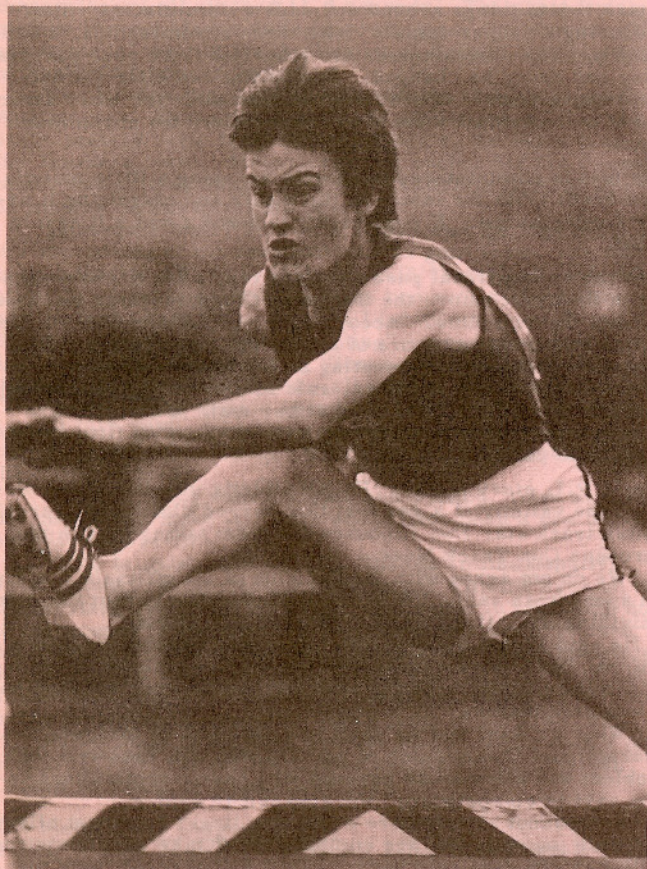


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KARIN BALZER, the Olympic and European 80m hurdles champion from East Germany, climaxed an up-hill season filled with injuries and disappointments to win the European Cup final at Kiev in 10.8.

## USSR WINS EUROPEAN CUP

from Jan Popper

With the strongest finish ever seen in team competition of this standard, the USSR women's squad won the second edition of the European Cup in Kiev, September 15. In accomplishing what many experts thought impossible, the Russians won three of the last five events and were second in the other two to score an unpredicted 51 points. Against this power the other favored teams from East and West Germany, as well as the Poles seemed powerless to halt the Soviet point onslaught - and they gave up many points to the surprisingly strong British and Hungarian girls.

After six events had been completed - the first few events were handicapped by rain - all the teams were still in the running for the title. There was only six points difference between the leading Polish team and the sixth place West

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## WESTERMANN WINS TWO AT TOKYO

from Atsushi Hoshino

Liesel Westermann of West Germany scored a double victory in the Tokyo Universiade with triumphs in the shot put and discus. She won the shot on the opening day with a mark of 15.30-50'2 1/2, and capped her performance with history's second longest throw, 59.22-194'3, in the discus.

In her favorite event, she improved her mark nearly every time she threw, starting with 53.14-174'4, going to 55.42 - 181'10 and 58.20-190'11. Though she did only 54.80-179'9 on her fourth throw, she tossed the next trial 58.44-191'8 and ended up with the 59.22 toss on her final attempt. This mark shattered the Universiade record of 55.66-182'7 by Joan Kleiber of Hungary set in 1965 and is only 48 centimeters short of the world record of 59.70-195'10 set by Tamara Press of the Soviet Union in 1965.

"I am really happy to have done it. I suppose my fundamental condition was good, though I caught a cold last night. I tried to do the best I could do at the moment," the 22-year-old University of Cologne coed said, rapidly responding to questions fired by the press.

"I suppose I will narrow the gap and I hope I will reach her", Westermann smilingly said when asked about her chances of breaking Tamara's world record. "I am short for a discus thrower, but I am swift", the 5'9-165 pound coed said.

Westerman won the first gold medal of the Games in track and field competition with her victory in the shot put. The golden-haired athlete heaved the winning mark on the third of her six tries, but she was far short of the Universiade record of 18.31-60'1 set by Tamara Press.

Barbara Ferrell, a southern California coed, streaked to victory in the 100 meter dash with a time of 11.6s, followed by Gabrielle Meyer of France, who clocked 11.7 and Gerling Beyrichen of West Germany, 12.1s. With her usual sharp start, the 100 pound American girl pulled ahead of the field of eight from the start and widened her lead at the finish.

Commenting on her rather disappointing time of 11.6, a half-second slower than her own best time and world record, "I couldn't pick it up because the track is so soft", she said.

Because of the high humidity (estimated at 70%) and the time change, her condition was not good, she said. "I am tired and very sleepy. I haven't gotten used to the time", she added.

Three days later, Gabrielle Meyer, 20, Lycee Technique Toulouse, staged a big upset when she edged favored Barbara Ferrell in the 200 meter dash. The American sprinter got off to a fast start, but the French coed caught her on the turn and they battled stride for stride until Meyer snatched a slim lead with 40 meters remaining. Meyer's time was 23.8 second.

Miss Ferrell, co-holder of the 11.1 world record in the 100 meters dash, praised Meyer as a "very strong girl". "On the straightaway I couldn't pick it up as the track was too soft", the slender girl sprinter said. "I knew she was coming, and was not surprised."

Continued on Page 3

## WTFW STAFF



Calvin Brown, our expert on Age Group Track, has been a track nut since elementary school - and that is a long time. Calvin was born in Los Angeles on November 12, 1936. He has two sisters and two brothers, one of which, George, was a member of the Olympic team in the long jump. He attended Jordan HS in LA and was a member of the track team all four years. He attended college at Cal State LA, graduating in 1960 - again a member of the track team. After graduation he continued to compete in track as a member of the Striders. He works as a Recreation Director of Los Angeles, and coached the Compton TC from 1963-1966. His best track marks include 100-9.7; 220-21.5; LJ-23'11 3/4; TJ-44'3. He is still single - but looking.

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One of our correspondents from far away India is T. D. Parthasarathy. He was born in Madras on 15 September, 1921. In 1942 he graduated from the Presidency College in Madras and went to work for the HINDU, the leading daily newspaper in India. He was instrumental in publishing a sports magazine, SPORT & PAST-TIME. In 1966 he resigned this position and is now working for the INDIAN EXPRESS in Madras. He has covered many of the famous International competitions such as the Asian Games, the Olympic Games in Tokyo, Rome, Bangkok and Djakarta. In addition to track and field he covers cricket, hockey and football (soccer). He is editor and publisher of INDIAN HOCKEY and modestly admits to being a good hockey player.

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## REEL TALK

X + X + X = OUT

Perhaps the biggest news of women's track and field at this moment throughout the world is the "sex check". Now effective for competition in International meetings, it was responsible for disqualifying Poland's Ewa Klobukowska just before the start of the European Cup finals at Kiev, Russia. Thus the Polish athlete was the first to be disqualified. Previously other athletes have missed competitions, but Klobukowska is the first one who showed up and was not allowed to participate.

The test which disbarred her was the "chromosome count". The normal female has two chromosomes, x and x. The normal male also has two chromosomes, x and y. Sometimes, nature twists things around and adds a chromosome - thus producing a "super-female" with three chromosomes, x and x and x. The chromosomes are inherited from your parents. They can never be changed. Operations can alter the outward appearance. Operations can also alter the inner structure of an individual - but it can never alter the chromosome count.

The test is administered by simply scraping a little mucous membrane from the inside of the mouth and examining it under a microscope. If your result is x and x and x it equals o-u-t.

How can an individual pass one "sex test", (as Klobukowska did in Budapest before the European Championships last year) and fail the next time? According to the London Times, the test in Budapest was more of a physical examination. Dr. Christine Pickard, commenting on the Klobukowska case in the London Evening Standard, said inter-sex babies, lacking true distinguishing features of either male or female, are usually assumed at birth to be girls and grow up fitting into the female pattern.

The U.P.I. story stated: "Polish athletic officials today disputed the validity of a sex test that barred blond, 21-year-old Polish track star Ewa Klobukowska from taking part in the European Cup Track Meet.

"We do not agree with the decision of the officials," a Polish spokesman said. "It is not sufficient to say that there is a dividing line, that this is a girl and this is not."

He said Polish athletic officials would ask that an International Board be set up to approve women athletes of doubtful femininity while rejecting real males who were sneaked on to women's teams.

"What we want and we shall ask the IAAF to institute is an International Commission of doctors who will deal with this problem and allow those persons who have complications to take part in competition," the spokesman said.

"You cannot simply have a dividing line. You must allow for those persons who are complicated to take part in sports."

Polish officials said their doctors had assured them that Miss Klobukowska, coholder of the world women's record for the 100 meter dash, qualified as a female.

"We would not have sent her here to this humiliation if we had any doubt," the spokesman said.

Certainly the question is not an easy one to solve. Naturally we can not have "three divisions" of competition. But at the same time, competition must be fair and equal - or competition is gone. And without competition, what is there in sport?

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## West Germany 75 - Czechoslovakia 42

(Fulda, W. G., August 13)

100m-Frisch (WG) 11.9, Lehocka (C) 12.1; 200m-Herrmann (WG) 24.6, Seifertova (C) 24.6, Trabert (WG) 24.8, Lehocka (C) 25.1; 400m-Henning (WG) 55.1, Gleichfeld (WG) 55.5; 800m-Rottmuller (WG) 2:14.0; 80mH-Schell (WG) 11.1, Seifertova 11.1; 4x100m-WG 45.4, Cz 46.2; HJ-Valentova (C) 5'4 5/8-1.64, Kamphausen (WG), Gortz (WG) & Faithova (C) 5'3 3/8-1.61; LJ-Becker (WG) 21'1/2-6.41w, Kucmanova (C) 20'4-6.20; SP Fuchs 52'11 3/4-16.15, Schafer (WG) 52'8 3/4-16.07; DT-Westermann (WG) 193'10-59.10 (rec - moves to #2 on all-time list), Berendonk (WG) 175'4-53.44, Nemcova (C) 172'9-52.65, Mertova (C) 172'3-52.50; JT-Koloska (WG) 165'7-50.47.

## Tokyo (continued)

A 27 year old, tall, long-legged Elizabeth Ostberg from the University of Goteborg, Sweden, was an easy winner over eight competitors in the 400 meters to get the only gold medal for her country. She ran the race in 55.4 second.

In the 800 meters, Madeline Manning of the USA romped to victory to get the gold medal in a time of 2:06.8s. She broke the tape about seven meters ahead of her nearest rival, Abigail Hoffman, University of Toronto, but her time was shy of the Games record of 2:05.9 set by Kazi of Hungary in 1963. "Winning a gold medal at Mexico - that's my ambition", she said after the race.

Francoise Masse, University of Paris, won the 80 meter hurdles in the fourth day's closest race in which the first three winners all clocked 11.3 seconds. The photo finish picture showed Masse diving into the tape, the winner. The silver medal went to Sheila Garnett of Britain and the bronze to Ayako Natsume of Japan.

The French quartette of Anne-Marie Grosse, Michele Alayrangues, Francoise Masse and Meyer ran 46.5 in the 4x100 meters relay final on September 4, the same time as the Japanese team. Meyer, running anchor for the French team, outsprinted Japan's Miyoko Tsujishita making up seven meters deficit to hit the tape first.

Lithesome Mami Takeda of Japan won the high jump on the second day of the competition. In good form, she was over 1.50(4'11 1/8), 1.55 (5'1), 1.65 (5'5) and 1.68 (5'6 1/8) all on her first try. Her 1.68 was two centimeters above her personal best. The favored Linda Knowles of Great Britain settled for a "disappointing" second place and Mrs. Liese Prokop, University of Vienna, Austria, the winner of the pentathlon, placed third - all at the same height.

"I strained a muscle in my left thigh on my first jump at 1.71 (5'7 3/8)", said Linda as tears trickled down her cheeks at the press room - which she said she mistook for the doctor's room.

Takeda, along with Knowles and Prokop, tried at 1.71, but none could make it. This would have been a new Japanese National record.

"This is most unexpected", Takeda smiled happily. "I went through weight-reducing exercises with my eyes on the Universiade since last April and succeeded in trimming down to 130 pounds", she said. In top condition, the 5'9" coed defeated such leading European jumpers as Ilona Gusenbauer of Austria and Linda Knowles. Last year as a 20 year old student at Chukyo University, Takeda placed only seventh in the Budapest Universiade with a jump of 1.57 (5'1 7/8).

RaNaë Bair of the USA won the javelin throw with a toss of 52.98/173'9, far off the Games record set by Olympic Champion Penes of Rumania in 1965.

### 100 Meter Dash (August 30-31)

Final, August 31 (wind 0.29 mps): 1-Barbara Ferrell (USA) 11.6; 2-Gabrielle Meyer (Fra) 11.7; 3-Gerling Beyrichen (WG) 12.1; 4-Jannette Veronica Champion (GB) 12.1; 5-Miho Sato (Jap) 12.2; 6-Ritsuko Sukegawa (Jap) 12.2; 7-Angela Birch (GB) 12.4; 8-Marlies Funfstuck (WG) 12.4.

Heats (August 30): I (wind 2.01), 1-Ferrell 11.5w; 2-Beyrichen 11.9w; 3-Sato 11.9w; 4-Champion 12.0w; 5-Kapfer (Austria) 12.2w; 6-Ferraz (Bra) 12.4w; 7-J. Hwang (SKor) 12.8w. II (wind 1.12), 1-Meyer 11.8; 2-Sukegawa 12.2; 3-Birch 12.4; 4-Funfstuck 12.4; 5-Kilmanis (Australia) 12.8; 6-Kleinpeter (Austria) 12.8s.

### 200 Meter Dash

Final, Sep. 3 (wind 0.43): 1-Gabrielle Meyer (Fra) 23.8; 2-Ferrell (USA) 23.9; 3-Champion (GB) 24.7; 4-Michele Alayrangues (Fra) 24.9; 5-Miyoko Tsujishita (Jap) 25.0; 6-Helga Kapfer (Austria) 25.0; 7-Birch (GB) 25.1; 8-Biruta Vilmanis (Australia) 25.7s.

Heats (Sept. 2): I (wind 1.69) 1-Ferrell 24.0; 2-Champion 24.8; 3-Alayrangues 25.0; 4-Kapfer 25.1; 5-Sato 25.1; 6-Funfstuck (WG) 25.5; 7-A. Hsu (SKor) 26.3. II (wind 1.04): 1-Meyer 24.2; 2-Tsujishita 24.2; 3-Vilmanis 25.2; 4-Birch 25.3; 5-Ferraz (Bra) 25.9; 6-J. Hwang (SKor) 26.3.

### 400 Meter Dash

Final, Sept. 1): 1-Elizabeth Ostberg (Swe) 55.4; 2-Gabrielle Grossekettler (WG) 56.0; 3-Biruta Vilmanis (Australia) 56.6; 4-Patricia Brown (GB) 57.8; 5-G. Hefner (WG) 57.8; 6-Yasuyo Mishima (Jap) 58.3; 7-Jane Perry (GB) 58.8; 8-Yoko Miyamoto (Jap) 59.0.

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### 800 Meter Run

Final, Sept. 4: 1-Madeline Manning (USA) 2:06.8; 2-Abby Hoffman (Can) 2:08.5; 3-Elizabeth Ostberg (Swe) 2:08.9; 4-G. Hefner (WG) 2:09.1; 5-Patricia Brown (GB) 2:09.7; 6-Jane Perry (GB) 2:12.6; 7-Chiyoko Okamoto (Jap) 2:13.3; 8-Harpal (Pak) 2:26.5.

Heats (Sept. 3): I, 1-Manning 2:13.4; 2-Hefner 2:13.5; 3-Perry 2:14.6; 4-Okamoto 2:17.1; 5-Harpal 2:18.5; II, 1-Brown 2:20.6; 2-Hoffman 2:20.6; 3-Ostberg 2:21.2; 4-Mishima 2:25.3.

### 80 Meter Hurdles

Final, Sept. 2 (wind 0.46): 1-Francoise Masse (Fra) 11.3; 2-Sheila Garnett (GB) 11.3; 3-Ayoko Natsume (Jap) 11.3; 4-Naoko Tsujino (Jap) 11.4; 5-Carla Panerai (Ita) 11.6; 6-Eileen Dawson (GB) 11.7; 7-Manjit Wallia (Ind) 11.7; 8-Josett Laplaud (Fra) 11.9.

Heats (Sept. 1), I (wind 1.07) 1-Natsume 11.2; 2-Masse 11.3; 3-Dawson 11.7; 4-Ferraz 11.9; 5-Pamila Sinclair (Australia) 12.5. II (wind 1.09), 1-Garnett 11.4; 2-Panerai 11.7; 3-Tsujino 11.7; Wallia 11.8; 5-Laplaud 11.9.

### 4x100 Meters

Final (Sept. 4): 1-France 46.5; 2-Japan 46.5; 3-West Germany 46.8; 4-Great Britain 47.4; 5-Austria 49.6.

### High Jump (September 1)

RESULTS: 1-Mami Takeda (Jap) 1.68-5'6 1/8; 2-Linda Knowles (GB) 1.68; 3-Liese Prokop (Austria) 1.68; 4-Ilona Gusenbauer (Austria) 1.65-5'5; 5-Susan Dennler (GB) 1.65; 6-Kim Tanaka (Jap) 1.60-5'3; 7-De Fumichon (Fra) 1.55-5'1. H. Tang, Hong Kong, disqualified.

	1.50	1.55	1.60	1.65	1.68	1.71
Tanaka	o	o	o	xxx		
Gusenbauer	p	p	o	xo	xxx	
Tang	xxx					
Prokop	p	o	o	o	xxo	xxx
Takeda	o	o	o	o	o	xxx
DeFumichon	o	o	xxx			
Knowles	p	xo	xo	xo	xo	xxx
Dennler	o	o	o	xxo	xxx	

Continued on Page 15

## USA - BEST IN THE WORLD says DICK BANK

It may come as a surprise to most but the United States Women very likely can now defeat any of the World's powers in a dual meet. I say "a surprise to most" for we must accept the fact that very few people are concerned with women's track and field. Most of those who are center their interests regionally and with those few individuals that particularly concern them. There is a small group that views things from a National level and of this there is a still smaller body that thinks in terms of how the United States would fare against, say, the Soviet Union, East Germany, Poland or West Germany.

