

WOMEN'S TRACK WORLD

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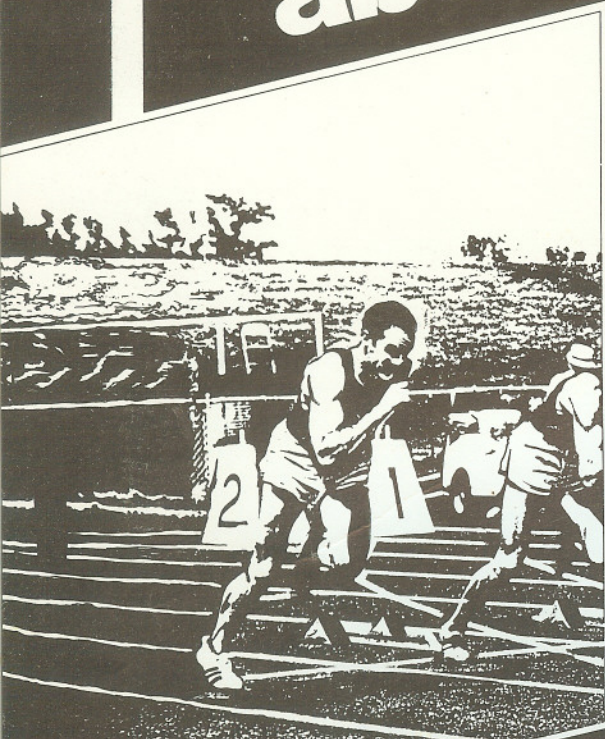
MARCH 1981
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MARIA COLON
*Olympic
Champion*

WOMEN
at the
OLYMPICS

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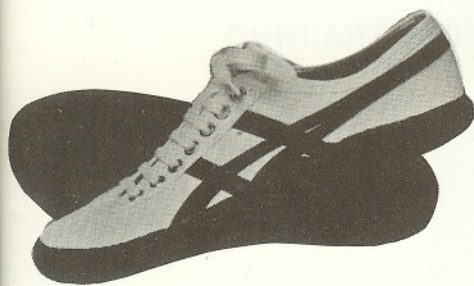
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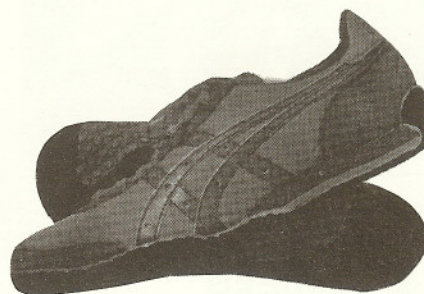
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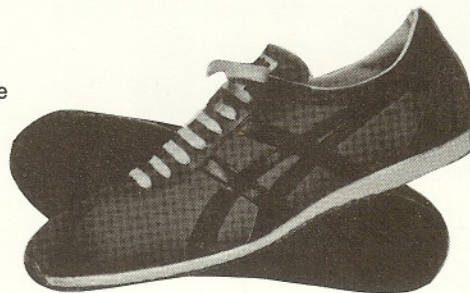
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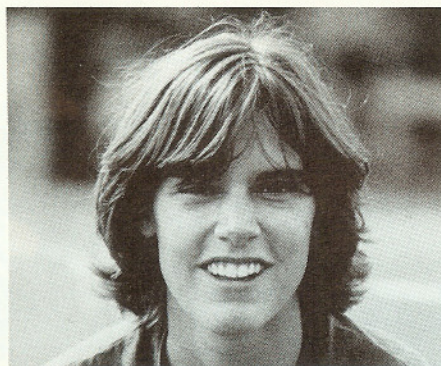
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Publisher — A. LINDBERGH ALLEN

Editor — S.F. VINCENT REEL

High School Editor — RICH EDE

Editorial Assistants — CASEY IDE

Art Assistant — Sandy Redlinger

Contributing Editors — Walter F. Jekot, M.D.

Photographic Consultant — Wendell Osborne

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Bill Leung, Sr., Dodie Bump

GFR—Peter Probst, ENGLAND—Tony Duffy, CANADA—Mike Bailey,

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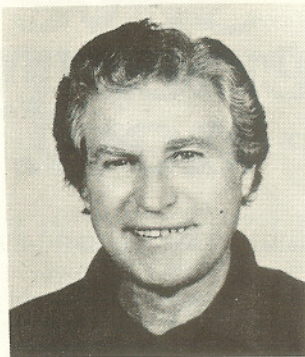


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REEL OFF

As the track program grows in our colleges, it becomes more and more interesting to note where the athletes come from who grace the rosters of some of our top teams. Some institutions are noted for their reckless abandon in recruiting from the entire USA plus the rest of the world. Other schools confine their teams to athletes who hail from the home state of the school. UCLA, for example, gets

most of its athletes from its own state of California — but with all that talent so close to home, who wouldn't.

The University of Minnesota is pretty much a "stay at home" club. Of the 43 athletes on their 1981 roster, 38 come from Minnesota, four from neighbor Wisconsin and one from North Dakota. No foreigners at Minnesota. Another "stay at home" is Washington State who has only 24 individuals on their team with 19 of them from the State of Washington and the other five from just across the line — Canada.

Florida State, a newcomer in the top ranks this year, has 29 athletes competing and although 16 are from Florida, the remaining 13 acknowledge four states and three foreign countries as their residence. The Florida State crew comes from Wyoming, New Jersey, New York, Great Britain, Canada and Brazil.

Everyone always thinks of Iowa State as the quiet little school embracing all those cornfed homebodies — alas, 'tis not true. The 23 members of the Iowa State team for 1981 come from eight states (Colorado, Michigan, Wisconsin, Illinois, Minnesota, Indiana, Ohio and Iowa) plus three foreign countries (Bahamas, Canada and Great Britain). The University of Wisconsin is tucked up there at the top of our country and shouldn't be a beacon for outlanders. They do have 28 athletes on the squad from Wisconsin, but

the rest of their 47 athletes come from Minnesota, Illinois, South Dakota, Pennsylvania, New York, Maryland, Missouri, Michigan, Washington, D.C. and Kenya.

Among the well-known "recruiter" teams, we can mention Arizona State with 31 team members from 10 states and three foreign countries. The Sun Devils have culled runners, jumpers and throwers from Ohio, Colorado, New Jersey, New York, New Mexico, California, Oregon, Connecticut, Pennsylvania, Ireland, Scotland and South Africa. Oklahoma has only 21 members on its team but they hail from 10 states plus Norway and Canada. And Tennessee has corraled student-athletes from 12 states and Canada for its 24-member squad.

Then we have teams such as Cal State Hayward, twice the AIAW Division III national cross country champion. Hayward has a 34-person team with 32 from California. The two outsiders are a pretty good distancer from Oregon and a not-so-hot sprinter from Hong Kong. Oklahoma, on the other hand, must be classed as an "outside recruiter". The Okies have only 21 on their squad and 'tis true a third are from Oklahoma, but the rest come from nine states plus Norway and Canada.

We'll review some other teams in these columns as the season progresses.

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 Strebbig, 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

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High jumper Keri Gosswiller is now Keri Edwards . . . Kathy Mills soon to become Kathy Parker, like next summer . . . Note from Bruce Laidlaw takes us to task for misspelling "Kirschen Hagenlocher". I'm not surprised . . . Couple of quotes from ye olde coaches bulletin board: "If you do not improve, you deteriorate" and "Don't let the mistakes of yesterday and the dread of tomorrow ruin the only day you have — today" . . . Lynn Kanuka and Patty Stafford are co-captains of the 1981 San Diego State tracksters . . . L'eggs has a couple of upcoming dates for 10k runs: April 5 in Chicago and April 11 in St. Louis . . . One of the reasons for improved marks by Ohio State this season is the new \$82,000 Chevron 200m track . . . Big Eight hurdle champion Kim Whitehead has left Iowa State and 'tis rumored Deby LaPlante will not be back at San Diego . . . University of Virginia didn't make it to the Philadelphia Classic when their bus broke down en route . . . East Germany's "DerLeichtathlet" has come up with a new format. I like it . . . The 1982 National Sports Festival will be in Philadelphia. For 1981 the host town is Syracuse.

When Tatyana Kazankina set her world mark of 3:52.47 for 1500 meters, she AVERAGED 15.5 for the fifteen 100m stretches and her time was faster than Paavo Nurmi's when he won Olympic gold. She passed the 400 in 58.5 and the 800 in 2:04.5 and ran her last 400 in 60.5 . . . South Africa's Sonia Laxton ran her first-ever marathon last September and finished in 2:46:33 . . . World records were set in 11 events during the 1980 season. Of these 11 marks, East Germany (4x100, 4x400, 400H, SP) and Russia (800, 1500, JT, pentathlon) accounted for eight. The other three were broken by Bulgaria (DT), Poland (100H) and the USA (Mile) . . . San Diego State's Lynn Kanuka will represent Canada at the World Cross Country Championships in Madrid in March.

East Germany's Marita Koch began the indoor season just where she left off out-

JEFF JOHNSON PHOTO



GOSSWILLER—EDWARDS

doors as she equalled the world best for 60m in 7.10 . . . Sue McNeal (CP/SLO) and CS Bakersfield's Amy Blunston (a transfer from El Camino JC) hooked up in a great high jump duel at the Bakersfield All Comers with Blunston winning at 6'2 over McNeal who managed only 6'1 . . . Names I Like this month: Cindy Crapper of Kentucky, sound-alike Judy Moody of Cornell, Dee Fox from Eastern Tennessee and Chickeeta Heater of Western Kentucky. Ballots continue to come in for the "Names I Like" contest and Hartford has campaigned for Krystal Sheets and she is now leading in the

votes. Final results coming up soon . . . West Germany whipped Great Britain indoors 65-41 and also turned in all of the good performances as Gaby Bussman won the 200 in 23.56, Sabine Everts took the 400 in 52.53, Sylvia Kempin won the hurdles in 8.16, Karin Hanel leaped 21'9½ and the GFR 4x400 team ran 3:34.38 . . . How's this for a coach's statement: "We don't have a weak event and should challenge for the national title". Brave soul who uttered those words was Arizona State's Roger Kerr. Probably made the quote before reading last month's story on UCLA. They do have a good crew, however . . . British sprinter Wendy Clarke now married and is Wendy Hoyte . . . Brigit Friedman has been named West Germany's "Athlete of the Year" for winning the World Championship at 3000 meters . . . Florida State has come up with probably the oldest freshman in the US with Margaret Coomber from England, a half miler. Coomber is 29 . . . US Junior Woman's Championships (18 years and under) will take place at UCLA on June 30/July 1. The Soviets have cancelled the annual Junior competition, but efforts are being made to find some sort of meet for the US Junior team . . . Another late ballot for "Athlete of the Year". This one from Romania and the vote solidifies Mary Decker's spot as US winner . . . Wendy Knudson won for the seventh time at the Albuquerque Invitational this year . . . Charlotte Lettis, now with Blue Ribbon Sports et al, is back running again. Feels she is an "old lady" at age 29. Don't forget that freshman from Florida State or that 'old lady' from Czechoslovakia who just ran to two world indoor records at age 30 . . . The State of Florida has come up with a couple of good teams at the University and Florida State campuses . . . Speaking of age, Irena Szewinska competed at the Olympics in Moscow at age 34 — her fifth Olympiad . . . Dana Glidden, one of the top leapers in the mid-west has transferred to Cal State Long Beach. But she will not be jumping

(continued on page 30)

Women at the Olympics

by Tony Tenisci
(Assistant Women's Track Coach,
Washington State University)

The last decade of Olympic track and field competition has given world sport many outstanding performances and achievements. Each Olympic has shown a greater refinement of the human sporting potential and the ancient Greek words "Citius, Altius, Fortius" (faster, higher, and stronger) have personified these athletic performances.

The last decade, has shown many advances made by women in surmounting the ever challenging barriers of time, distance, and height. This article will deal with a comparative analysis of woman's track and field events from the Munich, Montreal and Moscow Olympics. The comparative statistics are in themselves an interesting observation of progress. Even more significant are the observations one can make about who, how, and why these performances have improved so dramatically.

Granted the Olympic Games do not always provide the best arena for judging the improvement of athletic performances for, although the facilities are the best, the intense nationalistic pressure on each athlete, as well as the great significance of the Olympics, is not always conducive to world record performances. In many cases men and women athletes have been known to achieve higher performances in their national trials for the Olympic team berth, than at the actual Olympics themselves. In any case, the Olympics are a gathering of the world's top athletes and the results are a good indicator of the progressive strides made by women athletes throughout the world.

Let us then look at the women's Olympic program, to compare and to summarize the results. We will look at the sprints (100M, 200M, 400M, 100M Hurdles), the middle distances (800-1500M), and the jumps and throws. An average was taken of the top eight running performances and then the top four running performances in each Olympic final for comparison of improvement. The throws and jumps were observed over the average top 10 performances and the average top five performances in each Olympic final. By taking the top 8-4 and the top 10-5 performance averages, we are better able to find the mean level of performance per event, thus allowing a more condensed observation of the standard in each particular event. (Let it be noted, that all statistics are an approximate calculation on the results, and that the statistics are used here mainly as references to the observations being made, and not as a study in themselves.)

THE SPRINTS: The following results and observations were noted:

Sprints:	72	76	80
100m Av top 8	11.4	11.22	11.19
Av top 4	11.2	11.15	11.10
200m Av top 8	22.7	22.65	22.47
Av top 4	22.6	22.40	22.22
400m Av top 8	51.8	50.6	50.3
Av top 4	51.4	50.1	49.4

(a) The average sprint times of the top 4 winners of each Olympics since 1972 became the average times of the top 8 finishers of the following Olympics. This result was even more improved over the 400 meters.

ie. 1 100 meters	
The average top 4 in Munich	11.2
The average top 8 in Montreal	11.22
The average top 4 in Montreal	11.15
The average top 8 in Moscow	11.19
ie. 2 400 meters	
The average top 4 in Munich	51.4
The average top 8 in Montreal	50.6
The average top 4 in Montreal	50.1
The average top 8 in Moscow	50.3

(b) The average 100 meter time of 1972 for the top 8 decreased by over .2 tenths in eight years from 11.4 to 11.19.

The average 200 meter time decreased by .2 tenths from 22.7 to 22.47
The average 400 meter time decreased by 1.5 seconds from 51.8 to 50.3

(c) Of all the top three medals won for sprinting in the last three Olympics, eight of 27 medals were awarded to non-communist bloc women.

(d) Since 1972, all sprints from 100 to 400 meters were won by East German (DDR) women, except on two occasions.

- 400 meters Szwinska 1976 Poland
- 100 meters Kondratjewa 1980 USSR

(e) The winning three times in all the sprints in Montreal would not have been enough to win any medal in Moscow, with the exception of the winning 100 meter in Montreal, which would have won a bronze medal in Moscow.

(f) From the '72 to '76 Olympics, we see repeating place winners in the sprints.

ie. Stecher from the DDR repeating from gold in 100 and 200 meters in Munich, to a silver and bronze in Montreal.
Szwinska from Poland winning a bronze in the 200 at Munich, while in Montreal taking the 400 gold.

In Moscow, all place winners are new, except for the 200 meter winner Barbel Eckert-Wockel of the DDR, who repeated her Montreal win. This might indicate a cycle repeating every eight years between two Olympics, where a whole new

generation of athletes replace the retiring group.

The continual improvements by women in the sprints are significant evidence that women have not yet reached their fullest capabilities and are on the threshold of their sprint speed capabilities.

THE THROWS:

The most dramatic overall improvement in women's performance over the last 10 years has come in the throwing events. In two out of three events, women have matched the comparable distances set by their male counterparts in Olympic competition. Only the javelin distances set by women are less than the males. Both shot and discus distances match or better those set by men. Although the implements weights are different than the men's, the performances of these women cannot be underestimated. An observation of the top 10 and the top 5 performances through three Olympics, gives an impressive indication of how far women have come in only 10 years.

Throws	72	76	80
Shot			
Av top 10	62'6"	65'10"	66'9"
top 5	64'8"	68'1"	70'0"
Discus			
Av top 10	202'5"	213' "	213' "
top 5	210'7"	220' "	222' "
Javelin			
Av top 10	192'5"	210'7"	213'1"
top 5	200'1"	210'6"	219'4"

(a) The shot put has a 4'3" improvement in the top 10 positions. The discus has a 11'5" improvement in the top 10 positions. The javelin has a 20'6" improvement in the top 10 positions.

(b) The winning shot, discus, and javelin throws of Munich would not have been enough to place in either Montreal or Moscow.

(c) The winning shot of Montreal would have been third in Moscow. The javelin win of Montreal would have been fifth in Moscow. The discus win of Montreal would have been second in Moscow.

(d) In each throwing event since Munich, there has been a decisive leader who has thrown well beyond the cluster of top world throwers. Each one of these individual women have broken the barrier of mediocrity and have opened new horizons for women throwers to follow.

ie. 1. Mylnik of the USSR, was the first woman to throw the discus over 230' followed by Jahl of the DDR.

(continued on page 19)

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MARIA COLON — Olympic Champ

by Ivan Berenji

from "Athletics Weekly"

Maria Caridad Colon Ruenes, Cuba's fetching 22-year-old, launched her javelin 1'2 further than ever before, to a personal best of 224'5 in the first round of the Olympic final on July 25th — and herself into the record books with it. She became the first woman athlete from Cuba, the Caribbean and the whole of Latin America to win an Olympic gold medal.

So it was a first in more respects than one, and should have been a real surprise to all concerned, since the buxom Cuban, usually known as Maria Colon although in reality she is called Maria Caridad Salzedo (after her coach/husband, Angel Salzedo) these days, was a real Cinderella of her event. But it was not a surprise, for Maria — who was sixth on the 1979 World List with 211'3 and was to improve almost 13 feet during the early 1980 season — was invariably listed as the dark horse in the pre-Olympic form guides.

Her main claim to international fame was the bronze medal she won in the 1979 World Cup in Montreal, with 208'4 behind the royalty of the discipline, Ruth Fuchs of the GDR (216'10) and Eva Raduly-Zorgo of Romania (215'11), eclipsing Kate Schmidt of the USA (196'9) and Saida Gunba of the USSR (187'0) in the process.

In the Olympic run-up in 1980, during an East European tour, she raised her best first to 215'0 in Romania, and then to 219'2 and 223'3 in Czechoslovakia. The 223'3 result in Bratislava, which catapulted her into fourth place on the world all-time list, came in the first round, and the ensuing throws were 194'4, 217'10, 212'0, 208'11 and 200'9. It was an impressive series, and certainly not something to be scoffed at, but it hardly looked like a world beater in an Olympic year which saw spectacular results mushrooming worldwide.

The first of these biggies emanated from Ruth Fuchs, queen of the javelin for almost a decade, who broke her own world record by 1'6 in April with a whopping throw of 229'6. The second came from Britain's Tessa Sanderson, who raised the Commonwealth record to 228'8 in June.

But Maria was engagingly self-confident in the wake of her Bratislava result. "I will win the Olympics, and I will also become the first woman to reach 230'0 and the first Cuban female to hold a world record," she said. "I must hurry because Romero regularly throws beyond 230'0 with the discus in training

and one of these days she is bound to come up with a real big one in competition". To emphasize her total dedication to the accomplishment of these tasks, she began adding to her autographs in Bratislava the following: 'Moscow — 230'0 — WR — first place'.

