs (MS) 10.9, 3-Sheri Duvall (TWU) 11.1, Mile, Joan Rodgers (MS) 5:09.3, 2-Rhonda Garrison (FWTC) 5:13.0, 440, 1-Becky McClenny (MS) 57.2, 2-Avis Alford (TWU) 58.4

## JETS WIN AGE GROUP TITLE IN FLORIDA

Miami, Florida, May, 10: The Florida Gold Coast Assoc. staged its annual Age Group Championships with the over-all team title going to the Miami Jets with 92 points and followed by the host Richmond-Perrine TC with 78½. The winner of the Rudolph V. Adams Memorial Trophy for Most Outstanding Athlete went to Sue Overbey.

12-13 Division: 100, 1-Delvis Burrough (FL) 11.3, 2-Cornelia Jackson (MJ) 11.4, 220, 1-Cornelia Jackson (MJ) 26.2, 2-Cheryl Wallace (NSO) 26.3, 440, 1-Farah Brown (RP) 61.2, LJ, 1-Cheryl Wallace (NSO) 16'9".

10-11 Division: 440, 1-Sheila Scott (MJ) 64.5, 2-April Armstrong (RP) 65.3, LJ, 1-Kathy Rackard (MJ) 15'2", 2-Alvaretta Pitts (NSO) 15'1½", 44OR, 1-Richmond Perrine 'A' 55.1.

## TOM BLACK CLASSIC

Knoxville, Tenn, May 9-10: Robin Campbell doubled up on her victories and Sports International dualed with the Atoms TC for team supremacy. Modupe Oshikoya showed signs of

Knoxville, Tenn., May 9-10: Modupe Oshikoya of Sports International revealed her pentathlon potential by sweeping three events at the fourth annual meeting. Robin Campbell was a double winner in the 440 and 880, while The Atoms TC battled Sports International for team supremacy.

880, 1-Robin Campbell (SITC) 2:07.0, 2-Robin Barnes Atoms) 2:08.4, 3-Mary McGroaty (Fla) 2:12.5, 4-Donna Campbell (SITC) 2:13.1, SP, 1-Vicki Smith (Fla State) 40'11¼", 2-Kim Pyles (Wash.) 39'113/4" 3-Diane McCann (Terre Haute) 39'63/4", Jay, 1-Burline Pullen (Tenn.) 125'2", LJ, 1-Modupe Oshikoya (SITC) 19'8½", 2-Ann Egenoff (Terre Haute) 17'7½", HJ, 1-Modupe Oshikoya (SITC) 5'9", 2-Connie Dorsey (Terre Haute) 5'8", 3-Laura Ward (Tenn.) 5'4", 440, 1-Robin Campbell (SITC) 53.8, 2-Lorna Forde (Atoms) 54.3, 3-Cheryl Toussaint (Atoms) 54.5, 4-Gwen Norman (SITC) 54.7, 5-Brenda Nichols (Atoms) 55.7, 100H, 1-Oshikoya (SITC) 14.0 2-Lorraine Tummings (Atoms) 14.2, 3-Carman Brown (Atoms) 14.4, 4-Susan White (SITC) 14.8, 100, 1-Pat Collinsel (Atoms) 10.8, 2-Alice Annum (MCTC) 10.8, 3-Veronica Harris (ChiState) 10.8, 4-Lorna Forde (Atoms) 10.9 5-Michelle McMillan (Atoms) 10.9, 220, 1-Lorna Forde (Atoms) 23.9, 2-Pat Collinsel (Atoms) 24.0, 3-Alice Annum (MCTC) 24.2 4-Michelle McMillan (Atoms) 24.3, 5-Linda Cordy (Atoms) 24.4, MileR, 1-AtomsTC "A" 3:39.5, 2-AtomsTC "B" 3:44.5, 3-Sports Int. 3:45.0, 4-Florida 4:00.5, 5-Kentucky 4:00.8

## CENTRAL PARK MINI-MARATHON

Central Park, New York, May 10: 276 runners completed the 10,000 meter course in New York City's most noted park. Charlotte Lettis of the Sugarloaf Mt. AC in Massachusetts annexed the title with a seven second victory over Jackie Hansen of San Fernando, California. A possible trend may be in the making as witnessed by the average age of the first ten finishers...23.

1-Charlotte Lettis(26) Sugarloaf Mt.AC,35:56.6,  
2-Jackie Hansen(26) San Fernando Valley TC,  
36:03.6, 3-Brenda Webb(20) Kettering Striders,  
36:48, 4-Karen McHarg(26) Kettering Striders,  
37:07, 5-Doreen Ennis(18) Nutley TC, 37:19, 6-  
Jenny Tuthill(27) Liberty AC, 37:36, 7- Robin  
Velker(28) Seacoast Striders, 37:41, 8- Marie  
Kastrup(17) Kettering Striders, 37:50, 9-Deby  
Mueller(15) Liberty AC, 38:00, 10- Margaret  
Rorasco(27) Baltimore Road Runners, 38:01. Others  
...17- Kathy Switzer(28) Central Park TC, 38:52,  
27- Nina Kuscsik(35) Suffolk AC, 40:08.  
Team Scores: Kettering Striders-- 15, Liberty AC  
26, Nutley TC-- 57.

## PAST 'ATHLETE OF THE YEAR' WINNERS

### World

1968	Liesel Westermann	W. Germany
1969	Margitta Gummel	E. Germany
1970	Chi Cheng	Taiwan
1971	Chi Cheng	Taiwan
1972	Ilona Gusenbauer	Austria
1973	Heidi Rosendahl	W. Germany
1974	Renate Stecher	E. Germany
1975	Irena Szewinska	Poland

### North America

1968	Madeline Manning	USA
1969	Wyomia Tyus	USA
1970	Madeline Manning	USA
1971	Iris Davis	USA
1972	Debbie Brill	Canada
1973	Kathy Hammond	USA
1974	Kathy Schmidt	USA
1975	Yvonne Saunders	Canada

Scarborough Central Lions  
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MENSCH, WHAT IS THE DIFFERENCE BETWEEN AMATEUR AND PROFESSIONAL ATHLETES?



1-16  
BRICKMAN

## LETTER FROM 'RED' SIMMONS, U. of MICH

I'm enclosing a letter from one of my girls that is now married and living in New York. Mrs. Betty Simmons, my wife, just died a few days after Christmas. She was the manager of the 1967 "Little Olympics" Women's Team.

This letter is typical of the many I received from my girls all over the U.S.

This is what its all about, and should tell all those that wonder why we do it at a financial and considerable time cost, coaching in Women's Track and Field...

"Dear Mr. Simmons,

I really appreciate your sending me the sad news of Mrs. Simmons' death. It's hard to know how to express my feelings of sorrow and regret that such a kind and warm person as your wife is no longer here to share with us.

I just wanted to say a few words about what you and Mrs. Simmons have meant to me through my good years of "growing up" especially through my track career. During my years with you two as coaches, I felt that you were like my second parents. As a matter of fact, if I could have picked my parents, you two would have been my choice as the two nicest parents a kid could have. I remember asking a million questions, and always got a cheerful answer (I thought I was such a pest!). An important part of my character was built and my sense of worth as a human being grew with track, hard work, and being with you two. What wonderful opportunities I (and the whole team) had to travel as a result of your unending work, time and caring about all of us.

I have meant in the past years to keep closer contact, but there was always something to do. I'm a great one for procrastinating anyway. But I just wanted you to know that you both have been in my thoughts often.

Mr. Simmons, if you ever are near New York City, please let us know, we would really enjoy seeing you, and having you to dinner.

With love, Janie



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## COLLEGE TRACK (Cont.)

Mile Run: 1-Maureen Crowley (SFU) 4:54.8, 2-Kathy Kuyk (UW) 4:57.7, 3-Laurel Miller (SPC) 5:00.3, 4-Cheryl Bates (LCC) 5:02.0, 5-Shauna Pupke (LCC) 5:02.8, 6-Alice Kelly (SPC) 5:04.5.

Discus: 1-Lorna Griffin (FVCC) 152'2", 2-Lynette Matthews (SPC) 148'4".

Long Jump: 1-Joni Huntley(OSU) 18'11", 2-Mary Officer(UO) 18'4 1/2", 3-Cheryl Bragg (UPS) 17'10".

400Meter Hurdles: 1-Denise Anderson (SPC) 61.9, 2-Jackie Guichard (WWSO) 63.6, 3-Rhonda Trask (FVCC) 64.2, 4-Debbie Grant (OSU) 64.8.

100 Meter Hurdles: 1-Emilia Edet (OCE) 14.4, 2-Mary Officer (UO) 14.7.

440: 1-Ruth Alexander (FVCC) 55.9

Shot Put: 1-Evelyn Okeke (OCE) 48'6 1/2", 2-Lynette Matthews (SPC) 46'1 1/2", 3-Karen Marshall (UO) 45'6 1/2".

100: 1-Pam Riggs (CWSC) 11.0, 2-Emilia Edet (OCE) 11.1.

2MileRun: 1-Debbie Roth (LCC) 10:39.8, 2-Laurel Miller (SPC) 10:43.0, 3-Kathy Kuyk(UW) 10:43.8, 4-Alice Kelly (SPC) 10:45.1.

220: 1-Pam Riggs (CWSC) 25.1, 2-Ruth Alexander(FVCC) 25.5.

Javelin: 1-Marsha Melvin (OCE) 156'0", 2-Donna Smith(EOSC) 144'11", 3-Marcia Walters (WSU) 138'3".

880: 1-Maureen Crowley (SFU) 2:09.3, 2-Cindy Robertson (FVCC) 2:14.2, 3-Sue Griffith(SPC) 2:15.7.

High Jump: 1-Joni Huntley (OSU) 5'9", 2-Mary Officer (UO) 5'7", 3-Sue McMahan (SPC) 5'5".

440Relay: 1-Seattle Pacific, 48.5, 2-Flathead Valley, 49.4.

880MedR: 1-Seattle Pacific, 1:50.7, 2-CWSC, 1:51.1.

