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MDYF WINS INDOOR TITLE



CHI CHENG, Los Angeles TC, winning the 60y dash for her third victory at the National Championships in Madison Square Garden. Winning time was 6.7s. Iris Davis (TSU), far right, was second and Barbara Ferrell, the defending champion, center, was third. (Jeff Johnson photo)

DIANE KUMMER BIG SURPRISE; CHI CHENG SCORES TRIPLE WIN

New York, February 27:-So many surprising, interesting and fantastic things took place at the National Indoor Championships that it is difficult to know where to begin.

For example - not a single 1969 winner successfully defended her title, not even the team title. For example - for the first time in history of the meet, one person won three individual titles - two of them with new Meet records. For example - a young, unsung, almost unknown athlete turned in a sterling performance to give her team the team title.

The triple winner was the Los Angeles Track Club's Chi Cheng who annexed the long jump with a meet record of 21'0", the 60y hurdles with a meet record of 7.6, and the 60y dash with a personal best of 6.7s.

The young upstart who gave her team the points needed to win the team title was Diane Kummer (pronounced "Kum" and not "Koom"), who won the 220, picked up a valuable fourth place point in the long jump at 20'2 1/4 and ran a leg on the winning sprint relay team.

Mayor Daley won the team title with 20 points over Fred Thompson and his Brooklyn Atoms who tallied 16 to just edge the "Chi Cheng Track Club" who had 15.

It was a bad day at Black Rock for defending champions - Ferrell was third in the 60 and failed to run the 220, Scott was third in the 440, Manning did not run the 880, Abby Hoffman did not defend her mile title, Rallins was third in the hurdles, Poland's Irene Szewinska did not defend her long jump title, Eleanor Montgomery did not defend her high jump title and Maren Seidler was second in the shot. Add to this the Tennessee State University, team champions in 1969, who finished in a tie for sixth this year with only 5 points.

Event by event the results were:

60 Yard Dash: (1969 results, 1-Ferrell 6.7, 2-Render 6.8, 3-Netter 6.8, 4-Fleming 6.8, 5-Jermison 6.9, 6-Berto, nt.) Not much exciting in the heats. Willye White false started purposely twice in the second heat; Dorothy Myles failed to qualify in the fifth heat.

Heat 1 - 1-Barbara Ferrell (IAM) 6.8, 2-Mavis Laing (Phoenix TC), 3-Laurie Barr (Ohio TC), 4-Karen Pirnie (Canada). Others Jill Thomas (St. Louis Blues) and Glenn Ford (Atoms TC).

Heat 2 - Chi Cheng (LATIC) 6.9, 2-Patricia Adams (Community TC), 3-Lavone Neal (Philadelphia Hawks), 4-Judy Blanchard (Green Mountain AC). Others Willye White, disq. Pam Greene did not run.

Heat 3 - 1-Iris Davis (TSU) 6.9, 2-Katherine Jones (MDYF), 3-Sarah Callaway (Dave's Speedettes). Others Rene Graham (Philadelphia Hawks), Theresa Rulison (Wolverine Parkettes), Peggy Ferrell (Chicago Zephyrs).

Heat 4 - 1-Rhonda Fleming (Texas Southern) nt, 2-Karen Buford (Motor City AC), 3-Shirley Lenyou (SITC). Others Nadine Lumpkin (Chicago Zephyrs), Jeri Williams (Pioneer AC), Sharon Asborne (PAL).

Heat 5 - 1-Debbie Brown (Frederick TFC) 7.0, 2-Pat Hawkins (Atoms), 3-Judy Rejebian (Phoenix TC). Others Dorothy Myles (Texas Southern), Debra Wedgeworth (Denver All Stars), Rosalind Bryant (Chicago Zephyrs) Heat 6 - 1-Mattline Render (TSU) 6.9, 2-Gladys Jermison (PAL). Others Sharlene Johnson (Philadelphia Hawks), Lindy Cordy (Atoms), Darlene Dance (Philadelphia Hawks), Veronica Harris (Chicago Zephyrs).

WORLD INDOOR REPORT: by ELIO TRIFARI & STAFF 15 WORLD INDOOR RECORDS SET

World marks have tumbled with monotonous regularity as the 1970 Indoor season reaches its climax. The flat races have seen several new global bests while every hurdle mark in existence has been bettered this year - even the 200m hurdles! Add new marks in the shot and high jump in the field and you have nearly 100%. Here are the new marks (to March 1):

60m	7.1e	Renate Meissner (EG) Feb 2 @ Gera
80m	9.6e	Wilma Van der Berg (Hol), Feb 1 @ Dortmund
		Rita Wilden (WG), Feb 1 @ Dortmund
200m	24.3	Renate Meissner (EG), Feb. 25 @ Moscow
300m	38.3	Karin Lundgren (Swe), Feb 6 @ Paris
500y	1:06.3	Kathy Hammond (USA), Feb 13 @ Los Angeles
600y	1:22.2	Cheryl Toussaint (USA), Feb 5 @ Toronto
1500m	4:21.1	Doris Brown (USA), Feb 7 @ Seattle
50yH	6.5	Chi Cheng (ROC), Feb 5 @ Toronto
50mH	6.9	Chi Cheng (ROC), Feb 21 @ Vancouver
55m/60yH	7.4	Karin Balzer (EG), March 8 @ East Berlin
60mH	8.2	Karin Balzer (EG), Feb 21 @ Cosford, Eng
70yH	8.8	Mamie Rallins (USA), Feb 14 @ Louisville
HJ	1.87/6'1 1/2	Ilona Gusenbauer (Austria), Feb 6 @ Vienna
SP	18.44/60'6	Nadyezhda Chizhova (SU), Feb 1 @ Moscow
200mH	28.5	Tatyana Poluboyarova (SU), Jan 17 @ Lenin-grad

SPRINTS

(Europe) Again the East German girls are much in evidence in the shorter distances. While the Athens star Petra Vogt showed some troubles to extend her legs in races under 100m, and Karin Balzer divided herself between sprints and hurdles, Renate Meissner, 1950, the silver medalist at Athens for 200, set two world bests on the Berlin indoor board track. Particularly interesting was her 7.1 for 60m, a performance pre-

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REEL TALK

How about some explanation of the rationale of the "money people" who paid out nearly \$4000 to transport male Club athletes from the Pacific Coast to the National Indoor Meet, some of whom, incidentally, didn't even finish their events, and yet would not provide travel money for the world record holder in the mile run, the world record holder for the 1500 meter run and the holder of the fastest 800m time in the world this year - Doris Brown - to take part? How can the race be called the "National Championship" without Brown and without Foltz and without Larrieu? Don't take anything away from young Kathy Gibbons, the winner - but people are wondering how the men get travel money and the women do not. Of all people in the USA, Doris Brown should have been in the National Championships.

When I first received the official list of entries for the Indoor Nationals, I loudly crowed "Look at the difference between the number of men and women entries. The women have it all over the men". And it looked to be true. In the five comparable track events, the men had a TOTAL of 47 entries to 118 for the women. In the three field events, 58 females were entered to only 21 men. There were more women in the long jump alone than in all of the men's field events.

But after the meet I began to believe the men were the wise ones and we in the women's program not quite so smart as we thought. A championship meet should involve champions. The top performers should not have to wade through heats, semi-finals and finals. The quest is to find out the champion - not who can last the longest. We need to stiffen our entry standards and limit the Nationals to those of national calibre. The AAU provides a Junior National Championships for those who do not meet the requirements of the National Meet. And we should have some way of checking the qualifying marks turned in. Actually, some of the long jumpers were struggling to get into the sand of the pit, only 1 3/4 feet from the board. And one 880 heat was won in 2:19 - slower than the qualifying standard by two seconds yet some finishers were nearly twenty seconds back of the winner!

From my seat on the sidelines, the Nationals seemed to have been fairly smooth and well run. There were a couple of minor flubs, but nothing to get very excited about. In one instance the seeding committee evidently did not recog-

Vince Reel, Editor

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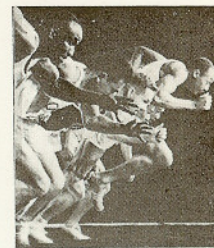
nize Pat (Van Wolvelaer) Johnson's new name and had put her in a heat with Tereza Nowak, Jayne Frederick, Lacey O'Neal and Carol Thomson - but this mental lapse was caught in time and the heats rearranged. Don't know what the reason was for Maria Stearns being placed in the slow, afternoon section of the mile - she just might have won the final - but even that worked out fairly well although I am sure Maria would have welcomed a chance to run at night. Don't know why the entry for Francie Larrieu was rejected - report it was late - but the AAU accepted late entries for several of the men. Actually, you can't blame the coaches and/or athletes too much for late entries. In my case I received the entry blank on February 12th and was shocked to read the entries closed on the 13th. But it was a good meet, the one day part of it didn't seem too bad and the crowd was good and very knowledgeable. And the TV show the next afternoon was probably the best show they have put on to date.

Pretty Tereza Nowak came from Poland this past indoor season to compete in our country and liven up the scene a little with her talent (she was ranked #5 in the world last year), and personality. She had a hard time! She first ran in Toronto not long after the lengthy flight from Europe and was eliminated in the heats of the 50y dash, then finished third in the 50y hurdles behind Chi and Rallins. A quick flight to Seattle where she was whopped by Pat (Van Wolvelaere) Johnson in the battle of the incorrectly measured 62 1/2 yard hurdles. Back to New York where she did little or nothing at the US Olympian Meet after her second place in the LA Times hurdles. In the National Championships she was eliminated in the semi final of the hurdles.

In addition to the perpetual problem of traveling athletes, lack of rest and sleep, Tereza told me she had not been able to train. "Mr. Cassell took us to Central Park to train", she told me. "What can I do in Central Park?" I suggested she might have worked over the benches, but the idea didn't ring the bell for her.

We should be more careful and more concerned with our guests who come here to compete. Tereza went on to say how hard the people in Poland worked to entertain athletes from the USA whenever they come to her country and how they do everything they can to provide their guests with proper work-out sites, entertainment and atmosphere. And it's true. Those who have been in foreign lands for meets know that as a guest you are entertained like queens. We should do no less for our guests - for whatever they do, however well or poorly they perform, the fact remains, they are guests in our land. Let's treat them right.

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NATIONAL CHAMPIONSHIPS (Continued)

The three semi-final races brought on the best running of the day as only two from each semi moved into the final. In spite of this, no huge upsets occurred and the favored ones moved into the final.

Semi-final 1 - Ferrell 6.8, 2-Render, 3-Lenyoun. Others Neal, Buford and Hawkins.

Semi-final 2 - Chi Cheng 6.7, 2-Fleming, 3-Rejebian. Others Calloway. Jones disqualified, Adams disq.

Semi-final 3 - Davis 6.8, 2-Brown, 3-Laing. Others Jermison, Baar and Johnson.

The final was run under much pressure. Ferrell, who had scratched from the 220, was fresh and ready - not sick and not injured. Chi had already won the long jump, three hurdle races and two 60 yard sprints. Davis, ranked the number four sprinter in the world for 1969, was ready to prove her worth. At the gun the field was even and remained together for the first ten yards, then Chi moved into the front and over the final 30 yards pulled away to win by 4-5 feet amid the huge noise of the crowd. Davis snuck in for second ahead of the defending champion.

Final, 1-Chi Cheng 6.7, 2-Davis 6.9, 3-Ferrell 6.9, 4-Fleming 7.0, 5-Render 7.0, 6-Brown 7.0.

220 Yard Dash: (1969 result, 1-Ferrell 27.5 - ran 240 yds - 2-Darlene Green 27.6, 3-Netter 27.7, 4-Hawkins 28.7.)

Rather a dreary event with no real outstanding performers taking part. The heats were slow, the semis not much better. The final was a close race as Diane Kummer won in the last strides over Ohio's Laurie Baar and the Atoms Linda Reynolds and Fred Thompson saw his title hopes fly away.

Heat 1 - Diane Kummer (MDYF) 25.9, 2-Jane Musshel (Ohio TC) 26.0, 3-Patricia Hunter (TSU) 26.5.

Heat 2 - Janet Maddin (Canada) 25.2, 2-Michelle McMillan (Atoms) 25.4, 3-Ann Coleman (Philadelphia Hawks) 25.4, 4-Lorna Kirkland (PAL) 26.6.

Heat 3 - Nancy Benson (Arizona TC) 27.3, 2-Darlene Dance (Philadelphia Hawks) 28.1, 3-Judy Blanchard (Green Mountain TC) 28.1, 4-Veronica Harris (Chicago Zephyrs) 29.3.

Heat 4 - Linda Reynolds (Atoms) 25.2, 2-Laurie Baar (Ohio TC) 25.3, 3-LaVone Neal (Philadelphia Hawks) 27.5.

Semi-final 1 - Barr, nt, 2-Kummer, 3-Benson, 4-McMillan.

Semi-final 2 - Reynolds 25.2, 2-Maddin 25.3, 3-Musshel 4-Dance.

Final - Kummer 24.9, 2-Baar 25.0, 3-Reynolds 25.0, 4-Maddin 25.5.

440 Yard Dash: (1969 results, 1-Scott 56.4, 2-Drinkwater 56.8, 3-Stroy 57.1, 4-Hutson 58.5)

The indoor 440 is always one of the toughest events in which to qualify as the heat winner only makes it to the final. This year was no exception and such stalwarts as Lois Drinkwater, Darlene Green, Marilyn Bastian, Beth Hutson and Marilyn McClung bit the dust.

Heat 1 - 1-Kathy Hammond (Unattached, California) 57.8. Others Jaynet Colton (Pennsylvania Striders), Darlene Greene (Phoenix TC), Diana Stratton (Delaware TFC), Johanna Danos (SITC).

Heat 2 - 1-Gail Fitzgerald (Atoms) 56.4. Others, Susan Holmes (Phoenix TC), Heather McKay (Canada), Marilyn McClung (SC Missiles), Chris Harrah (SITC).

Heat 3 - 1-Nancy Benson (Arizona TC) 58.3. Others, Lois Drinkwater (Wooster), Bobby Walker (Chicago Zephyrs), Maeoper West (MDYF), Kim Koch (Ohio TC), Nancy Dodd (Toronto OC).

Heat 4 - 1-Jarvis Scott (IAM) 57.5. Others, Beth Hutson (Ohio TC), Anne Gallaher (Phoenix TC), Marilyn Bastian (PAL).

The final was a good, exciting race. Running from the outside lane, Kathy Hammond sped into the lead around the first turn and built up a good sized advantage over the first 300. Gail Fitzgerald, winner of many races this indoor season and who has only one speed - all out - closed a little as did Jarvis Scott, but none could keep pace with speedy Kathy and she trotted home with a six yard margin - and once again Fred Thompson saw the title go flying!

Final - Hammond 55.2, 2-Fitzgerald 56.0, 3-Scott 56.2, 4-Benson 59.0.

880 Yard Run: (1969 results, 1-Manning 2:07.9, 2-Hoffman 2:09.0, 3-Toussaint 2:12.9, 4-Werthner 2:13.4, 5-Kraker 2:13.7.)

This has to be one of the Cinderella stories of the track meet. Afternoon trials were nondescript - winning time in one heat was a sluggish 2:18.9, nearly two seconds slower than the "standard" for entry - yet some runners were nearly twenty seconds behind! No one was eliminated who was not expected to be eliminated and the only surprise was the absence of defending champion Madeline Manning and the ease with which Francie Kraker-Johnson won the first heat.

Heat 1 - Francie Johnson (Michigammas) 2:12.5, 2-Cheryl Toussaint (Atoms), 3-Terry Hull (Knoxville TC), 4-Abbie Hoffman (Canada). Others, Theresa Rulison (Wolverine Parkettes), Marilyn Bastian (PAL), Bobby Walker (Chicago Zephyrs), Pam Bagian (Wolverine Parkettes) and Jill Springston (Phoenix TC) scratched.

Heat 2 - 1-Gayle Olinek (Toronto Striders) 2:18.9, 2-Shelley Marshall (Atoms), 3-Thelma Fynn (Canada), 4-Nancy Shafer (Wooster). Others, Anna Thomas (PAL), Patti Ford (Wolverine TC), Janet Bristol (Green Mountain AA), Susan Dudley (Michigammas).

The strategy worked out by Francie Johnson and her "coach" worked perfectly in the final. Olinek swept into the lead and people hurried to get in command - but not Francie. Reversing her tactics used as a "single" girl, Francie stayed in back of the pack for the first two laps and moved gradually on the third circuit. Her first 440 was 65 - and so was her second. Francie took the lead with just slightly less than two laps to go and there was no catching her. Toussaint made a game effort, but it was far too late and she was fortunate to catch Nancy Shafer for the silver medal, (as Fred Thompson saw that title flying out the window once again!).

Final - 1-Johnson 2:10.5, 2-Toussaint 2:11.6, 3-Shafer 2:11.6, 4-Hull 2:12.5, 5-Fynn 2:13.7s.

Mile Run: (1969 result, 1-Hoffman 4:59.3, 2-Bridges 5:07.0, 3-Hill 5:14.7, 4-Nancy Taylor 5:15.7, 5-Gibbons 5:17.7.)

The only flaw in this race was the placing of Maria Stearns in the unseeded section which was run in the afternoon - the final places being awarded on time basis. Something about an incomplete entry blank, no time listed, etc. - it doesn't seem important except to Maria who just might be the 1970 National champion had she been in the evening competition. As it was, Marie won the afternoon section with a 13 second margin and probably could have gone faster with competition.

Take nothing away from Kathy Gibbons, however, who won the evening race and the title. Gibbons, now training via mail with a new coach, Olympian George Young, ran a well planned and well executed race winning over some tough opposition. The race was fairly close until the gun lap - and at the sound of the gun the crowd thought the starter had fired a real bullet at Kathy for she took off like a wild Banshee and clocked a fine 4:58.9 for the win. Stearns had 5:03.0 for her afternoon trot which edged Pam Bagian for the silver medal.

Final - 1-Kathy Gibbons (Unattached, Arizona) 4:58.9, 2-Maria Stearns (SMAA) 5:03.0, 3-Pam Bagian (Wolverine Parkettes) 5:04.8, 4-Jane Hill (Frederick TFC) 5:08.9, 5-Barbara Lawson (Colorado Pacers) 5:09.5. Others: Beth Bonner (Pennsylvania Striders), Vicki Clark (Houston Astro-Belles, fell during race but got up and finished in good style), Ellen Cornish (Frederick TFC), Nancy Taylor (Delaware TFC), Carol Frederick (Michigammas), Janet Bristol (Green Mountain AA), Penny Werthner (Canada). Others in afternoon section, Lori Schutt (Homewood-Flossmor Falcons) 5:16.5, Nancy Thompson (Phoenix TC) 5:20.8, Karen Zimmerman (Wolverine TC) 5:21.4, Kathy McIntyre (Suffolk AC) 5:25.5, Gwen Eberle (Ozark TC) 5:32.0, Lucille Fortune (Delaware TFC) nt.

A runner who runs with tense (unrelaxed) antagonistic muscles is comparable to an automobile being driven with the brakes on - different parts of a machine are working against each other.

