

WOMEN'S TRACK & FIELD WORLD

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Kelly Owen
Moorhead State

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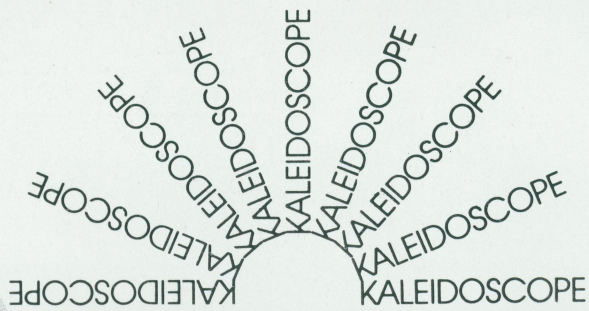
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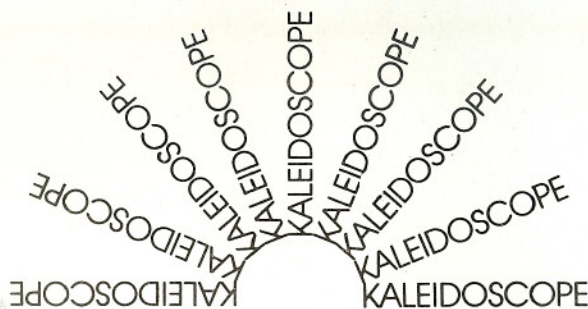
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CROSS-COUNTRY PREVIEW

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- 10-WASHINGTON

And there they are! WTFW predictions for the top ten cross country teams of 1982. But you can flip those top four around any way you want - they're that evenly matched.

Virginia returns a stalwart band of distancers in 1982. How would you like to have Jill Haworth, Aileen O'Connor, Marissa Schmitt, Lesley Welch, Lisa Welch, Martha White and Mary Jean Wright on your squad? And although we haven't had a report from Virginia, you can count on a new freshman or two to join this select group plus returnees Val Hardin, Linda Nicholson and Dana Slater. Shed no tears for the Virginia coaching staff.



Leading top ranked Virginia will be (left to right) Lisa Welch, Lesley Welch and Jill Haworth. (Welch photo by Jeff Johnson).

Stanford, third place finishers in the 1981 NCAA Women's Cross Country Championships, should have little trouble duplicating that effort in 1982. The entire 1981 squad is back, and the large and impressive freshman group of last year has gained a year of top level experience. In addition to that group of top runners, Coach Brooks Johnson adds Canadian Alison Wiley. Wiley, who was considered the finest female high school distance runner in North America during her scholastic career, finished 10th in the World Cross Country Championships in Italy this year.

Back for the Cardinal are NCAA and TAC 10000 meter champion Kim Schurpfeil, who will be the team's only senior, and NCAA 3000 meter champion Ceci Hopp. Hopp took 10th place in last year's NCAA cross country championships. Rounding out the top seven will be sophomore Ann Locke (7th in the NCAA 10000 meters), and Sloan Burton, and juniors Ellen Lyons (who sat out 1981 with a knee injury) and Pattisue Plumer, who blossomed last track season into one of the nation's top milers. Johnson, who had been hesitant to predict his team might QUALIFY for the NCAA Championships in 1981, has no trouble setting his team's sights on a national championship in '82.

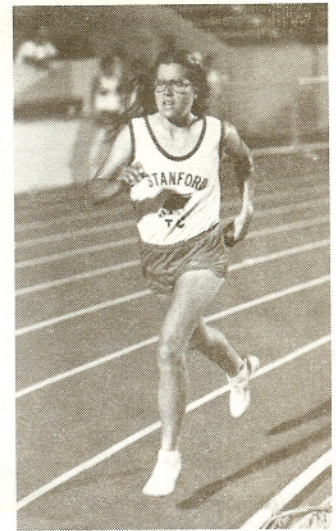
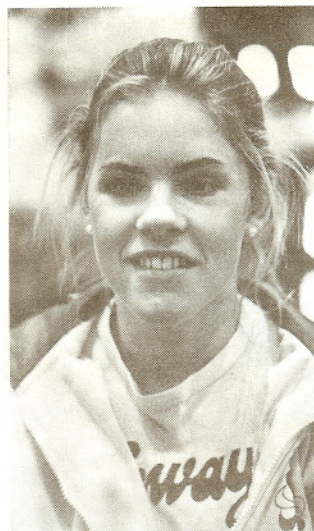
Once again the cry heard throughout the land is "watch out for Oregon". The Ducks finished second in last year's NCAA Championships and return all seven runners from that team! Head coach Tom Heinonen states he has his strongest team ever - a statement which brings fear and trembling to the hearts of even the stoutest of opponents. Oregon is taking dead aim at Number One and figures the main obstacles are Stanford and Virginia.

Oregon is led by Leann Warren, Eryn Forbes and Kathy Hayes, but these three are backed by some stalwart runners. Oregon has six All Americans on the squad.

Brightest recruit is Kim Roth who has never trained at distance yet managed to run 4:24 and 9:39 as a high school senior.

If North Carolina State can get the casts off and the running shoes on, the women's cross country team will again be a serious contender for the NCAA National Championship.

The Wolfpack, which won back-to-back national titles in 1979 and 1980, returns two All-Americans off last year's fifth place team. Betty Springs, the individual NCAA national champion, out-ran every collegiate runner in



Stanford returns Ceci Hopp (left) and Ellen Lyons among others. (Jeff Johnson photos),

America last fall despite a broken foot that was diagnosed AFTER she returned to Raleigh.

She was in a cast during the winter and had subsequent surgery in June but is expected to return to try to defend her crown.

Sue Overby, who finished 26th nationally a year ago, is also recovering from an injury. She has been red-shirted for two track seasons because of a stress fracture, but signs of her return are also hopeful.

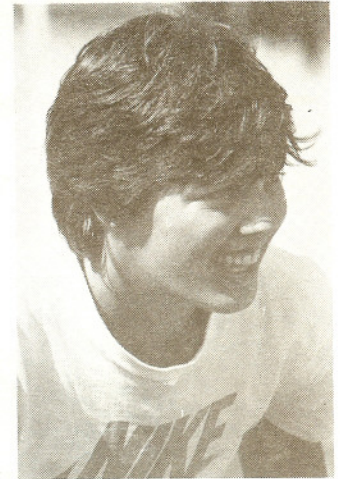
"We have two All-Americans back, but the problem is their uncertain status," says State assistant coach Rollie Geiger, whose main responsibility is the Wolfpack women distance runners. "But with four of our top five scorers returning, plus the addition of three outstanding freshmen, the outlook seems to be very good."

Five of the six returning letter winners figured significantly at last year's national championships. Lisa Beck, 31st individually in the team score, missed making All-American by two places. She is expected to finish even stronger this year.

Sande Cullinane, 37th, opened some eyes last spring when she won the prestigious 3000m at the Penn Relays in a photo finish over teammate Suzanne Girard, the only letter-winner State lost off last year's team. Kim Sharpe, 52nd, also returns as an experienced runner.

Joining that solid nucleus will be a trio of recruits with impressive credentials.

Connie Jo Robinson out-distanced a field of 31 State champions to win a high school national championship meet in Florida last year. Pennsylvania state champ Lynn Strauss, named the high school Outstanding Girl Athlete at the Penn Relays last spring, is another top newcomer, as is Florida State champion Sharon Chiong, last summer's National Coaches Association cross country national champion.



Adding depth to the Oregon cause will be Rosie Gutierrez (left) and Claudette Groendaal. (Jeff Johnson photos).

"We signed three outstanding freshman student athletes," says Geiger. "But again, they are going to have to learn to compete on the collegiate level, and they're going to be given time to do that. their development is important to the success of our program."

North Carolina State has a history-rich tradition in women's cross country, including 11 All-America citations, including such "name" runners as Julie Shea, Joan Benoit and Mary Shea, and the last three collegiate national champions. Julie Shea won the individual national championship in 1979 and 1980, and Springs made it three in a row in 1981.

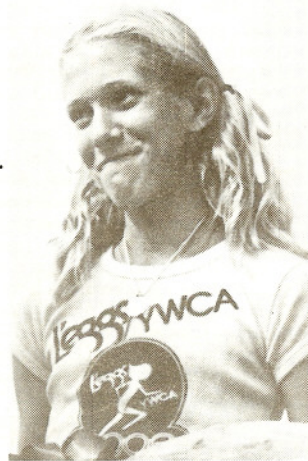
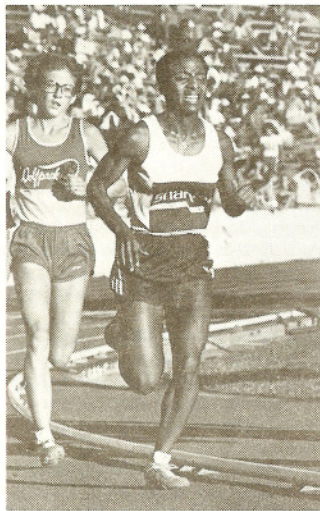
The Wolfpack finished fifth as a team last year and should again be in the top five. Top opponents should be Atlantic Coast Conference foe Virginia plus west-coaster's Stanford and Oregon.

"With the contribution of our freshmen, the continued improvement of Lisa Beck, Sande Cullinane and Kim Sharpe, and the return of our All-Americans at the level they ran at last year, we should be a very solid cross country team," says Geiger.



Joining defending individual national champion Betty Springs will be Sandy Cullinane (left) and Suzanne Girard for the North Carolina State Wolfpack. (Jeff Johnson photos).

UCLA is once again a question mark. Returning will be versatile Michele Bush and Linda Goen. A couple of California prep sensations will be joining these veterans in Vicki Cook and Polly Plumer, sister of Stanford's Pattisue. But you can count on the Bruins to be representative although we really don't believe they will finish this high.



Leading the UCLA Bruins will be Michele Bush (left) shown here leading North Carolina's Suzanne Girard, and Freshman Vicki Cook. (Bush photo by Jeff Johnson).

Success for the Iowa State cross country team this year will truly be a team effort.

Last year the Cyclones returned to the top of the Big Eight Conference and AIAW Nationals with world-class runner Dorthe Rasmussen leading the way. Rasmussen has returned to Denmark but that doesn't mean the Cyclones are ready to concede any of their crowns yet.

The Cyclones do not have a world-ranked runner this season but do have several quality runners who have the potential to become consistent threats in the conference and nation.

"We have the ability to run in a close grouping," fourth-year coach Ron Renko said. "We will use a strong pack-type effort. The success of the team will hinge not on one individual but on a total team effort."

Sophomores Maragaret Davis and Catherine Hunter lead the list of returnees. Davis took second in five of her seven races last year, including the Big Eight. She finished eighth nationally, earning herself All-American honors.

Hunter was also tabbed All-American after finishing 18th nationally.

Francine Sandoval is the veteran of the team with two seasons of experience. The Fort Madison runner finished 11th in the Big Eight meet. She will be counted on for leadership and some strong finishes this season.

Ann Novak and Tonya Twillman both ran cross country last fall but neither cracked the scoring seven. Both had solid track seasons and have worked hard this summer and should move into the top seven this fall.

However, those veterans will receive strong competition from freshman runners Suzanne Youngberg and Grete Beilke. Both were runners-up in their state high school meets last fall and Youngberg is a former state champ. Renko said both show good potential for the longer distances and should both contribute heavily this fall. (High school girls run two miles in cross country while colleges run 5000 meters, about three miles.)

Kristen Westlake, Amy Sanborn and Shana Gillette also have the potential to move into the scoring seven this fall.

Renko believes he has the talent to battle for the Big Eight crown in 1982, a crown which Iowa State has won six of the last seven years.

"If all goes well, the potential is there to defend the conference title. Missouri (which finished second last year and is the only other school ever to win a Big Eight title) appears to be stronger than last year. They are probably the team to beat right now - on paper.

Renko noted Kansas State signed some strong runners and Nebraska could be the surprise team.

"There is no clean cut favorite although Missouri has to be given a slight edge. We will be one of three or four teams competing for the title."

But nationally it is a different story. Renko said right now Iowa State cannot count on winning its seventh national title but he said if things go well, the Cyclones could be in the battle.

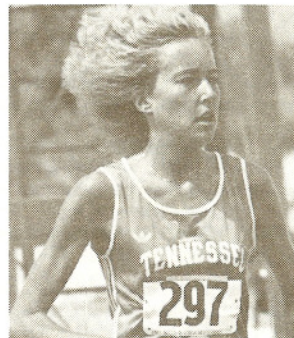
Renko noted only two other teams in the country have won national titles. North Carolina State won in 1979 and 1980 and Virginia won the NCAA meet last year. The Cyclones won the AIAW title in the first year all collegiate teams did not compete in the same national championship.

To get to the nationals, the Cyclones must qualify in the District V meet. That will include mostly Big Eight schools in addition to powers Drake and Iowa. Renko said just getting to the nationals, since only one or two teams from each district will qualify, will be a major accomplishment.

The Cyclone schedule should get them ready. They batle Wisconsin which finished third in the AIAW championships and will be stronger than last year. Drake is improved and Purdue and Iowa will both give the Cyclones strong chase. They meet South Dakota State in the ISU Invitational. South Dakota won the Division II NCAA crown last year and the Division II AIAW the year before.

"If the Cyclones make it through the tough district competition, we hope to vie for a Top 10 spot," Renko said.

"The Cyclones have never missed qualifying for a national championship. This year that record will be on the line. We have a strong district and we are a young team. It will be a challenging year."



Tennessee's Kathy Bryant and Iowa State's Catherine Hunter, a couple of All-Americans. (Bryant photo by Bill Leung, Jr.)

CROSS-COUNTRY

Tennessee is another "unknown" - but they have a good nucleus in Kathy Bryant and Linda Portasik. Tennessee has never been known to be a poor recruiting school and we have a hunch they will do all right - especially at the end of the season when it counts.

Coach Pete Tegen is lying in the bushes we are afraid. He has let it sneak out that Old Wisconsin ain't what it used to be. But don't you believe him. Wisconsin lost Sue Beuschei and Sandi Grove from last year's team but Peter has one fine group back led by perpetual student Rose Thomson. If there is a healthy Sue Spalholz on hand, we may drop in on a couple of their dual meets - what a potential! And add returnees Cathy Branta, Maryann Brunner, Mary Mulrooney plus squad members Sarah Hintz, Amy Johns, Ellen Olson, Kiz Oftedahl, Francine Ostren, Lynn Ranfranz, Carol Van Os and Martha Wilson and you have a squad with a future. Of course, sneaky Pete has announced the recruiting has not gone well. "No 'name' athletes," says he. They'll be 'names' after Pete gets through with them. Watch out for Wisconsin.



Wisconsin's "perpetual student" Rose Thomson will lead the Pete Tegen crew once again and Sweden's Eva Ernstrom (right) carries on at San Diego State. (Thomson photo by Jeff Johnson, Ernstrom by Bill Leung, Jr.)



Washington University's Sandra Gregg will be a big plus for the Husky's along with twin Susan. (Jeff Johnson photo).

