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REEL OFF



How important is your mind to your running? Here's a true story that illustrates how your mind can influence your muscles.

When I coached at Claremont-Mudd Colleges, we had a fine miler on our men's team who attended Harvey Mudd. Now for those who aren't familiar with Harvey Mudd College, the main point of interest is you can get in with as low as a 200 IQ. Maybe. If you ever got a 'B' in high school, forget it. These guys are the wise ones.

Anyway, this runner from HMC had a mark fast enough to qualify him for the National AAU Indoor Championships at Albuquerque, New Mexico. So we took him.

We never mentioned the altitude of Albuquerque to our runner, knowing his ability to understand all things relative to his performance. But, sure enough, the morning of his race he picked up a motel brochure and fell agast! "Coach," said he, "this town is more than a mile high! I'll never be able to run well here!"

Then I resorted to a coaches trickery. "De-war," said I, "you're running indoors. It won't make any difference!"

That night he ran the fastest race of his life. And years later he said, "Boy, you sure fooled me at Albuquerque."

Mind is one important item in your running bag.

I said I would never do it again. But as time drew near for ESPN's telecast of the Sunkist Invitational (live, yet), I relented and turned on the tube, eagerly looking forward to an evening of track and field.

As the evening moved along, (dragged along would be more suitable), I began to squirm more and more and get more and more cynical and toward the end I even snapped at my nine-year old and her friend who had pulled down the hood over the oven. WHY can't they learn how to cover a track meet on TV? WHY?

To begin with, the show came on at 7:00 in our part of the country. It was 17 minutes - SEVENTEEN MINUTES - before any event was shown. Now what do announcers talk about for 17 minutes? Not much, I'll tell you. And with the exception of Mr. Nice Guy, Ralph Boston, the announcers were totally obnoxious, working as shells for Al Franken, praising everything from the track to Franken's little brother. It was sickening.

In the first 40 minutes - FORTY MINUTES - we saw TWO races, both of only 50 yards in length. That's maybe 13 seconds of actual running. Unfortunately we saw Greg Foster's 50y hurdle race SEVEN times.

When the Decker-Wysocki race came on, the announcers were such hypers for Decker, I finally turned off the sound and watched the beauty of the race. These guys must be the founders of the Mary Decker Fan Club.

I began to write down my thoughts as the meet progressed and here are the things I wrote in no particular order:

Announcer called Billy Olson Jimmy.... Commericals called 'oranges' 'arenges'....Said Foster ran the 110m high hurdles - there is no such race, it's the 110m hurdles, the distance determining the hurdle height....Announcer said

KALEIDOSCOPE

Selected as Cross Country Coach of the Year is Wisconsin's Peter Tegren, so named by the National Cross Country Coaches Association....Southeast Missouri State's Chris Ridenour won the NCAA Division III cross country crown. Southeast Missouri State's Mike Vanatta did the same in the men's division. Now the two are one. Married on January 4....California has always boasted it is the 'center' of track and field officials. Now along comes Larry Story, editor of "Texas Track & Field" who writes, "I would rate the California officials (at the Olympic Games), for the most part, the worst officials working the Olympics. They were either too busy arguing among themselves, or were just plain uncooperative."

Now here's a coach who needs your sympathy. Patty Bradley, star of last year's Villanova team, took the job as assistant coach at Illinois to learn the business. What happened? The head coach resigned and Bradley became the boss - with no experience. A minus. And what did she inherit? Trouble, that's what. If you think you have troubles some afternoon, give a thought to Coach Bradley. She is coaching a team that placed 10th in the Big-10, she has no outstanding (or better-than-average) returnees and Illinois got zip in the recruiting for 1985. No wonder the coach resigned!... WTFW photographer Don Chadez is now head cross country coach and distance coach at Cal State Long Beach.

You may have come a long way, baby, but you're not there yet! The LA Times (Dec.14) tells of a new invitational meet planned for the Olympic Coliseum on June 7. H.D.Thoreau, instigator, said he "anticipates 10-12 men's events and 5-6 women's events". On another page a report of the LA City high school cross country championships, a nine inch story with a nice interview with the boy's champion. The article never even mentions the name of the girl's winner....O.J. once again, "He should have went outside!"

If you watched the World Indoor Games on TV, did you notice in every distance event that the leader, no matter who it was, ran on the outside half of the inside lane?....I'll admit 'The Fall' wasn't Decker's fault if she will publicly state she was not trying to pass Budd on the inside....Newspaper story about Jackie Joyner being high scorer for UCLA basketball team in one of their games - can't you just see the East Germans letting Paetz and Neubert play on a college basketball team....

There are no seniors on the University of Arkansas team. Can't wait for 1986....Another Name I Like is Rose Prest of Maine....Su Tze-Ning finished second in a marathon in Taiwan recently but was disqualified. Su is only six years old and 'not old enough to run'. Her time was 3:45....Maybe Su should come to the USA where she could enter the "Pee Wee Fun Run" in New York's Central Park. But she wouldn't be eligible for that race either. She's too old. "Pee Wee Fun Run" is for lads and lassies 5 and under....

Mary Decker did win some awards in 1984 after all. "Esquire" magazine named her "the year's worst loser - in a runaway" and "US Today" characterized her as "Whiner of the Year."

Avon has eliminated its famous "Running Circuit"....Who's the best for 1984? Depends on what publication you read. England's 'Athletics Weekly' lists Ashford, Brisco and Benoit 1-2-3, selected by their readers. 'Track & Field News' has it Ashford, Marita Koch, Heike Daute, Lyudmila Andranova and Benoit in that order selected by a group of 'experts'. BUT, in voting done by athletes, officials and administrators and announced at the TAC Convention, the winner of the Jesse Owens Memorial Award, indicating the best athlete in the USA - male or female - it was Joan Benoit with 1331 votes the winner. Runner-up was a Mr. Lewis (1231) followed by Edwin Moses (1222), Valerie Brisco (993) and Ashford fifth with 888 votes.

1986 US Junior Championships will be held at Towson State, June 17-18. Before you buy your ticket, Towson State is located in Towson, Maryland....New HS editor for "Eastern Track"

INVESTIGATING WARM-UP

(Here are some excerpts from an interesting article in Canada's 'Athletics' magazine written by Peter Pimm. Nearly all coaches battle some athletes concerning warm up. Mr. Pimm has some good points regarding this problem of warm up in this article.)

The other day, I was conducting a video-analysis session with an aspiring, competitive runner. Because of the sequences requiring running at close to full out, I instructed him to warm up as he normally would for a race, which he proceeded to do. Five to ten minutes later he walked over to me and I asked him if he intended doing some 'strides'. (Note: Pimm calls this warm up running 'strides'. Some coaches call them 'shakeups' or by any other name, but they are runs of 15-25 seconds at varying speeds according to the desires of the coach). His brow furrowed, a quizzical look etched over his face and he said 'strides?' 'Yes, strides,' I encouragingly responded - 'you know what I mean?' He didn't.

For someone like myself, whose puberty was constantly interrupted by coach's instructions and track competition, a warm up which included strides just became second nature and a must. I am reminded of one of my worst teenage-days experience. I was competing in a meet and I sauntered into the stadium late. The runners in my race were lining up for the start. Now remember, these are my teen years, and the mandatory dress code is T shirt and tight - I mean tight - cut-off blue jeans. I unfortunately had only had time to put on my spikes before I was off and running. I don't recall which was worse - my time or the cut-offs (as in circulation). So much for macho!

Over the past few years, I have observed that runners far too often neglect to properly warm up before a competition. It seems particularly common amongst those individuals who have begun running on their own or who previously have had limited participation in athletic pursuits, although even the 'elite' can be found guilty. Why do people ignore warm up? In some cases it may be a lack of awareness, although in many, I believe it's feared they may tire themselves out - that they should be conserving their energy. Also, the unique nervous sensations and lethargy arising just before race time can resemble fatigue. Or, they get involved in socializing and just don't get around to it.

Many studies have been conducted which have showed physiological effects that provide a basis for suggesting a warm up is beneficial. One of the immediate effects of exercise is the tremendous increase in blood flow and through the active muscles increasing their temperature.

The increased circulation and resultant higher muscle temperatures offer several nice benefits. Just as putty becomes easier to manipulate as it warms, so too does the muscle tissue. Furthermore, nerve messages travel faster at warmer temperatures, allowing increased speeds of contraction and relaxation of muscles.

Studying the effects of warm up on performance, on a scientific basis, is not an easy matter. Subjects are apt to have prejudices - they may strongly believe they perform better after a warm up and hence may be inhibited from giving full-out efforts otherwise. Nevertheless, various investigations over the years have proven the benefits of warm up.

One of the best measurements of human power is the vertical jump, where the individual jumps upward as high as possible. Several studies have shown significant improvements of up to 20% following warm ups.

A Scandinavian study compared two forms of warm up: (1) running at moderate speeds combined with calisthenics vs. (2) heating the body passively in a sauna for 20 minutes. Although both warm ups resulted in improved performance, the running plus calisthenics was superior by about 0.5 seconds for 100 meters, up to 3.0 seconds for the 400 meters and 4-6 seconds for 800 meters.

Of course a way warm up helps in improving performance is that it's an opportunity to ready the old psyche. During the warm up, one can mentally practice and imagine the desired goal. It also assists in dissipating nervous energy, encouraging a more relaxed muscle status by eliminating unnecessary muscle fibre contractions (i.e. tenseness).

Naturally, there's a lack of scientific studies that have been designed to see if there's a relationship between tearing muscles and warm up. I mean would you volunteer? However, based on experiences and the noted physiological effects, it's probably safe to assume a warm up lessens risk of injury.

So how should you warm up for a race? The kind and length of the warm up will depend on the event and the fitness of the athlete. Of concern is the trade-off between the warm up benefits versus the fatigue factor.

My general recommendations are:

1) a minimum 10 minutes, up to 20 minutes of moderate or easy (for you) running;

2) 10 minutes of static (no pain) stretching;

3) Upper body hip-circles and full arm-circles to loosen the shoulder girdle;

4) 4 to 8 'strides', the exact number will vary depending on your conditioning and when you feel you are ready, in mind and body. The period between warm up and race start, ideally, should be no more than a few minutes - certainly no longer than 15 minutes. Warm up clothing is a must to insure the muscle temperature remains elevated while you wait.

Finally, be sure to arrive in lots of time and don't wear cut-off jean shorts!

STRESS FRACTURES

"A Runner's Nightmare"

By James E. Reeves, D.P.M., from "Lawrence Track Club Newsletter".

A large number of runners, whether competitive or not, may at one point in their running career be forced to deal with some type of stress fracture or stress reaction. This type of fracture can be avoidable if you are familiar with the early signs that develop prior to the actual break in the bone.

To clarify, a stress fracture is a hair-line break in the cortex (outside of the bone). There is no separation in the bone at the fracture site. A stress reaction is the symptoms that occur in the bone and soft tissue prior to the actual break. These symptoms may last from days to weeks before the bone breaks. You will normally notice a dull pin-point type pain in the bone, which is made worse with exercise, a small amount of swelling, and possibly some limitation of motion at that area.

Stress fractures occur mainly in the foot and lower leg. The four most commonly affected bones include the anterior tibial (shin area), the heel bone and the second and fifth metatarsal bones in the foot.

Causes of stress fractures may evolve one or all of the following changes in your running habits: an increase in total mileage, produces an overuse syndrome which may stress a bone. Changing to a harder or uneven running surface produces excessive stress and abnormalities in running shoes; new stiff shoes, worn out or ill-fitting shoes, may produce stress. A more common cause is an obvious structural abnormality in the foot and lower leg, which produces excessive weightbearing and stress throughout a specific bone.

