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**MARCH 1980
VOL. 11, NO. 7
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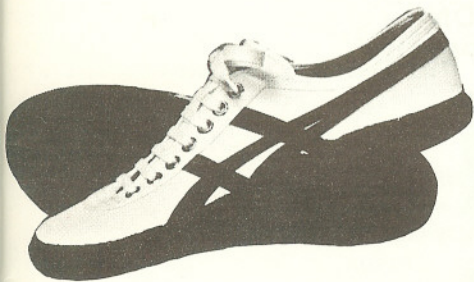
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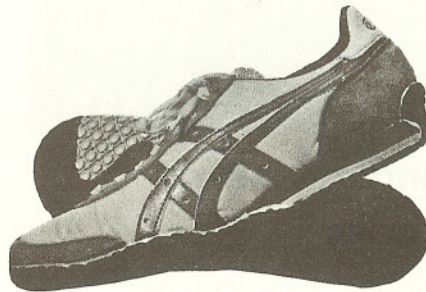
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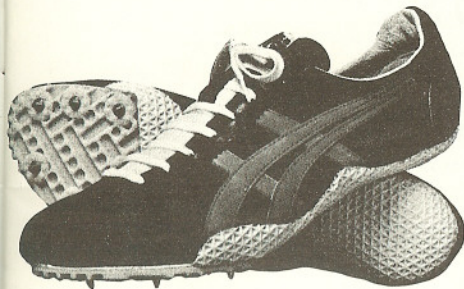
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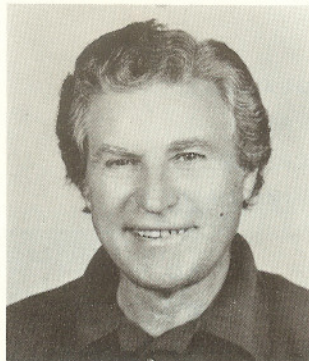
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REEL OFF



Boycott? Nyet!

My favorite morning newspaper columnist, Jim Murray of the Los Angeles Times, says: "If it (the boycott) could stop one bullet, one tank, one Soviet Division, it would be sensible. But if anyone at the State Department thinks it will, he doesn't belong there.

Among other things Murray said were: "It is a matter of record that the most decisive step the President has taken in a series of international crisis lately is to threaten to boycott a track meet . . . I have to think, if this is our diplomatic trump card, we're in a whole bunch of trouble . . . We have now taken hostages of our own — the hundreds of athletes who have been training for the Olympics. We don't dare throw in the Marines, so we throw in the shot putters . . . The Games will go on. President Carter talks wildly of moving them elsewhere. Well, they're not his to move. France, Germany, Italy, probably even Afghanistan, will be there in Moscow, Olympic records will be set, copy and pictures will flow, and the Soviets will have their propaganda forum all the same . . . Have we broken off diplomatic relations with the Russians? Then why break off athletic relations? Why should a bunch of high jumpers be pawns in this deadly game? If we still send ambassadors there, why can't we send sprinters? . . . Does anyone seriously suppose if we had boycotted the (Berlin) Olympics, World War II would have been avoided? . . . The Russian people will never be told why we pulled out in any case . . . Lenin said it years ago:

Conflict is unavoidable, and here is the greatest task of the Russian revolution,

its greatest historical task, that of provoking International Revolution . . . You notice he didn't say anything about track meets. But he would be glad to know his main adversary's leader thinks they are a proper choice of weapons in this ultimate duel. The Soviets are afraid you're going to send the tanks in, not keep the walkers out."

"Track and Field News" says: "We find the suggestions of a boycott of the Summer Olympics a misguided step . . . No one would benefit more from a U.S. pullout than would the intended victims, the Soviets. To be sure, they might suffer a slight financial loss, but they would more than make up for it in propaganda gain as Soviet athletes roared to the lions share of the medals. Let America prove its resolve and true fighting character by allowing its finest young athletes to take the battle to the heart of the Soviet homeland, to Moscow in August".

That's my man Murray. I'm with him. How about you? And the really sad thing about all of this is that the decision will be made by individuals who know nothing about athletics, do not understand the way the Olympics are conducted and know nothing about the International Olympic Committee and its functions. How many of the Congressmen have ever attended a meeting of the IOC. No action taken by the U.S. is going to affect the staging of the 1980 Olympic Games except to kill the Games as we now know them.

By the time this edition of Women's Track World reaches you, the decision

concerning the Olympic Boycott will have been reached. However, I would like you to read the editorial by Mel Watman in a recent issue of "Athletic Weekly", the prestigious British publication. The following are his words from the January 26th edition of his publication. Substitute Carter for Thatcher and Congress for Parliament and he could have been writing for WTW.

" . . . Our athletes find themselves in serious danger of being used as political pawns against the Soviet invasion of Afghanistan. At just the time when the heaviest training loads must be accomplished if good results are to be realized this coming summer, our athletes — and the Americans — must be wondering whether all their efforts are to be in vain.

"Agreed, this latest act of Soviet aggression should not be passively accepted by what we like to think of as the 'free world'. Agreed, the threat of an Olympic boycott by the 104 countries which voted in the United Nations General Assembly to condemn the USSR's action might have a strong effect — more so than UN resolutions, trade sanctions and diplomatic withdrawals — on Soviet policy in Afghanistan. If there was a world wide consensus, backed by the competitors themselves through their National Olympic Committees, in favor of a boycott then the pressure on the USSR leaders to back down would be considerable . . . and if they didn't, the Moscow Games, if staged at all, would be a farce. If that is the will of the PARTICIPANTS, so be it.

But it is plain to see that there is no widespread support for such a boycott. Only the President of the United States (and this is election year, remember) and the British Prime Minister have come out publicly in favor of their nations' teams withdrawing from Moscow — and by blithely suggesting the Games be switched instead at short notice to Montreal or Munich have shown themselves to be wildly out of touch with the realities of Olympic organization.

"Has Mrs. Thatcher the right to deny Britons their chance of competing in Moscow? No, and even if Parliament recommends a British boycott it is difficult to see how it could be enforced, assuming the British Olympic Association remains in favor of participation. 'The only way the Government can prevent us from taking part is by taking away the passports of our competitors' declared Sir Dennis Follows, Chairman of the BOA. 'The only people who can consider withdrawing from the Olympic Games are the BOA. The invitation does not go to Margaret Thatcher, it comes to us. As things stand at the moment, there are no plans to withdraw'.

(continued on page 19)

KALEIDOSCOPE

Don't believe those speedy times turned in for horses. They get a running start and go from 40 to 100 yards before crossing the starting line where the timers punch their watches . . . Jane Frederick has transferred her registration from the Southern Pacific Association to the Pacific Association up San Francisco way . . . Congratulations to the Dutch publication "Atletiekwereld" on their new format. Magazine looks great, gentlemen!

Addition to All Time Indoor marks by Carol Thomson: 7.11 for 50m hurdles, 8.59 for 60m hurdles . . . Problems of a statistics keeper include errors by the meet director on the printed results including, for example, an athlete taking part in three events whose name is spelled three different ways and also listed as competing for two different schools. Meet results often list an individual from, for example, Iowa when they actually mean Iowa State . . . Italy's correspondent Salvatore Massara got his "Athlete of the Year" ballot back a little late, but his votes would not have changed any of our results.

Penn Mutual Life Insurance Company is sponsoring a major national sports and physical fitness program for Master athletes. Bill Toomey has been hired as Executive Director . . . Add Dolly Fleetwood's 7.33 to the US list for 1979 at 60 meters and 6.75 for 60 yards . . . Dana Slater won the 9000 meter run in Sao Paula, Brazil, New Year's Eve, covering the distance in 29:07.05, nearly two minutes in front of Colombia's Debora Medina (31:04.05). Other top finishers were 3—Silvana Pereria (Brazil) 34:17.09, 4—Soraya Telles (Brazil) 34:07.02.

TV presentation of the Ali Indoor Meet

had some good and some bad. The good was the addition of Debbie Van Kiebel, former Canadian high jumper, as a commentator. She not only knows track, but is intelligent and asks interesting questions of the competitors and stays away from such gems as "How do you feel?" Yale University's men's coach was the color man and needs a little research on women's events. He kept referring to the women's "110 meter high hurdles" . . . The Ali starter was not bad for a Southern California official. He held the "set" rather well, but he let Houston McTear get away with his usual trick of coming up slowly and never coming to a complete stop before the gun fired.

A great series on TV is "The Road to Moscow". Watch it, it's a good one . . . Broderick Company will supply the Olympic Games uniforms . . . Pre-Olympic Games training site, if the US team participates, will probably be in Stuttgart, Germany . . . The World Race Walking Championships will be held in the USA in July or August of 1981. Canada, Mexico and the US race walkers will meet over 5000m this summer in Canada . . . Will the USA and USSR Juniors meet this summer as planned here in the USA? . . . Japan will host an 8-Nation Meet, one of which is the USA, on September 19-20 in Tokyo . . . University of Oregon sprinter Melanie Batiste, broke her foot playing intramural basketball.

There will be an exhibition 5000 meter run on the final day of the US Olympic Trials at Eugene, Oregon, with the top 12-13 runners invited to take part. Air fare, room and board will be provided. For further information contact Ron Jensen, Women's Track Coach, Hoby Gym, Colorado State University, Ft. Collins, Colorado 80523.

Lake Chabot Regional Park is staging Sunday Fun Runs every week through April. Lake Chabot is in Castro Valley, California . . . L'eggs/YWCA 10000m road races are set for Oklahoma City on March 22 and St. Louis, Missouri, on April 19 . . . Sue Munday won a good marathon at Saratoga, California, in 2:43:17. Unfortunately, and unknown to the meet director who had tediously measured the course, the police moved a barrier for traffic, sent the runners a different way and ended up shortening the course by about 360 yards . . . South Africa's Estie van der Merwe set a new national record in the javelin with a toss of 177'4 . . . Mary Decker's splits in her world record 4:21.7 mile were 62.5 - 65.6 - 68.5 - 65.2. She passed the 880 mark in 2:08.0 and the 1320 in 3:16.5 . . . Gayle Olinek of Canada won the Mardi Gras Marathon in New Orleans in 2:35:09, moving her to the Number Three position on the All Time World list.

We have on hand a plentiful supply of entry blanks and information for the US Olympic Trials. Write P.O. Box 371, Claremont, California 91711, for your entry blank . . . Who was the first woman in history to run the 400 meter hurdles under 60 seconds? It was the USA's own Wendy (Koenig) Knudson and she did it at the Phoenix Invitational in 1973, winning in a world record of 59.1.

From the Coach's Bulletin Board: "You don't learn anything the second time you're kicked by a mule" . . . Mason-Dixon Games held pole vault competition with Sandy Monce of Memphis State winning the Open Division at 8'6 and Sunday Wallen the Girl's Division 7'6 . . . Kansas University sprinter Lori Green-Jones was out for several weeks with a kidney infection.

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Warm Up and Warm Down

Routine Part of Your Workout

by Norm Levine

Track and Cross Country Coach
Brandeis University, Massachusetts

Before warmups and warmdowns can be discussed, it is important to remember that each has its own purpose and is, therefore (or should be) different.

I shall start with the warmup, which I define as the preparation before a workout used to produce optimum work performance. I believe the warmup should include several things; first and foremost is distance. We believe in keeping our mileage volume up all year, even just covering miles of jogging. We feel this is of major importance.

This serves two major purposes, the first being an easy way to keep up volume of mileage, and therefore, strength. It also, however, increases the temperature of the muscles as well as blood flow thru the muscles, which helps the second major part of a good warmup, stretching exercises. These (although there are thousands and may be different for each runner) should be mandatory.

After the stretching, the athletes should then jog a little more (we do an 880, $\frac{3}{4}$ or mile), and then begin the third phase of the warmup, accelerations.

I define an acceleration as striding a certain distance (90-110 yards, preferred) starting at $\frac{1}{2}$ speed and gradually accelerating to finish $\frac{3}{4}$ speed. We recommend each runner do 4-8 of these.

After all of this (all of which we consider warmup), the athlete should be ready to do a beneficial workout.

This warmup may take a while, but we feel it is of super importance as it serves many purposes:

- 1) As stated earlier, it is an easy way to keep volume and strength up.
- 2) It gives the athlete time to get mentally ready for the workout, to discuss it, understand it, and feel they are now physically ready for it.
- 3) It gives them a calm time to talk and joke and thus reduce stress. This also increases performance.
- 4) The runners get to know each other and a team attitude and spirit are more easily developed.
- 5) The danger of injury is greatly lessened when the athlete and his or her muscles are properly warmed up.

Warming up for a meet should be basically the same, except it should be done earlier (for a longer recovery

period) and, instead of accelerations used before a workout, we ask our runners to do something all out somewhere between $\frac{1}{2}$ and $\frac{3}{4}$ of an hour before they race. This really works, in both cross country and in track. It really warms the muscles and gets them to their most advantageous competition tone with still enough time (with a slow jogging recovery period) for a maximum performance.

The warmup, as I have described it, is what we use for all workouts, even long distance and/or fartlek day should begin with a good warmup for the same reasons mentioned earlier.

And at the end of a long distance, fartlek, or workout day (and even a race day), there should follow a good warm-down. We feel this is also very, if not as important, as the warmup.

It is different. I define it as a re-adjustment of the mind and body to normalcy. I feel it accomplishes several things:

- 1) It should consist of another 3-5 miles of slow jogging, thus again helping to keep up volume and strength.
- 2) It gives the confidence to each runner that he or she is able to run more and is therefore superior to the opponent.
- 3) It helps develop a sense of accomplishment by doing more than others.
- 4) It allows the body and the muscles to slowly lower temperature and lessen blood flow after a period of stress, also pumping out some of the lactic acid built up in the workout.
- 5) It again gives a relaxed time to think, joke, and talk, thus developing spirit, camaraderie and team attitude.

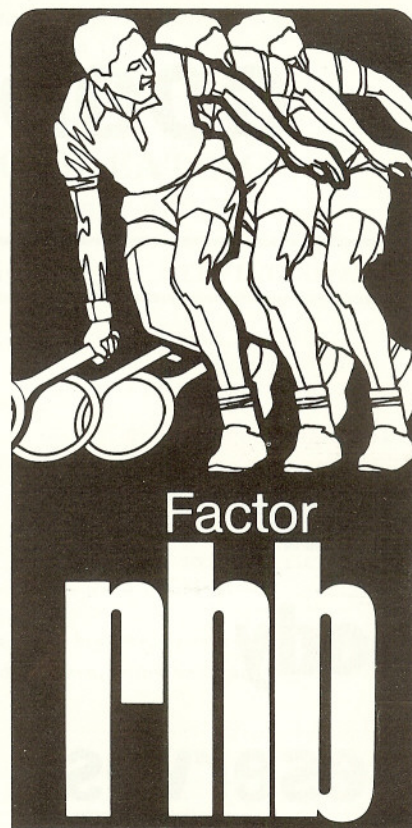
Finally, there is one more thing that should be done as part of the warmdown after a race day. A lot of runners believe they should rest on the day after a race and right after a race. They wonder why (if they do not warmdown) they are stiff or sore. It is because they did not warmdown after the race and because they did not run the day after. Unless the last part of the warmdown is done, the lactic acid buildup will cause soreness, tightness, and all the other complaints and pains.

Then having seen it work, we encourage you to warmup and warmdown. You will run better and feel better.

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GOOD NUTRITION . . .

Your Body Deserves The Best!

by Susan Magrann, M.S., R.D.

Good nutrition is essential if an athlete is to achieve her peak performance. A body cannot put forth its best if the diet is lacking vital nutrients.

Some concerned individuals turn to vitamin and mineral pills as the solution for an unsound diet. Eating wholesome food is the best assurance of obtaining essential nutrients because food contains nutrients not found in pills. Food provides protein, carbohydrates, fiber and maybe an undiscovered vitamin or mineral.

To help with planning a nourishing diet, the United States Department of Agriculture has established dietary guidelines that recommend the minimum number of servings to be consumed from four basic food groups (see chart).

Another consideration in planning a

healthy diet is the recent recommendations made by the United States Senate Select Committee on Nutrition and Human Needs. The Committee encourages Americans to decrease their consumption of fat, especially saturated fat and cholesterol.

With a decreased intake of fat, carbohydrate consumption should be increased. These carbohydrates should be selected from the Grain Group and Fruit/Vegetable Group (see chart) instead of refined sugar, brown sugar, honey, syrup and foods with high concentrations of sugar.

The Committee suggests 55 percent of caloric needs be obtained from carbohydrate.

Consuming more carbohydrate has an added advantage for athletes because research has shown a high carbohydrate diet increases the body's endurance level.

Many people have trouble putting the principals of good nutrition into practice when planning meals. For this reason, some menu ideas for breakfast, lunch and dinner are included.

It is important to start the day with a nutritious breakfast. Skipping breakfast or eating pastries is not a sound practice. The meal should contain protein (Milk or Meat Group) and selections from the Fruit and Grain Groups.

Instead of always eating the "typical breakfast foods", consider some of these nourishing alternatives.

If time is limited in the morning, have a muffin or toast with a glass of milk. Oatmeal, blueberry or bran muffins are a few tempting choices. Or try raisin, banana or nut bread as substitutes for toast.

For extra nourishment, to the milk add non-fat dry milk or pureed fruit.

Instead of milk, you can have a wide variety of other protein foods: egg, cheese and peanut butter are a few possibilities. Enjoy these with tortillas, English muffins or bagels.

All of these breakfast ideas should be supplemented with a serving of fruit or juice. Avoid the orange juice rut and try apple juice, apricot nectar or fresh papaya.

A nutritious lunch is just as important

as a good breakfast. It should include protein, grain products and fruit or vegetable.

A sandwich is a quick standby for lunch. It can be made with ready-to-eat meat or leftovers, canned meat or fish, or liverwurst. For variety use different breads. This can include rye, pumpernickle or raisin bread, pita bread, rolls or tortillas.

Vegetarians can enjoy a peanut butter, cheese or egg sandwich. Cottage cheese or yogurt with crackers would also be a good choice.

A hearty homemade soup is another nourishing alternative. It can be made with meat, milk or beans. Supplement the soup with crackers or rolls.

Add a serving from the Fruit/Vegetable Group to the meal. Enjoy a glass of fruit juice, fresh fruit or dried fruit.

Many people are unaware of the variety of dried fruits available. Raisins, figs, apples and apricots are just a few examples.

Raw vegetables are also a nourishing treat. Besides the usual carrot and celery sticks, try broccoli, cauliflower, zucchini, bell pepper and jicama.

Even after a wholesome breakfast and lunch, your body is ready for refueling at the end of the day. The evening meal should also include protein, grain products and fruit or vegetable.

