

WOMEN'S TRACK & FIELD WORLD

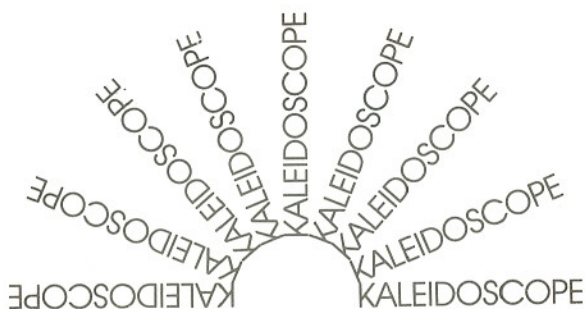
Vol. 16, No. 2 February 1983

1.50



JANELL NEELY BYU

The only publication in the world devoted exclusively to Women's Track & Field



Ruth Rothfarb has been injured and not able to compete until recently. She is now back covering 60-70 miles per week and recently ran her first race of the season, an Avon 10k. She won her age division in 64:19. Ruth is 81...Most Inspirational Runner at Eastern Washington this past cross country season was Michelle Ballentine...Wisconsin's Rose Thomson, who comes from Kenya, queries about being called a "perpetual student" since she has only been in this country for three years. Rose seems like a fixture for eons at Wisconsin simply because she has been one of the top

Editor & Publisher

Vince Reel

HIGH SCHOOL EDITOR - Rich Ede (714) 624-1484
ROAD RUNNING EDITOR - Jack Welch (503) 641-6453
ADVERTISING DIRECTOR - Jane Stary (714) 624-5955

PHOTOGRAPHERS: Jeff Johnson, Cindy Collins, Bill Leung, Jr., Tony Duffy (England), Mike Bailey (Canada), Gladys Chai (Malaysia), Dodie Bump.

CORRESPONDENTS: South America - Gerardo Bonhoff; Austria - Erich Kemper; Australia - Bernie Cecins; Belgium - Nic Lemmons; Canada - Lyle Sanderson, Ted Radcliffe; Denmark - Palle Lassen; Czechoslovakia - Alfred Janecy, Milan Skocovsky; Finland - Torsten Lindquist; France - Andre Alberty; Africa - Yves Pinaud; East Germany - Ernst Elert, Wolfgang Gitter; West Germany - Heinz Cavalier, Max Heilrath, Fritz Steinmetz; Asia - Rolf Von Der Laage; Greece - Matthew Artavans; England - Andrew Huxtable, Mel Watman; Holland - J. Koumens; Hungary - Gabriel Szabo; Iceland - Oren Eidson; Israel - Abraham Green; Italy - Luigi Mengoni, Roberto Quercetani; Japan - Atsushi Hoshino, Wakaki Maeda; Malaysia - Gurbaksh Singh Kler; Philippines - Sy Yinchow; Puerto Rico - Fernando Rodil; Norway - Erik Aarset, Einar Otto Oren; Rumania - Nicolae Marasescu; South Africa - Gert Le Roux; Spain - Alfonso Posada Sanchez, Jose Corominos; Sweden - Owe Froberg; Turkey - Turhan Coker; USSR - Anatoli Kashcheyev, Ilya Lokshin, Vladimir Otkalenko; West Indies - Richard Ashenheim; Yugoslavia - Leo Lang; USA - Lester B. Hansen and 1423 SID's.

"Women's Track & Field World" (second class mail pending) is published monthly for \$14 per year by S. F. Vincent Reel, PO Box 371, Claremont, California 91711. Mailing address for contributions and subscriptions is PO Box 850, Cedar Glen, California 92321.

runners since her first trot around the track and it seems she has been there forever....

Several magazines have already published the statement by Britain's Arthur Gold about "crowd estimates", but it's worth repeating here. New York is the recipient of his sharpened arrows. The Big Apple publicists claimed there were three million spectators at their NY Marathon. Mr. Gold has figured that would mean the spectators were standing shoulder to shoulder for all 26+ miles 71 deep! The promoters of the Fifth Avenue Mile Race were even worse. They claimed half a million spectators - meaning shoulder-to-shoulder persons 284 deep....Gazelle International, with Diane Richberg looking to do the most damage, is hoping to get under 9 minutes in the 4x880 this indoor season....Harvard's Darlene Beckford is red-shirting this year....

Speaking of Kenya, they have come up with Justina Chepchirchir, 9th in the 1500 and 8th in the 3000 at the Commonwealth Games. Justina is only 13 and has zipped the 3k in 9:11.0....Commonwealth Games 100m hurdles champ Shirley Strong, England, claims she smokes 20 cigarettes a day. I'm sure that improves her performance....And at the CG, two grandmothers, ages 62 and 59, and a 44 year old mother had to take the "sex test". They passed....Northwestern's new coach, Dee Todd, was runner-up to the "Mrs. America" title a couple of years ago and you might see her face on the cover of your Kellogg's Corn Flakes box....Wanta pick up \$50,000 real quick and easy? Break the world record in the marathon at the Woolrest Marathon in New Zealand on September 24....Here's the way to figure what your time can/should be for 800 meters. According to a system worked out by the British Milers Club, simply take your 400 time, add 6.5 to it and double it. Thus a 54 second quartermiler takes her 54, adds 6.5 for 60.5, doubles it and discovers she should ankle the 2 laps in 2:01.0....The article in "Runner's World" on the Los Angeles Track Club was most interesting. I was going to say it was a "great" article, but actually I have yet to see a "great" article about women's track anywhere. If an article is written by a female, it seems to be mushy and/or defensive. If it's written by a male, it seems to be sexist. So what else is new....

From Cecil Smith, editor of Canada's "Athletics" comes the explanation we have been waiting for, the answer to our question as to who gets to run for whom in the Commonwealth Games. Says Sir Cecil, "Britain is four countries,

(Wales, Scotland, Northern Ireland and England). Each governs itself, (something like the States and Washington DC). Plus self-governing Guernsey, Isle of Man, etc." Each state is entitled to be represented in the Commonwealth Games. Senor Cecil also submits a name for our NIL (Names I Like) section: Merrie Christmas.

The USA did rather well on the 1982 World Junior Rankings. We were #1 in the 100 through the 800 but were shut out in the 100 hurdles, javelin and heptathlon. Here are our ranking world athletes: 100m, Donna Dennis (1), Gervaise McCraw (6), Janet Davis (7), Lisa Winston (8); 200, Janet Davis, Denean Howard and Gervaise McCraw were 1-2-3, Donna Dennis (7), Tonja Stevens (10); 400, Denean Howard (1), Diane Dixon (2), Maxine Underwood (6), Jeannie Arnold (9), Gervaise McCraw (10); 800, Kim Gallagher (1), Diane Richburg (5); 1500, Gallagher (5), Polly Plumer (6); 3000, Chris Curtin (7), Lynne Strauss (9); 400H, Gayle Kellon (3), Karen Woods (7); HJ, Kym Carter (4), Mary Moore (8); LJ, Meleidy Smith (5); SP, Natalie Kaaiwahia (7), Tracey Toon (10); DT, Cindy Johnson (4), Joan Cago (6), Kaaiwahia (7).

The courts are giving Washington State University women something to cheer about. They have found WSU guilty of discriminating against their women's athletic teams and have ordered them to increase the women's budget 37% this year, (lowering the men's budget by the same amount) and the percentage comes up each year until the money is 50-50. In addition, the University has been ordered to locate hundreds of women and compensate them a total of \$500,000 for being sexually discriminated against while participating in WSU sports in recent years.

Just a couple of Names I Like this month. Ann Silknitter competes for Villanova. And Asia comes in for a few more delightful cognomens such as Thin Thin Maw of Burma, Tota Goda Gamage Ramani Magalika of Sri Lanka and Pushpa Bhatta of Nepal.

MARATHON EVOLUTION

(From "Athletics Weekly")

3:40:22	Violet Piercy (GB)	26
3:27:45	Dale Grieg (GB)	64
3:19:33	Millie Sampson (NZ)	64
3:15:22	Maureen Wilton (Can)	67
3:07:26	Anni Pede-Erdkamp (Ger)	67
3:02:53	Caroline Walker (USA)	70
3:01:42	Beth Bonner (USA)	71
2:46:30	Adrienne Beames (Aus)	71
2:46:24	Chantal Langlace (Fra)	74
2:43:55	Jackie Hansen (USA)	74
2:42:24	Liane Winter (Ger)	75
2:40:16	Christa Vahlensieck (Ger)	75
2:38:19	Jackie Hansen (USA)	75
2:35:16	Chantal Langlace (Fra)	77
2:34:48	Christa Vahlensieck (Ger)	77
2:32:30	Grete Waitz (Nor)	78
2:27:33	Grete Waitz (Nor)	79
2:25:42	Grete Waitz (Nor)	80

Los Angeles, California, January 9: UCLA was the site of the first outdoor competition for the Southern Pacific Association as they used this meet to determine entries to the Sunkist Indoor affair.

Some fine early season marks came from the close competitions. Jennifer Innis whisked through 60 yards in 6.85, Gayle Watkins upset Pam Page with a wind-aided 7.75 mark in the hurdles, Donna Sheffield had a swift 1:05.52 500 yards and only three-tenths of a second separated first from fourth in a good 880 won by Cynthia Warren in 2:10.6. And look who finished third in the shot - Pat Connolly who competed in the 1960 Olympics at 800 meters!

RESULTS: 60y, 1-Jennifer Innis (SC Cheetahs) 6.85, 2-Sandra Howard (Un) 6.91, 3-Simmons (Ing) 6.94; 500y, 1-Donna Sheffield (San Diego State) 1:05.52, 2-Trudy Palmer (Cal HS) 1:05.79, 3-Hacche (LAM) 1:07.20; 880, 1-Cynthia Warner (LAM) 2:10.6, 2-Tracie Palmer (Cal HS) 2:10.8, 3-Lai Lih-Jiou (SCC) 2:10.8, 4-Kaufmann-Munday (LATC) 2:10.9; Mile, 1-Prieur (SMTC) 4:54.2, 2-Michelle Hopper (MedTC) 4:55.7, 3-Mwinga Mwanbaja (SCC) 4:59.0; 2M, Michelle Hopper (Med TC) 11:20.9; 60yH, 1-Gayle Watkins (Un) 7.75w, 2-Pam Page (LATC) 7.84; 4x440, LA Mercuresses 3:55.6; 880yMed, SC Cheetahs 1:42.4; LJ, 1-Herrington (4-Corners TC) 19'2 1/2, 2-Sandy Crabtree (Coast Ath) 19'1 1/4, 3-Veronica Bell (SCC) 18'10 1/2;

SP, 1-Natalie Kaaiawahia (Cal HS) 47'9 3/4, 2-Lorriane Coztanzo (Az) 46'0 1/2, 3-Pat Connolly (MedTC) 40'8 1/4; DT, Lindy Toman (UCLA) 146'4; JT, 1-Deena Bernstein (CA) 151'6, 2-Mills (CA) 141'1.



NINE DAVIS won the shot at the Boston University Relays with a toss of 51' 10". (Jeff Johnson photo).

LETTERS

"How could you print those photos in last month's issue under 'Please Don't Print My Photo'? I won't be surprised if all those girls cancel their subscriptions - if they had subscriptions."

Maureen O'Neil
Tacoma, Wa

Dear Maureen:

One of the first things about life you should learn is you don't kid someone you don't like. And we were sure kidding.

SFVR

"I certainly approve of WTFW's method of presenting the US and World Lists. Not only does your publication go deeper than "Track & Field News", but they continually foul me up by inserting indoor marks and by not transposing manual times which results in inferior hand times being listed higher than electronic. Keep up the good work. And I chortled at your one-upmanship with your new motto "The New Testament of the Sport". That is great!

Jane Ellis
Manhattan, Ks

Reach the Peak Gill

Economy budgets need not be left at the bottom of the hill. Check into our new school pricing policy. Now you may buy from a dealer or directly from Harry Gill.

You deserve the best for your dollars. With Gill Track and Field equipment, not only are you assured of exact specifications, but also of the quality that translates into durability and easily obtainable replacement parts. Over the long run, dollars stretch even further.

You're striving to make and break records, and we want those records to stand unquestioned. That means Gill equipment for practice as well as competition. If you're reaching for the peak with a track and field program, you'll want Gill equipment beside you.

Write for a free copy of the Gill catalog:
Harry Gill Co.
201 Courtesy Road
Urbana, IL 61801
217-367-8438

GILL

ECONOMY

QUALITY

ACCURACY

PERFORMANCE

The most exacting standards in manufacturing Track & Field equipment.

ASIAN GAMES - WHO WON?

(Much of the following report comes from Asian correspondent Rolf Von Der Laage).

New Delhi, India, November 25/December 2: India, host for the First Asian Games in 1951, was once again the site of these Games, the Ninth Asian Games and the difference between performances in the First and the Ninth Games, was the difference between night and day.

Although all the nations who participated in the original Asian Games took part in 1982, the cast of nations is quite different from those early competitions. In 1951 only 29 women competitors from four countries took part. The host country, India, had 13 entries, Japan had 8, there were 6 from Indonesia and 2 from Singapore. They won the 100 in 12.6, the 200 in 26.0, the high jump with 4'11, the long jump with 19'5, the shot at 39'0, tossed the disc 138'1 and the spear 118'10. They ran one relay, the 4x100, and it was won in 51.4s. They ran the 80m hurdles in 12.8.

