

# SIX WORLD RECORDS SET



She can't believe it! Jaroslava Jehlickova of Czechoslovakia cut nearly ten seconds off her lifetime best to win the 1500m title at the European Championships and set a world record at 4:10.7s. In the background, world record-holder Paola Pigni is running second, but was nipped by Maria Gommers at the finish. Both Pigni and Gommers also broke the old world mark.

De Atletiekwereld Photo

### IN THIS ISSUE:

The October issue is full of informative and interesting items such as the results of the Pacific Games on page 16; Dr. Harmon Brown's article on Strength Training on page 22; much cross country; many fine pictures; and of course, the excellent report on the European Championships, a meet which ranks second only to the Olympic Games in athletic stature.

World records fell by the dozen - well, by the half dozen since the last issue of WTFW. The European Championships in Athens, Greece, accounted for four new world marks - plus an additional covey of performers who also cracked the world mark but were beaten. Liesel Westermann and Heide Rosendahl of West Germany, who did not compete in the European Games, also set new world marks in the discus and pentathlon but Rosendahl's mark was short lived as Austrian Liese Prokop zoomed it up again only a week later.

Here are the new global marks:

- 1-Shot Put. Russia's Nadyezhda Chizhova put the 4 kilo bulb into orbit at Athens with an unbelievable put of 67'0 $\frac{1}{4}$ .
- 2-Nicole Duclos of France edged teammate Colette Besson for the European 400 meter title by 2/100 of a second as both runners were credited with 51.7 which is a new mark for those who don't count North Korea's mystery runner of a few years ago who sped 51.2s.
- 3-Jarislwowa Jehlikova of Czechoslovakia cut nearly 10 seconds off her lifetime best and more than two seconds off the world 1500 meter record when she upset favorites Paola Pigni and Mia Gommers to win the EG title in 4:10.1s. Of course Gommers and Pigni also broke the old record, but Jehlikova will get her name in the books.
- 4-In Athens the West German 4x400 relay team broke the world record while winning their heat - they broke it again in the final, but finished only third behind France and England, both timed in 3:30.8 with the close victory going to the British.
- 5-Liesel Westermann tossed the discus 209'10 in a meet in Hamburg on September 27 to eclipse her own world mark.
- 6-Heide Rosendahl, also of West Germany and also a member of the same Club as Westermann, broke the world pentathlon mark the same day Westermann was cracking the discus record but in another meet in another city as she scored 5155 points - but a week later, Austria's Liese Prokop turned in some lifetime bests in a meet in Vienna and upped the mark to 5352.

1969 has been a very prolific year for world records. In addition to the six marks shown above, world records have been set or equalled in the 100 yards, 100 meter hurdles, 200 meter hurdles and mile run plus some extra events such as the 10000 meters, 5000 meters and 3000 meters.

## EUROPEAN CHAMPIONSHIPS by Elio Trifari & Salvatore Massara

THE "GERMAN" CHAMPIONSHIPS.

Athens, Greece, September 16-21:-They were, more or less, the "German" Championships....with the German Federal Republic (West Germany) withdrawing from the competition because of the Juergen May affair and the German Democratic Republic (East Germany) dominating the competition they highlighted this 9<sup>th</sup> edition of the Continental Games held in the Athens "Karaiskakis" Stadium.

GFR refused to start after the IAAF European Committee did not permit middle-distance male runner Juergen May to be

Continued on Page 2



## EUROPEAN CHAMPIONSHIPS (Continued)

eligible to compete. May, who defected from GDR to GFR two years ago, was disqualified by the GDR Federation after he tried to sell track shoes in the GDR which he received from a Western company. After his suspension and movement to GFR he was selected for international competition at the Europe vs Western Hemisphere in Stuttgart last July. But a rule of the European Championships states that an athlete must have three years of competition with his new Federation before being able to compete in these Games, and May will end his waiting period in June of 1970.

Dr. Max Danz, who was informed by Mr. Adrian Paulen on August 18<sup>th</sup> of the impossibility of May competing, nevertheless brought the athlete to Athens saying it was only a political question. But in the end, the IAAF ruling was confirmed, and Dr. Danz, instead of retiring May, asked the GFR athletes if they would like to compete without May. The final voting showed 29 "No" votes against 27 "yes" votes with about a dozen athletes not voting. Therefore, a question which should have been resolved by a Federation was handed over to the athletes and the result was the retirement of the West German team.

Then the Greeks protested saying they would not send the Olympic fire to Munich for the 1972 Olympics if GFR did not participate - with the net result the GFR competed in only the relays after the athletes assured the Greeks they were not protesting against the hosts, only against the IAAF.

The question was complicated by the fact that many GFR athletes interpreted the situation as a contest against Dr. Danz, GFR Federation and Olympic Committee President, for political reasons connected with the forthcoming elections in the Bonn Republic. Some athletes said hard words against Dr. Danz in their interviews with the press, and Juergen May left Athens the day after the opening ceremony.

But, Back To The Competition!

Organization was expensive - about \$16 million US dollars. More than 800 members of the press were on hand - and they sat in the open air along with all the other spectators. 250 female athletes took part. Competition was held in the "Karaiskakis" Stadium, a tartan track with a curious design - the curves were longer than the straights, (120m to 80m), and a strong sea wind blew against the athletes in the home straight most of the time. The weather was hot and sunny. Not much of a crowd by European standards, except the day when the Greek pole vaulter, Chris Papanicolau, was competing. The crowd was not too knowledgeable in regards to track but was enthusiastic over the close competition and when records were broken.

How much did the absence of the GFR cost the competition? After all, such absences are never good and they only penalized Westermann, Rosendahl and the others.

World records were set in the 1500m, the 4x400m relay, the 400m sprint and the shot put. In addition, 50 National records were set and a host of personal bests. (See article by Stefan Von Devan.)

The German Democratic Republic, who is now emerging as not only the power in Europe but in the world as well, won nine medals including four golds and three silver. The USSR gained only two golds, two silver and two bronze. GDR had finalists in nearly every event and in four events they qualified every athlete they had entered-three in the 100, two in the 200, three in the 100mH and three in the shot). Using the international scoring system of 9-7-6-5-4-3-2-1), the title was won by East Germany with 115 points against 82 for the Russians, 59 for Great Britain and 33 for France (who scored 16 in the 400 alone). Medals won and scoring was as follows:

Country	Gold	Silver	Bronze	Total
GDR	4	3	2	9
USSR	2	2	2	6
England	2	0	3	5
Czechoslovakia	2	0	1	3
France	1	2	0	3
Hungary	1	1	0	2
Austria	1	0	1	2
Poland	1	0	1	2
Holland	0	2	0	2
GFR	0	1	1	2
Denmark	0	1	0	1
Rumania	0	1	0	1
Switzerland	0	1	0	1
Italy	0	0	1	1
Norway	0	0	1	1
Yugoslavia	0	0	1	1

Scoring (9-7-6-5-4-3-2-1)

East Germany	115	Hungary	19
USSR	82	Yugoslavia	14
England	59	West Germany	13
France	33	Bulgaria	10
Holland	31	Switzerland	10
Czechoslovakia	28	Denmark	9
Poland	27	Italy	9
Rumania	22	Norway	6
Austria	19	Finland	2

The highest single scores were obtained by USSR in the discus (20) and the GDR in the hurdles (19). Note that the USSR did not place a single athlete in the running events from the 100 to and including the 800 - while the GDR amassed 42 points.

GFR lost two possible gold medals with Westermann and Rosendahl, who a week later set new world records for the discus and pentathlon in Hamburg and Leverkusen.

THE FOLLOWING EVENT-BY-EVENT ANALYSIS WAS DONE BY SALVATORE MASSARA (for the 100, 200, 400, 800 and pentathlon) AND BY ELIO TRIFARI, (who also prepared the statistical notes) FOR THE OTHER EVENTS.

### 100 METER DASH

Immediately in evidence in the heats was Petra Vogt, GDR, the girl of the year in the sprints section, an athlete who at the end of last year had only 12.0 for 100m and 24.4 for 200m. Petra went to Athens with personal bests of 11.3 and 23.0, but without international experience. At the end, the blond high school student from Halle would have won three titles, (both dashes and the relay), an effort never recorded before in the European Championships history.

Heats were run into the wind, which was always present in these Championships. Nevertheless, Petra won her heat easily in 11.6 over the brunet Anita Neil, while the other heats went to Balzer, Peat and Van den Berg.

(Editors note - Remember when reading the wind readings, they are listed at Meters Per Second, NOT Miles Per Hour. For example, the first heat of the 100m was with a wind reading of -3.10mps which translates into running into a wind of 6.93 miles per hour. A 1.0mps wind would equal 2.24mph.)

**RESULTS.** (16-9) Heat 1, (-3.10), 1-Karin Balzer (GDR) 11.9, 2-Else Hadrup (Den) 12.0, 3-Mirosława Sarna (Pol) 12.0, 4-Mariana Goth (Rum) 12.2, 5-Anne Van Alstein (Bel) 12.2, 6-Ivanka Venkova (Bul) 12.6. Heat 2, (-2.80), 1-Petra Vogt (GDR) 11.6, 2-Anita Neil (GB) 11.9, 3-Tereza Jedrejek (Pol) 12.1, 4-Galina Mitrokhina (USSR) 12.2, 5-Dominique Descatoire (Fra) 12.7, 6-Annette Berger (Lux) 12.9, 7-Kristin Jonsdottir (Ice) 13.3. Heat 3, (-3.50), 1-Valerie Peat (GB) 12.0, 2-Regina Hoefler (GDR) 12.1, 3-Eva Gleskova (Cze) 12.2, 4-Nadyezhda Byesfamilnaya (USSR) 12.3, 5-Mona-Lisa Strandwall (Fin) 12.4. Heat 4, (-2.0) 1-Wilma Van den Berg (Hol) 11.9, 2-Sylviane Telliez (Fra) 12.0, 3-Lyudmila Mikhailova (USSR) 12.2, 4-Madeline Cobb (GB) 12.2, 5-Erika Kren (Aus) 12.4, 6-Gunilla Olsson (Swe) 12.6. (First four qualify to semi-finals).

There was a strong battle in the semi-finals. In the first one Petra Vogt held on to defeat an fast closing Anita Neil in 11.7. In the second semi, van den Berg scored a clean win over Balzer, 11.7 to 11.8. The three Soviet runners came last and were eliminated. Another surprise was the elimination of the Polish sprinter Sarna - but she reaped some satisfaction in the long jump the following day.

**RESULTS.** (17-9) Semifinal 1, (-1.25), 1-Vogt 11.7, 2-Neil 11.7, 3-Telliez 11.8, 4-Hoefler 11.9, 5-Sarna 12.0, 6-Byesfamilnaya 12.0, 7-Mikhailova 12.2. Cobb did not run. Semifinal 2, (-2.60), 1-van den Berg 11.7, 2-Balzer 11.8, 3-Peat 11.9, 4-Gleskova 11.9, 5-Hadrup 12.0, 6-Jedrejek 12.1, 7-Mitrokhina 12.1. Goth did not run.

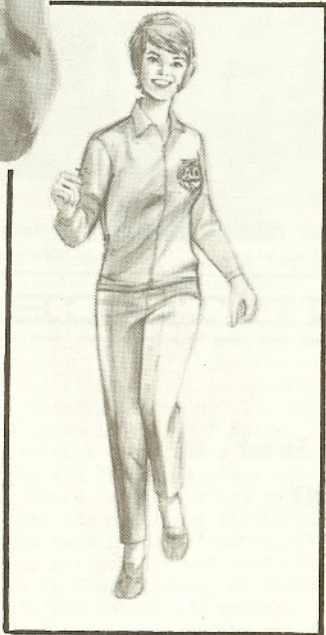
In the final two hours later, Vogt did not get away too fast, but with a powerful action progressively increased her margin over van den Berg. Following were the two British girls with Neil and Peat both ahead of 31 year old Balzer - all three clocked in 11.8 as were the next two finishers, Gleskova and Hoefler. Last was the French sprinter Telliez in 11.9. Telliez, suffering from an injured tendon, has run 11.3 and 22.9 this year.

Petra Vogt was born in Halle, a city with checmical in-

Continued on Page 4

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Miroslava Sarna, Poland, winner of the long jump at the European Championships. De Atletiekwereld Photo

## EUROPEAN CHAMPIONSHIPS (Continued)

dustries, on August 20, 1950. She is a high school student, 5'7" and 141 pounds. She will attend paedagogyc studies beginning next semester. She has been competing only four years. This year she won both sprint titles in the GDR.

**RESULTS.** (17-9) Final, (-0.40), 1-Vogt 11.6, 2-vd Berg 11.7, 3-Neil 11.8, 4-Peat 11.8, 5-Balzer 11.8, 6-Hoefler 11.8, 7-Gleskova 11.8, 8-Telliez 11.9s.

### 200 METER DASH

In the heats, the best time was turned in by East German second string Renate Meissner who equalled her personal best of 23.3s. Keeping her close company was 100m winner Petra Vogt (23.6) and Holland's van den Berg (23.7). The fourth heat saw only four girls competing and it was won by USSR's Byesfamilnaya in 24.2s.

**RESULTS.** (18-9) Heat 1, (-0.20), 1-Renate Meissner (GDR) 23.3, 2-Else Hadrup (Den) 24.2, 3-Mariana Goth (Rum) 24.4, 4-Annette Berger (Lux) 26.3. Heat 2, (+0.20), 1-Wilma van den Berg (Hol) 23.7, 2-Lyudmila Samotysova (USSR) 24.2, 3-Madeline Cobb (GB) 24.5, 4-Helga Kapfer (Aus) 24.5, 5-Ivanka Venkova (Bul) 25.1, 6-Kristin Jonsdotter (Ice) 26.5. Heat 3, (-2.40), 1-Nadyezhda Byesfamilnaya (USSR) 24.2, 2-Ushi Meyer (Swi) 24.3, 3-Gyorgyi Balogh (Hun) 24.4, 4-Valerie Peat (GB) 24.9. Heat 4, (-1.65), 1-Petra Vogt (GDR) 23.6, 2-Gaby Meyer (Fra) 23.9, 3-Helene Golden (GB) 24.2, 4-Lieve Ducatteuw (Bel) 25.0, 5-Lyudmila Golomazova (USSR) 25.1, 6-Suude Kocgil (Tur) 26.8.

The semis were a GDR show. Meissner won the first in 23.6 over Peat (GB) and Meyer (France) both 23.8; Vogt won the other (23.5) coming home ahead of vd Berg (23.7) and Hadrup (24.2). The other two remaining USSR sprinters went mechanically out of the scene!

**RESULTS.** (18-9), Semifinal 1, (-1.60), 1-Meissner 23.6, 2-Peat 23.8, 3-Meyer 23.8, 4-Goth 24.1, 5-Golden 24.3, 6-Meyer (Swi) 24.4, 7-Samotysova 24.5. Berger dnf. Semifinal 2, (-4.20), 1-Vogt 23.5, 2-vd Berg 23.7, 3-Hadrup 24.2, 4-Cobb 24.4, 5-Kapfer 24.5, 6-Balogh 24.6. Ducatteuw did not finish, Byesfamilnaya did not start.

The final was a duel between teammates. Vogt gained a clear margin at the start, but in the home straight Meissner gained noticeably while Valerie Peat was moving faster than anyone and finished in third with the same time as Meissner. Madeline Cobb scratched from the final here as she did in the 100, suffering an injury.

Renate Meissner, the surprise second place winner, was born at Suplitz on May 12, 1950. She is 5'6" and weighs 148 pounds. Coached by Horst Hille and has been competing for six years. She is a physical education student in Jena and ran 23.3, her personal best, a week before the Games. She was first in the 100m at the Odessa European Junior Championships in 1966 and won both junior titles of the GDR in the dashes last year. Her 1968 best was 23.8s.

**RESULTS.** (19-9), Final (-0.60), 1-Vogt 23.2, 2-Meissner 23.3, 3-Peat 23.3, 4-vd Berg 23.5, 5-Meyer 23.7, 6-Goth 23.9, 7-Hadrup 24.0. Cobb, scratched.

### 400 METERS DASH

This was undoubtedly one of the most exciting events of the championships. It also provided many discussions among the experts concerning the coming 4x400 meter relay.

Colette Besson, the French sports symbol after her win in Mexico, was the strange, emblematic protagonist of the Greek one lap event. The girl from St. Georges de Didone was surely not very "economical" in the qualifying rounds. She worked hard, looking forward to the final where she would meet her teammate Nicole Duclos who had beaten her twice this year already. In her heat, Besson posted a 25.0 time at the 200m mark and won in a fine 52.1, only 1/10th off her (and Duclos') European best. In the first heat, Duclos had a good showing, winning with absolute ease in 53.2 ahead of the Swedish Lundgren. In the other two heats, Pawsey (54.8) and Kovalyevskaya (55.0) were the winners.

**RESULTS** (16-9). Heat 1, 1-Nicole Duclos (Fra) 53.2, 2-Karin Lundgren (Swe) 54.5, 3-Donata Govoni (Ita) 54.6, 4-Rosemarie Stirling (GB) 54.7, 5-Anna Dundare (USSR) 55.2. Heat 2, 1-Colette Besson (Fra) 52.1, 2-Maria Sykora (Aus) 53.6 (rec), 3-Janet Simpson (GB) 54.1, 4-Hannelore Middecke (GDR) 54.2, 5-Elizabeth Randerez (Swe) 55.5, 6-Eva Haimi (Fin) 55.8. Heat 3, 1-Jenny Pawsey (GB) 54.8, 2-Eliane Jacq (Fra) 54.9, 3-Olga Klein (USSR) 55.0, 4-Krystyna Hryniewiecka (Pol) 55.4, 5-Brigitte Jennes (Den) 55.5. Heat 4, 1-Taisya Kovalyevskaya (USSR) 55.0, 2-Berit Berthelsen (Nor) 55.2, 3-Ushi Meyer (Swi) 55.5, 4-Elzbieta Skowronska (Pol) 55.6.

