

Women's

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**PAM JILES
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REEL TALK

For the first time since the magazine was born in June of 1967, a major change is to take place. Handling the business end of the publication in addition to doing the other chores associated with such a publication all added to coaching at the University of Redlands simply did not allow time enough to do justice to all three departments. Therefore, WTFW is happy to announce that beginning October 1, Steve Wennerstrom will take over the duties of editor. I will remain as publisher and will assist him with other chores, but the magazine now belongs to him. No longer can the easterners stick pins into their Reel-doll. With Steve at the helm and devoting full time to the magazine, it can do nothing but improve. He is young, naive, willing and eager. He is also not afraid to call a spade a spade, if you will excuse the quotation, and will point out errors in much the same manner as the old editor did. We look forward to a great future for WTFW with this capable young man in charge. Congratulations to us for finding him!

We have been asked many times why the University of Redlands did not compete in the AIAW National Championships last track season. Not that our team would have threatened anyone for the team title, but our presence would have changed the scoring and probably kept UCLA from winning the title. We had only two athletes, both outstanding in the 880, mile and two mile and would have tallied between 12-20 points in these events. Why didn't we go? No, UCLA did NOT slip us a thousand dollar bill. Redlands began women's athletics just last September. As a new fish in the women's athletic pool, we joined every organization we could find, spending close to \$350 on dues. During the year we received invitations from the AIAW to compete in their volleyball tournament, their basketball tournament, their tennis, their swimming - everything. And so we entered the track championships, entries in, entry fees in, reservations made. Several days before we were to leave for Oregon, we got the word: You can't compete in the AIAW meet because you don't belong to the AIAW. And that's why we were not present and that's how come UCLA won the title over Prairie View.

I wish the story would end with that statement and everyone was happy ever after as we paid our money and became members of the AIAW. But no, that is not the case. During the months of July and August, our University made repeated efforts to join the AIAW. Our letters were not answered. In September we began phoning the office in Washington - not a cheap thing to do. I can't say how many phone calls we made, but our secretary says "many". Finally she contacted them on the phone and they promised to send us application blanks. That was two weeks ago. What's going to happen is that come next May when we send in our entries to the Nationals, we're going to get a repeat of last year's message: You don't belong to the AIAW. Tell me, how do you join these women's organizations?

VINCE REEL, Editor

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WHITE PLAINS EXPLAINS

A LETTER FROM BILL BURNS

(Editors Note:-Bill Burns was a member of the Official Family which staged the controversial 1975 National Championships at White Plains, New York. Fortunately I was not present at the Championships and can, therefore, merely report the various points of view which have come across this desk. As an impartial observer however, Mr. Burns' explanations remind me of a movie I once saw entitled "Caine Mutiny" in which the more Humphrey Bogart tried to explain away his problems, the more he hung himself. Burns' replies are printed here exactly as they came to this office.)

"Being involved in the AAU Junior and Senior Women's Meet at White Plains, I was in on much of the good and bad. Let's cover some of the items:

"1) Declarations. After sending in the entry form coaches are left with a page of entry information including information that declarations are to be made at Meet Headquarters, not at the Chamber of Commerce and were to be made by 11AM on June 23 for the Juniors and June 26 for the Seniors. We had made up sheets listing entries for each event with a column listing their entry time, the time carried by the national statistician and a column for noting that a person declared and the time on the declaration. From this, the heat sheets were to be done. The declaration telegraphed or mailed to the Meet Headquarters were to be held by one person who would transfer the names to a sheet for each event. This sheet was given to people who had the form giving entry time and national statistician's time and the time we entered and a note that they declared. Well, several of the declarations were mailed or telegraphed to the Chamber of Commerce rather than where they were supposed to go and an attempt was made to include these as a folder was kept on a desk for those that were sent there. Even though declarations had closed several hours earlier, declarations were still being received. Now you had gotten a sheet listing the declarations for your event and you were transcribing to your sheet the declaration and time while meanwhile declarations are still coming into the place and are not necessarily on the sheet you get due to the lateness of the declaration. You try to update and check for new declarations but sometimes things slip through the cracks. We got telegrams that were sent late, declarations sent with entries (and so to the wrong address), and possibly never noticed the mass of papers included in some entries, telegrams where people were listed (no times, etc) and then somewhere in the coding at the bottom of some were little items like "2 mile relay" about 2 inches after the signature. Many people never even knew that they had to declare and while I can see a high school coach who is used to scratching before the meet I can not see the screwup's by the AAU coaches who should be familiar with the procedures. The Chamber of Commerce is only a small organization (total of seven) and part of the problem may be due to the use of temporary help who may not be familiar with all the procedures and may be responsible for declarations in the drawer but it is sure hard trying to do the work necessary to come up with heat sheets when things keep coming in and due to trying to get everyone in. Even the next morning when we found out that there were errors we reseeded the heats where we found that we had made an error and missed someone. After a certain point you can make only certain adjustments and you got to the point where people had protests and Pat Rico had to make a decision (good or bad) even though it did not sit well with some people.

"Sections on Time. The question came up of one heat or sections. The feeling was that people could be run in one heat but that the field would be so large that people could in essence get buried in the pack and just be out of the race from the beginning, (on either a 6 or 8 lane track). By splitting it on time in essence, you tried to give people a chance to be able to get out of the pack and run their own race and to try and have people run in competitive sections based on their best times. Now this does cause problems (for people like Eryn, etc.) but Pat, Bob Seaman and the other people felt it was the best realistic but not ideal way to run the race. Setting qualifying times so high to get just 10-15 at most cuts down on what kids are trying for - to get in!

"Section Winners to the Final. The schedule as sent out did not talk to semi's for the relays so it was one team to the finals due to the large field. There were semi's in events like the 400 meters and of course good people did not make it to the final. Well, the question is not did you have the six best in the final. Do you ever have the best 6,8,9

Continued on Page 3

WHITE PLAINS EXPLAINS (Continued)

or whatever you have in the final. In any given race even if you go three semi's and pick 3 or two semi's and pick 4 you always have the question of people getting in who "made it only by luck because they were in the slow heat and people in the other heat could have beaten them anyway". This has been and always will be a question. No one ever wants to be in the slow heat when they pick for a final on time or in the fast heat when they are picking by place.

"Meet Headquarters. Dick Forbes says that Meet Headquarters should be where the majority of athletes were staying. It was decided to have Meet Headquarters at the White Plains Hotel and do the paperwork at the Chamber of Commerce one block away. This was decided because most people coming in from the airports would come in on the bus that stopped at the hotel and would be either staying at the hotel or transferring to other locations. This gave us one spot where people could register, sign up for tours, etc., most conveniently. The Chamber of Commerce was used for the paper work because the entries and most records had been kept there in setting the meet up, there was space to do the necessary work for seeding, the repro machines were there and the office staff had become familiar with the operation and it let you do the necessary things in a private place. Now we do not have a setup like some colleges where you can use one dorm for all the people and a nearby office complex for the paperwork but the setup was the best we could see under the circumstances.

"To Mrs. Walsh. As I told her at the meet, I know how she feels as a local girl I deal with was not declared and did not run after spending the whole year training. But she must imagine trying to set up seeding for heats (like for the 400 meters where her daughter's friend Ann was to be in) based on the entries (which would have early season times) only on the day of the meet finding that 20-30 percent of your entries may be scratched and that you must reseed the heats right on the field. It may work well to scratch on the day of a high school meet but it is an absolute necessity for a national meet as you never know if people are scratching or are going to be running in the events on the day of the meet as you can not contact all the entries.

"To Mr. J. Phizer. Yes, meals did present a problem for people and there is some mental problems involved. Remember time schedules are drawn up months before based on the number of entries in events for the previous year so that it may be included on the entry blank as a guide for coaches. When the entries run a large % over the previous years and you are running on less lanes you are just not going to keep the time schedule as printed. The Junior meet on the first day was over a good bit but the second day and the Senior meet was not that far off schedule.

"To Dave Miller. His girl was the 13th qualifier because in listing the top 12 they missed Mecklenberg who threw 44'2 and was the 4th qualifier. The fact that someone made the decision to go to 13 qualifiers should have been communicated to you and her. It may have been that it was only discovered at the morning of the second day and there was no time to get the info to you.

"As for the relay infraction, the officials were volunteers who gave of their time that was available in their schedule. We can not lock and chain an official so that he can stay around to answer questions even though you have the right to ask questions of him but this should have been on the day of the event before the end of the meet and as the mile relay was the last event on Friday and not hearing any arguments involving the decisions he made an official would naturally head home or to wherever he is going. Pat can replay a film to see if the official made the right call the day before but must go with it unless able to prove it wrong.

3000 RECORD AT UNIVERSITY GAMES

Rome, Italy, September 18:-Rumania's Natalia Andreisped to a new world record for the 3000 meters at the World University Games with a clocking of 8:45.09. Second, and also under the existing world mark of 8:46.6 set earlier this year by Norway's Grete Andersen, was Canada's ever-threatening Thelma Wright who was timed in 8:45.94. No other details are available at this time. Other results include:

LJ, 1-Nygrynova (Cs) 21'3 $\frac{1}{2}$, 2-Catineau (Rum) 20'9 $\frac{1}{2}$; SP, 1-Stoyanova (Bul) 62'3 $\frac{1}{2}$, 2-Loghin (Rum) 59'9; 100, Maslakova (SU) 11.31; 400, 1-Hageman (Fin) 51.80, 2-Kilmovica (SU) 52.25.... 8-Debra Sapenter (USA) 54.89. Full details next issue.

Cover photo by Don Chadez

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LETTER FROM MIKI HERVEY, Dallas

"In regards to the National AAU Masters T&F Championships held in White Plains, New York, on August 8/10, I'd like to report that the meet was very poorly run. The women's 200m was supposed to be two flights as finals by time. We all ran "all out" assuming the announcement was correct, only to be informed after the race that a final was to be inserted into the program later that day. Many other "unlisted" races were inserted at various times during the meet adding to the already lengthy delay originally caused by a poorly devised schedule.

"Most of the meet workers were unaware of these extra events, (such as a high school girls 880 relay), and consequently never had blocks at the proper place, etc., adding more delay to the already late schedule.

"What really capped it off, for the ladies at least, was the fact that the meet officials failed to get any medals or any sort of award for the women's events. Two marvellous ladies who journeyed from New Guinea and South Africa and were first and third in their events, returned home with absolutely nothing to show for their efforts. This is a real put-down of women athletes.

"The entry fee for this meet was \$5 per event. Certainly the winners and placers deserved at least a medal. The entry blank stated that medals would be awarded for the first six places - but the women received nothing in spite of the huge entry fee.

"Meet results were to be sent to every competitor, but they were not and so I am unable to send the results to you. There were a fine bunch of women competitors from foreign countries as well as the United States. Colleen Mills of New Guinea won the 200 in 25.8. The amazing Anne McKenzie of South Africa placed third in the 800 with a time of 2:23.3 - outstanding for a 51 year old woman.

"It was a friendly competition for the athletes as each of us seemed to have admiration for each other. It's the first place I have been lately where everyone remarked about how very young I am! At age 33, I was considered a "spring chicken" by most of my competitors.

"Hopefully the women's Master's program will gain steam because it definitely has value from which many people could benefit."

PAN AM TRIALS

Los Angeles, California, August 30/31:-Before the competition began, it appeared that the USA would be represented by a team of "second class" athletes at the Pan American Games in Mexico City. The top distance runners of the nation were conspicuous by their absence. Manning, Toussaint, Larrieu, Poor, Campbell, Armstrong, Julie Brown, Keyes, Koenig - all indicated they would not take part. But after the trials were finished, the cry went out, "Who needs them!" as great performances were turned in by Jan Merrill, Cindy Bremser and Judy Graham in the 1500, Kathy Weston and unsung Kathy Hall in the 800 and "Instant-Success" Sharon Dabney in the 400. In all other events, the top US performers were on hand and indications are the Americans will give the Canadians and the Cubans a real battle for honors come next October.

100 METERS: America's lack of a real top-notch sprinter was evident once again as Renaye Bowen looked best of all the short distancers in the trial heats. Bowen, running her best race of the year, won her heat into a 1.3mps wind in 11.5 to loom as the favorite in the final. Eliminated in the trials was Veronica Harris while National AAU champ Rosalyn Bryant barely squeaked into the final with a fourth place in her heat as did the National Junior champ, Brenda Morehead in the second heat.

Heat 1 (0.0), 1-Chandra Cheeseborough (TSUTC) 11.6, 2-Pam Jiles (New Orleans Superdames) 11.6, 3-Martha Watson (LITC) 11.7, 4-Rosalyn Bryant (MDYF) 11.7, 5-Sandra Howard (LBC) 11.9, 6-LaRoya Huff (SITC) 12.0, 7-Pam Riggs (Un) 12.0, Yolanda Rich (LBC) did not run.

Heat 2 (-1.3), 1-Renaye Bowen (Un) 11.5, 2-Rochelle Davis (TWUTC) 11.6, 3-Angel Doyle (KK) 11.7, 4-Brenda Morehead (TSUTC) 11.7, 5-Veronica Harris (Chicago St) 11.9, 6-Elaine Parker (ML) 12.2, 7-Terry Hopkins (MDYF) 12.3, 8-Mary LeBlanc (Crescent City) 12.4.

False starts by Doyle and Bryant preceeded the actual running of the final. Davis, the 1974 National Collegiate champ, was out of it after the first 25 yards as was Doyle and Bryant. With 30 meters to go, it was a three-woman race and whereas in the trials it was Bowen who spurred the final meters, today it was Jiles who swept into the lead and won by a small margin over Bowen and Cheeseborough. Third, fourth and fifth places were all credited with 11.5 in a tight finish.

FINAL (+3.2), 1-Jiles 11.3w, 2-Bowen 11.4w, 3-Cheeseborough 11.5w, 4-Morehead 11.5w, 5-Watson 11.5w, 6-Davis 11.6w, 7-Bryant 11.8w, 8-Doyle 11.9w.

200 METERS: No names were lost in the two trial heats and in spite of the fact 23.9 was fourth in the second heat and 24.0 won the opening heat, the eight best were in the final.

Heat 1 (-2.8), 1-Rosalyn Bryant (MDYF) 24.0, 2-Brenda Morehead (TSUTC) 24.6, 3-LaRoya Huff (SITC) 24.6, 4-Michelle McMillan (Atoms) 24.6, 5-Rosetta Birt (LITC) 24.9, 6-Bernadino Givens (NOS) 24.9, 7-Denise Pemberton (ML) 25.3, Terry Hopkins (MDYF) did not run.

Heat 2 (+0.4), 1-Pamela Jiles (NOS) 23.6, 2-Freida Cobbs (Berkeley East Bay TC) 23.8, 3-Chandra Cheeseborough (TSUTC) 23.9, 4-Theresa Montgomery (Baton Rouge) 23.9, 5-Pam Riggs (Un) 24.7, 6-Linda Cordy (Atoms) 24.7, 7-Valerie Milan (MDYF) 25.6, 8-Patty Frost (Horsehead TC) 25.7.

Rosalyn Bryant, the world record-holder for 220y indoors, was a more determined runner in this final than in the 100, but she tied up badly over the final 50 and finished out of the money. Once again it was Jiles, this time all alone, who won it all in 23.6, a three yard margin over Cheeseborough and Montgomery.

FINAL, 1-Jiles 23.6, 2-Cheeseborough 24.0, 3-Montgomery 24.0, 4-Bryant 24.0, 5-Cobbs 24.1, 6-Morehead 24.3, 7-McMillan 24.5, 8-Huff 24.5.

400 METERS: Only nine athletes showed for the 400, but trials were run which resulted in the elimination of only Geneva Stark of the New Orleans Superdames who recorded a time of 58.6! Debra Sapenter won the first heat in 53.4 but looked tight over the last 100. Upstart Sharon Dabney, with only four runners competing and all qualifying, took the second heat with a lifetime best of 52.9.

Heat 1, 1-Debra Sapenter (FV) 53.4, 2-Gwen Norman (SITC) 54.5, 3-Debbie Roberson (LATC) 54.7, 4-Kim Alexander (NOS) 55.6, 5-Geneva Stark (NOS) 58.6.

Heat 2, 1-Sharon Dabney (Clippers) 52.9, 2-Pat Helms (KK) 54.2, 3-Jarvis Scott (Premier TC) 55.7, 4-Wanda Nicholson (NOS) 55.9.

Helms in lane 8 went out fast in the final with Dabney not far behind and Gwen Norman making up the stagger on Sapenter by the time the field had gone 100 meters. At the 200, passed by the field in 25 seconds, it was still anyone's race and around the final turn all eight runners were still close enough to uncork a sprint and take it all. But it was Dabney who pulled out all the stops and ran away from them all with a lifetime best of 52.1 and the Number 4 spot on the All Time US List. Sapenter held on for second followed by Helms and Roberson. Dabney recorded her first 440 of the year on June 8 with a 56.5 clocking. She improved on June 25 to 55.2, then moved to 54.6 on July 4, 54.2 on August 17 and finally her two sparkling races at UCLA. As the saying goes, when she learns how to run that race, she's going to be a goodie!

FINAL, 1-Dabney 52.1, 2-Sapenter 53.2, 3-Helms 53.7, 4-Roberson 54.4, 5-Norman 54.6, 6-Alexander 54.8, 7-Scott 55.1, 8-Nicholson 56.8.

800 METERS: At first glance one was apt to say there was only one real half miler in the field - Kathy Weston. The rest of the eight-woman entry included such little known performers as Hall, Roulier, Blaine, Caldwell along with Vetter, Swegle and Susan Vigil. Weston went to the front soon after the gun, passed the 200 mark in 27.9 and then lead Hall and Vetter at the 400 58.3 to 58.4 and 58.5. Roulier moved into 3rd at the 600 post with Weston still in front by a tenth at 1:31.9. The Reno-based, California-club athlete pulled away slightly over the final 150 to win in a good 2:03.6 while Kathy Hall had her lifetime best at 2:04.2 in second spot.

