

# ESTES

## CALIFORNIA TRACK NEWS

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# CALIFORNIA TRACK NEWS

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*from the editor...*



We've become awed by the great amount of track & field and running events going on in California. Even more immense is the huge number of people participating in one way or another in the various aspects of the sport. Over the past year and one half we have become even more convinced that California Track News fills a big need and provides a much needed service to California track athletes.

In California there is something from the track world for everybody. There are abundant opportunities for young and old, male and female, of all levels of ability. Do you have any idea of how many all-comers meets were conducted last year? Here's a listing of the places we knew conducted a series of meets: Bakersfield, Fresno, East LA, Venice, San Diego, Hancock, Mt. SAC, Grossmont, Pierce, Merced, Pleasant Hill, Diablo Valley, Gardena, San Jose, San Mateo, Foothill, and Glendale.

What if track isn't your bag. Well, then, how about marathons? In 1975 there were over a dozen of these in such places as: San Diego, Orange, San Mateo, San Martin, Los Angeles, Saratoga, Weott, Bakersfield, Irvine, Palos Verdes, Arcata, Santa Monica, Santa Barbara, Rohnert Park, Culver City, Livermore, and Madera.

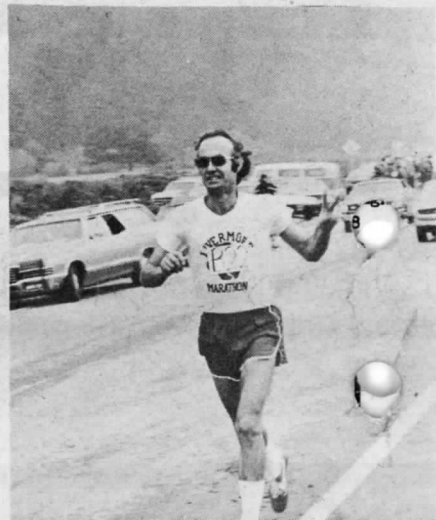
In the four "hot beds" of the state; San Diego, Los Angeles, Fresno, and San Francisco, there isn't hardly

a week without some type of track or running event. The nation's leading publications covering our sport have capitalized on the wealth of track happenings in California and have their offices in the Golden State. The foremost track magazine, Track & Field News, is headquartered in Los Altos; and just a few minutes up the road is the world's largest running magazine, Runner's World, in Mountain View. Southern California is the base of operation for Women's Track and Field World, the US magazine for female tracksters; and Starting Line, the journal for US age groupers.

With hundreds of track & field and running clubs, thousands of events, and tens of thousands of participants California Track News (has a big responsibility. We try to keep as many people as possible informed and up to date on as many events as possible. We also strive to give recognition to deserving California athletes and provide a source of communication among the state's track population. It's a big job and we, admittedly, need your help if we are to do the best job possible. We can't be everywhere. Please keep us up to date on what's happening in your part of the state. We can always use schedules, results, photos, newspaper clips, articles, etc. We still need regular correspondants for some parts of the state. Let's hear from you.

**meet the staff**

**George Moss**

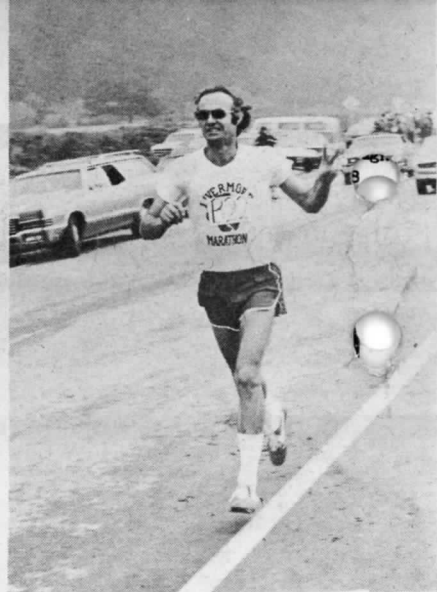


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**CATA-POLE**

# Meet the staff

## George Moss



George Moss has been a long time contributor to California Track News. His main area of responsibility is with the northern California masters action. He has written a number of articles (see profile on Ken Napier in this issue), submitted pictures, results, schedules and statistical material. George is just one of many who help put out each issue of California Track News.

He got started running, himself, in 1973 at age 37+ with no prior background in the sport, or for that matter, and competitive sport. On New Year's Day, 1973, he weighed 200 pounds and made a New Year's resolution to lose weight and do exercises. He joined a local YMCA adult weight loss/physical fitness group. It worked! The weight came down and he took up jogging to keep it down. As often happens, the jogging led to running and the running to racing. His first race was the 1973 Bay-to-Breakers run in San Francisco. Since then he has been running and racing regularly. He's currently logging about 60 miles per week and hasn't missed a single day since late in 1973. He recorded over 3,000 miles in 1975.

He's been doing, mainly, LSD work and racing long distances to build up an endurance base. Just recently he has added interval running, hill work, and fast distance runs to increase strength and speed. He likes both track racing and distance racing. George feels he is

still learning and still improving and, therefore, not sure where his potential is or what his best racing distances are. He has no special goals except to continue training and racing, do his best and enjoy it.

As well as being actively involved in the sport, George likes to write about it and wants to help publicize and promote age-group competition in all facets of track. Along with Ed Phillips, Chairman of the AAU Masters Western Region, he is writing a book about Age-Group Track and Field and Distance Running. They hope to complete the manuscript early this year.

George is 40 years old, is 6 feet 1½ inches tall, and weighs 150 pounds. He is an historian, teacher and free lance writer. He teaches courses in 20th Century US history, California history, and popular culture on the faculty of City College of San Francisco. He also enjoys publishing scholarly articles in his fields. He's married with no children.

### ON THE COVER :

Grossmont College's ace marathoner, Kirk Pfeffer. Kirk, who placed second at the Culver City/National AAU Marathon(2:19:07) is shown leading the way in the Junior College State Cross Country Championships. He finished a very close second.

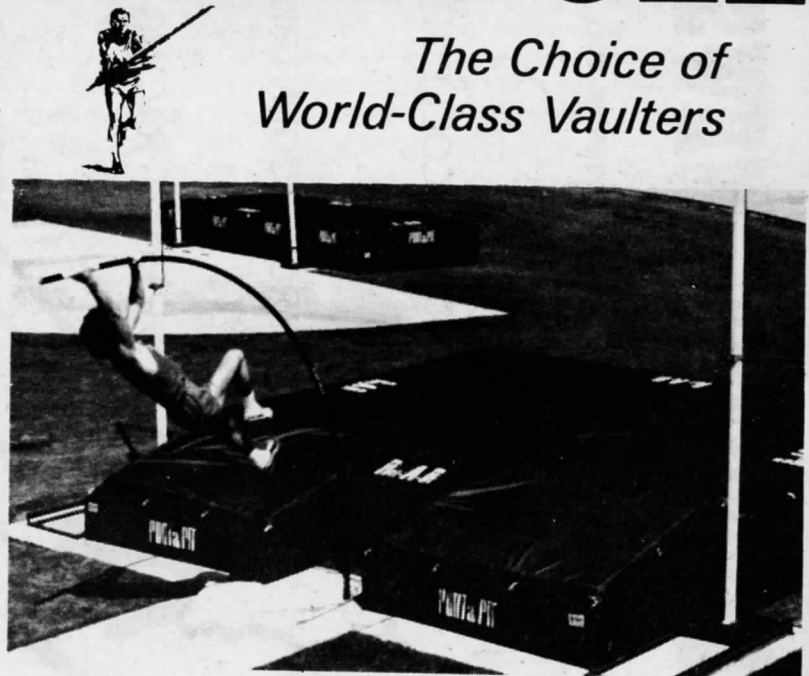
photo by: Steve Ward

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track population. It's a big job and we, admittedly, need your help if we are to do the best job possible. We can't be everywhere. Please keep us up to date on what's happening in your part of the state. We can always use schedules, results, photos, newspaper clips, articles, etc. We still need regular correspondants for some parts of the state. Let's hear from you.

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# Henry Perez

**HENRY M. PEREZ:** Sophomore, San Joaquin Delta Junior College. Age 19; 6 feet, 1 inch; 165 pounds. Born June 6, 1956 in French Camp, California.

Best Marks: steeplechase- 8:46.0; 2 Mile- 8:59.3; 3 Mile- 13:56.0. Coached by Merv Smith.

In only his second cross country season 19 year old Henry Perez of Stockton's San Joaquin Delta Junior College became the California state cross country champion. In high school he ran track and had best times of 1:56.4 (74), 4:27.3(72), and 9:43.2(74) but played football in the fall as a 179 pound defensive back. Also added to his growing list of accomplishments since high school are his California state 3 mile track championship, Junior National steeplechase champion and winner of the Junior USA/USSR steeplechase.

Why this big breakthrough in distance events for a 1:56 high schooler? As Henry tells, "I had very little distance background when in high school and ran mostly quick repeat type workouts. But in J.C. my coach, Merv Smith, has me concentrating more on long distance and mileage. At first I didn't like all that distance, now it is easy and I know it is really paying off. Being one



of the larger and heavier runners nothing has come easy to me, I have had to work very hard to achieve."

Henry's favorite event is the

steeplechase and he likes to compete in some type of race at least once a week. In fact, he even prefers to run several events in a single meet. "Like the Kenyans and New Zealanders, I like to double and triple in track meets and feel very strong." One of his outstanding triples was in the San Joaquin Delta vs. American River dual meet last year where times of 4:14.3, 1:56.2, and 14:13.4 were recorded. His strategy in track is to apply total domination, but in cross country he tries to "team run."

With the California title behind him what's Henry looking toward now? "I am very proud of representing my country against the Russians and would now like to make a spot on the US International cross country team. And, then, of course, there's the Olympic Trials in summer." His educational objectives are leading him into an industrial trade career working in the heating and air conditioning field. Right now, though, he is concentrating on transferable units.

Henry Perez works very hard at track but finds the miles actually enjoyable when working with the Delta squad. "Weekly as a team we average between

110 and 115 miles. Sunday mornings we also run a team 20 mile. I have only made the twenty miles once. I usually go only 17 miles of it. I make up for it though by blasting a hard three mile Sunday evening to make a total 20 mile day. I use cross country as a strength builder and a confidence developer. My coach, Merv Smith, is the brains behind my legs. We always decide what I am going to do, what events, how many and what pace together. It's a very democratic approach. Coach is a high motivator and a very intelligent coach besides being a dedicated family man. Here's a typical workout week: Saturday- race or else blast a 10 mile. Sunday- long 18-20 mile team run easily as a recovery day. Monday- comfortable 10 miles. Tuesday- we drive to the hills 39 miles from campus and do tough mind building hills. Wednesday- 6 repeat miles with little rest (I average 4:35, team averages 4:49) around a park sidewalk. 10 miles hard or else 6 miles hard with 60 yard bursts. Friday- light 6 miles. In track season we do speed work(440's, 880's, etc.) at the park. I rarely practice the steeplechase barriers as Delta College has no Steeplechase standards."



photo by Dave Stock

## JANUARY

10 MISSION BAY MARATHON San Diego

23 GLENDALE ALL COMERS TRACK.  
23 SAN FRANCISCO EXAMINER GAMES.  
Cory Balboa

31 SAN MATEO ALL COMERS TRACK.  
31-1 LOS ANGELES DECATHLON. Cal

21 PISMO CLAM FESTIVAL RUN. 5 miles.



are his California state 3 mile track championship, Junior National steeplechase champion and winner of the Junior USA/USSR steeplechase.

Why this big breakthrough in distance events for a 1:56 high schooler? As Henry tells, "I had very little distance background when in high school and ran mostly quick repeat type workouts. But in J.C. my coach, Merv Smith, has me concentrating more on long distance and mileage. At first I didn't like all that distance, now it is easy and I know it is really paying off. Being one



Photo by Dave Stock

## JANUARY

- 10 **MISSION BAY MARATHON.** *San Diego. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. ½ marathon, also.*
- 10 **RECORDS MEET.** *College of the Desert.*
- 10 **CCA-AAU X-C CHAMPIONSHIPS.** *Firebaugh, 10:00 am. Art Fernandez, 1611 N St., Firebaugh 93622.*
- 10 **SF EXAMINER GAMES TRIALS.** *Masters, College, and Junior College at San Jose City College. Women, High School, and Age-Group at College of San Mateo.*
- 10 **HANCOCK ALL COMERS TRACK.** *Santa Maria.*
- 11 **DAISY HILL RUNS.** *6.75 and 13.5 mile. Sonoma State College. Bob Lynde, Sonoma State, Rohnert Park 94928.*
- 16 **GLENDALE ALL COMERS TRACK..** *Glendale College.*
- 16 **SUNKIST INDOOR MEET.** *Anaheim.*
- 17 **BLACK MOUNTAIN RUN.** *10 Kilo. San Diego. Wayne Zook 223-8774.*
- 17 **SAN MATEO ALL COMERS TRACK.** *College of San Mateo.*
- 17 **CALIFORNIA "10".** *10 miles. Stockton. Wayne Badgley, 2239 Janet Pl., Stockton, 95207.*
- 17 **SAN JOSE ALL COMERS TRACK.** *San Jose City College.*
- 17 **HANCOCK ALL COMERS.**
- 17 **REEDLEY ALL COMERS TRACK.** *Reedley Junior College.*
- 17-18 **AMERICAN RIVER CLINIC.** *American River Junior College.*
- 18 **HANFORD TO CORCORAN RUN.** *16 miles. Parks & Recreation Dept., 800 Dairy Ave., Corcoran 93212.*
- 18 **PA-AAU 20 KILO CHAMPIONSHIPS.** *Portola Valley School, Woodside. 10 am. Harold DeMoss, 765 Campbell, Los Altos 94022.*

- 23 **GLENDALE ALL COMERS TRACK.**
- 23 **SAN FRANCISCO EXAMINER GAMES.**
- 24 **WOMEN'S WOODSIDE 5 MILER.** *Penny DeMoss, 765 Campbell, Los Altos 94022.*

- 24 **HANCOCK ALL COMERS TRACK.**
- 24 **SAN BERNARDINO ALL COMERS.** *San Bernardino Valley Junior College.*
- 24 **SAN JOSE ALL COMERS TRACK.**
- 24-25 **STOVALS ALL SPORTS CLINIC.** *Anaheim Convention Center.*
- 25 **CASITAS HANDICAP.** *10 Kilo. Foster Park. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.*
- 25 **BIG DIPPER HANDICAP.** *6 Mile. Woodward Park, Fresno. Larry Lung 784 Jana Way, Hanford 93230.*
- 25 **JUNIOR NATIONAL CROSS COUNTRY** *International Junior Cross Country Team tryouts and team 8,000 meter National Junior AAU Championships. Site to be arranged in Southern California. Contact John Brennand, 4476 Meadowlark Lane, Santa Barbara 93105.*
- 25 **WOMENS ALL COMERS TRACK.** *UC Irvine.*
- 25 **PEACH BOWL PACERS 10 KILO.** *Marysville. Ed Williams, 835 Spiva Ave., Yuba City 95991.*
- 25 **WORLD MASTERS MARATHON.** *Orange. Bill Selvin %Chapman College.*
- 31 **BILL HARGUS MEMORIAL 24 HOUR RELAY.** *Patrick Henry HS, San Diego.*
- 31 **REEDLEY ALL COMERS TRACK.**

- 31 **SAN MATEO ALL COMERS TRACK.**
- 31-1 **LOS ANGELES DECATHLON.** *Cal State, Los Angeles. Ron Morris, Cal State, 5151 State University Dr., Los Angeles 90032.*

# Schedule

## FEBRUARY

- 1 **CHANNEL TO LAKE RUN.** *10 miles. Vallejo. Solano TC, Box 624, Vallejo 94590.*
- 6 **LA TIMES INDOOR MEET.**
- 6-7 **FRESNO STATE CLINIC.**
- 7 **BAKERSFIELD MARATHON.** *Frank Fish, Box 1947, Bakersfield 93303. A mini-marathon, too.*
- 7 **SAN MATEO ALL COMERS TRACK.**
- 7 **WOMEN'S WINTER GAMES.** *San Jose City College. Marge Powell, 3467 Golden State Dr., Santa Clara 95051.*
- 8 **WEST VALLEY MARATHON.** *San Mateo. Jack Leydig, Box 1551, San Mateo 94401.*
- 8 **LAS VEGAS MARATHON.**
- 13 **HANCOCK ALL COMERS TRACK.**
- 14 **REEDLEY ALL COMERS CHAMPS.**
- 14 **IVANHOE ROAD RACE.** *6 miles. Jerry Hobbs, 15616 Avenue 328, Ivanhoe 93235.*
- 14 **AZUSA PACIFIC RELAYS.** *Azusa Pacific College. 10,000 meter run, also.*
- 15 **WOMEN'S ALL COMERS TRACK.** *UC Santa Barbara.*
- 15 **SAN CARLOS TENNIS & TRACK RUN.** *7.5 miles. San Carlos Tennis and Track Club, 637 Laurel St., San Carlos 94070.*

- 21 **PISMO CLAM FESTIVAL RUN.** *5 miles. San Luis Distance Club, Box 1134, San Luis Obispo 93406.*
- 21 **BAKERSFIELD ALL COMERS TRACK.** *Contact Charlie Craig, track coach, at Cal State Bakersfield.*
- 21 **SAN DIEGO INDOOR GAMES.**
- 22 **PA-AAU 50 MILE CHAMPIONSHIPS.** *Sacramento area. Paul Reese, Box 2271, Sacramento 95810.*
- 22 **EXCELSIOR EAST END RUN.** *Golden Gate Park, San Francisco. Frank Donohue, 130 Park, SF 94110.*
- 25-6 **CALIFORNIA INVITATIONAL DECATHLON.** *Azusa Pacific College.*
- 28 **MARTINEZ TO PORT COSTA BRICK YARD RUN.** *8.4 miles. Luka Sekulich, 1485 Darlene Dr., Concord 94520.*
- 28 **FRESNO ALL COMERS.** *Contact Red Estes at Fresno State University.*
- 29 **WOMEN'S SEASON OPENER.** *University of Redlands.*

## MARCH

- 7 **LONG BEACH RELAYS.**
- 7 **PA-AAU 30 KILO CHAMPIONSHIPS.** *Watsonville. Contact Mike Jones, 109 Valencia Ave., Aptos 95003.*
- 13 **CCA-AAU (BIG CREEK) 15 KILO.** *Rich Petersen, Box 206, Laton 93242.*
- 13 **KINGSMAN RELAYS.** *California Lutheran College.*
- 13 **CAMILLIA FESTIVAL 100 MILE RUN.** *Sacramento. John Hill, 604 Flint Way, Sacramento 95818.*
- 14 **LAKE MERCED MASTERS RACE.** *5 miles. San Francisco. Jack Bettencourt, 136 Dundee Dr., San Francisco 94080.*



# CALIFORNIA TRACK NEWS

## ATHLETES OF THE YEAR 1975

photo by Jeff Zimmerman

It's time to wrap up 1975 and begin 1976 with the past year's outstanding athletes selections. Ballots were mailed out to our pannel of experts and their choices are tabulated here. The most outstanding California athlete for each division is listed with the vote-points received. The others receiving votes and the number follow each selection.

### COLLEGE-OPEN TRACK

**JOHN POWELL (30)** Pan-Am, AAU, Bakersfield Classic, West Coast Relays, and Mt. SAC Relays champion. World Record and six of the world's top ten marks. Lost only one major meet (California Relays 216-11 to Kahama 219-3).

Others: Dwight Stones(24), Bruce Jenner(20), Don Quarrie(12), Ron Livers(11), Jim Owens(10), Tommy Haynes(6), Benny Brown(6), Ken Randall(6), Jim Gilkes(4), Mark Schilling(4), Willie Banks(4), Arnie Robinson(2), Dan Ripley(2), Jim Bolding(2), Clancy Edwards(1), Jerry Wilson(1). Last year's selection: Bruce Jenner.

### SENIOR WOMENS TRACK

**JANE FREDERICK (46)** American record in the pentathlon. Third best world mark. Three individual places in the Nationals.

Others: Julie Brown(17), Kathy Schmidt(15), Martha Watson(14), Cyndy Poor(10), Francie Larrieu(7), Kathy Weston(5), Renaye Bowen(3). Last year's selection: Francie Larrieu.

### HIGH SCHOOL TRACK

**DEDY COOPER (40)** Led Harry Ells HS



**JOHN POWELL**  
top California track man.

### JUNIOR COLLEGE TRACK

**GRANT NIEDERHAUS(56)** champion; state and national record holder 440 intermediates.

Others: Henry Perez(21), Don Livers(14), Terry Cotton(14), Jim Knaub(12), Bobby Thomas(7), Jeff Haynes(6), Bob Tripplett(5), Marcus Gordier(4), Cecil Overstreet(4), Don Livers(2), Marlow(2), Steve Alexander(2). Last year's selection: James Robinson.

### MASTERS DIV. II (50+) TRACK

**BILL FITZGERALD (31)** World champion and world records at 800 and 1500 meters.

Others: Jim O'Neil(22), Dutch Warmerdam(10), Al Guidet(6), Avery Bryant(6), Fritziof Sjostrand(4), Ed Halpin(4), Win McFadden(2), Mauro Hernandez(2), Ken Carnine(1). Last year's selection: first year.

### MASTERS DIV. I (40-49) TRACK

**PETER MUNDLE (28)** Unbeaten in Div. I-B in 1975. National 5,000 meters champ. Four age records.

Others: Jim Shettler(26), Don Cheek(20), Jerry Smartt(12), David Jackson(12), Phil Conley(11), Paul Richardson(4), Oswald Dawkins(4), Jack Greenwood(4)

Greenwood(4), Percy Knox(2), Van Parish(1), Bob Fries(1), Ross Smith(1). Last year's selection: Bill Fitzgerald.

### JUNIOR COLLEGE CROSS COUNTRY

**HENRY PEREZ(70)** State Champion.

Others: Kirk Pfeffer(8), Vicken Simonian(4), Bob Deis(3), Jose Saavedra(3), Juan Garcia(3), Armando Cendejas(1). Last year's selection: Bob Thomas.

### COLLEGE-OPEN CROSS COUNTRY

**TERRY WILLIAMS(66)** Third place PAC-8 and fourth place NCAA(2nd American).

Others: Ralph Serna(26), Gary Tuttle(22), Bobby Thomas(11), Tony Sandoval(9), Dave Babiracki(8), Terry Cotton(6), Paul Cummings(6), Joel Jameson(2), Jim Sweeney(2), Ed Mendoza(1). Last year's selection: Dave Taylor.

### SENIOR WOMENS CROSS COUNTRY

**JULIE BROWN (60)** 1975 world cross country champ and 1975 state cross country champ.

Others: Sue Kinsey(18), Judy Graham(10), Cyndy Poor(5), Kate Keyes(4), Jacki Hansen(1), Paula Rose(1), Cheryl Bridges(1), Suzanne Keith(1). Last year's selection: Julie Brown.

### JUNIOR WOMENS CROSS COUNTRY

**SUZANNE KEITH(36)** Third place National AAU Junior Cross Country.

Others: Paula Rose(12), Sue Munday(6), Kathy Adams(2), Chris Troffer(1). Last year's selection: Debra Johnson.



## MT. SAC RELAYS



## SENIOR WOMENS TRACK

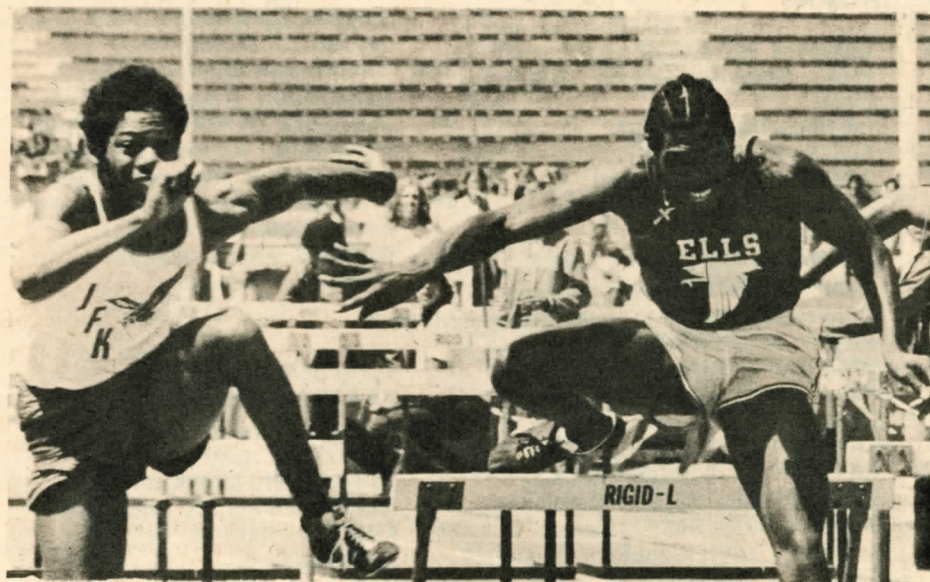
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## HIGH SCHOOL TRACK

**DEDY COOPER (40)** Led Harry Ells HS to state meet title with first place in the low hurdles, second place in the high hurdles and anchored both relays.

Others: Eric Hulst(12), Elijah Jefferson(4), Ralph Serna(4), Thom Hunt(4), Robert Gaines(4), Dave Kurrasch(2), Kevin Williams(1), Keith Schimmel(1). Last year's selection: Rich Kimball.



DEDY COOPER—California prep track athlete of 1975

photo by Diane Johnson

**JOHN POWELL**  
top California track man.

## JUNIOR COLLEGE TRACK

**GRANT NIEDERHAUS(56)** champion; state and national record holder 440 intermediates.

Others: Henry Perez(21), Don Livers(14), Terry Cotton(14), Jim Knaub(12), Bobby Thomas(7), Jeff Haynes(6), Bob Triplett(5), Marcus Gordier(4), Cecil Overstreet(4), Don Livers(2), Marlow(2), Steve Alexander(2). Last year's selection: James Robinson.

## JUNIOR WOMENS TRACK

**CATHY SULINSKI (40)** Javelin national champion and national record holder. First place against the USSR.

Others: Kathy Weston(32), Susan Brodock(18), Cathy Costello(12), Mary Decker(6), Patty Cape(1). Last year's selection: Mary Decker.

## JUNIOR COLLEGE CROSS COUNTRY

**HENRY PEREZ(70)** State Champion.

Others: Kirk Pfeffer(8), Vicken Simonian(4), Bob Deis(3), Jose Saavedra(3), Juan Garcia(3), Armando Cendejas(1). Last year's selection: Bob Thomas.

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# MT. SAC RELAYS 1976

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PETER MUNDLE

**MASTERS DIV. II (50+) CROSS COUNTRY ROAD RACING**

*JIM O'NEIL (46)* Won National 25 Kilo and Cross Country Championships.

Others: Ray Gil(26), Sid Toabe (16), Chuck Seekins(10), Jim Oleson (10), John Montoya(6), John Lafferty (6), Ed Almeida(6), Rudy Ceja(4), Monty Montgomery(2), Bob Biancelana (2), Dick Dawkins(1). Last year's selection: first year.

**HIGH SCHOOL CROSS COUNTRY**

*THOM HUNT(34)* Undefeated. Beat Hulst at Mt. SAC Invitational.

Others: Eric Hulst(14), Tim Holmes (11), Hal Schultz(8), Don Moses(7), Chris Hughes(2), David Pascal(1), Brian Blue(1), George Aguirre(1). Last year's selection: Ralph Serna.

**FEMALE LONG DISTANCE**

*JACKI HANSEN (66)* World record marathon. Others: Nadia Garcia(22), Miki Gorman(22), Joan Ulyot(18), Phyllis Olrich(4), Judy Gumbs(2), Penny DeMoss(2), Maryetta Boitano(2), Cheryl



GARY TUTTLE

top California road racer

Bridges(1), Donna Gookin(1), Cindi Bottlik(1), Suzzane Bottlik(1). Last year's selection: Jacki Hansen.

**MALE LONG DISTANCE**

*GARY TUTTLE (40)* Undefeated in SPA. Set 6 course records, 3 American records, and won 2 national titles.

Others: Carl Swift(10), Jim Nuccio (10), Dave White(6), Kirk Pfeffer(6), Dave Babiracki(6), Ed Cadena(4), Paul Cook(4), Bill Clark(4), Steve Broten(2), Ron Wayne(2), Ken Moffitt(1), Ed Mendoza(1), Ajim Baksh(1), Thom Hunt (1), Bill Scobey(1). Last year's selection: Gary Tuttle.

**MASTERS DIV. I (40-49) CROSS COUNTRY/ROAD RACING**

*JERRY SMARTT(42)* National One-Hour champion. Winner of many SPA road races.

Others: Jim Shetler(30), Dick Bartek(22), Ray Menzie(16), Peter Mundle(10), Sam Nicholson(10), John Rudberg(8), Ross Smith(7), Dave Waco (6), Gil Perez(6), Bill Gookin(2), Graham Parnell(2), Bill Stock(1), Lew Roberts (1). Last year's selection: Bill Gookin.

by: NOEL MONTRUCCHIO

**C.T.N. INTERVIEW: Thom Hunt**

With the lack of a high school cross country state meet the selection of the California high school cross country athlete of the year is somewhat subjective. Top vote getters in 1975 were Hal Schultz from the Bay Area, Eric Hulst and Don Moses from Southern California, Tim Holmes from the San Joaquin Valley and Thom Hunt from San Diego. One prep harrier, however, was thought to be most outstanding and received the most votes, and that was Thom Hunt from Patrick Henry High School in San Diego. Thom won everything in San Diego and beat Eric Hulst at the Mt. SAC Invitational(Hulst ran faster than Moses in the CIF Finals). Schultz didn't go undefeated and, in fact, lost to Hulst in the state meet.

Your Dad, coach, or yourself?

HUNT: Coach Elmer Runge and I do a lot of discussing about my training. I've talked to a lot of people and with the experience I am getting I have been developing my own training programs.

CTN: What people or sources have been most influential in developing your training philosophy.

HUNT: Basically, my Dad, Kaj Johanson and other friends I've met through running.