Tension is the greatest single factor in preventing an athlete from realizing his full potential, and in making it impossible to compete with maximum skill and endurance.

The elimination of tension will create greater all-around improvement in skill and endurance than any other single factor.

NATIONAL CHAMPIONSHIPS (Continued)

60 Yard Hurdles: (1969 results, 1-Rallins 7.7, 2-Glotzer 7.8, 3-Rogers 7.8, 4-Donnelly 7.9, 5-Jaton 7.9, 6-Veals, nt.)

The heats didn't do much - three qualified from each run, but the semi-finals produced good running.

Heat 1 - 1-Mamie Rallins (MDYF) 7.8, 2-Tereza Nowak (Poland), 3-Jayne Frederick (Colorado Pacers), 4-Carole Roberts (Toronto Tigerettes), 5-Beth Hutson (Ohio TC).

Heat 2 - 1-Chi Cheng 7.7 (Equals meet record), 2-Cathy Hunter (Scarborough TFC), 3-Janene Jaton (Angels TC), 4-Stanelia Mallard (Colorado Pacers), 5-Ronda Wood (SEMO TC).

Heat 3 - Debbie Lansky (Wolverine Parkettes) 7.9, 2-Carol Thomson (Delaware TFC), 3-Jan Glotzer (Phoenix TC), 4-Frances Greene (NJ Striders).

Heat 4 - Debbie Brown (Frederick TFC) 8.0, 2-Lacey O'Neal (SITC), 3-Marie Henry (Kettering Striders), 4-Sheila Owens (Wolverine Parkettes).

Heat 5 - 1-Pat Johnson (Angels) 7.9, 2-Judy Vernon (Ozark TC), 3-Pat Skelley (Wooster), 4-Cynthia Cowan (Frederick TFC).

The two semis were lulu's - especially the 1st one which looked like an Olympic Games competition with the 1968 3rd place winner (Chi), the 4th place winner (Johnson), the world number five for 1969 (Nowak) and a former world 50y record-holder (Brown) all drawn together. Only two from each semi qualified plus the fastest third - so there was no loafing.

Semi-final 1 - 1-Chi Cheng 7.7 (Equals meet record), 2-Johnson 7.7, 3-Brown 7.8, 4-Nowak 7.9, 5-Lansky, nt.
Semi-final 2 - Rallins 7.8, 2-Glotzer 7.9, 3-O'Neal 7.9, 4-Vernon.

If the semi's were lulu's, the final was a super lulu as a thin baby doll blanket could be spread over the first three runners. Chi was off well and led over the first three hurdles, but Johnson closed fast and so did Mamie and the three zoomed over the final barrier inches apart. Chi won it on the run-in and picked up a new meet record in the process. These three will provide some fancy hurdle races during the 1970 season!

Final - 1-Chi Cheng 7.6 (New meet record), 2-Pat Johnson 7.7, 3-Mamie Rallins 7.7, 4-Glotzer 7.9, 5-Brown 8.0.

High Jump: (1969 results, 1-Montgomery (TSU) 5'10, 2-Baskerville (TSU) 5'8, 3-Brill 5'6, 4-Saunders 5'4.)

Canadians took the two top spots as 15 year old Debbie Van Kiebelbelt hopped 5'7 for the silver and 16 year old Debbie Brill did her bend for a new meet record and the gold medal at 5'11. Complete results will be published in a later issue.

Final - 1-Debbie Brill (Canada) 5'11 (New meet record), 2-Debbie Van Kiebelbelt (Canada) 5'7, 3-Vann Abram (Motor City TC) 5'6, 4-Patty Wilson (Canada) 5'4. Other entries (not necessarily competitors), Ronda Wood (SEMO TC), Diane Waters (TSU), Frances Bush (TSU), Jill Halgrimson (MDYF), Donna Schlemberg (MDYF), Marquis Price (Denver All Stars), Tara Sheldon (SITC), Kim Favorite (Unattached, Washington), Diane Jones (Canada), Jayne Frederick (Colorado Pacers), Stanelia Mallard (Colorado Pacers), Sue Minnich (Kettering Striders), Connie Peterson (Illini TC).

Long Jump: (1969 results) 1-Szewinska (Poland) 20'3/4, 2-Joan Hendry (Canada) 18'9/2, 3-Brenda Eisler (Canada) 18'7, 4-Martha Watson (TSU) 18'7, 5-Judy Rejebian (Phoenix TC) 18'3/4, 6-Carol Thomas (Delaware TFC) 18'1/2.)

For an hour and twenty minutes an assorted group of jumpers, many of whom could not possibly have made the qualifying standard, bounded and gamboled all of 15 or 16 feet while the real jumpers cooled their heels waiting their turn. In this event is one complaint common to most big meets - the athletes were told they must get their steps before the event started - it was scheduled to start at noon - and then wait around until called upon to jump at which time they were to be given no runthroughs and no warmups - a slight waiting period of 1 1/2 hours. Fortunately, the officials did not stick to this original decree, but it always shakes up the athletes! If this is going to be the rule, let the top jumpers jump first!

When the real jumping got started, it turned out to be a good competition with the best all-around jumping produced in the USA and by American jumpers for some time. The bright spot of the event was 16 year old Diane Kummer who had jumped

over 19 feet only once before, yet had three leaps beyond the 20'2" mark in the final!

Hiroko Yamashita of Japan took the early lead, then Martha Watson hopped out into the fore and the Willye White took over. Chi Cheng was called for her hurdle heat but decided to take one jump before moving onto the track - and her jump was good enough to retire her for the afternoon as she hit 21'0" for a new personal best and a new meet record. She did not jump again.

Final - 1-Chi Cheng (LATC) 21'0" (New meet record), 2-Willye White (MDYF) 20'3/4, 3-Hiroko Yamashita (Japan) 20'3, 4-Diane Kummer (MDYF) 20'2/4, 5-Martha Watson (TSU) 19'11/4.

Shot Put: (1969 results, 1-Seidler (MDYF) 48'0, 2-Pauline Thomas (Angels) 44'4/2, 3-Wojtkowski (Florida) 41'10/2, 4-Denise Wood (NJ Striders) 39'11/2, 5-Whitehead (NJS) 38'9).

Seidler, who had no previous recorded mark for the year, was edged from her title by Oregon's Mary Jacobson who had a good, but not outstanding put, of 46'9. Complete results will be printed in a later issue.

Final - 1-Mary Jacobsen (Oregon TC) 46'9, 2-Maren Seidler (MDYF) 45'5, 3-Denise Wood (NJ Striders) 44'9, 4-Diane Jones (Canada) 42'8/2.

4x1 Lap Relay (4x160)

One more time when Mayor Daley crew edged an important win over the Atoms as the team of Katheryn Jones, Willye White, Diane Kummer and Mamie Rallins helped Coach Fred Thompson see the title fly out the window again by scoring a three-tenth win over the Atoms crew. Perennially powerful Tennessee State finished third. (Complete results will be given in a coming issue).

Final, 1-Mayor Daley Youth Foundation (Jones-White-Kummer-Rallins) 1:12.3, 2-Atoms TC 1:12.6, 3-Tennessee State 1:12.8, 4-Ohio TC 1:17.8.

Medley Relay (440-110-110-220)

A close win for the Atoms fine team of Gail Fitzgerald, Linda Reynolds, pint-sized Linda Cordy and hurdler Pat Hawkins who won narrowly over a strong Sports International club. Surprising Ohio TC picked up the third spot and pesky MDYF added another point in fourth.

Final, 1-Atoms TC (Fitzgerald-Reynolds-Cordy-Hawkins) 1:46.3, 2-SITC 1:46.5, 3-Ohio TC 1:49.7, 4-MDYF 1:54.9.

Scoring

Twenty three teams scored and the team title was decided long before the relays were run - it was all over when Diane Kummer won the 220 final over the Atoms Linda Reynolds. It was true that the Atoms still might have won the meet by winning the two relays as they trailed Mayor Daley 8-14 1/2 with only the two baton events remaining, but after the sprint relay the Chicago crew was leading 19 1/2-11 and that wrote fini to the Brooklyn hopes for 1970. The Los Angeles Track Club finished third with 15 points - all scored by Chi Cheng. The rest of the field was far behind.

1-Mayor Daley Youth Foundation 20 1/2, 2-Atoms TC 16, 3-LATC 15, 4-Canada 7 1/2, 5-Ohio TC 6, 6-Michigammas, Tennessee State and Oregon TC 5, 9-LA Mercurettes 4, 10-Angels, Santa Monica AA, Sports International and Scarborough TT 3, 14-Wooster College, Wolverine Parkettes, NJ Striders, Japan and Motor City TC 2, 19-Knoxville TC, Phoenix TC, Texas Southern, Arizona TC and Frederick TFC 1 each.

USA 1969 LIST CORRECTIONS & ADDITIONS

440y, Sara Callaway is Dave's Speedettes, not Denver All Stars.

HJ, Add Margie Fox (Dave's Speedettes) 5'4 1/4
LJ, Add Margie Fox (Dave's Speedettes) 18'11 1/4
12/13 100y, Add Karen McDaniel (DC Pioneers) 11.3
12/13 220y, Add Karen McDaniel (DC Pioneers) 25.8
12/13 440y, 60.7 Barbara Jackson (DC Pioneers)
12/13 440yR, DC Pioneers 51.2 not 53.0
12/13 DT, Caryl Chlan (Dave's Speedettes) 104'2 not 96'11
12/13 SP, Add Caryl Chlan (Dave's Speedettes) 37'6
10/11 660, Add Annie Morrison (Dave's Speedettes) 2:00.4

100m Hurdles

14.2 Deanne Kurth (Laurel TC) instead of 14.4
14.4 Diane Spangler (CresCan TC) instead of 14.6
14.5 Alberta Martin (CCTC) instead of 14.7

Discus Throw

162'1 Ranee Kletchka (Nebraska TC) instead of 162'0
161'6 Linda Langford (ML) instead of 161'0

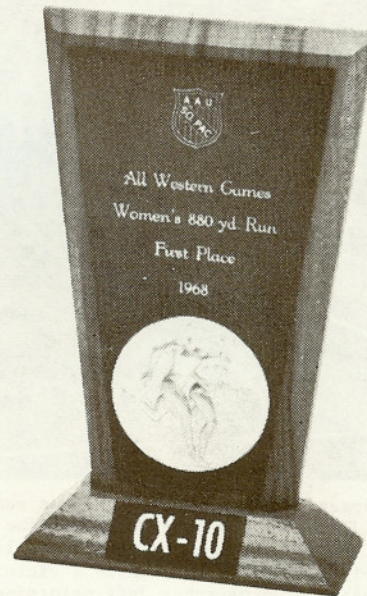
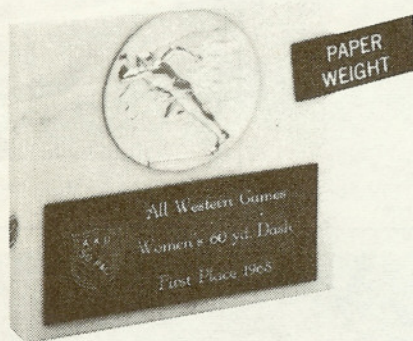
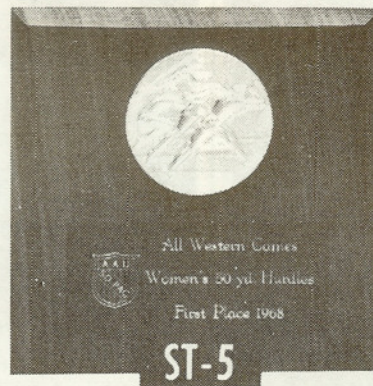


HOW TO SMASH AN ATOM!

Two vital victories by Mayor Daley YF runners which helped them edge the Atoms for the team title at the National Indoor Championships. Above Diane Kummer scores an upset win over Linda Reynolds and Laurie Barr in the 220 yard dash and below Mamie Rallins anchors the MDYF sprint team to another upset win over the Atoms quartette which had boasted the best mark in the US. Photos by Jeff Johnson.



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NATIONAL CHAMPIONSHIPS PHOTOS BY JEFF JOHNSON



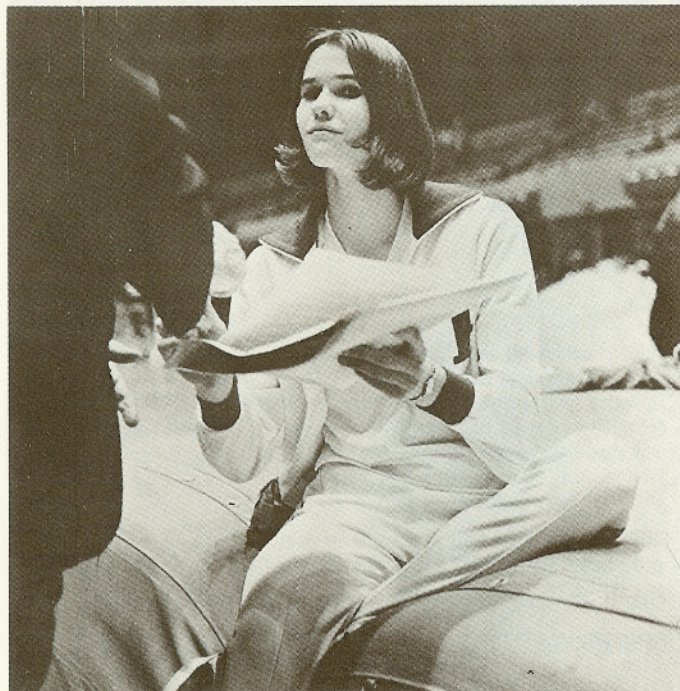
Biggest upset win of the Nationals was scored by Francie (Kraker) Johnson who walked away with the 880. Cheryl Toussaint caught Nancy Shafer for the silver medal. Almost as big a surprise as Francie's victory was the fact friend husband-photographer Jeff maintained enough equilibrium to take this picture!



Kathy Gibbons from Arizona wins the mile run.



Versatile Beth Hutson, Ohio Track Club.



Debbie Brill, Canada, signs record application after her 5'11 victory in the high jump. Debbie's "Brill Bend" is so popular and news-worthy that few photos are ever printed except when she is upside-down - so now we know there really is a face on Debbie Brill.



Alice Pfaff, Liberty AC, one of the nation's young budding tracksters. Alice is equally at home in the high jump, hurdles and sprints.



The one-Two finishers in the 220 yard dash, Diane Kummer (MDYF) and Laurei Barr (Ohio TC).



Kathy Hammond, Unattached from California, wins the 440 yard dash final from Gail Fitzgerald, Atoms TC.



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INDOOR ROUNDUP

VICKI CLARK, 15, RUNS 5:09.7

Champagne, Illinois, January 31:-Vicki Clark, a 15 year old eighth grader from Thomas Junior High School in Houston, Texas, was the star of the women's meet held at the University of Illinois Armory, as she cut 11 seconds off her best previous time to win the mile in a fast 5:09.7s. Coming back later in the afternoon, she placed third in the 880 with a time of 2:26.6 and followed this up by turning in her lifetime best for the half mile the next day in a development meet on the same track in 2:23.0 flat.

RESULTS: 60, 1-Judy Vernon (Ozark TC) 7.3, 2-Christy Zmaila (Kirkwood TC) 7.6; 300y, 1-Vernon 37.5, 2-Pat Hanna (Toledo RR) 38.5; 880y, 1-Lori Schutt (Homewood-Flossmoor Falcon AC) (????) 2:22.7, 2-Jeri Dabney (Houston Astrobelles) 2:25.1, 3-Vicki Clark (Houston Astrobelles) 2:26.6; Mile, 1-Clark 5:09.7, 2-Gwen Eberle (OTC) 5:21.5, 3-Schutt 5:24.1; Mile (12/13) Leanna Haring (KTC) 5:56.4.

TOP MARKS AT ILLINI INVITATIONAL

Champaign, Illinois, February 1:-Outstanding performances were the rule rather than the exception at the Illini Invitational here tonight. Best marks were turned in by Nancy Shafer of the Wooster College "hens" who clicked off a fancy 2:07.2 half mile and a 55.7 quarter. The half mile mark, while better than the world indoor record of 2:07.9 set by Madeline Manning, can not be certified as a world best since the tartan track at the University of Illinois Armory is laid directly over dirt and the oval is 262 yards, some 42 yards beyond the indoor limit. Either of these facts would eliminate performances from indoor record consideration. Nevertheless, the two races by young Nancy were outstanding by any measure and give promise of much to come in the future for this outstanding runner with her unorthodox arm style.

Other outstanding performances were turned in by Iris Davis, TSU, and everyone else in the 60y dash and Willye White in the long jump. But not to be overlooked were the good marks by Mamie Rallins in the hurdles, Laurie Barr in the 220 and Pam Bagian in the mile.

RESULTS: 60y, 1-Iris Davis (TSU) 6.6 (equals American record), 2-Willye White (MDYF) 6.7, 3-Matteline Render (TSU) 6.8, 4-Katherine Jones (MDYF) 6.8, 5-Pam Greene (Denver All Stars) 6.8, 6-Laurie Barr (Ohio TC) 6.9 (6.7 heat); 200y, 1-Barr 24.7, 2-Diane Kummer (MDYF) 24.9, 3-Janet Brown (Colorado Pacers) 25.1, 4-Jones 25.3, 5-Jane Musshel (OTC) 25.4, 6-Lois Drinkwater (Wooster) 25.6 (25.3h); 440, 1-Nancy Shafer (Wooster) 55.7, 2-Beth Hutson (OTC) 56.4, 3-Madeline Manning (TSU) 57.3, 4-Kim Koch (OTC) 59.6 (58.9h); 880, 1-Shafer 2:07.2, 2-Barbara Lawson (CP) 2:12.4, 3-Pam Bagian (Wolverines) 2:12.6, 4-Judy Zimmerman (Milwaukeee) 2:16.4, 5-Paula Strack (Kettering Striders) 2:16.5, 6-Lori Schutt (HF Falcons) 2:17.8; Mile, 1-Bagian 5:16.5, 2-Zimmerman 5:19.5, 3-Schutt 5:20.4, 4-Strack 5:24.5; 60yH, 1-Mamie Rallins (MDYF) 7.8, 2-Debbie Lansky (Wolverines) 7.9, 3-Judy Vernon (Ozark TC) 7.9, 4-Stanelia Mallard (CP) 8.4; HJ, 1-Diane Waters (TSU) 5'4", 2-Connie Peterson (Illini TC) 5'3", 3-Sue Minnich (KS) 5'3", 4-Jill Halgrimson (MDYF) 5'3", 5-Frances Bush (TSU) 5'3", 6-Mallard 5'2"; LJ, 1-Willye White (MDYF) 20'2 1/4", 2-Debbie Smith (Hyte TC) 19'9", 3-Martha Watson (TSU) 18'10", 4-Vernon 18'1 1/2", 5-Vikki Lind (CP) 18'0"; SP, 1-Pauline Thomas (Angels TC) 42'7 1/2", 2-Connie Travagliante (SEMO TC) 41'10 1/2", 3-Pam Underwood (SEMO) 37'10 1/2", 4-Mallard 35'10 1/2"; Medley Relay, 1-TSU 2:14.8; 12/13 60y Dash, 1-Ditra Henry (MDYF) 7.2; 12/13 HJ, 1-Sue Parks (Wolverines) 5'2".