University of Texas women's cross country coach Phil Delavan STILL wonders what 1981 would have been like had his key distance runner been able to remain healthy.

The Longhorn mentor, whose track squad blistered the rest of the AIAW field in the organization's last outdoor track and field championships in May, could have had the cross country title coming back to UT in the fall if not for a series of misfortunes which claimed or reduced the capabilities of the team's top runners. Among the injured was sophomore Lori Nelson of Mission Hills, Kansas, the team's top runner, and junior veteran Terri Ebanks managed to finish the season, helping UT to a 12th place national finish. But Nelson, who two days before the season opener stepped on a broken bottle while jogging near her sorority house and severed an achilles tendon, was gone for the year.

Delavan's game plan in 1982 is simple: STAY HEALTHY! The Longhorns have only eight runners on the cross country roster, a steady group comprised of six underclassmen and two seniors.

The Horns' top returnee, sophomore Tara Arnold, was one of the top middle distance runners in the nation last year. A strong runner with fine 800/1500m speed, she will lead the UT pack this fall.

The rest of the lineup will be balanced. Nelson has made an impressive recovery from her injury, while Ebanks also seems to have shaken the leg problems which hampered her last year.

Delavan has plenty of young talent in sophomore Dede Lawless, Bridget Jensen and newcomer Florence Walker. Walker, like Arnold, was a member of UT's national champion 4x800m relay squad last spring and has plenty of leg speed. Also returning from the 1981 club is senior Tracey Wong.

The Horns' lone rookie is Tara O'Neill, one of the top prep runners in the state last year while at Round Rock High School in Dallas.

Texas will host the First Southwest Conference women's cross country championships November 1 and also will have the home course advantage during the NCAA District VI meet November 13.

"We have the talent returning...we just have to keep them running," Delavan said. All the way to the National meet.

If Al Bonney is still leading the Washington troops come the start of school and if Regina Joyce returns to school, the old coach will have a representative squad. Not a squad to challenge for the National title, but one that might throw a monkey wrench in some one else's plans. The twins Gregg, Sandra and Susan, return along with Deanna Coleman to form the nucleus for a good but not great Washington team.

Other schools who could challenge for top ten spots include California, Cal Poly/San Luis Obispo and San Diego State. California has lost its coach, Vern Gambetta, along with Suzanne Richter, Alice Trumbly and Lynne Hjelte. Returning are Margaret Spotts, who was a pleasant surprise last year, Cindy Schmandt and Louise Romo who is not too pleased to run 3000 meters.

Coach Lance Harter led Cal Poly's women to 2nd-place in last year's first-ever NCAA National Cross Country Championships (Division II), and with the exception of national champion Eileen Kraemer, the entire team is back. Add to the five returning All-Americans the three excellent recruits Harter expects this fall, and an already strong support-group of runners, and the Mustangs look to be a contender again in 1982.

Sophomore Jennifer Dunn finished 4th at the NCAA cross country championships (18:04), followed by teammate Amy Harper in 10th (18:23), Irene Crowley (18:40) placed 16th, Carol Gleason (18:57) finished 22nd, and Jennifer Jamesson (19:06) was 25th, all earning All-American status, and all returning. Dunn and Gleason will be sophomores, Harper will be a junior and Crowley and Jamesson will be seniors.

Liz Strangio heads up a group of runners who compete for Poly and must be considered threats to break into the top of the pack. Strangio, a junior this fall, was injured near the end of the season last year and couldn't compete at the nationals, but she distinguished herself during the season as a top runner. Joining her will be Diana Figliomeni, a senior, who was a top prep star in California distance running and appears ready to capture that form again in September. Teri Stout-Esquivel, a redshirt from

last season and a definite front-runner is back this fall, along with track standouts Shari Ewing and Rhonda Patcha, both more suited to middle-distances but also acknowledged cross country runners in their own right. Stout-Esquivel is a track All-American from 1980, while Ewing, also an All-American trackster, placed third in 1981's NCAA 800 meter final (2:11.23). Patcha was 11th in the 800 meters and yet another possible cross country candidate, Kris Allyne, finished 9th.

In the first group, Harper earned All-American status also in track, placing 2nd in the 1500 (4:19.86), losing to teammate Eileen Kraemer by 1/100th of a second. Crowley placed second in the 10k (35:07.28), while Dunn came in 8th in the 3k in spite of an injured hip. Gleason placed 10th in the 5000 meters (17:30.9).

Harper has recruited some top talent this season, and the veterans will be tested immediately by the newcomers. Inga Thompson is one of the best cross country runners in the prep ranks according to harter. Her best of 10:00 in the two mile is nowhere near as fast as she is capable of performing according to Poly's coach. Thompson won the prep 3000 in the Bruce Jenner Classic and was 2nd in the Kinney Western Championships. She will be joined by Kris Katterhagen who was 4th in the Washington State prep meet and 7th in the Kinney National Cross Country Championships. Her best is 10:37 for the two mile. Finally, there is Lori Lopez who placed 2nd in the 1981 California prep meet at two miles and has a top mark of 10:22. She won the prep 3000 meters in the Martin Luther Games in 1981 with a 9:45 clocking.

Shed a tear or two for Fred LaPlante and his San Diego State Aztecs. Seventh place finishers at last year's NCAA Championships, the San Diego bunch loses District champion Monica Joyce, All American Lynn Karuka and veteran Liz Baker, the team leaders of 1981.

Returning from last year's top five will be sophomore Eva Ernstrom and senior Debbie Chaddock. As a freshman from Sweden, Ernstrom spent most of the 1981 season getting acclimated to her new environment and wasn't much of a factor until the end of the harrier campaign. She placed only 31st at the Nationals and then went on to have an outstanding outdoor track season. She should establish herself as one of the top cross country runners in the collegiate ranks this year.

Chaddock was having her best season ever in 1981 before sustaining a stress fracture in her leg just prior to the regional championships. Had she been healthy for the NCAA's San Diego State would have surely placed among the top five. She placed eighth in the tough WCAA Championships last year where the Aztecs missed the title by just two points.

Trying to fill the void will be freshmen Tina Allen, one of the top prep milers in the country last year. The Santee, California, product is probably the best female distance runner ever to come out of the San Diego area. Her 4:27.8 1500 meter time last year ranked seventh among the nation's high school runners. How quickly she can adapt to collegiate cross country will have a lot to do with the Aztec success this year.

Of course there will be surprises and those capable of making a dent in the ratings include Purdue, Arizona, Drake, Penn State and a sleeper - BYU.

Should be a great season. The greatest ever. The fight for the top four positions will be worth watching - psychology, strategy, tactics, conditioning - will all contribute to the final outcome.

(Our thanks to the Women's Sports Information Directors of the University of Oregon, Iowa State University, University of Texas, Cal Poly/San Luis Obispo, North Carolina State, Stanford University and San Diego State University for their help in the preparation of this article.)

University of Oregon

Carlo, Mimi	Jr Oregon
Clark, Ranza	So Canada
Dickerson, Sandy	Sr Oregon
Drake, Karen	Fr Oregon
Forbes, Eryn	Sr Oregon
Groenendaal, Clde	So Oregon
Gutierrez, Rosa	So Oregon
Hayes, Kathy	So Oregon
Jacobsen, Linda	Fr Washington
Martin, Lisa (O'Dea)	Jr Australia
Nelson, Gretchen	Fr California
Quintanilla, Marisa	So Texas
Romano, Laura	Fr New York
Röth, Kim	Fr Oregon
Schlotter, Ellen	Fr Oregon
Snow, Allison	So Oregon
Sommer, Kathi	Sr Oregon
Warren, Leann	Sr Oregon

North Carolina State

Beck, Lisa	So Florida
Cullinane, Sande	So Massachusetts
Ford, Valerie	Sr N.Carolina
Gardner, Lucy	Sr N.Carolina
Girard, Suzanne	So New York
Haywood, Terry	Jr N.Carolina
Malischewski, Tricia	So Pennsylvania
Mayert, Margery	Sr Virginia
Myers, Karen	Jr N.Carolina
Overby, Sue	Jr Florida
Revolta, Debbie	Jr Illinois
Setzer, Kim	Sr N.Carolina
Sharpe, Kim	Fr New York
Smarro, Lucinda	Fr New Jersey
Springs, Betty	Jr Florida

Cal Poly/San Luis Obispo

Adams, Carol	Sr California
Allyne, Kris	Sr California
Baker, Heidi	So California
Barry, Melanie	Jr California
Brennan, Mary	So California
Crowley, Irene	Sr California
Dunn, Jennifer	So California
Ewing, Shari	Sr California
Figliomeni, Diana	Sr California
Gleason, Carol	So California
Harper, Amy	Jr California
Jamesson, Jennifer	Sr California
Katterhagen, Kris	Fr Washington
Kelley, Kathy	So California
Lopez, Lori	Fr California
Patcha, Rhonda	Sr California
Stout-Esquivel, Teri	Sr California
Strangio, Liz	Jr California
Thompson, Inge	Fr Nevada

Iowa State University

Beilke, Greta	Fr Wisconsin
Davis, Margaret	So Wisconsin
Gillette, Shana	Fr Iowa
Hunter, atherine	So Scotland
Jelke, Jan	Jr Illinois
McCarthy, Theresa	So Minnesota
Novak, Ann	Sr Iowa
Peterson, Karen	Fr Minnesota
Sanborn, Amy	Fr Wisconsin
Sandoval, Francine	Jr Iowa
Twillman, Tonya	Jr Missouri
Westlake, Kristen	Fr Wisconsin
Youngber, Suzanne	Fr Iowa

University of Texas

Arnold, Tara	So Louisiana
Ebanks, Terry	Sr Oklahoma
Jensen, Bridget	So Texas
Lawless, Dede	So Kansas
Nelson, Lori	So Kansas
O'Neil, Tara	Fr Texas
Walker, Florence	So Texas
Wong, Tracey	Sr Nevada



GERMAN CHAMPIONSHIPS

Munich, Germany, July 23/25: Ulrike Meyfarth, who won the 1972 Olympic Games high jump as a stary-eyed young lass of 16 years, continued her improvement with a new National record at 2.00/6'6 3/4 to grab top honors at the West German National Championships. Meyfarth becomes the fourth woman over the magical two meter mark. Rosenarie Ackermann (DDR) and Coleen (Reinstra) Sommer (USA) have also cleared two meters while Italy's Sara Simeoni holds the world mark at 2.01/6'7 1/4.

There were no other super marks, but some good competition. Sabine Everts won the long jump on her last try at 22'1 over Karin Antretter who had led from the first round with a leap of 21'6 3/4. Heike Schmidt had a good 22.97 in the 200 and Inge Thyssen tossed the javelin 209'2.

Results: 100, Resi Marz-Fischer 11.58; 200, 1-Heike Schmidt 22.97, 2-Ute Finger 23.16, 3-Gabi Bussman 23.24; 400, 1-Gabi Bussman 51.48, 2-Ute Finger 52.61; 800, 1-margrit Klinger 2:01.67, 2-Simone Bugener 2:02.75, 3-Margit Schultheiss 2:03.82; 1500, 1-Martina Krott 4:12.53, 2-Birgit Friedmann 4:12.66, 3-Brigitte Kraus 4:12.99, 4-Roswitha Gerde 4:13.02; 3000, 1-Birgit Friedmann 8:55.91, 2-Charlotte Teske 9:04.96; 100H, 1-Heike Filsinger 13.28, 2-Sabine Everts 13.39; 400H, 1-Marlies Gutewort 57.18, 2-Mary Wagner 57.33; HJ, 1-Ulrike Meyfarth 6'6 3/4, 2-Petra Wziontek 6'2 3/4, 3-Brigitte Holzapfel 6'2 3/4; LJ, 1-Sabine Everts 22'1, 2-Karin Antretter 21'6 3/4, 3-Heike Schmidt 21'3 1/4; SP, 1-Claudia Losch 59'3, 2-Mechthild Schonleber 57'1 3/4, 3-Jutta Weide 56'0; DT, 1-Ingra Manecke 194'6, 2-Doris Gutewort 189'7; JT, 1-Ingrid Thyssen 209'2, 2-Eva Helmschmidt 194'8; 4x100, IAV Dusseldorf 44.96; 4x400, Bayer Leverkusen 3:36.35.

WISCONSIN UNITED INTERNATIONAL

Madison, Wisconsin, July 10: Wisconsin United staged their Annual International Twilight Track meet at Mansfield Stadium, but the meet was void of international athletes and had to depend on home-grown Cindy Brenser for the spotlight. Brenser won the 3000 and 800 over Kay Stormo in pedestrian-like clockings for the only good marks of the competition although Penny Neer came close to her lifetimebest by annexing the disc at 178'8.

RESULTS: 800, 1-Cindy Brenser (WU) 2:08.47, 2-Kay Stormo (Un) 2:09.18; 100H, Amy Dunlap (WU) 14.83; HJ, Wendy Markham (Un) 5'6 1/4; SP, Karen Nitsch (Un) 47'8 1/4; DT, 1-Penny Neer (AATC) 178'8, 2-Lisa Nauman (Un) 154'5, 3-Laura Messner (Un) 150'4; 3000, 1-Cindy Brenser (WU) 9:22.23, 2-Kay Stormo (Un) 10:34.10.



WEST WINS SPORTS FESTIVAL

Indianapolis, Indiana, July 24/25:—The West won the team title at the USOC National Sports Festival by two points over the East, 166-164. The North squad was third with 137 and the South fourth with 130. How the athletes are assigned to a squad is yet a mystery for we have athletes from Tennessee representing the North, from Massachusetts running for the South, from California wearing the uniform of the East and so forth and forth and forth.

Regardless of affiliations, it was the best Sports Festival on record as this event gets better and better each year. Sprints and relays were especially good. Evelyn Ashford took the 100 in 11.04 over Jeanette Bolden (11.18) who had one of her good races. Florence Griffith annexed the 200 with relative ease in 22.70, the West with a team of Jodi Anderson, Bolden, Griffith and Alice Brown ran a speedy 43.26 for the 4x100 win and the East with a team of Alice Jackson, Joetta Clark, Lorna Forde and Diane Dixon averaging 52.3 captured the 4x400 under 3:30. Rosalyn Bryant had her best 400 in many a moon at 51.18 and Sherri Howard showed she is on the recovery trail with her 52.06 in second place.

High schooler Kim Gallagher turned in a PR to win the 800 over Joetta Clark (2:01.52), Chris Millen (2:02.18) and Deann Gutowski (2:03.31) with a swift 2:00.07. The PR by Gallagher in that race was not a super achievement as the first four all had PR's in a great race.

The 400m hurdles produced a small upset as Edna Brown took the victory in 56.74 over favored Tammy Etienne (57.12). Right behind Etienne were two more "Brown's" with Judi in third (57.80) and Tonja fourth (57.81)

Best event on the field was the long jump with American record-holder Jodi Anderson showing she is ready for all comers as she hopped 22'9 with the wind and 22'8 without it to capture the title. Kathy McMillan's windy leap of 21'11 1/2 forced TAC champ Carol Lewis back into third with her 21'10w mark. Karin Smith whipped Lynda Hughes in the javelin this time as the two trade victories meet by meet. Prepster Kym Carter and Phyllis Blunston were both over 6'2 in the high jump with the 12th grader taking the victory on fewer misses.

