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& \text { August } \\
& 1981 \\
& \text { ISSUE } 58 \quad \$ 1.00
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## THE MICHELOB LIGHT TRIATHLON



## CHALLENGE



OVERALL INDIVIDUAL MEN'S \& WOMEN'S WINNER WILL RECEIVE AIRFARE TO THE INTERNATIONAL TRIATHLON IN HAWAII IN 1982


1500 Meter Swim

## SEPTEMBER

COMPETITIVE DIVISIONS
A-Junior Men 19 \& under
B-Open Men 20-29
C-Open Men II 30-34
D-Sub Master Men 35-39
E-Master Men 40-49
F-Senior Men 50 \& over
G-Junior Women 19 \& under
H-Open Women 20-29
AWARDS

1-Open Women II 30-34

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| 5 | 3 |

## 12, 1981 CASTAIC LAKE 7:00 AM



IRONMAN: any person who completes all the phases individually.
RELAY TEAM: Consists of three members,
a swimmer, a biker, and a runner. Members

REGISTRATION:
ALL MAILED ENTRIES MUST BE POSTMARKED BY SEPTEMBER 3, 1981. REGISTRATION IS AVAILABLE AT

## 1500 Meter Swim

## SEPTEMBER

COMPETITIVE DIVISIONS
AWARDS
A-Junior Men 19 \& under
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1-Open Women II 30-34
J-Sub Master Women 35-39
K-Master Women 40-49 Individual Relay

L-Senior Women 50 \& Over 3

M-Corporate Cup Award-any ${ }^{3}$ combination representing a corporation.
N -Civil Cup-any team representing the Police, Fire Depts, or any civil org.
O-Univ/College Cup Award-any team representing an educational institution.


IRONMAN: any person who completes all the phases individually.
RELAY TEAM: Consists of three members, a swimmer, a biker, and a runner. Members should be of same age division. Any combination of ages will be considered Open (B for men/H for women)

## THE INTERNATIONAL TRIATHLON IN HAWAII IN 1982

## 12, 1981 CASTAIC LAKE <br> 7:00 AM

REGISTRATION:
ALL MAILED ENTRIES MUST BE POSTMARKED BY SEPTEMBER 3, 1981. REGISTRATION IS AVAILABLE AT TABORI SPORTS (13722 BURBANK BLVD., VAN NUYS CA: 213-908-0485) and RUNNER'S UP (22932. 1/2 LYONS AVE. NEWHALL, CA: 805-254-1833).
NO LATE REGISTRATION

DISCLAIMER:
eceipt and sufficiency of which acceptance of liability and for other valuable consideration, the eceipt and sufficiency of which are hereby acknowledged, I, on behalf of myself. my heirs. ATHLETICS UNLIMITED, STATE OF CALIFORNIA, DEPARTMENT OF WATER RESOURCES, PATROUNTY PARKS AND RECREATION, L.A. COUNTY SHERIFF, CALIFORNIA HIGHWAY hereinafter referred to as "Organizations": and SAN FERNANDO VALLEY TRACK CLUE heirs, assigns, agents, directors, officers. partners, employees, representatives, and all other
persons acting by, through or in concert with "Orgnizations" debts, promises, obligations, claims, losses, expenses of any attorneys fees, known or unknown, fixed or contingent (all of which are hereinatter reterred as "Claims") which I now have or may herafter rave against "Organizations" or any of the above out of. based upon, relating to the competition in the MICHELOB LIGHT TRIATHLON CHALLENGE scheduled to take place on September 12, 1981 at Castaic. California. TRIATHLON CHALLENGE am physically fit and sufficiently trained for he cmpetition in th I hereby assume full respo.
result of the aforementioned ThIA THLON CHALL.ENGE. All questions concerning the validity of any of the terms of this waiver or its provisions, shall

Signature $\qquad$ Date

The following must be signed if partielpant is undor 18 years of age:
T am the parent or guardilan of the above mentloned participant and in seld capactiy I egree to participant to take part in the TRIATHLON CMALLENGE In the y iliness of the above named participant, consent is hereby given to any $x$-ray examination, anesthetic. medical or surgical diagnosis or treatment and hospital care which is deemed surgeon licensed under the provisions of the Medicine Practice Act on the medical staff or employed by Henry Mayo Hospital.
Parent or Guardian's
Signature (if under 18)
$\qquad$
PLEASE SEND A SELF-ADDRESSED STAMPED ENVELOPE ALONG WITH ENTRY FORM.

## " таніт

 INTERNATIONAL marathon
## Papeete, Tahiti 最 5 a.m. Sunday, November 8, 1981

## THE COURSE

The scenic and challenging point-to-point closed course winds through the Gold Coast of Papeete and finishes up at the Olympic Stadium, as follows: You'll start at the Golf Course at Atimaono with one large hill and a few undulating ones. You'll continue along the New Road toward the harbor. The New Road has never been closed for any event so this will truly be a first. The run along the ocean has some of the most breath-taking vistas you'll ever see. You'll finish your marathon through downtown Papeete, on into the Olympic Stadium and your VICTORY LAP.

## THE AWARDS

Adidas International Friendship trophies will be presented to the top male and female finishers and to the top Master male and female finishers. Each entrant will receive a Tahiti International Marathon commemorative T-shirt All finishers receive com


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MARATHON
$\square$
LAST NAME
MIDDLE
FIRST NAME
INITIAL

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## THE ENTRY FEE

\$10.00 if received before October 1, 1981. \$15 after October 1, 1981. Make check payable to: Tahiti International Marathon.

## RACE ADMINISTRATION AND TRAVEL INFORMATION

Run-Ad International, clo American Express Travel Service, 237 Post Street, San Francisco, Calif. 94108. For further information call Marijo Douglass, (415) 981-5533, Ext. 300.


ENTRY FORM (please print)

LAST NAME $\qquad$
FIRST NAME MIDDLE INITIAL

MAIL ADDRESS $\qquad$

CITY $\qquad$ STATE

ZIP $\qquad$ PHONE $\qquad$

BIRTH DATE $\qquad$ T-SHIRT SIZE

BEST MARATHON TIME $\qquad$ PASSPORT

CITIZENSHIP $\qquad$ MALE $\qquad$ FEMALE

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 American Express Adidas Run-Ad International UTA French Airlines, 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 obove 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 this 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 anv and all restrictions as set forth in the above
SIGNATURE
(PARENT'S OR
GUARDIANS
IF UNDER 18)

ENCLOSE CHECK payable to: Tahiti International Marathon Mail to: Tahiti International Marathon, c/o American Express. 237 Post Street, San Francisco, Ca. 94108.

# California Track \& Running News 

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.(415) $849-44406$


Who's who? Or, when is a team a team? It is becoming increasingly difficult to tell who runs for who. Take Carl Lewis for example: He is from New Jersey and attends college in Texas (Houston). So, we might expect he'd compete in the TAC National Championship Track \& Field Meet for either: Ship Track \& Field Meet for either: Willingboro T.C. (his father is the coallege), Houston Athletic Club, college), Houston Athletic Club,
Philadelphia Pioneers, or unatPhiladelphia Pioneers, or unattached - I could understand any of these choices. But what colors does Lewis wear in the TAC Championships? Santa Monica Track Club blue and gray, of course.
I'm a former Santa Monica Track Club member myself and would be proud to have Carl with this fine Southern California group. But, what's the connection? I'll admit that Santa Monica is a great place for year-round
training and Coach Joe Douglas is a great guy. I have the feeling, however, that Lewis (who's from New Jersey and goes to school in Texas) has never even been to Texas) has ne
Santa Monica.
Lewis isn't an isolated example of long distance club membership, either. Take others like: Brian Oldfield competing for University of Chicago TC, Billy Olson for Pacific Coast Club, Richard Olson for New York Athletic Club, AI Feuerbach for Athletics West, and on and on. Why? is it the coach of a particular club that draws an athlete to that club, or the proximity to residence or employment or school, or the certain teammates to spur one on in workouts?
It used to be illegal (under AAU rules) to compete for a club that wasn't based in ones hometown or school AAU association. An athlete had to move to the association in which the club was located in order to compete for that club. The Athletics Congress (which replaced the AAU last year) has done away with this rule,

## from the edititr...

however, with their new National Club Policy (see "Keeping Track" column in this issue). Clubs can now legally (if they pay the TAC $\$ 100$ ) have members from anywhere.
This wide-open structure may force our club coaches to be nothing more than recruiters and travel agents. Athletes are going to go with the club that gives them the best deal - financially - even if they never see any teammates except at meets. Taking care of an athletes' financial needs is fine, but there's more to being on a team than that...isn't there? What about coaching, teamness, camaraderie, sharing experiences, helping each other in workouts? Aren't these what makes a team a team?
I'm all for helping the athletes. It's long overdue and the athletes in track and field need it. But if club teams come down to who has the most money or tells the biggest recruiting tale, then, let's do away with team scores and just stick to helping the athletes.

CALIFORNIA TRACK \& RUNNING NEWS


## Less Talk - More Results

Please skip the lengthy race write-ups and just give us the bare results - we can figure out the rest results - we can figure out the rest
of it. It would be better to ao
controversial sometimes, but it was a favorite of everyone I know. Monty Moore

Irvine
Thanks
As a subscriber (and coach at
from their work sheets to the materials sent to you they listed 12.6, but the time was in actuality 12.3 in that race. I enclose a clipping from the San Jose Mercury News showing the proper time. It was a good day and I enioved one


CALIFORNIA TRACK \& RUNNING NEWS P.O. Box 6103 Fresno, CA 93703 (209) 264-5847

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$\qquad$

## mailbag

## Less Talk - More Results

Please skip the lengthy race write-ups and just give us the bare results - we can figure out the rest of it. It would be better to go deeper with the space saved.

> J.M. Murray

Sacramento
Why do you only feature the top unners. some of the rest of us (most, that is) middle of the pack finishers like to see our name in print and get recognition, too. We run just as hard.

> Jim Peters San Jose

## Was Wondering Dept.

I was wondering what ever happened to the regular column by Bill Minarik. I know it was pretty
controversial sometimes, but it was a favorite of everyone I know.

## Thanks

As a subscriber (and coach at St. Vincent High School) l'd like to thank you for the coverage you gave the NCS small schools this year.
G.W. Haslam

Petaluma

## Correction Dept

Enjoyed your recent July issue and the great coverage of the Masters activities were excellent, as per usual. Although it is no big deal, I would like to bring to your attention a correction you may wish to have. For the Pacific Association Championships the Los Gatos people goofed on reporting the time for the $60-64$ 100 meters - in the transcription
from their work sheets to the materials sent to you they listed 12.6, but the time was in actuality 12.3 in that race. I enclose a clipp ing from the San Jose Mercury News showing the proper time. It was a good day and I enjoyed one of my better outings for '81. I was particularly happy with the 25.3 200 meters. It was nice to be able to bring the world record for 64 years in both the 100 and 200 meters back to the U.S., although Frit Assmy of West Germany is a worthy champion and | admire him much.

Unfortunately, other com mitments for the summer of necessity cut short my ' 81 season so I'm having to miss some of the really good championship meets. Hopefully, next year it won't happen this way.

Payton Jordan
Los Altos

## ON THE COVER:

- Edwin Moses (top left) at the TAC/USA Track \& Field Championships photo by Don Gosney
- Steve Scott (right) is the new American mile record holder.
photo by Bill Leung, Jr.
- Hal Schulz (lower left) winner of the San Francisco Marathon in July photo by Richard Slotkin


## California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of California Track \& Running News at these locations.

The Jogg'n Shoppe 708 9th St. ARCATA

The Jogg'n Shoppe 410 2nd St. EUREKA


Ryans Sports Shop

Runner's Factory 51 University
LOS GATOS

Inside Track 1410 E. Ma VENTURA

Runner's Sole e 17521 Chatsworth St GRANADA HILLS

Lazlo Tabori Sports
13722 Burbank Blvd. VAN NUYS

A Running Experience 5304 E. 2nd. St.
LONG BEACH
Marathom's
1434 W. 25th. SAN PEDRO


Loeschhorn's for Runners
10810 Warner Ave.
FOUNTAIN VALLEY

## SCHEDULE

## Please send scheduling information directly to California Track \& Running News, P.O. Box 6103, Fresno, CA 93703.

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.

## Long Distance Running Schedule

## AUGUST

AUG 8: Signal HiII 10K. 8 am. Bob Randle, 2428 Lewis Ave., Signal Hill 90806. (213) 426-136
AUG 8: Sierra Pines 40 mile Relay. Bass Lake, 8 am. 6 person teams. Fresno Track Club, P.O
Box 6103, Fresno 93703. Jim Hartig (209) Box 6103,
299-3747.
AUG 8: 50 Mile Relay. Piner Elementary School, 7 am. $4 \times 9.7$ mile and $1 \times 11.5$ mile legs. Tom Crowford (707) 526-0661.
AUG 8: Balboa Park Runs. San Diego, 8 mile and 3 mile. Kathy Askin (714) 274-4144.
AUG 9: Kalser Lake Run. 5k and 10k. Lake Merritt, Oakland, 8 am. Kaiser Lake Run,
WCA, 1515 Webster, Oakland 94612, or call WWCA, 1515 Webster, Oaklan
Runners Feet (415) $4655-1070$.
AUG 9: North Orange Co. YMCA 10K Run. Fullerton, 7:30 am. Patsy Wendler, No. Orange 879-9622. 9.902.

AUG 9: St. Joseph's Races. 5K, 10K \& 15K. Buena Vista and Alameda, Burbank 91505 . (213) 843-5111 ext. 7430 .

AUG 9: John Steinbeck Country Run. 10K, Salinas, 9 am. Lance Almond, 1081 Los Palos Dr., Salinas 93901. (408) 758-2781.
AUG 9: Napa Town and Country Fair Hot Foot

AUG 16: Merced Watermelon Run. 10K, Merc. ed Courthouse, 7:30 am. Mike Mason, 1239 Kensington, Merced 95340.
AUG 16: Irvine Park 5 \& 2 Milers. 8:30 am, Orange. Orange Flyers TC, 2733 Villa Vista Wy , Orange 92667. (714) 774-3959.
AUG 22: Lodi Triathlon. Lodi Lake, 9 am. Run-bike-swim. John Griffin, 4709 Quail Lakes Dr., o. 200, Stockton 95207. (209) 957-5646.
aug 22: Salmon Creek Beach Run. 5 \& 2 miles. Near Bodega Bay. Jim Bowers (707)
$542-4568$.

AUG 22: Bass Lake Half Marathon. Bass Lake, AUG 22: Bass Lake Half Marathon. Bass Lake, 3 am. Fresno Track Club, P.O. Box 6103,
Fresno 93703. (209) 264-5847. Please see advertisement and entry blank in this issue.
AUG 22: America's Finest City Half-Marathon. San Diego (Point Loma), 7 am. American Lung ties, 3861 Front St., San Diego 92103. (714) 297-3901.
AUG 23: TAC National Women's Marathon Champlonship. Ottawa, Canada. Joint USA and Canadian championship. Kathy Switzer or Elizabeth Phillips, Aven, Inc., 9 West 57th ., New York, NY AUG 23: Wildwood Days Race. Six Rivers Run13, Box 21 , Ar 10 . AUG 23: Oakland 5, 10 \& 15K. Oakland, 9 am UUG 23. Jerry's Kide 10K Run. Laouna H

AUG 30: Santa Monica Marathon \& Hall Marathon. Santa Monica Rec. \& Parks Dept 1685 Main St., Room 210, Santa Monica 9040
AUG 30: South Hell Relay. 5 -man, 50 -mile Es2 Sharon Drive Camarillo 93010 (805) 482-5360.
AUG 30: Where The Hell is Truckee? 18 mile, Tahoe City, 8 am. Barb Cohen, Basecamp, PO AUG 30: Presidlo 10 95730. (916) 583-5306. am. The Guardsmen, 12 Geary St., San Francisco 94108. (415) 781-6785 or 989-6402. AUG 30: Twillight Run. 10K, Santa Maria, 5 pm. Santa Maria Valley YMCA, Valerie Krone, O cutt Road Runners, 4277 Brentwood Lane Santa Maria 93454
AUG 30L Laguna Lake 4 Mile Relay. Lompoc Lompoc 93436 .

## SEPTEMBER

SEP 5: Carson 10K. Carson, 8 am. Diann
Dreaves, Box 6234, Carson 90749 . (213) Dreaves, Box 62
$830-7600$, ext. 225.
sep 12: Amador Marathon. Volcano, 7 am, Half marathon, too. Entries close Sept. 9 Amador High School Cross Country Team,
P.O. Box 219, Sutter Creek 95685. Mary P.O. Box 219, Sutter Creek 95685. Mary
Graham (209) 296 -7791.

SEP 12: Michelob Llight Triathlon Challenge. Castaic Lake, 7 am . 1500 meter swim, 30,000 meter ride, 10,000 meter run. Athletics hridge, CA 91324 993-9384. Please see advertisoment and entry blank in this issue.

SEP 12: Interval House 10K. Bolsa Chica State Beach, 8 am. Kathy Shaon, Box 891, Tarzana 91356 .
SEP 12: Synanon Wheels and Heels Half Marathon. 13.1 mile race \& 2 mile prediction. Badger, 7:30 am, Lunch, swim and art show ollowing. Michele Gauthier or Don Ramirez, 93603 . (209) 337-2885.
SEP 12: Breuners Run. Modesto Junior College, 8 am. Jack Albiani, Dept. of Athletics, Modesto Junior College, College Avenue, Modesto 95350.
SEP 13: NIKE/OTC Marathon. Eugene, Oregon. Box 10412, Eugene, OR 97440 Limited to 1000 runners chosen at random from all
June 18.
SEP 13: Santa Monica Mountain 4 Man Relay. Tapia Park, 8 am. Jim Pongeny, 4070 Minerva Los Angeles 90066 . SEP 13: SPA-TAC 20K Champlonships Ave. K-6, Lancaster 93534.
SEP 13: KNBC Peacock TV 10K. Los Angeles Zoo, 8 am. Chuck Amend, Greater Los Angeles Zoo Assn., 5333 Zoo Drive, Los Angeles 90027. (213) $666-5133$.
SEP 13: Go the Distance 6.2 Miller. Santa Cruz, $8: 30 \mathrm{am}$. SCCHP, C/O Dana Bushnell, 20.
Chestnut, Santa Cruz 95060 . (408) $425-4569$. EEP 13. Callornia Poad Punnors 5 \& 10K SEP 13: California Road Runners 5 \& 10 K Zamzow, DPM, 2500 Hospital Dr, Bldg. 9 Mountain View 94040. (415) 964-4800.
SEP 13: Buffalo Stampede. 10 miles. Rio Americano High School, Sacramento, 9 am. Elliot Eisenbud, 6401 Coyle Avenue, Carmichael 95608. (916) 482-1586.
SEP 13: Vine Village Country Run. $11 / 2$ miles \& 10K. Napa, 8:30 am. Tim Thulin, 4059 Old Sonoma Rd., Napa 94558. (707) 253-1399 or 53-1317
SEP 13: Spring Lake Relays. $3 \times 4.3$ miles. Sana Rosa, 9 am. Dave Stostedt, P.O. Box 562,

SEP 18: Pepsi of Reno-Lake Tahoe 72 Miler Tahoe City, 6 am. entries close September 18 . Sacramento 95826. (916) 362-9660.
SEP 19: Bryy 5 . iy pan. M Money qrave W. Princeton, Visalia 93277 . SEP 20: Run for the Earth 10K. Cal State University, Long Beach, 8 am . Marty Haas, 3657 Hackett, Long Beach 90805.
SEP 20: Walnut Festival 10K. Heather Farms, Walnut Creek, 9 am. Walnut Festival Associa tion, P.O. Box 4459, Walnut Creek 94596 . Dave
Klain (1415)

LOOKING AHEAD
Oct 11: Humboldt Redwoods Marathon. Cameron Park, 9 am. Six Rivers Running Club, O. Box 214, Arcata 95521. Tentativ

OCT 11: Gales Creek Valley Marathon. Forest Grove, Oregon. Women's TAC \& RRCA Marathon, P.O. Box 223, Forest Grove, OR Marath
97116.
OCT 18: Monterey County Marathon and Half Marathon. Salinas, 8 am. Monterey County 24-4343 or 758-1783. Ploase seo advertisement and entry blank in this issue.
OCT 24: UC Santa Cruz Redwood Run. 10K, oll, Office of P.E \& Recreation, U.C. Santa Cruz, Santa Cruz 95064. (408) 429-2045.
OCT 24: Nevada Appeal MIni Marathon. Caron City, NV. David Osborn, P.O. Box 2288, Carson City, NV 89701. (702) 882-2111.
OCT 25: YMCA Golden Gate Marathon. Emarcadero YMCA, San Francisco, finish at Larkspur Ferry Terminal, 7 am. Embarcadero MCA, Room 100, San Francisco 94105. (415) 392-2191.
NOV 1: Orange Grove Marathon. Loma Linda, Jim Perry, Box 495, Loma Linda 92354. (714) 24-1779.

NoV 8: Tahiti International Marathon. Papeete, Tahiti, 5 am . Bill Cockerham, Box


OV 14: Central Cailifornia Marathon. Fresno, :30 am. Gordon Keller; 8811 E . Herndon, lovis 93612. (209) 299-4114.

## CROSS COUNTRY

sEP 5: Fresno Watermelon Runs. 2, 4, \& 6 miles. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno, A 93740. (209) 487-1297.
SEP 12: Griffith Park XC Run. 8 am. Fred Honda, 3900 Chevy Chase Dr., L.A. 90039. (213) 246.5613

SEP 12: Central Cal XC Championships. P.O. Box 6103, Fresno 93703. (209) $264-5847$ EP 19: Clovis High School Invitational Woodward Park, Fresno. Preview the Kinney Western Championship course. Steve Ward, Cross Country Coach, Clovis High School 1055 Fowler Ave., Clovis 93612. (209) 298-3388. SEP 19: Fresno City College Invitational. Woodward Park, Fresno. Preview the Stale oach, Fresno City College, 1101 E. Universi. ty, Fresno 93741. (209) 442-4600.
SEP 19-20: International Cross Country Clinic. southern California area. Watch for more details in the next issue or contact: Noel Monrucchio, 9773 Gen
EP 26: Riverside Invitational. Cross Country oach, University of California, Riverside

AUG 8: Slgnal Hill 10K. 8 am. Bob Randle, ${ }_{426-1361 .}$ AUG 8: Sierra Pines 40 Mile Relay. Bass Lake,
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WWCA, 1515 Webster, Oakland 94612 , or cal Runners Feet (415) 465-1070. AUG 9: North Orange Co. YMCA 10K Run
Fullerton, $7: 30$ am. Patsy Wendler, No. Orange YMCA, 2000 Youth Way, Fullerton 92635. (714) 879-9622.
AUG 9: St. Joseph's Races. 5K, 10K \& 15K Burbank, 8 am. St. Joseph Medical Center, (213) 843-5111 ext. 7430 . ext. 7430.
AUG 9: John Steinbeck Country Run. 10 K Dr., Salinas 93901. (408) 758-2781.
AUG 9: Napa Town and Country Fair Hot Foo Run. 1 mile, 5K, \& 10K. Kaye Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683.

AUG 12: Northridge Twilight 10K. Wednesday evening, 6:30 pm, Cal State Northridge. Tom Babiracki, Runner's Sole, 17521 Chatsworth St., Granada Hills 91344. (213) 368-788 Park, Los Angeles, 7:30 am
AUG 15: Tecate 6.6 Mile Run. San Diego area. Richard Cota (714) 225-8268.

AUG 15: Tohachapl 10K Run. Tehachapi Park 8:15 am. Mike O'Haver, 3512-C Sampson Ct


AUG 16: Optimist 5 \& 10K. Griffith Park, 8 am Rialto 92376 . (714) 874.5480.
AUG 16: Feather River Classic 5 \& 10K, cy (Plumas County Fairgrounds), 9 am. Quin ral Plumas Recreation District, P.O. Box 1551, Quincy 95971. (916) 283-3278
aUG 16: Redwood Shores Blathlon. Redwood City, 10 am. 4 mile run, 400 meter swim. Mim Baca, 350 Marine World Parkway, Redwood
aUG. 16: Bonne Bell 10K. Portland, Oregon, 8 am. Women Only! Bonne Bell 10K, 10240 N.E. Halsey, Portland, OR 97220. (503) 254-8669 o 2lo
AUG 16: Vintago Run. 5.6 miles, Gilroy, 9 am 94301. (408) 275-1133.

AUG 16: Old Town Half Marathon. Eureka, 9 am. Jogg'n Shoppe, 410 2nd Street, Eureka 95501 . (707) 822-3136.
AUG 16: Park to Park Reiays. Carmichael Park, Sacramento, 8 am. four person $x$ five mile legs. Jo Sumner (916) 481-5869.
AUG 16: Lake Tahoe Series 9 Mile. Tahoe City. Lake Tahoe Series, P.O. Box 97, Carnelian Bay, CA 95711. (916) 583-8475

AUG 16: Irvine Park 5 \& 2 Milers. 8:30 am,
Orange. Orange Flyers TC, 2733 Villa Vista Orange. Orange Flyers TC, 2733
Wy, Orange 92667 . (714) 774-3959. AUG 22: Lodi Triathlon. Lodi Lake, 9 am. Run bike-swim. John Griffin, 4709 Quail Lakes Dr, No. 200, Stockton 95207. (209) 957-5646.
AUG 22: Salmon Creek Beach Run. 5 \& miles. Near Bodega Bay. Jim Bowers (707)

AUG 22: Bass Lake Half Marathon. Bass Lake, 8 am. Fresno Track Club, P.O. Box 6103 Fresno 93703. (209) 264-5847. Please see

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AUG 23: TAC National Women's Marathon and Canadian championship. Kathy Switzer or Elizabeth Phillips, Avon, Inc., 9 West 57th St., New York, NY 10019 (212) 593-4257.
AUG 23: Wildwood Days Race. Six Rivers Running Club, Box 214, Arcata 95521. AUG 23: Oakland 5, 10 \& 15K. Oakland, 9 am.
John Notch, 230 Marlow, Oakland 94605 . AUG 23: Jerry's KIds 10K Run. Laguna Hills
Mall. 7 am. RACE, P.O. Box BC, Westminster Mall. 7
92683.
AUG 23: John Muir Marathon. Pinole Valley High School, 7:30 am. Zephyr AC, 2192 Owens C., Pinole 94564. (415) tries only.
AUG 23: Mayor's Cup Marathon. Treasure island, San Francisco, 7 am. Sherm Welpton,
do The Guardsmen, 12 Geary St., San Fran. isco 94108. (415) 781.6758. Tentative - has probably been cancelled.
AUG 23: Yount MIII RIbbon Runs. 2 \& 4.2 miles. Yountville Park, 9 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705
AUG 23: June Lake Loop Relay. June Lodge, 8 am. Newport Beach Runners Assoc., 1162 Dorset Lane, Costa Mesa 92626 or call June
aUG 23: Dist. 10K XC Outstanding Athletes OK. Cal State Northridge, 8 am. Jon 08-0485. DATE CHANGE TO SEPTEMBER 6. Please see advertisoment in this issue.

AUG 27: American Psychological Association 10K. Griffith Park, 9 am. Dr. H. Newton, Box
991, Tarzana 91356. (213) $888-5526$.
AUG 29: Slgnal HIII 1כK. Signal Hill, 8 am. Bob Randle, 2428 Lewis Ave., Signal Hill 90806. (213) 426 -1361

AUG 29: Run for Scotch 11. Santa Rosa Fifth St., Santa Rosa 95401. (707) 546-5771. UG 29: Bear Valley Foot Race. 10K Bear AUG 29: Bear Valley Foot Race. 10K, Bear 4704 Mosher Drive, Stockton (209) 931-0478. aUG 29: Dammit Run. 5.8 miles, Los Gatos High School Track, 9 am. Glen Harmatz, Los Gatos Athletic Association, P.O. Box 1328, os Gatos 95031. (408) 395-4311. Date may hange, please verify.
AUG 29: Avila Beach 5K. Avila Beach, 8 am. Greg DeNike, 637 Victoria Way, Arroyo

UUG 30: South Hell Relay. 5 -man, 50 -mile. East of Camarillo, 6:30 am. Connie Rodewald, 482.5360 .

NUG 30: Where The Hell is Truckee? 18 mile, ahoe City, 8 am. Barb Cohen, Basecamp, PO ox 1864, Tahoe City 95730. (916) 583-5306. AUG 30: Presidio 10.10 mile, San Francisco, 9 m. The Guardsmen, 12 Geary St., San Fra cisco 94108. (415) 781-6785 or 989-6402.
AUG 30: Twillight Run. 10K, Santa Maria, 5 pm . cutt Road Runners, 4277 Brentwood Lane, Santa Maria 93454.
AUG 30L Laguna Lake 4 Mile Relay. Lompoc, 9 am. Lompoc

## SEPTEMBER

SEP 5: Carson 10K. Carson, 8 am. Diann
Dreaves, Box 6234, Carson 90749. (213) 830.7600, ext. 225.

Belfflower 10K. Thompson Park, Bellflower, 8 am. Runners High, 5519 E. Del Amo lakewood 90713. (213) 920-3580.
sep 5: Off Shore 10K. Irvine, 8 am. Mark McKenzie, 1835 Whittier F-11, Costa Mesa 2627. (714) 645-0340

SEP 6: Outstanding Athleties 10K. Cal State and Converse Runoff Jon Sutherland, Box 91, Tarzana 91356. (213) 908-0485. Ploase see advertisement in this issue.

SEP 6: Clayton Admission Day Run. 6.5 miles Center Street, Clayton, 9 am. Bob Vasquez, 3 Barcelona Way, Clayton 94517. (415) 686-5238. SEP 6: Rohnert Park Founders Day Lions Run. 5401 Snyder Ln., Santa Rosa 95401. (707) 584.7357 .

SEP 6: Park to Park Run. 7.9 miles. Lompoc, 8 m. Bob Rich, 1105 East Hickory, Lompoc 3436. (805) 736-6787.

SEP 6: Silver State Marathon. Reno, Nevada,
6:30 am. Enter by Aug. 7. Silver State Marathon, Box 750, Reno, NV 89504.
Sep 7: Love Run. 2 mile \& 10K. Fresno, 7 am. ennis Lee, Fresno Community Hospital, P.O. ox 1232, Fresno 93715. (209) 442-6000 ext. 116; or 298-4240.
SEP 7: Times 9 Labor Day Races. 9.99K. Belmont Water Shed, off Halmark Drive, Sa
EP 7:
sEP 7: Labor Day Runs. 2 \& 4 miles. Napa Colege, 9 am. Reg Harris, ${ }^{1}$
Napa 94558. (707) 255-8705.
SEP 7: Labor Day 10 Miler. Piner Elementary chool, 9 am. Labor Day 10, 2312 Masterson Ct., Santa Rosa 95401. (707) 546-5462.
SEP 12: Sacramento Triathion and Ironperson Race. Folsom Lake, 7 am. Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. 1916) 442-7223. Entries limited.

SEP 12: Artichoke Festlval 10K. Castroville ecreation Center, 8 am. Davo Lewis, 36

SEP 13: Californla Road Runnors 5 \& 10 K oad Race. DeAnza College, 9 am. Dennis R.解zow, DPM, 2500 Hospital Dr., Bldg. 9, ountain View 94040. (415) 964-4800
SEP 13: Buffalo Stampede. 10 miles. Rio mericano HIgh School, Sacramento, 9 am. Elliot Eisenbud, 6401 Coyle Avenue, Car-
michael 95608 . (916) 482.1586 .
SEP 13: Vine Village Country Run. $11 / 2$ miles \& onoma Rd., Napa 94558. (707) 253-1399 or 253-1317.
SEP 13: Spring Lake Relays. $3 \times 4.3$ miles. Sana Rosa, 9 am. Dave Stostedt, P.O. Box 562, Bodega Bay 94923. (707) 875-9925.
SEP 18: Pepsi of Reno-Lake Tahoe 72 miler. Tahoe City, 6 am. entries close September 18 . Charles Mersereau, 8895 B Salmon
Sacramento 95826. (916) 362-9660.

SEP 20: Run for the Earth 10K. Cal State University, Long Beach, 8 am. Marty Haas,
3657 Hackett, Long Beach 90805 .
SEP 20: Walnut Festival 10K. Heather Farms, Walnut Creek, 9 am. Walnut Festival AssociaKlein (415) 933-7650.
SEP 20: Young At Heart 10K Run. Spring Lake, tgomery Dr., Santa Rosa 95401. (707) 546-3210, ext. 296.
SEP 20: Run for the Pumpkins. 5 miles \& 2 miles. Ralston Park, Atwater, 8 am . Al Shortt, Atwater Chamber of Commerce, 1020 Cedar Ave, Atwater 95301. (209) 358-1604.
SEP 26: Richmond YMCA Pancake Race. 2.7 mile. Nicholl Park, Richmond, 9 am. Ken 94804. (415) 234-1270

SEP 26: Raisin Day Classic Fun Run. 6 miles Nelson, P.O. Box 944 , Dinuba 93618 . 20 , 591-7556.
SEP 26: L.A. County Fair 10K. 7:30 am. David Condit, 9977 Holly St., Alta Loma 91701. (714) 981-2961.
SEP 26: KFWB South Coast Classic 5 \& 10K Runs. Mason Park, Irvine, $8: 00$ am. RACE, Box BC, Westminister 92683. Betty Jones (714) 997-3000
SEP 26: Agoura ( 105 laps) 26.2 Miller. A Trafalgar PI Westlack. John Duhig, 164 497-2011.
SEP 26: Heritage Day Run. 10K \& 2 mile. Bea Rd., Waterford 95386 . (209) 874-2229,
SEP 27: Sacramento Marathon \& Half Marathon. William Land Park, Sacramento, 7 am. John McIntosh, 4120 El Camino Ave. Sacramento 95821. (916) 488-7184
SEP 27: Monterey Bay Ford Hosplce Race. 5 \& 10K. Custom House Plaza, Monterey, 9 am Carmel Valley 93924 . (408) $659-5426$. CarmeI Valley 93924. (408) 659-5426.
SEP 27: Pollice \& Friends 6 mille Run. Fig Saldana2135 Fresno Street, Suite 243, Fresno 93721. (209) 266-8155.
mep Fres. Fresno State University. Red Estes CA 93740. (209) 487.1297
SEP 12: Griffith Park XC Run. 8 am. Fred $H$ SEP 12: Griffith Park XC Run. 8 am. Fred Hon-
da, 3900 Chevy Chase Dr., L.A. 90039 . (213) da, 3900
$246-5613$.
SEP 12: Central Cal XC Championships. P.O. Box 6103, Fresno 93703. (209) 264.5847 . SEP 19: Clovis High School Invitational Woodward Park, Fresno. Preview the Kinne Western Championship course. Steve Ward Cross Country Coach, Clovis High Schoo
1055 Fowler Ave., Clovis $93612 .(209)$ 298-3388, SEP 19: Fresno City College Invitationa J.C. Championship course. Bob Fries Track Coach, Fresno City College, 1101 E. Univers ty, Fresno 93741. (209) 442-4600.
SEP 19-20: International Cross Country Clinic. Southern California area. Watch for mor details in the next issue or contact: Noel Mon trucchio, 9773 Genesee Ave., San Diego (714) 453-5365

SEP 26: Rlverside Invitational. Cross Countr G2521.
SEP 26: Fresno State Invitational. Woodwar Park, Fresno. Red Estes, Track Coach, Fresn stale University, Fresno 93740. (209) 487-1297. SEP 26: Corona Del Mar Invitational. Newpor Beach Runners Association, 1162
Costa Mesa 92626. (714) 546-3663

OCT 10: Stanford Invitational. Stanford Go Course. Brooks Johnson, Stanford University, Dept. of Athletics, Stanford 94305
OCT 10: Road Runner Invitational. Cal State Bakersfield. Women $5 \mathrm{~K}, \mathrm{Men} \mathrm{10K} .\mathrm{Bob} \mathrm{Coons}$, Cross Countal Hwy, Cal site Bakersfield 833-2189.
OCT 17: TFA/USA National Championships. Madison, Wisconsin. Cross Country Coach Madison, WI 53706. (608) 262-1866.
OCT 31: CCAA Championships. Crystal Springs, Belmont.
NOV 7: SPA-TAC District Champlonships. DeBelle Golf Course, Burbank. Preview the TAC National Championship course. Jon
Sutherland, Box 891, Tarzana 91356. (213) Sutherland
$908-0485$.
NOV 14: NCAA Dlvision II. Boston
NOV 21: NCAA Women's Division. Tentative. NOV 23: NCAA Division I. Wichita, Kansas. NOV 28: TAC National XC Champlonships Debelle Golf Course, Burbank. Jon Sutherland, 18308 Rayen St., No. 204, Nor hridge 91325. (213) 993-9384.
DEC 6: KInney Prep Western XC Champlon hhlps. Woodward Park, Fresno. Bil Cockerham, P.O. Box 6103, Fresno 93703
(209) $264-5847$. (209) 264.5847.

DEC 12: KInney Prep National XC Champlonhips. Orlando, Florida. Top 8 from Western 6103, Fresno 93703. (209) 264-5847.
Coaches: Please send cross country schedules, now

## TUTTLE'S TRACK TOPICS

## 18 Years of Running Pays Off

## By GARY TUTTLE

've been running for 18 years and have enjoyed a tremendous amount of social, physical and mental benefits from the sport.
For these benefits alone, the 85,000 miles l've run have been worth it, and when you also get to see the world free, then it's definitely worth it.
I've been lucky enough to represent the USA overseas 18 times at track or road races. l've been to such remote spots as Bahrain, mainland China and Chile. I've seen the world because years ago I committed myself to running.

Last week, my years of training paid off one more time when I spent five days in London--and in airports.

possibly never see London again, so the choice was easy
Over the next $21 / 2$ days we saw all the sights: Big Ben, Westminster Abbey, the Tower of London, Buckingham Palace, and even the play "Annie." Perhaps we even overdid the sightseeing. My race was scheduled for 7:30 p.m., and we didn't arrive back at our hotel after a full day of walking until 5:00 p.m.

I barely had time to change and walk to the track before it was time to begin a warm-up. As I started my three mile warmup, I began to get nervous. I was nervous because I had to run in front of 18,000 spectators and I didn't want to embarrass myself.
While warming up, I set two modest goals for the night. First of all don't get last (nine runners), and secondly, don't get lapped.
Most coaches tell their athletes to "always go into a race thinking you're going to win." I unfortunately, have always been too realistic, and knew it was unreasonable to expect to win, especially since one of the Ethiopians, Kedir, was a bronze medalist at the Moscow Olympics.

My 10,000 meters was the first event of the evening, and so after the parade of flags, we were off and running. Immediately, one of the Ethiopians went to the front and began to lead us round and round.
The early laps felt easy, so I settled into their pace. By two miles in 9:08 I was running comfortabiy at the end of the pack, but still right with everyone. At $21 / 2$ miles Karl Lismont of Belgium and Barry Brown, the other American, began to fall off the pace, so I went around them and stayed with the

## 3rd Annual Monter MARATHCN \& Half-Mar thon Sunday, <br>  <br> Attention!! PA-TAC 1 ¹2 Marathon Championships

Place: Alisal High School, 777 Williams Rd., Salinas, Calif. Time: 8:00 a.m., Sunday, October 18, 1981.
Course: Certified; flat, a few rolling hills, very fast.
Records: Marathon Men: 2:25:46 Fritz Watson 1979
Marathon Women: 3:09:16 Sally Edwards 1979
½ Marathon Men: 1:08:01 Tim Gruber 1980
1/2 Marathon Women: 1:19:24 Maria Trujillo 1980
Awards: Top 3 overall and top 3 in each division. T-shirts to all finishers. Drawings.
Weather: Usually overcast with temperatures between 45-65 ${ }^{\circ}$
Aid: Marathon: 7 aid stations at 3-4 mile intervals. $1 / 2$ Marathon: 2 aid stations at 3 and 9 miles.
Showers available after the race.
Entry: $\$ 8$ if mailed before October 11. No pre-entries accepted if postmarked after October 11. Pre-entrants pick up packets on October 17 at the Fleet Feet Store, 364 Main St., Salinas or from 7:00-7:45 a.m. at Alisal High School on race day. Race Day Registration is $\$ 12.00$
one more time when I spent five days in London--and in airports.

was one of 24 American men selected to run against Belgium, Ethiopia and England at the world famous Crystal Palace Stadium. The event was a four-way track meet with two runners from each country in each race, so I was to be in fast company. Luckily, when The Athletic Congress called to invite me on the team, I was already in good shape, having just run a 29:01 10,000 meters. My task was not to get in shape, but to wait in airports and fly for 12 hours, see all of London in $21 / 2$ days, and still be refreshed and rested for my big race.
Our trip (my girlfriend Cheryl Jarvis went too) almost ended before it began, because we were bumped from our flight from L.A. to New York, where we were to assemble with the other team members. We were forced to wait eight hours in Los Angeles before we boarded a non-stop flight to London.
We arrived in Heathrow Airport three hours behind the rest of the team, and unfortunately had no idea where they were staying. Two hours later, after several phone calls, we joined them at the Queen's Hotel.
When Cheryl and I arrived at the hotel we had two choices: we could spend the next $21 / 2$ days sitting in the hotel lobby waiting, resting and bored, like all the young eager racers, or we could see London like tourists. I knew that even on my best day, I was going to be chasing the leaders, and l'd
tators and I didn't want to embarrass myself.
While warming up, I set two modest goals for the night. First of all don't get last (nine runners), and secondly, don't get lapped.
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When I made that move, I suddenly got an adrenalin surge, and felt confident and strong. Unfortunately, less than one lap later, the Ethiopians became tired of dawdling, and exploded a 64 -second lap. I had felt quite happy to be running 69 -second laps, and was already 14:18 at halfway, so I said "good-bye" to the leaders and settled back to my two original goals.

I spent the next 10 laps running alone, and listening to my lap times creep above 70 seconds.

As we neared the final laps, the Ethiopians were flying. At first I had been viewing them from behind, then from across the track, and now with only two laps to go, I had to look behind me to see them. They were bearing down on me, and getting lapped became a real possibility.
I quickened my pace and slipped by the finish line six seconds ahead of the sprinting Kedir. I covered the last 400 meters in 68 seconds to finish in 29:08 and seventh place, with both my modest goals achieved.

Now that my race was done, I was able to watch Sebastian Coe, Steve Ovett, the Ethiopian distance runners, and the American sprinters completely dominate the rest of the events. Coe ran the fastest 800 in the world (1:44), and Ovett made American Craig Virgin look like a rookie in the 3,000 meters.

Barry Brown $(9 t h / 10,000)$ and I were yearning for home and feeling like rookies ourselves, after being soundly thrashed in our race, until the kids found us. No matter how badly you're beaten, or what place you get, you always feel like a winner wearing a USA top while signing autographs for a mob of worshipping kids.

Marathon Women: 3:09:16 Sally Edwards 1979
1/2 Marathon Men: 1:08:01 Tim Gruber 1980
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Information: Call (408) 424-4343 or 758-1783.

## ENTRY FORM

## Please mail entries to:

Monterey County Marathon, P.O. Box 475, Salinas, CA 93902 Make checks payable to Fleet Feet Running Club of Monterey County
WAIVER: 1 , intending to be legally bound, hereby for myself, my herrs, executors, administrators and assigns, waive and release any and all rights I may have against the County of Monterey, the city of Salinas, Fleet Feet store, and any and all sponsors, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Monterey County Marathon or Half Marathon on October 18, 1981.

Signature Date
Parent or guardian must sign if under 18
Name
Age
Address
City/State/Zip
$\square$ Male
$\square$ Femal
T-shirt size
$\square$ Full Marathon $\square \frac{1}{2}$ Marathon
Division:
$\square 17$ \& Under $\square$ 18-29 $\square$ 30-39 $\square 40-49 \quad \square 50-59 \quad 60$ \& Over


By MARTY HIGGINBOTHAM
O.K. To Compete in U.S.

California's Ben Plucknett, who broke the world record for the discus throw twice in the last two months has become the first American to be banned indefinitely from competition because of positive drug tests. The International Amateur Athletic Federation, the world governing bodv of track and field, announced the action from its London headquarters. It said that urine tests at the
photo by Don Gosney
now reverts to 233-5 by Wolfgang Schmidt of East Germany in 1978.
In a more recent development it has been learned that Plucknett may compete in domestic events despite the ban. The news comes from The Athletics Congress headquarters in Indianapolis after a phone conversation between IAAF secretary general John Holt in London and TAC executive director Ollan Cassell. TAC is the US affiliate of the IAAF.
Originally, based on news reports of the disqualification, it was believed that Plucknett had been banned from all competition. After receipt of the official letter from the IAAF notifying TAC of Plucknett's disqualification, Cassell telephoned Holt disqualification, Cassell telephoned Holt or clarification of the athete's status. Cassell learned that Plucknett may still compete in domestic events .. that is, events in which the only other contestants are U.S. athletes and resident foreigners.
Cassell has sent a letter to Plucknett, notifying him of the IAAF actions. In the letter, Cassell told Plucknett: "The Athletics Congress, until a hearing has been conducted, to which you will be invited to attend, will continue to permit your participation in domestic, sanctioned events within the boundaries of the United States. However, our Southern Pacific Association is being notified of the action taken by the IAAF and has been requested to conduct a hearing into this matter, to determine if you should continue to be eligible for USA should continue to competition."
Cassell also informed Plucknett that IAAF Rule 144, paragraph 6, provides for a IAAF Rule 144, paragraph 6 , provides or a reinstalement for the athlete after 18 mmn
ty of merchandise at the race which will inty of merchandise at the race which will in-
clude 500 stuff bags, 120 jackets, 48 pairs of shoes and 14 athletic bags. The first male and female finishers overall will receive an eight day Hawaiian vacation There will also be two drawings for eigh day Hawailan vacations. A special awards ceremony will be held to honor the "Outstanding Athletes" of 1981.
A top quality field will be on hand to compete in what is expected to be a large race. Race site is Cal State University Northridge. The 10 kilometer layout is pretty fast with the course record being 29:14 by Ventura's Gary Tuttle.
So please note this date change of the "Outstanding Athletes 10 k " originally scheduled for August 23, now slated for Sunday, September 6. It promises to be a super event and one of the best road races of the year.

## La Jolla - UCLA . Germany - Cal Poly SLO

The travels in the life of a spear chucker America's premier javelin thrower, Karin Smith, has been around. And all of this activity is adding up to making her one of the best in the world.
The story begins in La Jolla, a suburb of San Diego, when her softball coach noticed her fantastic throwing ability. This discovery led the 14 year old to the La Jolla Track Club since the javelin isn't part of the
high school program in California. Then the javelin carried her to UCLA where she was twice the national collegiate champion and placed 8th in the '76 Olympic Games during that time.
With two years of college under her belt she went off to discover her roots and further refine her throwing ability. As a native of West Germany, she spent much time here and it was time well spent. She return ed home to win the 1980 U.S. Olympic Trials. Following the Trials, however, she broke her leg while playing soccer back in Europe and lost the rest of the ' 80 season.
Now she's back for awhile. The 26 year old history major just completed her first term at Cal Poly San Luis Obispo. "I needed to train on my own away from a lot of pressure," Smith said. "The atmosphere here at Cal Poly is completely different. The philosophy of coach Lance Harter is to philosophy the pressure off of us."
Harter is just as pleased with Karin's attitude. "Karin is not only a super athlete, but she's a super motivator as well," said Harter. "And she is very team oriented. An Olympic athlete might be expected to be somewhat aloof. But Karin just stepped in and became one of the gang."

## Mr. Long Distance

If you've run many road races in Southern California then this is a familiar face. The mug belongs to Chuck Lichter, Southern Pacific Association of the Athletics Congress Long Distance Running Committee Chas Chan
Lichter, now in his second term as LDR Lichter, now in his second term as LDR
Chairman, is not only the director of several Chairman, is not only the director of several
Southern California long distance runs, but Southern California long distance runs, but
also puts out the local calendar of events, also puts out the local calendar of ever
works to have all runs sanctioned and cer tified, and conducts monthly LDR Commit tee meetings and monthly race directo meetings. If that's not enough, then he hosts a weekly running television show, Omnisport Runners Corner every Monday night from 8:00-8:30 on Theta - TV Channel 12.

Chuck is responsible for much of the recent organization and stability of the Southern Pacific Association. If you've got something to say about long distance running in Southern Califonria he's the man to see; if it's a gripe he can probably help, if it's a note of appreciation he'll take that, too At any rate next time you're at a Southern California run at least say, "Hi, Chuck.'


## Ben Plucknett

Pacific Conference Games last Jan. 31 and Feb. 1 in Christchurch, New Zealand, showed that Plucknett had traces of anabolic steroids in his blood.
Plucknett, 27, a 6-7, 300 lb . competitor from San Jose who competes for the Southern Salifornia Striders, threw a world record California 233-1 at the Callo 237 last month in followed that with a $237-4$ last month in ed by the IAAF action. The world record
from the IAAF notifying TAC of Plucknett's HIT disqualification, Cassell telephoned Holt rellifion, Cassell telephoned Holt Cassell learned that Plucknett may still Cassell learned that Plucknett may stil ompete in domestic events .. That is, re U.S. athletes and resident foreigners.
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Cassell also informed Plucknett that IAAF Rule 144, paragraph 6, provides for a national governing body to apply for reinstatement for the athlete after 18 months of ineligibility. "There is no guarantee that you will be reinstated," Cassell wrote to Plucknett, "but almost everyone that has applied has been reinstated for all IAAF competitions, including the Olympic Games."

## Important Date Change

One of Southern California's top road racing events scheduled for Sunday, August 23, has been moved to Sunday, September 6. This race is the "Outstanding Athletes Awards 10 Kilometer," which is part of the Southern California Converse Series. Converse will supply a huge quanti-

SOITHFRN PACIFIC ASSOCIATION ATHIFIICSCONGRESS

MEMBERSHIP APPLICATIONS ARE AVAILABLE BY CONTACTING

LDRC
BOX 801 TARZANA, GA. 9135 e
(213) $88 .-5526$
"THE SCHEDULE" IS MAILED FREE
TO ALL MEMBERS

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Karin Smith

Pacific Association of the Athletics ConLichter, now in his second term as LDR Chairman, is not only the director of several Southern California long distance runs, but also puts out the local calendar of events, works to have all runs sanctioned and certified, and conducts monthly LDR Commitee meetings and monthly race director ee meet If that's meetings. If that's not enough, then he osts a weekly running television show, Omnisport Runners Corner every Monday night from 8:00-8:30 on Theta - TV Channel 12.

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Chuck Lichter


Jodi Anderson

## L.A. Naturite Records

How's this for a set of women's records:

| 100 m | 11.19 | Chi Cheng |
| :--- | :--- | :--- |
|  | 10.9 h | Chi Cheng |
| 200 m | 22.4 h | Chi Cheng |

High Sierra Track Club's Dave Bronzan has a slim lead over Gary Campbell of the Visalia Runners in the submaster category. Len Thornton of the High Sierra club has a commanding lead in the 40 and over group. Thornton, who is 50 -years-old has group. Thornton, who is 50 -years-old has
turned in superb performances. Frank turned in superb performances. Frank Padilla of Visalia Runners, Frank Delgado and Fernie Montanez of the Fresno Track are staging a tight battle for second.
In the women's open category the Visalia Runners hold the top three spots with Shirley Rojas, Renee Wyckoff, and Tanis Ryzebol. Women's 30 plus leader is Diane Stauffer.
The remaining races of the rating include the: Bass Lake Half Marathon, Central Cal Cross Country Meet, Merced Bell Race, Woodlake 20K, Central Cal Marathon, Merced Turkey Trot and the Fresno Road Race.
Open Division: . 20 Juan Garcia (DF); . 26 Jim Hartig (FTC); . 44 Ed Taylor (DF); . 55 AI Lara (DF); 1.0 Juan Garza (DF); 1.0 Robert Taylor (DF). 30-39: . 17 Dave Bronzan (HSTC); .20 Gary Campbell (VR); . 30 Curt Elia (FTC); 66 Larry Lung (FTC); . 69 Bill Woody (HSTC). 40 \& Over: . 15 Len Thornton (HSTC); . 40 Frank Padilla (VR); . 41 Frank Delgado (FTC); 44 Fernie Montanez (FTC); 75 Sid Toabe FTC). Open Women: . 30 Shirley Rojas (VR); 33 Renee Wyckoff (VR); . 33 Tanis Ryzebol (VR); . 66 Rosemary Alcaraz; .75 Jennifer Baker. Women 30 \& Over: .25 Dianne Stauffer; . 44 Liz DeMonte (FTC); . 56 Jacque Randolph (VR); . 77 Dorothy Thomas (HSTC); 1.0 Debbie Aschwanden (VR); 1.0 Cherie Stephenson (VR).

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## Track \& Field Director

"Director of Track" is just a fancy way to say "Head Track Coach," but at Stanford University it is quite appropriate. Stanford is one of few institutional programs combining the men's and women's track team under one umbrella. Brooks Johnson is the boss of both programs, with three assistant track coaches working both programs under him. Johnson sees this as the only-way-to-fly: "At most schools there is tension between the two programs. They're the same sport, really. At Stanford we work together - there's no duplication of equiptogether - there's n
ment or personnel."
Brooks Johnson, sprint coach of the 1976 U.S. Olympic Team, has just completed his

Johnson replaced the legendary Payton Jordan as Stanford track mentor when Jordan retired two years ago. "What we'd like to do at Stanford is build on the reputation that Payton has already generated for the track program," says Johnson. "I have respected Payton as a coach and teacher for a long time, and it's a rare opportunity to follow such an outstanding person at Stanford.'

Johnson admits Stanford has a few more hurdles than most schools when it comes to fielding a competitive team. First there's the large tuition cost (about $\$ 7,000$ ), then there are the extremely tough academic standards for admission, and an admissions application deadline a year in advance (means you recruit high school juniors or JC frosh). But Stanford's excellent location and facilities, outstanding academic and athletic reputation and knowledgeable coaching staff more than make up for these obstacles. But key to Stanford's success will be in Coach Johnson's drive for that success. Instead of crying the blues about the NCAA's 14 scholarship limitation and the other problems facing institutions today he says "These only make the challenge that much greater, you get out of it what you put into it and we're going to out work the opposition."
When asked why he was watching the California High School State Track Meet instead of being at the NCAA I Championships that same week-end Johnson mildly replied, "This is where the future of Stanford track is.'

## Back on the Track

History will be made and records will be broken at the 5th Annual Home Savings Pan American Masters Track \& Field Championships on August 8 \& 9 at the University of Southern California's Cromwell Field. Las year, more than 400 masters athietes (40 years and older) and submasters (30-39 years) combined their athletic prowess towards establishing 92 meet records, 10 world records, and 11 American records.
One man who will be competing in the Championship Meet and hoping to make historical records is 48 -year-old Nick Newton, from Inglewood. Newton, machinist, is the current World record holder for his age group for the 200 meters. Newton began running 8 years ago when


Nick Newton

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## Taylor Brothers Duo

Ed and Robert Taylor of the Daisy Fresh Juice Race Team have been establishing themselves as top quality road racers in the Central Valley lately. Both were members of this year's Central Cal Athletic Congress 10 k and 15 k championship team. Ed was also a member of the Central Cal TAC ten mile championship team where he ran a personal best 53:27. Ed also timed a 25:46 in helping his team to the championship at the California Classic Five Mile.
The two bothers went one-two in the open division at the Central Cal Athletic Congress One Hour Run Championship. Recently Ed timed 20:19 to finish third place in the Independence Day Four Mile Run.

Both Taylors are especially fond of track where Ed has best times of $1: 54.0$ for the 880 and a 3:53.8 over 1500 meters. Younger brother Robert has timed a 2:01.0 for 880 yards and $4: 28.4$ for the mile. They have started to road race the last couple of years but are looking forward to a good 1982 track season.
photo by Marty Higginbotham



Jodi Anderson

## L.A. Naturite Records

How's this for a set of women's records:

| 100 m | 11.19 | Chi Cheng |
| :--- | :--- | :--- |
|  | 10.9 h | Chi Cheng |
| 200 m | 22.4 h | Chi Cheng |
| 400 m | 52.08 | Valerie Brisco |
| 800 m | $2: 00.7 \mathrm{~h}$ | Julie Brown |
| 1500 m | $4: 06.4 \mathrm{~h}$ | Julie Brown |
| 3000 m | $8: 58.3 \mathrm{~h}$ | Julie Brown |
| 5000 m | $15: 43.3 \mathrm{~h}$ | Julie Brown |
| $10,000 \mathrm{~m}$ | $33: 41.2 \mathrm{~h}$ | Sue Kinsey |
| Marath | $2: 36: 23$ | Julie Brown |
| 100 mh | 12.8 h | Chi Cheng |
|  | 12.91 | Chi Cheng |
| 400 mh | 56.40 | Sandy Myers |
| HJ | $6-51 / 4$ | Pam Spencer |
| LJ | $22-111 / 2$ | Jodi Anderson |
| SP | $53-51 / 2$ | Jan Svendsen |
| DT | $189-0$ | Olga Connolly |
| JT | $219-5$ | Kate Schmidt |
| Pent | 4704 | Jane Frederick |
|  | $\quad$ e |  |

## CCA-TAC LDR Standings

Listed below are the current long distance running standings for the Central California Association of The Athletics Congress. As explained in previous issues of California Track \& Running News, a run ners standing is figured by dividing his average place by the number of races he/she has run. The awards are being donated by the Tulare Trophy Shop in Tulare.
Juan Garcia of the Daisy Fresh Juice Race Team has moved into the number one position after Fresno Track Club's Jim Har tig held the lead for half the year. Garcia's outstanding performances at the Father's Day Run Six Mile (29:04) and the independence Day Four Mile Run (19:14) movod him to the top.

