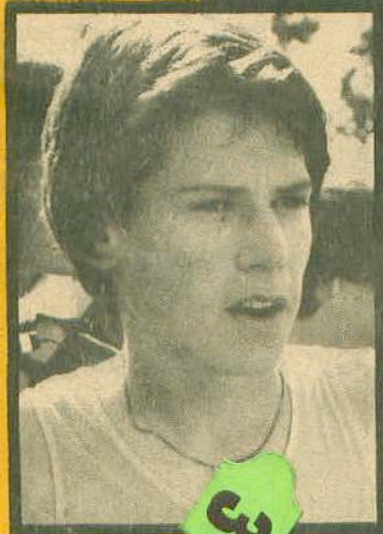
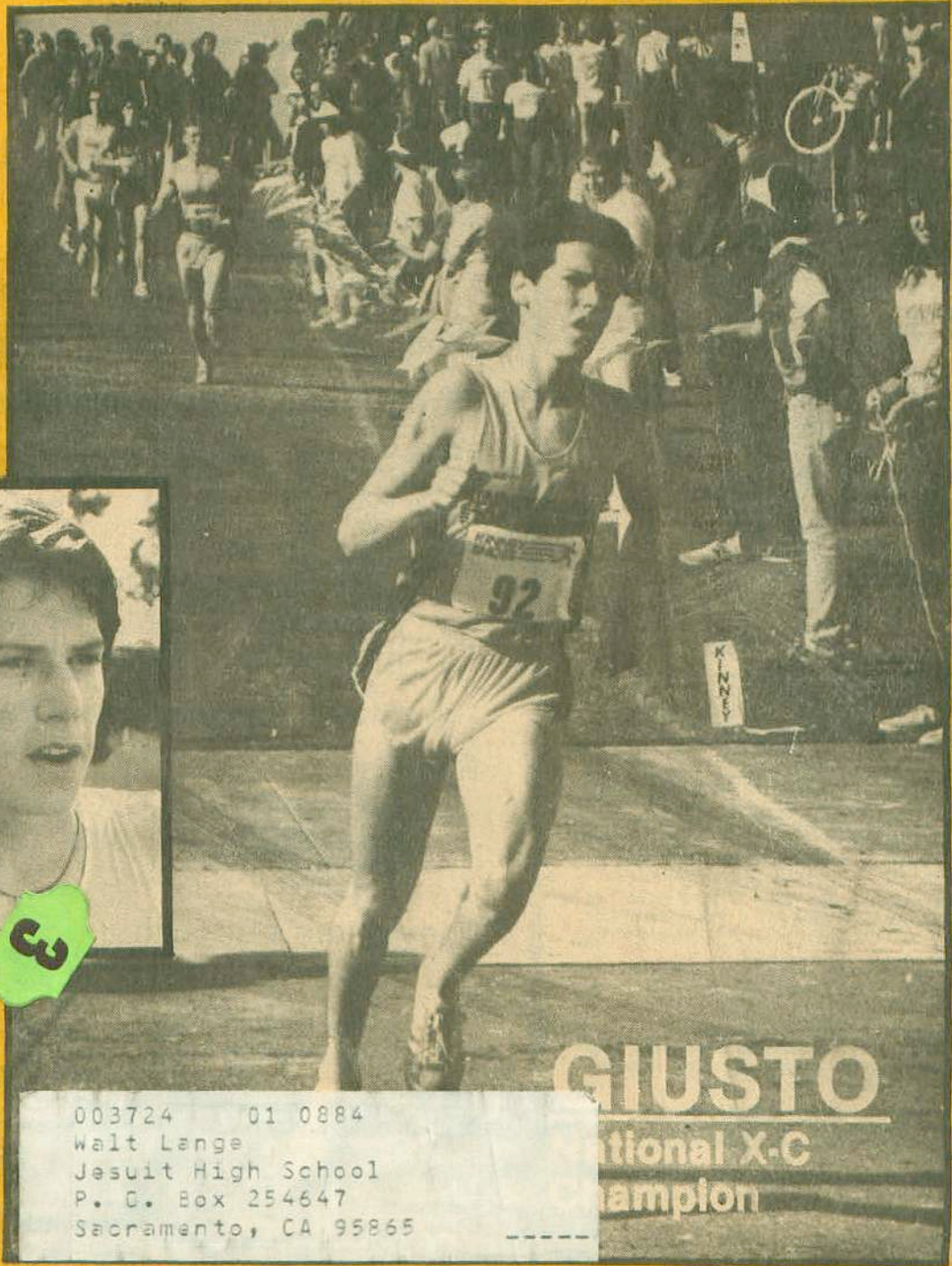


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JANUARY 1984

ISSUE NO. 87



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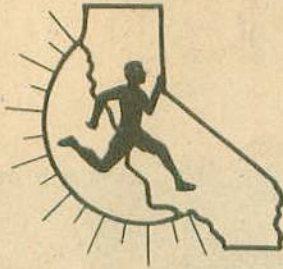
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ON THE COVER:

This month's cover features high school cross country national champion Matt Giusto from Foster City. For more on Giusto and the national championships see pages 28-30. For more on other California national cross country champions see pages 10-12 for the feature on the two Cal Poly teams.

photos by Burt Davis

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Schedule

by Jack Leydig
Scheduling Director

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

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

JANUARY

JAN 14: Willy's Road Race. 1 & 5 miles, Los Altos (St. William School, 401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin, Los Altos 94022. (415) 948-6029.

JAN 14: SNA/TAC 30K Championships & 5 Mile Run. Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JAN 14: Fresno Good Times Parade One Mile Run. Fresno (1 mile down Shaw parade route), 8 am. Victor Salazar (209) 268-0834.

JAN 14: Martin Luther King 10K. Los Angeles, 8 am. CCRC, Box 891, Tarzana 91356 (213) 888-5526.

JAN 14: Fontana Triathlon. 2 mile run, 50 yard swim, 4 mile bike. Fontana (Cypress Community Center), 8 am. Triathlon-City of Fontana, 8353 Sierra, Fontana 92335. (714) 350-7635.

JAN 14: China Cup Opener 5/10K. Fountain Valley (Mile Square Park), 8 am. John Blair, NBRA, 1162 Dorsett Ln., Costa Mesa 92626. (714) 966-0556.

JAN 15: DSE Double Muni Pier Run. 2.6 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JAN 15: Cossack Challenge & Sub-Challenge. 13.5 mile and 8K, Rohnert Park (Sonoma State Univ.), 10 am. Bob Sorani, P.E. Dept., Sonoma State Univ., Rohnert Park 94928. (707) 664-2723.

JAN 15: The Piggy-Bank 5/10K Runs. Brea (Mall), 8/8:45 am. Brea Police Athletic League, #1 Civic Center Cir., Brea 92621.

JAN 15: San Bernardino Community Hospital/YMCA Marathon. San Bernardino (Del Vallejo Jr. High School), 7:30 am. Tony Mino, 808 E. 21st St., San Bernardino 92404. (714) 886-4661.

JAN 15: Mission Bay Marathon & 10K Fun Run. San Diego (Mission Bay Park), 7 am. Mission Bay Marathon, P.O. Box 1049, Coronado 92118.

JAN 15: Zoo Run. 4 miles, San Francisco Zoo (Zoo Rd., at Skyline Blvd.), 9 am. Zoo Run, S.F. Zoo Society, San Francisco 94132. (415) 666-2023.

JAN 15: Sweatin' Sweethearts 10-Mile Twooms. Irvine (Mason Regional Park), 8 am. Dave Pelham, Loeschhorn's for Runners, 10610 Warner Ave., Fountain Valley 92708. (714) 964-4567.

JAN 15: Vista Del Mar & Shorin 10K & 1-Mile Fun Run. Los Angeles, 9 am. Lt. Robert Spierer, Hall of Justice, #408, Los Angeles 90012. (213) 994-0162.

JAN 15: Walk & Run 5 & 10K Runs. San Jose (Evergreen Valley College, San Felipe Rd.), 9 am. Kiwanis Club of Evergreen Valley, P.O. Box 21367, San Jose 95151. (408) 239-3197.

JAN 15: Avenue of the Olives Marathon. VERIFY DATE. Davis, 9 am. Fleet Feet, 132 "E" St., Davis 95616. (916) 758-6453.

JAN 15: Dr. Martin Luther King, Jr. Birthday Run. 5 & 10K, Oakland (Lake Merritt Sailboat House), 9 am. MLK, Jr. Child Care Centers, 2401 67th. Ave., Oakland 94605. (415) 636-1664.

JAN 15: Zonta 10K. Santa Barbara (Goleta Beach State Park), 9 am. Pam VanBlaricum, 4907 Yaple Ave., Santa Barbara 93111. (805) 964-7601.

JAN 15: Tot Trot 10K and One Mile Kid Run. Los Angeles (Griffith Park), 8 am. Gary Skiles, 210 West Ave. 26, Los Angeles 90031.

JAN 15: YMCA 5K, Half and Full Marathon. San Bernardino (Del Vallejo Jr. High School), 7:30 am. Tony Mino, Y-town YMCA, 808 East 21st St., San Bernardino 92404. (714) 886-4661.

JAN 21: Fun Run. 3.8 mile, Milpitas (Wessex Place), 9 am. Karen McNamara, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

JAN 21: Snowball Run. 10K, Meyers (So. Lake Tahoe), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

JAN 21: Glass-to-Glass V. 3 & 15K. Stockton, 9 am. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055.

JAN 21: Corona Del Mar Spirit Run. 5K & 10K. Corona Del Mar, 8 am. Danny Shryock, 1843 Port Wheeler Place, Newport Beach 92660. (714) 760-0177.

JAN 21: Hyattfest Run of the Champions 10K. Hyatt San Jose Mediterranean Center parking lot, 8 am. Maria Lagahuta, 1171 Lincoln Ave., San Jose 95125. (408) 295-WALK.

JAN 22: Super Bowl Sunday 10K. Redondo Beach, 8 am. Super Bowl Sunday 10K Run, P.O. Box 637, Redondo Beach 90277. (714) 859-8644, Hans Albrecht.

JAN 22: Solidarity Fun Run for the Teachers' Union of El Salvador. 5 & 10K (and 1K for kids 12 and under), San Francisco (Polo Fields, Golden Gate Park), 9 am. Cosandes 2121, 2940 - 16th St., Suite 305, San Francisco 94103. (415) 861-2121.

JAN 22: Super Run III 10K. San Diego (La Jolla Village Square), 8 am. Bob Wood, March of Dimes, 8333 Clairemont Mesa Blvd., Suite 101, San Diego 92111. (619) 578-1211.

JAN 22: Anniversary 5K Run. Pico Rivera (Smith Park), 9 am. Ralph Aranda, Box 1016, Pico Rivera 90660.

JAN 22: Sri Chimnoy Marathon. Ventura (Hobson Beach Park), 7 am. Tom Scheafer, 1218 Castillo #1, Santa Barbara 93101. (805) 962-3450.

JAN 22: Redondo Beach Super Bowl 10K. Redondo Beach (Beryl and North Harbor), 9 am. 10K Run Committee, Box 637, Redondo Beach 90277. (213) 372-1171.

JAN 22: CCRC 8K. Los Angeles (Griffith Park), 8 am. CCRC, Box 891, Tarzana 91356. (213) 888-5526.

JAN 22: Dublin Run 10K. Dublin High School, 9 am. Tom Cathcart, c/o Dublin High School, 8151 Village Park Way, Dublin 94568. (415) 846-6491 or (415) 828-6410.

JAN 22: Tucson Marathon. Southern Arizona Roadrunners, P.O. Box 40728, Tucson, AZ 85717.

JAN 22: Super Bowl Sunday III 10K. Santa Cruz (Natural Bridges State Pk. at Delaware & Swanton), 9 am. Kathy LaTorre, 809 Bay Ave., Capitola 95010. (408) 476-7140, x288.