Knowing the common location and early signs of stress fractures is the best way of treating them. If symptoms occur similar to a stress reaction in a commonly affected bone, reduce your mileage and go to a softer surface. You may also support the area by taping it. Switching to other aerobic exercises such as swimming and bicycling will assist in healing. Try to determine what created the strain and avoid it, i.e. hard surfaces or too fast an increase in mileage, or abnormal shoes. If you feel the cause is

ALTITUDE'S EFFECT

Our correspondent from England, Andrew Huxtable, he of the many 'Lists', has come up with yet another. This time he compares the ten best performers who have legitimate marks at altitude (above 1000m) and at sea level (below 1000m). For the past decade, many statisticians have claimed running at altitude is such an immense help that asterisks or the hated letter 'A' be placed beside marks made above 1000m. This table does not bear out that belief. Of the top ten 100 runners, half have had their best performances at 'sea level'. In the 200, eight of the ten posted personal best below 1000m. And in the hurdles, it's six of ten with bests at lower altitude. How about that?

100 Meters	Below 1000m	Above 1000m	Dif.
Evelyn Ashford	10.76	10.79	-.03
Diane Williams	11.00	10.94	.06
Marlies Gohr	10.81	11.00	-.19
Angella Taylor	11.00	11.03	-.03
Wyomia Tyus	11.23	11.08	.15
Barbara Ferrell	11.38	11.11	.27
Jeanette Bolden	11.18	11.16	.02
Irena Szewinska	11.13	11.19	-.06
Florence Griffith	10.99	11.20	-.21
Raelene Boyle	11.22	11.20	.02
200 Meters			
Marita Koch	21.71	21.91	-.20
Angella Taylor	22.37	22.25	.12
Merlene Ottey	22.09	22.29	-.20
Florence Griffith	22.23	22.39	-.16
Evelyn Ashford	21.83	22.44	-.61
Randy Givens	22.31	22.59	-.38
Angela Bailey	22.75	22.64	.11
Kathy Smallwood	22.10	22.70	-.60
Beverly Goddard	22.72	22.76	-.04
Chantal Rega	22.72	22.80	-.08
100m Hurdles			
Lucyana Langer	12.43	12.62	.19
Danuta Perka	12.69	12.65	.04
Vera Komisova	12.39	12.90	.51
Nina Derbina	12.76	12.91	.15
Ina van Rensburg	13.19	13.14	.05
Yek. Smirnova	13.21	13.18	.03
Sue Kamell	13.27	13.20	.07
Riana Swart	13.56	13.21	.35
Mihaela Dumitrescu	13.15	13.27	.12
Benita Fitzgerald	12.84	13.33	.49

Further study shows the century sprinters who were best at sea level were 0.52 faster (total) and the five who were faster at altitude were also 0.52 faster (total). But in the furlong dash, those who were faster at sea level totaled 2.27 seconds better while those at altitude were only 0.23 better. In the hurdles it was 1.51 second advantage to the below 1000m gang to 0.49 for those above 1000m. Makes one think, doesn't it?



due to a structural abnormality, professional assistance may help you avoid a reflare-up.

If you ignore your body's signs of an on-coming stress fracture, you will eventually develop one and your running career will come to a standstill until it heals, which is usually 3-6 weeks. Early detection will not cause a standstill in your exercise, so become familiar with these early signs.

INDOOR REPORT

BUCKNELL OPEN

Lewisburg, Pa, Nov. 30: Elaine Sobansky, competing unattached, provided the Bucknell Open with its best mark when she tossed the shot 50'8½ for the win. Other good marks were turned in by Stefani Green (Navy) and Judi Cassell (Penn State) in the 1000y run and by Penn State's Criste who took home golds in the 60y hurdles and long jump.

60yH/LJ, Criste (PS) 8.3/17'9½; 60y, Robinson (PS) 7.2; 3M, Moriarity (PS) 17:24; 20 lb weight, Marilyn Senz (PS) 53'8.

HJ, Williams (PS) 5'6; Mlle, Heidi Gerken (PS) 4:58.6; SP, 1-Elaine Sobansky (Un) 50'8½, 2-Marilyn Senz (Un) 44'2; 220, Robinson (PS) 26.9; 880, Tammy Hart (PS) 2:18.2.

1000y, 1-Stefani Green (Navy) 2:36.4, 2-Judi Cassell (PS) 2:36.9, 3-Ross (PS) 2:39.6; 2M, Gabi Czaja (Buck) 10:39.2; TJ, Humphreys (PS) 36'6; 4x880, Penn State 9:28.4.

TEMPLE WINS 4-WAY MEET

Easton, Pa, Dec. 2: Cindy Kirby led Temple University to a narrow 73-64 win over Lafayette College as Fordham (21) and Wagner (20) trailed. Kirby won the 60/300/440 triple, all with good performances.

60yH, Glenda Truesdale (T) 8.3; SP, Becker (W) 40'8; HJ, Hodges (T) 5'9; 600y, 1-Karen Woods (T) 1:23.9, 2-Nadine Bridgeforth (T) 1:26.7, 3-Jayne O'Brien (L) 1:26.7.

60y/440, Cindy Kirby (T) 7.1/57.0; 300y, 1-Cindy Kirby (T) 36.1, 2-Glenda Truesdale (T) 36.5, 3-Royster (T) 36.6; 4x440, Temple 3:59.7.

W.V. HOLIDAY INVITATIONAL

Morgantown, W.Va, Dec. 1: Thirteen teams gathered for the running of the Mountaineer's Holiday Invitational. Tammy Henderson in the 400 and Bell in the triple jump, both of the home team, had the best marks during the day of competition.

3000, Howie (WV) 10:47.1; SP, Beatty (Slippery Rock) 46'5; 400, Tammy Henderson (WV) 57.0; 55mH, Frye (WV) 8.4.

55m, Stevens (New Image TC) 7.1, 2-Barnes (Un) 7.1; LJ/TJ, Bell (WV) 17'1½/36'0½; HJ, Pfister (WV) 5'6.

500m, Wallace (WV) 1:19.0; 300m, 1-Duckett (Pitt) 41.1, 2-Barnes (Un) 41.9; 1500, Difrancesco (Pitt) 4:54.0; 4x400, West Virginia 4:01.5.

First names not listed.

CONNECTICUT WINS TRI MEET

Storrs, Ct, Dec. 2: Host University of Connecticut captured a triangular affair over St. John's and Massachusetts 79½-60-27½. Led by Jones' three wins, the Huskies were in command all the way. Jones won the long jump and the 200/400 as well. Margarita Sabogal was a double winner for St. John's with top honors in the 1000y and 1500m. Gaffney (Ct) had a good 37'9½ leap in the triple jump.

LJ6400/200, Jones (Ct) 18'6¾/58.7/25.8; TJ, 1-Gaffney (Ct) 37'9½, 2-Tracy Winn (SJ) 37'1, 3-M.Gaffney (Ct) 36'8.

SP, Sandra Hampton (SJ) 41'11½; HJ, 1-Kenman (Ct) 5'8, 2-Michelle Holley (SJ) 5'6; 4x200y, Mass 1:35.0.

55mH, 1-Shell Rice (SJ) 8.3, 2-Kenman (Ct) 8.8; 55m, 1-Youree Spence (SJ) 7.0, 2-Booker (M) 7.3, 3-Shell Rice (SJ) 7.3 (7.1h).

1500, 1-Margarita Sabogal (SJ) 4:36.3, 2-Barrett (M) 4:45; 600y, Loftis (M) 1:27.4; 1000y, Margarita Sabogal (SJ) 2:40.5.

3000, Ann Kiely (SJ) 10:22.6; 4x440, St John's 4:05.8; 4x880, Conn 9:48.1.



St. John's Shell Rice captured the hurdles in meet with Connecticut and Massachusetts.

BROWN WHIPS FIVE

Providence, Rhode Island, Dec. 8: Brown University downed five other institutions with 77 points in an early season indoor meet. University of Massachusetts/Boston was next with 67 digits.

Massachusetts' Durant was the meet's only double winner with victories in the 55m and 200m dashes.

HJ, Joan Clarkin (B) 5'5; 1500, Dot Faulstich (B) 4:49.8; 400, 1-Eddins (UMB) 57.67, 2-Donna Neale (B) 58.66.

55m/200, Durant (UMB) 7.45/26.2; 4x400, UMB 4:01.5.

Scores, 1-Brown 77, 2-U Mass/Boston 67, 3-Providence 15, 4-Bryant 6, 5-Westfield 3, 6-Central Connecticut 0.

WEST VIRGINIA WINS

Morgantown, W Va, Dec. 8: West Virginia had no difficulty dominating Hagerstown Junior College when the two teams met on the campus of the Mountaineers. Best mark was turned in by Tammy Henderson in the 55m sprint and by teammate Bell in the triple jump.

400, Workman (WV) 59.3; 55H, Frye (WV) 8'4; 55m, Tammy Henderson (WV) 6.8; 500m, Tennant (WV) 1:21.8.

300m, Wallace (WV) 43.0; LJ, Pfister (WV) 17'8½; SP, Beatty (SR) 44'3; TJ, Bell (WV) 37'1½; 4x400, WV 3:57.0.

First names not listed.

BOSTON COLLEGE TRIUMPHS

Cambridge, Mass, Dec. 8: Boston College nudged host Harvard 58-41 in a dual meet on the Crimson campus. Patterson of the home team was the meet's only double winner taking the hurdles and long jump but it was teammate Kristen Perini who had the meet's best mark with her 9:42.7 clocking in the 3000.

LJ/55mH, Patterson (H) 17'3/8.4; HJ, Paul (BC) 5'6; 1500, 1-Doucette (BC) 4:46.3, 2-Wrixon (BC) 4:48.8.

400, Reid (BC) 57.5; 55m, Rice (BC) 7.2; 800, Harring (H) 2:15.0; 200, Luken (BC) 26.2.

3000, 1-Kristen Perini (H) 9:42.7, 2-Fallon (BC) 9:53.5; 4x200, Harvard 1:46.9; 4x400, BC 4:00.5; 20 pound weight, Durnate (H) 37'2; TJ, Sheller (H) 34'3½.

First names not listed.

ISU WINTER OPEN

Normal, Illinois, Dec. 8: Illinois State hosted five universities at their Winter Open, but it was adidas' Patty Bradley, new coach at the University of Illinois, who had the day's best performance. Bradley ankled the 800m in 2:10.8 for her mark.

There were two double winners. Western Illinois showed up with Kathy Turley who took number one in the 300 and 500 meters while Southern Illinois countered with Sydney Edwards who was best in the long and triple jumps.

1500, 1-Rosalind Cassidy (Ill St) 4:30.2, 2-Molly Mollow (Ind St) 4:42.9, 3-Annette Maselli (Ill St) 4:49.3.

500m, 1-Kathy Turley (W Ill) 1:14.4, 2-Cassandra Bowden (Ill St) 1:15.7, 3-(tie) Lane Suarez (W Ill) and Cellie Watson (W Ill) 1:15.8.

60m, 1-Angie Taylor (Ill St) 7.7, 2-Roshawn Brooks (W Ill) 7.7, 3-Richele Norman (Ill St) 7.8.

60mH, 1-Faye Barrett (WI) 8.7, 2-Penny Sellers (WI) 8.7, 3-Angie Taylor (IS) 8.8, 4-Cjarlene Dewey (Bradley) 8.9, 5-Carolyn Ferguson (IS) 8.9.

800, Patty Bradley (adidas) 2:10.8; 1000m, 1-Patty Watson (IS) 2:58.5, 2-Sonnette Shipman (Ind St) 3:00.2.