## Track \& Field Director

"Director of Track" is just a fancy way to say "Head Track Coach," but at Stanford University it is quite appropriate. Stanford is one of few institutional programs combining the men's and women's track team under one umbrella. Brooks Johnson is the boss of both programs, with three assistant track coaches working both programs under him. Johnson sees this as the only-way-to-fly: "At most schools there is tension between the two programs. They're the same sport, really. At Stanford we work together - there's no duplication of equipment or personnel.'

Brooks Johnson, sprint coach of the 1976 U.S. Olympic Team, has just completed his


## Brooks Johnson

second season as Director of Track \& Field at Stanford. Johnson, 46, is the first black at Stanford. Johnson, 46, is the first black head coach in Stanford athletic history. Prior to Stanford, he was the track and field
coach at Santa Fe Community College in coach at Santa Fe
Gainesville, Florida.

## Back on the Track

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One man who will be competing in the Championship Meet and hoping to make historical records is 48-year-old Nick Newton from Inglewood Newton, machinist is the current World record nachinist, is the curp for the 200 meters. Newton began running 8 years ago when Newton began runing 8 years ago when his 13 -year-old daughter encouraged him to take up an activity that would curtail his 2 packs of cigarettes habit. Last year he had 2 cancer operations, and spent most of the running season recuperating. He's a very popular fellow among the Masters, and the 1980 Home Savings Pan American Masters Track \& Field Championships was dedicated to him. He watched last year's meet from a wheelchair, and all of his fellow competitors and supporters stopped by to shake his hand and wish him well. This year, Nick Newton is back on the track and competing as well as he always has.
Newton smiles easily and talks about his future competitive goals with enthusiasm "I can always do better in the 200 meters and my favorite event - the high jump think I should be doing over 6 feet in that.' When asked what keeps him interested in the Masters track \& field program, Newton quickly answered, "The people. The people are really nice. Then there's the joy of health, the fun and the competition.
And what about his young daughter who first encouraged him to take up running, is she still in track? "No," Newton replies " guess you could say she put away her running shoes when I put mine on.'
Newton trains with the L.A. Mercurettes and Coach Fred Jones. He does daily warm ups that consists of 1 mile runs, sprints and $1 / 2$ hour stretching exercises. Then he speaks to the coach about what he should work on for the next 45 minutes.
helping his team to the championship at the
ifornia Classic Five Mile.
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Ed Taylor (left) \& Robert Taylor
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## Address Change?

Be sure to notify Callfornia Track \& Running News as soon as possible of a change in your address. CT\&RN is mailed third class bulk rate and the post office will no torward the magazine orward the magazine. Send your new address, as well as your old, to Calif ornia Track \& Running News, P.O. Box 6103, Fresno, CA 93703.


## 1981 TAC USA/MOBIL OUTDOOR TRACK \& FIELD CHAMPIONSHIPS


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START OF WOMEN'S 100 (left to right): Kim Robinson, Michele Glover Brenda Morehead, Evelyn Ashford, Florence Griffith, Jodi Anderson, Michelle Matthias, Sharon Ware.

By KEITH CONNING
June 19-21. Hughes Stadium, Sacramento. The most outstanding performer was Carl HS, New Jersey 1979). Lewis won the long jump on his first jump, the second longest legal jump in history ( $28-31 / 2$ ). Lewis jumped $28-73 / 4 \mathrm{w}$ in the trials with a 4.57 mps aiding wind, the number two jump in history. "I everybody else catch me," said Lewis. "The world record of Bob Beamon can be broken at sea level. Records are not uppermost in my mind; I just want to win. Ion't feel any not put any pressure on myself." Larry
need Ron Livers (San Jose State '78) because he can push me more. With Livers in the competition, 60 feet should be a piece of cake. He can come out today and jump 57 feet. He has the secret to this event. There are only two and they are Milan Tiff (Miami, Ohio, UCLA 74) and myself. I feel confident that I could beat anybody in the world now. I want to break the world record at sea level before jump at altitude, and I know I can do it." world record holder Edwin Moses (unattached/Morehouse '77) against his possible successor Andre Phillips (Shaklee TC/UCLA
81/San Jose CC/Siliver Creek HS, San Jose) The runners were relatively even through five

Todd Harbour (Santa Monica TC/Baylor 81/Port Isabel HS, Texas '77) ran from seventh to third in the final 120 meters. Scott's performance was the 6th best all-time in the United States. "I want to thank my lawyers who worked so hard Maget me to my show the world that this was a vital opportunity that I so much needed, that this was an op. portunity for all those who have been prevented from running for four years. I'm
glad my feet were able to do the talking With 120 meters to gol saw his (Steve Scott's) shadow. He came up even and then I pulled away. He said that I destroyed his confidence. He needed this race and I needed this race,
too. I felt I just had a little more to lose in this
record, breaking the 2:02.3 of Mary Decker (Orange) set in
$26.4,56.1,1: 25.9$
. Sandy Myers (LA Naturite/Northridge State '83) broke Mary Ayer's 400 hurdles meet
record with a 56.43 . Myers' time is the number record with a 56.43. Myers' time is the number our of the top five times in U.S. history. "That was the way I used to run," said Myers, commenting about her usual tactics, which she did not employ today. "I wanted to go for a
record. I argued with my coach (Chuck Debus). Because of the weather conditions I decided to go out conservatively,
Cliff Wiley (DC International/Kansas 78/Douglass HS, Baltimore, MD ${ }^{\prime} 74$ ) set a new

Spencer said, "I wasn't exactly concerned
Spencer said, "I wasn't exactly concerned do was win. So after I won, I relaxed and there went my chance for a record. The heat really took a lot out of us. I started at 5.9 today, so 1 made a lot of jumps. I guess I'll have to start In one of the closest finishes of the entire meet, Stephanie Hightower (LA Naturite TC/Ohio State '80) edged Benita Fitzgerald Knoxville TC/Tennessee ${ }^{\prime} 83 /$ Gar-Field HS,
Woodbridge, Virginia '79) by 01 . Hightower was out first but Fitzorald . Hightower Washington (Shaklee TC/Northridge State, UCLA '83/Central HS, Omaha, NB '78) were right behind. By the 5th hurdle, the trio was

By KEITH CONNING
June 19-21. Hughes Stadium, Sacramento. The most outstanding performer was Carl HS, New Jersey 1979). Lewis won the long jump on his first jump, the second longest legal jump in history $(28-31 / 2)$. Lewis jumped $28.71 / 4 \mathrm{w}$ in the trials with a 4.57 mps aiding wanted to get ar two jump in make everybody else catch me," said Lewis. "The world record of Bob Beamon can be broken at mind; I just want to win. I don't feel any pressure to break records because I simply do not put any pressure on myself." Larry Myricks (Athletic Attic TC/Mississippi College 1979) lost to Lewis for the first time in nine meetings, despite leaping $27-83 / 4$ on his final In the final of the men
(Philadelphia Pioneers/Texas Southern 1979/Vera Beach HS, Floxida '75) false started. Mel Lattany (Athletic Attic/Georgia '81) got the best start, but Lewis and Stanley TC/Auburn, Houston '83/Dougherty HS, Albany, Georgia) pulled even at 40 meters. Lewis began to pull away, leaving Lattany, Floyd, and James Sanford (Southern Cai Striders/Southern Cal'81/Pasadena HS '77). "Tad weather was really good," said Lewis. "I with the time. I really wanted to win this race, but now I have to go over and continue in the long jump. The conditions tonight were very
good. I'm used to the heat. Now that the 100 is good. I'm used to the heat. Now that the 100 is over, I can really concentrate on the remain-
ing portion of the long jump. I think I can jump further than I did on my first effort." As it turned out, Lewis didn't have to jump again. Lewis became the first 100/LJ victor in the meet since Jesse Owens in 1936. Lewis also in the NCAA and AAUTAC meets. This was Lewis' first-ever win over Stanley Floyd after losing eight straight. Lewis extends his career edge over James Sanford to 40 . '78/Oceanside HS (74) set a new American 78/Oceanside HS '74) set a new American
record in the triple jump of $57-71 / 2$. He held the previous record of $56-91 / 2$. "This ranks with my best moments ever," said Banks. "Getting accepted into law school, the first American record, and the 1975 USC-UCLA dual meet for a long time. My jump at 56-11 tonight made me somewhat ambivalent. I was happy that that was the American record but on the other hand, I knew I was only one inch short of 57 feet at that time. There is no question that I
can break the world record. I just need a little more strength and I will be able to jump 60 feet. I jump more on emotion than anything else. I need competition to spur me on. Mike Marlow (Stars \& Stripes TC/Consumnes River
JC. California ' 79 ) really pushes me, but I
need Ron Livers (San Jose State '78) because he can push me more. With Livers in the competition, 60 feet should be a piece of cake. He the secret to this event. There are only two other people who have the secret to this even and they are Milan Tiff (Miami, Ohio, UCLA 74) and myself. I feel confident that I could beat anybody in the world now. I want to
break the world record at sea level before I jump at altitude, and I know I can do it."
The men's 400 hurdles matched the veteran world record holder Edwin Moses (una tached/Morehouse 77) against his possibl successor Andre Phimips (Shaklee TC/UCL The runners were relatively even through five hurdles. After the mid-way point, Moses took command over hurdle six, but Phillips mad his bid for upset over hurdie seven and had the lead over hurdle eight. But Moses cam
back and had the lead again between hurdles 9 and 10 and was able to hang on for the win Moses' 47.59 is the fastest in the world this year and is the number six performance alltime in the world. His consecutive winning streak of inals has reached 63 and his conreached 69. Phillips set a personal record, and moves to number four on the all-time per former list, ahead of David Hemery's 48.12 in the 1968 Olympics. It's also a new UCLA school record. "I am very pleased with this 8," sald Moses. "I ran a very conservative race. I was comfortable all the way around. The track did not seem as hot today as it did yesterday, but it was still pretty hot. The air was also very dry. I switched shoes and that is
why I did not feel the track as much today I was relaxed around the curve and I was not really worried after eight hurdles. I had plenty left. On a day like today, I would rather run a conservative race like this than go out hard very early. If I would have seen (David) Lee
(Athletic Attic/Southern Illinois '81) and Phillips after seven hurdles maybe I would have been a little bit more worried. Andre never had more than a one meter lead after the eighth hurdie which is why I was not too concerned
Sydney Maree (Athletic Attic/Villanova '81/
Vlakfomtein Technical HS, Pretoria South Africa '77) upset Steve Scott (Sub 4 TC/UC Ir. vine '78/Upland HS '74) in the 1500 with a new meet record of $3: 35.02$. Scott set the old meet West) set the early pace and $3: 36.40$ in 1979 (Athletics West) set the early pace and led thru 800 Smith(Athletics West/Colorado/Mission San Jose HS, Fremont() $1: 59.1$ ), and Maree (1:59.3). With 500 meters to go, Maree and Scott mov ed to the fore, with Smith, Chuck Aragon (Notre Dame), and Byers leading the re-
mainder of the pack. At 1200 meters ( $2: 56.2$ ), the pair had five meters on the rest of the field and race was on. Scott moved to lane 2 off the ast turn, but could not dent Maree's edge.

Todd Harbour (Santa Monica TC/Baylo '81/Port Isabel HS, Texas '77) ran from seventh to third in the final 120 meters. Scott's performance was the 6 th best all-time
in the United States. "I want to thank my lawyers who worked so hard to get me to my meets this summer," said Maree. "I had to show the world that this was a vital opportun ty that I so much needed, that this was an op portunity for all those who have been glad my feet were able to do the talking today With 120 meters to gol saw his (Steve Scott's shadow. He came up even and then I pulled away. He said that I destroyed his confidence He needed this race and I needed this race,
too. I felt I just had a little more to lose in this race (than he did). This was one of my few op portunities to race against the best. This was an opportunity that, I so much deserved. H (Scott) told me he thought he had me down
the stretch. When I held him off he broke his the stretch. When I held him off he broke his has beaten me the same way in the past. This was my first win over Scott. But I haven't rac ed Steve many times because of politics." ".
ran pretty much the way I wanted," said Scott. ran pretty much the way I wanted," said Scott. "I wanted to be on his shoulder with 100
meters to go and I had nothing left. I had too meters to go and I had nothing left. I had too
much confidence in my kick. Until about the last 80 or 90 yards I thought I had the race won. I pulled up on him and he pulled away again. This was very similar to the 1979 race I ran against Don Paige. I'm disappointed
because I wanted to win very badly. Maree should definitely go to the World Cup; he deserves it.'
Evelyn Ashford (Medalist TCIUCLA 79/Rosevile HS) broke Brenda Morehead's performance all-time in the US.--22.30. False starts were called on Valeric Brisco (Shaklee TC/Northridge State ' $82 /$ Locke HS, Los Angeles ${ }^{178)}$ and she was disqualified Ashford, running in lane 7, shot out of the blocks and made up the stagger on the two
runners to her outside, by 40 meters. She then shifted into overdrive coming off the curve and destroyed the field. "I guess I need to gain a little confidence in my start to be able o chase the world record, said Ashiord. nessee State '73/Hay HS, Cleveland, Ohio '66) broke her own 800 meet record with 1:58.50. She wasted no time and shot out to a 5 mete lead at the break point. Brenda Peterson (LA Mercurettes) tried to go with her and she end ed up regretting it! Leann Warren (Oregon
'83/Crescent Valley HS, Corvallis, OR '79) emerged from the pack as the bravest pursuer with 300 to go, but Manning held a 15 meter ead, which did not wither as the race went on. Warren made a game try at 700 meters to close in, but did not dent the Manning advanformance in American history. Kim Gallagher Willingboro TC/Upper Dublin HS, Fort Washington, PA '82) set a new high school
(Ocord, breaking the $2: 02.3$ of Mary Decker Orange) set in
Sandy Myers (LA Naturite/Northridge State '83) broke Mary Ayer's 400 hurdles mee
record with a 56.43 . Myers' time is the numbe three performance all-time U.S. She now owns four of the top five times in U.S. history. "Tha was the way I used to run," said Myers, commenting about her usual tactics, which she record. I argued with my coach (Chuck Debus). Because of the weather conditions decided to go out conservatively.'
Cliff Wiley (DC International/Kansas 78/Douglass HS, Baltimore, MD '74) set a new
meet record of 44.70 in the 400 . Maxie Parks Maccabi) set the old record of 44.82 in 1976 Anthony Ketchum (Philadelphia Pioneers/Needville HS, TX '81) was out best and led for the first 100 meters, but Wiley and Willie Smith (Athletic Attic/Auburn '78/Union-
dale HS, NY '74), in lanes 9 and 8 , moved dale HS , NY ' 74 ), in lanes 9 and 8 , moved out
on the back straight. Walter McCoy (Athletic Attic/Florida State ' $81 /$ Seabreeze HS, Dayton Beach, FL '77) was also running well, in lane 3. Wiley ran an amazing turn to forge a 3 meter lead at the 300 mark and he maintained it
down the home straight to win convincingly. Smith, who ran evenly the entire way, could not hold off the fast close of Tony Darden Philadelphia Pioneers/Arizona State, Nevada Reno '82/Norristown, PA '76). Wiley moves to number eight performer in U.S. history. y 46.10. "I was worried a liittle about being way out on the outside," said Wiley. "But with Willie Smith right behind me, I knew I had watch out. I tried to turn it on going into second curve, and then pick it up even more down the final straight. I just wanted to do my think I did it. I could have come in here and run conservatively and just gone for the World Cup. But I wanted to prove myself here. I'm fairly happy. This is my number 3 event behind the 200 and 100 . I ran here at the lane, too. I won it in 48.0 .
In the women's $4 \times 100$ relay the Shaklee
Track Club team of Alice Brown (Northridge Track Club team of Alice Brown (Northridge State '83/Muir HS, Pasadena '79), Florence Griffith (Northridge State, UCLA '82), Valerie Brisco, and Jeanette Boiden (Northridge set a new meet record of 43.39. The Berkeley East Bay TC team of Tanaya King, Sharon Ware, Robyne Johnson, and Nedrea Rodgers, which finished sixth in 45.52, is the Berkeley High School team that set the national high performance was the second best high school performance of all-time. This is the equal-sixth performance in U.S. history by Shaklee.
Pam Spencer (LA Naturite/Seattle Pacific, meet record in the high jump at $6-43 / 4$.

Spencer said, "I wasn't exactly concerned about setting a record today. All I wanted to do was win. So after I won, I relaxed and there took a lot out of us. I started at 5-9 today, so made a lot of jumps. I guess I'll have to start at higher heights now, like around $6-0$ ' In one of the closest finishes of the entire meet, Stephanie Hightower (LA Naturite TC/Ohio State '80) edged Benita Fitzgerald (Knoxville TCTTennessee '83/Gar-Field HS
Woodbridge, Virginia '79) by . 01 . Hightower was out first, but Fitzgerald and Jackie was out first, but Fitzgerald and Jackie
Washington (Shaklee TC/Northridge State, UCLA '83/Central HS, Omaha, NB '78) were right behind. By the 5th hurdle, the trio was clearly ahead of the rest. Hightower and Fit8th hurdle. Fitzgerald put on a late charge, but Hightower held her off to defend her cham pionship. Washington finished a strong third. Hightower's 13.09 is equal-ninth performance
all-time U.S. Fitzgerald's 13.10 is a PR, but she all-time U.S. Fitzgerald's 13.10 is a PR, but she zgerald said, "I got out of the blocks poorly, and I never was able to get going technically. Every time I tried to make a surge, I would wobble or get off balance or do something bad. When I got to the tape, I could
where Stephanie was. She's so short." in the women's 100, Evelyn Ashford wo 20. Alice Brown was out like a shot, with Jeanette Boiden even by 10 meters. The two an together until 30 meters, when Ashford shifted gears and blew by both. Ashford was
in control by 35 meters and extended her tead o the tape. Ashford said, "That heat makes the feet so hot that you feel sluggish. I think it was bothering everyone. l like people to think can't do something, like keep winning, and then prove them wrong. That just makes me
want to do it even more. I'm still winning, but in my mind l'm still chasing the world leaders. I'm still not on top of the world.'
Karin Smith (Medalist TC/UCLA, Cal Poly SLO '82/La Jolla HS '73) won the javelin with a d. I had a much better throw in me today, but I could not seem to get it out. Even though this is good javelin throwing weather, it was a iittle too hot for me. I'm very happy to have won this meet, and I am very happy to have wade the World Cup team. I cannot rank this meet is over with."
The California High School State champion junior Denean Howard (Shaklee TC/Kennedy HS, Granada Hills '82) won the 400 in 51.79 . Howard said, "I didn't feel like I was in trouble merson (UCLA '83/Westminster) was in front. I'm really not even breathing that hard. The outside lane didn't bother me because you have to learn to run in any of the lanes. The main person I was watching for was
down the straight, but l'm not sure if I could have run much faster. I didn't have a whole lot have re"
Dave Laut (Athletics West/Moorpark Colege, San Jose CC, UCLA '79/Santa Clara HS, oxnard) upset Brian Oldfield in the shot put
with a toss of $70-10 \%$. Laut said, "This is the biggest win I have ever had. I am much tronger now; in fact, stronger than I have ver been in my entire life. This has helped me a good deal. I can throw 70 feet more times
this year. I was ready for Brian today. He is a reat competitor but he has thrown in an awful lot of meets this year. I think maybe he burned himself out. I really peaked for this meet, and I am very happy that I made the World Cup team."
James Robinson (Inner City TC/Laney CC,
CA ${ }^{~} 76 / \mathrm{McClymonds}$ HS, Oakland ${ }^{\prime} 72$ ) kicked by Mike Boit (Kenya) in the stretch to win the 300 in 1:45.53. Robinson said, "I feel as hough that was one of my better races. I got a littie tight at the finish, and I aimost list it.
am really glad I got this one. Boit is still up on me three to two. I was expecting a better finish, but it wasn't there. Fortunately, It wasn't there for Mike either. I'm just very hankful that I won. The thing that pleases me the most is that I have now won four national tant to me than qualifying for the World Cup team."
Jodi Anderson (LA Naturite/Northridge State '80NWashington HS, Los Angeles '75) won the long jump at 22.1/4. Anderson said, from that jumping. Kathy is a tough competitor, just like I am. She doesn't let a victory go easily. It was just a matter of getting on the board for that fifth jump. Then I just gave it a good punch. After all, what did I have to
lose-just $\$ 2,500$ and the World Cup trip. After unning the relay, I lust moved my step up and went for the best. When I got on the board, knew I had a good jump. Technically, I think 'm about 95 per cent of where I was last sum mer at the Trials.
Tyke Peacock (Modesto JC '81/Urbana, II Alameda JC ' $81 /$ Monmouth Reg, Tinton Falls, NU '79) went one-two in the high jump. Peacock said, "My last jump was my best. don't know why that bar fell off. I sure didn't best, but all I wanted to do was win. It seems like many of the jumpers have hit a plateau of 7-4 or 7-5. But watch out next year. The same umpers will probably be around as now, bu most of them

## Men

100 Motors: 1. Carl Lewis (SMTC) 10.13; Stanley Floyd (HAC) 10.21; 3. Mel Lattany (AA 10.21; 4. James Sanford (SCS) 10.22; 5. Ron Brown (SSTC) 10.24; 6. Fred Taylor (PPC) Smith (AITC) 10.36; 9. Steve Riddick (PPC) 10.45; 10. Harvey Glance (AA) 10.45 .

200 Motors: 1. Jeff Phillips (PPC) 20.36; 2. Eric Brown (Shak) 20.38; 3. James Sanford ron Wright (AA) 21.01; 6. Bill Collins (PPC) 21.02; 7. Elliott Quow (NYPC) 21.06; 8. Dwayne Evans (AW) 21.11; 9. William Snoddy (USN) 21.1.
400

00 Motors: 1. Cliff Wiley (DCI) 44.70; 2
(AW) 29:30.0; 9. Robble Perkins (NYAC) 29:30.7; 10. Dan Harvey (SJSt) 29:41.9; 11. Herb Wills (AA) 29:49.0; 12. Charles Gray 14. Pat Holleran (OTC) 30:43.7. Dnf- Paul Cummings (PCC); Dan Grimes (Hum St); Gary Hofsteter (AIA); Joaquin Leano (Col); Tom Wysocki (Sub 4).
110 Hurdlos: 1 . Greg Foster (Shak) 13.39; 2. Larry Cowling (Cal) 13.66; 3. Tonie Campbell Rod Milburn (HAC) 13.71; 6. Charles Foster (PPC) $13.89 ; 7$. Billy Richard (AA) 14.00; 8 . Dan Lavitt (PCC) 14.00; 9. Malcolm Dixon (STC) 14.05; 10. Rod Wilson (PPC) 14.31

400 Hurdles: 1. Edwin Moses (Ul) 47.59; 2. Andre Phillips (Shak) 48.10; 3. David Lee (AA)
48.53; 4. David Patrick (KTC) 49.25; 5. James Walker (AA) 49.33; 6 . James King (Macc) 49.47; 7. Paul Lankford (PennSt) 49.55; 8. Bart Williams (SSTC) 49.56; 9. Nate Lundy (InTC) 49.58.

5000 Walk: 1. Ray Sharp (AA) 20:47.52; 2. Jim Heiring (AA) 20:49.35; 3. Dan O'Connor (ACA) 21:10.44; 4. Todd Scully (Shore)
21:54.57; 5. Walt Jaquith (WVTC) 22:38.7; 6 . Ron Daniel (Shor) 22:39.5; 7. Wayne Glusker (MVTC) 23:05.7; 8. Dan Pierce (SeaTC) 23:31.7. High Jump: 1. Tyke Peacock (Mod JC) 7-41/2;
2. Milton Goode (Ala JC) 7-41/2; 3. Nat Page (SCS) $7-41 / 2 ; 4$. James Frazier (SSTC), Jimmy Howard (HAC), Larry Weaver (LSU) \& Leo Williams (PPC) 73; 8. James Barrineau (AA) 7.3; 9. Dwight Stones (PCC) 7.3; 10. Juan Centelles (Cub) 7.3; 11. Greg Seay (Ok) 7.3; 12 . Rory Kotinek (Unat) $7-11 / 2 ; 13$. Ken Glover (AA)
$7-11 / 2 ; 14$. Reynaldo Brown (AATC) \& Joe Radan (Macc) $7-11 / 2$.
Pole Vault: 1. Billy Olsen (PCC) 18-21/2; 2. Steve Smith (ACA) 17-101/2; 3. Earl Bell (PCC) \& Brad Pursley (PCC) 17.61/2; 5. Ed Langford (AA) $17-1 / 2$; 6. Dave Volz (In TC) \& Joe Dial
(AA) 17-61/2; 8. Larry Jesse (Macc) 17-61/2; 9 . Tim Bright (ACU) 17-2 ${ }^{3 / 2}$; 10. Dale Jenkins (AA) $17-2 \frac{1}{1}$. No height- Felix Bohni (SUSt); Randy Hall (PCC).
Long Jump: 1. Carl Lewis (SMTC) 28-31/2; 2. arry Myricks (AAA) $27-81 / 2$, 3 . Jason Grimes (PPC) $26-21 / 2 ; 5$. Stanley Holmes (AA) $25-111 / 2$; 6. Greg Artis (AA) $25-8 \frac{3}{1}$; 7. Junichi Usul (Jap) $25-51 / 2 ; 8$. Norm Alston (CSH) 25-4;9. Vesco Bradley (AA) 25-4; 10. David Giralt (Cub) 25-1 $1 / 2$; 11. Arnie
Robinson (Macc) 25-0 $1 / 4$; 12. Lujack Lawrence (NYPC) $25-01 / 2$; 13. Bill Rea (UCTC) 24-9 $1 / 4$; 14 . Dannie Jackson (AZSt) 23-11.
Triplo Jump: 1. Willie Banks (AW) 57-71/2; 2. Mike Marlow (SSTC) 56-4; 3. Robert Cannon (AA) 55-11; 4. Keith Connor (SMU) 55-10; 5 .
Greg Caldwell (SSTC) $55-33 / 4$; 6 . Paul Jordan (SMTC) $55-21 / 4$; 7 . Doug Garner (Macc) $53-7 \frac{3}{4}$; 8. Henry Ellard (FresSt) 52-51/4; 9. Ray Kimble (BAS) $52-21 / 2$; 10. Paul Bates (Cal) 48-8w. Shot Put: 1. Dave Laut (AW) 70-101/2; 2. Mike Carter (SMU) 69-6 $3 / 4$; 3. Brian Oldfield (UCTC) 69-6; 4. Jesse Stuart (HAC) 67-11; 5. Colin
Anderson (UCTC) $67-7$; 6. AI Feuerbach (AW) $65-4 ; 7$. Jeff Braun (Wi TC) $65-11 / 2$; 8. Ben Plucknett (SCS) $64-71 / 4 ; 9$. Ian Pyka (NYAC) 63-11; 10. Doug Lane (NVTC) 62-0; 11. Mike Lehmann (AA) 62-0; 12. Joe Zelezniak (NYAC $60.7 \frac{1}{2}$.
Delis (Cub) 215 Plucknett (SCS) 226-5; 2. Luis 214-7; 4. John Powell (AA) 212-2; 5. Art Burns (Stars) 208-9; 6. Ken Stadel (AW) 205-11; 7. A Oerter (NYAC) 205-0; 8. Stan Cain (AA) 201-2;
9. Art Swarts (Shor) 196-5; 10. Jim McGoldrick (Stars) 194.7; 11. Mac Wilkins (AW) 1913; 12 Scott Lofquist (Ar) 190-4; 13. Marcus Gordien

800 Moters: 1. Madeline Manning (ORTC 1.58.50; 2. Leann Warren (OR) 2:00.08; 3. Robin Campbell (STC) 2:01.02; 4. Delisa Walto (KTC) 2:01.39; 5. Kim Galiagher (Wir TC) Mullen (AW) 2:04.3; 8. Joetta Clark (Atoms) 2:05.3; 9. Brenda Peterson (LAM) 2:07.0.
1500 Metors: 1. Jan Merrill (AGAA) 4:14.62; 2. Cindy Bremser (WU) 4:15.34; 3. Maggie Keyes (AW) 4:15.84; 4. (Inda Goen (Shak)
4:16.14; 5. Regina Joyce (SW) 4:16.81; 6 . Rose Thomson (WU) 4:20.2; 7. Sheila Ralston (Shak) 4:20.9; 8. Sandra Gregg (SW) 4:35.4. DNF: Michelle Bush (Shak).
3000 Metors: 1. Brenda Webb (AW) 9:04.54; 2. Joan Hansen (Az) 9:07.57; 3. Carol Urish
(HH) 9:19.50; 4. Margaret Groos (Char) 9:20.28; 5. Jan Merrill (AGAA) 9:21.60; 6. Debbie Eide (OTC) 9:21.90; 7. Ceci. Hopp (Gateway TC) 9:25.63; 8. Cindy Bremser (WU) 9:26.30; 9 . Mary Shea (NC St) 9:26.92; 10. Betty Springs (Nc St) Sue Girard (NC St) 9:31.4; 13. Patsy Sharples Sue Girard (NC Str $9: 31.4$; 13. Patsy
(d) $9: 31.8 ; 14$. Geri Fitch (Can) $9: 36.3$.
10,000 Meters: 1. Joan Benoit (AW) 33:377.5; 2. Patsy Stharples (Id) $34: 10.2 ; 3$. Julie Shea (AW) 34:30.6; 4. Glenys Quick (TWU) 34:34.8; 5. Kim Schnurpfeil (STC) 34:39.3; 6. Jan Oehm
(Unat) 34:42.9; 7. Melanie Weaver (Mi) 34:58.4; 8. Darien Andreu (FI St) 35:11.7; 9. Aileen O'Connor (VaTC) 35:23.2; 10. Ellen Lyons (STC) 35:38.1; 11. Liz Baker (Vit PI) 35:45.7; 12. Letha Davis (laUn) 36:35.6.
100 Hurdles: 1. Stephanie Hightower (LAN) 13.09; 2. Benita Fitzgerald (KTC) 13.10; 3. Lewis (Will TC) 13.73; 5. Gayle Watkins (DCI) 13.92; 6. Tonja Brown (FI St) 13.94; 7. Pam Page (Unat) 14.02; 8. Linda Bourn (Unat) 14.03; 9. Lexie Mill
(LAM) 14.11 .

400 Meter Hurdies: 1. Sandy Myers (LAN) 56.43; 2. Tammy Etienne ( Tx ) 57.14; 3. Edna Brown (Temple) 57.82; 4. Lexie Miller (Or) 57.82; 5. Karen Taylor (Shak) 58.98; 6. Rachael Clary (Hous) 59.06; 7. Tonja Brown (FI St) 60.1; (Atoms) 61.5 .
$4 \times 100$ Relay: 1. Shaklee TC (Brown, Griffith, Brisco, Bolden) 43.39; 2. LA Naturite TC Anderson, Inniss, Rich, Pusey) 44.04; 3. LA Dawkins) 45.02; 4. DC International 45.06; 5.
photo by Don Gosney


Police Athletic League 45.39; 6. Berkeley East Bay TC 45.52. DQ: Southern Cal Cheetahs Bay TC 45.52. DQ: Southern C
45.32; LA Mercurettes " $B$ " 47.88 .
$4 \times 400$ Rolay: 1. LA Naturite TC (Bryant, Pusey, Rich, Myers) 3:27.90; 2. Shaklee TC (D. Howard, T. Howard, Emerson, S. Howard) 3:29.34; 3. LA Mercurettes (Pullins, Clagon, Cumbess, Peterson) $3: 33.43 ; 4$. DC Interna3:29.20. DQ: Berkeley East Bay TC 3:42.63. $4 \times 800$ Relay: 1 . Sports West (Sue Gregg, Smith, Joyce, Sandra Gregg) 8:36.94; 2. San Jose Cindergals (Weber, Spies, King, Figliomeni) 8:41.87; 3. LA Naturite TC (An8:44.21; 4. Southern Cal Cheetahs $8: 52.81$.
Sprint Medley Relay: 1. LA Naturite TC (Hay, Innis, Rich, Pusey) 1:37.86; 2. Shalkee
TC(T. Howard, Bolden, S. Howard, D. Howard)

1:38.38; 3. Shaklee TC "B" (Brown, Robinson, Fowler, Emerson) $1: 38.85 ;$ 4. Southern Cal
Cheetahs $1: 39: 53 ; 5$. DC International 1:40.44 L. $L$ M Mercurettes $1: 40.62$; 7 LA Mercurette "B" 1:42.0; 8. Berkeley East Bay TC 1:42.6. High Jump: 1. Pam Spencer (LAN) $6-4 \frac{2}{2}$; 2 . Louise Ritter (PCC) 6-31/2; 3. Coleen Rienstra (SDSF) 6-3 $1 / 2$; 4. Phyilis Blunston (LAM) 6-1 $1 /{ }^{2}$ 5. Hisayo Fukumitsu (Jap) $6-11 / 4 ; 6$. Jon
Huntley (PCC) $6-0 ; 7$. Yolanda Gibson (Atoms) Huntiey (PCC)
$6-0$; 8 . Patti Stafford (Vit Plus) $5-10^{3 / 4} ; 9$. Su McNeal (SSTC) $5-92 / 4$; 10. Sharon Burrill (C Gold) $5-9 \%$.
Long Jump: 1. Jodi Anderson (LAN) 22-019; 2. Kathy McMillan (Shak) $21-7 \frac{1}{2}$; 3. Caro 21-5; 5. Lorraine Ray (FTC) 21-4; 6 . Sand Myers (LAN) 20-91/4; 7. Gwen Loud (LAN) 20-83/4w; 8. Donna Thomas (N Tx) 20-81/2; 9 . Ana Alexander (Cub) 20-7w; 10. Veronica Bell (Cheet) 20-31/w; 11. Pam Donald (STC)
19-111/2; 12. Jackie Joyner (Shak) 19-7w; 13. Karen Taylor (Shak) 1941/aw, 14. Esmerald Garcia (FI St) 19-2 ${ }^{3 / 4}$.
Shot Put: 1. Denise Wood (KTC) $55-5 \frac{1}{4}$; 2 Lorna Griffin (AW) $53-41 / 4$; 3. Sandy Burlo (NEn) $52-51 / 2 ; 4$. Mariette van Heerden (LAN Van Pelt (SW) $50-91 / 2 ; 7$. Ramona Pagel (CSLE) $50-23 / 4$; 8. Susan Thornton (KTC) 49-0 $1 / 9$; 9 . Susie Ray (Shak) 47-6; 10. Anne McEiroy (CSLB) 47-1; 11. Cheryl Kennedy (Vit Plus) 45-41/2; 12 . Sh1 Sy 44 71/ Julie Jones (FI St) 44-71/2.
Discus: 1. Leslie Deniz (SDSF) 182-9; 2 Denise Wood (KTC) 181-9; 3. Mariette Va 179-5; 5. Julie Hansen (SW) 1740; 6. Ja Svendsen (Shak) 169-11. 174; 6. Ja Zaphiropoulos (WC) 1693; 8. Laura Messmo (Tx) 166-2; 9. Julie Cart (SDSF) 165-7; 10. Carc Cady (STC) 163-3; 11. Kathy Picknell (OTC 159-1; 12. Leslie Hoerner (AIA) 156-4; 1 159-1; 12. Lesie Hoerner
Heather Kuusela (WC) 153-8.
Javelin: 1. Karin Smith (MTC) 208-2; 2. Kat 176-0; 4. Mary Osborne (STC) 169-10; 5. Sal Harmon (Or) 1649; 6. Barbara Moro (Shal 164-8; 7. Jacque Nelson (Shak) 164-0; 8. Coo nie Peterka (Or HS) 162-2; 9. Donna O'Carre (CNE) 159-6; 10. Jeanne Eggart (SW) 158-1; 1 Dana (LAN) 155-4.
$\operatorname{son}$.

Alameda IC 8 Mo Monmourt Reg. TInton Falls,
NJ '79) went onetwo in the high jump. Peacock said, "My last jump was my best. I don't know why that bar fell off. I sure didn't oel it, if I hit it. I'd like to have set a personal est, but all I wanted to do was win. It seems like many of the jumpers have hit a plateau of umpers will probably be around as now, but most of them are talking about training hard for next year."

## Men

100 Meters: 1. Carl Lewis (SMTC) 10.13; 2. Stanley Floyd (HAC) 10.21; 3. Mel Lattany (AA) 10.21; 4. James Sanford (SCS) 10.22; 5. Ron. rown (SSTC) 10.24; 6. Fred Taylor (PPC) 10.31; 7. Mike Miller (KTC) 10.34; 8. Calvin 0.45; 10. Harvey Glance (AA) 10.45 200 Metors: 1. Jeff Phillips (PPC) 20.36; 2. Eric Brown (Shak) 20.38; 3. James Sanford SCS) 20.53; 4. Fred Taylor (PPC) 20.67; 5. Teron Wright (AA) 21.01; 6. Bill Collins (PPC) rans (AW) 21.11; 9 . William Snoddy (USN)
1.1. 400 Cliff Wiley (DCI) $44.70 ; 2$ ony Darden (PPC) $45.01 ; 3$. Willie Smith (AA) 5.15; 4. Walter McCoy (AA) 45.46; 5. Anthony Ketchum (PPC) 45.70; 6. Zeke Jefferson (Bay)
45.87; 7. Sunder Nix (InTC) 46.24; 8. Herman Frazier (PPC) 46.1; 9. Anthony Blair (PPC) 46.4. 800 Metors: 1. James Robinson (ICAC) 1:45.53; 2. Mike Boit (SCS) 1:45.60; 3. Randy 146.03. 5 Devid Korir Dill 1:46.25: 6 Mark Enyeart (PCC) 1:46.55; 7. Mike White (Cal) 1:47.19; 8. James Mays (AA) 1:47.28; 9. Brian Theriot (SSTC) 1:47.30.
1500 Motors: 1. Sydney Maree (AA) 3:35.02; . Steve Scott (Sub-4) 3:35.51; 3. Todd Harbour raig Masback (NYPC) $3: 37.43 ; 6$. Tom Byers
(InTC)
( (AW) $3: 37.69$; 7. Richie Harris (AW) 3:37.97; 8 . an Aldridge (Sub-4) 3:38.70; 9. Chuck Aragon Dame) 3:38.92; 10. Ray Wicksell (Reebok) 39.02; 11. Tom Smith (AW) 3:39.42; 12. Andy Clifford (AIA) 3:40.5
Amos Korir (AA) 8:31.5; 3. Solomon Chebor (FD) 8:31.9; 4. John Gregorek (NYAC) 8:32.5; 5 . Con Martin (AW) 8:34.3; 6. Kelly Jensen (OTC) :34.8; 7. Bill SmCullough (SSTC) $8: 35.6 ; 8$. Rickey Pittman (KTC) $8: 37.0$; 9. Harrison
Koroso (Macc) 8:42.8; 10. Randy Jackson (AW) 8:47.9; 11. Dan Heikkinen (AW) 8:51.7; 12. Brett Hyde (AF) $8: 58.9$; 13. Dregg Einspahr (AA) 9:07.8.
5000 Metors: 1. Matt Centrowitz (NYAC) 13:28.86; 2. Craig Virgin (FRTC) 13:31.64; 3. SMTC) $13: 36.74 ; 5$. Doug Padilla (AW) 3:39.71; 6. Ed Arriola (Unat) 13:40.2; 7. Randy Melancon (AW) 13:41.7; 8. Jim Stintzi (Wi) $13: 46.1$; 9. Thom Hunt (AW) 13:48.9; 10. Jon AW) 13:53.8; 12. Ed Spinney (AW 13:58.6:13. Steve Alvarez (SCRR) 14:02.0; 14. Mick chlachter (VAC) 14:15.0; 15. Art Boileau OTC) 14:22.1; 16. Mark Scrutton (Co) 14:25.9; 7. Mike Lohman (OTC) 14:28.8; 18. Domingo baduiza (Sub 4) 14:52.9. 10,000 Meters: 1. Alberto Salazar (AW) . Charies Spedding (GB) 28:49.85; 4. Mark Nenow (VAC) 29:04.5; 5. Domingo Tibadulza Sub 4 ) 29.07 .1 ; 0.1 im Sinizi (Unat) 29:16.7; 7.
 (AA) 25-8 $3 / 4$; 7. Junichi Usui (Jap) $25-5 \frac{1}{2}$; 8 25-4; 10. David Giralt (Cub) $25-1 \frac{1}{2}$; 11. Arnie Robinson (Macc) 25-03/; 12. Lujack Lawrence (NYPC) $25-01 / 2$; 13. Bill Rea (UCTC) $24-93 / 4$; 14. Dannie Jackson (AzSt) 23-11.
Triple Jump: 1. Willie Banks (AW) 57-7 $1 / 2 ; 2$. (AA) 55-11; 4. Keith Connor (SMU) 55-10; 5 Greg Caldwell (SSTC) $55-31 / 4$; 6. Paul Jordan (SMTC) $55-21 / 4$; 7. Doug Garner (Macc) 53.73/4; 8. Henry Ellard (FresSt) $52.51 / / 4$; Ray Kimble (BAS) $52-21 / 2$; 10. Paul Bates (Cal) $48-8 \mathrm{w}$. Carter (SMU) $69-63 / 4 ; 3$. Brian Oldfield (UCTC) 69-6; 4. Jesse Stuart (HAC) 67-11; 5. Colin Anderson (UCTC) 67-7; 6. Al Feuerbach (AW) 65-4; 7. Jeff Braun (Wi TC) 65-11/2; 8. Ben Plucknett (SCS) $64.71 / 4$; 9. Ian Pyka (NYAC)
$63-11$; 10. Doug Lane (NVTC) 62-0; 11. Mike Lehmann (AA) 62-0; 12. Joe Zelezniak (NYAC) 60.71/2.

Discus: 1. Ben Plucknett (SCS) 226-5; 2. Luis Delis (Cub) 215-0; 3. Dave Voorhees (OTC)
214-7; 4. John Powell (AA) 212-2; 5. Art Burns 214-7; 4. John Powell (AA) 212-2; 5. Art Burns
(Stars) 208-9; 6. Ken Stadel (AW) 205-11; 7. Al Oerter (NYAC) 205-0; 8. Stan Cain (AA) 201-2; 9. Art Swarts (Shor) 196-5; 10. Jim McGoldrick (Stars) 194-7; 11. Mac Wilkins (AW) 191-3; 12. Scott Lofquist (Ar) 190-4; 13. Marcus Gordien
(Unat) 185-5; 14. Mike Carter (SMU) 183-5; 15. (Unat) 185-5; 14. Mike Carter (SMU) 183-5; 15.
Bruce Navarre (NE La) 174-9; 16. Jack Harkness (WC) 167-5; 17. Erik Korshoj (Nb) 164-7. no mark- Greg McSeveney (49er). Hammer. 1. Richard OIsen (NYAC) 235-10; 2. (Fave McK2nze (Una) 233-2, 3. Ma MC 229 . (Fresst) 231-1; 4. Andy Bessette (NYAC) 229-4; dee (OTC) 219-7; 7. Rick Buss (AA) 215-10; 8. Bill Sutherland (NYAC) 215-9; 9. Boris Djerassi (NYAC) 213-6; 10. Ed Burke (Stars) 212-8; 11. Doug Barnett (Azusa) 207.3; 12. Ed Arcaro Doug Silcox (Chico) 191-5.
Javelin: 1. Bruce Kennedy (PCC) 276-8; 2. Rod Ewaliko (AW) 272-4; 3. Duncan Atwood (AW) 267-6; 4. Mike Packer (Macc) 267-6; 5. Bob Roggy (AW) 265-10; 6. Mark Anderson
(UCLA) 255-1; 7. Tom Petranoff (SCS) 249-6; 8 . (UCLA) 255-1; 7. Tom Petranoff (SCS) 249-6; 8. (Azusa) 247-2; 10. Scott Sorchik (Bruce) 239-4; 11. Jeff Gorski (WCA) 223-11; 12. Mike Hartle (Clem) 213-11.

## Women

100 Metors: 1. Evelyn Ashford (MTC) 11.07 2. Jeanette Bolden (Shak) 11.27; 3. Alice Brown (Shak) 11.28; 4. Florence Griffith (Shak) 11.29; 5. Brenda Morehead (PAL) 11.42; 6 Esmeralda Garcia (FISt) 11.58; 7. Jodi Ander
son (LAN) 11.65; 8 . Jackie Washington (Tx HS) 11.67; 9. Michelle Glover (Will TC) 11.69; 10. Tara Mastin (Hous) 11.93
200 Meters: 1. Evelyn Ashford (MTC) 22.30; 2. Florence Griffith (Shak) 23.09; 3. Jackie Pusey (LAN) 23.14; 4. Chandra
Cheeseborough (TSTC) 23.17:5. Randy Givens (FISt) 23.84; 6. Michelle Matthlas (NM) 24.21; 7. Sheryl Pernell (TSTC) 25.20.

400 Meters: 1. Denean Howard (Shak) 51.79, 2. Rosalyn Bryant (LAN) 52.53; 3. Lorna Forde (Atoms) 52.87; 4. Arlise Emerson (Shak) 53.37 5. Kella Bolton (STC) 53.56 ; 6. Lorie McCauley
(AOC) 54.09 ; 7. Paulette Clagon (LAM) 54.17 ; 8 . Pam Moore (WU) 54.18; 9. Roberia Belle (DCI) 55.2.


Oniowioz, oottileb, Mokenna, Jacobs)
$8: 44.214$. Southern Cal Cheotahs $8: 52.81$, Sprint Modloy Relay: 1. LA Naturite TC TC (T: Howard, Bolden S. Howard . Shalkee
photo by Bill Leung, Jr.


Sandy Meyers
ie Peterka (Or HS) 162-2; 9. Donna ; i. Carrof CNE) 159-6; 10. Jeanne Eggart (SW) 158-1; 11
Dana Olson (Hous) 157-4; 12. Celeste Willimin son (LAN) 155-4.
photo by Don Gosney


Greg Foster
photo by Bill Leung, J


Willie Banks
club status. These include:
-limiting national clubs to competition at level only.
ilimiting national clubs to 100 members. membership fees of $\$ 100$ ( $\$ 90$ to the TAC association in which the club's headquarters association in which the club
are located and $\$ 10$ to TAC).
disallowing a national club from competing in its association-level championship clubs may compete unattached in associa tion championships).
Here are the new interpretations for national club status, as defined by TAC's Board of Directors:
whether it is an belong to only one club, -While national clubs club or a local club. association championship titles, athletes from national clubs may compete for in dividual titles.

- National clubs have voting privileges in their associations that are identical to any other club's. There is no weighted vote as - National club athletes m
quirements for registration, including waiting period for transferring from one club to another. This waiting period is 90 days.
-...........

How about some decathlon trivia: Of the 15 Olympic gold medalists in the decathlon (1912-80), 9 have been Americans (although declared a professional and was stripped o his medal). US gold medalists include: Harold Osborn (1912), Jim Bausch (1932), Glenn Mor is (1936), Bob Mathias (1948, 1952), Milt Campbell (1956), Rafer Johnson (1960), Bill 1920 the world record for the decathlon has been broken 27 times. Americans have broken the global mark on 13 occasions. The most re-
cent was during Jenner's dramatic Olympic cent was during Jenner's dramatic Olympic win in 1976 (since then the mark has been betDaley Thompson and West Germany's Guido Kratschmer). US world record holders and their reigns have been Osborn (1924-26) Bausch (1932-33), Morris ( $1936-50$ ), Mathias (1950-55), Johnson (1955-58, 58-59, 60-63) Russ Hodge (1966-67), Toomey (1969-72) an Santa Barbara has played host to the decathlon USA nationals. Previous events held here were in 1951, 68, and 75. Bob went to Bill Toomey and in 75 to Bruce Jenner. California cities have hosted the USA Decathlon Champlonship 22 times.
Another good deal in the way of a tour for runners is for the December 13 Honolulu round trip airfare 8 days and seven nights accommodations plus many extras. For information write: Runner's Mailing Service, P.O. Box 891, Tarzana, CA 91356.....Put Your Besi Feet Forward is the theme this year for Na tional Jogging Day, a nationwide celebration 10, 1981. Sponsored annually by the National Jogging Association, NJDay is an educational event designed to inform people about he physical and mental benefits of jogging

June 30-July 1 in Los Angeles.
The junior men's team consists of athletes 19 and under while the junior women are no older than 18.
Normally the U.S. junior team competes in a dual meet against their Soviet counterparts
in an annual home-and-home series that dates back to 1972 . The Soviets cancelled ou of last year's meet shortly after the U.S. Olym pic boycott became official. Last year's junio team was still able to compete in the first-ev Junior Pan American Championships, a Canada, last August 29-31.
The Soviets did not seek to renew the series this year, and the next junior Pan Am meet isn't until next year, in Caracas.
TAC officials tried unsuccessfully to ar
range for competition for the team. range for competition for the team.
welcome from team's weekend begins with a Olympic decathlon champion, on Frida night. During the weekend the team will a tend clinics, watch Olympic films like "Strug some sightseeling.
California had 15 athletes on the Junio Team: Men: Robert Ingram (San Jose steeplechase), Albert Lane (Bakersfield, high hurdles), Doug Loisel (Fremont, decathion Deborah Corley (Bakersfield, shot put),


Sabrina Williams
Margaret Demorest (Santa Clara, 400 m hurdles), Aladrian Hunter (Los Angeles, 100 m hurdies), Inger Peterson (inglewood, 100 m ), Sanders (Oakland, long jump), Maggie VanZeeland (Lafayette, high jump), Sharon Ware (Oakland, 100 m ), Tracy Weber (Saratoga, 1500m), Sabrina Williams (Cerritos long jump), and Lavia
The U.S. junior team staff includes: Heac Coach: Lyle Knudson, Logan, Utah Assistants: Fred Jones, Los Angeles; Dixo Farmer, Seattle; Bob Larson, Los Angeles,
Hoad Manager: Bernice Green, Denver. Assis tant Managers: Bruce Frankie, Phoenix, Ariz Joe Newton, Oak Brook, III.; JoAnn Grissom,

The team was selected for the U.S. Collegiate Spotts Council by The Athletics Congress,
America's governing body for track. The team was picked from among the top college door Track \& Field Championships in Sacramento, June 19-21. The World University Games provide international competition fo collegians. The last World University Games took place in 1979 in Mexico City. The U.S Willie Banks and Pam Spencer. Banks broke the American record in the triple jump at the USAMMobil Championships with a $57.71 / 2$ efort while Spencer upped the U.S. women's high jump standard to $6-51 / 3$ at the TFAUSA meet in Wichita on May 30. Banks is the
defending World University Games triple jump champion. The men's team roster by event: 100: Mel Lattany (Athens, GA), Mike Miller (Flint, MII), Calvin Smith (Bolton, MS) 200: Jeff Phillips (Whitehall, OH), Terron
Wright (Memphis, TN). 400 : Anthony Ketchum (Needville, TX), Walter McCoy (Daytona (Needviile, TX), Walter McCoy (Daytona
Beach, FL), Cliff Wiley (Baltimore, OH). 800: Mike White (Richmond, CA), James Mays (Lubbcck, TX). 1500: Jim Spivey Wood Dale, IL), Dan Aldridge (San Luis Obispo, CA),
Chuck Aragon (Las Cruces, NM). Stoeplechase: John Gregorek (Northport, NY) Henry Marsh (Eugene, OR). 5000: Doug Padilla (San Leandro, CA), Jim Stintzi (Franklin, WI) 10,000: Mark Nenow (Lexington, KY), Mike Cotton (Richmond, VA). 110 m Hurdies: Larry
Cowling (Sacramento, CA), Tonie Campbell (Carson, CA). 400 m Hurdles: David Patrick (Centralia, IL), David Lee (University City, MO). 20 K Walk: Ray Sharp (Kenosha, WI), Peter Timmons (Sayville, NY. Marathon: to be anIL), Leo Williams (Muncie, IN). Pole Vault: Billy Olsen (Abilene, TX), Brad Pursley (Merkel, TX) Long Jump: Jason Grimes (Knoxville, TN), Stanley Holmes (Ft. Lauderdale, FL), Dannie Jackson (Tempe, AZ). Triple Jump: Willie Banks (Los Angeles, CA), Robert Cannon (Dallas, TX), Mike Lehmann (Champaign, IL). Discus: Mike Carter (Dallas, TX), Mike Lofquist (Fayetteville, AR). Hammer: Doug Barne West Covina, CA), Rick Buss (Corvallis, OR) Javelin: Mark Anderson (Santa Monica, CA),
Mike Juskus (Westville, NJ ). Decathlon: Mark Anderson, Dannie Jackson. Women's Roster: 100: Jeanette Bolden (Reseda, CA), Alice Brown (Altadena, CA), Florence Griffith Reseda, CA). 200: Florence Griffith, Kelia Bolton (San Jose, CA). 400: Rosalyn Bryant 800: Leann Warren (Corvallis, OR), Robin
noved ahead ot the field of 3,426 runners at
he eight-mile mark and never gave back the lead. Wally Saeger of Dayton, Ohio, was second in $2: 18: 31$. Cathy Tanner of Toronto took e women's crown with a $2: 52: 17$ and 79th verall place.....Inquiries to the Athletics Condistance running events which have been advertising the competitions as TAC sancioned "Pro-Am" have all drawn the same Casponse from TAC executive director Ollan Cassell. "There is no such thing," says ional Amateur Athletic Federation's council. Amateurs can not compete with professions nder either IAAF or TAC rules without losing heir amateur status," adding that under the provisions of the Amateur Sports Act neither ion anything other than a competition whose entrants enjoy amateur status.....The National Running Data Center recently reported several course certifications for California road racing courses: 10 K : Run of the Press Diego), Del Mar for MDA (Del Mar), Bonne Bell Women's (San Francisco). 5 Mile: The Lion of Judah (San Francisco). Half Marathon: Avon Pasadena), Mission Bay (San Diego). Avenue of the Oaks (Fallbrook). 13 Mile: SRI Chinmoy (Davis).
A very worthwhile book for the track fan is the American Athletics Annual/1981 edited by Rich Perelman. Tons of statistics, 526 pages. Can be ordered for $\$ 12$ from TAC/USA Book
Order Dept., P.O. Box 120, Indianapolis, IN 46206. Another very interesting book put out by TAC is the Outdoor Championship Media Guide. We don't know if it is for sale, but you on find out at the above address.....Speaking Handbook is out. This is the 10th edition of his track and field annual for junior age group athletes with in depth listings of 1980 age marks for all standard events from ages 8 thru 17. Order for $\$ 3.00$ plus 50 cents postage 11335.....Fresno's Ed Kerber has been invited o serve on the national Officials Certification Committee of TFA/USA to represent the San Joaquin Valley. One of the aims of TFA/USA is the up-grading of track and field officials
through certification. TFA has a high school exam and/or collegiate exam to assist local officials' associations in certifying their people. The exams are open book and the proess is relativley simple. For those interested, CA 93726.
 september 4.6 in Rome. The head coach will be Jim Tuppeny, the director of track and field for the University of Pennsylvania and the man in charge of the annual Penn Relays. Named to the staff with Tuppeny were Joe Lang, head coach at Georgetown University;
Ed Parker, Foster City, California, coach of the Millbrae Lions Track Club; Dick Hill, head coach at San Diego State University; and Ken Foreman, Seattle, Washington, last year's vomen's coach for the U.S. Olympic team. Rich Perelman of Los Angeles has been named a press officer for the team. This year's event is the third World Cup. Under the World up format, contestants from national, coninental and hemispheric teams compete in ries. The U.S. won the men's title at the last World Cup, held at Montreal in 1979. The first World Cup event took place in Dusseldorf in 1977.....You finally get that expensive pair of running shoes broken-in and feelin' good, and esoled, of course. Ralph and Kathy Bowles of power-Soler will repair and resole those burnod out doggies. Write for a descriptive yer/price Pr. Shoe Tinker West, 105 Emerson Ct.,
$939-9330$.