The eyes of the world were, predictably, on Ruth Fuchs, however. The dual Olympic and World Cup winner, eight times a world record breaker, had already announced that 1980 was going to be her last hurrah and her determination to go out in style, with a third Olympic gold in the bag, was universally known.

HERRINGSHAW PHOTO



MARIA COLON

After her Bratislava competition Maria Caridad Colon headed back to Havana for an extended wrap-up training period, in which she was to be assisted by Ruth Fuchs and her long-standing coach, Karl Hellmann, who had worked in Cuba for three years in the 1960's laying the foundations of throwing in that country.

There is no previous known example of Fuchs having gone abroad to train prior to any major international event, let alone an Olympics, for any length of time. A divorcee who loves the comforts of her home, she had usually been reluctant even to stay in training camp, and was said to have used her social duties as an excuse to be left alone to

prepare, despite being the captain of the GDR women's track and field squad.

Maria was accorded an immense amount of space in the East German sporting press even before her Bratislava throw, but when in Podolsk on July 12th the unsung Tatyana Biryulina (24) eclipsed Fuchs' world record with a barrier-breaking throw of 229'11, that was only mentioned several days later in a brief, three-line announcement mid-page, which pointed out that Biryulina's 1979 best was only 195'5, and that the three other valid throws in her world record series were 199'3, 208'3 and 191'9.

Indeed, Biryulina's result represents one of the most spectacular improvements in athletics history, but it was laconically explained away by Eduard Gushchin, head of the track and field association of the Russian SSR. "The javelin is a limitless event", he said, "in which anything is possible. The sky's the limit. In any case, we did not expect this sort of result". Neither did the East Germans.

Biryulina's previous achievements were less than impressive. In 1979 she was seventh in the Moscow Spartakiad and fifth in the Universiade in Mexico City, while in the Znamenskiy Memorial meeting in Moscow, not long before her world record, she qualified with a personal best of 199'2 and finished fourth in the final with 202'2, behind Eva Zorgo (225'9), Saida Gunba, whose 224'0 was a new USSR record, and another Russian, Yadviga Putinene (222'7).

At the USSR track and field squad's Podolsk training camp, 50km from Moscow, Biryulina was not the only javelin girl to achieve a personal best. Others were Leolita Blodniece (216'10) and Sandra Leiskalne (206'11).

In its Olympic preview, *Sovietsky Sport* tipped Saida Gunba to win the javelin, but Maria Caridad Colon's first-round 224'5 in Moscow proved enough to rattle all the opposition. "In all my competitions this year, I have tried to concentrate on getting in a big one with my first throw, with an eye on the Olympic final," she said afterwards. "I did the same in Bratislava. We studied previous Olympic results with my husband-coach, Angel, and came to realize the double value of the first-round biggie. But frankly, I didn't think that the 224'5 would be enough to win, just for a lesser medal, and I stayed nervous throughout the competition."

Saida Gunba, who opened with a good 216'9 and then improved to 222'4 in the second round to take the silver, was glum and downcast in the post-competition interview, and Ruth Fuchs, only eighth with 209'9, disappeared altogether. It was a curious competition, in which the first four on the 1980 world list did not get into the medals. Biryulina, the Uzbek girl, finished sixth with a second-round 213'6, and when reporters tried to question her, 'Prof' Vladimir Kuznyetsov, a celebrated javelin thrower himself two decades ago, intervened to say: "in the javelin, knowing a stadium is a great advantage. Tatyana Podolsk world record was a wonder, but she knew the grounds there inside out".

Ruth Fuchs and coach Karl Hellmann met the GDR media back in the Olympic village for a post-mortem. "I was perfectly prepared", said Fuchs. "Better than ever, in fact, and ready to give my best. With my April world record and good results since, everything was in order to enable me to bow out at the top. But now I don't want to give any excuses. I could say that I won twice, and now somebody else did. Or that time has gone by for me. But both would be untrue, and had I thought such things for a moment before the competition, I would not have come. I can't give any explanation, only

that — I am only human, too".

Poor Ruth, who is unquestionably the greatest woman javelin thrower ever, still had to face the international press the next day. "My first try was unsuccessful," she was to say this time, "and then Maria shocked me with her first throw. I suddenly realized that I was facing an uphill task. I had to come from behind in an Olympic final, and produce my very best. This made me nervous, and as the time passed and I was unable to produce the goods, I became even more so. By the last round I had given up".

The new javelin champion, who emerged tops in such a turbulent Olympics, was born in Baracoa, in Cuba's Oriente province, on March 25, 1958. She inherited her sporting prowess from her mother (a hurdler), and was found to have an all-round athletic ability at 15. She got acquainted with the javelin the same year at Baracoa's sports association, which assigned her a temporary coach, and with Angel Salzedo in 1976, when she was delegated to Havana to train and live there and be given more sophisticated tuition.

A sports student since 1974, her progression was: 1975—146'11, 1976—164'4, 1977—178'3, 1978—208'4, 1979—211'3. Her first big competition was the 1979 Pan-

American Games, where she won with 204'5, and a few weeks later she threw exactly the same distance in the Moscow Spartakiad as runner-up to Saida Gunba (206'11). Colon won the Americas World Cup team selection in Quebec with 211'3, in front of former world record holder Kate Schmidt (208'7), and then came her bronze in Montreal.

"That result gave me self-confidence, so it was quite an important step for me," she reflects. "But, perhaps even more importantly, I met Ruth Fuchs there and we became good friends. She gave me a pair of spikes, which I used in training for a while. But I am no longer using them, so that they would not go *kaput*. I keep them at home, to make me think of Ruth always. One day, I hope to become like her". Cuba's national discus coach, Hermans Reverie, adds: "We must not forget to speak of coach Karl Hellmann. We owe him an immense amount. He sowed the seeds, from which our world-class throwers grew, and also helped Maria."

After the Games the 5'7", 145-lb. Colon stated: "I wanted to be first to throw 230'0 plus. Biryulina got that, but now that I am the Olympic champion I will go after that world record and break it for sure. It will be the first thing I plan to do next year." The new world record? She and Angel Salzedo talk of 235'0. **WTW**

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RACE WALKING TRAINING

by J. A. Hopkins
from "South Africa Athlete"

Race walking should be considered as a 'technique event' like, say, the 400 meter hurdles. If a walker wanted to make full use of his physical abilities, he should try to improve his walking action throughout his career. For this purpose 'technique drills' can be used. These have been developed for virtually every athletic event by coaches on the Continent.

'Technique drills' are devised by breaking up an athletic technique into its basic elements and then finding exercises which can be done repeatedly to improve each of these elements. For race walking, I think that the following drills can be used to good effect:

1. Walking at a moderate to fast speed but emphasizing the correct rolling action of the feet. This means pushing strongly off the rear foot right up until the toes leave the ground. Secondly, making sure the toes of the leading foot are high on landing so that the landing itself takes place right on the corner of the heel.
2. Walking at a moderate to fast speed along a marked straight line making sure that the inner borders of the feet fall on but not over the line. The lane markings on a track could be used to good effect.
3. Walking at a slow to moderate speed but emphasizing leg straightening.

This means swinging the leg through relaxed until the heel touches down then tensing the leg and keeping it braced as it drives the body forwards.

4. Walking at a slow speed with long strides to emphasize the forward motion of the hips.
5. Walking at a moderate speed in a snaking path, i.e. — continuously and rapidly swinging several yards to the left and right of a straight line. This helps to improve the mobility of the hip joints and the walker's sense of balance. Walking in a figure eight path can also be beneficial.
6. Walking slowly with shorter than normal strides but placing the left foot to the right and the right foot to the left of a straight line. The deliberate 'cross-over' of the feet will again help to develop the required mobility of the hip joints.
7. Walking at various speeds with special concentration of the correct arm action. In particular, the arm should be pulled virtually straight back with the elbow high while in front of the body the hand should not cross the mid-line. In other words, the emphasis should be on a fairly straight back and forward arm action.

8. Walking at various speeds with correct technique but placing special emphasis on relaxation. To say the least, this is difficult to learn. Firstly, the walker must learn to recognize just when he is tense. He can deliberately tense various muscle groups in his face, neck, shoulders, arms, etc., in turn while he is walking. When he can recognize the tension for what it is, he will be in a better position to recognize the opposite, state - one of relaxation. This can also be described as a feeling of looseness, smoothness or walking 'with the brakes off'.

When can these drills be carried out? The best situation would be to use them during a warm-up before a track session. One or two laps would be devoted to each drill. Most of them can also be incorporated into road sessions with, say, five minutes concentrating on the rolling action of the feet, five minutes concentrating on leg straightening, etc. Concentration is required to perform a drill correctly, so each drill should not be carried out for too long. It is also best to do them near the start of a session when the walker is not too tired.

Besides the dills listed above, it should be noted that walking on the spot is also, in effect, a very good drill in which the correct leg, hip and arm actions can be practiced. It is a useful exercise for improving a walker's coordination and teaching beginners in particular, the feeling of the straight supporting leg in the vertical position.

WTW

BOOK REVIEWS ★ ★

Most nationally known publishing houses send advance copies of their new books which relate to sport to publications such as "Women's Track World", requesting a review of the contents. Here, then, are reviews of three books received by WTW recently.

"The Flop Book" by John Tansley. Distributed by Athletic Attic-Brea, 351 S. State College, Brea, California 92621. \$5.95, 77 pages, 8½x11. It is always a pleasure to read a technical book written by a technician. So many of the "How To" books in track and field are apparently written by ghost writers who have little or no conception of what the sport is all about. John Tansley is an expert on the high jump and the book is filled with excellent photos. Topics covered include mechanics, technique, how to teach the flop and profiles on "how they train". As a high jump coach or performer do you know why leading with an arm over the bar is detrimental? Why should you not straighten your legs after take-off? It's all in "The Flop Book". One of the best.

"Better Track for Girls" by George Sullivan. Published by Dodd Mead & Company, New York. \$6.95. This is the 32nd book in a series published by Dodd Mead covering "Better (volleyball, tennis, baseball, ice hockey, etc., etc.) for boys and girls" — and it has been turned out in the modern day "fast food" type production. Of course it is not all bad, and anytime one can get young girls reading about a sport it helps. BUT! The photos for the most part which are supposed to illustrate form and technique are so completely opposite from desired actions it is impossible to "help" anyone. Shots of starting and hurdling action continue to perpetuate the misconceptions of correct technique. Little wonder the United States is so far behind the Europeans in this, the best of all sports. Don't waste your money.

"Pritikin Program for Diet and Exercise" by Nathan Pritikin. A Bantam Book publication. \$3.50. This 433 page book will shake you up a bit. How many dozens of diets and diet books have come along lately? First it's pro-carbohy-

drates, then pro-protein, then pro-grapefruit and on and on. The first chart in the book lists "Foods to avoid" and that list reads like my meal plan: butter, margarin, steaks, hamburger, hot dogs, milk, nuts, avocados, olives, wheat germ, alcoholic beverages. Gad! I love what Pritikin said about Cola — "If the Russians had to formulate a drink to wipe out the American public, they'd have invented cola. You don't give a three-year-old coffee, but you do give him cola. What nonsense". On hot dogs: "How can the US government permit this carcinogenic material to be sold to the public?" Do you like Pizza? "I can't imagine the Italians could have invented this suicide dish because they are such nice people". And on the subject of my favorite lunch (peanut butter and jelly), "Peanut butter is the very worst food you can eat". Pritikin adds more insults when discussing steak and all those other foods we all like to eat. Buy the book. Follow its rules if you can and you'll be healthier for it all. —SFVR

WTW

Results — Results — Results

Rawe Leads Penn State

University Park, Pennsylvania, January 17 — Led by Mary Rawe's double in the mile and 1000y, Penn State whipped Maryland 66-61 in an early season dual meet. Rawe easily won the mile in a pedestrian-like 5:00.51, but had to hustle to defeat Maryland's Debbie Pavik in the thousand, 2:39.2 to 2:40.6. Best marks of the meet came from shot putters Maria Walton of Tennessee (52'1½) and freshman Elaine Sobansky of Penn State (49'3¼). Kathy Mills, on the comeback trail, took the three mile in 16:10.85.

RESULTS: **2M**, 1—Peggy Cleary (PS) 10:39.88, 2—Mary Walsh (Md) 10:45.00; **Mile**, Mary Rawe (PS) 5:00.51; **60yH**, Weeks (PS) 8.50; **600y**, Pioli (PS) 1:25.21; **60y**, Leeola Toomer (Md) 7:09; **880**, Penny Fales (PS) 2:18.9; **1000y**, 1—Mary Rawe (PS) 2:39.2, 2—Debra Pavik (Md) 2:40.6; **HJ**, Jaeline Chase (Md) 5'8; **300y**, Bev Roman (Md) 37.65; **3M**, 1—Kathy Mills (PS) 16:10.85, 2—Mary Walsh (Md) 16:31.52, 3—Updegrave (PS) 17:47.16; **4x40**, Maryland 4:03.57; **LJ**, Alston (Md) 18'5¼; **SP**, 1—Maria Walton (Md) 52'1½, 2—Elaine Sobansky (PS) 49'3¼; **4x880**, Penn State 9:33.14.

JEFF JOHNSON PHOTO



Mary Rawe, double winner for Penn State.



Chris McMeekin won two for Iowa State.

Lady Bucs Invitational

Columbus, Ohio, January 16/17 — Ohio State was a rude host as they annexed their own Invitational with 152 points. Kentucky was next with 119 as 12 teams scored. Marks were generally good for this early in the season and the shot provided the best competition.

RESULTS: **1500**, Cheryl Scheffer (E.Mich) 4:46.3; **4x200**, 1—Old Dominion 1:42.26, 2—Ohio State 1:45.81; **DisMed**, Kentucky 11:50.19; **LJ**, Anne Meacham (E.Mich) 18'10; **5000**, Beth Sheridan (Ohio St) 16:53.43; **60mH**, 1—Kim Willis (Ohio St) 8.6, 2—Judy Thomas (Ky) 8.8; **60m**, Cathy Barber (Ky) 7.6; **4x800**, Kentucky 9:19.51; **600m**, Judy Richardson (Ky) 1:35.88; **400**, Dana Wright (Old Dom) 56.72; **300m**, 1—Gwen Murray (Pitt) 39.97, 2—Antoinette Browning (Ky) 40.22; **SP**, 1—Nadine Cox (Ohio St) 47'1, 2—Cindy Crapper (Ky) 46'10¼, 3—Debi Moore (Ohio St) 45'0¼; **1000m**, Michelle Genter (Ohio St) 3:04.94; **HJ**, Inge-Lise Christensen (Ohio St) 5'9; **4x100**, Old Dominion 3:55.4; **Scores**, 1—Ohio State 152, 2—Kentucky 119, 3—Eastern Michigan 62, 4—Old Dominion 60, 5—Eastern Kentucky 44, 6—Pittsburgh 36, 7—Illinois State 35, 8—Kent State 16, 9—Ohio 15, 10—West Virginia 14, 11—Morehead State 3, 12—Ohio Wesleyan 2.

JEFF JOHNSON PHOTO

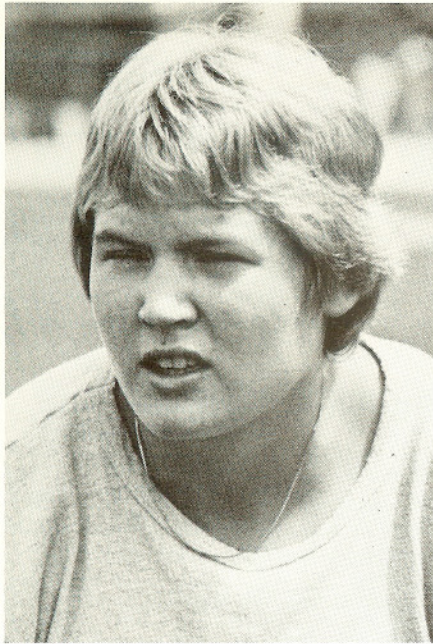


Penn State's fine frosh shot putter Elaine Sobansky.

Badger Classic

Madison, Wisconsin, January 17 — Iowa State's Chris McMeekin won two events to become the star of the Annual Badger Track Classic to open the 1981 indoor season in Madison. McMeekin, an import from Great Britain, annexed the mile in 4:50.27 and the 1000y in a fairly swift 2:30.3. All events saw good early season results.

RESULTS: **4x220**, 1—Drake (Abell-Little-Johnson-McClinton) 1:45.21, 2—Iowa State 1:45.71, 3—Mayor Hatcher YF 1:46.50; **Mile**, 1—Chris McMeekin (Iowa St) 4:50.27, 2—Katy Schilly (Iowa Un) 4:58.89, 3—Diane Vetter (Iowa St) 5:00.53; **3M**, 1—Amy Johns (Wis) 16:38.5, 2—Wendy Furman (Wis/P) 16:50.9, 3—Sally Zook (Wis) 17:14.4; **440**, 1—Pam Moore (Wis) 56.62, 2—Sumeta Wells (Iowa St) 58.05; **60y**, 1—Judy Winski (Un) 7.09, 2—Senya Brown (Chicago Zephyrs) 7.20, 3—Crystal Jones (Wis) 7.25; **60yH**, 1—Kathy Bogwarth (Wis) 8.10, 2—Amy Dunlop (Wis) 8.19, 3—Kelly Matthews (Iowa St) 8.21; **600y**, 1—Robin Jackson (Un) 1:24.65, 2—Sue Spalholz (Wis) 1:24.96; **SP**, 1—Shu Quereshi (Wis) 43'0¼, 2—Connie White (Iowa St) 42'7; **300y**, 1—Damita McClinton (Drake) 37.14, 2—Darla McLaurin (MHYFF) 37.71; **HJ**, 1—Anne Erpenbeck (Drake) 5'10, 2—Wendy Markham (Wis Un) 5'8; **2M**, 1—Liz Hjalmarsson (Drake) 10:32.84, 2—Cheryl Konkell (UW/M) 10:45.90, 3—Katy Schilly (Iowa Un) 10:45.93, 4—Suzie Houston (Wis) 10:58.85; **1000y**, 1—Chris McMeekin (Iowa St) 2:30.3, 2—Ellen Brewster (Wis) 2:32.0, 3—Rose Thompson (Wis) 2:34.5, 4—Marie Simonsson (Drake) 2:35.1, 5—Diane Vetter (Iowa St) 2:36.8; **LJ**, Pat Johnson (Wis) 19'9¼; **4x440**, Wisconsin (Dunlop-Spalholz-Brunner-Beischel) 3:56.65.



Annette Bohach, Indiana,
shot winner at 45'8.

Wisconsin Whomps Indiana

Madison, Wisconsin, January 24 — The University of Wisconsin, with one of the nation's largest track squads, took no pity on visiting University of Indiana as they crushed the Hoosiers by 50 points in an early season dual meet. Karen Wechsler (60/60H) and Annette Bohach (SP) were the only winners for Indiana as the Wisconsinites whisked around the oval and over the bar at will.