3000, Patty Murray (WI) 10:01.0; 300m, 1-Kathy Turley (WI) 41.1, 2-Loretta Wiltgen (Un) 41.8, 3-Teresa Sanders (Ind St) 41.8.

4x200m, Illinois State 1:44.0; HJ, 1-Erlisha Gwin (IS) 5'9, 2-Sue Perkins (WI) 5'8; LJ, Sydney Edwards (SI) 18'1½.

TJ, 1-Sydney Edwards (SI) 37'5½, 2-Connie Price (SI) 36'6, 3-Reena McElyea (WI) 35'11.

SP, 1-Rhonda McCausland (SI) 48'7¾, 2-Connie Price (SI) 46'5½, 3-Susie Tindle (WI) 44'8½.

EAST STROUDSBURG RELAYS

East Stroudsburg, Pa, Dec. 7: The home team's distance medley relay had the best mark at this early season indoor affair. The Warriors won in 12:29.6. Temple dominated the meet, however, winning four of the six relays and all three individual events.

SP, Borik (T) 39'10½; HJ, Hodge (T) 5'8; 60yH, Truesdale (T) 8.1.

DM/4x1 mile, East Stroudsburg 12:29.6/21:35.4; 4x220/SM/4x880/4x440, Temple 1:45.5/4:20.7/19:01.1/4:05.4.

LUKENDA WINS TRIPLE

Easton, Pa, Dec. 7: Lafayette's Lukenda won three events as the Leopards entertained St. Joseph's, LaSalle and Bucknell in a four-way confrontation. The home team captured the meet with 86 points. Bucknell's Gabi Czaja had the best mark with her 16:41.9 clocking over three miles.

TJ, Sue Lorch (B) 35'4; 20 lb weight, Jo Skinner (B) 40'1; 3M, 1-Gabi Czaja (B) 2-Reld (LS) 17:00.3.

60y/300y/60yH, Lukenda (L) 7.2/38.2/8.3; 600y, O'Brien (L) 1:27.5; 4x880, St. Joseph's 9:53.8.

Scores, 1-Lafayette 86, 2-Bucknell 62, 3-LaSalle 23, 4-St. Joseph's 15.

YALE HOSTS

New Haven, Ct, Dec. 8: Seven teams gathered for Yale's Developmental meet with the 1000 meter event turning out to be the best of the day. Boston University's Haverstad pipped Ford of Yale, both being clocked in 2:55.3. Boston's White was a double winner in the shot and 55m sprint. First names not listed.

SP/55m, White (BU) 42'2/7.41; LJ, Gomes (S Ct) 18'6½; HJ, 1-Heath (BU) 5'7, 2-Buchan (Y) 5'7.

55mH, Jennings (BU) 8.67; 500m, Waterfield (Y) 1:18.16; 3000, Higgins (BU) 9:51.6.

ARMY WHOMPS RUTGERS

West Point, NY, Dec. 8: Led by Harrison's triple win in the sprints and long jump, Army had no difficulty defeating visiting Rutgers in a dual meet 63-37. Best mark of the day was turned in by Rutgers' Desiree Scott who covered 5000 meters in 16:53.66 for a new field-house record.

SP, Ehrlund (A) 42'1¼; 5000, 1-Desiree Scott (R) 16:53.66, 2-Brook (A) 17:25.56; 1500, 1-Essenmacher (A) 4:39.31, 2-Catey Shanahan (R) 4:42.43.

55mH, Tosca Blanford (R) 8.46; 400, Tuggle (A) 58.81; 4x800, 1-Rutgers (Duthie-Feit-Wronski-Scott 2:13.7) 9:29.6, 2-Army 9:30.8.

HJ, Sheila Gallimore (R) 5'6; LJ/55m/200, Harrison (A) 18'9¼/7.0/25.55; 800, List (A) 2:13.67; 4x400, 1-Army 4:00.17, 2-Rutgers 4:04.81.

JACKSON INVITATIONAL

Jackson, Miss, Dec. 8: Lotsa good marks in the speed events as Jackson State University staged its 10th Annual Indoor Invitational. Marks in the 50m, 50m hurdles, 300m and 500m were all outstanding.

Mississippi Valley's Carol Williams moved herself onto the All Time US List in the 50m hurdles with her winning time of 6.19 which puts her Number 5. Second placer Lorna Chatman of the home team also moved onto the AT List in a tie for 9th position with her mark of 6.30.

Cynthia Green (Grambling/Jamalca) won the 300m in a fast 39.09 and returned to spin a very swift 500m in 1:11.83. Another double winner was Grambling's Revah Knight who won top honors in the 800 and 1000m.

Donna Howard (MV) led a good group of swift hurdlers across the line, winning the 50m event in 7.20.

LJ, 1-Eunice Jones (JS) 19'8¼, 2-Lorna Chatman (JS) 19'1¼, 3-Tammy Stevenson (Sth) 18'9¼.

3000, Brynette Smith (PV) 10:59.0; SP, Janet Fitts (Tusk) 44'3¼; 1500, Brynette Smith (PV) 4:50.01.

800, 1-Revah Knight (Gram) 2:15.0, 2-Deirdre Best (Gram) 2:15.05; 1000m, Revah Knight (Gram) 3:05.1.

HJ, 1-Antoinette Tribune (JS) 5'6, 2-Rita Winters (MV) 5'6; 400, 1-Jocelyn Tatum (PV) 56.74, 2-Karen Lawson (JS) 57.41.

300m, 1-Cynthia Green (Gram) 39.09, 2-Gwen Williams (MV) 40.02, 3-Gail Emmanuel (Gram) 40.04, 4-Evan Williams (PV) 40.05, 5-Sharon Goodins (Al St) 41.07, 6-Vivian Brown (JS) 41.08.

500m, 1-Lavonda Luckett (PV) 1:14.08, 2-Norrie McAfee (PV) 1:15.24; (Second section) Cynthia Green (Gram) 1:11.83.

50mH, 1-Donna Howard (MV) 7.20, 2-Lavonda Luckett (PV) 7.31, 3-Daphne Hughes (Sth) 7.42, 4-Tewanna Reddon (Al A&M) 7.50, 5-Stacey Culmer (JS) 7.62, 6-Kimolyn Vanzant (PV) 7.62.

50m, 1-Carol Williams (MV) 6.19, 2-Lorna Chatman (JS) 6.30, 3-(tie) Gwendolyn Williams (MV) and Karen Askew (Gram) 6.42, 5-Brenda Lee (JS) 6.51, 6-(tie) Cassandra Jackson (Al St) and Myzell White (Al St) 6.60.

4x400, 1-Grambling 3:45.61, 2-Prairie View 3:49.80, 3-Mississippi Valley 3:51.14, 4-Jackson State 3:56.42.

CCNY-LIU TIE

New York, NY, Dec. 8: City College of New York and Long Island University ended up 18-18 in a relay gathering on the 160y flat board track in the Nat Holman gym. Only one individual event was held, the 600y run which was won by Senn of Stony Brook.

4x160, 1-CCNY 1:18.5, 2-LIU 1:19.3; 4x440, 1-LIU 4:12.0, 2-CCNY 4:12.1; DMed, 1-LIU 13:09.8, 2-Queens 13:30.4; 4x880, 1-LIU 10:13.6, 2-CCNY 10:28.8; SMed, CCNY 4:37.2; 600y, Senn (SB) 1:31.5. Scores, 1-(tie) CCNY & LIU 18, 3-Queens 7, 4-Brooklyn College 5.

WINN WINS THREE

Princeton, NJ, Dec. 8: St. John's Winn did just that - three times - as St. John's and Princeton engaged in a practice developmental meet. Winn captured the long jump, triple jump and 200 during her blue ribbon outburst. First names not listed.

LJ/TJ/200, Winn (St.J) 16'7¼/34'2¾/27.05.

MAINE WINS DUAL MEET

No site, Dec. 8: Maine had a 40 point margin over New Hampshire, 86-46, as the two staged an early dual meet. Ann England of the winners captured two events, the mile and 1000y run to lead the Black Bears.

4x110, Maine (Breton-Lewis-Dawe-Clemente) 1:48.2; Mile/1000y, Ann England (M) 5:03.1/2:44.3.

600y, Henri Dawe (M) 1:28.6; 200, Spillane (NH) 26.0; TJ, Karen Smith (M) 34'6½.

WISCONSIN SHARP IN OPENER

Madison, Wisconsin, Dec. 10: Pete Tegen unleashed his charges indoors for the first time and the troops proceeded to turn in some fine early-early season marks.

Best of the day was Cathy Branta's 4:39.76 mile mark. Other good performances were recorded by Katie Ishmael who trotted the two mile in 10:09.00 and Sharon Dollins with a 39'3¼ mark in the triple jump. Dollins also captured the long jump at 19'5½. Another double winner was sprinter Kris Eirling who took top honors in the 60 and 300 dashes. Heptathlete Helen Stoffel busied herself with a fourth in her 60y heat, a 6th in the final, a 5th in the shot, a 3rd in the 300 a 2nd in the hurdles and a 3rd in the long jump. Just getting ready.

60y, 1-Kris Eirling 6.97, 2-Dorothea Brown 7.24, 3-Sharon Dollins 7.39; Mile, 1-Cathy Branta 4:39.76, 2-Birgit Christiansen 4:53.53, 3-Stephanie Bassett 4:53.79.

HJ, 1-Cherie Dillahun 5'8, 2-Anna Forsell 5'6; LJ, 1-Sharon Dollins 19'5½, 2-Dorothea Brown 19'4¼.

880, 1-Kathy Lefebvre 2:12.7, 2-Sarah Doctor 2:13.6; 60yH, 1-Nina Borgwarth 8.66, 2-Helen Stoffel 8.93.

SP, 1-Karen Nitsch 48'0, 2-Cindy Lensmire (Un) 47'10, 3-Nancy Hoch 45'2, 4-Diane Nordstrom (Un) 44'6.

440, 1-Kristi Kropp 58.26, 2-Lisa Colemb 58.83; 600y, Laurie Rabideau 1:29.93; 300y, 1-Kris Eirling 37.95, 2-Nina Borgwarth 38.49.

TJ, 1-Sharon Dollins 39'3¼, 2-Anna Forsell 35'11; 2M, 1-Katie Ishmael 10:09.00, 2-Stephanie Herbst 10:11.6, 3-Michelle Lumley 10:52.08.

(All University of Wisconsin unless otherwise indicated).

BOSTON HOLIDAY CLASSIC

Chestnut Hill, Mass, Dec. 27: Darlene Beckford was a double winner with two good early season marks to become the outstanding performer at the Boston College/Saucony Holiday T&F Classic. Beckford captured the 1500 (4:31.2) and 3000 (9:37.5) runs.

1500, 1-Darlene Beckford (Lib AC) 4:31.2, 2-Patty Murnane (Lib AC) 4:33.0, 3-Julie LeClair (Holy Cross) 4:35.3, 4-Arlson Quelch (Tn) 4:36.5.

400, 1-Gail Emanuel (Grambling) 57.8, 2-Diedre Best (Gr) 58.9; 600y, 1-Melanie Stone (BITC) 1:25.6, 2-Eloise Evans (Salve-Regina) 1:25.7, 3-Gail Leradi (Fitchburg) 1:26.3.

55mH, 1-Federica Winley (Tn) 7.9, 2-Yvette Cash (Hst) 8.1, 3-Tressa Smith (Dynamite TC) 8.2.

55m, 1-Gina Washington (DynaTC) 7.1, 2-Tressa Smith (DynaTC) 7.1, 3-Federica Winley (Tn) 7.1....6-Maxine Underwood (Morgan St) 11.6.

