

# WOMEN'S TRACK WORLD

FEBRUARY 1980

VOL. 11, NO. 6

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- The Waldniel Marathon
- All-Time World List
- 400m Weight Training

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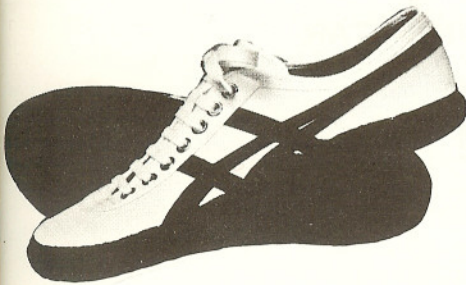
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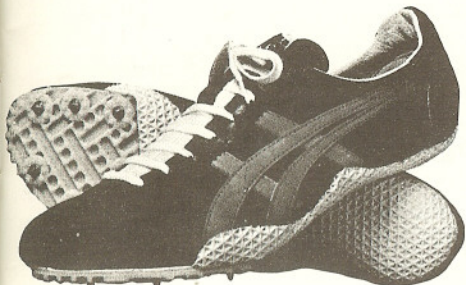


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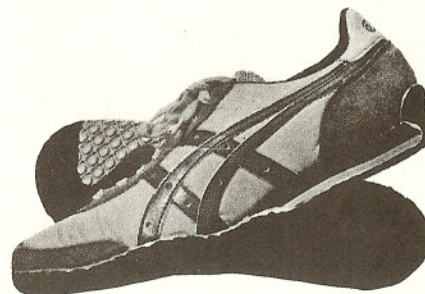


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# WOMEN'S TRACK WORLD

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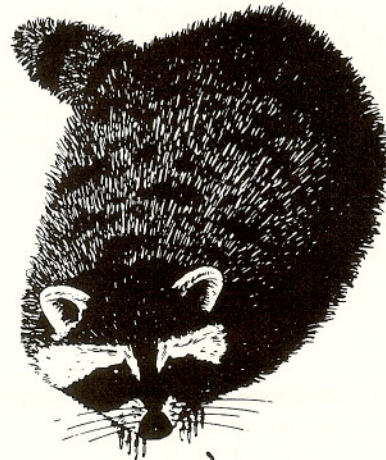
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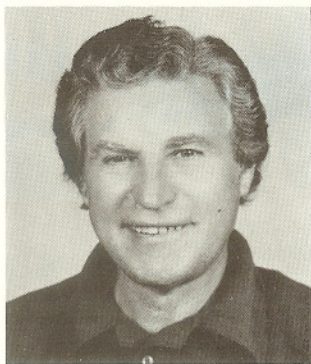


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## REEL OFF

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Vsevolod Sovva, chief of Olympic press information said, "The Olympics and a boycott are incompatible. Any such boycott and the Olympics would cease to exist. The Olympic charter excludes such discrimination or any connection between the games and political purposes." Soviet President Brezhnev said, "It is groundless trying to connect unconnected things." Sovva added that the American talk of a boycott is an "irritation" that will fade. "The doors of Moscow are open, and we are for the survival of the Olympics, not destruction. If someone else wants to destroy the Games, that's their business."

Do we go to Moscow? Do we boycott? Do we move to another site? Do we keep on training and working and getting ready? What will the decision be by those who control the world?

Recently a local TV station did an informal survey on the subject of boycott or not. Their result showed about an even split, slightly in favor of the boycott, but it brought to light an interesting point. They announced in their news release that practically 100% of those who expressed their opinion had done so in a most positive voice. Either an individual was all for the boycott or all against it. There was no in between. One night during this past week, Johnny Carson put the question to his studio audience. Again the "vote" was split down the middle.

There are, of course, grounds to support both views on this subject. Our sympathy, however, goes to the athletes who have worked and worked on the field and in the gym for these past four years only to have their future decided by someone who does not understand

sport at all. Not only will the individuals be "punished", the Olympic Games as we know them will cease to exist. Do you believe for one minute that if we and our supporters boycott the 1980 Games that the Russians and their supporter will not boycott the 1984 Games? This will be the end of the Olympics if a boycott is carried through.

On the other hand, do you remember a few years ago when the Russians, scheduled to compete in Los Angeles against the USA track teams withdrew only 10 days before the competition because of the "US involvement in Viet Nam"? Now, suddenly, the shoe is on the other horse or whatever.

We are amused by the statements of the International Olympic Committee and its president, Lord Killanan, who stated there is no place in sports for politics. These are the same people who just a month ago told the Republic of China it could not be in the Olympics unless it changed its name, its flag and its national anthem. Wonder which side of the bed these people get up on.

U.S. Secretary of State, Cyrus Vance, has stated a decision would be made "in February if Soviet troops are still in Afghanistan". Let us hope those who make this decision ask and receive some input from knowledgeable persons connected with sports.

When fully automatic timing came into being, it not only brought accuracy to the marks in sprint races, it also eliminated all the former great runners who were never "fully automatically timed". And so in our 1979 Indoor and Outdoor Lists we have included the runners of the past, adjusting their performances by +0.14 second to let you know who were the great ones in the past. Now, however, we will let them rest in peace and will confine our lists to only fully automatic timing for all events up to and including 400 meters. We hate to drop such people as Iris Davis, Wyomia Tyus, Iris Davis and the others who made the sport so interesting in their day, but progress is always with us and so we move on with a last lingering look at the past great ones.

WVW

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## LETTERS

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Editor:

The best part of your magazine is the "Kaleidoscope". I turn to it first of all and then go to the rest of the magazine. I enjoy the articles which are "different" such as the Debbie Brill story and the Howard sisters. The technical articles are very good but the "different" articles spice up the magazine. Thanks for printing this book for us.

Kathy Bleigh  
Bethel, North Carolina

Editor:

Your coverage of the World Cup (October 1978) was by far the best of any publication I have seen. Not only were the events covered in depth, but to compare the women's coverage with other newspapers and magazines is not possible. Had it not been for Ashford, the women's part of the program would have been merely a score announced. This goes along with the usual coverage of international competitions by TV and the written media — unless an American is participating and wins, the US public usually hears little or nothing about it. Keep up the good work.

James Davis  
Saskatchewan, Canada

To the Editor:

I liked Donna Fromme's series of articles on her experiences at the Olympic Training Camp. I am a runner in our junior high school and some day hope to qualify for a session at our Olympic Camp and hopefully to represent our country in international competition. Donna's report of the day to day activities outside of the required sessions was most enjoyable and her remarks about the instructors was amusing. The other girls on our cross country team want to wish her a speedy recovery from her cancer operations and we send our admiration for her determination.

Allsion James  
Toledo, Ohio

# KALEIDOSCOPE

What well known track coach is giving up coaching to become a Hollywood producer? . . . University of Tennessee will open its 1980 outdoor season in Southern California on March 23 against USC and Cal State Long Beach. Tennessee is loaded — but so is USC for a change . . . On the subject of steroids, "Athletics Weekly" editor, Mel Watman says: "Anabolic steroids may not be the only drugs being taken by athletes, but it is at least heartening that those who make use of them run an ever-increasing risk of being detected and kicked out of international competition. I understand from medical sources that the IAAF's officially credited laboratories are now in a position to detect the presence of steroids even after a two-month period from the time they were last taken. The next step in the fight to eradicate the steroid menace is for some form of testing during the non-competitive period. The sport's credibility as a healthy recreation has been severely undermined in recent years and it is vital for the sport's future, not to mention the physical well-being of participants, that any measures to deter drug taking be officially endorsed."

**Names I Like Department:** Maria Large, Connie Kidder and Lou Lemmons . . . The Tinsley family dominated the running of the Third Annual Joe Steele Rocket City Marathon when Louise turned in the fastest overall time by a female, Harold and Louise won the father-daughter competition and Debbie and Louise won the mother-daughter category. The three, Harold, Louise and Debbie, also won the family championship . . . Tokyo televised 3½ hours live for their Tokyo Women's Marathon last November . . . **What's This? Department:** Cal State Northridge, AIAW champions the past two years and probable favorites for 1980, is rumored to be going into Division II of the AIAW within two years. Could it be the male department of their program is jealous?

BYU's Themis Zambrzycki has been busy south of the border during the summer. She won "best athlete" honors at the Orland Guaita Games in Santiago, Chile, by winning the long jump (6.05/19'10¼), shot put (13.86/45'5¼) and 100m hurdles (14.04) and placing second in the high jump (1.76/5'9¼). Themis came back at the South American Games in Bucharamangua, Colombia, to win the pentathlon (4217) and long jump (6.03/19'9½) and another runner-up shot effort (14.01/45'11½). This time she was named "Most Elegant" . . . They threw the discus at the indoor intra-squad meet in Knoxville and Rose Hauch tossed the implement 144'6½. Other good marks were 48'2½ in the shot by Hauch, a discus/shot double by Sue Thornton of 141'9/45'3¼, 7.8 and 6.9 for Benita Fitzgerald in the 60y hurdles and dash and a 56.8 romp of the quarter by Lisa Sherrill.

Marea Hartman and Frau Jutte of the IAAF Women's Committee, are working hard to get the approval of the Technical Committee for women's long distance running, to recognize records for the 5000 and 10,000 runs and the inclusion of the marathon in the 1983 World Championships. At last report, the Technical Committee will present this request to the IAAF Congress . . . There is the chance that fiberglass crossbars will be ruled out and metal bars only will be used. And in the not too distant future, we predict the height for the 100m hurdles will go up to three feet. It's inevitable for the simple fact that the top hurdlers, as has always been the case, are restricted and being held back because the space between the barriers prohibits all-out speed by the faster hurdlers . . . How would you like to make an official visit to Haji Abdullah bin Haji Mohamad? He's the senior vice president of the Asian AAA.

Next African Championships will be in Alexandria, Egypt, August 6/7 of 1981 . . . Dates for the European Champion-

ships in 1982, to be held at Athens, have been switched to September 12. Meet will last seven days . . . The Pacific Conference Games are set for January 31-February 1, 1981, in Christchurch, New Zealand . . . Speaking of New Zealand, oldtimers will recognize the name of Valerie Young who was fourth in the shot at the 1960 Olympic Games in Rome. She just won the NZ championships in the shot and discus recently, her 31st and 32nd national titles. She will soon be 42 . . . L'eggs/YWCA 10000m run for women only is set for Houston on March 1. Contact Houston YWCA, 3515 Allen Parkway, Houston, 77019 . . . The magazine "AAU" listed some results of 400m runs with a comment I have never heard before. Magazine stated the marks of Tony Darden and Kim Whitehead in the 400 and 400 hurdles were disallowed for record purposes because they were "wind-aided". How can a 400 be wind-aided?

University of Oregon gets into the news by announcing the enrollment of Joslyn West, a 55.79 400m runner from San Jose CC. Another frosh is Cathy Hill, 5'9 high jumper. Joni Martin, 6'4, has dropped off the basketball team to concentrate on track and Ellen Schmidt will redshirt for 1980. Cheri Williams may do likewise . . . **Good News Department:** It's twins for high school editor Rich Ede and wife Gay. Peter Jason and Alison Dawn arrived two months early and both weighed in at 3 pounds 12 ounces. The small ones are spending their first month or two in incubators . . . Simon Fraser University in Burnaby, Canada, is conducting a conference on "The Female Athlete" on March 21-23. Contact the University, Burnaby, BC, V5A 1S6. One of the speakers will be long-time friend Abigail Hoffman, former 800 runner . . . Distance ace Julie Brown is reluctantly resting her injured hamstring and will begin training

(continued on page 37)



## A Week at the USOC Training Center

By Donna Fromme

The final three days of the Camp were marred by two tragedies. First of all, the weatherman decided we had received all the sun we needed and proceeded to bless us with rain at unusual times each day, and secondly, my favorite candy bar disappeared from the candy machine. For some reason, this seemed to delight Arizona State Coach Sue Humphrey.

Thursday morning we were back on the track, this time for examples of different training programs by different coaches. Each session began with proper warmup, but each coach had his own way of beginning. For example, one began with a two mile easy run, then a recovery period and finally a three mile canter of alternately running a 220 and jogging a 220. That got everyone's heart rate rising and thumping.

This was followed by a session in the weight room where Lyle Knudson went through the weight training program used for his athletes at Utah State. It was a typical program used by most coaches, but he had one controversial exercise which came under question by some athletes and coaches. This was his belief in full squats for all track persons, not just for weight people. His theory is that the full range of motion also in this exercise must be used in training in order to get maximum strength.

In all of these coaching examples during Thursday's sessions, it became more and more evident that there are as many ways of obtaining top performances as there are coaches. And who is to

say which way is the right way? As an athlete, one must decide the course she wishes to follow, find a coach who teaches that course, and follow directions.

That night, a social was held for all the athletes with the promise of a live band. The band didn't show, but many teenagers (mostly boys), appeared for the record session. The more sophisticated young ladies of the camp were not too impressed with the tightly bunched groups of young males who seemed more interested in poking each other than in dancing. And so it was a very short time of attendance for most females at the social and it was back to Taco Bell again for the evening.

Friday, our final day of the camp, we were all up early as usual for breakfast and a short run. Later we went back to the park we had visited earlier in the week. This time, as we were running through the park, we were halted by a cry of distress and all had to run in place while one of our number made a pit stop at the ladies room, much to the delight of the park crew busy cropping trees. Then it was back to the track for more running tips.

After lunch, everyone met for a final session to discuss any questions which might have arisen over the week. We also received the scores of the tests we took at the start of the camp and these were compared with scores made by nationally ranked athletes who had previously been at one of the camps here in the Training Center. Our scores were also evaluated to

determine if we were or were not in the event best suited to us. The strengths and weaknesses of the test scores were pointed out and suggestions made by the camp coaching staff.

Saturday provided the most exciting part of the entire week. Although the camp itself was well oriented and conducted, we were left to shift for ourselves in finding transportation to the airport for our trip home. Two problems became evident. One: finding a bus going in your direction, and two: finding space on the bus. The campus was filled with females standing outside their dorms, bags at the ready, yelling at each passing bus and car. Later, the main office did send busses, but it was difficult knowing which vehicle to board as the judo team was departing at the same time — but for its daily workout and not the airport.

Finally, I managed to secure space in a station wagon and got to the airport, but in all of the excitement, confusion and doubt entailed, I forgot to say goodbye to my roommate, Lisa Plummer, and my real pal of the week, my Beautyrest mattress. So here's goodbye to Lisa and Beauty.

Overall, the week was a great experience. The camp was well organized, well run and well received. I recommend your attendance if you make the qualifying marks to be invited. It is what the United States needs in its endeavor to match the performances of the rest of the world in women's track and field.

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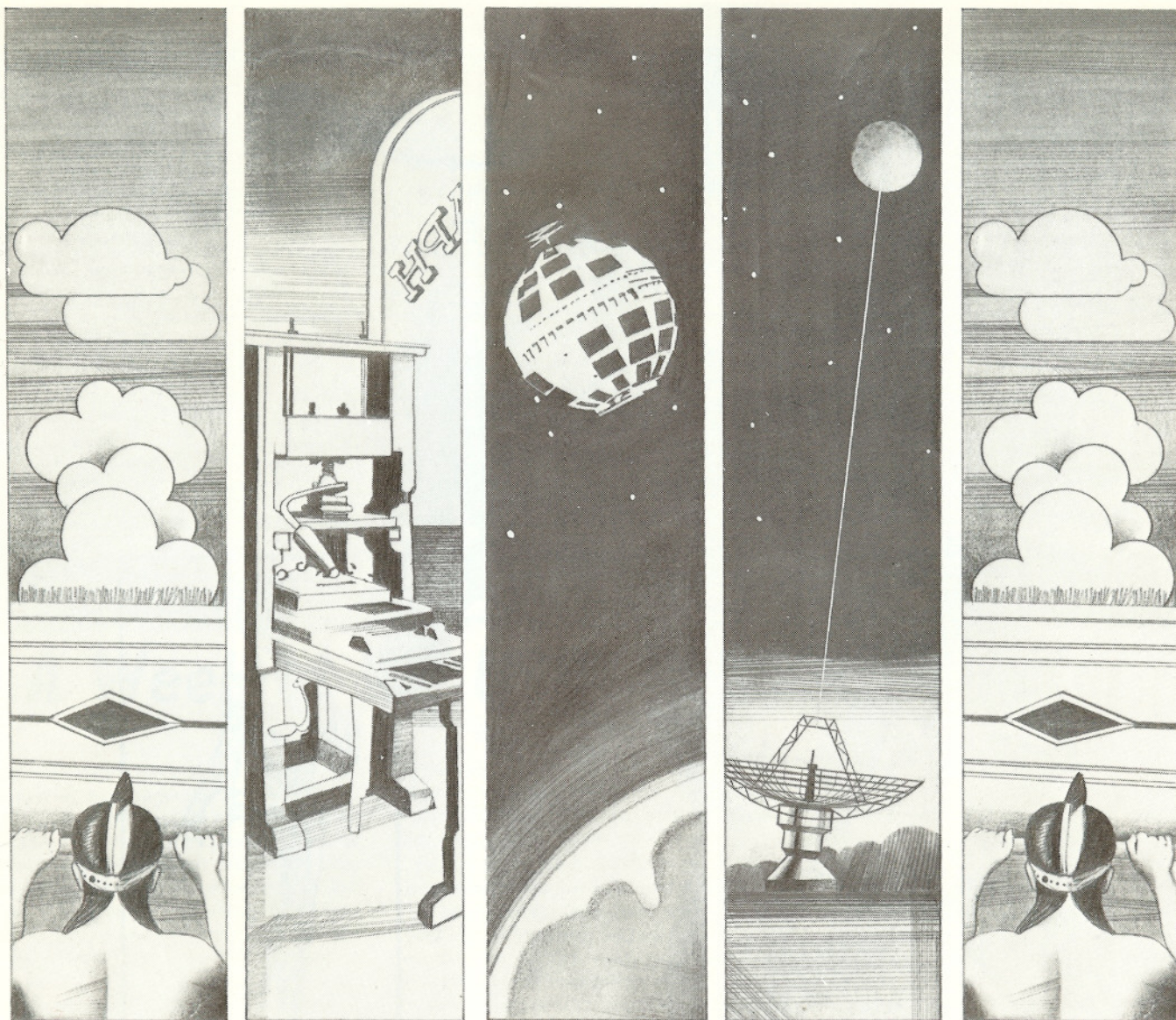
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# THE WALDNIEL MARATHON

By Kate Hotchkiss

"This must be the place," says Heide Ellam. "Schulsto 26, Waldniel."

According to my housing instructions, this is where I am to stay during my first three days in Europe, September 20, 21, and 22, 1979. I gape at the building, which is situated just off the center of town. It is three stories, brick, with a very neat (like all the other German lawns) yard with flowers. I flash a questioning look at Heide. Her sparkling blue eyes and deep smile surprise me; she is obviously as excited as I! She grabs my bag, I my bulky, green back pack, and we march up the narrow stone pathway to the front door. Shortly after ringing the bell, I see vague shapes through the colored window. I wonder how many members there are in the Marliani family. Suddenly the door opens. An averaged height, very chunky woman with short black hair flings her arms out and squeals. I cannot understand what she is saying; however, her wide grin and eyes eliminate any uneasy feeling on my part. Two young, also round girls peer at me from around the living room corner. An older girl and two boys shake my hand.

"I am Achim!" says a tall and thin blond.

"Achim eldest!" bubbles Mrs. Marliani, reading from a German-English dictionary.

"My name is Ulrike," says the large and blond girl.

"She 19! Close you, no?"

I nod in agreement, grinning like everyone else.

"Me Wolfhem," says the smaller boy with dark hair very shyly.

"Angela; Birgit!" calls Mrs. Marliani.

The two girls run from the living room, giggle, and cling to their mother's dress and legs.

"My youngest," Mrs. Marliani states proudly.

Heide talks briefly with Mrs. Marliani. I assume she is introducing herself and me further. I barely have time to thank her (I completely forget to give her some Vermont honey) before she skips out the door and drives down the road. For a moment I feel quite abandoned. This is it. I'm in Waldniel with a German family. If I don't get along? Well, I don't get along. Then I notice the children's bright-eyed, grinning faces. I think I'll be okay.

After my house tour, I rejoin Mrs. Marliani in the kitchen. She is holding two pocket dictionaries. One she hands to me.

"D-Danke!" I stutter with my first German word.

"You?" she points at me. "Wish train?"

Train? I didn't take a train. I took Air-New England from Burlington, Vermont to Boston, a DC-10 from Boston to Frankfurt, and a Boeing-727 to Koln. Oh *train*. Running! I finally understand. I look at the rain outside and I think of my jet-

lagged body. "No, I train tomorrow."

She quickly turns to the end of the book and nods her head in agreement.

After meeting Mr. Marliani (a big man with graying hair who is very friendly, although shy with his "English") I tour the running course and eat dinner. Then Achim walks me to the local hotel on his way to work. Some of the other runners are staying here, and at first I hesitate to enter, worried about what they'll think of me. Martha Cooksey, last year's winner comes out.

"Hi! Are you a runner?" she asks.

"Y- Yes. My name is Kate Hotchkiss, from Vermont."

"Nice to meet you. You should go inside and talk to some of the other runners. They are mostly Americans."

I heave open the wooden door and peer in. Miki Gorman, my idol since I began running four years ago, greets me.

"Hello," she says shyly. "Come on inside and join us. You are from Vermont I hear —"

I follow her and her husband, Mike, into a side room lined with bare wooden tables. It is dimly lit, just showing dark stained walls and floors. Five women and one man are seated at the only table in use.

"Ah, Mike and Miki! Greetings!" acknowledges the man gayly while holding up a half-drunk beer. Kim Merritt, Gayle Barron, Katherine Switzer, Joan Ulyot, and one other wave or smile in greeting. Mike introduces me.

"From Vermont, eh?" jokes Joan. "You'll fly on the German lands then — not a slope on the course."

"I hope so!" I reply laughing.