CTN: What is your approach to your workouts? Do you emphasize any one type of training?

HUNT: LSD -- I seldom do track work. The only time I go on the track is just to freshen-up. We have so many duel

myself. On Sundays I do a long group run with the San Diego Track Club group and have found these to be very relaxing and make me feel good for Monday.

CTN: What have your workouts been like following Culver City?

HUNT: My legs really tightened up after Culver. The day after I ran two miles and I didn't do anything the second day, then the third day I noticed a sore ankle and haven't done much since. Actually, I had planned a two week vacation or layoff following the marathon anyway.

HUNT: Two years ago I ran Mission Bay just for fun. My only training consisted of snow skiing. My time was 3:24.

CTN: What is your favorite track event?

HUNT: I like to be able to handle every event from the mile to the marathon and don't really have a favorite. The 10,000 meters in a good inbetween distance but it doesn't hold any special place.

CTN: Will you be racing soon?

HUNT: I will probably give the Junior International qualifying race a shot.

CTN: With a previous best of 4:17 were you surprised at your 4:07?

HUNT: Yes, I was surprised in that fast. I ran 4:17 the first part of the season and knew I was ready for faster, though. I was completely relaxed in the race, coming by in 63, 2:06, and 3:09 and





cross country state meet the selection of the California high school cross country athlete of the year is somewhat subjective. Top vote getters in 1975 were Hal Schultz from the Bay Area, Eric Hulst and Don Moses from Southern California, Tim Holmes from the San Joaquin Valley and Thom Hunt from San Diego. One prep harrier, however, was thought to be most outstanding and received the most votes, and that was Thom Hunt from Patrick Henry High School in San Diego. Thom won everything in San Diego and beat Eric Hulst at the Mt. SAC Invitational (Hulst ran faster than Moses in the CIF Finals). Schultz didn't go undefeated and, in fact, lost to Holmes in the post season PAAAU Junior Championships. It sure would have been fun to have seen all of these athletes go at it in a state meet; but without such an animal Thom Hunt is the one considered the Outstanding California High School Cross Country Runner for 1975.

Seventeen year old Thom Hunt is quite a remarkable track and road racer as well as a super harrier. The 5-8, 120 pound senior has good times from the mile (4:07.9) on up to the marathon (2:24:04). He has also recorded a fantastic double with 4:08 and 9:02 just 55 minutes apart. Other track times are a 14:18.4 for 5,000 meters and a 29:46.0 for 10,000.

California Track News San Diego Area correspondent, Noel Montrucchio, talked with Thom several days after his speedy 2:24:04 marathon at the recent AAU Nationals. Thom possesses a fresh, mature approach to distance running.

CTN: When did you first start running?

HUNT: I first began in junior high school, just running a few school races. I didn't get serious until my sophomore year. It was the summer before that year that I first began real training.

CTN: What got you started?

HUNT: My dad was a track coach so he, naturally, encouraged me and then I found it was a lot of fun.

CTN: Did you immediately pick distance running as your event?

HUNT: I liked to run but knew I wasn't very fast so that left the longer races.

CTN: Who writes your workouts?

do a lot of discussing about my training. I've talked to a lot of people and with the experience I am getting I have been developing my own training programs.

CTN: What people or sources have been most influential in developing your training philosophy.

HUNT: Basically, my Dad, Kaj Johanson and other friends I've met through running.

CTN: What is your approach to your workouts? Do you emphasize any one type of training?

HUNT: LSD -- I seldom do track work. The only time I go on the track is just to freshen-up. We have so many duel meets that these actually serve as my track workouts.

CTN: At what pace is your LSD?

HUNT: For, say, a 10 to 12 mile run I will hit between 6:00 and 6:30 pace. It all depends on the day and how I feel.

CTN: Do you insert any fartlek type running on these LSD workouts?

HUNT: Yes, one day a week over a pretty hilly course I'll do this type of running where I include many bursts of hard running. I, particularly, like to go hard uphill, easy down and at a medium pace on the level.

CTN: What type of training surfaces do your runs cover?

HUNT: 80% on the roads. At least one day a week I do try to get to Mission Bay or Balboa Park to run on grass and dirt for a change.

CTN: Do you incorporate a morning run into your training schedule?

HUNT: Four to seven miles nearly every morning over one of the many and varied courses around our home.

CTN: Do you have a particular pattern of rest during the season?

HUNT: I like to train through the smaller meets and ease up only for the invitationals and championships. I might do a good 12 miler the day before a meet and usually still get in a run the morning of a race.

CTN: Do you run with others or on your own?

HUNT: That depends on what is coming up. I try to group run as much as possible; especially when running relaxed and easy. On the hard days I am usually by

and have found these to be very relaxing and make me feel good for Monday.

CTN: What have your workouts been like following Culver City?

HUNT: My legs really tightened up after Culver. The day after I ran two miles and didn't do anything the second day, then the third day I noticed a sore ankle and haven't done much since. Actually, I had planned a two week vacation or layoff following the marathon anyway.



CTN: Did you do special training for the marathon?

HUNT: No, I never really concentrated on the marathon. Just a few weeks ago we ran our CIF finals and this is what I was training for. If I had been training just for the marathon I would have gotten in more mileage. During the competitive season I get in about 70+ miles a week. I feel I need over 90 to run a marathon. However, I don't want to get into longer mileage too soon. As I get older I will maybe add more.

CTN: Have you run any other marathons?

snow skiing. My time was 3:24.

CTN: What is your favorite track event?

HUNT: I like to be able to handle every event from the mile to the marathon and don't really have a favorite. The 10,000 meters in a good inbetween distance but it doesn't hold any special place.

CTN: Will you be racing soon?

HUNT: I will probably give the Junior International qualifying race a shot.

CTN: With a previous best of 4:17 were you surprised at your 4:07?

HUNT: Yes, I was surprised it was that fast. I ran 4:17 the first part of the season and knew I was ready for faster, though. I was completely relaxed in the race, coming by in 63, 2:06, and 3:09 and just feeling good so I kicked the last lap to prevent it from coming down to a dash at the end.

CTN: Why did you attempt two races in last year's State Meet?

HUNT: I had one of the fastest times in the mile and even though Ralph Serna had a better one I felt I could run with him. In the two mile my best time was a 9:02 after an earlier 4:08 so I felt I could run the two mile faster and could also double well. Realistically, I didn't think I could win both but hoped to win one and place high in the other. Since the meet was in San Diego and there wasn't a chance for too many of us from San Diego to win (Elijah Jefferson and myself) I wanted to do good for the home town. As it turned out it was just one of those bad days -- I ran terrible. In the two mile after 5 laps I knew I couldn't catch Eric or Ralph so the best I could get was third and I backed off hoping to do better in the mile. In the mile after the first lap I was in trouble and when they let me run the second lap in the lead I tried to slow it down since I was tired and it was a 67. Then they took off and that was it.

CTN: Do you have any times or goals you are shooting for this track season?

HUNT: I never set time goals, except to improve. Since I have only been running just a few years I can still expect to see rather big yearly improvements.

CTN: Have you thought about schools after you graduate?

HUNT: Right now Arizona and Colorado look good, but I'm keeping an open mind.



# CALIFORNIA TRACK NEWS

# ALL CALIFORNIA

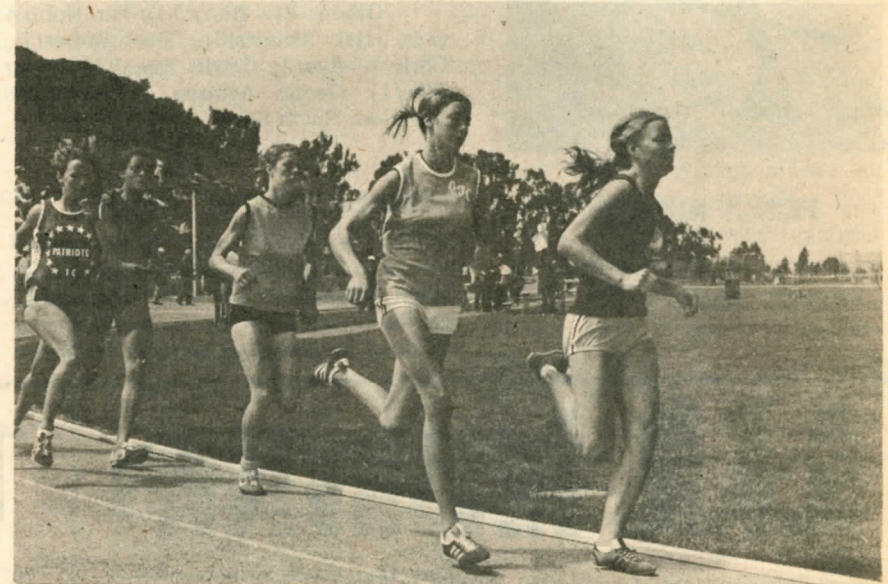


Each year California Track News attempts to select the most outstanding California athletes in the various divisions of our sport and award them "All California" status. This California Honor Roll isn't always easy to establish for some of the categories. Those which have state championships as does junior college track, junior college cross country, high school track, and female cross country and track, are somewhat easier than the events without state wide championships, such as high school cross country, male and female road racing, and the masters events. In determining "All California" standing performance at the national and state level was the first thing taken into consideration and then quality of performance and consistency were taken into account. Abbreviations for the various categories of selection are: COT=college-open track, SWT=senior womens track, JWT=junior womens track, SWXC=senior womens cross country, JWXC=junior womens cross country, COXC=college-open cross country, JCT=junior college track, JCXC=junior college cross country, HST=high school track, HSXC=high school cross country, MXCRR=masters cross country/road racing, MT=masters track, MRR=male road racing, FRR=female road racing.

- Abrahams, Guy (USC)COT
- Adams, Kathy (WS) JWXC,JWT
- Aguirre, George (StBarb)HST
- Albery, Mike (Albany)HST
- Albritton, Terry (HW)COT
- Aldredge, Dan (Petalma)HST
- Aldrich, Dan (CDM)MT
- Alexander, Sam (CCS)JCT
- Allen, Pam (LC)JWT
- Allen, Ron (CA)JCT
- Almeida, Ed (SDTC)MXCRR
- Almond, Ike (Sky)JCT
- Ambrose, Wayne (CDM)MT
- Anderson, Jodi (WashHS)SWT,JWT
- Anderson, Ruth (NCSTC)FRR
- Anderson, Teri (STC)FRR
- Andrews, Alvis (CDM)MT
- Andrews, Joel (WBRfld)HST
- Angel, Robert (HntBch)HST
- Arcara, Ed (BHS)COT
- Arguilla, Jim (AA)MRR
- Arriola, Jim (Gahr)HST
- Ashford, Evelyn (ML)SWT,JWT
- Austin, Ed (CDK)MT
- Babiracki, Dave (SFVTC)MRR,COXC,COT
- Eadgley, Wayne (Sundance)COXC
- Baer, Greg (Gsm)JCT
- Baird, Don (LES)COT
- Baker, Thane (STC)MT
- Baksh, Ajim (BHS)MRR
- Eargert, Debbie (NL)JWT
- Banks, Cyndi (un)JWT
- Banks, Willis (UCLA)COT
- Barajas, Humberto (Pal)JCT
- Barry, Dan (LAP)JCT

- Blue, Brian (Crawford)HSXC
- Boitano, Maryetta (un)FRR
- Bolding, Jim (PCC)COT
- Bole, Jim (STC)MT
- Bottlik, Linda FRR
- Bottlik, Suzanne FRR
- Eowen, Renaye (LI)SWT
- Bowers, Nadine (SJC)JWT
- Bowers, Pam (SJC)SWXC
- Bowles, Jim (WVTC)MRR
- Brendenbeck (SDTC)MT
- Branch, Bob (CCAC)MRR
- Brewer, Tarea (Blfr)JWT
- Bridges, Cheryl (LATC)SWXC,SWT
- brodock, Linda (RRR)SWT,JWT
- Brodock, Susan (RRR)SWT,JWT
- Brooks, Gil (SJC)JCT
- Brooks, Vanessa (BETC)JWT
- Brotten, Steve (STC)MRR
- Brown, Benny (UCLA)COT
- Brown, Dave (VV)JCT
- Brown, Dave (CDM)MT
- Brown, Julie (LATC)SWXC,SWT
- Brown, Keith (Cve)JCT
- Brown, Rey (AATC)COT
- Bryan, Tim (Fullst)COT
- Bryant, Avery (STC)MT
- Buckland, Carol (LBC)JST
- Hunting, Bill (Gsm)JCT
- Burns, Rich (COC)JCT
- Butler, Gayle (UCLA)SWT

- Calvert, Sherry (USC)SWT
- Camp, Phil (SDTC)MRR
- Canchola, Gerardo(LAV)JCXC
- Cannon, Lynn (ML)SWT
- Cape, Patty (LBC)SWT,JWT
- Carlson, Joe (STC)MRR
- Carnine, Ken (NCSTC)MT
- Carranza, Lawrence (Madera)HSXC
- Carrigan, Casey COT



Some of 1975's top junior half milers

- Clayton, Tom (CDM)MT
- Cleghorn (Ala)JCT
- Clingman, Jeff (Warren)
- Close, Gary (Gsm)JCT
- Cobbs, Frieda (BETC)SWT,JWT
- Cochee, Tom (USC)COT
- Colley, Tom (SB)JCXC
- Collins, Kirk (Mtry)HST
- Conley, Phil (WVTC)MT
- Connelly, Olga (SM)SWT
- Conner, Ken (Est)HST
- Conrad (Sdlbk)JCT
- Cook, Paul (AIA)MRR
- Cooper, Dedy (Ells)HST
- Costello, Cathy (OTC)FRR,SWXC,JWT
- Cotton, Terry (Ariz)COXC, JCT
- Coulter (Hbr)HST
- County, Greg (SB)JCT
- Covert, Mark (SFVTC)MRR
- Craner, Fat (Cit)JCT
- Criner, Ron (MtDiab)HSXC
- Frederick, Jane (LATC)SWT
- Frederick, Walt (STC)MT
- Fredriksson, Peter (USIU)COT,MRR
- French, Kevin (MSac)JCT
- French, Royer (STC)MT
- Frenn, George (BHS)COT
- Fuller, Dave (Hart)HST
- Gaines, Robert (Kndy)HST
- Garcia, Andee (LBC)JWT
- Garcia, Jeff (Hrtnl)JCT
- Garcia, Jerry (Army)COT
- Garcia, Juan (COS)JCXC
- Garcia, Nadia (SDTC)FRR,SWXC,SWT
- Gasson, Connie (LATC)
- Genet, Mark (SJS)COXC
- Gilbert, Cindy (WW)SWT
- Gilkes, James (USC)COT
- Gill, Ray (STC)MXCRR
- Gillette, Orville (STC)MT
- Gist, Burl (CDM)MT





Eargert, Debbie (ML)JWT  
 Banks, Cyndi (un)JWT  
 Banks, Willis (UCLA)COT  
 Barajas, Humberto (Pal)JCT  
 Barry, Dan (LAP)JCT



photo by George Aguirre

**BRUCE JENNER**

Bartek, Dick (SBAA)MXCRR  
 Bayless, Marty (Chtswrth)HST  
 Baxter, James (SMT)COT  
 Beardall, Daryl (KH)MRR  
 Beaton, Rayfield (WC)COT  
 Belk, M. (SJC)JWXC  
 Bell, Art (EC)JCT  
 Bergano, Gary (LosGatos)HST  
 Best, Glenn (Gsm)JCXC  
 Biancalana, Bob MXCRR  
 Bierlien (STC)MT  
 Bing, Carolyn (SJC)JWT  
 Birt, Rosetta (USC)SWT  
 Blackburn, Pam (un)SWT  
 Blackburn, Scott (MrPrk)JCXC  
 Bland, Steve (MSac)JCT

Calvert, Sherry (USC)SWT  
 Camp, Phil (SDTC)MRR  
 Canchola, Gerardo (LAV)JCXC  
 Cannon, Lynn (ML)SWT  
 Cape, Patty (LBC)SWT,JWT  
 Carlson, Joe (STC)MRR  
 Carnine, Ken (NCSTC)MT  
 Carranza, Lawrence (Madera)HSXC  
 Carrigan, Casey COT



photo by Jeff Zimmerman

**HAL SCHULTZ—top Bay Area prep leads Redwood to the NCS title.**

Carron, Dominique (ML)JWT  
 Carter, Harold (Cit)JCT  
 Carty, George (BAS)COT  
 Caruso, Joe (STC)MT  
 Casillas, Roger (EJD)JCXC  
 Cassleman, Bob (PCC)COT  
 Caudillo, Teresa (LBC)JWT  
 Causey, Jack (un)COT  
 Ceja, Rudy (STC)MXCRR  
 Cendejas, Armando (Full)JCXC, JCT  
 Chaidez, Ed (CSUN)COXC, COT  
 Cheek, Don (CDM)MT  
 Chiu-Shia, Lee (UR)SWT  
 Churchill (CCC)JCT  
 Clark, Bill (WVTC)MRR, COXC  
 Claugus, Eileen (WS)SWT

Clayton, Tom (CDM)NT  
 Cleghorn (Ala)JCT  
 Clingman, Jeff (Warren)  
 Close, Gary (Gsm)JCT  
 Cobbs, Frieda (EBBTC)SWT,JWT  
 Cochee, Tom (USC)COT  
 Colley, Tom (SB)JCXC  
 Collins, Kirk (Mtry)HST  
 Conley, Phil (WVTC)MT  
 Connelly, Olga (SM)SWT  
 Conner, Ken (Est)HST  
 Conrad (Sdlbk)JCT  
 Cook, Paul (AIA)MRR  
 Cooper, Dedy (Blis)HST  
 Costello, Cathy (CFC)PRR, SWXC,JWT  
 Cotton, Terry (Ariz)COXC, JCT  
 Coulter (Hbr)HST  
 County, Greg (SB)JCT  
 Covert, Mark (SFVTC)MRR  
 Craner, Pat (Cit)JCT  
 Criner, Ron (MtDiab)HSXC  
 Crittendon, Mike (CC)JCT  
 Crowder, Clydine SWT  
 C sick, Tom (COC)JCXC  
 Cummings, Paul (BYU)COXC, COT  
 Curran, Pat (CSUN)CCXC  
 Curran, Tom (Crespi)HST  
 Currell, Bob (CstlePk)HSXC

Dale, Alan (STC)MT  
 Damski, John (SFVTC)MT  
 Dare, Jim COT  
 Davies, Dick MXCRR  
 Davison, Dana (un)JWT  
 Davisson, Shirley (CDM)MT  
 Dawkins, Oswald MT  
 Decker, Mary (LI)JWXC,JWT  
 Deis, Bob (ARC)JCXC, JCT  
 Delaney, Mark (HumbSt)COXC  
 Devine, Kathy (SDC)SWT,JWT  
 Dias, Vic (BHS)COT  
 Diehl, Bill (Armv)COT  
 Dixon, Fred (BHS)COT  
 Dobbins, Mike (Merced)HST  
 Dole, Emily (LI)SWT,JWT  
 Doll, Mark (CS)JCT  
 Donnelly, Don (CDM)MT  
 Donnelly, Pat (LI)SWT  
 Doubly, Larry (Lenox)HST  
 Douglas, Dave (BHS)MT  
 Douglas, Gail (LBC)SWT  
 Durand, Dick (STC)MXCRR

Easley, Myrt (Wds)HST  
 Ebner, J. HSXC  
 Edwards, Clancy (CFSLC)COT  
 Elieff, Felix (High)HSXC  
 Elmore, Karen (ML)SWT,JWT  
 Engle, Ron (COC)JCT  
 Esteban, Tony (Glen)JCT  
 Evans, Pam (ML)JWT

Farmer, Mike (CCSF)JCT  
 Farrell, Gordon (CDM)MT  
 Feuerbach, Al (PCC)COT  
 Finley, Don (Cup)HST  
 Fitzgerald, Bill (STC)MT  
 Fleetwood, Dolly (SCC)JWT,SWT  
 Fletcher, Ned (CSUN)COT  
 Flournoy, Carol (SCC)SWT  
 Flowers, Jerry (Eisen)HST  
 Fox, Glenn (RH)JCT  
 Frazier, Clarence (CSUN)COT

Frederick, Jane (LATC)SWT  
 Frederick, Walt (STC)MT  
 Fredriksson, Peter (USIU)COT, MRR  
 French, Kevin (MSac)JCT  
 French, Royer (STC)MT  
 Frenn, George (BHS)COT  
 Fuller, Dave (Hart)HST

Gaines, Robert (Kndy)HST  
 Garcia, Andee (LBC)JWT  
 Garcia, Jeff (Hrtal)JCT  
 Garcia, Jerry (Army)COT  
 Garcia, Juan (CS)JCXC  
 Garcia, Nadia (SDTC)PRR, SWXC,SWT  
 Gasson, Connie (LATC)  
 Genet, Mark (SJS)COXC  
 Gilbert, Cindy (WWW)SWT  
 Gilkes, James (USC)COT  
 Gill, Ray (STC)MXCRR  
 Gillette, Orville (STC)MT  
 Gist, Burl (CDM)MT  
 Glass, Maurice (Cstlmt)HST  
 Gleimer, Morris (SFVTC)MT  
 Goldie, Keith (LEJ)COT  
 Goodman, Bryan (Agoura)HST  
 Gookin, Bill (SDTC)MXCRR  
 Gookin, Donna (SDTC)PRR  
 Gookin, Ed (SDTC)MT  
 Gordien, Fortune (un)MT  
 Gordien, Marcus (SBV)JCT  
 Gorman, Micki (SDTC)PRR  
 Graham, Judy (SJC)SWXC,SWT  
 Green, Pam (SCC)JWT  
 Greenberg, Lisa (SJC)SWXC  
 Greenberg, Sandy (SJC)JWXC  
 Greenwood, Jack (STC)MT  
 Gregory, Wilburn (MisVjo)HST  
 Grimm, Emson MT  
 Grubbs, Bobby (Colo)COXC, COT  
 Gruber, Dan (SJS)COXC  
 Guidet, Al (CDM)MT  
 Gulna, E. (SJC)JWXC  
 Gumbs, Judy (WVTC)PRR  
 Gummerson, Bob (SR)JCT

Hacche, Tom (Birmhm)HST  
 Halberstadt, Rich (PCC)COT  
 Hall, Andre (MSac)JCT  
 Halpin, Ed (CDM)MT  
 Hampton, Curt (Gsm)JCT  
 Hampton, Millard (SJC)JCT  
 Hampton, Tim (AV)JCXC  
 Hansen, Jacki (SFVTC)PRR, SWXC,SWT  
 Harper, Dale (JT)COT  
 Hart, Benton (BU)COXC  
 Hart, Larry (NYAC)COT  
 Hart, Rick (FH)JCT  
 Harvey, Dan (Dub)HSXC  
 Hatch, Charles (Cuesta)JCT  
 Hatten, Ted (CW)MT  
 Hawke, Harry (SDTC)MT  
 Hawthorne, Cheryl (BETC)JWT  
 Haynes, Jeff (LBCC)JCT  
 Haynes, Tommy (Army)COT  
 Heald, Debby (un)SWXC  
 Heard, Nathaniel (CDM)MT  
 Hegelson, Dave (Gsm)JCXC  
 Heinmiller, Linda (LATC)SWXC  
 Hermann, Stan (CW)MT  
 Hernandez, Gary (SDM)JCXC  
 Hernandez, Mario (SNTC)MT  
 Hicks, Billy (Wash)COT  
 Hicks, Tony (Serrante)HST  
 Hickson, Dave (SJC)JCT



# HONOR ROLL

Hill, Mike (Un)COT  
 Hill, Tom (Army)COT  
 Hilton, Len (PCC)COT  
 Himmelberger, Kathy (WVTC)FRR  
 Holcomb, Gerald (Richm)HST  
 Hollis, (WLA)JCT  
 Holloway, Denise (SJC)JWT  
 Holmes, Bob (SDTC)MT  
 Holmes, Tim (Downey)HSXC  
 Hopper, Michelle (PTC)SWT  
 Horn, Rod (Hoover)HST  
 Howard, Sandra (MAHS)SWT,JWT  
 Howell, Pat (Fresno)HST  
 Hubbell, Ralph (STC)MT  
 Hughes, Chris (Mntvsta)HSXC  
 Hulst, Eric (LagBch)HSXC,HST  
 Humphries, Bob (CDM)MT  
 Hunsaker, Brian (UCI)COXC,HST  
 Hunt, Thom (Henry)HSXC  
 Hunt, William (NHly)HST  
 Hunter, Otis (Pasa)HST  
 Hutchinson, Jon (NCS)MT

Icopetti, Lon (Glen)JCT

Jackle, Dave (LosAltos)HST  
 Jackson, Clim (UCLA)COT  
 Jackson, Dan (Oak)HST  
 Jackson, Dave (CDM)MT  
 Jackson, Rick (Pasa)HST  
 Jamison, Joel (Oxy)COXC  
 Janousek, Jane (SDC)COT  
 Jefferson, Elijah (Craw)HST

LaRusch, Steve (Glen)JCT  
 Laut, Dave (SCLara)HST  
 Ledet, Leonard (Wash-Ca)HST  
 LeGrande, John (WV)JCT  
 Lester, Janice (LBC)SWT  
 Lewis, Robert (Laney)JCT  
 Lewis, Tori (AHC)JCT  
 Little, Brenda (LI)JWT  
 Livers, Don (SJC)JCT  
 Livers, Ron (SJS)COT  
 Long, Susan (Gahr)SWT  
 Louisiana, Mike (Army)COT  
 Lucas, Joe (WVTC)COT  
 Lum, Sing (BTC)MT  
 Lutz, Mark (PCC)COT  
 Lyman, Peggy (WVTC)FRR

Madden, Sid (BHS)MT  
 Maddox, Kim (LAHS)SWT  
 Madruaga, Joe (DVC)JCT  
 Magallanes (Mont)JCT  
 Malain, Bob (NCS)MXCRR  
 Malone, Mark (ELCaj)HST  
 Kann, Ralph (BHS)COT  
 Marlow, Mike (Cos)JCT  
 Marquez, Esther (RRR)SWT  
 Martin, Carol (Can)SWT  
 Martin, Dick (NCS)MT  
 Martinez, Jose (SR)JCT  
 Meisler, Jay (UCLA)COT  
 Mendoza, Ed (un)COXC  
 Menzie, Ray (MXCRR)  
 Metheny, Lisa (RRR)SWT,JWT  
 Miller, Don (LACC)JCT  
 Miller, Lynn (SDTC)SWT  
 Miller, Mike (StBonvtr)HST  
 Moffitt, Ken (Oxy)MRR  
 Montgomery, Monty (un)MXCRR  
 Montgomery, Tom (CDM)MT  
 Montoya, John (STC)MXCRR  
 Mooers, Ron (UCLA)COT  
 Moore, Barry (MM)COT  
 Morales, Bill (CDM)MT  
 Morden, Clift (LAU)JCT  
 Morrison, Greg (Cit)JCCX  
 Morse, Michelle (WWW)SWT  
 Moses, Don (CresVly)HSXC  
 Muck, Timi (RG)JWT  
 Mullins, William (Hmltn)HST  
 Munday, Sue (SJC)JWCX  
 Mundle, Peter (SMTC)MXCRR,MT  
 Nyles, Bennie (LAH)JCT

McCandles, Rich (WV)JCT  
 McConnell, Colin (Edison)HSXC  
 McFadden, Winfield (SDTC)MT  
 McGlothlin, Lew (Cmptn)HST  
 McMahon, Charles MT  
 McManus, Gary (DVC)JCT  
 McNaughton, Matt (Hoover)HST

Napier, Ken (WVJS)MXCRR  
 Neary, Sue (WVTC)FRR  
 Neidhart, Jim (Ln)COT

Nickson, Marie (BerkHS)SWT  
 Nilsson, John (Plm)JCT  
 Noble, John (STC)MT  
 Nolasco, Martin (SDTC)MRR  
 Nomis, John (LAP)JCT  
 Nucchio, Jim (WVTC)MRR,COT

O'Brien, Kathy (un)JWT  
 O'Brien, Perry MT  
 Oleson, Jim (SMTC)MXCRR,MT  
 Oliver, Virginia (LI)JWT  
 Olrich, Phyllis FRR  
 Olswary, John (OCC)JCCX  
 O'Neil, Jim (SFO)MXCRR,MT  
 Orday, Gary (PCC)COT  
 Overstreet, Cecil (SJC)JCT  
 Owens, C. (Cstlmt)HST  
 Owens, Jim (UCLA)COT

Pagliano, John (GW)MXCRR  
 Parish, Van (STC)MT  
 Parker, Elaine (ML)JWT  
 Parks, Maxie (BLS)COT  
 Parks, Rick (Glen)JCT  
 Parrell, Doug (SA)JCT  
 Parrell, Graham (STC)MXCRR  
 Parteda, Lili (un)JWT  
 Pascal, Don (Univ)HSXC  
 Patsalis, Tom MT  
 Patton, Jim (EC)JCT  
 Pearce, Jim (BHS)COT  
 Pemberton, Denise (ML)JWT  
 Perez, Gil (STC)MXCRR  
 Perez, Henry (SJD)JCCX,JCT  
 Perry, Jim (ECA)JCT  
 Perry, Steve (SDM)JCT  
 Peterson, John (Salbk)HST  
 Peterson, Michelle (LEC)JWT  
 Pfeiffer, Kirk (Gsmt)MRR,JCCX,JCT  
 Phillips, (DVC)JCT  
 Phillips, Ed (NCS)JWT  
 Poor, Cindy (SJC)SWXC,SWT  
 Powell, John (PCC)COT  
 Presber, Phil (NCS)MT  
 Preston, Ed (Un)MXCRR  
 Prince, Terry (WS)JWT  
 Puglizevich, A. (NCS)MT  
 Pullen, George (Gsmt)JCT  
 Pugh, Duane (Sky)HST  
 Pugh, Jay (FH)JCT  
 Putenbaugh, Ges MT

Quarrie, Don (BHS)COT  
 Quintana, Ted (Chab)JCT

Rahman, Abdul (BHS)COT  
 Rahn, Ken (USC)COT  
 Rapch, Clarence (LM)JCT  
 Redd, Jim (MM)COT  
 Reiner, E. (SDTC)MT  
 Rich, Charles (CI)COT  
 Rich, Yolanda (LBC)SWT,JWT  
 Richardson, Paul MT  
 Riedon, Jeff (SDC)HST

