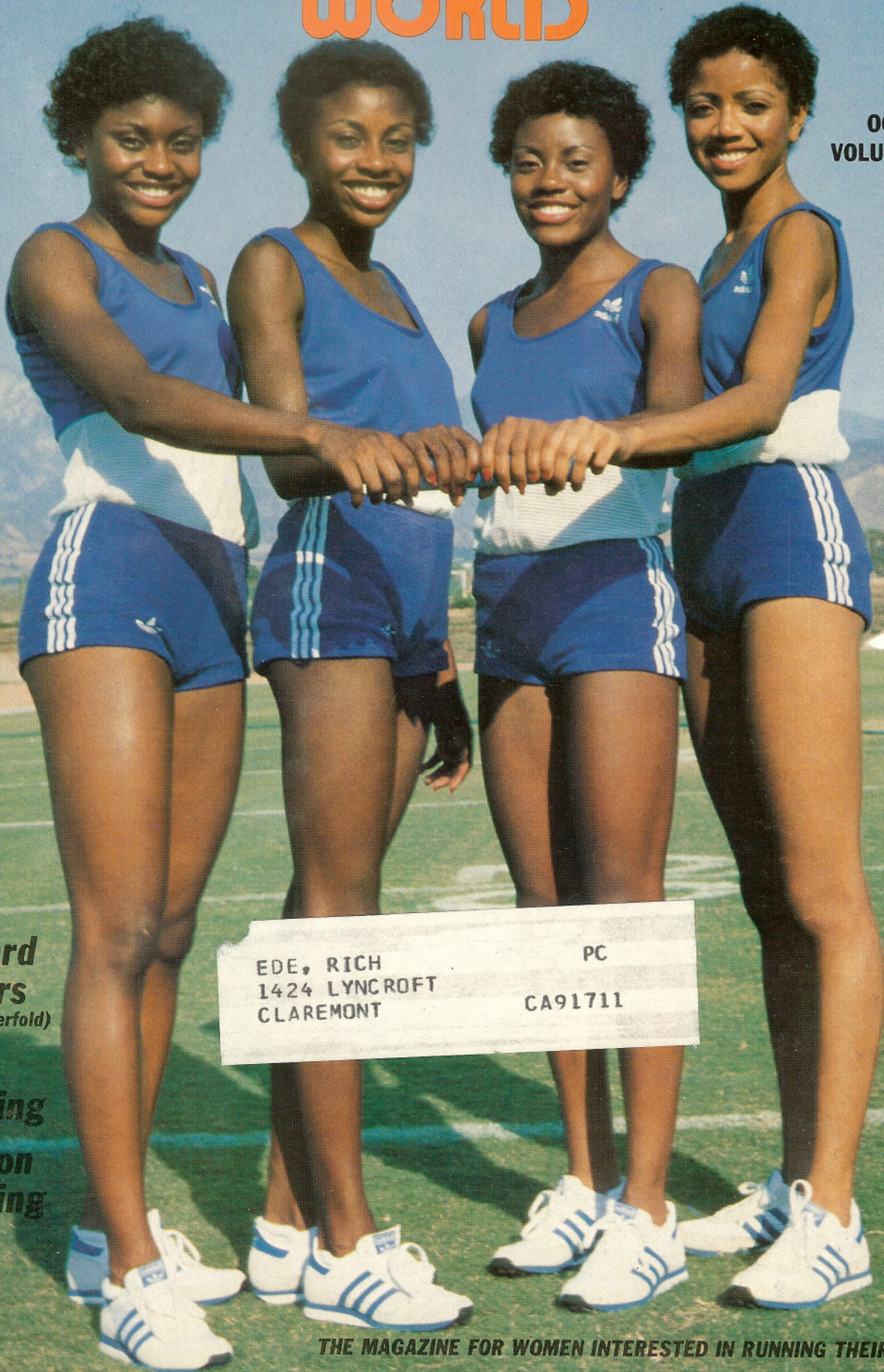


WOMEN'S TRACK WORLD

OCTOBER 1979
VOLUME 11, NO. 2
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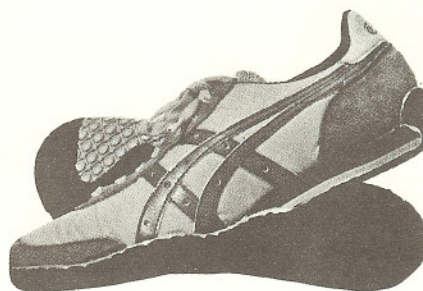
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WOMEN'S TRACK WORLD

VOLUME 11 — NUMBER 2

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6 NATIONAL FESTIVAL

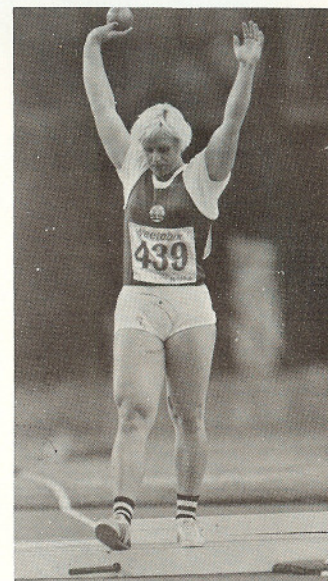
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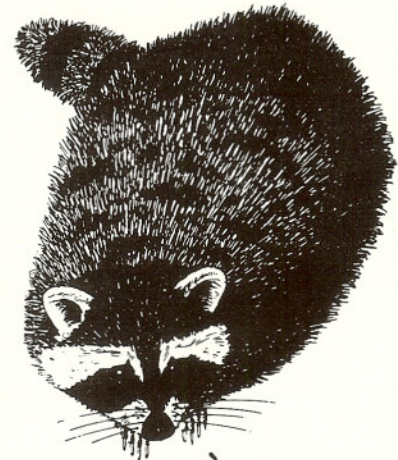


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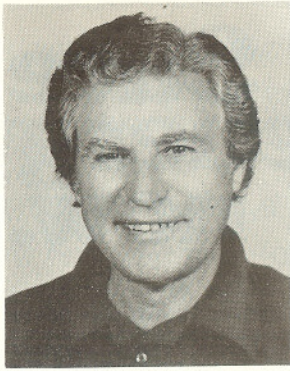


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REEL OFF

Well, we finally saw "Golden Girl". The film, taken from the great novel by Peter Lear, must be classed as a disappointment. The story, as written by Lear, is a great one and the book is one that no true track fan can put down once it is begun. But the movie failed to produce the drama of the story and most laymen who saw the film had a difficult time understanding what the plot was really all about. Read the book, skip the movie.

In addition to the fact that the main point of the story came through weakly, there were many technical faults with the film. Susan Anton is definitely not a runner in spite of the teachings of Tracy Sundlun. In race sequences, the other competitors were forced to simply trot along making Anton look good. Incorrect staggers were used for the 400 meter races to add to the track fan's disappointment. And one wonders where the world's greatest sprinter dug up those JC Penny track shoes. Other complaints from athletes who have seen the movie include the unlikely beauty ideas of practically everyone wearing nylons on the track and very, very few runners with their hair tied — evidently this might spoil the feminine "image". Incidentally, Anton's pants were too short and too tight for running.

There also was some unnecessary sexual hijinks in the dressing room plus the fact that the film was filled with Colorado runners.

All of which might sound picayunish, but all of which help to make "Golden Girl" the unsuccess it was. Too bad, because it is a great story. Even the theme song was a bummer.

As you noted in our September issue, we will be carrying complete results during the year and in that regard we are requesting track coaches at both the high school and collegiate level to ask their Sports Information Directors to put us on the mailing list for all news releases. We need results, photos, features. Everything you wish to send. Mail to: Editor, Women's Track World, P.O. Box 371, Claremont, CA 91711.

Letters . . .

To the Editor:

I take issue with your helping spread the rumor about the unreadiness of Puerto Rico to host the Pan-Am Games. What do you say now?

C. Santos
New York, NY

Your magazine is special. Keep up the good work. I like the new look!

J. Berry
Milwaukee

Streaking

Baton Rouge — The Greater New Orleans Streakers, national champs in the 9- and under girls division, remained undefeated in the 440-relay here Saturday afternoon at the Junior Olympic District Meet. The Streakers age category is nine years old and under. The national titlist captured the event in 57.9. The group was placed by Crystal Murrill, Tammy McFarland Johnson, Karen Andry and Charlarda Thomas.

Sprinter Antoinette Davis, also of the Streakers, won the 100-yard dash with a 11.59 timing.

1979 Schedule of Wins—

April 20-21, 1979 — Pelican Relays (K-Y Invitational)
Trails 60.1 SU, Baton Rouge, LA.
Finals 59.9 SU, Baton Rouge, LA.

June 9, 1979 — SAAU Championship
S, 59.49 SU, Baton Rouge, LA.

June 16 — Peach Festival
59.1 Louisiana Tech, Ruston, LA.

June 22 — Mercy Youth Invitational
59.5, Atlanta, GA.

July 2, 1979 — 1979 Age Group Nationals
58.58, National 440 Relay Champions.

I see a high school editor listed along with your staff, but no information in your recent issues about high school programs. I would like to see this in Women's Track World. We are still running!

A. Terpening
Tampa, Florida

PUBLISHER'S NOTE: Correction and apologies . . . Julia Lendl's name was misspelled in the September issue of WTW.



Julia Lendl

Julia was graduated from Royal High School in Simi Valley. She received an athletic scholarship to participate on the women's track team at the University of Southern California. In her Freshman and Sophomore years she participated at the Nationals. During her Junior year she was sidelined with an ankle injury and was unable to compete. Currently she is working on the ankle trying to strengthen it. She is looking forward to a good and productive last year at USC! In June, 1980, she plans to be married to Mario Celotto, of the Buffalo Bills football team.

400M Under 50 Seconds

48.60	Marita Koch (57), DDR	4.8	1979	Turin
48.89	Koch	29.7	1979	Potsdam
48.94	Koch	31.8	1979	Potsdam
49.03	Koch	19.8	1978	Potsdam
49.19	Koch	2.7	1978	Leipzig
49.29	Irena Szewinska (46), Polen	29.7	1976	Montreal
49.52	Szewinska	4.9	1977	Dusseldorf
49.53	Koch	13.8	1977	Helsinki
49.63	Maria Kultschunowa (58), UdSSR	4.8	1979	Turin
49.68	Koch	7.8	1977	Dresden
49.72	Christina Brehmer (58), DDR	29.7	1979	Potsdam
49.75	Szewinska	22.6	1976	Bydgoszcz
49.76	Koch	4.9	1977	Dusseldorf
49.77	Brehmer	9.5	1976	Dresden
49.77	Kultschunowa	23.7	1979	Moskau
49.83	Kultschunowa	22.7	1979	Moskau
49.89	Szewinska	1.7	1977	Dusseldorf
49.89	Brehmer	7.8	1977	Dresden
49.90	Szewinska	22.6	1974	Warschau
49.97	Szewinska	26.8	1977	Westberlin



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West the Best at National Festival

Air Force Academy, CO, July 28/29/30 — The team from the West annexed the Second national Sports Festival Title as the U.S. Olympic Committee continued its program of upgrading sports in this country. Some fine performances were recorded with the 400 meters undoubtedly the best event. High schooler Sheri Howard won that race for the West in a lifetime best of 51.09 with teammate Rosalyn Bryant (West) next in 51.37 and the Midwest's Jenny Gorham, another prepster, third in 51.94. Veteran Essie Kelley was fourth in 52.69.

Another "class" event was the high jump where not too much was expected due to the absence of the nation's top leapers. However, a leap of 6'1 by Sharon Burrill of Denver was good for only second as Paula Girven won the title on the misses rule. Jalene Chase of Missouri was third at 5'11. Jodi Anderson returned to her long jump form as she won her pet event with a season best of 22'7/4. The leap was wind-aided, however. Still, she had a legal mark of 21'5/2, her best for 1979.

Cindy Bremser scored the biggest upset on the track when she beat a good field to take the 3000 in 9:41.3 over Mary Shea, the AAU 10k champ. Also in the field were Brenda Webb, Kathy Mintie, Joan Benoit, Margaret Groos and Maggie Keyes. Brenda Morehead ran away with the 100, winning it by more than three-tenths in 11.40 into a 3.3mps wind.

RESULTS: 100 Meter Dash. 1—Brenda Morehead (S) 11.40. 2—Michelle Glover (E) 11.72. 3—Val Boyer (W) 11.89. 4—Dollie Fleetwood (W) 11.92. 5—Pat Lunlap (E) 11.94. 6—Stephanie Hightower (MW) 12.09. 7—Cheryl Gilliam (MW) 12.13. 8—Eunice Ashford (S) 12.24; **200 Meter Dash** — wind — 1.9 meters/sec. 1—Liz Young (E) 23.6. 2—Wanda Hooker (S) 23.6. 3—Yolanda Rich (W) 23.7. 4—Marbella Washington (W) 23.8. 5—Pat Dunlap (E) 23.9. 6—Cheryl Gilliam (MW) 24.2. 7—Eunice Ashford (S) 24.7. 8—Willetta Page (MW) 25.6; **400 Meter Dash.** 1—Sheri Howard (W) 51.09. 2—Rosalyn Bryant (W) 51.37. 3—Jenny Gorham (MW) 51.94. 4—Essie Kelley (S) 52.69. 5—Gwen Murray (E) 53.61. 6—Debbie Esser (MW) 54.04. 7—Lorna Forde (E) 54.27. 8—Pamela Rodgers (S) n/t.

800 Meter Run. 1—Joetta Clark (E) 2:05.43. 2—Robin Campbell (S) 2:05.43. 3—Chris Mullen (E) 2:07.84. 4—Sue Latter (MW) 2:09.06. 5—Ann Regan (W) 2:10.10. 6—Kim Neall (S) 2:11.41. 7—Susan Vigil (W) 2:19.9. 8—Dana Glidden (MW) DNF; **1500 Meter Run** — 7:28. 1—Darlene Beckford (E) 4:27.34. 2—Brenda Webb (S) 4:27.35. 3—Cindy Bremser (MW) 4:28.79. 4—Brigit Leddy (E) 4:30.59. 5—Suzie Houston (MW) 4:40.20. 6—Alice Trumbly (W) 4:45.87. 7—Kim Neal (S) 4:50.14. 8—Marcia Romesser (W) 5:12.18; **3000 Meter Run** — 7:30. 1—Cindy Bremser (MW) 9:41.3. 2—Mary Shea (S) 9:43.4. 3—Cathy Toomey (MW) 9:49.6. 4—Joan Benoit (E) 9:51.6. 5—Brenda Webb (S) 9:52.0. 6—Maggie Keyes (W) 9:52.5. 7—Kathy Mintie (W) 10:00.3. 8—Margaret Groos (S) 10:04.6. 9—Dia Elliman (E) 10:22.3. 10—Kim Gallagher (E) 10:29.9. 11—Mary Beth Spenser (MW) 10:44.2. 12—Jody Parker (W) DNF.

100 Meter Hurdles (10x33') — 7/29 — wind negative. 1—Stephanie Hightower (MW) 13.43. 2—Benita Fitzgerald (E) 13.58. 3—Jodi Anderson (W) 13.80. 4—Linda Weekly (S) 13.83. 5—Karen Wechsler (MW) 13.99. 6—Mary Smith (S) 14.13. 7—Lorraine Tummings (E) n/t. 8—Kay Garnett (W) n/t; **Women's Long Jump** — 7/30. 1—Jodi Anderson (W) 22'7/4w (best non-wind aided jump was

21'5/2). 2—Carol Lewis (E) 20'6/4w (best non-wind aided jump was 20'0/2). 3—Sandra Myers (MW) 20'3w (best non-wind aided jump was 17'11/2). 4—Princess Reese (S) 20'1.5—Sandy Crabtree (W) 19'9/4w (best legal jump was 18'10/4). 6—Pat Johnson (MW) 19'4/4. 7—Cornelia Jackson (S) 19'0/4. 8—Robin Jackson (E) 17'6/4w (best non-wind aided jump was 16'6); **High Jump** — 7/30. 1—Paula Girven (E) 6'1. 2—Sharon Burrill (W) 6'1. 3—Jalene Chase (E) 5'11. 4—Colleen Rienstra (W) 5'9. 5—Zsa Zsa Pratt (S) 5'9. 6—Bev Washington (MW) 5'9. 7—Marilyn Dubbs (MW) 5'7. 8—Carolyn Ford (S) DNF.

4 Kilo Shot Put — 7/28. 1—Jill Stenwell (MW) 51'1/2. 2—Kathy Devine (S) 50'11. 3—Mary Jacobson (W) 50'6/4. 4—Sandy Burke (E) 50'6. 5—Jeanne Daniels (MW) 48'6/4. 6—Emily Dole (W) 48'1. 7—Ella Fay Abercrombie (S) 47'4/4. 8—Elaine Sobansky (E) 46'9/4; **Discus** — 7/29. 1—Julie Hanson (W) 158'7. 2—Dana Olson (S) 156'9. 3—Pia Iocova (E) 151'7. 4—Jan Svendsen (W) 150'9. 5—Robin Small (MW) 147'11. 6—Denise Wood (E) 147'4. 7—Karen McDonald (MW) 142'2. 8—Carol Finsrud (S) 134'6; **Javelin** — 7/28. 1—Lynn Cannon (W) 182'1. 2—Lynn Duntun (MW) 156'11. 3—Jacque Nelson (W) 153'3. 4—Donna Branch (S) 149'6. 5—Paula Perfito (E) 149'3. 6—Nancy Townsend (S) 150'5. 7—Debbie Williams (MW) 145'2. 8—Donna O'Carroll (E) 139'0.

4x100 Meter Relay — 7/30. 1—SOUTH 43.8 (Eunice Ashford, Patrice Roberts, Wanda Hooker, Brenda Morehead). 2—WEST 44.3 (Dollie Fleetwood, Yolanda Rich, Rosalyn Bryant, Val Boyer). 3—EAST 44.5 (Carolyn Brinkley, Liz Hatz, Gwen Murray, Lorna Forde). 4—MIDWEST (Debbie Esser, Jenny Gorham, Pam Moore, Willetta Page); **4x400 Meter Relay** — 7/30. 1—WEST 3:30.79 (Marian Franklin, Yolanda Rich, Denean Howard, Rosalyn Bryant). 2—SOUTH 3:32.62 (Robin Campbell, Robin Coleman, Essie Kelley, Debra Melrose). 3—MIDWEST n/t (Lorraine Davidson, Debbie Esser, Jenny Gorham, Pam Moore). 4—EAST n/t (Carolyn Brinkley, Liz Hatz, Gwen Murray, Lorna Forde); **Pentathlon.** 1—Linda Waltman (S) 3865 (14.4 - 34'1/2 - 5'7 - 18.4 - 2:29.1). 2—Marry Harrington (W) 3798. 3—Brenda Wilson (W) 3785. 4—Judith Pollion (S) 3612. 5—Janet Terp (E) 3358. 6—Linda Karcek (MW) 3251.

FINAL STANDINGS: 1—West 157. 2—South 141. 3—East 135. 4—Midwest 132.

Kendall Classic

Boston, MA, July 21/22 — More than 1,300 females took part in the Second Annual Kendall Women's Classic on the oval at Boston University. Lorna Forde was a double winner in the 200 and 400 and Francie Larriue won the mile in 4:38.7. Although marks were not outstanding, it is interesting to note that the winner of the 14/15 age division 400 meters, Maxine Underwood, ran faster than did the U.S. entrant at the World Cup in Montreal, a 54.2.

RESULTS: 16/17 Division — 400m. 1—Kim Taylor (Flashettes) 54.5. 2—Joetta Clark (Atoms) 55.5; **800.** Kim Taylor (Flashettes) 2:16.7; **HJ.** Peggy Stewart (Jets) 57; **18/over, 100.** 1—Freida Nicholls (DC Int) 11.66. 2—Pat Dunlap (S. Jer) 11.74; **200.** 1—Lorna Forde (Atoms) 23.87. 2—Nicholls 23.90. 3—Dunlap 24.01; **400.** 1—Forde 54.0. 2—Liz Haltz (DC Int) 54.2; **800.** Joan Sterrett (Elite Int) 2:12.5. 3—Johanna Forman (Falmouth) 2:14.3; **HJ.** Jalene Chase (DC Int) 5'9; **100H.** 1—Lorraine Tummings (DC Int) 13.95. 3—Carmen Brown (Atoms) 14.30; **Mile.** Kathy McIntyre (Un) 4:59.2; **2M.** patty Murnane (Liberty AC) 10:46.2.

Invitational Division — Mile. 1—Francie Larriue (PCC) 4:38.7. 2—Darlene Beckford (LibAC) 4:41.9. 3—Joan Benoit (LibAC) 4:44.6. 4—Brenda Webb (Knoxville) 4:44.6. 5—Mary Shea (Gibbons HS) 4:46.0; **5000.** Patti Lyons (BAA) 16:42.3; **MileR.** Gazelle International 3:53.1; **1600R.** 1—Atoms 3:42.0. 2—Cooper Stridettes 3:43.0. 3—DC International 3:43.3.