RESULTS: **4x220**, Wisconsin (Dunlop-Winski-Jackson-Moore) 1:40.14; **Mile**, Suzie Houston (Wis) 4:58.86; **LJ**, Pat Johnson (Wis) 20'2½; **440**, Robin Jackson (Wis) 58.89; **60y**, 1—Karen Wechsler (Ind) 7.06, 2—Pat Johnson (Wis) 7.06, 3—Judy Winski (Wis) 7.19; **880**, 1—Sue Spaltholz (Wis) 2:11.45, 2—Ellen Brewster (Wis) 2:13.11; **60yH**, 1—Karen Wechsler (Ind) 7.8, 2—Kathy Borgwarth (Wis) 8.02, 3—Amy Dunlop (Wis) 8.33; **600y**, 1—Pam Moore (Wis) 1:23.81, 2—Sue Beischel (Wis) 1:25.11; **SP**, 1—Annette Bohach (Ind) 45'8, 2—Sue Quereshi (Wis) 43'5¼; **300y**, Judy Winski (Wis) 36.49; **1000y**, 1—Anne Johnston (Wis) 2:39.14, 2—Mary Mulrooney (Wis) 2:40.95; **HJ**, Joan Brockhaus (Wis) 5'8; **2M**, 1—Amy Johns (Wis) 10:47.69, 2—Marybeth Spencer (Un) 10:50.0; **4x440**, Wisconsin 3:52.50.

Princeton Wins

January 30 — Princeton downed Temple and Villanova in a three-way meet by scoring 53 points to 45 for Temple and 36 for Villanova. Temple's Boone in the two sprints and Princeton's Chang in the hurdles and long jump were the only double winners during the competition.

RESULTS: **4x220**, Temple 1:45.4; **1500**, 1—Sue Shea (V) 4:36.3, 2—Maree (V) 4:39.0; **55mH/LJ**, Chang (P) 8.5/17'10; **SP**, Mitnik (T) 44'9¼; **55m/200**, Boone (T) 7.3/26.3; **3000**, Zollo (P) 10:12.9; **4x880**, 1—Villanova 9:36.7, 2—Princeton 9:38.6; **HJ**, Peggy Stewart (V) 5'6.

Women's Track World

Ashford Best at Albuquerque

Albuquerque, New Mexico, January 24 — In spite of a new American Record in the 60y dash by Evelyn Ashford, the quality and the quantity at the once top-ranked Albuquerque Invitational dropped dramatically in 1981. Ashford sped to a win in the 60y in 6.65 to break the mark of 6.68 set by Chandra Cheeseborough two years earlier. The Los Angeles Mercurettes covered the mile relay in a swift 3:44.18 for the next best mark of the meet but missing were all the field events and most of the top-ranked runners. Wendy Knudson served notice her year off to have a baby failed to dim her speed as she annexed the 1000 yard in good time over a good field including Maggie Keyes and Francie Larrieu.

RESULTS: **60y**, 1—Evelyn Ashford (Un) 6.65 (AR), 2—Lisa Thompson (UNLV) 6.87, 3—Lisa Hopkins (IP) 6.96, 4—Carmen Rivers (UTEP) 7.01, 5—Linda Wilson (TxTC) 7.02; **60yH**, 1—Kim Turner (UTEP) 7.75, 2—Nancy Roeller (ColSunTC) 7.92, 3—Jill Redo (TxTC) 8.10; **440**, 1—Paulette Clagon (LAM) 56.34, 2—Brenda Peterson (LAM) 56.44; **1000y**, 1—Wendy Knudson (AthInt) 2:31.15, 2—Maggie Keys (AthWest) 2:32.09, 3—Francie Larrieu (PCC) 2:36.94; **4x440**, 1—LAM (Cimbess-Peterson-Gutowski-Clagon) 3:44.18, 2—UTEP 3:52.97.



Maggie Keyes, Albuquerque,
runner-up at 1000.

VA Tech Invitational

Blacksburg, Virginia, January 31 — Maryland's Marita Walton and Penn State's Elaine Sobansky hooked up in a fine shot put duel to highlight the Virginia Tech Invitational. The imported Marylander won the competition with a fine 53'9½ to the 51'11¼ mark by the Penn State freshman. Mary Rawe upset Kathy Mills in the 3000 and Sherri Funn of George Mason University equalled the American mark in winning the 60m sprint in 7.28.

Margaret Groos, Virginia's top distancer, was struck above the knee by an errant 4 kilo shot and scratched from the 800 final. X-rays showed the injury to be only a bruise, news which was well received by Ms. Groos.

RESULTS: **60m**, 1—Sherri Funn (GM) 7.28 (American record equal), 2—Leola Toomer (Md) 7.44, 3—Sheriffa Barksdale (Tn) 7.48; **DMR**, Maryland 12:17.6; **3000**, 1—Mary Rawe (PS) 9:40.8, 2—Kathy Mills (PS) 9:44.7, 3—Suzanne Girard (NCS) 9:48.0; **800**, Josephine White (Richmond) 2:10.0; **400**, 1—Lisa Garrett (Va) 55.5, 2—Dana Wright (Old Dom) 56.2, 3—Gwen Murray (Pitt) 56.5, 4—Cathy Rattray (Tn) 56.8; **600m**, 1—Penny Fales (PS) 1:35.4, 2—Terry Pioli (PS) 1:36.5; **HJ**, 1—Yvonne Heinrich (NCS) 5'10, 2—Karen Hatchett (Va) 5'8¼; **1500**, 1—Sande Cullinane (NCS) 4:37.4, 2—Patty Murnane (PS) 4:39.6 . . . 5—Linda Portasik (Tn) 4:41.6, 6—Aileen O'Connor (Va) 4:42.2; **60mH**, 1—Susan Brownell (Va) 8:07.2; **SP**, 1—Marita Walton (Md) 53'9½, 2—Elaine Sobansky (PS) 51'11¼, 3—Marilyn Senz (PS) 44'1¼; **5000**, 1—Betty Springs (NCS) 16:55.8, 2—Peggy Cleary (PS) 16:59.0 . . . 4—Eileen Hornberger (Tn) 17:35.4 . . . 6—Mary Walsh (PS) 18:05.3; **LJ**, 1—Juanita Alston (Md) 18'10½, 2—Robin Taylor (OD) 18'10¼; **4x400**, 1—Virginia 3:50.9, 2—Old Dominion 3:52.5; **4x800**, 1—Virginia 9:08.3, 2—Maryland 9:38.2.

Purdue Invitational

West Lafayette, Indiana, January 30 — Fourteen teams gathered for the Annual Purdue Invitational and when the last lap had been run, Michigan State claimed the win with 141 points. Kentucky, making its initial smash into the top of the collegiate track world, was next in line with 107 and home team Purdue led the rest far to the rear with 57 digits. Kelly Spatz' (Michigan State) time of 10:27.7 was perhaps the best mark of the competition.

RESULTS: **2M**, 1—Kelly Spatz (MS) 10:27.7, 2—Shannon Cline (Purdue) 10:36.2, 3—Porter (Ky) 10:49.1; **Mile**, Andrea Marek (Purdue) 4:59.5; **60yH**, 1—Lowe (Ky) 8:18, 2—Leena Spoo (Pur) 8:18, 3—Pam Sedwick (MS) 8:25; **HJ**, 1—Childress (Ky) 5'7, 2—Maggie Woods (Pur) 5'6; **300y**, 1—Richardson (Ky) 36.1, 2—Cheryl Gilliam (MS) 36.4, 3—Brown (MS) 36.6, 4—Brennan (MS) 36.9; **1000y**, 1—Straight (Ky) 2:34.7, 2—Gotta (Pur) 2:36.2; **60y**, Barber (Ky) 7:11; **SP**, 1—Cindy Crapper (Ky) 46'7½, 2—Lynn Barber (MS) 43'10¼; **600y**, 1—Pam Sedwick (MS) 1:23.5, 2—Hubbard (C.Mich) 1:27.6; **3M**, 1—Burman (UW/P) 16:27.9, 2—Weil (MS) 17:00.0; **4x440**, Michigan State 3:56.1; **4x220**, 1—Kentucky 1:42.7, 2—Michigan State 1:43.1; **4x880**, Purdue 9:24.9, 2—W. Mich 9:32.6; **Scores**, 1—Michigan State 141, 2—Kentucky 107, 3—Purdue 57, 4—W. Michigan 35, 5—Central Michigan 32, 6—Wisconsin/Parkside 21, 7—MHYF 14, 8—Illinois State 13, 9—Ball State 9, 10—Miami (Ohio) 4, 11—E. Kentucky 1, 12—Louisville, Chicago Circle and Northwestern 0.

Florida State Shows Power

Baton Rouge, Louisiana, January 30 — Florida State moved into the national picture here today by crushing rivals Louisiana State, Alabama and Rice in a four-way competition on the Tigers track. The Lady Seminoles produced two double winners, both foreign imports. Brazilian Olympian Esmeralda Garcia scored in the 60y dash (6.90) and her first-ever long jump appearance (19'7½) while England's Margaret Coomber, better known as a half miler, won the mile (4:55.17) and the 1000y (2:38.61). Alabama provided the best mark of the competition when Disa Gisladdottie hopped over the high jump bar at an even six feet.

RESULTS: **LJ**, 1—Esmeralda Garcia (FS) 19'7½, 2—Alice Bennett (FS) 18'8; **HJ**, Disa Gisladdottie (A) 6'0; **SP**, Debbie Och (A) 45'2; **60yH**, 1—Tonya Brown (FS) 8.19, 2—Aletha Roland (FS) 8.35; **Mile**, 1—Margaret Coomber (FS) 4:55.17, 2—Lee Ann Stelzenmuller (A) 4:59.33; **400**, 1—Karen Kay (A) 57.58, 2—Lana Zimmerman (LSU) 58.30; **600y**, 1—Catherine Baker (Rice) 1:26.35, 2—Angela Wright (FS) 1:27.63; **60y**, 1—Esmeralda Garcia (FS) 6.90, 2—Belinda Little (A) 7.16; **880**, Janette Wood (FS) 2:17.91; **1000y**, Margaret Coomber (FS) 2:38.61; **2M**, 1—Kristen O'Connell (A) 10:41.2, 2—Darren Andrew (FS) 10:41.4; **4x400**, 1—Florida State 3:57.79, 2—Louisiana State 3:58.73; **Scores**, 1—Florida State 71, 2—Alabama 46, 3—Louisiana State 9, 4—Rice 5.



Margaret Coomber, Florida State's 29 year old freshman.

A Hot Night in Dallas

Dallas, Texas, January 30 — Someone said they must be running the sprints and long jump downhill at the Dallas indoor facility for records were set in both of these events. Alice Brown captured the 60y sprint with a new world record of 6.62 seconds breaking the old mark by 1/100 of a second. And high schooler Carol Lewis went home with a new American Record in the long jump at 21'7¼. Needless to say, this was a new high school record. Candy Young took a speedy flight of 60y hurdles from Benita Fitzgerald in 7.68, not her best-ever, but still very fast. These events overshadowed the strong showing by Tennessee as they turned in a fast 1-2 in the 800 with Delisa Walton edging teammate Joetta Clark 2:08.74 to 2:09.07.

RESULTS: **60y**, 1—Alice Brown (Shaklee) 6.62 (WR), 2—Michele Glover (NJ HS) 6.73, 3—Linda Wilson (TxTC) 6.9'86, 4—Jefferson (Houston) 6.97, 5—Val Boyer (Ariz. St) 6.97, 6—Leleith Hodges (TWU) 6.98; **440**, 1—Sharon Colyear (Boston) 57.34, 2—Pat Jackson (TxTC) 58.01; **880**, 1—Delisa Walton (Tn) 2:08.74, 2—Joetta Clark (Tn) 2:09.07, 3—Collins (UTEP) 2:13.13; **Mile**, 1—Francie Larrieu (PCC) 4:41.45, 2—Brenda Webb (Ath. West) 4:45.0, 3—Richards (UTEP) 5:01.70; **60yH**, 1—Candy Young (F. Dik) 7.68, 2—Benita Fitzgerald (Tn) 7.69, 3—Sharon Colyear (Boston) 7.77, 4—Kim Turner (UTEP) 7.89, 5—Brenda Calhoun (Ariz. St) 7.89; **LJ**, 1—Carol Lewis (NJ HS) 21'7¼ (AR), 2—Thomas (N. Tx. St) 19'1¼, 3—Esther Otieno (UTEP) 19'7¼, 4—Dorothy Scott (TWU) 19'5¼.

Wisconsin Dominates Open

Madison, Wisconsin, January 31 — Winning seven events, the University of Wisconsin was the dominant force at its own Open Meet. Best mark of the competition was the 11:36.39 turned in by Wisconsin's distance medley crew.

RESULTS: **60m**, 1—Sonya Brown (Chi. Zeph) 7.71 (7.69h), 2—Sonya Brown (Wis) 7.74; **300m**, 1—Robin Jackson (Wis) 39.94, 2—Pam Moore (Wis) 40.34, 3—Amy Dunlop (Wis) 40.36; **600m**, Kathy Hall (U. Chi. TC) 1:34.28; **1000m**, Ann Moffett (Marquette) 3:06.27; **3000**, 1—Sally Zook (Wis) 10:00.15, 2—Lori Hottinger (Mar) 10:02.21, 3—Amy Johns (Wis) 10:07.46, 4—Marybeth Spencer (Wis. Un) 10:08.46; **60mH**, 1—Kathy Borgwarth (Wis) 8.67, 2—Kelley Matthews (Iowa St) 8.91; **DM**, Wisconsin 11:36.39; **Pentathlon**, 1—Liz McBain (Rochester CC) 3670, 2—Lori Kemnitz (Wis) 3307; **HJ**, Wendy Markham (Wis. Un) 5'9; **LJ**, Pat Johnson (Wis) 20'0½; **SP**, Shu Quereshi (Wis) 42'8½.

Drake Wins Triangular

Mankato, Minnesota, January 31 — Practically scoring at will, Drake University easily whipped host Mankato State and Nebraska/Omaha in a three-way affair scoring 170 points to 117 for the home team and 90 for Omaha. Coach Don De-

Noon's forces had a double winner in Jana Noel who took top honors in the 1000 and 1500 and showed great strength in the relays and sprints as they scored 1-2-3 in the 55m dash.

RESULTS: **LJ**, Vicki Almeida (D) 18'1¼; **HJ**, Anne Erpenback (D) 5'7; **SP**, Gottius (Nb/O) 39'4½; **4x160**, Drake 1:23.25; **1500/1000m**, Jana Noel (D) 4L48.7/3:05.6; **55mH**, Holly Johnson (D) 8.6; **55m**, Janice Thomas (D) 7.2; **800**, Bearson (MS) 2:16.6; **300m**, Damita McClinton (D) 42.1; **3000**, Peggy Saracino (D) 10:27.04.

Polish Championships

Zabrze, Poland, February 7/8 — Zofia Bielczyk won two events to cop top honors at the National Indoor Championships of Poland. Best mark was the 4520 pentathlon performance of Guzowska.

RESULTS: **60m**, 1—Zofia Bielczyk 7.40, 2—Tomczak 7.54; **400**, Blaszak 53.58; **800**, Stefanska 2:04.52; **1500**, Sokolowska 4:22.19; **60mH**, Zofia Bielczyk 8.09 (8.05h), 2—Elzbieta Rabszyn 8.10; **HJ**, Kielan 6'2¾; **LJ**, Wlodarczyk 20'5¼; **SP**, Chewinska 52'10¼; **Pentathlon**, Guzowska 4520.

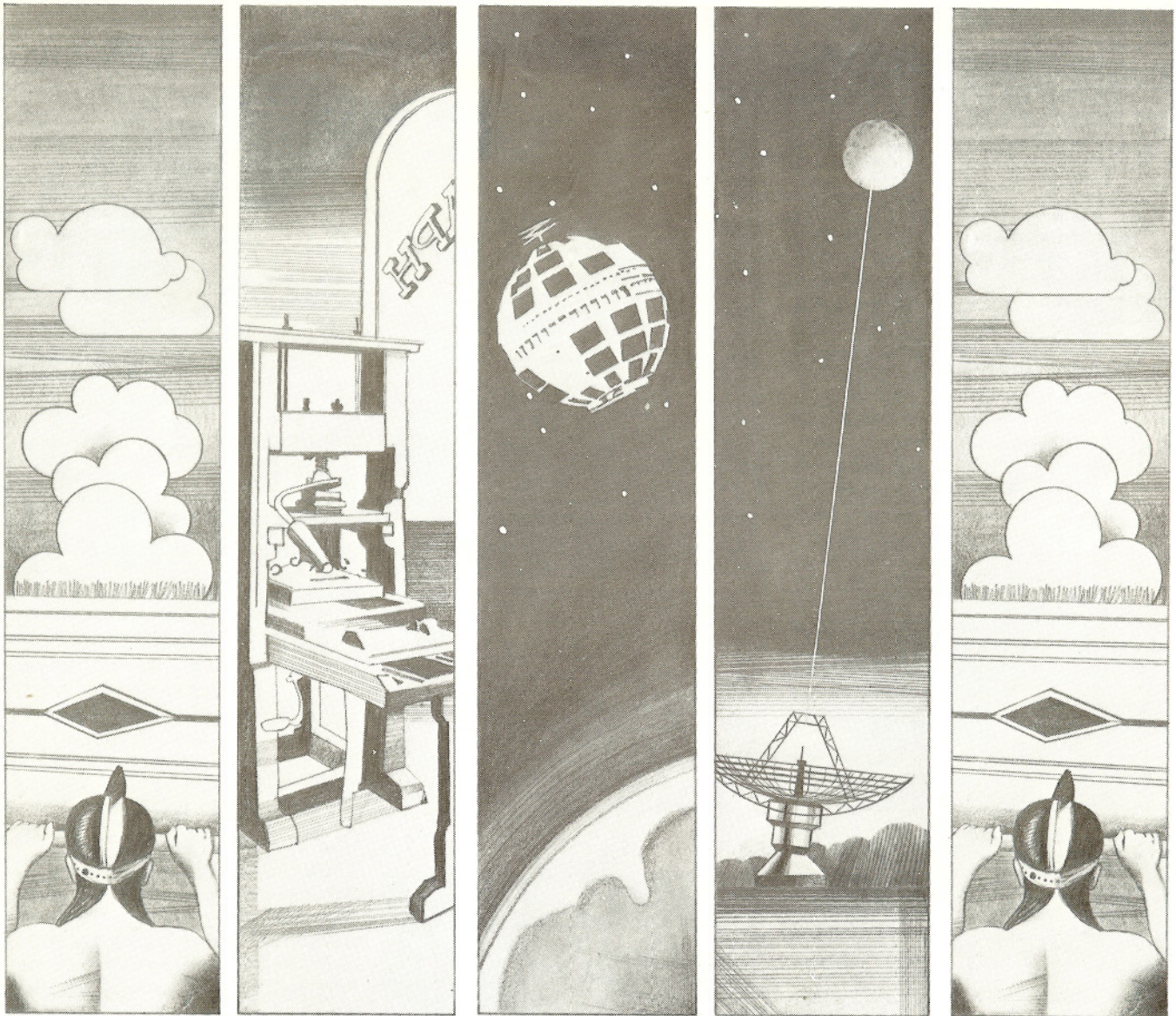


Becky Kaiser, LJ & 60 winner for Illinois.

Purdue Carnival

West Lafayette, Indiana, February 6 — Becky Kaiser won two events and became high scorer as Purdue University staged their annual Track Carnival. Kaiser won her specialty, the long jump, with a leap of 19'5 and returned to annex the 60y dash in 7.17.

RESULTS: **220**, Bass (THTC) 26.0; **DisMed**, Purdue 12:19.6; **HJ**, Ellie Hayden (EMU) 5'10; **LJ**, 1—Becky Kaiser (Ill) 19'5, 2—Anne Meachum (EMU) 19'0¾; **2M**, Dickerson (Ill) 10:25.2; **60mH**, Leena Spool (Purdue) 8.7; **SP**, 1—Rhea Rogers (Ill) 43'2¼, 2—Annette Bohach (Ill) 42'8¼; **4x220**, Illinois 1:45.44; **Mile**, Cotta (Purdue) 4:56.0; **60y**, 1—Becky Kaiser (Ill) 7.17, 2—Anne Meachum (EMU) 7.21; **4x400**, Terre Haute TC 4:01.5; **Pentathlon**, Maggie Woods (Purdue) 3458.