Patsy Walker came off the injured list a couple of weeks ago and managed to win the heptathlon over Sue Brownell with a good score of 5818, 203 points in front of Brownell.

The distances failed to produce any outstanding marks as old pros Francie Larrieu (1500) and Jan Merrill (3000) took the titles.



Patsy Walker, back on the track once again after another bout with injuries, won the Sports Festival heptathlon with a good score of 5818. (Jeff Johnson photo)

RESULTS: DT, 1-Leslie Deniz (W) 198'11, 2-Lorna Griffin (W) 186'10, 3-Lynne Anderson (N) 181'0, 4-Pia Jacovo (E) 175'9, 5-Denise Wood (E) 175'0, 6-Penny Neer (N) 171'1, 7-Jackie Wallace (S) 157'1; 4x100, 1-West (Anderson-Bolden-Griffith-Brown) 43.26, 2-North 43.76, 3-South 43.86, 4-East 44.07; 800, 1-Kim Gallagher (E) 2:00.07, 2-Joetta Clark (E) 2:01.52, 3-Chris Mullin (S) 2:02.18, 4-Deann Gutowski (W) 2:02.31, 5-Lee Ann Vanlandingham (S) 2:05.37, 6-Pam Sedwick (N) 2:05.57, 7-Kay Stormo (N) 2:05.67, 8-Louise Romo (W) 2:08.10; 100h, 1-Stephanie Hightower (N) 13.04, 2-Benita Fitzgerald (E) 13.22, 3-Candy Young (E) 13.34, 4-Kim Turner (N) 13.40, 5-Pam Page (W) 13.52, 6-Lori Dinello (S) 13.94; JT, 1-Karin Smith (W) 200'7, 1-Lynda Hughes (W) 198'7, 3-Barbara Moro (E) 174'2, 4-Kristen Engle (S) 167'1, 5-Kathy Calo (N) 152'1; 400, 1-Rosalyn Bryant (W) 51.18, 2-Sherri Howard (S) 52.06, 3-Diane Dixon (E) 52.07, 4-Rosalyn Dunlap (N) 52.56, 5-Delisa Walton (S) 52.76, 6-Arlise Emerson (W) 53.20; 3000, 1-Jan Merrill (E) 8:58.58, 2-Brenda Webb (S) 9:01.75, 3-Ceci Hopp (W) 9:02.55, 4-Anne Pwe (N) 9:08.58, 5-Mary Schilly (S) 9:11.99, 6-Debbie Eide (W) 9:13.98, 7-Andrea Marek (N) 9:14.38, 8-Kathy Bryant (S) 9:16.60, 9-Melanie Weaver (N) 9:20.66, 10-Eryn Forbes (W) 9:29.22; 200, 1-Florence Griffith (W) 22.70, 2-Randy Givens (S) 23.28, 3-Alice Brown (W) 23.35, 4-Alice Jackson (E) 23.93; Marathon, 1-Carol Chilcoat (W) 2:47:55, 2-Kare Cossaboom (E) 2:50:31, 3-Beth Dillinger (E) 2:52:01, 4-Betsy Haydock (S) 2:54:07; SP, 1-Denise Wood (E) 52'6 1/2, 2-Annette Bohach (N) 51'6 1/2, 3-Sandy Burke (E) 51'5 1/4, 4-Annie McElroy (W) 50'10, 5-Peggy Pollock (W) 49'6 1/4; HJ, 1-Kym Carter (N) 6'2, 2-Phyllis Blunston (W) 6'2, 3-Joni Huntley (W) 5'11 3/4, 4-Wendy Markham (S) 5'11 3/4; Heptathlon, 1-Patsy Walker (S) 5818 (14,51-43'11 1/4-5'10-25.58-18'11 3/4w-116'8-2:15.39), 2-Susan Brownell (E) 5615 (14,44-38'11 1/2-5'6 1/2-26.25-19'8w-117'6-2:17.45), 3-Mary Harrington (W) 5517, 4-Renee Nickles (N) 5452, 5-Kathy Gillespie (N) 5232, 6-Juanita alaton (E) 4911; Lj, 1-Jodi Anderson (W) 22'9w (22'8 legal), 2-Kathy McMillan (W) 21'11 3/4w, 3-Carol Lewis (E) 21'10w, 4-Tudie McKnight (N) 21'0 1/2, 5-Donna Thomas (S) 20'9 1/4, 6-Kym Schofield (S) 20'6 1/2w, 7-^o Johnson (N) 20'3w; 100, 1-Evelyn Ashford (N) 11.04, 2-Jeanette Bolden (W) 11.18, 3-Diane Williams (W) 11.23, 4-Alice Brown (W) 11.39, 5-Jackie Washington (S) 11.56, 6-Randy Givens (S) 11.76, 7-Sherri Funn (E) 11.81, Brenda Morehead (E) did not finish; 1500, 1-Francie Larrieu (S) 4:13.09, 2-Darlene Beckford (E) 4:13.17, 3-Cindy Bremser (N) 4:14.04, 4-Sue Latter-Addison (E) 4:14.13, 5-Michelle Bush (W) 4:17.02, 6-Joan Hansen (N) 4:20.61, 7-Linda Portasik (S) 4:21.20, 8-Linda Goen (W) 4:22.79; 400h, 1-Edna Brown (E) 56.74, 2-Tammy Etienne (S) 57.12, 3-Judi Brown (N) 57.80, 4-Tonja Brown (S) 57.81, 5-Colleen Williams (W) 58.58, 6-Kim Whitehead (E) 58.84, 7-Pat Melton (N) 59.81; 4x400, 1-East (A. Jackson-Clark-Forde-Dixon) 3:29.37, 2-West 3:30.34, 3-South 3:32.52, 4-North 3:34.94.

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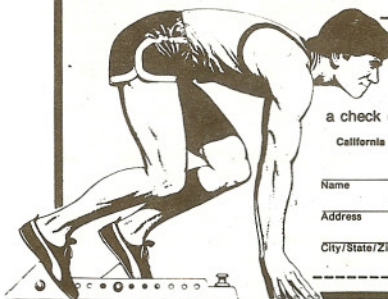
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RESULTS-RESULTS-RESULTS

TWO NEW WORLD RECORDS

Europeans have come up with two new world records in recent weeks. First to register was Finland's Tiina Lillak who bested Antoaneta Todorova's javelin mark of 235'10 with a throw of 237'6 in Helsinki on July 29. The streets of Finland were undoubtedly filled with celebrators that night for Finland's world records have been few and far between. Todorova and Lillak will meet at the forthcoming European Championships.

The second world mark to fall came in the long jump. And dramatically. In a meet in Bucharest on August 2, Anisoara Cusmir leaped 23'6 1/4 on her fifth effort to break the mark of 23'3 1/4 set by Russia's Vilma Bardauskiene in 1978. And Rumania had a world mark! But don't go away. On her sixth effort, Romanian countrywoman Vali Ionescu bettered the five minute old world record with a leap of 23'7 1/2.

Other Europeans have been turning in outstanding marks as they center in on the European Championships coming up in Athens in September. Jamilla Kratochvilova is doing some speed work as can be seen by her recent 11.23/22.36 sprint double. Other sprinters have also been running well. DDR's Barbel Wockel sped 22.25 and teammate Sabine Rieger hit 22.37. Some pretty fair 800 meter marks have materialized. Romania's Doina Melinte ran 1:57:28, Olga Mineyeva (SU) 1:57.22, Martina Steuk (DDR) 1:58.83 and Tatyana Providochina (SU) 1:58.17. Svetlana Ulmassova (SU) at 8:35.46 and Natalie Guskova, also from the Soviet Union, at 8:36.32 lead the 3000 meter runners. A couple more Russians, Olga Dvirna (3:59.31) and Zamira Zaytseva (3:59.95) are tops over 1500 meters.

Hurdlers have been busy too. Kerstine Knabe (DDR) at 12.74 and Tatyana Anissimova (SU) 12.77 are among the leaders in the short race while Anna Kostezkaya (SU) at 55.33 and Uibel (Poland) at 55.83 stack up well over the 400 barriers.

The Russians ran a 3:24.86 4x400, but lost to the East Germans who sped 3:23.98.

On the field, Ilona Slupianek (DDR) tossed the shot 71'3 1/2, Jutta Kirst (DDR) and teammate Bienen hopped over 6'5 1/4, Christine Schima (DDR) leaped 22'5 and the disc was thrown 231'9 by East Germany's Irina Meszynik and 223'6 by Russia's Galina Savinkova.

set six PR's as the competition, particularly Frederick's spectacular second throw, seemed to fire everyone up. Four athletes broke 2:10 in the 800 (including Potapova, running essentially alone in the first flight, and Joyner who lowered her PR to 2:09.32.

Of the ten finishers, only Shubenkova and Brownell failed to record PR's

Nationals runner-up Cindy Greiner aggravated a groin injury sustained a week before the competition and was forced to withdraw after the first day.

Results: 1. Jane Frederick(USA/AW) (13.70, 50'0-3/4", 6'0-3/4", 25.09, 19'11", 169'4", 2:13.84) 6457 AR; 2. Valentina Kurachkina(SU) (13.78, 43'9-3/4", 5'10-1/2", 24.13, 20'11-1/4", 149'11", 2:13.22) 6359; 3. Nadyezhda Vinogradova(SU) (14.29, 44'4-1/4", 5'9-1/4", 24.10, 20'1-3/4", 130'9", 2:07.38) 6228; 4. Natalya Shubenkova(SU) (13.49, 44'4-1/4", 5'4-1/2", 24.17, 19'6", 138'6", 2:08.41) 6183; 5. Jackie Joyner (USA/WAC) (13.88, 39'3", 5'8-1/4", 24.05, 21'1-1/2", 116'9", 2:09.32) 6126; 6. Marlene Harmon(USA/Naturite) (13.82, 39'4-1/2", 5'7", 24.20, 20'7-1/4", 113'2", 2:10.04) 6030; 7. Tatyana Potapova(SU) (13.86, 41'8", 5'7", 25.18, 20'0-1/4", 125'4", 2:09.70) 6009; 8. Patsy Walker(USA/U. Houston TC) (14.33, 43'8-3/4", 5'7", 25.32, 18'9-1/2", 125'3", 2:16.60) 5795; 9. Susan Brownell(USA/U. of Virginia) (14.45, 36'11-1/4", 5'8-1/4", 26.21, 18'8-3/4", 114'0", 2:23.05) 5467; 10. Renee Nickles(USA/Kangaroo TC) 15.15, 30'5-1/2", 5'10-1/2", 25.46, 18'2-1/2", 129'1", 2:18.67) 5466; Cindy Greiner(USA/Oregon TC) (14.31, 40'5", 5'10-1/2", 25.72, withdrew 3373). Team Scores: USSR-- 18770, USA-- 18613.

TAC WOMEN'S DECATHLON

Ventura, Ca. July 31/August 1-- The major difference between this Ventura Women's Decathlon and the previous 3 meets was the official designation as the National Women's Decathlon Championships. Some of the "name" multi-eventers who have graced the event in the past were missing, but the competition was tighter than ever. Hometown high school senior Sharon Hanson parlayed come-through performances in the throws, a little experience in the vault, and her hurdling specialty into the championship, beating Northern Arizona University junior Cyndy Morrison 6198 to 5585. Moorpark College/ Idaho State junior Lynne Wingle was third with 5523.

Hanson stayed near the leaders in nearly every event. Her best efforts in the three throws all came on her final attempts and far outdistanced her previous attempts. She and Morrison provided an interesting duel in the vault, with Morrison claiming the better of it. Wingle, who placed fifth two years ago, took her discus specialty and was a co-leader in the high jump. Sixth placer Jenette Mayes, another Ventura high schooler (from Oxnard, Ca) led the field in the 100 (12.83) and the high jump and was fourth after the first day, second after six events. At 5'5"/110 pounds, the throws got the better of her.

Results: 1. Sharon Hanson (Buena HS/ Ventura, Ca) 6198 (13.17, 16'5-1/2", 33'1", 4'6-3/4", 61.89, 15.29, 98'1", 7'3-1/4", 115'7", 5:47.2), 2. Cynthia Morrison (NAU) 5585, 3. Lynne Wingle (Camarillo, Ca/ Moorpark College) 5523, 4. Ana Barillas (East Los Angeles College) 4766, 5. Mary Anne Miller (El Camino College, Redondo Beach, Ca) 4686, 6. Jenette Mayes (Ventura HS/ Oxnard, Ca) 4599, 7. Valerie Thorpe (Loyola-Marymount/ Woodland Hills, Ca) 4451, 8. Monica Bednar (UC Davis/ Canoga Park, Ca) 4196, 9. Yolanda Aviles (Huntington Park HS, Ca) 3999, 10. Deborah Hanson (Buena HS frosh/ Ventura, Ca) 3945, 11. Christel Miller (unatt, Glendale, Ca)/ 47 years old, masters) 3908, 12. Michele Walachy (Mira Costa HS/ Redondo Beach, Ca) 3349, 13. Sonja Miller (unatt/ Glendale, Ca) 3130.

USA-USSR HEPTATHLON

Santa Barbara, Ca--July 17-18: Jane Frederick raised her own American Record to 6457 and the US team came within 157 points of an upset in the annual US/USSR dual heptathlon. Frederick, given permission to compete as a non-scoring guest competitor after withdrawing from the nationals, was elevated to scoring status by meet director (and personal coach) Sam Adams with the concurrence of the rest of the US team. She responded to that status and her home town fans with a performance that got stronger as the competition progressed. She opened with a good 13.70 in the hurdles, second behind a PR 13.49 by Natalya Shubenkova and just ahead of a surprise 13.78 by Valentina Kurachkina. Jane then took the lead for keeps with a 50'0-3/4" shot put, nearly 6' ahead of Vinogradova and Shubenkova. Shubenkova fouled her first two attempts and just managed to get one fair put in. Frederick then claimed the high jump at a personal best 6'0-3/4" and was never headed. She finished the first day 90 points ahead of Kurachkina and even an outstanding series of long jumps by the Soviet (6.26, 6.26, 6.38/20'11-1/4") could not catch her. Her javelin throwing clinched the title and record for her as she didn't settle for a 154' throw after her first attempt but claimed a 169'4" toss on her second. Her third throw was even farther but was flat.

Behind Frederick were some notable performances as 4 Soviets and 3 Americans topped 6000 points. Kurachkina led the Soviet team after the first day as Shubenkova could manage only 5'4-1/2" in the high jump, then claimed PR's in both the long jump and javelin to keep the individual battle interesting. Joyner overcame step problems to sail 21'1-1/2" on her third attempt in the long jump, as Marlene Harmon opened with 6.26 (20'6-3/4") more than a foot behind the board. Harmon hit the white on her third attempt and went 20'7-1/4". In the javelin, four athletes

TAC GIRLS' NATIONAL CHAMPIONSHIP

Spokane, Washington, July 2/4: 118 Girl's Track Clubs gathered at Spokane Community College for the Annual TAC Girl's National T&F Championships and the result assured the populace there is a fine future ahead for women's track and field in the United States.