Cindy Bremser, upset winner of 3000 Meters at National Sports Festival. JEFF JOHNSON PHOTO

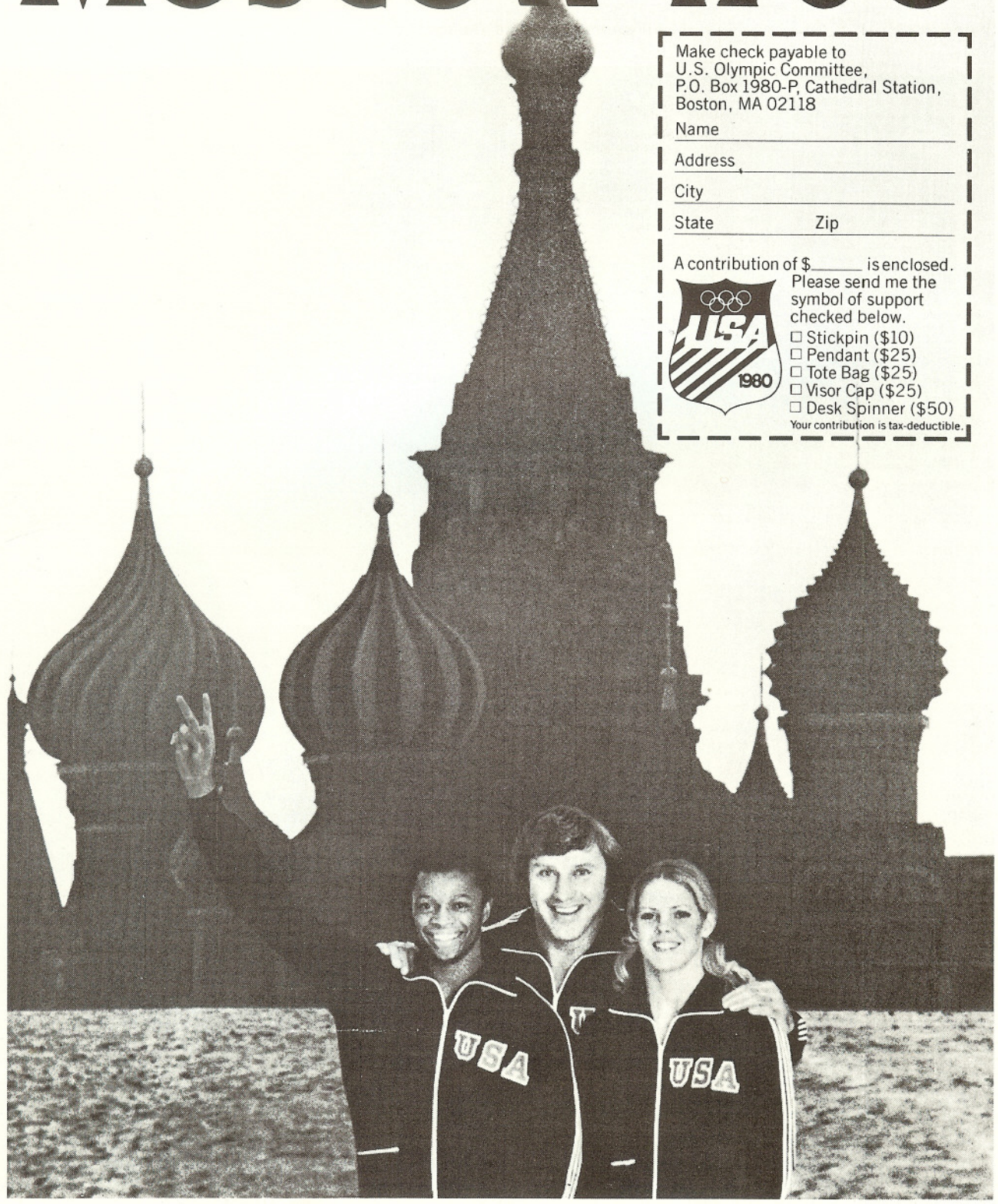


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by Vince Reel

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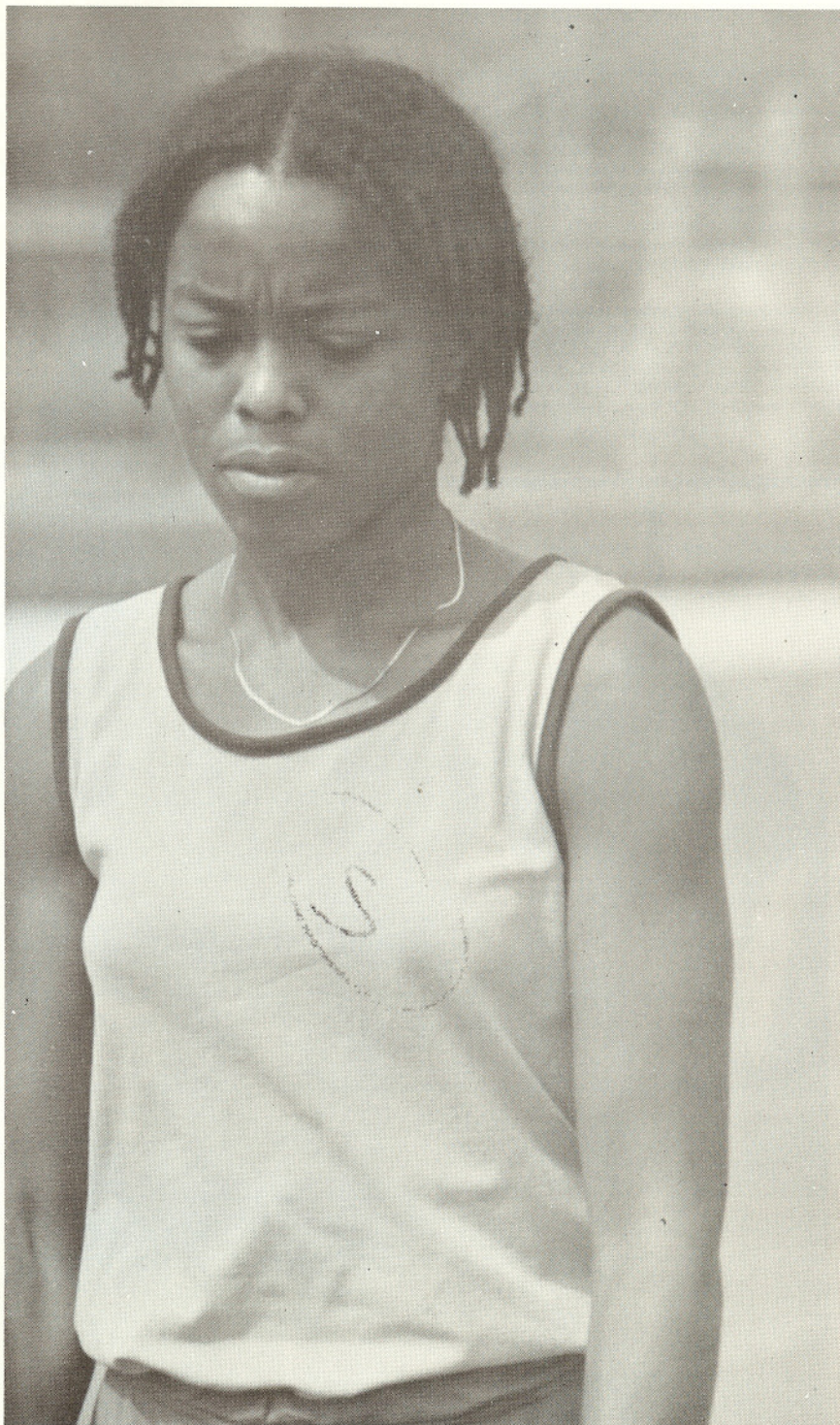
Montreal, Canada, August 24/26 — Despite defeats of their world record holders in three events, the 100, 200 and 4x100 relay, the powerful team from East Germany successfully defended its World Cup title with a convincing victory over the Soviet Union and the rest of the world here this weekend. Great balance in all events was the key to the 105 point scored by the Democratic Republic. The Russians, who nearly won the Europa Cup, ended up with 97 points followed by Europe with 96, the USA with 75, Americas 67, Oceania 46, Africa 29 and Asia 25.

Heroine of the competition was Evelyn Ashford whose twin wins over world record holders Marlies Gohr in the 100 and Marita Koch in the 200 earned her "Athlete of the Meet" honors. Another bright spot was the high jump win of Debbie Brill over world record holder Sara Simeoni of Italy and Rosemarie Ackerman of East Germany.

Actually, it was a bad place for a world record holder to be for in addition to the defeats of Gohr, Koch, Simeoni and the East German 4x100 team, shot put record holder Fibingerova of Czechoslovakia went down to defeat as did 400m hurdle standard bearer Makeyeva. To partially balance the scale, world record holders Ruth Fuchs (javelin), Rabsztyń (100H) and Koch (400) won their specialties as did the East German 4x400 team.

The results day by day and event by event:

FIRST DAY: The directors of World Cup II didn't fool around with building up to the high spots — they started right off with the 200 meter dash bringing together Koch (in Lane 1) and Ashford (Lane 8). Neither runner was happy with the lane assignment, but the race turned out to be a corker anyway. Both women ran fine turns and Koch appeared to be slightly in the lead as they entered the straight. Here Ashford made a move, glanced to her inside, saw Koch and put on a final burst which carried her to the win. Ashford's time of 21.83 was a new American record. Koch, sensing defeat over the final 50 meters, began to overstride badly and lost her speed. The difference in the times (21.83 to 22.02), indicates about a two meter win for Ashford.



Double sprint winner and "Athlete of the Meet", the USA's Evelyn Ashford.

CUP

MONTREAL REVISITED

Next up was the 400 meter hurdles which was to feature another world record holder, Makeyeva of the Soviet Union. Makeyeva ran well over the first eight hurdles and, although sputtering slightly over the ninth, still held her form. It was between the 9th and 10th hurdles that she met her Waterloo as she lost her step and ended up taking 19 strides and a high jump to clear the final barrier. While she was doing these maneuvers, East Germany's Klepp came through to steal the event in a good time of 55.83. Makeyeva wasn't exactly a slow poke at 56.02 for second spot and the USA's Debbie Esser notched a lifetime best for the bronze in 56.75, the second best performance ever by an American.

The final running event of the day saw the East Germans triumph in the 4x400 relay in 3:20.4 (a 50.1 average), followed by the Soviets, then the USA. Rosalyn Bryant and Sheri Howard were in the 51 second range (51.7 and 51.1) with Dabney and Patricia Jackson in the 52's (52.4 and 52.2) for a good time of 3:27.4. Speedy legs were run by Koch (48.2) and Kohn (49.3) of East Germany and by veteran Irena Szewinska (49.8) of Poland and the Europe team.

Two field events were contested on the first day with Ileana Slupianek of East Germany winning the shot at 68'10 over Fibingerova (64'10½), and Stukana of Russia taking the long jump with a hop of 21'9½. In the former event, Maren Seidler defeated her Pan-Am conqueror Marie Sarrie of Cuba, 61'10½ to 61'0, while in the long jump Kathy McMillan's leap of 20'8½ was good enough for third.

First day scores saw the East Germans in front with 39 points followed by the USSR 38, USA 31, Europe 26, Americas 20, Oceania 13, Asia 10 and Africa 8.



Shot put winner Ileana Slupianek (DDR) at 68'10.

SECOND DAY: Again the day began with a goodie — the 100 meters. Ashford drew Lane 7 this time with Gohr in 8 and Olympic champ Annegret Richter in Lane 3. We must remark once again about the starters in these international meetings — they hold. And hold and hold in the set position. There is no such thing as a rolling start with these gentlemen handling the gun. And so it was with the 100 — a fair and even start. Canada's

Angela Taylor in Lane 6 was out quickly as was Richter, but the field was bunched over the first 25 meters. At that point Ashford, Gohr and Richter separated themselves from the field and at the 60 meter mark it appeared Gohr might pull away. But it was not to be, for Ashford turned on a little more speed and pulled away for a one meter margin in 11.06.

Probably the most disappointing race of the meet was next up, the 800 meters.

Runners dawdled through the first 600 and suddenly practically unknown Anne Morelli of Canada could stand it no longer and took the lead. Morelli held the lead for some 50 meters and was unceremoniously passed by the three Europeans, with Bulgaria's Shtereva winning it in a very slow 2:00.6s. Morelli was fourth while the USA's entrant, Wendy Knudson, finished ahead of only Zutshi of India in 2:06.1s.

WORLD CUP

Francie Larrieu ran a good 3000 to pick up the bronze with a time of 8:53.1, chasing Ulmassova (USSR) and Greta Waitz (Europe/Norway) across the finish line. Waitz, who is definitely not known for her kick, tried to pull away from Ulmassova over the final 800, but couldn't shake the small Russian and with 300 meters remaining, the Soviet runner turned on her speed and won by two seconds over Waitz in 8:36.4s.

The final running event of the day was the 100m hurdles which brought out those two old opponents Grazyna Rabsztyń (Poland) and Tatyana Anisimova (USSR). This time the world record holder was not to be denied and the Pole won convincingly in 12.67 to 12.75 for the Russian. Debby LaPlante finished fourth for the USA in 13.23.

Only field event of the day was the javelin in which world record holder Ruth Fuchs reversed her defeat of the Europa Cup to win — but just barely. Fuch's toss of 216'10 was just 11 inches farther than Raduly of East Germany. Kathy Schmidt wound up a disappointing fourth with 196'9½.

With their poor showings in the 800, hurdles and javelin, the United States apparently lost any chance to finish higher than fourth in the team standings and that was just where they were after the second day. East Germany still had the lead with 70 points, the Russians were next with 65, Europe had 62, the USA 57, Americas 42, Oceania 29, Africa 18 and Asia 17.

THIRD DAY: Koch showed she is the world's best over the one lap route with an easy win over chief challenger Maria Kulchunova of the Soviet Unjon, 48.97 to 50.60. Third was the favorite of all track fans, the ageless Irena Szewinska in 51.15. U.S. entry Patricia Jackson was never in the race from the first step, trailing by 10-15 meters during most of the race and fading over the final straight. Jackson, who attacks the 400 as if it were a 3000, should learn by now that in the USA one can get away with a slow first half of a 400 and then kick, but it can't be done in international competition against the world's best. Jackson's time was 54.37.

Another tactical race followed in the 1500 with Bulgaria's Petrova winning it in a slow 4:06.5s. Francie Larrieu ran well for fourth in 4:09.2, but the race was a disappointment to track fans who expected a sub-four minute performance.

The USA put together a weak foursome for the 4x100 and placed just where they should have — fourth. The Europe team of Sweden's Linda Haglund, Rega of France, Richter of West Germany and the surprising anchor, Penny Hunte of England, upset the world record squad from East Germany with a speedy 42.19. Hunte looked especially good on her anchor run holding off the East Germans.

The final two field events were 1) poor and 2) excellent. The discus performances, not aided by wind in the Montreal stadium, were acceptable, but not sensational. World record holder Jahl of East Germany won it at 213'10 by 1½ inches over the Soviet's Melnikova. Lynn Winbigger finished seventh at 164'3.

It remained for the final event, the high jump, to tear down the stadium as Canadian Debbie Brill upset the two top jumpers of all time and won at 6'5½, a new personal and Canadian record. The competition came down to the final four with Ackerman in trouble all afternoon and Simeoni behind on misses. Russia's Serbina, surprisingly, was still in the competition at 6'2¾. Ackerman failed at that height and finished fourth, Serbina cleared and then went out at 6'4½. Both Brill and Simeoni were over 6'4½ and at 6'5½, the Canadian won it all. It was a great performance and Debbie gave some good effort to 6'6½, but the excitement was gone and the adrenaline missing.

Final scores saw the East Germans with 105, USSR 97, Europe 96, USA 75, Americas 67, Oceania 46, Africa 29 and Asia 25.

Next World Cup is set for 1982 in Rome, the Eternal City. Make your plans now to attend. It will be a good one.

RESULTS: 200, 1—Ashford (USA) 21.83 (American record, of mark, 22.27. Ashford, 1979, second performer and performance all time world) (wind 0), 2—Koch (EG) 22.02, 3—Kondratyeva (USSR) 22.66, 4—Richter (Europe III/WG) 22.78, 5—Taylor (Americas II/Canada) 22.83, 6—Afrlyie (Africa/Ghana) 23.61, 7—Robertson (Oceania/New Zealand) 23.78, 8—Sumiko (Asia/Japan) 24.60; 400 Hurdles, 1—Klepp (EG) 55.83, 2—Makeyeva (USSR) 56.02, 3—Esser (USA) 56.75 (second performer and performance all time U.S.), 4—Warden (Europe III/Britain) 57.20, 5—Young (Oceania/Australia) 58.82, 6—Gendron (Americas II/Canada) 60.91, 7—Yumiko (Asia/Japan) 61.12, 8—Faqir (Africa) 67.42; 1,600 Relay, 1—East Germany (Kotte, 51.3; Brehmer 51.1; Kohn 49.8; Koch 48.2) 3:20.4, 2—USSR (Kalchunova, 49.5) 3:23.1, 3—United States (Dabney, 52.4; Bryant, 51.7; Jackson, 52.2; S. Howard, 51.1), 4—Europe III (Szewinska/Poland, 49.8) 3:27.4, 5—Americas II 3:28.5, 6—Note: not listed, 7—Africa 3:36.3, 8—Asia 3:38.8; Long Jump, 1—Stukane (USSR) 21'9½, 2—Wujak (EG) 21'6, 3—McMillan (USA) 20'8½, 4—Echevarria (Americas II/Cuba) 20'6, 5—Anton (Europe III/Romania) 19'11¼, 6—Awara (Asia/Japan) 19'6¼, 7—Jacenko (Oceania/Australia) 19'4¼, 8—B. Belgan (Africa/Nigeria) 18'9½.



3000 meter winner Svetlana Ulmassova (USSR) in 8:36.4s.

WORLD CUP

Shotput. 1—Sluplanek (EG) 68'10. 2—Figingerova (Europe III/Czechoslovakia) 64'10½. 3—Krachevskaya (USSR) 64'7. 4—Seldler (USA) 61'10½. 5—Sarrrie (Americas II/Cuba) 61'0. 6—Shen (Asia/China) 54'0. 7—Francis (Oceania/Australia) 49'6½. 8—Mistoul (Africa/Gabon) 44'11½; **100.** 1—Ashford (USA) 11.06 (wind .93 meters per second against), 2—Gohr (EG) 11.17. 3—Richter (Europe III/WG) 11.36. 4—Kondratyeva (USSR) 11.47. 5—Taylor (Americas/Canada) 11.50. 6—Edwards (Oceania/Australia) 11.67. 7—Nsenu (Africa/Nigeria) 11.78. 8—Konishi (Asia/Japan) 12.31; **800.** 1—Shtereva (Europe III/Bulgaria) 2:00.6. 2—Mushta (USSR) 2:01.1. 3—Weiss (EG) 2:01.4. 4—Morelli (Americas II/Canada) 2:02.1. 5—Rendina (Oceania/Australia) 2:02.7. 6—Chepngeno (Africa/Nigeria) 2:04.5. 7—Knudson (USA) 2:06.1. 8—Zutshi (Asia/India) 2:10.4; **3,000.** 1—Ulmasova (USSR) 8:36.4. 2—Waitz (Europe III/Norway) 8:38.6. 3—Larrieu (USA) 8:53.1. 4—Sauer (EG) 9:13.3. 5—Moore (Oceania/New Zealand) 9:19.7. 6—Miller (Americas II/Canada) 9:20.3. 7—Bostomine (Africa/Nigeria) 9:30.8. 8—Kumagai (Asia/Japan) 9:53.0.

