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For some archaic reasons, the International Olympic Committee refuses to allow women runners to compete at any distance longer than 1500 meters.

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We'll collect all the letters in one giant pouch and dump them on the IOC and the IAAF.

Your letter might make all the difference in getting women in Olympic distance races.

And in getting the IOC off their brains.





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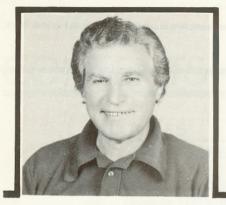
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reeloff

The Adidas news release mentions something about Adi Dassler being "unpretentious". He was a regular person without any tendency toward uppityness which becomes the pattern for so many after they have become successful. I say "was" because Adi Dassler died in early September. Chi Cheng and I were fortunate to have known him and his family very well. In 1968 and 1970-long before the famed "Adidas Hotel" became the housing aim of every top flight athlete, we were guests in his house for a week or so, ate breakfast with the family clad in robes and (ugh) curlers while "The Boss", as his family called him, sat in the corner munching on his food and reading the morning papers. Then he was off to the factory. Adidas now manufactures 180,000 pairs of shoes every day and the influence Adi Dassler had on our sport is obvious. We know with his intricate planning that the Company will continue to provide the world with the equipment needed, but it won't be the same without "The Boss" peering over their shoulders. Track and field will miss him.

My father was a very proud man. He took pride in doing his job the way it was intended to be done. If it became necessary for him to devote more time to his work to see it was done correctly, he would give of his time, spend less time with his family. He instilled in me a great deal of respect for his employer and his occupation. Of all the businesses in this country, I always knew I could depend on his.

Now I am afraid he has turned over in his grave daily for many moons. For you see, he was a mail man. The United States Post Office was God. It could do no wrong. And he saw to it that nothing did go wrong. Every piece of mail, every correspondence concerning problems of delivery—all things were done according to the book.

Now my faith in that institution has been shaken to its very foundations. When we published WTW, we had some problems, but they were eventually resolved. Now, just three years later, we seem to receive no cooperation from postal authorities or any indication they have any desire to help us (or anyone else) in business.

Not only have we had unbelievable lack of cooperation from officials, but there seems to be so much confusion among the personnel that we can not find it in our hearts to trust them completely. For example, we desire to mail a single copy of the summer issue to someone in Colorado. We take this copy to the Post Office and, let us say, we are charged 53¢. OK. We'll accept that-it's a hell of a lot of money just to send one magazine, but we'll accept it. Next day we have another single copy to mail to someone in Colorado. The cost is now 65¢. The next day we might mail it for 35¢. And each clerk has looked up the price in his little catalog.

If you were circulation manager and this happened to you, what would you do: today, for example, we received an "undeliverable 2d, 3d, 4th or controlled circulation matter" notice of one of our subscribers. This was for Carl Kryskalla of Pontiac, Michigan. The notice to us was "Unknown". And so the postal authorities in Michigan cut off the mailing label, threw away the magazine, sent the label back to us and charged us another 25¢ postage due. What is strange is that Carl Kryskalla has been receiving the magazine at that same address since January. Suddenly, he is unknown.

We receive similar labels back with other mysterious messages. For example, many is the time we have had labels returned to us from schools who have been subscribers for as long as six or seven YEARS—suddenly the label comes back to us "No Such Address".

Having been so closely related to the postal service and having worked as a

substitute carrier during the summer months of my college days, I understand that problems are inevitable. Knowing this, and in anticipation of publishing WTW, I began filing application papers to secure second class mailing privileges in October of 1977. When the first issue was published, the application, (which, incidentally, had been ok'd by a local postmaster), was presented to the PO. I was told at that time that I did not have proof that the individuals on the computerized mailing list had paid for their subscriptions. I brought my bank book and checking account for them to see. First of all, why in the world would I put several thousand people's names on our mailing list if they had not paid? I am afraid my meager intellect couldn't understand the problem, let alone try and supply an answer. However, no permit was forthcoming, and we waited and waited and waited for some sort of notification from the Post Office. Either a "yes" or "no" would have been nice so we could either get to work on a new application or print the one requested. Do you know when we finally received notification from the Post Office? August 21, 1978.

Now we are attempting to start all over again with application papers, etc., etc., etc.

It is such a strange thing. Every clerk you talk to, every delivery man, every collector—they all seem helpful and interested—I've never met a mailman I didn't like—but, things simply do not get done. Somewhere, someone, somehow is fouling everything up. Perhaps, now that the Union has made it impossible to fire their hirelings, we might get some cooperation and some results. Or could this be the start of something in reverse. What a thought.

In the meantime, if your magazine does not arrive, face the East and vote for another party. We certainly don't know anything else to do. We've tried all the ways we can think of.

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dearwtw

"The Gremlins got into the print room when the 1977 list was inked and there are a number of Iowa performances listed as Idaho. In the 400, Sue Haynes of Iowa State; in the 800, Debbie Vetter and June Lange; Debbie Vetter and Katy Schilly in the 1500; Schilly and Carol Cook in the 3000; Cook and Bridget Seip in the 5000. Carol Cook runs for the Iowa State TC, not Iowa State. Bridget ran 16:52.91 at the Drake Relays, better than the mark listed. Peg Neppel (10000) is also with Iowa State TC, and Debbie Esser (100H) is Iowa State as is Debbie Vetter (400H). (Ed. note: The listing for Vetter was from the AAU meet where she represented the Blue Ribbon TC.) Ironically, Anita Ayres is listed in the marathon as from Iowa State when actually she ran for Drake. Dona Lane of Iowa State is listed in the HJ as Dona Lang, then listed again as Donna Lane, University of Iowa, which is incorrect. It is perhaps late for additions, but in the shot Sharon Upshaw of Drake had a mark of 45'21/2 in 1977, better than the one listed."

Jim Duncan, Iowa

(Getting names correct is a constant battle. Until we know the individual, we must use the name as sent to us on result sheets, so when we get Dona Lane and Dona Lang and Donna Lane and do not know which is correct, we have no choice but to use the names as sent by meet directors. 'Tain't easy, McGee.)

"Please add to your USA All Time Top Ten: 11.55 Sandra Howard, 1977.
... Jodi Anderson ran 11.58 in Stockholm, second to Evely Ashford at 11.33, and ahead of Szewinska. She also ran 13.74 100H this year, and a hand-timed 11.3 in the 100m at Merksem, Belgium. Rosalyn Bryant ran 11.7 in the same race. . . . Kathy Weston ran a 2:03.0 800m in Goteborg, Sweden, on July 6. . . . Keep up the good work. We need you!"

Chuck Debus, California

"I have enjoyed reading WOMEN'S TRACK WORLD and the members of our cross country team and track team read it from cover to cover. Keep up the excellent work."

Terry Weaver, Coach University of South Dakota "Nice job on the USA Top 10 list which appeared in the summer issue. In 1978, Carol Cook ran for the Iowa State TC (not the University). Ia State's time in the 4x400 relay was 3:39.56 while the 4x800 team ran their relay in 8:35.36."

Ken Cerino, Women's SID Iowa State University

"Women's Track World is the answer to the coaches problem of keeping up on the performances made all over the USA. It lets me and my girls know what to expect. It keeps me posted on the top ten times in all events. I really enjoy your magazine, I take it to practice so my girls can read it also.

"The Hilltop Track Club wishes to thank you for the publication of the best in sports—Women's Track World."

> Arthur Hunt, Coach Richmond, California

"Please cancel my subscription to WTW as I find it very degrading and sexist."

Dr. Joan Joesting Tampa, Florida

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CARBOHYDRATE LOADING

By Randy Dunlevie

At the risk of digging up old bones I hope to expose the fundamentals of a dieting technique which has been used by a class of athletes devoted to the endurance events of Sports: Marathoners, Cross Country Skiers, and the like. The use of "Carbohydrate Loading" has an interesting history and a sound physiological basis.

The idea of a special diet for the athlete stretches back nearly 2500 years but it wasn't until recently that people started gaining interest in "Carbohydrate Loading" as a dietary measure for improving the stamina of the athlete. Proteins, Fats, and Carbohydrates were known to supply energy for the working body but whether the body was very selective about which footstuff it metabolized for exercise was not clear. In 1866 two German scientists, Petenkofer and Voit, found that protein metabolism during strenuous exercise was no greater than during mild exercise. This led to the conclusion that either fat or carbohydrate was being used to compensate for the extra energy requirements of strenuous exercising.

Then in 1939 the experiments of Christensen and Hansen showed that a diet high in carbohydrate provided more stamina for athletes than a diet high in fat/protein. This was a bit puzzling since it was thought that fat was the food best used because of its capacity to be stored

and to carry large energy potentials. For For one gram of fat tissue 6-7 Calories of energy can be derived whereas for one gram of muscle glycogen (Carbohydrate) only 1 Calorie could be derived. Yet they saw that the utilization of Carbohydrate became much more important as the exercise became more strenuous. This was because carbohydrate can be metabolized much more efficiently under anaerobic (little oxygen available to the muscles) conditions than could fats.

In order to determine when either fat or carbohydrate was being metabolized the use of the Respiratory Quotient (RQ) became necessary. As I mentioned in the previous paragraph fat tissue, weight for weight, yields more energy than muscle glycogen. Given the same energy requirements it would take less oxygen to metabolize one gram of fat than to metabolize one gram of muscle glycogen. So when the RQ dropped it was an indication that fats were being metabolized. This would occur primarily under aerobic (ample supply of oxygen to the muscle) conditions. And because aerobic conditions aren't prevalent in endurance events the body resorts to the use of carbohydrates for its fuel requirements.

A normal diet will usually provide enough carbohydrate to bring its concentration in the muscle as glycogen to 1.75%. A diet rich in carbohydrate will

bring the level up to between 3 and 3.5%. This provides the athlete with more of the fuel necessary under the anaerobic conditions of endurance events.

In 1968, Lund showed in his experiments that glycogen levels in the muscle could be elevated if the muscle were first depleted of its "old" glycogen stores. Evidently the depletion greatly enhances the resynthesis of glycogen in the muscle tissue. He showed that readings of as much as 5% could be obtained in certain cases and that 4% was average. This gave the athlete two and a half times the available muscle glycogen that the normal diet would provide.

So putting this into practical perspective, one week before a big meet an athlete would center his diet around fats and proteins for a period of three or four days, keeping in mind that he is depleting his body of the fuel it requires for strenuous exercise. The remaining three or four days would be used to supplement the diet with lots of carbohydrate in addition to the fat and protein already a part of the diet. When race day comes the athlete would have restored the depleted muscles with new carbohydrate and acquired a good edge on his otherwise normal diet.

The only obstacle then would be whether the person had trained enough to handle this potential.

While the name and picture of UCLA's sprint superstar Evelyn Ashford regularly grace the pages of Women's Track World and other track and field publications, there remains one state in the Union where the '76 Olympian ranks only as "the other Ashford." In sunny Florida, the great Bruin sprinter's feats are not unknown, but the hottest items in women's track for the past two seasons have been her younger sisters—Wanda and Eunice. In their drive to join Evelyn in Moscow in 1980, the younger Ashfords have become a dominant force in Florida high school and AAU track circles.

At the same time that Evelyn was running in Montreal in the '76 Games, the family of Air Force MSgt. Samuel Ashford was leaving California for a new assignment at Florida's Homestead AFB, just south of Miami, where Wanda was to register as a 10th grade student at South Dade High School, while Eunice entered the 9th grade at a nearby junior high school. Arriving at South Dade at the same time as the school's new women's track coach was Dr. Bob Miller, also head coach of Miami's successful Southwest Track Club. When Wanda, just 1/4" short of six feet tall, first appeared in his algebra class, Miller immediately drafted the long-legged sophomore as a high-jump prospect. Only later did Wanda reveal her relationship to the UCLA sprinter. Meanwhile Eunice, some 8" shorter and built more along the lines of her oldest sister, began her track career with the Southwest TC. The results for both were immediately spectacular.

Overcoming a lifelong asthmatic condition that had kept her from track competition, Wanda limited her first year competition to the 220 yard dash and relay legs, even though her long legs and magnificent stride made her a natural at 440 yards, where her difficulty in getting out of the blocks quickly could be better overcome. Still, she anchored the South Dade 880 yard relay team to several sub-1:40 performances, while winning 9 of 10 220 dashes. Easily the most impressive-looking relay anchor in the state all year, Wanda demonstrated her talents best in the Florida State High School Championships 4x110 relay finals, where she received the baton some two strides later than Jacksonville Ribault's Chandra Cheeseborough, and proceeded to outrun the US Olympian to the finish line. A victory as Florida's Junior Olympic Champion in the 220 was to follow, though a muscle pull in the semis at Lincoln ended her season one race earlier than expected. Meanwhile, practicing one day per week, Eunice was recording times of 10.8 and 24.9 as a 14-year-old in the AAU program, giving promise of better things to come for the next season, when the two would run together in high school.

These plans were not to be, however.

star selection. Eunice, meanwhile, had recorded a 10:56 100 yard dash, six 24.4 times in the 220, and had taken up the long jump "for fun" and jumped consistently at 19 feet, despite the total lack of a facility in which to practice that event. In the state championships, Eunice jumped 4th in the long jump and matched that place in the 100, despite a near fall at the start on a rain-slicked track. Her 23.1 leg on the 880 relay had given South Dade a commanding lead when Wanda, running free in the final curve, pulled up with a strained hamstring that was to end her only recently-resumed season. While her disappointed teammates waited in relative dryness in the

FLORIDA'S ASHFORD SISTERS

by Bob Miller

Making the switch to the 440, Wanda opened her training by running a 54.6 quarter in a small AAU meet in December, then pulled up lame with what was diagnosed as a bone spur in her foot and which was to keep her out of action until the final weeks of the season. Returning with only two weeks to go, she still managed to turn in the state's best 330 hurdles time up to that date, anchored South Dade's 880 relay to another appearance in the state finals, and began high jumping for the first time with enough skill to qualify in the state finals in that event at well. Her exploits in that short period were sufficient to earn her again unanimous county all-



EUNICE ASHFORD

team van, a visibly angry Eunice totally thrashed the field to win the state 220 crown. Victories in the Golden State Classic, Florida Women's Championships, Florida Gold Coast Junior Olympics, and Region IV Junior Olympics were to follow in short order, as Eunice established



WANDA ASHFORD

photo by: Karen Hillyer

herself as what one college coach described as "the #1 sprint prospect in the South."

The summer was somewhat less satisfying, however. In the AAU Junior Championships in Bloomington, a hamstring pull in the semifinals held her to a 5th place finish in the 100 and knocked her out of competing in the 200. Still hurting by the time the AAU Age-Group Nationals came to Miami on July 8-9, Eunice put on a show for the home fans in the semifinals, leading all qualifiers into the finals in the 100 and 200. "I was just hoping the leg would hold together a little longer," she was to say later, but, limping to the start of each race, she managed only a 2nd in the 100 and 3rd in the 200 behind New Jersey's Michelle Glover. In spite of her coach's advice, she insisted on jumping in the long jump, taking 3rd at 19'31/2. Though disappointed, she was still invited to the National Sports Festival Mini-Olympics as

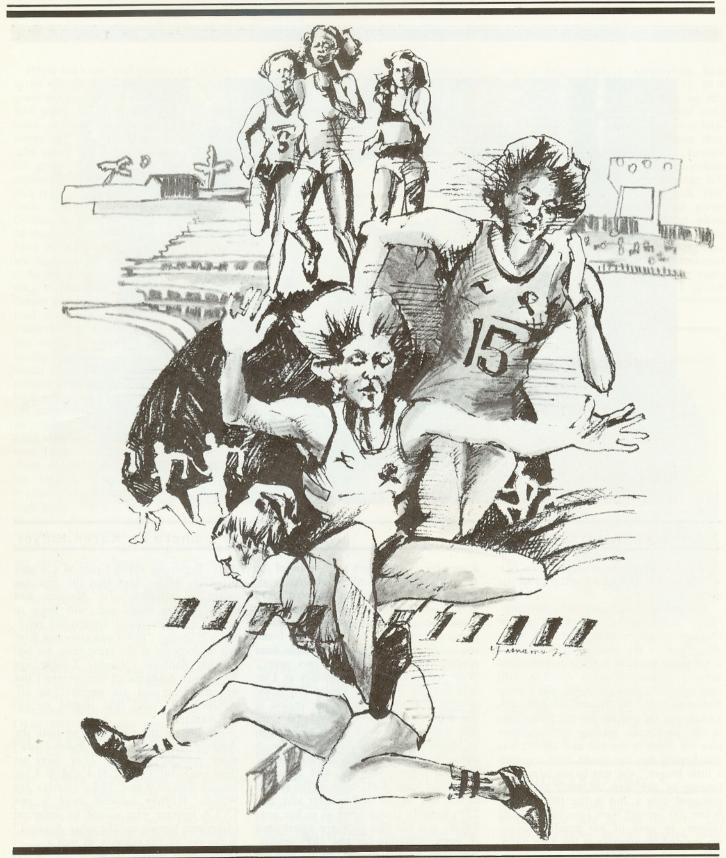
a member of the South team-one of the few high school members of that team. Work at the Olympic Development camp at Colorado Springs improved her starts somewhat and more importantly, "made me realize for the first time that I can run with most of the girls I have been reading about for the past two years." With 3rd and 5th place finishes at Lincoln for the National Junior Olympics, as well as a 2nd place for her region in the 440 relay, Eunice finished the summer with a record of seven events run in National Championships and no finish worse than 5th place. Wanda, meanwhile, resumed jogging in June, and appeared in the last local AAU meet of the season to test her leg. A 54.8 quarter and 24.6 220 promptly erased fears as to her condition, and the two girls are again hard at work preparing for the 1979 season. Although he has moved on to another school, Miller remains the "family coach" and works with the two girls

daily. Beginning the 3rd year of a 4-year program, Miller says that the two are "right on schedule" for Moscow and if the money holds out, will begin to appear at major meets around the country this Spring. "If we can convince Evelyn to show up at the same time, we will get Joy Ashford (Number 2 sister, age 20, former Alabama all-star sprinter) out of retirement and put together an all-Ashford 440 relay that should be unbelievable."

All-stars in the classroom as well, the Ashford sisters are among South Dade's most popular students. They have set their goals for 1979 at 11.4 and 23.4 for Eunice and 53.0 and 58.5 (400mH) for Wanda. If they succeed, there is one UCLA sprinter who would be delighted to become known as "the other Ashford" in the rest of the country as well.

(Note—Bob Miller is girl's age group chairman for the Florida Gold Coast

WILL SHE RUN FASTER?



"Will she run faster?" is a question that reflects the increased interest in the physical potential of females. As our society focuses on providing opportunities for the fulfillment of human potential, laws like Title IX of the Educational Amendments of 1972 are increasing the programs and participation options available to girls and women. Our concern for human potential is also evident in the greater career opportunities for females in nontraditional fields such as fire-fighter and police officer, where physical skills are required. With the expansion of career opportunities, some people are challenging the ability of women to perform in these professions. The question of the physical potential of women is also important because consideration is being given to the use of public funding to support programs like Olympic development projects. If we provide funding, will females perform better? It is a good time, then, to ask questions about the physical potential of women.

While many factors combine to influence the physical performance of any individual at a given time, four major influences clearly affect the performance of females in physical activity. The major factors are physical ability, psychological freedom, opportunity structures, and the values in the situation. While other variables, like the weather, may have some effect in one situation, they generally do not have the long range influ-

ence of the major four.

As opportunities have opened, more girls and women are participating-and performing better. The performances exceed what we would expect and has caused us to re-examine the ways physical potential is nourished and developed. While some people used to believe that physical performance reflected inherited abilities, there is more and more evidence indicating the malleability of physical performance, that is, that training markedly influences performance. For example, until ten to twelve years of age, girls and boys are similar in physical performance, except in the softball throw where girls don't perform nearly as well as boys. Some explanations used in the past for this difference might be the different structure of the shoulders, difference in muscle strength, etc. A research study conducted to explore this issue found that when the untrained arm was used, girls and boys did not differ. This result suggests that training and practice accounted for the difference.

After puberty, the gap between females and males on physical performance measures widens. In the past, it was suggested that these differences were due to hormones, the faster maturation of females, etc. However, recent evidence again seems to indicate that females become more sedentary after puberty and lack of training and experience minimize physical development. Whether women can equal men, or vice versa, on physical items remains to be seen, but training and experience in physical skills is critical to the development of physical potential, both before and after puberty.

In the recent past women haven't had the psychological freedom to participate, that is, there has frequently been a lack of encouragement for females and sometimes even the notion that sports weren't for women. Several myths have supported this notion. Myths such as:

1-You'll get "mannish",

2—Don't play while menstruating,

3—You'll hurt yourself and won't be able to have children,

4—Women can't take the stress of competition.

These myths have been dispelled and the health benefits for women participants

are now acknowledged.

While the myths have been discouraging, the lack of active role models covertly limit the vision of what women can do. For example, if girls don't see any active, mature women, they think activities are something females don't or can't do. Boys have pro athletes, active fathers, vigorous men shown in textbooks, and so forth to show a whole range of sports and movements that males participate in. Who are the role models for girls?