As we seat ourselves, a plump, middle-aged woman appears with plates of meat and potatoes.

"Would you like dinner?" the man asks. "Better order now or you'll never see her again, right Mabel?" He winks at the waitress.

"No thanks." I answer.

"We'll have a couple beers if you don't mind," Mike suggests.

"Make it another round!" the man orders, so the waitress clears the load of empty bottles and returns with nine Heinekeins.

For an hour we talk the typical runners' talk, so training techniques, diet, and gossip dominate the conversation topics. It is eight o'clock. I am not at all tired, but I should be, so I excuse myself. The Marlianis are surprised but understand when I go right to bed. Without a thought, I am out, not to awaken until 12 hours later.

## THE WALDNIEL MARATHON (continued)

This Friday morning I have breakfast and explain my plans to Mrs. Marliani. The marathon committee had organized a tour to Venlo, Holland, to fill up a little time before the big race. We are to meet at the town church at nine o'clock. There, almost all the runners are milling around, taking pictures, talking and observing each other. A small woman approaches me.

"You must be Kate Hotchkiss, the 18 year-old from Vermont."

"Yes!" I am surprised someone knows me.

"I called you last Friday, at work, to confirm your entry."

"Ah yes. Thank you." I had long since forgotten about my work. It seems like a year, not a week since I was waitressing/cooking at the *Crown and Anchor* restaurant.

"Have you a good stay thus far?"

"Great. I'm right up the street. The Marlianis are SO nice, but it is hard to communicate since I know no German, and they know very little English."

"Sounds quite challenging, but fun!"

We both chuckle, then separate and mingle with the other runners. To my relief I find another 18 and a 19 year-old, the only other "youngsters" in the race. Miki is also present, holding Mike's hand and pointing to the mounds of fruit from an outside market.

"We're ready to go!" I hear someone yell. I find a seat on the bus.

After a ride through the flat fields and orchards of Germany and Holland, we arrive in the small but busy town of Venlo. I hit the pastry and cheese shops with the others for an hour, then head back to the bus. There I sleep away the remaining hour.

All too soon, I feel the runners boarding the bus; still tired though, I doze on the way home. I hear bits of conversation each time I awaken from the excited runners around me.

"And where are you from Dora? California? Oh, indeed!"

"Nervous? So am I. This is my first marathon and there are so many hotshots. I've trained hard though — three 100-mile weeks, with five over-20-mile runs. But, I just don't know how I'll feel tomorrow."

"This trip has thus far fulfilled my fantasy of what I thought it would be. There I was, sitting in a Holland cafe, talking with women from eight different countries! I was so tickled! My word, what an experience!"

"I am dreading tomorrow."

"Shame! Don't say that."

"But, I am —"

"Should I eat this pastry? It has milk in it. I think."

"No, you had better not. Give it to me!"

The rest of the day passes quickly. I jog the course (it is long), take a bath and eat some fruit. (I discovered a bunch of grapes, peaches, apples, a bunch of bananas, chocolate, frits, and orange juice in a large basket in my room when I arrived. No doubt the work and thought of Mrs. Marliani.) We attend the reception and elegant buffet dinner. We then receive our numbers, along with a makeup kit from our Avon sponsor, a book on the better-known marathons, a T-shirt, poster, two key chains, and a race booklet. I glance at the list of runners, which I assume are in order of best times first. K. Merritt, USA, 1; G. Olinek, Canada, 2; J. Hansen, USA, 3; . . . K. Hotchkiss, USA, 97. I'm 97th out of 244 entrants and the 39th American which is a surprise! For a top competition marathon such as this I thought I'd be listed further towards the end. Mrs. Marliani strolls up behind me.

"You tired. Home bed?"

I should be tired, but all this activity has psyched me up. I nod my head. I've got a heck of a day tomorrow, so I'll just make myself sleep.

Hmmm, four a.m. Four hours sleep? Not enough. I roll over and close my eyes. Instead of darkness, however, I see a mass of women lining up at the start. I'm somewhere in the middle, just behind Miki. We surge ahead. Suddenly I see the finish line. Two hours, 26 minutes, the clock reads, and there are Mom, Pat, and the Marlianis screaming as I finish. Boy that'd be nice — a world record! Under 3:10 is a better goal though. I hope I don't get mixed up by the kilometer markings. I am used to miles. Should I set a place goal? Top hundred I hope. Fifty maybe? Thirty would be fantastic — but logically, considering the competition — impossible. I'll just have to play it by ear.

I lay in bed. Each half hour the church bell chimes, and unfortunately I hear four of these before giving up trying to sleep. Maybe I'll eat now. Good idea, then I should digest it by 2:30, race time. I wish that Mrs. Marliani would get up so she could see me eat however. Otherwise I'll have to refuse breakfast which she'd think odd.

After waiting 15 more minutes, I finally give in, slide on my sweats, use the bathroom, and go to the kitchen. Fruit, chocolate, and Swiss Miss hot cocoa seems like a reasonable pre-marathon

meal. Somehow I extend this breakfast until 7:30 when I hear heavy footsteps. Mrs. Marliani must be coming down the stairs.

"Guten Nacht!! (Good Night)", I say sheepishly.

She grins at my German, "Good Morning! Breakfast? Egg?"

"Neit." I reply, "I have eaten. I want to try to sleep now."

Silence. I show her the chocolate bar wrappers and fruit remains. I point to myself and lay my head over as if I were sleeping. "Four a.m. I up."

"Ooooooooooh!! Nervous no?"

"Yeh."

"Sleep now?"

"Yeh."

So I crawl back into bed, still wide awake but determined to doze for at least four hours.

11:30. I should sleep more. I cannot though, so I take a quick bath, watch the Marlianis eat lunch, then head for the starting area with Ulrike and Mr. Marliani.

"Nervous?" Ulrike asks timidly.

"Yes. And excited."

His father grins, "You win, eh?"

"Well, top hundred maybe." I suggest.

"'tis good. You do well," he says with a big effort.

Although it is only 1:30, the starting area is filled with runners, spectators, loaded down newsmen, and leashed dogs and cats. Three ice cream trucks line the parking lot foreground; three ambulances line the side. From around one of the ice cream trucks, a pig-tailed girl streaks after a dark-haired boy. When he stops to giggle at a runner doing the "monkey stretch" (placing the hands on the heels and crouching up and down), the girl grabs one of his cones so hard it drops to the sidewalk. Just then an intense-looking tricycle rider, with his head bent below the handlebars, runs right over the cone, cheers, and zips on. Another runner is gesticulating to a friend and talking at a record pace. Still another pins the number "89" on her bright red, "Avon International Running" T-shirt. I see this shirt everywhere; on two runners massaging each others' legs, those jogging, to many stretching, and on a couple actually relaxing under a tree. I glance at my own shirt, well, at least I won't feel out of place! "Eis, Eis iu verkaufen." Everywhere people are eating, laughing, or running.

"I go in —" I say pointing to the gym-

nasium, where, judging by the stream of runners at the doors, there must be bathrooms.

"KATY!!!" screams the girl.

"PAAAAAT!!!" I also cry. "How are you?" I see Mom running across the street. "Oh Mom, you made it! Come meet some of the Marlianis —" The five of us join together. "This is Pat — 22 years — and I haven't seen her for over a year, and my mom, Jean."

"Hello, nice to meet you, Mr. — Mar-li-ani, is that right?" Mom asks. Ulrike nods and smiles. Mr. Marliani grins.

"Ulrike can speak English — Oh, I'd better go — Oh, so how are you Pat?" (Here I've only seen Pat one day in 14 months and in the excitement we barely acknowledge each other. Except for a new hair style, with waves, she looks just the same. We don't seem to have been separated at all.)

"Good," Pat replies. "But listen. Go ahead and stretch — or whatever — I'll see and can talk to you later."

Relieved to be by myself before the race, I dash into the gymnasium.

"I'm sooo nervous," says the woman in front of me waiting for a "toilette".

"Me too," I say to reassure her, even though I am more excited than scared. "Good luck!"

"Good luck!"

Once outside I jog around like the other confused runners. I spot Miki. "Hope you do well," I call.

"Oh," she squeals, looking up at me and clasping my hands. "You too!"

We both jog in different directions. I realize with pleasure that Miki is just as excited as I, not cool and confident like I would expect a top runner to be. I stop for a moment to touch my toes. A skinny little boy hands me a paper and pen. At my questioning look he turns red. "Autograph?" he asks. This time I turn red, but smile and oblige. Pretty soon I am surrounded by all-age children, each grasping their pen and program, waiting for a signature. Wishing that I had a shorter name and not so common native country, I sign them all.

I glance at someone's watch. It is 2:10 already. I've got to use the bathroom again.

2:20. I am near the start. Neither Mom or Pat are around. Who'll take my sweats?

"Mike! Mike!" calls Miki frantically just ahead of me.

I see him on the sidewalk so I point. "There he is."

"Oh thank you, Mike, my sweats — here."

I follow suit, explaining my situation.

"Sure I'll take your sweats! Good luck to you."

"Thanks," I say. "I'll need it."

"Funf minuten!" announces the head starter. "Five minutes!"

"Do you think I have time to use the bathroom?" asks a runner.

"No," another answers, "better not —"

"Drei minuten! . . . Three minutes!"

"I'm so nervous —" says one.

"Wish we'd get started."

"Eins minuten! . . . One minute!"

"Ooooooooooooooh!" I hear someone scream.

Am I about to run in Waldniel? In West Germany? In a 26-mile unofficial Olympic marathon for women? I must be out of my mind. I wonder if my high school coach, Bill Callahan, is thinking about me now. Probably not, for it is 5:30 a.m. in the States. Hope I do well. Haven't run this long a distance since April (in the Boston Marathon). This is certainly hard to be —

"Zehn . . . neun . . . acht . . ."

Oh hurry up.

". . . sech . . . funf . . ."

Can't stand this counting —

BANG!!

We surge ahead. To spectators we must look like 244 deer let out of a tightly enclosed area. No one says much, an excited squeal here, a "good luck" there. Just a mass of skinny legs and boney arms swinging forward up the street. After a two kilometer "introduction" loop, we pass through the finish line. We head down the street where spectators roar. "Bravo! Bravo!" above the clatter of running shoes. I crane my neck above the others; no sign of Pat, Mom, or the Marlianis. Oh well, I'll see them next time around.

Within six kilometers we are very spread out, so I begin to run freely. I figure I'm only doing about a 1:15 mile pace, but I can hear myself breathing at the effort. A tall, thin girl, with untied, shoulder-length hair, lopes along side of me. For about five minutes we pace each other.

I wonder if she speaks English. I've said "Good Luck" to many, only to receive blank looks. Maybe she'll say something —

Finally I give in. "Good Luck!"

"Oh!" she laughs. "You do speak

English. I thought you were American by your shoes." (Red, white, and blue Cetonics — great distance shoes, but ugly colors I admit.) "What kind of time are you aiming for?"

My first reaction is to say three hours, but thinking better of it I reply, "Well, I'm hoping for a 3:10."

"You're kidding? Me too. Maybe we can help each other."

"Sure, maybe. How long have you been running?"

I find, that at 20, this gal has run for 10 years. Her last marathon, however, was back in 1975 because injuries prevented her from any distance training. We run together another 10 minutes, but I find that I want to go faster. Deep down, I'd like to go for a sub-three-hour marathon. Then if I don't make it, I'll still have a much-improved time. (My only two previous marathons being 3:22 and 3:18.) As I increase my pace she says, "Good Luck! Don't go too fast in the beginning though."

"Thanks, I will adjust my goal as I tire." I reassure her.

By this time I've passed the brewery, a long row of German development houses, shaded backroads, farmland, and a few traffic intersections. It has been about 45 minutes. Up ahead I see the turn off towards the end of the loop. Running with an Argentine, we fly between the crowds. (I know more of the cheers are for her. U.S. runners are more common than Argentine runners, but they help out anyway.)

"Go Katy!" I hear. Mom and Pat, pressed against the gate separating the spectators, wave hysterically. I grin and press on. Within half a kilometer I see the Marlianis. "Auf Wiedersehen!" I joke. "Auf Wiedersehen!" they reply laughing.

During the second lap we thin out even more, my pace increases, and I find that I'm really feeling good. I am surprised to feel the "runner high" so early. I certainly hope it lasts. I'd hate to use it up, then hit the "wall" like so many men.

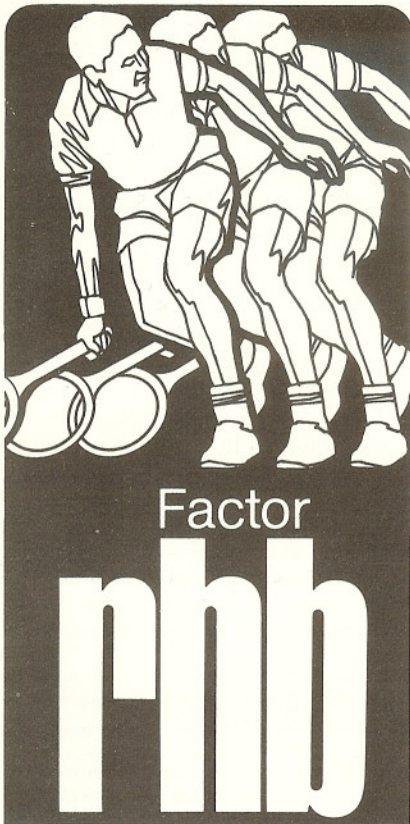
Third lap. My pace is faster and I'll have to keep it for a sub-three-hour marathon. At this point other runners are beginning to deteriorate physically so I slowly pass one after another.

"Looking strong!" yells Martha Cooksey who is riding a bike. (She isn't running due to a broken foot.) "Real strong."

"Looking good," Mike Gorman yells to me later on.

"Thanks!" I reply, now very encouraged.

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**THE WALDNIEL MARATHON** *(continued)*

One lap to go. Although my mind's still floating along in its high state, I am anxious to finish. Time pressures me; I know that I must push on every kilometer to get my best time for this day. As long as I work my hardest I'll be satisfied.

Seven kilometers to go. I still feel super. Surprisingly, I haven't a sore muscle in my body, but I can now feel my heart working. I go by the Marlianis again; I only smile to save my breath.

Five kilometers. I fly by the big house with the apple trees.

Two kilometers. The digital clock reads 2:52:47. I try to pick it up even more. I'm now down to a 6:30 mile pace, but I *must* keep pushing. So far, this last lap has been the fastest. As I press an older runner who probably has another lap to go, I whisper with effort, "Keep it going, you can do it!" That advice is for myself as well as for her.

One kilometer. I cannot stand the waiting! I push as hard as possible. My arms tighten a little and my head pounds, but I still feel strong. I'm around the corner, running completely alone, when I see the red and white finish banner crowded with spectators. To the delight of the onlookers and myself, I sprint as hard as possible. I can only look ahead, embarrassed by the spectators' enthusiasm. My face, I know, is distorted by a natural "endurance" grimace, but, inside I feel like I've personally set a major wrong, right; any pain is eliminated by that mental high. Three hours, one minute, 13 seconds the clock shows above me. The marathon is over.

**Waldniel, West Germany, September 22**

Should there be a 1984 Olympic Marathon for women? This question was posed again in Waldniel, the founding place of women's distance running during the Avon International Marathon.

Among the 267 entrants were U.S. favorites Kim Merritt, Jacqueline Hansen, Susan Krenn, and Miki Gorman. Elizabeth Hassall from Australia, I. Hokazono, Japan; Joyce Smith, Great Britain, and representatives from 22 other countries also ran the 42.2 kilometer (26.25 mile) course. Martha Cooksey, the 1978 International Marathon Champion and Best Female Runner of the Year in the United States, was unable to run due to a broken foot.

At 2:30 the race began. Over thirty individuals clocked under three hours, over half clocked personal records. Great

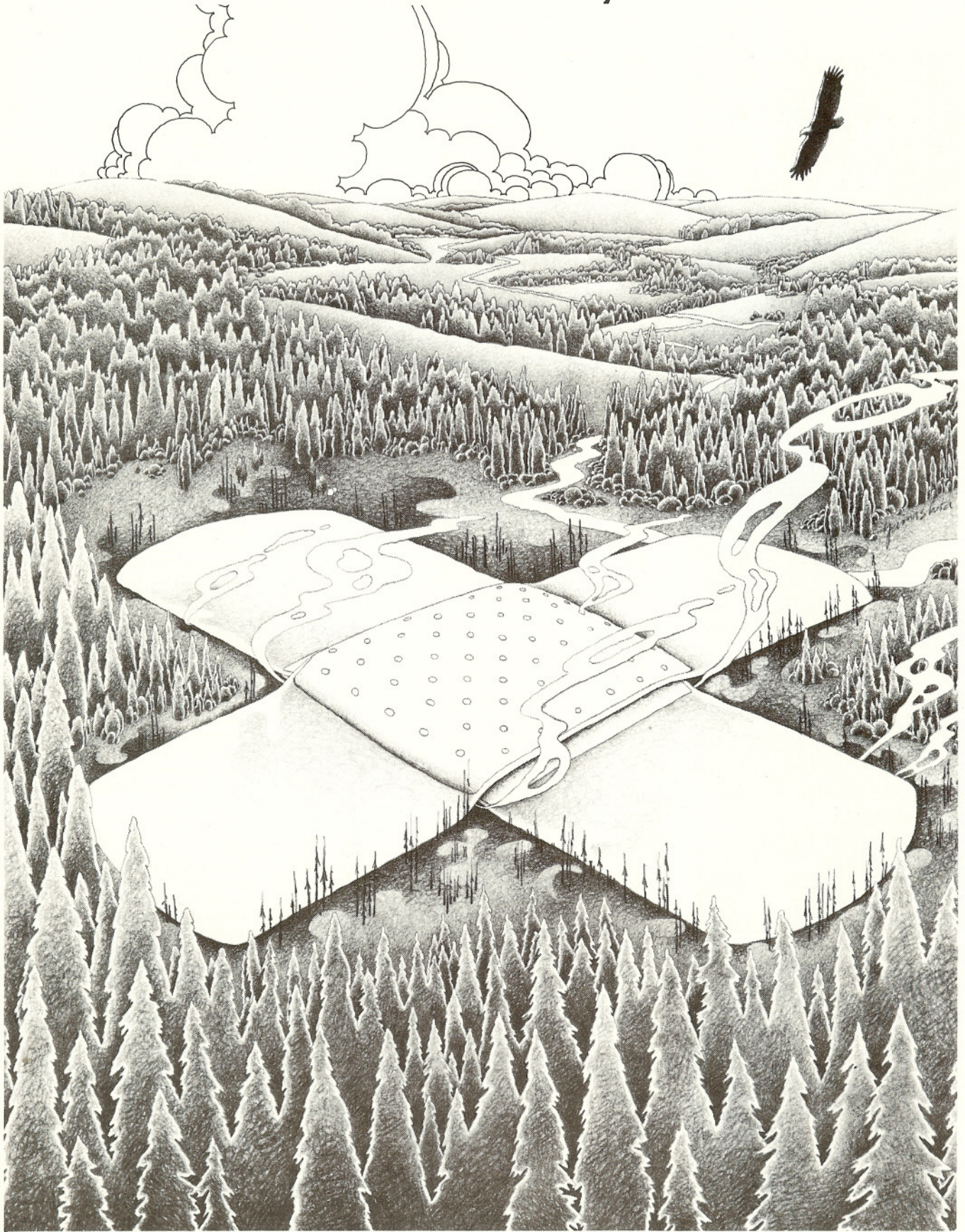
Britain's Joyce Smith won the event in 2:36:27. U.S. runner Kim Merritt placed second in 2:39:43.