The typical American dinner contains too much protein and not enough grain products. Instead of eating the generous 10-ounce steak, have the recommended 2-ounce portion (see chart).

Eat less red meat and enjoy more chicken, veal or fish. These choices are lower in calories, cholesterol and saturated fat.

Supplement the entree with a generous portion of carbohydrates from the Grain Group (rice, pasta, rolls) and Vegetable Group (crisp salad, steamed broccoli, carrots).

For variety, plan some non-meat entrees. Certain combinations of vegetable proteins or vegetable proteins with dairy products are nutritious alternatives for meat. For example, serve milk, yogurt or cottage cheese with legumes or grain products. Also navy beans, kidney beans, chick peas or other legumes are a good source of protein when consumed with rice, wheat or corn.

Diet for a Small Planet by Frances Lappe contains a wealth of information about favorable combinations of vegetable proteins.

Casseroles can provide protein, grains and vegetables all in one dish. Rice, spinach and beans or chicken, noodles, and zucchini are two possible selections.

Like casseroles, tostitos can be a complete meal. Make it with corn tortillas and meat or kidney beans. Top it with shredded cheese, lettuce and tomatoes.

Even a hearty salad can be used for the entree. Have a chef salad with hard cooked eggs and julienne slices of cheese and meat or make the salad with bulger wheat and garbanzo beans.

If the weather becomes cool, try a nice steaming bowl of soup. Make vegetable soup with meat or beans and rice. The choice of vegetables to add are unlimited: carrots, peas, green beans and squash are just a few.

If you want an easy dessert to end the meal, enjoy fresh fruit. It requires no preparation and is high in nutrients but low in calories.

You may be thinking you do not have time to eat nutritious meals. If you can find time for athletic activities, you should find time to eat properly. Remember . . . both exercise and nutrition are partners in your well being.

Susan Magrann is a registered dietitian with a master's degree in nutrition. She has a private practice for nutrition counseling in Orange County.

* * *

A GUIDE TO GOOD EATING

Servings for Weekly Consumption

FOOD GROUP	SERVINGS	SERVING SIZE
Milk Group (Provides protein, calcium, riboflavin)	2*	1 C milk, yogurt 1½ oz. cheese 2 C cottage cheese
Meat or Alternates Group (Provides protein, iron, B vitamins)	2	2 oz. lean meat, fish, poultry 2 eggs 1 C cooked beans, peas 4 Tbsp Peanut Butter
**Fruit/Vegetable Group (Provides carbohydrates, vitamins A & C, fiber)	4	½ C cooked or juice 1 C raw
1 serving/day should be high in Vitamin C (citrus, broccoli, strawberries, cantaloupe)		
3 servings/week should be high in Vitamin A (dark green, yellow or orange vegetable/fruit)		
**Grain Group (Provides carbohydrates, fiber, iron, B vitamins)	4	1 slice bread, whole grain 1 C ready-to-eat cereal ½ C cooked pasta, rice, grits

* Teenagers should have 4 servings from this group.
** Athletes should eat more than minimum servings.

WTW



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

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

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

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

All Time Best Twins



JEFF JOHNSON PHOTO

Two sets of the world's all-time best twins, the USA's Debbie and Diane Vetter and Scotland's Chris and Evelyn McMeekin. By a strange coincidence, both sets of twins attended Iowa State University at the same time.

TIME/DISTANCE		TIME/DISTANCE		COUNTRY		
1—Ann	8:52.8	Paula	8:48.7	Yeoman	GBR	2159 Points
2—Evelyn	2:02.0	Christine	2:01.2	McMeekin	GBR	2115 Points
3—Rita	4:12.7	Iris	2:05.8	Lincoln	GBR	2036 Points
4—Kirsti	185'0 (JT)	Kaisa	182'5 (JT)	Launela	FIN	1990 Points
5—Angelika	4:17.9	Ulrike	4:21.9	Kullmann	GFR	1970 Points
6—Debbie	4:13.1	Diane	2:11.3	Vetter	USA	1951 Points
7—Brigitte	2:05.0	Miriam	2:08.6	De Palmenaer	BEL	1948 Points
8—Wendy	23.48	Barbara	20'5 (LJ)	Clarke	GBR	1942 Points
9—Edda	2:06.8	Elke	2:08.5	Klatte	GDR	1922 Points
10—Ragnhild	2:08.2	Gunhild	2:08.8	Skog	SWE	1895 Points
11—Rita	5'7 (HJ)	Monique	19'8 $\frac{3}{4}$ (LJ)	Vanherch	BEL	1843 Points

Interesting to note that of the 22 individuals in the rankings, nearly half of them (10) are 800 meter runners. Four had their best scoring in the 1500, two in the 3000, two in the javelin and long jump and one each in the 200 and high jump.

WTW

MARK SHEARMAN PHOTO



Kathy Weston isn't training to be just a member of the U.S. Olympic Track Team anymore. The Oregon State University runner has her sights set on more than that.

Weston, a member of the 1976 U.S. Olympic team, has a goal in mind when the 1980 Games roll around. That's to be a top contender for the finals in her specialty — the 800-meter race.

Weston transferred to OSU last year to reunite with her former coach, Will Stephens, OSU's women's track and field coach. It was Stephens who trained Weston from 1972 through 1976 with his AAU Club, Will's Spikettes. It was under Stephens when Weston qualified to her first Olympics in Montreal.

During that early training, Weston's main concern was simply to qualify for the Olympic team. Now four years and three universities later, Weston feels maturity and experience are on her side.

"The first time, going to the Olympics was the ultimate. Now it's a little deeper than that," Weston explained.

"There was no pressure last time. I mean, they knew I had potential, but I didn't really know what I was getting into. It was kind of a blind leap.

"This time there are expectations on me and I'd hate to have spent that time and not have anything to show for it. It feels good to be a veteran, though. It gives you confidence."

Following the Olympics, Weston ran two years of intercollegiate track at UCLA and Cal State, Northridge (helping those schools win national titles each year). She came to OSU in the winter of 1979 and in her first year as a Beaver anchored OSU's AIAW championship two-mile relay team and set two outdoor and five indoor school records.

Now, back with Stephens, Weston is preparing for her second Olympics. So far, that preparation has included a rough 66-miles-per-week running schedule, weight lifting six days a week and competing in various track meets, like the Saskatchewan (Canada) Indoor Games and the Muhammad Ali Invitational Track Meet in Long Beach.

Stephens estimates she will put in 4,500 miles of roadwork before the Olympics, including 55 miles of up-hill running this winter.

In addition, Weston has lost 22 pounds since joining Stephens a year and a half ago. She says she will be experimenting with her weight during the indoor season to determine what weight she intends to run at this summer.

Olympic Hopeful . . .

KATHY WESTON



JEFF JOHNSON PHOTO

Can they repeat? Photo shows, left to right, Wendy Knudson, Madeline Manning and Kathy Weston at the start of the 1976 Olympic Games Trials. They were our 1976 Olympic Games representatives and they're all three back for 1980. Can they do it again?

"I'm mainly confident in the strength I've attained over the years," she said. "I'm much stronger than the last Olympics. I don't have any great weight loss to worry about and I'm not hurting in any department, like endurance. So I'm not starting from behind (in training), but from a good base," said Weston.

She says she is striving for her potential and the time she feels it will take to qualify for the Olympics — 1:58.5. That time is over two seconds faster than her lifetime best of 2:00.7, the time she ran at the 1976 time trials.

"I can't say that I'm striving for a place at the Olympics," she said, "but rather wherever that time will take me,

whether that's the semi's, the finals, or whatever. Whatever my mind and body can press after that will probably be my full potential, but I feel I am capable of running at least that time."

There is no doubt in the 21-year-old's mind that all of the training and preparing will be worth it when it comes down to that one race in Moscow this summer.

"I wouldn't be here if I didn't feel it would be worth it," said Weston. "It's a whole year of my life and if I didn't think I could get there I wouldn't be doing it," she states. "I hope to go further this time, I want to do well," she emphasized.

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1980 USA Indoor Marks

— TO FEBRUARY 12 —

SEND ALL ADDITIONS AND
CORRECTIONS TO WTW,
P.O. BOX 371,
CLAREMONT, CA 91711

+ = Not US citizen
° = Yards converted to meters
* = Hand time plus 0.14

50 Yards

5.86	Evelyn Ashford (Un)
5.96	Brenda Morehead (TSU)
6.04	+Rose Alwood (DC Int)
6.07	Chandra Cheeseborough (TSU)
6.16	Damita McClinton (Drake)
6.26	Helena Nelson (Atoms)
6.30	+Holly Denny (Texas)
6.33	Carolyn McRoy (DC Int)
6.34	Edna Nedrick (Atoms)
6.38	Paula Casey (Central)
6.44	Tracy McClelland (Central)
6.47	LeAnn Thomas (Central)
6.48	Judy Streeby (Central)

50 Meters

6.27	Evelyn Ashford (Un)
6.38	Brenda Morehead (TSU)
6.49	Dolly Fleetwood (SCC)
6.54	+Andrea Lynch (LANTC)
6.59	Yvette Evans (LAM)
6.61	Elaine Parker (UC Berkeley)
6.64	Frieda Cobbs (BEBTC)
6.64*	Elaine Jones (Motor City)
6.65	Pam Donald (Stanford)
6.71	Kim Webster (BEBTC)

6.74*	Maxine Underwood (CooperStr)	7.08
6.78	Marbella Washington (LAM)	7.10
6.84*	Kori Gifford (Motor City)	7.10

60 Yards (@ = 55m)

6.81	Evelyn Ashford (Un)
6.82	+Merlene Ottey (Neb)
6.84*	Wanda Harris (Ark)
6.85	Lindy Wilson (SUNO)
6.86	Dolly Fleetwood (SCC)
6.87	Brenda Morehead (TSU)
6.91	Lisa Thompson (UNLV)
6.92	Angel Doyle (Southern)
6.92@	+Rose Alwood (DC Str)
6.92	Felicia Dupuch (Col Fly)
6.93	Chandra Cheeseborough (TSU)
6.93	+Leleith Hodges (TWU)
6.94*	Judy Davis (Rutgers)
6.94	Janice Berrand (Grambling)
6.96	Lisa Hopkins (Ing Panthers)
6.97	Michele Glover (Will TC)
6.97	Teresa Barr (Ark)
6.97	+Andrea Lynch (LANTC)
6.98	Maria Parsons (Morgan St)
6.98	Pam Page (Mo)
6.98	Roman (Md)
6.99	Lori Dowers (Del St)
7.00	Pat Foster (Wichita St)
7.01	Mildrette Bell (Alcorn A&M)
7.02	Gwen Loud (UCLA)
7.03@	Elaine Jones (Motor City)
7.04*	Joanne Camara (Conn)
7.06	Beverly Kearney (Alcorn A&M)
7.06	Gail Douglas (USC)
7.06	Val Boyer (Alb TC)
7.07	Leola Toomer (Md)
7.07	Morgan (Hillsborough)
7.08@	Kathy Crawford (CenJerTC)

7.08	Alice Brown (LANTC)
7.10	Lori Towers (Del St)
7.10	Haynes (Ala A&M)
7.11	Michele Gilmore (LBC)
7.11	Carrie Sherman (Alcorn A&M)
7.11	Pat Dunlap (Florida)
7.11	Belinda Little (Alabama)

60 Meters

7.04	Evelyn Ashford (Un)
7.09	+Leleith Hodges (TWU)
7.28	Brenda Morehead (TSU)
7.33	Dolly Fleetwood (SCC)
7.42	Chandra Cheeseborough (TSU)
7.44	+Andrea Lynch (LANTC)
7.44	Deandra Carney (Un)
7.46	Gwen Loud (UCLA)
7.48	Michele Glover (Will TC)
7.49	Latanya Dawkins (LBC)
7.54*	Carmen Rivers (UTEP)
7.55	Diane Williams (Mich St)
7.59	Sherri Ballew (THTC)
7.61	Stephanie Hightower (Ohio St)
7.64*	Jakie Mayes (Angelo St)
7.64	Andrea Taylor (E Ky)
7.65	Pat Dunlap (Fla)
7.66	Sharon Walker (E Ky)
7.67	Jeri Nelson (Air Force)

200 Meters

25.04°*	Pam Moore (Wisc)
25.27	Pat Johnson (Wisc)
25.44*	Maria Parsons (Morgan St)
25.54*	Johnson (Md/Balt)
25.64*	Pearen (Adelphi)
25.74*	Delancy (Howard)
25.84°*	Debbie Mullice (E. Mich)
26.14*	Gibbs (LIU)
26.14*	Cantine (LIU)
26.24*	Arch (LIU)

JEFF JOHNSON PHOTO



Kathy Crawford wins Dartmouth relays 55m Dash in 6.8 over Judy Davis (Rutgers) 7.05.

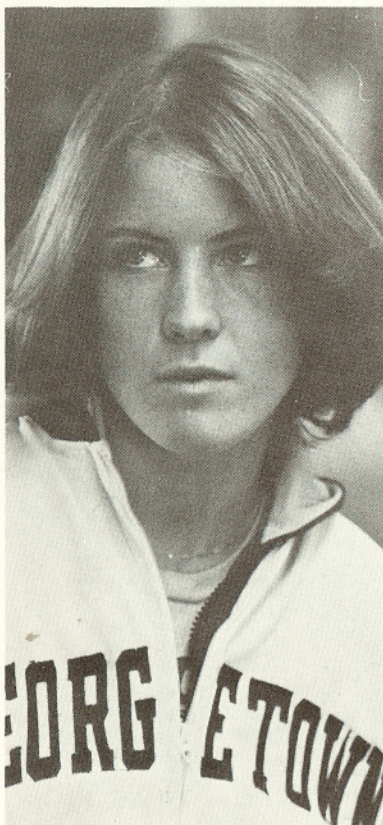
1980 USA INDOOR MARKS (continued)

JEFF JOHNSON PHOTO



McINTYRE

JEFF JOHNSON PHOTO



MULLEN

300 Yards

35.54*	Dorothy Scott (TWU)
36.14*	Cheryl Gilliam (Mich St)
36.54*	Amy Henschen (WSTC)
36.64*	Liz Shaw (W. Mich)
36.65	Diann Ousley (Ark)
36.85	Pam Page (Mo)
37.05	Carla Anderson (Kansas)
37.05	Renee Nickles (Ok)
37.14*	Sumeta Wells (Iowa St)
37.15	Mary Knobbuh (Iowa)
37.24*	Alison Ware (Drake)
37.28	
37.28	Ronnie Wilson (Kansas)
37.36	Teresa Barr (Ark)
37.44*	Sandra Millinar (Chi St)
37.54*	Brenda Kazinac (Mich)

300 Meters

34.13	+Merlene Ottey (Neb)
37.05	Teresa Barr (Ark)
38.34*	Linda Bedford (Ark)
39.24*	L'Anna Howard (Ark)
39.34*	Nancy Miller (Utah St)
39.94*	Carmen Rivers (UTEP)
40.14*	Jeannine Brown (UTEP)
40.15	Kimalisa Kirby (Ark)
41.24*	Judy Johnson (Wyo)

400 Meters (# = oversize track)

53.31	+June Griffith (Adelphi)
53.31	Gwen Gardner (LAM)
53.85	Rosalyn Bryant (Ali)
54.63#*	+Deborah Jones (TSU)
54.64*	Kim Thomas (St Johns)
55.09	Yolanda Rich (Ali)
55.16	Lorna Forde (Atoms)
55.34 *#	Beverly Kearney (Auburn)
55.44*	Dianne Dixon (Atoms)
55.52	Edna Brown (Temple)
55.70	Denean Howard (Ali)
55.74*	Ernestine Davis (TSU)
55.79	Kim White (BEBTC)
55.84 *	Wanda Hooker (Memphis St)
55.89	+Helen Blake (TSU)
56.04 *	Maxine Underwood (Cooper Str)
56.34*	Henrietta Nancis (DC Int)
56.44*	Belle (Morgan St)
56.56	Valerie Brisco (LANTC)
56.74 *	Pam Moore (Wisc)
56.80	Sharon Dabney (Clippers)
56.94*	Linda Muller (Md)
56.94*	Sheri Howard (Ali)

500 Yards

1:06.0	Gwen Gardner (LAM)
1:06.5	Brenda Peterson (LAM)
1:07.0	Deanne Gutowski (LAM)

500 Meters

1:11.7	Delisa Walton (Tn)
1:11.9	+Helen Blake (TSU)
1:12.3	Kim Thomas (St Johns)
1:12.3	Marie Dwyer (Ind)
1:12.6	Edna Brown (Temple)
1:12.7	+June Griffith (Adelphi)
1:13.3	+Francine Gendron (USAM)
1:13.7	Pam Sedwick (Mich St)
1:14.0	Pam Moore (Wisc)
1:15.2	Dana Wright (Morgan St)
1:15.3	Kathy Weston (Ore St)
1:15.3	Suzanne Dens (USAM)
1:15.4	Peynado (Rutgers)
1:15.6	Lea Ventura (Fal TC)

600 Yards

1:21.6	Pam Moore (Wisc)
1:21.8	Rosalyn Dunlap (Mo)
1:23.3	Henrietta Nancis (DC Int)
1:23.5	Mavis Curtis (Ok)
1:23.8	Jill Lancaster (Ok)
1:24.4	Diane Ousley (Ark)
1:24.9	Kathy Weston (Ore St)
1:25.7	Pam Swanigan (Mich St)
1:25.7	Maureen Houghton (Ok)
1:26.5	Amy Henscher (WSTC)
1:26.6	Lee Van Landingham (CCTC)
1:26.6	Liz McBain (RCC)
1:26.9	Wynette Comeaux (Southern)
1:26.9	Karen Robinson (Ark)
1:27.0	Darlynda Keys (Mich)
1:27.2	Jane Lange (Iowa St)
1:27.3	Chris Davenport (Iowa)
1:27.5	Pam Schuberth (Kansas)
1:27.8	Diane Steinhart (Iowa)
1:27.8	Suzie Houston (Wisc)
1:28.2	Benita Gray (MHYF)
1:28.4	Tomya Brown (Fl St)
1:28.8	Scott (DC Int)