100 Hurdles. 1—G. Rabsztyń (Europe III/Poland) 12.67 (wind .01 m.p.h. against), 2—Anisimova (USSR) 12.75. 3—Claus (EG) 13.03. 4—LaPlante (USA) 13.23. 5—Lane (Americas II/Canada) 13.64. 6—Billies (Oceania/Australia) 13.88. 7—J. Helgam (Africa/Nigeria) 13.93. 8—Akimoto (Asia/Japan) 14.28; **Javelin.** 1—Fuchs (EG) 216'10. 2—Raduly (Europe III/Romania) 215'11. 3—Colon (Americas II/Cuba) 208'4. 4—Schmidt (USA) 196'6½. 5—Gonba (USSR) 187'0. 6—Li (Asia/China) 172'3. 7—Matthews (Oceania/Australia) 172'2. 8—Tehuinte (Africa/Cameroon) 162'10½; **400.** 1—Koch (EG) 48.97 (third performance all time world), 2—Kulchunova (USSR) 50.60. 3—Szewinska (Europe III/Poland) 51.15. 4—Payne (Americas II/Canada) 53.01. 5—Wagman (Oceania/Australia) 53.44. 6—Waitmira (Africa/Ghana) 53.60. 7—Jackson (USA) 54.37. 8—Sen (Asia/India) 57.76; **1,500.** 1—Petrova (Europe II/Bulgaria) 4:06.5. 2—Wartenberg (EG) 4:06.9. 3—Romanova (USSR) 4:08.8. 4—Larrieu (USA) 4:09.2. 5—Boutamine (Africa/Algeria) 4:12.2. 6—Wright (Oceania/New Zealand) 4:13.5. 7—McRoberts (Americas II/Canada) 4:15.4. 8—Kubayashi (Asia/Japan) 4:17.5; **400 Relay.** 1—Europe III 42.19 (Haglund, Sweden; Rega, France; Richter, West Germany; Hunt, Britain). 2—East Germany 42.32. 3—USSR 42.52. 4—United States 43.52 (Ashford, Hawkins, Fleetwood, Boyer). 5—Americas II 43.99. 6—Oceania 44.62. 7—Africa 44.83. 8—Asia 46.19

Discus. 1—Jahl (EG) 213'10. 2—Melnikova (USSR) 213'8½. 3—Betancourt (Americas II/Cuba) 212'9. 4—Bozhkova (Europe II/Bulgaria) 199'7. 5—Mulhall (Oceania/Australia) 185'4½. 6—Ziachui (Asia/China) 182'6½. 7—Winbigler (USA) 164'3. 8—Laayouni (Africa/Mauritius) 151'2; **High Jump.** 1—Brill (Americas/Canada) 6'5½ (third performer all time world). 2—Simeoni (Europe III/Italy) 6'4½. 3—Serbina (USSR) 6'2¾. 4—Ackerman (EG) 6'1¾. 5—Ritter (USA) 6'1¾. 6—Soanes (Oceania/Australia) 5'10. 7—Dazhen (Asia/China) 5'9. 8—Akremi (Africa/Tunisia) 5'5.

FINAL TEAM SCORES: East Germany 105, USSR 97, Europe III 96, United States 75, Americas II 67, Oceania 46, Africa 29, Asia 25.



*Bulgaria's 800 and 1500 winners
Nikolina Shtereva (2:00.6) and
Totka Petrova (4:06.5).*

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A Week at the USOC Training Center

By Donna Fromme

(EDITORS NOTE: Assistant Editor Donna Fromme, a 2:07, 800 meter runner, attended a U.S. Olympic Committee Training Camp for a week in Colorado Springs in early July. Her report on her experiences and the activities conducted at the Camp were begun in the September issue of WTW.)

TUESDAY: First up today was a lecture by Don Chu on basic mechanics of the body ("*Bio-mechanics — Chemistry of Motion*"). It was a good fundamental explanation which was designed to help the younger athletes to understand what makes the body move.

Then it was to the track. Originally we were scheduled for yet another lecture, but because the weather was so hot, we traded the order and had the lecture later. This session was devoted to going through the warmup drills used by Tony Sandoval at the University of New Mexico. Volunteers were asked for as demonstrators and about six of us volunteered for everything — and were sorry by the end of the day! Sandoval put us through everything and muscles ached after only a short while.

After the warmup drills, we went to

one of the two parks situated near the Training Center. Here we had our running form analyzed as we ran. It is at this park that the swimming and diving area is located as well as the ice rink, and baseball and softball diamonds.

After lunch we had a discussion on running techniques and different types of workouts. When we finished, it was to the pool! (And, yes, Janis Donis really can do a back flip off the edge of the pool!)

Two evening lectures finished the day. Bob Beeten, Sports Medicine Director full time at the Camp, and Dr. Brent Peterson, a chiropractor, were billed as the speakers. Mr. Beeten's talk about fungus of the foot had the whole room squirming and quickly checking out their feet. He lamented that most foot problems can be prevented and that athletes deserve what they get if they neglect their bodies. He also spoke about vitamins and various myths about wonder drugs.

Although everything Dr. Peterson spoke about may not be approved of by the medical world (or by some in the

room), he was a very interesting speaker. He preached that mental, structural and chemical problems are interrelated and that you must have a positive mental aspect if you expect everything to be in balance. He discussed the use of vitamins and the importance of eating a balanced diet.

Then he got to the good stuff — manipulating the bones (adjusting) to cure structural problems which, in turn, solve chemical and mental problems. First he tested a subject and found a weakness in one leg. Then he adjusted her and, voila, the weakness was gone. He then talked about there being a direct passage-way from the mouth to the brain and if you eat sugar it instantly weakens your muscles. He then demonstrated with a male subject by having him stand with arms outstretched. When he tried to pull the arms down, they would not come. Then he rubbed on the subject's chest (possibly using a few magic words), gave the arms a pull and down they came. Voodoo, you say? I don't know, but I was there and whatever the Doctor did, it worked.

(CONTINUED NEXT MONTH)

MEDICALLY SPEAKING

By Dr. Walter Jekot

As in all athletics the time devoted to "warming up" before an event is crucial. In running, it is especially important to prevent pulled muscles, tendons and ligaments. The key exercises for runners are the stretching exercises. In runners the two most common areas of complaint of pain are the legs (specifically the Achilles tendon) and the back. Generally the majority of the complaints would not be present if the athlete would practice stretching exercises. Stretching exercises increase flexibility and flexibility is a good measure of fitness. In stretching, an attempt is made to stretch the anterior (shin, quadriceps, abdominal) as well as the posterior (calf, hamstring, back) muscles. It is also important that the muscles be stretched through their full range of motion to maintain balance and flexibility. When stretching it is good to gradually increase the time of any one stretching exercise from 30 to 60 seconds. Also, stretching should be done very slowly.

There are obviously many different types of stretching exercises but they are mostly a variation of a few of the following:

- 1—*For the Hamstring muscle complex*
Stand erect, hand on hips . . . cross legs right over left. Stand with weight equally distributed . . . bend forward

from waist, arms extend vertically toward toes . . . hold as indicated for stretching sequence . . . repeat with reverse leg position (left over right).

- 2—*For the Achilles tendon* . . . the body's strongest and thickest . . . controlling plantar flexion of the heel and pointing of the foot and the calf (gastrocnemius) muscle. . . stretching is especially important to prevent strain and injury to this posterior leg structure. Raise arms to shoulder level, extend in front of body . . . placing palms against a vertical surface. Move feet to rear, rest weight forward on arms so that a comfortable angle with ground (or floor) is attained. Place one foot a few inches ahead of other foot. The trail leg should be straight. Stretch by bending arms, thus lowering shoulders toward the vertical surface (wall). Trail leg is stretched. Alternate foot position to stretch each leg.
- 3—*For the Hip and Lower Back Muscles* . . . Assume a position flat on your stomach . . . arms forward and legs straight. With knee stiff raise leg vertically. Alternately raise each leg. With greater effort raise both legs . . . thus stretching and straightening the buttocks and lower back.

- 4—*For Back Flexion* . . . assume a position flat on your back . . . arms straight with palms down near hips. Raise legs, continue movement to allow weight of legs to fall over head and to touch surface behind head . . . hold . . . return to starting position.

- 5—*For Abdominal muscles* . . . maintain position taken in four (4) above. Raise arms overhead . . . raise knees keeping feet comfortably on the ground (floor) . . . raise head and chest toward sitting position, curling up at waist . . . thrust arms forward past knee to aid balance . . . hold . . . return to starting position.

All of the above exercises and any others should be done slowly and deliberately keeping in mind what you are trying to accomplish.

Other exercises may be done in the course of daily activities. Isometric exercises, for example, can be done while sitting. Walking is a good every day exercise, as is climbing stairs.

One caution that should be stated is that "overstretching" to the point of pain can actually be harmful and can cause contraction of small muscles thus defeating the original purpose.

(continued on page 42)

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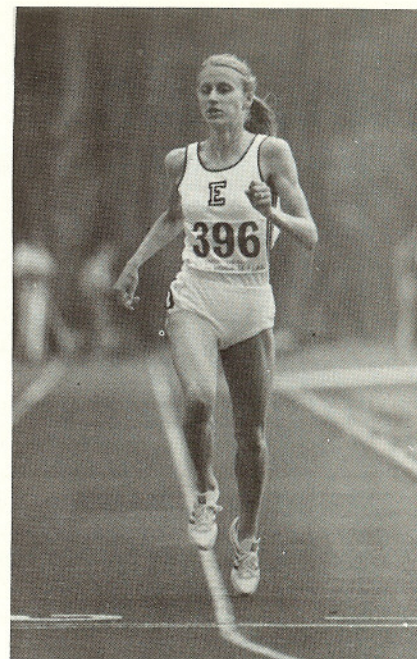
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Grete Waitz Shows What Is Possible

in the **MARATHON**

An Interview with the World's Fastest Marathoner

by Cliff Temple from "Athletics Weekly"



DESPITE the success of State-aided competitors in women's athletics, the greatest female cross country runner in the world today (and the fastest ever female marathon runner) is a 23-year-old school teacher from a minor athletic nation of Norway: Grete Waitz. As she tells Cliff Temple in this exclusive interview, the background to her astonishing dominance in cross country running (as well as victory in the 1977 World Cup 3000 meters) is not one of State-provided comfort and a sinecure. Instead, hers is a world where for four months of the year she has to dodge cars and try to keep her feet while running in snowbound Oslo, getting up at 5:30 a.m. to carry out her first hour's running of the day in temperatures usually 10 or 15 degrees below freezing point. After a day's work as a school teacher, she is back out in the snow, training again. At a time when British women's distance running is coming under particular scrutiny and criticism, it is perhaps a vivid insight into what is possible.

Cliff spoke to Grete, and her husband/coach Jack Waitz, at Gateshead earlier this winter.

What are the main problems of being a top class runner in Norway?

Grete: Having to stay in Norway during the winter snow is one of the biggest. And I have to work. I am a school teacher in Oslo, and if I want to race anywhere I have to get time off and pay a relief teacher to take my classes while I am away. The Norwegian federation would help, but if you accept that type of financial support, they expect you to be good all the time, and then you begin to feel pressure to do well. I prefer to keep my independence. It's also difficult to plan training in winter because of all the

snow. I may intend to run fast and short in the afternoon, but then it snows and gusts and so I can't do it. That's the problem.

Jack: You have to decide if you want to go abroad and train, which is no problem for Grete in itself . . .

Grete: Yes, but then I can't work. And if people think you are not working, and just training all day instead, they put pressure on you again, and I don't want that pressure.

So will you prepare that same way for Moscow?

Grete: No, I don't think I will prepare for Moscow at all because the longest distance there is 1500 meters, and I don't think I can run fast enough. If I knew I could run 3:55, then I would train for it, but I know that I can't run 3:55, because I'm too slow. So I will just train as much as I want, and not 14 or 15 times a week just for Moscow.

There is a "world championship 3000 meters" event to be held in 1980 though, isn't there?

Grete: Yes, but it's not the same as the Olympics. If I'm in good shape, I expect I'll run in that, but I take each season as it comes. I've no long term plans, because I've been running for so many years now. I've been in the Norwegian team since 1970, and after eight or nine years of training and running, I'm tired now.

Jack: She tried to train extremely hard before Montreal, probably too hard. She started that season with 4:06 in April/May, and could run that time all season, but not especially faster (*her best in 1976 was 4:04.8*).

Grete: That's the problem I still have now. My form has no real top or bottom. I

run at one level all the time and if I do get a "peak" at all it's just a small one, and not the great peak I want. I don't know why it is. I train for quantity in the winter, and switch to quality when the snow has gone.

Which is when?

Grete: It comes at the end of November and stays until late March. I have to train on the roads then, between the cars, because there is less ice on the roads than on the pavements. It is impossible to run in the woods because the snow is usually 1½ meters or more deep. On the roads I sometimes fall over, and it is also easy to get leg injuries, because when you are running on snow and ice your muscles are always tense. It's a very hard time, running in the snow every day for four months, and that is one of the reasons why I'm going to Australia this winter to compete. I'm not so motivated to train hard in the snow. I'll be there for a month, running seven or eight races, but I won't be taking them too seriously. They are at 800 and 1500 meters, and 800 is certainly too short for me anyway.

What is a typical day for you at home?

Grete: I get up about 5:30 and start running at 5:45 or 6:00 o'clock. At this time of the year it's dark and very, very cold — usually 10 or 15 degrees below freezing! I run for about 50 minutes, covering 13 or 14 kilometers, and then I go to work at about 8:00 o'clock. I'm home again about 2:00 or 2:30 in the afternoon, do some shopping and some preparation for next day, and about 5:00 o'clock I do my second training session of the day. By 9:00 o'clock I'm ready to go to bed, so that it can start all over again next morning.

How many kilometers do you cover in total?

Grete: If I'm running for distance in

the afternoon, I do another 14km or otherwise I do intervals at 300 and 500m. In a week I normally run 120-130km. Two years ago I was covering 160-170km, but I think now that was too much. I was always tired, and when I wanted to run hard I couldn't because of the fatigue.

What subjects do you teach?

Grete: Physical education and Norwegian to children between 13 and 16.

You don't find that teaching PE also tires you?

Grete: No, I don't do so much! I say "Do this, do that, run here, run there!". I show the children, and then I watch them. If I don't watch them all, they don't do anything.

What about next summer — are you hoping to run in the World Cup again?

Grete: I don't know. Even in 1977 it was not in my plans. Only three or four weeks before that, Jack said to me "Don't you want to run the 3000 meters and try to qualify for the World Cup?". I said "No". But he kept on at me for two days until finally I said "Okay, I'll try".

Jack: They organized a race in the match between Norway and Greece at the 3000 meters so that Grete could qualify.

Is it a particular problem that because Norway is not one of the stronger athletic nations, your chances of good competition are limited?

Grete: Not really, because I still get lot of invitations to big races. But it is very difficult to compete against girls from Eastern Europe. They don't seem to travel so much.

Jack: Promoters are always telling you "she will come, and she will come, and she will come" but when Grete gets there . . .

Grete: . . . they don't come. Very often I have to just run against the clock.

Do you think there is any sign that Norwegian women's athletics is improving as a result of Grete's example, so that she would eventually be able to compete in the European Cup Final, for instance?

Jack: It's improving, but the main problem is that girls leave the sport when they are 16 or 17. There is plenty of natural talent, especially in the longer distances, in all the Nordic countries.

Grete, your dominance in cross-country races, particularly in the World championship at Glasgow, is so marked as to put you in a class above the others. Have you any ideas as to why this should especially be so?

Grete: I think I probably train more in the woods and forests than the others, and I think that I'm a better cross-country runner than a track runner really when compared to the other girls. Natalia Maracescu, for instance, is a better track runner than a cross-country



JOE CAUZZA PHOTO

runner. But I don't think I train in any greater volume than the other girls.

Jack: We live just outside Oslo on a hill, and every time you train you have to go up it. Grete is very aggressive on the hills, and she always runs up them very fast. I think that is one of the main reasons why she is good.

Your marathon world "record" of 2:32.30 took a lot of people by surprise.

Grete: I remember talking to Knut Kvalheim in Prague, and he said that if I got an invitation to the New York marathon, I ought to go. Well, I did get an invitation but I didn't finally decide to accept it until about a week beforehand. I think I was afraid of the distance! My longest single training run had only been 18-19km, and that isn't half a marathon. But there was no time to alter my training at that stage.

What were your impressions of the race?

Grete: It was okay until the last five kilometers. That was terrible. But the atmosphere was fantastic, with spectators and other runners around me from the start to the finish. At the half distance I saw my time was 1 hour 18 minutes.

So, despite those last five kilometers, you ran considerably faster in the second half of the race. Did you have a target beforehand?

Grete: Just to finish! But I thought I could run about 2:40, because I knew I was quite strong.

Do you have any thoughts about running another marathon, and do you think the fastest time by a woman can come down much farther?

Grete: I don't know if I will do another, but I think that when the good track runners start to run it more, the times will come down dramatically.

Japan Juniors Trounce Yanks

San Diego, CA, August 20 — Sue McNeal high jumped 6'1 to grab the spotlight as a team of USA Juniors (born 1961 or later) from the San Diego area, lost to the Japanese National team by 78½ - 65½ score. Other results were less than sensational as the meet was staged on the San Diego State University oval.

RESULTS: 100, Charlotte Zepherin (USA) 12.39; 200, (tie) Yvette Bullard (USA) and Kaori Yoshida (Jap) 25.24; 400, Zepherin 56.00; 800, Keiko Oto 2:12.94; 1500, Ota 4:52.8; 3000, Anna Muceus (USA) 10:24.9; 100H, Kazuko Sakara (Jap) 15.11; 4x100, USA (Cooksey - Bullard - Washam - Zepherin) 47.34; 4x400, Japan 3:48.99; HJ, Sue McNeal (USA) 6'1; LJ, Moyumi Kawahara (Jap) 19'5½; SP, Yoshuka Usui (Jap) 42'2; DT, Fasoe Kawanogo (Jap) 134'8½; JT, Emi Matsui (Jap) 151'5.

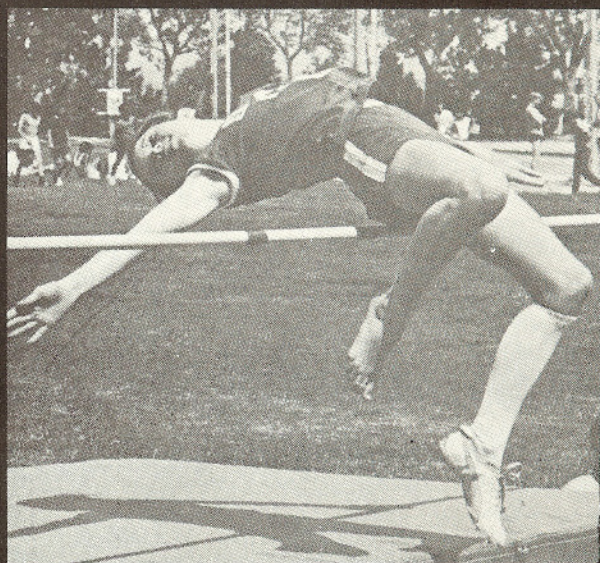
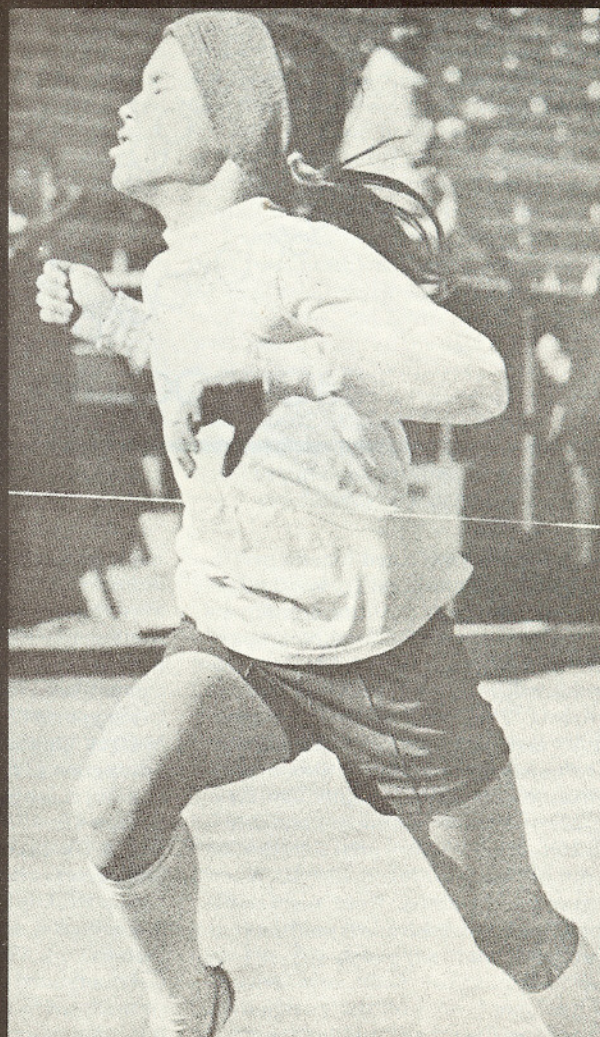
Two World Records at Spartakiade

Moscow — Results were difficult to obtain from the Russian Spartakiade. The USA was supposed to send a strong contingent to these Games, but the results by the Yanks were practically a complete zilch.

Two world records were set, one by the Soviets Marina Makeyeva with a nifty 54.78 in the 400 hurdles and the other by a Ukraine team in the 4x200 relay at 1:30.8. There were some fine performances with double winner Ludmilla Kondratieva taking the sprints in 11.19 and 22.63, Maria Kultschunova winning the 400 in 49.77 and a host of Russians speeding the 800 under 1:59.0.