## TAC Defines New

National Club' Policy
The Athletics Congress has announced detailed policies concerning the status of track teams which have national club status. he national club concept was approved last have as its members athletes who reside outside of the TAC association in which the club is registered.
When track was part of the Amateur Athletic Union, an athlete usually had to thlete's AAU association. For example, anyone form a track club based in Northern California would have to be a Northern California resident. Exceptions were student athletes who attended schools outside their ome area and members of the armed forces. is no longer required to reside in the same association in which his club is registered. An athlete could, hypothetically, live in Texas and belong to a club based in California.
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See page 32 for an order blank

ne was during Jonner's dramatic olympic
win in 1976 (since then the mark has been bet-
ered 2 times, both in 1980, by England's Daley Thompson and West Germany's Guido
Kratschmer). US world record holders and their reigns have been Osborn (1924-26), Bausch (1932-33), Morris (1936-50), Mathias ( $1950-55$ ), Johnson ( $1955-58,58-59,60-63$ ), Russ Hodge (1966-67), Toomey (1969-72) and Jenner ( $1975-80$ ). 1981 was the 4th time that Santa Barbara has played host to the
decathlon USA nationals. Previous events held here were in 1951, 68, and 75. Bob Richards won the event in 51. The 1968 title went to Bill. Toomey and in 75 to Bruce Jenner. California cities have hosted
Decathlon Championship 22 times.
Another good deal in the way of a tour for runners is for the December 13 Honolulu Marathon. The tour price of $\$ 499$ includes round trip airfare, 8 days and seven nights accommodations plus many extras. For infor-
mation write: Runner's Mailing Service, P.O. Box 891, Tarzana, CA 91356....Put Your Best Feet Forward is the theme this year for Na tional Jogging Day, a nationwide celebration of running and fitness scheduled for October 10, 1981. Sponsored annually by the National tional event designed to inform people about the physical and mental benefits of jogging and other types of regular exercise -- in a fun way. Last year an estimated $1,000,000$ Americans participated in diverse NJDay
events in hundreds of communities nationevents in hundreds of communities nationfairs, and walk-a-thons are just a few of the activities offered on this special occasion. For more information about National Jogging Day contact Glenn Petherick at the NJA, 2420 $965-3430 \ldots . . .$. Big rumor floating around Southern California has it that a women's marathon is in the brewing for early January of 1982, and will traverse the original 1932 and proposed 1984 Olympic course route. Potenbest possible international field. Keep watching California Track \& Running News for more news on this "biggie."..... Report from Maccablah Games, Tel Aviv, Israel: July 13-Cindi Curchslag, a junior from San Carlos
High School, won the discus with a throw of 142.0 to highlight Californians competing in the Maccabiah Games. Others included Paul Medvin of Los Angeles, second in the 800, although recording the same time as winner Jeffrey Kaye of Britain ( $1: 50.14$ ); and Mark 14. Paul Medvin came back to take third in the 1500 meter run (3:45.54) behind winner James Estir of Britain (3:43.16). Taking second place was Roger Brandwein of Los Angeles in the 3,000 meter walk ( $13: 47.46$ ) behind winner
Evan Fox of Great Neck, NY (13:18.27)....The Evan Fox of Great Neck, NY ( $13: 18.27$ ).....The
United States World Cup team will be named on August 15. The squad will compete in the Van Damme Memorial Meet in Brussels on August 28 prior to heading for Rome. This is the meet that will feature the Golden Mile,
which knowledgable fans claim will be a real screamer.
A United States junior track and field team of 38 men and 30 women asembled in Colorado Springs July 24-26 for a weekend 'of clinics while being housed in the U.S. Olympic Committee's training center. The athletes were among the top finishers in the men's and women's junior national
track and field championships, held by The Athletics Congress. The junior men's meet took place in Knoxville, Tenn., June $12-13$
while the women's junior nationals was held

Sabrina Williams
Margaret Demorest (Santa Clara, 400 m hurdles), Aladrian Hunter (Los Angeles, 100 m hurdles), Inger Peterson (Inglewood, 100m), Chris Ramirez (Riverside, 3k walk), Sherifa Sanders (Oakland, long jump), Maggie Vanzeeland (Lafayette, high jump), Sharon
Ware (Oakland, 100 m ) Tracy Weber (Saratoga, 1500 m ), Sabrina Williams (Cerritos, long jump), and- Laura Mills (Irvine, heptathlon).
The U.S. junior team staff includes: Head Coach: Lyle Knudson, Logan, Utah.
Assistants: Fred Jones, Los Angeles; Dixon Farmer, Seattle; Bob Larson, Los Angeles. Farmer, Seattle; Bob Manager: Bernice Green, Denver. Assis. tant Managers: Bruce Frankie, Phoenix, Ariz Joe Newton, Oak Brook, III.; JoAnn Grissom, Indianapolis.

## Put Your Best Feet Forward! <br> 

## ...Go Jogging on National Jogging Day.

Join the festival of fitness and fun! Come out andjog on National Jogging Day.

For information, write or call the National Jogging Association,
D.C. 20037, (202) 965-3430

## National Jogging Day

 October 10, 1981
## PREP <br> NOTES

by Keith Conning

Send all high school material directly to Keith Conning, California Track \& Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

## EDITORIAL

## State Meet Qualifying Needs Changing By KEITH CONNING

The method for selecting athletes and teams for the State Meet is unfair.
Every year deserving athletes and teams fail to qualify, while clearly inferior ones get to compete.
The most notable non-qualifier this year was the nation's leading long jumper--Ken Frazier (Mission, San Francisco). Frazier jumped $23-61 / 2$ in the Oakland and San Francisco Sections, but only placed second to Darvin Malone (Castlemont, Oakland), who jumped $23-113 / 4$. Only the winner from the combined San Francisco and Oakland Sections qualifies for the State Meet. Malone went on to place fourth in the State Meet.

I would like to propose the following method of qualifying:

1) The top 27 performers throughout the State
would qualify on the basis of time or performance.
2) All times must be fully electronic, so that ques-
tionable hand-times would not count.
3) There must be a wind gauge used and only legal marks would qualify.
The PAC-10 Conference, NCAA, and TAC meets all use qualifying standards.

This method would insure that all the top athletes in the state would be able to compete.

Jim Metzger (Hoisington, KS) 16-0; 4. Todd

Discus: 1. Kevin Hancock (Texas City, TX)
7. Mike Powell (West Covina, CA) 6-8; 8. Jeff (Long Beach, CA) 6-8.
800 Meters: 1. Pete Richardson (Berkeley, CA) 1:50.12; 2. Eddie Davis (Compton, CA) 4. Charies DeRouselle (Breaux Bridge, LA) 1:51.80; 5. Dave Rodriguez (Santa Rosa, CA) 1:52.77; 6. Johnnie Langerston (Berkeley, CA) 1:52.86; 7. Erwin Hickman (Los Angeles, CA)
1:53.2; 8. George Bean (Houston 1:53.2; 8. George Bean (Houston, TX) 1:53.9; ;
Eric Behring (LaHabra, CA) 1.54.
. 10 . Whitehurst (Virginia Beach, VA) $1: 55.2$. 400 Moters: 1. Calvin Kennon (Tacoma, WA) 46.81; 2. Van Pearcy (Andrews, TX) 47.65; 3. Ken Robinson (Berkeley, CA) 47.70; 4. Willy Caldwell (Killeen, TX) 48.07; 5. Emanual Hicks (Trenton, NJ ) 48.5; 7 . Ulysee Walker (Berkeley, CA) 49.1; 8 . Victor Townsend (Long Beach, CA) 50.0.
Triple Jump: 1. Phillip Anderson (Los
Angeles, CA) $50-3$. 2 Ken Griffin Angeles, CA) 50.3; 2. Ken Griffin (Newburgh,
NY $49.51 / 2 ; 3$. Keith Presberry (Jefferson City, MO) $48.71 / 4$; 4. Curtis Johnson (Stockton, CA) 48-1 $1 / 2$; 5. Ed Tave (Pasadena, CA) 47-10; 6 . Dwight Oliver (Nyack, NY 47.71/2; 7. Ray acobs (Waushougal, WA) 46-111/2,
(Gilroy, CA) 52.46; 2. Walter Murray (Berkeley CA) 52.7; 3. Theron Brown (Beaumont, TX) photo by Don Gosney

3.60; 4. Jerry Malloy (Huntington Station, Nn 53.73; 5. Cris Crisman (Riverside, CA) 53.78; 6 . Charles Davis (Ft. Lauderdale, FL) 56.3; 7. James Knowles (Pasadena, CA) 56.9 .
3000 Moter. 1. Tom Ansberry (Tucson, AZ)
8:24.2:2. Bart Sellers (Largo FL) $8 \cdot 270 ; 3$. Corey Randall (Springfield, OR) 8:28.4; 4. Jesse torres (San Jose, CA) 8:28.7; 5. Mike Mc. collum (Palo Alto, CA) 8:32.1; 6. Roland Reina (Sanf Antonia, TX) 8:34.1; 7. Steve Valen Orange, CA) 8:37.5; 8. Joe Stintzi (Covina, CA) $8: 38.7$; 10. Ty Wolf (Oswego, IL) 8:55.0; 11. Aubry Wilson (Berkeley, CA) 9:07.0. 200 Meters: $(-2.13 \mathrm{mps}) 1$. Michael Ockerman (Bellevue, NE) 21.87; 2. Calvin Kennon (Tacoma, WA) 21.90; 3. Dave Ashford (West
Covina, CA) 22.18; 4. Van Pearcy (Andrews TX) 22.25; 5. Arthur Williams (Midland, TX) 22.27; 6. Danny Williams (Independence, KS) 22.28; 7. Harold Todd (Gardena, CA) 22.32; 8. Kevin Shields (San Diego, CA) 22.54; 9. dy Benson (Arvada, CO) 22.8 .
One Mille Run: 1. Gawain Guy (Pasadena, TX) 4:09.0; 2. Jon Butler (Huntington Beach, CA) 4:09.6; 3. Gary Gonzalez (Clovis, CA) 4:11.7; 4. Hector Gruz (Tucson, AZ) 4:13.4; 5. Cliff Sheehan (Westfield, NJ) 4:15.5; 6. Jay
Marden (Fremont, CA) 4:17.5; 7. Octavio Morales (Camarillo, CA) 4:18.5; 8. Jeff Scott (Sacramento, CA) 4:21.5; 9. Tom Williams (Phoenix, AZ) 4:36.1.

## International Prep Invitational

## From KEITH CONNING

June 20, North Central Collego, Napervillo, ill Innols. International Prep Invitational. 100 Meters: 1. Michael Morris (Ayer, MA) 10.34; 6. James Knowles (Pasadena, CA) 10.89. 200 Meters: 1. Wallace Spearmon (Blue Island, IL) 20.89. 400 moters: 1 . Calvin Kennon
(Tacoma, WA) 46.89. 800 Metors: 1 . Karren Kern (Chicago, IL) 1:52.13; 5 . Louis Calderon (Sanger, CA) 1:54.72. One MIlo: 1. Gawain Guy (Pasadena, TX) 4:07.25; 6. Gary Gonzales (Clovis, CA) 4:15.29. Two Mile: 1. David Reid (Ontario, Canada) 8:54.3. 110 Meter High 4. Ronnie McCoy (Fresno, CA) 14.0; 6. Brian Bradshaw (Lakewood, CA) 14.3. 300 Meter Intermediates: 1. Fred Johnson (Jacksonville, FL) 36.4; 2. Ron Seanez (Gilroy, CA) 36.6; 4 mes Knowles (Pa sadena, CA) 37.0 .
High Jump: 1. Ron Lee (Jeffersonville, IN) 7-2; 5. Anthony Caire (Downey, CA) 6-10. Pole
Vault: 1. Darren Pahl (Marion, IL) 16-0. Long Jump: 1. Vance Johnson (Tucson, AZ) 24-4; 2 Ronnie McCoy (Fresno, CA) 24-0 $1 / 4$; 5) Vestee Jackson (Fresno, CA) $22-31 / 2$. Triplo Jump: 1. Jackson (Fresno, CA) 49-41/2; 5. Phillip Anderson (Los Angeles, CA) 48-4 $1 /$. Shot Put: 1. Brian Donahue (Exeter, NH) 66-01/2; 2. Dennis DeSoto (Santa Rosa, CA) 62-2; 3. John Frazier nridge, IL) 189-6. Hammer. 1. Mike DiQuattro (Barrington, RI) 196-5. Javelin: 1. Dale Pederson (Newberg, OR) 225-5.
leading long jumper-Ken Frazier (Mission, San Francisco). Frazier jumped $23-61 / 2$ in the Oakland and San Francisco Sections, but only placed second to Darvin Malone (Castlemont, Oakland), who jumped $23-113 / 4$. Only the winner from the combined San Francisco and Oakland Sections qualifies for the State Meet. Malone went on to place fourth in the State Meet.
I would like to propose the following method of qualifying

1) The top 27 performers throughout the State would qualify on the basis of time or performance.
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marks would qualify. marks would qualify.
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## Golden West Invitational

## By KEITH CONNING

June 13. Hughes Stadlum, Sacramento Pete Richardson(Berkeley) won the Goverformer in the meet for his 800 meter victory in 1:50.12 over Eddie Davis(Compton) and Scott Cox(Long Beach). Richardson led the entire race with splits of $25.8,55.6$, and $1: 22.7$. to win this pretigious award. He joins Dave Porath(Atwater) 1978 discus, Dave Voorhees(Tulelake) 1973 discus, Ken Duncan(McClatchy, Sacramento) 1972 long jump, Tim Danielson(Chula Vista) 1966 mile1964 hurdles, and Marc Savage(Clairemont) 1963 pole vault.
Ed Tave(Pasadena) won the Maree Rodebaugh Award as the most inspirationa performer for his $25-93 / \mathrm{w}$ long jump victory. $13 / 4$ inches. Tave also placed fifth in the triple jump at 47-10.
Other California wirners included: Dave Ashford(West Covina) 13.89110 H , Kenny wind), Anthony Caire(Downey) $7-0$ high jump Phillip Anderson(Los Angeles) $50-3 \mathrm{w}$ triple jump, and Ron Seanez(Giliroy) 52.464001 H . This year there was a conflict between this meet and the TAC Junior Meet in Knoxville, White found out that there was not going to be a National Junior Team selected at Knoxville, there was no longer sufficient incentive to spend the money necessary for that long trip. Thus, Knoxville's loss was Sacramento' gain.
Javellin: 1. Dale Pederson (Newberg, OR) 235-3; 2. Chuck Jaskowak (Mercer, PA) 217-0 Dana. Hazen (Topeka, KS) 215-3; 5. Corwyn Aldredge (Natchitoches, LA) 209-6; 6. Matt Phillips (Wiimington, MA) 207-10; 7. Kurt Kafentzis (Richland, WA) 207-4.
LA) 16-7; 2. Tom Hays (McLouth, KS) 16-3; 3

Jim Metzger (Hoisington, KS) 16-0; 4. Todd Cooper (Excelsior Spgs Mo) 15-6; 5. Darren Pahl (Marion, IL) 15-3; 6. Eric Richaland (Marinsville, NJ) 15-0.
Discus: 1. Kevin Hancock (Texas City, TX) Steve Bates (South Eugene, OR) 188-2; 4 Gerin Veris (Chillicothe, OH) 183-6; 5 . Jim Jor dan (EI Paso, TX) 178-5; 6. Mike Goad (Narengo, IA) 174-4; 7. Jim Piggot (Wappingers 168-4.
Long Jump: 1. Ed Tave (Pasadena, CA) 25-93/; 2. Vance Johnson (Tucson, AZ) 25-8; 3 . Paul Jones (Granada Hills, CA) 24-33/; 4 . Nelson (Oroville, CA) 23-8;6. Jimmy Lee (Spr ingfield, MO) $23-01 / 4 ; 7$. Anthony Carson Wichita, KS) 22-111/4.
Shot Put: 1. Gerin Veris (Chillicothe, OH) $64-101 / 4 ; 2$. Joe Phillips (Vancouver, WA) $63-91 / 4$; 3. Dennis DeSoto (Santa Rosa, CA) 5. Junior lif (La Puente, CA) 61-91/4; 6. Jim Jordan (EI Paso, TX) 61-21/4; 7. Larry Kolic Smithville, OH ) $60-11 / 4 ; 8$. Sal DellaCroce Staten Isl, NY) 59-1.
16 lb . Shot Put (Exhlbitton only): 1. Joe DeSoto (Santa Rosa, CA) 52-2; 3. John Frazier (Antelope Valley, CA) 51-1; 4. Larry Kolic (Smithville, CA) 49-111/2; 5. Junior Ili (La Puente, CA) 49-2 $1 / 2$; 6. Mike Goad (Narengo, A) 44-10.

11ina (C) Hurdies: 1. Dave Ashford (West Covina, CA) 13.89; 2. Charles Davis (Ft. Cauderdale, FL) 14.02; 3. Reyna Thompson (Dallas, TX) 14.10; 4. John Timpson (Hileah, 14.28; 6 . Chris Crisman (Riverside CA) 14.53. 14.28; 6. Chris Crisman (Riverside, CA) 14.53; Malloy (Huntington Stn, NY) 14.59; 9. Kelvin Reese (Orlando, FL) 14.65.
100 Meters: 1. Ken Robinson (Berkeley, CA) 10.82; 2. George Ervin (Oakland, CA) 10.88; 3 . Walter Murray (Berkeley, CA) 11.05; 5. Harold Todd (Gardena, CA) 11.07; 6. Kevin Shields San Diego, CA) 11.08; 7. Vance Johnson (Tucon, AZ) 11.12; 8. Danny Williams (In. ependence, KS) 11.17; 9. Randy Benson (ArHigh Jump: 1
-0; 2. Doug Sho Anthony Caire (Downey, CA) , 2. Doug Shouse (Terre Haute, IN) $6-11 ; 3$. mamiro Molina (Laredo, TX) 6-10; 4. Brian Tietjen (Manly, TX) 6-8; 5. Steve Bates (Eugene,


Ronnie McCoy

100 Moters: 1. Michael Morris (Ayer, MA) 1.89. 200 Meters: 1. Wallace Spearmon (Blue sland, IL) 20.89. 400 Meteri: 1. Calvin Kennon acoma, WA) 46.89. 800 Meters: 1 Karren Kern (Chicago, IL) 1:52.13; 5. Louis Calderon Sanger, CA) 1:54.72. One Milo: 1. Gawain Guy Pasadena, TX 4:07.25; 6. Gary Gonzales Clovis, CA) 4:15.29. Two Mile: 1. David Reid Ontario, Canada) 8:54.3. 110 Meter High
Hurdios: 1. Reyna Thompson (Dallas, TX) 13.6; 4. Ronnie McCoy (Fresno, CA) 14.0; 6. Brian Bradshaw (Lakewood, CA) 14.3. 300 Meter Inormediates: 1. Fred Johnson (Jacksonville, FL) 36.4; 2. Ron Seanez (Gilroy, CA) 36.6; 4.
James Knowles (Pasadena, CA) 37.0. High Jump: 1. Ron Lee (Jeffersonville, IN) -2; 5. Anthony Caire (Downey, CA) 6-10. Pole Vault: 1. Darren Pahl (Marion, IL) 16-0. Long Jump: 1. Vance Johnson (Tucson, AZ) 24-4; 2. ackson (Fresno, CA) 22-31/2. Triplo Jump 1 Mike Conley (Chicago, IL) 51-81/2; 3. Vestee Jackson (Fresno, CA) 49-4 $1 / 2$; 5. Phillip Anderson (Los Angeles, CA) 48-4 $1 / 4$. Shot Put: 1. Brian Donahue (Exeter, NH) 86-01/2; 2. Dennis desoto (Jan CA) 614, Discus: 1 . Jim Lail Thornridge, IL) 189-6. Hammer. 1. Mike DiQuattro Barrington, RI) 196-5. Javelin: 1. Dale Pederon (Newberg, OR) 225-5.

## KINNEY CROSS COUA WESTERN CHAMPIONSHIP

For high school runners from the following western states: Alaska, Arizona, California, Hawail, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.
NATIONAL CHAMPIONSHIP

## December 12, 1981 - Orlando, Florida

The top eight from each of four regional championships will compete in the Nationals.
FOR MORE INFORMATION AND ENTRY BLANK:
Contact: Bill Cockerham, California Track \& Running News, P.O. Box 6103, Fresno, CA 93703. Phone: (209) 264-5847.

## WESTERN COURSE PREVIEW

September 19: Clovis Invitational - Woodward Park, Fresno. Boys will run the Kinney 5,000 meter course; girls will run 3,000 meters over much of the Kinney 5,000 meter course. For Information and Entry Forms: Steve Ward, Cross Country Coach, Clovis High School, 1055 Fowler Ave., Clovis, CA 93612. Phone: (209) 298-3388.

## 1981 California HIGH SCHOOL BEST MARKS

## Compiled by KEITH CONNING

This is the final high school list for 1981. It contains the best marks as of July 11. Listed at the head of each event are the curren United States and California records in that order; only one mark means the California record is also the national record.
Times in 100ths are automatic and are placed in a position of correspondingly higher value on the hand-timed list.
Grade level: *** ₹ frosh; ** = soph; * = junior; all others are believed to be seniors; ? = means we aren't sure of class.
Symbols: $\dagger=$ converted mark; y $=$ yard race; $\mathrm{A}=$ mark made at altitude (above 1000 meters); ' = after name indicates foreign athlete attending U.S. high school.

Report any improvements made during summer meets to: Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Berkeley dominates both lists as would be expected from their State Meet performance. This was the finest combined men's and women's team in high school history. In the combined scoring Berkeley outscored the next two teams (Muir of Pasadena and Dorsey of Los Angeles) combined by over 15 points.
In the men's list only Berkeley and Acalanes of Lafayette had more than one individual listing in an event. Berkeley placed two in the 800 and Acalanes placed two in the shot put.
in the women's list only Berkeley placed three individuals in an event. They did it twice- in the 100 LH and the long jump. Five teams placed two individuals in an event. Berkeley and Dorsey of
photo by Don Gosney


Los Angeles had two individuals each in the 100 and 200. Kennedy of Granada Hills placed two in the 400. Manual Arts of Los Angeles had two in the 800 . Saugus had two shot putters listed.
California has fourteen current national leaders equally divided between the men and women
The outstanding male athlete of the year is Pete Richardson of Berkeley, who set a new national record in the 800 meters and ran on the national record setting 1600 meter relay team. In addition to winning the State Meet, he also won the 800 at the Golden West Invitational.
The outstanding female athlete of the year is Denean Howard of Kennedy in Granada Hills. She won the State Meet 400, ran anchor on the national record seting 1600 meter relay team, and won the TAC 400.

## GIRLS

## 100 Meters

11.59 Sharon Ware (Berkeley)
$\begin{array}{ll}11.62 & \text { *Inger Peterson (Dorsey, LA) } \\ 11.72 & \text { "Gervaise McGraw (Ganesha, Pom) }\end{array}$ 11.77 -Denean Howard (Kennedy, GH) 11.77 "Denean Howard (Genneyy, Gona)
11.78
Zelda Johnson (Garey, Pomone


Karen Nickerson

2:06.42 •Rennie Durrand (Laguna Beach) 2:00.6 Tracy Weber (Lynbrook, San Jose)
2:09.36 Louise Romo (North Torrance)
$\begin{array}{ll}\text { 2:09.4 } & \text { "Maria King (Milpitas) } \\ \text { 2:09.7 } & \text {-Marilyn Davis (Miramonte, Orinda) }\end{array}$
2:09.86 Michelle Lowe (Manual Arts, LA
2:10.29 "Carla Johnson (Manual Arts, LA)
2:10.51 *Trescia Palmer (Westchester, LA National Leader:
*Kim Gallagher (Pennsylvania)

## 1600 Meters

## 4:40.7 mile)

$40.2 \dagger$-Vickie Cook (Alemany, Mission HI) 4:44.76 *Polly Plumer (University, Irvine) 4:48.88 -Marilyn Davis (Miramonte, Orinda)


John Berry

## 3200 Meters

10:12.31 *Vickie Cook (Alemany, Mission H1) 10:21.19 *Lori Lopez (Sacred Heart, Montb) 10:26.74 Michelle Mason (Buena, Ventura) 10:35.20 Anna Villanueva (Fountain Valley) 10:37.7 Karin Lambden (Castro Valley) 10:37.72 "Denise Ball (Newbury Park) 10:41.65 "Sheli Lachel (Monte Vista, SD) 10:43.17 Marcia White (Miramonte, Orinda)
10:45.36*** Teresa Barrios (University, Invine) National Leader:
10:12.6 $\dagger$ Patty Matava (Washington) 2 mile

100 Meter Low Hurdles (12.95, 13.4)
hand-timed list.
Grade level: ** ₹ frosh; ** soph; * = junior; all others are believed to be seniors; ? = means we aren't sure of class.
Symbols: $\dagger=$ converted mark; y $=$ yard race; $\mathrm{A}=$ mark made at altitude (above 1000 meters); ' = after name indicates foreign athlete attending U.S. high school.

In the men's ist only Berkeley
and Acalanes of Lafayette had more than one individual listing in an event. Berkeley placed two in the 800 and Acalanes placed two in the shot put.
In the women's list only Berkeley placed three individuals in an event. They did it twice- in the 100 LH and the long jump. Five the 100 LH and the long jump. Five an event. Berkeley and Dorsey of

## photo by Don Gosney


(left to right): Lori Lopez, Vickie Cook, Michelle Mason
o winning the State Meet, he also won the 800 at the Golden West Invitational.
The outstanding female athlete of the year is Denean Howard of Kennedy in Granada Hills. She won the State Meet 400, ran anchor on the national record setting 1600 meter relay team, and won the TAC 400.

## GIRLS

## 100 Meters

## \section*{(11.13, 11.34)} <br> (11.13, 11.34) Sharon Ware (Berkeley)

$\begin{array}{ll}11.59 & \text { Sharon Ware (Berkeley) } \\ 11.72 \text { Inger Peterson (Dorsey, LA) }\end{array}$ 11.72 "Gervaise McGraw (Ganesha, Pom) 11.77 "Denean Howard (Kennedy, GH) $\begin{array}{ll}11.78 \\ 11.80 & \text { "Zelda Johnson (Garey, Pomona) } \\ \text { "Latanya Dawkins (Dorsey, LA) }\end{array}$ $\begin{array}{ll}11.80 & \text { "Latanya Dawkins (Dorsey, LA) } \\ 11.82 & \text { Debra James (Fremont, LA) }\end{array}$ $\begin{array}{ll}11.82 & \text { Debra James (Fremont, LA) } \\ 11.6 & \text { Ellen Jones (Mt. Miguel, Sp VI) }\end{array}$ 11.89 *Bridgett Blackburn (Cajon, S Bdo) 11.7 **Nedrea Rodgers (Berkeley) Wind-aided:
11.50 Sharon Ware (Berkeley)
$\begin{array}{ll}\text { National Leader: } \\ 11.42 & \text { Michelle Giover (New Jersey) }\end{array}$

## 200 Meters

## (22.77A, 23.19)

23.40 "Denean Howard (Kennedy, GH)
24.03 *-Diane Pullins (Muir, Pasadena)
24.04 -Inger Peterson (Dorsey, LA)
24.11 "Gervaise McGraw (Ganesha, Pom)
24.15 -Zelda Johnson (Garey, Pomona)
24.17 Sharon Ware (Berkeley)
24.19 Sabrina Williams (VI Christian, C)
24.50 - Lisa Winston (Jordan, LB)

National Leader:
$23.0 \quad$ LaShon Nedd (Texas)

## 400 Meters

$51.65{ }^{5}$-Denean Howard (Kennedy, GH) $54.15 \quad$-Gervaise McGraw (Ganesha, Pom) 54.38 Tina Howard (Kennedy, GH) 54.58 "D Diane Pullins (Muir, Pasadena) $\begin{array}{ll}54.6 & \text { Valerie Spence (San Lorenzo) } \\ 54.80 & \text { "Caria Johnson (Manual Arts, LA) }\end{array}$ 54.83 - Gayle Kellon (Walnut)
55.55 "Jeannie Arnold (Locke, LA)
55.5 *Lana Rice (Berkeley)
55.74 "Brenda Brewer (Hillsdale, S Mat) National Leader:

800 Meters

## (2:01.82, 2:02.3)

2:05.84 Jessica Spies (Livermore)
2:06.01 Donna Curtis (Gulver City)
Karen Nickerson

2:06.42 *Rennie Durrand (Laguna Beach) 2:08.6 Tracy Weber (Lynbrook, San Jose) 2:09.4 *Maria King (Milpitas)
2:09.7 *Marilyn Davis (Miramonte, Orinda) :09.86 Michelle Lowe (Manual Arts, LA) 2:10.29 "Carla Johnson (Manual Arts, LA) ational (Westchester, LA)
201.82 *Kim Gallagher (Pennsylvania)

## 1600 Meters

(4:40.7 mile)
4:40.2 $\dagger$ "Vickie Cook (Alemany, Mission H 4:42.43 *Polly Plumer (University, Irvine) 4:44.76 Tracy Weber (Lynbrook, San Jose) 4:48.88 "Marilyn Davis (Miramonte, Orinda) 4:50.01 Shelly Hazlett (Saugus) 4:52.75 "Lori Lopez (Sacred Heart, LA) 4:53.5 Kerry Brogan (Los Altos) 4:54.27 **: Maria King (Milpitas) 4:54.27 *Laurie Hollingworth (Piner, SR) National Leader:

## 3200 Meters

(10:03.5, 10:09.8 2 mile)
10:12.31 Vickie Cook (Alemany, Mission Hi) 10:21.19 "Lori Lopez (Sacred Heart, Montb) 10:31.07 Betsy Chadwick (Mira Mesa, SD) 10:35.20 Anna Villanueva (Fountain Valley) 10:37.7 Karin Lambden (Castro Valley) 10:37.72 "Denise Ball (Newbury Park) 10:43.17 Marcia White (Miramonte, SD) 10:45.36 * * * Teresa Barrios (University, Irvine) National Leader
$10: 12.6 \dagger$ Patty
10:12.6 $\dagger$ Patty Matava (Washington) 2 mile

## 100 Meter Low Hurdles

$(12.95,13.4)$
13.71
Sherifa Sanders (Berkeley)
13.80 Aladrian Hunter (Dorsey, LA)
13.88 Robyne Johnson (Berkeley)
13.7 Val Flemmings (Northgate, WInCk)
$\begin{array}{ll}14.03 & \text { Shari Pendleton (Fremont, LA) } \\ 14.13 & \text { Laura Mills (University, Irvine) }\end{array}$
14.27 "Zona Chandler (Elsinore)
14.43 **Ruth Whitehead (Berkeley)
14.44 Tracy Scott (Crawford, San Diego)

Karen Robinson (Branham, SJ)
National Leader:
$13.4 \quad$ Rhonda
Rhonda Blanford (Colorado)


Long Beach Poly 1600 Meter Relay (left to right):Atkinson, Howard, Person, Townsend.

## 300 Meter Low Hurdles

## 400 Meter Relay

| (45.13) |  |
| :--- | :--- |
| 45.13 | Berkeley |
| 46.14 | Dorsey, Los Angeles |
| 46.37 | Kenned, Granada Hills |
| 46.55 | Manual Arts, Los Angeles |
| 46.58 | Mirr, Pasadena |
| 47.15 | Garey, Pomona |
| 47.18 | De Anza, Richmond |
| 47.28 | Ganesha, Pomona |
| 47.7 | Castlemont, Oakland |
| 47.8 | Fremont, Los Angeles |
| National Leader: |  |
| 45.13 | Berkeley (California) |

1600 Meter Relay
(3:37.71)
3:37.71 Kennedy, Granada Hills 3:39.07 Manual Arts, Los Angeles 3:41.33 Berkeley
3:47.66 Westchester
3:49.27 Crawford, San Diego
3:49.28 Ganesha, Pomona
3:50.81 Morse, San Diego
$\begin{array}{ll}\text { 3:52.04 } & \text { Locke, Los Angeles } \\ \text { 3:52.33 } & \text { Thousand Oaks }\end{array}$
3:52.33 Thousand Oaks
3:37.71 Kennedy, Granada Hills (Calif.)

## High Jump

$\left(6-1 \frac{1}{2}, 6-1\right)$
$5-11$
Katrina Johnson (Manual Arts, LA) 5-101/4 Maggie VanZeeland (Acalanes, Lf) 5-10 Laura Campbell (Troy, Fullerton) Alison Walker (Hoover, Glendale)
5-9 Debbie Disbrow (Granada, Lvmr) $5-83 / 4 \quad$ Karen Lysaght (St. Francis, Sacto) $\begin{array}{ll}5-83 / 4 & \text { Karen Kramer (Norte Dame, Rivsd) } \\ \text { moTonya Mendonca (Mt. Whit, Vis) }\end{array}$ 5-8 seven jumpers tied
National Leader:
6-1 **Mary Moore (Washington)

## Long Jump

$(22-3,20-83 / 4)$

$19-111 / 2 \quad$ Sabrina Williams (V Christian, C) $\begin{array}{ll}19-63 / 4 & \begin{array}{l}\text { Sherifa Sanders (Berkeley) } \\ \text { Robyne Johnson (Berkeley) }\end{array} \\ \text { 19-2 }\end{array}$ | 19-2 | $\begin{array}{l}\text { Sherina Sanders (Berkeley) } \\ \text { Robynson (Berkeley) } \\ \text { Sheila Nicks }\end{array}$ |
| :--- | :--- | 18-11 $1 / 2$ Yvette Bates (Rerkelare) 18-11/2Yvette Bates (Berkeley)

$18-11$ Mona Williams (Central, Fresno)


Doug Wicks (left) and Doug Fraley

## BOYS

## 100 Meters

(10.16, 10.30)
10.39 Kenny Robinson (Berkeley)
10.46
"Kevin Willhite (Cordova,
Ken Smith (Palo Alto)
$10.4 \quad$ Kevin Shields (San Diego)
10.67 Kelvin Jackson (Dorsey, LA)
10.68 Leonard Graham (Centennial, Cpt) 10.71 *Troy Delemar (Pasadena) 10.72 Fon Brown (Muir, Pasadena) 10.73 Gerald White (McClymonds, Oak) ${ }_{10.24}$ wind-aided:
0.24 Kenny Robinson (Berkeley)
10.31 Jerome Harrison (Indiana)

## 200 Meters

(20.22, 20.68)
$20.81 \quad$ Kevin Willhite (Cordova, Rch Cor) $\begin{array}{ll}21.03 & \text { Kenny Robinson (Berkeley) } \\ 20.9 & \text { Gerald White (McClymonds, Oak) }\end{array}$ 21.23 Harold Todd (Serra, Gardena) 21.30 "Bernard Mathis (Muir, Pasadena) 21.31 Kelvin Jackson (Dorsey, LA)
21.1 Leonard Graham (Centennial, Cpt)
21.45 **Antonio Manning (Hamilton, LA) 21.52 Reggie Grimes (Hill, San Jos wind-aided:
$\begin{array}{ll}20.4 & \text { Kevin Willhite (Cordova, Rch Cord) } \\ \text { National Leader: }\end{array}$ National Leader

400 Meters
${ }^{(45.51)}$
46.8 Kenny Rmons (Oakland) 46.98
47.08

Ron Brown (Muir Perkeley) Leonard Graham (Centennial, Cpt)

8:52.11 Jesse Torres (Independence, SJ) ${ }_{8}^{8: 54.79}$ Michael Carlton (Northview, Cov) 8:55.73 Steve Valen (EI Modena, Orange) 8:56.11 Mike McCollum (Palo Alto) $\begin{array}{ll}\text { 8:58.49 } & \text { Dave Shea (Castro Valley) } \\ 9: 00.23 & \text { Shawn Gallagher (Corona Del Mar) }\end{array}$ 9:00.42 Aubrey Wilson (Berkeley) National Leader:
$8.49 .86 \dagger$ Jon Butler (Callfornia) - 2 mi

## 110 Meter Hurdles

(12.9y, 13.2y)
David Ashford (West Covina) 13.85 Ronnie McCoy (Edison, Fresno) $13.89 \quad$ 'Steve Kerho (Mission Viejo) $\begin{array}{ll}13.7 & \text { Ed Tave (Muir, Pasadena) } \\ 14.01 & \text { Chris Crisman (Poly, Riversict }\end{array}$ $\begin{array}{ll}14.01 & \text { Chris Crisman (Poly, Riverside) } \\ 14.06 & \text { PBryan Bolton (Burbank, Sacto) }\end{array}$ 14.18 Brian Bradshaw (Lakewood) 14.24 Mark Hale (Katella, Anaheim) $14.0 \quad$ Robert Budwig (Clovis W) Bruce Mitchell (El Camino, Ocsd)
Steve Southward (Fountain Vall) Wind-aided: 13.65 David
13.4 Reyna Thompson (Texas)

## 300 Meter Low Hurdles

## (35.79) 35.79

35.79 Walter Murray (Berkeley)
36.99 James Knowles (Blair, Pasadena)
36.25 ${ }_{36.25}^{36} \dagger$ Chris Crisman (Poly, Riverside) $36.25 \dagger$ Ronnie Seanez (Gilroy)
6.68 -Steve Kerho (Mission Vieio) Ocsd $\begin{array}{ll}36.68 & \text { Steve Kerho (Mission Viejo) } \\ 36.5 \dagger & \text { David Ashford (West Covina) }\end{array}$ 36.81 Wayne Carroll (Muir, Pasadena) 36.84 Brian Bradshaw (Lakewood) Vational Ed Riley (Compton)
35.79 Walter Murray (California)

400 Meter Relay


Gayle Kellon

## Long Jump

(26-8, 26-21/4)
Ken Frazier (Mission, SF
25.1/2 Ed Tave (Muir, Pasadena)
$24.61 / 2 \quad$ Paul Jones (Kennedy, Granada H)
24.5 Ronnie McCoy (Edison, Fresno)

23-113/4 Darvin Malone (Castlemont, Oak) 23-11 $1 / 2{ }^{\circ}$ Clint Williams (Central, Fresno) 23.11 Ken Smith (Palo Alto)

23-81/4 Carl Nelson (Las Plumas, Oroville) Curtis Lockett (Lincoln, San Dieg) Wind-aided: Ed Tave (Muir, Pasadena) 25-93/4 Ed Ta National Leader:
25-3 -Ken Frazier (California)

## Pole Vaul

(17-101/2, $17-4 \frac{1}{4}$ )
.5 5-4 Marc Anderson (Buchser, S Clara) $\begin{array}{ll}\text { 155-3 } & \text { Paul Peters (Villa Park) } \\ \text { 1500 } & \text { Rob Avant (Valhalla, El Cajon) }\end{array}$ Rob Avant (Valhalla, El Cajon) Charles Chapman (Cordova, RC) Mitch Norris (Del Mar, San Jose)
Kelly Rodriquez (Sierra, Tollhouse)
4-10 .Jeff Brooks (Lemoore)
14.9 *Don Weckler (Westmont, Cpbl)

National Leader:
Greg Duplantis (Louisiana) Dale Jenkins (Texas)

178-7 Dennis DeSoto (Santa Rosa) 176-5 Brent Martin (Madera) 204-10 Mike Goad (lowa)


## 200 Meters

## High Jump

$(6-11 / 2,6-1)$
$5-11$$\quad$ Katrina Johnson (Manual Arts, LA) *Katrina Johnson (Manual Arts, LA)
Maggie VanZeeland (Acalanes, Lf)
510 $\begin{array}{ll}5-101 / 4 & \text { ?Denise Yamada (Dos Pueblos, GIt) } \\ 5-10 & \text { Laura Campbell (Troy, Fullerton) }\end{array}$ 5-10 Laura Campbell (Troy, Fullerton)
Alison Walker (Hoover, Glendale) 5-9 $\quad$ Debbie Disbrow (Granada, Lvmr) 5-83/4 Karen Kramer (Norte Dame, Rivsd) $5-81 / 4 \quad$ "*Tonya Mendonca (Mt. Whit, Vis) National Leader:
6-1 **Mary Moore (Washington)

## Long Jump

[22.3, 20.8\%/4)
19.111/2 Sabrina Williams (V Christian, C)
$\begin{array}{ll}19-63 / 4 & \left.\begin{array}{ll}\text { Sherifa Sanders (Berkeley) } \\ \text { 19-2 } & \text { Robyne Johnson (Berkeley) }\end{array}\right)\end{array}$
19-2 Robyne Johnson (Berkeley)
Sheila Nicks (Tulare)
18-111/2vette Bates (Berkeley)
Mona Williams (Central, Fresno)
18-101/2 Yolanda Fletcher (Crenshaw, LA)
18-101/4 Chris Mose (EI Cajon)
$\begin{array}{ll}18-9 & \begin{array}{c}\text { Brenda Bertillion (Sunset, Hay) } \\ 18-83 / 4\end{array} \\ & \text { - Vivian Riley (Mt. Pleasant, SJ) }\end{array}$
National Leader:
20-113/4 Carol Lewis (New Jersey)

## Shot Put

$(52-41 / 2)$
$52 .-41 / 2$
$47.93 / 2$ Natalie Kaaiawahia (Fullerton) $\begin{array}{ll}52-41 / 2 & \text { Natalie Kaaiawahia (Fullerton) } \\ 47-9 \% / 4 & \text { Deborah Corley (Garces, Bakrsfld) }\end{array}$ 46-1/2 Lorraine Costanzo (Saugus) -45-71/2 Yolanda Fletcher (Crenshaw, LA) $44.6 \quad$ Wendy Bradshaw (Saugus) $44.1 / 2 \quad$ Laura De Snoo (Washington, Frmt) 43-91/2 Amy Van Galder (Acalanes, Laf) $43.71 / 2 \quad$ Jacque Norton (Mission Viejo) ${ }^{43-5}$ *Jacque Sheffield (Eisenhower, RIt) National Leader:

## Discus

${ }_{167-1}^{(183-1)}$
167-1 Laura De Snoo (Washington, Frmt) 162-10 **Natalie Kaaiawahia (Fullerton) $\begin{array}{ll}157-9 & \text { "Jacque Norton (Mission Viejo) } \\ 156-7\end{array}$ $\begin{array}{ll}\text { 156-7 } & \text { Karen Nickerson (Cordova, Rch C } \\ \text { 155-6 } & \text { "Cindi Durchslag (San Carlos) }\end{array}$ 147.7 Sue Compton (Marian, Imp Bch) 146-8 Clissy Laughlin (Torrey Pines, DM) 145-6 Lorraine Costanzo (Saugus) $\begin{array}{ll}144-7 & \text { "Sharon Plerson (Tranquillity) } \\ 144.5 & \text { *Kim Kesler (Vintage, Napa) }\end{array}$ $144.5 * \mathrm{Klm}$ Kesler (Vintage, Napa)
National Leader: 167-1 Laura D
167-1 Laura De Snoo (Callfornia)

| (20.22, 20.68) |  |
| :---: | :---: |
| 20.81 | *Kevin Willhite (Cordova, Rch Cor) |
| 21.03 | Kenny Robinson (Berkeley) |
| 20.9 | Gerald White (McClymonds, Oak) |
| 21.23 | Harold Todd (Serra, Gardena) |
| 21.30 | *Bernard Mathis (Muir, Pasadena) |
| 21.31 | Kelvin Jackson (Dorsey, LA) |
| 21.1 | Leonard Graham (Centennial, Cpt) |
| 21.45 | **Antonio Manning (Hamilton, LA) |
| 21.50 | ${ }^{\text {-Troy Delemar (Pasadena) }}$ |
| 21.52 | Reggie Grimes (Hill, San Jose) |
| wind-alded: |  |
| 20.4 | *Kevin Willhite (Cordova, Rch Cord) |
| Nation |  |
| 20.81 | Wilnite (Cailfornia) |

400 Meters
46.51 $\begin{array}{ll}46.57 \dagger & \text { Dave Timmons (Oakland) } \\ \text { Kenny Robinson (Berkeley) } \\ \text { 46.98 } & \text { Ron Brown (Muir, Pasadena) }\end{array}$ $\begin{array}{ll}\text { 47.08 } & \text { Leonard Graham (Centennial, Cpt) } \\ \text { 47.1才 } & \text { Erwin Hickman (Fremont }\end{array}$ 47.1才 Erwin Hickman (Fremont, LA) 47.44 Victor Townsend (Poly, LB) $47.54 \quad$ Fabian Cooper (Washington, LA) $\begin{array}{ll}47.4 & \text { *Blair McMurray (Compto) } \\ 47.56 \quad \text { Darrell Willis (Norco) }\end{array}$ $47.64 \quad$ Tommy Barber (Bakersfield) National Leader:

800 Meters
(1:47.31)
1:49.30
1:49.30 Pete Richardson (Berkeley)
1:49.43 Scott Cox (Wilson, LB)
1:50.98 Erwin Hickman (Fremont, LA)
$\begin{array}{ll}1: 51.34 & \text { Eric Behring (La Habra) } \\ 1: 51.46 & \text { Louie Calderon (Sanoer) }\end{array}$
1:51:54 Dave Rodriguez (Montgomery, SR)
1:52.86 Johnny Langerston (Berkeley)
1:53.0 Steve Gerhart (Miramonte, Orinda)
1:53.11 Steve Papegaay (Cleveland, Rsda) 1:47.31 Pete Richardson (California)

## 1600 Meters

(3:55.3, 3:59.4 mile)
4:06.75 Jon Butler (Edison, Hnt. Bch)
$\begin{array}{ll}\text { 4:07.59 } & \text { Barasa Thomas' (Santa Barbara) } \\ \text { 4:10.06 } & \text { Jeff Scott (El Camino, Carmichael) }\end{array}$
$\begin{array}{ll}\text { 4:10.06 } \\ \text { 4:10.09 } & \text { John Scott (El Camino, Carmichae) }\end{array}$
4:10.3 $\dagger$ Gary Gonzales (Clovis)
4:10.4 Jay Marden (Mission San Jose, Fr)
4:10.43 Octavio Morales (Camarillo)
4:10.72 Jeff Purrington (Willow Glen, SJ)
4:12.0 $\dagger$ Paul Cox (Los Gatos)
4:12.4 $\dagger$ Jesse Torres (Independence, SJ)
National Leader:
4:07.25 Gawain Guy (Texas)

## 3200 Meters

8:46.78 Jon Butler (Edison, Hunt. Bch) 8:51.64 Jay Marden (Mission San Jose, Fr)

### 14.01 14.06

        Robert Budwig (Clovis W)
        Bruce Mitchell (El Camino, Ocsd)
    Wind-aide
    13.65 David Ashford (West Covina)
    National Leader:
$13.4 \quad$ Reyna Thompson (Texas)

300 Meter Low Hurdles

## ${ }_{35.79}^{(35.79)}$ Walter Murray (Berkeley)

36.09 James Knowles (Blair, Pasadena)
$\begin{array}{ll}36.25 & \text { Chris Crisman (Poly, Riverside) } \\ 36.25 \dagger & \text { Ronnie }\end{array}$
$\begin{array}{ll}36.25 \dagger & \begin{array}{l}\text { Ronnie Seanez (Giiroy) } \\ 36.39\end{array} \\ \text { Bruce Mitchell (El Camino, Ocs }\end{array}$ $\begin{array}{ll}36.39 & \text { Bruce Mitchell (El Camino, Ocs } \\ 36.68 & \text { "Steve Kerho (Mission Viejo) }\end{array}$

David Ashford (West Covina)
Wayne Carroll (Muir, Pasadena)
Brian Bradshaw (Lakewood) Ed Riley (Compton)
Nationa
35.79 Walter Murray (California)

|  | Meter Relay <br> 86) |
| :---: | :---: |
| 40.86 | Berkeley |
| 40.92 | Dorsey, Los Angeles |
| 41.26 | Muir, Pasadena |
| 41.36 | Fremont, Los Angeles |
| 41.45 | Pasadena |
| 41.58 | Oakland |
| 41.60 | Crenshaw, Los Angeles Washington, Los Angeles |
| 41.5 | Cordova, Rancho Cordova |
| 41.71 | Eisenhower, Rialto |
| Nation | Leader: |
| 40.64 | Dunbar, Ft. Worth (Texas) |

## 1600 Meter Relay

(3:08.94)
$\begin{array}{ll}3: 11.10 & \text { Berkeley } \\ 3: 11.81 & \text { Cong Beach }\end{array}$
$\begin{array}{ll}\text { 3:11.81 } & \text { Contennial, Compton } \\ \text { 3:12.4 } & \text { Muir Pasal }\end{array}$
$\begin{array}{ll}\text { 3:12.45 } & \text { Muir, Pasadena } \\ \text { 3:12.54 } & \text { Oakland }\end{array}$
$\begin{array}{ll}\text { 3:12.54 } & \text { Oakland } \\ \text { 3:12.64 } & \text { Pasadena }\end{array}$
$\begin{array}{ll}\text { 3:12.64 } & \text { Pasadena } \\ \text { 3:12.96 } & \text { Compton }\end{array}$
3:14.57 Washington, Los Angeles
3:15.21 Crenshaw, Los Angeles
3:15.92 Locke, Los Angeles
National Leader:
3:08.94 Berkeley (California)

## High Jump

(7.41/4, 7.31/4)
${ }_{7-1} \quad$ Anthony Caire (Pius X, Downey)
Maurice Crumby (Balboa, SF) Mike Powell (Edgewood, W. Cov)
$\begin{array}{ll}\text { 6-111/4 } & \text { John Atkinson (Poly, LB) } \\ \text { Chris Bonner (Inglewood) }\end{array}$ ?Stanley Farrar (Encina, Sacto) Jay Thorson (Laguna Beach)
6-10 $1 / 4$ Everett Woodard (Folsom)
66-10 elght jumpers tied
$7.31 / 2 \quad$ Brian Tietjens (lowa)
i5-5.
$15-4$
Paul Peters And (Buchse Rob Avant (Valhalla Charles Chapman (Corcajon) Mitch Norris (Del Mar, San Jose) Kely Rodriquez (Sierra, Tollhouse) 14.10 *Jeff Brooks (Lemoore) 4.9 "Don Weckler (Westmont, Cpbl) National Lead

Greg Duplantis (Louisiana) Dale Jenkins (Texas)

## Long Jump

26-8, 26-2 $1 / 4$ ).

$\begin{array}{ll}25-1 / 2 & \text { Ed Tave (Muir, Pasadena) } \\ 24-61 / 2 & \text { Paul Jones (Kennedy, Granada H) }\end{array}$
$24.5 \quad$ Ronnie McCoy (Edison, Fresno) $24.31 / 4 \quad$ Vestee Jackson (McLane, Fresno) 23-111/4 Darvin Malone (Castlemont, Oak) 23-111/2 "Clint Williams (Central, Fresno) 23-11 Ken Smith (Palo Alto)
$\begin{array}{ll}23-81 / 4 & \text { Cart Nelson (Las Plumas, Oroville) } \\ \text { Curtis Lockett (Lincoin, San Dieg) }\end{array}$ *Anthony McClendon (Univ., SD)
Wind-aided:
55-93/4 Ed Tave (Muir, Pasadena)
25-3 *Ken Frazier (California)

## Triple Jump

53-4 $1 / 4,52-101 / 2$ )
2-43/4 "Ken Frazier (Mission, SF)
$51-71 / 4 \quad$ Vestoe Jackson (McLane, Fresno)
$\begin{array}{ll}50-11 / 2 & \text { "Ken Williams (Troy, Fullerton) } \\ 50-1 / 4 & \text { Ken Taylor (Yerba Buena, S.J) }\end{array}$
49-83/4 Ed Tave (Muir, Pasadena)
48-11 $\quad$ Curtis Johnson (Stagg, Stockton)
$48-91 / 2$ Rob Harrison (Eureka)
$\begin{array}{ll}48-8 & \text { Phillip Anderson (Fremont, LA) } \\ 48 \cdot 1 / 2 & \text { Alden Henry (Bakersfield) }\end{array}$ $\begin{array}{ll}48-1 / 23 & \text { Alden Henry (Bakersfield) } \\ \text { Byron Gaiter (Mt. Miguel, Sp VI) }\end{array}$ National Leader: 52.43/4 *Ken Frazier (California)

## Shot Put

(81.31/2, 69-3 $3 / 4$ )
$5-13 / 4$ John Frazier (Antelope V, Lcstr) 63-101/2 $\quad$ Dennis DeSoto (Santa Poente) $61-111 / 2$ Tim Sutro (Del Mar, San Jose) $61.71 / 4 \quad$ Paul Rosati (Acalanes, Lafayette) $\begin{array}{ll}61-63 / 4 & \text { Michael Alo (Banning, Wilmgtn) } \\ 61-6 & \text { Randy Ariey (West, Bakersfield) }\end{array}$ $61-6$ Randy. Ariey (West, Bakersfield) 0.11/4 Dave Maggard (Acal $\begin{array}{ll}0.23 / 4 & \text { Brent Martin (Madera) }\end{array}$ National Leader:
6-111/2 Marty Kobza (Nebraska)

## Discus

213-6, 209-6)
$94.7 \quad$ Antonio Dobbins (Burroughs, Rdg) 189.1 John Berry (Northgate, Wint Ck) Tim Sutro (Del Mar, San Jose) 89-0 Matt Gallo (C. Catholic, Modesto) $\begin{array}{ll}\text { 185-11 } & \text { Kanin Jesterfies (Nwp Hbr, Nwp Bch) }\end{array}$ $\begin{array}{ll}181.7 & \text { "Dan Katches (Mills, Millbrae) } \\ 181-6 & \text { Chris Day (Montgomery, SR) }\end{array}$

Junior Ili

## Team Scoring Based on Rankings

Scorod: 10-9-9.7-6-5-4.3-2-1
men
Muir, Pasadena
Cordova, Rancho Cordova
Centernial, Compton
, akland
Poly, Long Beach
Dorsey, Los Angeles Edison, Huntington Beach

WOMEN

1. Berkele

Kennedy, Granada Hill
Manual Arts, Los Angele
Saugus
Ganesha, Pomona
Ganesha, Pomon
Muir, Pasadena
Alemany, Mission Hills
9. Fullerton

COMBINED MEN $\&$ WOMEN

1. Berkeley
2 Muir, Pasàdènán

Dorsey, L̦ós Angele
4. Kennedy, Granada Hills
5. Fremont, Los Angeles
$\qquad$

$\cdots \longrightarrow$

## TAC Masters Western Regionals

June 20-21, Los Gatos High School.
5,000 Meter Walk - Women- 35-39: 1. E. Sibley (36) 27:30.5. 45-49: 1. N. Proctor (47) 33:32.3; 2. C. Smith (47) 56:45.4. 70-74: 1. M. Salisbury 39:18.8
5,000 Meter Walk. Men- 30.34: 1. M. Adriano (33) 25:37.2; 2. E. Chow (31) 27:59.4; 3. B. Richardson (30
30:15.6. 35-39: 1. D. Gustafson (37) 25:20.3; 2. R. Duran (39) 29:06.3. 40-44: 1. C. Murat (43) 26:22.9. 45-49: 1. B. Ranney (45) 24:31.1. 50-54: 1. J. MacLachlan (50) 28:46.6; 2. J. riesen (54) $32: 20.1 .55-59: 1$. H. Siitonen (55) 31:08.0; 2. D Teppola (59) 33:33.8; 3. B. Edwards (59) 34:52.2. 60-64: 1. O
Sommerauer (63) 31:14.2. 65-69: 1. F. Saylor (67) 34:04.8. Sommerauer (63) 31:14.2. 65-69: 1. F. Saylor (67) 34:04.8
70-74: 1. G. Wallace (71)
31:35.7: 2 C. Unruh (74) 33:55.1. 75-79: 1. R. Boothe (75) 38:41.2. $80+: 1$. P. Spangler 36:47.3. Steeplechase-40-44: 1. J. Thomas (43) 12:45.3. 45-49: 1 J. Lewis (46) 11:29.6. 50-54: 1. D. Stevenson (52) 11:07.2; 2 J. Waste (52) 13:34.4. 60-64: 1. A. Waterman (62) 13:11.3. 0-44: 1. J. Fox (40) 37:47.5; 2. M. Harbin (43) 40:20.5; 3. D Bromstead (44) 50:10.3. 60-64: 1. J. Caselli (60) 53:55.1.


80 Meter Hurdles. Women- 40-44: 1.C. Sherrard (42) 2.9. 50-54: 1. F. Stevenson (50) 19.2

80 Meter Hurdles . Men - $70+: 1$. T. Hatlen (70) 16.7 100 Meter Hurdles . Men - 60-64: 1. B. Gist (61) 16.3; 2. B. Hunt (61) 17.0. 65-69: 1. H. Miller (65) 19.5. 2. E. Baskaukas (30) 15.7. 35-39: 1. F. Johnston (35) 15.6. 40.44: 1. W. Butler (40) 14.2; 2. D. Dewitt (42) 16.6; 3. J Thomas (43) 16.7:4 P Vincent (42) $17.8,45 \cdot 49 \cdot 1 . \mathrm{H}$ Smith (45) 17.1; 2. D. Douglass (49) 19.9; 3. R. VanDerBeets (48) 21.2. 50.54: 1. A. Brenda (53) 20.9; 2. D. Stevenson (52) 22.7 3. J. Waste (52) 27.9. 55-59: 1. J. Johnson (58) 21.6.

110 Elite Hurdles- 40-44: 1. P. Vincent (42) 18.0; 2. T. Jones (42) 21.9. 45-49: 1. M. Sanchez (49) 19.8. 50-54: 1.
Gallardo (50) 18.4: 2. R. Higginbotham (54) 18.8.65-69:1 Miller (65) 21.9 .
400 Meters . Women-35-39: 1. J. Duff (35) 1:05.4. 40-44 1. A. Parish (44) 1:07.1; 2. J. Carter (41) 1:10.1; 3. C. Voig 43) 1:27.7. 50-54: 1. S. Kinsey (52) 1:15.2; 2. E. Fuller (51) 1:17.2; 3. S. Dietderich (54) 1:32.9. 55-59: 1. M. Fairbank (59)
$1: 40.2$
$70.74: 1$. M. Salisbury (73) 2:45.9 400 Meters. Men - 30-34:1 K K Stu Johnson (31) 51.7; 3. B. Weller (34) 53.2; 4. J. Banchero (30 56.6. 35-39: 1. M. Pruitt (35) 49.7; 2. D. Romain (39) 51.1 40-44: 1. B. Knocke (41) 51.2; 2. G. Cohen (41) 52.0 ; 3. G. Miller (43) 52.1; 4. R. Toombs (40) 54.3; 5. W. Mitchell (41)
56.8 ; 6. R. Hoffman (40) 59.3. 45-49: 1. N. Newton (47) 57.8 2. J. Lingle (49) 58.2; 3. J. Randolph (48) 63.1 . $50-54$ : 1. D Cheek (51) 55.7; 2. H. Washington (51) 59.2; 3. L. Beadie (54) 59.3; 4. D. Mack (50) 59.3; 5. D. Jackson (54) 59.9; 6. T. Mc Cambridge (51) 66.2. 55-59: 1. R. Watanabe (55) 62.2; 2. R 62) 62.7:2. B. Hunt (61) 632:3 G. Poloynis (63) 68.9. 65-69 1. H. Koppel ( 68 ) 64.7; 2. J. Satti ( 67 ) 69.1 ; 3. J. Lopes ( 65 70.1. 70-74: 1. K. Carnine (73) 1:18.2. 75-79: 1. S. Lum (76 1:23.9.
100 Meters . Women- 35-39: 1. J. Duff (35) 13.8. 40-44: C. Sherrard (42) 13.3; 2. A. Parish (44) 13.9; 3. J. Carter (41)
14.5; 4. C. Voigt (43) 17.8. 45-49: 1. C. Miller (46) 13.8;2 J Tyksinski (49) 17.4. 50.54: 1. S. Kinsey (52) 15.4; 2. E. Fulle (52) 15.9; 3. F. Stevenson (50) 16.0; 4. S. Dietderich (54) 17.4. 55-59: 1. M. Fairbank (59) 17.5. 60-84: 1. J. Kolda (63) 17.2; M. Hunt (62) 20.7. 70-74: 1. M. Salisbury (73) 33.5 100 Meters . Men- 30-34: 1. M. Jackson (32) 10.8; 2. R 11.2; 5. E. Bonner (30) 11.2; 6. G. Wong (32) 11.9. 35-39 Fina 1. H. Sumner (35) 11.0; 2. P. Dungan (37) 11.1; 3. W. Johnson


72-year-old Anthony Castro, a La Canada resident, is the current American record holder for his age group in the 200 meters.
(41) 11-6; 2. T. Jones (42) 8-6. 45-49: 1. H. Smith (45) 12-0; 2. B. Eller (46) 12-0; 3. D. Douglass (49) 11-6; 4. J. Billmeyer (49) 11-6. 50-54: 1. A. Brenda (53) 11-0; 2. F. Gallardo (50) 10-6. O. Gillett (61) $10-0$.