China competed in the 1954 Games, dropped out in 1958 and was replaced by the Republic of China. In this part of the world, politics seems more important than allowing the athletes to participate. Israel was in the Games, then out. The Republic of China suddenly became the "bad guys" and the People's Republic of China came back. Korea became North and South Korea. Ceylon became Sri Lanka, Vietnam became who knows, Khmer disappeared, Iran and Iraq are nil - but the Games went on and those who were invited, although the Asian Games Federation violates IAAF rules by not inviting all nations in their area, provided good performances and indicate a big rise in quality in this part of the world.

If one scores the meet according to medals won, Japan scored an upset victory with 6 gold, 4 silver and 5 bronze medals to 5 golds, 4 silvers and 6 bronzes by the People's Republic of China. North Korea was next followed by India, the Philippines, Thailand and South Korea with Bangladesh, Burma, Hong Kong, Malaysia, Nepal, Singapore, Sri Lanka and Vietnam failing to win a medalion.

However, if one scores the meet with accepted standards of 10-8-6-4-2-1, the Chinese are the winners with 143 points to 136 for Japan and a surprising India group third with 86 points, far in front of fourth place North Korea with 44.

It was a strange affair with national strengths and weaknesses showing up constantly. China, for example, placed no higher than third in any running event, yet won five firsts and four seconds in the six field events (including the heptathlon). Japan grabbed only one win in the field and one silver, but picked up five victories and three seconds on the track.

117 women took part in the Ninth Asian Games from 15 nations. Asian records were established in the 400m hurdles and both relays. Asian Games records were set in 12 of the 16 events



Japan's Hiromi Isozaki, left, won four gold medals in the 200, 400 and both relays. India's P. T. Usha, right, was second in both dashes. (Gladys Chai photo).

with only the 100, 200, 100H and 3000 escaping the 1982 crop of performers.

Although the standard of performance has improved greatly, only a couple of marks were close to being world class. Emi Matsui of Japan threw the javelin 198'7, China's Zheng Da-Zheng jumped 6'2 1/2 and teammate Liao Wen-Fen long jumped 21'0 1/2. China, as expected, did well in the shot and discus with 1-2 finishes and good marks.

The real surprise of the meet was the performances turned in by the Indian girls. P.T.Usha was second in both sprints, Geeta Zutshi was second in both the 800 and 1500, M.D.Valsamma won the 400 hurdles, Mercy-Mathews Kuttan was second in the long jump at 20'6 1/2 and the 4x400 team picked up a silver. A far cry from the Indian women in 1960 when the "officials" pulled the three female athletes off the plane for the Olympic Games in Rome. Let's hear it for the Indian women!

North Korea turned in a creditable performance placing third or fourth (depending on your scoring system) with Chang Jong Ae winning the 800 and 1500, Kim Ok Sun winning the 3000 and picking up third in the 1500 and Kim Chun Hwa placing second in the 3k and fifth in the 1500.



Zheng Da-Zheng, who has a best mark of 6'4, won the Asian Games gold with this leap of 6'2 1/2. (Gladys Chai photo).

Japan's Hiromi Isozaki went home with four gold medals scoring wins in the 200 and 400 and running legs on both winning relay teams.

Medal Tally

Country	Gold	Silver	Bronze
Japan	6	4	5
China	5	4	6
N.Korea	3	1	1
India	1	6	1
Philippines	1	0	0
Thailand	0	1	0
S.Korea	0	0	3

Bangladesh, Burma, Hong Kong, Malaysia, Nepal, Singapore, Sri Lanka and Vietnam failed to win a medal.

Scoring: (10-8-6-4-2-1)

	Track	Field	Total
China	49	94	143
Japan	88	48	136
India	63	23	86
N.Korea	44	0	44
S.Korea	27	10	37
Malaysia	8	8	16
Philippines	10	0	10
Thailand	10	0	10
Burma	5	1	6
Hong Kong	4	0	4
Sri Lanka	2	0	2

Bangladesh, Nepal and Sri Lanka failed to score.

RESULTS:

100M, 1-Lydia de Vega (Phil) 11.76, 2-P.T.Usha (Ind) 11.95, 3-Mo Myung Hee (SK) 11.99, 4-Xie Fang-Hua (PRC) 12.01 (12.00h), 5-Valapa Pinit (Tha) 12.16, 6-Emiko Konishi (Jap) 12.17 (12.12h); **200**, 1-Hiromi Isozaki (Jap) 24.22, 2-P.T.Usha (Ind) 24.32 (24.28h), 3-Mo Myung Hee (SK) 24.49, 4-Liang Yue-Ling (PRC) 24.76, 5-Emiko Konishi (Jap) 24.76, 6-Park Mi Sun (SK) 25.17 (25.02h); **400**, 1-Hiromi Isozaki (Jap) 54.43, 2-Junko Yoshida (Jap) 54.75 (54.10h), 3-Padmini Thomas (Ind) 55.14 (55.08h), 4-Thin Thin Maw (Bur) 55.23, 5-Evelyn Buckley (HK) 55.51, 6-Rita Sen (Ind) 56.46, 7-Saik Oik Cum (Mal) 63.91 (55.71h); **800**, 1-Chang Jong Ae (NK) 2:05.69, 2-Geeta Zutshi (Ind) 2:05.77, 3-Guo Gui-Mei (PRC) 2:06.59, 4-Huo Lian-Zhu (PRC) 2:07.74, 5-Shiny Abraham (Ind) 2:11.97, 6-Miho Inatsuki (Jap) 2:13.62; **1500**, Chang Jong Ae (NK) 4:18.40, 2-Geeta Zutshi (Ind) 4:19.33, 3-Kim Ok Sun (NK) 4:23.22, 5-Kim Soon Hwa (SK) 4:26.58, 6-Luo Yu-Xie (PRC) 4:30.39; **3000**, 1-Kim Ok Sun (NK) 9:30.22, 2-Kim Chun Hwa (NK) 9:32.36, 3-Shino Izutsu (Jap) 9:34.44, 4-Kim Soon Hwa (SK) 9:37.03, 5-Lue Yu-Xie (PRC) 9:44.97, 6-Kwah Ja (Bur) 10:00.18; **100mH**, 1-Emi Akimoto (Jap) 13.63, 2-Chizuko Akimoto (Jap) 13.98, 3-Dai Jian-Hua (PRC) 14.00, 4-Liu Mei-Ling (PRC) 14.05, 5-Alphonse Kurian (Ind) 14.62 (14.57h), 6-Selvagowri Varadakumar (Sri) 14.65 (14.57h); **400H**, 1-M.D.Valsamma (Ind) 58.47, 2-Yumiko Aoi (Jap) 59.08, 3-Liu Gui-Hua (PRC) 59.42 (58.81), 4-Chizuko Akimoto (Jap)

59.46 (59.15h), 6-Zhang Hui-Fen (PRC) 60.70 (60.36h); 4x100, 1-Japan 45.13, 2-Thailand 45.97, 3-South Korea 46.27, 4-Malaysia 46.59, 5-China 46.62, 6-India 46.64; 4x400, 1-Japan 3:37.44, 2-India 3:38.32, 3-China 3:39.84, 4-Malaysia 3:47.11, 5-Hong Kong 3:55.20, 6-Sri Lanka 3:57.85.

LJ, 1-Liao Wen-Feng (PRC) 21'0 1/2, 2-Mercy Mathews-Kuttan (Ind) 20'6 1/2, 3-Li Hui-Rong (PRC) 20'4, 4-Kim Mi Sook (SK) 19'9 1/2, 5-Taeko Nakagawa (Jap) 19'0, 6-San San Aye (Bur) 18'10 1/2; SP, 1-Li Mei-Su (PRC) 58'3 3/4, 2-Shen Li-Juan (PRC) 56'7 1/4, 3-Tetsuko Watase (Jap) 45'7 1/4, 4-Vijayamala Datta (Ind) 44'2 3/4, 5-Bakhtawar Khambata (Ind) 43'6 3/4, no sixth; DT, 1-Li Xiao-Hui (PRC) 187'9, 2-Xin Xiao-Yan (PRC) 171'3, 3-Narumi Suzuki (Jap) 154'10, 4-Lee Sang Yuk (SK) 154'10, 5-Bakhtawar Khambata (Ind) 138'1, 6-Tayabur Misha (Ind) 127'9; JT-Emi Matsui (Jap) 198'7, 2-Li Shu-Fen (PRC) 190'8, 3-Minori Mori (Jap) 179'5, 4-Norsham Yoon (Mal) 152'0, 5-Raziah Sheikh (Ind) 151'1, 6-Al Pravathi (Ind) 119'7; Heptathlon, 1-Ye Pei-Su (PRC) 5594 <14.10-42'6 3/4-5'10 1/2-25.88-19'0-105'6-2:29.85>, 2-Ye Liang-Ying (PRC) 5493 (19'9 1/2), 3-Tomoko Uchida (Jap) 5423 (136'6), 4-Zaiton Othman (Mal) 5302, 5-Angel Mary Joseph (Ind) 5244, 6-Reeth Deviah (Ind) 5056. HJ, 1-Zheng Da-Zheng (PRC) 6'2 1/2, 2-Hisayo Fukumitsu (Jap) 6'1 3/4, 3-Yang Wen-Qin (PRC) 6'0 3/4, 4-Megumi Sato (Jap) 6'0, 5-Kim Hee Sun (SK) 5'11 1/4, no sixth.

Asian Games Kaleidoscope

(Singapore correspondent Chee Swee Lee has forwarded more news of the Ninth Asian Games from which we have gleaned this Kaleidoscope of pertinent items).

Singapore has not won an AG gold since Chee Swee Lee collected the 400m title eight years ago....The "official" astrologer for the Games, Bejan Daruwalla of India, scared many superstitious ones with predictions of sleepless nights and told athletes not to push themselves beyond their endurance or suffer dire consequences....Ahme al Sharabi of South Yemen took part in the table tennis - she is 8 years old....Afghanistan had one entry, a cyclist. His bicycle was confiscated when he crossed the border...The Iranians posted pictures of the Ayatollah Khomeini all over the place.

The First "Asian Cup" Meet will be held next year in Kuwait....Japan's women's basketball team gained the reputation as "screamers and cacklers" as they made ungodly noises all during their matches. When they cheered the men's team from the stands, one Indian reporter wailed, "The hens are laying eggs again"...Before the Iranians boarded the bus for the opening ceremonies, (which they earlier threatened to boycott), they wildly denounced, with slogans and banners, the United States and Israel. "Down with the United States. Down with Israel" they screamed in an obvious show of their intention to use the Games as a political platform....There were 31 elephants taking part in the

opening ceremonies. All had been given special constipation pills and performed beautifully. On the other hand, the horses could have used some of those pills....Taiwan is approved by the IAAF and will take part in the Olympics, but can't take part in their own Area Games as the Asian Games Federation ruled them "not eligible". If those Chinamen on Taiwan aren't Asian, what are they?.....The combination of a Hungarian computer and Indian computees didn't work. Reporters and fans were left without results for hours. And they had only one copy machine - which broke down....A South Korean named Won didn't. He was third....And for Lydia de Vega, the Philippino movie and track star, she rates "Education first, athletics second, movies third."

A RUNNER WHO TRAINED IN HIKING BOOTS

By Shane Barker

It's not surprising that BYU harrier Carolyn Smith took a while to develop into a serious cross country runner. She spent her early years training in blue jeans and hiking boots.

A five-foot freshman from Bountiful, Utah, Smith began running in junior high school after seeing the movie "Rocky". She says the scenes of Rocky waking up early early in the morning to run down deserted streets and up the steps of the Philadelphia Art Museum appealed to her.

"I started running three or four times a week," she says. "I liked to run early in the morning and late at night when it was nice out and no one else was around."

"But I didn't have track shoes until high school, so I ran in jeans and hiking boots. I found all the hills I could, and ran up them as fast as I could. I ran until it hurt so much I had to stop."

She was the #3 runner on the 1982 BYU cross country team, but it took four years of high school for Smith to develop as a runner.

"As a high school freshman, I just liked to run," she says. "And I wasn't very good. I almost always finished dead last. But during the summer after my junior year, I began running twice a day and started doing a lot of hill work. I ran between 50 and 60 miles a week. As a senior I blew everyone away."

That season Smith raced undefeated through 12 cross country invitationals and dual meets, and placed second at regionals. She was favored to win the State championship, but folded under the pressure and didn't place.

"I just had an awful race at State," she says. "The course seemed like it was ten miles long. I've never wanted to quit so badly in my life, but I just couldn't. I had to finish."

Smith passed up full scholarships to Utah and Weber State to attend Brigham Young University. And in addition to giving up her hiking boots for a pair of NIKE's, she has switched to a more strategic style of running.

"In high school I liked to go out and just burn up the course," she says. "But since I've come to BYU, Coach Patrick Shane has me starting out slower and

waiting until later in the race to quicken my pace."

Her current strategy is to go out hard the first 100 yards to avoid being boxed in, then slip back into the more relaxed pace she maintains throughout the first mile. "I just run fast enough that I don't get too far behind. I'm just having a good time and not hurting at all."

Smith begins steadily building her pace through the second and third miles, and starts her kick the last 100 yards. She says running faster in the last half of the race and passing other runners helps psychologically, though it irritates her when a runner speeds up with her and doesn't let her pass.

"It's really hard to start out slow," she says. "And when I first started trying it, I always thought I was going too slow and that it wouldn't work. But I race better now and there's less chance of going into oxygen debt."

800 METER TACTICS

By R. Cooban (From "Lekka Atletika", Poland)

To find a solution for the best tactics in 800m races an analysis of 42 best Polish and 21 world class athletes gave the following statistics: (Although the study was of male runners, the theory is the same for female athletes).