ATHENS INVITATIONAL

Oakland, California, February 6:-60yH, 1-Deanne (Kurth) Carlson (Laurel TC) 8.1, 2-Marilyn King (Millbrae Lions) 8.3, 3-Barbara Pickle (ML) 8.5; HJ, 1-Fran Parham (LTC) 5'3", 2-Deanne Miller (Wills Spikettes) 5'0"; 600y, 1-Kathy Hammond (Un) 1:22.7, 2-Jarvis Scott (LAM) 1:23.0, 3-Francis Larriere (SJC) 1:25.4, 4-Cis Schaeffer (ML) 1:25.5; 880y Medley Relay, Millbrae Lions 1:52.2 (Ann Christoff 57.8 leadoff 440).

TWO WORLD RECORDS AT TORONTO

Toronto, Canada, February 5:-The female athletes stole the show at the 8th Annual Telegram-Maple Leaf Games here tonight. World records were set in the 50y hurdles and the 600y run and 16 year old Debbie Brill titillated the Canadian crowd by leaping over 6'0, the tenth distaff athlete to accomplish this feat, in winning the high jump.

Chi Cheng started the evening finals on the right note as she won the 50y hurdles in 6.5 for a new world record. Chi needed the record to win as Mamie Rallins, the record-holder, was second in 6.6 to equal the former mark. Traveling Tereza Nowak of Poland, the number 5 ranked hurdler in the world who had just completed a flight from her native land to Toronto, was a tired third. Jenny Meldrum, who reportedly had "hung up her spikes" to have a baby, unhung them and to celebrate her new daughter's fourth-month birthday, sped to a 7.1 clocking to start her comeback. Chi used an eight step approach to the first hurdle for the first time in many years instead of her usual seven step run and it paid off with the new mark. Although she still feels the seven step run is best for the 100 meter distance and will probably return to it for the outdoor season, she figures the eight step runup gets her out quicker for 50 or 60 yards and the philosophy paid off with the new world mark. The seven step approach begets more power, but the eight steps gives more speed for the first 5-6 hurdles.

A short time later Cheryl Toussaint set a new global mark while winning the 600 yard run in 1:22.2s. The old mark of 1:22.4 was set by Francie Kraker in 1967. The record might have been bettered even more but for an unfortunate separating into different sections of Toussaint and Nancy Shafer. Shafer, who was second in the event with her 1:23.1, had to set her own pace over the entire distance while Toussaint had Jarvis Scott hustling the first 400 in the lead in her section. Madeline Manning was a tired 6th in this event while Scott faded to eighth. Terry Hull ran a strong race to finish third in 1:23.5s.

The 50 yard dash brought together probably the finest field of runners in the entire indoor season. In the two heats were the world's number 1 sprinter for 1969 (Chi Cheng) the number 2 sprinter (Barbara Ferrell), the number 4 sprinter (Iris Davis), plus Stephanie Berto (Canada) who had earlier this year beaten Ferrell at 50 yards - plus such stalwarts as Evergreen Willye White, Mattline Render and Gladys Jermison. Chi Cheng won the first heat easily over Davis and Berto while Willye White looked good winning the second over Ferrell and Render although Ferrell eased up at the finish. In the final, Chi won a clear margin over Ferrell as there was daylight between them. Both were given 5.7, just one tenth off the world indoor mark.

Debbie Brill had no competition in the high jump. No one else got past 5'6 and Debbie was over the six foot mark on her first try at that height. Only nine others have ever gone that high, and Brill is certainly the youngest. Her "Brill Bend" looked good and certainly she should do great things in the years to come. Let us hope the Canadians in their zeal for success remember this is a young 16 year old girl who has potential to spare - please don't put pressure on her by predicting "certain" victory at the Commonwealth Games, etc., etc. Give her a chance to grow and mature and get her strength. She will be great!

Esther Stroy won the 300 by a foot over fast-closing Gail Fitzgerald, all 6'1 of her, in 35.7s.

RESULTS: 50y dash, Heat #1, 1-Chi Cheng (Los Angeles TC) 5.8, 2-Iris Davis (Tennessee State) 5.9, 3-Stephanie Berto (Vancouver, Canada) 6.0, 4-Gladys Jermison (NY-PAL) 6.0, also ran, Cathy O'Neil (Canada) and Liz Damman (Canada); Heat #2, 1-Willye White (MDYF) 5.9, 2-Barbara Ferrell (IAM) 6.0, 3-Mattline Render (TSU) 6.1, 4-Debbie Miller (Canada) 6.1, 5-Linda Wilson (Canada) 6.4, 6-Tereza Nowak (Poland) 6.4; FINAL, 1-Chi 5.7, 2-Ferrell 5.7, 3-Davis 5.8, 4-White 5.8, 5-Render 5.9, 6-Berto 6.0. 50y Hurdles, 1-Chi Cheng 6.5 (New world record, old mark 6.6 by Mamie Rallins (USA) 1969), 2-Mamie Rallins (MDYF) 6.6, 3-Tereza Nowak 6.9, 4-Liz Damman 7.1, 5-Pat Hawkins (Atoms TC) 7.1, 6-Jenny Meldrum (Canada) 7.1. High Jump, 1-Debbie Brill (Canada) 6'0, 2-Diane Jones (Canada) 5'6, 3-Debbie van Kiebel (Canada) 5'4, 4-Diane Waters (TSU) 5'2, 5-Frances Bush (TSU) failed opening height. 300y, 1-Esther Stroy (SITC) 35.7, 2-Gail Fitzgerald (Atoms TC) 35.7, 3-Lois Drinkwater (Wooster College) 36.7, Ferrell scratched. 600y, 1-Cheryl Toussaint (Atoms) 1:22.2 (New world re-

Continued on Page 15

INDOOR ROUNDUP (Continued)

WESTERN CANADA INTERCOLLEGIATE AA

Edmonton, Alberta, Canada, February 7:-The University of Saskatchewan and the University of British Columbia tied for the women's title in the Western Canadian Intercollegiate Athletic Association Indoor Championships with 49 points each. The actual title, however, is determined by adding the women's and the men's scores - which gave the win to Saskatchewan.

Diane Jones of Saskatchewan won three events and Janet Maddin from the University of Manitoba won two events to be the big point-getters in the competition. Jones, a prime pentathlon candidate, annexed the shot put (41'9"), the long jump (18'0) and the high jump (5'2) plus picking up a fourth in the 60y hurdles. Maddin's wins were in the 60 and 300m sprints.

RESULTS: SP, Diane Jones (US) 41'9"; LJ, Jones 18'0; 300m, 1-Janet Maddin (UM) 40.2, 2-Ann Corvell (UBC) 41.1, 3-Liz Vanderstam (UA) 41.1; 60yH, Norma Ferguson (UA) 8.2; HJ, Jones 5'2; 60y, 1-Maddin 7.1, 2-Covell 7.1; 880, 1-Thelma Fynn (UBC) 2'16.7, 2-Linda James (UM) 2:20.4; 4x1 lap relay, Manitoba 1:16.7, 2-BC 1:16.8

Women's college track and field is really on the way in western Canada. Jones, Ferguson, Busch, May, Eisler, Branter, Wood, Schmidt, Fynn and Hammond are all freshmen which leads one to believe that the quality of the WCIAA will improve even more in years to come. Perhaps a strong college program will help keep female athletes from dropping sport at an early age. It is a step toward having more seniors involved in competition - that is certain.

PAL WINS REGION 1 TITLE

Schnectady, New York, February 8:-RESULTS: Mile, Kathy McIntyre (Suffolk AC) 5:40.4; 220, Lorna Kirkland (PAL) 27.7; 880, Marilyn Bastian (PAL) 2:25.9; 50, 1-Gwen Ford (Atoms) 6.2, 2-Sharon sborne (PAL) 6.2; HJ, Eulene Innis (Un) 4'10; SP, Denise Wood (NJ Striders) 42'8"; 440, Bastian 61.6; 50yH, Frances Green (NJS) 7.1; LJ, Janyce Mims (Albany TC) 17'6"; 4 Lap Relay, NY PAL 1:27.7; Scoring, PAL 46, 2-Atoms 25, 3-NJ Striders 10. Dirt track, 176 yards.

RALLINS RECORD AT LOUISEVILLE

Louisville, Ky, February 14:-Mamie Rallins set a new world record for the 70y hurdles with an 8.8 clocking to highlight the annual Mason-Dixon Games. Rallins had trouble outranking the storm and the snow, however, which prevented many performers from reaching the meet site.

RESULTS: 70yH, 1-Mamie Rallins (MDYF) 8.8 (WR), 2-Debbie Lansky (Wolverine Parkettes) 9.4, 3-Beth Hutson (Ohio TC) 9.5, 4-Judy Vernon (Ozark TC) 9.7; 70y, 1-Iris Davis (TSU) 7.7, 2-Mattilene Render (TSU) 7.7, 3-Linda Reynolds (ATC) 7.9, 4-Michelle McMillan (Atoms) 8.0; 440y, 1-Cheryl Toussaint (Atoms) 56.1, 2-Esther Stroy (SITC) 56.6, 3-Gwen Norman (SITC) 56.7, 4-Lois Drinkwater (Wooster) 59.3; LJ, 1-Martha Watson (TSU) 19'3", 2-Diane Kummer (MDYF) 19'1, 3-Elke Timmerman (Toledo RR) 18'6, 4-Debbie Smith (Hyte TC) 18'2; 880, 1-Terry Hull (Knoxville TC) 2:10.8, 2-Nancy Shafer (Wooster) 2:10.8, 3-Pam Bagian (Wolverine Parkettes) 2:16.1, 4-Beth Hutson (Ohio TC) 2:19.4.

NY 'OLYMPIC MEET'

New York, NY, February 20:-400m, 1-Gail Fitzgerald (Atoms TC) 56.4, 2-Jarvis Scott (LAM) 56.5, 3-Lois Drinkwater (Wooster College) 57.0, 4-Esther Stroy (SITC) 57.5; 50m, 1-Barbara Ferrell (LAM) 6.3, 2-Iris Davis (TSU) nt, 3-Gladys Jernison (PAL) nt, 4-Lacey O'Neal (SITC) nt, 5-Debbie Thompson Brown (Frederick TFC) nt; 800m, 1-Cheryl Toussaint (Atoms) 2:11.0, 2-Nancy Shafer (WC) 2:12.2, 3-Abby Hoffman (Toronto OC) 2:12.6, 4-Shelley Marshall (Atoms) 2:12.6, 5-Madeline Manning (TSU) 2:27.5.

O'NEAL & FITZGERALD WIN AT BOSTON

Boston, Massachusetts, January 31: 50y dash, 1-Lacey O'Neal (SITC) 6.1, 2-Willye White (MDYF), 3-Pat Hawkins (Atoms TC), 4-Linda Reynolds (Atoms TC). 440y, 1-Gail Fitzgerald (Atoms TC) 56.0, 2-Esther Stroy (SITC) 56.8, 3-Gwen Norman (SITC) 57.8, 4-Michelle McMillan (Atoms TC) 58.5, 5-Francie Johnson (Un) 59.0s.

LA TIMES MEET SENSATIONAL

Los Angeles, California, February 13:-Friday the 13th was a lucky night for the Los Angeles Times as their sponsored meet produced outstanding marks and performances in all the women's events. Heading the field was Kathy Hammond's new global mark in the seldom-run 500y event as she crushed her opposition with a mark of 1:06.3, exactly two seconds faster than the old record. Fast closing young Marilyn McClung of the Southern California Missiles was also under the old mark at 1:07.5 as she nudged two international performers, Jarvis Scott and Una Morris for the second place prize.

Doris Brown took a crack at Madeline Manning's world 880 mark of 2:07.9, and came close in spite of a poor third 220 with a good 2:09.5s. Brown passed the 440 mark in 60.3 although she lost some valuable time in the wild scramble at the start resulting in some pushing and shoving with Millbrae's Cis Schaefer being the victim of a couple pokes in the solar-plexus. Francie Larrieu stuck with Brown for the first quarter, but the pace was too swift for the young San Jose star and she lost rhythm during the third quarter of the race.

Chi Cheng had a good night as she won the hurdles over Poland's Tereza Nowak in 7.9 and the long jump with her lifetime best at 20'8" over Hiroko Yamashita of Japan, the Asian record-holder until tonight's competition. Chi had the best series of her life as well as her best-ever mark with jumps of 20'5", 20'1", 20'8", 20'1", 20'3" and 20'5".

Barbara Ferrell who stated in an interview she only loses when she has been sick or in an accident, must have been feeling rather poorly after seeing the television shots of the 60 yard dash, for in spite of being given the win by the judges, the pictures proved Chi Cheng to be the actual winner. Ferrell "jumped" into a huge 1 1/2-2 yard lead at the gun, maintained it through the first 30 yards and appeared to be uncatchable, but the "Flying Chi" caught her over the final 30.

RESULTS: 60y dash, Heat #1, 1-Chi Cheng (Los Angeles TC) 6.8, 2-Shirley Lenyou (SITC) 7.1, 3-Williamae Ferguson (West Coast Jets) 7.1, 4-Marilyn Rougely (Palm Springs Fillies) 7.3; 2nd heat, 1-Barbara Ferrell (LAM) 6.8, 2-Donna Beckstrom (SC Missiles) 7.2, 3-Mavis Laing (Phoenix TC) 7.2, 4-Vickie Price (LB Comets) 7.3; Final, 1-Ferrell 6.8, 2-Chi Cheng 6.8, 3-Lenyou 7.0, 4-Beckstrom 7.0; 60yH, 1-Chi Cheng 7.9, 2-Tereza Nowak (Poland) 8.0, 3-Jan Glotzer (PTC) 8.1, 4-Deanne Carlson (Laurel TC) 8.3; 500y, 1-Kathy Hammond (Un) 1:06.3 (WR), 2-Marilyn McClung (SCM) 1:07.5, 3-Jarvis Scott (LAM) 1:07.7, 4-Una Morris (LATC) 1:09.1, 5-Nancy Mullen (Millbrae Lions) nt, 6-Mable Ferguson (WCJ) nt; 880y, 1-Doris Brown (Falcon TC) 2:09.5, 2-Francie Larrieu (San Jose Cinderals) 2:15.5, 3-Cis Schaefer (ML) 2:16.3, 4-Maria Stearns (Santa Monica AA) 2:17.0, 5-Carol Goya (LBC), 6-Judy Graham (LATC), 7-Debbie Norris (SCM); LJ, 1-Chi Cheng 20'8", 2-Hiroko Yamashita (Japan) 20'1, 3-Pat Bank (LATC) 19'3", 4-Vickie Betts (Lakewood Spartans) 18'7", 5-Jan Glotzer 17'2.

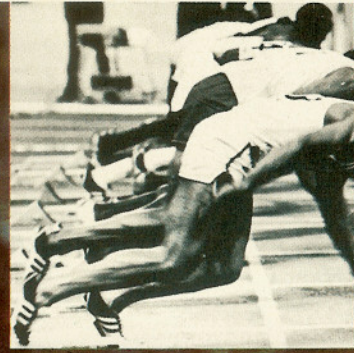
REGION 10 INDOOR CHAMPIONSHIPS

Alamosa, Colorado, February 14: 14/Over Division: 50y, 1-Pam Greene (Denver AS) 5.9, 2-Debra Wedgeworth (DAS) 6.0, 3-Cynthia Wales (AOC) 6.0 (5.9h); 220, 1-Wedgeworth 27.9, 2-Greene 28.5; 50yH, 1-Sallie Caton (AOC) 6.8, 2-Stanelia Mallard (Colorado Pacers) 6.9 (6.8h), 3-Pia Dennis (DAS) 7.5...5-Jayne Frederick (SP) 7.6 (6.8h); 440, 1-Lisa Chiaro (AOC) 61.0, 2-Barbara Lawson (CP) 61.0; 880, 1-Carol Hudson (AOC) 2:24.1, 2-Donna Ten Eycks (CP) 2:32.1, 3-Vikki Lind (CP) 2:32.4; Mile, 1-Lawson 5:27.8; HJ, 1-Caton 5'4 1/2, 2-Frederick 5'3 1/2, 3-Marquis Price (DAS) 5'2; LJ, 1-Chiavario 18'6", 2-Frederick 18'2", 3-Caton 17'11"; SP, Debbie Rodriguez (CP) 40'3; 4x11 Relay, AOC 1:10.4 (size of track 146 1/2 yards); 880yMedR, AOC 2:13.8.

12/13 Division: 50, Patrice Benson (DAS) 6.0; 440, Kathy Kimsey (AOC) 64.6; Mile, Louise Alonzo (AOC) 6:02.9; 880, Linda Sticker (DCD) 2:40.5; 880yMedR, DAS 2:22.9; SP, Lucy DeSantis (GTC) 29'11". 10/11 Division: 50, Peggy Mallory (DCD) 6.7 (6.4h); 440, Sally Balderston (DCD) 68.2; 880, Pam Young (CP) 2:41.6; 880yMedR, DCD 2:30.5; SP, Pam Young (CP) 27'10". 9/Under Division: 440, Cynthia Lackey (DCD) 80.0.

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113060 adidas Avanti

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510 adidas Apollo

A favorably priced model which substitutes the famous old "Melbourne" track shoe. Now with removable spikes, of course. Boxcalf uppers. White with green stripes.



520 adidas Weltrekord

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506 adidas Interval

An invaluable shoe that protects against injury and permits athletes to train while recovering. A thick heel-to-toe sole wedge (1/2 inch thick) elevates the heel thus guarding against heel, Achilles tendon, shin and hamstring muscle injuries. Kangaroo uppers with removable spikes. White with green stripes.



adidas Special Track and Field Models

adidas Special Track and Field Models 701 adidas High Jump Shoe

This special high-jump shoe features four removable spikes on the sole, two on the heel. Now made of the finest blue kangaroo velour leather. Available in pairs.



702/703 adidas Catapult High Jump Shoe
Nylon sole is 1/2" thick as per IAAF specifications. Four removable spikes on the sole and two placed parallel on the heel. The sole has a rubber coating ensuring a firm grip. Made of the finest quality kangaroo velour leather. Blue with white stripes. For the take-off foot only.

Model 702 left foot - Model 703 right foot



706 adidas Javelin Boot

Many new improvements have made this the best javelin boot adidas has ever made. Padded top-edge, flexible sole construction and the 3 stripe-support, giving the foot a firm hold. Removable spikes suitable for every type of track. Now made of the best quality blue velour kangaroo uppers with white stripes.



707 adidas Hammer Shoe

Made to the hammer thrower's exacting requirements. Black sole is long-wearing and grips well yet permits fast-turning. Holds firmly on the most slippery of surfaces. Sole turns up over the side, heel and toe. Favored by many of the World's top discus throwers, too. Kangaroo uppers. White with black stripes.



adidas

708 adidas Shot Put and Discus Shoe

A top model combining a traction-sure sole with long-lasting qualities. The sole has a "pyramid profile" and the solid heel insures the shot putter's balance when he plants his foot against the stop-board. A rubber toe-cap protects the toes and insures longer wear. Demanded by most of the World's top discus throwers, too. Kangaroo uppers. White with black stripes.