600 Meters

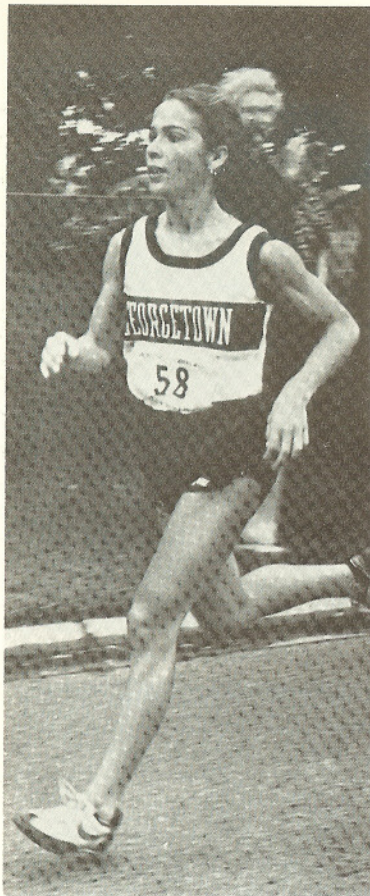
1:31.6	+June Griffith (Adelphi)
1:32.6	+Truus Van Amstel (UTEP)
1:32.7	Regina Dramica (N Mex)
1:32.7	+Helen Blake (TSU)
1:33.7	Laura Ferguson (Wyo)
1:33.8	Debbie Roberson (DC Int)
1:34.0	Lorna Forde (Atoms)
1:34.7	Lorrie Oldham (Ohio St)
1:36.2	Teri Seipel (E Ky)
1:36.4	Cynthia Gilbert (TSU)

800 Meters (* = 880y minus 0.70)

2:05.2	Robin Campbell (Stanford)
2:05.6	Madeline Manning (Un)
2:06.0	Joetta Clark (NJAA)
2:07.5	Jan Merrill (AGAA)
2:07.6	Christine Mullen (Georgetown)
2:07.8	+Helen Blake (TSU)
2:08.4	Delisa Walton (Tn)
2:08.4	+Francine Gendron (USAM)
2:09.8	Lea Ventura (Penn St)
2:10.0*	Johanna Foreman (Harvard)
2:10.1	+Paula Newharn (Harvard)
2:10.5	Ann Regan (WVC)
2:10.5	Penny Fales (Penn St)
2:10.6	Kim Gallagher (Ambler OC)
2:10.7*	Dana Glidden (Mo)
2:10.9	Pat Douglas (RI)
2:11.4	Michelle Bush (UCLA)
2:11.4	Karel Jones (Atoms)
2:11.4	Joan Sterrett (Elite TC)
2:11.5	Cynthia Colquitt (Morgan St)
2:12.0	Kathy Weston (Ore St)
2:12.5*	Tara Arnold (CCTC)
2:12.5*	Pam Sedwick (Mich St)
2:12.7	Frannie Castro (Un)
2:13.3*	Ellen Brewster (Wisc)
2:13.3	Bannister (NYPAL)

1000 Yards

2:27.6	Robin Campbell (Stanford)
2:31.2	Madeline Manning (Un)
2:31.6	Dana Glidden (Mo)
2:31.7	Kathy Weston (Ore St)
2:32.6	Ellen Brewster (Wisc)
2:34.0	+Marie Simonsson (Drake)
2:34.9	Suzie Houston (Wisc)
2:37.6	Gale Grant (Fl St)
2:37.7	Kim Gallagher (Ambler OC)
2:39.3	Kelly Spatz (Mich St)
2:39.3	Linda Seale (Mo)
2:40.0	Kay Stormo (Iowa)



PALLADINO

LEUNG PHOTO



GOEN

- 2:40.4 Marcia Romesser (Aggie RC)
- 2:40.6 Cindy Seikkula (Mo)
- 2:41.4 Kim Neal (Un)
- 2:41.4 Cinda Morrow (Mo)
- 2:41.5 Beth Kiovsky (NU)
- 2:41.9 Michelle Dunaway (Fl St)
- 2:44.0 Ane Pewe (Mich St)
- 2:44.2 Danos (CCTC)
- 2:44.5 Tami Guinn (Kansas)
- 2:44.7 Pam LeBlanc (LSU)
- 2:45.6 Pam Schubarth (Kansas)

1000 Meters

- 2:54.0 Shannon Cline (Tn)
- 2:55.4 Barbara Douglas (Mich St)
- 2:56.0 Ellen Brewster (Wisc)
- 2:56.9 Nancy Scardina (Un)
- 2:57.7 Jacqueline Richards (UTEP)
- 2:58.2 Ann Pewe (Mich St)
- 2:58.5 Rochelle Collins (UTEP)
- 2:59.6 Donna Beay (Jackson St)
- 3:03.6 Tracy Atjubs (Utah St)
- 3:06.8 Wendy Slaton (Murray St)
- 3:09.4 Julie Larkins (Wyo)
- 3:10.2 Isabell Nararri (Tx Tech)
- 3:10.5 Stephanie Paine (Wyo)

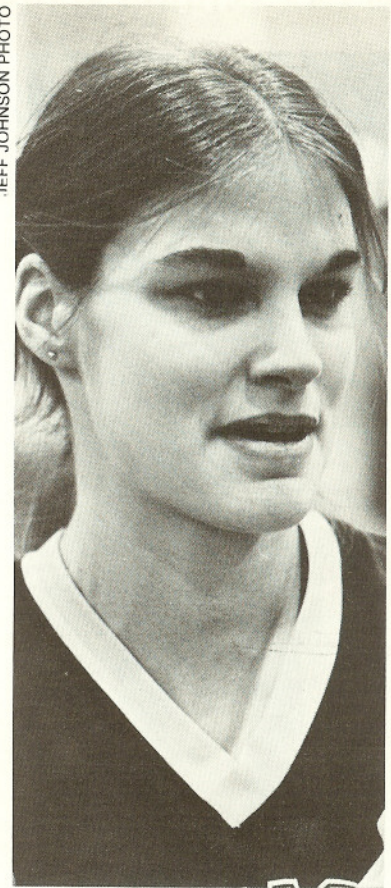
1500 Meters

- 4:00.8 Mary Decker (Ath West)
- 4:12.7 Cindy Bremser (Wisc Un)
- 4:13.4 Maggie Keyes (Maccabi)
- 4:13.6 Jan Merrill (AGAA)
- 4:14.0 Darlene Beckford (Harvard)
- 4:14.6 Francie Larrieu (PCC)
- 4:20.5 Patty Murnane (Penn St)
- 4:22.2 Jennifer White (Char TC)
- 4:25.7 Brigid Leddy (Vil)
- 4:27.1 Ruth Caldwell (Loes AC)
- 4:28.0 Linda Goen (UCLA)
- 4:30.8 Judi St. Hilaire (Vt)
- 4:31.8 Pavik (Md)
- 4:32.8 Mary Rawe (Penn St)
- 4:33.1 +Su Mei Lee (SCRR)
- 4:33.5 Kris Bankes (Penn St)
- 4:33.7 Joan Sterrett (Elite TC)
- 4:34.0 Dana Slater (WSSAC)
- 4:34.5 Patti Douglas (RI)
- 4:38.3 Suzie Houston (Wisc)
- 4:38.6 Shea (Va)
- 4:40.3 Suzanne Shea (Vil)

One Mile (# = oversized track)

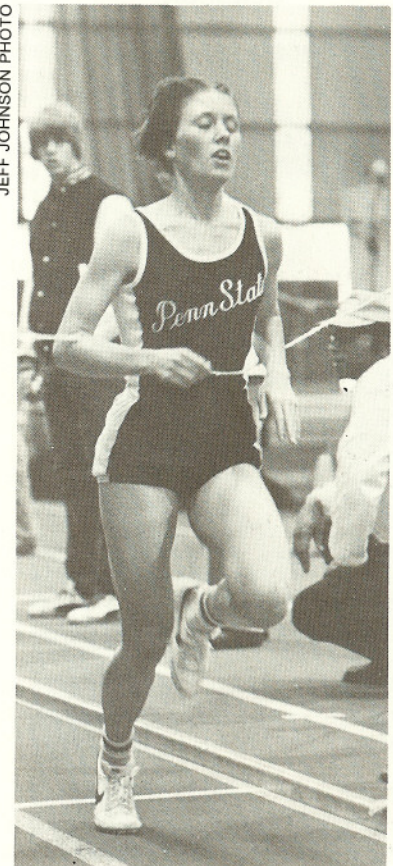
- 4:35.3 Cindy Bremser (Wisc Un)
- 4:37.0 Darlene Beckford (Harvard)
- 4:39.7 Brenda Webb (Tenn TC)
- 4:41.0 Jennifer White (Char TC)
- 4:42.5 Brigid Leddy (Vil)
- 4:43.6 Suzie Houston (Wisc)
- 4:43.9 Patty Murnane (Penn St)
- 4:46.5 +Rose Thompson (Wisc)
- 4:47.1# Margaret Groos (Va)
- 4:47.8 Kim Gallagher (Ambler OC)
- 4:48.0 Mary Rawe (Penn St)
- 4:48.6 Chris Mullen (Georgetown)
- 4:49.3 Johanna Foreman (Harvard)
- 4:51.4 Eryn Forbes (Ore)
- 4:52.1 Pia Palladire (Georgetown)
- 4:53.5 Heather Carmichael (Penn St)
- 4:54.5 Mary Stepka (Wisc)
- 4:54.8 Linda Goen (UCLA)
- 4:55.2 Rita Burr (Air Force)
- 4:55.6 Lisa Berry (Mich St)
- 4:56.5 Linda Portasik (Tn)
- 4:56.8 +Liz Hjalmarsson (Drake)
- 4:57.3 Kathy McIntyre (Un)
- 4:57.5 Donna Gauly (Mo)
- 4:58.0 Melanie Weaver (Mich)
- 4:58.2 Marty McElwee (Wisc)
- 4:58.7 Roxanne Bier (SJC)

JEFF JOHNSON PHOTO



ST. HILAIRE

JEFF JOHNSON PHOTO



MURNANE

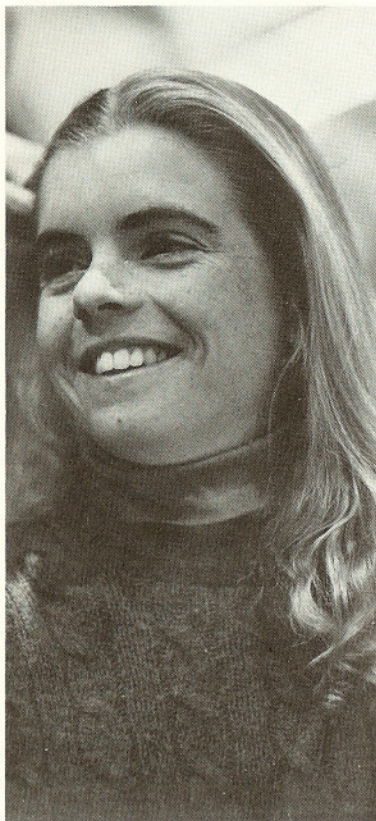
1980 USA INDOOR MARKS (continued)

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GENDRON

JEFF JOHNSON PHOTO



GOODALL

- 4:58.9 Shannon Cline (Tn)
- 4:59.0 Kelly O'Toole (Ind)
- 4:59.3 Kelly Spatz (Mich St)
- 4:59.5 Gale Grant (Fl St)
- 4:59.6 Mary Ellen Kunkel (Mo)
- 4:59.9 Kimberly Schnurpfel (Stanford)

3000 Meters

- 9:07.5 Jan Merrill (AGAA)
- 9:22.1 Brenda Webb (Knox TC)
- 9:28.9 Ellison Goodall (WSC)
- 9:35.6 Judi St. Hilaire (Vt)
- 9:39.8 +Heather Carmichael (Penn St)
- 9:48.0 Marty McElwee (Wisc)
- 9:50.5 Anne Sullivan (Brown)
- 9:52.3 +Siri Bjelland (Ok)
- 9:52.7 Brenda Saunders (Mo)
- 9:54.0 Kathy Bryant (Ohio TC)
- 9:55.2 Nancy Cunz (Sugarloaf TC)
- 9:56.5 Martha Stinson (Mo)
- 9:58.0 Lynn Lashley (Tn)
- 9:59.8 Ann Schiavone (Vt)

Two Miles

- 10:04.7 Jennifer White (Chrl TC)
- 10:08.0# Margaret Groos (Va)
- 10:25.4 Darlene Beckford (Harvard)
- 10:27.4 Diane Bussa (Purdue)
- 10:30.5# Betty Springs (Va)
- 10:31.2 Lisa Berry (Mich St)
- 10:33.2 +Rose Thompson (Wisc)
- 10:35.8 Mary Seybold (Iowa St)
- 10:37.2 Sue Richardson (Mich St)
- 10:37.8 +Liz Hjalmarsson (Drake)
- 10:41.8 Mary Stepka (Wisc)
- 10:45.2 Sally Zook (Wisc)
- 10:47.7 Kate McIntyre (Un)
- 10:48.1 Joan Sterrett (Elite TC)
- 10:49.0 Ann Mulrooney (Wisc)
- 10:52.0 Darie Andrew (Fl St)
- 10:52.6 Cynthia Wadsworth (Mich St)
- 10:54.4 Melanie Weaver (Mich)
- 10:55.2 Heidi Maher (Auburn)
- 10:55.6 Colleen Hillary (Auburn)
- 10:56.9 Alicia Moss (Adams St)
- 10:59.0 Marty McElwee (Wisc)

Three Miles

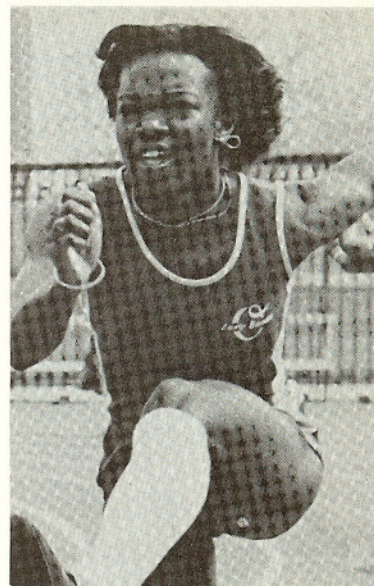
- 16:16.2 Diane Bussa (Purdue)
- 16:28.0 Melanie Weaver (Mich)
- 16:29.8 Sue Richardson (Mich St)
- 16:38.7 Karen Fitz (Un)
- 16:40.4 Marty McElwee (Wisc)
- 16:42.3 Wendy Burman (Wis/Park)
- 16:42.4 Marybeth Spencer (Wis Un)
- 17:00.0 Tani Tucker (Wich St)
- 17:04.6 Sue McDonald (W. Mich)
- 17:05.2 Strobach (Mich St)
- 17:19.4 Maureen Finholm (Kansas)
- 17:25.2 Sue Parks (E. Mich)
- 17:36.6 Stemier (Cent Mich)
- 17:44.0 Sheila Frank (Iowa St)
- 17:47.7 Bonnie Arnold (E. Mich)
- 17:49.0 Bridget Seip (Iowa St)

50y Hurdles

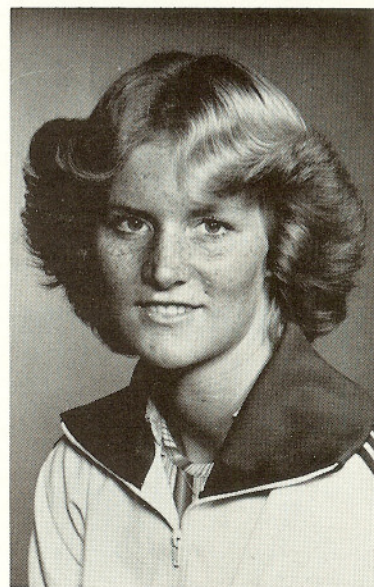
- 6.44 Candy Young (Pa HS)
- 6.65 Stephanie Hightower (Ohio St)
- 6.90 +Sue Kameli (San Diego St)
- 7.04 Rhonda Brady (TSU)
- 7.20 Bernee Long (NE Mo St)
- 7.23 Nancy Harms (Drake)

50m Hurdles

- 6.98 Stephanie Hightower (Ohio St)
- 6.99 Candy Young (Pa HS)
- 7.44 Jodi Anderson (LANTC)
- 7.54 Deanne Johnson (Stan TC)
- 7.55 Rhonda Brady (TSU)