1. Analysis of all performances:

Section	Min.	Max.	Average
1st 200	24.0	28.2	25.9
2nd 200	26.0	29.3	27.4
3rd 200	25.9	28.8	27.3
4th 200	25.5	29.9	27.6

2. Analysis of 10 Best Performances:

1st 200	24.2	26.3	25.3
2nd 200	26.0	27.4	26.8
3rd 200	25.9	27.6	26.8
4th 200	25.5	28.5	26.8

3. Analysis of 10 Slowest Performances:

1st 200	24.8	27.2	26.2
2nd 200	27.1	28.7	27.8
3rd 200	26.6	28.0	27.3
4th 200	27.8	29.4	28.5

The tables indicate three obvious points:

1-The first 200 meters are the fastest and the difference, compared with the second 200 meters, remains 1.5 seconds in the averages for the fastest runners as well as the slowest runners.

2-In tactically well-raced competitions the second, third and fourth 200's are covered at approximately the same speed. It is obvious in Tables 1 and 2, and indicates that this is a characteristic of good races.

3-The difference in speed between the first and second half of the race is also similar. For all runners it is 1.6 seconds, 1.5 for the 10 fastest runners and 1.8 for the 10 slowest runners. This applies not only to races with a fast first half, but also those with a fast second half.

Conclusion: First 200 is the fastest of the race; second, third and fourth 200's are approximately the same time; first and second 400's are approximately the same.

BOSTON COLLEGE RELAYS

Chestnut Hill, Massachusetts, December 1: Darlene Beckford nipped Nancy Scardina in the 3000 to highlight the running of the Boston College Relays.

RESULTS: SP, Karen Moreau (Ct) 38'10 1/2; LJ, Ann Gaffney (Ct) 17'0 1/4; HJ, 1-Kyle-Ann Emery (Taunton) 5'4, 2-Leslie Roberts (Taunton) 5'4, 3-Martha Madaus (BC) 5'4; DMed, Boston College 12:53.8; 4x200, 1-Boston International TC 1:45.1, 2-Connecticut 1:46.6; 55m, 1-Genesis Eddins (BInt) 7.2, 2-Shiela McCabe (Ct) 7.2; 55mH, Kelly Toole (NU) 8.4; 4x800, 1-Connecticut 9:29.0, 2-Boston International TC 9:30.1; 3000, 1-Darlene Beckford (Liberty AC) 9:50.4, 2-Nancy Scardina (NH) 9:57.2.

BC TRIANGULAR

Chestnut Hill, Massachusetts, December 7: Boston College entertained Springfield and Fitchburg State in a triangular affair with Springfield winning it by two points 58-56 over the home team. Fitchburg tallied 21 digits. Springfield's Hassell was a double winner in the long jump and 400 while Mary Beth Paul of Boston annexed the high jump and hurdles.

RESULTS: LJ/400, Hassell (S) 18'1 1/2/59.5; HJ, Mary Beth Paul (BC) 5'6; 4x200, Boston College 1:48.1; 55mH, 1-Mary Beth Paul (BC) 8.6, 2-Sue Goode (BC) 8.7; 55m, 1-Mason (F) 7.4, 2-Leslie Freeman (BC) 7.4; 4x400, Fitchburg 4:01.9; 4x800, Springfield 9:54.2.

JACKSON STATE INVITATIONAL

Jackson, Mississippi, December 11: The Jackson State Invitational came up with some very fine early season performances as the home team took the team title over Prairie View and six other schools.

Grambling's Yolanda Small was a double winner as she annexed the 400 (57.37) and 600 (1:36.58) by narrow margins. All the short races produced fine marks but the results show poor distance running with Sherry Scott (Jackson State) winning the 1500 and 3000 in pedestrian clockings of 5:28.17 and 11:00.56, the latter being a new meet record.

RESULTS: 300m, 1-Sheila LaBome (PV) 40.60, 2-Eunice Jones (JS) 40.83, 3-Gail Emanuel (Gram) 40.89, 4-Ester Hope (JS) 40.90, 5-Deidre Jackson (PV) 41.11, 6-Lorna Chatman (JS) 41.20; HJ, Andronike Greene (JS) 5'4; 1000, 1-Lillie Taylor (PV) 2:59.19, 2-Wanda Nicholson (Sth) 2:59.60; SP, 1-Karen Waddell (PV) 44'5 1/2, 2-Maurice Smith (Gram) 40'6 1/2; 600m, 1-Yolanda Small

INDOOR RESULTS

(Gram) 1:36.58, 2-Yvonne Joseph (JS) 1:36.44, 3-Easter Gabriel (PV) 1:36.7; 50mH, 1-Rhonda Scott (sth) 7.26, 2-Kathy Freeman (Sth) 7.57, 3-Donna Howard (MissVly) 7.64, 4-Anthea Johnson (JS) 7.70; 50m, 1-Esther Hope (JS) 6.24, 2-Eunice Jones (JS) 6.30, 3-Sheila LaBome (PV) 6.44, 4-Lillian cole (Al St) 6.60, 5-Cathy Freeman (Sth) 6.60, 6-Lisa Pinkney (Sth) 6.70; 400, 1-Yolanda Small (Gram) 57.37, 2-Gail Emmanuel (Gram) 57.75, 3-Yvette Joseph (JS) 58.25, 4-Yvonne Joseph (JS) 58.26; 800, 1-Viesta Suffren (JS) 2:21.46; 4x400, 1-Prairie View 3:54.89, 2-Southern 3:55.9, 3-Jackson State 3:59.06; LJ, 1-Deirdre Jackson (PV) 19'8 3/4, 2-Eunice Jones (JS) 19'8 1/4, 3-Dean Stewart (Sth) 19'7 1/2, 4-Vivian Brown (JS) 19'1 1/2, 5-Cornelia Jackson (JS) 18'11 1/2; Scores, 1-Jackson State 187, 2-Prairie View 111, 3-Southern 87, 4-Grambling 78, 5-Mississippi Valley 74, 6-Alabama State 41, 7-Morris Brown 31, 8-Mississippi College 29.

VILLANOVA INDOOR

Villanova, Pennsylvania, December 3: Villanova University hosted Fordham, Lafayette and Wagner in an indoor competition, but the winners were all from Villanova. Peggy Stewart turned in the best mark of the competition when she won the high jump at 5'10. Stewart also won the 60y hurdles, was second in the long jump and third in the 300. Another busy body for the Wildcats was Pat Bradley who won the 1000 and the long jump and was second in the hurdles and high jump. Sharon Margaretha was first in the 60 and 300 and second in the 440 for another busy day person.

RESULTS: 60yH, 1-Peggy Stewart 8.4, 2-Pat Bradley 8.4; 60y, 1-Sharon Margaretha 7.2, 2-Tracey Carter 7.2; 300y, 1-Sharon Margaretha 37.2, 2-Tracey Carter 38.2; 440, 1-Tracey Carter 58.0, 2-Sharon Margaretha 59.2; 600y, 1-Veronica McIntosh 1:27.2, 2-Joanne Kehs 1:27.4; 880, Vickie Brown 2:17.0; 1000y, 1-Pat Bradley 2:41.4, 2-Beth Lyons 2:41.5; 2M/3M, Mary Ellen McGowan 11:11.2/17:53.0; 4x880, Villanova 9:45.6, 2-Wagner 9:52.0; HJ, Peggy Stewart 5'10; LJ, Pat Bradley 17'9.

BOSTON UNIVERSITY RELAYS

Boston, Massachusetts, December 11: Nini Davis, competing for the New York Police Athletic League, had the best mark at the Boston University Relays when she tossed the shot 51'10 1/4 for a ten foot win. Other good marks were turned in by Nancy Scardina who galloped 800 meters in 2:10.7, and Stone of Fitchburg who won the 600y in 1:25.0 flat.

RESULTS: 1500, 1-Evans (Salve Regina) 4:35.8, 2-O'Connell (RI)

4:37.0, 3-Rogers (LAC) 4:39.7, 4-Seaburg (LAC) 4:39.8; 4x200, 1-NY PAL 1:42.1, 2-Boston UTC 1:43.4; 800, Nancy Scardina (Nimbus) 2:10.7; 600y, 1-Stone 8 Fitchburg) 1:25.0, 2-Evans (SR) 1:26.8, 3-Mahoney (F) 1:29.5; 200, 1-Coke (FD) 25.4, 2-Woodson (BUTC) 25.5; 4x400, 1-NY PAL 3:49.4, 2-Boston Int 3:51.4, 3-Fitchburg 3:56.1, 4-Boston UTC 3:56.78; 4x800, 1-Rhode Island 9:47.4, 2-Boston Int 9:51.7, 3-S.Ct State 9:51.9 (Disqualified); 400, 1-Burns (PAL) 56.2, 2-Eddins (BI) 57.0, 3-Bud (BI) 57.4; 60yH, Lorraine Tummins (PAL) 8.2; 60y, Coke (FD) 6.9; HJ, Emery (Taunton) 5'8; SP, 1-Davis (PAL) 51'10 1/4.

HARVARD WINS BOSTON MEET

Chestnut Hill, Massachusetts, December 11: Harvard University, with its distance corps fresh from its surprising fourth place finish at the NCAA Cross Country Championships, turned the leather-lungers loose and triumphed in a three-way meet against Boston College and University of Massachusetts. Harvard finished 1-2 in the 800, 1500 and 3000 (with no one doubling) and won all three relays. Jenny Stricker and Kate Wiley had a good run in the 1500 with Stricker winning it in 4:20.9 to 4:21.8.

RESULTS: SP, Acacia (H) 42'4 1/4; 1500, 1-Jenny Stricker (H) 4:20.9, 2-Kate Wiley (H) 4:21.8; 55mH, 1-Patterson (H) 8.7, 2-Mary Beth Paul (BC) 8.7; 55m, 1-Leslie Freeman (BC) 7.4, 2-Gladys Rice (BC) 7.4; 800, 1-deFries (H) 2:13.7, 2-Barrett (H) 2:16.4; 200, Leslie Freeman (BC) 26.3; 3000, 1-Lois Brommer (H) 9:38.5, 2-Kathleen Good (H) 9:39.5, 3-Michelle Hallett (BC) 9:43.7; 4x440/4x880, Harvard 4:04.8/9:22.3; HJ, Mary Beth Paul (BC) 5'6.

CCNY RELAYS

New York, New York, December 11: City College of New York staged its Chemical Bank Relays with seven schools taking part and although no outstanding marks were recorded, the home team had three pretty tired girls who must have gone to bed early on December 11!

Busiest of the Beavers was Stacey Williams who took part in nine events and won eight of them. Williams ran the 440 on the winning distance medley team, ran the 440 on the winning sprint medley team, ran legs on the 4x160 and 4x440 winning relay teams, won the 600 yard run, won the 220 dash and won the 440. She loused up her evening by taking part in a field event, the long jump, where she finished only second.

Teammate Patricia Butcher ran on all four winning relay teams, running the 1320 on the distance medley and the 880 on the sprint medley, won the 880 and

won the 1500. Yet another CCNY athlete, Valerie Thompson, was on all four winning relay teams and finished second in the 880 and 1500.

Surprise. CCNY won the meet.

RESULTS: Scores, 1-CCNY 22, 2-Hunter 12, 3-Brooklyn 8, 4-St. Francis 5, 5-Lehman, York and Evers 0.

HOLIDAY CLASSIC

Chestnut Hill, Massachusetts, December 27: Sandy Burke tossed the shot for the best mark in the US to date to highlight the staging of the Boston College Holiday Track and Field Classic. Burke opened her 1983 season with a good 52'2 1/4 effort.

The Dynamite Track Club scored a double win in the 4x200 and 4x800 relays turning in a good 9:23.7 in the latter. Angela Williams, Flashette TC, scored a win over Maxine Underwood in the short sprint. Underwood came back to take the 400. Villanova's Peggy Stewart was over 5'10 for the second time this year to win the high jump.

RESULTS: LJ, Doris Leggett (NY Tech) 18'10 1/2; SP, 1-Sandy Burke (NUTC) 52'2 1/4, 2-Pia Iacovo (Al) 48'2 1/2, 3-Lauren Andrews (Brandeis) 44'6; HJ, 1-Peggy Stewart (Vil) 5'10, 2-Lesley Roberts (LibAC) 5'6; 55mH, 1-Frederica Winsley (Murray Hill TC) 8.1, 2-Sari Chang (Princeton) 8.4; 55m, 1-Angela Williams (Flashettes TC) 6.9, 2-Maxine Underwood (Houston) 7.2, 3-Joanne Gardner (NY Tech) 7.2, 4-Leslie Freeman (Boston College) 7.2; 800, Caroline Mitchell (Ct) 2:15.5; 1500, 1-Kristen Perini (LibAC) 4:33.7, 2-Kristin Seabury (LibAC) 4:39.3; 4x200, 1-Dynamite TC 1:43.6, 2-Boston International TC 1:43.8; 4x400, 1-Fitchburg 4:01.2, 2-NY Tech 4:01.9; 4x800, 1-Dynamite TC 9:23.7, 2-Boston International TC 9:54.2; 400, 1-Maxine Underwood (Houston) 56.4, 2-Genesia Eddins (BITC) 57.8, 3-Adrienne Dixon (Morgan St) 57.9.