800, 1-Eloise Evans (SR) 2:13.4, 2-Janice Reid (Boston Clg) 2:14.0, 3-Genesis Eddins (Mass) 2:14.7.

1000y, 1-Carolyn Mitchell (Ct) 2:45.8, 2-Arlson Mondl (Ct) 2:47.3; 4x400, 1-Grambling 3:53.2, 2-Boston International 3:59.7.

3000, 1-Darlene Beckford (Lib AC) 9:37.5, 2-Mary McNaughton (HC) 10:05.2, 3-Sarah Day (Cornell) 10:13.0, 4-Joanne Krebs (Fordham) 10:15.8.

TJ, Ann Brissett (Mass) 34'9½; LJ, Pam Connell (Norwell) 17'5½; HJ, Mary Beth Paul (BC) 5'4; SP, Michelle Millane (Northeastern) 43'0.

4x200, 1-Grambling 1:43.3, 2-Dynamite TC 1:43.3, 3-Boston International 1:44.5.

20 Pound weight, 1-Darcy Smith (Un) 42'0¾, 2-Bonnie Edmonson (E Ct) 41'8¾.

DARTMOUTH RELAYS

Hanover, New Hampshire, January 4/6: The 16th Annual Dartmouth Relays brought together a host of aspiring performers and over the three days of competition produced some good early season marks.

Best of the individual efforts came from shot putter Sandy Burke (53'7½) and 5000m runner Lynn Jennings (16:35.66). Grambling and Temple Universities did the most damage in the relays.

January 4: 60y dash (First race) Karen Woods (Temple) 7.0, (Second race) Doris Leggett (NY Tech) 7.2, (Third race) Bridgette Hayes (Temple) 7.37.

1500, 1-Rebecca Center (GBTC) 4:47.0, 2-Pamela Crandall (Dartmouth) 4:47.7, 3-Gina Gorman (Westchester TC) 4:49.2.

400, 1-Miriam Knyo (Kennebunk) 56.2, 2-Nadeen Bridgeforth (Temple) 57.7.

Pentathlon, 1-Caryl Senn (Stonybrook) 3518 (8.8-33'6¼-16'8¾-5'3-2:29.2), 2-Sue Goode (Boston Cig) 3421, 3-Laura Anderson (Greater Amherst Striders) 3306.

200, 1-Glenda Truesdale (Temple) 25.2, 2-Cindy Kirby (Temple) 25.4, 3-Genesis Eddins (Mass) 25.6.

800, 1-Caroline Mitchell (Ct) 2:18.6, 2-Denise Miller (Temple) 2:18.7, 3-Sylvie Desharnais (Club D'Athletisme) 2:18.9.

3000, 1-Elizabeth McElhinny (Liberty AC) 10:14.0, 2-Ellen O'Neill (Dartmouth) 10:14.1, 3-Dot Faulstich (Brown) 10:14.3, 4-Moira Teevens (Dartmouth) 10:14.3.

5000, 1-Celeste Leon (Vermont) 17:53.1, 2-Karen Cassidy (Hartwick) 18:08.1

January 5: LJ, Robyn Proctor (Un) 17'9¾; HJ, 1-Felicia Hodges (Temple) 5'8, 2-Mary Beth Paul (Boston Cig) 5'6; SP, Debbie d'Entremont (Un) 42'9.

4x220, 1-Temple 1:40.04, 2-Grambling 1:42.11, 3-Temple 'B' 1:43.54, 4-Boston International 1:44.36, 5-Boaston College 1:44.65, 6-NY Tech 1:44.9.

400, 1-Denise Miller (Temple) 57.68, 2-Deborah Cook (NT Tech) 58.02, 3-Renee Adams (NY Tech) 58.75.

5000, 1-Lynn Jennings (Nike) 16:35.66, 2-Chris Bergeron (Converse) 17:02.73, 3-Willis (Holy Cross) 17:11.8.

4x440, 1-Grambling 3:42.4, 2-Temple 3:49.0, 3-Boston International 3:59.2.

1500, 1-Liese Schoff (NH) 4:42.51, 2-Nancy Cullinane (Falmouth) 4:44.67, 3-Dar-elle Boyd (Mass) 4:48.95.

800, 1-Penny Sparks (Temple) 2:16.31, 2-Marie Bernard (Stonybrook) 2:16.38, 3-Deledea Best (Gram) 2:17.52, 4-Karen Woods (Tem) 2:18.96.

1 Mile Walk, 1-Theresa Vaill (Island TC) 7:13.0, 2-MaryAnne Torrellas (Abraxas TC) 7:31.5.

January 6: 4x880, 1-Grambling 9:10.7, 2-Temple 9:20.2, 3-Massachusetts 9:27.6.

55m, 1-Lynette Lawrence (PAL) 7.2, 2-Ramona Brown (BITC) 7.3 (7.2h), 3-Eulette Fernderson (NY Tech) 7.3.

55mH, 1-Bridgette Hayes (Temple) 8.1, 2-Diane Frechette (Sherbrooke TC) 8.8, 3-Caryl Senn (Stonybrook) 8.8.

DMR, 1-Dartmouth 12:11.6, 2-Rhode Island 12:24.8, 3-Dartmouth 'B' 12:25.4, 4-Holy Cross 12:31.3.

Inv. 800, 1-Renee Belanger (Club D'Athletisme) 2:12.0, 2-Cindy Lindh (Falmouth TC) 2:15.2, 3-Reyah Knight (Grambling) 2:16.1.

Inv. 55mH, 1-Letha Carson (NY Tech) 8.0 (7.9h), 2-Lorraine Tummings (PAL) 8.2, 3-Doris Legett (NY Tech) 8.3 (8.2h), Glenda Truesdale (Temple) 7.9 heat, did not run final.

1 Mile, 1-Carole Rouillard (Fleur TC) 2-Patty Murnana (AIA) 4:53.39, 3-Ann Peisch (Liberty AC) 5:00.59.

Inv. 55m, 1-Sandra Dennis (NY Tech) 7.01, 2-Tracey Armstead (Cortland St) 7.03, 3-Cindy Kirby (Temple) 7.12.

Inv. 500m, 1-Janice Reid (Boston Cig) 1:14.81, 2-Tasha Downing (BITC) 1:16.23, 3-Barbara Cullinan (Mass) 1:16.66, 4-Melanie Stone (Un) 1:16.97.



Here's an old trooper back once again for the indoor season - Lorraine Tummings has been a top-notch performer for many years and placed second in the invitational hurdles at the Dartmouth Relays. (Jeff Johnson photo).

SP, 1-Sandy Burke (Un) 53'7½, 2-Sharon Mitnik (Un) 47'1½, 3-Lynn Lenzel (RI) 43'7½. Inv. 4x440, 1-Grambling 3:41.43, 2-Temple 3:44.78, 3-Massachusetts 3:52.80.

Inv. HJ, 1-Felicia Hodges (Temple) 5'10½, 2-Sharon Gleasman (Syr Chg) 5'8, 3-Lisa Heath (Boston U) 5'8, 4-Danielle Rose (Island TC) 5'8.

Inv. 3000, 1-Darlene Beckford (Liberty AC) 9:22.80, 2-Lizanne Bussieres (Regina Mundi TC) 9:25.31, 3-Lizabath Nathalie (Un) 9:52.75.

LJ, 1-Tracey Armstead (Cortland) 18:11, 2-Doris Leggett (NY Tech) 18'9, 3-Luanne Dumas (Montreal Int) 18'7¾, 4-Carol Galloway (Ct) 18'7¼.

4x880, 1-Dartmouth 10:04.12, 2-Dartmouth 'B' 10:04.30. Mile

DARTMOUTH WHIPS TWO

Hanover, NH, Jan. 12: Host Dartmouth edged St. John's 56-52 with Yale grabbing 39 digits in a triangular affair on the Big Green's campus. St. John's, however, provided most of the news as Youree Spence was the meet's only double winner and Shell Rice (55mH in 7.96) and high jumper Michelle Holly (5'9) produced the best marks of the meet.

LJ, Tracy Winn (SJ) 17'2; HJ, Michelle Holly (SJ) 5'9; 55mH, Shell Rice (SJ) 7.96; 1500, 1-Moira Teevens (D) 4:42.33, 2-Pam Crandall (D) 4:44.19, 3-Maureen Bolyea (Y) 4:44.20.

400, Youree Spence (SJ) 58.67; 500m, Heidi Waterfield (Y) 1:20.8; 55m, 1-Youree Spence (SJ) 7.0, 2-Shell Rice (SJ) 7.2.

1000m, Laura Weylman (D) 3:00.88; SP, Sandra Hampton (SJ) 42'9; 20 lb wt, Karen Van Ness (D) 36'2.

3000, 1-Ellen O'Neill (D) 9:52.2, 2-Elizabeth Hintz (Y) 9:55.8; TJ, 1-Leanne Atencio (D) 35'3¾, 2-Jane Buchan (Y) 35'1¾, 3-Tracy Winn (SJ) 35'1¼.

4x440, St. John's 4:01.32; 4x880, Dartmouth 9:40.6.

COLBY RELAYS

Waterville, Maine, Jan. 12: Haldi Irving of the home team captured the triple jump and high jump and picked up a third in the long jump as Colby College staged an invitational with guests Maine, Bowdoin and Bates.

55mH, Terri Hanna (C) 8.5; 55m, Kris Hoitt (C) 7.4; 2M, Rose Prest (M) 11:13.6; SP, Jackie White (C) 37'3¼; Mile, Anne England (M) 4:59.2.

LJ, Andrea Kincannon (Bates) 17'9; 4x220, Colby 1:46.5; TJ/HJ, Heidi Irving (C) 35'7¼/5'4; 600y, Debbie Lindberg (C) 1:31.5; 220, (tie), Robin Blanchard (C) and Andrea Kincannon (Bates) 26.9.

FLORIDA AWAKENS

Gainesville, Florida, Jan. 13: Good Doctor Lyle Knudson began to let his charges loose for 1985 as the University of Florida staged its All-Comers Indoor Meet in O'Connell Center.

Good early season marks were turned in by Lady Gators' Piper Bressant (500m in 1:14.12), Shelly Steely (1500 in 4:38.75), Heidi Mann in the pentathlon (3851) and the Florida 4x400m relay team (3:46.73).

500m, 1-Piper Bressant (FI) 1:14.12, 2-Chris Crowther (FI) 1:15.91, 3-Mary Jones (FI A&M) 1:16.31.

800, 1-Sonja Braasch (FI) 2:15.45, 2-Gina Procaccio (FI) 2:16.46, 3-Beth Adkins (FI) 2:17.02, 4-Marie Candolino (FI) 2:17.66.

1000m, 1-Shelly Steely (FI) 2:51.91, 2-Sandra Braasch (FI) 2:59.01; 1500, Beth Farmer (FI) 4:38.75; 4x400, Florida (Mitchell-Crowther-Nash-Bressant) 3:46.73.

LJ, 1-Heidi Mann (FI) 18'8, 2-Vogel New-som (FI A&M) 18'6; Pent, Heidi Mann (FI) 3851 (8.4-5'5-18'8-39'7¼-2:34.0).

FATHER DIAMOND MEMORIAL

Fairfax, Virginia, Jan. 13: Every event produced a good mark as George Mason University staged its Third Annual Father Diamond Memorial Indoor Meet. Morgan State's Wendy Vereen won a competitive 200 in 24.34, Delaware State's Sophia Hunter ran 7.86 over the 55m hurdles and Virginia's Nevada Tinsley had the meet's best performance as she hop-stepped and jumped 38'3¼ to earn a spot on the All-Time US Indoor List.

