

Women's

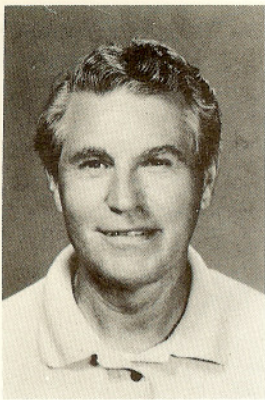
TRACK & FIELD WORLD

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THELMA WRIGHT
CANADA'S DISTANCE ACE

REEL TALK



It seems to me someone has put the US girls and women once again behind the 8-ball with the announcement of our international schedule for the summer of 1975. As now set, our National Championships are to be held on June 25-26 for the Junior Women and June 28-29 for the Senior Women. Therefore, it is not possible to name the international team until late evening on the 29th. Four days later, our Senior women must compete against the Soviets IN RUSSIA! And then with just two days intervening, we meet Poland and Czechoslovakia in Prague. The Junior Women are not much better off as they also meet Russia with only four days of rest after the Nationals, but do not have to travel.

Add the meet in Durham against the West Germans and Africa which is only eight days after the Prague affair plus the international meet in Montreal from July 23-30 and you end up with some pretty tired females!

Let's examine the case of a hypothetical sprinter from Iowa. At age 17 she is eligible for the Junior team, but feels she has the ability to make the Senior team. When little Allie comes from Ames to New York for the Nationals, she must come prepared to spend a month traveling and competing just in case she makes the team. She will probably get to New York on the 23rd, have a day of rest and then begin her competition on the 25th. As a sprinter, (and running on a six lane track), she will run a heat in the 100, a quarter-final in the 100, a semi-final in the 100, repeat the same four races for the 220 and as a loyal club member will also run a leg on the 4x110 and medley relays which means a heat and final in both events. On the 27th she rests. For the next two days she repeats the above schedule for the Senior Championships. That's 24 races in 5 days!

Late Sunday night she learns she has made the Senior team and will go to Europe. She has three days to get all arrangements completed, passport, visas, uniforms, packing, shopping, traveling halfway around the world and resting - if one can call traveling to the Soviet Union 'resting'. Two big days of competition in Kiev. Two days travel and rest and then two days of yet another tough competition against Poland and Czechoslovakia. Small wonder that Iowa Allie is kaput. Then a quick rush back to the States for the meet in Durham against the West Germans and Africa.

Of course this schedule is an exaggeration - but it COULD

happen. And it shouldn't. Our men stage their Championships June 20/21 and allow themselves a full week of rest over and above what our women will receive. Just who is supposed to be the weaker sex? The schedule is suicidal. Just what were the reasons for not staging our Championships on the 20/21?

There has been a development in women's track and field in the USA in recent months that can do nothing but boost the sport. I am speaking of the sponsorship of the La Jolla TC by Wilt Chamberlain. Now known as "Wilt's WonderWomen", the club has no financial worries and Wilt benefits not only in the obvious ways, but can use the non-profit organization as a tax write-off. Everyone benefits. Let's hope Wilt's example catches on and more clubs secure sponsors.

Periodically, we receive new books from publishers and are asked to review them in these pages. The latest to reach us is the second edition of "Track and Field for Girls" by Kenneth Miller and Billie Jo Jones of Florida State University. It is a good basic book on the sport. Most of the other text books for girls and women on track and field are also good, basic books. I believe the main objection to the track and field books written for the female side of the population they seem to be written "down" to the athlete and coach. Any track book on the library shelves written for 'men' seems to give more detail in the techniques and does not 'talk down' to the reader. Actually, I can't accurately describe the condition, but perhaps you can understand what I mean. Although each new book or each new edition of track books for girls and women brings statistics, etc., up to date, I am appalled at many, if not most, of the illustrations which use subjects clad in white outfits with trunks down to their knees and floppy blouses. It just doesn't have the appeal real action shots of athletes should have. Added to this, authors of girls and women's books continue to include such events as the basketball throw and the baseball throw. Good grief! Little wonder the USA is falling farther behind our European competitors as we continue to conduct events which will not "hurt our delicate girls". Actually, the book by Miller and Jones is very good and quite complete. These other items which I mentioned are just pet peeves of mine. It's a good book.

Although the subject was never brought up at the National AAU Convention, New Zealand has invited the United States to send nine women athletes to participate in the Inaugural New Zealand Games to be held in Christchurch January 23-26, 1975. The New Zealanders have come up with in excess of \$100,000 and have invited athletes from Australia, Canada, Fiji, Japan, Kenya, Sweden, Tanzania, the United Kingdom and the Soviet Union in addition to the Yanks.

The down-under management has specifically requested Debra Sapenter in the 400, Mary Decker for the 800, Francie Larrieu for the 1500/3000 and Martha Watson for the long jump. In addition, they have asked our administrators to select two sprinters, a high jumper, a javelin thrower and a 100 meter hurdler for the trip.

Why this invitation was kept secret for such a long time is a question yet to be answered for our information has it that the invitation was received on September 30 but not made public until the first week of November.

There are still a few copies of the 1974 Yearbook available and we suggest you purchase yours with all haste. At \$6, you get a bargain, not only in content of the book, but financially since the book costs WTFW \$5, postage is 18¢, the envelope is another 5¢ - and the time required to ready the book for mailing is certainly worth a paltry 77¢! So pick up your bargain today and get your copy of the 1974 WTFW Yearbook.

Cover photo by Rick Levy

LETTER FROM BRIAN BEEBE, New Jersey

"I'd like to say I am really enjoying the magazine more this year than last. All the International coverage like the Balkan Games, etc., was great. And the Melnik/Dumbadze piece was really fascinating - a good example of something you can't get in any other magazine. I enjoyed the report on Rome, too. It would be great if Jan Popper writes anything. No one covers these events like he does.

"If you get any more letters like the one from Mrs. Ricco, hope the above sheers you up."

VINCE REEL, Editor

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WHITE PLAINS - THE 'YEAS' AND THE 'NAYS'

More letters and phone calls have reached this magazine on the subject of the selection of White Plains, New York, for the 1975 National Championships than any other subject in the nine years of our existence. And the opinions expressed are definite. White Plains is either the greatest spot in the nation to stage the Championships or the worst possible place to stage the Championships. There seems to be no middle ground.

Although we have not kept an official count, there is no question but that the "nays" far outnumber the "yeas" when it comes to White Plains. Among the points reported to WTFW were the method of selection of the site, the facility itself and the date of the Championships. On the opposite side we can report that never before have we experienced so energetic a group of townspeople who seem genuinely interested and concerned about this competition in their city.

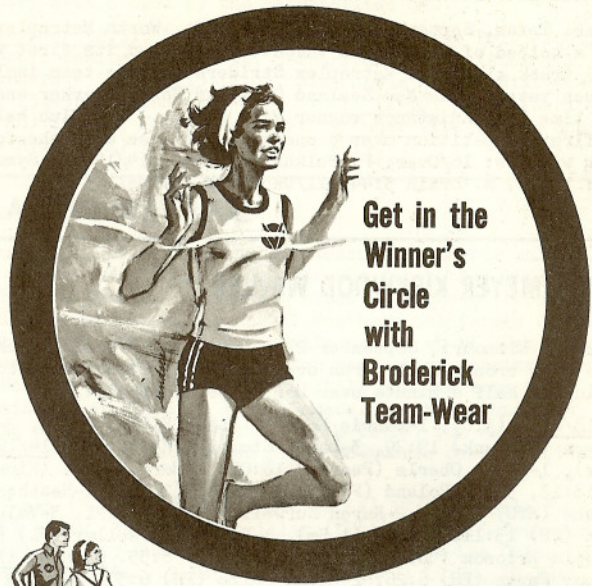
How did White Plains get the Championships? On this point there is definitely two opinions. At the National Convention, the chairman, we are told, asked for bids for the 1975 Championships. White Plains presented a well documented demonstration, offered \$15000 and before you could say "Wheresthat", someone moved the bid be accepted and voila, that was it. And what, in the meantime, happened to Baldwin-Wallace where it was understood the Championships were going to be held? We have it good authority the voting was a planned conspiracy and that those speaking for the Ohio site never even got a chance to present their bid which was to include an eight lane all-weather track (not Tartan), dorms at \$2.50 per night, a 24 hour cafeteria service - all this just across the street from the field. According to the rules, bids do not have to be in writing and can be made from the floor. Why was the Lake Erie group not allowed to at least make their presentation?

What are the biggest complaints about White Plains? The most important is the facility is a SIX lane track, lanes are 48" wide. White Plains says they intend to repaint the track and make eight lanes. To do this, lanes would have to be 36" wide. The rules state the MINIMUM width of a lane is 48". We do know the minimum width of a hurdle is 47" according to the rules, and while it would be possible to run the 100mH on the straight without lanes being marked, it would be pure folly to try and run the 400mH without lanes. One official noted the high jump standards were not legal at White Plains, but, of course, this can be rectified quite easily.

Another complaint concerns seating. There are no stands on the finish side of the track, only a grassy slope. Hardly the proper atmosphere for a National Championships. Evidently the dressing and toilet facilities at the field are not the best with reportedly only a small hut available. You must go up the hill to the high school to dress or find relief. Hotel/motel accommodations seem sparse. The natives of White Plains are proud of their factories and businesses, but have shown only one Ramada Inn and one hotel - with prices at \$4.50 per girl per night.

On the other side of the fence, the selection of the New York site will perk up the sport in the Eastern section of the country. The people running the meet have several big competitions during the months preceeding the women's championships and should stage a good meet. The meet publicity has been placed in the hands of a professional public relations firm and already we have received nine news releases. Evidently the women's meet will be televised by CBS. The nationals have not been held in the east for 9 years and the first time in 15 years it has been in metropolitan New York. The Chamber of Commerce has stated the track is "the finest running surface in the world". That may or may not be true, but some say it is more than coincidence that the Women's National T&F Chairman resides in Croton-on-Hudson, New York.

And so the battle rages. All of the above statements were received by WTFW and are NOT, repeat NOT my originals. As I said earlier, if enthusiasm, interest and desire can make a good track meet, White Plains is a cinch to succeed for they are really eager. Let us all hope it works out for the best for the athletes who will participate.



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CROSS COUNTRY ROUNDUP

METROPLEX STRIDERS INAUGURAL

Dallas, Texas, September 5:-The Dallas/Ft. Worth Metroplex, long a hotbed of male track talent, has formed its first woman's track club, the Metroplex Striders and the team includes such veterans as New Zealand Olympian Doreen Barker and long time Texas distance runner Miki Hervey. The Club held its first competition over a one mile distance with the following winners: 16/Over, P. Bulkhalter 5:42; 14/15, T. Symmank 5:49; 12/13, B. Drain 5:44; 11/Under, K. Culwell 5:52.

Laurie Meyer Kirkwood Winner

Kirkwood, Missouri, September 22:-Laurie Meyer easily took the three mile cross country run over the hilly Planetarium course, winning by half a minute over her closest opponent.

18/Over (3.0), 1-Laurie Meyers (Palos Hills) 18:59, 2-P. Jackson (Burbank) 19:29, 3-Laura Storer (PH) 19:49. 14/17 (3.0m), 1-Betsy Oberle (Peoria) 18:07, 2-Mary Kunkel (Kirkwood TC) 18:13, 3-Bev Roland (P) 18:51. 12/13 (2.0m), 1-Heather Hearnese (KTC) 12:20, 2-Karen Zurweller (Flo) 12:21, 3-Valerie Eaton (PH) 13:11. 10/11 (1.5m), 1-Dianne Zurweller (Fl) 8:39, 2-Sheila Ericson (Un) 8:40, 3-Collins (B) 8:55. 9/Under (1.0m), 1-Tracy Fagan (PH) 6:26, 2-Kathy Kulpe (PH) 6:37, 3-Lynda Schartle (PH) 6:47. 30/Over (2.0m), 1-Mary Riggs 14:12, 2-Betty Benkert 16:21, 3-Suzanne Hearnese 17:50.

CANADIAN RESULTS

September 28, Saskatoon, Saskatchewan:- (Weather - overcast, 33°, windy), Open Women (2.0), 1-Debbie Noble (Moose Jaw) 12:19, 2-Holly Palynchuk (Regina Lions) 12:36, 3-Sylvia Smith (Allan) 12:39. Midget Women under 15 (1.5), Sandy Fast (Riversdale) 10:29. High School Junior Women, under 16 (1.5), Liz Arnold (Evan Hardy) 10:32.

October 13, Saskatchewan Championships:- (Weather 40°, rain, windy, miserable). Midget Women (3000m), Fiona Cribb (Saskatoon TFC) 13:06. Juvenile Women (3000m), Debbie Noble 13:04. Senior Women (4000m), Lynne Clarke (Riversdale Kiwanas) 16:56.

October 27, Regina:- (Prairie Cross Country Championships; weather, warm, 72°, sunny). Senior Women (3.0), 1-Anne-Marie Davis (Manitoba) 17:11, 2-Lori Deelarq (Alta) 17:26. Juvenile Women (under 18 as of 31 Dec) (2.5m), Chris Leach (Alta) 16:25. Midget Women (Under 16) (2.5), Kathy Hamer (Alta) 16:05.

GOLDEN TRIANGLE INVITATIONAL

Ypsilanti, Michigan, September 29:-Lynn Morgin, an unattached athlete from West Allis, Wisconsin, upset the field to win the Second Annual Golden Triangle Invitational Cross Country title by a huge margin of 43 seconds. Chasing Lynn across the line were such well-knowns as Karen McKeachie, Sue Parks, Ann Forshee and Teri Seippel.

14/Over (3.0), 1-Lynn Morin (Un) 18:01, 2-Karen McKeachie (Michigammas) 18:44, 3-Sue Park (GT) 18:47, 4-Ann Forshee (M) 18:52, 5-Teri Seippel (Kettering Striders) 18:57. Scores, 1-Michigammas 57, 2-KS 70, 3-Palos Hills 87, 4-Ft. Wayne PAL 144, 5-Central Michigan University 161. Finishers - 44.

14/15 (2.5), 1-Mary Ann Opalewski (Fleet Feet) 14:30, 2-Rochelle Collins (Motor City) 15:42, 3-Aini Maripua (M) 16:14. Scores, 1-FF 40, 2-Michigammas 51. Finishers - 19.

12/13 (2.0), 1-Val Eaton (PH) 12:35, 2-Beth Huff (M) 12:40, 3-Deanna Macreno (SUS Olym) 12:47. Scores, 1-Burbank Striders 56, 2-FF 81. Finishers - 29. 10/11 (1.5), 1-Tracy Weber (Fox Valley Striders) 9:27, 2-Andrea Collins (BS) 9:38, 3-Shela Taylor (Detroit Striders) 9:44. Scores, 1-FF 44, 2-BS 83, 3-Wolverines 116. Finishers - 39. 9/Under (1.0), 1-Kathy Kulpa (PH) 6:16, 2-Ann Smith (FF) 6:23, 3-Tracy Fagan (PH) 6:28. Scores, 1-FF 43, 2-BS 76, 3-Lipke TC 109. Finishers - 39. Total number of finishers - 170.