5,000 Meters. Women- 40-44: 1. J. Fox (40) 17:44.4. 45-49: 1. V. Bigelow (45) 18:14.0. 60.64: 1. J. Caselli (60) 23:19.2. 70.74: 1. M. Salisbury (73) 47:46.0.

5,000 Meters - Men-30-34: 1. S. Sidney (32) 15:38.2; 2. Yawnick (39) 17:51.2; 3. J. Hemphill (39) 20:02.8; 4. M. Tripp
gener (36) 4:16.0; 2. P. Day (36) 4:17.0; 3. R. Bergstrom (37) 4:22.0. 40-44: 1. R. Schupbach (40) 4:07.5; 2. G. Cohen (41) 4:19.8; 3. J. Pitman (42) 4:21.9; 4. W. Schafer (42) 4:22.2; 5. J. McFadden (40) 4:23.5; 6. W. Wade (40) 4:32.0. 45-49: 1. G Geraghty (49) $6: 26.0 .50 .54: 1$. D. Steevenson $4: 38.1 ; 3$. 5 P. Devine (52) 4:59.4; 3. G. Wetzork (50) 5:02.3; 4. H. Hill ( 53 :13.4; 5. D. Jackson (54) 5:13.4. 55-59: 1. J. Noble (55 :05.4. 60-64: 1. G. Poloynis (63) 5:50.2. 65-69: 1. E S. Madden (73) 6:166.3. 80-84: 1 PJ. Mile Relay - Men-Submasters. 1 S Cal Strider: 3.22 2. West Valley TC 3:34.3. 40-49: 1. NorCal Seniors A 3:51.0 2 Nor-Cal Seniors B 4:00.1
Discus - Women- 40-44: 1. U. Schreiber (42) 73-11; 2. A. Smith (44) $60-5$. 50-54: 1. S. Kinsey (52) 83-10.
High Jump. Men - 30.34: 1. E. Baskaukas (30) $6-0$; 2 . 40) 5-2; 3. J. Sanchez (41) 4-8; 4. E. Pearson (43) 4-8. 45-49 1.H. Wyatt (49) 6-2; 2. N. Newton (47) 5-6; 3. D. Douglas 49) 4-8; 4. D. Rose (46) 5-2. 50-54: 1. P. Devine (52) 4-2. 55-59 1. J. Johnson (58) 4-4; 2. C. Tracy (55) 4-2. 60-64: 1. B. Gis $5-0 ; 2$. O. Gillett ( 61 ) $4-101 / 4$; 3. J. Vernon (64) 4-3. 65-69: 1 . J Begelow (70) 4.01/2; 2. T. Hatlen (70) 4.01/2.
Discus. Men- 30-34: 1. T. Fahey (33) 155-7; 2. G Kelmenson (31) 111-9; 3. B. Henderson (34) 106-1; 4. G Power (30) 101-6. 35-39: 1. G. Franklin (37) 94-2; 2. J. Har 44) 134-9; 2. E. Pearson (43) 94-6. 45-49: 1. S. Thomson (48) Letcher (49) 102-0; 5. D. Douglass (49) 79-1; 6. B. Griff (45) 73-11. 50-54: 1. J. Wojcik (51) 100-1. 55-59: 1. P. Evans (55 09-8; 2. C. Tracy (55) 78-11; 3. B. Wolf (58) 72-0. 60-64: 1. R tone (61) 138-6; 2. M. Henderso (60) 114-11. 65-69: 1. J Thatcher (65) 130-3; 2. R. Carter (67) 115.5.
Javelin. Women- 30.34.1.
Javelin . Women- 30.34: 1. J. Henderson 63-10. 40-44:1.
Conley (40) $70-6$; 2. U. Schreiber (42) $60-10.45-49-1$. Miller (46) $95-10.50-54$ : 1. S. Kinsey (52) $76-0$; 2. S. ietderich (54) 57.3 .
Triple Jump - Men- 30-34: 1. E. Baskaukas (30) 42.5; 2. J Eckels (32) 39-1 $1 / 2$. 35-39: 1. D. Romain (39) 40-9; 2. D.
Isaksen (37) $39-93 / 4$; 3 . S. Franklin (39) $30-10.40 .44: 1$. J. Sanchez (41) $33-51 / 2$; 2. E. Pearson (43) 30-41/2, 45-49: 1 Randolph (48) 29-81/2. 50-54: 1. E. Mahany (50) $32-41 / 2.55-59$ : 1. R. Spencer (58) $34.61 / 4 ; 2$. J. Johnson (58) $34-21 / 4 ; 3$. C Miller (65) 28-10 20 -64: 1. Mer (65) 20-10.
(30) 155-1; 3. R. Henderson (34) (35) $160-0 ; 2$. S. West (37) 157-9; 3. J. Adems (39) 96-1. 40-44: . G. Barton (40) 166-8; 2. G. Miller (44) 155-5. P. Conley (46) moith (45) 141-10-5. B. 182-8; 3. D. Rose (46) 150-1; 4. H. (50) 169-6; 2. J. Wojcik (51) $116-2$. $55-59: 1$. W. Chynoweth


40-year-old Los Angeles resident, George Cohen, is the American record holder for his age group in the 800 and 1500.

10,000 - Men- 30-34: 1. S. Sidney (32) 34:35.4. 35-39: 1. P Day (36) 32:56.7; 2. M. Gallo (38) 38:17.7. 40-44: 1. W. Mey 40:48.2. 45-49: 1. J. Lewis (46) 36:59.5; 2. M. Gray (49 38:37.4; 3. M. Fruehling (46) 40:34.2. 50-54: 1. U. Kaempf (50) 33:05.3; 2. R. Smith (53) 36:20.8; 3. P. Devine (52) 37:42.0 55-59: 1. B. Wright (58) 40:40.2; 2.
$65-69: 1$. J. Goodman (69) 49:03.9.
400 Meter Relay • Women - 1. Corona Del Mar 58.3 400 Meter Relay - Men- Submasters: 1. West Valley TC 42.9; 2. S. Cal Striders 43.8. 40-49: 1. S. Cal Striders 43.8; 2 Corona Del Mar 44.1; 3. Nor Cal Seniors 46.5; 4. Bay Area Striders 47.8 ;
Seniors 48.1. 800 Meters
35-39: 1. J. Duff (35) 2:31.2. 40-45: 1. . J. Ulliyot (30) 2:38.5. 70-74: 1. M. Salisbury 5:54.1
800 Meters. Men - 30-34: 1. K. Stuart (34) 1:55.8; 2 . R.
Corona (31) 1:59.1.3. M. Mahon (31) Corona (31) 1:59.1; 3. M. Mahon (31) 2:07.7; 4. R. Landrum
(31) 2:11.8. 35-39: 1. D. Romain 1:59.5; 2. B. Browne 2:0.0; 3. S. Waggener 2:03.1; 4. R. Bergstrom 2:10.5. 40-44: 1. G Cohen (41) 1:59.8; 2. J. Kniebel (42) 2:02.1; 3. J. Pitman (42) 2:02.8; 4. B. Mayer (433) 2:03.6; 5. D. Donaldson (40) 2:05.0 2:07.7; 3. K. Napier (49) 2:14.9; 4. R. Shaw (47) $2: 20.9$ 50.54 1. D. Stevenson (52) 2:14.5; 2. L. Beadle (54) 2:21.0; 3. D Jackson (54) 2:22.9; 4. H. Hill (53) 2:27.5; 5. P. Divine (52) 2:32.0. 80-64: 1. R. Moore (61) 2:34.0; 2. G. Poloynis (63) 2:36.2; 3. A. Waterman (62) 2:51.2. 65-69: 1. E. Stotsenberg (73) 3:04.8. 80-84: 1. P. Spangler (83) 3:55.5.

400 Moters: Women- 35-39: 1. J. Duff (35) 1:05.4. $40-44$ (43) 1:27.7. 50-54: 1. S. Kinsey (52) 1:15.2; 2. E. Fuller (51) 1:17.2; 3. S. Dietderich (54) 1:32.9. 55-59: 1. M. Fairbank (59) 1:40.2. 70-74: 1. M. Salisbury (73) 2:45.9. 400 Meters - Men- 30-34: 1. K. Stuart (34) 50.0; 2. G
Johnson (31) 51.7 ; 3. B. Weller (34) 53.2; 4. J. Banchero (30) 56.6 . 35-39: 1. M. Pruitt (35) 49.7; 2. D. Romain (39) 51.1 40.44: 1. B. Knocke (41) 51.2; 2. G. Cohen (41) 52.0; 3. G Miller (43) $52.1 ; 4$. R. Toombs (40) 54.3; 5 . W. Mitchell (41 56.8; 6. R. Hoffman (40) 59.3. 45-49: 1. N. Newton (47) 57.8 Cheek (51) 55.7 ; 2. H. Washington (51) 59.2; 3. L. Beadle (54) 59.3; 4. D. Mack (50) 59.3; 5. D. Jackson (54) 59.9; 6. T. Mc Cambridge (51) 66.2. 55-59: 1. R. Watanabe (55) 62.2; 2. R Spencer (58) 62.8; 3. C. Tracy (55) 73.3. 60-64: 1.H. Fairbank 1. H. Koppel (68) 64.7 ; 2. J. Satti (67) 69.1; 3. J. Lopes (65) 70.1. 70.74: 1. K. Carnine (73) 1:18.2. 75-79: 1. S. Lum (76) 1:23.9.
100 Meters - Women - 35-39: 1. J. Duff (35) 13.8. 40-44: 1 C. Sherrard (42) 13.3; 2. A. Parish (44) 13.9; 3. J. Carter (41)
14.5; 4. C. Voigt (43) 17.8. 45-49: 1. C. Miller (46) 13.8; 2. J 14.5; 4. C. (49) 17.4. 50-54: 1. S. Kinsey (52) 15.4; 2. E. Fulle (52) 15.9; 3. F. Stevenson (50) 16.0; 4. S. Dietderich (54) 17.4. 55-59: 1. M. Fairbank (59) 17.5. 60-64: 1. J. Kolda (63) 17.2; M. Hunt (62) 20.7. 70-74: 1. M. Salisbury (73) 33.5.

100 Meters. Men- 30-34: 1. M. Jackson (32) 10.8; 2 . R
Davis (31) 11.0; 3. G. Marshall (33) 11.0; 4. G Johnso ( 31 ) 11.2;5. E. Bonner (30) 11.2; 6. G. Wong (32) 11.9. 35-39 Final 1. H. Sumner (35) 11.0; 2. P. Dungan (37) 11.1; 3. W. Johnson (36) 1111 ; 4. B. Simpson (39) 11.3; 5. S. Robinson (37) 11.3; 6 H. Kufeld (37) 11.7. 40-44: 1. W. Butler (40) 11.0; 2. d. Smith (41) 11.2; 3. H. Johnson (40) 11.2; 4. P. Knox 11.5; 5. M
DeStefano (42) 11.6; 6. H. Smith (42) 11.6. 45-49: 1. B. Springbett (48) 11.5; 2. N. Newton (47) 11.7; 3. L. Murad (48) 11.9; 4. M. Sanchez (49) 12.0; 5. J. Powell (49) 12.1; 6 . R Hansen (48) 12.5. 50.54: 1. D. Marlin (50) 12.0; 2. D. Cheek (51) $12.0 ; 3$. H. Washington ( 51 ) 12.3; 4. E. Mahany ( 50 ) 12.5 1. R. Watanabe (55) 12.1; 2. A. Juilland (58) 12.4; 3. B Cooper (57) 12.6; 4. C. Tracy (55) 14.3. 60-64: 1. P. Jordan (64) $12.1 ; 2$. H. Fairbank (62) 13.2; 3. B. Hunt (61) $14.1 ; 4$. S Hoover (62) 14.2. 65-69: 1. H. Koppel (68) 13.0; 2. H. Mille (65) 14.4. 70.74: 1. A. Castro (71) 14.1; 2. K. Carnine (73) 15.1.
75-79: 1. L. Jackson (75) 14.6; 2. S. Lum (76) 15.7. 55-79: 1. L. Jackson (75) 14.6; 2. S. Lum (76) 15.7.
Hammer-30-34: 1. G. Kelmenson (31) 69-3. 40-44: 1. J
Hart (44) 115-10; 2. E. Pearson (43) 72-1. 45-49: 1. S. Thomp son (48) 152-11; 2. D. Douglass (49) 108-10. 50-54: 1. J. Wo jcik (51) 79-5. 55-59: 1. P. Evans (55) 92-8; 2. B. Wolf (58) 52-1 60-64: 1. R. Stone (61) 113-0. 65-69: 1. J. York (67) 85-7. 70-7 1. JD. Pierotti (70) 103-7; 2. R. Hubbel (70) 102-1; 3. Peresenyi (73) $90-0$
Shot Put - Won
45-49: 1 Shot Jut Tyksinski (49) 20-4. 50-54: 1. S. Kinsey (52) 30-4 Shot Put-Men- 30-34: 1. B. Henderson (34) 38-11/2; 2. G Kelmenson (31) $36-5.35-39:$ 1. F. Johnston (35) 38-5. $40-4$

1. J. Hart (44) 43-01/2; 2. J. Kidd (44) $36-2.45-49: 1$. 1. J. Hart (44) $43-01 / 2$; 2. J. Kidd (44) $36-2$. $45-49$ : 1.S. Tho 4. D. Douglass (49) $30-11^{13 /} / 5$. M. Black (45) $33-91 / 2.50 \cdot 54$ : J. Waste ( 52 2) $25-101 / 4.55-59: 1$. P. Evans (55) $36-5 \frac{1}{2} ; 2$. B Wolf (58) 27-71/2; 3. B. Tospern (58) 25-7. 60-64: 1. R. Ston
 70-74: 1. D. Pierotti ( 70 ) $33-93 / 4$; 2. L. Peresenyi ( 73 ) $33-13 / 4 ; 3$. R. Hubbell (70) $29-31 / 4 . \quad$ Schreiber (43) 11-3; Long Jump - Women- 40-44: 1. U. Schreiber
C. Voigt (43) $7-8.45-49: 1$. C. Miller (46) $13-4 \% / 4$
C. Voigt (43) 7-8. 45-49: 1. C. Miller (46) $13-41 / 4$
Long Jump. Men-30-34: 1. C. Flowers (34) $19.71 / 2 ; 2$. S. Franklin (34) 18-31/2; 3. M. McGuire (33) 13-11. 35-39:1. Bond (37) $22-01 / 4$; 2. D. Romain (39) 20-11/2; 3. M. Ucovic (39) 19-1 $1 / 2$; 4. J. Adems (39) 15-3. 40-44: 1. D. Dewitt (42) 18-3; 2. W. Mitchell (41) 16-81/4; 3. E. Pearson (43) 16-4; 4. J Sanchez (41) 16-2 $1 / 4.45-49: 1$. M. Andrews (47). 18-6 $1 / 4 ; 2$. J
Randolph (48) $16-6.50-54$ : 1. A. Brenda (53) $17-21 / 4 ; 2$. F
 Johnson (58) 17-8; 2. R. Spencer (58) 17-2; 3. C. Tracy (55) $14-51 / 2$. . $0.64: 1$. J. Vernon (64) 16-5 $5 / 2 ; 2$. B. Gist (61) 16-31/4 3. M. Henderson (60) 13-61/4, 65-69: 1. J. Satti ( 67 ) 14-6; 2 . H Miller ( 65 ) $12-91 / 2.70 \cdot 75: 1$. T. Hatien (70) 11-41/2. (32) 14-6. 35-39: 1. B. Hotaling (37) 122-6. 40-44: 1. D. Dewit


72-year-old Anthony Castro, a La Canada resident, is the current American record holder for his age group in the 200 meters.
(41) 11-6; 2. T. Jones (42) 8-6. 45-49: 1 . H. Smith (45) 12-0; 2 B. Eller (46) 12-0; 3. D. Douglass (49) 11-6; 4. J. Billmeyer (49 11.6. 50-54: 1. A. Brenda (53) 1-0; 2. F. Galiardo (50) 10-6 O. Gillett (61) 10-0.

5,000 Meters . Women- 40.44: 1. J. Fox (40) 17:44.4 45-49: 1. V. Bigelow (45) 18:14.0. 60-64: 1. J. Caselli (60 23:19.2. 70.74: 1. M. Salisbury (73) 47:46.0
W, ${ }^{5,000}$ Meters. Men- 30.34: 1. S. Sidney (32) 15:38.2; 2. W. Dunn (33) 16:16.6. $35-39: 1$ 1. H. Franklin (37) 15:40.2; 2.
Yawnick (39) 17:51.2; 3. J. Hemphill (39) 20:02.8; 4. M. Trip (38) 20:49.2; 5. J. Cramer (39) 22:05.8. 40-49: 1. B. Meinhard (40) 15:41.6; 2. T. Rostege (40) 16:02.8; 3. R. Weilck (43) 16:31.4; 4. P. Hager (44) 17:12.8; 5 . V. Schulte (41) 17:23.6; W. Meyer (41) 18:38.2. 45-49: 1. J. Lewis (46) 16:55.8; 2 . Campbell (54) 19:28.9; 3. J. Waste (52) 19:42.2. 55-59: 1. B Robinson (55) 20:22.8. 65-69: 1. J. Goodman (69) 24:14. 70.74: 1. J. McGee (72) 27:44.8. 80-84: 1. P. Spangler (82) 27:45.2.
400 Meter Intermediates - Men - 30-34: 1. D. Roberts (31) 39. J. Randolph (48) 1:166.2. 50-54: 1. D. Stevenson 1:12.1; 2. J. Waste (52) 1:32.0. 60-64: 1. B. Hunt (61) 1:10.9; 2 A. Waterman (62) 1:18.1. 65-69: 1. J. Satti (67) 1:22.4; 2. H. Miller (65) 1:34.8

200 Meters. Women- 35-39: 1. J. Duff (35) 28.7; 2. B 29.0; 3. J. Carter (41) 30.7. 45-49: 1. C. Miller (46) 29.4; 2. J Tyksinski (49) 38.3. 50-54: 1. S. Kinsey (52) 32.6; 2. E. Fuller (52) 33.6; 3. F. Stevenson (50) 34.7; 4. S. Dietdrich (54) 37.0.
55.59: 1. M. Fairbank (59) 37.5. 60.64 . 55-59: 1. M. Fairbank (59) 37.5. 60-64: 1. J. Kolda (63) 37.0
70.74: 1. M. Salisbury (73) 1:11.4. 200 Meters . Men- 30-34: 1. M
Davis (31) 22.2; 3. G. Johnson (31) 22.7; 4. G. Marshall (33) $22.7 ; 5$. E. Bonner (30) 22.9; 6. B. Weller (34) 23.3.35-39: 1.M Pruitt (35) 22.1; 2. H. Sumner (35) 22.1; 3. W. Johnson (36) 22.5; 4. P. Dungan (37) 22.7; 5. B. Simpson (39) 23.5; 6. D.
Burke (35) 24.0. 40-44: 1. B. Knocke (41) 22.9; 2. H. Smith (42) 23.4; 3. H. Johnson (40) 23.7; 4. M. DeStefano (42) 23.7; 5. R. Toombs (40) 23.9; 6. T. Nakamitsu (42) 24.4. 45-49: 1. N Newton (47) 23.9; 2. B. Springbett (48) 23.9; 3. J. Lingle (49) 24.7. 50.54: 1. D. Cheek (51) 24.8; 2. E. Mahany (50) 25.4, (50) 25.8; 6. R. Zumwalt (54) 25.9. 55-59: 1. R. Watanabe (55 25.9; 2. B. Cooper (57) 26.2. 60-64: 1. P. Jordan (64) 25.7; H. Fairbank (62) 27.6; 3. B. Hunt (61) 28.5; 4. S. Hoover (62) 29.9. 65-69: 1. H. Koppel (68) 27.4; 2. J. Sat;ti (67) 29.2; 3. H. Miller (65) 32.1.
2:22:17.9. 45-49: 1. N. Proctor (47) 2:50:00
20 Killometer Walk 1:56:39; 2. W. Pe Waik - Men- 30-34: 1. M. Adriano (33) B. Richardson (30) 2:05:51.35-39: 1 W. Whow (31) 2:04:17; 2. D. Gustafson (37) 1:52:51. 40-44: 1. C. Marut (43) 1:59:14 2. D. Gustafson (37) 1:52:51. 40-44: 1. C. Marut (43) 1:59:14
2. G. West (40) 2:05:42. 55-59: 1. H. Siitonen (55) 2:22:18; 2 D. Teppola (59) 2:35:24. G. Wallace (71) 2:31:44.

1500 Meters . Women- 40-44: 1. J. Ulfyot (40) 5:16.0; 2 A. Parish (44) 6:42.7. 45-49: 1. V. Bigelow (45) 5:10.0. 70-74: 1. M. Salisbury (73)
R. Corona (31) 4:10.5; D. Moon (33) 4:28.5. 35-39: 1. S. Wa
 McCarthy (67) 4.5:2. H. Miller (65) 3-1/2,
Begelow (70) $4.01 / 2 ; 2$. Thatlen ( 70 ) $4-01 / 2$. Discus . Men- 30.34: 1. T. Fahey (33) 155-7; 2. G.
Kelmenson (31) 111-9; 3. B. Henderson (34) 106-1; 4. G. Kelmenson (31) 111-9; 3. B. Henderson (34) 106-1; 4. G.
Power (30) 101-6. 35-99: 1. G. Franklin (37) $94-2$; 2. J. Hart (44) 134-9; 2. E. Pearson (43) 94-6. 45-49: 1. S. Thomson (48) Letcher (49) 102-0; 5. D. Douglass (49) 79-1; 6. B. Griff (45) 73-11. 50-54: 1. J. Wojcik (51) 100-1. 55-59: 1. P. Evans (55) 109-8; 2. C. Tracy ( 55 ) 78-11; 3. B. Wolf (58) 72-0. 60-64: 1. R. Stone (61) 138-6; 2. M. Henderson (60) 114 -
Thatcher (65) 130-3; 2. R. Carter ( 67 ) $115-5$.
Thatcher (65) 130-3; 2. R. Carter (67) 115-5.
Javelin -Women- 30-34: 1. J. Henderson 63-10. 40-44: F. Conley (40) 70-6; 2. U. Schreiber (42) 60-10. 45-49: 1. C Miller (46) $95-10.50-54: \quad$ 1. S. Kinsey (52) 76-0; 2. S Dietderich (54) 57.3.
Triple Jump - Men- 30-34: 1. E. Baskaukas (30) 42-5; 2. J.
Eckels Eckels (32) $39-1 / 1 / 2$. 35-39: 1. D. Romain (39) 40-9; 2.
Isaksen (37) $39 \cdot 93 / 4$ 3. S. Franklin (39) $30-10.40 \cdot 44: 1$. Sanchez (41) 33-5 $1 / 2$; 2. E. Pearson (43) $30-41 / 2$. 45-49: 1. Randolph (48) 29.-81/2.50-54: 1. E. Mahany (50) 32-41/2. 55-59 Tracy (55) $28-8.60-64: 1$ G. Poloynis ( 63 ) $21-5$ ) $34-21 / 4 ; 3$. Tracy (55) 28-8. 60.
Miller (65) 26-10.
Javelin - Men - 30-34: 1. W. Wilke (33) 189-10; 2. G. Power (30) 155-1;3. R. Henderson (34) 136-10. 35-39: 1. F. Johnston (35) 160-0; 2. S. West (37) 157-9; 3. J. Adems (39) 96-1. 40-44:

1. G. Barton (40) 166-8; 2. G. Miller (44) 155-5. P. Conley (46) 1. G. Barton (40) 166-8; 2. G. Miller (44) 155-5. P. Conley (46)
190-6; 2. S. Letcher (49) 182-8; 3. D. Rose (46) 150-1; 4. H. Smith (45) 141-10; 5. B. Griff (45) 120-9. 50-54: 1. R. Sutton (50) 169-6; 2. J. Wojcik (51) 116-2. 55-59: 1. W. Chynoweth (57) 149-6; 2. B. Roemer (56) 121.9; 3. C. Tracy (55) 79-7 60-64: 1. R. Stone (61) 129-8. 65-69: 1. J. Thatcher (65) 100-7 Williams (72) 73-6; 4. D. Pierotti (70) 66-11. 75-79: 1. R. Boothe (75) 59.5

Pentathlon - Men- 40-44: 1. Miller 3237; 2. Adams 2860 3. Jones 955. 45-49: 1. Smith 2382; 2. Bodley 1761. 55-59: 3. Jones 955. ${ }^{4}$

## Why The Decathlon?

## By DAVE THORESON

The decathlon, 10 events over two days, is an event that measures all around track and field ability. When one considers the time and effort involved in keeping up with the decathlon, you sometimes ask, "Why?"
My story started in 1952 with the Jim Thorpe and Bob Mathias story. Inspired by their feats and the label "World's Greatest Athlete," I began my track and field career. At first I found I was not much better than most of the boys and girls my age. The jumping events, particularly the high jump, proved to be my best event. I jumped every bush and fence in sight.

Eight years later with average success in the jumping events, I was on my way to my first decathlon, the 1960 Olympic Tryouts in Eugene, Oregon. Qualification was accepted through the mail by write-in performances. My first day score of 2860 was short of the 2900 minimal standard so I was unable to continue the second day.

## Profile on: Sister Marion

## By MARTY HIGGINBOTHAM

Sister Marion Irvine: Age 51, Height 5-10, Weight 130, Birthdate 10-19-29.
Sister Marion Irvine could certainly be called the "Flying Nun." The fifty-one year young nun belongs to the Sisters of Saint Dominic Congregation of the Most Holy Name. She competes for the Dolphin South End Runners, Nor Cal Seniors and World Runners.

As for her start in running she says, "I needed an outlet for pent up energy and to stay in shape." Sister Marion is coached by Arthur Lydiard - through summer running camps. She says Lydiard has been an in spiration to her and feels his workouts are demanding but effective if one wants to be a winner. Sister Marion can surely be classified as a winner. She has personal best times of 39:05 for 10K, 1:26:56 for the
half marathon, and an amazing 3:02:01 half marathon, and an amazing 3:02:01
marathon run in 1980. She held the marathon run in 1980. She held the ty plus division, and presently holds the American mark for the half marathon.
Her favorite event is the 10 kilometer and she likes competing about once a week. She does peak when it comes to running the marathon, and her immediate goal is to break three hours in the 26.2 mile event. Her long range goal is to crack 39 minutes in the 10 K.

Sister Marion says she loves to run and plans to keep competing as long as she is competitive and can run a respectable race. Her present work is as an educator. She has a tremendous running philosophy, that she puts like this, "Always strive to do your best; you owe no less than this to yourself and certainly no more than this to anyone else."
Typical Week of Training: Monday- 9 miles, flat course. Tuesday- 16 miles, rolling to flat course. Wednesday. 7 miles, hilly course. Thursday- 4 miles, hilly course in the morning, and 6 miles speed work in the afternoon. Friday- 20 miles, rolling to hilly course. Saturday 9 miles, flat course. Sunday. Race.

## California Masters Top Marks of the Decade 1970-1979

By PERCY KNOX


# California Masters Top Marks of the Decade 1970－1979 <br> By PERCY KNOX <br> 50.54 

| 40 yard | 5.8 | Pete Fetter（53， |
| :---: | :---: | :---: |
| 60 meter | 7.5 | Wayne Ambros |
| 100 yard | 10.5 | Al Juilland（50） |
| 100 meter | 11.4 | Al Juilland（50） |
| 200 meters | 23.6 | Payton Jordan（54） |
| 220 yard | 23.7 | Al Juilland（50） |
| 300 meter | 41.7 | Wayne Ambrose（51，CDM |
| 400 meter | 54.5 | Oswald Dawkins（51，STC |
| 800 meter | 2：01，0 | Bill Fitzgerald（50，STC） |
| 1500 meter | 4：18．5 | Bill Fitzgerald（51，STC） |
| 1 mile | 4：32．2 | Bill Fitzgerald（ $50, \mathrm{STC}$ ） |
| 3，000 meter | 9：30．8 | Pete Mundle（50，SMTC） |
| 1 mile | 10：26．0 | Pete Mundle（50，SMTC） |
|  |  | Pete Mundie（50，SMTC） |

100 meter
100 meter
300 meter
400 meter
1500 meter
，mile
1 mile

> 3 mile
$5,000 \mathrm{~m}$
> 5，000 meter
> 6 mile
> 10,000 mete
110 m HH
> 110 mHH
> 400 m IH High Jump
Long Jump Long Jump
Triple Jump Triple Jump
Pole Vault Shot Put Discus Javelin

15：37．8 Jim O＇Neil（50）
16：11．0 Pete Mundle（51，SMTC） 32：40．0 Pete Mundle（50，SMTC） 33：30．0 Jim O＇Neil（51） Tom Patsalis（54，CDM） Ed Dowell（ $52, \mathrm{NCS}$ ） $5-8 \quad$ Orv Gillett（52，CDM） $\begin{array}{ll}5-8 & \text { Orv Gillett（52，CDM）} \\ 20.31 / 2 & \text { Tom Patsalis（54，CDM）}\end{array}$ $\begin{array}{ll}\text { 20．31／2 } & \text { Tom Patsalis（54，CDM }) \\ \text { 40－9 } & \text { Tom Patsalis（ } 53 \text { ，CDM }\end{array}$ 11．6 Tom Patsalis（53，CDM $54.61 / 2$ George Ker（51，CDM）
$\begin{array}{ll}177.9 & \text { Fortune Gordien（50，CDM）} 73 \\ 171.0 & \text { Steve }\end{array}$
$\begin{array}{ll}171.0 & \begin{array}{l}\text { Fortune Gordien（50，} \\ \text { Steve Seymore（50）}\end{array} \\ \end{array}$

ฮ゙デ

The adove list was compiled by Percy Knox． California Track \＆Running News has published other age groups for the decade and will continue in future issues．Please send in any additions and／or corrections．

Twelve years later，satisfied with my suc cess and thankful for the many worthwhil experiences the decathlon had given me， competed in my last open decathion，th 1972 Olympic Tryouts in Eugene，Oregon．
Now what？Being reasonably physically fit has always been an important part of my life．Realizing that the body adapts to con sistent use，I designed a program which trains our complete cardiovascular and muscular system yet requires minimal time and facility．As my strength improved，the urge to compete again was apparent．I designed a competition，＂Fitness For Life＂ （10 events testing complete fitness）．Unlike the decathlon it removes all technical aspects so that a physically fit person can immediately perform on his or her com petitive level．Some of the participants realized that their physical prowess was on the level or superior to many decathletes competing in the program
The decathlon requires a tremendous amount of time to develop and maintain the many technical events．The many years have spent with the decathlon has given me a definite advantage．The improved em－ phasis in masters track and field and it＇s coverage in magazines like California Track \＆Running News has given me reason to renew decathlon competition．

Having spent two years developing a sound fitness base and six months of event work I entered my first masters decathlon in Glendale in December of 1980．Penciling out 6000 points on paper has got to be the easiest way to score 6000 points．The Glen－ dale decathlon was fun，non－threatening and proved to me that 6000 points was not going to be easy．Six months and four decathlons later I scored 6212 points in the National Decathlon Championships in San Antonio，Texas．
If there is a handicap system that would be accepted in my mind for the decathlon other than age it would be training time per week．A person who trains 3 hours a week cannot compete with a person who trains 6 hours unless he has a better technical grasp of the events．
A word of warning to one－time top decathletes planning to compete again．Set your goals low，allow three times as much time for success，over condition fitness， never train when tired，be aware of injury and enjoy what you do．
If you are interested in the Fitness Games，either the Short Decathlon or the Fitness for Life competitions please write or phone for scoring tables：Dave Thoreson， 744 D，Cieneguitas，Santa Barbara，CA 93110．（805）964－4514．
refunded with first order．World Running Rystems，P．O．Box 311 Hartland，MI 48029.
RACE DIRECTORS－Race results package available to races．Includes typing，printing， and mailing of complete results plus sending entry blank to all par－ ticipants next year．For informa－ tion write：Race Results，CT\＆RN， P．O．Box 6103，Fresno，CA 93703. RUNNERS NUMBERS ．and other race management aids．Write or call for samples and prices：Elec－ tric City Printing Co．，P．O．Box 630 －Dept CT，Anderson，SC 29622. （803）224－6331．
T－SHIRTS－Screened T－shirts as low as $\$ 1.85$ ．Jack＇s Athletic Supp－ ly，Box 612，San Mateo，CA 94401. （415） $341-3119$.
and above．Send $\$ 4.00$ to National Masters Newsletter，P．O．Box 2372，Van Nuys，CA 91404.
HAWAII MARATHON－ December 9－16．Includes round trip air fare and 7 nights lodging plus extras for $\$ 499$ ．Write for brochure to Runner＇s Mailing，P．O． Box 891，Tarzana，CA 91356．（213） 888－5526．
HIGH SCHOOL CROSS COUNTRY RUNNERS－Kinney Western X－C Championships December 5 in Fresno and National Champion－ ships December 12 in Orlando， Florida．Top 8 at Western will be sent to Nationals．For information and entry blank write：Bill Cockerham，P．O．Box 6103 Fresno，CA 93703．（209）264－5847．

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## Northern California Seniors Track Club

# Glub News 

By MARTY HIGGINBOTHAM

Clubs wishing to be in the "Club News" section of California Track \& Running News should send a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277 . Also, clubs are encouraged to occasionally send a black and white photograph of a member or members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be very much appreciated.

## Fresno Track Club

P.O. Box 6103, Fresno 93703

June, July, and August are busy months for the Fresno. Track Club. First the club is the sponsor of the Bunion Derby race series with Larry Lung, the race director, donating his time off from teaching. This is a series of four races excluding a make up run. Times of all the races are converted to points and then total points are used to determine the division placings.
For a change of pace, the club sponsors a 6 person 40 mile relay held at Bass Lake. Last year more than 250 persons competed. The race is held August 8 . Two weeks later a half-marathon is held on the same 13.3 mile layout which is once around the lake.
Many awards for age groups, plus nice merchandise awards donated by local Bass Lake merchants including a discounted lunch special for participants and friends highlight this half marathon event.
During the month of July some good running times were recorded. Jim Hartig broke his course record 25:06 with an outstanding 24:17 at the Merced Run for Cancer 5 Miler 51 year-old Bob Fries has set a course record for $50+$ at the 3 k and 5 k Bunion Derbies; his times were 10:05 and 17:29 respectively. 36 year old Bob Lindsey continues to get PRs - this time at the San Francisco Marathon. Bob was $1: 17$ at the half but windy conditions slowed most of the field the 2nd half, as he toughed out a $2: 42: 46$.

## Synanon Running Club

P.O. Box 139, Badger 93603
(209) 337-2885

The Synanon Running Club is preparing o host the second annual Synanon Wheels and Heels Half Marathon on September 12. Because many Valley runners may be intimidated by this 13.1 mile, high elevation mountain road event, a two mile prediction run has been added. It is hoped that many more participants will join the day long festivities which include the two races, swimming, a barbeque lunch and an art show. A special feature of this half marathon is the participation of elite wheel chair athletes. Last year's wheelchair division winner was Sacramento's Gus Rojas who reached speeds of 30 miles per hour on the seven mile downhill stretch of the race. On the weekend of July 18, Synanon's runners competed in the Class A Division of the Runner's World Corporate Cup Relays at Stanford Stadium in Palo Alto. In the National Finals, the 22 Synanon runners racked up 55 points in six events to place 4th behind U.S. Army Fort Ord (first), California State Employees (second), and the City of Austin, Texas (third). There were 15 teams participating in the finals. A gold medal went to Synanon's female masters for the 5 K . Bronze to the female open for the 5 K and a second bronze to the mens open for the 10 k road race.
Synanon Running Club has competed

Northern Cal Seniors made an outstan ding showing at the Pacific Association Masters Championships. Club members set twenty new meet records and came up with forty-six first places. Many club members are expected to compete in the Pan American Meet August $8-9$ in Los Angeles and the Masters National Championships August $15-16$ in Los Gatos. The Nationals will be directed by NorCal Senior sprinter Bruce Springbett.
Nor Cal Senior members have also been active on the road racing scene. Ron Peck timed 1:17:27 for 22nd place at the Clear Lake 20K. Several members competed the Third Annual Run for Daylight 10k where Frank Hunt clocked 37.52 to 102 lub members. Richard Malkin followad 38:47 and Jim Worley was next at 40:51.
Four members ran the Aptos Marathon in May. Marty Marick was top club finisher in 3ard timing 4:16:13 for first in the women's 0 division. Ruth Anderson was also a divisional champion taking the women's 50 group in $4: 37.41$. Juilia Wiley timed $4: 56: 48$ for third in the women's 40 division and Dick Collins ran 4:36:24 for 116th place. This marathon course is a noted tough course but these four Nor Cal Seniors were preparing for the Western States 100 Mile Endurance Run

The NorCal TC women masters team of Ruth Anderson, Frances Sackerman, and Ruth Waters won the 40 \& Over division in the San Francisco Marathon on Sunday, Juy 12. Sackerman and Anderson finished one-two in the 50 Plus division ( $3: 36$ nd $3: 37$ unofficially) and Waters was first in 45-49 (3:27).
Five intrepid Club members entered the 1981 Western States 100-Mile, Squaw Valley to Auburn, and four finsihed the course in less than 30 hours: Dick Collins (23:11), Marty Maricle (23:41), Ralph Paffenbarger (23:37), and Julia Wiley (29:42). Ruth Anderson was forced out at 60 miles (Michigan Bluff) by severe nausea. Please see results and notes from Wiley in the "Results" section.
Special appreciation goes to Gail Wetzork and his associate Charley MacMahon for an outstanding job. of directing the Woodminster Run (see results in "Results" section). This race met all the qualifications or a well-organized race - correct times and places, and the results mailed out quickly. The picnic after the race was also a great

## High Sierra Track Club

112 Golden Oaks Drive
Visalia, CA 93277
Dave Bronzan was the club's top finisher at the Chihuahua Six Mile Road Run in Fresno. He placed fourth overall and won the $30-39$ division in a $31: 31$ time. Teammate Scott Thornton won the two mile race.

Once again, Bronzan was the club's top finisher at the Bartlett Mineral Spring Water independence Day Four Miler, where he timed $20: 28$ for fifth overall and second in the 30-39 age group. Next club finisher was Virg Moreno clocking 20:43 to win the 15-19 age group and place seventh overall. Len Thornton continued his record-setting ways by smashing the previous $50-59$ division with his winning time of 21:58. Harry Harder repeated as the sixty plus age group winner timing 26:39, a bit off his course record set last year.

## Golden Gate Race Walkers

106 Sanchez St., Apt. 17 San Francisco 94114

Chuck Marut paced Golden Gate Race Walkers at the Western Regional Track and Field Championships June 20-21. Marut timed 26:22.9 to take the 40-44 5 kilometer walk. Beth Sibley won the women's $35-39 \mathrm{ti}$ the in 27:30.5. Emory Chow timed 27:59.4 to capture second in the $30-34$ division. Two other GGRW picked up divisional titles as Otto Sommerauer clocked 31:14.2 for the 60-64 age group title, and Nancy Proctor took the women's $45-49$ group in 33:32.3. Don Teppola picked up a second in the 55-59 age group with a $33: 33.8$ time.
The next day several members came back to compete in the 20 kilometer walk, and once again Marut led the GGRW troops with his 1:59:14.6 which earned him the 40-44 divisional title. Beth Sibley and Nancy Proctor both picked up victories as Sibley took the, $35-39$ division in 2:22:17.9 and teammate Proctor took the $45-49$ group timing 2:50:00. Don Teppola nabbed a second in the 55-59 division in 2:35:24.4
Coming up for the GGRW will be the Na tional Masters TAC Track and Field Championships August 15-16 in Los Gatos. The GGRW are looking forward to the 5 K and

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The club will sponsor a cross-country meet in September which is basically a preseason tune up for junior college and uhiversity athletes.

## Daisy Fresh Juice Race Team

1026 W. Princeton, Visalia 93277
Daisy Fresh Juice Race Team is the new name for the former Bartlett Mineral Water Race Team. The club no longer will promote Bartlett Mineral Spring Water, but Daisy Fresh Natural Juices--a healthful runner's drink!
Juan Garcia was the club's top finisher a the Bartlett Mineral Spring Water Independence Day Four Mile Run. Garcia who finished second last year in 19:34 finished second again this year in 19:14 behind Gary Tuttle's winning time of 18:51. Other club runners included Ed Taylor-third 20:19 and Sal Lozano-fourth 20:25.
Al Lara competed in the Fresno Bunion Derby 5 K and won in 15:11. The next day, Ju ly 12, he timed 24:21 in the Merced Cancer Run Five Miler.

John Pitman competed in the TFA Masters Western Regional Championships July 18 at UCLA, where he timed 2:03.5 for third place in the 40-44 age group of the 800 meters.
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participating in the finals. A gold medal participating in the finals. A gold medal went to Synanon's female masters for the 5 K . Bronze to the female open for the 5 K and a second bronze to the mens open for the 10k road race.
Synanon Running Club has competed successfully for many years in long distance road and cross country events but members are now looking forward to developing in the area of middle distance and track events in the future.

Ruth Anderson, Frances Sackerman, and the San Francisco Marathon on Sundion in the San Francisco Marathon on Sunday, Ju ly 12. Sackerman and Anderson finished one-two in the 50 Plus division ( $3: 36$ nd $3: 37$, unofficially) and Waters was first in 45-49 (3:27).
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The club is pointing for the Nike 1st An nual Relay on August 2 and the Lake Merrit Sumer Relays on August 16
Congratulations are in store for club member Bob Lee, 64, for a PR of 46:20 in the Moscow Road 10K in Monte Rio, on June Mos.
14.

Field Championships June 20-21. Marut timwalk. Beth Sibley won the women's 35-39 ti tle in 27:30.5. Emory Chow timed 27:50.4 to the in 27:30.5. Emory Chow timed 27:59.4 to other GGRW picked up divisional titles as Otto Sommerauer clocked $31: 14.2$ for the 60-64 age group title, and Nancy Proctor took the women's $45-49$ group in 33:32.3 Don Teppola picked up a second in the 55-59 age group with a $33: 33.8$ time.
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## High Desert Runners

2603 W. Ave. K-6, Lancaster 93534
The High Desert Runners hosted their associations TAC 50K Championships, but the big news is that they captured the open division title. The threesome of Ed Jerome (third overall in $3: 41: 35$ ), Alan Warren (fifth overall in $3: 45: 13$ ) and Ken Hamrick (ninth overall in $3: 59: 22$ ) combined to walk away with top honors. Marv Powers finished tenth overall in 4:15:28 to place second in the over fifty division.
Three club members competed in this year's Avenue of the Giants 26.2 miler. Ed Jerome was top club finisher as he placed 103rd in 2:51:06, Ken Hamrick finished 124th in 2:53:26, and Marv Powers placed 271st in 3:06.
The Heritage Days 10K also doubled as the club's 10K championship and HDRC top finisher was Alan Dehlinger timing 34:26 being the club's 1981 10K Champion.
The HRDC holds Saturday fun runs and meetings the third Saturday of each month at Lane Park. The format is for those who want to run a long one--starting time is 6:00 a.m., while the shorter runs start at 8:00 a.m. The runs are followed by a general meeting at 9:00 a.m.

## Santa Clara Valley Golden Girls Track Club

6125 Prospect Rd., San Jose 95129 (408) 253-7761/749-1407

The Santa Clara Valley Golden Girls Track Club, under the direction of coach Nick Massey, just completed a very successful season. On May 24th, the Golden Girls won the overall Pacific Association TAC age-group team championship at the College of San Mateo. From there the GG sent 12 girls to the TAC National Championships.
On July 1st at the TAC Jr. Women's Natinals at UCLA, the pride of the Golden Girls, Margaret Demorest, took 2nd place in the 400 meter hurdles with an outstanding time of 59.30, setting a new Pacific Associa tion TAC Jr. Women's record in the process, and also qualifying for the 1981 US Jr. National Team. This represented Margaret's last competition with the Golden Girls as she goes on to Stanford University this fall.
On July 4th and 5th, 7 members of the GGTC took the $10-11$ division 6th place team title at the TAC Youth National Cham pionships at UCLA. Among the top perormers were Marta Chomperry, 11, winning the 1500 meter walk in 7:41.4; Jaemie Ballesteros, 11, placing 6th in the 200 m dash; and the 10-11 Mile Relay Team of Tina Ferguson, Sara Corsiglia, Marta Champeny, and Jaemie Ballesteros placing 5th in 4:23.29. Also competing and placing well were Mina Hutchins, 13, placing 5th in the Youth 100 m in 12.6; and Arnetta Griffin, 9 placing 6 th in the Bantam 100 m in 14.1.
This represents the last season for Nic Massey as head coach of the Golden Girls. Massey, who is actually a Merrill Lynch stockbroker by profession and a track coach on the side, will be going over to help Coach Argabright of the San Jose Cindergals and West Valley College women's team. Massey will be directing and developing a sprint and hurdle program there. If successful, the already powerful Cindergals will be even more so.

## Bakersfield Track Club

433 E. Belle Terrace, Bakersfield 93307
Several members of the BTC traveled north to Visalia for the Bartlett Mineral Spring Water Independence Day Four Mile Run. The club's top finisher was John Champman finishing seventh in the 30-39 age group in 22:08. Ed Lujan captured fifth in the $40-49$ division in 22:22, while Gil Hinzo nabbed second in the 50-59 age group in $23: 44$. Brenda Villanueva did an outstanding job of representing the BTC women as she ran 23:55 to be the first woman finisher in course record time.

This month the BTC will host the Tehachapi 10K.


Jess Rodriguez Visalia Runners

## Visalia Runners

P.O. Box 3638, Visalia 93278

Several members of the Visalia Runners were divisional winners at the Lemoore Air Show Half Marathon ( 13.1 miles). Renee Wyckoff was the first women finisher placing sixteenth overall in 1:22:23. Wyckoff led two of her teammates to the finish line as Shirley Rojas was second woman overall in 1:34:46 and Debbie Aschwanden third in 1:38:20. Cherie Stephenson nabbed fifth place in 1:48:00. JoAnn Branco timed 1:41:00 to take the 36.49 age group title (two weeks earlier she was the first women finisher at the Chihuahua Six Mile Road Run in Fresno). Jesse Rodriguez and Roger Sebert made a good showing for the men as Rodriguez clocked 1:16:24 to win the 36-49 division while Sebert followed in third at 1:23:31.
Visalia Runners turned in some im-
pressive performances at the Bartlett Mineral Spring Water Independence Day Four Mile Run. Frank Padilla captured a fourth in the 40-49 group timing 22:22. Steve Johnson timed $23: 18$ for ninth in the 30-39 division. Tanis Ryzebol clocked 24:02 for hird in the women's $20-29$ group. Shirley Rojas timed 24:48 for first in the 15-19 age group. Debbie Aschwanden (26:28), Cherie Stephenson (27:53) and Jacque Randolph (28:09) went two-three-four in the women's 30-39 division. JoAnn Branco was once again a divisional winner timing $27: 37$ to take the 40-49 title.
Rob Stephenson won the July Fourth Exeter 10K in 36:18.
Several club members ventured to the Bay Area for the San Francisco Marathon. Rob Stephenson was the club's first finisher in a personal best of 2:42:57 for 78th place overall. Dave Calderon timed 2:51:22, Bob Blakeley clocked $3: 20: 07$, Al Branco 3:20:35, JoAnn Branco 3:30:42, J. D. Fischer $3: 30: 48$, and Ed Souza $3: 32: 25$. All recorded personal best times!

NEW BALANCE BROOKS
ETONIC
DOLFIN TRACKWEAR PUMA
STARTING LINE SPORTS PUBLICATIONS SOCCER SUPPLIES
$4: 23.29$ Also competing and placing well were Mina Hutchins, 13, placing 5th in the Youth 100 m in 12.6; and Arnetta Griffin,
placing 6 th in the Bantam 100 m in 14.1 . placing 6 th in the Bantam 100 m in 14.1.
This represents the last season for Nick Massey as head coach of the Golden Girls. Massey, who is actually a Merrill Lynch stockbroker by profession and a track coach on the side, will be going over to help Coach Argabright of the San Jose Cindergals and West Valley College women's team. Massey will be directing and developing a sprint and hurdle program there. If successful, the already powerful Cindergals will be even more so.

"KEEPING PACE WITH YOUR RUNNIMG NEEDS"
DANNY RUFFIN GARY TUFTLE 1410E.MAIN ST (805) 643-1104 VENTURA, CA 93003

## August 15,1981-8:15 A.M.

## Tehachapi

 at Tehacinani Park Modiki \&il: Vtreets,

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FINISH
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REFRESHMENTS'; Nater, WKRG, \& Nawral Licht Seer will be avaf fable at liefinish A ine. TEHACHAPI MOUNTAN FEST:WAL: Thisk race is errt of the Annual Festival. Therefill be various activities going on all day, bring the whole family and plan to have lots of fun.

## Truck \& Field Desults

## Golden Girls Inv.

May o 10, De Anza College, Cupertino: Golden Giris 1981 Invitational WOMEN'S DIVISION: 100: 1 Erin Simm BEB) 12.5. 200: 1. Vicky Galbert (EOYD) 25.3 oo. A. Linda Ransom (BEB) 59.2. 800: 1. TamFloyd (WS) 5:01ARL) 2:22.8. 1500: 1. Helen Floyd (WS) 5:01.9. 3000: 1. Laura Silva (WS 19:08.4. 100m Hurdles: (30") 1. Cherri Smith (1980) 15.1. 300m Hurclee: 1. Cindy Johnso NS) 52.3. 40 Rolay: 1. East Oakland Youth Dev. 50.1. Milo Rolay: 1. East Oakland Youth Dev. 4:12.4. 2 Mille Rolay: 1. Golden Girls 1. Yvonne Kendell (ML) $5-4$. SP: (4k) 1. Alice uddy (BEB) $33-111 / 4$. DT: 1 . Stacey Moro (APP) 102-6. JT: 1. Stacey Moro (APP) 100-5.

## San Diego Cougars Invitational

## May 23, San Diego State University.

100 Meters: 1
Jodi Anderson (NTC) 11.94; 3. Yolanda Rich (NTC) 12.00; 4. Gwen Loud (LAM) 12.16. 200 Moters: 1. Yolanda Rich (NTC) 24.04; 2 . Sandy Myers (NTC) 24.26; 3. Jodi Anderson Elaine McK'enna (NTC) 24.80, Metors: 1. Paul) 24.80
2. Rosyln Bryant (NTC) 54.3; 3. Brenda Peter son (LAM) 54.6; 4. Regina Jacobs (NTC) 55.6. 800 Moters: 1. Roma Antoniewicz (NTC Lynette Morgan (SDS) 2:17.6.
1500 Metors: 1. Lynette Morgar (SDS) 4:48.0
2. Krystine Blosser (SDS) 4:48.1; 3. Jennie Stevens (SDS) 4:51.1; 4. Deb Chattuck 4:54.8. 3000 Meters: 1. Chris Ramirez (SCR) 0:44.04; 2. Kerri Draper (CA) 11:16.5
7:24.4. Moter Walk: 1. Aimee Burr (MSA)
100 m Hurdles: 1. Maureen McGee (LAM) 4.10.

800 Medley Relay: 1. LA Mercuretts 1:43.7. Long Jump: 1. Jewl Lovelady (Unat) 19-6; 2 . 19-0 \%/4.
Javelin: 1. Linn Dunton (AIA) 165-11; 2. Debbie Dibb (VP) 154-11; 3. Deena Bernstein (CA) 14-0; 4. Bonnie Dasse (Unat) 133-2.
Shot Put: 1. Cheryl Kennedy (VP) 46-11; 2. 9-11/2.

400 Intermediate Hurdies: 1 Jim Scannella (BAS) 52.24; 2. Peter Grimes (UCB) 52.41; 3 .
arrett Shumway (Stan) 52.67. thomas (SJS) 10.50; 2. Norbert Payton (Unat) 0.58; 3. Fred Harvey (SSTC) 10.62

200 Meters: (wind +3.73 mps ) 1. Virgil Tor20.95w; 3. Lester Washington (Army) 21.13w. 400 Moters: 1. Harry Campbell (SJS) 48.27; Keith Miles (Army) 49.58.
800 Meters: 1. Craig Johnson (Unat) 1:53.3 2. Daniel Barry (Unat) 1:54.0; 3 Mitch (SJS) 1:54.0.
Joh Sweeney (ARC) 3:53.0. 5000 Meters: 1. Armando Sigueiros (LC) Paul Sechrist (PWTC) 15:23.1 (ARC) 15:14.8; 3 Steoplechase: 1. Mark LaBonte (UCB) :14.5; 2. John Embody (Unat) 9:24.5; 3. Dan Martinelli (GSF) 9:29.4.
10,000 Motore: 1. John Monsoor (CCF) 30:34.6; 2. Roy Hoglund (CW) 30:46.8; 3. Paul
Sechrist (PWTC) 30:58.8; 4. Dennis O'Halloran (ARC) 31:06.5.
5000 Moter Walle 1. Walt Jaquith (WVTC) 23:19.7; 2. Bill Raney 24:57.1; 3. Chuck Marut s:34.6.
Long Jump: 1. Mike McRae (BAS) 25-03/; 2 (UCB) 23-0.
Triple Jump: 1. Randy Scott (SJS) 48-7. High Jump: 1. Joe Radan (Macc) 7-0; 2. Dan McNamara (FSU) 6-8; 3. Mesha Spivey (Unat) 6-6.
Discus: 1. Art Burns (SJStars) 211-6; 2 ames McGoldrick (S
Javellin: 1. Pobi-4. Jave Kri: 1. Robert Marshall (Army) 231-8; 2. Steve Kreider (Army) 221-11; 3. Jim Lothrop (WVTC) 213-9
Feuerbach (Unat) $62.71 / 4$, WVTC) $62-6 \frac{1}{2}$; 4. Mike Weeks (PCC) $62-13 / 4$. Hammer. 1. David McKenzie (Unat) 218-11; 208.1 Buss (AA) 215-5; 3. Ed Burke (SJStars)

440 Relay: 1. San Jose State 40.55

## Compton Inv.

FIOM HARRIS WILLIAMS
Juns 7, Compton College. Compton Invitathonal Track \& Flold Meot. Jackson (USC A) 10.8. 200: 1. Byas (Unat) 21.0;

WOMEN'S DIVISION: Mile: 1 Kim Stewart 1:30. 880: 1. K Klly Cook 2:21; 2. Stacey High Jump: 1. Cindy Murphy. 100 Yard: 1. Monica Phillips 11.5. 440: 1. Kelley Cook 59.5; 2. Michelle Simon 60.0. Long Jump: 1 . tephanie Jones $16-61 / 2$.
MASTERS DIVISION: MIllo: 1. Dick Ortiz Miller 54.2. Long Jump: 1 . 8; 2. Nick N8-6. High Jump: 1. John Dobroth 0.9. 220: 1. Gery 5-8. 100: 1. Nick Newton

## L.A. All Comers

## Los Angoles City Schools All Comers Track \&

OPEN DIVISION: $\mathbf{1 2 0} \mathbf{H H}: 1$. Marcus Allen 14.8. 100 Yards: 1. Sam Turner 9.5; 2. Colin Graham 9.8.5. Harold lones 9.9; 4. Leor 1 Peter Moog 1:58.6. 330 ll : 1. Ramon Binns 39.9. 3 alio: 1. Cleveland Whalen 14:55; 2. Tyrus Deminter 15:05; 3. Richard Grifinger 15:19. illo: 1. Henry 4:31. 440: 1. Romas Byas 50.3 . 21.8; 3 . Colin Gradford 21.7; . Harold Tod hillip Anderson 6-8; 2. Rich Parks 6-8;3. John Hines $6-8$. Shot Put: 1. T. Lester $55-33 /$. Long Jump: 1. Phil Lofton 20-11. Triplo Jump: 1. Byron Gray $51-61 / 2$. Pole Vault: 1. Tom Hint-6-6.
NOCIVE DIVISION: 120 HH: 1. Travis Bigelow 14.7; 2. Dimitri Fisher 14.8. 100 Yards: . Greg Washington 9.9; 2. Dimitri Fisher 9.9. 180: 1. Hector Romero 2.00.5. $330 \mathrm{IH}: 1$ 1. James 1. Steve Rivera 4:30, 440: 1. MacArthur Osborne 50.3. 220: 1. Steve Baker 23.5. 2 Millo: 1. Robert Barbasa 9:29; 2. Eric Rogers 9:31; 3. steve Rivera 9:39. Triple Jump: 1. Maury Hilgh Jump. 1 Maury Burnett 6 -4ill 21-10. High Jump: 1. Maury Burnett 6-4; 2. Bryan
Merganthal $6-4 ; 3$. Rick McFaddin 6-4. Shot Put: 1. D. Pullam 51-91/4; 2. S. Gipson 51-1; 3 . K. Roupe $50-03 / 4$.