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RESULTS - RESULTS - RESULTS (continued)

Mason Dixon

Louisville, Kentucky, February 6/7 — The prestigious Mason Dixon Games provided track fans with countless races and some fine performances as the Kentuckians staged their 21st Annual affair.

Top billed duel in the hurdles featuring Olympic champion Vera Komisova and defending champion Stephanie Hightower of Ohio State disintegrated when Hightower was eliminated in the trial heats, running only 8.58, and Komisova chased the field in last place in the final in 8.74. The race was won by Tennessee's Benita Fitzgerald in a slow 8.24 and right behind was Indiana's Karen Wechsler in 8.25. Wechsler is off to a great year and has added speed over the past 12 months.

JEFF JOHNSON PHOTO



4:38.90 mile win for Cindy Bremser.

Cindy Bremser whipped a fine field to win the mile in 4:38.90 ahead of Brenda Webb (4:38.92), Janet Marlow of Great Britain and Francie Larrieu. Carol Lewis, the New Jersey high schooler, scored another win over TSU's Kathy McMillan in the long jump with a mediocre hop of 20'7½. Joni Huntley was over 6'2 in the high jump and Pam Sedwick (Michigan State) won the seldom-run 600m event in 1:30.9, a mark which places her #8 on the USA All-Time List.

In the high school division, Adrienne Diamond galloped to a 7.69 clocking for 60 meters and won the final in 7.81. The Mason Dixon Games also included an open and a high school pole vault with 8'3 being the winning height in both divisions and both divisions being won by the same person.

RESULTS: Mile, 1—Cindy Bremser (Wis. United) 4:38.90, 2—Brenda Webb (Ath. West) 4:38.92, 3—Janet Marlow (GB) 4:41.2, 4—Francie Larrieu (PCC) 4:43.4, 5—Bernadette Madigan (Ky) 4:46.7; **LJ**, 1—Carol Lewis (NJ HS) 20'7½, 2—Kathy McMillan (TSU) 20'2, 3—Pat Johnson (Wis) 20'1¾, 4—Kathy Rankin (Ga) 19'9½, 5—Allison Manley (Murray St) 19'1¼; **60mH**, 1—Benita Fitzgerald (Tn) 8.24, 2—Karen Wechsler (Ind) 8.25, 3—Gayle Watkins (UN) 8.49 (8.46h), 4—Vera Komisova (USSR) 8.74 (8.68h); **60m**, 1—Chandra Cheeseborough (TSU) 7.34, 2—Michelle Glover (Willingborough TC) 7.44 (7.43h), 3—Sherry Pernel (TSU) 7.48, 4—Karen Wechsler (Ind) 7.54, 5—Cheryl Gilliam (Mich St) 7.71 (7.60h); **4x40**, 1—TSU (Davis-Pollion-Blake-Pernell) 3:44.3, 2—Tennessee 3:51.1, 3—Michigan State 3:52.8, 4—Indiana 3:56.5; **4x220**, 1—TSU 1:39.2, 2—Kentucky 1:40.2, 3—Tennessee 1:41.2, 4—Michigan State 1:41.5; **HJ**, Joni Huntley (PCC) 6'2; **3000**, 1—Cindy Duarte (Clemson) 10:14.0 . . . 4—Eileen Hornberger (Tn) 10:42.0; **Open Mile**, 1—Kelly Spatz (Mich. St) 4:47.3, 2—H. Straight (Ky) 4:57.3; **55mH**, 1—Sherrie Agee (THTC) 7.92 (7.87h), 2—Myrtle Chester (Tn) 7.98; **600m**, 1—Pam Sedwick (Mich. St) 1:30.9, 2—Ella Willis (ConAth) 1:32.2, 3—Sue Spaltholz (Wis) 1:33.6; **PV**, 1—Sunday Wallon (Un) 8'3, 2—Michelle Jennins (Un) 8'0; **SP**, 1—Denise Wood (Knoxville TC) 50'11¼, 2—Cindy Crapper (Ky) 48'8, 3—Susan Thornton (Knoxville TC) 48'3, 4—Victoria Gay (W. Ky) 44'0¼; **Open LJ**, 1—Sharon Henry (Ala A&M) 19'3½, 2—Sharietta Barksdale (Tn) 19'2, 3—Robin Taylor (Old Dom) 19'1, 4—Jeanette Williams (Ind. St) 19'0; **Open HJ**, Myrtle Chester (Tn) 5'8; **55m**, 1—Sharietta Barksdale (Tn) 6.79, 2—Angela Gay (W. Ky) 6.92, 3—Rhonda Boyd (Ky) 7.00 (6.75h), 4—Cheryl Gilliam (Mich. St) 7.24 (6.92h), 5—Laietta Fitzpatrick (Ind. St) 7.35 (6.85h); **SpMed** (440-220-220-880), 1—Michigan State (Brown-Gilliam-Drummond-Sedwick) 3:58.5 (World best), 2—Kentucky 4:00.8; **HS PV**, 1—Sunday Wallen 8'3, 2—Joannie Brutscher 8'3; **HS 60m**, 1—Adrienne Diamond 7.81 (7.69s), 2—Dawne Durbin 8.15 (7.89s), 3—April Harris 8.30 (7.74s).



JEFF JOHNSON PHOTO

Boston has a new 400 runner in Sharon Colyear.

Greater Boston Championships

Boston, Massachusetts, February 7 — Boston University produced three double winners to lead their team to victory in the Greater Boston Championships. Britain's Sharon Colyear, known heretofore only as a short sprinter and hurdler, annexed the 400 in a swift 55.9 as well as winning the 55m barriers in 8.0s. Unfortunately, the East Coast persists in believing females do not have first names, but Colyear's teammates, White and Atterton provided two wins apiece. White won the jumps at 19'0¾ and 6'0¾ and was second in the hurdles while Atterton scored a rare double as she won the 55m in 7.5 and the 800 in 2:16.8s. Tuft's Austin was runner-up in three events, the 55/200/LJ, and Northeastern's Sandy Burke tossed the shot 49'5¾.

RESULTS: **HJ/LJ**, White (BU) 19'9¾/6'0¾; **5000**, Darlene Beckford (Harvard) 17:08.3; **1500**, 1—Linsley (H) 4:31.9, 2—Herlihy (H) 4:34.0; **4x220**, Boston University 1:46.5; **SP**, Sandy Burke (NE) 49'5¼; **55mH**, 1—Sharon Colyear (BU) 8.0, 2—White (BU) 8.1; **55m/800**, Atterton (BU) 7.5/2:16.8; **200**, Edmunds (BU) 25.5; **3000**, Gallagher (H) 10:02.2; **4x880**, 1—Harvard 9:23.5, 2—Boston University 9:41.5; **400**, Sharon Colyear (BU) 55.9; **Scores**, 1—Boston University 83, 2—Harvard 70, 3—Boston College 38, 4—Tufts 32, 5—Northeastern 14, 6—Brandeis 1.

Princeton Relays

Princeton, New Jersey, February 7 — The University of Virginia put together a fast foursome in the distance medley relay and turned in a super swift 11:31.0, second fastest ever, to cop the best performance list for the Annual Princeton Relays. Other good marks were turned in by Sherri Funn in the 60y dash, Elaine Sobansky and Nini Davis in the shot and by the distance medley team from New Jersey's Summit High School.

RESULTS: **HS DisMed**, 1—Summit 12:17.2, 2—Ridge-wood 12:29.6; **DisMed**, 1—Virginia (Nicholson-Garrett-Groos-Haworth) 11:31.0, 2—Penn State 11:45.1, 3—Villanova 11:47.7; **4x880**, 1—Villanova (Bradley-Maree-Shea-Whitfield) 9:13.4, 2—Penn State 9:16.3, 3—Georgetown 9:21.0; **60y**, 1—Sherri Funn (G.Mason) 7.07, 2—Brown (Va) 7.22; **LJ**, Vivian Riddick (Penn St) 18'10¼; **HJ**, 1—Thea Ackerman (Mt.St.Mary's) 5'10½, 2—Stewart (Vil) 5'8, 3—Karen Krawiec (Penn St) 5'8, 4—Karen Hatchett (Va) 5'8; **4x220**, 1—Morgan State (Bullock-Page-Dobson-Belle) 1:39.82, 2—Adelphi 1:41.4, 3—Georgia 1:41.66; **2M**, 1—Aileen O'Connor (Va) 10:25.9, 2—Schmitt (Va) 10:41.3, 3—Wright (Va) 10:47.0; **4x440**, 1—Penn State (Pioli-LaFramboise-Fales-Hart) 3:52.0, 2—Morgan State 3:55.0; **SP**, 1—Elaine Sobansky (Penn St) 51'4½, 2—Nini Davis (St. Johns) 50'11½, 3—Nancy Senz (Penn St) 44'7.

Illinois State Invitational

Normal, Illinois, February 7 — Ohio State University trounced nine other institutions to cop top honors at the Illinois State University Invitational here today. Gayle Brandon's (Eastern Illinois) mark

of 19'6 in the long jump and Melinda Morris' (Western Illinois) leap of 5'9 in the high jump were the best marks of the competition.

RESULTS: 1500, Jennifer Potts (WI) 4:40.4; 4x200, 1—Eastern Illinois 1:41.7, 2—Ohio State 1:43.2; 600m, 1—Renee Johnson (EI) 1:37.3, 2—Wanda Ball (EI) 1:37.9; **SP**, 1—Nadine Cox (OS) 45'5 $\frac{1}{4}$, 2—Linda McDuffy (ISO) 45'1 $\frac{3}{4}$, 3—Deb Moore (OS) 44'0; **60mH**, 1—Kim Willis (OS) 8.3, 2—Karen Roth (IS) 8.8; **300m**, 1—Gail Stephens (EI) 40.2, 2—Sherry Humphrey (OS) 40.5; **1000m**, 1—Kathy Rosow (Minn) 2:57.8, 2—Michelle Genter (OS) 2:59.0, 3—Maureen Newkold (OS) 2:59.6; **60m**, 1—Liz Greathouse (EI) 7.5, 2—Mary Burroighs (EI) 7.6; **3000**, 1—Beth Harrison (OS) 10:03.3, 2—Rocky Racette (Minn) 10:08.3; **LJ**, Gayle Brandon (EI) 19'6; **HJ**, 1—Melinda Morris (WI) 5'9, 2—Deb Ryals (SIU/C) 5'8; **Scores**, 1—Ohio State 128, 2—Eastern Illinois 95, 3—Minnesota 63, 4—Western Illinois 60, 5—Illinois State 55, 6—Ball State 13, 7—Southern Illinois/Carbondale 9, 8—Southern Illinois/Edwardsville 8, 9—Chicago State 2, 10—Bradley 0.

Millrose Games

New York, February 6 — Joni Huntley set a new American record for the high jump as she defeated Olympic Champion Sara Simeoni of Italy with a jump of 6'4 $\frac{3}{4}$. Simeoni was over the bar at 6'3 $\frac{3}{4}$ for the silver and the 1980 collegiate champion from Arizona State, Colleen Reinstra was third, also over 6'3 $\frac{3}{4}$. Other fine results saw Maggie Keyes whip Francie Larriue and Jan Merrill in a swift 1500 and Tennessee's Benita Fitzgerald defeat a very fine hurdle field in a slow 7.80 flight over 60 yards. June Griffith won a fast 400.

RESULTS: 60y, 1—Chandra Cheeseborough (TSU) 6.6, 2—Alice Brown (Shaklee TC) 6.6, 3—Brenda Morehead (Un) 6.6, 4—Michele Glover (Willingborough TC) 6.9, 5—Jeanette Bolden (Shaklee) 6.9; **60yH**, 1—Benita Fitzgerald (Tn) 7.80, 2—Sharon Colyear (Boston) 7.82, 3—Candy Young (Farleigh Dickinson) 7.85, 4—Stephanie Hightower (Ohio St) 7.95, 5—Carol Lewis (Willingborough TC) 7.97; **400**, 1—June Griffith (Adelphi) 53.8, 2—Dixon (Atoms) 54.3, 3—Paulette Clagon (LAM) 55.3, 4—Florence Griffith (Shaklee) 55.4; **800**, 1—Robin Campbell (Stanford TC) 2:07.3, 2—Maria Walton (Tn) 2:07.9, 3—Lorna Forde (Atoms) 2:08.6; **1500**, 1—Maggie Keyes (CP/SLO) 4:14.9, 2—Francie Larriue (PCC) 4:15.6, 3—Jan Merrill (AGAA) 4:15.6, 4—Marlow (GB) 4:17.0; **4x140**, 1—Atoms 3:40.9, 2—Tennessee State 3:41.4, 3—Stanford TC 3:44.0; **HJ**, 1—Joni Huntley (PCC) 6'4 $\frac{3}{4}$, 2—Sara Simeoni (Italy) 6'3 $\frac{3}{4}$, 3—Colleen Reinstra (Ariz. St) 6'3 $\frac{3}{4}$.

Utah State Upsets BYU

Provo, Utah, February 6 — Utah State scored a mild upset when they edged Brigham Young University 87-83 at the BYU Invitational. Colorado University tallied 35 points for third place. Maria Betioli's leap of 5'10 and Nancy Miller's 55.8 quarter were the best marks.

RESULTS: 60y, 1—Delene Thomas (US) 7.0, 2—Brenda Chambers (Col) 7.0, 3—Magda Villarreal (BYU) 7.0; **440**, 1—Nancy Miller (US) 55.8, 2—Cheryl Osborne (Ath. Int) 56.9; **600y**, 1—Jennifer Davidson (BYU) 1:26.6, 2—Jennifer James (US) 1:27.8; **880**, Stella Edwinton (BYU) 2:20.9; **1000y**, Karen Alexander (BYU) 2:47.0; **Mile**, Stacy Tangren (BYU) 5:07.5; **2M**, Noreen Shea (US) 11:14.4; **60yH**, 1—Konnie Mackey (US) 8.0, 2—Brenda Chambers (Col) 8.2; **LJ**, Magda Villarreal (BYU) 18'4 $\frac{3}{4}$; **HJ**, 1—Maria Betioli (BYU) 5'10, 2—

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American Record for Joni Huntley.

Delene Thomas (US) 5'8; **SP**, 1—Heather Kuusela (BYU) 44'2 $\frac{1}{2}$, 2—Brenda Denny (Col) 43'1 $\frac{3}{4}$; **Pentathlon**, Wendy Limbaugh (US) 3642 (8.7-37'9-5'2-17'6 $\frac{1}{4}$ -2:29.4); **4x440**, 1—Utah State 3:58.3, 2—BYU 3:58.9; **4x880**, BYU 9:30.0; **Distance Medley**, 1—BYU 12:07.6, 2—Colorado 12:08.5; **Scores**, 1—Utah State 87, 2—BYU 83, 3—Colorado 35.



Christina Sussiek, the new GFR Star with a 22.94 for 200 and 22'1 $\frac{1}{2}$ in the long jump.

Sussiek Star at GFR Championships

Singelfingen, Germany, February 6/7 — Christina Sussiek stole the spotlight as the West Germans staged their National Indoor Championships. Sussiek took home three gold and one silver medal and moved high on the All-Time World List in two events. Her mark of 22.94 in winning the 200 was the second fastest ever recorded and her winning leap in the long jump, 22'1 $\frac{1}{2}$, equalled the number two spot on the all-time list. Sussiek had a busy two days as she won her heat in the 60 at 7.40, won her semi in the 60 at 7.37 and was second in the final with another 7.37 to the 7.36 winning time of Heidi Gaugel; in the 200, Sussiek won her heat in 24.28, won her semi in 23.59 and annexed the final ahead of Gaugel in 22.94; she anchored the 4x200 relay team to a win in a heat at 1:37.88 and repeated in the final to take the gold in 1:34.70; at the long jump pit, she qualified with a leap of 20'6 $\frac{1}{2}$ then took six jumps in the final with marks of 21'2, foul, 20'7 $\frac{3}{4}$, foul, foul and the big one at 22'1 $\frac{1}{2}$ to win over Karin Hanel who recorded 22'0 $\frac{1}{2}$ earlier in the competition.

Sussiek wasn't the only bright spot for the GFR. Gaugel's 200 time of 23.12 moved her to the number three spot on the All-Time World List, four high jumpers were over 6'2 $\frac{1}{2}$ with 1972 Olympic champ Ulrike Meyfarth winning it, and it took 21'0 to pick up fifth place in the long jump.

RESULTS: 60m, 1—Heidi-Elke Gaugel 7.36, 2—Christina Sussiek 6.37, 3—Monika Hirsch 6.39; **200** 1—Christina Sussiek 22.94 (#2 all-time), 2—Heidi-Elke Gaugel 23.12 (#3 all-time); **400**, 1—Gaby Bussman 52.57, 2—Rita Daimer 53.76; **800**, 1—Petra Leinbaum 2:07.09, 2—Roswitha Gerdes 2:07.93; **1500**, 1—Elisabeth Schacht 4:13.54, 2—Bianca Theuss 4:13.71; **60mH**, 1—Silvia Kempin 8.06, 2—Sabine Everts 8.24; **HJ**, 1—Ulrike Meyfarth 6'2 $\frac{1}{2}$, 2—Andrea Breder 6'2 $\frac{1}{2}$, 3—Jasmin Fischer 6'2 $\frac{1}{2}$, 4—Sabine Everts 6'2 $\frac{1}{2}$; **LJ**, 1—Christina Sussiek 22'1 $\frac{1}{2}$ (#2 all-time), 2—Karin Hanel 22'0 $\frac{1}{2}$ (#6 all-time), 3—Jasmin Fischer 21'7 $\frac{1}{2}$; **SP**, 1—Jutta Weide 51'5 $\frac{3}{4}$, 2—Cornelia Sulek 50'5 $\frac{1}{4}$.

Mountain State Classic

Pocatello, Idaho, January 23/24 — Utah State University overcame the tremendous distance power of Brigham Young University to win the team title at the Mountain State Classic with 131 points to 108 for BYU. The Provo crew was most impressive in the 4x800 relay where they entered three teams and placed 1-3-5. BYU also won the distance medley, the high jump and took the first three places in the 1000, but all-around strength by Utah State was the deciding factor. Lauri Adams, competing unattached, scored a fine double with clockings of 10:05.8 (3000) and 16:49.4 (5000).

RESULTS: 55m, Delene Thomas (US) 7.18; **300M**, Kathy Jackson (Idaho St) 42.0; **400m**, 1—Nancy Miller

RESULTS - RESULTS - RESULTS (continued)

(US) 56.5, 2—Cheryl Osborne (Ath. Int.) 57.0; **600m**, 1—Tracy Atkins (US) 1:39.0, 2—Konnie Mackey (US) 1:39.3; **1000m**, Diane Kenny (BYU) 3:02.0; **1500**, Deize De-Oliviera (Un) 4:45.1; **55mH**, 1—Konnie Mackey (US) 8.1, 2—Delene Thomas (US) 8.2; **HJ**, Maria Betioli (BYU) 5'9"; **SP**, 1—Julie Jones (Un) 45'1", 2—Sue Doucette (Idaho St) 44'10", 3—Heather Kuusela (BYU) 44'3"; **4x200**, Weber State 1:47.3; **4x400**, Utah State 3:57.2; **4x800**, Brigham Young 9:24.6; **DisMed**, BYU 12:07.5; **Pentathlon**, 1—Peg Schafer (Un) 3684 (8.5-38'0½-5'5-17'2-2:35.0), 2—Wendy Limbaugh (US) 3635, 3—Vivian Echevarria (BYU) 3632, 4—Angie Stubblefield (Idaho St) 3422, 5—Wendy Skiver (US) 3411, 6—Evelyn Jabiles (US) 3389; **Scores**, 1—Utah State 131, 2—Brigham Young 108, 3—Idaho State 62, 4—Montana State 60, 5—Weber State 46, 6—Boise State 44, 7—Montana 42, 8—Utah 18, 9—College of Southern Idaho 10.