SKEETERS INVITATIONAL from Jock Brown

Mahwah, New Jersey, October 5:-The Second Annual Skeeters Cross Country Invitational was won by Jan Merrill from the Age Group AA. Merrill and Doreen Ennis ran together for about a mile and three quarters when Merrill moved to the front and was not challenged during the rest of the race. Donna Gardner had third all to herself, but Cheryl Toussaint and Anita Scandurra staged a battle royal for the fourth position with Toussaint holding on to win by a second. The Atoms took the team title, but not without a fight from the Long Island Golden Spikes, 74-79. Kim Gallegher of the Ambler OC looked good winning the 10/11 Division by eight seconds over the 1 mile course.

14/Over (3 miles plus 30y), 1-Jan Merrill (AGAA) 17:45, 2-Doreen Ennis (Nutley TC) 18:15, 3-Donna Gardner (Padukies) 18:38, 4-Cheryl Toussaint (Atoms) 18:48, 5-Anita Scandurra (Un) 18:49, 6-Cathy Green (LIGS) 19:15, 7-Judy Fontaine (AGAA) 19:38.....18-Lorna Forde (Atoms) 21:37, 19-Brenda Nichols (Atoms) 20:50. Scores, 1-Atoms 74, 2-LIGS 79, 3-Padukies 81, 4-Nutley TC 95, Suffolk AC 165, 6-Central Jersey TC 198. Finishers - 50.

12/13 (1m plus 15y), 1-Pam Dutton (Padukies) 5:50, 2-Regina Felix (Ocean Hill Cheetahs) 6:04, 3-Sue Suhr (LIGS) 6:05. Scores, None. Finishers - 29. 10/11 (1.0 plus 15y), 1-Kim Gallegher (Ambler) 5:48, 2-Sue Johnson (Jets) 5:56, 3-Marisa Schmitt (Ambler) 6:00. Finishers - 29. 9/Under (1.0 plus 15y) 1-Pat Watson (Ambler) 6:27, 2-Gloria Woods (Pad) 6:45, 3-Karen Wilson (Am) 6:49. Finishers - 11. Total finishers - 119.

HARWICK WINS WALK

Arena St. Leonard, Canada, October 5:-American Beth Harwick of the Mt. Lebanon Track Club, won a close decision over Canadian Jacqueline Sauve to win the 5000m race walk held on the track. Harwick won by only four-tenths of a second in a very tight finish.

Results: 1-Beth Harwick, (Mt. LebTC) 29:10.4, 2-Jacqueline Sauve (Montreal) 29:10.8, 3-Jacinthe Therberge (Club Du Mille) 30:15.7...6-Stella Palamarchuk (Shore AC) 32:27....8-Lynn Jones (MLTC) 33:49.5.

GIBBONS AGAIN IN ARIZONA

Flagstaff, Arizona, October 5:-Kathy Gibbons continued unbeaten for the 1974 cross country season as she added the Arizona Association Run to her list of titles, winning over the high altitude course by 1:45, covering the three miles in 18:15.

Open (3.0), 1-Kathy Gibbons (GG) 18:15.6, 2-Krista Holmes (Scottsdale) 20:00, 3-Phyllis Trim (Pears Peaches) 20:21.

12/13 (2.0), 1-Karen Fraser (ArizTC) 12:04.5, 2-Dawn Freeman (VOS) 12:06, 3-Danine Hanby (VOS) 12:14. 10/11 (1.5) 1-Theresa Smith (PP) 8:45, 2-Robin Crozier (STC) 8:58, 3-Janet Salazar (ATC) 9:04. 9/Under (1.0), 1-Karen Bradshaw (ATC) 6:49.7, 2-Bessie Rodgers (STC) 6:56, 3-Veronica Esquinel (ATC) 6:58. Total runners - 140.

SCHILLY WINS CANTON ROAD RACE

Canton, Ohio, October 6:-Katy Schilly of the Syracuse Chargers placed 29th out of more than 700 competitors in the Canton 10 kilometer road race to win the women's division. Her time of 36:09 over the rolling course established a new record.

Schilly ran only to win as an early morning accident had caused a badly bruised hip which had stiffened by race time. Katy and Marlene Harewicz ran within five seconds of each other for the first six miles, but Schilly opened up a ten second margin over the final 300 yards. Harewicz recorded 36:19 for second. Karen MacHarg of the Kettering Striders loafed through a 37:52 to nab third spot, fiftieth over-all.

1-Katy Schilly (SyrChgs) 36:09, 2-Marlene Harewicz (Mt. Leb) 36:19, 3-Karen MacHarg (KS) 37:52, 4-Shannon Cline (Scioto TC) 38:50, 5-Lora Cartwright (Muncie) 39:59. 10 ran.

KETTERING INVITATIONAL

Bellbrook, Ohio, October 5:-More than 400 female runners took part in the Seventh Annual Kettering Striders Invitational Cross Country Run as the Ohio group made preparations for the National Championships over this same course in last November. The home team easily took the women's team title - and did it with three of their top six runners in absentia!

Marlene Harewitz, a veteran in spite of her brief 16 years, took the women's title with ease over 15 year old Mary Ann Opalewski.

In the 12/13 Division, the new SCIOTO Track Club burned up the track and scored only 25 points in a field of nearly 100 runners, picking off first, second, fifth, eighth and ninth spots.

Biggest winning margin of the day went to pint-sized Laura Craven who won the 9/Under race - only one mile - by 33 seconds!

Women (3.0), 1-Marlene Harewitz (MtLebTC) 18:49.5, 2-Mary Ann Opalewski (Fleet Feet) 19:00, 3-Karen MacHarg (KS) 19:00, 4-Karen McKeachie (Michigames) 19:27, 5-Carol Fridley (Un) 19:31, 6-Diane Vetter (BRTC) 19:46, 7-Debbie Vetter (BRTC) 19:50...1-Sue Parks (Un) 20:20...17-Janis Vetter (BRTC) 20:37. Scores, 1-Kettering Striders 97, 2-Michigames 109, 3-Blue Ribbon TC 138, 4-West Suburban TC 163, 5-Kirkwood TC 195, 6-Ohio TC 232, 7-Fleet Feet 266, 8-Mt. Lebanon TC 268, 9-Kettering "B" 268, 10-Palos Hills 284, 11-SCIOTO TC 324, 12-Western Illinois University 487, 13-Buckeye TC 513. Number of finishers - 117.

12/13 (2.0), 1-Shannon Cline (SCIOTO) 12:48, 2-Sandy Hoffman (SCIOTO) 12:49, 3-Carrie Shuster (BRTC) 12:53. Scores, 1-SCIOTO 25, 2-WSTC 87, 3-KS 129, 4-Kirkwood TC 148, 5-Latrobe TC 179. Finishers - 96. 10/11 (1.5), 1-Ann Henry (Peoria) 10:09, 2-Sheila Erickson (Un) 10:14, 3-Andrea Collins (Burbank) 10:21. Scores, 1-Kirkwood 80, 2-FF 105, 3-Peoria 133. Finishers - 113. 9/Under (1.0m), 1-Laura Craven (SCIOTO) 6:08, 2-Rachel Danduran (SCIOTO) 6:41, 3-Ann Smith (FF) 6:45. Scores, 1-FF 67, 2-Burbank 93, 3-Lipke TC 181, 4-Grove City 182. Finishers - 72. 30/Over (Distance not known), 1-Mary Riggs (Kirk) 6:45, 2-Roberta Widmann (PAL) 6:55. Finishers - 10. Open Walk (6miles, 64 yards - on the track), 1-Carol Mohanco (KS) 55:22.5, 2-Gwen Eberle (Ozark) 55:46, 3-Cindy Luebben (KS) 62:39. Finishers - 12. Total number of finishers - 420.

KOENIG WINS AGAIN

Denver, Colorado, October 6:-Wendy Koenig once again captured a cross country run by an unbelievably large margin as she whicked through the Barnum Park 3 mile (minus 70 yards) course in 17:43 to 19:07 for runner-up Karen Cramond.

14/Over (3m -70y), 1-Wendy Koenig (ColStUn) 17:43, 2-Karen Cramond (AlbOC) 19:07, 3-Robin Castor (ColPacers) 19:21, 4-Kathy Slattery (AOC) 19:41, 5-Cindy Rice (AOC) 19:47. Team scores, 1-AlbOC 27, 2-ColStUn 84, 3-The Colorado Gold 110, 4-Colorado College 127. Finishers - 44. 12/13 (2m -150y), 1-Sally Marquez (AOC) 12:01, 2-Lesa Gilliland (AOC) 12:01, 3-Carol Dohesh (Un) 12:13. Scores, 1-AOC 31, 2-TCG 46, 3-Boulder Cinderbells 89. Finishers - 26. 10/11 (1.5m +80y), 1-Tammy Avis (TCG) 9:43, 2-Lynn Allen (AOC) 10:02, 3-Julie Kautz (TCG) 10:15. Scores, 1-Poison Spiders 57, 2-ColPacers 63, 3-Boulder Cinderbells 64. Finishers - 32. 9/Under (1m), 1-Regina Miller (CP) 6:43, 2-Debbie Mata (AlbPAL) 6:46, 3-Judy Blackshere (CP) 6:52. Scores, 1-AlbPAL 34, 2-CP 45, 3-BC 72. Finishers - 29. Total runners - 131.

KSU DOUBLE WINNER

Manhattan, Kansas:-Kansas State University's Wildkitten cross country team won both of its two home meets of the season with wins over Southwest Missouri State University and the University of Kansas.

Kansas State downed Southwest Missouri 20-43, but Carol Cook of SM set a new course record covering the 2½ mile distance in 14:40.9.

The Wildkittens turned in a perfect 15 points to 50 for Kansas in their dual meet. All seven of the Kansas State runners finished ahead of any Jayhawk performer. Joyce Urish turned in her lifetime best in this race with a time of 15:39.

October 15 (2.5), 1-Carol Cook (Southwest Missouri) 14:40.9, 2-Joyce Urish (KSU) 15:57, 3-Becky Koster (KSU) 17:21. October 19 (2.5), 1-Joyce Urish (KSU) 15:39.1, 2-Becky Koster (KSU) 17:01, 3-Barb Eakin (KSU) 17:26.

JERSEY AC GAMES

October 6:-Donna Del Vecchi captured the Jersey AC Cross Country meet staged by the Metropolitan AAU.

14/Over (2.5), 1-Donna Del Vecchi (College Point AC) 17:07, 2-Debbie Basile (CP) 17:31, 3-Sharlynne Steele (Atoms) 17:56. Finishers - 29. 12/13 (2.0), Kim Chavis (Ocean Hill Cheetahs) 13:45. Finishers - 27. 10/11 (1.5), Lydia Fucci (Jersey AC) 10:00. Finishers - 27. 9/Under (1.0), Rita Schrader (New Hyde Park) 7:01. Finishers - 17.

UCLA WINS INAUGURAL

Walnut, California, October 13:-Coach Chuck Debus unleashed a part of his formidable troops for the first time this season as the UCLA Bruins, a laughing stock just three years ago, completely dominated the Annual Southern California Cheetahs Invitational over the tough, hilly course at Mt. San Antonio College. With several of his top performers staying at home, the Uclans, led by Julie Brown, still won the team title with 18 points over the Long Beach Comets. Debbie Johnson of the Rialto Road Runners, won the girl's title, but she had to hustle to edge a determined Linda McQuarrie over the 2½ mile course.

Women (3.0m), 1-Julie Brown (UCLA) 17:09, 2-Kate Keyes (UCLA) 17:49, 3-Linda Heinmiller (UCLA) 18:21, 5-Teri Johnson (UCLA) 18:49, 5-Susan Brodock (RRR) 18:59, 6-Lee Chiau-Hsia (UnRedTC) 19:34...9-Esther Marquez (RRR) 19:54, 10-Patty Cape (LBC) 20:12, 11-Ruth Kleinsasser (UnRedlands) 20:29. (21 ran)

14/17 (2.5m), 1-Debbie Johnson (RRR) 14:55, 2-Linda McQuarrie (LBC) 14:57, 3-Kathy Jewell (LBC) 15:12, 4-Doreen Assuma (RRR) 15:13. Scores, 1-RRR 35, 2-LBC 37, 3-Blue Angels 76. 25 ran. 12/13 (2+m), 1-Paula Rose (BA) 12:12, 2-Suzanne Keith (RRR) 12:36, 3-Diane Esslinger (SCC) 12:44. Scores, 1-RRR 28, 2-SC Cheetahs 41, 3-BA 107, 4-RRR "B" 127, 5-LBC 166. 62 ran. 10/11 (1.5m), 1-Tracy Hughes (Un) 9:46, 2-Vicki Cook (RRR) 9:49, 3-Andrea Kirkhorn (BA) 9:54. Scores, 1-RRR 35, 2-RRR "B" 65, 3-SCC 99, 4-Ventura TC 135. 45 ran. 9/Under (1+m), 1-Kathy Kiernan (BA) 6.31, 2-Sandra Katzer (LBC) 6:38, 3-Andrea Rolfe (LBC) 6:55. Scores, 1-RRR 47, 2-BA 58, 3-SCC 84. 40 ran. 14/Over Novice (1+m), Karen Aleocia (Un) 6:29. 12 ran. 13/Under Novice (1+m), Julie Franks (SCC) 6:55. 18 ran. Number of finishers - 223.

14 YEAR OLD WINS CURRIE CREEK RUN

Midland, Michigan, October 12:-14 year old Mary Ann Opalewski scored a convincing 30 second triumph over the three mile cross country course on the Currie Creek golf course as the 42 women ran in 58° weather. Perennial powerhouse Michigammas took the team title with 47 points.

14/Over (3.0m), 1-Mary Ann Opalewski (Fleet Feet TC) 19:07, 2-Karen McKeachie (Mich) 19:37, 3-Ella Willis (Un) 20:05, 4-Diane Culp (CentMichUn) 20:08, 5-Ann Forshee (Mich) 20:23...7-Lynn Lovat (Mich) 20:44. Scores, 1-Michigames 47, 2-Fleet Feet 73, 3-Mich "B" 113, 4-MichStUn 118, 5-CentMichUn 142. Finishers - 42. 12/13 (2.0m), 1-Lori Schafer (Wolverines) 12:27, 2-Deanna Macreno (SUS Olympians) 12:47, 3-Beth Huff (Mich) 12:48. Scores, 1-FF 40. Finishers - 17.

10/11 (1.5m), 1-Tracy Weber (Fox Valley Striders) 9:54, 2-Kayla Skelly (FF) 10:11, 3-Laurie Call (Un) 10:13. Scores, 1-FF 27, 2-FF "B" 90. Finishers - 26. 9/Under (1.0m), 1-Michelle Collins (FF) 6:35, 2-Ann Smith (FF) 6:41, 3-Lori Vultaggio (Lipke) 6:52. Scores, 1-FF 21, 2-Lipke 52. Finishers 18. 7/Under (0.75m), Coleen Mara (FF) 4:47. Finishers - 7. 30/Over (0.75m), 1-Louise Smith (FF) 5:31. Finishers - 10. Total number of finishers - 120.

LETTER FROM JIM CICCARELLO, Albuquerque

"For several years now, I have been coaching the Albuquerque Track Club and we use the abbreviation ATC. We have some outstanding young runners in the age-group divisions. Your publication has always referred to us as the "Arizona Track Club" which is another fine club in the southwest area. In most results from this area you will find the Albuquerque TC listed as ATC and the Arizona TC listed as "Ariz TC".