## SEND TO CBS-TV

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Gentlemen:

I would like to take this opportunity to thank CBS for the telecasts of track and field competition during the past summer and express hope the program will be continued next year. As a reader of 'Women's Track & Field World' I would like to urge you to include more women's events on future telecasts.

Sincerely,

Personal Comments: \_\_\_\_\_



## EUROPEAN CHAMPIONSHIPS (Continued)

In the semifinals, Colette ran her usual race, running at fast speed for the first 300m and finishing on instinct. She won in 52.2 ahead of Middecke (53.3 for a national record), Simpson (53.6) and the surprising Donata Govini (53.7 for a new Italian record). USSR champion Kovalyevskaya was eliminated. Nicole Duclos showed more prudence and let Sykora win the first place in the other semifinal although both were clocked in 53.2.

**RESULTS (17-9).** Semifinal 1, 1-Besson 52.2, 2-Middecke 53.3 (rec), 3-Simpson 53.6, 4-Govoni 53.7 (rec), 5-Kovalyevskaya 54.1, 6-Skowronska 54.3, 7-Pawsey 54.8. Berthelsen did not start. Semifinal 2, 1-Sykora 53.2 (rec), 2-Duclos 53.2, 3-Lundgren 54.0, 4-Stirling 54.3, 5-Hryniewiecka 54.7, 6-Jacq 54.7, 7-Meyer 54.9, 8-Klein 56.3.

At last, the final: Besson in lane five, Duclos in lane 7. The others are not important - they were present only as members of the crowd! Colette - should I say - started like a missile! After a few meters she had eaten up the stagger on the others and it seemed she was the only runner in the final. At 300m she was clocked in 37.5 - only 100 meters from the finish. But these are endless 100 meters! From here to the finish Duclos was constantly lowering the margin. 100m from the end Colette had a five yard lead, but in the home straight the margin was becoming less and less. And just at the line, the "catcher" achieved her goal. Two blue-dressed girls went home at the same time. Some saw Besson as the winner. The French photographer "flashed" Colette, the graceful, French symbol. But the photofinish stated the actual winner was Duclos, 51.72 to 51.74 - the title decided by only 2/100 of a second! The official time of 51.7 was given for both as a world record - but few persons remembered Sin Kim Dan, a North Korean, who did not take the gynaecologic exam at Tokyo Olympics and who had been denied participation by the IAAF earlier on a previous disqualification. Sin Kim Dan ran faster than the French duo twice - 51.4 in 1963 and 51.2 in 1964.

For Nicole a lovely kiss from her husband Michel; for Colette some encouraging words from her coach Yves Durand Saint-Omer.

This great event also saw, well behind the French "double jets", a rain of national bests by Sykora, sister of pentathlon winner Liese Prokop, (53.0), Middecke (53.1), Lundgren (53.4) and Govoni (53.6).

Nicole Duclos, nee Salavert, was born at Perigeux on August 15, 1947. She married Michel Duclos who was a member of the relay team for her club two years ago. A Bureau secretary, Nicole developed this year for her best 1968 performance was an ordinary 55.9s. She won the French championships this year over Besson with a narrower margin than in Athens - only 1/100 of a second and is the only athlete to beat US record-holder Kathy Hammond this year.

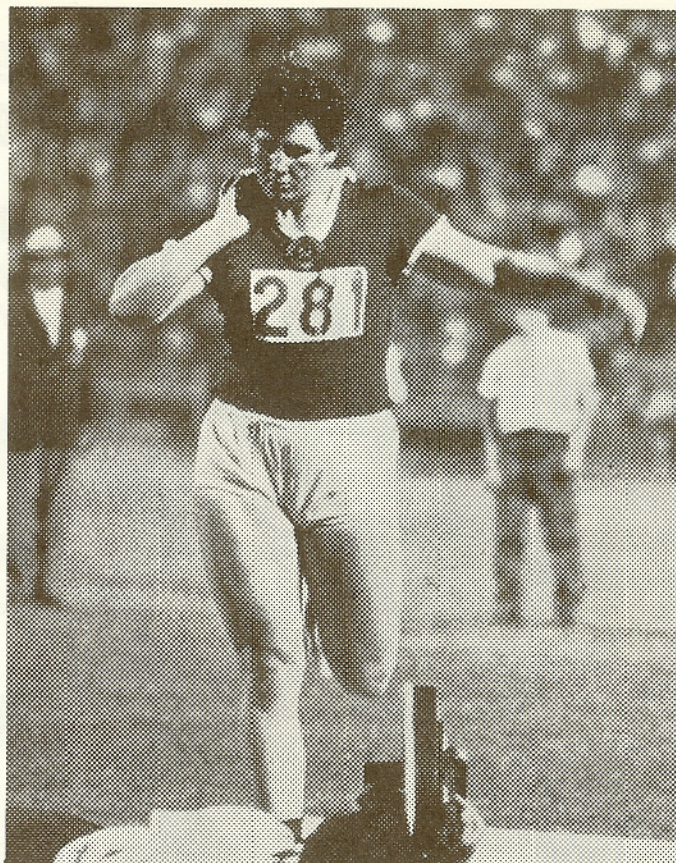
**RESULTS (18-9).** Final, 1-Duclos 51.7 (Eur.rec), 2-Besson 51.7 (Eur.rec), 3-Sykora 53.0 (rec), 4-Middecke 53.1 (rec), 5-Lundgren 53.4 (rec), 6-Govoni 53.6 (rec), 7-Simpson 53.8, 8-Stirling 53.8.

### 800 METERS RUN

No real surprises in the heats, except the silent outing from the scene by the French perennial Maryvonne Dupureur, silver medalist at Tokyo Olympics. Silai, Nikolic and Board were the heat winners, while Barbara Wieck failed completely and came last in her heat - but gained the final by virtue of the last qualifying clocking. Qualifying was the first two from each heat plus the two fastest losers.

**RESULTS.** (16-9). Heat 1, 1-Ileana Silai (Rum) 2:05.0, 2-Anne-Marie Nenzell (Swe) 2:06.0, 3-Gertud Schmidt (GDR) 2:06.0, 4-Bertil Ramstad (Nor) 2:07.1, 5-Zofia Kolakowska (Pol) 2:07.4, 6-Nese Karatepe (Tur) 2:18.8. Heat 2, 1-Vera Nikolic (Yug) 2:04.2, 2-Pat Lowe (GB) 2:05.9, 3-Milde Kade (USSR) 2:06.7, 4-Maryvonne Dupureur (Fra) 2:09.6, 5-Marta Budavari (Hun) 2:10.7. Heat 3, 1-Lillian Board (GB) 2:04.2, 2-Annelise Nielsen-Damm Olesen (Den) 2:04.5, 3-Ilja Keizer (Hol) 2:04.8, 4-Barbara Wieck (GDR) 2:05.4.

Yugoslavian Vera Nikolic tried to repeat her Budapest win in the last European Championships. She started fast, with her "jumping" way of running, holding her arms far from her body in an apparent uncoordinated action. Vera passed the 400m in 59.3 closely followed by Silai, (second to Manning in Mexico City and in Stuttgart), the favorite, and Board. Coming into the final straight, Board came out into the third lane and as Silai was attacking Nikolic, Board passed them both and went on to win. Silai lost her co-



Russia's Nadyzhda Chizhova who won the European title with a new world record of 67'0½ at Athens.

De Atletiekwereld Photo

ordination due to the desperate efforts of Nikolic to keep her second place, and fell down, while the surprising Danish Nielsen found the right moment to "destroy" Nikolic in the final meters. Barbara Wieck was also able to catch Silai, coming home narrowly behind Nikolic. Lillian Board showed she should be able to go under two minutes, the magic barrier that only the UFO Sin Kim Dan has beaten.

Lillian Barbara Board said after the race that it was "terribly easy". She did not start in the 400m because she is recovering from a back injury, (she still had pain in Athens), and she was not certain she would be able to sprint successfully. Born in South Africa, at Durban, on December 13, 1948, she is 5'6 and weighs 132 pounds. Lillian works as a typist in Ealing and is coached by her father, George. Silver medalist at the Mexico Olympics in the 400m, she was 5th in the 1966 British Games in Kingston at 440 yards.

**RESULT.** (18-9). Final, 1-Board 2:01.4 (rec), 2-Olesen 2:02.2 (rec), 3-Nikolic 2:02.6, 4-Wieck 2:02.7, 5-Silai 2:03.0, 6-Lowe 2:03.4, 7-Nenzell 2:05.2, 8-Keizer 2:05.2.

### 1500 METER RUN

Heats were run on a Friday morning on a sunny, warm day and were very fast. In the first heat, Paola Pigni, the world record holder, led from the start with her typical front-running manner - and six girls went under their personal best! USSR's Safronova was the only notable runner eliminated. In the other heat, a similar race was set by another front-running runner, Mia Gommers of Holland. These two were expected to tangle in a thrilling final as they had done all through the season whenever they met. Waltraud Poehland (GDR) fell at the start of the second heat and did not run.

**RESULTS.** (19-9). Heat 1, 1-Paola Pigni (Ita) 4:17.2, 2-Rita Ridley (GB) 4:18.2, 3-Lyudmila Bragina (USSR) 4:18.3, 4-Gunhild Hoffmeister (GDR) 4:18.4, 5-Ilja Keizer (Hol) 4:18.6, 6-Emilia Privrellova (Cze) 4:19.0, 7-Larisa Safronova (USSR) 4:21.3, 8-Vasilena Amsina (Bul) 4:22.2 (rec), 9-Maria Linca (Rum) 4:24.6, 10-Zofia Kolakowska (Pol) 4:25.4 (rec), 11-Ann O'Brien (Eire) 4:34.4. Heat 2, 1-Mia Gommers (Hol) 4:17.9, 2-Anneloes Bosman (Hol) 4:18.1, 3-Alla Kolyesnikova (USSR) 4:19.1, 4-Regina Klei-

Continued on Page 8





Colette Besson (left) and Nicole Duclos who were both credited with a new world mark of 51.7 for the 400 meter dash in the European Championships at Athens. Duclos won the close race in 51.72 to Besson's 51.74 as the two French girls walked away from the rest of the field. (Photos from "Athletisme".)

## NEW WORLD RECORD SETTERS



England's 4x400 relay team which set a new world mark of 3:30.8 in beating the French team, also clocked in 3:30.8, at the European Championships. The British team (left to right) was Lillian Board, Rosemary Stirling, Pat Lowe and Janet Simpson. ("Athletics Weekly" photo.)



New world record holder for the pentathlon is Austrian Liese Prokop who had a fantastic performance for 5352 points.



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## EUROPEAN CHAMPIONSHIPS (Continued)

nau (GDR) 4:21.5, 5-Annemarie Nenzell (Swe) 4:28.4, 6-Jaroslava Jehlickova (Cze) 4:28.4, 7-Marta Budavari (Hun) 4:31.6, 8-Thelwyn Bateman (GB) 4:36.6, 9-Angela Ramello (Ita) 4:36.6, 10-Veselinka Milosevic (Yug) 4:36.9. Waltraud Poehland (GDR) fell and did not finish.

The final, held on the following day and in the evening, must rank as the upset not only of these Games, but of the year. Lyudmila Bragina set the pace for the first 250m, then the three Hollanders (Gommers, Bosman and Keizer) took the lead with Pigni on the outside lane, back to back with Keizer. Gommers passed the 400 in 62.0, the 800 in 2:12.0s. At 1200m, Bosman was completely spent and fell, while Pigni passed Keizer and took out after Gommers. It seemed a repetition of what had happened in Milan and then again in Stuttgart when these two met. With 120m to go, Pigni was a clear leader and seemed headed for victory and a new world record. But no one had been checking the runners in the lower positions. There Czech Jehlickova, (a best of only 4:20.1 this year, the last qualifier in the trials the day before and running only her sixth 1500m), had begun her attack. She easily moved into 5th with 200m to go, then she passed Keizer and then received a "gift" from Bragina who left the inside lane free for the Czech girl - then Jehlickova shifted gears once again and took out after Gommers. With 70 meters to go she made her move against Pigni, and the world record holder was the most surprised person in the stadium when she saw Jehlickova passing her easily and going on to win with a fantastic final spurt. Pigni was so upset that she stopped her effort and was caught by Gommers in the last stride.

The first three were all under Pigni's world best. Jehlickova, was ran next to last until the final lap, improved her personal best by nearly ten seconds! The first nine finishers all went under their previous bests, and seven set national records.

Jaroslava Jehlickova said after the race she had thought the world record would be broken in this race, but "certainly not by me, to be sure". She suffered an injury two weeks before the Games and was forced to suspend training. For the record, Jehlickova, a tall brunet, was born on March 24, 1942 at Horice, she is 5'5½ and weighs 119 pounds. She is a building expert and is coached by Milos Pisarik. She was champion for the 800m in 1966, 1968 and 1969 and won the national 1500m title this year. Eliminated in the 800m semi at Mexico Olympics, she has a best of 2:05.4 for this distance set in 1968.

Paola Pigni, the favorite in the race, had little to say after the race. But she assured everyone she will regain the world record next season.

**RESULTS, (20-9). Final, 1-Jehlickova 4:10.7 (world rec), 2-Gommers 4:11.9 (rec), 3-Pigni 4:12.0 (rec), 4-Bragina 4:13.2 (rec), 5-Keizer 4:13.3 (pb), 6-Kleinau 4:15.2 (rec) 7-Ridley 4:15.9 (rec), 8-Nenzell 4:16.6 (rec), 9-Bosman 4:17.6 (pb), 10-Kolyesnikova 4:18.2, 11-Hoffmeister 4:23.2 (fell), 12-Privrellova 4:32.8.** Jehlickova's time for the final 400m - 61.5.

### 100 METER HURDLES

A strong headwind prevented Karin Balzer from approaching her record marks. The GDR specialist, who is 31 years old, who came to these championships with a fabulous 12.9, showed a perfect technique over the barriers and excellent speed between the hurdles (testified by her fifth place in the 100m flat).

Heats were run to qualify 16 girls for the semis, but only 18 athletes were competing. Meta Antenen scratched to give herself more energies for the long jump. The only hurdler to really run in the heats was the USSR champion Lya Khitrina who clocked 13.7 into a 1.75mps wind. The two girls eliminated were the Belgian Van Alstein and the Greek Sagsayanni.

**RESULTS, (18-9). Heat 1, (-1.75), 1-Lya Khitrina (USSR) 13.7, 2-Tereza Sukniewicz (Pol) 13.9, 3-Jeanette Schoebel (Fra) 14.1, 4-Magali Vettorazzo (Ita) 14.7. Heat 2, (-2.60), 1-Tereza Nowak (Pol) 14.1, 2-Milena Piackova (Cze) 14.3, 3-Sirkka Norrlund (Fin) 14.3, 4-Regina Hoefler (GDR) 14.4, 5-Anne Van Alstein (Bel) 14.6. Heat 3, (-4.10), 1-Baerbel Podeswa (GDR) 14.0, 2-Susan Hayward (GB) 14.3, 3-Eva Kucmanova (Cze) 14.7, 4-Emina Pilav (Yug) 14.9, 5-Charoula Sagsayanni (Gre), nt. Heat 4, (-3.10), 1-Karin Balzer (GDR) 14.0, 2-Marlene Canguio (Fra) 14.4, 3-Christine Perera (GB) 14.4, 4-Gunilla Olsson (Swe) 14.7.**

In the semis, Kucmanova didn't start as she was competing in the long jump. Both races were run into the wind and Balzer did 13.5 although she had no competition. In the other semi, Podeswa seemed to express only a fraction of her potential.

**RESULTS (19-9). Semifinal 1, (-1.90), 1-Nowak 13.7, 2-Podeswa 13.7, 3-Khitrina 13.7, 4-Perera 14.1, 5-Canguio 14.1, 6-Piackova 14.5, 7-Pilav 14.8, Olsson did not finish. Semifinal 2, (-1.70), 1-Balzer 13.5, 2-Hoefer 13.8, 3-Sukniewicz 14.0, 4-Norrlund 14.0, 5-Schoebel 14.1, 6-Hayward 14.1, 7-Vettorazzo 14.8.** Kucmanova scratched.

In the final, there was no question about the winner. Balzer went out of the blocks first and progressively increased her margin. For second place, Podeswa defeated Nowak for the first time to give GDR first and second - plus a sixth place by Hoefer. The clocking, 13.3, was given as the world record, but Balzer has done 13.0 and 12.9 before. And again, inverting the wind direction (-1.0) she'd have had about 13.1 - not a bad time for a 31 year old!

Karin Balzer (Reichert) was born on June 5, 1938 in Magdeburg, and is now living in Leipzig where she is coached by her husband Karl-Heinz. She is in her 16th season of competition and seems to have no intention of retiring. A chemical worker and PE teacher, she was second at the 1962 European championships, first at the Tokyo Olympics, first at the 1966 European championships, fifth at Mexico Olympics. She also won six hurdle titles in GDR, plus two other titles in the pentathlon and long jump. She had a child in 1965, but the year after came back to win the continental title. And one could continue: three-time European indoor champion, European Cup winner (1967) and world record holder for 100m hurdles.

**RESULTS, (20-9). Final, (-1.00), 1-Balzer 13.3, 2-Podeswa 13.6, 3-Nowak 13.7, 4-Khitrina 13.8, 5-Sukniewicz 13.8, 6-Hoefer 13.9, 7-Perera 14.0, 8-Norrlund 14.1.**

### HIGH JUMP

According to their seasonal best, it seemed there should have been more girls clearing the qualifying height of 5'8½. Actually, 13 girls did manage that height and moved into the final. Such "name" jumpers as Berezowska, Kozyr, Denise, Bonci and the Swiss "flopper" Fosburist Rechner, all failed to qualify.