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National indoor pentathlon champion, Marlene Harmon.

Harmon Pentathlon Champion

Pocatello, Idaho, February 15 — Marlene Harmon edged Virginia's Susan Brownell by 21 points to win the TAC National Indoor Pentathlon Championship. The blond Naturite trackster had her best event when she leaped 19'9¼ in the long jump as she came from behind over the last two events to score her victory. The first four finishers will represent the USA in international competition against the Canadians.

RESULTS: 1—Marlene Harmon (LANTC) 4043 (8.72-33'5-5'4¼-19'9¼-2:15.4), 2—Susan Brownell (Virginia) 4043 (8.72-37'1-5'6¼-18'7-2:21.4), 3—Mary Harrington (Ft. Collins TC) 3916 (9.13-36'2-5'7¼-18'9¼-2:26.1), 4—Wendy Limbaugh (Utah State) 3899 (9.47-40'4-5'6¼-18'7¼-2:24.9), 5—Debra Deutsch (Rutgers) 3812 (8.61-34'7-4'11½-18'1¼-2:20.2), 6—Peggy Shafer (Bobcat TC) 3723 (9.15-37'7-5'5½-16'7-2:26.1).

Montana Invitational

Bozeman, Montana, February 14 — Utah State University easily won the team title at the Montana State University Invitational with a total of 62 points nearly double the total of second place Montana State. Nine teams took part.

Best mark of the competition was Utah's Nancy Miller's 40.05 for the 300m sprint. Lauri Adams, Bobcat TC, won the 3000 in 10:09.67 and the Washington distance medley crew ran a good 12:00.9.

RESULTS: **55m**, Delene Thomas (US) 7.22; **300m**, 1—Nancy Miller (US) 40.05, 2—Lorin Barnes (BTC) 42.37; **1500/3000**, Lauri Adams (BTC) 4:41.6/10:09.67; **55mH**, Konnie Mackey (US) 8.51; **LJ**, Tanya Diamond (US) 18'6½"; **HJ**, 1—Evelyn Jabiles (US) 5'8", 2—Beth Persons (MS) 5'8"; **SP**, Jackie Degal (Rocky Mt. College) 41'2"; **4x400**, Utah State 3:56.71; **DisMed**, Washington 12:00.9; **Scores**, 1—Utah State 62, 2—Montana State 36, 3—Bobcat TC 27, 4—Washington 10, 5—Rocky Mountain College 7, 6—Montana 6, 7—Northwest CC and Athletics International TC 2, 9—University of Lethbridge 0.

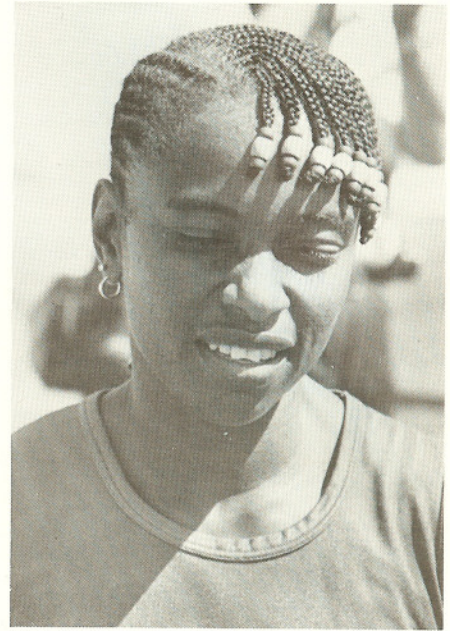
Times Meet

Los Angeles, California, February 13 — The women's division of the annual Los Angeles Times Meet turned out to be no better than the poor showing of the Sun-kist Meet two weeks earlier in southern California. Best event was the 1000 yarder which saw Robin Campbell score a mild upset over Francie Larriue, Monica Joyce and Ellen Wessinghage in a swift 2:27.2s. Alice Brown won the 60 over a local field of runners and Cuba's Ana Alexander upset Jodi Anderson in the long jump with a so-so leap of 20'9½.

RESULTS: **60y**, 1—Alice Brown (Shaklee TC) 6.89 (6.76h), 2—Dollie Fleetwood (SCC) 6.99 (6.95h), 3—Latanya Dawkins (CA HS) 7.00 (6.88h), 4—Lisa Hopkins (IP) 7.01 (6.89h), Florence Griffith (UCLA) 6.94h; **60yH**, 1—Washington (STC) 7.86, 2—Marlene Harmon (LATC) 8.03, 3—McGee (LAM) 8.12; **500y**, 1—Brenda Peterson (LAM) 1:05.4, 2—Deanne Gutowski (LAM) 1:05.5, 3—Paulette Clagon (LAM) 1:05.7, 4—Arlise Emerson (UCLA) 1:08.0; **1000y**, 1—Robin Campbell (Stanford TC) 2:27.2, 2—Francie Larriue (PCC) 2:28.8, 3—Monica Joyce (SDS) 2:29.2, 4—Ellen Wessinghage (GFR) 2:33.0; **LJ**, 1—Ana Alexander (Cuba) 20'9½", 2—Jodi Anderson (LATC) 20'3½", 3—Valerie Harper (ELA) 19'10¼", 4—Marlene Harmon (LATC) 19'3".

Toronto Indoor

Toronto, Canada, February 13 — Four good running events provided excellent spectator appeal as Toronto staged its annual Invitational. Evelyn Ashford set a new American Record winning the 50y dash in 5.83, just a tick ahead of Chandra Cheeseborough at 5.84. Tennessee's Benita Fitzgerald continued her fine indoor season by winning the 50y hurdles in 6.72 for the #6 spot on the All-Time US List, Lorna Forde became the #7 best in the 600m with her winning time of 1:30.63



JEFF JOHNSON PHOTO

Lorna Forde — a swift 600 in Toronto.

and Jan Merrill showed she is "back" as she won the 1500 over a good field.

RESULTS: **50y**, 1—Evelyn Ashford (Un) 5.83, 2—Chandra Cheeseborough (TSU) 5.84, 3—Angella Taylor (Can) 5.85, 4—Merlene Ottey (Nb) 5.95; **50yH**, 1—Benita Fitzgerald (Tn) 6.72, 2—Kim Turner (UTEP) 6.73, 3—Carol Lewis (NJ HS) 6.83; **600m**, 1—Lorna Forde (Atoms) 1:30.63, 2—June Griffith (Guy), 3—Debbie Campbell (Can) 1:31.64, 4—Crooks (UTEP) 1:32.30; **1500**, 1—Jan Merrill (AGAA) 4:17.62, 2—McRoberts (Can) 4:18.12, 3—Cindy Bremser (Wis. TC) 4:18.28, 4—Maggie Keyes (Ath. West) 4:19.29.

Griffith Speedy

Santa Barbara, California, February 15 — The sprinters were in shape for this early season outdoor Olympic Development Meet staged by the Southern Pacific Association, but no one else performed with much class. Florence Griffith, off to her best-ever year, turned in the best mark when she sped to a 23.1 clocking for 200m against a .5mph wind. Arlise Emerson whipped a good field in the 400, winning in 53.7s.

RESULTS: **55m**, 1—Jeanette Bolden (Shaklee TC) 6.5, 2—Andrea Lynch (STC) 6.9, 3—Latanya Dawkins (CA HS) 7.0; **200**, 1—Florence Griffith (STC) 23.1, 2—Oralee Fowler (STC) 23.7, 3—Dawkins 23.8; **400**, 1—Arlise Emerson (STC) 53.7, 2—Paulette Clagon (LAM) 53.8, 3—Cincy Cumbess (LAM) 55.9; **800**, Cynthia Ward (LAM) 2:11.7; **HJ**, Kari Gossweiler-Edwards (STC) 5'8"; **LJ**, Patsy Walker (ACA) 19'2"; **SP**, 1—Susie Ray (UCLA) 48'3¼", 2—Heidi Kauti (UCLA) 45'6¼"; **DT**, Hollingsworth (USC) 137'9"; **JT**, Bernstein (Ath. Int) 1474.

WTW

WOMEN AT THE OLYMPICS *(continued from page 6)*

- i.e. 2. Fuchs of the DDR threw the javelin over 225', followed by Schmidt of the USA at over 225'. (May it be noted, that Schmidt is the only USA woman thrower to have held a world record/or be listed in the top 10 throwers in the world in the last 10 years.)
- i.e. 3. Chizova of the USSR was the first woman to put the shot over 70', followed by Slupianek of the DDR at over 73'.

Each one of these women, has been a beacon for other women to follow and to help them believe that other women can achieve these distances. The results, first from Montreal and now Moscow, have demonstrated the great upsurge of women's throwing standards worldwide. The standards set by the Moscow results indicate many positive and long-awaited achievements made by throwing women. These vastly improved marks may indicate the following:

- (a) Women are participating in vigorous scientifically based weight training programs and pre-season conditioning programs, as well as being trained according to scientifically researched techniques.
- (b) With the increase of strength in women throwers, there has been an increase in explosiveness, speed, agility, flexibility and particularly the mastering of difficult technical skills.
- (c) It is significant to note, that the majority, if not all the top women throwers come from Communist bloc nations. These nations provide a vast and complex sporting system for their women to advance and to develop their skills. These women are the product of a very selective system which screens all youth into the best suited body and skill type for each given event. This process provides a way of finding not only large, powerful women for each event, but screens for athletic ability as well. The necessity for *athletic ability* and *size* are essential for world class throwing performances; *size* is not enough.
- (d) The Communist system spares no financial cost for research into the development of the best training programs for their women, as well as the development of optimum technical awareness through knowledgeable coaches.
- (e) Overall, there is much more sophisticated sporting system offered to all developing levels of athletes in the Communist bloc nations and probably most significant of all, is the *social acceptance* of large, powerful, and athletically gifted women.

THE JUMPS:

The long jump and high jump events have a fluctuant performance record over the last decade. Both events have had outstanding performers within them. However, the average performances at three Olympics has remained somewhat stable, except in the long jump, which showed vast improvements in Moscow. The reason may be that these two events depend greatly on the conditions of surface and wind. It also may be, that these two events need superior hip and leg strength, in which women are only now beginning to build in order to help them sustain greater distances and heights. Speed is not enough for distances of over 23' and heights of 6'5 plus.

The averages of these two events are:

	72	76	80
High Jump			
Av top 10	6'0	6'2	6'2
top 5	6'2	6'3	6'3
Long Jump			
Av top 10	21'3	21'1	22'3
top 5	21'7	21'6	22'9

In the long jump, particularly noting the results of Moscow, the average top 10 and top 5 jumps have increased from 21'1 and 21'6 to over 22'. The surprising results of the average top 5 jumps in Moscow to 22'9 may signify that women have finally surpassed the 23' barrier on a permanent basis. The top three women in Moscow were over 23', a result never achieved before in the history of the event. All three women were from Russia.

In the high jump, only two women have made steady improvements upwards, Simeoni of Italy, and Ackermann of the DDR, are the only two to scale the two meter barrier (6'6). Although women throughout the world are jumping over 6'3 regularly, their development seems to have reached a plateau. The results from Munich through Moscow are remarkably similar, or only slightly improved. Again, may I reiterate that, with increased power development in the legs and hips, women may more effectively utilize their already sound technical base and advance the high jump record to over two meters (6'6) consistently.

THE PENTATHLON:

The multiple events for women marks special mention in this article, particularly the results from Moscow. Although the other women's events have shown great increases in standards, none have been so obviously significant as the pentathlon results from Moscow. Not only did all three Russian women break the previous world record, but the winning performance was, for the first time in Pentathlon history, over 5000 points. That performance alone, marks almost 1000 points per-event scored by the winner, an accomplishment thought by

many to be impossible or super-human. The average for the top four finishers was 4898 points, which was higher than the previous world record. The statement, "whatever the Russians do, they must do right!", pertains here.

The results over the last decade, show the progressive achievements of these all-around athletes.

Pentathlon	72	76	80
Av top 8	4629	4660	4700
top 4	4757	4732	4898

THE HURDLES:

Little needs to be said about the 100 Meter hurdles since the new distance (previously 80 meters) was introduced in Munich. It virtually has been a show-down of increasingly faster times between three nations: East Germany, USSR, and Poland. Each country has traded-off world record holders, but only two have had Olympic champions: USSR (1980) and East Germany (1972-76). Each Olympics produces faster results and the overall averages since Munich have recorded that rise.

Hurdles	72	76	80
Av top 8	13.05	12.97	12.71
top 4	12.82	12.75	12.62

The incredible dominance in this event by the Communist bloc is yet another example of the technical ability and pure sprint speed of these women. As the results from Moscow indicate, all top eight finishers averaged 12.71 seconds, while the top four averaged 12.62 seconds. The eighth place finisher was timed in 13.08, which may indicate to the rest of the world exactly how far behind they are in developing their hurdle talent. (The American record is held by Deby LaPlante at 12.86 seconds set in 1979. There have only been two women in the USA who have hurdled under 13.0 seconds). It is a somewhat curious point to note that, in the history of this event, there seems to be a reoccurrence of older women dominating the event. This may be because the European woman participates longer in her sport and, therefore, brings her physical potential to full maturity or it may be that the particular technical nature of the event needs a longer developmental period to master. In any case, there are some fine examples of this point in the results.

- i.e., (a) Balzer of DDR — Gold 1964 at 26, Bronze in 1972 at 34
- (b) Ryan of Australia (one of the few non-Europeans to dominate the event) Silver 1968 at 29, world record holder at 33
- (c) Schaller of DDR — Gold in Montreal at 24
- (d) Komissowa of USSR — Gold in Moscow at 27.

WOMEN AT THE OLYMPICS (continued)

THE MIDDLE DISTANCES:

800 Meters

Who would have predicted 10 years ago, that women would run middle distance times of 1:53.5 for 800 meters and 3:52.5 for 1500 meters? These distances, up until 1960, were the exclusive domain of men. The 800 meters was first added back to the women's program in 1960 and the 1500 meters in 1972.

The Munich Olympics marked the first time in Olympic history, that women had gone below two minutes in the 800 meters. Not only one woman, but the top three winners were below two minutes. Falck of West Germany, was the woman who set the pace for women to consider 800 meters as a speed race, rather than a distance race. In 1976 and 1980, two Russian women advanced this attitude by lowering the 800 meter time to 1:54.9 and 1:53.5, respectively.

The three Munich women were under two minutes. In Montreal, seven out of the eight finalists were under two minutes. In Moscow, all eight finalists were under 1:59.2. The winning time of Moscow is even more significant, when we see splits of 56.2 followed by a 57.3. Women can no longer view two minutes as a barrier. Now it remains for 1:50 to be approached and lowered.

The average Olympic times for the top eight and top four finishers are a good indicator for the direction that women are taking in middle distance running, specifically the 800 meters.

800 meters	72	76	80
Av top 8	1:59.2	1:57.1	1:56.7
top 4	1:59.1	1:55.5	1:54.9

1500 Meters

The metric mile for women was introduced in 1972 and was, as in the 800 meters, dominated by women from the USSR and East Germany. The four minutes barrier was almost broken in the inaugural '72 final. Bragina of Russia established a 4:01.4 win and indicated to women milers that four minutes was about to be broken. Yet, in '76, the winning times were slower and the overall top eight and top four averages fell below the '72 marks. At this distance, women were relying a lot more on race tactics and position racing, very similar to the men, and hoping to have a strong, closing kick. But the Moscow results have indicated that speed, over tactics is now the "new wave" of mile running. The top four finishers were under four minutes and averaged 3:58.3, while the top eight averaged 3:59.9. The last place in Moscow would have won in Montreal.

1500 meters	72	76	80
Av top 8	4:04.9	4:06.8	3:59.9
top 4	4:02.8	4:06.0	3:58.3

These results are significant enough to show the IOC (International Olympic Committee), that women are capable of handling the middle distances very well, and that the Olympic program should be expanded to 3000 or 5000 meters for women. Once women have been given the go ahead on distances previously denied them, they have shown endurance and speed capabilities similar to men. Having the top eight average 3:59.9 is evidence enough of their capabilities. It may well be, that the 3:50 barrier will be lowered before the next decade is out.

In concluding this article, there are some major observations and opinions to be made and considered:

1. The last decade of women in the Olympics has shown ever-increasing standards of performance, not only from the winning performance, but from the top finishers in each event. No longer are a few women athletes outstanding, and a lot of women athletes merely good.

2. The greatest advancements being achieved in women's track and field have been predominantly Russian or Eastern European. The success and dominance of these women in all the events may indicate a necessity by the rest of the sporting world, to re-evaluate and to restructure the preparation of their athletes to meet this ever-rising level of sporting excellence.

3. Women have now begun to establish themselves as genuine sporting heroines. As their performances improve, the workloads necessary for their victories escalates. Behind each win in Moscow, there was a vast matrix of scientific and physiological preparation done by these women. Through these structured and guided preparations, the sporting world is now beginning to accept the great capacity of women to work as hard as men in striving for their sporting goals.

4. With the advent of the 80's, the world and Olympic track and field scene will see a whole new generation of women athletes that will transcend their predecessor's achievements. It is the responsibility of the governing sporting organizations to meet these advancements by offering a varied and extended program for women at the world and Olympic levels. Such a revision of these competitive programs would include the following new events, which up to this point, have been omitted:

- the 400 meter hurdles
- the triple jump
- the 3000, 5000 and/or 10,000 meters
- the marathon
- the hammer throw
- the steeplechase
- the pole vault

It is no longer fair to cater to the myth that women are not capable of extensive running performances, or are not capable of throwing heavy objects. We have seen, in a mere 10 years, how the upgrading of women's athletic capabilities has progressed.

As Lyudmila Bragina of the USSR so directly stated on behalf of all the women competitors, after her 1500 meter win in Munich:

"As for the future, things are rather simple. We (women runners) are far from having reached the limits of our potential. My record is only the beginning. I started competing not so long ago. Having started late, I intend to continue, to satisfy my curiosity and to see how far I can go in the 1500 as well as the 3000. We are far from what a woman could do in the 1500. I am convinced in the very near future our objective should be 3:56 — by the coming Olympic Games, and perhaps even earlier."

The winning time of Moscow — 3:56.6.

Her version was only two Olympics away.

The 1980's for women will accomplish even more goals and achievements!

WTW

"I thought it was out!"



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LOSS OF FORM

by Dr. Peter N. Sperryn
Secretary of the British Association of Sport and
Medicine and member of the British Sports Council
from "South Africa Athlete"

The stale athlete may present in three ways. Firstly, because of loss of form, secondly through some somatic or psychosomatic complaint together with loss of form, thought to be consequential and thirdly a group of athletes present with the demand that they be investigated for anemia, because of loss of form.