CROSS COUNTRY ROUNDUP (Continued)

ORINDA INVITATIONAL

Concord, California, October 12:-Prepping his squad for the National Championships, coach Estle Argabright's leather-lungers displayed awesome power by sweeping 9 of the first 10 places in the women's open race. Led by Teri Anderson who won by seven-tenths of a second over Judy Graham, the Cinder-gals grabbed all the top spots with the exception of Phyllis Olrich's fifth place. Add 14/15 winner Lisa Greenberg and the SJC will be a team to beat at Ohio in November.

Women (2.5), 1-Teri Anderson (SJC) 13:24.5, 2-Judy Graham (SJC) 13:25, 3-Cyndy Poor (SJC) 13:43, 4-Amy Haberman (SJC) 13:51, 5-Phyllis Olrich (Un) 14:01, 6-Estella Guina (SJC) 14:08, 7-Val Eberly (SJC) 14:21. Finishers - 24. 14/15 (2.5) 1-Lisa Greenberg (SJC) 13:48.7, 2-Kathy Adams (WS) 13:49, 3-Pam Bowers (SJC) 14:09. Finishers - 25. 12/13 (2.0), 1-Mar-quite Belk (SJC) 10:47, 2-Karen Bain (WS) 10:58, 3-Roxanne Bier (Appalossa TC) 10:59. Finishers - 66.

10/11 (1.5), 1-Sherry Grijalua (Salinas), 2-Sandy Beauchamp (WS) 3-Carol Gleason (Cupertino) - No times available. Finishers - 61. 9/Under (1.0), 1-Jeani Fuller (SJC) 5:43, 2-Michele Miller (APP) 5:57, 3-Meredith Smith (Salinas) 6:00. Finishers - 54. Total finishers - 230.

MURRAY STATE COLLEGE WINNER

Murray, Kentucky, October 12:-Murray State University hosted a "Racer Run" over a two mile course and walked off with the team title with 29 points to defeat Southern Illinois University (44), University of Kentucky (73) and Western Illinois University (93). Jean Only of Southern Illinois took the individual title with a one second triumph over MSU ace Lissa Moore while SIU's Anne McRae was just another two seconds back.

QUATIER

Whidby Island, Washington, October 19:-Debbie Quatier, in the absence of Doris Brown who is currently traveling and training at altitude said to be in excess of 15000 feet, easily trounced Canadian Maureen Crowley to annex the Fort Casey Invitational. Quatier went to the front at the gun and stayed there during the entire race.

Women (2.83m) 1-Debbie Quatier (FalconTC) 16:07, 2-Maureen Crowley (Simon Fraser Un) 16:32, 3-Sheila Currie (UBC) 16:38, 4-Alice Kelly (Fal) 16:45, 5-Cheryl Garmoe (Eastside TC) 17:08, 6-Vicki Foltz (Fal) 17:13, 7-Liane Swegle (Seattle Un) 17:28. Scores, 1-Falcon TC 23, 2-Eastside 51, 3-UBC 55, 4-Western Wash 95. Finishers - 38. 14/15 (2.5m), 1-Stacy Hoel (Eastside) 9:48, 2-Carrrie Clemons (East) 10:01, 3-Michelle Carver (East) 10:02. Scores, 1-Eastside 22, 2-Rainbow Runners 38, 3-Seattle Roadrunners 61. Finishers - 25.

12/13 (1.9m) Dana Arnim (RRR) 13:16. Scores, None. Finishers - 7. 10/11 (0.9m) Robin Wright (Cheetahs) 5:03. Scores, 1-Eastside 23, 2-Cheetahs 35. Finishers - 21. 9/Under (0.9m) Shannon Strickland (Cheetahs). Scores - None. Finishers - 7. Total finishers - 98.

GARCIA

La Jolla, California, October 20:-Nadia Garcia scored a 27 second triumph over the rugged UC San Diego course to take top honors as the La Jolla Kiwanis staged their invitational cross country meet, sponsored by Wilt's Wonder Women. The meet was a warmup to the forthcoming California State Championships to be held on this same site in two weeks.

Women (3.0), 1-Nadia Garcia (SDTC) 18:40, 2-Lynn Miller (Un) 19:07, 3-Patti Hurl (SDTC) 19:40....12-Patti Van Wolvelaere (WWW) 21:51. 14/15 (2.5), 1-Becky Wolfmberger (SCC) 15:29, 2-Carol Flournoy (SCC) 15:36, 3-Karen Parish (BA) 16:00, 4-Donna Schellhouse (BA) 16:47. Team scores, 1-SCC 24, 2-BA 32. 14/15 (1.9), Marsha Pierce (LMM) 10:54. 14/Over Novice (1.7), Barnara Geringer (WWW) 11:26. 12/13 (2.0), Paula Rose (BA) 10:50. 10/11 (1.5), Andrea Kirkorn (BA) 9:37. 9/Under (1.0), Kathy Kiernan (BA) 7:16.

GRAHAM

Reedley, California, October 19:-Running a beautifully paced race, Judy Graham, San Jose Cinder-gals, won the Annual Reedley Fiesta cross country race over a large field and tough competition in a good 17:02.5 for the three miles. Graham allowed teammate Teri Anderson to set the pace for the first half of the race, made a move with a mile to go and won going away as Cyndy Poor, yet another San Josean, slipped past Anderson to grab the second place trophy. The Cinder-gals are eyeing the National Championships and their forthcoming contest with UCLA and possibly the Falcon Track Club should make the trip to Dayton worthwhile.

Sandra Katzer, Long Beach Comets, looked exceptionally strong in winning the 9/Under mile in 5:53.2.

14/Over (3.0), 1-Judy Graham (SJC) 17:02.5, 2-Cyndy Poor (SJC) 17:12, 3-Teri Anderson (SJC) 17:18, 4-Debra Johnson (RRR) 17:33 5-M rjorie Kaput (Phoenix TC) 17:40, 6-Laurie Jewell (LBC) 17:43, 7-Val Eberly (SJC) 17:45, 8-Linda Mc-Quarrie (LBC) 17:46. Scores, 1-SJC 22, 2-RRR 67, 3-LBC 75, 4-SJC "B" 99, 5-SJC "C" 167. Finishers - 55.

12/13 (2.0), 1-Corrine Nunez (RRR) 11:19, 2-Penny Bridges (RRR) 11:28, 3-Suzanne Keith (RRR) 11:30. Scores, 1-RRR 17, 2-RRR "B" 72, 3-Arizona TC 94, 4-SJC 105, 5-South Bay Striders 136, 6-Cupertino Yearlings 160, 7-LBC 176. Finishers - 56. 10/11 (1.5), 1-Lenell Waskon (RRR) 8:48.9, 2-Vickie Cook (RRR) 9:02, 3-Cindy Nunez (RRR) 9:03. Scores, 1-RRR 16, 2-CY 80, 3-RRR "B" 76, 4-SBS 107, 5-LBC 130. Finishers - 37. 9/Under (1.0), 1-Sandra Katzer (LBC) 5:53.2, 2-Lisa Jewitt (RRR) 6:01, 3-Karen Bradshaw (ATC) 6:10. Scores, 1-Ariz TC 44, 2-RRR 46, 3-LBC 49. Finishers - 32. Total finishers-180.

MERRILL

Greenwich, Connecticut:-Jan Merrill of Waterford High School added the Connecticut AAU cross country championship to her list of running honors by shattering the previous course and meet records on the St. Mary's HS course.

Jan had a record time of 18:37.8 for the twisting, difficult three-mile course. The previous meet record was 22:50 and the old course record was 19:19.4. Jan's club, the Age Group AA, took team honors.

Sandra McCarthy of Quaker Hill won the 12/13 division 1.5 mile run in 10:24.2 and her 6 year old sister Delene, won the 9/Under class.

WALKER

Eugene, Oregon, October 19:-Carolyn Walker annexed the three mile 100 yard run to open the Oregon Track Club season on the Tokatee Golf Course covering the distance in a good 17:28.

1-Carolyn Walker (OTC) 17:28, 2-Maryl Barker (UnOre) 17:55, 3-Cheryl Bates (OTC) 18:48, 4-Lil Ledbetter (OTC) 19:03.

KOENIG

Denver, Colorado, October 26:-Wendy Koenig Knudson continued to crush all opposition for the 1974 cross country season as she annexed the Rocky Mountain Championship over a course just 70 yards short of three miles by almost a full minute. Koenig has yet to be pressed in the '74 season. The weather was warm and dry and the course was hilly with a grass surface.

14/Over Division (3m, -70y), 1-Wendy Koenig (ColStUn) 18:12, 2-Robin Castor (Colorado Pacers) 19:10, 3-Jamie Frommer (CSU) 20:14, 4-Deb Kirchhofer (CP) 20:20, 5-Janet Richmond (ColUn) 21:11. Scores, 1-CSU 39, 2-The Colorado Gold 78, 3-CSU "B" 149. Finishers - 36. 12/13 (2.0 less 150y), 1-Cara Pratt (Jeffco Jets) 12:30, 2-Nancy Rogowski (Boulder Cinderbellies) 12:36, 3-Pam Bonnett (BC) 12:37. Scores, 1-BC 43, 2-TCG 55, 3-Polson Spiders 65, 4-CP 77. Finishers - 26.

10/11 (1.5 plus 80y), 1-Tammy Avis (TCG) 9:51, 2-Donna Boffey (CP) 10:06, 3-Julie Kautz (TCG) 10:10. Scores, 1-BC 41, 2-CP 50, 3-PS 73. Finishers - 36. 9/Under (1.0), 1-Judy Blackshore (CP) 6:41, 2-Sharon Adams (CP) 6:48, 3-Mindy Gregg (CP) 6:49. Scores, 1-CP 15, 2-PS 63, 3-CP "B" 82. Finishers - 24. Total finishers - 122.

REDLANDS GETS FIRST-EVER VICTORY

Redlands, California, October 26:-Ruth Kleinsasser, southern California high school 440 and 880 champion in 1973, gave the newly formed University of Redlands its first-ever win as she covered the 3.0 mile flat course in a good 18:11. Kleinsasser had to hustle to defeat URTC teammate Lee Chiau-Hsia from China who had forged into the lead with less than a mile to go. Debra Johnson of the Rialto Road Runners won the girl's race over a strong field while Paula Rose (12/13), Andrea Kirkorn (10/11) and Kathy Kiernw (9/Under) all looked extremely good winning their divisions. 230 runners finished the various divisions on the University of Redlands course.

Women (3.0), 1-Ruth Kleinsasser (UnRedlands) 18:11, 2-Lee Chiau-Hsia (UnRedTC) 18:19, 3-Sue Brodock (RRR) 18:41, 4-Patty Coursey (Blue Angels) 19:03, 5-Amy Thompson (LB Comets) 19:50. No scores. Finishers - 12. 14/17 (2.5m), 1-Debra Johnson (RRR) 14:09, 2-Doreen Assuma (RRR) 14:29, 3-Becky Wolfinger (SCC) 14:34, 4-Carol Flournoy (SCC) 14:38....8-Linda Brodock (RRR) 15:04....13-Donna Schellhouse (BA) 15:23....16-Lynn Hollins (RRR) 15:38....20-Sandy Brodock (RRR) 17:02. Scores, 1-RRR 29, 2-SCC 54. Finishers - 20.

14/15 (2.5), 1-Lisa Matheny (RRR) 15:37, 2-Cindi Johnson (BA) 15:44. Scores, 1-BA 28, 2-RRR 36. Finishers - 12. 12/13 (2.0), 1-Paula Rose (BA) 11:06, 2-Corinne Nunez (RRR) 11:15, 3-Suzanne Keith (RRR) 11:19. Scores, 1-RRR 28, 2-SCC 41, 3-BA 74, 4-RRR "B" 142, 5-SCC "B" 199, 6-South Bay Striders 206, 7-LBC 216, 8-Patriots 249, 9-Glendale Girls 281. Finishers - 70. 10/11 (1.5), 1-Andrea Kirkorn (BA) 8:36, 2-Daniella Mojica (SCC) 8:46, 3-Tracy Hughes (Un) 8:49. Scores, 1-RRR 36, 2-BA 60, 3-SCC 120, 4-RRR "B" 129, 5-SBS 181, 6-LBC 229. Finishers - 56. 9/Under (1.0), 1-Kathy Kiernaw (BA) 5:47, 2-Sandra Katzer (LBC) 5:49, 3-Kim Tanaba (BA) 5:59. Scores, 1-RRR 46, 2-BA 50. Finishers - 34.

IT'S GIBBONS AGAIN

Phoenix, Arizona, October 26:-Kathy Gibbons, apparently fully recovered from her ailments of last track season, continued her unbeaten season by easily winning the Open Division 3.0 mile race over the Mountain Park course in 18:41.8. Second place went to Marjorie Kaput in 19:38, but the interesting point is that both runners took a wrong turn and covered 3½ miles - and still finished 1-2.

Diane Barrett took the 12/13 race by a ten second margin and has apparently also recovered from recent foot problems.

Open Division (3.0m), 1-Kathy Gibbons (Glendale Gauchos) 18:41.8, 2-Marjorie Kaput (PhoenixTC) 19:38, 3-Phyllis Trim (Pear's Peaches) 20:14....12-Paula Schmidt (Un) 22:10. (Note both Gibbons and Kaput ran 3½ miles). 12/13 (2.0), 1-Diane Barrett (Arizona TC) 13:38, 2-Dawn Freeman (VOSTC) 13:47, 3-Sara Erickson (PS) 13:54. Scores, 1-ATC 35, 2-Scottsdale TC 65, 3-PP 67. Finishers - 32. (Open finishers - 19). 10/11 (1.5), 1-Theresa Smith (PP) 10:39, 2-Robin Crozier (STC) 10:43, 3-Janet Salazar (ATC) 10:53. Scores, 1-STC 38, 2-ATC 70, 3-VOSTC 77, 4-Creighton TC 127. Finishers - 44. 9/Under (1.0), 1-Karen Bradshaw (ATC) 6:33, 2-Sharon Smith (PP) 6:35, 3-JoAnn Chatterton (PP) 6:38. Scores, 1-PP 54, 2-CTC 62, 3-VOSTC 63, 4-STC 95. Finishers - 40. Total finishers - 135.

WRIGHT WINS BC TITLE

Vancouver, BC, Canada, October 26:-Thelma Wright, University of British Columbia TF Club, established herself as the top cross country runner in all of Canada as she added the BC title to her list of previous victories. Doll sized at 5'3 and 105 pounds, Wright shattered the course mark of 13:25 by covering the 4000 meters in 13:12.2, twenty five seconds in front of the USA's Debbie Quatier. Quatier and her Falcon Track Club mates took the team title back to Washington with a score of 39 to 61 for University of BC.

Open Women (4000 meters), 1-Thelma Wright (UBCTF) 13:13.2, 2-Debbie Quatier (Falcon TC) 13:38, 3-Sheila Currie (UBC) 13:53, 4-Maureen Crowley (Simon Fraser Un) 13:59, 5-Sharon Young (Esq) 14:02.

ASKEW MARATHON WINNER

Crowley, Louisiana:-In spite of taking a wrong turn and adding two miles to the race, Lida Askew, running her first-ever marathon, captured the women's title at the Rice Festival Marathon in 4:01:28. She was followed by Dee Cooper, also from Texas, in 4:05:29.



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HILARY NODEN, New Jersey State Cross Country Champion. (Photo by Jock Brown)

NEW JERSEY CHAMPIONSHIPS

Ramapo College, New Jersey, October 27:-High school and Junior Olympic champion Hilary Noden held off a late challenge by Doreen Ennis to become New Jersey Association cross country champion. The Nutley Track Club put four girls in the top ten and had an easy time winning the team title. Another performance of note was the 8th place finish of 44-year old Toshi d'Elia of the Skeeters TC.