**RESULTS, (16-9). Qualifications, 5'8½, Schmidt (GDR), Schulze (GDR), Faithova (Cze), Rezkova (Cze), Valentova (Cze), Lazaryova (Okorokova) (USSR), Bryntseva (USSR), Inkpen (GB), Shirley (GB), Hrepevnik (Yug), Gusenbauer (Aus), Barnay (Fra), Blagoyeva (Bul). Eliminated at 5'7¼, Danuta Berezowska (Pol), Magdolna Csabi (Hun), Danuta Konowska (Pol), Valentina Kozyr (USSR), Nicole Denise (Fra); eliminated at 5'6, Anne-Lise Waerness (Nor), Kari Karlson (Nor); eliminated at 5'5, Moira Walls (GB) and Beatrix Rechner (Swi).**

In the final, while Valentova showed an old-fashioned Horine style, the other two Czechs gave an exhibition of a highly developed straddle with a speedy approach run, (more so by Rezkova), and a strong last strides. Tonya Lazaryova, very tall and strong and with all the capabilities to match Balas' world record, fell down once again psychologically when the competition got tough. Completely out of shape was Gusenbauer, while Rita Schmidt seemed a little too heavy (too much weight training last winter?) to clear six feet with all her powerful muscles.

With the bar at 6'0, four of the eight athletes still in the competition went over. Rezkova and Lazaryova made it on their second attempts while Schmidt and Mracnova (Faithova) were over on their third trials. The mark was a personal best for Lazaryova and only ½" off the best for Rezkova. Schmidt lost the bronze medal to Mracnova by virtue of taking two trials at 5'9¼ to the Czech girl's one. Both Rezkova and Lazaryova had recorded the same trial record during the competition and after both failed at 6'1¼, the bar was again set at 6'0 where Rezkova, the Olympic champion, confirmed she was once again the best. The competition took three hours.

A very beautiful girl, Miloslava Rezkova was born in Prague on June 22, 1950. She is only 5'6½ tall and weighs 134 pounds. She is a goldworker, (not a gold-digger), likes dancing, music and singing. Coached by Czech high jump coach Rudolf Huebner, she won the Olympic title last year and her national title for the past two years. In the space of only one season she moved from a mere 5'5¼ in 1967 to 5'11½ in 1968.



RESULTS, (18-9), 1-Miloslava Rezkova (Cze) 6'0, 2-Antoina Lazaryova 6'0, 3-Maria Mracnova (Cze) 6'0, 4-Rita Schmidt (GDR) 6'0, 5-Karin Schulze (GDR) 5'9½, 6-Snezana Hrepevnik (Yug) 5'9½, 7-Ilona Gusenbauer (Aus) 5'9½, 8-Barbara Inkpen (GB) 5'9½, 9-Ghislaine Barnay (Fra) 5'8½, 10-Jaroslava Valentova (Cze) 5'8½, 11-Dorothy Shirley (GB) 5'8½, 12-Nina Bryntseva (USSR) 5'7¼, 13-Yordanka Blagoyeva (Bul) 5'6.

#### LONG JUMP

The athletes had problems with the wind - a variable breeze was blowing from behind the jumpers and not too many of the athletes were able to adjust their step to meet the changes. For example, Olympic silver medalist Sheila Sherwood never did adjust and failed to get into the final.

Practically the entire event was settled by the time the field had taken two jumps for only Kucmanova improved after the second round - and she had her best on her third try - so the remaining 32 jumps were useless.

Blonde Polish jumper Mirosława Sarna set a windy 21'3¼ on her first attempt and was consistently over the 21 foot mark to win the Continental title. Olympic champion Viorica Viscopoleanu, back in fitness after a long siege of leg injuries, managed to hold off Nordic star Berit Berthelsen for second place by ½ inch.

Bulgarian belle Deana Prodanova, (who as Deana Yorgova was second to Kirszstein in the last European championships), surprised everyone with her fine comeback after her marriage and the birth of a child and many injuries to grab the fourth place.

But the women's long jump is perhaps the weakest event of women's track and field today. After Viscopoleanu's world mark of 22'4½ at Mexico it would have been feasible to ex- someone would have approached or bettered the seven meter mark (23'0), but instead we have fallen to a wind-aided mark of only 21'3¼.

#### RESULTS

1-Mirolawa Sarna (Poland).....	21' 3¼
(21' 3¼-21' 3¼-21' 2-20' 10½-F-21' 0½)	
2-Viorica Viscopoleanu (Rumania).....	21' 2
(21' 2-20' 3¼-20' 10-20' 2¼-20' 9¼-20' 5¼)	
3-Berit Berthelsen (Norway).....	21' 1½
(20' 0¼-21' 1½-20' 6½-20' 2½-20' 10-20' 0¼)	
4-Deana Prodanova (Bulgaria).....	20' 8½
(20' 8½-20' 7¼-19' 9¼-20' 5¼-20' 8½-F)	
5-Tatyana Bychkova (USSR).....	20' 7¼
(20' 7¼-19' 5-18' 8½-17' 8¼-19' 11½-19' 9)	
6-Maureen Barton (GB).....	20' 7¼
(20' 7¼-19' 6¼-F-F-19' 11½-19' 10¼)	
7-Eva Kucmanova (Czechoslovakia).....	20' 4½
(19' 10½-F-20' 4½-14' 4½-20' 0¼-19' 1½)	
8-Kristina Hauer (GDR).....	20' 3¼
(F-20' 3¼-F-F-19' 10¼-19' 1¼)	
9-Moira Walls (GB).....	20' 2½
10-Sheila Sherwood (GB).....	20' 2¼
11-Sieglinde Amman (Switzerland).....	20' 1¾
12-Meta Antenen (Switzerland).....	20' 1½
13-Charoula Sassayanni (Greece).....	17' 9¼

Mirolawa Sarna (nee Salacinska) was born in Kielce on June 8, 1942. This victory was her first great international honor. She is 5'5¼ and weighs 132 pounds and is also a good sprinter (11.5 for 100m). At the Mexico Olympics she was fifth in the long jump. Her mark in Athens was a new personal best. She was over 20 feet for the first time in 1964 at the age of 22.

#### SHOT PUT

Stronger, heavier and more determined than last year, Nadyezhda Chizhova has now revenged her Mexico defeat. Margitta Gummel went into this meet with the new world mark (65'11¼) set only six days earlier, but after an opening put of 62'4 by Gummel, the Soviet putter went into the circle and the competition was immediately over as she equalled Gummel's new world mark on her first try and had every one of her six efforts farther than Gummel's best. Chizhova averaged an amazing 65'8½ for her six throws with her worst effort being 64'10¼. Better coordination and an explosive final effort seemed to be the characteristics of Chizhova's "Greek" form. Can she still improve? Yes, she can - and this is the best complement one can offer to the 24 year old USSR ace.

Nadyezhda Chizhova was born on April 29, 1945, at Ussolye Sibyerskoye, (a Siberian town), is 5'8¼ and weighs a little more than 198 pounds - she was only 185 last year. She is a sports teacher and lives in Leningrad. Coached by Viktor Alekseyev who has trained Galina Zybina and Tamara Press.

She was European Junior Champion in 1964, was first in the last European Championships at Budapest in 1966 and was 3rd in Mexico City. She held the world record at 61'3 in 1968, at 64'8½ in 1969, at 65'11 in 1969, at 65'11¼ (tied) in 1969 and now at 67'0¼.

#### RESULTS

1-Nadyezhda Chizhova (USSR).....	67' 0¼
(65' 11¼-65' 4¼-64' 10¼-65' 4¼-65' 8½-67' 0¼)	
2-Margitta Gummel (GDR).....	64' 3
(62' 4-63' 0¼-F-F-64' 3-62' 0)	
3-Marita Lange (GDR).....	60' 10¼
(59' 5¼-60' 0½-59' 1½-60' 10¼-F-F)	
4-Ivanka Khristova (Bulgaria).....	59' 2¼
(58' 2¼-59' 2¼-F-56' 2¼-56' 8-58' 0)	
5-Renate Boy (GDR).....	57' 8½
(F-57' 0-F-F-57' 8½-F)	
6-Els van Noordyn (Holland).....	56' 8¼-rec
(56' 8¼-55' 3¼-53' 2¼-50' 4¼-52' 4¼-53' 10¼)	
7-Irina Solontsova (USSR).....	56' 7¼
(56' 7¼-F-55' 2¼-F-F-F)	
8-Galina Nyekrasova (USSR).....	56' 4¼
(55' 5¼-55' 10-F-54' 5½-56' 4¼-54' 9)	
9-Vladimira Srbova (Czechoslovakia).....	50' 11
(Note:-Vladimira is only 5' 3¼ tall and weighs 134 pounds. Her personal best is 52' 8¼!!!!)	
10-Helene Fibingerova (Czechoslovakia).....	49' 11¼
11-Brenda Bedford (GB).....	46' 4¼

#### DISCUS THROW

Although no one could pick a sure winner in this event, very, very few would have picked Tamara Danilova - a truly long shot. The favorites had to be Maravyova, Illgen and Hinzman along with the Olympic champion, 37 year old Lia Manoliu. As the competition got under way, Maoliu opened with a good throw of 188'3 and was the leader at the end of the first round - but unfortunately, this remained the best effort of her event while the Russians progressively improved. Viewing the Russians, one seemed to see the "new deal" of Soviet discus throwers: we do not see the "giants" of old, but well built throwers with good speed in the circle and an excellent technique. So Lyudmila Muravyova, the best of the Soviet discus stable this year, moved to the front with her second toss of 191'7 and improved to 194'4 on her third effort - a personal best in spite of the poor wind conditions, (the wind was behind the throwers). Also Karin Illgen, after a so-so season, was throwing well - over the 190 foot mark, while Gabriele Hinzmann seemed completely out of shape, uncoordinated - even powerless.

So no one was paying attention to Tamara Danilova, the Soviet girl who was selected for the team by virtue of her third place finish at the Kiev National Championships. On her fifth throw she moved into fourth position, ahead of another Rumanian evergreen, the veteran Olimpia Catarama. On her last throw, Manoliu fouled and only Danilova remained with one last try to improve on her 186'3 mark - and improve she did to 194'6, three inches ahead of leader Muravyova and earning an unexpected continental title. Illgen and Muravyova took their final efforts, but to no avail.

The Soviets placed three athletes in the first five, (and Solontsova who was 7th in the shot is capable of around 187), for an impressive record. Judit Stugner, (just married and now Mrs. Abehazi), seemed to be still more or less on her honeymoon!

Tamara Danilova was born in Pyensa on July 30, 1939. She is competing for the "Spartak" Club. Two years ago, at the age of 28, she made her first appearance in the world lists with an insignificant 159'2. She improved to 181'10 at last year's USSR championships. This year Tamara won the Znamenskiy Memorial discus throw with a career best of 191'5 and then improved by more than three feet at Athens.

#### RESULTS:

1-Tamara Danilova (USSR).....	194' 6
(172' 9-183' 10-177' 6-186' 3-194' 6)	
2-Lyudmila Muravyova (USSR).....	194' 4
(186' 1-191' 7-194' 4-194' 3-188' 1-191' 1)	
3-Karin Illgen (GDR).....	192' 5
(160' 3-188' 9-191' 10-187' 4-190' 8-192' 5)	
4-Lia Manoliu (Rumania).....	188' 3
(188' 3-186' 7-180' 8-181' 6-F-F)	
5-Antonina Popova (USSR).....	185' 10¼
(185' 10-183' 0-184' 4-F-185' 10¼-184' 6)	
6-Olimpia Catarama (Rumania).....	185' 9
(178' 2-185' 9-174' 6-182' 1-185' 3-F)	

Continued on Page 10



## EUROPEAN CHAMPIONSHIPS (Continued)

7-Gabriele Hinzmann (GDR).....	171'8
(171'8-166'2-161'2-169'4-161'6-171'0)	
8-Judit Abehazi (Hungary).....	170'7
(f-156'10-170'7-157'11-F-F)	
9-Rosemary Payne (GB).....	165'0
(161'5-F-165'0)	

### JAVELIN THROW

"I hope that Vidos will not win the championship because our paper doesn't have a photo of her!" These were the words of a Hungarian journalist poured forth while the Hungarians were enjoying complete success in the javelin. With the usual aiding wind that was making higher (and shorter) throws the going thing, many talented athletes who usually throw against the wind (such as Jaworska and Savyenkova) were in for real trouble. The two Hungarian girls, Ranky (nee Nemeth) and Vidos (nee Paulanyi) were hurling their javelins with less of an arc and were using a strong, fast approach run. Jaworska, a consistent spearthrower in the 190-193 foot range, unbeaten this year, could only be beaten by a throw in excess of 196' according to the thoughts of Ranky, the Olympic champion. And that's just what she did. She improved her opening throw of 189'2 to exactly 196'0 on her third effort, and Jaworska, in the meantime, was never in the competition getting off a throw of 180'11 on her last effort for an undistinguished sixth place.

While Ranky was performing at about her par, Magdal Vidos, who had narrowly failed to win her national title three weeks earlier against this same Ranky, improved her own personal best by about two meters. Another surprise was Valentina Evyert who surpassed all the other Russians. Marion Luttge, the German thrower who had won the European title last time, and who came into Athens with a mark over 190 feet, was having foul trouble. Yes, Greek wind and Hungarian technique said their words in this final. A sad "official" was 1964 Olympic champion Mihaela Penes (Rumania) who was injured.

Angela Ranky-Nemeth, with two beautiful blue eyes, was born in Budapest on February 18, 1946. She stands 5'8 and weighs 146 pounds. She is a university student and is coached by Janos Koltai. She was playing basketball when someone directed her to a track stadium. Angela began as a high jumper and then when she was 15 began throwing the javelin. Kathy Schmidt can rest easy however, since Nemeth's best mark at the age of 15 was a mere 135'0 and she failed to get over 164' until 1965. But European athletes tend to develop later than the US girls and usually continue until in their thirties. This winter, after her Olympic win, Angela was married to a basketball player from the Hungarian team, Mathyas Ranky. This year she suffered a defeat by Rudas at Budapest and another by Jaworska in the dual versus the Western Hemisphere, ("But there I was sleeping", says Angela).

### RESULTS:

1-Angela Ranky (Hungary).....	196'0
(189'2-F-196'0-F-F-F)	
2-Magda Vidos (Hungary).....	192'11
(F-157'8-F-192'11-187'4-173'0)	
3-Valentina Evyert (USSR).....	185'6
(170'5-173'9-185'6-F-171'7-F)	
4-Natasa Urbancic (Yugoslavia).....	182'8
(F-162'11-182'8-171'3-F-F)	
5-Nina Marakina (USSR).....	181'6
(181'6-171'11-169'4-178'1-176'9-164'0)	
6-Daniela Jaworska (Poland).....	180'11
(158'9-170'3-F-165'9-F-180'11)	
7-Marion Luttge (GDR).....	176'4
(176'4-F-168'3-F-F-F)	
8-Cecylia Bajer (Poland).....	165'9
(165'9-146'2-F-152'0-F-F)	
9-Vyera Savyenkova (USSR).....	153'9
(F-153'9-F)	
10-Arija Mustakallio (Finland).....	133'10

### PENTATHLON

Attractive Liese Prokop-Sykora (Austria) didn't fail to win the gold medal in this competition where she is the world record holder with 5089 points amassed at Leoben on August 16 and 17. Her toughest competitor, Meta Antenen from Switzerland, former world record holder in the pentathlon, had two sub-par performances in the first two events and spent the remainder of the competition playing "catch-up".

At the end of the first day of competition, Prokop was leading with 3132 points ahead of the USSR duo of Sizyukova (3002) and the veteran Tikhomirova (2903), the defending champion. Following were Pollack (GDR) with 2870, Thomas



Liesel Westermann, West Germany, upped her own world discus record to 209'10. Photo courtesy Leichtathletik.

(Holland) 2859, Angelova (Bulgaria) 2781 and Antenen with only 2779. The big downfall of Antenen came in the shot put where she threw only 32'11½ while Prokop was setting a personal best at 49'10½. Antenen also collapsed in the hurdles where she ran only 14.3 after having reportedly been timed in 13.4!

Liese Prokop-Sykora was born in Schielleiten on March 27, 1941. She is 5'8½ and weighs 141 pounds. She is coached by her husband, Gunnar, who was a good high jumper. She was a shot putter before transferring her interests to the pentathlon. At the end of 1966 at age 25 she still had never been over the 4000 point mark, but two years later she was second behind Ingrid Becker at the Mexico Olympics. Her best marks for the five pentathlon events total 5177 - the objective Liese wants to reach.

### RESULTS

1-Liese Prokop (Austria).....	5030
(14.0-49'10½-5'6-20'1¼-25.6)	
2-Meta Antenen (Switzerland).....	4793
(14.3-32'11¼-5'7¼-21'0¼-25.0)	
3-Maria Sizyukova (USSR).....	4773
(14.2-46'1¼-5'5-19'7½-26.7)	
4-Valentina Tikhomirova (USSR).....	4715
(14.8-43'4-5'6-19'6¼-26.1)	
5-Marjan Thomas (Holland).....	4701 (rec)
(15.0-42'4¼-5'6-19'8¼-25.9)	
6-Elisabeth Waldburger (Switzerland).....	4648
(14.6-42'10½-5'0¼-19'8¼-25.4)	
7-Susan Scott (GB).....	4641
(14.1-36'7½-5'2½-20'1¼-25.8)	
8-Burglinde Pollack (GDR).....	4598
(14.6-42'0-5'5-18'2½-26.0)	
9-Nedyalka Angelova (Bulgaria).....	4592
(15.1-42'2¼-5'3¼-20'1-26.6)	
10-Annamaria Toth (Hungary).....	4587
(14.6-38'4¼-5'0¼-19'11-25.2)	
11-Marie-Christine Debourse (France).....	4419
12-Monika Peikert (GDR).....	4389

### 4x100 METER RELAY

Wolfgang Gitter, chief reporter for "Der Leichtathlet", said to us before the event, "We almost did not enter the relay for too many of our girls will be called upon to run too many individual events - but we had a test run with Hoe-



fer, Podeswa, Vogt and Balzer and ran 44.7s. Then on September 10 Renate Meissner ran her 23.3 200 meters - so we tried the relay with her in place of Balzer and ran 44.3. So we changed our mind about the relay".

This last minute relay team not only won the title, but largely dominated the entire scene. Regina Hoeffler, Baerbel Podeswa, Renate Meissner and Petra Vogt won their heat in 44.2s. The other two heats were won by Great Britain, (Neil, Ramsden, Cooper and Peat - or the Dorothy Hyman 4x100 team without Hyman) in 45.0 and by GFR (Haehnle, Stoeck, Jahn, Becker) in 44.6. Heats seemed rather useless as only Greece was eliminated with a 49.2!

