CALIFORNIA TRACK & RUNNING NEWS

DECEMBER 1984

ISSUE NO. 98



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Calif Only Track & Running Publication

California Track & Running News



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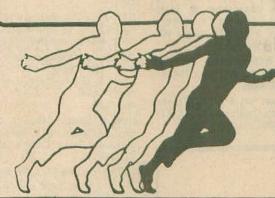
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ON THE COVER: Top runners at this season's NCAA Division II Western Regional X-C Championships in the ded: Ray Cook of UC Riverside(left)—first over the 10,000 etc. ourse in 30:35; and Robyn Root of Cal Poly SLO—16:50 5 9 meters.

Z. 93 A Decade of Hits





CENTRAL COAST Tite



3rd ANNUAL

10K RUN

= PRESENTS =

BOSTON MARATHON OR FALMOUTH!!

WIN THE TRIP OF YOUR CHOICE

* DATE

Saturday, January 19, 1985

* COURSE

A scenic and certified 10,000 meter flat paved course taking you through the quaint village of Arroyo Grande. Certified 10 K

★ STARTING TIME

The race will begin at 10:00 a.m. Start in the Village of Arroyo Grande.

* GRAND PRIZES

ROUND TRIP AIRFARE TO THE BOSTON MARATHON OR THE FALMOUTH CLASSIC TO THE FIRST MALE AND FEMALE FINISHERS! Also, a lucky man and woman will be selected by random drawing and flown to the Falmouth Classicii PLUS, all four winners will spend 3 days and nights at the Hyatt Regency Cambridge overlooking the Charles River in Boston. The winners will be flown to Boston courtesy of Wings West and American Airlines!

* ENTRY FEE

\$10.00 - A tax deductible donation

★ AWARDS

- . T-shirts to the first 500 entrants.
- · Certificates to all finishers.
- · Merchandise awards from



★ FEATURES

- · Accurate mile markers and split times.
- · Bar-B-Que will be held at an additional cost.
- . Lite Beer from Miller to all contestants of age.

* LODGING

Casa Grande Motor Inn

* RACE DIRECTORS

Lance Harter and Greg Denike

* SEND ENTRIES TO

Central Coast Lite 10 K 495 Valley Road Arroyo Grande, CA 93420 Attn: Greg DeNike

Name		Age	T-Shirt Size: S S M S L SXL
Address	City Sta	te Zip	DIVISIONS Divisions Divisions
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Mar Unitled School District, Cal Po associated with the above, for any name and picture in broadcasts, tel competition and my physical condi-	University, Miller Lite & American Beverage Co. KRAL and all injuries sustained by me in this event! will all casts, etc. I there arises and verify that I am physically it on has been verified by a licensed medical doctor.	X2O2 Redio, or any individual lonally permit the free use of my t and have sufficiently trained for	☐ High School ☐ Open — To Age 29 ☐ Sub-Masters — Age 30-39
Mar Unitled School District, Cal Po- associated with the above, for any name and picture in broadcasts, tel-	University, Miller Lite & American Beverage Co. KRAL and all injuries sustained by me in this event! will all casts, etc. I there arises and verify that I am physically it on has been verified by a licensed medical doctor.	& K2O2 Radio, or any individual lonally parmit the free use of my	☐ Open — To Age 29

Schedule

By JACK LEYDIG

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

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

DECEMBER

DEC 8: Livermore Marathon & Half-Marathon. Livermore (Lawrence Livermore National Laboratory), 9 am. Tri-Valley RC, P.O. Box 121, Livermore 94550.

DEC 8: Arcata to Willow Creek Run. 40 miles?, 8 am Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

DEC 8: California Bowl 10K & 2 Mile. Fresno State University, 9 am. California Bowl, P.O. Box 627, Fresno 93709. DEC 8: Holiday Run. 3 mile & 10K, Antioch (Clayburn & Lone Tree Way), 9 am. Clark Gelhaus, 111 W. 15th, Antioch 94509. (415) 757-1412.

DEC 8: McFarland Christmas 2-Mile Run. McFarland, 11 am. Mike O'Haver, P.O. Box 1488, McFarland (805) 792-3091, M-Th.

DEC 8: South Pasadena Tiger Booster Club 5 & 10K Runs. South Pasadena (High School), 8 am. Harry Gerst, c/o 1401 Fremont Ave., S. Pasadena 91030. (213) 258-4008.

DEC 8: Santa Claus 5 Mile. Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

DEC 8: Balboa Park Boogle. 5K, San Diego (Balboa Park), time TBA. San Diego TC (619) 277-RUN2.

DEC 8: 10K Home Run. Inglewood (Locust & Manchester), 8 / am. Frances Williams, Marantha Community Church Office, P.O. Box 2322, Inglewood 90305. (213) 673-1864.

DEC 8: Run for the Hollday. 1 mile & 5K, Modesto (McHenry & Floyd Aves.), 9 am/1 mile, 9:45 am/5K. YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

DEC 9; Honolulu Marathon. Honolulu, HI, time TBA. David Benson, Honolulu Marathon Ass'n., P.O. Box 27244, Honolulu, HI 96827. Entries Close Early.

DEC 9: San Francisco Half Marathon. San Francisco (Golden Gate Park), 8 am. S.F. Half Marathon, c/o Pamakid Runners, P.O. Box 27385, San Francisco 94127. (415) 681-2322

DEC 9: Amnesty International Run for Human Rights 10K. Oakland (Lake Merritt), 9 am. Hilary Naylor, 5623 Oak Grove Ave., Oakland 94618. (415) 653-7194, eves.

DEC 9: Santa's Stampede Ribbon Runs. 2 mile & 8K, Napa (Napa Valley College track), 9 am. Silverado TC, 609 Cabot Way, Napa 94559.

DEC 9: Sub-4 Caprolan 8K. Newport Beach, 9 am. Steve San Fillipo (619) 941-2830.

DEC 9: SPA/TAC District 8K Championships. Westlake Village, 9 am. Chuck Huffer, 27 Autumn Leaf Dr., Thousand Oaks 91360. (805) 492-8362.

DEC 9: Venice/Marina Christmas 10K. Tentative. Venice (Ocean Front Walk & Rose Ave.), 8 am. Christmas Run, 2010 Wilshire Blvd., Santa Monica 90403. (213) 452-0397.

DEC 9: San Diego Safety Council 10K & 2 Mile, San Diego (Balboa Pk., Park Blvd. entrance), 7:30 am. Lynn Lacey, EOL Race Consultants, P.O. Box 1049, Coronado 92118. (619) 437-4667.

DEC 9: Rancho Palo Verde Alpine Hollday 10K & 2 Mile. Rancho Palo Verde (east of San Diego), 8:30 am. Toni Deal, Breaking Forty, 3381 Yucca Ave., San Diego 92117. (619) 273-5156.

Join Jack Leydig's 14th Annual

Boston Marathon Tour Package

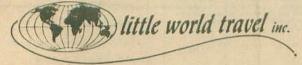


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Economic Prices
Quality Hotel



Tour will leave San Francisco on April 12 and return on the 16th (race is on the 15th). Tour includes roundtrip transportation (United Airlines/\$490) and optional hotel ("57" Hotel/\$99.00 double occupancy), plus other goodies to be determined.

For further information, write:
Boston Marathon Tour,
c/o Little World Travel, Inc., Sports Division
1027½ Alameda, Belmont, CA 94002
(415) 592-0664



Be on the lookout for AVON/Santa Monica-March 1985

.A. Southwest Rotary Club District

In Support of The Rotary Foundation Presents



Sunday March 10th, 1985 California State University, Los Angeles.

Athletes/Team Entry Info; L.A. Patriots T&F Committee PO. Box 2981 Beverly Hills, Calif 90213-2981

Rotary Club of Southwest Los Angeles Ticket Info: P.O. Box 44-666, Station H Los Angeles, Calif 90044

Event Schedule

8:00	an.	10,000 meter run (FINAL)
9:00	am.	100 meter (w-m) Semi-final
10:00	am,	110 meter High Hurdles (m) Semi-final
10:30	am.	100 meter Hurdles (w-m) Semi-final
11:00	am.	200 meter (w-m) Semi-final
11:45	am.	1500 meter run (w-m) (FINAL)
12:30	an.	3000 meter Steeplechase (FINAL)
1:00	pm.	5000 Race Walk (w-m) Combined (PINAL)
1:30	pm.	LUNCH
2100	pm.	4 x 100 relay (w-m) (FINAL)
2:20	pm.	4 x 100 m. Celebrity Relay Invitational
2:30	pm.	Handicap 100 m. race
2:40	pm.	Olympic Legend 100 meter Invitational
2:50	pm.	100 meter (w-m) (FINAL)
3:25	pm.	110 m. High Hurdles (m) (FINAL)
3:45	pm.	100 m. Hurdles (w-m) (PINAL)
4:00	pm.	200 meter (w-m) (PINAL)
4:45	pm.	1500 m. Race walk (w & m) combined (FINAL)
5:15	pm.	800 meter run (w-m) (FINAL)
5:35	pm.	400 meter (w-m) (FINAL)
5:55	pm.	400 IH (m) (FINAL)
6:10	pen.	5000 meter run (w-m) (COMBINED PINAL)
6:40	pm.	Corp. Sprint relay Invitational (200,200,400,400,200,200
6:50	pm.	4 x 200 m. Relay Community College Invitational
7:00	pa.	World Masters 4 x 400 m. relay.

FIELD EVENTS

8:00	am.	Hammer
1:00	pm.	Javelin, Long Jump
2:10	pm.	High Jump, Pole Vault
3:15	pm.	Shot put, Triple' Jump
4.15	-	D.C.

1985 WORLD MASTERS TRACK & FIELD TUNE-UP GAMES I

DATE

1 March 10th 1985.

: California State University, Los Angeles 5151 State University Dr.

AGE DIVISIONS

: 5 year age-groups- men and women 30 and over.

: \$ 10.00 first event (includes T-shirts).
5 5.00 each additional event. Relay teams
\$ 20.00. Three events maximum.

REGISTRATION

1 To quarantee participation, entries must be received on or before Pebruary 28, 1985. Late entries may be allowed to participate at meet director's discretion.

ENTRY DEADLINE

Deadline, Midnight Pebruary 28, 1985. Late entries, after Feb. 28, 1985 will be charged \$ 12.00 per event, except relays.

SPECTATOR ADMISSION : \$ 5.00 tickets (all day session).

PACILITIES : Artificial track 1/4 spikes. All runways are artificial concrete rings. 400 meter Arco track with electronic timing.

ORDER OF COMPETITION Momen first, Man second. Oldest to youngest in 5 year ape groups starting at 30 years of age. Races will be combined, but societ separately, at meet director's discretion.

AWARDS

: Awards for first three places. Awards presented at conclusion of each event.

SPONSORS

: Los Angeles Patriots Track & Field Organizing Cosmittee. Los Angeles Southwest Rotary Club.

SANCTION

1 TAC, The Athletic Congress of the U.S.A., Southern Pacific Association.

: Standard TAC Hasters rules enforced.

1 Marvin Thompson, L.A. Patriots, President Jlm Bentley, Most Director P.O. Pox 2981, Beverly Hills, CA 90213-2981.

gent	- Brown	NAME OF	
Des Pri	9211	Dec 20	rm

Please send your entry form, signed waiver and check or money order to " Rotary-Patriots T & F " to P.O. BOX 2981, Beverly Hills, CA 90213-2981.

NAME		AGEDATE OF BIRTH
PHONE	THE PARTY OF	EVENTS ENTERED 1
ADDRESS	F LEWS TO SERVICE	3
CITY		BEST TIMES 123
STATE	219	CLUB AFFILIATION
HALE	FEHALE	AMOUNT ENCLOSED

In order to compete in the 1985 WORLD MASTER TRACK & FIELD TUNE-UP GAMES I, I do for mysolf my heirs and administrators waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me or my heirs against the thereof. I certified that I am in good physical condition to compete in this meet.

DATE	SIGNATURE	DANCE OF THE STATE OF

8th ANNUAL

SUNDEVIL



Invitational Track Meet

OF CALIFORNIA'S FINEST TRACK AND FIELD ATHLETES IN BEAUTIFUL SAN DIEGO.

FEATURED NINE
CALIFORNIA STATE
CHAMPIONS.

ELECTRONIC TIMING AND METRIC DISTANCES FEATURED.

MEET RECORDS

10.78	12.04
21.22	23.9
48.42	55.6
1:52.72	2:14.3
3:55.71	4:43.79
8:22.07	9:48.1
14.46	14.3
37.77	44.01
42.76	47.36
3:18.41	3:49.4
10:33.9	12:21
6'8"	5'10"
23'101/2"	18'5¾"
48'314"	40'2"
56'514"	47'5"
164'2"	164'5"
15'0"	

A C.I.F. SANCTIONED EVENT

FOR CALIFORNIA, ARIZONA, AND NEVADA SCHOOLS

Saturday, April 20, 1984 1 - 7 P.M.

For more information contact:



Dennis McClanahan Track & Field Coach Mt. Carmel High School 9550 Carmel Mtn. Road San Diego, CA 92129 (619) 484-1180

Schedule

DEC 15: Coyote Hills Race. 3.4 & 6.8 mile, Fremont (Coyote Hills Regional Park), 10 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560.

DEC 15: Rudolph's Classic 5/10K. Lancaster (City Park), 9 am. David Miklos, Lancaster City Hall, 44811 No. Date Ave., Lancaster 93534. (805) 945-4459.

DEC 15: Lake Murray 50 Mile. La Mesa (Lake Murray), 6 am. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077.

DEC 15: Holiday Bowl/Frontier Airlines 10K & 2 Mile. San Diego, 8 am. Roger Martin, Downtown YMCA, 1115 Eighth Ave., San Diego 92101. (619) 232-7451.

DEC 15: Marine Corps 10K. Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

DEC 15: Nat'l TAC Sr. Men's & Women's 30K Championships. Note date & location changed from Nov. 18. New York (Central Park), time TBA. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150.

DEC 15: Fleet Feet Triathlete 4-Mile Fun Run. Fresno, 8 am. FFT, 3870 N. Cedar, Fresno 93726. (209) 221-8181 or 229-9217.

DEC 15: Westwood Village 10K. Westwood Park, 8 am. Westwood Village 10K, c/o Sporting Feet, 2272 Westwood Blvd., Los Angeles 90064. (213) 474-1505.

DEC 15: Corona del Mar Viking Holiday 5K. Corona del Mar (High School), 8 am. Nancy Beard, c/o City of Newport Beach, 3300 Newport Bivd., P.O. Box 1768, Newport Beach 92658-8914. (714) 644-3151.

DEC 15: Senior Olympics 5K Run or Walk. Glendale (Verdugo Park), 8 am. (open to runners 20 years or older). International Senior Olympics, 5726 Wilshire Blvd., Los Angeles 90036.

DEC 15: Death Valley 100 Miler. Death Valley (Scotty's Castle), noon. T.J. Key, P.O. Box 178414, San Diego 92117.

DEC 16: Christmas Relays. 5x4.464 miles, San Francisco (Lake Merced, Sunset Circle Parking Lot), 9 am. Christmas Relays, c/o P.O. Box 652, Burlingame 94010. (415) 342-3107, Karen.

DEC 16: DSE Diamond Heights Run. 2.99 mile, San Francisco (McAteer High School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

DEC 16: Christmas Carol Charity Run. 10K, San Francisco (downtown), 8:30 am. Charity Run, c/o Arthur Young & Co. #1 Post St., 31st Floor, San Francisco 94104.

DEC 16: Toys for Tots 5 & 10K Runs. El Toro (Marine Corps Air Station), 7:45 am (5K), 8:30 am (10K). Capt. Ken Taylor, MAG 46, MCAS El Toro, Santa Ana 92709. (714) 651-2767.

DEC 16: Riverside Medical Clinic Health Yourself Run. 2 mile, 5 & 10K, Riverside, 8 am/2 mile, 8:15 am/5 & 10K. Riverside Medical Clinic, 3660 Arlington, Riverside 92506, attn. Ed Carloni (714) 683-6370.

DEC 16: Long Beach Marathon Prep Run & Fun Run. 16.2 and 4.1 miles, Long Beach (Cal State Univ., north side of campus), 7 am. Joe Carlson, LBM, 1825 Redondo Ave., Long Beach 90804. (213) 494-2664.

DEC 16: Los Angeles Herald Examiner/National AAU 10K Championships & 5K Run for Soviet Jewry. West Los Angeles (Rancho Park, Motor & Pico), 8:30 am/5K, 9 am/10K. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

DEC 16: Fresno 6 Mile Road Race. Chandler Field to Kearney Park, 12 noon. Frank Delgado, 1560 N. Durant Way, Fresno (209) 233-3631.

DEC 22: Mission Bay 25K. San Diego (East Fiesta Island), 7 am. Lise Rasmussen-Wright (619) 276-5295.

DEC 22: LVTC 5,000 Meters. Univ. of Nevada (track), Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas 89101. (702) 382-3496.

DEC 22: Pre-Christmas Run. 6 mile & 3 mile (time prediction), Sanger (Madison School), 9:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

DEC 23: Christmas Carol Bar-to-Bar Run. Approx. 6 miles, San Pedro (613 W. Ninth St.), 8 am. Vic Trutanich, 20710 S. Leapwood St., Suite D, Carson 90746. (213) 516-1977.

DEC 23: DSE Kid's Run, 0.75 Mile & Open 5K. San Francisco (Polo Field, Golden Gate Park), 9:30 am/0.75 mile, 10 am/5K. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

DEC 23: Recover From the Holldays Fat-Ass 50 Mile. Half Moon Bay to Santa Cruz, Sunrise, Joe Oakes, 518 Outlook Dr., Los Altos 94022. (415) 941-5530.

DEC 23: Xmas 10K. Los Angeles (Griffith Park), 8 am. California Road Runners Club, Box 891, Tarzana 91356. (818) 888-5526.

DEC 23: Fourth Sunday Runs. 5/10/15K, Oakland (Lake Merritt), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

DEC 23: Festival of Lights 10K & 2 Mile Fun Run. San Diego (Balboa Park), 7:30 am (10K), 8 am (2 mile). Sam Cohen (619) 583-3300.

DEC 25: DSE "Christmas Blind Date Relays" 2x1.5 mile, San Francisco (Boathouse, Stow Lake), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

DEC 29: LVTC 2 & 5 Mile. Las Vegas, Nevada (Racquet Club), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

DEC 29: Foot Pursuit 2K, 5K & 10K. West Covina (Cortez Park), 8 am. Bill Fulton, clo The Complete Runner, 2658 E. Garvey, West Covina 91791. (818) 331-0169.

DEC 30: DSE Nob Hill Run. 3.0 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

DEC 30: Run for the Roses. 10K, Pasadena (Rose Bowl), 9 am. Boys Club of Pasadena, 3230 E. Del Mar Blvd., Pasadena 91107. (213) 449-1953.

DEC 30: Westlake Village 20 Mile Run. Westlake Village (Westlake Elem. School), 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

DEC 31: Last 10K. Santa Rosa (Piner Elementary School), 9 am. Note: Race listed as Sat., Dec. 31st elsewhere...please confirm date with director. Chris Gray, 4700 Fowlger Dr., Santa Rosa 95405. (707) 539-7808.

Los Angeles 1984

For those who demand the best book.

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We searched the world and found the best. The best photographers, writers and editors

Our photographers are known around the world. No doubt you've seen their works in the magazines you read. Their gifted ability enables you to experience the spirit of the Games firsthand.

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Schedule

DEC 31: Midnight New Year's Eve 10K. Encino, Midnight. California Road Runners Club, Box 891, Tarzana 91356. (818) 888-5526.

DEC 31: Runner's World Midnight New Year's Eve Run. 5K, Los Altos Hills (Foothill College), midnight, Beth Carlton, Runner's World, 1400 Stierlin Rd., Mountain View 94043, (415) 965-8777.

DEC 31: Midnight Masquerade. 1 & 3 mile, Sacramento (University & Guy West Bridge), 11 pm. Sally Edwards, 2405 "J" St., Sacramento 95816. (916) 442-3338.

DEC 31: PA/TAC 5K Road Championships. Los Altos Hills (Foothill College track), 10:45 pm, Peanut Harms, 813 Wake Forest Dr., Mtn. View 94043. (415) 969-2033. Cash Prizes.

DEC 31: New Year's Eve 8K. Carson (Cal-State Dominguez Hills), 11:45 pm Jeff Tribole, 1000 E. Victoria, Carson 90747. (213) 920-3580.

JANUARY

JAN 1: Avalon Hospital 50-Mile. Santa Catilina Island, 5 am. December 10 Dealline, 50 entry limit). Mike Solly, P.O. Box842, Avalon 90704. (213) 514-1325. JAN 1: Racey Lady 5 & 10K. Women Only.
Olivenhain (esst of Encinitas)(Town Hall), 9
am. Alice O'Cay, 2705 Sombrosa, Carlsbad
92008, (619) 942-0761.

JAN 1: Buera High School 5K. Ventura (Ventura State Beach), 9 am, Steve Blum, 1175 Caristad, Ventura 93003. (805) 658-9294

JAN 1: Rainbow Half-Marathon. 13.1 miles, Las Vegas (Vail Pittman Elem. School), 9 am. Rob Gardner, 6666 W. Washington, No. 435, Las Vegas, NV 89107.

JAN 1: DSE Hangover Run. 3.53 mile, San Francisco (Golden Gate Bridge/Toll Plaza Pkg. Lot), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JAN 1: New Year's Fun Run. Distance TBA, San Diego (Mission Bay Boardwalk), time TBA, San Diego TC (619) 277-RUN2.

JAN 6: California "Ten" 10 miles, Stockton, 10 am. 1000 runner limit, January 3 deadline. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

JAN 6: Avon 5K. Women Only. Listed last issue as Avon 15K. Rescheduled to March 10th, tentatively Santa Monica, time TBA. Len Wallach, 1060 Continentals, No. 104, Belmont 94002. (415) 593-2788.

JAN 6: Heart of Palm Springs 10K. Palm Springs (High School), 8 am. K.F. Barber, MD, 45-120 San Pablo, Palm Desert 92261. (619) 346-8109.

JAN 6: Resolution Runs. 3.6 mile & 15K, Redwood Valley (Lion Maize Field), 11 am. North Coast Striders, P.O. Box 1556, Uklah 95482. Dave Pittelkau: (707) 462-7596. JAN 12: Willy's Road Race. 1 & 5 mile, Los Altos (St. William's School, 401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin, Los Altos 94022. (415) 948-8029.

JAN 12: 49'er Foundation 5 & 10K. Long Beach (Cal State Univ.), 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91356, (818) 888-5526.

JAN 12: China Cup Opener 5K, 10K & 1 Mile Kids Run. Fountain Valley (Mile Square Park), 8 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

JAN 12: Cop'er Bowl 10K & 2 Mile. San Diego (Jack Murphy Stadium), 8 am. Lynn Flanagan, In Motion, 2765 Tokalon St., San Diego 92110. (619) 276-2738.

JAN 12: Las Vegas TC 10K & 2 Mile. Las Vegas (Racquet Club, 9001 S. Industrial), 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JAN 13: San Bernardino YMCA Marathon & Half Marathon, 5/10K. San Bernardino (Vallejo Jr. High School), 7:30 am. Tony Mino, 808 E. 21st St., San Bernardino (714) 886-4661.

JAN 13: Mission Bay Marathon & 10K. San Diego (Mission Bay Visitor Center), 7 am. Jeff Broido, 8818 Robinhood Ln., La Jolla 92037. (619) 453-6879.

JAN 13: Zoo Run. 4 mile, San Francisco (Zoo), 9 am. San Francisco Zoological Ass'n, Attn: Zoo Run, Sloat Blvd. & Great Hiway, San Francisco 94132. (415) 661-7456.

JAN 13: Martin Luther King Birthday Run. 5 & 10K, Oakland (Lake Merritt Saliboat House), 9 am. MLK Birthday Run, c/o Anthony Charles, 2401 - 67th Ave., Oakland 94605. (415) 632-1537.

JAN 13: Cossack Classic. 13.5 mile, Rohnert Park (Sonoma State Univ.), 10 am. Bob Sorani, Sonoma State Univ., Athletic Dept., Rohnert Park 94928. (707) 664-2521.

JAN 13: Downhill Mile Classic. West Covina (South Hills H.S.), 1 pm. Record is 3:53.1. The Complete Runner, c/o Bill Fulton, 2658 E. Garvey, West Covina 91791. (818) 331-0169.

JAN 19: Hyattfest Super 10K Run. San Jose (Hyatt Hotel, 1st St. & US 101), 8:30 am. Hyattfest Run, 1740 No. First St., San Jose 95112. Jan. 14 Deadline. (408) 298-0300, x1760.

JAN 19: Heavy Hands 20K. Pinole (Pinole Valley HS), 8 am. Dan Hollis, 1770 Serra Dr., Pinole 94564. (415) 223-7440. Don't need to carry Heavy Hands.

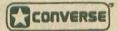
JAN 19: Snowball Run. 10K, Meyers, 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

JAN 19: Corona del Mar Spirit Run. 5 & 10K, Corona del Mar State Beach, 7:30 am/5K, 8:30 am/10K. Dinny Shryock, 900 Goldenrod, Corona del Mar 92625. (714) 760-0177.

JAN 19: Central Coast 10K, Arroyo Grande, 10 am. Greg DeNike, 495 Valley Rd., Arroyo Grande 93420. (805) 489-1351.

JAN 20: Tucson Marathon. Tucson, Arizona (Loews Ventana Canyon Resort), 8 am. Tucson Marathon, P.O. Box 40728, Tucson, AZ 85717. (602) 742-3153.

JAN 20: Super Bowl Sunday 10K. Redondo Beach, 8 am. Dec. 8 Deadline. Super Bowl Sunday 10K, P.O. Box 637, Redondo Beach 90277.



CONVERSE Southern California Track & Field Coaches Clinic

Saturday, January 26 . Long Beach Arena

Featuring:

Lance Harter—Cal Poly SLO
Rick Sloan — Washington State University
Fred LaPlante — Univ. of Southern Calif.
Kye Courtney — Hawthorne High School
Bill Webb — CS Northridge
Ron Allice — Long Beach City College

FOR MORE INFORMATION WRITE OR CALL:

Ralph Lindeman, Track Coach Cal State University Long Beach 1250 Bellflower Blvd. Long Beach, CA 90840 (213) 498-4666 (school) / (213) 594-8047 (home)

Schedule

JAN 20: Santa Rosa Super Mile. Santa Rosa (3rd & "B" Sts.) (150/heat, every 15 minutes), 8:30 am. Sharon Wright, 50 Santa Rosa Ave., No. 404, Santa Rosa 95404. (707) 545-3534.

JAN 20: Supercity 8K Classic. Santa Clara (Great America, Mariott's Hotel), 9:30 am. Total Race Systems, 2000 Lucas Way Rd., San Rafael 94903. (415) 479-3839.

JAN 20: Solidarity Run for the Teachers' Union of El Salvador. 5 & 10K & 1K for 12 and under, San Francisco (Golden Gate Park, Polo Fields), 9 am. Joe Berry, COSANDES, AFT2121, 2940 16th St., San Francisco 94103. (415) 861-2121.

JAN 20: Zonta Run for Everyone 10K. Goleta (Goleta Beach County Park), 9 am. Judy Cobbs, 37 Dearborn Pl., No. 81, Goleta 93117. (805) 967-0319, days or 964-1431, eves.).

JAN 20: Pico Rivera Anniversary 5K & SPA/TAC 10K District Championships. Pico Rivera(Smith Park, 9110 Mines Ave.), 9 am. Ralph Aranda, P.O. Box 1016, Pico Rivera 90660. (213) 042-2000, x263.

JAN 20: Super Run IV. 10K & 2 mile, LaJolla (LaJolla Village Sq.), 8 am. Joanne Vogel, c/o March of Dimes, 8333 Clairemont Mesa, ste. 101, San Diego 92111. (619) 576-1211.

JAN 20: Las Vegas TC 30K Championships & 5 Mile. Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JAN 26: High Sierra T.C. 5-Miler Muck & Mire Championships. Madera County (Ave. 14½ & Hiway 41), 11 am & 11:30 am. Joe Herzog, 822 S. Claremont, Fresno 93727. (209) 441-3835, days or 252-3897, eves.

JAN 26: Paramount 10K. Downey (Progress Park), 8 am. Oscar Rosales, c/o Paramount 10K, Paramount Recr. Dept., 16420 Colorado, Paramount 90723. (213) 531-3503.

JAN 26: Paramount World Masters 10K.
Open to masters meeting high qualifying
standards. Downey (Progress Park), 8 am.
Oscar Rosales, P.O. Box 696, Paramount
90723. (213) 531-3503.

JAN 27: El Camino Derby Run. 10K & 1 mile, San Mateo (Bay Meadows Race Course), 8:30 am/10K, 8:45 am/1 mile. San Mateo County Chapter, American Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-0981.

JAN 27: Sri Chinmoy Marathon. Santa Barbara (Research Park), 7 am. Sri Chinmoy Marathon, 317-C Oceano Ave., Santa Barbara 93109. (805) 963-3929.

JAN 27: Santa Ciarita Runners Women's 8K (Women Only). Newhall (Pico Canyon), 9 am. Sally Brollier or Dianne Gale, P.O. Box 298, Saugus 91355. (805) 259-3623.

JAN 27:Fastest Masters 10K. Open to 40 Years & Over Only. San Diego (Fiesta Island, Mission Bay), 8 am. Tom Morrow, 9512 Date St., Spring Valley 92077. (619) 477-4447, days or 463-6009, eves.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.):

FEB 2: Bakersfield Marathon & Half Marathon. Cal State Bakersfield, 8 am. Dale Tedrow, 900 Jarne Rd. #6, Bakersfield 93308. (805) 399-3875.

FEB 2: Las Vegas TC Marathon. Las Vegas, Nevada, 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 3: Long Beach Marathon. Long Beach (Convention Center), 7:30 am. Joe Carlson, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 494-2664.

FEB 10: CANCELLED - L.A. International Marathon.

FEB 10: Valentine Day Run. 5 & 10K, Oakland (Lake Merritt, New Boathouse), 10 am. American Heart Ass'n, P.O. Box 5157, Oakland 94605. (415) 632-9606.

FEB 10: Davis Marathon & Half Marathon. Davis (High School)(14th & Oak), 9 am. Davis Marathon, 132 "F" St., Davis 95616. (916) 758-MILE.

FEB 10: Napa Marathon. St. Helena to Napa, 7 am. Limited to 1500. Napa Valley R.C., 3564 Meadowbrook Dr., Napa 94558. (707) 252-1871.

FEB 17: Santa Monica Mountains 50 Mile Run and Relay. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360. FEB 17: Jedediah Smith 50 Mile Classic. West Sacramento, 8 am. Glenn Bailey, 1412 Drake Dr., Apt. B, Davis 95616. (916) 758-9800.

MAR 9: Los Alamitos Marathon & 10K. Los Alamitos, 7:30 am/marathon, 8:00 am/10K. Los Alamitos Marathon, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073 or (714) 827-9010.

TRACK & FIELD LOOKING AHEAD

Indoor Track Schedule

JAN 18: Sunkist Invitational. Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

FEB 8: Los Angeles Times Indoor Games. The Forum, Inglewood. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053.

FEB 15: Michelob Invitational. San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

FEB 22: USA/Mobil Indoor Championships. Madison Square Garden, NY. Ollan Cassell, P.O. Box 1504, Ansonia Station, New York, NY 10023.

MAR 2: Footlocker Track Classic. Cow Palace, San Francisco. Jim Terrill, Box 764, Los Altos 94022. (408) 253-0586.



SoCal Diary

By BILL MINARIK

October 15.

Only a few invitationals scheduled the weekend; the first of which wa Buena Park High Invitational wher host team along with El Modena and Ana won boys races, while Newbury Santa Ana and Laguna Hills were girl ners.

At the Dos Pueblos boys Invitatio was powerful Thousand Oaks running from runner-up San Marino 46-139.

In 4-year college action, first at the Invitational, it was CS Long Beach ir prisingly easy 38-79 win over CPSLO at the Biola Invitational the UC Rimen ran away from UC Irvine 16-68 the CS Northridge women eased by USIU 39-44.

October 22.

There was a full slate of Invitation past week beginning with the Orang ty Prep Championships where boys from Corona Del Mar, El Modena, Ma and Villa Park were winners as we teams from Esperanza, Edison, Tus Newport Harbor.

At the Palos Verdes Invitational t from Thousand Oaks, and girls fro Verdes were the winners based combined team times.

In the Alemany Invitational, it w from Hawthorne, Alemany and La S ning their races while on the distant side, Hawthorne, Alemany, and Bell-Jeff were crowned champions.

Up at the Ventura County Championships the Thousand Oaks boys were able to outrun Simi Valley 34-49, while Buena did the same to the Thousand Oaks girls 48-58.

In community college action, up at the Santa Barbara Invitational, it was the men from Mira Costa with a surprisingly easy 27-46 win over Orange Coast, while down at the Mt. SAC Invitational it was powerhouses from Grossmont and Central Arizona winning the mens division, while Santa Monica and Santa Ana captured womens honors.

In 4-year college competition, at the Cal Poly Pomona Invitational, it was UC Riverside routing Cal State Fullerton's men 26-89, while the UC Irvine women did likewise to the UCLA ladies 30-89.

October 29.

Just about every prep harrier in SoCal made their way out to the Rolling Hills of Mt. SAC for the annual Mt. SAC Invitational which ran all day Friday and Saturday. Traditional power, Thousand Oaks was the overall boys winner edging out Saugus High 136-158. In the girls sweepstakes race, it was Buena High outrunning rival Thousand Oaks 78-100.

In women's 4-year college action, Stanford totally destroyed the field in the WCAA Meet by taking the first 7 places ahead of runner-up UCLA.



Gomez (Belmont) and Darin Stonerock (Saugus).

At the PCAA Meet at UCSB, Fresno State was an easy men's winner ahead of UC Irvine 28-51, while the UCI women took the first 6 places en route to a 15-56 win over UCSB.

☐ November 5.

Cross Country season began winding down last week-end as the preps had their league championships with all top teams advancing.

The community colleges had their conference championships beginning with the Mountain Valley where the Trade Tech men defeated LA Valley 29-39 and the Canyon women dropped LA Valley 39-46. In the South Coast Conference the Mt. SAC men just edged Orange Coast 43-45, while the Mounty women coasted by the Pirate gals 40-72. In the Pacific Coast Conference, Grossmont as expected dominated the Mira Costa men 21-35, while the Mira Costa women destroyed runner-up S.D. Mesa 16-43. In the Metro Conference Pasadena defeated El Camino's defending state champion mens team 27-39. At the Inland Valley Meet Glendale's mens team humbled East LA 20-49, however, East LA Ran away from the female Vaqueros 27-65.

At the PCAA Championships at Moraga, Portland U. destroyed the field with 17 points.

☐ November 13

At the Southern Section CIF preliminaries, it was Thousand Oaks, Dana Hills and Simi Valley 4-A boys winners with Newport Harbor, Palos Verdes, and Thousand Oaks winning girls races. In 3-A, Saugus, Hart, and Torrance won boys races, as did girls teams from Esperanza, Arroyo Grande, and Hart. Loyola, La Puente, and Brea were the boys 2-A winners as were girls teams from Nordoff, Mountain View and Louisville. In 1-A, Atascadero, Sherman Indian and La Salle lead boys races, as did girls teams from Atascadero and Morro Bay.

In Community College men's SoCal Championships Pasadena ended comfortably ahead of Grossmont, El Camino, Glendale, and Taft by a 62-82-85-116-129 count.

In NCAA Div. II Western Regionals, it was the UC Riverside men running away from the UC Davis and CPSLO men 31-75-81, while the CPSLO women destroyed CS Northyldea and UC Davis 20-61-94

thridge and UC Davis 20-61-94.

At the NCAA Div. I District 8 Meet, Arizona defeated Washington State and a surprise Fresno State mens team 40-61-96, while the Stanford women destroyed Oregon and UC Berkeley 26-40-114.

Athlete's Kitchen

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

Christmas Creativity

Christmas is candy, eggnog, holiday cookies, grandmother's famous (or perhaps infamous) fruitcake, chocolate fudge, plum pudding with hard sauce (or preferably hard sauce with only a little plum pudding), family gatherings, friendly dinners and inevitably over-eating. Christmas is also shopping, scurrying and searching for that perfect present. What do you give someone who has everything??? If you are in the midst of the "Christmas Crisis" and feeling stumped for gift suggestions, you might want to use some Christmas Creativity to refresh your holiday spirit. As a nutritionist, perhaps I can offer some healthful gift suggestions for sports-active folks.

For starters, you can be assured that almost all athletic people - runners, cyclists, skiers, skaters alike - love to eat. They'll enjoy an edible present, especially it falls into the semi-healthful category. Christmas goo may be tasty and temporarily enjoyable ... but do you really want all those extravagent calories? Equally enjoyable goodies might include:

- Homemade bread perhaps a golden oatmeal raisin loaf?
- Mixed nuts a potpourri of almonds, cashews, peanuts and pecans.
- Banana bread with a few cranberries added for festive color?
- Papaya juice, mango nectar or other exotic juice selections.

- Granola chock-full of almonds, dried apples, chopped dates and sunflower seeds.
- A sampler of herbal teas perhaps Sleepy Time, Lemon Mist and Peppermint.
- Carrot cake soaked with rum for a special "holiday spirit?

Not all presents need to be available on Christmas Day. Your friends might better enjoy a gift certificate to enjoy in January when the post-holiday doldrums set in. They'd undoubtedly look forward to a specially prepared Sunday brunch (blueberry pancakes?), a pre-race carbohydrate feast (pasta with proccoli sauce?), or an apres-ski dinner (fondue?).

Nutrition comes not only in edible forms but also in readible versions, such as a subscription to an informative newsletter. The following publications confront the latest nutrition controversies, report the latest nutrition/sports nutrition research and offer you tips on how to continue being optimally healthy and fit.

- Sports Nutrition News, P.O. Box 986, Evanston, IL 60204, \$22. A bimonthly newsletter which incorporates the latest in health and fitness.
- Sportsmedicine Digest, P.O. Box 2160, Van Nuys, CA 91404-2160, \$34.

A monthly newsletter dedicated to the prevention, treatment and rehabilitation of sports injuries, including nutrition information.

- Environmental Nutrition, 52 Riverside Drive, 15th floor, New York, NY 10024, \$24. A monthly newsletter that clarifies the latest nutrition controversies.
- Nutrition Action, 1501 16th St. NW, Washington DC 20036, \$24. Published by Center for Science in the Public Interest, this minimagazine aggressively confronts consumer nutrition issues and openly attacks the shortcomings of both government and food-industry policies.
- Sports Injury Forum, 830 Boylston Street, Brookline, MA 02167, \$18. A bi-monthly educational pamphlet focussing on sports-health and nutrition, written by the staff of experts at Sports Medicine Resource.

Nancy Clark, MS, RD, nutritionist at Sports Medicine Resource and author of *The Athlete's Kitchen*, offers holiday recipe ideas. Send a self addressed stamped envelope to her at 830 Boylston Street, Brookline, MA 02167 for some of the above mentioned food suggestions.

TRACK & RUNNING NEWS

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Medical Notes for Runners

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

The Meniscoid Ankle A New Entity or Pain in the Ankle

he meniscold lesion at the ankle is a gray, shiny, soft tissue lesion at the front and outer aspect of the ankle. It is called meniscoid because it appears similar to the meniscus or cartilage that is in the knee joint itself. The meniscoid degeration of the ankle causes pain and stiffness at the front and outside of the ankle. This is at the junction of the outside ankle bone - the fibula or crazy bone - and the front of the ankle bone - the tibia and talus. This lesion can occur secondary to trauma. Thus, frequent or recurrent sprains of the ankle may allow for some tissue to be torn loose from the ankle joint, and this tissue may become organized and finally become a smooth tough gristle type tissue, called the meniscoid lesion. This gets caught in the ankle and causes pain upon flexion of the ankle, either up or down or from side to side. Thus, motion on Irregular surfaces causes pain. Also dancing maneuvers, such as going on pointe, causes pain. Oftentimes, just walking around will cause pain. X-rays may be

taken, which will show no problem with the bone even though there is true pathology. This is because soft tissue doesn't show up on the X-rays. There can however be coexistent pathology of the bones of the ankle, such as spurs or arthritis and the meniscoid degeneration or lesion. At times, the outer ankle ligament that attaches from the outside ankle bone, the fibula, to the foot bone, the talus, gets torn off during an ankle sprain and flips around and gets caught in the ankle joint. This also will cause the meniscold degeneration or lesion.

That being the case, if you have had an ankle injury and keep having pain and nobody can find anything wrong, yet the pain is at the front and outside of the ankle joint, you may have one of these meniscold lesions. They are quite similar to the plica lesions in the knee, which we described in an earlier issue of California Track and Running News. There is pain, locking, and catching in the joint and yet nobody can find a

whole lot wrong with it.



The treatment consists of physical therapy and, at times, injection therapy; but oftentimes, this conservative therapy fails and arthroscopic examination and surgery is the treatment of choice. A small operating arthroscope is put into the ankle joint, similar to the type of arthroscope put in the knee. The main difference is that the actual size of this microscopic operating instrument is smaller than that used for the knee joint. Through a small puncture hole, one puts the tube, which has a magnifying lens at the end. This magnifies the contents of the ankle joint by a factor of 30. Prior to utilizing the arthroscope, the ankle joint was inflated with as much fluid as possible so that there is a space available to allow one to utilize the scope for proper examination. This suspends the soft tissue, such as the meniscoid lesion, which can then be resected with small instruments through puncture holes. At times, however, one might find a bony lesion, such as a piece of cartilage that has been torn off and flipped around, having landed upside down. These need to be removed also. If possible, they are removed through arthroscopic surgical techniques. At other times, however, one must make a small incision to remove these loose bodies of bone. As with the knee joint, ankle joint surgery is becoming far more sophisticated and simplified with newer technology and instrumentation. The recovery rate from these types of surgery is far greater than with the old conventional open type of surgery, and one can have predictable good results due to the thoroughness of the examination with the arthroscope.

I'll be introducing the concepts of newer technology for sports medicine in future issues. If you have any comments, please let me know. Keep on running and stay healthy.

GRAND OPENING DECEMBER

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endurance, triple fitness store.



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Grayson Plaza 3870 North Cedar, Fresno

Eino's Notebook

By EINO

On NYC's Marathon

The 1984 New York City Marathon was an extremely exciting race, but 1984 Chicago Marathon caught the exciting field, making New York's field a has-beens; guys who'd done great years ago and even many of them did not show. Last year's winner, Rod Dixon, was sitting the day before in the shoe show signing autographs rather than concentrating on the race. Fred Lebow was bragging about how much appearance money he had spent beforehand and I estimated that all the money went to Grete and Rod. Grete turned out to be her usually consistent marathoner. When I looked at the field I felt that Fred had placed all his eggs in two baskets. It made me believe that he wanted Grete and Rod to win just so he would come through on his prediction.

I still believe that every Californian should experience New York once in their lifetime. While I was back east, I took the opportunity to tape a few opinions from

several Californians:

MIKE FANELLI (race official of San Francisco Marathon)

Eino: Why are you here?

Fanelli: I'm here as a representative of the San Francisco Marathon to recruit the elite athletes. Last week I was in Chicago which was great but New York Marathon is still the diamond, this is it, this is where everything is, this place is outstanding!

Eino: Don't you feel the fleid is dying in New York and becoming more of a jogger's marathon rather than a competitive one?

Faneill: Well, this is a real entertainment capital, this is the media center, this is where you're most visible. I think they have 18,000, I believe 8,000 of the runners here are foreign runners and a large portion of the invited elite athletes are foreign. New York gives a person a real chance to star.

BILL GOOKIN (San Diego)

Eino: What do you think about New York City Marathon, and do you feel Californians should or should not come and run here?

Gookin: Well, it's a fantastic spectacle, it's just a real great experience being in an event like this. It's really unique to be able to run through the different parts of the city. I don't know of any other city in the U.S. that has distinct boroughs, distinct areas that are so different.

Eino: What about the college runner or competitive runner? Should they come to New York or go run Chicago?

Gookin: In both of the races you have great crowds that are going to cheer you on and get you to a great performance.

Eino: I'm asking your recommendation. Which one, as a competitive runner? Gookin: As a competitive runner, once again it is going to depend on what you like. You've got things in the New York City Marathon that break up the course. If you like a course like that where you're running around turns, where you get a wide variety of things then that would be it. Chicago is more for the runner who is going to be concentrating thoroughly on his race.

ROGER BOURBON (Los Angeles)

Elno: Do you feel people should run New

York or Chicago?

Bourbon: Well, I think New York is what we call the Tiffany of the marathon, you can call the Rolls Royce of all the cars. New York offers more to every runner and spectator than any other city because it has mystery about it. It's a great city, the people are close to each other. There's a spontaneity that comes each year, that I don't think Chicago, Los Angeles, not even San Francisco can bring us. It's an involvement of millions of people.

Eino: You don't feel that even Boston with 100 years of tradition has more to effer

than New York?

Bourbon: I think of each marathon as different. It's like driving a sports car. There are many fine sports cars, but you have to buy what you are looking for. When you're looking for what the people want, I think they want excitement, they want experience. New York offers them class, a great city, also offers that people will come out. There is really no other marathon except London where people really come down in the streets to cheer. In any other city people either watch a marathon on television or read in the paper. In New York it is an involvement of the common idiom 100 percent.

Eino: By Chicago bringing all the good runners in a week before, in the long run don't you think that that will make New

York a jogger's marathon?

Bourbon: No, I think New York will always be the people's marathon and that they will always have good runners because Fred Lebow is trying very hard to do just that. Chicago will only be able to get 5 or 10 top marathoners because of the money; it will be more or less the business marathon.

MIKE PORTER (Menio Park)

Eino: Have you been running marathons all over the world?

Porter: All over.

Eino: What do you think about New York Marathon? Have you ever run it before?

Porter: I've never run this marathon before.

Eino: Do you plan to run it tomorrow?

Porter: No, I'm worried that all the buildings might fall over and hurt me, It's a big paranola with me. I like running out in the country, buildings don't fall over there!

Eino: Which marathon is your favorite?

Porter: I like Seattle Marathon, when I ran
it the course went around a lake, it was a
flat course and a nice overcast that day.

Eino: Didn't you run a marathon in

Porter: Yeah, that was hard. It was hellish. They followed you in cars. That's how they watched the race, so you had to run behind five cars all the way. The roads were real hard, very narrow and all full of pot holes.

DAVE BRENNAN (San Diego)

Eino: Is this your first time running New York?

Brennan: Yes, this is my very first. I've always wanted to run here, so naturally I was excited when my number was picked.

Eino: What did you think of the marathon?

Brennan: I think it's more of a people's marathon than Chicago obviously. The crowds were bigger than Boston which I ran two years ago, but I ran a worse time here than I ran there.

Eino: What did you think of the course?
Brennan: The course was harder than I expected.

Elno: What made it so hard?

Brennan: The roads were really harder than I anticipated. I read in some of the running magazines about this but I didn't think it could be so bad. There were a lot of bumps, cracks and crevasses in the road and it caused you to go astray a little.

Eino: What are some of the best times you have run?

Brennan: 2:32 (San Diego-Marathon), 32:40 (10K), 25:50 (5 miles). I did-a horrible 3:03 today, very disappointing.

Eino: Where did you hit the wall?