Let me now get back to my original statement. Firstly, USSR is no longer number one. The position it occupied at the top since the end of World War II is now vacant. It is no secret that their stranglehold on women's athletics began to slip in 1964 and with each succeeding year there was a bigger drop off. For the first time this year the Soviets were forced to field a team composed entirely of women! Quite not by coincidence the USSR suffered defeats at the hands of both East Germany and Poland. The now mandatory "sex check" that was instituted in Budapest at the European Championships last year succeeded in knocking out the Press Sisters, (our running joke over the years of "Press Brothers" turned out to be quite close to the truth), and Tatyana Shchelkanova. They were judged "guilty in absentia" when they failed to appear in Budapest for various trumped-up reasons. At the same time Maria Itkina, she of the "Five o'clock Shadow" fame decided to call it a career. So now the era which had been touched off some fifteen years before by the infamous Aleksandra Chudina is at an end.

The East Germans have tremendous strength in the throwing events, Olympic hurdle champion Karin Balzer, and a young high jump phenom in Rita Schmidt. The Poles have the famous combination "K & K" (or do they?) along with javelinist Daniela Jaworska, long jumper Mirosława Salacinska and hurdler Elzbieta Bednarek but are woefully weak in certain other events. West Germany has the superb Liesel Westermann, discus, Ingrid Becker in the long jump and 800 runner Karin Kessler, (though she seems to buckle under pressure), but not really too much more. In other words each of the aforementioned have their big guns but not the overall strength that we do. Our tremendous might from 100 through 800, great javelin throwers and Eleanor Montgomery are backed by good hurdle and long jump talent which is only let down by our perennial and often pathetic weight situation.

Of course, all of these arguments are academic for excepting the matches against the Commonwealth in 1966 and 1967, (the first was not full scale), our women have had no International matches since 1965. There doesn't appear to be any hope for same in the future and only the Americas vs. Europe, (which may more properly become USA vs. Europe), in Stuttgart in 1969 will get the USA team to Europe where, hopefully, two matches will follow. Both the British and West Germans were quite ready to accept our women's team this past summer but the Italians have no women's team, (their men are hardly better), and the expense of a full squad could not have been underwritten by the matches in Britain and Germany. A pity for the pre-Olympic year is so crucial and with so many young and inexperienced ones just a year away from Mexico City the competition would have been invaluable.

What, then, may we look forward to in 1968? The most eventful Olympiad yet for our women! Gold medals are possible in the 100, 400, 800, high jump, javelin, pentathlon and 4x100!!! A far cry from the days when we went with a few sprinters, a relay team and very little else. It was improving in 1964 but it was merely giving a better account of ourselves, (finalists in the hurdles, high jump, long jump, shot put and discus, plus a seventh in the pentathlon), plus our customary sprinters. The improvement in the last two years has been monumental and one hesitates to guess just what will happen in 1968. One thing seems certain: the day of the USA being a polite joke in women's track and field is at an end.

After a frustrating year of injury and mishap, Wyomia Tyus looked like the Gold Medal Girl of '64 when she outlasted Irena Kirszenstein at Montreal. The graceful Pole, an atrocious starter, closed sensationally over the last 15 meters, but Tyus was determined to win and threw herself into the tape and down onto the rubber-asphalt track. This

certainly encouraged a girl who wanted to retire after a dismal weekend in Minneapolis. Kirszenstein very likely will be the one Tyus will have to beat to retain her Gold Medal. The other half of "K & K" seems to be in doubt. Ewa Klobukowska has a mannish face and running style. She (?) passed the physical examination in Budapest but just barely. According to an unimpeachable source Klobukowska has had two operations and it is her intent to be a woman. It was decided to let her run after a chromosome count was inconclusive. In July at the European Cup semi-final in Wuppertal she was again examined and, according to one German newspaper, the Poles were told Klobukowska was no longer fit for women's competition. Klobukowska, it said, was not really Ewa but Ewald. She did not come to Montreal - injury was given as the reason - but the Poles, so stated the newspaper, had quietly retired her. They did it in a manner that indicated their understanding of sportsmanship and quite the opposite of the Soviet Union. So what happens? Our Ewa was back in the lineup in Kiev at the European Cup final in the 200 and relay. Hmm. (Ed. note: Klobukowska was disqualified and did not compete.)

Anyway, a fit Tyus will be hard to beat in Mexico City no matter who is there. Barbara Ferrell has the speed to win a Gold but her perpetual leg ailments and her lack of strength will surely be against her as she goes through the demanding heats. Australian Dianne Burge was impressive in Los Angeles but she, too, is diminutive and not in the class of the very best. The 400 is a possibility but Judy Pollock still appears the class of this event. Charlette Cooke, off her 52.5 at the AAU Championships, is surely in with a chance. Her tremendous strength will be an asset but she is vulnerable in the finish and seems to lack the leg speed. While she was dropping only five-tenths in 1967, Kathy Hammond was coming from 55.0 to 52.6! There is no question of the Hammond ability and she might even be under 52.0 in 1968, but her youth, (she'll be two weeks shy of her seventeenth birthday in Mexico City), and her "Twiggy Physique" are not attributes for beating a tough, experienced fighter like Pollock. Lois Drinkwater, off her big improvement in 1967, must be considered as a possible finalist and outside medal possibility.

Madeline Manning will win the 800. Why? Because she refuses to be beaten, that's why. I have never seen a woman display the dogged determination over the last 100 meters that she does. Madeline has the speed, she has the strength, (she is deceptively strong), and the unequalled desire. The 800 should be the race of the Games for Pollock will try a double and Vera Nikolic of Yugoslavia is another who refuses to be beaten to the tape. If Doris Brown can stay healthy and develop some sort of a finish she will very definitely be in this picture.

After four years of good jumping but little improvement Eleanor Montgomery became one of the World's elite in 1967. She showed it in Oakland at the Indoor Championships with 5'9 1/4, but then came a long outdoor season with no activity. At Tennessee State they train a lot but have virtually no meets. This is not the recipe for World class high jumping. Eleanor broke the ice at Winnipeg with a first attempt clearance of 5'10 1/8 and then jumped 5'9 at Toronto two and a half weeks later. She now has the confidence to go with the ability and more improvement seems on the way. Valentine Okorokova, the 6'2 Siberian, has done 5'11 5/8 this year and has show good consistency. There are lots of other jumpers in the 5'8-5'9 class, but Eleanor has been around. She's been an Internationalist for five years, has one Olympic Games, two Pan-Americans, etc., behind her.

The javelin is another bright light. Barbara Friedrich and RaNae Bair led the ranking list for most of the year and it was only in early September that the Olympic Champion, Mihaela Penes, took the lead. Friedrich improved fifteen feet in 1967 and at 18 has a long road yet to travel. Bair is a tremendous competitor with the same experience as Montgomery behind her. True, both girls lost to Jaworska at Montreal but we shall see in '68. Marion Lutge, the East German who led the World in 1966, was idle this year through pregnancy and it looks like a Rumanian, a Pole and two Americans will be fighting it out in Mexico City.

An American victory in the pentathlon, in light of our heretofore ineptness in the overall program, seems almost impossible. Except for Pat Winslow our pentathlon has been impossible. It has also been a joke. But this two-

time Olympic veteran who is still a young 24 could do the trick in Mexico City. Pat has been in the event since 1961 which makes it remarkable that she still has not yet grasped the basic concepts of the high jump, long jump and shot put. She has succeeded in failing to learn to keep her head down in the high jump, (she throws it back and up, thus dropping her hips on the bar). In the long jump she has not yet learned the basic dropping of hips upon takeoff and in the shot put she straightens up immediately from the starting position and might as well be putting from a stand. Still her 4860 is the third best score in the World for 1967. West Germany's Ingrid Becker, off her 4953, is number one and the tough European Champion, Valentina Tikhomirova of the USSR, with 4946 is close behind. Becker can long jump 21'9, run the 200 in 23.7 and hurdle in 11.2s. The Soviet girl is a 5'9 3/4 high jumper with no real weakness save an average 200.

Things should be better for Pat in 1968. Coaching and a weight training schedule provided by Chuck Coker will at last bring out her full potential. Coker believes she can do 5'10 (improvement of three inches), 22'0 (improvement of a foot and a half), and 50'0 (improvement of six feet) in her field events. Even if she does not realize these possibilities it gives an idea of the tremendous potential of this 5'11" 160 pound athlete. Coker sees no reason why she can't hurdle in 11.0 (best now of 11.4), and run the 200 in 23.5 (she had a surprising run of 24.0 at Winnipeg). She has speed hidden in her legs but a long distance program (for someone who runs no farther than 200 meters?) has all but dissipated it over these six years. It will be interesting to watch the "metamorphosis".

In the 4x100 we will have in Tyus, Ferrell and Diana Wilson three tremendous sprinters. Wilson, until injured, looked like one of the very best. She might be in that sprint picture, too. For the fourth girl Dee DeBusk, Mattline Rander or even Janet Macfarlane, (if she comes along like her brief moment in Minneapolis indicated she can), will be good enough. It's only a matter of coaching. There is no question of the girl's ability and their being together long enough to be a great unit. If the gentleman I understand to be in line for the head coaching position for Mexico City is named, then we will have no worries. Those of us who saw the 1-24 -sprinters in the Tokyo 100 final beaten in the 4x100 would like very much to see the Poles given a dose of their own medicine and their world record taken away in the process.

Maybe with 1968 will come at last young talent in the hurdles. One cannot say enough for Cherrie Sherrard who, at the age of 29, now has an American record of 10.5s. But Cherrie in all fairness has gotten the very most out of her limited ability. So has Mamie Rallins. Pat Van Wolvelaere could be the answer, especially with the switch to the 100 meter hurdles. Our long jumping has always been surprisingly weak. Willye White is now on the way down and Martha Watson could be the answer. Her technique is excellent and her 20'10 was certainly worth well over 21' under excellent conditions such as Minneapolis was not. Janet Macfarlane has fantastic potential (great speed plus lift), but she hasn't a clue to what the event is all about.

The image of Tamara Press certainly hasn't helped shot putting and discus throwing in this country but then it wasn't going anywhere even before Tamara made her first visit in 1959. Maren Seidler, at 16, is far ahead of any other girl at her stage of development. Her 47'5 1/4 was a real breakthrough in 1967 and with the size (6'2) and weight (190) she can go as far as she desires. If she will dedicate herself to weight training, (her father is extremely interested and works often with her), she can be in the 55' range in two years time. Lynn Graham, with tremendous native strength, is a hopeless cause who could be in the 55' class right now. Carol Moseke, for her size (5'7 and 145) is doing well in the discus, but Liesel Westermann at 5'7 1/2 and 170 is the greatest woman discus thrower of all time. She has thrown 194'3. Strong, fast, great technique: she has them all.

There are many girls of this type in the United States if only they could be introduced to track and field. The East Germans - Christine Spielberg and Karin Illgen in the discus, Margitta Lange in the shot - are all big girls but very attractive, well defined and feminine. Lange, at just under 6' and 180 pounds, is one of the most attractive girls you'll see in women's track and field. She has also put the shot 56'11. On the same East German team is the super-massive Renate Boy-Garish, (she became a mother in 1966),

which goes to show there is room for all types. If only we could attract them.

The problem is we have too few women's coaches and they are for the most part track and not field coaches. Most of our field event girls - not just the throwing events - have no conception of proper techniques. In Europe the best coaches are not opposed to working with women, hence long jump technique like Mary Rand and discus technique like Liesel Westermann. Until the day comes when we begin to attract the right type of girl for the shot and discus, until we begin to teach the most talented girls in the World the techniques of the technical events we will not begin to scratch our potential.

All in all, we are on our way. Many obstacles still must be surmounted. Interscholastic track and field for girls is one of them. If we had women's teams as we do for the boys in high school our might would be awesome. As it is a fraction of 1% of the potential of this nation is even in the sport. Still, we have come a long way since 1963 in Moscow when both an 800 runner and a hurdler were disqualified for two false starts which meant we didn't even score the minimum points. There is still the remnants of the "Old Guard" that held back women's track and field for so many years. They, with their petty ways and illogical thinking, are no longer able to have the sport for their own private preserve and shove through their unilateral decisions. They do bog down the wheels of progress, but are, happily, disappearing. So are the "masculine types", yet we still have a few of them around.

So now it's 1968 and the Olympic Games. Let's not get too confident of success in Mexico City but let us be intelligent about it as well. We saw a great improvement this past year and in the Girl's Division some definite champions of tomorrow. One, for instance, is Nancy Shafer. She looks like a sensation in the 800. Nancy Benson, so versatile, could be another. Most important, though, is that we have some talented "veterans" and in Mexico City it will be the Europeans fearing the USA. And won't that be a switch!!

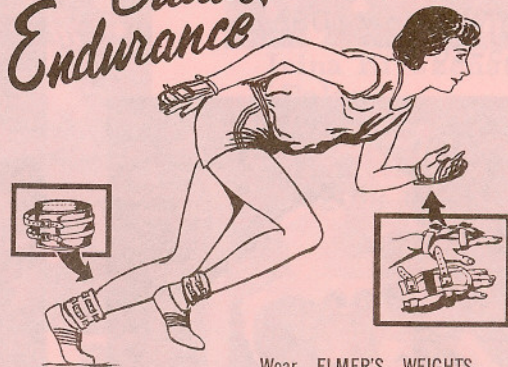
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#### DATES SET FOR 1972 OLYMPICS

The 1972 Olympic Games will be held in Munich, Germany, from August 26 through September 10, the organizing committee has decided. The decision was based on meteorological opinion that the weather is likely to be good in this two week period.

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Mary Rand (England)  
6.45-21'2"



Martha Watson (USA)  
6.35-20'10"



Ingrid Becker (W Germany)  
Now World's Best for 1967  
6.63-21'9"

## THE YEAR of the LONG JUMPER



Pat Winslow

Pat Winslow (USA)  
6.25-20'6"



Corrie Bakker (Holland)  
6.35-20'10"



Pauline Craven

Pauline Craven (South Africa)  
6.20-20'4 1/4



Susan Scott, England, who recently scored 4419 for a world best by a 15 year old in the pentathlon, get's off a 19'7/5.97 jump.



Heide Rosendahl  
(W Germany)  
6.35-20'10"



Berit Berthelsen (Norway)  
6.47-21'3"



Deana Yorgova (Bulgaria)  
6.30-20'8"

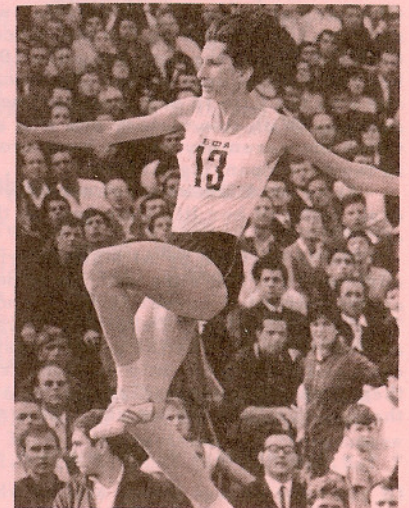
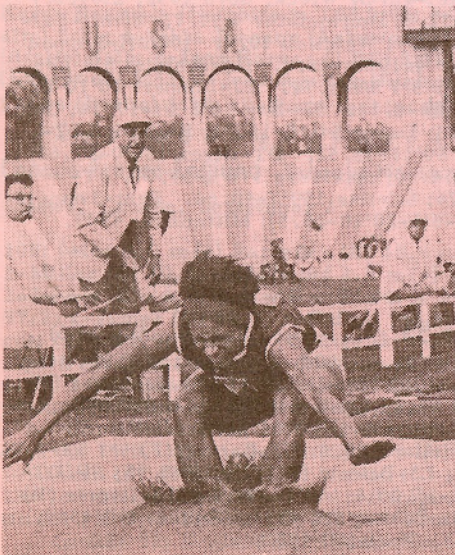


Long jump fever gets RaNae Bair (USA) javelin champion. Here is RaNae with a mighty leap of 5.66-18'7"

Eva Kucmanova  
(Czechoslovakia)  
6.45-21'2"

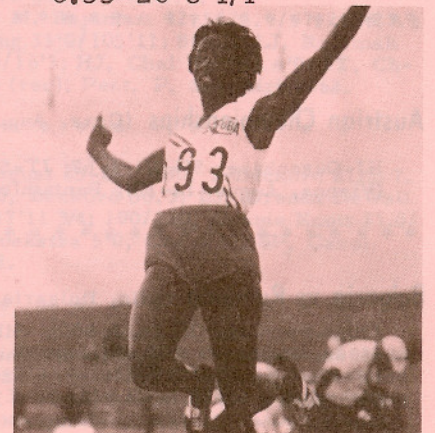


Willye White (USA)  
6.17-20'3"



Irina Kirszenstein  
(Poland)  
6.62-21'8 3/4"

Inez Martinez (Cuba)  
6.33-20'8 1/4"



## AGE GROUP TRACK by Calvin Brown

Next to Kathy Hammond of Will's Spikettes, Deborah Payne of the Compton Track Club is probably the surest bet for success. Deborah started running during the 1966 season as a 13 year old athlete. Her best marks as a 13 year old



were 6.5 (50), 9.0 (75), 12.1 (100), 27.2 (220), 63.9 (440), 2:42.0 (880), 7.5 (50yH0 and 16'1 (LJ). Since she only competed once in the 220, 440, 880 and long jump, these marks are even more remarkable.

Deborah was born on 4 April in 1953 and has just started the ninth grade at Willowbrook Junior High School in Compton. She is a good student with a "B" average. She also plays the clarinet in the school band.

After her first track season, Deborah competed in the 13 and under 3/4 mile cross country distance with very good success. She won 8 straight meets in SPAAAU competition where the fields were the largest in the United States - one meet drew a total of 305 entrants. Deborah's best times over all types of courses was 4:53.3 for 3/4 mile and 5:53.0 for the mile.

During the 1967 track season, Deborah has recorded the following marks: 6.9, 6.8w (50); 12.0 (80mH); 29.4 (200 mH); 25.1 (220); 55.8 (440); 16'10 3/4 (LJ). She has run fast legs on the 880 relay (1:42.6) and the 440 leg on the 880 medley relay (1:47.5).

Deborah finished third in the 440 at the Girl's National Championships at Santa Barbara. She was eliminated in the semi-finals of the women's 400 meters.

Deborah just recently competed in the Regional Junior Olympics at Hayward, California, where she won the 14-15 division 50y hurdles in 7.0 and placed second in the 220 yd. dash (25.7) and the long jump (16'10 3/4). This qualified her for the National Junior Olympics in the 50y hurdles and she won the title in 6.9, her best non-wind aided time of the season. With this victory she won an Olympic-type medal which the ceremony people hung around her neck as shown in the accompanying picture.

