

5050

Myricks Breaks Own WR; Decker Under 2:00

by Dave Johnson

San Diego, Feb. 22—On a night when the Americans defeated the Soviets in ice hockey, fans were given no chance for wishing they'd stayed away from the Jack In The Box Invitational.

Shortly after the score of that game was announced, the men's long jump drew the interest of the sellout crowd of 12,106 and left them with another Larry Myricks World Record to talk about.

A second round 27-1 indicated Myricks had a chance at his record 27-5½ set in January. The fourth and fifth rounds produced long fouls in the vicinity of 27 feet and better, both drawing loud applause followed by a disappointed "awwww..." when the red flag went up.

As in so many other competitions, Myricks' best came last. He bounded down the long runway and soared to the same vicinity where he had touched down on the previous efforts. With no red flag showing, the expectant crowd waited eagerly for the announcement. The roar that arose upon hearing the 27-6 (8.38) verdict drew the grinning Myricks on a victory lap.

Speaking afterwards, Myricks expressed his disappointment about thoughts of a boycott, uppermost on the minds of most members of the press corps. "The gold is just a goal I've set for myself. If I don't go it won't be my fault. It's just doing it to me a different way this time [after a broken ankle ruined his chances at the Montreal Olympics]."

Asked about his prospects for an outdoor record, Myricks responded, "If it couldn't be broken, why would it have been done in the first place? It was dubbed at the time as the greatest thing ever in track and field, but that doesn't mean it was the best that can be done."

After Myricks, attention turned to the oval. As has happened so often this year, whatever Mary Decker runs becomes the most talked about performance. In this case it was an attempt at the 800 and 880 records. The former had been lowered recently to 1:58.4 by Olga Vokrusheva, but still on record for the 880 was the 2:02.4 run on this track in 1974 by a teenage Decker.

The 1980 Decker left little doubt as to her intent by building up a margin of 1.7 seconds on the field after the first 160y circuit. Coming through the quarter in 56.9, she was clearly going to be in trouble. The questions were, how badly and how soon?

The answer was not too badly and not too soon, as she held her form well enough to record 1:58.9 and 1:59.7.

Sporting a T-shirt that read "100% Natural—No Chemical Additives," Decker said she was disappointed at missing the 800 mark, but indicated her goals for the outdoor 22—March 1980

season regarding the 1500 and 800: "If I stay healthy I can break the two of them."

Decker's run was followed closely on the schedule by Mike Boit's 880. In the lead from the start, Boit fought challenges from Billy Konchellah at the halfway point and gradually pulled away from Gerald Masterson throughout the remainder. He finished in 1:47.9, equalling the 880 record '68 Olympic champ Ralph Doubell has held since 1969. It was not until the final 100y that the crowd began to realize how great a run Boit had going. His 800 time of 1:47.2 places him =6th on the all-time list.

Hopes ran high for another World Record with the introduction of the two mile field. With Rono, Salazar, Lacy, and Dixon, something hot could be expected. But Rono avoided the pace for the first ½M while clocking 64.1 and 2:06.5. By the third quarter though, Henry had decided to run. He led at the marker in 3:08.4, having strung out the field with a 61.9.

Craig Masback charged to the fore just before the mile (4:10.4), but relinquished it to Rono on the other side of the track. From there it was merely a matter of how long Rono could maintain the 61s he was trying to string together.

When he finished in 8:15.9, Rono had succeeded in running the No. 2 indoor time ever (behind Emiel Puttemans' 8:13.2) and the best ever for an 11-lap track. His last mile was run in 4:04.9, the last 1½M in 6:09.4. Clearly, this is the Rono of 1978, perhaps better.

The men's mile had been built as the highlight of the meet, and though not spectacular in its results, it offered the most competitive race of the evening. After hare Malcolm Cleary led the field through the quarter in 58.5, the hounds took over. Filbert Bayi charged into the lead when the quarter was announced and maintained the lead to the end, while pacing 1:58.7 and 2:57.8.