This situation is compounded by the attitudes of people close to girls. Teachers, for example, can systematically ignore successful girls. People close to girls can have a positive influence also. Female varsity athletes in one study, for example, reported that early support and encouragement by their families was very important for them.

Ópportunities are also critical, if females are going to develop their full potential. In the past, large disparities existed between programs for females and those for males in this country. Comparisons of scholarships, professional careers, number of teams, use of facilities, equipment, etc. showed marked differences between opportunities for females and males. These sanctions give clear messages to females about the lower value of physical activity for them. If there were no benefits for high achievements by females, why continue practicing and training? Opportunities, then, affect the level of accomplishment we can expect from women in activities.

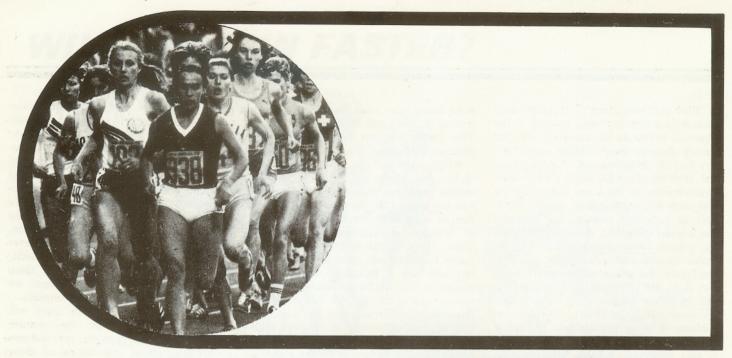
The values exemplified in sport will also affect participation by women. While an extreme example, the violence in hockey reflects the values of those who participate, spectate, and regulate the sport. As women become more active in many sports, they have an opportunity to shape the situation to reflect their values. What do we want sports to be like? Different values suggest programs for the masses as well as the high level performer, progress for people throughout the lifespan and not just those under 30, for various skill levels, to teach cooperation as well as strategy, and so forth.

Progress has already been made in the physical performance of females. For example, in the 400 meter freestyle swimming event males were 16% faster than females in 1924, 11.6% faster in 1948, and by 1972, only 7.2% faster. The physical potential of women was demonstrated by their Olympic silver medal in basketball the first time we had a national team.

Women are being found competent in nontraditional jobs. A recent study done by the Law Enforcement Assistance Administration, for example, found women can perform well as police officers in New York City. More women are feeling psychologically free to participate. Over 4000 women participated in a minimarathon in New York City recently. City leagues are recording record numbers of female participants. Continued support, encouragement, and expanded opportunities will bring more participation and better performances.

How fast will she run? Faster than those before. Faster than many dared to

dream.



EUROPEAN

Prague, Czechoslovakia, August 29-September 3:-The chief complaint heard world wide concerning Area Championships is that each is dominated by two or three nations. The USA, Canada and Cuba monopolize the Pan-American Games; Japan has an easy time of it in the Asian Games; Cuba makes a mockery of the Central American and Caribbean Games; England, Canada and Australia get the gold and glory at the Commonwealth Games, and so on and on. But surely, in the hot-bed of women's track and field athletics, Europe, no one or two can monopolize. Not true. First of all, Eastern Europe dominated practically every event, qualifying all eight finalists for the 100 hurdles, the 800 and the discus, getting seven of the eight finalists in the 400 hurdles, shot and pentathlon and six of the eight javelin finalists. Secondly, East Germany and the Soviet Union dominated Eastern Europe! Between them, the East Germans (8) and the Russians (7) collected 14 of the 15 gold medals. Italy picked off the escaped gold in the high jump-but it took a world record to do it. Scoring the top six at 10-8-6-4-2-1, the DDR athletes tallied 201 points to 138 for the USSRor 339 points for these two nations and only 157 points for the rest of Europe combined. Western European nations scored 74 points, 44 of them by Great Britain and West Germany, which means

the other Western nations tallied only 30 points. And so we have dominance over dominance.

Once again the European Championships lived up to its reputation as the greatest track and field meet in the world with the exception of the Olympic Games themselves. Three new world records were set, one was equalled and one new European record bit the dust.

Top performers included DDR's Marita Koch with her world record over 400m in 48.94 and her 48.3 anchor leg on the 4x400 relay; Italy's Sara Simeoni with her victory over arch-rival Rosemarie Ackerman and equalling the world high jump record at 2.01/6'7¹/₄; Russia's Vilma Bardauskiene with a hop of 7.09/23'3¹/₄ in the long jump; DDR's Ruth Fuchs, winning the javelin with a new European record, just six inches off the world mark; and a host of middle distance and distance runners topped off by Russia's 1-2-3 in the 800m.

(Our thanks to Roy Silver of NBC for his contribution of wire service stories and stats for this report.)

100m: Marlies Gohr, DDR, was the odds-on choice off her fine year and new world mark, and the 20 year old housewife didn't disappoint as she won the final over the western European threat, pig-tailed Linda Haglund of Sweden, 11.13 to 11.29. West Germany's Richter, who had come off the

injury list to run an 11.16 in preparation for these Championships, did not start.

1—Marlie Gohr (DDR) 11.13, 2—Linda Haglund (Swe) 11.29, 3—Ludmilla Maslakova (SU) 11.31, 4—Monika Hamann (DDR) 11.33, 5—Ludmilla Storoshkova (SU) 11.33, 6—Ludmilla Kondratyeva (SU) 11.38, 7—Chantal Rega (Fr) 11.49, 8—Sonia Lannaman (GB) 11.67.

"I don't run particularly well in this weather, but you have to be ready to compete in these conditions," the East German woman said. The Czech officials announced this was the coldest week in August in this century with evening temperatures dropping severely. And most of the competition came in the evening. Note that Lannaman, the Commonwealth Games champion, was 0.3 slower than at Edmonton and finished last.

200: Less than a month ago, Soviet sprinter Ludmilla Kondratyeva finished six-tenths of a second back of the USA's Evelyn Ashford in the Soviet-Yank dual meet. What a difference a month makes, as the old song goes, for here Kondratyeva edged Marlies Gohr by a hundredth to take the European title in 22.52, a Soviet record and somewhat faster than her Berkeley run of 23.31! One wonders if the Rooskies were hiding in the bushes in California. The Soviets won three of

the four heats. (Prorotschenko in 23.23, Kondratyeva in 23.11 and Maslakova in 22.92, then ran well in the semis, (Maslakova second to Gohr in 22.82 and Kondratyeva winning in 22.83). In the final, Gohr lost her form over the final portion of the race and Kondratyeva pipped her at the post. Notable eliminees during the trials included Lannaman (23.36), Kathryn Smallwood (23.12) and Prorotschenko (23.30).

1—Ludmilla Kondratyeva (SU) 22.52, 2—Marlies Gohr (DDR) 22.53, 3—Carla Bodendorf (DDR) 22.64, 4—Monika Hamann (DDR) 22.76, 5—Chantal Rega (Fr) 22.77, 6—Ludmilla Maslakova (SU) 22.89, 7—Linda Haglund (Swe) 23.07, 8—Lilyana Ivanova (Bul) 23.23.

400m: One of my favorite pastimes at international meets has been watching Irena Szewinska. Over the years she has become probably the most significant individual in our sport and carried my philosophies proudly—that women athletes (and men) get better with age, that marriage is an asset and becoming a mother adds to the athlete's strength. Irena picked three medals at the 1964 Olympics and in 1976 won the 400 at Montreal with a new world record. In Prague, she lost her race and saw the 400 record go down under 49 seconds for the first time. Irena finished third. The thought that this might be the end of the line for the 32 year old mother of two was on the mind of all track fans. But Irena answered that with the statement, "I would not call this retiring into the shadows. From now on I will be runweeks ago when the East German two lapper ran 1:59 in their National Championships and was only sixth! Just to give you a hint at how the European 800 comes out, not a single one of those East Germans got a medal at Prague!

East Germany's favorite Anita Weiss, who had the fastest time of 1978 at 1:56.2, took the lead and passed the 400 mark in 55.9 with Bulgarian T. Petrova right on her shoulder. But it was Tatyana Providokhina and Nadyezhda Mushta of USSR who grabbed the gold and silver with Providokhina outleaning her teammate as both clocked 1:55.8, the number 5 and 6 on the all-time list. Yet another Russian nipped Petrova as Zoya Rigel nabbed the bronze with both runners clocking 1:56.6.

Providokhina is the same one who won the USA-USSR dual and it didn't take much searching to see she is a real competitor who does not like to be beaten. After the loss to the Americans in the 4x400 at Berkeley, Providokhina sat apart from the others, very evidently mad as a wet hen over the loss. When the jubilant Americans took their victory lap, they invited the Russians to join them. And they did-all except Provodikhina. She wanted no part of celebrating a defeat and although both the Americans and her teammates made every effort to get her into the friendship bit, she wasn't about to buy it. And she did not participate.

Because they are so impressive, we list the heats and semi finals as well as the final in this event. ning only the 400m hurdles". Since Szewinska's events over the past years have included the 100, 200, 400, pentathlon and 400m hurdles, one might be wise in cautioning new 400m hurdles record-holder Tatyana Selenzova to run a little faster if she expects to keep that hurdle record for when Irena sets her mind, things happen.

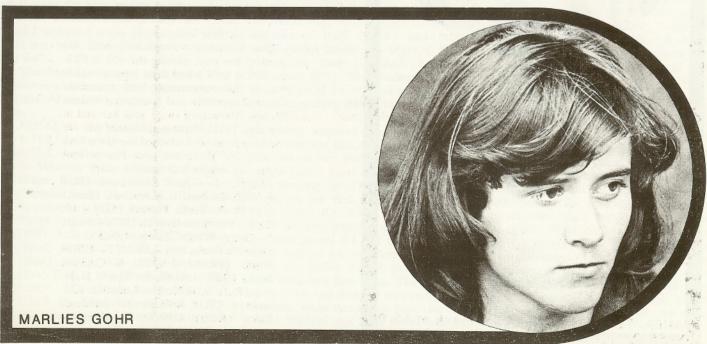
The plaudits belong to East Germany's Marita Koch. Said she, "I thought I could win but I don't like to take chances so I started strong and kept on going as fast as I could". Which is the same philosophy as the horse trainer who instructed his jockey to "take the horse to the front and then improve your position". Koch breezed past the 200 in 23.0 and was clocked at the 300 mark in 34.8 and for the third time this year broke the world mark for 400m in 48.94. Now the thought is that 48.94 will not get a medal in Moscow.

Teammate Christine Brehmer slipped past Szewinska for the silver medal on a bitterly cold and wet night as the medical student won with ease.

1—Marita Koch (DDR) 48.94, 2—Christina Brehmer (DDR) 50.38, 3—Irena Szewinska (Pol) 50.40, 4—Maria Kulchunova (SU) 51.25, 5—Christina Marquardt (DDR) 51.99, 6—Donna Hartley (GB) 52.31, 7—Pirjo Haggman (Fin) 52.46, 8—Verona Elder (GB) 52.53.

800m: The women's 800 has become the most tightly and hotly contested event at practically every international and big time meet. Remember just a few

CHAMPIONSHIPS





Heat 1, 1-Tatyana Provodikhino (SU) 2:00.0, 2-Fita Lovin (Rum) 2:00.0, 3-Ulrike Bruns (DDR) 2:00.4, 4-Gabrielle Dorio (It) 2:00.4, 5-Anna-Marie Nuffel (Bel) 2:01.3, 6-Cathryne Colebrook (GB) 2:03.0, 7-Marie Ritter (Lie) 2:09.0; Heat 2, 1-Hildegard Ullrich (DDR) 2:01.4, 2-Zoja Rigel (SU) 2:01.6, 3-Tolka Petrova (Bul) 2:01.8, 4-Iren Lipcsel (Hun) 2:02.3, 5-Eleanore Tarita (Rum) 2:02.9, 6-Janet Prictoe (GB) 2:03.7, 7-Ellie van Hulst (Hol) 2:03. 9, 8-Jindriska Kubeckova (Cs) 2:04. 0; Heat 3, 1-Nadezhda Mushta (SU) 2:01.7, 2- Anita Weiss (DDR) 2:01.8, 3-Josephine Cherchianova (Cs) 2: 02.0, 4-Elizabeth Barnes (GB) 2:02.1, 5-Mariana Suman (Rum) 2:02.2, 6-Marie-Rose Verhoeven (Bel) 2:04.5, 7—Fernando Schmitt (Lux) 2:04.7. Semi-final 1, 1—Weiss 1:58.8, 2-Mushta 1:58.8, 3-Lovin 1:58.8, 4-Regel 1:58.9, 5-Dorio 2:00.5, 6-Tarita 2:01.7, 7-van Nuffel 2:06.2, 8-Lipcsel 2:06.8; semi-final 2, 1—Provodikhino 2:00.1, 2-Petrova 2:00.2, 3-Bruns 2:00.3, 4-Ulrich 2:00.6, 5-Suman 2:01.6, 6-Barnes 2:01.7, 7-Colebrook 2:02.9, 8-Cherchlanova 2:07.0. FINAL, 1-Provodikhino 1:55.8, 2-Mushta 1:55.8, 3-Rigel 1:56.6, 4-Petrova 1:56.6, 5-Ullrich 1:57.5, 6-Weiss 1:57.7, 7-Bruns 1:58.6, 8-Lovin 1:58.8.

1500m: It was the fastest race in history-not the winning time of 3:59.0, but the overall result which saw the victor become the number 2 of all time, the silver medalist become the #3, third and fourth become the #6 of all time and 5th and 6th places become the 8th and 9th on the all time list.

The Russian's Valentina Ilyinich led most of the way, passing the 400 in 62.8, the 800 in 2:07.7 and three laps in 3:11.6, but in the homestretch both teammate Giana Romanova and Rumanian veteran Natalia Maracescu swept past her and at the tape Totka Petrova outleaned her for the bronze as both clocked the same time of 4:00.20. There are now five persons under the magic four minute mark.

FINAL, 1-Giana Romanova (SU) 3:59.00, 2-Natalia Maracescu (Rum) 3:59.80, 3—Totka Petrova (SU) 4:00. 20, 4-Valentina Ilyinich (SU) 4:00.20, 5-Grete Waitz (Nor) 4:00.80, 6-Gabriele Dorio (It) 4:01.30, 7-Ulrike Bruns (DDR) 4:02.20, 8-Cornelia Burkl (Swi) 4:04.60, 9-Vesela Jazinska (Bul) 4:04.70, 10-Ludmilla Kalnickaya (SU) 4:06.60, 11-Maricica Pulca (Rum) 4:09.30, 12-Christine Benning (GB) 4:11.50.



3000m: Twenty-five runners faced the starter's gun in this classic race which opened the European Championships. World record holder Greta Waitz was the favorite and she went to the front almost immediately, running the first 1000 in 2:53.8 and then stepping up the pace for a 2:51.6 second 1000. Rumania's Natalia Maracescu, who has run but few races over this distance, picked Waitz as her personal pacemaker and settled in on her shoulder for the entire race. Not far behind were the three Russians, but toward the end, the first two broke away from the Soviet runners and it appeared one of them would be the winner.

Heading into the home straight, Maracescu made her move past Waitz, but Ulmasova picked up her pace and moved ahead of the Rumanian and won it by a stride. Ulmasova said, "I tried because I thought the two leaders were tired, so I made a crazy try. I wanted a medal, and I thought I might catch one of them, but not both. This gold seems a dream to me".

The first nine runners were under nine minutes and the first two runners moved to the #3 and #4 spots on the all-time list.

FINAL, 1-Svyetlana Ulmasova (SU) 8:33.2, 2-Natalia Marasescu (Rum) 8:33.5, 3—Grete Waitz (Nor) 8:34.3, 4—Maricica Pulca (Rum) 8:40.9, 5— Giana Romanova (SU) 8:45.7, 6-Cornelia Burki (Swi) 8:46.1, 7-Raisa Byelosova (SU) 8:48.7, 8—Paula Fudge (GB) 8:48.7, 9-Ann Ford (GB) 8:53.1, 10-Ingrid Christensen (Nor) 9:02.9, 11-Mag olna Lazar (Hun) 9:05.1, 12-Joel Debrouver (Fra) 9:05.2, 13—Glynis Penny (GB) 9:08.9, 14—Helena Ledvinova (Cs) 9:10.9, 15—Mary Purcell (Ire) 9:11.9, 16—Loa Olafsson (Den) 9:12.0, 17— Bozena Sudicka (Cs) 9:12.9, 18-Bernadette van Roy (Bel) 9:13.9, 19—Deirdre Nagie (Ire) 9:21.9, 20—Daniele Gustin (Bel) 9:24.0, 21—Carla Beurskens (Hol) 9:25.5, 22—Tineke Klutt (Hol) 9:31.0, 23—Carmen Valero (Spa) 9:34.0, 24—Miroslava Margoldova (Cs) 9:36.1, 25—Connie Olsen (Den) 9:40.6.
All-Time 3000 Top Ten:

8:32.1 Grete Waitz (Nor) 1978
9:33.2 Svetlana Ulmasova (SU) 1978
9:33.5 Natalia Marasescu
(Rum) 1978
8:40.9 Maricica Pulca (Rum) 1978

8:41.8 Raissa Katzukova (SU) 1976 8:42.3 Loa Olafsson (Den) 1978 8:43.0 Giana Romanova (SU) 1978 8:45.6 Raissa Belousova (SU) 1978

8:45.6 Valentina Ilyinch (SU) 1978 8:46.1 Cornelia Burkl (Swi) 1978

High Jump: The most dramatic of the field events brought together for the um-teenth time world record holder Sara Simeoni of Italy (6'71/4) and former world record holder and Olympic Champion from East Germany, Rosemarie Ackerman (6'7). The number of wins by Simeoni could be counted on the fingers of an amputees hand, but this time it was different. After setting her world mark, she acquired the confidence one needs and she did not let the rain and cold bother her. Both jumpers were giving the fans a great show. Ackerman began jumping at 5'9 and cleared that height on her first try as she did with 5'11, 6'03/4, 6'2, 6'31/4, 6'4, 6'43/4 and 6'51/2. Simeoni passed the opening height and also passed 6'2 and 6'4, clearing all other heights on her first attempt. At 6'51/2, the Italian missed, putting Ackerman back into first place. The bar went up to 6'61/4 and Simeoni was over on her first trial while Ackerman took two tries -and Simeoni was back in the lead. At 6'7, both girls missed their first try, Simeoni got over on her second and Ackerman was down to her third attempt. All believed she had cleared that height as she was standing in the pit when the bar fell—and so victory went to the 26 years old sport student from Verona. Said Simeoni, "I feel so strange, I may even get married soon." Simeoni also said she plans to retire after the 1980 Olympics.

A most exciting event as the lead, changed hands seven times during the competition. Three jumpers found their 6'0 marks in the trials not so good as they did not make it to the final. Olympic champion in 1972 at age 16, West Germany's Ulrike Meyfarth was over 6'314, good for fifth.

FINAL, 1—Sara Simeoni (Ita) 6'7½, 2—Rosemarie Ackermann (DDR) 6' 6½, 3—Brigitte Holzapfel (GFR) 6' 4¾, 4—Jutta Kirst (DDR) 6'4, 5—Ulrike Meyfarth (GFR) 6'3¼, 6—Andrea Matay (Hun) 6'0¾, 7—Snezana Hrepevnik (Yug) 6'0¾, 8—Ursula Kielan (Pol) 6'0¾, 9—Annette Harnack (GFR) 5'11, 10—Astrid Tveit (Nor) 5'11, 11—Kristine Nitzche (DDR) 5'11, 12—Larissa Klimentenok (SU) 5'11, 13—Marie Mracnova (Cs) 5'11, 14—Milada Karbanova (Cs) 5'11.

Long Jump: Last month Russian Vilma Bardauskiene came to Berkeley for the USA-USSR meeting and looked very bad. She did not get out to twenty feet until late in the competition and ended up in third place with an ordinary hop of 21'034. What she has done since leaving our shores is now a matter of record. Two records, to be precise. First she became the first woman over the seven meter mark and over the 23 foot mark with a world record leap of 23'214. Here, in the qualifying round, she added another inch to that mark with her first jump at 23'314.

The final, in different weather, was another matter, but in the fourth round she jumped 22'7, good enough to win the European title. Former world record holder Angela Voigt was second at 22'3½. 20'8 didn't get you into the final.

FINAL, 1—Vilma Bardauskiene (SU) 22'7, 2—Angela Voigt (DDR) 22'3¼, 3—Jarmila Nygrynova (Cs) 21'11½, 4—Brigitte Wujak (DDR) 21'7¾, 5—Gina Panait (Rum) 21'4¾, 6—Susan Reeve (GB) 21'3¼, 7—Karin Hanel (GFR) 21'3¼, 8—Heidemarie Wycisk (DDR) 21'1½, 9—Jacky Curtet (Fra) 20'5¼, 10—Doina Anton (Rum) 20'5, 11—Lidja Guscheva (Bul) 20'5, 12—Maroula Lambrou (Gre) 20'1.