At an All Comers meet recently at Cal State LA, Deborah bettered her life time best in the long jump with a mark of 17'7.

She is coached by Al Matta, former Occidental College sprinter, and I'm sure with his experience he will be a great aid to Deborah's career in track and field.

Sherry Jo Gray, Deborah's Physical Education teacher at Willowbrook, was the person responsible for getting Deborah and other girls into the AAU track program by having them join the Compton Track Club. To Sherry Jo we say thanks! To Deborah we say - keep up the good, hard work!

\*\*\*\*\*  
(If you have an Age Group athlete whom you feel deserving of recognition here in WTFW, write to Calvin Brown, 3426 1/2 Third Avenue, Los Angeles, California, 90018.)

### Albanian Championships (Elbasan, July 12-15)

HJ-Pronjari 5'4 3/8-1.64 (rec); LJ-Konci 17'9-5.41 (rec); JT-Ndoja 133'2-40.60 (rec).

### Austrian Championships (Graz, August 4-6)

HJ-Gusenbauer 5'5 3/4-1.67; JT-Strasser 165'11-50.59. (Vienna, August 11-12), Pentathlon, Prokop 4618 (rec).

### Bulgaria vs Rumania Sofia, Bulgaria, July 22-23)

200m-Petrescu (R) 24.2; 800m-Silai (R) 2:05.8 (rec); 1500m-Baciu (R) 4:32.3 (rec), Danailov (B) 4:36.0 (rec); LJ-Viscopoleanu (R) 21'0 3/4-6.42; SP-Chorbova (B) 53'5 3/4-16.30, Salagean (R) 52'2 3/4-15.92; JT-Ciurea (R) 180'2-54.92; 4x100m-Bulgaria 46.7 (rec); R 46.9s.

## Eastern Cross Country Preview from Archie Owens

Football is not the only fall sport to excite the interest of sports fans in the Eastern section of the nation this year. Women's cross country running seems to have caught on as never before, and if the volume of mail across the desk of yours truly is any indication, this coming season will be the biggest yet. We have been literally overwhelmed with letters requesting meet information and other data concerning the long distance game. Significantly, much of the mail is from geographical regions other than the East proper. It would appear the old homestead of Baltimore is the focal point of the activity for the Eastern section of the country this year, and this can be attributed to the scheduling of several important meets here.

First, there is the meet being sponsored by the East Coast end of "Women's Track & Field World" on the 30th of September. One of the attractions is the awarding of gold watches to the first five finishers. Next there is the Regional Championship meet to be held on the 8th of October, and there is also an Inter-City series to be held between New York, Philadelphia, East Orange (NJ), Atlantic City (NJ) and Baltimore. These meets could provide as much competition as any group of meets held this year.

Last to be mentioned, but the most important meet to be conducted in these parts is, of course, the Junior National Championships scheduled for November 11, to be held here in Baltimore. Nothing has been spared in the planning of these meets, and it is expected entries will be heavy for each event.

The perennial top team, the Atoms Track Club led by Shelly Marshall, is once again the leading club in the East. A bit father west, a "sleeper" looms wearing the colors of the Canton Track Club of Ohio. This crew can boast of such notables as Nancy Shafer, the Junior National 880 yard champ, and Cindy Jo Farmer, the runner-up. These two are capably backed by Judy Rosenberry.

Nearby, there is a pretty good group of athletes who call themselves "Sports International". This outfit could theoretically "kill off" everyone with Jane Burnett, Judy Brown and Lynnda Best. Up around Philadelphia Tony Hinton's Hawks hold all comers at bay with Ann Coleman, the Junior Olympic 220 champ who happens to be a good distance runner, and Tara Broderick, a constantly improving athlete though youthful, whose father happens to be the Lt. Governor of the State of Pennsylvania.

Eastern cross country can give credit for a good start this season to Mr. Bob Seaman, who has given us a lot of fine suggestions for promoting interest in the sport. Thanks Bobby!

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### East German Championships (Halle, July 27-30)

100m-Heldt 11.4 (eq.rec); Vogel 11.6; Tiedtke 11.6; 200m-Tiedtke 24.1; Heldt 24.1; Balzer 24.3. 400m-Zander 55.5; Flach 55.9. 800m-Kleinau 2:07.2; Burneleit 2:08.8. (Note:-4th by Wieck, born 1952, 2:09.6.) 1500m-Pohlitz 4:32.9; Hoffmeister 4:34.7. 80mH-Balzer 10.7; Koppen 10.9; Weidlich 10.9. 100mH-Koppen 13.5; Schad 13.8. 4x100m-46.2. HJ-Schmidt 5'8 1/8-1.73; Gildemeister 5'7 3/8-1.71. LJ-Lohnert 20'10 1/2-6.36; Hauer 20'3 1/4-6.18. SP-Boy 56'2 3/4-17.14; Gummel 56'2 1/2-17.13; Lange 54'10-16.71; Kolb 51'3 1/2-15.63; Friedrich 50'11-15.52. DT-Ilgen 189'0-57.62; Hentschel 177'2-54.00; Spielberg 176'3-53.74. JT-Fuchs 166'5-50.74; Schulze 159'7-48.64. Pent-Lohnert 4785 (11.3-36'11-5'6-20'10-25.5); Mittenzwei 4549.

### Holland 73 - France 53 (Fourmies, France, August 6)

100m-v.d.Berg (H) 11.6; 200m-Hennipman (H) 23.9 (eq.rec), v.d.Berg 24.0; 400m-Noirot (F) 54.0, Louer (H) 54.2, Besson (F) 54.4, Koelkoek (H) 54.7; 800m-Dupureur (F) 2:05.5, Gommers (H) 2:06.1; 80mH-Van Slaten (H) 11.0; 4x100-Holland 45.5; HJ-Barnay (F) 5'7 3/8-1.71, Thomas (H) 1.71; LJ-Bakker (H) 19'6 1/4-5.95; SP/DT-Cuvelier (F) 50'2-15.29 & 160'10-49.04; JT-Demys (F) 155'0-47.24; Pent-Bakker (H) 4566, Thomas (H) 4560, Bantegny (F) 4523, Stark (H) 4430.



## 'Mo' Dickson wins XC opener

The powerful Southern Pacific Association AAU opened its 1967 cross country season on August 27 with four road races at Walnut. "Mo" Dickson, one of Mihaly Igloi's young proteges, won the Girl's division of the 2.4 mile contest in 14.41, some 14 seconds faster than Judy Ikenberry's winning time in the women's division. In the 12-13 year old division, 38 athletes took part with Debbie Norris winning the 1.2 mile race in 7:07, ten seconds ahead of Becky Bruce. Forty small fry competed in the 11 and under division with Dianne Byington running the 1.2 miles in 7:17. Twin sisters Jean and Julie Aguilera from the Rialto Roadrunners finished 1-2 in the 9 and under race of 1.2 miles, running 10:53 and 10:55 respectively. A total of 111 competitors took part in the opening cross country meet of the year. The race was a part of Walnut's Sports Festival which included bicycle racing, men's road racing and a barbecue to end the day. Race was run in 95 degree weather on asphalt.

**RESULTS: Open division:** 1-Judy Ikenberry 14:55, 2-Pat Cole 14:58, 3-Jo Ann Leigh 16:09, 4-Doreen Murrell 17:26, 5-Anna Contreras 17:33. (2.4 miles).  
**Girl's division (14-17):** 1-"Mo" Dickson 14:41, 2-Irene Wagner 15:24, 3-Terri Brown 16:03, 4-Sharon Callahan 16:05, 5-Yolanda McCarthy 16:36. (2.4 miles)  
**Girl's 12-13:** 1-Debbie Norris 7:07, 2-Becky Bruce 7:17, 3-Karol Stewart 7:19, 4-Juin Desrosiers 7:28, 5-Janis Caringello 7:30 (1.2 miles).  
**Girl's 11 and under:** 1-Dianne Byington 7:17, 2-Sandy Romero 7:24, 3-Karen Kosmala 7:32, 4-Patty Cobbs 7:43, 5-Heidi Mulligan 7:45. (1.2 miles)

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## Dickson wins again at SPAAAU beach run

With a total of 131 starters, the Southern Pacific Association AAU held its second run of the cross country season on the beach at Long Beach on Saturday, September 16. The course was flat and straight, the weather a pleasant 78 degrees as a large crowd watched from the piers and along the strand. "Mo" Dickson ran away with the women's race, Maria Sterns did likewise for the girl's division and young Debbie Heald uncorked a fine race to waltz home all alone in the 12-13 division. The race for the small fry 11 and under turned into a dog-fight from the time the pistol fired until the last finisher crossed the line - the most spirited competition witnessed in years as battles for 1st, 3rd and 6th were fantastically close.

**RESULTS: Women's Division (1.8 miles):** 1-Maureen Dickson (Un) 10:41; 2-Mary Jane Leimer (SMAA) 10:56; 3-Linda Greene (LBC) 11:08; 4-Carol Goya (SAR) 11:20; 5-Jo Ann Leigh (LBC) 11:22; .... 8-Pat Winslow 12:03.  
**Girl's Division (1.8 miles):** 1-Maria Stearns (SCM) 10:42; 2-Sharon Callahan (CGTC) 11:13; 3-Angie Vanderborgt (Sinaloa TC) 11:22; 4-Deborah Payne (CTC) 11:23; 5-Peggy Burns (Sinaloa TC) 11:28. **12-13 Year Division (0.8 mile):** 1-Debbie Heald (Hutchinson TC) 4:53; 2-Juln Deslosiers 5:03; (Simi); 3-Beckie Bruce (Lakewood Spartans) 5:04. 11 Years and under (0.8 miles); 1-Diane Byington (Rialto) 5:07; 2-Karen Kosmala (Hutchinson TC) 5:08; 3-Sandy Romero (Rialto) 5:21; 4-Vikki Johnson (Lakewood) 5:24; 5-Patty Cobbs (Rialto) 5:25; 6-Jana Karner (LBC) 5:31; 7-Darla Bynon (Lakewood) 5:33; 8-Jean Aguilar (Rialto) 5:36; 9-Juanita Cobbs (Rialto) 5:37; 10-Shari Jenkins (CTC) 5:38.

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## Canada-France-England Schools Match

Ottawa, Canada, September 2

100: (wind 4.0 m/s) Ramsden (E) 10.4w; 2-Fisher (C) 10.7; 3-Miller (C) 10.9. 220: (wind 2.3 m/s) 1-Fisher (C) 24.4; 2-James (E) 24.6; 3-Maddin (C) 24.6. 440: 1-Godsolve (E) 57.2; 2-James (C) 58.3; 3-Caffall (E) 58.6. 880: 1-Parn-cutt (E) 2:13.9; 2-Picco (C) 2:14.0; 3-James (C) 2:14.3. 80mH: (wind 4.3 m/s), 1-Gueneau (F) 10.7; 2-Dallimore (C) 11.0; 3-Powder (E) 11.3. 4x110: England 46.7; 2-France 47.2. HJ: Flowers (C) 5'5; 2-Saunders (E) 5'4; 3-Wall (E) 5'3. LJ: 1-Wilson (E) 20'5w; 2-Fox (E) 19'5 3/4w; 3-Chat-land (C) 19'0. SP: 1-Doads (C) 43'9 1/4; 2-Bloss (E) 42'5 1/4; 3-Ranzan (F) 42'2 1/4. DT: Martin (C) 149'2; 2-Brial (F) 134'7; 3-Haist (C) 134'4. JT: 1-Dahlgren (C) 147'3; 2-Mar-tin (C) 138'0; 3-French (E) 138'5. Final score: Canada 92; England 87; France 52.

## TOP SWEDISH MARKS - 1967 from Rooney Magnusson

<u>100m</u>	<u>200m</u>
11.5 Karin Wallgren	23.8 Karin Wallgren
11.7 Monica Olsson	24.2 Ulla-Britt Wieslander
11.7 Ulla-Britt Wieslander	24.4 Monica Olsson
12.0 Gun Eriksson	24.7 Ingela Ericson
12.1 Three tied	24.8 Gunilla Karlmark
<u>400m</u>	<u>800m</u>
53.7 Karin Wallgren	2:07.1 Elisabeth Ostberg
54.5 Ingela Ericson	2:08.2 Ingela Ericson
55.4 Elisabeth	2:09.0 Anne-Marie Nenzell
55.9 Elisabeth Randerz	2:10.2 Karin Wallgren
56.4 Monica Olsson	2:10.8 Ruth Hellstrom
<u>80m Hurdles</u>	<u>100m Hurdles</u>
10.8 Ulla-Britt Wieslander	13.5 Gunilla Karlmark
11.0 Gunilla Karlmark	14.1 Ulla-Britt Wieslander
11.3 Monica Sallberg	14.1 Monica Sallberg
11.5 Ann Bramer	14.2 Ann Bramer
11.5 Gun Eriksson	14.3 Gun Eriksson
<u>High Jump</u>	<u>Long Jump</u>
5'5 3/8 Bergqvist (1.66)	19' 9 1/2 Malmstrom (6.03)
5'5 Ilze Hed (1.65)	19' 7 3/4 Karlmark (5.99)
5'3 3/4 Persson (1.62)	19' 7 3/4 Eriksson (5.99)
5'2 1/4 Marksaitis (1.58)	19' 6 3/4 Larsson (5.96)
5'2 1/4 Lidholt (1.58)	18'10 3/4 Zetterberg (5.76)
<u>Shot Put</u>	<u>Discus Throw</u>
46'10 1/2 Flink (14.29)	152'1 Freivald (46.36)
43' 4 1/2 Gronberg (13.22)	145'5 Sandgren (44.32)
43' 4 Pettersson (13.21)	143'7 Sahlin (43.78)
42'11 1/2 Johansson (13.09)	140'1 Eriksson (42.71)
40' 2 1/4 Lovgren (12.25)	135'1 Gronberg (41.18)
<u>Javelin Throw</u>	<u>Pentathlon</u>
160' 9 Klippmark (49.00)	4313 Gunilla Karlmark
151'11 Carell (46.32)	4204 Lotta Malmstrom
134' 6 Bergstrom (41.00)	4179 Birgitta Larsson
131' 9 Bengtsson (40.16)	4162 Britt Johansson
127' 3 Pettersson (38.80)	4130 Gun Eriksson

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## Greece vs Turkey Pentathlon from Turhan Goker

Greece defeated Turkey 7276 to 6559 in a pentathlon competition at Istanbul on July 29-30, the first international pentathlon match ever held in Turkey. Although Greek star Charoula Sassayianni was an easy winner, the Turkish duo would have been closer had not Melek Aydinoglu fallen as she neared the finish of the 200 meters and crossed the line in fourth place instead of first.

**RESULTS:** Greece 7276 (Charoula Sassayianni 4053 and Diamanto Kokkosseli 3223); Turkey 6559 (Melek Aydinoglu 3541 and Inci Guvendiren 3018). Sassayianni's performances were: 11.9-10.44 (34'3)-1.47 (4'10)-5.42 (17'9 1/2)-27.2s.

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## Malaysian Championships from Gubaksh Singh Kler

Alor Star, (August 16-18): Veteran M. Rajamani, Asian Games 400 meter champion, won the 100, 200, 400 and 800 at the Malaysian Championships. Mary Wong and Raj-emah Sheik Ahmad were double winners.  
 100/200/400/800, M. Rajamani 12.5/25.9/57.2/2:23.9; SP/DT, Mary Wong 33'0/105'11; 80mH/LJ, Rajamah Sheik Ahmad 12.4/16'3; HJ, Chai Ng Mei 4'9; JT, Christina Ling 121'4 (rec); Pent, P. Savithiri 3462.

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Des Moines, Iowa, (August 25-26): 880, 1-Beckord 2:12.7, 2-Gemberling; 440, Beckord 56.3; LJ, Brenda DeWall 18'6, Kay Bruce 17'11 3/4; 100/220, Connie Knott 11.0/25.3; HJ, Gwen Hoekstra 5'0, Cox 4'11; SP, Carol Hannusch 37'10 1/2.

\*\*\*\*\*

Copenhagen, Denmark, (August 26-27): Pentathlon, 1-Nina Hansen 4548 (11.4-11.06-1.59-5.75-25.2); 2-Annelise Dam Olesen 4141; 3-Susanne Hvas 3943; 4-Alice Wiese 3937; 5-Anette Kromann 3837. (From Palle Lassen)

## WORLD REPORT by JAN POPPER

We list the first 20 athletes in the main events and other marks previously unreported in this Report. Performances marked by (\*) are converted from yards to meters. The number following the athletes name denotes her age. No wind assisted or other irregular marks are listed. List is compiled as of September 10.

### 100 METERS / 100 YARDS

After Ewa Klobukowska disappeared from competition in the weeks following her clash with Kirszenstein and the surprisingly fast Britons (Della James 11.4!), things went rather slow on the European scene in the short dash... Outside of Di Burge no other sprinter remains unbeaten... Winners of the most important European National title meets were: Poland - Kirszenstein (11.4); West Germany - Frisch (11.5w); USSR - Popkova (11.7); East Germany - Heldt (11.4); Holland - v. d. Berg (11.2w); Czechoslovakia - Lehecka-Gleskova (11.8 - just married to her coach); France - Meyer (11.7)... In the Dutch Championships v. d. Berg (11.2) and Hennipman (11.4) were really aided by the wind - 11.2 m.p.h!.... The US Championship event is listed with the WTFW adjustments, but more investigation is necessary.

1. Barbara Ferrell (USA) 20	11.1	7/ 2
2. Jennifer Lamy (Aus) 18	11.2	1/21
Ewa Klobukowska (Pol) 21	11.2	7/ 1
Irena Kirszenstein (Pol) 21	11.2	7/ 1
Diana Wilson (USA) 21	11.2e	7/ 2
6. Dorothy Myles (USA)	10.4y	5/ 6
Miguelina Cobian (Cuba) 26	11.3	6/17
Wyomia Tyus (USA) 22	11.3e	7/ 2
9. Karin Frisch (WG) 26	11.4	6/ 6
Irene Piotrowski (Can) 26	11.4	6/23
Mattiline Render (USA)	11.4e	7/ 2
Dee DeBusk (USA)	11.4e	7/ 2
15. Rhonda Bainbridge (Aus) 23	11.5	1/21
Denise Dunham (Aus)	11.5	1/21
Beverly Holman (Aus)	11.5	2/19
Cristine Echevarria (Cuba) 19	11.5	5/ 7
Hannelore Trabert (WG) 29	11.5	5/27

Eva Lehecka-Gleskova(Cze)24	11.5	5/28
Annamaria Toth (Hun) 22	11.5	6/17
Eva Putnova (Cz) 17	11.5	7/ 1
Vilma Charlton (Jam) 21	11.5e	7/ 2
Diane Burge (Aus) 24	11.5	7/ 8
Janet Macfarlane (USA) 17	11.5	7/15
Karin Wallgren (Swe) 23	11.5	7/17

Other previously unreported marks: Denise Ramsden (GB), Johanna Cornelissen (SA) both 10.7y; Shirley Lenyoun (USA) 11.6e; Nadezhda Besfamilnaya (SU), Ingrid Tiedtke (EG), Wilma v. d. Berg (Hol), Halina Herrmann (WG) all 11.6; Cornelissen's 10.5y and v. d. Berg's 10.6y from the previous report were wind-aided.