RESULTS: 100, 1—Ludmilla Kondratieva (SU) 11.19, 2—Karin Hawkin (USA) 11.32, 3—Nina Anissimova (SU) 11.39; 200, 1—Ludmilla Kondratieva (SU) 22.63, 2—Karin Hawkin (USA) 23.06, 3—Sidorova (SU) 23.45; 400, 1—Maria Kultschunova (SU) 49.77, 2—Nina Syuskova (SU) 50.42, 3—Tatyana Goyaschik (SU) 50.49, 4—Irma Bagryanseva (SU) 50.52; 800, 1—Yekaterino Porovikina (SU) 1:57.2, 2—Mughton (SU) 1:57.5, 3—Olga Mineyeva (SU) 1:58.0, 4—Ruchayeva (SU) 1:58.1, 5—Styrkina (SU) 1:58.2, 6—Kovyina (SU) 1:58.5; 1500, 1—Natalia Marcescu (Rum) 3:58.8, 2—Giana Romanova (SU) 4:00.5, 3—Valentina Hinich (SU) 4:01.1, 4—Dvirna (SU) 4:01.4, 5—Puica (Rum) 4:01.6; 3000, 1—Svetlana Ulmasova (SU)— 8:46.0, 2—Valentina Ilyinich (SU) 8:46.5, 3—Lyubov Kopeskina (SU) 8:49.1; 100H, 1—Tatyana Anissimova (SU) 12.90, 2—Komissova (SU) 12.94, 3—Morgulina (SU) 13.10, 4—Debby LaPlante (USA) 13.13; 400H, 1—Marina Makeyeva (SU) 54.78 (wr), 2—Storosyeva (SU) 55.08, 3—Tatyana Zalentsova (SU) 55.94, 4—Klepp (DDR) 56.23; HJ, 1—Elena Goloborodka (SU) 1.91/6'3¼, 2—(tie) Debbie Brill (Can) 1.89/6'2½, Litvinenko (SU) 1.89/6'2½ and Denisova (Bul) 1.89/6'2½; LJ, 1—Anita Stukane (SU) 6.66/21'10¼, 2—Kathy McMillan (USA) 6.55/21'6, 3—Nadezhda Karyakina (SU) 6.39/20'11½; SP, 1—Ilona Slupianek (DDR) 21.52/70'7¼, 2—Margitta Pusse (DDR) 21.45/70'4½, 3—Helena Fibingerova (Cze) 20.83/68'4; DT, 1—Faina Melnik (SU) 64.90/212'11, 2—Pusse (DDR) 63.74/209'1, 3—Issaeva (SU) 62.16/203'11; JT, 1—Saida Gunba (SU) 63.08/206'11, 2—María Colon (Cuba) 62.30/204'5, 3—Ute Hommla (DDR) 60.08/197'1; Pentathlon, 1—Yekaterina Smirnova (SU) 4770 (13.47 - 46'4 - 6'1¼ - 21'0¼ - 2:11.9), 2—Kuraguna (SU) 4629, 3—Karyakina (SU) 4554; 4x200, Ukraine 1:30.8 (wr); 4x400, Ukraine 3:26.1, 2—Soviet Team 3:26.2.

WTW Tribute to Anne Gilliland, 1959-1979



Ann Gilliland was killed recently when struck by lightning. From our photo files, here are shots of her from the time she set a new 10/11 high jump record at 4'6 $\frac{1}{4}$ until she became National Indoor Pentathlon Champion in 1979.

KALEIDOSCOPE

5000 runners are expected to take part in the Dallas YMCA Annual Turkey Trot on November 22. Contact Union Station on Houston Street . . . WTW photographer Mike Bailey gives the following description of goings-on at the World Cup in Montreal, "The East German girls were friendly and approachable. Their coaches weren't and pretended they didn't speak English. After being defeated by Ashford, Marlies Gohr just smiled and shook her head. Koch was surprised in the 200 and put in a bigger effort in the 400. When she crossed the finish line, a great big grin burst out . . . Ashford was either very intense or perhaps shy — anyway, not approachable . . . The Asian and Oceania athletes were hopelessly outclassed. Many of the Asians seemed to feel privileged just to be there. In fact, when they came to the practice track, it was more to obtain autographs from the Europeans rather than to practice!"

San Diego State University has picked up a good foreigner in Lynn Kanuka, a member of the Canadian cross country team. Kanuka broke the Balboa meet and course record in her first run . . . University of Oregon, already boasting such stalwarts as Molly Morton, Katy Mountain and Cheri Williams has added two outstanding freshmen to their cross country team in Eryn Forbes, a three-time State xc champion, and Leann Warren, the 1979 AAU Junior AAU 800 champion at 2:03.1 . . . 1980 National AAU/USA Junior Olympic Games will be held August 15-17 at Santa Clara, California. The Junior Olympic Pentathlon Championships will also be staged in conjunction with these Games.

Iowa State has never lost an AIAW National cross country title, but everyone

has drawn their sights on the perennial winners. Some changes have developed over the summer with a new coach, Ron Renko, and former coach Chris Murray now at Arizona. Debbie Vetter is out of competition for a few weeks with an injury and Terri Wierson followed Murray to Arizona. Add to this the graduation of Katy Schilly and it appears a new champion may come from the shadows in 1979 . . . The IAAF will stage World Championships for the Women's 3000 meters and 400m hurdles (which are not on the Olympic program in Moscow), a week after the Games next August in Dublin . . . Christine Brenner of West Germany won a marathon in Stockholm recently with a good clocking of 2:47.06, but the big news was 1808 women finished the race. Olympic Committee, where are you?

Ireland's Maeve Kyle won five titles (100, 200, 400, 80H and LJ) in the 50-54 age group in the World Veteran Championships in Hanover in August. Her marks were 13.68 - 28.04 - 66.56 - 15.49 - 16'6½ . . . Kathy Weston has anchored the winning two mile relay team at the AIAW Championships for three consecutive years. But never for the same team. UCLA in 1977, Cal State Northridge in 1978 and Oregon State in 1979 . . . First British girl to run under two minutes for the 800 was Chris Boxer who did so with a 1:59.05 clocking in early August . . . At the Europa Cup, a strange 1500 developed. First lap was a piddling 68.3 and the 800 was crossed in only 2:15.7 — but Totka Petrova of Bulgaria covered the final 800 in just a snit over 2:04 and won it in 4:03.2 . . . Same sort of thing went on in the 3000 with a slow first portion and then Svetlana Guskova cut loose with a final 200 in 29.4

. . . Whatever happened to Debbie Pastel? . . . Names I Like Department: Dutch pentathlete Thea Typhoon, 800 runner Ingrid Sprint, England's hurdler is Shirley Strong and Princess Reese of Longwood, Florida.

Amy Johns of the University of Wisconsin win the AAU 20k National Championships in Madison on September 2. Johns, a freshman, covered the distance in 1:18.04, more than three minutes ahead of runner-up Mary Bange from LaCrosse . . . The National AAU 20k Race Walk Championship was won by Susan Liers at Niagara Falls in early August. Liers time was 51:45.7 . . . San Diego State's cross country team is composed of seven freshmen and four sophomores . . . There's a rumor the 1980 National AAU Track Championships will move from the Los Angeles area to UC Berkeley . . . Penn State's Kathy Mills is back running again after missing the last season with injuries . . . Favorites for the 1979 AIAW cross country title include perennial Iowa State with new coach Ron Renko, North Carolina State, Virginia and Oregon. Others not out of the picture include California and Colorado. Let's check on November 18 and see how good the experts were.

When Marita Koch ran her 21.71 world 200 record, she was aided by a 0.7m tailwind. When Evelyn Ashford ran her 21.83 at Montreal, she ran into a headwind of 0.22m . . . Also in Montreal, Canadian Angela Taylor, who had a best of only 26.2 a couple of years ago, turned in a splendid 22.83 for fourth place . . . Again at the World Cup, 400H winner Barbara Klepp was a last minute substitute for Karin Rossley . . . Francie Larrieu's first half of her 3000 in Montreal was 4:20.7.

Adios, Juegos Pan Americanos

by Casey Ide

Goodbye, Pan American Games. There will be no more for me for the same reasons I gave you after last year's Commonwealth Games. I will be too old, much too blind and even Venezuela will be too far away. I'm sure that the magazine's editorial assistant will agree I have reached the first two conditions, as Donna (Fromme) had to be my "seeing eye" whenever I ventured out of the hotel after dark in Puerto Rico, and practically all of the track and field was at night because of the heat.

"Hot, humid and expensive" has been my reply when asked "How was Puerto Rico?" The Games were a series of disappointments as far as I was concerned. Until almost the last minute I wasn't at all sure I would go. Due to a mixup at Olympic House (they had informed me my credentials would be waiting for me in San Juan), it turned out the secretary had confused me with someone else from the magazine (Donna), and the day of departure I had no room, no credentials and no reservations. Try and explain that to a Puerto Rican in English! I thought to cancel my plane reservations but hesitated another 24 hours.

And early Friday morning on July 6, I was peacefully sleeping in California when my phone rang and it was ye olde editor himself, Vince Reel, calling from Puerto Rico and explaining he had an emergency which forced him to return to California and I could move in with Donna at the Press Headquarters and that my credentials would be ready for me upon arrival.

Next morning, there I was in San Juan — and THEN the difficulties began. Not only was our editor not present to cover the Games for the magazine, but most of

the press representatives I knew from other countries weren't there either! I was looking forward to renewing acquaintances with Brian Uzell of the Cayman Islands and other reporters I had met from Bermuda, Jamaica, Cuba and Puerto Rico itself. None of them were there, or if they were they never showed themselves at the Press Center nor did I ever see them in the Press Section at the Stadium. Incidentally, the Press Section at the Stadium seated less than 30 of the 300 accredited newsmen!

The girls assigned to the Press Center as helpers did their best, especially a young girl named Maria who often made Xerox copies of results for Donna and me and was delighted to find there was a women's magazine. Incidentally, Vince tells me he left more than 100 copies of our last "Annual" issue in the Press Center and within 10 minutes they had all been picked up. I hope this was not done by the janitor, but that new subscribers will be coming in!

Rich Ede had told me that Pomona College's Jenny Stary was working in San Juan for the summer on a research project and he gave me her phone number, so she and Donna went to the stadium together a couple of evenings when I decided to stay in the hotel and keep cool and enjoy events on TV — the coverage was excellent! Much had been bandied about in advance of the Games concerning security, but it is interesting to point out that whenever Jenny Stary wanted to get into the Press Section, she wore Vince Reel's credentials and was never questioned. I didn't get out to the Village in the extreme heat. It was WAY out in the hinterlands and there were no rosters of teams so it was impossible to

find out where anyone lived until you saw them on the field. One other small oversight by the Organizing Committee — there were no programs! As a matter of fact, there weren't any schedule of events either which prohibited you from planning anything a day in advance.

"I was looking forward to a really competitive pentathlon." Alas, it was not to be. Themis Zambrzycki of Brazil didn't compete. Neither did Edith Noeding of Peru who was fourth at the last Games. And Jane Frederick withdrew after three events. Which left no challenge for Diane Konihowski (Canada) who successfully defended her title with ease. The closest thing to tight competition was for second place which went to Jodi Anderson of the USA.

My trip home was a fitting conclusion. I left the Holiday Inn at six in the morning and was kept waiting at the airport until after one in the afternoon. I called my mother (Casey is 73!) from New Orleans but couldn't reach anyone scheduled to meet me at LAX. Not only did I arrive in Los Angeles 5½ hours late, but on the wrong airline, and on Sunday, and the busses had stopped running. And it was 40 miles from home. So Adios, Juegos Pan Americanos — from now on I fly only to Hawaii to listen to music!

The final blow came to pentathlon winner Diane Konihowski who sat by the pool the day following her victory and someone pilfered her bag which contained her passport, her money and all her personal items. Her medal was not in her bag! Others may have lost things in the Caribbean Islands during these weeks, not with monetary value, but evidently those who were present and some who were not lost much in the Caribbean.

AND HERE COMES CROSS COUNTRY!

IN THE NEXT
ISSUE



THE HOWARD FAMILY

In the Inland Empire resting in the shadows of the mountains by the same name lies the city of San Bernardino, California. The sun this summer has been torrid. For days and days record-breaking high temperatures were set!

Even so, record-setting human achievement did not go unnoticed. The Howard sisters set records for their teams as individuals and as a group. Most notably they became the nation's fastest sisters by clocking 3 minutes 44.1 seconds in the mile relay . . . breaking the existing high school record by a full five seconds. A record for the Guinness World Book of Records . . . four sisters, attending the same high school, and running on the same relay team!

FASTEST TIMES:

Artra	400 Meters	56.0	Sherri	100 Meters	11.4
	800 Meters	2:16		200 Meters	23.4
	1500 Meters	5:30		400 Meters	51.09
Tina	400 Meters	57.0	Denean	400 Meters	53.8
	800 Meters	2:15			

All Sisters Mile Relay — 3:44.1

It all started, virtually in the shadow of another mountain, the towering peak of Mount McKinley. The Howard's lived in Alaska for eight years. Their father is in the U.S. Air Force, and was stationed in the vicinity of Fairbanks. The girls early talents were recognized when a friend of the family observed them preparing for a local competition in Alaska. The friend remarked to Eugene Howard, their father, that they exhibited exceptional form and strength, and asked whether they had received coaching. From this observation, arrangements were made to formalize the training activities in order to realize the most from the efforts of the girls. Mr. Howard, selected different events for the girls in the local competition. They won in their respective age groups and moved to higher competition in the state. Now, being a proud father, he made a commitment. He promised that should they win in Alaska, he would send them to Philadelphia (the next competition).

You can guess the outcome! At whatever the cost . . . Philadelphia was the next stop! In the state competition held in Anchorage, Alaska, Sherri, Tina, and Denean took firsts in their events . . . respectively the 220, 100, and 50. Eugene Howard proudly reflects: "If you win, and I didn't think they would ever make it that far, I told them if you win, we'll all go to Philadelphia. I'll get the money, get the tickets, and we'll go to Philadelphia! I did not realize that it would hit me for \$3000! During that time \$3000 was a life savings, you know what I mean? I got the call from my wife, Barbara. When she called I was awakened by the telephone . . . she said I guess we get a chance to go to Philadelphia. All the girls won! I said WHAT!!! So we all went to Philadelphia. I think that was sort of a beginning . . . a start of it all!"

When they returned to Alaska, the coaching continued. At this time most efforts were concentrated on Sherri. She ran for the high school and developed rapidly. It became the family's concern to be located in a favorable climate when they returned to the lower forty-eight. One refers to the return, as "back to the states". Why was this such an urgent need? To many, Alaska is just a name of a place on a map. When you experience living there, what may have been a casual or light-hearted reference is forcibly and irrevocably dispelled. It's climate is harsh and demanding to the limit of human endurance. The winters are long, interminably long. Temperatures dropping to the -50 degrees Fahrenheit are the order of the day (or night) in much of the well habited central interior. The hours of darkness are almost endless in mid-winter. Conversely the summer is short and sweet with daylight the full 24 hours for a time during the month of July! So, Eugene Howard hoped for California. A climate that offers year round training opportunities for his budding young runners.

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A rare moment with all of the Howard Family assembled! Left to right from the top: Eugene, Sherri, Tina. Center: Barbara, Artra. Bottom: Denean, Gina, Darlene.

PHOTO BY WENDELL OSBORNE

The family left Alaska and arrived in California at Norton Air Force Base, San Bernardino, California, in the summer of 1978. The girls were enrolled in San Geronio High School. Barbara Howard, their mother, proudly proclaims the academic achievements of her girls. They are "A" students, have engaging personalities and enjoy the cohesiveness of the family. One might reflect that a survival technique for the cold, long Alaskan winter is to read, read, read. Surely, the girls developed some invaluable academic habits as a benefit from the Alaskan environment!

As a family, the Howard's are athletically inclined. Eugene was CIF All City in basketball and track in high school. Barbara ran the 4x100 meter relay. Her relay team has a still-standing record time in Dallas, Texas. The older daughters Darlene and Gina played basketball during high school and for California State University, Los Angeles, California in their 1978-79 college year. Everyone in the family runs. The younger four girls, however, are serious competitors. As the story of the Howard's reaches our nation and the world it is truly a family story. The courage and

strength of the parents is reflected in the determination and spirit of the girls on the track. Each daughter is encouraged and supported by Mom and Dad and mutually, each to the other.

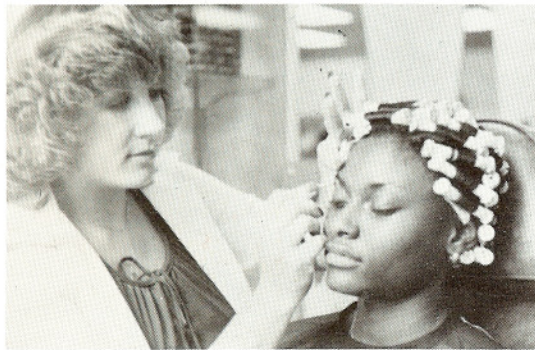
As the 1980 Olympics loom, Sherri, one of the nation's fastest quarter-milers and currently fifth in the world, has the dream. She is training for the reality. Artra wants to enter college with the expectation that Sherri, Tina, and Denean will follow so that they may continue their competitive efforts in the mile relay at that level. Of course there is 1984 in Los Angeles, California, and BEYOND!

Artra, Sherri, Tina and Denean

What a great way to prepare for a photo session! The girls agreed with our editors that complete makeovers would be exciting, informative, and fun. All their questions were answered by the experts at COLLECTION BY LEE beauty salon in Riverside, California. It was "show and tell".



Joy snipped Tina's ends $\frac{1}{4}$ inch before the comb-out. Hair should be trimmed every four to six weeks to keep check on split ends, which cause hair breakage . . .



Before applying makeup, Sharon explains the technique of eyebrow plucking . . . remember: follow the arch of the browbone for an easy, natural shape . . .

Artra's tightly-rolled hair required plenty of drying time to set the curls evenly . . .



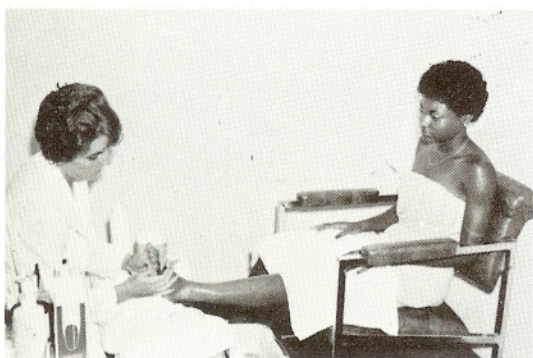
Beauty Consultant: Collection by Lee featuring — Make-Up Artist, Sharon Severin;

Explore

beauty!



Denean found her manicure very relaxing. Dorothy, her beauty expert explains the importance of good nail care. Cuticles should be moisturized every day . . .



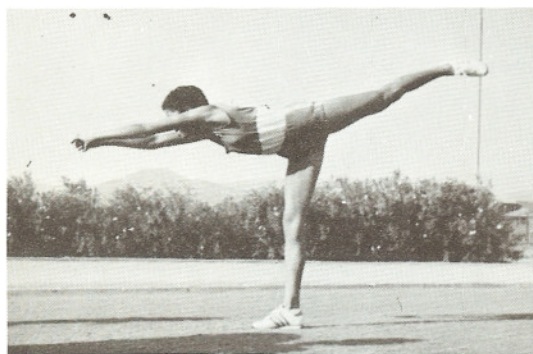
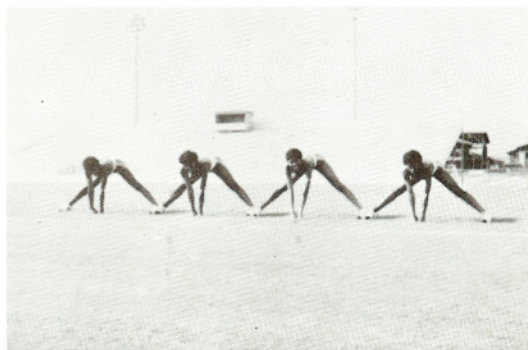
Hair Stylist, Joy Collins; Manicurist, Dorothy Andrews

. . . and after four hours, the finished products — profiles of beauty for these fantastic athletes!



Sherri listens as her operator explains that daily massage and a pedicure every week does wonders for a runners' hard-working feet . . .

