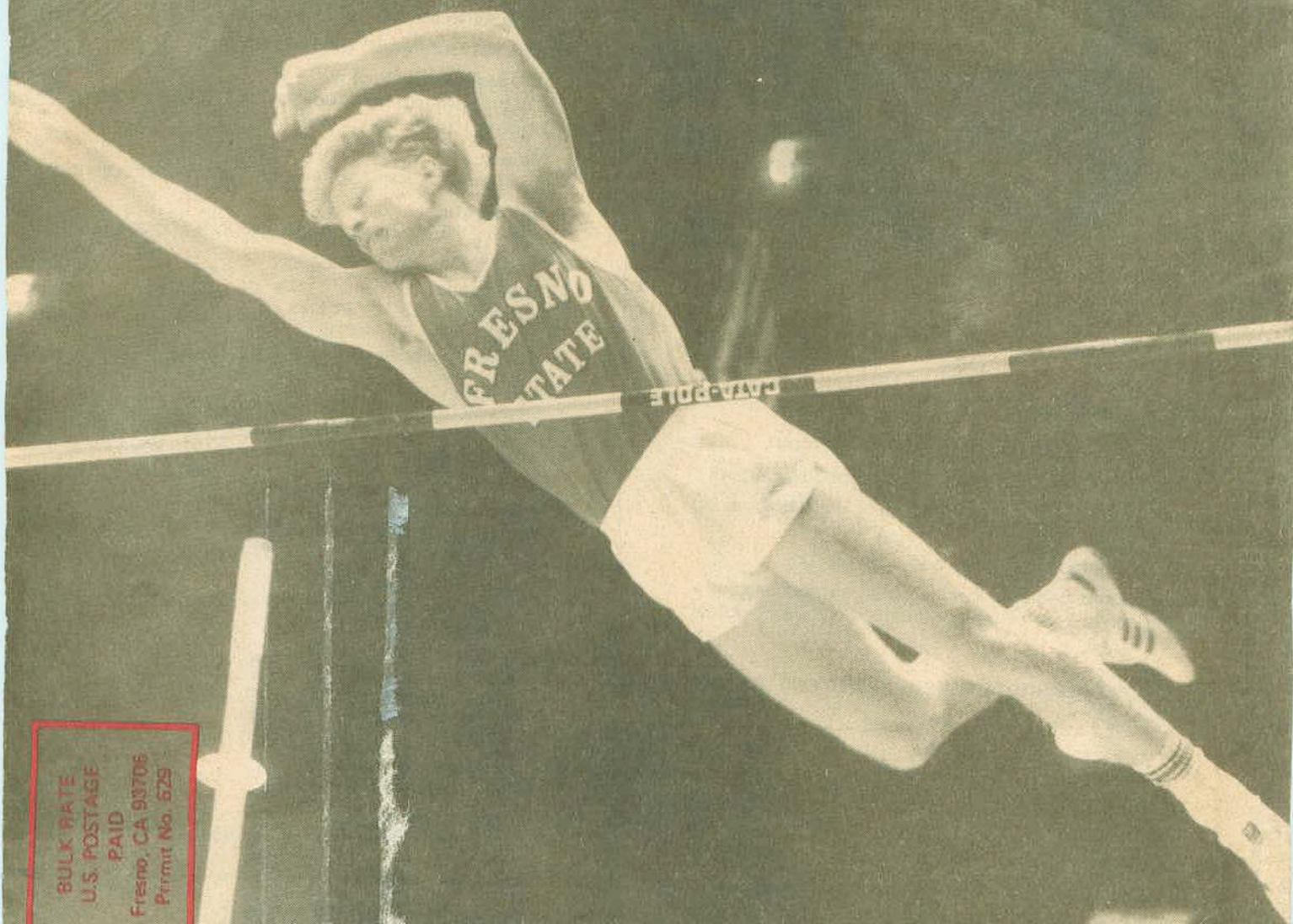


APRIL 1986

ISSUE NO. 113

# CALIFORNIA

## *Track & Running News*



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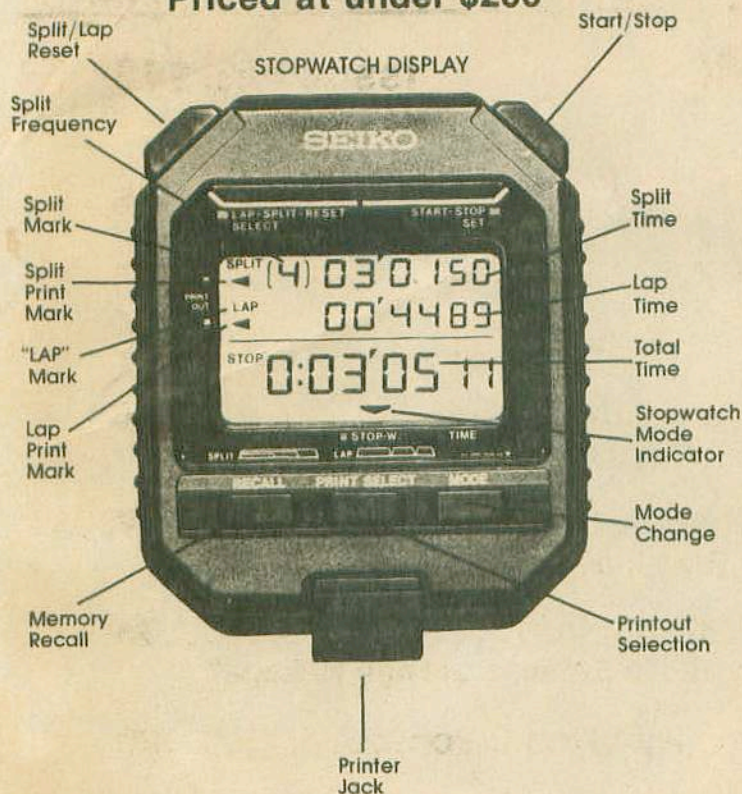
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# Digital Quartz Stopwatch With Printer, SP11

Priced at under \$200



## System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99"; then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 56
8-0:30'53 60
    
```

```

1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
      0:00'45 38
2-0:01'30 48
      0:00'45 10
3-0:02'16 36
      0:00'45 88
4-0:03'01 23
      0:00'44 87
    
```

## Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

## Specifications

### Time Base & Accuracy:

Quartz oscillator,  $\pm 0.5$  seconds (24 hours/70°F)

### Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

### Modes:

Split Time and Split/Lap Time; time of day and calendar.

### Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

### Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

### Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

### Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

### Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

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# CALIFORNIA

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**ON THE COVER:** Fresno State University's record-setting pole vaulter, DOUG FRALEY, soared 18-3 3/4 to win this year's NCAA Indoor Championships. See results of meet on page 32. *photo by Burt Davis*



# Schedule

By JACK LEYDIG

Please send scheduling information directly to **Scheduling Editor, Jack Leydig**, P.O. Box 459, San Carlos, CA 94070.

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

## April 5 (Saturday)

**Morgan Hill:** Wildflower Run, 10K (Women Only), Live Oak High School, 9 a.m. AAUW Wildflower Run, Carolyn, P.O. Box 451, Morgan Hill, 95037. (408) 779-2296.

**San Francisco:** St. Ignatius Run, Location TBA, Distance TBA, Time TBA. Al Clifford, 1965 Market St., San Francisco 94103. (415) 552-1006.

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Del Mar, California

Second Sole  
668 W. Huntington Dr.  
Monrovia, California

**Menlo Park:** Menlo Players Guild Theater Trot, 1 Mi. & 5K. Laurel & Mielke Sts., 9 a.m. Sharon Hom, Menlo Players Guild, P.O. Box 301, Menlo Park 94026. (415) 322-3261.

**Novato:** Indian Valley Cross Country Run, 5 Mi., Indian Valley College (Sunset Pkwy. at Ignacio Blvd.) 9 a.m. Rob Pine, Novato Parks & Rec. Dept. 917 Sherman, Novato 94947 (415) 897-4323.

**San Jose:** Human Performance Club Run, 3 & 10K, Hellyer Park (Cottonwood Lake), 9 a.m., 9:05 a.m./3K. Human Performance Club, San Jose State Univ., San Jose 95192 (408) 277-3134.

**San Francisco:** Message to Garcia 8K & 1 Mi., Presidio (Parade Ground), 9 a.m. Ed Gonyea, Army Days HQ, 6th Army, Presidio of S.F. 94129 (415) 561-5257.

**Eureka:** Masters 10K (40 & Over Only), handicapped by age, Redwood Acres, 12 noon. Chuck Ehlers, Six Rivers RC, P.O. Box 214, Arcata 95521 (707) 822-4290.

**Fresno:** Women's Woodward Park Run, 3 & 6 Mi. (3 Mile Prediction Run), 8 a.m. Ron Gates, 3220 E. Huntington Blvd., Fresno 93702 (209) 237-3572.

**Long Beach:** Long Beach Grand Prix Charity 10K, Queen Mark, 8 a.m. Grand Prix Benevolent Assoc., 110 W. Ocean Blvd., Suite A, Long Beach 90802 (213) 436-7727.

**Thousand Oaks:** Conejo Valley Days 5 & 10K Rabbit Runs, 7:30 a.m. Jim Gilmore, 2909 Raleigh Pl., Thousand Oaks 91360 (805) 492-4592 or 496-2463.

**Riverside:** Mockingbird Canyon 5 & 10K Runs, California Baptist College, 8 a.m./5K, 8:30 a.m. Randy Galloway, California Baptist College, 8432 Magnolia, Riverside 92504 (714) 689-5711, x229.

**Pt. Reyes:** California '49er to Ft. Baker (Sausalito) (Hilly, dirt terrain). Time TBA. Dave Horning, 21 Live Oak, Berkeley 94705 (415) 540-7008.

**Malibu:** Malibu Rotary 10K. Zuma Beach (parking lot). 8 a.m. Lloyd Allen, Box 1861, Santa Monica 90406 (213) 399-5251 or 399-1324.

**Whittier:** Legg Lake Lark 5K & 10K. Whittier Narrows, 8:15 a.m. Marilyn Grant (213) 943-7241.

**Las Vegas:** Expressway Run, Distance and location TBA. 8 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**Lompoc:** LVDC Memorial 5K and 15K. Ryon Park, Ocean and O Streets. 9 a.m. Leo Aragon, Box 694, Lompoc, CA 93436, 736-6773.

**Hayward:** Runner's Clinic. Steven Subotnick, DPM, M.S. Author of *The Running Foot Doctor*, and *Cures for Common Running Injuries*. 19682 Hesperian Blvd., Hayward, CA, 783-3255.

## April 6 (Sunday)

**San Francisco:** Houlihan's to Houlihan's 8-Mile Bay Race, Jefferson & Leavenworth to Sausalito, 8 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118 (415) 668-2243.

**Oakland:** Misty Redwood Run, 7.6 Mi., Redwood Regional Park (Canyon Pkg. Lot), 9 a.m. American Lung Assoc., 295 - 27th St., Oakland 94612 (415) 893-5474.

**San Francisco:** DSE Polo Field Run, 5 & 10K, Golden Gate Park (South side of Polo Fields), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

**Pleasant Hill:** Pleasant Hill Community Challenge Run, 5 & 10K, College Park H.S. (201 Viking Dr.), 8:30 a.m. Pleasant Hill Rec. & Park District, 320 Civic Dr., Pleasant Hill 94523 (415) 676-5200.

**El Dorado Hills:** Mother Lode Biathlon, 10K Run, 37 Mi. Bike, Oakridge H.S., 8:30 a.m. City Bike Works, 2409 J Street, Sacramento 95816 (916) 447-2453.

**San Luis Obispo:** Cuesta College Spirit & Body Biathlon, 10K Run, 40K Bike, 8 a.m. Jeff Sloane, Spirit Cycle Works, 399 Foothill Blvd., San Luis Obispo 93406.

**Modesto:** Modesto Marathon & Half Marathon. Carpenter & Blue Gum Rds. 8 a.m. David Dennis, 1529 Swarthmore Dr., Modesto 95351 (209) 578-6608.

**Los Angeles:** Jimmy Stewart Marathon Relay. Griffith Park (5 x 5.2 miles) 9 a.m. Jimmy Stewart Marathon Relay, St. John's Hospital, 1328 22nd St., Santa Monica 90404 (213) 829-8969.

**Torrance:** AAUW 5K & Kiddie Kilometer. Wilson Park, 7:55 a.m. AAUW 5K, 22816 Peppertree Pl., Torrance, CA 90501 (213) 530-2774.

**Visalia:** Sequoia Athletic Club 10K, 3254 S. Mooney Blvd., 8:30 a.m. Sequoia A.C., 3254 S. Mooney Blvd., Visalia 93277 (209) 627-1446.

**Newport Beach:** April Fools 10K, Teller & Birch, 8 a.m. Leslie Davis, Newport Beach Sporting House, Box 8172, Newport Beach 92660 (714) 752-0565.

**Agoura:** Paramount Ranch 5K X-Country, 8 a.m. Bill Duley, 818 No. Cold Canyon Rd., Calabasas 91302 (818) 992-6219.



## ☐ Schedule

**San Diego:** Run for the Health of It, 2 & 10 Mi., Sharp Hospital, 7:30 a.m. Lynn Flanagan (619) 275-0996.

### ■ April 12 (Saturday)

**Soquel:** Stroke Center Run, 3K & 10K Mi., CANCELLED. Listed last issue.

**San Francisco:** Nimitz Runs, 5 & 10K, Treasure Island, 8:30 a.m. John Birkle, NROTC, 25 Callaghan Hall, Univ. of California, Berkeley 94720 (415) 642-3551.

**Fresno:** Run for Relief, 2 Mi. (prediction) & 10K, 6:30 a.m. Run for Relief, P.O. Box 6103, Fresno 93703. (209) 456-0535.

**San Bernardino:** Devil's Canyon 5 & 10K, 7 a.m. Marilyn Cobb, Heart Association, 575 Birch Ct., Colton 92324.

**Orangewood:** Run for Orangewood 5 & 10K, Fluor Recreational Park, 7:30 a.m./5K, 8 a.m. (1 Mi. Kids Run at 9 a.m.). (714)552-4402.

**Long Beach:** Run for the Hearing Impaired, Distance TBA, El Dorado Park, Time TBA. Susie Spidell (213)439-5732.

**San Diego:** Fastest Masters 10K Road Race. Mission Bay, 7:30 a.m. Tom Morrow, 5132 Canterbury Dr., San Diego 92116 (619)477-4447.

**San Francisco:** Run From Your Taxes, 5.4K. North end of El Camino Del Mar. 8 a.m. Exercise for the Health of It, 421 Guerrero St., San Francisco, CA 94110 (415) 861-1282.

**Fountain Valley:** Stinky Sneakers 5 & 10K. Mile Square Park, 8 a.m. Faith Tabernacle, 9644 Cedar Ave., Bellflower, CA 90706 (213) 867-9094.

**Covina:** Covina Centennial 5K Run, Covina Park, 8 a.m. Francis Delach, City of Covina, 125 E. College St., Covina, CA 91723-2199 (818) 331-0111.

**Irvine:** UCI 5 & 10K Runs. UCI Crawford Hall, 7:45 a.m. (714) 856-5550 or 856-0364.

**Las Vegas:** Candlelighter 10K. Lion's Park, 8 a.m. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101 (702) 382-3496.

**San Dimas:** Los Angeles Triathlon Championship Series (Swim 1K, Bike 40K, Run 8K). Bonelli Park, Time TBA. LATOC (818) 331-0169.

**Valencia:** Runner's Up Biathlon. (18 Mile Bike, 5 Mile Run). Time TBA. Runner's Up (805) 254-1833.

**Colusa:** Super Run II America's Race (qualifying run). Mayor John Rogers, c/o Patty Hickel, P.O. Box 1063, Colusa, CA 95932 (916) 458-5622.

### ■ April 13 (Sunday)

**San Francisco:** DSE Ferry Building Run, 3.83 Mi., Dolphin Club, 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415)585-7772.

**Palo Alto:** Palo Alto 10 Mile at Stanford (& 2 Mi. Fun Run), 8 a.m./2 Mi., 8:30 a.m. Doug Nakashima, Palo Alto YMCA, 755 Page Mill Rd., Bldg. B, Palo Alto 94304 (415)858-0661.

**Sebastopol:** Apple Juice Run, 2 Mi. & 10K, Analy H.S., 9 a.m. Ken Silveira, 7765 Healdsburg Ave., Sebastopol 95472 (415)829-1894.

**San Jose:** Tortoise & The Hare 10K, The Good Samaritan Hospital, 9 a.m. The Good Samaritan League, Carol Johnson, 2425 Samaritan Dr., San Jose 95124 (408)354-4252.

**San Francisco:** Jog Your Mind 10K & 1 Mi. Fun Run, Marina Branch Library, 9 a.m. Shirley Lowes, Friends of the S.F. Public Library, Main Library, Civic Center, San Francisco 94102 (415)558-3857.

**Arcata:** Hunt Loop Runs, 1.6 & 7.2 Mi., Redwood Park, 1 p.m./1.6 Mi., 1:45 p.m. Rich Gilchrist (707)443-1226.

**Clovis:** Volunteer Triathlon, 10K Run, 20 Mi. Bike, 400m Swim, Clovis H.S., Time TBA. Franz Weinschenk, c/o Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721 (209)237-3101.

**Squaw Valley:** Sierra Mountain Race & Relay, 10K X-C Ski, 10K Run, 30K Bike, Time TBA. Bill Jensen, P.O. Box 7045, Tahoe City 95730 (916)583-2264.

**Medford, OR:** Pear Blossom 20K (& 2K Fun Run), 8:45 a.m. Pear Blossom Run, P.O. Box 146, Medford, OR 97501.

**Merced:** Indian Gulch 5 & 10 Mi., 8 a.m. Merced T.C., P.O. Box 3275, Merced 95344 (209)723-6579.

**Sacramento:** American River 50 Mile. Finishes in Auburn. Time TBA. Nancy Marsh, Fleet Feet, 107 S. Harding, Roseville 95678 (916)783-4558.

**San Luis Obispo:** SLO Red Cross Marathon & Marathon Relay (legs of 8.1, 13.1 and 5.0 Mi. - 3/Team) 7:30 a.m.. Chris Connors, American Red Cross, 1216 Morro St., San Luis Obispo 93401.

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**Hornitos:** Indian Gulch to Hornitos 5 & 10 Miles. (Listed last issue as Merced) 8 a.m. Indian Gulch Run, 1175 N. Persimmon Way, Merced 95340. Curt: (209) 722-8979.

**Century City:** Funday Runday Sunday 5 & 10K. Rancho Park Recreation Area, 8:15 & 9 a.m. Sinai Temple, 10400 Wilshire Blvd., Los Angeles 90024. Linda: (213) 474-1518.

**Corona:** Corona Host Lions 5 & 10K Run for Sight, 7 a.m. Don Norwood, 3900 Temescal, Space 12, Corona, CA 91719 (714) 734-7207.

**Westlake Village:** Carrera de Cabras 7.2 Mile Run. 8 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village, CA 91361 (805) 495-8705.

**Las Vegas:** Desert Challenge 100 Mile Relay. Location & Time TBA. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**Livermore:** Livermore Fitness Day 5 & 10K, The "Barn" (Pacific Ave.), 9 a.m. Livermore Area Rec. & Parks Dept., 71 Trevarno, Livermore 94550 (415)447-7300 or 846-1455 eves).

**Santa Monica:** Santa Monica Pier 5 & 10K, Civic Auditorium to Pier, 8 a.m. Santa Monica Parks & Rec., 1685 Main St., Room 210, Santa Monica 90401 (213)458-8311.

### ■ April 19 (Saturday)

**Lompoc:** Laura Stegman Memorial Women's 5K Run, River Park, 9 a.m. Bill Graham, c/o LVDC, P.O. Box 694, Lompoc 93438 (905)736-4696.

**San Francisco:** Ruth Anderson 100K Run, Lake Merced. (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602.

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## □ Schedule

**Coarsegold:** The Original Foothill Footrace, 2 Mi. & 10K, Yosemite Lakes Park, 8 a.m. Stan Cooper, 44565 Savage Rd., Coarsegold 93614 (209)683-2110.

**Fontana:** Fontana Days Half-Marathon & 5K, 7 a.m. Kit Ledbetter, City of Fontana, 8353 Sierra, Fontana 92335 (714)350-7635.

**Duarte:** City of Duarte/Bud Light 2K, 5K & 10K Runs for Fitness, Royal Oaks Elem. School, 8 a.m./2K, 8:30 a.m. Lyndel Morgan, 1600 Huntington Dr., Duarte 91010 (818)357-7931 x201.

**Holy Jim Canyon:** Holy Jim 100 Mile Run, 9 a.m. (2 days) Orange County (Santa Ana Mountains, dirt trails), Dave Niederhaus, 25632 Heatherow Cir., El Toro 92630.

**Castaic Lake:** Steam Roller Ultra 100K, Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy, Ste. 209, Mission Viejo 92692 (714)858-9808.

**Alhambra:** Super 10K Run II - America's Race. The Mayor's Rockport Fitness 1 Mile Walk. Downtown Alhambra. 8 a.m. Walk, 8:30 a.m. 10K. Ashley Burch, City of Alhambra, 111 So. First St., Alhambra, CA 91801 (818)570-5044.

**Sacramento:** American River Relays 20K (3-person teams, iron-man). Discovery Park. 9 a.m. American River Relays, c/o Balfrey & Abbott, 1210 G Street, Suite 2, Sacramento 95814 (916)447-8899.

**Burlingame:** April Showers Fun Runs, 1 Mile & 5K. Coyote Point Park, 9 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough, CA 94010 (415) 342-9328.

**Ventura:** Ventura County Medical Center 10K. Ventura State Beach Park, 8:30 a.m. Millie Schofield, Ventura Co. Medical Center, 3291 Loma Vista Rd., Ventura, CA 93003 (805) 652-6209.

**Riverside:** Diabetes Treatment Center 5 & 10K, 1 Mile. Fairmont Park, 8 a.m. Candis Adams, Diabetes Treatment Center, 4445 Magnolia Ave., Riverside, CA 92501 (714) 788-3491.

**Las Vegas:** Green Valley 5 & 10K, 1 Mile. Sunset Rd., and Green Valley Pkwy, 8 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**Yuba City:** Super Run II America's Race, 10K, (qualifying run). Mayor Ron Southard, c/o Skip King, 1201 Civic Center Blvd., Yuba City, CA 95991 (916) 741-4650.

**Alhambra:** Super Run II America's Race, 10K, (qualifying run) including the Wild Card Race, Mayor Mike Blanco, c/o Laura Mollinedo, 111 So. 1st St., Alhambra, CA 91801 (818) 570-5044.

## ■ April 20 (Sunday)

**Oakland:** Run for Friends, 5 & 10K, Lake Merritt, 9 a.m. Katherine Culligan, 150 Woodland Way, Piedmont 94611 (415)653-4474.

**San Francisco:** Peak Buster Benefit Run, 4.6 Mi., Lake Merced (Sunset Parking Lot), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415)585-7772.

**San Francisco:** Kimochi Cherry Blossom 5-Miler, Golden Gate Park to Japan Center, 9 a.m. Kimochi, Inc., 1581 Webster St., #10, San Francisco 94115 (415)931-2294.

**Lafayette:** Lafayette Loop, 2 Mil & 10K, Plaza Center, 9 a.m. Center for Living Skills, P.O. Box 1145, Lafayette 94549 (415)284-4871.

**Morro Bay:** Morro Bay State Park Relay, Distances TBA, 9 a.m. Doug Moon, Morro Bay Recr. Dept., 595 Harbor, Morro Bay 93442.

**Encino:** McDonald's Annual Run for Summer Fun, 1K, 5K & 10K, Woodley Park, 8 a.m. Susan Lopaty, 18753 Sherman Way, Reseda 91335 (818)881-6801.

**Castaic:** Cycle World Biathlon Series, 4 Mi. Run, 27 Mi. Bike, Castaic Lake Recreation Area, Time TBA. RJS Events, 16161 Ventura Blvd., #C-784, Encino 91436.

**Oxnard:** California Strawberry Festival/St. John's Medical Center Runs, 2 Mi. Fun Run, 10K, 8 a.m. Strawberry Festival Runs, 800 Hobson Way (Parks & Recr. Dept), Oxnard 93030 (805)984-4643.

**La Jolla:** La Jolla Half-Marathon & 2 Mi. Fun Run, Del Mar Race Track, 7:30 a.m. Toni Deal, Breaking Forty Race Consultants, 3381 Yucca Ave., San Diego 92117.

**Angwin:** Angwin to Angwish 5 & 10K. Pacific Union College Gym, 9 a.m. Daryl Stuart, Pacific Union College, P.E. Dept., Angwin, CA 94508 (707) 965-8344.

**El Sobrante:** Golden Gate Triple Crown I-Conestoga Wagon Run 10K. Conestoga Dr. and Castro Ranch Rd., 9 a.m. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole, CA 94564 (415) 222-0188.

**Santa Rosa:** Coddington Lions Biathlon. 10K Run, 44K Bike, San Miguel School. 8 a.m. Bob Foo, 2655 Cleveland Ave., Santa Rosa, CA 95401 (707) 542-8883.

**Valencia:** Corporate Cross Country 5K Business Challenge. College of the Canyons parking lot, 9 a.m. (Corp.Teams of 5 men or 3 women or 2 men & 2 women. ... must all work 30 hours or more a week for same company). Kevin Browning, 27030 Rio Prado, Valencia, CA 91355 (818) 847-8076 or 254-2870.

**Playa Del Rey:** Trojan 10K. Dockweiler Beach, 8 a.m. John Tracy Clinic, Trojan 10K, 806 W. Adams Blvd., Los Angeles, CA 90007. Dr. Jim Garaty: (213) 748-5481.

**Fullerton:** Rolling Titans 5 & 10K. Cal-State Fullerton gym, 7:30 a.m. Martha Flack, CSUF, 800 N. State College, Fullerton, CA 92634 (714) 773-3117.

**Newport Beach:** Newport Beach 5K. Newport Beach A.C., 7:30 a.m. Tom Bazacas, Newport Beach A.C., 1367 Avocado, Newport Beach, CA 92660 (714) 644-8910.

**Orange:** Round Orange 10K. Orange Mall, 8 a.m. Round Orange 10K, Orange Chamber of Commerce, 80 Plaza Square, Orange, CA 92666.

**Mission Viejo:** Orange County Run for the Arts 5 & 10K. Youth Athletic Park, 8 a.m. Run for the Arts, Box 236, Orange, CA 92666.

**Las Vegas:** Y-Triathlon. 500m Swim/15 Mile Bike/4 Mile Run. YMCA, 8 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**San Bernardino:** Super Run II America's Race, 10K, (qualifying run). Mayor Evlyn Wilcox, c/o Tony Mino, 216 W. 6th St., San Bernardino, CA 92401 (714) 885-3268.

## ■ April 21 (Monday)

**Boston:** Boston Marathon. Hopkinton. Noon. B.A.A., Boston Marathon, 17 Main St., Hopkinton, MA 01748.

## ■ April 25 (Friday)

**New York:** Sri Chinmoy 24 Hour Road Race. Flushing Meadow Park, Queens, New York. Sri Chinmoy 24 Hour Road Race, 150-27 87th Avenue, Jamaica, NY 11432 (718)523-2600, 297-2287.

**San Francisco:** Wild Card Race, 10K. The Winning Team, 1027 1/2 The Alameda, Belmont, CA 94002 (415) 593-2788.

## ■ April 26 (Saturday)

**Sunnyvale:** Baylands Run, 10K, (Mathilda & 2nd Ave.), 9 a.m. Mark Grzan, P.O. Box 60607, Sunnyvale 94088 (408)730-7350.

**Martinez:** Briones Biathlon, 6.5 Mi. Run, 20 Mi. Bike, Briones Regional Park (Bear Creek Entrance), 8 a.m. Fleet Feet, 1528 Bonanza, Walnut Creek 94596 (415)943-6453.

**Vacaville:** Pena Adobe Run, 2 & 5 Mi., Lagoon Valley Park (1 Mi. west of Vacaville), 9 a.m. Paul Thompson, c/o Solano Striders, P.O. Box 525, Suisun 94585 (707)422-1308.

**Stockton:** Asparagus Run, 3 Mi., Oak Grove Regional Park, 11 a.m. Stockton Asparagus Festival, 4203 Coronado, Suite One, Stockton 95204 (209)943-7684.

**Eureka:** Rhododendron Festival Runs, 5 & 10K, Eureka Mall, Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. Frank Jager: (707)443-2051 or Bill Honsal: (707)442-8686.

**Paso Robles:** Silver Bullet Triathlon, Distance TBA, Time TBA. Jon Root, Creston Star Route, Paso Robles 93446 (805)239-2251.

**San Luis Obispo:** (Tentative) Royal Runaround 5K, Time TBA. A.F.B., c/o Physical Education Dept., Cal Poly State Univ., San Luis Obispo 93407.

**Fresno:** Vintage Days 5 & 10K, FSU Campus, 8 a.m. David McDevitt, College Union, Room 306, California State Univ.-Fresno, Fresno 93740 (209)435-0166 home.

**Hemet:** Bess James Ramonaland 10K & 2 Mi Fun Run, Hemet Valley Mall (220 W. Florida at Hwy 74), 8 a.m./2 Mi., 8:30 a.m. John Chambers, Mt. San Jacinto College, 1499 No. State St., San Jacinto 92383-2399 (714)654-8011 or 672-1981.

**South Pasadena:** Road Runner Classic, 1K, 5K & 10K, YMCA (Oak & Garfield), 8 a.m./1K, 8:30 a.m. South Pasadena/San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030 (818)799-9119.

**Rosarito Beach:** Rosarito Beach Spring Festival Half-Marathon & 10K, 8:30 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714)841-5417.



## □ Schedule

**Palos Verdes:** Palos Verdes Library 10K/3K Run. 8 a.m. Courtyard Mall in Palos Verdes Peninsula. Carriage Realty, Inc., 430 Silver Spur Road, Suite 202, Palos Verdes Peninsula 90274 (213)377-7225.

**Berkeley:** Golden Gate Triple Crown II-Wildcat Canyon Ramble 13 Mile. Lake Anza, Tolden and Wildcat Regional Park (trail run), 9 a.m. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole, CA 94564 (415) 222-0188.

**Stanford:** MBA Challenge for Charity 10K. Stanford football stadium, 8:30 a.m. MBA Challenge for Charity, Stanford GSB, Stanford Univ., Stanford, CA 94305.

**Los Angeles:** Women's Fair 5K. Convention Center, 9 a.m. (race open to both men and women). Fatima Johnston, 4435 Calle Mayor, Torrance, CA 90505 (213) 378-1246.

**West Charleston, NV:** MDA 5 Mile. Red Rock Canyon, 8 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**New York:** 1000 Mile Road Race. Flushing Meadow Park, Queens, 10 a.m. Sri Chinmoy 1000 Mile Race, 150-47 87th Avenue, Jamaica, NY 11432 (718) 523-2600, 297-2287.

### ■ April 27 (Sunday)

**San Francisco:** Bay Pacific 15K CANCELLED.

**San Francisco:** DSE Diamond Heights Run, 2.99 Mi., McAteer H.S. (Portola and O'Shaughnessy), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415)585-7772.

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 1520 Lakeside Dr.) 9 a.m. LMJS, 745 Arimo Ave., Oakland 94610 (415)834-3110.

**Gilroy:** Gilroy Road Run, 3 & 10K, Christmas Hill Park, 9 a.m. Bill Flodberg, P.O. Box 152, Gilroy 95020.

**Cotati:** Cotati Co-op Runs, 5 & 10K, Veteran's Memorial Bldg., 9 a.m. Anu de Monterice, 65 W. Cotati Ave., Cotati 94928 (707)955-6819 or 795-2141.

**Hayward:** Run for Excellence, 5 & 10K, Southgate Park, 9 a.m. Ann Flinn, Hayward Education Fund, 1290 "B" St., Suite 314, Hayward 94541 (415)582-0608.

**San Francisco:** Sri Chinmoy 10K Run, Location TBA, 8 a.m. Sri Chinmoy Marathon Team, c/o Giribar DeAngelo, 2438 - 16th Ave., San Francisco 94116 (408)996-8036.

**Berkeley:** Zonta 5-Mile Run, Aquatic Park, Time TBA. Zonta Run, P.O. Box 5093, Berkeley 94705 (415)843-5800, Robin Herman.

**Placerville:** Silver Streak Run, (& 1/2 Mi. Kids' Run), Cosumnes River College, 8:30 a.m. 1/2-Mi., 9 a.m. Silver Streak Run, c/o Cosumnes River College, 106 Placerville Dr., Placerville 95667 (916) 622-7575 days; 626-5760 eves.

**Walnut:** Mt. SAC Relays In-N-Out 5 & 10K (& Munchkin Mile), 8:30 a.m. Don Ruh, Mt. San Antonio College, Athletic Dept., 1100 No. Grand Ave., Walnut 91789 (714)594-5611.

**Laguna Beach:** Schoolpower 10K Run, Time TBA. Richard Graham, c/o Laguna Beach Education Foundation, P.O. Box 19, Laguna Beach 92652 (714)494-6811.

**Big Sur:** Big Sur International Marathon, Pfeiffer Big Sur State Park. 8 a.m. William Burleigh, Box 222620, Carmel 93922.

**Palo Alto:** Paly-Gunn Booster Club Run, 5 & 10K, 1 Mi. Gunn High School, 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto, CA 94301 (415) 329-2342.

**Los Angeles:** Run for Life. Griffith Park. Distance and time TBA. Linda Nicola (714) 383-3139.

**San Francisco:** Run for the Homeless, 10K. Lake Merced (Boathouse), 9 a.m. Joe Schlater, 1970 Fulton St., San Francisco, CA 94118 (415) 668-8615.

**San Francisco:** Sri Chinmoy 5 Mile Ocean Beach Run (listed as 10K in last issue). 1/4 mile south of Cliff house, 9 a.m. Giribar DeAngelo, 2438 16th Ave., San Francisco, CA 94116 (408) 996-8036.

**San Francisco:** Asian Runners Club Lake Merced Run, 4.5 Mile. Sunset Blvd. Parking lot, 9 a.m. Larry (415) 830-0759 or Richard (415) 343-5101.

**Tule Springs, NV:** LVTC 2 & 5 Mile. Floyd Lamb State Park, 8 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

### ■ May 3 (Saturday)

**Petaluma:** Petaluma Scramble 8K. Petaluma High School, 9 a.m. Karen Gonzales, Box 61, Petaluma, CA 94953 (707) 778-4380.

**Stanford:** Roxy Biathlon CANCELLED.

**Hercules:** Hercules-Dynamite Run, 4 Mile, 9 a.m. Fleet Feet, 1582 Fitzgerald Dr., Pinole, CA 945564 (415) 222-0188.

**Watsonville:** Solesaver's Run, 20K. Holy Eucharist Church, 8:15 a.m. Holy Eucharist Church, 527 Corralitos Rd., Watsonville, CA 95076 (408) 728-1471 or 458-3384.

**Sacramento:** Maranatha Half-Marathon, 10K and 1/2 Mile Kids Race. Goethe Park, 8 a.m. Arthur Baudendistel, 104 Winchester Ct., Folsom, CA 95630 (916) 351-1190.

**Stockton:** Cinco de Mayo 5 Mile. Waterfront Warehouse Complex, 8:45 a.m. Tarahumara R.C., Box 8422, Stockton, CA 95208 (209)931-5866.

**Monterey:** Wildflower 25K Triathlon (0.8K Swim, 17.3K Bike, 6.9K Run) and Wildflower 100K Triathlon (2K Swim, 80K Bike, 18K Run), Lake San Antonio, Time TBA. Jim Spring P.O. Box 367, Salinas, CA 93902 (408) 424-1971.

**Fresno:** Run For Life 2 & 6 Mile. Woodward Park (Mt. View Shelter), 7 a.m. Genny Berry, 3835 North West Avenue, Fresno, CA 93705 (209) 224-8215.

**Coarsegold:** Rattlesnake Run. 1 Mile and 10K, 8 a.m. Ron Thiesen, P.O. Box 191, Coarsegold, CA 93614 (209) 683-2592.

**So. El Monte:** Born to Run 1.2 Mile Cross Country. Legg Lake Park, 7:45 a.m. (Limit 150 runners). Jim Granados, 2310 Havenbrook St., West Covina, CA 91790 (818) 338-9685.

**Monrovia:** Monrovia Centennial 5 & 10K, 2K Fun Run. YMCA, 8 a.m. Nancy Brown, Monrovia Centennial Comm., Monrovia City Hall, 415 So. Ivy Avenue, Monrovia, CA 91016 (818) 357-1161.

**Fountain Valley:** Run for the Roses 5 & 10K, 10 Furlong Fun Run. Mile Square Park, 8 a.m. Silky Sullivans, 10201 Slater Ave., Fountain Valley, CA 92708 (714) 963-2718.

**Canoga Park:** Great Rockwell Reservoir 5 & 10K. North end of Fallbrook Ave., 7:30 a.m. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., Canoga Park, CA 91304 (818) 710-2145.

**Newport Beach:** Ford Aerospace Spring 5 & 10K, Kids Kilometer. Ford Rd. and Jamboree, 7:30 a.m.

**Diamond Bar:** Diamond Bar Spring Stampede 5 & 10K, 1 Mile. Diamond Bar High School, 7:45 a.m. Dr. Joe Murphy, 2249 Morning Canyon Rd., Diamond Bar, CA 91765 (714) 861-4735.

**Ione:** Goldweb Bedbug Gallop 10K and 1 Mile. Howard Park, Time TBA. Goldweb Bedbug Gallop, P.O. Box 606, Ione, CA 95640.

**Las Vegas:** Run for the R.O.A.D. 10K. Meadows Mall, 8 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**San Dimas:** Los Angeles Triathlon Championship Series. (1K Swim, 40K Bike, 8K Run). Bonelli Park, Time TBA. LATOC (818) 331-0169.

### ■ May 4 (Sunday)

**San Francisco:** DSE Legion of Honor Run, 4.3 Mile. 34th & Clement, 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco, CA 94127 (415) 585-7772.

**San Francisco:** Golden Gate 10K Run For Life, & 3.5K Fun Run. Golden Gate Park (Asian Art Museum, Tea Garden Dr.), 8 a.m. Randy Hayes, 600 Palm Avenue, Los Altos, CA 94022 (415) 948-1420.

**Redwood City:** Boardwalk Baylands 10K. Boardwalk Jeep/Renault, #1 Bair Island, 9 a.m. Bob Kissick, Boardwalk VW, 250 Convention Way, Redwood City, CA 94063 (415) 364-0100.

**Menlo Park:** Rapps' Triathlon, 3.7 Mile Run, 7.6 Mile Bike, 1/4 Mile Swim. Sand Hill Rd. & I-280, 8 a.m. Cindy Baxter, 740 Clara Dr., Palo Alto, CA 94303 (415) 326-6630.

**Big Basin:** Big Basin Redwoods Run, 6.5 Mile. Big Basin Redwoods State Park Headquarters, 9 a.m. Sempervirens Fund, Drawer BE, Los Altos, CA 94023 (415) 962-0720 (Tom).

**Foster City:** Sri Chinmoy Half Marathon. Recreation Bldg., 8 a.m. Sri Chinmoy Marathon Team, c/o Giribar DeAngelo, 2438 16th Ave., San Francisco, CA 94116 (408) 996-8036.

**San Jose:** Japan Town Banner Run, 10K, Time TBA. Bonnie Tanimura, Yu-Ai-Kai, 565 No. Fifth St., San Jose, CA 95112 (408) 294-2505.



## □ Schedule

**Sonoma:** Chickenque Run, 10K & 2Mile. Sonoma Country Fairgrounds, 8:30 a.m. Karen Love, 4451 Hoen Ave., Santa Rosa, CA 95405 (707) 523-2165.

**Firebaugh:** Rotary River Run, 3 & 6 Mile. Firebaugh High School (stadium), 8:30 a.m. Ron Sani, 21078 No. Harrison, Fresno, CA 93704 (209) 233-0009.

**Friant:** The Great Race, Distance TBA, (Run and paddle in Millerton Lake & Bike), 7:30 a.m. Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno, CA 93726 (209) 221-8181.

**Nipomo:** N.C.M.C. Cinco de Mayo 10K. Time TBA. Nipomo Regional Park. Bill Denneen, 1040 Cielo Lane, Nipomo, CA 93444.

**Riverside:** Riverside Medical Clinic Fitness Classic 5 & 10K. Arlington High School, 8 a.m. Running Promotions Unltd., Box 128, Lancaster, CA 93534 (805) 942-3820.

**Altadena:** Old Fashioned Days 8K. Farnsworth County Park, 9 a.m. Donna Bauer, 568 E. Mount Curve, Altadena, CA 91001 (818) 798-1173.

**Ontario:** City of Ontario 5 & 10K Championships. Ontario High School, 7:30 a.m. Dave Cook, 901 W. Francis, Ontario, CA 91761 (714) 984-4821.

**Lakewood:** Lakewood Pan-American 5K, 1 Mile, Half Marathon and 2 Mile Fun Run. Del Valle Park, 7:30 a.m. Runner's High (213) 920-3580.

**Danville:** Devil Mountain Run, 10K & 2.8 Mi., Town & Country Center, 9 a.m. Anita Bowers, P.O. Box 727, Alamo, CA 94507 (415) 934-2028.

**Weott:** Avenue of the Giants Marathon, Dyerville Bridge, 9 a.m. 2500 Limit. Six Rivers R.C., P.O. Box 214, Arcata, CA 95521 (707) 826-0616.

**Lone Pine:** Wild Wild West Cross Country Marathon, Time TBA. Robert Frickel, P.O. Box 749, Lone Pine, CA 93545 (619) 876-4444.

**Camarillo:** Ventura Heart/CAAN Marathon, 10K & 2.1 Mile, 7 a.m. American Heart Ass'n., 1367 Del Norte Rd. Camarillo, CA 93010.

**Coronado:** Chula Vista International Spring Festival Marathon. 7:15 a.m. Al Bateman, Box 1049, Coronado, CA 92118 (619) 437-4667.

**Spokane, WA:** Lilac Bloomsday, 12K. Convention Center, 9 a.m. P.O. Box 1511, Spokane, WA 99210.

**Riverside:** Riverside Medical Clinic Foundation Fitness Classic, 5 & 10K. Arlington High School, 8 a.m. Running Promotions, Unltd., P.O. Box 128, Lancaster, CA 93534 (805) 942-3820.

### ■ May 9 (Friday)

**Los Angeles:** Aztlan Sunset Indian 5K Cross Country. Elysian Park, 6 p.m. Carlos Alfaro, 529 El Centro, South Pasadena, CA 91030 (213) 255-1234 (Frank).

### ■ May 10 (Saturday)

**San Francisco:** Angel Island 4.8 Mile. Run around the perimeter of island, 12:30 p.m. The Guardsmen, 220 Sansome St., #590, San Francisco, CA 94104 (415) 781-6785.

**Walnut Creek:** Kennedy Classic, 5 & 10K. JFK University, 8 a.m. Kennedy Classic, JFK University, 12 Altarinda Rd., Orinda, CA 94563 (415) 254-0200.

**Lancaster:** AVHMC Fitness Classic 5 & 10K. Quartz Hill High School, 8:30 a.m. Running Promotions, Unltd., P.O. Box 128, Lancaster, CA 93534 (805) 942-3820.

**Sacramento:** Sacramento Triathlon (Short Distance: 1.5K Swim, 40K Bike, 10K Run) (Long Distance: 3K Swim, 80K Bike, 20K Run). Rancho Seco Park, 7 a.m. Mark Taylor, 2408 J Street, Sacramento, CA 95816 (916) 442-7223.

**Los Gatos:** Run for the Son, 10K & 1 Mile. Los Gatos Christian Church, 8 a.m. Bill Meinhardt, 104 Smith Creek Dr., Los Gatos, CA 95030 (408) 395-4268.

**Glen Ellen:** Hot Foot Run, 10K, Madron and Arnold Dr. (Fire Dept.), 8:30 a.m. Brian Burns, P.O. Box 124, Glen Ellen, CA 95442 (707) 996-5847 or 935-1887.

**Lucerne:** Lucerne Alpine Festival Run, 8K. Lucerne Elementary School, 9 a.m. Gary or Alice Jensen, P.O. Box 363, Lucerne, CA 95458 (707) 274-2449.

**Mill Valley:** The Human Race/Marin 10K. Mill Valley Middle School, 8:30 a.m. Volunteer Center of Marin, 70 Skyview Terr., Suite 3, San Rafael, CA 94903 (415) 479-5660.

**San Francisco:** The Human Race/San Francisco 10K. Crissy Field (The Presidio), 8 a.m. Volunteer Center of S.F., 1090 Sansome St., San Francisco, CA 94111 (415) 982-8999.

**Burlingame:** The Human Race/San Mateo 10K. Burlingame High School, 8:30 a.m. Volunteer Center, 450 Peninsula Ave., Suite B, San Mateo, CA 94401 (415) 342-0801.

**Petaluma:** Happy Day Fun Run 5 & 10K. First Presbyterian Church (939 B St.), 9 a.m. Happy Day Presbyterian School, P.O. Box 1038, Petaluma, CA 94953 (707) 762-8671.

**Turlock:** Turlock Rotary Biathlon (10K Run, 50K Bike). Turlock High School, 8 a.m. Darryl Crow, 2100 Geer Rd., Suite H, Turlock, CA 95380 (209) 667-9224.

**Colfax:** Colfax Record Run. Distance and Time TBA. Colfax Record Run, c/o Lisa Demorest, 333 So. Auburn St., #2, Colfax, CA 95713 (916) 346-2214.

**Fresno:** Two-Person 8-Mile Relay, each person runs 4 miles. Roeding Park, 8 a.m. Evan Orme, 3804 W. Locust, Fresno, CA 93711 (209) 439-1647.

**Shell Beach:** The Windmark 10K & Sports Faire. 10 a.m. Sharon Gudgel, Windmark Hotel, 2757 Shell Beach Rd., Shell Beach, CA 93449 (805) 773-5000.

**Bakersfield:** Bakersfield Bud Light Triathlon (2K Swim, 40K Bike, 15K Run). Lake Ming, 8 a.m. Kris Moran, 7304 Saddleback, Bakersfield, CA 93309 (805) 485-4300.

**Seal Beach:** Seal Beach 10K. 8 a.m. Linda Divino, Seal Beach Recreation, 211 Eighth St., Seal Beach, CA 90740 (213) 431-2527 x227.

**Covina:** Sunrise 2K, 5K & 10K. Sunrise Christian School (Barranco & Cienega). 7:30 a.m. Sunrise Run, 539 E. Cienega Ave., Covina, CA 91722 (818) 331-0559.

**Pomona:** Greater Pomona Valley Human Race, 10K. Cal-Poly Pomona, 7 a.m. Barbara Peacock, Volunteer Center, 375 S. Main St., Suite 109, Pomona, CA 91766 (714) 623-1284.

## Rotary River Run

May 4, 1986

6 Mile • 3 Mile  
• 1 Mile•

START: 8:30 a.m.

CHECK-IN: 7:00 a.m.

ENTRY FEE: \$5.00

COURSE: Semi-flat

combination asphalt  
and dirt loop. One mile  
on track.



CONTACT:

Ron Sani  
2107 N. Harrison  
Fresno, CA 93704  
(209) 233-0009 (evenings)



## □ Schedule

**Hawthorne:** Hawthorne YMCA, 12500 So. Romona Avenue, Hawthorne, CA 90250 (213) 679-1146.

**Newbury Park:** Conejo Track Club 2 x 5K Relay. Borchard Park, 8 a.m. Robert and Jan Radnoti, 6173 Fremont Cir., Camarillo, CA 93010 (805) 987-8052.