HIGHTOWER



COSTELLO



COLYEAR

7.66	Kris Costello (Ore TC)	3:46.5	UTEP	12:52.0	Texas Tech
7.71	Cheryl Hawthorne (UC/Berk)	3:47.8	Tennessee	12:58.4	Wichita State
7.71	Sherifa Sanders (Berk TC)	3:47.8	Temple		
8.04*	Janet Terp (Vt)	3:48.2	Rutgers		
8.07	Cathy Hehmann (SJC)	3:48.3*	DC International		
8.14*	India Turner (Coop St)	3:48.9	Cornell	High Jump	
8.24	Heidi Hansen (Fthill)	3:49.2	Michigan State	6'4¾	+Debbie Brill (PCC)
		3:49.6	LA Mercuresses	6'4¼	Joni Huntley (PCC)
		3:49.8*	Adelphi	6'3½	Louise Ritter (TWU)
60y Hurdles (@ = 55m)			Colorado Flyers	6'2	Paula Girven (Houston TC)
7.47	Stephanie Hightower (Ohio St)	3:51.1	Ms AC	6'1¼	Sally McCarthy (Ok)
7.48	Candy Young (Pa HS)	3:51.7	Southern University	6'1	+Marie Bettioli (BYU)
7.72	Deby LaPlante (KCBQ)	3:52.2	LB Poly HS, Ca	6'0	Heidi DeKock (Moscow USA TC)
7.74	Kim Turner (UTEP)	3:52.6*	Morgan State	5'10¼	Margaret Metcalf (NM)
7.75	Karen Weschler (In)	3:52.7	New Mexico	5'10	Wendy Markham (Un)
7.80	Benita Fitzgerald (Tn)	3:52.8	Cooper Striders	5'10	Woods (Purdue)
7.84*	Lori Dinello (WSTC)	3:52.9	Utah State	5'10	Inge-Lise Christensen (Ohio St)
7.87	Jodi Anderson (LANTC)	3:53.0	USAM	5'10	Sue McNeal (KCBQ)
7.94	+Sharon Colyear (Boston)	3:53.2	Oklahoma	5'10	Theresa Smith (Spts. West)
7.97	Pam Page (Mo)	3:54.8	Brooklyn Tech HS, NY	5'9	Cheri Essman (Wisc)
7.98	Brenda Allwine (Ok)	3:55.6*	Plainfield HS, NJ	5'9	Joan Brockhaus (Wisc)
8.04	Debra Deutsch (Rutgers)	3:55.6*	Memphis State	5'8½	Beverly Washington (Un)
8.05	Julie Smithers (Rutgers)	3:55.9	Maryland	5'8½	Renee Nickles (Ok)
8.06	Newton (Auburn)	3:56.4	Wisconsin	5'8½	Mary Cragoe (Mo)
8.08	Elwanda Smith (Kansas)	3:56.4	Michigan	5'8¼	Jalene Chase (Md)
8.09	Lorraine Tummings (DC Int)	3:57.0	LA Naturite TC	5'8¼	Lori Kemnitz (Wisc)
8.10	Gwen Poss (Kansas)	3:57.1	Morgan State	5'8	Pat Knighton (Rutgers)
8.12	Laverne Palmer (Southern)	3:57.5	Jackson State	5'8	Harrell (E. Tn TC)
8.13	Carol Lewis (Will TC)	3:58.0	Grambling	5'8	Janet Terp (Vt)
8.13@	Heidi DeKock (Moscow USA TC)	3:58.2	University of DC	5'8	Kim Harrell (E. Tn TC)
8.14*	Kim Whitehead (Iowa St)	3:58.4	Long Island University	5'8	Bullard (Michigan)
8.14*	Jackie Washington (LANTC)	3:58.4	Missouri	5'8	Yolanda Gibson (Atoms)
8.16	Maureen McGee (UCLA)	3:58.7	St. Johns	5'8	Debi Ryals (S. Ill)
8.17	Barbara Veasley (Un)	3:58.7	Arkansas		
8.18@	Pat Knighton (LivClg)	3:59.0	Berkeley TC	Long Jump	
8.18	Diane Steinhart (Iowa)	3:59.0*	Manual Arts HS, LA, Ca	21'0¼	Kathy McMillan (TSU)
8.10	Lori Lowrey (Kansas)	3:59.0	Memphis State	20'5	Pat Johnson (Wisc)
8.24*	Kathy Borgwarth (Wisc)	3:59.1	Louisiana State	20'3½	Gwen Loud (UCLA)
		3:59.1	Wyoming	19'9½	Shonel Ferguson (Fla)
60m Hurdles		3:59.4	Purdue	19'7½	Amy Davis (Houston)
8.17	Stephanie Hightower (Ohio St)	3:59.8	Auburn	19'7¼	Pat Miller (Wyo)
8.44*	Kim Turner (UTEP)			19'6¼	Evalene Hatcher (Morgan St)
8.54	Benita Fitzgerald (Tn)	4x880y Relay		19'5¾	Sandy Crabtree (USC)
8.68	Sherri Ballew (THTC)	9:05.3	Wisconsin	19'2¾	Martha Watson (Club Int)
8.73	Jackie Sedwick (La HS)	9:13.7	Georgetown	19'2¼	Angie Bradley (Western)
8.78	Kim Willis (Ohio St)	9:14.6	Purdue	19'2	Judith Pollion (TSU)
8.84*	Dannette Afford (UTEP)	9:21.2	Rhode Island	19'2	Annette Reaves (Jackson St)
8.84	Kathy Bergwarth (Wisc)	9:29.0	Cooper Striders	19'1	Ester Otieno (UTEP)
8.96	Holly Foster (E. Ky)	9:29.0	Penn State	19'0¾	Becky Kaiser (Ill)
		9:30.6	Michigan State	18'11½	Laurie Thornton (Mich)
4x220y Relay		9:34.2	Michigan	18'11¼	Ann Meachum (E. Mich)
1:36.9	LA Mercuresses	9:39.0	Bates	18'10½	Jackie Mays (Angelo St)
1:37.2	Ali TC	9:39.5	Liberty AC	18'9½	Staton (NC)
1:37.8	Tennessee State	9:42.8	Western Michigan	18'9¼	Sherron Walker (Un)
1:39.9	SC Cheetahs	9:43.0	Eastern Michigan	18'8½	Keitha Harris (Adelphi)
1:40.4	LB Comets	9:47.0	Vermont	18'8¼	Thornton (Mich)
1:40.7	Florida	9:49.3	Auburn	18'8	Lisa Hunley (Tn)
1:42.2*	Wisconsin			18'7	Teresa Barr (Ark)
1:42.4*	Michigan State	880y Sprint Medley		18'6½	Sharol Henry (Ala A&M)
1:42.4	Temple	1:48.6	Michigan	18'6¼	Linda Waltmire (Tx A&M)
1:42.6	Rutgers	1:49.6	Michigan State	18'6	Pat Knighton (Rutgers)
1:43.5	Jackson State	1:54.6	Central Michigan		
1:43.9	Tennessee	1:55.2	Western Michigan		
1:44.3	Adelphi	1:55.6	Eastern Michigan		
1:44.5	Cooper Striders	1:55.6	West Virginia	Pentathlon (all hand timed)	
1:45.9*	Iowa State	1:57.8	Southern Illinois	3894	Linda Waltmire (Tx A&M)
1:46.7*	Eastern Michigan			3803	Theresa Jaeger (St. Johns)
1:47.5*	Mayor Hatcher YF			3697	Juanita Alston (Md)
1:47.7*	Drake	Distance Medley Relay		3688	+Nora Aranjó (Auburn)
1:47.8*	Chicago Zephyrs	11:50.6	Michigan State	3428	Mary Sedall (Adams St)
1:48.7*	Michigan	12:00.3	Kansas	3361	Maureen Abel (Iowa)
1:49.0*	Purdue	12:05.4	Michigan	3352	Sue Vani (Penn St)
		12:06.8	Purdue	3332	Sandy Bryan (Dartmouth)
4x440y Relay		12:08.6	Eastern Michigan	3330	Bev Fuller (Kansas)
(@ = oversized track)		12:10.2	Western Michigan	3285	Sue Petrelli (Adams St)
(* = 1600 plus 1.6)		12:19.8	UTEP	3279	Ann McKillop (Penn St)
3:39.5@	Tennessee State (3:41.5)	12:25.3	Iowa	3238	Adrian Pitts (Cent. Ct.)
3:41.6	Ali TC	12:32.6	Wyoming	3222	Anita Marsland (NM)
3:45.5	Atoms TC	12:34.9	Air Force Academy		
3:46.5@	Florida State	12:45.2	Central Michigan		

EVENT	WORLD		WORLD JUNIOR (Under 20)		AMERICAN		COLLEGIATE							
100	10.88	Marlies Gohr, DDR	77	11.13	Chandra Cheeseborough, US	76	10.97	Evelyn Ashford	79	11.14	Leleith Hodges, TWU	78	Brenda Morehead, TSU	78
200	21.71	Marita Koch, DDR	79	22.74	Raelene Boyle, Aus	68	21.83	Evelyn Ashford	79	22.60	Brenda Morehead, TSU	78	Brenda Morehead, TSU	78
400	48.60	Marita Koch, DDR	79	49.77	Christine Brehmer, DDR	76	50.62	Rosalyn Bryant	76	50.98	Rosalyn Bryant, CSLA	78	Rosalyn Bryant, CSLA	78
800	1:54.9	Tatyana Kazankina, SU	76	2:00.7	Kathy Weston, US	76	1:57.9	Madeline Manning	76	2:00.0	Wendy Knudson, UtSt	76	Wendy Knudson, UtSt	76
1500	3:56.0	Tatyana Kazankina, SU	76	4:06.0	Brigit Friedman, Ger	78	4:02.6	Jan Merrill	76	4:05.4	Jan Merrill, CtClg	78	Jan Merrill, CtClg	78
Mile	4:21.7	Mary Decker, USA	80				4:21.7	Mary Decker	80	4:28.3	Jan Merrill, CtClg	79	Jan Merrill, CtClg	79
2Mile							9:49.6	Jan Merrill	78	9:49.6	Jan Merrill, CtClg	78	Jan Merrill, CtClg	78
3000	8:27.2	Ludmila Bragina, SU	76	8:58.4	Inger Knutson, Swe	73	8:42.6	Jan Merrill	78	8:42.6	Jan Merrill, CtClg	78	Jan Merrill, CtClg	78
5000	15:08.8	Loa Olafsson, Den	78				15:33.8	Jan Merrill	79	15:33.8	Jan Merrill, CtClg	79	Jan Merrill, CtClg	79
10000	31:45.4	Loa Olafsson, Den	78				32:52.5	Mary Shea	79	32:52.7	Joan Benoit, Bowd	79	Joan Benoit, Bowd	79
100H	12.48Gr	Grazyna Rabsztyn, Pol	78	12.95	Candy Young, USA	79	12.86	Deby LaPlante	79	12.86	Deby LaPlante, SDS	79	Deby LaPlante, SDS	79
400H	54.78	Marina Makeyeva, SU	79	57.57	Ann-Louise Skoglund, Swe	78	56.61	Mary Ayers	77	56.61	Mary Ayers, PV	77	Mary Ayers, PV	77
HJ	2.01/6'7	Sara Simeoni, Ita	78	1.93/6'4	Kirstin Dedner, DDR Louise Ritter, USA	79 79	1.93/6'4	Louise Ritter	79	1.93/6'4	Louise Ritter, TWU	79	Louise Ritter, TWU	79
LJ	7.09/23'3/4	Vilma Bardauskiene, SU	78	6.77/22'2/2	Marianne Voelzke, DDR	74	6.90/22'7/2	Jodi Anderson	78	6.90/22'7/2	Jodi Anderson, CSN	79	Jodi Anderson, CSN	79
SP	22.32/73'2/4	Helena Fibingerova, Cze	77	19.23/63'1	Ilona Schoknecht, DDR	74	19.09/62'7/4	Maren Seidler	79	17.00/55'9/4	Ann Turbyne, UMe	79	Ann Turbyne, UMe	79
DT	70.72/232'0	Evelin Jahl, DDR	78	63.26/207'6	Evelin Jahl, DDR	76	58.26/191'2	Lorna Griffin	79	56.36/184'11	Ria Stalman, ASU	79	Ria Stalman, ASU	79
JT	69.52/228'1	Ruth Fuchs, DDR	79	63.86/209'6	Ludmila Pasternakevich, SU	76	69.32/227'5	Kate Schmidt	77	59.76/196'1	Cathy Sulinski, CSH	76	Cathy Sulinski, CSH	76
Pent	4839	Nadyezhda Tkachenko, SU	77	4594	Sabine Everts, Ger	79	4708	Jane Frederick	79	4445	Themis Zambrzycki, BYU	79	Themis Zambrzycki, BYU	79
Mar	2:27:33	Grete Waitz, Nor	79				2:35:15	Joan Benoit	79	2:35:15	Joan Benoit, Bowd	79	Joan Benoit, Bowd	79
4x100	42.09	DDR (Brehmer - Schneider - Auerswald - Gohr)	79	43.95	DDR (Kirsten - Walter - Hartmann - Simon)	79	42.87	Olympic Team	68	43.68	Tennessee State	79	Tennessee State	79
4x200	1:30.8	SU (Makova - Zyuskina - Proprochenko - Kulknova)	79				1:32.6	National Team	79	1:36.1	Morgan State Texas Women's	79 78	Morgan State Texas Women's	79 78
4x400	3:19.2	DDR (Maletzki - Rohde - Streidt - Brehmer)	76	3:31.7	DDR (Cattus - Hubner - Heilmann - Rubsen)	79	3:22.8	Olympic Team	76	3:32.8	Prairie View	79	Prairie View	79
4x800	7:52.3	DDR (Zinn - Hoffmeister - Weiss - Klaperzynski)	76				8:19.9	National Team	79	8:33.6	CS Northridge	78	CS Northridge	78
SpMed							1:37.3	CS Los Angeles	78	1:37.3	CS Los Angeles	78	CS Los Angeles	78
4xMile										20:22.0	Iowa State	79	Iowa State	79
DisMed										11:49.8	Iowa State	79	Iowa State	79

Catastrophic Cortisone

by Dr. Evan Mladenoff

After attending a recent international track meet in my role as a chiropractor, a bitter taste remains. Although care was provided for a variety of problems and last minute tune ups, the following case remains unnerving. The athlete in question pulled up lame part way through the final. When I proceeded to question the athlete the following history was revealed.

The athlete has been suffering from hamstring tendinitis at the ischial origin for two weeks prior to the competition. With no improvement in the hamstring, the Thursday prior to the meet the athlete sought "therapy". The presiding physician indicated to the athlete that a cortisone shot would allow the athlete to compete on the weekend. The athlete indicated that the shot was administered directly into the tendinous origin of the hamstring. Normally, the muscle-tendon unit is in a state of constant tension. The tone of the muscle is such that it keeps the tendon taut and ready for function.

It has been stated that muscular strain will occur at the weakest link of the muscle-tendon unit at a given time. If an injection was the proper therapy at the time, it seems unreasonable that the

needle should be inserted into the already weakened muscle-tension unit, as the physical instrument leaves behind microscopic disruption in the unit.

According to Cyriax, hydrocortisone injection needs a diagnosis accurate within a millimeter or two. Further, if we closely examine the anatomy of the hamstring ischial origin we find that the sciatic nerve sits directly under the origin of the biceps femoris portion. As chiropractic research has indicated that as little as 10mm of mercury pressure on a nerve is sufficient to produce 40 per cent loss of function at the end organ, it is not unreasonable to assume that the injection this athlete received may have caused irritation to the sciatic nerve.

In my experience, Cortisone shots (as they are commonly referred to), have not helped, regardless of the problem. On the contrary, the side effects may be more than the price of relief. I stand firmly when I advise anyone, especially athletes, that cortisone shots will be more detrimental than helpful in the long run, and should only be considered when all other conservative measures have been given a therapy trial.

Technical Bulletin (Canada)
WTW

REEL OFF (continued from page 4)

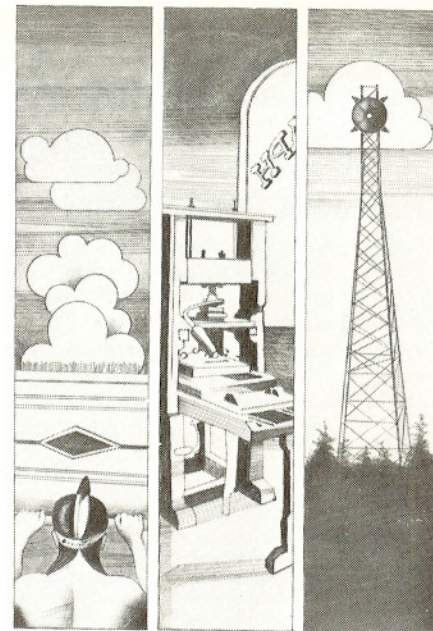
"Certainly, the British Government is entitled to make its views known, but in the final analysis it is not for the politicians to dictate in this matter. FOR THEM, AN OLYMPIC BOYCOTT IS A SAFE AND CHEAP OPTION — but taken in isolation or even in concert with the USA and perhaps Australia and Canada, it would prove politically futile. NOTHING WILL CHANGE IN AFGHANISTAN AND THE GAMES WILL GO ON AS SCHEDULED, only the Eastern bloc would win an ever more gigantic proportion of the medals than usual . . . and scores of American and British athletes would be resigned to watching in frustration. They wouldn't have another chance in 1984 either, because undoubtedly the USSR, their allies and their sympathisers would retaliate by shunning Los Angeles, rendering those Games so meaningless that they would probably be cancelled. The Olympics would be finished.

"Can athletes troubled by recent political events compete in Moscow with a clear conscience? They can't really, although that never prevented their predecessors in 1956 and 1968 from taking on their Soviet counterparts within weeks of the Hungarian and

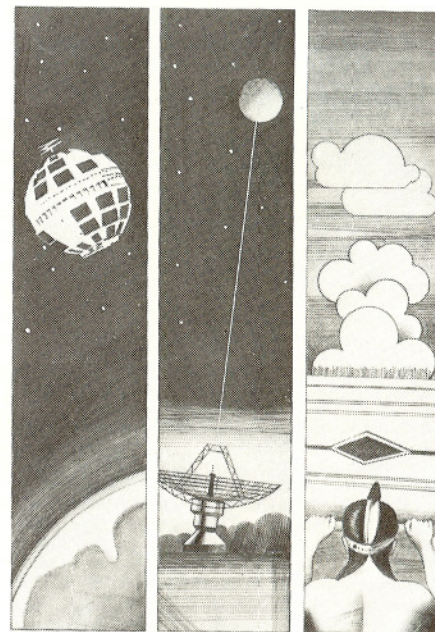
Czech crises. If they feel that strongly the most honest course of action would be to declare themselves unavailable for selection. As Seb Cole said: 'I shall have to make a personal decision about the Games at some stage. I will want to make that decision, not just as an athlete but as a rounded person . . . a member of the human race'.

"Is some sort of compromise possible, whereby athletes could make their legitimate protest felt but without forfeiting their competitive aspirations? Yes, BY BOYCOTTING THE OPENING CEREMONY! If sufficient National Olympic Committees, at the behest of the participants, would refuse to parade their teams on the very occasion when probably the entire Soviet leadership will be in the stadium to review the march past, and virtually every Soviet citizen will be watching the event on television, the impact would be stunning — and not easily explained away merely as 'cold war' tactics by the Americans and the British. Yes, athletes would be making a political — or at any rate a humanitarian — gesture . . . and why not? We are talking about men and women with opinions and ideals of their own, not programmed physical automatons."

WTW



**We can't
afford
to run out
of ideas.**



Our colleges and universities—our most vital source of new ideas—are in deep financial trouble. If they can't get the money they need to do their job right, we may all be back to smoke signals again before we realize it.

**Make America smarter.
Give to the college of your choice.**



Results - Results - Results - Results

National Invitational

College Park, Maryland, January 11 — Darlene Beckford turned in a fine 4:37.0 mile to grab the spotlight at the 13th Annual National Invitational Indoor Meet. Beckford had to hustle to finish ahead of Germany's Ellen Wessinghage (4:37.7) and Brenda Webb (4:39.7). Webb came close to her best-ever indoor mark of 4:39.5 which she made in 1976. Robin Campbell had another good mark with her 2:08.2 victory in the 880.

RESULTS: 60yH, 1—Benita Fitzgerald (Tn) 7.80, 2—Lorraine Tummings (DC Int) 8.32, 3—Leslie Palmer (Md) 8.33, 4—Ann Meacham (E Mich) 8.73; 60y, 1—Maria Parsons (Morgan St) 6.98, 2—Leola Toomer (Md) 7.09, 3—Lori Dowers (Del St) 7.10, 4—Freida Nichols (DC Int) 7.19, 5—Liz Young (Un DC) 7.20; 440, 1—Carolyn Brinkley (Pioneer AC) 57.3, 2—Paulette Clagon (Morgan AA) 57.5, 3—Henrietta Nancis (DC Int) 57.7; 880, 1—Robin Campbell (Stanford) 2:08.2, 2—Johanna Foreman (Harvard) 2:10.7, 3—Kim Gallagher (Ambler OC) 2:11.3, 4—Dana Glidden (Mo) 2:11.4, 5—Cynthia Colquitt (Morgan St) 2:13.4, 6—Debbie Roberson (DC Int) 2:18.0, 7—Joan Sterrett (Elite Int) nt; Mile, 1—Darlene Beckford (Harvard) 4:37.0, 2—Ellen Wessinghage (Ger) 4:37.7, 3—Brenda Webb (Tn TC) 4:39.7, 4—Jennifer White (Char TC) 4:41.0, 5—Bridget Leddy (Vil) 4:42.5, 6—Linda Portasik (Tn) 4:56.8; 1x410, 1—DC International (Roberson - Scott - Hatz - Nancis) 3:49.4, 2—Ms AC 3:51.7, 3—Morgan State 3:54.7, 4—UDC 3:58.2.