PHOTOS BY WENDELL OSBORNE

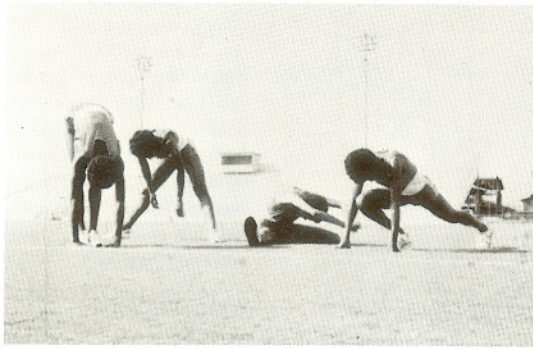


Left from the top —
*The Howard Sisters begin warm-up
in unison . . .*

*Artra stretches with the grace and
balance of ballet . . .*

*The girls continue the warm-up with
Denean taking it too casually . . .*

*Sherri uses her father's weight in
leg strengthening exercise.*



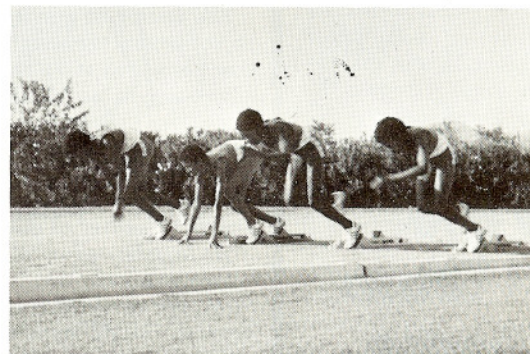
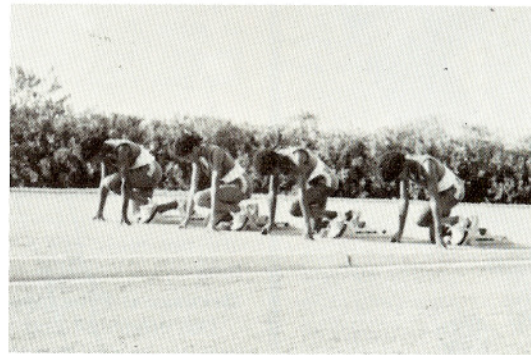
Right from the top—

The warm-ups come to a close . . .

Here the girls assume a characteristic pose, backing into the blocks . . .

At 'Go', the action really begins . . .

Now it's smiles and arms thrust high overhead with hands clasped in victory!



PHOTOS BY WENDELL OSBORNE







Help the U.S. Ski Team bring home the Gold.

There's one thing standing between the U.S. Ski Team and a Gold Medal at the Olympics: money.

Our Alpine and Nordic teams are not subsidized by the government. Team members invest years of their lives training to win. Now they need your help. Please send your tax-deductible donations to the U.S. Ski Educational Foundation, Box 100 M, Park City, Utah 84060.

Thanks.



MECHANICS OF HILL RUNNING

by Martin Uher

(Martin Uher is an Associate Professor in the Department of Health, Physical Education and Safety at California State College, California, Pennsylvania. He is the Director of the school's Athletic Coaching Certification Program and teaches both the kinesiological and physiological foundations courses in the program. Uher also serves as the women's Track & Field Coach as well as both the men's and women's Cross Country Coach.)

Some runners seem to glide up hills in cross country and road races while others obviously struggle. Certainly one of the obvious reasons for superiority must be attributed to better physical conditioning. However, some runners, regardless of state of condition, do indeed have tougher going negotiating the hills. And this goes for down hills too.

A quick look at some of the basic mechanical principles of running and of some laws of physics would help in determining, within limits of runners' body builds and state of conditioning, just what are the most efficient methods to run hills.

Mechanical Principles

The effects of and upon the center of gravity in the runner, as well as the significance of some of the Laws of Motion must first be discussed.

The center of gravity is a point in an object where the weight is concentrated. In other words, it is a point where there is equal weight on all the direct opposite sides. This doesn't mean necessarily that the distances or areas are equal on opposite sides, just weight. And, although the variability of human body structures alters the center of gravity, and the fact that females generally have a lower center of gravity due to their body structures, the center of gravity in the human body is located somewhere around the naval in the standing position. However, it is also important to note that movement and movement of body parts may alter the position of the center of gravity, moving it in the direction of movement or movement of the body part or parts.

The line of gravity is an imaginary line which passes through the center of gravity downward toward the center of the earth. As long as the center of gravity of an object is located within the base of support as determined by the line of gravity, the object is stable. In Fig. 1, the line of gravity is the dotted line and the center of gravity is designated by the "X". This object, or person, could not move of its own volition if the center of gravity could not be moved. To illustrate this, look at Fig. 2 where the same figure (side view) is now standing on an incline.

Here the line of gravity falls outside the base of support, even though the center of gravity in the body is unchanged. The person is unstable and will fall forward. In order to keep from falling, a leg is moved forward thereby lengthening the base of support and establishing a new base of support in order to keep the center of gravity over the base (Fig. 3). This, in essence is how we are able to initiate movement: by creating a situation of instability. Obviously, we don't have to stand on an incline to start moving. Leaning to move the center of gravity serves the same purpose.

Direction of movement is determined by two factors: the point of application of force and the center of gravity. In Fig. 4 the center of gravity is again represented by the "X". Now let's assume that the figure would apply pressure against the supporting surface (the ground) with the left foot. What direction would the figure move? To the figure's right, of course (solid line indicating the direction of movement). Thus, an important concept is seen. Direction of movement is determined by the point of application of force (from where the force is being applied) through the center of gravity. In the case of Fig. 4 the figure, pushing with the left foot, is attempting to push itself in the direction of the center of gravity, or more upward. However, gravity does not permit this, so the figure moves toward its own right. If the figure would stand with its feet farther apart (B), the more horizontal the movement, if the feet were closer together (C), the more vertical the movement. Note the next time you see children beginning a race where they use a standing start. Invariably, the first movement for most of them will be a step backward with the rear foot. They do this in order to get the center of gravity farther forward in relationship to the pushing foot, thereby producing a more horizontal movement more consistent with their intended direction of movement (see Fig. 5), or more horizontal. Fig. 6 depicts a sprinter a step or two after leaving the blocks. Note how much farther the center of gravity is in relationship to the driving foot than in either of the cases in Fig. 5. Note also that the center of gravity is located more near the shoulders now due to movement of the body and body parts. The sprinter's start is actually placing the center of gravity farther forward of the driving force in order to provide for a more horizontal push, which of course, is the intended direction of movement.

One other principle need be covered in order to better understand hill running;

that of Newton's First Law of Motion, which states that any object at rest or in motion will remain at rest or in motion until acted upon by an external force sufficient to disturb that state. Simply put, the body possesses sufficient force (muscular) to initiate movement of the body. And once in motion, the body tends to remain in motion at the same speed and direction until acted upon by external forces sufficient to disturb this movement. These external forces are, of course, gravity itself, wind or air resistance, etc. But the important consideration is that a condition of instability is necessary in order to initiate horizontal movement (the center of gravity *not* being directly over the center of the point of application of force).

Running on the Flat

Look back to Fig. 6. Suppose this figure merely started out slowly and did not exert much of a push with the driving leg while still maintaining the same forward lean. What might happen? The slower the movement, the more apt would be the figure to fall flat on its face. As can be seen, the line of gravity would indeed fall beyond the base of support, which is the left foot in this figure. Thus, the figure is obliged to drive out hard to keep from falling. The farther forward the center of gravity, the greater force required to keep from falling forward. Therefore, once this figure reaches the speed, or pace, it wishes to go, the center of gravity no longer should be ahead of the point of application of force. After all, Newton's First Law explains that once you get moving, you will continue to move at that same rate until acted upon by some external force. Gravity, air, etc., do of course impede this movement, and the greater these external forces the more the figure would need to get the center of gravity ahead (lean) of the driving leg. Fig. 7 indicates the position of the center of gravity when a runner is going at a steady pace on the flat. Note the center of gravity is directly over the base of support in this stage of the running stride. Of course, just immediately after this the center of gravity will be in front of the base of support. This base of support will then act as the point of application of force to overcome the various resistances in order to maintain the pace. Should the runner decide to speed up, a lean would aid in accomplishing this. For the farther the center of gravity gets ahead of the point of application of force, the greater the driving force required to keep from falling. So, by leaning, the runner is forced to push harder and/or speed up the leg movement to get the legs under the body. This of course results in acceleration. The salient aspect to consider here, is that the runner normally runs relatively upright. The only time the runner should lean

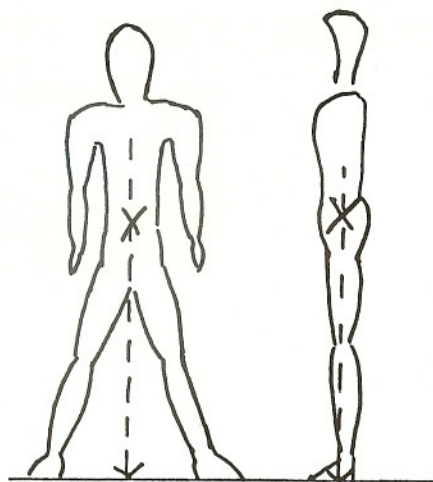


FIGURE 1

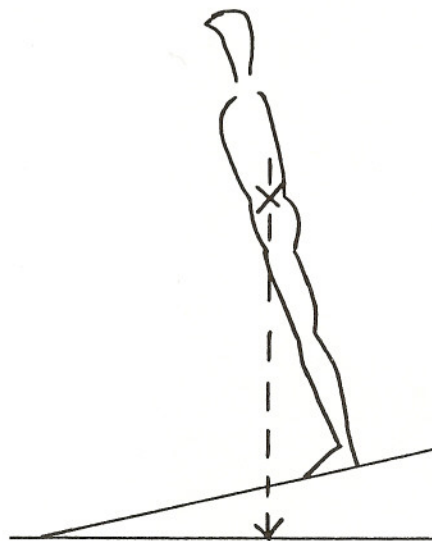


FIGURE 2

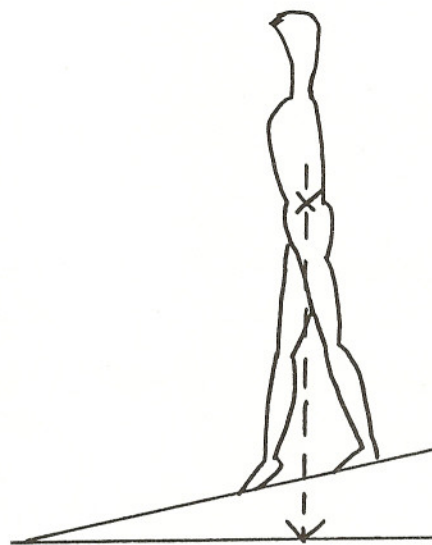


FIGURE 3

forward (getting the center of gravity ahead of the point of application of force) is when the runner wishes to initiate movement (start) or to accelerate.

Running Uphill

"To lean or not to lean?," that is the question that has perplexed many a coach and runner when concerned about how to best run uphill. It's not that difficult when you take into account the basic mechanics previously discussed. First off, let's go back to Fig. 7, which describes the relative optimum running form for running on the flat. Here the center of gravity is directly over the base of support. Or, put in another way, the runner is running upright. Now let's put this same runner on an incline without altering the runner's positions (Fig. 8). In this instance, the center of gravity as determined by the line of gravity falls behind the base of support of the runner. Now, when the runner next applies force, from this foot, as shown by the solid line in Fig. 8, the direction of movement is backward. This tends to produce a braking effect and makes going uphill much more difficult. The runner in this case seems to have to pull uphill rather than being able to drive through the center of gravity aided by the Law of Inertia (Newton's First Law).

The braking effect may be illustrated in another manner. Probably the longest stride(s) that a sprinter takes are those immediately after finishing the race when the sprinter begins to decelerate rather quickly. By taking a longer stride, the center of gravity is placed behind the driving force. In other words, a backward lean. This produces a braking action which checks the forward inertia and slows the runner down. Why then, would a runner want to compound the uphill run by using this braking action? For, by remaining "upright" the runner, in effect is leaning backward. In Fig. 9, the runner has the center of gravity over the supporting base. Upon closer examination it is seen that the runner is, in a practical sense, leaning forward. The runner is leaning forward just to maintain an upright position relative to the pull of gravity which is directed downward toward the center of the earth (line of gravity). And, of course, the steeper the hill, the greater the lean to maintain erectness.

In order to produce this lean to get the center of gravity over the base, the runner must make several modifications in the flat running style. Note the difference of the runner in Fig. 9 as compared to either Figs. 7 or 8. In Fig. 9 there is greater bend (flexion) at the ankle (the steeper the hill, the more the runner will be on the ball of the foot rather than on the whole foot), there is greater flexion at the knee and hip. This latter aspect emphasizes a higher knee

lift. A greater knee lift, with a shorter stride, is necessary as with each succeeding stride, the surface is being met by the foot sooner. It's similar to climbing stairs; you must pick up your feet more so rather than just moving them ahead. Fig. 9 also differs from Figs. 7 or 8 in that there is some bend or lean at the hips or trunk. And due to the greater knee lift, the arm action is also more pronounced. Thus, this forward lean to maintain erectness involves many of the body segments and parts.

Perhaps one can better understand now why "overstriders" tend to have more difficulty going uphill. Many of these runners, who get away with overstriding on the flat, as this provides them a little edge by covering just a bit more ground with each stride at the cost of a little greater energy expense, find that the effort is disproportionately increased as the grade of the hill increases.

Running Downhill

Let's again look back to Fig. 7. But this time, let's place the figure on a downhill (Fig. 10). In this case the center of gravity is forward of the base. Of course the

steepness of the downhill would dictate how far ahead it would be. Now this is utilizing gravity to assist the runner. As discussed earlier, a runner leans (center of gravity ahead of the base) in order to initiate movement or to accelerate. This then, permits the runner to accelerate down the slope. However, as long as the center of gravity is ahead of the base and/or point of application of force, the runner is obliged to continually increase the leg speed in order not to fall forward. What the runner is really doing when leaning, whether on the flat or on the downhill, is trying to get the legs back under the weight so as not to fall forward. This is done by increasing leg speed (and gaining velocity). There, of course, comes a point where the runner just cannot continue increasing leg speed and get under the center of gravity. The runner must then do two things, generally in combination or simultaneously. Obviously, the runner must lean backward (merely to stay erect, opposite of uphill running), and lengthen the stride. Certainly if the

grade is very steep, and the velocity is approaching the point which cannot be increased without going head over heels, the runner may have to apply the braking mechanism by overstriding and leaning backward even beyond uprightedness.

Good downhill runners are hard to come by. One of the primary attributes they must possess is a great degree of hip flexibility. Incidentally, downhill running is an excellent manner to improve hip flexibility. Possessing a great range of motion in the upper legs allows the runner to lengthen the downhill stride to better control the position of the center of gravity so as not to lose balance and still maintain the forward downhill velocity.

In summing up, the writer feels that any controversy as to the advisability of leaning in running hills centers around semantics and not mechanics. To those that advocate leaning and to those adherents of upright running, there really is no difference. For, in order to remain upright in negotiating hills, runners must lean.

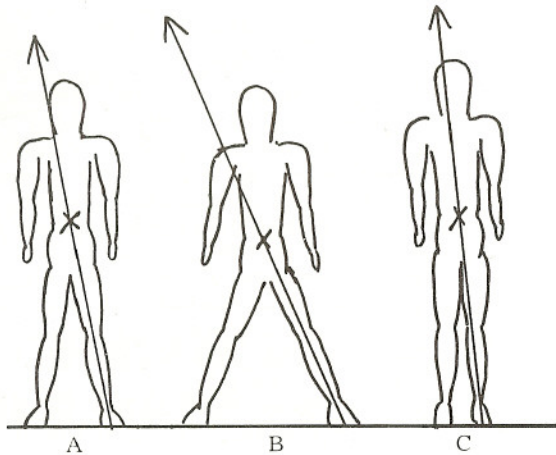


FIGURE 4



FIGURE 5

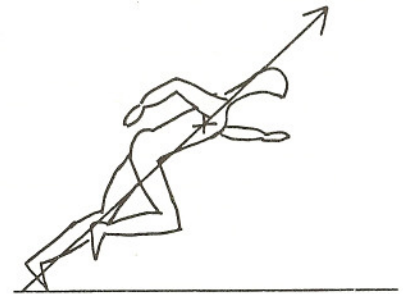


FIGURE 6

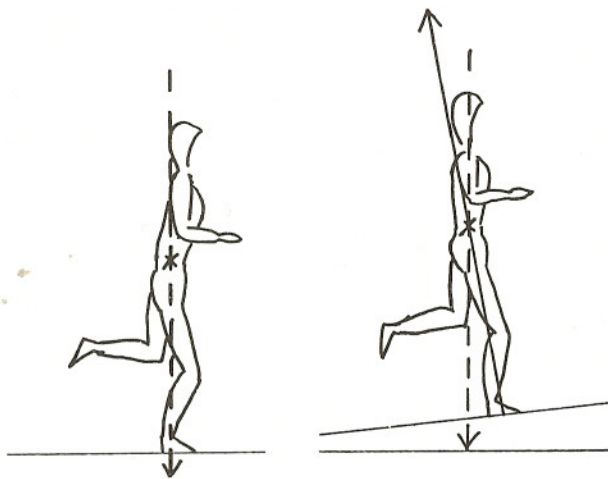


FIGURE 7

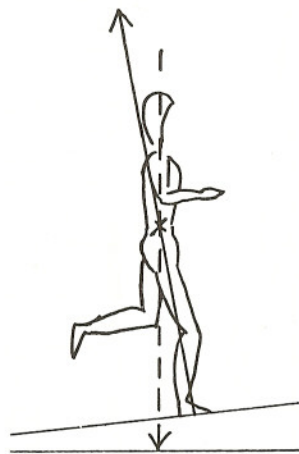


FIGURE 8

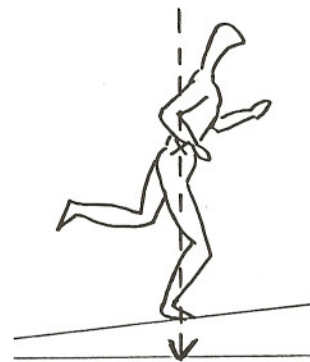


FIGURE 9



FIGURE 10

DEBBIE BRILL — HER STORY

by Eleanor Wachtel
from "Athletica"



TONY DUFFY PHOTO



JOE CAUZZA PHOTO

Most days the weather was muggy in Munich at the 1972 Olympics. On August 4, the sun came out. The monster tent was rolled back to uncover the stadium, where a capacity crowd relaxed to enjoy the men's 200m and the women's high jumping finals. But down on the field there was no release of tension.

Nineteen-year-old Debbie Brill, competing in her first Olympics, watched the pressure working all around her. "When I saw how much it meant to the previous high jump record holder, even I wanted her to win." Debbie was tied for first place with a perfect record through to 5'11 $\frac{3}{4}$ inches; but it was three failures at 6'0 $\frac{3}{4}$ inches, and an eighth place finish.

Back in the antiseptic, cornerless modules of the Olympic village, she breathed out her decision: to quit track forever. From the age of 14 she'd stacked up trophies, awards and medals; Canadian, Commonwealth and Pan-Pacific records; gold at the Pan-Am games; the first female in North America to top six feet; a special day declared in her honor by her hometown of Maple Ridge, B.C.; feature profiles in *Sports Illustrated* and the international press, and a stand-off against the world champion at 6'0 $\frac{3}{4}$ inches before a home crowd in Vancouver. Now in Munich she was leaving all that, in the eyes of the unsympathetic press, a loser.

We are on top of the world. In the clouds if there are any on this hot sunny afternoon at Simon Fraser University. In blue tie-dye jersey top and shorts, Debbie Brill, now 24, is sprinting up and down the center of the track. Not a slow jog around the circumference, but wind sprints — short, full-speed dashes across the middle to meet the invisible barrier. Then a painful walk back, chest rising and falling, mouth open.



JOE CAUZZA PHOTO

There's a lazy voyeurism in watching someone sweat and train. Scrunched into a self-conscious ball at the edge of the field. I'm there to discover why Debbie Brill is outting herself through all this again.

She crosses the field to the high jump. Standing at a diagonal to the bar, hands resting on hips, her right leg back, she paws the ground for a moment as her face closes in concentration. A brief hesitation, and she runs right at the crossbar, takes off straight into the air. Straining for height, she twists improbably to face her starting point, arches her back, bends her knees, and lands in the foam pit on her back just below the shoulder blades, arms and legs trailing like the spokes of an umbrella falling open.

After half an hour, acknowledging the heat, Debbie heads for the weight room, takes in the empurpled necks and grimacing faces of horizontal men, and nonchalantly begins a Mexican hat dance with 125 lbs. on her shoulders.

High jumping is a power event demanding strength and speed. Debbie easily works her way up to 250 lbs. squats; she dislikes them, but she doesn't groan audibly with each heave as some of the men do. In a sport where commentators quite unpoetically dub women contenders Amazons, Debbie, 5'9 $\frac{1}{4}$ tall, slim and long-legged, has always been termed modelish. Although there's a barbell across her shoulders instead of a book balanced on her head, her body remains willowy, graceful and light.