Mile Relay: 1-Seattle Pacific, 3:58.5, 2-Flathead, 4:04.0.

Team Scores: 1-Seattle Pacific 105, 2-Oregon College of Ed. 71, 3-Flathead Valley CC 71, 4-Univ. of Oregon, 46.

## ALL TIME GREATEST WOMAN TRACK ATHLETE

This year, the Polish paper, 'Sport,' conducted a world-wide poll of track and field experts to determine the greatest female athletes in history, and here's the result...

1. Irena Szewinska (Poland) 204 pts. Born 1946. Enjoyed an absolutely phenomenal season in 1974 with world records for 200 and 400 as well as probably the greatest performance ever by a woman: a 48.5 relay leg; Olympic 200 champion in 1968 and numerous European titles to her credit.

2. Fanny Blankers-Koen (Netherlands) 189 pts. Born 1918. Winner of four gold medals (100, 200, 80H 4 x 100) at 1948 Olympics; between 1938 and 1951 set official world records in seven individual events- 100y, 100m, 220y, 80mH, HJ, LJ, and Pentathlon.

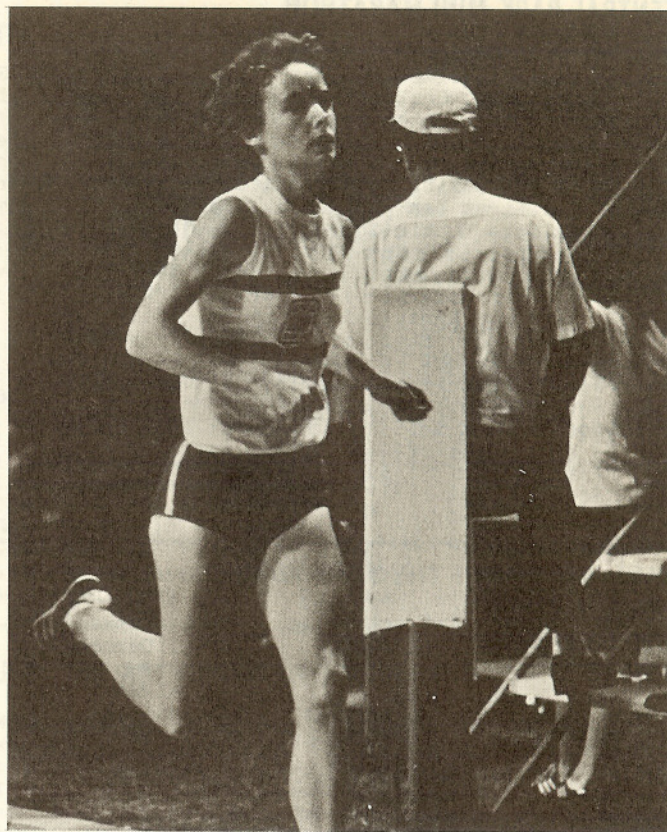
3. Iolanda Balas (Rumania) 141 pts. Born 1936. Totally dominated high jumping between 1958 and 1966 setting 14 world records and winning two Olympic titles; went unbeaten for nine consecutive seasons and for a time was 3" superior to the next highest jumper in history.

4. Renate Stecher (GDR) 86 pts. Born 1950. The fastest woman on earth with her 10.8 100m in 1973, a time which would have won the Olympic men's titles in seven of the first eight Games (1896-1928); double sprint winner at the Munich Olympics.

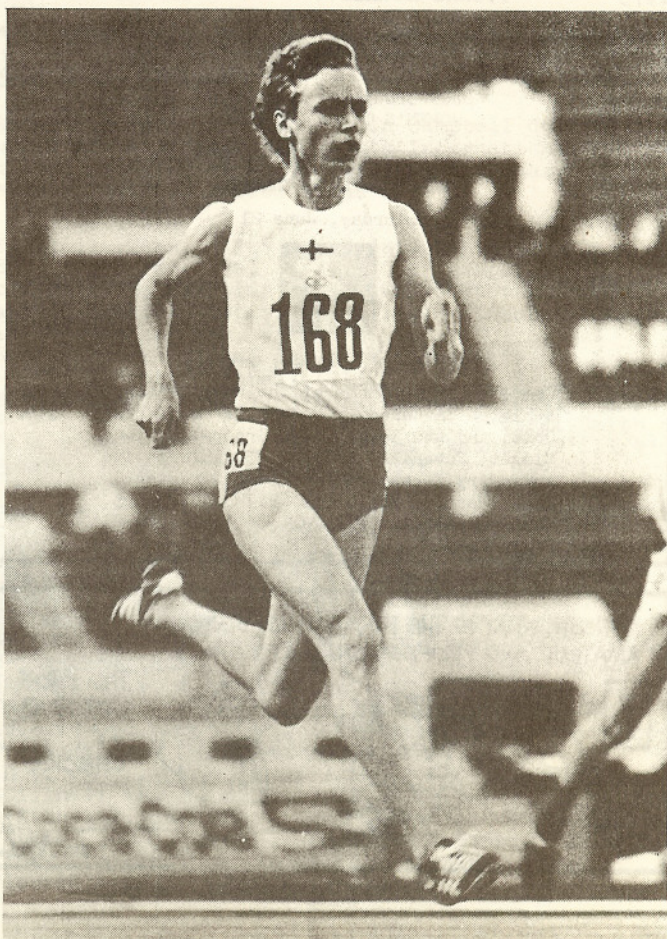
5. eq. Paina Melnik (USSR) 75 pts. Born 1945. Has improved the world's discus record many times, reaching 69.90/229'4" in 1974- she's thrown the men's discus around 52.0/170'7" in training; 1972 Olympic Champion.

5. eq. Wilma Rudolph (USA) 75 pts. Born 1940. Star of the Rome Olympics of 1960 with her three gold medals, in the 100, 200 and relay- her margin in the 100 being nearly three metres; world record breaker at 100m and 200m.

7. Heidi Rosendahl (W Germany) 65 pts. Born 1947. World long jump record holder and all-rounder extraordinary who reached her peak for the 1972 Olympics, winning the long jump, finishing second in the pentathlon (breaking the old world record) and anchoring her relay team to victory.



TRACK LOOK-A-LIKES(Above) European 400 Meter Champion, Riita Salin, who covered the distance in 50.1 this year, bares an amazing resemblance to Clare Choate (Below) of the Los Angeles TC.



Continued on page 11



# “Show me a runner whose shoes don't fit, and I'll show you a loser”

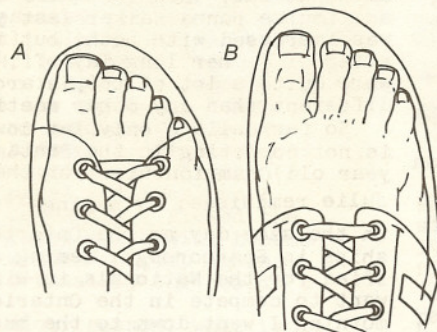
— Jim Davis, President, New Balance Athletic Shoe Inc.

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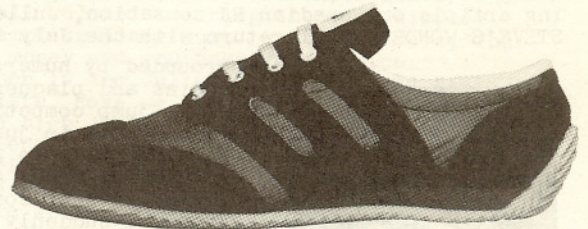
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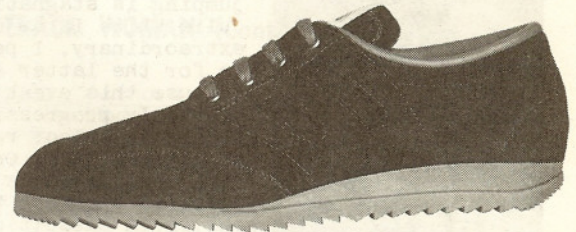
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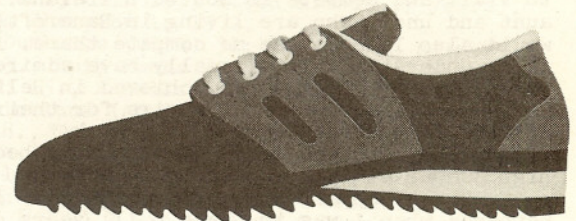
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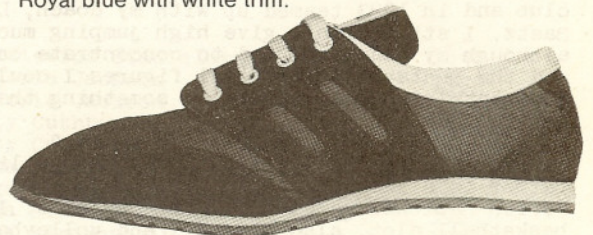
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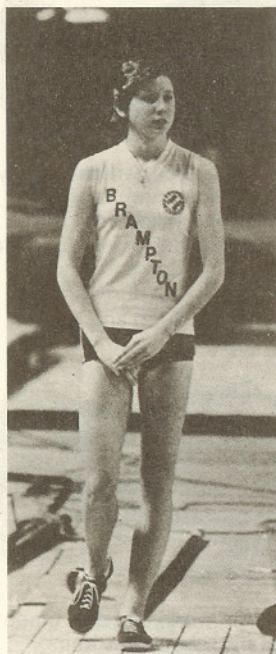


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FACE TO FACE WITH  
by CECIL SMITH

JULIE WHITE

(Ed. note: Because of the time element involved with trying to get this issue out before the nationals, I have been unable to complete the usual article. I am therefore including the following article on Canadian HJ sensation, Julie White. STEVE'S WONDERS will return with the July issue.)