JAN 22: DSE Fort Point Run. 3.8 mile, Marina Blvd. (Little Marina Green), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JAN 22: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K, Oakland (Old Boathouse, Lake Merritt), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

JAN 22: East Bay Biathlon. 8K run, 50K bike, 5K run. Pinole, 9 am. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

JAN 22: Star Test 10K. Sunset Park, Las Vegas, Nevada, time TBA. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JAN 28: Mt. Rubidoux 5/10K. Riverside (Fairmont Park), 8:30/9:00 am. Race Central, Box 828, Rialto 92376. (714) 787-5432.

JAN 28: Las Vegas 2 & 5 Milers. Las Vegas (Racquet Club), 10 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JAN 28: Paramount Rotary 10K. (& Special Masters Div. Race), Paramount (Progress Park), 8 am. Paramount Rotary Club, P.O. Box 636, Paramount 90723. (213) 634-2123 or (714) 848-5779.

JAN 28: Winter Warm-Up 5/10K. Irvine (Mason Regional Park), 8 am/5K, 8:45 am/10K. So. Coast Runners Ass'n, 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

JAN 28: La Mirada Park Age Group 4 Mile Cross Country. La Mirada, 9 am. Steve Broten, 13512 East Romona Dr., Whittier 90602. (213) 693-4183.

JAN 29: El Camino Derby Runs. 10K & 1 mile, San Mateo (Bay Meadows Race Course), 8:30 am. American Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-1028.

JAN 29: Runner's Den/KOY 10K. Phoenix, Arizona. Rob Wallack, Runner's Den, 4015-C N. 16th St., Phoenix, AZ 85016. (602) 277-4333.

JAN 29: Jack Frost Half-Marathon, 10K & 2 Mile. Reno, Nevada (Old Town Mall), time TBA. Judy Bentley, 4001 S. Virginia St., Reno, NV 89505. (702) 825-5400.

JAN 29: Super Race VII. 10K, Monterey (Dennis the Menace Park), 9 am. Earl Collins, Monterey Peninsula YMCA, 404 Camino El Estero, Monterey 93940. (408) 373-4166.

JAN 29: DSE Golden Gate Park 10K. San Francisco (Polo Fields), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JAN 29: Sacramento Mile. Capitol Mall-State Capitol, 8:30 am (various starting times for different divisions). Sacramento Mile, 6 Vierra Ct., Sacramento 95831. (916) 392-2215.

JAN 29: Palm Springs Fun Runs. 3 & 5K, Palm Springs (Sunrise Plaza Leisure Centre), 9 am. Rod Dixon Fun Run, c/o New Zealand Consulate-General, 10960 Wilshire Blvd., #1530, Los Angeles 90024. (213) 477-8241, Richard Sewell.

JAN 29: Joel Orner Moon to Noon Run. 43 miles, Palos Verdes, 4 am. Joel Orner, 6476 Parklynn Dr., Rancho Palos Verdes 90274.

FEBRUARY

FEB 4: Bakersfield Marathon & Half-Marathon. Cal-State Bakersfield, 8 am. Bakersfield Track Club, P.O. Box 10371, Bakersfield 93389. (805) 399-5750.

FEB 4: Diamond Bar 5 & 10K Runs. Diamond Bar (High School), 9 am. Race Director, c/o Congregational Church (Attn: Ruth Schaffer), 1649 Kiowa Crest, Diamond Bar 91765. (714) 861-6056.

FEB 4: McDonald's Cougar Classic. 2K, 5K and 10K, Azusa, 8:30 am. Terry Fran-son, 4137 La Junta, Claremont 91711. (714) 596-4128.

FEB 4: Santa Barbara Winter Run. 6 and 10 miles, (Santa Barbara (Cabrillo Arts Center), 8:30 am. SBWR, Box 6616, Santa Barbara 93160. (805) 964-2591.

FEB 4: Las Vegas Marathon. 7:30 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.

FEB 4: Sonoma Developmental Center Sweetheart Run. 2 1/2K & 8K, Sonoma (State Hospital), 9/10:30 am. John Karsmeyer, P.O. Box 1400, Eldridge 95431. (707) 938-6471.

FEB 4: La Contenta Classic. 8K, San Andreas, time TBA. Calaveras Runners, c/o Calaveras High School, Box 607, San Andreas 95247.

FEB 4: DSE Golden Gate Bridge Vista Run. 5 mile, San Francisco (Legion of Honor), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 5: Downhill Mile Classic. West Covina, 1-5 pm (135' drop). The Complete Runner, 2658 E. Garvey St., West Covina 91791. (213) 331-0169.

FEB 5: Oakland Marathon & Half-Marathon. Downtown Oakland, 7:45 am/half, 8:00 am/full. Cherie Swenson (Oakland Marathon), P.O. Box 2501, Oakland 94614. (415) 568-8884.

FEB 5: Senior Masters Old Fashioned Four-Miler. (55 yrs. & up only), Yucaipa (Calimesa Park), 9 am. Stan Stafford, 34184 County Line Rd., #56, Yucaipa 92399.

FEB 5: Winter Classic 5/10K. Anaheim (Yorba Regional Pk.), 8:15 am/5K, 9 am/10K. Winter Classic, 3941-B So. Bristol, Room 101, Santa Ana 92704. (714) 556-9611.

FEB 5: Sand and Strand Run. 2.5 and 5 miles, Hermosa Beach, 8 am. South Bay Free Clinic, 1807 Manhattan Beach Blvd., Manhattan Beach 90266.

FEB 5: Firecracker 10K Run. Los Angeles (Chinatown), 9 am. L.A. Chinatown 10K Race Committee, Box 4732, Terminal Annex, Los Angeles 90051. (213) 250-1008.

FEB 11: Mission 10, 10 Miles, Missin San Juan Bautista. 10 am. Mission 10, c/o 811 Carpenter Dr. Hollister 95023. (408) 637-3128 after 6 pm, Ed Singleton.

FEB 11: Trinidad Clam Beach Run. 8 mile? Trinidad, noon. Sue & Greg Anderson, c/o Chamber of Commerce, P.O. Box 426, Trinidad 95570. (707) 822-3507.

FEB 11: Valentine's Day Run. 2 & 10 mile, Stockton, 9 am. Don Hoffman, c/o P.O. Box 5500, Stockton 95205.

FEB 11: Natural Light MDA 5 & 10 Milers. Folsom, 10 am. Art Baudendistel, Engle Road Physical Therapy, 4718 Engle Rd., Suite A, Carmichael 95608-2271. (916) 363-2632.

FEB 11: Crime Alert Run. 5 mile, Sacramento (Glen Hall Park, Carlson Dr.), 9 am. Chris Hadley (916) 449-5237, or Theresa Kessler (916) 449-5635.

FEB 11: Lovers' Run. Half-Marathon, 10K & 1 mile. El Dorado, time TBA. Linda Sadler, 460 Main St., Porterville 95667. (916) 622-5551.

FEB 11: Lynwood 5 & 10K. Lynwood, time TBA. Lynwood Chamber of Commerce, P.O. Box 763, Lynwood 90262.

FEB 11: Santa Barbara 2x4 Mile Couples Relay. Santa Barbara (Palm Park), 8:30 am. SBCR, Box 6616, Santa Barbara 93160. (805) 964-2591.

FEB 12: Valentine's Runs. 5 & 10K, St. Helena (Crane Park), 9 am. Tobe Wolf, St. Helena High School, 1401 Grayson, St. Helena 95474.

FEB 12: Chinatown YMCA New Years Run. 8K, San Francisco (Sacramento & Grant), 8 am. Sylvia Mack, c/o YMCA, 855 Sacramento, San Francisco 94108. (415) 982-4412.

FEB 12: Valentine Day Run. 5 & 10K, Oakland (Lake Merritt Boathouse), 10 am. American Heart Ass'n, P.O. Box 5157, Oakland 94605. (415) 632-9606.

FEB 12: World Runners Valentines Day "Have a Heart - Run for Hunger" 5 & 10K, Santa Cruz (Natural Bridges State Beach, Delaware & Natural Bridges Dr.), 8:30 am. Gary Upham, 1153 La Madrona Dr., Santa Cruz 95060. (408) 426-4572.

FEB 12: DSE Mission Rock Run. 3.5 mile, San Francisco (Mission Rock & 3rd St.), 10 am. Wait Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 12: Valentine's Fun Run. 10K, Campbell (The Factory), 9:30 am. John Araujo, Community Services Dept., Campbell 95008. (408) 378-8141, x252.

FEB 12: Max Chabolan Memorial Road Race. 8 mile & 2 mile prediction, Tulare (Live Oak Park), 1:30/2:00 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 12: Hidden Valley Marathon. Listed Feb. 11th in error last issue. (Also half marathon and 10K). Newbury Park (Adventist Academy), 8 am. William Wilson, 180 Academy Dr., Newbury Park 91320. (805) 498-2191, x38.

FEB 12: Long Beach Marathon. Long Beach, 7 am. Joe Carlson, Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (213) 494-2664.

FEB 12: Palm Springs Marathon. Palm Springs (Sunrise Plaza), 7 am. Susan Schroeder, Community Services Dept., P.O. Box 1786, Palm Springs 92263. (619) 323-8286.

FEB 12: San Dieguito Half-Marathon. Solana Beach (San Dieguito County Park), 8 am. Rebecca Fongler, North Coast YMCA, P.O. Box 907, Encinitas 92024. (619) 942-9622.

FEB 18: Up the Estuary in February Half-Marathon & 5K. Santa Ana (Centennial Park), 7:30/8:00 am. NBRA, 1162 Dorsett Ln., Costa Mesa 92626. (714) 966-0556.

FEB 18: Walk/Jog/Run for Your Heart. 5/10K, Whittier, time TBA. Presbyterian Hospital Run, 12401 W. Washington Blvd., Whittier, 90602. (213) 698-0811, x2492.

FEB 19: Los Angeles International Marathon. Santa Monica to Los Angeles (Olympic Course), 7:30 am. (Qualifying times: same as for Boston Marathon). Ed Staley, 15115 1/2 Sunset Blvd., Pacific Palisades 90272. (213) 459-5796.

FEB 19: Jedediah Smith 50 Mile Classic. West Sacramento, 8 am. City Sport Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.

FEB 19: Willits 10 Mile Classic (& 3 Mile). Willits (Recreation Grove Park), 11 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 482-7047.

FEB 19: DSE Lake Merced Run. 4.5 mile, San Francisco (Sunset Circle Pkg. Lot, Lake Merced), 10 am. Wait Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 19: Sri Chinmoy 10 Mile. Foster City (Recreation Center), 8 am. Sri Chinmoy, 2438 16th Ave., San Francisco 94116. (415) 731-2722.

FEB 19: Santa Monica Mountains 50-Mile Run. Santa Monica (Adohr Dalry, Pleasant Valley Rd.), 6 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 19: Conejo 5/10K Run. Westlake Village (Westlake Elem. School), 7:30 am. Conejo TC, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

FEB 19: Valentine's Couples Relay. Distance TBA, Santa Clarita, 8 am. Santa Clarita Runners, Box 481, Newhall 91321. (805) 252-4755.

FEB 19: Fast Five Miller & 2 Mile. Fountain Valley (Mile Square Park), 8 am/2 mile, 8:45 am/5 mile, So. Coast Runners Ass'n. 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

FEB 19: USA Cross Country Team Trials. 12K senior, 8K junior. Meadowlands, E. Rutherford, New Jersey. Allan Steinfeld, NYRR, 9 E. 89th St., New York, NY 10028.

FEB 19: Sweetheart Fun Run Couples Relay. 1.2 & 2.4 mile legs. 1 pm, Arcata (St. Mary's School). Bill Daniel (707) 822-9050.

FEB 25: Parkside Half-Marathon. Santa Rosa, Howart Park, 9 am. Nancy Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661.

FEB 25: Almond Blossom Run. 8K, Ripon (Mavis Stouffer Park), 8 am. Toni Raymus, c/o 130 W. Main, Ripon 95336. (209) 599-2194.

FEB 25: L'eggs/YWCA 10K. San Diego (Balboa Park), 8 am. Women Only. San Diego YWCA, 1012 "C" St., San Diego 92101. (619) 239-2902.

FEB 25: Trall's End Marathon. Seaside, Oregon, 11:30 am. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (503) 738-6391.