Shot Put: So powerful are the Eastern European throwers that in this event only one Western nation, GFR, bothered to even enter anyone in the competition. World record holder, Helena Fibingerova of host country Czechoslovakia, was slated to win here, but DDR's Ilona Sluplanek had other plans and although Fibingerova got off a mighty toss of 68' 5½ on the second round, Sluplanek came back with an inch better on her third effort and then bombed one away for 70'3 to end the competition.

FINAL, 1-Ilona Slupianek (DDR)

70'3, 2—Helena Fibingerova (Cs) 68' 5½, 3—Maritte Droese (DDR) 67' 6½, 4—Svetlana Kratschevskaya (SU) 66'0½, 5—Elena Stoyanova (Bul) 63' 9. 6—Eva Wilms (GFR) 63'0, 7—Ivanka Petrova (Bul) 61'10½, 8—Svetlana Meinikova (SU) 61'1½, 9—Mihaela Loghin (Rum) 56'11, 10—Zdenka Bartonova (Cs) 56'5¼. Nina Issayeva (SU) and Marianne Adam (DDR) did not throw.

Discus Throw: An unexplained drop in performance by world-record holder Faina Myelnik-Veleva left the door wide open for everyone else and they all took advantage of it as Myelnik slipped to fifth, losing to three East Germans and teammate Natalia Gorbatscheva. DDR's Margitta Droese, third in the shot, became the first thrower to double since 1962 as she nabbed the silver here.

100m Hurdles: The final, a much anticipated duel between world record holder Grazyna Rabsztyn of Poland and East German star Johanna Klier. But it never was completed. The big buildup started in the heats with Rabsztyn winning her trial in 12.94, Klier hers in 12.85, with Soviet Olympic silver medalist Tatyana Annisimova also running 12.85 in her heat. Things hotted up in the semis with Rabsztyn zipping to a

12.60 win over Klier (12.90) and East Germany's Gudrun Berend whipping Annisimova in the other semi, 12.90 to 12.92.

But the final remained unsatisfactory and Rabsztyn hit the 8th hurdle, fell and was disqualified. When she fell, she knocked Russian Nina Morgulina out of the race and it was ordered re-run without Rabsztyn. Klier won it both times in 12.62 and was leading when the Polish hurdler fell.

Semi-final 1, 1—Graszyna Rabsztyn (Pol) 12.60, 2—Johanna Klier (DDR) 12.90, 3—Nina Morgulina (SU) 13.00, 4—Anne-rose Fiedler (DDR) 13.07, 5—Sharon Colyear (GB) 13.25, 6—Xenia Siska (Hun) 13.36, 7—Monika Schonauerova (Cs) 13.72, 8—Ileana Onger (It) 13.90; Semi-final 2, 1—Gudrun Berend (DDR) 12.90, 2—Tatyana Annisimova (SU) 12.92, 3—Lucys Langer (Pol) 13.00, 4—Elzbieta Rabsztyn (Pol) 13.82, 5—Lorna Boothe (GB) 13.44, 6—Elissabet Pantazi (Gre) 13.82, Silvia Kempin (GFR) and Lidjia Guscheva (Bul) did not start.

FINAL, 1—Klier 12.62, 2—Annisimova 12.67, 3—Berend 12.73, 4—Morgulina 12.86, 5—Langer 12.98, 6—Fiedler 13.09, 7—E. Rabsztyn 13.13.



400m Hurdles: Now that the Europeans, especially the Eastern ones, have seriously taken up this event, the all time list is rewritten with every big meeting. And these Championships did the most damage to the all time list as the 7th place finisher here became the 8th best performer of all time. World record holders and former world record holders and former world record holders in this event were commonplace as the eight lined up for the start.

One of the former record holders, East Germany's Karin Rossley, took the lead then lost it on the backstretch to Sylvia Hollmann, the only non-Eastern European in the final, but Tatyana Selenzova paced herself just right and went past them all over the final two barriers for a new record of 54.89. Seventh place was 55.97 and 57.22 didn't even get you into

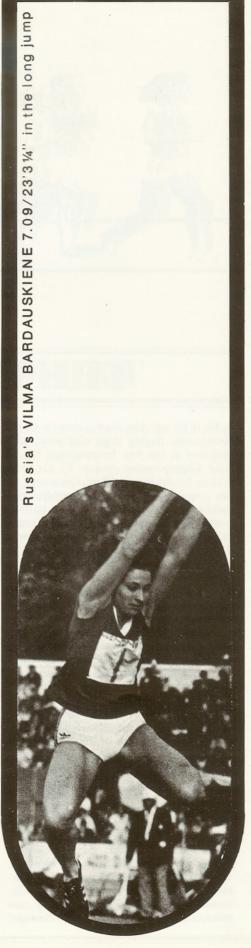
the final!

FINAL, 1—Evelin Jahl (DDR) 219'9, 2—Margitta Droese (DDR) 210'1, 3—Natalia Gorbatscheva (SU) 208'7, 4—Sabine Engel (DDR) 208'2, 5—Faina Myelnik-Veleva (SU) 204'5, 6—Svetlana Boschkova (Bul) 203'2, 7—Ludmilla Issayeva (SU) 202'0, 8—Jitka Prouzova (Cs) 196'6, 9—Argentina Menis (Rum) 191'5, 10—Agnes Herczeg (Hun) 190'1, 11—Rita Pfister (Swi) 176'5, 12—Ingra Manecke (GFR) 173'7, 13—Margaret Ritchie (GB) 172'8, 14—Marcela Pilarova (Cs) 165'2.

Javelin Throw: The world record almost went back to Ruth Fuchs and the European continent as the Olympic champion threw 226'11, just six inches from the global mark. Except for Fuchs, this event has tailed off recently with Great Britain's Theresa Sanderson grab-

bing second at 204'9.

FINAL, 1—Ruth Fuchs (DDR) 226' 11, 2—Theresa Sanderson (GB) 204'9, 3—Ute Hommola (DDR) 204'5, 4— Ute Richter (DDR) 203'6, 5—Eva Zorgo (Rum) 200'7, 6—Eva Helmschmidt (GFR) 200'0, 7—Ingrid Thys-



sen (GFR) 197'5, 8—Bernadette Blechacz (Pol) 197'4, 9—Nina Nikanorova (SU) 188'8, 10—Jadviga Putiniene (SU) 187'11, 11—Elena Burgarova (Cs) 187'9, 12—Ivanka Vantscheva (Bul) 174'2.

Pentathlon: Old pro (if you'll excuse the expression), Nadyezdha Tkachenko, was at her best here as she won two of the five events, came close in a third and had adequate performances in the other two items to score 4744 points, the number 5 performance of all time and an almost 100 point margin over runner-up Margit Papp of Hungary. Tkachenko sped 13.32 to top all hurdlers, won the 800 at 2:12.50, high jumped 5'101/2, tossed the shot 49'7 and long jumped 20'81/2. GFR's Beatrix Phillip had the best shot mark at 53'1034, DDR's Kristine Nitzschke high jumped 6'4 and teammate Ramona Neubert leaped 20' 91/4 for the best in the long jump.

FINAL, 1—Nadezhda Tkachenko (SU) 4744, 2—Margit Paap (Hun) 4655, 3—Burglinde Pollak (DDR) 4600, 4—Kristine Nitzsche (DDR) 4599, 5—Jekaterina Gordiyenko (SU) 4572, 6—Beatrix Phillip (GFR) 4554, 7—Jekaterina Smirnova (SU) 4534, 8—Ramona Neubert (DDR) 4380, 9—Ina Losch (GFR) 4319, 10—Florence Picaut (Fra) 4307, 11—Marcela Koblasova (Cs) 4210, 12—Cornelia Sulek

(GFR) 4202.

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SCORING:	1-East Germany	201
	2—Soviet Union	138
	3—Rumania	24
	4-Great Britain	22
	5—Germany	22
	6—Poland	18
	7—Bulgaria	17
	8—Czechoslovakia	15
	9—Italy	11
	10—Hungary	9
	11—Sweden	8
	12—Norway	8
	13—France	2
	14—Switzerland	1

(Ed. note:—A condensed version of the following article appeared in the September 1978 issue of "Runner's World". Jackie Hansen desires to have her report

printed in full, so here it is.)

The conversation began like so many I've heard before: "Is it true that women were only allowed to run the 800 meters in 1960 at the Rome Olympic Games? And that the 1500 meter wasn't added until 1972 at Munich?" Thus Michael Jackson, well-known Los Angeles radio personality, began a recent interview with Marty Cooksey, winner of the Avon International Marathon this past March.

Actually, a women's 800 was contested in the Olympic Games of 1928 in Amsterdam. The members of the International Olympic Committee were more impressed, however, by the fact that only six of the eight finalists finished rather than that all six who did finish were under the world record. It was obvious that the competitors were inadequately trained: virtually all finished in a state of collapse. In the USOC's report of the 1928 Games, mention was made that "the sport governing bodies of America have not encouraged competitions for women in the half-mile or similar distances" and were not going to do so in the future. The IAAF adopted the US position, and as was true in other countries, the event was dropped from subsequent Olympic Games until 1960.

Riffling through my files of articles on the subject of the women's running movement, I become increasingly depressed the further back I go. Have I really been on this soapbox since 1972? Where would we be if Dr. Ernst van Aaken had not spent years urging the IAAF to sponsor longer races for women, while at the same time encouraging women to train for long distances? He is partially responsible for the inclusion of the 1500m at Munich. As early as 1967, his protege Annis Pede-Erdkamp, a converted 800m specialist, ran 3:07.27 to claim a world-best marathon

mark for women.

From the onset, women distance runners have had to forge their own way with little official support. Consider the plight of the cross-country runners. Beginning in 1968, international championships were independently organized. The first five consecutive annual events were won by Doris Brown of the United States. To date, although American women have participated in every championship—usually with great success—they have received little or no financial support from the AAU. Marathoners have suffered even greater neglect.



THE WORLD'S MAR

In 1974, an American women's marathon team, paying their own way, participated in the first International Marathan Championship hosted by Dr. van Aaken in Waldniel, West Germany. In the second such championship, van Aaken personally helped finance participants' travel expenses. Interest in women's marathoning had definitely increased. The field of runners grew from 40 in 1974 to almost 60 in the 1976 champion-

ship.

On the homefront, American women were running marathons at a steadily increasing rate until, for example, this year's Boston Marathon could boast as many as 227 participants. The increasing display of hundreds of women marathoners racing worldwide, however, apparently has not impressed the IAAF and IOC potentates. So in recent years, "political activists" among us have pursued other routes to official recognition. Showing the patience of Job, Nina Kucscik and others tediously guided petitions and proposals through proper channels until, at long last, the AAU encouraged the USOC to present a proposal to the IOC that a women's marathon might be included in the 1980 Olympics. This proposal died in the wake of a similar, modest proposal to include the 3000 meters -which was rejected by the Committee, who argued the age-old myth of the inherent female physical inability to withstand the rigors of racing nearly two miles. So much for women marathoners!

Going through "channels" has accomplished nothing. And begging for events, doled out piecemeal is demeaning. By rights, the Olympic Games should include a slate of women's distance events equal to that for men. This would mean a flat 3000m (to parallel the men's steeplechase), and a 5000m and a 10000m and a marathon. Nothing less is fair and just at present, when, despite meager competitive opportunities and official obstructionism, top women runners havein the space of five years-achieved times at these distances that most men had not matched in the first half-century of Olympic competition.

On the one hand, women are put in the position of thanking the AAU and IAAF for their "support". At the same time, we are being told to be patient, that progress takes time, and that the IOC has good reason to hold back. That 'good reason" has been defined in several parts: One is that not enough countries officially support women's distance running. The IOC wants to see these events contested at the national championship level in an indeterminate number of countries-26 is often (arbitrarily?) the given sacred number-as prerequisite to their inclusion in the Games. But how can any attentive observer of past Olympic Games accept this circular argument at face value? Cursory research indicates that in the 1972 Games, for example, only eight countries entered teams in Womens Volleyball, six in



ATHON MOVEMENT

men's Field Hockey, 16 each in Water Polo and Team Handball, etc. How many nations participated in Whitewater Canoeing at Munich? How many African and Arab countries—often cast as the villainous objectors to women's distance running—support the winter

sports or yachting?

But more to the point, IAAF and IOC officialdom would seem to ignore or conveniently overlook that up until the 1960 Games, the marathon was a more sentimental symbolic spectacle than a seriously contested and widely supported athletic event throughout the world. Up until the 1932 Games, any nation could send an unlimited number of marathoners. In 1924 at Paris, seven Americans competed, (none very well); in 1928 at Amsterdam, 25 countries together sent a total of 79 entrants. Limited to three entries at the 1932 Los Angeles Olympics, only 18 nations were represented by a total of 32 runners. In 1948 at London, 3 of 41 marathoners from only 21 nations finished. The champion's time (2:34:52) was almost as fast as the current world record of 2:34:47, set this past year by West Germany's Christa Valensieck. Had they run their best, six presently active women marathoners, (including 42-year-old Miki Gorman), would have placed ahead of the ninth man (2:39:30) in London. Further, today's junior record holder, Diane Barrett (2:46 at age 16), would have finished in the top half of an Olympic

marathon field in which the 27th finisher barely broke three hours-and the last man staggered in at 3:09:16. Both the 1952 and 1956 Olympic Games marathons were won by track specialists racing the distance for the first time in their lives. And, of course, even at Munich and Montreal, there were still "Olympians" who couldn't break three hours. Yet despite such less-than-impressive precedents for Olympic participation among males over the past 80 years, the 'powers-that-be" still pompously look down their august noses at the hundreds of women from at least 16 different nations who have raced under three hours-6 under 2:40-since 1971 and declare them not yet sufficient in numbers or capability for Olympic competition. Women marathoners would seem not only to have to meet but to exceed standards that have long been good enough to qualify men for Olympic competition.

The IAAF's persistent grave concern over the question of female physical capability to withstand the stress of endurance events is by now hardly worthy of rebuttal. The empirical data to the contrary compiled by such sportsmedicine researchers as van Aaken, Dr. Barbara Drinkwater, Dr. Joan Ullyot, et al. from hundreds of competing women marathoners is overwhelming.

Of course, some of the IOC's reluctance to entertain acceptance of women's distance events might be a political expedient to dampen the clamor from several other sports for inclusion on the Olympic program. But this argument is an absurd reduction. It reminds me of my grammar school teacher telling me, "If I let you leave class for a drink of water, the whole class will want to go and it will cause havoe".

The IOC would appear to feel terribly

threatened by the women's running movement. Perhaps beneath all of the physiological and political arguments lie cultural and psychological problems of male dominance and ego protection. Let me relate an experience of mine following a 15-kilometer road race in Florence, Italy, a week after the 1974 Women's International Marathon. Having placed seventh overall, (in 52:15), in a field of about 50 male runners, I was approached by one who had finished way back in the pack. In his broken English, he made me understand that he was very impressed. "I tell my wife," he said, "if ever I am beaten by a woman in a race, that is the day to stop running. I quit. But today, I have learned something." (Ed. Note:-Well, Jacqueline, there is your entire report as you wrote it. WTW printed it although I, personally, do not completely agree with all its content. Don't get me wrong. I am VERY much in favor of including everyhing you have mentioned in the Olympics. (The walkers, too, are lobbying.) However, don't blame the exclusion of these races on the IAAF as a whole or on the IOC. Over the past few years, since my wife has been a member of the IAAF, I have gotten acquainted with most of the IAAF members and know them personally. I can assure you, they want to include more distance races for women in the international program. How does one go about achieving that? First, the IAAF must receive the recommendation from the WOMEN'S Committee. There are 11 members of the Women's Committeeall of them female. If you can get them to recommend to the Congress itself, then you might get some results. As far as the IOC is concerned, they usually go along with recommendations from the various governing bodies for each sport -in this case the IAAF. I have discovered members of both organizations are not pompous old goats on an ego trip, but are individuals seriously concerned about the sport. 153 nations belong to the IAAF and a vote from Nepal is just as important as one from the Soviet

WTW wishes you luck and success. More events mean more competitors and more interest in the sport. We suggest you get that Women's Committee voting in your favor and you're in.)

Edmonton, Canada, August 6/12:-Organization! You'll always find it when you attend a major project staged by the British or members of their Commonwealth. And Edmonton was no exception. It was, in fact, a veritable display of marching judges and officials, each group decked out in its own uniform, crisscrossing the track and field, carrying their little stools, tapes in hand, shovels at the ready and looking much like the workings in an expensive Swiss clock. With the exception of the men's hammer (where an errant missile plunked to the ground a few feet from where Her, Majesty was sitting), I heard no com-plaints. The meet was well run, well organized and well worth the traveling

However, as has become the case with most Area Games, the competition was dominated by England, host Canada and Australia. Scoring the events on a 10-8-6-4-2-1 basis, these three nations tallied a total of 408 points and won all the gold medals, while the rest of the Commonwealth combined could garner only 67 points and, of course, no golds. There were 49 nations eligible to send competitors to these Games. Of course, all did not send athletes, but only 12 nations had winners in the top six places.

Be that as it may, the competition was good, the results were great and we look forward to 1982 when the Commonwealth gathers again for these Games.

100m: Favorite was Leleith Hodges of Jamaica and Texas Women's University, the AIAW and AAU champion. Sentimental favorite was Australia's Raelene Boyle who had won this event and the 200 over the past two Commonwealth Games and was hoping for good performances to take everyone's mind off her 200 disqualification at the Montreal Olympics. Others who were given consideration included Canada's Patty Loverock, Hannah Afriyie, the African Games winner from Ghana and England's Sonia Lannaman who had been injured most of the year and not been running too well.

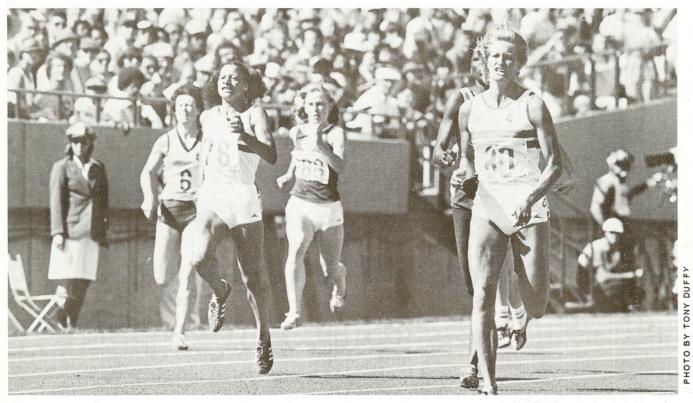
There were no surprises in the heats as Denise Boyd (Aus) 11.58, Hodges 11.52, Goddard (Eng) 11.51, and Boyle 11.53 all won their heats while Afriyie (11.61) and Loverock (11.57) eased in in second spots. Lannaman won the final heat, but her time of 11.75 was significant only in that it was by far the slow-

est of the day.

200 STORY CANADA

The well-organized Commonwealth Games held August 6, 1978 were a myriad of pomp and pageantry. Any Americans traveling to Edmonton, Canada were highly rewarded for their effort.

In reading through the results you will find there was good competition and marks. The Commonwealth countries will be coming up with some fine performers in the up-coming Olympic Games.



DONNA HARTLEY (80) and VERONA ELDER (76) give England gold and silver in the 400 dash



SONIA LANNAMANN (England)



With the second of the second

RALENE BOYLE (Australia)

As is usually the case, the real running began in the semi-finals with Australians winning both races—Boyd the first in 11.37 and Boyle the second in 11.47. Biggest surprise was Hodges who barely made it into the final. Hodges was used to the speedy "get set-bang" of the USA starters and was completely upset by the Canadian starter who held the runners in the set position from 3.8 to 5.6 seconds.

The final had the runners from lane 1 out: Wendy Clark of England, Afriyie, Lannaman, Beverly Goddard of England, Hodges, Loverock, Boyd and Boyle. At the gun, Hodges was off to her usual fast start and led for the first 40-50 meters when the pack began to close on her. Over the final 20 meters, she completely lost her form and finished a disappointing 7th. Meanwhile, Boyle was running her best race since the 76 Olympics and looked to be in position to win it for the

third consecutive time—but surprise of surprises, Lannaman flew over the final 30 meters and won it going away in 11.27 aided by a 2.81mps wind.