Cosford Games

Cosford, England, January 11/12 — Good early season performances were the order of the day at the annual Phillips Cosford Games as the British athletes began their 1980 season. Top performances included 2:05.5 by Liz Barnes in the 800, 6'0½ in the high jump by Ann-Marie Devakky and Barbara Simmonds and a 54'8 shot win by Angela Littlewood on her last put. For American readers, Judy Vernon placed fifth in the 60m hurdles.

RESULTS: 60m, 1—Wendy Clark 7.3, 2—Pippa Baker 7.3... 5—Linsey MacDonald 7.6 (7.5h) 15y; 200, Thomas 24.9; 400, Forsyth 56.2; 800, 1—Elizabeth Barnes 2:05.5, 2—Lorraine Baker 2:08.5, 3—Alison Clifford 2:08.9, 4—Janet Marlow 2:09.3 (2:09.1h), 5—Mullett 2:09.4; 1500, Hollick 4:28.8; 3000, 1—Thelwyn Bateman 9:37.4, 2—Mandy Alford (15y) 9:51.4; 60mH, 1—Yvette Wray 8.3, 2—Wendy MacDonald 8.4... 5—Judy Vernon 8.7; HJ, 1—Ann-Marie Devakky 1.84/6'0½, 2—Barbara Simmonds 1.84/6'0½; LJ, Manley 6.11/20'0½, 2—Regan 6.08/19'11½; SP, 1—Angela Littlewood 16.66/54'8, 2—Judy Oakes 16.57/54'4½.

World Indoor Records in East Germany

The East Germans are coming out smoking for the 1980 season! At a meet in East Berlin on January 12, all sorts of outstanding performances were turned in.



PROBST PHOTO

Anita Weiss, now world's best at 600 meters.

Top interest must center on the sprints where the DDR coaches, in a surprise early season move, turned their two sprint world record holders lose on each other with the result two new world indoor sprint bests and one equalled. Marlies Gohr captured the 60m sprint over Marita Koch in 7.12, equalling her best-ever and the world record before Ashford broke it at the Ali meet. Koch was clocked in 7.14 which moves her to the Number Four spot on the All Time World list. Gohr came back to capture the 100y in 10.37 and Koch returned to whip Gohrs in the 100m with yet another new world mark of 11.15 to 11.6. Gohr got the 100y record a few days later when she ran 10.29 at Senftenberg on January 26.

The sprints weren't the only top marks at the East Berlin competition. Anita Weiss captured the world mark for 600 meters with 1:26.2 and the second, third, fourth and fifth places re-wrote the All Time list with the Number 2-3-4-5 best-ever marks. Weiss also captured the 1000m in 2:41.8, just one-tenth in front of Martina Kampfert, moving the two to the Number Five and Number Six positions on the All Time list.

RESULTS: 100y, 1—Marlies Gohr 10.37 (#2 all time), 2—Doris Zanke 10.62, 3—Ingrid Auerswald 10.63; 1000m, 1—Anita Weiss 2:41.8 (#5 all time), 2—Martina Kampfert 2:41.9 (#6 all time); 60m, 1—Marlies Gohr 7.12 (#2 all time), 2—Marita Koch 7.14 (#4 all time), 3—Ingrid Auerswald 7.27; 100m, 1—Marita Koch 11.15 (#1 all time), 2—Marlies Gohr 11.16 (#2 all time), 3—Doris Zanke 11.44 (#4 all time), 4—Sybille Pfennig 11.49; 400, Martina Kampfert 52.3 (#6 all time); 600m, 1—Anita Weiss 1:26.2 (#1 all time), 2—Christine Wartenberg 1:26.6 (#2 all time), 3—Marion Hubner 1:27.0 (#3 all time), 4—Ines Schimmel 1:27.2 (#4 all time), 5—Hildegard Ullrich 1:27.5 (#5 all time); HJ, 1—Andrea Reichstein 1.89/6'2½, 2—Rosemarie Ackermann 1.86/6'1¼, 3—Suzanne Helm 1.86/6'1¼; SP, 1—Ilona Slupianek 20.57/67'5¼, 2—Ines Reichenbach 19.27/63'2¼.

Foreign Report

Senftenberg, DDR, January 26/27 — 60m, 1—Gohr 7.10 (#2 all time), 2—Koch 7.13 (#3 all time), 3—Lathan (nee Brehmer) 7.19 (#7 all time), 4—Zanke 7.24; 60mH, 1—Gartz 8.01, 2—Claus 8.12; LJ, 1—Wujak 6.56/21'6¼, 2—

Neubert 6.54/21'5½, 3—Daute 6.47/21'2¼, 4—Siegel 6.46/21'2¼; 400, 1—Streidt 52.11 (#5 all time), 2—Rubsam 53.62, 3—Rossley 53.87; 800, 1—Kampfert 2:01.5, 2—Ullrich 2:02.2; SP, Slupianek 20.75/68'1; 100y, 1—Gohr 10.29 (#1 all time), 2—Koch 10.33 (#2 all time), 3—Lathan 10.42 (#3 all time); 1500, Wartenberg 4:14.9; HJ, 1—Ackermann 1.95/6'4¼ (#2 all time), 2—Reichstein 1.92/6'3½ (#10 all time); East Berlin, January 20 — 400m, 1—Rubsam 52.4, 2—Kampfert 52.8; 50mH, Gartz 6.86 (#4 all time); HJ, Helm 1.86/6'1¼; LJ, Ramona Neubert 6.72/22'0½ (#3 all time), 2—Siegl 6.63/21'9, 3—Pappler 6.61/21'8¼, 4—Wujak 6.52/21'4¼... 9—Bardauskiene (SU) 6.26/20'6½; SP, Slupianek 21.49/70'6, 2—Reichenbach 20.36/66'9½ (#8 all time).

Dusseldorf, West Germany, January 26 — 60m, Vollmer 7.1; 200, Bussmann 23.7; 3000, Hueing 9:19.9; HJ, Wziontek and Meyfath 1.86/6'1¼; LJ, 1—Everts 6.64/21'9½ (#7 all time), 2—Weigt 6.62/21'8¾ (#10 all time); Munich, January 26 — SP, Wilms 20.00/65'7½; Whangarei, New Zealand, January 12 — 100/200, Beverly Goddard (GB) 11.56/23.47; 1500, Rogers 4:18.5; LJ, Hodgins 6.26/20'6½... 3—Madgit Papp (Hun) 6:03.19'9½, 4—Diane Konihowski (Can) 5.71/18'8¼; Wanganui, NZ, January 16 — 800, Mary Decker (USA) 2:04.9.

Cottbus, East Germany, January 16 — 60m, 1—Koch 7.13, 2—Gohr 7.16; 100y, 1—Hirsch 10.65, 2—Ebering 10.80; 200, Busch 23.7; 800, 1—Kampfert 2:00.0 (#2 all time), 2—Weiss 2:00.4 (#3 all time), 3—Hubner 2:01.0 (#7 all time), 4—Schimmel 2:04.6 (17y); 60mH, Gartz 8.11, 2—Claus 8.14; HJ, Ackermann 6'4; LJ, Siegl 21'4, 2—Pappler 21'2½.

Grenoble, France, February 2 — France vs. East Germany: 50m, 1—Koch (EG) 6.11 (world record), 2—Gohr (EG) 6.12 (#2 all time), 3—Annie Alize (F) 6.26 (#5 all time); 50mH, 1—Claus (EG) 6.93, 2—Beyer (EG) 6.96; 400, 1—Streidt (EG) 52.40, 2—Rubsam (EG) 52.75; 800, 1—Wartenberg (EG) 2:03.2, 2—Ullrich (EG) 2:03.4; 1500, Wartenberg (EG) 4:17.3; HJ, 1—Ackermann (EG) 6'4½, 2—Helm 5'11¼; LJ, 1—Siegl (EG) 21'0, 2—Wujak (EG) 20'11½; SP, 1—Reichenbach 64'3¼, 2—Retzlaff (EG) 62'4½; Vittel, France, January 26 — 1000m, Bukis (Poland) 2:40.8 (#3 all time); Vienna, Austria, January 30 — HJ, 1—Rengali (Aut) 5'11, 2—Cindy Gilbert (USA) 5'11.

Fleetwood Fleet at UCLA

Los Angeles, CA, January 13 — Dollie Fleetwood, who has been running well indoors in 1980, moved to the tartan of UCLA to continue her fine running, clocking 6.82 for 60 yards as the Southern Pacific AAU opened its 1980 outdoor season with a warmup meet. Diane Gutowski had a fast 1:04.6 for 500 yards, a mark which will place her high on the US list if she can repeat it indoors, and fans were treated to an 800 by Rosalyn Bryant, a former US champion at the 100.

RESULTS: 60y, 1—Dollie Fleetwood (SC Cheetahs) 6.82, 2—Hopkins (Ing Panthers) 7.01; 400, Churchman 58.3; 500y, 1—Diane Gutowski (LAM) 1:04.6, 2—Peterson (LAM) 1:05.0, 3—Birt (Club Int) 1:06.2; 800, 1—Rosalyn Bryant (Ali) 2:11.5, 2—Cynthia Warner (LAMY) 2:11.8; Mile, 1—Linda Goen (UCLA) 4:47.7, 2—Cindy Poor (AIA) 4:52.7, 3—Sheila Raiston (UCLA) 4:58.2, 4—Su Mei Lee (Ca HS) 4:59.2; 60yH, 1—Jodi Anderson (LANTC) 8:13, 2—McGee (Un) 8.25, 3—Deanne Johnson (Stan TC) 8.27; 4x440, 1—UCLA 3:50.2, 2—LANTC 3:54.8; LJ, 1—Sandy Crabtree (USC) 19'2½, 2—Lisa Gouridine (UCLA) 19'0½, 3—Sherron Walker (Club Int) 18'11; JT, 1—Lorehe Van Benthem (USC) 146'2, 2—Olson (USC) 140'11; DT, 1—Renate Scaglia (Italy) 165'3, 2—Maristella (Italy) 163'9, 3—Branson (LANTC) 162'3; SP, Maristella (Italy) 46'3.

Michigan State Wins Triangular

East Lansing, Michigan, January 12 — Distance runners Lisa Berry and Sue Richardson led their Michigan State squad to a win over Michigan and Western Ontario with their marks of 10:31.2 and 10:37.2 in the two mile. Both runners qualified for the Indoor AIAW Nationals.

RESULTS: 1x220, Michigan State 1:45.3; 410, Judy Brown (MSU) 58.1; 60y, 1—Desiree Pritchett (MSU) 7.0, 2—Sharon Lane (WO) 7.0; 880, Pam Sedwick (MSU) 2:13.2; 60yH, Sharon Lane (WO) 7.8; 600y, 1—Pam Swanigan (MSU) 1:25.7, 2—Darlynda Keye (M) 1:27.0; 300y, 1—Cheryl Gilliam (MSU) 36.0, 2—Sharon Lane (WO) 37.1; 1000y, 1—Janet Dick (WO) 2:39.0, 2—Kelly Spatz (MSU) 2:39.3; 2M, 1—Lisa Berry (MSU) 10:31.2, 2—Sue Richardson (MSU) 10:37.2; 1x110, Western Ontario 3:58.4; SP, Polly Prouty (MSU) 41'3"; HJ, Johanna Bullard (M) 5'6"; LJ, Laurie Thornton (M) 18'11"; Scores, 1—Michigan State 119, 2—Western Ontario 93, 3—Michigan 77.

Australian Report

from Bernie Cecins

In Perth on January 13, Gael Mulhall, Oceania's Athlete of the Year for 1979, turned in her second best ever discus throw at 62.68/205'8. During warmup, Gael had a toss of over 65 meters (213 feet). Also at Perth Lyn Young ran 400H in 58.51 . . . Raelene Boyle, following her FOURTH Achilles tendon operation, was back in action in Melbourne on January 12 and was delighted with a second place in the 400m behind Denise Boyd (52.2) in 53.2. Raelene finished 0.1 second ahead of Terry Wangman and now is confident that she will make her fourth Olympic Games team . . . Sue Cook (nee Orr) gave a brilliant exhibition in the 1500m walk to lodge the world's fastest time on record of 6:24.0, and Bev Francis opened the 1980 season with 16.90/55'5½ in the shot . . . Other marks: Melbourne, January 5 — 100m (wind aided), Denise Boyd 11.1; 200m (wind), Boyd 22.8; Raelene Boyle, running with the men, clocked 23.6w . . . Sydney, January 5 — LJ, Chris Booth 6.20/20'4 with Lyn Jacenko fourth at 5.86/19'2¾w; 400m, Gillies 55.0; also in the LJ, Linda Garden (nee Parr) 6.20/20'4 . . . Brisbane, January 6 — 100m/200m/100H, Helen Edwards 11.6/23.5/13.8 . . . Sydney, January 9 — 100H, Gillies 13.3; LJ, Garden 6.39/20'8w . . . Hobart, January 22 — Tessa Sanderson, England, threw the javelin 64.90/212'11 . . . Regarding the Olympic boycott, at this stage the National Olympic Committee of Australia has been adamant that the Games go on in Moscow as scheduled.

Women's Track World

Mission Bay Marathon to Volk

Mission Bay, CA, January 13 — Nineteen year old Gail Volk, a freshman at Seattle Pacific University, won the annual Mission Bay Marathon by nearly four minutes here today with a good time of 2:44:41. Nearly a hundred women completed the marathon which was run in three divisions with Volk winning the Girl's Division (under 20), Laurie Binder taking the Open Division (20-39) and Phyllis Smith the Master's title (over 40).

RESULTS: 1—Gail Volk (Seattle) 2:44:41, 2—Laurie Binder (San Diego) 2:48:08, 3—Therese Kozlowski (PC Pacers) 2:53:46, 4—Yvonne Yanke (San Diego) 2:55:02, 5—Tish Husak (Long Beach) 2:59:55 . . . 22—Phyllis Smith (San Diego) 3:26:34.

Speedy 60 by Harris

Lawrence, Kansas, January 14 — Wanda Harris, University of Arkansas, ripped off one of the fastest 60 yard dashes ever run when she broke the tape in 6.70 during the running of the Kansas Invitational. If this mark is verified as fully automatic, it is the Number Three All Time on the USA list and the Number Four performance on the World List. Host Kansas won the team competition with 180 points over the other six participating schools.

RESULTS: LJ, 1—Teresa Barr (Ark) 18'5¼, 2—Halcyon McKnight (Kan) 18'2¾; 60yH, 1—Elwanda Smith (Kan) 8.08, 2—Gwen Poss (Kan) 8.10, 3—Diane Steinhart (Iowa) 8.18; 60y, 1—Wanda Harris (Ark) 6.70, 2—Pat Foster (Wichita St) 7.0, 3—Teresa Barr (Ark) 7.10; 300y, 1—Carla Anderson (Kan) 37.05, 2—Mary Knobuh (Iowa) 37.15, 3—Ronnie Wilson (Kan) 37.28; 600y, 1—Diane Ousley (Ark) 1:24.4, 2—Chris Davenport (Iowa) 1:27.25; 880, Deb Hertzog (Kan) 2:19.6; 2000y, 1—Jody Rittenhouse (Ark) 6:25.5, 2—Michelle Brown (Kan) 6:34.5; DistMed, 1—Kansas (Tucker - Denning - Hertzog - Brown) 12:00.3, 2—Iowa 12:25.3; 3M, 1—Karen Fitz (Un) 16:38.7, 2—Tani Tucker (WS) 16:59.9; SP, 1—Robin Small (Kan) 46'2¼, 2—Karen Allen (WS) 43'9½, 3—Linda Nevell (K) 43'9½; 1000y, 1—Kay Stormo (Iowa) 2:40.0, 2—Kim Neal (Un) 2:41.4, 3—Tami Guinn (K) 2:44.5 . . . 6—Jody Rittenhouse (Ark) 2:50.0; HJ, Sharon Logan (K) 5'6"; 1x110, Arkansas 4:06.5; Pentathlon, 1—Maureen Abel (Iowa) 3361, 2—Bev Fuller (Kan) 3330; Scoring, 1—Kansas 180, 2—Iowa 106, 3—Arkansas 79, 4—Wichita State 46, 5—Central Missouri State 4, 6—Park 3, 8—Garden City 0.

Florida State Wins

Baton, Rouge, LA, January 19 — Powerful Florida State had no difficulty winning a 4-way competition here today scoring 70 points, almost double that of runner-up Alabama who had 36 points, and far ahead of Houston (17) and host LSU (7). Houston's Amy Davis, with a hop of 19'7½ had the best mark of the competition. Alabama's Belinda Little had a good 7.11 for the 60y sprint.

RESULTS: LJ, 1—Amy Davis (H) 19'7½, 2—Belinda Little (AL) 18'2½; SP, Debbie Och (A) 44'5½; Mile, Gale Grant (FS) 4:59.5; 60yH, Tonja Brown (FS) 8:29; 60y, 1—Belinda Little (A) 7.11, 2—Cruz Ibarquen (H) 7.25; 440, Angie Wright (FS) 58.7; 600y, Tonja Brown (FS) 1:28.33; 880, Lisa Rhoden (FS) 2:19.5; 1000y, gale Grant (FS) 2:37.6; HJ, Terry Johnson (A) 5'6"; 2M, Darrie Andrew (FS) 10:52.0; 1x110, Houston 4:00.1.

Good Mile by Gallagher

Philadelphia, PA, January 18 — Kim Gallagher, the 1979 Junior Women's National Cross Country champion, covered the mile in 4:47.8 to highlight the staging of the Annual Invitational Meet in Philadelphia. Veterans Brenda Morehead (60y), Candy Young (60yH) and Jan Merrill (880) were the other winners along with Tennessee State's mile relay team.

RESULTS: 60y, 1—Brenda Morehead (TSU) 6:90, 2—Chandra Cheeseborough (TSU) 6:94, 3—Michelle Glover (Willingborough TC) 6:97; 60yH, 1—Candy Young (Angel TC) 7:76, 2—Julie Smithers (Rutgers) 8:05, 3—Carol Lewis (WTC) 8:13; 880y, 1—Jan Merrill (AGAA) 2:10.8, 2—Cynthia Colquitt (Morgan St) 2:12.2, 3—Penny Fales (Penn St) 2:16.4; Mile, 1—Kim Gallagher (Ambler OC) 4:47.8, 2—Brigid Leddy (Vil) 4:48.2, 3—Heather Carmicjael (Penn St) 4:53.5; MileR, 1—Tennessee State (Davis - Pollion - Blake - Jones) 3:50.3, 2—Temple 3:51.8, 3—Rutgers 3:56.0; 110, 1—Edna Brown (Temple) 55.82, 2—Helen Blake (TSU) 56.19, 3—Gwen Gardner (LAM) 56.59, 4—Sharon Dabney (Chippers TC) 57.10, 5—Liz Young (DCU) 59.1.