14/Over (3m plus 30y), 1-Hilary Noden (Un) 18:30, 2-Doreen Ennis (Nutley TC) 18:31, 3-Carol Conlon (NTC) 19:30. Team scores, 1-Nutley TC 24, 2-Essex County Park Commission 59, 3-Rutgers AA 61, 4-Central Jersey TC 66.

CROSS COUNTRY ROUNDUP (Continued)

JULIE BROWN SPAAAU CHAMP

Huntington Beach, California, November 3:-Mean Julie Brown remained unbeaten for the 1974 cross country season and added the Southern Pacific AAU crown to her list of titles as she covered the tough three mile course in an excellent 17:45.5. Even the strong Clare Choate gave her teammate little opposition as Brown successfully defended her title, winning by nearly 25 seconds. UCLA had no difficulty taking home the team trophy with 18 points and their "B" team toted the second place trophy back to Westwood also.

Debra Johnson of the Rialto Road Runners continued to make a mockery of her cross country races as she eased to yet another win over the 2½ mile course. Paula Rose, Don DeNoon's newest star, stayed with the pack over the first half of the 12/13 race and then surged to the front, apparently stronger with each stride, for an easy win.

Also looking very strong was yet another Blue Angel in the 10/11 division. Andrea Kirkorn covered the 1½ miles like a pro, finishing with grace and style for a huge margin of victory. The 9/Under race provided a real thrill with Sandra Katzer of the Long Beach Comets and Kathy Kiernan of the Blue Angels fighting down to the wire, both clocking 6:10.7 and both looking like the "compleat" runner. A fantastic race.

Women (3.0), 1-Julie Brown (UCLA) 17:45.5, 2-Clare Choate (UCLA) 18:09, 3-Kate Keys (UCLA) 18:36, 4-Jackie Hansen (SFV) 18:52, 5-Teri Johnson (UCLA) 19:09, 6-Pam Jewell (LBC) 19:11, 7-Maria Stearns (UCLA) 19:31, 8-Linda Heinmiller (UCLA) 19:40, 9-Dale Raymond (UCLA) 19:52, 10-Judy Ikenberry (RRR) 20:02, 11-Lee Chiau-Hsia (URTC) 20:10...15-Clydine Crowder (UCLA) 21:02. Finishers - 22. **Women 30/Over (3.0)**, Carol Honeywell (RRR) 22:58.6. **14/17 (2.5)**, 1-Debra Johnson (RRR) 15:05, 2-Linda McQuarrie (LBC) 15:18, 3-Becky Wulfinbarger (SCC) 15:31, 4-Doreen Assuma (RRR) 15:33. Scores, 1-RRR 37, 2-LBC 57, 3-SCC 86. Finishers - 31.

14/15 (2.5), Marsha Pierce (LMM) 15:42. Finishers - 20. **12/13 (2.0)**, 1-Paula Rose (BA) 11:15.4, 2-Corrine Nunez (RRR) 11:30, 3-Penny Bridges (RRR) 11:51. Scores, 1-RRR 29, 2-SCC 52, 3-BA 113. Finishers - 75. **10/11 (1.5)**, 1-Andrea Kirkorn (BA) 9:25.9, 2-Kelly Cerda (Un) 9:32, 3-Vicki Cook (RRR) 9:40. Scores, 1-BA 48, 2-RRR 52, 3-SCC 131. Finishers - 65. **9/Under (1.0)**, 1-Sandra Katzer (LBC) 6:10.7, 2-Kathy Kiernan (BA) 6:10.7, 3-Kim Tabave (BA) 6:22. Scores, 1-LBC 42, 2-BA 45, 3-RRR 68. Finishers - 41. **14/Over Novice (1.0)**, Yolanda Rich (LBC) 6:29.9. Finishers - 9. **13/Under Novice (1.0)**, Tina Scott (SCC) 6:30. Finishers - 26. Total finishers-295.

VICKI CLARK TEXAS WINNER

San Marcos, Texas, October 26:-Veteran Vicki Clark, representing the Cameron Track Club, easily won the Texas Open Cross Country Championship over the hilly one mile course, winning by 16 seconds in a new record time of 5:09.

1-Vicki Clark (Cameron TC) 5:09, 2-Kathy Culwell (Texas Road Runners) 5:27, 3-Barbara Drain (TRR) 5:34.

NEPPEL WINS USTFF TITLE

Kenosha, Wisconsin, November 2:-Iowa State University turned loose Peg Neppel at the USTFF National Championships and the Iowa student responded with a brilliant clocking of 17:05.8 over the three mile course which was a path cut through a rolling, hilly field. Neppel led her teammates to the National title as the Iowa State lasses tallied 25 points to edge the Kettering Striders who scored 34. Lori Schafer won the 11/13 division race and Kayla Skelly maintained the tradition of her family by winning the 10 and under competition. Paula Class annexed the 14/16 race.

Women's National Championships: 1-Peg Neppel (ISU) 17:05.8, 2-Mary Ann Opalewski (Fleet Feet) 17:41.8, 3-Carol Cook (SW Missouri Un) 17:45, 4-Annette Class (Track America) 18:03, 5-Kim Piper (UnWis-Parkside) 18:14, 6-Karen MacHarg (KS) 18:16...12-Brenda Webb (KS) 18:36, 14-Robin Evans (ISU) 18:40.

14/16 (2.0), 1-Paula Class (TA) 11:40.4, 2-Joan Westphal (Mt.Desert Island HS) 11:59. **11/13 (2.0)**, 1-Lori Schafer (Saber TC) 11:54.1, 2-Sheila Erickson (Un) 11:59, 3-Val Eaton (Palos Hills TC) 12:04. **10/Under (1.0)**, 1-Kayla Skelly (FF) 6:11.8, 2-Margaret Marion (West Suburban TC) 6:17.6

Number of finishers: Women - 85; 14-16 - 41; 11/13 - 62; 10/Under - 25.

MARYL BARKER WINS ONE

Eugene, Oregon, November 2:-Maryl Barker, University of Oregon, easily won the Lane Community Course cross country run with a 15:57 clocking over the 2.7 mile course. Runnerup Janet Heinonen was nearly 40 seconds to the rear. Nancy Alleman missed the start of the race, but jumped in after the field had gone 100 yards, finished third but was not an official starter.

1-Maryl Barker 15:57.2, 2-Janet Heinonen (OreTC) 16:35, 3-Cheryl Bates (OTC) 16:36, 4-Debbie Brundige (OreClgEd) 16:37, 5-Lili Ledbetter (OTC) 17:09. Scores, (4 per team), 1-Oregon TC 20, 2-Univ. of Oregon 32, 3-Oregon College of Ed 40. Number of finishers - 19 (plus Alleman).

ALL TIME TOP TEN FOR 1000 METERS

2:35.0	Karin Krebs (GDR)	Potsdam	8/28/74
2:35.1	Ulrike Klapezynski (GDR)	Potsdam	8/28/74
2:35.9	Gunhild Hoffmeister (GDR)	Potsdam	8/20/72
2:36.7	Vassilena Amsina (Bul)	Potsdam	8/20/72
2:37.6	Waltraud Pohland (GDR)	Potsdam	8/28/74
2:37.8	Elzbieta Katolik (Pol)	Berlin	8/21/74
2:37.9	Gisela Klein (GFR)	Berlin	8/21/74
2:38.9	Ellen Wellmann (GFR)	Berlin	8/21/74
2:39.1	Maritta Politz (GDR)	Potsdam	8/20/72
2:40.8	Yolanda Yanuchta (Pol)	Berlin	8/21/74

NEW WORLD MARATHON BEST

Christa Kofferschlagler, West Germany, set a new world best for the marathon when she covered the distance in 2:42:38 in a run at Essen on October 26. The speedy Kofferschlagler cut nearly four minutes from Miki Gorman's record of 2:46:36 and improved her own personal best nearly eight minutes from 2:50:31.

MEL WATMAN COMMENTS ON PROC'S FIRST APPEARANCE (From 'Athletics Weekly')

"As one who has eagerly awaited the return of the Chinese (Peoples Republic of China) to international athletics, I am dismayed by their performance at the Asian Games in Teheran in early September. Not their athletic performance, for they met with reasonable success (with 14 medals they ranked second to Japan with 16), but with their cynical political posturing. The Chinese followed the Arab/Pakistan/North Korean line of conceding to compete with the Israelis in athletics, as distinct from other sports, only because it does not involve direct physical contact or face to face confrontation; and they indulged in such loathsome conduct as women's high jump bronze medalist Wu Fu-shan refusing to shake the hand of Israel winner Orit Abramovitz."

(Mel Watman is editor of "Athletic Weekly")

REPORT ON FINLAND by Jon Wigley

After the first day of the Finland-Great Britain match, the British men and women were trailing Finland - tiny Finland. The last time the two teams met, in 1969, the British won with ease, 118-93. Why the sudden change?

In 1969 the Finns were completely revolutionising their athletic system based on modern business trends and pouring considerable money into the purchase of training expertise and the science of athletic physiology. The quickly found confidence of the distance runners with their "Flying Finn" heritage, has now permeated into the other men's events and more recently to the women - who made a meteoric rise in world athletics - all of which has helped to develop a small but highly talented squad of world class athletes. The long hard Finnish winter clamps down on any competition so that when the spring comes the Finns are hungry to compete and it lasts right through the highly competitive Nordic summer.

CALIFORNIA CHAMPIONSHIPS: SWEET JULIE AGAIN

La Jolla, California, November 10:-The California State meet staged by Wilt's Wonder Women on the tough, hilly course at University of California at San Diego, brought out the finest field of distance runners in the meet's history. They were all there - undefeated Julie Brown, world class Francie Larrieu making her first start of the 1974 campaign, former USA record holder for 10000m Clare Choate, marathoners Jackie Hansen and a slim-looking Cheryl Bridges, former age group great Eileen Claugus, unbeaten Kathy Gibbons from Arizona, Teri Johnson the "tester" sent as the San Jose Cinderdals lone entry, former great Maria Stearns on the comeback trail, 1974 high school sensation Linda Heinmiller, China's 800/1500 record-holder Lee Chiau-hsia - the best field yet assembled.

And the race lived up to expectations. Could Brown hold off Larrieu in spite of Larrieu's lack of running? Could Gibbons challenge the Californians? It didn't take too long to answer some of those questions as Brown and Larrieu went to the front after the first quartermile of manouvering and by the end of the first mile they were all alone. Over a downhill section, Larrieu moved in front and Julie found herself with the first real challenge of the season. But after two miles, it was no contest as Larrieu began to run out of gas from her long layoff and Brown got stronger as the race progressed and won by nine seconds at 16:39 over the rugged 3.08 mile course.

Teri Anderson returned to San Jose with tales of the strength of the UCLA Bruins, labeling them the 'best team that money can buy' for she finished in 9th spot in spite of running under 18 minutes. Gibbons closed well and finished fourth behind Choate, and the two marathoners, Hansen and Bridges, were pleased with their 4th and 5th place finishes.

Larrieu ran very well for the amount of training she has done and will be a real factor at the Nationals with another three weeks of conditioning. She suffered spike scratches on her calf during the race, self-inflicted. Looking very trim without an extra ounce of fat, she competed wearing a uniform given to her by Germany's Christa Merten and certainly should have a great season. Claugus, after a desultory year in 1973-4, showed promise of returning to her former top position, but suffered a blister on the bottom of her foot during the race which slowed her down considerably.

In the 14/17 Division, Debra Johnson once again completely dominated the fine field as she won the 2.57 mile race in 14:39, some 22 seconds in front of second placer Linda McQuarrie and far ahead of such fine runners as Doreen Assuma, Becky Wolfinbarger, Carol Flournoy and Kathy Jewell. Paula Rose, the 12/13 winner, had to battle with Suzanne Keith for most of the race before taking command for her six second victory. The anticipated battle for the 10/11 title never materialized as Andrea Kirkorn slipped to 21st place and marathon sensation Mary Etta Boitano had an easy win. And this time Kathy Kiernan ran away from Sandra Katzer to win the 9/Under title all alone.

Teamwise, the Rialto Road Runners had a field day winning four of the six championships. UCLA dominated the women's scoring and except for the meaningless 14/15 division, the runners from the Southern Pacific Association walked off with nearly all the trophies.

The meet was well staged and plenty of preparation had gone into all phases of such a large competition. Highlight of the day was the award ceremony with Wilt Chamberlain giving the awards to all 172 individual winners and team winners. Especially great was his presentations to the 9/Under runners who found themselves gazing at his knee caps in awe.

Women (3.08), 1-Julie Brown (UCLA) 16:39, 2-Francie Larrieu (UCLA) 16:48, 3-Clare Choate (UCLA) 17:07, 4-Kathy Gibbons (GG) 17:24, 5-Jackie Hansen (BHS) 17:28, 6-Cheryl Bridges (LATC) 17:29, 7-Kate Keyes (UCLA) 17:47, 8-Nadia Garcia (SDTC) 17:51, 9-Teri Anderson (SJC) 17:59, 10-Eileen Claugus (WS) 18:00, 11-Marjorie Kaput (PHTC) 18:13, 12-Teri Johnson (UCLA) 18:17, 13-Pam Jewell (LBC) 18:19, 14-Linda Heinmiller (UCLA) 18:44, 15-Lee Chiau-hsia (URTC) 18:56, 16-Maria Stearns (UCLA) 19:10...23-Clydine Crowder (UCLA) 19:43...29-Patty Cape (LBC) 20:58. Scores, 1-UCLA 22, 2-San Diego TC 99, 3-Redwood City Flyers 108, 4-UCLA "B" 127, 5-SDTC "B" 182, 6-Blue Angels 184. Number of finishers - 49.

14/17 (2.57), 1-Debra Johnson (RRR) 14:39, 2-Linda McQuarrie 15:01, 3-Doreen Assuma (RRR) 15:14, 4-Becky Wolfinbarger (SCC) 15:24, 5-Lynne Miller (Un) 15:25. Scores, 1-RRR 45, 2-LBC 56, 3-SCC 71. Finishers - 22.



Host Wilt Chamberlain presents an award at the California State Championships. (Karin Smith photo).

14/15 (2.57), 1-Kathy Adams (WS) 14:59, 2-Ann Trayson (SV TC) 15:32, 3-Karen Parish (BA) 15:37, 4-Marcia Pierce (LMM) 15:43, 5-Karen Machbar (WS) 16:13. Scores, 1-San Juan Striders 69, 2-Ojai Valley TC 75, 3-Blue Angels 77. Finishers - 30.

12/13 (1.94), 1-Paula Rose (BA) 10:36, 2-Suzanne Keith (RRR) 10:42, 3-Corrine Nunez (RRR) 10:51, 4-Karen Bain (WS) 11:00, 5-Shelly Waters (SCC) 11:04...17-Mari Gibbs (LITC) 11:30 (Fell). Scores, 1-RRR 29, 2-SCC 62, 3-WS 133, 4-SJuan Striders 135, 5-Blue Angels 197, 6-RRR "B" 203, 7-Salinas Valley Striders 275, 8-South Bay Striders 297, 9-Patriots 324, 10-Ventura Girls TC 378. Finishers - 112.