ANNUAL PROGRESSION: ULRIKE BRUNS (DDR)

	800	1500	3000
1970 (17)	2:09.2	4:28.0	xxxx
1971 (18)	2:10.9	4:28.8	xxxx
1972 (19)	2:06.5	4:25.1	xxxx
1973 (20)	2:03.7	4:16.3	xxxx
1974 (21)	2:00.9	4:09.9	xxxx
1975 (22)	2:00.3	4:08.8	xxxx
1976 (23)	1:57.1	3:59.9	xxxx
1977 (24)	1:58.7	4:04.5	xxxx
1978 (25)	1:58.1	4:02.0	xxxx
1979 (26)	xxxxxx	xxxxxx	xxxx
1980 (27)	xxxxxx	4:01.2	xxxx
1981 (28)	2:00.40	4:01.44	8:49.67
1982 (29)	1:59.38	4:01.49	8:54.09

INDOOR MARKS

Indoor marks received to 12 January

(Send corrections and additions to PO Box 850, Cedar Glen, Ca 92321)
50 Yards (6.35)

50 Meters (6.75)

6.24	(1) Esther Hope (Jackson St)	Jackson	12-04
6.30	(2) Eunice Jones (Jackson St)	Jackson	12-04
6.44	(3) Sheila LaBome (Prairie View)	Jackson	12-04
6.60	(4) Lilian Cole (Alabama St)	Jackson	12-04
6.60	(5) Cathy Freeman (Southern)	Jackson	12-04
6.70	(6) Lisa Pinkney (Southern)	Jackson	12-04

300 Meters (41.00) (*=Hand time +0.24)

40.60	(1) Sheila LaBome (Prairie View)	Jackson	12-04
40.64*	(1) Lori Dinello (Florida)	Gainesville	12-09
40.74*	(2) Tina Walls (Santa Fe CC)	Gainesville	12-09
40.83	(2) Eunice Jones (Jackson St)	Jackson	12-04
40.89	(3) Gail Emanuel (Grambling)	Jackson	12-04
40.90	(4) Esther Hope (Jackson St)	Jackson	12-04
40.94*	(3) Wylene Jackson (Florida A&M)	Gainesville	12-09

400 Meters (56.49) (*=Hand time +0.14)

56.34*	(1) Burns (NYPAL)	Boston	12-11
--------	-------------------	--------	-------

600 Yards (1:25.99) (*=Hand time +0.14)

1:25.14*	(1) Stone (Fitchburg)	Boston	12-11
----------	-----------------------	--------	-------

600 Meters (1:37.99) (*=Hand time +0.14)

1:32.44*	(1) Piper Bressant (Florida)	Gainesville	12-09
1:33.34*	(2) Mary Jones (Florida A&M)	Gainesville	12-09
1:36.58	(1) Yolanda Small (Grambling)	Jackson	12-04
1:36.64	(2) Yvonne Joseph (Jackson St)	Jackson	12-04
1:36.84	(3) Easter Gabriel (Prairie View)	Jackson	12-04

800 Meters (2:13.0) (*=Hand time +0.14)

2:10.84*	(1) Nancy Scardina (New Hampshire)	Boston	12-01
----------	------------------------------------	--------	-------

1000 Meters (2:59.99)

2:59.19	(1) Lillie Taylor (Prairie View)	Jackson	12-04
---------	----------------------------------	---------	-------

1500 Meters (4:34.99) (*=Hand time +0.14)

4:21.04*	(1) Jenny Stricker (Harvard)	Boston	12-11
4:21.94*	(2) Kate Wiley (Harvard/Can)	Boston	12-11
4-33.84*	(1) Kristen Perini (LibAC)	Chestnut Hill	12-27

3000 Meters (9:49.99) (*=Hand time +0.14)

9:38.64*	(1) Brommer (Harvard)	Boston	12-11
9:39.64*	(2) Good (Harvard)	Boston	12-11

5000 Meters (17:59.9) (*=Hand time +0.14)

15:50.34	(1) Joan Benoit (AW)	Hanover	1- 8
16:57.64*	(1) Shiro (New Hampshire HS)	Hanover	1- 8
17:59.74*	(1) Marian Teitsch (Cornell)	Boston	

50m Hurdles (7.60)

7.26	(1) Rhonda Scott (Southern)	Jackson	12-11
7.57	(2) Cathy Freeman (Southern)	Jackson	12-11

4x220 (1:44.99) (#=800m +0.5; *=Hand time +0.14)

1:42.75#*	(1) New York PAL	Boston	12-11
1:44.04#*	(2) Boston University TC	Boston	12-11
1:44.24*	(1) Dynamite TC	Chestnut Hill	12-27
1:44.44*	(2) Boston Int TC	Chestnut Hill	12-27
4x440 (3:55.0) (#=1600m +1.20 *=Hand time +0.14)			
3:50.74#*	(1) New York PAL	Boston	12-11
3:52.74#*	(2) Boston International TC	Boston	12-11

High Jump (5'10)

5'10	(1) Peggy Stewart (Villanova)	Villanova	12-03
------	-------------------------------	-----------	-------

Long Jump (19'6)

19' 8 3/4	(1) Deirdra Jackson (Prairie View)	Jackson	12-11
19' 8 1/4	(2) Eunice Jones (Jackson St)	Jackson	12-11
19' 7 1/2	(3) Dean Stewart (Southern)	Jackson	12-11

Shot Put (45'0)

52' 2 1/4	(1) Sandy Burke (NUTC)	Chestnut Hill	12-27
51'10 1/4	(1) Nini Davis (NYPAL)	Boston	12-11
48' 2 1/2	(2) Pia Iacovo (Alabama)	Chestnut Hill	12-11

Pentathlon (3300)

3816	(1) Heidi Mann (Florida)	Gainesville	12-09
------	--------------------------	-------------	-------

SPORT IN THE USSR: THE BIG RED MACHINE

By Andy Strenk from "Sporting Times"

When the American team participated in the Spartakiade in Moscow in 1979, the attention of at least some of the Americans was focused on the Soviet sports system. The Soviets continue to win more than their share of titles and medals in the Olympics and other international competitions. How do the Soviets do it?

The answer is that the Soviets have a very different sporting tradition than we as Americans do. They have spent a long time developing an extensive, well organized centralized sports system, into which they pour large sums of money.

To understand the Soviet sports system, it is necessary to know the factors that influenced its development.

The United States, being an English colony, adopted many of the English ideas about sport. In the English tradition, sports were largely the preserve of the upper class, who had both leisure time and money.

Sport was leisure, recreation, something not too serious. 'Amateur' statutes kept the gentlemen's more robust and physically fit social inferiors off the playing fields. Likewise, there was no room for government interference. Nationalistic and political considerations were also considered to be beyond the place of sport.

The Russians inherited a rather different concept of the sport, one which saw sport as an integral part of larger, nationalistic patriotic movements.

The Turner movement of Friedrich Jahn was one such group. The Turners influenced Miroslav Tyrš, an art history professor at Prague University. Tyrš founded the Sokol or Falcon movement in Bohemia.

The Sokols established schools, sports halls, libraries, social and unemployment insurance funds and a multitude of activities to arouse consciousness among the Czechs living under the rule of the Hapsburgs. Besides the cultural, social and educational aspects, the Sokols strongly stressed the physical education side of the program.

Rather than individual competition and excellence, the stress was on massive sports festivals where thousands of gymnasts synchronized their slightest movements to the accompaniment of swirling banners and flags and music. Both spectators and participants alike were expected to be overwhelmed by feelings of patriotism and pride.

The goal of the Sokol movement, founded in 1862, was to produce a movement of physically fit, dedicated patriots who would work for national independence. The Sokol movement spread throughout the Slavic world, including Russia. A number of pre-revolutionary thinkers stressed the harmonious development of the mind and body.

When the Soviets came to power in 1917, they adopted both the political,

nationalistic, patriotic bent of the Sokol movement as well as the love of massive displays of gymnastic drills and exercises.

These huge festivals eventually evolved into the current Spartakiade, which today serve as a sort of Soviet Junior Olympics to uncover talent but are also designed to impact specific political messages.

One is supposed to be impressed with the drive, dedication, organization, discipline and superiority of the system which can stage such spectacles.

These Spartakiades are held at every local and district and regional level, with the winners progressing up through the pyramid of competitions to the National Spartakiade in Moscow. Millions of athletes participate locally, with thousands reaching the finals in Moscow where the wisdom and might of the Communist Party of the USSR and Soviet style communism are reaffirmed and strengthened.

The Soviets did not borrow the democratic bent of the Sokol movement but did adopt many aspects of the movement, including the idea of state support of sports. The Sokol members played an important part in the fighting in the First World War which led to the creation of a Czechoslovakian state; in return, the state helped to subsidize the Sokol movement. The Soviets also inherited the concept that sport should be scientific, that science and sport were closely linked. Numerous research centers, research projects and publications are evidence of that today. The US is just slowly coming around to establishing training centers where scientists can share the results of their experiments with coaches and doctors.

One of the largest Soviet sports institutes is the Lesgatt Institute in Leningrad, named for Pyotr Lesgatt (1837-1909). He wrote numerous articles and books on physical education and taught classes, where the principles of gradual and continuous training was emphasized. Skills were learned in stages. Social awareness would result as a byproduct. What was important for later sport was Lesgatt's interest on careful planning and organization in stages.

The USSR still leads in the scientific analysis and study of sport, which has helped the Soviets obtain the maximum performance from each and every athlete. Teams of doctors, physical therapists, psychologists and technicians carefully evaluate, measure, test and study all the top Soviet athletes. Medical treatment is available immediately for those who develop sickness and injuries. Blood and urine tests are constantly and regularly taken to monitor the overall health of Soviet athletes. Complete medical checkups are required several times a year. Training is altered to correspond with the doctor's evaluations. Scientists are constantly at work to develop better techniques in shot putting, pole vaulting, swimming, running, rowing, gymnastics and other sports.

The political use of sports, nationalism and a scientific approach to sport are three characteristics of Soviet sport. There is a fourth - organization.

Most things in Russia have come from the top down, where centralization and control have been the key words. Under the czars, from Ivan the Great to Peter the Great to Catherine the Great, most areas of human endeavor have been under government control. With the advent of the Soviets in 1917, this tradition was continued.

The Soviets embarked on an organized and extensive national physical fitness program. The Civil War was raging and fit soldiers were needed. In 1918 the Central Department of Universal Military Training (Vseovobuch) came into being. It received the assignment of developing a national physical fitness program.

All existing sports and societies were, in effect, nationalized. Sport and physical education became the preserve of the Government. Vseovobuch was disbanded at the end of the Civil War, and was succeeded by the Supreme Council for Physical Culture. The latter embarked upon the task of insuring that physical education and exercise was part of every school program in the USSR.

The Council was the forerunner of various organizations which succeeded one another until the current All Union Council for Sport and Physical Education emerged, which is directly linked to the Council of Ministers of the USSR. This centralization meant that the extreme fragmentation of sports and extreme number of rival sports organizations which came to characterize sport in most English speaking countries was avoided. Resources in the Soviet Union were all spent on producing better athletes after a few initial skirmishes between various Party organizations.

The USSR has not had the problems of an AAU-NCAA feud, or of the extreme splintering of jurisdiction among NCAA, NAIA, AIAW, AAU, TAC, USOC, YMCA, CYO, NJWB, NJCAA and the host of other federations that plagues the United States. Even in individual sports in the US, rival groups in track, shooting, rowing, volleyball and hockey, to name a few, have often prevented our best athletes from competing. There is no lack of coordination or central policy in the USSR, whatever the shortcomings of the Soviet system may be.

Not only were sports clubs organized at all the schools and universities across the USSR and sports facilities built, but the Ministry of the Interior established sports clubs for its members in 1923.

The Dynamo clubs, founded by the secret police, grew into some of the best Soviet teams. Every Soviet Olympic team has a large number of Dynamo members. The Department of Defense did likewise, establishing the ZSKA clubs, which also provide numerous Olympic athletes. Finally, sports clubs were organized at the place of work - government offices, factories,

rural collective farms - all received their sports clubs.

No Soviet citizen could complain about not having enough opportunity. These basic sports collectives remain the backbone of the Soviet system, the foundation of the pyramid.

For a few kopecs a year, every worker enjoys the free use of athletic facilities. Should he desire to train, the coaching is free. He or she does not have to worry about paying for the equipment rentals, uniforms, coaching, travel expenses and the other items facing every American. Each Soviet trade union, farm collective, consumer cooperative and governmental agency devotes between six and twenty per cent of its revenues a year to sport.

Finally, it was necessary to motivate people to use these facilities. Therefore, the GTO (Ready for Defense and Labor) and rankings systems were devised. These programs would, like a magnet, draw large numbers of Soviets into athletics, while also producing physically fit workers and soldiers.

A giant talent search system arose. The achievement of modest standards in a series of tests in jumping, running, swimming, obstacle climbing, shooting and grenade throwing won one a GTO badge.

From there, a system of ever tougher standards netted one additional badges, until one entered the ranking system, where the attainment of new standards brought one material incentives such as better rations of fruit, meat and vegetables, the chance to travel to

training camps on the Baltic or Black Seas, consumer goods such as radios, televisions and washing machines.

Soviet champions became Masters of Sport, those winning major international events became Masters of Sport, International Class, and finally those who achieved all the former and did some work for the Party became Merited Masters of Sport, International Class.

They received apartments, automobiles, pensions, financial bonuses for world records and Olympic medals, special jobs in factories and offices to which they never had to appear and many other prerogatives of the elite class of Soviet society.

Given the population base of the Soviet Union, their abundance of natural resources, the amount of sports financing, the extreme organization, the national talent search programs like the Spartakiad, the involvement of doctors and scientists, the political motivation and the material incentives, it is not particularly surprising that the USSR surged to the fore in the Olympics.