Jim Schibler photo

Surrounded by numerous trophies and plaques won in high jump competitions across Canada in just 18 months, we talk to Julie White at her home. After a few minutes of conversation, you suddenly realize that she is just an uninhibited 14 year old who has acquired a knack of clearing a high jump cross-bar very early in life. To think that a 14 year old who is currently ranked 7th in the world (indoors), can either mean women's high jumping is stagnating or Julie White is a jumper extraordinary. I personally go for the latter explanation because this event is most certainly progressive, with the world indoor record now at 1.94 (6'4½"). One thing that really stands out with Julie is the fact that while she is in pursuit of success, she is determined to live the life of happiness, with her family. Both her mother and father were born in So. Ireland. Julie goes on to say, "I realize that my

success has been meteoric, but I really would like to visit and compete in Southern Ireland. Both my aunt and uncle, who are living in Bancroft, Ontario, would also like to see me compete there. I guess it is understandable. I really have admired the work that Mary Peters has achieved in Belfast. It is people like her that I admire for their unselfish dedication to community work."

When then did she really think about becoming a high jumper ?

"My first competition in the high jump I suppose happened when I was in Grade 6 (11 years of age). I used a cross between the scissors and a dive! I graduated then to jumping and, using the hurdle style, was quite successful too. I got over 4'5¼" My sister Patricia, who won the Ontario Schools Championships in 1974 with 5'5", then introduced me to the Fosbury Flop. In 1972 I joined my present club and in 1973 teamed up with my coach, David Baetz. I still didn't give high jumping much thought, although my coach started to concentrate on this and the pentathlon. He still figures I could become a pentathlete, but running is something that I am not to good at."

What about other competitive sports?

"Well, in my family, sport is a way of life. My father is a keen soccer fan and has played hurling (Irish national game) and my sister skis. I play basketball alot, also baseball and volleyball. To me, this is all good conditioning for track and field."

When we started talking about training and conditioning I was impressed with her pragmatism of what to do, when to do it and above all how to do it. For instance, she sets aside just two days every week, Tuesday and Wednesday. On Tuesday, she spends all her time on suppling exercises, combined with light jogging. On Wednesday, she carries out

high jumping for technique. Because of her other sporting interests she figures that this is sufficient time to give to high jumping. Although now she does admit to carrying out high jump conditioning exercises, i.e., bounding and box drills in her school gymnasium. She doesn't mind this, of course, because as she puts it, "My coach, and the National Coach Derek Boosey (Jumps and Multiple Events) work closely with each other by correspondence to monitor my program. And now that I am a Game Plan classified athlete, (Ed. note: Canada has certain qualified athletes on special programs for Olympic preparation) Derek is really seeing to it that I keep my training diary up to date. I have found the National body very thoughtful and helpful since I was selected."

What about the build up to an important competition ?

"Yes, I do think about what's coming, but my preparation remains unchanged. So far in big competitions I haven't felt nervous. No doubt I will when I get older, but I hope not. But it's funny, when I am jumping against my own age class I get a little 'up tight'. I know that they expect me to win and if I don't people will start saying that I am burnt out. When I competed against Debbie Brill and Louise Hanna Walker last year in Etobicoke, I was impressed with both, but in particular Brill after her long lay-off. But although there were quite a lot of people around I thought it no different than any other meeting."

So far Julie's only let down in her young career is not competing in the Bantam and Midget (13-15 year old) Championships for the Legion in Ottawa.

Julie reminisced by saying- "This competition was on the same day as the Ontario Senior Championships in Scarborough. Seeing as I had already qualified for the Nationals in Winnipeg I didn't want to compete in the Ontario's. Anyway, that morning I went down to the bus going to Ottawa to see if I could still go with them (I knew they wouldn't let me though). As the bus moved off with my friends I felt depressed. Little did I know then that I was to clear 5'10¼" for a personal record that day. It felt incredibly easy and it perked me up, but still would have preferred going to Ottawa with my friends."

On to the National Seniors, and Julie cleared an incredible 5'11", to finish second to Debbie Brill's 6'1 3/4" (Canadian and Commonwealth record). For Julie it was a new Canadian midget record. With just one more competition Julie White ended a most successful 1974 year.

Could Julie pinpoint any standout features in 1974?

"Apart from my jumping success the time that I really enjoyed was Phoenix, Arizona. A whole bunch of National carded athletes (all events) sent there for a 10 day 'warm weather' training camp. This was the first time I had been to something like this. I must say that everyone was ever so friendly and helpful and Derek (Boosey) kept the jumpers going all the time. I almost cleared 6'0" there, so I knew that it wouldn't be long before I would break the magical 1.83/6'0" barrier. We had all sorts of tests and measurements. It also provided me with the opportunity to get to meet all the athletes and the National administrators. My fear was that the other athletes would not accept me as one of them, but rather as a 14-year-old. I need not have worried though, because everyone was so pleasant. It was a wonderful experience and it must have helped me alot."

Onto the 1975 indoor season. Julie opened with 5'10 3/4" to annex Brill's 1969 Canadian Midget record, then within a week it became 5'11" to equal her outdoor performance. Julie was now hot on the trail to clear 6'0". This came in February at Toronto when with striking ease she soared over the 6'½" bar. Julie White had now arrived on the World High Jump scene. But although she was oblivious to this fact, the track and field

## WHITE(Cont.)

fans were not! Usually they cheer and clap runners, but now their attention was switching to the high jump to see Julie continuing to go higher and higher. What about the glare of publicity and crowds, was this a distraction?

"No, I looked up at the 16,000 odd people at the Maple Leaf Games and thought, 'Gee whiz, aren't I lucky to be here.' Some newspaper reporters tend to mis-quote you rather a lot, but I don't care really, providing it is not upsetting to me or my family."

Her competition against Rosemarie Ackerman, Debbie Brill, and Joni Huntley at the Gardens was one of the center-pieces. Did she have any memories of this encounter?

"Well, for a start I knew I had no chance of winning, but just to watch and learn from these big names in action is an experience in itself. I enjoyed the competition and was grateful for the chance to see Rosemarie Ackerman jumping. Looking at Joni Huntley, she seemed to have the same style as I have over the bar. As for my 6' and fourth spot, I was quite satisfied."

At the Canadian Nationals in Edmonton, Julie won with a height of 6'1", once again a personal record and Canadian age class record. For this achievement Julie represented her country against West Germany in Montreal, along with Debbie Brill. Debbie won with 6'1 3/4" (an indoor record), Julie was 2nd with 6'1 1/2". She reflects, "I remember I had a tummy ache before the match and I was afraid it would affect my jumping in the competition. But I was so pleased to be there, as this was my first international in Canadian colors. Apart from the usual distractions I thought I jumped well. But again I viewed the situation as more experience which will become invaluable later on. I wanted to jump against Ulrike Meyfarth but unfortunately she couldn't come."

This ends the 1975 indoor season. What is it that gives her the most satisfaction, winning or height? With a philosophical answer she states, "I prefer clearing a good height to winning. My view is, I don't mind losing providing I have cleared a respectable height. I wouldn't like to lose at, say, 5'6". Although I obviously realize that normally at major championships, people win at inferior performances. In a situation like this I suppose I would like to win."

What then does the future hold for Julie White? Well, with a Pan-American Games and Olympic Games coming up, it would appear logical to high-light these to events. But this is not the case, because

Julie is more interested in the long term rather than the short term. Julie says, "By the 1976 Olympics I shall be just 16 (same age as Meyfarth in 1972) but by the Olympics in Moscow I shall be 20 and fully experienced and mature. If I am selected for the Pan-Am and 1976 Games then I shall do my best. If I am not selected it will not worry me in the least. I would, however, like to be selected for the 1975 European tour, because Rome is one place I would love to see. This is what excites me about track and field, if you do well you get to visit different countries and meet lots of people."

Most youngsters this age are more concerned with good grades at school and boy friends. For Julie, it's all this (with a limit on boy friends, of course) plus world class jumping. She does admit though that school is of the utmost importance to her and she hopes that she does not have to miss too much because of track and field. In fact she has already had to take examinations after everyone else at school because of high jump competitions. For this she is thankful to the school principal and her teacher for being so thoughtful.

Just like any other 14-15 year old, she figures on becoming a teacher. She studies hard because of this ambition, likes music, movies and dancing. Enjoys being with her family, who are all, in particular sister Patricia, aware of

what Julie has achieved.

What is her 'secret'? Is it in fact that she has very fast limb speed? For a world class flopper a time of 12-14 hundredths of a second at take-off seems to be the acceptable statistic. Julie, at 14, can beat this! Or is it her complete disregard for complicated and tiresome training ordeals (although now she is training three days a week). Failing all else, it is her coach's approach on keeping the execution of the flop and all related training theories simple? The old gambling adage must be applied here, "You pays your money and you take your choice."

This then is the Julie White track and field story to date. Have we in Canada got the first 6'6" woman high jumper? Only time and above all great patience will tell. Many words I'm sure will be written about her in different languages around the world, but they will all mean the same "Julie White, jumper extraordinary."

Age- 14	Progression to date:
Birthdate- June 1, 1960	(i indoors)
Height- 5'8 1/4"	1972 - 4'5 1/4"
Weight- 128	1973 - 5'10 3/4"
Club- Brampton Kinsmen	1974 - 5'11"
Coach- David Baetz	1975 - 6'1"i
Born- Bancroft, Ontario	

## GREATEST TRACK WOMAN (Cont.)

8. Nadyezhda Chizhova (USSR) 61 pts. Born 1945. Has not lost an important shot contest outdoors since the 1968 Olympics, and honours include the 1972 Olympic title and four European Championships; first woman to reach 20m, and 70 ft.

9. Betty Cuthbert (Australia) 55 pts. Born 1938. Heroine of the 1956 Olympics with her gold medals in the 100, 200, and 4 x 100, she went on to win the inaugural 400 title eight years later; set a dozen individual world records from 60m, to 440y.

10. Stanislawa Walasiewicz (Poland) 52 pts. Born 1911. Spent most of her life in the USA and became an American citizen as Stella Walsh in 1947; set world records in all the sprints (her 200m record of 23.6 in 1935 stood almost 17 years); Olympic 100m champion in 1932.