10/11 (1.61), 1-Mary Etta Boitano (Un) 9:22, 2-Danielle Mojaka (SCC) 9:29, 3-Vickie Cook (RRR) and Denise Falzone (Duke City Dashers) 9:32, 5-Kiki Lantry (Un) 9:34. Scores, 1-RRR 44, 2-SCC 125, 3-BA 129, 4-RRR "B" 167, 5-Cupertino Yearlings 202, 6-SB Striders 232, 7-Roseville Gazelles 240, 8-South Lake Tahoe Steppers 309, 9-Ventura Girls TC 325. Finishers - 82.

9/Under (1.19), 1-Kathy Kiernan (BA) 7:02, 2-Jeani Fuller (SanJuan) 7:15, 3-Sandra Katzer (LBC) 7:18, 4-Kim Tanabe (BA) 7:26, 5-Michele Mendoza (DCD) 7:28. Scores, 1-RRR 87, 2-LBC 95, 3-BA 96, 4-Appaloosa TC 106, 5-Salinas Valley TC 119, 6-Cupertino Yearlings 152. Finishers - 67. Total number of finishers - 362.

SOUTHERN CALIFORNIA INDOOR GAMES

ANAHEIM CONVENTION CENTER JAN. 24 & 25, 1975

MEET DIRECTORS

JIM CRUMPTON
Coach:

So. Calif. College
(714) 545-1178

KEN KARNES

Coach:

Long Beach Comets
(213) 431-7096

Meet coordinator

Pete Scanlon

High school
Coordinator

Joe Fisher
Coach:

Costa Mesa H. S.

Dear Coach:

Have you ever wished for an indoor meet for your athletes to compete?

It is coming on January 24-25, 1975. The meet will be held at the Anaheim Convention Center Sports Arena. It will be a different type of indoor meet inasmuch as we intend to offer the opportunity for a lot of athletes to compete. Indoor meets are exciting. This is a chance not only for your athletes to compete, but a chance for your team to put a lot of money in the treasury.

Any team or club can sell ads for the attractive souvenir program. You keep 40% of all ad moneys you collect. The full-page ads are selling for \$200, half-page for \$100, one-fourth page ads for \$50, and business-size ads for \$35. If you have a business that might want to sponsor one of the events, we will put his name or logo on the awards. Name the event in his honor, and he can present the awards. The business must purchase either a full-page ad for \$250 or a half-page ad for \$150 to have the event named after him.

Coaches, figure what this could mean to your program. If you have 25 team members each selling one full-page ad each, your team makes \$2,000, or if they each sell a half-page ad, you make \$1,000. You keep 40% of any ad money your team sells. I am sure your team members have families or friends that will be at the meet to watch them compete, and they will want to buy an ad from you.

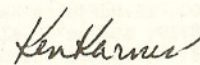
Now is the time to get started. We need the photo ready ads by January 13th. If your team or club can use the money, you should give this opportunity a lot of consideration.

We can supply you with our Southern California Indoor Games invoices. You can either bill them or collect on the spot. The sooner you get started, the more you can make. Give your friends in business the chance to support your program. You will be surprised how easy this can be.

We hope to make this an annual event. An indoor meet of this type is needed to let a lot of athletes compete although it is very expensive. However, you can get your athletes in the meet and put some funds in your team treasury at the same time. Write us for more information.

Your Co-Meet Directors,


Jim Crumpton


Ken Karnes

Mailing Address: 2525 Newport Blvd., Costa Mesa, Calif. 92626

STEVE'S WONDERS
by **STEVE WENNERSTROM**

KATHI LAWSON

THE TALL STORY



Whenever track buffs gather and the inevitable stereotyping of sprinters begins, be assured that such names as Iris Davis, Silvia Chivas, Ivory Crockett and Mel Pender will be bantered about. Why? Sprinters are short, stocky individuals with bulging thighs, right? Quick stepping, low-to-the-ground locomotives, right? Decidedly, these are simple generalizations. However, what makes the art of sprinting most interesting are those exceptions to the rules. Or, upon deeper scrutiny, do these rules really stand up at all? Consider the statures of Irena Szewinska, Christine Heinich or Margot Eppinger, or the subject of this month's article, Kathi Lawson. All are more than 5'9, all are lean and lanky, and lastly, but most importantly, all are accomplished sprinters. Everyone knows of Szewinska's success this year at the European Championships, so why all of a sudden the tall sprinters?

"It's nothing new, really," says Kathi. "After all, when you really think back, Wilma Rudolph, Edith McGuire and Wyomia Tyus were all fairly tall and lean. It just seems there are more of us now."

Kathi's height certainly hasn't aided her progress this year. Unfortunately the nagging heel and foot injuries which occurred and hampered her in 1972 and eliminated any chance of an Olympic team berth, have reappeared. After a successful indoor season with the La Jolla Track Club, the injuries have stopped Kathi from running even one outdoor meet all season. "I seriously doubt the injuries will ever allow me to get back to my past sprint form. Even on light sprint training, the pain becomes severe."

So what about the future? "I plan on laying off next track season and giving my foot a chance to heal sufficiently. Then I would like to try the 440. Many of the European sprinters are moving up to the quarter with great success."

At 21 years of age, Kathi has led a most interesting and varied track career. Over a period stretching from 1968 to the present, she has set an indoor world record for the 100 yard dash, traveled to Europe and Africa, defeated the likes of Mable Ferguson, Kathy Hammond, Raelene Boyle and Irena Szewinska, and in a national championship final been mistaken for Judy Murphy of Texas Women's University which pushed her back to last in the results when she was actually 6th.

While attending the University of Massachusetts, Kathi ran the second leg of the men's 440 relay team, a first for a woman at an Eastern college or university.

At the 1971 National AAU Championships, she set an American record in the Girl's Division 100, zipping to a fast 10.5. Also in 1971, Kathi competed in the USA-USSR meet held in Berkeley, California.

In addition to all this, as if it weren't enough, she has competed in the World University Games in Moscow, toured Denmark, Sweden and Norway and so on and on the story goes. A colorful career to be sure. One which is no doubt envied by many young, aspiring girls in track and field.

For the time being, Kathi has left California and returned to finish school at the University of Massachusetts. Her biggest thrill was equalling the world indoor record for 100 yards at the Champions Meet in Pocatello, Idaho, last year. The time of 10.7 was previously set by the legendary Wilma Rudolph.

Kathi was born in Keene, New Hampshire on October 4, 1953. She is 5'11½ tall and weighs 155 pounds. La Jolla Track Club coach was Tracy Sundlan.

It happened on the 1973 European tour in Turin, Italy. Kathi had somehow missed her calls for the 200 meters. She casually strolled into the stadium and spotted her competitors lined up behind their blocks for the start of the 200. She dashed across the track, found her lane, stripped off her warmups, stretched mentally and proceeded to beat the entire field in a most convincing fashion and recorded a good 23.6 in the process. And it was all caught on National TV!

UNIVERSITY OF NEVADA, LAS VEGAS

University of Nevada, Las Vegas, seeks physical education instructors with expertise and experience in coaching women's intercollegiate tennis, basketball, track and field, volleyball.

Salary: negotiable. Effective: January 1 or September 1, 1975.

Send letter of application and professional resume to: Ms. Barbara A. Quinn, Director of Women's Intercollegiate Athletics, University of Nevada, Las Vegas, Nevada 89154.

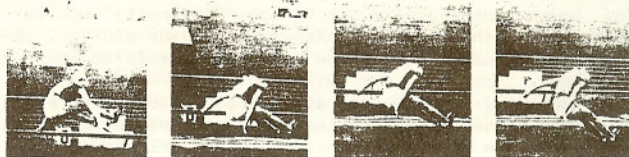
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LAS VEGAS, NEVADA 89154

1975 INDOOR SCHEDULE

Washington, DC, October 23:-The National Indoor Track Meet Directors Association released the indoor schedule for the 1975 season at its annual meeting today. 21 indoor meets will be held starting with the annual Saskatchewan Games on December 26-27-28 and ending on March 15 with the Highland Games in Ontario. Highlight will be the National AAU Championships held once again at Madison Square Garden in New York on February 28. The complete schedule:

December 26-28	Saskatchewan Games, Saskatoon, Canada
January 10	CYO Invitational, College Park, Md
January 17	Meet of Champions, Pocatello, Idaho
January 18	Sunkist Games, Los Angeles, California
January 18	East Coast Invitational, Richmond, Va.
January 24	Examiner Invitational, San Francisco
January 25	Oregon Invitational, Portland, Oregon
January 31	Wanamaker Millrose Games, New York, NY
February 1	Jaycee Invitational, Albuquerque, NMex
February 1	Ft. Worth Games, Ft. Worth, Texas
February 7	Philadelphia Track Classic, Philadelphia
February 7	LA Times Games, Inglewood, California
February 8	Mason-Dixon Games, Louisville, Ky
February 14	Maple Leaf Games, Toronto, Canada
February 15	Cleveland KofC Meet, Cleveland, Ohio
February 15	San Diego Games, San Diego, California
February 15	Northwest Relays, Pocatello, Idaho
February 21	US Olympic Invitational, New York City
February 22	Bennion Relays, Pocatello, Idaho
February 28	National AAU, New York City
March 15	Highlander Games, Hamilton, Ont, Canada



So the Keene High School softball player turned track internationalist will wait for her foot injuries to subside. A 5'11½ runner who stands head and shoulders above her competition not only physically but in ability as well. I am sure I would be safe in assuming that all of us involved in women's track and field hope that in the near future Kathi can return to her full potential as a great competitor.

'IT COULD ONLY HAPPEN TO CASEY' by Casey Ide

Maybe it began before 1946, but that's the first time I really remember it happening. I was with a group of WACs newly arrived in Europe, and we had a few hours in Paris. As I stepped out of the hotel where we had been given lunch, I heard my name called from across the street! I couldn't believe my ears. Surely I didn't know anyone in Paris. But coming toward me was my former commanding officer from South Dakota whom I hadn't seen for several years, now on her way home from Africa. And she, too, had just a few hours in Paris! Was that the first of my many experiences?

My assignment in Europe was Vienna, Austria, where I spent the two happiest years of my life. Among the friends I made there was a former actress who spoke fluent English, so we frequently attended the theater together and she translated when I needed help. But using a language conversationally is one thing, and trying to write it - spelling words correctly and struggling with grammar and punctuation - is something else. So I said goodbye regretfully and nearly 30 years went by.

When I decided to take the Track and Field News tour to the European Championships in Rome this fall, I arranged to take a sentimental journey to Vienna for three days before the Games. I told myself to expect to find the buildings I knew torn down and the people I knew gone. I couldn't remember abt addresses and very few names. My actress friend would be gone, and if she had married I wouldn't know her name. But she was in the phone book - same name, same address, still working and changed very little. So my trip had already been worthwhile, no matter what happened in Rome! The waltzes were still beautiful, the Strudel still good (and expensive!), and the people still friendly. One evening I took a 'tour' with people who spoke seven different languages, and we still managed to sing together. And when I flew to Rome, whom should I have for seating companions but a young couple from Egypt who had been on that same evening tour!

In Rome, our American group was housed at a downtown hotel just off Via Veneto. Most of the staff understood English, which helped a lot since the only one of us who spoke any Italian was a Greek from Chicago. He helped me a lot in cabs and restaurants! Cabs were the only thing in Rome that seemed inexpensive. Vince Reel told you about the food prices - add 90¢ for a glass of wine and over a dollar for a cup of coffee! The Games were staged in the 1960 Olympic Stadium and it was seldom completely filled, so I was able to wander around and sit down with groups of athletes from other countries. With some of them, like the girls from Rumania, all I could do was show them "Women's Track & Field World", point to my name, and carry on a conversation in sign language! They all poured through the magazine exclaiming over pictures of athletes they knew, and those who could read English, copied the address. I hope it brings some new subscriptions.

The first day, two young Russian runners (boys) saw the pins on my hat and came over with pins in their hands wanting to trade. One of them had run in the Junior meet in Texas, and the other in the Senior meet in Durham, so they had picked up a few words of English. They were surprised when I tried out my night-school Russian! On the way out of the stadium that evening, I heard "Casey!" It was Jane Frederick, and as Vince told you, she was acting as a translator at the Games. And so we met several times in the stands.

Sitting in front of our group was an Italian family with two little boys, Mario and Sergio. Sergio is 12 and learning English in school so he proudly translated for us much of the time. He wants to come to the US for "University" and is working hard on his English. Know any 12 year old boy, interested in track, who would be willing to write to Sergio? Let me know.

The next day, Spiros and I discovered the outdoor restaurant at the tennis club near the stadium where we were adopted by one of the interpreters - a teenage girl named Francis who wanted to practice her English. Her parents are from South America and she spoke fluent Spanish and French as well as Italian. She gave me her home address and phone number and told me to call her if we needed any help getting around the city. This was typical of all the Italian people we met at the Games, from Naples and Florence as well as Rome. While we were eating lunch, I heard my name again. Here came a young couple from London with whom I had spent a lot of time in Christchurch, New Zealand, last winter - Judy and Ian Farr. Judy was 10 times race-walking champion of England, and used to compete at meets with Mary Toomey. She said at first they couldn't really believe it was "Casey" sitting there, and added, "But we should have known you'd be here!"

That afternoon I heard my name called from directly above me in the stands and looked up to see Maeve Kyle of Northern Ireland waving to me. I went up and met her daughter Shauna who is also a 400 meter runner, and Maeve's husband. Maeve will be running at the Masters' World Championships next August in Toronto, and I told her I will be there cheering for her. A few days later I was hailed as I was about to enter the stadium and it was another friend from Northern Ireland, Mary Peters. It was the day of the pentathlon and a very hot one, and Mary said, "I'm sure glad I'm a spectator today, and not a competitor!"

Bob Hyten, former coach of the Ozark Track Club in Illinois, had written Judy Vernon that I would be there, and Judy found me with the aid of binoculars and came over to say hello. We invited her to be a guest at the ITFN luncheon at our hotel, and all our tour members were delighted to meet a former American girl who has become a world class hurdler since moving to Europe. Judy had been very busy moving into a new home in London, and has now retired - at least temporarily! I hope she won't make it permanent.

I visited with Rosemarie Witschas the day before the high jump began, but didn't get a chance to congratulate her on her new world record. However, some of her teammates said they would give her my message. I sat with them one afternoon and showed them the magazine. They were all very friendly, as is Rosemarie. She seemed surprised that I had read in an American newspaper about her tying the former world record, and Maritta Lange was amazed when I told her how long I have been following her career. Others I met were Angela Schmalfeld, Marianne Voeltzke and Waltraud Pohland.

Holland's pentathlete is a girl by the name of Cisca Jansen, who hopes to be at the next Pan-Am Games representing the island of Aruba, and I hope to see her there. Another girl from Holland, high jumper Annemieke Bouma, could win a beauty contest anywhere! Her coach promised to keep me informed of her progress - she jumped over six feet in the final at Rome. In fact, 15 girls qualified at 5'10" and ten of them were over 6' in the final.

Rome was full of surprises for me and perhaps the biggest surprise of all turned out to be a wee bit embarrassing.... There was a delightful young American couple from New York at our hotel and I spent quite a bit of my free time eating and chatting with them. The wife was friendly, but shy, and the husband more talkative. I assumed they were tourists since they knew nothing about the Games being held. Also, they had just come from Salzburg, where all roads lead in August: Nearly all theaters and concert halls in Austria are closed from August first until September first while all the best-known performers appear at the world-famed Salzburg Music Festival. Imagine how I felt on my last day there when the young man brought me a magazine containing an article about, and picture of, his wife - who just happens to be a Metropolitan Opera star who had been appearing in Salzburg professionally! She has also had two concerts at the Hollywood Bowl this year, and will be at the Met in January. I had to admit that my knowledge of the music world is appallingly small, but he insisted that his wife was delighted to have someone seem to like her as a person, without wanting anything - not even an autograph! When I told members of my tour group about it, one of the men said, "It could only happen to Casey!"