709 adidas Walking Shoe

A lightweight shoe suited not only to the needs of the walker, but favored as a training shoe as well. Sole is light yet durable. Upswept toe and built-up heel. Best quality reverse (velour) kangaroo uppers. Blue with white stripes.



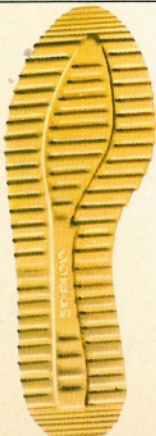
710 adidas Marathon Shoe

A sensational shoe! Incorporates all of the requirements of the specialist: light-in-weight, comfortable-in-fit, long-wearing yet soft sole. Tested extensively for almost one year, this model is made on a track shoe last (for best possible fit and support) and is well-cushioned. Heel is 10 mm ($\frac{3}{8}$ ") thick, sole is 5 mm ($\frac{1}{4}$ "). Padded kangaroo uppers. White with black stripes.



308 adidas Antelope

A long-time favorite. After much testing adidas has come up with THE ripple sole: soft, durable, extremely comfortable and functional. Track shoe last for good fit and support. For cross-country, training, as well as distance running on all types of surfaces (especially all-weather tracks). Elk uppers. White with red and blue stripes.



adidas Training and Jogging Shoes

321 adidas Gazelle

Top class model made of soft blue kangaroo velour uppers. Padded top-edge, new heel padding, form-fitting tongue and orthopaedical arch and instep support. Soft non-slip adidas microcell sole with all-around rubber foxing.

The distinctive heel patch identifies the original adidas sport shoe.



322 adidas Mexicana

Especially made for athletes, this fine model of yellow kangaroo velour uppers is styled the same as model 321 and features the new heel padding. Made with orthopaedical arch and instep support. The new adidas microcell sole has been described as "excellent" by the World's best athletes. An extremely light yet durable training shoe. Ideal for jogging, too.

The distinctive heel patch identifies the original adidas sport shoe.



301 adidas Olympiade

A shoe in great demand and with good reason. Transparent sole grips well, especially on gymnasium floors. Extremely popular for handball and volleyball, as jogging shoe or just for leisure. Features oxhide uppers with new Achilles heel and ankle padding, foot-form tongue and arch support. White with black stripes.

The distinctive heel patch identifies the original adidas sport shoe.



302 adidas Italia

An old favorite and still a popular one. Includes semi-ripple Olympia sole, heel wedge, toe cap, arch support and Achilles heel and ankle padding. Kangaroo uppers. White with green stripes.

The distinctive heel patch identifies the original adidas sport shoe.

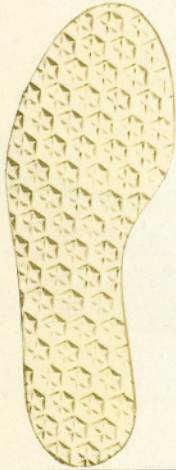


adidas



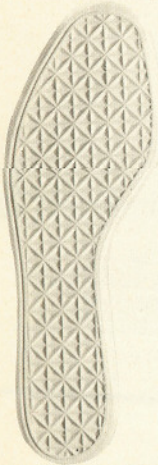
303 adidas Rome

A long-time bestseller still as popular as ever. Oxhide uppers, arch support and reinforced heel counter. Made with orthopaedical arch and instep support. With the new ripple sole. Excellent for training and competition. White with blue stripes. The distinctive heel patch identifies the original adidas sport shoe.



304 adidas Vienna

Modestly priced yet extremely durable. Split uppers. Grippy and durable Stella sole and new Achilles heel and ankle padding. White with red stripes. The distinctive heel patch identifies the original adidas sport shoe.



112100 adidas Gym

The most popularly priced adidas training shoe. Features: a non-slip rubber sole with white elk uppers and black stripes. Sizes 1 to 12. Also available in children's sizes 11 to 13.

112090 adidas Favorit

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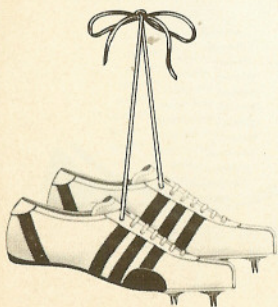
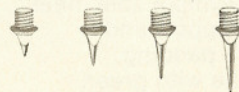
- 835 indoor/all-weather 1/4" (6 mm)
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- 845 javelin spikes 1/2" (12 mm)
- 844 javelin spikes 5/8" (15 mm)
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- 839 javelin spikes 1" (25 mm)

880 Shoe bag of transparent plastic

881 Plastic shoe bag for shoe boxes



INDOOR ROUNDUP (Continued)

ACHILLES INDOOR GAMES by Doug Clement

Vancouver, Canada, February 21:-The 6th Annual Achilles Indoor Games was Chi Cheng's Day! She put together three sterling performances in the space of one hour. Chi started the evening with the Canadian Open record of 20'8", her personal indoor best long jump. Next she tackled the resurging Pat (Van Wolvelaere) Johnson of Renton, Washington, in the 50m hurdles. Chi sprinted the 29" barriers in 6.9 seconds, smashing Mamie Rallins' world record of 7.0 seconds. Pat was a good 7.1 for second and Wendy Taylor set the Canadian record of 7.5 seconds in third place.

Just ten minutes later, she faced Stephanie Berto of Vancouver over 50 metres. Chi, representing the Los Angeles Track Club, was a clear winner in 6.2 seconds while Berto was also given the same time. They will share this mark as a new Canadian record although Berto stated after the race she was a good two-tenths behind Chi and Heinz Piotrowski, Canada's trainer par excellence, clocked Chi in 5.9s.

So within the space of one hour, Formosa's World Athlete of 1969 set one world record, three Canadian open records and three personal bests! It WAS Chi Cheng's Day!

Several other fine performances shared the attention of the 3500 track fans at the Pacific Coliseum. The most popular with the hometown crowd was Debbie Brill's high jumping. The meet management scheduled just one event at a time, so the high jumpers were centre stage and solo for 40 minutes. The drama built as Debbie Van Kiekebelt of Toronto cleared 5'6" for her best indoor jump. Brill made 5'8 but Van Kiekebelt, still only 15 years old, missed her three attempts. Brill cleared 5'9" and then had the bar raised to 6'1, a new world record. The crowd watched in hushed silence. Her first two attempts were off, but she missed only by the narrowest of margins on her third trial.

Doris Brown of the Falcon TC had the fastest 800 metres of the season. In her typical driving fashion, she ran a fine 2:07.3 which is a new Canadian open record. Thelma Fynn of British Columbia ran 2:10.0 for the Canadian Junior record and Joan Dyke of the Richmond Kajaks did 2:11.0 for the Canadian Juvenile record. Thelma is 18 years old and Joan is 16. Noreen Leipens of Vancouver Olympic Club was fourth in 2:11.8, her personal best indoors.

Una Morris of Jamaica and now with the Los Angeles Track Club, let Joan Pirie of the Angels set the early pace in the 400 metres but powered by in the last few yards to win in 57.0 to 57.1 seconds. Irene Piotrowski set the Canadian record of 57.1 with her late drive to third spot.

Doreen Martens of McPherson TC ran away from Jan Grace, a New Zealand native and now with the Vancouver Olympic Club, and Cheryl Spowage of the Richmond Kajaks in the 1500m run. Martens set a Canadian record of 4:34.5 with Grace in 4:40.7 and Spowage at 4:46.3.

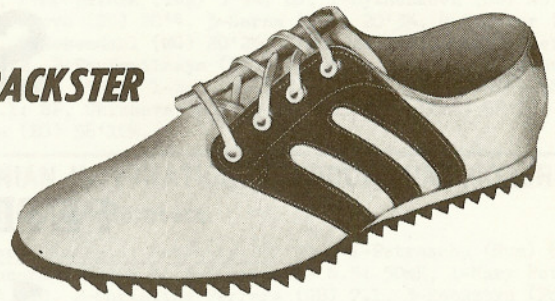
The Angels broke their pending American record in the 4x400m relay with a fine 3:54.4, a 58.8 average. The Oregon TC and the Richmond Kajaks both ran 4:01.5 for second and third respectively.

Lynette Mathews of the Falcons won the shot put with a throw of 45'7, just one inch ahead of Joan Pavelich's new Canadian Juvenile record.

RESULTS: 50m, 1-Chi Cheng (LATIC) 6.2, 2-Stephanie Berto (VOC) 6.2, 3-Linda Branter (Optimist Striders) 6.4; 50mH, 1-Chi Cheng 6.9 (World record), 2-Pat Johnson (Angels) 7.1, 3-Wendy Taylor (OS) 7.5...5-Janene Jatton (ATC) 7.7; 200m, 1-Pat Johnson 25.2, 2-Patsy Louerock (VOC) 25.7, 3-Linda Gain (Trinity) 27.0; 400m, 1-Una Morris (LATIC) 57.0, 2-Joan Pirie (ATC) 57.1, 3-Irene Piotrowski (VOC) 57.1; 800m, 1-Doris Brown (Falcon TC) 2:07.3, 2-Thelma Fynn (UBC) 2:10.0, 3-Joan Dyke (RK) 2:11.0...7-Vicky Foltz (FTC) 2:15.3; 1500m, 1-Doreen Martens (McPherson TC) 4:34.5, 2-Jan Grave (VOC) 4:40.7, 3-Cheryl Spowage (RK) 4:46.3; 4x1 Lap Relay, VOC (Louerock-Robb-Evans-Berto) 1:13.7; 4x400mR, 1-Angels TC (Joan Pirie-Janene Jatton-Barbara Johnson-Debbie Newing) 3:54.4, 2-Oregon TC 4:01.5, 3-Richmond Kayjaks 4:01.5; HJ, 1-Debbie Brill (VOC) 5'9", 2-Debbie Van Kiekebelt (Scarborough Lions) 5'6", 3-Marilyn Mascoe (Simon Fraser TC) 5'2; LJ, 1-Chi Cheng 20'8", 2-Gail Turney (Cee Vacs) 18'5", 3-Susan Anthony (ATC) 17'8"; SP, 1-Lynette Mathews (Falcon TC) 45'7, 2-Joan Pavelich (VOC) 45'6, 3-Marlene Kurt (OreTC) 44'7", 4-Beth Smith (OreTC) 42'9"...6-Jay Dahlgren (VOC) 39'3". Team scoring: 1-Vancouver Olympic Club 69, 2-Angels TC 48, 3-Los Angeles TC 41, 4-Richmond Kajaks 29,

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5-Oregon TC 26, 6-Falcon TC 24.

16/Under Division: 200m, Elaine Smith (McPherson Park) 25.9; 400m, Sheila Hutcheon (RK) 60.7; 800m, Joan Corcoran (OS) 2:20.1; 50mH (old 80mH height and spacing), Donna Hemphill (RK) 7.7; 4x1LR, McPherson 1:16.4.

CHICAGO HEIGHTS INDOOR ALL COMERS

Chicago Heights, Illinois, February 22:-One hundred and twelve athletes competed in the Chicago Heights TC All Comers Indoor Meet at the Nelson Fieldhouse. Track was Grass-tex and 160 yards.

RESULTS:-50/220/LJ, Debbie Smith (Hyte TC) 6.0/26.4/17'5; 50yH, Ann Whitehead (Hyte TC) 7.6; 440, Bess McDavid (Hyte TC) 63.2; 880, Monique Opiola (Hyte TC) 2:32.6; Mile, Randy Woolard (CHTC) 5:38.9; HJ, Debbie Rogers (HTC) 4'8. 12/13 Division: 50/440, Vicki Ward (CHTC) 6.3/67.2 (also second in 50yH and 220); 50yH, Susam Kelly (CHTC) 7.4; 220, Kelly 28.0; HJ, Kelly 5'0; LJ, Ann Grimes (HTC) 15'7. 10/11 Division: 50y, Celeste Smith (HTC) 7.4; 220, Cheryl Fewkes (CHTC) 34.8; 330, Debbie Ross (HTC) 54.8.

EASTERN USTFF

Hanover, New Hampshire, February 22:-Francie Kraker-Johnson whipped through a speedy 600y in 1:24.2 - nearly twenty seconds ahead of second place, to highlight the USTFF Meet held on the Dartmouth College boards.

RESULTS: 50y, 1-Kathy Lawson (Keene, NH, HS) 5.9, 2-Cathy Quiney (Liberty AC) 6.0; 50yH (old height), 1-Quiney 7.4, 2-Alice Pfaff (LAC) 7.6; 600y, 1-Francie Johnson (Michigammas) 1:24.2; HJ, 1-Pfaff 5'2, 2-Neyssa Miller (LAC) 5'0; 4x160, Liberty AC (Jones-Pfaff-Klosowski-Quiney) 1:18.1s.

OKLAHOMA INVITATIONAL

Oklahoma City, January 30/31:-60y, 1-Diane Knight (Texas TC) 7.1 (7.0h), 2-Mary Rivera (TTC) 7.2, 3-Wanda Sheppard (TTC) 7.3 (7.2h); 300y, 1-Diane Knight 37.6 (37.5h), 2-Diane Loudat (TTC) 38.1, 3-Donna Sparks (TTC) 38.5 (38.1h); Two Lap Relay, Texas TC 40.3.

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FOREIGN INDOOR ROUNDUP ENGLAND INDOOR CHAMPIONSHIPS

Cosford, England, January 31: 60m, 1-Janet Stroud 7.4, 2-Della James 7.6, 3-H. Davies 7.7; 400m, 1-Marilyn Neufville 54.9, 2-Janet Champion 56.5, 3-Beattie 57.1; 800m, Rita Stirling 2:06.5, 2-Sue Carey 2:08.7, 3-Nora Braithwaite 2:09.1; 1500m, 1-Gillian Tivey 4:32.8, 2-Beacham 4:33.1, 3-Pat Yeoman 4:35.7; 60mH, 1-Mary Peters 8.5, 2-Sue Hayward 8.8, 3-Corbett 8.9; HJ, 1-Barbara Inkpen 5'6½, 2-J. Oldall 5'5, 3-S. Wright 5'4¼; LJ, 1-Ann Wilson 19'7¾, 2-Martin-Jones 19'4¾, 3-Inkpen 19'1½; SP, 1-Mary Peters 52'0½, 2-Rosemary Payne 42'1¼, 3-J. Quick 42'0¾.

EAST GERMAN INDOOR CHAMPIONSHIPS

Berlin, Germany, February 14/15: 55m (180'5½" = to 60 yds plus 5½ inches), 1-Renate Meissner 6.6, 2-Karin Balzer 6.8, 3-Petra Vogt 6.9; 400m, 1-Waltraud Dietsch 55.9, 2-Helga Fischer 56.4, 3-Monika Zehrt 56.7; 800m, 1-Waltraud Pohland 2:09.2, 2-Christine Rohler 2:10.6, 3-Maritta Politz 2:10.9; 1500m, 1-Gunhild Hoffmeister 4:22.3, 2-Katia Clausnitzer 4:29.3, 3-Christina Ruzicka 4:36.7; 55mH, 1-Karin Balzer 7.5 (WR), 2-Annelie Jahns 7.8, 3-Gitta Muller 7.9; HJ, 1-Rita Schmidt 1.83/6'0, 2-Karin Schulze 1.77/5'9¾, 3-Rosemarie Witschs 1.77/5'9¾; LJ, 1-Burghild Wiczorek 6.32/20'8¾, 2-Christine Bartsch 6.16/20'2½, 3-Margit Herbst 6.05/19'10¾; SP, 1-Hannelore Friedel 17.68/58'0, 2-Renate Boy 17.40/57'1, 3-Marita Lange 17.10/56'1¼.



Karen Mack winning the West German Indoor championship at 5'7 3/4 with her version of the Brill Flop or Fosbury Bend.
(Leichtathletik photo)

WEST GERMAN INDOOR CHAMPIONSHIPS

RESULTS: 50m, 1-Annegret Irrgang 6.4, 2-Doris Schonherr 6.4, 3-Corina Dorries 6.5; 200m, 1-Elfgard Schittenheim 24.5, 2-Annelie Wilden 24.7, 3-Marianne Bollig 24.9; 400m, 1-Christel Frese 55.2, 2-Heidi Gerhard 56.4, 3-Birgit Barth 57.2; 800m, 1-Hildegard Janze 2:12.4, 2-Christel Rosenthal 2:12.6, 3-Maria Strickling 2:14.8; 1500m, 1-Jutta von Haase 4:23.7, 2-Christa Merten 4:23.7, 3-Eilen Tittel 4:26.8; 50mH, 1-Heidi Schuller 7.2, 2-Monika Scheller 7.3, 3-Britigte Voss 7.3; HJ, Karen Mack 1.72/5'7¾, 2-Barbel Sprywald 1.66/5'5¼, 3-Helge Letzelter 1.66/5'5¼; LJ, 1-Heide Rosendahl 6.19/20'¾, 2-Britigte Kramer 6.15/20'2¼, 3-Annegret Irrgang 6.09/19'11¾; SP, 1-Marlene Fuchs 16.89/55'5, 2-Liesel Westermann 16.13/52'11, 3-Sig-run Kofink 15.92/52'2¾.

TORONTO INDOOR (Continued)

cord, old mark 1:22.4 by Francie Kraker (USA) 1957), 2-Nancy Shafer (Wooster) 1:23.1, 3-Terry Hull (Knoxville TC) 1:23.5, 4-Abby Hoffman (Canada) 1:24.4, 5-Noreen Liepins (Canada) no time, 6-Madeline Manning (TSU) no time, 7-Gayle Olinek (Canada) no time, 8-Jarvis Scott (LAM) no time. (Note, race was run in sections. First section: Shafer, Hull, Liepins and Olinek. Second section: Tous-saint, Hoffman, Manning, Scott.)

INTERNATIONAL INDOOR MEET AT MOSCOW

Moscow, Russia, February 25/26: (First day): 200m, Renate Meissner (EG) 24.3 (rec), 2-Besfamilnaya (SU) 24.7, 3-Sam-otessova (SU) 25.0; 880m, Simina (SU) 2:12.3; 60mH, 1-Chitrina (SU) 8.3, 2-Kononeva (SU) 8.6; HJ, Lazareva (SU) 5'9¾, 2-Hrepevnik (Yug) 5'9¾; LJ, 1-Bytschkova (SU) 20'5¾, 2-Gawrilova (SU) 20'4, 3-Sarna (Pol) 20'¾, 4-Kroyter (SU) 20'3, 5-Rosendahl (WG) 20'2½. (Second day): 60m, 1-Meissner 7.2, 2-Besfamilnaya (SU) 7.3; 400m, Dietsch-Birnbaum (EG) 56.0; 1500m, 1-Bragina (SU) 4:25.7, 2-Sofronova (SU) 4:29.1; SP, Chizhova (SU) 59'1¼, Solonzova (SU) 58'10, 3-Lange (EG) 56'10¾.