There were many good performances in the Young Women's Division (born 1968-69). Robin Simmons won both dashes in good time and Camille Harding captured the high jump (5'9 1/4) and the heptathlon (5229). Arizona's Cindy Johnson took the shot and discus.

The Intermediate Division (born 1966-67) produced several double winners plus a triple winner in Carla Garrett who won the shot, discus and javelin. Chewnakii Knighton was the winner in both sprints and picked up a third in the 100 hurdles. Washington's Kelley Madden won the 1500 and 3000.

Canada's Jennifer Mawby was the lone double winner in the Youth Division (born 1964-65), taking the 800 (2:19.78) and 1500 (4:46.59). Angie Bradburn of the Well's County Striders from Indiana, had a good mark of 5'7 3/4 to win the high jump in this young division.

RESULTS: (Youth Division), 3000, Michele Rosynek (Tx) 10:02.37; 200H, Leslie Campbell (Wa) 28.16; 4x800, Eastside TC (Wa) 10:06.60; 800/1500, Jennifer Mawby (Can) 2:19.78/4:46.29; LJ, Kelly Peacock (Ca) 18'3 1/4w; 200, LaShun Peters (Ca) 25.42; TJ, Mindy Smith (Ca) 33'8w; 400, 1-Trudie Palmer (Ca) 56.32, 2-Yolanda Johnson (Col) 57.62; 4x100, South Central AA (Wa) 49.43; HJ, Angie Bradburn (Ind) 5'7 3/4; 4x400, 1980 TC (Ca) 3:57.46.

(Intermediate Division): 400, 1-Laura Culliver (Ca) 56.78, 2-Sharon Smith (Ca) 57.22, 3-Megan Dewey (Wa) 57.28; 100 (+5.27), 1-Chewnakii Knighton (AMIC) 11.80w, 2-Kim Phillips (Wa) 11.94w; 800, Marnie Mason (Ore) 2:16.06; SP/DI/TJ, Carla Garrett (NM) 42'6/152'1/133'5; 4x100, 1-South Central AA (Wa) 48.11, 2-LA Jets (Ca) 48.26; 1500/3000, Kelley Madden (Ma) 4:42.91/10:04.68; 100h (+2.29), 1-Gail Wilson (Alaska) 14.02w, 2-Laura Kirkham (Oh) 14.29w, 3-Chewnakii Knighton 14.51; 200, 1-Chewnakii Knighton 24.46, 2-Kim Phillips (Wa) 24.96; 400h, Amy Moore (Wa) 65.21; 4x800, Univac TC (Wa) 9:38.17; LJ, Laura Kirkham (Oh) 18'7 1/4; 4x400, 1-South Central AA (Wa) 3:54.29, 2-Pegasus TC (Nv) 3:56.68; Heptathlon, 1-Laura Kirkham (Oh) 4861, 2-Dori Tressler (Ca) 4517, 3-Amy Moore (Wa) 4413.

(Young Women's Division): JJ, Shaney Coe (Wa) 143'11; 800, 1-Jackie Love (Nv) 2:13.41, 2-Michelle Rowan (NJ) 2:13.93, 3-Camille Davis (Ut) 2:14.53; HJ, 1-Camille Harding 5'9 1/4, 2-Jewel Dorman (Wa) 5'8 1/4; 200, 1-Robbin Simmons (Ca) 24.52, 2-Lois White (Wa) 24.54; 4x100, South Central AA 46.68; 1500, Michele Rowan (NJ) 4:31.81; 100h (+2.75), 1-Diane Thomas (Md) 13.86w, 2-Kendra Keller (Wa) 13.87, 3-Shirley Walker (Wa) 13.98, 4-Debbie DeCosta (Wa) 13.99; LJ, Kendra Keller (Wa) 19'7 1/2, 2-Lois White (Wa) 19'6 1/4; 100 (+4.71), 1-Robin Simmons (Ca) 11.75w, 2-lois White (Wa) 11.87w; SP, 1-Cindy Johnson (Az) 43'10 1/2, 2-Kris Larson (Wa) 43'8; 3000, Adrienne Lorvick (Wa) 10:04.99; DI, Cindy Johnson (Az) 165'11; Heptathlon, 1-Camille Harding (Wa) 5229, 2-Rhonda Weddle (Az) 4978, 3-Jewel Dorman (Wa) 4809, 4-Penny Senger (Wa) 4716; 400h, 1-Debbie DeCosta (Wa) 60.36, 2-Marva Benjamin (Wa) 62.51.

DOANE WINS NAIA MARATHON

Dowagiac, Michigan, June 19: Mickey Doane, who won the 1981 NJCAA marathon title in 2:54:58, cut more than seven minutes off that time to set a new meet record as she easily won the 1982 title. The Golden Valley Lutheran student, a reformed smoker and frustrated softball player, broke the old record of 2:47:28 set by Corning's Kelly Bowdy in 1980, with a clocking of 2:47:22.

Results: 1-Mickey Doane (GVL) 2:47:22, 2-Cincy Poly (Oakland, Mi) 3:03:16, 3-Elise Wroldstad (GVL) 3:05:31, 4-Julie Browning (Barton, Ks) 3:05:42, 5-Marla Mitchell (Macomb, Mi) 3:14:34.



Mickey Doane, Golden Valley Lutheran College, wins the NJCAA marathon title.

COVER STORY: KELLEY OWEN

Kelley Owen, a talented sophomore from Bismark, North Dakota, has been making her mark in women's athletics at Moorhead State University, (Moorhead, Minnesota). Owen became the first athlete in Moorhead State history to win a Drake Relays Championship when she tossed the javelin 156'5 in April. Her throw set a new MSU record bettering her old mark of 147'1 which she set as a freshman at the Drake Invitational.

A multi-talented athlete, Owen played field hockey and was a starter with the Dragon basketball team before joining the track and field team her freshman year. This year she participated in basketball where she was the team's leading rebounder averaging 9.7 rpg and scored an average of 12.7 ppg helping guide the Dragons to their first appearance at the AIAW Region 6 Championships.

As a member of the Dragon track and field team, she also owns the school record in the shot with a toss of 42'5 1/2 which she set her freshman year. She became one of five Dragons to earn All-American honors at the 1981 AIAW National meet, a first in MSU history. She took fourth place in the javelin with a throw of 143'5.

"Kelley is an extremely dedicated and aggressive athlete," according to head track and field coach Randy Smith. "She has been a valuable asset to our program."

The 19 year old Bismark athlete has participated in track since grade school, running the 880 and mile in addition to the weights which have been her specialty. She was the 1980 North Dakota State Class A High School Champion in the shot and javelin.

Owen has always been an avid sports participant having started ice skating when she was two years old. She began playing ice hockey in the Bismark Boosters Ice Hockey program in second grade. At one time, she and her younger sister were two of the three girls playing Pee Wee Hockey. She was student manager for the Bismark Century High School boys hockey team her junior and senior years and skated practices with them.

WEDDLE WINS TAC JUNIOR HEPTATHLON

Manhattan, Kansas, July 27/28: Rhonda Weddle of Phoenix, Arizona, put together eight sound performances and waltzed off with the TAC Junior Olympic National Heptathlon title. Weddle, who won three of the eight events, tallied a fine 5116 for her victory. Oregon's Vicki Anderson was next with 4837.

Weddle was tops in the high jump (5'8 3/4), long jump (17'4 3/4) and javelin (138'6). Although winning only one event, (the hurdles in 14.4), Anderson stayed close and only her weaknesses in the shot and javelin were her undoing. Third placer Molly McCaughey was numero uno in the 200 (25.8) and 800 (2:24.9). Reeni McElyea of Illinois captured the shot at 36'0.

Natalie Lew from North Carolina captured the Intermediate Girls title with a good score of 4837. Lew won only two events while runner-up Laura Kirkham (Ohio) took top honors in three events and the two tied for best in the high jump. It was Kirkham's weakness in the weights that was her downfall losing the shot by more than four feet and the javelin by nearly 45 feet.

Lew took the shot (34'10 1/2), the javelin (105'6) and the 800 (2:33.1). Kirkham was best in the hurdles (14.7), 200 (25.7) and long jump (17'3). They tied in the high jump at 5'3.

RESULTS: Young Women's Division, 1-Rhonda Weddle (Phoenix, Az) 5116 (15.1-31'5 1/2-5'8 3/4-27.1-17'4 3/4-138'6-2:35.9); 2-Vicki Anderson (Tigard, Ore) 4837 (14.4-26'5 3/4-5'3-26.7-16'5 1/4-105'0-2:26.2); 3-Molly McCaughey (Galena, Or) 4822 (25.8-2:24.9); 4-Sheri Hilton (Central Point, Or) 4692 (34'10 1/4); 5-Holly Mahoney (Butte, Me) 4602.

Intermediate Girls, 1-Natalie Lew (Carey, NC) 4837 (16.2-34'10 1/4-5'3-26.0-16'10-105'6-2:33.1); 2-Laura Kirkham, (Centerville, Oh) 4664 (14.7-30'3 1/2-5'3-25.7-17'3-62'6 3/4-2:36.1); 3-Cinda Mentzer (Roswell, Ga) 4650 (2:26.3), 4-Cheryl Wilson (Ft. Lauderdale, Fl) 4578 (2:23.9).



Regina Joyce
(Photo by
Peter
Tempest)

FOOT FAULT

By Debra Blake (From "The Nor'wester")

"I want to be the best."

This, spoken softly, but firmly, explains what makes Regina Joyce run - and keep on running, pushing herself, testing her limits. It's what makes people describe the 25 year old University of Washington champion as "intense" and "competitive".

This spirit was manifested recently at the NCAA meet in Provo, Utah, when Joyce fell while defending her title in the 3000 meters. Despite a bleeding gash on her right inside calf, she decided to finish the two remaining laps.

"I wanted to finish the race," she explains. "But I realized I wouldn't be able to pick it up again so I just jogged."

Joyce blames the incident on Ceci Hopp of Stanford, the eventual winner, for running into her.

"She tripped me," states Joyce flatly. "It wasn't deliberate, but she was not watching where she was going. She hit my foot as it was behind me in the air."

The loss was particularly hard for Joyce because much of her 1982 training had been geared toward defending the title she had won last year in 8:59.39 as a UW freshman. Al Bonney, head coach of women's track and cross country at the UW, had been holding her back so she wouldn't run too fast too early in the season. Races had been used as workouts - to practice race strategy or pacing.

"It was upsetting because I was running the race exactly according to plan," says Joyce. "Maybe if I had been running it differently, it wouldn't have happened."

Clearly disappointed at losing the race, Joyce isn't going to let it get her down. Recapturing the collegiate title is just one of her goals for next year.

What makes Joyce so competitive?

Coach Bonney comments, "Regina is a very generous and caring individual. At the same time, she is very intense and driven to succeed. She isn't satisfied with anything but first or being the best."

"I'm a perfectionist," says Joyce in her soft British accent. "I'm not satisfied unless I do absolutely the best I can do - whether I'm writing a paper or running a race."

So far, her quest for perfection has paid off. Joyce has been winning since the age of 13 when she took up running in her native city of Crawley, England. At 14, she set a world age-group record for 1500 meters. After a couple of years off for work, she returned in 1980 to win Britain's national 3000m title and then the USA collegiate title in 1981.

The record looks impressive, but Joyce is not content to rest on past accomplishments. She plans to continue to race and train, putting emphasis on a new area - road racing. Her goal: run a sub-2:30 marathon, a feat only a few top runners have achieved. That would be a definite high point for someone who only began taking running seriously about four years ago, "when I started getting really good at it."

Her talent did not go unnoticed. Joyce turned down two other scholarships, (one at Berkeley) to come to the UW where she plans to major in communications. "I liked the area better," she says. "As far as climate goes, I haven't had to make any adjustments; it's very much like home. The track program sounded more like what I wanted, too."

The 5'5, 106 pound athlete finds running "very satisfying," adding, "I think of myself as a disciplined person and running is good for that. It helps keep everything in control."

This summer Joyce goes to Europe to race, but she will return to the UW in the fall to prepare for another goal - competing in the 3000m or the marathon for the 1984 Olympic Games in Los Angeles. She hopes to represent Ireland, her parents' birthplace and present home.

Joyce will take off the 1983-84 academic year to prepare for Olympic competition, but doesn't "see much point in getting all excited about it. The way the last couple of Games have gone, they might not be around that much longer."

Despite the lack of enthusiasm, Joyce has apparently not lost the attitude that has helped make her a champion. "Of course," she admits, "I'd like to win a medal."

WORLD RECORD PREDICTIONS

Recently the East German weekly publication, "Der Leichtathlete", published predictions of what's ahead in women's athletics. Shown here are the world records at the time of the Moscow Olympics, and the predictions for what the records will be when the next three Olympiads roll around. Already they must revise their predictions. The long jump mark is now at their predicted 1984 record and the javelin prediction has been bettered.

Event	1980	1984	1988	1992
100	10.88	10.72	10.65	10.60
200	21.71	21.60	21.50	21.45
400	48.60	47.50	47.00	46.70
800	1:53.43	1:52.00	1:51.00	1:50.00
1500	3:52.47	3:50.00	3:49.00	3:48.00
100H	12.36	12.30	12.20	1.10
HJ	6'7 1/4	6'8 1/4	6'10	6'10 3/4
LJ	23'3 1/4	23'7 1/2	23'11 1/4	24'1 1/2
SP	73'8	75'7 1/4	78' 1	78'9
DT	234'7	238'2	248' 1	249'0
JT	229'11	236'3	241' 6	244'1



ALL-AROUND THROWER

Kentucky's (by way of Canada) Cindy Crapper captured the Best All-Around Thrower title contest over 19 other entries with a total of 390'11. Tennessee's (by way of Ireland) Pat Walsh, who was pressed into service to pick up a sixth place in the javelin for Ireland in an international meet last week, was a close second at 385'6 1/2.

Surprises included fourth placer Mary Hyden of Missouri and 16 year old Carla Garrett of the Albuquerque Dust Devils who placed 9th. Cal Poly/Pomona was the only school with two scorers.