WOMEN'S DIVISION: MIIG: 1. Laura Lopez 5:35. 100 Yards: 1. Kim Robinson 11.0; 2. An-
drea Rolfe 11.2. 220: 1 . Andrea Rolfe 25. Long Jump: 1. Angie-McKnight 15-6. 440: 1 Carla Dorsey 61.8. 880: 1. Stacey Burgess 2:25. $330 \mathrm{IH}: 1$. Irene Reyes 56.2 . 2 mile: 1. Laura Lopez 12:24.6. High Jump: 1. Linda Soja 5-8; 2. Lori Smith 5-4
Miller $18-71 / 2.120 \mathrm{HH}: 1$. Al Henry 15.9. Mile: 1 . Paul Crne 5:34. 100 Yards: 1. Ken Dennis 10.9 $330 \mathrm{IH:}$ 1. Ted Oviatt 48.2. 3 Mile: 1. Dennis Nezin 18:34.

## Naturite Inv.

## From RICH EDE

June 14, Cerritos Coliego, Norwalk. Naturite nvitational Track \& Fiold Meet.
"I've changed her start - even switched Those were Pat Connally's remarks after the women's 100 at the Naturite Invitational, June 14 at Cerritos. Note to Pat: It worked! Evelyn Ashford clocked the fastest 100 ever by an American as she rode a 5.17 mps wind to a 10.85 clocking to highlight this tune-up for na-
tionals. Alice Brown was even with the American recordholder through 50 meters but Ashford won going away. Her margin of win was such a surprise over the last 50 meters that the Acutrack operator wasn't even able


800 Motors: 1. Regina Jacobs (Naturite) 800 Motors: 1. Regina Jacobs (Naturite) 2.10.67; 3. Roma Antonowiecz (Naturite) 2:11.27; 4. Elaine McKenna (Naturite) 2:12.71; 5. Donna Fromme (Naturite) 2:14.38.

1500 Moters: 1. Michelle Hopper (Medalist) 4:34.84; 2. Regina Jacobs (Naturite) 4:38.49; 3 . Sharon Hulse (Coast Ath) 4:39.31.
(Shaklee) 13.64. (wind +1.47 mps ) 400 Meter Hurdlos: 1. Sandy Myers (Naturite) 56.47; 2. Karen Taylor (Shaklee) 59.04; 3. Sandra Farmer (Shaklee) 59.06; 4 Mariene Harmon (Naturite) 60.56 .
$21-21 / \mathrm{w}$; 2. Veronica Bell (SCC) $20-51 / 20 \mathrm{k}$; 3 Karen Taylor (Shaklee) 20-5w.

Shot Put: 1. Mariette Van Heerden (Naturite) 52-1; 2. Ramona Pagel (Unatt) $51-11 / 2 ; 3$. Lorna Griffin (Athletics West)
Discus: 1. Lorna Griffin (AW) 1813; 2. Mariette Van Heerden (Naturite) 173-7; 3. Julie Cart (Sundevil) 167-1; 4. Jan Svendsen (Warre t.) $164-0$ Marlene Harmon (Naturite) 5-10; 3. Kar Gosswiller (Shaklee) 5-8.
Javelin: 1. Celeste Wilkinson (Naturite) 156-3; 2. Debbie Williams (Unatt) $150-6$

## Los Gatos All Comers

From howard willman
June 25, Los Gatos High School, Los Gatos: Los Gatos All Comers Track \& Field Meot. OPEN DIVISION: 100 Yards: Foster (S.J. State) 9.6. 220. Greggans (Unat) 22.4. 440 Prince (SJ State) 51.1. 880: Schilling (Aggie
RC) 1:52.4. Mile: Ingram (West Valley College) RC) 1:52.4. Mile: Ingram (West Valley College) 70y HH: Carty (BAS) 8.5 . 330 LH: Boeke (DeAnza College) 38.2. Mile Relay: Open team (Saunders, Lemos, Naughten, Pernell) $3: 36.7$ HJ: Pearson (Unat) 6-0. LJ: Campbell (WVC) (UCTC) 69-0. DT: 1. Burns (SJ Stars) 202-10; McGoldrick (SJ Stars) 196-5; 3. Oldfield 178-5. HIGH SCHOOL BOYS DIVISION: 100 Yards: Reyes (Independence, SJ) 10.3. 220: E. Montgomery (Independence, SJJ) 22.0. 440: Wallick (Fremont, Sunnyvale) 2:05.4. Mile: Soto (Mt Pleasant, SJ) 4:42.5. 2 Mile: B. Zamczyk (Homestead, Cupertino) 9:48.0. 70y HH: Green
 200 12.00; 4. Gwen Loud (LAM) 12.16. Sandy Myers: (NTC) 24.26; 3. Jooil Anderson NTC) 24.47; 4. Rosyli Bryant (NTC) 24.76; 5. Elaine MCK Cena (NTC) 24.80.
2. Rosyin Brant (NTC) 54.3.3. 3 . Brand (LAM) 53.51; 2. Rosyin Bryant (NTC) 54.3. 3. Brenda Peter-
son (LAM) 54.6; 4. Regina Jacobs (NTC) 55 800 Meters: 1. Roma Antoniewicz (NTC) 2.15.0; 2. Mariene Harmon (NTC) 2:15.1; 3. Lynette Morgan (SDS) 2:17.6.
1500 Moters: 1. Lynette Morgar (SDS) 4:48.0; 2. Krystine Blosser (SDS) 4:48.1; 3. Jennie 3000 Metors: 1. Chris Ramirez (SCR) 10:44.04; 2. Kerri Draper (CA) 11:16.5. 1500 Metor Walk: 1. Aimee Burr (MSA) 7:24.4.
100m Hurdles: 1. Maureen McGee (LAM) 4.10.

Long Jediey Rolay: 1. LA Mercuretts 1:43.7. Long Jump: 1. Jewl Lovelady (Unat) 19.6; 2. (Saren Taylor (STC) 19-5; 3. Gwen Loud (LAM) $19.0 \%$.
Javolln: 1 . Linn Dunton (AAAA) 165-11; 2. Deb-145-0; 4. Bonnie Dasse (Unat) 133-2.
Shot Put 1 . Cheryl Kennedy (VP) 46-11; 2. Bonnie Dasse (VP) 45-4; 3. Linda Soja (NTC) 39-1/2.2
Cheryl Kennedy (Unat) 134-1; 2 Bonnie Dassie (VP) 131-8.

## Pacific Association Championships

May 31, San Jose City College.
WOMEN:
100 Meter Hurdles: 1. Alice Luddy (BETC) Demorest (Unat) 64.72. 100 Motors: 1. Debbie Tinker (WS) 13.0 w . 200 Moters: 1 . Kelia Bolton STC) 23.54w. 400 Meters: 1. Kelia Bolton (STC) 54.65; 2. Freida Cobb (BETC) 55.95 .800 Meters: 1. Connie Hester (CSUH) 2:13.2. 1500 Mary Reiboldt (CSUH) 4:47.8. 10,000 Metors: 1 . Marilyn Taylor-Allen (WVTC) 37:14.1; 2. Heike Skaden (CCF) 38:12.0. 5,000 Motor Walk: 1 .
Kathy Curtis (CSUH) 27.59.6; Kathy Curtis (CSUH) 27:59.6; 2. Chris Karen Elmore (ML) 18-21/4. High Jump: 1 . Yvonne Kendall (ML) $5-7 \%$. Shot Put: ( 4 kilo) 1 . Gienda Ford (CSUH) 42-41/4; 2. Cindi Durhslag (Unat) 42-31/2. Discus: 1. Gale Zaphipropoulis (WC) 163-4; 2. Wendy Robin-
son (ML) 152-1. Javelln: 1. Lynn Cannon (ML) 141-4; 2. Elaine Sundby (CSUH) 136-3. 440 Relay: 1. US Army 50.60; 2. Woodside Striders 4.74. 880 Medioy Relay: 1 . US Army $1: 57.5 ; 2$. Woodside Striders 2:03.0. 3000 Moters: 1 . Nancy Ditz (STC) 9:59.7; 2. Thompson (Reno) 4:42.2. $4 \times 800$ Relay: 1. Cal State Hayward 9:44.3.
MEN:
Pole Vault 1. Bill Thilken (UCLA) 17-21/4; 2. Charles Brown (ACA) 17-01/4; 3 . Ross McAlexander (UCB) 17-01/; 2. Jim Williams (ARC)
16-6; 3. Brett Hyatt (Unatt) $16-0$ ) 110. Meter Hurdles: +1.70 mps ) 1. Larry Cowting (UCB) 13.92 ; 2 Byron Carmichael (UCB) 14.16; 3. Roberto Schneider (Switz) 14.18 . Sect. 2 (wind
+0.75 mps ) 1 . Malcolm Dixon (STC) $13.99 ; 2$. $\stackrel{+0.75 \mathrm{mps})}{ }{ }_{\text {Will Pat Paterson (S.MS) }}$

## Paun Butes PaCB) 23-0.

Triple Jump: 1 Rendy Sott (isig (1) 1. Joe Radan (Macc) 7.0; 2. Dan ${ }_{6} \quad \mathrm{Mc}, \mathrm{N}^{2}$
.
Discus: 1. Art Burns (SJStars) 211-6; 2. James McGoldrick (SJStars) 191-4; 3. Jack arkness (UCB) 181-4.
Steve Kreider (Army) 221-11; 3. Jim Lothrop (WVTC) 213-9.
Shot Put: 1. Jeff Stover (SCS) 63-11; 2. A1 Feuerbach (Unat) $62.71 / 4$; 3. Doug Lane
(WVTC) $62-61 / 2$; 4. Mike Weeks (PCC) $62.13 / 4$ Hammer 1. David McKenzie (Unat) 218 -11. 2. Rick Buss (AA) 215-5; 3. Ed Burke (SJStars) $208-1$.
440
440 Relay: 1. San Jose State 40.55.

## Compton Inv.

From harais williams
une 7, Compton Colloge. Compton InvitaMEN: 100: 1. Simmons (USC A) 10.8; 2. Jackson (USC A) 10.8. 200: 1. Byas (Unat) 21.0; 2. Gilkes (USC A) 21.4; 3. Myles (AATC). 400: 1 . Myles (AATC) 47.5; 2. Massey (Unat) 47.6. 800: Myles (AATC) 47.5; 2. Massey (Unat) 47.6. 800:

1. Andrews (AIA) 1:54.3. 1500: 1. Carr (EI Camino TC) 3:59.3. 110 HH: 1 . Smith (Unat) 14.7. HJ: 1. Kotinek (Unat) 7-0. PV: 1. Soulk Macc) 16-0. LJ: 1 . Whitley (Unat) 23-103/4. TJ: 1. Gray (SBTC) 48-81/2. SP: 1. Lister (Unat) $55-6$.
DT: 1. Reily (AATC) 184-4. JT: 1 . Carpenter (A1A) 234-4; 2. Stuart (Macc) 230-0. WOMEN: 100: 1. Smith (LAM) 11.9. 200: 1. Sandra Howard (LAN) 23.1; 2. Innis (LAN) 23.8. 100: 1. Clagon (LAM) 54.6; 2, Gardner (LAM) on (LAM) 2:12.5. 440 Relay: 1. Shaklee TC son (LAM) 2:12.5. 440 Relay: 1 . Shaklee TC
44.5. Mite Relay: 1 LA Mercurettes $3: 55.2$. HJ: Smith (LAM) 5-8; 2. Joyner (Shak). LJ: 1 oyner (Shak) 18-81/4; Taylor (Shak) $18-71 / 4$. SP: . Huth (SBTC) 31-91/2. JT: 1. Moro (Shak) 157-1.

## L.A. All Comers

Los Angelos City School Summer All Comers Track \& Fleld Moets Sorles. Wook One.
OPEN DIVISION: 120 HH: 1. Sam Turner 14.4. 100 Yd Dash: 1. Guy Abran 9.7; 2. Sam Turner 9.7; 3. Greg James 9.7. 440: 1. Lanc Padolski si.9. 330 H: 1. Dave Johnson 41.7. 1. 6-6. Millo: 1. Clevewland Whalen $4: 26$; Peter Moog 4:27. 880: 1. David Pascul 1:59. 220: 1. Thomas Byas 22.1. Shot Put: 1. Tom Lister 55-6. Pole Vault: 1. Gary Hunter 16-6; 2 son $49.71 / 4 ; 2$ Gre Timber 1 . 486 A Jump: 1. Erwin Turner 22-61/2,
NOVICE DIVISION: 120 HH: 1 . Edward Riley 14.9; 2. Travis Bigelow 14.9. 880: 1. MacArthu Osborne 1:58; 2. Tony Veney 1:59. 440: 1. Chri Ward 50.6 .330 LH: 1. Kenny Allen 39.9; Milla: 1
Tyrus Deminter 4:34. 100 Yard: 1 . Keith Baco 10.1. 220: 1. Edward Riley 22.5. 2 Mile: 1. Pau Medvin 8:58.5. Shot Put: 1. Paul Brice 47-01/2 Pole Vault: 1. Mike Abbene 13-0. Long Jump: 1. Ron Carter 21-1/2. Righ Jump: 1. Steve
 Byron Gray $51.61 / 2$. Pole Vault 1 . Tom Hint-
naus $17.0 ; 2$. Bill Thilken 16-6; 3 . Gary Hunter ${ }^{16.6 .6}$
NOCIVE DIVISION: 120 HH: 1 Travis Bigelow 14.7, 2. Dimitrif Fisher 14.8. 100 Yards:

1. Greg Washington 9.9; 2. Dimitri Fisher 9.9. 1. Greg Washington 9.9; 2. Dimitri Fisher 9.9.
880 . 1. Hector Romero $2: 00.5 .330$ itw 1 . James Avery 38.4. Pole Vault: 1. G. Daniels 12.6. Millo: 1. Steve Rivera $4: 30$. 440: 1. MacArthur Osborne 50.3 . 220: 1. Steve Baker 23.5. 2 Millo: 1. Robert Barbasa $9: 29 ; 2$. Eric Rogers $9: 31 ; 3$. ${ }_{\text {Steve Rivera }}$ 9:39. Triplo Brunett 43-6. Long Jump: 1. Dana Hill 21-10. High Jump: 1. Maury Burnett 6-4; 2. Bryan
Merganthal $6-4 ; 3$. Rick McFaddin 6 6. Shot Merganthal $6-4 ; 3$. Rick McFaddin $6-4$. Shot Put: 1. D. Pulllam 51-9 $1 /$; 2. S. Gipson $51-1 ; 3$.
K. Roupe $5009 / 4$. K. Roupe $50.01 /$.

5:35. 100 Yarde: 1. Kim Robinson 11.0: 2 An- Andrea Rolfe 11.2. 220: 1. Andrea Rolfé 25.2. Long Jump: 1. Angie. McKnight 15-6. 440: 1. Carla Dorsey 61.8. 880: 1 . Stacey Burgess
2:25. 330 IH: 1 irene Reyes 56 . 2 Mloes 2:25. 330 iH: 1. Irene Reyes 56.2 . 2 Mile:
Laura Loper 12:24.6. Hlogh Jump: 1. Linda Sola 5-8; 2. Lori Smith 5-4. MASTERS DIVISION: Long Jump: 1. Gary
Miller 1877/. 120 HH: 1. AI Henry 15.9. Mile: 1 . Miller 18-7 $7 / 2,120 \mathrm{HH:}$ 1. Al Henry 15.9 . Mile: 1 .
Paul Crne 5:34. 100 Yards: 1. Ken Dennis 10.9. Paul Crne 5:34. 100 Yards: 1. Ken Dennis 10.9.
330 IH: 1. Ted Oviatt 48.2. 3 Mile: 1. Dennis Nezin 18:34.

## ACA All Comers

June 13, San Dlego State University: American Councll of Athletics All-Comers Track \& Field Meet. (Unat) 55.0. 440 Relay: 1. 1. Clint Bradburn 1. Steve Holl (ARC) 4:01.97. 110m Hurdles: 1 Ned Armour (Macc) 15.01w. 400: 1. Steve Campbell (AIA) 47.19; 2. Benny Brown (SSTC) Blaylock 10.54; 2. Marty Krulee (SSTC) 10.62 3. James 10.66. 800: 1. Bob Andrews (AIA) 1:52.08; 2. Samuel Sawney (PLTC) 1:53.12. 5000: 1. Darren George (A1A) 14:59.9. 200: 1. Marty Krulee (SSTC) 20.93; 2. Chris Blaylock
(Unat) 20.93; 3. Clint Bradburn (Unat) 21.93. 5000 Walk: 1. Dan O'Conner (ACA) 21:00.2 Long Jump: 1. Ned Armour (Macc) 23-6. High Jump: 1. Stan Vegar (Unat) 6-6. Triple Jump: 1. Gary Cameron (Macc) $46-8 \frac{1}{3}$. Javelin: 1. Fred Carpenter (AIA) 236-1. Shot Put: 1. Jeff Miller (Unat) 48-0. Discus: 1 . Kris Lettow (UCLA) 16-6.
WOMEN: 440 Relay: 1. LA Mercurettes 45.8. 400 m Hurdies: 1. Yvette Irons (GlenJC) 64.22. 100m Hurdles: 1. Maureen McGee (LAM)
14.36; 2. Shari Pendleton (LAM) 14.66. 400: 1 . Paulette Clagon (LAM) 53.56; 2. DeAnn Gutowski (LAM) 55.28; 3. Brenda Peterson (LAM) 55.76. 100 Meters: 1. Constance Ward (LAM) 11.95; 2. Tanya Dawkins (LAM) 12.04; 3. Bridgitte Moon (LAM) 12.18. 800: 1. Shari Ewing (GlenJC) 2:15.91.5000 Walk: 1. Paula Kash (Nit Plus) 17-4 $1 / 4$. High Jump: 1. Patti Stafford (Vit Plus) 5-8. Javelin: 1. Linn Dunton (AIA) 162-2. Shot Put: 1. Bonnie Dasse (Unat) 47-21/4. Discus: 1. Bonnie Dasse (Unat) 134-9.


## Los Gatos <br> All Comers <br> From howard willman

June 25, Los Gatos High School, Los Gatoo OPEN DIVISION: 100 Y State) 9.6. 220: Greggans (Unat) 22.4 (S Prince (SJ State) 51.1. 880: Schilling (Aggie RC) 1:52.4. Milio: Ingram (West Valley College) 4:111.9. 2 Mille: Clark (West Valley TC) 9:55.0 $70 y$ HH: Carty (BAS) 8.5. 330 LH: Booke (Saunders, Lemos Naughten Pernell) 3.367 HW: Pearson (Unat) 6-0. LJ: Campbell (WVC $23-71 / 2$. TJ: Sterling (Unat) $45-10$. SP: Oldfield (UCTC) 69-0. DT: 1. Burns (SJ Stars) 202-10; 2. McGoldrick (SJ Stars) 196-5; 3. Oldfield $178-5$.
HIGH SCHOOL BOYS DIVISION: 100 Yards: Reyes (Independence, SJ) 10.3 , 100 Yards Reyes (Independence, SJJ) 10.3. 220: E. Mon
tgomery (Independence, SJ) 22.0. 440: Wallick (Buchser, Santa Clara) 50.8. 880: Naughten (Fremont, Sunnyvale) 2:05.4. Millo: Soto (Mt. Pleasant, SJ) 4:42.5. 2 Mile: B. Zamczyk
(Homestead, Cupertino) 9:48.0 70y HH: Green (Homestead, Cupertino) 9:48.0. 70y HH: Green
(Palo Alto) 8.4 mr 330 LH: Sumpter (lndependence, SJ) 38.1 mr . 440 Relay: In dependence (SJ) 43.8 mr . HJ: Brundage (Pro spect, Saratoga) 6-2. PV: Kibort (Fremont, Sunnyvale) 13-0. LJ: Orteza (Independence
SJ) 20-10. TJ: Northington (inden 41-2. SP: Wien (Leland, SJ) 47-0. DT: Ramirez (Gunderson, SJ) 158-6.
WOMEN'S DIVISION: 100 Yards: Costello (U. Oregon) 11.3. 220: Demorest (Buchser HS, Santa Clara) 25.7. 440: Coleman (Cupertino Yearlings) 60.9. 880: Demorest $2: 16.9 \mathrm{mr}$; 2
Garcia (SJ Cindergals) 2:17.7. Mile: Spies (Livermore) 4:59.2. 60y LH: Johnson (Unat) 9.1. 330 LH: Halford (Leland HS, SJ) 49.3. 440 Rolay: Santa Clara Valley Golden Girls 51.8 . HJ: W. Graig (DeAnza College) 5-5. LJ: Sera Los Gatos HS) 17-7. SP: Durchslag
Carios HS) $40-1 / 2$. DT: Durchslag $136-0$. MASTERS DIVISION: 100 Yards: Anexte (NCSTC) 10.5 mr . 220: LaTorre (NCSTC) 24.1 mr. 40: Joe (Unat) 58.8. 880: Van Zant (WVTC)
2:13.9. 2 Mile: Van Zant 10:33.0.

## TAC Women's Heptathlon

June 28-27, Spokane Community College: TAC Outdoor Heptathlon Junior and Senlor SENIO Champlonshlps.

## EENIOR WOMEN:

Jane Frederick (Santa Barbara) Jackie Joyner (Los Angeles) $\begin{array}{ll}3 & \text { Patsy Warker (Houston, TX) } \\ 4 & \text { Mary Harrington (Pocatello, ID) }\end{array}$ Theresa Smith (Seattle, WA) Cindy Greiner (Corvallis, O
Joan Russell (Los Angeles)
9 Susan Brownell (Charlottesville, VA) 10 Linda Hightower (Los Angeles) 6011
5827
5704
5688
5618
5583
553
543
541
541 Event Leaders: 100 m Hurdies. Harrington Put: 49-91/4; Kathy Wilson (Seattle, WA) 43-1 Walker 40-9. High Jump: Ann Bair (Charlot

200 Meters: Joyner 24.76, Frederick 24.98 (wind 2.44), Harrington 20-4, Frederick 19-101/4. Javelin: Stary 141-4, Fredertick 136-10 Greiner 127-0. 800 Meters: Smith 2:16.39 Walker 2:17.96, Russell 2:19.13.
JUNIOR WOMEN:

Laura Mills (Los Angeles)
Heidi Mann (Glens Falls,
3 Marlene Michalak (Kirkland, WA) 5200
5169 4 Marlene Michalak (Kirkland, W Event Leaders. 100 m Hurdes: Mill 4165 Shot Put: Mills 37-3. High Jump: Menis 14.6 tambide (Salt Lake City, UT) 5-71/4, 200 Meters Mann 25.7. Long Jump: Mills 17-51/2. Javelin Mills 134-3. $\mathbf{8 0 0}$ Meters: Mann 2:24.9.

## TAC Junior Women Championships

## By HOWARD WILLMAN

June 30-July 1, Drake Stadium, UCLA, Westwood: The Athletics Congre
American junior long jump record holder Carol Lewis was the only double-winner in the 10th rendition of this meet, one that saw thre meet records, five national high schoo seaso bests, ding champions repeating.
Lewis, younger sister of national champ the long jump), ran her career individual junior titles to five. Her 100 hurdles victory was her second ('80) and her long jump win was her
third in that event ( 78,79 ). Counting relays, third in that event ('78, '79). Counting relays,
she now has eight junior titles, with one coming this year in the 800 medley relay
Her 20-113/4 effort in the long jump was
good enough to break her own meet record of good enough to break her own meet record o 20-4 $1 / 4$ set in 1979. Other meet records came
in the 3,000 meters (Gateway TC's Ceci Hopp running 9:21.0) and the shot put (Natalie Kaaiawahia tossing the 4 -kilogram ball $52-2^{3 / 4}$ ).
Hopp's effort put the national cross coun try champion third on the all-time U.S. Junio school list. Vickie Cook(Alemany, Mission Hills), California's two-time state champ a 3,200 meters, was with Hopp until the end and came through with a fine 9:22.3 clocking, good enough for fourth on the Junior list and
fifth on the high school list.

Kaaiawahia, national high school and unior record holder from Fullerton ort, less then shot record with a $52-21 / 4$ e ort, less than two inches off her national
ecord. Deborah Corley (Garces, Bakersfield) ollowed with a PR 47-93/4, second best high chool mark this season and 13th all-time. were established in the long jump (Lewis), 3,000 (Hopp), 100 (Michele Glover), 1,500 (Kim Gallagher) and 400 hurdles (Tracy Nelson). Unseated defending champs were Glover in the 200 (second), collegian Cathy Rattray in the 400 (third) and Laura Craven in he 3,000 (fourth). Successful defenders were Lewis in the 100 hurdles, Nelson in the 400 hurdles and Sue Lind in the high jump.
Nelson, in winning the 400 hurdies, moved school lists with a time of 58.56 . Following in second and third were Margaret Demores Buchser, Santa Clara) in 59.30 and Gayle Kellon (Walnut) in 59.44, moving them to 10th school list.
The highly anticipated 1,500 duel between Gallagher, national 800 high school record holder (2:01.82), and two-time California 1,60 champ Polly Plumer (University, Irvine)
became a one-woman show with 300 meters 0 go as Gallagher bolted away from the field and won by more than five seconds in 4:19.77 sixth all-time junior and seventh high school. Plumer PR'd for second in 4:25.06
100 (11.42--tourth makers were Glover in the chool lists) and Cindy Johnson in the discus (165-2, third on the junior list and fourth high school).
Notable efforts by other Californians in luded: Inger Peterson's (Dorsey, L.A.) second nean Howard's (Kennedy, Granada Hills) winning the 200 ( 23.42 wind-aided); Jessica Spies Livermore) second in the 800 (2:05.84) Sabrina Williams' (Valley Christian, Cerritos) second in the long jump (19-111/2); and Deena (153-0).
In the two-mile relay, Coast Athletics triumphed in near-record time over distance powerhouse Liberty AC from Boston and the San Jose Cindergals. Coast's fine team was Plumer, and Donna Curtis. Curtis (800) and Plumer ( 1,600 ) were both state champs this year. Fastest split was turned by the Thergals' Spies (2:10.2).
The L.A. Mercurettes cleanded up in the one third and two fifths.

100: (wind 0.93 mps against) 1. Glover (Willgboro TC) 11.42; 2. Peterson (LA Mercuretes/Dorsey HS, LA) 11.62; 3. Ware (BerkeleyEast Bay TC/Berkeley HS) 11.68; 4. Nedd Metroplex Striders) 11.74; 5. DeVan (Colorado lyers) 11.80; 6. Dawkins (LA Mercuret

$$
\text { 200: wind } 3.58 \mathrm{mps}
$$

Shaklee TC/Kennedy HS, Grana Hills 3.42 w ; 2. Glover (Willingboro TC) 23.69; 3 ) Nedd (Metroplex Striders) 23.73; 4. DeVan Colorado Flyers) 23.83; 5. A. Williams (Club curettes/Dorsey HS, LA) 24.06; 7. Gervaise McGraw (SoCal Cheetahs/Ganesha HS, Pomona) 24.18.
400: 1. Underwood (Cooper Stridettes) 53.70; 2. Dixon (Atoms TC) 54.13; 3. Cathy Rat
tray (U. Tennessee/Jamaica) 54.70; 4. Eytan Powell (Colorado Flyers) 55.07; 5. Cerina Henry (Club NY) 55.10; others included: T Howard (Shaklee/Kennedy HS, Granada Hills), Val Spence (BEBTC/San Lorenzo HS), no place or time
Spies (San Jose (Gazelle Int'I TC) 2:05.68; 2 205.84; 3 . Arnold (Crescent City TC) 2:06.80; 4 an Landingham (Crescent City TC) 2:07.42; 5 . Zartler (Metroplex Striders) 2:07.49; 7. Davis Golden Bear TC/Miramonte HS, Orinda Academy) disqualified
1500: 1. Gallagher (Willingboro TC) 4:19.77; 2. Plumer (Coast Athletics/University HS, ir ine) $4: 25.06 ; 3$. Lisa Welch (Liberty AC) :27.36; 4. Weber (San Jose Cindergals/Lyn Converse) 4:29.43; 7. Spotts (LA Naturite TC/Redondo Beach HS) 4:32.50; Regina Jacobs (LA Naturite TC/Argyll Academy) disqualified for two false starts.
3000: 1. Hopp (Gateway TC) 9:21.0 (meet HS, 1977); 2. Cook (SoCal Road Run ners/Alemany HS, Mission Hills) 9:22.3; 3 . Lesley Welch (Liberty AC) 9:27.1; 4. Craven Unat, Ohio) 9:36.1; 5. Gutierrez (Glendale,
Ore., HS) 9:45.0; 6. Lopez (Sub 4 TC/Sacred Ore., HS) 9:45.0; 6. Lopez (Sub 4 TC/Sacred
Heart HS, LA) 9:49.4; 7. Ball (LA Naturite TC/Newbury Park HS) 9:50.5.
100 Hurdies ( $33^{\prime \prime}$ ): ( ${ }^{(1 n i n d} 2.17 \mathrm{mps}$ against) 1. Lewis (Willingboro TC) 13.89; 2. Hairston Gercurettes/Dorsey HS, LA) 14.07; 4. Blanford Colorado Sun TC) 14.24;5. Bressant (Rich mond TC) 14.28; 6. Pendleton (LA Mercuretes/Fremont HS, LA) 14.50.
400 Hurdles: 1. Nelson (Mid-State Union TC) 58.56; 2. Demorest (Santa Clara Valley Golden Kellon (SoCal Cheetahs/Walnut HS) 59.44; 4.

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Crowther (Unat, III.) 59.55; 5. Cash (Dynamite C) 61.37

3000 Waik: 1. Ramirez (SoCal Road Run53) 15:23.5; 2. Burr (Mesa Sun Angels TC) 5.4.0. 3. Kogan (SoCal Road Runners) 6.34.0; 5. Tanya Mcintosh (Mercury Striders) 7:10.4; 6. Stone (Coast Athletics) 17:55.0. 400 Relay: 1. LA Mercurettes 'B' 45.1; Willingboro TC 45.6; 3. Berkeley East Bay TC 5.9; 4. SoCal Cheetahs 46.8; 5. LA Mercure TC 48.1. LA Naturite was ninth in 49.1, but was disqualified.
Mile Relay. 1. Cooper Stridettes 3.42.09, Sub 4 TC 3:42.13; 3. LA Mercurettes 3:51.12; Two others.
Two Mile Relay: 1. Coast Athletics (Durand :10.6) 8:51.89; 2. Liberty AC 8:54.12; 3. San Jose Cindergals (Yaninek 2:15.9, Stearns 14.8, Spies 2:10.2, Weber 2:14.8) 8:55.77; 4. Sub 4 TC 9:00.24; 5. Metroplex Striders 18.36; 6. SoCal Cheetahs 9:29.60
2. LA Mercurettes ' $B$ ' 1:43.27; 3. Club NY 1:44.69; 4. Sub 4 TC 1:44.87; 5. LA Mercurettes A' 1:46.41; 7. LA Naturite TC 1:49.40.
High Jump: 1. Lind (Nebraska TC) 5-103/4; 2 VanZeeland (Golden Bear TC/Acalanes HS \&FC/Marshall Fundamental HS, Pasadena -81/2; 4. Mozingo (Jefferson County TC) 5-81/2; 5. Cockerham (Metroplex Striders) $5-81 / 2$. Long Jump: 1. Lewis (Willingboro TC) ewis 1979) (series $20-51 / 4,20-10,20.93 / \mathrm{w}$ $20-11 \frac{1}{4}$, p, p); 2. S. Williams (Coas Athletics/Valley Christian HS, Cerritos) 19-111/2; 3. Sanders (BEBTC/Berkeley HS) .6 6/4; 4. Bressant (Richmond TC) 19-2; 5S. sant fourth on better second-best jump: 19-0 o $18-4^{1 / 2}$ ); 6. Frye (Coast Athletics/LB Poly HS) $18-111 / 4$ w (best legal: $18-33 / 4$ ); 12. Grey Pasadena T\&FC/U. New Mexico) 15-10 1/4. TC/Fullerton HS) $52-23 / 4$ (meet record; TC/Fullerton HS) $52-23 / 4$ (meet record; State, 1976) (series: $46-10^{3 / 4}, 49 \cdot 73 / 4,52 \cdot 2^{3 / 4}$, $50-2^{3 / 4}, 51-31 / 2,51-111 / 4$ ); 2. Corley (Garces HS Bakersield) $47.93 / 4,3$. Johnson (Valley of the Sun TC) 46-0; 4. Duke (Shore AC) 45-21/2; 5. Coast Athletics/Saugus HS) 43.73/4: 7. Brad shaw (LA Naturite TC/Saugus HS) 43-21/4; 10 Norton (Coast Athletics/Mission Viejo HS -6;; 1 . Clements (Sub 4 TCisan Clement rance HS) 39-1.
Discus: 1. Johnson (Valley of the Sun 165-2 (series: $146 \cdot 9,165-2,160 \cdot 10,141-8$,

157-10, 162-9); 2. Wallace (DC Striders) 157-5 3. Kaaiawahia (LA Naturite TC/Fullerton HS 157-0; 4. Nickerson (Unat/Cordova HS, Ran Athletics/Ma) 150-1; 5. Norton (Coas (Coast Athletics/Saugus HS) 126-9; 9. Brad shaw (LA Naturite TC/Saugus HS) 121-3. Javelin: 1. Antanelis (Randolph, NJ HS 156-9 (series: f, 156-9, 155-3, 151-10, 154-5, 1ien (Coast Athletics/Newbury Park HS) 153-0
tion 4. Peterka (Gervaise, Ore HS) 145-9; 153-0 4. Peterka (Gervaise, Ore. HS) 145-9; 5. Ira
cabal (Reno, NV HS)
135-6. Team Scores: 1. Willing
Mercurettes 45; 3. Coast Athletics 37:4. SoCal Road Runners 24; 5. (tie) Berkeley East Bay TC, Cooper Stridettes and Liberty AC 20 Others included: 8. San Jose Cindergals 18;9 Naturite TC 16.

## Los Gatos All Comers

## rom HOWARD WILLMAN

July 2, Los Gatos High School, Los Gatos: OPEN DIVISION 100 Y a OPEN DIVISION: 100 Yards: Prince (SJS 440: Rodgers 46.5 mr ; 2. Prince (SJS) 48.0. 880 Brady (Greater SF TC) 1:53.7. Mile: Churne (Cal) 4:18.6. 2 Mile: Crowley (Unat) 9:06.0. 70 HH: Dixon (Unat) 8.3. 330 LH: Grimes (Una 38.3. 440 Relay: Open Team (Bailey, Harth PV: McAlexander (Cal) 17-0. LJ: Campbel (WVC) 23-3. TJ: Traum (Aggie RC) 43-4 $1 / 6$. SP Oldfield (UCTC) 68-5. DT: McGoldrick ( S Stars) 206-0; 2. Oldfield 196-9.
HIGH SCHOOL BOYS: 100 Yards: Mills (In dependence, SJ) 10.0. 220: Reyes (In
dependence, SJ) 22.6. 440: (tie) Wallick (Buchser, Santa Clara) and Huckab (Modesto) 49.8. 880: Huckaby (Modesto 1:59.1. Mille: Paredes (Bellarmine, SJ) 4:32.4. Duran (Peterson, Sunnyvale) 8.9. 330 LH Sumpter (Independence, SJ) 38.2. HJ: Brun dage (Prospect, Saratoga) 6-6. PV: Schwartz (Unat) 14.6. LJ: Serame (Independence, SJ 20-31/2. TJ: Ashby (Buchser, Santa Clara) 38-3 (Gunderson, SJ) 157-0. WOMEN'S DIVISIO (Live Oak, Morgan Hill) 11.3. 220: Pounds 25.7.
continued..

## OUTSTANDING ATHLETES AWARDS 10 KM . AND EXPO.

 try champion third on the all-time U.S. Junior ist and fourth on the all-time national high school list. Vickie Cook(Alemany, Mission Hills), California's two-time state champ at3,200 meters, was with Hopp until the end and ,200 meters, was with Hopp until the end and good enough for fourth on the Junior list and fifth on the high school list.

Inth powerhouse Liberty AC from Boston and the San Jose Cindergals. Coast's fine team was made up of Rennie Durand, Jackie King, Plumer, and Donna Curtis. Curtis (800) and Plumer $(1,600)$ were both state champs this year. Fastest split wa
Cindergals' Spies (2:10.2).
The L.A. Mercurettes cleanded up in the sprint relays, taking one first, one second, one third and two fifths.

Heart HS, LA) 9:49.4; 7. Ball (LA Naturite 100 Hurdles ( $33^{\prime \prime}$ ): 9.50.5. 17 100 Hurdles (33"): (wind 2.17 mps against) 1. Greensboro Pacesetters) 13.96; 3. Hunter (LA Mercurettes/Dorsey HS, LA) 14.07; 4. Blanford (Colorado Sun TC) 14.24; 5. Bressant (Richmond TC) 14.28; 6. Pendleton (LA Mercuretes/Fremont HS, LA) 14.50.
400 Hurdles: 1 . Nelson (Mid-State Union TC) 58.56; 2. Demorest (Santa Clara Valley Golden Girls/Buchser HS, Santa Clara) 59.30 ; 3. Kellon (SoCal Cheetahs/Walnut HS) 59.44; 4.
 Sun TC) 46-0; 4. Duke (Shore AC) 45-2 $1 \frac{1}{2} ; 5$ Johnson (Unat, Ore.) 44-81/4; 6. Costanzo (Coast Athletics/Saugus HS) 43-73/4; 7. Brad shaw (LA Naturite TC/Saugus HS) 43-21/4; 10 Norton (Coast Athletics/Mission Viejo HS HS) 39-1; 12. Taylor (LA Naturite TC/North Tor rance HS) 39-1. Discus: 1. Johnson (Valley of the Sun TC
$165-2$ (series: $146-9,165-2,160-10,141-8$,

Bopendon
(Buchser, Santa Clara) and Huckaby
and He Hel 1:59.1. Mile: Paredes (Bellarmine, SJ) 4:32.4 Mile: Paredes (Bellarmine, SJ) 9:45.0. 70 yH Duran (Peterson, Sunnyvale) 8.9. 330 LH Sumpter (Independence, SJ) 38.2. HJ: Brun dage (Prospect, Saratoga) 6-6. PV: Schwart 20-31/2. TJ: Ashby (Buchser, Santa Clara) 38.3 SP: McGraw (Los Gatos) 45-10. DT: Ramirez (Gunderson, SJJ) 157-0.
WOMEN'S DIVISION: 100 Yards: Pounds (Live Oak, Morgan Hill) 11.3. 220: Pounds 25.7 .
continued

## OUTSTANDING ATHLETES AWARDS 10KM. AND EXPO.

Cal State Northridge
Sunday, September 6, 1981
8:00 a.m.
Originally scheduled for August 23, 1981

## AWARDS INCLUDE:

500 CONVERSE STUFF BAGS
48 PAIR CONVERSE SHOES
120 CONVERSE JACKETS
14 CONVERSE ATHLETIC BAGS
FINISH CERTIFICATES TO ALL
TROPHIES-MEDALS-MERCHANDISE
TO FIRST 10 PLACES (Male \& Female)

| $13-$ Under | $40-44$ |
| :--- | :--- |
| $14-18$ | $45-49$ |
| $19-29$ (OPEN) | $50-54$ |
| $30-34$ | $55-59$ |
| $35-39$ | $60+$ |

CONVERSE 1981
SO. CAL. RUN-OFF

## SPECIAL CEREMONY TO HONOR "OUTSTANDING ATHELETES OF 1981"

1st PLACE OVERALL (MALE \& FEMALE) WILL RECEIVE AN 8 DAY HAWAIIAN VACATION

PLUS * 2 DRAWINGS FOR
8 DAY HAWAIIAN VACATIONS
FOR ALL PARTICIPANTS

WITH T-SHIRT
ALL MEMBERS - $\$ 5.00$
ALL MEMBERS - $\$ 5.00$
RUN-MEMBERS - ONLY - $\$ 3.00$
RUN ONLY - $\$ 3.00$
AFTER AUG. 10 - ADD $\$ 1.50$

More Track \& Field Results

440: Schilling (Live Oak, Morgan Hill) 65.7
 Mile: Buckler (Saratoga HS) 12:59.0. Boy Lh Horn (Soquel HS) 8.3. 440 Relay: Open team (Schilling, Pounds, Rao, Mataguay)
(tie) W. Craig (DAC) and S. Graig (Unat 5-4.
. Pounds $17-61 / 4$. SP: Bailey Willow Glen, SJ 37-3. DT: Bailey (Willow Glen, SJ) 117-3. MASTERS DIVIIION: 100 Yards: LaTorre (NCSTC) 10.7. 220: Springbett (NCSTC) 23.1 2:12.7. Milio: Minhart (Unat) 4:36.0 mr. 7oy HH Vincent (Unat) 11.4 mr . LJ: Mitchell (Los Gatos AA) 17.3 mr .

## Girls Age Group Championships

## By howard willman

July 3.5, Drake Stadium, UCLA, Westwood: The Athletics Congress Giris Youth Athletic Champlonships. Academy (North Hollywood) won the 800 and 1,500-meter races and anchored her team's mile relay to lead LA Naturite to the Young Women's (age 16-17) national championship.
Jacobs, headed for Stanford this fall, took the 1,500 out in a blazing 64.8 first 440 and 216.7 for the first 880 in winning the race in 4:25.0, fourth fastest time by a high schooler this year. She doubled back and won the 800 in 2:08.53, then anchored LA Naturite to vic tory in the mile relay in 3:49.5
$16-17$ records set. The other record was set by the San Jose Cindergals' two mile relay team in $8: 56.68$, almost 25 seconds better than the previous record. That team was comprised of
Jessica Spies, Tracy Weber, Aida Stearns and Maria King. Like the Junior meet four days earlier, Spies recorded the fastest split (2:11.7).
Other California winners in the $16-17$ division were Jacque Norton (Mission Viejo) in
the discus with a fine PR of $157-9$ in defeating junior champ Cindy Johnson; Sabrina Williams (Valley Christian, Cerritos) in the long jump (19-61/4); and state high schoo champ Katrena Johnson (Marshall Fun damental, Pasadena) $5-83 / 4$
Berkeley's Yvette Bates scored a divion record in the triple jump ( $38-4 \% / 4$ ), an even which may be on the high school level next season. Other California winners were Gayle Kellon (Wainut) in the 400 hurdles (60.33) and
Michelle Olivera (Bishop Diego, Santa Barbara) in the javelin (147-3).
The San Jose Cindergals' Youth (age 12-13) division two-mile relay team set a national record for the third time this year, lowering in Shannon Clark (2:24.1), Therese Fisher (2:20.6), Nanette Garcia (2:23.5) and Shariene Rogers (2:21.8).
(12.3 wind-aided) (LA Jets) won the 100 ( 12.3 wind-aided) and the long jump ( $17.8 \frac{1}{4}$ ), (55.85), Barbara Keehner (San Jose TC) won
(SoCal : Roadrunners), 33-0. DT-Body
(SoCeli'Roadrunners), $85-6$.
(SCCE/ Roadrunners), $85-6$.
TEAM
SORES
(Sentral TEAM SCORES-South Central AA
(Seattle). 56; SoCel Roodrunners, 42; Cu(Seattile). 56 G: SoCel
pertino Ygerlings. 30

## BANTAM

AGE 9-Under: 100-Mitchell (San Diego Cougrrs). 13.6 . 200-Angele Rolfe
(Long Beach Comets), 29.12. 400-An(Long Beach Comets), 29.12.400-An-
gela Rolif (LB Comets). $65.21,800$ -
Watkins (Berkeley East Bay TC), 2:30.89. 1.500-Willams (SoCal. Thunderbirds) 5:02.2. 400 RELAY-LA Jets, 56.30
MILE RELAY -LA Jets, 4:37. 8.81 .50 WALK-Chavez (SoCal Roadrunners)
8:09.81. HJJ J Jackson ( (1A Jets), $4-4$. -Mallory (LA Jots). 14-9. SP (4 (b)Jackson TEAM SCORES-LA Jets, 50 ; SoCal
Thunderbirds, 31 ; Long Beach Comets. 28.

## Region 13 J.O. Dec-athlon-Heptathlon

## From bob fraley

July 10-11, Fresno State Unlversity. Reglon 13 Junior Olympic Decathlon \& Heptathlon Championships.
(high school implements \& hurdles)
Junior Boys Decathlon:
1 Jeff Peracchi (Fresno)
Intermediate Boys Decathlon:
$\begin{array}{ll}1 & \text { Scott Peterson (Shafter) } \\ 2 & \text { Tim McCarthy (Redding) }\end{array}$
3 Doug Fraley (Fresno) $15-11 / 4 \mathrm{pv}$
4 Mike Fottrell (Danville)

5 Bill Shephard (Clovis)
6 Robert Ambriz (Corcoran
Kevin McDonald (Clovis)
Senior Boys Decan (Sase 4265

## 1 To McGraw (Los Gatos)

Tom McGraw (Los Gatos)
Kelly Rodriques (North Fork)
Gary Basmajian (Fresno)
Andy Sythe (Los Gatos)
6 Lance Hairabedian (Fresno)
Senlor Girls Heptathlon:
2 Yolanda Bryson (Lemoore)
Intermediate Giris:
1 Sandra Isaak (Reedley)
Dina Loya (North Fork)
photo by Don Gosney

## Los Gatos All Comers Meet

## From HOWARD WILLMAN

July 9, Los Gatos High School, Los Gatos: os Gatos All Comers Track \& Fleld Meet OPEN DIVISION: 100 Yards: Prince (SJS) 9.5. 880: White (Gunat) 22.4 .4 .4 . 110 : Sup (Cal) 4:16.1; 2. Fabris (Aggie RC) 4:17.0. 2 Mile: Inram (WVC) 9:16.0. 70y HH: Ragster (BAS) 8.8 330 LH: Bush (Unat) 40.1. HJ: (tie) Edwards (Unat) and Norman (WVC) 6-7. PV: Preiman
(SJS) 16-6. LJ: Galvez (Unat) 22-5. TJ: Norman WVC) 44-61/4. SP: Brady (SJS) 55-10. DT: Von Rushke (Unat) 189-0.
HIGH SCHOOL BOYS DIVISION: 100 Yards: Mills (Independence, SJ) 10.0. 220: Wallick (Branham, SJ) 52.3. 880: Lewis (Gunderson, SJ) 2:01.2. Mile: Bernal (Westmont, Campbell) 4:22.0. 2 mile: Paredes (Beliarmine, SJ) 9:39.5. oy HH: Green (Palo Alto) 8.5. 330 LH: Larson Westmont, Campbell) 41.4. 440 Relay: Independence
Cerame) 45.4. HJ: (tiey) Underwood (Leigh, SJ) and Andrew (Unat) 6-5. LJ: Hong (Peterson, Sunnyvale) 22-6. TJ: Montgomery (In dependence, SJ) $41 \cdot 91 /$. SP: Ward (Unat) 7.111/2. DT: Stephens (Unat) 144.7.

WOMEN'S DIVISION: 100 Yards: Dobner Buchser HS, Santa Clara) 25.1 mr; 2. Spies (Livermore HS) 26.0. 440: Griffith (Stanford TC) 4.0 mr .880 : Wiliams (Menio-Atherton, Ather58.0 . 2 Miles: Muth (Soques (Livermore HS H: Luttrell (Sequoia HS, Redwood City) 8.3 40 Relay: Saratoga HS (Lass, Fults, Chewning, Whalen) 50.1. HJ: W. Craig (DAC) 5-5. SP: Cady (Stanford) $48-3 \mathrm{mr}$ 2. Townsel (Silver Creek, SJ) 40-4. DT: Cady $169-3 \mathrm{mr}$.
NCSTC) 10.5 mr . 440 : Springbett 54.9 . 880 Green (Unat) 2:12.2. Mlie: Laris (Unat) 4:24.5 mr . 2 Mile: Laris (Unat) 9:22.4 mr.


Ron Seanez

## Los Gatos All Comers Meet

## From howard willman

July 16, Los Gatos High School, Los Gatos: Los Gatos All Comers Track \& Fleld Meet. OPEN DIVISION: 100 Yards: B. Green (USC)
9.7. 220: Greggans (Unat) 21.9. 440: R. Green (Mt. SAC) 50.6. 880: Green (Pacific West TC) 1:56.1. Mile: Sup (Cal) 4:14.7. 2 Mile: Crowley (Unat) 9:02.4; 2. Fuel (West Valley College) 9:12.0. 70y HH: Dixon (Missouri) 8.6. 330 LH : Seanez (Gilroy HS) 36.8 mr . 440 Rolay: Open 44.9. Mile Relay: Open team (Ingram, Churney, Cruz, Siegle) 3:47.0. HJ: Wright (Speed City) 6-8. PV: Ellis (Woodside Striders) $15-0$. LJ: Galvez (Unat) 22-2. TJ: Galvez (Unat) 43-10. Sp: Feuerbach (Athletics West) 63-5; 2. Brady (SJS) 58-9. (A) Brady (SJS 162-1.
Millsf (Independence, SJ) 9.9. 220: Mills 22.6. 440: Sumpter (Independence, SJ) 51.2. 880: B. Zamczyk (Homestead, Cupertino) 2:02.5. Mile: Gatos) 4.24 .0 2 Mile: Bernal (Westmont Campbeli) 9:28.0, 70y HH: Harrisofn (Euraka) 8.6. 330 LH : Seanez (Gillroy) 36.8 mr ; 2. r. Green (Palo Alto) 39.1. 440 Relay: Gunderson (SJ) 48.3. HJ: McMorrow (Unat) 5-10. LJ: Orteza (Independence, SJ) 49-2. DT: Galvez (Unat) 116-4. WOMEN'S DIVISION: 100 Yards: Horn (Soquel HS) 11.7. 220: Sples (Livermore HS) 25.3. 440: Griffith (Stanford TC/Guyana) 54.2. 880. Weber (Lynbrook HS, SJ) 2:13.6 mr ; 2
Williams (Menlo-Atherton HS, Atherton) 217.0. Mile: Williams $5: 20.5$, 60y LH: 1. Horn (Soquel HS) 8.2. 330 L.H: Yaninek (Presentation HS, SJ) 50.5. 440 Relay: Open team (Geraid, Marso, Karnofel, Orlove) 53.5. HJ: (tie) 5-6. LJ: Orlove (Leigh HS, SJ) 16-01/2. SP: Cady (Stanford) 47-6. DT: Cady (Stanford) 147-3. MASTERS DIVISION: 100 Yards: Hansen (Unat) 11.2. 220: Anexter (NCSTC) 23.9. 440: Mitchell (LGAA) 57.1. 880: Meinhardt (Unat, mr. 2 Mile: Van Zant (Unat) 10:27.0. DT: Marks (Unat) 134-6.
previous record. That team was comprised of
Jessica Spies, Tracy Weber, Aida stearns and
Maria King Maria King. Like the Junior meet four days earlier,
Other California winners in the 16-17 divi sion were Jacque Norton (Mission Viejo) in the discus with a fine PR of $157-9$ in defeating junior champ Cindy Johnson; Sabrin long jump ( $19-61 / 4$ ); and state high schoo champ Katrena Johnson (Marshall Fun damental, Pasadena) $5-83 / 4$.
In the Intermediate (age 14:15) division, Berkeley's rvette Bates scored a national which may be on the high school level next season. Other California winners were Gayle Kellon (Wainut) in the 400 hurdles (60.33) and Michelle Olivera (Bishop Diego, Santa Barbara) in the javelin ( 147.3 ).
The San Jose Cindergals' Youth (age 12-13)
division two-mile relay team set a national record for the third time this year, lowering it this time to $9: 29.98$. Running on the team were Shannon Clark ( $2: 24.1$ ), Therese Fisher (2:20.6), Nanette Garcia (2:23.5) and Sharliene
Rogers (2:21.8). Rogers (2:21.8).
2.3 wind-aided) and (LA Jets) won the 100 Michelle Taylor (SoCal Cheetahs) took the 400 (55.85), Barbara Keehner (San Jose TC) won Athietics) took the 3,000 walk (15:46.8) for Athietics) Look he
other California winners.
The LA Jets also cleaned up in both the 400 (48.36) and mile ( $3: 56.47$ ) relays.

Another good performance was turned in by announcer (and CF\&RN correspondent). each day) pin-pointed top-notch efforts without the use of athletes' numbers, which were not used for this meet.

Age 18-17
100-1. Perry (Terre Haute TC). 11.93
(wind 1.46 meters per second aiding): 2 . (wind 1.16 meters per Hecond Taiding): 2 .
Hudson (Willingboro TC) 11.98 ; 3 Wil. Hudson (Willingboro TC), 11.98; 3. Wil-
liams (Atoms TC). 12.05: 4. Polk (unat). liams (Atoms TC. $12.05: 4$. Poik (unat).
12.05 . 5 . Underwood (Cooper Striders).
1207 . 12.07 200 -1. Underwood (Cooper Striders).
24.50 (wind 1.35 m.p.s. against): 2. Dixon 24.50 (wind 1.35 m.p.s. against): 2. Dixon
(Atoms TC). $24.51 ; 3$ Smalls (Club NY), 24.56: 4. Perry (Terre Haute TC), 24.80; 5. Dynamite TC), 24.87
54.06: 2. Dixod (Atoms TC). $54.97: 3$. Spies (San Joose Cindergals), 56.17; 4 . penter (Jefferson County Jets). 56.57penter (Jefferson County Jets), 56.57 .
Others included: 6 . Arnold (Naturite TC
Locke HS) 56.94 .8 . Locke HS). 56.94; 8. Cook (Kennedy HS,
Granada Hills) 57.73: 10. Taylor (San Diego Cougars), 58.22.
$800-1$. Jacobs (Naturite TC/Argyll
Acaderny HS). 2:08.53: 2. Weber (San Academy HSS. 2:08.53: 2 . Weber (San
Jose Cindergeis/Lynbrook HS), 2:09.67: Jose Cindergais
3 Romo (Naturite $\mathrm{TC} / \mathrm{North}$ Torrance HSI). 2:10.44:4. Dohertry (unêt), 2:10.66;
5. Davis (Ogden TC). 2:11.49. 5. Davis (Ogden TC). 2.11 .49 Academy HS). 4.25.0: 2. Richburg (Gaz-
zelle Inter.). 4.28 .5 : 3 . Anold (Gesent zelle inter.) 4:28.5; 3. Arrold (Crescent
City TC), 4:28.8: 4. Higoins (Tean ConCity TC), 4:28.8; 4. Higgins (Teem C
verse). 4:29.8: 5 . Davis (unat), 4:30.9. 3.000-1. Shea (unat). 9:52.2: 2. Ball
(Naturite TC/Newbury Park HS), 9:52.9: (Naturite TC/Newbury Park HSI), 9:52.9:
3. Carson (Carbon TC). 9:55.6:4. Randich 3. Carson (Carbon TC), 9:55.6: 4. Randich
(unnet. $9: 58-0$. 5 . Thompson (Reno TC). 10:02. 1
100 HURDLES ( 30 ")-1. Blanford aiding): 2. Bressant (PRichmond T.p.). 13.78: 3. Da Coste (Sunshine Striders),
13.80: 4. Helling (Spokeno Vallioy TC), 13.80: 4. Helling (Spokeng Vallioy TC),
 INTERMEDIATE
AGE 14-15: 100-1. Davis (Indianola TC), 11.6 (hand time): 2 . Williams (Club
New York), 11.6. 200-1. Williams (Club NY), 24.08 (wind .64 m.p.s. against); 2.
Davis (indianaola TC)
 Henry (Club NY). 55.51: 2. Andrea Rolfe
(Long Beach Comets). 55.92 . $800-1$. Zartler (Mertoplox Striders), 2:08.90: 2
Gottieb (Naturite TC/Beverly Hills HS), Gottlieb (Naturite TC/Beverly Hills HS),
$2: 12.15$. $1.500-1$. Rowan (Garden Statel) 4:30.7: 2. Nunnally (Nebraska TC). 4:31.5; 3. Erickson (South Lincoln TCC),
4:33.2. $3,000-1$. Erickson (South Lincoln TC.) 9:32.4; 2 . Rowan (Gouth Lincoln TC), 9:32.4; 2 Rowan (Garden
State), 9:59.2. 100 HURDES ( $\left.30^{\circ}\right)^{\circ}$-1. Cash (Dynamite TC). $14.25: 2$, Perry
(Terre Haute TC), 14.40; 3: Whitehead (Berre Haute East By TC Berkeley HS M),
14.41; 4. Bates (Berkeley East Bay TC) 14.41. ${ }^{2}$. Bates (Berkeley East Bay TC/
Berkeley HS). 14.42 .400 HURLLES-1. 60.33: 2. Ryan (Duke City Dashers). 63.3.3. 3.000 WALK-1. Hogen (SoCCi
Roadrunners). 15:58.9: Mcintosh (Wis.
 Borcats) $16: 50.1 .400$ RELAY- 1
Berkeley East Bay TC, 47.6112 . Duke City Dashers. 48.62. MILERELAY -1. Berkeley East Bay TC. 3:57. 13; 2. San Diego
Cougars, 3:57.31. TWO-MILE RELAY-1. Metruplex Striders, 9:21.8; 2. So Cal Roadrunners, $9: 36.97 . \mathrm{HJ}-1$. Harding
(Olympic Flames) $5-83 / 2$. troplex Strikers), $5-7$; 3. Tyme (Skyline Striders), 5-7. LJ-1. Harrison (Mercury TC). 18-31/2w: 2. Cash (Pynamite TC). 18 .
$21 / 2 \mathrm{w}$ : 3. Bates. (Berkeley East Bay TC) 21/2W: 3. Bates (Berkeley East Bay TC/
Berkeley HS). $18-13 / \mathrm{TJ} 1$. Bates
(BEBC/Berkeley HS), $38-43 / 4 ; 2$. Pournaras (St. Bonaventure), $36-1$. SP ( 4 kilo)1. Lane (Indianola TC), $40-11 / 2$; 2 . Bristol (South Lincolin TC), 39-6. DT-1. Coulter Metrolex Striders). 118-111/2: 2. Sheilla-
barger (Team Spokane). 1133-0. JT-1.
Oliver (Santa Oivera (Santa Barberte Sandpipers). 147.
3 3. 2. Coulter (Metroplex Phoenix), 127.
$31 / 2$ TEAM SCORES-Berkeley East Boy
TC. 61 M M Metroplex Striders, 37 ; South Lin coln. 36 .
 pertino Yearling), $16-4 / 2$. SP ( $61 b)-$ Bodv
 (Westmont, Campbell) 41.4. 440 Relay: In dependence (Reyes, Montgomery, Mills Cerame) 45.4. HJ: (tie) Underwood (Leigh, SJ) and Andrew (Unat) 6-5. LJ: Hong (Peterson,
Sunnyvale) 22-6. TJ: Montgomery (Independence, SJ) $41 \cdot 91 / 4$. SP: Ward (Unat) 47.111/2. DT: Stephens (Unat) 144.7.