One of the side effects of intensive training of competition is overuse breakdown which related to the severe physical and mental stresses on the subject. Somaticly, intensive training leads to stiffness, muscular aches and pains, tendonitis, bone pains leading to stress fractures, and so on. Functional, in the true sense, complaints may include the loss of appetite for and delayed recovery from physical work so that the subject finds increasing difficulty in facing up to training. The capacity to tolerate hard work is clearly very variable from person to person and time to time. This is overlooked by over-ambitious athletes and many of their attendants. Biochemically, there is not much to show for overuse syndromes at present.

A full clinical history and examination is important in the investigation of the athlete suffering loss of form. By remembering the similarities with the clinical features of mild depression, one can ask about concentration, appetite, weight loss and insomnia together with such obvious signs of anxiety as relative tachycardia. One of the earlier signs of over-training in a very fit sportsman is the loss of physiological bradycardia. Thus if an endurance sportsman with a regular morning pulse of under 50 slides up to 60 or 70, then we know that something is out of gear. Similarly, tests of recovery in training, many simply relating to the speed to which the pulse falls after hard efforts, gives a highly significant indication of the state of fitness.

The sportsman sent along for a blood test should be taken seriously because this is often an artificially cheerful simplification by the short-sighted coach. Rather than look at faulty training schedules and perhaps excessive work loads, he may think simply of the quick blood test and a few pills and there is a powerful mythology in sport about anemia. There are problems in interpreting hemoglobin levels in sportsmen. The chronic iron deficiency anemia of heavy training states is not fully explained. Many sportsmen have extra-

ordinary degrees of dietary faddism, so there is plenty of scope for a true iron deficiency anemia. In this case, the dietary history and a corrected diet, plus iron, may be all that is required.

Many would argue that all female participants in the child bearing age should have regular hemoglobin checks to establish their own personal optimal levels. As with males, it certainly does not follow that one hundred per cent is normal and there are many examples of "normal" with 17 or more grams of hemoglobin per hundred milliliters as there are also with many around 11½ or 12 grams per cent. In these cases iron therapy has no effect and as with the whole question of what constitutes anemia in young women, a critical attitude should be taken.

It is important to say this because most sportsmen have a naive belief that if a little hemoglobin is good, then a lot more will be better and they don't much care about hematocrits.

A powerful myth also surrounds vitamin B12. A number of compounds such as this owe some of their popularity to the fact that incorrect interpretation of research data has given coaches the wrong end of the stick.

The story goes like this. Research shows that enzyme X plays a vital part in metabolic pathways during exercise. It is chemically related to chemical Z. Chemical Z is a normal constituent of all diets and it is only deficient in certain unusual and well defined diseases. However, the ability to metabolize the particular pathway involving enzyme X is seen in the unskilled reader's mind clearly to relate to the ingestion of food containing excess Z. As anybody can get food, clearly only a superior sort of person can get, and will make a response to concentrated injection of Z, and so on and so forth.

No amount of telling these folk that surplus vitamins are simply excreted will ever change their conduct. But the doctor should try and get clear in his own mind the difference between the supplements being sought which are based on totally erroneous misconceptions, those which are possibly of some sound physiological basis and certainly those which might be dangerous. At best, some of the dietary supplements may be harmless; at worst they may lead to serious distortions of attitude as well as dietary intake.



South Africa's 14 year old Stephane Gerber set new RSA Junior records of 4:20.4 for 1500m and 9:28.4 for 3000m — and she did it bare foot.

So, measure the hemoglobin, both to evaluate anemia and in many cases because the well trained sportsman may be rather pallid.

The most fascinating group of under-performers are those who present simply with loss of form. Again, on the face of it, this may be rather a burden to the busy doctor who tends to resent neurotic demands coming from a physically fit minority. On the other hand, the unravelling of the medicine of exercise and its faults can be a most rewarding study. Having considered the true anemias and the over-training states, we depend heavily on a sound clinical history.

Two major conflicts are often found behind loss of form. The first is between sport and other priorities in life, the outstanding example of which is of students

LOSS OF FORM (continued)

with examination stress. A second potent factor is increasing discrepancy between the coach's demands and expectations and the sportman's ability to match them.

Just as clinicians really ought to ask second opinions if they cannot diagnose a patient in a given time, so also it is perfectly possible for coaches to get so close to a particular sportsman's problems in training that they lose perspective. However, one really very rarely hears of a coach asking for a second opinion! Sometimes there is a frank conflict between the evident physical capacity of a sportsman and his training program and the coach's plans for him.

It should be stressed that this can happen to relatively high performers and even international sportsmen whose true limit may be just getting into the national team by the skin of their teeth, but not becoming an international champion. These people often present in a particularly harrowing way with a great deal of psychological overload. Perhaps one of the important things we can learn from sport is how to live with our own failures, often learning to become first class second raters, rather than failed first raters. Shouldn't a coach's job include preparing his sportsman for failure?

Loss of form is often a sequel to illness and it is surprising how frequently this will not be seen by the sportsman or coach but emerge only after protracted direct questions by the doctor. It is common for glandular fever (infectious mononucleosis) to lead to prolonged loss of form. The key to this may often be the depression and early loss of work capacity and recovery from training. It is difficult to give clear guidance as to the prognosis of infectious mononucleosis but it is common for a serious sportsman to

be quite severely incapacitated in terms of training capacity for six months after the acute phase of the illness.

A clinical guideline which is useful is that one's subjective interpretation of physical capacity is quite a good guide to what can be done, but the patient should be told clearly that if he does not think he can do his training then he should not try and run through the problem but must accept it as a sign of persisting illness and take further convalescence. Every effort

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Sue Brownell, Virginia, was runner-up to pentathlon crown.

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Tennessee's Delisa Walton

should be made to educate coaches and sportsmen of the dangers of physical exertion in the early stages of mononucleosis, myocarditis, ruptured spleen, hepatitis.

Also it should be pointed out that the depression is to be expected as part of the illness and I have often been surprised how exceptionally grateful sportsmen have been when asked directly about their depression. A second rough guide to resumption of training might be the response to a modest trail of alcohol. This, as after infectious hepatitis, may give at least some indication of overall liver function, reflecting the degree of hepatitis still present.

Other illness can often be discovered as the original cause of loss of form. One such patient never really thought much about the fact that he had had quite a severe meningitis until this long history taken because of severe loss of athletic form ever since that illness. Viral illnesses are well known to cause depression as well as more myocarditis which prevent full return to exercise and need adequate myocarditis which prevent full return to exercise and need adequate convalescent periods.

In the younger sportsman, stitch is surprisingly common as a somatic symptom in depression of anxiety states and any youngster whose stitch does not respond very rapidly to abdominal strengthening exercises — like simple step-ups, trunk curls and double leg raising — should be reassessed with psychological stress in mind.

It may not always be easy to correct these underlying problems of loss of form and at times much patience is required and certainly it is necessary to educate the attitudes of sufferer and adviser as far as possible. **WTW**

IAAF RULE CHANGES

Increased recognition for women was the most important action to arise in the rules department as the IAAF held its Moscow meetings. Highlights of new rules are:

- Women's World Records will be recognized for both 5000m and 10000m (walks as well as on the flat).
- The women's 5000m walk will not be added to the World Cup, as its backers wanted, but it will become a scoring event at the Lugano Cup (walking World Championships).
- Junior Records will not be ratified by the IAAF.
- The vertical jump tie-breaking pro-

cedure has been modified. Which attempt was successful at the final height will remain the primary criterion, to be followed by total number of misses during the competition. Total number of attempts during competition no longer matter, eliminating much of the passing game.

- The "Ripley rule" was accepted — pass one attempt at a height in the vertical jumps and you are passing the whole height.
- Getting high jump and vault cross-bars to stay on will be a bit tougher as the maximum weight for each has been lightened, the high jump

bar from 2.2kg to 2.0kg, the vault from 2.5kg to 2.25kg.

- World Records can now be established out of lane 9 — previously illegal — but if the radius of the curve is no greater than 60m. The IAAF will now urge that all tracks be constructed with a 9-lane format.
- It was confirmed that the proposed new timing rules will go into effect on January 1, 1981; i.e., all track races through 10000m to be timed to 10ths, and all road races to full seconds.
- It is no longer necessary for throwers to have a medical certificate in order to tape their wrists. **WTW**

INDOOR MARKS

1981 INDOOR MARKS (received to Feb. 22)

* = Mark converted from hand time
 ° = Mark converted from yards to meters
 + = Not a US citizen

50 Yards

5.83	Evelyn Ashford (Un)
5.84	Chandra Cheeseborough (TSU)
5.95	+Merlene Ottey (Nb)
6.17	Tracey Valentine (VA HS)
6.17	Janice Thomas (Drake)
6.20	Cheryl Carl (Drake)
6.21	Cynthia Fife (VA HS)
6.24	Day (St. Augustines)

50 Meters

6.13	Jeanette Bolden (Shaklee)
6.21	Alice Brown (Shaklee)
6.31	Evelyn Ashford (Un)
6.43	Florence Griffith (Shaklee)
6.44	Sharon Ware (CA HS)
6.45	Dollie Fleetwood (SCC)
6.46	Jodi Anderson (LATC)
6.47	Lisa Hopkins (Ing. Pan)
6.54	Gwen Loud (LAM)
6.64*	Delene Thomas (Utah St)
6.66	Pam Donald (Stanford)

60 Yards (55m)

6.62	Alice Brown (Shaklee TC)
6.65	Evelyn Ashford (Un)
6.73	Michelle Glover (NJ HS)
6.75	Rhonda Boyd (Ky)
6.79	Sharieffa Barksdale (Tenn)
6.83	+Merlene Ottey (Nb)
6.84*	Chandra Cheeseborough (TSU)
6.84*	Brenda Morehead (Un)
6.85	Loletta Fitzpatrick (Ind. St)
6.85	Jodi Anderson (LATC)
6.86	Tracey Valentine (VA HS)
6.86	Linda Wilson (Tx TC)
6.87	Lisa Thompson (UNLV)
6.88	Latanya Dawkins (CA HS)
6.89	Lisa Hopkins (Ing. Pan)
6.90	+Esmeralda Garcia (Fl. St)
6.91	Nelle Bullock (Morgan St)
6.92	Cheryl Gilliam (Mich. St)
6.92	Angela Gay (W. Ky)
6.94	Sheryl Pernell (TSU)
6.94	Florence Griffith (UCLA)
6.95	Dollie Fleetwood (SCC)
6.96	Cerelle Moore (Ok)
6.96	Jackie Washington (Shaklee)
6.97	Darlene Jefferson (Houston)
6.97	Val Boyer (Ariz. St)
6.98	+Leleith Hodges (TWU)
6.98	Gwen Loud (LAM)
6.99	Judy Winski (Wis)
6.99	Esther Hope (Jackson St)

60 Meters

7.28	Sherri Funn (G. Mason)
7.34	Chandra Cheeseborough (TSU)
7.43	Michelle Glover (NJ HS)
7.44	Leola Toomer (Md)
7.48	Sharieffa Barksdale (Tn)
7.48	Sheryl Pernell (TSU)
7.52	Brenda Brown (Va)
7.54	Karen Wechsler (Ind)
7.56	Senerchia Gray (NC St)
7.60	Robin Taylor (Old Dom)

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FLORENCE GRIFFITH

JEFF JOHNSON



STEPHANIE VEGA

JEFF JOHNSON



LINDA HOPKINS

7.60	Cheryl Gilliam (Mich. St)
7.63	Gayle Watkins (Un)
7.69	Sonya Brown (Chi. Zeph)
7.69	Adrienne Diamond (KY HS)
7.69	De Andra Carney (TSU)
7.74	Judy Winski (Wis)
7.74*	Liz Greathouse (E. Ill)
7.74	April Harris (KY HS)

200 Meters

24.84*	+Sharon Colyear (Boston)
25.64*	Edna Brown (Temple)
25.74*	Pat Johnson (Wis)
25.84*	Edmunds (Boston)

300 Yards

33.12	+Merlene Ottey (Nb)
35.97	+Ruth Simpson (TWU)
36.22	Sandra Cooper (Tx A&M)
36.34*	Richardson (Ky)
36.44*	Renee Nickles (Ok)
36.40	+Dorothy Scott (TWU)
36.49	Judy Winski (Wis)
36.53	Reba Jackson (Ind)
36.64*	Cerelle Moore (Ok)
36.64*	Cheryl Gilliam (Mich. St)
36.66	Debra Pinnex (N. Tx. St)
36.84*	Brown (Mich. St)
36.86	Amy Dunlop (Wis)
37.03	Allison Dotson (E. Ok)
37.14	Damita McClinton (Drake)
37.14*	Brennan (Mich. St)
37.22	Gretchen Baker (Ind)
37.64*	Williams (W. Mich)

300 Meters

37.23	+Merlene Ottey (Nb)
38.27	Robin Jackson (Wis)
39.32	Pam Moore (Wis)
39.97	Gwen Murray (Pitt)
40.04*	Brenda Chambers (Col)
40.05	Nancy Miller (Utah St)
40.11	Wiletta Page (Morgan St)
40.22	Antoinette Browning (Ky)
40.36	Amy Dunlop (Wis)
40.44*	Gail Stephens (E. Ill)
40.59	Jackson (Ga)
40.66	McCauley (Rutgers)
40.74*	Sherry Humphrey (Ohio St)
40.84*	Cheryl Osborne (Ath. Int)
40.84*	Cathy Jackson (Idaho St)
40.88	Thompson (Ga)
40.89	Delores Gibb (LIU)

400 Meters

53.94*	+June Griffith (Adelphi)
54.44*	Diane Dixon (NY HS)
54.73*	Lisa Garrett (Va)
55.34*	+Sharon Colyear (Boston)
55.40	Florence Griffith (UCLA)
55.44*	Ernestine Davis (TSU)
55.44*	Paulette Clagon (LAM)
55.73*	Annette Campbell (Ok)

INDOOR MARKS (continued)



BETH SHERIDAN

- 55.74** Nancy Miller (Utah St)
- 55.89° Wanda Trent (Kan. St)
- 55.95* Judith Pollion (TSU)
- 56.02* Judy Richardson (Ky)
- 56.14° Brenda Peterson (LAM)
- 56.24* Maxine Underwood (MA HS)
- 56.34* Denean Howard (CA HS)
- 56.34* Dana Wright (Old Dom)
- 56.42 Murray (New Image TC)
- 56.44* Lorna Forde (Atoms)
- 56.44* Samantha Green (Gaz. Str)
- 56.64* Sherri Howard (Ali)

500 Yards

- 1:04.1 Denean Howard (CA HS)
- 1:04.5 Paulette Clagon (LAM)
- 1:04.6 Brenda Peterson (LAM)
- 1:05.0 Lorna Forde (Atoms)
- 1:05.1 Diane Gutowski (LAM)
- 1:08.0 Arlise Emerson (UCLA)
- 1:08.3 Tina Howard (CA HS)
- 1:08.8 Wright (CA HS)
- 1:08.9 Marsino (CA HS)

500 Meters

- 1:13.64 Edna Brown (Temple)
- 1:14.3 Stephanie Vega (Brooklyn)
- 1:15.00 Maxine Underwood (MA HS)
- 1:15.5 Debra Murphy (Howard)
- 1:15.8 Roberta Belle (DC Int)
- 1:16.1 Dembeck (Rutgers)
- 1:16.68 Tammy Hart (Penn. St)

600 Yards

- 1:22.5 Lee Ann Van Landingham (MS HS)
- 1:22.80 Diane Ousley (Ark)
- 1:22.81 Julie Seaton (Nb)
- 1:22.90 +Chris McMeekin (Iowa St)
- 1:23.01 +Maureen Houghton (Ok)
- 1:23.5 Pam Sedwick (Mich. St)
- 1:23.7 Pam Moore (Wis)
- 1:24.65 Robin Jackson (Un)
- 1:24.96 Sue Spalholz (Wis)
- 1:25.11 Sue Beischel (Wis)
- 1:25.2 Brenda Chambers (Col)
- 1:25.21 Teresa Pioli (Penn. St)
- 1:25.91 Sally Rand (Col. St)
- 1:26.01 Diane Richburg (Gaz. TC)
- 1:26.32 Ellen Smith (Tx A&M)
- 1:26.35 Catherine Baker (Rice)

600 Meters

- 1:30.63 Lorna Forde (Atoms)
- 1:30.9 Pam Sedwick (Mich. St)
- 1:31.23 +June Griffith (Adelphi)
- 1:32.2 Ella Willis (Con. Ath)
- 1:32.30 +Charmaine Crooks (UTEP)
- 1:32.8 Wendy Knudson (Ath. Int);
- 1:33.6 Sue Spalholz (Wis)
- 1:34.28 Kathy Hall (U. Chi. TC)
- 1:34.3 Judy Richardson (Ky)
- 1:34.6 Nancy Robinson (Fl)
- 1:35.0 Margaret Metcalf (N. Mex)
- 1:35.4 Penny Fales (Penn. St)
- 1:36.5 Terry Pioli (Penn. St)
- 1:37.0 Mary Sedall (Adams St)
- 1:37.3 Renee Johnson (E. Ill)
- 1:37.9 Wanda Ball (E. Ill)
- 1:38.1 Kris Rens (Minn)
- 1:38.2 Clare Connelly (Boston Clg)

JEFF JOHNSON



SALLY COOK

JEFF JOHNSON



KIM SCHNURPFEIL

JEFF JOHNSON



PEG CLEARY

- 1:38.6 Shellee Coleman (Weber St)
- 1:38.7 Konnie Mackey (Utah St)
- 1:38.8 Courtney Daniels (Old Dom)
- 1:38.9 Cecile Carter (Old Dom)
- 1:39.6 Denise Murphy (Ill. St)

800 Meters

- 2:06.9 Robin Campbell (Stan. TC)
- 2:07.99* Delisa Walton (Tn)
- 2:08.37* Joetta Clark (Tn)
- 2:08.6 Lorna Forde (Atoms)
- 2:08.6 Maggie Keyes (Un)
- 2:08.8 Leann Warren (Ore)
- 2:08.95 Suzana Frederick (Mich)
- 2:09.36* +Dorianne Lambert (Cornell)
- 2:09.67* +Helen Blake (TSU)
- 2:10.0 +Josephine White (Richmond)
- 2:10.6 Karel Jones (Atoms)
- 2:11.3 Debbie Pavik (Md)
- 2:12.10* +Chris McMeekin (Iowa St)
- 2:12.13* Linda Nicholson (Va)
- 2:12.31* Molly Straight (Ky)
- 2:10.75* Sue Spalholz (Wis)
- 2:12.1° Regina Jacobs (CA HS)
- 2:12.41° Ellen Brewster (Wis)
- 2:12.43° Rachel Collins (UTEP)
- 2:12.6 Joan Sterret (Elite TC)
- 2:12.7 +Monica Joyce (SDS)
- 2:12.9 Brenda Peterson (LAM)

1000 Yards

- 2:28.8 Francie Larrieu (PCC)
- 2:29.2 +Monica Joyce (SDS)
- 2:30.3 +Chris McMeekin (Iowa St)
- 2:31.15 Wendy Knudson (Ath. Int)
- 2:32.0 Ellen Brewster (Wis)
- 2:32.09 Maggie Keyes (Ath. West)
- 2:34.5 +Rose Thompson (Wis)
- 2:34.7 Molly Straight (Ky)
- 2:35.1 +Marie Simonsson (Drake)
- 2:35.13 Diane Vetter (Iowa St)
- 2:36.2 Becky Cotta (Purdue)
- 2:38.39 Tina Bengtson (LSU)
- 2:38.61 +Margaret Coomber (Fl. St)
- 2:39.14 Anne Johnston (Wis)
- 2:39.21 Mary Rawe (Penn. St)