**RESULTS (19-9).** Heat 1, 1-GB 45.0, 2-France 45.6, 3-Sweden 46.4. Heat 2, 1-GFR 44.6, 2-USSR 45.2, 3-Austria 46.5. Heat 3, 1-GDR 44.2, 2-Poland 45.5, 3-Greece 49.2.

The final was a battle between the two Germany teams with Petra Vogt outkicking Ingrid Becker to give the GDR the win.

**RESULT (20-9).** Final, 1-GDR (Regina Hoeffler-Renate Meissner-Baerbel Podeswa-Petra Vogt) 43.6 (rec), 2-GFR (Haehnle-Stoeck-Jahn-Becker) 44.0, 3-GB (Anita Neil-Denise Ramsden-Sheila Cooper-Val Peat) 44.3, 4-France (Gaby Meyer-Sylviane Telliez-Nicole Montandon-Veronique Grandrieux) 44.6, 5-Poland (Krystina Mandecka-Danuta Jedrejek-Ursula Jozwik-Mirosława Sarna) 44.7, 6-USSR (Nadyezhda Byesfamilnaya-Lyudmila Golomozova-Lyudmila Samotysova-Galina Mitrokhina) 44.8, 7-Austria (Liese Prokop-Helga Kapfer-Maria Sykora-Erika Kren) 45.8. Sweden disqualified

#### 4x400 METER RELAY

There was real excitement over the 4x400 relay - the first time this event has been run in such big time competition. Eleven teams entered, trying for the eight places in the final. The anticipated battle between France, the current world record holders, and England, who beat France in their dual meet, found another contender as West Germany broke the world record in winning the second heat over Great Britain in 3:33.9s. Denmark, Poland and Italy were eliminated in the two heats.

**RESULTS (19-9).** Heat 1, 1-France (Martin-Duclos-Jacq-Besson) 3:37.9, 2-GDR (Birnbaum-Becker-Lohse-Middecke) 3:38.8, 3-Finland (Haimi-Wilmi-Hagman-Strandvall) 3:40.7, 4-Sweden (Ekblom-Larsson-Lundgren-Randerz) 3:41.1, 5-Italy (Bruni-Giuanini-Zangirolami-Govoni) 3:42.3. Heat 2, 1-GFR (Czekay-Gleichfeld-Eckhoff-Frese) 3:33.9 (world rec), 2-Great Britain (Stirling-Lowe-Simpson-Board) 3:34.3, 3-USSR (Nikanorowa-Dundere-Klein-Kowalewska) 3:35.5, 4-Hungary (Munkacsi-Kulcsar-Sefer-Balogh) 3:35.8, 5-Denmark (Jennes-Lund-Hoiler-Damm-Nielsen) 3:36.2, 6-Poland (Hryniewiecka-Piecyk-Beltowska-Skwronska) 3:38.1.

For the final, the crowd stood during the entire race. The French girls vs the British quartette - with the West German foursome as the dark horses. England in lane two, France in lane five. The first leg brought together Martin of France who clocked 54.5 and Stirling of England who led in 54.1s. Pat Lowe of England ran a fine second leg in 52.4 - but the French countered with world record holder Nicole Duclos who clocked a fantastic 50.7 to send Jacq out ahead of Janet Simpson, but Simpson catches Jacq, 52.1 to 53.2, and Besson and Board start the final lap together. With a suicide pace, Colette passes the 200m mark in 23.5, (she has a 200m best of 23.41), but by the 300m mark she begins to fade and just as what happened in their first relay meeting in Middlebrough Lillian catches Colette at the finish line - Board running 52.2 and Besson 52.4. Both teams clocked 3:30.8 for a new world mark, an average of 52.45, a clocking that should last until the next big championships!

**RESULTS:** 1-Great Britain 3:30.8 (world rec), 2-France 3:30.8 (world rec), 3-West Germany 3:32.7 (betters world record), 4-USSR 3:33.7 (betters world record), 5-GDR 3:35.2, 6-Sweden 3:35.4, 7-Hungary 3:36.6, 8-Finland 3:40.6.

In distance running, proper energy distribution is a necessity. The first quartermile must be up to capacity but not exceed it.

Correct pace is important in the half mile, for the lap time comes too late in the race to permit satisfactory adjustment of any mistake.

Physiologists have proved that a constant body rhythm produces the best performance.

## EUROPEAN CHAMPIONSHIPS HIGHLIGHTS as reported by Mel Watman in 'Athletics Weekly'

**100 METERS:** (Heats), The girl who made the big impression was Petra Vogt, a newcomer to the world scene this season. The young East German girl ran strenuously for an 11.6 mark into a 2.8mps wind. Nobody else in the round did better than 11.9s. (Semi-finals), All three Soviet girls trailed; there is certainly a dearth of really good female track runners in that country at the moment. (Final), Petra Vogt (19), who had not bettered 12 seconds prior to this year, confirmed the favorable impression she had made in the heats with her powerful sprinting. She pulled away irresistibly in the later stages for a comfortable win in 11.6 against a breeze of 0.4mps. Wilma v.d. Berg, another of the favorites, took second place, but the bronze medal went to a complete outsider, Anita Neil of Great Britain.

**200 Meters:** (Heats), The youthful East German pair, Renate Meissner and 100m champion Petra Vogt, impressed with their forceful running against the wind. Meissner's 23.3 was particularly remarkable for with the withdrawal of three runners from her heat she need have done no more than walk over. Helen Golden (GB) ran 24.2 which was a fine opening to her international career at the age of 16 years and 4 months. (Semi-finals), The East German girls continued to act as pacesetters, with Petra Vogt's 23.5 into a 4.2mps wind establishing her as firm favorite for the title. (Final), In winning the 200m to add to her 100m success, 19 year old Petra Vogt became the first female to complete the European sprint double since Fanny Blankers-Koen in 1950. She won by a yard from her even more powerfully built colleague Renate Meissner (19) in 23.2, good time into a 0.6mps breeze. Val Peat, finishing well, was a clear third ahead of 100m runner-up v.d. Berg and her time of 23.3 was a personal best and just a tenth away from Dorothy Hyman's UK record. And while on the subject of Dorothy... "She would definitely have won both sprints".

**400 METERS:** (Heats), The two French favorites for the title fired their opening shots: Nicole Duclos clocked a useful 53.2 but this looked quite sluggish when set against Colette Besson's tremendous run of 52.1 a few minutes later. The Olympic champion poured it on along the finishing straight and her recent prediction that she would run 51.3 in these championships seemed well within the realm of possibility. Revelation of the round was Maria Sykora, sister of world record pentathlon breaker Liesl Prokop. She ran a cracking first 300m but still had enough in reserve to finish behind Besson in 53.6 - 1.1 second better than her Austrian record. (Semi-finals), The sheer exuberance of Colette Besson's running was a delight to watch. Away very fast in the outside lane she was some ten yards ahead of Janet Simpson (lane 7) at the half distance. Holding her form exceptionally well against the wind along the finishing straight, she stopped the watches in 52.2s. Hannelore Middecke (nee Suppe), a top ranking 400m and 800m runner of a few seasons back, continued her fine comeback with an East German record of 53.3. Maria Sykora won her semi in 53.2 - a total improvement on her pre-Athens best of 1.5 seconds. (Final), In a race that will be talked about for years, Nicole Duclos edged Colette Besson as both the French girls were credited with world record figures of 51.7. Both ran in fantastic fashion and it was a pity that one of them had to be the loser! In a recent interview in "Athletisme", Duclos had predicted that the race would be won in around 52 seconds and stated that she would be very happy to win but would be pleased for Colette if her teammate were to prove successful. Besson said she was hoping to win in 51.2 and would be disappointed if she were to take the title in, say, 53 seconds. There seemed to be little doubt in her mind that she would win.

Besson, wearing a "lucky" yellow hair ribbon, blasted away from her blocks like a 200m sprinter. Indeed, she covered the first half lap in a time that would do credit to any pure sprinter - inside 24 seconds! At 300m, reached in 37.5, Besson was five yards up on Duclos with the rest of the field trailing. The Olympic champion looked set for victory until, midway along the finishing straight, she began to falter. Duclos still had much ground to make up, but relentlessly she closed up and in the dive for the tape it was she who gained the verdict. The electric times showed how close it was - 51.72 to 51.74 - incredible running in the blustery conditions

Continued on Page 12



## EUROPEAN CHAMPIONSHIPS (Continued)

Almost unnoticed, Maria Sykora captured the bronze medal with her third personal best in as many races here: 53.0. She nosed out Hannelore Middecke, very much back in the big time, (she won the European Cup 800m final in 1965) after having a baby in 1966 and is a potential sub-2 minute 800m runner next season.

**800 METERS:**(Heats), In the second heat, Vera Nikolic, the defending champion, sought to prove she is back to her best form. Her efforts were not entirely successful, for after passing the 400m in 59.3 and maintaining sub-2 minute tempo for over 600m she trod water along the finishing straight when faced with the strong breeze and her final time was 2:04.2. In the third heat, Anneliese Damm-Olesen clipped almost two seconds off her previous fastest with 2:04.5. (Final), Lillian Board has often been compared to Ann Packer and never was the similarity more marked than in this race. It was like Tokyo all over again as Lillian struck hard coming off the final turn and drew cleanly away. Even the times were almost identical: Ann's 2:01.1 and Lillian's 2:01.4. That vocal minority who have attempted to throw doubt upon Lillian's ability must have been shocked, but what delight for those of us who have recognised her as a truly outstanding athlete destined for highest honors.

It was a fast start and at 200m, reached in a wind-blown 27.0, it was Nikolic a stride ahead of Board with Lowe and Wieck in close attendance. Silai moved through coming up to the bell and at 400m (59.2) - that second 200m into the stiff wind took 32.2 - Nikolic and Silai were together, just in front of Lowe and Board. Nikolic continued to lead around the bend and down the back straight but although the pace quickened up again to 30.8 (90.0 at 600m) it was not severe enough to trouble the biggest kicker in the field - Lillian Board.

Lillian began her drive coming off the last bend. Nikolic and Silai held her at bay for a fleeting second or two but, out in the third lane, Lillian powered away from them soon after hitting the straight and never faltered for an instant until the tape was safely broken. Her winning margin was nearly ten yards, testimony indeed to her blazing finishing speed. She had run her type of race to perfection; it was an example of track artistry at its most accomplished and but for that devilish wind the world record might have gone.

In a desperate finish behind her, the unhealed Anneliese Damm-Olesen pipped Nikolic for second in 2:02.6 (the pre-Athens best of this talented all rounder was 2:06.4!) while 18 year old Barbara Weick got the better of the highly fancied Silai in her best time of 2:02.7.

**1500 METERS:** (Heats), The first heat was remarkable, with Paola Pigni pulling five other girls inside 4:20. Poor Larisa Safronova clocked 4:21.3, seven seconds faster than Jaroslava Jehlickova in the second heat, and yet was shut out. Bad luck, too, for Waltraud Pohland - who turned 17 three days earlier. This tiny girl (5'3 $\frac{3}{4}$  and 95 pounds), who has marks of 2:06.1 and 4:25.2 to her credit, fell and failed to finish. Note that three Dutch girls broke 4:19.0!

(Final), Two races were anticipated: one for the gold medal between Paola Pigni and Maria Gommers, and another for the bronze between the rest. But Jaroslava Jehlickova, the unsung Czech girl, had other ideas in this, her sixth try at the distance for she scored a sumptuous victory in a world record 4:10.7. Gommers and Pigni, too, broke the latter's pending world standard of 4:12.4 and such was the pace that although Rita Ridley bettered Anne Smith's United Kingdom record by 1.4 seconds, she still found six runners ahead of her! Every national record that could be broken in the race was broken!

The three Dutch girls dominated the early stages of this pulsating race with Gommers leading at the 400 in a sharp 62 seconds from Ilja Keiser and Anneloes Bosman. Gommers was still ahead at 800 (2:13) followed by Keizer, Pigni, Bosman, Gunhild Hoffmeister and Ridley. Pigni, of the Madonna like face, led past the bell (3:06) with Ridley 9 $\frac{1}{2}$  in a tightly packed field. Such was the scrimmage that Hoffmeister stumbled over, losing at least 15 yards.

Pigni was three yards up on Gommers as she flitted past 1200m in 3:23 and tried all she knew to shake off the Dutchwoman. Suddenly the race was transformed. A figure in all white, Jehlickova - only 8 $\frac{1}{2}$  along the backstretch - cut thru the field around the final bend. In a flash she was third, then second with only the Italian ahead of her. Pigni

fought her off gamely but with 50m or so to go Jehlickova zipped past to win by nearly ten yards, while Gommers caught Pigni on the line for second.

**100 METER HURDLES:** (Heats), The only sub-14 times came from Lia Khitrina and Tereza Sukniewicz in the first heat where the head wind was the lightest. A noteworthy absentee was Valeria Bufanu (13.4w), one of the four Rumanian athletes to be suspended for three months by their national Federation following tests for doping. (Semi-finals), Karin Balzer, thigh bandaged, was in a class by herself. (Final), When Karin Balzer finished only 5 $\frac{1}{2}$  in last year's Olympic 80mH, many must have assumed that her great championship career, (1964 Olympic and 1966 European champion, 1962 European silver medalist) was at an end. Far from it. The new 100m event with 2'9 hurdles suits Karin perfectly and at 31, she is going better than ever - as witness her times this season of 11.3 on the flat and that staggering 12.9 over the barriers. Here she was in a class of her own as she snatched her way to the formidable time of 13.3 into a 1.0mps wind, winning by three yards from the girl who has followed her all season - Barbel Podeswa. Podeswa is 22 years old and stands only 5'3.

**4x100 METER RELAY:** (Final), The East Germans, even without Karin Balzer (11.3), won comfortably in the world's fastest time this year of 43.6. The foundation for victory was laid by Renate Meissner's electrifying run along the back straight, and Petra Vogt collected her third gold medal with a solid anchor leg.

**4x400 METER RELAY:** (Heats), The heats were badly seeded: Sweden got through in 3:41.1, whereas Denmark's extraordinary 3:36.2 (54.05 average!) proved unavailing. The West German girls created a sensation by winning their race in 3:33.9 (53.5 average), three tenths faster than France's pending world record. Christa Czekay led off in a startling 52.5, followed by Antje Gleichfel (54.5), Inge Eckhoff (53.5) and Christel Frese (53.4).

(Final), In the entire history of track and field athletics there has never been a race that was more exciting than this one! On paper, France couldn't lose but, luckily, races are fought out by people on tracks and not by mathematicians or computers. There was one obvious chink in the French armor, though: their order of running. Instead of ending up with the double grand slam of Colette Besson and Nicole Duclos - a partnership almost guaranteed to make up any deficit - the team management opted for Duclos on the second leg and Besson on the anchor. This made the French extremely vulnerable on the third stage with Janet Simpson (GB) in pursuit of Eliane Jacq.

Rosemary Stirling, her troublesome foot feeling the strain of five races in as many days, led off to the utmost of her current ability. She handed over with a few girls ahead of her but her time was 54.2, only 0.1 outside her best ever, and Britain was in touch. On the second leg Duclos rushed from third to first along the back straight - overtaking the Russian and West German - and continued to pile on the pace for the rest of the distance. It was an awe inspiring run - **TIMED AT 50.6 SECONDS** - and at the end of it France were set up nicely some ten yards ahead. Pat Lowe - who has never run faster than 54.6 off blocks - produced another of her inspired relay performances. Running perilously close to her optimum 200m pace for the whole circuit, she covered her lap in an heroic 52.1. Britain's chances had been kept alive!

Now it was Janet Simpson's turn. Never allowing herself to become flustered, she gradually cut down her French rival and covered her lap in 52.1, handing off to Lillian Board just a step behind Besson.

The advantage in the anchor leg of a relay rests with the runner who takes over just behind and that was just the position in which Lillian found herself. Would Besson destroy herself? As she pulled away from Lillian with every stride it looked for a while as though it would be no race but then came the realization that the French girl was travelling too fast for her own safety - a situation borne out by the splits that became known later. Besson covered the first 200m, during which she opened up a lead of 6-7 meters, in a suicidal 23.6! Worse still, at 300m - when some 10 meters up - her time was an almost unbelievable 36.1..... 48.1 speed for 400m! No woman - and not all that many men - could get away with it.

Inevitably Besson began to crumble in the straight, and Lillian - who had sensibly run her own controlled race -



started to close. There was no question of a response from Besson, who was thrashing about wildly, the question was could Lillian pass her in time. With 40 yards to go Besson looked around, the ultimate sign of anxiety, and that gave Lillian renewed hope. It was still touch and go but in the last stride or two Lillian forced herself ahead for a famous victory. She had run her lap in 52.4 and the team's total time, shared by France, was a world record 3:30.8 - an average of 52.7 per leg. Truly a glorious performance, one in which all four girls gave of their very best and from which no individual should be singled out.

**HIGH JUMP:** (Qualifying) Shock casualty was Olympic bronze medalist Valentina Kozyr. She looked cute with her white hair ribbons but her jumping was right off and she found 1.74/5'8½ beyond - or rather above - her. (Final), Never in the annals of women's high jumping has there been such a competition. With Iolanda Balas a particularly interested spectator, no fewer than four girls cleared six feet... with the unlucky one, not even getting a medal for her achievements, being Rita Schmidt. It was a fabulous field. Only the two British girls approached the bar from the right.

Rezkova won on the jump-off after all four girls had cleared 6'0. What a competitor this 19 year old goldsmith from Prague is - and she is only 5'6½ tall!

**LONG JUMP:** (Final), Olympic champion Viorica Viscoploaneu, fast recovering form after a fairly disastrous season, opened with 21'2; Miroslava Sarna, nee Salacinska, countered with 21'3½ which she improved by a centimeter in the second round; Berit Berthelsen, recovered just in time from injury, slipped into third with a second jump of 21'1½...and that was that.