Name and School	SP	DT	JT	TOTAL
1-Cindy Crapper (Ky/Can)	48'11	160' 2	181'10	390'11
2-Pat Walsh (Tn/Ire)	50' 5 1/4	187' 2	147'11	385' 6 1/2
3-Carol Cady (Stanford)	50' 0	179' 0	137' 8	366' 8
4-Mary Hyden (Missouri)	46' 6 3/4	165' 0	140'11	352' 5 3/4
5-Cecil Hansen (Ok/Nor)	52' 6	136' 6	145' 4	334' 4
6-Jody Smith (W.Va)	45' 9	153' 5	134' 0	333' 2
7-Sarah Albers (N.Col)	44' 8 3/4	142' 4	142' 9	329' 9 3/4
8-Alma Cobb (Army)	42'11	150'11	135' 0	328'10
9-Carla Garrett (Alb.DD)	42' 6 1/2	152' 1	133' 5	328' 0 1/2
10-Jo Beth Palmer (Texas)	49' 4 1/2	160' 5	116' 2	325'11 1/2
11-Pam Schmidt (Midland, Nb)	42' 9	146'11	135' 5	325' 1
12-Nini Davis (St.Johns)	52' 7 1/2	144' 6	127' 7	324' 8 1/2
13-Pia Iacovo (Alabama)	47' 7 3/4	177'10	95' 5	317'10 3/4
14-Monica Wren (CP/P)	40' 0 3/4	128' 9	142' 6	311' 3 3/4
15-Carol Hall(CP/P)	39' 7 1/2	129' 6	139' 0	308' 1 1/2
16-Kris Benzie (N.Dak.St)	41' 7 1/2	130' 9	134' 5	306' 9 1/2
17-Lint (SW State U)	40' 9 1/2	138' 6	122'11	302' 2 1/2
18-Monica Silbas (CS Sac)	39' 6	140'11	104'10	285' 3
19-Pat Thomas (PV)	44' 4 1/2	126' 5	114' 0	284' 9 1/2
20-Robin Small (Nb)	49' 8	167' 5	35' 3	252' 4

LIFE BEGINS AT THIRTY!

By Brent McFarlane (From "Athletics", Canada)

When a woman competes in sport it is feminine because she is a female. Does athletic motion or pursuit of excellence have a gender? Beneath the mechanical and physiological perfection of the female athlete are the emotions and feelings of determination. Women in athletics are unique individuals. Such is the case of Jarmilla Kratochvilova, the 30 year old Czechoslovakian sensation who surprised the track and field world in 1980 by running the race of her life in the Moscow Olympics to place second in the 400m in 49.46 seconds to the world record holder Marita Koch of East Germany. Three years earlier at the age of 26, Kratochvilova took more than 53 seconds to run the 400 and in 1981 she dominated the event with the second fastest time of all times 48.61. (For the 1983 season, Kratochvilova will be 32 years old. She was born on 26 January 1951).

The story behind this unique athlete and her training program are noteworthy in a time in Canada (and the USA) when a 30 year old would be a "Grand Old Lady" in the track and field scene. I am indebted to Emil Dostal of the Sport Institute in Prague for supplying much of this information in his presentation at the XI European Coaches Congress 1981 in Venice, Italy and to Miroslav Kvac, coach of Jarmilla Kratochvilova who provided the necessary data for this report.

"The general development of Jarmilla is shown in the table. She was never what might be termed talented. As a matter of fact, in her youth she had only normal physical education and physical work on her parent's farm. Later she occasionally visited the athletic club but not regularly and never during the winter. She only started her systematic training in 1969 at the age of 18 after graduating from secondary school. She ran 60.2 that year. The years up to 1972, was the period of 'laying foundations'. Training was very limited due to her frequent illnesses." Such was the beginning of the World Cup champion of 1981 in Rome.

Like many other European coaches Kvac is a very clever and specialized coach. In 1972 he devised two, four year plans for JK in the long term preparation for the 1980 Olympics. The strict systematic development of this program was designed to progress at a steady rate and not fast or speculated. Eight years is a long time. Canadian (and USA) coaches and athletes should take note. Time tells the tale in one's life in sport. Too often Canadian (and US) athletes never reach their peak because they did not wait the test of time. The following will illustrate the working system of Kvac.

"The targets of the first 4-year cycle were:

- 1-Adapt the organism to long term, high stress training and to perform well in the Olympic Games in Montreal,
- 2-Increase the level of basic fitness, general endurance and gradually switch over to the special components of special endurance, dynamic jumping power and speed endurance,
- 3-Raise the flexibility level and strengthen the spine of JK.

The main target of this period to qualify for the Olympic Games in Montreal was not obtained but the overall objectives were never abandoned."

It should be noted that during this period JK had a thyroid problem, operation on her tonsils and different leg injuries. Kvac made adjustments in the second four year period and decided to divide it into 2x2 year periods. The main task of the first 2 year period was to have a successful performance at the European Championships of 1978 in Prague. She finished 7th here in 53.33 in the semi-final because of illness. It is a very unique and mature athlete not to be discouraged, even by these failure.

"The preparation period of 1979 was characterized by high training loads which were raised further in 1980. JK was ready for such loads by her systematic long-term and purposeful training. By volume and intensity her training loads would reach world class levels in some indices and even world supremacy in others." In Canada we talk of three levels of athletes - the club level, national level and international level. The level of the athlete dictates the loads and program an athlete can handle. In Europe they talk about the year of the athlete - year 1, year 2 and so on. In 1980 JK was a year 11 athlete and therefore she can operate at a different level than a year 3 or year 4 athlete. In 1981 JK was a year 12 athlete and the loads and program of that year are different than those of the previous year. In Canada we cannot make the common mistake of repeating or copying programs from other years or other athletes to produce results at the elite level.

For the international athlete training camps are extremely important. We have yet to learn the value organization and 'need' for such a valuable tool in Canadian track and field. In the Olympic year JK attended several camps at 'altitude' and in places with a warm climate with the final training camp before the Olympics in Poiana-Brasov, Rumania, June 13-19.

Coach Kvac points out several objectives and ingredients needed for success: "Here in the Transylvanian Alps JK found excellent conditions for her training: a stadium in the forest, tartan track, complete physiotherapy and relaxation." Just prior to the camp JK completed two competitions running 51.20 and 51.11. However the key to success of this training camp is stated in the objectives set down by Kvac and JK: 1-to complete the development of speed and special endurance, 2-to correct imperfections in

GENERAL DEVELOPMENT

Age/Year	100	200	400	800
14/1965	13.5			
15/1966	13.3			
16/1967	13.1	28.4		
17/1968	12.6	27.8		
18/1969	12.2	27.2	60.2	
19/1970	12.1	26.2	55.0	
20/1971	12.0	25.8	55.4	
21/1972	12.0	25.4	55.8	2:14.4
22/1973	11.9	25.2	56.0	2:13.7
23/1974	11.9	25.0	55.8	2:11.4
24/1975	11.8	24.9	54.6	
25/1976	11.5	23.6	53.1	
26/1977	11.6	24.35	53.35	
27/1978	11.4	23.50	51.09	
28/1979	11.57	23.46	51.47	
29/1980	11.43	22.53	49.46	
30/1981	11.09	21.97	48.61	



running skill and pace judgement in the 400 race, 3-to maintain the level of dynamic strength and tempo endurance and 4-to gain self-confidence on the basis of successful testing of speed and special endurance."

Look at the camp's results and make your own conclusions. Firstly, the test results; 100m (10.9), 200m (22.80), 300m (36.4, 36.7, 37.2), 50m (5.7). Secondly the psychological readiness of JK knowing she was ready for the Olympic final. No detail was left to chance. A less major objective of the camp was to parallel its contents to get acquainted with the Olympic environment as much as possible. The obvious affects of altitude and a warm climate offer an athlete the best possible conditions for final preparation and competition.

The use of excellent indoor and outdoor facilities cannot be overlooked in the designing of a world class athlete's program. The development of speed is near impossible unless properly put into the program and carefully executed in an ideal training environment. "I consider speed development a factor of utmost importance for the quality of performance. We start speed at the beginning of our yearly preparation in November, 1-2 times a week. The intensity is lower than in the competition period but the runs are designed for technique. The development of performance for the 400m woman comes from the direction of speed. A woman who is unable to run under 23 seconds for the 200m cannot succeed at world levels. JK followed this direction running lots of 100 and 200m races. At the time of the Olympics she was able to run under 11.0 for 100m and under 22.5 for 200m."

Much can be said about the road to the top for a world class performer. If any lesson can be learned for athletes in Canada from the example set by JK it is "anything is possible where preparation is based on long-term systematic training." JK could never be termed talented and her way to the top took 12 years. Now going on 32 years old and being number '1' in the world over 400m should tell the rest of the world that "the ability to wait" has its role for success. It could be said: "success is a journey, not a destination."



What's this? A one-legged discus thrower? Not really. It's England's Susan Bayston, but she's sure looking like a one-legged discus thrower. (Eric North photo).



ON THE ROAD AGAIN By Jack Welch

I am sitting at my desk. Through the window I can see the crater of Mt. St. Helens. I know the lava dome is growing, as is the nuclear stockpile and the national debt. Meanwhile, Vince Reel, so old he once ran on a mile relay with Barney Rubble and Fred Flintstone, wants my column. He wants it on time. Faced with this impossible demand, I must warn you that the following is written because it's cloudy and my closest friend is spending the weekend with her folks.

CAROL CHILCOAT of Seattle is rumored to have received a kiss from Ollan Cassel as a reward for winning the USOC Sports Festival Marathon, (Indianapolis, July 25) in 2:47:55. Second place was to be a kiss and a hug. Third place included dinner. Additional results are currently unavailable as the other finishers fled town before the award ceremony.

England's KATH BINNS, according to "Athletics Weekly", is hampered by a form of arthritis in an ankle. One doctor, (I assume a medical one), has advised her that "Marathon running is the worst thing she can do." I don't know, I think cigarette smoking is worse.

MARIY COOKSEY seems to be becoming a force again on the roads. She recently (July 17) essayed a win at the Bohemia Mining Days Half Marathon. Cooksey captured the Cottage Grove, Oregon, event in 1:18:09.

Athletes who compete well in hot weather might give Concorde Hotels a call (800-223-7944). BURKE KONCELNIK topped the women's field in their International Marathon (Aruba, June 27) for the second consecutive year, bettering her own course record of 3:21:19 with a time of 3:00:52. She finished fifth overall. A 3 1/2 hour effort would have garnered third place among women.

Those of you who find the shorter distances more invigorating might consider the 10k offered the previous day by Concorde. CAROL URISH set another course mark, winning in 36:17. JEANNE PARE followed at 36:55.

Heck, Fred Lebow even won the 50-54 age group with a time of 4:38:07. FLASH - I'll call Concorde myself. I could run an hour or two faster than Fred and guarantee them international coverage at the same time. Sounds like a plan. (Ed note:-I always wondered what age group you would be in Jack.)

BETH MILEWSKI continues to win in Southern California. One of her latest victories came at the Fifth Annual Fox-Century City 10k (June 13). The 24 year old Milewski set yet another course standard with 34:53. No one else broke 36. Milewski did the same thing at the Brentwood 10k (Los Angeles, May 30) - this time in 34:34.

KELLY WATKINS won a Pesi Challenge 10k July 10, with a time of 40:26. Doesn't sound all that awesome, but consider that Rod Dixon ran 32:20. And he didn't even win. Perhaps the location of Park City, Utah, and its altitude of 7200 feet had some effect on the performances.

CAROL URISH took first place at the Lite/Texas 10k Championships (Marcos, Texas), crossing the finish line in 35:03. VENESSA VAJDOS trailed behind distantly at 36:43, just three seconds ahead of TERESA VILLASENOR.

IRENE GRIFFITH, one-time Washington State high school star, now at the University of Oregon, led the ladies at the Taylor's Twilight 10k (Eugene, Oregon, June 11) with a time of 38:54.

At the Chicago Distance Classic (July 11) DIANA BUSSA ran one of the fastest 20k ever by an American, notching a 1:07:48 victory.

JAN EITILE of St. Cloud, Minnesota, took first prize at Grandma's Marathon (Duluth, June 20) with a time of 2:41:20. Finishing second on a course described by Coach Billy Squires as "the best I have ever seen in the world" was TINA GANDY, just 33 seconds behind the leader. MARIANNE BICKERSON (2:43:19), JANIS KLECKER (2:44:07), highschooler KARLENE ERICKSON (2:45:37) and MICHELE DAVIS (2:47:06) followed.

San Francisco made its bid for ultramega-awesome marathon status (July 11) and came up with a nice competition, thank you. NANCY DITZ encountered few difficulties staving off an average field in 2:44:05. KATHY PFIEFFER held off HEIKE SKADEN by 14 seconds for second place with a time of 2:46:27. MARILYN MATHEWS in 4th was the only other woman under 2:50 at 2:47:38.



CAROL URISH, Houston Harriers, gets better and better year by year. Born 1956, Carol's most recent win was the Lite/Texas 10k with a clocking of 35:03.

Just found out that JAN YERKE'S 32:45 at the Keystone Race Track "10k" (June 12) was an excellent performance - it just wasn't 6.2 miles worth of running. Seems the course was measured automatically and is, according to Jan's estimate, perhaps six miles long. Still not a bad effort, probably a sub-34 for the full distance.

Oh oh, there's a knock on the door. It's my own little track star. Gotta run. Before I go, I would appreciate any and all information you can provide to improve WIFW's coverage of road racing. This stupidly comprehensive collection of information only scratches the surface of the important part women play in this sport. We would like to do more and we'd like to do it better. You can help by sending race results and newspaper clippings to me c/o this magazine. Vince, who will be played by Henry Fonda in the forthcoming movie about my life, will see that you get a percentage of my fee for your help.

Thanks. Go see "An Officer and a Gentleman" - good flick.

AVON INTERNATIONAL MARATHON

By G. David Brown

San Francisco, California, June 6: "The beauty of women in motion". Avon's running slogo perfectly described their Fifth International Marathon held in the streets of San Francisco. One can't help feel the elation coming out of this all-women field which attracts top women runners from all corners of the world.

621 entrants from Malaysia to Saudi Arabia captured the feeling of this beautiful event. Avon chairman David Mitchell best described it, "Whether your goal in this race is to win or if you are here competing in your first marathon, this will be an exciting event for you."

The runners competed for a total of \$65,000 in prize money. The first runner crossing the finish line earned \$15,000 while the rest was divided among the next 14 finishers.

The money earned by the runners was well deserved. Simply put, this course was TOUGH! Comprised of steep hills, long uphill grades over the last four miles which combined with the wind made the course challenging both to the elite and the novice. Laurie Binder best described it, "At the 20th mile instead of relief you run right into the wind - uphill! At that point, either you have it or you don't."

THE RACE: A high class field of international and national class runners established the lead pack. Lorraine Moller was tops with her best time of 2:29:36. Local favorite Laurie Binder, Irish star Carey May, Sacramento's Eileen Claugus and Spain's Iciar Martinez were the best known of the other runners. Nancy Conz, last year's champion, was forced to drop out due to a flu virus which hit her the night before the race. Italian star Laura Fogli (2:31:09) was missing due to problems back home and Julie Brown was out with injuries. Norway's Sissel Grottenberg (2:33:02) dropped out early in the race. Before the race started Moller commented, "I have a good chance of winning. I think it will be hard, it could be windy and that's just like running up and down hills."

The race started out at Golden Gate Bridge. Moller and Binder quickly set the pace with Carey May and Sue Krenn close behind. Newcomer Missy Kane was also with the lead pack. After the first mile the lead pack remained the same with Richmond's Sharlene Gilbert, also a newcomer, catching the pack. This group remained the same throughout the first part of the race.

At the 10k mark, Laurie and Lorraine, along with Gilbert and May, were still running together with Moller and Binder changing off leads. Eileen Claugus, running with an efficient bouncy form, moved up to run with the leaders.

The 20k mark saw Moller out in the lead in 1:14:50. Binder was only two seconds behind with May next at 1:14:55. Claugus and Gilbert were still in the run of things and were timed at 1:15:02 and 1:15:10.