**Lancaster:** AVHMC Fitness Classic 5 & 10K. Quartzville High School (60th St. West and Avenue L), 8:30 a.m. Running Promotions Unltd., Box 128, Lancaster, CA 93534 (805) 942-3820.

**Castaic:** Steamroller 100K (over steep rocky trails), 5 a.m. Hans Albrecht, Box 685, Hermosa Beach, CA 90254 (213) 374-9940. (Listed in last issue as 4/19 in error).

**Tustin:** Run for Sobriety 5 & 10K, 1K Fun Run. Colonial School (Bryan & Browning), 8 a.m. Healthcare Med Center, 14662 Newport Ave., Tustin, CA 92681 (714) 838-9600 x 5842.

**Los Angeles:** 5 and Dime Classic 5 & 10K. Griffith Park, 8 a.m. Glendale Memorial Health Foundation, 1420 South Central Ave., Glendale, CA 91204 (818) 502-2375.

**Las Vegas:** Marine Corps 10K. Green Valley (Sunset Rd. & Green Valley Pkwy), 8 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**Fontana:** Fontana Jaycees Biathlon (10 Mile Bike, 311 Mile Run), 8 a.m. Jurupa Park. Becky Martinez (714) 820-0166 or 825-0158, or John Jamerson (714) 822-2374.

**Gilroy:** Walk-A-Thon/Run for Health. South Valley Intercommunity Hospital to Wheeler Hospital, 8:45 a.m. Wheeler Hospital Foundation, 650 W. Fifth St., Gilroy, CA 95020 (408) 842-5621 or 848-2147.

### ■ May 11 (Sunday)

**San Rafael:** Mom's-A-10 10K. Civic Center, 8 a.m. Total Race Systems, 627 Galerita Way, San Rafael 94903 (415) 897-3904 (Mary).

**San Francisco:** DSE Practice Bay to Breakers, 7.46 Mile. Howard & Spear, 8 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco, CA 94127 (415) 585-7772.

**San Francisco:** May Day Run, 5 & 10K. Golden Gate Park (Polo Fields Southside), 9 a.m. American Heart Ass'n., Linda Bine, 421 Powell St., San Francisco, CA 94102 (415) 433-2273.

**Pinole:** Golden Gate Triple Crown III--Pinole Marathon. Pinole Valley High School, 8 a.m. Steve Justice, Fleet Feet, 1582 Fitzgerald Dr., Pinole, CA 94564 (415) 222-0188. (Combined times of 3 races (4/20 & 4/26) determine winners: male & female series winners go to Honolulu, Boston or New York Marathon.)

**Alameda:** Sri Chinmoy 10 Mile Run. Crown Memorial State Beach, 8 a.m. Sri Chinmoy Marathon Team, Giribar DeAngelo, 2438 16th Ave., San Francisco, CA 94116 (408) 996-8036.

**Foster City:** Run Your Plaque Off, 10K & 1 Mile. 1295 E. Hillsdale Blvd., 8:30 a.m. San Mateo County Dental Society, 1941 O'Farrell St., San Mateo, CA 94403 (415) 345-5714.

**Watsonville:** Mother's Day Run for Shelter, 10K & 1 Mile. Freedom Blvd. and Brennan St., 8 a.m. Jack Smith, P.O. Box 430, Watsonville, CA 95076 (408) 728-6081.

**Vallejo:** The Last Keelhauler Classic, 10K. Calif. Maritime Academy, Time TBA. Harry Diavatis, California Maritime Academy, P.O. Box 1392, Vallejo, CA 94590 (707) 648-4200.

**Arcata:** Atalanta's Victory Run, 2 Mile & 5.7 Mile. Arcata Plaza, 10 a.m. (Women Only). Cathy Dickerson, Six Rivers R.C., P.O. Box 214, Arcata, CA 95521 (707) 826-1512.

**Gustine:** Run for the Goal, 5 & 10K, 1 Mile, 2 Mile Relay (4 runners). Schmidt Park, 8 a.m. Butch Benito, 27239 Hwy 140, Gustine, CA 95322 (209) 854-3331.

**Irvine:** NHSRA 5 & 10K. UCI Campus, 8 a.m. Bob Sheridan, 18102 Irvine Blvd., Suite 205, Tustin, CA 92680 (714) 838-4531.

**Huntington Beach:** 10K Run for Academic Excellence. Huntington Beach Pier, 8 a.m. Christine Rice, Edison High School Boosters Club, 21400 Magnolia St., Huntington Beach, CA 92646 (714) 962-1356.

**South El Monte:** Garriston's Smoke Buster 5K, Legg Lake (parking lot), 9:30 a.m. Arthur Martinez, 9502 Reichling, Pico Rivera, CA 90660 (213) 942-8774.

**Mt. Charleston, NV:** Mike's Forest Run, 9 Mile. Camp Lady-of-the-Snows, Lee Canyon Rd., 8 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

### ■ May 17 (Saturday)

**Healdsburg:** Redwood Coast Triathlon Series Event I--Icebreaker, ½ Mi. Swim, 5K Run, 14 Mi. Bike, Lake Sonoma (Warm Springs Dam), 8 a.m. Redwood Coast Life Saving Ass'n., Box 337, Healdsburg, CA 95448 (707) 528-7620.

**Bass Lake:** Smokey Bear 10K & 2 Mi. Fun Run (Pines Village), 10 a.m. Fleet Feet Triathlete, 3870 No. Cedar Ave., #101, Fresno, CA 93726 (209) 221-8181.

**Kingsburg:** Dala Horse Trot V, 2 Mi. & 10K. Memorial Park, 7 a.m. Kingsburg Junior Women's Club, P.O. Box 103, Kingsburg, CA 93631 (209) 897-5764 after 4 p.m.).

**Sparks, NV:** Pride of American Run, 5 & 10K. Cottonwood Park, 10 a.m. The Pride of America Run, c/o 4664 W. Leonasio Dr., Sparks, NV 89433.

**San Luis Obispo:** La Fiesta Downtown Mile. Time TBA. Manufacturer's Sport Outlet, 695 Higuera St., San Luis Obispo, CA 93401.

**Lompoc:** Mission Fiesta 10K. Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc, CA 93438.

**Torrance:** Armed Forces Day 5 & 10K. Torrance City Hall, 3031 Torrance Blvd., 8 a.m. Allan Shall, 3031 Torrance Blvd., Torrance, CA 90503 (213) 618-2945.

**Long Beach:** Diabetes Treatment Center 5K Benefit Fun Run/Walk. El Dorado Park, 8:30 a.m. Steve McGovern, 5300 N. Clark Ave., Lakewood, CA 90712 (213) 804-5339.

**Canyon Country:** 2 Person 10 Mile Track Relay. Canyon High School parking lot, 8:00 a.m. Gene Blankenship, Box 481, Newhall, CA 91321 (805) 251-5562.

**El Segundo:** El Segundo 5 & 10K, 1 Mi. Kid's Run. 8 a.m. El Segundo Chamber of Commerce, Box 545, El Segundo, CA 90245 (213) 322-1220.

**Fillmore:** Youth Employment Service 10K & Mini Run. Central and Sespe, 8 a.m. Y.E.S., 455 Sespe Ave., Fillmore, CA 93015 (805) 524-2424.

**Culver City:** La Ballona Fiesta Days 10K. Veterans Memorial Park, 8 a.m. Fiesta 10K Run, Department of Human Services, 4117 Overland Ave., Culver City, CA 90230 (213) 202-5689.

**Nevada City:** Sunkist Gold Rush 100K (2 days-50K per day), 7:30 a.m. 50 limit. Paul Reese, P.O. Box 585, Auburn, CA 95604.

**Hanford:** Knudson Scholarship Run, 3 & 10K. Lacey Park (Corner Dooty & Florinda), 7:30 a.m. Syd Bowie, 243 E. Earl Way, Hanford, CA 93230 (209) 584-4149.

**Santa Rosa:** Run for the Roses, 3 & 10K. Vets Memorial Bldg., 8:00 a.m. Sharon Wright, Santa Rosa Downtown Development Ass'n., 50 Santa Rosa Ave., #404, Santa Rosa, CA 95404 (707) 545-3534.

**Las Vegas, NV:** Holben's 7 Mi. Cross Country. Ann Rd. & No. Fifth St., 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

### ■ May 18 (Sunday)

**San Francisco:** Examiner Bay to Breakers 12K. Howard Spear, 8 a.m. Examiner Bay to Breakers, 110 5th St., San Francisco, CA 94103 (415) 777-7770.

**La Mirada:** 2-Person 14 Mile Relay. La Mirada County Regional Park, 8 a.m. Hal Winton, 24409 S. Meyler St., Harbor City, CA 90710 (213) 534-1704.

**Westlake Village:** Flower Runs, 5 & 10K. 8 a.m. Harry Pantelas, 31800 Langspur Ct., Westlake Village, CA 91361 (818) 889-6408 or 889-7636 or (805) 497-9777.

**Arcadia:** Santa Anita Lite Spring Classic 5 & 10K. Santa Anita Race Track, 7:45 a.m. Trophy Case, 8 N. 1st Avenue, Arcadia, CA 91006 (818) 574-1582 or 445-7507.

**Los Angeles:** Pride House 5 & 10K. Griffith Park at Merry-go-Round. Pride House 5 & 10K, 7447 Sepulveda Blvd., Van Nuys, CA 91045 or call Glen Smutz (213) 204-3047.

**Ukiah:** Run for Health 5K & 1 Mile. General Hospital, 8 a.m. Lois Cook, North Coast Striders, P.O. Box 1556, Ukiah, CA 95482 (707) 462-7047.

**Redding:** Redding East Rotary Stampede, 2 & 6 Mile. Shasta High School, 8:30 a.m. Tony Johnson, 1524 East St., Redding, CA 96001 (916) 244-4980.

**San Luis Obispo:** Around the Bay in May (Startest 10K). 9 a.m. San Luis Distance Club, P.O. Box 1134, San Luis Obispo, CA 93406.



## □ Schedule

**Tustin: Rotors & Roadsters 5 & 10K Run.** Marine Corps Air Station, 8 a.m. Capt. Mike Heath, HOHORON, S-4, USMC Marine Corps Air Station, Tustin, CA 92710-5000 (714) 651-7334.

### ■ May 22 (Thursday)

**Tulare: Tulare Sundowner 3K Series.** Bob Mathias Stadium, 6 p.m. Kevin Baker, 830 So. Blackstone, Tulare, CA 93274 (209) 688-2001 ext. 575.

### ■ May 24 (Saturday)

**Sierra Madre: Mount Wilson 8.6 Mile Trail Run.** 7:30 a.m. Limit 250 entrants. Marty Ruggles, 138 W. Montecito, Sierra Madre, CA 91024 (818) 355-7874 or 355-7135.

**Topanga: Topanga 10K Run.** Triplett Ranch, 8:30 a.m. Warren Chase, Box 88, Topanga, CA 90290 (213) 455-2339.

**Monterey Park: Aztlan Health Run IV, 5 & 10K.** Main entrance of East L.A. College, 8 a.m. Aztlan Run, East L.A. College, 1301 Brooklyn Ave., Monterey Park, CA 91754 (213) 265-8751.

**Berkeley: Strawberry Canyon Run, 5½ Miles.** Edwards Stadium (UC Berkeley), 9 a.m. Lawrence Hall of Science, Attn: Tom Klatt, Univ. of California, Berkeley, CA 94720 (415) 642-8862.

**Fresno: Memorial Run, 9K & 2 Mi.** Woodward Park (Mt. View shelter), 7:30 a.m. Jim Kellas, Box 843, Fresno, CA 93712 (209) 298-4547.

**San Luis Obispo: Laguna Lake Relays.** Laguna Lake Park, Time & Distance TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo, CA 93406.

**Caliente: Caliente 10K.** Time TBA. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**San Dimas: Los Angeles Triathlon Championship Series.** (1K Swim, 40K Bike, 8K Run). Bonelli Park, Time TBA. LATOC (818) 331-0169.

### ■ May 25 (Sunday)

**San Luis Obispo: Alcohol Services 5 & 10K Dry Run.** Meadow Park, 8 a.m. Jean da Costa, Alcohol Services, 3220 S. Higuera St., #201, San Luis Obispo, CA 93401.

**Brentwood: Brentwood 5 & 10K.** San Vicente and Barrington, 8 a.m. Brentwood 10K Run, Box 49913, Los Angeles, CA 90049 (213) 820-7585.

**Cotati: Ass to Ass 10K & 11 Mile.** 10K/East Cotati Ave.; 11 Mile/Santa Rosa. 8 a.m. Ass to Ass, P.O. Box 4387, Santa Rosa, CA 95402 (707) 795-1000.

**Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K.** Lake Merritt (Old Boathouse), 9 a.m. LMJS, 745 Arimo Ave., Oakland, CA 94610 (415) 834-3110.

**San Francisco: DSE Presidio Gate Run, 3.3 Mi. & 0.6 Mi.** Kids Run. Dolphin Club, 9:30 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco, CA 94127 (415) 585-7772.

**Incline Village, NV: I-CAN Run for Drug-Free Youth, 10K, 2 Mi., ½ Mi.** Kids Run. Community Center, 960 Lakeshore Blvd., 10 a.m. Sandy Schmidt, P.O. Box 6736, Incline Village, NV 89450 (702) 831-2545.

### ■ May 26 (Monday)

**La Canada: Fiesta Days 1 Mile, 5K & 10K.** Descanso Gardens, 7:30 a.m. Rick Riehman, YMCA, 1930 Foothill Blvd., La Canada, CA 91011 (818) 790-0123.

**Kentfield: Pacific Sun 10K (PA/TAC Masters Championships).** College of Marin, 8 a.m. Total Race Systems, 627 Galerita Way, San Rafael, CA 94903 (415) 479-3839; Hotline: (415) 388-2132.

**Las Vegas, NV: Run to the Sun 6 Mile.** El Dorado High School, 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

### ■ May 31 (Saturday)

**Moorpark: Moorpark College 5 & 10K Stadium Runs.** Moorpark College Campus, 7:30 a.m. Athletic Department, Moorpark College, 7075 Campus Rd., Moorpark, CA 93021 (805) 529-2321, ext. 220.

**Pomona: G.G.P. Run As One 5 & 10K, 1 Mi.** L.A. County Fairgrounds, 7:30 a.m. Mike Arredondo, Ganesha High School, 1151 Ganesha Blvd., Pomona, CA 91768 (714) 623-5251, ext. 491.

**West Los Angeles: The Bob Seagren 5 & 10K for Children with Special Needs.** Veteran's Administration, 8 a.m. (Wheelchair and handicapped divisions) Corporate/Open teams 10K only. Kit Kehr (213) 825-4821.

**Lancaster: High Desert Hospital 5 & 10K.** High Desert Hospital, 8 a.m. Running Promotions Unltd., P.O. Box 123, Lancaster, CA 93534 (805) 942-3820.

**San Mateo: Nun Run 10K.** College of San Mateo, 5:45 p.m. Ken Giebel, St. Matthews School, 9th & El Camino Real, San Mateo, CA 94402 (415) 956-7470.

**Cupertino: Tandem Computers "Up & Running" Race, 10K, 2 Mi., & "Trike & Trot" (6 & Under).** 9 a.m. Becky DeAnda, Tandem Computers, 10300 No. Tantau, Cupertino, CA 95014 (408) 973-7169.

**Sonoma: Wine Country Run for Hospice, 3 & 10K.** Depot Park, 8 a.m. Valley of the Moon Hospice, P.O. Box 600, Sonoma, CA 95476 (707) 938-4545 ext. 345.

**Las Vegas, NV: Bud Light Triathlon.** Distance TBA. The Lakes (on Sahara Ave., No. of Rainbow Rd.), Time TBA. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

### ■ June 1 (Sunday)

**San Francisco: Bay Bridge Run.** 8 mile. (Top deck of Bay Bridge). 8 a.m. Mental Health Association of Alameda County, 1801 Adeline St., Room 203, Oakland 94607 (415) 835-5010.

**Mill Valley: DSE Practice Dipsea.** 7.1 miles. Lytton Square to Stinson Beach. 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

**San Leandro: Shoreline Run.** 10K & 3K Fun Run. San Leandro Marina (Neptune Drive). 8:50 am/3K, 9:05 am/10K. Rob Caughell, San Leandro Recreation Dept., 835 East 14th St., San Leandro 94577 (415) 577-3466.

**Napa: St. John's Festival Old Town Run.** 5 miles., 960 Caymus St. 9 a.m. Dave Alvarado, 481 Seminary St., Napa 94558 (707) 253-7609.

**Novato: Olompali Dipsea Prep Run.** 4 miles. Olompali Park (Main Gate), 9 a.m. June Gardner, PO Box 1400, Novato 94948 (415) 479-4654.

**Deer Park: Valley View Run & Health Fair.** 5 & 10K. St. Helena Hospital (4 miles NE of St. Helena). 9 a.m. St. Helena Hospital, Public Relations Dept., 650 Sanitarium Rd., Deer Park 94576 (707) 963-6467.

**Nevada City: Gold Country Road Races.** 5, 10, 20 & 30K. Pioneer Park. 8 a.m. Gold Country Lions, PO Box 236, Grass Valley 95945 (Bob: 916/272-2749, eves).

**Fresno: Chihuahua Road Race.** 2 & 6 mile. Time TBA. Chihuahua Road Race, PO Box 11312, Fresno 93772 (209) 266-9964.

**San Luis Obispo: Corbett Canyon 10K Grape Run.** (990 Industrial Way). 8:30 a.m. Jeff Herten, MD, 1428 Phillips Lane, Suite 103, San Luis Obispo 93401 (805) 543-2833, Vicki.

**Redondo Beach: Love Your Heart 10K.** (South end of Esplanade) 7 a.m. Barry Pearce, Heart 10K, 1142 Manhattan Ave., Suite CP-6, Manhattan Beach 90266 (213) 375-2626, Village Runner.

**Encino: Monty Montgomery 10 Mile & 2 x 5 Mile Partner Run.** Woodley Park. 7:30 a.m. Basin Blues, 15840 Ventura Blvd., Suite 147, Encino 91436 (818) 347-1933, eves.

**San Marcos: Run for the Fun 5 & 10K.** Woodland Park. 7:30 a.m. San Marcos Education Foundation, Attn: Barbara Marchetta, PO Box 4095, San Marcos 92069.

**Foster City: Sri Chinmoy Marathon Team.** 7 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116 (408) 996-8036.

**Ukiah: Russian River Run & Marathon, Half Marathon & 8K.** (PA-TAC marathon championships). 6 a.m., 7:45 a.m. and 8:00 a.m. Tim Morrison, Box 204, Ukiah 95482.

**Aptos: Aptos Creek Marathon & 10K.** (Nisene Marks State Park). Time TBA. Aptos Creek Marathon, Box 870, Trabuco Canyon 92678.

### ■ June 5 (Thursday)

**Tulare: Tulare Sundowner 3K Series.** Bob Mathias Stadium. 6 p.m. Kevin Baker, 830 S. Blackstone, Tulare 93274 (209) 688-2001, x575.

## Looking Ahead

**June 8. Mill Valley: Dipsea Race, 7.1 Mi.** (trail run). Lytton Square to Stinson Beach, Time TBA. Mill Valley Jaycees, Dipsea Race, P.O. Box 30, Mill Valley 94941 (415) 381-DIPC.

**June 14. Palos Verdes: Palos Verdes Marathon.** Indian Peak and Hawthorne, 7:00 a.m. George Owens, Box 153, Palos Verdes Estates 90274 (213) 577-3419.



*Seventh Annual  
May 18, 1986*



# 5K 10K

**PLACE:**  
Santa Anita Race Track,  
285 W. Huntington Drive, Arcadia, CA.  
**ENTRY FEES:**  
Pre-registration due by May 14, 1986  
Pre-registration: \$11 includes high-quality, long-  
sleeved T-shirt; \$8.00 run only.  
Late registration: \$14.00 w/shirt; \$10 run only.

**COURSE:**  
A TAC-sanctioned, flat and scenic course through  
beautiful Arcadia, with a slight hill at the end of  
the 10K loop. The 5K circles around the famous  
Santa Anita golf course. The 10K loops the golf  
course and the Santa Anita Race Track.

Highly visible mile markers and split times giv-  
en. Aid and water stations. Key intersections moni-  
tored by Arcadia Police Department.

**STARTING TIMES:**  
5K starts at 7:45 a.m.; 10K starts at 8:30 a.m.

Race results will be mailed to all finishers.

Merchandise prizes will be awarded to the first two  
finishers in each division. Santa Anita Lite Spring  
Classic medals will be awarded to the first five  
finishers of each division.

**PRE-REGISTRATION:**

Complete all parts of application form. Incomplete  
forms will not be processed. By mail: Santa Anita Lite  
Spring Classic, P.O. Box 522, Arcadia, CA 91006; or in  
person: The Trophy Case, 8 N. First Ave., Arcadia, CA  
before May 14th. Send a legal-size, self-addressed  
stamped envelope with form and fee.

Runners' packets with race information and race  
number will be mailed to runners up until May 9, 1986.  
After May 9, runners' packets may be picked up at The  
Trophy Case or at the track on race day.

**LATE-REGISTRATION:**

Race day between 6:00 a.m. and 7:30 a.m. at Santa  
Anita Race Track.

**PROCEEDS:**

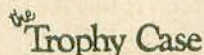
To be used to install and maintain an all-weather  
track at Arcadia High School.

**FURTHER INFORMATION:**

Irene & Tom Mew  
The Trophy Case  
8 North First Avenue  
Arcadia, CA 91006  
(818) 574-1582

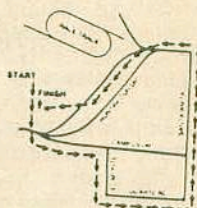
Executive Director  
Bob Jackson  
(818) 445-7507

**SPONSORS:**

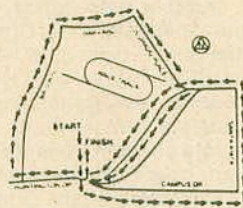


R.G. Dickinson & Company

**DIRECTIONS:** Take the 210 Freeway to Santa Anita Ave., south to Huntington Dr., west to Santa Anita Race Track.  
**COURSE:** Flat and scenic through beautiful Arcadia, with a slight hill at the end of the 10K loop. The 5K circles around the famous  
Santa Anita golf course. The 10K loops the golf course and Santa Anita Race Track.



**5K**—from Santa Anita parking lot  
out Holly Ave. entrance; east on  
Campus Dr.; south on El Monte;  
east on Duarte Rd.; north on  
Santa Anita; west on Huntington  
Dr.; enter Santa Anita parking lot  
at gate #4 (first entrance  
northeast of Holly Ave.); head  
west and turn north to finish.



**10K**—from Santa Anita parking  
lot, out Holly Ave. entrance; east  
on Campus Dr.; north on Santa  
Anita; west on Huntington Dr.;  
north on Baldwin; east on  
Harvard; south on Colorado Place;  
west on Huntington Dr.; enter  
Santa Anita parking lot at Holly  
to finish.

One Entrant Per Application Form (Xerox Copies Acceptable)

NAME  Race:  5K  10K

ADDRESS  CITY

STATE  ZIP  PHONE

Age On Race Day  Sex:  Male  Female T-Shirt Size S M L XL

DIVISIONS:  15 & Under  16-20  21-29  30-39  40-49  50-59  60-69  70 +  
 Racewalker 40 & Under  Racewalker 41 & Over  Open Wheelchair Division

Entry fee non-refundable and non-transferable.

**IMPORTANT:** Legal waiver must be completed and signed. **NOTE:** This entry will NOT be accepted without proper signature(s) below.

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in the event. In filling out this form, I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent or legal guardian's signature necessary if under 18 years of age.

Make check payable to: Santa Anita Lite Spring Classic, P.O. Box 522, Arcadia, CA 91006

How did you hear about the race?  Mail  Flyer at Race  Flyer other  Mag. Ad  Other



# SoCal Diary

By BILL MINARIK

## February 17.

The outdoor track season officially opened in SoCal Saturday as San Diego State's men posted a 111-51-39 victory over CPSLO and Oxy while the Aztec women did likewise to the Oxy women 96-35 as Latanya Sheffield posted a sprint triple.

At the Milrose Games in New York, UCLA's men's mile relay team put in an appearance which was significant for 2 reasons. First, the old Bruin policy of not competing indoors appears to have changed under Bob Larsen's leadership, and second the Bruins winning time of 3:12.4 which equates to an indoor time of about 3:04 shows that the UCLA tradition of great mile relay teams had returned.

## February 24.

The indoor circuit returned to Los Angeles Friday night for the L.A. Times/GTE Indoor Games and as was the case at the Sunkist Meet in January, records were the order of the evening. The feature event was the pole vault where Sergei Bubka regained the world indoor record by defeating Billy Olson with a 19-5 $\frac{3}{4}$  effort. In addition, Diane Dixon set a world 500 yard mark of 1:02.59, and the Soviet Union's Galina Chistyakova added a 44-0 $\frac{3}{4}$  triple jump good for another WR. In addition, Jackie Joyner's long jump of 22-5 and Jeanette Bolden's 80 yard time of 6.54 were both good for American Records. In a women's collegiate mile relay of note, U.S.C.'s Leslie Maxle chewed up UCLA's ChooChoo Knighten on the anchor leg as the Trojans came from behind to nip the Bruins at the wire 3:49.05 to 3:49.09.

Outdoors the collegiate season was in full bloom with UCLA's men turning back San Diego St. and Cal State Los Angeles 117-51-25, while the SDS women took a 72-64 decision over UCLA despite 9 first places by the Bruins. In the men's meet, UCLA newcomers Henry Thomas 16-6 lead the way; however freshman Michael Marsh appeared to be the surprise athlete of the meet. Marsh, who was the California State High School champ in the 200m last year when his High School teammate Henry Thomas had to withdraw, had never posted any 100 meter times of note while a prepster. However, his second place finish with an electronically timed 10.48 would equate to a hand timed 10.3. Running that fast this early suggests that Marsh could become the surprise catch in a freshman crop that otherwise is considered one of the best in the school's history.

Elsewhere, USC opened its season on a successful note turning back the UC Irvine

and Cal Poly Pomona men and women by scores of 113-49-26 and 91-48-42 respectively. The USC Men's 400 relay team had the top time of the day with a sizzling 39.8.

It appears that Ernie Bullard and Larry Knuth have really turned the men's program around. Both USC and UCLA appear on their way back to national prominence; thus we can now look to the USC-UCLA dual meet as regaining its spot as collegiate track and field's number one attraction.

In another outdoor dual opener, UCSB unveiled what appears to be their strongest men's team in years as the Gauchos surprised perennial power CPSLO 88-75.

## March 1.

The prep season is just getting off the ground however, a controversy has already arisen concerning a dual meet between Hawthorne and Long Beach Millikan. At that one, the powerful Hawthorne squads traveled to Millikan only to find the Millikan girls were forfeiting the meet and were nowhere to be seen. The reason given was that the Millikan girls were not ready to take on the Hawthorne juggernaut. This was particularly distressing to the Hawthorne team which had chartered an extra bus for their extremely large girls team. The girls reportedly did not even run for time, but just watched the boys compete.

In other prep action, Glendale High won the Glendale City Championship with a combined boys-girls score of 149-126-26 over Crescenta Valley and Glendale Hoover. Leading the Dynamiters to victory were distance wiz Richard Erbes, sophomore hurdle phenom Peter Kallick, and all-around performer Caroline Gasman.

Elsewhere, at the Orange/Santa Ana girls relays Hawthorne, West Torrance, and Woodbridge were divisional winners, while at the Rowland Relays, Upland High was a dual winner defeating the boys of El Modena 63-52, and the girls of Schurr 80-62.

In college and open competition at the Bud Light Invitational the USC men's 400 relay team smoked to a 39.74 time, while Tom Petranoff had a splendid javelin throw of 303-1 using the old style spear.

In other meets, Cal Poly SLO's men took a multi-team 126-68-67-31-5 win over C/S Bakersfield, Cal Poly Pomona, UC Riverside and Chapman, while the CPP women turned back CSB, UCR, and Chapman 84-67-14-9.

In a big NAIJA dual, Azusa Pacific turned back both the men and women from Pt. Loma 106-52 and 88-39 as AP's Christian Okoye's 199-8 discus throw highlighted the days marks.

## March 10.

While track season is in full bloom in SoCal, virtually every running buff had their eyes on the streets of Los Angeles this past week-end as the First Annual Los Angeles Marathon got off the starting line.

Eleven thousand participants were greeted by ideal 60° weather under cloudy skies and clear air made possible by the prior day's rainstorm.

Competitively in the mens competition, Rick Sayre running out of Oregon attacked the course early, broke away from the field at the 6 mile mark, came through the first half of the race under 1:03, built up an 80 second lead at the 20 mile mark, and then held on to win in 2:12:59, 28 seconds ahead of a fast closing Gidamis Shahanga running out of UTEP. Other notable finishers included Ventura's Gary Tuttle, 5th at 2:18:05 and former North Hollywood High and Valley College star, Chris Schallert, 8th at 2:19:42.

In the women's competition, the U.S. #2 female Nancy Ditz from Woodside, Calif., ran a very smooth race, but slowed near the end and was almost caught by former world record holder Christa Vahlensieck of West Germany, as Nancy's winning time of 2:36:27 was only 10 seconds ahead of the runner-up. A notable participant (although unofficially) was former San Gabriel High star and currently one of California's top Community College distance runners at East L.A. College, Sylvia Mosqueda, who actually lead the field for the first 20 miles before dropping out. While Sylvia took a lot of heat for being in the race without entering, she proved that she is capable of competitively putting the heat on virtually every top female marathoner in the world.

Because of the newness of the course, most of the top participants seemed reluctant to really take it on aggressively; with the consequence that the times were relatively slow considering the ideal weather. I look for next year to be at least 2 minutes faster in the mens race and 5 minutes faster in the womens.

Promotionally, it appears the event was a success. While there was not an abundance of top names in the race due to the fact that marathons in Boston, London and Rotterdam were scheduled too close to L.A., there was none-the-less enough top performers to make it a world class competition. The course itself was picturesque, covering virtually every segment of Los Angeles society from Chinatown, where the locals pitched firecrackers at the runners as they came by, to Hollywood where the Playboy Bunnies served refreshments to the competitors as



## □ SoCal Diary

they passed the Playboy Club. The race began and ended on the streets outside the L.A. Coliseum; which in my opinion was the only race shortcoming. While the 11,000 participants could not possibly start from inside the Coliseum, they most definitely could have finished over the most famous finish line in this country which is the finish line for the 1984 Olympic Marathon inside the Coliseum. When it comes to luring the top competitors from other marathons, the promoters must put all their cards on the table. In this case, the L.A. Marathon promotion team had an ace in the hole, in the form of the L.A. Coliseum running track, and they never played it.

The only other disturbing element of the event was the fact that after race directors made an effort to line up participants at the starting line according to best times, some deviates still moved themselves up among faster groups. Most notable of these was the L.A. Dodgers official cheerleader, Gypsy Boots, who was seen taking off from the second row along side world class competitors. If Boots best time puts him in the second row, I'll eat my next issue of CT&RN.

Los Angeles's TV channel 13 gave complete start to finish coverage of the spectacle and did it in Olympic style using 26 TV

cameras as well as spotters located at points all over the course. However the coverage was tainted with male chauvinism. First, the studio broadcast team consisting of a male anchor, a male and female color announcer and a male doctor used 90% of the time to discuss coverage and concepts related to the men's race. Secondly, the start to finish coverage of the womens race showed Nancy Ditz apparently cruising the entire race wire to wire with no competition in site. Only occasionally did the cameras key in on some of the other women who all appeared to be far back. No other woman other than Nancy was shown finishing. It wasn't until I read the results the next day in the L.A. Times that I realized that Christa Vahlensieck had closed to within 10 seconds at the finish. Since the mens winner was decided 23 minutes earlier, the station could have easily given the same hype and drama to the last 4 miles of the womens race as they did to the mens which wasn't nearly as close. Last but not least, the anchorwoman on the Channel 13 evening news entered the marathon and short pre-race profile was shown as to how she had trained for the race. Accordingly, this built up a lot of interest in her participation for viewers. However, the profile was the last we ever

saw of her. When asked about her during the close of coverage, the race anchor replied, "Well, I guess she's out on the course somewhere". Since this was Channel 13's first venture into marathon coverage, I'll chalk the mistakes up to experience. However, next time around I'll expect a more balanced coverage.

All in all, this first L.A. Marathon was an unqualified success as more than 1½ million people lined the streets to cheer their favorites on. I would agree with one of the TV color commentators who said that eventually there will be 3 major marathons in this country; New York, Chicago, and Los Angeles.

As far as any major track meets in SoCal, Saturday's rain took care of that, however USC & UCLA did venture to Tempe, Arizona to take on Arizona and Arizona State in men's competition, with both local schools breezing. The Trojans eased past Arizona 97-66, while the Bruins crushed ASU 126-32. The wind appeared to keep the day's top marks down with a couple notable exceptions; Those being the Trojans 400 Relay team winning time of 38.86 and the Bruins Jim Banich with a PR in the discus of 199-10. Based on comparisons the Bruins appear to have a dual meet edge going into their May 3 dual meet showdown at the Coliseum.

# CALIFORNIA

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# The Athlete's Kitchen

By NANCY CLARK, M.S., R.D.



## Body Fat Measurements: Fat or Fiction?

**W**hen it comes to measuring body fat, most athletes want to be underwater weighed. They consider this the "gold standard", the 100% perfect method. To unveil the truth, there's no method that 100% accurately measures body fat. Underwater weighing and skinfold caliper measurements each have potential inaccuracies, particularly if performed by marginally trained technicians under less than optimal conditions, such as a crowded road race or fitness expo. The following information may help you compare and evaluate these options, so that you can best decide how to put a number to the inch you can pinch around your waist.

**UNDERWATER WEIGHING:** Despite popular belief, underwater weighing does not measure your body fat. It measures your body density. When plugged into a mathematical equation, the body density figure gets translated into percentage fat. Error can creep into this translation. The equations for converting density into fat were developed for adults, but they're often used on young gymnasts and masters racers. Research is showing that children and the elderly have different densities than the standard "reference" person. The equations also assume that we are all biochemically similar. Is a dehydrated wrestler similar to a body builder? There's a need for more research!

A second major source of error with underwater weighing stems from the inexperience of the "victim". For an accurate measurement, the person being weighed has to exhale as much air as possible. If you're nervous and unfamiliar with the procedure, you might exhale incompletely... and this could add as much as 3-5% more fat. Error also creeps in if there's intestinal gas, and when the equipment is poorly calibrated.

**SKINFOLD CALIPERS:** Skinfold callipers - large "pinchers" that measure the thickness of the fat layer at specific body sites - are best used by people who have been well trained in the technique. If the measurer hastily pinches the fat an inch above or below the standard "landmark", you might end up with a few extra millimeters of fat - and a disturbingly higher percentage of body fat. This commonly happens at health fair where the

measurers rapidly "pinch" the crowds, tabulate an inaccurate percentage, and leave many athletes feeling upset about their relative obesity.

Individual fat patterns can also contribute to an inaccurate fat percentage. For example, imagine what happens if you have inherited fat arms, and that measurement contributes to the final tabulation! The most consistent errors stem from the translation of the skinfold measurements into the percentage fat. The conversion equations should be specific for the type of person being measured. For example, runners, body builders and rugby players, should have different conversion equations. The average technician uses a generalized formula that might over or underestimate the percentage fat.

**BODY IMPEDENCE:** This "new kid on the block" when it comes to measuring body fat, is a computerized system that sends a tiny electrical current through your body via electrodes attached to your wrist and

ankles. The amount of water in your body affects the flow of the current. These readings can be converted into percentage body fat, since only fat-free tissue contains water. If you're dehydrated, you'll get an inaccurate reading, just as you will if you've had a few beers, eaten a big meal or are positioned improperly during the measuring. As with the other methods, the conversion formulae need refinement. Not perfect. **SUMMARY:** If you're feeling confused, I recommend that you use body fat measurement as a measure in itself to reflect changes in your body as you shape up and slim down. Don't expect more accuracy than is possible - and get a re-test if the number seems out of line!

Nancy Clark, MS, RD, nutritionist at Sports Medicine Brookline and author of *The Athlete's Kitchen* (Bantam), recognizes that inaccurate fat measurements put athletes into a tizzy!!!

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# Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M.S.

## Stress Fractures



I recently returned from the meeting in New Orleans and Academy of Orthopedic in sports medicine. One of the most interesting topics was tibial stress fractures. There are two types of tibial stress fractures: an oblique fracture and a transverse stress fracture.

Stress fractures tend to be closer to that area around the knee joint in the tibia. They become a complete through and through fracture and take a considerable period of time to heal, perhaps six to eight months or even a year. They may initially be diagnosed with a bone scan, which is the utilization of injected radioactive material, which clearly shows the hot spot on a special x-ray or damage to the bone where a fracture has taken place. They, later, are apparent, three to four weeks later, on standard x-rays. Some of the stress fractures, however, may take considerably longer to be seen on standard x-rays.

The oblique stress fracture tends to occur on the tension side of the bone. This is usually the convex side; and they also occur on the compression side if there is considerable overuse. These fractures, likewise, may not be identified on standard x-rays for three to six weeks. A bone scan is most helpful in making the diagnosis. At times, when a bone scan is made for stress fractures, one can see small fractures up and down the tibia when excessive overuse has taken place. There may be one main stress fracture and several smaller ones. The study showed, in fact, there may be a stress reaction of bone or prestress fracture conditions in the opposite leg as one tends to put more pressure on the area that doesn't hurt as much.

Some new work is being done utilizing bone stimulators to enhance healing. Two types of stimulation may be utilized. The first is that of a stimulation to balance the osteoclastic versus osteoblastic activity. Osteoclasts means dissolving of bone and osteoblastic activity means laying down of new bone. At times, when there is a stress fracture, this mechanism becomes haywire, and electrical stimulation can straighten it out. A bone stimulator is used for about eight to ten hours in the evening when one is sleeping. The second time of stimulation

is for fractures, which haven't healed for a long period of time. A different type of current is passed through them to stimulate osteoblastic activity.

There has been some work, which shows that the utilization of viscoelastic polymer - Viscolas (TM) - decreases impact spike. It also prolongs the contact pressure under the foot; and thus there is less jarring to the tibia. This may reduce stress fractures in the foot, as well as in the tibia. The Chattanooga Corporation has introduced Viscolas and a Viscolas support system which will soon be available at your podiatrist's or orthopedist's office. You may wish to try this type of relatively inexpensive orthosis if you are having a stress fracture problem.

Lastly, it has been found that, when muscles which surround the bone become fatigued, there is a greater incidence of higher likelihood for stress reaction and/or stress fractures. Thus stress fractures are actually fatigue fractures of the bone.

The moral of the story is that when you are fatigued when you are running, your soft tissue can no longer absorb shock, then you are more likely to have pain in your foot. If you have pain in your foot, an x-ray may be negative, but a bone scan and bone scan and bone scan may be helpful.

Best of luck

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# Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.



## Stress Fractures

I recently returned from the American Academy of Orthopedic Surgeons' meeting in New Orleans and have some interesting information regarding updates in sports medicine. One topic was that of tibial stress fractures. The tibia is the large long bone in the leg. It was noted that there are two types of tibial stress fractures, the first being an oblique fracture, which is an incomplete crack in the cortex or wall of the tibia, and the second type being a transverse stress fracture. The transverse

stress fractures tend to be closer to that area around the knee joint in the tibia. They become a complete through and through fracture and take a considerable period of time to heal, perhaps six to eight months or even a year. They may initially be diagnosed with a bone scan, which is the utilization of injected radioactive material, which clearly shows the hot spot on a special x-ray or damage to the bone where a fracture has taken place. They, later, are apparent, three to four weeks later, on standard x-rays. Some of the stress fractures, however, may take considerably longer to be seen on standard x-rays.

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The moral of the story is not to get too fatigued when you are running. When the soft tissue can no longer help the bone by absorbing shock, then the bone absorbs more shock and cracks or fractures occur. If you have pain in your legs, which doesn't seem to be going away even though your x-rays may be negative, consider getting a bone scan and being worked up for a stress fracture.

Best of luck and health in running.



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# ■ Technique & Training

By ROY STEVENSON

## A Rebuttal:

# In Defense of High Mileage

**S**o what's wrong with high mileage anyway?

There seems to be a trend emerging amongst the "experts" in contemporary running circles downplaying the benefits of individualized high-mileage training. These authorities claim that increases in training mileage by distance runners are responsible for the "epidemic" proportion of injuries.

These experts (many of whom have no running, coaching or physiological background) even claim that cutting back on mileage and doing it faster is the most effective way to experience improvements in distance running. Others say that interval training done "all out" is the most efficient mode of training. One person even had an article published nationwide pointing out that once you get past 10 minutes a day of exercise, the extra benefits are minimal.

Some of these "authorities", I suspect, make such statements merely to get their name in the media, and to be associated with "new" training concepts. After all, it is an accepted practice nowadays for people seeking to establish a reputation to come out with a "new" diet or "new" exercise program - so why not attack a proven training system just to be controversial?

Training with an intelligent, individualized and graduated schedule to build up a runner's mileage will elicit the largest im-

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***"Training with an intelligent, individualized and graduated schedule to build up a runner's mileage will elicit the largest improvements . . ."***

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provements in his/her training and racing performances. Dr. David Costill, one of the U.S.A.'s foremost authorities and researchers on endurance training methods wrote in the August 1980 *Runner* that "It is fairly common for an untrained person to experience about a 10-15% increase in VO<sub>2</sub> max. capacity in the first month of activity".

It is not the high mileage per se, which is the contributing factor to "overuse syndromes", but how the high mileage is done. In fact, if anything, it is the shorter, higher intensity training which causes runners to limp to the Sports Medicine Clinics. This is because they are not adequately prepared for the stress on the musculo-skeletal system which short, high intensity (fast) running creates. In addition, runners are not making an effort to educate themselves on commonsense training techniques, and human nature being what it is, makes us want to constantly test ourselves, instead of being patient and progressing at a steady, gradual rate. The result of this impatience; sore muscles, tendons and ligaments which have not previously been exercised properly and thus are weak.

Coupled with this, it's difficult for Joe and Jane jogger to have confidence in a training system when, every month, they pick up a running magazine advocating a "new" or "different" training system. These conflicting "systems" (LSD, Short Fast, Intervals, Alternate Days, Hard/Easy, Hill Training, Fartlek, Medium Fast, etc.) merely confuse the inexperienced or uneducated runner. I have known dozens of promising runners who have never achieved anywhere near their true potential because they have flitted from training system to training system. They have never given one system a chance to prove itself, because they lack confidence in it if it isn't producing dramatic improvements overnight.

These runners change training modes like underwear and are thus easily swayed by what the latest glossy running literature recommends.

A typical "fair weather" runner who "hibernates" in the short, cold, dark winter days starts getting the running bug again by about March, with those nice sunny spring days. For this type of runner (whom I estimate comprises 75% of all summer fun runners) the races are looming up in a few months and he/she naturally wants to get fit as fast as possible for them.

Unfortunately, there is a tendency for us to start out our early training runs far too fast and get sick, sore or injured as a result. This is very discouraging for someone who means well, and is keen to run for the health and fitness benefits of it. But, after

repeated bouts of sickness or injury, it is no wonder that there is such a high early season drop-out rate amongst joggers. What I'm saying is that people need to get conditioned to run, not run to get conditioned. (And not blame "high mileage" as the culprit).

Prime candidates for sickness or injury amongst this group of people who do "too much too soon" are males and "type A" runners who have a tendency to push their pace every day. I know numerous runners who race the same course each day against the stopwatch. Their goal is to beat their previous best time for that course. This macho approach to training does not allow the runner to recover sufficiently from the fast workout.

"Joe and Jane" joggers also display a marked reluctance to warm up and stretch adequately before training runs or races. Once again, I suspect this is because of a basic lack of runner education, or sheer inexperience. Furthermore, from the dozens of fun run 10k's I have observed over the past few years in the U.S.A., it appears that a large number of "fair weather" runners are competing in races on inadequate or insufficient training.

My advice to "Joe and Jane" jogger is to do at least 8 weeks of basic aerobic conditioning before you even contemplate a race. Another factor which I believe contributes to the high drop-out and injury rate of "fair weather" runners is their constant training on hard surfaces. Our predecessors, the caveman, hunted and ran on soft surfaces - why can't we occasionally? Seek out a grass surface, bush trail or the like and alternate training runs on the road and the grass.

Closely related to this is the whole question of high-technology shoes and whether orthotics are necessary. While interviewing Doris Brown-Heritage recently she made an interesting comment to me that "modern shoes may be causing injuries", and "maybe we should go back to barefoot running on the beach". Think back a decade ago when one prominent running shoe company mass-produced a shoe with a "varus wedge" and another corporation produced a model with a sharply cut back heel. I know a lot of runners who were sidelined as a result of these supposedly "innovative" developments.



There is generally a lack of education on the runners part (and often the salesperson's) on what type of shoe is more suited to a particular individual's build, size, weight, running style and preference. Because, believe me, if you are a severe pronator and buy a pair of lightweight curve lasted shoes, for example you can count on leg trouble unless you are very lucky.

From personal experience and runners that I have coached, I have concluded that orthotics are not as necessary as podiatrists would want you to believe. In most cases the devices tamper with people's natural gait and often end up causing worse injuries than what the runner came in with.

While I'm writing on injuries, let me also point out that probably the main key to injury prevention and successful training is commonsense. Distance runners have a bad habit of ignoring potential injury signs and aggravating a minor injury by continuing to run on it. I have even known some runners who have increased the speed or duration of their training under such conditions.

Sports Medicine Clinics and podiatrists will tell their rehabilitated athletes to "cut back on their miles and run on soft surfaces", but don't tell them HOW. Perhaps there should be an exercise physiologist with experience as a coach or runner, attached to Sports Medicine Clinics as consultants to help rehabilitated runners with actual training schedules.

Fatigue is obviously a major factor in distance running too. There is nothing wrong with acute fatigue—this merely indicates that the athlete is adjusting to the progressive overload being placed on his/her system. i.e. The training effect is being felt, and this is the most efficient way to improve. However, when runners continue to train hard several days in a row, or don't have days off occasionally, when they experience chronic fatigue, it is only a matter of time before something "gives out". This will usually be manifested by sickness or injury.

Now that I have pointed out some of the more prevalent reasons for rank and file runner's injuries and problems, let me offer some basic guidelines on how to increase your basic aerobic mileage safely and effectively. This long running will give you generous increases in oxygen uptake (VO<sub>2</sub> max.), improve your cardiac delivery and increase your mechanical efficiency when you run or race.

Firstly, it is important that you find your own maximum levels of endurance running. Once you have established this level back off a bit, and spend a month or two consolidating on this aerobic base which you have established.

**RULE #1:** When increasing your mileage, run it slowly and hold yourself back. You are inviting trouble if you continue to run the new, longer distances at the same pace you ran your old, shorter distances. In other words, while increasing the duration of your

runs, the intensity is compromised, at least temporarily.

**RULE #2:** With novice runners, start out running by time, not mileage, so that we further eliminate the "stopwatch domination" mentality. You might start running for 10 minutes out, then turning around and running back for 10 minutes.

**RULE #3:** Vary the time (or length) of your runs from day to day. Thus you will be doing a long run/short run/long run/short run pattern. (Not to be confused with the hard/easy pattern which entails high intensity followed by low intensity training).