RUMANIAN INTERNATIONAL INDOOR CHAMPIONSHIPS from Nicolae Marasecu

Bucharest, Rumania, February 28: 50m, 1-Petrescu (Rum) 6.4, 2-Monoranu (R) 6.4, 3-Eneacu (R) 6.5; 50mH, 1-Mary Peters (GB) 7.0, 2-Christine Ferrera (GB) 7.1, 3-Rabsztyan (Pol) 7.3, 4-Koleva (Bul) 7.3; HJ, 1-Popescu (Rum) 1.83/6'0 (Fosbury flopper), 2-Konowska (Pol) 1.74/5'8½, 3-Lazova (Bul) 1.71/5'7¾; LJ, Sue Scott (GB) 6.23/20'5¼, 2-Popescu (Rum) 6.22/20'5, 3-Forisek (Hun) 6.04/19'9¾; SP, 1-Mary Peters (GB) 16.40/53'9¾, 2-Salagean (Rum) 15.28/50'1½

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WORLD INDOOR REPORT (Continued)

viously approached only by a "girl" named Tatyana Shchelkanova, formerly world long jump record holder, who ran that time on the dirt track in Leningrad.

Very interesting were the two 50m races in Kiel, West Germany, on January 24. In the first, Ingrid Becker (WG) and now Mrs. Mickler, defeated Meta Antenen of Switzerland 6.3 to 6.4, but the Swiss pentathlete went home first in the repetition event, 6.4 to 6.5. And in both races Heide Rosendahl (WG) placed third in 6.5s.

A good new prospect seems to be the British sprinter Janet Stroud who thrice ran the 60m in 7.6 before setting a new UK mark in 7.4 at Cosford on January 31. Two good performances from the Soviet Union also at this distance, both by Lyudmila Samotyosova, undoubtedly the most consistent Soviet sprinter; 7.4 at Bryansk, her home town, on January 18, and 7.2 on the same floor one week later.

(USA) Chi Cheng established herself the best around with only a most disputed single loss to Ferrell over 60y at the LA Times meet. Chi whipped Ferrell at 50y in Toronto and won the National title by a huge margin at 60y in New York.

50 Yards

5.7 Chi Cheng (LATC)	5.9 Pam Greene (DenAS)
5.7 Barbara Ferrell (LAM)	5.9 Cynthia Wales (AlBOC)
5.8 Iris Davis (TSU)	6.0 Lacey O'Neal (SITC)
5.8 Willye White (MDYF)	6.0 Debbie Smith (Hyte)
5.9 Janet Brown (Col Pac)	6.0 Judy Rejebian (PTC)
5.9 Matteline Render (TSU)	6.0 Debra Wedgeworth(DAS)

50 Meters

6.2 Chi Cheng (LATC)	6.4 Iris Davis (TSU)
6.3 Barbara Ferrell (LAM)	6.5 Gladys Jermison(PAL)

60 Yards

6.7 Chi Cheng (LATC)	6.9 Pam Greene (DenAS)
6.7 Willye White (MDYF)	6.9 Janet Brown (ColPac)
6.8 Kathy Jones (MDYF)	6.9 Sara Callaway (DS)
6.8 Barbara Ferrell (LAM)	6.9 Mavis Laing (PTC)
6.8 Laurie Barr (Ohio TC)	6.9 Karin Buford (Payis)
6.8 Debbie Brown (FTFC)	6.9 Iris Davis (TSU)

Note: Results on Urbana, Illinois, illegal track were: 6.6 Davis, 6.8 Render, 6.8 Greene, 6.7 Barr.

220 Yards

24.9 Diane Kummer (MDYF)	Note: Marks made on 262y
25.0 Laurie Barr (OhioTC)	Illinois track include
25.1 Linda Reynolds (Atoms)	24.7 Barr, 24.9 Kummer,
	25.1 Janet Brown.

Long Sprints

(Europe) A 400m Tartan track is a definite advantage in an indoor 300m race: so the Swedish ace Karin Wallgren-Lundgren sliced a tenth off the world best set last year by Collette Besson on the same track, clocking 38.3 in Paris on February 6. Besson was only third (38.7) trailing countrywoman Telliez (38.5). (Note:—Although no "official" indoor world records are recognized, most statisticians who keep listings do not acknowledge performances made on tracks longer than 180 yards.)

An encouraging performance from the USSR: 1955 born Lyubov Shibyenkova set a new Soviet mark for 300m running 40.7 (Moscow, February 4), a tenth slower than the winner Lyudmila Golomasova.

No real thrillers for 400m: Only one performance went under 55 seconds - Jamaican born Marilyn Neufville (who represents the United Kingdom), won the British title in 54.9 after a 55.7 heat. In the absence of Hannelore Middecke, 4th at Athens, the GDR title went to Waltraud Birnbaum-Dietsch in 55.9 at Berlin on February 15.

And finally the last 400m Tartan performance: Colette Besson tied her French best over 600m in 1:31.6 at Paris on February 6. Best on record is 1:30.9 on a dirt track seven years ago by Tamara Dmitriyeva of USSR.

(USA) Kathy Hammond, Gale Fitzgerald, Esther Stroy and Cheryl Toussaint dominated the US scene over 300y to 600y. Hammond won the US 440 title and set a new world best over 500y and came close over 600y. Toussaint got the 600y mark, and Stroy had some good performances at 300 and 440 yards although she did not participate in the Nationals.

It is too universally assumed that greater effort will give better results.

Tense muscles work against one another instead of in unison; a relaxed muscle can be made to move many times faster than a tense one.

300 Yards

35.7 Esther Stroy (SITC)	37.6 Michelle McMillan
35.7 Gail Fitzgerald (Atoms)	37.6 Cheryl Toussaint
36.7 Lois Drinkwater (WC)	38.1 Diane Loudat (TTC)
37.2 Judy Vernon (Ozark TC)	38.1 Donna Sparks (TTC)
37.5 Diane Knight (TexTC)	

440 Yards

55.2 Kathy Hammond (Un)	57.1 Cheryl Toussaint (ATC)
55.7 Esther Stroy (SITC)	57.2 Darlene Green (PhoTC)
56.0 Gail Fitzgerald (ATC)	57.3* Una Morris (IATC)
56.2 Jarvis Scott (LAM)	57.3* Lois Drinkwater (WC)
56.6 Gwen Norman (SITC)	58.1 Lisa Chiavario (AOC)
(Marks made at Illinois: 55.7 Nancy Shafer, 56.4 Beth Hutson, 57.3 Madeline Manning)	

500 Yards

1:06.3 Kathy Hammond (Un)	1:09.1 Una Morris (LATC)
1:07.5 Marilyn McClung (SCM)	1:11.4 Carol Goya (LBC)
1:07.7 Jarvis Scott (LAM)	

600 Yards

1:22.2 Cheryl Toussaint (ATC)	1:25.4 Francie Larrieu(SJ)
1:22.7 Kathy Hammond (Un)	1:25.4 Madeline Manning
1:23.0 Jarvis Scott (LAM)	1:25.5 Carol Hudson (AOC)
1:23.1 Nancy Shafer (WC)	1:25.5 Cis Schaefer (ML)
1:23.5 Terry Hull (KTC)	1:26.4 Jackie Thompson(MM)
1:23.9 Barbara Lawson (ColP)	1:26.4 Gallagher (PF)
1:24.7 Nancy Benson (PF)	1:26.5 Debbie Durst (SDL)

Middle Distances and Distance

(Europe) England's Rosemary Stirling turned in the best performance of the year when she won the English title over Sheila Carey-Taylor at Cosford on January 31 in 2:06.5. The world indoor record holder, East Germany's Barbara Wieck, has not yet started her season, and Waltraud Roessler annexed the national title in 2:09.2 ahead of young prospects Roessler (2:10.5) and Politz (2:10.9). Another East European hope, Galina Prokudina of USSR (1950) ran 2:10.3 at Moscow hall on February 3.

For reasons I really do not understand, very few people seem to know Doris Brown (USA) had set a world indoor mark for 1500m en route to a mile distance in Vancouver, Canada, three years ago. Doris passed the metric mark in 4:21.2 and was timed at the finish line in 4:40.4, a performance perhaps intrinsically better than the existing world record for the outdoor mile (4:36.8 by Mia Gommers, Holland). So the USSR claimed two barely-under 4:30 times last year by Kolyenikova and Sobolyova as world indoor 1500m records whereas the better of the two times, 4:29.4 by Kolyenikova, was only a European best! However, Galina Sobolyova, (other sources say Lyudmila Braghina was the person, but according to our USSR correspondent A. Kashcheyev it was Galina), improved this European best to 4:24.7 (Moscow, February 2). Thirteen days later, Gunhild Hoffmeister, the GDR girl who fell during the 1500m race at the European Championships in Athens and nevertheless managed a 4:20 performance, lowered this European best to 4:22.3. Lyudmila Braghina, USSR, had a "solo" run of 4:28.2 in Moscow on February 17.

(USA) Cheryl Toussaint has been winning most of the big indoor races, but lost the biggest one in an upset to Francie Kraker-Johnson at the Nationals. Doris Brown has the best mark of the runners made in Vancouver and also a new world best for the 1500m at Seattle. Manning has been desultry and may not run outdoors this year. Kathy Gibbons scored a big upset to win the AAU mile title, but Maria Stearns might have taken the title had she been permitted to run in the "seeded" section.

880 Yards

2:08.2* Doris Brown (FTC)	2:13.5 Barbara Lawson (CP)
2:10.5 Francie Johnson (M)	2:15.5 Madeline Manning
2:11.6 Cheryl Toussaint (ATC)	2:15.5 Francie Larrieu(SJ)
2:11.6 Nancy Shafer (WC)	2:15.7 Theresa Rulison (WP)
2:12.5 Terry Hull (KnoxTC)	2:16.3 Cis Schaefer (ML)
Marks made at Illinois: 2:07.2 Shafer, 2:12.4 Lawson	
2:12.6 Pam Bagian (WP)	

1500 Meters

4:21.1 Doris Brown (FTC)	4:35.5 Francie Larrieu (SJ)
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One Mile

4:58.5 Kathy Gibbons (PTC)	5:09.7 Vicki Clark (HA)
5:03.0 Maria Stearns (SMAA)	5:18.1 Carol Frederick (M)
5:04.8 Pam Bagian (WP)	5:18.3 Gwen Eberly (Ozark)
5:08.9 Jane Hill (FTFC)	5:19.0 Shelley Marshall
5:09.5 Barbara Lawson (CP)	5:19.5 Paula Strack (KS)
Marks made at Illinois: 5:16.5 Bagian, 5:19.5 Zimmerman.	

WORLD INDOOR REPORT (Continued)

Hurdles

(Europe) Karin Balzer and Chi Cheng are rewriting the hurdles record book - and Pam Kilborn can not help them due to a lack of indoor facilities in Australia. Mrs. Balzer had two tries at the 55m/60y hurdles and set a new record in her second try at 7.5 at the GDR Championships in Berlin on February 15 and is awaiting Chi's reply.

Less significant are the marks over 50m by Tatyana Antaryan and Lilya Zakharkina in Leningrad (7.1); they, along with teammates Kuznetsova and Zarubina are all four within one-tenth of Mamie Rallins world record.

The comeback of Northern Ireland's Mary Peters, a 5000 point pentathloneist, was emphasized by her 8.5 for the 60m hurdles in Cosford, January 31 that equalled Snezhana Yurukova's world mark. Incidentally, the Bulgarian girl, who is an excellent all-around athlete, will come back in action this year after having given birth to a child last year. In addition to the fine hurdle mark by Mary Peters, she has a practice mark in the shot of 16.50/54'1 1/2" and a meet mark of 15.86/52'0".

(USA) Chi Cheng answered Balzer with new world records over 50y hurdles (6.5) and 50m hurdles (6.9) and a narrow miss at the National Championships for the 55m/60y mark with 7.6s. Pat (Van Wolvelaere) Johnson is back after missing a year and running better than ever. Mamie Rallins is still getting better with each passing year and the hurdle outlook in the USA keeps improving.

50 Yard Hurdles

6.5 Chi Cheng (IATC)
6.6 Mamie Rallins (MDYF)
6.8 Pat Hawkins (Atoms)
6.8 Stanelia Mallard (CP)
6.8 Jayne Frederick (CP)
6.8 Sallie Caton (AOC)

55m/60y Hurdles

7.6 Chi Cheng (IATC)
7.6 Pat Johnson (Angels)
7.7 Mamie Rallins (MDYF)

50 Meter Hurdles

6.9 Chi Cheng (IATC)
7.8 Pat Hawkins (Atoms)

70 Yard Hurdles

8.8 Mamie Rallins (MDYF)

Note: the 7.6 of Lacey O'Neal was over 2'6" hurdles.

High Jump

(Europe) Ilona Gusenbauer (1947) found the needed concentration to clear 1.87/6'1 1/2" in Vienna on February 6 to break the world mark set by the great Jolanda Balas. Gusenbauer also took trials at 1.90/6'2 1/2" - the only athlete to do so except Balas.

Rita Schmidt seems more consistent this year. She devoted the 1969 season to strength training and this work is now paying dividends. Marks of 1.82/5'11 1/2" (Leipzig, February 8) and 1.83/6'0" (Berlin, February 15) are already behind her. Karin Schulze, Schmidt's teammate, has marks of 1.76/5'9 1/2", 1.75/5'8 1/2" and 1.77/5'9 1/2" and the vastly improved Rosemarie Witschas was third in the GDR Championships at 1.77/5'9 1/2".

While Debbie Brill cleared 1.83/6'0" with her "bend" in Canada, another sudden improvement was registered in Rumania. In addition to Virginia Bonci, the Rumanians now have Cornelia Popescu, born 1950, who went over 1.76/5'9 1/2" and then reached 1.81/5'11 1/2" (Bucharest, February 15) in spite of her height - only 5'6".

From the USSR comes the news that Irina Syenkina, still only 17, cleared 1.73/5'8 1/2" on a dirt runway in Leningrad on January 27.

(USA) This may not be the worst US event this year, but we are searching to find a poorer event for us. Unknown Vann Abram is reputed to have cleared 5'6" and little else can be said. Young Sallie Caton shows promise.

5'6 Vann Abram (Motor City)	5'3 Connie Peterson (ILLTC)
5'4 1/2 Sallie Caton (AlBOC)	5'3 Sue Minnich (KS)
5'4 Jil Hallgrimson (MDYF)	5'3 Fran Parham (Laurel TC)
5'4 Frances Bush (TSU)	5'3 Vann Boswell (Payis)
5'4 Sue Parks (WolPark)	
5'3 1/2 Jayne Frederick (CP)	

Long Jump

(Europe) The long jump actually seems to be a Wiczrek affair. The former Miss Neumann from the GDR opened the indoor season with a leap of 6.41/21'0 1/2" (Leipzig, February 1), then continued with jumps of 6.20/20'4" a week later at the same venue and 6.32/20'8 1/2" (Berlin, February 15). Viorica Viscopoleanu (I am hoping for a good writing of this tormented name by Vince!), the reigning Olympic champion is likely to overcome the effects of a long 1969 injury that caused her to lose the European championships to Sarna of Poland. Although she was beaten by Valeria Bufanu (6.14/20'1 1/2" to

6.15/20'2 1/4") in her first indoor meet, Viorica was then able to jump 6.30/20'8" at Bucharest on February 15.

An interesting mark was set by 5'10 high jumper Barbara Inkpen, UK, who reached 6.29/20'7 1/4" at Cosford on January 10, a British all-comers best. Nina Gavrilova, one of the best USSR prospects according to head coach Vladimir Popov, leaped 6.18/20'3 1/4" in Leningrad (dirt) on February 1.

(USA) If the high jump is poor in the USA, the long jump has improved! Chi Cheng leads the pack with a fantastic 6.42/21'0" with her only jump at the Nationals and two other marks of 6.32/20'8 1/4" at the Times meet in LA and the Achilles meet in Toronto. Willye White is still jumping well, but the big news is 16 year old Diane Kummer, a teammate of Willye's in Chicago. Diane had only one jump over 19 feet in her life until the Nationals - she qualified as the last jumper, but all three of her final leaps were over the 20 foot mark - and she has evidently had some real coaching from Willye and could just be the next US great in this event.

21'0 Chi Cheng (IATC)	19'2 1/4 Judy Vernon (Ozark TC)
20'3 1/4 Willye White (MDYF)	18'10 1/2 Sallie Caton (AOC)
20'2 1/4 Diane Kummer (MDYF)	18'7 1/2 Vickie Betts (LS)
19'11 1/4 Martha Watson (TSU)	18'6 1/4 Lisa Chiavario (AOC)
19'9 1/4 Debbie Smith (Hyte)	18'6 Elke Timmerman (TolRR)
19'3 1/2 Pat Bank (IATC)	18'1 1/4 Jan Glotzer (PTC)

Shot Put

(Europe) No real excitement at the news of a new indoor world best by Nadya Chizhova. Her 18.36/60'6" is a very far distance from that fabulous 20.43/67'0" achieved in Athens! It is more interesting to note a 17.00/55'9 1/4" put by 34 year old Galina Nyekrasova on January 25 in Moscow and another 18m club member, Irina Solontsova, USSR, 33, who put 18.15/59'6 1/2" on February 7 in Voroshilovgrad. Also at the same meet, the immortal Antonina Vashchyenko-Ivanova who is 38 years old, was still able to do 16.93/55'6 1/2".

But shot putting is also a GDR favorite! While Marianne Adam, the surprise of 1969, was again improving to 16.46/54'0" at the GDR championships, three girls were placing ahead of her - and it should be pointed out that Margitta Gummel (20.10/65'11 1/4") and Inge Friedrich (17.87/58'7 1/2") were absent! It was Hannelore Friedel winning the event and improving her best mark if 17.02/55'10" set 14 days before in Leipzig to 17.68/58'0". Hannelore won the discus event at the 1966 European Junior (outdoor) championships, then developed a special interest for shot putting and you now see the results. Well beaten in this event was Marita Lange, second in Mexico City Olympics and third in Athens, who put only 17.10/56'1 1/4".

(USA) We found it! The event worse than the high jump in the USA! Only seven people over 40 feet/12.19m! Mary Jacobsen upset Maren Seidler for the National title - and things look pretty dark for Uncle Sam in this event.

47'4 1/4 Mary Jacobsen (OreTC)	42'7 1/2 Pauline Thomas (ATC)
45'5 Maren Seidler (MDYF)	41'10 1/2 C.Travagliante (SEMO)
44'11 1/2 Lynette Mathews (FTC)	40'3 Debbie Rodriguez (CP)
44'9 Denise Wood (NJ Str)	

LATE ADDITIONS:

50y-5.9 Kathy Lawson (Keene N.H.)
6.0 Cathy Quiney (Liberty AC)
220y-25.3* Pat Johnson (Angels)
440y-57.4* Joan Pirie (Angels)
600y-1:24.2 Francie Johnson (Michigammes)
1500m-4:47.1 Nancy Main (Falcon TC)
880y-2:16.2* Vicky Foltz (FTC)
50mH-7.1 Pat Johnson (Angels)
7.7 Janene Jaton (Angels)
SP-45'7 Lynette Mathews (Falcon TC)
44'7 1/4 Marlene Kurt (Oregon TC)
42'9 1/2 Beth Smith (Oregon TC)

Loose abdominal, arm and shoulder muscles are necessary for complete body relaxation.