11. Nina Dumbadze (USSR) 31; 12., Karin Balzer (GDR) 28; 13., Ruth Fuchs (GDR) 27; 14., Chi Cheng (Taiwan) 23; 15., Annelie Ehrhardt (GDR) 20; 16., Shirley Strickland (AUS) 18; 17., Wyoming Tyus (USA) 14; 18., Tamara Press (USSR) 13; 19., Lyudmila Bragina (USSR) 12; 20., Mary Rand-Toomey (UK) 10; 21., Mildred 'Babe' Didrikson (USA) 9; 22. eq., Marjorie Jackson (AUS), Burglinde Pollak (GDR), Irina Press (USSR) & Sin Kim Dan (N Kor) 7.

## PROGRESSION OF WORLD 200 METER RECORD

23.6	Walasiewicz Stanislava	Poland	1935
23.6	Marjorie Jackson	Australia	1952
23.4	Marjorie Jackson	Australia	1952
23.2	Betty Cuthbert	Australia	1956
23.2	Betty Cuthbert	Australia	1960
22.9	Wilma Rudolph	USA	1960
22.9	Margaret Burvill	Australia	1964
22.7	Irena Kirzenstein	Poland	1965
22.5	Irena Kirzenstein	Poland	1968
22.4	Chi Cheng	Taiwan	1970
22.4	Renate Stecher	E. Germ.	1972
22.4	Renate Stecher	E. Germ.	1973
22.1	Renate Stecher	E. Germ.	1973
22.0	Irena Szewinska	Poland	1974

LAKWOOD INVITATIONAL

Lakewood, Calif., May 3: Hurdler Patty Van Wolvelaere sped to a 13.4 clocking in the 100 Meter Hurdles and Osa Westman of LITC tossed the javelin 180'3" to highlight the annual 'Sports Kavalcade'. Lakewood International easily won the team title in the Women's Division, while the Long Beach Comets won the Junior Women's in an equally impressive fashion.

Women's Division: Mile, 1-Jackie Hansen 5:06.0, 400MH, 1-Janice Lester (LBC) 63.8, Javelin, 1-Osa Westman (LITC) 180'3", 2-Cathy Corr (LITC) 154'8", SP, 1-Emily Dole (LITC) 47'4", 2-Kathy Devine (Unat.) 46'7", 3-Beverly Pendleton (PTC) 39'3/4", Discus, 1-Kathy Chapman (UNO) 121'9", MileW, 1-Jane Janousek (SCC) 8:44.0, 100MH, 1-Patty Van Wolvelaere (WWW) 13.4, 2-Patrice Donnelly (LIT) 13.8, 440, 1-Julie Lake (LIT) 57.1, 100, 1-Penny Slaughter (LIT) 11.0, 2-Patrice Donnelly (LIT) 11.1.

Junior Women: 100MH, 1-Cheryl Glazier (Pats) 15.2, 2-Melinda Peterson (LIT) 15.7, 440, 1-Yolanda Rich (LBC) 56.4, 2-Teresa Caudillo (LBC) 57.0, 3-Kathy Keys (Pats) 57.6, 100, 1-Dcily Fleetwood (SCC) 10.8, 2-Yvonne Johnson (SDC) 11.2, 3-Lela Johnson (LBC) 11.3, 880, 1-Kathy Jewell (Un) 2:18.3, 880MR, 1-Long Beach Comets 1:50.9, 2-Patriots 1:51.7, 3-SC Cheetahs 1:52.4, SP, 1-Vera Peco (LBC) 43'3/4", 2-Michelle Morse (WWW) 36'2/4". LJ, 1-Bobbette Krug (LIT) 18'5/4", Discus, 1-Terri Sabol (LATC) 152'7", JT, 1-Radean Rona (Pats) 121'1", 400MH, 1-Beth Howell (UN) 66.5, 440R, 1-Long Beach Comets 49.5, Mile, 1-Carol Flournoy (SCC) 5:04.6.

14-15 Division: 880MR, 1-SC Cheetahs 150.9, 2-Mickey's Missiles 1:53.1, MileR, 1-Mickey's Missiles 4:13.9, JT, 1-Lor. Van Bentham (UN) 135'6", 2-Lisa Van Bentham (UN) 130'3" 3-Lynn Van Bentham (UN) 128'1", LJ, 1-Kim Moran (LATC) 17'9/2", 2-Karen Ueda (LBC) 16'10", DT, 1-Christi Pyle (LATC) 130'5", 2-Bea Hunt (RRR) 118'3", SP, 1-Bea Hunt (RRR) 38'2/4", 300MH, 1-Joanne Erb (LATC) 46.8, 2-Karen Ueda (LBC) 46.9, 440R, 1-San Diego Cougars 49.1.

12-13 Division: 440R, 1-SC Cheetahs 52.0, Mile, 1-Kristy Wilson (BA) 5:31.7, 2-Kelly Cerda (BA) 5:31.8, 3-Andrea Stone (UN) 5:35.6, (preceding was 10-11 Mile), Mile, 1-Laurie Johnson (RRR) 5:14.7, 2-Cheryl Flowers (MM) 5:17.2 3- Jackie Bennett (Pats) 5:28.1, 80MH, 1-Roxanne Keating (PC) 12.3, 2-Dulce Reade (LBC) 12.3, 440, 1-Sharon Hulce (Pats) 58.5, 2-Sheila Hammond (RRR) 61.5, HJ, 1-Rose Sweeney (OCT) 5'0", JT, 1-Jackie Nelson (OCT) 126'6", 2-Charm Bishop (SCC) 119'2", LJ, 1-Roxanne Keating (PC) 18'9", 2-Cass Griffin (WWW) 16'8", SP, 1-Susan Ray (UN) 43'0" 2-Jackie Nelson (OCT) 39'8", 100, 1-Elaine McKenna (LATC) 11.4, 2-Pam Newton (SCC) 11.5, 880, 1-Carol Czarnetski (BA) 2:21.9, 2-Christi VanZant (SCC) 2:25.5, 3-Laura Diconti (GG) 2:25.9, 220, 1-Denise Smith (Pat) 26.0, 2-Elaine Mc Kenna (LATC) 26.6, 880MR, 1-Patriots 'A' 1:54.0 2-Mickey's Missiles 2:00.6, Mile W, 1-April Hickey (Pat) 8:45.7, Mile R, 1-Wilt's Wonder Women 4:12.6, 200MH, 1-Roxanne Keating (PC) 29.4, 2-Dulce Reade (LBC) 30.4, DT, 1-Charm Bishop (SCC) 99'4"

10-11 Division: 50H, 1-Sharon Hatfield (BA) 8.0, 2-Wendy Warlaw (PP) 8.4, LJ, 1-Alana Capozzi (LBC) 15'10", HJ, 1-Michele Pace (LIT) 4'6", 440, 1-Stefani Farley (Pats) 63.6 2-Lisa Robb (GG) 66.3, 3-Karen Haller (VGTC) 66.3, 100, 1-LaTanya Dawkins (LBC) 11.8, 880, 1-Andrea Kirkorn (BA) 2:30.7, 2-Teresa Smith (PP) 2:33.1, 220, 1-La Tanya Dawkins (LBC) 27.6, 880MR, 1-Long Beach Comets 1:59.9, MileW, 1-Shelley Quintana (UN) 8:38.9, 2-Lynn Holmbeck (BA) 8:40.1.

9-Under Division: 440, 1-Kim Tanabe (BA) 68.7, 880, 1-Kathy Kiernan (BA) 2:38.0, 880YR, 1-Long Beach Comets 2:11.6, 880W, 1-Giselle Aguilar (BA) 4:45.7.

Team Scoring: Women, 1-Lakewood 210. Jr. Women 1-Long Beach Comets 110, 14-15 1-Los Angeles TC 103. 12-13 1-Patrols 74 2-SC Cheetahs 69. 10-11 Long Beach Comets 80. 9-Under 1-Blue Angels 95.

EASTERN TRACK LEAGUE CHAMPIONSHIPS

Wilmington, Delaware, May 26: Although Sports International was competing without the services of Robin Campbell, who was in China with the US team, Brooks Johnson's girls were still able to amass over 100 points in the team standings and defeat the newly formed Klub Keystone and Atoms TC of New York. Susan White established herself as a solid contender in the Girls 400MH race clocking 61.4, equalling her lifetime best. Katy Schilly defeated Donna Campbell in a highly competitive mile in 4:57.4 followed closely by Donna in 4:58.0. Guest competitor, Madeline Jackson, on the comeback trail, won the 880 in an unchallenged 2:07.5.

100, 1-Lorna Forde (Atoms) 10.9, 2-Sandra Upshaw (CO) 10.9, 3-C. Smith (Columbus) 10.9, 4-Carman Brown (Atoms) 11.1. 220, 1-Lorna Forde (Atoms) 24.2, 2-tie G. Smith and Sandra Upshaw 24.5, 4-Michelle McMillan (Atoms) 24.7, 440, 1-Gwen Norman (SITC) 54.9, 2-Chris Schilly (SC) 56.0, 3-Sherry James (SITC) 56.0, 880, non-scoring first, Madeline Jackson (Cleveland) 2:07.5, 1-Pat Helms (KK) 2:12.0 2-Robin Blaine (Atoms) 2:12.9, Mile, 1-Katy Schilly (SC) 4:57.4, 2-Donna Campbell (SITC) 4:58.0, 3-Carrie Pusch (SC) 5:00.9, 4-K. Whitecomb (Liberty) 5:03.1, 400MH, 1-Susan White (SITC) 61.4 2-June Smith (SITC) 62.6, 3-Lorraine Tummings (Atoms) 64.5, 100MH, Carol Thomson (DSC) 14.0, 2-Carman Brown (Atoms) 14.1, 3-Cheryl Poirer (FredTC) 14.5, 4-Gail Fitzgerald (Atoms) 14.5, 5-Susan White (SITC) 14.6. MileR, 1-SITC 3:51.5, 2-Keystone 3:57.8, 3-Pioneers 3:58.9. 2MileR, 1-Syracuse Chargers, 9:20.8, 2-Keystone, 9:21.4. 440R, 1-Klub Keystone, 48.0, 2-Club Orange, 48.4. 2Mile, 1-Doreen Ennis (NutleyTC) 10:51.5, 2-Donna Campbell (SITC) 11:11.4. LJ, 1-Judy Johnson (Cavalettes) 18'2", 2-Denise Waddy (Keystone) 18'1". HJ, 1-Gale Fitzgerald (Atoms) 5'8", 2-Carol Thomson (DSC) 5'4". JT, 1-Wendy Sorrick (DSC) 131'4". SP, 1-Kim Pyles (SITC) 40'1", 2-Wendy Sorrick (DSC) 35'5", DT, 1-Kim Pyles (SITC) 129'3"

Team Scoring for Womens Division: Sports Int. 100 1/6, 2-Klub Keystone 89 2/3, 3-Atoms 79 1/6, 4-Delaware SC 55 2/3, 5-Syracuse Chargers 40.