Varying your runs prevents boredom, allows recovery on the short run days, and further develops your endurance on the long run days.

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**"...human nature being what it is...makes us want to constantly test ourselves, instead of being patient and progressing at a steady gradual rate."**

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**RULE #4:** Avoid racing during this first 6 to 8 weeks.

**RULE #5:** Continually examine your shoes for excessive wear during this increased running period.

**RULE #6:** Stretch before and especially after your runs.

**RULE #7:** Keep a training diary and record your times for each days run.

After a few weeks of adjusting to this increase, you will notice that your pace will naturally increase without any extra effort. In fact, you should be feeling better and stronger each week, bar the occasional day of acute fatigue. This speeding up of your runs indicates that your body is adjusting to the overload placed on it.

Examples of typical training weeks for a beginner during this "build-up" period might be as follows:

**First Week:**

Monday	.....	10 minutes
Tuesday	.....	.0
Wednesday	.....	15 minutes
Thursday	.....	10 minutes
Friday	.....	.0
Saturday	.....	15 minutes
Sunday	.....	25 minutes

**Second Week:**

Monday	.....	15 minutes
Tuesday	.....	.0
Wednesday	.....	20 minutes
Thursday	.....	20 minutes
Friday	.....	.0
Saturday	.....	20 minutes
Sunday	.....	30 minutes

**Eighth Week:**

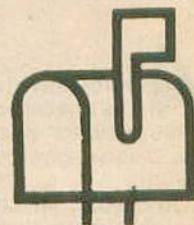
Monday	.....	45 minutes
Tuesday	.....	20 minutes
Wednesday	.....	1 hour

Thursday	.....	30 minutes
Friday	.....	.0
Saturday	.....	1 ¼ hours
Sunday	.....	1 ½ hours

At some stage during these weeks you will start getting some warning signals that you are approaching your own limits of mileage. These signs are manifested in tired, aching legs for several days, lethargy on your runs for two or more days in a row, and perhaps crankiness due to glycogen depletion. When these signs happen, back off and consolidate your new, elevated aerobic for a month or two. Then proceed to higher intensity training such as time trials, interval training, fartlek or whatever you choose, to prepare you for the faster tempo of road racing.

Does all of this sound familiar? It should be—it's a modified, watered down version of Arthur Lydiard's training system which has been responsible for revolutionizing distance running around the world since the 1960's.

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photo by Gregor Robin



## An Interview With . . .

# ROD DIXON

By Gregor Robin

**A**s a runner Rod Dixon is a man who has challenged the tracks and roads of the world for over 15 years. As a person, Rod Dixon is growing into another stage in his life.

On Sunday, March 9, Dixon was the runner. He was battling Tanzania's Gidmas Shahanga over the roads in the City of Los Angeles Marathon. The two athletes were in a pack near the 10-mile mark that included Gary Tuttle of Ventura and a few lesser known runners trying to make a breakthrough. The running time was at around 52 minutes on the cool, clear morning.

Ric Sayre, of Ashland, OR., the marathon's eventual winner, was far ahead pulling away from Eberhard Weyel of West Germany who had led the race through seven miles.

Dixon still had all his wits as the pack crested a hill on Sunset Blvd. A fan screamed to him that this was his kind of race. Dixon nodded after recognizing the enthusiastic onlooker.

Nearing the 20-mile mark Dixon and Shahanga made a courageous effort to

catch Sayre but both fell short. Sayre finished in 2:12:59 to win his third important marathon in just over three months. As Shahanga ran through the chute just 28 seconds behind Sayre the fatigue a marathon creates was etched on the African's face. He had a blank look, like the battle was over and the kill had been put off until another day. When Shahanga crossed the line he walked for a moment and then spun around to check where Dixon was.

The New Zealander was a ways back. Shahanga's time was 2:13:27 while Dixon finished third in 2:14:48.

It wasn't close to Dixon's personal record, 2:08:59 which he ran in 1983 at the New York City Marathon, but Dixon isn't training like the obsessed distance runner that he was back then. He has business interests. Also, other sports such as biking and aerobics have found an important place in Dixon's lifestyle. At 35-years-old though, Dixon can certainly say he's an incredible physical specimen. He was instrumental in the marathon's promotional aspects. He worked for the organizers and he admitted that the combined effort of

training and working on the marathon took its toll on him.

"It was exactly as I had planned," Dixon said of the first stages in the race. "It was just that I was probably a little undertrained. The last five miles didn't go quite as well as I'd have liked them to go.

"It (the marathon) was difficult, especially because I was going back and forth to New Zealand to train. You can't do both (business and training) at once. I think I did both damn well. I think I did the organizing well and it's nice to finish third in the race and get a few dollars, I suppose. I was on schedule for 2:13 but the last three miles I was just dead."

Dixon was pleased that 11,000 runners turned out for the marathon.

"It's pretty good for the first one," said Dixon. "I think I put a lot of my reputation on the line when I got behind this one and got a lot of knock back from a lot of people telling me I'm backing the wrong horse here, but I feel confident that I got the right horse. L.A. people are wonderful people I'll tell you, and when they come out they come out strong. I see L.A. coming very much



# DIXON, continued:

**Robin:** Who do you see as the new marathon threat?

**Dixon:** It's changing so dramatically. What we saw that happened in the Tokyo Marathon recently, four guys under 2:09 and three of those names I never heard before. And that's going to continue. These guys will come on the scene and they'll probably go just as quickly. The turnover in

**"The turnover in marathon running is starting to happen ... you just can't maintain that consistency and intensity."**

marathon running is starting to happen because of that intensity. You just can't maintain that consistency and intensity. Probably the only person really that is maintaining his marathon running times is Rob de Castella. He's still one of the premier marathon runners around. He's not winning like he used to but the times he's posting are pretty impressive. He's now completed four or five sub-2:09's which is pretty impressive.

**Robin:** You were telling me about a memorable 15-kilometer race you had against de Castella in which you ran your best time for the 9.3 mile distance of 43:32. You said you race many loops over the same course with a massive crowd supporting you.

**Dixon:** It was in the Country-Wide series in New Zealand. We had an 8K, a 12K and a 15K race in the summer of '83.

**Robin:** And you two were battling it out in the 15K?

**Dixon:** It was unbelievable. Afterwards we talked quite openly about what was happening. The first lap I tried to dictate or dominate the tactics because the week before he pretty well controlled it and I didn't feel comfortable running his race. I thought, "Right! Next week I've got to take control and run more of my race so at least I feel more confident." Well of course the second lap he took over and so I came up to him, and I mean I wasn't running his race and he wasn't running my race and both of us weren't running our own races. It was a new race completely. I couldn't shake him and he couldn't shake me. No matter what we did. There were some good turns and I'd go out and swing through the apex to try and make five yards on him and he'd be right in behind me. And he'd slow right down, get around the turn and then accelerate so that I couldn't quite accelerate. It was just like motor racing. And it was just amazing how competitive it was and it came down to the sprint and fortunately I was able to just lift myself a little bit quicker than he did and got him by a second.

**Robin:** What do you expect to run in Los Angeles next week?

**Dixon:** Timewise, if we're running a 2:11 I think I'm in with a chance. If we're running a 2:09 I don't think I'm going to be there. I've got to be realistic. Obviously I'm competing and I'm going there to win the race. That's my main priority. If I can win it in 2:15 I will. I'm not going to try and set up a pace.

**Robin:** Can you remember a week of training you did before you 2:08:59 in New York?

**Dixon:** Probably my best week was when I was still averaging 80-miles a week. I did four track sessions. One was a two mile where I sprinted the straights and jogged the bends. That is definitely a jog-the-bends, where you back off and just run training pace and then you run into a race pace again. I did 8:46 for that. The next day I did a set of 15 times 400-meters and averaged 63 and had probably an average of 40 seconds recovery. Then I had a day off and then went back again and had a 5,000-meter time trial and ran 13:48, and then for the Sunday I did step downs. I did a two-mile in 8:56, I did the mile in 4:08, I did the three-quarter mile in 3:01, I did the half mile in 1:51 and then I did the quarter in 53.5. That was when I knew I was ready. Pretty well from that point on I just backed off and ran in the forest each day twice a day and kept my mileage up to 90 or 100 miles. I find that 100 is my tops. I like to do 80 to 90 average. Although that includes the majority of my

photo by Gregor Robin



Rod Dixon finishes in third place, in 2:14:48.

speedwork, if I do eight 400's I don't count that as two miles. I write that in as what it was. I know my base so that at the end of the week I can evaluate my workload level. As long as my workload level is within my guidelines I know that I'm not overtraining. A lot of times guys go out and run say 120 miles in running and they might be doing the workload of 150 miles and the body can't take that. You'll break down very quickly.

**Robin:** Are you saying that your speedwork isn't added in your weekly mileage total.

**Dixon:** Yes. So a week of 80 miles might really be 90 if I added in the speedwork.

**Robin:** So you believe you get a solid base and then speed is the key to a marathon?

**Dixon:** Yeah. I'm very much part of the New Zealand system or the Lydiard system as we call it. That is, creating a foundation, developing your aerobic strength and starting your aerobic strength of hill training and bounding and then moving onto the track and doing your track training so that each is a build on.

**Robin:** Your favorite area to train.

**Dixon:** New Zealand. The farmland. Any time that I can train off the road is my priority.

**Robin:** Will you run a depletion run tomorrow?

**Dixon:** No. I'm not going to. I ran yesterday in Palos Verdes for an hour-forty-five. Today I'll go for a light jog later on and I'll probably run for an hour-thirty tomorrow.

**Robin:** What's the farthest run you've gone on before this marathon.

**Dixon:** Two-hours-fifteen. That's passable. It's OK. You see the whole thing is that I was in L.A. November, December and January working in the office. And then I did most of my foundation training for this marathon back then. Then I went back to New Zealand and just did my speed and final preparation. I know it wasn't the kind of training that you should do.

**Robin:** What state do you think the Olympics are in?

**Dixon:** We saw the great Henry Rono in 1978 absolutely blitz the record books. But he was outside of Montreal and the boycott was on for 1980 so we never saw Henry Rono run at the Olympics (in his peak years). I think a lot of runners now are getting to the point that they recognize that this is probably their best year so they would rather win a world championships than try and hang onto that pace until the Olympics. The Olympics are still of course the greatest sporting spectacle and the yardstick we all measure success and greatness by. But unfortunately we are finding now that some of the great performances are coming on the non-Olympic years. It's unfortunate that the likes of a Henry Rono wasn't at the Olympics at his peak and that's the only frustration I see developing at the moment for runners. Four years is a long time.

**Robin:** Rod, let me give you some names to expand on. Said Aouita.

**Dixon:** Very very impressive. Not from the classic mold. He's been developed for a



alongside New York and London. For people-support and love of the city I think we're already ahead of Chicago in respect to people support."

The weekend before the marathon Dixon was in Santa Barbara at the Santa Barbara Winter Road Runs. He jogged the five-kilometer race with an associate from New Zealand and then handed out awards later. After all the runners were gone except one, Dixon sat on a little wall near the beach as bike riders cruised by on the bike path.

Since it was the week before the marathon, Dixon was in a calm mood. He sounded positive when he said he was going to make a great effort to win the marathon, but he was realistic also, saying that the great workouts and world record races are probably a thing of the past for him.

Dixon spoke of his career highlights and some setbacks. He wasn't "Rod Dixon the Runner" at that moment. He was a 35-year-old man looking back on his achievements. He was like a tree that has gathered so many different leaves that one doesn't know where to begin appreciating the beauty of it.

**Robin:** How is your training going now?

**Dixon:** I'm comfortable with it. I've had a few injury problems. Just those nagging things. It seems to be more the fact that I'm not able to bounce back or recover from my training like I used to. And I guess it's a thing we accept as we get older.

**Robin:** So in other words, these injury problems you've been going through recently have been just like in the past but you're not bouncing back as quickly from them?

**Dixon:** The same sort of things. Tired achilles, or tired and sore knees. In fact my knees have been sore because I've probably been doing a little too much cycling. The cycling is bulking me up, tightening up my quads which of course is just tightening up and pulling back on my knees. Also too, the way I've been riding the bike is not good. I've been concentrating on sitting on the seat for as long as I can which puts extra pressure on the knees. I have a very good friend, an Olympic cyclist who's been encouraging me to get off my seat more. He says, "You're not a cyclist Rod, you're a runner so ride your bike like a runner should ride a bike." That is, get off the seat more and use the power of the legs. Don't try to sit on the seat and strain parts of your back and knees.

**Robin:** Have you missed a lot of days with the injuries?

**Dixon:** No. Probably the only days I've really missed have been through traveling. I've never missed a day of running. I may have missed the evening session because of something. Or because perhaps I've gone in to the gym for therapy.

**Robin:** Have you had any impressive weeks of training in the past couple of months.

**Dixon:** No. It's just been consistently good. I'd like to have run a couple of more races and liked to have done a bit more speed work. The intensity of the training has been there. It's been consistently good. But as far as really training for the Los

Angeles Marathon like perhaps I did in 1983 for the New York, no, I think those days are gone, where I'm prepared to just totally commit myself and just live almost the life of a full time athlete. I think those days are gone.

**Robin:** Say the road racing circuit was flourishing ten years ago like it is now. How would you have fared? The same as you did when you were peaking in the road racing in 1983 or do you think you would have been better?

**Dixon:** That's hard to say really because I think when I moved to road racing I had matured and I was physically able to move into that distance. 10 years ago at 25-years-old no, you see, because I was still very much just moving into the 5,000 meters. I was moving up from the mile to the 5,000 meters and that in itself was quite a change. To have moved into 10K road racing and half marathons, I don't think I could have handled it.

**Robin:** How do you play the mental game in a race when it gets painful? What do you go back on?

**Dixon:** There again, experience. You draw on your knowledge and experience. Confidence in your training. Confidence in your ability to overcome these things. I think that becomes an asset in you that you don't have when you're younger. You just know how to handle those situations. And the big thing is to just stay calm. It's like the captain of the 747. He's got his checklist. He goes through that checklist and he eliminates any problems and hopefully he can foresee any problems that can occur. That's what I'm doing. Continually going through my checklist, remembering things. Obviously if there is pain you've got to recognize whether it is pain that is going to develop into something that will prevent you from carrying on. You've got to make a decision whether to pull out of the race too, and I have. I haven't got to a situation where I've pulled out of a lot of races, but I've pulled out of one or two in my career because I

We'd run for miles over the back fields and over the farmlands and there was a gully about three miles away and we use to get the banana passion fruits and there were wild apple trees and things like that. So we'd go over there and build huts. And by five o'clock we knew we had to come home and we'd run home and it was a six mile training run. But we were kids. We'd stop on the way and chase the sheep or whatever, pick mushrooms, whatever it was, but that was where the development and the lifestyle started. It was way, way back in those days when you're six, seven, eight years old.

**Robin:** What would you have to start doing now to break 2:09 again.

**Dixon:** Get divorced!

**Robin:** Are you serious?

**Dixon:** No. That's what I'd have to do. Basically to get back into that shape you've got to be single minded. You've got to be single, single minded and you've got to get away and train for that period of time. Preferably in an environment, like say in Boulder, Colo. where it's altitude where it's a running town and you just live your sport. And quite frankly, I've got so many other things going on in my life, I've got so many other interests now that are part of my life and my quality and way of life that I don't think I want to go back to those days. I did 15 years of it and I think I'm just mentally tired from that constant discipline and that constant training regimen that I went through. There are just so many years that you can put your body through it. I'm enjoying my cross training and I'm enjoying my way of life. I'm as fit as I've ever been, really. Now I'm looking more for quality of life than just being single minded about performing.

**Robin:** To clear that up, you are happily married?

**Dixon:** Oh yes, yes. I have two girls, Kate is eight and Emma is six and they are back in New Zealand because it is summer at the moment. And Debra is my wife.

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**"Now I'm looking more for quality of life than just being single minded about performing."**

---

recognized that if I continued I could end up having to probably stand on the sidelines for six months. I don't like to pull out, it doesn't show that fighting-on spirit, but fighting-on spirit if it's detrimental to your health, it's not worth it.

**Robin:** OK, tell me about your first experience running?

**Dixon:** You mean back to the very first day?

**Robin:** Yeah, the first time you went out the door and ran. Was it from your house or from school.

**Dixon:** Oh yes, it was from my house. I used to run to school every day and return from school. Just as a small boy we'd run out the back door and be in the country.

**Robin:** Where are you living?

**Dixon:** Auckland in New Zealand and Menlo Park in San Francisco. I would say I live five months in New Zealand and seven months in the United States.

**Robin:** What is your favorite distance to race?

**Dixon:** The mile.

**Robin:** Any idea of going back to that?

**Dixon:** My aim at the moment and each year has been to break the four minute mile and I've done it 14 consecutive years. I can't boast a total tally like John Walker. John's probably done 115 now. I've done 42. But my aim is just to keep breaking that. My first goal each year is to break the four minute mile.



number of years. Nurtured along. His preparation is obviously flawless. He's just perfectly poised to go on to further greatness.

**Robin:** Mark Nenow.

**Dixon:** Has the potential to run much faster and to be very much in the European classical mold of a very tough competition. Maybe running a few too many road races. I always say do your best running on the tracks in Europe because road racing is going to be there later in life for you. You've got to get that feather in the cap now. You can't do it later on. You can't go to road racing and then say, "Well I've had enough road racing, I'm going back to the track." You must stay with your track and you must point like the Europeans. And these guys are starting to do it.

**Robin:** Bruce Bickford.

**Dixon:** I like Bruce. He's had the breaks. He has the potential to do much much more. To be recognized as a great runner he has to do much more than he's done. I mean one race in Stockholm last year is not enough to convince people. He's got to now perform at a World Championship level. He's got to now win the big ones. And he has, in my mind, the potential to do that. He has the temperament. He has confidence in himself now. I believe that goes from hand to hand, from strength to strength.

**Robin:** Carlos Lopes.

**Dixon:** Carlos hasn't been very visible for a while. I wonder whether his announcement that he was going to retire last year is in effect, whether we'll see him again. I just wonder how much more he can sustain at such a pace. What an impressive effort that last effort was. You go back to the Olympics, then Chicago, then his cross country, then his world record. It is just unbelievable. I think the only thing to take from that is it was a great performance by a man of 37-years-old, but it's not a yardstick for the rest of us at 35 and 36 to say, "Well you know if Lopes can do it we can do it." He's one man in history, no, the second man in history. The first was Yifter, but we never really knew how old he was. We must stay within our own abilities and recognize our own limitations. We must train within those. We must put a fair and reasonable goal setting on our minds when we start getting in our mid-thirties, because we can't do what we did at 25 and people have got to understand that. I mean I'm not enjoying finishing fifth and sixth in races now. It's just a state of where I'm at, but line me up with all my other 35-year-olds and I still look pretty good.

Rod Dixon is 35 years old. His height is 6-2. His weight is 156 pounds. He has been running for 25 years. His personal records from the marathon down to the 400-meter dash:

Marathon 2:08:59, Half Marathon 1:02:12, 10-Miles 45:50, 15K 43:32rd, 10K 28:11rd (he's run over 15 between 28:11 and 28:20 on roads), 5K 13:17.3, Two-Mile 8:14.4, 3,000-meters 7:41.0, Steeplechase 8:29.0, 2,000-meters 5:01.0, Mile 3:53.3, 1,500-meters 3:33.89, 1,000-meters 2:17.3, 800-meters 1:47.6, 400-meters 49.5.

# Mailbag

## POOR TASTE

Dear CT&RN:

I wanted to congratulate you on a fine regional running magazine. Now that I'm on the east coast, I read it even closer to see how my friends in California are faring.

In light of the tradition of professional journalism that *California Track & Running News* has displayed, I was amazed to read Bill Minarik's *So Cal Diary* (January 1986). Mr. Minarik's comment about the \$1,000 reduction in tuition for top high school prospects at parochial high schools was in poor taste. Why do some people sink to spreading rumors and innuendo when a program, under the tutelage of a dedicated coaching staff, finally develops some good athletes?

I was a student at a private school from 1974-1976. During that time, we had three different coaches in two years. Without consistent coaching, the school produced mediocre teams. I was convinced then that with good coaching we could have a good program. From 1978 to the present I have observed, first as an assistant coach then as a fan, how a great program could develop. A supportive coach can take healthy kids and with a little luck, help them reach their potential. From 1978 until 1985, my alma mater has seen its cross country program go from less than 25 participants to over 100 last fall. By encouraging participation and good coaching, many schools develop winning programs. It must amaze Mr. Minarik that scholarship credits played no part in the success.

I am not naive enough to believe that there are not unscrupulous coaches who would put winning above the best interest of the athlete. It is CT&RN's responsibility, like other members of the media, to expose the corrupt and praise the ethical, but printing rumors only dilutes the power of your message. Mr. Minarik, by allowing his *So Cal Diary* to become a haven for rumors, has done a disservice to all coaches, at both private and public schools, who selflessly give of their time. If he has proof of his statement, he should publicize the transgressions; if not, he should apologize to the coaches he has insulted.

Larry Eder,  
Special Projects Manager,  
*Runner's World*.

## AGAIN

Dear Editor:

I would first of all like to commend you for all your efforts to provide such a comprehensive picture of California track, cross country, and road-racing. Your contribution to the sport is immeasurable as you provide information in the purest form possible.

As you might imagine the intent of this letter is not to be only of a "pat on the back" nature. I have been coaching and teaching in the private schools in Northern California for eight years, and I was appalled in reading Bill Minarik's "SoCal Diary" in your January issue. I found his irresponsible statement of after talking to a couple (which qualifies for accuracy?!?) of parochial school coaches he finds that "a \$1,000 reduction in school tuition is not uncommon for prospective jocks" to be particularly disturbing.

In my experiences and contacts with more than "a couple" of coaches, I have yet to find what Mr. Minarik characterizes as common. I find that this level of "reporting" to be irresponsible and dangerous as it provides your readers with a gross generalization at best that makes me wonder about the intent of the "revelation." Mr. Minarik's statement leaves but two alternatives for the reader: (1) private schools in general are involved with "illegal" and unfair tactics in the "recruitment" of prospective athletes; or (2) this column is not worth the paper it is written on. I hope and trust that the readers will subscribe to the latter and not venture into a "witch hunt" mentality.

It was after reading the same column that my athletes came and asked with a great deal of laughter "Coach, where is our \$1,000 reduction?" I ask the same question of Mr. Minarik.

Respectfully yours,

Phil Wilder,  
Head Cross Country and Track Coach,  
Moreau High School.

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# ■ Around the State

## USC vs. UCLA Dual Meet Returns to Coliseum

For the first time in 12 years, the USC Trojans and UCLA Bruins will compete in the Los Angeles Coliseum. The last men's dual meet was held in 1974; the women's teams will meet at the Coliseum for the first time ever.

This year's meet promises to be exciting with the traditionally powerful men's squads and both women's teams currently ranked in the top 10 in national polls. The meet will be held Saturday, May 3 with the field events beginning at 10 a.m. and the running events starting at 1 p.m.

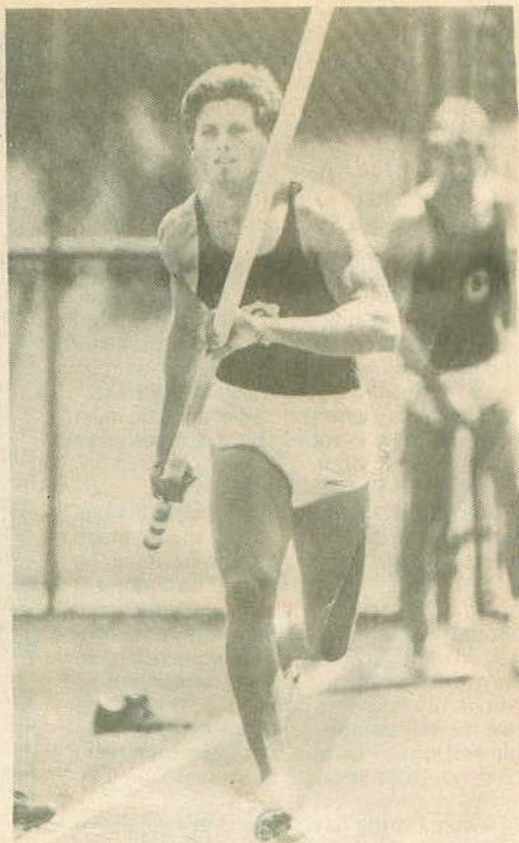
### USC-UCLA Meet Records

#### Men:

- 100—10.12, James Sanford (USC), 1979.
- 200—20.03, Clancy Edwards (USC), 1978.
- 400—45.03, Billy Mullins (USC), 1978.
- 800—1:46.5, Rayfield Beaton (USC), 1978.
- 1500—3:44.0, Ron Cornell (UCLA), 1980.
- 5000—14:24.11, Dan Caprioglio (UCLA), 1983.
- Steeplechase**—8:51.55, Mark Junkermann (UCLA), 1985.
- 110 HH—13.30, Greg Foster (UCLA), 1980.
- 400 IH—49.4, Tom Andrews (USC), 1976; Rich Graybehl (USC), 1978.
- 400 Relay—38.85, USC (K. Williams, Mullins, Edwards, Sanford), 1978.
- 1600 Relay—3:04.6, UCLA (McNeal, Banks, Phillips, Thompson), 1980.
- High Jump—7-4, Anthony Caire (USC), 1983.
- Long Jump—27-0½, James McAlister (UCLA), 1973.
- Triple Jump—55-1, Willie Banks (UCLA), 1975.
- Pole Vault—18-0¼, Mike Tully (UCLA), 1977.
- Shot Put—71-3½, John Brenner (UCLA), 1984.
- Discus—199-6, John Brenner (UCLA), 1983.
- Javelin—251-10, John FitzSimons (USC), 1967.
- Hammer—225-10, John Wolitarsky (USC), 1985.

#### Women:

- 100—11.19, Gail Devers (UCLA), 1985.
- 200—24.3, Robin Simmons (USC), 1984.
- 400—54.06, Lawanda Cabell (USC), 1985.
- 800—2:08.36, Donna Curtis (USC), 1985.
- 1500—4:23.01, Polly Plumer (UCLA), 1985.
- 3000—9:56.50, Shannon Stryker (UCLA), 1985.
- 100 H—13.18, Gail Devers (UCLA), 1985.
- 400 H—60.12, Gayle Kellon (UCLA), 1984.
- 400 Relay—44.13, UCLA (Phillips, Bailey, Joyner, Devers), 1985.
- 1600 Relay—3:37.40, UCLA (Phillips, Kellon, Joyner, Devers), 1985.
- High Jump—5-11½, Wendy Brown (USC), 1985.
- Long Jump—22-11¼, Jackie Joyner (UCLA), 1985.
- Triple Jump—42-6¼, Wendy Brown (USC), 1985.
- Shot Put—51-5¼, Diana Clements (USC), 1985.
- Discus—176-10, Toni Lutjens (UCLA), 1985.
- Javelin—158-10, Toni Lutjens (UCLA), 1985.



STEVE KLASSEN

photo by Burt Davis



JOHN FRAZIER



photo by Burt Davis



HEIDI ADAMS

photo by Jim Reynolds



CHOO CHOO KNIGHTEN

## Previous Men's Meet Scores

1934—USC 87-44	1963—USC 99-46
1935—USC 104 1/6-26 5/6	1964—USC 89-56
1936—USC 74 1/2-56 1/2	1965—USC 83-62
1937—USC 91-40	1966—UCLA 86-59
1938—USC 96-35	1967—UCLA 83-62
1939—USC 115-16	1968—USC 108-36
1940—USC 93-38	1969—USC 94-60
1941—USC 103 1/3-27 2/3	1970—UCLA 100-54
1942—USC 108-23	1971—USC 75-70
1943—USC 71-60	1972—UCLA 76-69
1944—USC 89-42	1973—UCLA 89-55
1945—USC 82-49	1974—UCLA 82-63
USC 83-48	1975—UCLA 75-70
1946—USC 95-36	1976—USC 83-62
1947—USC 81 1/2-49 1/2	1977—USC 91-63
1948—USC 81 1/6-49 5/6	1978—UCLA 83-71*
1949—USC 90 1/2-40 1/2	1979—UCLA 93 1/2-60 1/2
1950—USC 120-11	1980—UCLA 83-71
1951—USC 94 1/2-36 1/2	1981—UCLA 107-47
1952—USC 95-36	1982—No Dual
1953—USC 75-56	1983—UCLA 88-55
1954—USC 95 1/2-35 1/2	1984—UCLA 93-68
1955—USC 79-52	1985—UCLA 89-73
1956—USC 74-57	
1957—USC 68-63	
1958—USC 78-53	
1959—USC 86 1/2-44 1/2	
1960—USC 80-51	
1961—USC 81 1/3-49 2/3	
1962—USC 86-45	

\* USC originally won 84-70, but score was later adjusted for using ineligible athletes.

USC leads series 38-14.

**Previous Women's Meet Scores:** 1986 is only the third year of an official dual meet, with UCLA winning the previous two: 78-74 in 1984 and 89-43 in 1985.

TROJANS



# VS. UCLA

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# Prep Notes

By KEITH CONNING

## North Coast Section Track & Field Preview

By Keith Conning

The top four athletes returning from the 1985 North Coast Section Meet of Champions are listed according to their performance in that meet.

### BOYS

#### 100 METERS

**MIKE BROOKS** (Washington, Fremont)  
5) 3A 11.0, 4) MOC H1 11.44, 5) MOC 11.24, best 10.9.

\***DAN OSANNA** (Moreau, Hayward)  
3) 2AS 11.2, 5) MOC H2 11.52, best 10.0.

**ALBERT HIGGS** (Montgomery, S. Rosa)  
2) 2AN 11.0, 5) MOC H1 11.61.

**RICK FERNANDEZ** (RanCotate, RohnPk)  
3) 2AN 11.0, 6) MOC H1 11.66.

#### 200 METERS

**PAT GORDON** (MarinCatholic, Kentfld)  
1) 2AN 21.9, 3) MOC H2 22.48, 4) MOC 22.22, 6) St H3 22.48w.

**JEFF RUCKTESCHLER** (AmadorV, Pleas)  
2) EBAL 23.0, 4) 3A 22.5, 3) MOC H1 22.8, 6) MOC 22.70.

**PAT METZ** (Miramonte, Orinda)  
2) FAL 23.0, 2) 2AS 22.4, 5) MOC H2 23.21.

\***DAN OSANNA** (Moreau, Hayward)  
2) CAL 22.3, 3) 2AS 22.7, 7) MOC H2 23.2.

#### 400 METERS

**DEMETRIAS CARTER** (American, Fremt)  
4) 3A 49.1, 1) MOC H2 49.25, 4) MOC 49.70, 8) St H2 49.30.

**BRIAN STRIEFF** (Campolindo, Moraga)  
1) FAL 50.9, 3) 2AS 49.3, 3) MOC H2 50.19, 5) MOC 49.84.

\***JEFF CHIMIENTI** (Moreau, Hayward)  
1) CAL 48.4, 2) 2AS 48.9, 4) MOC H2 50.30, 6) MOC 49.88.

**DARRON MINOR** (Berkeley)  
1) RBAL 50.6, 5) 3A 50.5, 5) MOC H1 50.44.

#### 800 METERS

**AARON CUTHBERTSON** (Piedmont)  
1) ACAL 1:57.4, 4) 2AS 1:56.4, 2) MOC H1 1:57.06, 3) MOC 1:54.73, 7) St H2 1:58.90.

\***DEREK CLOTFELTER** (Tamalpais, Miliv)  
1) MCAL 1:54.8, 2) 2AN 1:56.9, 4) MOC H1 1:57.30, 5) MOC 1:55.29.

**JAMES LARKIN** (SanLeandro)  
2) HAAL 1:59.5, 3) 2AS 1:55.8, 2) MOC H2 1:57.12, 8) MOC 1:57.3.

**MARC SPINA** (Montgomery, S. Rosa)  
1) 2AN 1:55.9, 5) MOC H2 1:57.19.

#### 1600 METERS

**TOM MACKEN** (Santa Rosa)  
1) 2AN 4:25.9, 2) MOC H2 4:25.78, 3) MOC 4:18.53, DNS) State.

**ADAM McABOY** (Miramonte, Orinda)  
1) FAL 4:18.1, 3) 2AS 4:22.0, 1) MOC H2 4:24.28, 4) MOC 4:18.73, DQ) State, 5) A-C 4:15.0y.

**DAVID MARKHAM** (Terra Linda, SanRaf)  
2) 2AN 4:26.0, 4) MOC H1 4:23.71, 7) MOC 4:28.0.

**STUART WISEMAN** (El Cerrito)  
3) RBAL 4:43.6, 5) 3A 4:23.5, 5) MOC H1 4:24.06.

#### 3200 METERS

**ADAM McABOY** (Miramonte, Orinda)  
1) FAL 9:39.8, 2) 2AS 9:18.0, 1) MOC 9:07.78, 1) A-C 9:07.9y.

**CHRIS HOEPKER** (Encinal, Alameda)  
1) ACAL 9:27.7, 3) 2AS 9:23.2, 3) MOC 9:12.85, 8) St 9:18.74.

**ED ETTTEL** (ClaytonVly, Concord)  
1) DVAL 9:57.0, 3) 3A 9:40.8, 6) MOC 9:31.50.

**ALEX DaSILVA** (El Cerrito)  
2) RBAL 10:15, 4) 3A 9:48.8, 7) MOC 9:38.8.

#### 110m HIGH HURDLES

**MIKE ENGLEHART** (DeLaSalle, Concord)  
4) CAL 14.7, 2AS 15.0, 4) MOC H2 15.58, 4) MOC 15.39, 7) St H3 15.32.

**EDDIE CAMPBELL** (NewarkMem., Newk)  
5) 3A 15.2, 4) MOC H1 15.41, 6) MOC 15.67.

**MANUEL SANCHEZ** (Antioch)  
3) DVAL 15.7, 4) 3A 15.1, 3) MOC H1 15.18, 7) MOC 15.8.

**RICHARD BENOIY** (Ukiah)  
2) 2AN 15.2, 5) MOC H1 15.63.

#### 300m INTERMED. HURD.

**MIKE ENGLEHART** (DeLaSalle, Concord)  
2) CAL 38.5, (sixth all-time NCS), 2) 2AS 39.0, 3) MOC H2 39.54, 2) MOC 38.7, 5) St H3 39.18.

**ALAN BROOKS** (Arcata)  
3) 2AN 40.5, 4) MOC H1 40.0, 6) MOC 41.0.

**EDDIE CAMPBELL** (NewarkMem., Newk)  
3) 3A 39.7, 4) MOC H2 39.73, 7) MOC 41.3.

**BRIAN ARNOLD** (R.Cotate, RohnPk)  
4) 2AN 40.9, MOC H1 41.4.

photo by Burt Davis



BRENT BURNS

photo by Keith Conning



ADAM McABOY

#### HIGH JUMP

\***JAMES ROBERTSON** (Northgate, W.Ck)  
3) DVAL 6-4, 6) 3A 5-10, 5) MOC 6-2.

**KIRK BRANSTETTER** (SanRamon, Danvil)  
1) EBAL 6-2, 1) 3A 6-2, 6) MOC 6-2, best 6-6.

**DAN HUMANN** (Ygnacio Vly, Concord)  
1) DVAL 6-6, 2) 6-2, 8) MOC 6-2.

**CHARLES ETHERIDGE** (Santa Rosa)  
3) 2AN 6-4, 9) MOC 6-0.

#### POLE VAULT

\***BRENT BURNS** (Acalanes, Lafayette)  
1) FAL 14-6, 1) 2AS 14-3, 1) MOC 15-8 1/4, 1) St. 16-2, 1) dual 3/3/88 16-4 1/2 (1st all-time NCS).

**JEFF JUHALA** (Antioch)  
1) DVAL 13-0, 3) 3A 13-0, 3) MOC 13-9, best 14-1.

\***RETT SUMMERVILLE** (SanRamon, Danvil)  
1) EBAL 14-2, 2) 3A 13-10, 4) MOC 13-9, 11) St N.H., 1) A-C 14-6.

#### LONG JUMP

**PARIS ROYO** (Redwood, Larkspur)  
2) 2AN 21-11 1/2, 8) MOC trials 20-9 3/4, 5) MOC 21-8 1/4.

**ALAN MILLER** (California, SanRamon)  
2) EBAL 21-5, 5) 3A 20-11 1/2, 7) MOC trials 21-0 1/4, 6) MOC 20-10 1/4.

**BILL HERBERT** (Las Lomas, WalnutCk)  
3) FAL 20-5, 4) 2AS 21-1 1/2, MOC trials 20-4 1/4.

**RICK FERNANDEZ** (R.Cotate, RohnPk)  
4) 2AN 21-7 1/2, MOC trials scratched.

#### TRIPLE JUMP

**DELANO DOSS** (Salesian, Richmond)  
3) CAL 41-9 1/4, 2) 2AS 45-3, 4) MOC trials 45-3 1/4, 4) MOC 45-4 1/4, St trials 42-8 1/4, best 47-7 1/2.

**NORMAN EDWARDS** (CA Sch Deaf, Fmt)  
5) 3A 42-11, 5) MOC trials 44-10 1/2, 6) MOC 44-2 1/2.

**ALBERT HIGGS** (Montgomery, SanRosa)  
8) MOC trials 43-9w (43-1 1/4 legal).

**KEVIN LUCAS** (College Pk., PleasantHl)  
4) DVAL 41-5, 4) 3A 43-0 1/4, 12) MOC trials 42-10 1/4.

#### SHOT PUT

**JOHN MURPHY** (Antioch)  
1) DVAL 53-0 1/2, 1) 3A 55-0, MOC trials 53-11 1/4, 2) MOC 51-8 1/2, St trials 53-10 1/4. Signed in football with California.



**\*RICK COX** (San Ramon, Danville)  
1) EBAL 49-6½, 3) 3A 50-11½, 7) MOC trials 49-9, 6) MOC 49-9.

**DAN SQUIRES** (Moreau, Hayward)  
1) 2AS 52-11, 3) MOC trials 51-4¼, 7) MOC 49-3¼.

**E. C. PHILLIPS** (Montgomery, S. Rosa)  
1) 2AN 50-9, 9) MOC trials 49-4¼, 8) MOC 48-7¼.

## DISCUS

**MIKE COFFINO** (Tamaulipas, Mill Vly)  
1) 2AN 183-1, 2) MOC trials 159-10, 1) MOC 178-1, St trials 172-8, 6) St 171-8.

**BILL ROHOVIT** (Washington, Fremont)  
5) 3A 140-9, 8) MOC trials 146-4, 5) MOC 151-5.

**GREG FARLEY** (Novato)  
3) 2AN 140-3, 6) MOC trials 150-11, 7) MOC 135-7.

**DAVE DOLAN** (Foothill, Pleasanton)  
1) EBAL 149-0, 4) 3A 141-3, 3) MOC trials 155-4, 8) MOC 134-1.

## GIRLS

### 100 METERS

**ANGELIQUE TOLLIVER** (Berkeley)  
3) RBAL 12.7, 3) 3A 12.5, 3) MOC H2 12.8, 5) MOC 12.92.

**\*\*SHARON POLLEY** (El Molino, Forestv)  
2) 2AN 12.5, 3) MOC H1 12.82, 6) MOC 12.94, best 12.4.

**\*\*CANDY GARRARD** (Ukiah)  
4) 2AN 12.9, 4) MOC H2 12.8, 8) MOC 13.02, best 12.5.

**TANIA WOOD** (El Cerrito)  
2) RBAL 12.6, 2) 3A 12.4, 5) MOC H2 12.8, best 12.39.

### 200 METERS

**\*\*MELINDA MARSHALL** (College PK, P.H.)  
2) DVAL 26.6, 3) 3A 26.0, 2) MOC H2 26.24, 4) MOC 26.23, 8) St H2 26.25.

**\*\*CHRISTY PARKER** (Castro Valley)  
2) HAAL 26.7, 4) 2AS 26.3, 3) MOC H1 26.15, 5) MOC 26.26.

**TANIA WOOD** (El Cerrito)  
2) RBAL 27.1, 2) 3A 25.6, 4) MOC H2 26.52, 7) MOC 26.48.

**\*\*SHARON POLLEY** (El Molino, Forestv)  
3) 2AN 25.6, 4) MOC H1 26.22, 8) MOC 26.50.

### 400 METERS

**\*WENDI SIMMONS** (Santa Rosa)  
1) 2AN 58.1, 2) MOC H2 58.55, 3) MOC 58.83, 5) St H1 58.25.

**\*MONICA LOWRY** (Novato)  
2) 2AN 59.9, 3) MOC H1 59.9, 6) MOC 1:00.4.

**\*\*JANELLE CORBYN** (Alhambra, Martinz)  
3) 2AS 60.4, 3) MOC H2 1:01.5, 7) MOC 1:00.6.

**COURTNEY CLARK** (Las Lomas, WalnutCk)  
4) 2AS 60.5, 5) MOC H1 1:01.2.

### 800 METERS

**ELENA SPIGHT** (Miramonte, Orinda)  
1) FAL 2:17.6, 1) 2AS 2:14.0, 2) MOC H1 2:19.91, 2) MOC 2:13.74, 2) St H1 2:17.08, 9) St 2:15.45.

**MOLLY BURKE** (Marin Catholic, KentId)  
2) 2AN 2:19.9, 3) MOC H1 2:20.08, 4) MOC 2:15.29, 3) St H2 2:19.47.

**\*STEPHANIE KASA** (Carondelet, Concord)  
2) CAL 2:22.1, 2) 2AS 2:18.2, 3) MOC H2 2:17.70, 6) MOC 2:17.5.

**MARA KONOPASEK** (El Molino, Forestv)  
3) 2AN 2:20.6, 4) MOC H1 2:20.73, 7) MOC 2:22.7, best 2:19.0.

## 1600 METERS

**SYDNEY THATCHER** (Encinal, Alameda)  
1) ACAL 5:03, 1) 2AS 5:01.3, 1) MOC H1 5:09.34, 1) MOC 5:00.20, 1) St H2 4:59.53, 4) St 4:57.83, best mile 4:59.57 +.

**\*DEBRA BINNALL** (El Cerrito)  
1) RBAL 5:18.2y, 1) 3A 5:06.5, 2) MOC H1 5:09.60, 3) MOC 5:05.45, Did not start St.

**ELENA SPIGHT** (Miramonte, Orinda)  
1) FAL 5:16.8, 3) 2AS 5:14.8, 4) MOC H2 5:14.3, 7) MOC 5:38.6, best 5:09.2.

**\*\*MARISA GARDELLA** (El Cerrito)  
2) RBAL 5:27.3y, 5) 3A 5:14.6, 5) MOC H1 5:12.38.

## 3200 METERS

**SYDNEY THATCHER** (Encinal, Alameda)  
2) ACAL 11:09.6, 2) 2AS 11:06.2, 3) MOC 10:54.78.

**LAURA CARTER** (San Ramon, Danville)  
2) EBAL 11:40.7y, 1) 3A 11:12.4, 5) MOC 11:00.07, 17) St 11:16.5.

**\*KATHY DALTON** (Sonoma Valley, Sono)  
2) 2AN 11:08.7, 6) MOC 11:06.78.

**\*JEANISE EISENMAN** (Callstoga)  
1) A 11:34.43, 9) MOC 11:29.58.

## 100m LOW HURDLES

**KELLY DIAS** (Clayton Vly, Concord)  
1) DVAL 15.3, 1) 3A 14.7, 1) MOC H1 14.90, 3) MOC 14.88, 5) St H2 14.60w, best 14.68.

**MONICA WILSON** (Terra Linda, S. Rafael)  
3) 2AN 15.3, 2) MOC H2 15.58, 5) MOC 15.24.

**LaJUENE GAGE** (Lower Lake)  
1) A 14.83, 2) MOC H2 15.08, 6) MOC 15.27.

**\*SONJA FREY** (Ukiah)  
2) 2AN 15.2, 3) MOC H1 15.38, 7) MOC 15.41.

## 300m LOW HURDLES

**\*CHRISTINA GANGNUSS** (Foothill, Pleas)  
1) EBAL 47.1, 1) 3A 45.5, 2) MOC H1 45.17, 2) MOC 45.3, 7) St H3 46.36.

**\*FELICIA HARRIS** (San Lorenzo)  
1) HAAL 45.9, 3) 2AS 45.9, 4) MOC H1 47.2, 5) MOC 45.9.

**\*\*MICHELLE DeCOUX** (O'Dowd, OkInd)  
2) CAL 45.2, 2) 2AS 45.8, 2) MOC H2 46.52, 6) MOC 45.9.

**CARRIE LAWSON** (Presentation, Berkly)  
3) CAL 46.8, 4) 2AS 46.2, 3) MOC H2 46.4, 7) MOC 47.4.

## HIGH JUMP

**HOLLY COLE** (Campolindo, Moraga)  
2) FAL 5-0, 1) 2AS 5-0, 4) 5-0, 4) MOC 5-1, St trials 5-0.

**MOLLY HENDERSON** (Carondelet, Con)  
2) CAL 4-10, 2) 2AS 5-0, 5) MOC 5-0.

**JILL ROCKLEWITZ** (Montgomery, S. Rosa)  
3) 2AN 5-0, 7) MOC 5-0.

**TRISH STONE** (Las Lomas, WalnutCk)  
3) FAL 4-10, 2) 2AS 5-0, MOC trials 4-10.

## LONG JUMP

**\*WENDI SIMMONS** (Santa Rosa)  
2) 2AN 18-6½, 2) MOC trials 17-11w, 2) MOC 18-6w (17-7¼ legal), St trials 18-4¼w, best 18-11¼ (7th all-time NCS).

**CINDY BARROS** (Arroyo, S. Lorenzo)  
1) HAAL 18-4½, 1) 2AS 17-1, 3) MOC trials 17-3½w (16-10¼ legal), 4) MOC 17-3¼, St trials 16-1¼w.

**\*DENISA BUTTICCI** (Northgate, WntCk)  
2) DVAL 15-8½, 2) 3A 17-5½, 6) MOC trials 16-10½, 5) MOC 17-3½w (16-11¼ legal).

**DAWN BENT** (Logan, Union City)  
3) 3A 16-8, 4) MOC trials 17-0¼, 7) MOC 17-1¼w (16-10¼ legal), best 17-6.

## TRIPLE JUMP

**DAWN BENT** (Logan, Union City)  
2) 3A 37-5¼, 1) MOC trials 38-5, (2nd all-time NCS), 1) MOC 36-10¼, St trials 37-6w.

**\*CHRISTINA GANGNUSS** (Foothill, Pleas)  
1) EBAL 36-2, 1) 3A 37-8¼ (5th all-time NCS), 3) MOC trials 36-7½w (36-2 legal), 2) MOC 36-7, St trials 37-10½w, 9) St 36-5.

**CINDY BARROS** (Arroyo, San Lorenzo)  
1) HAAL 35-1¼, 4) 2AS 34-4¼, 8) MOC trials 34-9w, 6) MOC 35-4¼.

**\*KIM LASSAIR** (Northgate, WalnutCk)  
1) DVAL 32-1¼, 6) 3A 33-3½, 7) MOC trials 35-4w (34-5 legal), 8) MOC 34-8.

## SHOT PUT

**JENNIFER WATSON** (Moreau, Hayward)  
1) CAL 38-7, 2) 2AS 39-6½, 1) MOC trials 40-4¼, 2) MOC 40-7¼ (10th all-time NCS), St trials 37-4½.