1000 Meters

- 2:55.6 Sue Shea (Vil)
- 2:56.0 Cynthia Colquitt (Morgan St)
- 2:56.72 Carleen Thom (Col)
- 2:57.1 Monika Osterlin (Albany)
- 2:57.8 Kathy Rosow (Minn)
- 2:59.0 Michelle Genther (Ohio St)
- 2:59.58 Carla Pittelkow (Utah)
- 2:59.6 Maureen Newkold (Ohio St)
- 2:59.73 Karen Drake (Col)
- 3:00.5 Carmen Garduno (Weber St)
- 3:01.6 Joanne Sincero (Gtn)
- 3:02.0 Diane Kenny (BYU)
- 3:02.5 Karen Sanford (Wyo)
- 3:03.0 Natalie Robison (BYU)
- 3:03.1 Stacy Tangren (BYU)
- 3:03.5 Lisa DeLapp (W. Ill)
- 3:04.8 Linda Benjamin (Minn)
- 3:04.99 Debbie Love (E. Mich)
- 3:05.0 Lynn Creek (Mont. St)

1500 Meters

- 4:14.9 Maggie Keyes (CP/SLO)
- 4:15.6 Francie Larrieu (PCC)
- 4:15.6 Jan Merrill (AGAA)
- 4:18.28 Cindy Bremser (Wis. TC)
- 4:21.18 +Regina Joyce (Wash)

JEFF JOHNSON



DEBRA PAVIK

JEFF JOHNSON



PATTI CATALANO

JEFF JOHNSON



BRENDA WEBB

- 4:23.6 Brenda Webb (Un)
- 4:31.10 Suzie Houston (Wis)
- 4:31.9 Kristin Linsley (Harvard)
- 4:32.37 +Sandra Gregg (Wash)
- 4:33.4 Patty Catalano (Un)
- 4:34.0 Mary Herlihy (Harvard)
- 4:35.1 Sue Shea (Vil)
- 4:37.4 Sandy Cullinane (N. Car. St)
- 4:39.0 Lisa Maree (Va)
- 4:39.6 Patty Murnane (Penn. St)

One Mile

- 4:36.1 Maggie Keyes (Ath. West)
- 4:36.9 Joan Hanson (Ariz)
- 4:37.4 +Lynn Kanuka (SDS)
- 4:38.90 Cindy Bremser (Wis. TC)
- 4:38.92 Brenda Webb (Ath. West)
- 4:41.45 Francie Larrieu (PCC)
- 4:43.1 Kelly Cathey (Ok)
- 4:44.75 Margaret Groos (Va)
- 4:45.5 +Monica Joyce (SDS)
- 4:45.81 Kim Schnurpfel (Stanford)
- 4:46.7 Bernadette Madigan (Ky)
- 4:47.30 Jill Haworth (Va)
- 4:47.3 Kelly Spatz (Mich. St)
- 4:48.6 Sheila Ralston (UCLA)
- 4:50.27 +Chris McMeekin (Iowa St)
- 4:50.98 Kim Bird (ETSU)
- 4:52.8 Polly Plummer (CA HS)
- 4:53.14 Mary Rawe (Penn. St)
- 4:53.36 Lisa Welch (MA HS)
- 4:54.21 Jody Rittenhouse (Ark)
- 4:53.24 Diane Vetter (Iowa St)
- 4:54.97 Sarah Linsley (Lib. AC)
- 4:55.17 +Margaret Coomber (Fl. St)
- 4:56.10 Josephine White (Va)
- 4:56.68 Linda Portasik (Tn)
- 4:56.3 Sheila Ralston (UCLA)
- 4:56.6 Roma Antonowitz (LATIC)
- 4:56.9 Vicki Cook (CA HS)

3000 Meters

- 9:11.0 Joan Hanson (Ariz)
- 9:26.7 Francie Larrieu (PCC)
- 9:35.5 Patty Catalano (Un)
- 9:35.54 Nancy Conz (New Bal TC)
- 9:36.33 Pia Palladino (Gtn)
- 9:36.99 Kathy Mills (Penn. St)
- 9:36.99 Mary Rawe (Penn. St)
- 9:40.98 Leslie Welch (MA HS)
- 9:43.29 Ceci Hopp (CT HS)
- 9:48.0 Suzanne Girard (NC St)
- 9:59.94 Zollo (Princeton)
- 10:00.15 Sally Zook (Wis)
- 10:02.16 Nancy Seeger (Rutgers)
- 10:02.2 Ellen Gallagher (Harvard)
- 10:02.21 Lori Hottinger (Marquette)
- 10:03.3 Beth Harrison (Ohio St)
- 10:05.8 Laurie Adams (Un)
- 10:07.04 Peggy Saracino (Drake)
- 10:07.46 Amy Johns (Wis)
- 10:08.0 Donna McLain (Tn)
- 10:08.3 Rocky Racette (Minn)
- 10:08.46 Marybeth Spencer (Wis. Un)
- 10:09.0 Gensib (Penn.)

Two Miles

- 9:53.20 Brenda Webb (Ath. West)
- 10:01.89 Kim Schnurpfel (Stan)
- 10:15.42 Kelly Spatz (Mich St)
- 10:22.40 Ellen Lyons (Stan)
- 10:25.2 Marianne Dickerson (Ill)
- 10:25.9 Aileen O'Connor (Va)
- 10:28.60 Kim Bird (ETSU)
- 10:31.98 Betty Springs (NC St)
- 10:32.72 Eileen Hornberger (Tn)

INDOOR MARKS (continued)

- 10:32.84 +Liz Hjalmarsson (Drake)
- 10:35.2 Mary Stepka (Wis)
- 10:36.2 Shannon Cline (Purdue)
- 10:39.88 Peggy Cleary (Penn. St)
- 10:41.2 Kristen O'Connell (Ala)
- 10:41.3 Marissa Schmitt (Va)
- 10:41.4 Darien Andrew (Fl. St)
- 10:45.00 Mary Walsh (Md)

Three Miles

- 16:10.85 Kathy Mills (Penn. St)
- 16:21.6 Mary Walsh (Md)
- 16:25.8 Bonnie Tamis (Col. St)
- 16:27.9 Wendy Burman (Wis/P)
- 16:38.3 Parker (Iowa)
- 16:38.5 Amy Johns (Wis)
- 17:00.0 Jennifer Weil (Mich. St)
- 17:14.4 Sally Zook (Wis)
- 17:14.9 Natalie Updegrove (Penn. St)
- 17:17.1 Strobach (Mich. St)
- 17:17.4 Richardson (Mich. St)
- 17:19.3 Letha Davis (Drake)
- 17:25.3 Decker (W. Mich)

5000 Meters

- 16:49.4 Lauri Adams (In)
- 16:53.43 Beth Sheridan (Ohio St)
- 16:55.8 Betty Springs (NC St)
- 16:59.0 Peg Cleary (Penn. St)
- 17:05.2 Chris Paradis (Wm & Mary)
- 17:08.3 Darlene Beckford (Harvard)
- 17:14.8 Susan Schaefer (E. Ky)
- 17:17.0 Carmen Garduno (Weber St)
- 17:35.4 Eileen Homberger (Tn)
- 17:39.0 Mary Witt (Ky)
- 17:40.4 Jenny Tuthill (In)
- 17:40.86 Karen Porter (Ky)
- 17:47.3 Natalie Updegrove (Penn. St)

50y Hurdles

- 6.72 Benita Fitzgerald (Tn)
- 6.73 Kim Turner (UTEP)
- 6.83 Carol Lewis (NJ HS)
- 7.19 Holly Johnson (Drake)

50m Hurdles

- 7.55 Sheriffa Saunders (In)
- 7.56 Dianne Johnson (Stan. TC)
- 7.64* Delene Thomas (Utah St)
- 7.84* Wendy Skiver (Utah St)
- 7.94* Konnie Mackey (Utah St)
- 8.00 Judy Young (In)
- 8.01 Robyn Johnson (In)
- 8.14* Angie Stubblefield (Id. St)
- 8.24* Jennifer James (Utah St)
- 8.24* Wendy Limbaugh (Utah St)
- 8.24* Vivian Echavarria (BYU)
- 8.24* Melody Palmer (Utah St)

60y Hurdles (55m)

- 7.68 Candy Young (Far-Dic)
- 7.69 Benita Fitzgerald (Tn)
- 7.75 Kim Turner (UTEP)
- 7.77 +Sharon Colyear (Boston U)
- 7.79 Linda Weekly (Tx. Sth)
- 7.86 Jill Redo (Tx Tech)
- 7.86 Jackie Washington (Shaklee)

JEFF JOHNSON



PATTY MURNANE



DIANE VETTER

- 7.87 Sherrie Agee (THTC)
- 7.89 Brenda Calhoun (CJTC)
- 7.92 Nancy Roeller (Col. St)
- 7.92 Carol Lewis (NJ HS)
- 7.93 Debbie Deutsch (Rutgers)
- 7.94 Gayle Watkins (In)
- 7.94 Pat Holmes (TWU)
- 7.95 Stephanie Hightower (Ohio St)
- 7.99 Lori Dinello (Fla)

60m Hurdles

- 8.24 Benita Fitzgerald (Tn)
- 8.25 Karen Wechsler (Ind)
- 8.46 Gayle Watkins (In)
- 8.54* Kim Willis (Ohio St)
- 8.58 Stephanie Hightower (Ohio St)
- 8.62 Kathy Borgwarth (Wis)
- 8.64 Lori Dinello (Fla)
- 8.72 Susan Brownell (Va)
- 8.76 Leslie Palmer (Md)
- 8.80 Amy Dunlop (Wis)

4x220 Relay (* = 4x200 +0.5)

- 1:39.2 Tennessee State
- 1:39.82 Morgan State
- 1:40.14 Wisconsin
- 1:40.2 Kentucky
- 1:40.65 Adelphi
- 1:41.2 Tennessee
- 1:41.5 Michigan State
- 1:41.66 Georgia
- 1:41.76* Old Dominion
- 1:42.2* Eastern Illinois
- 1:42.33 Virginia
- 1:42.61 Temple
- 1:42.7 Indiana
- 1:43.1 Maryland
- 1:43.4 Terre Haute TC
- 1:43.7* Ohio State
- 1:45.21 Drake
- 1:45.43 Penn State
- 1:45.44 Illinois
- 1:45.48 New York PAL
- 1:45.55 St. John's
- 1:45.6* Illinois State
- 1:45.71 Iowa State
- 1:46.50 Mayor Hatcher YF
- 1:46.5 Boston University

4x440 Relay (* = 4x400 +1.20)

- 3:40.05 Tennessee
- 3:40.9 Adelphi
- 3:41.12 Tennessee State
- 3:42.9 LA Mercurettes
- 3:43.4 UCLA
- 3:44.0 Stanford TC
- 3:46.95 Virginia
- 3:48.26 Michigan State
- 3:49.81 Wisconsin
- 3:50.66 Cooper Striders
- 3:51.87 Nebraska
- 3:52.0 Penn State
- 3:52.08 Temple
- 3:52.4 Old Dominion
- 3:52.97 UTEP
- 3:53.8 Oklahoma
- 3:54.55 Arkansas
- 3:55.0 Morgan State

4x880 Relay (* = 4x800 +3.0)

- 8:50.94 Wisconsin

9:11.3*	Virginia
9:13.4	Villanova
9:16.2	Gazelle Int. TC
9:16.3	Penn State
9:20.14	Liberty AC
9:21.0	Georgetown
9:22.51*	Kentucky
9:23.3	Elite TC
9:23.4	Adelphi
9:23.5	Harvard
9:24.7	Pennsylvania
9:24.9	Purdue
9:26.8	West Chester State
9:27.6*	BYU
9:28.6	Princeton
9:31.4*	Falmouth TC
9:32.6	Western Michigan
9:34.5	Michigan State
9:40.5	Massachusetts
9:41.2*	Maryland
9:41.5	Boston University
9:44.1	St. Francis Prep, NY
9:47.5*	Athletics Int. TC
9:47.5*	Montana State
9:49.0	Friendly HS, NY
9:49.4*	Pittsburgh
9:49.8	Utah State

Distance Medley Relay

(* = Meters to Yards +3.1)

11:31.0	Virginia
11:36.39	Wisconsin
11:45.1	Penn State
11:47.09*	Kentucky
11:47.7	Villanova
11:58.1	Georgetown
12:04.0*	Washington
12:04.8	Princeton
12:07.55	Gazelle Int. TC
12:07.8	BYU
12:14.5*	Maryland
12:17.2	Summit HS, NJ
12:19.6	Purdue
12:27.13*	Ohio State
12:27.9	Rhode Island
12:28.2*	Montana State
12:29.6	Ridgewood HS, NJ
12:41.3*	Virginia Tech
12:42.90*	Ohio University
12:42.0	Connecticut
12:45.0*	Utah University
12:48.4*	Utah State
12:53.08*	Eastern Michigan
12:55.0	Boston College
12:55.60*	West Virginia

High Jump

6'4 $\frac{3}{4}$	Joni Huntley (PCC)
6'3 $\frac{3}{4}$	Colleen Reinstra (Ariz. St)
6'0 $\frac{3}{4}$	+Julie White (Boston U)
6'0	+Disa Gisladottie (Ala)
6'0	Phyllis Blunston (CS. Bak)
5'11	Sharon Burrill (Nb)
5'10 $\frac{1}{2}$	Thea Ackerman (Mt. St. Mary's)
5'10	Edith Childress (Ky)
5'10	Renee Nickles (Ok)
5'10	Sally McCarthy (Ok)
5'10	Anna Erpenbeck (Drake)
5'10	Yvonne Heinrich (NC St)
5'10	+Maria Betioli (BYU)
5'10	Ellie Hayden (E. Mich)
5'10	Joan Brockhaus (Wis)
5'10	Inge-Lisa Christensen (Ohio St)
5'9	Wendy Markham (Wis. Un)
5'9	Melinda Morris (W. Ill)
5'8 $\frac{3}{4}$	Karen Hackett (Va)
5'8 $\frac{1}{4}$	Jalene Chase (Md)

JEFF JOHNSON



VERONICA BELL

JEFF JOHNSON



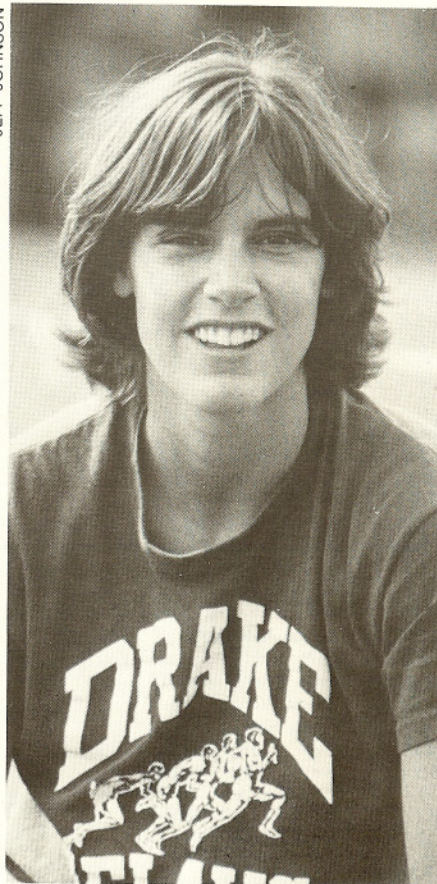
WENDY MARKHAM

JEFF JOHNSON



PAT JOHNSON

JEFF JOHNSON



ANN ERPENBECK

INDOOR MARKS (continued)

Long Jump

- 21'7¼ Carol Lewis (NJ HS)
- 21'2¼ Kathy McMillan (TSU)
- 20'8 Pat Johnson (Wis)
- 20'3¾ +Dorothy Scott (TWU)
- 20'3½ Jodi Anderson (LATIC)
- 19'11¼ Donna Thomas (N. Tx. St)
- 19'11 Karen Hatcher (Morgan St)
- 19'10¼ Marlene Harmon (LATIC)
- 19'10¼ Allison Dotson (E. Ok)
- 19'10¼ Jo Anna Harper (East LAJC)
- 19'9½ Kathy Rankin (Ga)
- 19'8¼ +Esther Otieno (JTEP)
- 19'7½ +Esmeraldo Garcia (Fl. St)
- 19'6 Gayle Brandon (E. Ill)
- 19'5 Veronica Bell (SCC)
- 19'3½ Sharon Henry (Ala A&M)
- 19'3¼ Vivian Reddick (Penn. St)
- 19'3 Sharieffa Barksdale (Tn)
- 19'1¼ Allison Manley (Murray St)
- 19'1 Robin Taylor (Old Dom)
- 19'0¾ +Julie White (Boston)
- 19'0 Jeanette Williams (Ind. St)

Shot Put

- 53'9½ +Marita Walton (Md)
- 52'4 +Cecil Hansen (Ok)
- 51'11¾ Elaine Sobansky (Penn. St)
- 51'6¼ +Rose Hauch (Tn)
- 50'11¾ Denise Wood (Knox. TC)
- 50'11½ Nini Davis (St. John's)
- 49'5¾ Sandy Burke (Northeastern)
- 48'10½ Lisa Ferry (Houston)
- 48'8 +Cindy Crapper (Ky)
- 48'3 Susan Thornton (Tn)
- 47'9¼ Nadine Fox (Ohio St)
- 47'3¼ Melody Torcolacci (Queens)
- 46'2 Janice Stuckey (Kan)
- 46'1 Carol Cady (Stanford)
- 45'7½ Marilyn Senz (Penn. St)
- 45'3 Ann Bohach (Ind)
- 45'2 Debbie Och (Ala)
- 45'2 +Heather Kuusela (BYU)
- 45'1 Julie Jones (Un)
- 45'0½ Debi Moore (Ohio St)
- 44'10½ Sue Doucette (Idaho St)
- 44'9¼ Sharon Mitnik (Temple)
- 44'5¾ Sheila Halsey (ETSU)
- 44'0¼ Victoria Gay (W. Ky)

Pentathlon

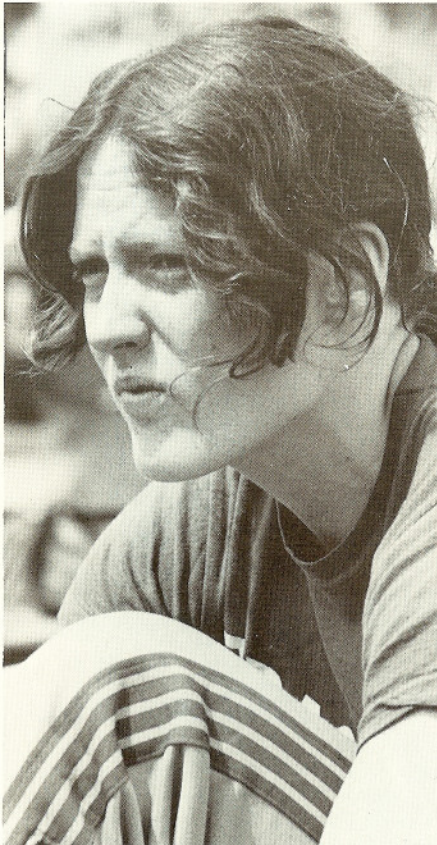
- 4254 Marlene Harmon (LATIC)
- 4043 Susan Brownell (Va)
- 3981 Patsy Walker (Houston)
- 3914 Mary Harrington (Un)
- 3899 Wendy Limbaugh (Utah St)
- 3812 Debbie Deutsch (Rutgers)
- 3805 Peg Schafer (Un)
- 3748 Nancy Seybold (Nb)
- 3673 Juanita Alston (Md)
- 3670 +Liz McBain (Rochester CC)
- 3632 Vivian Echevarria (BYU)
- 3458 +Maggie Woods (Purdue)
- 3452 Wendy Skiver (Utah St)
- 3422 Angie Stubblefield (Id. St)
- 3389 Evelyn Jables (Utah St)
- 3347 Thea Ackerman (Mt. St. Mary's)
- 3324 Peggy Stewart (Villanova)
- 3307 Lori Kernitz (Wis)