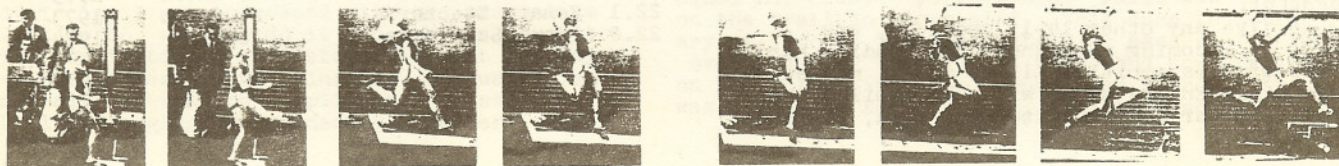
12-13 Division: HJ, 1-Barbara Davis (FredTC) 5'0", 100, 1-P. Ford (KK) 11.7, 2-P. McClary (KK) 11.7, 220, 1-P. Ford (KK) 25.5, 2-B. Turner (Cheetas) 25.8, 880, 1-J. Haworth (SITC) 2:18.4, 2-S. Boyer (New Image) 2:18.9, 440R, Klub Keystone 50.8, 880MedR, 1-Ocean Hill Cheetahs 1:52.8, 2-Klub Keystone 1:54.9, 440, 1-J. Thompson (KK) 61.1, Mile, A. O'Connor (SITC) 5:20.9, 2-J. Hazlip (New Image) 5:24.5, Team Scoring: 1-Klub Keystone 94, 2-Frederick 46 1/2.

10-11 Division: Mile, 1-P. Webb (New Image) 5:44.9, 2-C. Dunn (SJC) 5:49.4, 440, 1-R. Jackson (Jets) 62.9, 2-S. Lovelace (New Image) 63.3, 3-J. Hall (New Image) 63.8, 50YdH, 1-B. Powell (SITC) 8.1, 880MedR, 1-New ImageTC, 1:56.6, 880, 1-Robin Wormsley (New Image) 2:22.8, 220, 1-R. Jackson (Jets) 26.5, 2-C. Harris (KK) 26.6, 100, 1-R. Jackson (Jets) 12.0, 2-C. Harris (KK) 12.0

Team Scoring: Staten Island Jets 75, 2-New Image TC 72. 9-Under: 440, 1-P. Watson (Ambler) 68.2, 220, P. Watson, (Ambler) 29.4, Team Scoring: Klub Keystone 58, 2-New Charollton 37.

FREEDOM GAMES

Kingston, Jamaica: Drawing some of the top competitors in the Caribbean as well as the Atoms TC and members of Sports International, this meet produced some of the fastest times recorded to date this year. The Atoms TC swept both relays winning the 4x400 in a time of 3:39.0. The 4x100 Relay team clocked 45.3, both are US bests this year. In the 100 Meters Alice Annum of Ghana edged Denise Robertson of Australia. Both were timed in 11.5. (Continued on next page)



## SPRINT TRAINING

by BRIAN MITCHELL

(Ed.note, The following is an excerpt from England's Athletic Weekly Magazine.)

The power and impulses employed by the sprinter, as by all athletes, are specific. Sprinting is sprinting, not jogging or jumping. What is so particular to the sprinter is the relentless power of his running, and so he needs to sprint alot, turning on his best speed time and time again, off the bends and along the straights, forcing and thrashing, sometimes from a controlled start and at other times stoking up speed through a walk, jog, strides phase, leading always to a climax which is uncompromisingly fast. He will also have to walk and jog for many hours, which is good contributory exercise. This is best done in the shape of a 'trek', a kind of rambler's fartlek--lasting a hour or two through parkland or woods, bringing in numerous short bursts and founded on walking and jogging. All real effort into the short, fast stretches, to compel specific response and development, free range rather than battery. There is no steady running.

Hill-running is essential. Where else can the mobile lifting-strength be so fully gained? The knees are lifted, the rear leg drives, the arms and shoulders work hard, everything strains to carry itself.

It is doubtful whether over-distance work (ie above the racing distance and somewhat below the racing speed) will contribute to improvement of a specialist sprinter, except that all hard exercise contributes something. There seems to be little point in running more slowly than is possible, when once you have decided to run fast. 200 meters may benefit from 'tempo' running, which is fast, fluent and relaxed and therefore good exercise; but even here it may be done for variety and technique as much as anything.

Training distances should be at, or below, racing distances, so that optimum speed can be created. The range is, therefore, from about 40m to 200m, with the best work between 60m and 150m, where speed, effort and strain are severe without being demolishing. Running hard against the stop-watch and other sprinters is important, because then the pressure is on and the excitement compels. Racing is vitally part of any sprinter's development. Only in competition is everything stretched and pounded.

Standing underneath weights and fixing the muscles is not a profitable practice or substitute exercise. Sprinters would be well advised to lift the weight of their bodies by running fast, if they want to be able to run fast by lifting the weight of their bodies, Back to the hills!

The top of the body is, of course, important, as the initiator of movement. Legs follow arms, and arms must work hard. Maximum speed in training, and maximum effort on the hills, will provide the capacity. No one doubts this where the legs are concerned, and it need not be doubted in the case of the arms and shoulders, which can be given more than enough work to do in running.

## FREEDOM GAMES (Cont.)

100 Metres--(wind nil) Alice Annum (Gha) 11.5; Denise Robertson (Aus) 11.5; Marjorie Bailey (Can) 11.7; Lilieth Hodges (Jam) 11.7; Debbie Jones (Ber) 11.8. 200 Metres--(wind nil) Marjorie Bailey (Can) 23.4; Denise Robertson (Aus) 23.7; Alice Annum (Gha) 23.7; Debbie Jones (Ber) 23.7; Pat Collins El (USA) 24.2; Michelle McMillan (USA) 24.4; Regina Montague (Jam) 24.4. 400 Metres--Lorna Forde (Barb) 53.3; Debbie Byfield-White (Jam) 53.8; Helen Blake (Jam) 54.3. 800 Metres--Maureen Crowley (Can) 2:06.3; Abigail Hoffman (Can) 2:09.7; Helen Blake (Jam) 2:09.2. 100 Metre Hurdles--(wind-2.0 m/s) Modupe Oshikoya (Nig) 14.0; Carmen Smith-Brown (Jam) 14.2; Lorraine Tummings (Jam) 14.3; Lola Ramsay (Jam) 14.5; Cheryl Blackman (Barb) 14.5. 4x100 Relay--Atoms T.C. (Carmen Smith-Brown, Pat Collins El, Michelle McMillan, Lorna Forde) 45.3; Jam, A (Lillieth Hodges, Carmeta Drummond, Regina Montague, Dorothy Scott) 45.8; Jam, B. (Lola Ramsay, Evadne Williams, Sharon Whyte, Jennifer Tennant) 47.2. 4x400 Relay --Atoms T.C. (Carol Jones, Brenda Nichols, Michelle McMillan, Lorna Forde) 3:39.0; Jam, A. (Helen Blake, Verone Webber, Rosie Allwood, Jacqueline Pusey) 3:39.6; Jam, B. (Reva Knight, Jaquetta Mc Nab, Lovlee Giscombe, Maureen Gottshalk) 3:50.6.

(AGE GROUP)

100 Metres Girl Under 17--(wind nil) Jacqueline Pusey (Jam) 11.8.

## BULGARIAN CLUB RECORDS

			LEVSKI-SPARTAK
100	Ivanka Valkova	11.2	
200	Ivanka Valkova	23.3	
400	Svetla Zlateva	52.9	
800	Svetla Zlateva	1:57.5	
1500	Tonka Petrova	4:09.0	
100H	Sashka Varbanova	13.5	
400H	----	----	
HJ	Yordanka Blagoeva	6'3 $\frac{3}{4}$ "	
LJ	Diana Yorgova	22'2 $\frac{1}{2}$ "	
SP	Ivanka Christova	65'4 $\frac{1}{4}$ "	
DT	Vasilka Stoeva	211'1"	
JT	Penka Tsoleva	170'1 $\frac{1}{2}$ "	
Pent	Sashka Varbanova	4393	
3000	Tonka Petrova	9:07.6	
			AKADEMIK
100	Yordanka Yangova	11.3	
200	Yordanka Yangova	24.1	
400	Biserka Palazova	56.3	
800	Biserka Palazova	2:07.6	
1500	Boyanka Novakova	4:19.8	
100H	Penka Sokolova	13.1	
400H	----	----	
HJ	Katya Lazova	5'9 $\frac{1}{4}$ "	
LJ	Nedyalka Angelova	21'4"	
LJ	Ivanka Christova	52'1 $\frac{1}{2}$ "	
SP	Donka Peneva	160'8 $\frac{1}{2}$ "	
DT	Emilia Mirazchiyska	169'1"	
JT	Nedyalka Angelova	4509	
Pent	----	----	
3000	----	----	
			TRAKIA
100	Sofka Popova	11.7	
200	Monka Bobcheva	24.4	
400	Liliana Tomova	52.0	
800	Liliana Tomova	1:58.1	
1500	Liliana Tomova	4:05.0	
100H	Ivanka Yovcheva	13.4	
400H	----	----	
HJ	Dim Nescheva	5'7"	
LJ	Ivanka Yovcheva	19'9"	
SP	Rad. Vasekova	60'6 $\frac{1}{2}$ "	
DT	Maria Vergova	224'8"	
JT	Ivanka Vancheva	172'10"	
Pent	Mariana Yaneva	3806	
3000	----	----	
			TS. S. K. A.
100	Ang. Vlachkova	11.9	
200	Snezh. Yurukova	24.7	
400	Nikolina Stereva	53.7	
800	Vasilena Amzina	1:59.9	
1500	Vasilena Amzina	4:09.1	
100H	Snezh. Yurukova	13.5	
400H	----	----	
HJ	Velichka Koteva	5'8 $\frac{1}{2}$ "	
LJ	Snezh. Yurukova	20'7 $\frac{1}{4}$ "	
SP	Maria Chorobova	53'9 $\frac{1}{4}$ "	
DT	Mil. Grigorova	156'1 $\frac{1}{2}$ "	
JT	Maria Nikolova	153'0"	
Pent	Snezh. Yurukova	4561	
3000	----	----	