FINLAND/GB TIE

London, England, September 25/26:-Fine performances were the rule as Finland and Great Britain battled to a 73-73 tie in an international match at Crystal Palace. The Finns needed to win the final event, the 4x400 to knot the score and they put out their best foursome to win by one second over the determined Britains.

First day: 100, 1-Pursiainen (F) 11.5, 2-Lannaman (UK) 11.5, 3-Golden (UK) 11.9; 400, 1-Salin (F) 51.5, 2-Murray (UK) 52.0; 1500, Tynela (F) 4:21.2; LJ, Helenius (F) 21'2½; SP, Barck (F) 51'11¼; 4x100, UK (Colyear, Barratt, Golden, Lannaman) 45.0. First day score: Finland 35, UK 27.

Second day: 200, 1-Salin (F) 23.5, 2-Murray 23.6, 3-Pursiainen 23.7, 4-Golden 24.0; 800, Wright (UK) 2:06.1; 3000, Holmen (F) 9:12.4, 2-Joyce Smith (UK) 9:18.0; 100mH, Drysdale (UK) 13.9; HJ, Lawton (UK) 5'10¼; DT, Payne (UK) 172'5; JT, Mustakallio (F) 182'3; 4x400, Finland (Eklund 55.1, Pursiainen 52.4, Wilmi 53.9, Salin 50.9), 2-UK (Hill 55.0, Barnes 53.6, Kennedy 52.8, Murray 51.9). Finland 3:32.3, UK 3:33.3. Final score, 73-73.

SOUTH AFRICAN GIRL AFTER WORLD 400mH RECORD

by Riel Hauman

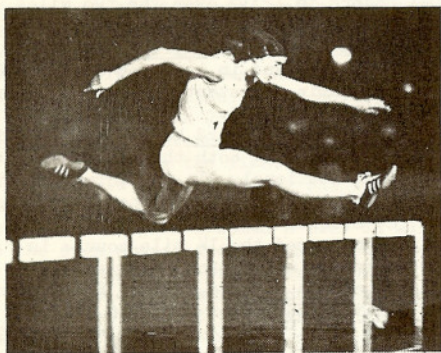
A dedicated pair they are: Hybre de Lange and her coach, Dusan Andrin. They know what they want from athletics: the world record for the 400 meters hurdles.

Hybre has been part of the South Africa track scene for a long time but she has never been world class, not in the 100 hurdles, not in the 200 hurdles, not in the high jump and not in the pentathlon.

This season she found an event which just suits her. And suddenly she is world class, with the prospects of doing much better than her best time of 58.9. Doing much better than that means getting to grips with the world record, which is held by Pole Krystyna Kasperczyk at 56.51.

What makes Hybre's excellent running in this very tough event so astounding is the fact that she runs times which would have been world records less than a year ago without any winter training geared to the 400 hurdles! In fact, she started training for the event less than two weeks before she ran it for the first time, on February 5, 1974. She recorded 60.8. Four days later she was back at Pretoria's track and this time she really shook the track world: 58.9!

Andrin, her fast-talking, intense and very knowledgeable coach, makes no bones about her talent: "With a hard winter behind her, Hybre can do 56 or better next season. Her ultimate potential? I would say 55 at least." What she needs most now, said Andrin, is overdistance work, interval work and better knowledge of pacing. "In her first race, Hybre ran the first 200 in 27.8, in her second race 27.5 and in the third (when she did 59.7) in 27.2".



That means that her second 200 took 33, 31.4 and 32.5 in each case. "The best differential would be three seconds or slightly better", according to Andrin. "Unfortunately, because she is so new to this event, her perception of the height of the hurdles diminishes in the last part of the race, so that she jumps higher than necessary and loses time".

The best way to prepare Hybre for things to come would be by overdistance work, Andrin feels. By that he means running 500 meters, the first 100 without hurdles, followed by the regular 400 meters with hurdles. Before the 60.8, she did this only twice, clocking 69.6 and 70.1, but on the Monday before her 59.7, she was down to 68.5 and 67.5.

And how does Hybre herself feel about this new race? "I am very keen," she told me. "My other events will have to suffer now. It is only natural, because I am not in world class in the 100 or 200 hurdles and I am really too short to be a good high jumper. In the 400 hurdles I can achieve something: with winter training - remember, I have had no background for the 400 hurdles - I can be among the best in the world".

The last word comes from Andrin; "Hybre has been with me for too short a time to really achieve what we know she can do. But she is willing to work hard and next season she will be among the top five in the world".

Hybre de Lange was born October 23, 1952. Her progression:

Year	Age	80H/100H	200H	HJ	Pentathlon
1968	16	11.6	xxxx	5'1	xxxx
1969	17	11.6	xxxx	5'2½	xxxx
1970	18	14.0	xxxx	5'8½	4019
1971	19	13.9	28.8	5'8¾	3900
1972	20	13.8	28.7	5'8¾	3908
1973	21	13.5	26.7	5'10½	3997

WILLYE WINS IN RIO

Rio de Janeiro, October 25/27:-An international meet was held in the beautiful city of Rio with athletes from many nations taking part. Best performance by the visiting Americans was the winning 21'4 jump by veteran Willye White who defeated a very strong field of jumpers including Eva Suranova, Martha Watson and Meta Antenen. Kathy Weston performed very well for this time of year with two second places in the 400 and 800. Interesting sidelight concerns the 1968 pentathlon silver medalist, Liese Prokop of Austria, who may or may not be making a comeback and who won the hurdles in 14.3, long jumped 19'10½ and put the shot 46'10½. Most of the athletes from abroad were evidently enjoying the trip.

First day: 200, 1-Silvia das Gracias Pereira (Brazil) 24.6, 2-Birgit Wilkes (GFR) 24.6, 3-Annegret Kroniger (GFR) 25.3; HJ, 1-Sara Simeoni (Italy) 6'0¾, 2-Milada Karbanova (Cz) 5'8¾, 3-Karin Wagner (GFR) 5'8¾; JT, 1-Eva Janko (Aut) 163'7.

Second day:-800, 1-Marie-Francoise Dubois (France) 2:06.0, 2-Kathy Weston (USA) 2:06.3; 100mH, 1-Liese Prokop (Aut) 14.3; LJ, 1-Willye White (USA) 21'4, 2-Birgit Wilkes (GFR) 20'8¾, 3-Martha Watson (USA) 20'5¼, 4-Eva Suranova (Cz) 20'4, 5-Meta Antenen (Switz) 20'0½, 6-Liese Prokop (Aut) 19'10½; DT, Odeta Valentino Domingos (Brazil) 156'0.

Third day: 100, 1-Annegret Kroniger (GFR) 11.9, 2-Esméralda Freitas (Bra) 12.0....5-Martha Watson (USA) 12.5...7-Christine Tackenburg (GFR) 12.7; 400, 1-Karola Claus (GFR) 55.6, 2-Kathy Weston (USA) 55.9, 3-Marie-Francois Dubois (Fr) 56.5; SP, 1-Helena Fibingerova (Cz) 64'0½, 2-Maren Seidler (USA) 51'7½, 3-Liese Prokop (Aut) 46'10½.

LETTER FROM ROSALYN BRYANT, Chicago

"I would like to know why you're always putting foreign people's pictures on the cover of your book. You never, ever put anyone's picture from the north, like Chicago, Peoria, Ohio, Michigan or any other state around this area. I'm quite sure there's someone who is doing good in that area. I like to see some people from around this area with their people on the cover or in the book."

Dear Rosalyn:

You have brought up a point which, I am sure, gets into the minds of persons all over the country, each of whom believes their particular section is discriminated against. But to set the record straight, let's simply take the cover photos we have used since the start of this year when WTFW went to the new format of a full page picture for the cover. The first issue was our annual issue and of course the "Athlete of the Year" appears on that cover as selected by the reporters from the magazine. That was East Germany's Renate Stecher. The March issue saw Francie Larriue and Mary Decker on the cover by virtue of the seven world indoor records set between them - worthy of a cover, don't you think? April cover was Joni Huntley, America's first six foot high jumper. Another worthy recipient, I am sure you will agree. Miki Gorman, winner of the Boston marathon occupied the May cover - and I can't see how you could deny her that honor. June was one of your own Mayor Daley athletes, Maren Seidler for her new American record in the shot. There were six foreigners on the July cover, but this was in relation to their effect on the National Championships - and none of the six were from this area, all were from the northeast, the south or the mid-west, (including another from your club). August brought the picture of Poland's Irena Szewinska. All she did was run the 100 meters in 10.9 and the 200 meters in 22 flat and the 400 meters in 49.9. Surely that is worth a picture. September saw another east-coaster, Robin Campbell for her splendid 2:02.5 800m performance and October was Sue Brodock, the only world champion America produced during the 1974 season. WTFW welcomes suggestions for cover photos, but the subject must have earned this honor. We are serious when we ask you to send us ideas. And one other point, we need good pictures. Send us glossy shots of your leading performers for our files. SFVR

HIGH SCHOOL TRACK By RICH EDE

Cross country seems to be catching on in high school programs at long last, though it still suffers in some instances from a lack of length, and we have several meets to report. From New York, Scarsdale squeaked out a narrow 53-59 win over Mamanoneck in an 8-team race over 1½ miles at Lakeland HS on October 12. Ellen Van Dyne (Pine Plains) copped the individual race with her 9:45.5s. Leah Rosenblatt (Scarsdale) and Barbara Nicol (Sleepy Hollow) were also under the old course record with 9:52 and 10:01 respectively. The scoring of this meet was interesting in that teams with five athletes entered were grouped and scored, followed by teams with 4 entrants, and teams with 2 following in the scoring. Hopefully, more girls will take to cross country and allow more orthodox scoring in the future.

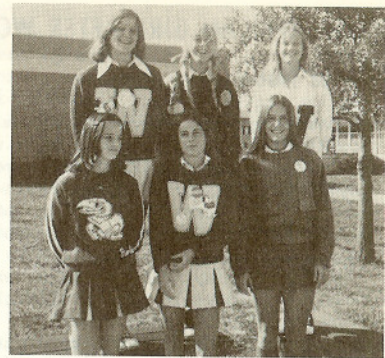
The Westchester T&F Coaches and Officials Association Meet at Croton Point, New York, had no such problem. Run in 47° weather on October 19, it featured 56 finishers from 18 schools. Scarsdale won this one too, scoring 76 points to runner-up Hendrick Hudson with 104. Individually, the battle for first was quite a show with Bridgett Bennett (Hastings) topping Ginny Werle (John Jay) over the 1½ miles 9:05.4 to 9:05.7. Nicol was third in this one with Rosenblatt fading to fifth behind Kathy Law of Hudson.

A final New York based meet involving over 150 entries found Columbia scoring a stunning 40 points to win by 86 over runner-up Franklin of New Jersey. Individual leaders were Hilary Hoden (New Jersey) 8:47.7, Andrede (West Melville) 9:03 and Osterlin (Columbia).

October 19, although extremely close to the beginning of school, seemed to be a big day for x-country. Nordhoff HS in Ojai, California, hosted something called the Southern California Girl's High School Cross Country Championships as a prelude to possible official recognition of the sport. Sophomore local Lou Mackaye walked off with the race, covering the 1¼ mile course in 10:26 to win by 21 seconds over Simi Valley's Debbie Porter. Coachella Valley's Kathy Beatty was third in 10:50, with Royal's sister combination of senior Barbara (10:57) and sophomore Karen claiming the next two spots. Royal claimed the Large Schools and Sweepstakes trophies with 93 points. Arcadia and Redondo tied for second with 104. Host Nordhoff took the small schools division over Coachella Valley and St. Paul. The latter marked the coaching debut of Patrice Donnell, nationally ranked hurdler.

Also on the 19th, Saskatchewan held its combined championships at Kelvington. In the Senior Division (under 19 as of August 31), Debbie Noble of Moose Jaw won handily over 1½ miles in 9:04.6, beating Sylvia Smith (Central) in 9:18. The next finisher was 43 seconds back. Teamwise, South West won easily with 30 points, (apparently non-team entries did not displace). In the Junior division (under 16) Liz Arnold of Saskatoon won another two-girl duel over Tamie Bragg (South West) 9:50.9 to 9:53 with third 31 seconds back. Regina easily took the team race here. The Midget division was a runaway for Gwen Johnston who led her Regina team to the win with a 9:48.2 clocking. The younger division bodes good things for Canadian cross country as 57 girls competed, more than in any other division.

Still another October 19 meet was the Iowa State Distance Running Championship at Adel. Scoring 4-girl teams, Manilla successfully defended its title for the third consecutive year as 22 teams and 154 individuals, all district qualifiers, competed in 50 degree temperature. North Fayette of West Union was runnerup with 49 points to Manilla's 42. Although the individual winner, Theresa Holm (8:36.6) of North Fayette, had finished 8th in 1972 and 9th in 1973, she was a surprise winner since she had lost to two teammates in the district and to three Ames runners in an early meet. Runner-up Jean Rostermundt (Manilla, 8:38) finished second in her district. Jim Duncan notes that Iowa's fine quartette of half-milers, Sue Deppe (Ames, 2:13.9), Rosemary Holden (Scranton, 2:13.6), Paula Vanderbeek (North Mahaska, 2:16.7) and Diane Becker (Hempstead, Dubuque, 2:16.9), only half-showed at this meet. Vanderbeek was 10th and Deppe was edged to third (8:39) in the last few strides. Debbie Sandahl (Urbandale) was fourth in 8:41, while Donna Schroer (Manilla) rounded out the top five. Deppe managed to avenge her loss a week later in the USTFF meet as she won over the two mile course in 11:54.2. Holm was 7th as Deppe's teammate Michelle Coady finished second ahead of Holm's teammate Cheryl Lockhart and Marcia Vegts. North Fayette won the team title easily as Manilla did not compete.



If anyone needs evidence that girl athletes are not Monstrosities, observe six of the nine members of the Kansas Thunderbolt Track Club who have been chosen cheerleaders for their schools: back row, Krissi Jones (Topeka West), Diane Deeter (Topeka HS), Kelly Smith (East HS); front row, Bertie Clark (Clapper Junior HS), Joy Schul (West) and Lori Paxton (Seaman HS). Paxton was outstanding athlete at the Junior Championships in 1972. Not shown are Lynette Wallace (Lincoln HS), Leah Buikstra (Downs) and Debbie Snider (Mankato).

One of the bigger New Jersey cross country meets is the Skeeters Invitational, held this year on October 5. Ridge-wood HS sponsors the high school division, and Red Bank Catholic dominates things, this year with A, B, C, D, E and F teams competing! Janet Kronick (Franklin Township) grabbed the individual honors in 12:17 over the two miles with Monica Loncola (RBC "A") leading the Red Bank hordes in 12:22. Last year's winner, Kathy Clanecy of Bayley Ellard, was third in 12:23. RBC took 1st and 2nd in the team scoring, A defeating B 27 to 67 with Franklin a distant third with 103 points. Eighty three athletes competed.