WOMEN'S DIVISION: 100 Yards: Dobner (Cupertino Yearlings) 12.9. 220: Demores (Buchser HS, Santa Clara) 25.1 mr 2. Spies
(Livermore HS) 26.0 . 440: Griffith (Stanford TC) 54.0 mr . 880: Williams (Menlo-Atherton, Atherton) 2:16.0 mr. Mile: Spies (Livermore HS 4:58.0. 2 Miles: Muth (Soquel HS) 12:05.0. 60y LH: Luttrell (Sequoia HS, Redwood City) 8.3 . ing, Whalen) 50.1 . HJ: W. Craig (DAC) $5-5$. SP Cady (Stanford) $48-3 \mathrm{mr}$; 2. Townsel (Silver Creek, SJ) 40-4. DT: Cady $169-3 \mathrm{mr}$.
MASTERS DIVISION: 100 Yards: Springbett (NCSTC) 10.5 mr . 440: Springbett 54.9. 880 mr .2 Mile: Laris (Unat) 9:22.4 mr.


Ron Seanez

Cox (Los Gatos) 4:22.7; 2. Bergtrom (Los Gatos) 4:24.0. 2 Mile: Bernal (Westmont, Campbell) 9:28.0. 70 y HH: Harrisofn (Eurenka)
8.6. 330 LH Seanez (Gilroy) 36.8 mr 2. r . Green Palo Alto) 39.1. 440 Relay: Gunderson (SJ) 48.3. HJ: McMorrow (Unat) 5-10. LJ: Orteza (Independence, SJ) 19-111⁄2. TJ: Hong (Peterson, Sunnyvale) 44-2. Sp: Usher (Serra, San Mateo) -2. DT: Galvez (Unat) 116-4
WOMEN'S DIVISION: 100 Yards: Horn (So-
uel HS) 11.7. 220: Spies (Livermore HS) 440: Griffith (Stanford TC/Guyana) 54.2. 880: Weber (Lynbrook HS, SJ) 2:13.6 mr; 2. Williams (Menlo-Atherton HS, Atherton) 17.0. Mile: Wilams tion HS, SJ) 50.5 . 440 Relay: Open team (Gerald, Marso, Karnofel, Orlove) 53.5. HJ: (tie) W. Craig (De Anza College) and Phifer (SJCC) 5-6. LJ: Orlove (Leigh HS, SJ) 16-01/2. SP: Cady Stanford) 47-6. DT: Cady (Stanford) 147-3. Unat) 11.2. 220: Anexter (NCSTC) 23.9. 440: Mitchell (LGAA) 57.1. 880: Meinhardt (Unat, Los Gatos) 2:09.1 mr. Mille: Laris (Unat) 4:23.7 mr. 2 Mille: Van Zant (Unat) 10:27.0. DT: Marks
(Unat) $134-6$.

# San Diego Track Club EWS 

Monthly Columns, Feature Articles, Exciting Photography,
Results, and a Complete San
Diego County Calendar.

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## (2) Coses)

by RICHARD SLOTKIN LONG DISTANCE EDITOR
Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track \& Running News office: P.O. Box 6103, Fresno, CA 93703

## The Point Fermin Flyers Paul Anderson Award

By RICHARD SLOTKIN

Afew years ago, a young man, a young black man, was sitting at a Long Beach bus stop. It was dark and he was on his way to his mother's house, a new address to which she had recently moved. At the same time, another young man, this one a Samoan, was cruising the streets in the same neighborhood. He was looking for a black man...any black man. As part of the initia tion into a local gang, he was required to perform the gruesome rite of passage that would leave young Paul Anderson bleeding to death in a Long Beach street. Shot in the dark by someone he never knew; by someone who never knew him
Paul Anderson was a graduate of San Pedro High School and Los Angeles Harbor College. He had gone on to Arizona State Universi ty where he was a 1:51 half-miler. He also had won the first Point Fermin 10-miler and finished in the top five in the next two. He never heard the gun for the fourth running. A different gun had spoken to him first
Now, the Point Fermin Flyers are not just another running club. They are grass roots to the hilt, and their turf is the San Pedro area There wasn't much they could do for Paul, other than mourn him.


## May 3. San Francisco.

| 5 K : |  |
| :---: | :---: |
|  | J. Miguel Tibaduiza |
| 3 | Tom Barlow |
| 4 | Jim Mebust |
| 5 | Wayne Cottrell |
| 6 | Dan Greco |
| 7 | Ferguson Spencer |
| 8 | Tim Rostege 1-40 |
|  | Richard Stiller 2-3 |
|  | Dwight Miller |
| 22 | Pamela Cox 1 F |
|  | Leslie McMullin |
|  | Lana Hoo |
| 37 | Karen Lanterman |
|  | Bonn |
| 10K: |  |
|  | Mike Porter |
|  | Bob Noble |
|  | Joe McDuffy 1.3 |
| 4 | Mitch Kristoffe |
| 5 | Tom Sonponugg |
| 6 | Louie Pearlma |
| 7 | James Batz |
|  | Mike Guerrero |
|  |  |
|  |  |

## 15:00.4 <br> 15:12.0 <br> $5: 42.9$ $5: 47.5$ <br> 5:47.5 <br> 15:57.9 <br> 16:02.9 <br> 30:51.0 <br> 30:51.0 $34: 14.1$ <br> 34:55.1 <br> $35: 25.8$ $55: 53.0$ 35:56.5 35:09.2 36:26.7 <br> $36: 26.7$ $36: 52.3$

George Juarez 35:13, 2 Mike Cortez 35:45, 3 16-20: 1 Jeff Ambos 31:55, 2 David Rosas $33: 35,3$ Julian Saavedra $34: 21,4$ Roger Caswell 34:45. 21-25: 1 Joseph Avila 32:23, James Grant 34:38, 3 Mark Sells 35:44, 4 Alex
Miranda 35:55. 26-35: 1 Rudy Chavez 30:53, Moe Carlson 31:14, 3 James Ursulo 32:25, George Guerrero 32:37. 36-45: 1 Stan Stauble 33:45, 2 Parker Williams 35:54, 3 Alex Meade 36:14, 4 Art Milanez 36:18. 46-55: 1 Walt Wind sor 35:29, 2 Richard Flores 35:58, ${ }^{3}$ Jim K.G. Taki 39:00, 2 Phil Castle 42:05, 3 Leonard Kulbacki 42:38, 4 Ralph Jimenez 45:55. FEMALE--11\&under: 1 Amber Chavez. 12-15: 1 Voncille Brown 38:47, 2 Carol Irvina 40:53, April Aaron 44:52, 4 Marguerite Virant 46.48 44:09 3 Alice Rodriguez 44:34, 4 Kimberly Ka son 47:10. 21-25: 1 Catherine Molina 44:58, Vera Aguirre 49:16, 3 Pat Mahony 54:39, Doris Chung 55:29. 26-35: 1 Judy Gomez 42:55 2. Carole Bentley 45:11, 3 Sue Alper 45:32, 2 Nancy Ishino 49:10, 3 Eloise Alaniz 51:57, Ellen Bruneio 52:21. 46-55: 1 Pat Debever 48:09, 2 Erika Fleischer 54:09, 3 Lupe Molina 56:38, 4 Kathleen Vento 1:04:08. 56\%over: Ruby Taki 48:38, 2 Daisy Wong 49:51

## Athletic Express Track Club 5 \& 10 K

May 31. Riverside.
Men's 10K:

|  | Ron Amundson | 32:20.5 |
| :---: | :---: | :---: |
| 2 | Tom Hays 1st 16-19 | 32:51.7 |
| 3 | Johnny Donnelly | 33:01.3 |
| 4 | Dave Hito 1st 30-39 | 33:57.7 |
| 5 | Ron Navarrette 1st 40-49 | 34:24.1 |
| 6 | Daniel Contrerras 2nd 30-39 | 34:36.0 |
| 7 | Tad Kleindienst 3rd 30-39 |  |
| 8 | Michael Kelly | 34:45.8 |
| 9 | Ronald Cole | 34:49.4 |
| 10 | George Smith | 34:51.5 |
| 11 | Mel Santiago 2nd 40-49 | 35:12.5 |
| 14 | Wally Ingram 3rd 40-49 | 35:48.3 |
| 66 | Robert Kroger 1st 60 \& over | 40:59.4 |
|  | John Goodyear 2nd 60 \& over | 41:24.6 |
|  | 16 Ollie Harker 1st 50-59 | 46:57.6 |
|  | en's 5K: |  |
| 1 | Greg Szanto | 15:07.4 |
| 2 | Ray Cook 1st 16-19 | 15:07.8 |
| 3 | Tad Kleindienst 1st 30-39 | 16:00.3 |
| 4 | Dave Cook | 16:09.9 |
| 5 | Steve Palm | 16:14.2 |
| 6 | Burton Hume | 16:18.7 |
| 7 | Nathan Hayden 1st 15u | 16:21.3 |
| 8 | Greg Godfrey | 16:21.7 |
| 9 | Dave Murphy 2nd 16-19 | 16.27 .6 |
| 10 | Wally Ingram 1st 40-49 | 16:29.6 |
| 17 | Alan Dugard 2nd 40-49 | 17:14.2 |
| 18 | Jason Harris 1st 50-59 | 17:18.0 |
| 28 | Jess Maxcy 3rd 40-49 | 18:04.4 |
|  | 6 Hal Albert 1st 60 \& over | 23:52.1 |
|  | omen's 5K: |  |
| 1 | Kris Powers | 18:08.1 |
| 2 | Tammy Barnhart | 19:39.4 |
| 3 | Tami Lawler 1st 15u | 19:40.4 |
| 4 | Kathy Story 1st 30-39 | 20:37.4 |
| $5$ | Rose Dorado | 20:53.3 |

May 31. Nevada City


| 3K: | $9: 13$ |
| :--- | ---: |
| 1 | Cezar Acosta (18) |
| 2 | Freddy Vasquez (18) |
| 3 | $9: 47$ |
| 4 | Alex Parawan (18) |
| Rodney Adair (27) | $10: 09$ |
| 5 | Jose Orosco (18) |
| 8 Norman Frederickson (50) | $10: 17$ |
| 19 Renee Spencer (27) | $11: 21$ |
| 25 Dolores Burdick (25) | $12: 37$ |
| 10K: | $13: 13$ |
| 1 | Ramon Castro (23) |
| 2 | Joe Mercado (24) |
| 3 | Alfred Martinez (34) |

Paul Anderson Award

## By RICHARD SLOTKIN

$\Delta$
few years ago, a young man, a young black man, was sitting at a Long Beach bus stop. It was dark and he was on his way to his mother's house, a new address to which she had ecently moved. At the same time, another young man, this one a was looking for a black man...any black man. As part of the initiation into a local gang, he was required to perform the gruesome rite of passage that would leave young Paul Anderson bleeding to death in a Long Beach street. Shot in the dark by someone he never knew; by someone who never knew him.
Paul Anderson was a graduate of San Pedro High School and Los Angeles Harbor College. He had gone on to Arizona State University where he was a 1:51 half-miler. He also had won the first Point Fermin 10 -miler and finished in the top five in the next two. He never heard the gun for the fourth running. A different gun had spoken to him first.
Now, the Point Fermin Flyers are not just another running club. They are grass roots to the hilt, and their turf is the San Pedro area. There wasn't much they could do for Paul, other than mourn him. But, in a way, he was one of their own and they did not plan to let things go without some gesture to honor him.
Twice a year, the Flyers put on a ten-miler, once in November and once in May. Every year, at the May running, a $\$ 150$ scholarship is awarded to a graduating member of the San Pedro High School's middle distance corps. This scholarship is called the Paul Anderson Award. Simple. Not a king's ransom. But it says something. It says that the Point Fermin Flyers are people who care enough to try to make the world just a little better. Last year the award went to Gary Fredrickson. Gary has moved on to Cal State Dominguez Hills, not really far out of the neighborhood. Naturally, he comes back to run thesemiannualrace. He won this time, May 17, 1981. So, in addition to the scholarship last year, he got the first place medal this year.
There was another medal awarded this time. Paul Anderson's mother is a non-runner. She walked the first 5 mile loop of the two loop course in honor of her son. She plans to continue her participation in the race. Her "special award" really was special.
Thom Lacie owns a running goods shop in San Pedro. Thom Lacie aggravates the Flyers at each running of the 10 miler raffling off all the junk he can't sell. Nobody ever gets anything they can use. So they trade; or give the stuff away; or throw it away.
Thom Lacie is the founder and president of the Flyers, and a tolerably good runner. He is the push behind the Paul Anderson Award.

Thom Lacie is a tolerably good person. The Flyers are tolerably good people. Wouldn't you say?

## Devil Mountain Run

May 3. Danville.
Women
Michele Aubucho
Suzanne Richter
Rainey Stolp
Sue Johnston
Vicki Bigelow 1-4
Marilynn Harbin 3-40
Kristan Ma
Pearl Anit

## May



## Monterey Park Playdays 10K Run

## From MARY PAXSON

May 30. Monterey Park
Franklin 44:09, 3 Brin Krown 39:42, 2 Tony
 Tad Kleindiens
Michael Kelly
Ronald Cole
George Smith
1 Mel Santiago 2nd 40-49
Scott Davis
$3: 00: 02$
$3: 02: 03$
$3: 02: 40$

Wally Ingram 3rd 40-49
Fred Dunn 1.50
24 Valerie Doyle $1 F$

6 Robert Kroger 1st 60 \& over 16 Ollie Harker 1st $50-59$
Men's 5K:
Greg Szanto
Ray Cook 1st 16-19
Tad Kleindienst 1st $30-39$
Steve Palm
Burton Hume
Nathan Hayden 1st 15
Greg Godfrey
Dave Murphy 2nd 16-19
Alan Dugard 2nd 40-49
7 Alan Dugard 2nd 40-49
8 Jason Harris 1st $50-59$
Jess Maxcy 3rd 40-49
Hal Albert 1st 60 \& ove
Kris Powers
Tris Powers
Tami Lawler ist $15 u$
Kathy Story 1st $30-39$
Rose Dorado
Shirley Peters 1st 40-49
Christie Grundy
Joann Howard 1st 16-19
Carol Lowe
Kelly Dougherty 2nd 16-19
Karin Taber 1st 40-49

## Run for Fun 3K \& 10K

## 3K: <br> Cezar Acosta (18)

Cezar Acosta (18)
Freddy Vasquez (18)
Alex Parawan (18)
Rodney Adair (27)
Jose Orosco (18)
Renee Spencer (27)
Renee Spencer (27)
$10 \mathrm{~K}:$
Ramon Castro (23)
Joe Mercado (24)
Alfred Martinez (34)
Rodney Adair (27)
John Glass (3n)
45 Patricia Dixon (32)

9:13
$9: 47$
$10: 09$
$9: 47$
$10: 09$
$10: 17$
10:09
10:17
10:25

## P.R.'s

## B RICHARD SLOTKIN

Two exciting things here. First, two women, Bjorg Austrheim-Smith and Sally Ed wards in the top ten of the Western States 100 (see results in this issue) and second, Jim cond in the San Francisco Marathon with a $2: 19: 24$
Send your new P.R.'s (that's Personal Record) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.
Bjorg Austrheim-Smith Western States 100 18:48, 8th overall, 1st woman. Age 38 Craig Chambers Western States 100 21:14, 16 th overall.
Sally Edwards Western States 100 19:04, 10th overall, 2nd woman
Pamela Endler (SMTC) Century City 10K 58:32
Phil Farina Bakersfield Marathon 3:58:07
hil Farina Reedley 10 Miler 66:08.
Ruben Haro (SMTC) Mt. SAC Relays steeplechase 9:16.2
Jim Howard Western States 100 16:02, 1st place (tie) course record.
Jim Knerr Brentwood 10K 33:41.7, Pending US $45-49$ age group record.
Doug Lattimer Western States 100 16:02, 1st palce (tie) course record.
Bob Macias (SMTC) Brentwood $10 \mathrm{~K} 30: 18$, 3rd place.
athy Martin Western States 10028 hours (approx)
Nancy Pearlmañ Western States 100 31:15*
im Pellon Western States 100 18:24, 5th (this time would have won last year) hector Perez (SMCC) CPP All Comers 1500 3:51.3, 1st place, school record. Gary Ruttenberg Western States 100 23:34.
on 2:15:17, course record.
$=1$ st time at distance

## Kaiser-Permanente 10K Run

May 31.
aie 12 u: Jim Luna(16) 39:56. Male 17-19: Beraquiel Naranjo(19) $36: 40$. Male 20-29: 37:20, 3 Robert Scherer-Hpm(29) 37:37. Male 30-39: 1 Victor Lemos(31) 36:04, 2 Dan Buenate(31) 37:04, 3 Gerry Robb(38) 37:48. Male 40-49: 1 Ray Hughes(42) 32:30, 2 Richard Male 50-59: Richard Diener(57) 42:52. Malo 80 over. John Montoya(69) 48:49.
Fomale 13-16: Heidi Wuerch(16) 50:36. Male 7.19: Mary Galvin(19) 51:06. Female 20-29: 1 Marie Albert(22) $39: 51,2$ Sue Brodock(25)
42:11, 3 Laura Strong(21) $51: 11$. Femalo 30-39: Sheila Hasham(38) 44:58. Female 40-49: Mary Galvin(41) 51:17. Female 50-59: Mabel Piteroff(53) 55:22.

## Kaiser-Permanente 5K Run

May 31. 1 Male 12u: 1 Michael Woodsin(12) 18:35, 2 Anthony Daniels (11) 22:25, 3 Eddie Yanami(11) Greg Letendre(16) 18:07, 3 Mike Minick(16) 18:49. Male 17.19: Michael Oliver(17) 17:36. Male 20-29: 1 Juvenal Naranjo(23) 16:08, Tony Black(21) 16:20, 3 Eddie Crawford(25) 17:50, 4 Ed Cachica(21) 18:51. Male 30-39: ${ }^{1}$ 16:49, 3 Dave Roadruck(35) 17:51, 4 Freddie Comer(33) 18:00, 5 Ron Gagnon(38) 18:34. Male 40-49: 1 Bill Crum(45) 16:37, 2 Jurgen roehlich(41) 17:31, 3 P. Alexander(47) 18:45 Male 50-59: Mel Elliott(50) 19:50. Malo 80 omale 12u: Jenell Gomez(1) 13-16: Teresa Dillon(13) 20:25. Fomale 17-18 hris Ramirez(17) 19:10. Fomale 20-29: 1 Mari Albert(22) 18:19, 2 Rebecca Sweem(24) $23: 50$ Dyann Day(28) 24:18. Female 30-39: 1 Cindy Mary Carrillo(35) 26:51. Fomalo 40-49: 1 Barbara Letko(48) 24:47, 2 Natie Sanchez(42 25:51, 3 Audrey Singer(47) 26:02. Femal 0-59: Ann Crawford(50) 25:45.

## Silicon Valley Striders 10K

May 31, Mission College, Santa Clara: Sillcon Valloy Striders/Mission Colloge 1st Annual igg Brothers/Big Sistors Benefit 10 K .
1 Steve Brooks
2
Gerardo Canch
Tim Chain
Alex Gonzalez
John Clary
Armando Lagunas
Dave Levitsky
Dan Greco
Dan Greco
Mike Englema
William Dunn
11 Kenneth Drew
${ }_{13}^{12}$ Carl Franco
Greg Nelson
Norm Gould
Ron Bovey

## Fair Oaks Fiesta Five Mile Race

May 31. Fair Oaks
Women 12\&u: 1 Bethany Hart 72:44, 2 Kris Hill 72:45. Mon 12\&u: 1 Gerald Garrison 39:43,
Lance McDaniel 46:57, 3 A Jo More 47:0 Women 13-16: Lynn Besne 42:26. Men 13-16: Ken Kuphoidt 32:29, 2 Doug Perry 35:43. Women 17.29: 1 Debbie Bispo 33:05, 2 Leslie Skow $36: 52$, rett 43:52, 5 Katie Dobesh 46:01. Men 17.29:
Michael Taylor 26:28, 2 Robert Strazzo 26:30, Joe Kupholdt 27:12, 4 Bill Stainbrook 27:25, 5 Leo Acquisto 27:53
Women 30-39: 1 Raet Bright 34:36, 2 Caro James 39:37, 3 Carolyn Junker 39:53, 4 Bett
Dolezal $41: 40,5$ Franca McCannally $45: 31$ Men 30-39: 1 Adam Ferreira 26:05 2 Frank Krebs 27:32, 3 Karl Yamanchi 28:54, 4 Jim McMillin 29:01, 5 Walt Lange 29:17. Women 40.49: 1 Nancy Molitor 40:41, 2 Pat Mills 44:41 3 Frances Besne $50: 06,4$ Jeanette Barret
52:46. Men 40-49:1 Finnegan 30:42, 3 Bob Leever $32: 11$, 4 Billy Mills 32:27. 50 \& over: 1 Muriel Orr 60:13. Men 50 \& over. 1 Vance Koerner 33:20, 2 Ric Kupholdt 33:56, 3 Kick Ketelle 34:45,

## Santa Fe 5K

From richard elliott
Santa Fo Springs: Firemen's Assoclation 5K MEN: 15 \& Undior: Robert Ramirez 16:14 16-21: George Luna 15:31. 22-30: Philip Torres 16.23. 31.36: Reynold Sodini 16:31. 37.44 17:10.
WOMEN: 15 \& Under. Tanya Aguilera 20:40. 16-21: Torie Elliott 18:24. 22-30: Hono Fetherston 22:08. 31.36: Darlene Almanza ane

## The Beer Run

## From ROSS ROWLEY

June 2. Stockton.
You don't necessarily need a big time race to attract good runners. This statement was proven in a unique Tuesday evening 3 mile
race put on by directors Ross Rowley and Felicia Quilantang. The 7 p.m. race started and finished in front of their home and was won by Ron Nabers, the winner of the first two professional marathons, and by Mike Fanelli,
younger brother of the famed Gary Fanell younger brother of the famed Gary Fanell
and a $2: 20$ marathoner himself. Nabers had cinched the win by some 30 yards, but he slowed to a jog in order to tie with Greater San Francisco teammate Fanelli in a warm weather time of 15:04. Thirr was a local runner, Matt Bruni in 15:07, Mollowed by Trials marthoner who also appeared in the television movie "The Jericho Mile." Also competing was Henry Perez, a former USC 5,000 meter and stee
making a comeback

## Men:

Wen:
1 Ron Nabers \& M
3 Matt Bruni
4 Adam Ferreira
5 Russ SSyffied
sion record holder Don Ramirez' 43:55.

Atwo mile prediction run attracted 23 add Pimentel tying for first across the finish Haime in 12:01. The closest prediction was Bobby Tuite's. The Davis youngster was only 13 seconds off his estimated time.
Both races included several members of the D.Q. University American Indian Cross country Team. They used this race as high
elevation training for their upcoming 500 mile relay run from San Diego to D.Q. at Davis in the end of June.
The next event to be staged in the Sierra Footh sy by the Synanon Strip will be the se Hogback Half Marathon on September 12 This race includes elite wheelchair athletes as well as long distance runners.
Dean Lofgren(Turiock)
Ray Gornez(RedwoodHS

| $37: 46$ |
| :--- |
| $39: 38$ |
|  |

Paul Ruffin(Synanon)
Don Ramirez(Synanon) 1
43:15
Nick Nardone(RedwoodHS)
Art Smalley(RedwoodHS)
Glenn Stoner(Synanon)
Rudy Soleno(Visalia)
10 Howie Tesser(Synanon) 1.30
24 Elizabeth Jones(Fresno) 1W
27 Pedro Soto(Synanon) 1.50
28 Patricia Hearst(Fresno) 2 W

## Santa Maria 5K/10K Scholarship Run

 From M. JACQuESJune
Scott Mayfield
Herman Aranda
Steve Jones
Jesse Aguilar
Jesse Aguilar
Al Ramos 1 SubM
Jerry Mendoza
Felix Castillo
Chris Nutting
Tom Allen 1 SubM
10 Albert Flores
22 Leo Estes $1-\mathrm{M}$
39 Molly Ruedas $1 F$
42 Barbara Costley-Adams 2F
$29: 54$
$31: 50$

45 Janice Taylor $3 F$
${ }^{5} \mathrm{~K}$ :
Martin Silva
Steve Harney 1 SubM
David Curtsy
5 Matt Rodenberger
6 Tim Burton
18 Joseph Carey 1 Sr
36 Patricia Rose 1F
37 Wanda Ross $2 F$

## Russian River Run

## From JoE PELKEY

June 7. Uklah
Cool overcast skies, a large field and a prompt start at 6 a.m., all contributed to a host of River Run. A toords at the 3rd Annual Russian River Run. A total 552 runners finished one of marathon, 245 for the half-marathon and 95 in he 4.9 mile run.
Ted Pawlak, 25, of Los Gatos, set the early pace in the full marathon and never relincovering the distance in 2:29:10. Two minutes ehind Pawlak was Bili Fanning of Cloverdale who finished in $2: 31: 30.9$. A much closer bate was going on for hird place between last and Robert Clay of nearby County. Clay eventually took third in $2: 33: 36.5$ and Notch finished fourth in 2:34:15.9. Local Mendocino County runners placed well inluding Andy Jensen(6th, 2:45:12.8), Dexter 2:55:05.0). The
The women's full marathon mark was shatThed with a 3:03:19.9 performance turned in by 35 year old Nelly Wright of Monterey. Second overall was Tammy Sargent of 3:15:49.9, with third place overall Paula Beard of San Francisco in 3:16:16.9. The full marathon (certified course) had 25 nishers under 3 hours and a total of 43 wimen and 10 mar's 149 finishers in the full last year's r In the half-marathon, Jim Lovejoy (33) of Garberville was a return winner. He shaved a scant 1.2 seconds off his previous mark to nish in 1:11:56.8. Dan Brown of Martinez inishing second in 1:12:39.8 Brown was also he men's open winner. Ken Drew of San Jose ook third in 1:15:59.0, and Jeff Maugans of escent City was fourth in 1:18:04.2
The women's half-marathon mark was Shariet Gilbert of Berkeley ran a stron 18:57.1. She captured both the women overall crown and first place in the women's $30-39$ division. She also finished fifth place or women was Carol Granados(25) of San Francisco with a 1:28:29.5 and also winner of women's open. Third place overall for women Thary McGie of Chico in 1.32:09.6.
There were 100 women and 145 men inishers in the half-marathon. Last year's marathon. Masters runners ran extremely well this虽 ing divisions and races: Women's 50 \& .51:15.6; Women's 40 \& over(Full)-Susan Hamamuiv, Eerkeley, 3:31:17.4; Men's 50 \& ver(Full)-Robert Wright, Monterey, 3:04:37.1; omen's 50 \& $\operatorname{over}($ Full) Shirley Tobin Tobin, 57, compl

## American Academy of Podiatric Sports Medicine 10K Run

Women 30-39:

| Sharlet Gillbert(Richmond) | 1:18:57.1 |
| :---: | :---: |
| Diane Greenhouse(Berkeley) | 1:39:20.3 |
| Carolyn Dorr(Oakland) | 1:39:42.2 |
| Men 40-49: |  |
| Dick Malkin(Berkeley) | 1:23:56.6 |
| Robert Lichiti(Hayward) | 1:28:03.2 |
| Robert Vernon(SanFran) | 1:28:18.4 |
| Women 40-49: |  |
| Sandra Vernon(SanFran) | 1:40:56.5 |
| Mary Bates(FortBragg) | 1:47:47 |
| Men 50 \& over: |  |
| Alan Bellon(Ukiah) | 1:24:3 |
| Women 50 \& over: |  |
| Helen Holmgren(MenloPar | 1:51 |

## Dump to Dump Run

June 7. Coyote Point, San Mateo. 4.5 Mile. pen Men: 1 Bob Brennand 22:53.3, 2 Andy Farland 22:58.4, 3 Thomas Hussey 23:02.4. Denise Bigelow 26:50.6, 74 Janice LeCoco 27:51.2. Master Men: 10 Ulrich Kaempf 24:08.1, 28 Bill Bugler 25:46.1, 31 Myron euramont 25:55.8. Master Women. 54, 18, 184 Betsy Fraser Smith 30:44.9. Junlor Men: 7 rad Zamczyk 23:50.6, 11 Spencer Ferguson 4:09.2, 12 Mitch Kristofferson 24:20.0. Junior omen. Sis 32:09.2, 290 eLaCruz 34:08.6
DeLaCruz 34:08.6.
Bob Brennand
$\frac{1}{2}$ Andy McFarland
Thomas Hussey
Fidel Serrano
T. Chain

Brad Zamczyk
Michael L. Duncan
P. LeBart

Ulrich Kaempf
1 Spencer Ferguson
Mitch Kristofferson
14 Paul Ghidossi

| $22: 53.3$ |
| :--- |
| $22: 58.4$ |
| $23: 02.4$ |
| $23: 26.1$ |
| $23: 26.4$ |
| $23: 43.4$ |
| $23: 50.6$ |
| $23: 52.9$ |
| $24: 01.9$ |
| $24: 08.1$ |
| $24: 09.2$ |
| $24: 20.0$ |
| $24: 23.6$ |
| $24: 40.3$ |
| $24: 44$ |

## Sri Chinmoy Marathon


 Calvert(32) 20:03, 2 Sylvia Robles(31) 24:00, 3 Mara Learriilo( 38 ) 26:51. Fomale 40-49: 1 Bar-
bara 25:51, 3 Audrey Singer(47) 26:02. Fomale 50-59: Ann Crawford(50) 25:45.

## Silicon Valley Striders 10K

May 31, Mission Colloge, Santa Clara: Sillicon
Valley Striders/Mission College 1st Annual Valiey Striders/Mission College 1st
Big Brothers/Big Sisters Benefit 10 K . Big Brothers/Big Sisters Benefit 10K.
$\begin{array}{ll}1 & \text { Steve Brooks } \\ 2 & \text { Gerardo Canchola }\end{array}$
$\begin{array}{ll}2 & \text { Gerardo Ca } \\ 3 & \text { Tim Chain }\end{array}$
Alex Gonzalez
John Clary
Armando Lagunas
Dave Levitsky
Dan Greco
Mike Engleman
0 William Dunn
11 Kenneth Drew
12 Carl Franco
13 Greg Nelson
14 Dave Lopez
15 Norm Gould
16 Ron Bovey
17 Ron Tanaka
18 Robert Edwards
20 Tony Nielsen
21 Vic Andrews
22 Paul Falk
23 John Revell
24 Frank Ruona
25 Everett Riggle 1-40
30 Sigifried Mattern 3-40
52 Gough Reinhardt 1.50
53 George Burnell 2.50
57 Janice Le Cocq 1 -
18 Monya Lane 2-F
126 Sue Holquest 4-F
129 Betsy Fraser-Smith $1-40 \mathrm{~F}$
141 Jane Creech 6-F
143. Serina Dela Cruz 7.F

Fair Oaks Fiesta 5 Mile
May 31, Fair Oaks: Falr Oaks Fiosta Five Milo Race. MEN: $12 \&$ Under: 1. Gerald Garrison 39:43; 2. Lance Kupholdt 32:29; 2. Doug Perry 35:43. 17-29: 1 . Michael Taylor 26:28; 2. Robert Strazzo 26:30; 3. Joe Kupholdt 27:12; 4. Bill Stainbrook 27:25; 5. Leo ACquisto 27:53. 30-39: 1. Adam Ferreira 26:05; 2. Frank 29:01; 5. Walt Lange 29:17. 40-49: 1 . Tom Acdamson 29:45; 2. Jim Finnegan 30:42; 3. Bob Leever 32:11; 4 . Billy Mills $32: 27.50 \&$ Ovir: 1 . Vance Koerner 33:20; 2. Rich Kupholdt 33:56; 3. Kick Ketefle 34:45. WOMEN: 12 a Under: 1. Bethany Hart 72:44; 2. Kris bie Bispo 33:05; 2. Leslie Skow 36:31; 3. Linda Perry 42:60; 4. Wendy Barrett 43:52; 5. Katie Dobesh 46:01. 30-39: 1. Raet Bright $34: 36 ; 2$. Carol James $39: 37 ; 3$. Carolyn Junker 29:53: 4. Beti Dolezal 41:40:5. Franca
McAnnally 45:39: 40:-49: McAnnally 45:31. 40-49: 1. Nancy Moittor 40:41; 2. Pat
MMils 44:41; 3 . Frances Besne 50:06; 4. Jeanetite Bar rett 52:46. 50 a Over: 1. Muriel Orr $60: 13$.

## The Beer Run

## From ross rowley

June 2. Stockton.
You don't necessarily need a big time race to attract good runners. This statement was
proven in a unique Tuesday evening 3 mile race put on by directors Ross Rowley and Felicia Quilantang. The 7 p.m. race started and finished in front of their home and was won by Ron Nabers, the winner of the first two professional marathons, and by Mike Fanelli,
younger brother of the famed Gary Fanell and a 2:20 marathoner himself. Nabers had cinched the win by some 30 yards, but he slowed to a jog in order to tie with Greater San Francisco teammate Fanelli in a warmner, Matt Bruni in 15:07, followed by Sacramento's Adam Ferreira, an Olympic Trials marthoner who also appeared in the television movie "The Jericho Mile." Also competing was Henry Perez, a former USC
5,000 meter and steeplechase runner who is making a comeback.
Men:

| Men: |  |  |
| :--- | :--- | :--- |
| 1 | Ron Nabers \& Mike Fanelli | $15: 04$ |
| 3 | Matt Bruni |  |
| 4 | Adam Ferreira | $15: 07$ |
|  | Adat | $15: 16$ |

15:07
4 Adam Ferreira
6
7
7 Kenry Perez
8 Mike Rowerdink
9 Jerry Martinez
10 Ricky Buck
11 Joss Walters
12 Dean Arbach
Women:
$\begin{array}{ll}1 & \text { Ginger Burrola } \\ 2 & \text { Sharon Miller }\end{array}$
Mary Winlidal
Joey Brown
Kathy Merkel

## Synanon Strip 10K X-C Mountain Run <br> From michelle gauthier

June 6. Badger.
Forty three determined runners lined up for this year's edition of the notoriously rugged
Synanon 10 Kilometer Cross Country Moun tain Run. Despite June 6 temperatures in the high 90 's at the 9 a.m. start, all 43 runners cow trails to the finish line
Dean Lofgren of Turlock blazed in at 37:46, finishing first overall. He was only 48 seconds off the course record set by Alfred Lara's $35: 58$ in 1979. The second runner in was Ray
Gomez of Redwood High School's Cross country Team in Visalia. He broke his own 1979 division record by 10 minutes with a time of $39: 38$.
A female sub-master from Fresno $53: 41$. This earned her first woman in a Memorial Trophy, awarded by Synanon to the First Lady of the Mountain Run. She was rollowed 60 seconds later by Patricia Hearsi of Fresno, whose amazing performance mashed the over 50 women's record by 30 minutes!
Among the hosting Synanon Runners, the two best performances were Paul Ruffin's
third place finish in $43: 15$ and Masters Divi-

Jesse Aguriliar
AI Ramos 1 SubM
Jerry Mendoza
Felix Castillo
Chris Nutting
Tom Allen 1 SubM
Jim Rowe (Sr)
Leo Estes $1-M$
Molly Ruedas 1F
Barbara Costlyy-Adams 2F
5 K :
Martin Silva
Martin Silva
Danilo Perez
Steve Harney 1 SubM
David Curtsy
Matt Rodenberger
Joseph Carey 1
Dwight Hadley 1 M
Patricia Rose $1 F$
37 Wanda Ross 2F

## American Academy of Podiatric Sports Medicine 10K Run

From michael w. heaslett


## Pajaro Dunes Beach Run

From mark steelman

| Open Men: |  |
| :---: | :---: |
| Tim Gruber | 55:08 |
| Tom Adams | 59:49 |
| Marty Kruger | 60:11 |
| Mike Gruber | 62:37 |
| Frank Ruona | 64:22 |
| Masters Men: |  |
| David Branning(6th) | 65:46 |
| Carl Miller(8th) | 66:43 |
| Rob Forbes(11th) | 69:07 |
| Mark Steelman(17th) | 72:22 |
| Larry Hicks(18th) | 72:34 |
| Open Women: |  |
| Gail Goetteiman(29th) | 81:38 |
| Valerie Schnurr(32nd) | 83:05 |
| Jeanne Dawson(35th) | 85:35 |
| Boys under 18: |  |
| Eric Cremer(25th) | 77:45 |
| Brian Young(37th) | 80:18 |
| Greg Blythe(43rd) | 95:20 |

the men's opon winner. Ken Drew of San Jose
too third in $1: 15: 59.0$, and Jeff Maugans of
Crescent City was fourth in $1: 18: 04.2$. The women's half-marathon mark was
lowered by nearly 10 minutes as 30 year old Sharlet Gillbert of Berkeley ran a strong 1:18:57.1. She captured both the women's overall crown and first place in the women's $30-39$ division. She also finished fifth place
overall. in the half-marathon. Second overal for women was Carol Granados(25) of San Francisco with a 1:28:29.5 and also winner of women's open. Third place overall for women was Mary McGie of Chico in 1:32:09.6.
There were 100 women and 145 men
finishers in the half-marathon. Last year's race had a total of 199 finishers in the half. marathon.
Masters runners ran extremely well this year setting new course records in the following divisions and races. Women's 50 \& 1.51:15.6; Women's 40 \& over(Full)-Susan Hamamuiv, Zerkeley, 3:31:17.4; Men's 50 \& over(Full)-Robert Wright, Monterey, 3:04:37.1; Women's 50 \& over(Full)-Shirley Tobin Tausalito, 4:08:03.1.
and did so against the backdrop of a KPIX film crew doing a feature film on her.
The Russian River Run marathon course is a certified out and back course over slightly rolling terrain and scenic country roads. All 3 "fun run" was won by Mark Burnell of Redding 29:12.3 for men, and Carrie Bartolomei, 35:15.2 of Redwood Valley for women. The course record for this race remains at 28:53.6 set by Phillip Schlager in 1980. This year's

## Full Marathon

Open Men:
$\begin{array}{lll}\text { 1 Ted Pawlak(Los Gatos) } & & \\ 2: 29: 10.0 \\ 2 & \text { Mark Samuelson(Stockton) } & 2: 42: 11.5 \\ & \end{array}$
3 Dave Periman(WalnutCreek) $\quad$ 2:48:09.7
Open Women:
1
Tammy Sargent(Bellflower)
2 Paumy Sargent(Beliflower)
3 Mary Bogle(Sacramento)
Mon 30-39:
1 Bill Fanning(Cloverdale)
John Notch(Oakland)
Wornen 30-39:
1 Nelly Wright(Monterey)
1 Nelly W
Mon 40-49:
1 Don James(Lafayette)
2 Michael McGie(Chico)
${ }_{3}$ Michael McGie(Chico)
Women 40-49:
Susan Hamamoto(Berkeley) Men 50.59:
1 Robert Wright(Monterey)
Women 50 \& over:
Hausalito)
Junior Mon:
Michael Diavatis(Benicia)
Junior Women:
Rima Peckham(Ukiah)
Dan Mro
Dan Brown(Martinez) Larry Morton(RedwoodVly)
Open Women:
Carol Granados(SanFran)
Mary McGie(Chico)
Men 30-39:
Jim Lovejoy(Garberville)
Kenneth Drew(SanJose)
Jeff Maugans(Crescent City)

3:15:49.9 3:16:16.9 1:20.2 2:31:30.9
$2: 33: 36.5$ 2:34:15.9 3:03:19.9

24049

## Sri Chinmoy Marathon

| Da |  |
| :---: | :---: |
| James Barker(San | 2:32:22.9 |
| Dwight Hendrix(Lafayette) | 2:33:36.2 |
| Unofficial |  |
| Doug Rennie(FairOaks)1 40 |  |
| David Riddle(Seoul,Korea) | 2:37:47 |
| Michael Cunningham(Sacto) | 2:37:57.8 |
| David Wills(CastroVly) | 9.1 |
| Joe Schieffer(Oakland) | 2:41:12.6 |
| Lloyd George(CastroVIy) | 2.1 |
| 10 Jerry Lynch(SantaCruz) | 2:42:48.0 |
| 11 Jay Cook(Apo,NY) 1-40 | 2:43:00.9 |
| 12 Dennis Doris(SantaRosa) | 2:47:48.7 |
| 13 John Smallen(Occidental) | 2:48:33.8 |
| 14 Jeff Pearman(Carmichael) | 2:48:42.5 |
| 15 Norman Gould(SanJose) | 2:50:02.2 |
| 16 Rod Christiansen(SanJose) | 2:50:02.4 |
| 17 Bobus Smithton(SanFran) | 2:50:03.7 |
| 18 Daniel Hollis(Vallejo) | 2:50:25.3 |
| 19 Jack Wheeler(SanJose) | 2:52:27.7 |
| 20 Dennis Inocencio(Angwin) | 2:52:52.3 |
| 21 Guillermo Barron(Oakland) | 2:53:29.4 |
| 22 Michael Schulz(Reno,NV) | 2:54:26.5 |
| 23 Robyn Graves(Orangevale) | 2:54:59.9 |
| 24 Molly Thayer(MarinaDelRey)1-F | 2:55:17.4 |
| 25 Ernest Takahashi(Sacto) | 2:55:45.5 |
| 32 Bev Marx (Sacto) 2 -F | 2:57:34.8 |
| 43 Margo Elson(Berkeley) 3-F | 3:00:09.1 |
| 88 Sandy Fitzwater(Sacto) 4-F | 3:20:52.8 |
| 159 Ginger Burrola(Manteca) 1-F 40 | 3:43:34.1 |

## St. John's Festival Old Town Run

June 7. Napa. 5 Mille.
Dennis O'Connor (Napal
Joshua Smith(Napa)
Roman Rodriguez(SanJose
$\begin{array}{ll}\text { Gideon Smith(Napa) } & 34: 41 \\ \text { Daniel Getz(Napa) } & 48: 41 \\ & \end{array}$
Female 13 under:
Amy Smith(Napa)
Michelle Smith(Napa)

| Michelle Smith(Napa) | $40: 10$ |
| :--- | :--- |
| Marne Luchsinger(Napa) | $4: 15$ |
| $47: 59$ |  |

Male Junlor: $\quad$ 47:59
Steve McLaine(Napa)
Gary Rayward(Fairfield)
Ronald Poggi(Crckett)
Ronald Poggi(Crckett)
Eric Anderson(St.Helena)
Female Junior:
Melissa Garton(Napa)
Angela Garton(Napa)
Mike Warr(Napa)
Mike Warr(Napa)
Matt McMulien(Aurora,CO)
Keith Golding(Napa)
Allen Smith(Sonoma)
David Muela(Napa)
Mary Goodson(Berkeley)
Eileen Cunningham(SanMateo)
Phoebe Biever(Napa)
4 Ann N. Gray(Oakland)
Lynn Silva(Martinez)
Steve Frisk(Benicia)
Jeff Pecsar(SanFrancisco)
Larry Pugh(Falrfield)

| Dave Cargill(Fairfleld) | 28:22 |
| :---: | :---: |
| Zack Taylor(SantaRosa) | :10 |
| Female Submaster: |  |
| Barbara Frisk(Benicia) | 32:40 |
| Jane Viera(Martinez) | 34:53 |
| Kathy Ronnenberg(Yountville) | 39:28 |
| Bernie Harrison(Napa). | 39:35 |
| Pam Greco(Napa) | 40:51 |
| Male Masters: |  |
| Lou Daugherty(Napa) | 28:07 |
| John Kearns(Larkspur,CO) | 28:09 |
| Jim Moore(WalnutCreek) | 28:57 |
| Walt Venum(Sebastopol) | 29:12 |
| Bob Goodrich(Benicia) | 29:44 |
| Female Masters: |  |
| Bobbi Bird(Napa) | 36:26 |
| Joyce Loveton(Napa) | 42:41 |
| Iris Cloudt(Napa) | 43:45 |
| Linda Morrison(Suisun) | 47:16 |
| Bonnie Long(Napa) | 50:4 |

## L.A. Half Marathon and 10K Runs

By bRAD MALAMUD \& LOUIS HIRSCH
June 7, Griffith Park, Los Angeles: Los Angeles Junior Chamber of Commerce Nace day was hot, approximately $75-80$ degrees and approximately $80 \%$ humidity Over 1400 official runners took part. 613 finished the half marathon including 76 year old Charles Turner who finished in 574 place in a time of $2: 10: 01$. Eddie Lewin at age 64 was
the male 60 and over winner in a time of the male 60 and over winner in a time of
$1: 29: 15$ thereby continuing his unbeaten 1:29:15 thereby continuing his unbeaten
streak of over 65 consecutive races in his age division.
The 10 K had 721 finishers, with Michael arson winning in a time of $30: 17$ over $11 / 2$ minutes ahead of the second place finisher.
Connie McCarthy ran a $36: 35$ winning the female division by almost 3 minutes.

marathon and won in a time of 1:32:48.
marathon and won in a time of 1:32:48.
The one thing runners weren't expecting to contend with was traffic. The streets over which the course was laid couldn't be closed on this Sunday and at times the going got very scary and buses running their normal 10K Race:
MEN: 19 \& Under: 1. Javier Mejia (17) 33:58; 15) 35:37. 20-29: 1. Michael Larson (27) 30:17 2 Alvaro Palacios (22) $32: 00 ; 3$. David Stansbury (26) 33:13; 4. Juvenal Maranjo (23) 34:10; 5. Derek Fuzukama (20) 34:39. 30-39: 1. Carlos Godoy (30) 33:49; 2. Roger Bourban (39) 3:09; 3. David Engeiberg (32) 36:18; 4. Gary 36:53. 40-49: 1. Ray Hughes (42) 34:13; 2. James Murphy (41) 35:34; 3. Dick Ortiz (45) 36:49; 4. David Chanaiwa (42) 37:50; 5. Don Guthrie (47) 38:31. 50.55: 1. George Ropella
(52) 39:12; 2. Ralph Goldwyn (56) 43:20; 3. Mor(52) 39:12; 2. Ralph Goldwyn (56) 43:20; 3. Mor-
ton Witz (52) 43:32; 4. Duke Gallagher (50) 43:52; 5 . Fred Olsen ( 50 ) 44:38. $60 \&$ Over. 1 . Ed Stotsenberg (67) 43:21; 2. Julian Myers (63)
$50: 57 ; 3$. Clifford House (60) $53: 07 ; 4$. John Ker$50: 57$; 3. Clifford House (60) 53:07; 4. Joh
man (61) $53: 14 ; 5$. Herb Ford (60) 53:25. man (61) 53:14; 5. Herb Ford (60) $53: 25$.
WOMEN: $19 \&$ Under. 1. Aileen Cormack (16) 43:32; 2. Tony Artis (16) 45:55; 3. Meg Werner (16) 46:05. 20-29: 1. Conni McCarthy 26) $36: 35$; 2. Lisa Buckley (23) $39: 34$; 3 . Stephanie John (27) 40:10; 4. llka Gillette (27) 41:20; 5. Maria Martinez (27) 45:53. 30-39: 1. Judy Kewley (36) 39:47; 2. Jeanie Chromoy (33)
44:58; 3. Terri Goodreau (31) 47:16; 4. Earlene Solly (31) 47:16; 5. Carolyn Greywood (34) 48:40. 40-49: 1. Nancy Huff (41) 48:19; 2. Cecily Parke (41) 49:46; 3. Elaine Lewis (42) 50:43; 4 Sarah Jones (41) 51:16; 5. Eloisa Alaniz (42)
51:58. $50-59$; 1. Evelyn Dabritz (50) 52.58 ( Ruth Ward (53) $57: 34$; 3. Alice Tillman (52) 62:37.
Half Marathon Race:
MEN: 19 \& Under: 1. Steve Siders (18) 1:12:37; 2. Chris Brenneman (18) 1:12:58; 3 . Steven Dietch (19) 1:15:01; 4. Brad Kearns (16)
1:20:07; 5. Joseph Volk (19) 1:22:28. 20-29: 1 John Brenneman (25) 1:08:15; 2. David Askren 27) 1:10:56; 3. George Guerro (28) 1:11:28; 4. im Scott (27) 1:13:27; 5. James Detweiler (28) 1:13:55. 30-39: 1. Ruben Garcia (30) 1:14:02; 2 Bill Boggs (34) 1:14:08; 3. Ken Kendall (31) 1:14:55; 4. Jesus Ocana (36) $1: 15: 16 ; 5$. Jim
Howell (37) 1:16:35. 40-49: 1. Gabriel Bernal 42) 1:14:29; 2. Jim Knerr (47) 1:15:19; 3. Tom Carroll (42) 1:21:56; 4. James Thomson (40) 1:22:25; 5 . Jerry Van Meter (43) 1:22:55. 50-59: 1. Patrick Devine (52) 1:23:48; 2. Aurelio
Camacho ( 50 ) $1: 28: 07 ;$ 3. John Wefier (54) 1:35:42; 4. Paul Goldman (58) 1:36:25; 5. Robert Van Noy (59) 1:37:08. 60 \& Over: 1. Eddie Levin (64) 1:29:15; 2. James Hauser (60) 1:37:23; 3 . George Boyle (62) 1:37:30; 4. Morton Davey 62) $1: 38: 18$; 5 . Clyde Alling (64) 1:38:26. 1:37:34; 2. Jean Wilkinson (19) 1:45:08; 3. Lisa Garrison (19) 1:45:40. 20-29: 1. Bonnie, Emmett (29) 1:37:17; 2. Gayle Cory (27) 1:37:27; 3. Mary Beth Smith (28) 1:41:16; 4. Nancy Tinker (29)
1:43:36; 5. Kathy Henks (24) 1:44:26. $30-39: 1$.

## Leatherneck Marathon

| June y, El Toro. |  |
| :---: | :---: |
| Gilbert Cortez (20) | 2:25:28 |
| Chris McLauhan (25) | 2:28:15 |
| John Loeschhorn (37) | 2:31:07 |
| John Larson (32) | 2:34:45 |
| Gaston Boford (34) | 2:35:18 |
| Steve Corona (20) | 2:35:22 |
| Robert Masterson (27) | 2:35:22 |
| Jay Olsen (27) | 2:36:11 |
| 9 Mike Corraiz (32) | 2:36:36 |
| 10 Paul Petlancn (27) | 2:37:35 |
| 42 Run Navarrette (42) | 2:45:30 |

## Ponderosa Ridge Run

## From Austin angel

July 11,
milles.
11, South Lake Tahoo: Ponderosa Ridge Run - 9.5
Clear, warm and windy. Dry and fast course starting 7100 feet and climbing to 9000 feet and rolling ownward to 7800 feet. Steve Brown broke the course ecord with a 1:02:32 time, breaking the old record of :03:26 set in 1977 by John Gailson. Course begins at Hwy 50 and Hwy 28 and covers 9.5 miles of demaning terrain. It Is a point to point race on the eastern rim of Lake Tahoe in the High Sierras.

1. Steve Brown 1:02:32; 2. Ed Chaidez 1:06:12; 3. Tom Trimble 1:07:10; 4. Dallas Cox 1:09:32; 5. Andy :18:40; 8. Gary Ceragioli $1: 18: 54 ; 9$. Bill Crawford 1:20:38; 10. Steve Madison $1: 21: 06 \ldots . \ldots 19$. Debbie Johnson (first female) 1:52:47

Top of the State Races
July 11, Wead: Top of the State Footraces. 4.7 and 7.0 alles.

A field of 152 distance runners turned out for the Sixah Annual Top of the State Footraces and when it was ver, Fernie Fernandez of Weed and Jim Price and Al Masterson of Reding stood above all others as they led become another attraction to Weed Carnivale.
Fernandez and Masterson, Far Western Conference distance runners from Sacramento State and Chico State spectively, tied for first place over the 4.7 mile circuit
4.7 MILE:

Fernie Fernandez (Weed)
Allen M
Allen Masterson (Redding)
Ernie Freer (Hayiord) 113 -1
John Mclean (MI. Shasta)
Mike Garcia (Mt. Shasta) $130-34$
Darren Phillips (Redding)
Mac Forbes (Reddding)
$135-39$
Mike Finnegan (Edgewpod) 1 40-44
13 Bill Wagner (Etna) $150+$
4 Karen Bushey (Oregon) $113-18 \mathrm{~F}$
5 Sharon Long (ML. Shasta) $135-39 \mathrm{~F}$ 8 Suzan Towlen (Mt. Shasta) 1 30-34 F
7.0 MILE:

Jim Price (Redding) $130-3$
Don Merwin, J. (Hayfork) 1 13-18
Duane Mallams (Oregon) 135-39
Mike Healey (Redding)
Steve Nygaard (Redding) 1 19-29
Bill Parr (Redding) $235-39$

Bullington 42:53, 3 Ellen Coleman 45.34, Cecil Smith 45:59, 5 Karen Huffman 46:36 Fomale 30-39: 1 Carolyn Greywood 47:20, Nancy Foster $52.51,5$ Deb Moore 53.29 Female 40-49:1 Linda Harmon 48:59, 2 Phyllis tern 51:12, 3 Shirley Peters 53:09, 4 Sandra Krivanek 1:07:45, 5 Sally Johnson 1:08:04. Female 50-59: 1 Barbara Innes 52:13

## Lake Tahoe Relay

June 13, South Lake Tahoe: 17th Annual DoCollo II Momorial Rolay. 72 nce around the lake, 7 person teame.
Harveys Hotel \& Casino
Pinocci, Gentry, Jennings, Venable, Hernandez, Gailson, Kingery Stereoscope 8
Aggie Running Club
Lake Merrit Joggers \& Striders
Tamalpa Runners
S.F. Chronicle

Sundance Running Club
Cool Breeze
6:27:

Capital City Flyers ( 1 -mixed)
Skaden, Mansoor, Simmonson, Kuphaldt,
Aggie Running Club 2
15 Lick Harriers (1-high school)
6:35:11

Fores, Salpivar, Trujillo, Zaragos
Pangalina, Munoz, Diaz
S. Lake Tahoe Teachers (1-masters) 8:24:24 GeBott, Crawford, Estabrook
39 Aggie Running Club (1-fermale). Houston, Bigelow, Geredes,
Dodgson, Jackson, Bigelow Dodgson, Jacks

## Sweat, Don't Fret

June 13. Mason Park, Orange County. Sponored by the Orange County Assoc. For MenH
5K:
14 \& under: Amy Coxem 20:46, 15-18: Clare Feit 00:47. 19-24: Robin Dubach 18:35. 25-29: Ellen Guken 18:17. 30-34: Lorraine Schulman 24:37. 5-39: Diana Green 22:11, 40-44: Mary Dierker 7:20. 45-49: E. Reitin 25:16. 50-59.
thony 25:27. 70 \& over. Alice Walsh

14 \& under: Scott Belopeau 18:14. 15-18: David patelson 18:16. 19-24: Nick Tyme 18:56. 25-29: Chris Costan 17:05. 30-34: William Sumner Reid 17:39. 45-49: Alexander 18:44. 50-59: WalEvertz 18:08. 60-69: Louis Rocha 20:46. 70 \& ver. Walter Simonds 30:13.
over:
10K:
4. \& under: Lisa Costa 48:00. 15.18: Elaine 14 \& under: Lisa Costa 48:00. 15.18: Elaine ela 45:54. R-24: Denise Slohi 44:31. 25-20: 42:52. 35-39: Cargill 49:58. 40-44: Patricia Ibassa 1:06:38. 45-49: Kitty Henderson 54:19. 50-59: Mary Weinstein 1:01:5
14 \& under. Ricky Wood 34:14. 15-18: Bryan Mayberry 36:52. 19-24: Andrew Girkin 32:55. 25-29: Tony D. Padca 33:20. 30-34: Dennis
Foster 35:07. 35-39: Ron Koehn 36:12. 40-44: Foster 35:07. 35-39: Ron Koehn 36:12, 40-44:
Stan Price $37: 10.45-49:$ E. Black 38:48. 50-59:
a good lead and continued to lengthen it to a eventual six minutes with a time of 3:07:53. was the brightest things about Cliforni Highway Patrol and the local police (the race runs through several different communities) be commended for their excell a very tis despite three runners being hif, a very tight part of the course, from behind.
The race has come a long way from th race six years ago when there was little to $n$ traffic control. Police were at every major in the runners. A major problem with the cours is that it is run on main streets which cannot be closed during the event.
One continuing flaw with the race is the way the results have been handled. Steven-
son had to wait over three hours to receive his award. The awards ceremony was suppose to have started at 12 noon, but didn't start until aimost 1.00 . One reason the ceremony was delayed so long was the argument betwee race committee members over who wo
which awards. Even in this computer age and the use of a computer to get finishing times, the results weren't tabulated any faster tha when the popsicle sticks were used. One of the race coordinator's explanation for this
was that with a race this size it is always difficult to get results out quickly, The Kiwanis Club of Palos Verdes should finally open the wallets and spend some money and hire someone who knows how to get quick results. the race of ticials can loa will how to do this they never will.
Another minor peeve wout the race was the awards given to a special group of run-
ners. The cardiac patients were given trophies white the other winners were give medals. I feel that both groups should be given the same awards. It is a great ac complishment for cardiac patients to run should not be given what some might thin are inferior awards.
WOMEN: 15 \& Under: 1. Kathy Ritcke 3:58:58; 2. Natalie Leese 4:22:11; 3. Ann Blank
$4: 26: 25.16-27: 1$. Anne Keating 3:23:54; 2 . Ann Bensh 3:28:20; 3. Susan Katlove 3:28:23. 28-35: 1. Darlene Roberts $3: 16: 27 ; 2$. Susan Weems 3:17:29; 3. Kathy Martin $3: 18: 07$. 36-44:- 1 Susan Kiddy $3: 07: 53 ; 2$. Sue Hutchinson
$3: 13: 50 ;$
3 Over: 1. Betty Flood $3: 34: 16 ; 2$. Shirley Blush 4:03:49; 3. Diane Fritz 4:03:54
MEN: 14 \& Under: 1. Mark Toole 3:28:09; 2. Andy Hutchinson 3:33:14; 3. Brett Harri 3:44:11. 15-18: 1. Tim Reish $2: 51: 18 ; 2$. Ph
Smith 2:58:30; 3 Allan Hamlet $3: 01: 20$ 1. Mark Stevenson $2: 31: 19 ; 2$. Greg Gawlik 2:32:48; 3. Steve Bratt 2:37:35; 4. James Ba barvold $2: 48: 56 ; 5$. Michael Kelly $2: 49: 21 ; 6$ John Daviilard 2:50:09; 7. John Greenwood 2:51:33; 8. Michael Somers 2:53:12; 9. Dan 30-39: 1. Allan Johnson 2:44:13; 2. Sergio Rameriz 2:44:40; 3. Jerry Poling 2:45:10. 40-44; 1. Bart Coventry 2:40:16; 2. Joe Gassmann 2:44:36; 3. Joe Bergasser 2:46:49. 45-49: Fredrick Kiddy 2:50:27; 2. Donald Grocey Jr.
3:00:20; 3 , Bob Holtel 3:00:26. 50-54: 1. Barrie Hardwick 2:59:08; 2. Joe Olivas 3:00:24:3 Cur tis Brown 3:02:20. 55-59: 1. Keith Albrigh 3:16:08; 2. Alonzo Monk 3:17:16; 3. Cas Koza 3:28:27. 60 \& Over: 1. William Zappas 3:28:2 2. Bob Simpson 3:33:28; 3. William Russell 3:44:21.