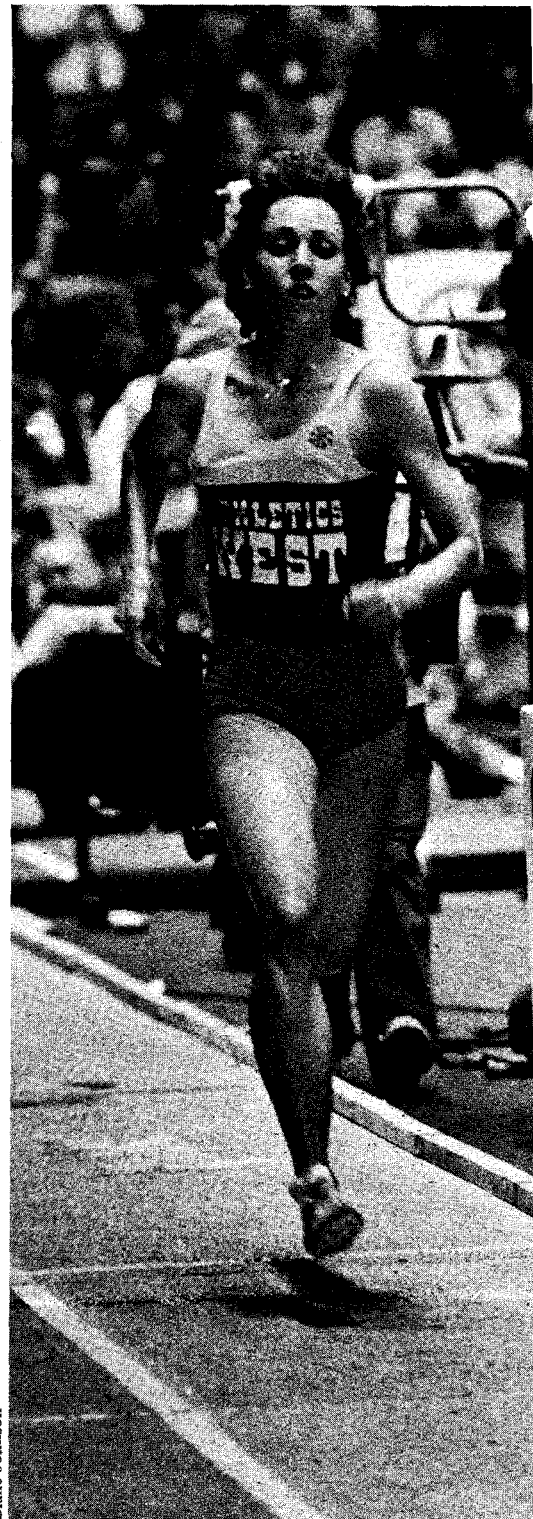
A tiring Bayi held off John Walker as required and kept Walker at his shoulder the last 2 laps. With Walker in the middle of the second lane, Eamonn Coghlan was forced to go high to get by. Coghlan tried to go past on the homestretch as they approached the bell, and again as they hit the backstretch, but was foiled both times.

On the final homestretch Coghlan went low and tried for a Peter Snell-like victory, hoping Bayi would drift to hold off Walker. The tactic didn't work although Coghlan was able to sneak past Walker. Bayi finished in 3:55.5, his fastest winning time ever indoors, 0.1 up on Coghlan and 0.3 on Walker.

Attendance 12,106; 160y banked board—60y, Hart (BAS) 6.0; 2. McTear (All) 6.2; 3. Simons' (S Di) 6.2. 500y, Frazier (PPC) 56.4; 2. King (AIA) 56.5; 3. W. Smith (Aub TC) 56.6. 880, Boit' (AFS) 1:47.9 =WR (1:47.2m, =6, =6 a-t W); 2. Masterson (SMTC) 1:48.8 (=8, x a-t US); 3. Gray

(SMTC) 1:51.1; 4. M. White (Cal) 1:51.3. Mile, Bayi" (Tan) 3:55.5 (57.7) (3:40.3m); 2. Coghlan" (Eir) 3:55.7 (3:40.5); 3. Walker" (NZ) 3:55.8 (3:40.4); 4. Wessinghage" (WG) 3:56.4 (3:40.9); 5. Scott (Sub 4) 3:59.3 (3:40.8); 6. Hudak" (WG) 4:00.0; 7. Jones (SMTC) 4:02.6.