The more tired the athlete, the more important form and relaxation become.

Relaxation is primarily a state of mind.

There is little logic in telling the athlete to relax; the athlete must understand how relaxation affects performance.

US REPORT ARIZONA ALL COMERS

Phoenix, Arizona, January 10:--Jan Glotzer sparked this early season outdoor meet on the all-weather track at Phoenix College as she set a new Association record for the 440 at 56.9, won the 100 in 11.3 and the 60y hurdles in 8.1 against a 2.0mph wind. Kathy Gibbons had a good 2:15.6 for the 880.

RESULTS: Open Division: 60y, 1-Mavis Laing (Phoenix TC) 7.1, 2-Judy Rejebian (PTC) 7.1; 60yH, Jan Glotzer 8.1; LJ, 1-Jackie Van Buskirk (VOSTC) 17'1 3/4, 2-Rejebian 17'1; 100, Glotzer 11.3; 220 Darlene Green (PTC) 25.8; 440, 1-Glotzer 56.9, 2-Green 57.0, 3-Nancy Benson (Phoenix Flyers) 57.0, 4-Anne Gallaher (PTC) 58.0; 880, 1-Kathy Gibbons (PF) 2:15.6....3-Benson 2:26.5. **12/13 Division:** 50, Diane Metz (Tempe Rockettes) 6.5; 50yH, Tracy Felix (PF) 8.1; 880yMedR, VOSTC 2:02.7; HJ, Karen Schwantje (PTC) 4'9 3/4; LJ, Angie Whitt (Phoenix Chaparrals) 16'4 3/4, 2-Rosalyn Bryson (VOS) 15'9 3/4; 880, Tanya Gould (PF) 2:32.3; 440yR, VOSTC 52.8; DT, Vickie Chiarello (Creighton TC of Phoenix) 86'8; SP, Tracy Felix 32'10. **10/11 Division:** HJ, Sharon Groth (Lipke TC, Michigan) 4'3; 880, Groth 2:34.4; 440yR, VOSTC 58.1; BBT, Robin Scott (PF) 166'0. **9/Under Division:** 220, Vicki Murray (VOS) 31.3; 440, Murray 73.2; LJ, Beverly Wolf (VOS) 12'0 3/4; HJ, Janie Metz (TR) 3'5 3/4.

PHOENIX ALL COMERS

Phoenix, Arizona, January 24:--Kathy Gibbons scored a good double for the only noteworthy performances at the bi-weekly Phoenix All Comers Meet. Young Kathy sped to a fine 5:03.9 mile and had a good 2:16.8 win in the 880.

RESULTS: Open Division: 60/100/220, Debbie Goode (Un) 7.3/11.7/26.3; LJ, Diane Jones (VOSTC) 17'2; 880/Mile, Kathy Gibbons (Phoenix Flyers) 2:16.8/5:03.9. **12/13 Division:** 50/100, Rosalyn Bryson (VOS) 6.5/12.2; HJ, Jennifer Powell (VOS) 4'10 3/4; 6#SP, Charlene Arnold (Creighton TC) 33'0; 440, Tanya Gould (PF) 62.4; 440yR, VOSTC 53.5, 2-PF 54.1; BBT, Tracy Felix (PF) 202'0; JT, Felix 88'7; DT, Vickie Chiarello (CTC) 88'3 3/4. **10/11 Division:** 440, 1-Sandra Shipp (VOS) 67.0, 2-Anna Ingersell (Tempe Rockettes) 67.0; BBT, Beckie Ostler (TR) 164'4. **9/Under Division:** 440yR, VOSTC 64.7; HJ, Janie Metz (TR) 3'5 3/4; 440, Vicki Murray (VOS) 73.7.

CAL INLAND EMPIRE LEAGUE MEET

Walnut, California, February 7:--Una Morris of the Los Angeles Track Club had the best mark at the bi-weekly Inland Empire League meet at the Mt San Antonio College track when she blazed to an excellent early season 220 in 24.1 winning over young Mable Ferguson of the West Coast Jets who stopped the watches in 24.9s. Morris also won the 100m hurdles in her first-ever attempt in 15.0 flat.

RESULTS: 14/Over Division: 100mH, 1-Una Morris (LATC) 15.0, 2-Jan Svendsen (LATC) 15.5; 440yR, LATC 49.2; 100, 1-Mable Ferguson (WCJ) 11.1, 2-Marilyn Rougely (Palm Springs Fillies) 11.2; 60y, 1-Williamae Ferguson (WCJ) 7.0, 2-Rougely 7.1; 220y, 1-Morris 24.1, 2-M. Ferguson 24.9; 880, 1-Joanne Gilbreath (LATC) 2:24.5, 2-Debbie Timpke (Ontario-Montclair Cheetahs) 2:26.4; 880yMedR, West Coast Jets 1:49.8; DT, 1-Kathy Schmidt Long Beach TC) 127'0, 2-Monette Driscoll (LBTC) 126'1; SP/JT, Driscoll 37'4/136'3; HJ, Ann Meyers (West Covina TC) 5'0; LJ, Loraine Jordan (LATC) 17'1 3/4. **12/13 Division:** 440yR, Ontario-Montclair 53.9; 50y, 1-Bonnie Palmer (OM) 6.7, 2-Marilyn Watson (PSF) 6.7; 100, Palmer 12.1; 220, 1-Palmer 27.0, 2-Joyce Wolak (Un) 27.2; 440, 1-Wolak 62.8, 2-Robin Martin (OM) 63.3; 880, Sue Hoff (OM) 2:32.7; Mile, Diane Byington (Rialto RR) 5:58.8; 880yMedR, RRR 2:09.3. **10/11 Division:** 220, Effie Jordan (RRR) 29.0; 440, Jordan 66.5; 880yMedR, RRR 2:14.9; 880, Doreen Assumma (RRR) 2:35.0. **9/Under Division:** 440yR, Ontario-Montclair 64.6; 220, Jill Boyd (OM) 32.5; 440, Boyd 72.4; BBT, Lorenz (RRR) 114'0.

It is seldom good teaching technique to embarrass an athlete.

ILLINI TC OPEN MEET

Urbana, Illinois, February 21: 60y/300y, Judy Vernon (Ozark TC) 7.0/37.2; 880, Lori Schutt (HFAC) 2:20.0; Mile, Gwen Eberle (Ozark TC) 5:18.3; LJ, 1-Debbie Smith (Hyte TC) 19'5, 2-Vernon 19'2 3/4.

SOUTHERN CAL COAST LEAGUE MEET

Long Beach, California, February 1:--440yR, 1-SC Missiles 49.1; 880, Jarvis Scott 2:22.0; 100y, 1-Donna Beckstrom (SCM) 10.9, 2-Alida Van Gores (SCM) 11.0; 440y, Marilyn McClung (SCM) 58.9; Mile, Pam Jewell (LBC) 5:16.5; 220, Van Gores 25.3; HJ, Sandy Goldsberry (Lakewood Spartans) 5'1; LJ, 1-Vickie Betts (LS) 17'11 3/4, 2-Goldsberry 17'0. **12/13 Division:** 440yR, Lakewood Spartans 53.0; 880, Pat Cape (LBC) 2:21.2; 100, Carol Burkland (LMM) 11.8; 440, Cape 60.2; 220, Burkland 26.0; BBT, Debbie Rivera (LS) 216'3; SP, Rivera 38'3; DT, Terri Sabol (LMM) 111'0; LJ, Darla Crowell (LS) 15'8 3/4. **10/11 Division:** 440yR, West Vernon Jets 55.7; 50y, Cornelious (WVJ) 6.7; 100, Cheryl Norwood (WVJ) 12.5; (second section) Diane Keel (WVJ) 12.5; 440, Harris (WVJ) 67.3; HJ, Eileen Paskus (LMM) 4'2; LJ, Marina Van Gores (SCM) 14'6 3/4. **9/Under Division:** 440yR, La Mirada Meteors 64.0; 50, Howell (LAJ) 7.3; 660, Renee Quigley (LMM) 1:52.2 (72.1 at 440); 100, Carol Skjelbreia (LMM) 14.0; (second section) Howell (WVJ) 13.9; 220, Quigley 30.9, Skjelbreia 31.0.

EASTERN MICHIGAN PENTATHLON

1-Sheila Owens (Wolverine Parkettes) 3985 (7.4-4'11-18'2 3/4-26.5), 2-Pam Bagian (WP) 3516, 3-Sheice DuChamp (WP) 3510. **13/Under Division,** 1-Anita Lee (Detroit Striders) 3572 (8.4-5'0-25'9-17'2-28.2), 2-Sue Parks (WP) 3337, 3-Nanette DuChamp (WP) 2953. **Special Events:** 14/Over 880, 1-Theresa Rulison (WP) 2:15.7, 2-Sue Dudley (Michigammas) 2:17.1, 3-Patti Ford (WP) 2:18.0; 14/Over Mile, 1-Carol Frederick (Michigammas) 5:18.1, 2-Paula Strack (Kettering Striders) 5:19.5, 3-Karen Zimmerman (WP) 5:30.0, 4-WONDA POWELL (Michigammas) 5:31.5; 14/Over 440, 1-Rulison 58.8, 2-Dudley 59.1; 13/Under 880, Vicki Perkins (WP) 2:36.0; 13/Under 440, Carol Schleede (Michigammas) 63.4; 11/Under HJ, Sharon Groth (Lipke TC) 4'7....**RESULTS of competition 11 February:** 14/Over HJ, Vann Boswell (Paysis) 5'3; 14/Over Mile, 1-Bagian 5:20.7, 2-Rulison 5:23.6....6-WONDA POWELL 5:33; 13/Under Mile, Sue Parks 5:23.6; 14/Over Mile Relay, Wolverine Parkettes 4:06.0; 12/13 HJ, Parks 5'3, 2-Anita Lee 5'0; 11/Under HJ, Groth 4'5.

ARIZONA ALL COMERS

Phoenix, Arizona, February 14:--Arizona "Fros" Jan Glotzer, Nancy Benson and Kathy Gibbons all turned in good marks at the February All Comers meet at Phoenix College.

RESULTS: 14/Over Division, 60yH, Jan Glotzer (Phoenix TC) 8.0; 220, 1-Nancy Benson (Phoenix Flyers) 24.9, 2-Darlene Green (PTC) 25.5; 440, 1-Benson 56.1, 2-Kathy Gibbons (Un) 58.2; 880, Gibbons 2:19.5....6-Glotzer 2:31.4; 1500, Nancy Thompson (PTC) 4:53.5; HJ, Goldie Kraft (PTC) 5'0 3/4; LJ, 1-Judy Rejebian (PTC) 18'2 3/4, 2-Mavis Laing (PTC) 18'2. **12/13 Division:** 50yH, 1-Tracy Felix (PF) 7.7, 2-Diana Owen (VOSTC) 8.0; 880yMedR, VOS 2:00.6; LJ, 1-Rosalyn Bryson (VOS) 16'8, 2-Angie Whitt (Phoenix Chapparrals) 16'6 3/4, 3-Karen Schwantje (PTC) 16'1 3/4; 100, Diana Owen 11.9; 220, Lou Ann Bolick (VOS) 27.2; 440, Bolick 61.5; HJ, Jill South (Tempe Rockettes) 4'6 3/4; DT, Vickie Chiavario (Creighton TC) 87'7 1/2. **10/11 Division:** 880yMedR, VOS 2:13.4; LJ, Nancy Miller (PTC) 13'11 3/4; 440, 1-Anna Ingersoll (TR) 65.2, 2-Sandra Shipp (VOS) 67.6; 880, 1-Phyllis Trim (TR) 2:40.6, 2-Carole Chevront (PTC) 2:40.7; HJ, 1-Annette Jones (VOS) 4'2 3/4; BBT, Becky Ostler (TR) 166'2. **9/Under Division:** 50, 1-Beverly Wolf (VOS) 7.4 (7.0h), 2-Melanie Edmondson (PF) 7.4 (7.2h); 220, 1-Terri Monahan (PF) 32.0, 2-Wolf 32.7; 440, Vicki Murray (VOS) 73.4; 440yR, Phoenix Flyers 62.7; LJ, Vicki Murray (VOS) 12'1 1/2; HJ, 1-Murray 3'11 3/4, 2-Anita Green (CTC) 3'6 3/4; BBT, 1-Cindy Chiarello (CTC) 113'8, 2-Brenda Wiedmaier (CTC) 111'6.

PACIFIC ASSOCIATION AGE GROUP WINTER GAMES

Sacramento, California, February 21: United San Juan won every division of the Pacific Association's Age Group Winter Games.

RESULTS: 12/13 Division: 50/100, J. Kelly (Bakersfield Saints) 6.5/12.0; 880, P. Swalley (USJ) 2:23.8; 4x110, Bakersfield 52.5; MedR, Bakersfield 2:03.2. **10/11 Division:** 440, P. Hammond (Un) 63.4; 660, R. Nelson (USJ) 1:56.2; HJ, 1-C. Hyrkas (USJ) 4'2, 2-R. Nelson (USJ) 4'2; 440yR, Bakersfield 56.9; 880yMedR, Bakersfield 2:10.0. **9/Under Division:** 220, Hughes (BS) 32.3; 660/HJ, S.Seibel (USJ) 1:58.0/3'6; 440yR, Bakersfield 63.0s.

**US REPORT (Continued)
CAL COAST LEAGUE MEET**

Cypress, California, February 15:-Patty Cape, the National Cross Country Champion, zipped to a speedy 2:20.7 half mile in the 12/13 Division to highlight the bi-weekly Coastal League Meet held at Golden West College.

RESULTS: 14/Over Division: 440yR, SC Missiles 48.7; 880, Pam Jewell (LBC) 2:21.3; 100, 1-Alida Van Gores (SCM) 11.1, 2-Donna Beckstrom (SCM) 11.2, 3-Vickie Price (LBC) 11.3; Mile, Jewell 5:22.0, 2-Sandy Dean (LBC) 5:29.8; 440, Van Gores 59.1; 220, 1-Beckstrom 25.0; 4x220R, SCM 1:45.9; LJ, 1-Vickie Betts (Lakewoods Spartans) 17'5", 2-DeAnne Wilson (La Mirada Meteors) 17'4"; HJ, Sandy Goldsberry (LS) 5'2. 10/13 Division: 440yR, LS 52.5; 100, 1-Carol Burkland (LMM) 11.7, 2-Carrie McEvers (LS) 11.7; 220, Burkland 26.0; 880yMedR, LBC 1:57.8; LJ, Darla Crowell (LS) 16'1". 10/11 Division: 440yR, West Vernon Jets 55.2; 100, Cheryl Norwood (WVJ) 12.6, Gail McClendon (WVJ) 12.6 (separate races); 440, Terrie Harris (WVJ) 66.6; 880yMedR, LBC 2:16.0. 9/Under Division: 440yR, 1-WVJ 62.1, 2-LMM 62.4; 100, 1-Alice Howell (WVJ) 13.5, 2-Carol Skjelbreia (LMM) 13.8, 3-Renee Quigley (LMM) 13.9; 440, Quigley 71.6; 220, Eleanor Painter (LBC) 32.2; HJ, Chris Tomasic (LBC) 3'7.

PHOENIX ALL COMERS

Phoenix, Arizona, February 28: Open Division, 50y, Cassandra Thomas (PF) 6.6; 100, Thomas 12.3; 440yR, Phoenix TC 53.9; 880yMedR, VOSTC 1:57.9; HJ, Jennifer Powell (VOS) & Jackie Van Buskirk (VOS) 4'7; 220, Van Buskirk 26.8; 880, Debbie Hancock (Un) 2:23.6; Mile, Margie Norem (PF) 5:32.9. 12/13 Division: 50y, 1-Diana Owen (VOS) 6.9 (6.5h); 50yH, Owen 7.8; 100, Jennifer Martin (VOS) 11.8, 2-Linda Wright (PF) 11.9; 880yMedR, VOS 1:55.5; LJ, 1-Rosalyn Bryson (VOS) 16'5", 2-Angie Whitt (PC) 15'9; 220, Owen 26.8; 440, Lou Ann Bolick (VOS) 63.0; 440yR, 1-VOSTC 51.8, 2-PF 54.0; DT, Vickie Chiarello (Creighton TC) 90'10. 10/11 Division: 100, 1-Annette Jones (VOS) 12.6, 2-Anna Ingersoll (TR) 12.6; 220, Ingersoll 28.7; 440, Ingersoll 64.2; BBT, Becky Ostler (TR) 166'0. 9/Under Division: 50, Beverly Wolfe (VOS) 7.4; 100, Vickie Murray (VOS) 14.0; 220, tie, Terri Monahan (PF) & Murray 31.8; 440yR, Phoenix Flyers 62.9; LJ, Wolf 12'5", 2-Monahan 11'6; BBT, Cindy Chiarello (CTC) 111'8.

CBS-TV ANNOUNCES 17 MEET SCHEDULE (From TFN)

CBS-TV has announced its 17 meet schedule of track and field competitions it will telecast this spring and summer from the USA and Europe.

All meets will include US athletes. Unlike last year, all the meets from Europe are listed on the IAAF fixtures chart thus insuring better quality athletes than last year when some meets were specially conceived for TV.

CBS will go with the same team as in 1969 with anchorman Jack Whitaker, expert Dick Bank and interviewer Ralph Boston. All meets will air at eastern daylight time, 3:30 to 4:30, with few exceptions as noted. Pacific coast fans will view the meets usually beginning at 12:30 pm.

Date	Meet	Site	Showing	EPT Time
5-16	Martin Luther King Games	Villanova, Pa	5-17	4:30
5-23	California Relays	Modesto, Cal	5-24	3:00
5-30	Kennedy Games	Berkeley, Cal	5-31	3:30
6- 6	Compton Invitational	Los Angeles, Cal	5- 7	3:30
6-13	Oregon Invitational	Eugene, Ore	6-14	3:30
6-20	Orange County Invitational	Orange, Calif	6-21	3:30
6-27	Men's AAU Nationals	Bakersfield, Cal	6-28	3:00
7- 4	Women's AAU Nationals	Los Angeles, Cal	7- 5	3:30
7- 9	USA-France	Paris	7-12	3:30
7-16	USA-West Germany	Stuttgart	7-19	3:30
7-24	USA-Soviet Union	Leningrad	7-26	3:00
7-29	International Meet	Stockholm	8- 2	3:30
8- 6	International Meet	Oslo, Norway	8- 9	3:30
8-13	International Meet	Cologne, Germ	8-16	3:30
8-19	International Meet	Malmo, Sweden	8-23	3:30
8-25	International Meet	Belgium	8-30	3:30
9- 3	International Meet	Warsaw, Poland	8- 6	3:30

(Last day listed for two-day meets in Bakersfield, Paris, Stuttgart, Leningrad and Oslo.)