FINAL, 1-Kathy Weston (WS) 2:03.6, 2-Kathy Hall (West Suburban TC) 2:04.2, 3-Cheryl Roulier (Falcon TC) 2:05.5, 4-Debbie Vetter (BRTC) 2:07.1, 5-Chris Caldwell (Peoria) 2:09.1, 6-Susan Vigil (Un) 2:10.4, 7-Liane Swegle (Falcon TC) 2:11.0, Robin Blaine (Atoms) did not finish.

TERI SABOL, LATC, wins Pan Am discus trials with her lifetime best of 165'9. (Don Chadez photo)



PAN AM TRIALS (Continued)

1500 METERS: With the list of absentees stretching from UCLA to Kansas City, no was prepared for the calibre of performance turned in by Jan Merrill, Cindy Bremser and Judy Graham. Jan ended up with a 4:10.6 clocking, moving her to the Number 2 spot on the All Time US list while Bremser's 4:13.8 advances her to the Number 6 spot and Graham's 4:15.1 puts her as the Number 8 performer of all time. Bremser had the lead at the 400, passed in 66.3, but Merrill took over on the next turn and was never headed, running an almost perfect race. At the 800, Merrill led in 2:15.2 followed by Gross, Bremser and Graham. With three laps gone, Gross had dropped from contention and Merrill led in 3:22.4. The New Jersey athlete covered the first 800 in 2:15.2 and the final 800 in approximately 2:13.7. Her final 400 was 66.6. Her lap splits were 66.8, 68.4 and 67.2. Far back in fourth was Iowa State's Peg Neppel who had placed second in the National 10000 meter championship just two days earlier.

FINAL, 1-Jan Merrill (AGAA) 4:10.6, 2-Cindy Bremser (Wisconsin TC) 4:13.8, 3-Judy Graham (SJC) 4:15.1, 4-Peg Neppel (Iowa State) 4:26.9, 5-Eryn Forbes (Portland TC) 4:27.7, 6-Margaret Gross (Nahville Whipets) 4:27.7, 7-Debbie Heald (Un) 4:29.4, 8-Doreen Ennis (Nutley TC) 4:29.6, 9-Paula Rose (BA) 4:36.7, 10-Brenda Webb (KS) 4:49.0.

100 METER HURDLES: The two trial heats gave evidence that the USA had only one real hurdler as Patty Van Wolvelaere won her trial easily with a legal 13.6, four-tenths better than runner-up Deby LaPlante. The second heat, wind-aided, saw a tight finish with three runners, Rhonda Brady, Pat Donnelly and Sonya Hardy all clocked in 13.7. Disaster struck in this second heat as Carol Thomson banged the second hurdle and did not finish. Janet Benford, Unattached from San Luis Obispo, also lost balance and did not finish.

Heat 1 (+1.4), 1-Patty VanWolvelaere (WWW) 13.6, 2-Deby LaPlante (Un) 14.0, 3-Karen Wechsler (Lawrence TC) 14.2, 4-Jeanine Shepherd (Gazelles TC) 14.3, 5-Sherry Ballew (TSUTC) 14.5, 6-Kim Herrman (DelSC) 14.5, Deborah Jacobsen (CCTC) did not run.

Heat 2 (+2.1), 1-Rhonda Brady (MHYF) 13.7w, 2-Pat Donnelly (LITC) 13.7w, 3-Sonja Hardy (BC) 13.7w, 4-Rosalind Anderson (Frederick TFC) 14.8w, Carol Thomson (DelSC) and Janet Benford did not finish, Janice Lester (LBC) did not start.

Anticipation in the final was over the battle for second and the trip to Mexico City, but it didn't take long for the complexion of the race to change as Van Wolvelaere nicked the first barrier and hit the second and found herself some yards behind the field - and it was a whole new ball game. Deby LaPlante, using the lead arm action of Annelie Ehrhardt, took advantage of her position and swept to a clear cut win in her season best of 13.5 aided by a 3.1 mps wind. The battle for second did develop into the most important result of the race after all as Brady, who must be credited with the worst hurdle form since Babe Didrickson, had a six-inch lead over veteran Pat Donnelly with only one-half meter to go, but Donnelly put on a patented lean at the tape and snagged the Mexico trip away from Brady, both clocked in 13.6w.

FINAL (+3.1), 1-Deby LaPlante 13.5w, 2-Donnelly 13.6w, 3-Brady 13.6w, 4-Hardy 13.8w, 5-Shepherd 14.0w, 6-Wechsler 14.1w, 7-Anderson 14.7w, VanWolvelaere did not finish.

HIGH JUMP: Ten jumpers, including most of the top US performers, gathered for this event. Four could manage only 5'4, but all the rest were 5'8 or better. The top three included old faithfuls Huntley, Spencer and Hackett with Huntley winning it at 6'0 over Spencer and Hackett, both 5'10. Huntley, who appeared to be rushing her jumps, did not try a higher height.

FINAL, 1-Joni Huntley (Oregon TC) 6'0, 2-Pam Spencer (Gt, Falls Roadrunners) 5'10, 3-Susan Hackett (Un) 5'10, 4-Louise Ritter 5'8, 5-Connie Dorsey (THTC) 5'8, 6-Missy Meeker (DelSC) 5'8, 7t, Karen Moller (DelSC), Becky Deetz (Un) and Cindy Gilbert (WWW) 5'4, 10-Cindy Sanberg (SJC) 5'4. Karen Krichko (Un) did not jump. Ritter represents Red Oak TC.

LONG JUMP: Martha Watson turned in a good series of jumps to win the event with her season best, a legal 21'4 $\frac{1}{4}$. Close behind was high schooler Kathy McMillan at 21'3 $\frac{3}{4}$ w, who achieves her great distances in spite of a complete lack of technique. Sharon Walker was third.

FINAL, 1-Martha Watson (LITC) 21'4 $\frac{1}{4}$, 2-Kathy McMillan (Un) 21'3 $\frac{3}{4}$ w, 3-Sharon Walker (Falcon TC) 20'8 $\frac{1}{4}$, 4-Cathy Newman (Iowa State) 19'7 $\frac{1}{4}$, 5-Willye White (ChiSt) 19'5.

SHOT PUT: Maren Seidler pushed her way through this event to annex her usual US win at 50'1 $\frac{1}{2}$. Biggest news was the lifetime best by runner-up Mary Jacobson whose 49'6 moves her into the Number 10 spot on the All Time US List - nudging out Cel Rutledge by $\frac{1}{4}$ inch.

FINAL, 1-Maren Seidler (MDYF) 50'1 $\frac{1}{2}$, 2-Mary Jacobson (Un) 49'6, 3-Marcia Macklenburg (Gazelles TC) 48'10 $\frac{1}{2}$, 4-Cel Rutledge (ML) 48'9, 5-Jan Svendsen (WWW) 48'0, 6-Ann Turbyne (Gilly's Gyn) 46'10, 7-Emily Dole (LITC) 45'9.

DISCUS: After the poor showing by all US throwers in the Nationals, performances here today came as a pleasant surprise. Young Terri Sabol uncorked her lifetime best to win it all at 165'9 with Svendsen and Driscoll both over the 161 foot mark.

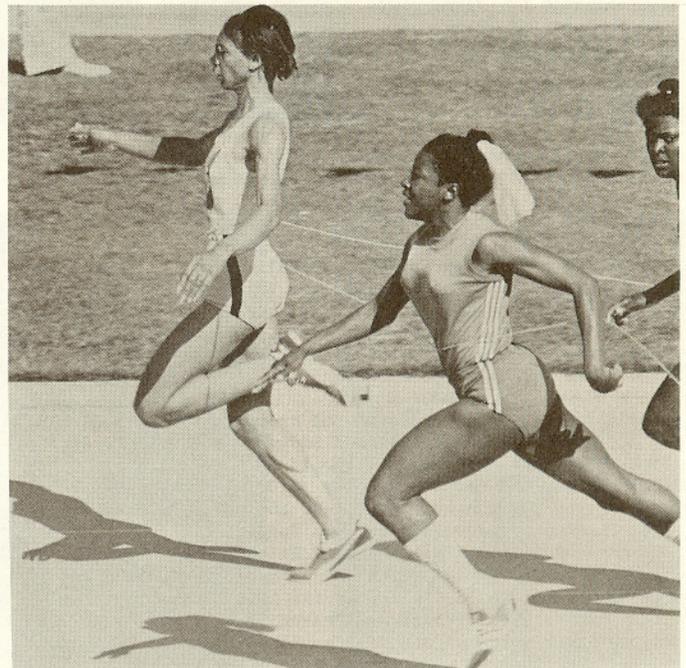
FINAL, 1-Terri Sabol (LATC) 165'9, 2-Jan Svendsen (WWW) 162'6, 3-Monette Driscoll (LATC) 161'5, 4-Lorna Griffen (EVT) 156'8, 5-Linda Langford (MDYF) 155'3, 6-Lynne Winbinger (Ore TC) 153'7.

JAVELIN: Kathy Schmidt got off a toss over the 200 foot mark for a satisfactory performance, but the real battle saw Sherry Calvert edge Lynn Cannon for second by a two inch margin, 186'9 to 186'7.

FINAL, 1-Kathy Schmidt (LATC) 201'8, 2-Sherry Calvert (LITC) 186'9, 3-Lynn Cannon (ML) 186'7, 4-Karin Smith (LATC) 175'10, 5-Barbara Whitfield (Un) 159'8, 6-Nadine Bowers (SJC) 159'4, 7-Cathy Sulinski (ML) 153'3.

PENTATHLON: Early arrivers for Saturday's portion of the meet were anticipating watching the new US record-holder, Jane Frederick, put on a good show. But it was not to be as Frederick was still unable to perform, still suffering from her "Frisbee" throwing accident. In her absence, Gail Fitzgerald had everything to herself as she turned in a score of 4306 with marks of 14.1/42'5 $\frac{1}{2}$ /5'6/19'2/24.5. Veteran Marilyn King, back at the track wars after an assortment of various and sundry injuries and disappointments, and newcomer Dana Collins put on a ding-dong battle for the second Mexico spot. King led Collins at the end of the first day's competition with 14.3/39'9 $\frac{1}{4}$ /5'3 to 14.7/36'8/5'7 $\frac{1}{4}$. Collins took over second spot by just seven points after the long jump, edging King 19'3 $\frac{1}{2}$ to 18'11 $\frac{1}{2}$, and then proceeded to nip King in the 200 to grab second by 24 points, 4103 to 4079.

FINAL, 1-Gail Fitzgerald (Atoms) 4306, 2-Dana Collins (Salem TC) 4103, 3-Marilyn King (ML) 4079, 4-Terri Seippel (KS) 3810, 5-Patsy Walker (Un, Wash) 3786, 6-Anita Lee (Detroit Varsity Club) 3658, 7-Jeanne Sullentrop (Kansas) 3231, 8-Carol Hancock (TCG) 3124, Lisa Thomas (ColFlyers) did not finish.



PAM JILES scores her first win of the day at the Pan Am Trials as she upsets RENEYE BOWEN in the 100 meters. (Don Chadez photo)

PAN AM GAMES PREVIEW

It wasn't too long ago that the Pan American Games provided the athletes from the United States with nothing more vigorous than a hard workout. Although Canada and a couple of the South American nations would usually have one or two good athletes to challenge the Americans, the Yanks always seemed to have things their own way.

Those days are gone forever. Cuba and Canada have built their programs into powerful teams and in spite of the huge improvement in the sport by the US athletes, the Stars and Stripes will be hard pressed to dominate the 1975 Pan Am Games in Mexico City starting October 12. In addition to strong units from Cuba and Canada, the Americans will also have to deal with a strong Jamaica squad plus outstanding individuals from most of the other participating nations.

Here's a rundown of our competition by event:

100/200:-Sprinting in this part of the world seems to be in a decline for 1975. Not a single runner can be classed as "outstanding" or a "superstar". Every major US championship produced a different winner and the speedsters from the other Pan Am countries have also been unpredictable.

Best of the challengers, on paper, is Cuba's Silvia Chivas, the bronze medalist over 100 meters at the 1972 Olympic Games in Munich. Chivas, however, has been producing results like a yo-yo with some good and some bad performances. If she is ready, she will be tough to beat, but rumors have her as overweight and out of condition. Another whose marks have their ups and downs is Canada's Patty Loverock who came up with a new Canadian record at 11.2 in Europe this summer. Loverock, however, can never seem to win the big races and always has a hard time with Americans regardless of the time of the race. She has marks of 11.2 and 23.3 this year.

The Canadians can also come up with other good but not great sprinters in JoAnn McTaggart (11.5/23.6) and Marj Bailey (11.6/23.6). The Cubans have a good sprint stable which includes in addition to Chivas, Carmen Valdez (11.5/23.5 and 11.2w/23.2w).

The Jamaicans are loaded with sprinters with remarkable credentials on paper. Carol Cummings (Prarie View) won the 100y at San Jacinto in July at 10.4 and is credited with a wind-aided 10.2. Veteran Rose Allwood will make everyone hustle if she is in shape. Add Helen Blake and Ruth Williams and the Island has a sound crew.

Others who might make the top ones hustle include Argentina's new record holder Beatrice Allocco (11.8/24.2), Bermuda's Debbie Jones who won the Central American and Caribbean title in 11.85, Lorna Forde (Atoms) at 11.5/23.5. Brazil's Silvina Da Gracias Pereira is credited with 11.7/23.5. Jamaica's Debbie Byfield and Canada's Joyce Yakabowich, while probably confining their activities to the 400, have marks of 23.9 and 23.5 respectively for the 200.

400:-If Canada's Yvonne Saunders enters this event, she will make a strong bid for the gold. Saunders has a 51.7 while countrywoman Yakabowich is not far behind at 52.0. Add Marg MacGowan (52.8) and the race becomes more interesting.

Argentina's Allocco set a new national mark at 56.3 recently, but seems to be far from the leaders. Barbados' gift to the Atoms, Lorna Forde, has a 52.9 mark and Jamaica's Helen Blake beat Forde for the Central American title in 54.71. Debbie Byfield, Jamaica and the Berkeley East Bay TC, has run 53.5 this year, but the real question is just how good are the two Cuban veterans Aurelia Penton (52.9) and Carmen Truete (53.6). If the latter two are ready, the one lap contest will be a good one.

800/1500:-With only a couple of exceptions, the power in the distances lies with Canada. Saunders sped to a 2:00.1 clocking this past season and should be the favorite. Other Canadians include Maureen Crowley (2:02.0) and Joan Wenzel (2:02.6) who won the dual meet over the GDR. Mexico's Charlotte Bradley recorded a 2:03.6 in Europe this summer, but she lost the CA title to Jamaica's Helen Blake in the mud and rain. Mexico's Enriqueta Nava ran 2:05.9 in 1974 and Argentina's Ana Maria Nielsen is the best of the South Americans at 2:11.8. Truete and Penton of Cuba have run 2:06 and 2:07 this year but much faster in previous seasons.

The 1500 finds four Canadians at or close to the 4:10 mark with condition being the big question mark. Thelma Wright, veteran Aby Hoffman (moving up from the 800), Maureen Crowley and Sheila Curry can all cover the metric mile in A-1 time. Nava has a 4:30.7 and Bradley won the CA Games.

100m Hurdles:-Like the sprints, this event is wide open without an outstanding individual. Jamaica's Andrea Bruce (Prarie View) has recorded 13.8 (13.7w) and has been as consistent as anyone here. Canada's Liz Damman corraled a new Canadian mark this year at 13.5, but is another of the yo-yo runners. Susan Brown, Canada, has 13.9 and Carmen Brown of Jamaica (Atoms) zips 14.0 every year. Mexico's Mercedes Roman was credited with 13.7 in 1974, but hasn't made much of a ripple this season. Ditto for Cuba's Marlene Elejarde with 13.7 in '74 and 14 flat this season. Elejarde, however, is a veteran performer and could be a factor. Only two others seem to be capable of breaking into the picture; Angeles Cato of Mexico (14.2) and Emilia Dyrzka (Argentina) who ran 14.1 in 1973. Venezuela's Lucia Vaamonde (TWU) could be a finalist if her country is entered. Venezuela athletes went on strike just before their Pan Am trials and their taking part is questionable.

High Jump:-Should be a good competition. Canada can come in with Debbie Brill (6'2), Louise Walker (6'1½) or 14 year old Julie White (6'0½). Andrea Bruce (Jamaica) has been over six feet several time this year. Walker won the dual meet against East Germany, downing both Brill and the GDR's Rita Kirst. Rosemary Prado (Brazil) set a new South American record recently at 5;9 3/4.

Long Jump:-Lengthy long jumpers are conspicuous by their absence, but still some competition could be provided the American duo if the good athletes are in condition. Brenda Eisler (Canada) should be over 21 feet and Jamaica's Bruce has a wind-aided 21'1. Cuba's Marcia Garbey is credited with 20'5½ and 21'3½ in 1974. Pereira of Brazil jumped 21'4 in the past.

Shot Put:-The Canadians will provide stiff competition for Seidler. Jane Haist was the Commonwealth Games surprise winner and now they have added Rumanian refugee Carmen Ionesco who tossed the pellet 53'9 recently. The ageless one, Carmen Romero of Cuba, is back again and will throw around the 50 foot mark. Hilda Fernandez of Cuba is also good for about 49 feet and Canadian Maureen Dowds has lofted the bulb close to 52 feet.

Discus Throw:-Romero has thrown around 175 this year but recorded 195'7 in 1974. Another Cuban, Cristina Betancourt, has a mark of 175'2 while Ionesco won the Canadian title at 184'1. Canada also has Commonwealth Games champ Haist in tow along with Carol Martin and Joan Pavelich, the American vagabond, and Lucette Moreau at 170'11.