Heat 1, 1-Denise Boyd (Aus) 11.58, 2-Wendy Clark (Eng) 11.73, 3-Marjorie Bailey (Cars) 11.75, 4-Dorothy Scott (Jam) 11.99, 5-Bernadette Wilson (Ber) 12.36, 6-Joanne Gardner (Tri-Tob) 12.36, 7-Georgiana Freemans (Gambia) 12.64, 8-Teresa David (Mauritius) 13.06. Heat 2, 1-Leleith Hodges (Jam) 11.52, 2-Kim Robertson (NZ) 11.67, 3-Margot Wells (Sco) 11.69, 4-Ester Hope (Tri-Tob) 11.74, 5-Susan Hancox (N.Ire) 12.23, 6-Caroline Delancy (Turks & Caicos) 12.37, 7-Marie Namedy (Mauritius) 12.61. Heat 3, 1-Beverly Goddard (Eng) 11.51, 2-Pat Loverock (Can) 11.57, 3—Colleen Beazley (Aus) 11.60, 4-June Caddle (Bar) 12.09, 5-Janet Yawson (Gha-

na) 12.12, 6-Carmeta Drummond (Jam) 12.26, 7-Caroline Briggs (Gambia) 12.53, Mossy Ally (Tanzania) did not start. Heat 4, 1-Raelene Boyle (Aus) 11.53, 2—Hannah Afriyie (Ghana) 11.61, 3—Deborah Jones (Ber) 11.66, 4-Janice Bernard (Tri-Tob) 11.78, 5-Esther Otieno (Kenya) 12.15, 6-Jabou Jawo (Gambia) 12.94, 7-Joyce John (Sierra Leone) 13.12. Heat 5, 1-Sonia Lannaman (Eng) 11.75, 2-Angela Bailey (Can) 11.79, 3-Helen Golden (Scot) 11.83, 4-Wendy Brown (NZ) 11.84, 5-Candy Ford (Ber) 12.29, 6-Kyomo Nzael (Tan) 12.35, 7-Marina Chin (Malaysia) 12.85.

Semi-final I, 1—Boyd 11.37, 2—Loverock 11.47, 3—Lannaman 11.49, 4—Clarke 11.56, 5—Jones 11.62, 6—A. Bailey 11.63, 7—Wells 11.73, 8—Hope 11.82. Semi-final 2, 1—Boyle 11.47, 2—Goddard 11.52, 3—Afriyie 11.56,

4—Hodges 11.58, 5—Robertson 11.63, 6—Beazley 11.66, 7—M. Bailey 11.67, 8—Golden 11.71.

FINAL, 1—Lannaman 11.27, 2—Boyle 11.35, 3—Boyd 11.37, 4—Afriyie 11.38, 5—Goddard 11.40, 6—Loverock 11.40, 7—Hodges 11.47, 8—Clarke 11.48.

200m: Raelene Boyle was hoping to make this her third consecutive victory at these Commonwealth Games, but after a slow run in her heat, injuries forced her to withdraw, and with her withdrawal most of the glamour of this event was also gone. Lannaman was still not 100% fit, Loverock was not running up to her best, Afriyie was hurting and Marcia (June) Griffith was tired from her 400m runs on previous days.

No surprises in the heats, and none in the semis. The final was aided by a 2.9 mps wind and saw Australia's up and coming Denise Boyd edge Lannaman by .07 seconds in a satisfactory clocking of 22.82. The first five were quite close with Kathy Smallwood nabbing fifth in 22.96.

Heat 1: 1—Denise Boyd (Aus) 23.03, 2-Patty Loverock (Can) 23.43, 3-Margot Wells (Sco) 23.81, 4-Janice Bernard (Tri-Tob) 23.96, 5-Freida Nicholls (Bar) 24.07, 6-Esther Otieno (Ken) 23.43, 7-Caroline Delancy (Turks & Caicos) 25.02; Heat 2, 1-Kathryn Smallwood (Eng) 22.73 (+4.3), 2-Marcia Griffith (Guy) 23.02, 3-Kim Robertson (NZ) 23.38, 4-Maureen Gottshalk (Jam) 23.69, 5-Angella Taylor (Can) 23.81, 6-Ester Hope (Tri-Tob) 24.19, 7—Georgiana Freemans (Gam) 24.52, 8— Marie Mamedy (Maur) 25.06; Heat 3, 1-Hannah Afriyie (Gha) 23.35, 2-Colleen Beazley (Aus) 23.50, 3-Wendy Brown (NZ) 23.77, 4-Angela (Can) 23.91, 5—Carmeta Bailey Drummond (Jam) 24.94, 6-Jabou Jawo (Gam) 26.38, Donna Burgess (Ber) and Mossy Ally (Tan) did not start; Heat 4, 1-Helen Golden (Sco) 23.17, 2—Sonia Lannaman (Eng) 23.36, 3-Raelene Boyle (Aus) 23.66. 4-Penny Hunt (NZ) 24.25, 5-Normalee Murray (Jam) 24.53, 6-Candy Ford (Ber) 24.86, 7—Joyce John (Sierra Leone) 26.44, Grace Bakari (Gha) did not start; Heat 5, 1-Beverly Goddard (Eng) 23.85, 2-Ruth Waithera (Ken) 23.88, 3-Linda Mc-Curry (N Ire) 24.24, 4-Nzael Koyoma (Tan) 24.75, 5-Marilyn Bradley (Tri-Tob) 25.71, 6-Ami N'Dow (Gam) 26.56, Deborah Jones (Ber) and Fay Nixon (Sco) did not start. Semi-Final 1, 1-Smallwood 22.99, 2-Lannaman 23.43, 3-Loverock 23.58, 4-McCurry 23.62, 5-Brown 23.64, 6-Wells 24.29, Afriyie (Gha) and Boyle (Aus) did not start; Semi-Final 2, 1-Boyd 23.03, 2-Goddard 23.17, 3-Golden 23.37, 4-Beazley 23.42,



TESSA SANDERSON (England)

PHOTO BY TONY DUFFY

5—Griffith 23.44, 6—Robertson 23.59, 7—Waithera 23.93, 8—Gottshalk 24.62. FINAL, 1—Boyd 22.82, 2—Lannaman 22.89, 3—Beazley 22.93, 4—Goddard 22.95, 5—Smallwood 22.96, 6—Golden 23.28, 7—Loverock 23.47, 8—McCurry 23.71.

400m: England's Donna Hartley had turned in some spectacular warmup runs in pre-Games competition in Canada and was the heavy favorite along with teammate Verona Elder. But it was June Griffith (Adelphi and Guyana) who had the fastest qualifying heat at 52.71. Griffith did it again in the semi-final, downing Elder with a fine 51.40 running out in lane 8.

The final was another matter, however, as Griffith spent her energies early and faded badly down the home straight to nab 5th in a slow 53.25. Hartley, running steadily, trailed in the early running but came on all alone over the final 80 to win it in 51.69 over Elder (52.94).

Heat 1, 1-Verona Elder (Eng) 53.84, 2-Maxine Corcoran (Aus) 54.05, 3-Karen Williams (Sco) 54.28, 4-Ruth Williams-Simpson (Jam) 54.77, 5-Linda McCurry (N Ire) 54.83, 6— Freida Nicholls (Bar) 54.93, 7-Charity Muhuhe (Ken) 56.75, 8-Violet Molobeka (Zam) 57.04; Heat 2, 1-Donna Hartley (Eng) 52.86, 2-Bethanie Nail (Aus) 53.27, 3-Ruth Waithera (Ken) 53.36, 4—Debbie Byfield-White (Jam) 53.77, 5—Margaret Stride (Can) 53.81, 6-Adrienne Smyth (N. Ire) 53.96, 7-Grace Bakari (Gha) 54.17, 8-Haddy N'Jie (Gam) 66.43; Heat 3, 1-June Griffith (Guy) 52.71, 2-Jocelyn Hoyt (Eng) 53.00, 3-Helen Blake (Jam) 53.14, 4-Penny Hunt (NZ) 54.33, 5—Ann Harley (Sco) 54.95, 6-Rachelle Campbell (Can) 54.98, 7—Georgiana Aidoo (Gha) 55.16, 8-Jennifer Boca (Gren) 56.27. Semi-final 1, 1-Griffith 51.40, 2-Elder 52.49, 3-Nail 52.51, 4-Hoyte 52.79, 5-Waithera 53.30, 6-Smyth 54.40, 7—Harley 55.32, 8—Williams 57.03; Semi-final 2, 1—Hartley 52.26, 2-Blake 52.63, 3-Corcoran 52.79, 4-K. Williams 52.98, 5-Stride 53.68, 6-Byfield 54.09, 7-Hunt 54.26, 8-McCurry 54.98.

FINAL, 1—Hartley 51.69, 2—Elder 52.94, 3—Nail 53.06, 4—Hoyte 53.22, 5—Griffiths 53.25, 6—K. Williams 53.66, 7—Blake 54.15, 8—Corcoran 54.46.

800m: Australia's Charlene Rendina was the defending champion and seemed ready to defend her title against the challenges of Africa's Tecla Chemabwai (Kenya) and former teen-age wonder Rose Tata, also of Kenya. Chemabwai showed she was ready for a good run as she eased through her heat in an easy 2:05.1 behind England's Elizabeth

SONIA LANNAMANN



Barnes (2:03.9). Rendina qualified easily but Tata was rudely eliminated in the third heat, running only 2:08.4 for fifth place.

The semis merely added confusion to predictions for the final as Australia's Judith Peckham (2:05.22) and Scotland's Evelyn McMeekin (2:02.99) were the heat winners. Rendina was a good second in the first semi (2:04.78), but Chemabwai was the final qualifier in the second semi at 2:05.71.

After a day's rest, the field lined up for the final with the temperature 10 degrees Centigrade higher than during the trial runs, (99° Fahrenheit). It was a good run with exactly two seconds separating the winner from the eighth runner—but the eighth finisher was defending champion Rendina in 2:04.82! Countrywoman Judith Peckham came through in a tough stretch run to edge Chemabwai by .05 in 2:02.82.

Heat 1, 1-Elizabeth Barnes (Eng) 2:03.9, 2-Teckla Chemabwai (Ken) 2:05.1, 3—Carmen Campton (Aus) 2:07.6, 4—Debbie Campbell (Can) 2:08.4, 5-Helena Opoku (Gha) 2:10 .3, 6-Pamela Reece (N Ire) 2:11.0, 7—Theodora Corea (St. Vincent) 2:22.2; Heat 2, 1—Adrienne Smyth (N Ire) 2:07.5, 2-Alison Wright (NZ) 2:07.7, 3—Charlene Rendina (Aus) 2:07.9, 4-Ann Mackie-Morelli (Can) 2:08.2, 5-Paila Newnham (Eng) 2:09.7, 6-Gladys Konadu (Gha) 2:12.9, 7-Violet Molbeka (Zam) 2:15.0; Heat 3, 1-Evelyn Mc-Meekin (Sco) 2:06.1, 2-Francine Gendron (Can) 2:06.5, 3-Katrina Colebrook (Eng) 2:06.7, 4—Judith Peckham (Aus) 2:06.8, 5-Rose Tata (Ken) 2:08.4, 6-Helen Blake (Jam) 2:20.8, 7—Jennifer Boca (Gren) 2:22 .6, 8-Hannah Bantamoi (Sierra Leone) 2:52.6.

Semi-final 1, 1—McMeekin 2:02.99, 2—Rendina 2:04.78, 3—Colebrook 2: 04.85, 4—Mackie 2:05.05, 5—Campbell 2:05.47, 6—Newham 2:07.68, 7—Tata 2:13.72, 8—Reece 2:20.12; Semi-final 2, 1—Peckham 2:05.22, 2—Barnes 2:05.38, 3—Gendron 2:05.66, 4—Chemabwai 2:05.71, 5—Smyth 2: 06.68, 6—Wright 2:06.71, 7—Campton 2:08.30, 8—Opoku 2:18.79.

FINAL, 1—Peckham 2:02.82, 2—Chemabwai 2:02.87, 3—Colebrook 2:03.10, 4—Barnes 2:03.41, 5—Gendron 2:04.02, 6—McMeekin 2:04.10, 7—Mackie 2:04.16, 8—Rendina 2:04.82.

1500m: "Big time" names were missing from the field for the 1500 meters, but nevertheless, the runners produced a fine final run and a new Commonwealth Games record with all three medal winners under 4:09. The heats produced nothing of interest except to point out there are few distance runners in the

Commonwealth who live anywhere but England, Scotland, Canada, Wales and New Zealand.

Mary Stewart, with splits of 66-2:13-3:19 produced a fine 4:06.34 to win it over teammate Christine Benning while Canada's cheers went to Penny Werthner who grabbed off the number three spot.

Heat 1, 1—Christine McMeekin (Sco) 4:16.99, 2—Alison Wright (NZ) 4:17.03, 3—Wayua Kiteti (Ken) 4:17.11, 4—Christine Benning (Eng) 4:17.19, 5—Francine Gendron (Can) 4:17.58, 6—Christina Boxer (Eng) 4:17.90, 7—Mwinga Mwanjala (Tan) 4:21.37, 8—Carmen Campton (Aus) 4:22.61, 9—Deborah Scott (Can) 4:24.36, 10—Gladys Konadu (Gha) 4:43.08, 11—Theodora Corea (SV) 4:53.71, 12—Beatrice Delancy (T&C) 5:06.60; Heat 2, 1—Mary Stewart (Eng) 4:15.88, 2—Penny Werthner (Can) 4:16.40, 3—Angela Cook (Aus) 4:17.45,

4—Anne Kiprop (Ken) 4:17.54, 5—Hilary Hollick (Wales) 4:18.36, 6—Margaret Coomber (Sco) 4:18.95, 7—Rose Thompson (Ken) 4:20.98, 8—Ruth Issack (Tan) 4:20.98, 9—Pamela Reece (N Ire) 4:41.46, 10—Jayamani Kandasamy (Singapore) 4:58.52, Hannah Bantamoi (SL) did not start. FINAL, 1—Stewart 4:06.34, 2—Benning 4:07.53, 3—Werthner 4:08.14, 4—McMeekin 4:12.43, 5—Hollick 4:12.72, 6—Wright 4:12.93, 7—Gendron 4:16.88, 8—Cook 4:17.30, 9—Kiteti 4:18.72, 10—Kiprop 4:23.17, 11—Boxer 4:26.14, 12—Coomber 4:26.28. 4x400 Relay: Both England and runner-

4x400 Relay: Both England and runnerup Australia were under the Commonwealth Games record with the English lasses averaging 51.8 to 52.16 for the down-under girls.

FINAL, 1—England (Kennedy-Hoyte-Elder-Hartley) 3:27.19, 2—Australia (Peckham-Boyd-Corcoran-Nail) 3:28 .65, 3—Canada (Stride-Campbell-Mackie-R. Campbell) 3:35.83, 4—Scotland (Harley-McMeekin-Golden-Williams) 3:36.52, 5—Ghana (Opuku-Bakari-Aidoo-Afriyie) 3:37.12, 6—Jamaica (Byfield-Gottshalk-Murray-Blake) 3:37.12, 7—Kenya (Muhune-Chemabwai-Tata-Waithera) 3:37.94.

High Jump: Canadian Debbie Brill was expected to win the high jump without too much difficulty, but the word never reached the down-under crew and Katrina Gibbs of Australia got off her bestever leap to win and smash the Commonwealth Games mark and the Commonwealth mark at 1.93/6'4. Brill was her consistent self clearing 1.90/6'2¾ for the silver while another Canuck, Julie White, finished third at 6'0.

FINAL, 1—Katrina Gibbs (Aus) 1.93/6'4, 2—Debbie Brill (Can) 1.90/6'2¾, 3—Julie White (Can) 1.83/6'0, 4—Gillian Hitchen (Eng) 1.80/5'11,



DIANE JONES KONIHOWSKI (Canada)

PHOTO BY TONY DUFFY



JUDITH PECKHAM (Australia)

5—Barbara Simmonds (Eng) 1.78/5′ 10, 6—Maggie Woods (Can) 1.78/5′10, 7—Valerie Rutter (Eng) 1.75/5′9, 8—Wendy Phillips (N Ire) 1.70/5′7, 9—Adventina Mutakyawa (Tan) 1.60/5′3.

Long Jump: They did a funny thing on their way to the finals in the long jump—they held qualifying rounds to eliminate one athlete. Jennifer Swanston of Barbados hopped 5.52/18'1¼ in the trials and was the only jumper not brought back for the final. The final itself was closely contested with four jumpers past the 21 foot mark and four more over 20 ft. England's Susan Reeve won it by a half inch over Australia's Erica Hooker at 21'7½ with the USA AIAW runner-up, June Griffith, third.

Qualifying: June Griffith (Guy) 20'6, 2—Susan Hearnshaw (Eng) 20'5¼, 3—Erica Hooker (Aus) 20'2½, 4—Susan Reeve (Eng) 20'1, 5—Ruth Howell (Wales) 20'0½, 6—Shonell Ferguson (Bah) 20'0¼, 7—Diane Konohowski (Can) 19'11, 8—Janet Yawson (Gha) 19'9½, 9—Lynette Jacenko (Aus) 19'8¾, 10—Esther Otieno (Ken) 19'4¾, 11—Jill Ross (Can) 18' 10¾, 12—Noeline Hodgins (NZ) 18' 2¼, 13—Jennifer Swanston (Bar) 18'1¼.

FINAL, 1—Reeve, 21'7½, 2—Hooker 21'7, 3—Griffith 21'4¾, 4—Hearnshaw 21'0, 5—Ferguson 20'5¾, 6—Yawson 20'3¾, 7—Howell 20'3, 8—Jacenko 20'1¾, 9—Ross 19'11, 10—Konihowski 19'10¼, 11—Hodgins 19' 2¾, 12—Otieno 19'2.

Shot Put: Australia's Gael Mulhall completely dominated the shot as she broke the Games record on all six of her efforts winding up with a 17.31/56'9½ on her final throw to ice the competition. Rumanian Carmen Ionesco, a defector to Canada and the discus winner, wound up second.

FINAL, 1—Gael Mulhall (Aus) 56′ 9½, 2—Carmen Ionesco (Can) 53′ 11¾, 3—Judith Oakes (Eng) 52′11½, 4—Angela Littlewood (Eng) 51′6½, 5—Beverly Francis (Aus) 51′4½, 6—Venissa Head (Wales) 50′11, 7—Luigina Torso (Aus) 49′6, 8—Margaret Ritchie (Sco) 49′2¼, 9—Lucette Moreau (Can) 48′11½, 10—Herina Malit (Ken) 39′6, 11—Branwen Smith (Ber) 38′8½.

Discus Throw: Rumanian defector Carmen Ionesco ended the competition with her first throw as she tossed 62.16/203'11 and it was all over. The first four broke the old Games record with Australia's Mulhall in second and yet another Rumanian defector to Canada, Lucette Moreau, winding up third. All four of Ionesco's legal throws bettered the old Games mark.

FINAL, 1—Carmen Ionesco (Can) 203'11, 2—Gael Mulhall (Aus) 189'0, Lucette Moreau (Can) 185'10, 4—Margaret Ritchie (Sco) 182'7, 5—Janet Thompson (Eng) 176'2, 6—Lesley Mallin (Eng) 165'10, 7—Luigiano Torso (Aus) 154'6, 8—Venissa Head (Wales 150'0, 9—Beryl Bethell (Bah) 142'9, 10—Lillian Cherotich (Ken) 133'7.

Javelin Throw: England's Tessa Sanderson was completely in a class by herself as she won the javelin with a new Games record at 201'3 by almost 25 feet. Sanderson's Games mark made the weight event cycle complete as all three throwing events saw new records.

FINAL, 1—Tessa Sanderson (Eng) 201'3, 2—Alison Hayward (Can) 178' 10, 3—Laurie Kern (Can) 175'10, 4—Euniee Nekesa (Ken) 168'10, 5—Margaret Phillpott (Aus) 164'4, 6—Fatima Whitebread (Eng) 161'3, 7—Shara Spragg (Eng) 160'10, 8—Diane Williams (Sco) 151'0, 9—Beverly Francis (Aus) 149'4, 10—Jacqueline Zaslona (Wales) 134'9, 11—Sonya Smith (Ber) 129'1, 11—Elizabeth Twyford (St. Lucia) 97'2, 12—Jeanette Kieboom (Aus) did not throw.

3000m: A new Games record by virtue of being the first-ever 3000m ever run in this meeting. Only a very few attempted the 1500/3000 double, but many had the 800/1500 twosome, indicating the 1500 is speedily becoming a speed event as opposed to a 'distance' event. England's Paula Fudge had no trouble winning this run by more than 50 meters, clocking a good 9:12.95 in the process.

FINAL, 1—Paula Fudge (Eng) 9:12
.95, 2—Heather Thomson (NZ) 9:20
.69, 3—Ann Ford (Eng) 9:24.05, 4—
Shauna Miller (Can) 9:30.75, 5—Nancy Rooks (Can) 9:34.14, 6—Angela
Cook (Aus) 9:43.56, 7—Mwinga
Mwanjala (Tan) 9:45.98, 8—Rose
Thompson (Ken) 10:00.46, 9—Deborah Scott (Can) 10:02.59, 10—Wayua
Kiteti (Ken) 10:12.56, 11—Dinah
Chepyator (Ken) 10:18.49, 12—Modesta Masaka (Tan) 10:45.79, 13—Jayamani Kandasamy (Sing) 11:13.01,
14—Beatrice Delancy (T&C) 11:20.87,
Theodora Corea (SV) and Penny
Yule (Eng) did not finish.

100m Hurdles: Apparently hurdles are run swiftly only in jolly old England, for the Britishers finished 1-2-3 in the final, led by springy Lorna Boothe who won with a new Games record of 12.98 and closed in on the Commonwealth mark of 12.93

Heat 1, 1—Lorna Boothe (Eng) 13.49, 2—Sharon Lane (Can) 13.89, 3— Elaine Davidson (Sco) 14.03, 4—Gail Wooten (NZ) 14.14, 5—Vicky Hancox (N Ire) 15.12, Bernadine Lewis (Gren) and Glynis Saunders (Aus) did not start; Heat 2, 1—Sharon Colyear (Eng) 13.34, 2—Shirley Strong (Eng) 13.41, 3—Diane Jones-Konihowski (Can) 14.00, 4—June Caddle (Bar) 14.22, 5—Roxanne Gelle (Aus) 14.23, 6—Marina Chin (Malaysia) 14.77, 7—Teresa

David (Maur) 16.13.