## KALEIDOSCOPE

Al Bonney's Syracuse distance crew continues to make its presence felt. This time on the national level as his team posted two good marks in the distance medley (11:48.6) and the 2 mile relay (9:02.3). The latter of which is the top time posted in the US this year.....Where is Lynn Bjorklund, double 2 Mile winner in last years nationals?.....Nice program produced for the AIAW Nationals, color cover with good picture coverage of the entrants. But everyone knows how great those Oregon track fans are!.....Could it be to your advantage to have a birthday on May 19; Bobbette Krug, Mitzi McMillan, and Kathy Weston all on the same day, different years though. Thats pretty good company!.....LA Sports Arena's new track, where the runners run downhill 32 feet more than they run uphill (?), cost a measley \$20,000.....Women's Track and Field Graduate Workshop, in conjunction with the AAU Nationals, will be held at Manhattanville College, Purchase, New York, June 23-28. For info write Raymond J. Langley, Dean of Special Programs, Manhattanville College, or phone (914) 946-9600 Ext. 404. Will include speakers Nell Jackson, and John Johnson among others.....CharLotte

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**LATE NEWS**



Tony Duffy photo

Munich Bronze Medalist, Kathy Schmidt, has once again set a new American Record in the Javelin. Her throw of 209'3" eclipsed the old mark by more than a foot and was one of four throws over the 200 foot marker. One of the best series of throws ever in the US. Details in the July issue.

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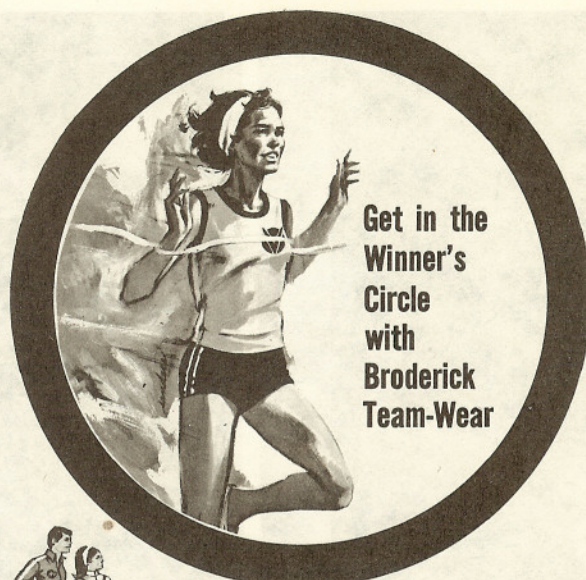
**Partial Contents:** *Official ATFS Metric Conversion Table, prepared by Don Potts*  *Other conversion tables: lbs. to kilograms, Centigrade to Fahrenheit, MPS to MPH*  *Decathlon Scoring Table (abbreviated)*  *Combined Decathlon/Metric Conversion Table*  *Specifications of implements, circles, sectors, etc.*  *Pacing Tables for Spectators*  *Important Firsts in Track & Field*  *How to: time relay legs, follow a dual meet most effectively, project decathlon scores, project final times during a race, etc.*  *Important addresses*  *Plus info on timing, tie breaking, measurements, lane staggers, effect of wind, altitude, and much more.*

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## KALEIDOSCOPE (Continued)

Lettis took up running four years ago, at the time she was smoking three packs of cigarettes a day!.....The Second Annual Miami Dade Invitational will be held July 12-13 at Miami Dade Community College, contact Eli Gagich, 10852 N.Kendall Dr., Miami, Florida 33176.....Kim Schofield has left the Peoria Pacettes and joined the Springfield Striders, closer to home.....Kathy McMillan of Hoke County, North Carolina, jumped 21'4" recently, however it was wind aided. But in case you think its a fluke, the rest of her series went; 20'1½", 19'10", and 19'11" in the trials and followed with jumps of 20'5" and 21'4" in the final after opening the final round with a foul. Look for this young lady in the future!.....Southern Cal Cheetahs recently set a new national record in the 12-13 Mile Relay (3:56.2). The relay legs were Della Equipilag 59.3, Karen Ballard 58.7, Lisa Peters 59.2 and Barney Sue Carral 59.0. How's that for balance!.....Pacific Assoc. Handbook for 1975 is one of the most complete and comprehensive booklets put out in recent years. It has everything.....Jan Fox is still recovering from a bout with just about everything. We send our hopes for a complete and quick recovery.....Junior Pentathlon was awarded to the Niagara Assoc. and will be conducted in August, 1975. Interested persons should contact Mr. Karl Roesch, 28 Burlington Ave., Buffalo, New York, 14215. ....Question, How many Coaches and others 'active in Women's Track and Field', will be able to take time away from jobs to travel to the national convention, where voting will take place to elect new National Chairman?.....It's in New Orleans in October, right after school has started once again.... Good article on Francie Larrieu in this months (July) Women Sports.....Boston Marathon had 49 women entered this year, must be very satisfying to Kathy Switzer, who was the first in 1967.....Teri Sabol graces the cover of Parade Magazine, May 18 issue which is included Sunday addition papers across the country.....Colorado Pacers and Denver Flyers have merged to form the Colorado Flyers.....Sister combo's and trio's are becoming more apparent; Brodock's, Schilly's, Esser's, Gilliland's, Spencer's, Van Bentham's, Kirkorn's, Vetter's, and on and on.....Let's go to the Nationals.



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West German newcomer, Silvia Kempin has been opening some eyes in her native country. The Club Tus Leverkusen athlete has covered the 100 meters in 11.7 and the 100MH in 13.3, the latter being the top hurdle time in West Germany this year.  
Horstmuller photo

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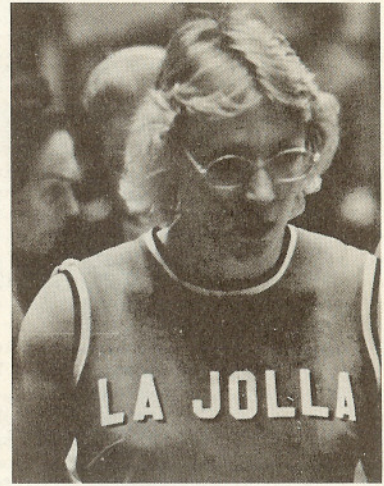
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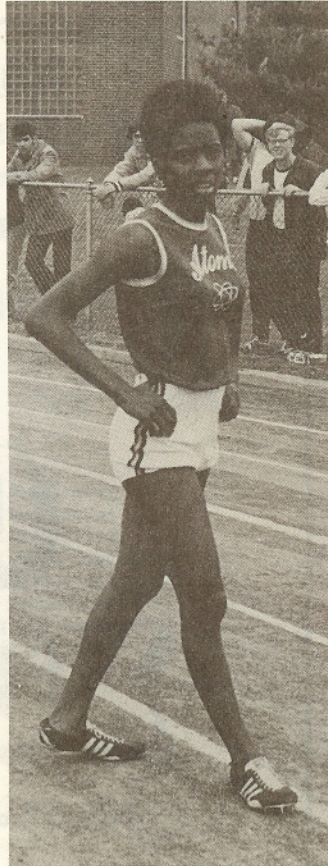
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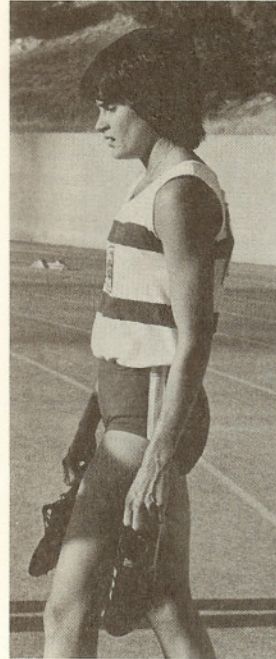
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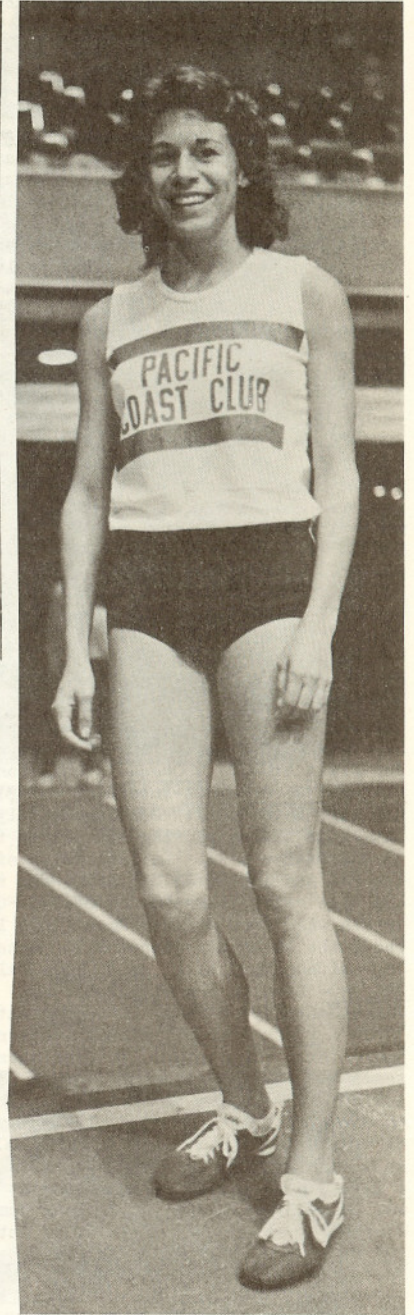
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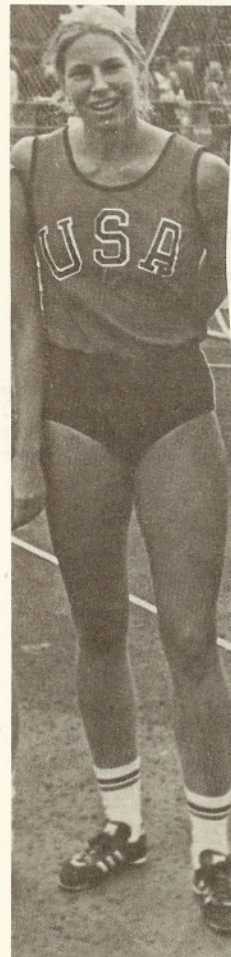
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# HIGH SCHOOL TRACK by RICH EDE