From Connecticut, St. Bernard has been dominating the cross country scene, winning both the Madison Invitational and the Guilford Invitational. In the former, Cynthia Wadsworth (Farmington) set a new course record, running the 1½ miles in 9:02, 24 seconds off the former mark. In the latter meet, Lavina Muncy sped the 1¼ mile course in 7:15 to win. Muncy was the runner-up at Madison.

From Montreal comes a name to watch - Sue Hylland, 15-year old Howard S. Billings HS runner who is 6 for 6 in cross country meets this year in various 3000m races. All this after a mediocre 1973 season. "My coaching has been great and I must admit I started training real hard about one month before the cross country racing season began." There's a moral in there somewhere.

A postscript to the New York results: Karin Von Berg, winner of the 880 in the Intersectional, is accompanying her father, a college professor, on his Sabbatical in Australia and will be unable to defend her title in New York. This during the year that New York is holding its first Intersectional for Girls in all events, (including two mile and excluding the javelin), on June 7 at USMA, West Point.

LATE NEWS: St. Bernard HS completed its dual meet season with a perfect record, winning over Ledyard HS 23-32 in Connecticut on October 29. Lavina Muncy of Ledyard won the 1½ mile race with a course record of 8:22. St. Bernard is coached by former Igloy marathoner Norm Higgins....Jennifer Cully won the Lakeshore Interscholastic Athletic Conference title in Montreal on October 23. Jennifer is from Lindsay Place HS....Great publicity in the "Groton News" for the Girl's Sectional Cross Country Championships as St. Bernard won this one, too, with 37 points ahead of Fitch (73), Ledyard (91), Hand (133), Morgan (145) and five other high schools. Once again it was Lavinia Muncy (Ledyard) who won individual honors. In the second division, Putnam HS won over seven other schools and Kim Belliveau (Putnam) was the winner....102 runners took part in the Texas State Cross Country Championships over a one mile course with Julia Campbell of Anderson the winner in 5:14, some 9 seconds ahead of runnerup Rhonda Garrison (Paschall).

In an attempt to get more information on the high school program of various states, I would appreciate information on the set of rules followed by each state (including weight of shot, hurdle spacings, hurdle height, kind of start - whether Olympic or center-straight, etc). I have received several sets of state meet records and appreciate them. We will try and put them in some comparative form soon.

KALEIDOSCOPE

More and more colleges and universities are coming up with cross country teams. For example at the Rocky Mountain cross country Championships in Denver, teams representing Adams State College, Colorado College, University of Colorado and Colorado State all took part....For next track season, the Murray State Invitational is scheduled for April 12. Contact Mrs. Tom Simmons, Women's Track Coach, Murray State University, Murray, Kentucky 42071....Istvan Hidvegi reports Nicaragua is once again becoming normal after the earthquake two years ago stopped all athletics....Great programs put out for the SPAAAU District Championships by the host Orange Coast Thunderbolts and for the California State Meet by Wilts Wonder Women.....There were 424 individuals and 36 clubs entered in the California State Meet....

Rochelle Collins, Motor City TC, was selected as the Michigan athlete of the month for November....Arizona has some early season All Comers meets in December, January and February. Contact Sue Humphrey, 1902 E. Meadowbrook, Phoenix, 85016....Wendolyn Brown, where-ever you are - send WTFW an address....California coaches are urged to join the "California Women Coaches Academy". Contact Pat Nordell, 2304 Freeborn, Bradbury, 91010....From the Asian Games, correspondent Gurbaksh Singh Kler reports, "China fielding a team in which up and coming young stars were supported by tired veterans who had left their best years during the years of isolation: Veterans included 31 year olds Ho Tsu Fen (100) and Chung Hsiu Yun (shot) who had left their best marks in 1965 and high jumper Wu Fu Shen, who still used the scissor style....

It's great to have Wilt Chamberlain in the sponsoring fold for women's track - but at the first meeting he attended, he ordered a bottle of champagne, and by the end of the meeting everyone at his table was voting for anything and everything...."Starting Line" reports: "At least one member of this year's US Junior team which competed against the Russians was not eligible because she was too old"....Fine interview with Francie Larrieu in the November issue of "Runner's World"....Larrieu ran 23 races in Europe in 13 weeks and ended up with the distance runners nemesis, tendonitis....We are eager to make the first presentation of Women's Track and Field World Special Award, but to date no one has qualified. This WTFW Special Award goes to the first meet director who stages a girl's/women's meet in which no father moves into the open spaces and begins to throw a football to his son. If they MUST show off in front of the girls, why don't they move out of the stadium or off the course?.....

Copley Walker writes that the State of Utah is finally going to have high school track for girls....Janet Thompson of Great Britain recently set a new world record. She threw a rolling pin 152'3 on October 2 competing for Hayward's Heath Harriers. Do you think that's a sexist event?....Joyce Smith was voted England's woman athlete of the year by the writers....Gunhild Hoffmeister scored another great double in Munich recently with a 1:59.9 800 and 4:06.8 1500....Faina Melnik came close to her WR when she tossed the discus 227'2 also in Munich....Debbie Brill recently jumped 6'1½ to equal the Commonwealth record on August 10. And 14 year old Julie White of Canada cleared 5'10½ in the Canadian Championships....Only 17 months remain until the Montreal Olympics begin....John Clement will be going to Australia in December and will be coaching there - a rarity for an American....

I know the Pan Am Games have been postponed, but did you know that BEFORE they were postponed, Canada had already selected its Pan Am team?.....Another name I like: Dee Dee Eddy of the San Juan Striders....and Fawzi Ali of the Michigammas....In a recent speech, Abby Hoffman said, "I competed in 1962 in Perth in the Commonwealth Games and came last. I competed in 1964 in Tokyo in the 400 and 800 meters and was eliminated in the first round of both races. And I know that those two experiences contributed in a very tiny, tiny way to my over-all development. It is humiliating, it is demeaning, it is highly unentertaining, it is alienating, it is just a colossal drag to be put into a major international Games, particularly the Olympics, when you are not of that calibre."&.. "I believe that someone should only be selected if they are of the calibre of the competition to which they are being sent" &.. "There has been too much emphasis in the past of making the team and not enough emphasis on preparing the athletes for the international competition."

A "World Championships" has been proposed for 1982/86/90, alternating with the Olympics....Howard and Rosemary Payne have announced their retirement from athletics. Between the two of them, they appeared in 111 international team competitions....The fabled Nos Galan runs of New Year's Eve fame

have been cancelled....Tamara Pilshchikova of the Soviet Union, broke the 500m record from a running start, clocking 32.29 seconds in Tbilisi, according to Tass - this means she had to average 6.45 for each 100 meters. Must have been quite a flying start!...France's Chantal Langlace moved into the Number Two spot on the all-time marathon list with a fine 2:46:24 victory on October 27. Switzerland's Marijke Moser was also under three hours in that race with 2:59:24....Sue Neary of the Santa Cruzers won the First Annual Rio Beach Run at Aptos, California, in mid-September. Sue covered the 6.9 miles in 43:13 and all 14 women finished under the one hour mark....Congratulations to Steve Price and all his helpers in their thorough preparations for hosting the National Cross Country Championships....

CLIFF TEMPLE REPORTS ON FINLAND vs SWEDEN

(From 'Athletics Weekly')

Helsinki, Finland, August 17/18:-Having heard so much over the years about this meeting and its electric atmosphere, I can only say that it lived up to its reputation. The stadium was packed both days with tickets being sold on the black market outside. Inside, groups of Finns and Swedes were chanting and counter-chanting, waving flags, singing, blowing horns and whistles and generally behaving with the enthusiasm (but not vindictiveness) of an English soccer crowd. It is all good, loud fun and when it is over the fans go quietly away, talking about the day's performances.

Riitta Salin was voted the outstanding athlete of the traditionally intense Finland-Sweden international held in Helsinki's Olympic Stadium. She was scarcely a big name until recent weeks. Her fastest 400 before this season was an internationally run-of-the-mill 53.9, but she had reduced her best to 51.2, fastest in Europe, at the Finnish Championships a week earlier, before exploding here through a 200 in 23.5, 300 in 36.2 and crossing the line in 50.5. Had it not been for Szewinska's world record, that would have sliced half-a-second off the old world mark, but it made the 22-year old student teacher second swiftest woman ever in such a demanding event. Riitta (nee Hagman) is the daughter of the vice-president of the Finnish Federation and has been married for several years to hurdler Art Salin, who last year also had a 400 in 50.5 - over the barriers. She puts her improvement down to simply training harder, within the same amount of time. (Salin later won the European Championships at 50.14).

On the second day of the meeting Riitta (born October 16, 1950) faced countrywoman Mona-Lisa Pursiainen over 200 meters with the result a win for Riitta 22.8 to 22.9.

Oh, yes, Finland won the match 85-60.

100 (+0.3) Pursiainen (F) 11.3; 200 (=0.3), 1-Salin 22.8, 2-Pursiainen 22.9; 400, 1-Salin 50.5, 2-Wilmi (F) 52.6, 3-Ann Larsson (S) 52.8; 800, Lindh (S) 2:05.8; 1500, Holmen (F) 4:11.6, 2-Lindh 4:11.6; 3000, Gustafsson (S) 9:15.6; 100mH (-0.5), Lempiainen (F) 13.9; HJ, Karlsson (S) 5'11½; LJ, Helinius (F) 21'7¼; SP, Metso (F) 54'0½; DT, Riihela (F) 170'9; JT, Mustakallio (F) 187'9; 4x100, Finland 45.5; 4x400, Sweden 3:40.4.

SECOND ANNUAL

MIRA COSTA COLLEGE/WILT'S WONDER WOMEN

TRACK & FIELD CLINIC

INCLUDING: Heide Rosendahl, Francie Larrieu,

Steve Williams, Dwight Stones

SATURDAY, DECEMBER 14

'QUALIFYING STANDARD CARD' NOW REQUIRED FOR ENTRY TO NATIONAL CHAMPIONSHIPS

After all these years of mysterious seedings at National championships and questionable performers appearing with athletes of proven ability, the Women's T&F Committee has at last put some teeth into the regulations for admission to participation in the Championship meets.

Chairman Pat Ricco has appointed Trueman Betts as the new Official Statistician and Betts in turn has appointed the hard working hill-climber, Phil Snyder, to handle the delicate item of qualifyers for championships. The pair have had approved by Mrs. Ricco an "AAU Women's Track and Field National Championship Qualifying Standard Achievement Notification" - a rather large title which simply means athletes must now legally meet AND REPORT marks which provide them with entry to the Championships. The approved card is shown here:

AAU WOMEN'S TRACK & FIELD NATIONAL CHAMPIONSHIP QUALIFYING STANDARD ACHIEVEMENT NOTIFICATION			
EVENT		PERFORMANCE	
DATE MARK ATTAINED		WIND READING _____ MPS	
ATHLETE'S NAME _____			
STREET _____		CITY _____	
STATE _____	ZIP _____	PHONE _____	
ATHLETE'S REGISTRATION NUMBER _____			
CLUB AFFILIATION _____			
MEET NAME _____		SITE _____	
INDOOR MEET _____	OUTDOOR MEET _____	SANCTION NO. _____	
OFFICIAL _____		REFEREE _____	

Instructions for use of the card are as follows: 1) Submit a form for the first (time) qualifying performance AND EACH SUCCEEDING IMPROVED PERFORMANCE; 2) The T&F National Championship Meet Directors will seed athletes/teams (for relays) from the performance data supplied by the National Statistician from the submitted achievement forms; 3) No entry to a T&F National Championship will be accepted by a Meet Director unless the performance has been verified by the National Statistician; 4) The National Statistician will accept T&F National Championship standards attainment information ONLY on this form; 5) This form applies to the Indoor and Outdoor T&F Championships; 6) It is recommended that the marks attained during the last three weeks prior to a National Championships be sent (to the Statistician) Air Mail Special Delivery; 7) The winners of the 1974 Indoor Championships and the first two finishers in the 1974 Outdoor Girl's and Women's Championships in their respective events regardless of having established a qualifying mark are eligible for entry into the 1975 Indoor Championships. However, they must submit this form for the initial performance and each better performance regardless of whether it meets the minimum standard. These submitted marks will be used for seeding. In the absence of a submitted form for these athletes, the Meet Director shall seed the entry as no time/no mark; 8) Submit the completed forms to Phil Snyder, 27102 Woodbrook Road, Rancho Palos Verdes, California, 90274.

While it is certainly agreed that this is not the perfect answer to the problems which have plagued our National meets the past few years, it is certainly a step in the right direction. Of course, if some coaches feel they are above such menial reporting duties, they will find this year that their athletes will be in the stands for Snyder and Betts are not noted for fooling. The plan could break down if, as has been the case the past several years at the Indoor Championships, the Clerk of Course takes it upon himself to "re-seed" the heats. Every precaution should be taken to prevent this action from happening - again.

Forms will be sent to all District Chairmen and may be secured from them. It is imperative to remember ALL qualifying marks must be reported this year to Snyder. There will be NO exceptions. For outdoor marks in sprints, hurdles and long jump, include the wind reading remembering that MPS means meters per second, NOT miles per hour.

If you believe we are becoming modern with this card system we would like to inform you that for the European Indoor meet they accept ONLY electrically recorded performances. We still have a way to go.

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Yes, I am interested in learning more about the University of Redlands and its track program. Please send me information.