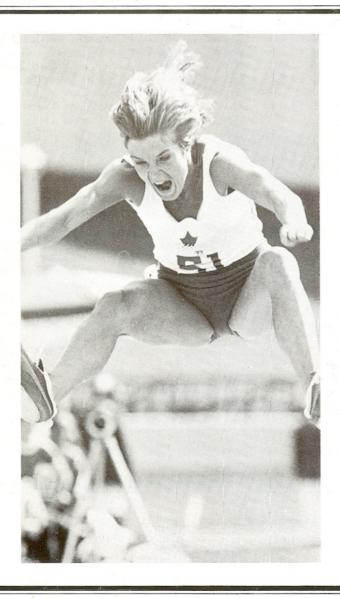
FINAL, 1—Boothe 12.98, 2—Strong 13.08, 3—Colyear 13.17, 4—Davidson 13.76, 5—Wooten 13.77, 6—Lane 13.88, 7—Jones 14.11, 8—Caddle 14.13.

4x400 Relay: The only team with a chance to defeat the powerful England crew was Australia, and they lost their chance with the injury and withdrawal of Raelene Boyle. As it turned out, Canada ran very well to nip the Aussies for the silver as the British lasses strode home in 43.70, just a tick off the Games record of 43.51

FINAL, 1—England (Goddard-Smallwood-Colyear-Lannaman) 43.70, 2—Canada (A. Bailey-Loverock-Howe-M. Bailey) 44.26, 3—Australia (Gelle-Boyd-Beazley-Jacenko) 44.78, 4—New Zealand (Brown-Hunt-Wooten-Robertson) 45.06, 5—Jamaica (Murray-Scott-Gottshalk-Drummond) 45.75, 6—Trinidad and Tobago (Bradley-Gardner-Bernard-Hope) 45.80, 7—Scotland (Davidson - Wells - Golden - Williams) 45.91, Gambia did not start.

Pentathlon: With the withdrawal of Nigeria from the Games there wasn't even token opposition for Diane Jones-Konihowski as the pentathlon opened the Commonwealth Games competition the first day of the meeting. Konihowski scored a new personal best at 4768 as she won every event except the 800 and turned in a couple of personal bests enroute. Winning by more than 500 points, Diane's best performance came in the high jump where she hopped over 6'2. Starting at 5'41/2, she cleared every height on her first attempt until 1.86/6'11/4 where she needed two tries. At 6'2 she was up to her old tricks and cleared at first attempt, then missed three times at 1.906'234. En route, she turned in a 13.85 flight of hurdles, tossed the shot 48'91/2, long jumped 21'01/2 and ran the 800 in 2:12.1.

		100	The second second	Land College Britain		MARKE SE
FINAL	100H	SP	HJ	LJ	800	Pts.
1-Konihowski (Can)	13.85	48' 91/2	6'2	21' 01/2	2:12.1	4768
2—Mapstone (Eng)	14.17	37' 11/4	5'9	19'101/2	2:19.3	4222
3—Wray (Eng)	14.16	39'101/4	5'41/2	19' 93/4	2:15.6	4211
4—Ross (Can)	14.33	33' 63/4	5'73/4	19'101/4	2:11.5	4205
5—Page (NZ)	14.48	37' 51/4	5'41/2	19' 01/4	2:13.7	4099
6—Howell (Wales)	14.83	36' 61/4	5'41/2	20' 21/2	2:21.2	4022
7—Beable (NZ)	14.42	47' 51/4	5'41/2	18' 8	2:37.1	3989
8—White (Can)	15.25	34'1134	5'11	18' 33/4	2:23.8	3940
9—Phillips (N Ire)	16.00	34' 41/4	5'9	17' 43/4	2:37.2	3594
10—Saunders (Aus)	14.45	37' 21/2	x	x	X	1488
Team Scoring (10-8	6-4-2-1)					
1—England	194		7—Ghana		6	
2—Canada	107		8—Wales		4	
3—Australia	97		9—India		4	
4—Scotland	19		10—Jamaica		3	
5-New Zealand	18		11—Bahamas		2	
6—Guyana	10		12—Trin-Tobago		1	





OIATE ONES CHAIRONS A DIATE OF THE STATE OF

Cover girl Diane Jones-Konihowski is more than just the 1978 Commonwealth Games pentathlon champion. She has been her National champion in this event ever since 1972 and placed 10th in the 72 Olympics at Munich and 5th at the Games in Montreal. In 1973 she won the bronze at the World Student Games in Moscow and capped everything off by winning the Pan American Games in Mexico in 1975 and now the Commonwealth title in 1978 with her best score of 4768, tops in the world this year.

Coached by Lyle Sanderson of Saskatoon, where Diane lived for the first 21 years of her life, she has just finished a two month period of "rest and recovery" and is now starting her training once again, target is the Pan Am Games

in Puerto Rico next season.

Diane teaches and coaches at the University of Alberta, works as a sports journalist for the Canadian Broadcasting Company and is studying for her Masters degree in Education. She is married to John Konihowski, a professor and a member of the pro football team, the Edmonton Eskimos.

Her plan for the future is to defend her Pan Am title, get in a good performance at the Gotzedis, Austria, annual pentathlon, and then concentrate on getting her best-ever performance at the Olympics in Moscow. If she is able to turn in some lifetime bests at Moscow, she will be tough to beat, for as of 1978, her best marks of 13.6 for the 100m hurdles, 16.24/53'31/2 in the shot, 1.88/ 6'2 in the high jump, 6.55/21'6 in the long jump and 2:12.1 in the 800 add up to 4904 pentathlon points. With normal improvement over the next two seasons, Diane Jones-Konihowski just might be the first athlete over the 5000 point

CASEY'S COMMONWEALTH CAL-IDE-OSCOPE

Eight years ago I enjoyed the Commonwealth Games in Edinburgh, Scotland, in spite of the cold and rain. Four years ago in Christchurch, New Zealand, the weather was perfect, many of my friends won medals, and the entire experience was so great that I was almost afraid to attend another Games for fear of anti-climax. But as the time for the Games in Edmonton approached, I knew I couldn't stay away. There were no oceans to cross, air fares were low, and thanks to the emergence of the magazine, I was a legitimate press representative. And it was definitely the best-ever, from the fast moving opening ceremony through the perfectly organized days of competition, to the always sad goodbyes . . this time especially so for me for I knew it was my last. Four years from now I will be too old, the Pacific too big to cross, and my remaining eyesight too far gone. (Along with my savings account!) But not my memories of eleven great days in Edmonton!

Wednesday, August 2: Got up at 5:00 AM to hunt for my airplane ticket which I had packed in my large suitcase and couldn't find last night! Long Beach Comets will remember LINDA McQUARRIE, one of their star cross country runners until ill health forced her retirement. Her mother drove me to Disneyland where I got the bus to the LA Airport. Getting to and from that airport is almost enough to make me stop traveling. My seat was with a couple who remembered me from other TFN tours and there were athletes and track enthusiasts all around us. Including a

young couple from a weight-lifting magazine plus Wilt Chamberlain, representing "Sport" magazine. We four "press representatives" located the Media desk at the Edmonton airport and they found a car for us. Some confusion reigned, but eventually I arrived at the Relax Inn along with Ed Fox of TFN. The Relax Inn is far out-and I am referring to distance from the stadium, the village, downtown, and even the nearest bus stop. However, the rooms are air conditioned, have color TV, and Smitty's Pancake House is right next door. I went there for dinner and some people from Florida recognized me and invited me to sit with them. Coffee is 45¢ a cup!

Thursday, Aug. 3: This motel is packed with people here for the Games, from the USA, England, Kenya, Bangladesh, Tanzania, India and probably others whom I have not yet met. At breakfast this morning, I heard Joan White from England asking how to find the nearest bus stop, so we set out together. The fare is 40¢ and you must have the right change. We stopped at a post office for stamps and I told Joan to be sure she had a quarter and a dime and a nickle. Then I realized why she looked so confused and told her it was 25¢, 10¢ and 5¢. I was reminded of the time an old lady at a New Zealand bus stop told me there was one thing in American films (westerns) she didn't understand, and asked me, "What is a 'buck'?" I found I could get a bus direct to the Village so decided to go there before going to the stadium for the opening ceremonies. I paid my 40¢ and got a transfer, and

when I reached the Media office at the Village I found that if I had been wearing my press badge I would have been entitled to ride the bus free. At the Village I visited with HELEN GOLDEN of Scotland, who introduced me to some her teammates—MARGARET COOMBER and EVELYN McMEEK-IN. Evelyn reminded me that she is one of the "twins" featured in a recent issue of this magazine. Then I heard my name called and here came Canada's MAR-JORIE BAILEY, with whom I shared a bus adventure in New Zealand! She had just left RAELENE BOYLE at the practice track, but I had to leave for the stadium at that point and will have to contact her later. At the stadium I got acquainted with the press facilities and was given a mailbox key and a \$25 seat for the opening! Managed to get the first bus out when it was over as everyone else seemed to be standing in line trying to get on the LRT, (part subway and normally a much faster means of transportation to downtown). And after dinner I watched the entire opening over again on TV. I could get a much better look at people's faces watching on TV, and especially enjoyed watching DIANE KONIHOWSKI present the baton to the Queen.

Friday, August 4: Track hasn't started, so had a leisurely breakfast with a press representative from the Caymen Islands, Brian Uzzell. We learned that the buses were on strike so Joan White and I rode into town with Brian in his rented car. Joan went to see the swimming while Brian and I went to the Village. I con-

tacted a couple of team managers but got no cooperation in my quest and assignment from TFN to secure guests for the TFN Celebrity Banquet coming up next Thursday. It is a bad night, as everyone will be competing the following day. I visited with DEBBIE BRILL and with another Canadian high jumper, JULIE WHITE, who tells me she is entering the pentathlon here. She also asked for a subscription blank. Brian took me on down to the Macdonald (the hotel, not the eatery), as Mr. Reel was due to arrive today, but he had not yet checked in at accreditation. I stayed there a while chatting with a press man from Nigeria who was as disappointed as I that his country has withdrawn from the Games. So has Uganda. Someone got an injunction and the buses are running again, so I got one but neither the driver nor I knew where I should get off for the Relax Inn and so I had a long walk home. Watched weight lifting on TV. After dinner I had a message from Mr. Reelhe is staying at the Edmonton Plaza along with the Queen and her family. We (he and I) are to have lunch there

Saturday, August 5: VIP's from India and Tanzania had ordered an official car to take them downtown, so they gave me a life to the Plaza. There we found the front of the hotel all roped off and hundreds of people pressed against the ropes waiting for the Queen to come out. I managed to get past the police and into the hotel where we had lunch and I told him about some athletes interested in the Taiwan meet. SF spent the next few hours chasing

down his accreditation while I went to the Village to try and accomplish something. I seemed to be wearing "three hats"-promoting this magazine, the Taiwan trip and the TFN banquet. At the Village, I got a girl from Kenya to go and bring TECLA CHEMABWAI. (I am not allowed in their living quarters, but can meet them in the cafeteria or the lobbies. Tecla was very helpful. She called Filbert Bayi and he brought more athletes interested in the China trip while Tecla rounded up more girls. (Unfortunately with the death of Kenya's president, no one from that country was able to make the trip to Taiwan.) SFVR had finally secured accreditation-he was given "VIP" status, and was pleased with what I had accomplished. More weightlifting on TV tonight and so to bed.

Sunday, August 6: Track and field has finally begun. The big deal today was the pentathlon, and it might have been more exciting had Nigeria not withdrawn from the Games. When I said goodbye to Modupe Oshikoya in Tempe, we both said, "See you in Edmonton!" But, alas, this was not to be. And even without really tough competition, DIANE JONES KO-NIHOWSKI delighted the crowd with a new Canadian record as she sailed through the day winning four of the five events. There were other heats and semis during the day, and I watched them in air-conditioned comfort from the officials' cafeteria window while the "boss" sat out in the blazing sun. One entire side of the officials' lounge consists of windows overlooking the track. On the other side of the room, at either end of the lunch counter, are color TV sets

showing everything "live" from all the various venues. And at one of the round tables I found MAEVE KYLE of Northern Ireland, and was seized with inspiration! Where would TFN ever find a more interesting guest to interview at their banquet? Ed Fox agreed with me, and Maeve accepted our invitation. In case you haven't been a follower of women's T&F very long, let me explain that Maeve, who started running at age 25, has been running competitively for 25 years! Her career has included Commonwealth Games and Olympics and Masters' World Championships. She entered seven events in the latter last year in Sweden and is lobbying to get the pentathlon included in the next championships which will be held in Germany in 1979. Maeve introduced me to an athlete from Northern Ireland, PAM REESE, who gave me a pin which I will treasure. They are hard to come by! Of course everyone is collecting pins. I had a duplicate pin from Taiwan which one of the girls in the press information office wanted. In turn, she gave me one from Alberta. The VIP's at the motel have given me pins from Tanzania, Kenya, India and the Cayman Islandswhich I plan to visit next summer. . . . Of course, Diane was interviewed by the assembled press in the big interview room and I had a chance to talk to her alone afterward and invited her to the banquet. Vince called tonight and said he and Wilt were looking for me today in the outdoor press section and were concerned when they couldn't find me. Now they know I am lazying in the cafeteria where it is cool!

(To be continued in our next issue)

NATIONAL AAU JUNIOR CHAMPIONSHIPS

Bloomington, Indiana, June 24/25:—Vying for places on the traveling international team, the USA Junior athletes staged a ding-dong championships at Indiana University and in spite of battling a vicious wind, very good marks were the order of the day. Best race of the competition was the 800 which saw the first three finishers clocking 2:05.3, one-tenth under the meet record.

100, 1—DeAndra Carney (LAM) 11.69 (w -1.0), 2—Alice Brown (LAM) 11.79, 3—Michelle Glover (Willingboro TC) 11.84 . . . 8—Eunice Ashford (Miami) 12.29; 200 (w0.0), 1—Freida Cobbs (Berkeley East Bay TC) 24.02, 2—Patricia Dunlap (South Jersey TC) 24.19; 400, 1—Freida Cobbs 53.12, 2—Arlise Emerson (Patriots USA) 53.42, 3—Gwen Gardner (LAM) 53.47, 4—Marian Franklin (Millbrae Lions) 53.56; 800, 1—Dar-

lene Beckford (Liberty AC) 2:05.3, 2-Ann Regan (SJC) 2:05.3, 3-Joetta Clark (KK) 2:05.3, (Non-qualifiers Bush 2:08.8, Sandy Beach 2:08.7); included Kathy Vetter 2:07.7, Michele 1500, 1-Cheri Williams (SJC) 4:21.3, 2-Tania Wells (Memphis Shelby TC) 4:22.0, 3—Stacy Crystal (ColGold) 4:22.7, 4—Deanna Coleman (Falcon TC) 4:26.2 . . . 7-Kathi Denz (Patriots USA) 4:30.8 (4:28.4h) . . . 10-100H (0.0), 1-Benita Fitzgerald (Un, Roxanne Bier (SJC) 4:49.1 (4:29.4h); Va) 14.00, 2—Candy Young (Un, Pa) 14.10 . . . 5—Kim Costello (ML) 14.28; 400H, 1-Edna Brown (KK) 60.46; 3000m Walk, Susan Ruiz (Kettering Str) 15:54.0; 4x100, 1-Berkeley East Bay TC 45.92, 2-LAM "A" 46.59, 3—LAM "B" 46.71; 4x400, 1-Flashettes TC 3:41.8, 2-Motor City TC 3:43.0, 3—LA Naturite TC 3:46.8; 4x800, 1—San Jose Cindergals (Regan-Williams-Figlimoni-Bowers) 8 :55.2, 2-Klub Keystone 8:55.7, 3-Liberty AC 9:00.6; SpMedRelay, 1-LAM "A" (Washington-Brown-Ward-Gardner) 1:40.3, 2—Berkeley EBTC 1:41.5, 3-LAM "B" 1:44.4; HJ, 1-Coleen Rienstra (Club North) 5'11, 2—Margaret Metcalf (Alb TC) 5'11, 3 (Tie)—Yvonne Heinrich (KK) and Sue McNeal (Cal HS) 5'10; LJ, 1— Carol Lewis (Willingboro TC) 20' 51/4 w, 2—Gwen Loud (LAM) 19' 111/2 w . . . 4—Roxanne Keating (Sun Devils SF) 19'6; SP, 1-Eleanor Majors (Indy Chevettes) 46'9, 2-Elaine Sobansky (Un) 45'31/2; DT, 1-Christi Pyle (LANTC) 153'9, 2-Leslie Deniz (Peach Bowl Pacers) 150'9; JT, 1— Jacqueline Nelson (Lakewood Int) 158'6, 2-Debbie Williams (Lake Erie Comets) 154'9, 3-Mary Osborne (Un, Mont) 154'3.

GLOVER WINS TWO AT JUNIOR OLYMPICS

Lincoln, Nebraska, August 12/13:—New Jersey's Michele Glover won both sprints for the only double winner at the Annual National Junior Olympics staged at the University of Nebraska. Six new JO records were set, best of which was the 52.67 440 by Jennie Gorham of Kansas City, Missouri. Gorham was also second in both sprints.

100y, 1—Michele Glover (Pennsauken, NJ) 10.66, 2—Jennie Gorham (Kansas City, Mo) 10.97, 3—Eunice Ashford (Miami, Fl) 11.06; 220, 1—Glover 23.99, 2—Gorham 24.24 . . . 5—Ashford 24.7; 440, 1—Gorham 52.67, 2—Easter Gabriel (Houston, Tx) 52.99; 880, 1—Deanna Coleman

(Issaquah, Wa) 2:07.27, 2-Jill Haworth (Bowie, Md) 2:09.63, 3-Kathy Vetter (Garland, Tx) 2:10.0, 4-Kay Stormo (Hayti, SD) 2:11.06; Mile, 1—Stacey Crystal (Longmont, Co) 4:50.97, 2-Patty Murnane (Swampscott, Mass) 4:52.51, 3-Connie Riegelmann (Clay, NY) 4:56.22, 4-Kathi Denz (Altadena, Ca) 5:00.55; 2M, 1—Amy Thomas (Dearborn, Mi) 10:47.45, 2-Kathy Bryant (Delaware, Ohio) 11:00.73; 100H (30"), 1-Kim Turner (Detroit, Mi) 13.65, 2-Kay Garnett (Seattle, Wa) 13.70; 400mH, 1—Vivian Scruggs (Lanham, Md) 59.70, 2—Kim Whitehead (Bronx, NY) 60.10; Mile Walk, Mary Hopf

(McMurray, Pa) 8:12.14; HJ, 1-Tonya Alston (Chico, Ca) 5'10, 2-Carina Westover (Benton City, Wa) 5'9, 3—Sue Blake (Albany, NY) 5'9, 4—Susan Lind (Albion, Nb) 5'9; LJ, 1—Sandra Myers (Windom, Kn) 20'41/4 2-Sandy Crabtree (Phoenix, Ar) 19' 103/4, 3—Patricia Johnson (Chicago, II) 19'10; SP, (8#), Nancy Jenkins (Columbus, Oh) 47'7; DT, 1-Vickilee Cobern (Paint Rock, Tx) 144'11, 2-Jodyne Hagins (Chanhassen, Mn) 144'4, 3-Melanie Heitman (Williamsburg, Ia) 143'4; JT, 1-Katherine Calo (Cape Neddick, Ma) 155'5, 2-Melanie Heitman 149'0, 3-Charm Bishop (Covina, Ca) 143'8, 4-Travey Beckes (Mt. Vernon, Wa) 143'2.

EUROPEAN ROUNDUP

Fine marks and great competition were the basic plan as the European season began to wind up for the 1978 year. In Prague, local star Jarmila Nygrynova leaped to a new Czech record as she hopped 22'1½ on August 13. Irena Szewinska and Krystyna Kacperczyk scored impressive performances in other meets:

Frankfurt, September 5: 100, 1-Sze-

czyk 2:00.1, 2—Kraus (GFR) 2:00.6, 3— Schacht (GFR) 2:01.7, 4—Werthner (Can) 2:02.2; 100H, 1—Parka (Pol) 12.74, 2—Langer (Pol) 12.97... 4—Shmock (USA) 14.67; JT, Helmschmidt (GFR) 193'3.

Munich, September 10: 400mH, Kacperczyk (Pol) 55.76; HJ, 1—Meyfarth (GFR) 6'1¹/₄; SP, 1—Fibingerova (Cs) 71'0¹/₂, 2—Wilms (GFR) 65' 0³/₄, 3—Maren Seidler (USA) 61'11³/₄.

winska (Pol) 11.63 . . . 3—Carolina Rieuwpassa (Indonesia) 11.85; 400, 1—Szewinska 51.01, 2—Kacperczyk (Pol) 52.01; 1500, Marasescu (Rum) 4:10.0; 100H, 1—Parka (Pol) 12.95, 2—Langer (Pol) 13.01; HJ, 1—Holzapfel (GFR) and Meyfarth (GFR) 6'3¼, 3—Brill (Can) 6'0¾, 4—Betioli (Bra) 6'0¾.