Brennan: Probably 16 to 17 miles. What happened was that I made the mistake of starting out too slow; I didn't know where to line up. I ran the first mile in seven minutes and from then on I was really trying to run hard to catch up to my pace. I wanted to run

PETER ROTH (administrator - New York Marathon)

Eino: What is your position with the New York Marathon?

Roth: Finance Director.

Eino: What do you think about the future of New York Marathon with all the controversy of Chicago bringing in so much

continued on page 15

Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

DSE Runners

741 Kansas St., #2, San Francisco 94107 by Ted Vincent

This past July the San Francisco Dolphin South End Runners struck again in the field of Ultramarathoning. On the San Francisco State College track Dick Collins set a world 50 year old age record for the 24 hour run - 116 miles, 1060 yards. Eleven of the 21 entrants in the Bay Area Ultrarunners contest were DSE people.

Ultramarathoning has been one of the traditional strengths of the DSE. In turn, ultras have long had special popularity throughout Northern California, where a 50 miler back in 1970 prompted a jealous promoter from Southern California to exclaim, "all they have to do up there is draw a white line on the road and the runners turn out in droves.

Available records show that in 1969 NorCal had 3 of the nation's 9 ultras; 5 of the others were in the Northeast; and one was in Alaska. Up in Sacramento in '69, Walt Stack was one of the finishers of the nation's first modern era 100 miler, a 3 day race. Walt trained for the 3 day grind with 5 hour a day runs, accompanied by fellow DSErs, including Larry Witter, Pax Beale, John Boltano, and Mike Lyons. Supportive club members have done much to elevate the DSE in ultramarathoning circles.

By 1973, the year the AAU added 50K championships, the number of ultras in the nation had risen to 20, with 6 of them in NorCal. At the Rocklin 50 mile 5 of 8 finishers were DSE, including Chuck Day in second place, and Walt Stack, who was finishing his second 50 miler of the year.

In these formative years of ultramarathoning DSErs traveled widely to help fill out the field in races like the 1975 National 50 Mile Championships in Seattle, where 6 of the 13 finishers were DSE. In '75 the club brought 58 members to the Pike's Peak Marathon, an Impressive turnout from one club in any year, but especially back then (20 of the 56 were women).

Ultra-running's popularity was enhanced by impressive feats that weren't exactly structured ultra-races. Pax Beale's run from the bottom of Death Valley to the top of Mt. Whitney is one example. Another is the former DSEr and Los Angelino Isa Varela celebrating her 50th birthday with a 50 mile run.

Lake Merritt Joggers & Striders

230 Marlow Dr., Oakland 94805

HISTORY OF LMJS - PART I

in 1977 John Notch, Gail Wetzork, Ted Wurm and several others formally organized Lake Merritt Joggers & Striders, the club which for some time had been a loosely knit group of runners generally getting together at Lake Merritt. The first newsletter, with Ted Wurm as editor it the streets in September of that year. The distinctive running ducks logo, marked the masthead by the 4th issue I March 1978.

Many of the members of old are still in the club and some like John Notch, Claudia Notch (then Claudia Massengil) and others have been continuously active. In the earliest of race results for example Dan Barki, Dan Williams, Roosevelt Garrett, Ron Spinka, Dick Collins, Liz Ray, Bob McQueen, Laury Beizer (now Fisher), John Monteverdi, Ed Olkowski, Gene Griffith and Pete Castellanos (Runner's Feet) are all still members of LMJS.

Empire Runners

P.O. Box 1827, Santa Rosa 95402

The ability to adapt to changing conditions is a valuable trait. In nature, those organisms that are able to cope with different circumstances survive. Flexibility of this sort is just as important to a running club. To be a healthy member of the running community in our area we must meet the changing needs of our members and the running

population in general.

Empire Runners is going through a period of change at this moment. At our last meeting, we were discussing ways of better serving our members. A number of topics were brought up. These ranged from a shift to shorter races to the establishment of a 5K/10K clinic. At one point, It was mentioned that we could go as far as dropping all our races and start attending other local races as a group. This last suggestion wasn't taken seriously, but it does show the frustration that builds up in race directors when a turnout doesn't seem to match the effort put into staging

One change that will be finalized at our next meeting unless there are any objections, is the division of the 50-59 age group for men and women into 50-54 and 55-59. Jim Connell suggested this idea when he pointed out that at the Labor Day 10-miler there were 18 runners in the men's 50-59 division.



Corond Del Mar TC

Corona Del Mar T.C.

1740 Grandview, Glendale 91201

At the recent annual CDM get-together the following officers were voted for a second term: President-Christel Secretary/Treasurer-Shirley Schedules/Awards-Dave Jackson, Statistician/Historian-

The following athletes were honored for their outstanding performances

WOMEN: Most Improved-Sondra Schumacher, Most Outstanding-Shirley Kinsey, Outstanding Performances-Edith Mendyka, Jean Carter and Christel Miller. SUBMASTERS: Most Outstanding-Carl Lewis-Flowers. MEN 40-49: Iron Man Award-Mike Woodward.

WORLD RECORD HOLDERS- Burl Gist, Al Guidet and

MEN 60-69: Most Valuable-Buri Gist, Most Outstanding-Al Guidet and Herb Miller, Most Improved-Clarence Killion, Most Inspirational-Chuck Mercurio.

Herb Miller

CDM has also set the date for the first track and field meet on Sunday, Jan. 20 at the College of the Desert, Palm Desert. Start 11:30.

Lompoc Valley D.C.

P.O. Box 694, Lompoc 93438

New club officers were elected at the general membership meeting on November 14. They are as follows: President - Leo Aragon, Vice President - Bill Graham, Secretary Brad Rhodes, Treasurer - Curt Cruthirds, Newsletter Editor - Nancy Perry.

Valley of the Flowers Marathon & Half Marathon race director, Lee Heinz, has summarized plans for the June 16, 1985 marathon and half marathon. A lot of changes are in store for the runners. Although the same certified courses will be used (start and finish at Huyck Stadium), there will be newly designed medallions and T-shirts, A totally new concept for the brochure will be seen when it becomes available in early January.

On October 21, a sunny but brisk morning only 71 runners participated in the Festival of Freedom 10K in Goleta. J.J. Holoubek finished 27th in a time of 42:55, first in the

Photo by Mark Avery



Burl Gist Corona Del Mar TC

60-plus category. Then on October 25 the following LVDC members participated in the Run for Energy 4.8 mile race at Vandenberg AFB. Gary Sanders was the first LVDC finisher, 1st 35-plus with a time of 30:29; Paul Hill, 9th overall, 31:48; Lee Heinz, 11th overall, 2nd 35-plus, 23:22; Ray Fuller, 16th overall, 4th 35-plus, 35:58; Tom Anderson, 18th overall, 5th 35-plus, 36:18; Leo Aragon, 29th overall, 40:32; Mary Ann Hendry, 41:32; Jean Howey, 36th overall, 45:22; Nancy Perry, 37th overall, 45:56; Jean Leeds, 39th

On November 3, Bradley Rhodes placed fourth in the Mojave Desert Interservice Sports League 10K Run held at China Lake with a time of 36:45.

Sierra Slowpokes

116 High Street, Grass Valley 95945

Club president, Gary M. Loucks, and wife Annabelle spent 10 days during December in Hawaii. Anabelle has been training to run the Honolulu Marathon again this year and says that it's the only one she'll do all the weeks of high mileage for. The last one she trained for was this same one two years ago.

The Sierra Slowpokes will be holding a series of weekly walks for beginners as well as those who have been walking regularly. The walks will be held at Condon Park under the direction of Nathalie Cooley. Walkers will meet Tuesday mornings beginning November 13 at the parking lot in Condon Park, Grass Valley at 10:00 AM. Please come and bring a friend. For additional information, call Nathalie at 265-4025.

At the last Fun Run held on Sunday, October 28, the Runner of the Year Awards were given out: Don Bradford earned the Male award and Nathalle Cooley the Female.

Pamakid Runners

P.O. Box 27385, San Francisco 94127

At the fourth annual running of the popular HBO Cable Car 10K Jack Gallan won the men's 18 and under trophy, while Liz Grotz was taking second place honors in the women's thirty group. Anne Mott logged yet another PR, and Mike Fanelli returned to the races after several months of injuries. Roberto Mendez, however, was the club's first finisher in 24th overall at 33:28.

Pamakids who survived what is probably the toughest Bay Area race, the Skyline 50 were: 64. Jimmy Nicholson 4:51:39, 96. Richard Laine 5:10:25, 143. John Medinger 5:37:16, 144. Joanne Sidwell 5:37:16, 146. Fred Dunn 5:37:46. 167. Jim Pommier 5:48:52, 178. Margaret Curtis 5:57:22, and 212. Jerry Fishman 6:28:10. This event travels thirty-one miles of hills, trails, and rugged terrain on the East Bay skyline from El Sobrante to Fremont.

Another toughie, the hilly 13 mile Berkeley to Moraga run saw Arturo Ramirez in 10th overall at 1:19:46, Don Pommier 66th at 1:36:14, Jim Pommier 70th at 1:37:24, and Sharon Kurashige 157th at 2:11:14.

San Diego Track Club

P.O. Box 2141, Del Mar 92014

The SDTC has a new juniors program coach — Jose Vega. Now a junior at San Diego State, Jose has six years' running experience. He was the 1981 CIF Track & Field champion in both the mile and the two-mile, and won the TAC Junior National Championship in cross country. Juniors workouts will be held Tuesdays at SDU's track and Thursdays at Mission Bay. All workouts are at 5:00 PM. Juniors Interested in joining the team should contact Jose at 422-6706 or Juniors Chairperson Linda Gorman at

West Valley Track Club

P.O. Box 459, San Carlos 94070

The National Championships were a fitting climax to an outstanding year:

40-44 Men: Dan Fitzsimmons took the 200m championship with 22.82 seconds, after placing 2nd in the 100m (11.36). WVTC had 2nd, 3rd and 4th in the 400m by David Romain, Ted Calin and Mel Brooks, respectively. Cain later upset teammate Ron Whitney in the 400m hurdles (67.72 to 58.20), was 2nd in the 100m hurdles, and led off the winning mile relay team with George Mason, Brooks and Romain in 3:29.08. Brooks, Gil LaTorre, Bill Alston and Fitzsimmons won the 400m relay in 44.60 and the two mile relay team of Harvey Franklin, Ramsey Thomas, Mason and Romain completed the sweep with a U.S. record of 8:10.4. Bill Clark was 3rd in the 5,000m with 15:50.4 and 2nd at 10K with 32:14. Don Dvorak was 4th in the high jump and triple jump, and 5th in the long jump.

45-49 Men: Gil LaTorre was hurt after the 400m relay. He finished 3rd in the 100m in 11.79 but missed the rest of the meet. James Hart won the shot put with 14.7m, and took 2nd in the discus (44.01m) and the hammer (37.44m).

2nd in the discus (44.01m) and the hammer (37.44m).
50-54 Men: Bruce Springbett, virtually unbeaten this year at 100 to 400m had a severe cramp in the 100m heats and missed the entire meet. Phil Plesher ran 3rd in the 200m with 25.10.

55-59 Men: Huel Washington won the 400m in 60.42, and placed 2nd in both the 100m and 200m with 12.40 and 25.82 seconds.

35-39 Women: Janle Duff was third in the 800m with 2:36.0.

45-49 Women: Marilyn Harbin set two U.S. records while winning the 800m in 2:27.35 and the 1500m in 4:57.15.

To celebrate this great year the WVTC Masters will host a runners clinic at San Francisco State University on Sunday Dec. 16 following the Christmas Relays, 1-5 pm, everyone welcome.

Basin Blues

7711 Marlborough Ct., Canoga Park 91304

In the midst of Fall the Blues have begun to reassert themselves as a club to be reckoned with in the Los Angeles running scene. A case in point is our strengthened Open Women. The Blues have acquired some very talented females who have already sparkled for the club at the recent SPATAC District 5K Cross Country Championships held at the rugged College of the Canyons course in Valencia October 21. The Blues Open Women demolished the field by taking first, third and fourth overall. Beth Milewski set a new female course record by winning the race in 19:27. Susan Lunt followed Beth's victory in third place with a time of 20:32 and Beth Cordi ran 20:52 for fourth overall. Congratulations women for a preview of fine performances to follow. In addition our men took third place in the Open Men division. Jim Barbaruolo was eighth in 17:12, Mark Emdee was eleventh in 17:27, Andy Ligeti was sixteenth in 17:42, Bill Lovelace was 22nd in 18:50, and Rene Ruiz was 23rd in 19:05. And last but not least was our Susan Tjarks who won the girls 18 and under divsion in 24:28.

On October 14 two of our Blues teamed up for the Tiger Twosomes 10K Relay held in Thousand Oaks to win the sub master division. Jerry Alexander ran his leg in 14:58 and Tom Sneddon followed with a 16:42 for the 5K course.

To round out the month of October there were some respectable performances turned in by three Blues at the Festival of Lights 10K and 3K held at our home turf October 28 in the Sepulveda Dam Basin. Susan Tjarks took 2nd in the 16-19 female division with a time of 12:37, Beth Milewski was third female overall in 36:18, and Mike Chambliss continues to roll along winning the sub-master division in 31:56.

Club Hack

3101 Queensbury Dr., Los Angeles 90064

10K season is underway as the Hacks point towards the Perrier/Beverly Hills race in December. Bruce Thomson and Richard Griefinger started off the season with the Encino Festival of Lights 10K, placing 10th and 12th respectively (33:24 & 33:26). Two weeks earlier, "Hackette" Patricia Story won the women's division of the Playa Del Rey 10K with a fine 35:08. Also of note has been some fine workouts on the Hack's Bel Air Hill course. Bruce Thomson has the seasonal best with his 44:21 though still well off course record 41:49. Also, new member Tom Croyle get the "Flying Head Slap Seal of Approval" for his 50:40 on only his second attempt on the tough 7.5 mile course.

On November 3rd, the Hacks once again travelled to Orange County for a China Cup Series Race. This race however had special significance for the Hacks as it marked the Second Anniversary of the "Hack" team name. Also known as the "Kick the Cones Relay," the 25 mile race resulted in a club record (2:16:45) third place finish for the team of Richard Griefinger, Wayne Matsumura, Lee J. Berg, Marty Kiblioski, and Bruce Thomson.

Original Hack Jim Hogue is still up in Utah Bug Country and is training with the Utah State Cross Country Team. He is expected to race for Team Hack over the Thanksgiving and Christmas holidays. Eric "High School Hack" Waian is training with the Glendale CC Cross Country Team and ran a season best (20:30) 3rd place finish at conference. Rick "Return of the High School Hack" Tanner has run a seasonal best 15:37 on the tough Pierce College Cross Country Course and is pointing towards the LA. City Finals meet.

Seniors Track Club

3372 Dalhart Ave., Simi Valley 93063

STCer Brian Pritchard continues to give the the association tine TAC Championship races to attend. The STC had a fine turnout for a race out many miles from where most members live (SPATAC 5K Cross Country Championship at Valencia on October 21). Ethel Kleinsasser came all the way over from Azusa to run her first race for the STC. She and Anne Noble, both over 55 years old, ran with Kathy Cook to win the second place award for the STC in the women's 40-plus age division. Ray Gil came all the way down from Lompoc to help one of the fine STC 60-plus teams, with Larry Banuelos (Pico Rivera) and Stan Neufeld (Santa Monica), cop first. We also had a second 60-plus team with Gene Haskell, and two. 70-plusers, Dean Scofield, STC president, and Fraser MacMinn.

Our 40-49 team captain Jesse Cook, and our out-ofshape 60-plus team admiral Steve Chiplis were there to be counted as usual. Speedy Sam Nicholson seems to be getting back in shape as is another of our line 50-plusers,

Rich Elizarraras. Former STCer Dick Durand, who runs for Santa Clarita, was conspicuous by his absence; Dick loves (?) this course. Dick has a very bad knee and doesn't think he'll be running for a few months.

Many STCers set all-time course records. Hal Winton not only set a course record but copped first in the 50-54 age group. Hal should be awesome when he concentrates on the sub-ultra races.

Tamalpa Runners

P.O. Box 701, Corte Madera 94925

Jim Gibbons, currently Tamalpa's hottest master runner, qualified in October for the "B" level Elite Athlete Support Program with a fast time on the tough Perry's to Perry's course. Now, he has moved up to "A" status with another half marathon. This time it was the much flatter Humboldt Redwoods course, where he blasted a PR 1:12:21, well under the qualifying time of 1:13. He also linished in the top 10 out of some 500 finishers, and was first master. "I just went out in 5:28 and held on to a 5:30 pace. It was a great day all around," he said. Gibbons coaches a high school cross-country team up in Willits.

October, it seems, was a non-month for Tamaipa racing teams. First, the great hopes for the Great Race at Stanford falled to produce any championships. According to Rich Govi, "All in all it was a disappointing showing for the Open Men's team. One team member ran up to potential and the rest of us were going through the motions. Still, though unlike past competitions, we fielded a team. The top five men were Govi 32:01, Fred Frauens 32:12, Rob Heierle 32:15, Ed Cadman 33:15, and Jim Myers 35:30. The women's team fared no better, placing sixth. Wink Luskin had the fastest time, 37:40, followed by Christle Patterson 38:02, Peggy Smythe 38:20, Hazel Wood-Kuttin, and Patty Jeffries. It's not that the times were slow, but that the competition was truly intense.

Continued from page 13

money? Do you think New York is going to survive as a top, competitive marathon?

Roth: I think Chicago showed what it could do this year. The money they put in to it found them a very shallow field and a fast race. All they had were a few front runners who did very well and that was it. They might as well not have had the rest of the pack behind them.

Eino: Because the money is no longer "under the table" here in New York there is much grumbling by the press and problems with the city. Is that going to effect the marathon future?

Roth: No, I think what's happening is that we're realizing we are fighting ouselves and being our own worst enemy. What we need is to join forces and realize that we own this together. We need to make this the best marathon because we're all working towards the same goal.

Eino: Does that mean you're going back "under the table" next year?

Roth: No, it means that the city will be doing everything they can to cooperate in helping to make this the best marathon.

Eino: Will you be limiting the race to 18,000 in the future or do you want to grow larger?

Roth: We're looking for growth every year.

Eino: Don't you feel 18,000 people just about fill the course. Is the course capable of handling more?

Roth: There are a couple of areas on the course that get bottlenecked and we have to watch those closely. If we can solve some problems out on the course then we can open up the race to a few more thousand runners.

Prep Notes

California Interscholastic

By KEITH CONNING

Mt. San Antonio Invitational Diary

I attended my first Mt. SAC meet this year. Since I am now the assistant cross country coach at Berkeley High School, I wanted to see whether or not to bring our team down in future years.

For those of you who have never ex-perienced this meet, it is hard to explain the magnitude. There are 72 races with an average of 100 runners in each race. That amounts to 7,000+ during two days of

I found the people both friendly and cooperative. This was the thirty-sixth an-nual meet. Some of the personnel go back many years. Fred Barton has started since 1962. Don Ruh, the coach at Mt. SAC, has been working on this meet for 22 years. Art Hayes has been the an-nouncer since 1959. And the list goes on! Fred Barton announced to the

assembled runners at the starting line that they could not wear watches during the race. This is a high school rule only. The rationale I'm told is that a watch is an artificial aid, which might help a runner pace himself. At first the athletes were tossing their watches over the fence to their coaches and friends. I then went over to tell the clerk of the course and the announcer. Art Hayes boomed out the warning to all the athletes and coaches.

Doug Speck, the Arcadia High School cross country and track coach, had shown me the challenging course in 1981. I had brought down a group of Berkeley High track athletes to watch the State

I arrived at Mt. SAC at 12:30 on Friday. I found out from Jim Polite, the women's coach at Mt. SAC and a teacher at Walnut High School, that the meet would start at 2:30 p.m. I then went over to the Mountle Grill on campus for lunch.

I drove down from Berkeley on Interstate 5. At this time of the year they were harvesting the cotton. I spent Thursday night in the Economy Motel in Lost Hills. Where else would a high school teacher and volunteer California Track and Running News writer stay?

On my way to lunch I met a group of sophomore girls from Walnut High School. They were very friendly and each one shook my hand. They had never seen

me before in their life.

Jay Hammer of the Southern California
Roadrunners was passing out entries to
the AAU Junior Olympics. He said that his athletes run both AAU and TAC races.

The public address system was so loud over by the results board that you could hardly carry on a conversation. Two of Jim Polite's freshman girts

came up to say they had run in the wrong race. One of them finished seventh in a varilty racel Jim graduated from the University of California at Berkeley in 1961. I started attending that Institution the same year after leaving the U.S. Air

When I returned from lunch teams were already setting up places on the large grass fields or were walking the course.

On Saturday the large schools arrived. Walt Lange of Jesuit in Carmichael said that he was missing his 3rd and 5th run-

Dennis McClanahan of Mt. Carmel in San Diego sald: "They don't have a porta potty in the loop." The loop is an area of the course which is transversed by the athletes several times during the course

Races are run simultaneously. There is seven minutes between races and everything goes like clock work.

This is where the action is! Walt Lange said that it is his responsibility to expose the Mastalir brothers to this kind of com-

If we develop a competitive team at Berkeley then I plan to return. We qualified for the North Coast Section Meet of Champions this year with a team composed of five underclassmen.

University of Calif. at Berkeley All-Comers T&F Meets, 1985

Edwards Stadium, Berkeley. The meets will be held on January 5th, 12th, 19th, 26th, February 2nd, 9th, 11th, 23rd. Running events: 400m Relay; 1500m;

HH; 400m; 100m; 800m; IH; 200m; 2 Mile; Mile Relay.

Field events: Hammer; Long Jump; Pole Vault; Shot Put; Javelin; Triple Jump; Discus; High Jump. Hammer starts at 10:00 a.m. Other events start at 11:00 a.m. Entry - \$1.00 per person.

Results Wanted

Northern California: Please send your results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. Southern California: Doug Speck, 563

North Willow Grove Avenue, Glendora, CA 91740.

Sac-Joaquin Section: Steve Fagundes,

4738 Espana Ct., Carmichael, CA. 95808. San Diego Section: Dennis Mc-Clanahan, c/o Mt. Carmel High School, 9550 Carmel Mt. Road, San Diego, CA

NCAA May Delay Test Requirement

October 18, 1984. Kansas City, MO.
A controversial requirement that high school students reach minimum scores on standarized college entrance exams to be eligible for college sports would be postponed under an NCAA Council pro-

The effective date of the requirement, criticized as unfair to blacks and other minorities, would be delayed from 1986 to 1988 under the council proposal, NCAA president John Toner said.

The proposal was sent to the president's commission of the NCAA for review. If the proposal is approved by the

commission, the full NCAA would vote on it as its January 1985 meeting. The requirement has been criticized by those who say the standardized entrance exams are biased against minorities. Supporters say it would increase the likelihood that student athletes receive their degrees.

Schedules Wanted

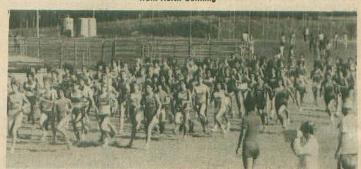
Please send your track schedules and announcements of inviatationals to Keith Conning, 2235 Browning Street, Berkeley,

	Stanford Invitatio	nal
	Boys Top Ten	
1	Castro Valley	83:10.1
2	Vacaville	83:23.2
3	Bellarmine (San Jose)	83:23.7
4	Reno (Nevada)	83:39.4
5	Miramonte (Orinda)	83:55.8
6	Arroyo Grande	85:25.1
7	Homestead (Sunnyvale)	85:30.8
8	San Ramon (Danville)	85:31.5
9	Brawley Union	85:37.8
10	Morro Bay	85:57.5

101:30.9
102:31.7
102:31.7
103:42.3
103:48.6
103:49.0
104:26.6
106:07.7
106:27.1
106:56.0

NorCal Invitational Results

from Keith Conning



Girls' Small School Varsity at Artichoke invitational

Photo by Lita Calvin

Center Meet

October 1. Menlo-Atherton HS, Atherton.

	Boys Individual Results	
1	Stan Carroll (Woodside)	10:51
2	Mansfield (Lynbrook)	10:57
3	West (Sequola)	10:57
4	Bullock (Menlo-Ather)	10:59
5	Wade (Menlo-Atherton)	11:16
6	Cazelet (Los Altos)	11:19
7	Lowe (Los Altos)	11:22
8	Adams (Wilcox)	11:22.5
9	Moore (Los Altos)	11:26
10	Cox (Wilcox)	11:26
	Toom Conros Dave	

1. Lynbrook (San Jose) 46, 2. Los Altos 49, 3. Menio-Ahterton (Atherton) 64, 4. Woodside 68, 5. Wilcox (Santa Clara) 143.

Girls Individual Results Laurie Andeen (Menio-Ath Fr) DeMarval (Menlo-Atherton) Danning (Lynbrook) Holmes (Menlo-Atherton) 12:52 13:09 Moran (Sequola) 13:19 Lohar (Los Altos) 13:46 Horstmeyer (Menio-Ath) Clazie (Menio-Atherton) 13:46 13:47 Brew (Los Altos) 13:50 Wolfe (Wilcox) 14:06

Girls Team Scores

1. Menlo-Atherton (Atherton) 22, 2. Lynbrook (San Jose) 69, 3. Wilcox (Santa Clara) 102, 4. Woodside 111.

Artichoke Invitational

October 6. Half Moon Bay H.S. 2.3 Miles.

Large School Boys Individuals Calvin Gaziano (CastroViy) 11:09 John Bass (CastroVly) 11:24 11:38 Bobby Rivera (NewarkMemor) Vic Santamaria (WillowGlen) John Domingue (Leigh) 11:39

6	Mike Dean (Lassen)	11:43
7	Tom Estes (Lassen)	11:52
8	Tim Larson (SanMateo)	12:05
9	Brian Fugler (DelCampo)	12:06
10	Jeff Popper (AmadorVly)	12:09
11	Jay Connors (Aragon)	12:09
12	Dave Rivera (WillowGien)	12:10
13	Eric Wendling (LosGatos)	12:12
14	Jon Basinger (Grandad)	12;13
15	Scott LaForce (LosGatos)	12:13
	Large School Boys Team Sc	cores

1. Lassen (Susanville) 90, 2. Leigh (San Jose) 109, 3. Los Gatos 117, 4. Del Campo (Fair Oaks) 154, 5. Castro Valley 164, 6. St. Ignatius (S.F.) 250, 7. De La Salle (Concord) 257, 8. Monte Vista (Cupertino) 272, 9. Willow Glen (San Jose) 305, 10. Lowell

(S	.F.) 325.	
	Small School Boys Individu	inis
1	Scott Machado (Moreau)	11:37
2	Cort Armstrong (Carimont)	11:37
3	Miller (Piner)	11:42
4	Perez (Manteca)	11:44
5	Roger Kohne (Gunn)	11:50
6	Thayer (Terra Linda)	11:51
7	Walsh (Westmont)	11:51
8	Hartmann (Moreau)	11:54
9	Blockhus (Mt.View)	11:56
	Ownell Cahnal Basis Tarm Ca	A PARTY

Manteca 112, 2. Moreau (Hayward) 143, 3. North Monterey County (Castroville) 168, 4. Westmont (Campbell) 180, 5. Piner (Santa Rosa) 187, 6. Terra Linda (San Rafael) 233, 7. Half Moon Bay 240, 8. Gunn (Palo Alto) 255, 9. Carlmont (Belmont) 280, 10. Christian Brothers, (Sacto)

32		
	Large School Girls Individual	8
1	Laurie Chapman (Gunderson)	13:2
2	Becky Chamberlain (Leigh)	13:3
3	Gina Jaurequi (NewarkMemor)	14:2
4	Teresa Poy (El Cerrito)	14:3
5	Veli Lehman (ElCerrito)	14:4

14:40

6 Ann Wimmer (LosGatos)

7	Mary Flinchum (Lassen)	14:44
В	Pam Bragg (Independence)	14:54
9.	Cherri Brown (Lowell)	14:57
10	Mary Manolakis (Aragon)	14:57
11	Therese Maddan (Lowell)	14:58
12	Amy Flynn (SantaClara)	14:58
13	Snake Kaur (Leigh)	14:59
14	Kisa Fuchs (Redwood)	14:59
15	Beth Price (Redwood)	15:03
	Large Cohool Olde Toom Co.	nene

1. Lowell (S.F.) 122, 2. Redwood (Larspur) 155, 3. Los Gatos 166, 4. El Cerrito 178, 5. Leigh (San Jose) 210, 6. Independence (San Jose) 260, 7. Amador Valley (Pleasanton) 262, 8. Gunderson (San Jose) 267, 9. San Mateo 273, 10. Mission San Jose (Fremont) 309.

	Small School Gins Individuals	
1	Wilson (TerraNova)	13:59
2	Ilnicki (Harbor)	14:16
3	Ferreira (HalfMoonBay)	14:19
4	Kim Himenes (St.Francis)	14:21
5	Faigle (HalfMoonBay)	14:25
8	De La Cruz (PiedmontHills)	14:27
7	Coric (Capuchino)	14:38
8	King (Terra Linda)	14:38
9	Erickson (Terra Linda)	14:39
10	Deirdre Kelly (Mitty)	14:58
11	Tori Weisberg (Mitty)	15:06
12	Kerry Bratten (St. Francis)	15:09
13	Theresa Clark (St. Francis)	15:10
	Small Schools Girls Team Score	

1. Half Moon Bay 78, 2. Mitty (San Jose) 97, 3. St. Francis (Mt.View) 116, 4. Terra Linda (San Rafael) 207, 5. Capuchino (San Bruno) 238, 6. Lincoln 242, 7. Piedmont Hills 258, 8. Carlmont (Belmont) 284, 9. Saratoga 293, 10. Terra Nova (Pacifica) 293

Stanford Invitational

October 8. Stanford Golf Course.

500	00 Meters.	
	Boys "A" Individual Results	
1	Calvin Gaziano (CastroVly)	15:24
2	John Bass (Castro Valley)	15:51
3	Jon Smith (Miramonte Soph)	15:53
4	Scott Pererson (Reed)	15:54
5	Adam McAboy (Miramonte)	16:02
6	Rod Coker (Vacaville)	16:02
7	Chris Richards (Homestead)	16:08
8	James Garrett (Vacaville)	16:10
9	Richard Salazar (Saratoga)	16:16
10	Mark Callon (Bellarmine)	16:17
11	Roger Kohne (Gunn)	16:18
12	Dan Murphy (McQueen)	16:19
13	Ted Zeigler (MiraCosta)	16:20
14	Shane O'Flaherty)Bellarmine)	16:24
15	Mike Slaughter (Hug)	16:24
16	Chuck Lewis (San Ramon)	16:26
17	Luke Glines (Red Bluff)	16:28
18	Mike Bennett (Reno)	16:29
19	Ian Champeny (Bellarmine)	16:30
20	Mark Gainey (Reno)	16:30
21	Brad Marshall (Vacaville)	16:32
22	Alex DaSilva (ElCerrito)	16:33
23	Rob Crandall (SanMateo)	16:34
24	James Avery (Vacaville)	16:34
25	Stan Carroll (Woodside)	16:40
26	Garth Turner (ArroyoGr)	16:42
27	Jeff Dewitt (Skyline)	16:48
28	Cary Stephens (Reno)	16:46
29	Shawn Howell (ArroyoGran)	16:47
30	Mike West (Lynbrook)	16:48
31		16:49
32	Dan St. John (Lompoc)	16:45
33	Jasone Carroll (MontaVista)	16:50
	Commence of the Commence of th	
	SPACE STOWNS OF	ALCOHOLD !



Calvin Gaziano (right) leads Rod Coker at one mile at the Stanford Invitational.



Stanford Invitational Girls' Team Winners—Arroyo Grande HS, Left to right: Vicki Lopez, LaTisha Balko, Laura Webre, Shirley Rodriguez, Mauri Javine, Sharon Plante, Barbara

13		
	34 Jim McCartan (Wilson)	16:53
	35 Terry Rauh (McQueen)	16:54
	Team Scores - Boys "A"	
	1. Bellarmine (San Jose) 139, 2.	Reno
	(Nevada) 142, 3. Vacaviile 184, 4. (Castro
	Valley 195, 5. Miramonte (Orinda) :	211, 6.
	Arroyo Grande 251, 7. San Ramon	(Dan-
	ville) 263, 8. Homestead (Sunnyval)	9) 280,
	9. Lompoc 316, 10. Mira Costa (Mani	hattan
	Beach) 336.	
	Boys "B" Individual Results	
	1 Joe Tamblyn (No.Tahoe)	15:57
	2 Rodney Labato (Folsom)	16:20
	3 Chris Jones (MorroBay)	16:21
	4 David Carl (San Marcos) 5 Robert Sagasta (BrawleyUnion)	16:27
	5 Robert Sagasta (BrawleyUnion)	16:29

Brian Kingsley (Folsom)
Greg Kewish (Jarbpr)
Steve Miller (Piner)
Paul Cummings (Montgomery) 16:41 16:41 16:45 Jim Williams (Acalanes) 16:46 11 Ted Brown (Coast Union) 12 Keight Videtto (Foothill) 13 Gus Villalobes (Brawley) 16:48 16:50 16:54 14 Matt Suess (Piner) 16:54 Team Scores - Boys "B"

1. Brawley Union 109, 2. Morro Bay 116, 3. Folsom 179, 4. Piner (SantaRosa) 183, 5. Montgomery (Santa Rosa) 185, 6. San Luis Obispo 191, 7. St. Bernard (Eureka) 204, 8. Acalanes (Láfayette) 213, 9. Healdsburg 333, 10. College Prep (Oakland) 345.

101	akland) 345.	
	Girls "A" Individual Results	
1	Shaula Hatcher (Reno)	18:23
2	Sharon Plante (ArroyoGr)	18:44
3	Laura Cattivera (MiraCosta)	18:48
4	Colleen Donovan (Lodi)	18:59
5	Heather Hollahan (Enterprise)	19:13
6	Julie Rivers (Livermore)	19:16
7	Wanda Bailey (FairfieldFrosh)	19:17
8	Laurie Andeen (Menlo-Ath frosh)	19:19
9	Tina Goodykoontz (SanRamon)	19:34
10	Clndy Rockwood (CarsonCity)	19:38
11	Stephanie Glowa (Wilson)	19:38
12	Wendy Knox (DelOro)	19:41
13	JoAnne Arnold (PaloAlto)	19:44
14	Shelly Loveall (Lompoc)	19:45
15	Deanne Self (DelCampo)	19:48
16	Tina Lopez (Reed)	19:47
17	Vonda Vandaveer (SanRamon)	19:48
18	Teresa Poy (ElCerrito)	19:52
19	Judith Schmidt (Wilson)	19:54
20	Shirtey Rodriguez(ArroyoGr)	19:55
21	Sabrina Han (Westmoor)	20:04
22	Tammy Papka (Reed)	20:12
23	Becky Cook (Reno)	20:13
24	Sandy DeMarval (Menlo-A)	20:16
25	Patty Young (CarsonCity)	20:20
25	Clare Burger (Berkeley)	20:20
27	Margaret Covic (Capuchino)	20:21
28	Mande Wood (Vacaville)	20:21

29 Barbara Barcellona (ArroyoGr) 20:23 Team Scores "A" Girls 1. Arroyo Grande 137, 2. Wilson (Portland, OR) 151, 3. Reno (Nevada) 169, 4. Menlo-Atherton (Atherton) 171, 5. San Ramon

176, 7. Carson City (Nevada) 190, 8. Lompoc 231, 9. Vacaville 299, 10. Northgate (Wainut Creek) 311.

Girls "B" Individual Results

1. Sheri Minkler (Analy) 18:44 Julie Ruiz (Ursuline) 18:59 Kathy Dalton (Sonoma VIy) 19:09 Kelly Ilnicki (Harbor) 19:40 Judi Manning (Central VIy) Mary Mendoza (Presentation) Lorena Feareira (HalfMoonBay) 19:42 19:55 19:56 Christine McGee (MarinCatholic) 19:59

8 Christine McGee (MarinCatholic) 19:58
9 Andrea Byers (San Marcos) 20:11
10 Molly Burke (Marin Catholic) 20:17
11 Elena Spight (Miramonte) 20:20
Team Scores - Girla "B"
1. Half Moon Bay 113, 2. Marin Catholic (Kentfield) 122, 3. Morro Bay 155, 4. Miramonte (Orinda) 157, 5. Acalanes (Lafayette) 184, 6. Sonoma Valley (Sonoma) 199, 7. Foothill (Pleasanton) 209, 8. Healdsburg 248, 9. Lirsuline (Sanoma) 199, 7. Foothill (Pleasanton) 209, 8. Healdsburg 248, 9. Ursuline (SantaRosa) 249, 10. Mountain View 295.

Center Meet

October 11. Crystal Springs, Belmont.

2.93 Miles.	
Boys Individual Res	ults
1 Cort Armstrong (Carlmoni	15:30
2 Chris Richards (Homester	ad) 15:31
3 Craig Blockhus (Mt. View)	15:53
4 Stan Carroll (Woodside)	16:00
5 Russell Hill (Silver Creek)	16:01
6 Parra (NorthMontereyCo)	16:09
7 Bullock (Menlo-Atherton)	16:12
8 Connors (Aragon)	16:14
9 Vogel (Half Moon Bay)	16:15
10 Mansfield (Lynbrook)	16:26
11 West (Lynbrook)	16:27
12 Harper (Hillsdale)	16:38
13 Hamilton (HalfMoonBay)	16:45
14 Gabudao (No.MontereyCo) 16:49
15 Arnoff (Gunn)	16:52
Boys Team Score	18

North Monterey County (Castroville) 90, 2. Half Moon Bay 102, 3. Woodside 123, 4. Carlmont (Belmont) 129, 5. (Ita) Lynbrook (San Jose) and Mountain View 162, 7. Bellarmine (San Jose) 171, 8. Aragon (San Mountain) 171, 8. Aragon (San Mountain

- A	Asteo) 177, 9. Palo Alto 195, 10.	Gunr
(Palo Alto) 208.	
100	Giris Individual Results	1
1	Katie McCandless (Castill)	17:31
2	Laurie Andeen (Menlo-Ath)	18:04
3	Shannon Clark (Mt.View)	18:20
4	Nanette Garcia (Silver Creek)	18:33
5	Arnold (PaloAlto)	18:53
6		19:18
7	Sandrine DeMarval (Menlo-Ath)	19:30
8	Faigle (HalfMoonBay)	19:34
9	Stearns (SilverCreek)	19:45
1	0 Carla Holmes (Menlo-Ath)	19:47
1	1 King (HalfMoonBay)	20:03
4	2 Kelley (Mitty)	20-12

continued on next page.

14 Susan Horstmeyer (Menio-A) 20:27
15 Meridath Clazie (Menio-A) 20:31
Cliris Team Scores
1. Menio-Atherton (Atherton) 43, 2. Half
Moon Bay 72, 3. Mitty (San Jose) 93, 4.
Palo Alto 118, 5. Moutain View 123, 8.
Aragon (San Mateo) 127, 7. Silver Creek
(San Jose) 180, 8. Carlmont (Beimont) 193,
9. Lynbrook (San Jose) 221, 10. Mills
(Millbrae) 243.

Crystal Springs Invitational

October 13. Crystal Springs, Belmont. 2.93 Miles.

	namptonamp varsity boys	maisionais
1	M. Mastalir (Jesuit)	14:57
2	E. Mastalir (Jesult)	15:02
3	Lienau (Clovis)	15:11
4	Santamaria (WillowGlen)	15:14
5	Thomas (Jesuit)	15:20
6 7	Coker (Vacaville)	15:25
7	Machado (Moreau)	15:28
8	Jaurequi (Clovis)	15:38
9	Callon (Bellarmine)	15:39
10	Garrett (Vacaville)	15:40
11	Ackerman (Moreau)	15:48
12	Monan (Moreau)	15:49
13	Rivera (Willow Glen)	15:52
14	Wickstrom (Serra)	16:03
15	Bell (Clovis)	16:08
16	Dominque (Leigh)	16:10
	ampionship Varsity Boys	
	Jesuit (Carmichael) 44,	
(Ha	syward) 60, 3. Clovis 66, 4.	Vacaville 79,
5.	Leigh (San Jose) 81.	

Varsity Boys Individuals Rivera (NewarkMem) Honig (BellaVista) 15:22 15:35 Larson (San Mateo) 15:52 Daley (Gunderson) 15:54 Crandail (San Mateo) 15:55 Papper (Homestead) 15:56 Popper (AmadorValley) Gomez (So.S.F.) McLaughlin (OakGrove) 16:01 16:07 16:08 10 Codha (Leland)

Varsity Boys Team Scores

1. Bella Vista (Fair Oaks) 72, 2. Leland (San Jose) 104, 3. Newark Memorial (Newark) 140, 4. Amador Valley (Pleasanton) 145, 5. San Mateo 151, 6. St. Ignatius (S.F.) 157, 7. Davis 157, 8. Berkeley 239, 9. Oak Grove 240, 10. Sacred Heart (S.F.) 244.

al	ria	Indiv	idual	Results
777	Acres 10		STATE OF THE PARTY	A STATE OF THE PARTY OF THE PAR

	CHILD MICHIALPHAN LANGUAGE	
18	Chamberlain (Leigh)	17:12
2	Chapman (Gunderson)	17:47
3	Kuphaidt (Bella Vista)	17:59
4	Kuphaldt (Bella Vista)	18:20
5	Balley (Fairfield frosh)	18:27
6	Ogas (Clovis)	18:33
7	Unknown (Del Campo)	18:35
8	Dillon (Bella Vista)	18:37
9	Jausqui (Newardk Memor)	18:48
10		18:49
11	Milis (Bella Vista)	19:09
333674		

Girls Team Scores 1. Clovis 39, 2. St.Francis (Mt.View) 77, 3. Del Campo (FairOaks) 93, 4. Leigh (San Jose) 138, 5. Amador Valley (Pleasanton) 140, 6. Lowell (S.F.) 140, 7. St. Francis (Sacto) 150, 8. San Mateo 183, 9. Moreau (Hayward) 226, 10. Leland (San Jose) 234.

Herebal Miles Invitational

Oc	tober 13. Antioch. Large School Boys Individua	lo
1	Jonathon Smith (Miramonte)	15:23
2	Adam McAboy (Miramonte)	15:24
3	Steve Miller (Piner)	15:35
4	Ed Ettel (Clayton Vly)	16:02
5	Chris Herbert (ClaytonViy)	16:14
6	Bill Merten (DeLaSalle)	16:21
7	Heyl (YgnacioValley)	16:31
8	Mike Matuska (Livermore)	16:32
9	Grant Furnberg (Livermore)	16:33
10	Matt Suess (Piner)	16:40
	Large School Boys Team Scr	res

1. De La Salle (Concord) 63, 2. Miramonte (Orinda) 63, 3. Clayton Valley (Concord) 66, 4. Livermore 72, 5. Piner (Santa Rosa) 76, 6. Northgate (Walnut Creek) 137.



Mark and Eric Mastalir finish 2nd and 3rd in the varsity aweepstakes race at Mt. SAC.

	Large School Girls Individual	8
1	Julie Rivers (Livermore)	18:13
2	Elena Spight (Miramonte)	18:49
3	Sydney Thatcher (Encinal)	19:11
4	Laura Carter (San Ramon)	19:13
5	Michelle Barrier (ClaytonViy)	19:19
6	Katle Leary (Alhambra)	19:25
7	Tresa Currie (Pittsburg)	19:48
8	Tonelle Corbyn (Alhambra)	19:49
9	Pam Wasley (Livermore)	20:01
10	Vonda Vandaveer (SanRamon)	20:14
	Large School Girls Team Scor	88

Alhambra (Martinez) 53, 2. Miramonte (Orinda) 71, 3. College Park (Pleasant Hill) 89, 4. Encinal (Alameda) 93, 5. Las Lomas (Walnut Creek) 97, 6. Clayton Valley (Concord) 110, 7. Northgate (Walnut Creek)

Crystal Springs Center Meet October 18. Crystal Springs, Belmont.

Boys Individuals 15:01 Craig Blockhus (Mt.View) 15:24 Cort Armstrong (Carlmont) 15:59 Connors (Aragon) Wright (Leland) 16:03 Crehelo (Leland) 18:06 Bullock (Menlo-Ath) Carroll (Woodside) Myers (PacificGrove) 16:07 16:16 16:21 16:27 Saloman (Mt.Pleasant) Spencer (Leland) Restive (Westmoor) 16:28 16:34 Arveson (Carlmont) 16:36 16:38 13 Sanchez (Westmoor) 14 Blodgett (Leland)

Boys Team Scores 1. Leland (San Jose) 45, 2. Westmoor (DalyCity) 103, 3. Woodside 143, 4. Carlmont (Belmont) 151, 5. Los Altos 172, 6. Prospect (Saratoga) 201, 7. Pacific Grove 202, 8. Aragon (San Mateo) 203, 9. Mountain View 233, 10. Palo Alto 251.

16:42

15 Lynch (Leland)

	Girls Individuals	
1	Sabrina Han (Westmoor)	17:41
2	Shannon Clark (Mt.View)	17:58
3	Andeen (Menlo-Ath)	18:01
4	Himenes (St.Francis)	18:24
5	Coric (Capuchino)	18:49
8	Holmes (Menlo-Ath)	19:13
7	Manolakis (Aragon Frosh)	19;20
8	DeMarval (Menlo-Ath)	19:35
9	Hartlaub (Burlingame)	19:39
10	Aflaque (Fremont)	19:46
11	Lyders (PacificGrove)	19:56
12	Milligan (Leland)	19:59
13	Clarke (St.Francis)	20:07
14	Unavailable (WillowGlen)	20:08
15	Auerback (Aragon)	20:09
	Giris Team Scores	
4	Menlo-Atherton (Atherton)	49 2 St.

Francis (Mt.View) 91, 3. Mountain View 111, 4. Leland (San Jose) 114, 5. Aragon (San Mateo) 127, 6. Willow Glen (San Jose) 131, 7. Lincoln (San Jose) 168, 8. Carlmont (Belmont) 188, 9. Westmoor (Daly City) 217, 10. Mills (Millbrae) 232.

Mariner Invitational .