Carey May built up a small lead over Binder and Moller at the 25k mark. The young lass ran with efficiency and freedom seen in no one else. Moller and Binder were running closely behind May.

From the 30k mark on to the finish, it was Moller's race. Building up a strong lead over the others, she clocked a 1:51:08 at 30k and 2:28:20 at the 40k mark. She seemed to run effortlessly and with such ease that she actually made marathoning look easy! May was about two minutes behind Moller, but a good distance in front of Binder. It was reported Binder lost contact at about the 20 mile point.

THE FINISH: Lorraine Moller's first performance in San Francisco was a grand one. Winning in a fine time of 2:36:12 over the hilly course, the gracious Kiwi even had enough energy to sprint through the finish chute, obviously feeling the elation of her win. Carey May, whom everyone labeled as "The Little Irish Girl", finished second in 2:38:31. Binder, who seemed to be in pain over the last miles of the race, finished in 2:37:45 for third. Eileen Claugus had a fine race finishing fourth in 2:42:32. Spain's Iciar Martinez was close to Claugus with 2:43:32. The best newcomer came in the form of Richmond's Sharlene Gilbert who finished sixth in 2:43:42.

PROFILES AND COMMENTS: Lorraine Moller (New Zealand) - Lorraine handled the wind and the hills as if she were born right in San Francisco. Simply put, this woman is amazing! "The first half felt very easy and the second half more even, you have to run pretty hard. There's something about running in front. It's a powerful feeling, it's exhilarating. I liked the feeling of being in complete control." Commenting about the money she won (\$1500) Moller stated, "I think the money involved made it so you ran for place rather than for time." Lorraine's next major plans include Oregon's Cascade Run-off, also offering big bucks, and the Commonwealth Games 1500 and 3000 track races. Moller said, "I'm going to have a few drinks and spend my money."

Carey May (Ireland): - Coming off a busy week in which she competed for BYU at the NCAA, May was probably the smoothest runner in the race. Her race strategy of "To run a steady pace and be with the top athletes" certainly applied to her second place win. Running with her seemingly effortless stride, May proved herself among the older crowd. May commented, "They overtook me on the downhills. I'm a better runner on the uphills. I expected it to be a lot harder but I felt really strong. I think the hills helped me. I like running up hills!" May will be going



The start of the Fifth Annual Avon International Marathon Championship for women in San Francisco, with the Bay in the background. Six hundred and forty-one runners entered, with Lorraine Moller of New Zealand winning in 2:36:13. (Janeart photo).



Passing the four mile point with the Golden Gate Bridge in the background, the leaders are: Laurie Binder (#6), Missy Kane (#59), Lorraine Moller (between them), Eileen Claugus (#11), Carey May (#8), Sue Krenn (farthest right), and Sharley Gilbert (between Kane and Moller). (Janeart photo).



The top three: second place Carey May from Ireland 2:38:32, (left), winner Lorraine Moller of New Zealand, 2:36:13 (center) and third-place Laurie Binder of the USA, 2:39:46 (right) (Janeart photo)

THE SAN FRANCISCO MARATHON

By G. David Brown

San Francisco, California, July 11:- New York, Boston, London and now San Francisco. A new city-wide course captivated 7800 registered entrants, (2700 of them were women), to run through the scenic wonders of one of the world's most beautiful cities. Runners wound through such sights as Chinatown, North Beach, the controversial Height-Asbury district, the Golden Gate Bridge and the Palace of Fine Arts. The course itself featured an elevation loss of 200 feet and race-day conditions were perfect with the temperature in the low 60's with low humidity.

Competition-wise, due to lack of appearance money, the marathon didn't attract the "big" names many expected with the initiation of the new course. Last year's champion Laurie Binder wasn't present, but this was probably due to the fact she had recently finished third in the Avon marathon in 2:39:46.

19 year old Heiki Skaden of Sacramento took the early lead, but soon Sharlet Gilbert, the sixth place finisher at Avon, took over. Experienced Sue Peterson, running with her pacer-husband Pete, (she runs about a marathon a month and is a consistent winner), took control of things around the 14 mile point.

But it was not a day for veterans, it was a day for newcomers for Nancy Ditz, running her first-ever marathon won the race in 2:44:05. Ditz, a strong local runner who has fast times in the 5 and 10k races, placed second in the Bay-to-Breakers this year. She played a conservative game letting others do the early pace work. "I wanted to start with a 6:05-6:15 pace", Ditz said. "I wasn't going to race anybody, I just wanted to run at my own pace." Second place went to Kathy Pfeifer in 2:46:27 and third to Skaden in 2:46:46.

Undoubtedly the most controversial runner was 11 year old Cheryl Page. Page was banned from the London Marathon because of her age. Due to this, a big sensation was created by the British press with sports doctors crying out that competing in such long distance events "would make Cheryl somewhat short of a freak" because of damage to her bone structure. Page finished 4800th here in 4:10 with nothing but cheers from the crowd and no noticeable damage to her bone structure.

A Profile of the Winner:

Nancy Ditz is not just relatively new to the marathon scene, but new to running itself. She started jogging just about two years ago and has been racing for a year and a half. Training 60 miles per week, (just like marathon ace Grete Waitz) before the marathon. Her highest mileage day was 16 miles. Before the race Ditz commented, "This is my race to figure out

if I have any marathon potential." The potential is there and Ditz's time was one of the top American times recorded thus far this year.

"I'm really happy about my performance. I wanted to run in the low 2:40's and that's what I did. I've been training for the 10000 meters and haven't done any long runs at all. I've been doing more sharpening and speed work, my longest continuous run was about 16 miles."

"I felt strong throughout the whole race. I felt comfortable and didn't have any serious pains. I didn't take the lead until past the 14 mile mark and then I felt fairly confident when I passed Sue Peterson.

"It was a really nice course and had lots of down hills. Everytime you ran uphill, you ran downhill immediately afterward. The weather was nice and cool."

Ditz still doesn't plan on going more than 60 miles a week and will still concentrate basically on the 10k. She plans on running in New York where she wants to "compete with the best".

RESULTS: 1-Nancy Ditz 2:44:05, 2-Kathy Pfeifer 2:46:27, 3-Heike Skaden 2:46:46, 4-Merilyn Mathews 2:47:38, 5-Sue Peterson 2:50:36, 6-Liz German 2:51:11, 7-Margo Elson 2:52:11, 8-Sharlet Gilbert 2:52:42, 9-Sue Moen 2:52:47, 10-Sandra Kiddy 2:53:23.



AVON MARATHON

back to Ireland this summer to train for the European Championships marathon. Here she will definitely have a chance to win.

Laurie Binder (San Diego): - This was not one of Binder's easier races. "At the halfway point, my calves got tight. I thought I would have to quit the race. I really ran in pain the last part of the race. I would like to have those hills flattened!" Commenting about her Bay-to-Breakers win which came just two weeks before Avon, "The Bay-to-Breakers helped me a lot psychologically and was a good race before coming on to Avon."

Eileen Claugus (Sacramento): - Coming back after a seven year lay-off from running, Claugus is certainly making waves once again. Her most recent performance before Avon was a second at the Bonne Bell 10k behind UCLA's Michele Bush. Her record of 4:40.7 for the mile in 1972 stood as a prep best until this year. She is now emerging as one of the nation's best in the distances and a threat to make the Olympic team in 1984.

Iciar Martinez (Spain): - Iciar rounded out the top five of which three were foreigners. From Madrid, she has a best of 9:10.27 for 3000m and describes herself as "a track runner running marathons just to try the distance." Iciar showed a bright smile at the finish line when she heard of her PR.

OTHER AVON NOTES: - Youngest runner in the race was 15 year old Rosalinda Catulong from the Philippines. Oldest was Kay Atkinson, age 65. Ruth Anderson of Oakland finished her 60th marathon at the age of 52.

Compliments must go to the people at Avon who provide an opportunity for the women marathoners of the world to unite in one race and who created a truly special event.

RESULTS: 1-Lorraine Moller (NZ) 2:36:12, 2-Carey May (Ire) 2:38:31, 3-Laurie Binder (USA) 2:39:45, 4-Eileen Claugus (USA) 2:42:58, 5-Iciar Martinez (Spain) 2:43:32, 6-Sharlene Gilbert (USA) 2:43:42, 7-Mary O'Conner (NZ) 2:45:30, 8-Condy Dalrymple (USA) 2:45:03, 9-Gretchen Stermitz (USA) 2:45:30, 10-Nancy Mieszcak (USA) 2:45:50, 11-Linda Edgar (USA) 2:45:57, 12-Kim Burns (USA) 2:46:28, 13-Melody Mayer (USA) 2:46:35, 14-Lorrie Dierdorff (USA) 2:46:46, 15-Kathy Whitcomb (USA) 2:46:53.

Busy, busy, busy. That's Nancy Conz who practically owns the Avon 10k's. Top photo shows Nancy winning the Atlanta 10k in 34:29 much to the delight of the Mayor. Middle photo shows her on her way to victory at Kansas City in 34:04 and bottom photo is yet another victory, this time at Knoxville in 33:14.9. (Jeanart photos).

HIGH SCHOOL TRACK By Rich Ede

NEW YORK STATE INTERSECTIONAL

Cornell University/June 4: The weather was horrible as rain forced the long jumpers indoors and the sprint times reflected the weather. But Chris Curtin (Mepham/ Bellmore) and Andrea Spaulding (Tully) each set state records on their way to double wins. Curtin recorded a state mark in the 1500 at 4:32.4 (she has a better mark) and blew the field away in the 3000 with her 9:36.0. Spaulding claimed the 400 hurdles in 62.20 and moved indoors to win the long jump in 18'1-1/4". Roxanne Godley (Henninger) recorded the other state mark as she won the 400 in 55.67. Spaulding's hurdles moved her to the number one spot in the nation temporarily.

Results: 100- 1. Michele Mazurik (Alexander) 12.24, 2. Karen Skinner (Pt. Washington) 12.43, 3. Tracey Piper (Brentwood) 12.45, 4. Karen Coke (Mt. Vernon) 12.46, 5. Regina Kent (Jamaica) 12.48, 6. Crystal Williams (Boys & Girls) 12.53; 200- 1. Marcelle Kendall (Wingate) 25.06, 2. Coke 25.14, 3. Mazurik 25.69, 4. Piper 25.88, 5. Darmstadt (Potsdam) 26.13, 6. Washington (N. Babylon) 26.26; 400- Roxanne Godley (Heninger) 55.67, 2. Rhoda Phillips (Mt. Pleasant) 56.47, 3. Piper 56.5, 4. Prunty (Jamestown) 56.8, 5. Uche Uwah (Notre Dame/ Utica) 57.4, 6. Sandra Taylor (New Rochelle) 57.8; 800- 1. Ann Bagley (Valley Stream) 2:10.41, 2. Nancy Rosenfeld (Suffern) 2:11.01, 3. Veronica Haberl (Longwood) 2:15.03, 4. Debbie Humphries (Comack North) 2:15.30, 5. Mary Pat Lindner (Hastings) 2:15.31, 6. Ford (Bronxville) 2:15.33; 1500- 1. Christine Curtin (Mepham/ Bellmore) 4:32.4, 2. Brown (Waterloo) 4:37.2, 3. Lindner 4:36.4, 4. Fran Palladino (Huntington) 4:37.4, 5. Desiree Scott (Mt. Vernon) 4:39.5, 6. Allan (McGinn) 4:39.7; 3000- Curtin 9:36.0, 2. Scott 9:52.3, 3. Anita Kelly (R. Henrietta Sperry) 9:58.2, 4. Prey (Brighton) 10:00.8, 5. Heather Zimmerman (Miller Place) 10:01.6, 6. Marge Bessel (Grand Island) 10:08.4; 1000H(33")- Katherine King (B&G) 14.68, 2. Yvette Cash (Truman) 14.76, 3. Gail Cooper (Hempstead) 14.78, 4. Kisha West (Bennett) 14.9, 5. Anderson (Brentwood) 15.2, 6. Leitha Carson (Brooklyn Tech) 15.6; 400H- Andrea Spaulding (Tully) 62.20, 2. Lisa Bradley (Pt. Washington) 62.34, 3. Debbie Grant (Ramapo) 62.89, 4. Cash 63.80, 5. Fischer (Sauquoit) 65.08, 6. Vonda Long (Monroe-Woodbury) 70.40; 1500 Walk- Simone Pavlides (North Shore) 7:00.29, 2. Koonman (Valley Stream) 7:11.5, 3. Caitlin Rhodes (Cortland) 7:16.96, 4. Marie Killory (Henninger) 7:17.69, 5. Valentine (Delhi) 7:18.4, 6. Ausset (N. Babylon) NT; 400R- Brentwood 48.55, 2. B&G 48.72, 3. Uniondale 49.76, 4. Linton 49.80, 5. Mt. Vernon 49.84, 6. Cortland 51.26; 1600R- Ramapo 3:55.9, 2. Malvern 3:59.6, 3. Mt. Vernon 4:01.0, 4. Brooklyn Tech 4:02.9, 5. Franklin Acad. 4:04.7; 3200R- Burnt Hills 9:15.1, 2. Williamsville North 9:17.6, 3. Brooklyn Tech 9:24.7, 4. Bronxville 9:27.0, 5. Herricks 9:27.7, 6. Pearl River 9:29.4; HJ-- Pam Simmons (Lindenhurst) 5'10", 2. Kelly McGill (Sachem) 5'8", 3. Teresa Schwansnick (Little Falls) 5'6", 4. Donna Girtler (Columbia) 5'6", 5. Smith (Balston) & Heidi Mann (Queensbury) 5'6"; LJ-- Andrea Spaulding (Tully) 18'1-1/4", 2. Kim McDole (Ramapo) 18'0-1/4", 3. Smith (Uniondale) 17'10-1/2", 4. Travis (Elmira Free) & Piper 17'7-1/2", 6. Slazyk (Pioneer) 17'5-3/4"; SP-- Cheryl Klein (Bellport) 44'11-1/2", 2. June Reid (Mepham) 43'11", 3. Connie Sweet (Elmira Free) 42'0-1/4", 4. Jane Decker (Wagner) 41'1-1/2", 5. Barbara Jackson (Notre Dame/ Utica) nm, 6. Donna McGrath (Ketcham) 39'9"; DT-- Reid 129'11", 2. Sheila McCann (Eden) 127'4", 3. Klein 122'3", 4. Sweet 121'2", 5. Mattos (JFK) 118'3", 6. Jones (Mid Lakes) 117'11"; PENT-- Sharon Pfister (Lancaster/ Buffalo) 3672, 2. Sheehan

(Williamsville, North) 3554, 3. Lukenda (North Rockland) 3318, 4. Daley (Hudson Falls) 3257, 5. Holmes (Ward-Melville) 3219, 6. Foley (New Paltz) 3188.

MASSACHUSETTS STATE MEET

Maxine Underwood (Brookline), Liz Natale (Newton North), and Laurie Glynn (Winchester) won their 400, Mile, & 2 Mile specialties easily to highlight the Massachusetts State Meet. Internationalist Underwood took the 400 by nearly 2 seconds while Natale had nearly 4 seconds on the mile field and Glynn had 18 seconds on 2nd place and 37 seconds on third.