Javelin Throw:-Not much competition here unless Canada's Jay Dahlgren, who was a finalist at the 1967 Pan Am Games, gets herself settled with her new style and returns to form. Dahlgren has thrown only 166'5 this season, but is capable of much farther. Cuba's trio of Ana Gonzales (150'), Tomasa Nunez (168'2) and Maria Beitran (168'2 in 1974) are the only other challengers.

Pentathlon:-Canada is loaded and Diane Jones (4672) will be after her own National record in the thin air of Mexico City. No one is going to touch Diane in this event. Only other competitors worth mentioning are Frances Janssen of the Netherlands Antilles (4014), Maria Cato (Cuba) at 3796 and teammate Angela Carboneil (3867). Elejarde could produce a good score if entered (and in shape). Canada's second entry will be a threat for a medal.

Relays:-Comes down to the same tough competition. Cuba, Canada and Jamaica will be swift in both relays, all under 45 second in the 4x100 and around 3:32-3:34 in the 4x400.



JANE HAIST, Canada
Photo by J. Cameron



JULIE WHITE, Canada



CARMEN VALDEZ, Cuba
Photo by Peter Probst



THELMA WRIGHT, Canada



SILVIA CHIVAS, Cuba
Photo by Peter Probst



YVONNE SAUNDERS, Canada



ROSIE ALLWOOD, Jamaica



LIZ DAMMON, Canada
Photo by Jeff Johnson



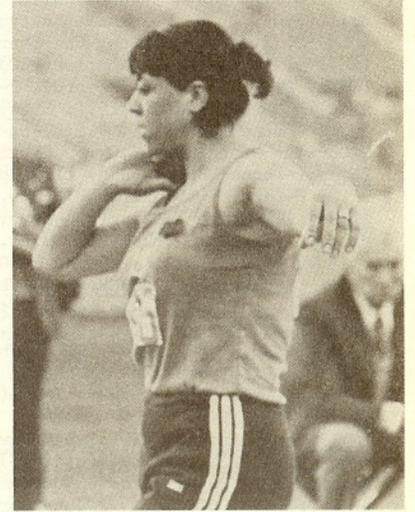
RAQUEL MARTINEZ, Cuba
Photo by Peter Probst



MARLENE ELEJARDE, Cuba
Photo by Peter Probst



DIANE JONES, Canada
Photo by Mike Street



ROSITA MOLINA, Chile

US REPORT

WILTS CLASSIC

La Jolla, Ca., May 25/26: The Classic, which was originally known as the La Jolla Invitational produced no fewer than 9 national records in various age groups. Leading the parade of record setters was Lisa Van Bentham. Her javelin toss of 161-1, gives the La Jollan one of the best throws on record for her age anywhere in the world. University of Redlands athlete Lee Chiu-Shia, posted and impressive and difficult triple, winning the 880/Mile/2 Mile with good marks of 2:06.0/4:50.0/10:36.1. The Results:

Womens Division: 100, 1-Dolly Fleetwood(SCC) 11.0. 220, 1-Yolanda Rich(LBC) 24.7, 2-Sandy Muse(WWW) 24.9, 3-Pam Green(SCC) 24.9. 440, 1-Yolanda Rich(LBC) 55.1, 2-Pam Green(SCC) 56.7, 3-Kathy Keys(PUSA) 56.8. 880, 1-Lee Chiu-Shia(UR) 2:06.0. 2-Charlotte Bradley(Mex) 2:07.6, 3-Ann Larsson(SwedenWWW) 2:09.7, 4-Gunilla Lindh(SwedenWWW) 2:09.8, 5-Susan Vigil(DCD) 2:10.4, 6-Patty Cape(LBC) 2:11.4. Mile, 1-Lee Chiu-Shia(UR) 4:50.0, 2-Linda Stecker(DCD) 4:57.0, 3-Carol Flournoy(SCC) 4:58.2. 2 Mile, 1-Lee Chiu-Shia(UR) 10:36.1, 2-Cheryl Bridges(Un) 10:38.5, 3-Karen Cramond(AOC) 10:48.2. 100MH, 1-Patrice Donnelly(LIT) 14.0, 2-Janice Lester(LBC) 14.1. 400MH, 1-Janice Lester(LBC) 60.4, 2-Patty Cape(LBC) 61.1, 3-Michele Hopper(PreTC) 62.5. MileW, 1-Cindi Johnson(BA) 7:55.8. 440R, 1-Long Beach Comets 48.3, 2-Univ. of Mexico 49.9. 880MR, 1-Wilt's Wonder Women 1:45.8, 2-Univ. of Mexico 1:48.8. MileR, 1-Long Beach Comets 3:49.9, 2-Wilt's 3:53.0. 2 MileR, 1-Duke City Dashers 9:22.8, 2-Albuquerque OC 9:36.5. SP, 1-Kathy Devine(Un) 47-6%, 2-Kelly Fuiks(CW) 38-5%. DT, 1-Jan Svenden(WWW) 153-5, 2-Kelly Fuiks(CW) 124-3, 3-Maria Gomez(Mex) 120-7. JT, 1-Kathy Corr(LIT) 158-1, 2-Kelly Fuiks(CW) 151-4, 3-Pam Livingston(WWW) 139-0. HJ, 1-Anita Marsland(DCD) 5-4. Pentathlon, 1-Lisa Chavario(AOC) 3515, 2-Michele Morse(WWW) 3361.

14-15 Division: 100, 1-Danita Young(SDC) 11.3, 2-Sharon Foster(SDC) 11.3, 3-Cherry Yearwood(LBC) 11.4. 220, 1-Young(SDC) 25.4, 2-Katie Gaston(SDC) 25.7, 3-Vicki Cox(DCD) 25.8. 440, 1-Barb Geringer(Un) 58.6, 2-Vicki Cox(DCD) 58.9, 3-Kalua Bell(SCC) 59.2. 880, 1-Paula Rose(BA) 2:15.4, 2-Jane Spencer(Un) 2:16.2, 3-Amy Lucero(DCD) 2:18.2. Mile, 1-Suzanne Keith(RRR) 5:02.0, 2-Jane Spencer(Un) 5:11.5, 3-Michele Smithart(DCD) 5:14.3. 2 Mile, 1-Keith(RRR) 11:01.0. 100MH, 1-Cheryl Glazier(PUSA) 15.0, 2-Alison Reed(AA) 15.4. 300MH, 1-Glazier(PUSA) 45.6, 2-Susan Wellman(STC) 47.2, 3-Lori Brown(AOC) 47.2. MileW, 1-Linda Brodock(RRR) 7:48.8(National Record), 2-Lisa Metheny(RRR) 7:53.9, 3-Teri Teagarden(BA) 7:57.7. 440R, 1-San Diego Cougars 47.8(National Record), 2-Cougar 'B' 51.0. 880MR, 1-San Diego Cougars 1:50.8, 2-Cougar 'B' 1:54.0. MileR, 1-Albuquerque OC 4:07.8. 2 MileR, 1-RRR 10:29.2. LJ, 1-Beth Melton(PUSA) 17-8½, 2-Pam Secchiari(STC) 17-4½, 3-Sharon Foster(SDC) 17-½. HJ, 1-Anne Gilliland(AOC) 5-6, 2-Laurie Carman(SBSP) 5-4. JT, 1-Lisa Van Bentham(Un) 161-1(National Record), 2-Radean Rona(PUSA) 131-7, 3-Lorelei Van Bentham(Un) 124-1. SP, 1-Bea Hunt(RRR) 36-8¼.

12-13 Division: 100, 1-Roxanne Banks(WWW) 11.7, 2-Toni Winston(RRR) 11.9, 3-Janet Ballard(SCC) 11.9. 220, 1-Denise Smith(PUSA) 25.2, 2-Roxanne Keating(PC) 25.5, 3-Janet Ballard(SCC) 26.1. 440, 1-Barney Sue Carral(SCC) 58.4, 2-Jo Riley(RRR) 58.5, 3-Jenise Thompson(LBC) 60.9. 880, 1-Sharon Hulse(PUSA) 2:13.7(National Record), 2-Chris Stoiloff(RRR) 2:16.3, 3-Sally Marquez(AOC) 2:17.7. Mile, 1-Kathy Gill(DCD) 5:01.0, 2-Donna Sanchez(RRR) 5:04.2, 3-Lesa Gilliland(AOC) 5:04.5, 4-Corrine Nunez(RRR) 5:04.5, 5-Lisa Matheews(DCD) 5:05.3. 2 Mile, 1-Donna Sanchez(RRR) 11:08.8. 80MH, 1-Dulce Reade(LBC) 12.3, 2-Laurie Carroll(SBSP) 12.4, 3-Roxanne Keating(PC) 12.7. 200MH, 1-Roxanne Keating(PC) 28.6, 2-Dulce Reade(LBC) 29.0. MileW, 1-Jessica Waskow(RRR) 8:21.3, 2-April Hickey(PUSA) 8:32.4. 440R, 1-Wilt's 50.8, 2-SC Cheetahs 51.2, 3-San Diego Cougars 51.2. 880MR, 1-SC Cheetahs 1:49.6, 2-Patriots USA 1:53.5. MileR, 1-Rialto RR 4:01.0, 2-SC Cheetahs 4:07.6, 3-Lob Beach Comets 4:08.4. 2 MileR, 1-SC Cheetahs 9:35.4. SP, 1-Susan Ray(Un) 45-¾. DT, 1-Charm Bishop(SCC) 103-4. JT, 1-Debbie Dibb(WWW) 128-8(National Record). HJ, 1-Laurie Anderson(STC) 5-4, 2-Yvette Irons(GGS) 5-2. LJ, 1-Roxanne Keating(PC) 17-½.

10-11 Division: 100, 1-LaTanya Dawkins(LBC) 12.0, 2-Tina Scott(SCC) 12.0. 220, 1-Tina Scott(SCC) 26.2(National Record), 2-Dawkins(LBC) 26.5, 3-Monica Bednar(LVTC) 27.5. 440, 1-Melanie Johnson(SCC) 62.2, 2-Jane Morgan(STC) 63.7, 3-Stefani Farley(PUSA) 63.7. 880, 1-Andrea Kirkorn(BA) 2:27.4, 2-Kathy Bryant(BA) 2:28.0, 3-Lisa Stary(LBC) 2:29.9. Mile, 1-Vicki Cook(RRR) 5:15.3, 2-Carol Lantry(RRR) 5:19.5, 3-Kelly Gerda

(BA) 5:21.3. 2 Mile, 1-Vicki Cook(RRR) 11.10.5. 50YH, 1-Rhonda Whitlow(WWW) 8.2, 2-N. Granger(SCC) 8.4. MileW, 1-Vicki Cook(RRR) 7:58.5(National Record). 440R, 1-Long Beach Comets 52.8, 2-Rialto RR 53.0, 3-SD Cougars 53.5. 880MR, 1-SD Cougars 1:59.5, 2-SC Cheetahs 2:01.5, 3-Rialto RR 2:01.7. BBT, 1-Melanie Johnson(SCC) 226-10, 2-Tina Scott(SCC) 224-3. HJ, 1-Zizi Fritz(AOC) 4-8. LJ, 1-Alana Cappelz(LBC) 14-8¼, 2-Monica Bednar(LVTC) 14-8¼. 9-Under Division: 100, 1-Stacy Granger(SCC) 12.7. 220, 1-Granger(SCC) 28.8. 440, 1-Kim Tanabe(BA) 68.2. 880, 1-Kathy Kiernan(BA) 2:32.6, 2-Becky Engelman(OxTC) 2:38.2. 440R, 1-SC Cheetahs 58.0, 2-SD Cougars 60.0. 880R, 1-Long Beach Comets 2:04.1, 2-Blue Angels 2:08.1. BBT, 1-Deedee Jones(PCP) 170-5. HJ, 1-Deedee Jones(PCP) 4-0. LJ, 1-Tracey Keverline(SCV) 13-2¼.

CLEVELAND WINS LAKE ERIE TITLE

Cuyahoga Heights, Ohio, August 2: The Cleveland TC led by Olympian Madeline Jackson tallied 259 points to run off with the Lake Erie Senior Women's title. In doing so, Jackson posted yet another double win this time in the 1500 and 880. Her winning marks of 4:30.4 and 2:13.8 won both events easily. The ever present Vetter sisters also combined to place in no fewer than EIGHT events, not including relays in which one or more of the sisters ran legs. The Results:

100y- 1-Linda Boyan(LEC) 10.5, 2-Lorrie Oldham(CTC) 10.5, 3-Gail Christofferson(CTC) 10.9. (Note: measured 93 yards) 220, 1-Janis Vetter(BRTC) 25.3, 2-Linda Boyan(LEC) 25.7. 440, 1-Janis Vetter(BRTC) 55.8, 2-Lorrie Oldham(CTC) 57.7. 880, 1-Madeline Jackson(CTC) 2:13.8. 1500, 1-M. Jackson(CTC) 4:30.4, 2-Debbie Vetter(BRTC) 4:36.6. 400MH, 1-Diane Vetter(BRTC) 64.9. 440R, 1-Cleveland TC 50.7. 100MH, 1-Sharon Clark(CTC) 15.0, 2-Debbie Vetter(BRTC) 15.0. (Note: hurdles measured 30") 880MR 1-Cleveland TC 1:47.1, 2-Cleveland TC 'B' 1:48.7. 3000, 1-Diane Vetter(BRTC) 10:16.4. MileR, 1-Cleveland TC 4:00.5. LJ, 1-Linda Boyan(LEC) 18-4½, 2-Debbie Vetter(BRTC) 17-6¼. DT, 1-Sue Klembarisky(CTC) 112-3. SP, 1-Klembarisky 35-9. Team Scores: 1-Cleveland TC 259, 2-Lake Erie Comets 129, 3-Blue Ribbon TC 113.

ARIZONA PENTATHLON & TRIATHLON

Phoenix, Arizona, June 10: 14-15 division competitor Cindy Mitchell, Cactus Wrens and 9 year old Rhonda Weddle of the Creighton TC emerged with new National Records in their respective events at the Arizona multi-event meet. Cindy Mitchell's total included a 5-7½ high jump and an 18-1 in the long jump. In the Open division, Shelley Harris competing unattached scored 3380 and had an 18-5 long jump to help her to that tally. The results:

Open Division: 1-Shelley Harris(Un) 3,380(16.0, 24-2½, 18-5, 5-3, 27.0), 2-Mary Harrington(ATC) 3,287, 3-Connie Jackson(MTC) 2,824, 4-Annette Goodrich(CW) 2,804. 14-15 Division: 1-Cindy Mitchell(CW) 3,713 (15.1, 29-7, 18-1, 5-7½, 26.6), 2-Anita Green(CTC) 3,081, 3-Susan Wellman(STC) 3,074, 4-Terri McMahon(ATC) 3,027. 12-13 Division: 1-Roxanne Keating(CW) 3,574(12.6, 33-7¼, 17-11, 4-9, 25.5), 2-Cynthia Rhodes(MTC) 3,344, 3-Lori Anderson(STC) 3,041, 4-Sue Gillie(ATC) 2,799. 9-Under Division: 1-Rhonda Weddle(CTC) 1,237(15.9, 129-6, 4-2), 2-Linda Turell(CTC) 1,143, 3-J. Sullivan(PF) 990, 4-Trinya Davis(PF) 929. 10-11 Division: 1-Jane Morgan(STC) 1,513(14.1, 23-1, 4-8¼), 2-Diane McIntosh(PF), 3-Lori Carrow(CTC) 1,267, 4-Renira Keating(PC) 1,073.

KETTERING PENTATHLON

Central State Univ., Ohio, July 22: Just three days after Teri Seippel had won the National Junior Olympic Pentathlon Championship in Missouri, the young athlete came back in this all-comer competitor and posted her lifetime best tallying 3776. This total also included a very fine 5.89 long jump performance. The Results:

1-Teri Seippel(Kettering Striders) 3776 (100MH-15.0, 748--SP-8.86/29'¾", 509--HJ-1.60/5'3", 834--LJ-5.89/19-4, 882--200-25.5, 803). 2-Carol Addy(Ohio TC) 3501, 3-Jana Drodody(Ohio TC) 2790. Event Winners-Teri Seippel 100MH/SP/LJ/200, Carol Addy HJ/5-5.

NATIONAL JUNIOR OLYMPICS from Al Bonney

Ithaca, New York, August 8-10: The sleepy little town of Ithaca, New York hardly seems to be the logical site for a National Junior Olympics, but by the time everything had been wrapped up on the track Sunday, one had the definite feeling that maybe more big meets should be held in 'sleepy little towns'. Meet Director Jack Warner, Head Track Coach at Cornell and his crew put on a fine meet-- as Tim Hickey of Klub Keystone put it, "Its the best I've seen all year". Thus the professional manner in which the meet was conducted, probably contributed to some of the fine performances.

All in all, the girl's meet turned out to be a happy mixture of old and new faces doing their thing in our chosen sport. One athlete from each of the fourteen regions came to compete, and in all events but the mile there were trials for a six girl final on Saturday. The Results:

100 Meter Hurdles

This event was run with seven in the final, all because Rosiland Anderson of Frederick, Maryland was knocked down in the trials and a protest was upheld allowing her to compete. Anderson, who was one of the victims of White Plains' six lane track in the semis, exploded out of the blocks with Lena Gibb of Houston and Patsy Walker of Washington even-up until the sixth hurdle where Walker faded, and Anderson held her slight lead to the tape.

1-Rosiland Anderson(Frederick, Md.) 13.8, 2-Lena Gibb(Houston, Tx.) 13.9, 3-Miriam Loui(Kailua, Haw.) 14.5, 4-Stacy Compton (Cheney, Kans.) 14.5, 5-Kathy Borgwarth(Brainerd, Minn.) 14.5.