The marathoner trains for long periods of time — at least eight weeks of 80 to 129 miles — *after* a broad base of running. The average female runner peaks after 10 years. Therefore outstanding athletes such as Joyce Smith (age 42) are often 35 to 45 years old. Smith's performance shows that age, especially in long-distance women's running, can be an advantage. Thus, since marathoning is a new sport for women (the first Boston Marathon was held in 1897, but it wasn't until 1972 that women could run officially) the thousands of young runners just entering the event can look forward to peaking at ages 20 to 30 years. Without taking the thrill away from the "average" runner who improves her own time, international competition will highlight these outstanding athletes and lower the marathon record even more. According to these women, a 1984 Olympic Marathon is in the running. **WTW**



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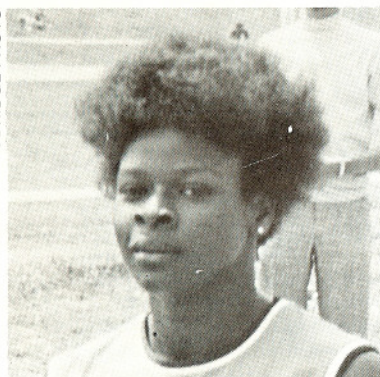
# All-Time World List

PROBST PHOTO



STECHER

GOODRIDGE PHOTO



DAVIS



LAMY

PROBST PHOTO



HELTEN

## 100 METERS

10.88	Marlies Gohr (DDR)	77	22.60	Brenda Morehead (USA)	78
10.97	Evelyn Ashford (USA)	79	22.61	Christina Brehmer (DDR)	79
11.01	Annegret Richter (Ger)	76	22.62	Lyudmila Maslakova (SU)	78
11.03	Monika Hamann (DDR)	77	22.63	Romy Schneider (DDR)	79
11.04	Inge Helten (Ger)	76	22.64	Carla Bodendorf (DDR)	76
11.07	Renate Stecher (DDR)	72	22.68	Inge Helten (Ger)	76
11.08	Wyomia Tyus (USA)	68	22.70	Kathy Smallwood (GB)	79
11.08	Brenda Morehead (USA)	76	22.72	Marina Sidorova (SU)	73
11.11	Barbara Ferrell (USA)	68	22.73	Ellen Strophal (DDR)	73
11.12	Silvia Chivas (Cuba)	77	22.73	Denise Robertson (Aus)	74
11.12	Marita Koch (DDR)	79	22.73	Liliana Ivanova (Bul)	79
11.13	Irena Szewinska (Pol)	74	22.74	Chantal Rega (Fra)	76
11.13	Chandra Cheeseborough (USA)	76	22.75	Donna Hartley (GB)	78
11.14	Leleith Hodges (Jam)	78	22.76	Monika Hamann (DDR)	78
11.15	Chantal Rega (Fra)	76	22.76	Beverly Goddard (GB)	79
11.16	Andrea Lynch (GB)	75	22.77	Chandra Cheeseborough (USA)	75
11.16	Lyudmila Kondratyeva (SU)	79	22.80	Ingrid Auerswald (DDR)	79
11.18	Claire Walsh (Ire)	78	22.80	Angela Taylor (Can)	79
11.18	Linda Haglund (Swe)	78	22.81	Pam Jiles (USA)	75
11.18	Christine Brehmer (DDR)	79	22.81	Sonia Lannaman (GB)	76
11.19	Raelene Boyle (Aus)	68	22.81	Margit Sinzel (DDR)	76
11.19	Mona-Lisa Pursiainen (Fin)	73	22.82	Linda Haglund (Swe)	79
11.19	Martina Blos (DDR)	76	22.84	Tatyana Anisimova (SU)	79
11.20	Angela Taylor (Can)	79	22.85	Silvia Chivas (Cuba)	77
11.21	Lyudmila Storoshkova (SU)	77	22.87	Barbara Ferrell (USA)	68
11.22	Carla Bodendorf (DDR)	76	22.88	Jennifer Lamy (Aus)	68
11.22	Romy Schneider (DDR)	76	22.88	Marion Bohmer (DDR)	79
11.22	Sonia Lannaman (GB)	77	22.89	Christina Heinich (DDR)	72
11.22	Beverly Goddard (GB)	79	22.89	Annegret Kroniger (Ger)	72
11.23	Lyudmila Maslakova (SU)	78	22.89	Barbel Lockhoff (DDR)	78
11.23	Lilyana Ivanova (Bul)	79	22.90	Alice Annum (Gha)	74
11.27	Iris Davis (USA)	72	22.94	Beatriz Allocco (Arg)	79
11.27	Kathy Smallwood (GB)	79	22.95	Margaret Bailes (USA)	68
11.28	Ingrid Auerswald (DDR)	79	22.96	Debra Armstrong (USA)	76
11.29	Margaret Bailes (USA)	68	22.96	Pirjo Haggman (Fin)	76
11.29	Ingrid Brestrich (DDR)	77	22.98	Tatyana Prorotschenko (SU)	76
11.30	Elfgard Schittenhelm (Ger)	72	23.01	Hannah Afriyie (Gha)	78
11.30	Heather Hunte (GB)	79	23.02	Nicole Montandon (Fra)	68
11.31	Pam Jiles (USA)	76	23.03	Patty Loverock (Can)	76
11.32	Sylviane Telliez (Fra)	76	23.03	Gwen Gardner (USA)	79
11.32	Rosie Allwood (Jam)	76			
11.32	Karen Hawkins (USA)	79			
11.33	Diane Burge (Aus)	68			
11.33	Annegret Kroniger (Ger)	76			
11.33	Helina Laihornne (Fin)	79			
11.34	Ivanka Walkova (Bul)	72			
11.34	Barbel Eckert (DDR)	76			
11.34	Patty Loverock (Can)	78			
11.35	Eva Dlugolecka (Pol)	77			
11.35	Sharon Coleyear (GB)	77			
11.35	Emma Sulter (Fra)	78			
11.35	Marjorie Bailey (Can)	78			
11.35	Isabel Taylor (Can)	78			

## 200 METERS

21.72	Marita Koch (DDR)	79	50.52	Irina Bagryanceva (SU)	79
21.83	Evelyn Ashford (USA)	79	50.56	Pirjo Haggman (Fin)	76
22.21	Irena Szewinska (Pol)	74	50.56	Aurelia Penton (Cuba)	78
22.33	Lyudmila Kondratyeva (SU)	79	50.62	Rosalyn Bryant (USA)	76
22.36	Marlies Gohr (DDR)	79	50.62	Karoline Kafer (Aut)	77
22.37	Barbel Eckert (DDR)	76	50.70	Gabrielle Kotte (DDR)	79
22.38	Renate Stecher (DDR)	73	50.74	Brigitte Kohn (DDR)	79
22.39	Mona-Lisa Pursiainen (Fin)	73	50.78	Gisela Anton (DDR)	76
22.39	Annegret Richter (Ger)	76	50.88	Rita Wilden (Ger)	74
22.45	Raelene Boyle (Aus)	72	50.90	Sheila Ingram (USA)	76



50.92	Margit Sinzel (DDR)	76	1:59.3	Waltraud Strotzer (DDR)	76
50.97	Marilyn Neufville (Jam)	70	1:59.3	Lyubov Ivanova (SU)	78
50.98	Yelica Pavlicic (Yug)	74	1:59.3	Aleksandra Bucharova (SU)	79
50.98	Marina Sidorova (SU)	77	1:59.4	Martina Kampfert (DDR)	78
51.01	Rita Kuhne (DDR)	76	1:59.4	Nina Morgunova (SU)	75
51.04	Lorna Forde (Bar)	78	1:59.4	Ursula Hook (Ger)	77
51.08	Monika Zehrt (DDR)	72	1:59.4	Christina Wildchek (Aut)	79
51.09	Jarmila Kratochvilova (Cze)	78	1:59.5	Elena Tarija (Rum)	78
51.09	Sheri Howard (USA)	79	1:59.5	Rommy Schmidt (DDR)	78
51.11	Patricia Jackson (USA)	78	1:59.5	Olga Dvirna (SU)	76

51.13	Tatyana Prorotschenko (SU)	78			
51.19	Nadyezhda Ilyina (SU)	76	1:59.5	Margit Klinger (Ger)	79
51.20	Mariana Suman (Rum)	74			
51.23	Debra Sapenter (USA)	76			
51.23	Barbara Krug (DDR)	77			
51.24	Angelika Handt (DDR)	74			
51.24	Jutta Morig (DDR)	76			
51.27	Mona-Lisa Pursiainen (Fin)	73			
51.27	Lyudmila Axyonova (SU)	76			
51.27	Beatriz Castillo (Cuba)	78			

**1500 METERS**

51.28	Donna Murray (GB)	75	3:56.0	Tatyana Kazankina (SU)	76
51.31	Sharon Dabney (USA)	78	3:57.4	Totka Petrova (Bul)	79
51.35	Maria Sidorova (SU)	79	3:58.4	Natalia Marasescu (Rum)	79
51.37	June Griffith (Guy)	79	3:58.5	Ilena Silai (Rum)	79
51.41	Nadyezhda Mushta (SU)	78	3:59.1	Giana Romanova (SU)	78
51.43	Natalia Sokolova (SU)	76	3:59.8	Raisa Katjukova (SU)	76
51.44	Bethanie Nail (Aus)	76	3:59.8	Maricica Puica (Rum)	79
51.44	Elena Tariza (Rum)	77	3:59.9	Ulrike Klapezynski (DDR)	76
51.45	Christina Marquardt (DDR)	78	4:00.0	Svetlana Ulmasova (SU)	79
51.47	Jarmila Kratochvilova (Cze)	79	4:00.2	Valentina Ilyinich (SU)	78
51.47	Donna Hartley (GB)	79	4:00.6	Grete Waitz (Nor)	79
51.47	Marina Makeyeva (SU)	79	4:00.8	Olga Dvirna (SU)	79
			4:01.3	Gabriella Dorio (Ita)	78
			4:01.4	Lyudmila Bragina (SU)	72
			4:01.4	Gunhild Hoffmeister (DDR)	76
			4:01.6	Brigitte Kraus (Ger)	78
			4:01.6	Christine Benning (GB)	79
			4:02.0	Svetlana Guskova (SU)	79
			4:02.0	Lyubov Smolka (SU)	79
			4:02.1	Lyudmila Kalnitskaya (SU)	78

**800 METERS**

1:55.0	Tatyana Kazankina (SU)	76	4:02.4	Nikolina Schtereva (Bul)	76
1:55.5	Nikolina Schtereva (Bul)	76	4:02.7	Jan Merrill (USA)	76
1:55.6	Elfi Zinn (DDR)	76	4:02.9	Paola Pigni (Ita)	72
1:55.8	Anita Weiss (DDR)	76	4:03.1	Gabriele Lehmann (DDR)	78
1:55.8	Tatyana Providokhina (SU)	78	4:03.5	Natalya Kuznyetsova (SU)	78
1:55.9	Nadyezhda Mushta (SU)	76	4:03.7	Raisa Belousova (SU)	79
1:56.0	Valentina Gerasimova (SU)	76	4:03.9	Soja Rigel (SU)	78
1:56.2	Totka Petrova (Bul)	79	4:03.9	Zamira Zaitseva (SU)	79
1:56.5	Svetlana Styrkina (SU)	76	4:04.1	Nadyezhda Mushta (SU)	78
1:56.6	Zoya Rigel (SU)	78	4:04.2	Karin Burneleit (DDR)	72
1:57.1	Ulrike Klapezynski (DDR)	76	4:04.3	Christine Stoll (DDR)	76
1:57.1	Olga Wachruscheva (Bul)	79	4:04.4	Fita Lovin (Rum)	79
1:57.2	Jekaterina Poryvkina (SU)	79	4:04.4	Christine Wartenberg (DDR)	79
1:57.3	Svyetla Koleva (Bul)	76	4:04.6	Cornelia Burki (Swi)	78
1:57.4	Ilena Silai (Rum)	77	4:04.7	Lyudmila Veselkova (SU)	78
1:57.4	Fita Lovin (Rum)	79	4:04.7	Vesela Jazinska (Pol)	78
1:57.5	Hildegard Ullrich (DDR)	78	4:04.8	Lyubov Ivanova (SU)	78
1:57.5	Lyudmila Veselkova (SU)	78	4:04.9	Sheila Carey (GB)	72
1:57.6	Christine Wartenberg (DDR)	79	4:05.0	Lilyana Tomova (Bul)	74
1:57.8	Maricia Puica (Rum)	79	4:05.0	Mary Decker (USA)	79
1:57.8	Olga Mineyeva (SU)	79	4:05.2	Ilya Keizer (Net)	72
1:57.9	Madeline Manning (USA)	76	4:05.3	Christina Liebetrau (DDR)	77
1:58.0	Sin Kim Dan (NK)	64	4:05.4	Samira Saizeva (SU)	79
1:58.0	Jolanta Januchta (Pol)	79	4:05.4	Laimute Baikauskaitė (SU)	79
1:58.1	Nina Rutschayeva (SU)	79	4:05.5	Raisa Smechnova (SU)	79
1:58.2	Lilyana Todorova (Bul)	74	4:05.8	Raisa Sadretdinova (SU)	78
1:58.2	Doris Gluth (DDR)	76	4:06.0	Nina Morgunova (SU)	75
1:58.4	Maria Enkina (SU)	79	4:06.0	Mary Stewart (GB)	78
1:58.5	Hildegard Falck (Ger)	71	4:06.0	Birgit Friedmann (Ger)	78
1:58.5	Nina Kovylinina (SU)	79	4:06.1	Sinikka Tyynela (Fin)	77
1:58.6	Mariana Suman (Rum)	77	4:06.1	Faina Krasnova (SU)	79
1:58.7	Gunhild Hoffmeister (DDR)	76			
1:58.7	Niolo Sabaitė (SU)	72			
1:58.7	Tamara Sorokina (SU)	76			
1:58.9	Christina Neumann (DDR)	76			
1:58.9	Vessala Jazinska (Bul)	79			
1:59.0	Charlene Rendina (Aus)	76			
1:59.0	Jozefina Cerchlanova (Cze)	76			
1:59.1	Christine Boxer (GB)	79			
1:59.3	Bettina Buse (DDR)	78			

PROBST PHOTO



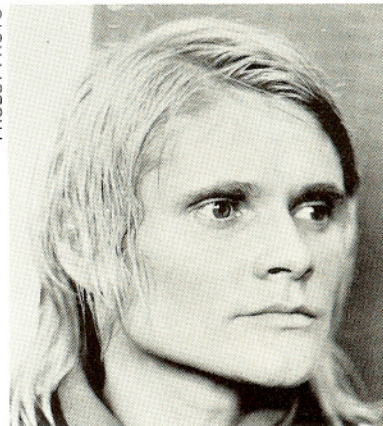
**WILDEN**

PROBST PHOTO

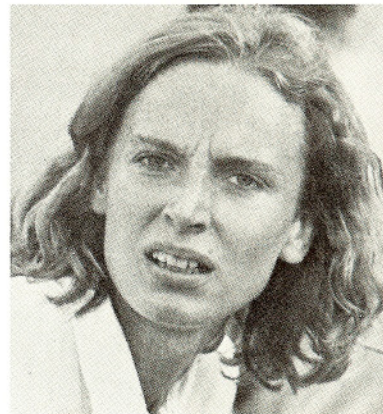


**ZEHRT**

PROBST PHOTO



**SUMAN**



**SALIN**

# WORLD ALL-TIME LIST (continued)

MEZAVILKS PHOTO



SABAITE



WEISS



KAZANKINA

PROBST PHOTO



FALCK

## ONE MILE

4:22.1	Natalia Maracescu (Rum)	79
4:23.5	Mary Decker (USA)	79
4:26.9	Grete Waitz (Nor)	78
4:27.6	Francie Larrieu (USA)	79
4:28.3	Jan Merrill (USA)	79
4:30.2	Loa Olafsson (Den)	78
4:30.2	Christine Boxer (GB)	79
4:30.5	Mary Purcell (Ire)	78
4:31.1	Debbie Heald (USA)	78
4:33.2	Janet Marlow (GB)	79
4:33.6	Gillian Dainty (GB)	79
4:34.3	Jo White (GB)	79
4:36.7	Ruth Smeeth (GB)	79
4:36.8	Maria Gommers (Hol)	69
4:37.0	Wendy Smith (GB)	79
4:37.1	Alison Wright (NZ)	79
4:37.2	Christa Merten (Ger)	73
4:37.3	Cindy Bremser (USA)	77
4:37.5	Julie Brown (USA)	79
4:37.9	Maggie Keyes (USA)	79
4:38.1	Paula Fudge (GB)	79
4:38.3	Kate Keyes (USA)	78
4:38.3	Bernadette Madigan (GB)	79
4:38.4	Glynis Penny (GB)	79
4:39.0	Lynn Jennings (USA)	78
4:39.6	Doris Brown (USA)	71
4:40.3	Sandra Arthurton (GB)	79
4:40.5	Kathy Gibbons (USA)	73
4:40.7	Eileen Claugus (USA)	73
4:41.2	Paola Pigni (Ita)	69
4:41.2	Regina Joyce (GB)	79
4:41.3	Judy Graham (USA)	77
4:41.4	Marise Chamberlain (NZ)	62
4:41.4	Cheri Williams (USA)	79
4:41.6	Terri Anderson (USA)	72
4:41.9	Darlene Beckford (USA)	79

## 3000 METERS

8:27.2	Lyudmila Bragina (SU)	76
8:31.8	Grete Waitz (Nor)	79
8:33.2	Svetlana Ulmasova (SU)	78
8:33.6	Natalia Maracescu (Rum)	78
8:41.0	Maricica Puica (Rum)	78
8:41.3	Lyubov Smolka (SU)	79
8:41.6	Faina Krasnova (SU)	79
8:41.8	Raisa Katyukova (SU)	76
8:42.3	Loa Olafsson (Den)	78
8:42.6	Jan Merrill (USA)	78
8:43.0	Giana Romanova (SU)	78
8:44.1	Yelena Chernysheva (SU)	79
8:44.7	Raisa Belousova (SU)	79
8:45.6	Valentina Ilyinich (SU)	78
8:46.2	Cornelia Burki (Swi)	78
8:46.5	Tatyana Mechanoschina (SU)	79
8:46.8	Svetlana Guskova (SU)	79
8:48.8	Paula Fudge (GB)	78
8:48.8	Yelena Zuchlo (SU)	79
8:49.1	Lyubov Kopeikina (SU)	79
8:49.2	Ulrike Bruns (DDR)	77
8:50.2	Raisa SadretDonova (SU)	79
8:51.1	Inger Knutsson (Swe)	75
8:51.1	Francie Larrieu (USA)	79
8:51.4	Margherita Gargarno (Ita)	79
8:52.4	Chris Benning (GB)	78
8:52.6	Gabriele Lehmann (DDR)	78
8:52.8	Ann Ford (GB)	77
8:52.9	Vessela Yazinska (Bul)	79
8:54.2	Olga Dvirna (SU)	76



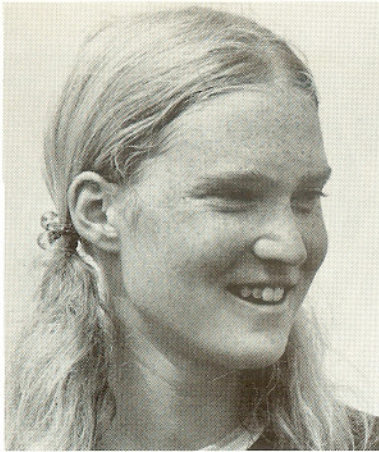
SIN KIM DAN

OLYMPIA (Italy) PHOTO



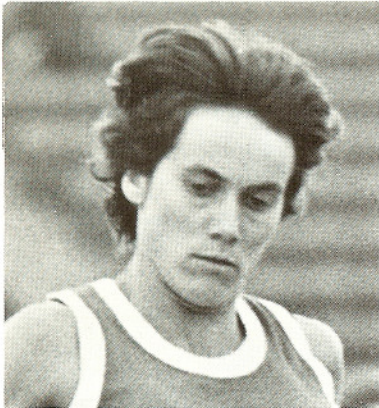
PIGNI

JOHNSON PHOTO



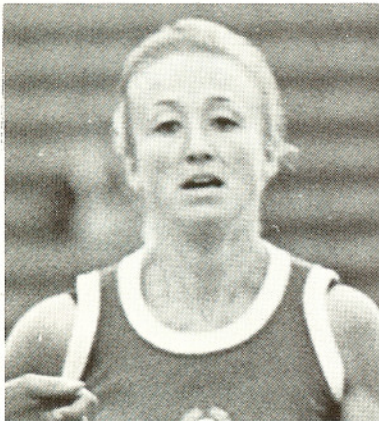
BJORKLUND

DUFFY PHOTO



HOFFMEISTER

DUFFY PHOTO



BURNELEIT

LEVY PHOTO



WRIGHT

8:54.4	Brigitte Kraus (Ger)	79
8:55.0	Thelma Wright (Can)	75
8:55.1	Nina Holmen (Fin)	74
8:55.6	Joyce Smith (GB)	74
8:56.5	Nina Yaneyeva (SU)	79
8:56.6	Paola Pigni (Ita)	73
8:57.5	Irina Bondartschuk (SU)	77
8:57.6	Ulla Sauer (DDR)	79
8:57.8	Tatyana Kazankina (SU)	75
8:58.3	Julie Brown (USA)	79

8:58.3	Celina Sokolovska (Pol)	79
8:58.4	Lynne Tennant (Aus)	75
8:58.4	Mary Purcell (Ire)	78
8:58.6	Karoline Nemetz (Swe)	79
8:58.8	Bronislava Ludvichovska (Pol)	75
8:59.4	Sarina Mostert (RSA)	79
8:59.5	Deidre Nagle (Ire)	79
8:59.8	Maria Chcaszczynska (Pol)	79
9:00.0	Cindy Bremser (USA)	79
9:00.4	Nikolina Schtereva (Bul)	78

## MARATHON

2:27:33	Grete Waitz (Nor)	79
2:34:47	Christa Vahlensieck (Ger)	77
2:35:15	Chantal Langlace (Fra)	77
2:35:15	Joan Benoit (USA)	79
2:36:23	Julie Brown (USA)	78
2:36:27	Joyce Smith (GB)	79
2:37:37	Lorraine Moller (NZ)	79
2:37:57	Kim Merritt (USA)	77
2:38:09	Manuela Angenvoorth (Ger)	77
2:38:12	Gayle Olinek (Can)	79

2:38:19	Jackie Hansen (USA)	75
2:38:22	Patty Lyons (USA)	79
2:38:31	Gillian Adams (GB)	79
2:38:50	Sue Krenn (USA)	79
2:39:04	Jacqueline Gareau (Can)	79
2:39:11	Miki Gorman (USA)	76
2:39:37	Sissel Grottenberg (Nor)	79
2:39:48	Elizabeth Hassell (Aus)	79
2:39:48	Gail Volk (USA)	79
2:40:37	Carol Gould (GB)	79

2:41:10	Elizabeth Berry (USA)	78
2:41:47	Celia Peterson (USA)	78
2:41:49	Martha Cooksey (USA)	78
2:42:08	Sue Kinsey (USA)	79
2:42:24	Liane Winter (Ger)	75
2:42:44	Sue Petersen (USA)	78
2:42:44	Beth Guerin (USA)	79
2:43:12	Vreni Forster (Swi)	79
2:43:38	Cindy Dalrymple (USA)	79
2:43:43	Laurie Binder (USA)	79

2:43:51	Janis Areny (USA)	79
2:43:51	Jane Robinson (USA)	79
2:44:11	Gillian File (NZ)	78
2:44:33	Dana Slater (USA)	79
2:44:52	Gayle Barron (USA)	78
2:45:00	Beverly Shingles (NZ)	78
2:45:15	Ingrid Christensen (Nor)	79
2:45:20	Wendy Walker (USA)	79
2:45:36	Penny DeMoss (USA)	78
2:45:36	Heide Brenner (DDR)	79

2:45:45	Karen Doppes (USA)	79
2:45:57	Amy Johns (USA)	79
2:46:13	Debbie Eide (USA)	79
2:46:20	Debbie Lewis (USA)	79
2:46:23	Diane Barrett (USA)	79