All the while, she's getting stronger in preparation for the World Student Games in Sofia and the first World Cup of Athletics in Duesseldorf. Debbie took Europe by storm this past summer after topping her personal best in the spring with a jump of 6'3¼, a Canadian and Commonwealth record and the seventh best jump that year.

Was it planned? Slip away after Munich, train in secret, then astound the world? In the locker room, between showering and changing Debbie, standing artlessly nude, shakes her head. "When I quit I thought, 'This is it — never ever again!' I gave away everything." Like ballet dancers handing over their slippers? "Yes, I thought I'd never jump competitively again."

Debbie abandoned not just her sport but school, her whole pattern of life. "It was like you're in a room with 50 people, all demanding your attention. You feel pulled every way and just can't handle any more, so you leave everybody. You can't isolate one or two, so you just go. I dropped right out of everything that had been at that point part of my life." Her intent brown eyebrows form a line across her oval face. She means it.

"Debbie is a country girl," a sports magazine publisher told me. And the country — home — is where she can always return. She now lives with a country boy, Greg, in a small white house in Aldergrove, a pleasant 40-minute drive from Vancouver. Orphy, Debbie's large black mutt, barks a greeting and then returns to the shade under the porch to cool himself. It's flat farm country, with tall trees, a large limp vegetable garden, and a tangle of blueberry and raspberry canes. In the distance Mount Baker looms, North America's Mount Fuji, silver-capped.

There is a cool silver inside the house, too. Plants grow on silver cups with tarnished engravings among a variety of silver trays, dusty goblets and more cups. Then there is a brass plate from Italy, a pendulum clock from "back East", a series of porcelain mugs, a wooden trophy from Jamaica, a pewter owl from Germany. Some of her other awards are housed in the Sports Hall of Fame. Last year Debbie gave a trunkful of trophies to schools to use as prize cups. "She's very generous," says Greg.

Also in evidence are some of her hobbies. Macrame plant holders, and a stained-glass treble clef done for Greg, a musician and song-writer. He brings out a small soapstone carving she made the last time she visited her family. "Her father showed her how to carve; she's very proud of it."

She admits that she's always had a lot of energy in her tomboy days she would do anything and everything. "What I remember is this mad frenzy all the time.

Running around, climbing trees, jumping, just a million different things. School is where they channel your mad running into track, right? But when you're at home, you just do it — you make up your own games. We always had a lot of land where we lived and we'd go hiking, fishing in the creek. You can find all sorts of things to do when you're young and not so programmed that you must do things."

With a sister and three brothers, all born within six and a half years of each other, the five were close enough in age and spirit to hang out together. Debbie, the second eldest, was a competitive fighter who'd take care of her siblings. "I'd protect them whether they needed it or not," she smiles. And she made a point of always beating them at running.

"What first started me in track, in fact, was that I always wanted to race my father. He was fast, and once a year, I'd come and say, 'O.K. I betcha I can beat you now.' And I didn't for years and years. And that first got me interested, that competitive thing with my father." Debbie laughs at that, her almond eyes crinkling, the tomboyish look showing through the "good bones". "Very — sounds a little — Freudian?"

Debbie gravitated to high jumping "because it was more fun than anything else and less work. Not that it was easy: I used to go out and do it for hours and hours. I'd jump and jump but I never trained."

Initially this was due to a lack of facilities. Born in Mission, 70 km east of Vancouver, Debbie attended primary school in Aldergrove. The school was so small there were only two rooms for grades one through six. With too few children for team games, Debbie naturally became involved in individual sports and participated in annual track and field days. It wasn't until she was 14, however, that she joined her first track team when the Legion put on a Junior Olympic program.

5'4¼. "That's when I started — late in 1967. By '68 I was second on the Canadian team; and best in Canada within a year. All of a sudden it opened up for me. Everything seems to have come very easily; even the work."

Debbie evaded a proper training program until three years ago — unusual in competitive sports — but feels the absence of early training was all to the good. "I just did it when the meets came along, so I kept my enthusiasm. I'd go and jump because I love jumping. I thought it was so much fun — it's as close as you can get to flying." Debbie bursts out laughing, her brown shoulder-length hair thrown back.

5'9¼. Debbie flew to the top with the greatest of ease. Her first meet at 14 was in Kelowna. She got off the plane at 6 a.m., napped in the stadium's field house, jumped, and returned home. So that's what a meet is all about, eh? The





Kelowna meet was her first encounter with a foam rubber landing mat — in retrospect a significant day in the history of high jumping. Debbie's style changed instinctively in an attempt to achieve greater height. Untutored, untrammled by training dogma, she developed the "Brill Bend".

"I started out doing a scissors and it just turned into a backwards style of jumping. I just let myself go. However my body said to do it, I did it."

A unique style brings its own pressures. At her first international meets in Norway and Sweden, audiences laughed at this skinny kid who crunched up her body and flew over the bar backwards. Fifteen-year-old Debbie was mortified.

Public ridicule only exacerbated the distress of an already shy girl. "When I first started, I was, oh, painfully shy. I think I met two people on my first tour and then just barely. It was out of necessity because I couldn't handle being alone and not knowing anybody."

She didn't receive much support from coaches either. Initially, most tried to convert her to the straddle "in which I'm like a dead fish falling over the bar." Jumping backwards didn't seem sensible to them; it didn't even seem safe. Debbie stuck with it "cause it was the only thing I could do" and her impressive leaps began to convince people.

Then the world watched as a gawky American boy used a similar style at the '68 Olympics and won. The Fosbury Flop joined the Brill Bend; jumping backwards became the norm. Now virtually every international-class competitor under 20 years of age does some version of it.

Except for those first difficult meets, Debbie never minded the competition itself nor performing in public. She'd half pretend no one was there, half not care because they were all anonymous anyway.

For her, the pressure was not in the field, it was internal. She disliked her shyness, but most of all she reacted against her saccharine public image.

"The lanky 16-year-old lass," read one paper. "is a soft-spoken, winsome brunette whose face is quick to flash a toothy grin." She had "the delicate face of a Dresden figurine," remarked another. A headline proclaimed: "Debbie Captures Hearts of All Sports Fans." She was portrayed sitting on tree boughs in the woods playing with the animals.

"I hated the image the public had of me as an 'oh-isn't-she-so-nice, and All-Canadian-little-sweet-smiles, so shy and innocent . . ."

It wasn't so far from being true. Debbie acknowledges that it's not even very far from the way she is now: friendly, warm, attracted to the land, to nature. "It was part of me, but it was the fact that I was so type-cast that I couldn't stomach. It was just too confining."

6'0½. Debbie acted with determination and energy to break that image. "In 1970 I started to come out and that was a conscious decision. I just said to myself, 'You can't go through this again. You just can't go on another tour and be like that.' I'd been too scared to let myself out, too insecure, too self-conscious. I made this decision on the eve of the Commonwealth Games — I remember that.

"But I went to the other extreme: I just became insane. That's when I met Patty (Patty Loverock, Canadian 100m and 200m record holder) and we were just nuts. Partying non-stop, drinking . . . going to the Queen's reception bombed, absolutely bombed." (Her voice rises, her hands fly out.) "I still laugh when I think of it. They almost had to carry me home."

Debbie pauses, a nostalgic twinkle in her eyes, amused by her "madness". "Looking at it now, I feel my extreme behavior was necessary, in order that I be able to find a midpoint. When you've been one way for 17 years and then switch over, it takes time to work through that."

The ingenue image hadn't suited, but Debbie soon found herself trapped in an even more uncomfortable image — the wild teenager. She was great copy. Re-



Signing autographs after clearing 6'0" for the first time.

porters sent out to cover meets ignored the event and brought back articles, personality pieces, the latest expose on Debbie Brill.

6'0 1/4. By 1971, she had dropped acid, moved out, lived with a man in a cabin in the country for a while, and still won her share on international competitions, continuing to set a new personal best each year. All of it, the jumps and everything else, got into the papers.

"I started doing a fair amount of drugs for a while, which was written about a lot. 'Whaat!' (mocking a wheeze), 'She's just a bloody dope fiend, alcoholic, sex fanatic!'"

Sounds terrific. I should have interviewed you then.

"Somebody did. This woman asked me about it and I was trying to explain to her what I'm saying now, because I hated having to play that whole game of this is the image I present for the public and this is really me. I never felt there was anything to cover up.

"And she wrote this article on how (announcer's voice, pinched face): 'Debbie Brill says that all athletes are just dope fiends and alcoholics. They all drink, smoke and live with their boy friends in sin, according to Debbie Brill'."

Debbie was accused of giving sports a bad name; others pointed out that she only said what everyone already knew, that athletes are human. For herself, it was a learning period. "It was something I had to go through. I didn't get caught up in it, though, and it was excellent."

But she's unsmiling now. Folding up first one long leg, and then the other, she punctuates this recollection with staccato taps of a pencil against the table next to her.

"Everybody says how it was such a bad period. It was great! Of course it was hard and depressing at times, one of the few occasions in my whole life that I've been really depressed for any length of time. But it was good because . . . I wouldn't be who I am now — not that it's such a great thing." Debbie laughs; she isn't willing to get pompous now.

She has to rush off to Empire Stadium (interviewer in tow) to instruct students administering fitness tests. She demonstrates, hops, runs, cajoles, but is perhaps a little hurried because she wants to finish quickly to do some paper work and then meet Patty and a friend for lunch. Crisscrossing the street with considerable jostling and joking, the four of us stop at a different shop along one of Vancouver's Italian commercial strips to acquire each course of our meal: a slab of cheese, sausage, crusty rolls, two cartons of orange juice, topped off with Nanaimo bars (luscious little fudgy squares). Bags in hand, we retire to a quiet neighborhood park.

Debbie is expert at being one of the gang, generous — buying the lunch, standing a round of beers, pressing her half sandwich on the hungry but reluctant fellow in the group — in a straightforward feminine way. She's in control. And over sandwiches, she grows reflective, recalling that while she was discovering herself, external pressures to win were increasing. The expectations were immense. She'd won gold medals at the Pan-Pacific Games in 1969, the Commonwealth Games in 1970, and the Pan-Ams in 1971. Even her coach, Lionel Pugh, a pipe-smoking Welshman with a reputation for toughness and level-headedness, talked optimistically about a victory at the 1972 Munich Olympics for what he called "Brill's Grand Slam."

Pugh recalls: "She was a hot package right then; she looked good. Having originated a unique style, she was leading the field. Others had to learn and had a long way to go while young as she was, she was way ahead."

The media hype, the condemnation, combined with the emphasis on winning for what Debbie saw as all the wrong reasons, were too much.

Pugh recreates the scene: "Debbie felt there was a lot of pressure coming from different quarters: from the press — she was constantly in the news — television, radio, constantly interviewed, photographed. I think the world she was into just out of high school — her rural world and the dope scene and the phony plastic world of medals and 'you're only as good as you jump' and 'we're betting on you, baby, you're gonna make us a lot of money' — I think her whole mind and being, her spiritual being, revolted against this. She just felt, so what? Here's this other world that for her was just as important if not more important."

6'1 1/4. Early in '72, Debbie just picked up and moved to England where she continued to train a bit. But she didn't escape her image. Barefoot and braless, she was labeled the hippie high jumper from Canada.

Feeling she was still good enough to compete, she decided to go to Munich because she'd never participated in the Olympics. But she also resolved that this was the end. At Munich, she placed eighth, dusted herself off, and dropped out. Her close friend Patty, a veteran of international competition, was convinced that Debbie had left track forever. But her coach, though shaken too, had a different feeling.

"She has only ever jumped when she wanted too and for the reasons she alone can bring. There's no way you're going to say, 'Now come on, let's get down to it, you've got to do it.' It doesn't work with her at all. Quite right too.

"But at the same time, she has a strong

sense of unfinished business. I don't think Debbie can rest completely until the thing is done, whatever it is. It would rankle inside her."

If Lionel Pugh wasn't convinced Munich was the end, he may have been the only one. Debbie felt thoroughly alienated from her everyday self by a cacophony of one-dimensional images: the goody-two-shoes, the high-flying-hippie, even the star athlete. With the example of her father before her, she rejected an identity tied to one occupation or activity. And she wanted to make her own decisions.

(In her best theatrical voice): "I fled for my life." She abandoned a general arts course at U.B.C. until she could decide what she really wanted. She quit taking drugs; it had become too artificial. Debbie maintains she never had a bad trip, but she became convinced that the core of the drug high, the sense of awareness and openness, was attainable without drug itself. "I felt I could reach it in my day-to-day life. It was like (tongue in cheek) the long trek."

Debbie Brill was born on March 10, 1953, at Mission, BC. She is 1m765 tall and weighs 59kg. She competes for Vancouver Olympic Club, but has represented Pacific Coast Club (USA) in invitation meets since December 1977. She has been coached for many years by Lionel Pugh.

Her early progress was as follows:

Age	Year	Jump
12	1965	1m32
13	1966	1m41
14	1967	1m63
15	1968	1m705
16	1969	1m725

She first broke the Canadian record in 1970, and her progress since is best indicated by the changes in the record since that time.

In fact, she hitchhiked through the Canadian and American west coast: Los Angeles, Santa Barbara, Death Valley, Nevada, Oregon, Vanderhoof, B.C., Boston Bar. She sings out the list of places, her voice rising and falling. Hitching was the way she traveled then — except for a month and a half when her sister Connie toiled down to California with her in her '57 Hillman. Other times, she took her orphan dog, Orphy, along.

"I was never afraid. In a way I'd given up, I was tired, and not hanging on to anything specific." An instance of "freedom is just another word for nothing left to lose" as the song goes? "Yes. But the travel was incidental, it was just new input. I was learning." When she needed money, she took odd jobs. She met a lot of people in the towns she visited, but would not get close to anyone. "I wasn't cold, but I was always in transit. I was going somewhere or nowhere; I wasn't staying though."

In Boston Bar, she lived with an Indian woman and her two children while she worked as a dishwasher in the hotel. Then she moved to a small cabin herself where she fell sick, blacking out every time she stood up. Her sister came to rescue her.

00. By mid-'73, after a year of drifting, Debbie felt a sense of introspective exhaustion. "I couldn't search any more. But it's like when you relax a little, all the things that you've been working at, all the answers that you've been jamming, suddenly come through and the puzzle falls easily into place."

Nurturing her new-found sense of self-understanding, she felt ready for a personal commitment to someone. And that summer, while visiting her parents in Maple Ridge, she met Greg, the man she lives with today.

Debbie has a near-spiritual view of relationships. Once you've matched a certain batch of characteristics with someone, like upbringing and outlook, you need look no further. He may not be the best in the world, but for you there is no one better.

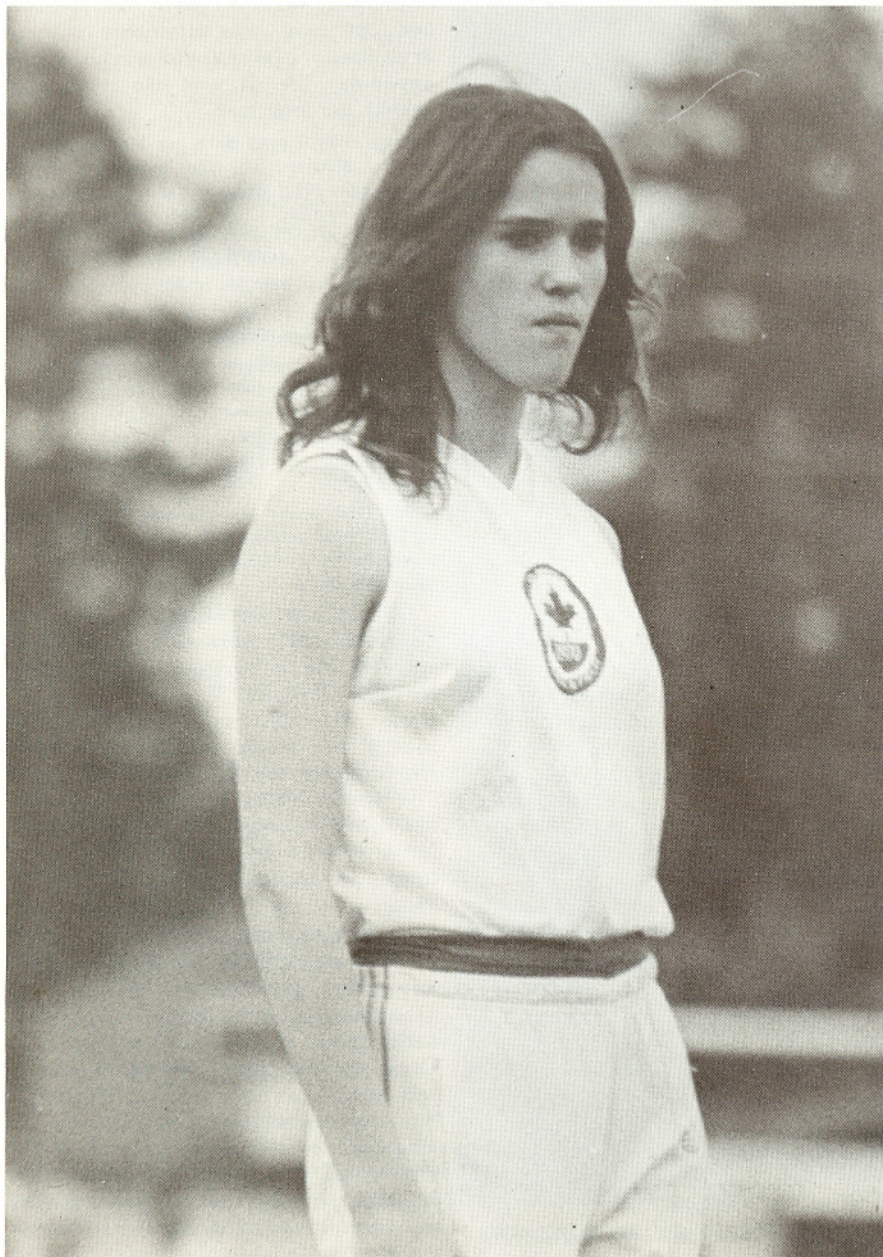
A new journey started. She and Greg drove around B.C. together, living in a number of places, tiny cabins in the bush, getting to know each other. Early in '74 Debbie became pregnant. "I would never have predicted my reaction. When the doctor told me, I cried for three hours. Everything, the implication of it all just hit me. I knew Greg wasn't ready for that and although I didn't want to undergo an abortion, I wasn't prepared to have a child either."

Debbie was sick every day for the next three months. Her tall frame withered to 119 lbs. Then she miscarried. She felt

neither relief or sadness, but a sense of inevitability. But her body was run down and for a long time afterwards, susceptible to illness.

That April, her brother was killed in a car crash. "It was a very strange year, traumatic. Things seem to happen in bunches." The hit-you-when-you're-down idea? No, strangely enough, Debbie didn't feel down despite all that had happened. "My brother dying was one of the hardest things I've ever had to go through, but I was all right, I felt good that year. In June, I started back in track."

6'1 1/2. There was a sense of unfinished business on the field, but Debbie faced several obstacles. She hadn't done any exercise in two years. Absolutely nothing, she emphasizes. And there were old traps waiting. Starting again, she felt like a little kid, nervous about a now-un-



Evolution of world women's high jump record

First record officially recognized by the IAAF was Shiley's 5'5 in 1932. Earlier marks are best known performances verified by track historians. Only marks which improved the record are listed.

4'0	Brownlow (USA)	1895
4'0 1/2	H. de Graff (USA)	1900
4'0 3/4	Merrill (USA)	1901
4'2 1/4	A. Wood (USA)	1903
4'2 1/2	Banson (USA)	1904
4'5 1/2	Helen Aldrich (USA)	1905
4'7 1/2	Carolyn Hale (USA)	1910
4'8 1/4	Miriam Heermans (USA)	1911
4'9	Anneliese Finn (Ger)	1921
4'10	Doring (Ger)	1923
4'10	Ivy Lowman (GB)	1922
4'11 1/2	Doring (Ger)	1923
5'0	Phyllis Green (GB)	1925
5'2	Ethel Catherwood (Can)	1926
5'2 1/2	Marjorie Clark (RSA)	1927
5'3	Ethel Catherwood (Can)	1928
5'3 1/4	Caroline Gisolf (Holl)	1928
5'3 1/2	Jean Shiley (USA)	1930
5'5	Jean Shiley (USA)	1932
5'5 1/2	Jean Shiley (USA)	1932
5'7 1/4	Fanny Blankers-Koen (Holl)	1943
5'7 1/2	Sheila Alexander-Lerwill (GB)	1951
5'8 1/4	Aleksandra Chudina (Sov)	1954
5'8 1/2	Thelma Hopkins (GB&NI)	1956
5'9	Iolanda Balas (Rom)	1956
5'9 1/4	Mildred McDaniel (USA)	1956
5'9 1/2	Cheng Feng-yung (China)	1957
5'10	Iolanda Balas (Rom)	1958
5'11	Iolanda Balas (Rom)	1958
5'11 1/4	Iolanda Balas (Rom)	1958
5'11 1/2	Iolanda Balas (Rom)	1958
6'0	Iolanda Balas (Rom)	1958
6'0 1/2	Iolanda Balas (Rom)	1959
6'0 3/4	Iolanda Balas (Rom)	1960
6'1 1/4	Iolanda Balas (Rom)	1960
6'1 1/2	Iolanda Balas (Rom)	1961
6'2	Iolanda Balas (Rom)	1961
6'2 1/2	Iolanda Balas (Rom)	1961
6'3 1/4	Iolanda Balas (Rom)	1961
6'3 1/2	Iona Gusenbauer (Aut)	1971
6'4 1/2	Yordanka Blagoyeva (Bul)	1972
6'4 3/4	Rosemarie Wirtschas-Ackermann (DDR)	1974
6'5 1/4	Rosemarie Wirtschas-Ackermann (DDR)	1976
6'5 1/2	Rosemarie Wirtschas-Ackermann (DDR)	1977
6'6 1/2	Rosemarie Wirtschas-Ackermann (DDR)	1977
6'7 1/4	Sara Simeoni (Ital)	1978

familiar situation.