100 Yard Dash

Utilizing a quick start, Freda Hancock of Pueblo, Colorado became the meet's only double winner. There was no question from start to finish as to who would win this event. Denise Pemberton(San Mateo) at 11.02, LaRoya Huff(Washington, D.C.) at 11.05 and Carrie Sherman at 11.08 gave the Accutrack people something to do in this one. Huff, considered one of the favorites, was out of the blocks last, and only a strong finish kept her in the money. The Results:

1-Freda Hancock(Pueblo, Colorado) 10.89, 2-Denise Pemberton (San Mateo, Ca.) 11.02, 3-LaRoya Huff(Washington, DC) 11.05, 4-Carrie Sherman(Woodville, Miss.) 11.08, 5-Lori Green(Topeka Kans.) 11.13.

880

In what was easily the most impressive performance of the meet on the track, Robin Blaine of Brooklyn and the Atoms, ran an intelligent race and erased Johanna Foreman's year old JO record, blazing a 2:09.24. Blaine followed Detroit's Rochelle Collins and Cindy Worchester(Hill City, Kans.) through a 28 second 220, and 61 at the quarter before finally taking the lead at about 700 yards. Collins, after fading badly in the third furlong, charged down the homestretch to nab the runner-up spot in 2:10.84. The Results:

1-Robin Blaine(Brooklyn, NY) 2:09.24, 2-Rochelle Collins (Detroit, Mich.) 2:10.84, 3-Cindy Worchester(Hill City, Kans) 2:11.49, 4-Ellen Brewster(Madison, Wisc.) 2:11.62, 5-Kay Stormo(Hayti, SD) 2:18.2.

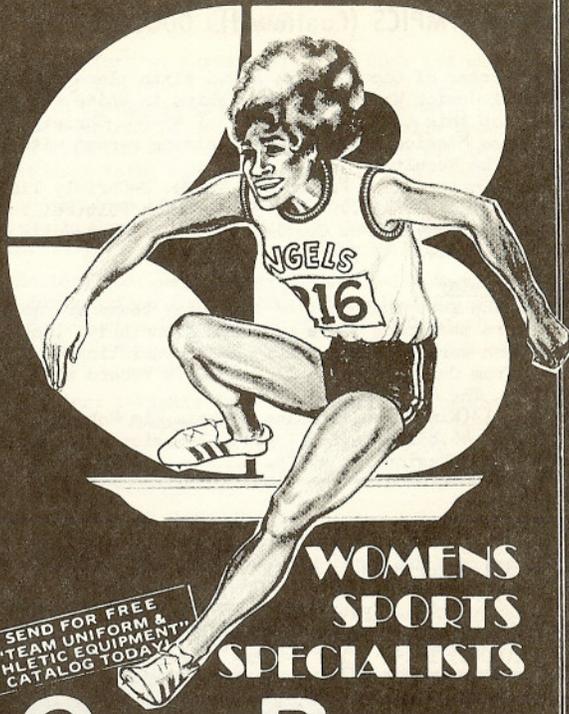
440

Sheila Ingram's 53.9 quarter standard was never in question, but there was a fine show of good quality mid-55 second one lappers. Only Trudy Rebsamen was the familiar 'name' competitor in the final. Linda Jones of Tacoma, Washington got off to a fast start, passing the 220 in around 26 and held a slight lead on the field until Yvonne Braxton and Rebsamen caught her at the 330. The latter two faded badly with 60 yards to go and Veronica Venezia blasted the stretch to nab 2nd. The Results:

1-Linda Jones(Tacoma, Wash.) 55.26, 2-Veronica Venezia(San Rafael, CA) 55.57, 3-Trudi Rebsamen(Mt. Prospect, Ill) 55.86, 4-Yvonne Braxton(Denver, Col) 56.54, 5-Barbara Zainen(Madison, Wisc.) 56.94.

MILE

In probably no other event was the advancement in women's track in the US more evident than this one, as the first five places were under 5 minutes. Paula Rose, Julie Shea and Lalani Kelly all dipped under Hillary Noden's 4:56.8 Nat'l JO record. Shea led most of the way, splitting 67, 2:19.0 and 3:35 before Rose unloaded and ran away with it. Kelly, forsaking her front-running style ran impressively in 3rd. The Results:



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1-Paula Rose(Corona Del Mar) 4:48.6 (New NJO record), 2-Julie Shea(Raleigh, NC) 4:53.6, 3-Lalani Kelly(Washington, DC) 4:55.0, 4-Louise Murphy(Genesco, Kans.) 4:58.3, 5-Kathy Mills(Fayetteville, NY) 4:58.3.

220

The long sprint was basically the same story as the 100. Hancock led from start to finish, utilizing her explosive start and fine running to annex her second victory of the day. The first finishers were a duplicate of the 100 finish. The Results:

1-Freda Hancock(Pueblo, Col.) 24.18, 2-Denise Pemberton(San Mateo, CA.) 24.52, 3-LaRoya Huff(Washington, DC) 24.58, 4-Wanda Hooker(Memphis, Tenn.) 24.67, 5-Lori Green(Topeka, Kan.) 24.7.

High Jump

Another strong indication of soaring interest (pardon the expression) in track & field was the high jump, with four girls at 5-6 (the former meet record) or over, and five more at 5-4. Toni Jones of Washington, DC outjumped Linda McDade of Marietta, Georgia with a leap of 5-8. Three attempts at 5-9 ended in failure. The Results:

1-Toni Jones(Washington, DC) 5-8, (New NJO record), 2-Linda McDade(Marietta, Ga.) 5-7, 3-Anne Gilliland(Albuquerque, NM) 5-6, 4-Joan Brockhaus(Rosholt, SD) 5-6, 5-Lorri Hooker(Harlington, Tex.) 5-4.

Long Jump

The award for 'gutiest performance of the meet' has to go to 15 year old Ulinda Capers of Seattle, who entered the competition with a badly sprained ankle, took three jumps before reinjuring it, withdrew, and held on to her lead to win the title. Her jump of 19- $\frac{3}{4}$ was a best by nearly 6 inches. The Results:

1-Ulinda Capers(Seattle, Wash.) 19- $\frac{3}{4}$, 2-Linda Boyan(Doyles-town, Ohio) 18-10 $\frac{1}{2}$, 3-Mary Smith(St. Louis, Mo.) 18-8 $\frac{1}{2}$, 5-Sandra Lambert(Houston, Tx.) 18-7 $\frac{1}{4}$, 4-Kim Moran(Sepulveda, Ca.) 18-7 $\frac{1}{4}$.

JUNIOR OLYMPICS (Continued)

Shot Put

Pamela Porter of Sioux Falls, S.D., sixth place finisher in the Nat'l Junior Women's Championships in White Plains came out on top this time with a throw of 47-2½. Christy Timberger of Shawnee Mission, Kansas took a strong second with a 46-3 effort. The Results:

1-Pamela Porter(Sioux Falls, SD) 47-2½, 2-Christy Timberger (Shawnee Mission,Kans.) 46-3, 3-Casyll Van Pelt(Bellvue, Wash) 44-3, 4-Kim Travers(New Castle, Pa.) 43-11¼, 5-Julie Cabrido (Ewa Beach, Haw.) 43-3.

440 yard relay

Despite the fact that most of the relay teams are made up the day before they run, there were some impressive times and fine baton work. The region 13 team consisting of four young ladies from California equalled the NJO record with a 46.83 clocking. The Results:

1-Region 13(Kim Moran,Veronica Venezia,Kim Robinson,Denise Pemberton) 46.83. 2-Region 1 46.9, 3-Region 6 47.3, 4-Region 2 47.79, 5-Region 12 47.85.

REGION 4 MEET

Gainesville,Florida,July 19: HJ, 1-Patricia Curry(GC-S) 5-2. LJ, 1-Sophia James(GC-I) 17-7¼. SP, 1-Geneva Fla(GC-S) 39-6¼. DT, 1-Karlynn Cansel(FA-I) 109-4. 100MH, 1-Alfreda Booker (GC-I) 15.4. 100, 1-Tangye Wallace(GC-S) 11.2, 2-Suzette Moulton(GC-I) 11.5. Mile, 1-Cindy McNab(FA-S) 5:28.4. 440, 1-Annette Allen(GC-S) 56.8, 2-Tangye Wallace(GC-S) 57.1. 880, 1-Cindy McNab(FA-S) 2:24.0. 220, 1-Tangye Wallace(GC-S) 26.1.

LAKE ERIE ASSOCIATION JUNIOR CHAMPIONSHIPS

Berea,Ohio,July 26: Debbie Williams(Discus/Javelin) and Janis Vetter(220/440) both scored double wins in their events, but it was not enough to overcome the Cleveland TC as their greater depth enabled them to pile up 242 points to 2nd place Blue Ribbon TC with 142. The results:

100, 1-Linda Boyan(LEC) 11.2, 220, 1-Janis Vetter(BRTC) 25.0. 440, 1-Janis Vetter(BRTC) 55.7. 880, 1-Diane Vetter(BRTC) 2:16.0. Mile, 1-Betsy Miller(LEC) 5:19.5. 100MH, 1-Sharon Clarke(CTC) 14.9. 400MH, 1-Kim Gehring(BRTC) 64.4, 2-Diane Vetter(BRTC) 64.5. 440R, 1-Cleveland TC 50.4. 880MR, 1-Blue Ribbon TC 1:49.4. MileR, 1-Blue Ribbon TC 3:59.6. 2-MileR, 1-Lake Erie Comets 10:30.1. LJ, 1-Linda Boyan(LEC) 18-3. DT, 1-Debbie Williams(BRTC) 123-¼. JT, 1-Williams 114-5. Team Scores: 1- Cleveland TC 232, 2-Blue Ribbon TC 142, 3-Lake Erie Comets 140.

OREGON 5000

Eugene,Oregon, September 1, Open Women's Division 5000 meters:

1-Eryn Forbes(Portland TC) 20:30, 2-Lili Ledbetter 21:49, 3-Robin Baker 22:13, 4-Janet Heinonen 23:15, 5-Cheryl Bates 24:21, 6-Jill Smith 25:04, 7-Jennifer Bates 25:13, 8-Jane Straub 25:16, 9-Joan Towne 25:17, 10-Connie Manley 25:41.

LETTER FROM SAN JOSE CINDERGALS

(Ed. Note:-The following letter is printed here exactly as it was received at this office.)

"This letter is in regards to the July issue of WTFW. "We're a member of the San Jose Cindergal's and you seemed to lefted out our team in the Junior Championship scoring in which we had 16 points - Nadine Bowers 2nd-8 points, 2 mile relay 3rd-6 points, and Carolyn Bing 400mh 5th-2 points, which equal 16 and tie us for 9th. "Also you mentioned how well Blue Ribbon TC did in the Senior Women's 2 mile relay but failed to say that two of the girls on the Cindergals relay team were 14, one just turning two days before this event. But both clocking well times."

REGION 10 JUNIOR OLYMPICS

Phoenix,Arizona,July 18/19: The star of this show was Cactus Wren Roxanne Keating in the 14-17 Long Jump. With a legal head wind reading of -2.0mph, Roxanne posted a new National Junior Olympic record recording a leap of 19-8½. In the same division, Freda Hancock of the Colorado Flyers also posted a new Nat'l JO record as she blazed the 220 in 23.7, also into a -2.0mph head wind. Five of the eight qualifiers going to the national competition did so in the 100/220/440/H/LJ/and SP. The Results:

14-17 Division:

100MH, 1-Danette Alford(SQ) 14.8, 2-Christine Brockoff (ALTC) 15.1, 3-Shelley Harris(AZ) 15.1. 100, 1-Freda Hancock(CF) 10.8, 2-Val Boyer(ALTC) 11.1, 3-Lisa Thompson (CW) 11.1. 220, 1-Hancock(CF) 24.0, 2-Boyer(ALTC) 24.8, 3-Thompson(CW) 25.1. (Hancock clocked 23.7 in qualifying setting new National Record for division). 440, 1-Yvonne Braxton(CF) 55.7, 2-Brenda Billiard(FM) 57.9, 3-Cheryl Symons(ATC) 58.0. LJ, 1-Roxanne Keating(CW) 19-8½(NR), 2-Alice Watson(ALTC) 18-4¼, 3-Nancy McCullough(EF)18-¾. SP, 1-Kelly Fuiks(CW) 41-2, 2-Judy Anderson(SQ) 38-5. HJ, 1-Anne Gilliland(AOC) 5-6, 2-Monique Donithan(CW)5-6.

12-13 Division:

100, 1-Lori Gardner(MS) 11.5, 2-Paula Goss(VOS) 11.5, 3-Cheryl Thompson(ALTC) 11.6. 440, 1-Beth Paredees(LCZ) 57.2(NR), 2-Cynthia Rhodes(MTC) 58.0, 3-Denise Gowdy(MTC) 58.3.

10-11 Division: 100, 1-Teresa Stemmons(PF) 12.4. 880, 1-Teresa Smith(PP) 2:29.6.

METRO PENTATHLON

Randall's Island,New York,July 19: Rochelle Hall, Ocean Hill Cheetahs, in winning the 12-13 Pentathlon, was the only competitor who kept the New York PAL from sweeping victories in every age division. Elaine Hollysworth won the women's division with a score of 2627. The Results:

Women(16+)-1-Elaine Hollysworth(NYPAL) 2627, 2-Joan Samuels (Flash) 2283, 3-Daria Gal(OHC) 2263, 4-Loretta Evans(OHC) 1989. Intermediate(14-15) 1-Pamela Layne(PAL) 2798, 2-Erin O'Donnell(JAC) 2636, 3-Karen Alexander(OHC) 2313, 4-Melinda Pitter(PAL) 2130. Youth(12-13) 1-Rochelle Hall(OHC) 2910, 2-Deborah Legree(OHC) 2636, 3-Lydia Fucci(JAC) 2013, 4-Ann Gordon(PAL) 1857. Midget(10-11) 1-Marlene Pitter(PAL) 1344, 2-Mary Ellen Margafaliano(JAC) 1332, 3-Janice Brady(SIJ) 1247, 4-Susan Bitwinski(JAC) 999. Bantam(9&U) 1-Karen Gordon(PAL) 980, 2-Maria Jackson(PAL) 868, 3-Tracey Rudolph(OHC) 790.

THREE NATIONAL RECORDS AT ARIZONA STATE MEET

Phoenix, Arizona,June 7: 12 year old Cynthia Rhodes of the Mesa TC posted impressive marks winning the Long Jump(18-3¼), 440(58.8), and 2nd place in the 220 at 25.6. In the 14-15 division High Jump, Cactus Wren Cindy Mitchell soared over 5-9¼ and Lisa Thompson also of the Cactus Wrens sped to a 10.9 clocking in the 100 as each girl set a new National Record in that age group. The open division team title went to the Mesa TC with 151 points as the Cactus Wrens easily won the 14-15 division with 164 tallies. The Results:

Open Division:220(0.0) 1-Cynthia Gowdy(MTC) 25.5,2-Louise Mueller(ATC) 25.5. 440, 1-Mueller(ATC) 58.2. 880, 1-Kathy Gibbons(GG) 2:11.8, 2-Marjorie Kaput(PTC) 2:19.9. Mile, 1-Kaput(PTC) 5:00.7. 2Mile, 1-Kathy Gibbons(GG) 10:42.8. 100MH, 1-Shelley Harris(Un) 15.1, 2-Mary Harrington(ATC) 15.2. 400MH, 1-Annette Goodrich(CW) 65.1, 2-Debbie Cuevas(ATC)66.9. MileW, 1-Phyllis Trim(PP) 9:08.5. 880MR, 1-Arizona TC 1:48.4. SP, 1-Kelly Fuiks(CW) 38-9. LJ, 1-Janice Neilson(MTC) 17-9 (+3.0). DT, 1-Kelly Fuiks(CW) 120-9. JT, 1-Marilyn White(MTC) 154-1, 2-Kelly Fuiks(CW) 144-10. HJ, 1-Monique Donithan(CW) 5-3. Open Team Scores: 1-Mesa TC 151, 2-Arizona TC 103, 3-Cactus Wrens 74.

14-15 Division: 100, 1-Lisa Thompson(CW) 10.9 (-1.0)(National Record), 2-Pam Secchiari(STC) 11.6. 220, 1-Thompson(CW) 25.1, 2-Eileen Keil(CW) 26.1. 440R, 1-Cactus Wrens 49.5. 880MR, 1-Cactus Wrens 1:53.5. 100MH, 1-Cindy Mitchell(CW) 14.6, 2-Anita Green(CTC) 15.4. 300MH, 1-Susan Wellman(STC) 50.1.

ARIZONA (Continued)

MileW, 1-Debbie Cassity(CW) 9:25.4. DT, 1-Donna Yarbrough (CTC) 116-3. LJ, 1-Cindy Mitchell(CW) 17-10, 2-Julie Varner (CW) 17-9, 3-Anita Green(CTC) 17-0. JT, 1-Michel Espinoza (MS) 116-0. HJ, 1-Mitchell(CW) 5-9 $\frac{1}{4}$ (National Record) Team Scores: 1-Cactus Wrens 164, 2-Scottsdale TC 74, 3-Creighton TC 54.

12-13 Division: 100, 1-Lori Gardner(MS) 11.4, 2-Paula Goss (VOS) 11.4. 220, 1-Roxanne Keating(PC) 25.4, 2-Cynthia Rhodes(MTC) 25.6. 440, 1-Rhodes(MTC) 58.8, 2-Denise Gowdy (MTC) 58.9, 3-Sloan Thompson(STC) 61.0. 440R, 1-Phoenix Flashers 51.1. 880MR, 1-Valley of the Sun 1:54.6. MileW, 1-Dawn Freeman(VOS) 9:16.2. 80MH, 1-Keating(PC) 12.1, 2-Veronica Weddle(CTC) 12.8. 880, 1-Dianne Barrett(ATC) 2:20.3 Mile, 1-Dianne Barrett(ATC) 5:18.7, 2-Kim Fraser(ATC) 5:21.8. DT, 1-Kym Wycoff(VOS) 102-6. LJ, 1-Rhodes(MTC) 18-3 $\frac{1}{4}$, 2-Alsia Armstrong(PF) 16-8 $\frac{1}{4}$, 3-Lori Gardner(MS) 16-8. JT-1-Wycoff(VOS) 112-4. HJ, 1-Lori Anderson(STC) 5-1, 2-Dawn Freeman(VOC) 4-11. Team Scores: 1-Valley of the Sun 103, 2-Arizona TC 80, 3-Scottsdale TC 57.