### 200 METERS

Outside of K&K, Europe is not able to offer anything against the overseas furlong stars... Almost two dozen runners are packed around 24.0 but better times are too rare... The only real surprise was Gabrielle Meyer's win over Ferrell at the Tokyo Universiad... Again v. d. Berg's championship effort (23.6) was marred by an 8.27 mph wind, but Fanny Blankers-Koen's national record (23.9) is in danger every time... Karin Wallgren won four events during the Sweden vs Czechoslovakia match - the 100, 200, 400 and the 4x100 relay.

1. Irena Kirszenstein (Pol) 21	22.7	7/ 2
2. Ewa Klobukowska (Pol) 21	22.9	7/ 2
3. Jennifer Lamy (Aus) 18	23.1	3/ 8
4. Diana Burge (Aus) 24	23.2	7/ 9
5. Barbara Ferrell (USA) 20	23.4	6/17
Miguelina Cobian (Cuba) 26	23.4	6/25
Ludmila Samotyesova (SU) 28	23.4	7/ 2
Vyera Popkova (SU) 24	23.4	7/ 9
9. Raclene Boyle (Aus) 15	23.5	3/ 8
Irene Piotrowski (Can) 26	23.5	7/ 9
Wyomia Tyus (USA)	23.5	8/20
12. Beverly Holman (Aus) 22	23.6	3/ 8
Diana Wilson (USA) 21	23.6	7/ 2
Vilma Charlton (Jam) 21	23.6	7/ 9
15. Margaret Snow (NZ)	23.7	3/ 8
Johanna Cornelissen (SA) 25	23.7*	2/22
Annamaria Toth (Hun) 22	23.7	7/29
Ingrid Becker (WG) 25	23.7	9/10
19. Kathy Hammond (USA) 15	23.8*	2/ 5
Jackie Byrnes (Aus)	23.8	3/ 8
Judy Pollock (Aus) 27	23.8*un	4/20
Una Morris (Jam) 20	23.8	6/ 1
Della James (GB) 18	23.8*	6/11
Karin Wallgren (Swe) 23	23.8	7/ 5
Janet Johnson (USA) 28	23.8	7/ 9
Sylvaine Telliez (Fra) 25	23.8	7/30
Tamara Borchikova (SU) 20	23.8	8/25
Gabrielle Meyer (Fra) 20	23.8	9/ 3

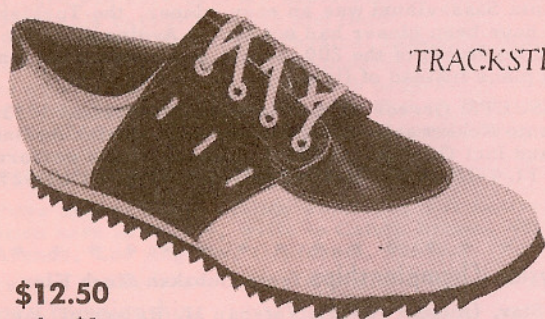
Previously unreported marks: Ingrid Tiedtke (EG), Truus Hennipman (Hol), Wilma v. d. Berg (Hol) 23.9; Pat Winslow (USA), Rhonda Bainbridge (Aus), Hannelore Trabert (WG) and Shena Willshire (GB) all 24.0s.

### 400 METERS

Once-beaten Judy Pollock, (not counting her heat defeat with Wilmanis during the Aussie Champs), is surely the most consistent quarter-miler in history... She had some races against men during her preparation for the Northern hemisphere journey, including 53.1y, 53.6y, 53.6m reports Luigi Mengoni... Eastern European standards are rather low. Budapest surprise Anna Chmelkova has had an unfortunate season, affected by illness, injury and her mother's death. She was badly beaten in the match against West Germany in 56.8... 17 year old Raisa Nikanorova won the USSR Junior Championship with 55.0... Lillian Board's second-best achievement behind her LA triumph is 53.8... Note: Pollock's time on May 6 was 52.6, not 52.5 as previously reported.

1. Charlette Cooke (USA) 19	52.5	7/ 2
2. Judy Pollock (Aus) 27	52.6	2/14
Kathy Hammond (USA) 15	52/6	7/ 2
4. Lillian Board (GB) 19	52.8	7/ 9
5. Shin Keum Dan (NK) 29	53.3	7/ 8
6. Lois Drinkwater (USA) 16	53.5	7/ 2
7. Janet Johnson (USA) 28	53.6	7/ 2
8. Karin Wallgren (Swe) 23	53.7	7/14
9. Sandra Brown (Aus) 20	53.8	3/ 2
10. Ludmila Samotyesova (SU) 28	53.9	7/30

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11. Monique Noirot (Fra) 26	54.0	8/ 6
Una Morris (Jam) 20	54.0	8/ 9
13. Vera Nikolic (Yug) 19	54.1un	5/
Jackie Byrnes (Aus)	54.2	3/ 2
Lia Louer (Hol) 25	54.2	8/ 6
Jane Burnett (USA) 17	54.2	8/20
17. Helga Henning (WG) 30	54.3	7/16
18. Anna Chmelkova (Cz) 23	54.4	7/ 1
Colette Besson (Fra) 21	54.4	8/ 6
20. Delores Stoneback (USA) 17	54.5	7/ 2
Mary Green (GB) 24	54.5	7/29
Ingela Ericsson (Swe) 20	54.5	8/20

Previously unreported marks: Lindy Oliver (USA) 54.6\*; Jarvis Scott (USA) and Karin Kessler (WG) both 54.8; Raisa Nikanorova (SU), Antje Gleichfeldt (WG) both 55.0; Ingrida Verbele (SU) 55.1; Ciska Janssen (Hol) 55.2; Ika Maricic (Yug) 55.3; Joan Pirie (USA), Genia Marochkina (SU), Laine Erik (SU), Taisia Kovalevskaya (SU), Eliane Jacq (Fra), Barbara Lyall (GB)\* all 55.4; Deborah Payne (USA)\*, Ludmila Yesina (SU), Katalina Prodan (SU), Ingrid Zander (EG), Gloria Dourass (GB)\*, Gisela Kopke (WG) all 55.5s.

### 800 METERS

Although she is not listed here, Maria Rodriguez, the first Latin American middle distance runner under 2:10, was the summer sensation of half-miling... Madeline Manning collected the most amazing number of non-Olympic honors since the days of Nina Otkalenko - the AAU, Pan-American, World Student Games title and the USA-Commonwealth plus the Americas-Europe wins... Vera Nikolic rested some weeks after Montreal and did not take part in the Yugoslavian Championships... Laine Erik, the 5'6 Estonian from Tartu, bettered the USSR record in a close tussle with Tamara Dunayskaya two weeks before the European Cup final... Newcomer Mia Gommers from Holland ran under 2:07 four times plus a 4:22.3 1500 meters... Amazing progress for Britt Krohg-Sorensen - she brought the Norwegian mark down to 2:07.2.

1. Judy Pollock (Aus) 27	2:01.0	6/28
2. Madeline Manning (USA) 19	2:01.6	7/ 8
3. Vera Nikolic (Yug) 19	2:02.1	7/ 5
4. Doris Brown (USA) 25	2:02.9	8/ 5
5. Karin Kessler (WG) 28	2:03.6	6/28
Laine Erik (SU) 23	2:03.6	9/ 4
Anne Smith (GB) 26	2:03.6*	5/27
8. Tamara Dunayskaya (SU) 24	2:04.0	9/ 4
9. Zsuzsa Nagy (Hun) 27	2:04.5	6/28
10. Shin Keum Dan (NK)	2:04.6	7/ 9
Abigail Hoffman (Can) 20	2:04.6	8/ 5
12. Waltraud Pohlitz (EG) 25	2:04.8	6/ 3
13. Maryvonne Dupureur (Fra) 30	2:05.0	6/28
14. Paola Pigni (It) 22	2:05.1	6/ 3
15. Danuta Sobieska (Pol) 22	2:05.2	6/ 3
16. Charlette Cooke (USA) 19	2:05.4*	6/14
17. Ileana Silai (Rum) 26	2:05.6	8/20
18. Pam Piercy (GB) 30	2:05.8	7/29
Patricia Lowe (GB) 24	2:05.8	7/29
20. Alla Krivoshchekova (SU) 26	2:05.9	6/25

Previously unreported marks: Maria Gommers (Hol) 2:06.1; Katalina Prodan (SU) 2:06.2; Valentina Lukyanova (SU) 2:06.4; Jarvis Scott (USA) 2:06.5; Olga Kaz (Hun) 2:06.7; Anita Rottmuller (WG) 2:06.8; Antje Gleichfeldt (WG) 2:06.9; Sheila Taylor (GB) 2:06.9\*; Elisabeth Oestberg (Swe) 2:07.1; Katalin Nagy (Hun), Britt Krohg-Sorensen (Nor) both 2:07.2; Tineka van Wonderen (Hol) 2:07.4; Emilia Ovadkova (Cz) 2:07.6; Alle Yermina (SU) 2:07.7; Vera Busova (Cz) 2:07.9. Relay legs - Pat Lowe 2:05.7\*, Anita Rottmuller 2:06.4, Rosemary Stirling (GB) 2:07.2.

### 1500 METERS / ONE MILE

This event is wide open - even for major competitions. For the moment 4:20 (or 4:40 in the mile) seems to be equal to 2:05 for 800 meters, but more tries by more runners could change the picture... East Germany and the USSR both had the 1500 in their National Championships... Waltraud Pohlitz ran 4:21.2, 4:19.4 and 4:32.9 during nine days in July... Raisa Diastinova and veteran Aina Alksne did not finish the Soviet title race... Marie Ingrova, the niece of famous javelinist Dana Zatopkova, bettered her Czechoslovakian record with a 4:23.3 - she was the first Continental runner under 4:30 two years ago... Anne Smith, barred from in-

ternational competition this year, was elected the chair-(wo)man of the British Milers Club, a very active British track institution.

1. Anne Smith (GB) 26	4:17.3	6/13
2. Waltraud Pohlitz (EG) 25	4:19.4	7/23
3. Tamara Dunayskaya (SU) 24	4:20.7	8/ 3
4. Alla Krivoshchekova (SU) 26	4:21.4	8/ 3
5. Ludmila Bragina (SU) 24	4:22.2	8/ 3
6. Maria Gommers (Hol)	4:22.3	9/
7. Katalina Prodan (SU) 25	4:22.7	8/ 3
8. Maria Ingrova (Cz) 23	4:23.3	7/19
9. Tamara Babintseva (SU) 33	4:23.6	8/ 3
10. Anna Zimina (SU) 28	4:24.6	8/ 3
11. Tereza Raponaviciene (SU) 34	4:25.1	8/ 3
12. Alla Vejsa (SU) 24	4:25.6	8/ 3
13. Rita Lincoln (GB) 21	4:46.0m	7/18
14. Valentina Lukyanova (SU) 21	4:26.2	8/ 3
Regina Kleinau (EG) 21	4:26.2	8/ 5
16. Raisa Diastinova (SU) 26	4:27.7	7/ 2
17. Alla Yermina (SU) 29	4:28.0	8/ 3
18. Natalie Rocha (USA)	4:29.0	7/ 2
Galina Sobolyeva (SU) 37	4:29.0	7/ 2
20. Vicki Foltz (USA)	4:29.5	7/ 2

### 80 METER HURDLES

It seems like the end of European predominance in this event. But champion Balzer is regaining form after injuries and maybe others will return to their May/June results... Only real surprise of the season on our side of the ocean is Britain's Pat Jones: her big test will come at Kiev... This 100 meters mixup is the statistician's nightmare: only the races in Britain and (perhaps) in East Germany have the 2'9 hurdles - all other countries have not reacted as yet on the IAAF belated information... And records? For the 2'6 hurdles it is Valentina Bolshova's mark from last autumn (13.0). For the 2'9 hurdles it may be Inge Koppen-Deutscher's winning East German Championships result (13.5), but I am not sure which kind of hurdles were used.

1. Pam Kilborn (Aus) 28	10.4	3/ 1
2. Cherrie Sherrard (USA) 29	10.5	8/20
3. Maureen Caird (Aus) 16	10.6	1/21
Jennifer Jones (Aus) 19	10.6	3/ 6
Ludmila Iyevlyeva (SU) 26	10.6	5/20
Tatyana Talisheva (SU) 30	10.6	5/20
Tereza Nowak (Pol) 25	10.6	6/ 2
8. Tereza Sukniewicz (Pol) 19	10.7	6/ 2
Elzbieta Bednarek (Pol) 22	10.7	6/ 4
Pat Jones (GB) 23	10.7	6/13
Inge Schell (WG) 29	10.7	6/21
Karin Balzer (EG) 29	10.7	9/ 3
13. Lesley Thompson (Aus) 19	10.8	1/ 7
Nilia Kulkova (SU) 32	10.8	4/25
Galina Zarubina (SU) 22	10.8	5/20
Urszula Styranka (Pol) 20	10.8	5/28
Vlasta Seifertova (Cz) 24	10.8	5/28
Nadyezhda Zharikova (SU) 27	10.8	6/
Ulla-Britt Wieslander (Swe) 25	10.8	6/28
Pat Van Wolvelaere (USA) 17	10.8	7/ 1
Chi Cheng (Tai) 23	10.8	7/ 1
Irina Press (SU) 28	10.8	7/ 1
Karin Frisch (WG) 26	10.8	7/ 2
Mamie Rallins (USA) 26	10.8	7/15
Ann Wilson (GB) 18	10.8	7/ 2
Helgi Magi (SU) 23	10.8	7/

Other previously unreported marks: Jennifer Wingerson-Meldrum (Can), Thora Best (Trin), Vyera Korsakova (SU), Tatyana Zaytseva (SU), Danuta Straszynska (Pol), Danielle Gueneau (Fra), Anna Zabrsova (Cz) all 10.9s.

100 Meter Hurdles (2'6): Valentina Bolshova (SU) and Gunilla Karlmark (Swe), 13.5; Kira Kuzmina (SU) 13.6; Karin Balzer (EG), Tamara Pogorelova (SU), Lidia Alfeyeva (SU), Tatyana Antarjan (SU) all 13.7; Galina Nyestyrenko (SU) and Tatyana Shevyakova (SU) both 13.8s.

200 Meter Hurdles: Valentina Bolshova (SU) 27.2; Pat Jones (GB) 27.3; Rosa Babich (SU) 27.5; Garnett (GB), S. Dyson (GB) and Lidia Cherenyeva (SU) 27.6; Pat Van Wolvelaere (USA) 27.7; Mamie Rallins (USA), Yelena Babkina (SU) both 27.9; Ludmila Samotyeyeva (SU) 28.0s.

## HIGH JUMP

Rita Schmidt's 1.76-5'9 1/4 bettered all European age records for 16 to 19 years - she is 16. . . . Another promising newcomer is Yugoslavian Snezhana Hrepevnik, 6 feet tall, improving from 1.5014'11 1/8 two years ago to 1.73-5'8 1/8 this year. . . . Last year's number two, Marie Faithova, managed 1.76-5'9 1/4 under bad weather conditions, but lost another competition to her team-mate Jaroslava Valentova who beat her for the first time with 1.73-5'8 1/8. . . . One very unexpected performance was Rita van Hercks' new Belgium record (1.70-5'7), far above the usual standard for women in that country. . . . Although she has not competed since her defeat by Dagmar Melzer early in June, Iolanda Balas stated repeatedly that she will defend her Olympic title in Mexico City.

1. Antonina Okorokova (SU) 26	1.82-5'11 1/8	7/ 2
2. Eleanor Montgomery(USA)21	1.78-5'10 1/8	8/ 4
3. Klara Pushkaryeva(SU) 25	1.76-5' 9 1/4	4/ 9
Taisia Chenchik (SU) 31	1.76-5' 9 1/4	7/ 9
Rita Schmidt (EG) 16	1.76-5' 9 1/4	7/16
Maria Faithova (Cz) 21	1.76-5' 9 1/4	8/21
7. Ludmila Komlyeva (SU) 24	1.75-5' 8 7/8	5/28
8. Galina Kostyenko (SU) 29	1.74-5' 8 1/2	5/20
Ilona Gusenbauer (Austria)20	1.74-5' 8 1/2	6/30
10. Nina Brintseva (SU) 17	1.73-5' 8 1/8	6/
Estelle Baskerville (USA) 21	1.73-5' 8 1/8	7/ 8
Linda Knowles (GB) 21	1.73-5' 8 1/8	7/ 8
Snezhana Hrepevnik (Yug) 18	1.73-5' 8 1/8	7/16
Valeria Bonci (Rum) 17	1.73-5' 8 1/8	7/17
Valentina Kozir (SU) 17	1.73-5' 8 1/8	7/18
Jaroslava Valentova (Cz) 22	1.73-5' 8 1/8	9/10
17. Robyn Woodhouse (Aus) 24	1.725-5'8	4/11
Dorothy Shirley (GB) 28	1.725-5'8	6/ 3
19. Valentina Tikhomirova(SU)26	1.72-5' 7 3/4	8/ 2
Susan Nigh (Can) 20	1.72-5' 7 3/4	8/ 5

Other previously unreported marks: Marjana Thomas (Hol), Ghislaine Barnay (Fra), Annelise Waerness (Nor), Renate Schulze (EG) all 1.71-5'7 3/8; Madyeshda Maszutina (SU), Olga Shurepova (SU), Adelaide Gertig (SU), Nina Zhdan (SU), Alla Golovachova (SU), Tamara Seroshtan (SU), Snezhana Blagoyeva (Bul), Rita van Herck (Bel) all 1.70-5'7.