It is only in the last two years that Miroslava Sarna (27) has made a name for herself as a long jumper although she has been plugging away at it ever since 1955. A 24.1 200m runner as long ago as 1960 and a 5'7 high jumper in 1963, she brings to the event a good combination of speed (11.5 100m this season) and spring. Her previous best this season was 20'9¼.

**SHOT PUT:** (Final), Nadyezhda is the Russian for "hope", and the name of Nadyezhda Vladimirova Chizhova is one to give hope to all aspiring shot putters. Her first attempt at the shot, when she was 15, resulted in a distance of all of 24'2½; now eight years later she can be considered the greatest of all time in her event. The European Championship in this case is, in all but name, the world's championship too, and Chizhova not only won in the most devastating fashion but also carried the world record out to the staggering distance of 67'0¼!"

Ivanka Khristova (27) became only the fifth woman to better 18 meters (59') and in a very high quality competition in which seven athletes beat Chizhova's winning mark for the 1966 European Games!

**DISCUS THROW:** (Final), With two throws remaining Tamara Danilova, the 30 year old Russian, was languishing in sixth position; with one to go she was fourth. Then in a sensational upset she came through on her final throw to pip compatriot Lyudmila Muravyova by two inches! The lowly placing of Judit Stugner can be explained by the fact she is three months pregnant.

**JAVELIN THROW:** (Final), Ranky took the lead with her opening throw of 189'2, increased it to 196'1 in the third round and then proceeded to foul her last three trials. It did not matter, for only Vidos (192'11) came anywhere near striking distance. Vidos had only been eighth after three rounds with a paltry 157'8 before coming to life with the longest throw of her career. Marion Luttge, the defending champion finished seventh, but the greatest loss of form was by Vyera Savyenkova, over 40 feet below her best.

**PENTATHLON:** (First Day), Liese Prokop, the Olympic silver medalist, built up a healthy overnight lead thanks in particular to a formidable personal best (and Austrian record) shot put of 49'10½. (Second Day), Meta Antenen made up some ground in the long jump, but with one event to go the positions were: 1, Prokop 4152, 2, Sizyakova 3986, 3, Tikhomirova 3880; 4, Antenen 3861. The strong wind slowed the 200m times and ruined any chances for high scores. Prokop needed only 24.9 to break her world record of 5089 but, faced by a 5.3mps wind in her heat, she could manage only 25.6. Prokop won easily enough with the outstanding score of 5030 but it was surprising to find that no one else could manage even 4800 points.

There was some controversy surrounding the final placings for the Russians protested that Maria Sizyakova and the previous champion Tikhomirova should have run in the same heat as Antenen. As it turned out, Antenen won her heat in 25.0 with a headwind of 2.2mps while Tikhomirova was second in her heat (-5.2mps) and Sizyakova fifth in hers in 26.7 (-5.3mps). An improvement of only 0.3 by Sizyakova would have given her second place in the competition.

Prokop is the first Austrian to ever win a European title.

The correct pace is one that depletes the athlete's supply of energy as she crosses the finish line.

It is more fatiguing mentally to lead a race in distance running than to follow.

If an opponent tries to pass in the first half of the straightaway, it is best to let her pass. If an opponent tries to pass when approaching a turn, fight the challenge.

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## RECORDS SET AT EUROPEAN CHAMPIONSHIPS

by Stefan Von Devan

One of the finest statisticians in the business, Stefan Von Devan of Germany, has gathered a listing of the new records set at the European Championships in Athens. Although no new records, (National, European or World), were set in the sprints or hurdles on the track and only in the shot in the field, the number of new records is amazing. Seven times world records were broken - and this does not take into account such facts as second and third placers in the 1500 also broke the old world record; eight European records were broken and 50 National Records bit the dust. Here's Von Devan's list: NR=National Record, WR=World Record & European Record.

400 Meters:		h=heat, s=semi-final, f=final		
Austria	NR	Maria Sykora	53.6h	16/9
Austria	NR	Maria Sykora	53.2s	17/9
Switz	NR	Uschi Meyer	54.9s	17/9
East Ger	NR	Hannelore Middecke	53.3s	17/9
France	WR	Nicole Duclos	51.7f	18/9
France	WR	Colette Besson	51.7f	18/9
Austria	NR	Maria Sykora	53.0f	18/9
East Ger	NR	Hannelore Middecke	53.1f	18/9
Sweden	NR	Karin Lundgren	53.4f	18/9
Italy	NR	Donata Govoni	53.6f	18/9

800 Meters:				
Denmark	NR	Anneliese Nielsen	2:04.5h	16/9
Denmark	NR	Anneliese Nielsen	2:02.6f	18/9
East Ger	NR	Barbara Wieck	2:02.7f	18/9

1500 Meters:				
England	NR	Rita Lincoln	4:18.2h	19/9
Czech	NR	Emilia Privrellova	4:19.0h	19/9
Bulgaria	NR	Vassilena Amzina	4:22.2h	19/9
Rumania	NR	Maria Linca	4:24.8h	19/9
Poland	NR	Zofia Kolakowska	4:25.4h	19/9
Sweden	NR	Annamarie Nenzell	4:22.2h	19/9
Czech	WR	Jaroslava Jehlickova	4:10.7f	20/9
Holland	NR	Maria Gommers	4:11.9f	20/9
Italy	NR	Paola Pigni	4:12.0f	20/9
USSR	NR	Ludmila Bragina	4:13.2f	20/9
East Ger	NR	Regina Kleinau	4:15.2f	20/9
England	NR	Rita Lincoln	4:15.9f	20/9
Sweden	NR	Annamarie Nenzell	4:16.6f	20/9

Shot Put:				
USSR	WR	Nadezhda Chizhova	67' 0 1/4	16/9
Bulgaria	NR	Ivanka Khristova	59' 2 1/4	16/9
Holland	NR	Els van Noorduy	56' 8 1/4	16/9
Austria	NR	Liese Prokop	49' 10 1/2	17/9

Pentathlon:				
Holland	NR	Marjan Thomas	4701	18/9

4x100m Relay:				
East Ger	NR	Hofer-Meissner-Poseswa-Vogt	43.6f	20/9
Austria	NR	Prokop-Kapfer-Sykora-Krenn	45.8f	20/9

4x400m Relay:				
East Ger	NR	Birnbaum-Becker-Lohse-Middke	3:38.8h	19/9
East Ger	NR	Birnbaum-Becker-Lohse-Middke	3:35.2f	20/9
West Ger	WR	Eckhoff-Glchfld-Frese-Elsler	3:33.9h	19/9
West Ger	NR	Eckhoff-Glchfld-Frese-Elsler	3:32.7f	20/9
England	NR	Stirling-Lowe-Simpson-Voard	3:34.3h	19/9
England	WR	Stirling-Lowe-Simpson-Board	3:30.8f	20/9
France	WR	Martin-Duclos-Jacq-Besson	3:30.8f	20/9
USSR	NR	Kovalvja-Klein-Dundere-Nikva	3:34.5h	19/9
USSR	NR	Kovalevska-Kln-Dne-Nikanrva	3:33.7f	20/9
Hungary	NR	Munkacsy-Kulcsar-Sefer-Balogh	3:35.8h	19/9
Sweden	NR	Eklblom-Ostberg-Lundgren-Rndz	3:41.1h	19/9
Sweden	NR	Ostbg-Randerz-Eklblm-Lundgren	3:35.4f	20/9
Finland	NR	Strandvall-Hagmn-Vilmi-Haimi	3:40.7h	19/9
Finland	NR	Strdvl-Hagman-Vilmi-Haimi	3:40.6f	20/9
Denmark	NR	Jennes-Holler-Lund-Nielsen	3:36.2h	19/9
Italy	NR	Bruni-Giumanini-Zngrlmi-Gvni	3:42.3h	19/9
Poland	NR	Hrnwka-Bltska-Piecyk-Skwska	3:38.1h	19/9

## CAMERON TC GULF AAU XC

Macgregor Park, Houston, Texas, August 23: RESULTS, Ladies 880y, 1-Carlleen Groves (Cameron TC) 2:35.5, 2-Vicki Clark (Astrobelles) 2:37.4, 3-Jeri Dabney (A) 2:38.3. Number of runners - 20. Ladies 440y, 1-Miki Hervey (Cameron TC) 67.1. Number of runners - 26. Housewives & Career Girls Mile, 1-Rosalie Adair (Ft. Worth TC) 6:50. Number of runners - 5.

## CLUB RECORD CONTEST - INFORMATION NEEDED

To bring our files up to date and to obtain the correct scores for the Club Record Contest - revised standings to be printed in the Annual Issue, January 1970 - we need the information listed: London Olympiads - 100mH; Birchfield Harriers - 100mH; Mayor Daley YF - 1500m (or mile); Falcon TC - 100mH; Millbrae Lions - 100mH; Laurel TC - 1500m; Compton TC - 100mH; Topeka Cosmo - 100mH; Delaware TFC - 100mH; Canton TC - Pentathlon; Atoms TC - pentathlon; Phoenix TC - 200mH; LB Comets - 100mH; Will's Spikettes - 100mH & pentathlon; Kalispell Timberettes - 100mH; Illini TC - 100mH; Seattle Olympic Club - 100mH; Nebraska TC - 100mH; Iowa TC - 1500m & 100mH; Santa Ynez TC - 1500m & 100mH; SC Missiles - 100mH & 200mH; Chicago Heights TC - javelin; Tennessee State - 1500m, 100mH & 200mH; SEMO TC - 100mH; Wolverine Parkettes - 100mH; Dave's Speedettes - 100mH, 200mH & pentathlon; Siuslaw HS - 100mH, 200mH & pentathlon; Motor City TC - 100mH, 200mH, javelin and pentathlon; Knoxville TC - 100mH, 200mH, shot put, discus and pentathlon; Alcorn A&M - 1500m, 100mH, 200mH, javelin and pentathlon; Pennsylvania Striders - 1500m, 100mH, 200mH and pentathlon; Shore AC - 800m, 1500m, 100mH, 200mH and pentathlon; Sports International TC - 100mH, 200mH, high jump, shot, discus, javelin and pentathlon; Ambler OC - 1500, 100mH, 200mH, discus, javelin and pentathlon; Denver All Stars - 800, 1500, 200mH, discus, javelin and pentathlon; Miami Run For Fun - 800, 1500, 100mH, 200mH, discus, javelin and pentathlon.....PLUS, of course, any new records set by your club members during the 1969 season.

In addition, we welcome the club records of any club not yet entered in the contest - send us your records for the following events: 100m, 200m, 400m, 800m, 1500m, 100mH, 200mH, H, HJ, LJ, SP, DT, JT and Pentathlon. (We will convert the 100y, 220y, 440y, 880y and mile times to meters.)

Remember, we need all information no later than 1 December, 1969 in time for the Annual Issue.

## AAU NEWS FROM NELL JACKSON

### NATIONAL AAU CONVENTION

Marco Polo Hotel, Miami Beach, Florida  
December 2-6, 1969

Tuesday, December 2, 1:30-6:00 p.m. - Joint meeting of Men's and Women's T&F Committees.

Wednesday, December 3, 2:00-6:00 p.m. - Women's Long Distance Running Committee. 4:00-6:00 - Girl's Group Committee.

Thursday, December 4, 9:00-12:30 - Women's T&F Committee. 2:00-6:00 - Women's T&F Committee.

### DATES TO REMEMBER:

November 1 - National Junior Cross Country Championships, Toledo, Ohio. Meet Director, Mike Oliver, Box 45-6230 Lewis, Toldeo, Ohio.

November 29 - National Cross Country Championships, Inglewood, California. Meet Director, Robert Seaman, 8621 La Cienega, Inglewood, California.

## ARIZONA SCHEDULE 1969-1970

### ARIZONA SCHEDULE 1969-1970

Nov 1, 1969	Invitational XC Meet @ Biltmore Course
Nov 15, 1969	Association XC Championships @ Biltmore Course
Dec 6, 1969	Relay Carnival @ Phoenix College
Jan 10, 1970	All Comers T&F @ Phoenix College
Jan 24, 1970	All Comers T&F @ Phoenix College
Feb 14, 1970	All Comers T&F @ Phoenix College
Feb 28, 1970	All Comers T&F @ Phoenix College
Mch 21, 1970	Phoenix Invitational @ Phoenix College
Mch 22, 1970	Phoenix Invitational @ Phoenix College
Apr 12, 1970	All Comers T&F
May 16, 1970	Association Championships
May 23, 1970	Association Junior Olympic Championships
June 6, 1970	Association Pentathlon/Triathlon Championships

For entry information or any other information concerning these meets contact: Roger Simpson, Executive Secretary Arizona Women's Track Coaches Ass'n. 6809 N. 36th Drive Phoenix, Arizona 85019 Phone (602) 934-1042



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     \_\_\_\_\_ June 1967                      \_\_\_\_\_ Mar 1968                      \_\_\_\_\_ Jan 1969  
     \_\_\_\_\_ July 1967                     \_\_\_\_\_ Apr 1968                     \_\_\_\_\_ Feb 1969  
     \_\_\_\_\_ Aug 1967                     \_\_\_\_\_ May 1968                     \_\_\_\_\_ Mar 1969  
     \_\_\_\_\_ Sept 1967                    \_\_\_\_\_ June 1968                    \_\_\_\_\_ Apr 1969  
     \_\_\_\_\_ Oct 1967                     \_\_\_\_\_ July 1968                     \_\_\_\_\_ May 1969  
     \_\_\_\_\_ Nov 1967                     \_\_\_\_\_ Aug 1968                     \_\_\_\_\_ June 1969  
     \_\_\_\_\_ Dec 1967                     \_\_\_\_\_ Sept 1968                     \_\_\_\_\_ July 1969  
     \_\_\_\_\_ Jan 1968                     \_\_\_\_\_ Oct 1968                     \_\_\_\_\_ Aug 1969  
     \_\_\_\_\_ Feb 1968                     \_\_\_\_\_ Nov 1968                     \_\_\_\_\_ Sept 1969  
     \_\_\_\_\_                                \_\_\_\_\_ Dec 1968                     \_\_\_\_\_

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## AUSTRALIA WINS FIRST PACIFIC GAMES; USA SECOND

Tokyo, Japan, September 27/28:-Australia easily won the 1st Pacific Conference Games as they won six events and piled up a total of 11.5 points. The United States, continuing its poor international showing during the later part of the season, placed second with three victories and 8.5 points. New Zealand edged Canada for the third spot with one win and 7.2 points, two wins and 7.1 points for the ladies from the cold country. Host Japan finished fifth with 2.3 points.

Bright spots for the US were Kathy Hammond's 53.4 400m win, Doris Brown's 1500m victory in 4:19.9 and Willye White's 20'6 1/2 leap to win the long jump. Australia won both sprints, the 800 meters, the hurdles, the discus and the relay, Canada the high jump and javelin and New Zealand the shot.

RESULTS: 100m, (Wind 0.00), 1-Marion Hoffman (A) 11.7, 2-Christine Haworth (NZ) 11.9, 3-Stephanie Berto (C) 11.9, 4-Jennifer Lamy (A) 12.0, 5-Irene Piotrowski (C) 12.0, 6-Barbara Ferrell (USA) 12.1, 7-Ritsuko Sukegawa (J) 12.2, 8-Atsuko Imaizumi (J) 12.3. 200m, (Wind -0.45), 1-Raelene Boyle (AU) 23.9, 2-Marion Hoffman (A) 24.1, 3-Christine Haworth (NZ) 24.3, 4-Kathy Hammond (USA) 24.4, 5-Stephanie Berto (C) 24.6, 6-Joan Hendry (C) 24.7, 7-Ritsuko Satho (J) 25.8, Ferrell scratched. 400m, 1-Kathy Hammond (USA) 53.4, 2-Lorraine Wilson (NZ) 54.5, 3-Nancy Shafer (USA) 54.6, 4-Cheryl Peasley (A) 55.1, 5-Sylvia Potts (NZ) 56.0, 6-Gayle Olinek (C) 56.2, 7-Irene Piotrowski (C) 56.3; Raelene Boyle (A), disqualified (55.8h). Yasuyo Mishima (J) 56.5h. 800m, 1-Cheryo Peasley (A) 2:04.7, 2-Doris Brown (USA) 2:05.4, 3-Nancy Shafer (USA) 2:06.5, 4-Sylvia Potts (NZ) 2:08.6, 5-Thelma Fynn (C) 2:10.6, 6-Chiyoka Okamoto (J) 2:10.7, 7-Noreen Liepins (C) 2:10.8, 8-Jean Thompson (NZ) 2:11.6. 1500m, 1-Doris Brown (USA) 4:19.9, 2-Jean Robinson (NZ) 4:23.0, 3-Francis Larrieu (USA) 4:28.5, 4-Noreen Liepins (C) 4:28.6, 5-Jean Thompson (NZ) 4:35.8, 6-Thelma Fynn (C) 4:37.0. 100mH, 1-Pam Kilborn (A) 13.3, 2-Penelope McCallum (A) 14.0, 3-Mamie Rallins (USA) 14.2, 4-Jan Glotzer (USA) 14.3, 5-Haruyo Fukui (J) 14.4, 6-Barbara Poulsen (NZ) 14.6, 7-Penny May (C) 15.1, 8-Adrea Lowe (NZ) 15.3, (wind 0.00). 4x100m Relay, 1-Australia (Hoffman-Pease-Boyle-Lamy) 45.1, 2-Canada (Berto-May-Piotrowski-Hendry) 46.0, 3-New Zealand (Snow-Haworth-Wilson-Weigel) 46.4, 4-USA (White-Glotzer-Rallins-Ferrell) 46.8, 5-Japan (Satho-Imaizumi-Fukui-Sukegawa) 47.4. High Jump, 1-Debbie Brill (C) 5'7 1/2, 2-Carolyn Wright (A) 5'7 1/4, 3-Diane Jones (C) and Ann Baster (NZ) tie, 5'3, 5-Joyce Kenny (NZ) 5'3, 6-Jan Glotzer (USA) 5'1 and Mikiko Sone (J) 5'1. LJ, 1-Willye White (USA) 20'6 1/2, 2-Hiroko Yamashita (J) 20'0 1/2, 3-Brenda Eisler (C) 19'7 1/2, 4-Diane Pease (A) 19'6 1/4, 5-Joan Hendry (C) 19'3 1/2, 6-Lynda Snow (NZ) 18'11 1/4, 7-Pamela Weigel (NZ) 18'10, 8-Jennifer Lamy 18'8, 9-Jan Glotzer (USA) 17'9. SP, 1-Barbara Poulsen (NZ) 48'10 1/4, 2-Lynn Graham (USA) 48'8 1/4, 3-Diane Charteris (NZ) 47'6, 4-Jean Roberts (A) 45'10 1/4, 5-Joan Pavelich (C) 43'9 1/2, 6-Jay Dahlgren (C) 42'9 1/2, 7-Yoko Saito (J) 40'9 1/2. DT, 1-Jean Roberts (A) 167'9, 2-Carol Martin (C) 150'0, 3-Diane Charteris (NZ) 148'6, 4-Teruko Yagashita (J) 148'1, 5-Jay Dahlgren (C) 145'8, 6-Lynn Graham (USA) 143'8. JT, 1-Jay Dahlgren (C) 178'5, 2-Petra Rivers (A) 185'7, 3-Christine Thompson (A) 166'6, 4-Kyoko Kiyono (J) 160'10, 5-Nobuko Morita (J) 157'5, 6-Sherry Calvert (USA) 149'10.