Few other countries were as efficiently organized in 1952. With the exception of the German Democratic Republic, Poland, Hungary, Cuba and other socialist countries, and the Federal Republic of Germany, which adopted many of the organizational practices of its neighbor and shared a common tradition of sport-politik, few countries today are in any position to challenge the USSR. The Soviets are well organized and use their resources

efficiently, something that the United States has yet to do.

ANNUAL PROGRESSION: ANGELLA TAYLOR (CANADA)

	100	200
1977 (19)	12.4	xxxx
1978 (20)	12.07	23.87
1979 (21)	11.20	22.80
1980 (22)	11.23	22.61
1981 (23)	11.12	22.55
1982 (24)	11.00	22.48

ANNUAL PROGRESSION: MERLENE OTTEY (JAMAICA)

	100	200
1978 (18)	12.6	25.3
1979 (19)	11.59	23.10
1980 (20)	11.36	22.20
1981 (21)	11.07	22.35
1982 (22)	11.03	22.17

WORLD INDOOR ALL-TIME TOP TEN

Continued from page 14

13.42	Nina Derbina (SU)	80	67'11	Liane Schmuhl (DDR)	82
13.44 ⁸	Patty van Wolvelaere (USA)	74	67' 8	Nadyezhda Chizhova (SU)	74
			67' 6.25	Marianne Adam (DDR)	79

High Jump

6'6 3/4	Coleen Sommer (USA)	82
6'6 1/4	Debbie Brill (Can)	82
6'6 1/4	Andrea Bienias (DDR)	82
6'6 1/4	Ulrike Meyfarth (FRG)	82
6'6 1/4	Katalin Sterk (Hun)	82
6'6	Andrea Matay (Hun)	79
6'5 1/2	Sara Simeoni (Ita)	81
6'5 1/2	Shannon Nyekrassova (SU)	82
6'4 3/4	Rosemarie Ackermann (DDR)	77
6'4 3/4	Joni Huntley (USA)	81

Long Jump

22'5	Svetlana Vanyushina (SU)	82
22'4 1/4	Anisoara Cusmir (Rom)	82
22'2 1/2	Karen Hanel (FRG)	81
22'2 1/2	Margarite Butkiene (SU)	82
22'2 1/4	Angela Voigt (DDR)	76
22'1 3/4	Gabriela Ionescu (Rom)	81
22'1 1/2	Anna Wiodarczyk (Pol)	80
22'1 1/2	Christina Sussiek (FRG)	81
22'1	Tatiana Shchelkanova (SU)	66
22'0 3/4	Ramona Neubert (DDR)	80

Shot Put

73'10	Helena Fibingerova (Cz)	77
70'10	Iлона Slupianek (DDR)	79
69' 8	Margitta Pufe (DDR)	78
69' 1.25	Eva Wilms (FRG)	77
68' 2.25	Ivanka Christova (Bul)	76
68' 2.25	Helma Knorscheidt (DDR)	81
68' 0.50	Verzhina Veselinova (Bul)	82



Asian Games 400m Hurdles winner, India's M. D. Valsamma who set a new record of 58.47s. (Gladys Chai photo).

USA INDOOR ALL-TIME TOP TEN

Continued from page 15

High Jump

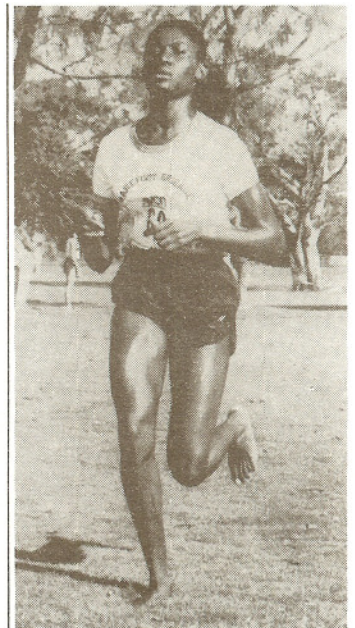
6'6 3/4	Coleen Sommer	82
6'4 3/4	Joni Huntley	81
6'4	Louise Ritter	82
6'3	Sharon Burrill	80
6'2	Paula Givens	80
6'1 1/4	Sally McCarthy	80
6'1	Yolanda Gibson	81
6'0	Pam Spencer	76
6'0	Wendy Markham	80
6'0	Jalene Chase	80
6'0	Phyllis Blunston	81
6'0	Sonya Crowther	82

Long Jump

21' 7 1/4	Carol Lewis	81
21' 4 3/4	Martha Watson	73
21' 4 3/4	Kathy McMillan	76
21' 2 3/4	Jodi Anderson	79
21' 0	Pat Johnson	81
20'10 3/4	Evalene Hatcher	82
20' 8	Willye White	72
20' 5 1/2	Becky Kaiser	80
20' 5	Pat Miller	80

Shot Put

61' 2 1/4	Maren Seidler	78
55' 1 1/2	Denise Wood	82
54' 4 1/2	Elaine Sobanski	82
53' 5 1/2	Sandy Burke	82
53' 5 3/4	Lorna Griffin	80
53' 5 3/4	Ann Turbyne	80
52' 2 1/4	Kathy Devine	80
52' 1	Marcia Mecklenberg	79
51'11 1/4	Anne McElroy	82
51' 5 3/4	Nini Davis	82



From the Cayman Islands, located some 400 miles south of Cuba, comes the "Barefoot Brigade". No one wears shoes. Shown above is Sandra Wellington feeling the goodness of grass at the Avon 10k in Deerfield, Florida.



ON THE ROAD AGAIN By Jack Welch

As Old Mother Time - well, she probably only admits to just turning 40, and she's anxious for her first masters competition - kisses 1982 off, a recollection of the year's outstanding achievements might seem in order. Wrong, waffle-soul breath! Women aren't looking back. No one is gaining on them. If you are not already training for LAB4, tomorrow might not be too late to start.

ELLEN HART has the jump on many of her peers. At Anaheim, California (December 4) Hart covered a certified 8K in 26:27. None too shabby for a distance most of us understand as 5 miles. England's PAULA FUDGE placed second in this Sub-4 Team Challenge with a time of 27:11. LAURIE SAX followed at 28:40.

Hart has some difficulty hearing the footsteps of the estimably JOAN BENOIT. The Athletics Wester began last year unable to run as a result of surgery and finished 1982 as the holder of National Records. Her latest came at the Turkey Trot 10K (Rosemont, Illinois, Nov. 21). Benoit became the first American woman under 32 minutes with her 31:44.

Hart chased Benoit with 32:42, while DEBBIE EIDE (33:02) and SARA LINSLEY (34:35) filled out the top 4.

While many people were busy filling out their waistlines, many women were racing their Thanksgiving hearts out. JUDY ST. HILAIRE captured the Jordan Marsh 5 Miler (Boston, Nov. 25) in 26:47, ahead of JENNY STRICKER's 27:03 and miler DARLENE BECKFORD's 27:29.

At Manchester, Connecticut (Nov. 25) LESLIE WRIXON covered the 4.77 miles of the Manchester "5" in 27:01. SUE RICHARDSON followed 20 seconds later.

Eino hosted another successful Lasse Viren 20K at Malibu, California (Nov. 21), and SHERRY SIMMONS was the lady who most had to wait for the Awards ceremony. Her victory came at 1:17:46. Not particularly fast, but a good win nonetheless.

MINDY IRELAND lowered her personal best by some 14 minutes at the Heart of San Diego Marathon (Nov. 21) to win that race in 2:41:36.

Since we're speaking of Ireland, that country's MONICA JOYCE was the winner of The Great Race for Youth 10K (San Diego, Oct. 17) in a 34:08 cruise. Second place was 4:40 back.

And since we're speaking of foreign countries - don't you just adore my

transitions? - take Japan. Please. PAT STORY, a 38-year-old from Los Angeles, won the inaugural Shibata City's Women's Marathon (Oct. 17) with the remarkably slow time of 2:58:37. Homegrown Yuriko Sato finished second in 3:11:45.

Might be a great trip for some of you who wish to eschew the bright lights of Broadway next October.

The Russians showed up at a Tokyo Marathon on November 14 and previewed some of the strength all of us have anticipated, eagerly or otherwise. ZOYA IVANOVA crossed the finish line earliest at 2:34:26 with teammate YELENA TAUKHIO earlier than all others at 2:38:16. One-time world standard bearer, France's Chantal Langlace was third in 2:42:18. First American was KATHY MOLITER who placed seventh at 2:46:20.

Okay, I'll admit to some favorites, but you have to concede that Joan Benoit has earned some favoritism with her rather astonishing return to - no, improvement of! - form. On October 31, in Bangor, Maine 10K, the still pixish Benoit essayed the nicest little 32:43 you'll ever see. Much of Joanie's talent is between her ears, so look for at least one stunning performance in the new year. But not many more. Benoit is planning a California vacation for 1984. She could be selling corn flakes after the Olympic Marathon.

One athlete who has started to reconsider the marathon is CATHIE TWOMEY. A sparkler at 1500m and no slouch at 20K, Twomey gave the 42K event some thought. She began to rethink the matter 20 miles into the Honolulu Marathon (Dec. 12). One of the biggest Bears - we're talking a Kodiak with thyroid problems - jumped out from behind a coconut palm and leaped atop Cathy's back. Her race, an experiment, ended there. "I think I shall give my all to making the 3000m team. This really restores my enthusiasm for the track," Twomey told a friend after forest rangers and medics rid her of her ursine companion.

Twomey had looked good running along behind EILEEN CLAUGUS. The latter was pushing from the gun as she tried to achieve her "owed" victory. Runnerup in 1981 behind absent four-time winner Patti Catalano, Claugus figured no one should deny to her the floral crown. No one did. Claugus, once the national

record holder for the high school mile, crossed first in 2:41:11. JAN ETTLE moved past the disabled Twomey to get second at 2:43:46. 40-year-old MINORU MURAMOTA was third in 2:48 flat.

REGINA JOYCE, Monica's sister and vice versa, clipped down to Scottsdale, Arizona (Dec. 14) to take advantage of the friendly topography of the Fiest Bowl Marathon. When she reached the point-to-point route's bottom, I mean, end, she was the proud possessor of a 2:32:56. The win was the second best debut ever, the second fastest collegiate time, and a national record for Ireland. SUSAN HENDERSON of Boulder finished next at 2:45:02.

JAN YERKES was the second best collegian for a couple of weeks having won the Independence Marathon (Philadelphia, Nov. 28) in 2:34:27.

Dallas' White Rock Marathon (Dec. 4) fell to CAROL URISH with a clocking of 2:47:21. J.R. was a late scratch.

KAREN DUNN quit college competition to venture onto the roads. The US Junior record-holder seems to be doing just fine, thank you, winning the Jersey Shore Marathon (Asbury Park, Nov. 14) in 2:46:31.

Marathons...Yuck! (I just ran my 15th!). Let's see what happened at saner distances. JANE BUCH won the International Peace Race 25K (Youngstown, Ohio, Nov. 7) at 1:33:16. JULIE BROWN took down the 10K crown in 32:52. BETH SHERIDAN was second at 34:39, 10 seconds ahead of Bermudan MARIONETTE BEAN SIMMONS.

The 6th Annual L.A. Athletic Club 10K (Oct. 24) saw Kiwi LORRAINE MOLLER break the course record with a mark of 32:44.

Speaking of New Zealand (I did it again!), GRETE WAITZ was unbeaten in a 3-race international road series. Down Under, On Nov. 20, the Norwegian covered 8K in 25 flat. Eight days later she did half again that much in an additional 13:32. So, the woman actually does slow down. And, on Dec. 4, covering a 15K that turned out to be approximately 400m short, Mrs. Waitz needed only 47:12.

Back home, with all 15K behind her, BETH SHERIDAN won the TAC National/Avon Championship (Phoenix, Nov. 21) in 53:27. According to Avon, and I have no reason to disbelieve them, Sheridan's time is the fastest ever in all-female competition. Seems like that record might not be here to write

THE ROLE OF COMPLETE NUTRITION IN TRACK AND FIELD

By Bernard Beverley and Arthur Fairhurst
(From "Athletics Weekly")

During recent years, one of the subjects that has received increasing attention in many major sports, track and field included, is the role of nutrition in these sports. Athletes of all types have been turning their attention to the many aspects of diet, with the express purpose of defining what this aspect of sports has to offer. As a result of these attentions, many people have altered their nutrition programme to include highly nutritious food, and in increasing numbers, food supplements. In a lot of cases however, athletes have overlooked certain basic principles associated with complete nutrition, and the purpose of this short article is to highlight these fundamentals and put the subject in its proper perspective.

Every now and then it is reported that some athletes have "discovered" a wonder vitamin, giving credit to this discovery for their increased performance. As long ago as 1956, Australian swimmers were reported to be taking Wheat Germ Oil for increased endurance, and greater physical power. More recently someone seems to have "discovered" vitamin B15-Pangamic Acid and claimed that its use oxygenises the system, and thereby promotes greater physical power and stamina. There are other examples, but these two illustrate the point. What is overlooked is that although there may be a great deal of truth in the claims made, the most important thing in complete nutrition for anyone involved in vigorous activity is not the emphasising of a few single items, but the complete coverage of the many factors involved. In this respect, it is far better to take something of everything, than a lot of something.

In high nutrition, all factors work best together. To be fully effective, the blending together of such related factors as Proteins, Vitamins,

Minerals, Energy Foods etc. is the prime concept. If you follow a diet that is based upon the principle of covering all the nutritional elements, rather than a diet that has no particular plan to it, and one eats more or less as the mood dictates (with certain food supplements added) you will do much better.