## LONG JUMP

Viorica Viscopoleanu, who was incomprehensibly omitted by the European team selectors, has four 6.40-21'0 competitions during the summer - and one foul at 6.64-21'9 1/2. . . . Ingrid Becker, at this moment the most constant European long jumper, was aided by a 5.14 mph breeze when she recorded 6.65-21'9 3/4 in winning the West German Championships. . . . Berit Berthelsen lost this season because of injuries. . . . Eva Kucmanova, another protegee of Czech coach Pavol Glesk, is the newest face among the 6.40-21'0 jumpers. . . . The first name of the new Soviet talent is Tatyana Bichkova, not Nina. . . . Irena Kirszenstein's best July mark was 6.43-21'1 1/4, best August jump 6.39-20'11 1/2.

1. Irena Kirszenstein(Pol) 21	6.62-21' 8 3/4	6/ 4
2. Ingrid Becker (WG) 25	6.53-21' 5	6/ 4
3. Berit Berthelsen (Nor) 23	6.47-21' 3	7/ 1
4. Viorica Viscopoleanu(Rum)28	6.46-21' 2 3/4	6/11
Tatyana Talisheva (SU) 30	6.46-21' 2 3/4	7/ 2
6. Mary Rand (GB) 27	6.45-21' 2	7/ 9
Eva Kucmanova (Cz) 21	6.45-21' 2	9/ 2
8. Barbel Lohnert (EG) 25	6.43-21' 1 1/4	7/ 2
9. Mirosława Salacinska(Pol)25	6.40-21' 0	7/ 2
10. Burghild Wiczorek (EG) 24	6.36-20'10 1/2	6/ 4
Maria Vittoria Trio (It) 20	6.36-20'10 1/2	6/29
12. Corrie Bakker (Hol) 22	6.35-20'10	5/20
Tatyana Bichkova (SU) 17	6.35-20'10	7/ 8
Martha Watson (USA) 21	6.35-20'10	7/15
Heide Rosendahl (WG) 20	6.35-20'10	7/20
16. Sheila Parkin (GB) 22	6.33-20' 8 1/4	6/18
Inez Martinez (Cuba) 21	6.33-20' 8 1/4	7/ 2
18. Deana Yorgova (Bul) 25	6.30-20' 8	6/ 4
19. Ursula Kuntzel (WG) 23	6.28-20' 7 1/4	5/27
Eta Kispal (Hun) 26	6.28-20' 7 1/4	7/30

Other previously unreported marks: Pat Winslow (USA) 6.25-20'6; Helena Ringa (SU) 6.22-20'5; Meta Antenen (Swi) 6.21-20'4 1/2; Gisela Vidal (Ven), Elena Vintila (Rum), Maria Pandele (Rum), Kristina Hauer (EG) all 6.20-20'4; Anita Neil (GB) 6.19-20'3 3/4; Barbel Palmie (WG) 6.18-20'3 1/4; Violet Odogwu and Willye White (USA) 6.17-20'3; Tereza Warzocha (Pol) and Monika Bornholt (WG) 6.14-20'1 3/4; Joan Hendry (Can) and Maïa Koivusaari (Fin) 6.12-20'1; Valentina Tikhomirova (SU) 6.10-20'0 1/4.

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DISTANCE RUNNING NEWS

## SHOT PUT

The summer stage of European shot putting was dominated by Chizhova and Gummel, (in almost even quality), but don't forget Renate Boy-Garisch who won the Znamenskiy Memorial competition as well as the East German Championships. . . . Another big improvement was by Judit Bognar who put around the 16 meter mark (52'6) for many years only to explode this summer with marks of 17.06-55'11 3/4 and 16.96-55'7 3/4. . . . Els van Noorduyn was injured in mid-August. . . . Another youngster who has improved recently is the young (18) Czech champion Vladimira Srbova who threw 15.20-49'10 1/2.

1. Nadye zhda Chizhova (SU) 22	18.34-60' 2	6/10
2. Margitta Gummel (EG) 26	17.68-58' 0	7/16
3. Maritta Lange (EG) 24	17.35-56'11	6/10
4. Renate Boy (EG) 27	17.14-56' 2 3/4	7/30
5. Judit Bognar (Hun) 28	17.06-55'11 3/4	7/29
6. Galina Zybina (SU) 36	17.01-55' 9 3/4	7/31
7. Irina Solontsova (SU) 30	16.85-55' 3 1/2	4/25
8. Ivanka Khristova (Bul) 26	16.79-55' 1	8/ 6
9. Marlene Fuchs (WG) 25	16.76-54'11 3/4	6/28
10. Ludmila Zhdanova (SU) 34	16.60-54' 5 1/2	6/ 4
11. Maria Chorbova (Bul) 27	16.40-53' 9 3/4	6/11
12. Gertud Schafer (WG) 23	16.09-52' 9 1/2	8/ 5
13. Els van Noorduyn (Hol) 21	16.06-52' 8 1/4	7/16
14. Galina Nyekrasova (SU) 31	16.02-52' 6 3/4	8/
15. Ana Salagean (Rum) 30	15.92-52' 2 3/4	7/22
16. Inge Friedrich (EG) 26	15.85-52' 0	5/28
17. Lidia Sharamovich (Bul) 30	15.74-51' 7 3/4	7/13
18. Anna Vanina (SU) 22	15.68-51' 5 3/4	4/ 3
19. Hannelore Friedel (EG) 19	15.64-51' 3 3/4	6/18
20. Gisela Kolb (EG) 22	15.63-51' 3 1/2	7/30

Other previously unreported marks: Brenda Bedford (GB) 15.58-51'1 1/2; Galina Sidyelnikova (SU) 15.57-51'1; Lidia Kulagina (SU) 15.55-51'0 1/4; Sieglinde Schaupp (WG) 15.39-50'6; Liesel Westermann (WG) 15.30-50'2 1/2.

## DISCUS THROW

Even if she loses the two remaining Big Meets of the year, (Kiev - she lost - and Mexico Pre-Olympics), Liesel Westermann must be our surest No. 1 in World Ranking this year. . . . But her East German opponent had some big throws recently, namely Karin Illgen who had two 58 meter marks (190'3) early in September. . . . Judit Bognar has also improved in this, her second event, but the biggest improvement goes to Brigitte Berendonk who was for many years only a 46 meter thrower (151') and is now up to 54.65 (179'3). . . . Note of merit must go to 37 year old Stepanka Mertova who was European runner-up in 1958 - she still throws as well as ever and hit 52.50 (172'3) recently in the rain.

1. Liesel Westermann (WG) 23	59.22-194' 3	9/ 2
2. Karin Illgen (EG) 26	58.93-193' 4	9/ 5
3. Jolan Kleiber (Hun) 28	57.24-187' 9	7/16
4. Anita Hentschel (EG) 25	57.18-187' 7	9/ 3
5. Judit Stugner (Hun) 25	56.66-185'10	5/ 7
6. Christa Spielberg (EG) 26	56.34-184'10	9/ 3
7. Ludmila Khmelevskaya(SU)	56.19-184' 4	4/
8. Ludmila Muravyeva(SU) 27	55.18-181' 0	7/30
9. Alla Zhelobkovich (SU) 30	55.10-180' 9	6/
10. Brigitte Berendonk (WG) 25	54.65-179' 3	7/19
11. Judit Bognar (Hun) 28	54.20-177'10	8/30
12. Anna Mickler (EG) 25	54.02-177' 2	7/ 9
13. Irina Solontsova (SU) 30	53.28-174' 9	4/26
14. Joan Roberts (Aus) 24	53.09-174' 2	1/ 7
15. Nelli Sivoplyasova(SU) 25	53.08-174' 1	7/30
16. Olympia Catarama (Rum) 27	53.06-174' 1	5/21
17. Rozsa Czaban (Hun) 24	53.00-173'10	6/10
18. Jadwiga Wojtczak (Pol) 25	52.70-172'10	5/10
19. Jirina Nemcova (Cz) 30	52.65-172' 9	8/11
20. Antonina Popova (SU) 32	52.50-172' 3	7/ 9
Stepanka Mertova (Cz) 37	52.50-172' 3	8/13

Previously unreported marks: Olga Titova (SU) 52.06-170'9; Marlene Fuchs (WG) 51.54-169'1.

## JAVELIN THROW

Olympic champion Mihaela Penes enters the scene after a long, slow recovery from injury - and certainly as long and thorough preparation - with a magnificent 60.68-199'1 toss in the Rumanian trials for the Balkan Games. This is a new Rumanian record as well as a world's best for 1967. . . Her colleague Marilena Ciurea, only 19, has improved to 54.92-180'2. . . . The farthest throw of the season in the USSR comes from little known Vyera Savenkova with 57.62-189'0, but only two weeks before, her best throw was only 49.12-161 when she was the fifth best non-qualifier at the Spartakiad.

1. Mihaela Penes (Rum) 20	60.68-199' 1	9/ 3
2. Barbara Freidrich (USA) 18	60.55-198' 8	6/ 4
3. RaNae Bair (USA) 24	59.82-196' 3	7/ 2
4. Danuta Jarkowska (Pol) 21	58.68-192' 6	7/ 2
5. Vyera Savenkova (SU) 22	57.62-189' 0	8/
6. Helga Borner (EG) 28	56.56-185' 6	6/11
7. Lidia Yasinska (SU) 25	56.08-184' 0	5/28
8. Maria Moskalenko (SU) 27	55.84-183' 2	8/ 3
9. Almut Brommel (WG) 32	55.69-182' 8	9/ 3
10. Elvira Lusic-Ozolina(SU)28	55.54-182' 2	6/11
11. Valentina Popova (SU) 22	55.50-182' 1	6/11
12. Ameli Koloska (WG) 23	55.48-182' 0	7/23
13. Birute Kalediene (SU) 33	55.14-180'11	6/ 4
14. Yelena Gorchakova (SU) 34	54.94-180' 3	8/ 3
15. Marilena Ciurea (Rum) 19	54.92-180' 2	7/23
16. Anna Bocson (Aus) 31	54.59-179' 1	7/ 8
17. Louise Gerrish (USA) 19	54.51-178'10	6/ 3
18. Helga Schulze (EG) 26	54.50-178' 9	6/ 2
19. Mara Saulite (SU) 25	54.22-177'10	5/
20. Darya Kuryan (SU) 22	53.74-176' 3	7/

Other previously unreported marks: Maria Dubograyeva (SU) 53.46-175'5; Barbara Kalisiak (Pol) 53.34-175'0; Valentina Borisevich (SU) 52.74-173'0; Misako Katayama (Jap) 52.12-171'0.

## PENTATHLON

Valentina Tikhomirova won the biggest pentathlon competition under very unfavorable conditions at the Spartakiad with 11.4-44'3 1/2-5'7 3/4-20'0 1/4 and 25.0, but the years best goes to Ingrid Becker in her first try of the season during the West German title competition. Her marks included: 11.2-41'3-5'3-20'6 1/2 and 23.7. . . . Another pentathlon hope, Hungary's Toth, took her try easy with marks well

below her possibilities, for example 11.2-18'3 1/4 and 24.7. . . . East Germany's long jumpers have been successful in the pentathlon in the past beginning with Hildrun Claus - now it is Barbel Lohmert who won her country's title and set a high jump record of 5'6 1/8 in the process.

1. Ingrid Becker (WG) 25	4953	9/10
2. Valentina Tikhomirova(SU)	4946	8/ 3
3. Pat Winslow (USA) 24	4860	7/30
4. Barbel Lohmert (EG) 25	4785	7/27
5. Sashka Varbanova (Bul) 23	4740	7/ 9
6. Valentina Shapkina (SU) 29	4734	6/25
7. Snezhaba Yurukova (Bul) 23	4730	7/ 9
8. Jennifer Meldrum (Can) 24	4724	7/30
9. Maria Sizyakova (SU) 31	4687	7/ 4
10. Pam Kilborn (Aus) 28	4672	3/ 2
11. Monique Bantegny (Fra) 27	4644	6/25
12. Marjan Thomas (Hol) 25	4639	6/11
13. Ludmila Iyevlyeva (SU) 26	4630	5/ 7
14. Liesel Prokop (Austria) 26	4618	8/12
15. Ann Wilson (GB) 18	4605	6/17
16. Corrie Bakker (Hol) 22	4600	5/21
17. Denise Guenard (Fra) 33	4593	8/27
18. Inge Exner (EG) 27	4587	7/ 2
19. Gerda Mittenzwei (EG) 22	4583	7/ 2
20. Annamaria Toth (Hun) 22	4581	9/ 3

Other previously unreported marks: Meta Antenen (Swi) and Elena Vintila (Rum) 4571; Eva Kucmanova (Cz) 4550; Vyera But (SU) 4532; Aida dos Santos (Bra) and Christa Voss (WG) 4531; Helena Ringa (SU) 4520; Yelena Babkina (SU) 4501; Jitka Potrebujesova (Cz) 4468; Zoya Baykalova (SU) 4443; Mieke Sterk (Hol) 4430; Galina Kononyenko (SU) 4413; Michiko Okamoto (Jap) and Barbara Wozniak (Pol) 4412; Christina Hauer (EG) 4411; Tatyana Kurganova (SU) 4409; Lidia Lyakhova (SU) 4405.

\* \* \* \* \*

## BC defeats Washington 136 - 111

The British Columbia team made it two straight over teams from the USA on August 19 when they downed the State of Washington 136-111 at Victoria on Vancouver Island. Although Washington won every running event save the 100, the Canadians were 1-2-3 in the high jump, long jump and discus to earn the victory.

Canadian Jay Dahlgren, who missed the meet against the State of Oregon, won three events and set a new Canadian record in the javelin with a toss of 163'11". For the visitors, Pat Van Wolvelaere and Doris Brown each won two events. Irene Piotrowski did not compete for B.C.

RESULTS: 100, 1-Arlene McLaughlin (BC) 11.1; 2-Val Parker (BC) 11.3; 3-Stephanie Berto (BC) 11.4. 220, 1-Pat Van Wolvelaere (W) 24.8; Delores Stoneback (W) 25.6; 3-Arlene McLaughlin (BC) 25.9. 440-Delores Stoneback(W) 57.7; 2-Lindy Oliver (W) 57.8; 3-Debbie Newing (W) 58.4. 880, Doris Brown (W) 2:12.2; 2-Karen Emery (BC) 2:15.0; 3-Penny Shanks (BC) 2:16.5. Mile, 1-Doris Brown (W) 4:51.1; 2-Vicki Foltz (W) 5:14.6; 3-Pat Mills (BC) 5:15.7. 80mH, 1-Pat Van Wolvelaere (W) 11.1; 2-Janene Jatton (W) 11.7; 3-Betsy George (BC) 12.0. 4x110, 1-Washington 47.6. 2-BC 48.0. HJ, 1-Marilyn Mascoe (BC) 5'0 1/4; 2-Debbie Brill (BC) 4'10; 3-Toni Lindsay (BC) 4'8 3/4. LJ, 1-Val Parker (BC) 17'8 1/2; 2-Janis Huck (BC) 17'6 3/4; 3-Brenda Eisler (BC) 16'11 3/4. SP, 1-Jay Dahlgren (BC) 40'7 1/2; 2-Pauline Conwell (W) 39'7 1/4; 3-Joan Pavelich (BC) 37'0. DT, 1-Jay Dahlgren (BC) 133'4; 2-Joan Pavelich (BC) 131'11; 3-Wilma Vanerwilck (BC) 123'10. JT, 1-Jay Dahlgren (BC) 163'11 (rec); 2-Virginia Husted (W) 122'0; 3-Nancy Thorne (BC) 107'7.

\* \* \* \* \*

Singapore National Championships from Tan Eng Yoon Singapore, (August 12-13): Mrs. Glory Barnabas, a teacher, won the sprints and set a new national record with her 25.8s 200 meters. Seventeen year old schoolgirl Maimoon Bakar won the 400 and 800. Cheong Wai Hing, the Asian Games pentathlon bronze medalist, won the high jump, shot put and javelin. Winners were: 100/200, Glory Barnabas 12.8/25.8 (rec); 400/800, Maimoon Bakar 61.2/2:33.6; 80mH/LJ, Heather Siddons 12.0 (rec)/16'6; DT, Chua Kim Tee 87'3; HJ/SP/JT, Cheong Wai Hing 4'11 (rec)/31'8 (rec)/100'0.