Yet again it came easily: Debbie made it easy. She didn't handicap herself with notions of having to prove herself or to stage a dramatic comeback. Training informally on her own or with Greg, she started jumping again, entering meets locally to face the public.

Even she was stunned by how quickly she hit the top again. It was as if everything had stood still for those two difficult years. By the end of 1974, she was first in Canada and sixth in the world.

6'2½. That fall she also went back to college, enrolled in biology at the University of Victoria. At the end of 1975, now fourth best jumper in the world, Debbie teamed up with Lionel Pugh again to work on her technique in preparation for the Olympics in Montreal.

6'2¾. Everyone agreed that six months was insufficient preparation time. Down in Santa Barbara, California, from January to June 1976, it was also the first daily, comprehensive, goal-oriented training program she'd ever undertaken. Her strength and overall fitness improved greatly and although the coaches felt its real benefits would only be realized in '77, Debbie was Canada's top hopeful in the women's Olympic high jump that July.

Of the final workout in Montreal, Pugh recalls: "We did a rehearsal of the qualifying competition, and she was absolutely bloody superb! We all agreed: 'There you are, she's made it, she's got it all together at exactly the right time.' And she was clearing six feet (6'4¾) by miles. When she left the final rehearsal, I said quite honestly she can jump 6'4¾, and that can win. Certainly I was hoping for a medal."

Debbie was hoping too, but in a pre-Olympic interview, she emphasized she was still setting her own priorities. "Winning or losing isn't that important. Sure, I'd like to do well and I'll try to do the best I can, but the Olympics are not the reason I'm in track."

"The Olympics are there so I'll compete. Whether I finish first or fifth, a certain afternoon in July won't be the peak or end of my career."

It was a disaster. Debbie failed to make the qualifying height, missing all three tries at 5'9. Pugh was devastated; Debbie was incredulous. "It seemed like a practical joke more than anything; it was absurd."

She was instantly swamped by reporters. Some seemed upset by how well she accepted defeat. "Of course I was disappointed, but they seemed to think I should be suicidal, that I should have cared so much that I wanted to just die when I didn't do well."

6'3¼. We're at a party on the lawn be-

hind Patty Loverock's house. Of the 20-odd people present, Debbie and Patty are the only athletes. Their friends are from outside track circles, although at the moment everyone's joking about plans for an X-rated sports movie to be called "Track Meet — that's m-e-a-t."

Greg lounges on the grass: friendly, open, knowledgeable, and serious. "Sure Deb felt terrible at the Montreal Olympics, but she didn't let it show."

Here's a chance to corroborate a romantic apocryphal story I've heard. When Debbie was on a European tour, flowers awaited her at every stop. Was that true? "Oh yes," he smiles. "I used to wire her a few things. That was her first big trip, the first time we were apart, and I missed her a lot."

Like many comfortable couples at a party, both Debbie and Greg spend most of the time engaged in conversation with other people. Debbie introduces Greg to an expert in fly fishing she's been talking to and then slips away.

Greg is a fly fishing aficionado. "Deb and I do some still-water fly fishing, but throw back the catch. We do it for the challenge of outsmarting nature, not to kill it."

The only opponent Debbie feels pitted against is Debbie Brill. "It's that striving for better and better." And she'll continue to jump not until she stops

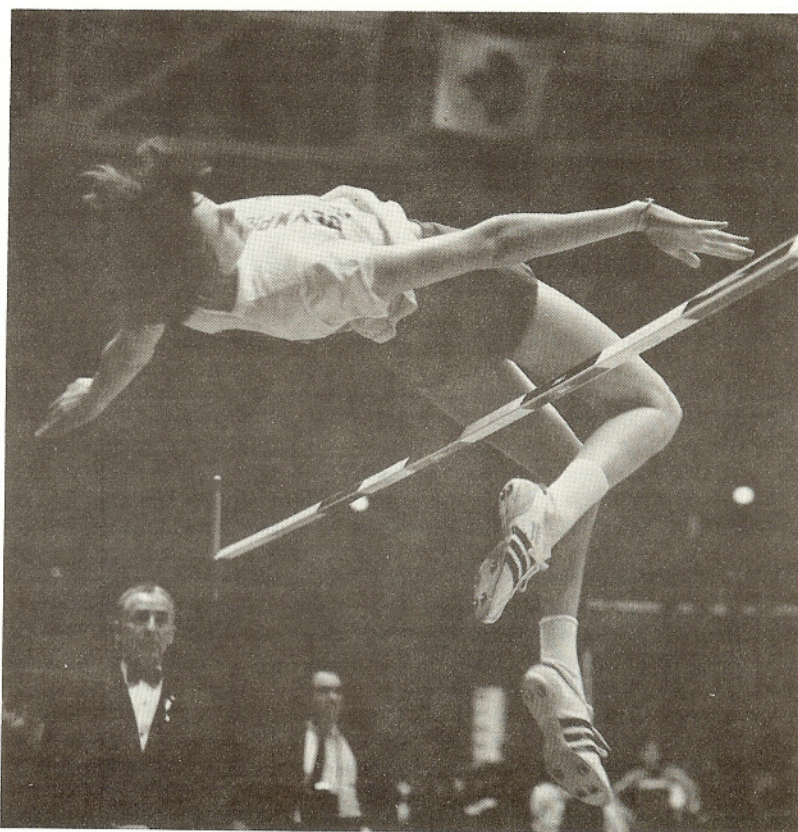
winning, but when she feels she's jumped as high as she can.

In 1977 Debbie came second at the World Student Games and third at the first World Cup.

This past Thanksgiving, she was riding through the Kettle Valley with Patty. As they stood in an aspen grove, yellow with tamaracks, suddenly the sun burst through. "We don't miss track when we're living like this. So why do we go back to track?" they asked each other.

"Because track makes me think about how I live," asserts Debbie, completing her own dialogue. "I'm presented with so many new situations to deal with that it forces an awareness." She likes the balance of country and world travel: one seems to make the other possible. But then she launches into another anecdote to answer the question I haven't asked yet.

"And we were at the Vancouver Game Farm a few weeks ago, enjoying the little goats dashing around when this elk appeared, strong, confident, with a real sense of himself. It made me sad because so few people have that dignity. And I realized that the only time I have it is when I'm walking out on a field, knowing that I'm really good at something." (ED. NOTE: At World Cup II in August, Debbie Brill won her event with a jump of 6'5½, third best jump in history.)



STARTING

by Vince Reel

General Information

Remember, a fast start is not necessarily a GOOD start . . . Fast starting is not a mere matter of quickness in removing the feet from the blocks. Rather it is MAXIMUM VELOCITY AT 15-20 YARDS that is desired . . . Although the rear leg develops considerable more force than the front, the latter contributes twice as much to the velocity out of the blocks because its impulse has a longer duration . . . There is little doubt that the most important factor in starting is to obtain the greatest power from the blocks by exerting maximum, explosive pressure with BOTH feet against BOTH blocks . . . The best position from which to exert foot force is a medium foot spread with the hips 3-4 inches higher than the shoulders . . . Don't try to beat the starter. A good starter won't let you, and a false start puts you out of the competition or at the mercy of your opponents . . . Once a sprinter gains an advantage over his opponents, he need run only as fast as the others to win.

"On Your Marks"

Back into the blocks. Put the front foot on its block first, then the rear foot on its block . . . Hands behind the line, shoulder-width apart, shoulders in advance of the hands . . . Elbows should be straight to elevate the shoulders to full arm length . . . Palms of the hands do not touch the ground . . . Fingers spread in tripod fashion, thumbs pointing toward each other . . . Body weight distributed on the hands, the front foot and the knee that is on the ground. Don't settle back on your haunches, but keep the hip point of the back leg directly above the knee (see diagram) . . . Keep each knee directly in front of the foot of that leg . . . When on your marks, set your mind but relax your body.

"Set"

The "set" position is easily obtained by raising the knee of the rear leg to a position in which the rear shin bone is just slightly above parallel to the ground . . . If the position of the rear shin bone is correct, the height of the hips and the angle of the back will take care of themselves . . . One of the biggest faults in starting is getting the hips (back) too high

or too low. The back should be flat — not rounded — or the power-line will be destroyed during the initial drive . . . If the hips are too high, the forward momentum at the gun is directed DOWN toward the ground and not forward . . . Raising the hips too high will straighten the legs and take much of the power out of the start . . . Shoulders are advanced beyond the starting line and ahead of the hands; otherwise momentum and energy are directed BACKWARD at the gun . . . If the arms are spread too far apart in the set position, or if placed in a bent position, the chest will be too low, necessitating extra effort in coming to the running position . . . Raising the head to look down the track in the set position strains the neck muscles and tightens the shoulders, making arm swing difficult; this in turn keeps the feet from moving rapidly for they move in coordination with the arms . . . Drive both feet hard into the blocks when "set" . . . The athlete must remind himself constantly to drive into the blocks. This is especially true in actual competition. The athlete who becomes too concerned with a quick start may forget to apply maximum pressure to the blocks.

"Go"

Do NOT think about the gun; attention is focused on the act of starting rather than the report of the gun. Concentrate on the forthcoming ACTION and not upon the SOUND. There are two types of reaction to a stimulus: 1) Automatic and 2) conditioned. If the athlete concentrates on the sound of the gun, then the gun must be fired before he can react since he has CONDITIONED his mind to this stimulus. If the athlete's mind is concentrating on the forthcoming ACTION while he is in the "set" position, then the slightest sound will cause an AUTOMATIC reflex and he will start moving a fraction of a second sooner. Reaction time to conditioned stimulus is 0.225 seconds. Reaction time to automatic stimulus is only 0.120 seconds — one-tenth of a second means an extra 2-3 feet at the finish line . . . Slow and fast sprinters do not differ significantly in the length of time the back foot stays on the blocks. But the fast sprinters do build up greater

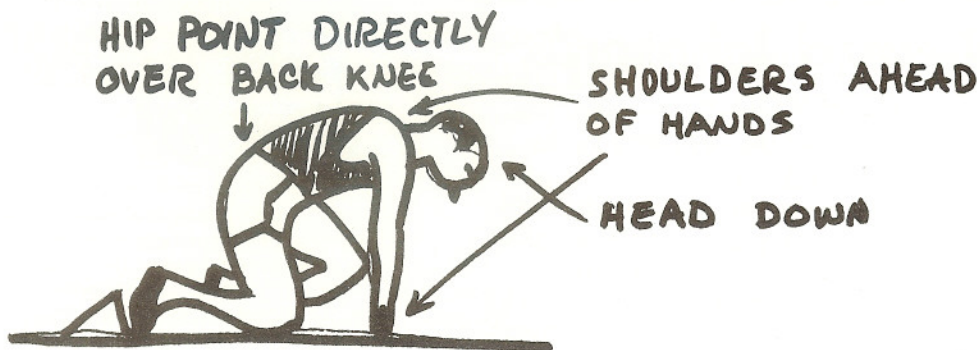
force more quickly than do slow sprinters . . . The movement desired is an extremely vigorous pushing action . . . Attempt to lead with the knees during the first few running strides . . . Bring the rear knee straight forward without lifting it, and drop the rear foot (the first step) wherever it naturally happens to fall. Don't reach and don't chop . . . Most important is a full leg extension of the front leg with the foot on the block, pushing, as long as possible. Don't "jump" off the block with a bent knee.

The first step at the start should be the shortest step of the race — BUT remember, don't chop to make it short. Be natural and the first step length will be correct. When trying to get up speed quickly, you must emphasize a PUSHING force with the legs and feet BEHIND your hips. If a long step is taken, the leg and foot shoot out in front and there is a small amount of time lost while the body catches up and once again gets the leg in a pushing position. The length of the first stride is too long if the ankle is brought ahead of the knee, forcing the power UP rather than FORWARD . . . A very long first step checks forward momentum and a very short first step causes a loss of balance . . . It is a mistake to break into full stride the moment you leave the blocks. This tendency diminishes speed just as if you started an automobile in high gear . . . Lean FORWARD, not UP . . . Let the body "fall" off the blocks the first 10-12 yards.

During the first 5-6-7-8 strides from the blocks, the LOWER arm (elbow to wrist) should be swung PARALLEL to the ground. This keeps the hips down and prevents straightening up too quickly. The arm action is a pulling BACK of the elbows, thereby creating power and forward movement much in the manner of a jet engine in a plane. First 5-8 movements of the arms are extremely fast. After mastering the various phases of the start, try placing the right hand (for an individual who has his left foot on the front block) four to six inches BEHIND the starting line. This gives the sprinter a shorter distance for the hand to travel to reach the hip before starting its forward movement — saves a fraction of a second.

(continued on page 42)

"ON YOUR MARKS"



"SET"



HEAD DOWN
SHOULDERS AHEAD
OF HANDS.

RAISE BACK KNEE SO
THERE IS A SLIGHT ANGLE
FROM KNEE TO ANKLE

BACK LEG MUST BE BENT

PRESSURE WITH BOTH
FEET AGAINST BOTH
BLOCKS AS HARD AND
AS LONG AS POSSIBLE

"GO"

PUSH AGAINST BOTH BLOCKS - HEAD
DOWN... BACK KNEE MOVES STRAIGHT FOR-
WARD... OPPOSITE HAND MOVES FORWARD
WITH LOWER ARM PARALLEL TO GROUND.
... PULL ARMS BACK.

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MEDICALLY (continued)

The time required for warming up should be at least 10 to 30 minutes. Most runners can spare at least 10 minutes.

Another point to keep in mind is that the older you are the more important stretching exercises are for you. After age 30 the muscles tend to be tighter. Unless stretching is done, injuries are more frequent.

Remember, start slowly — stretch slowly and don't overstretch! The preparatory time you spend will lessen the rate of injury and will improve performance and satisfaction.

A Comparison of Starting Styles

(Results of tests conducted at Sports College in Canada by "Research Guide"). Thousands of starts were taken by students at the Sports College and two major American Universities and the charts below show a simulated race of the average results of all these starts — each individual was electronically clocked at 5, 10, 15 and 20 yards. Each individual ran five times with a bunch start, five times with a medium spacing and five times with a long foot spacing using pressure on the front foot only, repeated with pressure on the rear foot only and repeated once again with pressure by BOTH feet. Results show that no matter what the foot spacing, when pressure was concentrated on the front foot only, the athlete apparently got away faster than with any other technique. At five yards these runners had the fastest times. BUT when the athlete started with a MEDIUM spacing and concentrated on pressure by BOTH feet against the blocks, they turned in better times at 20 yards and beyond. Conclusion, the best starts is the medium foot spacing with concentrated effort on pushing both feet against the blocks as hard as you can and as long as you can. You may be behind at 5-10-15 yards, but you have maintained your body balance and you will be moving ahead at 20 yards . . . You should not be upset when other sprinters are ahead of you during the first few yards, for unless the others are using the same type of starting technique, their body balance and control will decrease after travelling 8-12 yards . . . Invariably, athletes using ANY type of start, started more slowly when they concentrated on pressure against the blocks by both feet, BUT THEY ARE RUNNING FASTER SLIGHTLY AFTERWARDS . . . This diagram shows a theoretical race of one man running against himself using the three types of foot spacings and pushing against BOTH blocks as long and as hard as possible.

	YARDS	5	10	15	20
BUNCH		—	—	—	—
MEDIUM		—	—	—	—
LONG		—	—	—	—

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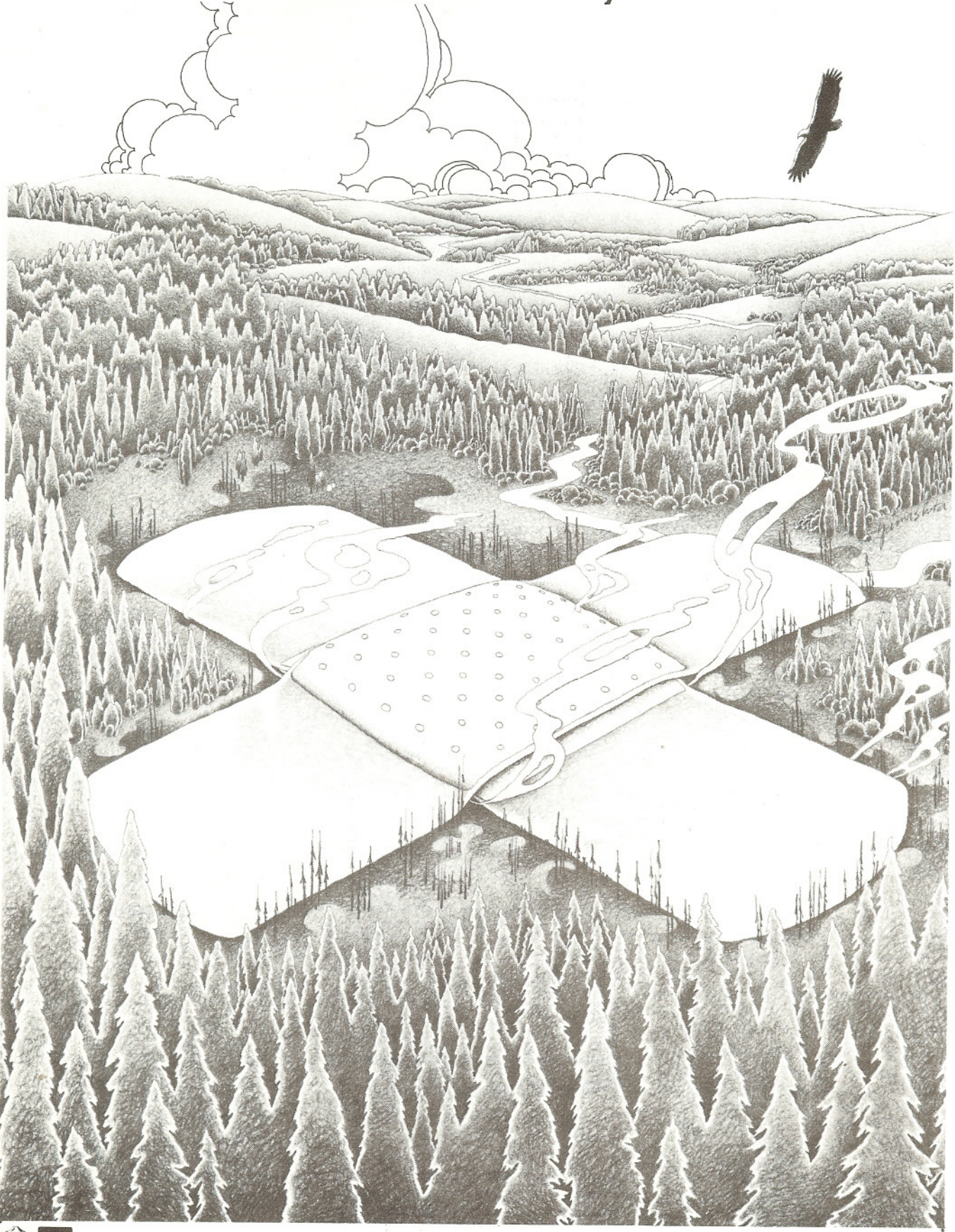
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USA/USSR/Canada Pentathlon

by Richard Ede

Quebec, Canada, August 11 — Twenty-two year old Yekatrina Smirnova led a four-place Soviet sweep of this triangular meet as she came within 0.4 seconds of a world record. Scoring 4834, only five points off the current record, Smirnova's 2:14.4 in the 800 was only 0.4 off the necessary 2:14.0.