Taking individual vitamins or minerals is better than nothing at all, but not as good as having a carefully planned nutrition program. In fact, heavy emphasis upon certain items can actually create a deficiency of the factors missing. For example, if you take individual B vitamins, you create a deficiency of the ones not present. To take in isolation, for example, vitamin B5-pantothenic acid, or B6-pyridoxine, as some athletes do for greater utilization of Carbohydrate & Fat, you can possibly create an actual increase in the need for the rest of the B complex.

Taking iron in isolation is not particularly effective without the presence of vitamin C and other mineral Copper. To ensure the complete absorption of vitamin C, you need the substance called the Bioflavonoids. For proper utilization of minerals, vitamin D must be taken with them and in addition minerals are much better absorbed by the body if subjected to a process known as chelation, the principle of binding minerals with Amino Acids to facilitate their easier utilization by the body.

So you see that when considering your diet, and your food supplements, if any, the first principle is one of covering all the factors, not emphasising some that are reported to work wonders. It's a fairly safe bet that on their own they won't.

The second principle to be borne in mind is really the key to all successful nutrition - absorption. Obviously, no food or food supplement will do you any good if it's not utilized by the body. The point overlooked is that an athlete will increase his or her intake of protein foods, vitamins, etc., but not realize that sometimes it is necessary to increase the intake of the factors necessary to fully utilize these additional elements.

Almost every food element has what is known as an adaptogen, which is to all intents and purposes a substance, usually a catalyst or enzyme, which aids the body in absorbing it. Protein for instance needs primarily hydrochloric acid and pepsin for conversion into amino acids. If not enough is present, you will only utilize the amount of protein your supply allows. Therefore, sometimes it is necessary to increase your intake of these items to allow for the increase in protein.

Vitamins and Minerals have catalysts too, sometimes other vitamins. For example, vitamin E is more effective when in the presence of vitamin FF. Vitamin A is a companion of vitamin D. This in turn aids in absorbing minerals, as previously mentioned. The

vitamins of the B complex act as catalysts for each other, and so on. So, whenever you consider taking extra quantities of anything, always give regard to whatever is needed to allow the system to fully utilize it.

Finally, we come to the third principle - Quantities. As a hard training athlete you need a higher level of nutrition than the average person in the street. The tables laid down for vitamin, mineral and protein intake are far too low for anyone who trains very hard. Many food supplements are formulated for the average person, not for the hard trainer. So when considering your vitamin and mineral needs, remember you want optimum amounts, not basic coverage.

Those then are the three principles to consider when you think in terms of complete nutrition: (1) Take your vitamins and minerals as a complete unit, something of everything rather than a lot of any one thing. Only when you are fully covered in optimum amounts of all items can you take certain extra quantities of vitamins or minerals for a specific purpose. (2) Bear in mind that the key to high nutrition is absorption. You must determine that the extra you take is being absorbed and utilized by the body. (3) The quantities of vitamins, minerals and proteins prescribed for the average person bear no relation to the needs of the hard training athlete. You need more to compensate for the extra demands of training.

So there you have the basics of complete nutrition. It is impossible to cover the subject in one article, but always remember the basic principles, and one other point. Your diet must always replace more than the training takes out. If it does, then no matter how hard you train, you will be on top of things, recover completely, and progress faster than if you just leave diet to chance. The champions give much attention to nutrition, and so should you.

THE ROAD (CONTINUED)

about in 1983.

Speaking about not being there, on Dec. 12, the Maryland Marathon scheduled in Baltimore was cancelled because of a piddling 8-10 inches of overnight snow. The event is expected to be rescheduled for the spring.

One thousand (1000) of the two thousand (2000) entries showed up at the starting line anyway. A number noted that they'd never heard of a marathon being canceled because of weather conditions.

It is said that there is only a fine line separating genius and insanity. I wonder upon which side of the line marathoners line up.

Remember, in the new year, moderation in all things. You can always do more later.



TATYANA ANISIMOVA

THE UPS AND DOWNS OF A 21 YEAR ATHLETIC CAREER

(Translated from USSR Legkaya Atletika by Alan Adamson and taken from the Canadian publication "Athletics").

(The following article will touch all those who have tried their hardest to reach a goal and fallen short. That which separates success and failure is a fine line. The mark of a champion is one who has the ability to come back...and come back... and come back. Such is the story of Tatyana Anisimova.)

By TATYANA ANISIMOVA

Much water has flowed under the bridge since my first involvement in sports. In the past two years I have had two anniversaries: 1980 marked the 20th year since my first workout and 1981, 10 years since I joined the USSR national team. It is with joy and sadness that I look back over those years. It is still hard to think about that first anniversary in 1980 when I left the Olympic Village in tears after my failure. The second one is colored with the joy of my World Cup victory in Rome. Now my 22nd sporting season is beginning and I am closer to the time of retirement. It is time to sum up what I've done in sports. For each athlete there are two "scales" of evaluation. One involves the results, titles, victories and laurels. These are objective indices. The other is a subjective analysis of one's own actions. Can we find some type of objective criteria here? To me the answer is yes! Ask yourself the following. Did the dreams you had at the start of your sporting life come true? If they haven't all come true, did you do everything possible to bring them about? If you can answer positively, you have no reason to reproach yourself, for your sporting activity was not in vain.

I was born in October, 1948 in Grozn. When I was 11, I began to take an interest in sports. My physical education teacher brought me into track and field and taught me to love running. He had no intention of making me into a high level athlete, but simply to help me become healthy, strong and agile, so I would stay in sports for a long time. He strongly felt that we should learn to set ourselves goals and struggle to achieve them. I recall him asking me, "What are your dreams?" I wrote, "I dream of competing at the Olympic Games". Why I wrote that I cannot even say today. In any case, no one noticed any special talent in me and I never had very good results. For six years I trained as a pentathlete and of all the events, I most disliked hurdling because women ran 80m hurdles and I was always too cramped between them. I liked sprinting and long jumping and it was in jumping that I got my first success, becoming a candidate for a Master of Sport in 1968. In recalling those adolescent days, I must say words of thanks to my first coach, Alexei Nikolaevich for

getting me firmly placed on the sporting path.

(Note: In the Soviet Union there is a sport-ranking system designed to help coaches spot promising athletes with specific targets in mind. A whole complex of qualifying standards, rankings and titles exists for most recognized sports. The Master of Sport is awarded mainly on the basis of international success after an athlete has met very stiff standards in her event. An Honorary Master of Sport is a title given for life, for outstanding athletic accomplishments (i.e. Olympic medalist).

In 1968 I moved to Leningrad to study in the institute P.E. Lesgafka, one of the best sporting schools in the country. It is here I spent the happiest days of my young adulthood in a very close track and field group. In my relationships with people I learned a great deal here that I was truly thankful for in years to come when I was chosen captain of the USSR women's team. After 1968 a new event appeared - the 100m hurdles. Simultaneously, the 200m hurdles were run and I became a Master of Sport in this event. Unfortunately this event never appeared in international meets to any great extent, so to realize my dream of going to the Olympics I would have to run hurdles over 100 meters. Thus my basic sporting speciality was determined.

The turning point in my life was in 1971 when I became a Master of Sport in the 100m hurdles and made the USSR National team which earned me the right to run in the European Championships in Helsinki. I went to Finland with no special hopes and unexpectedly made the final, where I finished 8th and last. What I learned was critical in my development towards becoming an elite hurdler. I took part in competition with the best and strongest athletes in the world - all the world's best 100m hurdlers were from Europe. All had seemed invincible to me until our meeting on the same track - the famous Karin Balzer (DDR), the powerful Annelie Ehrhardt (DDR), the determined Teresa Sukniewicz (Pol), and the technician Valerie Bufanu (Rum). The more I rubbed shoulders with them in the same workouts and races, the more often I asked myself: "And how am I worse?" Because I can't run as fast as they." My transformation as an athlete did not occur at that moment, but while running against the best hurdlers, I never felt out of place, I never gave up without a fight and my attitude was one people would remark on as "the battling character of Tatyana Anisimova."

In Helsinki I learned much from fellow team members. All of the young athletes envied the leading masters, their determination, their modesty, their ability to concentrate on the main goal and achieve it. I learned much from them. It is impossible to exaggerate the value of the presence of the older generation as examples and leaders for others to learn from. I

learned a great deal in the domain of determination and the ability to devote much more to achieving success by studying their thoughtful approach towards training and their uncompromisingness in both sport and life.

The 1972 Olympics were less than a year away and I was the nation's leading hurdler, but I never got to Munich. At the USSR Nationals in 1972 I repeated my national record of 13.3 in the heats and Lia Khattrina and I ran 13.6 in the final. These results did not match those of foreign athletes, so the selection committee decided to take no hurdlers to Munich. At 22 I was young enough to set my goals for Montreal and still maintain my dream - to make the Olympics.

In 1973 I did not compete. I had a daughter but did not forget my dream. As soon as conditions permitted I began training for the European Championships in Rome in 1974. In the year of my absence from track my opponents had changed and our strongest hurdler was Natasha Lebedeva. She and I went to the Eternal City. I think I was sent, not for my current results which were not that great, but because I was experienced in such competition. Bestowing this kind of faith in me gave me great strength. I made it to the final where I placed 6th, .01 ahead of Natasha, a time that would divide us in several competitions.



In 1975 my coach became head of his educational faculty and could not devote the necessary time towards training. Therefore I asked one of our best specialist hurdle coaches, the Honorable Master Coach of the USSR, Vyacheslov Sadovsky to become my advisor. This was no ordinary change of coaches, as I had already worked with him on the national team and he knew very well my strengths and weaknesses. My strong side was good speed and rhythm and the development of speed-strength qualities (special strength). My weaknesses were mainly in the area of technique. We decided to devote a fair amount of time to technique in the fine details of preparation for the Montreal Olympics. I ran indoor winter competitions in order not to lose a single day of technique work. This turned out not to be in vain.

Already in May, 1976, I achieved a good result of 12.72 which would have been a national record but was wind aided. I again broke 13.0 seconds at the USSR Championships and won a trip to the Olympics. And so my first dream, now already distant, had come true. Could I become Olympic Champion?

Much has been written about me looking back at the finish. Where did I lose that hundredth of a second that gave the gold medal to Schaller (DDR) (12.7) and the silver (12.7) to me? Looking back was not the cause of my defeat. Those grams of force that I didn't have for the victory had been "run out" in the ill-timed re-run an hour before the final. In my semi-final Lyuba Konanova had fallen and interfered with Valerie Bufanu so the judges had the race re-run. It is not without reason that I dislike re-runs now. My mood after Montreal was mixed - happy to have won a medal and sad not to be first.

After the Olympics I began to prepare for the European Championships with my new coach Yuri Ivansovich Anisimova. We worked out a very detailed plan of preparation and competition. Of course I was aiming to win and without any re-runs. But...at the 1978 European Championships in Prague I once again had to race twice in weather that was both cold and rainy. Even my warm ups demanded a lot of work. Only the desire to get the title (and realize yet another dream) allowed me to carry the run to the finish. But my competitors were younger, had quicker recoveries and once again I came second.

About my participation in the Moscow Olympics I cannot write. Why? Three weeks before the final I raced at 100 meters, resulting in a serious leg injury. I clearly knew I was no longer 20. To the very end I believed my leg would be all right. I went to the start of my heat with my leg bandaged thinking it would help. It didn't. Twice in the heat I felt sharp pains, but I didn't quit and made the semis. It had only become worse and I couldn't run. The next day I left and went to the Caspian Sea to rest and forget everything like a nightmare. If only it were a dream....

I had decided the Olympics would be my last race if I had won. Since I didn't win, was I to leave the sport.



with unrealized dreams? So once again I was at the track in the post-Olympic season working out. My training went well with new found energy and strength. This year promised to be successful. This time caution did not leave me for a single second. I could not allow an accidental injury to stand in the way of my dream. It was crucial to plan every detail of my preparation for the main competition of the year - the World Cup in Rome. In 1981 I lost only one race, the USSR Cup in Kiev to an excellently prepared Marina Kemechezlivi. This did not distress me since I had been tired from stressful dual meets with East Germany, the USA and the European Cup. I simply needed a little rest before the World Cup. Before going to Rome, national team members were told that event winners would be given the title of Honoured Master of Sport. I recall the meaningful glance at me at this announcement from the head coach Nikolai Politiko. At this time everyone knew my dream.

In Rome I tried not to think about the outcome of the race. During the warm up rain fell for forty minutes and I had to finish my warm up under the stands in a narrow corridor. There was only one race so everyone would have the same conditions. For the race the track was hidden under a sheet of water and the crowd in the stands was noisy. In the midst of this I could hear the cry, "Go Tanya". How I ran I can't recall. I only wanted it to be over fast. When I found out I had won, I couldn't stop the tears. Tears of joy, the joy of realizing a dream.

I am now on the threshold of my 22nd season. This is the season of a new European Championships. I'm often asked if I'll race at my 4th European Championship. Right now I don't know what to answer, but I've already started training....

Editors Note: Anisimova did run in the 1982 European Championships. She was third in her heat in 12.90 and placed 7th in the final with 13.06. Will she run at the World Championships this August in her 23rd season of track when she will be 34? She had the sixth fastest time in the world for 1982 at 12.77. Here is her annual progression:

1969 (20)	16.1	1976 (27)	12.78
1970 (21)	14.4	1977 (28)	13.03
1971 (22)	13.4	1978 (29)	12.67
1972 (23)	13.3	1979 (30)	12.75
1973 (24)	xxxx	1980 (31)	12.82
1974 (25)	13.16	1981 (32)	12.68
1975 (26)	13.05	1982 (33)	12.77

1983 (34) ????



What were you doing at midnight New Year's Eve? Kathy Schilly was receiving congratulations from Meet Director Fred Lebow for winning the Central Park Midnight Run. (Victor Sailer photo).