# US AGE GROUP STATISTICS FOR 1967

## NINE AND UNDER AGE GROUP

50 Yards (National Record 6.9)  
 6.7 Cathy Ellis (Diablo Valley)  
 6.9 Julie Varela (Aurora)  
 7.0 Kathleen Carter (Den. AS)  
 7.0 Erika VanGores (SC Miss)  
 7.0 Bernidine Armstrong (Wills)  
 7.0 Lisa Gibbs (Albuquerque OC)  
 7.0 Marier Jackson (Bakersfield)

220 Yards  
 30.3 Bernidine Armstrong (Wills)  
 30.6 Kim Winston (Bakersfield)  
 30.9 Glenna Pickel (Orinda)  
 31.2 Nadine Bowers (San Leandro)  
 31.3 Robin Holton (Rich-Perr)

High Jump (National Record 4'0 1/4)  
 4' 1 3/4 Diane Stewart (Diablo)  
 3'11 Pamela Fine (N. Miami)  
 3'10 Sandra Resch (Run For Fun)  
 3' 8 1/2 Tammy Jackson (Lawrence)  
 3' 8 Connie Hyrkas (Wills)  
 3' 8 Kim Bruce (Orinda)

## 10-11 AGE GROUP

50 Yards (National Record 6.3)  
 6.3 G. Ausler (St. Louis Blues)  
 6.5 Doris Thomas (Rich-Perr)  
 6.5 Karol Stewart (Simi)  
 6.5 Yvonne Dillsworth (Oakland)  
 6.5 Maren Olson (Sinaloa)  
 6.5 Carol Burkland (Hutchison TC)  
 6.5 Karen Hurlocker (Hutchison TC)  
 6.5 Carol Hudson (Albuquerque OC)

220 Yards (National Record 29.2)  
 28.1 Yvonne Dillsworth (Oakland)  
 28.2 Astria Hempfield (Bakersfield)  
 28.3 Becky Bruce (Lakewood)  
 28.3 Inez Wooten (Mickies Missiles)  
 28.3 Viola Roots (Stockton TC)

High Jump (National Record 4'6 1/2)  
 4'6 A. Daniel (Pelham AC)  
 4'5 1/2 Karen Kosmala (Hutchisons)  
 4'4 Elaine Hamilton (Run For Fun)  
 4'4 Robin Downs (Run For Fun)  
 4'4 Vicky Henthorne (SEMO)  
 4'4 Laura Chirnside (Del T&FC)

## 12-13 AGE GROUP

50 Yards (National Record 6.2)  
 6.0 Charlotte Hawkins (Jeff. County)  
 6.1 Lawanda Revis (SC Missiles)  
 6.1 Anita Pinkard (Oxnard)  
 6.1 Patsy Everson (Spokane)  
 6.1 Brenda Simpson (Oakland)

50y Hurdles (New event)  
 7.3 Mary Lalum (Kalispell, Mont)  
 7.3 Gloria Cleburn (Aurora)  
 7.4 Vernita Small (Stockton TC)  
 7.4 Elaine Knight (Denver All Stars)  
 7.4 Sallie Caton (Albuquerque OC)

440 Yd Relay (Nat. Record 51.4)  
 50.2 Crown Cities Track Club  
 51.0 Southern California Missiles  
 51.2 Bakersfield Track Club  
 51.8 Mickies Missiles  
 52.0 Orinda Track Club

6 Lb. Shot Put (Nat. Rec. 46'6)  
 40' 4 1/4 Jan Dempsey (San Diego)  
 37' 6 1/2 Linda Howard (St. Louis)  
 37' 6 Sally Caton (Albuquerque OC)  
 37' 4 1/2 Jackie Wright (Aurora)  
 36' 8 Janet Alexander (Millbrae)

75 Yards (National Record 10.8)  
 10.0 Henrietta Roots (Stockton)  
 10.1 Robin Holten (Rich-Perr)  
 10.2 Bernadine Armstrong (Wills)  
 10.2 Glenna Pickel (Orinda)  
 10.2 Marier Jackson (Bakersfield)  
 10.2 Lisa Gibbs (Albuquerque OC)

220 Yd Relay (Nat. Record 31.1)  
 30.6 Miami Run For Fun  
 30.6 Diablo Valley GTC  
 31.0 Orinda Track Club  
 31.1 Richmond-Perrine TC  
 31.4 Albuquerque Olympette Club

Long Jump (National Record 12'9 1/2)  
 12'11 1/2 Ilene Shaw (Diablo Valley)  
 12' 9 Gladine Anderson (RFFun)  
 12' 9 Laura Allen (Flanagan Club)  
 12' 5 3/4 Tina Ellwood (San Leandro)  
 12' 5 1/2 A. Lee (Detroit TC)

75 Yards (National Record 9.2)  
 9.4 Celia Smith (Rich-Perr)  
 9.4 D. Carter (Bakersfield)  
 9.5 Karol Stewart (Simi)  
 9.5 Celeste Rankin (Monterey Pk)  
 9.5 Mary McCaleb (Bakersfield)  
 9.5 Charlesetta Burris (Bakersfield)  
 9.5 Yvonne Dillsworth (Oakland)  
 9.5 Sharon Smith (Rich-Perr)

440 Yards  
 64.5 Becky Bruce (Lakewood)  
 65.0 Carol Hudson (Albuquerque OC)  
 65.6 Karen Hurlocker (Hutchison)  
 66.4 Denise Robertson (Wills)  
 66.7 Patricia Hudspeth (Mickies M)  
 66.7 Holly Brooks (Inland Empire TC)

Long Jump (National Record 16'9)  
 15'5 1/2 Sharon Smith (Rich-Perr)  
 15'5 1/4 Towanna Humphrey (E. St L)  
 15'3 Inez Wooten (Mickies M)  
 15'2 1/2 Karol Stewart (Simi)  
 15'2 1/4 Beth Bown (San Diego)

75 Yards (National Record 8.9)  
 8.6 Carolyn Drayden (Compton)  
 8.8 Judy Smith (Bakersfield)  
 8.8 Lorraine Jordan (CCTC)  
 8.8 Anita Pinkard (Oxnard)  
 8.9 Nina Howard (Stockton TC)

220 Yards (National Record 26.0)  
 24.3 Ranaye Bowen (Mickies Miss)  
 25.2 Charleen Johnson (Met TC)  
 25.5 Donna Beckstrom (SC Miss)  
 25.8 Lorraine Jordan (CCTC)  
 25.8 Carolyn Draden (Compton)  
 25.8 Michelle McMillian (Atoms)

880 Yd. Medley Relay  
 1:52.6 Mickies Missiles  
 1:53.2 Crown Cities Track Club  
 1:56.0 Southern California Missiles  
 1:57.0 Stockton Track Club  
 1:57.1 Orinda Track Club

Baseball Throw (Nat. Rec. 267'6)  
 250' 1 Diane Matkovich (CCTC)  
 230' 0 Jan Robinson (Moorpark)  
 221' 1 Peggy Kennedy (Diablo)  
 219' 4 Stephanie Woodside  
 218'11 Nanette Torrey (Mickies)

100 Yards (National Record 13.2)  
 13.2 Kim Winston (Bakersfield)  
 13.3 Bernadine Armstrong (Wills)  
 13.3 Cynthia McKenzie (O-MTC)  
 13.4 Marier Jackson (Bakersfield)  
 13.4 Henrietta Roots (Stockton)  
 13.4 June Deed (Stockton)  
 13.4 Lisa Gibbs (Albuquerque OC)

440 Yard Relay  
 62.2 Bakersfield Track Club  
 63.6 Albuquerque Olympette Club  
 63.8 Diablo Valley GTC  
 64.4 San Leandro TC  
 66.1 Will's Spiketettes

Baseball Throw (Nat. Record 127'9)  
 163'10 Nadine Bowers (San Leandro)  
 139' 3 Glenna Pickel (Orinda)  
 129'11 K. O'Connor (Millbrae)  
 124'11 V. Lovelace (San Jose)  
 123'10 Kathleen Barry (Simi)

100 Yards (National Record 12.5)  
 11.8 Doris Thomas (Rich-Perr)  
 11.9 Karen Prior (Surrey AC)  
 12.0 Sylvia Gloster (Dade JC)  
 12.1 Yvonne Dillsworth (Oakland)  
 12.2 Inez Wooten (Mickies Miss)  
 12.2 D. Carter (Bakersfield)

440 Yard Relay  
 53.7 Bakersfield TC  
 55.1 Richmond-Perrine TC  
 56.0 Lakewood Spartans  
 56.4 Diablo Valley GTC  
 57.0 Aurora TC (Colorado)

Baseball Throw (Nat. Rec 220'3)  
 245' 2 Yvonne Uhalde (Diablo)  
 203' 1 Debbie Langevain (Lakewood)  
 197'10 Monica Clavell (ORD)  
 183' 0 Mary Bomholt (Aurora)  
 181' 3 Denise Sherrill (Lakewood)

100 Yards (National Record 11.5)  
 10.9 Ranaye Bowen (Mickies Miss)  
 11.1 Charleen Johnson (Met. TC)  
 11.2 Mary Turner (Bakersfield)  
 11.4 Brenda Simpson (Oakland)  
 11.4 Patsy Everson (Spokane)

440 Yards (New event)  
 59.2 Debbie Newing (Angels TC)  
 59.8 Joanne Gilbreath (CCTC)  
 60.2 Geraldine Taylor (Met TC)  
 60.3 Kathy Wilkerson (Roseville)  
 61.0 Irene Wagner (Lakewood)

Long Jump (National Record 17'10)  
 17' 4 3/4 Rhonda Albers (San Leandro)  
 16'10 1/2 Margie Zeman (Colo Rock)  
 16' 9 Jeanann Seiple (Wills)  
 16' 7 1/2 Sally Caton (Albuquerque OC)  
 16' 6 Jerrie Walker (Met. Miami)

Discus Throw (New event)  
 113' 1 Diane Matkovich (CCTC)  
 99' 9 Tracey Lucas (San Leandro)  
 88' 7 Diane Wallila (Flanagan)  
 84'10 Becky Burwash (Albuquerque)  
 83' 8 Diane Gray (Stockton)

Continued on Page 15

## Tokyo (continued)

### Long Jump (September 3)

RESULTS: 1-Sheila Parkin (GB) 6.32-20'8 3/4; 2-Barbel Palmie (WG) 6.17-20'3; 3-Anne-Marie Grosse (Fra) 5.96-19'6 5/8; 4-Hanna Kleinpeter (Austria) 5.93-19'5 1/2; 5-Maureen Barton (GB) 5.82-19'1 1/4; 6-Kimiko Yoshida (Jap) 5.81-19'0 3/4; 7-Sachiko Kawashima (Jap) 5.77-18'11 1/8; 8-P. Heikkila (Fin) 5.74-18'10; 9-L. Prokop (Austria) 5.39-17'8 1/4.

Barton	F	5.40	F	5.57	F	5.82
Kawashima	5.70w	5.55	F	5.28	F	5.77w
Grosse	5.66	5.92	5.96	5.53	F	5.75
Yoshida	5.64	5.74	5.64	5.77	5.81	5.67
Parkin	6.26	6.13	6.16	6.32	6.30	6.29
Kleinpeter	5.81w	5.75	5.85	5.59	5.93	5.86
Palmie	6.17	F	5.98w	6.07	6.06	5.98
Heikkila	5.66	5.74	5.43	5.65w	5.55	F
Prokop	5.20	5.36	5.39w			

### Shot Put (August 30)

RESULTS: 1-Liesel Westermann (WG) 15.30-50'2 1/2; 2-Ryoko Sugiyama (Jap) 15.04-49'4 1/4; 3-Brigitte Berendonk (WG) 14.36-47'1 1/2; 4-Noriko Takada (Jap) 14.07-46'2; 5-L. Prokop (Austria) 13.65-44'9 1/2; 6-Lynne Parry (Australia) 13.55-44'5 1/2; 7-Iris Malnig (Austria) 11.84-38'10 1/4.

Berendonk	F	14.09	F	F	F	14.36
Westermann	12.79	13.63	15.30	F	F	14.01
Prokop	13.65	F	12.80	13.41	F	F
Sugiyama	14.51	14.20	14.88	15.04	14.89	14.58
Parry	13.33	13.18	13.19	12.75	13.55	13.31
Takada	12.51	13.94	12.66	14.07	13.08	13.43
Malnig	11.84	F	11.71	F	F	F

### Discus Throw (September 2)

RESULTS: 1-Liesel Westermann (WG) 59.22-194'3; 2-Brigitte Berendonk (WG) 53.16-174'5; 3-Iris Malnig (Austria) 46.16-151'5; 4-Noriko Takada (Jap) 45.90-150'7; 5-Atsuko Okudaira (Jap) 45.58-149'6; 6-Lynne Parry (Australia) 36.12-118'6.

Parry	F	F	36.12	F	F	34.32
Westermann	53.14	55.42	58.20	54.80	58.44	59.22
Malnig	42.38	45.62	42.26	46.06	45.78	46.16
Takada	44.44	43.92	44.74	43.76	31.02	45.90
Berendonk	50.94	F	51.96	48.68	53.16	F
Okudaira	42.48	45.52	45.58	44.84	45.30	43.74

### Javelin Throw (September 1)

RESULTS: 1-RaNaee Bair (USA) 52.98-173'10; 2-Sakiko Hara (Jap) 48.38-158'8; 3-Michele Demys (Fra) 48.20-168'1; 4-Tamako Yamauchi (Jap) 41.68-136'9.

Demys	48.20	41.32	45.44	46.38	44.54	45.26
Yamauchi	F	F	F	F	41.68	F
Bair	52.32	47.72	52.98	45.80	51.94	F
Hara	45.76	35.72	44.52	F	48.38	F

### Pentathlon (August 31-September 1)

Prokop (Austria)	11.9	12.77	1.67	5.42	26.6	4476
Okamoto (Jap)	11.3	10.69	1.53	5.48	25.8	4355
Heikkila (Fin)	11.8	11.50	1.60	5.33	27.2	4274
Yoshida (Jap)	11.7	10.06	1.45	5.42	26.2	4111
Kriess (WG)	12.1	10.18	1.59	5.21	27.4	4071
Jones (GB)	12.3	9.40	1.40	4.88	26.2	3786
Hsu (HK)	12.9	7.19	1.40	5.28	26.3	3618

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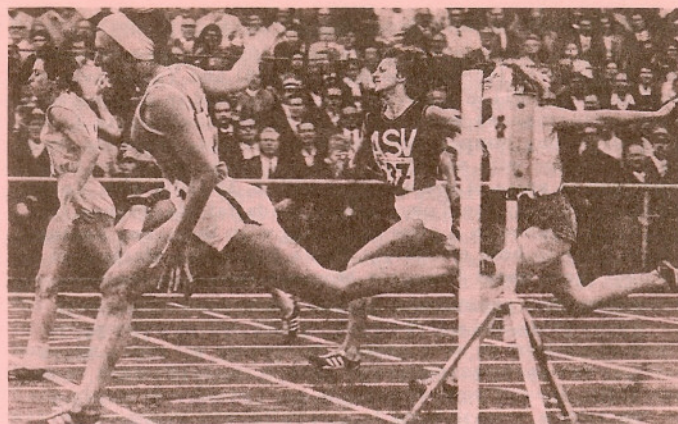
### Age Group Stats (continued)

#### High Jump (National Record 5'1)

5' 1 1/2	Nina Howard (Stockton)
5' 1 1/4	Gloria Morris (San Diego)
4'10 3/4	Sally Caton (Albuquerque OC)
4' 9 1/4	Donna Gee (Moorpark)
4' 9	Rachel Sharp (Denver All Stars)

#### Pentathlon (New event)

3913	Sally Caton (Albuquerque OC)
3523	Nina Howard (Stockton TC)
3424	Vernita Small (Stockton TC)
3398	Rachel Sharp (Denver All Stars)
3314	Margie Zeman (Colo Rockettes)



Karin Frisch, who must surely be the most inconsistent sprinter on the Continent, is shown here winning the WG title in 11.5w with Hannelore Trabert, 29, second.

## West German Championships

### COMPLETE RESULTS WEST GERMAN CHAMPIONSHIPS (Hamburg, July 15-16)

100m (heats), I-Frisch 11.6; II-Trabert 11.7; III-Herrmann 11.8; IV-Becker 11.8. (Semis) I-Frisch 11.9; II-Trabert 11.9. FINAL: 1-Frisch 11.5 (wind 2.3); 2-Trabert 11.5; 3-Becker 11.6; 4-Herrmann 11.7; 5-Rost 11.7; 6-Bayrichen 11.7; 7-Funfstuck 11.9; 8-Krupp 12.0.

200m (heats), I-Frisch 24.4; II-Herrmann 24.5; III-Trabert 24.3. FINAL: 1-Trabert 24.0 (wind 1.0); 2-Frisch 24.2; 3-Herrman 24.3; 4-Rost 24.4; 5-Elsner 24.5; 6-Geier 24.8; 7-Jahn 24.8; 8-Ripken 24.9.

400m (heats), I-Henning 56.1; II-Gleichfeld 56.3; III-Kopke 56.4. FINAL: 1-Kopke 55.5; 2-Henning 55.5; 3-Gleichfeld 56.0; 4-Grossekettler 56.5; 5-Linz 56.9; 6-Rottmuller 57.5; 7-Gerhard 58.9; 8-Hefti 59.0.

800m (heats), I-Kessler 2:10.0; II-Gleichfeld 2:12.6; III-Rottmuller 2:12.0. FINAL: 1-Kessler 2:05.9; 2-Rottmuller 2:06.8; 3-Gleichfeld 2:06.9; 4-Strickling 2:09.4; 5-Hefner 2:10.0; 6-Klopfer 2:11.0; 7-Achtel 2:11.6; 8-Basche 2:11.6.

80mH (heats), I-Schell 11.2; II-Frisch 11.2; III-Gulck 11.3. FINAL: 1-Schell 10.9 (wind 1.1); 2-Frisch 10.9; 3-Wurl 11.2; 4-Farthmann 11.2; 5-Zimmermann 11.3; 6-Schneider 11.4; 7-Gulck 11.4; 8-Wagner 11.4.

4x100 (heats) I-OSC Berlin 46.0; II-TuS Leverkusen 47.0. FINAL: 1-OSC Berlin 45.8; 2-Hannoverscher SC 46.6; 3-TuS Leverkusen 46.7; 4-LG Alstertal-Garstedt 47.1; 5-TSV Munchen 47.6; 6-Post-SG Mannheim 48.3; 7-Dusseldorfer 48.6.

HJ: 1-Gortz 1.63/5'4 1/4; 2-Kress and Kamphausen 1.60/5'3; 4-Geurtz 1.60; 5-Hans 1.60; 6-Marx 1.60; 7-Muller 1.55/5'1; 8-Schubert 1.55 and Stierle 1.55. Others: Hollmann and Geyer 1.55; Schlurmann, Lantz, Reichert and Altman 1.50-4'11 1/8.

LJ: 1-Becker 6.65-21'9 3/4w (also 6.61-21'8 1/4w and 6.38-20'11 1/4ok); 2-Rosendahl 6.31-20'8 1/2; 3-Kunzel 6.30-20'8w; 4-Ahrens 6.10-20'0 1/4w; 5-Bechtel 6.07-19'11w; 6-Weimar 6.02-19'9w; 7-Kramer 5.97-19'7w; 8-Briesnick 5.86-19'2 3/4w.

SP: 1-Fuchs-Klein 16.58-54'4 3/4; 2-Schafer 16.09-52' 9 1/2; 3-Schupp 14.94-49'0 1/4; 4-Berendonk 14.72-48' 3 1/4; 5-Ruhlow 13.59-44'7; 6-Voss 13.10-42'11 3/4; 7-Brommel 12.93-42'5; 8-Kraft 12.88-42'3.

DT: 1-Westermann 58.92-193'3; 2-Berendonk 51.83-170'0; 3-Fuchs-Klein 50.39-165'4; 4-Sturm 47.29-155'1; 5-Thieron 46.69-153'2; 6-Kerskens 46.65-153'0; 7-Kapolke 45.38-148'10; 8-Ruhlow 44.95-147'5.

JT: 1-Koloska-Isermeyer 54.20-177'10; 2-Brommel 51.31-168'4; 3-Gerhards 49.86-163'7; 4-Dieckvoss 48.37-158'8; 5-Zimmer 46.43-152'4; 6-Ullmer 45.88-150'6; 7-Ebel 45.25-148'5; 8-Leiss 42.72-140'2.

## S.E.A.P. GAMES

The Fourth South East Asia Peninsular Games will be held in Bangkok, Thailand, December 9-16. Competing countries are Singapore, Malaysia, Burma, Viet Nam, Laos and Thailand.