Just three weeks after her 4770 victory in the Spartakiade, the small (by recent pentathlete standards) Russian opened up with a 12.95 in the hurdles (with a 3.4 mps "aiding" wind) and was never headed. Nadyezhda Karyakina edged Jane Frederick in the same hurdle flight, 13.57 to 13.77. It was obvious from the middle of the race that the trailing wind hampered the larger Frederick, but Smirnova was phenomenal. In the shot, where Frederick hoped to put the pressure on her rival, Jane indeed led at 14.55 (55'3") but gained precious little distance on Yekatrina who responded with 14.36 (54'7½"). The top two positions were reversed in the high jump 1.80 (5'11") to 1.78 (5'10"), but the long jump decided the outcome as Smirnova flew 6.78 (22'3") on her first jump while Frederick, hampered by a sore foot and an early closure of the pit which limited her to one run-through, managed only 5.84 (19'2"). Karyakina was second at 6.35 (20'10") while Canada's Jill Ross, after two fouls, hit a fair jump with absolutely no board to spare and traveled 6.28 (20'7¼").

With her painful foot and only a 47 point lead over Karyakina for third place, Frederick opted to withdraw from the competition. The meet doctor's preliminary diagnosis of floating bone chips in the foot confirmed her withdrawal. The only drama left was whether Yekatrina could run a 2:14.0 on the gusty winds. Surprisingly, only a handful of pentathletes and coaches were aware of the drama of the moment since the meet announcer, apparently feeling such an announcement to be a form of encouragement, kept the 3500 spectators at Universite Laval in the dark until the close of the event. Smirnova just missed the necessary time, but Karyakina ran 2:12.1 to pass Tatiana Shlapakova into second, 4497 to 4834.

Smirnova's domination of the North Americans was so awesome that her four-event total (3971) surpassed the five-event totals of all but her teammates (including Galina Odnovorkina — 4209), Ross (4183) and Karen Page (4129). Page, a New Zealand citizen, now lives and trains in Canada and competed for Canada in this meet. She attends Utah State and placed fifth in this year's AAU Nationals representing Athletes International, a U.S. club.

The meet was as notable for those absent as it was for those present. Canada's Pan-Am Games champ, Diane Jones Konihowski was not officially scratched (due to a back injury) until the morning of the meet, although she was never physically present in Quebec. USA #2 and #3 finishers, Jodi Anderson and Linda Waltman, both declined the trip; Anderson to concentrate on long jumping and Waltman to finish course work and graduate from Texas A&M on the day of the meet. The young USA squad acquitted itself well through four events, leading the Canadians by 21 points. Jane Frederick's withdrawal seemed to have a negative psychological effect on the 800 meter performances (coupled with the wind and what seemed to be a late-summer lapse in conditioning in some cases) as the final team tally (unofficially, since meet organizers seemed unaware of the team nature of the competition) showed the USSR—18021, Canada—15862, USA—15145. Mary Harrington (Colorado State) led the U.S. with 3807 as the top four Americans were within 40 points of one another.

RESULTS

1. Yekatrina Smirnova (USSR) — 12.95, 54'7¼" (14.36), 5'11" (1.80), 22'3" (6.78), 2:14.4, 4834.
 2. Nadyezhda Karyakina (USSR) — 13.57, 45'7¼" (13.90), 5'4¼" (1.63), 20'10" (6.35), 2:12.1, 4497.
 3. Tatyana Shlapakova (USSR) — 13.95, 46'10" (14.27), 5'9" (1.75), 20'3" (6.17), 2:17.0, 4481.
 4. Galina Odnovorkina (USSR) — 14.32, 50'0½" (12.97), 5'6¼" (1.69), 19'0½" (5.80), 2:17.8, 4209.
 5. Jill Ross (Canada) — 14.25, 34'9½" (10.60), 5'4¼" (1.63), 20'7¼" (6.28), 2:12.7, 4183.
 6. Karen Page (NZ/Canada) — 14.39, 40'1¼" (12.22), 5'6¼" (1.60), 20'1½" (6.13), 2:18.4, 4129.
 7. Joanne Jones-Anderson (Canada) — 15.23, 41'11¼" (12.78), 5'4¼" (1.63), 18'9¼" (5.73), 2:34.9, 3821.
 8. Mary Harrington (USA/Colorado State) — 14.79, 33'9¼" (10.29), 5'6¼" (1.69), 18'3¼" (5.58), 2:28.5, 3807.
 9. Theresa Smith (USA/Sports West/Seattle) — 15.70, 30'10½" (9.41), 5'9" (1.75), 18'9¼" (5.72), 2:24.3, 3788.
 10. Susan Brownell (USA/U. Virginia/Hagerstown, MD) — 14.62, 35'1" (10.69), 5'5½" (1.66), 17'11½" (5.47), 2:29.7, 3783.
 11. Joan Russell (USA/ Santa Barbara, CA) — 15.81, 33'2" (10.11), 5'8" (1.72), 17'7" (5.36), 2:20.0, 3767.
 12. Maggie Woods (Canada) — 15.59, 35'1¼" (10.70), 5'8" (1.72), 18'3¼" (5.58), 2:32.9, 3729.
 13. Brenda Wilson (USA/Alamosa, CO) — 14.80, 31'10¼" (9.72), 5'6½" (1.69), 16'3¼" (4.97), 2:25.6, 3656.
 14. Sandy Cooper (Canada) — 15.00, 30'3½" (9.23), 5'5½" (1.66), 17'8½" (5.40), 2:31.7, 3604.
- Jane Frederick (USA/Los Angeles) — 13.77, 55'3" (14.55), 5'10" (1.78), 19'2" (5.84)—withdrew/injury.

First Decathlon

Ventura, CA, August 4/5 — Seventeen-year-old Ventura HS Senior Debbie Gelvin outpointed veteran Pentathlete Nancy Redican 5116 to 4942 in this experimental women's decathlon. Gelvin actually won only the flat running events (13.27 - 64.22 - 6:03.6) while Redican claimed the four events common to the

pentathlon (4.65/15'3" LJ - 10.05/32'11¼" SP - 1.77/5'9¾" HJ - 16.27 100mH). Liz Rudolph, another Ventura HS senior, claimed the discus (21.86/71'8") and javelin (26.30/86'3") while Terra Dobroth, daughter of meet director and high jump great John, led all vaulters at 2.25/7'4½".

Redican, now competing for Club International, led at the end of the first day 3267-2998, and widened her lead with the hurdles. When the unfamiliar events (to all the athletes) began, the fireworks began. With each event over the two days preceded by a short clinic in the event for the novices, some rather unorthodox styles appeared. Strangest of all to the women was the pole vault, which only Dobroth had spent any amount of time practicing. With the event starting at 1.25 meters (4'1½"), nearly everyone had a shaky start. As the event progressed and the athletes began to catch on, they showed definite promise. An interesting note is the fact that Redican actually vaulted 22 cm. lower than she had high jumped the day before, in setting a stadium high jump mark.

Meet director Dobroth hopes to make this decathlon an annual event in Ventura, with next year's edition following the Olympics sometime.

1—Debbie Gelvin (unatt/Ventura), 100m, 13.27; LJ, 4.54/14'10¼"; IK SP, 7.54/24'9"; HJ, 1.52/4'11¼"; 100m, 64.22—first day 2998; 100H (33"), 16.32; DT (1 kg), 17.20/56'5"; PV, 2.05/6'8¾"; JT (600g), 22.90/75'1"; 1500, 6:03.6e—Points—5116.

2—Nancy Redican (Club International), 100m, 13.52; LJ, 4.65w/15'3" (3.99 legal); IK SP, 10.05/32'11¼"; HJ, 1.77/5'9¾"; 100m, 69.92—first day 3269; 100H, 16.27; DT (1 kg) 20.84/68'4"; PV, 1.55/5'1"; JT (600g), 21.14/69'4"; 1500, 7:16.9e—Points—4942 (4783 non-wind).

3—Liz Rudolph (unatt/Ventura), 100m, 14.72; LJ, 4.20/13'9¾"; IK SP, 7.74/25'4¼"; HJ, 1.42/4'8"; 100m, 74.96—first day 2334; 100H (33"), 19.86; DT (1 kg), 21.86/71'8"; PV, 1.95/6'4¼"; JT (600g), 26.30/86'3"; 1500, 6:19.7e—Points—4260.

4—Terra Dobroth (unatt/Ventura), 100m, 14.06; LJ, 4.20/13'9¾"; IK SP, 6.26/20'6¾"; HJ, 1.37/4'6"; 100m, 76.07—first day 2236; 100H (33"), 18.17; DT (1 kg), 21.30/69'10"; PV, 2.25/7'4½"; JT (600g), 22.64/74'3"; 1500, 6:53.6e—Points—4190.

Soviets Dominate World University Games

Mexico City — With many of the top athletes of the year retired for the season, the World University Games became a showplace for the Soviet athletes as they brought the only full team to these Games and completely dominated them. Using the usual scoring, the Soviets tallied 116 points to runner-up East Germany's 52 as most nations were content to send along token squads. The Russians also grabbed off the most medals with 11, far ahead of the five for the DDR team.

(continued on page 47)

HIGH SCHOOL TRACK *by Richard Ede*

In returning to these pages after a lengthy absence, we will try to hit on some of the highlights of this past season, and most of those highlights come in fours — as in relays:

Long Beach (CA) Poly's mile relay quartet sped national-record beating runs of 3:46.8 (5/24, Southern Sectional) and 3:46.3 (6/2, State) but you'll never see the marks in the record books as the sensational Howard family (Artra, Tina, Denean, and Sherri) demolished the old marks for San Geronio HS (San Bernardino). The sisters clocked 3:46.4 in their divisional final, 3:44.9 in the sectional (both on extremely fast ACI track at Cerritos College) then returned on a very slow dirt track at Sacramento to blast 3:44.1. All those marks came on 400 meter tracks converted to yards for the occasion. The slow dirt didn't seem to phase Gwen Loud (Westchester, Los Angeles) as she took the state 100 (yards) in 10.62, the 220 in a nation-leading 23.45, long jumped 20'4¹/₂, and anchored Westchester's 47.20 relay. Sherri Howard was somewhat of a phenomenon herself. The Alaska 100/220/440 champ in 1978, she and her family moved to Southern California and immediately powered San Geronio to national prominence. Choosing to skip the state 220 this year, Sherri ran second to Loud in the 100 (10.80) and blitzed the 440 (53.65). Despite the powerful family, plus established sprinter Brenda Winston, San Geronio was a mediocre dual-meet team, often scoring no more than 40 points after the five stars won 100-880 and both relays.

The mile wasn't the only relay to show dramatic changes this year. Berkeley (CA) sped to an early-season 1:38.3 in the 4x200 only to watch that mark disappear as Ball (Galveston, TX) whipped 1:37.8 to edge Trimble Tech (Ft. Worth, TX) at 1:38.5.

Hurdles were spectacular this season, too, with the big name being Candy Young (Beaver Falls, PA). Young lowered the 33" mark many times this season, capped with her 12.95 at the AAU Nationals. Behind Young, Benita Fitzgerald (Gar-Field, Woodbridge, VA) flew a 13.69 to go with her national record 10.60 in the Atlanta Classic in the flat 100 yards.

Distances weren't a forgotten item in 1979 either as another Shea made her mark. Mary Shea (Cardinal Gibbons, Raleigh, NC) can no longer be said to be following in her sister Julie's footsteps. Mary clocked 10:03.5 (2Mi) in high school competition, then 16:13.7 (5000) and 32:52.5 (10000) for national bests in all three. The latter two marks will not go as high school records since they were in open competition. Mary also leads the nation in the 3000 (9:13.6).

Women's Track World

The field event news was Leslie Deniz. The Gridley (CA) junior flipped the discus 168'6 early in the year in high school competition and then whirled 175'10 in open competition.

Cross-Country Early Report:

Last year's number one-ranked team, Edison (Huntington Beach, CA) suffered an early season upset by league rival Palos Verdes in the Mammoth Mountain Invitational. The two Southern California powerhouses figure to run one-two as they go head on head in many meets this season.

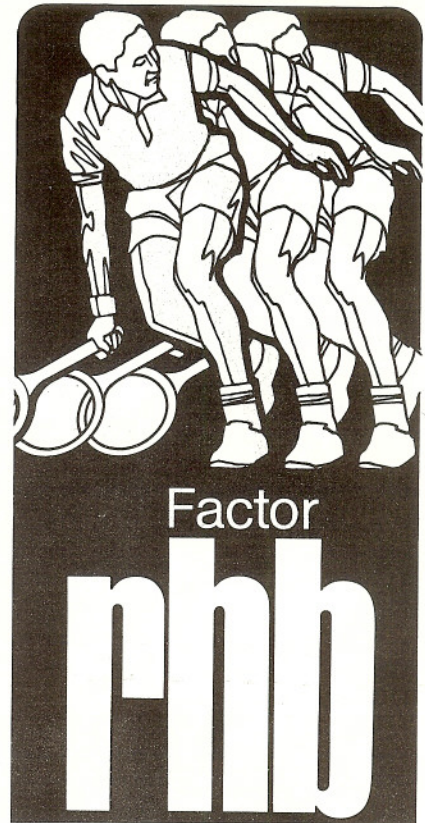
KALEIDOSCOPE: Tanya Alston (Chico, CA) won in the California high jump while lying in the training tent. Having jumped without a miss to 5'9 with Sue McNeal (Carlsbad) right with her at that height (one miss). Alston left to attempt the hurdles without warming up. The resultant hamstring tear left her watching as McNeal was not able to go higher.

UNIVERSITY GAMES *(Continued)*

Some good marks were recorded with the two East German sprinters, Marlies Gohr and Marita Koch clocking 11.00 and 21.91. Best marks on the field was Raduly's toss of 220'5¹/₂ in the javelin while Hungary's Matay leaped 6'4¹/₂ to win the high jump with world record holder Sara Simeoni third at 6'3¹/₂. Poland scored a 1-2 finish in the 100m hurdles and they did it without their two top hurdlers, Rabsztyń and Błecznyk.

RESULTS: **100.** 1—Koultchounova (SU) 50.35, 2—Bryant (USA) 51.35, 3—Brehmer (DDR) 51.59, 4—Prorotchenko (SU) 51.68, 5—Tarita (Rom) 52.69; **100H.** 1—Langer (Pol) 12.65, 2—Wolosz-Perka (Pol) 12.66, 3—Komissova (SU) 12.90, 4—Margoulina (SU) 12.99, 5—Baum (WG) 13.25, 6—Hightower (USA) 13.40; **800.** 1—Mouchta (SU) 2:00.5, 2—Virna (SU) 2:00.8, 3—Lovin (Rom) 2:00.9, 4—Gabriella (Ita) 2:01.6, 5—Prieto (GB) 2:03.3; **4x100.** 1—SU (Komissova - Anissimova - Prorotchenko - Kobotkova) 43.14, 2—Great Britain 43.26, 3—France 43.96, 4—Italy 44.32, 5—Poland 44.82. USA disqualified for two false starts; **200.** 1—Koch (DDR) 21.91, 2—Smallwood (GB) 22.70, 3—Goddard (GB) 22.76, 4—Rega (Fra) 22.80, 5—Briscoe (USA) 23.25, 6—Massulo (Ita) 23.41; **LJ.** 1—Stokane (SU) 22'3¹/₂, 2—Anderson (USA) 21'10¹/₂, 3—Skatchko (SU) 21'6¹/₂, 4—Vlad (Rom) 21'4¹/₂, 5—Anton (Rom) 21'3¹/₂, 6—Paas (WG) 21'0; **SP.** 1—Slupianek (DDR) 67'2¹/₂, 2—Knorscheidt (DDR) 66'9¹/₂, 3—Loghin (Rom) 63'8¹/₂, 4—Petrova (Bul) 62'9¹/₂, 5—Verdjinia (Bul) 61'11; **DT.** 1—Svetlana Meinikova (SU) 208'5¹/₂, 2—Jahl (DDR) 206'8, 3—Florenta (Rom) 194'6, 4—Nadedjda (SU) 193'4, 5—Manecke (WG) 188'1; **100.** 1—Gohr (DDR) 11.00, 2—Smallwood (GB) 11.27, 3—Goddard (GB) 11.32, 4—Lalherinne (Fin) 11.33, 5—Anissimova (SU) 11.39; **1500.** 1—Marescu (Rom) 4:13.9, 2—Dvirna (SU) 4:14.5, 3—Ilynych (SU) 4:14.6, 4—Gargano (Ita) 4:16.0, 5—Dorio (Ita) 4:18.0... 7—Merrill (USA) 4:27.5; **JT.** 1—Raduly (Hun) 220'5¹/₂, 2—Ivanga (Bul) 206'10, 3—Mayra (Cuba) 200'0¹/₂, 4—Sipova (SU) 192'7, 5—Virulina (SU) 188'11; **HJ.** 1—Matay (Hun) 6'4¹/₂, 2—Meyfarth (WG) 6'3¹/₂, 3—Simeoni (Ita) 6'3¹/₂, 4—Harnaek (WG) 6'2¹/₂, 5—Krawczuk (Pol) 6'2¹/₂, 6—Spencer (USA) 6'1¹/₂; **Pent.** 1—Smornova (SU) 4497, 2—Borlag (Neth) 4306, 3—Losch (WG) 4272, 4—Wary (GB) 4248, 5—Kouraguina (SU) 4239.

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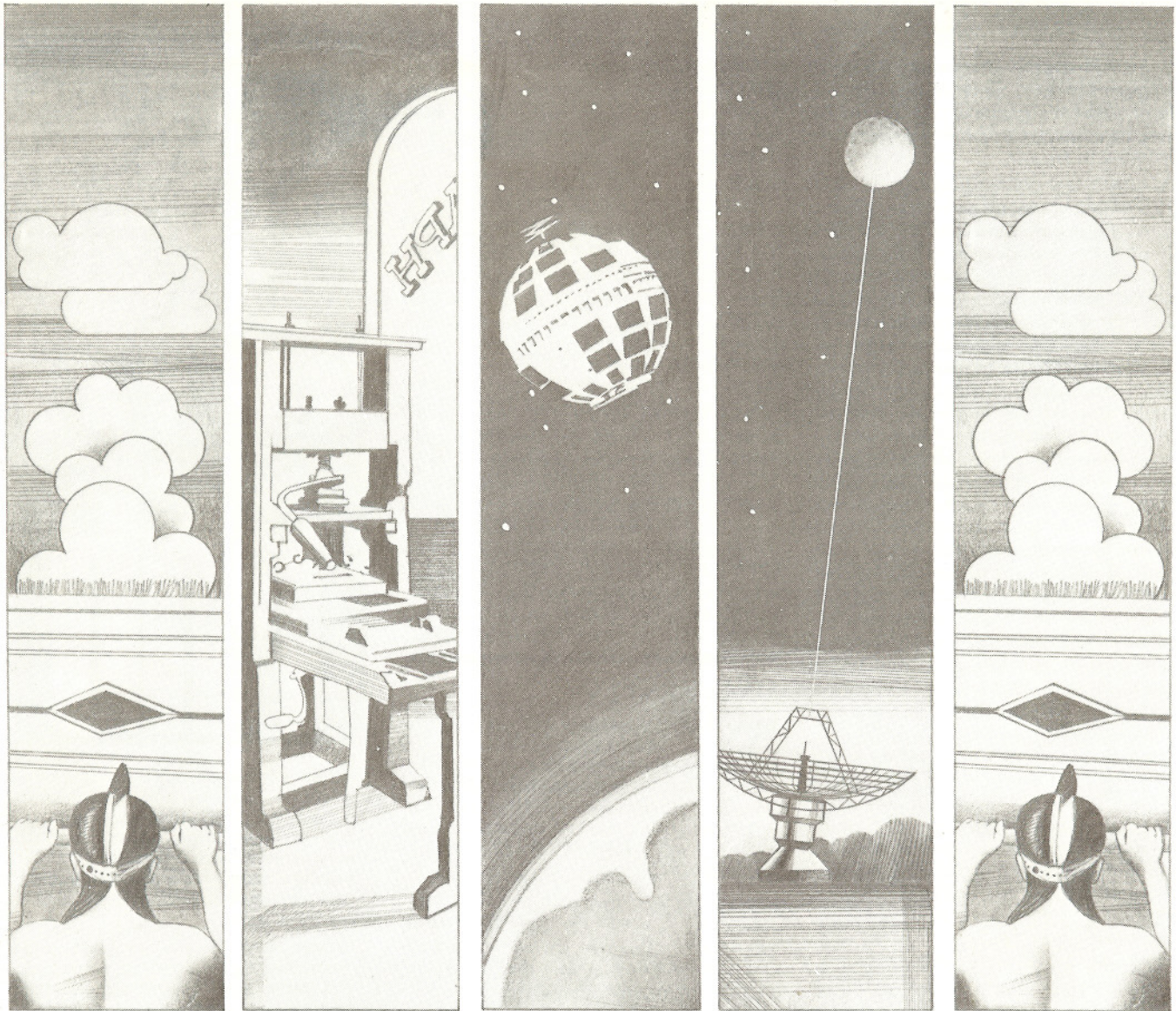
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