## CROSS COUNTRY ROUNDUP

### KETTERING STRIDERS WIN

Dayton, Ohio, September 20:-The Kettering Striders, now working under three full time cross country coaches, defeated North College Hill of Cincinnati in all five divisions of their cross country races here today over a hilly course in cool weather.

RESULTS: 14/Over (1 1/2 miles), 1-Donna Shell (K) 10:19, 2-Kathy Hovey (K) 10:27, 3-Sheila Scott (K) 11:26. 12/13 Division (1.0 mile), 1-Betty Shell (K) 6:32, 2-Joy Jarvis (K) 6:39, 3-Marie Henry (K) 6:40. 10/11 Division (0.50m) 1-Teri Seippel (K) 2:55, 2-Janet Jarvis (K) 3:02, 3-Danna Pheanis (K) 3:04. 9/Under Division (0.5m), 1-Karen Dawe (NCH) 3:16, 2-Christy Scott (K) 3:17, 3-Teresa Stafford (K) 3:24. Novice Division (0.5m), 1-Lee Ella Jones (K) 3:32, 2-Pam Issacs (K) 3:38, 3-Cathy McCracken (NCH) 3:44. Total number of runners - 45.

## CROSS COUNTRY ROUNDUP

### PAT COLE BEST ON THE BEACH

Long Beach, California, September 13:-The Southern Pacific Association opened its 1969 cross country season with 155 runners participating in the Annual Beach Run on the sand in Long Beach. Pat Cole, now working with Igloy, won the open two mile division in the good time of 11:49 in the 66 degree weather. Forty four runners took part in the 12/13 division while 40 ran in the 10/11 division and 45 galloped the 3/4 miles in the 9/under section.

RESULTS: Women's Open Division (2.0 miles), 1-Pat Cole (SMAA) 11:49, 2-Sandy Dean (LB Comets) 12:01, 3=Debbie Durst (Un) 12:17, 4-Anette Torrey (Un) 12:29, 5-Sharon O'Dair (LBC) 12:46, 6-Carol Goya (LBC) 12:56. Number of runners - 10. Girl's Division (1.5 miles), 1-Meta Vanderwerff (LBC) 8:48, 2-Becky Welding (LBC) 9:18, 3-Cathie Eaton (SC Missiles) 9:21, 4-Debbie Timpke (Ontario-Montclair) 9:22, 5-Tina Stough (LBC) 9:37. Number of runners - 13. 12/13 Division (1.0 mile), 1-Debbie Johnson (Rialto Road Runners) 5:32, 2-Diane Bynington (RRR) 5:39, 3-Brenda Keating (Lakewood Spartans) 5:40, 4-Ruth Kleinsasser (Un) 5:41, 5-Karen Kosmala (Meteors) 5:41. 16-Valerie Metcalf (OMTC) 5:59. Number of runners - 44. Team scores, 1-Rialto 24, 2-Fontana 34, 3-OMTC 74, 4-LB Comets "A" 90, 5-LBC "B" 135. 10/11 Division (1.5 miles), 1-Jean Aguilera (RRR) 12:00, 2-Effie Jordan (RRR) 12:11, 3-Julie Aguilera (RRR) 12:21, 4-Doreen Assumma (RRR) 12:22, 5-Elizabeth MacDonald (LBC) 12:33. Number of runners - 40. Team scores, 1-Rialto 18, 2-Fontana 61, 3-LBC 62, 4-OMTC 92. 9/Under Division (0.75 miles), 1-Linda McQuarrie (LBC) 4:35, 2-Rhona Holland (Fontana) 4:38, 3-Suzanne Keith (F) 4:39, 4-Jill Boyd (OMTC) 4:42, 5-Tammy Sheetz (Un) 4:43. Number of runners - 45. Team scores, 1-Meteors 38, 2-Fontana 55, 3-OMTC 60, 4-LBC 67. Total starters 155.

### ALBUQUERQUE INVITATIONAL

Albuquerque, New Mexico, September 28:-Five Clubs from three states participated in the Annual Albuquerque Olympette Club's Annual Cross Country Invitational. Contests were held in 7 divisions and 133 athletes entered over the hilly, grass course in beautiful 70° weather.

RESULTS: 14/Over Open Division (2.0m), 1-Barbara Lawson (Colorado Pacers) 11:45 (course rec), 2-May Wichers (CP) 12:16, 3-Lucille Jones (AOC) 12:38, 4-Karen Friedman (AOC) 12:41, 5-Kathy Pogna (AOC) 12:43. Team winner, AOC with 15 points. Number of runners - 12. 14/Over Novice Division (1 1/2m), 1-Jackie VanBuskirk (Valley of the Sun TC) 10:18. Number of runners - 3. 12/13 Open Division (1.0m) 1-Carol Hudson (AOC) 5:33, 2-Linda Stecker (Duke City Dashers) 5:47, 3-Nancy Ihrman (Phoenix TC) 5:54, 4-Kathy Kimsey (AOC) 5:55, 5-Sharon Henry (AOC) 5:57. Team scores 1-AOC 16, 2-Colorado Pacers 42, 3-VOSTC 62. Number of runners - 17. 12/13 Novice Division (1.0m), 1-Angela Carlson (AOC) 6:01, 2-Patti Pogna (AOC) 6:27, 3-Amy Roy (AOC) 6:30. Team winner, AOC 15 points. Number of runners - 13. 10/11 Open Division (0.75m), 1-Pam Young (CP) 4:01 (course rec), 2-Vianne Gallegos (DCD) 4:06, 3-Med Lewis (AOC) 4:09, 4-Louise Alonzo (Un) 4:14, 5-Laurie Ross (AOC) 4:15. Team scores, 1-AOC 26, 2-CP 32, 3-VOSTC 71. Number of runners - 22. 10/11 Novice Division (0.75m), 1-Cindy Oldfield (DCD) 4:23, 2-Amy Lucere (DCD) 4:24, 3-Karen Wiggins (CP) 4:45. Team scores, 1-CP "A" 23, 2-VOSTC 41, 3-CP "B" 75. 9/Under Division (0.75m), 1-Karleen Clark (CP) 4:22, 2-Vickie Murray (VOS) 4:27, 3-Cynthia Lackey (DCD) 4:28, 4-Julie Abbott (DCD) 4:34, 5-Rosie Jones (AOC) 4:37. Team scores, 1-CP 25, 2-VOSTC 36. Number of runners - 24.

### JAYNET COLTON WINS 23rd CONSECUTIVE RACE

Canton, Ohio, September 27:-14 year old Jaynet Colton of the Pennsylvania Striders won her 23rd successive victory when she won the 1.8 mile cross country run here today. Colton won by 18 seconds over teammate Janice Kolankiewicz as her team won the competition over the hilly course.

RESULTS: 1-Jaynet Colton (PS) 11:20, 2-Janice Kolankiewicz (PS) 11:38, 3-Kitty Martin (PS) 11:39, 4-Ruth Ann Williamson (PS) 11:42, 5-Kathy Attleberger (Venango TC). Team scores, 1-Pennsylvania Striders "A" 15, 2-Neshannock HS 57, 3-PS "B" 66.





# 1969

Individual and Team  
**CROSS-COUNTRY CHAMPIONSHIP**  
 -of the-  
**AMATEUR ATHLETIC UNION OF THE UNITED STATES**  
**SENIOR WOMEN'S and GIRLS**  
**SATURDAY, NOVEMBER 29**

Centinela Park - Inglewood, California

11:30 A.M.	Girls Age Group 9 & Under	0.75 Mile Race
11:50 A.M.	Girls Age Group 10-11	1.00 Mile Race
12:10 P.M.	Girls Age Group 12-13	1.00 Mile Race
12:30 P.M.	Girls 14-17 Championship	1.50 Mile Race
1.00 P.M.	Sr. Women's Championship	2.00 Mile Race

(NOTE: Sr. Women's Championship - The Official qualifying race for the International Championship March, 1970)

**For Entries & Information:**  
**MISS SANDRA WILLIAMS, Meet Director**  
 3347 Greenville Ave.  
 Santa Susana, California, 93063  
 Phone (805) 526-7965

**MEET HEADQUARTERS:**  
**SHERATON INN, 9750 AIRPORT BLVD.**  
**LOS ANGELES, CALIFORNIA, 90045**  
 Phone (213) 645-4600  
**For Pickup at Airport ask for Rudy Rausch**

## PAT COLE WINS AGAIN

Ventura, California, September 20:-Pat Cole continued her winning ways by annexing the 2½ mile hilly run by 40 seconds over good-running veteran from San Diego, Kathy DeStout. In the 12/13 division Debbie Johnson edged 1968 national 10/11 champion, teammate Ruth Kleinsasser, in their mile race. The powerful Rialto Road Runners 10/11 team continued to dominate this division - but they will lose two of their top five just a week before the National Championships.

A total of 148 starters competed in 71 degree weather, running over hills and flat terrain and on both grass and dirt.

**RESULTS: Women's Division (2½ miles), 1-Pat Cole (SMAA) 15:45, 2-Kathy DeStout (Un) 16:25, 3-Meta Vanderwerff (LBC) 16:28, 4-Sharon O'Dair (LBC) 16:35, 5-Debbie Durst (Un) 16:35....7-Carol Goya (LBC) 18:15, 8-Debbie Timpke OMTC) 18:19. Number of runners - 12. Team scores, 1-LB Comets 15 (only full team). Girl's Division (1½ miles) 1-Sandy Dean (LBC) 7:28, 2-Tina Stough (LBC) 8:12, 3-Deana House (Cabrillo) 8:23, 4-Maureen Meade (LBC) 8:30, 5-Cathy Carey (La Mirada Meteors) 8:33. Number of runners - 11. Team scoring, 1-LBC 19, 2-Cabrillo 36. 12/13 Division (1.0 mile), 1-Debbie Johnson (RRR) 5:54, 2-Ruth Kleinsasser (RRR) 5:55, 3-Valerie Metcalf (OMC) 6:04, 4-Debbie Schuster (LMM) 6:05, 5-Pat Cape (LBC) 6:06. Number of runners - 47. Team scores, 1-RRR 44, 2-Fontana Cinderbells 65, 3-Ontario Montclair Cheetahs 68, 4-LBC 93, 5-Cabrillo "A" 100, 6-La Mirada Meteors 135, 7-Cabrillo "B" 177. Special Novice Race (0.75 mile), 1-Kathy Leineke (UGTC) 4:34, 2-Vicki Hallman (SDL) 5:22. 10/11 Division (1.0 mile), 1-Jean Aguilar (RRR) 6:05, 2-Effie Jordan (RRR) 6:15, 3-Doreen Assumma (RRR) 6:15, 4-Julie Aguilera (RRR) 6:19, 5-Elizabeth MacDonald (LBC) 6:23. Number of runners - 38. Team scores, 1-RRR 19, 2-Fontana 66, 3-Cabrillo 74, 4-LBC 80. 9/Under Division (0.75 m), 1-Linda McQuarrie (LBC) 4:52, 2-Jill Boyd (OMC) 4:53, 3-Michelle Klein (SCM) 4:55, 4-Renee Quigley (LMM) 4:56, 5-Rhonia Hollan (Fontana) 4:58. Number of runners - 37. Team scores, 1-La Mirada Meteors 33, 2-Fontana Cinder Belles 51, 3-Long Beach Comets 62, 4-Ontario-Montclair Cheetahs 77. Total number of runners - 148**

## SPAAAU CROSS COUNTRY from Maury Sipes

Lompoc, California, October 4:-Pat Cole continued her winning ways by scoring a ten second win over international xc star Maria Stearns as the Cabrillo Track Club hosted the weekly SPAAAU cross country meet at Cabrillo High School. The weather was beautiful - sunny and 75°, and the course was sandy and grassy.

**RESULTS: Women's Division 2.1m, 1-Pat Cole, (SMAA) 12:03, 2-Maria Stearns (SMAA) 12:13, 3-Sandy Dean (LB Comets) 12:29, 4-Gisela Stearns (SMAA) 13:11, 5-Meta Vanderwerff (LBC) 13:16, 6-Carol Goya (LBC) 13:30. Team winner, LB Comets 15. Number of runners - 9. Girl's Division (1.5 miles), 1-Debbie Norris (SC Missiles) 9:10, 2-Debbie Timpke (Ontario-Montclair Cheetahs) 9:18, 3-Tina Stough (LBC) 9:24, 4-Sharon Adair (LBC) 9:29, 5-Ann Wheeler (OMC) 9:33. Team winner, LB Comets 15. Number of runners - 14. 12/13 Division (1.0m), 1-Linda Snyder (Cabrillo) 6:00, 2-Cheryl Lundberg (C) 6:01, 3-Patty Cape (LBC) 6:02, 4-Julie Wygle (Ventura) 6:06, 5-Valerie Metcalf (OMC) 6:07. Team scores, 1-Cabrillo 42, 2-OMTC 54½, 3-LB Comets 55½, 4-Ventura 59. Number of runners - 24. 10/11 Division (1.0m), 1-Elizabeth McDonald (LBC) 6:05, 2-Cindy McNab (SCM) 6:30, 3-Diane Holden (LBC) 6:37, 4-Perri Barrett (Lomita TC) 6:39, 5-Margie Phillips (C) 6:39. Team scores, 1-LBC 24, 2-Cabrillo 33. Number of runners - 18. 9/Under Division (0.75), 1-Linda McQuarrie (LBC) 4:23, 2-Jill Boyd (OMC) 4:25, 3-Lorna Traister (OMC) 4:37, 4-Eleanor Painter (LBC) 4:38, 5-Denise House (La Mirada) 4:39. Team scores, 1-LBC 38, 2-OMC 39, 3-La Mirada 43. Number of runners - 22. Grand total number of runners - 87.**

## ALLEGHENY MOUNTAIN RUN

Schenley Park, Pittsburgh, Pennsylvania, September 20:- Course was 2½ miles and hilly. **RESULTS**, 1-Jaynet Colton (Pennsylvania Striders) 17:55, 2-Rachael Elder (Venango) 18:02, 3-Peggy Adams (V) 18:11, 4-Janice Kolankiewicz (PS) 18:45, 5-Kitty Martin (PS) 19:25. Number of runners - 25. Team scores, 1-Penn Striders "A" 26, 2-Venango County TC 40, 3-Penn Striders "B" 66, 4-Neshannock 76.



## KALEIDOSCOPE

There have been some moves recently....The College of Wooster, Ohio, now boasts a pretty good track team with Nancy Shafer, Lois Drinkwater and Pat Skelley in attendance..... Janet Brown, the women's track vagabond, has moved again, this time to join up with the Colorado Pacers.....Estelle Baskerville has retired....Paula Schmidt has moved to the southern California area....Shirley Lenyoun is back in California....Dennis and Judy Ikenberry left southern California and now live in Utah....Charlotte Cooke is a dancer in Las Vegas....RaNaë Bair Seaman will add strength to the Crown Cities TC come next Spring....Don't forget to cut out the notice about track on TV and send to CBS-TV.....

Lori Schutt, who missed the big meets last year with THREE fractures in her foot, hopes to be back at it again this coming season....The Phoenix Flyers TC has changed its name to the Arizona Track Club....Opening ceremonies at the 1972 Olympic Games in Munich are set for Saturday, August 26 and Closing Ceremonies for Sunday, September 10. Track and Field will begin Thursday, August 31 and run for 8-9 days....The exact dates for the Pan American Games have not yet been announced, but the Games will be held in Cali, Colombia, for 15 days during either July or August of 1971.....

"Distance Running News" for September and October has a fine feature on women's distance stars, past and present. Order from PO Box 1082, Manhattan, Kansas, 66502.....

Kettering Striders cross country team has bloomed to 35 members and can now compete in all age groups. Their ace, Paula Strack, who placed in the girl's 880 at the Nationals, has been out with a muscle pull, but plans to compete in the National XC championships. The KS have three full-time coaches....Many runners in the mid-west have trouble with hay fever during the fall and must cut down their running due to the high pollen count in the air. Sort of counteracts the southern California smog!...."Doc" Brown, one of the US coaches for our European tour this past summer writes that, "Most of the field event athletes learned a great deal from watching and talking to the Europeans, and I think they came home with new desire to get with it and develop better training programs, especially in regard to strength training. We also learned the importance of imparting more speed to the implement in throwing - Westermann looks like a blur in the ring".....

The 11<sup>th</sup> Central American and Carribean Games will be held in Panama City starting February 28, 1970.....Second edition of the Arizona AAU Yearbook is due out soon. It is a pattern for statisticians of other districts. For a copy write to Roger Simpson, the editor, at PO Box 597, Glendale, Arizona, 85301.....The University Games or Student Games will be held in Turin, Italy, September 3-6, 1970.....Delaware's Ann Poulos has retired from track - she must have reached the ripe old age of at least 17.....