Mike Larson
10K Winner
This race was noteworthy for two reasons one predictable and one not predictable. The predictable thing was the heat in Southern California in June. The unpredictable thing
was the nature of the race. The people in the was the nature of the race. The people in the
race had the option of running either the 10 k or the half marathon without declaring in advance. This made it very hard for the spec tators to tell who was in front in which race But that didn't seem to bother the runners in the race.
In the
to run the shorter race Mike Larson decided ing time was a respectable races. His winn minute and a half ahead of second place. John Brenneman decided, although we don't half marathon in 1:08:15 in termperatures tha began to rise dangerously towards the end or the race.
In the 10 k Roger Bourban, the man who popularized running in a waiters uniform with
a platter and a bottle of Perrier water on to a platter and a bottre of Perrier water on top in the $30-39$ age group.
In the women's 10 k Conni McCarthy decided that six point two miles was enough. She
finished first in a good time of $36: 35$. Katharine Kehr held on longer for the hal

1:20:07; 5. Josoph Volk (19),
john Brenneman (25) 1:00:15; 2ave David Askren
(27) 1:10:56; 3. George Guerro
(28) 1:11:28; 4 . Jim Scott (27) 1:13:27; 5. James Detweiler (28) 1:13:55. 30-39: 1. Ruben Garcia (30) 1:14:02; 2. Bill Boggs (34) 1:14:08; 3. Ken Kendall (31)
$1: 14: 55 ; 4$ Jesus Ocana (36) 1:15:16; 5 . Jim 1:14:55; (3. 1:16:35. 40-49: 1. Gabriel Bernal 42) 1:14:29; 2. Jim Knerr (47) 1:15:19; 3. Tom Carroll (42) 1:21:56; 4. James Thomson (40) 1:22:25; 5 . Jerry Van Meter (43) 1:22:55. 50-59: Patrick Devine (:52) 1:23:48; Wefler (54) 1:35:42; 4. Paul Goldman (58) 1:36:25; 5 . Robert Van Noy (59) 1:37:08. 60 \& Over: 1 . Eddie Lewin (64) $1: 29: 15 ; 2$. James Hauser (60) 1:37:23; 3 . George Boyle (62) 1:37:30; 4. Morton Davey
(62) 1:38:18; 5. Clyde Alling (64) 1:38:26. 2) 1:38:18; 5. Clyce Aling (64) $1: 38: 26$. 1:37:34; 2. Jean Wilkinson (19) 1:45:08; 3. Lisa Garrison (19) 1:45:40. 20-29: 1. Bonnie, Emmett
(29) 1:37:17: 2 Gayle Cory
(27) 1:37:27; 3. Mary 29) 1:37:17; 2. Gayle Cory (27) 1:37:27; 3. Mary
eth Smith (28) 1:41:16; 4. Nancy Tinker (29) 1:43:36; 5. Kathy Hanks (24) 1:44:26. 30-39: 1.


John Brennaman Half Marathon Winner

Katharine Kehr (33) 1:32:48; 2. Beverly Haugh (31) 1:34:36; 3. Marie Stevenson (36) 1:36:33; 4 (30) 1:38:30. 40-49: 1. Joyce Monita (44) 1:40:26; 2 Jane Dods (45) 1:44:43; 3. Johnna Cessor (42) 1:47:16; 4. Alice Olson (42) 1:49:50; 5. Jen nifer McIntosh (40) 1:52:32. 50-59: 1. Daisy
Wong (56) 1:56:45;2. Lynn Roberts (51) 2:00:42; 3. Joyce Boedecker (50) 2:12:05; 4. Ruth Bloland (52) 2:12:06.

A 152 distance runners turned out for A sterson of Redding stood above all others as they everyone across the linish line in an event which has
become another attraction to Weed Carnivali
Fernander and Masterson, Far Western Conference tespectively, tied for first place over the 4.7 mile circuil
with clocking of $24: 59.1$.
4.7 MLE:

Fernie Fernandez (Weed)
Allen Masterson (Redding)
Ernie Freer (Hayiord) 113 -1
3 Ernie Freer (Haylord) 113 -18
John McLean (Mt. Shasta)
Darren Phillips (Redding)
Mac Forbes (Reddding) 1 35-39
Mike Finnegan (Edgewood) 1 40-44
12 Mike Finnegan (Edgewpod) $140-44$
Bill Wagner (Etna) $150+$
${ }^{4} 4$ Kill Wagner (Etna) $150++13-18 \mathrm{~F}$
25 Sharon Long (Mt. Shasta) $135-39 \mathrm{~F}$
8 Suzan Towlen (Mt. Shasta) 1 30-34
6 Marlyn Hines (Mt. Shasta) $145-49 \mathrm{~F}$
. 0 MILE:
Jim Price (Redding) $130-34$
Don Merwin. Jr. (Hayfork) 113-18
3 Duane Mallams (Oregon)
Mike Healey (Redoring) 119
Bill Parr (Redding) 235-39
Eric Wakkuri (Klamath Falls) 130-34
19 Ron Dunlap (Anderson) 1 10-4
20 Luann Park (Chico) $119-29 \mathrm{~F}$
28 Linda Jo Doniak (Central Valley) $135-39 \mathrm{~F}$
42 Catherine Quinn (Chico) $219-29 \mathrm{~F}$
57 Marge Dunlap (Anderson) $140-44 \mathrm{~F}$

## Run in the Vineyard

## From Michaela Rodeno

July 12, Yountrille: Run in the Vineyard 10 K
Junior Men (under 21): 1. Keith Golding 35:00; 2. Michael JOnes 35:54; 3. Stacy Van Horn 37:28. Open Men 21-39: 1. Butch Alexander 34:39; 2. Steve Frisk
$34: 49 ; 3$. Mike Trosset 34:59. Open Women 21-39: 1 . 34:49; 3. Mike rosset $34: 59$. Opan Women 21-39: 1 .
Jolie Houston 38:15; 2. Colleen Moran 41:11; 3. Kelley Hyde 42:53. Masters Men 40 Plus: 1. Lou Dogherty 36:13; 2. Bill Buglar 37:24; 3. William James $38: 55$. liasters Women 40 Plus: 1. Reavis Gibb; 2. Yyonne Burtness; 3. Carol Hirsch.

## Riverside Bull Run

June 13. Riverside. 10 K .
Male 14 under: 1 Jeff Doleclonne 48:50, 2 Gary Male 15-18: 1 John-Mark Stuade 35:35, 2 Jim Karras 38:03, 3 Gary Koeppen 38:08, 4 Kenny Chavez 42:15, 5 Barry Verespe 42:40. Male
19-29: 1 Danny Reed $31: 05$, 2 Stephen McGhee 199.29: 1 Danny Reed 31:05, 2 Stephen McGhee
34:03, 3 Ted MacKechnie 36:34, 4 Ronald Cole 34:03, 3 Ted MacKechnie 36:34, 4 Ronald Cole Dean King 35:19, 2 Jim White $36: 18$, 3 Gill Cornell 36:37, 4 Ray Varcoe 37:06, 5 William Brown 37:09. Male 40-49: 1 Wally Ingram 35:44, 2 Freddie Chavez 38:22, 3 Don Van Dyke
38:44, 4 Robert Reisig 39:16, 5 Michael Keefe 40:18. Male 50-59: 1 Jason Harris 37:57, 2 Edd Ashley 43:10, 3 John Coles 43:11, 4 Clinton Marr 44:10, 5 Bill Garton $45: 14$. Mal 60 plus: 1 John Goodyear 41:33, 2 Stephen White 46:51. Female 19-29: 1 Carol Lowe 40:11, 2 Susie
sored by whe Orango County Assoc. for Men
tal Health.
5K:
Women
14 \& under: Amy Cox 20:46, 15-18: Clare Feit 20:47. 19-24: Robin Dubach, 18:35. 25-29: Elleen Guken 18:17. 30-34: Lorraine Schulman 24:37,
35-39: Diana Green 22:11. 40-44: Mary Dierke 27:20. 45-49: E. Reitin 25:16. 50-59: Pat An thony 25:27. 70 \& over: Alice Walsh.
$14, M e n$
14 \& under. Scott Belopeau 18:14. 15-18: David Patelson 18:16. 19-24: Nick Tyme 18:56. 25-29 Chris Costan 17:05. 30-34: William Sumne
17:10. 35-39: Bob Van Sickle 17:46. 40-44: Otto Reid 17:39. 45-49: Alexander 18:44. 50-59: Wa ly Evertz 18:08. 60-69: Louis Rocha 20:46. 70 e over. Walter Simonds 30:13
10K:
14 \& under: Lisa Comen 48:00. 15-18: Elaine Zeta 45:54. 19-24: Denise Slohl 44:31. 25-29 Tina Costantino 45:34. 30-34: Tanya Prescot 42:52. 35-39: Cargill 49:58. 40-44: Patricia 50-59: Mary Weinstein 1:01:54.
14 \& under. Ricky Wood 34:14. 15-18: Bryan Mayberry 36:52. 19-24: Andrew Girkin 32:55 25-29: Tony D. Padca 33:20. 30-34: Denni Foster 35:07. 35-39: Ron Koehn 36:12. 40-4 Stan Price 37:10. 45-49: E. Black 38:48. 50-59
Richard Hochschild 44:11. 60-69: Donald Dilworth 41:55. Wheelchair. Phillip Criswe 43:47.5.

## 20K:

25-29: Sharon Sullivan 1:33:13.1. 30-34: Carol
25-29: Sharon Sullivan 1:33:13.1. 30-34: Carol 210:07.0. 40-44: Arlene Moore 1:55:45.8. 45-49 Ann Wilson 1:49:28.4.
14 \& under: Jeff Lotspeich 1:36:30.6. 15-18 1:13:59.4. 25-29: James Ursula 1:08:37.0. 30-34 Ronald Jensen 1:13:12.5. 35-39: Jim Reilly 1:16:11.8. 40-44: Jack reton-Hewitt 1:25:05.0 45-49: Lee Francis 1:23:10.2. 50-59: Richar Elizoiraron 1:24:55.0. 60-69: Steve Chiplis 1:36:55.2.

## Palos Verdes Marathon

By LOUIS HIRSCH
June
arathon Palos Vordes: Palos Verde
As is typical in jure the weather Southern California is very unpredictable sually it's not particularly good for running a marathon. This year was no exception. As the 1500 runners discovered, it was hot and smoggy. This was not the only problem he runners had to contend with. There was er matter of the 26 miles and the big collec Marathon what it is. The difficulty of this course usually keeps away the name runners and this year's race was no exception. was the first to finish. After so many times over the course it wasn't quite so bad for him. stevenson ran with a pack for the first five miles then began to accelerate and by the six mile mark found himself alone. From that point on he was running strictly for time. H Sandra Kiddy, the
the competition. At the ten mile mark she had

4:26:25. 16-27: 1. Anne Keating 3:23:54;2. Ann
Bensh 3:28:20; 3. Susan Katlove $3: 28: 23.28-35$; 1. Darlene Roberts $3: 16: 27 ; 2$. Susan Weems 3:17:29; 3. Kathy Martin $3: 18: 07$. 36-44: 1.
Susan Kiddy $3: 07: 53 ; 2$ Sue Hutchinson 3:13:50; 3. Mariana McMullen 3:24:01. 45 \& Over. 1. Betty Flood 3:34:16; 2 . Shirley Blush 4:03:49; 3. Diane Fritz 4:03:54.
MEN: 14 \& Under 1. Mark T.
MEN: 14 \& Under: 1. Mark Toole 3:28:09; 2. Andy Hutchinson $3: 33: 14 ; 3$. Brett Harris
3:44:11. 15-18: 1. Tim Reish $2: 51: 18 ; 2$. Phil Smith 2:58:30; 3. Allan Hamlet 3:01:20. 19-29; 1. Mark Stevenson $2: 31: 19 ; 2$. Greg Gawlik 2:32:48; 3. Steve Bratt 2:37:35; 4. James Bar barvold $2: 48: 56 ; 5$. Michael Kelly $2: 49: 21 ; 6$.
John Davillard 2:50:09; 7. John Greenwood John Davillard $2: 50: 09$; 7. John Greenwood
2:51:33; 8. Michael Somers $2: 53: 12$; 9. Dan Stumpus 2:53:31; 10. Scott Filler 2:56:13 30-39: 1. Allan Johnson 2:44:13; 2. Sergio Rameriz 2:44:40; 3. Jerry Poling 2:45:10. 40-44: 1. Bart Coventry 2:40:16; 2. Joe Gassmann 2:44:36; 3 . Joe Bergasser 2:46:49. 45-49: 1 .
Fredrick Kiddy $2: 50: 27 ; 2$. Donald Grocey Jr. 3:00:20; 3. Bob Holtel 3:00:26. 50-54: 1. Barrie Hardwick 2:59:08; 2. Joe Olivas 3:00:24; 3. Curtis Brown 3:02:20. 55-59: 1. Keith Albrigh
$3.16: 08 \cdot 2$ 3:16:08; 2. Alonzo Monk 3:17:16; 3. Cas Kozak
3:28:27. 60 \& Over: 1. William Zappas 3:28:27 2 Bob Simpson $3: 33: 28 ; 3$. William Russell 3:44:21.

## Coco's Family Run

June 14, Irvine: Coco's Family Runs, 5 \& 10k 5 Kllometer Run:
MEN: 12 \& Under 1. Greg Henry (11) 18:06 13.16: 1. Greg Baugh (15) 16:47. 17-19: 1. Steve 14:29. 30-39: 1. Calvin Rossl (30) 17:52. 40-49:1. Gary Smith (41) 17:30. 50-59: 1. Wally Evertz (52) 17:40. 60 \& Over: 1. Tim Turner (62) nt. WOMEN: 12 \& Under. 1. Colleen Gargan (11) nt. 13-16: 1. Lill Garay (13) 22:53. 17-19: 1 Sheryl Chambers (19) nt. 20-29: 1. Lisa Gon
zales (22) nt, first woman. 30-39: 1. Stephanie Porras (32) 20:50. 40-49: 1. Cherie Lightburn (42) 20:40. 50-59: 1. Pearl Brinskele (51) nt.

10 Kilometer Race:
MEN: 12 \& Under: 1. Gregory Pound (11) 36:45. 13.16: 1. Raul Serratos (15) $34: 21 ; 2$
Gary Daily (18) $34: 26 ; 3$. Jeff Gregg (15) $35: 37$ Gary Daily (16) 34:26; 3 . Jeff Gregg (15) 35:37
17-19: 1 . Enrique Serratos (18) $33: 06 ; 2$. Tino Nunez (18) 33:51; 3. James Watson (18) 40:09 20-29: 1. Tom Wysocki 30:51; 2. Alan Lind (21 31:45; 3. Paul Stapleton (25) 33:34; 4. Stev Boatright (20) 34:15; 5. Jim Stephens (28)
34:57, 30-39: 1. Ron Kurrie (33) $32: 10$ 2 2 Tony 34:57. 30-39: 1. Ron Kurrie (33) 32:10; 2. Tony
Gerardi (34) 33:42; 3. Terry Schmitz (32) 34:46; Gerardi (34) $33: 42 ; 3$. Terry Schmitz (32) 34:46
4. Bruno ( 30 ) $36: 37$; 5. Jeff Wilson ( 32 ) $36: 52$ 40-49: 1. Ron Navarette (42) 33:57; 2. Ray Hughes (42) 34:09; 3. Christopher Bourke (45) 36:16. 50-59: 1. Tracy Brown (52) 36:55; 2
Aurelio Camacho ( 50 ) 39:00; 3. Jerry Soto ( 53 Aurelio Camacho (50) 39:00; 3. Jerry Soto (53)
39:13. 60 \& Over: 1. Carl Pierson (61) 46:59. WOMEN: 12 \& Under. 1. Eleanor Uribe (12 42:39. 13-16: 1. Shannon Stryker (16) 40:32; 2 Clare Feit (15) 44:27; 3. April Stevens (15) 48:38. 17-19: 1. Catherine Casserly (18) 42:24;
2. Antoinette Tester (19) 45:45; 3. Karen Thompson (19) 48:21. 20-29: 1. Rebecca Pantuso (25) 42:14; 2. Carolyn Wagstaff (25) 42:48, 3. Patricia Sweetman (28) 44:10; 4. Trina Perkins (22) 44:22; 5. Gail Arsenault (21) 45:20 30-39: 1. Fran Solomon ( 38 ) $38: 38$ first woman 43:28; 4. Cheryl Butehers (34) 43:57; 5. Sand Polis (36) 44:49; 6 . Jenny Stocker (36) 44:54. 40-49: 1. Reina Hart (49) 40:33; 2. Viola Phillips (41) 42:37; 3. Elaine Havens (45) 45:08. 50-59: 1 Ruby


Start of the Round The Runway Race

## Round the Runway

## From JIM adams

June 14, Moffett Fleld. 4th Annual Round The Runway Footraces. 5 K \& 10 K . The 4th Annual Round the Runway Foolrace held at Naval Air Station Moffett,
California, was held under ideal running con ditions on the flatest and one of the fastest courses in the Bay Area.
The 10K course laid out around the runways of historic Moffett Field and Hanga
Number One saw 398 competitors. Ted Quin tana, a well-known runner, set a blistering pace to win the Men's Open Division with an excellent time of 30:29.0, while Christine Callas won the Women' time of 41:07.7.
Ames Research Center, which ajons Moffett Field, Jake White set the pace with a fine time of $15: 47.5$. The 5 K had 233 participants.

Next year's race will be held the first Sun5 Killometer:

1. Jake White 15:47; 2. Tim Rostege 16:01; 3 . Sam Castillo 16:09; 4. Robert Edwards 16:22; 5. Joe Mercado 16:28; 6 . Jim Gorman 16:31;7. Ron Bovey 16:52; 10. Tom Legan (1 under 18) 16:59; 11. Frank Velasquez (2 under 18)
17:0112. Juan Armendariz (1 master) 17:03; 42. Debra Feinman (1 woman) 19:28; 61. Vickey Rydell (1 woman under 18) 20:25; 65. Sherry Gaskin (3 woman) 20:35; 85. Sandra Looper (1 woman master) 22:00
10 Kilometer:
Overali: 1. Ted Quintana 30:29; 2. Sal Berumen 32:37; 3. Dean Lefgren 32:56; 4 Daniel Gonzalez 33:15; 5. John Clary 33:19; 6 . Glenn MacDougall 33:46; 7. Ulrich Kaempf (1 master) 33:59; 8. Jay Gehrig (1 military) 34:10; 9. Allen Neel 34:24; 10. Dave Lope Boys Erik Axtel 11 Under. 1. Kevin Vergho 42:57; 2 Boys 1217:1; 3. Joel Miller.
Boys 12.17: 1. Michael Matthews 36:43; 2
Patrick Ford $38: 21 ; 3$ R Patrick Ford $38: 21 ; 3$. Robi Wickstrom $38: 37$. Men's Military: 1. Jay Gehrig 34:10; 2. Sco Masters Men: 1 Mich Kaem Mike LaPlerre 36:02; 3. David Edgan 38:28. Senlor Men: 1. Jan Niljssen 49:47; 2. Dale
Yee 49:58; Yee 49:58; 3. Bob Guest 50:59.
Clirls 11 \& Under: 1. Joann Arnold 44:39; 2
Jolie Beyrer 52:34; 3 . Michele Matthews $55: 46$. Jolie Beyrer 52:34; 3. Michele Matthews $55: 46$
Girris 12-17: 1. Mary Matthews 51:07; 2. Lib by Rydell 63:10.

37:56, 2 Dennis White 40:08, 3 Manuel Salsberry 43:47, 4 Mel Hutchinson 44:27. Male 40-49: 1 Jurgen Froehlich(lst male) 35:51, 2
Leonard Shipley 43:02, 3 Joe Sanchez 44:47, 4 Bob Avery 47:27. Male 50-59: 1 Tommy Hodges 42:59, 2 Richard Diener 44:31, 3 Karlis Smittens 54:01.

## Statuto Races

June 14, San Francisco: 61st Statuto Race. 4 mile \& 8
4 mile.
4 MILE RESULTS:
1
Michael J. Conroy (Excelsior TC) 21:14
22:00
Hashim Bashiruddin (Excelsior TC)
4. Jerry W. Anderson (SFIAC)
5.
T. Ghigliazza (Unat)
5. T.C. Ghigliazza (Unat)

8 MILE RESULTS:
8 MLE RELe Flores (Aggie RC)
Pete Fiores (Aggie RC)
2 Michael Eshia (Pamakids)
Pete Nowicki (Pamakids)
Frank Smith (Pamakids)
Forank Smith (Pamakids)
Russell Breslauera (DSE)
Russell Breslauer (DSE)
Susan Lovejoy (DSE) 1-F
Moscow Road Run
From fred kenyon

## Father's Day 5K

## By REG HARRIS

June 14, St. Holona: Father's Day Flve. Killometer.
"You guys were due," was one of the comments I heard after almost everyone had left Crane Park following the Third Father's Day
Five-Kilometer. I guess we were. For four years and almost sixty races, the Silverado track Club has escaped major problems with aces. Our efforts have always been smooth and well organized; however, there had to be a verything that could have gone wrong did, beginning with a mistake on our shirt order that send us six dozen extra-large and continuing through the owner of the property challenging our right to run through his promanager, but he didn't know it) and finishing with the mix-up at the finish. Those of you who have been to our other races know this is ar from typical, and we'd like to apologize to all the runners for the problems. Thank you The race itself was pleasing Even strong wind kept runners from really fast times, no less than six race records were set. Perhaps the most remarkable was the new father-son team time for the 51 -over division. almost four minutes off the old record with a combined time of $35: 53$ (17:28 for Scott and $18: 25$ for Jerry). The 50 -under father-son team winners also clobbered the old record as Mike $20: 50$ ) and Dennis (21.08) O Connor of Napa record.
Other records were set by Masters runners Walt Vennum (Sebastopol), with 17:48 (old ecord 18:10), and Hisae Reichel (Oakland), with $25: 07$ (old record 26:12). Angwin veteran ma Baker were also record breakers with $20: 18$ (old 24:02) and $22: 53$ (old 23:00), respectively.
I think every director, after every race, says, Never again," and after Father's Day, both However, if we have the race again next year, we'll make a few changes. First, we'll have a ace-day registration set-up to handle a larger group. Second, we may not have $t$-shirts. (The shirts, as simple as they were, cost us about $\$ 4$ each, not counting driving time, lay-out exace day, we were just above break even.) There is too much invested in them, and as we have no sponsors, we can't afford the risk. Third, we'll probably have more age divisions. presented over seventy this year, which is far more than most races much larger than ours: But, despite the problems and the delays, we hope the race was satisfying for all.
1 Allan Smith (Sonoma)
David Keane (Castro Valley)
4 Arturo Rodriguez (San Jose) 1-30
5 Keith Golding (Napa)
6 Scott Faulkner (EI Cerrito)
Gary Rayward (Fairfield)
Jeff Williams (Lodi)
0 Charles Kramer (Calistoga) 2-40
11 William Volkman (Calistoga)
12 Jerry Faulkner (EI Cerrito)

## 12th Annual Double Dipsea

June 20. Stinson Beach to MIII Valley and ack. 13.6 Milles.
Winners based on handicap: 1 Tim 2:00:58, 3 Michael MacKenzie(37) 2:01:39. Fastest Actual Times: 1 Michael Duncan(31) :50:37, 2 Jeff Collins(27) 1:52:51, 3 Dean Harper(28) 2:00:38. Fastest Femals: 1 orianne Harp(33) 2:07:51, ${ }^{2}$, Andrea 2:16:20.
Fastest Femals 30-39: 1 Barbara Magid(37) 2:29:37, 2 Hilary Naylor(34) 2:31:20. Males 0-49: 1 Don Chaffee(42) 1:59:37, 2 Orin ahl(45) 2:07:26, 3 Frank Smith(42) 2:00:29. Claudia Shinefeldt(45) 2:53:25. Males 50-57: Jim Nicholson(50) 2:08:01, 2 Bob Malain(54) 2:13:59, 3 Dennis Egley(57) 2:19:19. Males 58 and older: 1 Willem Tuinzing(60) 3:04:12. amales 1 and oldor. 5 Rum 17.

## Century City 10K

By RICHARD SLOTKIN
June 21, Century Clty. 4th Annual Century 10 K Century City is a deceptive 10K. It is one of
those courses that looks tougher than it really those courses that looks tougher than it really is; usually, that is. Set in the rolling hills just
west of Beverly Hills, the course is almost all up or down, with very little level ground. But, none of the hills are very long and none of the grades are especially steep. And, although it is always warm, the weather is not op-
pressive.
This time it was a little different. It was hot and humid; more so than is normal for this there weren't some good performances, but there weren't may PR's, and there were a lot of PW's, or close to it. It was so hot that after the race, not enough people hung around to
collect all the prizes which were being ran-


## the Mu From JIM ADAMS

1. Jake White 15:47; 2. Tim Rostege 16:01; 3 Sastillo 16:09; 4. Robert Edwards 16:22 5. Joe Mercado 16:28; 6 . Jim Gorman 16:31; 7 Ron Bovey 16:52; 10 . Tom Legan ( 1 under 18 ) 17:0112. Juan Armendariz (1 master) 17:03; 42 Debra Feinman (1 woman) 19:28; 61. Vickey Rydell ( 1 woman under 18) 20:25; 65 . Sherry Gaskin (3 woman) 20:35; 85. Sandra Looper (1 10 Kllometer.
Overall: 1. Ted Quintana $30: 29 ; 2$. Sa Berumen 32:37; 3. Dean Lefgren 32:56; 4 Daniel Gonzalez 33:15; 5. John Clary 33:19; 6 Glenn MacDougall $33: 46 ;$ 7. Ulrich Kaemp
(1 master) 33:59; 8. Jay Gehrig (1 military (1 master) 33:59; 8. Jay Gehrig (1 military)
$34: 10 ;$ 9. Allen Neel $34: 24 ; 10$. Dave Lopez 35:05.
Boys 11 \& Under: 1 . Kevin Vergho 42:57; 2
Erik Axtell $43 \cdot 11 ;$ Erik Axtell 43:11; 3. Joel Miller.
Boys 12-17: 1. Mlchael Matthews $36: 43 ; 2$
Patrick Ford $38: 21 ; 3$. Robi Wickstrom $38 \cdot 37$ PaMen's Milltary: 1 , Jay Gehrig 34:10; 2 Sco Miller 38:05; 3. Dan Speed 38:13.
Mastors Men: 1. Ulrich Kaempf 33:59; 2 Mike LaPlerre 36:02; 3. David Edgan 38:28. Senlor Men: 1. Jan Nijssen
Yee 49:58; 3. Bob Guest 50:59.
Girle 11 \& Under: 1. Joann Arnold 44:39; 2 Jolie Beyrer 52:34; 3. Michele Matthews 55:46. Giris 12-17: 1. Mary Matthews 51:07; 2. Lib by Rydell $63: 10$.
Women's Open: 1. Christine Callas 41:07; 2 44:21.
Women's Mulitary: 1. Janet Salter 43:33; 2 Darcy Monroe 50:23.
Women Masters: 1. Marge Gerrity 43:08; 2. Betsy Frazer-Smith 43:29; 3. Retta Albers

## Rialto Kiwanis Run

June 14. Rialto. 5 K .
Male 13 under: 1 David Harris 21:44, 2 Michae Woodson 22:14, 3 Brett Williams 23:44, 4 Sea Nelson 24:10. Male 14-19: 1 Gilbert Abreg 19:34, 2 Mark Williams 21:40, 3 Danny Butter field 22:01, 4 Shannon Walker 22:47. Male 19:28, 3 Cliff Bell 19:33, 4 Jose Trillo 20:07, 5 James Mack 20:53. Male 30-39: 1 Dan Buenafe 19:38, 2 Brice Hammerstein 19:50, 3 Jo Jauregui 20:39, 4 Pat Cashen 21:20, 5 Ron Armstrong 22:10. Male 40-49: 1 Wally Ingram Crawford 22:48, 4 Charles Creekmore 23:38 Male 50-59: 1 Wallace Taylor 23:54, 2 Harold Willis $24: 21,3 \mathrm{Mac}$ McCombs 24:48. Male 60 plus: 1 Tony Perong 26:12.
Female 13 under. 1 April Quaker 21:48,
STephanie Zapalowski 29:04. Female 14-19: STephanie Zapalowski 29:04. Female 14-19:
Heidi Wuerch 25:03, 2 Gretchen Wuerch 27:30 3 Julie Thompson 28:33. Fomale 20-29: Deana Sanders 24:00, 2 Vaneen Parker 24:07 3 Debi Dominguez 28:50, 4 Chris Morales 29:55. Female 30-39: 1 Carolyn Greywood 30:20, 4 Patricia Pearson $30: 30$. Female 40 plus: 1 Ann Crawford 28:59.

10 K
Male 13 under: 1 Rolf Wuerch 46:48, 2 Scot Barnum 1:00:49, 3 Kevin Zervas $1: 00: 51$. Mal 1419: 1 Brad Clark, 2 Scott Adkins 44:31, 3 Michael Nelson 46:40, 4 Jim Valentine 49:48,
Male 20-29: 1 Stadtler Klaus $38: 55,2$ Walter Mant 20-29: 1 Stadtler Klaus 38:55, 2 Waite Alnsworth 44:09. Male 30-39: 1 Bob McGeough
 Bob Avery 47:27. Male 50-59: 1 Tommy Hodges 42:59, 2 Richard Diener 44:31, 3 Karlis
Smittens 54:01.

## Statuto Races

June 14, San Francisco: 61st Statuto Race, 4 mile \& B 4 mille. RESULTS:
Michael Gulli (SFTC)
Michaeel J. Conroy (Excelsior TC)
Hashim Bashiruddin (Excelsior TC)
Jerry W. Anderson (SFIAC
T.C. Ghigliazza (Unat)
Sally M. Savitz (Pamakids

Sally M. Savitz (Pamakids) 1-F
8 MILE RESULTS:
Pete Flores (Aggie RC)
Pete Nowicki (Pamakids)
Frank Smith (Pamakids)
Russell Brestauer(0SE)
I think every director, after every race, says, Never again," and after Father's Day, both However, if we have the race again next year we'll make a few changes. First, we'll have a race-day registration set-up to handle a larger
group. Second, we may not have $t$-shirts. The shirts, as simple as they were, cost us abou $\$ 4$ each, not counting driving time, lay-out ex penses, etc. When we sold them for $\$ 5$ on race day, we were just above break even.) There is too much invested in them, and as we
have no sponsors, we can't afford the risk. Third, we'll probably have more age divisions. We will, however, have as many awards. We presented over seventy this year, which is fa more than most races much larger than ours: But, despite the problems and the delays, w
1 Allan Smith (Sonoma)
Allan Smith (Sonoma)
Brian Hoyt (Santa Rosa)
Arturo Rodriguez (San Jose) 1-30
Keith Golding (Napa)
Scott Faulkner (EI Cerrito)
8 Jeff Williams (Lod
Walt Vennum (Sebastopol) 1-40
10 Charles Kramer (Calistoga) 2-40
11 William Volkman (Calistoga)
12 Jerry Faulkner (EI Cerrito)
13 John Volkman (Calistoga) 2.30
13 John Volkman (Calistoga) 2
14 Martin Hillyer (Novato)
15 Ralph Carter (Napa)
37 Keith Anderson (Angwin) 1-50
46 Mary Goodson (Berkeley) 1-F
57 Tracey VanDeVeire (Benicia) 2-F
84 Bernie Harrison (Napa)
$16: 01$
$16: 15$
$16: 31$
$16: 36$
$17: 02$
$17: 28$
$17: 33$
$17: 36$
$17: 48$
$18: 07$
$18: 08$
$18: 25$
$18: 28$
$18: 40$
$18: 42$
$20: 18$
$20: 57$
$21: 45$
$22: 5$

## Woodminster Run

## From Gall wetzork

June 14, Woodminster: Woodminster 9 mile Handicap Run.
The time set by Brian Maxwell is a new set in 1977. Sharlett Gillbert's time is also new course record, breaking Bonnie Storm's 1980 mark.
Note: handicap headstart listed after age in
Sharlet Gilbert $(30,9)$ Richmond
Lynne Hjelte (21,9) Berkeley Brian Maxwell ( 28,0 ) Berke Brian Maxwell $(28,0)$ Berkeley
Jeff Rawlings $(35,3)$ Oakland Gerald Harnett $(23,0)$ Berkeley Sal Vasquez ( 41,3 ) Alameda
8 Florianne Harp $(33,9)$ Mill Valley
10 Dan Anderson ( 29,0 ) Castro Valley

10
10 Rip Talavera ( 38,3
11 Greg Duff $(12,9)$
12 Peter O'Reilly (22, 0 ) Mill Valley
13 Johnny Talco $(34,0)$ Trudker
June 14. Tahoe Clity.

| 1 | Joe Salazar |
| :--- | :--- |
| 2 | Steven Wight |
| 3 | Dan VVincent |
| 4 | Tom Laris |
| 5 | Rod Scherba |
| 6 | Cameron Moore |
| 7 | Andy Kercher |
| 8 | Donald Sutton |
| 9 | Gary Brooks |
| 10 | Ron Treabess |
| 22 | Karin Yates 1F |
| 26 | Susan Antipa 2F |

16:22
14 Ruth Anderson $(51,15)$ Oakland
15 Bruce Wolfe (26, 0) Oakland
16 Press Weston (25, 0)
17 Bryan Holmes $(46,6)$ Concord
18 Larry Menard $(23,0)$ Berkeley
19 David Lawler $(19,0)$
20 Kathryn Way $(21,9)$ Alameda
21 Leo Reihsen (37,3) Moraga
22 Marc Otto ( 12,9 ) Lafayette
23 Dave Hobler ( 39,3 ) Oakland
25 Jeff Cowling $(22,0)$ Livermore
race. And, everyone fert it. That's not to say
there weren't some good performances, but
there, weren't may PR's, and there were a lot


Anne Zampardo
domly awarded by race number. I even managed to get hold of a beautiful glass mug Just like the ones that were being given out to slowest 10 k -time l've ever turned in.
Nobody managed to break 30 minutes although winner Jon Butler came within five seconds of it. There were eight finishers under 31, though, and another six under 32. from Huntington Beach's Edison High School, hung on Chuck Smead's shoulder the whole way, and then outkicked Smead in the ast 400 yards for a six second win. Then came Armando Cendejas dozen finishers. After that, they started com ing in even closer until about 2000 souls, al hot and tired, had checked in.
Winner in the women's division was 19 year old Ann Zampardo. She took off like she was looked like a little kid in her first race who didn't know what she was doing. "It won't be ong til we pass her burned out hulk," I thought. How was I supposed to know that she had broken Kathy Mintie's $17-18$ year old
age group record in the half-marathon? As a matter of fact, she left a lot of burned out
hulks behind her as she blew off the rest of the ladies with a 35:43. Grossmont College's cross country team will continue to be strong
this fall when she joins them. They might even beat Orange Coast this time. Remember the name: Ann Zampardo. You will hear more o her in the days to come. Second was las year's winner, Teresa Haro in 37:30. Like most of the rest of us, Teresa felt the heat. It didn did bother her at about five miles was her shoulders. They ached a bit, and that was pro bably from an attachment that she has to wear on her braces at night, and which causes her to hold her neck in an uncomfor teeth, Ms. Zampardo looks about 12, and runs fast. Besides Zampardo and Haro, there were six others under 40 minutes, which wasn't bad at all for the condions, and considering tha talent.
To get to the finish line, you have to go pas it one side of Century City's Avenue of the Stars, continue for about $21 / 2$ blocks, swing sharply around the island divider and hea
back up a grade to the finish. mile. As you pass the finish and start the fina stretch, you can hear the time being called out over the P.A. system. That's bad enough as you hear times that you wish were yours. disgusted with what turned out to be tyall cond worst 10 K ever, I could hear the an nouncer joyfully relating that "...runners are telling us that they are getting their bes times ever on this fine course and this beauth it was their first 10K. Man it was a Po humid and hellishly hilly. But, I can't com plain. If it had been cooler, more people would have stayed around afterwards for the award ceremony and I wouldn't have gotten tha nice mug.
Oldest
Oldest finisher was Nat Pisciotta. He came bad for a guy 77 the 59th minute, which isn guys 27 for that matter
In the $45-49$ division, Andre Tocco, who says heat doesn't bother him, beat pending age group record holder, Jim Knerr by almos was 34 flat. However, on this Father's Day, Knerr and son Ray won the father-son com bination. But I don't think either of them PR'd Or Tocco either.
And if you think this one was bad, wait til even fourt for the Will Rogers 10K. That was

## Male 112u:

| Eddie Lavelle(10) | 41:48 |
| :---: | :---: |
| Jeff Reesing(11) | 42:40 |
| Peter Oviatt(11) | 43:12 |
| Male 12-15: |  |
| Raul Garratos(15) | 34:45 |
| Phillip Hernandez(15) | 35:10 |
| Adam Steece(15) | 36:59 |
| Male 16-20: |  |
| Jon Butler(18) | 30:05 |
| Charles Assumma(20) | 30:32 |
| Jeffrey Shaver(20) | 31:20 |
| Gilbert Cortez(20) | 31:37 |
| Syb Leibouitch(20) | 31:47 |
| Steve Whitcomb(20) | 31:56 |
| Hector Perez(20) | 32:10 |
| Ray Cook(18) | 32:25 |
| 9 Mike Baca(20) | 32:43 |

${ }_{3}$ Jeff Reesing(11)
1 Raul Garratos(15)
Phillip Hernandez(15)
Male 16-20:
Charles Assumma(20)
Jeffrey Shaver(20)
Gilbert Cortez(20)
Syb Leibouitch(20)
Hector Perez(20)
Ray Cook(18)
Mike Baca(20)
Enrique Serratos(18)

| Tracy Brown(52) | 37:33 |
| :---: | :---: |
| Jerry Withers(51) | 39:06 |
| Leonard Walts(52) | 39:39 |
| Robert Gerlach(51) | 40:14 |
| 5 David Hirschson(54) | 40:15 |
| Male 55-59: |  |
| Kg Taki(57) | 40:09 |
| Robert Page(59) | 40:54 |
| 3 Paul Jernstrom(59) | 42:49 |
| Male 60-69: |  |
| Eddie Lewin(64) | 40:36 |
| Demetrio Miller(61) | 42:06 |
| Steve Chiplis(62) | 44:25 |

1 Jana Frost (10)
Female 12-15:
Katie Dunsmuir(15)
2 Lisa DiCon
Female 16-20:
Anne Zampardo(19)
Teresa Haro(20)
Marian Mallory(20)
Marian Mall
Female 21-24:
Paula Jackson(23)
Kathy Fulkerson(21)

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$39: 57$
$45: 09$ $\begin{array}{ll}\text { 39:57 } & \text { 4 Alvera Sabin(36) } \\ \text { 45:09 } & 5 \text { Terri Goodreau(31) } \\ \text { 48:10 } & \text { Female 40-49: }\end{array}$

Sandra Mosk(40)
Joyce Momita(40)
Cecily Parke(41)
Ilona Fletcher(41)
Ilona Fletcher(41)
Lisa Newman(42)
Female 50-59:
1 Helen Dick(56)
Female 60 \& over
1 Norma Bernardi(61)

## FIRE IN THE KITCHEN

Things are getting hot in the U.S. road race scene; and the top American run friction producing the smoke is heat. The the Association of Road Racing Athletes and The Athletics Congress. The ARRA consisting of top level runners and headed by Olympian Don Kardong, is pulling for open competition between pros and place winnings. TAC, on the other hand, maintains that amateurs cannot compete against (or with) professionals and that eceiving cash can bar an athlete from further amateur races, including the Olympics. happening, or, rather, is going to happen. It appears that ARRA is going ahead with its proposed pro/amateur race circuit. This will force TAC to either inforce the rules or seek changes in the rules. Our hope is that each
organization consider first of all the best interests of America's top road racers.
Here are some of the developments over the past month:

## ARRA Announces Circuit

Portland, OR - Don Kardong, President of has announced plans for the ARRA Cham, pionship Circuit of open road races. Each event in the six race schedule for 1981 will offer prize money to top finishers and will be open to all classifica
sionals."
The first event in the 1981 circuit will be the Cascade Run Off, a 15 -kilometer ( 9.3 mile) road race in Portland on June 28. Nike, Inc. has contributed total prize money of
$\$ 50,000$ for the Portland race, with first place purses of $\$ 10,000$ each for the top man and top woman. The Cascade Run Off is ranked as one of the most competitive and best organized road races in the country.
Kardong said, "After months of negotiait became the existing administrative bodies, organize our own that we would have to our goals of bringing about open competition, enabling athletes to control their own foundation for the future growth of road
"amateurs." An athlete may elect to take any prize money he or she may win or to run as an amateur.
In addition to the prize monies awarded at individual races, the ARRA Champion ship circuit will offer a grand purse to be heir overall performances in the series. Competitors will win points in individual aces based upon their respective finish places and the point value assigned to each cumulative point standings throughout the year and will name overall champions and distribute the grand purse to top performers ursuant to the final standings.
Competitors in the ARRA Championship race at the end of the year by scoring a specified number of points during the eries. The championship race will offer a total purse of $\$ 200,000$ and will take place media exposure. Depending maximize siderations of race administration and media interest, the men and women's divisions of the ARRA championship race may be conducted separately, rather than under e customary mixed field concep
Ircuit will include separate scoring and distribution of prize monies for men and omen

## \$ 令

## RUNNER COMMITMENTS

Only the Association of Road Racing Athletes can guarantee the elite fields and well-known athletes necessary to make a prize money road racing circuit successful sideration for sponsors. ARRA represents virtually all of the leading road racers, including Bill Rodgers, Herb Lindsay, Joan Goodall, and Tony Sandoval, ARRA Has achieved a remarkable degree of unity and support among competitive distance runners, and an overwhelming majority of its membership ( $86 \%$ ) will enter into commitments to compete in the ARRA Cham-
pionship Circuit described above Preliminary contacts also indicate very strong interest in the ARRA circuit among
minimum purse
Don Kardong stated that the circuit would cater to the needs of every competitor, not just the elite runners. The first
event in the ARRA Championship Circuit, the Cascade Run Off, will carry a total prize fund of $\$ 50,000$ with first place purses of $\$ 10,000$ each for the top man and top

It is anticipated that the 1982 circuit will consist of 15 events with total individual event purses of approximately $\$ 600,000$ in addition to an overall circuit purse of ap proximately $\$ 300,000$.
TAC Stand on Cash Prizes

## at Cascade Run Off

Indianapolis, IN .- The Athletics Congress, America's governing body for track and field, is asking the Association of Road Racing Athletes (ARRA) to reconsider their plans for Sund
ARRA has publicly stated its intent to have a $\$ 50,000$ purse, available at the Cascade Run, with a $\$ 10,000$ first prize fo both men's and women's divisions. Com rules of both TAC and the International Amateur Athletic Federation, the worl governing body for track. The penalty loss of eligibility for TAC and IAAF sanctioned competition.
After consulting with the IAAF, TAC ex
ecutive director Ollan Cassell ARRA officials to hold two sections -. on for those who wish to compete for the cas prizes, and one for those who wish to retai their eligibility.
Cassell ""ane no quarrel with ARRA," said Cassell, "and we're not out to 'get' anyone Our octive is to make sure that everyon competing in the Cascade Run understand to run for the prizes, and it's theire decided sion and that's fine We want eyeryone understand our position, and our need to abide by the rules as the U.S. member of the IAAF." Cassell also cited TAC's obligation to abide by the Amateur Sports Act, which Amateur Sports Act," said Cassell, "we have no jurisdiction over professionals. We are duty-bound, however, to uphold the rules of the IAAF as they pertain to eligibili-

Money Awarded at Cascade Run Off
Portland, OR - Greg Meyer of Hollison, Massachusetts, and Anne Audain of Auckland, New Zealand were the big winners in Portland's Cascade Run Off today.
Meyer took home the $\$ 10,000$ first place check for his victory in the 15 -kilometer ( 9.3 mile) race, while Audain won an equal mount for her victory in the women's secof the race. (Soe results elsewhere in News.)
The Cascade Run Off was the first event of the 1981 Association of Road Racing Athietes Championship Circuit in which each of the six races will be contested on unning may elect to run for prize money or to run strictly as amateurs.

## TAC Sets August Hearing for Cascade Participants

 Indianapolis, IN. Eleven of the top finishers from last month's Cascade RunOff have been asked by The Athletics Congress to attend a hearing in Chicago on August 22 .registered TAC members, are charged with violating the operating rules and by-laws of both TAC and the International Amateur Athletic Federation because of their parkilometer road race in Portland, Ore, on June 28.
The meet organizers for the Cascade Run-Off offered cash prizes for the top finishers, with $\$ 10,000$ going to the to
finishers in the men's and women's divisions. The race was the first of a professional road running circuit arranged by the ARRA:
A notice sent by mail from TAC to each of the 11 athletes spelled out the purpose of in the professional prize money road race, on June 28, in Portland, Ore., competed for prize money based upon your athletic per formance, and/or participated in an unsanc tioned event."
The eleven athletes, listed here alphabetically, are: Patti Catalano (Mass.),
Cindy Dalrymple (Hawaii), Benji Durden
som for a guy 77 , it wa we
suys 27 for that matter. In the 45-49 division, Andre Tocco, who
says heat doesn't bother him, beat pending age group record holder, Jim Knerr by almost a minute. Tocco's time was 3n:11, and Knerr
was 34 flat. However, on this Father's Day was 34 flat. However, on this Father's Day,
Knerr and son Ray won the father-son comKnerr and son Ray won the father-son com-
bination. But I don't think either of them PR'd. Or Tocco either.
And if you think this one was bad, wait til July Fourth for the Will Rogers 10K. That was even hotter and hillier. And slower.

## Male 11\&u:

Male
2
2
Eddif Re Lavelle(10)

Jeff Reesing(11)
Peter Oviatt(11)
Raul Garratos(15
Raul Garratos(15)
Phillip Hernandez(15)
Adam St
Adam Steece(15)
ale 16-20:
Charles Assumma(20)
Jeffrey Shaver(20)
Gilbert Cortez(20)
Gilbert Cortez(20)
Syb Leibouitch(20)
Syb Leibouitch(20)
Steve Whitcomb(20)
Hector Perez(2
Ray Cook(18)
Ray Cook(18)
Mike Baca(20)
10 Enrique Serratos(18)
Male 21-24:
Armando Cendejas(24)
Terry Gibson(22)
Daniel Brady(21)
Joseph Avila(24)
Steven Bratt(24)
Alvaro Palacios(22)
Ray Knerr(21)
9 Clyde Matsumura(21)
0 Louis Hurtado(23)
Male 25-29:
Chuck Smead(29)
Jim Scott(25)
Steve Blum (26)
Bill Entz(26)
David Stansbury(26)
Steve McCalley(27)
Michael Norton(29)
Michael Norton(29)
Jim Masterson(27)
10 Eric Parker(28)
Male 30-34:
Bob Macias(30)
Ron Kurrie(33)
Ron Kurrie(33)
Carlos Godoy(30)
Carlos Godoy(30)
Bill Boggs(34)
Robert Sanchez(
Mike Hill(30)
Chuck Foote(33)
Charles Hoover(32)
Juan Hernandez(34)
0 Henry Lange(32)
Male 35-39:
Bill Scobey(36)
Marshall Matye(37)
Jim Minami(37)
Jim Minami(37)
Brian Barkley(38)
Male 40-44:
Gabriel Bernal(42)
Charles $\mathrm{McClung}(40)$
James Murphy(41)
James Murphy(41)
Norman Towers(40)
Robert Montelongo(40)
Male 45-49:
Andre Tocco(45)
Jim Knerr(47)
Roger Bartlett(45)
Rom Gee(46)
Frank Greene(45)
organization consider first of ral the be
terests of America's top roar racers. Here are some
the past month:

## ARRA Announces Circuit

 Portland, OR - Don Kardong, President of he Association of Road Racing Athletes, pionship Circuit of open road races. Each vent in the six race schedule for 1981 will offer prize money to top finishers and will classification as "amateurs" or profe sionals."The first event in the 1981 circuit will be
the Cascade Run Off, a 15 -kilometer ( 9.3 mile) road race in Portiand on June 28 . Nik Inc. has contributed total prize money o $\$ 50,000$ for the Portland race, with firs place purses of $\$ 10,000$ each for the top man and top woman. The Cascade Run Off and best organized road races in the country.
Kardong said, "After months of negotiafion with the existing administrative bodies organize our own circuit in order to meet our goals of bringing about open competition, enabling athletes to control their own competitive careers and creating a sound foundation for the future growth of road racing. The commencement of the ARRA positive step for the sport and an end to the hypocritical system of 'shamateurism which has prevailed for years. ARRA is very grateful to Nike, without whose support the become a reality."
Kardong stated that the ARRA Championship Circuit would feature many of the country's most respected road races and that each race in the circuit would cater to the needs of every competitor, not just the elite runners. ARRA has received strong support for its circuit from leading race directors, sponsors, national running sport.

THE CIRCUIT
The ARRA Championship Circuit will eature the world's top-ranked men and women road runners, large-scale, wellproduced events in desirable market areas, and prize money awarded on an open cometition basis. Each annual circuit wil champions and will culminate in a cham pionship race.

## FORMAT

The ARRA Championship Circuit will consist of 10 to 14 races, ranging in distance rom 10 kilometers ( 6.2 miles) to the marathon ( 26 miles, 385 yards). ARRA will arange its race calendar to create an at tractive blend of distances and sites, pro
mote optimum competitive performances, and maximize sponsor exposure and media coverage. Most of the events included in the ARRA Championship Circuit will attrac arge-scale fields, and all will feature ex Each road race on the ARRA Champion ship Circuit will pay prize money to top perormers based upon their places of finish. Each event will be conducted pursuant to a ystem of open compeitition, such as prevails in tennis and golf, whereby all
athletes may compete regardless of their classification as "professional" or
 media interest, the men and women's divi-
sions of the ARRA championship race may be conducted separately, rather than under the customary mixed field concept.
All aspects of the: ARRA Championship distribution of prize monies for women.

## § S S S <br> RUNNER COMMITMENTS

Only the Association of Road Racing Athietes can guarantee the elite fields and prize money road racing circuit successfu and to provide sound promotional con sideration for sponsors. ARRA represent
virtually all of the leading road racers, including Bill Rodgers, Herb Lindsay, Joan Benoit, Frank Shorter, Greg Meyer, Ellison Goodall, and Tony Sandoval. ARRA ha achieved a remarkable degree of unity and support among competitive distance runmembership ( $86 \%$ ) will enter into com mitments to compete in the ARRA Cham pionship Circuit described above Preliminary contacts also indicate very
strong interest in the ARRA circuit among athletes from Europe, New Zealand, and Australia.
Each event on the ARRA Championship Circuit will feature a strong and deep field thereby ensuring high media incing stars, exciting competition. ARRA will obtain commitments from participating runners to compete in $4-6$ specific races and a minimum of 8-10 races during each circuit the exact numbers to be determined by the together with an agreement not to run in conflicting events. ARRA will allocate run ner commitments to specific races so as to guarantee well-known athletes at each vent.
The tremendous growth of running in the past ten years has set the stage for a brigh
future of high media visibility, strong spec ator interest, and exciting competitive bat les, as open competition and prize money racing add an additional dimension to this popular participant sport. The combination perience, and overall knowledge of the sport make the Association of Road Racing Athletes the logical organization to usher in

## ARRA Circuit Schedule

 Each race on the ARRA circuit will be open to all runners ragardless of their classification as "amateurs" or "profes sionals" and will offer prize money to top finishers.The 1981 ARRA Championship Circuit will consist of the following events:

- June 28: Cascade Run Off /Portiand, OR (15 kilometers) $\$ 50,000$ purse.
- September 13: Nike Marathon/Eugene, OR ( 26.2 miles) $\$ 100,000$ purse.
- September 26: Virginia 10 Miler/Lyn hburg, VA ( 10.0 miles) $\$ 50,000$ purse
miles) $\$ 35,000$ purse. Lasse Viren Invita - November 15: Lasse Viren Invita-
ional/Malibu, CA (20 kilometers) $\$ 30,000$ tional/Malibu, CA ( 20 kilometers) $\$ 30,000$

minimum purse | - December 31: Orange Bowl Festival |
| :--- | :--- |

ARRA has publicly stated its intent to
have a $\$ 50,000$ purse available at the have a $\$ 50,000$ purse avail able at the
Cascade Run, with a $\$ 10,000$ first prize for both men's and women's divisions. Comeeting for cash prizes is in violation of the mateur Athletic Federation international overning body for track The the world governing body for track. The penalty is
loss of eligibility for TAC and IAAF. anctioned competition.
After consulting with the IAAF, TAC executive director Ollan Cassell has asked ARRA officials to hold two sections ... one prizes, and one for those who wish to retain heir eligibility.
"We have no
"We have no quarrel with ARRA," said Cassell, "and we're not out to 'get' anyone.
Our objective is to make sure that everyone ompeting in the Cascade Run understands he risks. There are those who have decided o run for the prizes, and it's their own decision and that's fine. We want everyone to understand our position, and our need to AAF." Cassell also cited TAC's obligation 10 abide by the Amateur Sports Act, which ecame a federal law in 1978. "Under the mateur Sports Act," said Cassell, "we have no jurisdiction over professionals. We ules of the IAAF as they pertain to eligibility."
In a telex received by TAC from IAAF headquarters in London, IAAF secretary
John Holt outlined his organization's tion on cash prizes at the Cascade Run: -"We confirm that Rule 53 (i) concerns competition under IAAF rules and should be read as such.