**France-Yugoslavia-Italy** from Elio Trifari

(Osijek, Yugoslavia, September 10). France defeated both Yugoslavia (65-52) and Italy (79-38) and Yugoslavia won over Italy (66-51) in a double dual meet held in driving rain. Good performances were turned in by Maria-Vittoria Trio, the Italian long jumper who has been missing from the track for some time with an injury, who turned in her third best ever leap in spite of the weather with 6.33 (20'9 1/4); Vera Nikolic won over the Tokyo silver medalist Maryvonne Dupureur of France in a slow half mile with Dupureur having a hard time to hold off Italy's Paola Pigni; Ika Maricic of the host team upset France's Monique Noirot in the 400.

RESULTS: 100-1-Gaby Meyer (F) 12.0; 2-Govoni (I) 12.1; 3-Montandon (F) 12.2. 200-1-Telliez (F) 24.3; 2-Govoni (I) 24.5; 3-Montandon (F) 24.8. 400-1-Maricic (Y) 55.0; 2-Noirot (F) 56.1; 3-Jacq (F) 56.3. 800m 1-Nikolic (Y) 2:06.7; 2-Dupureur (F) 2:07.5; 3-Pigni (I) 2:07.6. 80mH-1-Gueneau (F) 10.9; 2-Guenard (F) 11.3; 3-Focic (Y) 11.3. HJ-1-Snezhana Hrepevnik (Y) 1.70/5'7; 2-Escourrou (F) 1.60/5'3; 3-Barnay (F) 1.60. LJ-1-Trio (I) 6.33-20'9 1/4; 2-Frik (Y) 5.87/19'3 1/4; 3-Focic (Y) 5.82/19'1 1/4. SP-1-Claudine Cuvelier (F) 14.49-47'6 1/2; 2-Parguel (F) 13.79-45'3; 3-Perovic (Y) 13.35-43'9 1/2. DT-Bretelle (F) 45.76/150'1; 2-Cuvelier (F) 45.36/148'9; 3-K.Nikolic (Y) 42.90/140'9. JT-1-Pajtler (Y) 46.48/152'6; 2-Zunji (Y) 46.08/151'2; 3-Demys (F) 43.34/142'2. 4x100-1-France 46.3; 2-Italy 47.8; 3-Yugoslavia 48.9.

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**Sweden 66 - Finland 51**

(Stockholm, August 19-20)

100m/80mH-Wieslander (S) 11.9/11.1; 200m-Wallgren (S) 24.0; 400m-Wallgren (S) 54.0, Ericson (S) 54.5; 800m-Ericson (S) 2:08.0 (rec); 4x100m-Sweden 45.7, Finland 47.6 (rec); HJ-Bister (S) & Nordlund (F) 5'5 3/8-1.66; LJ-Eriksson (S) 19'7 3/4-5.99; SP/DT-Kuulavainen (F) 45'3 1/4-13.80 & 152'4-46.44; JT-Mustonen (F) 165'4-5.40.

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**Susan Scott**

Susan Scott, 15 year old athlete from England, scored an all-time record for her age in the pentathlon at Liege on September 2-3. Her score of 4419 broke the old record of 4340 held by Jana Lunday of Canada. During the competition, Susan set three personal bests including a high jump of 5'2 1/2 which she cleared with the "scissors". Other marks included 11.6 hurdles, 31'7 1/2 shot put, 19'7 long jump and 25.7 for the 200 meters.

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**OLYMPIC GAMES MOVIES FOR RENT**

See Page 17

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**FRANCE 59-WEST GERMANY 58 (Under 20 years) (Bayonne, France, August 12-13)**

100m-Montandon (F) 11.8; 200m-Meyer 24.0, Montandon 24.2; 400m-Jacq (F) 55.4; LJ-Rosendahl (WG) 20'1-6.12; 4x100m-France 45.6.

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**Czechoslovakian Championships** from Milan Sykora

(Sokolov, July 29-30)

100m: 1-Gleskova (Lehocka) 11.8, 2-Smerdova 11.8, 3-Kucmanova 11.8; 200m: 1-Seifertova 24.3, 2-Smerdova 24.6, 3-Putnova 24.8; 400m: 1-Macounova 55.4, 2-Otova 56.2, 3-Firytova 57.1; 800m: 1-Ovadkova 2:08.0, 2-Busova 2:08.4, 3-Zakova 2:09.2; 80mH: 1-Seifertova 11.1, 2-Zabrsova 11.2, 3-Fomenkova 11.4, 4-Vlachova 11.4; HJ: 1-Faithova 1.68-5'6 1/8, 2-Pros-kova 1.66-5'5 3/8, 3-Valentova 1.66; LJ: 1-Kucmanova 6.33-20'9 1/4, 2-Kladekova 5.98-19'7 1/2, 3-Potrebuje-sova 5.76-18'10 1/4; SP: 1-Srbova 15.02-49'3 1/4, 2-Fibingerova 14.56-47'9 1/4, 3-Duchonova 14.44-47'4 1/2; DT: 1-Nemcova 52.48-172'2, 2-Mertova 52.40-171'11, 3-Zlabkova 49.56-162'7; JT: 1-Hornychova 46.34-152'0; 2-Jilkova 45.86-150'5, 3-Tonova 45.76-150'1; 4x100: 1-46.5, 2-48.0, 3-48.2.

**People Write Letters**

PINCUS SOBER (US Olympic Committee): "I have been in the position to see how much women's track and field in the USA has improved in recent years not only in calibre of performance but also in increasing public acceptance and more widespread participation. A publication such as "Women's Track and Field World" is greatly needed and should be a great influence for advancement of the sport."

DR. LAWRENCE GERMAIN: "Your article, "Time-A Matter of Relativity", was particularly interesting. However, the "adjusted" times printed in the section on US Championships leave something to be desired. You have given infinite weight to the first place watches. I would claim that one should give equal weight to all watches by making the sum of the difference zero. Consider:

	Timer's Time	WTFW Time	Difference	My Adjusted Time
Ferrell	11.1	11.1	.0	11.3
Wilson	11.4	11.2	.2	11.4
Tyus	11.6	11.3	.3	11.5
Render	11.6	11.4	.2	11.6
DeBusk	11.6	11.4	.2	11.6
Charlton	11.8	11.5	.3	11.7

No particular homage should be paid to first place timers. I can understand why you are lothe to draw the conclusion that a tying of a world record was just a fast watch - but subsequent and previous meets have not shown Miss Ferrell to be an 11.1 sprinter."

ORVAL JORDAN: "Concerning your article relative to the fabulous 6.5 heat time of Denise Paschall at the 1966 Nationals, there is one correction we would like to make. It was our daughter Lynette Jordan in the heat and not Gail Boyd of Oregon. The other facts are true - Lynette (and most of the spectators) thought she had won the race and the finish tape was all around her. And Pat Harper, who had the third fastest time of all the heats, didn't even make it into the semi-finals. Both our daughters (Lynette and La Vera) are now married. We think that in some cases a few set-backs or some mis-picks on the part of the officials can cause a girl to stop track altogether. The girls work long, hard hours and then have some indifferent official take it away from them. They soon decide the effort isn't worth it."

FLOYD HIGHFILL (Albuquerque OC): "It appears from the meet results that perhaps the Commonwealth's greatest advantage came from the fact that only three of their women were trained in the US this year. Of the three that were, (Morris, Smith and Charlton) not a single one managed to beat a Commonwelath competitor and only Charlton managed to beat a US competitor. Maybe the best thing the USOC could do to prepare our women for Mexico City would be to get the top women in the rest of the world to enroll for school in this country for a year."

LYN PROTTEAU, Sacramento: "You state Shelly Marshall is 'defending Jr. National AAU Cross Country champ'. Can you please tell me how she attained this title as we have been informed there is NOT any officially sanctioned National AAU age group cross country. When and where did she receive this title and how old was she at the time?" (O.K. Archie Owens - answer the questions.)

GERT le ROUX, South Africa: "Allow me a few lines to congratulate you on the first two editions of WTFW. I am sure your magazine will go from strength to strength. A women's T&F magazine was simply a must and I am convinced it will succeed."

ZANER FAUST (Public Relations Director, Harvey Mudd College): "If I knew anything about track, which I don't, and women, which no one does, I still wouldn't have had the wit to combine the two and come up with a publication like Women's T&F World. By gad, I'm impressed. I hope you make out like a bandit, which of course you won't, but with your connections in this huff and puff racket, you'd ought to do better than anyone else. Good luck and thanks for the copies. I even read them."

BOB SPENCER (Women's track coach, John Kennedy College, Wahoo, Nebraska): "We had girl's (women's) cross country last year and are really going to push athletics for girls at the college level."



## European Cup (continued)

German team. The turning point came in the seventh event when Laine Erik scored a sensational win in the 800 meters. Poland was unable to overcome the absence of Klobukowska who had been ruled ineligible by the head-strong commission of women doctors who had examined the real status of every competitor. Kirkszenstein was unable to take part in the long jump as it conflicted with the 200 meter event - and so, instead of four K plus K triumphs, there were only two wins by one K. West Germany failed because of too many lower placings and so the evenly balanced East German team repeated its second place finish of 1965 in Kassel. Great Britain, leading after three events, was last after seven events and was weakened by the absence of Linda Knowles and Anne Smith. Hungary's long shot team surprised with many top placings - so at the finish only four points separated the third and the last place teams.

The meet took place on a Friday evening in the re-built Kiev Central Stadium, which is the best track and field facility in the USSR. Only the women's competition took place here - and so the attendance of 36000 was excellent and the spectators were very enthusiastic, cheering for every first or second place by the home team and booing out some of the lower placers. This must be a world record for attendance at a women's athletic meet. The cold wind followed the sprinters and long jumpers, but exceeded the legal limit only one time during the long jump competition. The discus was clearly handicapped by the following wind, as well as the javelin. The track, built by Leonid Krivosheyev, maintained its reputation as the fastest running surface in the USSR. Almost a third of the competitors were forced into participating in the Opening Ceremonies which lasted 37 minutes(!), eleven of which were taken up by the speech of the Marquess of Exeter. But the competition was run smoothly, (although with some information errors), but very correctly in any instance concerning the athletes themselves.

### 80 METER HURDLES

Mr. Thomas, the best Soviet starter, showed good nerves after Pat Jones, Ludmila Iyevlyeva and Tereza Sukniewicz, who represented Poland instead of the injured - and surely more experienced - Elzbieta Bednarek, made three false starts. On the fourth try the six girls were off almost even, and the race was in doubt until the very last hurdle. But at this moment it was again Karin Balzer, affected by injuries and illness during the first part of 1967, who is a real fighter and she won by a clear margin. The Olympic and European champion won over Pat Jones, unbeaten until this race, who was a strong second and now stands as number two in Europe.

RESULTS: 1-Karin Balzer (EG) 10.8; 2-Pat Jones (GB) 10.9; 3-Inge Schell (WG) 11.0; 4-Ludmila Iyevlyeva (SU) 11.0; 5-Teresa Sukniewicz (P) 11.1; 6-Annamaria Toth (H) 11.2. (Wind 0.8 mps).

Continued on page 19

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## FOR RENT - 1964 OLYMPIC GAMES MOVIES all women's events

8mm movies of all women's events of the Tokyo Olympic Games of 1964. Rental fee \$10 for one week. Write to WTFW, PO Box 371, Claremont, California, 91711.

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## FINLAND-NORWAY-ESTONIA from Torsten Lindquist

Tampere, Finland, (September 9-10). Scores: Finland 65-Norway 52; Finland 71-Estonia 46; Norway 59-Estonia 58.

RESULTS: 100, 1-Kirsten Rothe (N) 12.2. 200, 1-Berit Berthelsen (N) 24.6; 2-Mona-Lisa Strandvall (F) 24.9; 3-Orvokki Ojala (F) 25.0. 400, 1-Berit Berthelsen (N) 54.9; 2-Eeva Haimi (F) 55.2 (rec). 800, 1-Eeva Haimi (F) 2:08.9; ... 4-Berit Berthelsen 2:13.5. 80mH, 1-Sirkka Norrlund (F) 11.0. HJ, 1-Anne-Lise Waerness (N) 1.70-5'7; 2-Ritva Bister (F) 1.67-5'5 3/4. LJ, 1-Maija Koivusaari (F) 5.99-19'7 3/4. SP, 1-Marta Tamm (E) 14.41-47'3 1/4. DT, 1-Helga Parts (E) 49.04-160'10. JT-1-Arja Mustakallio (F) 49.64-162'10. 4x100, 1-Finland 47.1 (rec); 2-Norway 48.0; 3-Estonia 49.3.

## Points from Prague by Popper

The 100 meter race at Santa Barbara, California, I think is worth further examination and investigation. Anything WTFW has written about the actual time difference between the runners at the finish line is acceptable. But 11.2's and 11.4's are up to now marks of the highest calibre - and so we must be cautious with adjustments of officials verdicts like this one. If there have been doubts about the time-keepers precision, is there any reason to consider even the announced winning time of 11.1 as something sacred? Is it not possible the place times were the ones correct? As far as the printed documents in the August issue of WTFW revealed, the drawing is not a photo finish, a la Omega. (It does show in comparison to the Omega photo of the 100 at Winnipeg, however, that the margin of victory over second place was less at Santa Barbara.) Until a satisfactory answer is given, I am afraid the whole crop of fast times achieved in this race are in danger of cancellation - at least from a statistical point of view - or moved to the "doubtful marks" category. For no other race of the season justifies ranking Dianna Wilson, Mattiline Render and Dee DeBusk as high as their adjusted times of 11.2, 11.4 and 11.4.

Even two months before the closing stage of the European season, my nominee for the field athlete of the year is Liesel Westermann, the powerful discus exponent from Cologne. She won every big meet she attended and with a ten-throw average of 58.41/191'7 1/2 she exceeded even Tamara Press' best season (57.08-187'3) in 1965 by more than four feet. Liesel is coached by Gerd Osenberg. In addition to the discus, she has done well in other events. (See story on page 16). She is a sport student in Western Germany and in addition to her regular events, she ran anchor leg on her club's relay team which placed second in the West German Championships in 46.6!

Many great Soviet women athletes of the past are now coaching the younger generation, but only a few of them up to now have had pupils of the highest class. Two exceptions: hurdlers Lidia Alfeyeva and Ludmila Iyevlyeva are coached by Helsinki standouts Maria Golubnichaya and Yelena Gokieli respectively. ... During the Spartakiad Championships, some athletes, well known a decade ago, helped their teams. Galina Bystrova, now 34, ran 80m hurdles in 11.4 and Tamara Dmitriyeva the 800 meters in 2:14.7. ... A correction from the September issue of WTFW - the "Olympic Hopes Meet" was actually at Rostock (DDR), not Rostov (USSR). ... Maria Alaine is one of the leading Soviet javelin hopes having a mark of 51.02/167'4 at age 14 this season. ... An unusual number of good 3x800 meters relay races have been staged during the European summer season. First, GB's team with Stirling, Lowe and Piercy bettered the world mark at Budapest on July 30. Then the strong Western German trio Gleichfeld, Rotmuller and Kessler turned in a 6:21.0 and beat the British girls, (Taylor in place of Lowe), by 0.2 sec. on August 16 at Dusseldorf during the WG-USA men's match. And finally the original British team ran 6:20.2 at White City on August 28. The 6:19.2 time by the USSR squad in 1964 was never recognized by the IAAF - and so both the latter races ended with a world record achievement.

By the way, isn't there a logical new relay unit for the International program, namely the 1600 meters relay or one mile relay? Karin Wallgren's and Ingela Ericsson's Club, the Goteborg KIK, won the newly created Swedish title race in this event with a creditable 3:49.4. In my opinion, 4x400 could reach even Olympic consideration - it is certainly better than 4x200 or 3x800. ... Everything I read and hear about Madeline Manning indicates she is the best woman half-miler since Ann Packer. But the most surprising achievement in women middle distances is - at least for me - the fantastic breakthrough of Brazil's Maria Rodriguez. Even in countries with long half-mile tradition I have never heard about such a rapid jump from 2:22 to 2:08.5 - and that by a usually under-rated Latin American athlete! (Jan Popper)

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## BELGIUM CHAMPIONSHIPS from Albert Vancayseele

Brussels, (August 5-6): 100m, Vanherck Monique 12.4; 200m, Verberck-Heydens 25.8; 400m, Knipping 57.4; 800m, Decroix 2:17.2; 80mH, Emonts gast 11.5; LJ, M. Van Herck 5.87/19'3 1/4; DT, Goeffers 41.10/134'10; JT, D'Hollander 39.70/130'3; HJ, Vanherck 1.65/5'5

# STRENGTH TRAINING FOR WOMEN'S TRACK AND FIELD

by C. Harmon Brown, M.D. and Eleanor C. Rynda, M.S.

Strength training is the key factor for success in all throwing events. It is also a vital element in the development of jumpers and runners. Most errors in technique can be attributed to insufficient strength and consequent poor body mechanics. However, this aspect of training has been shunned by American women track and field athletes, and likely accounts for the relatively poor showing of our athletes in throwing and jumping events in international competition.

The confusion of "weight training" with "weight lifting" has caused coaches and athletes to fear that exercises with weights will cause the development of bulgy, unfeminine muscles like those seen in male weight lifters. This misconception is based upon their persistently overlooking one of the obvious basic physiological facts of life - women are different than men! Woman, due to her relative lack of androgens (male hormones), does not respond to weight training with the same increase in muscle mass as man. Her increase in strength occurs more slowly with training, and for comparable muscle size she is about 20 percent weaker than her male counterpart. Jokl and his group have shown that exercises with weights may actually cause a loss of weight, especially if the athlete is obese, (as some of our weight throwers tend to be). In this case, fatty tissue is replaced by less-bulky lean muscle, (that is, bulges are converted into curves!).

Weight training is designed to develop all of the major muscle groups used in the various events. The amount of weight to be used in each exercise will vary considerably with the maturity and strength of the individual, and must be assessed initially and then re-assessed at frequent intervals. A careful record of the amount of weight lifted in each exercise should be kept for each practice session. Development and maintenance of strength is a year-round program, and long-range goals of several years should be set. Strength development should be done three days per week beginning 5-6 months before the start of the season, and carried on through mid-season. Strength can be maintained by practicing sessions preferably twice a week in the latter part of the season, but at least a minimum of once a week with heavy weights, even during the period of intensive competition. Failure to do so will result in loss of strength and consequent decline in performance. Low repetitions of heavy weight are essential for strength development, while many rapid repetitions of lighter weight will develop muscle endurance, but not strength. Neither will cause an improvement in cardio-vascular endurance, thus must be only a part of the total training program.