Oc	October 20. Garin Park, Hayward. Large School Boys Individuals			
1	Calvin Gaziano (CastroVly)	15:22CR		
2	Scott Machado (Moreau)	15:49		
3	Bobby Rivera (NewarkMemor)	16:10		
4	Brian Vaughan (Berkeley)	16:19		
5	Mike Goralka (Livermore)	16:20		
6	Sean Noonan (MoreauSoph)	16:24		
7	John Bass (CastroVly)	16:30		
8	Andy Davis (NewarkMemor)	16:46		
9	Alex DaSilva (El Cerrito)	16:56		
10	Mike Doyle (CastroVly)	17:01		
	Large School Boys Team Sc	ores		

1. Neward Memorial (Newark) 68, 2. Livermore 76, 3. Castro Valley 81, 4. Berkeley 100, 5. DeLaSalle (Concord) 165.

	Small School Boys Individuals			
	1	Chris Hoepker (Encinal)	16:21	
	2	Steve Miller (Piner)	16:30	
	3	Jim McManus (CollegePrep)	16:34	
	4	Spencer Walsh (Burbank)	16:52	
-	5	Scott Hamilton (HalfMoonBay)	17:01	
d	6	Matt Suess (Piner)	17:15	
	7	Kevin Hallam (Encinal)	17:19	
i	8	Tavo Villegas (Corcoran)	17:22	
1	9	John Lee (Encinal)	17:25	
	10	Chris Smith (Piner)	17:33	
		Small School Boys Team Score	6	
	1.	Piner (SantaRosa) 55, 2. Er	ncinal	
		ameda) 75, 3. Corcoran 87, 4.		
	Mc	on Bay 95, 5. Albany 178, 6.	Marin	
		tholic (Kentfield) 192, 7. Teni	nyson	
	(Hi	ayward) 255.		
		Large School Girls Individuals		
	1	Julie Rivers (Livermore)	19:15	
	2	Clare Burger (Berkeley)	19:51	
	3	Pam Wasley (Livermore)	20:30	
	4	Debra Binnall (ElCerrito)	20:41	
	5	Teresa Poy (ElCerrito)	20:53	
	6	Vell Lehman (ElCerrito)	21:16	
	7	Kelli Coble (Livermore)	22:14	
	8	Peggy Beckett (Livermore)	22:39	
	9	Karna Gerich (Livermore)	23:07	
	10	Lisa Cupp (ElCerrito)	23:25	
		Large School Girls Team Score	8	
	1.	Livermore 28, 2. El Cerrito 41.		
		Small School Girls Individuals		
	1	Lorena Ferreira (HMB)	19:29	
	2	Christine McGee (Marin Catho)	19:39	
	3	Sydney Thatcher (Encinal)	19:51	
	4	Jeanise Eisenman (Calistoga)	19:57	
B	5	Molly Burke (MarinCatho)	20:00	
	6	Susie Falgle (HMB)	20:04	
	7	Jeanene Manasewitsch(Nogate)		
	8	Jana Jarosz (O'Dowd)	20:29	
	9	Carrie Costamagna (MarinCath)	20:31	
	10	Suzy Noe (Pledmont)	20:35	

St. Francis-Foothill Invitational

Foothill College, Los Altos Hills.

- 10	MA.	mileo,	
		Senior Boys Individuals	
	1	Vic Santamaria (WillowGlen)	15:51
	2	Rich Salazar (Saratoga)	16:12
	3	Ramirez (Watsonville)	16:22
	4	Berokamp (Leigh)	16:34
	5	Kirk Mansfield (Lynbrook)	16:37
N	В	BIII Arnoff (Gunn)	16:40
	7	Esquibel (Del Mar)	16:43
	8	Mendoza (WillowGlen)	16:49
	9	Mike West (Lynbrook)	16:53
	10	Richardson (Prospect)	16:57
		TO SECOND SECTION AND ADDRESS OF THE PARTY O	

Senlor Boys Team Scores 1. Prospect (Saratoga) 42, 2. Lynbrook (San Jose) 47, 3. Leigh (San Jose) 58, 4. Gunn (Palo Alto) 70. Junior Boys Individuals 1. Craig Blockhus (Mr.View) 15:49

16:31 Dominque (Leigh) Downs (Leigh) 16:36 Ralph Lewis (St.Francis) 18:41

5 Bergkamp (Leigh) 18:47 Junior Boys Team Scores 1. Leigh (San Jose) 24, 2. Mountain View 52, 3. St. Francis (Mt.View) 56, 4. Milipitas

Freehman Boys Barragan (Watsonville) Moore (Los Altos) 16:49 16:49.7 Junior-Senior Girls Individuals Rebecca Chamberlain (Leigh) Shannon Clark (Mt.View) 17:23 18:19 Kaur (Leigh) 19:28 Montesi (Leigh)
Sheila Aflague (Fremont)
Jill Vanzytreld (St.Francis) 20:26 20:41 20:58 Kerry Bratton (St.Francis) 21:07 Bronwyn Jones (Mt. View) 2 Junior-Senior Girls Team Scores 21:10 Leigh (San Jose) 33, 2. Mountain View 41, 3. St. Francis (Mt. View) 46.

Frosh-Soph Girls Individuals Katle McCandless (Castilleja) Mendoza (Presentation) 18:57 JoAnn Arnold (Palo Alto) Brown (Milpitas) 19:10 20:05 Yacoub (Lynbrook) 20:23 Flynn (Santa Clara) 20:25 20:36 Ciark (St.Francis) Montgomery (PaloAito) Farnsworth (Milpitas) 21:03 21:10 10 Zulman (Palo Alto)
Frosh-Soph Girls Team Scores 21:12

1. Palo Alto 48, 2. Mountain View 50, 3. St. Francis (Mountain View) 52, 4. Milpitas

Center Meet

October 25. Crystal Springs, Belmont.

	Boys Individuals	
1	Cort Armstrong (Carlmont)	15:37
2	Chris Richards (Homestead)	15:50
3	Tim Larson (San Mateo)	15:53
4	Kohne (Gunn)	15:59
5	Harper (Hillsdale)	16:08
6 7	Ernst (Monta Vista)	16:14
7	Gomes (So. S.F.)	16:32
8	True (Homestead)	16:37
9	Crandall (San Mateo)	16:38
10	Crutchfield (Lowell)	16:41
11	Arnoff (Gunn)	16:42
12	Adzich (MontaVista)	16:43
13	Chandler (Lowell)	16:45
14	Pepper (Homestead)	16:47
15	Lowe (Los Altos)	16:48
	Charles Contract	

1. Monta Vista (Cupertino) 118, 2. Carlmont (Belmont) 127, 3. San Mateo 128, 4. Homestead (Sunnyvale) 178, 5. Gunn (Palo Alto) 189, 6. Lynbrook (San Jose) 197, 7. Los Altos 201, 8. Palo Alto 212, 9. South San Francisco 218, 10. Mountain View 253.

Girls Individuals Shannon Clark (Mt.View) 17:49 Katie McCandless (Castelleja) 18:31 JoAnn Arnold (Palo Alto) 19:10 Strandberg (Live Oak) 19:18 Kelley (Live Oak) Manolakis (Aragon) 19:23 19:30 Madden (Lowell) 19:49 Hartlaub (Burlingame) 19:55 9 Aflaque (Fremont) 10 Brown (Milpitas) 20:00 20:08 Brown (Lowell) 20:14 12 Danning (Lynbrook) 20:25 13 Giacomino (Carlmont) 14 Villavicencio (San Mateo) 20:30 20-34 15 Tlefert (Mt.View) 20:35

Girls Team Scores

1. Lowell (S.F.) 85, 2. Mountain View 87, 3. Palo Alto 128, 4. Aragon (San Mateo) 133, Paio Ato 126, 4. Aragon (san Mateo) 133, 5. San Mateo 149, 6. Live Oak (Morgan Hill) 158, 7. Los Altos 210, 8. Carlmont (Belmont) 228, 9. Lynbrook (San Jose) 244, 10. Gunn (Paio Alto) 268.

Sophomore Boys Takayama (Homestead) 16:38 2 Tanner (Hillsdale) 16:42

Los Gatos Two Mile Postal

October 27. Los Gatos HS.

	Boys Individuals	
1	Gaziano (CastroVly)	9:02
2	Bass (Castro Valley)	9:24
3	Domingue (Leigh)	9:24
4	Santamaria (WillowGlen)	9:31
5	Calion (Bellarmine)	9:33
8	O'Flaherty (Bellarmine)	9:34
7	Walsh (Westmont)	9:36
8	Armstrong (Carlmont)	9:38
9	Bergkamp (Leigh)	9:40
10	Wendling (Los Gatos)	9:41
11	McLaughlin (OakGrove)	9:42
12	LaForce (LosGatos)	9:49
13		9:52
	Rove Teem Scores	

1. Bellarmine (San Jose) 48:47, 2. Leigh (San Jose) 48:59, 3. Los Gatos 49:37, 4. Castro Valley 49:51, 5. Williow Glen (San Jose) 49:54, 6. Westmont (Campbell) 50:55, 7. Woodside 53:05, 8. Carlmont (Balmont) 53:12, 9. Saratoga 53:34, 10. Los Altos 54:05.
Roys Race #5 Individuals

	DUYS MACE NO INDIVIDUAIS	
1	Rivera (WillowGlen)	9:48
2	Ramirez (Watsonville)	9:50
3	Pena (Bellarmine Frosh)	9:50
4	Champeny (Bellarmine)	9:50
5	Judas (LosGatos)	9:51
6	Kewish (Harbor)	9:51
7	Phillips (SantaTeresa)	9:52
8	Jones (Leigh)	9:52
	Qiris Individuals	
1	Chamberlain (Leigh)	10:46
2	Chapman (Gunderson)	10:49
3	Anden (Menlo-Ather)	11:06
4	Rivers (Livermore)	11:10
5	Garcia (SilverCreek)	11:21
6	linicki (Harbor)	11:22
7	Himenes (St.Francis)	11:24
8	Mendoza (Presentation)	11:26
9	DeMarval (Menio-Ather)	11:52
	Old Torrest	

Giris Team Scores 1. Menlo-Atherton (Atherton) 60:21, 2. Los Gatos 60:44, 3. Leigh (San Jose) 61:08, 4.

Josel 62:53. 6. Willow Glen (San Jose) 63:22, 7. Gunderson (San Jose) 65:05.

Girls Race #4 Individuals 1. Bragg (Independence) 11:41, 2. Holmes (Menlo-Atherton) 11:46, 3. Daley (LosGatos) 11:48, 4. Kaur (Leigh) 11:52, 5. Hill (Mission, San Jose) 11:56, 6. Wimmer (LosGatos) 11:59.

Southern Section Notes

by Doug Speck

How would you like to improve your best time for a legitimate three mile by 21 seconds, get down to 15:49 at the Varsity Men's level, and only get 10th place in a dual meet! Where else but in the tough Orange County Century League of the Southern Section could Todd Zenk end up in such a position. The occasion was the annual Villa Park-El Modena Cross Country dual, which has involved a couple of dozen prep distance running greats in the last decade. The Villa Park runner, Zenk, was the deciding factor in this year's clash, as his finish assured Villa a squeaky clean 27-28 victory over El Mo, as reported in the Orange County Register.

Outside of a good article or two by Pat Cannon of the LA Times we're not too sure that many people thought through the implications to a vote recently held before the California State Federated Council. It seems not everyone loves the 473 school Southern Section as it now exists. Someone in the "State CIF Section Relations" Committee came up with the dea to make it a requirement for a Section to have between 5 and 15 votes in the Federated Council to exist. A school gets one vote per 25 votes in the Federated Council to exist. A school gets one vote per 25 schools and one per 25,000 students. Guess what, under those rules something would have to give around the Southern Section, since the mathematics of 473 schools and an awful lot of students in the local organization would not squeeze into their formula. The formula was thought up and neatly con-structed so that if the Oakland and San Francisco Sections (both under the 5 vote limit) were sucked into the North Coast Section guess which was the only Section left out of whack on their 5 to 15 vote system-you guessed it, the Southern Section. It seems there is some resentment around the state over the Southern Section (which may be putting it mildly when one thinks through the machinations that went into this proposal). This resentment was heightened when the Southern Section pulled out of the State Basketball play-offs last year, citing the total length of season for the sport. To make a long story short, the Council has to vote in such a change, and the vote was close. 51 were against the realign-ment of Sections, while 44 were for. With this close of a vote, even though the proposal falled, look for future manuevers. Had the vote gone the other way what would have been the possibilities? Would the Southern Section been divided into three Sections? Would the Southern Section have seceded from the State Organization and played its own ball game? If secession had taken place and resentment boiled over into bans on intersectional competition what would have happened to the Los Angeles and San Diego sections who happen to be surrounded by the Southern Section? These are some worst-case scenarios that do not bode well for the future of prep

athletics in our State. Using Track and Field as an example (the only one I am able to deal with through first hand knowledge), anyone who gripes about the current system from the rest of the state has real problems. With the return to a two-day state meet in 1985 the Southern Section will get 5 representatives to that competition.

event from around the state. There are 473 Southern Section schools and a total of 1137 schools in the state. I think that the Southern Section is being more than generous in settling for less than onefifth of the entries when its schools total nearly half those in the state. If anyone should resent this situation it should be the Southern Section. The quality of athlete who is left home from the State Meet from the Southern Section after fifth place is a real sin, because besides the sheer numbers they play some pretty good track and field in these parts.

- A big Bronx boo goes out to the Principals of the Los Padres and Northern Leagues in the Southern Section who voted to only allow two, instead of the legal three, teams to go on to Sectional competition. Done as most other things today, as a cost-cutting measure, the decision cost some fine squads a chance

to complete. Cabrillo (Lompoc) had the misforturne to take third in both the Men's and Women's divisions of the Los Padres League. The female squad was ranked 4th in the IA division and the male group 9th out of the 100 or so schools that make up this level in the Section. Lompoc's Women's squad, the defending Sectional champions, had some midseason dual meet problems and ended up 3rd in the Northern League, which had been elevated to the 3A level this year for the ladies. The Braves were ranked 7th in the CIF-3A in the final Section poll. San Luis Obispo was the unfortunate group in the Men's division. With the country's top returning hurdler, George Porter (Cabrillo), in this situation possibly in Track let's hope he doesn't clobber a hurdle in the League meet and not be able to catch a bus south to championship competition because someone wants to save a dollar or two.

Southern Section Invitationals

by Doug Speck

Brethern Invitational

September 22. Paramount.

Ocean League powers Torrance and Hawthorne, and a very strong Bell-Jeff Women's group were the headliners here. Torrance showed it is the Men's favorite in their League dual with Hawthorne by taking the Men's Large School title with 34 (79:26) to Hawthorne's 59 (80:58). David Whitworth (Hawth) was the winner at 15:18, with Mike Scott (15:33) leading Torrance. The Cougar girls group was Large School winners with 35 points (99:21), as Karen Donahue (Torrance) was an easy individual winner at 18:05. Bell-Jeff showed that it will be as IA force to be dealt with in Sectional competition with a Small School Women's victory (101:18 team time).

RESULTS Large-Women Var.: Donahue (Torr) 18:05, 2. Amy (Hawth) 18:49, 3. Painter (LBWilson) 19:13, 4. Stramler (Warren) 19:57. Team: 1. Hawthorne 35 (99:21), 2. LB Wilson 55 (101:13), 3. Torrance 101 (102:52).

Men: 1. Whitworth (Hawth) 15:18, 2. Scott (Torr) 15:33, 3. Seborer (Santa Monica) 15:36, 4. Hirschman (Torr) 15:36, 5. Licht (Torr) 15:39. Team: 1. Torrance 34 (79:26), 2. Hawthorne 59 (80:58), 3. Warren 108 (84:13).

Women JV: 1. Tande (Torr). Team: 1. Hawthorne 31.

Men's JV: 1. Bartell (Torr) 16:50. Team: 1. Redondo 59.

Men's FS: 1. Afewerki (LB Wilson) 16:27, 2. Flynn (W Torr) 16:41. Team: 1. West Tor-

Small-Women Var.: 1. Morgan (B-J) 18:36, O'Rielly (Alemany) 18:39, 3. Barlog (Alem) 18:57. Team: 1. Bell-Jeff 40 (101:16). Alemany 49 (103:24), 3. Mission (San Gabriel) 71 (108:24).

Men's Var.: 1. LaCour (St.John Bosco) 16:11. Team: 1. St. John Bosco (Bellflower) 38 (84:49), 2. Miraleste 59

Women JV: 1. Ortega (B-J). Team: 1. Alemany 25. Men's FS: 1. Kreyer (Miraleste) 18:21.

Team: 1. Miraleste 26.

Costa Mesa invitational

September 29.

An exciting team competition between 4A powers Mater Del (Santa Ana) and Hungtington Beach in the 3A Varsity race for Men and a good run by the Mater Del Women's group featured this Orange County Invite. Mater Dei used the up-front strength of Mark Butala (15:29), Dan McNamee (15:44), and David Younkin (15:51) behind Huntington Beach's winner John Soto (15:27) to edge the Ollers 37 (80:15) to 38 (80:34). The Monarch Ladles had by far the day's quickest time of 99:10 in their 3A race win, Dan Cohee (South

time, a 15:41, in winning his division RESULTS - Men 3A: 1. Soto (HB) 15:27, 2. Butala (MD) 15:29, 3. McNamee (MD) 15:44, 4. Lind (Lakewood) 15:49, 5. Younkin (MD) 15:51. Team: 1. Mater Del 37 (80:15), 2. Huntington Beach 38 (80:34), 3. Lakewood 75 (83:51). 2A Var. 1. Cohee (SH) 15:41, 2. Hutlimann (SH) 15:55 Team: 1. Costa Mesa 62 (83:09). IA Var. 1. Wilson (Edgewood, West Covina) 17:18. Team: 1. Baldwin Park 41. Women 3A Var: 1. Ar-reola (Grossmont) 18:31, 2. Painter (Long Beach Wilson) 19:04, 3. Meis (Mater Dei) 19:10. Team: 1. Mater Dei 39 (99:10), 2. Long Beach Wilson 75 (103:38). 2A Var. 1. Calderon (So Hills) 18:38, 2. Lawrence (Northview, Covina) 18:39. Team: 1. La Quinta 58 (103:00), 2. South Hills 61 (101:58). IA Var. 1. Pugh (Edgewood) 19:23. Team: 1. Edgewood 31. Men's FS 3A: 1. Gallup (HB) 16:46. IA-2A: 1. Gumm (Estancia) 17:12. Men's JV 3A: 1. Tunstall (HB) 17:14. IA-2A: 1. Storey (Est) 17:24. Women's JV 3A: 1. Drake (MD) 21:28. IA-2A: 1. Kim (Pacifica, Garden Grove) 21:38.

Hancock/Righetti Invitational October 6. Waller Park, Santa Maria.

Double Varsity team victories by Dos Pueblos (Goleta) highlighted this competition which attracts schools from as far away as the Central Valley. Renee Krumweide (19:18) and Mark Dani (15:57), both from Valhalla HS in the San Diego area had the fastest individual times for the Men and Women during the day.

RESULTS — Var Women: (Large) 1. Krumwelde (Vaih) 19:18, 2. Lechner (Vaih) 20:01. Team: 1. Dos Pueblos 35, 2. Valhalla 36, 3. Reghetti 106. (Small): 1. Lumsdane (Cabrillo, Lompoc) 19:56, 2. Phillips (St. Josephs, Santa Maria) 20:04. Team: 1. Cabrillo 33, 2. Carpenteria 57. Var Men (Large): 1. Putnam (Baksf) 16:50. Team: 1. Bakersfield 22, 2. Santa Barbara. 39. (Medium): 1. Dani (Valh) 15:57, 2. Blansy (Dos Pueb) 16:15, 3. Wilson (Valh) 16:21. Team: 1. Dos Pueblos 35, 2. Righetti 60. (Small): 1. Valles (McFarland) 16:27. Team: 1. McFarland 29, 2. Cabillo 54. Women JV: 1. Centeno (Lompoc) 21:15. Team: 1. Lompoc 34. Men JV (Large): 1. Burrows (SB) 17:37. Team: 1. Dos Pueblos 22. (Small): 1. Bolhuis (Reghetti) 18:06. Team: 1. Righetti 43. Men's Frosh: 1. Les (Reghetti) 17:38.

Esperanza Invitational

October 6. Yorba Regional Park,

A number of the Section's top teams from the Orange County area came to Coach Al Britt's top quality invitational. A

continued on next page...

Prep Notes

Newport Harbor Women's group that has burst forth recently with a number of super team performances continued that here with an 18:06 average for their first five in a 90:31 team time to easily take their Division I race with 21 points. Maggle Henson, Julie Morris, and Buffy Rabbit lead a strong Newport group. El Modena (Orange) (78:26) and Buena Park (78:35) were team winners in the Guy's division races. Laura Wright (Irvine) set a new course record (17:45) in her Div. II race win, while William Feliciano (Cypress), a 4:16 miler, tied the Men's CR with a 14:56 Div. II win.

RESULTS — Div.-Women Var.: 1, Henson (NH) 17:56, 2, Morris (NH) 17:57, 3, Rabbit (NH) 17:58, 4, Anderson (NH) 17:58, 5. Harveth (Esperanza) 18:09, 6. Cooper (El Dorado) 18:11, 7. Houston (Burroughs, Ridgecrest) 18:14, 8. Raspipajla (ED) 18:16. Team 1. Newport Harbor 21 (90:31), 2. Esperanza 78 (95:19), 3. Corona Del Mar 95 (97:56), 4. Santa Ana 102 (99:41), 5. Alta

Loma 123 (99:23). Men Var.: 1. Scardina (Buena Park) 15:11 2. Neitzel (Canyon) 15:15, 3. Brown (NH)

15:18, 4. Knapp (Esp) 15:20. Team: 1 Buena Park 53 (78:35), 2. Newport 74 (79:24), 3. Esperanza 80 (79:44), 4. Santa Ana 133 (81:23).

Women JV: 1. Ruffini (NH) 19:31, 2. Clevenger (Tustin) 19:56.

Men's JV: 1. Miligin (Tustin) 16:09, 2. Stone (Tustin) 16:18.

Women's FS: 1, Everett (Canyon) 19:15, 2 Case (Canyon) 19:24, 3, Kubis (MV) 19:27 Men's FS: 1. Lopez (Norwalk) 16:18, 2 Baratti (Buena Park) 16:36. Team: 1 Newport Harbor 55.

Div. II-Women-Ver.: 1. Wright (Irvine) 17:45 CR, 2. Reider (Tustin) 18:03, 3. McCormick (Tustin) 18:17, 4. Daly (MV) 18:25. Team: 1. Tustin 42 (94:25), 2. Irvine 53 (95:53), 3. San Pasqual 83 (99:30), 4. Sunny Hills 124

Men's Var.: 1. Feliciano (Cypress) 14:56, 2 Alcaraz (Santa Ana) 15:11, 3. Reece (El Modena) 15:19, 4. Olson (Irvine) 15:24. Team: 1. El Modena 43 (78:26), 2. Irvine 69 (79:18), 3. Tustin 96 (80:20), 4. Cypress 115 (80:25), 5. Santa Ana Valley 142 (81:37). Men's FS: 1. Nava (Montebello) 16:20, 2.

Cortez (SA) 16:33, 3. Lopez (El Mod) 16:39. Team: 1. Irvine 67.

Atascadero Invitational

October 13.

Very fine Atascadero High and Westlake (Westlake Village) squads highlighted this meet. With a number of Central Valley schools joining Southern Section schools the level of competition was very high on the very tough Atascadero High course. Sanger's David Naranjo, a 4:17 miler, handled Westlake's hot Paul Myers individually in the Large School Men's race 17:25-17:35, while the Westlake squad was the narrow winner over Central Valley squads Madera and Mt. Whitney (Visalia). Westlake's Women's squad was virtually unchalleng-ed in their Large School's win, while Atascadero chewed up fellow IA power Maranatha in their Small School Women's win. The Atascadero Men's group ran without super twins Sam and Tony Grijalva, but were still able to nip 2A power Loyola (LA) 45-61 in their Small

Schools race. RESULTS - Men's Var (Large): 1. Naranjo (Sanger) 17:25, 2. Myers (Westlake) 17:35, 3. Bradburn (Madera) 17:55, 4. Nagel (Mt.Whiteny) 18:01, 5. Flint (Righettl) 18:38. Team: 1. Westlake 47 (93:36), 2. 10.30, 16am. 1, Vestato 47 (63.30), 2, Madera 49 (93.56), 3, Mt. Whitney 54 (94.18), 4, Sanger 100 (96.19), (Small): 1, McCracken (Loyola) 18:06, 2, Gonzalez (Lemoore) 18:18, 3, Valles (McFarland) 18:21. Team: 1. Atascadero 45 (94:46), 2 Loyola 61 (96:11). Women Var: 1. Vandenberg (Westl) 22:15. Team: 1. Westlake 15 (115:49). (Small): 1. McCrell (Atas) 22:23, 2. Berber (Atas) 22:26. Team: Atascadero 18 (115:47, 2. Maranatha 41 (123:14).

Fountain Valley-Huntington Beach Invitational

October 13. Central Park, HuntingtonBch. Another good group of schools gathered in Huntington Beach for the annual meet at Central Park, A number of the Section's more powerful Men's programs were in attendance and the amazing Newport Harbor Women's group continued to roll at its amazingly high level of

Simi Valley (82:03) and Mater Dei (82:16) were winners in the Div. II and Div. I Men's races, respectively. The Section 4A Men's competition seems wide open, with no one team establishing superiority as this juncture of the season. Jon Zimmer, Simi junior, had the day's fastest time with his 15:44 race win. Newport's Women's group yawned through another Invite victory, scoring 19 points and having the day's fastest team time by over six minutes Simi took the other Women's race with 49 points (101:37). Maggle Henson (NH) had the day's top Women's effort at 18:31. RESULTS — Div. I-Women's Var.: 1. Hen-

son (NH) 18:31, 2. Anderson (NH) 18:43, 3 Donahus (Torrance) 18:44, 4. Rabbitt (NH) 19:00, 5. Morris (NH) 19:06. Team: 1. Newport 19 (95:02), 2. La Quinta 98 (102:26), 3. Tustin "B" 103 (102:27).

Men's Var.: 1. Sabra (Ocean View) 16:00, 2. Neitzel (Canyon) 16:03, 3. Buhta (Mater Dei) 16:03. Team: 1. Mater Dei 70 (82:16), 2. El Toro 95 (83:10), 3. Tustin 97 (83:25), 4. Torrance 101 (83:44), 5. Basic (Nev) 135 (84:25).

Div. II — Women's Var.: 1. Briggs (Simi) 19:22, 2. Lies (Loara) 19:30. Team: 1. Simi 49 (101:37), 2. Norco 92 (106:21), 3. Saugus 138 (109:35).

Men's Var.: 1. Zimmer (Simi) 15:44, 2. Raugewitz (Foothill) 16:05, 3. Fretz (Saugus) 16:06. Team: 1. Simi 45 (82:03), 2. Foothill 64 (83:17), 3. Saugus 125 (84:59), 4. Huntington Beach 128 (85:28).

Div. III — Women's Var.: 1. W. Peterson (Laguna Bch) 20;39. Team: 1. Laguna 29. Men's Vsr.: 1. DeVito (LagBch) 16:11, 2. Moreno (LB) 16:31. Team: 1. Laguna Beach 41 (84:41).



Erin Kelly

Arlington Invitational

October 13. Arlington.

Most of the better teams in the San Bernardino-Riverside County areas came together for this meet. Coach Don Braden of Barstow had almost everyone graduate, but showed his ability to bring a team around with the best Men's team performance of the meet, an 86:33 Div. I Varsity win. Moreno Valley (107:57) and Rubidoux (108:19) were the top Women's groups off their Div. Race wins. Colton's Ron Perez, a top runner last Fall, is roun-ding into shape, and his 16:02 win over Sal Gonzaga (Perris) 16:20 was the day's top Men's time. Rubidoux's Prince had the top Women's time at 19:30 in her race

RESULTS — Div. I-Women's Var.: 1. Prince (Rubidoux) 19:30, 2. Paul (Perris) 19:48, 3. Crawford (Barstow) 20:04. Team: 1. Rubidoux 45 (108:19), 2. Chino 97 (113:56), 3. Rediands 112 (120:21).

Men's Var.: 1. Perez (Colton) 16:02, 2. Gonzaga (Perris) 16:20, 3. Rios (Indio) 16:46. Team: 1. Barstow 64 (86:33), 2. Corona 70 (87:51), 3. Indio 99 (90:47).

Women's JV: 1. Edrozo (Chaffey) 23:58 Men's JV: 1. Watson (Barstow) 18:26. Mon's FS: 1. Loustanau (Norte Vista) 17:17, 2. Montoya (Chino) 17:49.

Div. II — Women's Var.: 1. Johnson (Moreno Valley) 20:51, 2. Castillo (Mission) 21:10. Team: 1. Moreno Valley 28

(107:57), 2 Ontario 77 (115:52). Men's Var.: 1. Banta (Ontario) 18:35, 2. Nelson (LaSierra) 18:37, 3. Garduno (Ontar) 16:43. Team: 1. Moreno Valley 40

Palos Verdes Invitational

October 20.

A Thousand Oaks Men's group that is fast developing into the area's best, and the local Palos Verdes Women's group were the winners in this interesting and different invite. It is a meet where each of the top seven on a team is matched off in a separate race against their counterparts on other squads. Led by the sensational Jim Harvath (who yesterday won the Ventura County Championship meet at 14:59 on the challenging Moorpark Col-

Photo by Maurice Wilson



Greg Houlgate

lege Course) Thousand Oaks took five of the seven Varsity races, and was second and third in the two others. Needless to say they had the top team time, as their 83:02 left a good group far behind (Hart was 2nd at 85:31). Greg Houlgate (Bishop Montgomery, Torrance), a 9:21 two miler rounding into shape after a summer of injury was 2nd at 11:33, with Ontario's surprising Richard Banta at the same time. Christy Farrell (Thou Oaks), whose father is the Coach, had the day's quickest Ladies' time at 13:22, with teammate Jenny Bessel next at 13:30. The course length is 2.2 and anyone who has seen the course says it is as tough as any around.

RESULTS - Men's Top Times: 1. Harvath (TO) 11:08, 2. Houlgate (BisMont) and Banta (Ont) 11:33, 4. Jacobs (Crespi) 11:34, 5. Harsi (TO) 11:38, 6. Gonzales (Monte Vista, El Cajon) 11:38, 7. Lodes (Monte Vista) 11:42, 8. Edwards (Rolling Hills) 11:43, 9. Wilson (Arroyo, El Monte) 11:49. Teams: 1. 1000 Oaks 83:02, 2. Hart 85:31, 3. Los Gatos 85:35, 4. Arroyo 85:55, Torrance 86:24. Women Top Times: 1. Farrell (TO) 13:22, 2. Bessel (TO) 13:30, 3. Rizzo (Hart) 13:33, 4. Donahue (Torrance) 13:41, 5. Woodhouse (RH) 13:55, 6. Kelly (PV) 14:05, 7. Crawford (Barstow) 14:06. Teams: 1. Palos Verdes 100:43, 2. 1000 Oaks 101:59, 3. Rolling Hills 106:26, 4. Hart 108:30, 5. Los Gatos 108:31. Men's JV: 1. Palos Verdes 29. Sophs: 1. West Torrance 40. 2. Rolling Hills 46. Frosh: 1. Arroyo 60. Women's JV: 1. PV 15. FS: 1. PV

Orange County Invitational

October 20. Irvine Park,
The super-competitive Orange County area of the Southern Section gathered at Irvine Park for its annual orgy of prep distance running on October 20th. With 3000 athletes from just about all the top teams in the area some super competition was the result. With a seeding procedure that seems to separate schools from those it faces in dual competition during the year on the conference level a series of very high-level Varsity races are the result. Ten Men's squads were within a minute of each other when the times were added up, and five very fine Women's groups were within a minute and one-half at the end of the day. In this area of our nation still growing greatly in population the level of competition is very

The Newport Harbor Women's group came back to earth for this meet, and an interesting situation cost the University of Irvine Men's squad the Sweepstakes trophy, given annually to the team with

the fastest five-man time.

Tustin, ever steady, emerged from the meet with the fastest Women's team time, registering a 94:34 (18:55 average) for their top five in their Div III race win. Sherri Smith (Woodbridge, Irvine) continued on a tear individually in that competition, with her 17:30 win the day's fastest time. Esperanza (Anaheim) was close behind with their Div I win at 94:40. Coach Al Britt's group showed a very strong first four that could help the Empire League team to that conference's se-cond consecutive Section 3A title (to go along with the one El Dorado won last year). Newport ran 95:03 in winning Div IV, but raced without two of their top five due to injury and illness. Edison 36 (95:38) nip-ped Irvine 48 (95:52) in Div II, as Irvine's

Tracy Wright won in a quick 17:45.

There are an awful lot of good Men's squads in this area and the competition in that division showed it. Twelve teams averaged better than 16:00 for their top five on the rolling course, with seven teams within 29 seconds for the Team Sweeps title. Villa Park and University both tied at 53 points in their exciting Div IV race, with Villa winning the competi-tion on the sixth man tie-breaker rule. Unl had the faster team time 78:18-78:20, but a Meet rule that states that team placing takes preference over times gave the fastest time Sweepstakes trophy to Villa Park. Uni's performance was rather amaz-

ing since stars Greg Whiteley and Joey Barrios were not scheduled to compete up until the day before the meet with health problems. Corona Del Mar squeezed by Mission Viejo (69-78:27) in Division I, with William Fellciano (Cypress) defending his meet championship with a New Course Record of 14:45 (in nipping the old course record holder David Moore of Orange, 15:02 here). El Modena took Div II with 48 points (78:35) with Jon Kelly of Dan Hills, a 4:20 the individual winner at 15:15. Mater Del handed Buena Park a rare defeat in Div III, 52 (79:03)-54 (79:05). Lord have mercy on the person who picks an Orange County Men's top ten.

RESULTS - Men's Varsity Team Times: 1. University 78:18, 2. Villa Park 78:20, 3. Corona Del Mar 78:24, 4. Mission Viejo 78:35, 5. El Toro 78:41, 6. Dana Hills 78:47, 7. Foothill 79:00, 7. Mater Del 79:03, 8. Buena Park 79:05, 9. Tustin 79:51, 10. Invited 79:05 vine 79:59, 11. Newport 80:15, 12. San-tiago (Garden Grove) 80:20, 13. Esperanza 80:26, 14. Cypress 80:43, 15. Laguna Hills 80:47, 16. Edison 81:14, 17. Fountain Valley 81:24, 18. Magnolia 81:35.

Top Women's Team Times - 1. 94:34, 2. Esperanza 94:40, 3. Newport 95:03, 4. Edison 95:38, 5. Irvine 95:52, 6. El Dorado 97:54, 7. Mission Viejo 98:07, 8. Foothill 98:23, 9. Corona Del Mar 98:48, Fountain Valley 99:01, 11. 99:03, 12. La Quinta 99:30, 13. Mater Del 99:31, 14. University 100:59, 15. Woodbridge 101:17, 16. Dana Hills 101:26, 17. El Modena 103:51.

Top Men's Senior Times - 1. (Cypress) 14:45, 2. Kelly (DH) 15:15, 3. Whiteley (Uni) 15:18, 4. Combs (CDM) 15:19, 5. Maynard (Capo Valley) 15:21, 6. Holland (CDM) and Reece (El Mo) 15:22, 8. Gonzalez (Magnol) 15:22, 9. Sarrao (El Toro) 15:27, 10. Scardina (BP) 15:28. Junior Times - 1. Moore (Orange) 15:02, 2.

Sorensen (VP) 15:08, 3. Lindrud (MV) and Olson (Irv) 15:23, 5. Moreno (LagBch) 15:24, 6. McFadden (ET) 15:29.

Soph Times - 1. Barrios (Uni) 15:14, 2. Sabra (Ocean View) 15:26, 3. Davenport (Fthl) 15:28, 4. Lugo (Valencia) 15:36. Frosh Times - 1. Sanchez (Buena Pk)

15:40. Top Women's Senior Times - 1, Vaughn

(Dana Hills) 18:30, 2. Heim (LH) 18:32, 3. Fleagle (Tust) 18:42, 4. Skeie (CDM) 18:47,

Fleagle (1ust) 18:44, 4: Skele (COM) 16:47, 5: Carney (Fh) 18:59, Junior Times - 1: Smith (Wdbr) 17:30, 2: Wright (Irv) 17:45, 3: Henson (NH) 17:56, 4: Harbeth (Esp) 18:04, 5: Ritchot (Edi) 18:30, 6: Rabbit (NH) 18:43, 7: Lies (Loara) 18:53, 8. Silver (Fthl) 18:56.

Soph Times - 1. Reider (Tust) 17:52, 2 Cooper (El D) 18:08, 3. Rosipajla (El D) 18:10, 4. Karkins (LaQ) 18:18, 5. Peterson (Laguna) 18:45, 6. Kubis (MV) 18:54, 7. Schuster (Irv) 18:58.

Frosh Times - 1. Cook (Esp) 18:19, 2. Gilpin (FV) 18:45.

Mt. SAC Invitational

October 26-27.

With all the hoopla that goes along with the biggest Cross Country meet in the nation the 36th Annual Mt. SAC Invitational was held the weekend of October 26th and 27th, 1984. With the usual wide variety of competition from across the state the Meet was again the highlight so far, of the prep harrier campaign. A number of match-ups involving stars from the past year or two against the up and rising headliners were the hit of the meet. Headliners early in the season in the greater LA area had been Tracey Williams (Mt. View, El Monte), a young female ninth grader, who had destroyed all that she had met, fellow frosh and former clubmate Roberta Moronez (Azusa), who often wins races in times faster than the Men's Varsities in duals, and Jim Harvath (Thousand Oaks) and Paul Myers (Westlake), who had both handed State 1600 and 3200 champ Roman Gomez (Belmont, LA) a big defeat in the Kenny Staub Meet. Harvath was a low-9:50's two miler last spring, but had exploded to a string of

five big invitational wins this fall. His only loss had been to Maramonte League mate Myers, as the duo had survived the "blood-bath" of competition that is the Ventura County Conference to go out in search of other worlds to conquer. Harvath's TO squad had lately been the Section's hottest group, and the best from the North, Jesuit of Sacramento, was coming down to battle head-on. Newport Harbor had been rolling over the competition in the Women's division all year long, but illness and injury resulted in their pulling out of the competition here at the last minute. But still most everybody who was anything was in attendance.

The Meet is divided up into three divisions. Friday's competition was for Division I schools (enrollment 0-1099), then on Saturday morning Division III (1400-on up) took over until noon, and the meet finished up with those in between-Division II (1100-1300). There are Sweepstakes races each day, which match up top teams and individuals in some of the hottest competition you will see anywhere. With the Mt. SAC hills at least forty-five seconds (and probably more) tougher than a flat three mile a 15:30 3 mile will only get you 30th place in Saturday's Men Team Sweeps and a 19:00 3 is only worth about 20th place in the women's Saturday Team Sweeps.

Moronez' Azusa squad was entered in Friday's Sweepstakes race, and the frosh star was wanting for competition, as she ran away and hid early during a 5:45 first mile on the way to a fine 18:47 win over San Marino's Ann Bernan (19:12). A fine Nordhoff (Ojai) squad, led by Manuela Miller (3rd-19:33) and Trish Unruhe (20:17) had the day's fastest Women's time in winning this race at 103:09. Age group star Sheri Lawson (Noble JHS, Granada Hills) had the day's other good time, a 19:19 in winning her race.

The Men's Friday Sweeps featured last year's winner, John Grouix (El Camino. Oceanside), and a flock of others who could make it interesting. Cathedral's muscular soph, John Trefecanty, took the race through a 4:50 first mile, and looked as if he wanted to run away with it all. John still led as the pack approached two miles, but the pack, led by San Marino's Stuart Thompson was closing in. Stuart moved strongest up the steep 75 yard long "poop-out" hill approaching two miles and continued to edge away from all during the tough last mile to record a 15:51 in winning the race, Frank Gonzalez (Magnolia, Anaheim) was also under 16 in the race at 15:59 as Coach Phil Ryan's San Marino crew was an easy team winner at 82:54, also boosted by Andy Allan's 16:11 in 4th. Coach Don Blair's improving La Salle (Pasadena) squad was 2nd behind San Marino at 84:47, while Magnolia's 84:16 in 3rd was led by Gon-zaiez' quick time. LA Baptist's Lane Olson also looked good on Friday, as the 8:47 3000 star recorded a 16:02 in his race

Saturday's competition was centered around Team and Individual Sweepstakes races with a supporting cast of regular Varsity, Junior Varsity, Soph, and Frosh races that made it possible for the 5000 athletes to get on the course here. It turned out that Jesuit of Sacramento was without #3 and #4 from their super Men's group, but Mark and Eric Mastalir, who had run 4:13 and 9:11 for the distance races respectively last year at a mile and two as sophs, were here. Thousand Oaks' Jim Harvath led the Southern challenge as he edged away to a 15-20 yard margin during the relatively flat first mile (come by at about 4:48), then really moved away from the Mastallr's and the pack during the hilly second mile up and down the switchbacks. Heading into two miles at "poop out" hill Harvath had stretched his lead to 75 yards and the contest was all but over. The TO star came in about 50 yards ahead of the Jesuit twins, recording a fine 15:10 with Mark 15:17 and Eric 15:18. This time moves Harvath into a tie at #29 on the All-Time Mt. SAC list, a list that becomes more and more select as the years of three-miling go by. The typical list member is a sub-9:15 two miler or sub-4:15 miler. Hilltop of San Diego Photo by Maurice Wilson





Tracey Williams

transfer from New Mexico, Ellis Delsol was 4th in 15:29, while Greg Whiteley (University, Irvine) at 15:32 finished out the top five. The team competition was pretty torrid too, as Thousand Oaks totall-ed 136 points in winning (team time 80:42). The 16th and last team in the competition totalled 83:25 (16:55 average here, worth about 16:00 on the flat). Saugus (80:55) was 2nd, while San Diego's El Capitan (81:39) edged crosstowners Monte Vista (81:38) for 3rd and 4th in the team point scoring.

The Individual Sweeps for featured a flock of flyers. Paul Myers (Westlake) is famous for pushing the pace from the start, and he led the pack through the mile at 4:48. By two miles the individual race was down to a dual bet-ween Myers and William Feliciano (Cypress), a 4:14.22 1600m runner, who had the best time in last weekend's Orange County Championships, Surprisingly, Feliciano was strongest over the last mile, and he pulled away to take the race from the Westlake star, 15:21-15:27. Valhalla's Mark Dani ran a fine 15:33 in 3rd, with fellow San Diegan Shawn Sandoval (Southwest) next at 15:37, and Gary Nagel (Mt. Whitney, Visalia) 5th at 15:43 Westlake was the team winner in a fine

Tracey Williams ran away and hid in the Women's Individual Sweeps, as the Mountain View, El Monte thirteen year old frosh had about 50 yards on Grossmont's Darcy Arreola after a 5:30 mile, then cruis ed in comfortably at 18:13 (#20 All-Time here). A 5:05 age-group miler, Tracey daily has a schedule of two a day running workouts and also being the member of an age-group swim team. The Team Sweeps race was a bit more interesting individually, as possibly the area's next distance flash, "Kat" Prince (short for Katherine she says) from Riverside's Rubidoux High set out to run away from a pretty solid group of runners. She succeeded in not letting anybody by for about a mile, but a big quality pack was close. Things got busted open a bit during the hilly second "switchbacks" mile, as Christy Farrell (Thousand Oaks), the

daughter of TO Coach Jim Farrell, aggressively tried to pull away. The trio of Lisa Rizzo (Hart), Tracy Wright (Irvine), and Sharon Plante (Arroyo Grande) edged up to and past during a torrid final mile. Rizzo (18:14), Wright (18:19), Plante (18:19), Farrell (18:21), and Prince (18:24) vere joined by Heather Brooks (Bonita Vista, Chula Vista) 18:24 at the finish in a good mass race. Rizzo had run 18:08 last year here in Sectional competition. of Ventura's Tammy (7th-18:32) and Michele Lewis (18:38) led their team to a win teamwise at 96:17 (#8 am All Timel, Sharon Plante, the frosh sister of last year's Arroyo Grande star, Chantal, showed very well in her first big

LA area competition.
With races starting every 5-10 minutes between 8:00 a.m. and 2:05 p.m. on top of a full afternoon Friday the Mt. SAC meet continues as the country's number one orgy of distance running. Correspondent Keith Conning was in attendance and has promised us the reactions of a first-time

visitor to the hills of Walnut. Top Men's Individual: 1. Harvath (TO) 15:10, 2. Mark Mastalir (Jesuit) 15:17, 3. Eric Mastalir (Jesuit) 15:18, 4. Feliciano (Cypress) 15:21, 5. Myers (Westl) 15:27, 6. Delsol (Hilltop, SD) 15:29, 7. Whiteley, (Uni) 15:32, 8. Dani (Valh) 15:33, 9. Zimmer (SimiVly) and Sandoval (Southwest, Chula Vista) 15:37, 11. Fretz (Saugus) 15:38, 12. Stonerock (Saugus) 15:39, 13. R. Gomez (Belmont) and Nagel (Mt.Whitney) 15:43, (Belmont) and Nager (MLWhittley) 15.45, 15. Lopez (MoVI) 15.45, 16. Jacobs (Crespi) 15:47, 17. Kelly (Dana Hills) and Houlgate (Bishop Montgomery, Torrance) 15:48, 19. M. Gomez (Belmont LA) 15:49, Forsythe (Hilltop) 15:51, 21. Coker (Vacaville) 15:52, 22. Combs (Corona Del Mar) 15:54, 23. Thompson (San Marino) 15:55, 24. Estrada (Don Lugo, Chino) and Holland (Corona Del Mar) 15:56.

Men's Teams: 1. Thousand Oaks 80:42, 2. Saugus 80:55, 3. Monte Vista (El Cajon) 81:38, 4. El Capitan (San Diego) and Simi Valley 81:39, 6. Jesuit (Sapto) 81:42, 7

Prep Notes

Hart (Newhall) 81:47, 8. Hillitop (San Diego) 81:49, 9. El Toro 82:05, 10. Belmont 82:09, 11. Dana Hills 82:10, 12. Mater Dei (Santa Ana) 82:16, 13. Corona Del Mar 82:28, 14. Westlake (Westlake Village) 82:24, 15. Buena Park 82:37, 16. San Marino 82:54, 17. Vacaville 82:56, 18. Mission Viejo 82:57, 19. Serra (San Diego) 83:07, 21. Cypress 83:24, 22. University (Irvine) 63:25, 23. Wilson (LA) and Arroyo (El Monte) 83:35, 25. Belia Vista 83:38, 26. Dos Pueblos (Goleta) 83:44, 27. Mt. Whitney (Visalia) 83:53.

Whitney (Visalia) 83:53.
Women's Individuals: 1. T. Williams (Mt. View,El Monte) 18:13, 2. Rizzo (Hart, Newhall) 18:14, 3. Wright (Irvine) and Piante (Arroyo Grande) 18:19, 5. Farrell (TO) 18:21, 6. Prince (Rubidoux, Riverside) 18:23, 7. Brooks (Bonita Vista, CV) 18:24, 8. McCarty (Buena, Ventura) 18:32.

8. McCarry (Buena, Ventura) 18:36, 10. Arreola (Grossmont) 18:38, 11.Moronez
(Azusa) and Basore (Pasadena) 18:47, 13.
Bessel (TO) 18:48, 14.Rosipajla (El
Dorado, Placentia) and Cooper (El
Dorado) 18:58, 16. Kniffing (El Capitan,
SD) 19:06, 17. Self (Del Campo, Fair Oaks)
19:07, 18. Aimendariz (St. Monica, Santa
Monica) 19:08, 19. Thomas (Bishop Amat,
La Puente) and Ebiner (Bishop Amat)
19:10.

Women's Teams: 1. Buena (Venturs) 96:17, 2. Thousand Oaks 97:12, 3. Edison (Huntington Bch) 98:52, 4. Arroyo Grande 99:45, 5. Irvine 99:51, 6. Bonita Vista (Chula Vista) 100:02, 7. Hart, Newhall 100:27, 8. Miasion Viejo 101:04, 9. Tustin 101:26, 10. Westlake (Westlake Village) 102:21.

Photo by Maurice Wilson



Christy Farrell

CIF Section Results

Northern Section

November 3. Shasta College, Redding.