Koblenz, September 9: 100/400, Szewinska 11.71/51.73; 800, 1—Kacper-

AGE GROUP NATIONALS

Miami, Florida, July 8/9:-The small fry were at it once again as Eli Gagich and crew staged the first-ever National AAU Girl's Outdoor Championships. Such almost unbelievable marks as a 2:30.5 800 nine year old Adrienne Thomas, 2:11 .7 by Kim Gallagher in her 12/13 year old division and a 2:10.0 in the 14/15 race by Regina Jacobs; 13 year old La-Tanya Dawkins speeding to victories in the 100 and 200 in 11.9 and 24.5, (Chi Cheng was 20 before she broke 26 seconds!); 12/13 year olds zipping the mile relay in 3:51.6 and a plethora of 400 meter sprints in outstanding times-all add up to a fantastic meet and a promise of great things to come in the US.

100m, 9/U, Josephine Alexander (N. Oakland) 13.8, 2-Felecia Bowles (CRO) 13.8, 3-Tara Masciulli (DurhamStr) 13.8; 10/11, Bridgette Tate (CYC) 12.8; 12/13, 1-LaTanya Dawkins (LBC) 11.9, 2-Eunica Jones (CYC) 11.9, 3-Teri Smajstrla (Alief) 12.0; 14/15, 1-Michelle Glover (Willingboro) 11.7, 2-Eunice Ashford (SWTC) 11.8; 200m, 9/U, 1-Toni Agard (Atoms) 28.0; 10/11, Alicia Barbara (Thunderbolts) 26.1; 12/13, LaTanya Dawkins (LBC) 24.5, 2-Norma Fisher (Cavallettes) 24.6, 3-Renae Henderson (Pitt) 24.9; 14/15, Michelle Glover 23.8, 2-Pamela Rogers (NMiami) 24.1, 3-Eunice Ashford 24.6; 400m, 9/U, 1-Toni Agard (Atoms) 64.8; 10/11, 1—Courtenay Davis (DurhamStr) 58.5, 2-Marlanda Farley (Pitt) 58.8, 3-Andrea Rolfe (LBC) 58.8, 4-Dolores Smith (Atoms) 58.9; 12/13, 1-M. Underwood (CooperStr) 55.5, 2-Sherrill Brown (MercTC) 55.9; 14/15, 1-Pam Rodgers (NMiami) 54.8, 2-Lana Zimmerman (Crescent) 55.1; 800m, 9/U, 1-Adrienne Thomas (Flashettes) 2:30.5, 2-Beth Hanlon (Olney TC) 2:30.8; 10/11, 1-Marlanda Farley (Pitt) 2:20.4; 12/13, 1-Kim Gallagher (AmbOly) 2:11.7, 2-Jeanette Kelly (WashDC) 2:12.9; 14/15, 1-Regina Jacobs (LAN) 2:10.0, 2-Kathleen McCall (Del) 2:13.7; 1500 m, 9/U, Beth Hanlon 5:14.9, 2-Adrienne Thomas 5:20.0; 10/11, 1-Keely Holtsclaw (JrStr) 4:52.8, 2—Tania Fischer (SCRR) 4:52.9, 3—Loretta Simeon (Clearwater) 4:52.9; 12/13, 1—Barnett Diggs (Pitt) 4:35.9, 2— Kim Gallagher 4:36.7; 14/15, 1-Trish Malischewski (AmblerOly) 4:39 .6, 2-Kathleen McCall (Del) 4:42.2, 3—Laurie Sawyer (PhoenixTC) 4:42 .2; 3000m, 14/15, 1-Laurie Sawyer 10:17.3, 2—Sandra Cullirane (LibAC)

10:20.9; Hurdles, 14//15 (100m), 1-Carol Lewis (WillinTC) 14.2, 2-Marlene Harmon (LAN) 14.3; 12/13 (80 m), 1-Geri Golden (LBC) 12.3, 2-Trina Johnson (Pas) 12.3, 3-Diane Thomas (FredTFC) 12.3; 10/11 (50y) Lisa Jacobs (GreshamTC) 7.5; 12/13, 200mH, 1-Laurie Gray (VOSTC) 28.6, 2—Diane Thomas (FredTFC) 28.6; 14/15, 400mH, Donna Kozlowski (SunStr) 63.5; Walks, 9/U, 880y, Cristal Wahe (BocaG) 4:29.5; 10/11 (Mile), Tanya McIntosh (ShoreAC) 8:58.5; 12/13 (3000m), Chris Ramirez (SCRR) 16:47.2; 14/15 (3000m), Susan Ruiz (KetStr) 16:23.0; 440yR, 9/U, Capitol City Comets 57.0; 10/11, Memphis Shelby 52.5; 12/13, 1-Long Beach Comets 48.8 (48.6h), 2-Pitts NJ 49.0; 14/15, 1-Willingboro 48.2, 2-Ed Waters 48.4, 3-LB Comets 48.4; 880yMedRelay, 9/U, Atoms 2: 04.5; 10/11, LB Comets 1:54.0; 12/13, 1-Pittsburgh New Image 1:47.4, 2-LB Comets 1:47.9; 14/15, 1—Klub Keystone 1:48.0, 2—Ed Waters 1:48.3, 3—Mayor Hatcher 1:48.5; 4x440, 10/ 11, 1-Atoms 4:08.4, 2-Richmond OC 4:08.8; 12/13, Flashettes 3:51.6, 2-Pittsburgh New Image 3:54.9; 14/ 15, LA Naturite 3:50.0, 2-East St. Louis Railers 3:56.5; 4x880, 14/15, 1 —Klub Keystone 9:35.9, 2—CYO Washington DC 9:38.9; HJ, 9/U, Kathy Harris (Gresham) 4'1; 10/11, Lisa Jacobs (Gresham) 5'0; 12/13, Katrena Johnson (Pasadena) 5'6, 2-Sharon Hatfield (Patriots) 5'6, 3-Lori Mozingo (Jeffco) 5'6; 14/15, Yvonne Heinrich (KK) 5'10, 2-Lisa Peters (LBC) 5'7; LJ, 10/11, Kim Steward (DurhamStr) 16'101/2; 14/15, 1—Carol Lewis (WillingboroTC) 19' 11½ w, 2—Jackie Joyner (EStL) 19' 101/2 w, 3-Eunice Ashford 19'31/2; SP, 10/11 (6#), D. Requart (BellevITC) 32'4; 12/13 (6#), Cindy Johnson (Phoenix TC) 43'111/2; 14/15 (8#), Rosario Ramos (Anaheim) 44'81/2; DT, 12/13, Cindy Johnson (VOSTC) 126'3; 14/15, Mary Macieczuk (Un) 117'8; JT, 12/13, Monica Johnson (Phoenix TC) 123'8; 14/15, Kim Allen (New Orleans) 145'11, 2-Deena Bernstein (LA) 135'6; 3000m, 12/13, Barnett Diggs (Pitt) 10:09.1. Scoring: 9/U, 1-Atoms 40, 2-Flashettes TC (Brooklyn) 26, 3-North Oakland TC 18, Gresham TC, Ore. 18, Memphis Shelby TC, Tn 18; 10/11, 1—Gresham TC 49, 2—Duram Striders 42, 3—LB Comets 31; 12/13, 1—Pittsburgh New Image 64, 2-LB Comets 60, 3-Valley of the Sun TC 46; 14/15, 1-LA Naturite TC 70, 2-Klub Keystone, Pa 54, 3-Willingboro, NJ, 50. 175 clubs entered, more than 900 athletes competed.

BERKLEY WINS OWN INVITATIONAL

Berkeley, California, September 23:—UC Berkeley gobbled up the first three places and easily won its cross country invitational over seven other schools at Tilden Park. Jan Oehm, Suzanne Richtee and Susie Meek led everyone across the line and the scoring race was all over.

1—Jan Oehm (UCB) 17:54.9, 2—Susanne Richtee (UCB) 18:00.1, 3—Susie Meek (UCB) 18:31.8, 4—Jeanne Abare (CSSD) 18:45.2, 5—Alice Trumbley (UCB) 18:58.0, 6—Jill Symons (Chico St) 19:09.7, 7—Leal Reinhart (Un) 19:29.2, 8—Diana Bubanjia (UCB) 19:35.4, 9—Carol Flournoy (CSSac) 19:43.8, 10—Laurie Jewell (CSLB) 19:47.7. Scores: 1—UC Berkeley 19, 2—CS Long Beach 74, 3—San Diego State 105, 4—Chico State 123, 5—CS Sacramento 143, 6—CS Hayward 182, 7—UC Davis 211, 8—University of San Francisco 251.

SAN DIEGO MEET: McNEAL 6'01/4"

SAN DIEGO-August 20-In order to take advantage of the presence of the Japanese Junior Team in California, the Pacific Southwest Association, AAU, put together a meet in Balboa Stadium. Carlsbad HS sophomore Sue McNeal took advantage of the competition to scale 6'01/4" in the high jump, the third junior over the once untoppable 6 foot barrier this year. With 2 misses at 1.80 (she didn't know what the height was in Imperial Measure-she thought the bar was at 5'9" rather than over 5'11") McNeal cleared on her third attempt to win the competition and then had the bar placed at an Imperially measured 6'01/4". She cleared on her first trial. The Japanese team won the meet but complete results were unavailable at presstime.

EMPIRE STATE GAMES

Syracuse, New York, August 17-19:— Karel Jones scored wins in the 800 and 1500 meters to highlight the New York State Empire Games at Syracuse' Fowler Field:

100m, Helena Nelson 12.22; 200m, Michelle McMillen 25.11; 400m, Connie Simpson 56.59; 800/1500, Karel Jones 2:09.8/4:35.1 . . . 5—Pat Bessell (4ly) 5:00.6; 5000, Karin Von Berg 17:52.6, 100mH, Lorraine Tummings 13.7; 400H, Stephanie Vega 61.2; HJ, 1—Susan Blake 5'8, 2—Lillie Giles 5'7; SP, Mimi Davis 40'10; DT, Lynda Massey 118'10; JT, Louise Halle 147'1.

JAPAN USA JUNIORS

Walnut, CA, Aug. 17-After plans to resume the USA-Japan Junior Meet in Japan this year fell through, with the AAU pleading lack of funds, the Japanese essentially held the meet on the new Mt. SAC polyurethane facility. Not only did the Japanese team travel to the United States, but meet expenses, including the U.S. team uniforms, came from a Japanese-based company.

Billed officially as Japan vs. the Southern California All-Stars, the meet showcased some outstanding competition between the Japanese high school champions in each event, and Californians in varying degrees of condition. The So. Cal. team won the women's section of the meet 80-61.

Pentathlon: Sixteen-year-old Susie Ray turned in probably the outstanding performance of the meet as she chalked up 4 PR's in winning in 3855. Her 14.6 hurdle time (hand-timed, Accutrack malfunction) and 45'8 shot put led all contestants. The event was marred by the withdrawal, after two events, of Hiroko Otani after she was struck in the foot by a javelin (men's) while being taped prior to the high jump.

1—Susie Ray (SoCal/LANTC) 3855 (14.6/45'8/5'3/17'73/4/2:33.4); 2—Sadako Kai (Jap) 3574 (14.9/32'13/4/5' 41/4/17'91/2/2:37.1); Gigi Hurley (SC/ MLTC) (15.2/31'10¾/5'5½/17'0¾/ withdrew); Otani (Jap) (15.4/23'8/

withdrew, inj).

100 Meters: Alice Brown's win was never in doubt as she claimed a wire-towire win.

1-Alice Brown (SC/LAM) 11.99; 2-Marbella Washington (SC/LAM) 12 .26; 3-Arisa Aman (Jap) 12.42; (N/ S) Yoko Chosa, 12.44; 4-Tomi Osaka (Jap) 12.44. w=+1.0.

200 Meters: Age-grouper LaTanya Dawkins showed her conditioning in this dash. Denise Eddington seemed to have an edge through the curve, but Dawkins took over at the top of the straight to win going away.

1—Dawkins (SC/LBC) 24.23; 2—Eddington (SC/LAM) 24.99; 3—Kazuko Okada (Jap) 25.05; 4-Yoko Tsuchi-

ya (Jap) 25.17. w=+0.0.

400 Meters: Conditioning again showed up in this race as Gwen Gardner opened up a big lead after 200 meters, only to have Arlise Emerson take over from there. Emerson suffered a hamstring pull in the home stretch but still held on for

1-Emerson (SC/Patriots) 54.63; 2-Gardner (SC/LAM) 54.86; 3-Mayumi Kukota (Jap) 57.38; 4-Yumiko Aoi (Jap) 58.17; (N/S) Kaoru Ohara 58.17.

800 Meters: Rumiko Wakihata and Chiemi Endo seemed to have this race well in hand for 700 meters, but last year's winner (non-scoring at that meet) Linda Goen saw an opening on the inside and raced away to a win.

1-Goen (SC/Patriots) 2:09.43; 2-Wakihata (Jap) 2:11.0h; 3—Endo (Jap) 2:11.5h; 4—Michelle Bush (SC/

LANTC) 2:12.8h.

1500 Meters: Had this been a true international dual, Kathie Denz would not have been able to run. As a two-year resident of Southern California, however, the young Swiss citizen ran away with this race in her farewell to US racing for two years. Even before the race, she had been named to the Swiss SENIOR team in the 1500.

1-Denz (SC/Patriots) 4:24.2; 2-Keiko Ota (Jap) 4:39.4; 3-Kelly Wells (SC/SCRR) 4:40.3; 4-Rumiko Wakihata (Jap) 4:50.1h. Note—this event is not run for high school girls in Japan.

100 Meter Hurdles: Dulce Reade looked like a winner in the closest race of the night, until she hit the final hurdle and walked across the line. It took a bit of time with the finish picture to sort out the other three.

1-Ceola Bullett (SC/LAM) 14.77; 2—Tomoko Hakamata (Jap) 14.78; 3—Chizuko Akimoto (Jap) 14.78; 4— Reade (SC/AA) 16.8h. w=0.0.

400 Meter Relay: The Southern Californians ran away with the race, but also from each other. Despite the fact that all four run for the same club, the stickwork left something to be desired as Gwen Loud and Marbella Washington failed to make connections on the second pass until they were out of the zone.

1-Japan (Aman-Osaka-Tsuchiya-Hakamata) 48.02; So. Calif. disq-46.96. 1600 Meter Relay: This was one of

the closer races of the night through two legs. Kim Law and LaTanya Dawkins kept the So. Californians slightly in front, but Gwen Loud and Gwen Gardner put the race away.

1-So. Calif. 3:47.3; 2-Japan 3:49.4. Long Jump: Gwen Loud cut the suspense on her first jump with a windy 19'834. She "improved" on that on her sixth attempt with a legal 19'834. All six of her jumps were better than second place, with only one under 19' (18'10).

1-Loud (SC/LAM) 19'834; 2-Veronica Bell (SC/SCC) 18'61/4 w (17'10 + 3 fouls); 3—Junko Maeda (Jap) 18'51/2 w; 4—Manami Ozeki (Jap) 18'5 w (17'51/2).

High Jump: Hisoya Fukumitsu was the only jumper to clear 1.75 (5'9) while Shigemi Yamagata cleared 5'7 on her first try to edge the two Americans.

1—Fukumitsu (Jap) 5'9; 2—Yamagata (Jap) 5'7; 3-Nancy Redican (SC/unatt) 5'7 and Ellen Fargo (SC/ unatt) 5'7.

Shot Put: The Californians dominated this event as Rosario Ramos set a meet record at 44'5. If you include Susie Ray's 45'8 pentathlon put, the US juniors showed a good deal of improvement in this event.

1-Ramos (SC/AA) 44'5; 2-Kerry Zwart (SC/LANTC) 42'101/2; 3-Miyuki Sasaki (Jap) 41'6; (N/S) Mituko Uchikoba (Jap) 37'6; 4-Haruni Suzuki (Jap) 36'111/4.

Discus Throw: Meet record holder Christi Pyle led after the first but Harumi Suzuki took over in the second and improved in the fifth with a meet record 153'8.

1-Suzuki (Jap) 153'8; 2-Pyle (SC/ LANTC) 147'0; 3-Mituko Uchikoba (Jap) 138'4; (N/S) Miyuki Sasaki (Jap) 135'8; 4-Linda Read (SC) 132'10.

Javelin Throw: In Imperial measurement, it was closer than it looked, but in metrics it was the even two centimeters. Manami Ogawa took the lead in the second round at 155'5. US Junior Champ Jacque Nelson took it away in the second round with a toss of 156'11 (47.80). In the fifth round, 1977 winner (and meet record holder) Miiko Hosokawa threw 47.82 (156'11) to add nearly 3 meters to

1-Hosokawa (156'11/47.82); 2-Nelson (SC/LI) 156'11/47.80; 3—Ogawa (Jap) 155'5; (N/S) Shoko Tokumaru 148'1; 4—Charm Bishop (SC/LAN-TC) 142'7.

USC WOMEN'S TRACK AND FIELD

WHAT'S HAPPENING ON COLLEGIATE SCENE

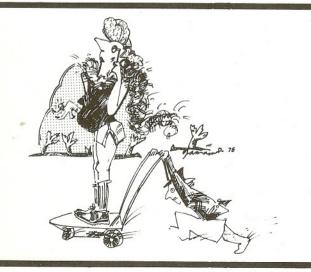
Cross country is improving at the University of Southern California. The program is under more consideration this year, with eight women participating. They do most of their running at Exposition Park in Los Angeles with some done on the hillier Griffith Park course. Southern Cal's track is under construction so the team travels to those sites for workouts.

USC competes in the Western Collegiate Conference, comprised of UCLA, CSU-Long Beach, CSU-Fullerton, and San Diego State. They travel to participate in regional and national competition.

The Trojan Women's Track Team has been working out since October 2nd. At this time they are looking toward the start of the indoor season, in January, with an eye to both individual invitational meets and team competition. Thirty women are training for the team at this time with eight to ten individuals looking toward invitational competition on the indoor boards.

USC will be looking for some outstanding performances from the following individuals during the 1978-79 season: Gail Douglas, senior sprinter, Compton, CA. Gail ran on the United States team against the Russians last summer and was 4th in the 100 meters in the AIAW National meet at 11:07.5. Take note of Sandy Crabtree, a freshman from Glendale, Arizona. Sandy comes to USC as her State's champion in 100, 200 and long jump. Mitzi McMillan is USC's premier long jumper, going 19'8" to place 10th over all in the national meet in Knoxville, Tennessee last year. Versatile Mitzi also placed 6th in the 100 meter hurdles with a good 13:09.5 time. Several other good freshmen prospects are on the squad and will be facing their first tests along with the veteran members of the team.

High school girls should note that the opportunity for athletic scholarships is on the up-swing. USC offers several from \$500 to full every year . . . a good incentive to work hard for every young high school athlete. The hours spent in the discus ring, javelin run-way or those miles run can be well worthwhile.



	U.S.C. Women's Track and Field Records as	s of June, 1978
	100 METER DASH: GAIL DOUGLAS	11.5 hand 11.74 elec.
	U.C. Irvine April 29, 1978 200 METER DASH: GAIL DOUGLAS	24.1 hand
	U.C. Irvine <i>April</i> 29, 1978 400 METER DASH:	24.34 56.04 elec.
	ROSETTA BIRT U.C.L.A. April 15, 1978	
	800 METER RUN: DIANE BYINGTON West L.A. City College Nov. 1977	2:15.0 hand
	1500 METER RUN: DIANE BYINGTON U.C.L.A. May 29, 1977	4:43.6
	3,000 METER RUN: DIANE BYINGTON Univ. of Redlands March 26, 1977	10:44.4
	5,000 METER RUN: DIANE BYINGTON Cal State Univ., Long Beach April 1, 1977	18:31.1
	100 METER HURDLES:	13.14 elec. *
	PATTY VAN WOLVELAERE Univ. of Tennessee May 26, 1978 Knoxville, Tennessee	also American reco
	400 METER HURDLES: DALAL AHMAD	64.7
	JAVELIN: LISA VAN BENTHEM UC Berkeley April 1, 1978	144′ 1″
	DISCUS: VIVIAN TURNER	150′ 1″
	Cal State Univ., Los Angeles March 12, 197 SHOT PUT:	
	JULIE MORGAN Mesa Jr. College, Arizona March 18, 1977	39′ 9¾″
	HIGH JUMP: MITZI MCMILLIN Cal State Univ., Northridge April 3, 1977	5′ 73⁄4″
	LONG JUMP: MITZI MCMILLIN Cal State Univ., Long Beach May 5, 1978	19′ 8¾″
	880 MEDLEY RELAY: ROSETTA BIRT, HARRIETH KNIGHT, ANGELA HUNTER, ANNA BILLER 1975	1:47.5
	440 RELAY: GAIL DOUGLAS, MITZI MCMILLIN,	45.79
	ROSETTA BIRT, PATTY VAN WOLVEL May 27, 1978 Univ. of Tennessee: Knoxville MILE RELAY:	e Tennessee
	THERESA SAN AGUSTAN, ANGELA H DONNA VAN PUYVELDE, JENNIFER I 1976	4:05.8 UNTER, BILLER
-	2 MILE RELAY: CAREY HILL, GAIL BERGER, DONNA VAN PUYVELDE, JENNIFER E	9:43.8
]	PENTATHALON w/800 METERS: MITZI MCMILLIN Cal State Univ., Northridge April 3, 1977	3739 points
	Car state Only., Northridge April 3, 1977	

ALL TIME GREATEST

How many times have you heard someone say, "She holds the world record"? And how many times is this statement actually true? Very rarely. When you hear someone claim a world record and you doubt their authenticity, simply ask them to show you their Official World Record Plaque issued to bonafide world record setters by the IAAF. Chances are they do not have such a plaque.