Simonian, Vicken (IACC)JCCX,JCT  
 Sjostrand, Fritz (BHS)MT  
 Slaughter, Penny (LI)JWT  
 Slinkard, Brad (StPaul)HST  
 Smartt, Jerry (BHS)MXCRR,MT  
 Smith, Bruce (Ven)JCT  
 Smith, Carl (SFVTC)COT  
 Smith, Del (Pasa)HST  
 Smith, Karin (LATC)SWT  
 Souza, Amber (WS)JWT  
 Spangler, Paul (SLDC)MT  
 Spencer, Ray (SDTC)MT  
 Spilsbury, Mark (FH)HSXC  
 Stadel, Ken (SJStars)COT  
 Staengal, Bill (EC)JCT  
 Stary, Jerry (CHS)SWT  
 Steele, Rick (Glen)JCT  
 Steiner, Tom (AA)COXC  
 Stern, Diane (CC)JWCX  
 Stewart, George (WVTC)COT  
 Stewart, Rick (LaQuin)HST  
 St. John, Bill (WaterDe)HSXC  
 Stock, Bill (SDC)MXCRR,MT  
 Stolpe, Rich (CDM)MT  
 Stones, Dwight (PCC)COT  
 Stuart, Diane (OTC)JWT  
 Suhr, Conrad (Leigh)HST  
 Sula, Mike (Lem)HST  
 Sulinski, Cathy (ML)JWT  
 Svendsen, Jan (WWW)SWT  
 Swart, Dennis (WVTC)COXC  
 Sweeney, Jim (LB)COXC  
 Swift, Carl (APC)MRR

Tarin, Boyd (Liv)HSXC  
 Taylor, Dave COXC,COT  
 Teegarden, Terri (BA)SWT  
 Terry, Anthony (WVTC)COT  
 Theriot, Brian (NH)HST  
 Thomas, Bobby (UCLA)COXC, JCT  
 Thomas, Brook (SBAA)COXC  
 Thornton, Len (HST)MXCRR  
 Tillman, Don (HntPk)HST  
 Timm, Don (AIA)COXC,COT  
 Tinsley, Mark (NewCity)HST  
 Toabe, Sid (HST)MXCRR  
 Tolford, H. (SFVTC)SWXC  
 Traistor, Donna (SAL)JWT  
 Triplett, (BC)JCT  
 Tully, Mike (UCLA)COT  
 Turner, Milt (LBS)COT  
 Tuttle, Gary (BHS)MRR,COXC,COT  
 Tyler, Sandy (LI)SWT

Ulliyot, Joan (WVTC)FRR  
 Underwood, Paul (BHS)COT  
 Unruh, Chesley (SDTC)MT

Vahlstrom, Tim (VlaPk)HST  
 Vance, Fred (Mrpk)JCT  
 VanWolvelaere, Pat (WWW)SWT  
 Vasquez, Mike (BC)JCCX







**LAWRENCE CARRANZA**  
Central Cal Champ

Jenner, Bruce (SJStars)COT  
Jennings, Marcus (Un)HST  
Jensen, Bill (Pama)MXCRR  
Jewell, Kathy (LBC)JWXC,JWT  
Jewell, Lauri (LBC)JWXC  
Jewell, Pam (LBC)SWXC  
Johnson, Cindy (BA)SWT,JWT  
Johnson, Cynthia (BETC)JWT  
Johnson, Larry (Fresno)JCT  
Johnson, Larry (SCC)JWT  
Johnson, Ron (Sky)HST  
Jones, Calvert (SJC)JCT  
Jones, Norris (Kndy)HST  
Jones, Randy (NBk)HST  
Jordan, Jerry (Ala)JCT  
Jordan, Payton (CDM)MT  
Joseph, Dwaine (Gard)HST

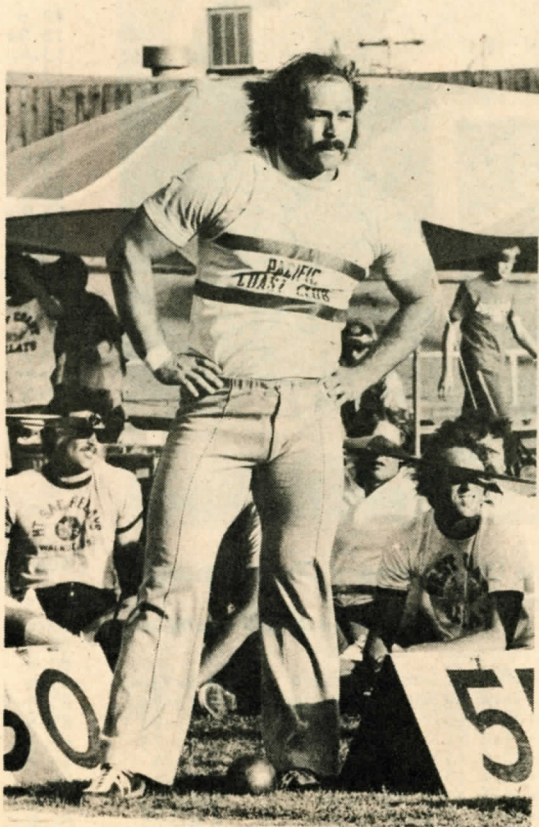
Keith, Susan (RRR)JWXC,SWT,JWT  
Kells, Coleman (Full)JCT  
Kelly, John (STC)MT  
Kennedy, Bruce (BHS)COT  
Kennedy, Larry (SJStars)COT  
Kennedy, Ron (SerrMnte)HST  
Ker, George (Un)MT  
Keyes, Kati (LATC)SWXC,SWT  
Keys, Kathy (PAT)JWT  
Killian, Clarence (NCSTC)MT  
King, James (MM)COT  
Kingery, Mitch (SCarlos)HST  
Kinsey, Sue (SFVTC)SWXC  
Kisson, Roy (SRam)HST  
Kleinsasser, Ruth (UR)SWT  
Knaub, Jim (ElCam)JCT  
Knox, Percy (CDM)MT  
Kotinek, Rory (UCLA)COT  
Kurrash, Dave (Nwprt)HST

Lafferty, John (SDTC)MXCRR,MT  
Lane, John (Amer)HST  
Lane, Judy (WS)JWT  
Lang, Bob (BHS)MT  
Langford, Linda (MDYR)SWT  
Langford, Rich (ARC)JCT  
Larrieu, Francie (PCC)SWT

Montoya, John (SCT)MXCRR  
Moore, Barry (MM)COT  
Morales, Bill (CDM)MT  
Morden, Cliff (LAU)JCT  
Morrison, Greg (Cit)JCXC  
Morse, Michelle (WFW)SWT  
Moses, Don (CresVly)HSXC  
Muck, Timi (RG)JWT  
Mullins, William (Hmltn)HST  
Munday, Sue (SJC)JWXC  
Mundle, Peter (SMTC)MXCRR,MT  
Myles, Bennie (LAH)JCT

McCandles, Rich (WV)JCT  
McConnel, Colin (Edison)HSXC  
McFadden, Winfield (SDTC)MT  
McGlothlin, Lew (Cmptn)HST  
McMahon, Charles MT  
McManus, Gary (DVC)JCT  
McNaughton, Matt (Hoover)HST

Napier, Ken (WVJS)MXCRR  
Neary, Sue (WVTC)FRR  
Neidhart, Jim (un)COT  
Nelson, Steve (SJC)JCT  
Nicholson, Sam (STC)MXCRR  
Niederhaus, Grant (Pasa)JCT



**AL FEUERBACH**

photo by Steve Kroeker

Phillips, (DVC)JCT  
Phillips, Ed (NCS)MT  
Poor, Cindy (SJC)SWXC,SWT  
Powell, John (PCC)COT  
Presber, Phil (NCS)MT  
Preston, Ed (Un)MXCRR  
Prince, Terry (WS)JWT  
Puglizevich, A. (NCS)MT  
Pullen, George (Gsmt)JCT  
Purcell, Duane (Sky)HST  
Purcell, Jay (FH)JCT  
Putenbaugh, Ges MT  
Quarrie, Don (BHS)COT  
Quintana, Ted (Chab)JCT

Rahman, Abdul (BHS)COT  
Rahman, Ken (USC)COT  
Rappas, Clarence (LM)JCT  
Redd, Jim (MM)COT  
Reiner, E. (SDTC)MT  
Rich, Charles (CI)COT  
Rich, Yolanda (LBC)SWT,JWT  
Richardson, Paul MT  
Rigdon, Jeff (SDTC)MRR  
Ripley, Dan (SJS)COT  
Roberts, Lew MXCRR  
Robertson, Debbie (LATC)SWT  
Robinson, Arnie (MM)COT  
Robinson, Craig (LAT)JCT  
Robinson, James (CalBerk)COT  
Robinson, Willy (COS)JCT  
Rodriguez, Tomas (LES)COXC  
Roemer, Bob (STC)MT  
Rogers, Denice (ML)JWT  
Rogers, Russ (USC)COT  
Rojas, Jr. HST  
Rose, Don (NCS)MT  
Rose, Larry (PCC)COT  
Rose, Paula (BA)JWXC  
Ross, Cindy (BETC)JWT  
Roth, Esther (MACC)SWT  
Rowell, Beth (SDC)JWT  
Rudbery, John (STC)MXCRR  
Rudolph, Debbie (LC)JWT

Saavedra, Jose (Full)JCXC,JCT  
Sabol, Terri (LATC)SWT,JWT  
Sakelarios, Chris (RCF)SWT,JWT  
Samara, Fred (NYAC)COT  
Sandberg, Cindy (SJC)SWT  
Sandoval, Anthony (Stan)COXC  
Santiago, Paul (ARC)JCT  
Satti, John (NCS)MT  
Schaeffel, Phil (CDM)MT  
Schilling, Mark (SJS)COT  
Schimmel, Keith (VillaPk)HST  
Schmidt, Bill (PCC)COT  
Schmidt, Kathy (LATC)  
Schmeck, Pete (BHS)COT  
Schultz, Hal (Rdw)HSXC  
Scobey, Bill (CCAC)MRR  
Scott, Jarvis (PTC)SWT  
Scott, Steve (UCI)COXC  
Searls, Kevin (CollPk)HSXC  
Seekins, Chuck MXCRR  
Seidler, Maren (MDYF)SWT  
Selman, Mike (DST)JCT  
Serna, Ralph COXC,HST  
Shaffer, Emil (Ala)JCT  
Shallenberger, Nancy JWT  
Shavers, Mike (Ala)JCT  
Sheehan, Al (SFVTC)MT  
Sheffield, Rhan (ELA)JCT  
Shettler, Jim (WVJS)MXCRR  
Shorts, Albert (LB)COT  
Shuft, Bill (Army)COT  
Simmons, Loretta (RCF)JWT

Thomas, Boby (UCLA)COXC,CT  
Thomas, Brook (SBAA)COXC  
Thornton, Len (HSTC)MXCRR  
Tillman, Don (HntPk)HST  
Timm, Don (AIA)COXC,CT  
Tinsley, Mark (RevCity)HST  
Toabe, Sid (HSTC)KZCPE  
Tolford, H. (SFVTC)SWXC  
Traistor, Donna (SAL)JWT  
Triplett, (BC)JCT  
Tully, Mike (UCLA)COT  
Turner, Milt (LES)COT  
Tuttle, Gary (BHS)MRR,COXC,CCT  
Tyler, Sandy (LI)SWT

Ulylot, Joan (WVTC)FRR  
Underwood, Paul (BHS)COT  
Unruh, Chesley (SDTC)MT

Vahlstrom, Tim (VlaPk)HST  
Vance, Fred (Mrpk)JCT  
VanWolvelaere, Pat (WVW)SWT  
Vasquez, Mike (BC)JCXC  
Vasser, Brad (Sonora)HST  
Veney, Tony (UCLA)COT  
Venezie, Veronica (WS)JWT  
Vernon, Jim (STC)MT  
Vecco, A. (STC)MT  
Viggiano, (EC)JCT

Waco, Dave (CCAC)MXCRR  
Walker, Rick (Ariz)COT  
Walker, Tom (Chab)JCT  
Walker, Wesley (Cal)COT  
Wallace, Hal (STC)MT  
Wallis, Bob (Army)COT  
Waltmire, Duane (APC)COXC  
Ware, John (Sacto)HST  
Warkentin, John (BHS)COT  
Warmerdam (FS)MT  
Washington, Huel (EAS)MT  
Washington, John (Fnt)HST  
Waterman, George (CDM)MT  
Waters, Elaine (SDTC)FRR  
Watson, Martha (LI)SWT  
Wayne, Ron (WVTC)MRR  
Webster, Stan (Garey)HST  
Westmon, Asa (LI)SWT  
Weston, Kathy (WS)SWT,JWT  
Whitaker, Ron (SJS)COT  
White, Dave (AA)MRR  
White, Debbie B. (BETC)SWT  
White, Paul (LASW)JCT  
Whitley, Stan (CI)COT  
Williams, Henry (CSN)HST  
Williams, Kevin (SF)HST  
Williams, Randy (USC)COT  
Williams, Steve (SI)COT  
Williams, Terry (Ore)COXC,COT  
Williams, Wes (MM)COT  
Wilson, Dennis (Gsmt)JCXC,JCT  
Wilson (Gsmt)JCT  
Wilson, Jerry (BHS)COT  
Wilson, Mark (OSU)COT  
Wilson, Paul (Fnta)HST  
Winzenried, Mark (BHS)COT  
Wolfenbarger, Beky (QCC)JWXC  
Woods, Jay (Vista)HST  
Woods, George (PCC)COT  
Wooldridge (QCC)JWXC  
Worden, Brian (ND)HST

Yeo, Matt (UCD)COXC  
Yizar, James (Blmt)HST  
York, Jim (NCS)MT  
Young, Leslie (SES)JWT



# CALIFORNIA WOMEN: ALL-TIME LIST

by: CALVIN BROWN

Send all additions and corrections to Calvin Brown  
228 E. Artesia Blvd. #A, N. Long Beach, CA 90805

100

10.0	(1)Chi Cheng	6-15-70
10.4	(1)Barbara Ferrell	6-3-69
10.4	(1)Wable Ferguson	4-3-71
10.4	(1)Kathie Lawson	6-22-73
10.4	(1)Renaye Bowen	5-16-74
10.4w	(1)Doreen Porter	4-25-64
10.4w	(1)Marilyn White	5-17-64
10.5	(2H)Williamae Ferguson	3-25-72
10.5	(1H)Eobette Krug	3-25-72
10.5	(1)Martha Watson	3-25-73
10.5	(1H)Sandra Howard	5-23-75
10.5w	(2)Diana Wilson	5-17-64
10.5w	(1)Fernaeta Glenn	3-27-66
10.5w	Wilma Charlton	1966
10.5w	(2)Dee DeBusk	5-13-67
10.6	(1)Willie Mae Nichols	7-4-59
10.6	(H)Jackie Thompson	3-25-72
10.6	(H)Toni Griffin	3-25-72
10.6	(3)Fat Johnson	5-13-73
10.6	(1)Debbie Byfield	6/75
10.6	(1)Evelyn Ashford	6-21-75

Mile-1500m

4:08.5m	(1)Francie Larrieu	7-10-75
4:11.8m	(4)Cyndy Poor	8-2-75
4:13.5m	(1)Julie Brown	6-28-75
4:15.1m	(3)Judy Graham	8-31-75
4:17.3m	(1)Kate Keyes	6-8-75
4:38.5	(1)Debbie Heald	3-16-72
4:40.1	(3)Mary Becker	3-16-72
4:40.7	(3)Eileen Claugus	6-23-73
4:22.8m	(2)Lee Chiu-Shia	5-18-75
4:46.1	(2)Teri Anderson	5-1-74
4:47.4	(4)Sandy Langan	6-5-71
4:28.2m	(3)Gundilla Lindh	5-18-75
4:48.5	(4)Linda Heinmiller	2-15-75
4:48.6	(1)Paula Rose	8-10-75
4:29.0m	(1)Natalie Rocha	7-26-67
4:50.9	(1)Tena Anex	6-29-72
4:31.8m	(1)Pam Bowers	5-3-75
4:32.0m	Val Eberly	1972
4:52.2	(3)Maria Stearns	6-13-70
4:32.2m	Becky Wolfenbarger	5-18-74

8:02.7	(3)Becky Villalaz	8-8-75
8:04.1	(2)Joyce Brodock	7-13-75
8:04.7	(2)Cindy Vaughan	6-14-75
8:09.6	(2)Sandy Eriscoe	5-15-75
8:11.3	(3)Laura Spencer	6-14-75
8:11.6	(1)Diane Dimmick	3-16-74
8:11.8	(1)Jessica Waskow	6-7-75
8:16.8	(5)Kim Durham	6-14-75
8:16.8	(4)Tracy Trisco	7-13-75

3 mile run

15:43.4	(1)Julie Brown	12-8-74
16:04.0	(1)Judy Graham	12-24-74
16:12.2	(2)Clare Choate	6-16-74
16:35.5	(2)Teri Johnson	1-12-74
16:36.0	(1)Cheryl Bridges	3-13-71
17:24.6	(1)Peggy Lyman	1-18-75
17:28.5	(2)Debbie Johnson	6-5-71
17:56.0	(3)Esther Marquez	6-5-71
17:58.3	(4)Cathie Buhlert	6-5-71
18:12.8	(1)Marie Albert	3-31-73
18:14.1	(2)Sandy Dean-DeNoon	6-26-71
18:24.9	(1)Sonia Gerth	6-13-71
18:31.2	(1)Ruth Kleinsasser	4-18-71
18:31.2	(3)Margit Sturhann	6-26-71
18:39.0	Paty Dillingham	1-20-71
18:45.2	(2)Pam Allen	6-13-71
18:45.3	(3)Mary Cortez	6-13-71
18:46.0	(4)Donna Mueller	6-26-71
18:47.7	(1)Kathy Jewell	2-13-72
19:12.0	(4)Laurie Jewell	6-13-71

2 mile run

9:39.3	(1)Francie Larrieu	2-17-74
10:07.0	(1)Judy Graham	12-24-74
10:10.2	(1)Teri Anderson	6-9-74
10:11.20	(1)Julie Brown	5-17-75
10:11.8	(2)Clare Choate	6-9-74
10:12.4	(x)Debbie Heald	3-16-73
10:12.45	(3)Kate Keyes	5-17-75
10:19.4	(1)Eileen Claugus	6-23-73

220

22.4w	(1)Chi Cheng	7-4-70
22.8m	(H)Barbara Ferrell	10-17-68
23.0w	(1)Una Morris	4-17-66
23.0Em	(1)Jackie Thompson	7-11-73
23.1m	(1)Kathie Lawson	7-9-71
23.3	(2)Wable Ferguson	5-12-73
23.3m w	(1)Kathy Hammond	6-1-68
23.5w	(2)Wilma Charlton	3-12-66
23.5w	Diana Wilson	5-25-68
23.5w	(1)Renaye Bowen	6-9-74
23.6	(2)Williamae Ferguson	7-3-70
23.6	(2)Cherlette Jooke	4-17-66
23.8	(2)Kathy Smallwood	6-21-70
23.8	(1)Debbie Byfield	3-16-74
23.8w	(1)Freida Cobbs	4-27-75
23.72m	(1)Ester Roth	6-14-75
23.9	(2)Marilyn Neufville	4-28-73
23.8m	(2)Jarvis Scott	6-8-75
23.9w	(1)Doreen Porter	4-25-64
23.8	Karin Lundgren	3-26-72



marathon

2:38:19	(11)Jacki Hansen	10-12-75
2:46:36	Miki Gorman	1974
2:49.40	Cheryl Bridges	12-5-71
2:50:56	(3)Peggy Lyman	2-10-74
2:53:40	Teri Anderson	3-4-73
2:54:28	Judy Ikenberry	1-12-74
2:58:09	(6)Dr. Joan Ulyot	9-22-74
3:01:00	Eileen Waters	12-1-74
3:01:15	(4)Mary Et. Bitano	2-10-74
3:02:54	(9)Judy Gunn	4-21-75
3:05:07	(6)Lucy Bunn	2-10-74
3:06:57	(4)Marie Albert	7-30-74
3:09:00	(69)Linda Heinmiller	6-24-75
3:09:42	(1)Donna Gookin	8-16-75
3:09:43	Mary De	
3:11:26	(1)Yvette	6-14-75
3:12:20	(8)Irene Ulyot	2-10-74
3:12:25	Luanne Kralick	12-1-74
3:12:27	(9)Jenny Taylor Tuthill	2-10-74
3:14:58	(87)Sue Munday	8-24-75



23.0m	(1)Una Morris	4-17-66
23.02m	(1)Jackie Thompson	7-11-73
23.1m	(1)Kathie Lawson	7-9-71
23.3	(2)Mable Ferguson	6-22-73
23.3m w	(1)Kathy Hammond	6-1-68
23.5w	(2)Wilma Charlton	3-12-66
23.5w	Diana Wilson	6-25-69
23.5w	(1)Renaye Bowen	6-9-74
23.6	(2)William Ferguson	7-3-70
23.6	(2)Cherlette Cooke	4-17-66
23.8	(2)Kathy Smallwood	6-21-70
23.8	(1)Debbie Byfield	3-16-74
23.8w	(1)Freida Cobbs	4-27-75
23.72m	(1)Esther Roth	6-14-75
23.9	(2)Marilyn Neufville	4-28-73
23.8m	(2)Jarvis Scott	6-8-75
23.9w	(1)Doreen Porter	4-25-64
23.8	Karin Lundgren	3-26-72

440

51.64m	(3)Kathy Hammond	9-7-72
51.91m	(5)Mable Ferguson	9-4-72
52.5	(1)Chi Cheng	6-20-70
52.4m	(1)Charlette Cooke	10-16-67
52.7m	Jarvis Scott	10-16-68
53.13m	(2)Kathy Weston	6-28-74
53.6	(1)Karin Lundgren	4-30-72
53.2m	(3)Debbie Byfield	6-27-75
53.7	(1)Janice Wiser	5-27-74
53.84m	(3)Mary Decker	7-14-73
54.2	(3)Una Morris	8-8-66
54.5	(1)Ann Larsson	3-26-72
54.1m	(1)William Ferguson	6-3-72
54.1m	(2)Debbie Roterson	6-8-75
54.6	(2)Elizabeth Randarz	3-26-72
54.7	(H)Joan Pirie	7-3-70
55.0	(1)Yolanda Rich	6-8-75
55.1	(2)Jodi Anderson	6-8-75
55.2	(1)Veronica Venezia	8-12-74
55.0m	(3)Sharon Dill	6-8-75

680

2:02.3	(1)Mary Decker	2-17-74
2:02.9m	(2)Kathy Weston	6-28-75
2:03.6m	(1)Cyndy Poor	7-16-75
2:04.6	(1)Charlette Cooke	7-23-66
2:04.37m	Francie Larrieu	7-18-74
2:04.5m	(3)Jarvis Scott	8-24-68
2:05.0	(1)Lee Chiu-Shia	5-26-75
2:07.2	(1)Judy Graham	8-11-72
2:07.0m	Cis Schafer	7-9-72
2:07.9	(3)Lynn Hollins	5-27-73
2:07.3m	Maria Mulder	7-31-65
2:07.5m	(2)Lynn Smith	8-19-75
2:07.6m	(1)Ruth Kleinsasser	5-18-75
2:08.48	(2)Julie Brown	5-20-75
2:08.5	Tecla Clembawai	1974
2:08.5	(1)Kathy Keyes	8-2-75
2:08.0m	Kim Miller	1971
2:09.2	(1)Kathy Costello	6-7-75
2:09.7	(3)Ann Larsson	5-26-75
2:09.78	(6)Kate Keyes	5-20-75
2:09.0m	(4)Nancy Wullen	7-7-72
2:09.8	(4)Gunilla Lindh	5-26-75



**JULIE BROWN: winner of California State Cross Country Championship. Also own California's all time three mile mark.**

mile walk

7:13.9	(1)Susan Brodock	2-1-75
7:23.7	(2)Linda Brodock	2-28-75
7:25.7	(3)Esther Marquez	2-28-75
7:33.1	(1)Lisa Methery	6-8-75
7:47.5	(1)Chris Sakelarios	4-27-75
7:49.0	(1)Cindi Johnson	6-8-75
7:53.5	(1)Vicki Cook	5-17-75
7:53.7	(2)Terri Teegarden	6-8-75
7:56.0	Sheila Thomsen	5-27-74
7:59.4	(1)Kati McIntyre	6-3-72
8:02.6	(1)Georgia Sakelarios	5-14-75

10:28.0	(1)Jacki Hansen	6-8-75
10:31.2	(2)Cheryl Bridges	4-19-75
10:34.0	(3)Tena Anex	6-23-73
10:36.1	(1)Lee Chiu-Shia	5-26-75
10:36.2	(3)Nadia Garcia	6-9-74
10:36.4	(3)Linda Heinmiller	3-21-75
10:36.6	(2)Cyndy Poor	4-12-75
10:39.6	(1)Lynn Morin	2-23-75
10:40.3	(4)Debbie Johnson	6-29-72
10:42.0	(1)Suzanne Keith	6-8-75
10:44.1	(1)Kathy Costello	11-26-74
10:44.5	(3)Amy Haberman	6-2-74

Marathon

2:38:19	(11)Jacki Hansen	10-12-75
2:46.36	Miki Gorman	1974
2:49.40	Cheryl Bridges	12-5-71
2:50:56	(3)Peggy Lyman	2-10-74
2:53:40	Teri Anderson	3-4-73
2:54:28	Judy Ikenberry	1-12-74
2:58:09	(6)Dr. Joan Ulyot	9-22-74
3:01:00	Eileen Myers	12-1-74
3:01:15	(4)Mary Et... Bitano	2-10-74
3:02:54	(9)Judy Gunn	4-21-75
3:05:07	(6)Lucy Bunn	2-10-74
3:06:57	(4)Marie Albert	3-30-74
3:09:00	(69)Linda Heinmiller	6-24-75
3:09:42	(1)Donna Gookin	8-16-75
3:09:43	Mary Decker	
3:11:26	(1)Yvette C...	6-14-75
3:12:20	(8)Irene Ulyot	2-10-74
3:12:25	Luanne Kralick	12-1-74
3:12:27	(9)Jenny TaylorTuthill	2-10-74
3:14:58	(87)Sue Munday	8-24-75

100 MH 33"

12.6	(1)Chi Cheng	7-12-70
12.9w	(1)PattyVanWolvalaere	6-23-73
13.41	(1)Esther Roth	8-31-75
13.4w	(P)Jane Frederick	6-20-75
13.5	(4)Pat Donnelly	7-8-72
13.5	(5)Lorna Tinney	7-8-72
13.5	(1)Deby Lansky	6-28-74
13.6	(1)Bobette Krug	7-71
13.9	(P)Marilyn King	6-12-71
13.9	(3H)Cherrie Sherrard	7-1-72
13.9	(2)Janice Lester	5-31-75
14.0	(1H)Deanne Carlsen	6-3-73
14.1	Deanna Galian	6-13-70
14.2	Alberta Martin	1970
14.2	(H)Janet Benford	7-9-71
14.3	(P)Dianne Spangler	6-24-70
14.3	(2)DeAnne Wilson	5-8-71
14.3	(P)Sandy G. Tyler	6-20-75
14.4w	(5)Cathy Clarke	6-20-73
14.5	Fat W. Bank	4-11-70
14.5	Clydine Crowder	4-20-74

400 MH

59.5	(1)Janice Lester	6-9-74
59.6	(3)Michelle Hopper	6-27-75
60.0	(2)Clydine Crowder	6-9-74
60.8	(1)Patty Cape	5-10-75
63.0	(1SF)Ethis Hunter	6-22-73
63.3	Leslie Clark	1974
63.5	(1)Marilyn Neufville	5-13-73
63.5	(5)Carolyn Bing	6-25-75
63.6	(1)Carol Burkland	6-9-74
63.7	Dalah Annad	1974
64.0	(2SF)MaryLeeErickson	6-25-74
64.0	(1SF)Beth Howell	6-25-74
64.4	(2)Diane Dellinger	6-10-73
64.4	(3)Effie Jordan	6-20-73
64.5	Linda DeJarue	1974
64.5	Alberta Martin	1974



64.6	(4)Cathy Clarke	6-10-73
65.0	(1)Amber Souza	6-1-75
65.2	Cynthia Snyder	6-25-74
65.2	(2)Linda Hightower	6-8-75



SANDRA HOWARD wins state prep 100

photo by Diane Johnson

high jump

5-10 $\frac{1}{2}$	(1)Cindy Gilbert	4-27-74
5-10	(T)Jane Frederick	3-3-75
5-10	(1)Pam Blackburn	4-27-75
5-9 $\frac{3}{8}$	(1)DeAnne Wilson	7-8-72
5-9 $\frac{3}{8}$	(2)Sandy Goldsberry-Tyler	72
5-8	Franzetta Farham	8-20-67
5-8	(2)Erenda Simpson	7-4-70
5-8	(1)Linda Hedmark	4-8-73
5-8	(2)Chris Remling	6-26-74
5-8	(1)Kim Maddox	6-7-75
5-8	(5T)Cindy Sandberg	6-28-75
5-8	(1)Susan Long	7-26-75
5-7 $\frac{3}{8}$	(1)Sharon Callahan	6-23-68
5-7 $\frac{1}{2}$	(1)Pat Winslow	6-10-57
5-7 $\frac{1}{8}$	(1)Terrezene Brown	7-10-64
5-7	(1)Denise Parker	5-15-65
5-7	(1)Candice Zbieransk	6-14-75
5-6	(1)Jean Gaertner	5-4-60
5-6	(2)Ordellia Smith	2-4-68
5-6	Cam Conley	5-8-71
5-6	(1)Roxanne Demick	3-25-72
5-6	(2)Jan Dill	3-25-72
5-6	(1)Cathy Clarke	4-28-73
5-6	(1)Kathy McQuillan	6-10-73
5-6	(2)Laurie Carman	6-30-74
5-6	(1)Rosetta Birt	5-3-75
5-6	(3)Diane Stuart	5-24-75
5-6	(1)Nancy Shallenberger	5-25
5-6	(1)Denise Cornell	6-1-75
5-6	(3)Candy Ross	6-14-75
5-6	(1)Brenda Little	6-15-75

192-0	(1)Sherry Calvert	5-13-72
186-4	(1)Roberta Brown	3-21-71
183-8	Karin Smith	5-26-74
180-3	(1)Asa Westmon	5-3-75
177-3	(1)Cathy Sulinski	6-25-75
170-9 $\frac{1}{2}$	(1)Gloria Wilcox	5-9-64
170-0	(x)Karen A. Oldham	10-26-56
168-6	(4)Dobbie Langevain	6-23-73
168-5 $\frac{1}{2}$	Fran Davenport	9-8-63
167-10	(3)Barbara Whitfield	6-2-73
167-8	(3)Nadine Bowers	5-3-75
165-9	(2)Babs Brandin	4-23-66
165-9	(1)Cathy Corr	5-18-75
162-9	(2)Margareta Carell	4-9-72
161-1	(1)Lisa Van Bentham	5-26-75
160-2	Pamela Livingston	4-24-70
160-1	(1)Linda Langford	6-13-70

long jump

w21-9 $\frac{3}{4}$	(1)Martha Watson	5-26-74
21-0 $\frac{3}{4}$	(1)Chi Cheng	2-28-70
20-9 $\frac{1}{2}$	(1)Kim Littlesey	7-30-72
20-8 $\frac{1}{2}$ w	(1)Pat Winslow	7-2-57
20-7	(1)Dora Lee Roberts	5-1-71
20-7	(P)Marilyn King	8-12-72
20-5 $\frac{3}{4}$	(2)Anita Neil	5-27-72
20-5 $\frac{1}{2}$	(1)John Anderson	1975
20-4 $\frac{1}{2}$	(3)Erika Ferrell	5-27-72
20-3w	(1)Vivian Betts	4-25-70
20-2 $\frac{1}{2}$	(4)Denise Paschal	7-24-66
20-1 $\frac{1}{2}$ w	(1)Sonia Guss	9-68
20-0 $\frac{1}{2}$	(P)Jane Frederick	9-21-75
19-11 $\frac{3}{4}$	(1)Renaye Bowen	3-24-73
19-10 $\frac{3}{4}$	(1)Karen Elmore	5-3-75
19-10	(P)Barbara Emerson	9-20-68

pentathlon

4676	(1)Jane Frederick	6-21-75
4359	Pat W. Bank	10-16-67
4329	Chi Cheng	8-24-68
4206	(3)Marilyn King	8-12-72
4024	Lorna Tinney	1972
4012	(2)Barbara Emerson	9-8-68
3884	(4)Sandy Goldsberry	

# Track & Field News

For over 25 years, we've served the track community: the leader in book and periodical publishing, track merchandise and accessories.