PROBST PHOTO



TOMOVA

DUFFY PHOTO

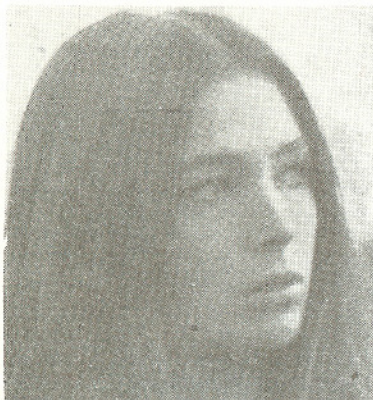


BRAGINA

# ALL-TIME WORLD LIST (continued)



**EHRHARDT**



**SUKNIEWICZ**



**AYERS**



**NOWAK**

## 100 METER HURDLES

12.48	Grazyna Rabsztyn (Pol)	78
12.59	Annelie Ehrhardt (DDR)	72
12.62	Johanna Klier (DDR)	78
12.62	Lucyna Langer (Pol)	79
12.63	Zofia Bielczyk (Pol)	79
12.65	Danuta Perka (Pol)	79
12.65	Tatyana Anisimova (SU)	78
12.73	Gudrun Wakan (DDR)	78
12.80	Natalia Lebedyeva (SU)	76
12.83	Nina Morgulina (SU)	78

12.84	Valerie Bufano (Rum)	72
12.86	Deby LaPlante (USA)	79
12.87	Lyubov Nikityenko (SU)	77
12.87	Karstin Claus (DDR)	79
12.89	Annerose Fiedler (DDR)	74
12.90	Karin Balzer (DDR)	72
12.90	Vera Komissova (SU)	79
12.91	Danuta Straszynska (Pol)	72
12.91	Teresa Nowak (Pol)	74
12.91	Bozena Nowakowska (Pol)	75

12.91	Nina Morgulina (SU)	79
12.93	Pam Ryan (Aus)	72
12.93	Esther Rot (Isr)	76
12.94	Irina Litovtschenko (SU)	79
12.95	Candy Young (USA)	79
12.95	Yekaterina Smirnova (SU)	79
12.96	Elzbieta Rabsztyn (Pol)	79
13.02	Regina Beyer (DDR)	79
13.02	Daniela Teneva (Bul)	79
13.06	Silvia Kempin (Ger)	79

13.08	Lorna Boothe (GB)	78
13.09	Stephanie Hightower (USA)	79
13.11	Sharon Colyear (GB)	76
13.13	Doris Baum (Ger)	79
13.14	Marlies Koschinski (Ger)	75
13.14	Burglinde Pollak (DDR)	76
13.14	Patty Van Wolvelaere (USA)	78
13.14	Bozena Svierczynska (Pol)	79
13.17	Barbel Eckert (DDR)	73
13.19	Penka Sokolova (Bul)	75

13.20	Teresa Sukniewicz (Pol)	71
13.21	Shirley Strong (GB)	79
13.22	Ginka Zagortscheva (Bul)	79
13.23	Jacqueline Andre (Fra)	70
13.23	Mihaela Domitrescu (Rum)	79
13.24	Ileana Ongar (Ita)	76
13.24	Grisel Machado (Cuba)	78
13.24	Leena Spoofo (Fin)	79
13.25	Christine Bodner (DDR)	72
13.25	Jane Frederick (USA)	78

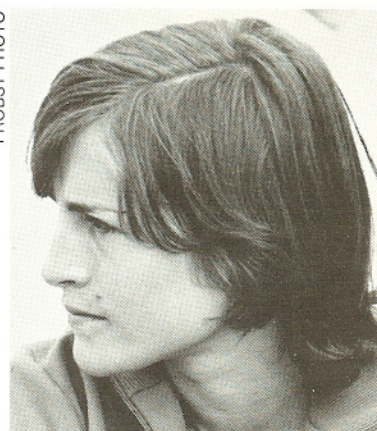
13.25	Margit Bartkoviak (DDR)	78
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## 400 METER HURDLES

54.78	Marina Makeyeva (SU)	79
54.89	Tatyana Zelentsova (SU)	78
55.01	Karin Rossley (DDR)	79
55.08	Tatyana Storoshkova (SU)	79
55.14	Silvia Hollmann (Ger)	78
55.44	Krystina Kacperczyk (Pol)	78
55.46	Brigitte Kohn (DDR)	78
55.63	Anita Weiss (DDR)	78
55.72	Barbel Klepp (DDR)	79
55.84	Ingrid Barkane (SU)	79

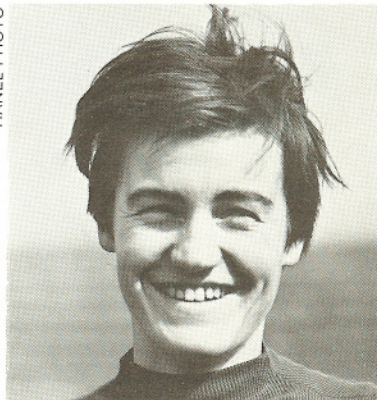
56.06	Christine Warden (GB)	79
56.46	Petra Pfaff (DDR)	79
56.47	Hildegard Ullrich (DDR)	78
56.47	Mary Appleby (Ire)	78
56.61	Mary Ayers (USA)	77
56.62	Irena Szewinska (Pol)	77

PROBST PHOTO

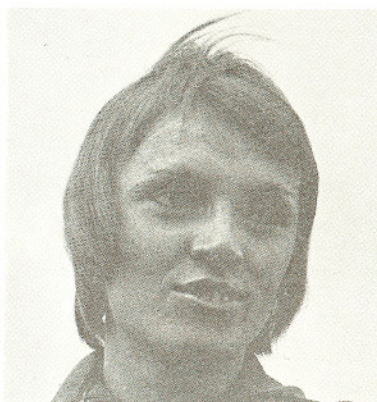


**FIEDLER**

HANEL PHOTO



**BALZER**



**ECKERT**

CHADEZ PHOTO



**KILBORN**

56.63	Debbie Esser (USA)	79	4352	Els Stolk (Hol)	79	3:34.5	Austria	76
56.67	Gonowefa Blaszak (Pol)	78	4335	Vera Karpova (SU)	79	3:34.7	Holland	78
56.68	Yordanka Ivanova (Bul)	78						
56.68	Svilenka Filippova (Bul)	78	<b>4x100 RELAY</b>			3:35.6	Ghana	78
			42.09	East Germany	79	3:36.3	South Africa	78
56.71	Lea Alaerts (Bel)	78	42.49	Soviet Union	79	3:36.4	Erie	72
56.83	Danuta Piecyk (Pol)	74	42.59	Germany	78	3:37.5	New Zealand	74
56.90	Erika Weinstein (Ger)	78	42.72	Great Britain	78	3:38.2	Switzerland	73
56.91	Elzbieta Katolik (Pol)	77	42.87	United States	68	3:38.2	Italy	78
56.97	Tatyana Zubova (SU)	78	43.08	Poland	75	3:38.7	Norway	79
57.09	Anna Kostezkaya (SU)	78	43.17	Canada	76	3:39.0	Yugoslavia	79
57.11	Jekaterina Fessenko (SU)	79	43.18	Australia	76	3:39.4	Kenya	78
57.12	Slatina Ilieva (Bul)	78	43.24	Jamaica	76	3:39.9	Uganda	78
57.21	Yelena Kolesnik (SU)	78	43.32	Bulgaria	79			
57.23	Alexandrina Badescu (Rum)	78				3:40.4	Japan	75
			43.35	Cuba	68	3:40.8	Nigeria	74
57.24	Arthurene Gainer (USA)	78	43.44	Holland	68	3:43.2	Spain	73
57.28	Marian Fisher (Aus)	77	43.78	France	78	3:43.6	Norway	75
57.30	Eva Mohaesi (Hun)	79	43.95	Finland	75	3:43.8	Brazil	75
57.33	Ann Michel (Bel)	79	44.31	Sweden	78	3:43.9	Singapore	74
57.34	Isabelle Keller (Swi)	78	44.31	Switzerland	79	3:44.5	Barbados	72
57.35	Rita Bottiglieri (Ita)	77	44.35	Ghana	74	3:45.1	Burma	75
57.43	Elizabeth Sutherland (GB)	78	44.32	Italy	79	3:46.4	Trinidad & Tobago	72
57.45	Adriena Stancu (Rum)	79	44.51	Hungary	74	3:46.6	Puerto Rico	77
57.51	Lisbeth Helbling (Swi)	78	44.63	Nigeria	78			
57.56	Marlies Gutewort (Ger)	77				3:46.7	Albania	77
			44.68	New Zealand	74	3:46.9	PROC	77
57.56	Lyn Young (Aus)	79	44.85	Belgium	77	3:47.1	ROC	77
57.57	Ann-Louise Skoglund (Swe)	78	44.89	Czechoslovakia	79	3:47.4	Portugal	77
57.57	Bonka Dimova (Bul)	79	44.90	Argentina	68			
57.60	Edna Brown (USA)	79	44.95	Yugoslavia	74	<b>HIGH JUMP</b>		
57.69	Temerinkina Nakova (Bul)	79	45.10	South Africa	76	2.01/6'7"	Sara Simeoni (Ita)	78
57.74	Daniele Lairloup (Fra)	78	45.13	Trinidad & Tobago	78	2.00/6'6¾"	Rosemarie Ackermann (DDR)	77
57.86	Sally Hamilton (Aus)	79	45.21	Brazil	68			
57.91	Lyudmila Veselkova (SU)	78	45.23	Rumania	79	1.96/6'5¼"	Debbie Brill (Can)	79
57.94	Heike Bessler (DDR)	79	45.25	Austria	74	1.95/6'4¾"	Brigitte Holzappel (Ger)	78
57.95	Montserrat Pujol (Spa)	78				1.95/6'4¾"	Ulrike Meyfarth (Ger)	79
			45.50	Denmark	76	1.95/6'4¾"	Kristine Nitzsche (DDR)	79
<b>PENTATHLON</b>			45.6	Bermuda	76	1.95/6'4¾"	Elena Golsborodko (SU)	79
4839	Nadiya Tkatchenko (SU)	77	45.7	Colombia	71	1.94/6'4½"	Yordanka Blagoyeva (Bul)	77
4834	Yekaterina Smirnova (SU)	79	45.78	Puerto Rico	77	1.94/6'4½"	Jutta Kirst (DDR)	77
4823	Eva Wilms (Ger)	77	45.9	Norway	66	1.94/6'4½"	Andrea Matay (Hun)	79
4768	Diane Konihowski (Can)	78	45.9	Uganda	76			
4708	Jane Frederick (USA)	79	46.0	Japan	77	1.94/6'4½"	Nina Serbina (SU)	79
4686	Kristina Nitzsche (DDR)	79	46.43	Tanzania	74	1.93/6'4"	Ilona Gusenbauer (Aut)	72
4675	Margit Papp (Hun)	78	46.66	Panama	60	1.93/6'4"	Cornelia Popa (Rum)	76
4669	Nadezhda Karyakina (SU)	79	46.7	Spain	77	1.93/6'4"	Katrina Gibbs (Aus)	78
4638	Burglinde Pollak (DDR)	78				1.93/6'4"	Louise Ritter (USA)	79
4630	Valentina Dimitrova (Bul)	77	46.76	PROC	74	1.93/6'4"	Kerstin Dedner (DDR)	79
			46.8	Mexico	68	1.93/6'4"	Elzbieta Krawczuk (Pol)	79
4629	Olga Kuragina (SU)	79	46.9	Barbados	72	1.92/6'3½"	Virginia Ioan (Rum)	74
4619	Sabine Mobius (DDR)	79	46.9	Philippines	72	1.92/6'3½"	Maria Mracnova (Cze)	76
4602	Ramona Neubert (DDR)	79	47.10	Singapore	74	1.92/6'3½"	Anne Marie Pira (Bel)	77
4594	Sabine Everts (Ger)	79	47.2	Venezuela	71			
4592	Beatrix Phillip (Ger)	78	47.24	ROC	68	1.92/6'3½"	Milada Karbanova (Cze)	77
4591	Cornelia Sulek (Ger)	79	47.3	Portugal	73	1.92/6'3½"	Urszula Kielan (Pol)	79
4590	Yekaterina Gordiyenko (SU)	78	47.32	Peru	71	1.92/6'3½"	Pam Spencer (USA)	79
4550	Petra Rampf (DDR)	77	47.40	Thailand	77	1.92/6'3½"	Tatyana Denissova (SU)	79
4533	Zoya Spasovkhodskaya (SU)	77				1.91/6'3¼"	Iolanda Balas (Rum)	61
4522	Natalia Popovskaya (SU)	77	<b>4x400 RELAY</b>			1.91/6'3¼"	Petra Wziontek (Ger)	79
			3:19.3	East Germany	79	1.91/6'3¼"	Marina Sysojeva (SU)	79
4514	Ina Losch (Ger)	78	3:20.4	Soviet Union	79	1.90/6'2¾"	Rita Schmidt (DDR)	72
4512	Sylvia Barlag (Hol)	79	3:22.9	United States	76	1.90/6'2¾"	Joni Huntley (USA)	75
4508	Christa Kohler (Ger)	77	3:25.6	Australia	76	1.90/6'2¾"	Vera Bradacova (Cze)	76
4503	Gabriella Ionescu (Rum)	79	3:25.7	Finland	74			
4481	Tatyana Schlapakova (SU)	79	3:25.8	Germany	76	1.90/6'2¾"	Galina Filatova (SU)	76
4455	Olga Rukavischnikova (SU)	79	3:26.4	Poland	74	1.90/6'2¾"	Tatyana Schlyachto (SU)	76
4445	Themis Zambryzkycki (Bra)	79	3:26.6	Great Britain	75	1.90/6'2¾"	Andrea Reichstein (DDR)	77
4443	Jodi Anderson (USA)	79	3:27.5	France	72	1.90/6'2¾"	Tamami Yagi (Jap)	78
4424	Silvia Oya (SU)	79	3:27.9	Bulgaria	79	1.90/6'2¾"	Anette Harnack (Ger)	79
4424	Florence Picaut (Fra)	79				1.90/6'2¾"	Doris Matzen (DDR)	79
			3:28.9	Canada	76	1.90/6'2¾"	Cornelia Sulek (Ger)	79
4414	Natalia Karatayeva (SU)	79	3:28.7	Rumania	79	1.89/6'2½"	Nadya Oskolok (SU)	75
4403	Iris Kunstner (Ger)	79	3:30.4	Czechoslovakia	78	1.89/6'2½"	Larissa Kuselenkova (SU)	76
4393	Christine Laser (DDR)	79	3:30.7	Hungary	78	1.89/6'2½"	Astrid Tevit (Nor)	77
4393	Iraida Stepanova (SU)	79	3:31.4	Cuba	78			
4390	Margit Ader (DDR)	79	3:31.9	Jamaica	72	1.89/6'2½"	Larissa Klimentyonok (SU)	78
4388	Galina Schulshenko (SU)	78	3:32.6	Sweden	72	1.89/6'2½"	Sandra Dini (Ita)	78
4385	Susan Longdon (GB)	77	3:32.9	Belgium	76	1.89/6'2½"	Cheng Ta-Chen (PROC)	79

# ALL-TIME WORLD LIST (continued)



**BLAGOYEVA**



**BALAS**



**SCHMIDT**

PROBST PHOTO

1.89/6'2½	Natalia Litvinenko (SU)	79
1.89/6'2½	Niculina Vasile (Rum)	79
1.88/6'2	Antonina Lasaryeva (SU)	71
1.88/6'2	Mieke van Doorn (Hol)	75
1.88/6'2	Alla Fedortschuk (SU)	75
1.88/6'2	Nadyezhda Marmenko	76
1.88/6'2	Marie-Christine Denis (Fra)	77
1.88/6'2	Mirjam van Laar (Hol)	77
1.88/6'2	Maria Luiza Betioli (Bra)	77
1.88/6'2	Christine Annison (Aus)	77
1.88/6'2	Annette Harnack (Ger)	78
1.88/6'2	Marta Rehovska (Cze)	78
1.88/6'2	Diane Konihowski (Can)	78
1.88/6'2	Svetiana Ivantschenko (SU)	78
1.88/6'2	Tamara Bykova (SU)	79
1.88/6'2	Lyudmila Butusova (SU)	79
1.88/6'2	Barbara Pieczenzyk (Pol)	79
1.88/6'2	Paula Girven (USA)	79

## LONG JUMP

7.09/23'3¼	Vilma Bardauskiene (SU)	78
6.99/22'11¼	Sigrun Siegl (DDR)	76
6.92/22'8½	Angela Voigt (DDR)	76
6.90/22'7½	Jodi Anderson (USA)	78
6.90/22'7½	Brigitte Wujak (DDR)	79
6.84/22'5¼	Heide Rosendahl (Ger)	70
6.82/22'4½	Viorica Viscopoleanu (Rum)	68
6.81/22'4	Margrit Herbst (DDR)	71
6.80/22'3½	Anita Stukane (SU)	79
6.79/22'3¼	Lidiya Alfereva (SU)	76
6.78/22'3	Kathy McMillan (USA)	76
6.78/22'3	Yekaterina Smirnova (SU)	79
6.77/22'2½	Diana Yorgova (Bul)	72
6.77/22'2½	Marianne Voelzke (DDR)	74
6.76/22'2¼	Mary Rand (GB)	64
6.76/22'2¼	Ingrid Mickler (Ger)	71
6.76/22'2¼	Brigitte Kunzel (DDR)	77
6.76/22'2¼	Heide Wyciak (DDR)	77
6.76/22'2¼	Ildiko Erdelyi (Hun)	77
6.74/22'1½	Jarmila Nygrynova (Cze)	78
6.73/22'1	Tatyana Shchelkanova (SU)	66
6.73/22'1	Sheila Sherwood (GB)	70
6.73/22'1	Meta Antenen (Swi)	71
6.73/22'1	Ramona Neubert (DDR)	79
6.71/22'0¼	Lilyana Panayotova (Bul)	76
6.71/22'0¼	Gina Panait (Rum)	76
6.70/21'11¾	Lynette Jacenko (Aus)	78
6.70/22'11¾	Irina Palyenko (SU)	79
6.69/21'11½	Angelika Liebsch (DDR)	72
6.69/21'11½	Sue Reeve (GB)	79
6.68/21'11	Alina Gheorghiu (Rum)	77
6.68/21'11	Susan Hearnshaw (GB)	79
6.67/21'10½	Irena Szewinska (Pol)	68
6.67/21'10½	Eva Suranova (SU)	72
6.67/21'10½	Maryna van Niekerk (RSA)	77
6.66/21'10¼	Tatyana Talischeva (SU)	68
6.65/21'9¾	Ilona Bruzsenyak (Hun)	74
6.65/21'9¾	Isabella Lusti (Swi)	75
6.65/21'9¾	Teresa Marciniak (Pol)	79
6.64/21'9½	Sieglinde Amman (Swi)	69
6.64/21'9½	Maroula Lambrou (Gre)	79
6.63/21'9	Ana Alexander (Cuba)	75
6.63/21'9	Tatyana Skayscjko (SU)	78
6.63/21'9	Tatyana Kolpakova (SU)	79

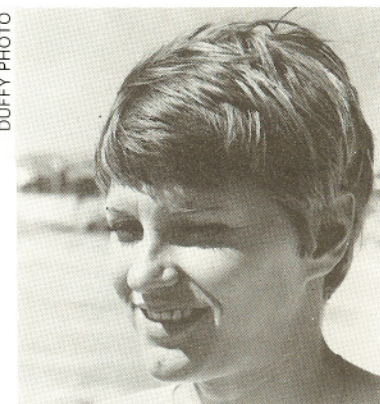


**FILATOVA**



**LASARYEVA**

DUFFY PHOTO



**GUSENBAUER**

PROBST PHOTO



**BRUZSENYAK**



TALISHEVA



SCHONMETZLER PHOTO

ROSENDAHL



PROBST PHOTO

ANTENEN



SHERWOOD



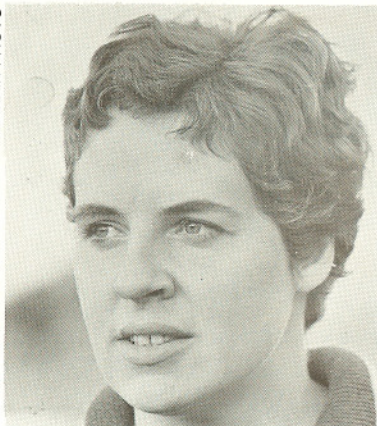
VIORICO VISCOPOLEANU



Richter — Mickler — Rosendahl — Krause  
4 x 100 Olympic Champions 1972

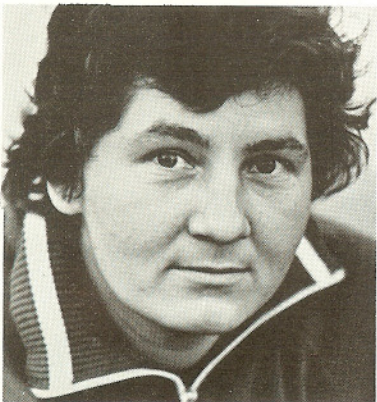
# ALL-TIME WORLD LIST (continued)