The world record in the pentathlon has really been bouncing back and forth throughout Europe. With the new 100m hurdles in the scoring, the first official "record" was set in May by West Germany's Heide Rosendahl with 4995 points. The following month she became the first woman to go over the 5000 point barrier with 5023. That didn't last too long for along came blonde Meta Antenen of Switzerland to tally 5046 points. Then Liesl Prokop of Austria, the Olympic silver medalist, took over with 5089 points. Two weeks ago, on August 27, Rosendahl got the record back with a fine 5155 points. And that lasted only a week as Prokop put together a fantastic five event performance to score an unprecedented 5352 points on September 5.

And speaking of all-arounders, Laura Chirnside, daughter of DITFC coach Al Chirnside, turned in the following performances in 1969 as a 13 year old:-Women's pentathlon 3561, high jump 5'0, long jump 16'6½, 100y 11.7, 200m 26.7, 440y 61.2, 50yH (2'6) 7.8, 100mH (2'9) 17.4, 4k SP 26'2. In 1970 she will be in the "big girls" division and eligible for the Nationals.....

Two distance runners at the European Championships in Athens certainly dispelled the belief that female distance runners can't double. Anne-Marie Nenzell of Sweden ran her heat in the 800 meters on August 16 in 2:06.0, came back on the 18<sup>th</sup> with a new national record and one of the world's best marks at 2:02.2. The next day she ran her heat in the 1500 meters in 4:28.4 for another new national record - and of course a personal best - and stepped that up in the final with still another national record at 4:16.6s. Ilja Keiser of Holland ran the same series, 800m heat in 2:04.8, 800m final in 2:05.2, 1500m heat in 4:18.6 and final in 4:13.3

for a personal best - these would have been national records except for Mia Gommers, her teammate.....The name of the Chinese cook who prepared the Tung-poa pork described in last month's magazine is Chung-Chuan.....

Another up and coming runner is Jaynet Colton of the Pennsylvania Striders. She was unbeaten this year as a 13 year old - and had her picture in Sports Illustrated recently... ..Malaysia's greatest sportswoman, Mailva Rajamani, is now attending physical education school in Kiev, Russia, for one year. She will return to Malaysia to teach.....The 7<sup>th</sup> Annual News-Sentinel Fall Track Classic will be held in Knoxville on October 25. Women's events include the high jump, long jump, 100y, mile, 880, 440 and 880 medley relay. Contact Chuck Rohe, Track Coach, Knoxville, Tennessee....The Annual Dogwood Relays are set for Knoxville on April 18, 1970....I like Bruce Shelley's comment on the AAU National Conventions: "I would like to go to one someday. Most employed people would!"

1969 WITFW Yearbooks, still the greatest book on track and field athletics ever written, are going fast. It is interesting to note that while only about one-fifth of the total subscriptions for WITFW are foreign, more than one half of the Yearbooks have been sold out of the country. Could it be the Europeans are more aware of the importance of such a publication? They have great tradition behind them and do look forward to this type of book each year. Take a word of advice - don't fail to purchase a copy of this fantastic book - on sale now for only \$4.....

## DOES THIS SOUND FAMILIAR?

Reporter: Sir, I understand that you have a promising young runner on your Club.

Coach: Yes, she is certainly a surprise.

Reporter: She? Oh, it's a girl?

Coach: Yes, third person female.

Reporter: What does she run?

Coach: The half mile.

Reporter: What's her best time?

Coach: Well, she hasn't been running very long and she is only fourteen, but her best time is 2:19.

Reporter: Is that good?

Coach: Well, yes....what do you think?

Reporter: We'll put that time down as pretty good.

Coach: Fine, she'll like that.

Reporter: What does she look like and is she, uh, er, uh, well, you know!

Coach: She is 5'11, weighs 195 and can outdrink any man in town.

Reporter: Really, sir! You're putting me on!

Coach: Well, actually she doesn't drink and she only weighs 180.

Reporter: We don't need to put that down. By the way.... why would a girl want to run track anyway?

Coach: I don't know. I ask myself this all the time. Say, Mr. Reporter, when you get married are you going to marry a girl?

Reporter: What a stupid question. What is the matter with you?

Coach: Nothing! I just thought I would ask. Why don't you just state that our club has some good runners and see if you can get it printed under the bowling news!

Contributed by Bruce Shelley

## COLOR-ART INVITATIONAL

Kirkwood, Missouri, September 14:-Pam Bagian and Jacki Ford of the Wolverine Parkettes won the two divisional races of the Kirkwood Color-Art Invitational here today - both were winners by huge margins.

RESULTS: Open Division (1.75m), 1-Pam Bagian (Wolverine Parkettes) 10:39, 2-Jean Benkert (Kirkwood) 11:21, 3-Kathy Moore (WP) 11:30, 4-Joyce Martin (K) 11:34, 5-Gail Sours (K) 11:39....9-Lori Schutt (H-F Park, Chicago) 12:07.... 23-Judy Hyten (Ozark TC) 14:48. Team scores, 1-Kirkwood 28, 2-Wolverine Parkettes, Lincoln Park, Michigan 32, 3-H-F Park, Chicago 81, 4-Ozark TC, St. Louis 96. Number of starters - 24. Girl's Division, (1.0m), 1-Jacki Ford (WP) 5:34, 2-Vicki Slater (WP) 5:52, 3-Gwen Eberle (Ozark) 6:08, 4-Bess McDavid (Hyte, Terre Haute, Ind) 6:12, 5-Ann Taylor (K) 6:23....22-Ruth Sixkiller (K) 7:37....24-Judy Vernon (Ozark) 7:59. Team scores, 1-Wolverine 33, 2-Kirkwood 48, 3-Ozark TC 68, 4-SEMO TC 99. Number of starters - 29.



## WORLD REPORT by Elio Trifari

The next full World Report will come in the next issue for November and the final World Report will appear in the January 1970 Annual Issue. To bring you up to date, here are late amendments as reported by Elio Trifari:

Discus - Delete Argentina Menis 181'3.

Berlin, September 10, 200m, Vogt (GDR) 23.0 (rec), Renate Meissner (GDR) born 1950, 23.3; 100mH, Regina Hofer (GDR) born 1947, 13.4; shot put, Gummel 65'11 1/4 (world rec).

Berlin, September 5, 400, Middecke (GDR) 53.4; 100mH, Balzer (GDR) 12.9 (world rec), Podeswa 13.2 (wind +0.7)

Budapest, August 29, HJ, Magdolna Csabi (Hun) born 1949, 5'9 1/4 (rec).

High Jump - Delete 5'10 by Hrepevnik, add 5'10 1/2 by same athlete on May 21.

Talk about an "iron woman"! Berit Berthelsen, who won the bronze in the long jump at Athens, had the following work to do at the Norwegian Championships: Friday, August 15, 200m heat in 25.6 (1), 200m final in 24.9 (1), 100mH heat in 15.2 (2); Saturday, August 16, 100m heat 12.3 (1), 400m heat in 57.6 (1), long jump qualifying at 18'11 1/2 (1), 100mH final, 14.7 (1), long jump final, 19'11 (1), 4x100m Relay heat in 49.6 (2); Sunday, August 17, 100m final, 12.1 (1), 400m final, 56.0 (1), 4x100m Relay final, 48.7 (2). 12 starts in three days! At the end she said, "Now I am happy there are no other events".

USSR, Chelyabinsk, September 4, 200mH, Rosa Babich 26.7 (rec), 100m, Vyera Popkova, born 1939, 11.4, 200m, Popkova 23.5. Tallinn, September 4, JT, Maria Moskalyenko, born 1939, 180'5; Pyatigorsk, September 4, SP, Ivanova 58'10 1/4, DT, Ivanova 184'7.

Norway, Oslo, September 6, 800m, Britt Ramstad, born 1947, 2:06.0 (rec).

USA Tour - More news from Norway. Oslo, August 21, 1500m, Doris Brown 4:26.8, Wenche Soerum (N), born 1951, 4:28.0, Vicki Foltz 4:31.0; LJ, Berthelsen (N) 20'6 1/2, White 20'4; 100mH, Rallins 13.5; JT, Friedrich 175'10, 800m, Brown 2:05.4, Shafer 2:05.5.

GFR, Berlin, September 23, 200m, Jahn 23.4; 400m, Besson (Fra) 52.9, Annelise Nielsen-Damm Olesen (Den), born 1942, 53.6.

Tokyo, Pacific Games, September 26, JT, Dahlgren (Can) 178'5.

Leipzig, September 1, DT, Otto (GDR) 190'0; JT, Luttge (GDR) 190'9. East Berlin, September 10, SP, 2-Boy (GDR) 58'7 1/2. Linz, Austria, September 7, 200mH, Maria Sykora 27.0 (rec).

The runner should not develop a slow rhythm which she is mentally afraid to increase of physically unable to step up. Constant work on speed helps to overcome this.

The body apparently goes through periods during which fatigue appears to be taking over, but these are only adjustment periods which can be overcome by the courageous and determined athlete.

## ALL TIME 50 BEST 800m by Pete Pozzoli

1:58.0 (1) Sin Kim Dan (NK)	30- 8-64 Pyongyang
1:59.0 (1) Sin Kim Dan (NK)	23-10-64 Pyongyang
1:59.1 (1) Sin Kim Dan (NK)	12-11-63 Djakarta
2:00.5 (1) Vera Nikolic (Yug)	20- 7-68 London
2:00.9 (1) Madelina Manning (USA)	19-10-68 Mexico City
2:01.0 (1) Judy Pollock (Aus)	28- 6-67 Helsinki
2:01.0 (1) Ann Packer (GB)	20-10-64 Tokyo
2:01.1 (1) Judy Pollock (Aus)	5- 7-67 Stockholm
2:01.2 (1) Sin Kim Dan (NK)	1- 5-61 Pyongyang
2:01.2 (1) Dixie Willis (Aus)	3- 3-62 Perth
2:01.3 (1) Madelina Manning (USA)	20- 7-69 Stuttgart
2:01.4 (2) Marise Stephen (NZ)	3- 3-62 Perth
2:01.4 (1) Sin Kim Dan (NK)	1- 7-62 Moscow
2:01.4 (1) Lillian Board (GB)	18- 9-69 Athens
2:01.5 (1) Vera Nikolic (Yug)	5- 9-68 Athens
2:01.6 (1) Madelina Manning (USA)	8- 7-67 Los Angeles
2:01.7 (2) Judy Pollock (Aus)	8- 7-67 Los Angeles
2:01.8 (2) Ileana Silai (Rum)	5- 9-68 Athens
2:01.9 (2) Maryvonne Dupureur (Fra)	20-10-64 Tokyo
2:02.0 (2) Lillian Board (GB)	20- 7-68 London

2:02.1 (2) Vera Nikolic (Yug)	5- 7-67 Stockholm
2:02.2 (1) Ilja Keizer (Hol)	30- 6-68 Osnabruck
2:02.2 (1) Vera Nikolic (Yug)	2- 7-68 Zurich
2:02.2 (3) Doris Brown (USA)	20- 7-68 London
2:02.3 (1) Madelina Manning (USA)	5- 8-67 Winnipeg
2:02.5 (2) Ileana Silai (Rum)	30- 6-68 Osnabruck
2:02.5 (2) Ileana Silai (Rum)	19-10-68 Mexico City
2:02.6 (1) Madelina Manning (USA)	10- 8-67 Montreal
2:02.6 (1) Ileana Silai (Rum)	19- 6-68 Berlin
2:02.6 (3) Maria Gommers (Hol)	19-10-68 Mexico City
2:02.6 (2) Annelise Damm-Olesen (Den)	18- 9-69 Athens
2:02.6 (3) Vera Nikolic (Yug)	18- 9-69 Athens
2:02.7 (4) Barbara Wieck (EG)	18- 9-69 Athens
2:02.8 (1) Gerda Kraan (Hol)	16- 9-62 Belgrade
2:02.8 (3) Marise Stephen (NZ)	20-10-64 Tokyo
2:02.8 (1) Vera Nikolic (Yug)	4- 9-66 Budapest
2:02.8 (1) Vera Nikolic (Yug)	3- 6-67 Belgrade
2:02.8 (2) Vera Nikolic (Yug)	10- 8-67 Montreal
2:02.9 (1) Dixie Willis (Aus)	1-12-62 Perth
2:02.9 (2) Doris Brown (USA)	5- 8-67 Winnipeg
2:02.9 (1) Vera Nikolic (Yug)	12- 6-68 Cuprija
2:02.9 (1) Vera Nikolic (Yug)	27- 6-68 Minich
2:02.9 (4) Pat Lowe (GB)	20- 7-68 London
2:03.0 (3) Maria Gommers (Hol)	30- 6-68 Osnabruck
2:03.0 (1) Madelina Manning (USA)	24- 8-68 Walnut
2:03.0 (2) Doris Brown (USA)	24- 8-68 Walnut
2:03.0 (5) Ileana Silai (Rum)	18- 9-69 Athens
2:03.1 (2) Zsuzsa Szabo-Nagy (Hun)	4- 9-66 Budapest
2:03.1 (2) Vera Nikolic (Yug)	28- 6-67 Helsinki
2:03.1 (2) Maria Gommers (Hol)	19- 6-68 Berlin

## ALL TIME 50 BEST 1500m by Pete Pozzoli

4:10.7 (1) Jaroslava Jehlickova (Cze)	20- 9-69 Athens
4:11.9 (2) Maria Gommers (Hol)	20- 9-69 Athens
4:12.0 (3) Paola Pigni (Ita)	20- 9-69 Athens
4:12.4 (1) Paola Pigni (Ita)	2- 7-69 Milan
4:13.2 (1) Paola Pigni (Ita)	31- 7-69 Stuttgart
4:13.2 (4) Lyudmila Braghina (SU)	20- 9-69 Athens
4:13.2 (5) Ilja Keizer (Hol)	20- 9-69 Athens
4:13.5 (2) Maria Gommers (Hol)	31- 7-69 Stuttgart
4:15.0 (2) Maria Gommers (Hol)	2- 7-69 Milan
4:15.2 (6) Regina Kleinau (EG)	20- 9-69 Athens
4:15.6 (1) Maria Gommers (Hol)	24-10-67 Sittard
4:15.9 (7) Rita Lincoln-Ridley (GB)	20- 9-69 Athens
4:16.0 (1) Regina Kleinau (EG)	18- 6-69 Berlin
4:16.0 (1) Maria Gommers (Hol)	19- 7-69 London
4:16.2 (1) Lyudmila Braghina (SU)	19- 7-69 Los Angeles
4:16.6 (8) Anne-Marie Nenzell (Swe)	20- 9-69 Athens
4:16.8 (2) Doris Brown (USA)	19- 7-69 Los Angeles
4:16.8 (3) Francie Larrieu (USA)	31- 7-69 Stuttgart
4:17.0 (1) Lyudmila Braghina (SU)	27- 7-68 Moscow
4:17.0 (4) Doris Brown (USA)	31- 7-69 Stuttgart
4:17.2 (2) Alla Kolesnikova (SU)	27- 7-68 Moscow
4:17.2 (1) Paola Pigni (Ita)	22- 6-69 Bergamo
4:17.3 (1) Anne Smith (GB)	13- 6-67 London
4:17.4 (1) Lyudmila Braghina (SU)	12- 7-69 Chorzow
4:17.6 (1) Lyudmila Braghina (SU)	29- 5-69 Moscow
4:18.0 (1) Gunhild Hoffmeister (EG)	3- 8-69 Berlin
4:18.2 (2) Alla Kolesnikova (SU)	29- 5-69 Moscow
4:18.3 (2) Regina Kleinau (EG)	12- 7-69 Chorzow
4:18.3 (1) Francie Larrieu (USA)	6- 8-69 Augsburg
4:18.5 (2) Doris Brown (USA)	6- 8-69 Augsburg
4:18.6 (1) Doris Brown (USA)	12- 8-69 London
4:18.6 (1) Lyudmila Braghina (SU)	17- 8-69 Kiev
4:18.9 (1) Maria Gommers (Hol)	2- 8-69 Groningen
4:19.0 (1) Marise Stephen (NZ)	8-12-62 Perth
4:19.0 (3) Raisa Diastinova (SU)	27- 7-68 Moscow
4:19.0 (2) Alla Kolesnikova (SU)	17- 8-69 Kiev
4:19.4 (1) Waltraud Pohlitz (EG)	22- 6-67 Halle
4:19.8 (2) Regina Kleinau (EG)	3- 8-69 Berlin
4:19.9 (3) Alla Kolesnikova (SU)	19- 7-69 Los Angeles
4:20.1 (1) Jaroslava Jehlickova (Cze)	6- 7-69 Brno
4:20.2 (1) Doris Brown (USA)	2- 7-66 Frederick
4:20.2 (2) Rita Ridley (GB)	12- 8-69 London
4:20.3e(1) Anne Smith (GB)	13- 5-67 London
4:20.4 (3) Larisa Sofronova (SU)	17- 8-69 Kiev
4:20.7 (1) Tamara Dunaiskaya (SU)	3- 8-67 Moscow
4:21.0 (1) Emilia Ovadvkova (Cze)	9-10-67 Ostrava
4:21.0 (1) Lyudmila Braghina (SU)	14-10-68 Yalta
4:21.0 (2) Rita Lincoln (GB)	6- 7-69 Brno
4:21.2 (1) Doris Brown (USA)	18- 2-67 Vancouver
4:21.2 (1) Waltraud Pohlitz (EG)	19- 7-67 Potsdam



# US CROSS COUNTRY RUNNERS PREPARE FOR NATIONALS



THIS SCENE TAKES PLACE IN HUNDREDS OF CITIES THROUGHOUT THE UNITED STATES EACH WEEK. THIS IS THE START OF THE EASTERN MICHIGAN INVITATIONAL CROSS COUNTRY RUN, BUT IT COULD JUST AS WELL BE LABELED AS TAKING PLACE IN IOWA OR NEW YORK OR MONTANA OR ANY OF THE OTHER STATES FOR WOMEN'S CROSS COUNTRY AND LONG DISTANCE RUNNING HAS GROWN BY LEAPS AND BOUNDS OVER THE PAST FOUR YEARS. ATHLETES ARE NOW PRIMING THEMSELVES FOR THE NATIONAL AAU CHAMPIONSHIPS IN NOVEMBER. LOOK CLOSE AND YOU CAN SEE SEVERAL OF THE US OUTSTANDING DISTANCE RUNNERS IN THIS PHOTO BY JEFF JOHNSON - PAM BAGIAN, CAROL FREDERICK, FRANCIIE (KRAKER) JOHNSON AND CHERYL BRIDGES TO MENTION A FEW.