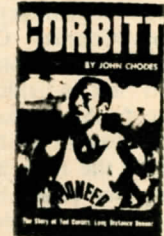
**1** COUNTDOWN TO MONTEAL. The Olympic year is underway, and the best way to keep informed, of course, is by reading TRACK & FIELD NEWS, still America's only publication to deliver all the major news and excitement of the sport, from high school track through the Olympics—from all corners of the USA and the world. While our focus is still on men's top-caliber competition, each monthly issue covers all aspects of track (women, masters, road racing, training tips, etc.). At \$11.00 yr., it's money well spent. Write for sample.

**2** Have you seen our fast-selling t-shirts? Colored t-shirts include KEEP ON TRACKIN' cartoon shirt, ROAD RUNNER cartoon, and the adidas shirt. White shirts with colored trim are USA, MOSCOW 80, the RUN RUN RUN cartoon shirt and our new TRACK & FIELD NEWS shirt. All t-shirts are available in sizes S,M,L, and XL at \$4.50 each, plus 50¢ per shirt for postage. All top quality 100% cotton shirts, machine washable.



**3** Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Jipcho, Dwight Stones, Steve Williams, Tony Waldrop, all in full color. Still available are color posters of Shorter, Prefontaine, Wottle, and Ryun/Keino. All color posters are \$2.50 each. Add 50¢ per order for postage and handling.

**4** T&FN is still the foremost publisher of books on track and field. Recent titles are *The Little Red Book* (with Metric Conversion Tables and a goldmine of information on the sport), \$2.95; *Corbitt* (story of Ted Corbitt, pioneer long distance runner), \$3.95; and *Age Records 1975*, \$2.00. Write for complete booklist.



**5** Coaches: keep up with the latest in technique and training. Read *Track Technique*, the Quarterly Review of Track and Field Athletics. Emphasis is given to easy-to-follow, immediately applicable material for your day-to-day coaching needs. \$5 a year, \$12 for three years.

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Best Marks: 1973: 144-1; 1974: 165-6; 1975: 177-3. Coached by Dr. Harmon Brown and Verner Schwantze.



long jump

w21-9	3/4(1)Martha Watson	5-26-74
21-0	3/4(1)Chi Cheng	2-28-70
20-9 1/2	(1)Katie Attlessey	7-30-72
20-8 1/2 w	(1)Pat Winslow	7-2-57
20-7	(1)Dora Lee Roberts	5-1-71
20-7	(P)Marilyn King	8-12-72
20-5	3/4(2)Anita Neil	5-27-72
20-5 1/2	(1)John Anderson	1975
20-4 1/2	(3)Barbara Ferrell	5-27-72
20-3 w	(1)Vivian Betts	4-25-70
20-2 1/2	(4)Denise Paschal	7-24-66
20-1 1/2 w	(1)Sonia Guss	9-68
20-0 1/2	(P)Jane Frederick	9-21-75
19-11 3/4	(1)Renaye Bowen	3-24-73
19-10 3/4	(1)Karen Elmore	5-3-75
19-10	(P)Barbara Emerson	9-20-68
19-9 1/2	Franzetta Parham	1969
19-9	(1)Kathy McMillian	9-12-74
19-8 1/4 w	(1)Janet MacFarlane	6-10-67
19-7	3/4(P)Lorna Tinney	6-24-72

shot put 4 kilo

56-11	(1)Maren Seidler	2-16-74
54-9	1/8(1)Earlene Brown	9-22-60
53-5 1/2	(1)Jan Svendsen	8-8-72
53-1	(1)Lynn Graham	5-28-71
50-0 1/2	(1)Emily Dole	6-8-75
49-6	(2)Kathy Devine	6-29-74
49-3	3/4(P)Jane Frederick	2-22-75
48-11	Linda Langford	1975
48-9	(4)Cel Rutledge	8-31-75
47-6 1/2	(1)Joan Pavelich	5-28-73
46-2	(1)Pat W. Bank	12-19-71
45-6	3/4(1)Ivera Peco	1-25-75
45-6	(3)Denise Holloway	5-3-75
44-7	3/4(1)Iva Wright	6-13-71
44-3	(4)Judy Lane	6-20-73
43-10 1/2	Mary Jo Peppler	6-7-64
43-5 1/2	Janis May	1968
42-6	3/4 Leslie Gliessman	8-17-68
42-0 1/2	(1)Kathy Schmidt	1-22-72
41-10 1/2	(1)Yvette Brownlee	6-5-71

javelin

209-7	(1)Kathy Schmidt	6-28-75
196-3	(1)Ranae Bair	7-2-67
192-1	(2)Lynn Cannon	6-29-74

165-9	(1)Cathy Corr	4-23-68
162-9	(2)Margareta Carell	4-9-72
161-1	(1)Lisa Van Benthem	5-26-75
160-2	Pamela Livingston	4-24-70
160-1	(1)Linda Langford	6-13-70

pentathlon

4676	(1)Jane Frederick	6-21-75
4359	Pat W. Bank	10-16-67
4329	Chi Cheng	8-24-68
4206	(3)Marilyn King	8-12-72
4024	Lorna Tinney	1972
4012	(2)Barbara Emerson	9-8-68
3884	(4)Sandy Goldsberry-Tyler	6-21-75
3883	(9)Pat Donnelly	6-24-72
3840	(2)Lucia Vaamonde	5-29-71
3819	(2)Lisa Kinimaka	6-29-74
3817	(3)Dianne Spangler	6-28-69
3759	(3)Jan Svendsen	9-8-68
3693	(1)DeAnne Wilson	5-24-71
3647	(14)Rosemarie Gilbert	6-24-72
3641	(3)Cam Conley	5-13-72
3595	(9)Alberta Martin	6-28-69
3586	(1)Ordellia Smith	6-16-68
3536	(2)Cherrie Sherrard	5-5-74
3484	(7)Jenny Stary	6-21-75
3411	(9)Cindy Sandberg	6-24-74

discus

193-3	(x)Olga Connolly	8-8-72
178-8	(x)Vivian Turner	7-11-72
176-10	(1)Earlene Brown	7-16-60
173-11	Joan Pavelich	1974
172-1	(2)Linda Langford	5-3-75
169-1	(3)Monette Driscoll	8-8-72
167-11	(1)Jan Svenisen	6-9-74
165-9	(1)Terri Sabol	8-31-75
159-2	(1)Pamela Kurrell	5-28-60
158-9	(3)Nancy Norberg	8-18-68
157-9	(1)Lynn Graham	7-2-65
153-5	(2)Iva Wright	3-25-72
148-1	(4)Debbie Rivera	4-29-73
146-10	(2)Kathy Schmidt	4-14-71
145-9	Melody McCarthy	6-12-65
144-11	(1)Debbie Langevain	3-16-75
144-5	(1)Judy Lane	4-27-75
138-7	(3)Debbie Brown	4-2-72
137-6	(1)Christi Pyle	5-31-75
136-9	Yvette Brownlee	1972

ROCK cartoon shirt and our new TRACK & FIELD NEWS shirt. All t-shirts are available in sizes S,M,L, and XL at \$4.50 each, plus 50¢ per shirt for postage. All top quality 100% cotton shirts, machine washable.



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# PROFILE



Photo by Karin Smith

## Cathy Sulinski

Best Marks: 1973: 144-1; 1974: 165-6; 1975: 177-3. Coached by Dr. Harmon Brown and Verner Schwantze. Cathy Sulinski tossed her javelin a life time best 177-3 in winning the AAU Junior Championships. This mark, set at White Plains, New York, was also enough to erase three time national champion Karin Smith's meet record by three inches. To prove her record toss was not just a fluke she uncorded another good one two weeks later in upsetting the Russians with a 177-1 victory in the USA-USSR junior meet.

Cathy's progress has been steady over the past three years. In 1973 she had a best of 144-1 at the junior nationals; in 1974 her best was a 165-6 third place against the Russian juniors; and this past season her big toss in the junior nationals. Next year she plans to be at 185+ and is building toward the 1980 Olympics.

Her competition strategy is to always throw well, even though she can't always throw her best. She also emphasizes the importance of throwing conditions, saying, "Since field and weather conditions can hamper or help you it is very important to know and be familiar with these."

She's enjoyed playing basketball and volleyball for South San Francisco High School, but will probably concentrate on track next season at Cal State Hayward. She plans to continue competing until she, herself, becomes a coach someday.

*Training:* Fall- Workout three days a week on general conditioning with easy running and weight lifting. Winter- Workout three days a week adding some throwing to the general conditioning program. Spring- Workout four days per week increasing the amount of weight training and throwing. Summer- Workout four day per week concentrating on heavy throwing.

**CATHY ANN SULINSKI:** Millbrae Lions Track Club. Age 17; 5 feet, 9 inches; 150 pounds. Born April 3, 1958 in San Francisco, California.



by: GEORGE MOSS

Are you interested in the 1976 Boston Marathon in this Bicentennial year? The West Valley Track Club has a group plan organized that will save you \$118 on air fare alone. Plus their's a package available with bargains on accommodations as well. If at all interested write immediatly to Jack Leydig, P.O. 1551, San Mateo, CA 94401.

# keeping track

Three Californians placed in the 1975 National Junior Olympics cross country meet December 15, at Houston, Texas. In the Bantam Boys(9 & under) one mile Gannon Myall of Santa Cruz placed fifth in 6:02. Kevin O'Connor of Belmont and Anthony Williams of Ojai placed second and third respectively in the Junior Boys(12 - 13) 1½ mile.

How about the one-two finish by California schools(UC Irvine and Cal State Northridge) in the NCAA Div. II Cross Country Championships. Irvine's super frosh Ralph Serna demolished the field for individual honors. Serna, the first freshman to ever win the Div. II title, was stung by a bee only minutes before the race, but it did not take the sting out of his blistering pace over the final mile. "I picked up the pace just before the four-mile mark and ran hard for a quarter mile," said Serna after the race. "I thought they would go with me, but they didn't." The race, held at the Irvine Country Club, marked the first time the Div. II champs have been held on the West Coast. Irvine Coach Len Miller has even more to look forward to as his entire anteater squad is composed only of freshmen and sophomores.

California runners did very well at the National AAU Women's cross country championships in Belmont, California. Lynn Bjorkland successfully defended her individual title but was hard pressed by California's Julie Brown and Sue Kinsey. Bjorkland won the three mile race in 6:23 over the Crystal Springs course south of San Francisco. Julie Brown of the Los Angeles Track Club, which won the team title with 87 points, finished second in 16:44. Sue Kinsey, a senior at Cal State Northridge, placed

standard has been reduced somewhat to 2:23. If you are peaking for that especially fast marathon time in this Olympic year your best bet in California is the World Masters Marathon in Orange on January 25th. Those who have run it agree it's the fastest.

No more Bakersfield Track Classic. Financial and scheduling problems have

brought it's end.

No results yet, but San Fernando Valley Track Club's Jacki Hansen was invited to compete in the elite New Year's Eve Sao Silvestre Midnight Run in Sao Paulo, Brazil. The Sao Paulo newspaper which sponsors the event, hand picks the entrants and pays all their expenses. The top long distance runner from each nation is generally selected. Jacki is the first woman ever to be invited to the run of about 5½ miles.

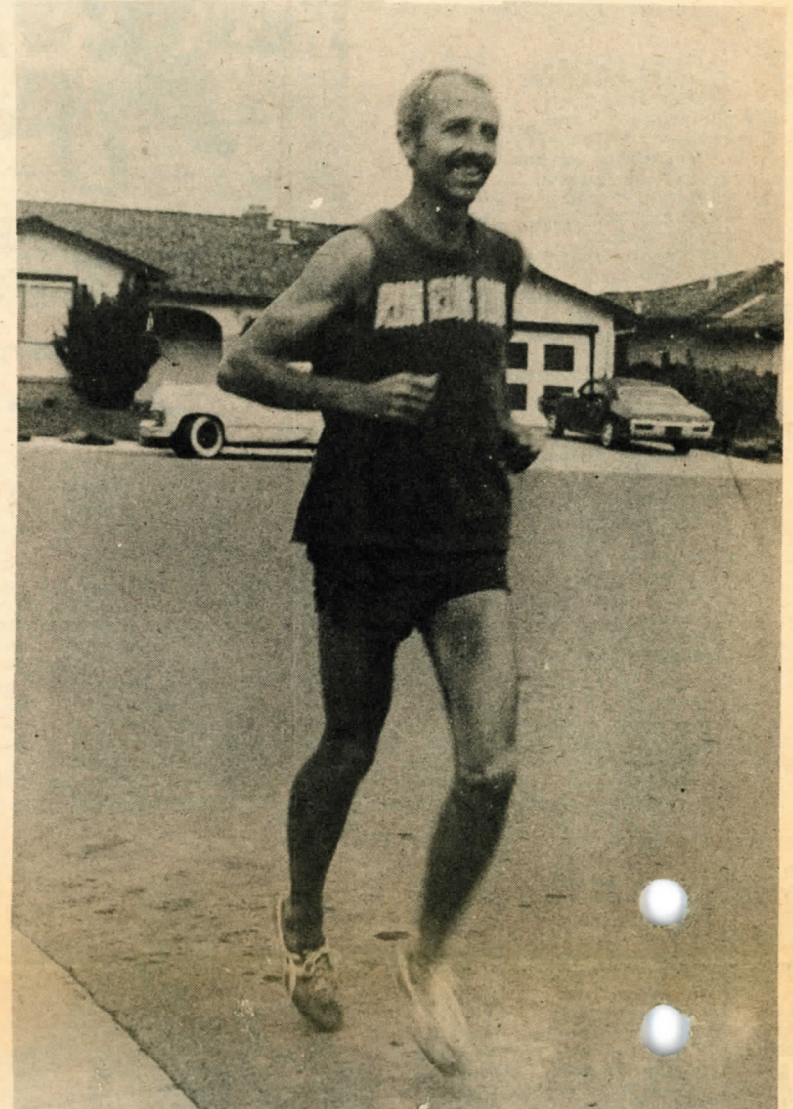
Four California preps have been selected by Harrier Magazine as 1975 High School Cross Country All Americans (50 are selected each year): Tim Holmes of Downey HS in Modesto, Eric Hulst of Laguna Beach HS, Thom Hunt of Patrick Henry HS in San Diego, and Don Moses of Cresenta Valley HS. An interesting note in the Harrier, "Can you believe this - California has no state cross country meet?" Unfortunately, we can.

Ed Mendoza of La Mesa, currently attending the University of Arizona recently won the Fiesta Bowl Marathon in Scottsdale, Arizona. Mendoza ran the 26 mile, 385 yard course in 2:14:13. It was a minute faster than the previous record set by Dennis Williams of Eastern New Mexico last year. Another Californian, Anthony Sandoval, placed second in 2:19:35. It has been noted that the finish is over 800 feet lower than the start which may disallow this race from being accepted as an Olympic Trials qualifying meet.

A new girls track and field club has been formed in the Pasadena area. Called: "Pasadena Track and Field Club - The Rosebuds." Interested parties may contact Lewye D. Grey, P.O. Box 1632,



# Ken Napier



KEN NAPIER: West Valley Joggers and Striders. Age 43; 5 feet, 8 inches; 125

pace, hence he likes to run close to the leaders and finish strongly. He races



Irvine Country Club, marked the first time the Div. II champs have been held on the West Coast. Irvine Coach Len Miller has even more to look forward to as his entire anteaater squad is composed only of freshmen and sophomores.

California runners did very well at the National AAU Women's cross country championships in Belmont, California. Lynn Bjorkland successfully defended her individual title but was hard pressed by California's Julie Brown and Sue Kinsey. Bjorkland won the three mile race 16:23 over the Crystal Springs course south of San Francisco. Julie Brown of the Los Angeles Track Club, which won the team title with 87 points, finished second in 16:44. Sue Kinsey, a senior at Cal State Northridge, now competint for the Sab Fernando Valley Track Club finished third in 16:52.

Coming track clinics: January 17 & 18 - American River; contact Al Baeta at American River College; February 6 & 7 - Fresno State, contact Red Estes at Fresno State University; January 24 & 25 - Stovals; contact Inn of Tomorrow, 1110 W. Katella Ave., Anaheim, CA 92802; January 24 - San Bernardino, contact Fortune Gordien at San Berdo Valley College; Jan 30 & 31 - National Track Coaches, contact Jim Goughram, Dept. of Athletics, Stanford University.

The postage rates have hit us pretty hard. We've had a 30% increase in mailing rates as well as permitt fees. And, the printing costs have hone up too. Rather than uping the subscription cost to our readers we have cut back on the amount of type-setting and are printing more off of our trusty ol'(when it's cooperating) office typewriter. We hope this will make the difference. It's a challenge to just make ends meet - please push subscriptions and support our advertisers.

The January 10, Mission Bay Marathon will feature a pre race friday evening spaghetti dinner and running clinic.

San Diego Track Club's Nadia Garcia was the first finisher from the USA and third place overall with a time of 37:40 at the International 10 Kilo Championship road race in Guayanilla, Puerto Rico on November 2.

The word has come that the Olympic Trials marathon qualifying

attending the University of Arizona recently won the Fiesta Bowl Marathon in Scottsdale, Arizona. Mendoza ran the 26 mile, 385 yard course in 2:14:13. It was a minute faster than the previous record set by Dennis Williams of Eastern New Mexico last year. Another Californian, Anthony Sandoval, placed second in 2:19:35. It has been noted that the finish is over 800 feet lower than the start which may disallow this race from being accepted as an Olympic Trials qualifying meet.

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While at San Diego State Jim Hunt and Bill Gookin were teammates and part of the school record book. Now their sons, Thom Hunt and Mark Gookin, are teammates and distance runners at Patrick Henry High in San Diego.

The San Fernando Valley TC's Dave Babiracki won the National AAU 20 Kilo run in Gardiner, Massachusetts October 26, in a new course record time of 60 minutes, 20 seconds, beating 1975 Boston Marathon winner Bill Rodgers by four seconds.

Another SFVTC athlete Mike Gorman set a world record for women over 40 years old at the Culver City National AAU Marathon December 6. The 4-foot, 11 inch, 89 pound, 40 year old mother is now only the second person in human history who, at the age of 40, has been able to compete successfully on a world class level in the world of running. Only New Zealand's Jack Foster, who in 1974 at the age of 41 won a marathon against the best international competition in 2:11 has previously been able to perform at top-level after age 40.

San Diego Mesa College placed sixth in the State Cross Country Meet with all freshmen. Also, four of the top five Southern Cal teams qualifying for the State Meet were from the same conference - the South Coast Conference. Only Bakersfield, from the Metro Conference, also made it to the State Championships.



**KEN NAPIER:** West Valley Joggers and Striders. Age 43; 5 feet, 8 inches; 125 pounds.

Best Marks(as a master): 1500 meters- 4:11.3(73); Mile- 4:37(73); 3 Mile- 15:45(74); 5 Mile(road)- 26:36 (75). In 1973 he won three PA-AAU Masters Championships: 10 Kilo Cross Country, 20 Kilo road, and 25 Kilo road.

Ken has been one of the top Masters distance runners in Northern California for several years. A versatile runner, he is a fine track, road, and cross country racer. He was ranked number one veteran distance runner in the Pacific Association for 1973. Also, in 1973 he was a member of the Pacific Association All Star team which won the National Masters Cross Country title in 1973 at Elyra, Ohio. He was ranked 5th senior in 1974. Ken started out strongly in 1975, with a second place in the Cow Palace Masters Mile and another second in the 5 mile Masters Lake Merced Run with a fine 26:36 effort. Since then, however, he has been plagued by physical problems which have severely limited his activity. Recently a 15:48 effort in a 3 mile track race indicates Ken is regaining the form which made him competitive with the top seniors in Northern California.

Ken is a highly motivated athlete who loves to run. He has been a competitive runner since high school. He attended San Jose State where he had best times of 1:52.8 in the 880 and 4:10.7 in the mile. His mile time was a school record. As a master, his favorite events are the 5 to 8 mile road races. He has good speed and a fine sense of

pace, hence he likes to run close to the leaders and finish strongly. He races about twice a month on the average. He doesn't try to peak for one or two big races, rather Ken strives to maintain a high level of fitness the year around, letting the peaks take care of themselves. He has no special training rules except to get at least seven hours of sleep per night. He also takes a daily supplement of Vitamin "C".

Currently, Ken is working to regain his 1973 form. His long range plans are to keep in top competitive condition through his 60's and to keep racing with the best in his age group. In his own words, "I'm very competitive by nature and derive sheer enjoyment from competition. Great ego trips!" His biggest thrill as a Master runner to date was running as a member of the team which won the 1973 National Cross Country championship.

A typical week's workouts for Ken include 35 - 40 miles, all quality. Most of it is middle length runs, the longest ranges from 8 to 10 miles. He shoots for 6 minute per mile pace. At least once a week he does interval work at the track such as 12X440 or 8X880.

He is active organizationally also. He is the past president of the West Valley Joggers and Striders, an AAU affiliated club which emphasizes "fun running" and good sportsmanship. It also has a strong contingent of masters distances runners. Since 1972, Ken has been race director of the "Holy City Run" a popular 9+ road race amid the redwood and pine covered mountains between Los Gatos and Santa Cruz.



# FEET FIRST

FROM YOUR RUNNING PODIATRIST

## The Average Runner

by: DR. STEVEN SUBOTNICK

I have always been an average athlete by nature. If I work hard, I can become somewhat above average, but this takes a lot of training. What many people fail to understand is that I must work very hard to be just a little bit above average while other people expending the same amount of effort and energy as I become excellent athletes in regards to performance and placement at races. There are many of us out there, so called average, unspectacular athletes, who are still training hard and still get hurt when we violate the basic rules of good training. Therefore, I am going to relate to you some of my experiences as an average athlete; telling you how I train for races and, hopefully, avoid getting hurt in order to be able to compete and perform in a very average way.

I started off, after running for one year, by turning a 3:39 performance in my first marathon, which was the Avenue of the Giants. I trained hard for this race and averaged somewhere between 45 and 55 miles a week and even on up to 60 miles a week two months prior to the marathon. Finishing this marathon was quite a thrill for me and it got me mentally ready for my next marathon. This next marathon was some months later in Eugene, Oregon, where I had been invited to speak. I averaged seven minutes per mile for the first ten miles and then became lost by making a wrong turn. I had to run so hard to get back to the main course that I was

Boston that year we had a wind behind us all the way and ideal running conditions even though we were unable to warm up properly and I felt like dying the first six miles of the race. I am also sure that I lost a good four to five minutes at the starting line because I was near the back and after the gun sounded, I just stood around and talked for quite some time until we began moving.

I ran Boston in Nike Waffle Trainers, which is another good point. In a long race, you should have a good sturdy shoe with a wide sole which does not allow you to sway from side to side. In the Las Vegas Marathon, I had run in a pair of competition shoes, with a thin sole, which did not allow me enough support or enough shock absorbing and just tore my body to pieces. The Nike Waffle Trainers were perfect and I would suggest that for average runners like me, that we do not use any shoes lighter than a waffle trainer type model.

Then it hit me and it hit me hard, the realization that I would have to break three hours to run Boston this year. That is hard, extremely hard for an average runner like myself. That means averaging under seven minutes per mile, somewhere around 6.8 minutes per mile for 26 miles, and this is hard. So, it's time to get down to some serious training. Here is what I am going to do to get ready to qualify for Boston. Right now I am averaging forty to forty-five miles per week running easy and will gradually increase speed and length.

# We have it!



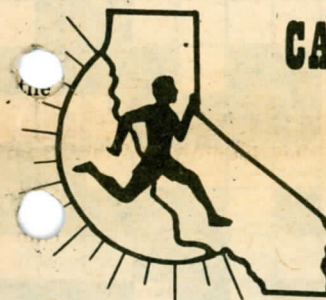
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I started off, after running for one year, by turning a 3:39 performance in my first marathon, which was the Avenue of the Giants. I trained hard for this race and averaged somewhere between 45 and 55 miles a week and even on up to 60 miles a week two months prior to the marathon. Finishing this marathon was quite a thrill for me and it got me mentally ready for my next marathon. This next marathon was some months later in Eugene, Oregon, where I had been invited to speak. I averaged seven minutes per mile for the first ten miles and then became lost by making a wrong turn. I had to run so hard to get back to the main course that I was totally exhausted, my spirits were spent, and I ended up with one of the worst performances in my life, coming in somewhere around 3:45.

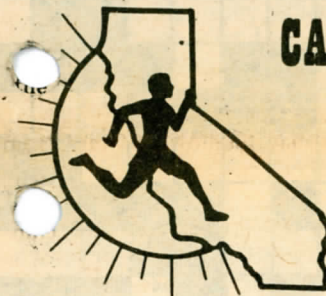
This was when I realized that I must be doing something wrong. It became quite obvious to me that in order to get used to marathon running, you had to do all of your mileage at once and that this idea of splitting up by doing six or seven miles in the morning and then six or seven miles in the evening really wasn't what one needed for marathon running. I had read somewhere that the total mileage is what counted and that you didn't have to do all of your training at once, but for me in regards to my particular instance, this just didn't work. I got much more out of doing ten or eleven miles all at once, than fifteen miles in divided doses. I therefore, adopted the idea of going at least nine miles a day at an average, of eight minutes or somewhat under eight minute mile pace in order to get ready for the marathon. I did somewhat longer workouts, like thirteen to fifteen miles at a time on the weekends. I practiced drinking water and did a fantastic amount of stretching after each workout. I made sure that my orthotics were in top condition, holding my feet in the position which I felt was best for function. I repaired my shoes constantly. With all this at hand and about three months of good training, I headed for the Boston Marathon. I ran Boston in 3:17, which was fantastic for me considering my past performances. This was about two years following my first attempt at running. Of course, at

name trainers were perfect and I would suggest that for average runners like me, that we do not use any shoes lighter than a waffle trainer type model.

Then it hit me and it hit me hard, the realization that I would have to break three hours to run Boston this year. That is hard, extremely hard for an average runner like myself. That means averaging under seven minutes per mile, somewhere around 6.8 minutes per mile for 26 miles, and this is hard. So, it's time to get down to some serious training. Here is what I am going to do to get ready to qualify for Boston. Right now I am averaging forty to forty-five miles per week running easy and will gradually increase speed and length. It will be necessary to take particularly good care of my body and do a great amount of stretching exercises before and even more important, after each workout. It will be necessary for me to use my old Cortez shoes or else the waffle trainers for workouts and not use any thin soled shoes whatsoever. I will not run without my special foot orthotics to protect my feet from overuse syndrome. I will take at least one gram of vitamin C a day and, hopefully, if I make it through the next three months, I will be ready for a good marathon.

This brings up another point. We average runners have to run our tails off just to stay average and it kind of bothers me when I am out running around and I get to an aid station and there is no more water left because the good guys have got it already, and when I get to the finish line and there is no one waiting there because they have already handed out the trophies and everyone else has gone home. So what I really want to say is that you should consider the fact that us average runners have to work darn hard to be average and we should get a little bit more consideration in our races, and you should also realize that we did hurt and have the same pains and the same problems the good guys do even though we are only average.

In the future you may have some questions about what you can do to remain average or to even get better. If so, please do not hesitate to contact me. I will also be most happy to answer questions regarding lower leg injuries and problems. I may be contacted in care of California Track News.