KILLAN PHOTO



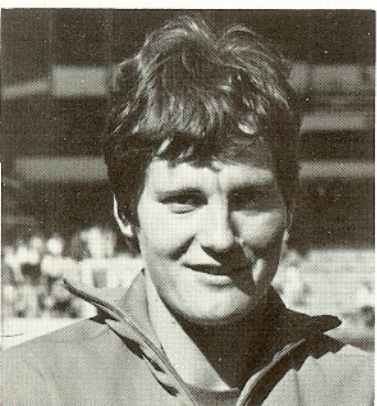
**GUMMEL**

MEZAVILKS PHOTO



**CHIZHOVA**

DUFFY PHOTO



**LANGE**



**CHRISTOVA**

6.63/21'9	Helga Radtke (DDR)	79
6.62/21'8 <sup>3</sup> / <sub>4</sub>	Margarita Treinyte (SU)	73
6.62/21'8 <sup>3</sup> / <sub>4</sub>	Marcia Garbey (Cuba)	75
6.62/21'8 <sup>3</sup> / <sub>4</sub>	Nina Krause (SU)	77
6.62/21'8 <sup>3</sup> / <sub>4</sub>	Irina Timofeyeva (SU)	77
6.62/21'8 <sup>3</sup> / <sub>4</sub>	Jacqueline Curtet (Fra)	78

6.62/21'8 <sup>3</sup> / <sub>4</sub>	Doina Spinu (Rum)	79
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**SHOT PUT**

22.32/73'2 <sup>3</sup> / <sub>4</sub>	Helena Fibingerova (Cze)	77
22.06/72'4 <sup>1</sup> / <sub>2</sub>	Ilona Slupianek (DDR)	78
21.89/71'9 <sup>3</sup> / <sub>4</sub>	Ivanka Khristova (Bul)	76
21.86/71'8 <sup>1</sup> / <sub>2</sub>	Marianne Adam (DDR)	79
21.58/70'9 <sup>3</sup> / <sub>4</sub>	Margitta Droese (DDR)	78
21.45/70'4 <sup>1</sup> / <sub>2</sub>	Nadyezhda Chizhova (SU)	73
21.43/70'3 <sup>3</sup> / <sub>4</sub>	Eva Wilms (Ger)	77
21.26/69'9	Svetlana Kratschevskaya (SU)	77
21.01/68'11 <sup>1</sup> / <sub>2</sub>	Ivanka Petrova (Bul)	79
20.99/68'10 <sup>1</sup> / <sub>2</sub>	Helma Knorscheidt (DDR)	78

20.33/66'8	Elena Stoyanova (Bul)	78
20.25/66'5 <sup>1</sup> / <sub>2</sub>	Nina Isayeva (SU)	79
20.25/66'5 <sup>1</sup> / <sub>4</sub>	Nunu Abaschidse (SU)	79
20.22/66'4	Margitta Gummel (DDR)	72
20.21/66'3 <sup>3</sup> / <sub>4</sub>	Ines Reichenbach (DDR)	79
20.19/66'3	Virginia Wesselinova (Bul)	79
20.12/66'0 <sup>1</sup> / <sub>4</sub>	Vera Tsapkalenko (SU)	77
20.06/65'9 <sup>3</sup> / <sub>4</sub>	Raisa Taranda (SU)	76
20.03/65'8 <sup>1</sup> / <sub>2</sub>	Faina Melnik (SU)	76
19.92/65'4 <sup>1</sup> / <sub>4</sub>	Tamara Bufyetova (SU)	78

19.90/65'3 <sup>1</sup> / <sub>2</sub>	Natalya Nosyenko (SU)	76
19.88/65'2 <sup>3</sup> / <sub>4</sub>	Gabriele Retzlaff (DDR)	79
19.86/65'2	Cordula Schulze (DDR)	79
19.80/64'11 <sup>1</sup> / <sub>2</sub>	Svetlana Melnikova (SU)	78
19.73/64'8 <sup>3</sup> / <sub>4</sub>	Brunhilde Loewe (DDR)	76
19.65/64'5 <sup>3</sup> / <sub>4</sub>	Brigitte Griessing (DDR)	76
19.63/64'4 <sup>3</sup> / <sub>4</sub>	Liane Schmuhl (DDR)	79
19.58/64'3	Ludvirka Chewska (Pol)	76
19.52/64'0 <sup>1</sup> / <sub>2</sub>	Maria Sarria (Cuba)	79
19.42/63'8 <sup>1</sup> / <sub>2</sub>	Zdenka Bartonova (Cze)	78

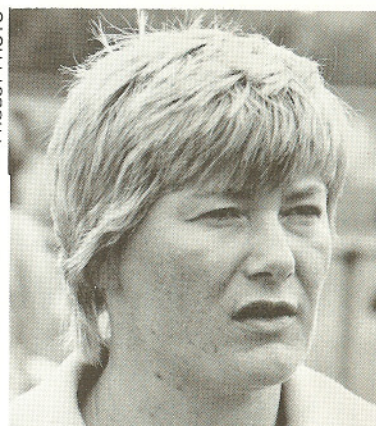
19.42/63'8 <sup>1</sup> / <sub>2</sub>	Simone Michel (DDR)	79
19.41/63'8 <sup>1</sup> / <sub>4</sub>	Brigitte Michel (DDR)	79
19.41/63'8 <sup>1</sup> / <sub>4</sub>	Mihala Loghin (Rum)	79
19.40/63'7 <sup>3</sup> / <sub>4</sub>	Marita Lange (DDR)	74
19.39/63'7 <sup>1</sup> / <sub>2</sub>	Antonina Ivanova (SU)	71
19.35/63'5 <sup>3</sup> / <sub>4</sub>	Birgit Haarnagel (DDR)	76
19.32/63'4 <sup>3</sup> / <sub>4</sub>	Natalya Gorbatschova (SU)	77
19.27/63'2 <sup>3</sup> / <sub>4</sub>	Karin Fitzner (DDR)	79
19.25/63'2	Radostina Bachtshevanova (Bul)	77
19.16/62'10 <sup>1</sup> / <sub>4</sub>	Virshiniya Weselinova (Bul)	78

19.12/62'8 <sup>3</sup> / <sub>4</sub>	Yelena Korablyova (SU)	74
19.10/62'8	Beate Habrzyk (Pol)	79
19.10/62'8	Birute Kersulienė (SU)	79
19.09/62'7 <sup>1</sup> / <sub>2</sub>	Natalya Achrimenko (SU)	78
19.09/62'7 <sup>1</sup> / <sub>2</sub>	Maren Seidler (USA)	79
19.07/62'6 <sup>3</sup> / <sub>4</sub>	Rima Makauskaite (SU)	76
19.02/62'4 <sup>3</sup> / <sub>4</sub>	Valentina Cioltan (Rum)	76
19.01/62'4 <sup>1</sup> / <sub>2</sub>	Vera Kot (SU)	78
18.94/62'1 <sup>3</sup> / <sub>4</sub>	Natalya Subechina (SU)	78

**DISCUS THROW**

70.72/232'0	Evelin Jahl (DDR)	78
70.50/231'3	Faina Melnik (SU)	76
69.08/226'8	Carmen Romero (Cuba)	76
68.92/226'1	Sabine Engel (DDR)	77
68.64/225'2	Margitta Pufe (DDR)	79
68.62/225'1	Maria Vergova (Bul)	76
67.96/222'11	Argentina Menes (Rum)	76
67.54/221'7	Svetlana Petrova (SU)	78
67.40/221'1	Brigitte Michel (DDR)	79
67.02/219'11	Gabriele Hinzmann (DDR)	73

PROBST PHOTO



**WESTERMANN**



**HINZMANN**

DUFFY PHOTO



**MENIS**



**RANKY**



66.94/219'7	Svetla Boshkova (Bul)	78	62.60/205'4	Lyutvyan Mollova (Bul)	74
66.60/218'6	Natalya Gorbatschova (SU)	76	62.54/205'2	Zvetana Ralinska (Bul)	79
66.30/217'5	Lyudmila Isayeva (SU)	79	62.40/204'9	Yelena Gortschakova (SU)	64
66.06/216'9	Svetlana Melnikova (SU)	79	62.30/204'5	Daniela Jaworska (Pol)	73
65.74/215'8	Brigitte Sander (DDR)	76	62.24/204'2	Petra Rivers (Aus)	73
65.62/215'3	Maria Betancourt (Cuba)	76	62.12/203'10	Natasa Urbancic (Yug)	73
65.38/214'6	Valentina Styepushina (SU)	76	62.12/203'10	Ana Nunez (Cuba)	79
65.26/214'1	Olga Andrianova (SU)	76	62.04/203'6	Nina Marakina (SU)	71
65.20/213'11	Vera Safonova (SU)	77	61.96/203'3	Heidi Repser (Ger)	77
65.06/213'5	Florenta Tacu (Rum)	79	61.92/203'2	Angelika Fuchs (DDR)	78
64.96/213'1	Lisel Westermann (Ger)	72	61.90/203'1	Petra Felke (DDR)	78
64.88/212'10	Nadyezhda Yerocha (SU)	79	61.80/202'9	Eva Janko (Aut)	73
64.80/212'7	Petra Wendlandt (DDR)	79	61.30/201'1	Darya Kuryan (SU)	76
64.78/212'6	Carmen Ionesco (Can)	76	61.20/200'9	Jadвига Putiniene (SU)	78
64.70/212'3	Natalia Burluzkaya (SU)	79	61.14/200'7	Maria Vago (Hun)	74
64.64/212'1	Valentina Kharchenko (SU)	79	61.14/200'7	Leolita Blodniece (SU)	75
64.58/211'10	Radostina Bakhchevanova (Bul)	76	61.04/200'3	Maria Gomez (Cuba)	79
64.52/211'8	Martina Opitz (DDR)	79	61.04/200'3	Ivanka Ilieva (Bul)	79
64.48/211'6	Tamara Bereshnaya (SU)	77	61.02/200'2	Ameli Koloska (Ger)	72
64.40/211'3	Iлона Slupianek (DDR)	77	60.98/200'1	Ioana Pecec (Rum)	75
64.34/211'1	Vassilka Stoeva (Bul)	72	60.98/200'1	Maria Vila (Cuba)	79
64.04/210'1	Jitka Prouzova (Cze)	78	60.90/199'10	Rosvitha Potreck (DDR)	79
63.95/209'11	Lyudmila Chmelevskaya (SU)	76	60.68/199'1	Mihaela Penes (Rum)	67
63.66/208'10	Karin Illgen (DDR)	70	60.58/198'9	Angela Ranky (Hun)	69
63.58/208'7	Lyudmila Gnidyenko (SU)	79	60.56/198'8	Maria Betran (Cuba)	79
63.56/208'6	Natalya Achrimenko (SU)	77	60.55/198'7	Barbara Friedrich (USA)	67
63.38/207'11	Galina Muraschoba (SU)	79			
63.26/207'6	Helena Vyhnalova (Cze)	75			
63.26/207'6	Nelli Sivoplyassova (SU)	76			
63.08/206'11	Gael Mulhall (Aus)	79			
63.02/206'9	Barbara Regal (DDR)	76			
62.94/206'6	Galina Savenkova (SU)	79			
62.92/206'5	Helgi Parts (SU)	78			
62.90/206'4	Nina Zeliscgtscheva (SU)	77			
62.90/206'4	Elgu Kubi (SU)	79			
62.88/206'3	Donka Christova (Bul)	78			
62.86/206'3	Tamara Danilova (SU)	72			
62.66/205'7	Nadyezhda Jerocha (SU)	75			
62.60/205'4	Danuta Rosani (Pol)	76			
62.45/205'0	Nadya Chrolenkova (SU)	75			
62.48/205'0	Tatyana Styepanova (SU)	79			

#### JAVELIN THROW

69.52/228'1	Ruth Fuchs (DDR)	79
69.32/227'5	Kate Schmidt (USA)	77
67.20/220'6	Theresa Sanderson (GB)	77
67.20/220'6	Eva Raduly (Rum)	79
66.44/218'0	Ute Hommla (DDR)	79
65.46/214'9	Sabine Sebrovski (DDR)	76
65.14/213'8	Marion Becker (Ger)	76
64.40/211'3	Eva Helmschmidt (Ger)	79
64.38/211'3	Maria Colon (Cuba)	79
64.34/211'2	Jacqueline Todten (DDR)	74
64.24/210'9	Ute Richter (DDR)	78
63.96/209'10	Elvira Ozolina (SU)	73
63.86/209'6	Lyudmila Pasternakevitsch (SU)	76
63.74/209'1	Svetlana Babitsch (SU)	76
63.38/207'11	Sherry Calvert (USA)	78
63.32/207'9	Karin Smith (USA)	78
63.28/207'7	Nadyezhda Yakubovitsch (SU)	76
63.22/207'5	Tatyana Zhigalova (SU)	75
63.18/207'3	Nina Nikanorova (SU)	78
63.08/206'11	Felicia Kinder (Pol)	74
63.08/206'11	Saida Gunba (SU)	79
63.04/206'10	Ivanka Wantscheva (Bul)	79
62.76/205'11	Vernadetta Blechacz (Pol)	79
62.70/205'8	Eva Gryziecka (Pol)	72

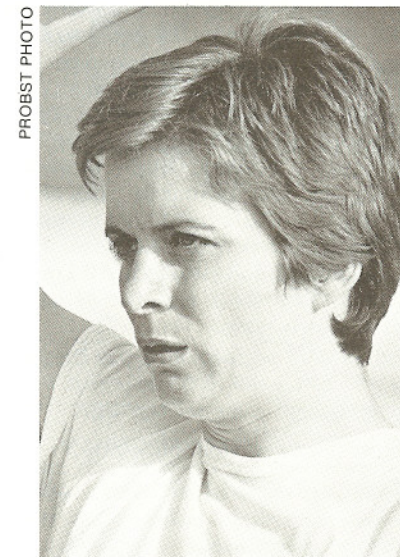
62.60/205'4	Lyutvyan Mollova (Bul)	74
62.54/205'2	Zvetana Ralinska (Bul)	79
62.40/204'9	Yelena Gortschakova (SU)	64
62.30/204'5	Daniela Jaworska (Pol)	73
62.24/204'2	Petra Rivers (Aus)	73
62.12/203'10	Natasa Urbancic (Yug)	73
62.12/203'10	Ana Nunez (Cuba)	79
62.04/203'6	Nina Marakina (SU)	71
61.96/203'3	Heidi Repser (Ger)	77
61.92/203'2	Angelika Fuchs (DDR)	78
61.90/203'1	Petra Felke (DDR)	78
61.80/202'9	Eva Janko (Aut)	73
61.30/201'1	Darya Kuryan (SU)	76
61.20/200'9	Jadвига Putiniene (SU)	78
61.14/200'7	Maria Vago (Hun)	74
61.14/200'7	Leolita Blodniece (SU)	75
61.04/200'3	Maria Gomez (Cuba)	79
61.04/200'3	Ivanka Ilieva (Bul)	79
61.02/200'2	Ameli Koloska (Ger)	72
60.98/200'1	Ioana Pecec (Rum)	75
60.98/200'1	Maria Vila (Cuba)	79
60.90/199'10	Rosvitha Potreck (DDR)	79
60.68/199'1	Mihaela Penes (Rum)	67
60.58/198'9	Angela Ranky (Hun)	69
60.56/198'8	Maria Betran (Cuba)	79
60.55/198'7	Barbara Friedrich (USA)	67



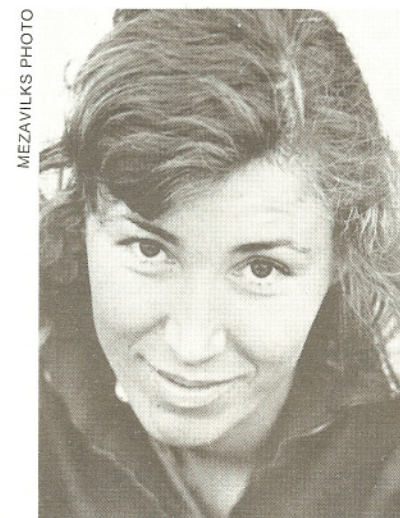
JAWORSKA



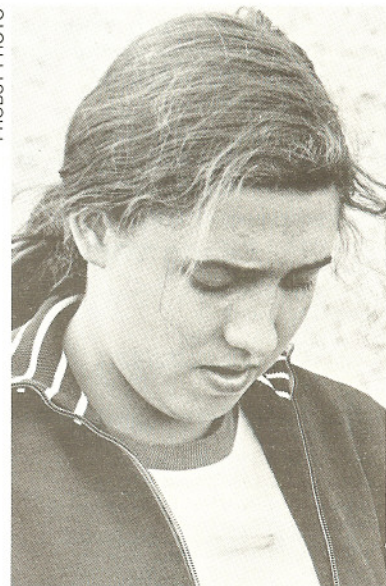
KOLOSKA



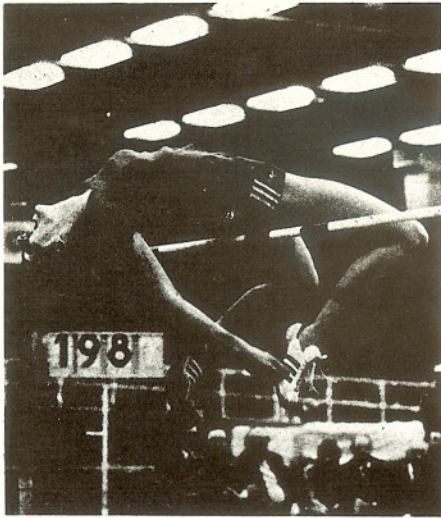
BECKER



OZOLINA



TODTEN



## New High Jump Star

By Gabriel Szabo

The new world indoor record holder for the high jump is 24 year old Andrea Matay of Hungary. In 1979, she jumped 1.96/6'5 1/4 and then 1.98/6'6 for her new record in a competition in Budapest on February 17 during the Hungarian National Indoor Championships. Her mark is also a new world age record.

She is the second Hungarian female athlete to set a world record in the 50 years of Hungarian women's athletic history. The other was Aranka Kazi who ran the 800 meters in 2:11.6 in 1954.

Andrea began her career when she was only 10 years old with a mighty leap of 1.10/3'7 1/4. (This gives some hope for our USA "age groupers".)

In 1969/1970, she won the National "Pioneer" championship in both the high jump and the pentathlon and established many Hungarian sub-junior and youth records over the years.

Andres is a mathematics and physical education student at the University and will soon become a high school teacher.

### Annual progression:

1965 (10)	1.10/3'7 1/4
1966 (11)	1.25/4'1 1/4
1967 (12)	1.38/4'6 1/4
1968 (13)	1.40/4'7 1/4
1969 (14)	1.52/4'11 3/4
1970 (15)	1.66/5'5 1/2
1971 (16)	1.70/5'7
1972 (17)	1.80/5'11
1973 (18)	1.84/6'0 1/4
1974 (19)	1.78/5'10
1975 (20)	1.86/6'1 1/4
1976 (21)	1.87/6'1 3/4
1977 (22)	1.89/6'2 1/2
1978 (23)	1.89/6'2 1/2
1979 (24)	1.98/6'6

Andrea's 10 best-ever jumps average 1.917 or 6'3. WTW

# Results-Results-Results

## Connecticut Development Meet

Storrs, CT, December 2 — Debra Deutsch covered the 60y hurdles in 8.0 for one good mark at the University of Connecticut Development Meet, but Rutgers' Davis had a blazing 6.8 for the 60y sprint to steal the show at this early season affair.

**RESULTS:** LJ, Hinman (Rut) 18'5; 60yH, Debra Deutsch (Rut) 8.0, 2—Smithers (Rut) 8.1; 60, Davis (Rut) 6.8, 2—Camara (UCI) 6.9; 4x100, Rutgers 3:59.3; 100, Thomas (StJ) 57.7.

## Great 500 at Princeton

Princeton, New Jersey, December 16 — Adelphi's June Griffith ran one of the fastest-ever 500 meters here today in the Princeton Women's Development Meet. Twenty-eight schools participated in the first of a series of Development Meets, but the highlight was the 500m with Guyana's Griffith breaking the tape in 1:12.7. Last year, Griffith recorded 1:12.3 over this same distance making her fourth fastest woman at this distance in indoor track history. Edna Brown (Temple) was close behind in 1:13.8 and Thomas of St. John's just a tick back in 1:13.9. Brown's mark makes her #6 on the USA All Time list and #10 on the All Time World List. Thomas is now the #8 performer in US history.

Another good performance was Brigid Leddy's 2:53.8 for the 1000 meter run, the number 11 mark ever for the USA.

The quality of the performances in nearly every event at such an early date (for example, eight teams were under 3:59 for the mile relay), bodes well for the 1980 indoor season ahead.

**RESULTS:** Pent, 1—Jaeger (SJU) 3626, 2—Alston (UMd) 3597, 3—McKillop (PennSt) 3217; 1500, 1—Brigid Leddy (Vil) 4:26.8, 2—Pavik (UMd) 4:31.8, 3—Douglas (URI) 4:34.5, 4—Shea (Va) 4:38.6; 500m, 1—Griffith (Ad) 1:12.7, 2—Edna Brown (Tem) 1:13.8, 3—Thomas (SJU) 1:13.9, 4—Peynado (Rut) 1:15.4; SP, 1—Walton (UMd) 14.63/48'0, 2—Davis (SJU) 14.13/46'4 1/4, 3—Mitnik (Tem) 13.53/44'4 1/4, 4—Gayle (UMd) 13.41/44'0; LJ 1—Hatcher (Mor) 5.58/18'3 1/4, 2—Krawlicz (PennSt) 5.55/18'2 1/2, 3—Harris (Adel) 5.43/17'9 1/4; 400m, 1—Belle (Mor) 56.3, 2—Muller (UMd) 56.8, 3—Johnson (UM/B) 57.9; 800m, 1—Douglas (URI) 2:14.9, 2—Whitfield (Va) 2:16.6, 3—Bannister (Hunt) 2:18.1; HJ, 1—Chase (UMd) 1.73/5'8 1/4, 2—Stewart (Va) 1.68/5'6 1/4; 200m, 1—Maria Parsons (Mor) 25.3, 2—Johnson (UM/B) 25.4, 3—Pecren (Adel) 25.5; 55mH, 1—Smithers (Rut) 7.9, 2—Deutsch (Rut) 8.0, 3—Knighton (Rut) 8.0; 55m, 1—Dowers (DelSt) 6.9, 2—Maria Parsons (Mor) 6.9, 3—Toomer (UMd) 7.0; 3000m, 1—Shea (Va) 10:05.5, 2—Quinn (UPenn) 10:49.3, 3—Salmon (Mon) 10:55.1; 1000m, 1—Leddy (Va) 2:53.8, 2—Briody (Prin) 3:05.9, 3—O'Brien (Rut) 3:06.8; MileR, 1—Temple 3:50.5, 2—Morgan State 3:52.7, 3—Adelphi and Rutgers tie 3:52.8, 5—Morgan State "B" 3:53.3, 6—Maryland 3:56.4, 7—LIU 3:58.4, 8—St. John's 3:58.7.