Decker continued her hot streak by topping her own 880 World Record.



Diane Johnson

Little Mary Decker Is Dead

tendency to train hard every single day. I ran everything hard because I thought it would make me better. But now I know that's not the case. If I'm tired one day, or something is aching, I'll take it a little easier. I have to give my body a chance to rebuild itself, instead of wiping it out day after day. I know what that does to me."

She reveals that the training regimen set down by Olympic 5000 silver medalist Quax, her close friend and coach, made provisions for her record blitz this winter.

"He wanted me to run PRs early in the year, then be able to go back into a buildup and start track training after that," she says. "If all goes well, I expect to be much stronger because I'll have more background. So I should run faster this summer."

She adds that she had little background in the '79 summer, yet ran 2nd in the AAU 1500, set the mile AR of 4:23.5 (with a 1500 PR of 4:05.0 en route) and then won the Pan-Am Games gold medal.

All her record races in 1980 have been characterized by Bayi-like frontrunning which is another new facet of Mary Decker.

"Running from the front makes the results even better because now I have all the confidence in the world that I can compete against anybody and I never had that before," she says.

"My races have felt like time trials; just good and relaxed. That's the way I want them to feel, not forced or like I'm totally killing myself."

Gregorio points out, "She has her teammates on Athletics West to encourage her, which is another thing she never had. She even goes out with the guys on their long runs and cranks right along with them. She even leads a lot and we have to tell her to slow down and take it easy."

Decker admits she went to New Zealand with an eye on Natalia Marasescu's 4:22.1 mile World Record, "because it wasn't that tough a record." She adds, "But I really didn't expect to come back and run either 4:00.8 or 4:17.6. I had traveled 26 hours with virtually no rest before the 1500 record."

She also admits that there isn't one of her record runs which stands out most. "It's really satisfying to have gone under 2 minutes in the half," she says. "But it's all been so satisfying—to want to run something and then to be able to just go out and do it." //on Hendershott/

Ask Mary Decker if there is anything negative which has come out of her sensational running so far in 1980—which has included a World Record mile outdoors (4:21.7), a World Record 1500 indoors (4:00.8), the fastest mile ever run by a woman anywhere (4:17.6) and an indoor global mark at the 880 (1:59.7)—and she is very straightforward.

"The only negative thing I have noticed is, even last year after I broke the American Record in the mile outdoors, people still referred to me as 'little Mary' and talked about things I did in the past. I really got tired of that.

"So just before I left New Zealand this last time, Dick Quax said to me, 'If one more person calls you 'little Mary' or refers to what you did in the past and not what you have accomplished in the present or will in the future, just tell them she's dead.'"

Decker pauses for a moment before laughing a soft, sighing sort of laugh. "That sounds morbid, but in a way she is."

But no woman has been more alive during this indoor season than the now mature, 21-year-old Decker, a child prodigy who has established herself as a grown-up star.

Decker not only has overcome her own former image of a pig-tailed teenager who set World Records in the mid-'70's (*T&FN*, 1 April 1974), but she seems to have licked the injuries which have plagued her throughout her career—at whatever age.

"The main thing is that she is just running injury free," says John Gregorio, a longtime friend of Decker and part of the running corps encamped in Eugene. "Dick Quax has her on a program that has sense behind it. It's geared toward racing at specific times, then backing off to build up and then coming back strong again. She's been healthy and that just builds up."

Affirms Decker, "I've been able to stay healthy for the longest time since I was a child. It's been about 10 months now and that's my PR!" She laughs happily at the realization.

"I've had consistency in my training, plus a lot of little things I never had before, like a massage every week and seeing a chiropractor several times a month.

"After all the injuries I had in the past, I know my own history. If I don't keep aware of things, then little hurts can develop into big injuries.

"Also, in the past I had a

2M, Rono' (unat) 8:15.9 NR (2, 2 a-t W) (7:43.2m NR; 2, 2 a-t W); 2. Lacy (AFS) 8:22.2 (8, x a-t W); 2, 2 a-t US) (7:51.2); 3. Dixon' (NZ) 8:24.1 (7:51.8); 4. Salazar (GBTC) 8:24.2 (3, 3 a-t US) (7:52.2); 5. Bitok' (Rich) 8:33.1; 6. Lawson (SMTC) 8:36.1; 7. Clary (OTC) 8:38.4; 8. Masback (NYPC) 9:04.5.