## CALIFORNIA TRACK NEWS

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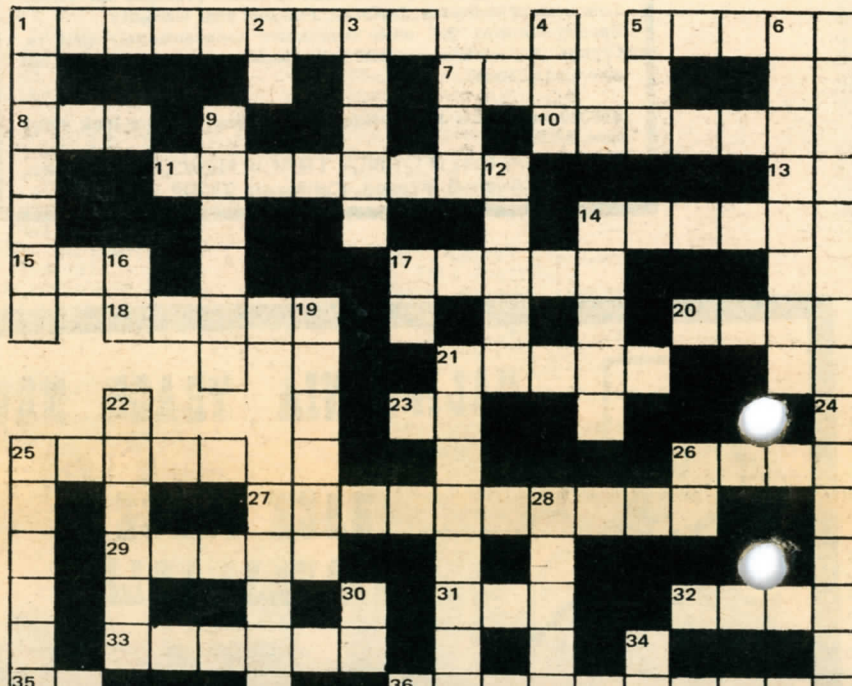
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# California Track

DOWN



# Garment Screening

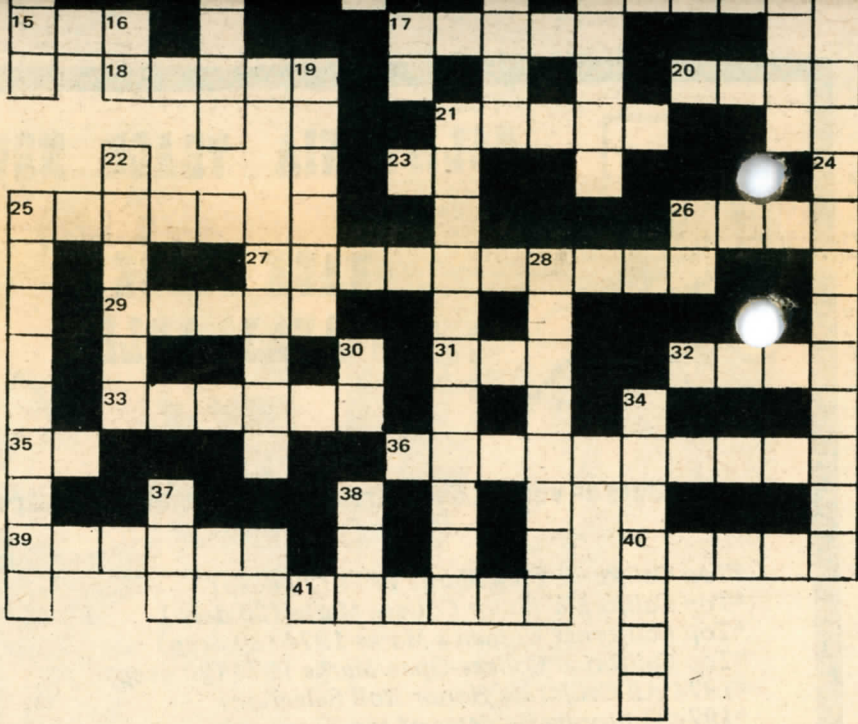
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Let's see who knows their California track. Here's a cross word puzzle having to do with track in California to test your knowledge.





**DOWN:**

- 1 1975 state JC discus champion and National record holder(192-4).
- 2 initials of first Californian in 1975 AAU Women's Marathon.
- 3 American women's one hour run record.
- 4 former world hammer throw record holder.
- 5 abbreviation for the spear event.
- 6 state high school champion in 880 and mile in 1975.
- 7 didn't place in JC State Meet but had second farthest discus mark in 1975.
- 9 John Powell holds this record.
- 12 winner of the NCAA Division II cross country meet in 1975
- 14 first California team in the NAIA national cross country meet in 1975
- 16 not from California(Arizona - it's close) but holds a number of meet steeplechase records (initials).
- 17 initials of holder of state's top 1975 female high jump mark (5-10).
- 19 winner of state JC cross country small school division.
- 21 site of 1975 state JC track meet.
- 22 world decathlon record holder.
- 24 editor of Runner's World.
- 25 second in 1975 NCAA mile (4:00.4).
- 26 initials of 1968 Olympic 400 champion.
- 27 state's all time top female high jump mark at 5-10¼ (first name)
- 28 tied for state JC track championships in 1975
- 30 initials of state JC shot put champion in 1975
- 34 super female walking family.
- 37 1975 PAC-8 track champions.
- 38 where miler Paul Cummings went to college.

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Let's see who knows their California track. Here's a cross word puzzle having to do with track in California to test your knowledge. See if you can complete it. A real "track nut" should be able to get most of them. The correct answers will appear in the next issue of California Track News. The puzzle was a lot of fun to make and if it is received well we will have more of them in the future. Let us know if you like it; if it's too hard or too easy.

**ACROSS:**

- 1 1975 State JC Cross Country Champion.
- 5 high school State Meet record in 880; 1:48.8(65).
- 7 Los Angeles belongs to this AAU district.
- 8 first California team(3rd place) in 1975 AAU Junior Women's Cross Country.
- 10 1975 NCAA triple jump champion.
- 11 first Californian in 1975 NCAA cross country meet.
- 13 hop, step, jump.
- 14 1975 AAU long jump champion.
- 15 Gookinaid.
- 17 1975 state JC Cross Country champion.
- 18 president of Northern California Track & Field Association.
- 20 first California team in 1975 NCAA track meet.
- 21 American junior one hour run record.
- 23 initials of California's top 1975 prep 220 performer(based on time).
- 25 New Zealand 3 time Olympic Champion attending UC Davis.
- 26 another name for finish line.
- 27 San Jose based women's track team.
- 29 American women's one hour run record.
- 31 second Californian in 1975 Women's AAU Cross Country(3rd place).
- 32 1975 state high school 440 champ.
- 33 member of 1952 Jamaica Olympic team. Held world 400 meter record. Now a doctor in California and a master competitor.
- 35 Randy Williams' event.
- 36 JC 440 intermediates record holder and 1975 state champ.
- 39 editor of Track & Field News.
- 40 second best US decathlete in 1975.
- 41 Santa Monica Track Club's outstanding master distance runner.



# LTS..RESULTS..RESU

**November 2. Alondra Park. Seniors**  
**TC Four-Man 10-Mile Medley Relay.**

**Open Division:**

Athletes in Action(Cook, Hill, Swift, Waltmire)	49:23
Athletes in Action-B(Huling, Patterson, George, Ankeny)	50:12
Santa Monica TC(Rafferty, Rios, Forrester, Bryant)	51:14
Rialto Road Runners(Hammerstein, Boden, P. Assuma, Harrie)	52:21
Santa Monica TC-B(Barrerson, Rehner, Parker, McCalley)	52:31
<b>30 &amp; Over Division:</b>	
Amazons(Toomsey, D. Fitzgerald, Richards, Smartt)	53:40
Seniors TC(Thompson, Atkins, Burgasser, Rustad)	54:08
<b>40 &amp; Over Division:</b>	
Seniors TC(Roberts, Crum, Williams, Nicholson)	56:58
<b>50 &amp; Over Division:</b>	
Seniors TC(A. Bryant, Ceja, W. Fitzgerald, Gil)	59:12
<b>14 &amp; Under Division:</b>	
Rialto Road Runners(Cooper, Mead, Jewett, M. Assuma)	58:26
<b>Women's Division:</b>	
San Fernando Valley TC(Reinhart, Tolford, Kinsey, Hansen)	57:42
37 teams finished /Ron Watson/	

**November 15. Irvine Coast Country Club, Newport Beach. NCAA Division II Cross Country Championships. 5 miles.**

1. Ralph Serna(UCI)	23:40
2. Dan Dwyer(SW Mo St)	23:52
3. Michael Larson(E. Ill.)	24:00
4. Steve Scott(UCI)	24:06
5. John Christy(E. Ill.)	24:07
6. Warren Eide(N. Dak. St)	24:09
7. Pat Curran(CSUN)	24:15
8. John Prashun(SW Mo St)	24:16
9. Doise White(SE Mo St)	24:18
10. Peter Heesen(E. Strdgb)	24:20
11. Brian Hunsaker(UCI)	24:24
12. Ed Chaudrez(CSUN)	24:24
13. John Shull(Wright St)	24:28
14. Jack Lindsey(NE Mo St)	24:29
15. Carey Simons(CSULA)	24:30
16. Bob Large(CSUN)	24:30
17. Matt Yeo(UCD)	24:30
18. John Wellerding(St)	24:30
19. Dan Villalobos(CSUN)	24:33
20. Neil Haseman(E. Ill.)	24:34
21. Rick Clear(Can Mo St)	24:36
22. Robert Slick(UCI)	24:37
23. Pat Cain(U S. Dak)	24:38
24. Mike Bollmann(N. Dak. St)	24:39
25. Anthony Reynoso(UCI)	24:39
28. John Lepper(UCD)	24:40
30. Ed Ahlmeyer(UCI)	24:44
31. Joe Taxiera(UCD)	24:45
44. Randolph Mysliviec(CPSLO)	24:57
48. Mitchell Thomas(CSULA)	25:02
51. Angelo Martinez(UCD)	25:02
53. Mark Casanova(CSUN)	25:04
54. Lon Remusat(UCD)	25:04

**November 1. First Annual Almond Bowl Run. Chico.**

**3 Mile:**

1. Lee Ferrero(Weed)	14:10
2. Tim Stone(Chico)	14:37
3. Patrick Finn(Chico)	14:43
4. Karl Schaechterle(Sacto')	14:49
5. Wayne Barth(Chico)	15:05
6. Michael Hovar(Fair Oaks)	15:08
7. Jack Betschart(Sacramento)	15:26
8. Kent Mulkey(Chico)	15:28
9. Harry Ellis(Carmichael)	15:39
10. Steve Coronado(Sacramento)	15:48
11. Steve Harver(Croville)	16:05
12. Dave Callnon(Carmichael)	16:09
13. Scott Ellis(Carmichael)	16:10
14. Wayne Moss(Weaverville)	16:34
15. Eric Peterson(Sacramento)	16:40
35. Cindy Claiborne(Chico)	20:00
36. Jeanette Anderson(Durham)	20:01
43. August Hannickel(Rocklin)	21:04
45. Glenn Shols(Chico)	1-40+
49. Deni Luper(Chico)F30+	22:45
73 finishers.	

**6 Mile:**

1. Dennis Swart(Sacramento)	29:17
2. Wayne Badgley(Stockton)	29:22
3. Gary Singer(Stockton)	30:09
4. Jack West(Chico)	30:34
5. Chris Defazio(Chico)	30:43
6. Roger Stordahl(Chico)	31:34
7. Tony Webb(Chico)	31:49
8. George Rogers(Chico)	32:00
9. Pat Buzbee(Chico)	32:27
10. Mike Buzbee(Marysville)	32:32
11. Steven Cain(Redding)	32:50
12. Boug Rennie(Cts. Heights)	33:35
13. David Wood(Lodi)	33:46
14. Paul Holmes(Sacramento)	34:05
15. Tom Olsen(O'Brien)	34:16
16. Mark Shumen(Chico)	34:22
17. Dan Ralston(Redding)	34:35
18. Jim Middleton(Redding)	34:38
19. Jim Engle(Napa)	34:39
20. Walt Betschart(Sacramento)	34:57
21. Tom Hannickel(Loomis)1-Jr	34:58
22. Gary Kohl(Chico)2-Jr	35:08
23. Harry Daniell(Redding)1-40+	35:14
28. Roger Herndon(Paradise)3-Jr	36:23
48. Robert Milton(Redding)2-40+	39:22
60. Merrill Cray(Chico)1-F	40:47
67. Betty Best(Chico)1-F30+	42:01
87. Jim Hami(Chico)1-50+	55:25
92 finishers /Walt Schafer/	

**November 1. Mission Viejo Postal 2 Mile Track Run. UC Irvine.**

**RACE 1**

1. Walterhouse (MV)	9:12.3
2. Spilsbury (Foot)	9:12.3
3. Thom (SLO)	9:20.4
4. ...	9:20.4

**November 15. Bronx, New York. 1975 Fifth Annual National Eastern AAU Cross Country Championships at Van Cortland Park**

**Division I, 40-49:**

1. Damon (Gnat) 41	34:58
2. Dyson (Hart) 41	35:47
3. Pflaging (Balt) 43	35:59
4. Kandschur (Hart) 45	36:06
5. Vinnosky (Pot. V) 45	36:09
6. Chiappetta (Mill) 42	36:23
7. Fortier (No Med) 42	36:49
8. Menzie (Pa AAU) 41	36:53
9. Bamford (No Med) 40	36:54
10. Higdon (Ind) 44	36:56

**Division II, 50-59:**

1. O'Neil (PaAAU) 50	38:50
2. McDonough (Mill) 51	38:52
3. Dreher (MAAAU) 54	39:40
4. Richardson (Un) 55	40:52
5. Rodd (NCA) 52	41:20
6. Brown (Hart) 50	41:21
7. Sheehan (Shor) 57	41:55
8. Cole (Un) 54	42:27
9. Predette (Hart) 55	42:48
10. Coyne (Mill) 53	43:28

**Division III, 60+:**

1. Wall (Howc) 62	42:05
2. Taylor (Un) 61	45:31
3. Westerholm (Kill) 61	52:46
4. D'Elia (Jer) 78	54:40
5. Lacey (Pion) 65	54:56

Pacific AAU All-Stars 1st place--  
 Kenzie, DeWoss, Jensen, Finch, O'Neil;  
 2nd - North Medford Club; 3rd - Mid Atlantic All-Stars

**November 30. Pasadena. Rose Bowl 10.08 Mile**

1. Dave White (AATC)	49:19
2. Perry Forrester (un)	49:40
3. Tom Bryant (un)	49:58
4. Ken Moffit (Aztlan)	50:51
5. Phil Ryan (un)	52:34

**November 16. 1975 California State Womens & Girls AAU Championships. Mile Square Park, Fountain Valley.**

**Womens Division: (3 miles)**

1. J. Brown(LATC)	15:34
2. S. Kinsey(SFVTC)	15:35
3. C. Poor(SJC)	16:06
4. J. Graham(SJC)	16:07
5. J. Hansen(SFVTC)	16:24
6. C. Costello(Unatt)	16:31
7. P. Bowers(SJC)	17:05
8. L. Heinmiller(LATC)	17:09
9. N. Garcia(SJTC)	17:12
10. C. Troffer(LATC)	17:18
11. K. Keyes(LATC)	17:21
12. D. Heald(Unatt)	17:28
13. L. Greenbert(SJC)	17:31
14. H. Tolford(SFVTC)	17:43
15. P. Jewell(LEB)	17:59
16. S. DeNoon(BA)	18:05
17. C. Flournoy(LATC)	18:07

**November 2. Sonoma State Marathon. Rohnert Park.**

**Open Division:**

1. Humberto Hernandez(28)Yuba	2:30:18
2. Gene Fitzgerald(32)Richmond	2:32:09
3. Jan Serhsen(28)Pacifica	2:34:41
4. Clark Rosen(26)Petaluma	2:35:24
5. Dennis Dillie(24)San Fran.	2:38:52
6. Jake White(33)Mt. View	2:39:37
7. Mike Conroy(30)Daly City	2:42:17
8. Mark Proteau(22)Napa	2:42:31
9. Walt Schaffer(36)Chico	2:43:57
10. Donald Chaffee(36)San Fran.	2:48:26
11. Abe Underwood(37)Sacramento	2:50:55
12. Bob Layton(35)San Fran.	2:52:09
13. Frank Burk(33)Chico	2:52:19
14. Frank Krebs(32)Orangevale	2:53:35
15. Gerald Haslam(36)Petaluma	2:57:14
16. Walt Van Zant(31)Sunnyvale	2:57:18
17. Ted Wilson(38)Oakland	2:58:38
18. Jerry Hall(28)Stanford	2:58:50
19. John Weidinger(34)San Fran.	2:59:32
20. Armando Menaal(34)Berkeley	2:59:40
21. Patrick O'Connor(33)San Fran	2:59:55
22. David Blinkinson(31)Marina	3:02:42
23. Roy Swartout(27)Oakland	3:02:44
24. Bill Catanese(37)San Anselmo	3:04:22
25. Ben Sawyer(38)Santa Cruz	3:04:48

Team Scores: Excelsior TC 12, West Valley TC 13, Chico RC 24, West Valley Joggers 29.

**Open Womens Division:**

1. Penny DeWoss(25)Los Altos	3:04:51
2. Louise Burns(35)Berkeley	3:24:26
3. Jeanie Kayser(39)San Fran.	3:27:42
4. Betsy White(37)Berkeley	3:32:15
5. Lorraine Rorke(29)San Fran	3:55:32

**Masters Men Division:**

1. John Armstrong(47)San Jose	2:53:45
2. Don Carpenter(47)Palo Alto	3:01:58
3. Jim Simpson(44)Fremont	3:02:20
4. John Flather(43)Palo Alto	3:02:44
5. Harold DeWoss(40)Los Altos	3:03:18

**Masters Women Division:**

1. Ruth Anderson(46)Oakland	3:24:26
2. Ruth Dethering(45)San Fran.	4:02:55
3. Barbara Carlson(41)Piedmont	4:05:07

116 finishers /Bob Lynde/

**Pac-8 Southern Division Cross Country**

**UCLA November 1, 1975 6.2 Miles**

1. Anthony Sandoval (Stanford)31:07	
2. Bob Thomas (UCLA)	31:15
3. Jack Bellah (Stanford)	31:48
4. Gary Hitti (UCLA)	32:05
5. Roy Kissin (Stanford)	32:23
6. Doug Boswell (UCLA)	32:32
7. Ron Fitzke (Cal)	32:48
8. Jerry Emory (Stanford)	32:55
9. Chuck Harris (Cal)	32:57
10. Gary Blume (Cal)	32:58
<b>Team Standing</b>	
1. Stanford	28
2. UCLA	38

**Far Western Conference Cross Country Championships Belmont, California**

**November 8, 1975 5.1 Miles**

1. Mark Dulaney (HSU)	25:42
2. Matt Yeo (UCD)	25:46
3. Peter Sweeney (UCD)	25:53
4. Chris Cole (HSU)	26:11
5. Ken Hammer (HSU)	26:20
6. John Leeper (UCD)	26:35
7. Joe Taxiera (UCD)	26:39
8. Steve Brooks (CSCS)	26:50
9. Len Berquist (UCD)	26:55
10. Bob Hayes (HSU)	27:03
11. Angelo Martinez (UCD)	27:07
12. Kian McCarthy (SFS)	27:16
13. John Mijares (CSUS)	27:29
14. Bob Cooper (CSUS)	27:33
15. Dale Fuller (CSUS)	27:34
16. Stacy Hancum (CSCS)	27:36
17. Barry Anderson (HSU)	27:38
18. Jeff Clark (UCD)	27:38
19. George Valuska (CSUS)	27:57
20. Terry Lomax (SFS)	28:13
<b>Team Standing</b>	
1. UC Davis	27
2. Humboldt State	34
3. Sacramento State	83
4. Stanislaus State	98
5. San Francisco State	111

/Dave Fix/

**November 15. PA-AAU Senior Men's Cross Country Championships. Belmont Hills, Crystal Springs Course. 10,000 meters.**

1. Ron Zarate(UNLV)	31:39
2. Bill Clark(WVTC)	32:13
3. Athol Burton(UNTC)	32:15
4. Wayne Badgley(Sundance)	32:29
5. Ben DeLaGarza(UNTC)	32:38
6. Tom Wysocki(UNTC)	32:46
7. Paul Frederickson(UNTC)	32:59
8. Steve Mahieu(Washington SC)	33:01
9. Mike Dagg(UNTC)	33:11
10. Dennis Swart(WVTC)	33:15
11. Fred Emerling(WVTC)	33:26
12. Bill Seaver(WVTC)	33:31
13. Terry Ybarra(UNTC)	33:32
14. Denis O'Halloran(Unat)	33:33
15. Jan Serhsen(ETC)	33:39
16. Greg Brock(WVTC)	33:44
17. John Sheehan(WVTC)	33:45
18. John Moreno(CVTC)	33:48
19. Tim Stone(Chico RC)	33:56
20. Steve Martin(WVTC)	34:02
21. Bob Bailey(WVTC)	34:06
22. Art Brown(San Diego TC)	34:07
23. Greg Griffen(Chico RC)	34:11
24. Gary Singer(Sundance)	34:17
25. Daryl Zapata(WVTC)	34:24
26. Jairo Vargas(UNTC)	34:34
27. Bruce Williams(WVTC)	34:36
28. Gordon Innes(Unatt)	34:38
29. Dennis Tracy(WVTC)	34:39
30. Robert Darling(ETC)	34:56
31. Tony Webb(Chico RC)	35:02
32. Joe Becerra(ETC)	35:03
33. Mark Shuman(Chico RC)	35:07
34. Kent Guthrie(WVTC)	35:09
35. Vincent Spangler(SFPC)	35:14
36. Frank Hagerty(Sundance)	35:18
37. Bruce Caputo(Lassen)	35:18



10. Peter Heesen(E. Strdbg)	24:20
11. Brian Hunsaker(UCI)	24:24
12. Ed Chaidze(CSUN)	24:24
13. John Shull(Wright St)	24:28
14. Jack Lindsey(NE Wo St)	24:29
15. Carey Simons(CSULA)	24:30
16. Bob Large(CSUN)	24:30
17. Matt Yeo(UCD)	24:30
18. John Wellerding(St)	24:30
19. Dan Villalobos(CSUN)	24:33
20. Neil Haseman(E. Ill.)	24:34
21. Rick Clear(Can Mo St)	24:36
22. Robert Slick(UCI)	24:37
23. Pat Cain(U.S. Dak)	24:38
24. Mike Bollmann(N. St)	24:39
25. Anthony Reynoso(UCI)	24:39
28. John Lepper(UCD)	24:40
30. Ed Ahlmeier(UCI)	24:44
31. Joe Taxiera(UCD)	24:45
44. Randolph Mysliviec(CPSLO)	24:57
48. Mitchell Thomas(CSULA)	25:02
51. Angelo Martinez(UCD)	25:02
53. Mark Casanova(CSUN)	25:04
54. Lon Berquist(UCD)	25:04
59. Pete Sweeney(UCD)	25:09
61. Michael Garcia(UC Riv)	25:14
64. Peter Marks(UCD)	25:18
66. Dave Stock(CPSLO)	25:22
81. Filipe Brizuela(CSULA)	25:35
86. Frank Britton(CSULA)	25:38
96. Michael Mueller(UC Riv)	25:45
97. Joe Sherrburn(CSULA)	25:46

November 1. Mission Viejo Postal 2  
 Mile Track Run. UC Irvine.

**INDIVIDUALS**

1. Waterhouse (MV) 9:07.5  
 2. Spillbury (Foot) 9:12.3  
 3. Thom (SLO) 9:30.4  
 4. Jury (PV) 9:32.2  
 5. Wyman (PV) 9:35.4  
 6. Labonte (MV) 9:37.7  
 7. Gerich (Foot) 9:40.8  
 8. Axell (SC) 9:41.9  
 9. Wiggins (PV) 9:42.10  
 10. Byrne (Burr) 9:44.11  
 11. Toberty (Foot) 9:47.12  
 12. Heining (LQ) 9:48.13  
 13. Cameron (LQ) 9:48.14  
 14. Weicoft (SC) 9:49.15  
 15. Adamitis (SC) 9:50.16  
 16. McManus (PV) 9:54.17  
 17. Huddleston (SC) 0:51.18  
 18. Gomez (Val) 9:52.19  
 19. Cinaros (Val) 9:53.20  
 20. Billing (PV) 9:54.21  
 21. Roberts (Val) 9:57.22  
 22. Lee (Foot) 9:58.23  
 23. Hill (SC) 9:58.24  
 24. Way (Foot) 9:59.

Team Scores:

1. UC Irvine 59  
 2. Cal State Northridge 91  
 3. Eastern Illinois Univ. 109  
 4. Southwest Missouri State 143  
 5. UC Davis 154  
 6. Cal State Los Angeles 277  
 7. Cal Poly San Luis Obispo 308

Chris Johnson/

Diablo Valley Athletic League  
Cross Country Championships  
 November 5, 1975

Varsity 3.0 Miles

1. Greg Cross (MD)	14:44
2. Kevin Searls (CP)	14:47
3. Ron Criner (MD)	15:11
4. Bill Bedecarre (MD)	15:15
5. Jeff Simons (YV)	15:17
6. Dean Andropoulos (Con)	15:24
7. Matt Dowling (CP)	15:28
8. Pat Croft (PH)	15:49
9. Jeff Van Buskirk (PH)	15:50
10. John Mullins (NG)	15:51
11. Jim Adams (MD)	15:51
12. Joe Valdez (MD)	15:58
13. Jim Hartinger (PH)	15:58
14. Brian March (CP)	16:00
15. Bob Roll (PH)	16:01

Team Standing

1. Mt. Diablo	39
2. Pleasant Hill	56
3. College Park	65
4. Ygnacio Valley	110
5. Northgate	129

Girls 2.0 Miles

1. Karin Salisbury (NG)	12:02
2. Kim Habig (NG)	12:03
3. Dana Searls (CP)	12:03
4. Cindy Green (NG)	12:05
5. Liz Golinveaux (Antioch)	12:20
6. Marianne Bruder (PH)	12:26
7. Linda Robinson (PH)	12:33
8. Laurie Green (NG)	12:45
9. Nancy Pannell (PH)	12:58
10. Carol Glenn (NG)	13:01

Team Standing

1. Northgate	22
2. Pleasant Hill	41
3. Antioch	63

Bob McGuire/

21. Harry Daniel (Redding) 11-40+	35:14
28. Roger Herridon (Paradise) 3-Jr	36:23
48. Robert Milton (Redding) 2-40+	39:22
60. Merrill Cray (Chico) 1-F	40:47
67. Betty Best (Chico) 1-F 50+	42:01
87. Jim Hami (Chico) 1-50+	55:25

87 finishers /Walt Schafer/

**INDIVIDUALS**

1. Waterhouse (MV) 9:07.5  
 2. Spillbury (Foot) 9:12.3  
 3. Thom (SLO) 9:30.4  
 4. Jury (PV) 9:32.2  
 5. Wyman (PV) 9:35.4  
 6. Labonte (MV) 9:37.7  
 7. Gerich (Foot) 9:40.8  
 8. Axell (SC) 9:41.9  
 9. Wiggins (PV) 9:42.10  
 10. Byrne (Burr) 9:44.11  
 11. Toberty (Foot) 9:47.12  
 12. Heining (LQ) 9:48.13  
 13. Cameron (LQ) 9:48.14  
 14. Weicoft (SC) 9:49.15  
 15. Adamitis (SC) 9:50.16  
 16. McManus (PV) 9:54.17  
 17. Huddleston (SC) 0:51.18  
 18. Gomez (Val) 9:52.19  
 19. Cinaros (Val) 9:53.20  
 20. Billing (PV) 9:54.21  
 21. Roberts (Val) 9:57.22  
 22. Lee (Foot) 9:58.23  
 23. Hill (SC) 9:58.24  
 24. Way (Foot) 9:59.

**TEAMS**

1. Palos Verdes 49:33. 2. Foothill 49:36. 3. San Clemente 49:09. 4. Mission Viejo 49:53. 5. Valencia 49:59. 6. La Quinta 50:28. 7. Burroughs 51:03. 8. San Luis Obispo 51:55.

**INDIVIDUALS**

1. Glass (Uni) 9:32. 2. Dauncey (Org.) 9:33. 3. Cox (Uni) 9:41. 4. McKeon (Up) 9:42. 5. Gallup (Mar) 9:44. 6. Turner (Wm) 9:46. 7. Innes (Up) 9:47. 8. Mark Trilevsky (Up) 9:48. 9. Platt (Mar) 9:49. 10. Hernandez (Downey) 9:53. 11. Mitchell (Low) 9:52. 12. Endicott (Mar) 9:54. 13. Fero (Uni) 9:55. 14. Herr (Wm) 9:57. 15. Lokan (Wm) 9:58.

**TEAMS**

1. Upland 49:08. 2. Marina 49:35. 3. Westminster 49:50. 4. University 50:04. 5. Huntington Beach 51:05. 6. Lowell 51:05. 7. Orange 51:34. 8. Tustin 53:18. 9. Downey 57:28.

**INDIVIDUALS**

1. Ertz (NH) 9:38. 2. Tim Becker (RA) 9:46. 3. Tom Becker (RA) 9:46. 4. Nichols (Son) 9:47. 5. Obrigewitch (Lo) 9:49. 6. Brady (St. Bern) 9:59. 7. Austin (BG) 10:04. 8. Kelley (St. Bern) 10:06. 9. Furbee (ET) 10:14. 10. VanWre (ET) 10:15.

**TEAMS**

1. Rancho Alamitos 50:34. 2. El Toro 51:47. 3. Loara 52:05. 4. Newport Harbor 52:06. 5. St. Bernard 52:15. 6. Sonora 52:48. 7. Cypress 53:17. 8. Katella 54:04. 9. Boise Grande, no score.