## Fast Mile at Nike Classic

Chestnut Hill, MA, December 28 — Patty Murnane scored a close win over Chris

Mullen and Johanna Foreman in the one mile to highlight the staging of the Nike Classic. Murnane won in 4:48.4 followed by Mullen (4:48.6) and Foreman (4:49.3). Cooper Striders' Maxine Underwood had the other good mark of the meet, a 56.2 for 440 yards.

## Waitz Record 3000

San Francisco, California, January 4 — Norway's Grete Waitz, after a battle with the officials, was credited with a new world best over 3000 meters as she won the controversial race by a huge margin over former record-holder Jan Merrill. Officials sent the runners for an extra spin of the track and recorded a time of 9:15, far above the record of 8:57.6. Fortunately, two clocks were stopped before Waitz continued for her extra 160 yards at times of 8:50.8 and 8:51.0 — and so Grete will get the mark of 8:51.0. San Francisco is famous for its extra lap races. A few seasons ago they staged a "pyramid" relay at the Cow Palace with the first runner covering one lap, second runner two laps and so on. However, when the runners finished the first lap and looked for the handoff, the officials waved the runners on for another lap — and when they finished that lap, they waved them on for yet another. But since these were number one runners expecting to run only one lap, they were, at the end of 320 yards, a wee bit pooped and everyone stopped. But such things are not too unusual. They ran an extra lap in the steeplechase at the Olympic Games once.

Other good marks were turned in by Mary Decker in the 1500 and Dolly Fleetwood, who upset Andrea Lynch to win the 50m in 6.49. Females complained there were twice as many events for the men (20 to 10) as for the women and there were no field events for the distaffers.

**RESULTS:** Junior One Mile, 1—Linda Goen (UCLA) 4:54.8, 2—Roxanne Bier (SJC) 4:58.7, 3—Kimberly Schnurpfel (Stanford) 4:59.9; 4x400, 1—LA Mercuriettes (Gutowski - Mitchell - Peterson - Gardner) 3:52.1, 2—Berkeley East Bay TC 3:59.20; 50mH (A), 1—Cheryl Hawthorne (UCBerk) 7.71, 2—Cathy Hohmann (SJC) 8.07; 50mH (B), 1—Jodi Anderson (LANTC) 7.44, 2—Deanne Johnson (StanTC) 7.54, 3—Kris Costello (OreTC) 7.66; 50m, 1—Dolly Fleetwood (MISAC) 6.49, 2—Andrea Lynch (LANTC) 6.54, 3—Yvette Evans (LAM) 6.59 . . . 5—Freida Cobbs (BerEBTC) 6.64; 3000, 1—Grete Waitz (Nor) 8:51.0, 2—Jan Merrill (AGAA) 9:07.5, 3—Kathy Perkins (CP/SLO) nt, 4—Cheri Williams (SJC) nt; 400m, 1—Gwen Gardner (LAM) 57.4, 2—Brenda Peterson (LAM) 57.7, 3—Kelia Bolton (UCBerk) 58.3, 4—Valerie Brisco (LANTC) 58.4; 1500, 1—Mary Decker (AthWst) 4:11.1, 2—Debbie Scott (U.Victoria) 4:21.6, 3—Ruth Caldwell (Loes) 4:27.1, 4—Cindy Schmandt (UCBerk) 4:31.5, 5—Cheri Williams (SJC) 4:51.8; 800m, 1—Rabin Campbell (Stan) 2:05.2, 2—Debbie Campbell (Canada) 2:07.3, 3—Verona Elder (England) 2:09.8, 4—Aila Verkberg (Finland) 2:12.1 . . . 7—Alice Trumbly (UCBerk) 2:16.9.

(continued on Page 36)



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# 400m

## Weight Training

By Chris Newhoff and Mike Ber  
Pacific Coast Fitness, San Francisco

In the past, there was a philosophy in athletics that condemned any heavy training of the upper body. Coaches claimed that excessive bulk would be detrimental to the forward thrust and propulsion off the starting blocks and that the weight would begin to slow the sprinter down at the 200 or 300m mark. This philosophy has been recently shot down by many coaches. Most world class 400m sprinters are muscular and well developed.

Lower and especially upper body strength are essential for successful 400m sprinting. When the arms tire, they will slow down forcing the legs to slow down too (Newton's First Law of Motion). The 400m sprinter wants to keep those arms pumping forcefully during the entire race. Sustained strength is what counts in the 400 and weight training is one of the best ways to increase it.

The time it takes to sprint the racing distance — from 45 to 60 seconds, depending on the condition of the athlete, is the most important guide for conditioning. A 45-60 second maximal effort depends on anaerobic sources. These sources can best be developed by repeat 30-60 second efforts (1). Sprinters have been doing the 30-60 second repeats on the track but many have not taken advantage of these exercise bouts in the weight room.

Traditionally, three slow sets of 10 repetitions is what many coaches prescribed. But there has been research done which shows that 6 second workouts had no effect on the glycolytic, ATP-CP, and mitochondrial activity. Thirty second weight workouts elevated the activity of these parameters (2). The glycolytic pathways must be developed because these pathways are the ones

predominately used during the 400m race.

Edington and Edgerton recommend, "a weightlifting program in which the weights are of a magnitude that can be lifted a total of 50 to 100 times at a predetermined speed; the selected speed should be at least as fast as the race pace" to train for the power events (3). The 400 is a power event.

One of the best weight exercises for 400m sprinters is the alternating dumbbell arm swings. Light three pound dumbbells can be used. The sprinter should hold the dumbbells in each hand and, with erect posture, alternate swinging the arms — the closer to the actual running action the better. This training is very specific and seems to be a good overload for the running musculature.

The sprinter can count the arm swings during a high intensity speed workout on the track. For one athlete doing 200m repeats, I counted 98 arm swings during a 26.5 second effort. The demands of this pace can be simulated and increased by pumping three pound dumbbells 98 times in 26.5 seconds in the weight room. 30-60 second repeats with dumbbells, pulleys, and machines are effective for developing power. Five sets of maximal 60 second repeats or 10 sets of maximal 30 second repeats are recommended.

The deltoids, lats, traps, biceps, triceps, and pectoral muscles are the major upper body muscle groups used in running. These groups can be developed with dumbbell work and with standard exercises; bench presses (repetitions of 50-100 with just the bar), lat pull downs, flyes, arm curls, tricep extensions, etc. Leg presses, leg extensions, squats, and calf raises will increase the power in the legs.

During the early season, a foundation of strength should be built. Increasing/

Decreasing workouts, a type of training used by some body builders, is very effective for building strength in all the muscle groups. For example, on the arm curl machine, an athlete could do: 10 repeats of 30 pounds, eight repeats of 40, six repeats of 50, four repeats of 60, and 15 repeats of 30 with very little rest between each set (10 seconds). The last set exhausts the muscle and is tremendous for building the stamina so necessary to sprint 400m.

Dr. Kenneth Baldwin, an authority on muscle metabolism, recommends workouts where the muscles are contracted as quickly as possible in repetitions of 10 per set, three per workout, with loads 30-50% of the maximum to enhance power output (4).

Lifting weights as fast as possible will develop power in the fast twitch muscle fibers. This power development is important for the 400m sprinter.

After the foundation of strength has been built, high speed 30-60 second workouts on the track and in the weight room will be best for the training of 400m anaerobic power. These high speed workouts will help prepare the 400m sprinter for the ultimate battle against fatigue.

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WTW

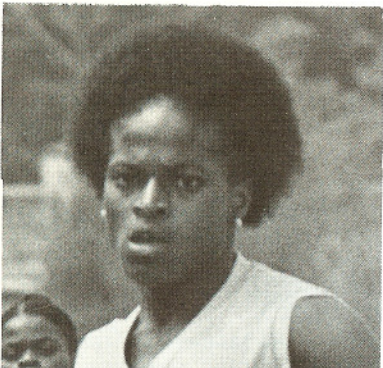
# All-time USA List

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**BOWEN**

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**ARMSTRONG**

WILKINSON PHOTO



**TYUS**

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**SAPENTER**

° = Mark converted from yards;  
\* = Hand time +0.14

## 100 METERS

10.97	Evelyn Ashford	79	23.20	Yolanda Rich	79
11.08	Wyomia Tyus	68	23.22	Gwen Smith	76
11.08	Brenda Morehead	76	23.27	Gwen Loud	79
11.13	Chandra Cheeseborough	76	23.31	Renaye Bowen	77
11.15	Barbara Ferrell	68	23.34°	Debbie Smith	79
11.27	Iris Davis	72	23.34°	Patricia Jackson	79
11.29	Margaret Bailes	68	23.38	Sandra Howard	77
11.31	Pam Jiles	76	23.41	Freida Cobbs	79
11.32	Karen Hawkins	79	23.43	Sherri Howard	79
11.34°	Gail Douglas	79	23.44	Pat Dunlap	79
			23.46	Liz Young	78
11.38	Renaye Bowen	76	23.49	Lori Green	79
11.40	Jan Smith	77	23.50	Kelia Bolton	79
11.41	Brenda Finch	76	23.52	Stephanie Brown	78
11.43	Rosalyn Bryant	76	23.54	Val Boyer	79
11.43	Linda Wilson	79	23.54	Jeanine Brown	79
11.44	Patrice Roberts	79	23.56	Gayle Butler	77
11.45	Wanda Hooker	79	23.57	Sharon Dabney	77
11.46	Val Boyer	79	23.58	Sheila Calmese	78
11.47	Sheila Calmese	78	23.65	Carolyn McRoy	79
11.47	Michelle Glover	79	23.68	Kim Robinson	77
			23.70	Linda Cordy	76
11.49	Edith McGuire	64	23.73	Lorna Forde	79
11.50	Martha Watson	73	23.75	Pam Greene	76
11.50	Janet Brown	76	23.76	Willetta Page	79
11.50	Kim Robinson	77	23.77	Cheryl Gilliam	78
11.51	Sandra Howard	77	23.81	Brenda Calhoun	78
11.52	Gwen Loud	79	23.82	Gayle Butler	77
11.53	Regina McBride	79		Elaine Parker	79
11.54	Lisa Hopkins	76		Pam Marshall	78
11.54°	Judy Reed	79			
11.54°	Darlene Jefferson	79			
11.54°	Brenda Calhoun	79			
11.56	Stephanie Hightower	78			
11.57	Lori Green	76			
11.57	Valerie Brisco	78			
11.58	Rhonda Brady	77			
11.58	Brenda Wilson	77			
11.58	Jodi Anderson	78			
11.59	Marilyn White	64			
11.59	Kathy Lawson	73			
11.59	Brenda Fuller	78			
11.59	Benita Fitzgerald	79			
11.59	Dollie Fleetwood	79			
11.60	Mattline Render	76			
11.60	Lisa Thompson	79			

## 400 METERS

50.62	Rosalyn Bryant	76
50.90	Sheila Ingram	76
51.09	Sherri Howard	79
51.11	Patricia Jackson	78
51.23	Debra Sapenter	76
51.31	Sharon Dabney	78
51.57	Evelyn Ashford	79
51.64	Kathy Hammond	72
51.91	Mable Ferguson	72
51.94	Jennie Gorham	79
52.08	Valerie Brisco	79
52.16	Shirley Williams	76
52.22	Gwen Gardner	79
52.52	Essie Kelley	78
52.64	Pam Jiles	77
52.72	Debra Armstrong	78
52.73	Kim Thomas	78
52.73	Easter Gabriel	78
52.76	Edna Brown	77
52.79	Jarvis Scott	68
52.79	Yolanda Rich	79
52.96	Robin Campbell	77
53.05	Gwen Murray	79
53.07	Kathy Weston	77
53.08	Pam Rodgers	79
53.12	Freida Cobbs	78
53.19	Arthurine Gainer	76
53.20	Lorna Forde	79
53.28	Veronica Williams	76
53.30	Liz Young	79
53.42	Brenda Finch	78
53.42	Arlise Emerson	78
53.46	Marian Franklin	79
53.50	Gwen Norman	76

## 200 METERS

21.83	Evelyn Ashford	79
22.60	Brenda Morehead	78
22.77	Chandra Cheeseborough	75
22.81	Pam Jiles	75
22.84	Valerie Brisco	79
22.87	Barbara Ferrell	68
22.95	Margaret Bailes	68
22.96	Debra Armstrong	76
23.03	Gwen Gardner	79
23.05	Rosalyn Bryant	76
23.06	Karen Hawkins	79
23.08	Wyomia Tyus	68
23.08	Jackie Thompson	73
23.09	Edith McGuire	64

**800 METERS**

1:57.9	Madeline Manning	76
2:00.0	Wendy Knudson	76
2:00.2	Cyndy Poor	76
2:00.3	Francie Larrieu	76
2:00.8	Kathy Weston	76
2:00.8	Julie Brown	77
2:01.0	Essie Kelley	78
2:01.8	Mary Decker	78
2:02.0	Ruth Caldwell	78
2:02.2	Doris Brown	68
2:02.5	Robin Campbell	74
2:02.8	Jan Merrill	77
2:02.8	Chris Mullen	79
2:03.0	Cheryl Toussaint	75
2:03.1	Leann Warren	79
2:03.6	Joetta Clark	79
2:03.7	Debbie Vetter	77
2:03.7	Lee Ballenger	78
2:03.7	Sue Latter	79
2:03.9	Charlette Cooke	66
2:04.1	Sue Vigil	79
2:04.4	Terry Crawford	72
2:04.4	Kathy Hall	75
2:04.4	Liane Swegle	76
2:04.4	Ann Regan	77
2:04.5	Jarvis Scott	68
2:04.5	Nancy Shafer	69
2:04.6	Francie Johnson	70
2:04.6	Marcia Romesser	78
2:04.6	Darlene Beckford	79
2:04.7	Karel Jones	78
2:04.7	Deanna Coleman	79
2:05.0	Debbie Heald	78
2:05.1	Johanna Forman	77
2:05.1	Dana Glidden	79
2:05.5	Linda Goen	77
2:05.3	Teri Wierson	78
2:05.6	Debbie Scott	77
2:05.7	Robin Blaine	78
2:06.0	Lynn Hollins	76
2:06.4	Cheryl Roulier	75
2:06.5	Marilyn Carlson	76
2:06.7	Debbie Roberson	78
2:06.9	Henrietta Nancis	79
2:07.0	Cis Schafer	72
2:07.1	Cindy Bremser	76
2:07.1	Kathy Keys	76
2:07.1	Cathy Costello	76
2:07.1	Cindy Worcester	77
2:07.2	Ellen Schmidt	77
4:02.7	Jan Merrill	76
4:05.0	Mary Decker	79
4:05.1	Francie Larrieu	76
4:06.4	Julie Brown	79
4:06.9	Cyndy Poor	76
4:08.3	Cindy Bremser	76
4:10.9	Debbie Heald	78
4:12.7	Judy Graham	77
4:12.8	Francie Johnson	72
4:13.1	Debbie Vetter	77
4:14.6	Doris Brown	71
4:14.9	Maggie Keyes	79
4:15.6	Doreen Ennis	77
4:16.0	Ruth Caldwell	76
4:16.0	Brenda Webb	78
4:17.1	Suzie Houston	79
4:17.3	Kate Keyes	75
4:18.0	Margaret Groos	79
4:18.1	Lynn Jennings	77
4:18.5	Brigid Leddy	79
4:18.7	Kim Neall	79

4:18.9	Kathy Gibbons	72
4:18.9	Cheri Williams	79
4:19.4	Rene Urish	77
4:19.6	Darlene Beckford	79
4:19.7	Cathy Twomey	79
4:20.3	Marcia Romesser	79
4:20.8	Diane Vetter	78
4:21.0	Linda Portasik	79
4:21.1	Robin Campbell	75
4:21.3	Teri Anderson	76
4:21.3	Joan Corbin	79
4:21.5	Eileen Claugus	72
4:21.8	Wendy Knudson	76
4:21.8	Jill Haworth	79

**ONE MILE**

4:23.5	Mary Decker	79
4:27.6	Francie Larrieu	79
4:28.3	Jan Merrill	79
4:31.1	Debbie Heald	78
4:37.4	Cindy Bremser	79
4:37.5	Julie Brown	79
4:37.9	Maggie Keyes	79
4:38.3	Kate Keyes	78
4:39.0	Lynn Jennings	78
4:39.6	Doris Brown	71
4:40.5	Kathy Gibbons	73
4:40.7	Eileen Claugus	73
4:41.3	Judy Graham	77
4:41.4	Cheri Williams	79
4:41.6	Teri Anderson	72
4:41.9	Brenda Webb	78
4:41.9	Darlene Beckford	79
4:42.5	Francie Johnson	71
4:42.6	Deanna Coleman	78
4:43.1	Julie Shea	77
4:43.5	Ann Henderson	78
4:44.3	Cyndy Poor	79
4:44.6	Joan Benoit	79
4:44.7	Ellen Schmidt	79
4:45.3	Debbie Quatier	74
4:45.5	Peg Neppel	75
4:46.0	Mary Shea	75
4:46.4	Liane Swegle	77
4:46.4	Linda Goen	79
4:46.5	Kim Gallagher	79
4:46.6	Aileen O'Connor	79
4:46.8	Kim Neall	79
4:46.9	Margaret Groos	77
4:46.9	Charlotte Lettis	78
4:47.2	Alice Trumbley	79
4:47.4	Sue Kinsey	76
4:47.6	Renee Urish	77
4:47.6	Jill Haworth	79

**3000 METERS**

8:42.6	Jan Merrill	78
8:51.1	Francie Larrieu	79
8:58.3	Julie Brown	79
9:00.0	Cindy Bremser	79
9:02.8	Joan Benoit	79
9:03.4	Kathy Mills	78
9:07.6	Margaret Groos	79
9:08.6	Lynn Bjorklund	75
9:09.2	Brenda Webb	79
9:12.7	Sue Kinsey	78
9:13.6	Mary Shea	79
9:15.4	Julie Shea	77
9:17.4	Peg Neppel	75
9:18.6	Carol Cook	77
9:19.0	Kris Banks	78
9:19.3	Ellison Goodall	78
9:19.6	Teri Anderson	76
9:21.0	Maggie Keyes	79
9:22.1	Aileen O'Connor	77
9:23.9	Kathy Mintie	79

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**HAMMOND**

# ALL-TIME USA LIST (continued)

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SCOTT

9:24.1	Cyndy Poor	75
9:25.1	Molly Morton	79
9:26.4	Jody Parker	79
9:26.6	Kate Keyes	75
9:27.0	Sue Schaefer	78
9:27.5	Judy Graham	77
9:27.4	Lynn Lashley	77
9:27.4	Dia Elliman	79
9:27.5	Cathy Twomey	79
9:28.2	Kathy Gibbons	73

9:28.9	Katy Mountain	79
9:29.2	Cheri Williams	79
9:29.3	Jennifer White	78
9:30.4	Marybeth Spencer	77
9:30.8	Eileen Claugus	73
9:30.9	Betty Springs	78

## TWO MILES

9:49.6	Jan Merrill	78
9:56.2	Julie Shea	78
10:02.2	Ellison Goodall	78
10:02.8	Francie Larrieu	73
10:03.5	Mary Shea	79
10:06.6	Diane Barrett	77
10:07.0	Doris Brown	71
10:07.0	Judy Graham	74
10:07.2	Debbie Heald	77
10:09.8	Cheri Williams	78

10:10.2	Teri Anderson	74
10:11.1	Lynn Bjorklund	74
10:11.2	Julie Brown	75
10:11.7	Peg Neppel	75
10:11.8	Clare Choate	74
10:12.5	Kate Keyes	75
10:14.0	Ann Henderson	79
10:15.5	Martha White	78
10:17.2	Betty Springs	79
10:17.3	Aileen O'Connor	78

10:19.4	Eileen Claugus	73
10:23.6	Susie Meek	78
10:25.3	Carol Cook	75
10:25.4	Irene Griffith	77
10:25.5	Marlene Harewicz	74
10:28.0	Jackie Hanson	75
10:28.5	Sue Schaefer	77
10:30.0	Debbie Quatier	76

## 5000 METERS

15:33.8	Jan Merrill	79
15:35.5	Kathy Mills	78
15:43.1	Joan Benoit	79
15:45.9	Julie Shea	79
15:47.7	Cindy Bremser	79
15:47.7	Chris Ramirez	79
15:55.5	Julie Brown	79
15:57.0	Teri Anderson	77
16:00.4	Sue Kinsey	78
16:02.2	Ellison Goodall	78

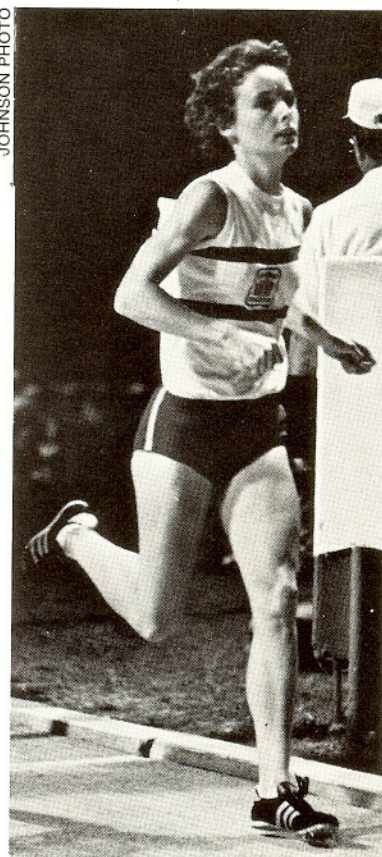
16:05.9	Sue Schaefer	78
16:12.0	Kris Bankes	78
16:13.7	Mary Shea	79
16:13.9	Brenda Webb	77
16:14.1	Carol Cook	77
16:16.2	Debbie Quatier	78
16:16.8	Kathy Mintie	79
16:18.3	Molly Morton	79
16:23.3	Mary Beth Spencer	77
16:24.0	Suzanne Richter	79