FEB 26: DSE Presidio Gate Run. 3.3 mile, San Francisco (Dolphin Club), 10 am. Wait Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 26: SPA/TAC 30K Championships. Yorba Linda, 8 am. Fleet Feet, 5102 Wagon Wheel, Yorba Linda 92686. (714) 970-8425.

FEB 26: Startest 10K. Los Angeles (Griffith Park), 8 am. CRR, Box 891, Tarzana 91356. (213) 888-5526.

FEB 26: Toro 10K. Carson (Cai State Dominguez Hills, Olympic Velodrome), 9 am. Mitch Harmatz, c/o Athletics, 1000 E. Victoria, Carson 90747. (213) 516-3513.

FEB 26: Pop Marty 5/10K & 10 Mile. Montebello (Grant Rea Park), 8/9 am. Charles Gloria, 1600 W. Beverly Blvd., Dept. of Parks & Recreation, Montebello 90640. (213) 725-1200, x439.

FEB 26: Sequoia Race. 2 & 4.5 mile. Eureka 1/1:45 pm. Harry Cottrell (707) 839-4654.

MARCH

MAR 3: Run for the Seals. 4 mile, Ft. Cronkhite (GONRA), Marin Headlands, 9 am. CMMC, c/o Brian Boxer, Ft. Cronkhite, Marin Headlands 94565. (415) 331-7325.

MAR 3: Bidwell Classic Marathon, Half-Marathon & 3 Mile Fun Run. Chico (Bidwell Park), 8 am/3 mile 9 am. Wait Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

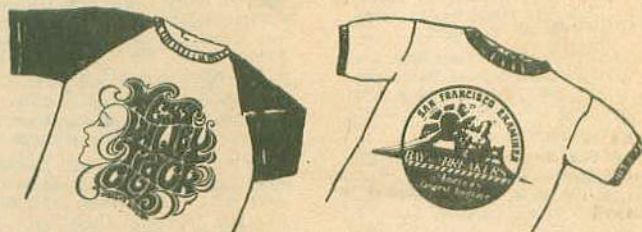
MAR 3: Grape Stampedo. 10K, Gonzales (Taylor California Cellars), 9:15 am children's 1 mile, 10 am. Caria Pew, P.O. Box 94, Gonzales 93926. (408) 675-2321.

MAR 3: A Run to Remember. 5/10K, Long Beach (El Dorado Park), 8:15/9 am. A Run to Remember, Suite 6800-A241, 1686 Tustin Ave., Costa Mesa 92627. (714) 645-8710.

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MAR 3: Malibu 10K. Malibu (Zuma Beach State Pk.), 9 am. Malibu 10K, Box 716, Malibu 90265. (213) 457-3485.

MAR 4: Channel to Lake Run. 10 mile, Vallejo, 10 am. Patti Baron, Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590. (707) 644-5551.

MAR 4: Kennedy Drive Run. 4.7 mile, San Francisco (Golden Gate Park, Polo Fields), 10 am. Wait Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 4: Wintergreen 5 & 10K. Woodland Hills (Pierce College), 8 am. Jerry Kalman, c/o Informatics, 21031 Ventura Blvd., Woodland Hills 91364. (213) 887-9040.

MAR 4: South Bay 20K. Los Osos (Los Osos Jr. High School), 8:30 am. (RRCA Western Regional & Calif. State Championship), Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

MAR 4: Hyatt-Oakland/Be On Broadway Run. 10K, Oakland, 9 am. Be On Broadway Run, 150 Palm, San Francisco 94118.

MAR 4: City of Fremont 10K Run. Fremont (Central Park Swim Lagoon), 8:30 am. Sarah Cole, P.O. Box 5006, Fremont 94537. (415) 791-4324.

MAR 4: Foggy Bottoms Mill Run. 2, 4 & 10 miles, Ferndale. David Wells, 1522 Panorama Dr., Arcata 95521. (707) 822-8258.

MAR 4: Maui Marathon. Maui Mall, Hawaii, 6 am. Valley Isle Road Runners, P.O. Box 888, Kihel, HI 96753. (808) 242-6042.

MAR 4: Gold Trail Half Marathon. 13.1 miles, start at Hornitos, 10 am. Dave Olsen, Merced Track Club, P.O. Box 3275, Merced 95341. Dave Olsen (209) 723-6579 eves. or (209) 384-6290 days.

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

MAR 11: 5-Person Team Relay Marathon. Los Angeles (Griffith Park), 8 am. CRR, Box 891, Tarzana 91356. (213) 888-5526.

MAR 11: Courthouse Run. 8K, location TBA, time TBA. Len Wallach, 1060 Continentals, #104, Belmont 94002. (415) 593-2788.

MAR 11: Napa Valley Marathon. St. Helena to Napa, 7 am. Napa Valley RC, 3377 Solano Ave., #439, Napa 94558. (707) 252-1871. 1300 Limit or Feb. 13.

MAR 11: DSE Legion of Honor Run. 4.5 mile, San Francisco (Legion of Honor), 10 am. Wait Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 11: Bash 10K Relay. 3-person teams, approx. 2 mile each, Modesto (Central Catholic H.S.), 9 am. Frank Bushakra (209) 576-7755.

MAR 11: Dick Durand Trail Run. 8K, Westlake Village, 9 am. Conejo T.C., 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 11: Soccer City Run. 5K & 10K. Pleasanton (Hacienda Business Park), 10 am. Cindy Wilson, Soccer City Run, P.O. Box 5194, Pleasanton 94566. (415) 434-4466, days.

MAR 11: Blue Devil Classic Half-Marathon, 5K & Kids Fun Run. Davis, 9 am. Don Winters, Davis High School, 14th and Oak Ave., Davis 95616. (916) 756-3131.

MAR 17: St. Patrick's Day 10K. Oakland (Lake Merritt Sailboat House), 9 am. Terry Mann, 391 Valley Run, Hercules 94547. (415) 372-2242, days.

MAR 17: Ross Valley Run for the Women's Foundation. 15K, Fairfax (downtown), 8 am. Fleet Feet, 333 San Anselmo Ave., San Anselmo 94960. (415) 456-8220 or 454-RUNR.

MAR 17: Shamrock 10K. Pacifica, City Hall, 9 am. Dave Berry, City Hall, 170 Santa Maria Ave., Pacifica 94044. (415) 877-8631.

Medical Notes for Runners

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

Update on Shoes

This last year, I was fortunate enough to participate on the panel in the *Runner's World* shoe survey. Information from the survey is in the October, 1983, issue of *Runner's World* and appears to be an unbiased factual document of great value to the runners in search of shoes.

My job was to analyze all the new shoes on the market and to compare them with established brands and models. I was to select shoes for the average runner. My definition of an average runner is one who weighs between 145 and 155 pounds, runs 20 to 35 miles per week, runs about five days per week, participates in 10 kilometer runs, and occasionally trains for a half-marathon or marathon with corresponding increased mileage. I also chose shoes for the heavy runner, the excessive pronator, and the excessive supinator.

In my practice of podiatric sports medicine, it is important for me to find shoes that are safe for my patients, that are not excessively expensive, and that meet the needs of the average runner with an average foot type and average mileage. The newer shoes that I am particularly impressed with are as follow in alphabetical order:

Adidas New York
Avia 580
Brooks Chariot
Brooks Hugger GT
Converse Phaeton
Hershey Custom

The shoes that I am particularly impressed with in regard to durability, rate of deformity, midsole dampening life, and overall value (i.e. price of the shoe versus function and longevity) are the Adidas New York and Brooks Chariot. The Chariot is a slightly heavier shoe and is probably the best all-around shoe for the average runner.

The reason that I am impressed with the Brooks Chariot is because of the roll bar. The roll bar is a dual durometer midsole. The durometer, or resistance to deformity, of the midsole rubber at the inner aspect of the heel is less than that of the outer aspect of the heel. The shoe, therefore, functions very similar to the Brooks Vantage. Recent tests that were carried out at University of California - Davis Biomechanics Department, in fact, showed that there is only 2 to 4 percentage differences in rearfoot control between the Vantage Supreme and the Brooks Chariot. The Brooks Chariot has extremely good durability with a tractor type outsole. I, in fact, have had difficulty in wearing my shoes out. The fit appears to be good, and the value for what is purchased is

extremely good. I have seen very little deformity of the counter, and the midsole longevity is excellent. The only complaint that I have had from the Brooks Chariots is that they feel stiff when compared to some of the less stable, softer shoes on the market. Indeed, they are stiff when this comparison is made, but that is exactly the reason why they protect the foot and function so well.

The established shoes that have been well tested and meet the requirements of many different problems are as follow in alphabetical order:

Adidas Marathon Trainer

Adidas TRX Trainer (These shoes have stood the test of time, are a safe shoe of good value, and are recommended for almost all foot types and running styles.)

Brooks Hugger with Gortex (This is a very good all weather shoe, is reasonably priced, relatively waterproof, and has excellent function.)

Brooks Vantage Supreme (This shoe has a varus wedge and is extremely good for those who have a tendency toward modest overpronation. This shoe has stood the test of time. It is not recommended for those patients who have a tendency to sprain their ankles or who have a very high arch foot or, in fact, need more pronation.)

Brooks Super Villanova (This shoe has always been and will always be a good all-around shoe and is quite reasonably priced.)

Converse Phaeton in improved models (This still is an excellent all around shoe. The rearfoot stabilizing bars are quite helpful.)

Nike Equator II (This is also a good all-around shoe for those without moderate to advanced biomechanical abnormalities. When excessive pronation is present, the plastic rearfoot stabilizing bar tends to dig into the midsole, and deformity is accelerated.)

Nike Odyssey (This shoe is a greatly improved version of the Nike air shoes. There is air in the rearfoot portion only. It is a combination lasted shoe with fiberboard in the rearfoot and slip lasting on the forefoot. This shoe is good in regard to decreased fatigue of the midsole. The longevity of the midsole is excellent. The shoe, however, with the slip lasting and air in the rearfoot does allow for deformity in the direction of pronation or supination if moderate to advanced biomechanical problems are present.)

Saucony Freedom Trainer and
Saucony Jazz These are good shoes.



They have a tendency toward deformity inasmuch as they are slip lasted. If one has good running form and very little biomechanical abnormality, these shoes are comfortable, have adequate toe room, and appear to wear well.

I look for a shoe with a good heel counter to decrease abnormal pronation and supination. The shoe should dampen impact shock, yet return some energy from the ground to the runner to allow for smooth running form and adequate propulsion. The dampening ability of the shoe should persist to a major degree throughout the life of the shoe.

The two most widely prescribed shoes from my clinic, for patients who have injuries most often secondary to excessive pronation, are the Brooks Chariot and the Adidas New York. I also like the Brooks Hugger for winter running inasmuch as it has Gortex, which is a semipermeable material allowing for breathing from within the shoe out, but inhibiting moisture from coming into the shoe. The Adidas New York appears to be well constructed, all around shoe, which has antipronatory devices imbedded within the midsole of the rearfoot and midfoot. New Balance is still the only company making widths in their shoes. Their newer models are far firmer and more stable than the older models, and many of my patients do well in New Balance when they have special sizing problems or large feet.

With all shoes, it is important to realize that the shoe acts, basically, as an interface between the foot and the road. If there is excessive deformity within the foot itself,

continued on next page...

SoCal Diary

By BILL MINARIK

November 27:

With the exception of the Kinney meets and the L.A. City CIF meets, X-Country season in SoCal has pretty well wrapped itself up, so lets take a look at who did what. In the CIF Southern Section Championships at Mt.Sac, teams from El Toro, Barstow, Arroyo, and the Sherman Indian Institute were boys divisional winners while Tustin, El Dorado, Lompoc, and Morro Bay were victorious in the girls divisions. Individually, the big battle in the boys races saw: Holmes of Santa Barbara just edging Jesus Gutierrez of Pasadena 15:00 to 15:01 for the day's fastest time while Palos Verdes Kristjen O'Hara destroyed the girls prestigious 4-A field with a winning margin of 1:15 in posting the day's fastest time of 17:17.

In Community College action, El Camino, Grossmont, Orange Coast, Glendale, Hancock and Moorpark were men's conference winners while Ventura, East L.A., Mira Costa, Orange Coast, Moorpark, and El Camino were women's conference champs.