Results: 100-- 1. Leslie Freeman (Natick) 12.5, 2. Diane Spillane (Lexington) 12.8, 3. Lukin (Tewksbury) 12.8, 4. Beatrice Burns (Jamaica Plain) 12.9, 5. Rose (Acton-Boxboro) 12.9; 200-- 1. Sonja Jaris (Brookline) 24.7, 2. Genesis Eddins (W. Roxbury) 25.1, 3. Jerri Jones (Oliver Ames) 25.9, 4. Cheryl Venner (Reading) 26.1, 5. Williams (Acton-Boxboro) 26.1; 400-- 1. Maxine Underwood (Brookline) 54.8, 2. Martha White (shrewsbury) 56.5, 3. Janice Reed (Boston Latin) 57.1, 4. Jennifer Hodgson (Dover Sherborn) 58.2, 5. Susan Bird (Lexington) 58.6; 800-- 1. Caroline Mitchell (Needham) 2:11.7, 2. Mary Kaye Kennedy (N. Quincy) 2:12.0, 3. Gail Saunders (Reading) 2:13.5, 4. Adrienne Dixon (Brighton) 2:15.5, 5. Rosalind Williams (Boston Tech) 2:16.0; Mile-- 1. Liz Natale (Newton North) 4:58.7, 2. Nancy McCarthy (N. Quincy) 5:02.5, 3. Thayer Plante (Cambridge R&L) 5:05.5, 4. Diane Weeder (Revere) 5:06.7, 5. Nancy Callahan (Falmouth) 5:08.0; 2Mi-- 1. Laurie Glynn (Winchester) 10:31.6, 2. Maureen Connors (Danvers) 10:49.9, 3. Maria Teevens (Silver Lake) 11:08.4, 4. Elise Papette (Westwood) 11:08.5, 5. Mary Schena (Haverhill) 11:09.9; 100mH-- 1. Caroline Fish (Weston) 14.5, 2. Monica Baker (Methuen) 14.6, 3. Robin Perrow (Seekonk) 14.9, 4. Carolyn Parsley (Braintree) 15.2, 5. Portia Brissette (Boston Tech) 15.2; 400R-- 1. Acton-Boxboro 49.5, 2. W. Roxbury 49.6, 3. Brockton 50.5, 4. Lexington 50.8, 5. Blackstone-Millville 51.2; 1600R-- 1. Brookline 3:57.0, 2. N. Quincy 3:59.7, 3. Falmouth 4:04.2, 4. Seekonk 4:06.6, 5. Acton-Boxboro 4:12.2; JT-- 1. Pat Jette (Case) 127-4, 2. Carol Ward (Bedford) 124-2, 3. Cathy Dors (E. Bridgewater) 118-1, 4. Keri Colette (Milford) 113-8, 5. Pam Cutting (Gardner) 109-8; DT-- 1. Kelly LeCompte (Beverly) 132-11, 2. Michelle Millane (N. Quincy) 132-4, 3. Ann Babson (Ipswich) 118-6, 4. Lisa Ryan (Dennis-Yarmouth) 116-10, 5. Cindy Coskie (Shrewsbury) 116-9; HJ-- 1. Robin MacDonald (Weston) 5'6", 2. Kyle Emery (Swampscott) 5'4", 3. Patty White (Lexington) 5'2", 4. Martha Madeus (Needham) 5'2", 5t. Cynthia Surrette (Andover), Jane Schloth (Reading), Jankowski (Everett) 5'2"; SP-- 1. Jean Buckley (Chelmsford) 46'8-1/2", 2. Lauren Andrews (Hull) 46'5-3/4", 3. Martha White (Shrewsbury) 42'4-3/4", 4. Valerie Rozkuska (Quabbin) 40'2-1/4", 5. Dana Stone (Winthrop) 38'0-1/4"

We have exhausted the state meets for which we have been able to get results. If you have not seen your state, and have access to any copies of results, PLEASE send them to Rich Ede, 1424 Lynoak Dr., Claremont, Ca. 91711.

HIGH SCHOOL MARKS

100 meters

11.3w(11.64)	Lisa Winston(Jordan/Long Beach, Ca)	4/3 Rialto
11.52	Donna Dennis(OP/Tacoma, Wash)	7/1 UCLA
11.60w(11.61)	Gervaise McCraw(Ganesha/Pomona, Ca)	6/4 Sacramento
11.62w(11.78)	Monica Taylor(Grant/Sacramento, Ca)	6/4 Sacramento
11.64w	Trena Carpenter(EH/Ft. Worth, Tex)	
11.68	Latanya Dawkins(Dorsey/Los Angeles)	5/28 ELAC
11.69	Zelda Johnson(Garey/Pomona, Ca)	5/27 Cerritos
11.70	Denean Howard(Kennedy/Granada Hills, Ca)	5/28 ELAC & 6/4 Sacto
11.70	Janet Davis(Gentry/Indianola, Miss)	7/1 UCLA
11.76w(11.89)	Nedrea Rodgers(Berkeley, Ca)	6/4 Sacramento
11.77	Angela Williams(St. Joseph's, NY)	7/1 UCLA
11.83	Teri Smajstria(Pearland, Tex)	
11.6	Diane Dixon(Tech/Brooklyn, NY)	
11.6	Angela Pullin(Reag/Austin, Tex)	
11.86w(12.23)	Lawanda Cabbell(Gardena, Ca)	
11.87w	Inger Peterson(Dorsey/Los Angeles, Ca)	
11.88	Ernestine Mildrow(Yuma, Ariz)	
11.89w(12.01)	Estelle White(Saddleback/Mission Viejo, Ca)	6/4 Sacramento
11.91w	Karen Carr(Overfelt/San Jose, Ca)	6/4 Sacramento
11.93	Pam Qualls(Burbank/Sacramento, Ca)	section

200 meters

23.25	Denean Howard(Kennedy/Granada Hills, Ca)	5/28 ELAC
23.27	Gervaise McCraw(Ganesha/Pomona, Ca)	5/22 Cerritos
23.48y	Janet Davis(Gentry/Indianola, Miss)	
23.39	Donna Dennis(CD/Tacoma, Wash)	7/1 UCLA
23.59	Torja Stevens(Blackhawk/Beaver Falls, Pa)	frosh 7/1 UCLA
23.62	Zelda Johnson(Garey/Pomona, Ca)	6/4 Sacramento
23.4w(24.23)	Nedrea Rodgers(Berkeley, Ca)	
23.66	Angela Williams(St. Josephs/Brooklyn)	
23.80	Diane Pullins(Muir/Pasadena, Ca)	5/22 Cerritos
23.81	Latanya Dawkins(Dorsey/Los Angeles, Ca)	5/28 ELAC
23.90	Pam Qualls(Burbank/Sacramento, Ca)	section
23.92w(24.25)	Jeanie Arnold(Locke/Los Angeles, Ca)	4/3 Rialto
23.93	Lisa Winston(Poly/Long Beach, Ca)	5/22 Cerritos
23.7	Diane Dixon(Tech/Brooklyn, NY)	

400 meters

50.87	Denean Howard (Kennedy/Granada Hills, Ca)	Knoxville 5/20
51.75	Diane Dixon(Tech/Brooklyn)	5/16 UCLA
53.2	Jeanie Arnold(Locke/Los Angeles, Ca)	6/4 Sacramento
53.50	Gervaise McCraw(Ganesha, Pomona, Ca)	7/1 UCLA
53.6	Erica Harris(Pen/Gig Harbor, Wash)	
53.76	Gayle Kellon(Walnut, Ca)	5/22 Cerritos
53.76	Leslie Maxie(Mills/Millbrae, Ca)	6/5 Sacramento
53.82	Maxine Underwood(Brookline, Mass)	7/1 UCLA
53.83	Nedrea Rodgers(Berkeley, Ca)	7/1 UCLA
54.13y	Patty Taylor(Interlachen, Fla)	
54.0	Natalie Jordan(Patterson, NJ)	
54.36	Michelle Collins(Blair/SS, Md)	
54.5	Diane Pullins(Muir/Pasadena, Ca)	6/4 Sacramento
54.70	Andrea Rolfe(Dorsey/Los Angeles)	6/5 Sacramento
54.6	Tracy Carter(Plainfield, NJ)	
54.6	Chris Crowther(West/Joliet, Ill)	
54.6	Terri Turner(New Caney/Porter, Tex)	
54.77	Cerina Henry(Bar/Brooklyn)	7/1 UCLA
54.90	Brenda Brewer(Hillsdale/San Mateo, Ca)	6/5 Sacramento
54.92	Annie Bustabad(ML/Hialeah, Fla)	

800meters

2:02.75	Kim Gallagher(Upper Dublin/Ft. Washington, Pa)	
2:05.0	Diane Richburg(Lansingburg, Troy, NY)	5/14 Berkeley, Ca
2:06.07	Trescia Palmer(Westchester/Los Angeles)	7/1 UCLA
2:06.21	Rennie Durrand (Laguna Beach, Ca)	4/25 Mt. SAC
2:06.95	Jessica Spies(Livermore, Ca, sr)	6/5 Sacramento
2:08.00	Doreen Best(Jefferson/Brooklyn)	
2:08.17	Stacey Zartler(MacArthur/Irving, Tex)	frosh 5/28 Wichita
2:08.18	Michelle Taylor (Ganesha/Pomona, Ca)	frosh 7/1 UCLA
2:09.22	Nancy Rosenfeld(Suffern, NY)	7/1 UCLA
2:09.7	Jo Jones(Elsik/Alief, Tex)	state

2:09.68	Joanne Kehs(Perkkiomen Valley, Pa)	
2:09.8	Karole Painter(Deer Park, Tex)	state
2:09.9	Polly Plumer(University/Irvine, Ca)	5/7 League
2:10.1	Michelle Rowen(Washington Township/Sewell, NJ)	
2:10.1	Paula Weise(Midway/Waco, Tex)	
2:10.2	Kourtney Kahler(N Braun, Tex)	
2:10.39	Sharon Yaninek(Presentation/San Jose, Ca)	6/5 Sacramento
2:10.41	Bagley(Valley Stream, NY)	6/5 Cornell
2:10.3	Kim Sannito(Caldwell, NJ)	
2:10.44	Missy Moore(Piedmont, Ca)	6/5 Sacramento

1500 meters

4:16.8	Polly Plumer(University/Irvine, Ca)	5/16 UCLA
4:24.1	Vickie Cook(Alemany/Mission Hills, Ca)	5/16 UCLA
4:24.19	Michelle Rowen(Washington Twnshp/Sewell, NJ)	7/1 UCLA
4:24.9	Kim Roth(Sprague/Salem, Ore)	
4:25.7	Diane Richburg(Lansingburg/Troy, NY)	
4:27.58	Juanita Wilson(Eules, Tex)	7/1 UCLA
4:27.8	Tina Allen(Santana/Santee, Ca)	6/5 Sacramento
4:28.1	Denise Ball(Newbury Park, Ca)	6/5 Sacramento
4:28.1	Stacey Zartler (MacArthur/Irving, Tex)	frosh 4/3 Austin
4:30.0	Christine Curtin(Mepham/Bellmore, NY)	
4:30.75	Cindy Tolle(Plano, Tex)	
4:32.4	Jessica Spies(Livermore, Ca)	San Jose 4/10
4:32.35	Karole Painter(Deer Park, Tex)	7/1 UCLA
4:32.5	Gina Proccaccio(Sun Valley/Aston, Pa)	Penn Relays
4:32.7	Tanya Fischer(Chaminade/Canoga Park, Ca)	San Jose 4/10
4:32.8	Mary Pat Lindner(Hastings, NY)	
4:33.7	Lauri Mahr(Allentown, Pa)	Penn Rlys
4:34.1	Desiree Scott(Mt. Vernon, NY)	
4:34.9	Laura Cattavera(Mira Costa/Redondo Beach, Ca)	6/5 Sacramento
4:35.1	Ellen Schlotter(Medford, Ore)	

One Mile

4:35.24	Polly Plumer(University/Irvine, Ca)	5/16 UCLA
4:45.4	Vickie Cook(Alemany, Mission Hills, Ca)	5/16 UCLA
4:44.47m	Denise Ball(Newbury Park, Ca)	6/5 Sacramento
4:46.0	Michelle Rowen(Washington Twnshp/Sewell, NJ)	
4:46.93	Diane Richburg(Lansingburg/Troy, NY)	
4:45.46m	Tina Allen(Santana/Santee, Ca)	6/5 Sacramento
4:47.771	Kim Gallagher(Upper Dublin/Ft. Washington, Pa)	2/12 New York
4:49.301	Christine Curtin(Mepham/Bellmore, NY)	
4:48.93m	Lynne Strauss(State College, Pa)	
4:51.541	Laura Craven(Beechcroft/Columbus, Oh)	2/6/82 Cleveland
4:51.4	Connie Jo Robinson(Reading/Cincinnati, Ohio)	
4:52.6	Andrea Volpe(Lake Braddock/Burke, Va)	
4:52.81	Liz Natale(Newton North/Newtonville, Mass)	
4:50.9m	Leslie Heywood(Amphit/Tucson, Ariz)	
4:52.62m	Tanya Fischer(Chaminade/Canoga Park, Ca)	5/22 Cerritos
4:53.09m	Holly Murray(Plymouth-Whitmarsh, Pa)	
4:53.14m	Laura Cattavera(Mira Costa/Redondo Beach fr)	5/27 Cerritos
4:53.56m	Noreen deBettencourt(Carondalet/Concord, Ca)	
4:53.74m	Colleen Scanlon(Mercy, Pa)	
4:54.06m	Jo Barry(Leigh/San Jose, Ca)	6/5 Sacramento

3000 Meters

9:25.72	Christine Curtin(Mepham/Bellmore, NY)	7/1 UCLA
9:25.84	Lynne Strauss(State College, Pa)	Penn Rlys
9:26.23	Vicki Cook(Alemany/Mission Hills, Ca)	7/1 UCLA
9:26.50	Katie Ismael(Memorial/Madison, Wisc)	7/1 UCLA
9:27.41	Laura Craven(Beechcroft/Columbus, Oh)	1/31 Boston
9:27.58	Liz Natale(Newton North/Newtonville, Mass)	7/1 UCLA
9:31.1	Kim Gallagher(Upper Dublin/Ft. Washington, Pa)	
9:35.33	Tanya Fischer (Chaminade/Canoga Park, Ca)	7/1 UCLA
9:36.25	Connie Jo Robinson(Reading/Cincinnati, Ohio)	
9:38.23	Patty Matava(Bellvue, Wash)	7/1 UCLA
9:38.5	Denise Ball(Newbury Park, Ca)	5/27 Cerritos
9:39.0	Kim Roth(Sprague/Salem, Ore)	
9:45.6	Lori Lopez(Sacred Heart/ Los Angeles)	4/3 Palo Alto
9:48.76	Janet Smith(Stevens/Edison, NJ)	Penn Rlys
9:50.2	Jessica Spies(Livermore, Ca)	4/3 Palo Alto
9:52.3	Desiree Scott(Mt. Vernon, NY)	6/5 Cornell
9:53.3	Shannon Stryker(Tustin, Ca)	5/27 Cerritos
9:53.8	Theresa Barrios(University/Irvine, Ca)	6/5 Sacramento
9:54.12	Charlene Burstrom(Yorktown, Va)	