Fine Flicks by Don Gosney

photo by Keith Conning



SYDNEY THATCHER



MOLLY BURKE



# INDOOR ACTION

## Los Angeles Times

By Doug Speck

The LA Times Indoor, held Friday evening, February 21st was a super evening of action, highlighted by three World Record Performances, one American undercover best, and a flock of super competitive events. One of the great Pole Vault confrontations included all of the main players in World Record action this winter—Billy Olson, Joe Dial, and Sergey Bubka of the Soviet Union. This particular evening it was the Russian who would raise the record to new heights in a competition full of suspense and action. Local star, Jeanette Bolden, surprised with a World Record equalling 60 yard dash. Diane Dixon and Delissa Walton-Floyd hooked up in a super 500 yard race that had Dixon emerge victorious in a new world standard for the event. Jackie Joyner (and three others) handled 23-11 Russian Long Jumper Galina Chistyakova in that event with Joyner winning in a new American Record. The crowd of 14,500 was treated to a flock of other events that made this one of the more enjoyable competitions in recent indoor history.

The hype that the pole vault is getting lately really has added to the print that the sport of Track and Field has received. The barbs from Sergey Bubka of the Soviet Union aimed towards Billy Olson of late really added to the build up for this competition. Sergey and Billy are great. Sergey, at one point in the competition, asked the announcer to direct the crowd to be quiet during his run-up and vault, and hold the cheers until after his clearance. Olson wore a couple of shirts during the meet that were great. One, during introductions had an arrow aimed at Bubka, who stood next to Billy on the runway introductions, and said "All Talk." Serg showed he was a bit more than that in the competition. This was an event that featured all the tactics and quality anyone could ever ask for in a field event. Olson looked a bit sloppy in the early vaulting, clearing 18-10 $\frac{1}{2}$  on his second attempt. Sergey then cleared 19-2 $\frac{1}{2}$ , while Olson passed that height. At 19-5 $\frac{1}{2}$  Olson had two misses, while Bubka put together a super vault on his second attempt, and easily cleared the new world record height. Olson then decided to pass his third trial and go for a new record of 19-7 $\frac{1}{2}$ . Billy missed badly there and the competition was over.

Jeanette Bolden, one of Coach Bob Kersee's World Class TC stable, has always appeared to overstride a bit. It may be that it looks even longer inside in this arena, but she sure was taking long steps in the 60 yard dash here. I guess she has picked up the strength to increase the cadence of these long strides since last season, because she exploded after an even start with Alice Brown here and was flat gone after ten yards. It looked like a special run, and when the results were announced it was. Her electronic time of 6.54 equalled the World Best of Evelyn Ashford. Jeanette is probably the tallest short sprint record holder in women's history.

The women's 500 yard was another event that featured all that is enjoyable about the sport. Speed (a world record result) and the confines of the boards that adds to the excitement of an early leader (Diane Dixon) challenged by a strong finisher (Delisa Walton-Floyd) marked the event. Dixon moved out to a lead of a couple of yards during the first two (of three laps and 20 yards total). With a circuit to go Walton moved up to challenge, with Delisa's run off the final turn and into the finish falling just .05 short of Dixon's 1:02.29 at 1:02.34. Valerie Brisco-Hooks had set the old WR at 1:02.3 in 1985 at San Diego.

Russian Galina Chistyakova is one of the world's elite long jumpers, with a best of 23-11. Here she would meet a top American field with somewhat surprising results. After Jodi Anderson led through the first round at 21-4 $\frac{1}{4}$ , Jackie Joyner exploded out to 22-5, a new American record. The Russian could never get untracked, and history's 4th longest jumper ended up there in this competition as Sabrina Williams leaped 21-0 $\frac{1}{4}$  to also take Chistyakova (20-9 $\frac{1}{4}$ ). Earlier in the

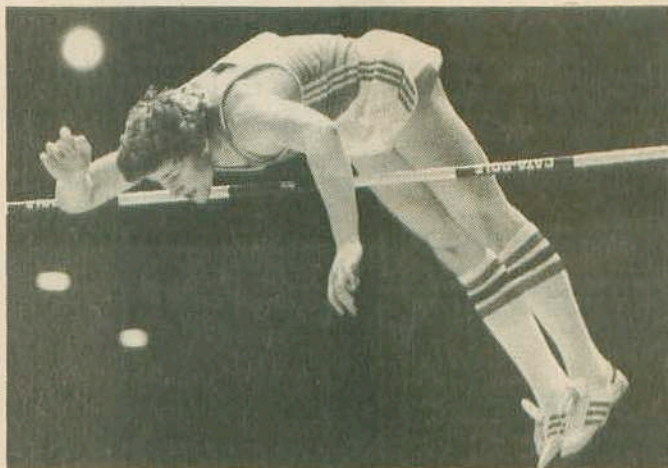


photo by Burt Davis

SERGEY BUBKA's 19-5 $\frac{1}{2}$  record vault at the LA Times meet.

meet local stars Wendy Brown and Yvette Bates of USC took on the Russian in her first ever Triple Jump competition. Picking up the event as she went the Russian went foul, 40-0, 43-10, and 44-0 $\frac{1}{4}$  to record the second longest mark ever in the TJ. Brown was second in a fine 42-8 $\frac{1}{4}$ .

Greg Foster was matched against a top group in the 60 Yard HH that included Canadian Mark McKoy and Tonie Campbell. Foster edged Campbell in Heat 1

photo by Burt Davis



MARCUS O'SULLIVAN continues his streak of indoor victories in the mile - 3:57.21 over Ray Flynn (3:57.91) at the LA Times meet.

6:97-7.01, with McKoy taking the other prelim in 7.02. In the Finals the Canadian had a super start, then clobbered the second barrier and allowed Foster to get quickly back into the race. Foster edged up and by over the last hurdle to win 6.85-6.89. Greg's time is the #3 performance All-Time behind Renaldo Nehemiah's 6.82 WR, with McKoy the #5 performance ever.

A top mile field included Steve Scott, Eamon Coghlan, 3:52 indoor star, Frank O'Mara, Sydney Maree, Marcus O'Sullivan, Ray Flynn, and ageless John Walker. The crew was all along through a 1:59.1 880 by Tom Smith (Nike TC), with Flynn having taken a narrow lead through the 1320 at 3:00.6. Ray tried to run away over the final three laps, but it was the latest Irish star, O'Sullivan who rocketed by on the final lap to win 3:57.21-3:57.91. Scott was 3rd at 3:59.59, with O'Mara a surprising 4:05.2, and Coghlan 4:06.8. It turned out that Coghlan had been very sick prior to the meet.

Jim Howard (Pacific Coast Club) continues his lofty winter of high jumping, here winning at 7-6 $\frac{1}{2}$  over Doug Nordquist and Milt Ottey (7-4 $\frac{1}{2}$ ). Howard does not hesitate to put the bar up real high, as he attempted 7-9 $\frac{1}{4}$  after his winning height, getting all but his lower clavicles over on one good attempt.

In a women's Shot Put competition Ramona Pagel came close to 60-0 on her last of four puts at 59-10 $\frac{1}{2}$  to win. Peggy Pollock (58-2 $\frac{1}{2}$ ) edged a big PR of 55-8 $\frac{1}{4}$  for USC's Diana Clements for 2nd. John Brenner took the men's competition at 67-4 over a 65-6 $\frac{1}{4}$  of Mike Smith (NYAC).

Emmitt King (New Balance TC) took the men's 60 Yard Dash at 6.09 to equal the meet record. The women's 60 Yard Hurdles featured prep Yolanda Johnson (Washington HS, Denver, CO—Colorado Flyers TC). Gayle Watkins (Cheetahs) 7.65 and Washington (7.59) were heat winners. In the finals Johnson had a rocket start and great extension over the barriers to win at 7.57 over Karen Cannon's 7.61. "Yo-Yo," as her clubmates call her is the #2 all-time prep (behind the great Candy Young) off this meet record equalling performance.

A top women's group at 220 yards included Valerie Brisco-Hooks, Grace Jackson, Chandra Cheeseborough, and



photo by Burt Davis



**DIANE DIXON** edges out **DELISA WALTON-FLOYD** with a world record 1:02.29 in the LA Times 500 yards.

Florence Griffith. In this race of not quite a lap and a half Brisco blasted the opening straightaway and was never really challenged in her 23.5 win over Jackson's 23.7.

Johnny Gray is very dangerous when he steps on the track lately. In the 1000 yards here, Santa Monica Track Club-mates Earl Jones and David Mack looked as if they are rounding into shape, as Jones pressed Gray all the way. Johnny was forced into an all-out sprint down the final stretch on the way to a 2:05.5-2:05.8 win over Jones.

The very good women's mile field had five within three seconds in an exciting finish. Local Community College star Sylvia Mosqueda led through 880 yards at 2:20.0. Wendy Sly (Britain), Sue Addison, Marcia Puica (Rumania), Renee Odom, and Brit McRoberts (Canada) took off after that as a pack of five. Olympic 3000m champ Puica had the most run left during a final go-round sprint to edge Addison 4:37.82-4:37.99, with Odom (4:39.09), Sly (4:39.10), and McRoberts (4:40.47) all close.

The men's two mile looked like a Doug Padilla imprinted affair all the way. The big guns do not even pay attention to rabbits anymore. Brian Russell was four seconds ahead through 880 yards and three through the 1320, with the pack close up through a 4:20.8 mile. Henry Marsh appeared potentially the most dangerous, along with Padilla. By the mile and three-quarters, surprising Suleiman Nyambul of Tanzania had the lead at 7:42.1. There is no one who can handle Padilla over the last lap or two off a slow pace in a sprint (or so we thought). Shockingly, Nyambul continued to hold a small lead all through a 58.2 final 440, with Padilla getting to within .06 at the tape 8:40.38-8:40.44. The African was very surprising, as he had not been a factor on the track in a couple of years.

Debbie Brill was an easy women's High Jump winner at 6-4 despite having her run-up shortened considerably due to the infield configuration. Mike Conley edged Charles Simpkins in the men's Triple Jump 56-0-55-10½. Larry Myricks was the Long Jump winner over Conley 26-11-26-9.

The women's Mile Relay was a very exciting event that featured the high quality

photo by Jim Reynolds



**KEN WASHINGTON** of Mt. SAC

of USC and UCLA's speedsters. Monica Phillips put UCLA out to a slight lead with a 57.3 leg. Gall Devers kept the lead intact during a 56.4 second 440, with Karen Koelner pulling the Trojans close with a fine third leg. Choo-Choo Knighten started her anchor leg for UCLA with a slight lead and she tore out. Leslie Maxie bided her time a bit for SC on the final leg, edging closer and closer during a last lap struggle to edge just past at the tape with a leg around 55.0 to cap her team's 3:49.05 win.

In the men's Mile Relay UCLA showed off its super frosh duo of Danny Everett (48.8) and Henry Thomas (50.2) on the last two legs, as John Stanich (50.5) and Dwayne Biggers (48.5) developed a narrow lead over Texas during the first two. The Bruins were the winners at 3:17.94.

In the men's 600 yards, former local prep star Danny Harris (Perris HS—now Iowa State) followed Elvis Forde (Barbados—Atlantic Coast Club) for all but the final 30 yards of this event to win 1:10.26-1:10.61. At 500 yards, former Baylor star, Willie Caldwell, raced to the lead, with Innocent Egbunike (Nigeria) a close second. With a well-timed move over the final 160 yard circuit the African Olympian raced past and was an easy winner at 58.98 with Mark Witherspoon (former Abeline Christian—now Santa Monica TC) moving up to second at 57.51.

In the women's 1000 yards Sue Addison followed her fine mile with rabbit duty here through 63.2. A fine field included Filta Lovin and Dolina Melinte of Rumania and Diana Richburg. Lovin dropped out after a couple of laps with foot problems. Richburg was able to hold a two yard margin during the last three laps over Melinte to win at 2:26.5.

A series of Olympic Development events showed that Taft and Long Beach Community Colleges both belong somewhere in the PAC 10 conference. Everybody at Taft must be able to run fast to get into school, and Long Beach is not far behind. Taft's Roy Griffin took the 600y at 1:13.1, Don Young the 80y at 6.24 for the Kern County institution, Texan Pat Brantley the 60y HH for LB at 7.43, Taft the Mile Relay at 3:22.76 (over LB at 3:23.06) with Long Beach taking a 4 x 160y event.

Included in the Los Angeles Times Indoor Meet, were three Invitational Prep Events. In a two mile Adam McAboy (Miramonte, Orinda) did most of the work and deserved the win he came up with. Adam had a pack in tow through a 4:36.4 mile, with Daren Stonerock (Saugus) helping out some to lead through 1 and 1/4

miles at 5:46.7. McAboy took things back through 6:57.9 and 8:07.4 next quarter splits and raced a solid 62.3 final 440 to win at 9:09.75. Mike O'Connor (West Islip, New York) was 2nd at 9:15.05 ahead of Stonerock (9:19.82).

Unattached charges from Coach Kye Courtney and Archie Amy's fine Hawthorne High program handled the fields in the Prep men and women's 8 x 160 yard relays. The Cougar men's group is very young, and with Siml Valley keeping their honest Hawthorne was pressed to its 2:15.06 win. The Hawthorne women's sprint crew is undoubtedly the best ever gathered at the prep outdoors. Here, the opposition was simply outclassed as Hawthorne led easily from the gun to win by ten seconds (that is right, ten seconds (!) in an 8 x 160 event) at 2:28.95. Hawthorne could probably place a second 400m relay group in the state finals if allowed.

#### Results - Women

**60y:** 1. Bolden (World Class TC) 6.54, 2. Brown (WCTC) 6.67, 3. Bailey (Puma TC/Canada) 6.74, 4. Williams (PTC) 6.80.

**80y Hurdles:** (H-1) 1. Watkins (SoCal Cheetahs) 7.65, 2. Chardonnet (France) 7.66, 3. Hanson (CPSLO) 8.07, 4. Knighten (UCLA) 8.08. (H-2) 1. Johnson (Colo Flyers TC) 7.59, 2. Cannon (CA) 7.71, 3. Page (LATC) 7.79, 4. Williams (UCLA) 8.24. **Finals:** 1. Johnson 7.57, 2. Cannon 7.61, 3. Watkins 7.65, 4. Chardonnet 7.67.

**220y:** 1. Brisco-Hooks (WCTC) 23.5, 2. Jackson (Atoms TC) 23.7, 3. Cheeseborough (AW) 23.9, 4. Griffith (WCTC) 24.3.

**500y:** 1. Dixon (Atoms TC) 1:02.29WR, 2. Walton-Floyd (Pollitabs) 1:02.34, 3. Harmon (Puma TC) 1:06.99.

**1000y:** 1. Richburg (Troy NY Gazelles) 2:26.5, 2. Melinte (Rumania) 2:26.8, 3. Jenkins (BYU) 2:28.6, 4. Noll (USC) 2:40.0.

**Mile:** 1. Puica (Rumania) 4:37.82, 2. Addison (Unat.) 4:37.99, 3. Odom (Houston Harriers) 4:39.09, 4. Sly (Britain) 4:39.10, 5. McRoberts (Canada) 4:40.47.

**HJ:** 1. Brill (PCC) 6-4, 2. (tie) Johnson (AZ), Somner (Puma) 6-0, 4. Bykova (USSR) 6-0.

**LJ:** 1. Joyner (UCLA) 22-5, 2. Anderson (Mazda TC) 21-5½, 3. Williams (Cst Ath) 21-0½, 4. Chistyakova (USSR) 20-9¼, 5. Devers (UCLA) 21-1½, 6. Bell (Cheet) 19-9.

**TJ:** 1. Chistyakova (USSR) 44-0¼, 2. Brown (USC) 42-8¼, 3. Bates (USC) 41-7¼, 4. Lovelady (CalStBak) 41-3¼, 5. Robinson (El Cam CC) 40-5.

**SP:** 1. Pagel (Mazda TC) 59-10½MR, 2. Pollock (Cst Ath) 56-2½, 3. Clements (USC) 55-8¼, 4. Adams (USC) 43-10¼.

**Mile Relay:** 1. USC 3:49.05, 2. UCLA 3:49.09, 3. CPSLO 4:02.63.

**Mile Walk:** 1. Vaill (Unat) 6:57.8, 2. Lawrence (Kansas City Walkers) 7:07.2, 3. Liers (Unat.) 7:09.1.

**80:** 1. Simmons (USC) 6.92, 2. Peterson (UNLV) 6.97, 3. Williams (Cst Ath) 7.15, 4. Winston (CstAth) 7.18.

**500:** 1. Taylor (Mt.SAC) 1:05.97, 2. Zaleski (CSLB), 3. Willis (El Cam) 1:09.81.

**1000:** 1. Russell (CstAth) 2:39.21, 2. Ellington (CPSLO) 2:39.48, 3. Maldonado (Mt.SAC) 2:43.51, 4. Jarvis (ElCam) 2:45.39, 5. Woodside (Chaffey CC) 2:52.21.

**4 x 160 Relay:** 1. El Camino "A" 1:18.2, 2. Santa Monica 1:18.6, 3. El Camino "B" 1:19.1, 4. Long Beach CC 1:25.1.

**Mile Relay:** 1. CS Fullerton 4:05.5, 2. El Camino "A" 4:05.5, 3. Valley 4:09.0, 4. El Camino "B" 4:10.4, 5. Santa Monica 4:25.0.

#### Results - Men

**60y:** (H-1) 1. King (NBTC) 6.22, 2. Morales (USC) 6.23, 3. Witherspoon (SMTC) 6.24, 4. DeLoach (Houston TC) 6.30. (H-2) 1. Cook (S&STC) 6.16, 2. Jefferson (Unat) 6.17, 3. Williams (PCC) 6.24, 4. Leach (UofTx) 6.37. **Finals:** 1. King 6.09, 2. Morales 6.16, 3. Cook 6.19, 4. Jefferson 6.23.

**80y HH:** (H-1) 1. Foster (WCTC) 6.97, 2. Campbell (S&STC) 7.01, 3. Stewart (Cheet) 7.08, 4. Andrade (Mustang TC) 7.39. (H-2) 1. McKoy (PCC) 7.02, 2. Phillips (WCTC) 7.08, 3. Caristan (France) 7.12. **Finals:** 1. Foster 6.85MR, 2. McKoy 6.89, 3. Campbell 6.99, 4. Phillips 7.20.

**500y:** 1. Egbunike (Nig) 56.98, 2. Witherspoon (SMTC) 57.51, 3. Caldwell (ACC) 58.17, 4. Ba (Senegal) 1:01.49.

**600y:** 1. Harris (IowaStU) 1:10.26, 2. Force (ACC) 1:10.61, 3. Konchellah (Mazda TC) 1:11.48, 4. Rowe (Accusplit) 1:11.79.

**1000y:** 1. Gray (SMTC) 2:05.5, 2. Jones (SMTC) 2:05.8, 3. Mack (SMTC) 2:07.3, 4. Hilliard (Aust) 2:10.2, 5. Koeh (ACC) 2:11.9.

**Mile:** 1. O'Sullivan (Ireland) 3:57.21, 2. Flynn (Ireland) 3:57.91, 3. Scott (Tiger Intl) 3:59.59, 4. Walker (NZ) 4:00.26, 5. Maree (Puma TC) 4:02.9, 6. O'Mara (Ireland) 4:05.2, 7. Coghlan (Ireland) 4:06.8, 8. Smith (Nike) 4:13.0.

**2 Mile:** 1. Nyambul (Tanzania) 8:40.38, 2. Padilla (AthWst) 8:40.44, 3. Marsh (AthWst) 8:43.13, 4. Fadil (PCC) 8:44.2, 5. DiConti (S&S) 8:45.4, 6. Wyns (IowaSt) 8:49.0.

**Mile Relay:** 1. UCLA 3:17.94, 2. Univ. of Texas 3:18.94, 3. Cal State LB 3:25.09.

photo by Burt Davis



**HENRY THOMAS**



## L.A. Times Meet, continued . . .

**HJ:** 1. Howard (PacCst) 7-6½MR, 2. Nordquist (Tiger) & Otley (PacCst) 7-4½, 4. Lewis (NB) 7-4½, 5. Povarnitsin (USSR) 7-2½.

**LJ:** 1. Myricks (Cheet) 26-11, 2. Conley (Tysion) 26-9, 3. Jackson (S&STC) 25-5½.

**PV:** 1. S. Bubka (USSR) 19-5¼WR, 2. Olson (PacCst) 18-10¼, 3. Kenworthy (Unat.) 18-4½, 4. V. Bubka (USSR) 18-4½, 5. (tie) Pursley (PacCst) and Bell (PacCst) 18-0½, 7. Sevillon (France) 17-4½.

**SP:** 1. Brennet (Mazda TC) 67-4, 2. Smith (NYAC) 65-8¼, 3. Banich (UCLA) 61-0¼, 4. Frazier (UCLA) 60-8¼.

**TJ:** 1. Conley (Tyson) 56-0½, 2. Simkins (Baptist) 55-10½, 3. Cannon (CstAth) 54-1¼, 4. Washington (UCLA) 50-4.

**35 LB. Wt:** 1. Logan (NYAC) 78-1¼MR, 2. Mleham (NYAC) 74-8¼, 3. Okoye (Unat.) 69-11¼, 4. Hegarty (Puma) 69-10¼, 5. Maynard (Unat.) 68-3¼, 6. Frichman (Unat.) 68-2¼, 7. Wolltarsky (Unat.) 67-3¼.

### Olympic Development:

**60y:** 1. Young (Taft) 8.24, 2. Trott (LBCC) 8.31, 3. Dexter (USC) 8.31, 4. Akporn (AzPac) 8.34.

**60y HH:** 1. Brantley (LBCC) 7.43, 2. White (LBCC) 7.52, 3. Mack (Taft) 7.87, 4. Cannon (AzPac) 8.14.

**500y:** 1. Ferreira (CSLB) 58.8, 2. Zea (CSLB) 59.9, 3. Collins (Taft) 59.9, 4. Sylveste (Unat.) 60.4.

**600y:** 1. Griffin (Taft) 1:13.1, 2. Katz (Taft) 1:13.2, 3. Hinds (Puma) 1:13.3, 4. McGee (Glendale) 1:15.9.

**1000y:** 1. Washington (Mt.SAC) 2:14.5, 2. Beste (SBCC) 2:17.52, 3. Dally (El Cam CC) 2:18.04, 4. McDaniel (El Cam) 2:21.27, 5. Dangcil (Vly) 2:22.15.

**3000y:** 1. Luevano (SMTC) 8:08.61, 2. Walsh (Ventura CC) 8:21.79, 3. Mojaro (Unat.) 8:23.40, 4. Graves (LBCC) 8:25.88, 5. Garrison (Taft) 8:26.89, 6. Mattison (Westmont) 8:48.1, 7. Lohr (2nd Sole) 8:54.8.

**CC Mile Relay:** 1. Taft 3:22.76, 2. Long Beach 3:23.06, 3. Valley "A" 3:24.81, 4. Bailey "B" 3:40.3.

**PV:** 1. Klassen (Unat) 17-0½, 2. Mulligan (Unat) 17-0½, 3. Richards (UCLA) 16-0¼, 4. Horvath (Unat) 15-7, 5. Betson (Unat) 15-1.

**Mile Walk:** 1. Morgan (NYAC) 6:02.1, 2. Walker (Cal Walkers) 6:07.0, 3. Bouldin (LA Co.Sherriffs) 6:25.9, 4. McGovern (East Side Walk) 6:28.5.

**High School Events:**  
**2 Mile:** 1. McAbey (Miramonte) 9:09.75, 2. O'Connor (West Islip, NY) 9:15.05, 3. D. Stonerock (Saugus) 9:19.82, 4. LaForce (Los Gatos) 9:32.8, 5. Perez (Manteca) 9:33.4.

**8 x 160y:** 1. Hawthorne 2:15.08, 2. Simi Valley 2:16.55, 3. Santa Ana Valley 2:21.16.

**Women's 8 x 160y:** 1. Hawthorne 2:28.95, 2. Thousand Oaks 2:39.56, 3. Locke 2:42.70.



MARICIA PUICA

# San Diego Michelob Meet

By Doug Speck

Another exciting world record by Johnny Gray (this time over 1000 yards), continued shenanigans in the Pole Vault, and the usual exciting Michelob Men's Mile were the highlights of this 1986 San Diego indoor meet.

The always dangerous Santa Monica Track Club duo of Johnny Gray and Earl Jones headlined the 1000 yard event in the meet. This particular evening it was Jones who handled the pace-setting chores, tugging the pack through the 440 at 52.7. Gray, who has not come from off the pace this undercover season, here bided his time until two 160 yard circuits to go, then launched into a long sprint. Sailing by Jones he passed through 880 yards at 1:49.4 (Jones 1:50.2) and rocketed on into the finish in an excellent 2:04.39. This mark lowered the old World Record of 2:04.7 by Don Paige from back in 1982. Gray thus showed in this race that he can win and set records from both the front and as a follower, quite a repertoire of weapons at the level of the world's best. Gray is a very animated personality who had the crowd join him in celebration of his new record during a happy victory lap with waving arms held aloft.

The Pole Vault continues in its strange way this indoor season. Sergel Bubka stated after warm-ups that he would not compete due to a shoulder injury and the unnerving effects of setting a World Record in Friday evening's LA Times affair. His strangely worded message to the press left it open like he would compete if someone threatened his record (what was he going to do, start at 19-8??). Billy Olson and Joe Dial were also in the field, so the other main actors this season were here. Valeriy Bubka joined the American duo in clearing 18-4½. Dial cleared 18-8¼, while Olson passed until 19-0¼, where he missed twice. Dial waited to take his third trail at 19-2¼, where he failed and claimed he injured a hamstring. Dial then went on to 19-6¼ where he was not successful.

A good men's mile field featured Steve Scott, Eamon Coghlan (who it turned out was quite ill this weekend), John Walker and crew. The run turned out to be a very competitive one with a surprise winner. After most of the pack was still in tow through a 3:00.8 1320 Tom Smith and Steve Scott headed the run on into the tape. Over the final circuit it seemed as if Steve would mark a return to top form with a big win here. During this final lap

Australian Mike Hillardt mounted a tremendous sprint that had him catch Scott at the head of the final straight and edge ahead at the tape 3:56.6-3:58.8. The Australian clocked a 55.0 final 440. Also joining the first two under 4:00 were Smith (3:58.2), Mark Fricker (3:58.9), and the tireless Walker (3:59.2). Scott commented later that with the way the indoor season has gone he is not going into races with the confidence he once had, and it affects his ability to put the "pedal to the metal" when he has to. Hillardt is

in the middle of his Australian outdoor season and looked very sharp.

Triple Jumper Charlie Simpkins was greeted at the meet introduction with the news that his Indoor World Record had been bettered in the European Championships. During a spirited competition here Charlie once again defeated Michael Conley, 57-2 to 56-3¼. Simpkins' meet record performance took down a former World Record, Willie Banks' 57-1½ from 1982. In the other jumping event, Jimmy Howard continued his fine winter with a

photo by Burt Davis



MIKE HILLARDT of Australia beats Steve Scott at the wire in the Michelob men's mile race.

JH win at 7-6½ over Dennis Lewis and Rudolf Povarnitsyn (Soviet Union) (7-2½).

In the men's two mile a local hero came through. Thom Hunt, who had run 4:02.7 for a mile as a prep at Patrick Henry a decade ago, has always been close to the hearts of San Diegans even though he traveled to Arizona for college. After a slow 2:13.4 first 880 Hunt took off against a respectable field that included LA Times winner Suleiman Nyambui to blast the next two quarters in 61.2 and 60.5 on the way to a 4:15.1 mile. By a 6:27.5 mile and a half Hunt had a 35 yard lead. A 69.5 next 440 had Nyambui pull closer and closer, but Hunt responded with a 60.5 final 440 to finish ahead of the African 8:37.5-8:38.8.

Greg Foster continued his fine hurdling, with two meet records. At 50 yards Greg battled Stephan Caristan (13.47 outdoors from France) all the way before edging ahead at the wire for a 5.99-6.01 MR win. A bit later in the meet over 60 yards there were two false starts. When the field finally was underway it was Milan Stewart with easily the best start. Foster showed his usual fine acceleration over the last half of the race to pull by and ahead to an easy 6.94 MR win. The next three were at 7.08, with Stewart nipping the tied duo of Tony Campbell and Andre Phillips for second. Afterwards Foster indicated that he felt he could have run faster and felt he still has a world record inside himself over the 60 yard distance this winter.

In the women's high jump Debbie Brill continued her mastery over Tamara Bykova of the Soviet Union, winning here at 6-4 on misses, with Joni Huntley 3rd at 6-2.

In the women's mile Maricia Puica (Romania) showed her ability to run two very strong races in a weekend (she won Friday at the TIMES), with another good race here. Against most of the same athletes in Friday's run the Olympic 3000m champ blasted a 67.0 3rd 440 after a 2:18.9 880 to lose everyone and cruise to a 4:31.2 win over Renee Odom (4:34.8) and Angela Chalmers (4:34.8). Delisa Walton-Floyd dominated a good 880 yard field, looking very strong in her 2:03.8 run over Julie Jenkins (2:06.0) and Kim Gallagher (2:07.1). The other woman's event was a 220 yard dash.

Valerie Brisco-Hooks broke for the pole on top from her lane 3 starting position to handle the closing rush of Florence Griffith in this 1 lap and 60 yard event 23.64-23.80. Russian Christiakovna Galina topped the world indoor triple jump best at 44-6¼ in a special competition.

### Women's Results

**220 yards:** 1. Brisco-Hooks (WCTC) 23.64, 2. Florence Griffith (WCTC) 23.80, 3. Innis (Unat.) 24.60, 4. Devers (UCLA) 24.69.



photo by Richard Lee Slotkin



THOM HUNT, Michelob 2 mile champion with 8:37.5.

**Community College  
Mile Relay:** 1. Grossmont 3:30.8, 2. Mesa 3:31.0, 3. Southwestern 3:48.5, (Mira Costa 3:23.6 winner DQ).

### Michelob Indoor Meet High School Division

A national record by Mt. Miguel's Jackie Anderson in the women's triple jump, super two mile run by Valhalla's Mark Dani, and an exciting women's mile, won by Grossmont's Darcy Arreola, were the highlights of the prep portion of this year's San Diego Michelob Indoor Meet, Sunday, February 23rd.

Jackie Anderson, a junior at Mt. Miguel, showed great potential last spring as she learned the event on her way to a runner-up effort at the state meet in the Triple Jump. Her 41-5½w effort marks her as the best returnee in the country for the 1986 season. Here Anderson showed she is ready to start this season off in even better style, sailing out to an excellent 41-0½ in easily winning the event. Jackie's best obliterated the old Prep undercover mark of 39-1¼ by Kim Wilson of Beddingfield HS in North Carolina this

photo by Burt Davis



GREG FOSTER (left) and MILAN STEWART (right) go one/two in the Michelob 60 yard high hurdles event.

**880 yards:** 1. Walton-Floyd 2:03.8, 2. Jenkins (Unat.) 2:06.0, 3. Gallagher (MazdaTC) 2:07.1, 4. Mosqueda (ELAC) 2:10.1, 5. Ross (SD St) 2:11.8.

**Mile:** 1. Pulca (Rom) 4:31.2, 2. Odom (HoustHar) 4:34.8, 3. Chalmers (No.Az) 4:34.8, 4. Molloy (BYU) 4:42.9.

**HJ:** 1. Brill (Canada/PCC) 6-4, 2. Bykova (USSR) 6-4, 3. Huntley (PCC) 6-2.

**TJ:** 1. Galina (USSR) 44-6¼WB.

#### Men's Results

**50y HH:** 1. Foster (WCTC) 5:99MR, 2. Caristan (France) 6:01, 3. Campbell (Diadora) 6:10, 4. Phillips (WCTC) 6:11, 5. Joyner (AW) 6:15, 6. Stewart (Cheet) 6:16.

**60y HH:** 1. Foster 6:94MR, 2. Stewart 7:08, 3. (tie) Campbell and Phillips 7:08.

**1000y:** 1. Gray (SMTC) 2:04.39WR, 2. Jones (SMTC) 2:05.79, 3. Koncheilak (MazdaTC) 2:05.80, 4. Mack (SMTC) 2:06.10, 5. Theriot (Adidas) 2:10.01.

**Mile:** 1. Hillardt (Aust) 3:56.6, 2. Scott (Tiger AC) 3:56.8, 3. Smith (Puma AC) 3:56.2, 4. Fricker (Accusplit) 3:58.9, 5. Walker (NZ) 3:59.2.

**2 Mile:** 1. Hunt (Unat) 8:37.5, 2. Nyambui (Tanz) 8:38.8, 3. Fadil (PCC) 8:45.7, 4. Ansberry (Unat) 8:48.0, 5. Roberts (SMTC) 8:56.3.

**HJ:** 1. Howard (PCC) 7-6½, 2. (tie) Povarnitsyn (USSR) and Lewis (NBTC) 7-2½, 4. Williams (Navy) 7-2½.

**Pole Vault:** 1. Dial (AW) 19-0¼, 2. Olson (PCC) 18-4½, 3. V. Bubka (USSR) 18-4½.

**TJ:** 1. Simpkins (BaptColl) 57-2, 2. Conley (BudLightC) 56-3¼.

winter. The All-Time prep outdoor best is 42-10½ by Wendy Brown in 1984.

Valhalla High School's Mark Dani is fast developing into the top prep distance runner in the nation. Mark came on strong during the fall Cross Country campaign to finish third in the Kinney National Championships, and had clocked 9:01 outdoors two weeks previous for two miles. A goal of under 9:00 seemed realistic in the Prep Two Mile event here. With a top field along for the run (Eric Mastalir, Adam McAboy, Brad Barquist-Sunkist winner from Washington, and Marc Davls) a quick effort seemed assured. Dani was awesome! Sailing through the mile at 4:19.8 the Valhalla flash ran away from the field, and for a time had a shot at the All-Time Prep best of 8:40.0 by Gerry Lindgren and California best of 8:42.7 by Jeff Nelson. This is some very select company, as Lindgren was an Olympian as a prep, and Nelson has the All-Time Prep outdoor best for two miles at 8:36.3. All by himself during the last mile, Dani finished at a super 8:49.1, which is the #3 All-Time prep mark ever! Mastalir hung on to record an excellent 9:03.8, with Barquist also running his best ever, 9:06.8 in 3rd. The crowd really was behind Mark in his run and his effort was one of the highlights of the entire meet. A 4:15.78 1600m runner in 1985, Mark is coming on faster than any prep runner in recent history.

The Prep Women's Mile featured the

same quality. Darcy Arreola (Grossmont) had won at the Sunkist with a quick final 160 yard loop, while Shannon Clark (Mountain View—defending state champion at 1600m), Tracey Williams (Mt.View, El Monte), and Laura Chapel (University City, SD) appeared to offer the most competition. Williams likes to lead early, and the relaxed striding Arreola followed her closely through 68-2:26-3:44 quarter mile splits. Using the same tactics as she had in the Los Angeles indoor affair Darcy struck wickedly over the final circuit to emerge victorious in an excellent 4:53.9. Williams was 4:57.5 in second, Chapel 4:58.7, and Clark 4:58.9 in a strong mass finish. Darcy's time is the #5 All-Time mark for a California Prep indoors.

Athletes competing unattached from Hawthorne High put together a fine Women's Mile Relay. Threatening to lap the field in their heat, Tami Stiles' 58.0 anchor leg finished off a fine 3:58.2 meet record run for the favorites to take the team state title in June. The Hawthorne men's group graduated everyone from their national record setting group in the Mile Relay. Morse of San Diego has a couple back from their 3:15 group, and they met a revamped Hawthorne group in a spirited men's Mile Relay, with the San

photo by Burt Davis



MARK DANI leads Eric Mastalir in the boys 2 mile.

Diego school emerging victorious 3:30.2-3:31.3.

Half Mile stars Vincent Thompson and Kim McAllister of Locke in LA used similar tactics in their event wins. Vincent blasted out through a 54.1 first 440 on the way to a 1:57.9 win over Joe Besand (Pt.Loma) 1:58.9, while Kim had no company through a 63.5 440 and went on to win at 2:14.4 over Maggie Henson (Newport Harbor) 2:18.2.

In the 60 yard Hurdles for the young ladies Daria Vaughn (Mira Mesa) showed real potential in easily handling Michelle Outlaw (Lincoln, SD) 8.48-8.69. Lisa Rizzo (Hart, Newhall) made her annual trek south to take the Two Mile event, following up a 5:34 first mile with a 5:31 second half for an 11:05.2 win.

Pat Alouenda (Ramona) looked good in the Pole Vault, winning at 14-2 over Curt Brown (San Pasqual, Escondido) 13-8. In the 60 Ron Young (Mt.Miguel) gradually overcame the fine start of one of the country's finer running backs, Terry Rodgers (Sweetwater,National City) to win 6:59-6.60, with Mike Conway (Henry) close at 6:61. Young also added a 21-1¼ Long Jump victory to his day's laurels.

#### Women's Results

**880:** 1. McAllister (Locke) 2:14.2, 2. Henson (NewportHarbor) 2:18.2, 3. Bache (Univ.City, SD) 2:24.1, 4. Ringer (Santana) 2:27.4, 5. Clemshaw (SanPasqual) 2:27.8.

**Mile (Rated):** 1. Hogan (Canyon,Ana) 5:20.3, 2. Karcher (Ramona) 5:25.7, 3.

Bates (Mt.Carmel) 5:26.2, 4. Gorman (Hilltop) 5:28.6.

**Mile (Invitational):** 1. Arreola (Grossmont) 4:53.9, 2. Williams (Mt.View,ElMonte) 4:57.5, 3. Chapel (Univ.City,SD) 4:58.7, 4. Clark (Mt.View) 4:58.9, 5. Rabbit (Newport Harbor) 5:09.5.

**2 Mile:** 1. Rizzo (Hart,Newhall) 11:05.2, 2. Nugent (Torrey Pines) 11:26.8, 3. Panno (San Pasqual) 11:40.5, 4. Lechner (Valhalla) 11:55.2, 5. Riker (Escondido) 11:55.4.

**60y LH:** 1. Vaughn (MiraMesa) 8.48, 2. Outlaw (Lincoln, SD) 8.69, 3. Copeland (Grossmont) 8.90, 4. Niles (Chula Vista) 8.96.

**4 x 160 Relay (Invitational):** 1. Mt. Miguel 1:16.2, 2. Lincoln, SD 1:18.5, 3. Helix 1:21.9.

**4 x 160 Relay (Rated):** (H-1): 1. El Capitan 1:21.1, 2. Castle Park 1:23.2, (H-2): 1. Mt. Carmel 1:18.8, 2. Santana 1:23.7.

**Mile Relay (H-1):** 1. Fallbrook 4:16.8, 2. Southwest 4:26.2, 3. Hilltop 4:29.1, (H-2): 1. Hawthorne 3:58.2MR, 2. Morse 4:18.4, 3. San Pasqual 4:23.5, 4. Pt. Loma 4:24.8.

**Triple Jump:** 1. Anderson (Mt.Miguel) 41-0½NR, 2. Stowe (Torrey Pines) 34-11, 3. Niles (Chula Vista) 34-2.

#### Men's Results

**60y:** 1. Young (Mt.Miguel) 6.59, 2.

photo by Burt Davis



JACKIE ANDERSON sets new prep triple jump record

Rodgers (Sweetwater) 6.60, 3. Conway (Henry) 6.61, 4. Hampton (Henry) 6.63.

**880:** 1. Thompson (Locke) 1:57.9, 2. Besand (Pt.Loma) 1:58.9, 3. Puryear (Henry) 1:59.9, 4. Brummel (MissionViejo) 2:00.0, 5. Dunker (Poway) 2:00.8.

**Mile (Rated):** 1. Kiefner (Santana) 4:35.4, 2. Georgiev (Sarra) 4:36.4, 3. Wallbank (Hilltop) 4:36.8, 4. Yarborough (MonteVista) 4:36.8.

**Mile (Seeded):** 1. Castro (Ramona) 4:32.2, 2. Martin (Fallbrook) 4:32.4, 3. Lamb (Mission Viejo soph) 4:34.6, 4. Sandknop (San Dieguito) 4:35.2, 5. Pat Higuera (Mt.Miguel) 4:37.3.

**Two Mile:** 1. Dani (Valhalla) 8:49.1MR, 2. E. Mastalir (Jesusi,Sacto) 9:03.8, 3. Barquist (Interlake, Bellevue,WA) 9:06.8, 4. McAboy (Miramonte, Orinda) 9:16.8, 5. Davis (San Diego) 10:00.3.

**4 x 160 Relay (H-1):** 1. Crawford 1:07.8, 2. Montgomery 1:09.4, (H-2): 1. Lincoln, SD 1:08.3, (H-3): 1. San Pasqual 1:07.6, 2. Henry 1:07.9, 3. Helix 1:09.0.

**Mile Relay (Inv.):** 1. Morse 3:30.2, 2. Hawthorne 3:31.3, 3. Monte Vista 3:33.0, 4. Fallbrook 3:34.8.

**Mile Relay (Rated)(H-1):** 1. Torrey Pines 3:38.6, 2. El Capitan 3:40.8, (H-2): 1. Chula Vista 3:39.7, 2. Point Loma 3:41.6.

**LJ:** 1. Young (Mt.Miguel) 21-1¼, 2. Farmer (Monte Vista) 21-0¼, 3. King (UnivCity,SD) 20-7, 4. Kemp (Mt.Carmel) 20-6¼.

**Pole Vault:** 1. Alouenda (Ramona) 14-2, 2. Brown (San Pasqual) 13-8.



## USA/Mobil Indoor T&F Champs.

Feb. 28. Madison Square Garden, NY.  
Men's Results

**60-Yard Dash:** 1. Lee McRae 6.06, 2. Ben Johnson 6.10, 3. Emmitt King 6.15.

**440 Yards:** 1. Antonio McKay 47.60MR, 2. Walter McCoy 47.62, 3. Thomas Schoenlebe 47.85.

**600 Yards:** 1. Elvis Forde 1:08.28, 2. Ian Morris 1:08.90, 3. Marcus Sanders 1:09.10.

**1000 Yards:** 1. Johnny Gray 2:04.52MR, 2. John Marshall 2:04.87, 3. Ray Brown 2:08.18.

**1 Mile:** 1. Marcus O'Sullivan 3:57.27, 2. Ray Flynn 3:58.13, 3. (tie) Mark Fricker and Kein Johnson 3:58.98.

**Two-Mile Walk:** 1. Jim Heiring 12:05.94MR, AR, WB, 2. Tim Lewis 12:17.58, 3. Pat Moroney 12:32.95.

**Three Miles:** 1. Doug Padilla 13:05.88, 2. Bill Krohn 13:06.68, 3. John Gregorek 13:09.08.

**60-Yard Hurdles:** 1. Mark McKoy 6.95, 2. Al Joyner 7.12, 3. Tonia Campbell 7.16, 4. Jack Pierce 7.17, 5. Stephane Caristan 7.19.

**1180-Yard Sprint Medley Relay:** 1. Karamu Flyers 2:01.96, 2. New York Pioneers 2:03.45, 3. Maryland Eastern Shore 2:06.08.

**1 Mile Relay:** 1. Seton Hall 3:11.92, 2. Wayland Baptist 3:12.81, 3. Chicago State 3:17.38.

**Two Mile Relay:** 1. Westchester Puma 7:33.18, 2. New York Pioneers 7:34.15, 3. St. John's 7:38.83.

**Long Jump:** 1. Mike Conley 27-1¼, 2. Larry Myrick 26-11, 3. Paul Emordi 26-7, 6. Ron Waynes 24-8½.

**Triple Jump:** 1. Mike Conley 56-10¼, 2. Charlie Simpkins 56-0¼, 3. Paul Emordi 54-11¼, 8. Ken Frazier 49-11¼.

**Pole Vault:** 1. Sergey Bubka 19-6¼, 2. Vasily Bubka 18-10¼, 3. Philippe Collet 18-8¼.

**High Jump:** 1. Jim Howard 7-8, 2. Dennis Lewis 7-6½, 3. Milt Otley 7-4½, 8. Brian Stanton N.H., 10. Lee Balkin N.H.

**35-Pound Weight:** 1. Jud Logan 77-1¼, 2. Patrick Egan 70-10, 3. Tore Johnson 70-9¼, 8. Matt Mileham 59-6¼.

**Shot Put:** 1. Greg Tafrales 68-11¼, 2. Kevin Akins 68-6, 3. John Brenner 67-11.

### Women's Results

**60-Yard Dash:** 1. Jeanette Bolden 6.57, 2. Marlies Goehr 6.62, 3. Alicia Brown 6.63, 4. Angela Bailey 6.66, 5. Marlene Ottey-Page 6.67.

**220 Yards:** 1. Marita Koch 22.89WB, 2. Grace Jackson 23.11, 3. Florence Griffith 23.57.

photo by Richard Lee Slotkin



JOHNNY GRAY, winner of USA Indoor 1000 yards.

**440 Yards:** 1. Diane Dixon 52.52, 2. Sabine Busch 52.70, 3. Charmaine Crooks 53.77.

**880 Yards:** 1. Sigrun Ludwigs 2:05.93, 2. Christiana Cojocar 2:06.65, 3. Delisa Walton-Floyd 2:06.72.

**1 Mile:** 1. Maricica Puica 4:35.00, 2. Doina Melinte 4:35.30, 3. Josephine White 4:36.04.

**1 Mile Walk:** 1. Teresa Valli 6:53.58AR, 2. Lynn Weik 6:56.27, 3. Debbi Lawrence 7:09.83.

**Two Mile:** 1. Lynn Jennings 9:28.15WB, 2. Cindy Braeser 9:28.29, 3. Ines Bibernell 9:34.27.

**60-Yard Hurdles:** 1. Stephanie Hightower 7.44, 2. Kerstin Knabe 7.46, 3. Yolanda Johnson 7.52.

**640 Yard Relay:** 1. Tennessee State 1:11.59, 2. Morgan State 1:11.88, 3. City College of New York 1:16.60.

**880 Yard Medley Relay:** 1. Tennessee State 1:43.71, 2. Corcorde TC 1:51.53.

**1 Mile Relay:** 1. Atoms TC 3:44.23, 2. Delaware State 3:46.06, 3. Police Athletic League 3:48.19.

**High Jump:** 1. Debbie Brill 6-5¼, 2. Andrea Bienias 6-4, 3. Joni Huntley 6-2¼, 5. (tie) Coleen Sommer 6-1¼, 7. Latrese Johnson 6-1¼, 11. Tonya Mendonca 5-10¼.

**Long Jump:** 1. Helke Drechsler 23-0¼USIR, 2. Jackie Joyner Kersee 22-10¼AR, 3. Helga Radtke 22-4¼, 4. Jodi Anderson 21-8, 8. Sabrina Williams 21-0¼, 9. Veronica Bell 20-1¼, 11. Karen Cannon 19-9¼.

**Shot Put:** 1. Ramona Pagel 60-1¼, 2. Peggy Pollock 57-7¼, 3. Regina Cavanaugh 55-1, 4. Diana Clements 53-5, 6. Dot Jones 50-11.

## NCAA Indoor Championships

March 14-15. Oklahoma City, OK.

### Men's Results

**55m Dash:** 1. Lee McRae, Pittsburgh, 5.99 (World Indoor, American Indoor, NCAA Meet Records), 2. Sam Graddy, Tennessee, 6.05, 3. Leroy Burrell, Houston, 6.12, 4. Luis Morales, USC, 6.19.

**500m:** 1. Roddie Haley, Arkansas, 59.82 (World, American & NCAA Records), 2. Edwin Modibedi, Villanova, 1:00.24, 3. Charles Jenkins, Jr., Villanova, 1:01.08.