In the C.C. SoCal meet, El Camino repeated their performance at Mt.Sac with a 48-64-88 win over Grossmont and Glendale's men's teams while East L.A. just edged Mira Costa 55-57 in the women's large school championships.

In the small school championships, Hancock's men grabbed 4 of the first 6 positions to out distance Valley and host Moorpark 30-49-57, while the gals from Ventura easily outran Moorpark and Santa Barbara 29-58-62.

The C.C. State Meet as usual was more or less a rerun of the SoCal meet with the exception that Noel Montetrucchio's Mira Costa team turned back Foothill and East L.A. by a close 55-63-69 margin in the women's large school race. Otherwise Dave Shannon's El Camino team, Ray Kring's Hancock seven, and Tuck Mason's Ventura Harrierettes repeated their previous weeks efforts. Some special recognition should go to Bob Fries, Ken Dose, and the entire Fresno C.C. staff for not only the great job they did on administering the meet, but the super results brochure they prepared which had pictures of all the placing teams as well as combined large and small school scoring. Its no wonder that all the coaches want Fresno as a permanent State Meet site.

In 4-year college finals, the men and women's teams from Oxy both captured division III regional honors, but were pretty far down the list at the nationals.

In division II, it was an all Cal Poly show as the CP Pomona men won their first ever national title with a 86-100 margin over runner-up St. Cloud St. In the women's division, it was the CPSLO thinclads continuing their dynasty with a 48-92 runaway over No. 2 Holy Cross.

In division I men's competition, UCLA was 3rd in the West Regional, but only 20th in the nationals. In the women's meet, Oregon edged Stanford 95-98 in an incredibly close meet which saw the first five teams separated by only 12 points.

The first women's world road racing championships held in San Diego produced probably the closest finish in road racing in quite some time when judges awarded England's Wendy Sly a *split decision* win over the U.S. challenger Betty Jo Springs. I wonder what happened to the photo finish.

Its been rumored that long time USC head track coach, Vern Wolfe will resign after this upcoming season with assistant coach, Ken Matsuda taking over as head man.

It seems that having an all weather track may not be all its made up to be. The track at CS Northridge which was funded by scraping together nickles and dimes from every source possible is now in a state of deterioration and the school is unable to raise the estimated \$500,000 to repair it. The result is that there will be no more track meets at CSUN.

While one all weather track is coming apart another one is almost put together. That one is the track at Oxy which is one of the Olympic Training tracks put in by Arco. While the lines aren't on yet, the track felt ready to race based on a one lap jog. The layout is slightly different from most tracks in that the running surface is extended inside Lane #1 to accommodate the steeplechase at the south end. This may cause runners in Lane 1 to drift inside going around the turn. The installation of the all weather track on the Patterson Field oval brings to an end the era of the dirt tracks. The Oxy track had played host to countless National and World Record performances. The shortcomings of dirt tracks however go beyond just speed and track upkeep. A good example of this was in the early '60's when Oxy speedster Steve Haas ran what appeared to be the fastest 220 in the world so far that year with a 20.5 clocking around a curve. Soon after, however, it was determined a school official had mismeasured the finish line leaving the race 5 yards short. Undaunted, Steve came back the next week-end and repeated his 20.5 performance only to find out the school official had repeated his performance leaving the race 5 yards short again. Its no wonder Steve abandoned the sprints and went to longer distances. In any case, those incidents should be a thing of the past with the permanently lined tracks.

Final judgement has been handed down in that massive scandal which suggested that hundreds of California teachers, mostly coaches, had secured phony college credits from both Cal Lutheran and Ottawa, Kansas colleges for the purpose of raising their salary. A State Commission has decid-

ed to revoke the teaching credentials of all involved. Both John Barnes, former Olympic silver medalist who is the cross country coach at Glendale High, and Miles Stanton, the cross country coach at Glendale Hoover High will lose their credentials unless they can counter the charges against them.

A reminder about the *California Track & Running News* Community College cross country All-Americans. The top 21 combined times at the State Meet will determine the first, second, and third teams. Any other competitor at the State Meet who was in the top 15 of either the large or small school meet or had one of the top 30 combined times will be given honorable mention. Any coach desiring a certificate acknowledging his or her runners as All-Americans should write to CT&RN and request same.

Another reminder to all Track and Field fans about the many all-comers meets being held in January and February at numerous SoCal tracks. With an Olympic year ahead here in L.A., the caliber of athletes competing in these meets should be especially high.

Medical Notes

Continued from previous page:

It is almost impossible for the shoe to inhibit or decrease abnormal motion. Some form of orthotic is necessary. The soft supports in the running shoes are definitely an advance, but they bottom out quickly and, oftentimes, must be replaced with a new soft support or with a custom made orthotic device. At times, utilizing an eighth inch to quarter inch felt on the bottom of the soft supports will allow the athletes to accommodate for their own problems or add a bit more stability to the shoe itself.

If you have tried the above shoes and still have problems with excessive break down of the shoes, fit problems, or lack of control, you might try one of the newer custom made shoes. The Hershey shoe, from Hershey, Pennsylvania, is a shoe which is well suited to the heavy weight runner or the excessive pronator. It is a bit expensive at \$150.00. Runner's Workshop, through Jeff Sink, has a shoe called the Sako. This is a semicustom shoe, which is excellent for excessive pronation or fit problems. Jeff can be contacted at the Workshop to have special modifications put into the shoe; or, in fact, can build a shoe for you.

You have lots of choices this year, and finding the proper shoe should really be no problem.

Best of running.

NATIONAL CHAMPIONS

THE WOMEN: Cal Poly San Luis Obispo

by Howard Willman

Everyone knows that Cal Poly/San Luis Obispo's women's track & field and cross country programs don't belong in Division II. Why, the school has so many good athletes, it must be able to spend a bundle of money on top-notch athletes and coaches. They must be so overflowing with moola that their budget must rival that of top Division I schools. Everyone knows it's true. It must be. It has to be.

But it isn't.

Oh, sure--Cal Poly has been routinely making mincemeat out of Division II foes for the last 3 years that it's almost ridiculous. But any notions that they have the financial wherewithall to "buy" its national championships are clearly untrue.

Lance Harter, the 33-year-old coach of the program since the fall of 1979, can tell you stories until your ears fall off of all the Division I coaches he's made gag by telling them how much of a budget the Cal Poly track program has and those other coaches always end up shaking their heads when they see the success of the school's program, one that Harter built from a 5-member team when he arrived.

Cal Poly has won 3 straight NCAA Division II team titles in track & field, and 2 straight in cross country with the most recent victory this past November. For the 4



1982-83 Cal Poly SLO Women's Track Team: NCAA Div. II National Champions

THE MEN: Cal Poly Pomona

by Doug Speck

Adding to the Cross Country fortunes of the Golden State this fall was an NCAA Division II title for the Cal Poly/Pomona Men's squad. The Broncos, coached by Jim Sackett, capped a well-planned campaign with an 88 point total for a victory in the Championship race at the University of Wisconsin Parkside Course on Saturday, November 12th.

Success at the national level is certainly not by accident, and a very calculated series of events resulted in the Bronco title. Coach Sackett has worked at all the levels during a very successful career that had him start coaching at California's Davis HS and eventually get back to our state at Poly. After an undergraduate career at Mankato State (Minnesota) and graduate work at Washington State, Sackett began coaching at Davis HS for two years in the early 1960's. During the last half of the '60's decade Coach Jim moved to Sacramento City College, the Northern California

powerhouse. The years 1969-1980 were spent at Western Illinois, with successes that included team finishes at Nationals as high as third in Track and Field and fifth in Cross Country. The moving on of Cal Poly/Pomona Coach Jim George into private business in 1980 left the door open for a return to California, which Sackett decided upon. The planning for 1983's Cross Country Championship started as soon as Sackett arrived, as the late hiring date made recruiting the first year for Poly/Pomona an impossible task. Left with an impressive trio from Coach George in Tony Reyes, Matt Blaty, and Gary Borbon, Sackett felt building a winner in Cross Country would require redshirting this trio for a year and building a squad to back them up. The threesome agreed and it was up to Coach to bring in the support. Cal Poly/Pomona offers strong programs in a number of academic areas, especially engineering and architecture, and Sackett feels this academic reputation has helped attract the best in student-athletes to his campus.

A number of very talented and successful area runners have gravitated to the Cal Poly campus in the past couple of years. The team is made up mostly of athletes who went to high school within a one-half hour drive of the beautiful Temple Avenue campus. Obviously a number of these athletes have developed under Sackett.

Coach Jim set out with a Lydiard based training philosophy to build 10K College Cross Country runners from the two, three, and four milers he had recruited from the prep and junior college ranks. Sackett has spent some time with Lydiard and has balanced the New Zealander's ideas with thoughts on training from Craig Virgin, who blended top quality distance running at the University of Illinois with the type of academic pressure faced by Poly student-athletes.

Coach Sackett certainly has a special feeling for his top trio of Reyes, Blaty, and Borbon, prefacing his use of the word "we" so often when talking about the building of this year's team with an explanation that an important part of the process was the com-

years Harter has been at the helm of Cal Poly's program, they've been rated each year in the Top 20 Dual Meet Rankings published by *Track & Field News*. They've been the only Division II school to appear in those rankings over that period. And the past 2 years, they've been ranked 7th. Only national superpower UCLA has been able to make a better showing over the past 2 years among California schools. And track followers know that dual meets give the only true worth of a track & field team.

But still people ask questions, scratch their heads, and wonder "Can it really be true?" Harter answers those wonderers: "As far as financial aid goes, we are not the richest in the Division II range by any means. In fact, we're probably around the middle of the Division II allowable, which puts us then about 25% of the Division I allowable. In most instances, it's about 15-20%. Many Division I schools' travel budgets are more than our entire budget."

"A very prominent Division II coach labeled us as Division I 1/2," he continues. "We're not quite Division II and we're not quite Division I. We've kind of created a paradox in a respect that when people look at our program, our athletes and coaches act very professional and very much like we're Division I, or a top-ranked team, or whatever label you want to give. We act as though we belong. Yet, if somebody really did an accounting of our budget, they'd go, 'Good Grief-what are we doing here?'"

What Cal Poly is doing is making success look easy. Before Harter arrived, Cal Poly never had a placer in the Division II nationals. In his first track season, 1980, they had one (Maggie Keyes won the 1500). In 1981, they had 10. In 1982, 18, and in 1983, 16. In their banner year, 1982, they won the Division II nationals with 256 points--winning by over 110 points. In 1983, they won by "only" 90.

The school has had 11 national individual champions since 1980. In Harter's first year,

Keyes won that 1500. In 1981, Eileen Kraemer won the 1500 and Karin Smith took the javelin. The list in 1982 had Esther Scherzinger winning the 800, Kraemer repeating in the 1500, Smith repeating in the javelin, and Liz Carroll claiming the heptathlon. And 1983 was led by Amy Harper, who captured the 1500 and 5000, as Sue McNeal won the high jump and Danella Barnes topped the javelin field. For those of you adding up, that means Cal Poly has won the last 4 Division II 1500 titles, and last 3 javelin crowns.

And that's not including cross country, in which Kraemer won in 1981, and Harper in 1982 and 1983 (giving Harper a total of 4 when combined with her track titles). Harper, by the way, recently married 2:13 marathoner Doug Avrit and she will go by her married name in the future.

Two of the school's alumni, Keyes (3000) and Smith (javelin), competed in the inaugural World Championships in Helsinki this past August. Keyes was ranked 10th in the world by *Track & Field News* in the 5000 in 1982, and Smith, whose school record is also the national collegiate record, is a two-time Olympian, taking 8th in 1976 and boycotted out of 1980 after winning the U.S. Olympic Trials. She was ranked 4th in the world in 1981.