Name _____ Age _____

Address _____

Zip _____

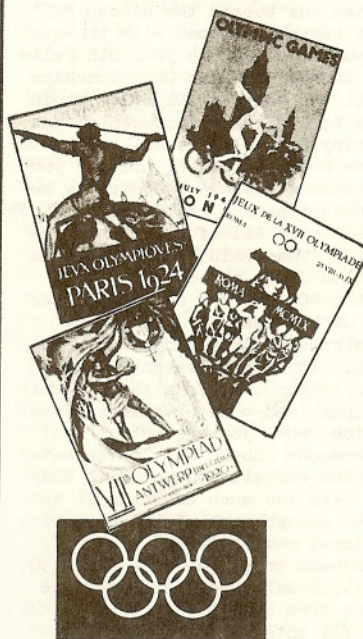
School now attending _____

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QUALIFYING STANDARDS FOR 1975 AAU INDOOR & OUTDOOR NATIONAL CHAMPIONSHIPS

Outdoor Events	Sr. Women's Championship Standard	Jr. Women's Championship Standard	Indoor Events	Sr. Women's Championship Standard
*100 Yd.	10.7	11.0	50 Yd.	5.8 (1)
100 Mts.	11.7	12.0	50 Mts.	6.3 (1)
*220 Yd.	24.5	25.0	55 Mts.	6.8 (1)
200 Mts.	24.4	24.9	* 60 Yd.	6.8
*440 Yd.	56.0	57.5	60 Mts.	7.4 (1)
400 Mts.	55.7	57.2	70 Yd.	7.8 (1)
*880 Yd.	2:11.0	2:15.0	* 220 Yd. Ind.	25.1
800 Mts.	2:10.0	2:14.0	220 Yd. Out.	24.7
1500 Mts.	4:37.0	4:45.0	300 Yd. Ind.	36.0 (2)
*1 Mile Run	4:57.0	5:06.0	300 Mts. Ind.	39.7 (2)
3000 Mts.	10:20.0	10:45.0	* 440 Yd. Ind.	57.0
*2 Mile Run	10:55.0	11:20.0	440 Yd. Out.	56.0
*1 Mile Walk	8:35.0	8:45.0	500 Yd. Ind.	1:07.3 (3)
*100 Mts. Hur.	14.4	15.4	500 Mts. Ind.	1:14.9 (3)
*440 Mts. Hur.	1:04.0	1:07.0	600 Yd. Ind.	1:24.5 (4)
*Long Jump	19-0	18-2	600 Mts. Ind.	1:33.5 (4)
*High Jump	5-6	5-5	* 880 Yd. Ind.	2:12.0
*4 Kilo Shot	43-0	38-0	880 Yd. Out.	2:10.0
8 lb. Shot	45-0	40-0	1000 Yd. Ind.	2:34.1 (5)
*Discus	140-0	115-0	1000 Mts. Ind.	2:48.5 (5)
*Javelin	145-0	125-0	1500 Mts. Ind.	4:38.0 (6)
*440 Relay	48.0	49.5	1500 Mts. Out.	4:33.0 (6)
*880 Med. Relay	1:47.0	1:50.0	* 1 Mile Ind.	4:58.0
*1 Mile Relay	3:54.0	4:00.0	1 Mile Out.	4:53.0
*2 Mile Relay	9:30.0	9:40.0	50 Yd. Hur.	7.0 (8)
*Pentathlon	3200 Points	2800 Points	50 Mts. Hur.	7.5 (8)
.....			55 Mts. Hur.	8.2 (8)
			* 60 Yd. Hur.	8.2
			60 Mts. Hur.	8.9 (8)
			70 Yd. Hur.	9.4 (8)
			* 1 Mile Walk	8:45.0
			* Long Jump	18-10
			* High Jump	5-6
			* 4 Kilo Shot	46-0
			8 lb. Shot	48-0
			3000 Mts. Ind.	10:35.0 (7)
			3000 Mts. Out.	10:25.0 (7)
			* 2 Mile Ind.	11:10.0
			2 Mile Out.	11:00.0
			* 4 x 160 Relay	1:18.0
			4 x 147 Relay	1:11.5 (9)
			4 x 176 Relay	1:25.8 (9)
			4 x 220 Relay	1:47.3 (9)
			* 880 Med. Relay	1:52.0
			* 1 Mile Relay	4:12.0
			* Pentathlon Ind.	3000 Points
			Pentathlon Out.	3200 Points
			
			* Denotes Championship Event	
			(1) Qualifies for 60 yard dash	
			(2) Qualifies for 220 or 440	
			(3) Qualifies for 440	
			(4) Qualifies for 440 or 880	
			(5) Qualifies for 880 or 1 Mile	
			(6) Qualifies for 1 Mile	
			(7) Qualifies for 2 Mile	
			(8) Qualifies for 60 yard hurdles	
			(9) Qualifies for 4 x 160 Relay	

Send all qualifying marks to:

Philip S. Snyder
27102 Woodbrook Road
Rancho Palos Verdes
California, 90274

Qualifying Requirements

- Qualifying marks may be made in (1) AAU SANCTIONED MEETS; (2) COLLEGIATE MEETS except dual and triangular competitions; (3) HIGH SCHOOL MEETS except dual and triangular competitions.
- Outdoor qualifying standards must be met between January 1, 1975, and June 22, 1975. Regional champions or runner ups do not automatically qualify for these championships.
- Indoor qualifying standards must be met between December 1, 1974, and February 23, 1975. Regional champions and runner ups do not automatically qualify for the Indoor Championship. The winners of the 1974 Indoor Championships and the first two finishers in the 1974 Outdoor Girls' and Women's Championships are eligible for entry into the 1975 Indoor Championships in their respective events regardless of having established a qualifying mark.

POPULAR TRACK SHOE PINS



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EDITED BY FRED WILT

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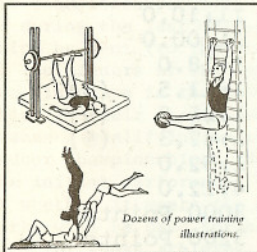
One of the most popular books Track & Field News has ever produced, *How They Train*, has now been brought up to date, and split into three separate volumes. The volumes on middle and long distances cover 60 athletes each and include such current champions as Dave Wottle, Steve Prefontaine, Kip Keino, and Mohamed Gammoudi. Each entry contains information on the runner's best marks, personal statistics, his seasonal and daily training routines, racing tactics, honors won, etc., providing a fund of valuable suggestions and interesting reading for coach, athlete and fan. The third volume is the first "How They Train" book on sprinting and hurdling, and has 48 training profiles of athletes past and present.

Here are some of the training profiles included:

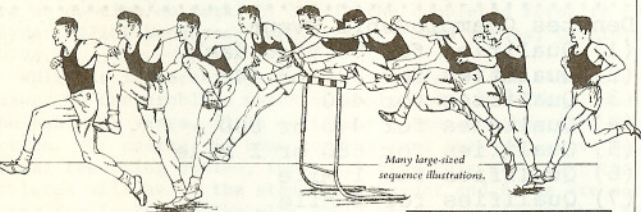
VOL. I MIDDLE DISTANCES	VOL. II LONG DISTANCES	VOL. III SPRINTING AND HURDLING
Wade Bell	Jack Bucheler	Valeriy Barzov
Olav Breberg	Gary Bjorklund	Frank Bodd
Tom Courtney	Dave Bedford	Otis Davis
Bill Cochrane	Ron Clarke	Jim Green
Ralph Doubell	Greg Fredericks	Arnon Hury
Juris Lulins	Mohamed Gammoudi	Mike Larrabee
Manfred Matuchewski	Mike Manley	Curis Mills
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Mark Winzenried	Horace Ashenfelter	Peter Norman
Dave Wottle	Vladimir Kuts	Mal Patton
Francesco Arca	Emil Zatsepek	Julius Sang
Roger Bannister	Ron Hill	Dave Sims
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Glen Dunningham	Steve Prefontaine	Ulla Williams
Gianfil Del Bundo	George Young	Reg Cavley
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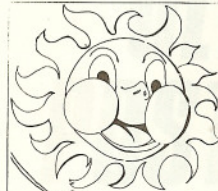
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100 Meters (Electric)

11.13	Szewinska (Pol)
11.23	Stecher (GDR)
11.23	Boyle (Aus)
11.24	Richter (GFR)
11.27	Boyle (Aus)
11.31	Pursiainen (Fin)
11.32	Maslakova (SU)
11.40	Kroniger (GFR)
11.40	Schittenhelm (GFR)
11.40	Golden (GB)

100 Meters (Handtiming)

10.9	Szewinska (Pol)
11.0	Stecher (GDR)
11.0	Boyle (Aus)
11.0	Richter (GFR)
11.1	Lynch (GB)
11.1	Eckert (GDR)
11.1	Pursiainen (Fin)
11.1	Maslakova (SU)

200 Meters (Electric)

22.21	Szewinska (Pol)
22.50	Boyle (Aus)
22.68	Stecher (GDR)
22.73	Robertson (Aus)
22.90	Annum (Gha)
23.10	Maletzki (GDR)
23.10	Salin (Fin)
23.13	Pursiainen (Fin)
23.13	Bailey (Can)
23.14	Pavlicic (Yug)

200 Meters (Handtiming)

22.0	Szewinska (Pol)
22.3	Boyle (Aus)
22.4	Stecher (GDR)
22.5	Robertson (Aus)
22.7	Annum (Gha)
22.8	Maletzki (GDR)
22.8	Salin (Fin)
22.9	Streidt (GDR)
22.9	Kansarr (GDR)
22.9	Bodendorf (GDR)
22.9	Pursiainen (Fin)
22.9	Lamy (Aus)
22.9	Bailey (Can)

400 Meters

50.00	Szewinska (Pol)
50.14	Salin (Fin)
50.69	Streidt (GDR)
50.88	Wilden (GFR)
50.98	Pavlicic (Yug)
51.20	Suman (Rum)
51.22	Ilyina (SU)
51.24	Handt (GDR)
51.67	Saunders (Can)
51.77	Murray (GB)

800 Meters

1:58.1	Tomova (Bul)
1:58.6	Suman (Rum)
1:58.8	Hoffmeister (GDR)
1:59.9	Dubois (Fra)
2:00.1	Gerassimova (SU)
2:00.4	Katolik (Pol)
2:00.5	Schtereva (Bul)
2:00.6	Pohland (GDR)
2:00.8	Morgunova (SU)
2:00.9	Klapezynski (GDR)

1500 Meters

4:02.3	Hoffmeister (GDR)
4:05.0	Tomova (Bul)
4:05.2	Andersen (Nor)
4:05.9	Kasankova (SU)
4:07.8	Reiser (Can)
4:08.9	Pangelova (SU)
4:09.8	Bragina (SU)
4:09.9	Klapezynski (GDR)
4:09.9	Lindh (Swe)
4:10.3	Larrieu (USA)

3000 Meters

8:52.8	Bragina (SU)
8:55.2	Holmen (Fin)
8:55.6	Smith (GB)
8:59.0	Andrei (Rum)
9:01.4	Pigni (Ita)
9:03.2	Larrieu (USA)
9:03.4	Wright (Can)
9:04.4	Pangelova (SU)
9:05.2	Ludwichowska (Pol)
9:07.0	Yeoman (GB)

Marathon

2:42:38	Kofferschlagel (GDR)
2:46:24	Langlace (Fra)
2:50:31	Winter (GFR)
2:54:28	Ikenberry (USA)
2:55:24	Kuscik (USA)
2:55:59	Preuss (GDR)
2:56:25	Hansen (USA)
2:58:09	ULLYOT (USA)
2:58:34	Pettinen (Fin)
2:58:44	Paul (USA)

100 Meter Hurdles (Elect)

12.66	Ehrhardt (GDR)
12.89	Fiedler (GDR)
12.91	Nowak (Pol)
13.04	Stefanescu (Rum)
13.05	Lebedyeva (SU)
13.14	Berend (GDR)
13.16	Anissimova (SU)
13.27	Spasovchodskaya (SU)
13.33	Dell (Aus)
13.33	Enescu (Rum)

100m Hurdles (Handtiming)

12.4	Ehrhardt (GDR)
12.5	Nowak (Pol)
12.7	Fiedler (GDR)
12.9	Stefanescu (Rum)
13.0	Antenen (Svi)
13.0	Lebedyeva (SU)
13.0	Thompson (GB)
13.0	Vernon (GB)
13.0	Anissimova (SU)

High Jump

6'4 $\frac{3}{4}$	Witschas (GDR)
6'3 $\frac{3}{4}$	Ioan (Rum)
6'3 $\frac{3}{4}$	Karbanova (Cs)
6'2 $\frac{3}{4}$	Simeoni (Ita)
6'2 $\frac{3}{4}$	Kirst (GDR)
6'1 $\frac{1}{2}$	Mracnova (Cs)
6'1 $\frac{1}{2}$	Brill (Can)
6'1 $\frac{1}{2}$	Hubnerova (Cs)
6'1 $\frac{1}{4}$	Bradacova (Cs)
6'1 $\frac{1}{4}$	Lawton (GB)
6'1 $\frac{1}{4}$	Wagner (GFR)
6'1 $\frac{1}{4}$	Popa (Rum)
6'1 $\frac{1}{4}$	Filatova (SU)

Long Jump

22'2 $\frac{1}{2}$	Schmalfeld (GDR)
22'2 $\frac{1}{2}$	Voetzke (GDR)
21'10 $\frac{1}{2}$	Suranova (Cs)
20'10 $\frac{1}{4}$	Alfeyeva (SU)
21'9 $\frac{3}{4}$	Bruzsenyak (Hun)
21'8 $\frac{3}{4}$	Lambrou (Gre)
21'7 $\frac{1}{2}$	Szabo (Hun)
21'7 $\frac{1}{2}$	Helenius (Fin)
21'7 $\frac{1}{2}$	Watson (USA)
21'7	Timochova (SU)

Shot Put

70'8 $\frac{3}{4}$	Fibingerova (Cs)
69'7 $\frac{1}{2}$	Chizhova (SU)
67'7 $\frac{1}{2}$	Adam (GDR)
65'4 $\frac{3}{4}$	Christova (Bul)
64'6 $\frac{1}{4}$	Stoyanova (Bul)
63'7 $\frac{3}{4}$	Lange (GDR)
63'7 $\frac{1}{2}$	Melnik (SU)
63'1	Schoknecht (GDR)
62'8 $\frac{3}{4}$	Korabiyeva (SU)
62'6 $\frac{3}{4}$	Krawtschewskya (SU)

Discus Throw

229'4	Melnik (SU)
224'8	Vergova (Bul)
217'3	Hinzmann (GDR)
216'0	Menis (Rum)
210'10	Schlaak (GDR)
202'10	Holdke (GDR)
201'4	Regel (GDR)
200'11	Braun (GDR)
200'7	Vyhnaalova (Cs)
199'9	Jorochoa (SU)

Javelin Throw

220'6	Fuchs (GDR)
211'1	Todten (GDR)
206'11	Kinder (Pol)
205'4	Mollova (Bul)
203'1	Schmidt (USA)
202'3	Bezjak (Yug)
201'11	Janko (Aut)
200'8	Babitsch (SU)
200'7	Vago (Hun)
198'2	Becker (GFR)
197'8	Shingalova (SU)

Pentathlon

4776e	Tkatschenko (SU)
4684e	Pollak (GDR)
4628	Spasovchodskaya (SU)
4562	Voss (GFR)
4561e	Jurukova (Bul)
4561	Bruzsenyak (Hun)
4557	Popovskaya (SU)
4548e	Thon (GDR)
4543	Vorobchodko (SU)
4538	Olfert (GDR)

Where is the power in the world? Eastern Europe of course. The iron-curtain countries grab off EVERY first place and 94 of the 133 possible places. Add Western Europe with its 24 places and the Continent has 118 positions, leaving only 15 for the rest of the world. (Only electric statistics were counted and the marathon was not included.)

For the US, we picked up four positions, two of them by Francie Larrieu who was 6th in the 3000 and 10th in the 1500, a 9th by Martha Watson in the long jump and a 5th by Kathy Schmidt in the javelin.

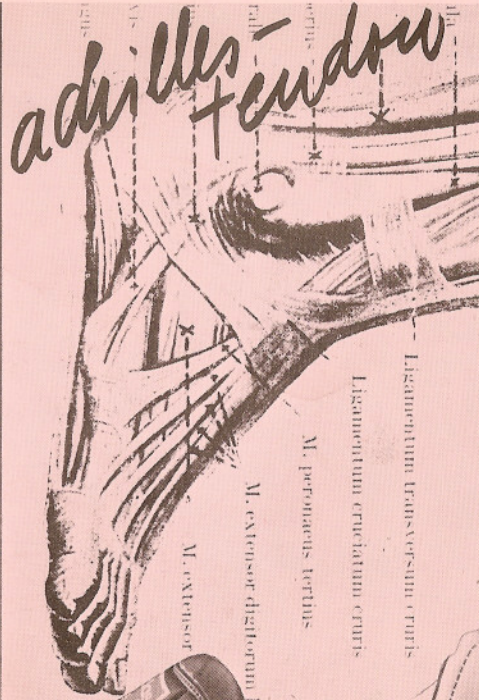
Poland was tops in three events - all by Szewinska, GDR tops in five, the Soviets in 3 with Bulgaria and Czechoslovakia one each. Total places by nations:

GDR	30
SU	27
Rum	8
Bul	8
Pol	7
GFR	7
Cs	7
Fin	6
Aus	5
GB	5
Hun	4
USA	4
Yug	3
Ita	2
Gha	1
Fra	1
Nor	1
Gre	1
Aut	1

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