**1000m:** 1. Freddie Williams, Abilene Christian, 2:18.74MR, 2. Douglas Constalio, 2:19.36, 3. Shawn Guy, Rice, 2:19.41.

**3000m:** 1. Paul Donovan, Arkansas, 7:54.60, 2. Gerry O'Reilly, Villanova, 7:55.07, 3. Jean-Pierre Ndayisenga, West Virginia, 7:56.73.

**55m Hurdles:** 1. Tom Wilcher, Michigan, 7.22, 2. Andrew Parker, Arizona State, 7.23, 3. Charles James, LSU, 7.25.

**3200m Relay:** 1. Arkansas (Keith Lovins, Matt Taylor, Paul Donovan, Wayne Mondrieffe) 7:20.72, (American Indoor, NCAA Meet Records, New Event), 2. Georgetown, 7:20.78, 3. Notre Dame, 7:21.11.

**1 Mile Run:** 1. Paul S. Larkins, OSU, 4:01.38, 2. Clifford Sheehan, Harvard, 4:01.81, 3. Gary G. Taylor, Arkansas, 4:03.15.

**35-Pound Weight:** 1. Tore Gustafsson, Washington State, 74-3¼, 2. Conor McCullough, Boston, 70-3, 3. Tony Kennel, Boston, 68-9¼.

**High Jump:** 1. James Lott, Texas, 7-5, 2. Dothel Edwards, Georgia, 7-3¼, 3. Greg Consalves, Boston, 7-2¼.

**Pole Vault:** 1. Doug Fraley, Fresno State, 16-3¼, 2. Lane Lohr, Univ. of Illinois, 17-11¼, 3. Chris Bohanan, Univ. of Kansas, 17-11¼.

**Long Jump:** 1. Kenny Harrison, Kansas State, 28-9¼, 2. Raymond Humphrey, Georgetown, 28-7, 3. Eric Metcalf, Texas, 25-10¼.

**Shot Put:** 1. Ronald Backes, Minnesota, 68-11¼, 2. Demitrios Kousoukis, Washington State, 66-6, 3. Lars Nilsen, SMU, 65-1¼.



DOT JONES, places fourth in NCAA indoor shot put.

**Triple Jump:** 1. Frank Rutherford, Houston, 55-9, 2. Paul Emordi, Texas Southern, 54-8, 3. John Tillman, Tennessee, and Raymond Humphrey, Georgetown, 54-4¼.

**1600m Relay:** 1. Southern Methodist, (Harold Spells, Rod Jones, Roy Martin, Kevin Robinzine) 3:06.24 (American Indoor and NCAA Meet Records), 2. Auburn, 3:08.57, 3. Baylor, 3:07.02.

**Team Scores:** 1. Arkansas 49; 2. Villanova 22; 3. Georgetown and Boston 20; 5. Washington State, Texas, Pittsburgh 18;



RAMONA PAGEL was the USA Indoor shot put champion.

8. SMU and Houston 18; 10. Tennessee 14; 11. Kansas State, Auburn 12, 13. OSU, Minnesota, Michigan, LSU, Kansas, Fresno State, Florida State 10; 31. USC.

### Women's Results

**55m Hurdles:** 1. Rosalind Pendergraft-Council, Auburn 7.53MR, 2. Patricia Davis, St. Augustine, 7.54, 3. Alicia Bass, Louisiana State, 7.62.

**3200m Relay:** 1. Florida (Sandra Braasch, Chris Crowder, Sonia Braasch, Susan Nash) 8:31.74 (World Indoor Record), 2. Villanova, 8:36.80, 3. Virginia, 8:39.58.

**1 Mile Run:** 1. Elizabeth Lynch, Alabama, 4:37.73MR, 2. Tina H. Krebs, Clemson, 4:40.82, 3. Alisa Harvey, Tennessee, 4:42.08.

**500m Dash:** 1. Ilrey Oliver, Tennessee, 1:09.68MR, 2. Lillie Leatherwood, Alabama, 1:10.16, 3. Michelle Maxey, Kansas State, 1:10.25.

**3000m:** 1. Stephanie Herbst, Wisconsin, 8:54.98, 2. Elizabeth Lynch, Alabama, 9:05.94, 3. Lisa Breiding, Kentucky, 9:07.66.

**1600m Relay:** 1. Tennessee (Ilrey Oliver, Caria McLaughlin, Robin Benjamin, LaVonna Martin) 3:34.19MR (new event), 2. Texas, 3:35.46, 3. Southern California, 3:36.16.

**1000m:** 1. Carol Davidson, Texas, 2:42.68, 2. Evelyn Adiru, Alabama, 2:43.81, 3. Cathy Schmidt, Michigan, 2:44.83.

**Triple Jump:** 1. Wendy Brown, Southern California, 44-3¼ (American Indoor Record), 2. Terrie Turner, Texas, 44-2, 3. Yvette Bates, Southern California, 43-1¼.

**Shot Put:** 1. Regina Cavanaugh, Rice 57-11¼, 2. Caria Garrett, U of Arizona, 56-½, 3. Teresa Willoford, LSU, 55-9, 4. Dot Jones, FSU, 53-7¼.

**Team Scores:** 1. Alabama, 41; 2. Texas, 31; 3. Southern California and Tennessee, 26; 5. Louisiana State, 24; 6. Arizona, 20; 7. Florida State, 16; 8. Kansas State, 14; 9. Arizona State, 12; 10. Rice and Florida, 11, 27. Fresno State, 4.





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# Racing Report

By GREGOR ROBIN

## Los Angeles Marathon

The announcer at the starting line was pleading with the mass of over 11,000 runners to turn around and take five steps back moments before the City of Los Angeles Marathon was to begin on Sunday morning.

"I want everyone to take five steps back so we can get behind the starting line," the announcer said. "If there is a world record set we don't want it taken away from us because we didn't run the full course."

The group of cameramen packed on the four-deck bed of the photo truck laughed. The idea of over 11,000 people turning around in their crunched positions was a little absurd. But the runners did move behind the starting line on Figueroa St. just before the gun sounded.

As the mass of humanity surged forward at the start, the photo truck rumbled and then jettied down the street under the marathon banners and balloons that honored the course.

The field of front runners quickly sprinted towards the truck. The photographers shouted to the driver, "Pick it up," and "Take it easy shifting! Where did you learn how to drive?" Most of the photographers were so concerned with the bouncy ride that they didn't appreciate the fine weather and massive turnout the marathon had been blessed with.

A major downpour had washed the streets and air of Los Angeles to a crisp and fresh cleanliness the day before. Smog problems were non-existent. The only problem confronting the runners from 48 different states competing was 26.2 miles of city streets they would have to conquer.

Temperatures were in the mid-fifties at the starting time. As the motor drives clicked away on the truck, a runner from West Germany named

Eberhard Weyel moved to the front of the field and paced the thinning throng through the first seven miles. He passed the 10-kilometer mark in 31:44, a slow time for a world class event. Weyel wore No. 12.

"Who's No. 12?" one camera man shouted to nobody in par-

The camera truck slowed down and waited for the pack of runners chasing Sayre. Rod Dixon, who just a week ago ran a five-kilometer fun run in Santa Barbara, was the most notable runner in the pack of six. The 6-2, 156 pound New Zealander with the long heel-

and catch Sayre.

None of them glanced to their right as they passed the Chinese Theater. They didn't even glance at the Playboy Bunnies handing out water a while later. The pace and the upcoming distance was beginning to take its toll on everyone



photo by Gregor Robin

Los Angeles Marathon start.

ticular. "Some guy from Germany," another one returned as the truck roared on.

Weyel did all the work pacing the runners still in contention. He led them up the smooth rolling hills that stretched from about five miles to seven miles. Then, as the course began its long downhill run on Sunset and Hollywood Boulevards, Ric Sayre, of Ashland, Ore. took the lead.

The men and women on the camera truck could see that Sayre looked fresh and serious. His pace was consistently near five minutes a mile. Sayre hit eight miles in 40:54 while the pursuing pack went by the same mark in 41:37.

to-toe stride helped promote the marathon by working with the race organizers. But now he was a competitor approaching the heart of the run.

Talk of the 1983 New York Marathon swirled around the camera truck as Dixon ran alongside it. In that race Dixon had come from just about as far back as he was in Los Angeles to defeat Geoff Smith in the final 400-meters. Dixon ran a world class time of 2:08.59 that day.

Dixon had the company of Ventura's Gary Tuttle, Gidamis Shahanga of Tanzania and two other marathoners during the long stretch in Hollywood. The group clustered around Dixon and they gathered steam to try

In the race.

Bands blared on street corners. The photographers spun right and left in the truck as they saw different ethnic activities going on. But most of the runners were only focusing on the ground ahead.

Sayre kept rolling along and widening the gap. He later said he was confident in what he was doing out in front of Dixon and the others.

"I just went out and tried to feel as comfortable as I could in the first part of the race," said Sayre. "I knew that's where the hills were. And I didn't want to extend myself to the point where I'd be thrashed after I came up the hills. They weren't that great as far as



steepness. They were nice and gentle when I was coming down off them. I just tried to stay relaxed and tried to keep the pace going."

Dixon later said he gave it his best effort, but when he reached for the extra lift to try and reel in Sayre at around 18 miles, his body didn't have it. "I had to make an effort at the 17 or 18 mile mark to get into a rhythm, so that when I hit 20 miles I'd be in a rhythm and starting to move well," said the 35-year-old. "It lasted to about 21 miles and then bang! I just didn't really run on. I was just tiring and my legs were tying up. I just couldn't keep on (the pace)."

Sayre finished first in a personal record and course record 2:12.59. Shahanga made a heroic effort to catch him by clipping off sub 4:50 miles over the final stretch. The Tanzanian took second in 2:13.27. Dixon finished a respectable third in 2:14.48.

"I was happy with the effort," said Dixon. "I wouldn't suggest an athlete works in the organizational capacity and then runs in the race. It's too hard."

tle, fifth in 2:18.05 was the second place finisher in the 1985 Boston Marathon. The 37-year-old Ventura runner now has two impressive marathon placings in one year.

In the women's race, Nancy Ditz of Menlo Park won in 2:36.27. Both Ditz and Sayre took home new Mercedes Benz sedans, other prizes and \$10,000 cash to total \$41,000 a piece for their efforts. Sayre, who is a part time student at Southern Oregon State said he probably would do all the driving in his new car.

"I might take a friend for a ride, but I don't know if I'll let them drive it," he joked. "In fact, I've never even sat in a Mercedes, so it's a completely new experience."

Santa Barbara had at least two runners compete. Hilda Hoffman finished the race in just under four hours and Patsy Simioni ran approximately 4:30 for the distance. Rudy Hernandez of Santa Maria finished in 2:28. It was his first marathon.

As the masses of runners kept finishing, the camera truck was driven off to a parking spot. The photographers

Overall Results - Men	
1	Sayre, Ohio 2:12:59
2	G. Shahanga, Tanzania 2:13:27
3	Dixon, New Zealand 2:14:48
4	Weyel, West Germany 2:18:00
5	G. Tuttle, Ventura 2:18:05
6	Doug Kurtis, Novi 2:19:04
7	Stahl, Sweden 2:19:20
8	Schallert, Canoga Park 2:19:42
9	Nora, Columbia 2:20:46
10	Pinon, San Pedro 2:22:02
11	Zapada, Los Angeles 2:22:22
12	Murphy, San Diego 2:22:50
13	Lanzoni, Costa Rica 2:22:55
14	Gawlik, Rolling Hills 2:23:23
15	Martinez, Mexico 2:23:53
16	Dennis Kurtis, Cupertino 2:24:57
17	Merkler, Louisville 2:26:08
18	Broady, Fullerton 2:26:50
19	McDermott, LaHabra Heights 2:26:50
20	Diaz, Mexico 2:26:53
21	Spitz, Agoura Hills 2:27:16
22	Manzanares, LosAlamos,NM 2:27:44
23	Hope, Ontario 2:27:53
24	Vreind, Los Angeles 2:27:57
25	Mohammed, Nigeria 2:27:59

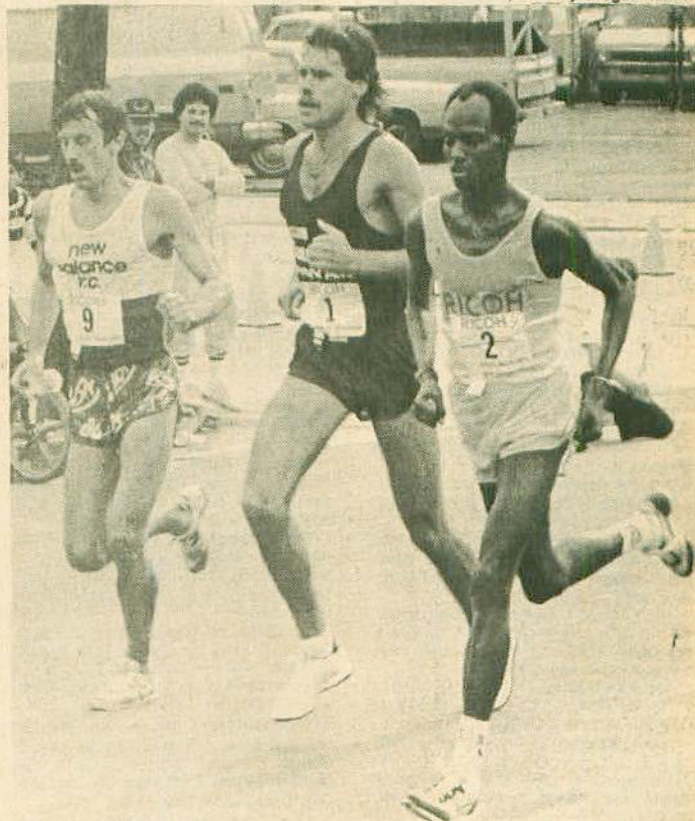
Overall Results - Women	
1	Ditz, Woodside 2:36:27
2	Vahliensleck, West Germany 2:36:37
3	Llands, Belgium 2:38:25
4	Hurtado, Mexico 2:42:10
5	Madson, New York 2:51:01
6	Bear, Bishop 2:51:48
7	Salas, Los Angeles 2:51:54
8	Tiff, Los Angeles 2:54:30
9	Morris, Pasadena 2:54:50
10	Thomas, San Pedro 2:54:56

photo by Gregor Robin



Ric Sayre, the winner, finishes in 2:12:59.

photo by Gregor Robin



(left to right): Gary Tuttle of Ventura, Rod Dixon of New Zealand and Gidamis Shahanga of Tanzania chase leaders Ric Sayre and Eberhard Weyel at about the 10-mile mark.

photo by Gregor Robin



Marathon winners Ric Sayre and Nancy Ditz with City of Los Angeles Marathon Inc. President, Dr. William Burke.

As Shahanga lay on the grass near the Coliseum after the race, he said he may have made a mistake by starting out too slow. He also said he wasn't too drained by the effort.

"I made a little error, yeah," said the rail-thin African. "I feel I can run a race next week. The last part of the race I ran my race and felt comfortable."

Weybal finished in 2:18.00 to hold off Tuttle for fourth. Tut-

and one reporter were out mingling with the thousands that surround the Sports Arena. The truck, blue and white with "The City of Los Angeles Marathon" logo on the side, looked no different than when it started its 26.2 mile jaunt-except for the 100 or so empty film boxes scattered on the bed floor.



## Outdoor Track & Field

### CS Bakersfield Track & Field Invitational

February 8, Bakersfield.

#### Women's Results

**Discus:** 1. Jayleen Romberger, FSU 142-7, 2. Celeste Paquette, CPSLO, 136-11, 3. Helena Mosley, FSU, 136-4, 4. Kathy Kahn, CPSLO, 132-9, 5. Angie Williams, FSU, 129-10.

**Long Jump:** 1. Janet Nicholls, CPP, 18-3½, 2. Tamara Compton, FSU, 17-8¼, 3. Michelle Whipper, CSB, 17-8, 4. Rene Jackson, Unat., 17-0½, 5. Dori Tressler, CPSLO, 16-11¼.

**400m Hurdles:** 1. Carol Giovanola, CPSLO, 1:07.0, 2. Jane Wood, FSU, 1:09.1, 3. Dori Tressler, CPSLO, 1:09.2, 4. Susan Hartman, Citrack, 1:12.9.

**4 x 800 Relay:** 1. Cal Poly SLO (A), 9:18.6, 2. Cal Poly SLO (C), 9:22.4, 3. Oxy 9:35.9, 4. Cal Poly SLO (B), 9:36.0, 5. Fresno State, 9:41.0.

**Javelin:** 1. Kathy Wilson, Unat., 159-6, 2. Colleen Kevany, CPSLO, 139-5, 3. Chris Healy, FSU, 119-2, 4. Lill Bess, Chapman, 115-8, 5. Darcy Calkins, Chapman, 91-8.

**Triple Jump:** 1. Tamara Compton, FSU, 37-5½, 2. Joan Haller, Unat., 31-10, 3. Jill Sullivan, Unat., 30-0¼, 4. Amy Anspach, Unat., 29-9.

**4 x 200 Relay:** 1. CP Pomona, 1:47.4, 2. Occidental, 1:51.3.

**Shot Put:** 1. Dot Jones, FSU, 52-0½, 2. Celeste Paquette, CPSLO, 42-6, 3. Angie Williams, FSU, 41-11½, 4. Janet Nicholls, CPP, 40-3½, 5. Shawn Lawson, Oxy, 39-10½.

**400m Relay:** 1. Fresno State, 49.6, 2. Cal Poly Pomona, 50.3, 3. Chapman, 56.1, 4. Whittier College, 56.3.

**5000m:** 1. Sylvia Mosquita, East LA TC, 16:37.8, 2. Kris Katterhagen, CPSLO, 17:37.7, 3. Lesley White, CPSLO, 17:37.7, 4. Katie Dunsmyr, CPSLO, 17:41.7, 5. Gina Monte, FSU, 18:55.2.

**3000m:** 1. Marie Rollins, Unat., 9:58.3, 2. Toni Pleasant, E.L.A. TC, 10:09.2, 3. Diane Fairman, FSU, 10:35.4, 4. Eileen Dyer, FSU, 10:41.8, 5. Sharon Maley, Humble Hogs Club, 10:47.0.

**4 x 400 Relay:** 1. CPSLO (A), 3:53.3, 2. CSB, 3:59.8, 3. FSU, 4:02.0, 4. CPSLO (B), 4:06.7, 5. Occidental, 4:08.4.

**Sprint Medley:** 1. FSU, 4:11.6, 2. CSB, 4:11.7, 3. Roadrunner TC, 4:12.8, 4. Whittier College, 4:48.2, 5. Fresno Pacific (Sunbird RC), 4:51.2.

**High Jump:** 1. Latrice Johnson, Unat., 6-2, 2. J. Nicholls, CPP, 5-10, 3. Tonya Mendoca, FSU, 5-10, 4. M. Moore, Oxy, 5-6, 5. K. Kraemer, CPSLO, 5-6.

**Distance Medley:** 1. CPSLO (A), 11:50.8, 2. Oxy (A), 12:06.1, 3. CPSLO (B), 12:09.6, 4. CPP (A), 12:09.9, 5. CPSLO (C), 12:14.7.

**100m Hurdles:** 1. Shann Kern, CSB, 14.7, 2. LaDonna Moore, RRTC, 15.7, 3. Janet Nicholls, CPP, 15.7, 4. Christina Glenn, Unat., 15.7, 5. Denise Barker, CPP, 16.4.

#### Men's Results

**400m Relay:** 1. FSU, 41.9, 2. Taft RC, 42.0, 3. Oxy, 42.2, 4. CPSLO, 42.4, 5. Bakersfield TC, 42.9.

**400m Hurdles:** (H-1) 1. Dave Johnson, CPSLO, 52.4, 2. Dan Daves, FSU, 53.4, 3. Scott Kruplinski, FSU, 56.1, 4. Jeff DePetro, CSB, 56.5, 5. Fred Schumacher, Oxy, 58.2 (H-2) 1. Robert Budwig, FSU, 54.6, 2. Delbert Smith, CSB, 56.0, 3. Todd Doran, Oxy, 57.3, 4. Alex Herrera, CPP, 60.7.

**Hammer:** 1. Matt Mileham, NYAC, 218-6, 2. Mike Fritchman, Unat., 195-3, 3. Machan Littleton, Unat., 194-7, 4. Jim Halter, CPSLO, 186-11, 5. Robert Missio, m CSB, 179-6.

**Discus:** 1. Jay Kovar, Unat., 188-10, 2. Paul Bender, Unat., 187-7, 3. Arnold Campbell, Taft RC, 152-6, 4. Mike McCormick, Unat., 149-8, 5. Jeff Ayers, FSU, 148-11.

**35 lb. wt.:** 1. Matt Mileham, NYAC, 71-11½, 2. Mike Fritchman, PEFT, 66-8, 3. Jim Halter, SLO, 57-2½, 4. Mike Ostrom, FSU, 50-11½, 5. Jeff Crow, CSB, 47-10.

**4 x 200 Relay:** 1. Taft Running Club, 1:26.6, 2. Fresno State, 1:26.7, 3. CPSLO, 1:29.4, 4. CP Pomona, 1:29.7, 5. Merced TC, 1:32.7.

**Pole Vault:** 1. Scott Kruplinski, FSU, 15-6, 2. Dave Crume, Unat., 15-0, 3. Todd Cramer, CPSLO, 14-6, 4. Mark Thurston, FSU, 14-6, 5. Hans Florine, CPSLO, 14-0.

**Long Jump:** 1. Billy Coleman, Taft RC, 23-7½, 2. Dave Crume, Unat., 23-2, 3. Alton Henry, CSB, 22-8, 4. Keith Powell, CSB, 22-7½, 5. Lawrence Nelson, FSU, 22-7.

**5000m:** 1. Benny Cruz, FSU, 14:36.1, 2. Glen Charanduk, FSU, 14:47.4, 3. Jim Triplett, Unat., 15:00.2, 4. Mike Livingston, CPSLO, 15:06.9, 5. Don Reynolds, SLO, 15:09.9.

**Javelin:** 1. Tom Jadwin, Tiger Int., 239-6, 2. Mike Ostrom, FSU, 200-6, 3. Tom Vaughn, Whittier, 187-4, 4. Graves, FSU, 177-10, 5. Tom Coulston, Chapman, 169-4.

**Distance Medley:** 1. Taft RC, 10:01.5, 2. Oxy (A), 10:03.1, 3. FSU, 10:18.1, 4. CPSLO, 10:23.6, 5. CP Pomona (A), 10:32.1.

**Shot Put:** 1. Jim Halter, CPSLO, 55-3, 2. Jay Kovar, Unat., 53-6, 3. John Bender, FSU, 53-2, 4. Randy Arley, Unat., 52-9½, 5. Casey Gretlein, Taft RC, 50-1½.

**4 x 800 Relay:** 1. Taft RC, 7:45.8, 2. Oxy, 7:45.9, 3. CPSLO, 7:56.7, 4. CSB, 8:03.3, 5. FSU, 8:03.5.

**High Jump:** 1. R. Lee, CSB, 7-1, 2. B. Cochran, Oxy, 6-6, 3. A. Mudy, CPSLO, 6-6, 4. S. Dehart, Unat., 6-6, 5. Smith, CPP, 6-4.

**4 x 400 Relay:** 1. Taft RC (A), 3:15.3, 2. FSU (A), 3:16.1, 3. FSU (B), 3:20.2, 4. Oxy (B), 3:28.0, 5. (tie) Taft RC (C) and CPP, 3:28.4.

**Sprint Medley:** 1. CPSLO (A), 3:26.7, 2. Merced TC, 3:40.0, 3. CPP, 3:44.8, 4. Chapman, 3:45.6, 5. Whittier, 4:06.9.

**400m:** 1. Xonie Lloyd, Unat., 49.9, 2. Roger Parenzee, FSU, 50.0, 3. Michael Bisbee, CSB, 50.5, 4. Pat Hightower, CSB, 50.8, 5. Chris Jefferson, OCSB, 53.4.

**Triple Jump:** 1. Danyel Kelly, RRTC, 53-9¼, 2. Alton Henry, CSB, 51-2½, 3. Craig Braun, Pomona, 45-3¼, 4. Marc McGavney, SLO, 45-1½, 5. Roger Trujillo, Unat., 43-0¾.

**10,000m:** 1. Chris Craig, CPSLO, 30:31.2, 2. Jerry Hernandez, SLO, 30:53.6, 3. Peter Wuint, Oxy, 31:10.1, 4. Robin Desota, CPSLO, 31:31.1, 5. Craig Goodwin, CPSLO, 31:37.2.

**110m Hurdles:** 1. (tie) Andre Fields, Taft RC, and Dave Johnson, CPSLO, 14.7, 3. Cornell Cannon, Taft RC, 14.9, 4. (tie) Delbert Smith, CSB, Warren Jackson, Oxy, Dave Lewis, Oxy, 15.0.

#### Masters' Results

**110m Hurdles:** (40-44) 1. Walt Butler, LA Valley TC, 14.9. (45-49) 1. Hugh Adams, Unat., 16.0. (50-54) 1. Jerry Stanners, LA Valley TC, 18.4.

**Hammer:** (35-39) 1. Gary Klemenson, WVTC, 154-4. (45-49) 1. Lloyd Higgins, SCS, 156-7. (50-54) 1. F. S. Thompson, Dunn School, 156-0. (No age) 1. Jim Glinn, Unat., 137-7.

**Discus:** (35-39) 1. Ron Miller, Unat., 146-1. (45-49) 1. Lloyd Higgins, SCS, 160-4.

(70-74) 1. Ross Carter, Unat., 120-10.

**Pole Vault:** (35-39) 1. Rich Ying, 10-0. (40-44) 1. Mike Morris, 12-0. (50-54) 1. Jerry Stanners, LAVTC, 10-0.

**100m:** (40-44) 1. Ben Laverty, LAVTC, N.T. (45-49) 1. Walt Butler, LAVTC, 11.4. (50-54) 1. Jack Randolph, Bakersfield TC, 13.9. (65-69) 1. Al Guidet, Corona Del Mar, 14.2.

**400m:** (35-39) 1. Ron Martin, Unat., 54.4. (45-49) 1. Dennis Duffy, WVTC, 51.7. (50-54) 1. Jack Randolph, Bakersfield TC, 1:09.1. (65-69) 1. Al Guidet, Corona Del Mar, 1:16.6.

**35 lb. Wt.:** (35-39) 1. Gary Klemenson, WVTC, 44-1. (45-49) 1. John White, SCS, 31-8½.

**Javelin:** (35-39) 1. Gary Klemenson, WVTC, 130-5.

**Triple Jump:** (35-39) 1. Roger Trujillo, Unat., 43-0¼. (40-44) 1. Ben Laverty, LAVTC, 36-1¼. (50-54) 1. Jerry Stanners, LAVTC, 33-9½.

**Long Jump:** (35-39) 1. Roger Trujillo, Unat., 20-9. (40-44) 1. John Lawson, LAVTC, 15-7½. (50-54) 1. Jerry Stanners, LAVTC, 15-10½.

### San Diego State Open III Track Meet

February 8, San Diego.

#### Men's Results

**1500m:** 1. Kevin McCarey 3:57.8, 2. Rich Farmer 4:02, 3. Bill Possidente 4:03.6.

**Two Mile:** 1. Mark Dani 9:01.31, 2. Kevin McCarey 9:06.65, 3. Bill Cleves 9:14.90.

**800m (Heat 1):** 1. Rich Farmer 1:54.75, 2. Kyle Morton 1:55.53, 3. Mark Cochran 1:55.81.

**800m (Heat 2):** 1. Jeff Dewitt 2:01.09, 2. Dave Kiefer 2:01.21, 3. Joseph Besand 2:02.47.

**400m Hurdles:** 1. Rahn Sheffield 52.9, 2. Steve Walker 54.8, 3. Steven Martinez 55.4.

**4x400 Relay:** 1. SDSU 1, 3:20.3, 2. SDSU 3, 3:20.67, 3. SDSU 2, 3:20.4.

**110m HH:** 1. Aaron Burns 14.49, 2. Tony Day 15.02, 3. Richard Hill 15.06.

**100m:** 1. Hurvie Milner 10.61, 2. Andre Freeman 10.72, 3. Tim Williams 10.79.

**200m:** 1. Tim Williams 21.88, 2. Rex Brown 22.07, 3. Aaron Thigpen 22.50.

**Steplechase:** 1. Paul Burroughs 9:55.3, 2. Mitch Eddy 9:56.6.

**400m:** 1. Tony Burns 47.80, 2. Lorenzo Brown 48.66, 3. Mike Robinson 50.29.

**4x100 Relay:** 1. SDSU "A", 40.9, 2. SDSU Alumni, 41.9, 3. USIU, 42.9.

**Hammer:** 1. Jim Thiss 211-4, 2. Ed Arco 181-8, 3. Scott Hoth 172-2.

**Shot Put:** 1. Tom Silva 50-5½, 2. John Knight 48-11, 3. Keith Robinson 47-0.

**Long Jump:** 1. Rodney Van 23-1, 2. Chris Alarcon 22-5¼, 3. Roe Holiday 21-11¼.

**Javelin:** 1. Jason Twedt 210-1, 2. Roy

Seidmeyer 196-1, 3. Craig Johnson 184-4.

**Triple Jump:** 1. Dennis Burley 43-0¼, 2. Paul Casto 38-7, 3. Joseph Besand 41-1.

**Discus:** 1. Scott Hoth 158-6, 2. John Garvey 148-9, 3. Karl Van Mohr 143-10.

**High Jump:** 1. Robert Peterson 6-10, 2. Brian Conway 6-8, 3. Draw Pierson 6-8.

#### Women's Results

**1500m:** 1. Sharon Yaninek 4:41.4, 2. Jody Anderson 4:51.9, 3. Julie Bale 4:52.2.

**Two Mile:** 1. Maureen Bradley 11:00.3, 2. Kris Zdanowski 11:21.71, 3. Mona Lopez 11:29.36.

**800m:** 1. Darcy Arreola 2:15.5, 2. Linda Duarte 2:20.3, 3. Jody Anderson 2:27.7.

**400m IH:** 1. Margret Hemmans 1:03.9, 2. Karen Loeser 1:05.2, 3. Wendy Craig 1:05.8.

**100m Hurdles:** 1. Sonya Smith 14.97, 2. Karen Geaslin 15.07, 3. Julie Bale 16.29.

**100m:** 1. Brigitte Moon 12.3, 2. Denise Cravin 12.7, 3. Tammy Ortiz 13.61.

**200m:** 1. Karen Geaslin 26.34, 2. Dionne Garner 26.65, 3. Shannon McGinnis 27.72.

**400m (Heat 1):** 1. Cheryl Henderson 59.1, 2. Dionne Garner 60.5, 3. Mina Hutchins 61.31.

**400m (Heat 2):** 1. Sheila McClain 57.38, 2. Karen Nilson 57.46, 3. Margret Hemmans 57.98.

**4x100m Relay:** 1. USIU, 47.4, 2. SDSU "A", 47.5, 3. SDSU "B", 50.1.

**Shot Put:** 1. Ramona Pagel 57-8, 2. Laura Standing 41-2½, 3. Kartsi Leppaluoto 40-5.

**Javelin:** 1. Kartsi Leppaluoto 122-2, 2. Diane Collier 109-1, 3. Suzy Delapena 108-4.

**Discus:** 1. Ramona Pagel 177-10, 2. Ronda Loshonkohl 150-9, 3. Laura Standing 136-8.

**High Jump:** 1. Beth Selby 5-2, 2. Amy Brewer 5-2, 3. Stacy Blank 4-10.

### USC, UC Irvine, CPP Triangular

February 22, Irvine:

#### At UC Irvine

**MEN:** 200—1. Dexter (USC), 20.9, 2. Manning (USC), 21.1. 400—Morales (USC), 47.3. 110 HH—Reading (USC), 14.3. 400 RELAY—1. USC "A", 39.8, 2. USC "B", 40.8. 1,600 RELAY—USC, 3:10.7. HJ—Patchett (USC), 7-1 PV—1. Wicks (USC), 16-6. 2. Klassen (USC), 16-0. DT—Kneissler (USC), 191-2. HT—Wolitsarsky (USC), 213-0. TEAM SCORES—USC 113, UC Irvine 49½, Cal Poly Pomona 26½.

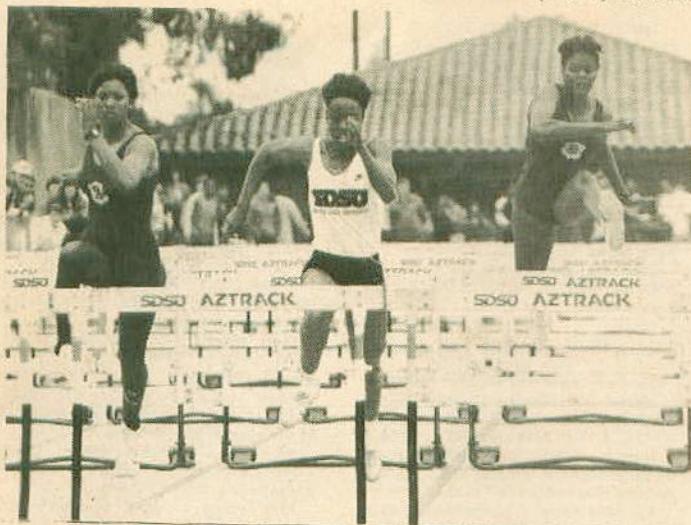
**WOMEN:** 100—Simmons (USC), 11.7. 100 HH—Bates (USC), 14.0. HJ—1. Nicolls (CPP), 5-10. 2. Linderman (UCI), 5-8. LJ—Fletcher (USC), 19-3¼. TJ—Bates (USC), 41-1¼. SP—1. Clements (USC), 51-11¼, 2. Adams (USC), 45-8. DT—Clements (USC), 161-8, 2. Paris (USC), 156-1. JT—Nicolls (CPP), 153-4. TEAM SCORES—USC 91, UC Irvine 48, Cal Poly Pomona 42.

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photo by Burt Davis



Bud Light action in 100 meter hurdles. La Tanya Sheffield (SDSU), eventual winner, is flanked by USC's Leslie Maxie (right) and Yvette Bates (left).

## UCLA, SDS, CSLA Triangular Multi-Team Meet

### February 22, UCLA:

100—1. Thomas (UCLA), 10.42; 2. Marsh (UCLA), 10.48; 3. Thigpen (SDS), 10.58.  
 200—1. Everett (UCLA), 20.83 (meet record, old mark, 20.9; E. Brown, UCLA, 1982); 2. Marsh (UCLA), 21.14; 3. Thigpen (SDS), 21.24.  
 400—1. Washington (UCLA), 47.56; 2. Stanich (UCLA), 47.71; 3. Burns (SDS), 47.73.  
 800—Phillips (UCLA), 1:51.07.  
 MILE—Young (CSLA), 4:06.78.  
 TWO-MILE—1. Butler (UCLA), 8:51.27; 2. Junkermann (UCLA), 8:53.82; 3. Nitti (UCLA), 8:56.44.  
 110 HURDLES—1. K. Young (UCLA), 14.25 (wind 30 m.p.s. against); 2. Cooper (SDS), 14.40; 3. Burns (SDS), 14.43.  
 400 HURDLES—1. Cooper (SDS), 50.61; 2. K. Young (UCLA), 50.92.  
 400 RELAY—1. UCLA "A" (Stanich, Washington, Everett, Thomas), 3:08.30 (meet record, old mark, 3:09.21, UCLA, 1985); 2. San Diego St., 3:10.33; 3. UCLA "B", 3:13.85.  
 HJ—Jones (CSLA), 7-0¼. PV—Richards (UCLA), 16-6; 2. Kibort (UCLA), 16-0; 3. O'Connor (UCLA), 16-0.  
 LJ—1. Powell (UCLA), 24-10½; 2. Henley (UCLA), 24-7¼. TJ—1. Oporoki (CSLA), 50-8; 2. Holiday (SDS), 49-9¼.  
 SP—1. Frazier (UCLA), 60-10; 2. Sweeney (UCLA), 58-11½; 3. Silva (USC), 55-4¼.  
 DT—1. Banich (UCLA), 177-9; 2. Gallo (UCLA), 177-7; 3. Thompson (UCLA), 176-8.  
 HT—1. Green (guest/Mazda), 241-9; 2. Frazier (UCLA), 195-4 (meet record, old mark, 191-11; J. Thiss, SDS, 1984); 3. NOVAK (SDS), 177-3; 4. Knight (SDS), 175-1; JT—Tweedt (SDS), 211-0.  
 TEAM SCORES—UCLA 117, San Diego St. 51, CS Los Angeles 25.

### Women

100—1. Devers (UCLA), 11.32; 2. Moon (SDS), 11.7 (hand time); 200—Devers (UCLA), 23.7 (ht); 400—Sheffield (SDS), 55.20; 800—1. Ross (SDS), 2:08.52; 2. Dowell (UCLA), 2:11.81; 3.000—1. Stryker (UCLA), 9:52.0; 2. Bradley (SDS), 9:58.5; 100 HURDLES—1. Knighten (UCLA), 14.37 (wind 1.4 m.p.s. aiding); 2. Williams (UCLA), 14.57; 3. Sheffield (SDS), 14.71; 400 HURDLES—Knighten (UCLA), 1:02.21.  
 LJ—Devers (UCLA), 20-4¼. TJ—Ames (SDS), 38-3¼. SP—1. Lutjens (UCLA), 46-7¼; 2. Larson (UCLA), 45-4¼. DT—1. Lutjens (UCLA), 172-4; 2. Larson (UCLA), 165-5; 3. Loshonkohl (SDS), 149-9. TJ—1. Olivera (CSLA), 156-10; 2. Larson (UCLA), 143-9; 3. Lutjens (UCLA), 142-10.  
 TEAM SCORES—San Diego St. 72, UCLA 64, UCLA 88, CS Los Angeles 19, San Diego St. 111, CS Los Angeles 21.

## Bud Light Invitational

### March 1, San Diego:

#### Men

100 (Race 1)—Anderson (UCLA), 10.65; (Race 2)—1. Morales (USC), 10.29; 2. Holmes (Stars and Stripes), 10.66; 3. Milner (San Diego TC), 10.68.  
 1,500—R. Roberts (SMTCT), 3:49.63.  
 5,000—1. Fields (New Balance), 14:07.47; 2. McCarey (Jamul Toads), 14:10.21; 3. Grewe (UCLA), 14:19.24; 4. Evans (JT), 14:21.19; 5. Garabaldi (UC Irvine), 14:25.93.  
 10,000—Santamaria (UCLA), 31:14.14.  
 110 HURDLES (Race 1)—1. Burns (SDS), 14.45; 2. Hill (unat), 14.50; (Race 2)—1. Lehnstrom (SSTC), 14.17 (wind 11 m.p.s. against); 2. Cooper (SDS), 14.21; 3. Reading (USC), 14.21; 4. R. Young (UCLA), 14.48.  
 400 HURDLES—1. Cooper (SDS), 50.93; 2. Hargrove (Stars & Stripes), 51.26; 3. K. Young (UCLA), 51.73; 4. Graham (USC), 52.24; 5. Sheffield (SDTC), 53.12.  
 3,000 STEEPCHASE—1. Vicencio (USIU), 9:03.79; 2. Sibley (UC Irvine), 9:03.90; 3. Lusitana (Jamul Toads), 9:07.26; 4. Mawhorter (USC), 9:10.06; 5. Martinez (Reebok), 9:11.84.  
 400 RELAY—1. USC (Morales, McCree, Dexter, Manning), 3:39.74; 2. Stars & Stripes, 40.24; 3. San Diego TC, 40.50; 4. UCLA, 40.66; 5. Occidental, 41.67; 6. USIU, 42.05.  
 800 RELAY—1. USC (Hedgepeth, Morales, Dexter, Manning), 1:22.39; 2. Stars & Stripes, 1:23.40; 3. San Diego St., 1:24.93.  
 1,600 RELAY—1. USC (Bunch, Graham, Hedgepeth, Morales), 3:08.43; 2. San Diego St., 3:09.16; 3. Stars & Stripes, 3:09.81; 4. UCLA, 3:13.06.  
 DISTANCE MEDLEY RELAY—1. UCLA "A" (Phillips, Washington, Junkermann, Butler), 9:45.45; 2. USC, 9:48.19; 3. San Diego St., 9:53.98; 4. UCLA "B", 9:56.63.

photo by Burt Davis



Bud Light women's 1500 meters: Jill Harrington (UCI) finished second, Elise Lyon (USC) finished third. Jennifer Dunn (Cal Poly SLO) on Harrington's right shoulder was the eventual winner.

HIGH JUMP—1. Kamaka (Ather), 6-10; 2. Conway (SDS), 6-10; 3. Patchett (USC), 6-10.

POLE VAULT—1. Klassen (USC), 16-9; 2. White (USC), 16-6; 3. Mike Kibort (UCLA), 16-0; 4. Mark Kibort (Converse), 16-0.

LONG JUMP—1. Mueller (Occidental), 24-2¼; 2. Harris (USC), 24-2¼; 3. Alarcon (SD Mesa), 23-11½.

TRIPLE JUMP—1. Kelley (Road Runner), 51-11; 2. Gary (unat), 51-6; 3. Washington (UCLA), 50-9¼; 4. Holiday (SDS), 49-9¼.

SHOTPUT—1. Frazier (UCLA), 61-9; 2. Banich (UCLA), 60-1¼; 3. Blutreich (SMTCT), 59-11¼; 4. Sundin (BYU), 59-3¼; 5. Sweeney (UCLA), 57-7¼.

DISCUS—1. Binley (Stars & Stripes), 199-4; 2. Kneisser (USC), 196-1; 3. Sundin (BYU), 180-8; 4. Blutreich (Santa Monica TC), 172-4; 5. Wilson (Santa Monica TC), 171-1; 6. Gallo (UCLA), 170-1.

HAMMER—1. Green (Mazda), 228-4; 2. Thiss (San Diego TC), 209-2; 3. Frazier (UCLA), 190-10; 4. Wilson (SMTCT), 190-7; 5. Meldrum (BYU), 189-3.

JAVELIN (old model)—1. Petranoff (unat), 303-1; 2. Goode (unat), 224-9; 3. Denton (All-American), 219-3; (New model)—1. Bender (SSTC), 238-2; 2. Collatz (SSTC), 222-8.

#### Women

100—1. Williams (USIU), 11.84; 2. Carpenter (CPSLO), 11.97; 3. Moon (SDS), 12.04; 4. McClain (USIU), 12.10; 5. Simmons (USC), 12.13.

800—1. Ross (SDS), 2:03.38; 2. York (USIU), 2:10.18; 3. Dowell (CPSLO), 2:12.56.

1,500—1. Dunn (CPSLO), 4:29.01; 2. Harrington (UC Irvine), 4:29.47; 3. Lyon (USC), 4:30.31.

5,000—1. White (CPSLO), 16:57.93; 2. Katterhagen (CPSLO), 17:03.03; 3. Bradley (SDS), 17:06.01; 4. Keller (Jamul Toads), 17:07.37; 5. Lohr (Valley), 17:18.06; 6. Minicler (CPSLO), 17:29.84.

100 HURDLES—1. Sheffield (SDS), 14.21; 2. Hanson (CPSLO), 14.39; 3. Bates (USC), 14.57; 4. Smith (SDS), 14.62; 5. Hidde (unat), 14.64.

400 HURDLES—1. Hagen (CPSLO), 60.95; 2. King (unat), 61.12.

photo by Burt Davis



Renee Ross of SDSU anchors winning 4x400 relay at Bud Light.



**Bud Light, cont.**

**400 RELAY**—T. USC (Mayberry, McCraw, Cabell, Simmons), 46:41; 2. San Diego St., 45:46; 3. USIU, 45:99.  
**800 RELAY**—1. USC (Mayberry, McCraw, Maxie, Simmons), 1:36:30; 2. San Diego St., 1:43:40.  
**1,600 RELAY**—1. San Diego St. (Hammans, Smith, Nilson, Ross), 3:42:49; 2. Cal Poly SLO, 3:43:98; 3. USC, 3:44:44; 4. USIU, 3:53:66.  
**3,200 RELAY**—1. USC (Bullard, Noll, Koelner, Lyon), 8:51:76; 2. Cal Poly SLO, 8:55:48.  
**HIGH JUMP**—1. McNeil (SSTC), 5-10; 2. Weigmann (CPSLO), 5-10; 3. Patterson (CS Northridge), 5-10.  
**LONG JUMP**—Brown (USC), 20-14.  
**TRIPLE JUMP**—1. Brown (USC), 41-7½; 2. Bates (USC), 41-0; 3. Ames (SDS), 39-4½; 4. Anderson (Spring Valley Mt. Miguel HS), 39-14.  
**SHOTPUT**—1. Adams (USC), 45-10½.  
**DISCUS**—1. Pagel (Mazda), 181-8; 2. Paris (USC), 163-6; 3. Dasse (Coast Athletics), 161-10; 4. Loshonkohl (SDS), 151-4; 5. Paquette (Cal Poly SLO), 149-10; 6. Standing (SDS), 143-0.  
**JAVELIN**—1. Moeller (SDTC), 161-7; 2. Bernstein (CPSLO), 160-7; 2. Woodard (CPSLO), 143-9.

**APC vs. PLC**

**March 1, Pt. Loma:**

**MEN:** 110 HH—Williams (Pt. Loma), 14:60; 2. Arnold (Azusa Pacific), 14:61. HJ—Nance (AP), 6-11. TJ—Kent (SP), 49-1. DT—Okoye (AP), 199-8. HJ—Maynard (AP), 228-9; 2. LaMasters (AP), 186-6. **TEAM SCORE**—Azusa Pacific 106, Pt. Loma 52.  
**WOMEN:** TJ—Terry (PL), 146-11. **TEAM SCORE**—Azusa Pacific 88, Pt. Loma 39.

**Long Beach Relays**

**March 1, Long Beach.**

**Community College Division - Men**  
**3000m Steeplechase:** 1. Flunan Cronin, C.Az, 9:24.0; 2. Phillip Coolie, C.Az, 9:31.5; 3. Jamie Legrand, Full., 9:35.8.  
**110m HH:** 1. Kenny Hall, Mt.Sac, 14.57; 2. Everett White, LB, 14.74; 3. Ken Thompson, C.Az, 15.11.  
**4 x 100m Relay:** 1. Long Beach 40.83; 2. Taft 40.84; 3. Central Arizona 41.14; 4. Pasadena 41.51; 5. Grossmont 42.37.  
**Distance Medley:** 1. Long Beach 10:08.0; 2. Santa Ana 10:08.9; 3. Central Arizona 10:11.5; 4. Fullerton 10:19.1; 5. Sequoias 10:25.8.  
**Sprint Medley:** 1. Taft 3:25.5; 2. Glendale 3:32.3; 3. Grossmont 3:35.0; 4. Cerritos 3:36.0; 5. Orange Coast 3:37.8.  
**4 x 800y Relay:** 1. Taft 7:47.8; 2. Mira Costa 7:52.4; 3. Grossmont 8:04.8; 4. Saddleback 8:06.8; 5. Merced 8:11.8.  
**400 Int.Hurdles:** 1. Aaron Wallace, LBCC, 52.99; 2. Kenny Hall, Mt.Sac, 53.33; 3. Brian Lumpkin, Mt.Sac, 54.33.  
**4 x 220y Relay:** 1. Central Arizona 1:23.9; 2. Taft 1:24.7; 3. Long Beach 1:24.9; 4. Pasadena 1:27.8; 5. Grossmont 1:31.4.  
**4 x Mile Relay:** 1. Central Arizona 17:21.8; 2. Santa Ana 17:53.3; 3. Glendale 17:55.7; 4. Grossmont 17:58.8; 5. Fullerton 18:04.5.  