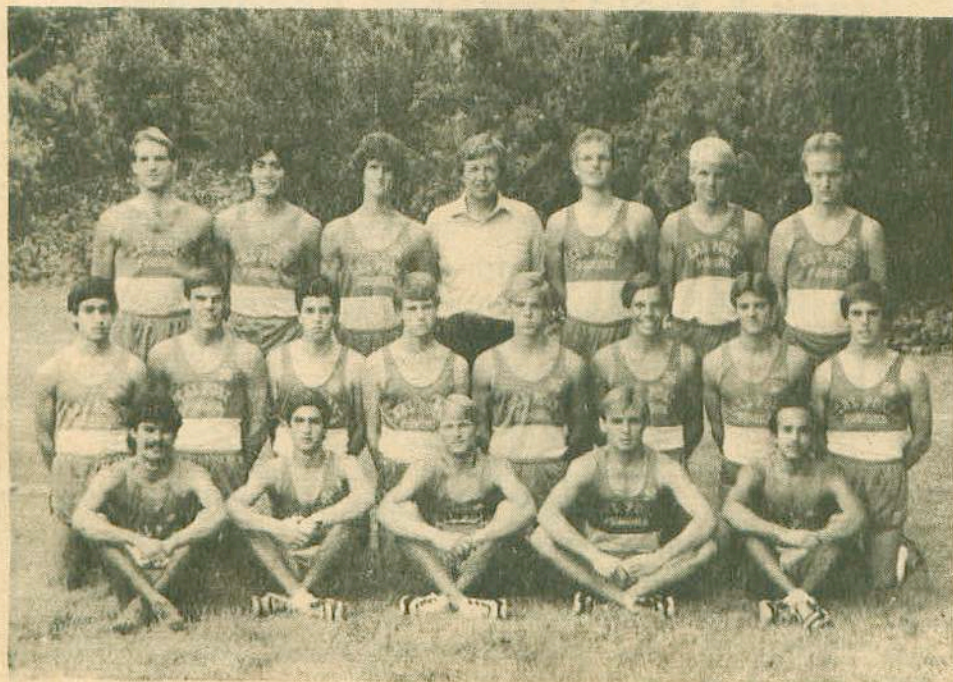
So how and why has Cal Poly been so successful, especially if they are hampered so much by a restrictive budget? There are many answers, but the most important is that the program blends splendidly an excellent mix of talented athletes and a capable coaching staff, and both groups have a strong desire to succeed, in whatever field they are in.

San Luis Obispo, a town of 40,000 located about 10 minutes from the coast in Central California, is a reason in itself. Simply put, it's a beautiful community--a nice college town. Runners abound, many from the successful Poly men's and women's teams of past years, and many

Fine Flicks by Don Gooney



AMY HARPER Cal Poly SLO Cross Country Champion



1983 Cal Poly Pomona Men's Cross Country Team: NCAA Div. II National Champions.

plete commitment of this trio. But they score through five and include seven on the big trips, so who backed up the big 3?

Poly's fourth finisher at Nationals was Steve Perez, a sophomore from Rowland HS, who was injured most of his senior high school year and last year at Poly. Fifth man at Wisconsin was Jeff Williams, Sackett's most talented recruit from Foothill HS in Santa Ana, who was fourth as a Prep in the Golden West Invitational Mile at 4:08.46. Sixth at Nationals was David Loud, a freshman runner from Covina's Charter Oak HS, who showed some real distance potential as a prep with a 9:13.19c two mile. Seventh man, held back in the Wisconsin cold with allergy difficulties, was Brock Vaughn, a junior who has improved tremendously over three years at Poly and who did some super running to help get the group to Nationals.

Sackett cannot say enough about the hard work done by the top seven and the other runners on the roster during the summer and past season. The subtle factor that Sackett felt made this group a championship one was the hard work done by the returning athletes in the interest of maintaining their position on the team in the face of some talented newcomers.

continued on next page

San Luis Obispo

again from a chapter of the Converse Aggie Running Club, which also has havens in the South Bay Area and Sacramento area. The weather is accommodating. And SLO is located conveniently far from-and still close enough to--the metropolitan areas of the Bay Area to the north and the L.A. area to the south. Many people like the area because it's away from home, others because it's close to home.

Cal Poly, a university of 15,500 students, is another. It is a highly respected technical university, boasting some of the nation's best agricultural, architectural, business and engineering curriculums. In many fields, a graduate of Cal Poly is bound for success.

That takes care of the "whys." Now for the "hows". Harter, a 9:11 steepler for Texas Tech in 1971, earned Bachelor's degrees in physical education and American history from the school. He went on to receive his Master's in physical education from Colorado State. He's a very intelligent man who has "begged, borrowed and stolen" his coaching philosophies "from just about everybody." He has very able assistants in Dennis Esquivel (distances), Fred Harvey (sprints) and Kevin McCarthy (hurdles and jumps), all of whom will be in their third year with the program in 1984. And all three are unpaid volunteers. Harter coaches the distances and throws.

The coaches also recruit very well, each year having one of the nation's best recruiting seasons. "We rely a lot on walk-ons," admits Harter. Cal Poly has to; they have virtually little money to give athletes. The total financial aid budget--equal to about 5 full scholarships--is spread between almost two dozen athletes.

"In California, we've found that Division I schools and Division II schools are usually vying for the same athletes," Harter reports. "There is not too much differentiation between, say, a Division II-caliber kid and a Division I-caliber kid. Although there are kids I recruit as walk-ons that Division I schools want to give scholarships to, and that always kind of boggles my mind."

"But we've been very fortunate in recruiting people that other schools have overlooked, and they have definitely flourished," he says. He lists many in this category, though Harper, Lesley White (5th in the national cross country) and Vicki Bray (3rd in the national 3000) are typical sparkling examples.

And then there's the depth. If a runner on the cross country team, for example, is out of shape from being ill, or is injured, or wants to redshirt to concentrate on her studies, Harter has many backups. The 1982 squad lost only one senior to this year (Irene Crowley), and four prominent All-Americans (Jennifer Dunn, Inga Thompson, Carol Gleason and Inga Thompson) were redshirted. But the 1983 team had four new freshmen in their places (Lesley White, Katie Dunsmuir, Katy Manning and Gladees Prieur). Combined with Harper (the lone senior on this year's team) and juniors Robyn Root and Marilyn Nichols, the Mustangs were able to repeat as national champions, winning by 48 points--16 more than they won by in 1982. The season highlight, though, was earning a No. 2 national ranking by *The Harrier* magazine late

Pomona

The roster for 1983 was so deep that the Broncos formed a frosh team from those beyond the top seven and concentrated on bringing the newcomers along slowly to the six miles plus racing distance.

With some fine returnees, and a number of good recruits on tap, the future of the Cal Poly/Pomona program looks very good. The "torrid trio" graduates, but we think the combination of good school, good coaching, and a tradition now established will attract the student-athletes that will keep Cal Poly/Pomona and Coach Jim Sackett's runners near the top of any race.

NCAA II National X-C Championships Univ. of Wisconsin at Parkside, Saturday, November 12, 1983.

1 Ferrari (Cal State Penn)	30:38
9 Blaty (CP Pomona)	31:04
11 Reyes (CP Pomona)	31:09
14 Borbon (CP Pomona)	31:14
41 Perez (CP Pomona)	32:00
43 William (CP Pomona)	32:03
60 Loud (CP Pomona)	32:16
113 Vaughn (CP Pomona)	33:46
Scoring: (Individuals removed)	
1 Cal Poly Pomona	86

in the season among Division I schools, though Cal Poly finished the campaign ranked fifth.

"Our depth is more a support mechanism than a defeat mechanism, because we don't compete in practice," Harter says. "Everybody is out to help each other. They know that at Poly, there's strength in numbers."

As good as Cal Poly is, they could be even better but their only national Division I-level competition would still be speculation, even if it is based upon respected rank-

2 St. Cloud State (Minnesota)	100
3 Lowell State Univ. (Mass)	118

CROSS-COUNTRY ROSTER

Name, Year	Last School Attended
Ric Allen, Fr.	El Dorado HS (Placentia)
Matt Blaty, Sr.	Marina HS (Huntington Bch)
Gary Borbon, Sr.	Upland HS
Eric Buckner, Jr.	Brea-Olinda HS
Paul Gianetto, Fr.	Katella HS (Anaheim)
Matt Groff, Jr.	El Dorado HS (Placentia)
Greg Imlay, Fr.	Temple City HS
Steve Lathrop, Jr.	Fullerton JC
Kent Lawrence, Fr.	Esperanza HS (Anaheim)
John Lee, Sr.	Fullerton JC
David Loud, Fr.	Charter Oak HS (Covina)
Kyle Lubsen, Sr.	Long Beach CC
Gregg McElwee, So.	Arcadia HS
Abel Mota, So.	Anaheim HS
Paul O'Neil, Jr.	Fullerton JC
Adrian Pacheco, Fr.	So. Pasadena HS
Steve Perez, So.	Rowland HS
Tony Reyes, Sr.	Damien HS (La Verne)
Art Van Veen, Jr.	Temple City
Brock Vaughn, Jr.	Brea-Olinda HS
Jeff Williams, Fr.	Foothill HS (Santa Ana)

ings. In track, a Division II athlete must place in the top 2 at the Division II nationals if she plans on competing in the Division I nationals. And when they're able to compete in those Division I nationals, their team points are displaced, as if the Division II athletes didn't even exist. Their scores are never added up. "If they were," suggests Harter, "it would end our being a speculation team and we could lay it on the line just like everybody else does. I think some people would be very surprised."

International Track & Field Coaches Association

EVENT: IX International Congress Clinic

PLACE: Miramar-Sheraton Hotel, Santa Monica, Calif.

PROGRAM: Monday, July 30, 1984: Sprints, Relays, Hurdles
Tuesday, July 31, 1984: Jumps and Decathlon
Wednesday, August 1, 1984: Middle/Long Distances
Thursday, August 2, 1984: Throws, Heptathlon

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(\$10 discount for advanced registration by April 1)

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Daily Receptions
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Premium and Raffle Items
Closing Honors and Awards Ceremony

CREDIT: University Credit will be available.

LIMIT: Space is limited to 250 participants

INFORMATION: For more information and/or a registration form, contact: **George G. Dales, IX ITFCA Congress, 1705 Evanston, Kalamazoo, MI 49008.**

Club News

West Valley Joggers & Striders

Two marathon victories head the latest accomplishments for WVJS members. Walt Radloff won the Mariposa Goat Mountain Marathon in 3:13 on Oct. 29, and Ken Drew took the Livermore Marathon in 2:39:15 in December.

Two club masters had outstanding times in the California International Marathon on Dec. 4. Jerry Lynch was the second over-40 finisher in 2:31:22, a club masters record, and Tim Rostege was third in 2:33:11.

Carol Stroud, also a masters runner, tied for first woman overall in the Summit Marathon in November with a 3:14.

The Lake Merced Christmas Relays again saw WVJS winning the masters team title, led by Nick Winter's 23:17, followed by Tim Rostege, Charlie Jackson, Jake White and Dete Kraus. The WVJS over-50 team set a new course record in winning their division by 14 minutes. Ulrich Kaempff had a 24:25 for the top time, followed by Ephraim Romesberg, E.R. Silver, Bob Farrington and Glenn Unsicker.

The Racer of the Year awards were presented at the club's annual banquet on Dec. 11. Don Dugdale won the A Division and the perpetual trophy, with second through fifth places going to Ron Nelson, Ken Drew, Norm Gould and Steve Seibred. Rich Collins won the B Division in a close contest with George Vendelin. Sue Francis won the C Division.

Top masters runner Bill Melnhardt won the San Jose Rose Garden 5-Miler outright with a 26:23 on Oct. 15.

Aggie Running Club

127 Haight St., Menlo Park 94024

Ivan Huff and Carmelo Rios can't seem to decide who is the better distance runner. But maybe it is better that way because their fans hate to see either lose. Just when you think one is getting the edge on the other they turn it around on you. At the Steve Miller Two-Mile Run, Ivan did the edging. Huff took the lead for good from his ex-Cal Poly teammate with 300 meters to go and finished in 8:58, three seconds ahead of Rios, the Pan-American Games steeplechase silver medalist. Fellow Aggie, Joe Fabris cruised to a 9:18.