**TOP INDIVIDUAL TIMES**

1. Mike Waterhouse (MV) 9:07.5  
 2. Mark Spillbury (Foot) 9:12.3  
 3. Ed Thom (SLO) 9:30.4  
 4. Woody Glass (Uni) and Cliff Jury (PV) 9:32.4  
 5. Frank Dauncey (Org.) 9:33.6  
 6. Mark Wyman (PV) 9:35.4  
 7. Gary Ertz (NH) 9:38.10  
 8. Greg Gerich (Foot) 9:40.8  
 9. Tom Becker (RA) 9:46.11  
 10. Jack Wiggins (PV) and Scott McKeon (Up) 9:42.15  
 11. Tomm Gallup (Mar) and Mark Byrne (Burroughs) 9:44.

**TOP TEAM TIMES**

1. Palos Verdes 49:33. 2. Foothill 49:36. 3. Upland 49:08. 4. San Clemente 49:09. 5. Marina 49:35. 6. Westminster 49:50. 7. Mission Viejo 49:53. 8. Valencia 49:59. 9. University 50:04. 10. La Quinta 50:28.

/Ted Brazil/

November 16, 1975 California State  
 Womens & Girls AA1 Championships.  
 Mile Square Park, Fountain Valley.

**Womens Division: (3 miles)**

1. J. Brown(LATC)	15:34
2. S. Kinsey(SFVTC)	15:35
3. C. Poor(SJC)	16:06
4. J. Graham(SJC)	16:07
5. J. Hansen(SFVTC)	16:24
6. C. Costello(Unatt)	16:31
7. P. Bowers(SJC)	17:05
8. L. Heirmler(LATC)	17:09
9. N. Garcia(SJTC)	17:12
10. C. Troffer(LATC)	17:12
11. K. Keyes(LATC)	17:21
12. D. Heald(Unatt)	17:28
13. L. Greenbert(SJC)	17:31
14. H. Tolford(SFVTC)	17:43
15. P. Jewell(LBC)	17:59
16. S. DeNoon(EA)	18:05
17. C. Flournoy(LATC)	18:07
18. J. Rouda(CPSLO)	18:16
19. L. Fissiratti(SFVTC)	18:25
20. D. Dimmick(SJC)	18:35

Team Scores: Los Angeles TC 47, San Jose Cindergals 47, San Fernando Valley TC 73, Woodside Striders 160

**Masters Division: (3 miles)**

1. D. Stock(SJTC)	18:48
2. L. Bache(SJTC)	19:26
3. N. Hobson(SJTC)	19:29
4. C. Honeywell(RRR)	19:50
5. C. Rubio(EA)	19:50

Team Scores: San Diego TC 6, Blue Angels 24.

**14-18 Division: (2 1/2 miles)**

1. P. Rose(BA)	14:56
2. M. Decker(Unatt)	15:14
3. S. Keith(RRR)	15:25
4. L. Jewell(LBC)	15:27
5. S. Greenberg(SJC)	15:38
6. B. Wolfinbarger(QCC)	15:40
7. D. Stern(QCC)	15:42
8. K. Jewell(LBC)	15:43
9. S. Woodridge(QCC)	15:55
10. E. Guina(SJC)	15:56
11. B. Villalvazo(RRR)	16:02
12. T. Caudillo(LBC)	16:05
13. J. Bonacich(SJC)	16:06
14. D. Assurra(RRR)	16:11
15. J. Bowen(LI)	16:12
16. F. Allen(Lassen)	16:13
17. A. Wotherspoon(SJC)	16:16
18. C. McManus(SJC)	16:17
19. M. Albert(RRR)	16:19
20. A. Dandoy(EA)	16:20

**14-15 Division: (2 1/2 miles)**

1st M. Belk SJC 15:27.8
2nd K. Adams Wills Spikette 15:38
3rd K. Nachbar Wills Spikette 16:13
4th V. Lantry RRR 16:27
5th M. Schweiger VTC 16:37
6th A. Nunziata SJC 16:48
7th B. Melton P-USA 16:59
8th A. Slivkoff SJC 17:06
9th C. Ring SJC 17:09
10th R. Wolfe RCP 17:09

**12-13 Division: (2 miles)**

1st R. Bier SJC 12:09.8
2nd C. Nuez RRR 12:14
3rd K. Bain WS 12:18
4th M. Gibbs LI 12:29
5th D. Sanchez RRR 12:37
6th T. Darr BA 12:50
7th L. Teague IV 12:52
8th C. Czarnetaki BA 12:53
9th D. Washington BA 12:55
10th A. Kirkorn BA 12:57

/Allan Gillingham/

1. Ruth Anderson(45)Oakland	3:24:26
2. Ruth Dettering(49)San Fran.	4:02:55
3. Barbara Carlson(41)Piedmont	4:05:07

116 finishers /Bob Lynde/

**Pac-8 Southern Division**  
 Cross Country  
 UCLA November 1, 1975 6.2 Miles

1. Anthony Sandoval (Stanford)	31:07
2. Bob Thomas (UCLA)	31:15
3. Jack Bellah (Stanford)	31:48
4. Gary Nitti (UCLA)	32:05
5. Roy Kissin (Stanford)	32:23
6. Doug Boswell (UCLA)	32:32
7. Ron Fitzke (Cal)	32:48
8. Jerry Emory (Stanford)	32:55
9. Chuck Harris (Cal)	32:57
10. Gary Blume (Cal)	32:58

Team Standing

1. Stanford	28
2. UCLA	38
3. California	59

**Pac-8 Northern Division**  
 Cross Country

1. Joshua Kimento (WSU)	28:10
2. John Ngeno (WSU)	28:19
3. Samson Kamomba (WSU)	28:27
4. Paul Geis (Oregon)	28:52
5. Dave Taylor (Oregon)	28:56

1. Washington State 26  
 2. Oregon 53  
 3. Oregon State 59

/Marshall Clark/

Pacific Coast  
Athletic Association  
Cross Country Championships  
 Long Beach, November 15, 1975

1. Jim Sweeney (LB)	29:37
2. Dan Gruber (SJ)	29:50
3. Tom Lux (SD)	29:56
4. Tomas Rodriguez (LB)	29:59
5. Marc Genet (SJ)	30:16
6. Matt Sommer (LB)	30:27
7. Grover Frowell (SJ)	30:39
8. Bob Wilson (LB)	30:47
9. Randy Lopez (LB)	30:54
10. Pat Phelan (FSU)	31:08
11. Larry Greer (LB)	31:15
12. Steve Acuff (SD)	31:22
13. Mike Avrea (SD)	31:33
14. Rich McCandless (LB)	31:34
15. Tom Chavez (FSU)	31:42
16. Richard Aguirre (FSU)	31:54
17. Art Tello (SJ)	32:06
18. Bryan Foley (FSU)	32:12
19. Peter Papps (SD)	32:25
20. Ned Baird (FSU)	32:26
21. Yale Strong (SD)	32:50
22. Tony Ramirez (FSU)	32:52
23. James Tilford (FSU)	32:54
24. Wayne Hurst (SJ)	33:07
25. Bob Ebert (SJ)	33:50

November 15, NCAA Division 3 Championships. Boston, Mass.

1. Vin Fleming(Lowell)	24:27
2. Joel Jamison(Occidental)	24:27
3. Peter Kummant(Case Western)	24:28
4. Bruce Fischer(N. Central)	24:29
5. Frank Richardson(WIT)	24:31
6. Jon Sisler(Occidental)	24:33
21. Steve Bitterly(Occidental)	24:57
41. Phil Sweeney(Occidental)	25:19
62. Bob Kryczko(Occidental)	25:36
73. Dave Askren(Occidental)	25:48
77. Allen Browning(Occidental)	25:51

Team Scores: North Central 91, Occidental 111, Brandeis 151.

/Steve Haas/

14. Denis O'Halloran(Unatt)	33:33
15. Jan Serksen(ETC)	33:39
16. Greg Brock(WVTC)	33:44
17. John Sheehan(WVTC)	33:45
18. John Moran(CWTC)	33:48
19. Tim Stone(Chico RC)	33:56
20. Steve Martin(WVTC)	34:02
21. Bob Bailey(WVTC)	34:06
22. Art Brown(San Diego TC)	34:07
23. Greg Griffen(Chico RC)	34:11
24. Gary Singer(Sundance)	34:17
25. Daryl Zapata(WVTC)	34:24
26. Jairo Vargas(WVTC)	34:34
27. Bruce Williams(WVTC)	34:36
28. Gordon Innes(Unatt)	34:38
29. Dennis Tracy(WVTC)	34:39
30. Robert Darling(ETC)	34:56
31. Tony Webb(Chico RC)	35:02
32. Joe Becerra(ETC)	35:03
33. Mark Shuman(Chico RC)	35:07
34. Kent Guthrie(WVJS)	35:09
35. Vincent Spangler(SFOC)	35:14
36. Frank Hagerty(Sundance)	35:10
37. Bruce Caputo(Lassen)	35:18
38. John Weidinger(ETC)	35:20
39. Bruce Sayer(CWTC)	35:27
40. Tony Ruggle(Chico RC)	35:32
56. Jim Shettler(WVJS)1-40+	36:56
61. Jerome Lewis(HCSTC)2-40+	37:23
64. Peter Wood(HCSTC)3-40+	37:41
85. Dennis Ogley(Unatt)1-50+	40:21
88. Phyllis Olrich(WVTC)1-F	40:47
89. Joan Ulloty(WVTC)2-F	41:31
104. Skip Swannack(WS)3-F	43:54
127. Carroll O'Connor(HCSTC)1-FM47:50	

142 finishers

Team Scores: University of Nevada TC 22, West Valley TC 41, Chico Running Club 92, Excelsior TC 97, Sundance TC 116, Camino West TC 125, West Valley Joggers 153, Northern Cal Seniors TC 174.

/Jack Leydig/

C.I.F. Central Section Finals  
 Cross Country  
 Avacado Lake  
 Sanger, California  
 November 21, 1975

Varsity 3.0 Miles

1. Lawrence Carranza (Madera)	14:27
2. Felix Elieff (Highland)	14:49
3. Jose Renteria (Madera)	14:55
4. Brian Thompson (EB)	15:00
5. Rodney Lewis (EB)	15:01
6. Jess Lopez (Reedley)	15:03
7. John Wegener (Coalinga)	15:04
8. Roman Gutierrez (Foothill)	15:04
9. Ben Muniz (Clovis)	15:05
10. Manuel Perez (Corcoran)	15:06
11. Bert Ellison (BHS)	15:06
12. Aaron Grumbles (North)	15:10
13. Terry Lewis (EB)	15:13
14. Al Meyer (Shafter)	15:15
15. Darrell Ketter (Fresno)	15:17
16. Jim Grieco (Hoover)	15:18
17. Valentin Ramos (Roosevelt)	15:18
18. Mike Weber (Bullard)	15:18
19. Vince Garza (Central)	15:20
20. Ray Gamboa (Madera)	15:21
21. Dan Martinez (Kingsburg)	15:21
22. Alonzo Valdez (Corcoran)	15:22
23. Greg Pope (Bullard)	15:23
24. Mike Fowler (Lemoore)	15:24
25. Scott Hiclop (West)	15:25

Team Standing

1. Madera	56
2. East Bakersfield	92
3. Bullard	145
4. Corcoran	147
5. Clovis	162
6. Hoover	177
7. Bakersfield	204
8. West	207
9. South	218
10. Coalinga	258

/Greg Weinmann/



November 22. San Jose. 1975 Western Masters Cross Country Championships, 10 Kilo

Table with 2 columns: Rank and Name/Time. Includes Stanford University Golf Course, Joshua Kimento (WSU), John Ngeno (WSU), Terry Williams (Oregon), Samson Kanombwa (WSU), Bob Thomas (UCIA), Kurt Beckman (WSU), Dave Taylor (Oregon), Scott Holmes (Washington), Lucas Oloo (OSU), Phil English (WSU), Matt Centrowitz (Oregon), Ebba Hailu (OSU), Rich Kimball (OSU), Gary Barger (Oregon), Bill Glad (Washington), Gary Nitti (UCLA), Gary Eluma (Cal), Jose Amaya (OSU), Jack Bellah (Stanford), Steve Surface (UW), Tim Murray (Washington), Anthony Sandoval (SU), Dan Fulton (OSU), Jerry Emory (Stanford), Gordy Braun (UW), Washington State, Oregon, Oregon State, Washington, Stanford.

/Cregg Weimann/

12th Annual California Community and Junior College Cross Country Championships

Table with 2 columns: Rank and Name/Time. Includes Fresno, California, November 22, 1975, Large Schools 4.0 Miles, Henry Perez (Delta), Kirk Pfeffer (Grossmont), Jose Savedra (Fullerton), Armando Cendajos (Fullerton), Gerardo Canchoja (LA Valley), Vicky Simonian (LACC), Gary Hernandez (SD Mesa), Bob Deis (American River), John Olswang (Orange Coast), Dennis Wilson (Grossmont), Tom Colley (Santa Barbara), Glenn Best (Grossmont), Roger Casillas (Delta), Dave Helgesen (Grossmont), Mike Vasquez (Bakersfield), Bill Davies (Grossmont), Tom Olswang (Orange Coast), Paul O'Neil (Fullerton), Scott Fesenden (Fullerton), Jim Mebust (American River), Frank Heurire (Grossmont), Bob Loux (Modesto), John Beck (Bakersfield), Alex Aguilar (San Jose), Shawn James (San Jose), Team Standing, Juan Garcia (COS), Greg Morrison (Citrus), Tom Culsick (Canyons), Blackburn (Noorpark), Tim Hampton (Antelope), Flint (Koorpark), Andy Dasillas (Canyons).

Table with 2 columns: Rank and Name/Time. Includes Kent Guthrie, Bill Benz, Charles Harris, Ralph Bowles, Bill Meinhardt, Ken Napier, David Brown, Bruce Jones, Don Chaffee, Abe Underwood, Rey Pena, Bob Ernst, Jack Knebel, Sid Toabe, Walt Van Zant, Mike Healy, Tom Anderson, Dennis Egle, Ed Healy, Vance Koerner, Frank Cuzzillo, Harry Harder, Joan Ulloty, C. O'Conner, Dorothy Thomas.

CP CROSS-COUNTRY FINALS (2.0 miles at Mt. San Antonio College)

4-A DIVISION

Table with 2 columns: Rank and Name/Time. Includes 1. Moses (Crescent Valley), 2. St. John (Mater Dei), 3. McConnell (Edison), 4. J. Ebner (Armat), 5. Spilbury (Foothill), 6. Burkin (Burbank), 7. A. Daniels (San Geronimo), 8. F. Ebner (Armat), 9. Silva (Burbank), 10. J. Miller (Western), 11. Young (Costa Mesa), 12. Gerich (Foothill), 13. Doud (Wilson), 14. Wiggins (Palos Verdes), 15. Hogan (Edison), 16. Walczak (Edison), 17. Goldstein (Edison), 18. Starinieri (Canyon Saugus), 19. Overholt (Costa Mesa), 20. Gallup (Marina), 21. Ariow (Marina), 22. Cox (Wilson), 23. Alvarado (Lakewood), 24. Castillo (Armat), 25. Billings (Palos Verdes), 26. Parks (Burbank).

3-A DIVISION

Table with 2 columns: Rank and Name/Time. Includes 1. Edison 56 (32:35), 2. Palos Verdes 84 (33:20), 3. Foothill 113 (33:46), 4. Burbank 114 (33:45), 5. Bishop Armat 124 (33:34), 6. Costa Mesa 113 (34:26), 7. Marina 148 (34:50), 8. LB Wilson 158 (35:02), 9. Lakewood 209 (35:47), 10. Canyon (Burbank) 209 (36:06), 1. Edison 56 (32:35), 2. Palos Verdes 84 (33:20), 3. Foothill 113 (33:46), 4. Burbank 114 (33:45), 5. Bishop Armat 124 (33:34), 6. Costa Mesa 113 (34:26), 7. Marina 148 (34:50), 8. LB Wilson 158 (35:02), 9. Lakewood 209 (35:47), 10. Canyon (Burbank) 209 (36:06).

TOP TEAM TIMES

Table with 2 columns: Rank and Name/Time. Includes Edison 52:35, 2. Palos Verdes 53:28, 3. Salesian 53:42, 4. Burbank 53:45, 5. Foothill 53:46, 6. Bishop Armat 53:54, 7. Upland 54:29, 8. Sherman 54:52, 9. Costa Mesa 54:56, 10. La Habra 54:47, 11. University 54:44, 12. Bassett 54:46, 13. Bishop 54:49, 14. Marina 54:58, 15. La Canada 55:01, 16. Long Beach Wilson 55:02, 17. San Clemente 55:04, 18. Valencia 55:09, 19. Buena Park 55:21, 20. West Covina 55:28.

/Ted Brazil/

November 26. San Diego. San Diego CIF Cross Country Championships

Table with 2 columns: Rank and Name/Time. Includes A Division (small schools), Bob Currell (CP), Gil Marea (F), M. Guaderrama (R), Jim Tunnell (F), Sergio Reza (S), Unknown, Mike Fulton (BV), Tim Penwell (CP), Chris Sadler (LJ), Steve Zampardo (BV), Ernesto Rodriguez (NCA), David Valdivia (CP), Alberto Serrato (F), Dave Schneck (H), Randy Corps (BV), Paul Gierszewick (C), Joe Stimpson (C), Gustavo Ramirez (H), Chris Malcolm (S), O. Escobeda (MV), Bonita Vista 72, Fallbrook 74, Castle Park 78, Hilltop 96, Sweetwater 107, Carlsbad 114, LaJolla 159, Mt. Carmel 176.

A Division (large schools)

Table with 2 columns: Rank and Name/Time. Includes Thom Hunt (PH), Chris Hughes (HV), Brian Blue (C), Manuel Sandoval (MV), Jim Austin (MV), Paul Neveu (G), Matt Thornsberry (EC), Eric Guive (K), Mike (K), Mark Keller (H), Rick Papworth (PH), Mark Manchester (MV), Dan Reynolds (GH), Mark Cummings (V), Pat Carroll (GH), Ricky Perez (K), Rod Ruffin (EC), Rick Williams (M), Richard Rosa (C), Chuck Connolly (ElCajon), Monte Vista 44, Crawford 89, Helix 97, Patrick Henry 110, Kearney 119, Grossmont 151, Paway 179, Noel Montruchio/

November 30. Clarksburg. Pepsi 20 Mile Race

Table with 2 columns: Rank and Name/Time. Includes Steve Bean, Ben Hart, Ronald Wayne, Dale Fuller, William Seavor, Jan Serchen, Howard Labrie, Gene Fitzgerald, Barbara Lifford.

November 15. North Yosemite League Championships. Woodward Park, Fresno.

Table with 2 columns: Rank and Name/Time. Includes Carranza (Madera), Muniz (Clovis), Renteria (Madera), Weber (Bullard), Pope (Bullard), Team Scores: Madera 32, Bullard 59, Hoover 77, Clovis 82, Fresno 96, McLane 176, Roosevelt 192.

November 15. North Sequoia League Championship. Selma, 3 miles.

Table with 2 columns: Rank and Name/Time. Includes Garza (Central), Martinez (Selma), Cobos (Selma), Shirai (Sierra), Zapata (Selma), Team Scores: Selma 26, Sierra 49.

November 30. Annapolis, MD. National AAU Cross Country Championships, 10 Kil

Table with 2 columns: Rank and Name/Time. Includes Greg Fredericks (Phil PC), John Gregorio (Colo TC), Garry Bjorlund (Colo TC), Glen Herold (Wisc TC), Don Kardong (GNW), Gary Tuttle (FHS), Paul Bannon (Memp St), Steve Flanagan (Colo TC), George Kalley (Penn St), Marty Liquori (NYAC), Ted Castanada (Colo TC), Doug Brown (Knox TC), Amby Burfoot (Moheg Str), Dave Babiracki (SFVTC), Ed Mendoza (Unat), Paul Stemmer (Penn St), Charlie Maguire (Phil PC), Tim Steele (Lehigh), Don Timm (AIA), Jim Peterson (Geotwn), Tom Steiner (Am Ave. TC), Bill Clark (WVTC), Dennis Swart (WVTC), Jim Sweeny (Am Ave. TC), Brook Thomas (SBAA), Tomas Rodrigues (Unat), Team Scores: Colorado TC 31, NYAC 124, Florida TC 136, Phila Pioneers 140, 340 finishers /Al Cantelo/

UC Santa Barbara

Table with 2 columns: Rank and Name/Time. Includes UC Santa Barbara, West Valley TC, University of Nevada Las Vegas, Sundance TC, High Sierra TC, Merced College.

Junior

Table with 2 columns: Rank and Name/Time. Includes Tim Holmes (Modesto), Lawrence Carranza (Madera), Jose Renteria (Madera), John Swift (Modesto), John Wegener (Coalinga), Ben Muniz (Clovis), Mike Bregante (Stockton), Ron Esquivel (Fresno), Rupe Arguello (Wasco), Ray Gamboa (Madera), Dan Williams (Madera), Brian Bowen (Coalinga), Jim Logan (Stockton), Jim Grieco (Fresno), Phil Trumbly (Coalinga), Mike Peno (Coalinga), Ramon Garcia (Madera), Valentin Ramos (Fresno), Steve Peterson (Fresno), John Hutchins (Fresno).

Central California A.A.U. 20 Kilometer Championships

Table with 2 columns: Rank and Name/Time. Includes Woodlake, California Nov. 2, 1975, Wayne Van Dellen (HSTC), Dave Bronzan (HSTC), Len Thornton (HSTC), Frank Delgado (FJ), Gary Campbell (LPTC), Bill Peck (HSTC), Heinie Harwig (Unatt.), Joe Delgado (HSTC), Don Granof (Fresno), Lauren Miller (Fresno), Thomas Bowen (Chasq.), Thomas Latejnesse (Chasq.), Bert Woodruff (FJ), Harry Harder (HSTC), Franz Weinschenk (FJ), Wayne Van Dellen/

1975 National A.A.U. Mt. Fuji Marathon

Table with 2 columns: Rank and Name/Time. Includes Ray Mennie, Ross Smith, William Beckwith, Vance Parkhurst, Stewart Fall, Dennis Coveney, David Parker, Clive Davies, Conrad Ercan, Lenny Escarda, Walt Betschart, Dave Soucun, James Ni, Jack Har, Harry Dan, James Oleson, James Jacobs, William Davis, Don MacIntosh, Gaylord Thorne, Donald P, Robert S, Norman Bright, Stan Baldry, Paul Reese, Jerry Swartsley/

State Center 5 Man 15 Mile Relay



- 17. Tom Olsang (Orange Coast) 20:10
- 18. Paul O'Neil (Fullerton) 20:02
- 19. Scott Fesenden (Fullerton) 20:03
- 20. Jim Mebust (American River) 20:06
- 21. Frank Heurice (Grossmont) 20:09
- 22. Bob Loux (Modesto) 20:10
- 23. John Beck (Bakersfield) 20:10
- 24. Alex Aguilar (San Jose) 20:12
- 25. Shawn James (San Jose) 20:14

- Team Standing
- 1. Belmont 43
- 2. Fullerton 63
- 3. American River 112
- 4. Delta 121
- 5. Bakersfield 128
- 6. San Diego Mesa 151
- 7. San Jose 158
- 8. Orange Coast 167
- 9. Sateo 215
- 10. La Rosa 247

- Smaller Schools 4.0 Miles
- 1. Juan Garcia (COS) 19:36
- 2. Greg Morrison (Citrus) 19:46
- 3. Tom Culsick (Canyons) 19:48
- 4. Blackburn (Moorpark) 19:48
- 5. Tim Hampton (Antelope) 19:51
- 6. Flint (Moorpark) 20:04
- 7. Andy Dasillas (Canyons) 20:12
- 8. Mike Munoz (Imperial Valley) 20:14
- 9. Chris Calson (Citrus) 20:17
- 10. Enoch Martinez (Canyons) 20:21
- 11. Kevin Garace (Glendale) 20:22
- 12. Mike Garrett (Consummes) 20:22
- 13. Don Lohse (COS) 20:24
- 14. Jim Landeros (Canyons) 20:25
- 15. Tom Zinger (Moorpark) 20:29
- 16. Manuel Castillo (Citrus) 20:36
- 17. John Breneman (Canyons) 20:40
- 18. Kim Baez (Marin) 20:41
- 19. Ed Taylor (COS) 20:43
- 20. John Higley (Consummes) 20:45
- 21. Fisanotti (Glendale) 20:45
- 22. Steve Locey (Marin) 20:49
- 23. Ray Green (Marin) 20:49
- 24. Rick Fuller (Canyons) 20:51
- 25. Jack Reime (Cabrillo) 20:52

- Team Standing
- 1. Canyons 118
- 2. Citrus 79
- 3. Moorpark 49
- 4. College of the Sequoias 109
- 5. Marin 129
- 6. Glendale 153
- 7. Consummes 171
- 8. Antelope Valley 182
- 9. San Diego 213
- 10. Skyline 247

/Cregg Weinmann/

Phelan Blind Handicap  
November 22, 1975  
15 Miles

- 1. Mark Covert Unatt. 51:06
- 2. Carl Swift (AATC) 81:17
- 3. Dennis Caldwell (AIA) 83:24
- 4. Robert Branch Unatt. 84:12
- 5. Dave Waco (CCAC) 86:56
- 6. Skip Shaffer (CCAC) 88:37
- 7. Tom Cleason Unatt. 91:52
- 8. Stewart Boden (RRR) 91:54
- 9. Ed Almeida (SDTC) 93:14
- 10. Brian Stansauk (SFVTC) 93:16
- 11. Sam Nicholson (STC) 93:59
- 12. John Starr (CCAC) 94:53
- 13. Bill Crum (STC) 96:21
- 14. Damien Howell (DCH) 96:57
- 15. John Whitney Unatt. 99:58
- 16. Reid Pressley (SFVTC) 1:11:12
- 17. Tom Gallagher (AVN) 1:01:24
- 18. Bruce Hammerstein (RRR) 1:01:30
- 19. Mel Santiago (RRR) 1:01:50
- 20. Michael Harrie (RRR) 1:01:50
- 21. Kieth Albright (GPAC) 1:01:57
- 22. James Robertson (SBAA) 1:02:20
- 23. Jaquin Granada (RRR) 1:02:27
- 24. Lee Vogelgesang (GPAC) 1:03:43
- 25. John Montoya (STC) 1:03:59

/Connie Redewald/

- 7. Marina 148 (54:30), 8. LB Wilson 198 (55:02), 9. Lakewood 198 (55:47), 10. Canyon (Saugus) 209, (56:06).

3-A DIVISION

- INDIVIDUAL: 1. Russell (Notre Dame, SO) 10:14.8, 2. Peraita (Santa Fe) 10:18.6, 3. Cessor (Hawthorne) 10:19, 4. Godinez (Salesian) 10:22, 5. Dean (Fullerton) 10:28, 6. Tillery (West Covina) 10:36, 7. Rodriguez (Salesian) 10:37, 8. Mark Trilevsky (Upland) 10:40, 9. LaCour (Triley) 10:41, 10. Osmann (La Habra) 10:42, 11. Innes (Upland) 10:43, 12. Tim Becker (Rancho) 10:43, 13. Weedon (La Habra) 10:45, 14. Boeffcher (Pomona) 10:46, 15. Allison (Buena Park) 10:48, 16. Madrigal (Salesian) 10:49, 17. Jonville (Victor Valley) 10:50, 18. Oppermann (La Habra) 10:53, 19. Cox (Upland) 10:54, 20. Vergara (Montebello) 10:55, 21. Eardly (West Covina) 10:56, 22. Heinig (La Quinta) 10:57, 23. Risley (Buena Park) 10:58, 24. McKeon (Upland) 10:59, 25. Schriver (Montebello) 11:00.

- TEAM: 1. Salesian SA (53:43), 2. Upland 80 (54:20), 3. La Habra 98 (54:41), 4. Buena Park 129 (55:21), 5. West Covina 137 (55:28), 6. Montebello 138 (55:30), 7. Victor Valley 160 (55:53), 8. Notre Dame (Sherman Oaks) 165 (56:20), 9. Hawthorne 175 (55:50), 10. Rancho Alamitos 178 (56:02).

3-B Division

- INDIVIDUAL: 1. Hulst (Laguna) 9:57.0, 2. Jones (Bassett) 10:27.6, 3. Saucedo (Esperanza) 10:27, 4. Mark Fricker (Hemet) 10:28, 5. Rodriguez (Neff) 10:30, 6. Malias (Baldwin Park) 10:31, 7. Frame (La Canada) 10:34, 8. Gaiis (University) 10:38, 9. Fagnant (Santa Clara) 10:39, 10. Thompson (La Canada) 10:44, 11. Nichols (Sonora) 10:45, 12. Fero (University) 10:46, 13. Adamitis (San Clemente) 10:50, 14. Sigala (Schurr) 10:51, 15. T. Huddleston (San Clemente) 10:52, 16. Cisneros (Valencia) 10:54, 17. Gomez (Valencia) 10:55, 18. Axtell (San Clemente) 10:55, 19. Susche (La Canada) 10:55, 20. Smith (Yucaipa) 10:58, 21. Benavidez (Bassett) 10:59, 22. Moreno (Baldwin Park) 11:00, 23. Edsall (Santa Clara) 11:01, 24. Galvan (University) 11:02, 25. Arriola (Gehr) 11:03.

- TEAM: 1. University 83 (54:44), 2. Bassett 89 (54:48), 3. San Clemente 92 (55:04), 4. Valencia 97 (55:09), 5. La Canada 100 (55:01), 6. Baldwin Park 149 (56:05), 7. Santa Clara 152 (56:18), 8. Schurr 184 (56:58), 9. Rio Mesa 200 (57:15), 10. Yucaipa 202 (57:26).

1-A DIVISION

- INDIVIDUAL: 1. Baker (Cantwell) 10:16.4, 2. Piatro (Desert) 10:19, 3. Smith (Webb) 10:29, 4. Sanz (Cantwell) 10:31, 5. Lundgren (St. Joseph's) 10:36, 6. C. Rednick (Sherman) 10:40, 7. L. Rednick (Sherman) 10:47, 8. Huff (Paso Robles) 10:49, 9. Clancy (Bishop) 10:54, 10. Brady (St. Bernard) 10:55.