3000, Denise Fleenor (GM) 10:18.47; SP, Sandy Burke (Un) 50'2; HJ, 1-Tamela Penny (Md) 5'8, 2-Jackie Carmichael (DelSt) 5'8.

4x400, 1-Delaware State 3:44.44, 2-Morgan State 3:47.36, 3-DC Capitol TC 3:50.79, 4-Virginia 3:54.7.

LJ, 1-Jackie Carmichael (DelSt) 18'9¼, 2-Tamela Penny (Md) 18'3½, 3-Beth Sheehan (Va) 18'1¼.

TJ, 1-Nevada Tinsley (Va) 38'3¾, 2-Susan Barber (GM) 35'11½; 55m, 1-Joann Major (Del St) 7.09...5-Janet Dodson (Ms Int) 7.21.

55mH, 1-Sophia Hunter (DelSt) 7.86, 2-Tauni Sanchez (NCar) 8.28.

200, 1-Wendy Vereen (Morg St) 24.34, 2-Sophia Hunter (Del St) 24.43, 3-Joann Major (Del St) 24.72, 4-Janet Dodson (Ms Int) 25.12.

500m, 1-Gail Bryant (Va) 1:13.64, 2-Angela Tyer (UMES) 1:15.53, 3-Alisa Murray (NCar) 1:15.66...7-Darlene Jefferson (Del St) 1:16.66.

1500, 1-Karol Chambers (NCar) 4:36.84, 2-Ann Begley (Gtn) 4:38.60, 3-Kim McCollum (Del St) 4:44.5.

1000m, 1-Kim Kelly (Va) 2:49.46, 2-Robbie McGee (Md) 2:50.70, 3-Sandy Schuler (Va) 2:51.69, 4-Michelle Rowan (Va) 2:57.92.



Setting a new national high school record for the 500m at the Sunkist Invitational was Chewuakil "Choo Choo" Knighten at 1:04.0. (Jeff Johnson photo).

SUNKIST INVITATIONAL ANOTHER 'WORLD RECORD' FOR DECKER

Los Angeles, Cal, Jan. 18: Promoter Al Franken and runner Mary Decker got what they wanted at the Annual Sunkist Invitational - a "world record". This one, however, came in an event so rarely run that we have never even bothered to keep statistics on it - the 2000 meters. The fact that Decker broke the "world record" by almost nine seconds gives proof of that.

In knocking the WR, let's not, however, lose sight of the fact it was an excellent mark and Decker ran as she has always run. The press, (and Franken) tried to build up a big personal battle between Decker and Wysocki, but anyone who knows Wysocki and her flamingo-like legs and stride, knew it would be no contest on the boards.

In other events, 'Choo Choo' Knighten of Locke High School set a national prep mark in winning the 500m in 1:04.0, knocking a tenth off Denean Howard's ancient mark while Valerie Brisco worked through 440 yards in 53.41 just a few ticks off the WR for that distance - also another 'easy' record. Alice Brown had no difficulty taking the short sprint and Lee Arbogast annexed the 880.

That was it. Four women's events. Thanks, Al.

60y, 1-Alice Brown (WCAC) 6.72, 2-Jennifer Inniss (Atoms) 6.85, 3-Janet Burke (Jam) 6.86, 4-Zelda Johnson (Wash) 6.86, 5-Florence Griffith (WCAC) 6.99, 6-Robin Simmons (USC) 7.18.

2000m, 1-Mary Decker (AW) 5:34.52, 2-Ruth Wysocki (Brooks) 5:45.93, 3-Monica Joyce (Converse) 5:56.32, 4-Michelle Hopper (PE) 6:08.08, 5-Kristen O'Hara (Cal) 6:09.51.

440, 1-Valerie Brisco (WCAC) 53.41, 2-Florence Griffith (WCAC) 54.96, 3-Gwen Gardner (Hawaii) 55.46, 4-LaTanya Shefield (S Di) 55.51.

880, 1-Lee Arbogast (AW) 2:08.3, 2-Rose Monday (PE) 2:08.5, 3-Dorian Lambelet (AW) 2:09.2, 4-Donna Curtis (USC) 2:12.1, 5-Louise Romo (Cal) 2:13.7.

VIRGINIA TECH INVITATIONAL

Blacksburg, Virginia, Jan. 5: Nancy Klumb of Menchville was a double winner in the 1500 and 3000 for about the only excitement in the Virginia Tech/Coca Cola Invitational.

1500/3000, Nancy Klumb (Menchville) 4:58.0/10:34.7; 300y, Julie Johnson (Savannah Sports TC) 39.6; 55m, Julie Sandy (Salem) 7.1; 55mH, Dawna Collins (Denbigh) 8.37.



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OUTDOOR

UCLA FALL INVITATIONAL

Los Angeles, California, Dec. 1: The Fall T&F Invitational at UCLA proved the Bruins have a lot of work to do to get back into their previous Number One - or Number 20 - position in the NCAA ranking. The field eventers performed at a gainy clip, but the tracksters have a long way to go.

JT, 1-Jill Crisler (Un) 151'8, 2-Kris Larson (UCLA) 140'0; SP, 1-Jill Crisler (Un) 45'3, 2-Toni Lutjens (UCLA) 43'10.

DT, 1-Toni Lutjens (UCLA) 150'8, 2-Kris Larson (UCLA) 143'8, 3-Jill Crisler (Un) 138'1.

2M, 1-Nancy Barnwell (UCLA) 13:10.8....6-Vickie Cook (UCLA) 13:11.3; 4x110, UCLA (Colner-Lisiewicz-Barnwell-Gruber) 60.40.

1-Mile, 1-Nancy Brown (UCLA) 5:12.4...8-Shannon Stryker (UCLA) 6:00.22; 400, 1-Gail Devers (UCLA) 58.03, 2-Monica Phillips (UCLA) 59.75....4-Gayle Kellon (UCLA) 60.02.

200, 1-Gail Devers (UCLA) 25.32, 2-Monica Phillips (UCLA) 25.92; 4x400, UCLA (Parros-Keegan-Devers) 58.3-Kellon) 4:06.78

RICE'S DEAD-WEEK RELAYS

Houston, Texas, Dec. 2: Weight persons dominated the 'Dead-Week' Relays at Rice University. Houston's Cheryl Klein tossed the disc 169'6 to earn a spot on the 1984 US List. Her mark puts her in a tie for the 31st best toss of the year. Another good mark in the weights came from the home team's Regina Cavanaugh who muscled the shot 51'6¾.

Carol Lewis showed up and managed to represent two teams in the same meet which seems a little illegal. Lewis ran the third leg for the University of Houston in the 4x400 and then put on her Santa Monica Track Club shirt and wound up 4th in the shot.

500m, 1-Tanya MacIntosh (R) 1:15.1, 2-Tammy Welch (R) 1:15.1; 300m, 1-Katrice Harris (R) 39.2, 2-James (Stephen F Austin) 40.2.

1000m, 1-Tessa Ibarra (R) 3:08.2, 2-Lisa Meyers (R) 3:09.7; 4x400, 1-Rice 3:54.0, 2-Houston 3:55.5, 3-Rice 'B' 3:60.0 (?).

SP, 1-Regina Cavanaugh (R) 51'6¾, 2-Cheryl Klein (H) 46'3¼, 3-Rivera (H) 44'4, 4-Carol Lewis (SMTC) 42'5½.

DT, 1-Cheryl Klein (H) 169'6, 2-Regina Cavanaugh (R) 148'7, 3-Diane Requardt (H) 141'5.

ARIZONA ALL-COMERS

Tucson, Arizona, Dec. 8: Lorraine Costanzo, competing unattached, tossed the shot 53'0¼, a new personal best, a mark which moved her to Number 15 on the 1984 USA List. Another weight event saw Carla Garrett throw the disc 171'6 for her best toss of 1984, a mark which moved her up to equal 28th on the 1984 List.

Camille Harding was a double winner in the high jump and 100m hurdles.

SP, 1-Lorraine Costanzo 53'0¼, 2-Carla Garrett 47'9, 3-Esther Hillman 45'1, 4-Becky Levi 44'0.

HJ/100H, Camille Harding 5'8/14.66; 3000, Rita Warren 10:30.3.

DT, 1-Carla Garrett 171'6, 2-Becky Levi 155'11, 3-Esther Hillman 146'0, 4-Lorraine Costanzo 143'9.