101	i milios.	
	Boys Individuals	
1	Mike Dean (Lassen)	16:01
2	Jericho Martin (Oroville)	16:30
3	Luke Glines (RedBluff)	16:33
4	Mike Wall (Lassen)	16:35
5	Billy Fields (Yreka)	16:36
6	Steve Scott (Shasta)	16:36
7	Tom Estes (Lassen)	16:37
8	Jason Salter (Enterprise)	16:41
9	Scott Schlais (Chico)	16:42
10		16:46
	Boys Team Scores	10.40
1.	Lassen (Susanville) 22 2	Enternales

 Lassen (Susanville) 32, 2. Enterprise (Redding) 78, 3. Yreka 80, 4. Shasta (Shasta) 122, 5. Oroville 128, 6. Central Valley 133, 7. Red Bluff 149, 8. Anderson 232.

844	Mari	
	Girls Individuals	
1	Shannon Hanlon (Yreka)	19:37
2	Denae Dunlap (Anderson)	19:43
3	Heather Hollahan (Enterp)	19:43
4	Angela Bonomini (RedBluff)	19:53
5	Judi Manning (Central VIy)	20:04
6	Mary Flinchun (Lassen)	20:20
7	Stephanie Barrett (PleasantVIy)	20:37
8	Cori Gifford (Shasta)	20:47
9	Kim Moore (PleasantViy)	20:51
10	Michele Jukes (Enterprise)	21:01
	Girls Team Scores	21101
100	Chico 64 2 Red Bluff 99 2 Vente	00 4

 Chico 64, 2. Red Bluff 88, 3. Yreka 88, 4. Lassen (Susanville) 90, 5. Enterprise (Redding) 105, 6. Pleasant Valley (Chico) 112, 7. Shasta (Redding) 118.

NORTH COAST SECTION RESULTS

North Coast Section 1A

November 10. Anderson Marsh State Pk. Lower Lake. 3 Miles.

	doys individuals (5 advance	9)
1	Jim McManus (CollegePrep)	16:41
2	Doughty (Ft.Bragg)	17:03
3	Sullivan (ContraCostaCh.)	17:18
4	Graham (SouthFork)	17:24
5	Gonzalez (University)	17:38
	Boys Team Scores (Top 2 adva	nce)
1.	Fort Bragg 32, 2. University (S.F.	1.33
	Girls Individuals (5 advance	1
1	Jeanise Elsenman (Calistoga)	19:08
2	Anders (Head Royce)	19:51
3	Turner (Kelseyville)	20:10
2345	Hawk (South Fork)	20:56
5	Phillips (Crystal Sprints)	21:11
	Girls Team Scores (Top 2 adva-	nce)
1.	Crystal Spring Uplands (Hillsbo	prough)
37	2. Clear Lake 38.	

North Coast Section 2A South November 10. Lafayette Reservoir, Lafayette, 2.93 Mi.

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6	Larry Silk (Campolindo)	14:59
7	Shawn Noonan (Moreau)	15:01
8	Chris Hoepker (Encinal)	15:04
9	Eric Ackerman (Moreau)	15:09
10	Dennis Quertin (DeLaSalle)	15:10
11	Bob Kagotani (Miramonte)	15:13
12	Rod Fuhrman (Campolindo)	15:30
13	Mike Doyle (CastroViy)	15:31
14	Sam Johnson (SanLeandro)	15:34
15	Jeff Ryan (Miramonte)	15:37
	Boys Team Scores (Top 4 adva	ancal
1411	Allen manufacture of the state	111001

Boys Team Scores (Top 4 advance)

1. Miramonte (Orinda) 56, 2. Moreau (Hayward) 60, 3. Castro Valley 79, 4. De La Salle (Concord) 117, 5. Campolindo (Moraga) 127, 6. Encinal (Alameda) 185, 7. Acalanes (Lafayette) 188, 8. San Leandro 199, 9. Albany 227, 10. Tennyson (Hayward) 281.

Giris Individuals (8 advance) Saily Wood (Piedmont) Sydney Thatcher (Encinal) 17:31 17:48 Elena Spight (Miramonte) 18:00 Katle Leary (Alhambra) 18:02 Allison Krevtzen (Carondelet) 18:18 Janelle Corbin (Alhambra) 18:22 Jana Jarosz (Bishop O'Dowd) Carolyn Crawford (Acalanes) 18:27 18:28 Sheelagh Murphy (NotreDame) April Wagner (Miramonte) Suzy Noe (Pledmont) 18:48 18:54 19:00 Julie Thatcher (Encinal) 19:03 Jodi Rempel (CastroVIy) 19:07 Kelly Homa (Moreau) 19:12 Suzanne Schindale (Miramonte) 19:16 Giris Team Scores (Top 4 advance) Miramonte (Orinda) 56, 2. Alhambra

1. Miramonte (Orinda) 56, 2. Alhambra (Martínez) 58, 3. Carondelet (Concord) 105, 4. Piedmont 106, 5. Moreau (Hayward) 143, 6. Castro Vailey 149, 7. Acalanes (Lafayette) 150, 8. Bishop O'Dowd (Oakland) 155, 9. Arroyo (San Lorenzo) 222.

North Coast Section 2A North

November 10. Rohner Park, Fortuna.

		remark to nomer Park, Portun	a.
		Boys Individuals (8 advance)	
	1	Dennis Pfeiffer (Eureka)	15:04
	2	Steve Miller (Piner)	15:16
	3	Paul Cummings (Montgomery)	15:30
	4	Mike Carr (Redwood)	15:31
	5	David Markham (Terra Linda)	15:43
	6	Sean O'Leary (SantaRosa)	15:52
	7	Matt Seuss (Piner)	15:53
	8	Jeff Johnson (Eureka)	15:54
	9	Brian Presson (Eureka)	16:00
	10	Mike Shindelus (Drake)	16:02
	11	Greg Martin (Drake)	16:03
	12	Jens Klinger (Fortuna)	16:04
	13	Jake Furber (Arcata)	16:10
	14	Andy Clark (MarinCatho)	16:11
	15	Kim Cummings (Montgomery)	16:13
	18	Brian MacKay (Petaluma)	16:15
	17	Mike Parker (Montgomery)	16:16
	18	Chris Thayer (TerraLinda)	18:17
	19	Jason Shaumberg (Montgomery)	16:17
Š	20	Alan Veal (Eureka)	16:19
	Boys Teams (Top 4 advance)		
	1 6	uzaka E7 O sanata an	Same.

Boys Teams (Top 4 advance)

1. Eureka 57, 2. Montgomery (Santa Rosa)

72, 3. Piner (Santa Rosa) 88, 4. Redwood (Larkspur) 99, 5. Drake (San Anselmo) 125, 6. Terra Linda (San Rafael) 159, 7. Fortuna 185, 8. Santa Rosa 172, 9. Casa Grande

185, 8. Santa Rosa 172, 9. Casa Grande (Petaluma) 213, 10. Healdsburg 221. Girls Individuals (8 advance) Julie Ruiz (Ursuline) Kathy Dalton (Sonoma) Sherri Minkler (Analy) 18:00 18:14 Melissa King (TerraLinda) 18:32 Kathy Force (SantaRosa) Chris Ferguson (Montgomery) 18:38 18:48 Chrissi McGee (MarinCath) 18:50 Carrie Costamagna (MarinCath) 18:54 Molly Burke (MarinCath) 19:15 Jenny Brekhus (MarinCath) 19:16 Aurora Ashton (Sonoma) 19:22 Beth Price (Redwood) 19:39 Teresa Kinyon (Healdsburg) 19:41 PaeWee Lemus (Montgomery) 19:44 Kisa Fuchs (Redwood) 19:52 Mary Erickson (TerraLinda) 20:00 Sara Lawrence (Eureka) 20:02 Anna Varnellus (Healdsburg) 20:04 Alissa DiFranco(Redwood) 20:05 20 Alleen Boyd (Uklah)

Giris Team Scores (Top 4 advance)

1. Redwood (Larkspur) 94,2. Sonoma 94, 3.
Marin Catholic (Kentfield) 97, 4. Santa
Rosa 113, 5. Healdsburg 157, 6. Montigomery (Santa Rosa) 160, 7. Terra Linda
(San Rafael) 172, 8. Ursuline (Santa Rosa)
192, 9. Analy (Sebastopol) 228, 10. Fortuna 238.

North Coast Section 3A

November 10. Hidden Valley Park, Martinez. 3 Miles.

	Boys Individuals (12 advan	cei
1	Bobby Rivera (Newark)	16:25
2	Mike Goralka (Livermore)	16:30
3	Brian Vaughan (Berkeley)	17:10
4	Bart Stephens (San Ramon)	17:13
5	Andy Keisey (Monte Vista)	17:19
6	Andy Davis (NewarkMem)	17:20
7	Alex Da Silva (ElCerrito)	17:21
8	Chris Herbert (ClaytonVIV)	17:22
9	Keith Videtto (Foothili)	17:26
10	Ed Ettel (Clayton Viy)	17:27
11	Andrew Heyl (YgnacloVly)	17:29
12	Mike Matuska (Livermore)	17:33
13	Chuck Lewis (San Ramon)	17:35
14	Jeff Popper (Amador VIy)	17:39
15	Chris Burger (Berkeley)	17:40
16		17:42
17	Robert King (Clayton Vly)	17:44
18	Mike Roach (NewarkMemor)	17:48
19	Mike Magyar (Foothili)	17:52
20	Mike Abrams (Monte Vista)	17:52
	Boys Team Scores (Top 6 adv	
	male commence (100 0 90A)	HIGH)

Boys Team Scores (Top 6 advance)

1. Livermore 57, 2. Neward Memorial
(Newark) 72, 3. Clayton Valley (Concord)
92, 4. Berkeley 101, 5. San Ramon (Danville) 128, 6. Monte Vista (Danville) 147, 7.
Concord 153, 8. College Park (Pleasant
Hill) 196, 9. Northgate (Walnut Creek) 214,
10. Washington (Fremont) 221.
Girls Individuals (12 Advance)

1. Julie Rivers (Livermore)

Julie Rivers (Livermore) 19:30 Laura Carter (San Ramon) 20:02 Gina Jaurequi (NewarkMemor) 20:24 Tina Goodykoontz (SanRamon) 20:33 Michelle Barrier (ClaytonVIy) 20:39 VIII Lehman (ElCerrito) Carolyn Spencer (MonteVista) 20:47 Teresa Poy (ElCerrito) 20:51 Shana Seifert (Foothill) 20:52 10 Debra Binnall (ElCerrito) 11 Lori Hill (Mission SJ) 21:04 21:12 Jeanene Manasewitch (Nogate) 21:13 13 Pam Wasley (Livermore) 21:21 14 Kirstin Candy (MonteVista) 15 Kelly Sobey (San Ramon) 16 Amy Byers (MonteVista) 21:23 21:25 21:27 17 Suzy Srem (NewarkMemor) 18 Laurie Wilmore (MonteVista) 19 Michelle Kelsey (MonteVista) 21:31 21:34 21:37 20 Clare Burger (Berkeley)

20 Clare Burger (Berkeley) 21:52
Girls Team Scores (Top 6 Advance)

1. Monte Vista (Danville) 58, 2. San Ramon (Danville) 63, 3. El Cerrito 106, 4. Northgate (Walnut Creek) 147, 5. Mission San Jose (Fremont) 150, 6. Foothill (Pleasanton) 153, 7. Clayton Valley (Concord) 182, 8. Collège Park (Pleasant Hill) 189, 9. Ygnaclo Valley (Concord) 197, 10. American (Fremont) 228.

CENTRAL COAST SECTION RESULTS

Central Coast Section Region I

November 13. Crystal Springs, Belmont.

	Boys Individuals (Top 4 no qualifying team advance to	ot on a
1	Wickstrom (Serra)	15:29
2	O'Flaherty (Bellarmine)	15:37
3	Callon (Bellarmine)	15:39
4	Armstrong (Carlmont)	15:48
5	Conners (Aragon)	15:50
3	Larson (San Mateo)	16:07
7	Fisher (Bellarmine)	16:08
3	Pena (Bellarmine)	16:09
7	Carroll (Woodside)	16:10
10	Gomez (So. S.F.)	16:11

Boys Team Scores (4 advance to CCS) Boys Team Scores (4 advance to CCS)

1. Bellarmine (San Jose) 32, 2. Serra (San Mateo) 89, 3. San Mateo 103, 4. Westmoor (Daly City) 158, 5. St. Ignatius (S.F.) 173, 6. Half Moon Bay 192, 7. Woodside 202, 8. Carlmont (Belmont) 209, 9. Mitty (San Jose) 210, 10. Aragon (San Mateo) 216. Girls Individuals (Top 3 not on a qualifyles tem advance).

Ing team advance)

4	McCandless (Castilleja)	18:07
10000	McCandidoo (Decinio)	18:28
2	Wilson (TerraNova)	18:32
3	Andeen (Menlo-Atherton)	
4	Mendoza (Presentation)	18:59
5	Ferreira (HalfMoonBay)	19:03
		19:10
6	Han (Westmoor)	19:17
7	Faigle (HalfMoonBay)	
8	Coric (Carimont)	19:22
9	Holmes (Menlo-Atherton)	19:35
200	DeMarval (Menlo-Atherton)	19:49
10	Demarkat (monoration)	lan

Girls Team Scores (4 advance)

1. Haif Moon Bay 43, 2. Menlo-Atherton (Atherton) 45, 3. Aragon (San Mateo) 97, 4. San Mateo 111, 5. Capuchino (SanBruno) 145, 6. Westmoor (Daiy City) 171, 7. Menlo (Menlo Park) 187, 8. Terra Nova (Pacifica) 198, 9. Milis (Milibrae) 215, 10. Sacred Heart (Menio Park) 237

Central Coast Section Region II

November 13. Crystal Springs, Belmont. Boys Individuals (4 not on a qualifying

	team advance)	
4	Santa Maria (WillowGien)	15:44
2		15:49
3		15:58
4		16:02
		16:09
5		16:11
6	Carroll (Melliowill)	16:13
7		16:17
8		16:22
1		17:28
3	10 Coehlo (Leland)	

Boys Team Scores (4 advance)

1. Monta Vista (Cupertino) 63, 2. Willow Glen (San Jose) 71, 3. Homestead (Cupertino) 85, 4. Lynbrook (SanJose) 112, 5. Leland (San Jose) 130, 6. Los Altos 159, 7. Saratoga 214, 8. Mountain View 230, 9. Lincoln (San Jose) 234, 10. Gunn (San Jose) 256, 10. Gunn (San (PaloAlto) 256.

(Pa	IOAIIO) 200.	
Gir	is Individuals (3 not on	a qualitying
	team advance)	
		17:55
1	Chapman (Gunderson)	
2	Clark (Mt.View)	18:31
	Himenes (St.Francis)	18:53
3.	Hillipings (orrespond)	19:20
4	Arnold (Palo Alto)	
5	Castillo (Willow Glen)	19:41
		19:53
6	Brown (Mitty)	
7	Danning (Lynbrook)	19:56
8	Pickering (Gunn)	19:58
		20:05
9	Hester (Saratoga)	
10	Milligan (Leland)	20:10
	Olde Team Scores (& 8	dvance)

Glris Team Scores (4 advance)

1. St. Francis (Mt.View) 79, 2. Mountain View 85, 3. Gunn (Paio Alto) 111, 4. Willow Glen (San Jose) 128, 5. Leland (San Jose) 140, 6. Paio Alto 151, 7. Lynbrook (San Jose) 220, 8. Lincoln (San Jose) 245, 9. Gunderson (San Jose) 263, 10. Milpitas

Central Coast Section Region III

November 14. Crystal Springs, Belmont.

Boy	ys Individuals (3 not on qu	Tamana
110	teams advance)	4 14 48
1	John Domingue (Leigh)	15:26
2	Russell Hill (SilverCreek)	15:27
3	Andy Walsh (Westmont)	15:46
4	Paul Bragg (Independence)	15:47
5	Bob McLaughlin (OakGrove)	15:54
	Eric Wendling (LosGatos)	15:58
6		15:59
7	Joe Saunders (B)	16:04
8	Steve Bergkamp (Leigh)	16:06
9	John Phillips (SantaTeresa)	
10	Greg Talbot (Leigh)	16:10
	Boys Team Scores (4 adva	nce)

Boys Team Scores (4 advance)

1. Leigh (San Jose) 38, 2. Los Gatos 57, 3.
Westmont (Campbell) 75, 4. Oak Grove
(San Jose) 152, 5. Santa Teresa (San Jose)
158, 6. Prospect (Saratoga) 161, 7. Lick
(San Jose) 182, 8. Independence (San Jose)
190, 9. Overfelt (San Jose) 193, 10. Pledmont Hills (San Jose) 239.

Girls individuals (3 not on qualifying

	teams advance)	
1	Rebecca Chamberlain (Leigh)	17:49
2	Nanette Garcia (SilverCreek)	18:41
3	Monica Daley (Los Gatos)	18:48
1.75	Barbara Keehner (Hill)	18:48
4	Pam Bragg (Independence)	18:50
5	Pam Diago (minohomon)	

6	Kristen Dowell (Santa Teresa)	19:01
GE 170	Tammy Langan (PiedmontHills)	19:31
7	Darcy Parker (LosGatos)	19:43
8	Harpert Kaur (Leigh)	19:49
9	Paulette Metzger (Branham)	19:59
10	Paulette Metzger (Oranical)	1

1. Los Gatos 52, 2. Independence (San Jose) 86, 3. Leigh (San Jose) 87, 4. Mitty (San Jose) 110, 5. Piedmont Hills (San Jose) 129, 6. Hill (San Jose) 146, 7. Santa Teresa (San Jose) 158, 8. Dei Mar (San Jose) 191, 9. Branham (San Jose) 200.

Oakland Section

November 14. Lake Merritt, Oskland. 2.7 Miles. Boys Individuals

1	Jeff DeWitt (Skyline)	13:56
	Bart Bombay (Skyline)	13:59
2	Victor Agran (Skyline)	14:53
3	Scott Howland (Skyline)	14:54
2 3 4 5	Scott Howland (Skylling)	14:57
	Sean Redfield (Skyline)	15:24
6	Sean Eagan (Skyline)	15:39
7	Darrell Smith (Castlemont)	15:41
8	Tom Thatcher (Skyline)	
9	Monte Ilacqua (Skyline)	15:45
10	Kimble Harding (Castlemont)	15:56
	Boys Team Scores	ALC: NO.
4.	Skyline (Oakland) 15, 2. Car	stlemont
10	akland) 54, 3, Oakland 63.	
10	Girls Individuals	
1	Debbie Spander (Skyline)	18:08
	Beverly Woo (Skyline)	18:09
3 4	Olivia Martinez (Oakland)	18:40
4	Cathy Norton (Skyline)	18:41
5	Andrea Sanchez (Skyline)	19:10
	Nicholett Owens (Oakland)	19:12
6	Josle Alexander (Oakland)	19:16
7	Josie Alexander (Cariano)	19:45
8	Melanie McArtur (Skyline)	19:45
9	Lisa Scalarone (Skyline)	20:40

Girls Team Scores 1. Skyline (Oakland) 20, 2. Oakland 40.

10 Gall Brown (Oakland)

20:10

North Coast Section **Meet of Champions**

November 17. Lateyette Reservoir,

Lafayette, 3 Miles. (Qualifying to Northern California C.I.F. Championship: Top 3 teams plus an additional top 6 individuals not on the 3 quali-Boys Individuals

1	Calvin Gaziano (CastroVIy)	13:57
2	Bobby Rivera (NewarkMemor	14:30
3	Dennis Pfeiffer (Eureka)	14:36
4	Scott Machado (Moreau)	14:38
5	Jon Smith (Miramonte)	14:38
6	Adam McAboy (Miramonte)	14:48
7	Keith Videtto (Foothill)	14:58
8	Brian Vaughan (Berkeley)	15:02
9	Chris Hoepker (Encinal)	15:03
10	Andy Davis (NewarkMemor)	15:03
11		15:04
12		15:08
13		15:06
10	Dennis Guertin (DeLaSalle)	15:07
		15:08
15		15:09
17		15:11
17	Paul Cummings (Montgome	v) 15:12
10	Larry Silk (Campolindo)	15:13
200	Chris Herbert (ClaytonViy)	15:15
21		15:15
2	Chuck Lewis (San Ramon)	15:16
21	Bart Stephens (SanRamon)	15:18
2	Mike Matsuka (Livermore)	15:20
2	5 Mike Carr (Redwood)	15:20
2	Bob Kagotani (Miramonte)	15:22
A	lex Da Silva (ElCerrito)	15:23
2	8 Andrew Heyl (YgnacioVly)	15:28
2	9 Grant Furnberg (Livermore)	15:30
2	0 Jeff Johnson (Eureka)	15:31
2	Boys Team Scores	
4	. Moreau (Hayward) 80, 2.	Miramonte
100	- INDIGOR (LIN) HERED DOLLER	THE PERSON AND DESCRIPTION OF THE PERSON AND

(Orinda) 109, 3. Livermore 138, 4. Clayton Valley (Concord) 149, 5. Neward Memorial (Newark) 151, 6. Castro Valley 160, 7. De La Salle (Concord) 179, 8. Eureka 204, 9. San Ramon (Danville) 220, 10. Berkeley

Giris Individuals

Julie Rivers (Livermore) Gina Jauregui (NewarkMemor)

continued on next page...

18th Arcadia Invitational

Track and Field Meet for High School Men & Women

Saturday Evening APRIL 13,41,985

"Come Run With the Best in the West"



* 1984 Meet featured entries from 24 California State Champions

* Nineteen 1984 events reatured Track & Field News prep"All-Americans."

★ Five National Records set in last eight years at Arcadia.

* Sanctions applied for all California Sections, Arizona, Oregon and Nevada schools.

MEET RECORDS:

Men: 10.54 - 21.36 - 47.05 - 1:49.9 - 4:06.7 - 8:45.2 -14.04 - 37.2 - 41.18 - 3:13.1 - 10:13.6(DMR) - 7'1" -24'10" - 16'5" - 66'10'4' - 204'11" - 50'11'4".

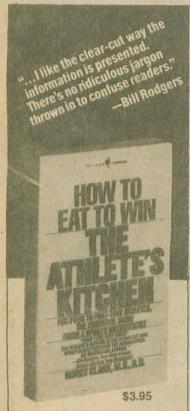
Women: 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74 -10:18.44 - 13.93 - 42.32 - 46.6 - 3:46.3 - 11:59.11(DMR) -5'10" - 20'434" - 50'10" - 172'4" - 41'91/4"(TJ).

> Metric Distances Accutrack Timing

For Meet Information: Greg Jones . Doug Speck Arcadia High School 180 Campus Dr. • Arcadia, CA 91006 (818) 446-0131

Prep Notes

3	Kathy Dalton (Sonoma)	17:33	
4	Julie Ruiz (Ursuline)	17:41	
5	Sydney Thatcher (Encinal)	17:44	
65	Laura Carter (SanRamon)	17:45	
7	Melissa King (TerraLinda)	17:56	
B	Michelle Barrier (ClaytonViy)	17:58	
9	Kathy Force (SantaRosa)	17:58	
70	Carrie Costamagna (MarinCath)	18:01	
11	Katle Leary (Alhambra)	18:04	
12	Sherri Minkler (Analy)	18:09	
13	Chrissi McGee (Marin Cath)	18:11	
14	Teresa Poy (ElCerrito)	18:18	
15	Elena Spight (Miramonte)	1B:18	



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Section of Section Section				
Address				
City		State/Co-		

16 Tina Goodykoontz (SanRamon)	18:19
17 Sally Wood (Pledmont)	18:20
18 Jeanie Eisenman (Calistoga)	18:20
19 Paula Andres (HeadRoyce)	18:28
20 Carolyn Spencer (MonteVista)	18:32
21 Laurie Wilmore (MonteVista)	18:33
22 Carolyn Grawford (Acalanes)	18:34
23 Veli Lihman (ElCerrito)	18:40
24 Allison Kreutzen (Charondelet)	18:40
25 Molly Burke (MarinCath)	18:42
26 Aurora Ashton (Sonoma)	18:48
27 Chris Ferguson (Montgomery)	18:50
28 Janelle Corbyn (Alhambra)	18:51
29 Heather Turner (Kelseyville)	18:52
30 Jenny Brekhus (MarinCath)	18:55
Girls Team Scores	Section 1
1. San Ramon (Danville) 102, 2,	Marin
Catholic (Kentfield) 113, 3. Monte	
(Danville) 115, 4. Miramonte (Orinda	
(Danvine) 115, 4. Wittamonte (Offici	a) 110,

 San Ramon (Danville) 102, 2. Marin Catholic (Kentfield) 113, 3. Monte Vista (Danville) 115, 4. Miramonte (Orinda) 115, 5. Alhambra (Martinez) 137, 6. Sonoma 139, 7. El Cerrito 183, 8. Santa Rosa 190, 9. Redwood (Larkspur) 193, 10. Piedmont 231.

San Francisco Section

November 19. Polo Fields, Golden Gate Park, S.F. 3.1 Miles.

(Qualifying to Northern California CIF Championship: Top team and two individuals not on the winning team.)

	Boys Individuals	
1	Orpheus Crutchfield (Lowell)	18:05
2	Dylan Fuller (Lowell)	18:14
3	Martin Arayan (O'Connell)	18:22
	Boys Team Scores	

1. Lowell 34, 2. O'Connell 80, 3, Washington 98, 4. McAteer 158, 5. Mission 167, 6. Galileo 182, 7. Balboa 183, 8. Lincoln 231, 9. Wilson 245.

| Girls Individuals | 1 | Maura Diglesi (McAteer) | 19:25 | 2 | Sheri Brown (Lowell) | 20:38 | 3 | Terese Madden (Lowell) | 20:57 | Girls Team Secret

Girls Team Scores
1. Lowell 22, 2. McAteer 98, 3. Lincoln 157,
4. Gailleo 178, 5. Washington 196, 6.

Central Coast Section

November 20. Collegs of San Mateo. 3 Mi. (Qualifying to Northern California CIF Championahlp: Top 3 teams plus an additional top 8 in flyiduals not on the 3 qualifying teams.)

fying teams.)				
	Boys Individuals			
1	Vic Santamaria (WillowGlen)	15:01		
2	Shane O'Fisherty (Bellarmine)	15:17		
3	Rob Wickstrom (Serra)	15:17		
4	Andy Walsh (Westmont)	15:18		
5	Craig Blockhus (Mt. View)	15:22		
6	Steve Bergkamp (Leigh)	15:23		
7	Jay Connors (Aragon)	15:24		
8	Mark Callon (Bellarmine)	15:26		
9	Dave Rivera (WillowGlen)	15:27		
10	Richard Salazar (Saratoga)	15:28		
11	Jasone Carroll (MontaVista)	15:30		
12	Chris Richards (Homestead)	15:32		
13	Paul Bragg (Independence)	15:38		
14	Scott LaForce (LosGatos)	15:38		
15	Joe Saunders (Branham)	15:40		
18	Stan Carroll (Woodside)	15:42		
17	Jim Reed (Gilroy)	15:45		
18	Cort Armstrong (Carlmont)	15:45		
19	Torre Pena (Bellarmine)	15:46		
20	Ron Jones (Leigh)	15:48		
21	Armand Musey (SanMateo)	15:47		
22	Patrick Byrne (Palma)	15:49		
23	Bob McLaughlin (OakGrove)	15:52		
24	Chris True (Homestead)	15:53		
25	Russell Hill (SilverCreek)	15:53		
26	Armando Rameriz (Watsonville)	15:55		
27	Rob Crandall (San Mateo)	15:56		
28	Bob Nunes (WillowGlen)	15:58		

Tesm Scores

1. Bellarmine (San Jose) 73, 2. Leigh (San Jose) 93, 3. Willow Glen (San Jose) 105, 4. Homestead (Cupertino) 109, 5. Monta Vista (Cupertino) 143, 6. Westmont (Campbell) 162, 7. Los Gatos 181, 8. Lynbrook (San Jose) 219, 9. San Mateo 234, 10. Serra (San Mateo) 245, 11. North Monterey County (Castroville) 249, 12 Gilroy 272, 13. Oak Grove (San Jose) 348, 14. Westmoor (Daly City) 356, 15. Santa Cruz 364.

29 Alberto Gomez (So. S.F.)

30 Rob Adzion (MontaVista)

Girls Individuals Rebecca Chamberlain (Leigh) Katle McCandless (Castilleja) 16:51 17:28 Shannon Clark (Mt. View) Sabrina Han (Westmoor) 17:47 Laurie Chapman (Gunderson) Lori Andeen (Menlo-Atherton) 17:56 17:59 Mary Mendoza (Presentation) 18:02 Monica Daley (LosGatos) 9 Nanette Garcia (SilverCreek) 10 Margaret Coric (Capuchine) 11 Lorena Ferreira (HMB) 18:08 18:07 18:20 12 Lori Wilson (TerraNova) 18:34 13 Susie Faigle (HalfMoonBay) 14 Carla Holmes (Menlo-Atherton) 15 JoAnn Arnold (PaloAlto) 18:35 18:38 18:42 Kelly Ilnicki (Harbor) 17 Kristen Dowell (SantaTeresa) 18 Shanna Skillman (Gilroy) 19 Kim Himenes (St; Francis) 18:47 18:49 18:51 20 Mary Manolakis (Aragon) Julie Costello (WillowGlen) 18:53 22 Sandrini deMarval (Menio-Ath) 23 Shelly Brown (Milpitas) 19:00 19:08 Brenda Montesi (Leigh) 19:08 Darcy Hatton (Monterey) 19:11 26 Barbara Keehner (Hill) 19:12 27 Ann Wimmer (Los Gatos) 19:14 28 Michelle Danning (Lynbrook) 19:14 29 Cristi McCutcheon (Soquel)

30 Chris Hester (Saratoga)
Girls Team Scores
1. Los Gatos 78, 2. Mento-Atherton (Atherton) 88, 3. Half Moon Bay 99, 4. St. Francis (Mt.View) 129, 5. Gunn (PaloAlto) 173, 6. Leigh (San Jose) 183, 7. Mountain View 166, 8. Willow Gien (San Jose) 200, 9. Aragon (San Mateo) 220, 10. Mitty (San Jose) 228, 11. Independence (San Jose) 265, 12. Live Oak (Morgan Hill) 292, 13. Soquel 315, 14. San Mateo 332, 15. North Monterey County (Castroville) 339, 16. North Salinas 363.

Northern California C.I.F.

November 24. Sierra College, Rocklin. 3 Miles.

3 h	minus.		
12	Boys Individuals		
1	Caivin Gaziano (CastroViy)	14:35	
2	David Naranjo (Sanger)	15:02	
3	Bobby Rivera (Newark Mem)	15:04	
4	Darin Jaurequi (Clovis)	15:06	
5	Vic Santamaria (Willow Glen)	15:08	
6	Mark Mastalir (Jesuit)	15:09	
7	Eric Mastalir (Jesuit)	15:09	
8	Jason Lienau (Clovis)	15:10	
8	Scott Machado (Moreau)	15:14	
10	Mike Goralka (Livermore)	15:17	
11	Jonathan Smith (Miramonte)	15:28	
12	Dennis Pfeiffer (Eureka)	15:29	
13	Mike Dean (Lassen)	15:32	
14	Tom Estes (Lassen)	15:32	
15	Richard Salazar (Saratoga)	15:33	
18	Dan Vega (Clovis)	15:35	
17	Adam McAboy (Miramonte)	15:36	
18	Darrin Bradburn (Madera)	15:37	
19	Craig Blockhus (Mt.View)	15:38	
20	Mark Callon (Bellarmine)	15:42	
21	Brian Kingsley (Folsom)	15:43	
22	Jay Connors (Aragon, SanMateo)	15:43	
23	Glibert Delgado (Firebaugh)	15:44	
24	Jess Llanes (McLane, Freano)	15:44	
25	Rod Coker (Vacaville)	15:45	
26	Allen Williams (NevadaUn)	15:47	
27	Dave Rivera (WillowGlen)	15:48	ı
28	Walt Terry (BellaVista, FrOk)	15:49	ı
29	Steve Bergkamp (Leigh)	15:49	
30	Greg Honig (Bella Vista, FrOk)	15:51	H
31	Erich Ackermann (Moreau)	15:51	
32	Chris Hoepker(Encinal, Alameda)	15:52	
33	Brian Vaughan (Berkeley)	15:53	
34	James Garrett (Vacaville)	15:55	
35	Keven Munoz (Lassen)	15:58	
36	Shawn Noonan (Moreau)	16:00	
37	Andy Walsh (Westmont, Campb)	16:01	
38	Shane O'Flaherty (Bellarmine)	16:01	
39	Mike Wall (Lassen)	16:02	
40	Kelth Videtto (Fthi, Pleasanton)	16:03	
41	lan Champeny (Bellarmine)	16:04	
42	Lance Rankin (Lassen)	16:04	
43	Luke Glines (Red Bluff)	16:05	
44	Billy Fields (Yreka)	16:05	
45	Torre Pena (Bellarmine)	16:06	
46	Greg Talbot (Leigh)	16:08	
47	Aurello Mendoza (WillowGlen)	16:09	
48	Mike McAlister (NevadaUnion)	16:11	
49	Jay Mulligan (ElDorado, Placvi)	16:11	
50	Jason Salter (Enterprise)	16:11	

Boys Team Scores

1. Lassen 90, 2. Clovis 99, 3. Bellarmine

129, 4: Moreau 149, 5: Jesuit 155, 6: Leigh 168, 7: Willow Glen 185, 8: Madera 186, 9: Nevada Union 196, 10: Miramonte 200, 11: Livermore 235, 12: Vacaville 239, 13: Lowell 270, 14: Enterprise 305, 15: Skyline 360.

	Girls Individuals	
1	Rebecca Chamberlain (Leigh, SJ)	16:53
2	Shannon Clark (Mt.View)	17:32
3	Colleen Donovan (Lodi)	17:48
4	Laurie Chapman (Gunderson, SJ)	
5	Sabrina Han (Westmoor, DalyCy)	18:09
6	Lori Andeen (Menlo-Atherton)	18:18
7	Ann Kuphaldt (BellaVista)	18:21
8	Katie McCandiess (Castellaja)	18:28
9	Monica Daley (LosGatos)	18:30
10	Janine Ogas (Clovis)	18:34
11	Wanda Bailey (Fairfield)	18:38
12	Mande Wood (Vacaville)	18:39
13	Sydney Thatcher (Encinal, Ala)	18:44
14	Lori Cook (Golden West)	18:45
15	Julie Rivers (Livermore)	18:48
18	Kathy Dalton (Sonoma)	18:47
17	Brenda Payton (ElDorado)	18:49
18	Angela Bonomini (RedBluff)	18:51
19	Heather Hollahan (Enterprise)	18:52
20	Carolyn Spencer (MonteVista)	18:53
21	Lorena Ferreira (HalfMoonBay)	18:55
22	Laura Carter (San Ramon)	18:57
23	Carla Holmes (Menlo-Atherton)	18:58
24	Julie Ruiz (Ursuline, SntaRsa)	18:59
25		19:02
26		19:03
27		19:04
28	Tiffany Shaw (ClovisWest)	19:07
29	Terri Dillow (BellaVista)	19:10
30	Melissa King (TerraLinda)	19:13
31	Mary Robinson(St.Francis,Sac)	19:14
32	Stephanie Wagoner(ClovisWest)	19:14
33	Cheri Brown (Lowell)	19:20
34	Shannon Hanlon (Yreka)	19:21
35	Deonne Self (Del Campo)	19:22
36	Tracy Shelly (Clovis)	19:23
37	Maura Diglesi (McAteer, S.F.)	19:24
38	Julie Caufield (E.Baksfd)	19:27
39		19:27
40	Sandrine DeMarvel (Menlo-Ather)	
41	Mary Flinchum (Lassen, Susanvi)	
42		19:32
43		19:38
44		19:40
45		19:42
48		19:43
47		19:44
48		19:45
49		19:48
50		19:50

Girls Team Scores

1. Los Gatos 87, 2. Clovis 104, 3. MenloAtherton 107, 4. San Ramon Valley 136, 5.
Half Moon Bay 144, 6. Bella Vista 182, 7.
Monte Vista 186, 8. Golden West 194, 9.
Lowell 204, 10. Merced 251, 11. Red Bluff 255, 12. Del Campo 258, 13. Yreka 261, 14.
Marin Catholic 261, 15. Skyline 430.

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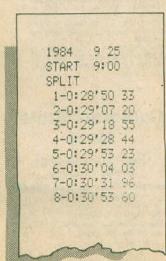


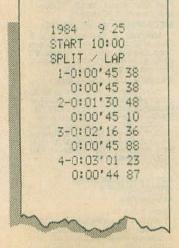
System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP





Applications

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

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Quartz oscillator, ±0.5 seconds (24 hours/70°F)

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

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

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

Weight: 12 ounces with batteries, paper and cord

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

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Track & Field

U.S. Club Relay Championship

July 1. Rutgers Univ.,Piscataway, NJ. 400m Relay: 1. Westchester/Purna & Ener TC, 41.6, 2. Gazelle Striders, 42.2, 3. DC Capitol TC, 42.4, 4. Passaic T&F Club, 42.5, 5. DC Capitol TC 'B', 42.6, 6. Hi-Point

800m Relay: 1. Shore AC, 1:26.5, 2. Westchester/Puma&Ener. TC, 1:27.8, 3. Passaic T&F Club 1:29.6, 4. Hi-Point Pacers, 1:34.9.

1600m Relay: 1. Shore AC, 3:14.1, 2. Gazelle Striders, 3:15.6, 3. DC Capitol TC, 3:16.5, 4. DC Capitol TC 'B', 3:39.7

3200m Relay: 1. New York AC, 7:27.8, 2. Westchester/Puma&Ener. TC, 7:26.3, 3. Penn State Spiked Shoe Club, 7:35.7, 4. DC Capitol TC, 7:44.4, 5. Hi-Point Pacers, 7:59.9, 8. Central Jersey Road Runners, 8:56.0

6000m Relay: 1. Mine Mountain Road Department, 15:43.6, 2. New York AC, 15:57.3, 3. Victory AC, 16:01.4, 4. Hi-Point Pacers, 16:09.4, 5. Westchester/Puma&Energ. TC, 16:15.1, 6. Shore AC, 18:25.2.

440m Shuttle Hurdles Relay: 1. New

vork Pioneer Club, 1:00.0, 2. Shore AC, 1:03.5, 3. New Jersey Striders, 1:03.8. Sprint Medley Relay (400-200-200-800): 1. Westchester/Puma&Ener.TC, 3:25.6, 2. Shore AC, 3:25.9, 3. Gazelle Striders, 3:33.7, 4. Hi-Point Pacers, 3:44.8. Distance Medley Relay (800-400-1200-1800): 1. New York AC, 243.2.2. Westchester/Puma&Ener.TC.

9:49.2, 2. Westchester/Puma&Ener.TC, 9:58.3, 3. Hi-Point Pacers 10:07.5, 4. DC Capitol TC, 10:13.1, 5. DC Capitol TC 'B', 10:23.2, 6. Gazelle Striders, 10:25.2.

U.S. 56-Pound **Weight Throw** Championships

August 4. Woodstock, Illinois.

	Top 4 Winners	
1	Bill Sutherland	38-3
2	Al Hall	31-9
3	Chuck Klehm	29-2
4	Lee Slick	22-1/4

International Decath/Heptath

	-0.46	heatigner 10-10" I manco! Limitor.	
		Top 10 Individuals - Decathion	
	1	Torsten Voss (GDR)	842
	2	Hans-Ulrich Riecke (GDR)	812
	3	Michael Neugebauer (FRG)	792
í	4	Mike Gonzales (USA)	782
į	5	Jim Connolly (USA)	774
ł	6	Jim Bright (USA)	772
-	7	Patrick Gellens (FRA)	771
1	8	Eugene Gilkes (GBR)	771
1	9	Wolfgang Muders (FRG)	770
	10	Alain Blondel (FRA)	769
		Top 7 Individuals - Heptathion	
	14:	Impe Conducted (IIICA)	074

Jane Frederick (USA) Cindy Greiner (USA) 6174 (tie)Patsy Walker (USA) (tie)Helena Otahalova(TCH) 8099 6099 Marcela Kobiasova (TCH) Els Stolck (HOL) 5533 Jacqueline Hautenauve (BEL)

Eight Nations Track & Field Meet

September 14. Tokyó, Japan. Mon's Results

100m: 1. Carl Lewis (USA) 10.13, 2. Thomas Schroeder (GDR) 10.27, 3. Stefano Tilli (ITA) 10.29.

200m: 1. Kirk Baptiste (USA) 20.47, 2. Adeoye Mate (GBR) 20.57, 3. Attila Kovaca (HUN) 20.70.

400m: 1. Susumu Takano (JPN) 45.69, 2. Todd Bennett (GBR) 45.72, 3. Jens Carlowitz (GDR) 45.81, 7. Chris Whitlock

800m: 1. Viktor Kalinkin (URS) 1:48.21, 2. Andreas Hauck (GDR) 1:47.25, 3. Rob Harrison (GBR) 1:47.80. (Johnny Gray (USA) did not finish.)

1500m: 1. Steve Cram (GBR) 3:47.12, 2. Andreas Busse (GDR) 3:47.51, 3. Igor Lotarev (URS) 3:47.90, 7. Dub Myers (USA)

5000m: 1. Tim Hutchings (GBR) 13:40.20, 2. Dmitriy Dmitriyev (URS) 13:41.22, 3. Werner Schildhauer (GDR) 13:50.03, 7. Jim Hill (USA) 14:06.59, 10,000m: 1. Yutaka Kanai (JPN)

10,000m: 1. Yutaka Kanai 30:13.79, 2. Valeriy Abramov 30:14.37, 3. Werner Schildhauer 30:14.54, 6. Paul Cummings 30:17.60.

3000m Steeplechase: 1. Hagen Melzer (GDR) 8:35.87, 2. Graeme Fell (GBR) 8:38.17, 3. Franco Boffi (ITA) 8:44.62, 4 Don Clary (USA) 8:48.97.

110m Hurdles: 1. Tonie Campbell (USA) 13.30, 2. Gyorgy Bakos (HUN) 13.45, 3. Thomas Munkelt (GDR) 13.78.

400m Hurdies: 1. Bart Williams (USA) 49.64, 2. Jozsef Szalai (HUN) 50.05, 3. R. Yoshida (JPN) 50.63.

4X100m Relay: 1. URS 38.70, 2. GBR 39.23, 3. HUN 39.38, 4. USA (Gordon, Bardy, Moore, Lewis) 39.83, 4. 4X400m Relay: 1. GDR 3:01.95, 2. GBR 3:02.20, 3. HUN 3:05.76.

High Jump: 1. Gennadly Avdeyenko (URS) 7-61/4, 2. Takao Sakamoto (JPN) 7-61/4, 3. Andreas Sam (GDR) 7-51/4, 5. Brent Harken (USA) 7-41/4.

Pole Vault: 1. Konstantin Volkov (URS) 18-21/2, 2. Andreas Kramss (GDR) 18-1/2, 3. Mauro Barella (ITA) 17-41/2, (Steve Thaxton (USA) no height.)
Long Jump: 1. Lutz Dumbrowski (GDR)

27-1/4, 2. Larry Myricks (USA) 27-0, 3.

Sergey Layevskiy (ÚRS) 26-1 %. Triple Jump: 1. Aleksandr Yakovlev (URS) 56-5 %, 2. Willie Banks (USA) 56-4, 3. Volker Mai (GDR) 55-101/4.

Shot Put: 1. Ulf Timmermann (GDR) 68-%, 2. Augie Wolf (USA) 67-34, 3. Sergey Kaznauskas (URS) 65-7 1/4.

Hammer Throw: 1. Yurly Syedikh (URS) 277-7, 2. Imre Szitas (HUN) 244-6, 3. Tibok Tanczi (HUN) 244-4, 5. Ed Burke (USA)

Javelin Throw: 1. Uwe Hohn (GDR) 304-4, 2. Duncan Atwood (USA) 280-4, 3. David Ottley (GBR) 271-1.

Women's Results 100m: 1. Mariles Gohr (GDR) 10.97, 2. Lyudmila Kondratyeva (URS) 11.08, 3. Jeanette Bolden (USA) 11.35.

200m: 1. Marita Koch (GDR) 22.22, 2. Svyetlana Zhidrikova (URS) 22.89, 3. Joan Baptiste (GBR) 23.25, 5. Merry Johnson (USA) 24.52.

400m: 1. Olga Vladykina (URS) 50.22, 2. Dagmar Ruebsam (GDR) 50.78, 3. Michelle Scutt (GBR) 52.72, (Jeanette Bolden (USA) did not finish.) 800m: 1. Irina Podyalovskaya (URS)

2:00.45, 2. Hildegard Ulirich (GDR) 2:01.20, Katalin Szalai (HUN) 2:01.57, 6. Rose Monday (USA) 2:04.62.

10,000m: 1. Ulrike Bruns (GDR) 32:48.08, 2. Olga Bondarenko (URS) 32:48.50, 3.

Angela Tooby (GBR) 32:58.07, 8. Sabrina Peters (USA) 36:00.01.

100m Hurdles: 1. Sabine Paetz (GDR) 12.72, 2. Vera Akimova (URS) 12.90, 3. Xenia Siska (HUN) 13.19, 4. Kim Turner

4X100m Relay: 1. GDR 42.44, 2. URS 43.50, 3. GBR 43.65, USA 45.44.

High Jump: 1. Lyudmila Butusova (URS) 6-4 14, 2. Diana Elliott (GBR) 6-3 14, 3. Andrea Blenias (GDR) 6-31/2, 8. Tonya Alston (USA) 5-83/4.

Long Jump: 1. Helke Drechsler (GDR) 22-9¾, 2. Niele Medvedyeva (URS) 22-9, 3. Susan Telfer (GBR) 22-¼, 5. Gwen Loud (USA) 19-1134

Javelin Throw: 1. Petra Felke (GDR) 239-0, 2. Karin Smith (USA) 212-2, 3. Natalya Kalenchukova (URS) 208-5.

5Team Standings: 1. East Germany (GDR) 183, 2. Soviet Union (URS) 171, 3. Great Britain (GBR) 149, 4. United States (USA) 121.5, 5. Hungary (HUN) 113, 6. Italy (ITA) 93.5, 7. Japan (JPN) 92, 8. Asia 75.

Community College X-C

MOUNTAIN VALLEY CONFERENCE

.WOMEN: IND.—1. Lohr (V), 17:43; Z. Tellez (Antelope Valley), 19:23; 3. Hardy (V), 20:15; 4. Verdin (Trade Tech), 23:09;

5. Publicover (C), 20:58. TEAM—1. Canyons, 39; 2. LA Valley, 46. MEN: IND.—1. Cruz (V), 19:27; 2. Wilkinson (V), 20:18; 3. Ramos (TT), 20:21; 4. Dechard (V), 20:30; 5. Marquez (TT), 20:36. TEAM—1. Trade Tech, 29; 2.

SOUTH COAST CONFERENCE

MEN: IND.—1, Rodriguez (Mt. Sac), 20:05; 2. Williams (Mt. Sac), 20:11; 3. Arsensult (Sants Ana), 20:14; 4. Eddy (SA), 20:25; 5. Kidwell (Saddleback), 20:29. TEAM—1, Mt. San Antonio, 43; 2. Orange Coast, 45. WOMEN: IND.—1. Harrington (OC),

women: Nib.— I. Santigion (20), 17:27; 2. Gobel (Santa Ana), 17:30; 3. Maldonado (Mt. Sac), 18:30; 4. Reynoso (Cerritoa), 18:43; 5. Whistler (Golden West), 18:44; TEAM—1. Mt. San Anto-nio, 40; 2. Orange Coast, 72.