Our format in this column will be a little different from its usual self this month so that we can squeeze in as many results as possible onto these pages. Even so, many fine sectional and invitational results may have to be retained for inclusion in later issues.

First to the state meets:

**MARYLAND-** May 24, Largo HS. DuVal HS used superior strength in the technique events to edge Largo for the team title. Pam Humphreys annexed both hurdle races(50y-12m/8m & 80y-13m/8.5m) in 6.9/11.0, Denise Washington won the long jump with 19'3½", and Dianne Meyers took the 4K shot at 38'6½" to offset Largo's wins in the 440/880/mile relays(48.3/1:43.2 4:03.9) and individual efforts by Carolyn Groom(100-11.4), Paulette Clagon(220-25.4), and Paula Clagon(440-57.0). Other results- 880: Terri Walker(Bladensburg) 2:19.9; Mile-Gale Morse(Bethesda-Chevy Chase) 5:27.9; HJ-Aneyeus Robinson(Springbrook) 5'3". Team scores- DuVal 68; Largo 66; Springbrook 37.

**VIRGINIA-** May 26, Richmond University(tartan). Paula Girvin(Gar-Field) won four individual events, with state records in each, to lead her team to the meet title. Girvin won the 220(25.1), 80yHurdles(13m/8.5m) in 10.4, high jump(state record 5'10"), and long jump(18'4¼"). Her 40 points ranked second only to Richmond Jefferson HS which was the meet runner-up with 45 points. Jackie Gordon(Woodson) was another multiple winner, taking the 4K shot/discus double(42'2½"/140'10"). Other results- 100- 1) Lizzette Deskins(Yorktown) 11.2, 2) Kim Borden(Hayfield) 11.2; 220- 2) Borden 25.3, 3) Tee Scott(Charlottesville) 25.7; 440- Edna Jenkins(Kecoughtan) 55.7, 2) Linda Miller(Jefferson-Fairfax) 57.1, 3) Jamelle Prudham(Gar-Field) 58.2; 880- Barbara Butler(Grove-ton) 2:20.2, 2) Deborah Snaggs(Jefferson-Richmond) 2:21.0. Mile- Alanna McCarthy(Charlottesville) 5:16.8, 2) Laura Brewer(Robinson-Fairfax) 5:17.1; 80yH- 2) Sharon Richardson(Kecoughtan) 10.7; HJ- 2) Dale Wallace(Marshall) 5'7"; 440yR-Hayfield 49.4; 880R- Richmond Jefferson 1:43.9; MileR-Gar-Field 4:04.0; 880MedR- Kecoughtan 1:51.1.

**DISTRICT OF COLUMBIA-** Interhigh Championships, May 22, 23 at Coolidge HS(Cinder). Coolidge easily won their 5th straight Interhigh title, scoring 151 points to runner-up Eastern's 73 and Ballou's 72. Leilani Kelly of the hosts won both the 880 and mile(2:21.2/5:15.0) and ran on the winning 440 and mile relay teams(49.2/4:07.7). Coolidge also got twin hurdle wins from Annette Moore(100m 15.6/200m 31.2/ both races the 10 hurdle standards). Other results: 100-Sheila Ingram(Coolidge) 11.2 Jr HS 100- Valarie Morton(Paul) 10.9. 220/440- Carolyn Brinkley(Roosevelt) 25.4/57.3; hJ/1j- Toni Jones(McKinley) 5'0"/17'10"; 4KSP-Antoinette Butler(Ballou) 37'2¼"; Discus-Bernell Nickens(Eastern) 106'6".

**IOWA-** (From Jim Duncan) Debbie Esser and her Woodbine teammates dominated the 14th annual Iowa meet at Drake Stadium May 16 & 17. On Friday, Esser anchored Woodbine to an all-time US best of 3:53.1(see May issue of WITF). On Saturday, Esser, challenged in the 100 meter hurdles(30") as Sue Buffington led over the third hurdle, exploded to a 13.9 win with Buffington second at 14.1. Esser later won the 220 hurdles in 28.2, long jumped 18'3" and anchored Woodbine's mile relay win. Other outstanding results include 100-Kim Barnes(Fort Dodge) 11.4; 220- Sue Haynes(WestburyCity) 25.4, 2) Barnes 25.7; 3) Joyce Kirchner(Central, Argyle) 25.8; 440-Haynes 56.3, 2) Tammy Mohr(Manilla) 57.3, 4) Nicki Mercer(VanBuren) 57.7, 4) Donna Thede(Gladbrook) 57.9; 880-Rosemary Holden(Scranton) 2:15.4, 2) Julie Harris(Greene) 2:17.8, 3) Dee Schnoes(Paullina) 2:18.0, 4) Michelle Coady(Ames) 2:19.6; Mile- Kim Thompson(Ames) 5:19.3, 2) Bridget Seip(Sigourney) 5:19.3; 3) Vicki Gordon(Lenox) 5:20.0(ran in slower section), 4) Julie Goff(Central, Davenport) 5:20.1; HJ- 1) Tammy Crafton(W. Burlington) 5'4", 2) Karry Crafton(W. Burl.) 5'4", Donna Lane(Anita) 5'4", Joni Jerome(Valley, W. Des Moines) 5'4", Cathy Sampson(Valley) 5'4"; LJ= 2) Joni Clark(Pleasant Valley) 18'0"; 4KSP-1) Joellen Mitchell(Montezuma) 44'3", 2) Vicki Dagel(Sibley) 40'1", 3) Sally Hoppner(Clinton) 39'8¼"; 4) Sue Moreno(Central, Davenport) 38'5¼"; 5) Erin Eggers(Gilbert) 38'4¼"; Disc- 1) Maria Schin-stock(Fort Madison) 115'3", 2) Jolene Pieper(Benton) 114'8"; 440R-Washington 49.0, 2) Spencer 49.5, 3) Western Christian 49.6, 4) Roosevelt, Des Moines 49.7, 5) Linn-Mar 50.0, (Oelwin ran 49.8 in a heat), 880R- Woodbine 1:41.5, 2) East, Sioux City 1:43.2; MileR- Woodbine 3:59.8(3:53.1h) 2) Burlington 4:02.6; 880MedR- Woodbine 1:49.5; DistMedR- Manilla 4:09.2 (frosh Mohr anchored in 2:15.2--Ames' Sue Deppe ran a 2:13.4 anchor).

**NEBRASKA-** This state meet is held in four classes with "Gold Medals" awarded to the best mark of the four classes. Sandra

Obermeier(Aurora) was a double gold winner with jump wins of 5'4" and 19'2½". Other results: 100- Cindy Tatum(North Platte) 10.9; 220- Tatum 25.1, Liz Lee(Grand Island) 25.5, Pam Baker(Millard) 25.6, Julie Faris(Tecumseh) 25.6, Natalie Zerbee(Newcastle) 25.7, Danis Richards(Benkelman) 25.8, Karol Mc Kenzie(Elwood) 25.8; 440- Richards and McKenzie both 57.8; 880- Deb Arter(Norfolk) 2:20.1; 80yH(spacing?) Nancy Kindig(Hastings St. Cecilia) 10.6, Susan Burnham(?) 10.6; LJ- 2) Kindig 18'11"; SP- Jill Stenwall(Winside) 43'3½", Debbie Radatz(Lincoln Northeast) 42'6¼"; Disc-Sara Bailey(Geneva) 134'4", Pam Koontz(Lincoln) 131-4.

**ILLINOIS-** Charleston, Ill. Oak Park HS scored a win in the Illinois state meet despite a triple win by veteran Kim Schofield(50/LJ/100 6:1/19'0"/11.0) of Springfield Southeast. Results: 110 hurdles-Chris Rassel(T.F. South) 14.3 2) Debbie Kilhoffer(Illtopolis) 14.3; 440-Trudi Rebsamen(Prospect) 56.2, Reba Conda(Dunbar) 56.6; 880-Robin Smith 2:15.4, Monica Manion(Oak Park) 2:19.0; Mile- Betsy Oberle(Peoria Acad. of Our Lady) 5:04.4, Melody Miller(Maine East) 5:12.5, Ruth Smith(Lincoln-Way) 5:15.8, 2) Mile- Miller 11:03.4, Sue Agnew(Rockford Guilford) 11:08.6; 440R-Calumet 49.2, North Chicago 49.5, Evanston 49.7; 880R- Cahokia 1:42.4; Calumet 1:42.5, Oak Park 1:43.0; LJ- 2) Gwendolyn Bush(Illio-polis) 18'5"; SP- Mary Ann Johnson(Conant) 45'1½"; HJ- Mary Cragoe(Rochester) 5'6", 2) Lisa Mitchell(Oak Park) 5'5", Diane King(Springfield Lamphier) 5'5"; Disc-Sue Fortune(Gen-esee Darness) 118'0".