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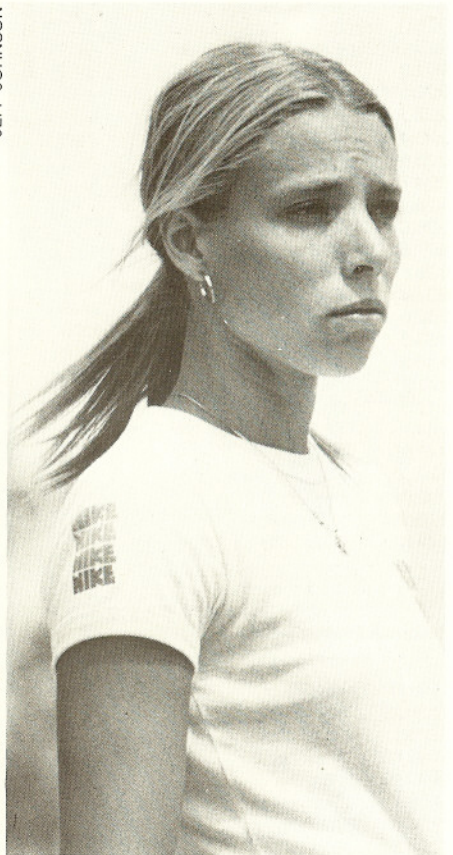
JULIE JONES

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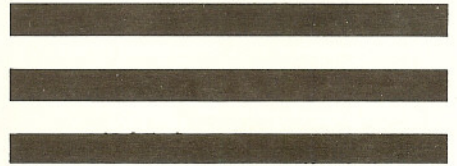


SANDY BURKE

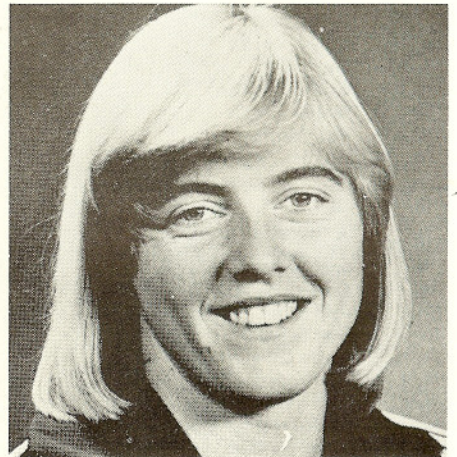
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MARY HARRINGTON



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England

TAC INDOOR CHAMPIONSHIPS

New York, New York, February 27 — Tennessee State, scoring more than half of its points via relays, won the Annual TAC Indoor Championships with 19 points. The Atoms Track Club of New York was second with 15 points. TSU's Chandra Cheeseborough captured "Athlete of the Meet" honors as she set a new American record while winning the 220, picked up a third in the 60y dash and anchored two winning relay teams. Francie Larrieu won a great duel with Virginia's Margaret Groos in the two mile, overtaking the collegian just two steps from the finish line. Larrieu ran 9:38.1 with Groos just two-tenths behind. The time was announced as a new record although Jan Merrill ran 9:31.7 back in 1979.

RESULTS: **60y Dash, (Heat 1)**, 1—Jeanette Bolden (Shaklee) 6.67 (#3 US, #6 W), 2—Chandra Cheeseborough (TSU) 6.80, 3—Janice Bernard (DC Int) 7.08, 4—Diane Holloway (DC Int) no time; **(Heat 2)**, 1—Alice Brown (Shaklee) 6.79, 2—Rose Bacoul (Guadeloupe) 6.97, 3—Sheryl Pernell (TSU) 6.99, 4—Dollie Fleetwood (SCC) 7.00, 5—Marva Fearon (Adelphi) 7.22; **(Heat 3)**, 1—Evelyn Ashford (Un) 6.72, 2—Michele Glover (Willingboro TC) 6.94, 3—Raymonde Naigne (Guadeloupe) 7.13; **FINAL**, 1—Evelyn Ashford (Un) 6.63 (#2 US, #21 W), 2—Jeanette Bolden (Shaklee) 6.69, 3—Chandra Cheeseborough (TSU) 6.72, 4—Alice Brown (Shaklee) 6.80, 5—Michele Glover (Willingboro TC) 6.87, 6—Rose Bacoul (Guadeloupe) no

time; **60y Hurdles, (Heat 1)**, 1—Candy Young (FD) 7.80, 2—Jackie Washington (Shaklee) 7.84, 3—Kathy Borgwarth (Wis) 7.98, 4—Debra Deutsch (Rutgers) 8.11, 5—Marlene Harmon (LATIC) 8.61; **(Heat 2)**, 1—Karen Wechsler (Ind) 7.74, 2—Benita Fitzgerald (Tn) 7.78, 3—Stephanie Hightower (Ohio St) 7.81, 4—Sherri Bellow (THTC) 8.04, 5—Debra Melrose (TxTC) 8.23; **(Heat 3)**, 1—Sharon Colyear (Boston/GB) 7.68 (#7 W), 2—Lori Dinello (Fl) 7.82, 3—Brenda Calhoun (CJTC) 7.87, 4—Linda Weekly (TxSt) 7.89, 5—Gayle Harris Watkins (Un) 7.94; **FINAL**, 1—Benita Fitzgerald (Tn) 7.72, 2—Sharon Colyear (Boston/GB) 7.76, 3—Karen Wechsler (Ind) 7.78, 4—Candy Young (FD) 7.81, 5—Jackie Washington (Shaklee) 7.82, 6—Lori Dinello (Fl) 7.89; **220y, (Heat 1)**, 1—Chandra Cheeseborough (TSU) 23.97, 2—Oralee Fowler (Shaklee) 24.79, 3—Rose Bacoul (Guadeloupe) 25.24; **(Heat 2)**, 1—Florence Griffith (Shaklee) 23.97, 2—Sheryl Pernell (TSU) 23.98 (#3 US), 3—Robin Jackson (Wis) 25.03; **FINAL**, 1—Chandra Cheeseborough (TSU) 23.27 (#1 US, #5 W), 2—Florence Griffith (Shaklee) 23.86 (#2 US), 3—Sheryl Pernell (TSU) 24.49, Oralee Fowler was disqualified for running out of lane; **440, (Heat 1)**, 1—Stephanie Vega (Atoms) 56.6, 2—Ella Willis (CAA) 57.5; **(Heat 2)**, 1—Diane Dixon (Atoms) 55.7, 2—Brenda Peterson (LAM) 56.0, 3—Arlise Emerson (Shaklee) 56.4; **FINAL**, 1—Diane Dixon (Atoms) 55.38, 2—Stephanie Vega (Atoms) 57.15, 3—Ella Willis (CAA) 57.6, Brenda Peterson disqualified for two false starts; **880**, 1—Delisa Walton (Tn) 2:05.1 (#4 US), 2—Robin Campbell (Stanford TC) 2:05.7, 3—Lorna Forde (Atoms) 2:07.9, 4—Joetta Clark (Tn) 2:08.9, 5—Ella Willis (CAA) 2:09.2, 6—Karel Jones (Atoms) 2:12.2; **Mile**, 1—Jan Merrill (AGAA) 4:34.0, 2—Maggie Keyes (Ath. West) 4:35.47 (#8 US, #10 W), 3—Cindy Bremser (Wis. Un) 4:41.75, 4—Susanne Shea (Vil) 4:45.3, 5—Suzie Houston (Wis) 4:50.0, 6—Joan Sterrett (Elite TC) 4:59.5; **2M**, 1—Francie Larrieu (PCC) 9:38.1 (#2 US, #3 W), 2—Margaret Groos (Va) 9:38.3 (#3 US, #4 W), 3—Brenda Webb (Ath. West) 9:45.6 (#5 US, #8 W), 4—Jill Haworth (VaTC) 10:15.4, 5—Debra Pavik (Md)

10:19.9, 6—Ceci Hopp (Gateway TC) 10:23.3; **Mile Walk**, 1—Susan Liers-Westerfield (Island Tc) 7:05.0, 2—Susan Brodock (SCRR) 7:30.3, 3—Paula Kash (Cal. Walkers) 7:39.0, 4—Aimee Burr (Un) 7:41.9, 5—Norma Welsh (Kettering) 7:46.5; **HJ**, 1—Joni Huntley (PCC) 6'1½, 2—Yvonne Heinrich (NC St) 5'11¼, 3—Yolanda Gibson (Atoms) 5'11¼, 4—Pam Spencer (LATIC) 5'11¼, 5—(tie) Anne Erpendeck (drake) and Hisayo Fukimatsu (Japan) 5'9¼; **LJ**, 1—Ana Alexander (Cuba) 20'9¼, 2—Carol Lewis (Willingboro TC) 20'9¼, 3—Evalene Hatcher (Morgan St) 20'7¾, 4—Pat Johnson (Wis) 20'5, 5—Gwen Loud (LAM) 19'10, 6—Veronica Bell (SCC) 19'7½, 7—Marlene Harmon (LATIC) 19'3; **SP**, 1—Marita Walton (Md/Ire) 52'11, 2—Denise Wood (Knoxville TC) 52'7 (#4 US), 3—Oneitheia Davis (St. Johns) 49'4, 4—Susan Thornton (Knoxville TC) 49'0, 5—Lorna Griffin (Un) 48'1½, 6—Susie Ray (Shaklee) 46'11½; **4x160, (Heat 1)**, 1—Tennessee State 1:09.8, 2—DC International 1:10.8, 3—Wisconsin 1:11.5; **(Heat 2)**, 1—Shaklee TC 1:11.3, 2—Southern California Cheetahs 1:11.4, 3—Gazelle Striders 1:17.5; **(Heat 3)**, 1—Adelphi 1:11.2, 2—Morgan State 1:11.2, 3—Dynamite TC 1:12.8; **FINAL**, 1—TSU (Cheeseborough-Davis-Pollion-Pernell) 1:08.99 (AR), 2—Shaklee TC (Briscoe-Jerald-Robinson-Lynch) 1:10.23, 3—DC International (A. Jackson-Bernard-Holloway-Nichols) 1:10.5; **Medley Relay, (Heat 1)**, 1—TSU 1:42.17, 2—Gazelle Striders 1:46.04, 3—Mercury Bobcats 1:46.41, 4—SC Cheetahs 1:46.5; **(Heat 2)**, 1—Morgan State 1:45.36, 2—LAM 1:46.9, 3—Willingboro TC 1:49.2, 4—Delaware State 1:49.9; **FINAL**, 1—Tennessee State (Davis-Pollion-Prenell-Cheeseborough) 1:43.25, 2—Gazelle Striders 1:46.81, 3—LA Mercurettes 1:47.06, Morgan State did not finish; **4x400**, 1—LA Mercurettes (Gutowski-Clagon-Cumbess-Peterson) 3:40.46 (AR), 2—Atoms TC 3:41.64, 3—Shaklee TC 3:45.76, 4—DC International 3:56.2, 5—Gazelle Striders 3:59.6; **Scores**, 1—Tennessee State 19, 2—Atoms TC 15, 3—Shaklee TC 12, 4—(tie) Pacific Coast Club and Tennessee 11, 6—LA Mercurettes 7, 7—(tie) Age Group AA, Maryland and Island TC 5, 10—Athletics West 5.

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for the '49ers. She is on the rowing team. Liz McBain of Rochester, Minnesota, won the long jump (16'10½), high jump (5'2), shot put (34'6½), 60y hurdles (8.52) and was second in the 60y dash (7.68) at the Second Annual TFA/USA National Masters Championships. Liz competed in the 30-39 year division . . . Hurdler Debbie Bottomley, formerly at Cal State Long Beach and now running for San Diego State, was Susan Anton's double in "Golden Girl" . . . After announcing it was to have a full-time women's track coach, Syracuse University changed its mind and will now hire a new track coach who will join the two other present coaches and the three will coach both men and women with each responsible for certain events . . . East Germany's Marita Koch recently ran 7.10 for 60m to equal the best ever and a 10.33 for 100y, second best on record . . . When Francie Larrieu won the two mile at the

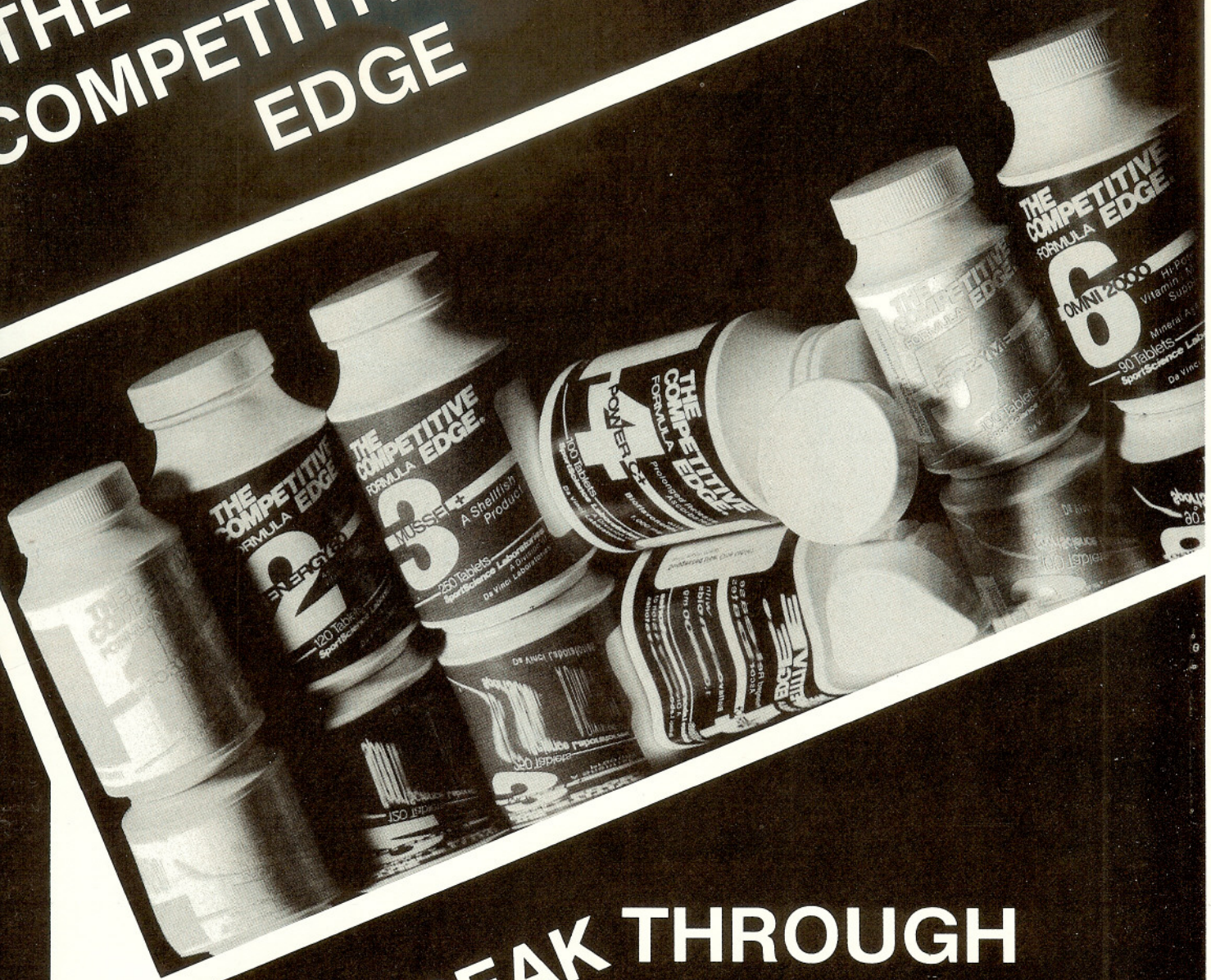
TAC Indoor Championships in 9:38.1 for the #2 All-Time US mark, it was her fastest since she ran 9:39.4 seven years before in 1974 . . . Sound-alikes: Lisha Lass of Oregon and Lisa Last of Michigan State . . . 16-year-old Christine Wachtel, DDR, ran 800m in 2:05.8 indoors . . . Kentucky high schoolers have come up with these additions to Names I Like — Traci Nail, Dawn Gaines, Cindi Huffiness, Jade Yeast, Jackie Oechsli, Tea Burton and Chilli True . . . How about Sequoia Mallory of Chicago State? Or Danette Omyemelukwe from Western Illinois.

Coach Scott "Shizam" Chisam at UCLA is still coming up roses. Although veteran Gwen Loud has transferred to Grossmont College and is lost to the bruins, cry not for the Westwood crew. Transferring from Northridge is Keri Gosswiller-Edwards, fourth placer at last year's AIAW championships and a plus six foot jumper to fill one of the Uclans

weak spots. And don't be surprised if the new world record holder for the indoor 60 yard dash shows up in a Bruin uniform when the first gun is fired . . . Sesame Place, another splinter from the Disneyland phenom, is staging a "Sesame Place Race" come next April 5. Contact Sesame Place, P.O. Box 579, Langhorne, PA 19047 . . . Latest scoop is AIAW Division III Championships will be held at Cal State Hayward on May 21/23 and the Division II meet at Indiana, Pennsylvania, on May 14/16 . . . Juliet Leeper is a high jumper for Southern Illinois and Carol O'Connor jumps for Eastern Illinois . . . Thanks go to Winfried Kramer, GFR, and others of his kind who keeps us up to date on international statistics. Stats is a never ending job and everyone concerned with them appreciates help from other statisticians.

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THE COMPETITIVE EDGE



A BREAK THROUGH IN NUTRITION

SPORT 15 ● ENERGY 80 ● MUSSEL+ ● POWER C+ ● PRO-ZYME ● OMNI 2000



THE LESS WE SEE OF THEM, THE BETTER.

These are not the kind of people you want hanging around the office.

And we've done our best to keep them brushing their teeth in airport washrooms. For one simple reason. In their own bizarre way, they have the ability to work with athletes.

Take Nelson Farris, on the right. One minute, he's leading three world class runners through the Ramada Inn in Fresno, singing breakfast cereal commercials at the top of their lungs. The next, he's getting their feedback on a prototype racing flat. So it can be right when it hits the market.

From day one, he's been on the road. Holding clinics anywhere there was a high school. Attending meets so small even the parents wouldn't show.

And if there's a race for women in this country, odds are Pam Magee will be there. From the outset, she wanted women to have

more races, longer races, the same chance to travel and compete as men. So she set up the first promotional program in the business to see that they did.

Geoff Hollister is the same kind of raving idealist. He not only works with athletes, he helped give them the first corporate-sponsored marathon — the Nike/OTC. Now he's working with the Long Distance Race Directors Association to see that prize money is sensibly introduced into the sport.

Farris, Magee and Hollister are loose cannons. Keep them behind a desk too long and they'll short circuit.

As our representatives to the running community, they never once pretended to care about the athlete.

They never had to.



Beaverton, Oregon