- "We agree that TAC can only sanction -"The organizer must be asked to obtain from athletes, before the race (as they register and collect numbers), a signature stating which section they are running in. chutes. chutes.
ed as far can then claim to have sai -"If ARRA refuses to cooperate in a clearly defined two-sectioned race, then (we) feel that you have no alternative but to race, and declare all ineligible who com-
pete."
Rule 53 of the IAAF states, in part:
- "The following persons are ineligible to Any person who: (1) has taken part in any athletic meeting in which any of the competitors were, to his knowledge, ineligible to compete under IAAF rules. (2) takes part in any athletics meeting which is riot sanctioned, recognized or certified by the (IAAF)
member country in which the event is held. Thus far ARRA has refused to comply with TAC's request, despite an earlier agreement between Cassell and ARRA officials. The agreement, made during
negotiations between TAC and ARRA last fall, was that ARRA would provide for two sections if TAC could secure IAAF sanction for the amateur race. ARRA officials have since decided not to distinguish between those who are competing for cash prizes their eligibility.
Unless the situation changes, all participants in Sunday's Cascade Run could be declared ineligible. In the case of foreign runnetify their national governing bodies of their participation.
for Cascade Participants
Indianapolis, in . Eleven of the top Indianapolis, $\mathbb{N}$. Eleven of the top
finishers from last month's Cascade RunOff have been asked by The Athletics Congress to attend a hearing in Chicago on August 22.
The athletes, all U.S. citizens who are
rgistered TAC members, are charged with violating the operating rules and by-laws of both TAC and the International Amateur Athletic Federation because of their par-
ticipation in the Cascade Run-Off, a 15 dicipation in the Cascade Run-Off, a 15 June 28. road race in Portland, Ore., on The
Run-Off offered cash prizes for the top inishers, with $\$ 10,000$ going to the top inishers in the men's and women's diviions. The race was the first of a profes ARRA:
A notice sent by mail from TAC to each of the 11 athletes spelled out the purpose of the hearing. "You registered and competed on June 28, in Portland, Ore., competed for prize money based upon your athletic per formance, and/or participated in an unsanctioned event."
The eleven athletes, listed here alphabetically, are: Patti Catalano (Mass.),
Cindy Dalrymple (Hawaii), Benji Durden Georgia), John Glidewell (Penn.), Michae Layman (Wash.), Herb Lindsay (Colo..), Greeg
Meyer (Mass.), Jan Oehm (Calif.), Bill Meyer (Mass.), Jan Oehm (Calif.), Bill Rodgers (MM).
The athletes are asked to respond to the notice by writing Dick Hollander of Richmond, Va., chairman of TAC's National Athletics Board of Review, within 10 days of
the date set for the hearing. The hearing will he date set for the hearing. The hearing will take place August 22 at the Ho
O'Hare/Kennedy in Rosemont, III.
The penalties are also spelled out in the notice: "If you are found guilty of one or more of the offenses charged, the Board of Review has the power to impose discipline, for a definite period of time or for life, and/or various periods of probation, with or without suspension, based on certain conitions of conduct. The Board of Review and right to compete of any athlete within the jurisdiction of The Athletics Congress." At the hearing the athletes will be entitled to representation by counsel or other witnesses to testify on their behalf, and to Although 6000 runners entered the Cascade Run-Off, only the 11 named earlier are scheduled for hearing at this time. "We解' have a complete list of the entrants From the results we've been able to ob. rain, these are the only athletes among the op 15 men and top 10 women who are U.S. op 15 men and to
When is a Pro a Pro?
You may be wondering why or how all of dache and other pro races are now still able o continue to run in the amateur races. It is because removing an athlete's amateur status takes a lot of doing. The local old a hearing and then there are two appeal steps. Tom Fleming, best known runner among the pros, has yet to have a hearing. Meanwhile, he remains an amateur.

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## Valley of the Flowers Half Marathon

| June 21. Lompoc. |  |  |
| :---: | :---: | :---: |
|  | David Dickinson(23) | 1:15:21 |
|  | Byrle Smallen(33) | 1:15:36 |
| 3 | Steve D. Jones(21) | 1:16:16 |
| 4 | Sal Damico(22) | 1:18:00 |
| 5 | Terry Mack(29) | 1:19:24 |
| 6 | Charles Elkins(37) | 1:19:27 |
| 7 | Todd W. Robinson(24) | 1:20:02 |
| 8 | Rick Snekvik(33) | 1:20:36 |
| 9 | Richard Bellieu(44)1-40 | 1:20: |
| 10 | Dan Pondella(40)2-40 | 1:21:15 |
| 11 | Kemp Aaberg(41)3-40 | 1:21:31 |
| 12 | Aba Ramirez(42)4-40 | 1:21:43 |
| 13 | Roger Sebert(37) | 1:21:47 |
| 14 | Ed Bruen(41)5-40 | 1:21:53 |
| 15 | Bill King(38) | 1:22:06 |
| 16 | Al Ramos(36) | 1:22:39 |
| 17 | Michael McCreery (40)6-40 | 1:23:26 |
|  | Brad Smith(15) | 1:24:17 |
| 19 | Paul Hartman(36) | 1:24:17 |
|  | Bob Kemp(42)7-40 | 1:24:28 |
|  | Carlos Rodriguez(36) | 1:24:44 |
|  | Diane M. Killeen(24)1W | 1:24:53 |
| 23 | John R. Feeley(31) | 1:25:10 |
|  | David R. Benites(37) | 1:25:21 |
|  | David Pondella(41)8-40 | 1:25:32 |
| 31 | Ray Gil(56)1.50 | 1:26:27 |
|  | Sandra Marshall(33)1W-30 | 1:26:57 |
|  | John H. Perkins(53)2-50 | 1:27:54 |
|  | Shirley Saunders(40)1W-40 | 1:33:26 |
|  | Edwin B. Bishop(60)1-60 | 1:35:57 |
| Valley |  |  |
| of the Flowers |  |  |
| Marathon |  |  |
| June 21. Lompoc. |  |  |
|  | Tim Loftus(30) | 2:30:56 |
|  | Ted Pawlak(25) | 2:38:15 |
| 3 | James R. Detweiler(28) | 2:42:19 |
| 4 | Alan Dehlinger(20) | 2:43:17 |
| 5 | Richard Weeks(38) | 2:45:11 |
| 6 | Rodney Mowbray(34) | 2:45:17 |
| 7 | Boyd Hartley(36) | 2:46:11 |
| 8 | Bill Wagner(44)1-40 | 2:51:39 |
| 9 | Bobby Roberts(36) | 2:53:09 |
| 10 | Tom Alnes(29) | 2:54:09 |
|  | Jack Williams(45)2-40 | 2:56:43 |
| 12 | Edwin Jerome(37) | 2:57:09 |
| 13 | Ken Jurette(42)3-40 | 2:58:16 |
| 14 | Fidel Diaz(24) | 2:58:32 |
| 15 | Gene Comroe(38) | 2:59:11 |
| 16 | Jeff Wilson(32) | 2:59:51 |
| 17 | Louis Spencer(42)4-40 | 3:00:24 |
| 18 | Jeff Saley(37) | 3:00:26 |
| 19 | Fred Vega(46) | 3:00:53 |
| 20 | Delbert Pearce(47) | 3:02:36 |
| 21 | Bob Carman(50)1-50 | 3:04:29 |
| 34 | Anette Connell(35)1W-30 | 3:09:05 |
|  | John E. Herd(54)2-50 | 3:10:40 |
| 54 | Kathleen Nunez(34)1W 18-29 | 3:16:56 |
|  | Gayle Berge(37)2W-30 | 3:31:17 |
|  | 6 Rose Marie Casammass(40)1W-40 | 3:56:20 |
|  | 4 Edward T. Wilson(65)1-60 | 5:22:05 |

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 48 Ray Hernandez, J
49 Patrick Dunning
50 Unknown
52 Unknown
53 BobSliger
54 Jimmie Aguila
55 Bill Yaley
56 Jerry Shaw
56 Jerry Shaw
57 Unknown
58 Frank Delgado
59 Dick Cain
60 Curt Royer
61 Kim Fertig
62 Frank Ortega
63 Tim Holmes
64 Bruce Johnson
65 Vincent Marquez
66 Michael Evangelho
67 Andres Patlan
68 Reynaldo Garz
70 Jim Brooks
71 Bob Fries
${ }_{73} 72$ Clemente Flores
73 David Calderon
74 Kenneth Schwiso
75 J . Ostergaard
76 Keith Postler
77 Manuel Aguilar
78 John Aldrich
79 Terry Taylor
80 Robert Taylor
81 Tom Morgan
82 Ken Bunton
${ }^{83}$ Renee Wyckoff $1 F$
84 Steve Johnson
85 Omar Anzaldua
85 Omar Anzaldua
86 Michael Cole
87 Lou Perez
88 Bruce Donley
89 Steven Levy
90 Hector Sepulv
90 Hector Sepulveda, Jr.
91
Gene Lych
91 Gene Lynch
92
John Sigala
93 Lang Russel
94 Rich Simons
95 Eddie Rivera
${ }_{97}$ Craig Newport
98 Odilon Carrera
99 Tom Parker
$\underset{\substack{3354 \\ 3350}}{\substack{3.50}}$

100 Mike Anderson
39.28. 1 Sid Toabe 36:17, 2 Franz Weinschenk, Harry Harder 40:45, 2 Mike Inverso $46: 27,3$ Donald Zarin 46:37. Women 10-14:1 Rosemary Alcaraz 43:38, 2 Yolanda Martinez 44:38, 3 Denise Ockey 46:41. Women 15-19: 1 Renee Wyckoff $35: 12,2$ Shirley Rojas $38: 45,3$ Cathi Isham 39:13. Women 20-24: 1 Paula Ramirez 38:00. Women 25-29:1 Tone Nichols 42:18, 2 Elizabeth Layous, 3 Becky Dieter 43:58. Women 30-34: 1 Carolyn Tiernan 39:35, 2 Dlane Stauffer 40:10, 3 Pam Royer 40:13. Women 35-39: 1 Muriel Olsen 42:04, 2 Margie
Timberlake $42: 07,3$ Donna Nelson 44:15. Women 40-44: 1 Ramona Diaz 44:37, 2 Cec Conway 47:10, 3 Connie Pius 48:28. Women 45-49: 1 Isabel Verduzco 43:09, 2 Mae Rogar 48:21, 3 Marvelle Taylor 49:59. Women 50 \& 47:04, 3 Marguerite Valentine 48:03.

## Bunion Derby 3K

## From Laray lung

June 27. Campus of Callformia State Universl-
ty at Fresno.
$\begin{array}{ll}1 & \text { M. Taylor } \\ 2 & \text { Al Lomell }\end{array}$
3 Eric Little
J. Snell
Bob Linds

Bob Lindsey $1-30$
Gordon Keller 2.30
C. Elia $3-30$
M. Hull

11 B.B. Johnso
11 R. Clennan
$\begin{array}{ll}12 & \text { Bob Galloway } 4 \cdot 30 \\ 13 & \text { Frank Delgado } 1-40\end{array}$
14 Leon Valley
${ }^{15}$ Bob Fries 1.50
22 L. Russel 2-40
62 Jim Brooks WC-1 63 Ken Takeuchi $1-50$
64 74 D. Nelson 1-W W $82 \mathrm{~W} . \mathrm{Morgan} 2-\mathrm{W}$ 87 C. Stebles $3-\mathrm{W}$

## Blood Run II

From b. millhollen

June 27. Sacramento
$5 \mathrm{~K}:$
Male 19 a under: 1 Michael Zmuda 18:22, 2 Brian Marier 18:48, 3 Cary Bertoncini 19:09,
Fomale 19 \& under: 1 Bobbea Pressly 23:38, Juliann Martin 30:34, 3 Katrina Herr 30:42 Male 20-29: 1 Craig Otterson 16:05, 2 Victor Rivera 16:47, 3 John Pouk 20:36. Female 20-29 1 Janet Tucker 21:07, 2 Julie Stirman 26:29, 3 Donna Radigonda 27:50. Male 30-39: 1 Bil
Tramontin 18:08, 2 Jim Beland 18:44, 3 Mike Neff 19:28. Fomale 30-39: 1 Linda Belfore 25:48, 2 Nora Sterling 29:28, 3 Eileen Hoffman 31:24. Male 40-49: 1 Chuck Conway 19:00, Gary Hollinger 21:06, 3 Henry Tollette $21: 34$
Female 40-49: 1 Sue Benthien 35:16. Male 50 a over: 1 William Huffman 22:40, 2 Marvin Mille 29:08. Female 50 \& over. 1 Ann Tassell 33:21. 10K:
Male 19 \& under: 1 Kenneth Mattson 32:43, 2 Tom Arnez 36:53, 3 Doug Pajer 53:17. Female 19 \& undor: 1 Lisa Baccigaluppi 43:13. Male 34:06, 3 Donnie Cabitac 36:06. Female 20-29: Karen Coe 41:26, 2 Grace Healy 49:54, 3 Leslie Johnson 50:50. Male 30-39: 1 Kirkwood Donavin $38: 26,2$ Bill Staack 41:00, 3 Joel Uher 44:05. Femaie 30-39: 1 Juanita Hufalar 45:03, 40-49: 1 Dudley Smith 40:24, 2 Web Chadwick 40:26, 3 Bryan Donald 42:56.

Morro Bay to Cayucos
From STAN ROSENFIELD

Rae Clark(29)SanJose
Bjorg Austrheim-Smith(37)1F(Sac)
${ }^{9}$ Odin Christensen(33)SaltLk
10 Sally Edwards(33)Sacramento
11 John Kanieski(34)Medina,OH
12 Bill Davis(35)San Francisco
13 Bruce Madewell(34)Davis
14 Richard Belliveau(43) Northridge
15 Marc Hoschler(30)Freeport
16 Craig Chambers(31)SantaMonica
17 T.J.Key(37)San Diego
18 Eric Thompson(30)Cupertino
20 Charles Hoover(31)Sepulveda
21 Tom Zavortink (41)Sanfrancisco 23 Mike Owen(28)Sacramento 24 V. I. Wexner(38)Shingletown 25 Tim Twietmeyer(21)RedwoodCity 31 Jody Payne(42)3F Crestline 35 Nickl Lewis(48)4F SantaMonica 60 Fred Dunn(51)SanFran 100 Paul Reese(64)Sacramento 251 Starters/146 Finishers

## Lake Tahoe Marathon

## From Reg bedell

| June 27, Incllne Village, Nevada: La - "Nation's Highest" |  |
| :---: | :---: |
| John Gailson (27) Stateline, NV | 2:43:25 |
| Andy Takaha (25) Camino West | 2:44:08 |
| Jim Bailey (27) Stateline, NV | 2:47:57 |
| Kenneth Drew (31) San Jose | 8:15 |
| Daniel Hollis (31) Zephyr AC | 2:58 |
| Ronny Harries (31) Sacramento | 2:58:56 |
| John Montgomery (35) San Diego TC | 2:59:18 |
| Michael Schulz (32) Reno, NV | 3:02:31 |
| Bruce Ziegler (30) S. Lake Tahoe | 3:04:05 |
| 10 Rick Xylvester (39) DSE | 3:09:19 |
| 21 Debbie Walder (30) Tahoe Paradise 1-F | 3:20:45 |
| 23 Ron Ogilvie (48) Sparks, NV 1-40 | 3:22:57 |
| 46 Marie Cook (37) Butte, MT 2 | 3:45:51 |

## NAS Lemoore

 Half Marathon
## June 28, Lemoore Naval Alr Station: NAS

 Lemore Half Marathon.no times available except 1:11:00 for overall winner Gilbert Cortez of Alhambra. Boys 12 \& Under: Greg Henry. Girls 12 \& Under: Cathy Henry. Boys 13-17: Dave Perez. Mycoff. Men 36-49: Jesse Rodriguez. Women 36-49: Linda Branco. Men Over 50: Len Thornton.
d Benji Durden, American recordholder Ric Rojas, Duncan MacDonald, Pete Pfitzinger, ton Mavis, John Gildewell, Lou Kenny, Bob Haul Stemmer, and Son Kardong, Steve Floto, ook on a strong international flavor with top unners from New Zealand, Japan, Colombia, reland, England, and Kenya participating.
Audain's victory highlighted an impressive -.-3 sweep by New Zealand women as raine Moller captured the next two places. Audain managed to steal away to an insurmountable lead on the hilis while Roe and mutiple American recordholder Patti Catalano keyed on each other. Audain's win capped a string ncludes victories at the Lilac Bloomsday Run and Garden of the Gods. The Cascade Run Off marked the first American race for Roe Ince she became the world's second fastest woman marathoner with her 2:26:46 at only one week after she became the fifth woman to break $21 / 2$ hours for the marathon by running 2:29:35 to win Grandma's Marathon. Catalano and Laurie Binder were te first Americans in the strong women's As
ce, the Cascader open or unrestricted road the ARRA athletes posed the most serious challenge in history to the authority of The Athletios Congress and the International o system of under-the table payments Despite announcements by TAC that it would declare all 6,000 participants ineligible, race organizers reported only three major defections from their invited field and only five from e rest of the field.
The Cascade Run Off took place over a cenic, certified 15 -kilometer loop course hrough Portland's City Center and close-In West Hills. Runners enjoyed sunny skies, a cooling breeze, and temperatures in the over the course is 475 feet

## Rosults:

Greg Meyer(25) Open Mon Herb Lindsay(26) Boulder,CO \$

43:18.9
Domingo Tibaduiza(31)Colombia \$ $43: 23.5$
Bill Rodgers(33)Stoneham,MA $\quad$ 43:25.0
Jon Sinclair(23)Ft.Collins,CO \$ 44:04.8
Benji Durden(29)StoneMtn, GA \$ 44:09.5
Pete Pfitzinger(23)lthaca, NY \$
John Glidewell (24) Fairborn
10 Pablo Vigil(29)Alamosa,CO'\$
1 Rex Wilson(21)Hastings,NewZea
12 Ed Mendoza(28)Flagstaff,AZ \$
3 Steve Bolt(26)Pinson,AL \$
4 Michael Layman(27)Billings,MT
Ric Rojas(29)Boulder, CO \$
6 Stan Vernon(25)Dallas,TX
17 Chuck Smead(29)Santa Paula, CA
8 Dan Cloeter(29)Norfolk, NB
20 Michael Bonner(20)Auckland,NZ

1. Mike Porter(26)Berkeley,CA

22 Kelly Jensen(26)Eugene,OR
23 Ted Castaneda(29)ColoSpr,CO
24 John Moreno(26)SanCarlos,CA
25 Steve Flanagan(33)Boulder,CO
6 Laurence Adams(30)England
Tony Ramirez(26)SanCarlos,CA

44:12.6
44:14.4
44:32.2
44:32.2
$44: 44.0$
$44: 46.9$
$44: 49.5$
44:49.5
44:52.0
$44: 53.8$
44:53.8
$45: 17.6$
$45: 22$
45:23
$45: 23$
$45: 24$
$45: 24$
$45: 25$
5:414
4:48
45:46
6:04

| June 21. Lompoc. |  |
| :---: | :---: |
| Tim Loftus(30) | 2:30:56 |
| Ted Pawlak(25) | 2:38:15 |
| James R. Detweiler(28) | 2:42:19 |
| Alan Dehlinger(20) | 2:43:17 |
| Richard Weeks(38) | 2:45:11 |
| Rodney Mowbray (34) | 2:45:17 |
| Boyd Hartley(36) | 2:46:11 |
| Bill Wagner(44)1-40 | 2:51:39 |
| Bobby Roberts(36) | .2:53:09 |
| 10 Tom Alnes(29) | 2:54:09 |
| 11 Jack Williams(45)2-40 | 2:56:43 |
| 12 Edwin Jerome(37) | 2:57:09 |
| 13 Ken Jurette(42)3-40 | 2:58:16 |
| 14 Fidel Diaz(24) | 2:58:32 |
| 15 Gene Comroe(38) | 2:59:11 |
| 16 Jeff Wilson(32) | 2:59:51 |
| 17 Louis Spencer(42)4-40 | 3:00:24 |
| 18 Jeff Saley(37) | 3:00:26 |
| 19 Fred Vega(46) | 3:00:53 |
| 20 Delbert Pearce(47) | 3:02:36 |
| 21 Bob Carman(50)1-50 | 3:04:29 |
| 34 Anette Connell(35)1W-30 | 3:09:05 |
| 37 John E. Herd(54)2.50 | 3:10:40 |
| 54 Kathleen Nunez(34)1W 18-29 | 3:16:56 |
| 89 Gayle Berge(37)2W-30 | 3:31:17 |
| 146 Rose Marie Casammass(40)1W-40 | 3:56:20 |
| 184 Edward T. Wilson(65)1-60 | 5:22:05 |

## Father's Day Run

## From bob fries


${ }_{\Re 3}^{\infty}$
94 Rich Rim
Rich Simons
5 Eddie Rivera
7 Trimothy Falls
98 Odilon Carrera
99 Tom Parker
55-59: 1 Sid Toabe 36:17, 2 Franz Weinschenk,
39:28, 3 Payson Taylor $41: 17.60$ \& over. 1
Harry Harder 40:45, 2 Mike Inverso 46:27, 3
Donald Zarin 46:37. Women 10-14: 1 Rosemary
Alcaraz 43:38, 2 Yolanda Martinez 44:38, 3
Alcaraz 43:38, 2 Yolanda Martinez 44:38, 3
Denise Ockey 46:41. Women 15-19: 1 Renee
sham 39:13. Women 20-24: 1 Paula Ramirez
37:02, 2 Diane Barrett 37:54, 3 Emily Whitney
8:00. Women 25-29: 1 Tone Nichols 42:18, 2
Elizabeth Layous, 3 Becky Dieter $43: 58$
Vomen 30-34: 1 Carolyn Tiernan 39:35, 2
Dlane Stauffer $40: 10,3$ Pam Royer 40:13.
Women 35-39: 1 Muriel Olsen 42:04, 2 Margie
Imberlake 42:07, 3 .Donna Nelson 44:15.
Vomen 40-44: 1 Ramona Diaz 44:37, 2 Cec
Conway 47:10, 3 Connie Pius 48:28. Women
45-49: 1 Isabel Verduzco 43:09, 2 Mae Roger
over: 1 Liz DeMonte 46:08, 2 Dorothy Thomas
47:04, 3 Marguerite Valentine 48:03.

## Run For Youth

1 Kevin Jones (20, SLO)
Greg Parks (22, SLO)
Eddy Cadena ( 33, LO)
Eddy Cadena (33, LO)
Tom McKeown (27, LO)
Tom McKeown (27,LO)
Rick Baldocchi (21, SLO
Rick Baldocchi ( 21, SLO
Raoul Duke ( 26 MB)
Frank Hutchinson (28, Shl Bch)
Paul Lee (28, AG)
9 Terry Barnes (29, HAR)
11 Peter Roskes (19, LO
12 Loyd Reeder ( 30, ATA)
13 Alan Deckel (26, LO)
14 Tim Blair (14, MB)
15 George Carlsson (27, SLO)
16 Stan Rosenfield ( 33, SL
18 Jack Cline (48, GC) 1-40
19 Marci Stevenson (21, SLO) 1-F
20 Carl Urquizu ( 22 , SLO )
22 Terri Stout-Esquivel (22, SLO) 2-F
26 John Freitas (44, MB) 2.40
47 Frank Fiedler (54, Whittier)
5 Marta Ann Johnson (27, SLO) 3-F
Rose Lorenzo (28, SLO) 4-F
74 Nancy Fry (25, BW) 5-F
90 Charfene Rogers ( 40 , LO) $1-40 \mathrm{~F}$

## Parade Route Road Race


 Tramontin 18:08, 2 Jim Beland 18:44, 3 Mike 25:48, 2 Nora Sterling 20.39: 1 Linda Belfor 31:24, Male 40-49:1 Chuck Elileen Hoffma Gary Hollinger 21:06, 3 Henry Tollette 21:34. Fomale 40-49: 1 Sue Benthien 35:16. Male 50 over: 1 William Huffman 22:40, 2 Marvin Mille 29:00. Female 50 \& over: 1 Ann Tassell 33:2 10K:
Male 19 \& under: 1 Kenneth Mattson 32:43, 2 Tom Arnez 36:53, 3 Doug Pajer 53:17. Female 20-29: 1 Bill Elliott 32:36, 2 Kenneth Danz 34:06, 3 Donnie Cabitac 36:06. Female 20-29: Karen Coe 41:26, 2 Grace Healy 49:54, 3 Lesli Johnson $50: 50$. Male 44:05. Female 30-39: 1 Juanita Hufalar 45:03, Linda Parr 47:52, 3 Pat Sepulveda 63:03. Mal 40-49: 1 Dudley Smith 40:24, 2 Web Chadwic 40:26, 3 Bryan Donald 42:56

## Morro Bay to Cayucos

## From stan rosenfielo

Juns 27: Morro Bay to Cayucos Fun Run. $6+$ milos of
1 San Aldridge (24) SLO/S
1 San Aldridge (24) SLO/Sub 4
3 Eddy Cadena (33) Los Osos
4 Phil Bellan (20) San Luis Obispo
5 Ed Taylor (24) Visalia
Robert Hollister (22) Santa Barbara/SBAA
Frank Hutchinson (28) Shell Beach/SLDC
8 Paul Lee (20) Arroyo Grande/SLDC
9 Keith Willsey (25) Arkansas/HTC
10 Nick Bideau (21) Santa Maria
11 Bill Hoanzl (36) Los Alamitos
12 Jim Hurley (25) Los Osos/Moose AC
13 Terry Barnes (29) Harmony/SLDC
14 Charlie Horn (29) Lancaster/RPU
${ }^{15}$ Robert Taylor (20) Visalia/Bartiett
16 Bryan Patterson (26) Visalia/Bartett
17 Frank Freyne (41) Ridgecrest/cCAC 1-40
17 Frank Freyne (41) Ridgecrest/CCAC
18 Cavid Calderon (21) Visalia/VR
19 Cliff Bidieman (24) SLO/Cuesta
20 Peter Roske (19) SLO/Cuesta
21 Jaime Pimentel (17) Delano HS
${ }_{23}^{22}$ Craig Lowrie (24) SLO/SLDC
23 Gary Peterson (26) Morro Bay/SLDC
24 John Ernatt (17) SLO/SLDC
25 J.P. Chapman (31) Bakersfield/B
27 Dick Cain (48) Fresso/FTC 2-40
35 Marci Stevenson (21) SLO/SLOC 1-F
37 Bill VanWyngarden (44) SLO/SLC
37 Bill VanWyngaarden (44) SLO/SLDC $3-40$
79 Kay Lombardini ( 17 ) Grover City/ NS 3-F 3 -F
82 Diane Dixon (26) Los Osos 4-F
83 Jenniter Simmons (31) SLO/SLDC 5-F
${ }_{83}^{83}$ Jonniter Simmons ( 311 SLO/SLDC 5 -F
$\begin{array}{ll}84 \text { Tone Nichols (23) Clowis/FTC 6-F } & 44: 22 \\ 165 \text { Liz DeMonte (51) Fresno/FTC 1-50 F } & 44: 26 \\ & \end{array}$
165 Liz DeMonte (51) Fresno/FTC 1-50 F $\quad 50: 48$

## Western States <br> Endurance Run 100 Miles

## June 27. Squaw Valley

Doug Latimer(40)Redw
Jim Howard(27)Sacto Bill Weigle(40) Carmel Bill Weigle(40)Carmel
Jim Pellon(30)Miss Hills Bruce LaBelle(25)Davis


## NAS Lemoore Half Marathon

June 28, Lemoore Nava
Lemore Half Marathon. no times available except 1:11:00 for overall winner Gilbert Cortez of Alhambra. Boys 12 a Under: Greg Henry. Girls 12 \& Men18-35: Gillbert Cortez. Women 18-35: Rene ycoff. Men 36-49: Jesse Rodriguez. Women 36-49: Linda Branco. Men Over 50: Len Thorn ton.
tores


Cascade Run Off
From Chuck galford
June 28. Portland, Oregon. 15K:
Greg Meyer and New Zealander Anne Au dain scored the biggest victories of their road racing careers by winning the 15 -kilometer 28. Meyer and Audain each took home a firs
place purse of $\$ 10,000$.
The Cascade Run Off kicked off the ARRA Championship Circuit, a series of road races ing Athletes. Each event on the ARRA circuit will be conducted on an open or unrestricted basis whereby any athlete may compete "amateur" or "professional". Nike ins as an "amateur" or "professional". Nike, Inc., the purse of $\$ 50,000$ for the event. Meyer's victory climaxed his stirring duel
with two-time defending champion Herb Lindsay, Domingo Tibaduiza of Colombia, and marathon king Bill Rodgers. After dropping uphill on Terwilliger Parkway, the leaders exchanged numerous surges over the last four miles in an effort to break each other. The hard pace enabled Meyer to cover the mostly gentle downgrade over the last five moves over the last 0.5 mile to hold off Lindsay's finishing kick for the win.
Meyer's excellent time of 43:18.9 over the challenging loop course places him third on breaks Lindsay's course record listings and be 30 seconds. Lindsay, Tibaduiza and Rodgers recorded nearly as impressive times of $43: 20.5,43: 23.6$ and $43: 25.0$, respectively. ARRA's challenge to the system of shamateurism" and The Athletic Congress'
hegemony over the sport drew one of the best road rading fields ever without the benefit of any appearance money. Competitors includ-
cooling broeze, and temperaturys in the the
mid-60's during the race. Total elevation gain


## Mesults



## Fitch Mountain <br> Footrace--10K

| June 28. Healdsburg. |  |
| :---: | :---: |
| Rudy Munoz | 31:41.9 |
| Greg Fogg | 33:56.0 |
| Jim Gibbons | 34:08.7 |
| Butch Alexander | 34:28.4 |
| Terence Pintane | 34:58.2 |
| Arthur Webb | 35:10.1 |
| Clark Rosen | 35:32.2 |
| Andy Jensen | 35:59.6 |
| Fred Leoni | 36:09.0 |
| 10 Bill Bugler 1-40 | 36:20.5 |
| 11 James Thompson | 36:22.9 |
| 12 Don Stewart | 36:27.5 |
| 13 Craig Roland 2-40 | 36:28.7 |
| 14 Steve Lyons | 36:32.7 |
| 15 Dick Ogg | 36:36.6 |
| 16 Louis Garcia | 36:49.6 |
| 17 George Harris | 36:52.2 |
| 18 Bill Jensen 3-40 | 37:17.5 |
| 19 Bob McWilliams | 37:18.2 |
| 20 James.McMillan | 37:21.9 |
| 32 Hank Fragonza 1-50 | 40:11.6 |
| 42 Margaret Oakes 1 MW | 41:31.3 |
| 44 Tisha Whitney 1 SubMW | 41:51.2 |
| 81 Carla Dal Colletto 1 Open W | 45:42.1 |
| Jennifer Sceales 1 J「W | 47:13.1 |

## Soledad Mission 10K

June 28. Soledad.
Giris 12 \& under: 1 Blanca Rodriguez 43:25.31, 2 Corina Lopez 46:46, 3 Terry Miller 49:23. Men 12 \& under: 1 David Balladares 43:56, 2 Ricky
Thornton 44:57, 3 Rene Juarez 46:27. Men 50 \& over: 1 Ed Dally 38:51, 2 Ed Singleton 39:56, 3 Ed Foley 41:22. Women 13-17: 1 Mona Lopez 41:55, 2 Blanca Ornelas 47:05, 3 Bonnie Bor-
chert 51:39. Men 13-17: 1 Chris Bowe $36: 40$, chert 51:39. Men 13-17: 1 Chris Bowe 36:40, 2 39:28. Women 40-49: 1 , Diane Bromstead 48:23, 2 Isabel Rivas 53:22, 3 Donna Victorino 53:37. Men 40-49: 1 Robert Wellck 35:22, 2 Glynn Wood 35:22, 3 Richard Leutzinger 36:27 Watricia Dixon 47:17, 3 Bernice Ann Smith 47:55. Men 30-39: 1 Haywood Norton 33:45, 2 Jose Lluis Pantoja 33:50, 3 Louis Davidson 36:21. Women 18-29: 1 Sandy Sanchez 39:33, 2 18-29:1 Dan Gruber 31:53 2 Emil Messill Men 18-29: 1 Gan Gruber 31:53, 2 Emil Masaliames ner Male: Dan Gruber 31:53.49. Overall Winner Female: Sandy Sanchez 39:33.51.

## Milpitas Firecracker 10k

from steve goodman

11 Andrez Patlan (FIR) ${ }^{12}$ Beto Barraza (FIR) 4 Ken Schwisow (MTC) 15 Bob Galloway (HSU) 17 Biff Burleigh (MER) 7 Mike Wetzel (MTC) 18 Juan Portillo (FIR) 20 Ken Harlan (ATW) 187 finishers

(ATW) Men 12 U 1 I Donald Pittel 45:30; 3 Eric Espinn 41:24; omen 12 \& Under. 1. Lisa Wade 39:41; Krista White 50:58. Men 13-17: 1. Danny Valdez 38:40; 2. Ken Harlan 30:18; 3 . David Bradley 30:34. Women 13-17: 1. Diana Band 35:42; 2. Sherry Breeden 37:53; 3. Noel Foste 39:22. Women 18-29: 1. Patti Dreger 36:44; 42:05. Women 30-39: 1 . Holly Jenkins 34:14; Muriel Olson 35:00; 3. Jean Schwisow 38:43 Men 40-49: 1. Ken Schwisow 29:29; 2. Jerr Carr 33:41; 3. Robert Graham 34:09. Wome 40-49: 1. Ginger Burrola 33:31; 2. Silvi 50-59: 1. Charlie Rogers 31:34; 2. Russ Con sole 32:53; 3. Fred Fitchhorn 34:23. Men 60 Over: 1. Rod Simonsen 42:38.

## La Palma ADP Running Celebration - 10K

July 4, La Palma.
Mon 14 \& under:
William Feliciano(Cypress) William Feliciano(Cypress) E. Winkler(Fullerton)

Ramon Lopez(Santa Ana)
Jim Larkin(GardenGrove)
Men 15-18:
Rick Csintalan(Stanton)
Brad Clary
Greg Rafigan
4
John Craven
John Craven
Tim Cammack(WestCovina)
Steve Webb(BuenaPark)
Charles Smith(LongBch)
Brian Clary(Anaheim)
4 Mark McKinzie(Cypress)
Tom Cheese(FountainVly)
Mon 25-29:
Duane Waitmire(Fullerton) Walt Waltmire(Fulleton) Dave White(Orange) 5 Leslie Caldera(Whittier) Men 30-34:
Sergio Ocana(Anaheim) Sergio Ramirez(LongBeach 3 Pat Croner(Tustin) Harry Hartley(Chino)
Don Guilerrez(RanchCuca)
Jim Reilly(IIvine)
Todd Ferguson
Robert Caplice(SanPedro) 4 Dan Petrick
5 Biil Theriault(HuntBch)
1 Ron Navarrette(Placentia)
John N. Kosarich(Downey)
$\begin{array}{ll}3 & \text { Wendell } \operatorname{smith} \text { (Tustin) } \\ 4 & \text { Walt Windsor }\end{array}$

## Will Rogers 10K

## by richard slotkin

July 4, Pacific Pallsades: The 4th Annual will Rogers 10 K Run.
The heat wave in Los Angeles continues. It looked as though it just might break for the Will Rogers 10 K , although it never did before and didn't this time, either. This race is always in hot weather, and has a very tough after you come down from the big one, not as long or steep, but enough to make you wonder why you even bother with thes things. After that one, though, it's only about a half mile to the finish, and some of that
Lord have mercy! is actually slightly down So, everyone comes across the finish line looking like Miruts Yifter, even though a scan 30 seconds earlier they looked more like Broomhilda shaking off a hangover.
Last year, Charlie Gray come out of
nowhere to win this event. "Nowhere" turned out to be an Olympic Trials qualifier in the marathon with an outstanding record on the track. This year, Charlie Gray came out of

Park, he didn't have anyone in sight behind him. It was hot, somewhere in the 80's, so he was, nevertheless, running very well. Seems like the frontrunners always do doesn't it? About a minute behind came Jefi Shaver and just behind Shaver came Santa Monica Track Club teammate Paul Farina It of whom were also running well. ran the course quite out of shape from having abeer-filled vacation. As he came up the fina hill then, he looked almost apologetic, as if to say, "This isn't the real me!" and he struggled This year, the ex-Uni High star was in shape and, irrepressable as always, he chased after the equally irrepressabie, and irreveren Shaver. What a pair they make. We'll have to do a feature on those two one of these mon ths.
Anyay, I didn't see what went on up and Aown the hill in the Park, but when Gray showed up, cresting the last hill, on Sunset Blvd., he still looked strong, and unless he got hit by a car or got an offer from Bo Derek, there
wasn't anyone going to beat him to the tape. His time was $30: 26.4$, and for that course, in that heat, that was very, very good. Shave and Farina continued to run well also and fin sihed only two tenths of a second apart.
$31: 31.6$ for Shaver and $31: 31.8$ for Farina. Fourth place didn't come by for over a minute, After that, however, the parade began as the rest of the over 2000 entrants came home. It was a good day for the Santa Monica Track Club as they placed two of the top Greifinger who won the placque that went with being the first Pacific Palisadian. Richard's older brother Dave won the whole
by, especially in that last half mile. I heard more "Thank you's" than you'd hear at a bidal show
So, if you heat nuts still aren't satisfield, there's the Santa Monica Marathon and HalfMarathon coming up next month. Have a ball, tolks


MEN'S DIVISIONS: 12 a UNder 1 Martin urner (Redondo Beach) 44:01; 2 Mike Blum Pacific Palisades) 45:05; 3. Kevin Burns (San(a Monica) 47:26. 13-15: 1. John McHugh Costa Mesa) 37:54; 2. Blane Hoiman (Culver City) $38: 29 ; 3$ 3. Richard Bernal (Los Angeles) 32:52; 2. Steven Dietch (Woodland Hills) 33:03; 3. Steve Gilbert (Beverly Hills) 33:32. 19-29: 1. Charlie Gray (Los Angeles) 30:26; 2. Jeff Shaver (Santa Monica) 31:31; 3. Paut Ferina Los Angeles) 31:44. 30-34: 1. Henry Lange
Beverly Hills) 34:54; 2. Clark Rosen Petaluma) 35:41; 3. James Thomas (Boulder, Colo.) 35:41. 35-39: 1. Donald Schuitz (Salt Lake City, Utah) 34:21; 2. Reynold Sodin Whittier) 36:36; 3. John Hayes (Santa Monica)

Rick Csinta
Brad Clary

Greg Rafiga

## John Craven

## Men 19-24:

1
2
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1
2
3
4
5
$\mathbf{M}$
1
2
3 Charles Smi(BuenaPark) Brian Clary(th(LongBch) Mark McKinzie(Cypreis)
Tom Cheese(FoyntainV) Men 25-29:
Duane Waltmire(Fullerton) Joe Carison(LongBch) Walt Waltmire(Fulleton) Dave White(Orange) Men 30-34:
Donald Ocana(Anaheim)
Sergio Ramirez(LongBeach Pat Croner(Tustin)
Harry Hartley(Chin) Don Gutierrez(RanchCuca) en 35-39:
1 Jim Reilly(Irvine)
Todd Ferguson
Robert Caplice(SanPedro)
Dan Petrick

## Men 40-49:

Ron Navarrette(Placentia) John N. Kosarich(Downey) Wendell Smith(Tustin)
Walt Windsor
Men 50-59:
Tracy Brown(LosAlam)
Charles Turner(Whittier)
Ray Hart(ViliaPark)
Richard Langelle
Men 60 \& over:
1 Phil Castle(fullerton)
Roly Averitt(Lakewood)
Roy Mades
3 Roy Mades
Jack Davidson(SanGabriel)
Trudy Gardner(Anaheim)
Cindy Herzog

## or(Anaheim)

Valerie Lisiewicz(Glendale)
Rhonda Da
avidson(LaPalma)
Mary Beth Bule(Tustin)
Women 25-29:
Julie McKinney(RedondoBch) Diane Nichol
Women 30-34:
Carolyn Slade(FntnVly)
Bonnie Jark(LongBch)
Virginia Hook(SealBch)
Women 35-39:
Arn Tack(Westminster)
Janice Estrick(Fullerton)
Women 40-49:
Reina Hart(VillaPark)
Elaine Harens
Peace Officers:
1 George Davis(LAPD)
Chuck Foote(LAPD)
David Garcia Leaton(LAPD)
Paul Laure
Paul Laurence
Ray Stewart
oors 10 K Aun.
The heat wave in Los Angeles continues. It looked as though it just might break for the and didn't this although it never did before always in hot weather, and it has a very tough hill in the middle. There is another one just after you come down from the big one, not as long or steep, but enough to make you wonder why you even bother with thes things. Afte to the finish, and men Lord have mercy! is actually slightly down So, everyone comes across the finish line looking like Miruts Yifter, even though a scant 30 seconds earlier they looked more like
Broomhilda shaking off a hangover. Last year, Charlie Gray come Last year, Charlie Gray come out of out to be an Olympic Trials qualifier in the marathon with an outstanding record on the track. This year, Charlie Gray came out of


Charlie Gray
somewhere to win it again, and just as convincingly; maybe even more convincingly. He go
out front right after the start; well, it took few hundred yards, maybe, but once he had taken the lead, it was alr over. By the halfway point, before the big hill up to Will Rogers

## it was a big change for Faring. Last yor It whor

 a beer-filled vacation. As he came up the fina hill then, he looked almost apologetic, as if to say, "This isn't the real me!" and he struggledto the finish, totally resigned to a rough time This year, the ex-Uni High star was in shape and, irrepressable as always, he chased afte the equally irrepressable, and irreveren Shaver. What a pair they make. We'll have to do a feature on those two one of these months.
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Santa Monica also scored in the women's divisions as Teresa Haro won for the second year in a row and Pauline Stevens won the 30-34 division. Haro's time was 38.14 .1 , and hilly Century City 10 K , she was probably con sidering moving to Nome, Alaska for some relief. Despite the ordeal, she was an eas winner. Easy in the sense that second place back. Michele actually looked pretty mood out there, as she held off local favorite Katie Dunsmuir, after taking the lead somewhere in the park.
Twelve year old Carol Doody went under 40 minutes last year. This time, a year older, That's progress for you. That's also ho weather for you. Of course, it was hot las year, too, but not quite as bad as this time. Carol won her division, though so she has another nice placque for her trophy
warehouse. One thing, though. She still wears her hair in pony tails, at my request, made a this very race last year. I mean, how's a guy to know who they are at that age?
Celebrating his exit from the 30 's, Malibu sculptor Eino won the $40-44$ division, but jus seconds. Youth does pay off. Likewise, Eddie lvory was celebrating his recent entry into the glorious 50 's by winning that division in 40:31.1, and, again likewise, not by much, as glorious about the 50 's? 1 am getting close to giorious about the 50 's? 1 am getting close to
them. THAT'S what's so glorious about them.) As usual, Eddie Lewin and Helen Dick were easy winners in their respective age groups. Helen, of all things, actually ran about a half minute old buddy Eddie was a Cew seconds slower.
One godsend for the runners was all the good people of Pacific Palisades who live on the race route and who pulled out their garden

## op Overall Finl Charlie Gray

 Jeff ShavarPaul Ferina Paul Ferina James Ursulo Steve Schuman
Brian Schoeffler Steven Dietch Surnette Miller Steve Gilbert 0 John Dishman 11 Robert Durkee 3 Michael Meric 4 Richard Greifinger

MEN'S DIVISIONS: 12 \& UNdor: 1. Martin Turner (Redondo Beach) 44:01; 2. Mike Blum
(Pacific Pallisades) 45:05; 3. Kevin Burns (Santa Monica) 47:26. 13-15: 1. John McHugh (Costa Mesa) 37:54; 2. Blane Holman (Culver City) 38:29; 3. Richard Bernal (Los Angeles) 39:15. 16.18: 1. Steve Schuman (Los Angeles) 3. Steve Gilbert (Beverly Hills) 33:32. 19-29:1 Charlie Gray (Los Angeles) 30:26; 2. Jeff Shaver (Santa Monica) 31:31; 3. Paul Ferina (Los Angeles) 31:44. 30-34: 1. Henry Lange (Beverly Hills) 34:54; 2. Clark Rosen Colo.) 35:41. 35-39: 1. Donald Schuitz (Salt Lake City, Utah) $34: 21 ; 2$. Reynold Sodin Whittier) $36: 36 ; 3$. John Hayes (Santa Monica) 37:34. 40-4: 1. Eino (Malibu) 35:55; 2. Mer Glauser (Northridge) 35:56; 3. Bruce Kostin
(Pacific Palisades) 37:15. 45-49: 1. John Opdyke (Los Angeles) 38:30; 2. John Ghin (Topanga) 38:48; 3. Don Croley (Hermosa Beach) 39:56. 50-59: 1. Eddie Ivory (Los Angeles) $40: 31 ; 2$. Bob Gelach (Newhall) $40: 35$
3. Bob McGuire (England) $41: 13.60$ \& Over 1 Eddie Lewin (Los Angeles) 40:43.2 Joh Baldwin (Palos Verdes) 46:01; 3. Oscar Borgen La Crescenta) 46:22.
WOMEN'S DIVISIONS: 12 \& Under: 1. Carol Doody (Upland) 42:31; 2. Kristen Klein (Pacific
Palisades) 52:31; 3. Leslie Morara (Pacific Palisades) 55:28. 13-15: 1. Katie Dunsmui Pacific Palisades) 54:09; 2. Jana Hillman (Malibu) 56:04; 3. Kim Stewart (Woodland Hills) 57:39. 16-18: 1. Michele Whitmore (Pacific Palisades) 40:05; 2. Lisa Leffler (Los
Angeles) 45:42; 3. Anna Castaneda (Pacific Angeles) 45:42; 3. Anna Castaneda (Pacific
Palisades) 47:33. 19-29:1. Teresa Haro (Los Angeles) 38:14; 2. Roma Antoniewicz (Santa Monica) 40:58; 3 . Chris Troffer (La Crescenta) 40:59. 30-34: 1. Pauline Stevens (Los Angeles) Christy. Amy Graham (Los Angeles) 46:11) 35-39; Judith Burns (Pacific Palisades) 46:18; 2. Penny Perez (Pacific Palisades) 47:15; 3. Judy Culliton (Los Angeles) 48:01. 40-44: 1. Joyce Momita ( N . Hollywood) 46:01; 2. Adrienne Fowler (Torrance) 46:31; 3. Rita Gilmore
(Pacific Palisades) 47:32. 45-49: 1, Carolyn Pacific Palisades) 47:32. 45-49: 1. Carolyn
Leacock (Pacific Palisades) 47:14; 2. Atsoko Fujimoto (Pacific Palisades) 50:30; 3. Mickie Shapiro (Costa Mesa) 51:19, 50-59: 1. Helen Dick (Los Angeles) 44:03; 2. Daisy Wong (Bur bank) 51:52; 3. Doris Castaneda (Pacific
Palisades) 56:19.
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## Bartlett Mineral Spring Water Independence Day 4 Mile Run

By MARTY HIGGINBOTHAM

July 4, Visalia: Bartlett Mineral Spring Water Independence Day Four Mile Run te, led over two hundred runners to the finish line at the July 4, Bartlett Mineral Spring Water Independence Day Run Four Miler. Juan Garcia jumped to a quick lead with Tut-
tle right behind, but soon enough it was Tuttle in front. Garcia clung to Tuttle's heels for the first loop of the flat fast two loop circuit. The wo corssed two miles at 9:17 (Tuttle) and 9:18 (Garcia). Tuttle began to put some distance between himself and Garcia as he crossed fortable lead, timing 18:51, smashing the old course record of 19:01 set by Tony Ramirez last year. Garcia came in at 19:14 for second same position as last year, but 20 seconds aster.
Ed Taylor followed in third at 20:19, Sal Lozano fourth in 20:25 three seconds ahead of Dave Bronzan's 20:28. Gerado Canchola finished sixth in 20:35. In a tight finish for seventh Virg Moreno beat out Bob Lindsey by a second $20: 43$ to 20:44. Mark Hull clocked
20:55 for ninth while Jesse Valdez rounded out the top ten with his time of 21:01. John Pitman ran 21:51 for the $40-49$ title Len Thornton destroyed the 50-59 age mark o 23:56 with his time of $21: 58$. Harry Harder was once again the winner of the sixty plus divi-
sion timing $26: 39$, a ways off his own course record.


17 Alexander Gallegos

Tanis Ryzebol
Shirley Rojas
Linda Daniak
Jennifer Baker
Debbie Aschuander
Cathi Isham
10 JoAnn Branco
MEN'S DIVISIONS. 14 27:02 Naranjo 22:00; 2. Miguel Hurtado 22:57. 3 Carrillo 23:27 15-19: 1. Virg Moreno 20:45; 2. Jesse Valdez 21:01; 3. Joe Jarmillo 21:07. 20-29: 1. Juan Garcia 19:14; 2 . Ed Taylor 00:19; 3. Sal Lozano 20:25; 4. Gerardo Canhola 20:35; 5. Mark Huill 20:55. 30-39: 1. Gary indsey 20:44; 4. Henry Osgood 21:32; 5. Bruce Greenway 21:38. 40-49: 1. John Pitman 21:51; 2. Fernie Montanez 22:06; 3. Frank Delgado 22:14; 4. Frank Padilla 22:22; 5. Ed Luan 22:22. 50-59: 1. Len Thornton 21:58; 2. Gin heson 25:50; 5 . Dan Cross 26:10. 60 \& Over: 1 Harry Harder 26:39; 2. Woody Cape 29:51; 3. Ed Cate 30:28.
WOMEN'S DIVISIONS: 14 \& Under: 1. Jennifer Baker 26:10; 2. Cathy Stebles 29:17; 3. 24:48; 2. Cathi Isham 27:02; 3. Yyonne Mongomery 31:03. 20-29: 1. Brenda Villanueva 23:55; 2. Teri Esquivel 23:59; 3. Tanis Ryzebol 24:02; 4. Quita Lopez 25:33; 5. Babs Hall 27:47.

0-39: 1. Linda Doniak 26:02; 2. Debbie Aschwanden 26:28; 3. Cherie Stephenson Deveau 28:35. 40-49: 1. JoAnn Branco 27:37; 2 . ec Conway 31:13; 3. Marla Decker 31:24; 4 Ann Denny 34:09; 5. Mary Estes 37:50.

## Great Calistoga Footrace

From REG HARRIS

## July 5. Calistoga.

July in Calistoga. Visions of heat waves rip. pling off of sticky pavement and air as hot as one of the town's famous mud baths. So it was with some surprise on the morning of Juyth to find heavily overcast skies and rain.
But the 295 runners who finished the 4th edition of the Great Calistoga Footrace appreciated the change and took advantage of he cool weather to set six new division ecords, one new course record, and provide history.
Lead by Hayward's Ted Quintana, seventy unners, almost 25 per cent of the field, finished in less than $32: 30-\mathrm{a} ~ 61 / 2$ minute pace.
Quintana, however, was on his own most of he way. He established a quick lead as the through downtown Calistoga. As he passed the mile mark in $4: 54$, he had a 10 -second lead, a lead which he stretched to almost a minute by the end of the five miles. His final eclipsed the two-year old course and open
men's record held by St. Helena's Mike McGrath. Just seven minutes after Quintana finished San Francisco held a lead of over two minutes over the next woman, and her 32:31 established a new open women's record and was just 11 seconds off of the course record of 32:30, held by Ann Bertucci of Petaluma.
In the youth division, American Canyon's $40: 33$ with a time of $38: 19$. Art Heredia of Concord clocked $33: 07$ to lead the boys, a time less than a minute off the record of $32: 16$, run by Lewis Stojanovich of San Jose in 1980 . Wayne Bratten of Vacaville clipped 23
seconds off the junior men's record with a time of $26: 14$, breaking the old record of 26:37 set by Steve Howard of Ukiah in 1979. Junior women's winner was Kelly Barrett of older age group from the youth division where she was the record holder
Submaster winners were Dan Williams of Lafayette, with a time of $26: 47$, and Carol LaPlant of Berkeley, with 37:54. The records are held by Darren George of Altadena at 34:46.
While the master's division didn't produce any records, time-wise, it did produce, or rather continue two other records. Winners Lillian Woodward of San Rafael and Darryl consecutive Calistoga master's titles, dating back to the inaugural race of 1979.
Ms. Woodward's time of $35: 50$ was only 35 seconds off her course record of $35: 15$, set in seconds over his 1980 record of 27:01, ust 33

The veteran's division saw one of the top cords at Calistoga broken. G. C. Reinhardt's $31: 00$ looked extremely solid, until this year
when Vallejo's Hank Fragoza cliped seconds off it with a $30: 36$. Lois Harris provid ed the local fans with the only valley divisio win with her veteran's record 43:53.
Over one hundred awards were offered a this year's race, more than for any other race
its size in the area. Winners received plaques and at-shirt or totebag, while placers received custom medals. All runners received rib bons and passes to the Napa County Fair.
Results:
Ted Quintana(Hayward)
2 Brian Hoyt(SantaRosa)
3
4 Allan Smith(Sonoma)
Dan Williams(Lafayette)
David Muela(Vallejo)
Bruce Wolfe(Oakland)
David Nieman(Angwin)
Ralph Shinevar(Fairfield)
Ralph Shinevar(Fairfiel
Bob Adelson(Alamo)
11 Robert Cazares(Vacaville)
12 Bob Blackman(Suisun)
13 Darryl Beardal(ISantaRosa)
14 Keith Golding(Napa)
6 Brendan Dolan(Napa)
17 Hugh McWilliams(SantaRosa)
18 Rafael Tierrafria(St.Hel)
19 Stephen Roberts(Berkeley)
20 William Volkman(Calistoga)
1 Carol Granados(SanFran)
121 Lilian Woodward $3 F$
129 Maureen Boynton(Modesto)


By LEN WALLACH
f I was trying to design an ideal place to run, it would have to be a site compact enough to be convenient and yet have the open space so necessary for an adventure experience. This running paradise would also have to have trails and lots of trees and naturally places where I could stop periodically to take or ge rid of fluids without worrying about the sanitation of the intake and the legalities of the outflow.
Naturally my athletic utopia would have to be somewhat rolling hills with visages of green pastures along with the trees and l'd throw in some flowers and birds just to make it more colorful and idyllic. Besides all these requirements, the space has to be nea or on the ocean and the more breathtaking the breakers and whiter the sand the better l'd like it. If you could also add some picturesque cliffs, a little fog and slight breeze when I hit the 20 mile mark, then my cup would be filled to the brim.
running on dirt trails, the dream land has to offer me well maintained wide roads with enough turns to make it interesting but throw in some easy longer stretches just in case I want to push it.
Once a year on my never-never space, there would have to be a marathon put on by people who love running as much as I do and they would have to have an appropriate finish line in a huge men in front of hat my well-deserved accolades from an adoring crowd.
This marathon would have to be directed by a super expert who rates an 11 on a scale of 1 through 10 . This director would also have to have enough sense to remember my name and all the others in the race so when I came by he could give me at least one or two "attaboy Len:" It wouldn't be too much to ask of super director to arrange to have a pace clock on display every five miles and split times called out at every mile. Oh yes, I would also ike to be able to view the leaders every once in awhile, coming by even though I'm running my usual 4 hour pace and, for sure, as the race gets closer to the finish line, I want someone to ride a bike back to my remote spot and tell me who was the first man and first female and which master is embarrassing me.
I'm sentimental and like to be urged on with maudlin things like oudspeakers playing "Rocky" every few miles and I like having someone I know at the 25 mile mark telling me if I hustle that I can still break the 4 hour mark.
Sponsors of this magic marathon in this magic land have to be good ones who know how to put on big events and don't spare the bucks to do it while not being too apparent about it. It's OK to put their name on my finisher T-shirt, but in small letters please, and on the back. If they got anything to give away then I'll take tha too with a tip of my hat and a thanks, but I want my entry fee to go

photo by Marty Higginbotham
Frank Padilla
There was a very close race for the women's title as Brenda Villanueva crossed the finish line in $23: 55$ closely followed by Teri
Esquivel 23:59 and Tanis Ryzebol 24:02. Jenifer Baker and Shirley Rojas were both easy winners in their divisions as Baker took the ourteen and under in $26: 10$ and Rojas took da Doniak also set a new record as she ran 26:02 in the $30-39$ division. Debbie. Aschwanden was second in $26: 28$ also under the old record. JoAnn Branco clocked 27:37 un away with the $40-49$ division title. were broken, as last year, a flat fast course and competitive field made for a quality race. Thanks to Adidas for their support in helping make this one of the Valley's finest races. OVERALL MEN:
1 Gary Tuttle
Ed Taylor
Sal Lozano
Dave Bronzan
6 Gerardo Canchol
Virg Moreno
8 Bob Lindse
Mark Hull
0 Jesse Valdez
11 Joe Jarmillo
12 Henry Osgood
14 Larry Lung
15 John Pitman
16 Joel Wobrock
$18: 51$
$19: 14$ 19:14
20:19 20:25 20:28
20:35 20:35
20:43 20:43
20:44
$20: 55$ $20: 55$
$21: 01$
$21: 07$ 21:32 21:38
21:39

2151 21.53

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Oh yes, the distance I'm running in this verdant paradise mus be well-marked and, of course, there has to be available parking and a nice place to do intervals if my mood fits. When I'm tired of
photo by Ken Lee


Scott Thomason \& Joann Dahlkoetter
they would have to have an appropriate finish line in a huge stadium in front of lots of spectator seating where I would earn my well-deserved accolades from an adoring crowd.
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Like most other runners I like yogurt, fruit, and all that other healthy junk to offset the other unhealthy junk I eat most of the time when I'm not running. I like lots of fluids before, during and after the race and I like them in cups and not bottles, so my dreamland race director better do what I tell him or her or I'll complain to my athletic God and he'll fix 'em.
I like hotshot runners too, but I'm more concerned about my own time and that of friends like Jack the Barber, Dick the Laun dry Truck Driver, Jack \#2, the CPA, Carl the Printer, and Joe the Real Estate Guy. If the results are not posted or I can't figure out the color coding, considering l'm color blind, then super race just isn't going into my Book of Perfection which is filled with such nuggets as the Honolulu and Boston Marathons, along with Peachtree, Jacksonville River Run, Cascade Run Off, Bloomsday, and of course, my beloved prostitute of the roads, the Bay to Breakers.
Last week my dreams came true in the San Francisco Marathon via Golden Gate Park and the sweat of Race Director Scott Thomason and the Pamakids Running Club. Hats off to the benevolent sponsors Paul Masson Vineyards and Volkswagen of America who made it all possible, and thus deserve the support America who made it all possible, and thus deserve the support and appreciation of the runners. Sure the winners deserve a men way by Thomason, Pamakids, Paul Masson, and Volkswagen, and of course, San Francisco and her beauty
l've never known a conscientious race director yet who wasn't eating his or her heart out after their event with concerns for things that didn't go just quite right. It's a melancholy feeling only solved from the reassurances from the outside that any slip-ups weren't noticed or, if they were, are forgiven.
Scott Thomason probably crawled in the sack race night after 48 hours or so without sleep, bleary-eyed and uncertain, but the crown of success was waiting for him in the morning.
Onward Scott Thomason! Onward Pamakids! Onward VW and Paul Masson!
P.S. Don't change the beautiful course.


[^0]:    ENTRY FORM (poese emm)