WORLD ALL-TIME INDOOR TOP 10

50 YARDS			300 YARDS (*=Hand time +0.24)			2:00.39 Doina Melinte (Rum) 82		
5.77	Evelyn Ashford (USA)	83	32.63	Merlene Ottey (Jam)	82	2:00.64*	Nikolina Shtereva (Bul)	79
5.80	Andrea Lynch (GBR)	78	33.64*	Angella Taylor (Can)	80	2:00.74*	Jolanta Januchta (Pol)	80
5.80	Jeanette Bolden (USA)	82	34.07	Rosalyn Bryant (USA)	80	2:00.74	Fita Lovin (Rum)	82
5.80	Alice Brown (USA)	83	34.07	Randy Givens (USA)	82	2:00.85	Gabriella Dorio (Ita)	82
5.81	Lyudmila Storozhkova (SU)	79	34.20	Rita Bottiglieri (Ita)	78	2:00.94*	Nadezhda Ollzaryenko (SU)	80
5.84	Chandra Cheeseborough (US)	81	34.24*	Ruth Simpson (Jam)	81	2:00.94	Hildegard Ullrich (DDR)	81
5.85	Vera Anisimova (SU)	79	34.50	Liz Young (USA)	79	1000 YARDS (*=Hand time +0.14)		
5.85	Angella Taylor (Can)	82	34.54	Maxine Underwood (USA)	82	2:23.94*	Mary Decker (USA)	78
5.85	Angela Bailey (Can)	82	34.59	Janet Burke (Jam)	82	2:25.14*	Diane Richburg (USA)	83
5.86	Deandra Carney (USA)	78	34.60	Marita Payne (Can)	82	2:25.24*	Barbara Lawson (USA)	73
50 METERS			300 METERS (*=Hand time +0.24; †=Intermediate mark)			2:25.74*	Debbie Heald (USA)	79
6.11	Marita Koch (DDR)	80	35.83	Merlene Ottey (Jam)	81	2:25.94*	Wendy Knudson (USA)	79
6.12	Marlies Gohr (DDR)	80	36.14†*	Jarmila Kratochvilova (Cze)	81	2:26.24*	Jo White (GBR)	82
6.13	Jeanette Bolden (USA)	81	36.91	Angella Taylor (Can)	80	2:26.70	Joetta Clark (USA)	82
6.17	Sofka Popova (Bul)	81	37.44*	Tatyana Kocembova (Cze)	82	2:26.94*	Francie Larrieu (USA)	75
6.17	Linda Haglund (Swe)	81	37.46	Sharon Colyear (GBR)	81	2:27.34*	Marcia Romesser (USA)	79
6.19	Renate Stecher (DDR)	74	37.54	Janet Dodson (USA)	82	2:27.34*	Robbin Campbell (USA)	81
6.19	Angella Taylor (Can)	81	37.55	Evalyn Hatcher (USA)	82	1000 METERS (*=Hand time +0.14)		
6.20	Ingrid Auerswald (DDR)	81	37.64*	Rita Wilden (FRG)	75	2:34.94*	Brigitte Kraus (DDR)	78
6.20	Evelyn Ashford (USA)	82	37.94	Natalia Botschina (SU)	81	2:36.07	Nadezhda Raldugina (SU)	84
6.21	Alice Brown (USA)	81	37.94	Norma Murray (Jam)	81	2:36.35	Yekaterina Podkopayeva (SU)	84
6.21	Wendy Hoyte (GBR)	81	400 METERS (@=440y -0.26)			2:37.18	Ravilya Agletina (SU)	84
60 YARDS			49.59	Jarmila Kratochvilova (Cze)	82	2:37.45	Natalya Artyemova (SU)	84
6.54	Evelyn Ashford (USA)	82	51.08	Tatyana Kocembova (Cze)	82	2:37.51	Tamara Koba (SU)	84
6.59	Jeanette Bolden (USA)	82	51.14	Marita Koch (DDR)	77	2:37.60	Lyubov Gurina (SU)	83
6.61	Chandra Cheeseborough (US)	82	51.18	Dagmar Rubsam (DDR)	82	2:37.68	Svetlana Popova (SU)	83
6.61	Merlene Ottey (Jam)	82	51.57	Gaby Bussmann (FRG)	82	2:38.06	Lyudmila Borisova (SU)	84
6.62	Alice Brown (USA)	81	51.80	Verona Elder (GBR)	79	2:38.15	Natalya Boborova (SU)	84
6.63	Lyudmila Storozhkova (SU)	79	51.90	Karoline Kafer (Aut)	79	1500 METERS (*=Hand time +0.14)		
6.71	Vera Anisimova (SU)	79	51.99	Angella Taylor (Can)	81	4:00.94*	Mary Decker (USA)	80
6.71	Brenda Morehead (USA)	82	52.24	Barbel Wockel (DDR)	81	4:03.14*	Natalia Marasescu (Rum)	79
6.72	Deandra Carney (USA)	78	52.26@	Rita Wilden (FRG)	76	4:04.01	Gabriella Dorio (Ita)	82
6.73	Michele Glover (USA)	81	500 YARDS			4:04.04*	Zamira Zaitseva (SU)	79
60 METERS			1:03.3	Rosalyn Bryant (USA)	77	4:04.22	Brigitte Kraus (DDR)	82
7.10	Marlies Gohr (DDR)	80	1:03.3	Janine MacGregor (GBR)	82	4:05.54*	Ileana Silai (Rum)	78
7.10	Marita Koch (DDR)	81	1:03.4	Lorna Forde (Bar)	76	4:06.54*	Tatyana Pozdnyakova (SU)	83
7.11	Sofka Popova (Bul)	80	1:03.5	LaShon Nedd (USA)	82	4:06.70	Beate Libisch (DDR)	82
7.13	Linda Haglund (Swe)	78	1:03.6	Arlise Emerson (USA)	82	4:06.83	Agnes Possamai (Ita)	84
7.16	Renate Stecher (DDR)	74	1:03.7	Gwen Gardner (USA)	80	4:06.84*	Ulrike Bruns (DDR)	84
7.17	Andrea Lynch (GBR)	74	1:04.1	Denean Howard (USA)	81	ONE MILE (*=Hand time +0.14)		
7.19	Christina Latham (DDR)	80	1:04.5	Paulette Clagon (USA)	81	4:20.64*	Mary Decker (USA)	82
7.20	Irena Szewinska (Pol)	74	1:04.5	June Griffith (Guy)	82	4:28.46	Nadyezhda Raldugina (SU)	82
7.21	Jeanette Bolden (USA)	81	1:04.6	Brenda Peterson (USA)	81	4:28.55	Maricica Puica (Rum)	82
7.21	Joslyn Hoyte-Smith (GBR)	82	500 METERS (*=Hand time +0.14)			4:28.64*	Francie Larrieu (USA)	75
100 YARDS			1:10.64*	Lorna Forde (Bar)	78	4:28.90	Gabriella Dorio (Ita)	82
10.29	Marlies Gohr (DDR)	80	1:11.84*	Delisa Walton (USA)	80	4:29.54	Beate Lieblich (DDR)	82
10.33	Marita Koch (DDR)	79	1:11.94*	Rosalyn Bryant (USA)	77	4:30.09	Wendy Sly (GBR)	83
10.42	Christina Latham (DDR)	80	1:12.04*	Helen Blake (Jam)	80	4:30.12	Darlene Beckford (USA)	83
10.43	Ingrid Auerswald (DDR)	81	1:12.24*	Brenda Walsh (Can)	72	4:30.24*	Zamira Zaitseva (SU)	79
10.45	Barbel Wockel (DDR)	81	1:12.44*	June Griffith (Guy)	79	4:31.24	Jo White (GBR)	83
10.47	Doris Zanke (DDR)	80	1:12.54*	Debbie Roberson (USA)	83	3000 METERS (*=Hand time +0.14)		
10.48	Renate Stecher (DDR)	74	1:12.74*	Kim Thomas (USA)	80	8:47.44*	Mary Decker (USA)	82
10.50	Gesine Walther (DDR)	82	1:12.84*	Kathy Weston (USA)	79	8:48.24*	Galina Zacharova (SU)	84
10.54	Barbel Scholzel (DDR)	81	1:12.94*	Edna Brown (USA)	80	8:50.94*	Grete Waitz (Nor)	80
10.58	Doris Maletzki (DDR)	74	600 YARDS (*=Hand time +0.14)			8:51.55	Natalya Boborova (SU)	84
100 METERS			1:17.38	Delisa Walton (USA)	82	8:52.84	Gabrielle Martins (DDR)	83
11.15	Marita Koch (DDR)	80	1:18.54*	Yvonne Saunders (Can)	74	8:53.54	Patti Sue Plumer (USA)	83
11.16	Marlies Gohr (DDR)	80	1:18.56	Rosalyn Dunlap (USA)	82	8:53.55	Joan Benoit (USA)	83
11.40	Sybil Pfenning (DDR)	76	1:18.62	Robbin Coleman (USA)	82	8:53.77	Agnes Possamai (Ita)	82
11.44	Doris Zanke (DDR)	80	1:19.16	Marcia Tate (Jam)	82	8:54.19	Svetlana Ulmasova (SU)	82
11.46	Karla Eberding (DDR)	79	1:19.34*	Robin Campbell (USA)	74	8:54.26	Maricica Puica (Rum)	82
11.48	Christina Latham (DDR)	76	1:19.88	Lee Van Lindingham (USA)	82	TWO MILES (*=Hand time +0.14)		
11.48	Barbel Wockel (DDR)	81	1:19.94*	Roberta Angeloni (Can)	74	9:31.84*	Jan Merrill (USA)	79
11.53	Lyudmila Kondratyeva (SU)	80	1:19.94*	Rochelle Campbell (Can)	74	9:31.84*	Mary Decker (USA)	83
11.54	Minka Hamann (DDR)	76	1:20.54*	Kathy Hammond (USA)	72	9:37.03	Joan Hansen (USA)	82
11.57	Petra Koppetsch (DDR)	76	600 METERS (*=Hand time +0.14)			9:37.64	Brenda Webb (USA)	82
11.57	Ingrid Auerswald (DDR)	77	1:26.34*	Anita Weiss (DDR)	80	9:37.65	Margaret Groos (USA)	82
11.57	Sabine Rieger (DDR)	82	1:26.56	Delisa Walton (USA)	81	9:38.24*	Francie Larrieu (USA)	81
200 METERS (@=220y -0.12)			1:26.74*	Chris Wartenberg (DDR)	80	9:41.84*	Raisa Sadryetdinova (SU)	79
22.64	Gesine Walther (DDR)	82	1:27.14*	Marion Geissler (DDR)	80	9:43.33	Jenny Stricker (USA)	83
22.76	Jarmila Kratochvilova (Cze)	81	1:27.34*	Ines Schimmel (DDR)	80	9:45.14*	Cindy Bremser (USA)	80
22.79	Merlene Ottey (Jam)	82	1:27.54*	Linsey MacDonald (GBR)	81	9:45.54*	Patti Sue Plumer (USA)	83
22.94	Christina Sussiek (FRG)	81	1:27.64*	Hildegard Ullrich (DDR)	80	THREE MILES (*=Hand time +0.14)		
23.12	Heidi Gaugel (FRG)	81	1:28.04*	Anna Kastetskaya (SU)	81	14:58.44*	Margaret Groos (USA)	81
23.13@	Chandra Cheeseborough (US)	82	1:28.34*	Larisa Golovanova (SU)	81	15:18.47	Kellie Cathey (USA)	82
23.15	Angella Taylor (Can)	80	1:28.34*	Janine MacGregor (GBR)	81	15:18.83	Kathy Hadler (USA)	82
23.22	Annegret Richter (FRG)	77	800 METERS (*=Hand time +0.14)			15:18.94	Andrea Fischer (USA)	83
23.25	Yelena Kelchevskaya (SU)	82	1:58.54*	Olga Vakrusheva (SU)	80	15:19.70	Katie Ishmael (USA)	84
23.40	Kathy Smallwood (GBR)	82	1:59.04*	Mary Decker (USA)	80	15:19.94*	Joan Benoit (USA)	83
			1:59.24	Martina Steuk (DDR)	82	15:20.94*	Wendy Van Mierlo (Can)	83
			1:59.76	Beate Liebisch (DDR)	82	15:25.25	Martha White (USA)	82
						15:27.33	Nan Doak (USA)	82
						15:29.79	Karen Campbell (USA)	84

1985 INDOOR MARKS

5000 METERS (*=Hand time +0.14)		
15:34.64*	Margaret Groos (USA)	81
15:50.34	Joan Benoit (USA)	83
16:01.04*	Kate Willey (Can)	83
16:04.63	Judi St. Hilaire (USA)	84
16:12.44*	Wendy Van Mierlo (Can)	83
16:13.14*	Nan Doak (USA)	82
16:21.54*	Mary Ellen McGowan (USA)	84
16:21.74*	Lesley Welch (USA)	82
16:21.94*	Ann Hird (USA)	83
16:22.74*	Melanie Weaver (USA)	82

50y HURDLES (*=Hand time +0.24)		
6.20	Johanna Klier (DDR)	78
6.35	Esther Rot (Isr)	78
6.37	Deby LaPlante (USA)	78
6.39	Patty Van Wolvelaere (USA)	78
6.41	Gudrun Wakan (DDR)	79
6.41	Stephanie Hightower (USA)	84
6.44*	Annelie Ehrhardt (DDR)	75
6.44	Candy Young (USA)	80
6.48	Silvia Kempin (FRG)	75
6.49	Michelle Chardonet (Fra)	84

50m HURDLES		
6.74	Annelie Ehrhardt (DDR)	73
6.74	Zofia Bielczyk (Pol)	81
6.76	Danuta Perka (Pol)	79
6.77	Grazyna Rabsztyń (Pol)	79
6.80	Maria Merchuk (SU)	81
6.81	Tatyana Anisimova (SU)	81
6.83	Silvia Kempin (FRG)	81
6.85	Lidia Gusheva (Bul)	81
6.85	Candy Young (USA)	83
6.86	Bettina Gartz (DDR)	80

60y HURDLES		
7.36	Stephanie Hightower (USA)	83
7.37	Candy Young (USA)	82
7.45	Kerstin Knabe (DDR)	83
7.47	Kim Turner (USA)	83
7.49	Deby Smith (USA)	84
7.52	Benita Fitzgerald (USA)	83
7.54	Jane Frederick (USA)	77
7.54	Patty Van Wolvelaere (USA)	78
7.59	Esther Rot (Isr)	78
7.50	Patricia Davis (USA)	84