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NORMAN

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CHOATE



16:26.8	Jan Oehm	79	35:22.6	Kathy Adams	79
16:28.5	Peg Neppel	76	35:22.7	Lori Alzner	79
16:29.3	Karen Bridges	77	35:25.1	Nancy Seeger	79
16:32.9	Jody Parker	79	35:32.4	Rainey Roetman	79
16:33.1	Katy Mountain	79	35:32.6	Nadia Garcia	75
16:34.7	Kim Gallagher	79	35:32.6	Jane Robinson	79
16:34.8	Debbie Vetter	79	35:33.6	Cheryl Bridges	76
16:35.8	Lynn Hjelle	79	35:33.8	Chris Troffer	77
16:36.2	Doris Brown	78	35:36.5	Liz Berry	79
16:37.6	Katy Schilly	78	35:37.8	Cindy Darlymple	78

16:38.7	Lynn Lashley	77	35:39.7	Jody Parker	79
16:39.6	Kathy Adams	78	35:39.7	Judy Fox	79
16:41.2	Aimee Burr	79	35:39.8	Kathy Jewell	77
16:42.3	Patty Lyons	79	35:42.9	Jane Welzel	79
16:43.6	Mary Seybold	78	35:46.0	Sally Metter	79
16:45.5	Clare Choate	74	35:48.0	Gail Volk	79
16:45.7	Betty Springs	79	35:50.6	Kathy Robertson	79
16:45.9	Rocky Racette	79	35:53.4	Miki Gorman	75
16:46.2	Sally Zook	79	35:55.1	Marybeth Spencer	79
16:47.1	Mary Walsh	79			

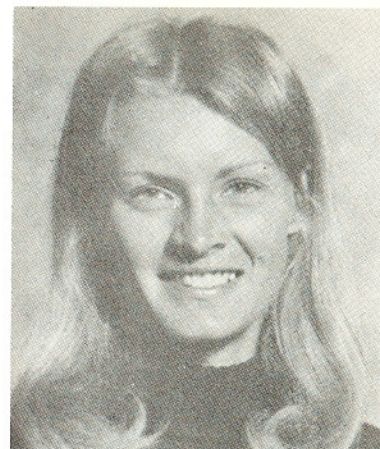
16:47.5	Tina Anex	77	<b>MARATHON</b>		
16:47.7	Cheryl Bridges	76	2:35:15	Joan Benoit	79
16:48.4	Heather Tolford	77	2:36:23	Julie Brown	78
16:53.8	Laura Craven	79	2:37:57	Kim Merritt	77
16:53.9	Eryn Forbes	79	2:38:19	Jackie Hansen	75
16:55.0	Kathy Kiernan	79	2:38:22	Patty Lyons	79
16:55.3	Vicki Cook	77	2:38:50	Sue Krenn	79
16:56.0	Judy Graham	75	2:39:11	Miki Gorman	76
16:56.4	Sally Metter	78	2:39:48	Gail Volk	78
16:56.5	Valerie Ford	78	2:41:10	Elizabeth Berry	78
			2:41:49	Martha Cooksey	78

			2:42:08	Sue Kinsey	79
			2:42:44	Sue Peterson	78
			2:42:44	Beth Guerin	79
<b>THREE MILES</b>			2:43:38	Cindy Darlymple	79
15:35.2	Kathy Mills	78	2:43:43	Laurie Binder	79
15:37.0	Jan Merril	77	2:43:51	Janis Arenz	79
15:41.6	Peg Neppel	76	2:44:29	Karen Blackford	79
15:43.4	Julie Brown	74	2:44:52	Gayle Barron	78
15:57.0	Teri Anderson	77	2:45:20	Wendy Walker	79
16:00.4	Sue Kinsey	78	2:45:36	Penny de Moss	78
16:03.3	Carol Cook	76			
16:04.0	Judy Graham	75			
16:10.5	Julie Shea	78	2:45:45	Karen Doppes	79
16:12.0	Kris Bankes	78	2:45:57	Amy Johns	79

16:12.2	Clare Choate	74	2:46:20	Debbie Lewis	79
16:15.6	Debbie Quatier	74	2:46:23	Diane Barrett	77
16:16.8	Karen Cramond	76	2:46:34	Leal Reinhart	77
16:36.1	Lynn Morin	76	2:46:42	Julie Shea	79
16:42.0	Jackie Hansen	75	2:46:46	Story	79
16:47.5	Tena Anex	77	2:46:56	Sue Parks	79
			2:47:20	Patricia Le Tore	77
			2:47:33	Lori Jorgensen	79

			2:47:37	Hughes	79
<b>10000 METERS</b>			2:47:37	Laurie McBride	79
32:52.5	Mary Shea	79	2:47:50	Jane Wipf	79
32:52.7	Joan Benoit	79	2:48:11	Doreen Ennis	79
33:15.1	Peg Neppel	77	2:48:44	Janet Leydig	79
33:40.2	Ellison Goodall	78	2:49:56	M. Bevans	79

33:42.7	Sue Kinsey	78	<b>100 METER HURDLES</b>		
34:17.2	Karen Bridges	78	12.86	Deby LaPlante	79
34:19.5	Julie Brown	77	12.95	Candy Young	79
34:27.3	Karen Fitz	79	13.09	Stephanie Hightower	79
34:27.3	Jan Oehm	79	13.14	Patty Van Wolvelaere	78
			13.25	Jane Frederick	78
34:28.5	Molly Morton	79	13.33	Benita Fitzgerald	79
34:40.2	Linda Heinmiller	79	13.34	Mamie Rallins	72
34:43.2	Anne Sullivan	79	13.50	Sonya Hardy	76
34:52.7	Jeneen Hill	79	13.50	Brenda Calhoun	78
34:59.6	Mary Walsh	79	13.50	Mary Smith	78
35:06.7	Judith McCreary	79			
35:11.2	Ann Trasib	78			
35:12.0	Debbie Richie	78	13.50	Rhonda Brady	78
35:14.4	Lori Binder	79	13.50	Linda Weekly	79
35:22.2	Phyllis Olrich	78	13.52	Pat Donnelly	76

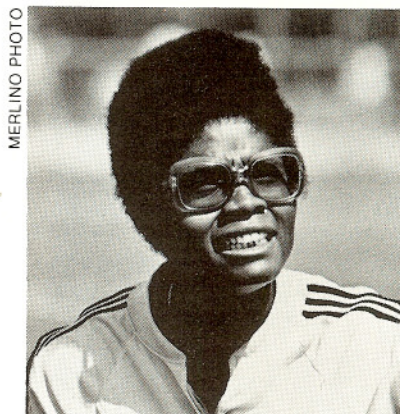


**BRIDGES**



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**VERNON**



MERLINO PHOTO

**RALLINS**



JOHNSON PHOTO

**ROGERS**



1.78/5'10	Diane Gattambide	79	15.76/51'8½	Mary Jacobson	79
1.78/5'10	Susan Lind	79	15.72/51'7	Brenda Denny	79
1.78/5'10	Thea Ackerman	79	15.71/51'6½	Emily Dole	78
1.78/5'10	Karrie Bates	79	15.68/51'5½	Lynn Winbigler	77
1.78/5'10	Denise McCoy	79	15.68/51'5¼	Lorna Griffin	79
1.78/5'10	Cindy Cashell	79	15.64/51'4	Lynette Matthews	71
1.78/5'10	Renee Nickles	79	15.58/51'1½	Jill Stenwall	79
1.78/5'10	Robin Shaw	79	15.49/50'10	Cindy Reinhoudt	73
1.78/5'10	Nancy Redican	79	15.14/49'8¼	Deanna Patrick	77
1.78/5'10	Sally McCarthy	79	15.12/49'7½	Denise Wood	75

1.78/5'10	Zsa Zsa Pratt	79	15.08/49'5¾	Cel Rutledge	62
1.78/5'10	Shawn Corwin	79	14.96/49'1	Karen Marshall	78
1.78/5'10	Dale Wallace	79	14.95/49'0½	Melody Rose	79
1.78/5'10	Sue Blake	79	14.92/48'11½	Christy Tumberger	77

**LONG JUMP**

6.90/22'7½	Jodi Anderson	78	14.91/48'11	Linda Langford	75
6.78/22'3	Kathy McMillan	76	14.86/48'9	Suzie Snyder	73
6.59/21'7½	Martha Watson	74	14.82/48'7½	Sue Thornton	79
6.59/21'7½	Sherron Walker	76	14.80/48'6¾	Jeanne Daniels	79
6.56/21'6¼	Jane Frederick	78	14.78/48'6	Cynthia Wyatt	62
6.55/21'6	Willye White	64	14.72/48'3½	Sharon Shepherd	63
6.51/21'4½	Pat Johnson	79	14.68/48'2	Nancy Jenkins	79
6.45/21'2½	Lorraine Ray	77	14.55/47'9	Dottie Barnes	71
6.39/20'11¾	Vicki Betts	76	14.55/47'9	Annette Bohach	79
6.37/20'10¾	Carol Lewis	79	14.49/47'6½	Susan Ray	77

6.34/20'9½	Marilyn King	76	14.49/47'6½	Deanne Patrick	79
6.33/20'9¼	Kim Attlesley	72	14.45/47'5	Elaine Sobansky	79
6.30/20'8¼	Cheryl Butler	74	14.44/47'4½	Kelly Curran	79
6.28/20'7½	Jackie Joyner	79	14.37/47'1¾	Pauline Thomas	71
6.28/20'7¼	Tammie Rucker	79	14.37/47'1¾	Karen Marshall	76
6.27/20'7	Mary Ayers	77	14.35/47'1	Sharon Mitnik	79
6.27/20'7	Debra Carson	78			
6.26/20'6½	Cornelia Jackson	79			
6.25/20'6	Pat Winslow	67			
6.25/20'6	Judy Pollion	79			

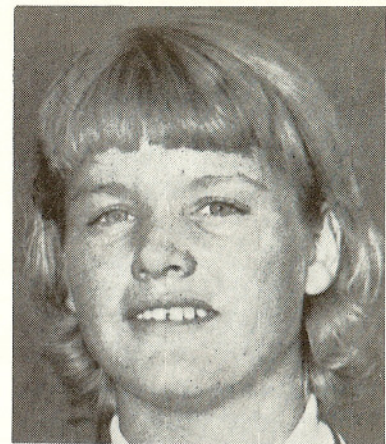
6.22/20'5	Sheila Pratt	77	58.62/191'2	Lorna Griffith	79
6.22/20'5	Kim Brooks	78	57.74/189'6	Lynn Winbigler	79
6.21/20'4¾	Gwen Loud	79	57.60/189'0	Olga Connolly	72
6.21/20'4¾	Princess Reese	79	55.14/180'11	Jan Svendsen	76
6.21/20'4¾	Roxanne Keating	78	54.50/178'10	Helene Connell	79
6.21/20'4¾	Carrie McLaughlin	79	54.46/178'8	Vivian Turner	72
6.21/20'4½	Sandra Myers	79	53.90/176'10	Earlene Brown	60
6.20/20'4¼	Sheila Pettit	78	53.64/176'0	Linda Langford	76
6.20/20'4	Sabrina Douglas	78	53.60/175'10	Leslie Deniz	79
6.19/20'3¾	Cookie Fairley	78	53.18/174'6	Carol Frost	71

6.18/20'3½	Margaret Matthews	58	53.04/174'0	Julie Hansen	78
6.18/20'3½	Amy Davis	78	52.88/173'6	Lisa Vogelsang	77
6.18/20'3½	Joni Huntley	78	52.38/171'10	Monette Branson	77
6.16/20'2¾	Debra Wedgeworth	71	51.30/168'3	Karen Marshall	77
6.16/20'2½	Judy Vernon	71	50.86/166'10	Denise Wood	79
6.14/20'1¾	Gale Fitzgerald	76	50.68/166'3	Monette Driscoll	75
6.14/20'1¾	Lisa Gourdine	79	50.52/165'9	Terri Sabol	75
6.14/20'1¾	Sandy Crabtree	79	49.98/164'0	Julie Cart	79
6.13/20'1¼	Karen Elmore	76	49.98/164'0	Brenda Denny	79
6.12/20'1	Pam Donald	79	49.74/163'2	Karen McDonald	79

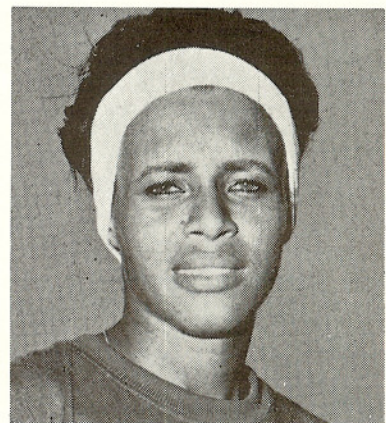
6.11/20'0½	Judy Durham	71	49.68/163'0	Linda Montgomery	76
6.11/20'0½	Dora Lee Roberts	71	49.38/162'0	Ranee Kletchka	69
6.11/20'0½	Diane Kummer	77	49.38/162'0	Diane Pugh	79
6.11/20'0½	Cathy Newman	79	49.22/161'6	Kathy Picknell	79
6.09/20'0	Allison Dotson	79	49.10/161'1	Carol Finsrud	78
6.09/20'0	Kathrene Wallace	79	49.02/160'10	Robin Small	79
			48.72/159'10	Francine Kaylor	78
			48.64/159'7	Dana Olson	79
			48.62/159'6	Pia Iscovo	79
			48.50/159'2	Pamela Kurrell	60

**SHOT PUT**

19.09/62'7¾	Maren Seidler	79	48.48/159'1	Caryl van Pelt	79
17. 1/55'9¼	Ann Turbyne	79	48.42/158'10	Cindy Pottle	77
16.69/54'9¼	Earlene Brown	60	48.38/158'9	Nancy Norberg	68
16.68/54'9	Kathy Devine	79	48.34/158'7	Cindy Reinhoudt	72
16.29/53'5½	Jan Svendsen	72	48.26/158'4	Christy Pyle	78
16.18/53'1	Lynn Graham	71	48.22/158'2	Marcia Mecklenberg	79
16.18/53'1	Jane Frederick	78	48.20/158'2	Suzie Snyder	73
15.89/52'1½	Marcia Mecklenberg	79	47.98/157'5	Mary Stevenson	79
15.86/52'0½	Carol van Pelt	78			
15.78/51'9¼	Sandy Burke	79			



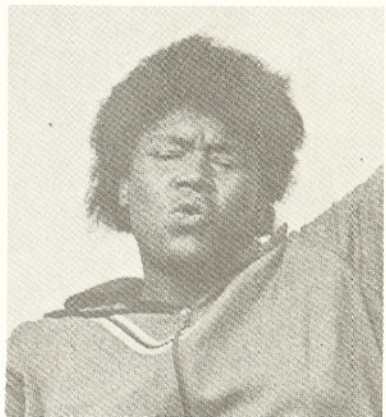
**WINSLOW**



**WHITE**



**BROWN**



**GRAHAM**

# ALL-TIME USA LIST *(continued)*

47.70/156'6	Gale Zaphiropoulos	79
47.60/156'2	Vickilee Cobern	79
47.04/154'4	Jackie Henry	79

## JAVELIN THROW

69.32/227'5	Kate Schmidt	78
63.38/207'11	Sherry Calvert	78
63.32/207'9	Karin Smith	78
60.56/198'8	Barbara Friedrich	67
59.82/196'3	Ranae Bair	67
59.76/196'1	Cathy Sulinski	76
58.64/192'5	Lynn Cannon	77
57.20/187'8	Marjorie Larney	57
56.90/186'8	Celeste Wilkinson	78
56.80/186'4	Roberta Brown	71

54.50/178'10	Louise Gerrish	68
54.34/178'3	Jeanne Eggart	79
53.50/175'6	Mary Osborne	79
53.42/175'3	Connie Gasson	77
53.20/174'6	Barbara Whitfield	76
52.42/172'0	Jean Sweeney	71
52.04/170'9	Gloria Wilcox	64
51.76/169'10	Donna Dietrich	78
51.76/169'10	Sally Harmon	79
51.74/169'9	Tonya Reigle	79

51.68/169'7	Jacque Nelson	79
51.58/169'3	Susan Armstrong	73
51.48/168'11	Renee Lambrecht	79
51.46/168'10	Susie Norton	75
51.36/168'6	Debbie Langevain	73
51.34/168'5	Frances Davenport	63
51.18/167'11	Linda Hughes	79
51.10/167'8	Nadine Bowers	75
51.00/167'4	Keri Camarigg	78
50.88/166'11	Patty Keanrey	79

50.80/166'8	Debbie Williams	78
50.62/166'1	Karen Oldham	60
50.42/165'5	Kitsy Hall	76
50.16/164'7	Jaime Gale	79
50.10/164'5	Deanna Carr	79
50.10/164'4	Lurline Struppeck	67
50.04/164'2	Lisa Kirk	76
49.96/163'11	Donna Mayhew	79
49.74/163'2	Linn Dunton	79
49.60/162'9	Marareta Carell	72

49.46/162'3	Joyce Hombel	72
49.42/162'2	Sonya Bennett	77
49.38/162'0	Terri Cooper	79
49.20/161'5	Wendy Sorrick	72
49.14/161'3	Joy Hall	78
49.10/161'1	Lisa von Bentham	75
49.00/160'9	Diane Franklin	70
48.84/160'3	Monica Stoltenberg	78
48.82/160'2	Pam Livingston	70

## PENTATHLON

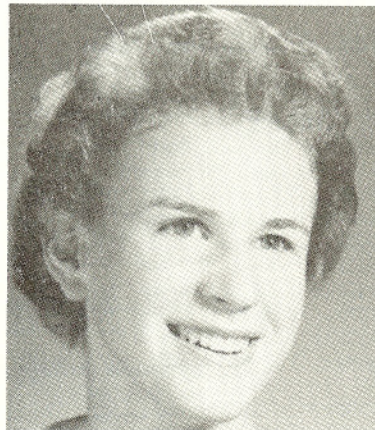
4708	Jane Frederick	79
4486	Gale Fitzgerald	75
4443	Jodi Anderson	79
4374	Marilyn King	76
4339	Marilyn Linsenmeyer	76
4243	Dana Collins	78
4141	Mitzi McMillin	78
4134	Linda Waltman	79
4129	Karen Page	79
4112	Patsy Walker	77

4112	Judy Fontaine	78
4100	Denise Cornell	78
4008	Mary Harrington	79

WILKINSON PHOTO

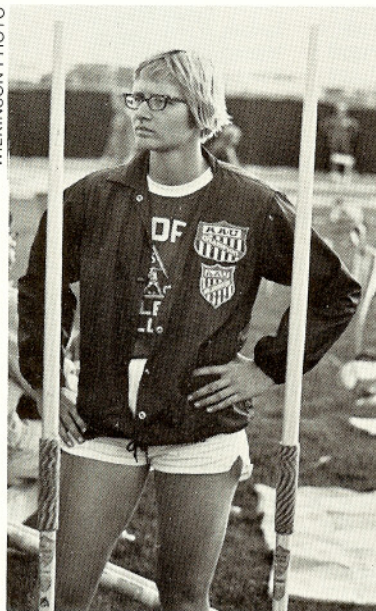


**CONNOLLY**



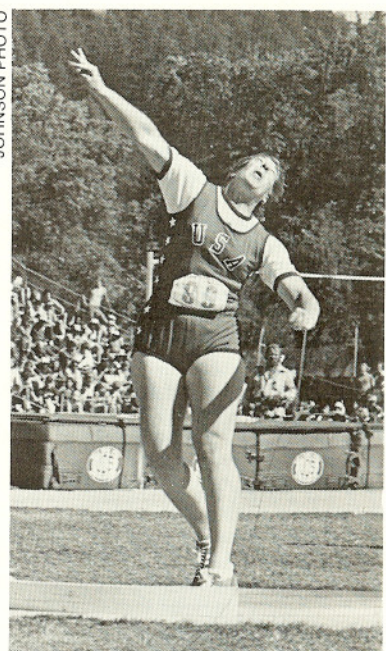
**BAIR**

WILKINSON PHOTO



**FRIEDLICH**

JOHNSON PHOTO



**JACOBSEN**



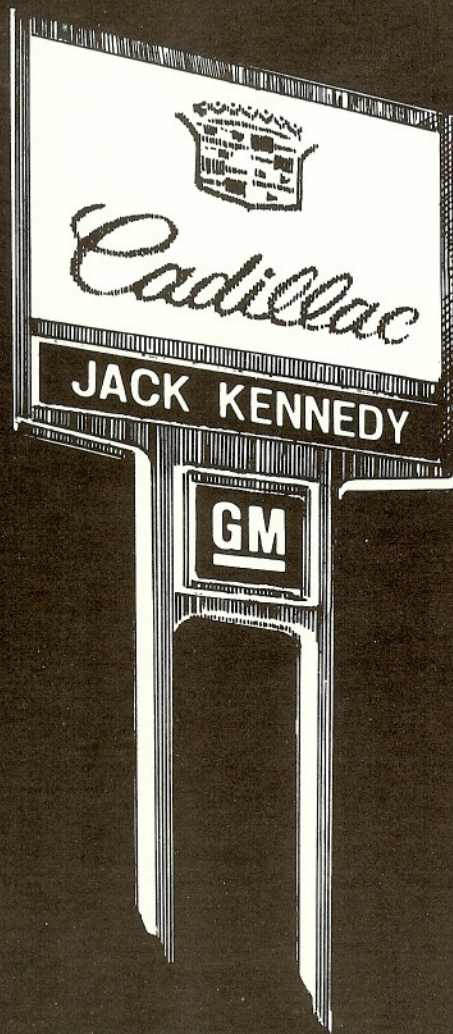
**ARMSTRONG**

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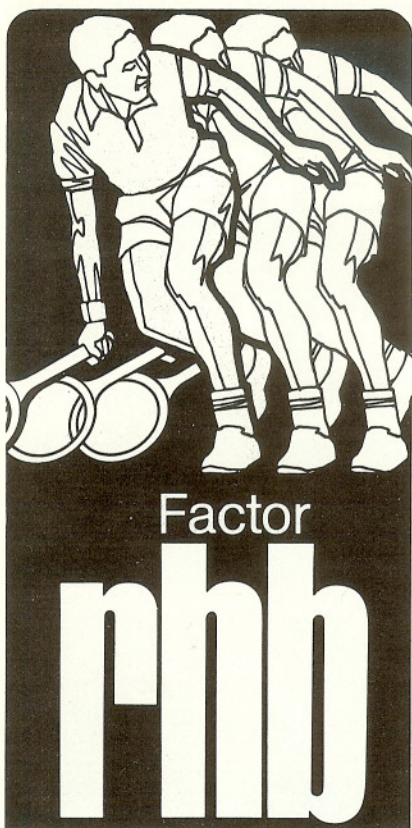
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**RESULTS** (continued from page 24)

**Beckford the Star at College Park**

College Park, MD, January 11 — Darlene Beckford, now a freshman at Harvard, sped to a 4:36.9 clocking to win the one mile run at the National Invitational Indoor Meet here tonight and move into the Number 5 spot on the All Time USA Indoor List and the Number 9 position on the All Time World List. Beckford had to hustle to whip Germany's Ellen Wessinghage as the visitor from Europe turned in the 11th best ever for the distance at 4:37.7s. Also close behind was former University of Tennessee star Brenda Webb who was only two-tenths off her best ever indoor mark with a fine 4:39.7s.