- TEAM: 1. Sherman Indian 36 (54:23), 2. Bishop 70 (55:24), 3. Cantwell 80 (54:49), 4. St. Bernard 130 (56:43), 5. Carpinteria 156 (57:24), 6. (The) Morro Bay (57:24) and Atascadero (57:29) 199, 8. La Salle 189 (58:01), 9. Banning 196 (58:42), 10. Rim of the World 217 (58:42).

TOP INDIVIDUAL TIMES

- 1. Hulst (Laguna) :57, 2. Moses (Cres. Valley) 10:03, 3. St. John (Mater Dei) 10:05, 4. McConnell (Ed) 10:07, 5. J. Ebner (Armat) 10:08, 6. Spilbury (Foot) 10:09, 7. Burken (Burbank) 10:10, 8. Russell (Notre Dame) 10:14, 9. Baker (Cantwell) and Aguirre (Santa Barbara) 10:16, 11. Peraita (Santa Fe) and Daniels (San Geronimo) 10:18, 12. Piatro (Desert) and Cessor (Hawthorne) 10:19, 15. F. Ebner (Armat) 10:21, 16. Godinez (Salesian) 10:23, 17. Silva (Burbank) and Jury (PV) 10:24, 19. Wyman (PV) 10:26, 20. Jones (Bassett) and Saucedo (Esperanza) 10:27, 22. M. Fricker (Hemet), Dean (Fullerton) and Miller (Wn) 10:28, 25. Smith (Webb), Young (CA) and Christensen (Ed) 10:29.

- 11. Nick Parworth (H) 10:26
- 12. Mark Manchester (MV) 10:26
- 13. Dan Reynolds (GH) 10:28
- 14. Mark Cummings (V) 10:29
- 15. Pat Carroll (GH) 10:30
- 16. Ricky Perez (K) 10:40
- 17. Rod Ruffin (EC) 10:41
- 18. Rick Williams (M) 10:43
- 19. Richard Rosa (C) 10:45
- 20. Chuck Connolly (ElCajon) 10:45

Monte V... 44, Crawford 89, Helix 97, P... 99, Patrick Henry 110, Kearney ... Grossmont 151, Paway 179 /Noel Montrucchio/

November 30. Clarksburg. Pensi 20 Mile Race

- 1. Steve Bean 1:43:44
- 2. Ben Hart 1:46:52
- 3. Ronald Wayne 1:47:41
- 4. Dale Fuller 1:48:15
- 5. William Seavor 1:48:35
- 6. Jan Serchen 1:48:57
- 7. Howard Labrie 1:49:34
- 8. Gene Fitzgerald 1:49:41
- 9. Richard Langford 1:50:18
- 10. Dennis Rinde 1st HS 1:50:28
- 11. Jim Sane 2nd HS 1:50:56
- 12. Tim O'Neil 3rd HS 1:51:36
- 13. Edward Schlegle 1:51:52
- 14. Mike Smith 1:52:10
- 15. Bob Darling 1:52:28
- 16. Mike Conroy 1:52:57
- 17. Michael Houar 1:52:57
- 18. John Weidinger 1:53:00
- 19. Kent Guthrie 1:53:12
- 20. Dennis Dillie 1:53:38
- 21. Jack Leydig 1:53:56
- 22. Roderick Read 1:54:05
- 23. Michael VanHorn 1:54:26
- 24. Bill Weed 1:54:34
- 25. Arthur Baudendistel 1:54:47
- 26. Tom Castro 1:55:16
- 27. "Flash" Morton 1:55:28
- 28. Tim Donovan 1:55:32
- 29. Gary Sutherland 1:55:35
- 30. Earl Lagomarsino 1:55:42
- 31. Kevin Kirby 1:55:49
- 32. James Shettler 1st 40+ 1:56:24
- 33. David Himmelberger 1:56:28
- 34. Tim Farrell 1:56:52
- 35. Frank Krebs 1:57:05
- 36. Jan Markowski 1:57:10
- 37. Clark Rosen 1:57:34
- 38. Christopher Cole 1:57:53
- 39. Walt Schafer 1:57:57
- 40. John Finch 2nd 40+ 1:58:04
- 41. Robert Bourbeau 3rd 40+ 1:58:06
- 42. Ernie Rivas 1:58:08
- 43. John Thomas 1:58:11
- 44. James Simpson 4th 40+ 1:58:24
- 45. Stephen Bird 1:58:25
- 46. Armando Lagumas 1:59:05
- 47. Bob Miller 1:59:23
- 48. David Muela 1:59:36
- 49. Brent Cushenbery 1:59:38
- 50. Rob Fairley 1:59:47
- 54. Jim O'Neil 1st 50+ 2:00:48
- 90. Walt Betschart 5th 40+ 2:06:32
- 94. James Jacobs 6th 40+ 2:06:59
- 104. Jim Nicholson 7 40+ 2:08:36
- 111. Bill Snovelsy 8th 40+ 2:09:28
- 126. John Perkins 9th 40+ 2:11:37
- 136. Sharon Furtado 1st W 2:13:21
- 176. Ralph Webb 10th 40+ 2:18:14
- 181. Larry Hoyt 2nd 50+ 2:18:46
- 208. Vic Crosetti 3rd 50+ 2:21:53
- 218. Ruth Anderson 1st W-Sr 2:22:55
- 223. Mike O'Neil 4th 50+ 2:23:42
- 227. Judy Gumbs 2nd W 2:23:57
- 239. Jim Allen 5th 50+ 2:25:30
- 254. Arthur Waggoner 6th 50+ 2:27:36
- 261. Jeanie Kayser 2nd W-Sr 2:28:35
- 267. Sally Edwards 3rd W 2:30:06
- 275. Louise Burns 4th W 2:30:42
- 278. Brenda Hoskins 5th W 2:31:27
- 518 Finishers /Elaine Hocking/

- GROUP.
- Age 10-11: 1. Frank Morgan (Duke City) 15:36
- 4. Bill Francis (Blue Angels) 16:03
- Age 12-13: 1. Kevin Downey (Rialto RR) 14:45
- 2. Mike Assuma (Rialto RR) 14:48
- 3. Ray Cook (Rialto RR) 14:55
- 4. John Eirland (D.C. CYO) 15:08
- 5. Sean Tracy (D.C. CYO) 15:08
- 8. Frank Jewitt (Rialto RR) 15:16
- 10. David Neidort (Rialto RR) 15:20
- 11. David Trusel (Rialto RR) 15:22
- 14. Paul Rauch (Rialto RR) 15:33
- 22. Steve Nead (Rialto RR) 15:44
- 27. Pat Quinlan (Rialto RR) 16:00

Rialto Road Runners won the team title with 24 points.

Age 14-15:

- 1. Frank Assuma (Rialto RR) 13:30
- 2. Chuck Assuma (Rialto RR) 13:36
- 3. Bob Fowler (New Hamp.) 13:51
- 4. Rabi Stevart (Virginia) 14:17
- 5. Armand Moreno (Val of Moon) 14:20
- 7. Mike Biando (Val of Moon) 14:22
- 24. Don Leon (Rialto RR) 15:02
- 27. Dave Moss (Val of Moon) 15:07
- 28. Jim Noonan (Val of Moon) 15:07
- 54. Leo D'Acquisto (Val of Moon) 15:47

Valley of the Moon TC placed third. /Gabe Mirkin/

United States Track & Field Federation Western Regional Cross Country Championships

November 22, 1975  
Woodward Park, Fresno  
6.0 Miles

University-Open

- 1. Ron Zarate (UNRTC) 29:37
- 2. Athol Barton (UNRTC) 29:59
- 3. Dennis Swart (WVTC) 30:13
- 4. Wayne Badgley (Sundance) 30:19
- 5. Paul Cook (AIA) 30:23
- 6. Ben DeLaGarza (UNRTC) 30:28
- 7. Lou Patterson (AIA) 30:32
- 8. Don Riggs (AIA) 30:36
- 9. Ron Fitzke (UCS) 30:39
- 10. Ray Temple (UNLV) 30:45
- 11. Anthony Reynoso (CPTC) 30:49
- 12. George Pullen (Jamul Toads) 30:51
- 13. Mike Dagg (UNRTC) 30:56
- 14. Curt Ankeny (AIA) 31:00
- 15. Darren George (AIA) 31:01
- 16. Paul Fredrickson (UNLV) 31:02
- 17. Bill Seaver (WVTC) 31:06
- 18. Eddy Cadena (CPTC) 31:07
- 19. Jim Karrick (CPTC) 31:18
- 20. Tom Edwards (UCSB) 31:19
- 21. Jim Hartig (FPCTC) 31:23
- 22. Chuck Hattersley (JT) 31:25
- 23. Scott Schweitzer (UCSB) 31:28
- 24. Tom Chavez (Fresno State) 31:28
- 25. Pat Phelan (Fresno State) 31:29

Submaster

- 1. Wayne VanDellen (HSTC) 32:54
- 2. Gary Goettelmann (WVTC) 33:29
- 3. Frank Delgado Unatt. 36:11
- 4. Rich Peterson (HSTC) 36:20
- 5. Bill Peck (HSTC) 36:45
- 6. David Peacher (KCFC) 37:05
- 7. Ray Faulkenberg Unatt. 41:18

Master

- 1. Dave Stern Unatt. 34:06
- 2. Len Thornton (HSTC) 34:40
- 3. Gil Hinzo (STC) 38:29
- 4. Gene Lynch (HSTC) 38:58
- 5. Stewart Cramer (Merced) 40:07

Veteran

- 1. Buck Buchenberger (FJC) 40:34
- 2. Loren Low (Sundance) 43:36
- 3. Franz Weinschenk (FJC) 43:41

University-Open Team Scores

- University of Nevada Reno TC 34
- Athletes in Action 45
- Cal Poly TC 89
- Fresno State 127

- 2. Ross Smith 47
- 3. William Beckwith 42
- 4. Vance Parkhurst 41
- 5. Stewart Fall 41
- 6. Dennis Coveney 42
- 7. David Parker 45
- 8. Clive Davies 60
- 9. Conrad Eron 46
- 10. Lenny Escarda 44
- 11. Walt Betschart 48
- 12. Dave Soucup 41
- 13. James Nicholson 45
- 14. Jack Har 45
- 15. Harry Dan 47
- 16. James Oleson 57
- 17. James Jacobs 42
- 18. William Davis 44
- 19. Don MacIntosh 43
- 20. Gaylord Thorne 43
- 21. Donald P 45
- 22. Robert S 46
- 23. Norman Bright 65
- 24. Stan Baldry 51
- 25. Paul Reese 58

State Center

5 Man 15 Mile Relay  
Fresno, California.  
November 29, 1975

Club Division

- 1. Athletes in Action 75:11
- John Swift 15:30
- Walt Waltmire 15:18
- Carl Swift 15:15
- Duane Waltmire 14:27
- Paul Cook 14:41
- 2. Fresno State 75:25
- Ned Baird 14:59
- Bryan Foley 15:14
- Tom Chavez 15:33
- Pat Phelan 15:11
- Dave Cords 14:28

Open Division

- 1. Fresno Pacific Track Club 77:55
- Darrel Cox 15:38
- Jim Hartig 15:17
- Steve Ward 15:20
- Mike Lemmestrud 15:47
- Robert Estrada 15:53
- 2. Merced Track Club 89:21
- Guillermo Salcido 17:16
- Aceledo Jose 17:54
- Jeff Baladad 16:40
- Alan Beymer 18:12
- Stewart Cramer 19:18

High School Division

- 1. East Bakersfield High School 80:15

- Rodney Lewis 15:29
- Terry Lewis 16:23
- John Laird 16:16
- Tim Acosta 16:22
- Brian Thompson 15:41
- 2. Madera High School 81:35
- Jose Renteria 15:39
- Ray Garboa 16:48
- Dan Williams 16:39
- Gene Martinez 16:56
- Lawrence Carranza 15:33

Junior High Division

- 1. Madera Junior High School 87:31
- Luis Frausto 17:44
- Sammy Frausto 17:29
- Tony Hernandez 17:17
- Manuel Renteria 16:03
- Ray Garcia 16:58
- 2. Hamilton Junior High School 88:33
- John Hutchins 16:08
- Dave Woodruff 17:53
- Bernie Zaruspa 18:08
- George Sharup 18:58
- Marty Klein 17:26

Women's Division

- 1. Bakersfield Pacers 104:45
- Mary Ann Meric 20:24
- Laurie Hagopian 19:43
- Sally Ullman 21:15
- Teresa Guterrez 21:44
- Marci Muller 21:39



**Senior Division**

1. Fresno Seniors	86:29
Len Thornton	16:14
Bob Fries	16:42
Sid Toabe	17:33
Harry Harder	19:11
Len Thornton	16:49

/Bill Cockerham/

**South Yosemite League**

**Cross Country Championships**

Varsity 3.0 Miles	
1. Felix Elieff (Highland)	14:56
2. Rodney Lewis (EB)	15:07
3. Roman Gutierrez (Foothill)	15:12
4. Aaron Grumbles (North)	15:15
5. Terry Lewis (EB)	15:18
6. Brian Thompson (EB)	15:23
7. Kenny Cooper (North)	15:24
8. Rob Deyonker (West)	15:25
9. Mark Boggs (BHS)	15:29
10. John Laird (EB)	15:31

**Team Standing**

1. East Bakersfield	37
2. Bakersfield	62
3. Foothill	97
4. Highland	103
5. West	114

**Girls 1.5 Miles**

1. Marcie Muller (West)	8:58
2. Linda Goen (North)	9:08
3. Stephanie Duran (BHS)	9:32
4. Sylvia Duran (EHS)	9:33
5. Shonda Bell (BHS)	9:34

**Team Standing**

1. Bakersfield	12
2. Highland	24
3. South	32
4. West	36
5. Foothill	50

/John Lopez/

**December 5. UCSB Postal 3 Mile Track Run. UC Santa Barbara**

**Open Division: (3 miles)**

1. George Aguirre (SBHS)	13:56.4
2. Mike Flint (Moorpark JC)	13:57
3. Rick Fields (SBAA)	14:12
4. David Haake (SECC)	13:13
5. Bave Boyett (SBAA)	14:14
6. Kim Downs (SBAA)	14:29
7. Scott Blackburn (Moorpark JC)	14:30
8. Tom Edwards (SBAA)	14:32
9. Steve McMahan (SECC)	14:42
10. Ted Becht (SBAA)	15:03
11. Bob Hollister (San Marcos HS)	15:07

**High School Division: (2 miles)**

1. Elias Medina (SBHS)	10:14
2. Brian Parker (DPHS)	10:20
3. Mike Cabanatuan (DPHS)	10:22
4. David Olson (SEHS)	10:26
5. Bob Conroy (DPHS)	10:26
6. Eric Sappenfield (LaCumaJHS)	10:27

**High School Girls Division: (2 miles)**

1. Tarra Hobbs (SEHS)	11:14.4
2. Jana Barber (SEHS)	11:45
3. Kelly Buckwalter (SEHS)	12:07
4. Debbie Altus (SMHS)	12:46
5. Wendy Sandburg (SEHS)	12:52

/Vern Gambetta/

**December 6. Grass Valley. Champion Mine Gold Run, 8.2 miles**

1. Tom O'Neil	42:33
2. Skyler Jones (SLK Tahoe)	43:38
3. John Deeper (AggieTC)	43:45
4. John Paulson (SLK Tahoe)	44:22
5. John Swift (un)	44:48
6. Stephen Bird (un)	44:15
7. Nick Vogt (Gold Spk)	46:33
8. George Teague (OphPrls)	46:43
9. Joe Fields	46:52
10. Walt Lange (GWTC)	47:12
11. Chuck Gable (SLK Tahoe)	47:13
12. Abe Underwood (BuffChps)	48:07
13. Jim O'Neil	48:31
14. Greg Tinley (Gold Spike)	48:58

**December 6. Region 13 Junior Olympics Nordoff HS, Ojai.**

**Girl's 9 & Under: (1 mile)**

1. Meredith Smith (San Jose)	6:22
2. Trish Ramirez (SE Striders)	6:23
3. Debbie Mapes (S. Clarita)	6:36
4. Diana Rossman (Arrow TC)	6:44
5. Andrea Cervantes (Roseville)	6:47

**Girl's 10-11: (1 1/2 mile)**

1. Chris Ramirez (SB Striders)	6:37
2. Kim Gonzales (Ventura)	6:38
3. Jeani Fuller (H. Highland)	6:40
4. Terry Crown (Ojai)	6:41
5. Terriane Topp (S. Clarita)	6:48

**Girl's 12-13: (1 1/2 mile)**

1. Mary Boliano (San Francisco)	8:01
2. Linda Bottlik (Rialto)	8:02
3. Denise Montoya (Anahelm)	8:03
4. Leslie Hatter (Muzik GG)	8:33
5. Shannon Pressnell (Muzik GG)	8:41

**Girl's 14-15: (2 mile)**

1. Becky Schmidt (Woodside)	11:54
2. Karen Parish (Blue Angels)	12:17
3. Beth Howe (S. Clarita)	12:31
4. Terri Pepper (Montara)	12:44
5. Louise Bruce (S. Clarita)	13:01

**Girl's 16-17: (2 mile)**

1. Betsy Spencer (Ross)	16:14
2. Jackie Duran (Ojai)	16:47
3. Carolyn LaBonte (SB Striders)	17:35
4. Judi Smith (Ojai)	20:06

**Boy's 9 & Under: (1 mile)**

1. Cannon Myall (Santa Cruz)	5:58
2. Craig Hooker (Rialto)	6:05
3. McMannus (Oakland)	6:06
4. Dan Carroll (Plsnt Hill)	6:16
5. David Elder (Chatsworth)	6:25

**Boy's 10-11: (1 1/2 mile)**

1. Anthony Mann (S. Clarita)	6:37
2. Mike Chavarria (Pittsburg)	6:45
3. Monte Dixon (Doyle)	6:56
4. Gary Heckethorn (Nevada)	6:58
5. Danny Madred (S. Clarita)	7:04

**Boy's 12-13: (1 1/2 mile)**

1. Kevin O'Corner (Belmont)	7:19
2. Anthony Williams (Ojai)	7:28
3. Stephan Dietrich (Belmont)	7:32
4. Tom Krause (Plsnt Hill)	7:36
5. Anthony Robinson (Walnut Ck)	7:37

**Boy's 14-15: (2 mile)**

1. Steve Strangio (Freemont)	10:20
2. Steve Loyd (Livermore)	10:23
3. Harry Youkers (Suisun)	10:31
4. Walt Johnson (Fallon, Nv.)	10:36
5. Scott Ruffing (Freemont)	10:41

**Boy's 16-17: (2 mile)**

1. Tom Smith (West Valley)	12:29
2. Dan Smith (Eureka)	12:31
3. Dan Harvey (Dublin)	12:36
4. Glen Borland (Crescent City)	12:42
5. Kurt Vineyard (Fairfield)	13:04

/B. Smith/

**December 7. Culver City. National AAU Marathon (& Western) Marathon**

1. Gary Tuttle (BHS)	2:17:26
2. Kirk Pfeffer (Grsmt JC)	2:19:07
3. Lionel Ortega (New Mex.)	2:19:16
4. Ari Pekka Gylling (Finland)	2:19:33
5. Marty Sudaiza (Penn.)	2:19:40
6. John Gregorio (Colo.)	2:20:33
7. Wayne Badgley (Sun.)	2:22:30
8. Russ Pate (S. Carol.)	2:22:40
9. Tom Lee (Pasadena)	2:23:44
10. Jim Nuccio (WVTC)	2:23:56
11. Thom Hunt (SDTC) 1-HS	2:24:06
12. Bill Clark (WVTC)	2:24:33
13. Phil Stewart (Wash DC)	2:25:40
14. Brook Thomas (SEAA)	2:25:47
15. Ken Moffitt (Aztlan)	2:25:54
16. Lou Patterson (AIA)	2:26:24

**December 6. USTFP 3 Mile Postal Track Run. Occidental College.**

**Open Division:**

1. Bob Thomas (UCLA)	13:47.4
2. Brian Hunsaker (UC Irvine)	14:03
3. Gary Nitti (UCLA)	14:07
4. Bob Kryczko (Oxy)	14:11
5. Ralph Serna (UC Irvine)	14:15
6. Duane Waltmire (Azusa Pacific)	14:22
7. Jon Sisler (Oxy)	14:23
8. Dave Ferrusquiat (Mexico)	14:27
9. Mark Luevano (UCLA)	14:39
10. Carl Swift (Azusa Pacific)	14:45

**Junior College Division:**

1. Armando Cendejas (Fullton)	13:48
2. Jose Saavedra (Fullerton)	14:15
3. Rick Nance (LA Valley)	14:29
4. Camilo Sanchez (Mexico)	14:49
5. Joe Dowling (Santa Ana)	14:59
6. Deith Witthauer (Santa Ana)	15:01
7. Jim Whitmore (LA Valley)	15:01
8. Bill Graves (Santa Ana)	15:04
9. Paul O'Neil (Fullerton)	15:06
10. Tom Resh (Fullerton)	15:12

**High School Division:**

1. Bill St. Johns (Water Dei)	14:47
2. Sal Godinez (Salesian)	14:49
3. Alfonso Jimenez (Blair)	15:19
4. Doug Obegawitch (Loara)	15:20
5. Darrel Cesson (Hawthorne)	15:21
6. Art Cendejas (Buena Park)	15:24
7. Jose Casillas (Salesian)	15:27
8. Stuart Calderwood (Laguna B)	15:29
9. Jose Madrigal (Salesian)	15:37
10. Steve Smith (Newbury Park)	15:42

/Steve Haas/

**December 13. Bakersfield Hill 'n Dale Run. Hart Park, Bakersfield.**

**Open Division: (6 miles)**

1. Eddie Cadena (San Luis)	30:53
2. Don Riggs (A.I.A.)	30:58
3. Darrin George (A.I.A.)	31:46
4. Todd Ferguson (A.I.A.)	32:40
5. Mike Morrison (A.I.A.)	32:42
6. Alex Hinz (Bakersfield TC)	33:21
7. Charlie Boatright (A.I.A.)	33:38
8. Dick Huling (A.I.A.)	34:02
9. Dick Hughes (Culver City AC)	34:57
10. John Lopez (East Bakersfield)	36:06

**High School Division: (6 miles)**

1. Brian Thompson (EBHS)	33:49
2. Mike Saucedo (Esperanza)	34:07
3. Joe Sorio (Tulara Western)	34:09
4. Rodney Luis (EBHS)	34:30
5. Lupe Arguello (Wasco)	34:57
6. Roman Gutierrez (Foothill)	35:35
7. Tim Costa (EBHS)	35:36
8. Steve Nunez (Los Palmas)	35:58
9. Richard Vega (South)	36:01
10. Doug Gerlick (EBHS)	36:18

**Masters Division: (6 miles)**

1. Len Thornton (High Sierra TC)	34:39
2. Norman Nieberlein (OTH)	39:26
3. Harry Harder (High Sierra TC)	40:16

**Junior High Division: (3 miles)**

1. Javlaer Ellaz (John Muir)	19:20
2. Manjo Aguirre (John Muir)	20:19
3. Sergio Perez (John Muir)	20:22
4. Pete Largo (Chipman)	20:43
5. Lionel Sanchez (Chipman)	20:49

**Female Division: (3 miles)**

1. Kathy Scatena (CSUN)	22:10
2. Laurie Hagopian (Bak. Pacers)	22:28
3. Becky Kamps (Fresno)	22:42
4. Joy Ballard (Murray JHS)	22:45
5. Warry Ann Merric (Garces)	23:55

/Len Thornton/

**December 13. San Bernardino. 1st Annual San Bernardino Arrowhead Marathon**

1. Cresencio Martinez (ExOlymp)	2:21:56
2. Laman Palma (BYU)	2:22:08
3. Jesus Rodriguez (MxClmp)	2:24:05
4. Jim Bowles (WVTC)	2:38:16
5. Richard Alexandre (Un)	2:42:50
6. Stewart Bolen (RRR)	2:45:11
7. Robert B. Downs (Un)	2:47:31
8. Michael Harrie (Un)	2:48:08
9. Jim Robbins (Un)	2:51:27
10. Sam Nicholson (SrsTC)	2:53:49
11. Sanford Baker (Un)	2:54:03
12. Robert Opliger (UCSB)	2:55:22
13. George Saunders (un)	3:10:38
14. Marie Albert (RRR)	3:13:38
15. Howard P. Connolly (RRR)	3:16:59

/Toni Cardenas/

**December 13. Livermore. Second Livermore Marathon**

1. Ernie Rivas	2:26:54
2. Jan K. Serphen	2:31:11
3. Bob Bunnell	2:34:32
4. Gregory Brock	2:35:46
5. Tom Castro	2:36:54
6. Robert Darling	2:37:36
7. Jake White	2:37:38
8. Dennis O'Halloran	2:38:32
9. Roland F. Watson	2:40:47
10. Dan Moore	2:40:57
11. Don Chaffee	2:43:11
12. Mike Conroy	2:43:57
13. Sal Citarella	2:43:57
14. Brian Bonner	2:44:34
15. Gary Goettelmann	2:45:44
16. Joe Salazar	2:46:06
17. James Simpson 1st 40+	2:46:42
18. David Warren	2:46:57
19. Knut R. Frostad	2:48:36
20. John A. Notch	2:49:20
21. Ulrich Kaemph 2nd 40+	2:50:12
22. Walt Vanzant	2:50:14
23. Mike Flummer	2:51:23
24. Bill Dunlop	2:51:50
25. Ed Dally 3rd 40+	2:52:38
26. Flory Rodd 1st 50+	2:52:38
27. Robert Malain 4th 40+	2:52:56
28. Dennis H. Smith	2:53:07
29. Tom Mann	2:53:14
30. Santos S. Reynaga	2:53:18
31. Jerry R. Hall	2:54:00
32. Barry Starkey	2:54:08
33. Mickey Moberg 5th 40+	2:54:48
34. Richard Herzog	2:54:58
35. Hoyt Walker	2:56:23
36. Arthur L. boettcher 40+	2:56:55
37. Paul H. Holmes	2:57:37
38. James Nicholson 40+	2:57:54
39. Robert J. Ernst	2:58:02
40. Michael Gulli	2:58:24
59. Sue Neary F	3:04:30
63. Penny Demoss	3:05:57
70. Ruth Anderson	3:10:10
73. Sally A. McPherson	3:12:18
139. Elizabeth Hagan	3:41:10

**Half-Marathon:**

1. Bill Seaver	1:12:43
2. Arthur Bandendistel	1:12:46
3. Glen Berwick	1:15:02
4. Keir Furey	1:15:43
5. Chuck Kostal	1:19:00
6. David Zuzwalt	1:20:14
7. Ross Rowley	1:21:45
8. Mike Adams	1:23:13
9. Bill Divita	1:24:02
10. D. Goghlan 40+	1:24:21
11. C. Templeman 40+	1:24:27
12. Ed Tico	1:25:33
13. Phil San Filippo	1:25:43
14. Jeff Cowling	1:27:01
15. Tate Miller	1:27:13
16. Mike Fenner	1:28:04
17. Al Berrin	1:28:44
18. Ray Dito	1:28:45



88. Carlos Alfaro (AZTIN)	10 1710
89. Brad Croad 9 Jr	10 1622
73. Jim Hartig (FPCTC)	10 1588
74. Craig Eilia (PTC)	10 1560
76. Jim Flanigan (BHS)	10 1539
79. Ricky Cisneros (PLTC)10Jr10	1451
84. Graham Parnell 3 40+	10 1442
84. Ron Kurlle (BHS)	10 1410
88. Don Gregory (FPCTC)	10 1340
91. Carlos Alfaro (Astlin)	10 1332
95. Skip Shaffer (CCAC)	10 1298
98. David Himmel (WVTC)10	1255
99. Joey Gomez (SAND)	10 1254
100. Doug Haake (SAND)	10 1247
940 Finishers	

Senior Team: North Carolina TC 87,  
Flains Track Club 93, Culver City Athletic Club 119, San Diego Track Club 145, Santa Barbara Athletic Assoc. 183,  
7-Beverly Hills Striders 245, 12-Aztlan Track Club 379, 1-Flacinta Track Club 449, 22-Seniors Track Club 522, 25-San Luis Distance Club 543, 26-High Sierra Track Club 545, 33-Bakersfield Track Club 708.

Junior Team: 1-Flacinta Track Club 45  
2-Santa Barbara Athletic Club 63, 3-Rialto Road Runners 68, 7-San Diego Track Club 159, 12-San Luis Distance Club 288

Masters Team: 1-Snohomish Track Club 31, 2-Seniors Track Club 56, 3-San Diego Track Club 66, 8-San Luis Distance Club 212, 9-Beverly Hillc Strdrs 218

Women's Team: 1-Rialto Road Runners 27, 2-San Diego Track Club 42, 3-St. Louis Track Club 67, 4-San Luis Distance Club 74  
/Harry Harder/

Point Loma College  
All Comer's Track & Field Meet  
December 6, 1975

Open

PV-1)Robinson 15'0"	
LJ-1)Sjoelund 21'5"	
SP-1)Axelsson 44'4"	
D-1)Axelsson 162'6"	
HJ-1)Culp 6'8"	
J-1)Bailey 174'6"	
100-1)Hodges 10.5	
220-1)Hodges 23.0	
440-1)Hodges 50.6	
880-1)Powell 2:01.8	
1 Mile-1)Neveu 4:27.8	
2 Mile-1)Cour 9:14.0 2)Rock 9:14.1	
440 relay-1) Panthers-42.7	
Mile relay-1) Spring Valley Rats 3:40.1	

Masters

LJ-1)Davisson 20'2"	
SP-1)Thatcher 40'5"	New Age 59 Rec.
J-1)Fetter 148'1"	
4)McMahon 141'9"	New Age 60-64 Rec.