PAT COLE, SANTA MONICA AA



CAROL GOYA,  
LB COMETS



TOP 800 METER RUNNERS NANCY SHAFER AND MADELINE MANNING  
Photo by Jeff Johnson.





Two of the top cross country runners in the mid west. Above is Pam Bagian of the Wolverine Parkettes, and on the right is Cheryl Bridges, unattached, who has been working 100 miles per week and is one of the favorites for the National title. (Jeff Johnson photos)



## TRACK TOURS

### 1972 OLYMPIC GAMES

It is not too early to plan for the 1972 Olympics in Munich, Germany. Join the many fans who have already signed up with us for this great sports spectacle, and see the Games under experienced tour direction (Olympic Tours since 1952) and together with a terrific group of congenial, like-minded track fans. Games dates are August 26 to September 10, 1972. Tours include round-trip air transportation from your home airport, lodging, excellent track tickets every day, opportunity to buy tickets to other sports, wide choice of European travel and sightseeing (if desired), big meet-the-athletes celebrity party, & much more. A \$50 per person deposit will reserve your spot now.

### WOLVERINE RELAY CARNIVAL

Milford, Michigan, October 5:-Some good and some interesting results were turned in at the Wolverine Relay Carnival in 88° weather on the all weather track at Milford.

RESULTS: High Jump, Sue Parks (WP) 5'0 $\frac{1}{4}$ ; LJ, Sheila Owens (WP) 17'4 $\frac{1}{2}$ ; HJ (11/Under), Anita Lee (Detroit Striders) 4'8; JT, Joan Perry (Michigammas) 118'3; 100mH, Debbie Lansky (WP) 15.0; 100y, Sue Schrock (FFTC) 11.8; 880y, Donna Provenzola (MCTC) 2:35.5; 880y (11/U) Sharon Groth (Lipke) 2:35.0; One Mile Medley Relay (440-220-220-880), Wolverine Parkettes 4:12.2; Mile Relay (4x440), Toledo RR 4:07.3; 15 minute run, Petie Gillian (WP) 2m440y; Mile Medley Relay (11/U) Toledo RR 4:56.1; Distance Medley Relay (880-440-440-mile), Michigammas 9:52.2 (Frederick 5:17.7); 880yRelay (11/U) MCTC 2:02.0; 3x880 Relay, Wolverine Parkettes 7:06.2 (Jacki Ford 2:20.1).

### AMMANN JUMPS 21'9 $\frac{1}{2}$

Sieglinde Ammann-Pfannerstill equalled Heide Rosendahl's 1969 best in the long jump with a mark of 21'9 $\frac{1}{2}$  in a meet at Vienna, Austria, on October 5. Sieglinde, originally from Austria, is now representing Switzerland, her husband's country.



# STRENGTH TRAINING

## - THE ESSENTIAL FACTOR IN FIELD EVENTS SUCCESS

by Harmon Brown, M.D.

America's women runners have made great progress in recent years. Our sprinters have long dominated the Olympic scene, and many of our middle and long distance runners are achieving world class. Unfortunately, development in field events has not kept pace, and our performances in comparison to other nations range from mediocre to embarrassingly poor. Although many factors are responsible for this, undoubtedly a major one is the failure to incorporate sufficient strength or power development into training programs. To my knowledge, only a few throwers and hardly any jumpers in the US devote any time to strength training, and even in those few cases the training is generally sporadic and not well-integrated into the training plan. The distance which an object can be propelled (and in general the body is also considered an object), is determined by a combination of the forces applied (strength), velocity (speed, quickness) and the distance over which the force is applied. Since explosive quickness cannot be imparted to a heavy object by a weak muscle, it is apparent that strength is a doubly important factor in successful performance. The application of these forces is a matter of proper technique, the mastery of body mechanics.

My purpose here is to outline a few principles of strength training and to describe briefly some training systems with specific exercises for various events. First, it is important to dispel the notion that training with heavy resistance exercises will induce in women the same muscular bulk which occurs in males who train with weights. Muscular hypertrophy (enlargement) is caused by androgens (male hormones), which are present in women only in relatively small amounts. True, some hypertrophy may occur, but this is usually offset by the loss of fat and subcutaneous tissue in the area of the exercised muscle groups.

Secondly, strength cannot be developed without the use of an overload upon the muscles involved. This load must be at least 2/3 of the maximum amount which the muscle can contract for one time (the 1 repetition maximum). The load must be applied repeatedly, and it must be increased in proportion to the strength increase. In general, maximum strength is acquired by doing few repetitions with heavy resistances which are between 70 and 95% of maximum. Muscular endurance is attained by doing a greater number of repetitions with a lighter weight, but less strength is developed. This latter type exercise is of value to runners who need to improve the endurance of arms and legs.

Third, strength training must be an integral and continuing part of the training program, to be carried on throughout the entire season. The commonest error noted now is the use of strength training prior to the competitive season, but its discontinuance once competition begins. The volume and the intensity of the training loads should vary at different stages of the season, with a greater volume of work done at preparatory and middle portions of the season, and sessions of higher intensity carried out in the later stages of the competitive season.

High intensity sessions may involve alternate workouts which emphasize bouts of rapid repetitions with lighter weights to develop explosiveness, alternating with those using near maximal loads.

Strength training should be done every other day during the major portion of the season. It is only during the periods of intense preparation for competition that twice weekly sessions of high quality are done, with sufficient time for recuperation prior to competition.

Strength training may be integrated into the gymnastic-calisthenic training sessions in the case of jumpers, or as a separate every-other day workouts, especially in the case of throwers. About 1½ hours should be spent in each session.

Fourth, the exercises selected must be those which most closely mimic the action of the event. Thus, they should be carried through the same angles and ranges of motion about joints as are used in the actual event. For this reason isometric exercises and those which involve certain apparatus may be of limited value because they do not allow for resistance through the proper angles and ranges. However, a wide variety of methods may be used to achieve an overload, including weights, various apparatus (universal

gym, exergenes), springs, rubber cords, and even one's own body weight.

It should be emphasized that only a relatively few exercises, perhaps four to six, are required to encompass the muscle groups required in each event.

### TRAINING PROCEDURES

#### 1. Warm-up:

A proper warm-up period is essential before commencing resistance exercises. This should involve jogging, stretching and calisthenics. Then a set of 10-12 repetitions of each strength exercise should be done, using a light resistance.

#### 2. Safety Check:

Always have a "spotter" or assistant with you. Make sure apparatus is safe and sturdy. Be sure collars and other locking fixtures are secured. A wide leather belt (weight training belt) for back support is suggested for wear when doing squats.

#### 3. Attitude:

An aggressive mental attitude is as essential to this aspect of training as in any other. For women, there is even more social taboo to be overcome in strength training than in participation in sports generally. Much of the discomfort and uncertainty associated with strength training may be resolved by starting with low resistance and gradually increasing the loads. It is important to train the neuro-muscular system for the quality of explosiveness, even when loads are heavy. Thus, every repetition should be carried to completion with a "snap" at the end.

#### 4. Proper Data:

Keep a notebook of all work-outs, listing number of sets, repetitions and weight used for each exercise.

#### 5. Training Plans:

##### A. High Volume, Moderate Intensity Preparation:

This program is intended for initial conditioning, but is combined with increments of loading so that some strengthening also takes place.

The initial warming-up period, including 10 repetitions of each exercise with a light weight (30-40% of maximum), is always preliminary to the program proper. Sets of 8-7-6-5 and 4 repetitions are done. The load for the first set is 50% of maximum, and then 3-5 lbs. is added for each set of arm exercises, or 8-10 lbs. for each set of leg exercises.

For example, if the one set of repetition maximum for bench press is 100 pounds, the first set is done with 8 reps x 50#, then 7 reps x 55#, 6x60#, 5x65# and 4x 70#. A rest of 2-3 minutes between each set is used. This program is followed for 4-6 weeks, depending on the strength and maturity of the individual. It is of benefit to all athletes, runners, as well as jumpers and throwers.

##### B. High Intensity Strength Development:

Warm-up. Sets of 5-4-3 and 2 reps. Start with 70% of maximum, and add 5% with each set. After 2-3 weeks, single reps to determine maximum are added. Other variations include use of supra-maximal single efforts through only the terminal part of the range of motion of the exercise; for example, a ½ squat from a support rack, or 110% load partial bench press with the assistance of the "spotter". George Frenn, the US hammer thrower and power lifter, relies upon heavy single repetitions for power development. 3-5 minutes rest is used between each set.

##### C. Endurance Development:

This stage should be preceded by Plan A in all cases. This program is of most benefit to runners, but can also be used profitably by throwers and jumpers if exercises are done rapidly to develop speed. Exercises are done with light weights (25-35% of maximum). Three sets of each exercise are done. During weeks 1-2 the exercises are done for 30 seconds; weeks 3-4 for 45 seconds, and so on.

#### 6. Specific Exercises:

Since there are many texts and illustrations available, exercises will not be described in detail.

##### A. Lower Extremity:

1-Fundamental to all proper throwing, jumping and running is maximal use of the large muscle groups of the pelvic girdle, hips and thighs. Development of these muscle groups is the keystone of any strength program, and many exercises and variations are available. The basic exercise is the half-



squat. This should be done with the trunk erect and the head held high to prevent back strain. A one inch heel block also may add stability. Sitting down on a bench also aids the beginner. The depth of the squat (knee angle) should be varied slightly to accustom the body to the varied angles which are encountered in actual practice.

Variations:

- a-½ Squat
- b-Squat-jumps
- c-Split squats
- d-Leg pressure with various apparatus.
- 2-Toe raises for calf development.

B. Pelvic Girdle and Trunk:

- 1-Dead lifts.
- 2-Sit-ups - done with slant board.

C. Upper Extremity:

- 1-Incline or bench press.
- 2-Bench lateral raises (pectoral pulls or "flies").
- 3-Pull-overs w/ straight and bent arm.
- 4-Triceps curls.
- 5-Finger-tip pushups.
- 6-Upright rowing, bent rowing, curls.

Exercise Selection by Events:

- 1. Long Jump-Squats, squat jumps, toe raises, dead lifts, sit-ups. In addition, hang by hands from a chinning bar and with legs extended 90 degrees in front of you, hold for 6 seconds, repeat 5x.
- 2. High Jump-Squats, split squats, squat jumps, half-squats, toe raises.
- 3. Shot Put-Half-squats, toe raises, squat jumps, dead-lifts, sit-ups, incline presses.
- 4. Discus Throw-Half-squats, squat jumps, toe raises, dead lifts, bench presses, lateral raises.
- 5. Javelin Throw-Half squats, toe raises, split squats, dead lifts, sit-ups, pull-overs, tricep curls.



A bright future looms ahead for young Vicki Betts of the Southern California Missiles. Consistently over the 18 foot mark in the girl's division, she will soon make her presence felt in the women's competition. (Jeff Johnson photo)



One of the nation's top young distance prospects is BETH BONNER of the Pennsylvania Striders. (Jeff Johnson photo)

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## BRIDGES WINS WOLVERINE INVITATIONAL

Ypsilanti, Michigan, October 4:-Cheryl Bridges, who has been covering over 100 miles per week in training, won the featured women's two mile cross country race in the fine time of 10:54 to highlight the running of the Wolverine Invitational Long Distance Classic here today. 261 runners finished the races in the various divisions as the leather-lungers polished their training for the forthcoming National Championships.

Bridges made a move at the mile mark which dropped all of her competition save the Wolverine's Pam Bagian, but with 1000 yards to go, Bridges pulled away alone and won by sixteen seconds. Other highlights saw Sara Berman travel all the way from Cambridge, Massachusetts, and pick off fifth place, - which isn't bad for a 30 year old housewife with a small herd of kids....Francie (Kraker) Johnson was a starter, but did not finish.....Jeanne Bocci, better known in women's walking circles, ran and placed 33rd creating some stir since she is six months pregnant - and looks it.

Beth Bonner of the Pennsylvania Striders annexed the 14-17 Division 1¼m run and looks to have quite a future. She won the race by more than half a minute in 8:13.

RESULTS: Women's Division (2.0m), 1-Cheryl Bridges (Un) 10:54, 2-Pam Bagian (Wolverine Parkettes) 11:10, 3-Carol Frederick (Michigammas) 11:28, 4-Barbara Lawson (Colorado Pacers) 11:30, 5-Sara Berman (CSU) 11:43, 6-Jacki Ford (WP) 11:53, 7-Kathy Moore (WP) 12:00.....30-Judy Hyten (Ozark TC) 14:27. Team scores, 1-Wolverine Parkettes 36, 2-WP "B" 110, 3-Toledo Road Runners 114, 4-Ozark TC 125, 5-Fleet Feet TC 132. Number of runners - 38. 14/17 Division (1.25m), 1-Beth Bonner (Penn Striders) 8:13, 2-Sue Bylicki (Motor City TC) 8:51, 3-Theresa Rulison (WP) 8:56, 4-Patti Ford (WP) 8:57, 5-Pat Danish (MCTC) 8:59. Team scores, 1-Wolverine Parkettes 46, 2-Penn Striders 54, 3-Motor City TC 83, 4-Toledo Road Runners 117. Number of runners - 33. 13/Under Division (1.0m), 1-Anna Marie Deeds (Trinity TC) 5:24, 2-Linda Waugh (TTC) 5:25, 3-Micky Tuppen (MCTC) 5:33, 4-Gwen Ebertly (Ozark TC) 5:43, 5-Christine Deeds (TTC) 5:43. Team scores, 1-Kettering Striders 76, 2-Trinity TC 84, 3-Colorado Pacers 122, 4-Wolverine Parkettes 128, 5-Toledo Road Runners 140, 6-Motor City TC 167, 7-Fairfield Striders 175, 8-Michigammas 184, 9-Detroit Striders 279. Number of runners - 65. 11/Under Division (0.75m), 1-Sue Waugh (Trinity TC) 4:06, 2-Pam Young (Colorado Pacers) 4:09, 3-Helen Mitrow (TTC) 4:13, 4-Kim Sanders (Fairfield Striders) 4:14, 5-Diane Deagan (FS) 4:14. Team scores, 1-Colorado Pacers 74, 2-Trinity TC 77, 3-Kettering Striders 82, 4-Fairfield Striders 87, 5-TRR 163, 6-FFTC 165, 6-Detroit Striders 183, 7-Wolverine Parkettes 200, 8-DS "B" 223, 9-MCTC 286, 10-Petrolia Road Runners 322, 11-WP "B" 368. Number of runners - 83. 9/Under Division (0.50m), 1-Karleen Clark (CP) 2:48, 2-Lynn Waller (YS) 2:53, 3-Christi Scott (KS) 2:54, 4-Kelly Rainden (CP) 2:57, 5-Val Annett (CP) 2:58. Team scores, 1-Colorado Pacers 30, 2-Kettering Striders 48, 3-Wolverine Parkettes 116, 4-Trinity TC 124, 5-Detroit Striders 167. Number of runners - 42.

## BOOK REVIEW

"CENTRAL AMERICA AND CARIBBEAN ATHLETICS HANDBOOK 1970" by Bernard Linley. Orders accepted now, \$2 per copy, (or 20 copies for \$20), from the author at "Room A-141, % F.A.O., Rome, Italy".

"Bernard, a member of SHIWA and contributor to our WTFW Yearbook, emerges with this publication as the foremost statistician in the CAC area, (Central America and Caribbean). The book, modelled on Quercetani's famous EUROPEAN HANDBOOK, improves on its exemplar by including the women along with the men of T&F. It gives complete results of finals in all the ten CAC Games so far held, carries CAC all-time top performers lists, and CAC top-10 lists for the years 1960-68.

The Handbook serves as a guide to track nuts, journalists and others following the 11th CAC Games which open in Panama City on February 28, 1970. Knowing just what a heartbreaking task it is to compile statistics and records for the Central America area, I can appreciate the effort Linley made to get this booklet out - you can show your appreciation by ordering a copy now." -Pete Pozzoli-

## PROKOP SETS PENTATHLON RECORD OF 5352 from Erich Kamper

Vienna, Austria, October 4/5:-Liese Prokop, the silver medalist at the Mexico City Olympic Games, won the pentathlon at the European Championships - and two days later lost her world record to West Germany's Heide Rosendahl. When she heard this, Liese said, "In my last pentathlon next week, (she has indicated she will retire), I will reclaim the record." Her husband, who is also her coach, Gunner Prokop, was very optimistic and gave the following forecast, "If there is no failure in any event, Liese should score at least 5200 points, and I would not be surprised if she achieves between 5300 and 5400 points because she is in top form".

And when the competition came in Vienna's Sudstadt-Stadium, Liese Prokop made all the predictions come true. The weather was perfect - and so was Liese as she turned in four personal lifetime bests and tallied an unprecedented 5352 points - a record that may stand for many years. Her mark of 13.5 in the 100m hurdles is a new Austrian record, but her 21'8¾ in the long jump was wind assisted (3.Omps) and therefore her 21'3¾ made one week earlier will stand.

### RESULTS:

1-Liese Prokop (Austria).....5352  
(13.5-49'0½-5'8¾-21'8¾-24.6)  
2-Christl Voss (Germany).....4732  
(14.0-42'7¾-5'4½-18'3¾-25.5)  
3-Maria Sykora (Austria).....4624  
(14.6-35'4½-5'5¾-18'4-24.5)  
4-Ilona Gusenbauer (Austria).....4471  
(15.5-38'7-5'10½-18'11¾-27.8)  
5-Christa Knoppel (Austria).....4152  
(14.8-35'7¾-4'9-17'5-26.2)