100Hurdles

13.4(33")	Arnita Epps(Kellam/Virginia Beach, Va)
13.72w(14.0)	Natalie Spinks(Skyline/Oakland, Ca) 6/4 Sacramento
13.74	Yvette Bates(Berkeley, Ca)
13.77w(14.24)	Leslie Maxie(Mills/Millbrae, Ca) 6/4 Sacramento
13.79w	Lisa Langston(Spruce/Dallas, Tex)
13.6	Lavonna Martin(Trotwood-Madison/Trotwood, Ohio)
13.89w(13.95)	Ruth Whitehead(Berkeley, Ca) 6/4 Sacramento
13.94	Pam Board(Kennebec/Wash)
13.94w(13.99)	Felicia Thompson(Jordan/Long Beach, Ca) 6/4 Sacramento
13.97w	Chandra Hall(Jefferson/Dallas, Tex)
14.03w(14.09)	Sharon Hanson(Buena/Ventura, Ca) 6/4 Sacramento
13.8(33")	Debbie DaCosta(Palmetto/Miami)
14.04	Karen Geaslin(Deer Park, Tex frosh)
14.05w(14.10)	CeCe Chandler(Elsinore, Ca) 6/5 Sacramento
14.06	Shirley Walker(Garfield/Seattle, Wash)
14.08w(14.26)	Sharon Hatfield(Fountain Valley, Ca) 6/4 Sacramento
13.9(33")	Bridget Hayes(Menchville/Newport News, Va)
14.18w(14.4)	Roberta Eccles(Gunderson/San Jose, Ca) 6/4 Sacramento
14.0	Jill Redo(Wichita Heights, Neb) 4/17 Lawrence, Kans
14.34w	Cheryl Dickey(Smiley/Houston, Tex)

400 Hurdles

58.18	Gayle Kellon(Walnut, Ca) 7/31 Barquisimeto, Ven
60.58	Andrea Johnson(Plainfield, NJ) 7/1 UCLA
60.71	Debbie DaCosta(Palmetto, Miami, Fla) 7/1 UCLA
61.48	Debbie Grant(Ramapo, NY) 7/1 UCLA
61.8	Yvette Cash(Truman/Bronx, NY)
62.20	Andrea Spaulding(Tully, NY) 6/5 Cornell
62.1	Karen Woods(Central/Seat Pleasant, Md) 4/1 Williamsburg, Va
62.34	Lisa Bradley(Pt. Washington, NY) 6/5 Cornell
62.4	Annether Cook(Lakewood, NJ)
62.5	Judy Palmer(Teaneck, NJ)
62.9	Kim Duke(Columbia, NJ)
63.0	Terry James(Asbury Park, NJ)
63.37	Karen Bonty(Manual Arts/Los Angeles, Ca) 4/10 San Jose
63.4	Erna DeWart(Bridgewater West, NJ)
63.5	Kathy Persichetty(Oak Knoll, NJ)
63.6	Christina Walls(Williamstown, NJ)

High Jump

6'2-1/4"	Kym Carter(East/Wichita, Kans)
6'1-3/4"	Mary Moore(Issaquah, Wash)7/31 Barquisimeto, Ven
6'0"	Sheri Collins(Chiloquin, Ore)
6'0"	Terri Turner(NC/Porter, Tex)
5'11"	Roberta Willer(Smith/Car, Tex)
5'11"	Lisa Bernhagen(WR/Halley, Idaho)
5'11"	Melinda Clark(AM/College Station, Tex)
5'11"	Katrena Johnson(Marshall/Pasadena, Ca) 6/5 Sacramento
5'10-1/4"	Sharon Pflister(Lancaster/Buffalo, NY)
5'10"	Debbie Larsen(Aberdeen, Wash) 6/25 USC
5'10"	Volerie Everett(Southridge/Miami, Fla)
5'10"	Pam Simmons(Lindenhurst, NY) 6/5 Cornell
5'10"	Jo Jones(ELsik/Alief, Tex)
5'10"	Carla Willmont(Willowridge/Staff, Tex)
5'10"	Denise Yamada(Dos Pueblos/Santa Barbara, Ca)
5'10"	Jerlean Cummings(MacArthur/Decatur, Ill)
5'10"	Tonya Mendonca(Mt. Whitney/Visalia, Ca) 6/5 Sacramento
5'10"	Tish Edwards(Water Dei/N Mongahagon, NJ)
5'9-1/4"	Tanya Smolin(Randolph, NJ frosh)

Long Jump

21'1-1/4"	Melody Smith(Sterling/Houston, Tex)
20'6"	Dorothea Brown(Bloom Trail/Chicago Hts, Ill)
20'4" w(19'11-1/2")	Annette Alston(Wirah/Georgetown, SC) state
20'3"	Carla Johnson(Big Springs, Tex)
19'11-3/4"	Wendy Brown(Woodside, Ca)
19'11-3/4"	Sharon Green(Bloom Trail/Chicago Hts, Ill)
19'9-1/2"	Kendra Keller(RB/Seattle, Wash)
19'7-3/4"	Yvette Bates(Berkeley, Ca) section
19'7-3/4"	Stacy Whitfield(Harrison/Colorado Springs, Colo)
19'7-1/2"	Helen Stoffel(Horlick/Racine, Wisc)
19'7"	Tom Rucker(Coolidge/DC)
19'6-3/4"	Janelle Thorslund(Kentworth, Wash)

Shot Put

52'2-1/4"	Natalii Kaaiawahia(Fullerton, Ca) 5/27 Cerritos
49'9"	Tracey Toon(Men, Newport News, Va)
49'3-1/2"	Pinkie Suggs(Manhattan, Kans)
48'6-3/4"	Regina Cavanaugh(Killeen, Tex) 7/31 Barquisimeto, Ven
46'8-1/2"	Jean Buckley(Chelmsford, Mass) state
46'8-1/2"	Dot Jones(Hillmar, Ca)
46'5-3/4"	Lauren Andrews(Hull, Mass) state
46'5-1/2"	Julie Marrazzo(North/Waukegan, Wisc) 5/8
46'5"	Pam Dukes(Freehold Township, NJ)
46'0"	June Reid(Mephram/Bellmore, NY)
45'10-1/2"	Jackie Hill(Evans/Orlando, Fla)
45'10"	Theresa Williford(Auburndale, Fla)
45'7"	Vivian Fisher(Central/Pontiac, Mich)
45'6-1/2"	Teena Brooks(Meadow/Richmond, Va)
45'5-1/4"	Teresa Smith(Highland Springs, Va)
45'2-1/2"	Wendy Bradshaw(Saugus, Ca) 5/7 League
45'0-1/4"	Cheryl Klein(Bellport, NY)
46'11"(8#)	Dedi Kavanaugh(Radford/Honolulu, Haw) 5/8 State
44'8-1/2"	Jacqui Sheffield(Eisenhower/Rialto, Ca) 6/5 Sacramento

Discus Throw

176'4"	Cindy Johnson(Chandler, Ariz)
173'3"	Natalii Kaaiawahia(Fullerton, Ca) 4/15 dual
170'4"	Dedi Kavanaugh(Radford/Honolulu, Haw) 5/8 state
166'7"	Joan Gago(Campbell/Haw) 5/8 state
165'5"	Jacque Norton(Mission Viejo, Ca) 4/23 dual
164'10"	Karen Nickerson(Cordova/Rancho Cordova, Ca)
164'9"	Pinkie Suggs(Manhattan, Kans)
155'0"	Amy Jackson(Southport/Indianapolis, Ind)
154'2"	Toni Lujtens(Righetti/Santa Maria, Ca) 5/26 Cerritos
153'3"	Marcia Christianson(Spencer, Wisc)
151'5"	Amy Borders(Aquinas/Shaw, Kans)
150'4"	Cindy Durschlag(San Carlos, Ca)
148'5"	Janet Whitney(Fresno, Ca)
147'11"	Andrea Kriva(Burbank, Ca) 6/4 Sacramento
146'0"	Regina Cavanaugh(Killeen, Tex) state
145'3"	Teresa Smith(Highland Springs, Va)
144'9"	Karen Hancock(Tigard, Ore)
144'9"	Kim Shalck(Clovis West, Ca)
144'1"	Mary Dentinger(El Camino/Sacramento, Ca)
141'9"	Renee Perkins(Moreno Valley/Sunnyside, Ca) 6/4 Sacramento
141'7"	Tracy Toon(Menchville, Va)

Javelin Throw

162'5"	Vicki Smiley(Edison/Burlington, Wash)
152'7"	Carie Burgher(Krappa/Astoria, Ore)
152'2"	Julie Waage(Douglas/Portland, Ore)
151'7"	Jennifer Cronin(N-H/H, Mass)
151'2"	Sherrie MacKinney(Trinity, Pa)
149'11"	Sheri Schoenborn(Clackamas, Ore)
149'9"	Juanne Etheridge(LR/CD, Wash)
149'7"	Regina Norris(Mountain View, Ore)
148'10"	Kelly Laplume(Salem, NH)
147'9"	Michelle Olivera(Bishop Diego/Santa Barbara, Ca)
146'8"	Tracy McCarthy(CR/Vancouver, Wash)
146'6"	Liz Pellerin(Holy Cross/Pelran, NJ)
144'9"	Karen Hancock(Tigard, Ore)
144'6"	Nancy Lagarenne(Bernards, NJ)
144'3"	Patricia Millman(Central Dauphin, Pa)
143'4"	Sue Frank(Yoncalla, Ore)
140'0"	Diane Bridges(Norwin, Pa)

Triple Jump

40'11-1/2"	Terri Turner(New Caney/Porter, Tex)
40'7-1/4"	Annette Alston(Wirah/Georgetown, SC) state
40'7-1/4"	Jeanette Alston(Wirah/Georgetown, SC) state
40'3"	Leslie Henderson(La Marque, Tex)
40'1"	Wendy Brown(Woodside, Ca)
39'7"	Gayle Wadsworth(Hawthorne, Ca) 6/4 Sacramento
39'2-1/2"	Yvette Bates(Berkeley, Ca)
38'7-1/2"	Kim Taylor(Valencia/Placencia, Ca) frosh) 5/27 Cerritos
38'7-1/4"	CeCe Chandler(Elsinore, Ca) 5/27 Cerritos

ADAPTION TO HEAT

By Ron Holman and Frank Dick. (From "Athletics Weekly" courtesy of Mel Watman).

Only about 25% of available energy is converted to useful movement during exercise. Thus 75% is expressed as heat, which will accumulate faster than it can be dissipated. In addition to this intrinsic heat formation, the problem may be compounded by the addition of radiant heat from the sun.

If no heat loss occurs, it has been estimated that the body temperature would rise by more than 30 degrees C, which would clearly result in death.

Heat loss may be effected by convection, that is the cooling effect of the wind and body in motion, and depends upon the differing temperature of the body and surrounding air, the wind speed, and the speed of the runner.

The major heat loss is carried out by the evaporation of sweat which will partly depend on the speed of air movement over the body surface.

Exercise during hot conditions results in a diversion of blood from the muscles to the skin as a cooling measure. This can be as much as one fifth of the total blood flow, which results in a lowering of the volume of blood pumped by the heart with each beat. There will also be a progressive water depletion and during a marathon this may account for a 5% body water loss. It has been calculated that a reduction in body water of 4-5% body weight will lead to 20-30% decline in muscular work capacity. This emphasises the importance of preventing excessive water loss during exercise.

Eventual reduction of blood flow to the skin will cause a rise in body temperature and, if there is a reduction in the flow to the brain, confusion, loss of coordination and eventual collapse will occur.

Acclimatisation to heat (and humidity) may be carried out by a two week stay in a suitable climate. Training should be relaxed until adjustments occur (2-4 days). Reduction in heart-rate at given temperatures and work-loads and a lowering of rectal temperature are the first signs of adaptation and earlier onset and increase of sweating follows.

Acclimatisation can be induced by short, intermittent exercise periods in the heat, e.g. 2-4 hours daily. Inactivity in the heat results in only slight acclimatisation.

It may be advisable to increase the sodium and potassium content of food by eating more well-seasoned vegetables and fruit; salt tablets may be taken for a few days but the sweat content adjusts after this time, and it is not then necessary. Indeed, replacing salt without water is worse than taking no salt at all as much more water is lost during sweating than salt.

Inadequate intake of electrolyte drinks can retard the acclimatisation process.

The body will adjust to heat and humidity by repeated exposure under exercise conditions; therefore some acclimatisation could be possible during any hot weather at home. Increased humidity will only serve to emphasise the precautions needed under heat conditions because of the problems of sweat not evaporating efficiently into an already water-laden atmosphere. The following points are worth noting, reference acclimatisation:-

1-Acclimatisation to severe conditions will facilitate performance at lesser conditions.

2-The general pattern of acclimatisation is the same for all events.

3-Acclimatisation in hot dry climates increases performance ability in hot wet climates, and vice-versa.

4-Acclimatisation to heat is well retained during periods of no exposure for about two weeks; thereafter it is lost at a rate which varies among individuals. Most people lose a portion of their acclimatisation in two months, but those who remain in full training will retain their acclimatisation best.

5-If it is desirable to retain acclimatisation, periodic exposures at frequent intervals is recommended, and heat exposures should be separated by not more than two weeks!

Maximum evaporation of sweat and reduction of heat from the body surface by convection, conduction, and radiation may be increased by dressing as minimally as the sport allows (string-shirts, cut-away shorts, etc.), remembering that a T-shirt covers approximately 40% of the body surface. It is a good idea to progressively increase the level of heat (or exposure to it) or the intensity of work performed under heat conditions.

Eating smaller, more frequent meals will help; also the wearing of looser clothing, ensuring an adequate fluid and electrolyte intake and taking cold rather than hot food and drink. Electric fans and air conditioning are useful aids in promoting recovery after exercise.

It is useful to record body weight daily in the early morning, after rising and urination as a loss of weight may indicate chronic dehydration. Urine should under normal circumstances be a pale-lemon color; darker urine could signify insufficient water intake.

Finally, before a marathon in particular, remember:-

- 1-wear light clothing (color and texture), ensuring it is not too tight.
- 2-Drink enough before running to get you to the first drink station (1/2 to 3/4 pint of cold water should suffice).
- 3-Drink AND sponge at every opportunity, remembering that the thighs heat up most during exercise so sponging will induce an extra effect.
- 4-Be well-practiced at getting as much drink as possible inside you.
- 5-Start at a reasonable pace.

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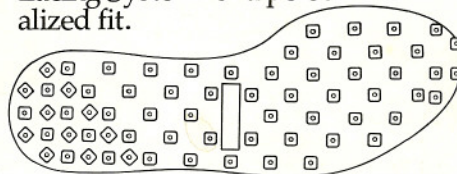
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