60m HURDLES		
7.75	Bettine Jahn (DDR)	83
7.77	Zofia Bielczyk (Pol)	80
7.82	Natalya Lebedyeva (SU)	80
7.84	Grazyna Rabsztyń (Pol)	80
7.89	Vyera Komisova (SU)	79
7.90	Annelie Ehrhardt (DDR)	74
7.90	Lucyana Kalek (Pol)	84
7.92	Cornelia Riefstahl (DDR)	84
7.92	Vera Akimova (SU)	84
7.94	Johanna Klier (DDR)	78
7.94	Sabine Paetz (DDR)	84

100m HURDLES (*=Hand time +0.24)		
13.12	Annelie Ehrhardt (DDR)	76
13.19	Natalie Lebedyeva (SU)	80
13.28	Tatiana Anisimova (SU)	78
13.31	Teresa Nowak (Pol)	74
13.33	Annerose Fiedler (DDR)	76
13.34	Nina Dyerbina (SU)	80
13.34	Lyudmila Olyera (SU)	84
13.35	Irina Litovchenko (SU)	78
13.35	Vera Kolsova (SU)	80
13.38	Gudrun Wakan (DDR)	76
13.38	Sabine Paetz (DDR)	83

HIGH JUMP		
6'8	Tamara Bykova (SU)	83
6'6 3/4	Coleen Sommer (USA)	82
6'6 1/4	Debbie Brill (Can)	82
6'6 1/4	Andrea Bienias (DDR)	82
6'6 1/4	Ulrike Meyfarth (FRG)	82
6'6 1/4	Katalin Sterk (Hun)	82
6'6	Andrea Matay (Hun)	79
6'6	Louise Ritter (USA)	83
6'5 1/2	Sara Simeoni (Ita)	81
6'5 1/2	Shannon Nyekrassova (SU)	82
6'5 1/2	Marina Doronina (SU)	84

LONG JUMP		
22'11 1/4	Helke Daute (DDR)	84
22' 9 1/4	Anisoara Cusmir (Rum)	83
22' 8 1/2	Valeria Ionescu (Rum)	83
22' 5	Svetlana Zorina (SU)	82
22' 4 1/2	Sabine Paetz (DDR)	84
22' 2 1/2	Karen Hanel (FRG)	81
22' 2 1/2	Margarite Butkiene (SU)	82
22' 2 1/2	Eva Murkova (Cze)	83
22' 2 1/4	Angela Voigt (DDR)	76
22' 2 1/4	Carol Lewis (USA)	84

Marks received to 20 January 1985.

60 YARDS/55 METERS		
6.72	Alice Brown (WCAC)	
6.85	Jennifer Inniss (Atoms/Guy)	
6.86	Janet Burke (Un/Jam)	
6.86	Zelda Johnson (Wash)	
6.87	Angela Thacker (Nb)	
6.92	Virgie Bullie (Midland)	
6.93	Wendy Vereen (Morg St)	
6.94	Diane Dixon (Atoms)	

200 METERS		
23.89	Jeanette Bolden (Un)	
24.34	Wendy Vereen (Morg St)	
24.43	Sophia Hunter (Del St/Jam)	
24.72	Joann Major (Del St)	
25.12	Janet Dodson (Ms Int)	

300 YARDS (*=Hand time +0.24)		
34.24	Diane Dixon (Atoms)	
36.07	Gretchen Baker (Ind)	
36.07	Virgie Bullie (Midland)	
36.24	Kim Dunlap (Un)	
36.34*	Kirby (Temple)	
36.60	Adriane Diamond (Ind)	
36.64*	Tasha Downing (Mass HS)	

300 METERS		
38.63	Sophia Hunter (Del St/Jam)	
38.98	Wendy Vereen (Morg St)	
39.09	Cynthia Green (Gram/Jam)	
39.33	Alice Jackson (Atoms)	
40.02	Gwen Williams (Miss Vly)	
40.04	Gail Emanuel (Gram/Tri)	
40.05	Evan Williams (PV)	

400 METERS (†=440y -0.14)		
53.27†	Valerie Brisco (WCAC)	
53.34†	Kella Bolton (PE)	
53.35	Diane Dixon (Atoms)	
54.40†	Ilrey Oliver (Tn/Jam)	
54.44†	Sherrieffa Barksdale (Un)	
54.82†	Florence Griffith (WCAC)	
54.85†	Hitchcock (Howard)	
55.32†	Gwen Gardner (Hawaii)	
55.37†	LaTanya Sheffield (S Di)	

500 YARDS (*=Hand time +0.14)		
1:04.14*	Knights (Cal HS)	
1:04.45	Joetta Clark (AW)	
1:05.14*	Vickers (Cal HS)	
1:05.24*	Taylor (Cal HS)	
1:06.34*	Alice Jackson (Atoms)	
1:08.44*	McIntosh (Rice)	
1:08.74*	Bialock (Cal HS)	
1:08.84*	Banks (Cal HS)	

500 METERS (*=Hand time +0.14)		
1:11.03	Arlise Emerson (Nike)	
1:11.83	Cynthia Green (Gram/Jam)	
1:12.96	Marcia Tate (Nb/Can)	
1:13.46	Rochelle Stevens (Morg St)	
1:13.50	Angela Tyler (UMES)	
1:13.64	Gail Bryant (Va)	
1:14.08	Lavonda Luckett (PV)	
1:14.12	Piper Bressant (Fl)	
1:14.54*	Kathy Turley (W Ill)	

600 YARDS (*=Hand time +0.14)		
1:24.04*	Karen Woods (Temple)	

600 METERS		
1:30.26	Arlise Emerson (Nike)	

22' 1 1/2	Anna Wlodarczyk (Pol)	80
22' 1 1/2	Christina Sussiek (FRG)	81

SHOT PUT		
73'10	Helena Fibingerova (Cze)	77
70'10	Iiona Slupianek (DDR)	79
69' 8	Margitta Pufe (DDR)	78
69' 1 1/4	Eva Wilms (FRG)	77
69' 1 1/4	Nunu Abashidze (SU)	84
69' 0	Helma Knorscheidt (DDR)	83
68' 2 1/4	Ivanka Christova (Bul)	76
68' 0 1/2	Verzhina Veselinova (Bul)	82
67'11	Liane Schmuhi (DDR)	82
67'11	Natalya Lisovskaya (SU)	83

800 METERS (*=Hand time +0.14; †=880y -0.70)		
2:03.86†	Joetta Clark (AW)	
2:04.27†	Delisa Walton (adidas)	
2:06.51†	Davidson (Un)	
2:07.74*†	Lee Arbogast (AW)	
2:07.94*†	Rose Monday (PE)	
2:08.64*†	Dorian Lambelet (AW)	
2:10.24*†	Karl Zaleski (Cal HS)	
2:10.94*	Patty Bradley (adidas)	

1000 YARDS		
2:36.22	Tina Parrott (Ind)	

1000 METERS		
2:49.46	Kim Kelly (Va)	
2:50.70	Robie McGee (Md)	
2:51.69	Sandy Schuler (Va)	
2:51.91	Shelly Steely (Fl)	
2:54.71	Joanne Kehs (Vil)	
2:54.79	Veronica McIntosh (Vil)	

1500 METERS (*=Hand time +0.14)		
4:30.68	Mary Ellen McGowan (Vil)	
4:31.34*	Darlene Beckford (Lib AC)	

ONE MILE		
4:39.76	Cathy Branta (Wis)	
4:44.71	Linda Dettelsen (AW)	
4:48.74	Schwarz (WSSAC)	

3000 METERS (*=Hand time +0.14)		
9:12.12	PatSue Plumer (Un)	
9:22.80	Darlene Beckford (Lib AC)	
9:42.84*	Kristen Perlini (Harv)	

TWO MILES (*=Hand time +0.14)		
9:52.04*	Sue Foster (Nike)	
9:52.54*	Sue Schroeder (Mich)	
10:01.62	Shelly Steely (Fl)	
10:09.00	Katie Ishmael (Wis)	
10:11.74*	Stephanie Herbst (Wis)	
10:12.70	Rioux (Un)	
10:16.09	Murray (N Car)	
10:20.00	Schwarz (WSSAC)	
10:21.01	Zollo (Mitold)	

THREE MILES		
16:42.04*	Gabi Czaja (Bucknell)	

5000 METERS		
16:35.66	Lynn Jennings (Nike)	
16:53.55	Desiree Scott (Rutgers)	

50m HURDLES		
7.20	Donna Howard (Miss Vly)	
7.31	Lavonda Luckett (PV)	
7.42	Daphne Hughes (Sthn)	
7.50	Tewanna Reddon (Al A&M)	
7.62	Stacey Culmer (Jaks St)	
7.62	Kimolyn Vanzant (PV)	

60y/55m HURDLES		
7.72	Rhonda Brady (Poltab)	
7.83	Sophia Hunter (Del St/Jam)	
7.83	Martin (Tn)	
7.96	Shell Rice (St. John's)	

60m HURDLES		
8.12	Stephanie Hightower (Un)	
8.94*	Faye Barrett (W Ill)	
8.94*	Penny Sellers (W Ill)	
9.04*	Angie Taylor (Ill St)	
9:14*	Charlene Dewey (Bucknell)	
9:14*	Carolyn Ferguson (Ill St)	

HIGH JUMP		
6' 0	Disa Gisladdottir (Al/Ice)	
5'10 1/2	Felicia Hodges (Temple)	
5'10	Simmons (Un)	
5'10	Girtler (Un)	
5'10	Summerfield (Mt St Mary's)	
5'10	Arends (N Car)	

LONG JUMP		
19' 8 1/4	Eunice Jones (Jks St)	

Continued on page 11

Classified

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Sabah's Soo Chong Peng on her way to victory in the Malaysian Championships over 100m hurdles. Winning time was 15.2s.

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PHILIPPINES WIN ASEAN CUP

From Gurkbash Singh Klier

Manila, Philippine Islands, Dec. 1/2: With Lydia de Vega leading the way, the Philippines captured the Third ASEAN Cup Championships with 162 points to 142½ for runner-up Indonesia. De Vega won three individual events and anchored the winning 4x400 team for her fourth gold. De Vega's marks were all excellent with 11.70w in the 100, 24.02 in the 200 and 54.2 in the one lapper. Teammate Agrifina dela Cruz was a double winner in the hurdles.

100 (+2.11), 1-Lydia De Vega (Ph) 11.70, 2-Walapa (Thailand) 12.11, 3-Henny Maspaitella (Ina) 12.17.

400H, 1-Agrifina dela Cruz (Ph) 59.78, 2-Norshidah Mohd Ali (Singapore) 65.01; HJ, 1-Wanipa (Thai) 5'6¼, 2-Tan Ai Hoon (Malaysia) 5'5, 3-Corazon Megante (Ph) 5'5.

3000, 1-Helena Musila (Ina) 10:25.28, 2-K.Jayamanl (Sing) 10:34.16, 3-Rowena Monton (Ph) 10:36.76.

LJ, 1-Elma Muros (Ph) 19'8¾, 2-Widias Tutl (Ina) 18'5¾; 800, 1-Nenita Dungca (Ph) 2:15.11, 2-Merry Manuhutu (Ina) 2:16.78.

JT, 1-Erlinda Lavandia (Ph) 152'6, 2-Norsham Yoon (May) 139'5; 4x100, 1-Indonesia (Erari-Lekransy-Tahapary-Maspaitella) 46.00, 2-Thailand 46.18, 3-Malaysia 47.53, 4-Philippines 47.91.

400, 1-Lydia de Vega (Ph) 54.2, 2-Emma Tahapary (Ina) 54.2, 3-Maesuary (May) 56.9; DT, 1-Juliana Effendy (Ina) 147'2, 2-Dorie Cortejo (Ph) 139'11.

200 (0.00), 1-Lydia de Vega (Ph) 24.02, 2-Rose Erari (Ina) 24.07; 100H, 1-Agrifina dela Cruz (Ph) 14.25, 2-Wediasuti (Ina) 14.55.