IRA JOFFE PHOTO



KIM GALLAGHER

Auburn Invitational

Auburn, Alabama, January 19 — Host Auburn had no trouble winning its own Invitational with a score of 66 points, four times as many as runner-up Alabama A&M. Auburn's Beverly Kearney was a double winner in the 440 and 60 yard sprints while Henry of Alabama upset Lorraine Ray of Florida to win the long jump.

RESULTS: SP, 1—Lotmore (Fl) 45'11½, 2—McLendon (Fl) 43'5"; 2MR, Auburn (Cannon - Mackley - Huggins - Peterson) 9:49.3; LJ, 1—Henry (Al) 18'6½, 2—Lorraine Ray (Fl) 18'4"; HJ, 1—Jackson (Al A&M) 5'6, 2—McAlcese (Aub) 5'6; 60yH, Newton (Aub) 8:06; 60y, 1—Kearney (Aub) 7:06, 2—Morgan (Hillsborough) 7:07; Pentathlon, Nora Araujo (Aub) 3665; Scores, 1—Auburn 66, 2—Alabama A&M 22, 3—Florida 19, 4—Florida A&M 16, 5—Hillsborough 10, 6—Alabama State 8, 7—Tuskegee Institute 6, 8—Jacksonville State 2.

Olympic Invitational

New York, NY, January 19 — Madison Square Garden staged its Annual Olympic Invitational over the new board track and it was, as usual, a smashing success. Louise Ritter (Texas Women's University) grabbed the top honors with her 6'3½ leap to victory in the high jump. Ritter's mark was the second best ever by an American, just a half inch under Joni Huntley's AR of 6'4. Huntley, on the comeback trail, was over 6'2 for second place with Paula Girven finishing third, also with 6'2.

Although not the best result, the 800 meters was the best race of the meet. Joetta Clark took the lead from Madeline Manning after one lap, passed the 400 mark in 61 and seemingly controlled the race until Jan Merrill made her move from last place to challenge over the final 100. On the final straight, Clark veered from Lane One into Lane Two and was disqualified for impeding Merrill's progress and the Connecticut runner was awarded the win in 2:07.6s.

Evelyn Ashford easily won the 55m sprint (60 yards plus 5 inches) in a good 6.81 over Morehead and veteran Rosie Allwood. Stephanie Hightower scored a mild upset winning the 55m hurdles over Candy Young and Francie Larrieu had all she could handle in the 1500 with a three-tenths of a second margin over Cindy Bremser. Tennessee State, with Cheeseborough running anchor, took the 1600m relay in an excellent 3:41.9 and a 55.5 average.

Although the meet was televised and we are happy to have the sport on national TV, the women once again received the short end of the stick with four events shown during the 1½ hours compared to 11 for the men. Ashford was awarded the most outstanding performer award over Ritter and while Evelyn's 55m was good, it did not rank with Ritter's No. 2 All-Time USA mark and No. 9 All-Time World mark in the high jump. Ritter never even got on TV.

RESULTS: 55m, 1—Evelyn Ashford (Un) 6.81, 2—Brenda Morehead (TSU) 6.91, 3—Rose Allwood (DC Striders) 6.92, 4—Michele Glover (Will. TC) 7.02; **55mH,** 1—Stephanie Hightower (Ohio St) 7.47, 2—Candy Young (Pa HS) 7.82, 3—Benita Fitzgerald (Tn) 7.90, 4—Debra Deutsch (Rut) 8.10, Julie Smithers (Rutgers) fell; **400,** 1—Gwen Gardner (LAM) 53.7, 2—June Griffith (Adelphi) 54.3, 3—Kim Thomas (St Johns) 54.5, 4—Edna Brown (Temple) 55.3; **800,** 1—Jan Merrill (AGAA) 2:07.6, 2—Chris Mullen (Georgetown) 2:07.6, 3—Elisa Walton (Tn) 2:08.7, 4—Madeline Manning (Tn) 2:10.8. Joetta Clark won but was disqualified; **1500,** 1—Francie Larrieu (PCC) 4:14.6, 2—Cindy Bremser (Wis United) 4:14.9, 3—Patty Murnane (Penn St) 4:20.5, 5—Julie White (Char TC) 4:22.2; **HJ,** 1—Louise Ritter (TWU) 6'3½, 2—Joni Huntley (PCC) 6'2, 3—Paula Girven (Houston TC) 6'2; **1600mR,** 1—Tennessee State (Pivillon - Jones - Blake - Cheeseborough) 3:41.9, 2—Atoms TC 3:45.0, 3—DC International 3:46.7.



LOUISE RITTER

DODIE BUMP PHOTO

Olympic Gold to Heinmiller

Redondo Beach, CA, January 20 — Redondo Beach staged its Super Bowl Sunday 10k run, sponsored by Olympia Gold and Linda Heinmiller, former UCLA distance ace, waltzed off with first place and a new meet record of 35:38, some 25 seconds ahead of last year's winner's time. The field, including men, was the largest ever west of the Rockies for a 10k run, a registered 5521 athletes.

RESULTS: 1—Linda Heinmiller (Redondo) 35:58, 2—Becki Pearson (16y) 38:22, 3—Paulette Halel 38:36, 4—Kathy Martin 39:01, 5—Sherry Simons 39:16.

Badger Track

Madison, Wisconsin, January 19 — Good early season performances were the order of the day as the University of Wisconsin hosted its Badger Track Classic in a non-scoring meet. Wisconsin's Marty McElwee put her name onto the All Time USA list with her 16:40.4 win in the three mile for the Number Eight position. Wendy Burman of Wisconsin/Parkside also made the same list as she clocked 16:42.3 for the tenth best ever. Lori Dinello was a double winner in the 60 and hurdles, Wisconsin's Pat Johnson soared

19'10¼ in the long jump and Wendy Markham was over 5'10 in the high jump.

RESULTS: 3M, 1—Marty McElwee (Wis) 16:40.4, 2—Wendy Burman (Wis/Parkside) 16:42.3, 3—Marybeth Spencer (Wis United) 16:42.4 . . . 6—Bridget Seip (Iowa St) 17:49.0; **HJ,** 1—Wendy Markham (Un) 5'10, 2—Joan Brockhaus (Wis) 5'9; **4x220,** Wisconsin (A. Johnson - Moore - Hyman - P. Johnson) 1:42.2; **1 Mile,** 1—Rose Thompson (Wis) 4:55.8, 2—Liz Hjalmansson (Drake) 4:55.8, 3—Mary Stepka (Wis) 4:57.3; **60y,** 1—Lori Dinello (WSTC) 7.0, 2—Sonja Brown (Chi Zephyrs) 7.0; **600y,** 1—Pam Moore (W) 1:23.1, 2—Amy Henschler (WSTC) 1:26.5; **60yH,** 1—Lori Dinello (WSTC) 7.7, 2—Kim Whitehead (Iowa St) 8.0; **300y,** 1—Amy Henschler (WSTC) 36.4, 2—Liz Shon (West Mich) 36.5; **1000y,** 1—Ellem Brewster (W) 2:32.6, 2—Marie Simonsson (Drake) 2:34.0, 3—Suzie Houston (Wis Un) 2:34.9; **LJ,** 1—Pat Johnson (W) 19'10¼, 2—Cassandra Buckett (Chi Zeph) 18'2½; **SP,** Shu Quereshi (W) 43'11¼; **2M,** 1—Mary Seybold (Iowa St) 10:35.8, 2—Liz Hjalmarsson (Drake) 10:37.8, 3—Ann Mulrooney (Wis) 10:49.4; **4x440,** 1—Wisconsin (Dunlop - Spaltholz - Brewster - Moore) 3:56.4, 2—Iowa State 4:02.7.

Brodock WR at Times Meet

Inglewood, CA, February 1 — The usually exciting Los Angeles Times Indoor Games turned out to be about as exciting as a second reading of Balzac in their 1980 edition. The only really good performances were accomplished by Kathy McMillan before the spectators had even entered the Forum and by Sue Brodock after the spectators had left the scene. McMillan soared 21'0¼ for her best mark of the year in an event which began at 6:15 and Brodock set a new world best for the indoor mile walk which got underway at 10:45. Troubled by late scratches and another evening of poor starting by the gun-firer, the Times Meet simply did not exude excitement.

McMillan was engaged in a good duel with Russia's pentathlete Yekaterina Smirnova, when she got off her best mark to eliminate the competition. To add another blow to the visiting Soviets, Gwen Loud cut loose with her lifetime best of 20'3½ to move her to the Number Five spot on the All-Time US list and relegate Smirnova back to third.

Starter trouble plagued the 60y hurdles. USSR's record holder Tatyana Anisimova and US record holder Debbie LaPlante were somehow placed in the same preliminary heat. The start was good and Anisimova won a narrow triumph 7.73 to 7.77. The second heat saw Jodi Anderson whip Russia's Smirnova in 7.88 and the scene was set for the final. This time the starter fired a typical Southern California start and caught Anisimova practically in the "on your mark" position. LaPlante (although it must be understood did not jump the gun

(continued on page 25)

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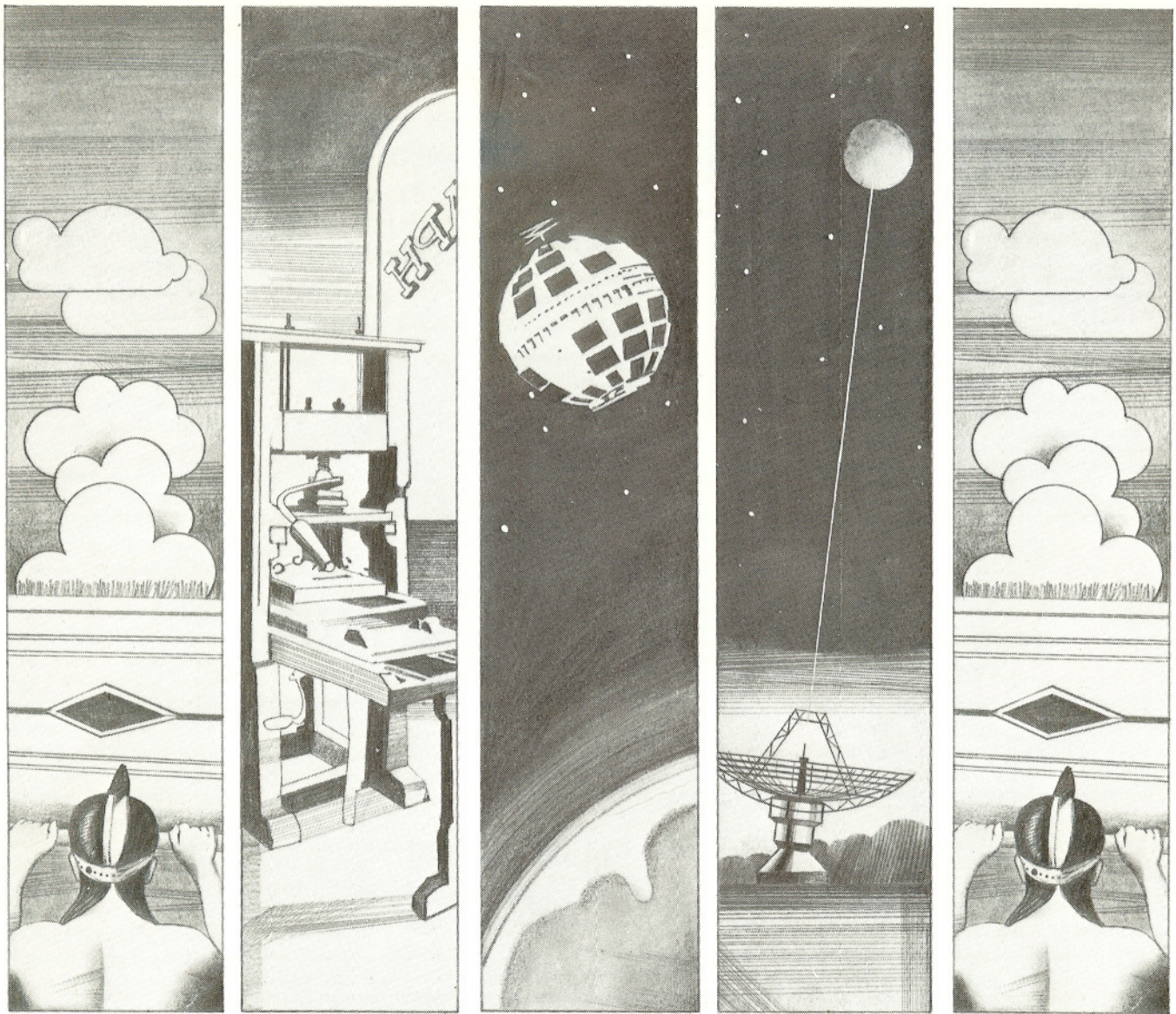
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RESULTS — RESULTS — RESULTS (continued from page 22)

for that was practically an impossibility), won easily in 7.79 with Anisimova trotting in last at 8.15. It might be noted that the following night in Albuquerque, Anisimova won the hurdles ahead of La-Plante. Anderson ran her best-ever of 7.87 for third behind Smirnova, and moved into the Number Ten spot on the All Time US list.

Oregon Invitational

Portland, Oregon, January 26—A disappointing evening for record-seeking track fans at the annual Portland staging of the Oregon Invitational. Most excitement was created by the win by 32-year-old Madeline Manning in the 1000 yards and the appearance of the Russian athletes. Manning won the 1000 over Kathy Weston in not too rapid time and the Russians contributed a win in the 60y hurdles by pentathlete Yekaterina Smirnova.

RESULTS: 60y. 1—Andrea Lynch (LANTC) 7.0. 2—Gwen Loud (LAM) 7.0. 3—Evans (LAM) 7.0. 4—Tatyana Anisimova (USSR) 7.1. 1000y. 1—Madeline Manning (Un) 2:31.2. 2—Kathy Weston (Ore St) 2:31.7. 3—Debbie Campbell (Can) 2:31.8. 60yH. 1—Yekaterina Smirnova (USSR) 7.9. 2—Jackie Washington (LANTC) 8.0. 3—Kris Costello (Ore) 8.2. Mile. 1—McRoberts (Canada) 4:41.8. 2—Eryn Forbes (Ore) 4:51.4.

South Africa Report

The Republic of South Africa is in the midst of its outdoor season and veteran Ilze de Kock with her 2:04.8 clocking for the 800 has turned in the best performance to date. Results of the Student National Championships included the following: 200, Sandra Barnard 23.41; 800, de Kock 2:05.7; HJ, van der Merwe 5'9; SP, Leonie Gouws 48'1½; 100, Barnard 11.69; 400, Barnard 54.66; 1500, Cronje 4:19.6; LJ, du Toit 20'7¾ and Campher 20'¾; DT, Ronelle Boshoff 161'10. Other good marks to date include a 54.22 400 by Barnard, 51'2¼ in the shot by Mariette van Heerden, 166'8 toss of the disc by Boshoff, sprint times of 11.4 and 23.2 by Barnard, 11.6 and 23.7 by Maryna van Niekerk and a 4:17.4 clocking for 1500 by Sarina Cronje.

Decker Sharp in New Zealand

Mary Decker, on her annual trek to New Zealand, turned in two fine early season marks in the 800 and 1500 meter runs. At Cook Gardens on January 12, Decker ran 2:04.9 for the two lap affair in what must have been atrocious conditions. Second place in the 800 at this international meet was only 2:11.0 and the sprints were won in slow times of 12.09

and 24.29 by such fine runners as Bev Goddard of England and Kim Robertson of New Zealand. Marks for the male competitors were also quite poor (the mile won by England's Moorcroft in 4:03.2 and John Walker running only 1:55.3 for 800 meters), all of which makes Decker's performance "more better".

The following day at Christchurch, Decker won the 1500 in 4:07.7 while Goddard won the sprints in 11.56 and 23.54 with Robertson moving up to the 400 with a good clocking of 51.60.

Dartmouth Relays

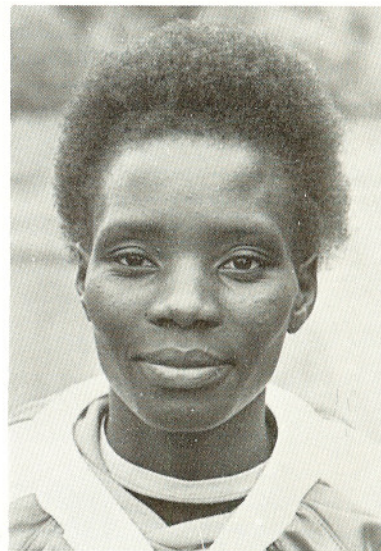
Hanover, NH, January 12 — Kim Thomas, St. John's star performer, sped through the 500 meters here today in a sizzling 1:12.3 to move to the Number Two spot on the All Time USA list and equal Number Four on the All Time World list. Thomas' mark was close to Rosalyn Bryant's world best of 1:11.8 set in 1977. Kim had to hustle to beat Temple's Edna Brown who improved on her own PR of 1:13.8 set earlier this year, when she clocked 1:12.6 to become Number Five on the US list and equal Number Six on the World List. Canada's Francine Gendron, running for USAM, also moved onto the world list with her third place time of 1:13.3, 10th best ever.

England's Sharon Colyear also moved onto the All Time World list with her clocking of 7.70 in the 55m hurdles. This race which is 60 yards plus 5 inches, is considered to be a 60y event in record keeping. Another good performance was by Ellison Goodall of the Liberty AC who came close to her personal best over 3000 meters with a good 9:28.9, just six-tenths off her best which has her Number Six on the All Time USA list.

Chris Mullen of Georgetown edged Gendron in a good 800, 2:08.2 to 2:08.4 and Sandra Burke of Northeastern had the best field mark with her 49'1 winning toss in the shot.