## General Principles:

- 1-Be safe. Use an assistant or "spotter" to steady weights, and use proper equipment.
- 2-Perform each exercise with correct form. An exercise poorly or improperly done may do more harm than good.
- 3-Determine your one-repetition maximum, (i.e. the maximum amount you can lift one time). Re-check this every three weeks or so, and adjust weights used accordingly.
- 4-Work with 70-80% of the 1 repetition maximum.
- 5-Do one set of 5 reps (repetitions) of each exercise in rotation as listed, (i.e. one circuit). To begin, do two circuits for the first week. Each week add another circuit up to four. You may then be ready to re-determine the one repetition maximum, and recalculate the weight to be used in each exercise. You may then need to start over with two circuits and build up.
- 6-Before beginning weight exercises, always do 10 minutes or more of warmup calisthenics, jogging, and the following exercises with light weights:
  - a) Good morning. With barbell on shoulders, bend forward until trunk is parallel with floor. Repeat 10-15 times with 20-40 pounds.
  - b) Curls. 15-25 pound barbell x 10 reps.
  - c) Squat jumps to half squat return. 25-50 pound barbell on shoulders. Jump from half squat position and return to half squat x 15.

## Exercises for Throwers

- 1-Pectoral pulls (bench lateral raises). Lie supine on bench. Use dumbbells, hold them at shoulder level, arms outstretched. Keeping arms straight, bring hands together in front of you. Return.
- 2-Trunk twist and dip - to develop torso muscles for shot put. With barbell on shoulders, twist shoulders at right angles to hips and bend forward, and at the same time flex knee slightly as in shot putting. Return.
- 3-Bench or slant board press. Supine on bench, Press barbell straight upward with full extension and snap.
- 4-Squats. With barbell on shoulders, keeping back straight, bend knees until thighs parallel with floor. Sit down into chair if necessary. Put heels on 1" board for support if needed.
- 5-Pull-overs. Supine on bench, with barbell extended in front of you. Lower bar behind head and return to the front. One set with straight arms, one set with bent arms. (See #13).
- 6-Toe-raises. With barbell on shoulders, rise up on toes. For extra lift, put toes on 1" board. 15-20 reps.
- 7-Curls. Hold barbell in front of you hanging down at arms length, palms outward. Raise to shoulder and lower slowly.
- 8-Squat jumps. With barbell on shoulders, (pad the bar with a towel), drive up as high as you can and come down into a half-squat again. May split your feet fore-and-aft for balance. 10-20 reps.
- 9-Step-ups. Step up onto 18-20 inch steps.
- 10-One-legged squats
- 11-Squat-cleans.
- 12-Snatch. For advanced training only.
- 13-Triceps extension. With dumbbell in each hand, raise arms straight over head, close to ears. Lower weight behind head by flexing elbows. Return to start.
- 14-Wrist developer. Tie a five pound weight onto a large round stick with 4 feet of cord. Wind weight on stick backhand and forehand with arms extended.

## Exercises for Jumpers

- 1-Squats. With barbell on shoulders, keeping back straight, bend knees until thighs are parallel with floor.
- 2-Squat jumps (see #8 above).
- 3-Straddle lift. Place the barbell on the floor and straddle it. With head up and back vertical, grasp bar in an alternate grasp. Straighten the legs with body upright. Return.
- 4-Toe raises. (See #6 above).
- 5-Step-ups. (See #9 above).
- 6-Pullovers. (See #5 above.)
- 7-Bench press. (See #3 above).
- 8-Sit-ups. Supine on floor with knees bent. Hold a weight behind the neck and sit up with a twist alternating toward each knee.
- 9-Leg raising. Supine with weights on feet. Raise and lower legs keeping knees straight. For variation the following exercises employ body weight as the resistance: 1-Hopping up stairs - one foot, alternate feet, both feet. 2-Hopping up a hill. 3-Hop over a series of 5-6 low hurdles. Takeoff and land on both feet. 4-One leg jumping for height or for distance. 5-Leg raises while hanging fully extended on a horizontal bar. 6-Sprinting 40-60 yards up hill.

## For Runners

A program of lighter weights (50-75% of maximum) can be used to improve the stamina of the arms, shoulder girdle, and accessory respiratory muscles - use fast repetitions of curls, pull-overs or triceps extensions, and bench presses. Leg strength, endurance, and explosive power is developed with half-squats, squat jumps and toe raises.

## Conclusions

Just as "one cannot play Beethoven on a comb and tissue paper", one cannot be a champion athlete without a strong, well-conditioned body. Our emphasis here has been placed on the much-neglected aspects of strength training, but this should be only a part of the athlete's total program. A well-rounded program, no matter what the event, must encompass strength training, flexibility through calisthenics and gymnastics, and running to develop cardio-vascular endurance.

## European Cup (continued)

### 100 METER DASH

Anita Neil jumped once, but on the second attempt the field was off. Irena Kirszenstein dominated the event from the 20 meter mark one - and she showed her superiority in a fantastic manner. Her time equals the European best for 1967 and the wind was legal, although not correctly announced. Surprisingly strong was Margit Nemeshazi from Hungary, whose 1967 performances have not been as high as last year. But now she was in top shape, and only the finishing burst of small Renate Heldt robbed Nemeshazi from the runner-up spot. Karin Frisch was in bad form; her last place finish was the first of a series of disappointments for the West German team.

RESULTS: 1-Irena Kirszenstein (P) 11.2; 3-Renate Heldt (EG) 11.5; 3-Margit Nemeshazi (H) 11.6; 4-Vyera Popkova (SU) 11.7; 5-Anita Neil (GB) 11.8; 6-Karin Frisch (WG) 11.8. (Wind 0.5 mps)

### 400 METER DASH

This was Lillian Board's European certification - the first major competition she won on the Continent. She spent almost three weeks at Font-Romeu, the famous French high altitude training center, and ran an unprecedented 38.3 for 330 yards while there. At Kiev she began the race in a record-attempting manner, but the strong wind on the back stretch marred her dreams. Surprisingly strong Antonia Munkacsi ran well and slowed up only in the last 30 meters.

RESULTS: 1-Lillian Board (GB) 53.7; 2-Antonia Munkacsi (H) 54.1; 3-Ludmila Samotyeva (SU) 54.3; 4-Czeslawa Nowak (P) 54.8 (eq, rec); 5-Helga Henning (WG) 55.0; 6-Ingrid Zander (EG) 56.2.

### SHOT PUT

Nadyezda Chizhova decided the eagerly awaited clash with Margitta Gummel on her first toss - a magnificent 18.24-59'10 1/4. The Siberian-born girl showed she has regained her June form with still another throw over 18 meters. That was too much for the East German student, but Margitta was not far below her own standard in second spot - missing her own national record by only two centimeters.

RESULTS: 1-Nadyezda Chizhova (SU) 18.24-59'10 1/4; 2-Margitta Gummel (EG) 17.66-57'11 1/4; 3-Judit Bogner (H) 16.58-54'4 3/4; 4-Marlene Fuchs (WG) 15.84-51'11 3/4; 5-Brenda Bedford (GB) 14.82-48'7 1/2; 6-Eugenia Ciarkowska (P) 14.09-46'2 3/4.

Bedford	14.82	F	13.80	14.49	13.45	14.03
Gummel	F	17.66	F	17.36	16.81	16.81
Bogner	16.12	16.58	16.47	16.19	15.89	16.11
Ciarkowska	14.09	F	F	13.87	13.52	F
Fuchs	15.58	15.76	15.34	F	15.47	15.51
Chizova	18.24	17.79	17.71	18.21	F	17.73

### JAVELIN THROW

Daniela Jaworska showed her usual predominance on European soil: four of her throws were better than Ameli Koloska's second place. Yelena Gorchakova, the world record holder, was a late substitute for USSR champ Moskalenko, but could do no better than fourth.

RESULTS: 1-Daniela Jaworska (P) 56.88/186'7; 2-Ameli Koloska (WG) 54.22/177'10; 3-Ruth Fuchs (EG) 53.18/174'5; 4-Yelena Gorchakova (SU) 52.78/173'2; 5-Angelea Nemeth (H) 48.80/160'1; 6-Susan Platt (GB) 47.00/154'2.

Nemeth	39.34	45.30	F	45.60	42.22	48.80
Jaworska	54.14	56.88	54.92	56.74	55.38	51.32
Koloska	F	54.22	F	51.46	47.60	F
Gorchakova	50.94	51.30	51.92	52.78	52.50	50.22
Platt	F	42.60	45.34	43.58	46.40	47.00
Fuchs	50.18	52.98	50.22	50.18	51.08	53.18

### 200 METER DASH

This was again Irena Kirszenstein's one-woman show, but the runners-up impressed too. My "World Report" remarks about low European 200 meters standards was destroyed by the great Popkova-Toth dual for the second spot, as well as the question by Vince Reel as to why did Toth represent Europe at Montreal. The 22 year old Hungarian student lowered her own National record by 0.2, and both Trabert and Tranter ran personal bests.

RESULTS: 1-Kirszenstein (P) 23.0; 2-Toth (H) 23.4 (rec); 3-Popkova (SU) 23.4; 4-Hannelore Trabert (WG) 23.8; 5-Maureen Tranter (GB) 23.8; 6-Christina Heinrich (EG) 24.2. (Wind 0.5 mps)

### 800 METER RUN

Anita Rottmuller, who filled the gap for West Germany after Karin Kessler's injury, and Regina Kleinau led in a 64 second first lap, but the whole group remained tightly bunched until the final curve. Powerful Danuta Sobieska then lost her leading position in favor of the new Soviet record holder, Laine Erik - and the Spartakiad champ managed to hold this place until the finish line. Sobieska's and Rottmuller's counter attack was marred by their collision, but they both defeated the former world-class swimmer, Kleinau. The officials announced Pam Piercy as last, but actually it was Hungary's long time standout, Zsuzsa Nagy.

RESULTS: 1-Laine Erik (SU) 2:06.8; 2-Danuta Sobieska (P) 2:07.0; 3-Anita Rottmuller (WG) 2:07.2; 4-Regina Kleinau (EG) 2:07.5; 5-Pam Piercy (GB) 2:07.8; 6-Zsuzsa Nagy (H) 2:09.1.

POINT SCORE AFTER 7 EVENTS: Poland 29; USSR 29; East Germany 25; Hungary 22; West Germany 22; Great Britain 20.

### LONG JUMP

This was surely the best competitive field event of the Cup. Tatyana Talisheva and Ingrid Becker fought until the fifth round, and the West German pentathlon champ, even after overcoming pain after hurting her leg on her first jump, showed herself to be the world's best long jumper this season with a magnificent 6.63/21'9 for a West German record. The wind was a legal 0.5 mps. The third place clash between Lohnert and Rand was also magnificent. Poland's 16 year old substitute Lucinda Koczwarza was a very unhappy participant in this world class competition.

RESULT: 1-Ingrid Becker (WG) 6.63/21'9 (rec); 2-Tatyana Talisheva (SU) 6.49-21'3 1/2; 3-Mary Rand (GB) 6.26-20'6 1/2; 4-Barbel Lohnert (EG) 6.22-20'5; 5-Eta Kispal (H) 6.10-20'0 1/4; 6-Lucinda Koczwarza (P) 5.37-17'7 1/2.

Talisheva	6.34	6.19	6.19	6.24	6.49	6.39
Rand	F	6.26	6.18	6.15	F	F
Lohnert	6.18	6.22	4.81	6.19	6.18	6.11
Kispal	6.10	F	F	F	6.02	F
Koczwarza	5.37	5.28	5.33	F	5.11	F
Becker	4.91	6.33	6.44w	F	6.63	F

### HIGH JUMP

In this competition, only the personal best Hannelore Geurtz was noteworthy - with the exception, of course, of the supremacy Antonina Okorokova showed over young Rita - there can be no discussion about their European positions.

RESULTS: 1-Antonina Okorokova (SU) 1.79-5'10 1/2; 2-Rita Schmidt (EG) 1.70-5'7; 3-Dorothy Shirley (GB) 1.67-5'5 3/4; 4-Hannelore Geurtz (WG) 1.67-5'5 3/4; 5-Maria Zielinska (P) 1.64-5'4 5/8; 6-Anna Noszaly (H) 1.61-5'3 3/8.

### 400 METERS RELAY

Any slightest hopes of the remaining opponents vanished in this moment as the slightly under-rated Soviet foursome ran their best competitive race in many years. Three great baton exchanges, the great curve-running of Popkova and the dominating finish of Samotyeva gave the Russians a clear margin over a very even group of other teams. Only Poland's resignating quartette was out of contact, and Irena Kirszenstein could not help.

RESULTS: 1-SU (Bukharina-Tkachenko-Popkova-Samotyeva) 45.0; 2-GB (Neil-Tranter-Jennifer Pawsey-Della James) 45.3; 3-EG (Gisela Sawatzki-Ingrid Tiedtke-Angela Vocheck-Heldt) 45.3; 4-Hungary (Kispal-Nemeshazi-Gyorgy Balogh-Toth) 45.3; 5-WG (Erika Rost-Trabert-Frisch-Jutta Stock) 45.6; 6-Poland (Koczwarza-Ursula Styranek-Sukniewicz-Kirszenstein) 46.2.

### DISCUS THROW

When the bad wind conditions are taken into consideration, the overall standard of this event was very high. The positive surprise came from the hands of USSR champion Ludmilla Muravyeva, 27, who was leading the world-best trio into the third round with a personal best of 56.70/186'0. Then Karin Illgen took command, and the negative surprise came

Continued on page 20

# KALEIDOSCOPE

Marlene Kurt of Northern Alberta achieved a fantastic result in the dual meet with Southern Alberta at Edmonton on July 16th. She won the discus with a lifetime best, but the fantastic part is her distance of 155'4/47.35 was more than twice as far as the second place throw of Cherry Waters (74'0)..... Both Calgary and Edmonton are planning big invitational events for the 1968 indoor season - Edmonton on January 5 and Calgary on January 13..... Bob Seaman of the Southern Pacific AAU has a terrific color movie of the 1966 California State XC championships. The footage of the 11 and under competition provides a real "plug" for women's long distance running..... Much praise should be given to the State of Montana for its fine program for women and girl track athletes. I drove through the State en route to the Pan-Am Games and believe me, they shouldn't have any program at all - but they have done wonders!..... Lindy Oliver's mark of 54.9 at the Nationals in Santa Barbara is a world best for 14 year olds....

Delaware T&FC is high on 14 year old Carol Thomson who has long jumped 17'11 1/2 and zipped the 80mH in 12.6... Czech sprinter Eva Lehocka is now Mrs. Gleskova..... Barbara Williams' winning jump at the National Junior meet was 18'2 for a new meet record - not 18'0 1/2 as previously reported..... Cathy Catlin of the Will's Spiketees is now on the comeback trail after suffering a broken leg in an auto accident... In 1926 Marguerite Radideau won two gold medals in the World Games - this year her son set a new National 110mH record for France.... West Indians making a mark in Europe at present include Marlene Canguio, the curvacious holder of Guadeloupe national records with 11.8, 24.9, 64.0, 10.8h, 5'1 1/2hj, 19'7lj, 32'9 1/4sp and 4459 for the pentathlon and now a regular choice for the French National team; and the ebony goddess of the British scene - Lynn Ryan, a 17 year old from Montserrat who holds her National records with 11.0y, 24.8y and 59.0y.... Daphne Arden-Slater is now mother of a new daughter and will return to track next year with an eye on the Mexico Games... 15 year old Susan Scott scored 4419 points in the pentathlon for England in her first international competition.

Last month Kaleidoscope praised Denmark's Nina Hansen - for winning a total of 37 National Championships. You should know Pete Pozzoli would come up with something better - and of course it's our old friend Stella Walsh (Walaciewicza-owra) who won 28 US titles plus 16 Polish titles for a total of 44 - plus 8 US indoor titles. Perhaps the most versatile of all champions was USSR's Aleksandra Chudina who won 30 Soviet championships between 1946-56 including 3 in the 80 meter hurdles, 7 in the high jump, 4 in the javelin and 9 pentathlon titles..... Luigi Mengoni says Pozzoli's book, "WTFW Yearbook for 1967" is the "greatest book ever published on women's athletics - a fantastic work"..... Words of praise continue to come in for the people in Miami and their conduct of the National Junior Championships....

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The article on Strength Training on page 18 was written by Dr. C. Harmon Brown who is weights coach for the Millbrae Lions Track Club in California, and by Eleanor Rynds, coach at the University of Minnesota in Duluth.

Vancouver's Achilles Club will stage their annual indoor meet the third Saturday in February. This Club does everything first class!..... Irene Piotrowski, bronze medalist in the Pan-Am 100m, has her eye on the 400m title in the Olympic Games - but at Munich, not Mexico. She'll be 31 in 1972..... Long jumper Sonia Guss, formerly of the Long Beach Comets and Tennessee State, plans a comeback in 1968..... Distance ace Pat Cole has transferred from Pitzer College to UCLA and may work under Igloi... Quote: Don't worry if you get kicked from the rear. It simply means you are out in front.....

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## EUROPEAN CUP (Continued)

from the most steady thrower of the season, Liesel Westermann. After the long trip to Tokyo and back, she was weak from travel and in addition had stomach troubles and was no opposition for the first three.

RESULTS: 1-Karin Illgen (EG) 58.26/191'1; 2-Ludmila Muravyeva (SU) 56.70/186'0; 3-Jolan Kleiber (H) 55.72/182'9; 4-Liesel Westermann (WG) 53.78/176'5; 5-Jadwiga Wojtczak (P) 50.48/165'7; 6-Rosemary Payne (GB) 48.86/160'3.

FINAL SCORES: USSR 51; East Germany 43; West Germany 36; Poland 35; Great Britain 34; Hungary 32.

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## SCHEDULE - THIRD INTERNATIONAL GAMES MEXICO CITY, OCTOBER 15-19, 1967

### Sunday, October 15

1130	Pentathlon 80m Hurdles
1145	Pentathlon Shot Put
1200	100m Heats
1230	Pentathlon High Jump
1255	400m Heats

### Monday, October 16

1100	Pentathlon Long Jump
1130	400m Final
1145	Discus
1205	100m Final
1235	Pentathlon 200m Dash

### Tuesday, October 17

1115	200m Dash Heats
1120	Shot Put
1145	Long Jump

### Wednesday, October 18

1215	200m Final
1245	800m Heats
1250	Javelin
1425	4x100m Relay

### Thursday, October 19

1205	80mH Heats
1225	High Jump
1235	800m Final
1335	80mH Final

Women's

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