PACIFIC COAST CONFERENCE

MEN: IND.—1. Rudd (G) 20:55; 2. Sandoval (G) 20:57; 3. Ash (MC) 21:11; 4. Zepada (MC) 21:16; 5. Ouelette(G) 21:17. TEAM—1. Grossmont 21; 2. MiraCosta

3D. WOMEN: IND.—1. Stenly (MC) 17:48; 2. Blakeslee (MC) 17:54; 3. Cheney (MC) 18:12; 4. Sterton (MC) 18:32; 5. Frost (SD Mesa) 18:63, TEAM—1. MireCosta 16; 2. SD Mesa 43.

METROPOLITAN CONFERENCE

MEN: IND. — 1. Guterrez (P), 19:25; 2. Watson (El Camino), 19:27; 3. Acosta (Long Beach)d, 19:47; 4. Garcia (P), 19:49; 5. Jimenez (P), 19:51, TEAM—1. Pasadena, 27; 2. El Camino, 39.

INLAND VALLEY CONFERENCE

BOYS: IND.—1. Near (Citrus) 20:10; 2. Palma (G) 20:19; 3. Waian (G) 20:34; 4. Mitchell (G) 20:57; 5. Moudakis (G) 21:00. TEAM.—1. Glendale, 20: 2. East LA, 49. GIRLS: IND.—1. Hendry (Desert) 19:13; 2. Bernal (ELA) 19:25; 3. Pheasant (Citrus) 20:10; 4. Vaequez (ELA) 20:16; 5. Good (Riverside) 20:25. TEAM.—1. East LA, 27; 2. Glendale, 65

SOUTHERN CALIFORNIA CHAMPIONSHIPS At Irvine Park

IND.— 1. Garcia (Pasadena), 19:16; 2. King (Taft), 19:19; 3. Cruz (Valley), 19:24; 4. Guttierez (Pasadena), 19:30; 5. Fischer (Taft), 19:34; 6. Trees (Long Beach), 19:36; 8.

Watson (El Camino), 19:40; 8. Staalberg (El Camino), 19:42; 10. Rudd (Grossmont), 19:45. TEAM—1. Pasadene, 62; 2. Grossmont, 82; 3. El Camino, 85; 4. Giendale, 116; 5. Teft, 129.

MT. SAN ANTONIO INVITATIONAL At Mt. Sen Antonio College

DIV. ONE: IND.—1. Cruz (Valley), 19:55; 2. Gutlerrez (Pasadena), 20:03; 3. Watson (El Camino), 20:09; 4. Garcia (Pasadena), 20:15; 5. Ruud (Grossmont), 20:19; 6. Sandoval (Grossmont), 20:20; 7. Smith (Pima, Ariz.), 20:24; 8. Williams (Mt. San Antonio), 20:27; 9. Oulette (Grossmont), 20:31; 10. Farmer (Grossmont), 20:31;

260.
DIV. TWO: IND.—1. Thwala (Porterville), 20:02; 2. Fischer (Taft), 20:04; 3. Preston (Central Arizona), 20:21; 4. King (Taft), 20:29; 5. Schankenburg (Central Arizona), 20:31; 6. Yezzie (Central Arizona), 20:34; 7. Partridge (Hencock), 20:35; 8. Curran (Monterey Peninsula), 20:36; 9. Neal (Citrus), 20:40; 10. Tiewawina (Taft), 20:41. TEAM—1. Central Arizona, 55; 2. Taft, 59; 3. Monterey Peninsula, 92; 4. Hancock, 106; 5. Senta Ana, 185; 6. Saddleback, 192; 7. Sierra, 226; 8. Sequoias, 253; 9. Citrus, 289; 10. Porterville, 297.

289; 10. Porterville, 297. SWEEPSTAKES—Grossmont, 1.42:24; 2. Central Arizona, 1.43:53; 3. Taft, 1.43:55; 4. Pasadena, 1.43:59; 5. El

Camino, 1:44:05 Women

Women
DIV. ONE: IND.—1. Harisen (West Valley), 18:24; 2. Halford (West Valley), 19:00; 3. Lohr (Valley), 19:01; 4. Lucy (Santa Monica), 19:14; 5. Myricks (Long Beach), 19:22; 6. Frost ISD Mesa), 19:23; 7. Bodie (Santa Monica), 19:30; 8. Richards (Pasadena), 19:34; 9. Williama (Grossmont), 19:38; 10. Medina (Fresno), 19:41. TEAM—1. Santa Monica, 103; 2. SD Mesa, 104; 3. West Valley, 125; 4. East LA, 134; 5. Mt. San Antonio, 140; 6. Prima (Ariz), 140; 7. Fullerton, 184; 8. Long Beach, 194; 9. American River, 235; 10. Pasadena, 236. DIV. TWO: IND.—1. Bowmen (Taft),

10. Pasadena, 236.
DIV. TWO: IND.—1 Bowmen (Tatt), 18:03; 2. McAffee (Sierra), 18:23; 3. Gobel (Santa Anal), 18:34; 4. Sweeingyawma (Taft), 18:44; 5. McGinnis (Bakersteid), 18:46; 6. Hendry (College of the Desert), 19:24; 7. Canales (Sequoias), 19:30; 8. Pheasant (Citrus), 19:54; 9. Miller (Santa Ana), 19:54; 10. Walker (Yuba), 19:55; TEAM—1. Santa Ana, 83; 2. Sequoias, 86; 3. Yuba, 87; 4. Bakersfield, 125; 5. Citrus, 188; 6. Riverside, 193; 7. San Diego, 207; 8. Monterey Peninsula, 221; 9. College of the Desert, 248.
SWEEPSTAKES—1. Santa Monica, 1:41:27; 2. West Velley, 1:41:307; 3. SD Mesa, 1:41:45; 4. Santa Ana, 1:42:19; 5. Sequoias, 1:43:02.

California State Meet

Community College **Cross Country**

November 17. Woodward Park, Fresno. Overall Results - Men

1	Eugene Cruz, LA Valley	19:27
2	Pat Watson, El Camino	19:34
3	Jose Gutierrez, Pasadena	19:39
4	Aaron Rudd, Grossmont	19:42
5	Jody Fischer, Taft	19:45
6	Adolfo Garcia, Pasadena	19:48
7	Jim LaFuente, San Jose	19:51
8	Chris Emmons, Hancock	19:51

9 Ramon Acosta, Long Beach

10 John King, Taft

28



Eugene Cruz

11	Harry Staalberg, ElCamino	19:54
12	Dan Palmer, Glendale	19:57
13	Martin Sandoval, Grossmont	19:58
14	Nathan Williams, Mt.SAC	19:58
15	Mike Trees, Long Beach	19:58
16	Garry Partridge, Hancock	19:59
17	Eric Walan, Glendale	20:00
18	Todd Chambers, ElCamino	20:00
19	Tom Davies, Butte	20:02
20	Luis Pinon, LA Harbor	20:02
21	Fernando Vasquez, LA Harbor	20:06
	Tony Moudakis, Glendale	20:07
23		20:08
24		20:08
25		20:10
26		20:11
27	Roy Garcia, WestValley	20:11
28		20:12
29		20:13
30	James Green, San Jose	20:13
240		

1. El Camino 62, 2. Grossmont 65, 3. Glendale 73, 4. Pasadena 77, 5. Taft 101, 6. West Valley 150, 7. Monterey 167, 8. Chabot 202, 9. American River4 234, 10.

Shi	asta 259.	
	Overall Results - Women	
1	Leslie Hawkins, Monterey	17:3
2	Anne Kendrick, Foothill	17:4
3	Sandy Blakeslee, MiraCosta	17:4
4	Jill Harrington, OrangeCoast	17:5
5	Tina Cheny, Mira Costa	17:5
6	Kelly Buzza, Cuesta	17:5
7	Nancy Bowman, Taft	18:0
8	Tony Delgado, Pasadena	18:0
9	Linda Mantynen, Foothill	18:0
10	Stacy McAfee, Sierra	18:1
11	Carla Halford, WestValley	18:1
12	Carolyn Richards, Pasadena	18:2
		18:2
14	Diane Gobel, Santa Ana	18:2
15	Annie Seawright, El Camino	18:3
		18:3
17	Tracy Ross, Cuesta	18:3
18	Gretchen Lohe, LA Valley	18:3
19	Michele McGinnis, Bakersfld	18:4
20	Mary Barnes, Ventura	18:4
	Sue Quald, Chabot	18:4
22	Stephanie Fedorchak, MiraCosta	18:4
	Diane Versteeg, ElCamino	18:4
24	Shelly Dunlap, Sacto	18:4
	Julie Van Horn, Sacto	18:4



Leslie Hawkins

26	Cella Sewewgyawma, Taft	18:49
27	Julie Rasmussen, Delta	18:51
28	Susie Hansen, WestValley	18:52
29	Kim Sterton, MiraCosta	18:54
30	Peggy Macke, AmericanR	18:55
	Team Scores	
- 4.7		

1. Mira Costa 27, 2. Foothill 69, 3. East Los Angeles 106, 4. Mt. SAC 123, 5. West Valley 134, 6. San Diego Mesa 135, 7 Moorpark College 178, 8. Santa Rosa 184, 9. American River 188, 10. College of Se-

College/Open X-C

Hornet Invit.

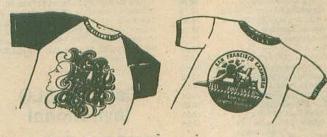
8	90	premiser 15. Sacramento State.	O MIL
		Overall Results - Men	
18	1	Peter Brett, FSU	23:55
	2	Renneizer, Fly	24:18
1	3	Gary Lewis, FSU	24:24
4	4	Brendan Hewitt, FSU	24:24
1	5	Dave Lehrman, FSU	24:26
-	6.	Chris Ryalls, UNR	24:34
1	7	Matt Gary, Sac	24:37
1	3	Dan Zavesky, Sac	24:39
-	9	Shawn Smallwood, UCD	24:39
	10	Dan Gonzalez, SJS	24:52
P	11	John Barrett, UCD	25:03
	12	Eddie Fuel, FSU	25:04
N.	13	David Hunter, UNR	25:04
	14	Alan Dehlinger, UNR	25:04
	15	Gary Gonzalez, FSU	25:06
		Overall Results - Women	
	1	Patti Gray, Fly	16:38
	2	Kathy Dolan, Hum	17:04
-4	3	Tommy Moore, FSU	17:36
	4	Diane Fairman, FSUTC	17:37
1	5	Kim Pieratt, Hum	17:50
	6	Maria King, Unat.	17:50
	7	Colleen Strout, CSUS	18:0
100	8	Karen Martin, FSU	18:03

18:08

Elleen Dyer, FSU

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Roadrunner Invit.

October 6. Cal St. Bakersfield.

	Overall Results - Men's 10i	(
1	Mike Fisher, Chapman	30:43
2	Art Castle, CLC	30:57
3	Jeff Olson, RunHi	31:01
4	Tyrus Deminter, RunHi	31:04
5	Chris Spitz, CLC	31:09
6	Eric Ree, RunHi	31:22
7	Stan Madrid, Fullerton	31:44
8	Bob Franks, Blola	31:55
9	Ted Cotti, Loyola Marym	32:05
10	Gus Quinonez, RunHi	32:16
11	Jim Mattson, Westmont	32:22
12	Juan Torres, Fullerton	32:23
13	Vince Gama, Westmont	32:25
14	Jake Courtney, Loy Mary	32:32
15	Mike Smith, CLC	32:36
	Team Scores	

1. Runner's High 48, 2. Cal Lutheran 65, 3. Westmont 81, 4. Loyola Marymount 94, 5. Cal State Fullerton 101, 6. Cal State Dominguez Hills 150, 7. Biola 167, 8. Chapman 206, 9. Pepperdine 217, 10. Cal State Bakersfield 235.

Overall Results - Women's 5K Mary Kenney, Fullerton Michelle McGinnis, Unat. Maureen Corrigan, LMU. 18:11 Tammy Wold, LMU Virginia Armstrong, Chap 18:34 18:39 DeAnna Morfoot, West 18:42 Karen Ives, Fullerton 18:50 18:51 Doris Painter, LBS 18:52 Joan Grass LBS 10 Kathy McMillian, West Team Scores

1. Loyola Marymount 43, 2. Long Beach State 50, 3. Fullerton 67, 4. Westmont 74, 5. Cal State Bakersfield 143, 6. Pepperdine 163, 7. Cal Lutheran 168.

Biola Invitational Cross Country

October 13. La Mirada Regional Park. Overall Results - Men's 5 Miles. Div. I. Raymond Cook, UC Rivers Philip Vannette, UC Rivers

24:52 Mark Castro, UC Riverside 24:53 Christopher Brenneman, UCRIV 24:54 Gus Mojarro, CSNorthridge 25:22 Steven Johnson, UC Rivers Tom Fitzgerald, UC Irvine Peter Vicenci, US Int'I Andy Sackman, US Int'I 25:50 25:52 Art Van Veen, CalPolyPom 26:01 Rick Wilhelm, UC Irvine 26:06 Anthony Young, CSLA 26:08 13 Jim McKenzie, UCIrvine 14 Ari Schauder, SanDiego 26:08 26:08 15 Alejandro Carmona, USInt'I 16 Matt Groff, CalPolyPom 28:27 17 Steve Hastings, SanDiego 18 Eric Behring, CalPolyPom 19 Frank Ramirez, USInt'l 26:30 26:37 26:38 20 Lorenzo Tyner, UCIrvine

Team Scores
1. U.C. Riverside 16, 2. U.C. Irvine 68, 3. U. S. International 69, 4. Cal Poly Pomona 91, 5. Cal State Los Angeles 119, 6. Cal

51	ate Northridge 139.	
(Overall Results - Men's 5 Mile. D	ly. II.
1	Tomas Andersson, Pt.Loma	24:58
2	Chris Bowles, UC San Diego	25:18
3	Chris Spitz, Cal Lutheran	25:28
4	Shawn Delaney, U of SanDlego	25:45
5	Mark Staniforth, UC San Diego	26:00
6	Dave Wooding, SantaClara	26:05
7	Art Castle, CalLutheran	26:06
В	Dick Vicain, LoyolaMarymt	26:12
9	Eric Crump, CalLutheran	26:14
10	Denis Kiely, Pt.Loma	26:16
11	Ted Cotti, LoyolaMarymt	26:19
12	Jake Courtney, LoyolaMymt	26:31

Results

13	Glenn Moore, Azusa	26:34
14	Doug Dol, UC San Diego	26:35
15	Milo Aukerman, UC SanDiego	26:36
16	Bob Franks, Biola	26:38
17	Rory O'Flaherty, SantaClara	26:39
18	Mike Smith, CalLutheran	26:40
19	Vince Gama, Westmont	28:44
20	Chris Thomas, UC SanDiego	26:45
	Team Cooms	

1. UC San Diego 56, 2. Cal Lutheran 62, 3. Loyola Marymount 100, 4. Santa Clara 112, 5. Point Lorna 117, 6. Westmont 152, 7. Azusa Pacific 154, 8. U. of San Diego 187, 9. Biola 211, 10. Pepperdine 295, 11. Cal State Bakersfield 310, 12. L. A. Bap-

Overall Results - Women's 3 Ml. Div. I. Magdalena Manriquez, CS North 17:44 Mary Klas, US Int'I Sylvia Zambrano, US Int'l Mara Lazdans, CS Northr Kimber Pennington, UCLA 17:53 18:03 18:04 Alison Owen, UC Irvine 18:06 Cheryl Oslinker, UC Irv 18:10 Alexandra Aguirre, CSNorth 18:19 9 Jennifer Liu, CSNorthr 10 Wendy Simmons, UC Irvi 18:22 18:26 Sue Rabas, US Int'I 18:33 Sue Ball, US Int'I 18:34 13 Beth Taft, UC Irvine 14 Judy McLaughlin, UC Irvine 18:38 18:49 Tammy Snyder, UCLA 18:53 Missy Lavine, US Int'l 19:02 17 Dianne Hernandez, CSNorthr 18 Elena Prietto, UCLA 19 Debra Cuttitta, US Int'i 19:04 19:08 19:21 20 Natalie Nichols, US Int'l

Team Scores
1. Cal State Northridge 39, 2. US Int'l Univ. 144, 3. UC Irvine 50, 4. UCLA 88, 5. Cal State Long Beach 182, 6. Cal Poly Pomons 176, 7. U. of San Diego 187, 8. Cal

State Los Angeles 190.

Overall Results - Women's 3 Mi. Div.ii. Maureen Corrigan, LoyolaMymt 18:42
Katle Johnson, Azusa Pacific 19:18 Tammy Wold, LoyolaMarymt 19:21 Kathy McMillion, Westmont Peggy Vonesh, Pt.Loma Madeline Villacres, LoyolaMymt 19:50 20:09 Debble Katekaru, Westmont 20:20 Beth Paine, UC San Diego 20:27 9 Monica Litjen, LoyolaMymt 10 Cella Madison, Westmont 20:30 20:32 Carolyn Lerch, UC SanDiego 20:42 12 Laura Lowe, CS Baksf. 20:43 13 Brenda Myers, Pt.Loma 20:51 Lisa Settele, LoyolaMrymt Deanna Morfoot, Westmont 20:57 20:59 Carrie Attman, CSBaksf 21:00 17 Tammy Jones, CSBaks1 18 Valerie Thorpe, Loyola Mymt 21:11 21:14 Lori Zackula, CalLutheran 21:15 20 Danielle Wikler, UC SanDiego

Team Scores

1. Loyola Marymount 28, 2. Westmont 55, 3. UC San Diego 84, 4. Point Loma 93, 5. California Lutheran 123, 6. Pepperdine

Arizona Invit.

October 20. Reid Park, Tucson, AZ.

80	00 Maters.	
	Individual Winners - Men	
1	Greg Keith, NM	24:44
2	Ed Cordova, Colorado St	24:49
3	Phil Amijo, NM	24:51
4	Larry Lucero, Colorado St	24:54
4 5	Ron Archuleta, NewMexSt	24:59
6	Andy Almodova, Glendale A	25:02
7	Not Available, NM	25:06
8	Fabian Trujillo, NewMexHigh	25:07
9	Bill Mangan, NM	25:14
10		25:17
11	Aaron Ramirez, Unat	25:25
12	James Etsitty, NewMexHigh	25:28
13	John Foster, Colorado St	25:33
14		25:34
15	Ivan Milensky, Unat.	25:36
18	Chris Harrison, Golorado St	25:39
17	James Maxwell, Unat.	25:40
18	John McCarthy, Arizona	25:42
19	Ken Quintana, ColoradoSt	25:43
20	Tom Glass, NM	25:46

Team Scores

1. New Mexico 35, 2. Colorado State 42, 3. New Mexico Highlands 98, 4. New Mexico State 99, 5. US International 106, 6. Nava-jo College 163, 7. Glendale College 181, 8. Texas-El Paso 224, 9. Fort Lewis College 288, 10. Mesa College 297, 11. Phoenix College 303, 12. Glendale College B 322. Individual Winners - Women's 5000m

Carole Roybal, NM Kelly Champagne, NM Sylvia Zambrano, USInt'I 17:51 Cynthia Valdez, NM 17:54 Rita Warren, Arizona Mary Gignac, UTEP 17:58 17:58 Dawn Eriacho, NM 17:59 Trina Leopold, Phoenix Dawn Plummer, Colo St. 18:00 18:01 Patsy Norman, UTEP 18:03 Gina Nelson, Color St 18:06 Diana Baca, NM 18:07 13 Kathy Ebiner, UTEP 14 Tammy Rudnick, Color St. 18:08 18:16 15 Mary Klas, US Int'l. Team Scores

1. New Mexico 26, 2. Texas-El Paso 68, 3. Colorado State 80, 4. US International 98, 5. Arizona 147, 8. Phoenix College 162, 7. Mesa College 203, 8. Arizona State 213, 9. Navajo College 245, 10. New Mixico Highlands 282, 11. Glendale College 306. 12. Fort Lewis College 309.

Cal Poly SLO Invitational

October 20. San Luis Obispo. Overall Results - Men Carmelo Rios, Aggie RC 24:10CR Dan Gonzales, SJS Doug Avrit, Aggle RC 24:11 24:16 Mike Lansdon, Aggle RC Mark Conover, Puma/Energ 24:19 Kevin Jones, SLO 24:31 Pete Sweeney, Aggie RC Joey Gomez, Team SOD 24:47 24:53 John Spilman, Northridge 24:58 Brent Griffiths, SLO Steve Cubillas, Team SOD 25:03 25:08 Terry Gibson, Aggle RC 25:12 Leo Lenting, Aggie RC 25:13 Gus Mojarro, Northridge 25:18 15 Mike Miner, JLO Team Scores 25:18

1. Converse Aggle Running Club 27, 2. Cal Poly SLO 66, 3. Occidental 174, 4. San Jose State 183, 5, Glendale College 207, 6: Cal State Northridge 237, 7. Azusa Pacific 268, 8. Cal State Bakersfield 399.

Overall Results - Women Katy Manning, CPSLO Robyn Root, CPSLO Gladees Prieur, CPSLO 16:48 16:58 17:00 JIII Ellingson, CPSLO 17:06 Vicky Brey, CPSLO 17:10 Joana Howard, CP Pomona Lori Lopez, CPSLO 17:18 17:25 Nina Menriquez, Northridge Mara Lazdons, Northridge 17:31 Marilyn Nichols, CPSLO 17:34 Jeni Dunn, CPSLO Aguirre Alexander, Northr 17:36 17:48 Jennifer Liu, Northridge 17:48 Lesley White, CPSLO 15 Carol Gleason, CPSLO Team Scores

 Cal Poly SLO 15, 2. Cal State Northridge 61, 3. Cal Poly Pomona 109, 4. Mira Costa College 113, 5. Occidental 161, 6. SLO Track Club 189, 7. Cal State Bakersfield 276, 8. Off-Season Track Club

Cal Poly Bronco Invitational

October 20. Bonelli Park, San Dimas. Overall Results - Men Phil Vannette, UC Riverside 23:43

Tomas Andersson, Pt.Loma 23:44 Tim Watson, UC Riverside 23:55 Steve Johnson, UC Riverside 24:19 Chris Brenneman, UC Rivers 24:27 Steve Perez, CP Pomona

Joe Nitti, UCLA Art Van Veen, CP Pomona Denis Kiely, Pt.Loma Mike Wood, CS Fullerton 24:49 24:55 25:04 Juan Torres, CS Fullerton Darryl Martin, UC Riverside Rick Martinez, UCLA 25:07 25:08 Scott Trevithick, UCRivers 25:09 Brian Clary, Redlands 25:17 25:20 Ron Johnson, CS Fullerton Gus Quinonez, Unat. Vince Calderone, CS Dom.Hills 25:22 25:23 Jim McKenzie, UC Irvine 25:23 20 Rick Wilhelm, UC Irvine Team Scores

 UC Riverside 25, 2. Cal State Fullerton 89, 3. Cal Poly Pomona 104, 4. UC Irvine 124, 5. Point Loma 134, 6. Redlands 157, 7. CS Dominguez Hills 187, 8. Long Beach State 217, 9. Pepperdine 314.

Overall Results - Women Jennifer Abraham, UC Irvine 17:25 Denise Ball, Unat. 17:28 Kimber Pennington, UCLA Lori Shanoff, UC Irvine 17:37 17:38 Mary Tracey, Kangaroo Lorraine Mercado, UC Irvine 17:40 17:41 Jenni Scott, CS Fullerton Wendy Simmons, UC Irvine Dawn Howe, CS Fullerton 17:44 17:48 Bobbie Shipper, Kangaroo 17:47 Ruth Truscott, UC Irvine 17:56 Allison Owen, UC Irvine 17:59 Judy McLaughlin, UC Irvine 17:59 Evelyn Silvey, Kangaroo Tammy Sndero, UCLA 18:06 18:15 Beth Taft, UC Irvine Kim DiFilino, TeamPacCst 18:23 18:24 Barb Rohman, CalStFuller 18:25 19 Pam Thompson, UCIrvine 18:34 20 Becky Beal, Pomona-Pitzer

Team Scores
1. UC Irvine 30, 2. UCLA 89, 3. Team
Kangaroos 93, 4. Cal St. Fullerton 100, 5. UC San Diego 170, 6. Point Loma 243, 7. UC Riverside 265, 8. Pepperdine 301.

SPATAC District 5K X-C Champs.

October 21. Valencia.

	Overall Results	
1	Ferren Fields (1 19-29)	16:04
2	Ron Bahara (2 19-29)	16:24
3	Dave Walsh (3 19-29)	16:30
4	Ed Chaidez (1 30-34)	16:32
2 3 4 5	Tim Hampton (4 19-29)	16:36
3	Robert Proctor (5 19-29)	16:42
3 7 3	Mark Van Leeuwen (6 19-29)	17:08
3	Jim Barbaruolo (2 30-34)	17:12
3.	Rich Burns (7 19-29)	17:20
10	David Ortiz (19-29)	17:21
11	Mark Emdee (19-29)	17:27
12	Steve Durand (19-29)	17:33
13	Gus Quinonez (1 18&U)	17:38
14	John Fisanotti (19-29)	17:37
15	Leonard Aceves (19-29)	17:38
16	Any Legeti (19-29)	17:42
17	Steve McCauley (3 30-34)	17:50
18	Mike Mudrick (19-29)	18:19
19	Ignacio Rodriguez (19-29)	18:39
20	Juan Soto (2 18&U)	18:49
21	Marvin Bates (4 30-34)	18:50
22	Bill Lovelace (1 35-39)	18:50
23	Rene Ruiz (41)	19:05
24	Dave Winter (19-29)	19:20
25	Rick Golding (2 35-39)	19:21
26	Beth Milewski (1F 19-29)	19:27

Team Results Open: 1. Santa Clarita Runners 83:58, 2. Runners Sole 85:27, 3. Basin Blues 90:16. Submesters (34-39): 1. Santa Clarita Runners 104:23. Open Women: 1. Basin Blues 60:52, 2. Basin Blues, 2, 74:36, 3. Oxnard College 78:19. Submasters (Women 30-39): 1. Santa Clarita Runners 71:44.

Mastera Cross Country Champs. Phil Ryan (1 40-44) Steve Close (2 40-44) Gene Blankenship (3 40-44) 17:50 Tom Burns (4 40-44) Allan Johnston (5 40-44) 17:55 18:02 Andre Tocco (1 45-49) 18:31 Charlle Pondella (6 40-44) 18:39 Joe Bird (7 40-44) 18:52 Don McCarthy (40-44) 19:13 Rene Ruiz (40-44) 11 Roy Pellerin (2 45-49)

12	Dave Holland (40-44)	19:28
13	Earl Beverly (40-44)	19:33
14	Denia Trafecanty (40-44)	19:33
15	Tom Hanson (3 45-49)	19:33
16	Jesse Cook (40-44)	19:40
17	Norm Towers (40-44)	19:44
18	Hal Winton (1 50-54)	19:59
	Fred Blasett (40-44)	20:00
	Charles Hardesty (40-44)	20:04
21		20:05
22	Bob Nyman (4 45-49)	20:20
	Charlie Fretz (5 45-49)	20:25
24		20:31
25	Edward Lujan (7 45-49)	20:37
	Larry Banuelos (1 60-69)	21:40
48		23:49
51		24:50
34	Dean Scoffeld (1 70&O)	28:23
74	Marjorie Zimmerman (1F 60&O)	35:13
A.	Team Results	50.13
	I waiti tropulto	

Master (Men 40-49): 1. Pt. Fermin Fivers 1:34:06, 2. Culver City A.C. 1:34:48, 3. Santa Clarita Runners 1:36:47, 4. Basin Blues 1:41:55, 5. Seniors T.C. 1:50:51. Seniors (Men 50-59); 1. Santa Clarita Runners 1:50:05. (Men 80 & Over); 1. Seniors TC 67:49, 2. Santa Clarita Runners 80:44, 3. Seniors TC 83:54. Women 40 & Over: 1, Santa Clarita Runners 82:55, 2. Seniora TC 86:00, 3. Santa Clarita Runners 97:26.

NCAC X-C Championships

October 25. Sonoma State University.

0	Miles.	
	Overall Results - Men	
1	James Kaspuri, UC Davis	24:38
2	John Hancock, UC Davis	24:40
3	John Barrett, UC Davis	24:45
4	Craig Steinmaus, UC Davis	24:51
5	Russell Best, UC Davis	24:58
6	Jim Becker, Humboldt St.	25:09
7	Jeff Goubbs, CSU Sacto	25:16
8	Mike Williams, Humboldt St.	25:20
9	Shawn Smallwood, UC Davis	25:29
10	Paul Conrad, Humboldt St.	25:33
Te	am Scores:	
1	HC Davis 15 2 Humboldt Stat	0 57 3

CSU Sacramento 79, 4. CSU Hayward 96, 5. San Francisco State 155, 6. Stanislaus 151

Overall Results - Women JIII Perry, UC Davis Chris Manning, CSU Hayward 17:24 Kathy Dolan, Humboldt 17:27 Monika Zieschang, CSUHayward 17:33 Laurel Meighan, UC Davis 17:35 Sharon Powers, Humboldt Nancy Riedel, UC Davis Paige Tully, UC Davis Ruth Uega, CSU Sacto 17:39 17:47 17:56 18:00 10 Judy Peltier, Humboldt Team Scores:

1. UC Davis 32, 2. CSU Hayward 66, 3. Humboldt State 49, 4. CSU Sacramento 98, 5. San Francisco State 133, 6. CSC Stanislaus 169, 7. Sonoma State 183.

PCAA X-C Championships

October 27. The Lagoon, UCSB.			
		Overall Results	
	1	Peter Brett, FSU	30:32CR
	2	Dan Gonzalez, SJS	30:38
	3	Gary Lewis, FSU	31:11
	4	Rusty Knowles, UC Irvine	31:20
	5	Gary Gonzales, FSU	31:22
	6	Mike Carlton, UC Irvine	31:25
	7	Dave Lehrman, FSU	31:35
	8	Sean Evans, UC Irvine	31:42
	9	Rick Dodson, UC Irvine	31:43
	10	Brad Jensen, LBS	31:52
	11	Boyd Prince, Utah St.	31:52
	12	Steve Fairman, FSU	32:04
	13	Anthony Mosley, UNLV	32:09
	14	Bob Adams, Fullerton	32:10
	15	Ron Archuleta, NewMexico St	. 32:16
		Yeam Scores	

1. Fresno State 28, 2. UC Irvine 51, 3, Long Beach State 115, 4. Nevada-Las Vegas 117, 5. New Mexico State 127, 6. San Jose State 141, 7. Utah State 148, 8. Fullerton State 170, 9. UC Santa Barbara 217.

	Overall Results - Women	
1	Lori Shanoff, Irvine	17:28
2	Jennifer Abraham, Irvine	17:27
3	Lorraine Mercado, Irvina	17:28
4	Ruthle Truscott, Irvine	17:43
5	Allson Owen, Irvine	17:44
6	Pam Thompson, Irvine	17:44
7	Bernadette Torrez, UCSB	17:54
8	Wendy Simmons, Irvine	18:09
9	Teresa Katterheinrich, Hawaii	18:10
10	Sally Carlson, UCSB	18:13
11	Helen Reluga, LasVegas	18:14
12	Jane Balsiger, UCSB	18:31
13	Melissa Ganoe, UCSB	18:40
14	Nancy Vallance, UCSB	18:46
15	Noelle Strenger, Hawaii	18:54
	Team Scores	
- 1		

1. UC Irvine 15, 2. UCSB 56, 3. Hawaii 84.

Valley Youth X-C Championship

October 27. Pierce College, Division Results - Boys

Gremline (7 & Under): 1. James Kim 8:59, 2. Michael Wallace 9:06, 3. Abraham Acune 9:08. Bantama (8-9): 1. Marc Lawson 12:55, 2. Micahel Malloy 13:41, 3. Michael Krentzin 13:59. Midgets (10-11): 1. Peter Griffiths 12:05, 2. Ivan Heinshaw 12:33, 3. Kipp Ortenburger 12:35. Youth (12-13): 1. Craig Lawson 11:27, 2. Stephen Willweber 12:22, 3. Paul Klinedinst 12:28. Division Results - Girls

Gremlina (7 & Under): 1. Marci Lawon 9:06, 2. Jennifer Smith 9:10, 3. Marikka Elia 9:26. Bantama (6-9): 1. P.T. O'Reilly 14:01, 2. Molly Hofmes 14:19, 3. Nikki Kennerley 14:32. Midgets (10-11): 1. Tiffany York 14:33, 2. Jane Kim 14:39, 3. Jennifer Johnson 14:51. Youth (12-13): 1. Heather Scoble 13:25, 2. Amy Reiter 13:58, 3. Kristyn Cannon 14:21. Intermediate (14): 1. Sheri Lawson 12:44, 2. Dawn Umemto 13:50, 3. Chantil Anderson 16:17.

NorPac X-C Championships

October 27. Woodward Park, Fresno.

	Overen Results	
1	Kim Roth, Oregon	16:47
2	Claudette Groenendaal, Oregon	16:56
3	Leann Warren, Oregon	16:58
4	Kirsten O'Hara, Cal	17:01
5	Gretchen Nelson, Oregon	17:07
6	Louise Romo, Cal	17:09
7	Cheryl Livingstone, Wash St.	17:11
8	Karl Jonassen, Wash St.	17:16
9	Kim Ryan, Oregon	17:20
10	Adrianne Lorvick, Washington	17:23
11	Kathy Knowlton, Oregon St.	17:25
12	Camille Rivard, Wash St.	17:25
13	Birgit Petersen, Oregon	17:26
14	Peggy Murri, Oregon St.	17:39
15	Sara Lindgren, Washington	17:43
	Team Scores	
	2 3 4 5 6 7 8 9 10 11 12 13 14	2 Claudette Groenendaal, Oregon Leann Warren, Oregon Kirsten O'Hara, Cal Gretchen Nelson, Oregon Louise Romo, Cal Cheryl Livingstone, Wash St. Karl Jonassen, Wash St. Kim Ryan, Oregon Adrianne Lorvick, Washington Kathy Knowlton, Oregon St. Camille Rivard, Wash St. Birgit Petersen, Oregon Peggy Murrl, Oregon St. Sara Lindgren, Washington

Oregon 20, 2. Washington State 61, 3.
 Cal Berkeley 78, 4. Washington 92, 5.
 Oregon State 119, 6. Fresno State 157, 7.
 Santa Clara 201, 8. U of San Francisco 215.

NCAA Div. II West Regional X-C Championships

November 3. U. of Calif., Riverside. Overall Results - Men's 10,000 Mete

Overall Results - Men's 10,000 Meters				
Ray Cook, UC Riverside	30:35			
Kevin Jones, CPSLO	30:46			
Dave Henderson, Portland St.	30:56			
Phil Vannette, UC Riverside	31:00			
John Spliman, CS Northridge	31:04			
Steve Perez, CP Pomona	31:07			
Brent Griffiths, CPSLO	31:12			
Tim Watson, UC Riverside	31:14			
Edward Toro, CP Pomona	31:18			
Matt Gary, CS Sacto	31:26			
Mark Castro, UC Riverside	31:27			
John Barrett, UC Davis	31:35			
	Ray Cook, UC Riverside Kevin Jones, CPSLO Dave Henderson, Portland St. Phil Vannette, UC Riverside John Spilman, CS Northridge Steve Perez, CP Pomona Brent Griffliths, CPSLO Tim Watson, UC Riverside Edward Toro, CP Pomona Matt Gary, CS Sacto			

13 Gus Mojarro, CS Northridge	31:36		
14 Craig Steinmaus, UC Davis	31:37		
15 James Kaspari, UC Davis	31:40		
16 Russell Beste, UC Davis	31:43		
17 Steve Johnson, UC Riverside	31:45		
18 John Hancock, UC Davis	31:47		
19 Mike Miner, CPSLO	31:47		
20 Jeff Williams, CP Pomona	31:50		
	Charles Company of the Company of th		
21 Dan Zavesky, CS Sacto	31:54		
22 Jeff Grubbs, CS Sacto	31:55		
23 Mike Fisher, Chapman College	32:01		
24 Chuck Fanter, CPSLO	32:05		
25 Kenneth Smallwood, UC Davis	32:09		
Team Scores			
1. UC Riverside 41, 2. UC Davis 75	3 CP		
1. UC MIVEISING 41, 2. UC DAVIS 75	0.01		

 UC Riverside 41, 2. UC Davis 75, 3. CP San Luis Obispo 81, 4. CP Pomona 106, 5. CS Sacramento 125, 6. Humboldt State 173, 7. CS Northridge 184, 8. Portland State 221, 9. CS Los Angeles 228, 10. CS Dominguez Hills 243, 11. Chapman College 300, 12. CS Bakersfield 346.

O	verall Results - Women's 5,000	Meters
1	Robyn Root, CPSLO	16:51
2	Kathleen Manning, CPSLO	16:57
3	Joann Howard, CP Pomona	17:10
4	Jill Ellingson, CPSLO	17:14
5	Jennifer Dunn, CPSLO	17:19
6	Chris Manning, CS Hayward	17:20
7	Magdalena Manriquez, CS No	17:22
B	Lori Lopez, CPSLO	17:23
9	Mara Lazdans, CS Northr	17:26
10	Lisa Koelfgen, SeattlePc	17:29
11	Kathy Dolan, Humboldt	17:30
12	Jennifer Llu, CS Northr	17:30
13	Nancy Reidel, UC Davis	17:35
14	Alexandra Aguirre, CS North	17:39
15	Vicky Bray, CPSLO	17:41
16	Terry Sweetman, CP Pomona	17:44
17	JIII Perry, UC Davis	17:44
18	Paige Tully, UC Davis	17:46
19	JIII Walker, CS Northr	17:47

21	Sharon Powers, Humboldt	17:49
	Monika Zieschang, CS Hayward	17:59
	Leslie Ramstad, SeattlePac	18:06
	Judy Paltier, Humboldt	18:07
	Sandy Gabelein, SeattlePac	18:10
	Team Secres	

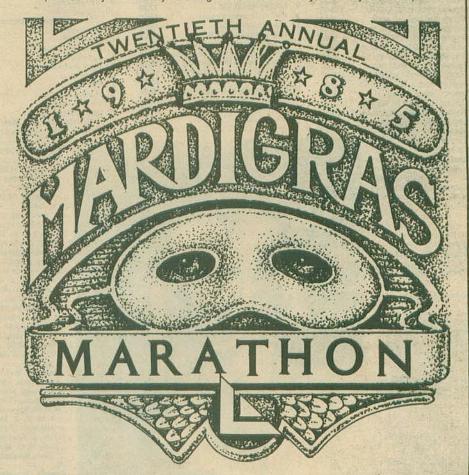
Cal Poly San Luis Obispo 20, 2 Cal State Northridge 61, 3. U. Calif. Davis 94, 4. Humboldt State 119, 5. (tie) Seattle Pacific and Cal Poly Pomona 123, 7. Cal State Hayward 175, 8. Cal State Sacramento 200, 9. Cal State Bakersfield 291, 10. Chapman College 293, 11. U. Calif. Riverside 314.

Sunday February 24, 1985 7:00 A.M. New Orleans, Louisiana

20 Laurel Meighan, UC Davis

17:48

(The Sunday immediately following Mardi Gras Tuesday, February 19, 1985.)



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Results

NAIA District III X-C Champs.

	A PROPERTY OF THE REAL PROPERTY OF THE PERSON OF THE PERSO	
No	vember 3. La Mirada Park.	
	Overall Results - Men's 5 M	lles
1	Tomas Anderson, Pt.Loma	25:10
2	Art Castle, Cal Lutheran	26:02
2 3 4	Chris Spitz, Cal Lutheran	26:14
4	Andrew Daniels, Azusa	26:24
5	Denis Kiely, Pt.Loma	26:28
6	Chris Erdman, Azusa	26:37
7	Mike Smith, Cal Lutheran	26:40
8	Dave Maxwell, Cal Lutheran	26:43
9	Glen Moore, Azusa	26:44
10	Bob Franks, Biola	26:58
11	Jim Knox, Westmont	26:59
12	Huberto Ramirez, Biola	27:19
13	Chris Carswell, Pt.Loma	29:19
14	Vince Gama, Westmont	27:31
	Scott Camp, Westmont	27:41
16	Erick Crump, Cal Lutheran	27:45
17	John Vargas, Azusa	27:47
18	Kevin Swaim, Pt.Loma	27:49
19	Dave Sims, Azusa	27:51
20	Steve Kamm, Westmont	27:54

Team Scores 1. Cal Lutheran 36, 2. Azusa Pacific 55, 3. Point Loma 61, 4. Westmont 82, 5. Biola

19.3	b. LA Baptist, N.S.	
0	verall Results - Women's 5,000	Maters
1	Katle Johnson, Azusa	18:5
2	Patty McGarvey, St. Mary's	19:30
3	Connie Buckler, St. Mary's	19:38
4	Maura Bookout, Azusa	19:49
5	Renee Klemm, St. Mary's	19:53
8	DeAnna Morfoot, Westmont	19:54
7	Kathy McMillion, Westmont	20:00
8	Brenda Myers, Pt.Loma	20:02
9	Celia Madison, Westmont	20:03
10	Susan Brewer, St. Mary's	20:04
11	Peggy Vonesh, Pt.Loma	20:00
12	Sonja Cooper, Azusa	20:11
13	Loretta Giustino, St.Mary's	20:12
14	Debbie Katekaru, Westmont	20:19
15	Lori Zackula, CalLutheran	20:32
16	Susan Gray, St. Mary's	~
17	Kathy Klepperich, Pt.Lorr	WEEN

Team Scores 1. St. Mary's 24, 2. Westmc Loma 67, 4. Cal Lutheran I

19 Gina Jones, CalLutheran

20 Julie Francisco, Westmor

18 Paula Howe, Pt.Loma

NCAA Distr X-C Cham

November 10. Tucson, AZ. 11

Tom Ansberry, Arizona Omar Ortega, Wash.St. Peter Koech, Wash.St. Mike Stahr, Arizona St. Keith Morrison, Arizona Mark Oleson, Stanford Jon Knight, Wash.St. Daniel Gonzales, SJS Peter Brett, Fresno St. Richard Tuwel, Wash.St. Chris Morgan, Arizona Jeff Cannada, Arizona 13 Mike Parkinson, UCLA 14 Andre Woods, Arizona

Bernard Hewitt, Fresno S 16 Ryan Stoll, Stanford Harold Kuphaldt, Oregon Gary Gonzales, Fresno SI Dave Lehrman, Fresno St 20 Mike Carlton, UC-Irvine

John Zishka, Oregon Bob Adams, CS Fullerton Brad Jensen, LongBeach Sean Evans, UC Irvine Rick Dodson, UC Irvine

Mark Holtnink, EasternV Matt McGuirk, Oregon Mike McCollum, Cal

29	Mike Scannell, ArizonaSt	32:5
30	Dan Nelson, Oregon	32:5
31	Mark Junkerman, UCLA	33:0
32	Ronald Castonguay, NevadaLV	33:0
33	Matt Glusto, Arizona	33:0
34	Ronald Archuletta, NM St	33:0
35	Daniel Bell, Washington	33:0
36	Tom Williams, ArizonaSt	33:0
37	Curt Corvan, Washington	33:13
88	Mike Blackmore, Oregon	33:18
19	Duke Batchelor, E.Washington	33:17
Ю	Darryl Genest, E.Washington	33:2
1	Gary Lewis, FresnoSt	33:25
12	Nathan Morris, WashingtonSt	33:26
13	Joe Shannon, U.of Portland	33:31
4	Steve Fairman, Freeno St	33:32
5	Scott Hayes, Arizona St.	33:35

Team Scores

1. Arizona 40, 2. Washington State 61, 3. Fresno State 96, 4. Oregon 126, 5. Arizona State 172, 6. UC-Irvine 186, 7. Stanford 192, 8. UCLA 207, 9. Eastern Washington 23, 10. Washington 24, 21. 238, 10. Washington 247, 11. New Mexico State 268, 12. Long Beach State 304, 13. Univ. of Portland 323, 14. Nevada-Las Vegas 336, 15. Cai State Fullerton 349, 16. U. S. Int'l, 391,

WOMEN			
1	Regina Jacobs, Stanford	17:05	
2	Allson Wiley, Stanford	17:22	
3	Ceci Hopp, Stanford	17:34	
4	Kim Roth, Oregon	17:40	
5	Kirsten O'Hara, Cal	17:40	
6	Leann Warren, Oregon	17:48	
7	Ellen Lyons, Stanford	17:47	
8	Claudette Groenendaal, Ore	17:57	
9	Louise Romo, Cal	17:59	
10	Kathryn Hayes, Oregon	18:03	
11	Marilyn Davis, Cal	18:06	
12	Gretchen Nelson, Oregon	18:09	
13	Christine Curtin, Stanford	18:12	
14	Adrianne Lorvick, Washington	18:14	
15	Cheryl Livingston, Wash.St.	18:15	
16	Elisabeth Johnson, Oregon	18:16	
17	Karl Jonassen, Wash, St.	18:17	
18	Birgit Petersen, Oregon	18:20	
19	Kathy Knowlton, Ore.St.	18:21	
20	Rita Warren, Arizona	18:22	



18:29	3
18:31	3
18:32	3
18:33	3
18:37	4
18:38	
18:41	1.
18:42	В
18:43	S
18:45	SI
18:46	23
18:47	St
8:50	H

6 Shannon Stryker, UCLA Peggy Murri, Oregon St. 18:56 Wendy Simmons, UC Irvine Sally Carlson, UCSB 18:57 18:59 Allison Owen, UC Irvine

Team Scores

Stanford 26, 2. Oregon 40, 3. Cai, erkeley 114, 4. UCLA 138, 5. Washington tate 145, 6. UC-Irvine 185, 7. Arizona ate 182, 8. Washington 197, 9. U.S. Int'l. 39, 10. UC Santa Barbara 288, 11. Cal tate Fullerton 324, 12. Arizona 339, 13. awaii 391, 14. Eastern Washington 398, 15. Loyola Marymount 409, 16. Cal State Long Beach 461.

Road Racing Results

Cable Stars 5K & 10K Runs

July 7. Englewood, CO. Overall Results - Men's 10K

	Training months total			
1	Simeon Kigen	29:13		
2	Paul Cummings	29:18		
3	Gary Tuttle	29:54		
4	Ron Ysais	30:15		
5	John Tuttle	30:22		
6	Rick Torres	30:56		
7	Victor Fonseca	32:31		
8	Manuel Lorenza	32:32		
9	Dan Helmes	33:03		
10	Craig Godwin	33:07		
	Overall Results - Women's 10K			
1	Jan Merrill	33:46		
1 2	Lisa Martin	33:59		
3	Claudia Moralez	39:53		
4	Judy Kewley	40:41		
5	Mary Delgadillo	41:55		
6	R. lamping	43:03		
7	Mary Dietz	43:28		
8	Martha Juvado	45:53		
9	Yvonne Macias	48:44		
10	Lynne Harrel	49:21		
	Division Results - Men's 10K	1000		

18 & Under: 1. Dan Holmes 33:03, 2. Craig

Greg Gamboa 34:20. Torres 30:56, 2. Victor 3. Manuel Lorenza 32:32. amirez 34:42, 2. Ralph 3. Al Sanchez 36:21. 35-39: dez 34:23, 2. Tony Smith DeGrave 37:59. 40-49: 1. 12 34:02, 2. Abe Valdez Black 38:12. 50-59: 1.