RESULTS: 2MR. 1—Georgetown 9:13.7. 2—U. Rhode Island 9:21.2. 3—Cooper Striders 9:29.0. 4—Penn State 9:29.5. 55mH. 1—Sharon Colyear (Un) 7.70. 2—Debra Deutsch (Rut) 8.05. 3—Julie Smithers (Rut) 8.09. 4—Lorraine Tummings (Un) 8:17. 800. 1—Chris Mullen (Grgtn) 2:08.2. 2—Francine Gendron (USAM) 2:08.4. 3—Paula Newharn (Har) 2:10.1. 4—Pat Douglas (URI) 2:10.9. Mile. Patty Murnane (Penn St) 4:43.9. 2—Mary Rawe (Penn St) 4:48.0. 3—Pia Palladiné (Grgtn) 4:52.1. 4—Kathy McIntyre (Un) 4:59.5. 55m. 1—Kathy Crawford (CJer TC) 6.8. 2—Judy Davis (Rut) 7.0. 3—Chantal Derosiers (Un) 7.1. 500m. 1—Kim Thomas (St Johns) 1:12.3. 2—Edna Brown (Tem) 1:12.6. 3—Francine Gendron (USAM) 1:13.3. 4—Dana Wright (Morg St) 1:15.2. 3000. 1—Ellison Goodall (Lib AC) 9:28.9. 2—Judy St. Hilaire (Vt) 9:35.6. 3—Heather Carmichael (Penn St) 9:39.8. 4—Anne Sullivan (Brown) 9:50.5. 4x440. 1—Temple 3:47.8. 2—Rutgers 3:48.2. 3—Cooper Striders 3:52.9. 4—USAM 3:53.2. 5—Morgan State 3:57.5. HJ. Pat

Knighton (Rut) 5'8. SP. 1—Sandra Burke (NE) 49'1. 2—Sharon Nitnik (Temple) 45'7. 3—Cindy Klouse (Cent Conn) 44'10. 4—Gail Koziara (Dart) 44'2. IJ. 1—Evaline Hatcher (Morg St) 19'6¼. 2—Keitha Harris (Adelphi) 18'8. 3—Pat Knighton (Rut) 18'6. 4—Vivian Riddick (Penn St) 18'3.



ROSE THOMPSON

Wisconsin Kenyan

Rose Thomson, the Kenyan phenomenon who has graced the University of Wisconsin women's cross country ranks this year is as new to the sport of cross country as she is to the United States.

The 25-year-old mother of two never ran cross country in her native land of Kenya, nor had she ever traversed the 5,000 meter distance in competition. Kenya has track and field, but no cross country program. Thomson was the 1978 1500 meter and 3,000 meter national champion in personal best times of 4:18 and 9:22.4 respectively.

Wisconsin was Thomson's choice through her husband, Norm's association. He is a native of Mt. Horeb where they now reside. He was a Peace Corps worker in Africa and teacher in Rose's hometown of Iten.

In her first XC races at Wisconsin, she won all three, setting two course records and a meet record. Her times improved each meet with her first place Midwest Regional time of 17:11.4 being her best.

Thomson led the field in the Big Ten Championships at Iowa City finishing in 17:30.8 and set a meet record in the three mile TFA/USA Mid-American Collegiate Championship in Kenosha, Wisconsin of 16:49. She finished a close second to international distance star Cindy Bremser in the 4-mile Tom Jones Invitational. Bremser took honors of 22:14 while Thomson had 22:26.

RESULTS — RESULTS — RESULTS (continued)

"In Kenya we think 63° is really cold," the spirited harrier said, "so you can imagine how cold 36° feels to me!"

Thomson has been running since age 14 and trained the last three years with her husband before coming under Coach Pete Tegan's tutelage. She looks forward to the track season where her favorite events are the 1500 and 3,000 meter.

She also hopes to return to Kenya in June and earn a berth on her country's 1980 Summer Olympics Team.

The Wisconsin women's cross country team benefitted greatly from Thomson's leadership, both in enthusiasm and competition. The Badgers captured their second consecutive Big Ten and Regional Cross Country titles and recaptured the Tom Jones Invitational title.

MIKE STREET PHOTO



Linsey MacDonald, 15 year old British sprint record holder.

British Championships

Cosford, England, January 25/26 — 15-year-old Linsey MacDonald was the bright star of the British National Indoor Championships when she sped to a 24.3 clocking to win the 200m dash title. Linsey broke the Championship record of 24.8 set by Maureen Tranter back in 1968. Best other effort was Cherry Hanson's 2:05.8 triumph in the 800.

RESULTS: 60m. 1 Wendy Clarke 7.34, 2 Pippa Baker 7.40; **200.** 1 Linsey MacDonald 24.3, 2 Wilson 25.0; **100.** 1 Liz Barnes 55.3; **800.** 1 Cherry Hanson 2:05.8, 2 Janet Marlow 2:06.6, 3 Chris McMeekin 2:07.3; **1500.** 1 Sandra Arthurton 4:21.2, 2 Mary Purcell 4:21.5, 3 Mandy Alford 4:29.2 (15y); **60mH.** Yvette Wray 8.33; **HJ.** Louise Miller 5'11"; **LJ.** Allison Manley 20'1"; **SP.** Judy Oakes 33'11".

LSU Wins Triangular

Baton Rouge, LA, January 26 — Louisiana State outscored visiting Georgia and

Baylor to win a triangular affair at the LSU fieldhouse. Veronica Walker, Georgia, was a double winner in the 60 and long jump.

RESULTS: LJ. Veronica Walker (G) 18'1"; Michelle Gross (LSU) 5'04.3; **60y.** 1 Veronica Walker (G) 7.23, 2 Lynn Maxwell (LSU) 7.32; **800.** 1 Kathy Vetter (Baylor) 2:15.2, 2 Pat LeBlanc (LSU) 2:16.7; **Scores.** 1 LSU 35, 2 Georgia 32, 3 Baylor 15.

Three Milers

East Lansing, Michigan, January 26 — Diane Bussa of Purdue moved into the Number Three spot on the All Time USA list for her 16:16.2 three mile win as host Michigan State won its own Relay meet with 84 points. Nine teams took part. Weaver (Michigan) and Richardson (MSU) also got on the All Time USA list in the three mile with their marks of 16:28.0 (6th) and 16:29.8 (7th). Purdue's Woods had the best field mark with 5'10 in the high jump.

RESULTS: Distance Medley Relay. 1—MSU (Brown-Sedwick - Spatz - Berry) 11:50.6, 2—Michigan 12:05.4, 3—Purdue 12:06.8; **Shuttle Hurdles.** 1—Purdue 34.8, 2—MSU 35.7, 3—West Virginia 41.2; **Sprint Medley.** 1—Michigan (Key - Turner - Sharpe - Kazinec) 1:48.6, 2—MSU 1:49.6, 3—Central Michigan 1:54.6; **Two Mile.** 1—Diane Bussa (Purdue) 10:27.4, 2—Wadsworth (MSU) 10:52.6, 3—Duprez (Eastern Mich) 11:08.0; **SP.** 1—Peri Radeccie (Pitt) 45'3", 2—Striggow (EM) 43'6", 3—Lynn Barber (MSU) 43'0"; **MR.** 1—Purdue (Tarpo - Stanford-Malone - Marek) 9:14.6, 2—MSU 9:30.6, 3—Michigan 9:34.2; **4x220.** 1—MSU (Pritchett - Williams - Charles - Gilliam) 1:42.2, 2—Purdue 1:48.8, 3—Michigan 1:49.0; **LJ.** 1—Ann Meachum (EM) 18'11", 2—Thornton (Mich) 18'8", 3—Richardson (MSU) 18'3"; **3M.** 1—Diane Bussa (Purdue) 16:16.2, 2—Weaver (Mich) 16:28.0, 3—Richardson (MSU) 16:29.8; **4x110.** 1—MSU (Brennan - Swanigan - Brown - Sedwick) 3:49.2, 2—Michigan 3:57.0, 3—Purdue 3:59.4; **HJ.** 1—Woods (Purdue) 5'10, 2—Bullard (Mich) 5'8, 3—Debi Ryals (S II) 5'8; **Scores.** 1—Michigan 84, 2—Purdue 77, 3—Michigan 63, 4—Eastern Michigan 29%, 5—Western Michigan 23, 6—Central Michigan 22, 7—Pittsburgh 15, 8—West Virginia 11%, 9—Southern Illinois 9.

Drake Wins Over Two

Des Moines, Iowa, January 26 — Coach Don DeNoon's forces had little difficulty whipping visiting Central College and Northeast Missouri State to win a triangular competition at the Drake Fieldhouse, setting five new school records during the meet.

RESULTS: Mile. Liz Hjalmarsson (D) 4:56.9; **110.** Allison Ware (D) 59.09; **50yH.** Bernice Long (NE) 7:20; **50y.** 1—Damita McClinton (D) 6.18 (6:16h), 2—Paula Casey (C) 6.38; **SP.** Jane Toporowski (D) 39'9"; **2M.** 1—Tina Gandy (Un) 11:55.8, 2—Sandy DeNoon (D) 12:18.0; **LJ.** Vickie Almeida (D) 17'7"; **Scores.** 1—Drake 188, 2—Central 81, 3—NE Missouri State 72.

Missouri Triumphs

Columbia, Missouri, January 26 — The University of Missouri scored a hard fought victory over visiting Oklahoma, Arkansas and Wichita State with top marks in practically every event. Prob-

ably best of the day's performances was turned in by Missouri's Rosalyn Dunlap with her 1:21.8 victory in the 600 yard run, a mark which just missed the All Time US top ten. Arkansas' Wanda Harris continued her fine sprinting with a fast 6.91 in the 60 yard dash. Other good marks were turned in by Dianne Ousley in the 300 and Dana Glidden in the 1000.

RESULTS: 3000m. 1 Siri Bjelland (OK) 9:52.3, 2—Brenda Saunders (Mo) 9:52.7, 3—Martha Stinson (Mo) 9:56.5; **600y.** 1 Rosalyn Dunlap (Mo) 1:21.76, 2 Mavis Curtis (OK) 1:23.49, 3 Jill Lancaster (OK) 1:23.78; **HJ.** 1 Sally McCarthy (OK) 5'6", 2 Renee Nickles (OK) 5'3", 3—Mary Cragoe (Mo) 5'3"; **LJ.** Teresa Barr (Ark) 18'7"; **60y.** 1 Wanda Harris (Ark) 6.91, 2 Teresa Barr (Ark) 6.97, 3—Pam Page (Mo) 6.96; **Mile.** Donna Gandy (Mo) 4:57.5, 2—Mary Ellen Kunkel (Mo) 4:59.6, 3—Jody Rittenhouse (Ark) 5:03.0; **SP.** Karen Allen (WSU) 43'11"; **60yH.** 1—Pam Page (Mo) 7:57, 2—Brenda Allwine (OK) 7:56; **300y.** 1 Dianne Ousley (Ark) 36:65, 2—Pam Page (Mo) 36:35, 3—Renee Nickles (OK) 37:05, 4—Teresa Barr (Ark) 37:36; **1000y.** 1—Dana Glidden (Mo) 2:31.6, 2—Linda Seale (Mo) 2:39.3; **4x110.** 1—Oklahoma 3:54.8, 2—Missouri 3:55.4; **Scores.** 1—Missouri 50, 2—Oklahoma 36, 3—Arkansas 25, 4—Wichita State 7.

Lobo Invitational

Albuquerque, NM, January 26 — Thirteen teams gathered for the running of the Fourth Annual Lobo Invitational over the red track of Tingley Coliseum in Duke City Town. In this non-scoring meet, Dutch import Trus Van Amstel of UTEP turned in the top performance with her speedy 1:32.6 over 600 meters. Van Amstel was forced to go all out for her win as Regina Dramiga, unattached, was only a tenth of a second behind and became the Number Six All Time US runner for that distance. In another flight, Wyoming's Laura Ferguson moved into the Number Nine position with a fine 1:33.7. Other good marks were registered by UTEP's Jennifer Smit with a 47'6" toss of the shot, Wyoming's Pat Miller who long jumped 19'7" and a 5'10" high jump by Margaret Metcalf of the home town.

RESULTS: SP. 1—Jennifer Smit (UTEP) 47'6", 2—Betty Bogers (UTEP) 45'2", 3—Julie Jones (Wyo) 43'10"; **5000.** 1—Janee Hill (Un) 18:54.7, 2—Patty Kaufman (NM) 19:14.1; **4x1 lap** (176y). 1—UTEP 1:21.71, 2—Texas Tech 1:22.04, 3—Angelo State 1:23.16; **Dist. Medley.** 1—UTEP 12:19.8, 2—Wyoming 12:32.6, 3—Air Force 12:34.9; **HJ.** 1—Margaret Metcalf (NM) 5'10", 2—Betty Bogers (UTEP) 5'6 and Brenda Wilson (Utah State) 5'6; **60mH.** 1—Kim Turner (UTEP) 8.3, 2—Dannette Aiford (UTEP) 8.7, 3—Jennette Bradley (Wyo) 8.9; **60m.** 1—Carmen Rivers (UTEP) 7.4, 2—Jackie Mays (Ang St) 7.5, 3—Pam Montgomery (Tx T) 7.6; **1000m.** 1—Nancy Scardina (Un) 2:56.9, 2—Jacqueline Richards (UTEP) 2:57.7, 3—Rochelle Collins (UTEP) 2:58.5; **300m.** 1—Nancy Miller (Utah St) 39.2, 2—Carmen Rivers (UTEP) 39.8, 3—Jeanine Brown (UTEP) 40.0; **LJ.** 1—Pat Miller (Wyo) 19'7", 2—Ester Otieno (UTEP) 19'1, 3—Jackie Mays (Ang St) 18'10"; **600m.** 1—Trus Van Amstel (UTEP) 1:32.6, 2—Regina Dramiga (NM) 1:32.7, 3—Laura Ferguson (Wyo) 1:33.7, 4—Ella Rich (Tx T) 1:38.0; **2000m.** 1—Deborah Mitchell (UTEP) 6:34.0, 2—Karen Sanford (Wyo) 6:40.7, 3—Mary Jaqua (ASC) 7:03.8; **4x110.** 1—UTEP 3:51.9, 2—New Mexico 3:52.8, 3—Utah State 3:53.0; **Pentathlon.** 1—Linda Waltman (Tx A&M) 3894 (5'7"-18'6"), 2—Mary Sedall (Adams St) 3428, 3—Sue Petrelli (Adams St) 3285, 4—Anita Marsland (NM) 3222 (5'6").



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ABOVE:

England's Sharon Colyear wins 55m Hurdles at the Dartmouth Relays in 7.70. From left to right, Pat Knighton (Livingston College) 5th in 8.18; Julie Smithers (Rutgers) 3rd in 8.09; Debra Deutsch (Rutgers) 2nd in 8.05; Colyear and Lorraine Tummings (unattached) 4th in 8.17.



RIGHT:

Chris Mullen (Georgetown) edges Canada's Francine Gendron to win the 800m at the Dartmouth Relays; 2:08.2 to 2:08.4.



New American record in the High Jump for Joni Huntley at 6'4 $\frac{1}{4}$ ".

JEFF JOHNSON PHOTO

Wisconsin Triumphs

Madison, Wisconsin, February 2 — Winning nearly every event, the powerful University of Wisconsin had no trouble defeating visiting University of Illinois and Eastern Michigan in a triangular. Pat Johnson had the best mark of the day, a 20'3 $\frac{1}{4}$ leap to win the long jump. Mary Stepka was a double winner in the mile (4:54.5) and two mile (10:41.8).

RESULTS: 3m, 1—Marty McElwee (W) 16:41.3, 2—Sue Parks (EM) 17:25.2; 4x220, 1—Wisconsin 1:44.5, 2—Eastern Michigan 1:46.5; Mile, 1—Mary Stepka (W) 4:54.5, 2—Betsy Oberle (I) 5:11.5; 60yH, Kathy Borwarth (W) 8.1; 440, 1—Sue Belschel (W) 59.5, 2—Ellen Brewster (W) 59.9... 5—Cindy Bremser (UWTC) 60.8; 60y, Bernetta Williams (no affiliation) 7.1, 2—Gilda Hudson (UWTC) 7.1; LJ, 1—Pat Johnson 20'3 $\frac{1}{4}$, 2—Becky Kaiser (I) 19'0 $\frac{1}{4}$, 3—Ann Meachum (EM) 18'8, 4—Carla Wasniewski (W) 18'1 $\frac{1}{4}$; 880, 1—Cindy Bremser (UWTC) 2:15.0, 2—Rose Thomson (W) 2:15.4, 3—Sue Spalthulz (W) 2:18.3; 220, 1—Pam Moore (W) 25.0, 2—Debbie Mullice (EM) 25.8; SP, Shu Quereshi (W) 42'0 $\frac{1}{4}$; HJ, 1—Lori Kemnitz (W) 5'8 $\frac{1}{4}$, 2—Joan Brockhouse (W) 5'8 $\frac{1}{4}$, 3—Lisa Plummer (I) 5'7, 4—Cherl Essman (W) 5'7, 5—Charlene Dale (I) 5'7; 2M, 1—Mary Stepka (W) 10:41.8, 2—Sally Zook (W) 10:45.2, 3—Ann Mulrooney (W) 10:49.0; 4x440, 1—Wisconsin (Belschel - Tomson - Spalthulz - Brewster) 3:59.0, 2—Eastern Michigan 4:04.4. Scores, 1—Wisconsin 133 $\frac{1}{2}$, 2—Illinois 65, 3—Eastern Michigan 64 $\frac{1}{2}$.

Maple Leaf Games

Toronto, Canada, February 1 — The short races and the high jump spotlighted the Annual Maple Leaf Games. Debbie Brill won the high jump at 6'2 $\frac{3}{4}$ over a fine field, all of whom performed well. Runner-up Louise Ritter also cleared 6'2 $\frac{3}{4}$ with Joni Huntley only a half inch lower. Japan's Tamami Yagi and world indoor record holder Andrea Matay of Hungary were next in line, both over six feet. Evelyn Ashford equalled Andrea Carney's American record while winning the 50y dash in 5.86, a mark which moved her into the equal Number Four position in the world. Candy Young sped to a 6.44 clocking in the 50y hurdles, becoming the Number Two All Time US performer.

RESULTS: 50y, 1—Evelyn Ashford (Un) 5.86, 2—Angela Taylor (Canada) 5.95, 3—Brenda Morehead (TSU) 5.96, 4—Rose Alwood (DC Int) 6.04, 5—Chandra Cheeseborough (TSU) 6.07; 50yH, 1—Candy Young (USA) 6.44, 2—Sharon Lane (Canada) 6.57, 3—Stephanie Hightower (Ohio State) 6.65, 4—Sue Bradley-Kameli (San Diego State) 6.90, 5—Jill Ross (Canada) 6.91, 6—Rhonda Brady (TSU) 7.04; HJ, 1—Debbie Brill (PCC) 6'2 $\frac{3}{4}$, 2—Louise Ritter (TWU) 6'2 $\frac{3}{4}$, 3—Joni Huntley (PCC) 6'2, 4—Tamami Yagi (Japan) 6'0, 5—Andrea Matay (Hungary) 6'0, 6—Paula Girven (Houston TC) 5'9; 600m, 1—June Griffith (Adelphi) 1:31.6, 2—Debbie Campbell (Canada) 1:31.9, 3—Helen Blake (TSU) 1:32.7, 4—Debbie Roberson (DC Int) 1:33.8, 5—Lorna Forde (Atoms) 1:34.0; 1500, 1—Jan Merrill (AGAA) 4:17.4, 2—Maggie Keyes (Maccabi) 4:18.2, 3—Mary Purcell (Ireland) 4:22.0, 4—Geri Fitch (Canada) 4:29.0, 5—Suzie Houston (Wisconsin) 4:38.3; 1x110, 1—T State 3:47.6, 2—Atoms TC 3:50.1, 3—DC International 3:53.4, 4—Ontario TFA 3:58.8.