Another good performance was Benita Fitzgerald's 7.80 clocking over the 60y hurdles. Fitzgerald, another freshman now attending the University of Tennessee, moved into a tie for ninth on the US List and a tie for 10th on the World List.

**RESULTS:** 60y, 1—Parsons (Morgan St) 6.98, 2—Toomer (Md) 7.09, 3—Towers (Del St) 7.10; 440y, 1—Brinkley (Pioneer AC) 57.2, 2—Paulette Clagon (Morgan St) 57.5, 3—Francis (DC Int) 57.5; 880y, 1—Robin Campbell (Stanford TC) 2:08.1, 2—Forman (Harvard) 2:10.6, 3—Kim Gallaher (Ambler OC) 2:11.3; Mile, 1—Darlene Beckford (Harvard) 4:36.9, 2—Ellen Wessinghage (Germany) 4:37.7, 3—Brenda Webb (Tenn TC) 4:39.7, 4—Jennifer White (Charlottesville TC) 4:41.0, 5—Brigid Leddy (Vil) 4:42.5; 60yH, 1—Benita Fitzgerald (Tenn) 7.80, 2—Lorraine Tummings (DC Int) 8.32, 3—Palmore (Md) 8.33.

**Terp Triples in Vermont**

Storrs, CT, January 14/15 — Janet Terp of the University of Vermont, scored a nice triple as the University staged its 11th Annual Christmas Invitational on the boards. Terp scored wins in the 50mH (7.9h), high jump (5'8) and long jump (18'1½). Maxine Underwood (Cooper) had a good 56.4 for the 400 and Delissa Walton sped a fine early season 2:10.4 for the 800.

**RESULTS:** 50m, 1—Elaine Jones (Motor City) 6.5, 2—Maxine Underwood (Cooper) 6.6, 3—Maureen McIntyre (Ottawa Kinsmen, Canada) 6.7, 4—Kori Gifford (MC) 6.7; 50mH, 1—Janet Terp (UVt) 7.9, 2—Monique Newell (E. Ottawa Lions, Canada) 7.9, 3—India Tirner (Cooper) 8.0; 400m, 1—Maxine Underwood (C) 56.4, 2—Sonji Lart (C) 58.6, 3—Sylvie Desormoux (Antilopes) 58.9; 800m, 1—Delissa Walton (MC) 2:10.4, 2—Adrienne Dixon (C) 2:19.0; 1500, 1—Judi St. Hilaire (UVt) 4:30.8, 2—Leslie Warren (Un) 4:45.0; 3000, 1—Ann Schiavone (UVt) 9:59.8, 2—Erika Thoro (UVt) 10:29.0; 4x400, 1—Cooper 3:55.3, 2—Ottawa Kinsmen 4:04.9, 3—Motor City 4:06.3; 4x880, 1—U. Vermont 9:47.0, 2—Cooper 10:15.2; HJ, 1—Janet Terp (UVt) 5'8; LJ, 1—Janet Terp (UVt) 18'1½, 2—Koni Gifford (MC) 17'9¼; SP, Terri Byland (Ment St) 42'0.

**Book Review — "Zanboomer"**

By R. R. Knudsen  
Harper and Row, publishers.  
\$6.95 hard cover.

"Zanboomer" is the story of a junior/senior high school girl, Suzanne Hagen, who plays on the school's varsity co-ed baseball team and how her transition is made to running. For the track fan, the first two-thirds of the book is a lull as it is devoted to her baseball career. "Zan" is the shortstop on this team which is run like a professional organization. In the crucial game of the season, "Zan" scores the winning run with a brilliant slide into home plate. But her baseball career is cut short by the All-American pitcher from the opposing team who turns out to be the Bad Guy, Joe Donn Joiner, who piles on top of her after she has already scored and causes her to suffer a shoulder separation.

So, to keep in shape and to improve her base-running speed while she heals, she begins to run. She runs so well that after learning her baseball is finished for the year, she turns to cross country. Her school does not have a cross country team, so Zan runs on her own in secret with the coaching of her best friend.

Her coach enters her in the State Championships, a competition which is also co-ed. She wins the State title with a new meet record of 15 minutes. For a course of "10 yards more than three miles", her time is most spectacular!

The story was imaginative and interesting and even though it was exaggerated at times, there were some very exciting moments. I would recommend this book for ages 12-14. It is written by the author of "Fox Running" and the paperback edition will be available in Spring of this year. (Donna Fromme)

WTW

Running  
Running  
Like the flow  
of swiftly moving  
waters  
Like a flock of birds  
in flight  
Like a breeze  
gently blowing  
Like a symphony  
in harmonic grandeur  
I am in concert  
Running  
Running

Birk Hinderaker

February 1980

# China's Diminutive Throwers

GLADYS CHAI PHOTO



LI HSIAO-HUI

Here are two examples for the small weight person. On the left is China's Li Hsiao-Hui, 5'5" and 139, who has a mark of 192'9" for the discus. On the right, her teammate Shen Li-Chuan also 5'5", weighing 141, who has put the shot 58'1".

GLADYS CHAI PHOTO



SHEN LI-CHUAN

## Report from Australia

From Bernie Cecins

Australia, as is the case with all other nations south of the equator, is in the midst of its outdoor season. The following interesting items have come from our Australian correspondent, Bernie Cecins:

"On December 16, enduring hot and humid conditions in Brisbane, but with a firm head wind, Pam Matthews exploded to 65.74/215'8 in the javelin throw. Little known outside Australia, Pam (21) thus moved to fourth position on the 1979 world list. She indicated of things to come three days earlier with 61.54/201'11 in Melbourne.

"On the same day in Melbourne Gael Mulhall (like Matthews she is coached by Franz Stampfl), set British Commonwealth shot put record of 18.17/59'7½. She had a supporting mark of 18.12/59'5½ in Adelaide on December 5.

"Kim Thorley (born October 18, 1964), used the same occasion in Perth on December 15 to register 6.48/21'3¼w, 6.40/21'0w and a legal 6.33/20'9¼ for the best leaps on record by a 15 year old. She has plenty of natural speed but is only a slip of a girl. Six days earlier at Melbourne, Kim had another legal mark of 6.28/20'7¼. She could be one of Australia's leading athletes at the 1984 Games, but

with a bit of luck she could be in line for Moscow.

"Look who's on top of the woman's sprints — Raelene Boyle and Denise Boyd. Both are likely to concentrate on the 400 for the Moscow Games. Boyle recently had her third Achilles operation since Montreal and is trying harder than ever before. Boyd, using a 3.8m following wind at Brisbane on December 16, turned in a 10.9 and 22.7 for the two sprints. Her first serious 400 netted 52 flat.

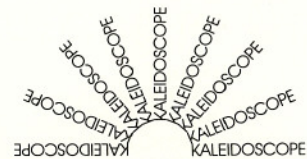
"Jodi Bilich (a very slim 12-year-old who could easily fit on the average mantle-piece), ran the 800 in 2:17.3 for a 0.6 win from Gililan de Gruchy (also 12). On November 11, Jodi reduced her 1500m best to 4:40.5 and made a further improvement with 4:37.2 on December 16 with a second place to Jodie Nykwist (13), who was timed in 4:33.9.

"Petra Rivers is back again and threw 55.44/181'11. Beverly Francis, shotputter, recently set a world middleweight powerlift total record of 485kg (1067 pounds), with a squat of 175kg (385 pounds), bench press of 130kg (286 pounds) and deadlift of 185kg (407 pounds). Beverly is 1.65/5'5 and 75kg/175 pounds.

"Denise Boyd clocked 22.3 manual time, wind aided, for 200 meters. BYU's Karen Page (New Zealand) scored 4148 in a pentathlon on December 30." **WTW**

## KALEIDOSCOPE

(continued from Page 5)



again in February . . . From the Coach's Bulletin Board: "He who truly knows has no reason to shout".

Southern California will be filled with foreign athletes during the early part of 1980. Olympic possibles from West Germany will be staying in San Diego, a squad from the People's Republic of China will be in Pomona, a team from Taiwan will be in Pasadena, some Swedes are here and others are coming. There will be an interesting confrontation at the Mt. SAC Relays. Both the People's Republic of China and the Republic of China have entered teams — neither country recognizes the other and both claim politics have no place in sport. We shall see who takes part and who withdraws for political reasons . . . Fortune Gordien, former world record holder in the discus, has resigned his job as head men's track coach at San Bernardino Valley College and is now assistant women's coach at Mt. San Antonio College. **WTW**

# Indoor List through January 15

\* = Hand time +0.14  
 ° = Converted from yards  
 + = Not US Citizen

## 50 METERS

6.49 Dolly Fleetwood (Mt. SAC)  
 6.54 +Andrea Lynch (LANTC)  
 6.59 Evans (LAM)  
 6.61 Elaine Parker (UC Berk)  
 6.64 Frieda Cobbs (BEBTC)  
 6.64\* Elaine Jones (MCTC)  
 6.65 Pam Donald (Stanford)  
 6.71 Kim Webster (BEBTC)  
 6.74\* Maxine Underwood (Cooper)  
 6.78 Maebella Washington (LAM)  
 6.84\* +Maureen McIntyre (Ottawa)  
 6.84\* Kori Gifford (MCTC)

## 60 YARDS

6.85 Linda Wilson (SUNO)  
 6.92 Angel Doyle (Sthn)  
 6.94\* Davis (Rutgers)  
 6.94 Jamie Berrand (Gramb)  
 6.98 Maria Parsons (MorgSt)  
 7.01 Mildrette Bell (Alcorn)  
 7.04\* Camara (UCt)  
 7.04\* Dowers (DelSt)  
 7.09 Toomer (UMd)  
 7.10 Towers (Del)  
 7.11 Carrie Sherman (Alcorn)  
 7.14\* Tull (W. Chester St)  
 7.1 Cynthia Williams (Sthn)  
 7.24 Donna Wilson (MHYF)  
 7.24\* Yvette Hyman (Wis)  
 7.24\* Yancy (MorgSt)  
 7.34\* Crystal Jones (Wis)  
 7.34\* Carolyn Carr (VaHS)

## 60 METERS

7.04 Evelyn Ashford (Un)  
 7.33 Dolly Fleetwood (SCC)  
 7.44 +Andrea Lynch (LANTC)  
 7.46 Gwen Loud (LAM)  
 7.49 Latanya Dawkins (LBC)

## 200 METERS

25.44\* Maria Parsons (MorgSt)  
 25.54\* Johnson (UMd/Bt)  
 25.64\* Pearen (Adelphi)  
 25.74\* Delancy (Howard)  
 26.14\* Gibbs (LIU)  
 26.14 Cantine (LIU)  
 26.24\* Arch (LIU)

## 400 METERS

55.09 Yolanda Rich (Ali)  
 55.79 Kim White (BEBTC)  
 55.84\*° Wanda Hooker (MemSt)  
 56.04\*° Maxine Underwood (CooperSt)  
 56.11 Deanne Howard (Ali)  
 56.44\* Belle (MorgSt)

56.56 Valerie Brisco (LANTC)  
 56.74\*° Pam Moore (Wis)  
 56.94\* Muller (UMd)  
 57.14\*° Carolyn Brinkley (PionAC)  
 57.34\*° Paulette Clagon (MorgSt)  
 57.44\*° Henrietta Nancis (DCInt)  
 57.54\* Gwen Gardner (LAM)  
 57.84\* Kim Thomas (StJn)  
 57.84\* Brenda Peterson (LAM)

## 500 METERS

1:12.7 +June Griffith (Adel)  
 1:13.8 Edna Brown (Temple)  
 1:13.9 Kim Thomas (StJn)  
 1:15.4 Peynado (Rutgers)

## 500 YARDS

55.09 Yolanda Rich (Ali)  
 55.79 Kim White (BEBTC)  
 55.84\*° Wanda Hooker (MemSt)  
 56.04\*° Maxine Underwood (CooperSt)  
 56.11 Deanne Howard (Ali)  
 56.44\* Belle (MorgSt)  
 56.56 Valerie Brisco (LANTC)  
 56.74\*° Pam Moore (Wis)  
 56.94\* Muller (UMd)  
 57.14\*° Carolyn Brinkley (PioAC)  
 57.34\*° Paulette Clagon (MorgSt)  
 57.44\*° Henrietta Nancis (DCInt)  
 57.54\* Gwen Gardner (LAM)  
 57.84\* Kim Thomas (StJn)  
 57.84\* Brenda Peterson (LAM)

## 600 YARDS

1:23.3 Henrietta Nancis (DCInt)  
 1:26.6 Lee Van Landingham (CCTC)  
 1:26.9 Wynette Comeaux (Stn)  
 1:28.8 Scott (DCInt)  
 1:31.0 Linda Scott (Alcorn)  
 1:31.3 Laverne Harrison (Alcorn)  
 1:31.7 Cheryl Murray (MemSt)

## 800 METERS

2:05.2 R Robin Campbell (Stan)  
 2:07.3 +Debbie Campbell (Canada)  
 2:09.6 Jan Merrill (AGAA)  
 2:09.8 +Verona Elder (England)  
 2:09.8 Joetta Clark (NJAA)  
 2:09.9\* Johanna Foreman (Harvard)  
 2:10.2 +Aila Verkberg (Finland)  
 2:10.4 Delissa Walton (MCTC)  
 2:10.5 Ann Regan (WVC)  
 2:10.6\* Kim Gallagher (AmblerOC)  
 2:11.4 Michelle Bush (UCLA)  
 2:12.5\* Tara Arnold (CCTC)  
 2:12.7 Francis Castro (Un)  
 2:13.3\* Ellen Brewster (Wis)  
 2:14.9 Douglas (URI)  
 2:15.7\* Suzie Houston (Wis)

## 1000 METERS

2:53.8 Brigid Leddy (Vil)  
 3:05.9 Briody (Princeton)  
 3:06.8 O'Brien (Rutgers)

3:07.3 Dengivitz (UMd)  
 3:09.6 Small (Howard)

## 1000 YARDS

2:37.7 Kim Gallagher (AmblerOC)  
 2:44.2 S. Danos (CCTC)

## 1500 METERS

4:11.1 Mary Decker (AthWst)  
 4:21.6 +Scott (UVictoria)  
 4:26.8 Brigid Leddy (Vil)  
 4:30.8 Judi St. Hilaire (UVT)  
 4:31.8 Pavik (UMd)  
 4:34.5 Douglas (URI)  
 4:38.6 Shea (UVa)  
 4:43.5 Wallace (WChstSt)

## ONE MILE

4:35.3 Cindy Bremser (WisTC)  
 4:36.9 Darlene Beckford (Harvard)  
 4:37.7 +Ellen Wessinghage (Ger)  
 4:39.7 Brenda Webb (TennTC)  
 4:41.0 Julie White (Chltsville)  
 4:42.5 Brigid Leddy (Vil)  
 4:43.6 Suzie Houston (Wis)  
 4:46.5 Rose Thompson (Wis)  
 4:48.4 Patty Murnane (PennSt)  
 4:48.6 Chris Mullen (Gorgtn)  
 4:49.3 Johanna Foreman (Harvard)  
 4:54.8 Linda Goen (UCLA)  
 4:55.3 Michelle Gross (LSU)  
 4:55.3 Mary Stepka (Wis)  
 4:58.2 Marty McElwee (Wis)  
 4:58.7 Roxanne Bier (SJC)  
 4:59.9 Kimberly Schnurpfel (Stan)

## 3000 METERS

8:51.0 Grete Waitz (Nor)  
 9:07.5 Jan Merrill (AGAA)  
 9:59.8 Ann Schiavone (UVT)  
 10:05.5 Shea (UVa)  
 10:29.0 Erika Thoro (UVT)  
 10:49.3 Quinn (UPa)  
 10:55.1 Salmon (MontSt)  
 11:09.6 Anwater (Iona)

## TWO MILES

10:04.7 Julie White (Chrsvle)  
 10:59.0 Marty McElwee (Wis)  
 11:09.6 Anne Johnston (Wis)  
 11:13.8 Sally Zook (Wis)

## 50 METER HURDLES

7.44 Jodi Anderson (LANTC)  
 7.54 Deanne Johnson (StanTC)  
 7.66 Kris Costello (OreTC)  
 7.71 Cheryl Hawthorne (Berk)  
 7.71 Sherifa Sanders (BerkTC)  
 8.04\* Janet Terp (UVT)  
 8.04\* +Monique Newell (Canada)  
 3.07 Cathy Helman (SJC)



**60 YARD HURDLES**

7.80	Benita Fitzgerald (UTn)
8.04*	Julie Smithers (Rut)
8.12	Laverne Palmer (Sthn)
8.14*	Debra Deutsch (Rut)
8.14*	Pat Knighton (Rut)
8.24*	Kathy Borgwarth (Wis)
8.32	Lorraine Tummings (DCInt)
8.33	Palmer (UMd)
8.34*	Prendergast (LIU)
8.44*	Tamela Penny (CaHS)

**4x400m**

3:51.0	Long Beach Poly HS, Ca
3:57.4	LA Manual Art HS, Ca

**4x440y**

3:50.5	Temple
3:52.1	LA Mercuresses
3:52.2	Southern University
3:52.7	Morgan State
3:52.8	Adelphi
3:52.8	Rutgers
3:55.3	Cooper State
3:55.9	Memphis State
3:56.4	U. Maryland
3:58.0	Grambling
3:58.4	Long Island University
3:58.7	St. Johns

**4x880y**

9:47.0	U. Vermont
10:15.2	Cooper State

**HIGH JUMP**

5'9	Cherl Essman (Wis)
5'8 1/4	Jalene Chase (UMd)
5'8	Joan Brockhaus (Wis)
5'8	Janet Terp (UVt)
5'6 1/4	Stewart (UVa)
5'6 1/4	Pat Knighton (Rut)
5'6 1/4	Walker (DelSt)

**LONG JUMP**

20'4	Kathy McMillan (TSU)
20'1	Pat Johnson (Wis)
19'5	Gwen Loud (LAM)
19'2 3/4	Martha Watson (CIInt)
18'9 1/2	Staton (NC)
18'9 1/4	Patsy Walker (Un)
18'5	Hinman (Rut)

**SHOT PUT**

48'0	Walton (UMd)
46'4 1/4	Davis (StJns)
44'6 3/4	Shu Querashi (Wis)
44'4 3/4	Mitnik (Temple)
44'2 1/4	Lynn Richardson (Sthn)
44'0	Gayle (UMd)
42'0	Terri Byland (KentSt)

**PENTATHLON**

3626	Jaeger (StJns)
3597	Alston (UMd)
3217	McKillop (PennSt)

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*A Public Service of This Magazine and The Advertising Council* 

## LETTERS (continued from page 4)

Editor:

I could not believe your magazine had the "guts" to print that excellent story on Debbie Brill (October 1979). Her story should be required reading in the schools and by all women athletes. I will watch her on TV with more interest now that I feel I know her and her problems personally. She is a real champion.

Amy Carter  
Thedford, Nebraska

Dear Editor:

I am impressed with your publication and when you get the bugs ironed out with the physical part of the publication, it will be the best in the world for female athletes. It is certainly something we have needed for a long time.

Thomas Davis  
Tulsa, Oklahoma



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IN INTERCOLLEGIATE COMPETITION**

*Front row: Sandy Crabtree, track & field, Glendale, AZ;  
Kathy Haynes, basketball, Madera, CA; Anna Maria  
Fernandez, tennis, Torrance, CA; Meredith Williams,  
swimming, San Jose, CA; Jill Ornstein, gymnastics,  
Huntington Beach, CA.*

*Back row: Denise Strebig, golf, San Bernardino, CA;  
Cathy Stukel, volleyball, Champaign, IL; Elizabeth  
Palmer, crew, San Marino, CA.*

For more information please contact: USC Women's Athletic Dept., Heritage Hall, University Park, Los Angeles, CA 90007, (213) 741-7693 or 7770



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