ANNUAL PROGRESSION: GABRIELE MARTINS - RIEMANN (DDR)

	1500	3000
1977 (15)	4:37.8	xxxxxx
1978 (16)	4:30.7	xxxxxx
1979 (17)	4:17.5	xxxxxx
1980 (18)	4:23.1	xxxxxx
1981 (19)	4:20.0	9:92.93
1982 (20)	4:04.0	8:54.27

ANNUAL PROGRESSION: VALERIE IONESCU (ROMANIA)

1978 (18)	17' 9 1/2
1979 (19)	19'11
1980 (20)	21' 5 1/2
1981 (21)	22' 0 1/2
1982 (22)	23' 7 1/2

WORLD INDOOR ALL TIME TOP TEN

(Please send additions and/or corrections to PO Box 850, Cedar Glen, Ca 92321)

50 Yards

5.80	Andrea Lynch (GB)	78
5.80	Jeanette Bolden (USA)	82
5.81	Lyudmila Storzkhova (SU)	79
5.83	Evelyn Ashford (USA)	81
5.84	Chandra Cheeseborough (US)	81
5.85	Vera Anisimova (SU)	79
5.85	Angella Taylor (Can)	82
5.85	Angela Bailey (Can)	82
5.86	Deandra Carney (USA)	78
5.89	Kim Robinson (USA)	78
5.89	Merlene Ottey (Jam)	82

50 Meters

6.11	Marita Koch (DDR)	80
6.12	Marlies Gohr (DDR)	80
6.13	Jeanette Bolden (USA)	81
6.17	Sofka Popova (Bul)	81
6.17	Linda Haglund (Swe)	81
6.19	Renate Stecher (DDR)	74
6.19	Angella Taylor (Can)	81
6.20	Ingrid Auerswald (DDR)	81
6.20	Evelyn Ashford (USA)	82
6.21	Alice Brown (USA)	81
6.21	Wendy Hoyte (GB)	81

60 Yards

6.54	Evelyn Ashford (USA)	82
6.59	Jeanette Bolden (USA)	82
6.61	Chandra Cheeseborough (US)	82
6.61	Merlene Ottey (Jam)	82
6.62	Alice Brown (USA)	81
6.63	Lyudmila Storzkhova (SU)	79
6.71	Vera Anisimova (SU)	79
6.71	Brenda Morehead (USA)	82
6.72	Deandra Carney (USA)	78
6.73	Michele Glover (USA)	81

60 Meters

7.10	Marlies Gohr (DDR)	80
7.10	Marita Koch (DDR)	81
7.11	Sofka Popova (Bul)	81
7.13	Linda Haglund (Swe)	78
7.16	Renate Stecher (DDR)	74
7.17	Andrea Lynch (GB)	74
7.19	Christina Latham (DDR)	80
7.20	Irena Szewinska (Pol)	74
7.21	Jeanette Bolden (USA)	81
7.21	Joslyn Hoyte-Smith (GB)	82

100 Yards

10.29	Marlies Gohr (DDR)	80
10.33	Marita Koch (DDR)	79
10.42	Christina Latham (DDR)	80
10.43	Ingrid Auerswald (DDR)	81
10.45	Barbel Wöckel (DDR)	81
10.47	Doris Zanke (DDR)	80
10.48	Renate Stecher (DDR)	74
10.50	Gesine Walther (DDR)	82
10.54	Barbel Scholzel (DDR)	81
10.58	Doris Maletzki (DDR)	74

100 Meters

11.15	Marita Koch (DDR)	80
11.16	Marlies Gohr (DDR)	80
11.40	Sybilie Pfennig (DDR)	76
11.44	Doris Zanke (DDR)	80
11.46	Karla Eberding (DDR)	79
11.48	Christina Latham (DDR)	76
11.48	Barbel Wöckel (DDR)	81
11.53	Lyudmila Kondratyeva (SU)	80
11.54	Monika Hamann (DDR)	76
11.57	Petra Koppetsch (DDR)	76
11.57	Ingrid Auerswald (DDR)	77
11.57	Sabine Rieger (DDR)	82

200 Meters (#=220y -0.12)

22.64	Gesine Walther (DDR)	82
22.76	Jarmila Kratchovilova (Cz)	81
22.79	Merlene Ottey (Jam)	82
22.94	Christina Sussiek (FRG)	81
23.12	Heidi Gaugel (FRG)	81
23.13#	Chandra Cheeseborough (US)	82
23.15	Angella Taylor (Can)	80
23.22	Annegret Richter (FRG)	77
23.35	Yelena Kelchevskaya (SU)	82
23.40	Kathy Smallwood (GB)	82

300 Yards (*=Hand time +0.24)

32.63	Merlene Ottey (Jam)	82
33.64*	Angella Taylor (Can)	80
34.07	Rosalyn Bryant (US)	80
34.07	Randy Givens (USA)	82
34.20	Rita Bottiglieri (Ita)	78
34.24*	Ruth Simpson (Jam)	81
34.50	Liz Young (USA)	79
34.54	Maxine Underwood (USA)	82
34.59	Janet Burke (Jam)	82
34.60	Marita Payne (Can)	82

300 Meters (*=Hand time +0.24)
(*=Made enroute)

35.83	Merlene Ottey (Jam)	81
36.14*	Jarmila Kratchovilova (Cz)	81
36.91	Angella Taylor (Can)	80
37.44*	Tatyana Kocembova (SU)	82
37.46	Sharon Colyear (GB)	81
37.54	Janet Dodson (USA)	82
37.55	Evalyn Hatcher (USA)	82
37.64*	Rita Wilden (FRG)	75
37.94	Natalia Botschina (SU)	81
37.94	Norma Murray (Jam)	81

400 Meters (*=440 -0.26)

49.59	Jarmila Kratchovilova (Cz)	82
51.08	Tatyana Kocembova (SU)	82
51.14	Marita Koch (DDR)	77
51.18	Dagmar Rubsam (DDR)	82
51.57	Gaby Bussmann (FRG)	82
51.80	Verona Elder (GB)	79
51.90	Karoline Kafer (Aut)	79
51.99	Angella Taylor (Can)	81
52.24	Barbel Wöckel (DDR)	81
52.26*	Rita Wilden (FRG)	76

500 Yards

1:03.3	Rosalyn Bryant (USA)	77
1:03.3	Janine MacGregor (GB)	82
1:03.4	Lorna Forde (Bar)	76
1:03.5	LaShon Nedd (USA)	82
1:03.6	Arlise Emerson (USA)	82
1:03.7	Gwen Gardner (USA)	80
1:04.1	Denean Howard (USA)	81
1:04.5	Paulette Clagon (USA)	81
1:04.5	June Griffith (Guy)	82
1:04.6	Brenda Peterson (USA)	81

500 Meters

1:10.5	Lorna Forde (Bar)	78
1:11.7	Delisa Walton (USA)	80
1:11.8	Rosalyn Bryant (USA)	77
1:11.9	Helen Blake (Jam)	80
1:12.1	Brenda Walsh (Can)	72
1:12.3	June Griffith (Guy)	79
1:12.6	Kim Thomas (USA)	80
1:12.7	Kathy Weston (USA)	79
1:12.8	Edna Brown (USA)	80
1:12.99	Charmaine Crooks (Can)	81

600 Yards (*=Hand time+0.14)

1:17.38	Delisa Walton (USA)	82
1:18.54*	Yvonne Saunders (Can)	74
1:18.56	Rosalyn Dunlap (USA)	82
1:18.62	Robbin Coleman (USA)	82
1:19.16	Marcia Tate (Jam)	82
1:19.34*	Robin Campbell (USA)	74
1:19.88	Lee Van Landingham (USA)	82

1:19.94*	Roberta Angeloni (Can)	74
1:19.94*	Rochelle Campbell (Can)	74
1:20.54*	Kathy Hammond (USA)	72

600 Meters (*=Hand time +0.14)

1:26.34*	Anita Weiss (DDR)	80
1:26.56	Delisa Walton (USA)	81
1:26.74*	Chris Wartenberg (DDR)	80
1:27.14*	Marion Geissler (DDR)	80
1:27.34*	Ines Schimmel (DDR)	80
1:27.54*	Lainsey Macdonald (GB)	81
1:27.64*	Hildegard Ullrich (DDR)	80
1:28.04*	Anna Kastetskaya (SU)	81
1:28.34*	Larisa Golovanova (SU)	81
1:28.34*	Janine MacGregor (GB)	81

800 Meters (*=Hand time +0.14)

1:58.54*	Olga Vakrusheva (SU)	80
1:59.04*	Mary Tabb (USA)	80
1:59.24	Martina Steuk (DDR)	82
1:59.76	Beate Liebisch (DDR)	82
2:00.39	Doina Melinte (Rom)	82
2:00.64*	Nikolina Shtereva (Bul)	79
2:00.74*	Jolanta Januchta (Pol)	80
2:00.74	Fita Lovin (Rom)	82
2:00.85	Gabriella Dorio (Ita)	82
2:00.94*	Nadezhda Olizaryenko (SU)	80
2:00.94	Hildegard Ullrich (DDR)	81

1000 Yards (*=Hand time +0.14)

2:23.94*	Mary Tabb (USA)	78
2:25.24*	Barbara Lawson (USA)	73
2:25.74*	Debbie Heald (USA)	79
2:25.94*	Wendy Knudson (USA)	79
2:26.24*	Jo White (GB)	82
2:26.44*	Diana Richberg (USA)	82
2:26.70	Joetta Clark (USA)	82
2:26.94*	Francie Larrieu (USA)	75
2:27.34*	Marcia Romesser (USA)	79
2:27.34*	Robbin Campbell (USA)	81

1000 Meters (*=Hand time +0.14)

2:34.94*	Brigitte Kraus (DDR)	78
2:39.74*	Lyudmila Veselkova (SU)	81
2:40.04*	Lyubov Smolka (SU)	81
2:40.34*	Francie Larrieu (USA)	75
2:40.45	Totka Petrova (Bul)	82
2:40.94*	Anna Bukis (Pol)	80
2:41.04*	Lyudmila Ashimina (SU)	81
2:41.64*	Valentina Ilyinikh (SU)	81
2:42.10	Cherry Hanson (GB)	82
2:41.24*	Cyndy Poor (USA)	77

1500 Meters (*=Hand time +0.14)

4:00.94*	Mary Tabb (USA)	80
4:03.14*	Natalia Marasescu (Rom)	79
4:04.04*	Zamira Zaitseva (SU)	79
4:04.01	Gabriella Dorio (Ita)	82
4:04.22	Brigitte Kraus (DDR)	82
4:05.54*	Ileana Silai (Rom)	78
4:06.70	Beate Liebisch (DDR)	82
4:06.93	Fita Lovin (Rom)	82
4:07.49	Agnese Possamai (Ita)	81
4:07.54*	Svetlana Guskova (SU)	79

One Mile (*=Hand time +0.14)

4:20.64*	Mary Tabb (USA)	82
4:28.46	Nad.Ralldugina (SU)	82
4:28.55	Maricica Puica (Rom)	82
4:28.64*	Francie Larrieu (USA)	75
4:28.90	Gabriella Dorio (Ita)	82
4:29.54	Beate Liebich (DDR)	82
4:30.24*	Zamira Zaitseva (SU)	79
4:31.52	Doina Melinte (Rom)	82
4:32.30	Darlene Beckford (USA)	80
4:32.92	Cathie Twomey (USA)	82

3000 Meters (*=Hand time +0.14)

8:47.44*	Mary Tabb (USA)	82
8:50.94*	Grete Waitz (Nor)	80
8:53.77	Agnese Possamai (Ita)	82

8:54.19	Svetlana Ulmasova (SU)	82
8:54.26	Maricica Puica (Rom)	82
8:55.04	Tatyana Sycheva (SU)	82
8:55.13	Tatyana Pozdnyakova (SU)	82
8:55.30	Tatyana Guzkova (SU)	82
8:56.54*	Paula Fudge (GB)	81
8:56.84*	Wendy Smith (GB)	81

Two Miles (*=Hand time +0.14)

9:37.03	Joan Hansen (USA)	82
9:37.64	Brenda Webb (USA)	82
9:37.65	Margaret Groos (USA)	82
9:38.24*	Francie Larrieu (USA)	81
9:41.84*	Raisa Sadryetdinova (SU)	79
9:45.14*	Cindy Brenser (USA)	80
9:46.24*	Julie Brown (USA)	79
9:52.53	Judi St.Halaire (USA)	81
9:55.71	Lisa Welch (USA)	82
9:57.04*	Valentina Ilyinich (SU)	79

50y Hurdles (*=Hand time +0.24)

6.20	Johanna Klier (DDR)	78
6.35	Esther Rot (Isr)	78
6.37	Deby LaPlante (USA)	78
6.39	Patty van Wolvelaere (USA)	78
6.41	Guudrun Wakan (DDR)	79
6.44*	Annelie Ehrhardt (DDR)	75
6.44	Candy Young (USA)	80
6.48	Silvia Kempin (FRG)	75
6.50	Stephanie Hightower (USA)	82
6.52	Liz Damman (Can)	75
6.52	Nina Derbina (SU)	79

50m Hurdles

6.74	Annelie Ehrhardt (DDR)	73
6.74	Zofia Bielczyk (Pol)	81
6.76	Danuta Perka (Pol)	79
6.77	Grazyna Rabsztn (Pol)	79
6.80	Marie Merchuk (SU)	81
6.81	Tatyana Anisimova (SU)	81
6.83	Silvia Kempin (FRG)	81
6.85	Lidia Gusheva (Bul)	81
6.86	Bettina Gartz (DDR)	80
6.87	Annerose Fiedler (DDR)	74

60y Hurdles

7.37	Stephanie Hightower (USA)	82
7.37	Candy Young (USA)	82
7.51	Deby LaPlante (USA)	79
7.54	Patty van Wolvelaere (USA)	82
7.54	Benita Fitzgerald (USA)	82
7.59	Ester Rot (Isr)	78
7.61	Kim Turner (USA)	82
7.63	Tatiana Anisimova (SU)	80
7.64	Karen Cannon (USA)	82
7.68	Sharon Colyear (GB)	81
7.68	Maureen McGee (USA)	82

60m Hurdles

7.77	Zofia Bielczyk (Pol)	80
7.82	Natalya Lebedyeva (SU)	80
7.84	Grazyna Rabsztn (Pol)	80
7.89	Vyera Komisova (SU)	79
7.90	Annelie Ehrhardt (DDR)	74
7.94	Johanna Klier (DDR)	78
7.95	Danuta Perka (Pol)	79
7.97	Kerstin Knabe (DDR)	82
7.98	Tatiana Anisimova (SU)	79
7.99	Bettine Gartz (DDR)	82

100m Hurdles (*=Hand time +0.24)

13.12	Annelie Ehrhardt (DDR)	76
13.19	Natalia Lebedyeva (SU)	80
13.28	Tatiana Anisimova (SU)	78
13.31	Teressa Nowak (Pol)	74
13.33	Annerose Fiedler (DDR)	76
13.35	Irina Litovchenko (SU)	78
13.38	Guudrun Wakan (DDR)	76
13.39	Vera Komisova (SU)	79

Continued on page 9

USA INDOOR ALL TIME TOP TEN

(Please send additions and/or corrections to PO Box 850, Cedar Glan, California 92321.)