HJ-1)Davisson 5'0"	
TJ-1)Davisson 38'113/4"	
D-1)Aldrich 134'7"	
100-1)Vick 11.0	
440-1)Richards 56.3	
Mile-1)Richards 4:49.2	

High School

LJ-1)Sabin 18'53/4"	
SP-1)Wiggins 53'4"	
HJ-1)Reinhart 6'4"	2)Williams 6'2"
TJ-1)LaCosta 41'1"	
100-1)Pursell 9.9	
440-1)Dege 55.6	
Mile-1)Powell 4:27.8	

Girls

LJ-1)Torriceilli 15'2 1/2"	
220-1)Wright-27.7	
880-1)Spencer-2:28.3	
Mile-1)Bohan-5:31.0	

/Jim Crakes/

6. Eric Sappenfield(LaCumJHS) 10:27	
High School Girls Division: (2 miles)	
1. Tarra Hobbs(SEHS) 11:14.4	4.3
2. Jana Barber(SEHS) 11:45	4
3. Kelly Buckwalter(SEHS) 12:07	5
4. Debbie Altus(SNHS) 12:46	
5. Wendy Sandburg(SEHS) 12:52	

/Vern Gambetta/

December 6. Grass Valley. Champion Mine Gold Run. 8.2 miles

1. Tom O'Neil 42:33	
2. Skyler Jones (SlkTahoe) 43:38	
3. John Leeper (AggieTC) 43:45	
4. John Paulson (SlkTahoe) 44:22	
5. John Swift (un) 44:48	
6. Stephen Bird (un) 44:15	
7. Nick Vogt (Gold Spk) 46:33	
8. George Teague (OphFris) 46:43	
9. Joe Fields 46:52	
10. Walt Lange (CWTC) 47:12	
11. Chuck Gable (SlkTahoe) 47:13	
12. Abe Underwood (BuffChps) 48:07	
13. Jim O'Neil 48:31	
14. Greg Tinley (Gold Spike) 48:58	
15. Tom Nannickel (OphFris) 49:52	
39. Brenda Hoskins 13u/G 62:20	
42. Linda Hamasake 1-W 74:50	
43. Jane Johnson(BuffChps)2W 75:22	
45. Susan Stenberg 3W 77:57	

/Nick Vogt/

December 6 & 7. USTFF Winter Decathlon  
Glendale College.

Open Division:

1. Rex Harvey(USAF, Norton) 7164	
2. Dan Orange(Unatt., Wyo.) 6974	
3. Joe Tyler(Unatt., Reno) 6973	
4. Joe Hippensteel(Unatt., Fresno)6782	
5. John Turek (Buena Park) 6758	
6. Maur Bardales(UC Irvine) 6713	
7. Jim Qualheim(Nevada) 6541	
8. Ed Barber(Fresno Pacific) 6429	
9. Gary Sarell(A.I.A.) 6371	
10. Tom Byron(Fresno State) 6367	
11. Chet McCaugh(Clan TC) 6365	
12. Warren Wilke(A.I.A.) 6273	
13. Mike Deller(Los Angeles) 6267	
14. David Gaeta(Fresno State) 6224	
15. Terry Meckling(Pico Rivera) 6211	

Junior College Division:

1. John Lawrence(Mt. SAC) 6562	
2. Dani Eitelberg(Hancock) 6461	
3. Mike Grein(Falcomar) 6115	
4. Tom Harris(Paloyans) 6049	
5. Steve LaRusch(Glendale) 5911	

High School Division:

1. Tom Hintnaus(Aviation) 5763	
2. John Felando(S. Torrance) 5559	
3. Jeff Lawson(Dorado) 5537	
4. Tim Cude(Crescenta Valley) 5446	
5. Dennis Morley(Clovis) 5248	

30-39 Division:

1. Tom Richards(Indio) 4535	
2. Dave Kemp(Unatt) 4533	
3. Roman Marenin(Rosemead) 3854	

40-49 Division:

1. John Tansley(Glendale) 4849	
2. Leon Frankamp(Corona Del Mar)3698	
3. John Blakesley(Seniors TC) 2894	

50-59 Division:

1. Rich Parkinson(Unatt) 3227	
2. Dave Brown(Corona Del Mar) 3090	
3. Jim Vernon(Seniors TC) 2973	

60-69 Division:

1. Dutch Warmerdam(Fresno) 4328	
2. Bud Deacon(Hawaii) 2777	
3. Russ Hargroaves(Club West) 2265	

70-79 Division:

1. Stan Herrmann(Club West) 1244	
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80 participants. /John Tansley/

1. Tom Smith(West Valley) 12:29	
2. Dan Smith(Eureka) 12:31	
3. Dan Harvey(Dublin) 12:36	
4. Glen Borland(Crescent City) 12:42	
5. Kurt Vineyard(Fairfield) 13:04	

/B. Smith/

December 7. Culver City. National AAU Marathon(& Western) 26.2 miles

1. Gary Tuttle(BHS) 2:17:26	
2. Kirk Pfeffer(Grsmt JC) 2:19:07	
3. Lionel Ortega(New Mex.) 2:19:16	
4. Ari Pekka Gylling(Finland) 2:19:33	
5. Marty Suddzina(Penn.) 2:19:40	
6. John Gregorio(Color) 2:20:33	
7. Wayne Badgley(Sun) 2:22:30	
8. Russ Pate(S. Carol) 2:22:40	
9. Tom Lee(Fasadena) 2:23:44	
10. Jim Nuccio(WVTC) 2:23:56	
11. Thom Hunt(SDTC) 1-HS 2:24:06	
12. Bill Clark(WVTC) 2:24:33	
13. Phil Stewart(Wash DC) 2:25:40	
14. Brook Thomas(SEAA) 2:25:47	
15. Ken Moffitt(Aztlan) 2:25:54	
16. Lou Patterson(AIA) 2:26:16	
17. Skip Hamilton(Colo TC) 2:26:52	
18. Bruce Robinson(Maryland) 2:27:03	
19. Bruce Dewberry(Toronto) 2:27:18	
20. R. Whitney(Kajaks) 2:29:14	
21. Wolf Schamberger(Canada) 2:29:16	
22. Curt Ankeny(AIA) 2:29:24	
23. Ken Blakely(Granada Hls) 2:29:37	
24. Eric Hulst(Laguna Bch) 2:30:56	
25. Carlos Alfara(Aztlan) 2:31:03	
26. Todd Ferguson(AIA) 2:31:18	
27. Jim Kelley(Arizona) 2:31:34	
28. Ken Schultz(Unat) 2:32:25	
29. Skip Shaffer(CCAC) 2:32:30	
30. John Branley(Colo St) 2:32:56	
31. Truman Clark(BHS) 2:33:28	
32. Dan Wojak(SEAA) 2:33:56	
33. Ray Morrison(Maryland) 2:34:03	
34. Joe Analia(New Mexico) 2:34:35	
35. Jim Bowles(WVTC) 2:34:53	
36. Jim Howard(GWTC) 2:37:05	
37. Dick Bartek(SEAA) 2:37:23	
38. Haberto Hernandez(WVTC) 2:38:05	
39. Joe Burgasser(STC) 2:38:14	
40. Carey Simons(Aztlan) 2:38:27	
41. Dave Lomelli(Arizona) 2:39:00	
42. Gary Goettelman(WVTC) 2:40:19	
43. Andrew Levinson(Lg Ech) 2:40:33	
44. John Rudberg(STC) 2:40:36	
45. Dave Mitchell(SDTC) 2:40:44	
46. Sean Healy(Millrose AA) 2:40:51	
47. Jim Hurley(SLDC) 2:40:57	
48. George Stewart(WVTC) 2:41:17	
49. Lloyd Geggatt(Charl Hs) 2:41:25	
50. Barry Glennan(El Cam JC) 2:41:50	

December 7. Honolulu, Hawaii. 3rd Annual Honolulu Marathon

1. Jack Foster (Rotoharr) 2:17.24	
2. Jeff Galloway(GLTwinns) 2:19.59	
3. Tom Howard (Rich.Kajaks) 2:21.46	
4. Daniel Moynihan(Tant'ar) 2:22.39	
5. Steve Hoag (TwinCitiesTC) 2:23.23	
6. Winfield Stanforth(MPRRC) 2:23.31	
7. Steve Ferber (U.of Hawaii) 2:25.09	
8. James Barker (WVTC) 2:25.43	
9. Kenneth Moore (OregonTC) 2:28.39	
10. Michael Garcia (un) 2:33.06	
11. Michael Tymn (HawMstrs) 2:34.47	
12. John Rose Jr. (MPRRC) 2:36.21	
13. Robert Cooper (WsdStrd) 2:36.35	
14. John Pagliano (AMJA) 2:41.41	
15. Ronald Chase (Fla TC) 2:42.32	
19. David Worthen (ANJA) 2:44.28	
23. John Popkins (SDMC) 2:47.57	
25. Jacqueline Hansen (SPVTC) 2:49.24	
44. Harry Daniell (ANJA) 2:57.46	
50. Charles Anderson (SDTC) 3:01.28	
51. Joan Ulyot (WVTC) 3:01.59	
74. Eileen Waters (SDTC) 3:09.41	
172. Donna Gookin (SDMar Cl) 3:29.25	

706 Finishers /Tom Ferguson/

3. Mike Sosa(Caspeffano) 34:07	
3. Joe Sorio(Tulare Western) 34:09	
4. Rodney Luis(EHS) 34:30	
5. Lupe Arguello(Wasco) 34:57	
6. Roman Gutierrez(Foothill) 35:35	
7. Tim Costa(EHS) 35:36	
8. Steve Kunez(Los Palmas) 35:58	
9. Richard Vega(South) 36:01	
10. Doug Gerlick(EHS) 36:18	

Masters Division: (6 miles)

1. Len Thornton(High Sierra TC) 34:39	
2. Norman Nieberlein(OTH) 39:26	
3. Harry Harder(High Sierra TC) 40:16	

Junior High Division: (3 miles)

1. Javier Elliaz(John Muir) 19:20	
2. Winjo Aguirre(John Muir) 20:19	
3. Sergio Perez(John Muir) 20:22	
4. Pete Largo(Chipman) 20:43	
5. Lionel Sanchez(Chipman) 20:49	

Female Division: (3 miles)

1. Kathy Scatena(CSUK) 22:10	
2. Laurie Hagopian(Bak. Pacers) 22:28	
3. Becky Kamps(Fresno) 22:42	
4. Joy Laliard(Murray JHS) 22:45	
5. Marry Ann Merric(Garces) 23:55	

December 13. San Luis Obispo. Youth Cross Country Meet

4th Grade Boys - 1 mile:	
1. Pat Manyak (Los Ranchos) 5:59	
4th Grade Girls - 1 mile:	
1. Olivia Smith (Grover Cty) 6:31	
5th Grade Boys - 1 mile:	
1. Reece Stacy (San Antonio) 5:46	
5th Grade Girls - 1 mile:	
1. Robin Gallagher(LosRanch) 6:28	
6th Grade Boys - 1 mile:	
1. Jack L. Smith (San Anton) 5:10	
6th Grade Girls - 1 mile:	
1. Gena Berryhill (Oceanvw) 6:05	
7th Grade Boys - 2 miles:	
1. Paul Herman (SanAntonio) 10:18	
7th Grade Girls - 1 mile:	
1. Cari Furness (Orchard) 5:50	
8th Grade Boys - 2 miles:	
1. Sean Jackson (Juddkins) 10:20	
8th Grade Girls - 1 mile:	
1. Barbara Arreola (SanLs) 5:26	
USTFF Postal 3 mile:	
1. Luis Arreola (SLDC) 15:48.1	
2. Brian Waterbury (SLDC) 16:08.5	
3. Rey Pena (SDMTC) 16:24.4	

December 14. Apple Valley 6.3 Mile Road Race. Apple Valley Inn.

1. Dave Whits(Orange Cnty) 33:19	
2. Tom Colley(San Bernardino) 33:39	
3. Carl Swift(Azusa Pacific) 33:58	
40 & Over Division:	
1. Bill Crum(Seniors TC) 36:18	
2. Dick Jackson(Seniors TC) 42:41	
3. Jim Clampette(Walnut Vly) 43:02	
50 & Over Division:	
1. Ed Halpin(Riverside) 43:12	
2. Bud Pollock 44:49	
3. Frank Gonzales(Desert) 46:31	

Women's Division:

1. Geruska Cuitanovich(L.A.) 47:02	
2. Paulette Hallel(L.A.) 47:21	
3. Pauline Cavasoz(George APB) 56:05	

Women's Veteriane Division:

1. Yvonne Knapp(Riverside) 48:55	
2. Connie Rodewald(Camarillo) 63:10	

18 & Under Division:

1. Mike McGarry 35:50	
2. John Orocco 35:58	
3. Jerry Keating 36:12	

36. Arthur L. Boettcher 40+	2:56:55
37. Paul H. Holmes	2:57:37
38. James Nicholson 40+	2:57:54
39. Robert J. Ernst	2:58:02
40. Michael Gulli	2:58:24
41. Sue Neary P	3:04:30
63. Penny Demoss	3:05:57
70. Ruth Anderson	3:10:10
73. Sally A. McPherson	3:12:18
139. Elizabeth Hagan	3:41:10

Half-Marathon:

1. Bill Seaver	1:12:43
2. Arthur Bandendistel	1:12:46
3. Glen Berwick	1:15:02
4. Keir Furey	1:15:43
5. Chuck Kostal	1:19:00
6. David Zimwalt	1:20:14
7. Ross Rowley	1:21:45
8. Mike Adams	1:23:13
9. Bill Divita	1:24:02

10. D. Goghlan 40+	1:24:21
11. C. Templeman 40+	1:24:27
12. Ed Tico	1:25:33
13. Phil San Filippo	1:25:43
14. Jeff Cowling	1:27:01
15. Tate Miller	1:27:13
16. Mike Fenner	1:28:04
17. Al Berrin	1:28:44
18. Ray Ditto	1:28:45
19. Kathy Himmelberger	1:28:45
20. Jim Blank	1:29:11
27. Carolyn Tiernan	1:32:33
28. Lolita Bache	1:32:40

/Dan Moore/

December 13. San Diego. PSA-AAU 5 1/2 Mile Cross Country Meet at UCSD

1. Phil Camp	26:36
2. Gary Hernandez	26:50
3. Randy Prine	27:29
4. Mike Cour	27:41
5. Eric Gulve	28:01
6. Brian Parks	28:15
7. Bob Archibald	28:31
8. Mark Loneragan	28:44
9. Mark Travis	28:45
10. Steve Rouillard	29:14
11. Wally Buckingham	29:19
12. Andy Kicklighter	29:45
13. Ray Cotton	30:09
14. Craig Parks	30:13
15. Tom Morris	30:20
16. Ed Almeida	30:33
17. Rich Rogers	31:02
18. John Dunbar	31:14
19. Unknown	
20. Bob Daniel	31:37
63 Finishers	/Noel Montrucchio/

December 14. 1975 PA-AAU Junior Men's Cross Country Championships. Belmont Hills(Crystal Springs Course)

1. Henry Perez(Sundance TC) 31:58	
2. Roy Kissin(West Valley TC) 32:52	
3. Tim Holmes(West Valley) 33:05	
4. Hal Schulz(West Valley) 33:17	
5. Steve Palladino(Camino West) 33:22	
6. Ron Fritzsche(Camino West TC) 33:22	
7. Jerry Emory(Camino West) 33:40	
8. Dave Stock(West Valley) 33:44	
9. Mitch Kingery(Camino West) 33:54	
10. Jerry Tucker(Sundance) 33:55	
11. Bob Miller(Camino West) 33:57	
12. Mike Smith(Pamakids) 34:00	
13. Rod Berry(West Valley) 34:02	
14. Bob Barnett(Camino West) 34:25	
15. Joe Cordova(Sundance) 34	



December 13. Madera Marathon.

Madera High School.

Open Division:

- 1. Paul Cook(23)Athletes in Act 2:29:35
2. Bob Branch(30)Culver City 2:36:20
3. Juan Casas(20)Fresno CC 2:40:56
4. Ray Rubio(18)Madera TC 2:46:45
5. Robert Stephenson(28)Unat. 2:56:58
6. George Stock(32)Navy 3:22:00
7. John Rous(36)Bakersfield TC 3:25:41
8. Larry Arnt(33)Bakersfld TC 3:25:41
9. Frank Fish(36)Bakersfield TC 3:26:56
10. Lloyd Dennis(33)Fresno 3:29:17
11. Aggie Contreras(19)Reedley 3:33:15
12. Dave Peacher(33)F.C.A. 3:38:22

High School Division:

- 1. John Swift(Modesto) 2:34:29
2. Ramos Valentine(Roosevelt) 2:54:09
3. Brent Cushenbery(Ponderosa) 2:59:30
4. Merrill Brunson(Atwater) 3:20:48
5. Jeff Chandler(Clovis) 3:26:40

Junior High Division:

- 1. Paul Halajlan(14)Kings Cn 3:42:21
2. Roger Hall(14)Fresno 4:45:20

Masters Division:

- 1. Bob Nestor(45)Bakersfld TC 3:14:31
2. Gerry Reuter(NYAC)55 3:16:55
3. Paul Reese(58)NCSST 3:24:15

December 13. Madera Mini Marathon.

Madera High School.

Open Division:

- 1. Curt Elia(25)Fresno TC 1:09:46
2. Jon Higley(22)West Valley TC 1:10:16
3. Robert Estrada(20)Fres Pac. 1:11:35
4. Craig Elia(25)Fresno TC 1:12:24
5. Steve Bird(20)Modesto 1:12:40
6. Paul Cook(23)A.I.A. 1:12:49
7. Richard Nead(19)Fresno 1:16:12
8. Dave Riel(19)Bakersfield TC 1:17:19
9. Joe Dunbar(28)Unatt. 1:18:26
10. Joe Delgado( ) High Sierra 1:19:00

High School Division:

- 1. Ben Munoz(18)Clovis 1:11:35
2. John Swift(17)Modesto 1:13:30
3. Jose Renteria(18)Madera 1:14:55
4. Valentin Ramcs(17)Roosevelt 1:18:35
5. Bob Coalson(Ponderosa) 1:18:46

Junior High Division:

- 1. Tony Hernandez(Madera) 1:22:27
2. David Woodruff(Hamilton) 1:27:47
3. Clark Krause(Sierra) 1:28:38
4. Manuel Renteria(Madera) 1:28:55
5. Luis Frausto(Madera) 1:29:15

Masters Division:

- 1. Gene Lynch(42)High Sierra 1:22:15
2. Bert Woodruff(41)Fresno J. 1:27:49
3. Dan Brown(44)Unatt 1:31:00
4. Franz Weinschenk(50)Fresno 1:34:30 /Dee DeWitt/

December 13. Hancock All Comers Meet.

Hancock JC, Santa Maria.

Open Division:

- 100M: Barney Williams(CPSLO) 10.8
Ray Manning(DC Striders) 10.8
200M: Barney Williams(CPSLO) 21.7
Ray Manning(DC Striders) 21.7
400M: Barney Williams(CPSLO) 21.9
Ray Manning(DC Striders) 48.5
500M: Albert Seeny(CPSLO) 1:56.7
Curtis Byrd(CPSLO) 1:58.1
1500M: Dave Boyet(UCSB) 4:07.1
2 Mile: Joe Dabill(SCH) 9:34.6
Dave Boyet(UCSB) 9:38.2
Steve Harney(SCH) 9:40.3
60 MHR: Barney Williams(CPSLO) 8.2
1 Mile: Ray Manning(DC Striders) 3:26.5
LJ: Tony Frazier(CPSLO) 21-8 1/2
TJ: William McClellon(VAFB) 51-0
HJ: Buddy Kring(UCSB) 6-1
DT: Olaf Lange(Unatt) 125-6

Womens Division:

- LJ: Debbie McElroy(Hancock JC) 15-11 1/2
DT: Wendy Oliver(Hancock JC) 79-0
TJ: Wendy Oliver(Hancock JC) 51-0
HJ: Wendy Oliver(Hancock JC) 6-1
DT: Wendy Oliver(Hancock JC) 125-6

December 13. San Mateo All Comers Meet.

College of San Mateo.

Open Division:

- LJ: Marvin Wanble(CS Hayward) 20-8
SP: Bruce Jenner(SJ Stars) 49-0 1/2
JT: Greg Bodmer(SF State) 184-11
1 Mile: James Robinson(Cal) 4:19.0
Andy Clifford(VCB) 4:19.0
PV: Bob Dillard(CSM) 14-0
TJ: Eric Murphy(CS Hayward) 41-5 3/4
60 YD: Keith Linnell(CCSF) 6.0w
DT: John Caldwell(CO) 135-3
60 YH: George Carty(Unat) 7.5w
HJ: Dave Friday(Kongreg TC) 6-3 1/2
Curt Owens(Castlemont HS) 6-6 1/2
Larry Wright(CSM) 6-4

High School Division:

- 220: Keith Linnell(CCSF) 22.6w
3 Mile: Gary Blume(Cal) 14:29.0
880: Dave Robertson(WVTC) 2:00.4
Bruce Jenner(SJ Stars) 2:00.4
440: Tony Cambell(Unat) 52.9

High School Division:

- LJ: Kurs Durham(Oakland) 20-7
1 Mile: Bruce Sterling(Oakland) 4:35.4
Women's Mile: Dianne Kenny(SJ JHS)5:06
SP: Craig Awgrey(Woodside) 47-7 1/2
TJ: Kurt Durham(Oakland) 41-9
60 YD: Tony Stephens(Berkeley) 6.2w
440: Doug Atkinson(Terra Nova) 53.0
DT: Kevin Wyncoop(Crestmoor) 130-9
60 YH: Tom Bobertz(Serramonte) 7.7
PV: Martin Duvall(Benica) 11-7
HJ: Jim Bjurnson(Encina) 5-4 1/2
Girls HJ: Pam Blackburn(Cubberly)5-6 1/2
2 Mile: Mike Van Horn(Kennedy) 9:45.6
220: Dave Johnson(Skyline) 23.1
880: Bruce Sterling(Oakland) 2:06.4 /Harry Young/

December 20. Santa Maria. Winter All-comer Track & Field at Allan Hancock College

Open Division

- 100m: 1. Raymond Manning (DCStr) 11.1
200m: 1. Kevin McNamara (CalPoly) 22.9
400m: 1. Raymond Manning (DCStri) 50.9
300m: 1. Mike Martin (AHC) 2:00.4
1500m: 1. Joe Dabill (SoCstHarr) 4:14.0
3 Mile: 1. Steve Harney (SoCstHarr) 15:52.6
60m HH: 1. Kevin McNamara (CalPoly) 8.6
1. Steve Morris (un) 13-6
High Jump: 1. Kevin Niccoli (SMHS) 6-2
Long Jump: 1. Kurt Wahl (UCR) 18-11 1/2
Triple Jump: 1. Kurt Wahl (UCR) 39-11 1/2
Shot: 1. Vince Gerlach (AHC) 42-8 1/2
Discus: 1. Vince Gerlach (AHC) 112-3
Javelin: 1. Kurt Wahl (UCR) 131-4

High School

- 100m: 1. John Dias (SMHS) 11.7
200m: 1. Rich Quigley (SBHS) 24.3
400m: 1. Ralph Aguillon (SMHS) 57.5
800m: 1. Albert Flores (SMHS) 2:19.9
1500m: 1. Albert Flores (SMHS) 4:27.1

December 21. Southern Calif. Skurk Hollow Handicap, 15 kilo

- 1. Phil Ryan (GWAA) 49:59
2. Jerry Alexander (KRTC) 50:46
3. Skip Shaffer (CCAC) 51:38
4. Steve Durand (STC) 52:32
5. Doug Vermillion (WPM) 52:52
6. Billy Jones (STC) 52:57
7. Steve Broten (STC) 53:02
8. Andrew Levinson (STC) 53:51
9. Steve Smith (Un) 53:54
10. Dave Glycer (C) 56:14
11. Brian Stansauk (SFVTC) 56:24
12. Jerry Keating (un) 57:18
13. Dave Korfin (un) 57:41
14. Dennis Kavanagh (RMRR) 58:07
15. Pete Palmer (KC) 58:19
16. John Whitney (un) 58:21
17. Jim Smith (WSSM) 59:05
18. Rick Hebecker (C) 59:06
19. John Duig (STC) 59:11
20. Jon Luman (un) 59:58
21. Norm Lunian (STC) 40+ 60:06
23. Ray Gil (STC) 50+ 60:16
26. Luan Dosti (SFVTC) 2-40+ 60:42
28. Dick Durand (STC) 3-40+ 61:29
29. Becky Villalvazo(PRR)1G 61:59
30. Patricia Whitney (un)1W 62:05
36. O.K.Pollock (un) 2-50+ 66:25
46. Margaret Miller (STC)1W 70:30 /Connie Rodewald/

December 20. San Diego. Pacific Southwest Association AAU District 25 Kilometer Championships

Open Division:

- 1. John Jones (SoCstHarr) 1:20:52
2. Jeff Rigdon (SDTC) 1:21:30
3. Phil Camp (SDTC) 1:21:31
4. Doug Schmenk (un) 1:24:09
5. Bill Johnson (SDTC) 1:24:18

Kasters Division:

- 1. Graham Parnell (un) 1:29:12
2. Ed Almeida (SDTC) 1:32:16
3. Bob Wiermaa (SDTC) 1:32:24
4. Bill Stock (SDTC) 1:32:32

Women's Division:

- 1. Nadia Garcia (SDTC) 1:42:08
2. Dorothy Stock (SDTC) 1:47:27
3. Lolita Bache (SDTC) 1:50:27 /Noel Montrucchio/

December 20. Wasco. Wasco Mid-Winter Road Run

Girls 14-17 -- 1 mile:

- 1. Alice Trumbly (Coalinga) 5:11.0
2. Helen Lopez (Delano) 5:26
3. Mary Ann Maric (Garces) 5:46

Boys 14 & 15 -- 2 miles:

- 1. Kent O'Donley (SouthHi) 10:08.5
2. George Ramirez (SouthHi) 10:09
3. Stan Hughes (Maturango) 10:10

Boys 16-18 3 miles:

- 1. Brian Johnson (EastHi) 14:41.3
2. Manuel Lopez (Corcoran) 15:16
3. Joe Soeiro (LasPalmas) 15:18

Open -- 5 miles:

- 1. Juan Lucero (BkfldColl) 25:43.5
2. Randy White (Shafter) 26:25
3. Rodney Jenkins (BkfldCo) 26:49 /Brad Tomasin/

December 27. San Mateo. Northern California Track & Field Association All-Comers Track Meet at College of San Mateo--Open Division

Pole Vault:

- 1. Ryan Payton (UCBerkley) 15-0

Mile Run:

- 1. George Stewart (USArmy) 4:21.2

Long Jump:

- 1. John Reeves (CSM) 20-9

Javelin:

- 1. Greg Bodmer (SF State) 195-3

60 Yd HH:

- 1. George Carty (WVTC), 7.4

440 Yd. Dash:

- 1. Adrian Rogers (SacSt) 48.6

2. Alvin Diles (Skyline) 50.0

60 Yd. Dash:

- 1. Ivory Lewis (Solanoco) 6.3

High Jump:

- 1. Jerry Coleman (Un) 6-8 1/2

Three Mile:

- 1. Bernard Rose (OklaStU) 13:56.8

- 2. Mike Pinocci (OklaStU) 13:58.8

- 3. Daryl Zapata (WVTC) 14:28.8

- 4. George Stewart (USArmy) 14:32.6

Shot:

- 1. Tom Swartzell (U of Haw) 41-3

Triple Jump:

- 1. Derrick Tolliver (Stanf) 44-11 1/2

220 Yd. Dash:

- 1. Adrian Rogers (SacSt) 21.6

880 Yard Run:

- 1. Dave Robertson (WVTC) 1:54.7

- 2. Andy Sturgeon (WVTC) 1:56.1

- 3. Curtis Byrd (CalPoly) 1:59.7

Discus:

- 1. Scott Overton (UCBerk) 170-9 /Harry Young/

December 20. Reedley. Reedley Col All-Comers Track & Field Meet

Jav:

- 1. Nix (CSUF) 211-1

Discus:

- 1. Alexander (COS) 157-6

Long Jump:

- 1. Taplac (CSUF) 21-10

HJ:

- 1. Moreley (Clo) 5-10

PV:

- 1. Aldrich (un) 14-4

Shot:

- 1. Alexander (COS) 47-4

TJ:

- 1. Zizzo (CSUF) 47 1/2

440 relay:

- 1. Porterville 44.5

Mile:

- 1. Lennemann (FPCTC) 4:37.2

440:

- 1. Newsome (Madera) 53.0

1200H:

- 1. Branson (Port) 14.9

100:

- 1. Jenkins (Port) 10.2

- 880: 1. Catterall (FCC) 2:01.3

- 440IH: 1. Nother (Lem) 61.6

- 220: 1. Jenkins (Port) 23.0

- 3 mile: 1. Foley (CSUF) 14:44.6

- Mile Relay: 1. Reedley 3:32.2

December 27. San Jose. All-Comers Meet at San Jose City College

Open:

- 60: 1. Whitfield (SoArizTC) 6.2

- Mile: 1. Hart (BYU) 4:20.5

- 60HH: 1. Carty (WVTC) 7.4

- 440: 1. Hampton (SJCC) 50.1

- 880: 1. Cox (FresnoPacific TC) 2:02

- 220: 1. Smith (un) 23.0

- 2 Mile: 1. Hart (BYU) 9:03.3

- Mile Relay: 1. Pacific Grove AC 3:43.7

- PV: 1. MacDowell (WVTC) 14-0

- Discus: 1. Penrose (SJ Stars) 179-8

- Shot: 1. Davis (WVTC) 54-8

- HJ: 1. Collins (UN) 6-1

High School:

- 60: 1. Stephens (Berkeley) 6-5

- Mile: 1. McQueeney (Lynbrook) 4:32

- 60HH: 1. Anderson (Piedmont Hills) 7.9

- 440: 1. Johnson (Mt. Pleasant) 51.1

- 880: 1. Smith (Bellarmine) 2:03

- Mile Relay: 1. Mills 3:45.6

- PV: 1. Endter (Hill) 13-0

- Discus: 1. Parsons (Un) 132-5

- Shot: 1. McGee (Camden) 49-7

- HJ: 1. Gibbs (Hill) 6-0

- TJ: 1. Diller (Mills) 40-0

- LJ: 1. Howard (Mt. Pleasant) 18-6

Women:

- 540 Relay: 1. Millbrae Lions 1:12.2

- 60: 1. Bolton (Mills) 7.3

- 220: 1. Parker (Millbrae) 25.3 /Darrel Cox/

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