10-11 Division: 220, 1-Theresa Stemmons(PF) 28.4. 440, 1-Jane Morgan(STC) 63.4. Mile, 1-Theresa Smith(PP) 5:37.3. LJ, 1-Smith(PP) 16- $\frac{3}{4}$, 2-Wendy Warlaw(PP) 14-10. MileW, 1-Debra Sivley(STC) 9:53.3. 440R, 1-Phoenix Flyers 54.8. 50YH, 1-Warlaw(PP) 8.3, 2-Morgan(STC) 8.5. HJ, 1-Jane Morgan(STC) 4-7. Team Scores: 1-Scottsdale TC 101, 2-Arizona TC 65, 3-Pears Peaches 58, 4-Phoenix Flashers 53.

9-Under Division: 880MR, 1-Arizona TC 2:09.2, 2-Phoenix Flashers 2:11.4. 220, 1-Rhonda Price(PF) 30.4. 880, 1-Karen Bradshaw(ATC) 2:37.5. Team Scores, 1-Phoenix Flashers 60, 3-Arizona TC 57.

PAN AM PREP

Wilmington, Delaware, August 17: The East coast tuned up for the Pan Am Trials by staging this preparation meet which saw many good marks. Sharon Dabney, getting stronger with every outing scored a convincing win over veteran Gwen Norman and state rival Pat Helms. Her time of 53.9 was one full second faster than she had run at the Junior National Championships in White Plains. Janis Vetter upset her sister Debbie in the 800 clocking her lifetime best for the distance in 2:08.7. The Results:

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COOK NATIONAL 10000 CHAMP

Los Angeles, California, August 29:-Carol Cook led an Iowa State University 1-2 sweep to the National AAU Senior Women's 10000 meter run championships as she edged teammate Peg Neppel with a new American record of 34:49.0s. Julie Brown, UCLA, was credited with the American mark of 35:00.6 set in March of 1975, although Kathy Gibbons recorded a 34:51 back in '71.

1-Carol Cook (Iowa State) 34:49.0, 2-Peg Neppel (Iowa St) 34:52.2, 3-Nadia Garcia (SDTC) 35:32.6, 4-Miki Gorman (San Fernando TC) 35:53.4, 5-Sandy DeNoon (BA) 39:26.0.

10000m National Racewalk Championship: 1-Sue Brodock (RRR) 52:03.0, 2-Sandy Brisco (Un) 58:50.0, 3-Chris Sakelarios (RCF) 59:50.0, 4-Mary Cortez (Woodside Striders) 1:01:41, 5-Chris Berzaman (WS) 1:01:49.6. Team scores, 1-RRR 22, 2-Woodside Striders 23, 3-SC Cheetahs 31.

3000m 13/Under: 1-Vickie Cook (RRR) 16:11, 2-Jessica Was-kow (RRR) 16:11.2, 3-Joyce Brodock (RRR) 16:35.8, 4-Shelley Quintana (BA) 16:58.0, 5-Tracy Trisco (BA) 16:58. Team, 1-RRR 6, 2-Blue Angels 18, 3-Patriots-USA 21, 4-Woodside Striders 44, 5-Moscow Mercurians 60.

(Editors Note:-Although Carol Cook is listed here as representing Iowa State, such a listing is not legal. Miss Cook attended and competed for Southwest Missouri State College during the 1975 season and although she intends to enroll at Iowa State for the September 1975 semester, she is not yet a student and even when enrolled must sit out 18 weeks as a transfer student from one four year institution to another.)



Southwest Missouri State's (or is it Iowa State's?) CAROL COOK, the 1975 USA 10000 meter champion and American record-holder. Cook is in her first year of track! (Jeff Johnson photo)

PAN AM PREP (Continued)

100 meters, 1-LaRoya Huff(SITC) 11.9, 2-Linda Cordy(Atoms) 12.0, (wind -1.7mph). 200, 1-Sharon Dabney(Clippers) 24.5, 2-Michele McMillan(Atoms) 24.5, 3-Linda Cordy(Atoms) 24.7. 400, 1-Sharon Dabney(Clippers) 53.9, 2-Gwen Norman(SITC) 54.8. 800, 1-Janis Vetter(BRTC) 2:08.7, 2-Debbie Vetter(BRTC) 2:09.6. 3-Doreen Ennis(NutleyTC) 2:12.2. 100MH, 1-Carol Thomson(DSC) 13.9, 2-Gail Fitzgerald(Atoms) 14.2, 3-Lorraine Tummings(Atom) 14.7 (wind -2.3mph). LJ, 1-Gail Fitzgerald(Atoms) 18-5 $\frac{1}{4}$. JT, 1-Barbara Freidrich(Un) 163-4. SP, 1-Denise Wood(Un) 45-7 $\frac{1}{2}$. HJ, 1-Susan Hackett(Un) 5-10, 2-Karen Moller(DSC) 5-8, 3-Maureen Fitzpatrick(Jets) 5-6. DT, 1-D.Wood(Un) 142-3. (Note: 1500 was not contested).

'RECORD BUSTER' KEATING by STEVE WENNERSTROM

As early as September, 1974 my intentions were firmly set on penning an article on this month's subject, Roxanne Keating. But when dipping into the age groups, especially in Roxanne's case, the frequency in which this young athlete and others erase their personal best marks would make an early season story obsolete almost by the time it went to press. Such is the case with this Phoenix, Arizona long jumper. Now, with the 1975 season in her hip pocket, the story can be told with



the assurance that the marks will stand pat, at least until the beginning of the 1976 season.

14 year old Roxanne has made rapid strides in her development through the age divisions. But during the 1974 season as a 12-13 competitor, she made her niche as a national class athlete. Since her beginnings at age nine, Roxanne has made the long jump her major interest and has dabbled in a host of other events as her skill and/or interest developed. With the casual experi-

mentation of other events as Roxanne has gotten older, so, as has been the case with her successful long jumping, her interest in the pentathlon has also been enhanced. The Cortez High School freshman competed this season at the Southern Pacific Assoc. Pentathlon Championships as a guest performer and promptly set a new National Record for the 12-13 age group scoring 3584, (12.4, 32-10 $\frac{1}{4}$, 4-10 $\frac{1}{4}$, 18-1, 26.1)

But lets back up a bit to Roxanne's beginning at age nine. Her first seasonal mark in the long jump was 11-6 $\frac{1}{2}$. Nothing spectacular really, but by the age of 10 that mark had ballooned to 14-2. A year later Roxanne led the nation's 11 year olds with a 16-3 $\frac{1}{2}$ leap. She recorded a 6 $\frac{1}{2}$ inch improvement the following year at age 12, but the female version of a Bob Beamon type improvement was to come yet another year later at age 13. 19-2 (NINETEEN-TWO) !! Not only did this mark lead the nation for that age group, but it was also a world age best for a 13 year old girl!

Her coach, Sue Humphrey relates, "The 1974-75 season got off to a good start in December at the Arizona Early Bird Relays where she jumped 18-3 $\frac{3}{4}$. After a new age group ruling came into effect we backed off the long jump in the early season and started to develop her in other events. We then gradually worked back into jumping so that she would peak late. Although we didn't really stress the long jump until the end of the season, we worked on it progressively. Roxanne is one of the most coachable athletes I have ever worked with. She takes criticism and works harder to correct herself."

In addition to her long jumping, Roxanne has taken to hurdling and tried the 200MH this January for the first time. The result; a new Arizona record 29.5. In March, at the Phoenix Invitational she defeated Erin Pike in a close finish recording 29.0. A month later at the Valle del Sol Invitational, Roxanne set a national record for this event clocking 28.4. With the addition of a 12.5 (80H) and a 17-11 $\frac{1}{4}$ (LJ), she was selected as the 'Most Outstanding 12-13 Athlete Award' for the meet.

With consistency being of utmost importance in the long jump event, Roxanne has begun to show the signs of 'take-off regularity' which the seasoned long jumper possesses. At the Lakewood Invitational in May, Roxanne proved her point relating to consistency in jumping-- 17-8, 18-2, 18-6, f, 18-6 $\frac{3}{4}$, and 18-8 $\frac{1}{2}$. Late this season her hurdling continued to improve as she once again set a National Record in the 200MH, clocking a blazing 27.5 at the Sun Queen Invitational held at Univ. Texas-El Paso. Roxanne, because of her age, has had little in the way of top notch national level competition and this year

at White Plains presented her with her first major national competition. She responded very well by placing 5th in the Junior Women's division with a jump of 18-6 $\frac{1}{2}$. In the qualifying rounds, Roxanne also had a jump of 18-11. But the late season strategy of Coach Humphrey did not really payoff until the month of July at the National Junior Olympic Region 10 Meet. It was July 19th, the anniversary of her 19-2 jump of last season. Once again, a life time best, 19-8 $\frac{1}{2}$! Her series was also her most impressive ever; 19-2 $\frac{1}{2}$, 18- $\frac{1}{2}$, 18-8 $\frac{1}{4}$, f, 19-8 $\frac{1}{2}$ and 19-5 $\frac{1}{4}$. Best of all, each jump was with a legal wind reading. For her age, Roxanne Keating is truly a gifted athlete with a tremendous future.

What marks will the 1976 season bring? Is her first 20 foot jump too far off? Will it happen before her 16th birthday? Ask 'Record Buster' Keating !!

The Rest on Roxanne

Vitals	LJ Progression	Best Marks
Height-	1971 - 11-6 $\frac{1}{2}$	100- 11.6
Weight-	1972 - 14-2	220- 25.4
Age-	1973 - 16-9 $\frac{3}{4}$	25.2w
Birthdate-	1974 - 19-2	LJ - 19-8 $\frac{1}{2}$
Birthplace-	1975 - 19-8 $\frac{1}{2}$	HJ - 4-10 $\frac{1}{4}$
Coach- Sue Humphrey		SP - 33-7 $\frac{1}{4}$
		300MH 45.7
		80H- 12.1
		Pent-3584



OUT OF THE PAST

The following caption accompanied the above picture which appeared in local Chicago newspapers in July 1933: RUN RACE OVER, AND WIN AGAIN -- The Illinois Women's Athletic Club, in winning the Women's National AAU Track & Field meet in Chicago, set a new record in the 400 meter relay with a mark of 48.0, but a protest of foul was entered by one of the other teams and the race was run over. The IWAC team again won, but a slow, wet track held the girls to 49.5. The team, left to right: Mary Terwilliger, Mildred Kinet, Doris Anderson and Annette Rogers.

In the light uniform, Annette Rogers, was also the 1933 AAU 100 meter sprint champion in addition to anchoring the IWAC relay team. She also returned in 1936 to win the AAU high jump title clearing 5-2 $\frac{1}{2}$.

(Photo by Acme Newspictures, Inc.)

FOREIGN NEWS

EUROPEAN CUP FINAL from Mel Watman

Nice, France: Same as in Edinburgh in 1973, the East Germans won nine of the 13 European Cup women's events. The other four events yielded three seconds and a fifth, so the DDR finished with a score of 97 out of a maximum possible of 104! The ability of practically the entire East German women's team to attain peak form at just the right moment every time is a testimony to periodisation, unless the sports boffins in Leipzig have come up with something elsewhere. The East German supremacy is so overwhelming one doesn't know whether to be full of admiration or suspicion.

One of the most exciting races of the meet turned out to be the final event of the competition. With the DDR's tremendous stable of quarter milers, most everyone conceded the first position to them. However, the battle for the remaining positions brought some incredible performances. Brigitte Rohde(DDR) led the first leg runners with a 51.4 going into the exchange. Things began to happen on the second leg as Rita Wilden, West Germany's silver medalist in Munich blistered a 50.5, only to drop ground to DDR's Gisela Anton who zipped a 50.2. By this time it looked like a two team race with the DDR more or less battling the clock for added incentive. With Rita Kuhne clocking a 50.9 for the DDR, the third leg runners brought it up for the final leg. At the three-quarter mark the running splits were; DDR 2:33.5, WG 2:34.9, USSR 2:36.2, and UK at 2:36.4. What a thrilling last stage it turned out to be. Streidt anchored safely for the DDR in 51.5 for a 20m win, but 2nd place was still up for grabs when it was seen that WG's Elke Barth was struggling at 52.5. Ilyina(USSR) who ended up clocking 50.8 for her leg took over second position at the 200 meter mark. United Kingdom's Donna Murray also passed the German coming into the straight...and then, amid great excitement from the British supporters, Murray stole past the Soviet girl too. Her leg, along with Anton's were the fastest of the day, 50.2!

Highlight of the field events was the high jump, where despite distractions from other events going on at the same time, Rosemarie Ackerman cleared 1.94/6-4¼ at the first attempt and had the bar up at a world record height of 1.96/6-5. Olympic champion Ulrike Meyfarth, enjoying her best season since 1972, made 1.92/6-3½ at the third attempt before failing at 1.94. Another former world record holder, Yordanka Blagoeva, took part but since giving birth last year she has not yet recuperated sufficiently to return to her old form. The DDR's other field event wins came in the shot put, where the new world record holder(at 70-10½) Marianne Adam produced a fairly tremendous series(20.87, 20.76, 21.06, 19.98, 20.86, 21.32); and in the javelin where--surprise, surprise--Ruth Fuchs nailed down the competition with a massive first throw (64.80/212-7), a 1975 world best. (Ed. Note: Fuchs has since this time thrown 218-0). The USSR's moments of glory were supplied by Faina Melnik(destined to break the world record in Zurich four days later with 230-4) and Lidya Alfeyeva, who long jumped the magical(for Mary Rand fans) distance of 6.76/22-2¼ with a legal 1.20m/sec wind. The Results:

Saturday, August 16th: 100(-0.50m) 1-Renate Stecher(DDR) 11.29, 2-Andrea Lynch(GB) 11.37, 3-I.Szewinska(Pol) 11.41, 4-Anneget Richter(WG) 11.50, 5-Ludmilla Masalakova(USSR) 11.50.

400, 1-Irena Szewinska(Pol) 50.50, 2-Ellen Streidt(DDR) 50.61 3-Donna Murray(GB) 51.30, 4-Rita Wilden(WG) 51.75, 5-Nadja Ilyina(USSR) 51.96.

800, 1-Mariana Suman(Rum) 2:00.6, 2-Ulrike Klapezynski(DDR) 2:00.7, 3-Lilyana Tomova(Bul) 2:01.1, 4-Nina Morganova(USSR) 2:01.2, 5-Elzbeita Katolik(Pol) 2:02.3, 6-MF. Dubois(Fra) 2:02.4.

4x100, 1-DDR(Meyer, Stecher, Bodendorf, Friebisch) 42.81, 2-USSR 43.19, 3-West Germany 43.58, 4-Poland 43.82, 5-UK 43.92.

Discus, 1-Faina Melnik(USSR) 66.54/218-4, 2-Gabrielle Hinzmann(DDR) 64.72/212-4, 3-Argentina Menis(Rum) 63.60/208-8, 4-Maria Vergova(Bul) 63.14/207-2, 5-Leisel Westermann(WG) 57.62/189-0.

Javelin, 1-Ruth Fuchs(DDR) 64.80/212-7, 2-Svetlana Babich(USSR) 61.88/203-0, 3-Lutvian Mollova(Bul) 58.36/191-6, 4-F.Kinder(Pol) 58.18/190-10, 5-Amele Koloska(WG) 55.70/182-9.

Team Scores First Day: 1-DDR 45, 2-USSR 35, 3-Poland 31, 4-West Germany 26, 5-Rumania 22, UK 22, Bulgaria 22, 8-France 13.

Sunday, August 17th: 200(-0.80m) 1-Renate Stecher(DDR) 22.63, 2-Irena Szewinska(Pol) 22.84, 3-Anneget Richter(WG) 23.28, 4-Ludmilla Masalakova(USSR) 23.49, 5-L.Panayotova(Bul) 23.68.

1500, 1-Waltraud Strotzer(DDR) 4:08.0, 2-Natalia Andrei(Rum) 4:08.4, 3-Tatyana Kazankina(USSR) 4:08.9, 4-Rositsa Pekhilivanova(Bul) 4:09.0, 5-Ellen Wellman(WG) 4:09.5.

100MH, 1-Annelie Ehrhardt(DDR) 12.83, 2-G. Rabsztyń(Pol) 12.85, 3-Natalia Lebedeva(USSR) 12.93, 4-Marlies Kochinski(WG) 13.42, 5-N. Provost(Fra) 13.50.

4x400, 1-DDR(Rohde 51.4, Anton 50.2, Kuhne 50.9, Streidt 51.5) 3:24.0, 2-UK(Roscoe 53.4, Taylor 52.0, Elder 51.0, Murray 50.2) 3:26.6, 3-USSR 3:27.0, 4-West Germany 3:27.4, 5-Rumania 3:32.8 6-Bulgaria 3:33.8.

High Jump, 1-Rosemarie Ackerman(DDR) 1.94/6-4¼, 2-Ulrike Meyfarth(WG) 1.92/6-3½, 3-Virginia Ioan(Rum) 1.86/6-1¼, 4-Marie Deourse(Fra) 1.82/5-11½, 5-Galina Filatova(USSR) 1.79/5-10½.

Long Jump, 1-L. Alfeyeva(USSR) 6.76/22-2¼, 2-C. Striezel(WG) 21-6¼, 3-J. Curtet(Fra) 6.36/20-10½, 4-A. Gheorghiu(Rum) 6.35/20-10, 5-A. Voigt(DDR) 6.35/20-10(included 5 fouls).

Shot Put, 1-Marianne Adam(DDR) 21.32/69-11½, 2-Krachevskaya(USSR) 20.53/67-4¼, 3-Ivanka Khristova(Bul) 20.24/66-5, 4-V. Cioltan(Rum) 18.49/60-8, 5-Eva Wilms(WG) 17.96/58-11¼.