**4 x 440y Relay:** 1. Central Arizona 3:12.7; 2. Taft 3:15.7; 3. Santa Ana 3:20.6; 4. Glendale 3:21.7; 5. Fullerton 3:23.9.  
**5000m:** 1. Lamont Yazzie, C.Az, 15:21.0; 2. Pete Nunez, Sequoias, 15:24.1; 3. Reginald Greene, LBCC, 15:27.5.  
**Long Jump:** 1. Everett White, LBCC, 23-10; 2. Billy Coleman, Taft, 22-8½; 3. Sean Sawyer, Santa Ana, 22-7½.

**Triple Jump:** 1. Mike Howard, Mira Costa, 48-4¼; 2. Mark Willis, El Camino, 47-2; 3. Lorenzo Demyers, Gold.W., 46-11¼.

**High Jump:** 1. Lorenzo Demyers, Gold.W., 6-8¼; 2. John Harris, LBCC, 6-6¼; 3. Leland Farrar, LBCC, 6-6¼.

**Pole Vault:** 1. Jeff Mulligan, LBCC, 16-0¼; 2. Stuart Lul, Orange C., 14-5¼; 3. Shannon Strippling, MiraC., 14-5¼.

**Shot Put:** 1. Tambi Wenj, LBCC, 55-10; 2. Mike Nishanian, LBCC, 53-3½; 3. Pat Kyle, Santa Ana, 51-4¼.

**Discus:** 1. Tambi Wenj, LBCC, 173-4; 2. Mike McVot, C.Az, 161-5; 3. Bill Charette, Seq., 145-10.

**Javelin:** 1. Reggie Maiveaux, Taft, 189-1; 2. Richard Wilhelm, Taft, 181-10; 3. Kevin Cummings, Saddle., 179-11.

**Community College Division - Women**  
**3000m:** 1. Pauline Stehly, MiraC., 10:35.5; 2. Joyce Cheruyiot, SMCC, 10:42.9; 3. Mich Arteaga, SMCC, 10:58.7.

**100m Hurdles:** 1. Sara Morton, Saddle., 15.39; 2. Richelle Frazier, ECC, 16.24; 3. Patricia Blackwell, SMCC, 16.27.

**4 x 100m Relay:** 1. Santa Monica 49.04; 2. Saddleback 51.77; 3. Glendale 51.90; 4. Mira Costa 54.26; 5. Long Beach 54.59.

**Distance Medley:** 1. East L.A. 12:05.4; 2. Mira Costa 12:38.2; 3. Orange Coast 12:45.7; 4. Chaffey 13:46.9; 5. Cerritos 13:47.9.

**Sprint Medley:** 1. Santa Monica 1:48.9; 2. Saddleback 1:56.8; 3. El Camino 1:58.8; 4. Mira Costa 1:59.8; 5. Long Beach 2:02.2.

**4 x 800y Relay:** 1. East L.A. 9:31.5; 2. El Camino 9:57.1; 3. Mira Costa 10:02.4; 4. Orange Coast 10:43.9; 5. Santa Monica 11:36.7.

**400m Hurdles:** 1. Vida Heard, El Camino 88.50; 2. Kimbra Macaulay, Glendale, 88.80; 3. Kimberly Lynk, Cerritos, 89.09.

**4 x 220y Relay:** 1. El Camino 1:45.9; 2. Saddleback 1:50.3; 3. Santa Monica 1:50.9; 4. Riverside 2:00.4.

**4 x Mile Relay:** 1. East L.A. 21:15.8; 2. Orange Coast 22:00.3.

**4 x 440y Relay:** 1. El Camino "A" 4:03.8; 2. El Camino "B" 4:07.8; 3. Cerritos 4:10.0; 4. East L.A. 4:10.8; 5. Orange Coast 4:34.7.

**5000m:** 1. Chavez, GoldenW., 15:21.0.  
**Long Jump:** 1. Kim Taylor, Full., 18-2; 2. Renita Robinson, El Camino, 18-1¼; 3. Sara Morton, Saddleback 17-1¼.

**Triple Jump:** 1. Kim Taylor, Full., 38-5½; 2. Renita Robinson, El Camino 38-4; 3. Demetrius Newman, El Camino 36-0¼.

**High Jump:** 1. Patricia Blackwell, SMCC, 5-5; 2. Kim Fluogel, Merced, 5-1; 3. Kelly Smith, Grossmont, 5-1.

**Shot Put:** 1. Shawn Roy, Santa Monica, 41-0¼; 2. Tonia Barnes, El Camino, 40-7¼; 3. Cheryl Jefferson, Mt.Sac., 38-0.

**Discus:** 1. Toyla Barnes, El Camino, 135-1; 2. Chris Barboza, Glendale, 134-5; 3. Kelley Wilson, Saddleback, 132-0.

**Javelin:** 1. Tricia Lunberg, Grossmont, 131-7; 2. Toyla Barnes, El Camino, 123-5; 3. Cheri Slater, Mt.Sac., 122-4.

**4 x 100m Relay:** 1. UCLA 15:7.8; 2. USC 15:7.8; 3. Cal State Fullerton 15:7.8; 4. Stanford 15:7.8; 5. Oregon 15:7.8; 6. Washington 15:7.8; 7. Michigan 15:7.8; 8. Texas A&M 15:7.8; 9. Florida 15:7.8; 10. Georgia Tech 15:7.8; 11. North Carolina 15:7.8; 12. Duke 15:7.8; 13. Wake Forest 15:7.8; 14. Virginia Tech 15:7.8; 15. Clemson 15:7.8; 16. South Carolina 15:7.8; 17. Auburn 15:7.8; 18. Alabama 15:7.8; 19. Mississippi State 15:7.8; 20. Arkansas 15:7.8; 21. Louisiana State 15:7.8; 22. Texas Tech 15:7.8; 23. Oklahoma State 15:7.8; 24. Iowa State 15:7.8; 25. Kansas State 15:7.8; 26. Missouri 15:7.8; 27. Nebraska 15:7.8; 28. Colorado State 15:7.8; 29. Utah State 15:7.8; 30. Wyoming 15:7.8; 31. Montana State 15:7.8; 32. Idaho State 15:7.8; 33. New Mexico State 15:7.8; 34. North Dakota State 15:7.8; 35. South Dakota State 15:7.8; 36. Iowa 15:7.8; 37. Wisconsin 15:7.8; 38. Illinois 15:7.8; 39. Indiana 15:7.8; 40. Ohio State 15:7.8; 41. Michigan State 15:7.8; 42. Penn State 15:7.8; 43. West Virginia 15:7.8; 44. Kentucky 15:7.8; 45. Tennessee 15:7.8; 46. Mississippi State 15:7.8; 47. Louisiana State 15:7.8; 48. Texas Tech 15:7.8; 49. Oklahoma State 15:7.8; 50. Kansas State 15:7.8; 51. Missouri 15:7.8; 52. Nebraska 15:7.8; 53. Colorado State 15:7.8; 54. Utah State 15:7.8; 55. Wyoming 15:7.8; 56. Montana State 15:7.8; 57. Idaho State 15:7.8; 58. New Mexico State 15:7.8; 59. North Dakota State 15:7.8; 60. South Dakota State 15:7.8; 61. Iowa 15:7.8; 62. Wisconsin 15:7.8; 63. Illinois 15:7.8; 64. Indiana 15:7.8; 65. Ohio State 15:7.8; 66. Michigan State 15:7.8; 67. Penn State 15:7.8; 68. West Virginia 15:7.8; 69. Kentucky 15:7.8; 70. Tennessee 15:7.8; 71. Mississippi State 15:7.8; 72. Louisiana State 15:7.8; 73. Texas Tech 15:7.8; 74. Oklahoma State 15:7.8; 75. Kansas State 15:7.8; 76. Missouri 15:7.8; 77. Nebraska 15:7.8; 78. Colorado State 15:7.8; 79. Utah State 15:7.8; 80. Wyoming 15:7.8; 81. Montana State 15:7.8; 82. Idaho State 15:7.8; 83. New Mexico State 15:7.8; 84. North Dakota State 15:7.8; 85. South Dakota State 15:7.8; 86. Iowa 15:7.8; 87. Wisconsin 15:7.8; 88. Illinois 15:7.8; 89. Indiana 15:7.8; 90. Ohio State 15:7.8; 91. Michigan State 15:7.8; 92. Penn State 15:7.8; 93. West Virginia 15:7.8; 94. Kentucky 15:7.8; 95. Tennessee 15:7.8; 96. Mississippi State 15:7.8; 97. Louisiana State 15:7.8; 98. Texas Tech 15:7.8; 99. Oklahoma State 15:7.8; 100. Kansas State 15:7.8; 101. Missouri 15:7.8; 102. Nebraska 15:7.8; 103. Colorado State 15:7.8; 104. Utah State 15:7.8; 105. Wyoming 15:7.8; 106. Montana State 15:7.8; 107. Idaho State 15:7.8; 108. New Mexico State 15:7.8; 109. North Dakota State 15:7.8; 110. South Dakota State 15:7.8; 111. Iowa 15:7.8; 112. Wisconsin 15:7.8; 113. Illinois 15:7.8; 114. Indiana 15:7.8; 115. Ohio State 15:7.8; 116. Michigan State 15:7.8; 117. Penn State 15:7.8; 118. West Virginia 15:7.8; 119. Kentucky 15:7.8; 120. Tennessee 15:7.8; 121. Mississippi State 15:7.8; 122. Louisiana State 15:7.8; 123. Texas Tech 15:7.8; 124. Oklahoma State 15:7.8; 125. Kansas State 15:7.8; 126. Missouri 15:7.8; 127. Nebraska 15:7.8; 128. Colorado State 15:7.8; 129. Utah State 15:7.8; 130. Wyoming 15:7.8; 131. Montana State 15:7.8; 132. Idaho State 15:7.8; 133. New Mexico State 15:7.8; 134. North Dakota State 15:7.8; 135. South Dakota State 15:7.8; 136. Iowa 15:7.8; 137. Wisconsin 15:7.8; 138. Illinois 15:7.8; 139. Indiana 15:7.8; 140. Ohio State 15:7.8; 141. Michigan State 15:7.8; 142. Penn State 15:7.8; 143. West Virginia 15:7.8; 144. Kentucky 15:7.8; 145. Tennessee 15:7.8; 146. Mississippi State 15:7.8; 147. Louisiana State 15:7.8; 148. Texas Tech 15:7.8; 149. Oklahoma State 15:7.8; 150. Kansas State 15:7.8; 151. Missouri 15:7.8; 152. Nebraska 15:7.8; 153. Colorado State 15:7.8; 154. Utah State 15:7.8; 155. Wyoming 15:7.8; 156. Montana State 15:7.8; 157. Idaho State 15:7.8; 158. New Mexico State 15:7.8; 159. North Dakota State 15:7.8; 160. 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Wyoming 15:7.8; 356. Montana State 15:7.8; 357. Idaho State 15:7.8; 358. New Mexico State 15:7.8; 359. North Dakota State 15:7.8; 360. South Dakota State 15:7.8; 361. Iowa 15:7.8; 362. Wisconsin 15:7.8; 363. Illinois 15:7.8; 364. Indiana 15:7.8; 365. Ohio State 15:7.8; 366. Michigan State 15:7.8; 367. Penn State 15:7.8; 368. West Virginia 15:7.8; 369. Kentucky 15:7.8; 370. Tennessee 15:7.8; 371. Mississippi State 15:7.8; 372. Louisiana State 15:7.8; 373. Texas Tech 15:7.8; 374. Oklahoma State 15:7.8; 375. Kansas State 15:7.8; 376. Missouri 15:7.8; 377. Nebraska 15:7.8; 378. Colorado State 15:7.8; 379. Utah State 15:7.8; 380. Wyoming 15:7.8; 381. Montana State 15:7.8; 382. Idaho State 15:7.8; 383. New Mexico State 15:7.8; 384. North Dakota State 15:7.8; 385. South Dakota State 15:7.8; 386. Iowa 15:7.8; 387. Wisconsin 15:7.8; 388. Illinois 15:7.8; 389. Indiana 15:7.8; 390. Ohio State 15:7.8; 391. Michigan State 15:7.8; 392. Penn State 15:7.8; 393. West Virginia 15:7.8; 394. 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South Dakota State 15:7.8; 511. Iowa 15:7.8; 512. Wisconsin 15:7.8; 513. Illinois 15:7.8; 514. Indiana 15:7.8; 515. Ohio State 15:7.8; 516. Michigan State 15:7.8; 517. Penn State 15:7.8; 518. West Virginia 15:7.8; 519. Kentucky 15:7.8; 520. Tennessee 15:7.8; 521. Mississippi State 15:7.8; 522. Louisiana State 15:7.8; 523. Texas Tech 15:7.8; 524. Oklahoma State 15:7.8; 525. Kansas State 15:7.8; 526. Missouri 15:7.8; 527. Nebraska 15:7.8; 528. Colorado State 15:7.8; 529. Utah State 15:7.8; 530. Wyoming 15:7.8; 531. Montana State 15:7.8; 532. Idaho State 15:7.8; 533. New Mexico State 15:7.8; 534. North Dakota State 15:7.8; 535. South Dakota State 15:7.8; 536. Iowa 15:7.8; 537. Wisconsin 15:7.8; 538. Illinois 15:7.8; 539. Indiana 15:7.8; 540. Ohio State 15:7.8; 541. Michigan State 15:7.8; 542. Penn State 15:7.8; 543. West Virginia 15:7.8; 544. Kentucky 15:7.8; 545. Tennessee 15:7.8; 546. Mississippi State 15:7.8; 547. Louisiana State 15:7.8; 548. Texas Tech 15:7.8; 549. Oklahoma State 15:7.8; 550. Kansas State 15:7.8; 551. Missouri 15:7.8; 552. Nebraska 15:7.8; 553. Colorado State 15:7.8; 554. Utah State 15:7.



## SFSU vs. UC Davis and CSU Fresno

March 8, San Francisco State Univ.

### Men's Results

**Hammer:** 1. Alderman, UCD, 44.54, 2. Clemmons, SFSU 29.35.

**Javelin:** 1. Koel, SFSU, 66.16, 2. Linn, SFSU, 49.08, 3. Rebattaro, SFSU, 45.20, 4. Gonzaga, SFSU 44.70, 5. Trask, UCD, 42.72, 6. Essam, UCD 30.78.

**Pole Vault:** 1. Avellar, UCD, 4.73, 2. Richmond, UCD, 4.57, 3. Lapp, UCD, 4.27.

**4 x 100 Relay:** 1. SFSU 42.8, 2. SFSU, 44.5, 3. UCD, 45.0.

**3000m Steeplechase:** 1. Anderson, UCD, 9:16.4, 2. McManus, SFSU, 9:19.1, 3. Anthony, UCD, 9:36.0, 4. Vicencio, UCD, 9:45.1, 5. Nelson, UCD, 9:57.3, 6. Simpson, SFSU, N.T.

**1500m Run:** 1. Kirk, SFSU, 3:54.8, 2. Naughton, UCD, 3:55.4, 3. Levangle, SFSU, 3:55.5, 4. Foley, UCD, 3:59.4, 5. Hansell, UCD, 3:59.6.

**110m HH:** 1. Goodell, Unat, 14.6, 2. McDaniel, SFSU, 15.0, 3. Devine, UCD, 15.3, 4. Crutchfield, UCD, 15.8, 5. Crain, SFSU 15.8, 6. Simmons, UCD, 16.3.

**Shot Put:** 1. Usher, SFSU, 14.09, 2. Alderman, UCD, 13.40, 3. Ullana, UCD, 11.84, 4. Linn, SFSU, 11.58, 5. Martin, UCD, 11.37.

**400m Dash:** 1. Woolburt, UCD, 49.3, 2. Farrell, SFSU, 49.3, 3. Perry, N.T., 4. Johnson, SFSU, 53.4, 5. Bebar, Unat., 55.1.

**Long Jump:** 1. Pony, SFSU, 6.87, 2. Haynie, SFSU, 6.68, 3. Lugo, UCD, 6.61, 4. Walter, UCD, 6.25.

**Discus:** 1. Martin, UCD, 44.78, 2. Bonesmith, Unat., 39.44, 3. Alderman, UCD, 38.16, 4. Ushem, SFSU, 37.95, 5. Absine, UCD, 34.12, 6. Bjorklund, UCD, 29.48.

**High Jump:** 1. Lewis, SFSU, 1.98, 2. Jordan, UCD, 1.93, 3. Ziegler, UCD, 1.93.

**400m Hurdles:** 1. McKittrick, SFSU, 53.4, 2. Devine, UCD, 53.7, 3. Crain, SFSU, 54.7, 4. Fredrickson, UCD, 55.8, 5. McGreson, UCD, 56.5, 6. Kraft, UCD, 58.6, 7. Howard, UCD, 61.2.

**800m:** 1. Gerhart, UCD, 1:52.2, 2. Noguera, SFSU, 1:55.1, 3. Stone, SFSU, 1:58.8, 4. Seales, UCD, 1:59.1, 5. Roche, UCD, 2:00.0.

**Triple Jump:** 1. Rory, SFSU, 14.50, 2. Walters, UCD, 13.41, 3. Haynie, SFSU, 13.29, 4. Martin, UCD, 13.07, 5. Desani, UCD, 12.88.

**100m:** 1. Devine, UCD, 10.9, 2. Cranford, UCD, 11.2, 3. McDonald, SFSU, 11.2, 4. Spears, UCD, 11.2, 5. Yeager, SFSU, 11.3,

6. Paterson, UCD, 11.6, 7. Hale, UCD, 11.6, 8. Ernest, UCD, 11.8.

**200m:** 1. Devine, UCD, 22.0, 2. Cranford, UCD, 22.1, 3. Peters, SFSU, 22.2, 4. Spears, UCD, 23.1, 5. Hale, UCD, 23.7, 6. Ernest, UCD, 24.3.

**5000m:** 1. Pappa, UCD, 15:00.3, 2. Hancock, UCD, 15:14.3, 3. Lavangle, SFSU, 15:17.1, 4. Overgaard, UCD, 15:26.5, 5. Bidleman, Sonoma, 15:40.4, 6. Richards, UCD, 15:58.4.

**4 x 440 Relay:** 1. UCD "A", 3:21.0, 2. SFSU "A", 3:21.8, 3. SFSU "B", 3:28.1, 4. SFSU "C", 3:30.1, 5. UCD "B", 3:41.7.

### Women's Results

**Long Jump:** 1. Compton, CSUF, 5.26, 2. Healy, CSUF, 5.02, 3. Arnold, UCD, 4.87, 4. McKinney, UCD, 4.61, 5. Henderson, SFSU, 4.39, 6. Fisher, UCD, 4.14.

**Shot Put:** 1. Jones, CSUF, 15.48, 2. Williams, CSUF, 12.74, 3. Self, SFSU, 11.62, 4. Mosley, CSUF, 11.50, 5. Thompson, UCD, 11.45, 6. Rimbenton, CSUF, 10.88.

**Triple Jump:** 1. Compton, CSUF, 10.83, 2. McKinney, UCD, 10.09, 3. Healy, CSUF, 9.54, 4. Henderson, SFSU, 9.04.

**5000m:** 1. Perry, UCD, 17:46.5, 2. Riedel, UCD, 18:26.1, 3. Montie, CSUF, 18:33.2, 4. Reese, UCD, 18:36.0, 5. Marsh, UCD, 19:17.4, 6. Revels, N.T.

**Javelin:** 1. Hyder, Unat., 44.82, 2. Healy, CSUF, 37.82, 3. Easter, UCS, 35.56, 4. Hotchkiss, SFSU, 28.02, 5. Williams, CSUF, 27.94.

**4 x 100m Relay:** 1. SFSU, 49.5, 2. CSUF, 50.2.

**Discus:** 1. Rumberger, CSUF, 42:55, 2. Mosley, CSUF, 40:47, 3. Williams, CSUF, 36:61, 4. Hotchkiss, SFSU, 31:70, 5. Thompson, UCD, 30:98, 6. Everson, UCD, 28:57, 7. Self, SFSU, 26:62.

**1500m:** 1. Buzza, CSUF, 4:41.3, 2. Fairman, CSUF, 4:45.3, 3. Lewis, CSUF, 4:51.1, 4. Wilson, UCD, 4:51.1, 5. Ogas, UCD, 4:54.9, 6. Bertucci, UCD, 4:55.0, 7. L. Fairman, CSUF, 5:08.4.

**100m Hurdles:** 1. Whitehead, SFSU, 14.6, 2. Budwig, CSUF, 14.7, 3. Dwyre, UCD, 17.5, 4. Wood, CSUF, 17.7.

**High Jump:** 1. Mendonca, CSUF, 1.68, 2. Berger, UCD, 1.63, 3. Heatzog, UCD, 1.53, 4. Wood, CSUF, 1.53.

**400m:** 1. Hardman, SFSU, 56.0, 2. Winder, CSUF, 58.5, 3. Nelson, CSUF, 59.2, 4. Dukes, SFSU, 61.5, 5. Ransome, UCD, 62.3, 6. Criddle, SFSU, 62.3.

**100m Dash:** 1. Boulware, CSUF, 12.2, 2. Green, SFSU, 12.2, 3. Freow, CSUF, 12.2, 4. Harold, UCD, 13.0, 5. Winning, UCD, 13.3, 6. Caruso, SFSU, 13.3.

**400m LH:** 1. Whitehead, SFSU, 1:05.3, 2. Kemp, UCD, 1:07.0, 3. Wood, CSUF, 1:08.0, 4. Helmes, SFSU, 1:11.9, 5. Kostaniecki, UCD, 1:13.7.

**800m:** 1. Stylos, SFSU, 2:15.7, 2. Lantberger, UCD, 2:17.4, 3. Tully, UCD, 2:18.5, 4. Buzza, CSUF, 2:19.4, 5. Spurlock, CSUF, 2:21.6, 6. Moss, UCD, 2:21.8.

**200m:** 1. Green, SFSU, 26.1, 2. Mendonca, CSUF, 26.1, 3. Freow, CSUF, 26.6, 4. Nelson, CSUF, 26.6, 5. Winder, CSUF, 26.7, 6. Caruso, SFSU, 27.0.

**3000m:** 1. Dyer, CSUF, 10:10.6, 2. Fairman, CSUF, 10:14.5, 3. Perry, UCD, 10:15.9, 4. Ogas, UCD, 10:21.2, 5. Bentucci, UCD, 10:29.0, 6. Boltano, SFSU, 10:35.4.

**4 x 440 Relay:** 1. CSUF "A", 4:02.3, 2. SFSU, 4:08.7, 3. UCD, 4:10.8, 4. UCD "B", 4:23.9, 5. SFSU "B", 4:34.0.

## Arizona vs USC Men's T & F

March 6, Rincon Vista Stadium, Tucson.

**4 x 100m Relay:** 1. Southern California 39.86, 2. Arizona 40.13.

**Hammer Throw:** 1. John Wollitarsky, USC, 212-2MR, 2. Jeff Kramer, AZ, 142-6, 3. Craig Gelfound, AZ, 107-2.

**Shot Put:** 1. Bernard Kneissler, USC, 55-11, 2. Wait D3eJean, USC, 50-1 1/4, 3. Joe Tofflemeyer, AZ, 49-4.

**3000m Steeplechase:** 1. Aaron Ramirez, AZ, 8:51.72, 2. James Maxwell, AZ, 9:00.99, 3. Romney Mawhorter, USC, 9:11.75.

**110m HH:** 1. Frank Barnett, AZ, 13.91, 2. Robert Reading, USC, 14.22, 3. Karl Blade, AZ, 14.49.

**1500m Run:** 1. Joey Bunch, USC, 3:50.38, 2. Andre Woods, AZ, 3:51.61, 3. Kris Norton, AZ, 3:53.56.

**Long Jump:** 1. Mike Harris, USC, 23-7 1/4, 2. Willie Bell, AZ, 23-4, 3. Lyle Dunbar, AZ, 23-2 1/4.

**High Jump:** 1. Maurice Crumby, AZ, 7-4 1/4 MR, 2. Brian Patchett, USC, 6-10 1/4, 3. Mike Gonzales, USC, 6-8 1/4.

**Javelin:** 1. Craig Gelfound, AZ, 207-2, 2. Mike Gonzales, USC, 199-7, 3. Bob Healey, USC, 187-10.

**400m:** 1. Mel Hedgepeth, USC, 47.69, 2. Michael Davidson, AZ, 48.08, 3. Terry Ivey, USC, 48.21.

**100m:** 1. Antonio Manning, USC, 10.49, 2. Mike Dexter, USC, 10.57, 3. Ray Brown, AZ, 10.64.

**Pole Vault:** 1. Eric White, USC, 16-6, 2. Steve Klassen, USC, 15-7, 3. Doug Wicks, USC, 15-7.

**800m:** 1. Doug Herron, AZ, 1:51.7, 2. Eric Schemmerhorn, USC, 1:52.4, 3. Roderick Clarke, AZ, 1:52.9.

**400m Hurdles:** 1. Michael Graham, USC, 52.09, 2. John Byrne, AZ, 52.69, 3. James Knowles, USC, 54.19.

**Triple Jump:** 1. Mark Triplett, AZ, 50-1 1/4, 2. Greg Harper, USC, 49-0 1/4, 3. Maurice Crumby, AZ, 47-2 1/4.

**200m:** 1. Antonio Manning, USC, 21.37, 2. Mel Hedgepeth, USC, 21.65, 3. Lucius Miller, AZ, 21.71.

**Discus:** 1. Bernard Kneissler, USC, 189-11, 2. Rick Luiten, USC, 170-11, 3. Mark Walczak, AZ, 161-7.

**5000m:** 1. Matt Giusto, AZ, 14:46.82, 2. Keith Morrison, AZ, 14:58.61, 3. Roman Gomez, USC, N.T.

**4 x 400m Relay:** 1. USC 3:11.70, 2. Arizona 3:12.03.

**Team Scores:**  
1. USC 97, 2. Arizona 66.



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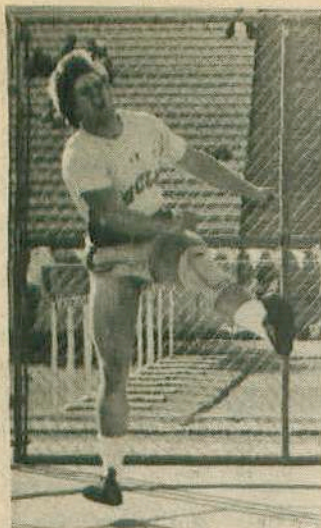
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JIM BANICH

## Arizona State vs UCLA Men's T & F

### March 8, Rincon Vista Stadium, Tucson.

**1500m:** 1. Tom Grewe, UCLA, 3:55.12, 2. Jim Gaffield, UCLA, 3:59.84, 3. Cushing-Murray, UCLA, 4:01.86.

**110m HH:** 1. Raymond Young, UCLA, 14.28, 2. Mark Boyd, ASU, 14.31, 3. Kevin Young, UCLA, 14.41.

**3000m Steeplechase:** 1. Mark Junkermann, UCLA, 8:51.30, 2. Gary Geyer, ASU, 9:09.21, 3. Jim Ortiz, UCLA, 9:19.53.

**4 x 100m Relay:** 1. Arizona State 39.8, 2. UCLA 40.4.

**Hammer:** 1. David Ryer, ASU, 205-11MR, 2. Terry Payne, ASU, 196-2, 3. John Frazier, UCLA, 181-3.

**400m:** 1. Danny Everett, UCLA, 47.06, 2. John Stanich, UCLA, 47.87, 3. Anthony Washington, UCLA, 48.04.

**Shot Put:** 1. Jim Camp, ASU, 62-10 1/2 MR, 2. John Frazier, UCLA, 62-8 3/4, 3. Jim Banich, UCLA, 61-1 1/2.

**Long Jump:** 1. Mike Powell, UCLA, 24-4 1/4, 2. Darryl Henley, UCLA, 23-4, 3. David Barla, ASU, 22-10.

**High Jump:** 1. Troy Haines, UCLA, 6-10 1/4, 2. Dan Zimmerman, UCLA, 6-8 3/4, 3. Viktor Nehring, UCLA, 6-6 1/4.

**Javelin:** 1. Jim Connolly, UCLA, 197-8, 2. Carl MacMahon, UCLA, 196-1, 3. David Barla, ASU, 195-8.

**100m:** 1. Michael Marsh, UCLA, 10.64, 2. Willie Anderson, UCLA, 10.70, 3. Laurence Burkley, UCLA, 10.96.

**Pole Vault:** 1. Mike Johnson, UCLA, 16-0 1/4, 2. Brandon Richards, UCLA, 15-7, 3. Mike Kibort, UCLA, 15-1.

**800m:** 1. John Phillips, UCLA, 1:51.49, 2. Andy Sims, UCLA, 1:51.86, 3. Tom Thomas, ASU, 1:59.96.

**400m Hurdles:** 1. Raymond Young, UCLA, 53.88, 2. Mario Peschiera, ASU, 54.66, 3. Anthony Cowen, ASU, 56.18.

**200m:** 1. Mike Powell, UCLA, 22.07.

**Triple Jump:** 1. Mike Powell, UCLA, 50-4, 2. Darryl Henley, UCLA, 47-6 1/4.

**Discus:** 1. Jim Banich, UCLA, 190-10MR, 2. Peter Thompson, UCLA, 189-5, 3. Matt Gallo, UCLA, 180-6.

**5000m:** 1. Jon Butler, UCLA, 14:56.76, 2. Joe Nitti, UCLA, 14:58.91, 3. Dan Fisher, ASU, 15:08.28.

**4 x 400m Relay:** 1. UCLA 3:09.50, 2. ASU 3:11.08.

#### Team Scores:

1. UCLA 126, 2. ASU 32.

## Los Angeles Relays

### March 15, Cal State L.A.

#### Men's Results

**Jr. College & Masters Javelin:** 1. Shaun Denton (All-Amer TC) 208-2, 2. Neil Leonard (Glendale CC) 171-6, 3. Nick Capone (Long Beach CC) 189-5, 8. Ron Rock (Trojans Masters TC) 133-1.

**3000m Steeplechase:** 1. Mike Mazier (Purdue) 9:16.0, 2. Danny Martinez (Reebok RC) 9:16.0, 3. Paul Gianetto (CPP) 9:39.9.

**110m HH:** (Race 1) 1. Phil Williams (Pt. Loma) 14.48, 2. Derek Knight (UCLA) 14.49, 3. Art Sims (CSLA) 14.70. (Race 2) 1. Amaeou Ba (Unat) 14.6h, 2. Wayne Lilly (Cal Lutheran) 15.58, 3. Kris Andersson (Pt. Loma) 15.74. (Race 3) 1. Aaron Wallace (LBCC) 14.11, 2. Kirk Williams LA Vly Col N.T., 3. Morrice Givchand (LAVC) 15.75. (Race 4) 1. Dave Johnson (AP) 14.68, 2. Mike Gonzalez (USC) 14.98, 3. Steve Uhrich (JofPort.) N.T.

**400m Relay:** 1. Long Beach City College 40.2h, 2. Pasadena City College 41.93, 3. Cal Poly Pomona 42.06.

**Pole Vault:** 1. Bill King (All-Am TC) 14-6, 2. Robinson (CPP) 14-0, 3. Kevin Korhuis (AP) 14-0.

**Javelin:** (New Javelin) 1. D. Fernandez (Conv) 201-5, 2. Jim Barnish (Unat) 198-9, 3. Heinz Hinrichs (LATC) 190-1.

**Hammer:** 1. Bill Green (Mazda TC) 240-5SR, 2. Jim Thiss (San Diego TC) 213-8, 3. Christian Okoye (AP) 206-3.

**Distance Medley Relay:** 1. Cal State L.A. 10:11.9SR, 2. Cal Poly Pomona 10:23.3, 3. Glendale CC 10:29.3.

**400m:** 1. David Boyd (AP) 47.9, 2. Vince Stewart (CPP) 48.2, 3. Bruce Ward (Georgetown) 49.1. (Race 2) 1. Darron Outlen (Georgetown) 48.9, 2. Terry Jackson 48.9, 3. Dennis Betcar (UCLA) 49.5. (Race 3) 1. Witherspoon 49.6, 2. Sam

Stptis (Purdue) 49.6, 3. Bob Leonardo 49.9. (Race 4) 1. Sean Fennessy (CPP) 52.8, 2. Koolsberg (Unat) 54.2, 3. Hernandez (Oxnard) 55.8. (Race 5) 1. Marvin Brown (LBCC) 47.0, 2. Benjie Green (LAVC) 47.8, 3. Alonzo McGee (Glendale CC) 48.8.

**High Jump:** 1. Ron Lee (CSLA) 6-4, 2. Leland Farrar (LBCC) 6-4, 3. Viltator Nehring (UCLA) 6-4.

**1500m:** (Race 1) 1. Ralph Garibaldi (UCIrvine) 3:51.3, 2. Mundo (Unat) 3:51.8, 3. Mike Parkinson (addidas) 3:52.2. (Race 2) 1. Dean Miller (Vision Quest) 3:58.8, 2. Jim Grelle (Georgetown) 4:01.7, 3. Nils Miller (Oxy) 4:02.2. (Race 3) 1. J.P. Hall (Irvine) 3:55.5, 2. Greg Rattjak (Irvine) 3:56.8, 3. Rick Dodson (Irvine) 3:58.2. (Race 4) 1. Roman Gomez (Unat) 4:00.3, 2. Ed Dailey (Unat) 4:04.5, 3. Reginald Green (LBCC) 4:06.9. (Race 5) 1. Mitch Dougan (CSFullerton) 4:03.8, 2. Abel Mota (CPP) 4:03.8, 3. Shawn Sinclair (CPP) 4:04.2.

**4 x 800m Relay:** 1. Long Beach City 8:04.0, 2. UC Riverside 8:09.2.

**Discus:** 1. Greg Retzer (CSLA) 137-9, 2. Harry Kohart (Unat) 137-2, 3. Rger (RCC) 134-8.

**Triple Jump:** 1. Ralph Milton (Unat) 46-0 3/4, 2. Darryl Taylor 44-8, 3. Rameil Baabu (Glendale CC) 42-6.

**400m IH:** 1. James Stephenson (Portland) 52.8, 2. Steve Ulrich (Portland) 58.3, 3. Peter Sovaralian (LAVC) 58.7.

**5000m:** 1. Dave Daniels (Conv) 15:09.8, 2. Robb Arsenault (CSLA) 15:17.3, 3. Mark Castro (UC Riverside) 15:27.5.

#### Women's Results

**Shot Put:** 1. Celeste Paquette (CPSLO) 43-6 1/4, 2. Michelle Olivera (CSLA) 43-6 1/4, 3. Janet Nicolls (CPP) 42-8.

**100m Hurdles:** (Race 1) 1. Shirley Walker (PumaTC) 14.19, 2. Gail Wilson (USC) 14.50, 3. Princess Cooper (CstAth) 15.01. (Race 2) 1. June White (Unat) 14.93, 2. Trudi Johnson (LAVC) 15.19, 3. Karen Geastin (USIU) 15.59.

**High Jump:** 1. Lori Clark (CstAth) 6-0, 2. Yvette Maufras (CSLA) 5-8, 3. Patricia Blackwell (SMCC) 5-4.

**400m Relay:** 1. Glendale CC 51.61, 2. Santa Monica CC 51.80, 3. Cal Poly Pomona 41.94.

**Distance Medley Relay:** 1. Puma TC 12:36.9, 2. Pomona 13:02.0, 3. Long Beach CC 15:12.1.

**Javelin:** 1. Cathie Wilson (Unat) 161-0, 2. Dodie Campbell (ArizSt) 153-10, 3. Michelle Olivera (CSLA) 141-11.

**1500m:** 1. Maria Rollins (Unat) 4:35.4, 2. Beth McGrann (Irvine) 4:35.8, 3. Ellie Carey (CPP) 4:35.8.

**4 x 800m Relay:** 1. Azusa Pacific 9:52.2, 2. Cal Poly Pomona 10:19.2.

**400m:** (Race 1) 1. Gutowski (LA Merc) 57.0. (Race 2) 1. Gage (USIU) 60.6, 2. Musch (USIU) 61.3, 3. Loebis (LAVC) 61.4.

**Long Jump (Flight 1):** 1. Yolanda Fletcher (USC) 16-6 1/4, 2. Tina Glenn (Unat) 16-2, 3. Shawn Lawson (Unat) 16-2. Flight 2) 1. Maureen Wiley (CstAth) 18-1, 2. Cheryl Hernandez (USIU) 17-4 1/4, 3. Patricia Blackwell (SMCC) 16-10 1/4.

**3000m:** 1. Kim Stewart (LAVC) 9:59.0, 2. Claudia Crawford (Pomona Pitzer) 11:37.3, 3. Anna Beplatt (Pomona Pitzer) 13:10.4.

## Stanford/Army/ CSU-Bakersfield/ San Francisco Track & Field

### March 15, Stanford Stadium.

#### Men's Results

**Hammer:** 1. Robert Missio, CSB, 180-5, 2. Brian Buss, Stanford, 166-5, 3. Jeff Crow, CSB, 159-10.

**Pole Vault:** Cancelled due to rain.

**3000m Steeplechase:** 1. Dave Fleece, Army, 9:28.9, 2. Dave Rees, Stanford, 9:40.5, 3. Rick Tanner, Stanford, 9:46.7.

**High Jump:** Cancelled due to rain.

**Long Jump:** 1. Keith Powell, CSB, 22-5 1/2, 2. Glenn Rory, SFS, 22-5, 3. Bob Peller, Army, 22-2 1/4.

**Javelin:** 1. Steve Koel, SFS, 211-5, 2. Craig Young, Army, 169-4, 3. Fred Mondragon, Stanford, 167-5.

**400m Relay:** 1. Stanford, 42.2, 2. San Francisco State, 43.0, 3. CSU-Bakersfield, 43.5.

**Triple Jump:** Cancelled due to rain.

**1500 Meters:** 1. Jeff Atkinson, Stanford, 3:50.4, 2. Steve Schadler, Stanford, 3:54.1, 3. Mica Comstock, Army, 3:55.8.

**Shot Put:** 1. Marc Taylor, Army, 50-1 1/2, 2. Jim Piggott, Army 48-2, 3. Jeff Crow, CSB, 47-7 1/4.

**110m Hurdles:** 1. Kraig Sanders, Stanford, 14.4, 2. Ron Lee, CSB, 14.8, 3. Robert McDaniel, SFS, 15.0.

**400 Meters:** 1. John Farrell, SFS, 49.8, 2. Tommy Barber, CSB, 50.1, 3. James Browne, Stanford, 50.8.

**100 Meters:** 1. Noah Croom, Stanford, 11.1, 2. Mike Peter, SFS, 11.1, 3. Darryl Duke, SFS, 11.1.

**800 Meters:** 1. Christian Skoog, Stanford, 1:51.2, 2. Brian Conolly, Stanford, 1:52.2, 3. Tom Szoka, Army, 1:54.6.

**400m Inter. Hurdles:** 1. Brian McKittrick, SFS, 54.0, 2. Kraig Sanders, Stanford, 54.2, 3. Matt Sebnoler, Army, 54.5.

**200 Meters:** 1. Noah Croom, Stanford, 22.8, 2. Tommy Barber, CSB, 23.0, 3. Richard Busby, Stanford, 23.8.

**Discus:** 1. Glenn Schneider, Stanford, 160-7 1/4, 2. Mark House, Army, 156-11, 3. Marc Taylor, Army, 146-9.

**5000 Meters:** 1. Ryan Stoll, Stanford, 14:41.7, 2. James Alborough, Stanford, 14:44.2, 3. John Nelson, Army, 14:49.5.

**1 Mile Relay:** 1. Stanford, 3:19.9, 2. San Francisco State 3:23.3.

**Team Scores:**  
1. Stanford 82, 2. Army 45.  
1. Stanford 88, 2. CSU-Bakersfield 44.  
1. Stanford 88, 2. San Francisco State 39.

**Women's Results**  
**Javelin:** 1. Denise Gaztambide, Stanford, 138-0, 2. Regina Weinphal, Army, 132-5, 3. Maria Leavens, CSB, 118-8.

**Long Jump:** 1. Marilyn Gibbs, Army, 17-8, 2. Shann Kern, CSB, 17-8 1/4, 3. Michelle Whipper, CSB, 16-7 1/4.

**Shot Put:** 1. Regina Weinphal, Army, 43-6, 2. Kim Ehlund, Army, 42-8 1/2, 3. Maria Leavens, CSB, 41-8 1/4.

**High Jump:** 1. Denise Gaztambide, Stanford, 5-4, 2. Benita White, Stanford, 5-4, 3. Sara Bienkowski, Army, 5-2.

**3000 Meters:** 1. Ceci Hopp, Stanford, 9:46.8, 2. Tracy Schofield, CSB, 10:37.1, 3. Colleen Ladrew, SFS, 11:20.4.

**400 Meter Relay:** 1. San Francisco State 48.9, 2. CSU-Bakersfield 50.5.

**Triple Jump:** Cancelled due to rain.

**1500 Meters:** 1. Christa Curtin, Stanford, 4:38.5, 2. Sigi Denny, Army, 4:46.8, 3. Melya Stylos, SFS, 4:49.4.

**100m Hurdles:** 1. Ruth Whitehead, SFS, 14.6, 2. Shann Kern, CSB, 14.7, 3. Monique Peres, SFS, 15.3.

**400 Meters:** 1. Marilyn Gibbs, Army, 58.4, 2. Rachel Wiesen, Stanford, 60.4, 3. Jennifer Criddle, SFS, 60.7.

**100 Meters:** 1. Monique Anthony, CSB, 12.5, 2. Michelle Whipper, CSB, 13.1, 3. Gina Caruso, SFS, 13.2.

**800 Meters:** 1. Jackie Hardman, SFS, 2:18.9, 2. Jacque King, CSB, 2:18.4, 3. Kathy Douglas, CSB, 2:22.5.

**400m Inter. Hurdles:** 1. Dawn Wilson, Stanford, 66.4, 2. Shann Kern, CSB, 1:10.7, 3. Lisa Cooper, CSB, 1:11.4.

**200 Meters:** 1. Stacey Green, SFS, 25.6, 2. Monique Anthony, CSB, 25.8, 3. Beverly Dukes, SFS, 26.7.

**5000 Meters:** 1. Kim Stevens, Stanford, 17:18.1, 2. Teresa Soblesk, Army, 17:24.3, 3. Amy Blanchard, Army, 17:49.1.

**1 Mile Relay:** 1. San Francisco State 4:09.2, 2. CSU-Bakersfield 4:18.1.

**Discus:** 1. Karen Nickerson, Stanford, 163-9, 2. Morgyn Warner, Stanford, 123-6 1/4, 3. Carrie Hotchkiss, SFS, 111-1 1/2.

**Team Scores:**  
1. Stanford 68, 2. Army 38.  
1. CSB-Bakersfield 73 1/2, 2. Stanford 60 1/2.  
1. Stanford 72, 2. San Francisco State 59.

photo by Jim Reynolds



JOHN PHILLIPS



# Road Racing Results

## The Great Race Of Agoura

January 25, Agoura, 5K & 10K.

**Overall Results - Men's 5K**

1 Ron Ysais	15:36
2 Steve Brummell	15:52
3 Chris Spitz	15:58
4 Frank Paters	16:05
5 Paulo Burroughs	16:11

**Overall Results - Women's 5K**

1 Christy Farrell	17:55
2 Connie McCarthy	18:43
3 Judy Kewley	19:08
4 Andrea Della Monica	19:37
5 Deena Drossin	20:00

**Division Results - Men's 5K**  
**10 & Under:** 1. Michael Steussie 21:36, 2. Richard Billingsley 22:54, 3. Ken Godsey 22:58, 11-12: 1. Brian Godsey 20:20, 2. Scott Schelmann 21:17, 3. Michael Schumacher 21:46. **13-15:** 1. Chris Harris 17:35, 2. Tracy Bradfield 17:44, 3. Tim Gutierrez 18:21. **16-18:** 1. Doug Lynch 16:52, 2. Richard Moreno 17:16, 3. Greg Bull 17:27. **19-24:** 1. Ron Ysais 15:36, 2. Chris Spitz 15:58, 3. Paul Burroughs 16:11. **25-29:** 1. Steve Brummell 15:52, 2. Frank Peters 16:05, 3. Kim Reedy 16:12. **30-34:** 1. Ken Gerry 16:34, 2. Greg Edwards 16:34, 3. Mike Busch 17:23. **35-39:** 1. Phillip Delacera 16:45, 2. Fred Doubell 16:58, 3. Jay Uretsky 17:05. **40-44:** 1. Jack Farrell 17:57, 2. Ted Eggleston 18:06, 3. Joe Jacobson 18:20. **45-49:** 1. Dave Wheeler 18:09, 2. Jerry Van Meter 20:04, 3. Walt Bird 21:00. **50-54:** 1. Roger Bartlett 20:32, 2. Phillip Mareno 20:46, 3. Michael Shea 21:25. **55-59:** 1. Jerry Withers 18:42, 2. Leonard Walts 19:33, 3. Will Robinson 20:23. **60-64:** 1. Stan Neufeld 21:51, 2. Robert Albin 25:03, 3. Don Ellis 26:12. **65 & Over:** 1. Phil Jones 22:04.

**Division Results - Women's 5K**  
**10 & Under:** 1. Amy Skiersz 23:00, 2. Jamee Rich 25:31, 3. Lule Aydin 25:42. **11-12:** 1. Deen Drossin 20:01, 2. Noelle Loomis 25:41, 3. Jennifer Simon 27:21. **13-15:** 1. Andrea Della Monica 19:00, 2. Terri Branlec 23:04, 3. Sharona Schumacher 23:25. **16-18:** 1. Christy Farrell 17:55, 2. Irene Lewis 21:58, 3. Joy Hines 27:27. **19-24:** 1. Lori Zackula 20:35, 2. Lisa Rose 22:46, 3. Andrea Behm 23:56. **25-29:** 1. Heidi Stacer 22:16, 2. Caprice Settles 22:31, 3. Maryanne Wolfson 23:04. **30-34:** 1. Connie McCarthy 18:42, 2. Nina Reyer 23:43, 3. Melanie Nankivell 24:59. **35-39:** 1. Terri Goodreau 20:08, 2. Sharon Grant 21:16, 3. Wendy Jurutka 23:08. **40-44:** 1. Judy Kewley 19:03, 2. Joyce Parkel 21:38, 3. Carol Dougherty 24:00. **45-49:** 1. Ruth Hemnink 21:43, 2. Barbara Camp 24:15, 3. Carole Duffy 24:56. **50-54:** 1. Jane McMickle 26:17. **55-59:** 1. Patricia Pruitt 25:17, 2. Doris Gordon 25:36, 3. Dorothy Schoepner 34:00. **60-64:** 1. Dais Wong 26:56, 2. Jane Frankman 32:50.