1500, Rowena Monton (Ph) 4:45.72; SP, Yos Mahuse (Ina) 40'2¾;

4x400, 1-Philippines (Dungca-Balutucan-Alam-de Vega) 3:44.83, 2-Indonesia 3:45.67, 3-Malaysia 3:52.24.

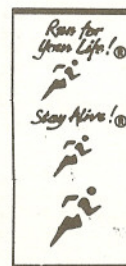
Scores, 1-Philippines 162, 2-Indonesia 3-Malaysia 120½, 4-Singapore 80, 5-Thailand 65, 6-Brunel 10.

SINGAPORE MARATHON

From Marc Chang

Singapore, Dec. 9: Denmark's Kersti Jacobson pocketed \$10000 as the winner of the Annual Singapore International Marathon. The Dane was a four-minute winner in 2:41:34. Sweden's Evy Palm was next, followed by 4'10¾ inch Asa Agarwal of India. The winner of the first Singapore International in 1982, Winnie Ng of Hong Kong, finished sixth this time in spite of running three minutes faster.

1-Kersti Jacobson (Den) 2:41:34, 2-Evy Palm (Swe) 2:45:40, 3-Asa Agarwal (Ind) 2:45:40, 4-Gillian Adam-Horovitz (GBR) 2:46:31, 5-Denise Verhaert (Bel) 2:48:24, 6-Winnie Ng (HK) 2:52:23, 7-Gillian Burley (GBR) 2:53:11, 8-Oddrum Hovsengen (Nor) 2:57:26, 9-Dot Browne (Aus) 2:57:52, 10-Michele Rupe (USA) 3:00:19.



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1984 USA MARATHON LIST

2:24:52	Joan Benoit (AW)
2:27:40	Lisa Martin (Nike/Aus)
2:28:34	Lorraine Moller (NBTC/NZ)
2:31:31	Lisa Larsen (Sauc)
2:31:41	Julie Brown (adidas)
2:32:07	Anne Audain (Nike/NZ)
2:32:26	Julie Isphording (Conv)
2:32:40	Katy Schilly (Brooks)
2:32:53	Glynis Quick (MS/NZ)
2:33:38	Margaret Groos (AW)
2:33:41	Jan Ettle (GTTC)
2:33:52	Nancy Ditz (adidas)
2:33:53	Midde Hamrin (HH/Swe)
2:34:09	Martha White (Lib AC)
2:34:09	Gail Volk (MC)
2:34:24	Cathy Schiro (NH HS)
2:34:29	Sue King (NBTC)
2:34:49	Monica Joyce (CW/Ire)
2:34:50	Debbie Mueller (PE)
2:35:04	Ellen Hart (Tig)
2:35:05	Regina Joyce (Brooks/Ire)
2:35:09	Carol Urish (Brooks)
2:35:42	Marty Cooksey (Roos)
2:35:53	Jane Welzel (MC)
2:36:06	Debbie Eide (OI)
2:36:07	Sissell Grottenburg (Un/Nor)
2:36:13	Patti Catalano (Un)
2:36:22	Beth Farmer (FI)
2:36:22	Kate Wiley (Harv/Can)
2:36:27	Janis Klecker (MC)
2:36:35	Fordie Madeira (Sauc)
2:36:54	Sarah Quinn (LNS)
2:37:01	Jenny Spangler (Ia)
2:37:01	Laurie Crisp (S Di)
2:37:11	Ann Hird (NBTC)
2:37:16	Jane Wipf (Un)
2:37:23	Jane Buch (TO)
2:37:30	Karen Dunn (NBTC)
2:37:49	Judi St. Hilaire (AW)
2:37:58	Sue Schneider (NBTC)
2:38:00	Nancy Conz (NBTC)
2:38:03	Laura DeWald (Brooks)
2:38:11	Carey May (BYU/Ire)
2:38:36	Allison Roe (Un/NZ)
2:38:44	Debbie Butterfield (Un)
2:38:45	Kelly Spatz (CW)
2:38:45	Kim Burns (adidas)
2:39:11	Donna Burge (HH)
2:39:15	Cathie Twomey (AW)
2:39:25	Ann Peisch (Lib AC)
2:39:28	Gabrielle Anderson (Un/Swi)
2:39:43	Jenni Peters (Conv)
2:39:45	Karen Cosgrove (Clif)
2:39:51	Deborah Raunig (Un)
2:39:55	Marilyn Hulak (Ata)

1985 INDOOR MARKS (Cont.)

SHOT PUT

53' 7 1/2	Sandy Burke (Un)
50' 8 1/2	Elaine Sobansky (Un)
50' 8	Carol Cady (Un)
50' 1	Barker (E Ky)
50' 0	Pat Walsh (Tn/Ire)
48' 7 3/4	Rhonda McCausland (S III)
48' 1	Palmer (Georgia)
48' 0	Karen Nitschke (Wis)

4x220 (*=Hand time +0.14; †=4x200 +0.50)

1:40.04	Temple
1:42.11	Grambling
1:43.94†*	Dynamite TC
1:44.36	Boston International
1:44.64††	Illinois State
1:44.65	Boston College

4x440 (†=4x400 +1.20)

3:41.43	Grambling
3:44.78	Temple
3:46.04†	Delaware State
3:47.93†	Florida
3:48.56†	Morgan State
3:48.60†	Prairie View
3:50.31†	Maryland/ES
3:50.94†	Mississippi Valley
3:51.74†	Villanova
3:51.99†	DC Capitol TC

KALEIDOSCOPE (Continued)

is Jack Pfeifer....They're still kicking that 100m hurdle bronze medal around from the Olympic Games. Remember the judges awarded third to France's Michele Chardonnet and paraded her onto the field for the award ceremony. Before the ceremony could take place, they paraded Chardonnet off the field (in tears) and inserted Kim Turner. Now the IAAF has once again reviewed the picture and decreed a tie for third. Mmselle Chardonnet received her medal at the World Indoor Games from his highness Juan Antonio Samaranch himself, no less.

1986 Pan American Junior Championships will be in Orlando, Florida....The TAC will bid to hold the World Indoor Championships and has also recommended Eugene, Oregon, as the site for the 1986 TAC Outdoor ChampionshipsThe 1986 World Junior Championships will be held in Greece...The 1985 TAC Cross Country Championships are set for Raleigh, North Carolina.

Here's an interesting bit from an article printed in "The International Athlete" in 1961 which appeared in "Athletics Weekly". "It would not surprise me if, in the future, the 1500m will also be included in the Women's Olympic programme. Possibly even longer distances. Of what length? So far, I think, four miles is the limit permitted in cross country running. Yet I am bold enough to say that if so minded some girls could tackle the marathon. I would expect a number of young women, who could undertake the necessary training, to achieve something in the order of three and three-quarter hours - perhaps even better." The article was written by Sir Adolphe Abrahams, brother of Harold. ("Chariots of Fire" - remember?).

Two pictures I doubt I will ever see: 1) Carol Lewis smiling and 2) a synchronized swimmer NOT smiling....Too bad the US Olympic Committee couldn't find a shirt to fit Joan Benoit when she ran the marathon.... "Runner's World" has a 'new look'. Seems it is trying to become another "People" magazine. I guess that's progress....Zola Budd's native land has been accused of being a 'Police State', yet there are more policemen in the City of New York than there are in all of RSA. And more than half of the RSA police are not white....

Olympic 400m hurdles champ, Nawal El Moutawakel, now a sophomore at Iowa State, had knee surgery in January in France at the request of the Moroccan government and is 'lost for the season'. Which season no one explained. ISU physicians said the operation was not necessary. Moroccan officials said it was. Guess who won?....Did you know the last placer in both the men's and women's Olympic marathons had exactly the same time? 2:52:00. Joan Hansen says, "I just want everyone to know that TWO Americans fell in the Olympic 3000. And one of them got up and finished". (Hansen was 8th)....

Speaking of the Olympic 3k, Rumanian winner Maricicia Pulica now lays claim to being the best middle-distancer in the world with that gold plus the World Cross Country title and a win in the NY 5th Avenue mile....Letter from a coach who sends me some "funny names" for this column. PLEASE. These are Names I Like, not funny names. A man could get sued for listing someone as having a funny name! So said, here's some Names I like for this month. How about Porn Pen from Thailand, Icoma John and Corvett Edwards from CCNY and TAC's Foreign Liason for the marathon, Terpsie Toon.

Is the rumor true? Leslie Deniz has not returned to Arizona State and Natalie Kaaiwahia has flunked out at the same institution?

Have been asked why Wysocki was called "Rooodooth" on her cover picture of our July issue last year. Dates back to when she was a student and running at the University of Redlands and is connected to that old story of the talking dog. Remember? Man takes dog into bar, claims dog can talk, bets a drink. Asks the canine "What's on top of your house?" "Rooodooth". "Who hit 60 home runs in one season?" "Rooodooth". At Redlands we simply took the story one step farther and asked, "Who's always late for workouts?" "Rooodooth".

REEL OFF (Continued)

runner's should "focus on the starters gun" - false, such an act produces a "conditioned" reflex. Runner's should concentrate on anything BUT the starter's gun, thereby producing an "automatic" reflex which is faster than a "conditioned" reflex. Announcers, please don't try and coach!....Announcers called the vaulters 'high jumpers' then said Dwight Stones was attempting '17'3"....In the first HOUR of the telecast we saw 2 \$2 races, 2 60y races, one triple jump and one pole vault (a miss)....Announcers praised Decker's new world record for 2000 meters, a race hardly anyone has ever run in big time competition. Next she will go for a world record at 1800 meters....Announcers called Brisco a "three-time Olympian". She actually won three medals in an Olympiad....Announcers called Florence Griffith 'Sheffield'I don't like the new look in uniforms. Give me the regular running suit any old time....When Stones cleared 7'1 he hit the bar and it jiggled a spell, the announcer said "Stones cleared the bar flawlessly"....We saw more fruit being peeled than we did races....Announcers said the pacer in the men's mile was there to "break the wind" - indoors?

I can hardly wait for the next TV coverage of track and field. Can't the producers find ANYONE who knows the sport and can articulate? I know of one such person. Is an expert in the field of track, has done much announcing, wouldn't slight the women's events and knows who the athletes are without having to look for their number in a program. But no one has asked me - yet.

TROUBLE IN PARADISE

We were set to write a bit on the problems in the Philippines. But there are so many political facets to the story - which has a very surprising ending - that we have given up for the moment.

A quick review of the facts and rumors shows that their star sprinter Lydia De Vega, the ASEAN four-gold medal winner and movie starlet, was removed from the Philippine team - suspended for life - for failing to remain in the Philippine training camp prior to the ASEAN Cup Championships. (See results in this issue).

The individual who gave Lydia the boot was Michael Keon, executive director of the Philippine Amateur T&F Association. To add to the story, Keon is a cousin of President Marcos.

Then, as the report came to me, the PATFA fired Keon, put in a new Director and changed Lydia's suspension to two months.

But the story is not yet finished. Lydia then decided to retire "for the good of everybody and in the interest of Philippine sports." Then some of the other athletes declared they would not return to the training camp unless Keon was reinstated.

End of story? No way. A friend recently called USC coach Fred LaPlante about something and then asked him when Lydia was going to run. "Who's Lydia", says coach innocently. After some explaining, LaPlante learned that Lydia DeVega, the 1982 Asian Games Champion, was enrolled at USC on a music scholarship.

End of the story found LaPlante on his bicycle searching for a beautiful sprinter/movie actress with marks of 11.70w/23.67/53.0 to bolster his track team.

More next issue!

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