60yH (doubtful timing), Cooper (BAS) 6.7; 2. Bethel (FD) 6.8; 3. Cowling (Cal) 6.9.

HJ, Jacobs (FD) 7-5; 2. Sawa' (Jap) 7-2; 3. Katamine' (Jap) 7-0; 4. Kotinek (PCC) 7-0.

PV, Ripley (PCC) 17-6; 2. Hintnaus (AFS) 17-0; 3. Schnedar (Macc) 17-0; 4. Pullard (SCM) 17-0.

LJ, Myricks (AA) 27-6 WR, AR (8.38) (24-6, 27-1, 26-1, f, f, 27-6); 2. Robinson (SDSGS) 25-4; 3. Williams (Macc) 24-9/2.

TJ, Tiff (AFS) 55-1% (53-5%, 53-1/4, 55-1%, f, f, 52-2%); 2. Livers (PPC) 54-11%; 3. Butts (Ali) 54-6%; 4. Marlow (Cal) 53-7.

Women: 500y, Gardner (LAM) 1:03.7 (3, 3 a-t W); 2 a-t US); 2. Peterson (LAM) 1:06.3; 3. Gutowski (LAM) 1:06.3; 4. Gorham (Nb) 1:07.5.

880, Decker (AW) 1:59.7 WR (1:58.9m AR; 2, 2 a-t W) (56.9, 62.8); 2. Campbell (Stan TC) 2:10.5.

60yH, LaPlante (S Di) 7.6; 2. McGee (LAM) 7.8. 60mH, LaPlante 8.2; 2. McGee 8.6.

EXAMINER

Myricks Continues Strongly

Daly City, Ca., Feb. 23—Jumping from a chewed-up runway that was anything but conducive to long jumps, Larry Myricks showed the *San Francisco Examiner* crowd the talent which had propelled him to a World Record the night before in San Diego.

In a foul-plagued event which saw no other jumper able to crack 25-feet, Myricks thrice cracked 26, his 26-8/4 topper a leap bettered by only 6 other men in history.

One of the long jump officials was George Brown, who in 1951-52 set the event's longest undefeated streak, 32 meets. "I'm impressed," said Brown after witnessing Myricks' performance. "I don't know how he does it, but he just jumps far."

Evelyn Ashford lowered her own 50m AR by 0.01 with her 6.26 win, then came back with a 6.24 in the men's section. The latter won't be acceptable for record consideration because of the mixed competition.

ITA returnee Lance Babb got a McTear-like start in the hurdles and held off Dedy Cooper's challenge to move to No. 10 on the all-time world list with his 7.12.

Earl Bell topped 18-feet for the third time this year with a clearance of 18-0, the first 18-footer in Cow Palace history.

Attendance 10,000; 160y banked synthetic—50m, McTear (Ali) 5.84; 2. Kent (ICAC) 5.87; . . . 8. E. Ashford (unat) 6.24 AB (5, =7 a-t W).

400, Hampton (BAS) 50.5; 2. Edmonson (Ali) 50.6. 600m, I-1. Guss' (Cal) 1:20.7; 2. Johnson (ICAC) 1:21.7; 3. McGrady (Carlos) 1:28.0. 11-1. Tufariello (VIII) 1:20.4; 2. Evans (Carlos) 1:21.0.

Mile, Paige (VIII) 4:02.6; 2. Rono' (unat) 4:05.2; 3. Aldridge (Sub 4) 4:06.7.

3000, Korir' (VIII) 8:11.8; 2. Lawson (SMTC) 8:11.8. 2MWalk, Heiring (SCRR) 12:59.5.

60yH, Babb (Ali) 7.12 (10, x a-t W); 2. Cooper (BAS) 7.25.

HJ, Reinhart (CSH) 7-0; 2. Gibbs (SJ St) 7-0; 3. Stones (AA) 7-0.