**GOOD MARKS AT SPAAAU OUTDOOR OPENER:
SCHMIDT 185'9, CHI 10.5w, 13.5 & 55.8r**

Alta Loma, California, March 8:-Chi Cheng, fresh from her sensational performance at the National Indoor Championships and 16 year old Kathy Schmidt were the star performers at the opening outdoor meet of the Southern Pacific Association on the all weather track at Chaffey College.

Young Kathy came close to a world 16 year old best in the javelin as she looped the spear 185'9 for a new District record and US age best. The world best was set last year by Australia's Petra Rivers at 186'3.

Chi Cheng flew over the 100m hurdles in a fine season opening time of 13.5 and returned in the next event to win the 100y dash in 10.5 with a wind slightly over the allowable at 4.4mph. Chi also zipped to a 55.8 quarter in anchoring the LATC to victory in the mile relay.

RESULTS: Women's Division: 100y, 1-Chi Cheng (LATC) 10.5w, 2-Williamae Ferguson (West Coast Jets) 10.9w, 3-Donna Beckstrom (SC Missiles) 11.0w; 220, 1-W. Ferguson 24.2, 2-Alida Van Gores (SCM) 24.4, 3-Beckstrom 24.5; 440, 1-Mable Ferguson (WCJ) 56.9, 2-Una Morris (LATC) 57.0, 3-Alberta Martin (LATC) 61.7; 880, 1-Carol Goya (LB Comets) 2:19.5, 2-Marie Vanderwerff (LBC) 2:24.8; Mile, 1-Pam Jewell (LBC) 5:26.1; 3000m, Jewell 10:27.5, 2-Renee Wescott (La Mirada Meteors) 11:07.0; 100mH, 1-Chi Cheng 13.5, 2-Pat Donnelly (Mickey's Missiles) 14.6, 3-Martin 15.6; 440 Relay, SC Missiles 49.3; 880yMedR, 1-West Coast Jets 1:51.2, 2-SCM 1:51.3; Mile Relay, 1-LATC (Martin 63.2-Morris 60.4-Svensden 64.1-Chi 55.8) 4:03.5, 2-LBC 4:20.9; SP/HJ, Svensden 38'10"/4'10; DT, Monette Driscoll (LBTC) 130'5, 2-Kathy Schmidt (LBTC) 120'3; LJ, Lorraine Jordan (LATC) 17'1, 2-Sandy Langevain (Lakewood Spartans) 16'11; JT, 1-Kathy Schmidt (LBTC) 185'9, 2-Driscoll 135'8.

Girl's Division: 100, 1-Vickie Price (LBC) 11.2, 2-Sharon Farrell (Ventura TC) 11.5, 3-Janine Stirewalt (LS) 11.5, 4-Roberta Fore (Un) 11.5; 220, 1-Price 25.4, 2-Stirewalt 26.1, Carol Mayes (LS) 26.1 and Ann Wheeler (OMTC) 26.1 all tied; 440, 1-Kathy Leineke (VTC) 59.3, 2-Corrine Stirewalt (LS) 59.9; 880, 1-Debbie Timpke (OMTC) 2:22.7, 2-Debbie Norris (SCM) 2:23.4, 3-Sandy Dean (LBC) 2:26.2; 80mH, 1-Ann Wheeler (OMTC) 12.4; 440yR, Lakewood Spartans 50.4; 880yR, 1-LS 1:47.5, 2-LBC 1:48.2, 3-VTC 1:48.3; HJ, 1-Sandy Goldsberry (LS) 5'0; LJ, Goldsberry 16'11", 2-Vicki Betts (LS) 16'0"; JT, Claudette Fabian (LS) 127'10.

12/13 Division: 50, 1-Juanita Kelly 6.2, 2-Maren Olson 6.2; 100, 1-Juanita Kelly (Bakersfield TC) 11.6, 2-Olson (WHTC) 11.7, 3-Carol Burkland (LMM) 11.8; 220, Burkland 25.7w; 440, Joyce Wolak (Un) 62.6; 880, 1-Patty Cape (LBC) 2:21.7, 2-Nancy Paul 2:27.4, 3-Linda Green (LBC) 2:28.6; Mile, 1-Debbie Johnson (RRR) 5:20.1, 2-McNab 5:30.7; 50yH, 1-Burkland 7.5, 2-Cynthia McKenzie (Montario Impalas) 7.6; 440yR, 1-Bakersfield Saints 51.7, 2-LBC 52.6, 3-LS 53.2; 880yMedR, 1-Bakersfield 2:00.6, 2-LBC 2:02.0; DT, Terri Sabol (LMM) 112'11; HJ, Jan Dill (LS) 4'10", 2-Karen Kosmala (LMM) 4'10", 3-Ellen MacLaughlin (BS) 4'8; BBT, 1-Debbie Rivera (LS) 233'3, 2-D. Faber (RRR) 223'6; 1-Rivera 36'7; LJ, Tanya Warren (BS) 17'0", 2-D. Crowell (LS) 16'5. 10/11 Division: 100, Joyce Lee 12.8; 220, A. Smith 28.8; 440, Effie Jordan (RRR) 65.5; 660, D. Mueller (RRR) 1:54.8; 880, Dianne Holder (LDH) 2:29.3, 2-Doreen Assuma 2:34.4, 3-Margit Sturhann 2:35.0; 440yR, Bakersfield 55.6; 880yMedR, Bakersfield 2:04.0; HJ, Shawhan 4'6. 9/Under Division: 50, K? Hughs 7.2; 100, Lois Sawyer 14.0; 440, C. Skjelbreia (LMM) 73.6; 440yR, LBC 63.8; 660, Michelle Klein (Un) 1:56.4; BBT, Eleanor Painter (LBC) 145'1, 2-Mariena Pond (LBC) 137'1; LJ, 1-Cris Tomasic (LBC) 12'2", 2-Klein 12'1.

**THE ATFS HANDBOOK ON WOMEN'S T&F
1970 EDITION**

This authoritative ATFS Handbook, compiled by Bernie Cecins, Ilya Lokschin, Luigi Mengoni and Jan Popper, will be ready for distribution in April. It contains the 150 best world performers and the 80 world best performances of all time up to the end of December 1969, (including 80m hurdles and the pentathlon - with old 80mH). Price will be \$2.25 for delivery in the USA and countries overseas from Italy where the book is published. Add \$1 for air mail. Order from: LUIGI MENGONI, % ISTITUTO TECNICO AGRARIO "C.ULPIANA" I - 63100 ASCOLI PICENO, ITALY.

FOREIGN NEWS

AUSTRALIAN REPORT from Bernie Cecins

The big news so far this season from Australia is the apparent return to form of Maureen Caird, the 1968 Olympic hurdles champion, after a rather desultory year in 1969. Her latest outstanding performance was turned in on the second day of the New South Wales Women's Championships when she zipped to a 13.2 clocking for the 100m hurdles to clip a tenth off Kilborn's Australian record. Caird has recently adopted a new starting technique - coming straight up from the blocks - and has cut her sprint times considerably.

Sydney, January 24: 200m, Lamy 24.4, Caird 24.2, Kay Thomas 24.5, Ross-Edwards 24.4, Pegg 24.5; 400m, Sandra Brown reduced her best to 53.4 to beat Peasley by five meters; 100mH/LJ, Pease 13.7/19'0". Perth, January 24: 100m, Holland 11.6w, Bennett 11.7w; 400m, Holland 54.9. Adelaide, January 24/25: Pentathlon, Jean Arnold 4366. Perth, January 31: 100m/200m, Holland 11.7/24.0. Grace Piccardi (16) won her races in 11.8/24.4.

Sydney, January 31: (First day NSW Championships), 100m (wind 3.2) Lamy 11.2w, Caird 11.3w, Brown 11.4w; Juniors, 100 Pegg 11.5w, Ross-Edwards 11.6w; 800m, Peasley 2:11.1; 200mH (wind 3.4) Caird 26.7w, Pease 27.2w; HJ, Wright 5'6; SP, Lamy second place with 39'7". (Second Day); 100mH, Caird 13.2, 2-Penny McCallum 13.4, Diane Pease 13.4; 200m, Lamy 23.4, Brown 23.7; JT, Diane White 165'2; Juniors, 200m, Margaret Sargent (15) 23.9 Ross-Edwards 23.9, Monica Pegg 24.0. Melbourne, February 8: Raelene Boyle clocked 23.5w for 200m and 11.4 for 100m without wind gauge; 1500m, Raie Thompson 4:33.7.

Sydney, February 14: Sandra Brown, who after finishing last in the 400m in the national championships at Brisbane and almost retired, reduced her 400m time to 53.1 finishing well ahead of Cheryl Peasley (54.7) and Paula Dryden (55.2). In the junior event, Ross-Edwards reduced her best 400m to 55.7; LJ, Kathy Csardas, born in Hungary, 19'11½, Jeannett Tandy 19'10". Perth, February 14: 400m, Kathy Holland 54.9, Joyce Bennett 56.4. Perth, February 15: 200m, Bennett 23.9, Holland 23.9; 200mH, Holland 27.9, Sue Hannay 28.3, Janet Hatch 28.8.

Melbourne, February 21: 100m, Boyle 11.9 (headwind); 100mH, Kilborn 13.8 (still nursing ankle injury), 800m, Maree Kennedy 2:13.4; HJ, Raelene Parke 5'4; JT, Petra Rivers 176'10, Natasia Urbancic (Yugoslavia) 153'10. Perth, February 21: 100m, Kathy Holland 11.9 (strong headwind), 200mH, Holland 27.9, Sue Hannay 28.1, Jan Hatch (15) 28.9. Perth, February 28: Kathy Holland, who is improving with age, reduced her 400m time to 54.0. She is certain to give Sandra Brown stiff competition in the National Championships at Melbourne in mid-March. Second was Joyce Bennett in 56.1; 100mH, Jennifer Jones 14.1; Junior HJ, Jan Hatch 5'3¾. Sydney, February 28: Penny McCallum beat Maureen Caird in 13.6 over 100mH in an interclub race (Caird also 13.6), but later lost by 0.2 second when Caird clocked 13.5 in another race; 200m, Brown 23.9; LJ, Pease 20'0; 200, Pease 24.5. Melbourne, February 28: 200/400, Boyle 24.3/55.7. It is possible that she may be bidding for National titles in all three sprints. Eventually, 400m may be her main event; 1500m, Palmer 4:42.9, 2-Iris Lincoln; 200mH, Kilborn 27.4; SP, Jean Roberts 48'6, Anna Karner 48'2¼; DT, Roberts 156'10, Karner 139'4. Adelaide, February 28: 400m, Roslyn Owens 55.8, Judith Hart 56; 200mH, Hart 27.9; HJ, Jean Arnold 5'4. Perth, March 2: 200m, Holland 24.2, Bennett 24.4s.

Strange but true, it has been observed that in ANY physical activity where individual performance is concerned and where there is a way to measure performance, as in track, the individual will be less efficient in any given activity after a short training period than he was before the training period began.

Conditioning work at first is detrimental to good performance. The muscles do not react as fast and lack the endurance which they possessed at the start of training due to the amount of "stored up energy" which the athlete accumulated before the practice sessions began.

No muscle or set of muscles will improve or develop unless a need for that development is put on the muscle or set of muscles.

AFRICAN AND SOUTH PACIFIC NEWS from Yves Pinaud

South Pacific News:—Jane Phineas of the Long Beach Comets, represented American Samoa at the South Pacific Games in Port Moresby last August....The Javelin Throw is always a big event in the South Pacific. In 1969 the best were 153'1 by Elise Poaniewa (New Caledonia), 139'8 by Soana Simutoga (New Caledonia), 136'9 by Mereoni Bose (Fiji) and 135'4 by Celeste Kawa (New Caledonia)...the best South Pacific girls in the high jump are New Caledonian Henriette Wahuzue and Ines Elocie, both born in 1954. Wahuzue jumped 5'0½ and Elocie 4'11.

African News:—The 1500 meters will be a good event for the Kenya girls. At their first attempt, G. Cherop did 4:39.9. African best is 4:36.0 set in 1967 by the great Anne MacKenzie....Young ladies of Uganda are improving again their place in African athletics high society with Judith Ayaa, born 1952, (11.8 for 100m, 25.0 for 200m and 53.6 at 400m, the last an African record), there are Lucy Eceru, born 1953, 56.0 for 400m, Carolyn Nyankori (1952) 5'5 in the high jump and Christine Kabanda (1952) 18'9½ for the long jump....Best Arab athlete is Moroccan Malika Hadky with 12.5 for 100m, 25.9 200m and 58.6 for 400m....Ghanaian Alice Annum is ranked in the ten best Africans in six events! She did the following marks in 1969: 10.8 at 100y, 11.9 at 100m, 24.8 at 200 m, 57.4 at 400m, 5'3¾ in high jump and 19'6¼ in long jump!...South Africa has lost its continental supremacy in the 400 meters, long jump and 400m relay.

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NEW ZEALAND CHAMPIONSHIPS from Terry Munns

Sylvia Potts was the star of the two-day meeting for the New Zealand Championship. She showed tremendous stamina running two 400m events and two 800's on the final day. But the real highlight of the meeting was her runaway 800m win in the world class time of 2:04.0s. She ran the first 200m in 28 and passed the half-way mark in 60 seconds flat. In winning, she conquered high winds and high class competition, with former British Olympian Anne Smith finishing fast for second place in 2:06.7 and Sue Haden in third with 2:08.4. Sylvia turned out less than an hour after the 800m final and clocked 55.4 to win the 400m and only a few minutes later ran a sizzling 400m leg in the 1600m relay to bring her team into third place.

Other notable performances were Val Robinson's dramatic 1500m win in the last few yards over Anne Smith, Penny Hunt's sprint double, Barbara Poulsen's shot put victory at 49'11" (her best-ever), and little Pam Weigel's long jump of 19'10" in heavy rain.

RESULTS: 100m, Hunt 12.4...3-Snow 12.6; 200m, Hunt 24.7; 1500, Robinson 4:30.4, 2-Anne Smith 4:30.7, Beverly Shingler 4:30.9; HJ, Lorraine Norris (nee Curtis) 5'4; JT/DT, Sally-Ann Flynn 146'4/143'8

Other items:-Sue Haden finished in third place in the 800 in good time (2:08.4) - with a broken bone in her foot. Although very painful, she returned and ran a fine leg on the 1600m relay team. Now she is going to try for the Commonwealth Games 800m standard - still with the broken bone!! On a sad note, internationalist Heather Thompson, last year's mile champion and 880 runner-up, finished only 4th in the 1500 and next to last in the 800m, just ahead of 15 year old Lorraine Moller.

Other results: Auckland, February 14: 1500m, Smith 4:31.8, Thompson 4:33.5, Sampson (38yrs) 4:56.3. February 21, LJ, Weigel 20'4" w; Dunedin, February 21: 800m, Potts 2:07.9 (in thunderstorm!). Auckland, February 21: 1500m, Smith 4:28.2, Sampson (still 38y) 4:51.3. Christchurch, February 2: SP, Charteris 52'1". Auckland, February 21: 100mH, Jan Mack 14.6. Lorraine Wilson (now Mrs. Green) and only 21 years old who was second at 54.5 in the Pan-Pacific Games at Tokyo, has retired.....Marks by youngsters include 400m, 58.9 Lorraine Moller (15), 800m, Moller 2:15.0 (at 14 yrs), LJ, Kathleen Otto (14) 18'4 into headwind, HJ, Cathy Rushbrooke (14) 5'0.

KALEIDOSCOPE

Hard-luck kid Janet Brown has doo'd it again - this time she fell off a bike and broke her leg. She will be in a cast until at least mid-May but hopes to get back for the Nationals.....National AAU Indoor Championships will be in Madison Square Garden, New York, in 1971 and 1972....AAU Convention will be in San Francisco this December.....Europe vs. Americas may be in Los Angeles, San Francisco or Miami in 1971.....West Germany's Ingrid Becker, 1968 Olympic pentathlon champion, is now Mrs. Michler.....Irene Szewinska is the mother of a boy, Andrzej, and is now back in training and will be ready for the 1970 outdoor season....Add another athlete married to her coach - Tereza Nowak of Poland.

And don't go away - Italy's Paola Pigni will marry her coach Bruno Cacchi very soon....And French 200m record holder Nicole Montandon married French long jump record holder Jack Pani....Joyce Smith won England's "Southern" xc title with a one second win over Rita Ridley - thus regaining the title she won last time in 1960!....Sharon Groth, 11, of Lipke TC improved her high jump mark to 4'7 indoors and ran a 65.8 quarter....Broomfield, Colorado, has put out a fine newspaper-brochure for their annual Broomfield meet - the Boulder Valley Invitational coming up on June 20....Albuquerque's young Carol Hudson was picked as Athlete of the Year by the New Mexico AAU, quite an achievement for a 13 year old girl. She holds NM records at her age level for the 220,440 and 880 and was state xc champion as well.

Igloy's old "Wheezier" marathoner, Norm Higgins, has really started things rolling in track at far away New London, Connecticut. NL will host the Region I championships on June 14. Write to Age Group Athletic Association, PO Box 1491, New London, Conn, 06320....Has any club a better mark for the distance medley (440-880-1320-Mile) than the 13:17.0 by Albuquerque Olympette Club?....Mildrette Netter, Olympic gold medal relay winner from Alcorn College has been named the outstanding athlete of the year of the Southern Association (Mississippi and Louisiana)....Gail Fitzgerald, 18, a

freshman at Montclair State College, is 6'1.....John Hudson, meet director for the Toronto Maple Leaf Games, has received accolades from the participating athletes - now THAT'S news - but he did a wonderful job.....

Barbara Emerson, now with an ok from Dr. Bornstein, the very efficient doctor and friend of all athletes, is back in training.....Brenda (Jones) Carr, the 1960 Olympic silver medalist at 800m from Australia will be out of competition this year as she is expecting a baby.....Results in India include 100/200 K. G. Bhadra of Ceylon 12.2/25.8, 400m Pushpa Bhandokar 59.5 and Sital Kaur 123'7 in the discus.....Rita Ridley won the British cross country title over approximately 5600 meter distance....Wooster College has published a beautiful brochure honoring their three tracksters (Drinkwater, Shafer and Skelley). For a copy write E. S. Infield, Director of News Services, The College of Wooster, Wooster, Ohio, 44691..

CLASSIFIED ADS

CLASSIFIED ADS:-One or two inches deep, 9 lines per inch, 60 characters per line. One inch \$15, two inches \$25. Send your meet information, products to sell, wanted to buy or what-have-you. Our staff will re-write and/or edit your material if you wish.

SECOND ANNUAL LAMBERT TRACK & FIELD CAMP....John F. Kennedy College (First with the Most for Young Ladies in Intercollegiate Athletics), Wahoo, Nebraska. Randall T. Lambert, Nebraska TC, Camp Coach. First session June 14-20; second session June 21-27. \$75 per session, both sessions \$140. (Fee includes room, board, instruction and two personalized camp T-shirts. For more information write to Randall T. Lambert, % Girl's Track & Field Camp, Box 227, Ainsworth, Nebraska, 69210.