FINAL TEAM SCORES: 1-DDR 97, 2-USSR 77, 3-WG 64, 4-Poland 57, 5-Rumania 52, 6-Bulgaria 47, 7-UK 39, 8-France 35.

EUROPEAN JUNIOR CHAMPIONSHIPS

Duisberg, August 22-24: Similarly to how their elders had performed one week prior to this competition, the junior version of the mighty DDR track team carried off 21 gold medals in 36 events as well as eight silvers and six bronze. This is of course, the sum men and women's totals. The girls contribution to this total was 7 golds, 5 silver and 1 bronze. The standout of the competition, as you might guess, came from the East German team. Her name is Christina Brehmer. All she managed to accomplish during the three days of running was to win the 400m in a swift 51.2 (she has a 50.8 season best), anchor the victorious DDR 4x100 relay team which clocked 44.0 and run an opening leg on the 4x400 relay in which, after Brehmer handed off to her team mate, they never were in doubt as to finish position. Their over-all time was 3:33.7, keep in mind this is only a junior team and their average split per runner was 53.42 per! In addition to Brehmer's performance, Petra Koppetsch also of the DDR copped both sprint titles with a fine 11.3/23.2 twosome. The USSR came up with a couple of junior surprises in javelin thrower, Leolita Blodneice who uncorked a tremendous 198-11 heave, and at 16 years of age! Also high jumper Alla Fedortschuk soared 6-2 to gain gold in that event. The DDR team swept to victories in the 100/200/400/1500/both relays/and Discus. there doesn't seem to be a down season in the near future for the 'Mighty Madchen'. The Results:

100m, 1-Petra Koppetsch(DDR) 11.34, 2-Marlies Oelsner(DDR) 11.43, 3-Wendy Clarke(GB) 11.53, 4-Olga Kostrikova(USSR) 11.68, 5-Zofia Filip(Pol) 11.70.

200m, 1-Koppetsch(DDR) 23.20, 2-Wendy Clarke(GB) 23.85, 3-Silvia Sinzel(Aus) 23.93, 4-Ludmilla Konratsova(USSR) 23.98 5-Eva Witkowska(Pol) 24.18.

400m, 1-Christina Brehmer(DDR) 51.27, 2-Marita Koch(DDR) 51.60, 3-Rozine Wallez(Bel) 52.55, 4-Maria Kulgunova(USSR) 52.62, 5-Genveta Nowaczyk(Pol) 53.32.

800m, 1-Olga Commandeur(Neth) 2:05.8, 2-Zora Tomecic(Yug) 2:06.1, 3-Rita Thijs(Bel) 2:06.1, 4-Hildegard Ullrich(DDR) 2:06.5, 5-Nadja Avdibasic(Yug) 2:07.7

1500, 1-Angelika Kuhse(DDR) 4:18.6, 2-Loa Olafsson(Den) 4:19.6, 3-Gabriella Dorio(It) 4:19.6, 4-Dorthe Rasmussen(Den) 4:22.5, 5-Francine Peeters(Bel) 4:23.5.

100MH, 1-Laurence Lebau(Fra) 13.77, 2-Ute Glatte(DDR) 13.98 3-Xenia Siska(Hun) 14.07, 4-Helle Sichlau(Den) 14.25, 5-Mihaela Stoica(Rum) 14.28.

4x100, 1-DDR(Koppetsch, Oelsner, Sinzel, Brehmer) 44.05, 2-Poland 44.93, 3-West Germany 45.32, 4-USSR 45.51, 5-Sweden 46.88.

(Continued on page 14)

4x400, 1-DDR (Brehmer, Koch, Sinzel, Ullrich) 3:33.7, 2-West Germany 3:37.9, 3-Great Britain 3:39.1, 4-Belgium 3:39.2, 5-Yugoslavia 3:43.0.

Pent, 1-Brigitte Holzapfel (WG) 4,450 (14.68; 39-8½; 6-1¼; 20-9¼ 24.66), 2-Andrea Seeger (DDR) 4,389, 3-Petra Premer (Aus) 4,363, 4-Heike Schmidt (WG) 4,313, 5-Riki Lechner (Aus) 4,162.

Disc, 1-Katrin Wenzel (DDR) 55.06/180-8, 2-Katalin Csoké (Hun) 50.48/165-7½, 3-Tanya Ratscheva (Bul) 50.46/165-7, 4-Sielinde Bludau (DDR) 49.76/163-3, 5-Agnes Tomasovszky (Hun) 46.83/153-7.

Jay, 1-Leolita Blodniece (USSR) 60.62/198-11, 2-Drahomira Dryeva (Czech) 57.44/188-5½, 3-Vera Portnova (USSR) 55.62/182-6, 4-Ana Nikolova (Bul) 53.64/176-0, 5-Sofia Sakorafa (Greece) 53.18/174-6.

Long Jump, 1-Irina Shidova (USSR) 6.36/20-10½, 2-Birgit Grimm (DDR) 6.31/20-8½, 3-Doina Spinu (Rum) 6.30/20-8, 4-Anke Weigt (WG) 6.24/20-5½, 5-Karin Hanel (WG) 6.13/20-1¼.

Shot Put, 1-Virginia Wesselinova (Bul) 17.30/56-9¼, 2-Jiwka Ivanova (Bul) 17.05/55-11¼, 3-Karin Kracik (DDR) 16.21/53-2¼, 4-Lubov Charitontschik (USSR) 16.17/53-¾, 5-Olga Choroshilova (USSR) 15.19/49-10.

High Jump, 1-Alla Fedortschuk (USSR) 1.88/6-2, 2-Susanne Sundquist (Fin) 1.86/6-1¼, 3-Brigitte Holzapfel (WG) 1.80/5-11, 4-Sandra Dettamenti (It) 1.78/5-10, 5-Astrid Tveit (Nor) 1.78/5-10.



These are JUNIORS!! GDR's CHRISTINE BREHMER wins European Junior 400 meter title from countrywoman MARITA KOCH as the youthful pair clock 51.27 and 51.60.

McKENZIE WINS FOUR AT WORLD MASTERS

South Africa's Ann McKenzie, now 50 years old, was the star of the World Master's Championships as she won four events, the 100, 400, 1500 and 5000. Ann, who didn't begin running the 800 until she was 37, had good clockings in the longer events. Another four-way winner was Britain's Rosemary Payne who took the 40-49 year titles for the 100, high jump, hammer and shot. New Zealand's Carolyn Mills had a good 58.9 400 victory as she defeated Ireland's able veteran Maeve Kyle who toured the lap in 61.2. The USA's Irene Obera picked up a 3rd in the 100 with 12.5, and came back for another third in the 400 with 61.5. Next World Masters Championship is scheduled for Sweden in 1977. Sweden, incidentally, had 347 athletes and supporters at the meet in Canada!

40-49 Division: 100, 1-Payne (GB) 12.3w (12.3h), 2-Mills (NZ) 12.4, 3-Obera (USA) 12.5, 4-Kyle (Ire) 12.9; 400, 1-Mills 58.9, 2-Kyle 61.2, 3-Obera 61.5; 1500, 1-Klopfer (US) 5:05.7, 2-Rider (GB) 5:08.1; 5000, 1-Stock (USA) 19:26.4, 2-D'Elia (USA) 19:26.8, 3-Klopfer 19:27.6; Marathon, Anderson (USA) No time; HJ/HF/DT, Rosemary Payne (GB) 5'11.98/9/171'2.

50/Over Division: 100/400/1500/5000, Ann McKenzie (South Africa) 14.9/65.3/5:07.3/19:33.4.

GDR DOWNS CANADA 81-53

Visiting athletes from East Germany scored an 81-53 victory over Canada. Practically every event produced outstanding marks with the exception of the 100, 100 hurdles and LJ. Ruth Fuchs tossed the javelin to the best mark of the year with 218'0; Renate Stecher bombed a 22.7 furling; Ellen Streidt and Brigitte Rhode ran 51.3 and 51.4 in the 400 and on and on. Canada was not without its stars as Louise Walker upset Debbie Brill and Rita Kirst at 6'1¼ and Joan Wenzel took the 800 in 2:02.6.

100, 1-Minika Meyer (GDR) 11.7, 2-Patty Loverock (Can) 11.7...5-Doris Maletzki (GDR) 11.9; 200, 1-Renate Stecher (GDR) 22.7, 2-Carla Bodendorf (GDR) 23.1, 3-Loverock 23.3, 4-Marj Bailey (Can) 23.6; 400, 1-Ellen Streidt (GDR) 51.3, 2-Brigitte Rhode (GDR) 51.4, 3-Joyce Yakabowitsch (Can) 53.1; 800, 1-Joan Wenzel (Can) 2:02.6, 2-Elfi Zinn (GDR) 2:02.9, 3-Christine Neumann (GDR) 2:02.9, 4-Maureen Crowley (Can) 2:03.4; 1500, 1-Ulrike Klapezynski (GDR) 4:08.8, 2-Waltraud Strotzer (GDR) 4:09.4, 3-Thelma Wright (Can) 4:13.2, 4-Abby Hoffman (Can) 4:18.5; 100mH, 1-Annerose Fiedler (GDR) 13.8, 2-Liz Damman (Can) 14.0, 3-Sue Bradley (Can) 14.2, 4-Angela Voigt (GDR) 14.4; HJ, 1-Louise Walker (Can) 6'1¼, 2-Debbie Brill (Can) 6'0, 3-Rita Kirst (GDR) 6'0; LJ, 1-Angela Voigt (GDR) 20'10½, 2-Brenda Eisler (Can) 20'4, 3-Diane Jones (Can) 19'9½; SP, 1-Marianne Adam (GDR) 67'9½, 2-Ilona Schoknecht (GDR) 63'6¼, 3-Maureen Dowds (Can) 51'5; DT, 1-Sabine Engel (GDR) 211'10, 2-Gabrielle Hinzmann (GDR) 209'0, 3-Jane Haist (Can) 172'0, 4-Carol Martin (Can) 172'0; JT, 1-Ruth Fuchs (GDR) 218'0, 2-Ute Hommola (GDR) 192'1, 3-Jay Dahlgren (Can) 160'2; 4x100, 1-GDR (Priebsch-Stecher-Bodendorf-Maletzki) 43.6, 2-Canada (McTaggart-Loverock-Robinson-Bailey) 44.2; 4x400, 1-GDR (Brehmer-Streidt-Anton-Rohde) 3:29.4, 2-Canada (Campbell-Gendron-Yakobowitsch-McGowan) 3:37.5.

WESTERN CANADA SUMMER GAMES

Regina, Saskatchewan, August 11/13: Sheila Curry pipped Thelma Wright in the 1500 to highlight the Western Canada Summer Games. Diane Jones leaped as high as Debbie Brill in the high jump, but lost on the misses rule. In addition to jumping 5'11, Diane kept busy by tossing the shot 49'¾ for second place, beating Brenda Eisler in the long jump with a leap of 20'4¼ and winning the 100m hurdles in 14.05.

100mH, 1-Diane Jones 14.05, 2-Karen Beatch 14.14; LJ, 1-Diane Jones 20'4¼, 2-Brenda Eisler 19'8¼; SP, 1-Maureen Dowds 49'9¼, 2-Diane Jones 49'¾; 200 (+6.0), Joanne McTaggart 23.67; Pent, Ann Crump 3765; 4x400, British Columbia 3:45.59; 3000, 1-Thelma Wright 9:46.18; 800, 1-Maureen Crowley 2:05.34, 2-Sheila Curry 2:09.34; DT, Doreen Jones 136'7; 400, 1-Joyce Yakobowitch 53.72, 2-Donna Barker 55.32; 400mH, Maureen Donaldson 63.06; JT, Laurie Kern 150'9; HJ, 1-Debbie Brill 5'11, 2-Diane Jones 5'11; 4x100, British Columbia 46.35; 1500, 1-Curry 4:25.44, 2-Eright 4:25.55, 3-Crowley 4:31.69.

EAST GERMAN CHAMPIONSHIPS

Several surprise results were produced at the East German Championships. Carla Bodendorf whipped Olympic champion Renate Stecher in the 200, 23.03 to 23.14 and Brigitte Rhode upset Ellen Streidt to take the 400 title 50.98 to 51.12.

Waltraud (Pohland) Strotzer had a good double as she won the 1500 in 4:10.8 and was second in the 800 with a 2:01.4, just a shade back of winner Christine Neumann's 2:00.8.

In the field events, Sabine Engel grabbed a new national mark in the discus with a toss of 220'11, and the shot saw a heave of 62'1 good only for fifth place.

100, 1-Renate Stecher 11.49, 2-Carla Bodendorf 11.57, 3-Sybille Priebsch 11.58; 200, 1-Bodendorf 23.03, 2-Stecher 23.14, 3-Priebsch 23.35; 400, 1-Brigitte Rhode 50.98, 2-Ellen Streidt 51.12, 3-Rita Kuhne 51.40, 4-Gisela Anton 51.70; 800, 1-Christine Neumann 2:00.8, 2-Waltraud Strotzer 2:01.4, 3-Elfi Zinn 2:01.5, 4-Ulrike Klapezynski 2:02.1, 5-Anita Barbusky 2:02.9; 1500, 1-Strotzer 4:10.8, 2-Klapezynski 4:11.3, 3-Iris Wagner 4:11.7; 100mH, 1-Annelie Ehrhardt 13.21, 2-Christine Laser 13.25; 4x400, SC Dynamo-Berlin 3:31.6; 4x100, Karl-Marx-Stadt 45.05; HJ, 1-Rita Kirst 5'11½; LJ, 1-Angela Voigt 21'8¼, 2-Sigurn Thon 21'4, 3-Christine Laser 21'3¼; SP, 1-Marianne Adam 67'7½, 2-Ilona Schoknecht 66'0¼, 3-Margitta Droese 63'0¼, 4-Brunhilde Loewe 62'4, 5-Brigitte Griessling 62'1; DT, 1-Sabine Engel 220'11, 2-Gabrielle Hinzmann 214'0, 3-Evelin Schlaak 202'10, 4-Annelie Braum 199'0; JT, 1-Ruth Fuchs 205'0, 2-Martina Skurde 179'1.

FOREIGN NEWS (Continued)

CANADIAN CHAMPIONSHIPS by Lyle Sanderson

Sudbury, Ontario, Canada, August 22/24:-Diane Jones continued her rapid improvement as she moved to fourth on the 1975 world pentathlon list and 10th on the all time list with a 4673 total to add 165 points to the listed Canadian record set by Debbie Van Kieckebelt in 1972. Her new record is 124 points better than her recent mark set at Eugene.

Jones won the first four events and opened with a personal best of 13.6 in the 100m hurdles. She followed this with a toss of 50'1 1/4 in the shot, more than two meters in front of all other competitors. The standard of North American women's shot putting in pentathlon competition is so low that Gale Fitzgerald of the USA at 12.68/41'7 1/4 was the only other woman in the field to reach even 11 meters.

The field of 13 competitors and the 1.40/4'7 starting mark caused the high jump competition to drag out. Jones entered the event at 1.60/5'3 and was over that mark easily. At 1.66/5'5 1/2, 1.69/5'6 1/2 and 1.72/5'7 1/4, she was over on her first try. At 1.75/5'9, Cindy Mitchell of the USA cleared on her first attempt, but Jones cleared only on her final try, hitting the bar, but lucking out as it stayed in place. At 1.78/5'10, Diane was over on first effort and Mitchell was eliminated. She equalled her personal best at 1.81/5'11 1/4 on her second jump and then became only the seventh American woman to hop over six feet when she made 1.84/6'0 1/2 on her second try. The bar was moved to 1.87/6'1 1/2 and she was over on her second attempt. 1.87 is the world pentathlon best. Jones ended the first day with a score of 2923.

Jones annexed the long jump in spite of a tired takeoff leg due to more than 20 jump (including warmups) in the high jump, with a leap of 6.19/20'3 1/4, and finished with a 25.49 200 into a strong wind.

Outstanding track performance award went to Marg MacGowan for her personal best of 52.8 in the 400. The top two Canadians, Yvonne Saunders (ill) and Joyce Yakabowich (back strain) did not compete.

Joan Wenzel dominated the 800m leading past the bell in 59.9 and holding on for a 2:03.5 win. Maureen Crowley finished second in 2:04.2 ahead of a fast closing Francine Gendron 2:04.6.

Gendron later moved Canadian women's 400m hurdling into a new era with a powerful 58.2 clocking. She seemed to get stronger with each hurdle as she caught Eleanor Mahal at the seventh hurdle. Mahal held on for second at 59.7.

In the 1500m, veteran Abby Hoffman led past the 400m in 65.2 and the 800m in 2:16.4. Thelma Wright took over just past the 800 mark and passed the 1200 in 3:25. Abby went to the front with 280m to go, but could not shake Wright who kicked by a struggling Hoffman 40 meters from the tape for a 4:15.1 victory. Hoffman was three-tenths back. Crowley finished fast for a personal best 4:16.3 as did Shiela Currie (4:17.9) in her first-ever sub-4:20.

Louise Walker continued her good high jumping with a third time clearance of 1.85 (6'0 1/4). Debbie Brill edged Julie White via the least-misses rule at 5'11 1/4.

Only three shot putters showed up but here the competition was close. Maureen Dowds led for three rounds with 49'8 1/2. Lucette Moreau 15.49/50'10 took the lead in the fourth round. Carmen Ionesco put 15.63/51'3 1/2 to take the lead in the fifth round and Moreau fouled a very long put (near 17m/55'0). Ionesco salted the victory away with a 16.38/53'9 final put as Dowds 15.68/51'5 1/2 personal best assured second.

Ionesco had only two valid throws in the discus but still won with 56.12/184'1 to Jane Haist's 55.26/181'3. Jay Dahlgren, in spite of changing her javelin technique and being off form, still won the spear with a throw of 166'5.