PV, Bell (NYAC) 18-0 (missed 18-6 1/2); 2. Tully (NYAC) 17-6; 3. Woepse (SSTC) 17-0; 4. Porter (HAC) 17-0; . . . nh—Smith (PCC).

LJ, Myricks (AA) 26-8% (21-8%, 26-4, f, f, 26-7%, 26-8%); 2. Marlow (Cal) 24-8%; 3. Robinson (SDSGS) 24-3%.

SP, Laut (AW) 67-0 (66-5%, 67-0, 63-6, 64-10, f, f); 2. Feuerbach (AW) 66-0; 3. Oldfield (unat) 65-10; 4. Carter (SMU) 65-5%; 5. Pyka (Stars) 65-4; 6. Summers (Wa) 64-10%.

Women: 50m, Ashford 6.26 AR; 2. Ware (BEBTC) 6.46; 3. Cobbs (BEBTC) 6.54.

Results:

Girls 2 Mile Run: 1. Terrie Brown (Eagles) 11:03.7; 2. Diane Deegan (un) 11:17.3; 3. Anna Maceus (Panthers) 11:43.3; 4. Lynda Prentice (Vikings) 11:46.2.

Boys 1000: 1. George Tuck (Falcons) 2:19.4; 2. Oscar Babers (Tigers) 2:20.4; 3. Randy Machen (Cougars) 2:23.4.

Girls Mile: 1. Vicki Cook (un, Alemany) 4:59.6; 2. Tina Allen (Sultans) 5:20.7; 3. Veronica James (Barons) 5:20.7; 4. Teresa Foskett (Vaqueros) 5:20.

Boys High Jump: 1. Hisanori Yamamoto (Japan) 6-9; 2. Britt Edmondson (Sultans) 6-7; 3. Francis Barrett (Panthers) 6-5.

Boys Long Jump: 1. Mark McKinney (Barons) 21-3½; 2. Troy Kuretich (Eagles) 21-3; 3. Victor Lee (Matadors) 20-6 ¾.

Girls Long Jump: 1. Sue Hegerle (Eagles) 17-1 ¾; 2. Rosie Kalabsa (Bulldogs) 16-10½; 3. Teta Murphy (Islanders) 16-9 ¾; 4. Rhonda Whitlow (Panthers) 16-9; 5. Chris Mose (Braves) 16-5 ¾.

Boys 2 Mile: 1. Shawn O'Neal (Pirates) 9:21.0; 2. Sean Evans (Patriots) 9:21.5; 3. Ross Ferguson (Chiefs) 9:24.5; 4. Adam Parra (Scotties) 9:24.6.

Girls 1000: 1. Lyrae Rowlett (Vaqueros) 2:49.1; 2. Debbie Jacques (Norsemen) 2:50.1; 3. Nel Griffith (Patriots) 2:55.1; 4. Wendy Yoder (Braves) 2:5.8.

JC Mile: 1. Marc Keller (Grossmont) 4:12.6; 2. Steve McCormack (Grossmont) 4:12.8; 3. Steve Binns (Palomar) 4:13.5; 4. Tim Nash (Grossmont) 4:13.7.

High School Boys 1000: 1. George Tuck (Falcons) 2:19.4; 2. Oscar Babers (Tigers) 2:20.4; 3. Harold Foskett (Vaqueros) 2:23.4.

High School Pole Vault: 1. Steve Stubblefield (un, Kansas City) 16-8 1/8; 2. Thane Sevier (Red Devils) 12-0.

Women 60 Yard Hurdles: 1. Deby LaPlante (KCBQ) 7.6; 2. Maureen Magee (LA Mercurettes) 7.8; 3. DeAnne Johnson (Stanford TC) 8.0; 4. Sue Bradley Kameli (KCBQ) 8.0.

Open 60 Yard Hurdles: 1. Dedy Cooper (Bay Area Striders) 6.7; 2. Kerry Bethel (Farleigh Dickinson) 6.8; 3. Larry Cowlings (Cal) 6.9.

Women 60 MM Hurdles: 1. Deby LaPlante (KCBQ) 8.2; 2. Maureen McAgee (LA Mercurettes) 8.6; 3. DeAnne Johnson (Stanford TC) 8.6.