HANFORD GIRL'S AND WOMEN'S TRACK MEET....Hanford, California, April 25, 1970. Contact Hanford Lions Club, PO Box 698, Hanford, California, 93230.

GENUINE IMPORTED CHINESE JADE CHARMS....See ad elsewhere in this issue....Beautiful Jade Buddha, elephant or heart with 24k gold clasp enabling you to use for necklace or bracelet. ...Get this Chinese Good Luck symbol - real Jade - \$12.50 to WTFW, PO Box 371, Claremont, California, 91711.

MT. SAC RELAYS....Two day meet at world famous Mt. San Antonio College....Invitational events Saturday, April 25 and Open events Sunday, April 26....Contact Jim Allen, 10044 Central Avenue, Montclair, California.

CLAREMONT RELAYS....The first Big Relay Carnival to provide women's events exactly the same as those provided for the men....Contact Vince Reel, Meet Director, Claremont Men's College, Claremont, California, 91711....March 25, 1970.

RDB...Come home, all is forgiven...Sur Ceals.

SECOND ANNUAL NATIONAL INTERCOLLEGIATE TRACK & FIELD CHAMPIONSHIPS....May 29-30....University of Illinois...Dr. Nell Jackson, 212 Freer Gym, University of Illinois, Urbana, Illinois, 61801

BACK ISSUES WTFW....Most months still available for 25¢ per copy - minimum purchase \$1....Write WTFW, PO Box 371, Claremont, California, 91711.

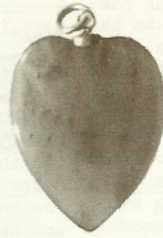
When an athlete first comes out and starts practicing, the tendency is for her to worsen rather than improve. As the training proceeds, additional stress is placed upon the specific muscles needed to perform the movements of the athlete's particular event or activity. The muscles will at first break down under the demand of the additional work. Then as the need for improvement is realized, the muscles will gradually strengthen and the athlete's performance will improve.

The beginner must understand that all champions have passed through a period where progress seems at a standstill.

The learner cannot be forced; she must be ready to learn.

Positive teaching is better motivation than negative teaching.

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World "Age Records" For Girls

Compiled by Mel Watman

100 YARDS		
13	10.8	Margaret Bailes (US) 1964
14	10.7	Sue Rush (Australia) 1961
15	10.5	Jennifer Lamy (Aus) 1965
16	10.5	Brenda Cox (Aus) 1961
17	10.4	Jennifer Lamy (Aus) 1965
18	10.4	Dorothy Myles (US) 1967
19	10.3	Wyomia Tyus (US) 1965

100 METRES		
13	11.9	Sonia Lannaman (UK) 1969
14	11.6	Claudie van Straaten (SA) 1969
15		Inferior to 14-year-old record
16	11.3	Lyudmila Zharkova (SU) 1968
17	11.1	Margaret Bailes (US) 1968
18	11.1	Raelene Boyle (Aus) 1968
19	11.1	Ewa Klobukowska (Pol) 1965
19	11.1	Irena Szwinska (Pol) 1965
19	11.1	Wyomia Tyus (US) 1965
19	11.1	Barbara Ferrell (US) 1967

200 METRES		
		(* 220y time less 0.1)
13	24.2*	Renaye Bowen (US) 1967
14	24.0	Claudie van Straaten (SA) 1969
15	23.5	Raelene Boyle (Aus) 1967
16	23.5	Pam Greene (US) 1969
17	23.4	Raelene Boyle (Aus) 1968
18	22.7	Raelene Boyle (Aus) 1968
18		Inferior to 17-year-old record
19	22.7	Irena Szwinska (Pol) 1965

400 METRES		
		(* 440y time less 0.3)
13	56.6	Mable Ferguson (US) 1968
14	54.3*	Esther Siroy (US) 1968
15	52.6	Kathy Hammond (US) 1967
16		Inferior to 15-year-old record
17	52.1	Kathy Hammond (US) 1969
18		Inferior to 17-year-old record
19	52.1	Lillian Board (UK) 1968

800 METRES		
		(* 880y time less 0.8)
13	2:16.8*	Debbie Norris (US) 1968
	2:16.8	Debbie Timpke (US) 1968
	2:16.8*	Debbie Roth (US) 1969
14	2:12.1*	Debbie Norris (US) 1965
15	2:07.3	Marie Mulder (US) 1965
16	2:06.1	Waltraud Pohland (EG) 1969
17	2:02.8	Vera Nikolic (Yug) 1965
18	2:02.1	Vera Nikolic (Yug) 1967
19	2:00.5	Vera Nikolic (Yug) 1968

1500 METRES		
14	4:39.2	Debbie Roth (US) 1969
15	4:33.0	Doreen Martens (Can) 1969
16	4:16.8	Francie Larriue (US) 1969
17		Inferior to 16-year-old record
18		Inferior to 16-year-old record
19		Inferior to 16-year-old record

MILE		
12	5:07.8	Debbie Roth (US) 1968
13	4:59.6	Debbie Roth (US) 1969
14		Inferior to 13-year-old record
15		Inferior to 13-year-old record
16	4:58.7	Maureen Dickson (US) 1968
17		Inferior to 16-year-old record
18	4:54.8	Rita Ridley (UK) 1965
19	4:47.9	Rita Ridley (UK) 1966

100 METRES HURDLES		
16	13.5	Maureen Caird (Aus) 1968
17	13.5	Maureen Caird (Aus) 1968
18	13.2	Maureen Caird (Aus) 1970
19		Inferior to 18-year-old record

HIGH JUMP		
		(i) indoor mark
13	1.65/5'5"	Sylvia Kandziara (EG) 1967
14	1.70/5'7"	Sylvia Kandziara (EG) 1968
15	1.76/5'9 1/4"	Sylvia Kandziara (EG) 1969
16	1.76/5'9 1/4"	Rita Schmidt (EG) 1967
	1.83/6'0"	(i) Debbie Brill (Can) 1970
17	1.87/6'1 1/2"	Rita Schmidt (EG) 1968
18	1.87/6'1 1/2"	Rita Schmidt (EG) 1969
19		Inferior to 17/18-year-old record

LONG JUMP		
13	5.81/19'1"	Dora Roberts (US) 1968
14	5.92/19'5 1/2"	Dora Roberts (US) 1969
15	6.02/19'9"	Sue Scott (UK) 1967
16	6.26/20'6 1/2"	Claude Bouix (Fra) 1963
	6.26/20'6 1/2"	Maria Trio (Italy) 1964
17	6.51/21'4 1/2"	Manon Bornholdt (WG) 1968
18	6.60/21'7 1/2"	Irena Szwinska (Pol) 1964
19		Inferior to 18-year-old record

SHOT		
14	12.75/41'10"	Brunhilde Bergmann (EG) 1969
15	13.80/45'3 1/2"	Wilna Fraser (SA) 1960
16	15.24/50'0"	Gabriele Moritz (EG) 1969
17	15.51/50'10 1/2"	Dagmar Zachert (EG) 1969
18	16.60/54'5 1/2"	Nadyezhda Chizhova (SU) 1964
19	17.56/57'7 1/2"	Nadyezhda Chizhova (SU) 1965

DISCUS		
13	41.94/137'7"	Sue Culley (Aus) 1966
14	45.85/150'5"	Sylvia Friedrich (EG) 1969
15		Inferior to 14-year-old record
16	52.55/172'5"	Irina Sapronova (SU) 1969
17		Inferior to 16-year-old record
18		Inferior to 16-year-old record
19	52.70/172'11"	Liesel Westermann (WG) 1964

JAVELIN		
13	49.00/160'9"	Petra Rivers (Aus) 1966
14	51.02/167'4"	Marite Alain (SU) 1966
15	54.05/177'4"	Kathy Schmidt (US) 1969

100 METRES HURDLES		
16	56.77/186'3"	Petra Rivers (Aus) 1969
17	60.54/198'7"	Mihaela Penes (Rum) 1964
18	60.55/198'8"	Barbara Friedrich (US) 1967
19		Inferior to 18-year-old record

PENTATHLON		
13	3786 (80H)	Judy Rejebian (US) 1968
14	3992 (100H)	Judy Rejebian (US) 1969
15	4707 (80H)	Cathy Hamblin (US) 1968
16		Inferior to 15-year-old record
17	4819 (100H)	Monika Peikert (EG) 1969
18	4890 (80H)	Manon Bornholdt (WG) 1969
18	4834 (100H)	Burglinde Pollak (EG) 1969
19		Inferior to 18-year-old record

LETTER FROM KERSTIN WILLIAMS

"I enjoyed reading your "Handy Alibi Sheet" on the last page of the January issue of WTFW. It would be nice if you would acknowledge the fact that Ted Haydon of the University of Chicago Track Club was the one who originally compiled this list. My husband, a former member of the Track Club, has in his possession two editions of this "Handy Alibi Sheet". The first one, which differs slightly from the following, does not have a date on it. The second, however, is identical with the "Sheet" you published, and was written in 1960 or 1961. If any verification is needed, please get in touch with Ted Haydon, coach of the University of Chicago Track Club."

Dear Kerstin - Thanks for your letter and your interest, but I am afraid yours was not the only letter "claiming" knowledge of the one and only original "Handy Alibi Sheet". I first printed this same "Sheet" when I was coaching at Wilson High School in Long Beach California sometime between 1937 and 1958 - so it has been around for quite a while! And I copied it from someone else."

LETTER FROM KIM FAVORITE

"In your last few issues I have been listed as being a member of the Fledgling Track Club, and once as being from the state of California. Both of these statements are wrong. I removed myself from the Fledgling TC on the 29th of June, 1969, and had it announced at the National scratch meeting that I was unattached from the state of Washington. Somehow judges, officials, coaches and people in general did not seem to acknowledge this fact, but the fact still remains that any performance I did after the date of June 29, 1969, was not as a member of the Fledgling TC, but was unattached."

LETTER FROM RICHARD BEYST

"Just a line to tell you of some more "Wolverine LUCK" as you constantly refer to it. So you once again fail to give an objective view of the race (National cross country championships) when you God's Gift to Heaven fail to see a California Victory! Where were the excuses in 1968 at Frederick when the margin of victory was 1 point? Perhaps you should add to your list of excuses (Handy Alibi Sheet) that you printed recently, "Girl Got Sick", "Girl couldn't take it and dropped out". We wouldn't enter a kid who couldn't finish a race in Michigan"

Simmer down a bit Ricardo. The information that certain girls didn't finish the competition is, I believe, an integral part of the story of the meet, and if she is a member of a team which is a contender for the title, the fact should be reported. Besides, if you'll check on page 32 of the January issue you'll find this, "Parkettes number 4 girl, Robin Wright, did not make the trip to LA - for which the other clubs can be thankful". And on page 28, "The Wolverines are the champs. They came through when it was required". Doesn't sound like your club, your state or your nation is being picked on does it? -SFVR-

After the season begins, avoid successive hard workouts.

You can't "make up" practices you miss.

LETTER FROM MONETTE DRISCOLL

"I like the section titled "Statistics from the 1969 USA List". However, it could have been longer. For individuals with three rankings - Diane Spangler with her 7th ti in the 100mH, 6th tie in the 200mH and 3rd in the pentathlon is very noteworthy and also Sherry Calvert's 1st in the javelin, 12th in the shot and 18th in the discus. Also Linda Langford's triple 4th in the discus, 12th in the javelin and 13th in the shot is mentionable. Tripling in three field events is much more spectacular than in running or a combination of jumping and sprinting. Try it some time or ask about it!"

Dear Monette: I am afraid I would have to "ask about it". The last time I tried it we were still digging holes in the track for starts!

LETTER FROM CHERRIE SHERRARD

"I would like to point out an omission that was made in the "ALL TIME TOP TEN" from Leichtathletik in the February, 1970, edition of the Women's Track & Field World.

My name, Cherrie Sherrard, was left off the All Time Top Ten in the 80m hurdles.

In Toronto, Canada, August 20, 1967, I ran 10.5 in the 80m hurdles. My time was accepted as the American record and the Canadian record.

I know in the November 1967 issue you said that "Reports reach us that Cherrie Sherrard's 10.5 mark is questionable as pictures show a very narrow win over Mamie Rallins who was given 10.8. Spectators state either Rallins also ran 10.5 or Sherrard ran 10.8".

I would just like to say that I ran in the lane next to Mamie and we had been pretty close all year, but she wasn't close at the end of this race. If you have a picture, will you please send me a copy. The only picture I saw was one over the hurdles and not at the finish line.

The 80m hurdles will not be run anymore, so I would like to get credit for what I have done.

When I read your magazine and see how you change the facts to make athletes you like look good and the other ones look bad, I just wonder how you can keep it up month after month. I have been around for some time and I am astonished at some of the things you print and get away with."

Since I have no connection with the German magazine "Leichtathletik", I can not control what they print. However, I do have control over the statements in WTFW and if you will examine the quote you attributed to me, you will discover it was in an article written by Jan Popper of Czechoslovakia and appeared under his by-line.

I'm pleased you appreciate the fact I have favorites just as does everyone else. On October 1967 I wrote, "One cannot say enough for Cherrie Sherrard who, at the age of 29, now has an American record of 10.5". In February of 1968 you will find the following, "Cherrie set a new American record for the 80m hurdles at 10.5 in Toronto in August". After your operation in 1968 I wrote; "Cherrie is now resting at home and a card or letter would be a welcome item. Sherrard's loss to the Olympic team will be great, for after many, many years of campaigning, she was finally running consistently good times - but more important, defeating strong opponents".

Guess you would have to be considered one of my favorites!

LETTER FROM DICK BANK

"I would like to clarify my position as to the reasons why I did not vote for Chi Cheng as the outstanding hurdler (100 and 200) in 1969. Your reference would seem to indicate that I, "your best friend" had turned my back on Miss Chi and therefore voted against her so as to seem as impartial as possible. Not so. (You will recall I voted for her as World Athlete of the Year.)

It was my feeling that one had to rate the athlete on her accomplishment rather than what one felt the outcome might have been had the best hurdlers come together. Having seen Chi run as often as I have, I would not choose against her in a race involving Karen Balzer and/or Pam Kilborn. Unfortunately, this did not become a reality in 1969 but the odds seem to favor her meeting one if not both in 1970.

Chi Cheng's hurdle record in 1969 was spotless but I simply could not rate her ahead of Balzer who had an exceptional record of extremely fast races topped by a 12.9 and an unbeaten year. I have great respect for Balzer but I will reserve opinion on that 12.9 until I see her accomplish it somewhere besides East Berlin. Likewise, Kilborn's record in the 200 hurdles and a faster set of results gives her the top rating in that event.

A meeting involving the three in 1970 would settle many arguments. Chi Cheng was an infinitely better athlete in 1969 than she was in 1968 and from what I have seen already this year she will be far superior in 1970. When the season is concluded let us hope that a sufficient number of woman-to-woman meetings has taken place and then personal opinion will need not take precedent over what has been decided on the track."

Women's

TRACK & FIELD WORLD

P. O. BOX 371
Claremont, California 91711

USA

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146½ E 7th St
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MILLBRAE LIONS Medley Relay Team of Ann Christoff, Barbara Pickett, Kathy Christoff and Cis Schaefer - winners at the Athens Invitational - showing off their newly-won watches! (Jim Hume photo)

FLASH - Balzer 7.4; Cobian 11.2

Outstanding marks received late include at East Berling Indoor competition on March 7: 60yH, Karin Balzer (EG) 7.4 for new world mark, 2-Khatrina (SU) 7.6, 3-Sukniewicz (Pol) 7.6; 400m, Neufville (GB) 54.8; 800m, 1-Hoffmeister (EG) 2:08.8, Keizer (Hol) 2:09.8; HJ, Gusenbauer (Austria) 1.84/6'0½, Blagoyeva (Bul) 1.84/6'0½; LJ, Sarna (Pol) 6.26/20'6½; SP, Lange (EG) 18.08/59'3¼.

Also report that Cobian of Cuba ran 11.2 in her semi-final heat of the Caribbean and Central American Games in Panama.

More details on these results in the April issue.

SCHEDULE

MARCH

- 21/22 Phoenix Invitational, Phoenix, Arizona
- 21 International Cross Country Chmps at Frederick, Md
- 28 Claremont Relays, Claremont, California

APRIL

- 18 Lions Relay Carnival, Millbrae, California
- 25 Hanford Invitational, Hanford, California
- 25 Ozark Invitational @ Florissant, Missouri
- 25/26 Mt. SAC Relays, Walnut, California

MAY

- 2 Pentathlon/Triathlon @ Huntington Beach, California
- 9 San Diego Lancerettes Invitational, Grossmont JC, SD
- 16 Pacific Association Pentathlon @ Millbrae, California
- 16 Martin Luther King Games @ Villanova (TV)
- 16 Poinsetta Invitational @ Ventura, California
- 19/20 Junior National Chmps @ Florissant, Missouri
- 21 Junior National Pentathlon @ Florissant, Missouri
- 23/24 SPAAAU Pentathlon/Triathlon @ Glendale College, Calif.
- 23 California Relays @ Modesto (TV)
- 29/30 National Collegiate Chmps @ Urbana, Illinois
- 30 Kennedy Games @ Berkeley, California

JUNE

- 6 Compton-Coliseum Relays @ Los Angeles, Calif. (TV)
- 7 Indiana Relays @ Terre Haute, Indiana
- 7 SPAAAU Championships @ Fontana, California
- 13 Sacramento Invitational, California
- 13 Oregon Invitational @ Eugene, Oregon (TV)
- 14 Region I Championships @ New London, Connecticut
- 20 Junior National AAU @ Ozark Association
- 20 Boulder Valley Invitational @ Broomfield, Colorado
- 20 California State Championships @ Concord, California
- 20 Orange County Invitational @ Orange, California (TV)
- 26/27 National Pentathlon Chmps @ Tahoe (Tentative)
- 30/1 National Girl's Chmps @ Los Angeles (UCLA) Calif.

JULY

- 2 12/13 Girl's Invitational @ Los Angeles (UCLA) Calif.
- 3/4 Women's National Championships @ Los Angeles (UCLA)
- 9 International Meet @ Paris, France
- 14/15 International Meet @ Oslo, Norway
- 15/16 USA-West Germany @ Stuttgart, Germany (TV)
- 16-25 Commonwealth Games @ Edinburgh, Scotland
- 20 International Meet @ Malmo, Sweden
- 23/24 USA-USSR @ Leningrad, Russia (TV)
- 29 International Meet @ Stockholm, Sweden (TV)
- 29 Welsh Games @ Cardiff, Wales

AUGUST

- 5/6 USA-Rumania @ Bucharest
- 6 International Meet @ Oslo, Norway (TV)
- 13 International Meet @ Cologne, Germany (TV)
- 15/16 Sportfest @ Copenhagen, Denmark
- 17 National Junior Olympics @ Knoxville, Tennessee
- 19 International Meet @ Malmo, Sweden (TV)
- 22 European Cup Finals @ Budapest
- 25 International Meet in Belgium (TV)

SEPTEMBER

- 3/6 World University Games @ Turin, Italy