The IAAF began issuing plaques and verifying records in 1913 and in its latest edition of "Progressive World Record Lists" states, "The IAAF has always jealously guarded its award of the title of world record holder and meticulously checked the authenticity of claims". To be awarded a world record requires filing of many papers and the signing by all officials involved—starter, judges, timers, wind gauge operator, meet director, local AAU officials plus the athlete.

Statistics being the interesting thing it is, and facts being the verifying factor they are, and the IAAF being the authentic being it is, it is interesting to discern from this latest publication just exactly who were the most prolific official world record setters. In all of track history, only four athletes have ever set world records in four or more different events. Seven more athletes have set official WR in three different events. An interesting point which strikes one im-

mediately is that five of these eleven multiple event record setters are from Australia.

Who then are the top record setters of all time?

iii ciiiioi		
1-Fannie Blankers-	Koen (H	(lolland)
Seven events		
1—100 yards	10.8	1944
2—100 meters	11.5	1948
3-220 yards	24.2	1950
4—80m hurdles	11.0	1948
5—High Jump	5'71/4	1943
6—Long Jump	20'6	1943
7—Pentathlon	4692	1951
2-Chi Cheng (Repu	blic of	China)
Six events		
1-100 yards	10.0	1970
2—100 meters	11.0	1970
3—200 meters	22.4	1970
4-220 yards	22.6	1970
5—100m hurdles	12.8	1970
6-200m hurdles	26.2	1968
3-Betty Cuthbert (Australia	7)
Five events		
1—60 meters	7.2	1960
2-100 yards	10.4	1958
3—200 meters	23.2	1960
4-220 yards	23.2	1960
5—440 yards	53.3	1963
4-Marjorie Jackson-	Nelson (Australia
Four events		
1-100 yards	10.4	1952
2—100 meters	11.4	1952
3-200 meters	23.4	1952
4-220 yards	24.0	1954

The three-time record holders are: Judy Pollock (Australia) 440y, 52.4 (1965), 800m 2:01.0(1967), 880y 2:02.0 (1967); Pam Ryan (Australia) 80mH, 10.4(1964), 100mH 12.5(1972), 200mH 25.8(1969); Irena Szewinska (Poland) 100m, 11.1(1965), 200m, 22.5(1968), 400m 49.29(1967); Maria Itkina (USSR), 220y, 23.6(1956), 400m, 53.4(1962), 440y, 53.7(1959); Stanislawa Walasiewicz (Stella Walsh) (Poland), 60m, 7.3 (1933), 100m, 11.6(1937), 200m, 23.6 (1935); Gisela Mauermayer (Germany), SP, 47'21/2 (1934), DT, 158'6(1936), Pentathlon, 4391(1938); Marlene Willard (Australia), 100y, 10.3(1958), 220y, 23.4 (1958), 440y, 57.0(1957).

Rumania's Iolanda Balas registered the most world record breaking performances in a single event, breaking the record in the high jump 14 times. Other prolific world record setters in a single event include Russia's Faina Melnyk with new marks in the discus 11 times, USSR's Nadyezhda Chizhova with 9 marks in the shot, teammate Galina Zybina with 8 marks in the shot, GDR's Rosemarie Ackerman who set high jump records on seven occasions and the great Tamara Press (SU) with six times in the shot and six times in the discus. Other interesting facts: Itkina set the 400 record four times over a period of six years while Lyudmila Bragina got the 1500 mark on four occasions, three of these within a five day period.

QUAKER 100 (RUNNING IS FUN)

Early on a Sunday morning the sun wasn't shining over the Griffith Park hills and the air was a bit nippy. The brightness was seen though, in the thousands of colorful running shoes and warmth came from the body heat of the 3,760 runners and joggers taking part in the Quaker 100% Run over the 10k (6.2 miles course, in Griffith Park.

The run was well organized with many pre-registered and tables set up with age group signs for late registration. A press area helped the media to gain information on celebraty runners and to conduct interviews.

Terra Levin is the national run director for Qlakers 100% Run, program 1978. These running events will be held in seven major cities around the country this fall. Quaker is just one of the major companies getting into the physical fitness scene. As indicated by the number participating in this "Run" Americans are tired of being a nation of spectators.

They are getting off of their broading posterers and using their legs for what they were intended, walking, jogging, and running. I say "three cheers" to these companies who organize this good-for-you-"fun."

This writer participated in the "Run" along with another representative of Women's Track World," Linnie Bethany. We both received with awe the multitude of people lined up for the start of the race. Pushing our way through the middle of the pack we decided the hundreds of legs we were walking among, looked a little too fast for our first try at 6.2 miles, so proceeded to exit to a less run more jog look towards end of the park.

Everyone in our area was joking and laughing as we started out at a slow pace.

The course wound down to a lower part of the park. Spectators lined the route; one small child was heard to yell, "hi grandma" to a runner. We noticed many would be grandmothers among the participants.

Micki Gorman was an entry in the 100% Run easily winning the women's division. Micki fresh off a marathon, ran unattached. She has competed in 12 major runs so far this year. She is training at 90 to 80 miles a week. She toured the 10 kilometers in 35.35.04 with her quick aggressive stride.

Another entry in the race was Melissa McKee. A bright happy young women. Mellissa usually runs with her dog, leading the way, but today because of the thousands of entries she ran with a person. Melissa calls her Irish setter an athlete and the beautiful animal is that, as he runs with his friend everyday. Melissa is blind and she depends on her friend to help her with most of her mobility. As a guide dog he helps her to train and compete in races and road runs. Along with other blind people Melissa runs in a running club for the blind. They hope other people who are sightless will know the benefits of their group and the freedom it can give them.

by Sharon Hatfield

FOUR YEAR CHAMPION:

by Sharon Hatfield

Karen Beckler of Oregon set a new high school record in that State last Spring by winning the class double-A state championship for her fourth year in a row in both the 200-meters and 100 meters. She also anchored two State championship relay teams her freshman and sophomore years. This gives her a total of 10 gold medals in a four year span. Quite an accomplishment for this petite and quiet young lady from Central Linn High School in Halsey, Ore.

Karen feels that running added a lot of quality and interest for her education. She feels it broadened her total outlook and helped her as a naturally shy person be more outgoing. "I will always want to run, if not competitively, at least for my own welfare and enjoyment. I know I feel better when I follow a daily running routine."

Because all-year conditioning was very important to Karen, she ran on her school's cross country team for 4 years, as their no. one runner. As Karen continued to win, this prompted other Oregon sprinters to follow her example. One of her coaches, Tinker Hatfield feels that her distance running in the fall helped make her mentally and physically tougher in the spring. "Karen was willing to do whatever it took to make her a champion, even the more gruelling crosscountry running, which sprinters are not too fond of," stated Coach Hatfield.

Karen is continuing her education at George Fox College in Oregon. She plans to run with their team this Spring and get into an indoor meet or two. While several large colleges were interested in her, she felt the smaller school would be more to her liking. She says she is finding

this true.

"Sometimes running was scary and I had to overcome some of those fears, but I was always happy I faced the challenge, win or lose. I also am very thankful for the people I had a chance to meet over the years because of track and field."

It is gratifying to hear of how rewarding a sport can be to a young high school athlete and the values they can receive from it for a lifetime.



KAREN BECKLER

GAEL MULHALL (shot and discus)

TAIWAN INTERNTIONAL FRIENDSHIP MEET

Taiwan, Republic of China, September 1 and 3:—The Republic of China staged its first-ever top flight International meets at Taipei on the evening of September 1 and at Kaohsiung on the afternoon of September 3. Twelve nations were represented in the men's and women's competition and both meets saw complete sellouts of the stadia.

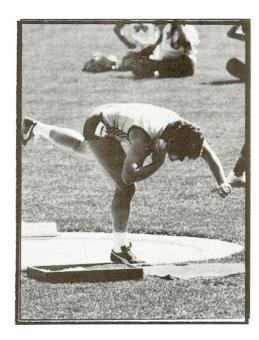
Chief medal winner of the festivities was the USA's Patty Van Wolvelaere vho picked up three golds in the first meet and added two more in the second. Good performances were registered by Australia's Gael Mulhall in the shot and discus, Canada's Debbie Brill in the high jump and West Germany's Brigitte Koczelnik in the 400 and 800. Biggest crowd pleaser was the USA's Debbie Heald who opened both meets with exciting victories in the 1500, scoring over Ireland's Vera Duffy on both occasions. Heald also picked up another gold in the 800 at Taipei and a silver in the same event at Kaohsiung.

Unknown to the medal winners until ready to depart for their respective countries was the fact that the medals awarded were solid bronze and covered with real gold and silver, no small item considering the medals were 3" in diameter and weighed a goodly amount.

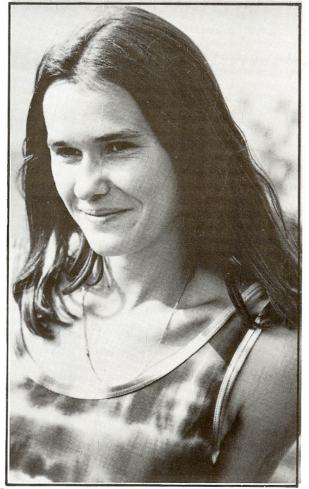
Taipei, September 1: 1500, 1—Debbie Heald (USA) 4:13.32, 2—Vera Duffy (Ireland) 4:28.35; 400, Brigitte Koczelnik (GFR) 55.34; 100/200/100H, Patty Van Wolvelaere (USA) 12.29/24.94/13.57; 800, 1—Heald (USA) 2:07.9, 2—Randi-Igjelton (Norway) 2:12.4; LJ, 1—Lin (ROC) 18'8½, 2—Lee (Korea) 18'8; SP/DT, Gael Mulhall (Australia) 54'8¼/182'2; JT, Chen (ROC) 146'7; HJ, Brill (Canada) 6'2¼.

Kaohsiung, September 3: 1500, 1—Heald 4:23.38, 2—Duffy 4:34.30; 800, Koczelnik 2:07.2, 2—Heald 2:13.19; 400, 1—Lai Lin (ROC) 56.38 (Igjelton injured); 100/100H, Van Wolvelaere 12.42/14.18; SP/DT, Mulhall 54′ 5½/179′3; HJ, Brill 6′2; LJ, Ling (ROC) 18′9½.









Canada's DEBBIE BRILL (high jump)

BRENDA WEBB WINS BINKS RUN

Lyndon, Kentucky, September 3:—University of Tennessee's Brenda Webb took top honors in the Third Annual Joe Binks Memorial Cross Country Run, easily winning the 5000 meter in 17:54. Apollo HS's Kathleen Buemel won the HS 3000m run in 10:09. The course was designed with barriers to jump and other

European tidbits in honor of Mr. Binks who was the manager and trainer for Jack Lovelock of New Zealand.

Women (5000m): 1—Brenda Webb (Tn) 17:54, 2—Karen MacHarg (Bryan TC) 18:24, 3—Mary Witt (U Ky) 18:32, 4—Alanna McCarty (Morehead State Un) 18:51. Team scores:

1—University of Kentucky 100:13 (Places by totalled times), 2—Morehead State University 102:50, 3—Murray State University 104:19.

High School (3000m): 1—Kathleen Buemel (Apollo) 10:09, 2—Lori Linville (Davis County) 10:22, 3—Molly Dunn (DC) 10:28.

CUBA DOMINATES CARIBBEAN GAMES

Medellin, Colombia, July 15/20:—Cuba unveiled its power-packed stable of runners, jumpers and throwers to completely dominate the Central American and Caribbean Games of 1978. From Silvia Chivas' 11.17/23.01 double, through veteran Aurelia Penton's even better double of 50.56/2:01.38 to the throwing of veteran Carmen Romero (198'7 discus) and Maria Colon (208' javelin), the Cubans displayed great strength. Only in the long jump, high jump and pentathlon were they below world class.

Chivas, after an 11.17 100 heat, ran away from Jamaican Lilieth Hodges, the American collegiate and AAU champion, and then returned to annex the 200 by a full second. Penton, now 35-years, is running better than ever and won the 800 over Mexico's Charlotte Bradley,

back in the track wars after a year out for injuries.

100, 1—Silvia Chivas (Cu) 11.47 (11.17h), 2—Lilieth Hodges (Jam) 11.63 (11.48h), 3—Isabel Taylor (Cub) 11.75 (11.35h); 200, 1—Chivas 23.01, 2—Janice Bernard (Tri) 24.01; 400, 1—Aurelia Penton (Cub) 50.56, 2—Beatriz Castillo (Cub) 51.27, 3—Helen Blake (Jam) 53.40 (53.20h) . . . 5—Ruth Simpson (Jam); 800, 1—Penton 2:01.38, 2—Charlotte Bradley (Mex) 2:03.58, 3—Nury McKeen (Cub) 2:04.48, 4—Blake 2:09.37, 5—Ileana Hocking (PR) 2:09.65; 1500, 1—Bradley 4:30.78, 2—Hocking 4:35.88; 100H, 1—Grisel Machado (Cub) 13.31 (13.24h), 2—Marisela Peralta (DomRep) 14.23 (14.22h); 4x100, 1—

Cuba (Machado-Chivas-Carmen Valdez-Taylor) 44.37, 2-Jamaica (L. Hodges-Dorothy Scott-Maureen Gottshalk-Simpson) 44.41, 3—Trinidad 45.13; 4x400, 1-Cuba (Ana Guibert-Ana Quirot-Castillo-Penton) 3:31.34, 2-Jamaica 3:41.69, 3-Puerto Rico 3:46.58; HJ, Angela Carbonell (Cub) 1.75/5'9; LJ, 1-Shonel Ferguson (Bahamas) 6.41/21'01/2, 2-Ana Alexander (Cub) 6.25/20'6; SP, Hilda Ramirez (Cub) 17.00/55'91/4: DT. 1-Carmen Romero (Cub) 60.54/198'7. 2-Betancourt (Cub) 57.48/188'11; JT, 1-Maria Colon (Cub) 63.40/ 208'0, 2-Maroa Beltran (Cub) 54.86/ 180'0; Pentathlon, 1-Elida Aveille (Cub) 3636, 2-Alix Castillo (Ven) 3625. From Richard Ashenheim.

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JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401





The United States team of Juniors picked up some valuable experience but no victories during their three-meet tour of Europe this summer. The Americans lost twice to the Russians, 75-71 in Donyetsk and 76-57 in the same city five days later. They also trailed the British and West German teams in Luebeck, West Germany, on July 11 as the British finished two points behind the hosts 100 to 98 and the Yanks scoring 70.

The Soviets won the two dual meets with their usual field event strength, finishing 1-2 in the long jump, shot, discus and javelin the first time out and repeating the second meet with the exception of Debra Williams second spot in the javelin. At the West Germany affair, only Darlene Beckford won for the Americans, she scoring with a fine 2:06.0 over

800m.

Donyetsk, USSR, July 3/4: 100, Alice Brown (US) 11.80 . . . 4-Kelia Bolton 12.31; 200, 1-Natalya Bochina (SU) 23.83, 2—Freida Cobbs (US) 24.06, 3-Patricia Dunlap 24.84; 400, 1—Cobbs 54.72, 2—Arlise Emerson 55.43; 800, 1-Nina Shirokova (SU) 2:06.2, 2-Darlene Beckford 2:06.2, 3-Ann Regan 2:07.3; 1500, 1-Cheryl Williams 4:21.9 . . . 4—Tania Wells 4:27.2; 100H, 1-Candy Young 13.98, 2—Bentia Fitzgerald 14.29; 4x100, USA 44.72; 4x400, USA 3:36.6; HJ, 1-Coleen Rienstra 5'111/4, 2-Margaret Metcalf 5'10; LJ, 1-Lyudmilla Lavrinova (SU) 20'134, 3-Gwen Loud 19'63/4, 4-Pam Styles 19'4; SP, 1-Tatyana Shcherbanos 52'6 . . . 3-Eleanor Majors 46'11, 4-Elaine Sobansky 44'2; DT, 1-Yelena Kovalyeva 163'6 . . . 3-Christi Pyle 151'3, 4-Leslie Deniz 144'4; JT, 1-Irina Mironinkova 174'6 . . . 3-Jackie Nelson 158'1, 4-Debra Williams 152'9; Pent, 1-Lyudmilla Panasyenko 3967 . . . 3-Wendy Limbaugh 3566, 4-Roxanne Keating 3525.

Donyetsk, USSR, July 8/9: 100, Natalya Bochina 11.62, 2-Alice Brown 11.64, 3-Judy Washington 11.91; 200, 1-Bochina 25.06, 2-Patricia Dunlap 25.40, 3-Kelia Bolton 25.65; 400, 1-Marina Ivanova 53.94, 2-Gwen Gardner 54.24 . . . 4-Marian Franklin 55.08; 800, 1-Nina Shirokova 2:11.7, 2-Darlene Beckford 2:11.7 . . . 4-Ann Regan 2:12.5; 1500, 1-Cheryl Williams 4:20.9 . . . 4—Tania Wells 4:37.9; 100H, 1-Silva Oya 13.90, 2-Candy Young 13.91 . . . 4—Benita Fitzgerald 14.28; 4x400, 1-US (Brown-Loud-Cobbs-Bolton) 44.91; 4 x400, US (Emerson-Gardner-Franklin-Cobbs) 3:43.2; HJ, 1—Natalya Rodionova 6'0½, 2—Coleen Rienstra 6'0½, 3—Margaret Metcalf 5'10; LJ, 1—Lyudmilla Lavrinova 20'5¼ . . . 3—Gwen Loud 19'6½, 4—Pam Styles 19'1½; SP, 1—Tatyana Shcherbanos 53'3¾ . . . 3—Elaine Sobansky 45'2½, 4—Eleanor Majors 44'10½; DT, 1—Yelena Kovalyeva 167'4 . . . 3—Christi Pyle 145'8, 4—Leslie Deniz 144'4; JT, 1—Irina Mironenkova 167'8, 2—Debra Williams 166'8, 3—Jackie Nelson 160'9.

Luebeck, West Germany, July 11: 100, 1-Heather Hunte (GB) 11.60 . . . 4-DeAndra Carney 12.05, 5-Alice Brown 12.09; 200, 1-Kathleen Smallwood (GB) 23.30 . . . 3-Freida Cobbs 24.45 . . . 6-Patricia Dunlap 25.46; 400, 1-Janine McGregor (GB) 53.59 . . . 4—Gwen Gardner 54.95 . . . 6— Arlise Emerson 55.48; 800, 1-Darlene Beckford 2:06.0 . . . 6-Ann Regan 2:14.1; 1500, 1-Angela Mason (GB) 4:18.0 . . . 3—Cheryl Williams 4:22.9, 4—Tania Wells 4:27.0; 100H, 1-Wendy McDonnell (GB) 13.87, 2 -Candy Young 13.88, 3-Benita Fitzgerald 14.08; 4x100, 1-GB 45.03, 2-WG 45.60, 3—USA 47.22; 4x400, 1— GB 3:37.5, 2-USA 3.38.0 (Gardner-Edna Brown-Franklin-Cobbs); HJ, 1 —Birgit Dressel (WG) 5'111/4 . . . 5— Margaret Metcalf 5'7, 6-Coleen Rienstra 5'7; LJ, 1-Edith Oker (WG) 21' 0½ . . . 5—Gwen Loud 19'10½, 6— Roxanne Keating 19'11/4; SP, 1—Anke Peters (WG) 46'83/4, 2-Eleanor Majors 46'4 . . . 4-Eileen Sobansky 44' 113/4; DT, 1-Dagmar Galler (WG) 170'8 . . . 3—Christi Pyle 152'7 . . . 6—Leslie Deniz 144'3; JT, Heidi Repser (WG) 175'5 . . . 3-Jackie Nelson 158'1, 4-Debbie Williams 147'8.

Kaleidoscope

Who's Maxine Underwood? At age 12 she ran 11.2 for 100y and 24.2 for 220—and merely 55.1 for the 440. Living in the Boston area, Maxine is aiming for a 53 indoors and a 51 outdoor quarter this year. . . . Former WTW editor Steve Wennerstrom writes he is NOT the SID at the University of Tennessee. He is, however, the Assistant SID and Assistant women's track coach in Big Orange Country and issues a fair warning to all who covet the AIAW title that they will have to deal with UT. Former UT assistant, half-miler Lynn Smith, is now Lynn Higgins and living in

Georgia. . . . Another new bride is Barbara Ferrell, married to trackster Warren Edmonton and living in Australia.