The Aggies took advantage of a break in the weather (55 deg) and took a highly respectable 5th place in the team standings at the TAC National Cross Country Championships in Pennsylvania. Ivan Huff led the Northern California based Ags with a 21st place showing in 30:27. The top 5 Ags were only 32 seconds apart. Huff was followed by Carmelo Rios (26th in 30:32), John Moreno (36th in 30:40), Scott Mayfield (50th in 30:58) and Dan Harvey (53rd in 30:59). Connie Hester placed a respectable 50th in the women's race.

Club Hack

3101 Queensbury Dr., Los Angeles 90064

November was relay month for the club starting with the China Cup 25 Mile Relay on the 5th and ending the month with everyone's favorite, the Santa Monica Mountains 54 Mile Relay on the 27th.

The team of Lee Berg, Bruce Thomson, Richard Griefinger, Mark Ulloa, and Eric Gottesfeld finished first in the open division of the 25 mile relay to start the month off right. The next team event was the UCLA Intramural Cross Country 4.5 Mile Race where the club defended its team title for the fifth straight year by picking up new team members after losses to graduation. New member Mike Craigie finished 2nd overall in his second race as a Hack.

Each year on the Sunday after Thanksgiving, the Lawyers Track Club puts on the Mulholland 54 Mile Relay. For the second year, Club Hack entered two teams, this year finishing 2nd (5:06) and 5th (5:22) respectively. The "A" team of Richard Griefinger, Bruce Thompson, Eric Waain, Eric Gottesfeld, and Jim "Hack" Hogue ran a good race even after several health setbacks earlier in the week. The surprise of the week was after 4 legs into the relay, where the "B" team (or "Glacier Squad") led the "A" team after fast legs by Clyde Matsumura (1st) and Jeff Shavers (4th). Other "B" team runners were Mark Ulloa, Lee Berg and Jon Arenberg.

Performance of the day at the relays goes to Jim Hogue as he took the "A" team from 3rd place to second as well as opening up a 1 1/2 minute lead on the 9th leg to assure the 2nd place finish with Eric Gottesfeld in the anchor position. Performance of the month, however, goes to Lee J. Berg finishing 3rd in the CRRC/Griffith Park 30K with a P.R. 1:52:36. Bruce Thomson placed first in the concurrent 15K as well.

Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

The Bakersfield Track Club announces their sponsoring of the 10th Annual Bakersfield Bud Light Marathon on February 4, 1984. The event will feature a team division this year. There will be a masters (over 40) as well as an open category. There will be medals awarded to the top 3 teams in each division in both the Half as well as the Full Marathon.

Congratulations are in order for BTC member Ken Mabon, who has been selected Coach of the Year by the Central California Coaches of Track and Cross Country. Ken is the creator, coach, and inspiration behind the McKittrick West Side Track Club.

Paul Cross running his first marathon in several years ran a 2:50:30 at the December 18 Central Coast Marathon in Arroyo Grande. Mike O'Haver ran 3:40:12 in his fourth marathon. Walt Rush, running his first marathon, did 4:20.

False Start Department

We blew it this time. No excuses, just an apology and clarification. Last issue (page 9) we made some comments suggesting possible reasons for the rise to power of Pomona-Pitzer in the SCIAAC. Their emergence as a small college track and cross country power is not due to a lessening of the academic standards of the Pitzer athletes as we implied last month.

Pomona-Pitzer coaches Pat Mulcahy and Jed Goldfried have continued to produce champion athletes at one of the nation's most highly competitive academic institutions. Consider the following facts relative to Pomona-Pitzer track and cross country athletes over the years:

- Pitzer's Average SAT from 1981-1983 is 1006; average GPA is 3.04.

- Rankings in College Guides: *1983 Case and Birnbaum*—Pitzer is ranked with fellow SCIAAC school Occidental and above Whittier, Redlands and La Verne; *1982 Barron's*—Pitzer is ranked with Claremont McKenna College and Occidental and above Whittier, Redlands and La Verne; *1983 Peterson's*—Pitzer is ranked with Pomona, Claremont McKenna and Occidental.

- Proportion of Pomona students to Pitzer students:

1983 Track: 26 Pomona men, 6 Pitzer men; 15 Pomona women, 2 Pitzer women.

NCAA Qualifiers (15 total): 12 from Pomona, 3 from Pitzer.

Cross Country: There has never been a male Pitzer cross country runner. Pomona-Pitzer won the SCIAAC championships from 1978-1982 and were second in 1983. The 1983 women's cross country team was second in SCIAAC and Western Regional. The top four women were Pomona students.

1974-1983 All-Americans (38 All-American Awards): 17 were Pomona students (30 All-American Awards); 2 were Pitzer students (8 All-American Awards).

25 freshmen will compete in track for Pomona-Pitzer in 1984. Four are Pitzer students (their median SAT score is 1120).

As one can readily see Pomona-Pitzer's strength is not due to a lessening of the academic standards of the Pitzer portion of the team. In fact, the proportion of Pitzer students on the team is relatively small.

Olympic Trials Entry Guidelines

The August issue of *California Track & Running News* listed the qualifying standards for the U.S. Olympic Trials. Here now are the Entry Guidelines that must be met in addition to the marks listed in that August issue.

1. The 1984 Olympic Trials Qualifying Standards must be achieved between Friday, June 17, 1983, and Sunday, June 3, 1984, except Senior Outdoor TAC Track & Field Championships.

2. Entries must be received by the Certification Chairman, Garry Hill, Track & Field News, P.O. Box 296, Los Altos, CA 94022 on or before June 10, 1984.

3. Athletes must be citizens of the U.S., registered by The Athletics Congress and eligible to represent the United States in Olympic competition under IOC rules.

4. Qualifying marks must be made in competitions with at least eight women's or ten men's events or combination of ten men's and women's events, using certified officials and conducted under the conditions required for the recognition of national records by The Athletics Congress. Women's performances must be made in events restricted to women.

5. Indoor marks will be accepted and in the case of the

Shot Put and Discus, the Meet Referee must certify that outdoor implements were used.

6. Only marks made with Fully Automatic Timing (FAT) in track events up to and including 400m and 400m hurdles will be accepted unless the qualifying marks were attained in state high school championship meets.

7. Marks may not be wind aided. Wind reading from a wind gauge must accompany marks submitted for the 100m, 200m, 100m Hurdles, 110m Hurdles, Long Jump and Triple Jump.

8. Wind readings will not be required with multi-event qualifying scores.

9. Qualifying marks in track events must be made in Olympic metric distances and no time conversions or intermediate distance times will be accepted.

10. All field event performances must be measured using the metric system with the metric mark submitted on the Olympic Trials Entry Blank.

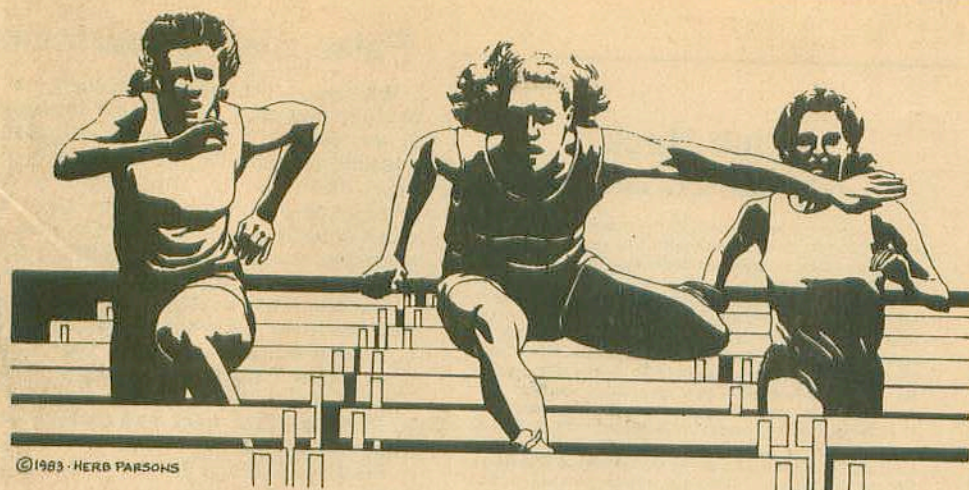
11. Walking marks must be submitted from competition held on recognized, certified courses, and using certified judges.

12. The TAC/USA International Competition Committee reserves the right to add athletes in the order of their finish made during the 1984 TAC Outdoor Track & Field National Championships, to events that have less than the required minimum number of entries.

13. Athletes must compete in the 1984 Olympic Trials to be selected to the U.S. Olympic Team.

14. Additional U.S. Olympic Team individual event and relay team members will be selected by the U.S. Olympic Coaching Staff with the approval of the TAC/USA International Competition Committee or one of its duly appointed subcommittees.

15. Anti-doping tests will be administered at the Trials. Use of forbidden substances will result in not being selected to the U.S. Olympic Track & Field Team.



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California Women 1983 Best Marks

by Calvin Brown

Please send all additions and/or corrections to Calvin Brown, 228 E. Artesia #C, N. Long Beach, CA 90805.

H = mark made in a heat; Hep = mark made during heptathlon competition; SF = mark made in semi-final; w = wind aided, wind reading and best legal mark also given after athletes name, when known; Q = mark made during qualifying round; D = disqualified; i = mark made during indoor competition.

100 METER HURDLES (33") (Hand Time + 0.24 = ET)

* = high school 30" hurdles.

13.00	(1)	Pam Page (LATC)	5-30
13.10	(H1)	Kim Turner (LAM)	6-17
13.10w	(Hep)	Marlene Harmon (PE)(13.34)	7-1
13.22	(H2)	Jackie Washington (PE) + 1.39	
13.33w	(3)	Karen Cannon (CA) + 3.29 (13.43)	5-28
13.34	(1)	Gayle Watkins (UNA)	5-30
13.44	(1)	Lori Smith (SDS)	5-14
13.58	(Hep)	Jackie Joyner (WAC)	6-21
13.62w	(1)	Janet Yarbrough (CPSLO) + 2.8 (13.64)	
13.70	(4)	Jane Frederick (AW) + 1.08	7-27
13.70w	(4)	Sherifa Sanders (Okla) + 2.6 (13.84)	
13.77	(H3)	Missy Jerald (UCLA) + 1.04	6-2
13.86	(2)	Patsy Walker (Houston)	8-15
13.88*	(1)	Choo Choo Knighten (LHS)-1.1	6-4
13.99*	(2)	Leslie Maxie (MHS)-1.1 (14.38 33")	6-4
14.03w*	(?)	Debbie Budwig (CWHS) (14.16 30")	
14.06w	(1)	Aladrian Hunter (WLA) + 4.4 (14.08)	4-21
14.07w	(3)	Cece Chandler (CPSLO) + 2.8 (14.12)	4-30
13.09w*	(1)	Yolanda Devers (SHS) (14.3)	5-21
14.18*	(H)	Wendy Brown (WHS)	5-27
14.20w*	(H2)	Stacy Noton (SHHS) + 2.5 (14.63)	5-27
14.21	(4)	Sandra Farmer (CSLA)	3-27
14.26	(Hep)	Tonya Alston (UCLA)	5-30
14.26w*	(H3)	Melissa King (FHS) + 2.5 (14.52)	5-27
14.27w*	(H4)	Jocelyn Lee (IHS) + 2.5 (14.42)	5-27
14.30*	(1)	Yvette Bates (BHS)	4-16
14.35*	(2)	Gayle Kellon (WHS)	5-28
14.36	(Hep)	Susan Brownell (Outreach)	8-21
14.37*	(3)	Roberta Eccles (BHS)	5-20
14.37*	(3)	Nancy Young (BHS)-1.1	6-4