41:10, 2. Howard Leupp Nelch 42:39, 60 & Over: 1. 45:41, 2. Bob Womer 46:55. ssuits - Women's 10K

Mary Delgadillo 41:55, 2 68, 3. Yvonne Maclas 48:44. ney 38:15, 2. Kim Jacoby Reyes 41:46. 30-34: 1. 32 39:53, 2. Martha Juvado Rand 53:55, 35-39: 1. Judy Fran Galbally 54:52, 3. na 57:25. 40-49: 1. R. lamp Lynne Harrell 49:21, 3 shman 49:38, 50-59: 1 51:31, 2. Ann Garner 55:40, rson 57:39. Results - Men's 5K

Sal Zorda 16:59, 2. Dan 3. Javier Herrera 19:33. art Gould 16:20, 2. Mike Ron McIntyre 16:55, 30-39: sto 16:19, 2. Doug Levee W Morales 17:29. 40-49: 1. 17:49, 2. Francisco Garcia Casey 19:47, 50-59: 1. Gary 2. David Kennedy 27:37, 3.

lesults - Women's 5K 1. Tania Fischer 17:06, 2. e 17:58, 3. Nichole Ellis Ann Gladue 17:50, 2. Lor-19:15, 3. Cathy Waltrip Terry Goodreau 19:04, 2. (1 19:55, 3. Cherylyn 40-49: 1. Joyce Momita Nagle 21:52, 3. Janet

Amigos de Bolsa Chica

Huntington Beach. 10K & 5K. Overall Results - Men's 10K 1. Colin O'Connell, 2. Jeff King, 3. Dan Babcock, 4. John Eifler, 5. Andy Miller.

Overall Results - Women's 10K Flossie Hargan, 2. Carol Finney, 3. Carol Ekland, 4. Karen Benson, 5. Debbie Daniel.

Overall Results - Men's 5K

1. Dave Contreras, 2. Fred Cowles, 3. Kevin Dalrymple, 4. Howard Keeley, 5. Adam Maywhort.

Overall Results - Women's 5K Kerri Zaleski, 2. Tina Stough, 3. Donna Fromme, 4. Cynthia Storrer, 5. Barbra Shainberg.

Long Marine Lab Half-Mara.

Santa Cruz.

Division Results - Men 18 & Under: 1. Roland Arsons 1:26:56, 2. Chris Brackett 1:55:26, 3. Matt Beller 2:03:55. 19-29: 1. T. Rotstein 1:14:20, 2. Mark Nozares 1:15:12, 3. Anthony Draeger Mark Nozares 1:15:12, 3. Anthony Draeger 1:15:53. 30-39: 1. T. Rusboldt 1:19:00, 2. Jeremiah Allen 1:24:37, 3. Benjamin Ross 1:25:00. 40-49: 1. Jerry Lynch 1:13:20, 2. Samuel Vandenburg 1:22:57, 3. James Street 1:26:09. 50 & Over: 1. Don Ertel 1:34:04, 2. Robert Ray 1:34:44, 3. George Burtness 1:37:10.

Division Results - Women 19-29: 1. Nancy Horwitz 1:40:03, 2. Kathy Fassier 1:41:48, 3. Debs Fitz 1:47:00. 30-39: 1. Janette Buchman 1:32:22, 2 Carol Crocker 1:37:19, 3. Linda Strong 1:41:54. 50 & Over: 1. Jeanne Feaster 2:08:10.

Jog in the Fog

-	A AN	
A	ugust 18. Half Moon Bay.	
R	esults - 1.5 Mile Miramar Beach Fu	in Run
1	Steve Cook (35) HMB	11:16
2	Ken Littlefield (37) Norwalk	11:28
3	Mark Hines (33) HMB	11:28
4	William Hurja (41) Moss Bch	11:29
5	Sally Benson (40) HMB	11:42
	Results - 4 Mile Miramar Beach F	tace
1	Mark Hines (33) HMB	22:40
2	Ken Littlefield (37)Norwalk	26:13
3	Emily Schoenwald (25F) LosGat	26:52
4	Axel Sudhausen (41) HMB	27:09
Tab.	AND DESCRIPTION OF THE PROPERTY OF THE PROPERT	1700 100

S. VonderHaar (26) Cupert 27:58 Dave Schoenwald (25) LosGat 28:23 Glen Carlson (40) ElGran Rodger Horn (36) SanJose 28:49 29:19

29:44

10 Troy Warren (17) ElGran

Park to Park 8 Mile Run

Se	ptember 8. Lompoc.	
	Overall Results	
1	Gordon Christie(22)LosOli	39:37
2	Robert Hollister(25)SantaBarb	40:51
3	Rudy Hernandez(32)SantaMaria	40'59
4	Keith Golding(23)SantaMaria	42:48
5	Buddy Tillett(39)Tampa,Fl.	46:57
6	Peter Puheck(24)Vandenberg	48:11
7	Mary Ryzner(30)SantaBarbara	48:12
8	William Graham(43)Lompoc	48:16
9	Dennis Grossini(37)Lompoc	49:51
10	Dan St.John(17)Lompoc	50:39
11	Richard Eatmon(37)Lompoc	50:58
12	Art Schickram(55)Lompoc	51:06
13	Kerry Austreng (18) Lompoc	51:39
14	Jack Long (41) Lompoc	52:23
15	Ron Levy(29)Santa Maria	52:27
16	Christopher Eakes(28)Lompoc	52:38
17	Bob Perry, Tulare	52:40
18	Joe Wierzba(35)Lompoc	53:04
19	Juliette Christie(22F)LosOlivos	53:37
20	Luis Ojeda(60)SanDiego	54:57
21	William Costello(40)Lompoc	55:37
22	Tony Centeno (41)Lompoc	56:14
23	Grant Cates (25) Vandenberg	57:10
24		58:47
25	Frank Fike(34F)Tampa,Fl.	59:03

Joel Mena Memorial

Sept. 15. Hart Park. Bakersfield. Top 10 Men's 1 Mile 1 Martin Gonzales

1	Martin Gonzales	4:58
2	John Lopez	5:02
3	Randall Smith	5:08
4	Fernando Lopez	5:17
5	Craig Obrien	5:23
6	John Kuss	5:35
7	Kent Mabon	5:47
8	Tony Ramirez	6:08
9	Arnie Mena	6:13
10	Fidel Gonzales	6:19
	Top 10 Women's 1 Mile	
1	Amy Mabon	6:09
2 3	Sarah Mabon	6:23
3	Jenny Wakeman	7:23
4	Michelle Burright	7:55
5	Terri West	8:08
6	Elleff	8:32
7	Erin McDonald	8:40
8	Theresa Thistle	8:41
8	Eileen Myott	8:56
10	Jeanle Lopez	9:12
	Top 10 5K - Men	
1	Richard Rodriquez	15:58
2	Darrel Cox	16:03
3	Tarry Bayless	16:31
4	Richard Ursia	16:52
5	Jimmy Aguilar	17:05
6	Sam Faredo	17:13
7	Pedro Perez	17:24
8	Angel Carrillo	17:25
9	Norm Hoffman	17:36
10	Jose Mendoza	17:45
1	Top 10 5K - Women	20.70
1	Brenda Villaneueva	20:13
2	Bambi Lopez	22:48
3	Deb Raygoza	23:13
4	Nellie Gil	23:27
5	Mary Mabon	24:21
6	Judy McDole	24:29
7	Kathy Kelly	25:01
8	Susan McGreery	25:00
9	Andrea McDonald	25:10
10	Rhonda Martin	25:31

Division Results - Men's 5K 12 & Under: 1. Danny Miller 22:35, 2. Aaron Smith 24:18, 13-19: 1, Sam Laredo 17:13, 2, Pedro Perez 17:24, 3, Jose Mendoza 17:45. 20-29: 1. Richard Rodriguez 15:58, 2. Larry Bayless 16:31, 3. Richard Ursin 16:52, 30-38: 1. Darrel Cox 16:03, 2. Jimmy Agullar 17:13, 3. Pete Elieff 17:50. 40-49: 1. Norm Hoffman 17:36, 2. Rob Wolfersberger 18:10, 3. Arnold Buchanan

Division Results - Women's 5K 12 & Under: 1. Mary Mabon 24:21, 13-19: 1. Bambi Lopez 22:48, 2. Nellie Gil 23:27, 3. Kathy Cowles 27:25. 20:29: 1. Brenda Villaneueva 20:13, 2. Deb Raygoza 23:13, 3. Kathy Kelly 25:01. 30:39: 1. Andrea McDonald 25:13, 2. Louise Lessley 26:18, 3. Donna White N.T. 40-49: 1. Judy McDole 24:29, 2. Susan McCreery 25:08, 3. Ola Buchanan 26:03.

Pepsi of Reno 72-Mile Lake Tahoe Run

from Bill Stainbrook

September 21.

The 1984 72 mile run was dominated by thirty year olds as they took ten of the top twelve places. A familiar figure, Robert Perez of Corpus Christi, Texas became the first ever two-time champion as he crossed the finish line in 9:35:13. Robert took the lead from Tim Twietmeyer at the 23 mile point and ran alone the rest of the way. Pat Whyte of Sanford, Michigan, also slipped by Tim, finishing a mere 6 minutes ahead of him. Pat's time was 10:32:48 to Tim's 10:39:00.

Its hard to be anything but impressed with the running ability of 50 year old Gard Leighton. He spent the whole day running in the top ten. I actually don't remember him being any further back than 6th or 7th place. His final time of 10:58:51 not only placed him 4th overall, but shattered the 8 year old 50 + record held by Dr. Ralph Paffenbarger, by 37

The lone Buffalo Chip entry, Lino Delgardillo ran a fine race, finishing 10th in a time of 12:43:48. Henning Mehrens the 1st 40 year old in a time of 14:19:22.

The women's race was a bit closer with only 17 minutes separating the first two women. Returnee Colleen Fox crossed the finish line first in a time of 14:34:08 and Joan Bumpus was second in 14:51:44. Joan, however, was 41 years old and took top honors in the women's 40 +

Results			
1	Robert Perez(1 30-39)CorpusC	h 9:35:13	
2	Pat Whyte(2 30-39)Sanford, MI	10:32:48	
3	Tim Twietmeyer(1 Op)CitrusH	10:39:00	
4	Gard Leighton(150-59)Napa	10:58:51	
5	Dave Hudson(3 30-39)SanRam	11:12:38	
6	Paul Deloria(4 30-39)S.F.	11:55:20	
7	Keith Pflieger(5 30-39)PacGro	11:57:04	
8	Michael Hernandez(30-39)Ong		
9	Steve Kohler(30-39)Woodl	12:24:59	
10	Lino Delgardillo(30-39)Sacto	12:43:48	
11	Richard Ortiz(30-39)W.Sacto	13:04:27	
12	Mike Williams(30-39)SntaCr	13:30:18	
13	Dick Collins(2 50-59)OakInd	13:34:27	
14	Lyle Deem(3 50-59)Riverside	13:53:06	
15	Henning Mehrens(40-49)S.LTa	14:19:22	
16	Frank Pitts(4 50-59)L.A.	14:27:33	
17	Edd Ashley(5 50-59)G.Terro	14:33:26	
18	Colleen Fox(1F O)LosGatos	14:34:08	
19	Jerry Simons(2 40-49)SJose	14:42:03	
19	Fred Copeland(2 40-49)Jose	14:42:03	
21	James Coffee(30-39)S.LTa	14:42:30	
22	Joan Bumpus(1F 40-49)Reno	14:51:44	
22	Steve Galvan(4 40-49)Reno	14:51:44	
22	Bob Cox(4 40-49)Reno	14:51:44	
25	Steve Christ(30-39)RedondoB	15:03:17	
26	Larry Mazur(40-49)CanogaPk	15:04:35	
27	Leo Rein(40-49)LomaLinda	15:08:32	
28	Eric Geblein(30-39)L savenwth	15:23:57	
29	J. Shynne(30-39)Norco	15:39:17	
29	Richard Tufts(40-49)Norco	15:39:17	
31	Jim O'Nell(30-39)Sparks, Nv	15:40:59	
32	John Buenfil(30-39)SanPablo	15:42:25	
33	John Chappel(50-59)Reno	15:52:27	

HBO Cable Car 10K Run

September 23. San Francisco. Overall Results . Man

1	Mike Pinocci (29) SoLakeTa	30:41
2	Steve Venable (25) SoLakeTahoe	30:41
3	Leo J. Lenting (27) SLO	30:55
4	Pete Dolan (24) SantaBarb	31:09
5	Jr. Glannefords (23) Oakland	31:16
6	Terry Bigson (25) SLO	31:25
7	Hollis Reed (29) SLO	31:29
8	John Sheehan (30) MenloPark	31:33

9	Butch Alexander (31) Sonoma	31.52
10	Richard Govi (32) S.F.	31:59
11	Steve Ferraz (37) S.F.	32:02
12	David Galdamez (29) Berkley	32:08
13	Robert Heirle (31) Larkspur	32:11
14	Jack Martine (28) Stanford	32:12
15	Bruce Carpenter (33) S.F.	32:25
16	Yilma Kebre (24) Napa	32:36
17	Mike Tripbett (25) SantaBarb	32:37
18	Peter Buhl (20) Danville	32:38
19	Paul Gyorey (25) LosGatos	32:46
20	Andy Takaha (28) SoLakeTa	32:50
21	David Kadish (31) S.F.	32:56
22	Peter O'Reilly (26) SanAnselmo	33:03
23	Kevin Crulkshank (27) S.F.	33:09
24	Roberto Mendez (30) S.F.	33:28
25	Robert Sanchez (28) S.F.	33:31
26	David Garcia (33) SanJose	33:37
27	Steven Lewis (19) Livermore	33:42
28	Andrew Kaplan (27) Berkeley	33:47
29	David Vigil (27) S.F.	33:51
30	Julios Ratti (34)Oakland	33:56
31	Gregory Lawrence (28) Berk	33:58
32	Tim Rostege (44) San Jose	34:19
33	John Monteverdi (38) Oakland	34:26
34	Jack Gallan (18) S.F.	34:28
35		34:37
36	Aurelio Mendoza (16) San Jose	34:42
37	Robert Gormley (43) Oakland	34:45
38	David Gaskell (17) Saratoga	34:56
39	James Resser (17) Clovis	35:02
40	Hakan Gronquist (25) Oakland	35:04
41	Michael Niemiec (34) SanCarlos	35:05
42	Robert Benun (19) Berkeley	35:05
43	Teshome Kebere (28) Napa	35:06
44	David Handsher (36) S.F.	35:08
45	Ian Mathews (33) PaloAlto	35:12
46	Mike Fanelli (28) S.F.	35:14
47	Thomas Woo (25) Oakland	35:15
48	Keith Kirkpatrick (38)LosOsos	35:18
49	Noah Rollins (35) Oakland	35:19
50	Rodney Dorsey (19) ElCerrito	35:41
-	Overall Results - Women	MARINE STATE
1	Sue Gyorey (26) LosGatos	36:34
2	Melissa Martel (23) Oakland	37:49
3	Jane Sowersby (33) S.F.	38:04
4	Kim Rupert (28) Hillsborough	38:08
5	Anne Mott (29) S.F.	38:25
6	Claudia Morlang (23) Sacto	39:01
7	Liz Grotz (31) Brisbane	40:13

Julie Shells (25) Tiburon 40:37 10 Maura Diglesi (16) S.F. 40:53 Kathy Dalton (15) Sonoma 41:53 12 Marilous Heavner (23) S.F. 13 Amy Stark (27) S.F. 41:54 42:17 14 Maureen Hollister (30) S.F. 42:22 Irene Lee (35) S.F. 42:43 Peggy Foster (25) Hayward 43:14 17 Linda Wimmer (38) Martinez 18 Jill Stoner (24) Pleasant Hill 43:35 44:23 44:32 Judy Mays (37) LosGatos 20 Tina DeBenedictis (34) Berk 44:34 Valarie Albrecht (25) TravisAFB 44:44 Leonita Hannon (30) Baltimore 44:52 Carol Morley (30) RohnertPark 44:58 Melanie Bachelor (34) Pleasanto 45:11 25 Julia Yaffee (40) SanCarlos 26 Susan Nelson (28) S.F. 45:32 45:39 Toni Deal (43) SanDiego 28 Terri Roberts (26) SantaClara 45:52 29 Annelles Gmeimer (27) Los Altos 45:55 30 Chris Kroger (15) Orinda

Pacific Beach Tovota 15K

September 23, San Diego.

1000	A STATE OF THE PARTY OF THE PAR	
	Top 10 - Men	
1	Steve McCormack	45:1
2	Kevin McCarey	45:5
3	Robert Lusitana	46:0
4	Ron Roberts	46:1
5	Terry Cotton	46:1
6	Willy Ayyad	48:2
7	Scott Hurst	51:0
8	Tim Penwell	51:3
9	Pete Salcedo	51:4
10	Gordy Haskett	52:0
	Division Results - Men	

12 & Under: 1. Mike Farrell 62:43, 2. Brent Shelton 66:17, 3. Mike Kessler 71:26. 13-17: 1. James O'Brien 59:25, 2. Mike Aronson 68:18. 18-29: 1. Steve McCormack 45:17, 2. Robert Lusitana 46:04, 3.

continued on next page...



A running magazine featuring:

INTERVIEWS

8 Florianne Harp (36) Sausalito

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FOOD TIPS

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y Trivet residents in 1915 to	State Zip

Ron Roberts 48:18. 30-39: 1. Kevin McCarey 45:59, 2. Terry Cotton 46:16, 3. Scott Hurat 51:04. 40-49: 1. Ben Dodge 54:20, 2. Bill Carlo 54:29, 3. Bill Elam 55:21. 50-59: 1. Jim O'Neil 54:35, 2. Warren Osborn 59:48, 3. Terrel Eddy 60:51. 60 & Over: 1. Jose María Palos 62:32, 2. Luis Ojeda 82:64, 3. Deby Idealina 83:01 62:54, 3. Rudy iglesias 63:01. Top 5 - Women

Liz Baker 54:18 Mindy Ireland 54:51 Donna Chin 55:40 Diane Griffith 59:16 Charlotte Thomas 60:10

Division Results - Women 12 & Under: 1. Debra Savel 89:15, 2. Sheri Savel 90:33, 13-17: 1, Christa Doyle 68:57, 18-29: 1, Liz Baker 54:18, 2, Donna Chin 55:40, 3, Diane Griffith 59:18, 30-39: 1, Mindy Ireland 54:51, 2. Denise LeStrange 60:35, 3. Janie Shankles 64:55, 40-49: 1. Ginni Nordstrom 70:49, 2. Betty Frankum 72:29, 3. Dixie Barnard 73:02: 50-59: 1. Nicki Hobson 72:56, 2. Hazel Phililps 76:03, 3. Elizabeth McClellan 90:49. 60 & Over: 1. Bess James 97:29,

Western Mountaineering Fall Equinox Run

September 23. Santa Cruz. 15K.

	Mon Results	
1	Tim Gruber (19-29)	49:48
2	Phil Hornig (19-29)	50:10
2 3 4	Mike Kriege (19-29)	51:49
4	Torin Rotsein (19-29)	53:04
5	Jerry Lynch (40-49)	53:07
6	Bob Brown (30-39)	53:08
7	Larry Eder (19-29)	53:09
8	Edward Bomber (19-29)	53:27
9	Mike Hoist (19-29)	54:00
10		54:05
11	Terry Rusboldt (30-39)	54:49
12		55:40
13		56:14
14		56:23
15		56;31
18		56:56
17		57:35
18		57:42
19		58:11
20		58:34
	Women's Results	
1	Elisen Bickard (19-29)	1:04:25
2	Marty Mattox (30-39)	1:05:53
3 4	Carol English (19-29)	1:06:29
4	Linda Lee (19-29)	1:06:58
5	Shirley Church (40-49)	1:07:13
6	Susan Kamrar (19-29)	1:08:23
7	Diane McKelvey (30-39)	1:09:05
8	Sandra Sanchez (19-29)	1:09:40
8	Sue Boldi (30-39)	1:09:57
10	Kathryn Burrola (19-29)	1:12:08

MADD Dash

-	grammar 23. Nerseyvina, for on a	IDA	
Overall Results - 1K			
1	Keith Hoarman	4:36	
2	Karen Almond	4:54	
3	Crystal Brownies	5:18	
4	Ryan White	5:44	
5	Shawn Harvey	5:47	
	Distator Beautite Mante Et		

34 & Under: 1. Mike DeGregorio 18:53, 2. Scott Aarreberg 18:54, 3. John Hunter 19:34

35 & Over: 1. Bob Clay 16:37, 2. Glen Westlund 19:42, 3. Daniel Jackson 20:27.

Division Results - Women's 5K 34 & Under: 1. Martha Mickelson 21:38, 2. Kim Bernatchy 21:38, 3. Kristi German

35 & Over: 1. Brenda Jones 26:13, 2. Elaine Fontana 37:28, 3. Elsie Thomson 37:27. Division Results - Men's 10K 34 & Under: 1. Peter Stanley 36:58, 2.

Skyhorse Powers 37:24, 3. Ray Sibley

35 & Over: 1. Ian Barry Smith 45:53, 2. Douglas Reams 48:39, 3. Jim Almond

Division Results - Women's 10K 34 & Under: 1. Connie Kondo 42:15. 35 & Over: 1. Alice Craddick 54:51.

The MADD Dry Run

Sept. 29. Newport Beach. Division Results - Men

14 & Under: 1. Kent Depfyfer 35:39, 2. Roger Neva 35:53, 3. Michael Acosta 37:02. 15-18: 1. Adam DeVeto 34:07, 2. Chris DeVito 34:52, 3. Eric Anderson 34:56. 19-24: 1. Gregg Ramsey 32:21, 2. Thomas Martin 32:48, 3. Paul Klein 33:58. 25-29: 1. John Brennema 30:59, 2. David Smith 32:58, 3. David Darsel 33:24, 30-34: 1. Marco Chauar 34:38, 2. Philip Delaceroa 35:08, 3. Robert Lopez 35:29. 35-39: 1. Richard Kenworthy 34:38, 2. Jim Gensichen 35:00, 3. T. Carras 35:07. 40-44: 1. John Bushlan 38:34, 2. Tommy Martin 36:47, 3. Bill Therlault 37:39, 45-49: 1. Juvenal Herrera 36:46, 2. Ron Grant 37:06, 3. Stan Price 37:35. 50-59: 1. Patrick Devine 36:52, 2. Sam Mayo 38:54, 3. George McGaffigan 39:06. 60 & Over: 1. Larry Banuelos 40:09, 2. Casey Poole 43:55

Division Results - Women 14 & Under: 1. Imelda Nava 43:37, 2. Yolanda Mendoza 55:47, 3. Angelino Mendoza 55:49. 15-18: 1. Lisa Torrez 45:04, 2. Stacy Berger 51:31, 3. Christina Huizar 57:52. 19-24: 1. B. Lodovise 37:16, 2. Ringet Kelly 38:16, 3. Doreen Espinoza 99:58. 25-29: 1. Cathy Murdock 44:10, 2. Lei Naum 45:25, 3. Barbara Shainberg 45:22. 30-34: 1. Cecilia Klair 41:15, 2. Sherri Hall 47:57, 3. Patty Dunstan 43:32. 35-39: 1. Debbie Wilkinson 40:15, 2. Patti Nellerud 42:03, 3. Daivia Jusionis 42:32. 40-44: 1. Charlene Madlig 49:57, 2. Dianne Simpson 50:32, 3. Jill Tolliver 51:02. 45-49: Cherrie Hightburne 45:16, 2. Mavine White 48:26, 3. Pattl Kopoho 53:48. 50-69: 1. Patricia Pruitt 50:24, 2. Evie Reiten 50:57, 3. G. Sheul 52:45. 60 & Over: 1. Chris Hodowski 57:58.

The Coliseum Race

by Cami Slotkin

September 30. Los Angeles.

For eight consecutive years, the Los Angeles Athletic Club has put on one of the most popular races in the city. But they have had one continuous problem with the course over the years; its length.

A prime example was the 1978 Mercury 10K: Upon completion of the fifth mile, frontrunners checking their watches were amazed to find that it had taken them eight minutes. A nine-year-old girl com-plained to her father about a fifteenminute mile. That mile was later found to be half again the usual length.

Last year, the same course-renamed the Arco Run LA Collseum 10K-was miss ing 252 feet. This was discovered after Pat Porter (Athletics West) broke Mike Musyoki's world best by seventeen seconds. Even with the discrepancy, Porter would have set a new standard, but TAC doesn't count ifs.

Those were both certified races, but apparently the men who measured them were asleep on the job. This year, however, the course (again renamed) nowever, the course (again renamed) "was measured to the inch, and the certificate was signed by God," according to Duke Llewelyn, President of LAAC. The claim meant nothing to Porter, who has good reason to ask, "What happened?" in reference to last year. That must have been an awful burn. Yet he was back this

He was in the lead from the start, and with him, Steve Ortiz (Tiger). They soon

photo by Richard Lee Slotkin

Pat Porter

broke away from the mass; gone, never to be seen again. Ortiz gradually fell off Porter's heels, but never let go complete-

Porter finished first with a time of 28:40 ("not nearly as fast as last year, that's for sure."). Ortiz was right behind at 28:46. Alan Scharsu (Athletics West) took third with 29:29, and was followed a minute later by Steve Bishop (Maccabi)

It is possible that cross country cham-pion Porter would have had another shot at the record if not for a sprained ankle, acquired the previous day. Because of it, he was only interested in staying in front of Ortiz: "I was just trying to keep a comfortable gap," said Porter.

Ortiz, on the other hand, held on to Porter for a speedy time. "I heard Porter was running and I remembered last year, so I came down here, hoping for a fast

The pressure wasn't as intense this year, and that, in addition to the two men being all alone did not push them as hard as Ortiz would have liked, but it was a

P.R. for him anyway.
Rosa Mota (Portugal) had a race all to herself. Second place was close to four minutes behind her. Mota's 32:44 placed her 22nd overall, as well as first female.

LAAC, unfortunately, got rid of their old problem, only to make room for a new one; the night before the race, all of the awards were stolen from the Collseum. The Club lost about \$10,000.

See results in November Issue.

Run for Grants

September 30, San Jose, 6.21 Miles. Division Results - men

12 & Under: 1. Vlong Tran 40:24. 13-20: 1. Steven Lopez 33:00, 2. Timothy Norton 38:21, 3. Dan Holmes 38:44, 4. Blair Mandell 40:42, 21-30: 1, Alexando Gonzalez 30:44, 2, Terence Boynton 32:28, 3, Alan Carwile 33:13, 4, Dave Harkness 37:02. 31-40: 1. Phillip Sienna 37:39, 2. M. Kendali Williams 38:07, 3. Rick Paul 39:01, 4. Paul Kageyama 40:36. 41-50: 1. Michael Hicks 34:07, 2. Richard Whitewater 34:16, 3. Ken Mills 40:52, 4. Robert Fowler 42:41. Over 50: 1. Howard Powers 45:22, 2. Sheldon Piager 47:48, 3. Reinaldo Dominguez 48:08, 4. Macarlo Pamanian 48:08.

Division Results - Women 12 & Under: 1. Jessica Bagley 47:25. 13-20: 1. Deirdre Kelly 42:23. 21-30: 1. Terri Roberts 45:21, 2. Lynn Paul 45:55, 3. Sabrena Righetti 47:50, 4. Andrea Paul 48:09. 31-40: 1. Katle Scott 44:37. 41-50: 1. Diane Bromstead 44:01, 2. Ruthann Benson 48:15, 3. Kay Rogers 52:05, 4. Frances Massey 52:52.

photo by Richard Lee Slotkin



Rosa Mota

Whiskeytown Relays

September 30. Redding. Overall Results

1	Frank, Fricker & Co	1:40:37
2	2nd Again	1:46:39
3	Knight Crawlers	1:49:35
4 5	Executive X 4	1:57:44
5	Erg Regurgitators	1:57:53
6	The Barry Boys	1:58:02
7	Chico Masters	2:00:30
8	Beauties & the Beast	2:00:44
9	Door Blowers	2:01:04
10	The Thought Cods	2;03:18
11	Fitness Freaks	2:04:22
	Mendocino Hotshots	2:04:23
	The Flying Eunuchs	2:04:58
	Hanson Hubbles	2:05:09
15	Section 8	2:05:25
16	Hubbard - Chico	2:05:58
17	Bunnell Burners	2:06:50
18	Mind Over Matter	2:07:31
19	Us'ums	2:07:52
20	CSUS PI Track	2:09:23
21	VA Lake Running&SocCl	2:09:30
22	Arcata Awesomes	2:09:30
	City Hall Runaround	2:09:51
	Shasta College Prof	2:10:04
25	The Gr"A"y Team	2:11:01

Arroyo Grande Harvest Festival Ten Mile Run

48:18

61:48

62:07

September 30. Arroyo Grande. Overall Results Mike Lansdon (23)

Rudy Hernandez (32)

Pearl Anit (24F)

20 Catherine Hennelly (24F)

1	Hudy Helitalidez (az)	D-1+1-12
3	Frank Hutchinson (32)	53:39
4	Scott Winfield (23)	53:58
5	Thlerry Ross (29)	54:08
6	Paul Lee (23)	54:08
7	Andrew Estrada (26)	56:07
8	Runar Boman (25)	56:26
9	Robert Wilson (26)	56:38
10	Keith Kirkpatrick (38)	57:12
11	Steven Paduganan (32)	57:31
12	Richard Quintero (30)	57:44
13	Derek Eastwood (40)	58:57
14	Jani Johnson (29F)	59:39
15	Mike Barnes (37)	59:40
16	Habib Boozari (25)	60:31
17	Mary Ryzner (30F)	61:00
18	Larry Jamison (42)	61:28

Division Results - Men

19 & Under: 1. Paul Rivera. 20-29: 1. Mike Lansdon. 30-39: 1. Rudy Hernandez. 40-49: 1. Derek Eastwood. 50-59: 1. Jack Cline. 60 & Over: 1. Ray Gil. Wheelchair: 1. Rory Cooper (24) 48:51, 2. Tim Davis (35) 58:00.

Division Results - Women 20-29: 1. Jani Johnson. 30-39: 1. Mary Ryzner. 40-49: 1. Susan Hood. 50-59: 1. Sarah McGehee.

Learn Not To Burn

October 6. Playa del Rey. 5K & 10K.

Top 3 Winners - Men's 10K

1 Ron Gee (33) 30:11
2 Sergio Valenzuela (19) 31:58
3 David Ortiz (23) 32:53

Division Results 14 & Under: 1. Christopher Cirilio 43:22, 2. Lance Barisdale 47:04, 3. Nick Demopoylos 50:54, 15-18: 1. Efrain Vargas 36:05, 2. Ron Berry 42:40, 3. Jim Sparkman 50:25, 19-24; 1. Sergio Valenzuela 31:58, 2. David Ortiz 32:53, 3. George Marquez 33:31. 25-29: 1. John Webster 33:45, 2. Mark McKinzle 34:23, 3. Miguel Garcia 34:28. 30-34: 1. Ron Gee 30:11, 2. Larry Montag 33:10, 3. Rudi Krause 33:17. 35-39: 1. August Simien 35:37, 2. Keith Kirkpatrick 35:41, 3. Herschel Stiles 36:19. 40-44: 1. Roy Burleson 35:16, 2. Bruce Mitchell 36:17, 3. Keith Perkins 37:15. 45-49: 1. Frank Greene 37:36, 2. Tyson Hadley 42:35, 3. Robert Brooks 42:58. 50-59: 1. Pedro Segura 42:08, 2. Karl Hering 42:16, 3. Dick Shaffer 42:49. **60 & Over:** 1. Larry Banuelos 39:19, 2. Clyde Alling 46:25, 3. Salvador Avil 50:35.

Top 3 Winners - Women's 10K

1	Patricia Story (35)	35:21
2	Amy Graham (35)	41:23
3	Joyce Momita (47)	42:41
	Division Results	

14 & Under: 1. Mylinda Stange 55:00, 2. Rebecca Currie 56:23, 3. Leah Stevenson 56:37, 15-18: 1. Kim Gluckman 43:17, 2. Cathy Irwin 47:11, 3. Paulline Cornelio 54:38. 19-29: 1. Katherine Lee 43:35, 2. Ann Crawford 45:05, 3. Lark Kellner 45:18. 30-39: 1. Patricia Story 35:21, 2. Amy Graham 41:23, 3. Linda McIndoe 44:34. 40-49: 1. Joyce Momita 42:41, 2. Gail Jensen 48:58, 3. Marityn Clark 51:36. 50 & Over: 1. Oleta Dellasorte 47:27, 2. Iona Scapple 56:34, 3. Nannette White 59:01.

	Top 3 Winners - Men's 5K	
1	George Marquez (20)	15:05
2	Cleveland Whalen (30)	15:16
3	Brent Allen (20)	15:33
	PARTICLE PROPERTY.	

14 & Under: 1. Henry Gutierrez, Jr. 17:53, 2. Michael Glaze 18:28, 3. Darryl Delavega 18:58. 18-18: 1. Ruben Murilio 17:56, 2. Jim Pate 19:35, 3. Paul Aceret 28:35. 19-24: 1. George Marquez 15:05, 2. Brent Allen 15:33, 3. Dan Partelow 15:48, 25-29: 1. Bernie Brizuela 15:48, 2. Eugene Muslar 16:12, 3. Javier Lara 16:24. 30-34: 1. Cleveland Whalen 15:18, 2. David Lopez 16:01, 3. Michael Byrne 16:27. 35-39: 1. Henry Lange, Jr. 15:56, 2. Rick Hallblom 16:42, 3. Jerry Skinner 16:59. 40-44: 1. Bill Wooden 16:50. 2. Greg Kelly 17:24, 3. John Lawson 17:28. 45-49: 1. Aido Mora 17:44, 2. Gary Smith 18:01, 3. Jerry Shourds 18:41. 50-59: 1. Jerry Withers 18:34, 2. James Downen 19:29, 3. Robert Pate 19:36. 60 & Over: 1. Avery Bryant 19:03, 2. Eddle Lewin 19:59, 3. Thomas Mathews

Top 3	Winners - Women's	5K
tarred to 1	decales (22)	40.

1	Claudia Morales (33)	19:11
2	Beth Cordy (25)	19:34
3	Chris Troffer (26)	19:58
	Division Results	

14 & Under: 1. Kristina Magnuson 23:29, 2. Laura Mcindoe 23:42, 3. Andrea Bruno 24:10. 15-18: 1. Kelly Conway 26:03, 2. Suzy Sloane 26:42, 3. Helde Cipollone 27:15. 19-28: 1. Beth Cordy 19:34, 2. Chris Troffer 19:56, 3. Debble Redferndunne 20:26. 30-39: 1. Claudia Morales 19:11, 2. Karen Hinz 21:16, 3. Karen Funes 21:20. 40-49: 1. Atsuko Fujimoto 21:20, 2. Alice Travis 21:48, 3. Jan Archibald 21:52. 50 & Over: 1. Patricla Pruitt 23:33, 2. Ginle Mains 25:10, 3. Sue Hyde 26:38.

The Hospital Run

October 6. Lancaster. 5K & 10K.
Top 10 Results - 10K

1 Fidel Martinez (19)

	LIGHT MALTIMET (19)	00,00
2	David Borjon (25)	35:16
3	Danny Bartlett (18)	35:19
4	Chip Morris (22)	35:38
5	James Misener (24)	36:36
6	Jeff Parkhurst (24)	38:40
7	Frank Ogawa (47)	36:47
8	Steve Henrich (34)	37:11
9	Cordell Telford (26)	37:28
10	Nell Wilcox (46)	37:39
	Top 5 Results - 5K	
1	Victor Fonseca (23)	15:52
2	Casey Jones (26)	16:12
3	Raul Naranjo (22)	16:17
4	Robert Corlew (20)	16:20
5	Juvenal Naranjo (27)	16:26

Division Results - Men's 10K
18 & Under: 1. Danny Bartlett 35:19. 19-29:
1. Fidel Martinez 33:59, 2. David Borjon
35:16, 3. Chip Morris 35:38, 4. James
Misener 36:36, 5. Jeff Parkhurst 36:40.
30-39: 1. Steve Henrich 37:11, 2. Zoltan
Goncze 38:16, 3. Robert Frey 39:29, 4.
Lawrence Daubney 44:18. 40-49: 1. Frank
Ogawa 36:47, 2. Nell Wilcox 37:39, 50-59:
1. Sam Mayo 37:42, 2. Olile Biederman
45:49. 60 & Over: 1. John McManus 45:21.

Division Results - Women's 10K 29 & Under: 1. Mary Bullock 39:45, 2. Anna Allen 45:38. 30-39: 1. Liz Sundberg 41:10, 2. Marian Courtney 47:49. 40 & Over: 1. Maria Gonzalez 58:56.

Division Results - Men's 5K

12 & Under: 1. Chad Clesilk 19:31, 2. Clint Clesilk 21:04, 13-15; 1. Justin Christensen 17:45, 2. Mike Brunet 19:36, 16-18; 1. Shawn Eimore 16:43, 19-29; 1. Victor Fonseca 15:52, 2. Casey Jones 16:12, 3. Raul Naranjo 16:17, 4. Robert Corlew 16:20, 5. Juvenal Naranjo 16:26, 30-39; 1. Pedro Ponce 17:07, 2. Steve Mangum 18:00, 3. Otto Bartosik 20:21, 4. Bernie Guzenske 20:35, 40-49; 1. Fred Perez 17:54, 2. Mitch Pickens 18:01, 3. Ken Morris 20:34, 50-59; 1. Kenneth Daubney 28:40, 60 & Over: 1. Marty Pereida 25:18.

Division Results - Women's 5K
12 & Under: 1. Tiffany Geisler 27:22, 2. Ruth McCardy 29:04. 13-18: 1. Cryll Cieslik 22:16, 2. Yvonne Brunet 23:08. 19-29: 1. Karen Fildes 23:18, 2. Catherine Ferguson 23:28, 3. Sheri Danielson 23:32. 30-39: 1. Janice Hightower 24:01, 2. Rene Howard 24:12, 3. Cynthia Douglas 25:03. 40-49: 1. Margaret Chipman 24:04, 2. Karen Morris 25:05. 50-59: 1. Barbara Hunt 33:07. 80 & Over: 1. Ann Estrada 48:07, 2. Ceal Pereida 51:37.

See the Sea 8K

October 6. Half Moon Bay.

The Princeton area was the scene on Saturday, Oct. 6, for an 8K (4.97 miles) footrace. The day dawned foggy and the race organizers were concerned that some of the runners might wander along the cliffs, unseen by the other runners.

However, just at race time at 8 a.m., the fog lifted and the runners were treated to a beautiful view of the ocean from the cliffs near the microwave station.

A number of runners were heard to remark after the run that driving from Berkeley or Santa Cruz was worth the trip just for that view.

The first man to cross the finish line did so in 26 minutes 12 seconds, with the first woman crossing in 38:15. Dave Skoutos is from the Bay Area, but Katie Scott (the first woman finisher) came up from Santa

Division Results - Men

20-29: 1. Dave Skoufos 26:12, 2. Christopher Stuart 26:34, 3. Mike Sullivan 26:04, 30-39: 1. Tom Robinson 26:41, 2. Gary John 28:10, 3. Dan Andrews 32:55. 40-49: 1. Larry Borba 32:34, 2. Robert Deremiah 33:14, 3. Bill Silver 36:41, 50 & Over. 1. Bill Newcomb 47:18.

Division Results - Women 20-29: 1. Martha Carranza 45:07, 2. Yvonne Meyer 46:56: 30-39: 1. Katie Scott 38:15, 2. Emily Sandblade 49:44, 3. Marcla Deremiah 55:53. California State University, Fresno

1985

San Joaquin Valley 'Coach of the Year' Track & Field Clinic

and the

Junior Olympic
Track & P.E.
Development Clinic

Saturday, January 5, 1985



THE SAN JOAQUIN VALLEY 'COACH OF THE YEAR' TRACK AND FIELD CLINIC is designed to bring together the coaches of the San Joaquin Valley who will support each other and through a joint effort rekindle interest in track and field in this area. The clinic will give you a chance to hear some of the best track coaches and clinicians in this area.

THE JUNIOR OLYMPIC TRACK AND PHYSICAL EDUCATION DEVELOPMENT CLINIC is designed primarily for teachers and coaches of elementary and junior high school students. It will be a learn by doing clinic where each participant will go through the basic skills of track and field events and physical education activities. No skills are required, only a desire to learn and develop confidence in your ability to demonstrate to your students is necessary. Teachers who have participated in learn by doing clinics have been thrilled to learn how to high jump, pass the baton or long jump. Focus will be on the latest track and field techniques including diet, cardiovascular development, stretching and sound exercise principles.

FOR CLINIC INFORMATION CONTACT: Coach Bob Fraley...(209) 294-4097

Results

Bud Light Ironman Triathlon World Championships

October 8. Kallua-Kona, Hawaii.

Dave Scott, 30, of Davis, Calif., set a world record enroute to his unprescedented fourth Bud Light Ironman Triathlon World Championship crown, Saturday, Oct. 6.

Scott shaved off 11 minutes and 37 seconds from his previous record to complete the 140.6 mile swim-bike-run course in eight hours, fifty-four minutes and two seconds (8:54:02). Second place was captured by Scott Tinley of San Diego, Calif., who completed the course in a time of 9:18:45.

Photo by Reggie David



Dave Scott

In the women's division, once again the identical twins Sylviane and Patricia Puntous, 23, of Montreal, Canada, took the lirst and second spots, respectively. Finishing in 30th and 32nd place overall, Sylviane and Patricia also set a new course record of 10:25:13 and 10:27:28.

Despite finishing the swim in eighth place with a time of 50 minutes and 21 seconds, Scott rolled into the bike finish line in second place with a time of 6:01:20.

The four-time champ started the 26.2-mile marathon 12 minutes behind then-leader Mark Alten, 26, from Rancho Santa Fe, Calif. Scott sailed through the marathon setting an Ironman course record of two hours and 53 minutes.

Scott said he was worried while trying to make up the time Allen had gained on the bike. "Mark had a heck of a bike ride. He just kept increasing his lead," said Scott. "I feit if I could stay within 15 minutes of him I could run him down. I concentrated on the course and caught him at about mile 14 of the run."

A record number of participants - 1,036 - started the triathlon which features a 2.4 - mile swim, 112-mile bike race and 26.2-mile marathon run. By the 17-hour course closure deadline, 904 athletes had finished and now wear the world's most sought after T-shirt - FINISHER - Bud Light ironman Triathlon World Championship.

8:54:02
9:18:45
9:23:55
9:27:11
9:35:02
9:38:39

8	Chris Hinshaw, Saratoga	9:48:49
9	Steve Sine, LaJolla	9:59:02
10	Scott Skultety, Omaha, NE	10:04:08
11	Eric Clifton, Greensboro, NC	10:04:08
12	Nico Mul, Swaag, Netherl	10:04:31
13	Karl-Heing Morath, Hornberg	10:05:32
14	Hannes Blaschke, Kempton	10:12:21
15	Duncan Thomas, SantaBarb	10:13:14
16	Mike Kraft, Houston,TX	10:14:42
17	Toshiyoki Nakayama, Japan	10:16:02
18	Don Seymour, PleasantHill	10:16:02
19	Knox Kinlaw, Boulder,CO	10:16:35
20	Ronald Nihot, The Hague	10:17:52
	Top 20 Finishers - Wome	n
1	Sylviane Puntous, Montreal	10:25:13
2	Patricia Puntous, Montreal	10:27:28
3	Julie Olson, St.Paul,MN	10:38:10
4	Joanne Ernst, PaloAlto	10:40:33
5	Moira Hornby, Durban, SoAfri	11:03:20
6	Jennifer Hinshaw, Saratoga	11:05:02
7	Juliana Harrisonbrening,WA	11:06:08
8	Karen McKeachie, AnnArbor	11:07:37
9	Jacqueline Shaw, Culgury	11:12:10
10	Ann Danboy, Redondo Bch.	11:21:30
11	Sarah Springman, Cambridge	11:22:24
12	Ardis Bow, Sacto	11:23:18
13	Claire McRae, Spencer, MA	11:31:52
14	Leslie Landreth, DelMar	11:32:59
15	Samantha Steinbeck, Bakers	11:33:39
16	Tracy Kelly, Vernor, Can	11:37:32
17	Judy Glynn, WalnutCreek	11:44:51
18	Ann McDonnell, Minneapolis	11:46:49
19	Heldl Christensen, Mt. Pros	11:49:39
20	Shelby Hayden-Clifton,NC	11:52:05

7 David Evans, AnnArbor, MI

9:43:55

Great Race '84

October 7. Stanford. 10K.
Overall Results - Women

	Overall Meanits - Mottlett	
1	Patti Gray (21)	33:53
2	Janine Alello (24)	34:35
3	Kathlene Koudela (23)	34:47
4	Nancy Ditz (30)	35:03
5	Sharlet Gilbert (33)	35:09
6	Patricia English (31)	35:21
7	Jani Johnson (29)	35:37
8	Marilyn Taylor (31)	35:42
9	Elleen Kramer (25)	35:54
10	Allison Snow (23)	36:10
11	Heike Skaden (22)	36:11
12	Terry Puckett (28)	36:21
	Ingrid Hemenway (28)	36:23
14	Barbara Zimmer (32)	36:30
15	Roxanne Bier (22)	36:50
16	Heidi Perham (26)	36:50
17	Angela Tibaduiza (22)	36:51
18	Sandy French (25)	36:52
19	Linda Mantynen (36)	37:03
20	Lynn Macy (29)	37:04
21	Francesca Negri (22)	37:09
22	Juana Stavolone (38)	37:25
23	Laura Rinde (21)	37:33
24	Eileen Bickard (26)	37:43
DE	Mold Display (40)	27.40

22 Juana Stavolone (38) 37:25
23 Laura Rinde (21) 37:33
24 Eileen Bickard (26) 37:43
25 Vicki Bigelow (49) 37:49
26 Irene Henderson (23) 37:51
27 Wink Luskin (33) 37:51
28 Jeannie Gutsche (25) 38:01
29 Christie Patterson (36) 38:04
30 Jane Sowersby (33) 38:05

Overall Results - Men
1 Carmelo Rios (24) 29:06
2 Ivan Huff (25) 20:07

	Overall Results - Men	
1	Carmelo Rios (24)	29:06
2	Ivan Huff (25)	29:07
3	Domingo Tibaduiza (33)	29:09
4	Dan Harvey (26)	29:13
5	Mark Conover (24)	29:13
3	Thomas Raunig (24)	29:21
7	Doug Avrit (25)	29:31
3	Jim Smith (22)	29:32
3	Terry Gibson (25)	29:34
10	Miguel Tibaduiza (27)	29:39
11	Derrick May (29)	30:00
12	Rich Langford (31)	30:01
13	Dave Rennelsen (28)	39:09
14	Richard McCandless (28)	30:12
15	Jeffrey Adkins (23)	30:13
16	Daniel Gruber (29)	30:18
17	Dennis Kurtis (30)	30:25
18		30:32
19	Don Paul (34)	30:35
20	Simon Killii (27)	30:45
21	Rob Anex (25)	30:51
22	Lynn Mentzer (25)	30:58
23		30:59
24		31:05
25	Peanut Harms (33)	31:07

31 Jerold Drew (26)	31:38
32 Charles Thompson (34)	31:41
33 Dan Sauers (33)	31:44
34 Dennis Rinde (25)	31:46
35 Brad Rowe (24)	31:50
36 John Moreno (29)	31:51
37 Gregg Szanto (27)	31:53
38 Steve Ferraz (37)	31:54
39 Gary Goettelmann (41)	32:01
40 Richard Govi (32)	32:02
41 Bob Tapia (25)	32:03
42 Paul Ghidossi (18)	32:08
43 Steve Strangio (24)	32:11
44 Skip Houk (42)	32:12
45 Fred Franens (31)	32:13
48 Peter O'Reilly (28)	32:13
47 Rob Heierle (31)	32:16
48 Mark Graves (34)	32:23
49 Joe Becerra (42)	32:31
50 Jeff Shaver (22)	32:37
The state of the s	-

Harbor Lite Half Marathon

October 7. San Pedro.
Top 3 Men
1 Kevin McCarey (30) 1:04:48
2 John Brenneman (28) 1:08:09
3 Luis Pinon, Jr. (19) 1:08:55
Top 3 Women
1 Sherry Simmons (26) 1:18:17
2 Nancy Hunsaker (27) 1:18:59
3 Helen Lopez (24) 1:22:46

Run For Hoag China Cup Series

October 11. Newport Beach, 5K & 10K. Division Results · Men's 10K

14 & Under: 1. Charles Holms 43:24, 2. David Guruk 43:59, 3. Geof Atchinson 55:11, 15-18: 1. Peter Algazi 39:16, 2. Craig Streiff 43:53, 19-24: 1. Gilbert Cortez 32:02, 2. Larry Haro 33:11, 3. David Ortez 33:32, 25-29: 1. Tom Vernon 30:50, 2. Zean Gassmann 30:55, 3. Holland Burz 32:21, 30-34: 1. Rex Power 33:02, 2. Kieth Strodi 33:39, 3. Richardo Alvarogo 35:02, 35-39: 1. Richard Kenworthy 33:34, 2. Jim Flanigan 34:45, 3. Tom Carras 35:15, 40-44: 1. John Loeschhorn 32:39, 2. Tommy Martin 36:35, 3. Bill Gallatter 40:23, 45-49: 1. Ron Grant 36:27, 2. Mike Hook 36:47, 3. Stan Price 37:21, 50-59: 1. Fred Cox 40:27, 2. Burt Sibota 43:28, 3. Lane Blank 45:55, 60 & Over: 1. Larry Banuelos 39:36, 2. R. J. Cuyler 50:32, 3. Kenton Hutchison 53:22.