**Overall Results - Men's 10K**

1 Steve Blum	32:24
2 Neff McGhie	33:53
3 Ken Lemuis	34:41
4 Adrian Ruiz	35:02
5 Bryan Dameworth	35:19

**Overall Results - Women's 10K**

1 Denise Ball	38:33
2 Conni McCarthy	39:42
3 Madeline Villarras	39:56
4 Judy Kewley	39:52
5 Vicki Eyre	40:56

**Division Results - Men's 10K**  
**12 & Under:** 1. Andrew Ella 40:24, 2. Shane Maloney 52:24, 3. Vicent McElwain 54:13. **13-15:** 1. Bryan Dameworth 35:19, 2. An-

draw Boudreau 36:48, 3. Tom Bibbs 38:11. **16-18:** 1. Neff McGhie 33:53, 2. Adrain Ruiz 35:02, 3. Peter Oviatt 35:49. **19-24:** 1. Phil Hood 36:49, 2. Jonathan Host 41:15, 3. Daniel Williams 41:18. **25-29:** 1. Ken Lemus 34:41, 2. Ed Kitchen 35:33, 3. John Frankman 35:36. **30-34:** 1. Steve Blum 32:24, 2. Art Ling 35:52, 3. Ken Gerry 36:10. **35-39:** 1. Jay Uretsky 35:54, 2. Jim Hughes 36:07, 3. Phillip Delacera 36:43. **40-44:** 1. Bob Millam 36:53, 2. Roger Patrick 37:11, 3. Jason Stevens 37:50. **45-49:** 1. Edmund Fantino 37:56, 2. Dane Wheeler 38:05, 3. Skip Witt 39:17. **50-54:** 1. Jim Frankan 41:29, 2. Lloyd Webster 43:50, 3. Leo Lowe 44:01. **55-59:** 1. Robert Strobel 44:00, 2. Sam Deivca 46:27, 3. Tad Fiyloka 47:40. **60-64:** 1. Marvy Kelicker 47:38, 2. Robert Albin 55:36, 3. William Buckley 59:58.

**Division Results - Women's 10K**  
**12 & Under:** 1. Erin Noonan 57:39, 2. Gracielle Alacar 1:01. **13-15:** 1. Diane Williamson 55:00. **16-18:** 1. Kim Gluckman 44:31, 2. Christy Craig 52:33, 3. Julie Surant 53:35. **19-24:** 1. Denise Ball 38:33, 2. Madeline Villarras 39:00, 3. Teri Ingram 42:36. **25-29:** 1. Kathy Roucz 43:30, 2. Andrea Richetts 45:40, 3. Carol Adragna 46:25. **30-34:** 1. Conni McCarthy 39:42, 2. Vicki Eyre 40:50, 3. Karen Willis 45:42. **35-39:** 1. Vickie Prater 47:05, 2. Lauranne Howard 48:10, 3. Irma Whitely 49:58. **40-44:** 1. Judy Kewley 39:52, 2. Marie Stevenson 44:26, 3. Joyce Parkel 44:58. **45-49:** 1. Deborah Brown 48:15, 2. Darlene Peterson 49:24, 3. Cathy Kaeller 51:47. **50-54:** 1. Jane Dods 51:05, 2. Lynne Hurrell 51:30, 3. Beverly Twigg 52:00. **55-59:** 1. Bea House N.T.

## Bakersfield Marathon and Half Marathon


February 1, Bakersfield.

**Overall Results - Marathon**

1 Max White (30-39) Bakersf	2:39:39
2 Jim Rocha (30-39) Aibuq, NM	2:40:30
3 Craig Newport (30-39) Visalia	2:43:11
4 Dennis Hoffman (30-39) SunVly	2:48:34
5 Gill Cornell (30-39) Ridgecrest	2:50:59
6 George Ortiz (13-18) Wasco	2:51:47
7 Larry Pruitt (30-39) Bakersf	2:52:07
8 John Holton (19-29) Fullerton	2:54:45
9 Scott Hislop (19-29) Bakersf	2:55:50
10 Kelly Tiffley (30-39) PasoRob	2:56:13
11 Roger Sebert (40-49) Visalia	3:05:40
12 Leo Marquez (40-49) Bakersf	3:06:06
13 Dorsh Sanders (40-49) Bakersf	3:11:46
20 Jack Eberly (50-59) Bakersf	3:30:01
21 Brenda Villanueva (19-29) Bksf	3:30:54
24 Bill Norris (60&O) Ridgecrest	3:32:58
37 Debbie Raygoza (19-29) Baksf	4:03:56
41 Nelda Higgins (40-49) Baksf	4:57:00
42 Carl Schmiel (30-39) Tehchpi	5:26:58

**Overall Results - Half Marathon**

1 Marty Higginbotham (19-29) Vis	1:09:51
2 Jimmy Aguilar (30-39) Delano	1:16:19
3 Eli Gonzalez (13-18) Bakersf	1:16:39
4 Manuel Velasquez (13-18) Shaf	1:16:54
5 Adrian Huerta (19-29) Lindsay	1:17:30
6 Frank Padilla (40-49) Visalia	1:18:32
7 Robert Rodriguez (30-39) McFar	1:18:45
8 Alex Miranda (19p29) Covina	1:19:25
9 Robert Stephenson (30-39) Visa	1:19:53
10 Mario Lopez (19-29) Bakersf	1:20:28
11 Ron Ryan (13-18) Ridgecrest	1:20:31
12 Damian Lopez (13-18) Bakersf	1:20:58
13 Ron Lessley (19-29) McFarland	1:21:20
14 Doug Byrke (19-29) Bakersf	1:21:35
15 Keith Pautz (30-39) Northridge	1:21:53



# PUMA

proudly presents the

## 28th ANNUAL MT. SAC RELAYS

### April 19-27, 1986

Last year the PUMA-MT. SAC RELAYS again led all other major U.S. Track and Field Relay meets in performances.

A comparison of results at Penn, Drake, Florida, Kansas, and Texas Relays show MT. SAC with our nation's best marks in the following events:

MEN		
100 M	Carl Lewis (SMTC)	9.90
200 M	Kirk Baptiste (U.Houston)	20.04
400 M	Ray Armstead (Accusplit)	45.33
800 M	James Robinson (Innercity)	1:47.41
5,000 M	Mauricio Gonzales (Mexico)	13:22.37
10,000 M	Ed Eyestone (BYU)	27:41.05
Shuttle Hurdles	Stars & Stripes TC	55.06
Decathlon	Mike Ramos (U.Wash.)	8,295 pts.
Hammer	Declan Hagerty (Ireland)	255'3"
Javelin	Tom Petranoff (Ath.West)	295'1"
Shot Put	Greg Tafrales (SSTC)	69'2 1/4"
Discus	Greg McSeveney (SSTC)	217'4"
Pole Vault	Mike Tully (NYAC)	18'10 1/4"
Triple Jump	Willie Banks (LATC)	56'1 1/4"

WOMEN		
100 M	Merlene Ortey-Page (LATC)	10.92
400 M	Renee Ross (San Diego St.)	52.24
3,000 M	Ruth Wysoki (Brooks RT.)	8:59.75
10,000 M	Lisa Martin (Australia)	32:34.15
Long Jump	Carol Lewis (U.Houston)	22'8 1/4"
Javelin	Tuula Laaksalo (Finland)	201'4"
Shot Put	Ramona Pagel (Unat.)	61'4 1/4"
Discus	Carol Cady (Unat.)	203'11"
10K Walk	Ester Lopez (SCRR)	49:48.8

NOTE: Wind readings are not considered in the tabulation of marks from any of the major U.S. Track and Field Relay Carnivals compared.

IN ADVANCE ONLY \$10

(Good All Four Days. Gate Prices \$25)

NAME: \_\_\_\_\_

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- \$10 Tickets (Includes parking)
- Please send additional information and 5K, 10K, Munchkin Mile Brochure

Make Checks Payable to:

**PUMA-MT. SAC RELAYS**  
**Walnut, CA 91789**



16 Ted Oliver(40-49)Bakersf	1:22:33
17 Jorge Medina(13-18)LostHills	1:22:33
18 John Griffin(30-39)Bakersf	1:23:20
19 Robert Wolfersberger(40-49)Bk	1:23:54
20 Tom Whygle (13-18) Bakersf	1:24:13
21 Paul White (30-39) Bakersf	1:24:50
22 Bill Allmon (13-18) Bakersf	1:25:01
23 Harry Maloney (40-49) Bakersf	1:25:03
24 John Kraetsch(19-29)Bakersf	1:25:45
25 Ken Abeloe (13-18) Porterv	1:25:55
29 Lori Dowdy(19-29F)SanDiego	1:27:23
35 Tommy Upton(50-59)Avenal	1:29:22
40 Dianne Lucas(40-49F)Ridgec	1:29:52
42 David Rugg (50-59) Ridgecrest	1:29:52
44 Dennis Grisso(50-59)NewptBch	1:30:06
54 Maureen Thistle(30-39F)Bakersf	1:32:37
60 Charmaine Wilkerson(19-29F)B	1:33:54
73 Lori Hashim(19-29F)Bakersf	1:35:20
154Liz Demonte(50-59F)Fresno	1:49:42
208Pat Cangiano(60&O)GranadaH	2:08:54

19 Richard Leutzinger (47)	2:53:35
20 Nora Rollins (36)	2:54:12
21 Don Klentyz (35)	2:54:25
22 Mike Paradis (47)	2:54:35
23 Donald Hickman (33)	2:55:42
24 James Olson (19)	2:56:01
25 Richard Downhour (30-34)	2:56:09
26 Robert Cook (35)	2:56:26
27 Jay Helgeson (31)	2:57:10
28 Robert Rea (32)	2:57:19
29 Douglas Schrock (33)	2:57:22
30 Richard Tompkins (40)	2:57:25

#### Division Results - Men's Marathon

18 & Under: 1. Ronnail Dhaddy 3:10:44, 2. Jeff Duke 3:26:03, 3. Joaquin Harlman 3:35:31. 19-24: 1. Michael White 2:38:10, 2. Craig Welch 2:43:28, 3. Loren Diaz 2:46:35, 25-29: 1. Bill Sullivan 2:35:46, 2. Pablo Chagolla 2:43:00, 3. Mike Toney 2:45:54, 30-34: 1. Thomas McGrath 2:52:09, 2. Donald Hickman 2:55:42, 3. Richard Downhour 2:56:09. 35-39: 1. Skip Brown 2:29:47, 2. Nick Yray 2:30:06, 3. Tom Jones 2:40:24. 40-44: 1. Michael Hicks 2:47:33, 2. Richard Tomskins 2:57:25, 3. Rick Sulvester 2:57:42. 45-49: 1. Richard Leutzinger 2:53:35, 2. Mike Paradis 2:54:35, 3. Walter Van Zaut 2:59:56. 50-54: 1. John Guarrino 3:15:39, 2. Bob Matulac 3:26:37, 3. George Weiner 3:27:03. 55-59: 1. Hans Roenay 3:22:42, 2. Eph Romesberg 3:23:30, 3. Richard Laine 3:24:08. 60 & Over: 1. Byron Edwards 4:38:54.

#### Division Results - Women's Marathon

18 & Under: 1. Erica Leonard 4:31:43. 19-24: 1. Leslie Goring 3:24:25, 2. Nancy Terranova 3:25:56. 25-29: 1. Debbie Bibbo 3:01:12, 2. Collene McCrystal 3:36:20, 3. Mary Ann Belser 3:40:02. 30-34: 1. Darlene Wallach 3:18:59, 2. Donna Troyna 3:20:31, 3. Betsy Jones 4:06:47. 35-39: 1. Harriet Guberman 3:26:52, 2. Debbie Smith 3:38:27, 3. Teresa Fee 4:16:20. 40-44: 1. Carol Stroud 3:19:55, 2. Kirstina Morrella 3:25:02, 3. Kate Thorton 3:40:10. 45-49: 1. Gerri Psick 4:06:49. 55-59: 1. Etta Palmer 4:24:39. 60 & Over: 1. Helen Klien 4:29:41.

#### Division Results - Men's Half Mara.

18 & Under: 1. Chris Bailey 1:13, 2. Mathew Bogdanowicz 1:20, 3. Andrew

Zoldak 1:25. 19-24: 1. Steven Lewis 1:14:58, 2. Jeff Purrington 1:15:02, 3. John Maloney 1:18:45. 25-29: 1. Joaquin Leano 1:07:31, 2. Kevin Ostenberg 1:11:50, 3. James Jorgensen 1:16. 30-34: 1. Pat Buzbee 1:16:25, 2. Mike Buzbee 1:18:47, 3. Bill Yales 1:18:55. 35-39: 1. Bill Dunn 1:13, 2. Mark Hirakawa 1:16:21, 3. Joaques Pillit 1:16:38. 40-44: 1. Gary Goattiman 1:14, 2. Don Ugdale 1:15, 3. Steve Lorenz 1:15:14. 45-49: 1. Tim Rostige 1:14, 2. Bill Melnhardt 1:18:56, 3. Milton Heinz 1:21:09. 50-54: 1. James Lacey 1:22:19, 2. Glen Unsicker 1:22:58, 3. Bob Farrington 1:23:23. 55-59: 1. Gene Silver 1:23:26, 2. Ralph Aquino 1:25:45, 3. Don Lucaro 1:29:40. 60 & Over: 1. Josh Fitch 1:36:20, 2. David Weber 1:38:33, 3. George Carroll 1:40:19.

#### Division Results - Women's Half Mara.

18 & Under: 1. Kristi Skillicom 1:50:09, 2. Theresa Ciccinelli 1:50:16, 3. Karina Faynshlum 1:54:34. 19-24: 1. Cynthia Bailey 1:20:35, 2. Catherine Isham 1:27:14, 3. Elaine Bush 1:30:28. 25-29: 1. Cora Einterz 1:23:22, 2. Peggy Lavelle 1:25:23, 3. Sue Miller 1:27:26. 30-34: 1. Nancy Dietz 1:16:58, 2. Bridgett Goodwon 1:22:54, 3. Marty Menz 1:27:35. 35-39: 1. Ronda Provost 1:30:10, 2. Barbara Zoldan 1:33:31, 3. Sandra Perez 1:41:21. 40-44: 1. Madelyn Vassigh 1:36:4, 2. Charlot Smigleton 1:39, 3. Anne Marie Soelje 1:43:31. 45-49: 1. Judith Hooper 1:40, 2. Diane Bromstead 1:45, 3. Jane Ritchie 1:49:19. 50-54: 1. Gloria Duke 1:58:33, 2. Nancy Eubank 2:08:05, 3. Nancy Witthaus 2:00. 55-59: 1. Pat Hale 2:00 plus. 60 & Over: 1. Jaclyn Caselli 1:47:49.

#### Division Results - Men's 10K

18 & Under: 1. Sal Talamo 35:02, 2. Jose Trijello 35:17, 3. Jeff Rent 35:18. 19-24: 1. Jose Dispiero 31:38, 2. Gerardo Vargas 32:35, 3. Scott Brock 32:43. 25-29: 1. Tony O'Halloran 31:36, 2. David Eagle 32:51, 3. Dale Richards 33:03. 30-34: 1. Rich Loford 35:02, 2. Jerry Ratti 35:15, 3. Mateo Salgado 35:32. 35-39: 1. Joseph Ferguson 38:35, 2. Rey Houtchama 40:00, 3. Edward Tanaka 40:12. 40-44: 1. Fred Copeland 35:20, 2. George Black 35:23, 3. Roger

Smith 38:57. 45-49: 1. Edgar Brant 38:40, 2. Alex Vago 38:54, 3. Jeff Newkiah 41:46. 50-54: 1. Bill Bugler 35:59, 2. Bill Mossie 36:55, 3. Darrell Crain 45:22. 55-59: 1. Marcel Diraison 44:00, 2. Carl Bergron 44:45, 3. Joe Hornbrook 49:39. 60 & Over: 1. Daniel Gonzales 36:37, 2. Lionone Trolls 45:04, 3. George Ohlsen 50:16.

#### Division Results - Women's 10K

18 & Under: 1. Kimik Anderson 38:45, 2. Lori Hill 43:22, 3. Sharon Dennison 43:28. 19-24: 1. Roxanne Bier 36:50, 2. Billy Gongora 40:05, 3. Rene Madsen 43:02. 25-29: 1. Noreen Kelly 35:19, 2. Silvana Medina 38:05, 3. Christine Martin 42:51. 30-34: 1. Gail Allen 37:25, 2. Katie Scott 41:57, 3. Mary Gall Dumphy 42:46. 35-39: 1. Laurie Binder 35:24, 2. Connie Miks 39:01, 3. Chris Stippich 47:36. 40-44: 1. Judi Shade 39:20, 2. Carol Crocker 39:57, 3. Mary Jo Feaney 46:05. 45-49: 1. Georgette Lacy 44:21, 2. Margaret Goodman 1:00:08, 3. Sally Garcia 1:04:20. 50-55: 1. Angie Rodrigues 53:55, 2. Betty Bickhart 58:54, 3. Virginia Wilberg 1:01:2. 55-59: 1. Elizabeth Ross 44:26, 2. Joanne Evans 1:16:39. 60 & Over: 1. Betty Mutnik 1:16:01.

## Gasparilla Distance Classic

### February 8, Tampa, Florida. 10K & 15K.

#### Overall Results - Men's 15K

1 John Treacy, Ireland, \$7000	42:59
2 Jose Gomez, Mexico, \$4000	43:12
3 Peter Koech, Kenya, \$3000	43:30
4 Steve Harris, G.B., \$2000	43:30
5 Hans Kooleman, Netherld, \$1,500	43:34
11 Ivan Huff, SanLuisObispo	44:25

#### Overall Results - Women's 15K

1 Ingrid Kristiansen, Norway, \$7000	48:00
2 Lisa Martin, Australia, \$4000	49:17
3 Lynn Nelson, Phoenix, AZ, \$2000	49:33
4 Priscilla Welch, G.B., \$1,500	50:24
5 Dorothe Rasmussen, Den., \$1000	50:45

## Fleet Feet/Round Table San Jose Marathon

### February 8, San Jose. Full & Half Mara.

#### Overall Results - Marathon

1 Skip Brown (36)	2:29:47
2 Nick Yray (36)	2:30:06
3 Bill Sullivan (27)	2:35:43
4 Michael White (22)	2:38:10
5 Tom Jones (35)	2:40:24
6 Dan Williams (37)	2:42:52
7 Paibo Chagola (27)	2:43:00
8 Kenneth Drew (35)	2:43:23
9 Craig Welch (23)	2:43:28
10 Ian Hamilton (38)	2:43:58
11 Norman Gould (36)	2:44:45
12 Mike Toney (25-29)	2:45:54
13 Loren Diaz (24)	2:46:35
14 Michael Hicks (43)	2:47:33
15 Julio Ratti (35)	2:48:30
16 Terry Uebelhart (39)	2:50:50
17 Thomas McGrath (33)	2:52:09
18 Tim Souza (26)	2:52:35



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YEARLY SCHEDULE FOR FRESNO AND SURROUNDING AREA.

# 1986

## Central California Long Distance Running Handbook

\$2.50

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**Overall Results - Masters' 15K**

1	Antonio Villanueva, Mexico	46:09
2	Mike Hurd, G.B.	46:22
3	Bill Venus, G.B.	47:35
4	Atlaw Belligne, Ethiopia	48:00
5	Dan Murray, Modesto, CA	48:36
7	Sal Vasquez, California	49:13

**Overall Results - Men's 10K**

1	Peter Koech, Kenya, \$7000	28:20
2	Paul Davies-Hale, G.B., \$4000	28:22
3	Markus Ryffel, Switzzid, \$3000	28:25
4	Steve Harris, G.B., \$2000	28:26
5	Zack Barie, Tanzania, \$1000	28:29
14	Ivan Huff, SLO, CA	29:10

**Division Results - Women's 10K**

1	Ingrid Kristiansen, Norway, \$7000	31:31
2	Wendy Sly, G.B., \$4000	32:48
3	Nan Doak, Portland, OR, \$2,500	33:04
4	Priscilla Welch, G.B., \$1,500	33:08
5	Paula Fudge, G.B., \$600	33:27
10	Robyn Root, PasoRobles, \$300	34:11

**Division Results - Masters' 10K**

1	Mike Hurd, G.B., \$750	30:14
2	Antonio Villanueva, Mex., \$350	30:37
3	Bill Venus, G.B., \$150	31:00

**Women Masters**

1	Priscilla Welch, G.B., \$750	33:08
2	Bobbie Rothman, FL, \$350	36:29
3	Carol Lassiter, Dumfries, VA, \$150	38:45

## Valentine Beach Run

**February 8. Grover City. 2 & 6 Mile.**

**Division Results - Men's 2 Mile**  
**12 & Under:** 1. John Diodati 15:34, 2. Ryan Beck 20:39, 3. Mercury Goodman N.T.  
**13-16:** 1. Travis Kenney 12:55, **30-39:** 1. John Beadon 12:11, 2. William Farrar 14:39, **40-49:** 1. Tom Jones 16:24, 2. Bill Marsalek 18:25.

**Division Results - Women's 2 Mile**  
**12 & Under:** 1. Steffie Ambrozak 12:55, 2. Karie Marsalek 21:24, **13-16:** 1. Geni Huston 21:55, **17-29:** 1. Maureen Gutierrez 19:52, 2. Suzanne Marriott 20:38, 3. Diana Coe 22:11, **30-39:** 1. Mary Edgerton 19:25, 2. Beverly Rhodes 19:42, 3. Tina Cavronhin 21:55, **40-49:** 1. Lynne Toomey 19:41, 2. Linda Gilman 20:16, 3. Ellen Kanthack 21:15.

**Division Results - Men's 6 Mile**  
**12 & Under:** 1. Luke Roundy 38:54, 2. Jimmy Vedrin 39:28, 3. Mike Jones 41:03, **17-29:** 1. Mark Pupich 32:54, 2. Coy Kenrick 35:11, 3. Steve Emdee 38:21, **30-39:** 1. Eimer McPhail 32:36, 2. Keith Kirkpatrick 35:24, 3. Charles Goodman 38:40, **40-49:** 1. Ron Roundy 35:24, 2. Bob Keelfe 39:02, 3. Charlie Everts 39:49, **50 & Over:** 1. Patrick Backous 44:12, 2. Ben Horner 44:54, 3. Bill Denneen 45:02.

**Division Results - Women's 6 Mile**  
**13-16:** 1. Angela Orefice 44:59, 2. Michele Kenney 47:34, **17-29:** 1. Elizabeth Hargrave 45:08, 2. Jan Bewley 50:56, 3. Mary Meserve 52:39, **30-39:** 1. Christi Bengard 48:17, 2. Mary Diodati 49:36, 3. Debbie Dorney 49:51, **50 & Over:** 1. Mary Isom 55:19.

## Lompoc Winter Run

**February 8. Lompoc. 5K & 10K.**

**Overall Results - 10K**

1	Steve Flynn (30) PismoBch	33:22
2	Ted Brown (17)	34:23
3	Tom Halpin (23)	36:40
4	John Tretlin (31)	36:57
5	Jim Brown (43)	37:58
6	Richard Eatmon (39)	39:08
7	Danny Crosby	40:39
8	Ron Levy (31)	42:16
9	David Salcedo (22)	44:15
10	Timmons Jackson (38)	45:56
12	Don Gosnell (50)	46:32
14	Lee Heinz (50)	46:39
22	Agnes Lumsdaine (16)	48:30
23	Karen Zeitman (16)	49:14

27	Nikki Bland (27)	56:26
28	Sarah McGehee (54)	57:04

**Overall Results - 5K**

1	Paul Bise (30)	18:39
2	Mary Eipert (33)	20:14
3	Ken Mortenson (28)	
4	Janet Mortenson (19)	
5	David Salcedo (22)	
7	Gudrun Fink (41)	
10	Susan McCreery (43)	
11	Patty Landis (44)	
13	Margie Withrow (59)	

## Redwood Bowl Distance Classic

**February 8. Arcata. 10K.**

Former All-American Danny Grimes won the Redwood Bowl Distance Classic 10,000 meters Saturday February 8, in the first competition held on the new track. Jack alum Grimes set a new Redwood Bowl track record with his 28:53.9 clocking. Grimes was followed by former Humboldt All-Americans Mark Conover, 28:57.9, and Gary Tuttle, 29:10.3.

The invitational meet came one week before the Humboldt State track and field team will hold its annual Green and Gold intrasquad meet Saturday, February 15.

**Overall Results**

1	Danny Grimes	28:53
2	Mark Conover	28:57
3	Gary Tuttle	29:10
4	Tim Gruber	29:58
5	Rob Annex	30:01
6	Jeff Townsend	30:52
7	Dennis O'Halleran	31:31
8	Stu Scholl	31:55
9	Kevin Searls	34:19
10	Mike Baca	34:28
11	Mark Elias	35:15

## I.A.A.F. World Cross Country Champs. Trials

**February 15. Waco Texas.**

**Overall Results - Senior Men**

1	Pat Porter, Alamosa, CO	35:07.49
2	Bruce Bickford, Wellesley, MA	35:18.86
3	John Easker, Birnamwood, WI	35:31.11
4	Alan Scharus, Eugene, OR	35:31.75
5	Craig Virgin, Marietta, GA	35:32.81
6	Ed Eyestone, Provo, UT	35:42.19
7	Jeff Drenth, Eugene, OR	35:45.88
8	Keith Brantly, Gainesville, FL	35:49.37
9	Randy Reina, Fayetteville, AR	35:52.83
10	David Gordon, Eugene, OR	36:00.80
18	Tom Ansberry, Tucson, AZ	36:49.68

**Overall Results - Junior Men**

1	Chris Borsa, Madison, WI	23:55.01
2	Reuben Reina, San Antonio, TX	24:14.75
3	Scott Fry, Madison, WI	24:18.73
4	Mark Dani, El Cajon, CA	24:25.19
5	Greg Whiteley, Irvine, CA	24:42.45
6	Harry Green, Austin, TX	24:46.88
7	Craig Dickson, Evergreen, CO	25:22.25
8	Steve Brown, Raleigh, NC	25:30.06
9	Kieman Boyle, Tampa, FL	25:38.27
10	David Angell, Plano, TX	25:47.08

**Overall Results - Senior Women**

1	Lynn Jennings, Durham, NH	16:04.60
2	Cathy Easker, Birnamwood, WI	16:10.34
3	Sabrina Dornhoefer, Coim, MO	16:11.00
4	Brenda Webb, Austin, TX	16:12.59
5	Nanette Doak, Eugene, OR	16:13.92
6	Betty Springs, Raleigh, NH	16:15.75
7	Leslie Seymour, Minn. MN	16:19.74
8	Patricia Matava, Charl, VA	16:26.83
9	Renee Odum, Houston, TX	16:29.24
10	Cathie Twomen, Eugene, OR	16:31.65
11	Regina Jacobs, Stanford, CA	16:35.63
18	Robyn Root, PasoRobles, CA	17:14.62
23	Ellen Lyons, LosAltos, CA	17:54.03

## Lovers Run

from Alica Truffer

**February 15. El Dorado.**

**Division Results - Men's Half Marathon**  
**19 & Under:** 1. Rich Teter 113:37, **20-29:** 1. Chris Hamer 85:51, **30-39:** 1. Jim Beland 87:10, **40-49:** 1. Tom Wright 83:57, **50-59:** 1. James Lacey 84:26, **60 & Over:** 1. No participants.

**Division Results - Women's Half Mara.**  
**20-29:** 1. Audrey Kemp 88:54, **30-39:** 1. Shariet Gilbert 84:04.

**Division Results - Men's 10K**  
**19 & Under:** 1. Kenny Brown 39:47, **20-29:** 1. Dennis Rinde 31:30, **30-39:** 1. Wayne Miles 35:16, **40-49:** 1. Phillip Murphy 36:16, **50-59:** 1. Carter Keane 46:11.

**Division Results - Women's 10K**  
**19 & Under:** 1. Angela Taylor 50:11, **20-29:** 1. Laura Rinde 39:52, **30-39:** 1. Yvonne Nickel 49:05, **40-49:** 1. Sylvia Earl 59:38.

## Senior Masters "Old Fashion" 4 Mile Run

from Cheryl Campbell

**February 16. Yucaipa. 55 Yrs. & Older.**

**Division Results - Men**  
**55-59:** 1. Orlo Keniston 24:05CR, 2. Milo Sather 28:41, 3. Bob Anderson 28:54, **60-64:** 1. Joe Fleischmann 28:50, 2. George Flower 30:50, 3. David Lewis 30:59, **65-69:** 1. Earl Rippee 28:19, 2. Steven White 31:20, **70-79:** 1. Bill Nice 30:31, 2. John Zentmyer 31:27, 3. John Montoya 34:38, **80 & Over:** 1. Nat Pisciotta 48:05.

**Division Results - Women**  
**55-59:** 1. Alice Krueper 32:04, **60-64:** 1. Nyla Cook 45:09.

**February 16. Santa Cruz. 5K & 10K.**

**Division Results - Men's 10K**  
**11 & Under:** 1. Gene Gonzales N.T. 12:17: 1. Brian Watkins 39:10, 2. Esteban Hernandez 43:20, **15-26:** 1. Martin Gill 37:06, **27-40:** 1. Greg Brock 33:12, 2. James Cunningham 33:46, **61 & Over:** 1. Bill Brokaw 1:01:25.

**Division Results - Women's 10K**  
**12-17:** 1. Kelly Ilnicki 39:17, 2. KTerry Stivalatti 41:07, **18-26:** 1. Oora Einterz 37:28, 2. Nancy Morrisroe N.T. **27-40:** 1. Katie Scott 40:53, 2. Carol Crocker 42:20, **41-60:** 1. Lynn Holland 54:00, 2. Angie Rodrigues 54:17.

**Division Results - Men's 5K**  
**11 & Under:** 1. Shawn Goodrich 28:48, 2. Lonnie Jorgenson 28:52, **12-17:** 1. Kevin Caffery 19:08, 2. Noah Wittman 20:46, **18-26:** 1. Jose Alsipuro N.T., 2. Erik Vanderburg N.T. **27-40:** 1. Torin Tortuga N.T., 2. Patrick Shartle N.T. **41-60:** 1. Mark Steelman 17:01, 2. Bill Floodberg 19:22, **61 & Over:** 1. Howard Powers 23:08, 2. Les Liebenberg 25:09.

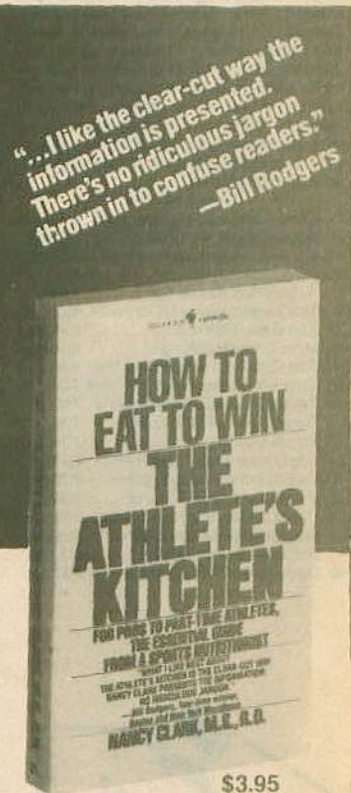
**Division Results - Women's 5K**  
**11 & Under:** 1. Isabel Quintera 22:25, 2. Melody Alligood 27:54, **12-17:** 1. Debbie Hernandez 23:03, 2. Angela Hernandez 24:52, **18-26:** 1. Laura Schmitt 19:08, 2. Katherine Cunningham 22:33, **27-40:** 1. Eileen Sullivan 22:46, 2. Michele Wolf 24:05, **41-60:** 1. Kathryn Jacobson 23:54, 2. Terry Locke-Paddon 26:23.

at the Orange/Santa Ana girls relays Hawthorne, West Tarrance, and Woodbridge were division winners, while at the Rowland Relays, Upland High was a dual winner defeating the boys of El Modena 63-52, and the girls of Schurr 80-62.

In college and open competition at the Bud Light Invitational the USC men's 400 relay team smoked to a 39.74 time, while Tom Petranoff had a splendid javelin throw of 303-1 using the old style spear.

In other meets, Cal Poly SLOs men took a multi-team 126-68-67-31-5 win over C/S Bakersfield, Cal Poly Pomona, UC Riverside and Chapman, while the CPP women turned back CSB, UCR, and Chapman 84-67-14-9.

In a big NAIA dual, Azusa Pacific turned back both the men and women from Pt. Loma 106-52 and 88-39 as AP's Christian Okoye's 199-8 discus throw highlighted the days marks.



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## Jedediah Smith 50 Mile Classic

from Abe Underwood and Glenn Bailey

### February 16, West Sacramento.

The overall male winner, Chris Turney, ran exceptionally well, finishing only eight minutes off the course record. Cathy Casey, who won Jed Smith in 1984, returned this year to record a personal record as the overall female winner. Roger Sebert, overall men's masters, ran a strong race, finishing second overall. The masters women's title went to Ruth Anna Bortz, 55, who is gearing up for the Western States 100 Mile Endurance Run (WS). Each year at this event someone seems to set an individual US Age Record. This year is no exception apparently as George Billingsley, 64, achieved one (pending verification) despite the unfavorable weather.

#### Overall Results

1	Chris Turney (28) RanCordova	5:51:10
2	Roger Sebert (42) Visalia	6:24:57
3	Bill Finkbeiner (30) SanCord	6:35:35
4	Skip Lees (41) Chico	6:40:14
5	Roger Crooks (32) S.F.	6:44:40
6	Tim Twietmeyer (27) CitrusHgt	6:45:56
7	Ken Gaal (46) Yuba City	6:49:42
8	Mike Bronk (42) Aptos	6:56:03
9	Ron Crawford (38) Mound,NM	6:56:40
10	Ephraim Romesberg (55) Jose	7:04:51
11	Terrill Brown (32) Minneapolis	7:08:05
12	Roger Sharpe (44) Berkeley	7:12:49
13	Ron Kovacs (47) Mt. View	7:14:34
14	Fred Copeland (42) SanJose	7:17:01
15	David Nicholaw (32) Gardenvl	7:20:58
25	Bob Matulac (50) Seaside	7:43:53
38	Cathy Casey (36F) SanJose	8:07:33
41	George Billingsley (64) Loomis	8:14:49
47	Barbara Haines (32F) S.F.	8:27:35
48	Don Bradford (57) GrassVly	8:27:35

## Sand and Strand

Feb. 16, Hermosa Beach. 2.5 Mi & 5 Mi.

**Division Results - Men's 2.5 Miles**  
12 & Under: 1. Mathew Schlickman 23:22. 13-15: 1. Josh Davies 21:27. 16-18: 1. Daniel Rosales 14:51. 19-29: 1. Mark Silva 14:15. 2. David Forrest 14:23. 30-39: 1. Paul Marcel 14:19. 2. Geoff Guerrero 14:28. 40-49: 1. John Gonzales 15:11. 2. Robert Schratz 16:30. 50-59: 1. Richard Grant 18:39. 2. Robert Stephens 20:14. 60-69: 1. John Hales 20:14. 2. Milton Holmen 25:09.

**Division Results - Women's 2.5 Miles**  
12 & Under: 1. Taffany Smith 20:53. 13-18: 1. Caroline Plier 17:41. 19-29: 1. Heidi Clark 18:40. 2. Dianne Dandward 19:21. 30-39: 1. Barbara Varon 18:29. 2. Denise Ellison 18:40. 40-49: 1. Lisa Allen 17:00. 2. Ma Stephens 20:59. 50-59: 1. Beverly Smith 23:52. 2. Rosilda Cooper 24:21. 60-69: 1. Margaret Pettitt N.T.

**Division Results - Men's 5 Mile**  
12 & Under: 1. Chip English 36:47. 13-18: 1. Brian Tokuda 35:16. 19-29: 1. Eric Ruona 30:16. 19-29: 1. Jeff Olson 28:36. 2. Bob Wilder 29:34. 30-39: 1. Jack Cochran 30:45. 2. Henry Lang 31:19. 40-49: 1. Dan Ashline 31:48. 2. John Hyers 36:12. 50-59: 1. Steve Mager 39:42. 2. Richard Tokunda 41:00. 60-69: 1. Larry Banuelos 38:26. 2. Clyde Alling 39:18.

**Division Results - Women's 5 Mile**  
19-29: 1. Kerry Wacht Fogel 39:21. 2. Kimberly Freitas 44:55. 30-39: 1. Mary Jane Michel 34:43. 2. Carol Borders 55:24. 40-49: 1. Alison Gilbert 42:30. 2. Dorothy Ristow 47:55.

## Willits Classic

February 16, Willits. 5K & 10 Mi.

Overall Results - 5K	
1	Jerry Drew (27) Ukiah 16:04
2	Bubba Doughty (17) Ft.Bragg 17:18
3	Jacques Pittet (39) Fremont 17:22
4	Mark Clouser (23) Willits 17:31
5	Tony Troie (33) Ukiah 19:12
6	Bob Borba (41) Willits 19:29
7	Jim Bogue (41) Ft.Bragg 19:36
8	Jim Jacobs (52) S.F. 19:45
9	Bob Compton (50) Ukiah 19:51
10	Rob Anderson (43) Ukiah 19:58
12	Al Bellon (59) Ukiah 20:17
17	Vic Corsetti (60) RedwoodVly 22:25
18	Sandy Hurd (25F) 23:36
22	Karl Horn (9F) Santa Rosa 23:54
26	Consuelo Ayala (26F) Gridley 25:01
27	Cam Downey (34F) Lakeport 25:09
28	Ramona Hill (37F) PotterVly 25:11
29	Tami Wheeler (18F) Willits 25:03
30	Alice Craddick (57F) S.F. 26:38
39	Virginia Meadow (47F) S.Rosa 31:00

Overall Results - 10 Miles	
1	Jim Noonan (25) S.Rosa 58:48
2	Chris Thomas (38) Sausalito 59:27
3	Brendan Hutchinson (42) S.Rosa 60:55
4	Roger Zoldan (39) Fremont 61:02
5	Jake Jerome (38) Cloverdale 61:32
6	Bill Davis (30) Ukiah 65:28
7	Grant Nicaswanger (41) RedwVly 65:38
8	Bill Wetmore (30) S.Rosa 67:20
9	Larry Woods (32) Ukiah 67:26
10	Miles Eisenman (47) Calistoga 68:02
11	Jim Nicholson (55) S.F. 68:27
12	Joey Burtner (18) Forestvl 68:32
13	Jeanise Eisenman (16F) Calis 68:35
15	Ted Ponsell (61) S.Rosa 73:11
16	Barbara Zoldan (38F) Fremont 73:42
18	Nika Horn (11F) S.Rosa 76:07

## L'eggs/YMCA Women's 10K

February 22, San Diego.

Julie Brown, 30, of San Diego won the ninth annual L'eggs/YMCA Women's 10K run at Balboa Park in San Diego. Her finish time was 34:49.

Her first place in the San Diego 10K earned Brown an all-expense-paid trip to New York City, where she will compete in the 15th annual L'eggs Mini Marathon on May 31, the oldest and most prestigious long-distance road race for women in the U.S.

The 10K run and other L'eggs/YMCA running events on Feb. 22nd drew more than 1,400 participants. Before the 10K run, two Fun Runs for young girls and women were held to encourage involvement in running sports and fitness.

Liz Baker, 27, of Rancho Santa Fe finished second in the 10K run, with a time of 35:47. Third place went to Donna Chin, 25, of San Diego, with a time of 35:56.

Other top ten runners in the L'eggs/YMCA were fourth place Mary Akins, 25, of Chula Vista (37:10); fifth place Marilyn Hulak, 27, of New York (37:18); sixth place Onagh Bruni, 30, of Encinitas (37:32); seventh place Liz Bulman, 26, of San Marcos (37:47); eighth place Julie Moss, 27, of San Diego (37:53); ninth place Theresa Sherry, 30, of La Mesa (37:56); and tenth place Shamen Dugger, 15, of Coronado (38:19).

#### Division Results

14 & Under: 1. April Segar 45:31. 2. Shari Saveli 50:46. 3. Bruni Rains 51:44. 15-19: 1. Shamen Dugger 38:19. 2. Jamie Ramirez 43:38. 3. Lisa Segar 44:36. 20-24: 1. Christine Hardman 40:10. 2. Theresa Redmond 40:26. 3. Deann Haley 42:37. 25-29: 1. Liz Baker 35:47. 2. Donna Chin 35:56. 3. Mary Akins 37:10. 30-34: 1. Julie Brown 34:49. 2. Onagh Bruni 37:32. 3. Teresa Sherry 37:56. 35-39: 1. Joni Pendleton 38:51. 2. Marilee Ramsay 41:17. 3. Sandra Marshall 41:33. 40-44: 1. Sharon Greiner 40:12. 2. Lolita Bacher 41:53. 3. Ursula Rains 42:30. 45-49: 1. Betty Franklin 45:56. 2. Betty Wood 46:17. 3. Toni Deal 48:02. 50-54: 1. Suzi Gillis 46:26. 2. Sally Byrum 47:21. 3. Martha Walker 49:28. 55-59: 1. Anne Johnson 44:32. 2. P.A. Fitch 46:52. 3. Sr. Elizabeth Wekal 53:18. 60-69: 1. Lucy Killea 59:38. 2. Hazel Kieme 1:00:36. 3. Evelyn May 1:02:26. 70 & Over: 1. Judy Simon 55:35. 2. Bess James 1:03:56. 3. Clementina Thomson 1:24:23.

## Seaside Trail's End Marathon

from Dolna Mespelt

February 22, Seaside, OR. Marathon & 8K.

Overall Results - Marathon	
1	Tarry Heath (31) PostFalls, ID 2:24:57
2	Dave Magness (27) Beave, OR 2:25:14
3	Jeffrey Sharp (29) Eugene, OR 2:27:36
4	Jim Bob Cairns (21) Tacoma, WA 2:28:43
5	Joe Charbonneau (31) Tigard, OR 2:29:36
6	Greg Miller (25) Lagrange 2:34:57
7	Scott Martin (22) Ashld, OR 2:35:58
8	Rick Sherman (22) Bellingh, WA 2:38:27
9	Warren Finke (43) Portland, OR 2:40:17
10	Dwight Larabee (22) Newbe, OR 2:41:56
11	Jim Sapp (36) Portland, OR 2:41:58
12	Eric Olsen (38) Portland, OR 2:43:24
13	Gary Hocking (30) Seattle, WA 2:44:17
14	Robert Rugger (49) WA 2:44:59
15	Scott Fuller (24) Ellensbg, WA 2:45:12
122A	Kirkman (52) Richmond 3:16:42
152	Gordon Johnson (40) Rio Dell 3:22:09
280	Nancy Stover (33) Berkeley 3:45:59

Overall Results - 8K	
1	Robert Waumsley (23) Portld, OR 24:29
2	Larry Kaiser (24) WA 24:43
3	Michael McGarr (32) Portld, OR 25:09
4	Brad Alexander (22) Belling, WA 25:27
5	Michael Heffernan (45) Portld, OR 25:29
6	Tom Derderian (40) Portld, OR 25:38
7	Dennis Braun (26) Seaside, OR 25:47
8	Alan Knoop (28) OregonCity 25:56
9	Saul Kinderis (25) Bellingham 25:58
10	Dan Cobine (26) OregonCity 26:28

## Martinez to Port Costa Brick Yard And Back 8.4 Mi.

from Luka Sekulich

February 22, Martinez.

Overall Results	
1	Dennis Rinde (27) Sacto 40:57
2	Sal Vasquez (46) Alameda 42:17
3	Don Paul (35) S.F. 42:30
4	Mike Wheeler (37) Oakland 43:08
5	A. Huggins (17) Kentfield 43:25
6	Gilbert Brooks (30) Sacto 44:43
7	Allan Stanbridge (39) Burlingame 44:57
8	Ed Ettl (17) Concord 45:03
9	Jan Kassabian (26) Martinez 45:38
10	Kevin Holbrook (15) Vacaville 45:51
11	Syl Pascale (38) SanCarlos 45:58
12	Doug Butt (41) Fairfield 46:16
13	Gene Dangel (39) Walnut Creek 46:40
14	Guillermo Barron (33) Oakland 47:00
15	Julius Ratto (35) Oakland 47:16
16	Tim Jordan (46) ElkGrove 47:20
17	Michael Thomas (29) WalnutCk 47:28
18	Mark Smith (43) Napa 47:32
19	Roger Bryan (50) San Jose 47:35
20	Steve Petto (30) Burlingame 47:45
21	Michael Plummer (27) Newark 48:03
22	Daniel Rosenthal (20) Berkeley 48:10
23	Dan Alario (49) ElkGrove 48:12
24	Mike Hotton (31) Antioch 48:22
25	Nathan Smith (29) EISabrante 48:33
26	Mathew Dowling (27) Martinez 48:38
27	Mark Lane (32) Pittsburg 48:52
28	Noah Rollins (36) Oakland 48:59
29	Phil Murphy (42) Oakley 49:03
30	Sharlet Gilbert (34) Richmond 49:06
31	Rodney Luper (25) Concord 49:32
32	Roger Zoldan (39) Fremont 49:41
33	Gregory Davis (27) WalnutCk 50:13
34	Laurie Binder (38) Oakland 50:18
35	Gerald Werner (39) Berkeley 50:19

Division Results - Men	
13 & Under:	1. Nicholas Ratti 1:07:51.
14-20:	1. Andrew Higgins 43:25. 2. Ed Ettl 45:03. 3. Kevin Holbrook 45:51. Open:
	1. Dennis Rinde 40:57. 2. Sal Vasquez 42:17. 3. Don Paul 42:30. 21-29: 1. Dennis Rinde 40:57. 2. Jay Kassabian 45:38. 3. Michael Thomas 47:28. 30-34: 1. Gilbert Brooks 44:43. 2. Guillermo Barron 47:00. 3. Steve Petto 47:45. 35-39: 1. Don Paul 42:30. 2. Mike Wheeler 43:08. 3. Allan Stanbridge 44:57. 40-44: 1. Doug Butt 46:16. 2. Mark Smith 47:32. 3. Dan Alarid 48:12. 45-49: 1. Sal Vasquez 42:17. 2. Tim Jordan 47:20. 3. Joe Hancock 50:20. 50-54: 1. Roger Bryon 47:35. 2. Peter Todd 51:11. 3. Delbert Wyatt 53:46. 55-59: 1. Bruce Oliver N.T., 2. Arturo Rackwitz 59:03. 3. Roland Carothers 1:05:47. 60 & Over: 1. John Nysler 1:01:22. 2. Mac Osborne 1:05:45. 3. Steve Cole 1:15:56.

Division Results - Women	
13 & Under:	1. Celeste Buchanan 1:12:58.
14-20:	1. Allison Kreuztan 1:01:33. 2. Staci Brunton 1:08:19. 3. Shoni Brunton 1:12:11. 21-29: 1. Laura Rinde 53:34. 2. Darcey Plymire 55:46. 3. Tracy Fitzgerald 57:10. 30-39: 1. Sharlet Gilbert 49:06. 2. Laurie Binder 50:18. 3. Shirley Deleon 58:05. 40-44: 1. Vicky Blankenship 57:39. 2. Peg Raley 1:03:51. 3. Sandy Rooney 1:05:26. 45-49: 1. Alice Rose 57:32. 2. Marty Maricle 1:00:52. 3. Jeanne O'steen 1:12:07. 55-59: 1. Ruth Anderson 1:01:36.

## SCA-TAC 5K Championships

February 23, Westlake Village.