50 Yards

5.80	Jeanette Bolden	82
5.83	Evelyn Ashford	81
5.84	Chandra Cheeseborough	81
5.86	Deandra Carney	78
5.89	Kim Robinson	78
5.95	Angie Toney	81
5.96	Brenda Morehead	80
5.97	Pat Miller	80
6.02	Diane Williams	82
6.10	Rhonda Brady	78

50 Meters

6.13	Jeanette Bolden	81
6.20	Evelyn Ashford	81
6.21	Alice Brown	81
6.24	Esther Hope	82
6.30	Eunice Jones	82
6.34	Brenda Morehead	79
6.40	Dollie Fleetwood	80
6.41	Randy Givens	82
6.43	Florence Griffith	81
6.44	Sharon Ware	81
6.44	Sheila LaBome	82

60 Yards

6.54	Evelyn Ashford	82
6.59	Jeanette Bolden	82
6.61	Chandra Cheeseborough	82
6.62	Alice Brown	81
6.71	Brenda Morehead	82
6.72	Deandra Carney	78
6.73	Michele Glover	81
6.75	Dollie Fleetwood	79
6.80	Wanda Harris	82
6.83	Kim Robinson	78

60 Meters

7.21	Jeanette Bolden	81
7.28	Brenda Morehead	80
7.28	Sherri Funn	81
7.29	Chandra Cheeseborough	82
7.32	Deandra Carney	79
7.34	Lisa Topson	81
7.42	Maria Parsons	80
7.43	Michele Glover	81
7.43	Beatrice Reece	82
7.44	Leola Toomer	81

200 Meters (#=220y -0.12)
(*Hand time +0.24)

23.13#	Chandra Cheeseborough	82
23.69#	LaShon Nedd	82
23.73#	Alice Jackson	82
23.74#	Florence Griffith	81
23.86#	Sheryl Pernel	81
23.94*	Gwen Gardner	79
24.00	Wanda Hooker	80
24.00	Deborah Jones	80
24.09	Liz Young	79
24.10	Brenda Morehead	81

300 Yards (*Hand time +0.24)

34.07	Rosalyn Bryant	80
34.07	Randy Givens	82
34.50	Liz Young	79
34.54	Val Boyer	81
34.54	Maxine Underwood	82
34.80	Jeannie Gorham	80
34.86	Benita Fitzgerald	82
34.92	Jeanine Brown	79
34.93	Sheila Calmese	79
34.94	Alicia McQueen	82
34.94*	Sharon Dabney	78

300 Meters (*Hand time +0.24)

37.54	Janet Dodson	82
37.55	Evalene Hatcher	82
37.98	Robin Jackson	81
38.24	Pat Melton	81
38.33	Randy Givens	78
38.44*	Linda Bedford	80
38.47	Gwen Smith	81
38.54*	Beverly Kearney	80
38.56	Wanda Hooker	80
38.59	Maria Parsons	82

400 Meters (#=440y +0.14)
(*Hand time +0.14)

53.11#	Sharon Dabney	78
53.31	Gwen Gardner	80
53.39*	Laurie McCauley	82
53.54*	Maxine Underwood	82
53.59	Edna Brown	82
53.62#	Rosalyn Bryant	80
53.67#	Kim Thomas	80
53.67	Diane Dixon	82
53.88	Pam Moore	81
54.04#	Charlotte Cooke	66

500 Yards

1:03.3	Rosalyn Bryant	77
1:03.5	LaShon Nedd	82
1:03.6	Arlise Emerson	82
1:03.7	Gwen Gardner	80
1:04.1	Danean Howard	81
1:04.5	Paulette Clagon	81
1:04.6	Brenda Peterson	81
1:05.0	Lorna Forde	80
1:05.1	Jarvis Scott	76
1:05.1	Deann Gutowski	81

500 Meters (*Hand time +0.14)

1:11.7	Delisa Walton	80
1:11.8	Rosalyn Bryant	77
1:12.6	Kim Thomas	80
1:12.7	Kathy Weston	79
1:12.8	Edna Brown	80
1:13.0	Maria Dwyer	80
1:13.15	Maxine Underwood	82
1:13.4	Pam Sedwick	81
1:13.53	Lori McCauley	82
1:13.64*	Wendy Knudson	81

600 Yards (*Hand time +0.14)

1:17.38	Delisa Walton	82
1:18.56	Rosalyn Dunlap	82
1:18.62	Robbin Coleman	82
1:19.44*	Robin Campbell	74
1:19.88	Lee Ann Van Landingham	82
1:20.64*	Kathy Hammond	72
1:20.72	Ovrill Brown	82
1:20.80	Jill Lancaster	80
1:20.80	Pam Sedwick	79
1:20.84*	Cheryl Toussaint	81

600 Meters (*Hand time +0.14)

1:26.56	Delisa Walton	81
1:28.82	Pam Sedwick	79
1:28.94*	Chris Mullen	81
1:29.54*	Wendy Knudson	76
1:29.95	Lorna Forde	80
1:30.20	Wanda Trent	82
1:30.24*	Robin Campbell	74
1:30.34*	Rosalyn Dunlap	80
1:30.34*	Amria Dwyer	82
1:30.44*	Diann Ousley	80

800 Meters (*Hand time +0.14)
(*Hand time +0.70)

1:59.04*	Mary Tabb	80
2:03.91*	Leann Warren	82
2:03.94#	Madeline Manning	80
2:04.13#	Delisa Walton	82
2:04.14#*	Robin Campbell	82
2:05.15#	Joetta Clark	81
2:05.44#*	Jan Merrill	80
2:05.44*	Wendy Knudson	81
2:05.54*	Francie Larriue	80
2:05.75	Darlene Beckford	80

1000 Yards (*Hand time +0.14)

2:23.94*	Mary Tabb	78
2:25.24*	Barbara Lawson	73
2:25.74*	Debbie Heald	79
2:25.94*	Wendy Knudson	79
2:26.44*	Diana Richberg	82
2:26.44	Dorene Startare	82
2:26.70	Joetta Clark	82
2:26.94*	Francie Larriue	75
2:27.34*	Marcia Romesser	79
2:27.34*	Robin Campbell	81

1000 Meters

2:40.2	Francie Larriue	75
2:42.1	Cyndy Poor	77
2:42.2	Jan Merrill	76
2:43.83	Chris Mullen	80
2:45.3	Brigid Leddy	82
2:45.5	Dana Glidden	80
2:45.5	Cindy Bremser	82
2:47.0	Julie Brown	81
2:47.1	Jacqueline Richards	76
2:47.1	Maryann Brunner	81

1500 Meters (*Hand time +0.14)

4:00.8	Mary Tabb	80
4:09.8	Francie Larriue	75
4:10.9	Cindy Bremser	80
4:13.4	Maggie Keyes	80
4:13.6	Jan Merrill	80
4:14.0	Darlene Beckford	80
4:17.2	Debbie Heald	79
4:17.2	Margaret Groos	81
4:17.9	Debbie Vetter	78
4:18.9	Lynn Jennings	78

One Mile (*Hand time +0.14)

4:20.64*	Mary Tabb	82
4:28.64*	Francie Larriue	75
4:31.14*	Jan Merrill	77
4:31.24*	Debbie Heald	78
4:32.30	Darlene Beckford	80
4:32.92	Cathie Twomey	82
4:33.25	Cindy Bremser	82
4:33.26	Leann Warren	82
4:33.91	Brigid Leddy	80
4:34.04*	Joan Hansen	82

3000 Meters (*Hand time +0.14)

8:47.44*	Mary Tabb	82
8:57.74*	Jan Merrill	78
9:02.54*	Francie Larriue	74
9:07.54*	Brenda Webb	82
9:08.64*	Margaret Groos	80
9:11.14*	Joan Hansen	81
9:18.24*	Polly Plumer	82
9:19.44*	Cathie Toomey	82
9:22.84*	Julie Shea	79
9:23.64*	Julie Brown	79

Two Miles (*Hand time +0.14)

9:37.03	Joan Hansen	82
9:37.64	Brenda Webb	74
9:37.65	Margaret Groos	82
9:38.24*	Francie Larriue	81
9:45.14*	Cindy Bremser	80

9:46.24*	Julie Brown	79
9:52.53	Judi St. Hilaire	81
9:55.71	Lisa Welch	82
9:57.07	Ann Pewe	82
9:57.15	Kellie Cathey	82

Three Miles (*Hand time +0.14)

15:18.47	Kellie Cathey	82
15:18.83	Kathy Bryant	82
15:25.25	Martha White	82
15:27.53	Nan Doak	82
15:34.54	Lesley Welch	80
15:41.54*	Pia Palladino	82
15:44.44*	Anne Sullivan	80
15:49.55	Karen Campbell	82
15:49.85	Jill Molen	82
15:51.44*	Alanna McCarthy	82

5000 Meters

15:34.5	Margaret Groos	81
16:13.0	Nan Doak	82
16:21.6	Lesley Welch	82
16:22.6	Melanie Weaver	82
16:23.7	Kathy Bryant	82
16:25.0	Kim Bird	82
16:28.6	Ellen Hornberger	80
16:29.7	Karen Campbell	82
16:31.3	Mary Jean Wright	81
16:31.6	Martha White	82

50y Hurdles (*Hand time +0.24)

6.37	Deby LaPlante	78
6.39	Patty van Wolvelaere	78
6.44	Candy Young	80
6.50	Stephanie Hightower	82
6.54*	Jane Frederick	77
6.61	Lori Dinello	78
6.61	Kim Turner	82
6.64*	Mamie Rallins	73
6.64*	Lacy O'Neal	73
6.72	Benita Fitzgerald	81

50m Hurdles (*Hand time +0.24)

6.95	Candy Young	79
6.98	Kim Turner	80
6.98	Stephanie Hightower	80
7.01	Linda Bourne	79
7.03	Deby LaPlante	79
7.11	Carol Thomson	77
7.21	Lori Dinello	82
7.24*	Tonja Brown	82
7.24	Clara Hairston	82
7.25	Jackie Washington	80

60y Hurdles (*Hand time +0.24)

7.37	Stephanie Hightower	82
7.37	Candy Young	82
7.51	Deby LaPlante	79
7.54	Patty van Wolvelaere	78
7.54	Benita Fitzgerald	82
7.61	Kim Turner	82
7.64	Karen Cannon	82
7.68	Maureen McGee	82
7.70	Rhonda Blanford	82
7.70	Lorna Russell	82

60m Hurdles (*Hand time +0.24)

8.04	Stephanie Hightower	82
8.18	Candy Young	81
8.24	Benita Fitzgerald	81
8.25	Deby LaPlante	78
8.25	Karen Wechsler	81
8.30	Min Turner	80
8.34	Lori Dinello	81
8.37	Jackie Washington	81
8.45	Kim Willis	79
8.46	Gayle Watkins	81

Continued on page 9



NEVER WILL SO MANY OWN SO MUCH FOR SO LITTLE.

It was one of those victories that, frankly, took us by surprise.

All we were after was an Air shoe with a slightly more down-to-earth price tag.

The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name.

Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge™. That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models.

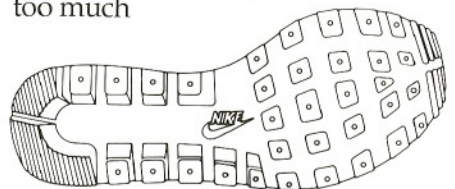
Next thing we knew, the Pegasus was sporting the Waffle™ Center-of-Pressure™ outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

Then, they flared the heel for a touch more stability. Notched the suede at the first metatarsal for flexibility. And even went to a lighter EVA formulation in the midsole.

As a result, the Pegasus is not only a great training shoe, but at

roughly 10 ounces in a size 9, it's more than light enough to race in.

We were stunned. And we told them—this is just too much



technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That's what a bargain is all about.