Division Results - Women's 10K 15-18: 1. Diane Eckstein 42:57, 2. Andrea Virnig 46:30. 19-24: 1. Carol Carrigan 39:22, 2. Susan Sharr 42:48, 3. Stephanie Castillio 1:03:32, 25-29: 1. Nanc Lipshin 46:59, 2. Cathe Morgan 50:43, 3. Christine Markinson 50:53, 30-34: 1. Kathleen Martin 44:35, 2. Michelle Watts 46:51, 3. Mary Janicki 46:57, 35-39: 1. Tisha Whitney 36:25, 2. Mary Rubright 45:43, 3. Angle Navarrette 50:58, 40-49: 1. Brenda Lunsford 49:08, 2. Phylis Harn 49:11, 3. Charlene Madvig 50:38, 50-59: 1. Mary Ellen Castro 52:43, 2. Bette Adrian 54:32.

Division Results - Men's 5K
14 & Under: 1. Mike Price 21:41, 2. David
Piper 21:42, 3. Dean Howell 21:46. 15-18: 1.
Jeff Conrad 18:45, 2. Geoff Broener 24:47,
3. Jamie Goemeat 28:36. 19-24: 1. Jeff
Duff 17:06, 2. Paul Wilder 17:08, 3.
Fileman Rojas 17:27, 25-29: 1. John Koningh 14:46, 2. Mike Mulkey 16:57, 3. Randy
Wilcox 17:30, 30-34: 1. Ben Brown 16:24, 2.
Gary Carlin 16:42, 3. Jem McAdams 17:28,
35-39: 1. Geoff Zehnder 15:47, 2. Lonnie
Morrow 17:10, 3. Jim Kenworthy 17:12,
40-44: 1. Bill Therriot 17:20, 2. Don
Hufstader 17:36, 3. Dan Thomas 18:15,
45-49: 1. Jerry Brandewie 18:15, 2. Gamma
Chavez 18:59, 3. Robert Nyman 19:00.
50-59: 1. John Dwarner 18:12, 2. Tom
Wilson 20:10, 3. Ben Castro 20:54. 80 &
Over: 1. Dave Lewis 22:07, 2. Jim Dac-

colias 22:31, 3. Jack King 26:06. Division Results - Women's 5K 14 & Under: 1. Heather Burton 25:13, 2. Paula Niedevick 26:32, 3. Karren Missire Sippi N.T. 15-18: 1. Deanna Johnson N.T., Karen Thomas N.T., 3. Natalle Nognkester N.T. 19-24: J. Julie Doering 18:32, 2. Sue Perry 21:59, 3. Sarina Wong 22:43. 25-29: 1. Lisa Danden 22:10, 2. Karen Mehoff 23:29, 3. Lisa Scheerer 23:44. 30-34: 1. Cecilia Kiein 19:50, 2.
 Maria Rodriguez N.T., 3. Suzanne Gilmore 23:27. 35-39: 1. Brooke Boath 22:14, 2. Dekon Beiding 23:53, 3. Sandy Ruller 24:39. 40-49: 1. Cherrie Lightburne 21:08, 2. Kathy LaFranco 23:20, 3. Georgina Nuttall 23:50. 50-59: 1. Sunny Elliott 25:46, 2. Barbara Meadi N.T.

Manhattan Beach 10K

October 13. Manhattan Beach.
Division Results - Wome

Division Results - Women 8 & Under: 1. Pelie Field 51:55. 9-11: 1. Kristina Magnuson 50:52, 2. Stacy Robinson 51:17, 3. Amy Brezovec 51:38. 12-14: 1. Kim Crongeyer 41:41, 2. Caroline Piler 44:53, 3. Amy Melman 48:20. 16-17: 1. Tina Schnare 44:25, 2. Sharlean Perez 47:19, 3. Larisa Powers 47:27, 18-23: 1. Kim Poston 41:22, 2. Molly McCarthy 44:10, 3. J. Pascua 44:17. 24-29: 1. Sherry Simmons 35:57, 2. Donna Stocker 37:15, 3. Annie Dandoy 40:05. 30-34: 1. Amy Graham 39:09, 2. Barbara Honeck 41:07, 3. Dee O'Gara 42:49, 35-39: 1. Lisa Allen 35:10, 2. Terrie Milewski 44:27, 3. Pamela Donesley 45:42, 40-44: 1. Wendy Watson 41:02, 2. Roberta Lamping 41:04, 3. Deanna Holleman 43:06, 45-49: 1. Alberta Stewart 44:48, 2. Penelope Coy 47:57, 3. Loretta Betterton 48:32, 50-54: 1. Yukle Mochida 50:14, 2. Joy Gault 53:45, 3. Louann Evans 50:14, 2. Joy Gault 53:45, 3. Louann Evans 54:11, 55-59: 1. Trudy Wadman 52:18, 2. Betty Walker 59:14, 3. Gena Lincoln 59:56. 60-64: 1. Ruth Malpee 1:07:19, 2. Rose Kash 1:13:33, 3. Jeanette Choate 1:13:42. 65 & Over: 1. Mem Howe 57:08.

8 & Under: 1. Matthew Bartz 55:09, 2. J. D. King 56:32, 3. Tom Easton 56:41, 9-11: 1. Chris King 44:41, 2. Scott Abreu 45:13, 3. Bret Morales 46:16. 12-14: 1. Patrick King 36:25, 2. Rich Schnare 37:22, 3. John DelGatto 39:56. 15-17: 1. Carlos Moya 34:32, 2. Beau LeBaron 34:52, 3. Scott Sandus 36:52, 18-23: 1. Bob Leetch 30:25, 2. Nick Carr 30:57, 3. Carlos Caracoza 32:33, 24-29: 1. Richard Taylor 31:56, 2. Barry Alexia 32:45, 3. Thomas Burns 32:47, 30-34: 1. Terry Mack 33:13, 2. James Mosher 33:18, 3. Joe Carlson 33:30, 35-38: 1. Paul Marcel 33:53, 2. Herschel Stilles 34:52, 3. Richard Kueglier 35:33, 40-44: 1. John Gonzalez 35:15, 2. Bill Wooden 35:41, 3. Kenneth Prica 35:45, 45: 1. Luis Gorordo 34:50, 2. Merl Glauser 35:24, 3. Clifton James 36:05, 50-54: 1. Bob Holtel 38:36, 2. Donald Murray 39:28, 3. Ron Poston 40:05, 55-59: 1. Hal Sullivan 41:11, 2. Robert Vitale 43:01, 3. Reinhold Ullirich 44:20, 60-64: 1. Jack Kettler 42:58, 2. Louis Ortiz 49:19, 3. Ken Scheeler 51:17, 65 & Over: 1. John Hales 47:08, 2. Jon Baldwin 47:10, 3. Jack Kissel 47:32.

El Paso/Juarez International Classic

43:29

44:04

44:13

44:27

44:38 44:39

44:41

44:43

50:07

50:4 51:2

(formerly Run Against Crime) El Paso, TX., 15,000 Meters.

	Overall Results - Men	
1	Carlos Lopes, Portugal	
2	Steve Jones, G.Britain	
3	Simeon Kigen, Kenya	
4	Gabriel Kamau, Kenya	
5	Jose Gomez, Mexico	
3	Maurico Gonzales, Mexico	
7	Zak Barle, Tanzania	
3	Paul Cummings, Utah	
9	Michael Musyoki, Kenya	
10	Martin Pitayo, Mexico	

Overall Results - Women Rosa Mota, Portugal

2 Dorothe Rasmussen, Denmark 3 Middle Hamrin, Sweden 4 Angela Tooby, G.Britain 5 Monica Joyce, Ireland 6 Susan Tooby, G.Britain

Allen, RanchoSanteFe 9:35:02 28 Gregory Brock (36) 31:28 14 & Under: 1. Heather Bu Howard, Encinitas 9:36:39 29 Paul French (26) 31:32 Paula Niedevick 26:32, 3. K Sippl N.T. 15-18: 1. Deanna Signa S

31:13

31:23

Peter Sweeney (29)

John Novitsky (25)

27

Jan Merrill, Connecti 53:16 Forde Madiera, Massach 53:28 Gabrielle Andersen, Swit 53:49 10 Genoveva Dominguez, Mex 55:00 **Male Masters**

40-49: 1. Ken Inglis, Canada, 48:57, 2. Don Coffman, Kentucky, 49:39, 3. Rafael Ramirez, 51:49, 4. Michael Hefferman, Oregon 52:02, 5. Ernie Billups, Illinois 52:50. 50:59: 1. Norm Green, Penn., 50:21, 2. Severino Diaz, 53:50, 3. Fred Kiddy, Calif, 55:40, 4. Jim O'Neil, Calif, 55:51, 5. Patrick Devine, Calif, 57:50. 80-89: 1. Clive Davies, Oregon, 58:46. 70 & Over: 1. Ed Benham, Maryland, 1:10:51, 2. Bob Boal, N.Carolina, 1:19:00, 3. Paul Spangler, Calif, 1:32:00.

Female Masters

40-44: 1. Shirley Matson, Calif, 57:45, 2. Shirley Weaver, Montana, 59:51, 3. Elaine Kirchen, NewYork, 1:01:05, 4. Cindy Dalrymple, Washington DC, 1:01:20, 5. Patty Parmalee, NewYork, 1:01:45, 6. Sue Johnston, Calif. 1:06:15, 45-49: 1. Karen Scannell, Calif, 1:00:10, 2 Vicki Bigelow, Calif, 1:00:52, 3. Sandra Kiddy, Calif, 1:02:18. 50-59: 1. Margaret Miller, Calif, 1:03:28 60-69: 1 Mary Storey, Calif, 1:11:55. 70 & Over: 1. Bess James, Calif, 1:40:16, 2. Ruth Rothfarb, Massach.

Men's Wheelchair

Men's Wheelchair

1. George Murray, Florida, 41:52, 2. John
Rodolph, NewMex, 41:53, 3. Mel Fitzgerald, Canada, 41:53, 4. Jim Knaub,
Calif, 41:54, 5. Marty Ball, Calif, 43:10.
Women's Wheelchair

1. Candace Cable, Calif, 50:29, 2. Sherri
Ramsey, Colorado, 55:10, 3. Susan Schiff,
Italy 56:30, 4. State Moral Tables

Utah, 56:39, 4. Stacle Norman, Texas

Stroh's Run For Liberty I

October 13. Fresno. 8,000 Meters. Overall Winners

1	Jim Hartig (30)	24:33
2	Salvador Lozano (25)	24:50
3	Ed Taylor (28)	25:02
4	Rod Marvin (22)	25:30
5	Steve Gilbert (21)	25:43
8	Jack Butler (20)	26:00
7	Martin Leal (19)	26:06
8	Robert Taylor (24)	26:16
9	Al Lomeli (32)	26:20
10	Kelley McCalg (21)	26:31
11	Balmr Bettancourt (28)	26:47
12	Joyn Devere (24)	26:58
13	Pedro Martinez (18)	26:59
14	Mike Lizotte (19)	27:09
15	Adam Barron (21)	27:11
16	Hermilo Guerrerro (29)	27:16
17	Efrn Castellanos (20)	27:17
18	Brett Lizotte (20)	27:20
19	Ramon Fernandez (17)	27:26
20		27:51
21	Robert Fernandez (17)	28:08
22	Sal Villerreal (26)	28:09
23	Len Thorton (53)	28:10
24		28:19
25		28:19
	Division Results - Men	

19 & Under: 1. Martin Leal 26:06, 2. Pedro Martinez 26:59, 20-24: 1. Rod Marvin 25:30, Steve Gilbert 25:43. 25-29: 1. Salvador Lozano 24:58, 2. Ed Taylor 25:02. 30-34: 1. Jim Hartig 24:33, 2. Al Lomeli 26:20. 35-39: 1. Andres Patlan 28:48, 2. Lawrence Alderete 29:21, 40-44; 1. Fernie Montanez 29:20, 2. Bob Perry 29:39, 45-49; 1. Frank Padilla 27:51, 2. Frank Delgado 28:19. 50-59: 1. Len Thorton 28:10, 2. Rick Zamarripa 28:28. 60 & Over: 1. Bob Musso 34:21, 2. Harry Harder 35:00. Wheelchair: 1. Danny Hernandez 28:40.

Division Results - Women

19 & Under: 1. Shannon Battles 32:16, 2.

Jill Canales 32:37, 20-24: 1. Tanis.
Leyendekker 28:27, 2. Renee Wycoff
28:40, 25-29: 1. Julie Matteson 29:15, 2.

Janice Gordon 31:19. 30-34: 1. Rosa
Medina 30:15, 2. Rosanne Schiedel 34:40. 35-39: 1. Kathy Kennedy 32:10, 2. Yvette Hernon 35:23. 40-49: 1. Carolyn Campbell 32:04, 2. Heidi Fialho 40:06. 50 & Over: 1. Isabel Verduzco 35:40, 2. Dorothy Thomas

Petaluma Classic

October 13. Petaluma. 7.5K & 15K.

	Overall Results - 7.5K	
1	Butch Alexander	24:18.0
2	Marc Lewis	25:09.2
3	E. Lanzania	25:23.6
4	Michael Smith	25:37.2
5	Dennis Bollman	26:26.6
6	Troy Jenderseck	26:27.8
7	Brian Mackay	26:39.9
8	Jim Muela	26:56.8
9	Walt Vennum	27:19.6
	Ray Gin	27:27.7
11	Bill Posedal	27:36.2
12	Kent Pearson	27:42.9
13	John Muro	27:45.2
14	Fred Kenyon	27:49.4
15	John Faulkner	27:54.4
	Overall Results - 15K	
1	Darryl Beardall	53:0
2	Ted Anderson	54:2
3	Peter Haskier	54:5

72400	Darryi beardan	03:00
2	Ted Anderson	54:25
3	Peter Haskier	54:59
4	Matthew Larsen	57:37
5	Greg Pattison	58:20
6	Heldi Schar	1:00:3
7	Richard Frampton	1:01:15
8	Scott Johnston	1:01:30
9	Mark Castaneda	1:01:50
10	Janet Cassidy	1:02:52
11	Dennis Stanley	1:03:34
12	Vicki French	1:03:40
13	Tom Cooke	1:03:50
14	Douglas Noddin	1:04:09
15	John McSharry	1:04:20
18	Floyd Herald	1:20:03
17	Leo McMillon	1:04:2
18	George Elvin	1:05:23
19	Bruce Petersilge	1:05:25
20	Dennis Noriei	1:05:40

Malibu Community Center 10K Run

October 13. Mallbu.	
Overall Men's Winner	7
1 Steve Glocke (30-34)	33:08
Overall Women's Winn	101
1 Mary Tracey (19-24)	36:13

Great Grape Run

October 13. Delano, 5K & 10K.

Division Results - Men's 5K 13 & Under: 1. Chris Perez 22:05, 2. Danny Miller 22:30, 3. Shawn Rabon 22:47. 14-20: 1. Martin Gonzales 17:55, 2. Rock Guer-rero 18:04, 3. Jerry Angkahan 20:19, 21-29: 1. Isalas Luna 16:07, 2. Gary Barnett 17:04, 3. Ron Lessley 18:05, 30-39: 1. David Bronzan 17:42, 2. David Alaniz 18:49, 3. Gary Johnson 19:20, 40-49: 1. Wayne Van Dillen 16:51, 2. Arnold Buchanan 17:16, 3. John Pitman 17:26. 50-59: 1. Jim Williams 23:17, 2. Ben Nagatani 23:41, 3. Tony Salazar 23:59. 60 & Over: 1. Richard Mashburn 29:13, 2. Warren Rankins 29:22, 3. Donato DeCastro 43:22.

Division Results - Women's 5K 13 & Under: 1. Paula Shearer 21:14, 2. Jenine Lopez 26:11, 3. Angela Oliverez 28:13. 14-20: 1. Becky Soto 19:19, 2. Bambi Lopez 21:58. 21-29: 1. Judi Herrick 23:48, 2. Jeanne Tirado 23:53, 3. Anna Armendariz 23:54. 30-39: 1. Deanna McDanniel 18:31, 2. Elenor Espinoza 23:34, 3. Kathy Napuck 23:55. 40-49: 1. Susan McCruy 23:39, 2. Ola Buchanan 24:31, 3. Soccorro Salazar 27:20. 60 & Over: 1. Fermina DeCastro 43:21

Division Results - Men's 10K 13 & Under: 1. Jose Gonzales 40:28, 2. Chris Chapman 43:24, 14-20: 1, Mickey Gayton 33:01, 2, Daniel Guerrero 36:38, 3, Sergio Madena 37:34. 21-29: 1. Adrian Huerta 33:24, 2. Bill Toucheni 39:25, 3. Victor DeLos Santos 42:14. 30-39: 1. Jimmy Aquilar 33:25, 2. Ken Goddard 35:17, 3. Ozzie Osgood 35:18. 40-49: 1. James Lipford 38:18, 2. Edward Lujan 38:28, 3. Leo Marquez 39:30. 50-59: 1. Richard Ramirez 36:15, 2. Carlos Gutlerrez 39:56, 3. Chuck Bunch 44:05. 60 & Over: 1. Jim Nagatani

Division Results - Women's 10K 21-29: 1. Debbie Raygoza 46:53. 30-39: 1. Susan Rubim 43:45, 2. Juanita Ruiz 54:34, Rosa Carrillo 54:51, 50-59: 1, Aurora Perez 54:38.

The Chrysler-**Plymouth Tustin Tiller Days 5K**

October 13, Tustin.

The Chrysler-Plymouth Tustin Tiller Days 5K Run received rave reviews from the runners competing in the race. Nearly 400 raced through the streets of Tustin and enjoyed a pancake breakfast following the run. The run was a joint project of the Columbus-Tustin School PTO and The City of Tustin Community Services Department.

The winner of the men's division was Al Siddons in a time of 15:49 for the 3.1 mile course. The winner of the women's division was Connie Hester in a time of 17:38. The winners of the race received custom designed plaques and rode in the Tustin Tiller Days Parade later that morning.

Overall Winners

1	Al Siddons	15:49
2	Donals Scott	15:51
3	Ken Schultz	15:53
4	Fred Cowles	15:55
5	Dan Partelow	15:57
6	Oscar Aguirre	16:00
7	Jeff Kinzel	16:08
8	David Cangelosi	16:24
9	Laurence Meyers	16:35
10		16:37
11	Andy McTaggart	16:42
12		16:44
13		16:46
14		16:56
15		17:00
16		17:04
17	Bob Hill	17:08
18		17:13
	Marshall Johnson	17:25
	David Myers	17:28
21	Scott Schulte	17:32
22		17:35
23		17:38
24	The state of the s	17:39
25		17:41
26		17:42
27	Dymphno Serna	17:42
28		17:51
29		17:53
30	Company and Control of the Control o	17:54
31	Larry Esan	18:07
33	Control of the Contro	18:15
34	Control of the Contro	18:21
35	John Perez	18:36
36	Darren Cote	18:57
37		19:04
38	Harry Mack	19:06
39	Gary Stein Ed Wright	19:06
40		19:06 19:07
41	Gary Harper	19:10
42		19:12
43		19:14
44		19:23
45		19:25
46	Mike O'Conner	19:26
47	Doug Trombacco	19:32
48	John Hankins	19:34
49	Mark Ferchland	19:35
50	W. Church	19:38
-	***************************************	10.00

Master Chorale & Ventura Opera

October 14. Ventura. 10K.

	Cyeraii Mesuita	
1	Steve Blum (1 19-29)	32:31
2	Hans VanKoppen (2 19-29)	33:50
3	Ralph Casillas (1 30-39)	34:59
4	Ed Rambuski (3 19-29)	35:43
5	Larry Pontinen (1 40-49)	36:25
8	Abe Valdez (2 40-49)	37:22
7	Bob Schrimshaw (2 30-39)	37:48
8	Luis Salazar (4 19-29)	38:18
9	John Richard (1 50&O)	38:52
10	BIII Frick (3 40-49)	39:08



11	Guillermo Arguelles (3 30-39)	39:18
12	Phil Gill (4 40-49)	39:24
13	Gary Nulbe (1 18&U)	39:53
14	Ruben Rojo (5 19-29)	39:57
15	Delbert Pearce (2 50&O)	40:14
20	Luann Brodle (1F 19-29)	40:53
22	Maureen Little (1F 30-39)	41:21
	Mimi Baranowski (2F 30-39)	41:58
42	Liz Cushman (1F 40-49)	48:19
	Angelique Little (1F 18&U)	48:45

Any Mountain 10 Mile/10K

October 14. Cupertino.

Division Results - Men's 10K 16 & Under: 1. Jasone Carroll 35:08, 2. Larry Dominguez 37:31. 17-39: 1. Marty Dobbins 33:00, 2. Chris Back 34:27, 3. Jim Bordoni 34:40, 4. Jerry Taylor 35:16, 5. Robert Brummer 36:03. 40-49: 1. David Taylor 35:03, 2. Ron Walker 40:53, 3. Floyd Okada 41:10. 50 & Over: 1. Geo Black 43:35, 2. Bernard Stevens 45:07, 3. Arthur

Division Results - Women's 10K 16 & Under: 1. Deirdre Kelly 43:32, 2. Linda Peternel 53:24. 17-39: 1. Joy Taylor 39:39, 2. Shirley O'Neil 39:42, 3. Gioria Polson 40:06, 4. Ruth Kelly 41:29, 5. Cathy Gortner 43:24. 40-49: 1. June Watson 44:22, 2. Lynne Rossen 48:48, 3. Kay Rogers 51:46. 50 & Over: 1. Marjorle Moore 1:00:24, 2. Jessie Prout 1:00:31, 3. Florence Stage 1:05:59

Division Results - Men's 10 Mile 16 & Under: 1. Steven Lopez 1:00:29, 2. Ronald Ernst 1:02:01. 17-39: 1. Phillip Hornig 55:36, 2. Richard 58:01, 3. Larry Eder 58:29, 4. Gerhard Behrens 59:16, 5. Rod Christensen 1:00:03. 40-49: 1. Jay Cook 1:05:10, 2. Richard Herzog 1:07:30, 3. John Bilash 1:08:13. 50 & Over: 1. Arthur Drinkwater 1:12:19, 2. Bob Patrick 1:12:49, 3. Sam Ferrel 1:15:54.

Division Results - Women's 10 Mile 17-39: 1. Katherine Hayes 1:13:24, 2. Lindy Hayes 1:14:00, 3. Kathy Martin 1:14:38, 4. Kay Schroer 1:15:51, 5. April Powers 1:16:38. 40-49: 1. Pauline McLaren 1,26:40, 2. Barbara Zwieg 1:30:44, 3. Joyce Wester 1:31:43. 50 & Over: 1. Jeanne Feaster

Results

Humboldt Redwood Mara.

October 14. Arcata. Full & 1/2. Division Results - Men's Full Marathon 15-19: 1. Edward Matzger 2:43:39. 20-29: 1. John Ticer 2:39:36, 2. Steven Nalman 2:40:21. 30-34: 1. Michael Duncan 2:25:24, 2. Howard Labrie 2:31:27, 3. James Isenberg 2:38:26. 35-39: 1. Keith Kirkpatrick 2:48:36, 2. Bill Norman 2:54:32, 3. Timothy McClintick 2:58:48. 40-44: 1 Rick Sylvester 2:59:37, 2. James Botsford 3:00:31, 3. Gerald Jackson 3:08:16. 45-49: 1. Jim Bowers 2:25:49, 2. Leslie Fredrickson 3:08:28, 3. Garry Brown 3:12:45. 50-54: 1. Ray Langston 2:59:38, 2 Amil St.Augustine 3:06:41, 3. Joe Madrigali 3:18:37. 55-59: 1. Roger Boedecker 3:29:03, 2. Jerry Fishman 3:47:30, 3. Frank Crabbe 3:59:52. 60-64: 1. Walter Meyer 3:41:41, 2. Pierra Dreyfus: 4:13:31, 65 & Over, 1. Ira Samuels 3:50:47, 2. Al Horanzy 4:18:52, 3. Thomas Cullen 5:22:15. Wich: 1. Rory Cooper 2:38:09.Division Results - Women's Full Mara.

20-29: 1. Carrie Spangler 3:18:58, 2. Joan Clinton 3:44:41, 3. Carrol Bayer 4:01:56. 30-34: 1. Marilyn Petch 3:04:23, 2. Rebeca Franco 3:22:57, 3. Yvonne Brown 3:28:25. 35-39: 1. Helen Renner 3:46:05, 2. Noelle Waddel 3:48:17, 3. Donna Ayres 3:52:53. 40-44: 1. Marsaret Curtis 3:42:40, 2. Susan Richardson 3:45:58, 3. Melene Smith 3:53:19. 45-49: 1. Marge Dunlap 3:31:03, 2. Carmel Gordon 3:56:42, 3. Esther Wad-worth 4:21:00. 50-54: 1. Georgia

Strausbaugh 4:38:22.

Division Results - Men's Half Mars. 15-19: 1. Kevin Smith 1:34:25. 20-29: 1. Tom Olson 1:10:16, 2. Greeg Helstuman 1:11:18. 30-34: 1. James Washington 1:12:44, 2. Ma Grimblot-Indiha: 1:13:12, 3 Marlin Conrad 1:13:25. 35-39; 1. Mike Holt 1:11:48, 2. Alex Zygaczenko 1:13:00, 3. John Zinselmeir 1:13:29, 40-44: 1. Jim Gibbons 1:12:31, 2. Ralph Duckett 1:18:33, 3. Ron Prior 1:21:43. 45-49: 1. George Herd 1:19:12, 2. Ron Duniap 1:23:39, 3. Ben Ben-1:24:41. 50-54: 1. Hal Jackson 1:23:29, 2. Dale Goering 1:23:58, 3. Sanford Dorbin 1:29:58, 55-59; 1, Robert Malain 1:24:30, 2, John Griffin 1:40:34, 3, Dick Fleming 1:50:27, 80-64; 1, William Redmond 1:41:26, 2, John Thompson 1:54:49, 3. James Skophammer 2:16:07. 65 & Over: 1. Paul Reese 1:30:56, 2. Paul Per-rine 2:04:08, 3. Ivor Welch 3:21:00. Division Results - Women's Half Mara.

15-19: 1. Molly Anderson 2:08:25, 2. Amy Wingfield 2:10:15. 20-29: 1, Luanne Park 1:22:07, 2. Robi Mulford 1:29:22, 3. Ti Burdulia-Verdola 1:31:39, 30-34: 1. Mary Pincini-Wells 1:30:20, 2. Lydla Moore 1:31:07, 3. Kimberly Bricker 1:33:38. 35-39: Kathleen Kalser 1:23:36, 2. Mary Nichols 1:26:26, 3. Victori Blankenship 1:29:02. 40-44: 1. Margaret Cooke 1:37:40, 2. Kathryn Kettler 1:41:13, 3. Louise Shultz 141:38. 45-49: 1. Margaret Cooke 1:37:40, 2. Sherry Bennion 1:38:30, 3. Cecile Wildin 1:51:46. 60-54: 1. Kenny Goering 1:43:49, 2. Ann Kenville 1:48:28, 3. Thereas Burger 1:59:01. 55-59: 1. Dorothy Dreyfus 1:57:23, 2. Liese Rapozo 2:07:06, 3. Betty Hamblin 2:08:52. 60-64: 1. Virginia Terry 1:51:48, 2. Maria Carisen 2:15:12.

Orange Canyon

October 14. Orange. 5K & 10K.

Division Results - Men's 5K 14 & Under: 1. Manuel Huante 19:07. 15-18: 1. Clay Bond 16:24. 19-29: 1. David Ortiz 15:28. 30-39: 1. Olivares Nicasio 17:04. 40-49: 1. Steve Waltner 17:32, 50-59: 1. Lusie Raymond 20:03. 80 & Over: 1. Larry Banuelos N.T.

Division Results - Women's 5K 14 & Under: 1. Laura Doering 18:39, 15-18: 1. Renee Wilson 22:33, 19-29; 1. Julie Ginder 20:57. 30-39: 1. Marica Rodriguez 22:17. 40-49: 1. Harolene McLean 19:24. 50-59: 1. Almah Shelton 31:09. Wheelchair: 1. Jan Sherman 24:55

Division Results - Men's 10K 15-18: 1. Evan Smith 37:10. 19-29: 1. David Smith 32:43. 30-34: 1. Jeff Kinzel 34:23.

35-39: 1. Ron Kurrle 33:38. 40-44: 1. Nick Page 39:38. 45-49: 1. Gene Burke 39:55. 50-59: 1. Tracy Brown 38:52. 60 & Over: 1. Larry Banuelos 40:45. Division Results - Women's 10K

15-18: 1. Carl Barrangan 50:29. 19-29: 1. Julie Doering 39:08. 30-34; 1. Marilyn Ganahl 46:06. 35-39; 1. Susan Gimbel 41:18. 40-44; 1. Harolem McLean 43:57. 45-49: 1. Patti Kipcho 51:53. 50-59: 1. Mary Ellen Castro 55:30.

Berkeley Waterfront Run

October 14. Berkeley. 5 Miles.

	Overall Results	TANDOS.
1	Bruce Carpenter (33)	24:57
2	Mark Graves (34)	25:33
3	Bryan Mayberry (20)	25:34
4	Jr. Glannefors (23)	25:34
5	David Gadamez (24)	25:45
6	Tom Robinson (36)	26:21
7	George Riley (27)	26:31
8	Brain Vaughn (17)	26:37
9	John Clary (38)	26:43
10	Greg Lawrence (29)	24:46
11	Jeff Porto (24)	26:48
12	Harvey Franklin (41)	26:56
13	Jim West (24)	27:02
14	Robert Bear (33)	27:07
15	Chris Jaggers (23)	27:16
16		27:25
17		27:35
18		27:40
19		27:46
20	Jake White (42)	27:47
21	Jim Minami (40)	28:00
22	Karl Sigman (23)	28:09
23		28:36
24	Hakan GronQuist (25)	29:01
26	Nicky (38)	29:04

Berkeley to Moraga Run

October 14. Berkeley. 13.0 Miles.

	CAMAGERIA LAMBRITTE - MAGIL	
1	Steve Slawson (32) Berkeley	1:11:28
2	Paul Jacobs (24) Berkeley	1:13:28
3	Brett Freshwaters (25) Orinda	1:14:10
4	Dwight Hendrix (30) Berkeley	1:15:27
5	Stephen Freitas (34) Martinez	1:16:36
6	Dennis Tracy (38) Hayward	1:17:32
7	Robert Alexander (32) S.F.	1:17:37
8	Richard Sinner (32) Moraga	1:17:47
9	Kegan Morrison (33) WalnutCk	1:19:18
10	Arturo Ramirez(32)SanLorenzo	1:19:46
11	Mike Moehle (31) Oakland	1:20:21
12	Guillermo Barron(32)Oakland	1:20:42
13	Rex Merrill (33) Berkeley	1:21:10
14	Brian Waddington(27)Berkeley	1:21:37
15	Richard Sextro (39) Albany	1:21:39
16	John Hearney (37) Oakland	1:22:08
17	Patrick Wiegand (29) Danville	1:22:47
18	Jim Bisese (22) Berkeley	1:23:01
19	Fred Montanez (40) Oakland	1:23:21
20	Alfonso Esquivel (32)SanJose	1:25:01
	Overall Results - Women	
1	Sharlet Gilbert (33)Richmond	1:22:15

CU.	Allonso Esquivei (32)3anJose	1:20:01
	Overall Results - Women	
	Sharlet Gilbert (33)Richmond	1:22:15
2	Penny DeMoss (34) Oakland	1:31:05
3	Carol Stroud (41) Saratoga	1:31:36
10	Carol LaPlant (37) Berkeley	1:33:39
5	Hilary Naylor (38) Oakland	1:34:55
3	Janette Buchman (37) ElCerrito	1:35:47
	Pat Whittingslow(44)Oakland	1:37:14
3	Julia Drake (28) Davis	1:42:12
)		1:42:52
0	Joanna Snyder (24) Berkeley	1:44:12
	Division Results - Men	

Youth: 1. Michael Soldwisch 1:26:14, 2. Van Robbins 1:27:48, 3. Michael Drange 1:30:10. Open: 1. Paul Jacobs 1:13:28, 2. Brett Freshwaters 1:14:10, 3. Brian Waddington 1:21:37. Sub-Masters: 1. Steve Slawson 1:11:28, 2. Dwight Hendrix 1:15:27, 3. Stephen Freitas 1:16:36. Masters: 1. Fred Montanez 1:23:21, 2. Rick Kell 1:25:56, 3. Delma Jones 1:27:40. 50 & Over: 1. Ken Napier 1:26:08, 2. Dave Waco 1:32:55, 3. Gene White 1:33:37.

Division Results - Women Open: 1. Julia Drake 1:42:12, 2. Kris Martin 1:42:52, 3. Joanna Snyder 1:44:12. Sub-Master: 1. Sharlet Gilbert 1:22:15, 2. Pen-ny DeMoss 1:31:05, 3. Carol LaPlant 1:33:39. Masters: 1. Carol Stroud 1:31:36, 2. Pat Whittingslow 1:37:14, 3. Mobrand Robinson 1:49:51, 50 & Over: 1. Marty Maricle 1:46:18, 2. Eileen Klatsky 1:51:18, 3. Peggy Houston 1:54:34.

Bell Race

October 14. Merced. 15K & 3K.
Juan Molina, of Fresno, edged out
locals Greg McKinstry and Fred Villegas to win the Eighth Annual 15K Bell Race. Molina, McKinstry, and Villegas finished one-two-three overall and in the 18-29 age group, with forty-one year old Frank Ortega, also from Fresno, close behind. Ortega set a new record for the 40-49 runners, breaking Abe Underwood's old record of 53:03. Ortega ran the 9.3 mile course in 52:38. Curt Royer of Merced finished fifth overall and first in the 30-39 age group with an excellent time of 53:47. Other division winners include John Blan-chette of Fresno in the 0-17 age group (57:13), and Don Lundberg of Modesto in the 60-69 age group (67:25).

Reva Colliver of El Portal finished first in the women's competition, with an ex-cellent time of 64:44, thus winning not only first overall woman, but also first in the 40-49 age group. Other women division winners were Mariana Ragsdale in the 18-29 age group (72:40), and Anne Vaeth-Lizdas in the 30-39 age group (66:39).

In the 3K race, Allen Bradly of Merced finished first overall with a time of 9:29, followed by Scott Hogan (9:40). Both were competing in the 13-17 age group. Third place overall was awarded to Frank Russell, who won the 40-49 age division with a 10:56. Paul Lockwood was close behind with a 11:11, winning the 30-39 age group and fourth overall. Stacey Wainwright was not far behind with an 11:49, winning her age group and first woman overall in the race. Jane Johnson-Russell ran an excellent 12:02 to win the women's 30-39 division, Sharon Garcia was first in the 18-29 age group, Dawn Miller the 0-12 group (14:29), and Joyce Flowers captured the 40-49 division with a time of 15:25. Dawn Miller's brother Kelly, of El Portal won the boys' 0-12 age division with a great time of 13:36.

Division Results - Men's 15K 17 & Under: 1. John Blanchette 57:13, 2. David Garcez 58:23, 3. Robert Zunino 59:51, 18-29: 1, Juan Molina 48:21, 2, Greg McKinstry 50:10, 3, Fred Villegas 51:16, 30-39: 1, Curt Royer 53:47, 2, Richard Dalponte 54:44, 3, Louie Phillips 55:24, 40-49: 1, Frank Ortega 52:38, 2, Frank Ramos 61:12, 3, Dave Olsen 63:30, 60-69:

1. Don Lundberg 67:25.

Division Results - Women 18-29: 1. Mariana Ragsdale 72:40. 30-39: 1. Anne Vaeth-Lizdas 66:39, 2. Vicki Belton 72:45, 3. Donna Aldrich 77:38. 40-49: 1. Reva Colliver 64:44, 2. Muriel Olsen 68:16,

3. Pat Kaufman 80:26. Division Results - Men's 3K 12 & Under: 1. Kelly Miller 13:36, 13-17: 1. Allen Bradley 9:29. 30-39: 1. Paul Lockwood 11:11. 40-49: 1. Frank Russell 10:58.

Division Results - Women's 3K 12 & Under: 1. Dawn Miller 14:29. 13-17: 1. Stacey Wainwright 11:49, 18-29: 1. Sharon Garcia 13:23, 30-39: 1. Jane Johnson-Russell 12:02, 40-49: 1. Joyce Flowers

Nite Lite 10K

October 20. Fullerton.

The Nite Lite Southern California 10K Run held on October 20, was a unique night-time running event that attracted nearly 1,000 runners and raised over \$4000 which will benefit the Fullerton Community Services handicap programs.

Runners from as far as Norfolk, Virginia, Kent, Washington, Barstow, Fresno, Sacramento and San Diego par-ticipated in the race. The runners consumed 150 pizzas from Orange County Round Table Pizza, 50 cases of fresh Dole Pineapple, 300 gailons of Bastanchury Water, 75 cases of Hansen's soda, 25 pounds of Sunworld date bars, and an undetermined amount of Miller Lite beer at the post-race reception. Entertainment provided by Have Music Will Travel kept the runners dancing until 9:30 p.m. The fast flat course Illuminated by Caltrans reflecting cones, the large friendly crowds, and the post-race party were features that the runners said they enloved.

The Race Committee is already working on next year's run.

30:02

31:37

Overall Results - Men

Brian Harold

2 Marshall Varano

3	Ulysses Terriquez	31:59
4	Michael Durbin	32:03
5	Raul Aguero	32:50
8	James Dyer	33:12
7	Ghost	33:18
8	Ghost	33:24
9	Dan Portello	33:36
	Overall Results - Women	
1	Diane Goebel	38:13
2	Julie Doering	38:18
3	Lorri Oia	41:15
4	Patty Dunstan	41:25
5	Catherine Benedict	41:32
6	Jennifer Duckley	41:47
7	Marcia Rigney	41:58
8	Cheryl Weightman	41:58
9	Cynthia Storrer	42:16
10	Ann Sherry	42:18
002	Division Results - Men	000

14 & Under: 1. Eric Campos 40:34, 2. Arthur Morales 40:56, 3. Paul Shelton N.T. 15-17: 1. Eric Rigney 34:51, 2. Jason Nunez 38:05, 3. John Dinsinore 39:11. 18-24: 1. Brian Harold 30:02, 2. Marshall Verons 31:37, 3. Ulysses Terriquez 31:59. 25-29: 1. Michael Durkin 32:03, 2. Raul Aguero 32:50, 3. Bill Miller 33:51, 30-39:1. Not Available 33:39, 2. Al Siddons 33:40, 3. Dan Wilder 33:58. 40-49: 1. Ron Navarette 35:50, 2. Ralph Castro 35:58, 3. Ray Crawford 36:51, 50-59: 1. Paul Saucedo 38:39, 2. Leo Prado 39:07, 3. Andy Beall 39:37. 60 & Over: 1. Robert Beach 44:48, 2. Paul Sterner 46:10, 3. Jack Davison 59:52

Division Results - Women 14 & Under: 1. Mountiana Wymore 55:27. 15-17: 1. Marcia Rigney 41:58, 2. Christina Hulzer 50:45. 18-24: 1. Diane Gaebel 38:13, 2. Julie Dulfeoing 38:18, 3. Lorri Oja 41:15. 25-29: 1. Jennifer Duckley 41:47, 2. Cheryl Wightman 41:58, 3. Sharon Solomon 42:48. 30-38: 1. Patty Dunstan 41:25, 2.

Susana Turbitt 44:41, 3. Bette Glass 44:49. 40-49: 1. Janice Estrick 46:43, 2. Ann Kiernan 47:35, 3. Patti Kipcho 48:30, 50-59: 1. Elizabeth McClellan 53:10, 2. Mary Ellen Castro 55:18, 3. Ozzie Muduryan 55:26.

SLO Community Cross Country

October 20. San Luis Obispo.

	Civilan Heeding	
1	Frank Hutchinson (1 26-39)	18:20
2	John Root (2 26-39)	16:31
3	Brian Farrell (3 26-39)	16:33
4	Jim Hiserman	16:34
5	Eric Carmen (1 19-25)	16:51
6	John Henley (2 19-25)	16:53
7	Glynn Wood (1 40&O)	17:02
8	Pupich (3 19-25)	17:05
9	John Moronay	17:09
10	Bellamy	17:12
11	Ferby	17:21
12	Chuck Herrera	17:37
13	Ross Newby (1 18&U)	17:38
	Mike Hernandez	17:40
15	Jim Hurley	17:43
	Joni Johnson (1F 26-39)	17:48
	John Parry	17:51
	David Dagley	18:00
	Hallstrand	18:11
		18:19
	Eastwood	

Ed Jerome Memorial

from Ray Maynard

October 20. Quartz Hill. 1/2 Mara. & 5K.

The races started under typical fall conditions at Lane Park in the Antelope Valley's community of Quartz Hill: quiet cool, clear, and (as always) breezy.

in the Half Marathon, locals Tony Whitmore and Dave Borjon dueled for most of the race before Whitmore was able to pull away on an uphill stretch. Diane Lucas won the women's race, narrowly defeating Katherine Britcliffe. Other impressive performances were 56-year-old William Broyle's 1:36:11 and 63-year-old HDR Jim Talley's 1:41:30.

In the 5K, Barstow's Michael Roberts ran away and hid, winning by more than 30 seconds. 53-year-old Hall Winton took 9th overall in 19:00. Santa Clarita Runner Glenda Kimmerly won the women's race, defeating Marian Courtney. Perhaps the most inspirational runners took 50th and 51st place. 8 year old Ruth McCurdy finished in 30:42 and 67 year old Marjorie Zimmerman did 31:53.

Overall Results - Half Marathor

	Overall Legalits - Light Mat	amon
1	Tony Whitmore (28)	1:19:33
2	David Borjon (25)	1:21:14
3	David Lucas (21)	1:22:40
4	Howard Tidwell (25)	1:23:12
5	Pedro Ponce (38)	1:24:00
6	Alan Warren (31)	1:25:07
7	Freddie Perez (44)	1:26:16
B	Norton Compton (29)	1:26:43
9	Cordell Telford (26)	1:26:59
10	Brian Stansauk (32)	1:27:21
11	David Piolatto (29)	1:27:35
12	Dan Geisler (33)	1:27:41
13	Zoltan Goncze (32)	1:29:36
14	James Finley (32)	1:29:38
15	Gary Stansauk (34)	1:31:25
16	Mark Fischer (36)	1:31:51
17	Jim Munson (45)	1:32:17
18	Sig Aguirre (25)	1:33:00
19	Aian Forbes (28)	1:33:46
20	Dianne Lucas (40F)	1:33:53
21	Bill Lowry (47)	1:33:54
22	K. Britcliffe (29F)	1:34:18
23	John Swallow (43)	1:34:21
24	Gaylon Rodin (42)	1:35:11
25	William Broyles (56)	1:36:11
	Division Pagulle, Manie Ha	Id hanna

15-19: 1. F. Sakelarios 1:36:48, 2. Todd Kerzie 1:36:49. 20-29: 1. Tony Whitmore 1:19:33, 2. David Borjon 1:21:14, 3. David Lucas 1:22:40. 30-39: 1. Pedro Ponce 1:24:00, 2. Alan Warren 1:25:07, 3. Brian Stansauk 1:27:21. 40-49: 1. Freddie Perez 1:26:16, 2. Jim Munson 1:32:17, 3. Bill Lowry 1:33:54, 50-59: 1. William Broyles 1:36:11, 2. Preben Poulsen 1:37:30, 3. Dick Ramirez 1:42:30. 60-69: 1. Jim Talley 1:41:30.

Division Results - Women's Half Mara. 20-29: 1. K. Britciiffe 1:34:18. 30-39: 1. Liz Sundberg 1:45:46, 2. Sharon Diemert 1:56:06, 3. Cathy Kaspersiy 1:58:56. 40-49: 1. Dianne Lucas 1:33:53, 2. Karen Nestande 2:06:13, 3. Jean Sutton 2:45:39.

	Overall Results - 5K	
1	Michael Jones (23)	16:41
2	Robert Williams (36)	17:15
3	Paul Gallegos (20)	5:33
4	Ignacio Fonseca (19)	17:25
5	Jeff Parkhurst (24)	17:39
6	Greg Cortez (22)	17:53
7	B. Hammerstein (33)	18:30
8	Phillip Horn (31)	18:49
9	Hal Winton (53)	19:00
10	Charlie Horn (32)	19:12
	District Describe Manife PM	

14 & Under: 1. Quincy Belcher 25:09, 2. James Miller 33:14. 15-19: 1. Ignacio Fonseca 17:25. 20-29: 1. Michael Jones 16:41, 2. Paul Gailegos 17:16, 3. Jeff Parkhurst 17:39. 30-39: 1. Robert Williams 17:15, 2. B. Hammerstein 18:30, 3. Phillip Horn 18:49. 40-49: 1. R. VanderStucken 19:45, 2. Richard Cooper 21:11, 3. Clay Reynolds 21:51. 50-59: 1. Hal Winton 19:00, 2. Bob Decker 21:16, 3. Jim Harvey 26:11.