400 Meter Hurdles

56.22	(3)	Sandra Farmer (PE)	6-26
57.60	(5)	Gayle Kellon (SCC)	6-26
58.40	(7)	Sandy Myers Leung (UCLA)	5-15
59.68	(1)	Latanya Sheffield (SDS)	3-27
59.72	(1)	Sherifa Sanders (Okla)	4-22
59.84	(H2)	Chris Davenport (Iowa)	4-22
60.01	(1)	Beth Griffin (UCI)	5-21
60.05	(2)	Tsai Li-Jiau (SCRR)	5-7
60.08	(3)	Brenda Peterson (UCLA)	5-7
61.19	(4)	Sonya Briscoe (UNLV)	4-2
61.83	(2)	Anne King (SDM)	4-29
61.96	(3)	Anne Lindemuth (SDS)	4-29
62.14	(2)	Eileen Cunningham (Chabot CC)	5-21
62.15	(1)	Carol Mills (VJC)	5-14
62.01	(1)	Chris Dubois (CPSLO)	5-14
62.01	(2)	Sus Rupel (CPP)	5-14
62.03	(2)	Alison Reed (CSF)	4-23
62.49	(7)	Margaret Demorest (Stanford)	
62.60	(1)	Yvette Irons (CSLA)	4-9
63.01	(5)	Kathy Bower (CSLB)	5-14
63.22	(7)	Sally Meinbreuss (Cal)	4-30
63.25	(12)	Joy Upshaw (CSH)	5-28
63.65	(4)	Daldré Fields (Chabot CC)	5-21
63.65	(5)	Charlene Schaik (DVCC)	5-21

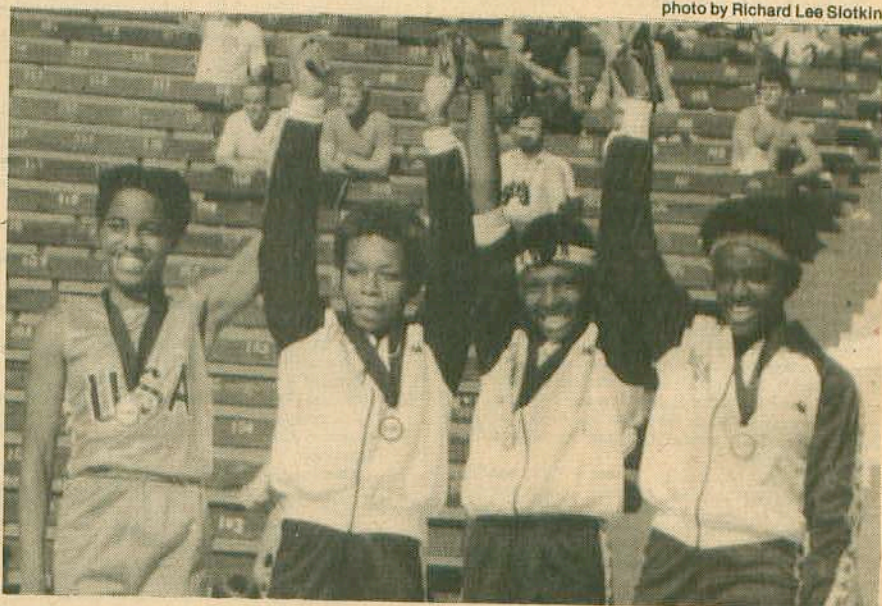
100 Meters

10.79	(1)	Evelyn Ashford (MTC) + 0.56	7-3
10.94	(2)	Diane Williams (PE) + 0.56	7-3
10.96w	(1)	Florence Griffith (WAC) + 2.9 (11.06)	8-24
11.08	(1)	Alice Brown (WAC) + 1.29	6-25
11.17w	(3)	Jennifer Inniss (CSLA) + 2.34 (11.1)	5-14
11.24	(1)	Gwen Loud (Hawaii) + 1.74	4-27
11.24	(1)	Leleigh Hodges (LATC)	5-30
11.33w	(5)	Sharon Ware (ASU) + 2.37 (11.45)	6-3
11.35	(4)	Lashon Nedd (WAC) + 0.01	8-17
11.39	(6)	Valerie Brisco (WAC)-1.72	8-26
11.42	(2)	Jackie Pusey (CSLA) (11.49)	5-7
11.42	(SF3)	Lisa Hopkins (PE)-0.51	6-18
11.45w	(H1)	Donna Carley (CSS) + 2.59 (11.68)	5-25
11.48	(1)	Jeanette Bolden (UCLA) + 1.24	4-24
11.50	(H1)	Sandra Howard (LATC)	3-27
11.54w	(1)	Patricia Carpenter (ConCosta)(11.90)	5-21
11.54w	(H1)	Lisa Winston (LBJHS) + 2.8(11.69)	5-27
11.58w	(2)	Zelda Johnson (MSAC) + 3.32(11.59)	5-21
11.59	(3)	Gervaise McCraw (MSAC)	5-30
11.59w	(1)	Monica Taylor (GHS)	5-14
11.60	(H3)	Andralette Gill (CSB)	6-24
11.63w	(3)	Ronda Robinson (SMJC)(N) + 3.32	5-21
11.64	(H2)	Robin Simmons (IP)	6-25
11.67	(1)	Stephanie Brown (CSLA) + 1.05	4-23

200 METERS

21.88	(1)	Evelyn Ashford (MTC) + 0.82	6-19
22.23	(3)	Florence Griffith (WAC) + 0.82	6-19
22.41	(5)	Alice Brown (WAC) + 0.82	6-19
22.65w	(3)	Diane Williams (LATC) + 2.70 (23.04)	4-24
22.89	(H1)	Lashon Nedd (WAC)-1.06	7-8
23.10	(7)	Valerie Brisco (WAC) + 1.2	8-24
23.11w	(5)	Gervaise McCraw (MSAC) + 2.7(23.16)	4-24
23.19	(4)	Jackie Pusey (LATC) (23.36)	5-15
23.30	(4)	Charmaine Crooks (LAM) + 0.1	7-19
23.32	(1)	Leleigh Hodges (LATC)	5-30
23.32w	(Hep)	Marlene Harmon (PE) (23.77)	7-21
23.2y	(2)	Rosalyn Bryant (PE) (23.95)	7-21
23.40	(Hep)	Lori Smith (SDS)	6-21
23.44	(5)	Leslie Maxie (ML) + 0.1	7-19
23.4y	(1)	Lisa Winston (LBPHS) (23.83)	4-22
23.54	(1)	Denean Howard (CSLA)	4-23
23.55	(2)	Zelda Johnson (MSAC) + 0.2	5-14
23.63	(SF4)	Donna Dennis (PE)-0.48	6-19
23.66	(1)	Donna Carley (CSS)	5-14
23.70	(Hep)	Jackie Joyner (WAC)	8-21
23.74	(6)	Kellia Bolton (Tenn)-1.39	5-21
23.78	(2)	Jeanette Bolden (UCLA)-0.50	4-29
23.79	(H1)	Gurtha Pounds (CSB) + 0.37	5-25
23.79w	(SF5)	Robin Simmons (IP) + 3.15(23.91)	6-19

photo by Richard Lee Slotkin



4x100 Relay Team which beat the GDR world record holders during the summer. From left: Evelyn Ashford, Alice Brown, Diane Williams, Chandra Cheeseborough. (3 out of 4 from California)

photo by Richard Lee Slotkin

400 METERS

50.66	(8)	Rosalyn Bryant (PE)
50.94	(1)	Florence Griffith (UCLA)
50.99	(1)	Denean Howard (PE/CSLA)
51.49	(1)	Charmaine Crooks (LAM)
51.56	(SF1)	Sharon Dabney (PE)
51.61	(1)	Roberta Belle (PE)
51.69	(3)	Arlise Emerson (WAC)
51.93	(H3)	Kella Bolton (PE)
52.10	(2)	Evelyn Ashford (MTC)
52.74	(H1)	Delphina Banks (PE)
52.95	(1)	Jackie Pusey (PE)
52.98	(3)	June Griffith (PE)
53.13	(1)	Leslie Maxie (ML)
53.25	(1)	Renee Chambers (SDS)
53.27	(2)	Choo Choo Knighten (LHS)
53.03	(3)	Robin Campbell (StanfordTC)
53.04	(1)	Gayle Keillon (WHS)
53.61	(4)	Valerie Brisco (WAC)
53.5	(H1)	Oralee Fowler (FI)
53.96y.	(H1)	Gwen Gardner (LAM)
53.6	(1)	Gervaise McCraw (SCC)
53.86	(1)	Connie Culbert (CAL)
53.8	(1)	Latanya Sheffield (SDS)
53.8	(3)	Michelle Taylor (SCC)
54.10	(3)	Nedrea Rodgers (BHS)

400 METER RELAY

() = Leg On Relay.

50.45r	(4)	Denean Howard (CSLA)
50.69r	(3)	Rosalyn Bryant (PE)
50.7r	(1)	Arlise Emerson (WAC)
50.8r	(2)	Roberta Belle (PE)
51.5r	(2)	Kella Bolton (Tenn)
52.13Yr	(4)	Florence Griffith (UCLA)
52.3r	(1)	Charmaine Crooks (LAM)
52.4r	(4)	Choo Choo Knighten (LHS)
52.6r	(4)	Leslie Maxie (ML)
53.0r	(1)	Lashon Nedd (UCLA)

800 METERS

1:59.00	(1)	Robin Campbell (PE)
2:02.6	(3)	Louise Romo (CAL)
2:02.75	(3)	Cynthia Warner (LAM)
2:02.78	(8)	Debbie Roberson (MS.INT.)
2:03.88	(4)	Deann Gutowski (SAM)
2:04.67	(3)	Monica Joyce (CONV.W.)
2:05.18	(1)	Regina Jacobs (Stanford)
2:05.39	(5)	Donna Curtis (USC)
2:05.59	(1)	Kerri Zaleski (MHS)
2:06.36	(1)	Rose Kaufman Monday (LATIC)

Fine Flicks by Don Gosney



LOUISE ROMO

1500 METERS

8-10	4:12.9	(x)	Monica Joyce (CONV.W.)	5-15
6-3	4:13.09	(6)	Regina Jacobs (PE)	6-19
6-19	4:14.48	(1)	Michele Bush (UCLA)	6-3
8-27	4:16.24	(1)	Louise Romo (CAL)	4-24
6-18	4:17.16	(1)	Robin Campbell (StanfordTC)	4-23
7-26	4:18.38	(5)	Amy Harper (CPSLO)	4-24
6-25	4:18.7	(x)	Pattisue Plumer (Stanford)	2-18
6-24	4:18.9	(1)	Allison Wiley (Stanford)	2-19
5-14	4:19.9	(1)	Linda Goen (UCLA)	5-7
5-25	4:20.19	(1)	Polly Plumer (UCLA)	4-9
6-12	4:20.4	(4)	Sheila Ralston (WAC)	6-12
8-26	4:21.2	(2)	Michele Hopper (MTC)	5-7
7-30	4:22.78	(1)	Carol Keller (CSUN)	5-14
5-14	4:23.1	(5)	Marilyn Davis (CAL)	5-20
6-4	4:23.9	(4)	Melissa Martel (UCSB)	5-7
4-2	4:25.0	(x)	Ceci Hopp (Stanford)	2-18
4-23	4:25.2	(5)	Gladees Prieur (SMTG)	6-12
7-30	4:25.7	(x1)	Paula Bresnan (KHS)	5-28
5-13	4:26.3	(H)	Chris Manning (CSH)	5-27
2-25	4:28.8	(x2)	Julie Seleine (USH)	5-28
6-11	4:27.46	(2)	Lori Lopez (CPSLO)	5-14
4-30	4:27.9	(x3)	Cory Schubert (DMHS)	6-4

3000 METERS

8-14	8:51.27	(H5)	Allison Wiley (PE)	8-8
8-13	8:53.47	(5)	Francie Larrieu (NBTC)	6-19
8-13	8:53.54	(1)	Pattisue Plumer (Stanford)	2-27
8-11	9:00.20	(2)	Julie Brown (Adidas)	7-27
8-11	9:00.95	(1)	Monica Joyce (CONV.W.)	6-26
8-13	9:06.23	(4)	Michele Bush (WAC)	6-26
7-3	9:09.6	(7)	Amy Harper (CPSLO)	
6-26	9:11.80	(H10)	Cory Schubert (PE)	6-17
8-11	9:19.7	(2)	Christine Bergeron (CA)	4-29
7-11	9:22.59	(8)	Renee Wyckoff (FresnoSt)	6-3
7-11	9:27.7	(7)	Carol Keller (CSUN)	4-23
5-20	9:31.0	(1)	Lesley White (CPSLO)	5-7
7-30	9:32.6	(8)	Polly Plumer (UCLA)	4-23
6-3	9:32.98	(2)	Lori Lopez (CPSLO)	5-27
6-19	9:34.5	(1)	Ellen Lyons (Stanford)	3-19
5-15	9:35.2	(1)	Sheila Ralston (WAC)	4-9
5-15	9:35.35	(3)	Vicky Bray (CPSLO)	5-27
5-28	9:35.4	(9)	Lisa Gonzales (UCI)	4-23
6-19	9:37.1	(1)	Tania Fischer (CHS)	4-22
5-28	9:38.2	(2)	Katie Dunsmuir (PHS)	4-1
4-24	9:41.1	(3)	Irene Crowley (CPSLO)	3-26
5-14	9:41.2	(4)	Gladees Prieur (LFHS)	4-1
5-14	9:43.6	(4)	Laurie Buss (CSLB)	4-1
4-24	9:43.74	(1)	Melissa Martel (UCSB)	4-19

Photo by Dave Stock



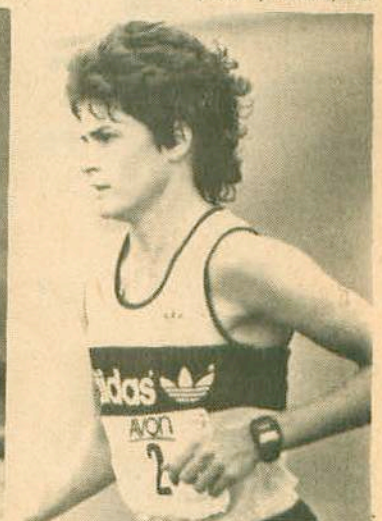
DELPHINA BANKS

photo by Bill Leung, Jr.