**COLORADO-** The Colorado state meet was held in three divisions and unfortunately, only first place marks are given in the results we have received. Fountain HS won the AAA title behind the 1-2 long jump finish of Yvette(18'6¼") and Yvonne Taylor. Outstanding results include: AAA- 100-Hancock(Centennial) 10.8; 220-Hancock 25.3; Mile-Castor(Highland) 5:03.9; SP-Kelly Curran(North Glen) 44'5¼"; Disc-Curran 120'9"; HJ- Clayburn(Wheat Ridge) 5'7".

**HAWAII-** Leilehua's Kelia Bolton was the star of the Hawaii meet as she beat favored Cheryl Grimm in the 100 and 220 (11.3/25.9). Jill Snipes(Kailua) also edged Grimm in the 440(57.0 to 57.1). Jackie Meyers anchored Campbell's winning 440 and 880 relays(50.7/1:44.7). Other results: Mile-Joni Pagala(Farrington) 5:14.7, Laura Wong(Radford) 5:15.9 Kathy Robertson(Radford) 5:17.1; SP-Cabrido(Campbell) 40'10¼", Misa(Radford) 40'1¼"; MileR-Kamehameha 4:08.0, Kaiser 4:08.2; **PENNSYLVANIA-** In limited results from Pa. we have news that Angel Doyle ran 10.8 in the prelims and Rawe(Camp Hill) clocked 5:01.1 in the mile prelims.

**UTAH-** Utah's state meet provided a mixed bag of marks. Kathy Hart(Bonneville) won the 4-A high jump(5'6½") and long jump. Williams(Hillcrest) won the shot(41'0½") and discus(107'1"). Weight(Davis) won the javelin in the 3-A division at 118'9". **OREGON-** Also held in three divisions, the Oregon meet found all its best marks in the AAA division this year, and an out-standing group of marks they are(though the high jump suffers by comparison to last year's edition). Top performer is Crater's Lisa Kirk who has dominated the national javelin/discus throws all year and she saved her best for the state meet, chucking the spear 155'4" and the disc 139'6", overshadowing runner-up efforts that would place elsewhere, 130'1" in the javelin by Joanne Keup of Centennial and 128'11" in the discus by Shawna Baxter(Churchill). Other results: 100-Rhonda Redditt(South Eugene) 11.0; 220-Melanie Batiste(Lincoln) 25.4w, Debbie McDonald(Labanon) 25.4w, Kelly Jones(Hillsboro) 25.6w, Linda Parmele(Estacada) 25.7w, Gail Wigle(Riddle) 25.6; 440-Jones 58.0; 880- Robin Baker(South Eugene) 2:16.5, Anita Bain(David Douglas) 2:18.2; Mile- Elaine Pond(Grant) 5:02.6, Dala Ramsey(Cottage Grove) 5:07.2, Leslie Alkin(South Eugene) 5:08.3, Barb Hansen(Centennial) 5:08.8, Cindy Rogers(Roseburg) 5:09.2, Molly Quigley(Jackson) 5:11.8, ...11th place was 5:17.0; sp- Kathy Elliott(South Eugene) 42'11" Marian Anacher(Franklin) 41'5½", Patty Montgomery(Lincoln) 41'3¼", Cherri Viltz(The Dalles) 41'2½"(7 over 40").

**NEW JERSEY-** in the group championships, several fine marks were recorded. Hilary Noden(Hopewell Valley) ran a 4:56.7 mile in division B to outclass her field. In division A, Sue Frenz(Red Bank Catholic) won in 5:08.6 with Joy Kelly(Rumson) second in 5:13.1. Other results include: 220-Liz Young(Manalapan) 24.8, Hazel Lucas(Montclair) 25.2, Laurie Lewis(Woodbury) 25.5, Nancy Scott(Manalapan) 25.5, Claire Gursky(South Plainfield) 25.7; 440-Carla Hunt(Holy Cross, Rivers-ide) 57.1; 880-Terry Vaccarella(Saddlebrook) 2:18.6, Ursula Eder(Gateway) 2:19.9; 2) Mile-Margaret Poynter(North Hunterdon) 11:22.0; JT-Keri Camarigg(Wall Twpship) 141'1", Nancy Neilsen(RBC) 134'6"; HJ-Becky Deetz(Ridgewood) 5'9", Julie Smithers(Lakewood) 5'7", Lisa Simpson(Central Ocean) 5'5".

CALIFORNIA-The Golden State's girls overcame mismanagement of what can only be described as a second class track meet to overshadow the boys' performances in the California meet. Washington (Los Angeles) High's Jodi Anderson led her squad to the team title by setting a national record in the 440 (55.3--she ran .2 faster the following day in an AAU meet at UCLA) winning the long jump(19'6½"), anchoring the record setting 880 Medley relay team(1:44.5 ) in 55.6, and running a respectable third in the 80yhurdles in 10.7 behind Fremont (Oakland) High's Yvonne Boone in 10.1 and Merced's Tuti Lee in 10.4(Boone's mark established another DGWS Record). Kim Maddox of Los Angeles HS had a 4" PR in winning the high jump in 5'8" over San Dieguito's Chris Remmling(5'7"). Pleasant Hill's Kathy Costello lived up to her notices by doubling national records 2:09.2 and 4:53.5. National Girl's X-Country champ, Pam Allan from Lassen ran 5:00.5 in the mile after a surprise 4<sup>th</sup> in 2:14.6 in the half. Other results: 100-Sandra Howard(Manual Arts) 10.7, 2) Pam Waters (Bell, Los Angeles) 10.9; 220-1)Waters 24.4(24.3h), 2)Kim Robinson(Westchester, Los Angeles) 24.5, 3) Marie Nickson (Berkeley) 24.5(24.1h), 4) Leida Hunter(Centennial) 24.7, 5) Robbie Mitchell(Fremont) 24.9, 6) Viola Johnson(Technical Oakland) 25.3, Pam Curran(LaReina) 25.0h, Tuti Lee 25.2h, Debra Jackson(North, Riverside) 25.1h; 440-2)Lesli Peterson 3) Lilly Partida(Yuba City) 56.0, 4) Adrienne Lair(Fremont) 56.0, 5) Barbara Moore(Royal) 56.2, 6) Robbie McCulloch (Foothill) 56.5; 880- 2) Alice Trumbly(Coalinga) 2:12.1, 3) Beth Howell(San Dieguito) 2:12.8, 5) Carolyn McDonald (Grossmont) 2:15.2, 6) Kathy Scatena(East, Bakersfield) 2:16.5 Mile- 3) Maggie Keyes(Tamalpais) 5:02.9, 4) Sue Munday(Lincoln) 5:03.8, 5) Sara Sweeny(Marin Catholic) 5:03.8, 6) Scatena 5:05.2; LJ-2) Karen Taylor(Pt. Loma) 18'4¼", Pam Blackburn (Cubberley) 18'1"; 8#SP- Kathy Devine(Mission Bay) 49'1"q 42'¾" in final, 2) Julie Flynn(La Canada) 41'4¼", 3) Michelle Peterson(Carson) 41'1½", 4) Becky Daniel(Newport Harbor) 41'1¼"; HJ-3) Susan Long(Gahr) 5'6", 4) Denise Cornell(King City) 5'5", Candi Ross(Berkeley) 5'4"; 440R- 1) Muir 48.0, 2) Washington(LA) 48.3; 3) Newport Harbor 48.6, 4) Sanger 48.6 5) Morse(BD) 49.8; 880MedR- 2) Fremont 1:44.7, 3) Muir 1:46.4 4) Berkeley 1:47.8, 5) Royal 1:47.8, 6) Harbor(Santa Cruz) 1:49.2.

The California meet was marred, as many others are, by the outlook on the part of some officials in state federation offices that girls are still second class athletes and are to be treated as such. Both jumps were delayed for more than two hours because insufficient time had been allowed for the boys' long jump and discus. Then the girls' discus was conducted with qualifying, trials, and finals immediately following each other on the second day of competition(although the girls had been forced to throw without warmup on the first day because an official mistakenly believed that it was on the schedule and called them. The girls' mile, with 26 entrants, was run from scratch, without heats, and with lots drawn for all positions, thus relegating some top seeds to spots on the second row directly behind much slower runners(the boys' mile was seeded, heated, and only nine runners ran the final. The meet director reported that "it was felt girls were not strong enough to run heats and finals over two days." And the State Commissioner refused to comment on the reasons for the difference between the boys' and girls' mile races.)

Unfortunately, the powers that be in high school track are either unwilling to put on a decent program for girls in many states, or else are ignorant of the way the sport should be run. It is up to the coaches, who hopefully have some degree of expertise in this regard, to make the proper conduct of the program their concern beyond their own local levels. When coaches are concerned about such things as the unreal spacings provided by Federation hurdle rules it is up to them to see that their representatives push for reform. Channels are awfully tangled at times, but enough concerted pressure may eventually bring about some changes.

Send all results, photos, correspondence to: WTFW, High School Editor, Rich Ede, 627 North Indian Hill, Claremont, California, 91711

## Cathy Costello



Kathy Costello, above, is National High School record holder in the 880 and Mile. The Pleasant Hills H.S., senior ran a fine double at this years California State Championships (2:09.2--4:53.5). Below, Alice Trumbly of Coalinga High, was the runnerup to Costello in the 880 clocking 2:12.1.



## Alice Trumbly

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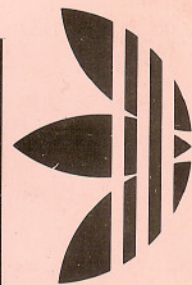
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