High School Boys 60: 1. Kevin Shields (Cavers) 6.3; 2. George Jones (Patriots) 6.5; 3. Maurice Joyce (Hornets) 6.5; 4. Ken Bennett (Cavers) 6.6.

High School Girls 60: 1. Charlotte Zepherid (SD Cougars) 7.0; 2. Tracy Scott (Colts) 7.1; 3. Chris Cooksey (Cardinals) 7.1; 4. Laura Wing (Marauders) 7.4.

Long Jump: 1. Larry Myricks (un) 27-6; 2. Arnie Robinson (SD Ghetto Striders) 25-4¾; 3. Randy Williams (Maccabi) 24-9½; 4. Gary Williams (USIU) 22-9.

Open 60: 1. Eddie Hart (Bay Area Striders) 6.0; 2. Houston McTear (Muhammed Ali TC) 6.2; 3. Greg Simons (San Diego State) 6.2; 4. Randy Williams (Maccabi) 6.3.

Legends 60: 1. Bob Beamon 6.7; 2. George Rhoden 6.9; 3. Mack Robinson 7.1; 4. Bill Toomey 7.4.

Open 500: 1. Herman Frazier (Philadelphia Pioneers) 56.4; 2. James King (un, San Diego) 56.5; 3. Willie Smith (Athletic Attic) 56.6.

Open 2 Mile: 1. Henry Rono (Kenya) 8:15.9; 2. Steve Lacy (Angels Flight Striders) 8:22.2; 3. Rod Dixon (New Zealand) 8:24.1; 4. Alberto Salazar (Oregon) 8:24.2; 5. S. Bitok (UNW) 8:33.1; 6. Larry Lawson (SMTTC) 8:36.1; 7. Don Clary (Oregon) 8:47.9; 8. Craig Masback 9:04.5.

JC Mile Relay: 1. Grossmont 3:26.2; 2. San Diego CITY College 3:26.4; 3. San Diego Mesa 3:29.0; 4. Paloma College 3:37.6.

High School Mile Boys: 1. Don Orr (un, Upland) 4:28.7; 2. Andy Morabe (Team West) 4:30.2; 3. Greg Heath (Patriots) 4:32.2; 4. Stan Aguilar (Scotties) 4:32.7.

Open 880: 1. Mike Boit (Angels Flight Striders) 1:47.9; 2. Gerald Masterson (SMTTC) 1:48.8; 3. John Gray (SMTTC) 1:51.1; 4. Mike White (U of Calif) 1:51.3.

Triple Jump: 1. Milan Tiff (Angels Flight Striders) 55-1¼; 2. Ron Livers (Philadelphia Pioneers) 54-11¼; 3. James Butts (Muhammed Ali TC) 54-6½; 4. Mike Marlow (U of Calif) 53-7; 5. Dennis Ivory (Angels Flight Striders) 51-6¼.

Women's 880: 1. Mary Decker (Club West) 1:59.7; 2. Robin Campbell 2:10.5; 3. Ruth Caldwell (Sub 4 TC) 2:13.1; 4. Tina Colebrook 2:13.1.

Open Mile: 1. Filbert Bayi (Tanzania) 3:55.5; 2. Eamonn Coghlan (Ireland) 3:55.7; 3. John Walker (New Zealand) 3:55.8; 4. Dr. Thomas Wessinghage (West Germany) 3:56.4; 5. Steve Scott (Sub 4 TC) 3:59.0; 6. Harald Hudak (West Germany) 4:00; 7. Jerald Jones (SMTTC) 4:02.6.

Women's 500 Yard Run: 1. Gwen Gardner (LA Mercurettes) 1:03.7; 2. Brenda Peterson (LA Mercurettes) 1:06.3; 3. DeAnn Gutowski (LA Mercurettes) 1:06.3; 4. Jenny Gorham (un, Lincoln, NB) 1:07.5.

High Jump: 1. Franklin Jacobs (Farleigh Dickinson) 7-5; 2. Takehiko Sawa (Japan) 7-2; 3. Takashi Katamine (Japan) 7-0; 4. Rory Kotinek (Pacific Coast Club) 7-0; 5. Frank Schiefer (San Diego State) 6-10. ●