RESULTS: SP, 1-Carmen Ionesco 53'9, 2-Maureen Dowds 51'5 1/2, 3-Lucette Moreau 50'9 1/4; 3000, 1-Kathy Prosser 9:30.8, 2-Sally Beach 9:33.2, 3-Shauna Miller 9:48.6; 100m (+0.9), 1-Patty Lowerock 11.4, 2-Linda Cordy (Atoms) 11.5, 3-Pat Collins (Atoms) 11.5, 4-Lorna Forde (Atoms) 11.5, 5-JoAnn McTaggart 11.5; JT, 1-Jay Dahlgren 166'5, 2-Allison Hayward 153'5; HJ, 1-Louise Walker 6'0 1/4, 2-Debbie Brill 5'11, 3-Julie White 5'11; DT, 1-Carmen Ionesco 184'1, 2-Jane Haist 181'3, 3-Lucette Moreau 170'11, 4-Carol Martin 168'9, 5-Joan Pavelich 149'2; 800m, 1-Joan Wenzel 2:03.5, 2-Maureen Crowley 2:04.2, 3-Francine Gendron 2:04.6, 4-Roberta Angelino 2:06.8; 200 (0.0), 1-Joyce Yakabowich 23.5, 2-Marjorie Bailey 23.8, 3-Lorna Forde (Atoms) 23.9, 4-Jeanne McTaggart 23.9; 1500m, 1-Thelma Wright 4:15.1, 2-Abby Hoffman 4:15.4, 3-Maureen Crowley 4:16.3, 4-Sheila Curry 4:17.9; 400mH, 1-Francine Gendron 58.2, 2-Eleanor Mahal 59.7, 3-Pam Myring 60.0...7-Tonetta Rumph (Atoms) 63.5; 100H

(-0.7) 1-Liz Daman 13.9, 2-Susan Bradley 13.9, 3-Carmen Brown (Atoms) 14.0; LJ, 1-Brenda Eisler 20'6; 400m, 1-Marg MacGowan 52.8, 2-Lorna Forde (Atoms) 53.0, 3-Rachelle Campbell 53.1, 4-Joan Wenzel 53.4, 5-Cheryl Toussaint (Atoms) 53.5; Pentathlon, 1-Diane Jones 4672, 2-Gail Fitzgerald (Atoms) 4214, 3-Jeanine Sheppard (Gazelles TC, USA) 3929, 4-Joanne Jones 3882...6-Patsy Walker (USA) 3747...8-Sandy Tyler (Lakewood) 3724...12-Cindy Mitchell (USA) 3531; 4x100, 1-British Columbia 45.4, 2-Atoms 45.4; 4x400, 1-Atoms 3:41.4, 2-BC 3:47.0.

CENT. AM & CRBN GAMES from Fernando Rodil

Ponce, Puerto Rico, August 6/10:-Cuba had no difficulty winning the Fifth Central American and Caribbean Championships in spite of sending nearly all second stringers. The Cubans scored 82 points to 44 for runner-up Mexico, 36 for Jamaica, Venezuela 15, Bahamas 11, Bermuda 9, Barbados 8, Puerto Rico 7, Dominican Republic 7, Trinidad 5, Surinam 4 and the Dutch Antilles 3. Very heavy rains fell the final two days of the competition cancelling several of the events. Jamaica's Andrea Bruce had a good double as she won the high jump at 6'0 and the long jump with 20'0 1/4.

100, Debbie Jones (Ber) 11.85; 200, Cancelled by rain. In heats Lorna Forde (Bar) 24.24, Jacqueline Posey (Jam) 24.31, Rose Allwood (Jam) 24.55; 400, 1-Helen Blake (Jam) 54.71, 2-Forde 55.05, 3-Ruth Williams (Jam) 55.66; 800 (Muddy), 1-Blake 2:17.43, 2-Charlotte Bradley (Mex) 2:18.08; 1500, 1-Bradley 4:34.09; 100mH, Cancelled; HJ/LJ, Andrea Bruce (Jam) 6'0/20'0 1/4; SP/DT, Carmen Romero (Cuba) 48'4 1/4/149'6; JT, Ana Gonzales (Cuba) 150'7; Pentathlon, Maria Cato (Mex) 3796; 200mH, Marcela Chivas (Cuba) 28.14; 4x100 & 4x400 Cancelled.

CENTRAL AMERICAN JUNIOR CHAMPIONSHIPS

San Jose, Costa Rica, July 24-26:

100, 1-Beverly Campbell (Costa Rica) 12.2, 200, 1-Beverly Campbell 26.9. 400, 1-Marielos Machado (Costa Rica) 63.2. 800, 1-Machado 2:22.7. 100mH, 1-Deborah Estrada (Guatemala) 17.7. LJ, 1-Xiomara Larios (Nicaragua) 4.81/15-9 1/2. HJ, 1-Ana Canella (Guatemala) 1.52/5'. SP, 1-Martha Centano (Guatemala) 10.72/35-2. DT, 1-Katina del Vecchio (Guatemala) 26.10/85-7 1/2. JT, 1-Evelyn Mena (El Salvador) 34.58/113-5 1/2. 4x100, 1-Costa Rica 50.7. 4x400, 1-Costa Rica 4:21.3

BULGARIANS BREAK OWN 4x800 RECORD WITH 8:05.2

A Bulgarian national team made up of the countries most outstanding half-milers, broke their own world record in the 4x800 relay which they had previously set in 1973. The new mark eclipsed the old record of 8:08.6. In posting the 8:05.2, the Bulgarian team averaged 2:01.3 per leg on the relay. The mark was set at the Bulgarian National Championship and the team consisted of Nikolina Shtereva, Lilyana Tomova, Rositsa Peklivanova and Svetla Zlateva.

SZEWINSA WORLD 440 RECORD AT 51.3

Crystal Palace, August 31:-In one of the best-kept secrets of the 1975 season, Poland's Irena Szewinska sped to a new world record for 440 yards at the Annual Coca-Cola Meet on the Crystal Palace tartan track. Szewinska broke the old mark held jointly by Kathy Hammond and Debra Sapenter of 52.2. She was timed at 50.82 for 400 meters. Israel's Esther Roth won the hurdles in a fine 13.41 and placed second behind Andrea Lynch in the 100.

100, 1-Andrea Lynch (GB) 11.38, 2-Esther Roth (Isr) 11.65; 400, 1-Irena Szewinska (Pol) 50.82 (Szewinska continued for 51.3 at 440 yards for her world record), 2-Donna Murray (GB) 51.83, 3-Verona Elder (GB) 52.73, 4-Gladys Taylor (GB) 52.77; Mile, 1-Joke Van Gerwen (Hol) 4:36.6, 2-Joan Allison (GB) 4:37.8, 3-Pat Yeoman (GB) 4:39.3; 4-P. Yule (GB) 4:39.7, 5-Mary Stewart (GB) 4:41.6...10-Charlotte Bradley (Mexico) 4:45.4; 100mH (-0.3), 1-Roth 13.41, 2-Gaye Dell (Australia) 13.58; HJ, 1-Roz Few (GB) 5'8; DT, M. Ritchie (GB) 177'5.

INTERNATIONAL PENTATHLON from Lyle Sanderson

Eugene, Oregon, August 9/10: Nadezhda Tkachenko consolidated her position as the worlds number one pentathlete scoring 4,698 points, the top score in the world in 1975. Her score also led the USSR to victory over Canada and the USA in the first ever international team pentathlon held in North America. Tkachenko showed great balance winning four events and placing second in the fifth. She was over 900 points in four events with only the 200 meters, which she won, dropping below 900. The performance is more impressive when one considers that fully automatic (Accutrack) timing reduced the score by 51 points when compared to the times recorded on the hand held back up watches. Tkachenko hurdled aggressively to 13.51. All three puts in the shot were over 15 meters with a best of 15.56/51-1/2. She high jumped well to clear 1.75 (5-9) with a narrow miss at 1.78/5-10. Tkachenko's long jumping helped her put the competition away for good as her first two jumps went 6.15 and 6.22. But she then sailed over her personal best to score a 6.43/21-1/4 on her last jump. In the 200 meters Tkachenko used what she had left in powering to a 24.84 to win the heat. The 200 meter also decided 3rd place. Zoya Spasovkhodskaya (the worlds third ranked pentathlete in 1974) entered the final event three points behind team mate Ludmilla Popovskaya (the Pre-Olympic winner). Zoya inched ahead of her team mate to record 24.93, six one hundreths ahead of Popovskaya to gain third with 4452 to 4449 for her team mate.

The Soviets totaled 13,599 points to keep their two year old undefeated streak alive. Their last loss was in 1973 to East Germany. Canada scored 12,406 to down the USA 12,015.

FINAL INDIVIDUAL STANDINGS: 1-Tkachenko(USSR) 4698, 2-Jones(Canada) 4549, 3-Spasovkhodskaya(USSR) 4452, 4-Popovskaya(USSR) 4449, 5-Fitzgerald(USA) 4266, 6-J.Jones(Canada) 4008, 7-Collins(USA) 4001, 8-McBain(Canada) 3849, 9-Summers(Can) 3818, 10-Tyler(USA) 3748, 11-Mitchell(USA) 3525. **Individual Winners:** 100MH, Tkachenko, 13.51. SP, 51-1/2 Tkachenko. HJ, Diane Jones 5-11 1/4. LJ, Tkachenko 21-1/4. 200, Tkachenko 24.84.



The Soviet Pentathlon team which defeated the US and Canada in Eugene, Oregon consists of (L-R) Ludmilla Popovskaya, Zoya Spasovkhodskaya and Nadyeshda Tkachenko. In the individual scoring, the threesome took 1st, 3rd and 4th, with only Diane Jones of Canada placing 2nd to avoid the Soviet sweep. (Debbie Roth photo)

KALEIDOSCOPE

Kathy Devine is attending Kansas State University....Pat Van Wolvelaere is a student at USC making Sherry Calvert an instant excellent hurdles coach....Poor Dr. Jawn Davis has been suffering a series of broken blood vessels ever since I failed to correctly identify the location of the Kansas Universities. At Lawrence and Manhattan. Don't be too concerned, Doc. I'm still never sure where Oregon and Oregon State are situated either.....Joyce Urish has just been named as the 1975 Missouri Valley AAU Women's T&F Athlete for 1975. She's a student at Kansas State University - in Manhattan....Norway's Grete Andersen, who just lost her world record in the 3000, was married just two days after her record-setting day and is now Grete Waitz. Incidentally, the new record set at the University Games by Natalia Andrei at 8:45.09 is the equivalent of a 9:20 two mile.....Gary Hill of "Track and Field News" reports in his column "Hill Topics": "While I'm in the business of telling people how to run their meets, it's time for the Women's AAU to follow the lead the men took a decade ago and drop relays from their meet. It's tough enough to make a national team without having to spend time running irrelevant relay legs." And more: "Combine these relays with the idiocy of having the Junior Championships 'combined' (a day rest between) and you have some people getting tired of track in a big hurry."

Now see if you can answer this question: how many high school girls take part in track? If you're like me, you'll be amazed at the answer. It is 299,000! And growing fast.

SPAIN vs GREECE

Barcelona, Spain, July 9: The Spanish senioritas surprised the Greek team in an international meeting between the two countries. The final score, 77-68, was aided by Rosa Colorado's double win in the 200/400 and a clutch performance by the Spanish 4x400 relay team in which Colorado also anchored. The Results:

100MH, 1-S. Kalopedi(Greece) 14.3. 200, 1-Rosa Colorado(Spain) 24.7. SP, 1-Anna Maria de Haro(Spain) 12.84/42-1 1/2. 1500, 1-Carmen Valero Omedes(Spain) 4:24.2. LJ, 1-Lambrou(Greece) 6.36/20-10%. 800, 1-Belen Azpeitia(Spain) 2:12.4. 100, 1-Lambrou(Greece) 11.9. 400, 1-Rosa Colorado(Spain) 54.9. JT, 1-Sakorafa(Greece) 51.36/168-6. DT, 1-Karafili(Greece) 49.70/163-1. 3000, 1-Consuelo Alsonso(Spain) 9:53.0. HJ, 1-Batatoli(Greece) 1.76/5-9 1/4. 4x100, 1-Greece 46.9. 4x400, 1-Spain 3:51.5

SOVIETS DOWN ENGLAND 141-114

Again it was the 800-1500 competition which produced the best results at this international match as the Soviets, in spite of some missing stars, downed the Great Britain lasses on the tartan at Crystal Palace 141-114 (scoring three per side per event). Nina Morgunova, top 800 runner in the world this season, won her specialty in 2:01.3, but the real news of the event was the fact that Great Britain's Rosemary Wright covered the first lap in 60.3 - and was last! The leader passed the bell in 58.1! Tatyana Kazankina, with the second-best 1500 performance in the world this year, easily won her event in 4:08.5. In a non-scoring 3000, the veteran Joyce Smith eased through a 9:12.2 win - Joyce was born in 1937!

100, 1-Andrea Lynch (GB) 11.35, 2-Nadya Besfamilnaya 11.58; 200, 1-Lynch 23.15, 2-Sonia Lannaman (GB) 23.3; 400, 1-Donna Murray (GB) 51.75, 2-Ivanova (SU) 52.25, 3-Ilyina (SU) 52.61, 4-Verona Elder (GB) 52.80, 5-Gladys Taylor (GB) 52.86; 800, 1-Nina Morgunova (SU) 2:01.3, 2-Kazankina (SU) 2:01.7, 3-Izmaylova (SU) 2:02.8, 4-Safina (SU) 2:03.1, 5-Christine Meekin (GB) 2:03.5; 6-Margaret Coomber (GB) 2:04.6; 1500, 1-Tatyana Kazankina (SU) 4:08.5, 2-Joan Allison (GB) 4:15.5, 3-Izmaylova (SU) 4:16.7, 4-Mary Stewart (GB) 4:17.1; 100MH, 1-Lebedyeva (SU) 13.17, 2-Anisomva (SU) 13.20; 3000 (Exhibition), 1-Joyce Smith (GB) 9:12.2, 2-Joan Allison (GB) 9:13.4; HJ, 1-Denise Brown (GB) 5'10 1/2, 2-Klimentyonok (SU) 5'10 1/2; LJ 1-Lidya Alfeyeva (SU) 21'3 1/2, 2-Myra Nimmo (GB) 20'10, 3-Maslakova (SU) 20'9, 4-Lotova (SU) 20'2 1/2; SP, 1-Esfir Krachevskaya (SU) 65'1 1/2, 2-Yerokha (SU) 52'11; DT, Faina Melnik(SU) 217'7, 2-Yerokha (SU) 192'1; JT, 1-Babich (SU) 198'0, 2-Tessa Sanderson (GB) 173'6; 4x100, 1-SU (Besfamilnaya-Maslakova-Belova-Anisimova) 43.81, 2-GB (Ramsden-Lynch-Golden-Lanaman) 44.79; 4x400, 1-SU (Ivanova 53.15-Ilyina 51.40-Klimovicha 51.54-Barkane 52.41) 3:28.5, 2-GB (Roscoe 54.16-Taylor 51.62-Elder 52.23-Murray 51.53) 3:29.5.

The figure was only 62,000 just four years ago. It climbed 187% to 178,000 in 1973 and another 68% in 1975. Track is the fastest growing sport among high school girls and rates second only to basketball (308,000)....Venezuela was all set to stage their Pan Am Games trials when the athletes went on strike. Participation by this nation at Mexico is doubtful... Hate to report the death of one of our best photographers, Don Wilkinson of Colorado. Don was with us from the start of the magazine and did some fantastic work at the 1967 Pre-Olympics and the 1968 Olympics at Mexico....Overlooked in the press in their excitement of Faina Melnik's world record in the discus was the result of the other competitors in the competition: second was Vergova (Bul) at only 214'11, third went to Argentina Menis of Rumania at 211'3 and winding up in fourth spot was East Germany's Engel at a measley 209'10...

Einar Otto Oren, Norway, a reporter for WITF since 1967, has been forced to suspend such reporting in the future. We will miss him....After the USA-USSR pentathlon match, Dana Collins said, "I am impressed with the Russians. You can see how really good they are, how really serious they are, the amount of years they have worked on it, how well they have their competition planned out." Sage observations from one competing in only her fifth pentathlon. She adds, "I plan to be around for 10 years". Good for her....Aside to Herb Stockman - You need a new typewriter ribbon.

USA TAKE NOTE

Get a grip on yourself and prepare for the following which was printed in the 'China News' June 18th:

At a meeting held yesterday to review the performance of Taiwan athletes at Seoul, ROC Assoc. President Wang Tih-wu announced that monetary rewards will be awarded to any Chinese athlete who can win a medal for the Republic of China at the 1976 Olympic Games at Montreal, Canada.

"We offer monetary rewards to our athletes as an incentive and to free them from worry for making a living after retirement." Wang said. He spelled out the rewards as follows:

-For the Gold medalists: Our Association will see to it that they find employment. In addition to the regular pay, the Association will provide them with monthly remuneration equivalent to the pay for a cabinet minister. A retirement fund, to the amount of 1,000,000 dollars will be provided when they quit sports.

-For Silver medalists: The Association will make sure that they find jobs. In addition to the regular pay, ROCTFA will provide them with monthly remuneration equivalent to the pay for a civil servant of the selective appointment rank (the second highest rank on the civil service ladder). A retirement fund, to the tune of \$500,000, will be provided when they give up the sports career.

-For Bronze medalists: ROCTFA will also help them find employment. In addition to the regular pay, ROCTFA will provide the athlete with monthly remuneration equivalent to the pay for a civil servant of the recommended appointment rank. A retirement fund, to the amount of \$300,000 will be provided when they quit the cinders.

(Editor's Note: It is also in the works that each time an athlete sets a new world record, that athlete will be presented with a monetary gift of \$100,000! If the Association decides to award this monetary gift retroactively, they owe Chi Cheng 900,000 dollars!!)