Division Results - Women's 5K 14 & Under: 1. Michelle Kerzie 27:53, 2. Ruth McCurdy 30:42, 15-19; 1. Lori Andolsek 28:23, 20-29: 1. Clara Cates 25:18, 2. Aida Olson 25:29, 3. Laurie McCurdy 25:50, 30-39: 1. Glenda Kimmeriy 23:33, 2. Marian Courtney 24:07, 3. Julie Andolsek 24:13, 40-49: 1. Marge Chipman 25:21, 2. Patrique Ellery 32:25, 3. Alice Ramire 32:55, 60-69: 1. Marj Zimmerman 31:53.

Pro Comfort 10K

from Richard Lee Slotkin

October 20. Dana Point.

It's a good thing they held this race in the out-of-the-way neighborhood of Dana Point. That way, there were very few witnesses to the massacre. Baby-faced Pat Porter, so skinny that he has to run around in the shower to get wet, doesn't look as though he could go around doing damage to anyone. Yet he went out and brutalized a really strong gang of roadles before finally finishing them off as easily as a reaper going through a wheat field.

"I didn't intend to go wire to wire ...," he said, afterward, with a straight face, yet. "I'll just hold back and see what happens," was what he claimed his plan was. Don't tell that to Jon Sinclair. "That's a lot of bull ... he tried to break the field early ... It was obvious ... he wasn't allowing anyone to run beside him," said Sinclair, adding, "A couple of times I went up with him and he just took off ..."

Well, who are you going to belleve? Porter did admit that he started to press after about a mile and a quarter, "... which seems normal to me." But it was obvious not only to Sinclair, Alan Scharsu, Sosthenes Bitok, Dave Gordon and a bunch of other speedsters, but even to observers in the press truck that Porter wanted this one and wasn't about to let anyone go with him. Part of the reason the field was so loaded for a small race in an isolated locale was that it was the last chance to qualify for the prize money finals in Hawaii two weeks later. Top three men and women would make the cut, and after a 4:25 mile, the question was only, "Who are the other two going to be?"

At the mile, Porter had but a step lead, with Sinclair just behind, followed by Bitok, Tom Smith, and Gordon. Todd Harbour, one of the pre-race favorites was following his usual habit of taking off well to the rear, so there was no telling what he would wind up doing; not at the mile mark, at least.

Bitok was hanging in so far, but he had a problem; his racing flats hadn't arrived and he was running in training shoes. Big, heavy training shoes. "Looks like he's wearing Army boots," someone noted.

heavy training shoes. "Looks like he's wearing Army boots," someone noted. Anyway, just a minute and a half past the mile, heading up a grade, Porter began to move away. At first it was just 5 yards, Sinclair still holding second, and the bigfooted Bitok hanging onto fourth. There were still as many as ten runners in the pack behind Porter.

Through 2 miles in 9:10 and the lead was 20 yards, Sinclair still in second trying to hold off his challengers. Then, 3 miles in 13:49 and there was no more race for first. Porter had annihilated the gang, just bludgeoned them into acknowledgement of his mastery. His lead was now over 50 yards... It would get even bigger... and somewhere back there a frustrated Sinclair was still leading the best of the rest. "I'm two weeks away from being in great shape," he said afterwards. "We didn't let him get away. He just went and we couldn't go any faster than we did," Sinclair insisted.

Well, that's the way it went. Porter went on to a lead that stretched out to at least 100 yards before he eased up. At that point there was less than a half mile to go and it was up a steep hill. There was a lot of action going on behind Porter, but most of it was spent in shifting of places rather than moving up on Porter. Oh, there was some progress as the boys began their big kick in the last quarter mile to try to grab one of the two remaining qualifying places, but Porter had already proven his point. If anyone was



From lett: Tim Variey (36), Ronnie Carroli (17), Bill Donakowski (100), Sosthenes Bitok (9), Pat Porter (2) and Alan Scharsu (21) near the 1st mile.

striking at him, the blows were too weak for him to notice.

Just past the 5K point, while the rest of the field was still in sight. Todd Harbour's coach, Joe Douglas, riding in the press truck, commented that if the pack didn't break Harbour who had worked his way up to front of the pack behind Porter, at that point, it was all over and Harbour would take second. About a minute later, Harbour was still there and Douglas gleefully shouted, "They didn't break him! He'll take second!"

Do you know what? Harbour took second. Coming up that final hill, he asserted himself and locked onto second place. Sinclair, who had had that spot staked out since the start of the race had to really push the last quarter mile to hold off Dave Gordon and claim that last ticket to Hawaii.

Final damage: Porter first in 29:05. Not super, but good enough on a sneaky tough course. Harbour second in 29:15, and all smiles thinking ahead to Hula dancing and luaus, and Sinclair third in 29:21, just one second ahead of Gordon. Tough luck for Gordon. First the Olympic Marathon, which he should have gone to but didn't, and now Hawall, which he almost got, but didn't.

Believe it or not, there was a women's race going on out there, too. Like the men's, it was also loaded, and for the same reason; last chance to go to Hawaii, all expenses paid. Betty Springs was

there, as was Olympian Julie Isphording, who insisted she was no longer injured. Turned out she wasn't. Monica Joyce, also an Olympian fromn Ireland, Mary Knisely, England's Priscilla Welch and Rene Odom filled out the rest, plus a couple of pretty good locals. You had to figure on Springs taking this one, with Joyce a possible. Joyce knew the only chance she had was to get out early, take it to Springs and try to hang on. Good thinking, gutty thinking, but...

Well, Joyce did get the early lead, and it took Springs close to 2 miles to get it. back. Then, surprisingly, especially to Springs, Joyce went back at her. Most women, said Springs, don't come back once they've been passed. Joyce did, though, so Springs, who wanted to run only well enough to win, had to go back to work. By 2½ miles, she had gotten the lead again, this time for good. By 22 minutes, she was about 100 yards ahead of Joyce. A little ways back, the over 40 Priscilla Welch was in 3rd, a step ahead of Texan Mary Knisely, Keep your eye on Knisely; she's got some good running in her, as she'll show today.

With Springs sort of pulling a Pat Porter, the question now was who will the other two women be? Probably, well, not probably, most likely, Joyce, and then either Welch, if she can hold on, or Knisely. At 4½ miles, Knisely started her move,

continued on next page...



From left: Olympian Julie Ipshording, Irish Olympian Monica Joyce, Betty Springs Knisely.

Results

shaking Welch and assuring herself a seat at the Luau. At that point she could see Joyce ahead, which was the first she knew that Joyce was even up there. First time she had seen her since the gun went off. Coming up the hill, near the finish, she caught Joyce. Fully confident of her hill climbing capability, Knisely knew that that was where she had to do it, and that was where she did it. Joyce faded somewhat then, losing a whopping 11 seconds in that final quarter mile to Knisely. But she did have 3rd locked up, so she had no need to punish herself any more. Springs was first in 33:06, also a very good time for that course. Knisely, who was 5th in the Bonne Bell Nationals In Boston with a PR 33:01, wasn't that far off here, finishing in 33:15, remember that this was not a PR course. Joyce was 3rd in 33:26, isphording did convince the sceptics that she has recovered from her injury with a 5th place time of 34:23. Not the best of shape yet,

but certainly ready to run.

One interesting thing about this race was that it appeared to be almost an invitational. Because of the remoteness of the course. Dana Point is just acuth of Laguna Beach, about midway between Los Angeles and San Diego, and in a lightly settled area. There wasn't a big crowd of community runners. There were maybe 300 or so starters and with over 45 of them in the invited class, plus, as mentioned earlier, some pretty good locals, and a few pretty good local masters runners, it looked like the whole field was invited. In any case, it sure made the score-keeping easy.

Now, It's on to Hawaii. Alohal Overall Results - Men

1	Pat Porter	29:05
2	Todd Harbour	29:15
3	Jon Sinclair	29:21
4 5	Dave Gordon	29:22
5	Allan Scharsu	29:27
6	Armando Sigueiros	29:39
7	Dan Aldridge	29:44
8	David Taylor	29:50
9	Ronnie carroll	29:57
10	Sosthenes Bitok	29:57
11	Gary Gregory	29:58
12	Ron Roberts	30:03
13	Steve Bishop	30:07
	Rod Barry	30:14
15	Kevin McCarey	30:16
18	Bill Donakowski	30:18
	Overall Results - Women	
1	Betty Springs	33:06
2	Mary Kinsley	33:15
3	Monica Joyce	33:26
4	Priscilla Welch	33:48
5	Julie isphording	34:23
8	Rene Odom	35:01
7	Jerry Fitch	35:09
8	Susan Berenda	35:16
8	Liz Baker	35:59
10	Shella Raiston	38:11

Division Results - Men
14 & Under: 1. Travis Kenney 43:41, 15-19:
1. Eric Reynolds 32:11, 2. Adam Devito
32:53, 3. Mark Banosma 53:17, 20-29: 1.
Jon Butler 30:20, 2. Chuck Degarmo 30:46,
3. Jim Nager 31:30, 30-39: 1. Randy
Kilpatrick 33:46, 2. Keith Strodi 34:18, 3.
Marfo Chavarria 35:22, 40-49: 1. Michael
Eck 34:18, 2. John Rawlings 36:22, 3.
Ronald Pattinson 36:40, 50-54: 1. Sam
Mayo 39:23, 2. Dennis Bracher 40:44, 3.
Julius Schnell 40:48, 55 & Over: 1. Patrick
Devine 36:44, 2. Wally Evertz 37:10, 3.
Casey Poole 44:21.

Division Results - Women 15-19: 1. Dawn Hamlett 55:29. 20-29: 1. Llas Gonzales 36:52, 2. Helen Lopez 36:00, 3. Terric Lafferty-Romley 48:10. 30-39: 1. Claudia Morales 39:48, 2. Linda Currington 45:20, 3. Tonya Prescott 48:06. 40-49: Harolene McLean 40:53, 2. Judy

44:56, 3. Nancy McIntyre 47:20. 1. Irene Bracher 55:59, 2. Anne on 56:38, 3. Dee Roberts 68:34.

Baja Triathlon

	toper zo. Ensenada.	
11	Ville Swim, 24 Mile Bicycle, 6 M	ile Rur
	Overall Results - Men	
1	Bill Strachan (19&U)SanDiego	2:16:4
2	Kevin Barda(19&U)Hesperia	2:18:5
3	Rob Bistodeau(20-29)ElCajon	2:02:2
4	Greg Moore(20-29)SanDiego	2:10:1
5	Bob Ward(20-29)Los Altos	2:10:4
6	Rick Kozlowski(30-39)SanDie	2:05:1:
7	Mike Nelson(30-39)Fallbrook	2:17:0
8	Kenneth Peterson(30-39)SanDi	2:21:0
9	Hans Dieben(40-49)Netherld	2:12:1
10	Neville Clarke(40-49)S.D.	2:22:0
11	Rafael Estopinian(50&O)Cirmt	3:38:13
	Overall Results - Women	
1	Kathy Wright(19&U)Vista	2:41:2

10	Neville Clarke(40-49)S.D.	2:22:00
11	Rafael Estopinian(50&O)Cirmt	3:38:13
	Overall Results - Women	
1	Kathy Wright(19&U)Vista	2:41:21
2	Kristi Kidwell(20-29)SantaAna	2:33:46
3	Leigh Pederson(20-29)LaJolla	2:35:15
4	Gretchen Bohan(20-29)S.D.	2:41:58
5	Tamsin Kelly(30-39)LaJolla	2:41:36
6	Stephanie Curran(30-39)Coron	3:01:18
7	Carol Elterman(40&O)DanaPnt	3:09:30

Milpitas Fun Run

0	ctober 20. Milpitas. 3.8 Miles.	
	Overall Results	
1	Fred Huxham (21-30)	22:48
2	Manuel Franco (31-39)	23:09
3	David Hudson (31-39)	23:40
4	Richard Gaudinier (31-39)	23:59
5	Rodger Horn (31-39)	26:30
8	Dan Scotti (40-49)	28:45
7	Javier Avila, Sr. (31-39)	27:58
8	Tom LaCourse (31-39)	29:07

Silverado Days

October 20. Buena Park. 5K & 10K.

Howard Brining (40-49)

10 Ken Harris (31-39)

	Overall Winners - Me	n's 5K
1	Fred Loakes	16:46.9
2	Brad Sherrich	17:26.3
3	Don Hufstader	17:27.2
	Overall Winners - Won	nen's 5K
1	Katle Jarksen	17:28.9
2	Gabriella Diaz	18:06.9
3	Margaret Walden	18:12.1
	Division Results - Me	n's 10K

14 & Under: 1. Mark Gonzales 49:07, 15-18:
1. Erik Reed 32:30, 2. Troy Nelson 34:13, 3. Michael Gonzales 38:58, 19-29: 1. Art Cendejas 30:44, 2. Jeff Nettner 30:51, 3. Bernie Brizuela 33:56, 30-39: 1. Jack McQuewn 33:56, 2. Gary Feltz 35:10, 3. Al Davis 35:32, 40-49: 1. Thomas Smith 37:34, 2. Tony Duran 37:49, 3. Paco Lopez 38:14. 50-58: 1. Bob Landry 38:38, 2. Aurelio Camacho 38:43, 3. Jesus Rangel 41:41, 80 & Over: 1. Larry Banuelos 38:53, 2. Glenn Ward 48:26, 3. Curtis Frame 47:14. Wheelchair: 1. Ray Stewart N.T.

Division Results - Women's 10K 15-18: 1. Liane Kivela 39:20, 2. Jessica Tisdale 39:29, 3. Lea MacFarlane 44:56. 19-29: 1. Cynthia Nagle 36:14, 2. Laura Miller 41:31, 3. Maureen Eubanks 50:34, 30-39: 1. Cheryl Allen 40:32, 2. Schery Braunbordt 45:24, 3. Marcia Chaney 45:58. 40-49: 1. Cecily Parks 42:14, 2. Chris Treranthen 46:46, 3. Janet Soule 54:18.

Pamakids Lake Merced Run

from John Medinger

October 20. San Francisco. 8.5 'Alies,

In August, the Pamakids conducted the San Francisco Marathon and showed that they can put on a world-class marathon. In October, they got back to their roots, with the 15th annual Pamakids Lake Merced Run, the original race conducted by the club. As big and fancy and star-studded as the San Francisco Marathon has become, the Lake Merced Run has retained a style similar to its original running in 1969 – fun, low-

key, relaxed. This year, race director Bill Dake added a preliminary race, with a one mile run for kids. Forty-one youngsters participated, from 16-year-old Greg McCarthy's 5:13, to two-year olds Laura Ubilios and Jenny Thomason.

In the main event, Rick Baldocci open-

In the main event, Rick Baldoccl opened an early 100-yard lead and held off a
finishing rush by Charles Thompson to
win in 44:35. Jane Sowersby won her second race in two weeks, beating Greater
San Francisco Track Club teammate Bonnie Knipper by just over a minute. To
honor long-time Pamakid Ivor Welch, the
race had a men's 89-and-over division,
and sure enough ivor rolled around in 2:13
to remain undefeated in his age group.

Results

Results	
1 Rick Baldocci (1 20-29)	44:35
2 Charles Thompson (130 3 Peter Freeman (230-39)	
	46:14
4 Tom Robinson (3 30-39)	46:57
5 Roberto Mendez	47:07
6 Daryl Zapata	47:47
7 Bud Napolio (2 20-29)	48:09
8 Tom Bennett	49:22
9 Robert Darling	49:30
10 James Batz	49:57
11 Gary Kenslo	50:59
12 Daniel Rosenthal (3 20-2)	9) 51:15
13 Byran Holmes (1 50-59)	51:27
14 Armen Khachadourian	52:04
15 Jack Winter	52:22
20 Joseph Collins (1 40-49)	53:40
21 Jane Sowersby (1F 30-39) 53:42
25 Bonnie Knipper (1F 20-29	54:58
27 Amie Sowell (2 40-49)	55:17
28 Al Kirkman (2 50-59)	55:22
29 John Gregson (3 50-59)	55:28
38 Melissa Bloom (2F 20-29)	
39 Richard Backus (3 40-49)	
43 Angela Galaviz (3F 20-29)	57:16
54 Fay Tong (2F 30-39)	59:15
69 Theron Skyles (1 19&U)	1:01:11
71 Jason Ysip (2 19&U)	1:01:32
78 Mary Magee (1F 40-49)	1:02:26
95 Ruth Anderson (1F 50-59)	1:04:56
96 Dale Daly (3F 30-39)	1:04:59
98 Warrener Pait (1 60-69)	1:05:12
106Bill Wallace (2 60-69)	1:06:01
107David Black (3 19&U)	1:06:08
116Margaret Curtis (2F 40-49	1:07:14
126Lisa Ross (3F 40-49)	1:08:58
134Carl Webber (3 60-69)	1:10:18
141Don Iwahashi (1 70-88)	1:10:45
172Vivian Rodriguez (2F 50-5	
179Llese Rapozo (3F 50-59)	1:21:43
192Annabel Marsh (1F 60&O)	
199Ivor Welch (1 89&O)	2:13:00

Far Western 50

from Tom Oglesby

October 21. Redding. 50 Miles.
For the second year in a row, favorable

running conditions greeted the 21 starters in this years Far Western 50. Stu Smith took advantage of the early morning chill, (41 degrees at the start), and locked in on a quick pace that brought him through 25 miles in 2:52. At 38 miles, Gerald Hoopes running in second place, was 30 minutes behind Smith and in danger of being lapped on the 3.94 mile loop course. As often is the case, Smith had a price to pay for his early speed and was barely able to hobble the circuit between 38 and 42 miles. Hoopes had wiped away the 30 minute margin and when Smith failed to go back out on the course for the remaining two laps, he took the lead. The race now became a battle for second place. Chris Hart came through 46 miles in second place with Rene Casteran and Victor Harris in close pursult. Harris, 27, the youngest in the field closed strongly as he passed and then pulled away from Hart and Casteran. Hart bettered last years women's time by nearly two hours. Janet Cassidy, running in her first 50 miler, finished second among the women and seventh overall. Tom Vasquez, lead the group of seven first time 50 milers with a fifth place finish. The flat course and cool weather helped Victor Harris, Warren Hellman, Jerry Guse, and Chris Oglesby set personal bests for 50

	Results	
1	Gerald Hoopes (43) Arcata	6:48:15
2	Victor Harris (27) GrantsPass	7:11:23
3	Chris Hart (32) GrantsPass	7:15:04
4	Rene Casteran (36) Grants Pass	7:17:11
5	Tom Vasquez (31) Anderson	7:20:57
6	Harrison Smith (58) Redding	7:22:08
7	Janet Cassidy (33F) SantaRosa	7:29:56
8	Norman Klein (46)CitrusHgts	7:33:48
9	Warren Hellman (50) S.F.	7:44:07
10	Jerry Guse (44) Yreka	7:44:51
11	James Huff (37) Livermore	7:46:55
12	Ron Dunlap (45) Redding	8:20:26
13	Jim Clover (42) Healdaburg	8:45:43
14	William Yawn (38) Reno	8:46:10
15	Chris Oglesby (36) Redding	9:13:51
16	Donald Wilken (34) Reno	9:21:48
17		1:17:26
18	Bill Ridolfi (47) SantaRosa 1	2:23:05

Angora Ridge Run

October 21. So.Lake Tahos. 6.2 Mi.

0.000	Overall Results	
1	Gary Ceragioli	38:55
2	Don Dutil	39:57
3 4	Craig Watkins	40:08
4	Austin Angell (42)	41:11
5	Kurt Pastory	41:33
6	Frank Perry (43)	42:55
7	Larry Durst	43:21
8	Dave Hall	44:06
9	Fred Roberts (45)	44:26
10	Ron Harpin	44:57
11	Ken Granberry	45:49
12	Mike Lurkins	45:54
13	Nancy Geismar (F)	46:20
14	Ken Kelsch	46:32
15	Kathy Ceragioli (F)	48:58
16	Ken Ostroue	49:36
17	Mandy Roberts (F)	49:43
18	Norm Shaskey	50:38
19	Cathle Becker (F)	51:09
20	Sally Hogle (F)	52:26
21	Carole Beller (F)	52:52
22	Craig Smith	52:53
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Hayward Half Marathon

October 21. Hayward.			
-	Overall Results		
1	Jeff Shaver (24)SanJose	1:08:15	
2	Paul French (26) Mt. View	1:09:06	
3	Dave Chairez (25) FairOaks	1:10:27	
4	Robert Herndon (23) SanJose	1:11:21	
5	Ken Grace (27)SanLeandro	1:11:27	
6	Rudy Mondragon (41) Hayward	1:11:44	
7	Joe Schleffer (33) Oakland	1:12:18	
8	Dale Richard (23) San Jose	1:12:44	
9	Arturo Ramirez (32) SanLoren	1:13:22	
10	Steven Lewis (19) Livermore	1:13:44	
11	Mike Gama (25) Hayward	1:14:18	
12	Barry Starkey (25) Hayward	1:14:31	
13	Mike Tymn (47) Kallua	1:14:36	
14	Julios Ratti (34) Oakland	1:14:50	
15	Ernie Morua (23) Fremont	1:15:01	
16	Guillermo Barron(32)Oakland	1:15:11	
17	Michael Plummer (28) Newark	1:15:18	
18	Dennis Urtlaga (35) UnionCt	1:15:30	
19	Scotty De Ryk (19) SanLor	1:15:35	
20	Joe Cavanaugh (41) Lafaye	1:15:42	
21	Doug Butt (39) Fairfield	1:16:01	
22	Chris Nunez (32)SantaClara	1:16:11	
23	Gene Souza (26) SanLor	1:16:28	
24	Jim Minami (40) Hayward	1:18:41	
25	Rick Riordan (24) SanJose	1:16:50	
26	Jim West (24) Hayward	1:16:56	
27	David Faria (28) SanLor	1:17:07	
28	Gary Nichols (28) FosterC	1:17:09	
29	Richard Batty (32) Cupertino	1:17:25	
30	John Robles (18) Fremont	1:17:33	
31	Michael Schweska (33) Berk	1:17:48	
32	David Barry (38) SantaClara	1:17:56	
33	Noah Rolling (35) Oakland	1:18:07	
34	Jon Tannehill (24) SanLen	1:18:11	
35	Danny Moon (37) LosGatos	1:18:11	
36	Terry Buller (34) Oakland	1:18:31	
37	Humberto Gutlertrez(28)Oakl	1:18:35	
38	Alphonso Jackson (36) Oakl	1:18:37	
39	Robert Crum (30) SanMateo	1:18:48	
40	Fred Montanez (40) Oakland	1:18:50	
41	James Ryan (20) SanLor	1:19:24	
42	Gilbert Garcia (36) UnionC	1:19:38	

43 Michael Scholz (40) Hayward 44 Ian Mathews (33) PaloAlto

PR's

From RICHARD LEE SLOTKIN



Bess James Age 75 15K A.R.

PR of the month: We have three. Maria Perkins, at age 37, ran her first marathon, in the rain and wind of Chicago. Her time of 3:23:47 comes out to an average mile of 7:45, definitely not a jog. In fact, it's a darn good debut marathon for that age group. Good enough for PR of the month.

Another 3rd of the award goes to Adele Davis. Three months ago she was a 9 minute per mile jogger and had been stuck there for a couple of years. Suddenly things started to click and on October 28th she ran a 43:48 10K, not only dropping her PR by 6½ minutes... or 4½ minutes if you count a 48:07 at the 10K of a recent half marathon... but getting tantalizingly close to a 7 minute a mile average. And that is also definitely not a jog.

And finally, we come to the red hot Shirley Matson. Shirley's been on a roll lately,

And finally, we come to the red hot Shirley Matson. Shirley's been on a roll lately, but we have to mention her two American Records set in the Avon Half Marathon in New York. Her time of 79:53 set the standard for both age 43 and the whole 40-44 age group.

Maria, Adele and Shirley . . . congratulations and well done!

Cindy Bleber, San Francisco Marathon	4:11:03
Don Bieber, San Francisco Marathon	3:40:1
Don Bradley (SDTC) Salute to Navy 5 Mile	34:36
Audrey Burns (SDTC) Moving Comfort 8K	31:21
Audrey Burns (SDTC) Chuck's Triathlon	1:51:38
Audrey Burns (SDTC) Del Mar Days Triathion	2:10:07
Cheryl Cleslik (HDR) Tehachpi Summer Series 5K, 1st F	22:06
Clint Cleslik (HDR) Tehachapi Summer Series 5K	21:24
Craig Cleslik (HDR) Tehachapi Summer Series	18:18
Kevin Cousineau (HDR) Tehachapi Summer Series 5K	17:28
Kevin Cousineau (HDR) Valley of Flowers Half-Marathon	1:25:33
Gien Crabtree (HDR) Tehachapi Summer Series 5K	17:48
Adele Davis (BB) Festival of Lights 10K	43:48
Alan Dehlinger (HDR) Oakland 10K, 4th O/A	30:17
Gary Dehlinger (HDR) Newhall Firecracker 10K, 1st AgeGrp	35:33
Lucretia Escalzo (PFF) San Francisco Marathon	3:19:00
Dan Gelsler (HDR) Tehachapi Summer Series 10K, 2nd O/A	36:06
David Glass (SFVTC) Festival of Lights 10K	45:08
Johnny Gray (SMTC) Sacramento Summer Games 600m AR,WR	1:14:16
Gary Gregory (SMTC) Joe Douglas/SMTC Twilight Classic, 1500m, 1st	3:48.9
Gary Gregory (SMTC) Harry Jerome Inv., Burnaby, B.C. Steeplechase	8:35.27
David Greifinger (SMTC) Joe Douglas/SMTC Twilight Classic, 1500m	4:04.7
Fred Grewen (PFF) P.V. Marathon	3:11:00
Mark Handelsman (SMTC) XXIII Olympiad, L.A., 1500m, 1st rnd	3:45:05
Ron Hardesty (PFF) P.V. Marathon	
Ron Hardesty (PFF) San Francisco Marathon	2:54:00
	2:48:25
Bess James, Run Against Crime 15K, Age 75 A.R.	1:40:16
Jenny Johnson, San Francisco Marathon	3:40:13
Kiki Laborteaux (SMTC) Venice H.S. All-Comers, 880y	2:21.0
Steve Mangum (HDR) El Camino HS 10K, 1st 30-39	37:59
Steve Mangum (HDR) Hermosa Beach Dads 10K	37:45
Steve Mangum (HDR) Griffith Park 10K	37:44
Steve Mangum (HDR) Santa Monica Half-Marathon	1:26:36
Shirley Matson (SDTC) Avon Half-Marathon (NY) Age 43 AR,40-44 AR	79:53
Jay McCafferty (PFF) P.V. Marathon	3:12:00
Carlos Moya (PFF) Manhattan Beach 5K, 1st A.G.	15:42
Dennis Ogren (PFF) Grandma's Marathon	2:53:21
Warren Osborne (SDTC) Distance Classic 15K	59:43
Maria Perkins, America's Marathon (Chicago)	*3:23:47
Gary Peterson (SDTC) Balboa Park 8 Mile X-C	57:20
Gladess Prieur (SMTC) Mt. SAC Summer Games, 800m	2:11.0
Brandy Sachs (SDTC) VIIIa View 10K	50:52
Cindy Scott (HDR) AFC Half-Marathon	1:36:39
Dennis Smith (HDR) Tehachapi Summer Series 10K	38:48
Jerry Stowe (SDTC) Balboa Park 8m X-C	51:24
Sherri Stowe (SDTC) Balboa Park 8m X-C	59:13
John Terrell (SDTC) AFC Half-Marathon	91:10
John Terrell (SDTC) Ocean Beach 10K	40:03
Jeff West (SMTC) Talbot Games, London 1000m	2:20:33
Jeff West (SMTC) Edinburgh Games, Scotland 1000m	2:19:49
Randy Wilcox (GTE Roadrunners) Beliflower 10K	36:48
Anne Wold (PFF) AFC Half-Marathon	1:58:36
Charles Woolsey (SDTC) St. George Marathon (Utah)	3:09:40
Ruth Wysocki (Brooks) Int'l. T&F Meet of Paris,800m,6th A/T U.S.A.	1:58:65
Ruth Wysocki (Brooks) Int'l Meet, Crystal Palace, London, Mile 2 A/T USA	4:21.78
Ingrid Zamtirescu (PFF) AFC Half-Marathon	2:01:00
Leon Zamfirescu (PFF) AFC Half-Marathon	*2:00:00
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* - 1st time at distance

SPRINTS

Kirk Baptiste (SMTC) XXIII Olympiad, L.A., 200m finals, 2nd CR	19.96
Kirk Baptiste (SMTC) Nike Classic, London, 300m, 1st, AR, WR	31.70
Kirk Baptiste (SMTC) IVO Van Damme Memorial Meet, Brussels, 100m	10.21
Kirk Baptiste (SMTC) Int'l Sportsfest, Cologne, 100m, 1st	10.18
Kirk Baptiste (SMTC) Golden Gala, Rome, 100m, 1st	10.16
Carl Lewis (SMTC) Nike Classic, London, 300m	32.18

45	Robert Tyson (39) Oakland	1:20:01
46	Steve Tietz (28) SanJose	1:20:02
47	Larry Pegis (22) CastroVly	1:20:02
	Bruce Satterlund(25)SanJose	1:20:03
49	Kevin Mayer (31) PaloAlto	1:20:16
	Thomas Woo (25) Oakland	1:20:21

Freshwater to Bridgeville

October 27. Arcata. 41 Miles. Overall Results

Veal, Veal, Livingston, Presson 4:05:00,
 Ely, Labrie, Williams, Jackson 4:05:05,
 Haynes, Eagan, Murdock, Siebert 4:31:32, 4. Moore, Skillwoman, Angel, Bivin 4:55:12, 5. Zinselmeir, Norris 5:09:37,
 Schapiro, Kerstetter 5:14:48. 7. Ward, Bowen, Noll, Cooper 5:35:02. 8. Lewis Glacolini 5:37:15. 9. Head, Sohrakoff, Strobridge 5:56:09.

Mountain Goat Marathon

October 27. Mariposa.

California Highway Patrolman Bruce Mauldin, whose claim to fame was that "he had never let a suspect escape on foot," showed the reason why in Saturday's Mountain Goat Marathon. The 37-year-old Auburn native dogged the heels of defending champion Walt Radloff of San Jose for 18 miles and then sprinted into the lead. From then on it was all Mauldin as he never looked back and finished in 3 hours, 6 minutes and 51 seconds for a new course record over the rugged 28.2 mile mountain course.

Radioff, who held on for second, was also under his old record of 3:13:02 as he flinished in 3:12:34. Merced Track Club's Curt Royer, winner of the 1982 race, was 3rd in 3:22:40.

Jan Levet of Camino, the 1983 runnerup was the first woman finisher in 3:52:26. Levet was more than 33 minutes under the old distaff standard of 4:25:31. Carol LaPlant of Berekley was second in 4:07:18 with Valerie Doyle, also of Berkeley, 3rd at 4:24:45. Doyle's time was a new masters record for women.

Tom Wright of Placerville established a new 40+ record of 3:23:55 while Chris Delgado of Sacramento set a new 50 and over standard of 3:32:05. 65-year-old Bob Manly of Coulterville broke his own 60 + record, finishing in 4:55:59.

Overall Besults

Sympton regulate	THE RESERVE AND ADDRESS OF THE PARTY OF THE
Bruce Mauldin	3:06:51
Walt Radloff	3:12:34
Curt Royer	3:22:40
Tom Wright	3:23:55
Mark Rowney	3:28:57
Rich DalPonte	3:31:18
Chris Delgado	3:32:05
Marshall Ricker	3:37:54
Steven Velt	3:46:27
Michael Rench	3:48:47
Bruce Madewell	3:49:40
Jan Levet	3:52:26
Dennis Yamnitsky	3:57:08
Carol LaPlant	4:07:18
Rich Peterson	4:08:54
Dave Givens	4:09:37
Don Ross	4:13:54
Gene White	4:17:27
Ernie Baker	4:20:27
Tom Bryan	4:24:35
all bearing management.	
	Wait Radloff Curt Royer Tom Wright Mark Rowney Rich DalPonte Chris Delgado Marshall Ricker Steven Veit Michael Rench Bruce Madewell Jan Levet Dennis Yamnitsky Carol LaPlant

Young Life's Fall Back 10K

from Bob Scudder

October 27. Sarstoga. Men's Winner: 1. Tom Slater 37:00. Women's Winner: 1. Susie Hansen 39:29.

Care Run III

October 27. Walnut Creek. 8K & 2 Mile. Division Results - Men's 8K

10 & Under: 1. Jerome Daniels 31:32, 2. Matt Glynn 44:23, 3. David Reuser 44:36, 11:13: 1. Dan Palmer 34:13, 2. Danny Goldstone 37:11, 3. Mark Daniels 37:55. 14:17: 1. Blake Stromberg 30:59, 2. Brett Greene 31:03, 3. Ernle Tong 31:03, 18:21: 1. Bryan Mayberry 25:26, 2. John Foley 25:49, 3. Steven Lewis 26:48, 22:29: 1. Tim Ball 24:38, 2. Chris Walsh 26:03, 3. Matt Dowling 26:21. 30-39: 1. Ernle Revas 25:55, 2. Rob McGuire, Jr. 28:21, 3. Jim McKinnon 28:53. 40-49: 1. David Weamer 28:03, 2. Frank Anderson 29:11, 3. John Hales

continued on next page...

Club Abbreviations

Adi - Adidas Regional Team
AW - Athletics West
BAS - Bay Area Striders
BB - Basin Blues
BHS - Berkeley H.S.
BOLT - Lightning Bolt T.C.
C.C. - California Condors
CCF - Capital City Fiyers
CHART - Team Chart House
CH - Club Hack
Conv.Ag - Converse Aggles
GBR - Golden Bay RunnersGH - Grenada Hills I
HA - Hughes Aircraft R.C.
HACK - Club Hack
HARC - Hughes Aircraft Running Club
HDR - High Desert Runners
LAS - Los Angeles Saints T.C.
Master Striders - So. Calif. (Master) Striders
MERC - Merced Track ClubMTC - Merced Track
NHTC - New Horizon T.C.

PCC - Pacific Coast Club
PFF - Point Fermin Flyers
RR - Ratti Runners
SCR - Santa Clarita Runners
SCRR - Southern California Road Run
SDTC - San Diego T.C.
SMTC - Santa Monica T.C.
SRT - Saucony Racing Team
SSP - Sierra Slowpokes
SSTC - Stars and Stripes Track Club
STCRK - Stevens Creek Stryders
TPC - Team Pacific Coast
UCB - Univ. Calif-Berkeley
USN - U.S. Navy
VPHS - Villa Park H.S.

P&E - Puma & Energizer T.C.

WRAC - Westside Road Runners A.C. WVTC - West Valley Track Club

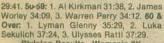
WAC - Wilt's A.C.

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lang, Culver City, CA 90230.

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Event		- AL AL			
Name	-		10 Table 10		100

☐ Check If first time.

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Division Results · Women's 8K 10 & Under 1. Alison Bacon 40:15, 2. Dian-na Clark 40:31. 11-13: 1. Erica DeRuyte 41:10, 2. Beth Harrison 44:31, 3. Debra Elddes 44:54, 14-17; 1. Donna Osmundson 34:26, 2. Courtney Clark 36:31, 3. Marci Smith 39:31, 18-21; 1. Carrie Leven 41:41, 1. Kathy Thompson 33:12, 2 Chenger Mehmedbasich 34:58, 3, Theresa Daniels 38:19, 30-39: 1. Sharlet Gilbert 28:36, 2. Linda Wimmer 33:25, 3. Pamela Cogswell 34:01, 40-49: 1, Barbara Shubert 31:43, 2. Joan Colman 35:51, 3. Lucy Di-Bianca 37:03. 50:59; 1. Ruth Anderson 34:47, 2. Ruth Leviten 51:18. 60 & Over: 1 Mary Lentz 46;38.

Division Results - Men's 2 Mile 10 & Under: 1. Jerome Daniels 12:48, 2. Timothy Lane 14:39, 3. Jonathan Chin 14:44, 11-13: 1. Paul Lagau 14:44, 2. Mike Schroer 14:55, 3. Scott Jones 15:10. 14-17: 1: Robert Latting 10:21, 2: Robert Punzo 11:04, 3: Mark Lind 11:18, 18-21; 1: Philip Olson 15:29, 2: Mike Postich 17:27, 22-29: Allan Smith 9:46, 2. Matthew Dowling 10:22, 3. David Berlier 11:16. 30-39: 1. Mike Hotton 10:42, 2. Michael Green 10:57, 3. Mike Fuller 11:52. 40-49: 1. Ramsay Thomas 9:57, 2. Kenneth Isles 12:55, 3. John Archimede 13:01, 50-59: 1, Enber Mehmedbasich 12:47, 2, Stan Morner 12:57, 3, Curtis Tom 13:03, 60 & Over 1, Robert Hill, N.T.

Division Results - Women's 2 Mile 10 & Under: 1. Dana Wimmer 16:51, 2. Lindsey Clark 17:30, 3. Chris Reuser 17:49. 11-13: 1. Gina Neves 13:58, 2. Kimberly Kauhane 15:52, 3. Janell Atkinson 15:00, 14-17; 1. Karen Kiler 13:59, 2. Claudia Huetter 14:53, 3. Colleen Mittone 14:56. 18-21: 1. Jan Weiss 17:43 22-29: 1. Susan Paddock 14:19, 2. Carol Steedman 15:31, 3. Monique Vaswig 16:02, 30-39: 1. Diana Coleman 15:34, 2. Lucretia Horn 16:16, 3. Karen Chantri 16:21, 40-49: 1. Sandi Detata 14:26, 2. Judy Hansen 17:50, 3. Debbie Cathoart 17:51, 50-59: 1, Irene Obera 14:34, 2. Aloah Saunders 16:44, 3. Caroline Erickson 19:46. 60 & Over: 1. Tommy Welch, N.T., 2. Laura Hill N.T., 3. Jean Collet N.T

Modesto 10K & 2 Mile Runs

from Jeff Highlet

00	tober 28. Modesto.	
	Overall Results - 10K	
1	Daniel Grimes(25)Sparks,NV	28:55
2	Benton Hart (29) Modesto	29:2
3	Derrick May (29) Reno	29:3
4	Dan Harvey (26) UnionCity	29:3
5	Tim Gruber (24) Sunnyvale	29:3
6	Tony Ramirez (29) Fresno	29:4
7	J. M. Tibaduiza(27)Reno	29:5
8	Terry Gibson (25) SLO	30:16
9	Domingo Tibaduiza(34)Reno	30:2
10		30:3
11		30:3
12		30:3
13		30:4
14		30:4
15		31:1
16		31:1
17		31:1
18		31:11
19	Rod Marvin (22) Fresno	33:1
20		33:1
21	David Ellison (24) Sacto	33:3
22		33:3
23		33:4
24	Phillip Buckley(18)Oakdale	33:5
25		34:0

26 Rick Riordan (24) SanJose

Gil Machado (30) Sacto

Carlos Lemus (25) Woodland

John Blanchette(17)Fresno

Richard Johnson (19) Stockton

Mark Hicks (27) RanchoCordova 34:25 Anthony Reynoso(30)Altaville

34:27

34:33

34:33



Danny Grimes



13 & Under: 1. Chad Elder 37:14, 2. Brad Butler 38:59, 3. Sean Collins 41:31, 4. Shon Wilson 45:51, 5. Daryn Kumar 46:49. 14-19: 1. Phillip Buckley 33:54, 2. Richard Johnson 34:47, 3. John Blanchette 34:57, 4. Stephen Neubaum 36:44, 5. Brett Cook 37:03. 20-29: 1. Daniel Grimes 28:55, 2. Benton Hart 29:21, 3. Derrick May 29:31, 4. Dan Harvey 29:35, 5. Tim Gruber 29:39 Dan Harvey 28/35, 5. Tim Groups 28/35, 30-39; 1. Domingo Tibaduiza 30:21, 2. Denis O'Hailoran 30:41, 3. Curt Duff 33:10, 4. Daniel Smolich 34:09, 5. Anthony Reynoso 34:27. 40-49: 1. Sal. Vasquez Reynoso 34:27. 40-49: 1 Sal Vasquez 30:45, 2 Jake White 35:00, 3 Donald Bryan 36:53, 4 Jesus Muniz 38:07, 5 Bob Phillips 38:42. 50-59: 1 Len Thornton Jr. 35:21, 2. Ross Smith 35:34, 3. Bryan Holmes 36:07, 4, John Norberg 39:25, 5, Javier Del Rio 43:02, 60 & Over: 1, Paul Reese 41:33, 2. Don Lundberg 43:26, 3. Lawrence Thompson 46:15, 4. Dudley Borowich 46:34, 5. John Hannah 46:46. Division Results - Women's 10K

13 & Under: 1. Rebecca Jones 44:55, 2 Marliece Andrada 50:07, 3. Stephanie Quay 1:02:14. 14-19: 1. Christen Sniezek 52:27. 20-29: 1. Helke Skaden 35:50, 2. Angels Tibaduiza 36:13, 3. Laura Rinde



Mavis Lindgren

37:42, 30-39; 1. Sharlet Gilbert 35:43, 2. Bev Marx 37;47, 3. Patti Scott-Baler 38:11. 40-49: 1. Heldi Skaden-Poyser 43:13, 2. Barbara Miller 44:29, 3. Ginger Burrola 44:49, 50-59: 1. Jo Sullivan 48:29, 2. Catherine Smith 52:58, 3. Betty Seimas 58:41, 80 & Over: 1. Dorothy Thomas 48:18, 2. Mavis Lindgren 57:34, 3. Virginia

Martin 1:06:31. Overall Results - 2 Mile Dan Zavesky (23)Sacto Bill Martin (22) Escalon 9:45 Al Lomeli (32) Fresno Tim Stevens (21) Turlock 9:57 10:08 James Gray (16) Modesto 10:09 Shane Parmer (16) Modesto 10:11 Fred Villegas (26) Merced 10:14 John Shaw (19) Modesto Richard Curtice (22) Delhi 10:14 10:21 Louis Phillips (34) Murphys Carlos Pineda (18) Modesto 10:40 12 Charles Pittel (26) Oakdale 13 Jim Norquist (17) Modesto 14 Raymond Bettencourt(23)Turl 10:45 10:48 10:49 15 John Kolter (21) Modesto 10:53 16 Keily Campbell (15) Oakdale 17 Todd Lance (16) Hughson 18 Jose Guerrero (33) Ceres 10:54 10:55 11:02 Joe Castillo (28) Modesto 11:06 Norman Lawrence (14) Modesto Eric Floyd (15) Modesto 11:07 11:11 Steve Cochran (19) Escalon Gerry Holmes (41) Modesto Charles Johnson (41) Modesto 11-17 Cris Markos (12) Clovis Paula Ramirez (27F)Fresno 11:47 Aeron Arlin (17F)Oakdale 11:58 Betty Chavez (16F)Modesto Mary Aja (26F) Modesto 11:58 Division Results - Men's 2 Mile

13 & Under: 1 Cris Markos 11:21, 2. Steven Ettelgeorge 11:36, 3. Rick Prit-chard 11:51, 14-19: 1, James Gray 10:09, 2. Shane Parmer 10:11, 3. John Shaw 10:14. 20-29: 1. Dan Zavesky 9:18, 2. Bill Martin 9:45, 3. Tim Stevens 10:08. 30-39: 1. Al Lomell 9:57, 2. Louie Phillips 10:23, 3. Jose Guerrero 11:02. 40-49: 1. Gerry Holmes 11:15, 2. Charles Johnson 11:17 3 Mike Killingsworth 11:26, 50-59: 1, John Norberg 11:54, 2, Mark Bodley 12:51, 3, Curtis Tom 12:53, 60 & Over: 1, Payson raylor 13:32, 2. Bill Lawson 15:43, 3. Frank

Saylor 16:57

Division Results - Women's 2 Mile 13 & Under: 1. Deanne Setvitz 14:01, 2. Stacy Skou 14:18, 3. Joni Qualls 14:18, 14-19: 1. Aeron Arlin 11:58, 2. Betty Chavez 11:58, 3. Kerry Neubaum 13:04. 20-29: 1. Paula Ramirez 11:47, 2. Mary Aja 12:25, 3. Gray Overl 12:25, 3. Carol Ovalle 13:00 30-39: 1. Marilyn Wear 13:07, 2. Alfreda

Hall 14:17, 3. Camile Creange 14:19. 40-49: 1. Val Smart 13:04, 2. Cynthia Milford 13:11, 3. Ginger Burrola 13:22. 50-59: 1. Clara Azevedo 16:02, 2. Lillian Judd 16:29, 3: Barbara Neyens 17:11. 60 & Over: 1. Dorothy Scott 21:27, 2. Eunice Thompson

Great Montalvo Griffin Chase

October 28, Saratogs, 10K.
John Sheehan of Menio Park, pulled far ahead of a field of 183 runners to win the Second Annual Great Montalvo Griffin Chase, a 10K hill race, on a crisp, sunny Sunday. He set a new record of 34:02 for

the Villa Montalvo, Saratogs, course.

Sheehan, in his first Griffin Chase, finished more than a minute ahead of second-placer Richard Dale of San Jose, who ran the race in 35:10. Fellow San Josean Sheri L. McCarroll finished first among the women, 16th overall, with a time of 42:35.

Sheehan clipped more than 1:30 off the time of the first (1983) Griffin Chase winner, John Singh-Deo of Saratoga, who did not compete in this year's race. The event was sponsored by Saratoga National Bank to benefit Villa Montaivo Center for the Arts. The race raised more than

	Overall Results - Men	
1	John Sheehan, Mento Park	34:02
2	Richard Dale, San Jose	35:10
3	Larry Eder, Sunnyvale	36:06
4	Terence Boynton, Sunnyvale	38:23
5	Bud Reed, Sunnyvale	39:13
6	Kendall Williams, Los Gatos	40:35
7	Richard Shields, Jr, Alamo	40:54
8	Sage Gunderson, Milpitas	41:18
9	Mike Smith, Saratoga	42:05
10	John Mailen, Saratoga	42:13
11	Tom Gleason, Sunnyvate	42:15
12	Lynn Scheele, Berkeley	42:18
13	Lou Ulery, San Jose	42:20
14	Richard Collins, Saratoga	42:29
15	Robert VanDern, Mt.View	42:30
16	Sheri McCarroll, SanJose	42:35
17	Rod MacKinley, Saratoga	42:45
18	Kenneth Peterson, Mt. View	43:29
19	Samuel Liccardo, Saratoga	43:32
20	Brian Ruediger, San Jose	43:42
	Overall Results - Women	
1	Sheri McCarroll, San Jose	42:35
2	Terry Schneider, LosGatos	45:00
234	Lynne Dickerson, LosGatos	47:52
	Colin Bunnell, Campbell	48:41
5	Ramy Mehta, Stanford	49:30
6	Joan Henney, RedwoodCity	50:57
7	Judy Bowden, San Jose	52:47
8	Kit Christian, Saratoga	58:03
9	Debra Hull, Cupertino	63:22
10	Darla Duckworth, Los Altos	66:02

Goblin Gallop 5K & 10K Runs

	from Steve Willmont	
0	ctober 28. Culver City.	
12.1	Top 3 - Man's 5K	45.50
	Carlos Sillas	15:58
2	David Withers	16:03
1 2 3	Rafael Sanguino	16:04
	Top 3 - Women's 5K	
1	Kiki Laborteaux	18:48
2	Danita Reese	18:55
2 3	Bill Fitzpatrick	36:29
	Top 3 - Men's 10K	
1 2	Ramiro Saenz	34:55
2	Holden Macrae	36:05
3	Bill Fitzpatrick	36:29
	Top 3 - Women's 10K	
341	Tracy Shudarees	42-34

Danita Reese

Ann Dewey