Patty Van Wolvelaere stopped off in Hawaii on her way home from her Taiwan with the idea of investigating a coaching job there but methinks she will stay on the mainland. Anat Meiri of Israel, 16 years old, got a new Israeli record for the 1500 in Dusseldorf at 4:22.6 and then added the 3000 to her list with 9:33.3. The first-ever road race in Rockingham, North Carolina, suh, will be held October 21. Contact Rockingham CC, PO Box 86, 28379.... Canada's Patty Loverock has announced her retirement from the sport and will become a coach. Names I like Department returns with a couple of goodies: Fita Lovin, Rumania's 800 runner, Finnish hurdler Leena Spoof and the Bulgarian thrower Walkova who should be a trackster. Is one of the USA's best sprinters pregnant? Cheryl Bridges Flanagan resigned at Michigan State and the rumor is Pat Connolly has done likewise at UCLA. Women's track is on the upgrade at the University of South Dakota as the Lady Coyotes expect at least 17 to be on the 1979 squad including a possible for our Names

I Like Dept.—Trish Peep.

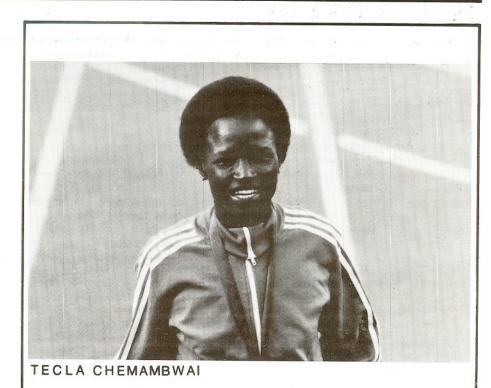
In an interview printed in BC Track and Field, Dr. Doug Clement made a couple of statements appropriate to our sport in any country. Said the good Doctor: "Maybe Canadians are not inclined to participate in events that demand such hard work. School sports seem inclined towards power event sports and that is another problem. The endurance athlete does not seem to have the activities in the school program that allow that person to shine. Endurance is not one of the leading qualities that initially stand out in a potential star of hockey, football or basketball. Not to slight field event performers, but we must be realistic and say they are the least competitive of the track and field events. Most of the third world countries do not have the facilities or coaching necessary to develop field athletes. A TV commentator made mention of one of the Kenyan high jumpers at the Commonwealth Games who had to practice in Kenya by landing on his feet because he had no pit. To work without a pit certainly discourages high jumping and more so pole vaulting. The same thing applies to swimming. Swimming is a farce when compared to track as a world competitive sport. Swimming is associated with a million dollar facility. You don't need such facilities for distance running, and so there are countless more good athletes world wide involved in running than there are in swimming."

AFRICAN CHAMPIONSHIPS

Lagos, Nigeria, July 20/24:-Hanna Afriye (Ghana) and Modupe Oshikoya (Nigeria) each won two events at the African Championships, but Tecla Chemambwai (Kenya) had the top performance with her 2:04.84 win over 800m. 100, 1-Hanna Afriye (Gha) 11.50, 2-Utifon Uko (Nig) 11.55; 200, 1-Afiye 23.01, 2-Kehminde Vaughan (Nig) 23.70; 400, Vaughan 53.86; 800, 1-Tecla Chemambwai (Ken) 2:04.84, 2-Sakina Boutamine (Alg) 2:05.64, 3-Celestine N'drin (Elf) 2:06.08, 4-Evelyne Adiru (Uga) 2:06.20; 1500, 1-Boutamine 4:16.43, 2-Anna Kiprop (Ken) 4:19.59; 100H, 1-Judy Bell-Gam (Nig) 13.67, 2-Ruth Kyalsima (Uga) 13.92, 3-Bella Bell-Gam (Nig) 13.99 . . . 5—Modupe Oshikoya (Nig) 14.76; HJ, Modupe Oshikoya (Nig) 5'934; LJ, Oshikoya 20'834, 2-Jeannette Yawson (Gha) 20'734; SP. Joyce Aciro (Uga) 47'534; DT, Fathia Jerbi (Tun) 152'9; JT, Eunice Nekesa (Ken) 169'3; Pen., Bella Bell-Gam (Nig) 3709; 4x100, 1-Nigeria 44.63, 2—Ghana 45.19; 4x400, 1— Ghana 3:35.55, 2-Kenya 3:39.27, 3-Uganda 3:39.94.

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RECORDS

GIRLS AND V	VOMEN'S TRA Compi	ACK & FIELD REC	CORDS								
ANN KARRICK, Mt. Sterling High School, Kentucky and NELL JACKSON, Michigan State University, Lansing Elementary, Junior High and High School Records											
Note: Updated Records were not received in time for publication. All individuals are encouraged to submit records.											
AIAW Championship Outdoor Records											
EVENT	DISTANCE	NAME AND CITY	YEAR								
100-yard dash	10.6	Rochelle Davis (Texas Woman's U	1973 niversity)								
100-meter dash	11.18	Leleith Hodges (Texas Woman's U	1978 niversity)								
220-yard dash	24.2	Pam Green (University of Northern Colorado	1973								
200-meter dash	22.91	Evelyn Ashford (UCLA)	1978								

COVER PHOTO: Diane Jones Konihowski
photo by Mike Bailey
page 10 Eunice Ashford photo by Karen Hillyer
page 24 Sonia Lannamann photo by Mike Bailey
page 28 Judith Peckham photo by Mike Bailey
page 30 Diane Jones Konihowski
photos by Tony Duffy
page 40 Gael Mulhall photos by Mike Bailey
page 40 Debbie Brill photo by Ralph Merlino
page 43 Tecla Chemambwai photo by Mike Bailey

440-yard dash	53.4	Debra Sapenter (Prairie View A&M University)	1974
400-meter dash	50.93	Rosalyn Bryant (Cal State, L.A.)	1978
880-yard run	2:05.97	Wendy Knudson (Colorado State University)	1975
1-mile run	4:40.58	Julie Brown (UCLA)	1975
3000-meter run	9:08.09	Kathy Mills (Penn. State University)	1978
2-mile run	10:11.20	Julie Brown (UCLA)	1975
3-mile run	15:04.1	Kathy Mills (Penn. State University)	1978
5000-meter run	15:35.52	Kathy Mills (Penn St. University)	1978
440-yard pursuit relay	46.5	Brown, Davis, Souza, Reid (Texas Woman's Univers	1974
400-meter relay	45.11	Hodges, Brown, Holmes, Simpson (Texas Woman's University	1978
880-yard medley relay (220-110-110-440)	1:39.4	Ashford, Oshikoya, Roberson, Weston (UCLA)	1977
800-meter medley relay (200-100-100-400)	1:44.96	Butler, Huggard, White, A'Harrah (UCLA)	1975
800-meter medley relay (100-100-200-400)	1:37.29	Rich, Milan, Mills, Bryant (Cal State, L.A.)	1978
1-mile relay	3:36.7	Ayars, Gainer, Day, Kelley (UCLA)	1977
1600-meter relay	3:34.92	Melrose, Kelley, Dudley, Jackson (Prairie View A&M)	1978
3200-meter relay (4x800)	8:33.51	Romesser, Antoniewicz, Costello, Weston (Cal State, Northridge)	1978
100-meter hurdles	13.14	Patty Van Wolvelaere (USC)	1978
400-meter hurdles	57.85	Debra Esser (Iowa State University)	1978
High jump	6′1½″	Louise Ritter (UCLA)	1977
Running long jump	21'6½" (6.56 cm)	Modupe Oshikoya (UCLA)	1978
Shot put	52'1/4"	Maren Seidler (Cal State, Hayward)	1972
Discus	188'5"	Jane Haist (UCLA)	1977
Javelin	198'1"	Kathy Schmidt (UCLA)	1975

1978 USA TOP TEN by Casey Ide

*=not US citizen

High Jun	1D
6'3	Louise Ritter (TWU)
6'2	Joni Huntley (CSLB)
× =	Debbie Brill (PCC)*
6'13/4	Paula Girven (U Md)
6'11/4	Pam Spencer (S Pac)
6'01/2	Maggie Corrigon (II We)
6'0	Maggie Garrison (U Wa)
0.0	Marilyn Dubbs (MerSt)
	Sherri Felton (Club NW)
	Colleen Wienstra (Un)
	Brigitte Bittner (U Tn)
7 7	
Long Jun	np
22'71/2	Jodi Anderson (LA Nat)
22′03⁄4	Kathy McMillan (TSU)
21'61/2	Modupe Oshikoya (UCLA
21′23⁄4	June Griffith (Adel)
21'0	Sherron Walker (Lake Int)
20′7	Debra Carson (ASU)
20'61/2	Cornelia Jackson (Fl HS)
20'5	Martha Watson (Lak Int)
20'434	Gwen Loud (LAM)
20'41/2	Roxanne Keating (Sun DSI
	Roxanne Keating (Sun DS) Lorraine Ray (U Fla)
	Sheila Pettit (PV)
Shot Put	
60′ 61/2	Maren Seidler (Stars)
53' 71/2	Kathy Devine (Emp St)
53′ 1	Jane Frederick (LA Nat)
52' 41/2	Ann Turbyne (Gilly's)
52' 01/2	Caryl Van Pelt (U Wa)
51' 91/2	Jennifer Smit (UTEP)*
51' 61/2	Emily Dole (CSLB)
51' 31/2	Marcia Mecklenberg (S Pac
49'11	Mary Jacobson (OreTC)
49′ 1	Karen Marshall (CSN)
12 1	Karen Warshan (CSIV)
Discus TI	prow
182'6	Ria Stalman (UTEP)*
180′5	Lynne Winbigler (OreTC)
180'3	Lorna Griffin (S Pac)
100 5	Jane Haist (U Tn)*
174'0	Julie Hansen (S Pac)
171'0	Helene Connell (OC CC)
170'4	Betty Bogers (UTEP)*
170'0	Lisa Vogelsang (Macc)
164'9	Lisa Vogelsang (Macc) Monette Branson (LA Nat)
164'3	Karen Marshall (CSN)
107.7	Natell Walshall (Colv)
Javelin Tl	traw
207'11	
108' 5	Sherry Calver Int)
198′ 5	Kate Schmidt (PCC)
196′-3 186′-8	Karin Smith (Un)
180 8	Celeste Wilkinson (ASU)
181′ 5	Lynn Cannon (M Lions)
17'9 7	Cathy Sulinski (CSHay)
175′ 1	Osa Westman (Macc)
169'10	Donna Dietrich (CSSD)
	Barbara Whitfield (Un)
167′4	Kari Camarigg (L Int)

CASEY'S CORNER

Apologies to all the athletes from the State of Iowa who were listed as competing for Idaho in our 1977 list. It seems our typists have not learned the twoletter abbreviations assigned to the 50 states by the postal department, and thought my "la St" stood for Idaho State. For future reference—I never use more than two letters in abbreviating the name of a state, nor do I ever use those two letters to mean anything else. For example, WV is always West Virginia, (West Valley is WVy), SD is South Dakota, (San Diego is SDgo). And I never use two capital letters unless abbreviating two words. La is Louisiana, LA is Los Angeles. That's the way I turn in the lists. If the typists change them, don't blame me!

It seems we moved Guyana half way 'round the world in our AIAW story in the Spring issue concerning June Griffith. In defense of Steve Wennerstromhe was writing the story very late at night and in the middle of this story he received a phone call confirming his new job in Tennessee. So he was understandably excited. I had a chance to interview June at the Commonwealth Games and assured her that Guyana is still in South America on our office map! (Note to those of you who were in Edmonton: June was listed in the program as Marcia Griffith and won the bronze medal for Guyana in the long jump.) More apologies to Susan Ray for letting

the official results of the AAU pentathlon, as received from the AAU Office, confuse our typists! It was Susie Ray of California who was 5th in the Junior pentathlon, not Lorraine Ray of Florida! Susie was just recovering from an injury that had sidelined her for most of the pentathlon season, but recently proved that she is fully recovered. At the meet with Japan's junior team on August 17, Susie had personal bests in 4 of the 5 events—story elsewhere in this issue. Again apologies to all our "Juniors" whose AAU results were not received from Indiana in time to be included in our Summer issue. And finally, apologies to all those whose names were misspelled in the '77 list. There is no job as eyetiring and sleep-inducing as typing those lists, and while I make a fervent effort to spell Robbin Coleman and Carrman Rivers and a lot more names correctly, somehow they pick up or lose a letter when re-typed for the printer. Sorry!

Did any of you watch the recent Talented Teens contest on TV? I beamed with pride to see that California was represented by sprinter Stacy Granger. Some of you distance runners have competed with Karen MacHarg of Ohio. She and her husband Phil were in Edmonton, and I coaxed, cajoled and coerced Phil into taking on the colossal job of College Editor for this magazine. Final details have not yet been completed but it is highly possible we may have a college editor soon.

BOOK REVIEW

GOLDENGIRL

By Peter Lear

Published by Granada Publishing Limited in Mayflower books 1978.

1221 Avenue of the Americas, New York,

NY 10020, USA

She was trained for two years in a secret training camp in the Colorado mountains. Every physical and psychological need seen to by specialists.

The goal three gold medals in the 1980 Olympics at Moscow. The price . . . maybe everything.

She is Goldine Serefin, alias Goldengirl, nineteen years old, six feet two inches tall, 163 pounds, blonde hair and blue eyes. Trained to have a perfect personality, trained to possess the perfect body, honed and sharpened for three events: the 100m, the 200m and the

Her competition: Ursula Krull, record

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Peter Lear is the pseudonym of an accomplished novelist who after viewing his first Olympics in 1948 became an avid Track enthusiast.

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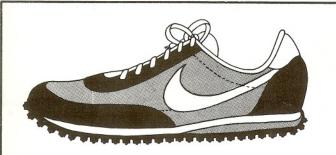
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PRE-CHAMPIONSHIP MEETS

Zurich, August 18: — 100, 1—Richter (GFR) 11.27, 2—Maslakova (SU) 11.35, 3—Chivas (Cuba) 11.41 . . . 5—Szewinska (Po) 11.44; 200, 1—Szewinska 22.86, 2—Kondratyeva (SU) 22.90, 3—Maslakova (SU) 23.13, 4—Ashford (USA) 23.36 . . . 6—Forde (Bar) 23.71; 1500, 1—Silai (Rum) 4:06.76, 2—Werthner (Can) 4:08.15, 3—Burki (Swi) 4:09.40, 4—Providochina (SU) 4:11.08 . . . 6—Penton (Cuba) 4:27.37; 100H, 1—G. Rabsztyn (Pol) 12.94, 2—Annisomova (SU) 12.99, 3—Langer (Pol) 13.32, 4—E. Rabsztyn (Pol) 13.35, 5—Roth (Isr) 13.73.

Berlin, August 18: 100, 1-Richter (GFR) 11.16, 2-Haglund (Swe) 11.25; 200, Ashford (USA) 23.41 . . . 3-Roth (Isr) 24.27, 4-Rieuwpassa (Indonesia) 24.82; 400, 1-Haggman (Fin) 51.29 . . . 4—Forde (Bar) 53.95; 1000, 1-Bruns (GDR) 2:32.0 (World record), 2-Kraus (GFR) 2:34.2, 3-Gendron (Can) 2:36.9; 100H, 1-G. Ransztyn (Pol) 12.76w, 2-Langer (Pol) 12.96w, 3-E. Rabsztyn (Pol) 13.14w, 4—Roth (Isr) 13.32w; 400H, 1-Kacperczyk (Pol) 55.44 (World record), 2-Weinstein (GFR) 57.55; HJ, 1—Brill (Can) 6'2½, 2—Meyfarth (GFR) 6'2½, 3—J. Kirst (GDR) 6'21/2; LJ, 1-Voigt (GDR) 21'4.



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HURDLE'S TOUCHDOWN

By Brett McFarlane, Ontario Provincial Hurdle Coach

(Reprinted from 'Athletica' of Canada)

Look to the future! Women of superior speed, flexibility and skill are moving into the hurdle events. In the next decade, we can expect the women's 100m hurdles times should break the 12 second barrier, while in the newly introduced women's 400m hurdles there is an unbelievable amount of room for improvement—down to an expected 52 seconds!

Speed in hurdling is the product of stride length and stride frequency, modified by the time lost in clearing the hurdles. With stride length set by the hurdle spacing in the short hurdle event, stride frequency is the number one prerequisite for the event. Add superb flexibility and hurdling ability (skill) to perfected sprinting and this event becomes faultless sprints with no room for mechanical errors.

There has been little technical change in hurdling other than individual differences. An analysis of the touchdown times (time of landing after clearing each hurdle) from Munich and Montreal reveals that only with a perfected and rehearsed take-off and an impeccable clearance can hurdle-to-hurdle times of 1.0 or 1.1 seconds (0.9 in exceptional cases)

be reproduced nine times in a race.

Premier hurdlers such as Johanna Klier and Grazyna Rabsztyn have touchdown times of 2.4 to 2.5 at hurdle one and maintain a consistent 1.0 to 1.1 between hurdles. The touchdown charts shown here are based on these performances. Individuals with superior speed will be able to produce hurdle to hurdle time of 0.9 to 1.0 secs. between hurdles 3 and 5 where maximum speed is reached, while under conditions of speed endurance they can hold and reproduce times of 1.0 to 1.1 through hurdles 6 to 10. The 12 second barrier for women will be broken in the coming years.

The women's 400m hurdle world record of 56.51 will drop to the low 50's when women of great speed, flexibility and skill attempt this event. A 2.0 to 3.0 second difference between the 400m flat and 400m hurdle time should be possible for appropriately trained women. We will also see women using a 14-15 stride pattern. The future? Unlimited.

TOUCHDOWN TIME CHARTS 100m Hurdles

Target	#1	#2	#3	#1	#5	#6	47	#8	#9	<i>±10</i>	r.,
11.8	7.50		4.1		5.9		7.9	8.9	9.9		Fin.
12.0								0.,		10.9	11.8
	2.3	3.3	4.2		6.0	7.0	8.0	9.0	10.0	11.1	12.0
12.3	2.3	3.3	4.2	5.1	6.1	7.1	8.1	9.1	10.2	11.3	12.3
12.8	2.4	3.4	4.4	5.4	6.4	7.4	8.4	9.5	10.6	11.7	12.8
13.2	2.4	3.4	4.4	5.5	6.6	7.7	8.8	9.9	11.0	12.1	13.2
13.8	2.5	3.5	4.6	5.7	6.8	7.9	9.1	10.2	11.4	12.6	13.8
14.0	2.5	3.5	4.6	5.7	6.9	8.1	9.3	10.4	11.6	12.8	14.0
14.3	2.5	3.6	4.7	5.9	7.1	8.3	9.5	10.7	11.9	13.1	14.3
14.8	2.6	3.8	4.9	6.0	7.2	8.4	9.6	10.9	12.2	13.5	14.8
15.0	2.6	3.8	4.9	6.1	7.3	8.5	9.7	11.0	12.3	13.6	15.0

400m Hurdles

Trgt #1	#2	#3 #4	#5	#6	#7	#8	#9	#10	In
52.0 - 6.1 -	10.3 - 1	4.5 - 18.5	8 - 23.1	27.5 -	32.0 -	36.7 -	41.4	46.3 -	5.7
54.0 - 6.3 -	10.7 - 1	5.1 - 19.0	5 - 24.1 -	28.7 -	33.4 -	38.2 -	43.2 -	48.2 -	5.8
56.0 - 6.5 -	11.1 - 1	5.7 - 20.3	3 - 25.0	29.8 -	34.7 -	39.7 -	44.9 -	50.1 -	5.9
58.0 - 6.7 -									
60.0 - 6.9 -	11.9 - 1	6.9 - 21.9	- 26.9	32.0 -	37.2 -	42.5 -	47.9 -	53.4 -	6.6
62.0 - 7.1 -									
64.0 - 7.3 -	12.6 - 1	7.9 - 23.3	3 - 28.7	34.2 -	39.8 -	45.4 -	51.1 -	57.0 -	7.0

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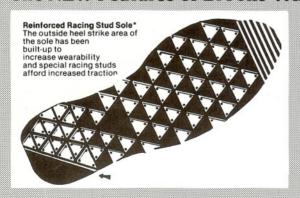


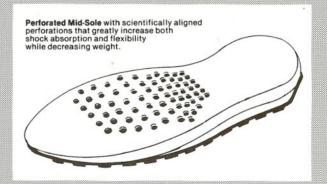
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Rearfoot impact	1	2	2	1	1	2	2	3	Rearfoot impact	1	2	3	2
Forefoot impact	1	2	2	2	2	2	2	2	Forefoot impact	1	1	2	2
Flexibility	2	3	1	2	2	4	2	2	Flexibility	2	3	2	3
Solewear	1	2	4	3	3	1	4	4	Solewear	1	1	2	3
Totals	5	9	9	8	8	9	10	11		5	7	9	10

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