Arizona State's top shot and discus thrower, Via Holland and Utep is Jennifer Smit.

Gardner the Best at Albuquerque

Albuquerque, New Mexico, February 2 — Gwen Gardner sped to a 55.4 clocking in winning the 440y dash at the Annual Albuquerque Jaycee Indoor Festival on the red boards at this mile high city. Gardner's mark is the best ever for a US citizen over this distance. Lisa Thompson, now at UNLV, won the 60y sprint in a good 6.91, making her the Number Ten performer on the US list. Tatyana Anisimova, USSR, reversed the previous night's decision over San Diego's Deby LaPlante, winning the 60y hurdles in 7.63. Lee Ballenger won a snail-like 880 and the UTEP machine had a good 3:46.5 clocking for the mile relay. San Diego's Sue McNeil upset Yekaterina Smirnova to win the high jump at 5'10.

RESULTS: 60y, 1—Lisa Thompson (UNLV) 6.91, 2—Felicia Dupuch (Col Fly) 6.92, 3—Leleith Hodges (TWU) 6.93, 4—Val Boyer (Alb TC) 7.06, 5—Cheryl Thompson (Alb TC) 7.77; 60yH, 1—Tatyana Anisimova (USSR) 7.63, 2—Deby LaPlante (KCBQ) 7.72, 3—Kim Turner (UTEP) 7.74 (#6 USA), 4—Yekaterina Smirnova (USSR) 7.83; 440, 1—Gwen Gardner (LAM) 55.04, 2—Ruth Simpson (TWU) 59.14; 880, 1—Lee Ballenger (Col) 2:18.1, 2—Jackie Richards (UTEP) 2:19.0, 3—Cynthia Warner (LAM) 2:19.0; 4x440, 1—UTEP (Rivers - Otieno - VanAmstel - Brown) 3:46.5, 2—Colorado Flyers 3:51.1, 3—New Mexico 3:59.4; HJ, 1—Sue McNeil (KCBQ) 5'10, 2—Yekaterina Smirnova (USSR) 5'8, 3—Margaret Metcalf (NM) 5'8, 4—Tammie Thomas (Ok State) 5'6.

Records Galore

New York, February 8 — Mary Decker, fresh from a fantastic early season in Australia and New Zealand where she set

a new world mile mark, returned to the US and did it again indoors with a sensational 4:00.8 clocking over 1500 meters. Decker not only smashed the world indoor mark as well as the American mark, but her time is faster than the American outdoor record. Decker pulled the field to some quick times also as Cindy Bremser stopped the watches at 4:12.7, Maggie Keyes 4:13.4 and Darlene Beckford 4:14.0, all personal bests.

Another world mark fell in the 60m hurdles with Stephanie Hightower edging Candy Young by a fraction of an inch and both under the 7.50 record. Hightower was credited with 7.47 and Young a hundredth slower.

So good were these two events that Joni Huntley's new American record in the high jump was practically ignored. Huntley, back in serious action after some physical problems, hopped over 6'4¼, breaking her own AR by a quarter inch. Huntley now has the Number Four equal position on the All-Time World list.

RESULTS: 60m, 1—Brenda Morehead (TSU) 6.87, 2—Chandra Cheeseborough (TSU) 6.93, 3—Roman (Md) 6.98, 4—Dowers (Del St) 6.99, 5—Rose Allwood (DC Int) 7.01; 60mH, 1—Stephanie Hightower (Ohio St) 7.47, 2—Candy Young (Un) 7.48, 3—Sharon Colyear (Boston) 7.94; 400, 1—Tie between June Griffith (Adelphi) and Gwen Gardner (LAM) 53.31, 3—Rosalyn Bryant (Ali) 53.85, 4—Jill Thomas (St. Johns) 54.78, 5—Lorna Forde (Atoms) 55.16; 800, 1—Madeline Manning (ORTC) 2:05.6, 2—Robin Campbell (Stanford) 2:06.0, 3—Joetta Clark (Un) 2:06.0, 4—Jan Merrill (AGAA) 2:07.5; 1500, 1—Mary Decker (Ath West) 4:00.8 WR, 2—Cindy Bremser (Wis Un) 4:12.7, 3—Maggie Keyes (Maccabi) 4:13.4, 4—Darlene Beckford (Harvard) 4:14.0; 4x440, 1—Tennessee State (Jones - Blake - Cheeseborough - Davis) 3:41.5, 2—Ali TC 3:41.6, 3—Atoms TC 3:45.5, 4—DC International 3:49.9; HJ, 1—Joni Huntley (PCC) 6'4¼ AR, 2—Louise Ritter (TWU) 6'2, 3—Beverly Washington (Chicago TC) 5'8.



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No, this isn't a mother-daughter photo. It's the world's numero uno distance ace from Norway, Grete Waitz, with the European Junior 1500m champion from Norway, 16 year old Gunvor Hilde. Hilde covered the 1500 in 4:17.3 last season.

EDITORIAL —

2:27.33 and waiting . . .

FROM
THE NEW YORK TIMES
23 October, 1979

There may be more important indices of women's progress in recent years but probably none so dramatic as 2 hours 27 minutes 33 seconds. That was how long it took Grete Waitz, a 26-year-old Norwegian teacher, to run the New York Marathon in Sunday's heat. It is no act of disrespect toward Bill Rodgers, the men's winner again, in 2:11:42, to dwell on Mrs. Waitz's time. Not only did it make her the first woman to finish. Not only did it break her own world's record for the 26-mile, 385-yard distance. It meant that in just 15 years, the women's record has improved by *one hour*.

Progress has been slower on the bureaucratic side. For years, many people thought it was physically unwise for women to undergo so punishing a test. It was not until "K. Switzer" let her hair down that people knew that a woman had run the Boston Marathon for the first time. Women were not allowed in the New York Marathon until 1972. Now, with marathons springing up all over the country, women runners have become steadily more welcome. Next September, they will be admitted to the famous 52-mile London-to-Brighton ultramarathon.

But not the Olympics. Never mind that Mrs. Waitz's 2:27:33 would have beaten half the male Olympic marathon winners, and all the men who ran in the 1970 New York Marathon. The Olympics still do not recognize women who run 26 miles. Indeed, the longest Olympic race for women covers one metric mile.

It is too late to do anything about it for the 1980 Olympics in Moscow. But it may still be possible to right matters in time for 1984 in Los Angeles. One standard objection to new events is that they take precious space and schedule time. But that objection cannot apply to the marathon. Adding 20 or 30 women to a race in which 70 or 80 men are already likely to run would hardly crowd the streets of Los Angeles. New York's streets handled 11,533 marathoners Sunday.

Others think too few women are involved in the marathon to justify an Olympic event. Let them note that there were 1,800 women in Sunday's race. And others still feel, out of machismo or paternalism, that women athletes just cannot keep up with men. Let them remember the name Grete Waitz and the numbers 2:27:33.

WTW



New world indoor records for Canada's Angela Taylor (left) at 300 meters in 37.0, and East Germany's Marlies Gohr (right) for 100 yards in 10.29.

Miscellaneous Indoor Results

(full report in next issue)

We have a report that Marlene Ottey, a Jamaican attending the University of Nebraska, won the 300y dash at a dual meet in Lincoln on January 26, in 34.13 seconds. If this report is correct, that will be a world record for Ottey. The former mark was 34.20 set by Italy's Rita Bottiglieri in 1978. Ottey also won the 60y dash in a swift 6.82 . . . In another unconfirmed report, Taylor of Jamaica covered 300 meters in 37.0 for another world record. The former mark was 37.4 by Rita Wilden (Germany) in 1975. Taylor was clocked in 33.4 as she passed the 300 yard marker, far better than countrywomen Ottey's new WR of 34.13. We hope for confirmation of these two Jamaican performances by next issue.

In Ottawa on February 2, Evelyn Ashford set an American record for the 50m dash in 6.27. This mark was also the sixth best on the All Time World list. In the 800, Canada's Debbie Campbell defeated Jan Merrill 2:08.4 to 2:09.2. Mary Purcell of Ireland won the 1500 in 4:22.5 ahead of Maggie Keyes (4:23.1) with Brenda Webb fourth in 4:29.6. Stephanie Hightower continued her fine running with a win over the 50m hurdles in 6.98, the No. Two US performance of all time. Candy Young was second in 6.99 and Rhonda Brady fourth in 7.55. Hungary's world record holder in the high jump, Andrea Matay, won her event at 6'2 over Debbie Brill and Joan Huntley, both of whom also cleared 6'2.

Moving over to Winnipeg on February 9, Brill won the high jump with a lifetime

indoor best of 6'4¾ which moved her to the Number Two (equal) spot on the All Time World list. This time Matay and Ritter tied for second at 6'2¾. Also in Winnipeg, Merrill took the 1500 over Purcell in her best-ever at 4:13.6. Maggie Keyes was third in 4:20.8. Merrill is now Number Five on the US All Time list.

On the same date in Louisville, Tennessee's DeLisa Walton covered 500 meters a tenth of a second faster than Rosalyn Bryant's American Record clocking 1:11.7. TSU's Jamaican import Helen Blake was next in 1:11.9 with Dwyer of Indiana gaining the Number Five USA spot in third place with 1:12.3s. Stephanie Hightower did it again and moved to the No. One position on the US list with her win in the 60m hurdles in 8.17. Hightower defeated the two visiting Russians, Smirnova and Anisimova. Moorehead and Cheeseborough edged DeAnn Carney in the 60m sprint, the three clocking 7.28, 7.42 and 7.44. Cindy Bremser won the mile in a good 4:37.0, but not quite as fast as an earlier mark this year. Webb was next in 4:44.3 and Wisconsin's Kenyan, Rose Thompson, was next in 4:49.8. Kathy McMillan whipped Pat Johnson in the long jump with a hop of 20'7¼. Johnson cleared 20'3¼.

In Richfield, Ohio, Denean Howard continues to be the surprise Howard sister and she won the 400 in 55.70 over Yolanda Rich (55.77) and Warner of Ohio TC (58.6). Kim Gallagher took the mile in 4:57.9.

"I thought it was out!"



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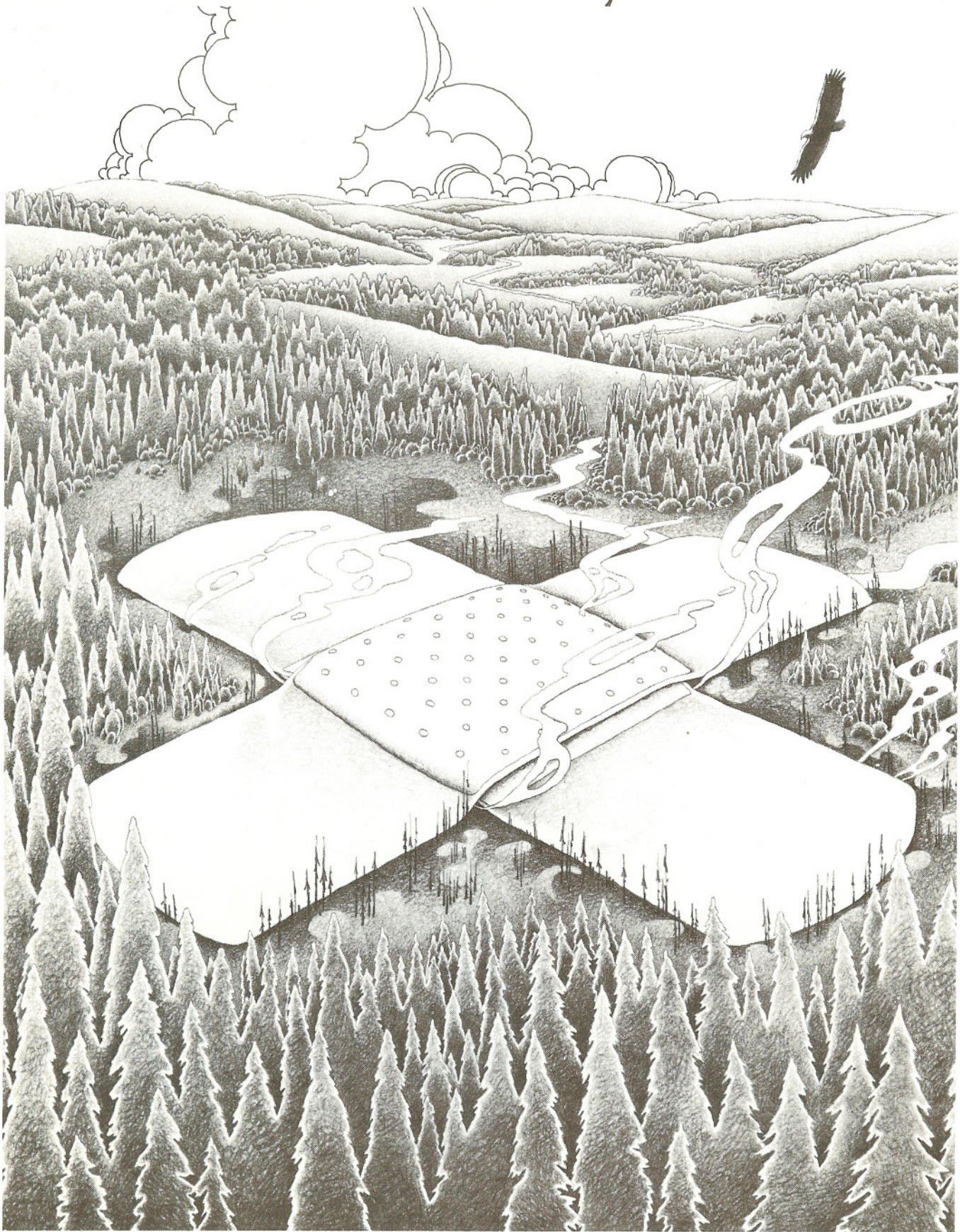
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Just to prove those names we list in Kaleidoscope in the "Names I Like" section are not made up, here's a photo of four Burma athletes with "Names I Like": left to right are Than Than Lay, Nu Nu Ye, Than Than and Mar Mar Min.

WTW

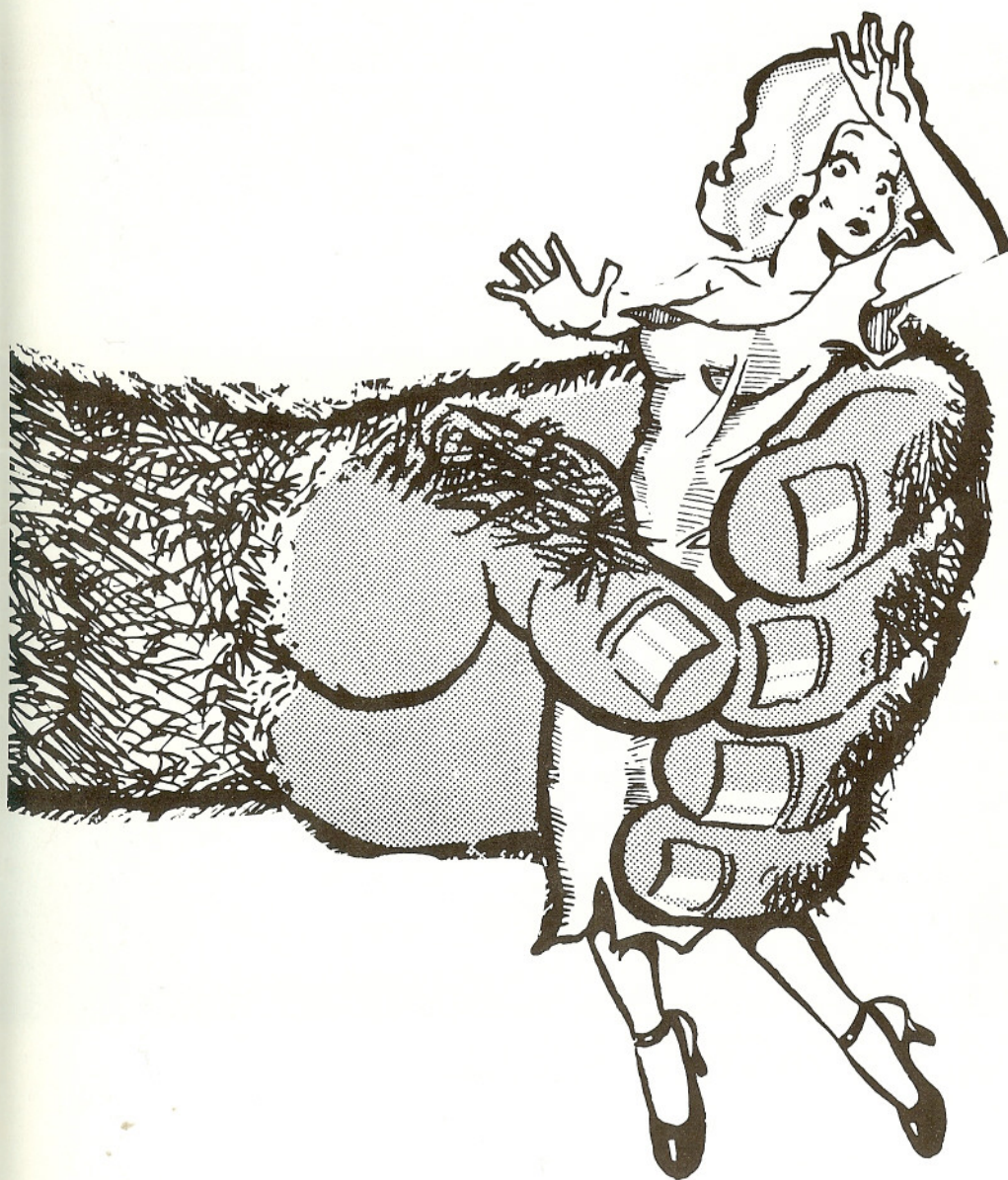
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3000	7:32.1
Steeplechase	8:05.4
5000	13:08.4
10,000	27:22.4

Women's

1500 (indoors)	4:00.8
Mile	4:21.7
60yd. Hurdles (indoors)	7.47
Mile Relay	3:41.5



Beaverton, Oregon