KALEIDOSCOPE (Continued)

What is the status of the American 3000m record? Francie Larrieu sped 9:03.2 in 1974 in Italy, but the Italians failed to send this report to the AAU Record Chairman. We have been informed this has now been done and Francie should have her record....Did you notice that Leolita Blodniece, a 16 year old stripling from the Soviet Union recently tossed the javelin 198'11?....Who said it Department? "I want a race where it comes down to who's toughest, who can push himself the farthest into that kind of exhaustion where running is unnatural, where you have to whip yourself to go on. I may not win but whoever is running against me is going to really have to run to beat me". Steve Prefontaine is the name....The 1976 Olympic Trials will be combined with the men's trials at Eugene, Oregon PROBABLY June 17-27, a ten day period....Joni Huntley's high school finally has a track. At the first meet, 40 kids showed up and 32 of them entered the high jump.... Oregon TC discus thrower Lynne Winbiger bakes donuts four nights a week from 11:30pm to 7:30am....Whatever happened to Donna Dietrich, Helen Thayer, Sandra Blount, Kay Bruce and Robin Evans?....Paul Addy, whose letter was printed in the July issue relative to happenings at the Nationals in White Plains, writes he has yet to receive an answer from AAU President Joseph Scalzo....Pete Pozzoli's 1975 Yearbook is finally off the press and available. It is 468 pages of information on the 1974 season. This is without a doubt the best of annual reports - no one else carries the staggering amount of information that Pozzoli crams into his annual book. Because of our being out of the country for three months, WTFW asks you to write directly to Pete Pozzoli, 155 Ordnance Rd, Enfield Lock, Middlesex, England, for your copy. \$7 by surface mail, \$10 by air mail. And it's a bargain! Pozzoli must be the greatest.

Kansas State University's Teri Anderson is out of action with a leg injury....Stan Saplin, AAU director, is putting together a complete history of women's track in the USA. He needs the following information: Site, dates and team champion of the first AAU meet in 1923; 1924 team champion (meet held in Pittsburgh, Pa); team champion of 1926 meet held in Philadelphia; site, date and team champion for 1928 and same info needed for 1945 championship....No contest in the quest

(Continued on page 18)

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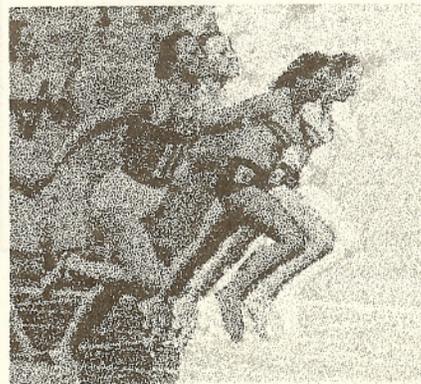
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Women's Olympic Instructional Film



KALEIDOSCOPE (Continued)

to find the most improved and surprising athlete in the USA for 1975 - has to go to Lynn Smith of Wilt's Wonder Women. Who is Lynn Smith, you say? A former diving champion, Lynn took part in track for the first time in 1975 at age 28. She was around the 2:25 mark for 880 yards for all of March and April. At Bakersfield on May 17, she chased Ruth Kleinsasser and Mary Decker around the 800m in 2:13.6. At White Plains she was 7th in her 800 heat in 2:09.9. She took herself to Europe and on August 12 in Goteborg, Sweden, she clocked a great 2:07.5. Remember Bragina didn't begin until the same age!...C lifornia State distance champ for high schools, Kathy Costello, has enrolled at UCLA. The Bruins, incidentally, are without a coach as Chuck Debus has resigned.... Heidi Rosendahl Eckert and her family have moved to Germany. Her coaching job at Palisades High School has been taken over by former US Olympian Sharon Callahan McKniff.....

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CROSS COUNTRY ROUNDUP

HEALD BEST ON THE BEACH

Long Beach, California, September 13:-Debbie Heald, still determined to shake the injury jinx which has been her constant companion since the year 1, opened the Southern Pacific AAU season by easily winning the 3.0 mile annual Beach Run held at Belmont Shore and staged by the Long Beach Comets. Heald was nearly a minute in front of runner-up Suzanne Keith. In the 14/18 contest, Paula Rose upset Mary Decker, winning by 27 seconds. Kathy Kierman looked strong in winning the 9/U mile in 5:28, a 13 second margin over second placer Sonia Cooper. The Rialto Road Runners dominated the team scores as they won ever division title except the 14/18.

Women (3.0), 1-Debbie Heald (Un) 16:33, 2-Suzanne Keith (RRR) 17:25, 3-Sandy DeNoon (BA) 18:32, 4-Doreen Assuma (RRR) 18:54, 5-Teresa Caudillo (LBC) 19:21. Scores, 1-RRR 31, 2-Blue Angels 43. Number of finishers - 16. 14/18 (2.5), 1-Paula Rose (BA) 13:56, 2-Mary Decker (Lakewood Int) 14:23, 3-Becky Wolfbarger (Un) 14:42, 4-Kathy Jewell (LBC) 14:55. Scores, 1-BA 39, 2-Lakewood 81. Finishers - 23.

12/13 (2.0), 1-Donna Sanchez (RRR) 11:14, 2-C. Czarnetzki (BA) 11:19, 3-Andrea Kirkhorn (BA) 11:22, 4-Corrine Nunez (RRR) 11:41, 5-Mari Gibbs (LI) 11:41. Scores, 1-RRR 38, 2-BA 39, 3-BA "B" 108. Finishers - 50. 10/11 (1.5), 1-Vicki Cook (RRR) 8:11, 2-Carol Lantry (RRR) 8:12, 3-Kristy Wilson (BA) 8:23. Scores, 1-RRR 32, 2-BA 45, 3-RRR "B" 118. Finishers - 46.

9/Under (1.0), 1-Kathy Kierman (BA) 5:28, 2-Sonia Cooper (RRR) 5:41, 3-Kim Tanabe (BA) 5:49. Scores, 1-RRR 40, 2-BA 59, 3-SCC 75. Finishers - 34.

13/U Novice (1.0), 1-Susie Ray (BA) 5:59, 2-Allega Gallap (AA) 6:00, 3-Donna Picconi (SCC) 6:06. Finishers - 31. 14/Over Novice (1.0), 1-Yolanda Rich (LBC) 6:02, 2-Robin Dunbar (SCC) 6:03, 3-Carol Lowe (Pat) 6:04. Finishers - 14.

PATRIOTS INVITATIONAL

Laguna Niguel, California, September 20:-Sandy DeNoon, who doesn't like to run such a short distance, downed Ruth Kleinsasser, who doesn't like to run such a long distance, to capture the featured women's three mile at the well-staged Patriots Invitational over the grass and water in Laguna Niguel Park. Suzanne Keith scored a mild upset in the 14/18 race as she ran away from Paula Rose, winner over Mary Decker just seven days earlier. Rose ran well over the first half of the race but developed a stitch in her side which slowed her somewhat. Kristy Wilson and Andrea Kirkhorn renewed their terrific duels from last season, this time Wilson triumphed in the 10/11 race by three second.

Once again the Rialto Road Runners used their large van to cart home the trophies as they won every division except the women and added two more third place trophies with their "B" teams.

Women (3.0), 1-Sandy DeNoon (BA) 19:24, 2-Ruth Kleinsasser (Un.Redlands TC) 19:45, 3-Rosie O'Neal (Pat) 20:31. Scores, 1-Blue Angels 25. Finishers - 10. 14/18 (2.5), 1-Suzanne Keith (RRR) 14:24, 2-Paula Rose (BA) 14:23, 3-Kathy Jewell (LBC) 15:03, 4-Laurie Jewell (LBC) 15:03. Scores, 1-RRR 36, 2-LBC 47, 3-BA 73. 12/13 (2.0), 1-Donna Sanchez (RRR) 11:30, 2-Corrine Nunez (RRR) 11:41, 3-Mary Carman (Sandpipers) 11:43. Scores, 1-RRR 38, 2-BA 47, 3-Patriots 124. 10/11 (1.5), 1-Kristy Wilson (BA) 8:31, 2-Andrea Kirkhorn (BA) 8:34, 3-Viki Cook (RRR) 8:42. Scores, 1-RRR 26, 2-BA 30, 3-RRR "B" 58.

9/Under (1.0), 1-Kathy Kiernan (BA) 5:46, 2-Sonia Cooper (RRR) 6:03, 3-Andrea Rolfe (LBC) 6:04. Scores, 1-RRR 29, 2-BA 58, 3-RRR "B" 126. 13/Under Novice (1.0), 1-Laurie Teague (El Centro Suns) 5:52, 2-Kathy Bower (S.Bay Striders) 6:08, 3-Chris Ramirez (SBS) 6:10. Scores, 1-SB Striders 47, 2-RRR 50, 3-SCC 78. 14/Over Novice (1.0), 1-Monique Gregoire (SCC) 6:05, 2-Yolanda Rich (LBC) 6:08, 3-Carolyn LaBonte (SBS) 6:11. Scores, 1-University of Redlands 52.

HIGH SCHOOL TRACK By RICH EDE

News is a bit slack in the off season so we have bits and pieces of information and some personal highlights on some of the individuals whose names have graced this column over the past few months.

First, from California comes the information that the California Interscholastic Federation has stated its intention to go metric in three years. The big hang-up is the lack of metric swimming pools. The whole proposal is still in the working stages but it looks promising.

Carol Stever writes from Europe to detail the development of the interscholastic track program there: "Progress in the past five years has been steady. In 1970, an interested GAA advisor hosted a track meet for all the American high schools in Germany, the area with the largest concentration of public overseas schools—eighteen. Approximately eight interested advisors took the time to expose some girls to this track & field competition, scrounged up transportation for them, and trundled off with a busload of girls who had not competed before.

"The girls, excited about competing, clamored for more, and the following year the headquarters for overseas schools in Germany set up two meets, a Regional and a Final meet. This was better, but not completely satisfactory. Girls still did not have the same program as the boys. This occurred last year. Varsity track for girls was added to the sports program. The success of the competition was at once noticeable. In many schools, more girls than boys participated. Perhaps the greatest accomplishment was a change of attitude on the part of the male coaches. They discovered that girls were there to learn, not mainly to distract the boys. (Ed. note—a lesson many stateside could take to heart) The girls did not get in the way, nor did they cry when scolded or quit when pushed too hard, as many male coaches thought they would do. In short they proved themselves.

"We have just completed the second year of girls' track and one year of cross-country...As the girls have more opportunities and exposure to this fine sport, records will continue to be broken rapidly."

From Hawaii, and Bonnie Kam, come some comments on the Hawaii state meet. Although the sport is new there, apparently good strides have been made as the meet results indicated measurement of implements, wind gauge readings, and a videotape for finish judging. The meet's lone double winner, frosh Kelia Bolton, is apparently moving to San Francisco. Hawaii's loss is not necessarily California H.S. track's gain since the San Francisco Section is the lone California area without girls' track. Hopefully, Kelia will be able to pick up with a track club. Her potential is obvious with marks of 11.3(100), 25.9(220), 17'8"(LJ) and an undefeated sprint season as a freshman.

One of Oregon's outstanding athletes over the past couple of years has to be Linda Parmele, the first Junior and the first female ever to be named Estacada High's Outstanding Athlete (in 1974)—an honor she claimed again this year. Parmele was 1974 AAA 110 hurdle champ at 15.0 (a mark lost behind Huntley's heroics that year) and has claimed bests of 11.1, 25.3, 58.7, and 14.8(110H). Her capping high school achievement was her 56.7 medley anchor, bringing Estacada from last to first in this year's state meet. Linda will attend Oregon State.

Oregon news seems to be big stuff this month, as no column of this type could be complete without some mention of Crater High School's Lisa Kirk whose 151'5" javelin toss. She doesn't like to get bored with one event though as she is also a consistent 130'+ discus thrower. Her school's football coach uses her dedication as an example to his own team. "Every morning for four or five months, when I drive to school, I've seen this girl working out. And after school too, Rain or shine. It doesn't make any difference. She's really worked hard."

The hard work has paid off. Even though she is limited to two days of javelin work each week to prevent a recurrence of a back injury which kept her out of the 1974 state championships, her throws are certainly among the tops in the nation and easily ahead of the high school-developed athletes.

As a sidelight to weight girls, you might look at the kinds of workouts Kirk does. Besides technique work, she runs 2-3 miles a day with speed work on alternate days. Gone are the days of the slow, heavy heaver. We don't have any information on her college plans, but wherever she goes is getting a worker.

As a final note from Oregon, Amy Rich(2:28.8), Chris Briot(2:28.7), Robin Baker(2:24.1), and Leslie Aiken(2:22.3) from South Eugene High School soloed a 9:44.0 two-mile relay.

Next Month we hope to have some cross-country to report. Send results, pictures, etc to WTFW, Rich Ede H.S. Editor, 627 N. Indian Hill Blvd. Claremont, Calif. 91711.

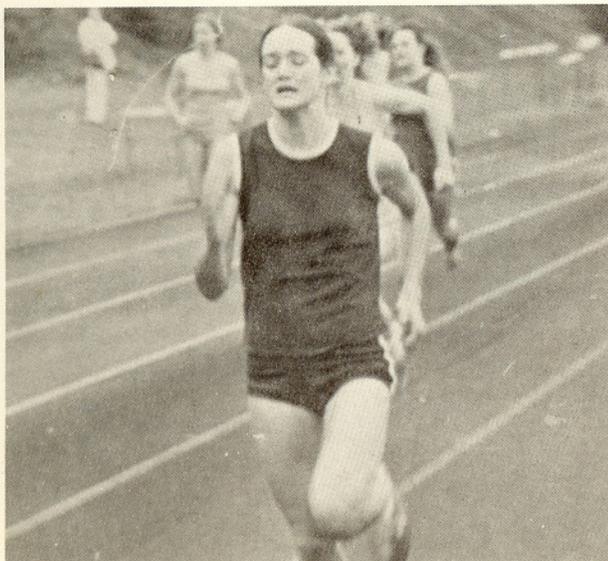
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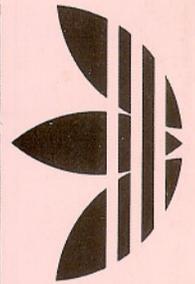
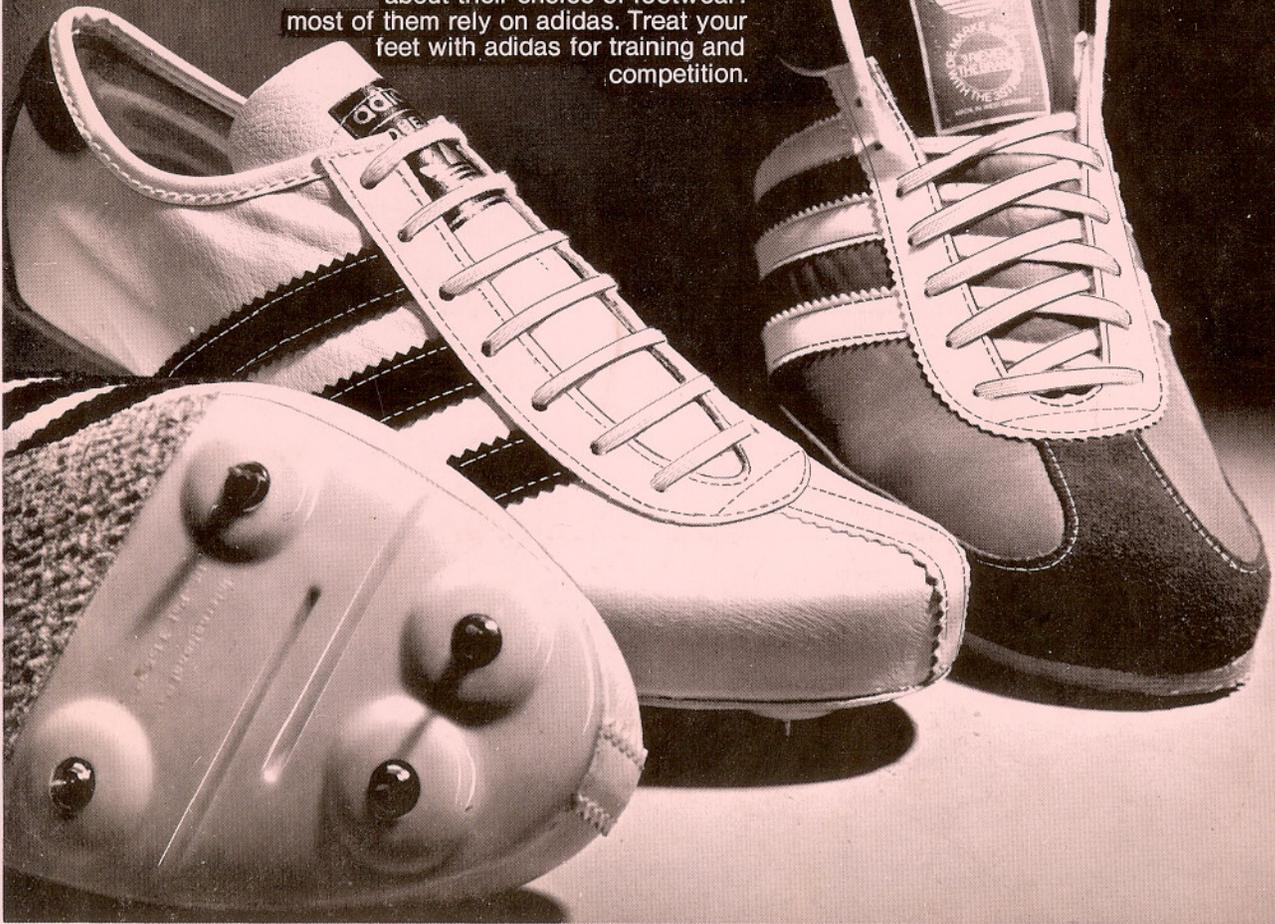
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