Overall Results - Men	
1	Ron Cornell (26) San Pedro 15:10
2	Rich Burns (31) Canyon Country 15:26
3	Luis Pinon Jr. (21) San Pedro 15:30
4	Steve Blum (30) Ventura 15:40
5	Craig Stertz (24) San Pedro 15:56
6	Tim Hampton (30) Canyon Co. 16:01
7	Ed Avol (34) Manhattan Bch 16:05



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8	Alex Espinoza (20) Pico Rivera	16:09
9	Bob Wilder (27) San Pedro	16:14
10	Bryan Dameworth(15)Calabasas	16:17
11	Carey Wilson (24) HermosaBch	16:19
12	Phil Smitz (26) Torrance	16:28
13	Rudie Krause (31) PicoRivera	16:31
14	Richard Hernandez(18)SanPedro	16:31
15	Carlos Moya (18) Harbor City	16:32
16	Eric Ruona (17) RanchoPV	16:35
17	Tom Ohern (30) ManhattanBch	16:37
18	Robert Polk (17) SanPedro	16:39
19	Phillip DeLaCerdea(35)Sylmar	16:43
20	David Delgado (17) SanPedro	16:46
21	Billy Jones (28) Covina	16:47
22	Michael Guarderrama(23)ReBch	16:49
23	Henry Lange (37) BevHills	16:50
24	Mike Shriver (26) SimiVly	16:53
25	Barry Foose (38) LakeviewT	16:53
26	John Brennan (50) S.B.	16:54
29	Jose Mayorga (15) San Pedro	17:00
43	Andre Tocco (50) San Pedro	17:50
45	Jerry Hackett (45) CanyonCo.	17:51
46	Bill Leung (35) San Pedro	17:54
48	Regis Boyle (52) Thous.Oaks	17:59
50	Joe Jacobsen (42) WestlakeV	18:06
51	Jesse Cook (45) Thous.Oaks	18:08
54	Charlie Buchta (44) WestlakeV	18:12
56	Patrick Devine (57) San Pedro	18:24
66	Ken Hamrick (48) Palmdale	18:51
78	Bill Winstanley(56)GranadaHI	19:15
85	Ray Gil (61) Lompoc	19:34
91	Robert Memath (62) WoodlandHI	19:55
98	Charles English (12) Tarzana	20:31
109	Scott Scheirman (12) WestIKV	21:22
114	Ed Stotsenberg (71) Malibu	22:14
117	Kenny Powell (12) NewburyPk	22:32
131	John McManus (63) Tarzana	26:58

<b>Overall Results - Women</b>		
1	Ann Gladue (23) Ventura	18:28
2	Renee Williams (24) HermosB	18:47
3	Harolene Walters (42) EIToro	18:56
4	Judy Kewley (41) SimiVly	19:01
5	Madeline Villacres(23)M.DelRey	19:03
6	Gina Faust (49) WoodlandHI	19:22
7	Lisa Allen (40) ManhattanB	19:51
8	Claudia Velttri(31)ManhattanB	20:11
9	Kara Olsen (16) San Pedro	20:15
10	Deena Drossin (13) Agoura Hills	20:21
11	Rita Gilmore (45) Pacific Palis	20:28
12	Sarah Quady (25) San Pedro	20:32
13	Jullianne Harmatz(26)LongBch	20:37
14	Kyong Gaddis (30)	20:40
15	Linda King (42) ManhattanBch	20:42
17	Margaret Miller (60) ThousOaks	21:02
18	Heien Dick (61) L.A.	21:06
20	Marjorie Gilmore (51) Valencia	21:14
24	Merilyn Hammond(37)ThousOk	21:43
28	Lynn Cranmer (38) Oxnard	21:57

## Black Sheep 5K

February 23, San Luis Obispo.

<b>Overall Results</b>		
1	Chuck Fantler (23) SLO	15:18
2	Peter Brookes (31) SLO	16:17
3	Thierry Ross (30) SLO	16:29
4	Elmer McPhail (30) SLO	16:34
5	Rory Cooper (26) SLO	16:37
6	F. Hutchinson (33) ShB	16:40
7	Anthony Kelly (17) SLO	17:25
8	Henry Hernandez (31) L.O.	17:28
9	Ross Newby (18) SLO	17:29
10	Kevin Ochs (16) SLO	17:31
11	Candace Cable-Brookes(31)SLO	17:49
12	Angelo Limon(18)SLO	18:18
13	Bob Guglielmi (34) SLO	18:29
14	Tracey Ross (24F) SLO	18:34
15	Andrew Farrell (30) SLO	18:40
16	John Holub (38) A.G.	18:43
17	Dale Anderson (36) SLO	18:52
18	Mary Ryzner (32F) SLO	18:52
19	William Fisher (27) MorroB	19:09
20	Keith Handley (44) A.G.	19:16

<b>Division Results - Men</b>		
12 & Under:	1. Will Roundy 23:17, 2. Troy Felix 24:00, 13-18: 1. Kevin Ochs 17:31, 2. Luke Roundy 20:40, 17-29: 1. Chuck Fantler 15:18, 2. Anthony Kelly 16:49, 30-39: 1. Thierry Ross 16:29, 2. Elmer McPhail 16:34, 40-49: 1. Keith Handley 19:16, 2. Chuck Fellows 19:54, 50-59: 1. Richard Bunner 19:57, 2. Bill Cotnam 23:06, 60 & Over: 1. Walt Erickson 22:30, 2. Bill Denneen 23:35, Wheelchair: 1. Peter	

Brookes 16:18, 2. Rory Cooper 16:37.
<b>Division Results - Women</b>
12 & Under: 1. Steffie Ambrozak 20:53, 2. Shannon Felix 24:12, 13-16: 1. Danielle Colombo 24:48, 2. Stacy Colombo 24:49, 17-29: 1. Tracey Ross 18:34, 2. Laurie Gladstone 21:39, 30-39: 1. Mary Ryzner 18:52, 2. Carrie Walters 19:56, 40-49: 1. Jan Nanninga 25:16, 2. Jill Carlson 25:17, Wheelchair: 1. Candice Cable-Brookes 17:49.

## Sri Chinmoy 7-Mile Run

February 23, Foster City.

<b>Division Results - Men</b>		
Open:	1. Dennis Tracy 38:30, 2. Steve O'Brien 39:03, 3. Matthew Boganowicz 39:41, 4. Don Ardeli 40:16, 5. Arpan DeAngelo 40:17, 6. Sujantira McKeever 40:41, 7. Nikos Mourtos 40:43, 50 & Over: 1. Bill Bugler 41:52, 2. Richard Laine 46:00, 3. Michael Dumas 48:03.	
<b>Division Results - Women</b>		
Open:	1. Sharon Maley 44:08, 2. Debbie Ingram 45:43, 3. Anita Johnson 47:40, 4. Kimberley Wilson 47:52, 5. Nancy Lane 48:02, 6. Suzanne Wilson 48:09, 7. Gerylann Tripp 48:09, 50 & Over: 1. Roberta Carlson 59:56, 2. Reima Siirila 1:06:09, 3. Lise Rapozo 1:07:46.	

## Winter Road Run

March 1, Santa Barbara, 10 Miles.

<b>Overall Results - Men's 10 Miles</b>		
1	Gordon Christie	51:11
2	Tim Minor	51:57
3	Keith Munson	54:27
4	Mike Luhn	54:46
5	Ken Kiss	44:27
6	Dale Nickel	55:49
<b>Division Results - Men's 10 Mile</b>		
50-59:	1. Wayne Nelson 62:40, 2. Elger Boedecker 70:25, 60 & Over: 1. Fred Nagelschmidt N.T., Under 18: 1. David Tucker N.T.	
<b>Overall Results - Women's 10 Mile</b>		
1	Pauline Broan	63:28
2	Diane Odion	66:18
3	Catherine Isham	68:51
4	Cheri Savage	68:57
5	Paige Riffle	72:05
6	Terry Thomas	72:28
<b>Division Results - Women's 10 Mile</b>		
40-49:	1. Trina Nagele 81:31, 2. Shirley Saunders N.T., 50-59: 1. Fay Hobbs 73:43.	
<b>Overall Results - Men's 5K</b>		
1	Russell Beste	15:34
2	Mike Smith	15:37
3	Hollis Reed	15:38
4	Colin Waite	16:24
5	Edwin Ratinbush	16:39
<b>Overall Results - Women's 5K</b>		
1	Elaine Triplett	17:53
2	Judy Kewley	18:39
3	Mary Ryzner	18:42
4	Anne Hayden	19:04
5	Betsy Spaulding	19:42
<b>Division Results - Women's 5K</b>		
60 & Over:	1. Margaret Miller 20:36.	

## Sanger Striders Spring Run

by Dave Dodson

<b>March 1, Madison School, Sanger.</b>		
<b>Division Results - Men's 6 Mile</b>		
19-29:	1. Glenn Bickley 36:19, 30-39: 1. Bill Schwartz 37:14, 40-49: 1. Gustavo Armenta 41:55, 50-59: 1. Richard Aspen 52:24, 60 & Over: 1. Harry Harder 47:57.	
<b>Division Results - Women's 6 Mile</b>		
19-29:	1. Shirley Ann Johnson 36:29, 30-49: 1. Jackie Ryle 44:37.	
<b>3 Mile Time Prediction</b>		
1.	Bud Armstrong 26:58.4.	

## The Benefit Runs Antelope Valley Hospital Medical Center

March 1, Lancaster, 5 & 10K.

<b>Overall Results</b>		
1	Keith Witthauer (30)	33:44
2	David Lucas (23)	34:22
3	Bob Dolan (28)	34:32
4	Jim Misener (25)	35:08
5	Gary Myers (27)	35:43
6	Mark LaPlant (21)	36:29
7	Clayton Shephard (29)	36:35
8	Bob Milam (40)	37:12
9	Raoul DeSota (49)	38:27
10	John Jordan (34)	38:51
11	Greg Bates (16)	39:17
12	David Boaz (39)	39:44
13	Nick Rlesz (47)	39:47
14	Dennis Fletcher (39)	39:59
15	Mark Husband (24)	40:10
<b>Wheelchair:</b>		
1.	David Moran (37)	40:43

<b>Overall Results - 5K</b>		
1	Gary Dehlinger (19)	16:35
2	Barry Foose (38)	16:56
3	Thomas Komjathy (27)	16:56
4	Art Arund (41)	16:58
5	Todd Kerzie (17)	17:03
6	Mike Mench (40)	17:31
7	Ted Kerzie (15)	18:05
8	Jeff Parkhurst (25)	18:09
9	Ken Hamrick (48)	18:19
10	John Berg (15)	18:22
11	Sam Mayo (52)	18:36
12	David Pliatoff (30)	18:50
13	George Berg (38)	18:53
14	Frank Ogawa (49)	19:00
15	Mike Price (30)	19:02

<b>Overall Results - 5K Walk</b>		
1	Fred Bacon (50)	40:08
2	Virginia Bushman (51)	40:08
3	Kristine Howard (30)	40:25
<b>Division Results - Men's 5K</b>		
12 & Under:	1. Chad Cieslik 19:31, 2. Burt Lookadoo 19:42, 3. Matt Sumner 20:57, 13-17: 1. Todd Kerzie 17:03, 2. Ted Kerzie 18:05, 3. John Berg 18:22, 18-29: 1. Gary Dehlinger 16:35, 2. Thomas Komjathy 16:56, 3. Jeff Parkhurst 18:09, 30-39: 1. Barry Foose 16:55, 2. David Pliatoff 18:50, 3. George Berg 18:53, 40-49: 1. Art Arund 16:58, 2. Mike Mench 17:31, 3. Ken Hamrick 18:19, 50 & Over: 1. Sam Mayo 18:36, 2. Jim Boyle 22:42.	

<b>Walk Results:</b>		
1.	Fred Bacon 40:06, 2. Joe Lenninger 43:10.	
<b>Division Results - Women's 5K</b>		
12 & Under:	1. Ariana Bates 28:41, 2. Sharon Schoppner 29:15, 13-17: 1. Brandi Barth 25:55, 2. Christina Anholt 32:44, 18-29: 1. Tracey Woods 19:42, 2. Kelly Hamm 22:02, 3. Karen Callahan 22:13, 30-39: 1. Elizabeth Blair 23:56, 2. Ellen Kohn 25:09, 3. Cindy Stuckey 27:49, 40-49: 1. Jeanette Wells 21:01, 2. Margaret Chipman 23:54, 3. Joan Stevenson 27:43, 50 & Over: 1. Dorothy Schoepner 33:51.	
<b>Walk Results:</b>		
1.	Virginia Bushman 40:06, 2. Kristine Howard 40:25.	

<b>Division Results - Men's 10K</b>		
12 & Under:	1. Eric Martin 46:14, 13-17: 1. Greg Bates 39:17, 18-29: 1. David Lucas 34:22, 2. Bob Dolan 34:32, 3. Jim Misener 35:08, 30-39: 1. Keith Witthauer 33:44, 2. John Jordan 38:51, 3. David Boaz 39:44, 40-49: 1. Bob Milam 37:12, 2. Raoul DeSota 38:27, 3. Nick Rlesz 39:47, 50 & Over: 1. Jim Talley 42:03, 2. Ollie Biederman 42:29.	
<b>Wheelchair:</b>		
1.	David Moran 40:43.	
<b>Division Results - Women's 10K</b>		
13-17:	1. Cheryl Cieslik 55:59, 18-29: 1. Jayne Wilson 48:26, 2. Janis Weinke 51:05, 30-39: 1. Ann Foose 47:08, 2. Marian Courtney 49:50, 40-49: 1. Tonya Gates 60:57, 2. Judy Watson 62:58, 50 & Over: 1. Jane Dods 51:12.	

## Grape Stampede

March 1, Gonzales, 10K.

<b>Division Results - Men</b>		
19 & Under:	1. Scott Miller 35:29, 2. Henry Kimro 36:53, 3. Louie Kittler 37:00, 20-29: 1. Mark Hoefler 31:13, 2. Jim Rentschlee 31:14, 3. Duke Batchelor 31:59, 30-39: 1. Dan Gruber 31:15, 2. Lari Dunlap 32:54, 3. Les Waddell 34:24, 40-49: 1. Deta Kraba 33:18, 2. Ron Taonaka 35:04, 3. Roberta Pantoja 35:47, 50-59: 1. Richard Young 38:52, 2. Bob Matuac 39:02, 3. Ed Daily 39:14, 60 & Over: 1. David Weber 42:29, 2. Henry Villegas 48:47, 3. George Burnop 58:43.	

<b>Division Results - Women</b>		
19 & Under:	1. Kirsten Lyders 42:04, 2. Laura Soblek 42:35, 3. Crista Prince 42:48, 20-29: 1. Laura Sanchez 37:11, 2. Eileen Bickard 38:12, 3. Barbara Frank 40:59, 30-39: 1. Patty Selbicky 37:13, 2. Betty Albritton 39:16, 3. Katie Scott 39:59, 40-49: 1. Carol Crocker 40:51, 2. Judith Quintana 50:44, 3. Betty Beran 52:23, 50-59: 1. Francis Sacerman 43:04, 2. Margaret Houston 48:58, 3. Nita Gundlach 53:27.	

## Run for Hunger

March 1, Modesto, 1 MI., 5 & 10K.

<b>Division Results - Men's 1 Mile</b>		
12 & Under:	1. Jimmy Vallo 5:45, 2. Derek Jostad 6:17, 3. Christopher Wolfley 6:19, 13-18: 1. Jeff Wheeler 4:54, 2. Mike Boyer 4:55, 3. Marco Rodriguez 5:21, 19-28: 1. George Ortega 5:00, 2. Geoff Parker 5:38, 3. Jay Hamberger 6:15, 30-39: 1. Gary Kuhlman 5:28, 2. Henry Perelra 5:55, 3. Rodney New 6:01, 40-49: 1. Paul Birmingham 5:45, 2. Doug Daniels 6:20, 3. Chuck Jostad 7:08.	

<b>Division Results - Women's 1 Mile</b>		
12 & Under:	1. Heather Kilgelsmith 6:43, 2. Erin Ciccarelli 6:58, 3. Regina Coffee 7:26, 13-18: 1. Melina Nunez 6:18, 2. Julie Grant 6:22, 3. Melinda Carlton 7:52, 19-29: 1. Consuelo Garcia 5:42, 2. Jennifer Hunt 6:58, 3. Shari Hamilton 7:22, 30-39: 1. Candy Lopes 7:52, 2. Lana Fairbank 8:57, 3. Linda Jones 8:59, 40-49: 1. Barbara Miller 8:00, 2. Carol Grant 8:08, 3. Evelyn Van Andel 10:30, 50-59: 1. Mary Anne Buckley 10:22.	



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**Jack Leydig**  
**(415) 595-2249**



### Gentipedes

1. Bob Richards, Shadowchase 6:50, 2. Dan Starr, Careers, 10:26, 3. Peggy Arendt, Pregnant Ladies, 22:47.

### Division Results - Men's 5K

12 & Under: 1. Dino Daniels 20:50.7, 2. Timothy Johnson 21:30.8, 3. Russell Higginson 22:17.5. 13-18: 1. Shane Parmaz 16:04, 2. Michael Lambert 18:00, 3. Chris Lemke 18:23. 19-29: 1. Charles Pittel 17:15, 2. Steve Logan 18:40, 3. Bernardo Franklin 18:52. 30-39: 1. Dick Ehrles 18:34, 2. Jose Guerrero 18:51, 3. Carl Martin 18:56. 40-49: 1. Phil Fenley 18:10, 2. Douglas Daniels 20:49, 3. Richard Ring 22:57. 50-59: 1. Dick Shorman 20:24, 2. Robert Buckley 20:52, 3. Curtis Tom 21:36.

### Division Results - Women's 5K

12 & Under: 1. Stacy Skov 22:38, 2. Victoria Hall 26:01, 3. Kimm Flannery 30:16. 13-18: 1. Betty Chavez 20:09, 2. Tammy Ward 24:18. 19-29: 1. Maureen Bobello-Boynton 21:41, 2. Linda Phelan 24:37, 3. Sharon Sharp 26:20. 30-39: 1. Chrys Burt 23:20, 2. Lynn Miller 23:21, 3. Linda Soehren 24:45. 40-49: 1. Carol Grant 25:03, 2. Glenda Babineau 31:52, 3. Isabelle Carlson 34:39. 50-59: 1. Clara Azavedo 26:47, 2. Mabelle Taylor 31:01, 3. Norma Lewis 34:28.

### Division Results - Men's 10K

12 & Under: 1. Dino Daniels 42:48. 13-18: 1. Jeff Hartman 36:29, 2. Joe Gregory 42:21, 3. Jamie Martin 43:35. 19-29: 1. Bill Martin 33:25, 2. Drew Carlson 38:18, 3. Chris Moraes 38:42. 30-39: 1. Jack Lawson 35:40, 2. Bob Stevens 36:28, 3. Frank Garcia 36:52. 40-49: 1. Roger Dahl 40:38, 2. Herb Nelson 42:08, 3. Gerald Babineau 42:49. 50-59: 1. Ed Miller 50:36, 2. Robert Dornisfe 52:48.

### Division Results - Women's 10K

13-18: 1. Kelly Pinheiro 48:14. 19-29: 1. Consuelo Garcia 40:43, 2. Elizabeth Townsend 48:47, 3. Mary Debbie, N.T. 30:39. 1. Carol Ovalle 46:34, 2. Debra Butler 47:15, 3. Irene Cattanech 50:37. 40-49: 1. Barbara Miller 42:41, 2. Joanna Blankenship 51:49, 3. Mary Belz 52:33.

## Foggy Bottoms Milk Run

March 2. Arcata. 4 Mile & 10 Mile.

### Overall Results - 4 Mile

1 David Figueiredo (20-29) McKInlv 20:57  
2 John Slavin (35-39) Redway 20:59  
3 Jeff Johnson (15-19) Eureka 21:13  
4 Alex Zygaczko (35-39) Eureka 21:31  
5 Rick Alexander (20-29) Arcata 21:50  
6 A.P. Amaral (20-29) Arcata 22:20  
7 Wayne Arisson (20-29) Eureka 22:28  
8 Jeff Ball (15-19) Bayside 22:43  
9 Jake Furber (15-19) Bayside 22:51  
10 John St. Marie (20-29) Arcata 23:02  
11 Scott Bullfinch (35-39) Loleta 23:25  
12 Gilbert Guevara (15-19) Arcata 23:25  
13 Ron Meyers (30-34) Arcata 23:32  
14 Kathy Dolan (20-29) Arcata 23:38  
15 Brel Harris (20-29) Arcata 23:44  
16 Chris Christensen (35-39) Fortuna 23:45  
17 George Spinas (30-34) Arcata 23:45  
18 Eric Graham (15-19) Garberville 23:54  
19 Andy Cleveland (14&U) Eureka 23:55  
20 Tim Payer (20-29) Eureka 24:15  
21 Joe Kirby (20-29) Miranda 24:22  
22 Robert Bowman (20-29) Arcata 24:25  
23 Michael Walund Jr. (15-19) Eureka 24:26  
24 Bill Morris (15-19) Bayside 24:32  
25 George Morris (15-19) Bayside 24:32  
26 Steven McIntire (20-29) Arcata 24:39  
27 Randy Walker (20-29) Eureka 24:40  
28 Forrest Williams (50-54) Arcata 24:40  
29 Wayne Rickert (20-29) Arcata 24:47  
30 Gerry Gray (20-29) Trinidad 24:54  
31 Dan Steffen (30-34) Arcata 25:00  
32 Jerry Torres (20-29) Fresno 25:07  
33 Paul Bieher (20-29) Arcata 25:10  
34 Charles Haluzak (20-29) McKInlv 25:11  
35 Don Felix (20-29) Arcata 25:18  
36 Bill Morris (40-44) Bayside 25:25  
37 Bob Hill (20-29) Arcata 25:31  
38 Anthony Potts (20-29) Arcata 25:40

39 Mark Wakeman (30-34) BlueLake 25:42  
40 Dave Gunderson (30-34) Eureka 25:43

### Division Results - Men's 4 Mile

14 & Under: 1. Andy Cleveland 23:55, 2. John Maurer 25:54, 3. Mike Hillyard 27:09. 15-19: 1. Jeff Johnson 21:13, 2. Jeff Ball 22:43, 3. Jake Furber 22:51. 20-29: 1. Dave Figueiredo 20:57, 2. Rick Alexander 21:50, 3. A.P. Amaral 22:20. 30-34: 1. Ron Meyers 23:32, 2. George Spinas 23:45, 3. Dan Stefan 25:00. 35-39: 1. John Slavin 20:59, 2. Alex Zygaczko 21:31, 3. Scott Bullfinch 23:25. 40-44: 1. Bill Morris 25:25, 2. William Honsal 25:58, 3. Michael Pinsky 26:45. 45-49: 1. Hank Ramirez 27:01, 2. Ron Russell 28:05, 3. Robert Kristic 29:28. 50-54: 1. Forrest Williams 24:40, 2. Richard Glchrist 26:26, 3. Larry Moss 27:15. 55-59: 1. George Magdiary 35:01, 2. Darrell Martin 35:11, 3. Pete Wilson 36:00. 65 & Over: 1. Bill Van Fleet 31:35, 2. Paul Perrine 36:54. Wheelchair: 1. Greg Marks 44:41.

### Division Results - Women's 4 Mile

14 & Under: 1. Anna Burom 28:40, 2. Sarah Grundman 31:50, 3. Vicky Fleschner 32:05. 15-19: 1. Jennifer Rapp 27:39, 2. Sara Lawrence 30:22, 3. Michele Mattson 31:42. 20-29: 1. Kathleen Oclan 23:38, 2. Sandy Waters 26:33, 3. Terry Coppini 26:42. 30-34: 1. Gail Jones 28:09, 2. Lisa Landis 28:36, 3. Susan Wartburg 30:14. 35-39: 1. Koren Kelley-Doy 29:10, 2. Linda Mattson 31:16, 3. Paulette Buckmann 33:15. 40-44: 1. Jessie Stratton 28:58, 2. Linda Forbes 30:17, 3. Louise Shultz 30:27. 45-49: 1. Marge Dunlap 28:50, 2. Merry Maloney 29:43, 3. Patricia Pedrotti 32:04. 50-54: 1. Lynn Lawrence 31:25, 2. Nancy Gardner 34:31, 3. Jean Ross 34:54. 55-59: 1. Betty Hamblin 35:37, 2. Jean Shimasaki 43:00, 3. Theima Jackson 59:00.

### Overall Results - 10 Mile

1 Ray Webb (24) Arcata 52:18  
2 Mike Holt (36) Arcata 53:37  
3 Greg Heistuman (30) Arcata 54:38  
4 Mike Pigg (22) Arcata 55:17  
5 Scott Winfield (25) Arcata 56:13  
6 John Zynselmeir (38) MadRiver 56:47  
7 Rafael Stroud (28) Eureka 57:42  
8 Randy Carrico (34) Eureka 59:33  
9 Gene Livingston (19) Eureka 59:45  
10 Lance Baker (29) CrescentCy 60:20  
11 Ron Fienner (38) Arcata 60:39  
12 Michael Garrett (30) Eureka 61:30  
13 Jim Howard (31) Foresthill 61:31  
14 Timothy Martin (37) Arcata 62:20  
15 Emo Mello (34) CrescentCity 62:24  
16 Grant Rider (22) Arcata 62:36  
17 James Zweifer (24) RohnertPk 63:16  
18 Douglas Kamprath (25) Eureka 63:30  
19 George Williams, III (22) Arcata 63:42  
20 Mark Demichele (23) Arcata 63:54

### Division Results - Men's 10 Mile

14 & Under: 1. Eli Ricco 68:15, 2. Rob Ends 143:10. 15-19: 1. Gene Livingston 59:45, 2. Keith Berry 66:50, 3. Erik Zamboni 70:15. 20-29: 1. Ray Webb 52:18, 2. Mike Pigg 55:17, 3. Scott Winfield 56:13. 30-34: 1. Greg Heistuman 54:38, 2. Randy Carrico 59:33, 3. Michael Garrett 61:30. 35-39: 1. Mike Holt 53:37, 2. John Zynselmeir 56:47, 3. Ron Fienner 60:39. 40-44: 1. Colin Dazzi 64:28, 2. Bill Eitter 65:02, 3. Bill Daniel 66:20. 45-49: 1. Ron Dunlap 65:42, 2. Mac McClary 67:19, 3. Ellsworth Pence 67:49. 50-54: 1. Ben Bennion 65:22, 2. George Crandel 67:10, 3. Dan Norris 77:00. 55-59: 1. Ted Ruprecht 70:00, 2. Peter Burgess 101:50. 60-64: 1. Bob Dickerson 74:45, 2. James Cair 95:04, 3. Jim Beugler 106:19. 65 & Over: 1. Ira Samuels 84:05, 2. Charlie Swingrover 93:15, 3. James Householder 94:23. Wheelchair: 1. Mike Jellison 99:20.

### Division Results - Women's 10 Mile

14 & Under: 1. Sara Perry 76:37. 15-19: 1. Sarah McNoull 91:37. 20-29: 1. Jill Korte 77:38, 2. Ruby Scott 77:45, 3. Kristine Brerdi 77:51. 30-34: 1. Mary Wells 85:07, 2. Magnerre Vivir 87:17, 3. Michelle Stroll 102:43. 35-39: 1. Helen Renner 74:07, 2. Rita Bartow 79:44, 3. Joanne Joy 88:57. 40-44: 1. Tracy Angel 89:57, 2. Roberta Davis 91:21, 3. Doris Gunther 137:43. 45-49: 1. Dorothy Story 83:36, 2. Esther Wadsworth 93:15, 3. Yvonne Pelham 105:45. 50-54: 1. Sherry Pennion 78:34, 2. Jeannie Carrell 100:09. 60-64: 1. Virginia Terry 86:06.

## South Bay 20K

March 2. Los Osos.

### Overall Results

1 Steve Flynn (30) Con.Agg. 1:07:40  
2 Keith Golding (25) AggieRC 1:08:12  
3 Rudy Hernandez (34) InsideTr 1:08:31  
4 Danny Kerecman (24) BywdCTT 1:10:28  
5 Glenn Harvey (28) SLDC 1:12:06  
6 John Fetcho (29) Unat. 1:12:27  
7 Paul Lee (25) SLDC 1:12:28  
8 Thierry Ross (30) SLDC 1:13:09  
9 Frank Hutchinson (33) SLDC 1:13:20  
10 Mike Uerna (43) Unat. 1:17:02  
11 Frank Padilla (49) VisaliaR 1:17:04  
12 Chris Connors (34) SLDC 1:17:36  
13 Brian Waterbury (37) SLDC 1:18:58  
14 Keith Kirkpatrick (39) SLDC 1:19:34  
15 Richard Quintero (32) ORR 1:20:15  
19 Bob Blakeley (43) VisaliaR 1:23:34  
23 F. Nagelschmidt (61) TIT 1:24:12  
25 Shannon Dial (26) SLORFC 1:26:16  
26 Ray Gil (61) Sr.TC 1:26:32  
30 Carrie Walters (30) SLDC 1:27:47  
32 Diane Dixon (31) SLDC 1:28:20  
34 Roger Boedecker (56) SLDC 1:29:07  
35 Dana Tryde (29) SLDC 1:29:30  
40 Richard Bunner (57) Unat. 1:32:08  
43 Gaby McQuilty (48) Unat. 1:33:57  
48 Gudrun Fink (42) LVDC 1:36:44  
49 Susan Krout (37) SLDC 1:36:50  
54 Linda Carriger (41) Insided T 1:40:54  
59 Anna Barber (25) Unat. 1:43:38  
60 Doug Bishop (17) Unat. 1:43:42  
61 Mary Storey (61) SDTC 1:44:30

## Chinatown Run

March 2. San Francisco. 5 Mile.

More than 1200 people participated in the Chinatown Run, breaking all previous records for the race.

Patrick Sullivan, 26, a resident of San Francisco, won the five-mile race in 24 minutes and 52 seconds, averaging five minutes per mile.

Coming in second was Bill Sevald, 39, at 25:18, followed by Jim Moyles of Redwood City at 25:37.

Tamara Gonzales, 25, of San Rafael won the women's division with a time of 29:58. She was followed by Donna Chan, 34, of San Francisco at 32:15, and Susan Putney, 22, at 32:39.

### Division Results - Men

15 & Under: 1. Noah Hill. 16-19: 1. Eric Bonn. 40-49: 1. Jon MacPherson. 50-59: 1. Bill Bugler. 60-69: 1. Karl Bolinger. 70 & Over: 1. Les Liesenberg.

### Division Results - Women

15 & Under: 1. Celeste Buchanan. 16-19: 1. Cynthia Fox. 40-49: 1. Doerte Murray. 50-59: 1. Barbara Robben. 60-69: 1. Kit Pickles. Special Award: 1. Helen Atwell.

## Gold Trail Half Marathon

March 2. Hornitos to Snelling.

### Half Marathon Results

1 Fred Villages (18-29) 1:13:18  
2 Doug Barbera (18-29) 1:14:45  
3 Zachary Taylor (18-29) 1:18:37  
4 Shariet Gilbert (30-39F) 1:19:27  
5 Curt Royer (30-39) 1:20:34  
6 Scott Rives (17&U) 1:22:01  
7 Rick Gaffney (30-39) 1:22:10  
8 Joe Castillo (18-29) 1:22:37  
9 Daniel Garcia (30-39) 1:23:43  
10 Roger Zoldon (30-39) 1:24:15  
11 Jim Nabholz (17&U) 1:25:31  
12 David Dennis (30-39) 1:26:10  
13 Ron Champion (30-39) 1:26:33  
14 Don Steiner (30-39) 1:27:22  
15 Mark Haymond (40-49) 1:27:31  
16 Craig Krieger (18-29) 1:27:45  
17 Glen Jenkins (30-39) 1:28:09  
18 John Plos (40-49) 1:28:31  
19 Michael Rench (30-39) 1:29:04  
20 John Volkman (30-39) 1:29:43

### 2-Mile Results

1 Greg McKinstry (18-29) 10:33  
2 Tim Stevens (18-29) 10:54  
3 Deslin Malone (13-17) 11:02  
4 Takahide Masuda (13-17) 11:36  
5 Danny French (13-17) 11:53

## Blue Devil Classic

March 9. Davis. 10K & 3 MI.

### Division Results - Men's 10K

15 & Under: 1. Christian Trimble 48:39, 2. Eric Grant 49:08, 3. Mike Sua 54:15. 16-18: 1. Jerry Cook 40:05, 2. Tim Alberry 44:29, 3. Jeff Jones 45:58. 19-29: 1. Scott Stelmans 51:55, 2. Craig Stalmans 52:07, 3. Barry Farrara 36:44. 30-39: 1. Wayne Johnston 38:01, 2. Mike Busbee 36:35, 3. Robert Hansen 37:39. 40-49: 1. Darrell Champion-Fritz 38:46, 2. Eric Park 42:33, 3. Doug Dieneit 42:39. 50-59: 1. Mike McGie 38:13, 2. Ruoy Subia 41:15, 3. Jerry Lampson 46:32. 60 & Over: 1. Harry Hendrick 62:36.

### Division Results - Women's 10K

19-29: 1. Diane Brown 47:16, 2. Cara Jensen 49:39, 3. Cheryl Thomas 49:40. 30-39: 1. Stephanie Chatoff 48:15, 2. Margaret Chatoff 48:15, 3. Margaret Rush 48:18. 40-49: 1. Susan Condon 47:29, 2. Tami Bemiller 47:45, 3. Kellier Yocum 50:41.

### Division Results - Men's 3 Mile

15 & Under: 1. Mike Jensen 19:14, 2. Brandon Johnson 20:22, 3. Kurt Alderman 20:35. 16-18: 1. Mark Lea 17:39, 2. Patrick Higdon 17:48, 3. Jeff Ochs 18:13. 19-29: 1. Rene Porez 14:58, 2. Eric Wolfe 15:24, 3. Dave White 15:27. 30-39: 1. Paul Beisser 15:36, 2. Tim Shannon 16:12, 3. Tom Keilar 16:48. 40-49: 1. J.G. Contreras 19:38, 2. Phil Gaines 19:46, 3. Charles Johnson 20:24. 50-59: 1. Mort Ward 18:28, 2. Carter Keane 23:11, 3. John Fuquay 26:11. 60 & Over: 1. Gaylord Conzalm 25:47.

### Division Results - Women's 3 Mile

15 & Under: 1. Julie Bekebrade 26:33, 2. Kristen Moering 27:47, 3. Kira Smith 27:51. 16-18: 1. Carol Kinter 23:35, 2. Deanna Winter 31:31, 3. Lynette Winter 31:37. 19-29: 1. Allison Bridges 22:09, 2. Cynthia West 22:40, 3. Beth Murray 23:15. 30-39: 1. Lauren Klein 20:44, 2. Lois Gaines 21:59, 3. Linda Sarturi 26:26. 40-49: 1. Agnes Sawyer 22:51, 2. Carolyn Ward 23:44, 3. Judy Headmorich 23:57. 50-59: 1. Sandra Coffey 18:50, 2. Joyce Doi 22:39, 3. Margaret Huber 28:11.

## Limantour Split

March 9. Pt. Reyes. Half Split & Full Split.

During the morning of March 9 when most of you were sipping coffee in between reading the Sunday paper and trying to ignore the threatening clouds outside, 155 callused - or naive - runners braved the environment at Point Reyes. They participated in the first annual Limantour Split trail races organized by "BIG" Al Kirkman and Nancy Stover of Team Challenge. The runners were able to choose between a 6.3 mile race and an age-handicapped 10.2 mile race. Both races started close to the Limantour Beach parking lot at Point Reyes National Seashore.

Within the first quarter mile, all runners were good candidates for a Clorox commercial. After about one mile, a canoe might have been the appropriate thing to bring along. It was a time of emotional height: anger, disgust, laughter, and a return to childhood playfulness in all the mud and water. Lots of runners experienced a seasaw of thoughts that varied from "Why am I out here doing this?" to "I wouldn't change places with anyone else in the whole wide world. There were nettles and poison oak, difficult footing, and long hills, but the were also beautiful purple irises, curiously chirping birds, and endless green.

After trudging through brushlands and forests, the runners from both races merged on the beach to run the last 1.5 miles of the race. There was no pain this stage to dodge the waves in fact seemed like the best way to clean after an adventure with the elements.



Thoughts of picnicking on the beach dissolved in the downpour soon after the race, but most of the runners still "made a day" of it. They continued with the informal country atmosphere by eating pizza at the Blue Whale in Inverness or they switched to gourmet dining at the Olema Inn. Wherever they ate, one thing was for sure: Every bite was well deserved!

Winners of the 10.2 mile race were Jim Moyles, age 34, of Redwood City with a time of 54:59 and Laurie Binder, age 38, of Oakland with a time of 1:02:34. The top five men include Moyles, 2. Steve Ottaway (San Anselmo) 57:55, 3. John Frank (S.F.) 59:45, 4. Walter Radloff (San Jose) 1:01:10, 5. Norman Gould (San Jose) 1:01:55. The top five women include Binder, 2. Barbara Magid (Mill Valley) 1:04:31, 3. Kate Harling (Mill Valley) 1:05:05, 4. Ruth Anderson (Oakland) 1:09:41, 5. Dianne Johnston (Mill Valley) 1:12:15.

Winners of the 8.3 mile race were Garry Green, age 33, of Sacramento, who completed the course in 42:39 and Kate Kansas, age 25, of San Francisco, who finished in 53:11.

**Division Results - Men's Half Split**  
15 & Under: 1. Jason Willits, 2. Aaron Avila, 3. Chris Bruno. 18-29: 1. Stuart Taylor, 2. Mirek Gorski, 3. Richard Gentry. 30-39: 1. Garry Green, 2. Jim Furman, 3. Thomas Garcia. 40-49: 1. Bob Soper, 2. W.M. Smartt, 3. Paul Berg. 50-59: 1. Ulysses Ratti, 2. Willem Tulzing.

**Division Results - Women's Half Split**  
18-29: 1. Kate Kansas, 2. Susan Scangarella, 3. Margaret Johnson. 30-39: 1. Laurie Arnold, 2. Leslie Champ, 3. Jean Nilsen. 40-49: 1. Sue Flagg, 2. Ginger Robbins, 3. Marianne Siegmund. 50-59: 1. Barbara Kamprath.

**Division Results - Men's Full Split**  
18-29: 1. John Frank, 2. Alan Scott, 3. Michael Lopez. 30-39: 1. Jim Moyles, 2. Steve Ottaway, 3. Norman Gould. 40-49: 1. Walter Radloff, 2. Peter Laakier, 3. Dennis Gustafson. 50-59: 1. Richard Laine, 2. Phil Phythian, 3. Morgan Peterson. 60-69: 1. Karl Bollinger.

**Division Results - Women's Full Split**  
18-29: 1. Jenny Biddulph, 2. Suzanne Kowalski, 3. Sherri Elliott. 30-39: 1. Laurie Binder, 2. Dianne Johnston, 3. Vicki Chase. 40-49: 1. Barbara Magid, 2. Kate Harling, 3. Ann Hardham. 50-59: 1. Ruth Anderson, 2. Joanne Kambur.

## Sri Chinmoy 4-Mile

March 9, Alameda.

**Division Results - Men**  
Open: 1. Nikos Mourtos 23:38, 2. Riggie Mason 24:08, 3. Fernando Garcia-Mari 24:50, 4. Tom Rose 25:07, 5. Robert Ralsner 26:10, 6. Bob Besso 26:20, 7. Nimagna Anderson 27:09. 50 & Over: 1. F. Paul Ong 32:44, 2. Howard Houk 36:47.

**Division Results - Women**  
Open: 1. Joan Varney 28:12, 2. Ashanka Stagg 30:30, 3. Julie Zehnder 30:36, 4. Quincy Yu 35:29, 5. Diana Mentzer 35:38, 6. Ariel Varney 48:50.

## Knights of Columbus 5 Mile

March 15, Pico Canyon.

The luck of the Irish held, it didn't rain and a cool crisp morning greeted the 233 runners who came out to enjoy the sixth annual Knights of Columbus 5 Mile Run. Two local runners took top honors. Tim Watson from Saugus and a junior at U.C.R. won the men's race in an excellent time of 25:33, a second fastest time for the race. Hart High School's Lisa Rizzo won the women's race in a fast time of 29:57, also the second fastest time for the

race. Don Bradley from San Diego won the 70 & Over age division in 36:06, only seconds off the National Record for 70 year olds in the five mile distance. Another worthy finisher was Joe Bishin the 84 year old Beverly Hills stalwart who has run and won his age group every year in this race since 1980.

**Overall Results**

1	Tim Watson (18-24)	25:33
2	Tim Hampton (30-34)	27:07
3	Tom Moriarty (30-34)	27:12
4	Tom Hackley (25-29)	27:21
5	Greg Enright (18-24)	27:42
6	Johnny O'Mara (18-24)	27:48
7	Steve Crouch (40-44)	28:31
8	Phillip Delacerda (35-39)	28:46
9	Steve Powell (35-39)	29:06
10	Rob Bancroft (25-29)	29:07
11	Barry Wittler (35-39)	29:08
12	Mick Trozzi (25-29)	29:09
13	Mike Mench (40-44)	29:16
14	George Morse (35-39)	29:18
15	Jeff Boyd (30-34)	29:21
16	Rick Golding (35-39)	29:23
17	John Moore (35-39)	29:25
18	Jerry Fox (30-34)	29:25
19	Steve Mangum (35-39)	29:26
20	Pat Quinlan (18-24)	29:30
21	Mark Rosen (30-34)	29:34
22	Doug Burke (18-24)	29:37
23	Larry Stevens (35-39)	29:49
24	Lisa Rizzo (13-17F)	29:57
25	David Rizzo (13-17)	30:00

## Piedmont Feet Meet

March 15, Piedmont. 5 & 10K.

**Overall Results - 5K**

1	Calvin Gaziano (19) CastroV	15:19
2	Aaron Cuthbertson (17) Piedmt	16:14
3	Chris Burger (16) City	16:35
4	Harvey Franklin (42) Oakland	16:38
5	Mikos Mourtos (28)	17:29
6	Jose Pena (24) Richmond	17:32
7	Dave Larson (31) Berkeley	17:46
8	Craig Caron (35) Hayward	18:13
9	Dave Picarello (32) City	18:16
10	Eric Harrison (33) Berkeley	18:28
11	Michael DeGregorio (30)	18:43
12	Craig Johnson (42) Piedmont	19:09
13	Craig Johnson (40) Piedmont	19:09
14	James Erbes (48) San Jose	19:09
15	Mike Sanford (16) Piedmont	19:11
16	Cheri Williams (28) Hayward	19:13
17	David Wasserman (14) Piedmont	19:17
18	Floyd Hicks (36) Oakland	19:21
19	Drew Mickel (13) Piedmont	19:33
20	Brad Dickson (14) Piedmont	19:37

**Overall Results - 10K**

1	Iain Mickle (25) S.F.	33:21
2	George Riley (29) Oakland	33:39
3	Kevin Holbrook (15) Vacaville	33:59
4	Joe Schaffer (34) City	34:06
5	Norm Green (53) City	34:10
6	Chris Ward (27) City	34:28
7	Stephen Freitas (36) Martinez	34:29
8	Steve Sidney (36) Piedmont	35:31
9	Ted Quintana (30) El Cerrito	35:34
10	Benjamin Turman (16) Berkeley	35:40
11	Daniel Rosenthal (23) Berkeley	35:44
12	Mark Piodillo (29) Berkeley	36:11
13	Tony Smyth (26) Day City	36:19
14	Donald James (37) Oakland	36:57
15	Joe Hancock (47) Berkeley	37:04

## Bonne Bell 10K

March 18, San Francisco.

**Overall Results**

1	Terry Puckett (30) Adidas Reno	34:28
2	Shariet Gilbert (35) Richmond	35:27
3	Ingrid Hemenway (30) Oakland	35:54
4	Heldi Perham (28) GSFTC	36:07
5	Sue Gyorey (27) Los Gatos	36:11
6	Johanna Reineke (23) Berkeley	36:19
7	Laurie Binder (38)	36:22
8	Sue Vinella-Brusher (31) Oakland	36:43
9	Cora Einterz (25) Santa Cruz	36:47
10	Sarah Talbut (26) Berkeley	36:54
11	Luanne Park (25) CCF	36:59

12	Wink Luskin (34) S.F.	36:59
13	Tamara Gonzalez (25) San Rafael	37:18
14	Bridget Goodwin (30) Excelsior	37:24
15	Juana Stavolone (40)	37:38

**Division Results**  
19 & Under: 1. Celeste Buchanan 41:16, 2. Erin Bellamy 41:24, 3. Stephanie Gilchrist 41:28. 20-24: 1. Johanna Reineke 36:19, 2. Roxanne Blar 37:46, 3. Mary Bath Duffy 38:35. 25-29: 1. Heldi Perham 36:07, 2. Sue Gyorey 36:12, 3. Cora Einterz 36:48. 30-34: 1. Terry Puckett 34:29, 2. Ingrid Hemenway 35:55, 3. Sue Vinella-Brusher 36:43. 35-39: 1. Shariet Gilbert 35:28, 2. Laurie Binder 36:22, 3. Hilary Naylor 37:52. 40-44: 1. Juann Stavolone 37:38, 2. Joan Colman 39:53, 3. Karen Lanterman 39:53. 45-49: 1. Eve Peil 38:59, 2. Joan Reiss 40:53, 3. Birthe Kirsch 41:17. 50-59: 1. Allice Rose 41:39, 2. Kay Willoughby 42:47, 3. Lucrecia Fontes 43:52. 60-69: 1. Jaclin Caselli 48:35, 2. Kit Pickles 51:08, 3. Rose DeFerville 57:02. 70 & Over: 1. Mae Stadler 1:01:50, 2. Ada Thomas N.T., 3. Narcissa Kelley N.T.

## Dick Durand 8K Trail Run

March 18, Westlake Village.

**Overall Results**

1	Mike Shriver (28) Simi Valley	33:49
2	Rod Braunthal (16) Tarzana	33:57
3	Eric Bohren (16) Tarzana	34:24
4	Richard Hallblom (37) S.B.	34:57
5	Jesus Cintron (26) L.A.	35:24
6	Scott Seligson (18) Tarzana	35:49
7	Brian Beard (21) Rialto	36:16
8	Andy Ellis (12) Westlake Vll.	37:27
9	Barry Waugaman (38) Pasadena	37:51
10	Andrew Hecker (31) Ventura	38:31
11	Cornell Garco (18) Tarzana	38:50
12	Larry Wells (53) Quartz Hill	39:06

13	Dick Durand (58) Thous.Oaks	39:27
14	Chip English (12) Tarzana	39:53
15	Oscar Rosales (45) L.A.	40:55
16	Michael Wells (27) Quartz Hill	41:03
17	Tim Meck (29) Agoura Hills	44:13
18	Jeanette Wells (48) QuartzH	45:01
19	Ed Hodson (20) NewburyPk	45:20
20	Rainier Lang (45) Topanga	48:28

## Santa Maria Triathlon

March 18, Santa Maria.

**Overall Results**

1	Sean Robertson (22) Carptra	1:19:56
2	Marcus Woody (19) Goleta	1:21:29
3	Bart Hayashi	1:22:00
4	Ed Tio (26) San Jose	1:22:16
5	Brent Farris (23) SLO	1:23:11
6	Kemp Aaberg (48) Goleta	1:23:16
7	Tim Rhodes, Redondo Beach	1:24:02
8	Curtis Karbowaki (27) San Jose	1:24:30
9	Deanne Marhn (26) S.Barbara	1:25:27
10	James Adams (27) S.Monica	1:25:40
11	Tony Sehgal (16) Lompoc	1:25:41
12	Thomas Ball (23) L.A.	1:25:55
13	Matthew Fay (21) SLO	1:26:01
14	Alan Hoffman (37) Goleta	1:26:41
15	David Book (37) Santa Maria	1:26:45
16	Edward Savko (33) GardenGv	1:27:23
17	David Krause (35) SanPablo	1:27:25
18	K.C. McCarty	1:28:04
19	Mark Buesing (20) WoodlandH	1:28:06
20	Dave Howell (44) Los Osos	1:28:29
21	Garren Mizutani (23) AgouraHI	1:29:51
22	Mike Steen (28) ArroyoG	1:30:07
23	Jim Atkins (21) SLO	1:30:08
24	Jeff Panetta (26) LosGatos	1:30:21
25	Kelly Stater (32) SLO	1:30:53

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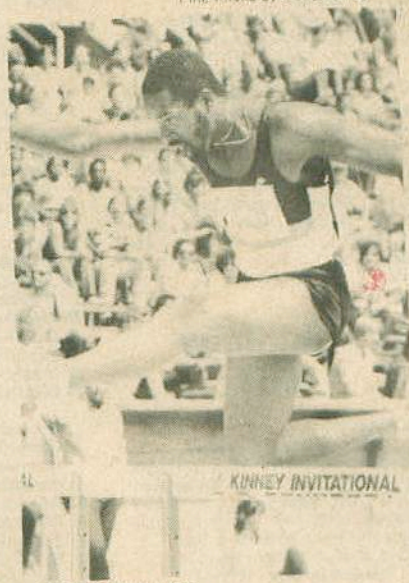
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