FLORENCE GRIFFITH

photo by Janeart, Ltd.



JULIE BROWN

2:06.50	(2)	Michele Hopper (MTC)
2:06.57	(1)	Trescia Palmer (WHS)
2:07.27	(2)	Michele Bush (UCLA)
2:07.9	(1)	Tsai Li-Jiau (SCRR)
2:08.20	(4)	Frane Castro (CSH)
2:08.45	(1)	Kristen Dowell (STHS)
2:08.4	(1)	Denean Howard (CSLA)
2:08.7	(2)	Melissa Martel (UCSB)
2:09.35	(Hep)	Mariene Harmon (CSUN)
2:09.53	(4)	Paula Bresnan (LATIC)
2:09.59	(2)	Jill Ellingson (CPSLO)
2:09.65	(2)	Polly Plumer (UCLA)
2:09.66	(5)	Joan Russell (CA)

5000 METERS

6-12	15:27.5	(1)	Monica Joyce (CONV.W.)	5-21
5-20	15:41.5	(1)	Allison Wiley (Stanford)	4-30
5-22	15:49.7	(2)	Pattisue Plumer (Stanford)	4-30
5-30	15:50.4	(1)	Amy Harper (CPSLO)	3-26
6-12	16:01.1	(1)	Julie Brown (LATIC)	4-1
5-28	16:05.57	(4)	Lesley White (CPSLO)	4-30
4-9	16:28.35	(2)	Ellen Lyons (Stanford)	2-26
4-9	16:33.97	(1)	Polly Plumer (UCLA)	3-5
5-31	16:40.00	(3)	Marilyn Nichols (CPSLO)	3-5
6-12	16:42.7	(4)	Patti Gray (UC Davis)	3-26
5-28	16:46.0	(4)	Kathy Koudella (CSH)	3-5
3-5	16:46.0	(4)	Kathy Koudella (CSH)	3-5
6-12	16:48.30	(7)	Inga Thompson (CPSLO)	
5-21	16:53.9	(1)	Kathy Way (CSH)	4-16
4-30	16:55.13	(3)	Renee Wyckoff (FresnoSt)	5-20
4-30	16:58.64	(7)	Laurie Crisp (SDS)	
4-30	16:59.20	(?)	Robyn Dubach (CPSLO)	
3-26	17:00.8	(?)	Jenny Dunn (CPSLO)	
4-1	17:01.10	(2)	Linda Somers (UCD)	4-16
4-1	17:01.24	(?)	Debra Chaddock (SDS)	
4-30	17:02.3	(?)	Laura Starrett (CAL)	
3-5	17:04.6	(4)	Suzanne Richter (GdnBrsTC)	4-1
3-5	17:05.6	(1)	Connie Hester (Aggies)	6-11
3-26	17:07.4	(7)	Marilyn Taylor Allen (?)	3-26

California Women, continued:



Fine Flicks by Don Gooney

ROSALYN BRYANT

10,000 METERS

33:42.33	(4)	Patti Gray (UCD)	6-17
34:29.1	(1)	Nancy Ditz (Ryan's)	6-11
34:31.3	(5)	Marilyn Nichols (CPSLO)	4-1
34:36.3	(1)	Linda Somers (UCD)	5-14
34:56.0	(5)	Debbie Chaddock (SDS)	4-1
35:21.4	(2)	Marilyn Taylor (Una.)	6-11
35:36.3	(9)	Kathy Koudella (CSH)	4-2
35:48.00	(2)	Cindy Nagle (Claremont)	3-27
35:51.5	(2)	Kathy Way (CSH)	3-26
36:00.6	(1)	Heidi Ertl (CPSLO)	5-13
36:01.00	(3)	Laurie Crisp (SDS)	3-27
36:10.1	(2)	Beth Milewski (CSUN)	5-13
36:11.7	(3)	Robyn Dubach (CPSLO)	3-26
36:13.93	(4)	Cindy Rogers (Oxy)	5-26
36:24.70	(5)	Beth Weber (CSUN)	3-27
36:43.7	(3)	Laura McHale (CSS)	5-14
36:46.8	(11)	Elaine Campo (Una.)	4-1
36:57.7	(8)	L. Garman (AzusaPa)	4-23
37:50	(1)	F. Negri (UCD)	4-9
38:02.32	(5)	Lisa Gross (SDS)	5-14

38:33.9	(5)	Susie Ames (CSH)	5-14
38:46.6	(7)	Martha Garcia (CSB)	3-26
39:06.6	(10)	Denise Bigelow (CSH)	5-13
39:39.7	(5)	Diana Hurtado (CSDH)	

MARATHON

2:26:24	(1)	Julie Brown (Adidas)	6-5
2:33:36	(2)	Laurie Binder (Adidas)	1-16
2:35:31	(5)	Nancy Ditz (MenloPark)	10-23
2:35:41	(1)	Janis Klecker (MC)	7-24
2:37:44	(2)	Rainey Kay Stolp (Concord)	6-4
2:38:15	(2)	Kath Anderson (Oxnard)	7-24
2:38:18	(3)	Patti Gray (UCD)	9-11
2:39:07	(8)	Mindy Ireland (Alpine)	4-18
2:41:58	(4)	Marilyn Taylor Allen (Una)	9-11
2:42:44	(4)	Linda Somers (UCD)	7-24
2:44:15	(7)	Elaine Campo Tripiett	1-16
2:45:00	(1)	Sherry Simmons (HermosaBch)	3-27
2:45:21	(2)	Pam Morris (Pasadena)	1-23
2:45:33	(13)	Shariet Gilbert (SF)	4-18
2:46:39	(6)	Ann Gladue (MC Ventura)	7-24
2:47:49	(7)	Laura Rinde (SAC)	7-24
2:48:15	(8)	Peggy Smythe (SanAnselmo)	7-24
2:48:33	(16)	Charlene Gilroy (SJ)	4-18
2:49:12	(10)	Vicki Randall (Ross.)	7-24
2:49:28	(3)	Sue Munday (LosGatos)	2-6
2:49:47	(1)	Sue Petersen (LagunaBch)	1-30
2:49:51	(4)	Leslie McMullin (Oakland)	2-6
2:50:03	(11)	Sue Vinella Brusher (Oakland)	7-24
2:50:19	(1)	Michele Soderberg (LA)	6-5
2:50:34	(29)	Juana Stavole (SJ)	6-5

400 RELAY (4X100)

43.61	(1)	PE	6-19
43.90	(5)	UCLA	6-3
44.1	(1)	CSLA	5-7
44.65	(2)	PE	6-19
44.71	(3)	SCC	5-15
44.79	(6)	CSB	6-3
45.50	(5)	CPSLO	5-28
45.55	(6)	CSH	5-28
45.58	(H4)	SDS	6-2
45.59	(1)	MSAC	5-14
45.82	(2)	LAM	6-25
46.15	(H1)	Hawthorne H.S.	5-27
46.29	(2)	CSUN	5-14
46.46	(H2)	Dorsey H.S.	5-27
46.56	(2)	PCC	5-14
46.69	(2)	Berkeley H.S.	6-4
46.73	(1)	Crenshaw H.S.	5-20
47.00	(2)	Kennedy H.S.	5-20
47.02	(4)	Cal	3-5
47.28	(3)	San Bernardino CC	5-14
47.32	(2)	SJCC	5-21
47.36	(4)	SMCC	5-14

400 RELAY (4X400)

3:29.70	(1)	US Team	7-27
3:29.80	(2)	West Team	7-3
3:33.93	(H2)	UCLA	6-1
3:33.99	(1)	LATC	4-24
3:36.2y	(2)	CSLA	5-7
3:38.48	(1)	SCC	6-26
3:39.12	(1)	SDS	3-5
3:40.68	(3)	Cal	3-5
3:42.50	(4)	Stanford TC	3-5
3:43.30	(5)	LAM	4-2
3:43.53	(3)	CPSLO	5-27
3:45.89	(5)	CSUN	5-27
3:46.21	(6)	CSH	5-27
3:46.24	(1)	Dorsey H.S.	6-4
3:46.29	(1)	MSAC (NR)	4-22
3:47.89	(2)	Millikan H.S.	6-4
3:47.48	(D4)	Berkeley H.S.	6-4
3:48.15	(3)	Stanford	5-14
3:48.18	(4)	Crenshaw H.S.	5-28
3:48.26	(1)	SDS-B	3-12
3:48.38	(2)	San Mateo CC	5-21
3:48.66	(H1)	Compton H.S.	5-27
3:48.74	(3)	Hawthorne H.S.	5-28
3:48.84	(4)	Medalist TC	4-24
3:49.26	(3)	LATC-B	3-19

HIGH JUMP

6-4	(2)	Pam Spencer Marquez (PE)	6-18
6-2½	(Hep)	Jane Frederick (AW)	6-21
6-1½	(Hep)	Jackie Joyner (UCLA)	5-30
6-1½	(3)	Katrena Johnson (Arizona)	6-3
6-1½	(2)	Phyllis Blunston (Una.)	7-9
6-1	(1)	Tonya Mendonca (MTHS)	6-4
6-0½	(1)	Kari Gosswiller (UCLA)	5-21
6-0	(1)	Sue McNeal (CPSLO)	3-19
5-11½	(2)	Frances Daniell (LAM)	6-17
5-11½	(1)	Debbie Larsen (USC)	4-9
5-11¼	(Hep)	Tonya Alston (UCLA)	5-30
5-10½	(1)	Denise Yamada (DPHS)	5-21
5-10	(1)	Paula Jones (PP or SFS)	2-26
5-10	(3)	Lori Clark (SDS)	3-5
5-10	(1)	Chandra Roberts (CSLB)	3-19
5-9¾	(4)	Patsy Walker (Houston)	5-7
5-9½	(1)	Julie Wiegmann (CVHS)	4-14
5-9	(2)	Janet Nicolls (CPP)	4-9
5-9	(2)	Karen Kraemer (CPSLO)	4-23
5-9	(1)	Sheri Morford (FHS)	5-28
5-9	(2)	Wendy Brown (WHS)	5-28
5-9	(3)	Rachael Bray (LAHS)(N)	6-4
5-8¾	(Hep)	Kerry Bell (USC)	5-30
5-8¼	(4)	Denise Gaztambide (Stanford)	5-22
5-8¼	(6)	Lockhart (CPP)	5-28



PATISUE & POLLY PLUMER

Fine Flicks by Don Gooney

LONG JUMP

22-5 3/4 w	(2)	Jennifer Inniss (SCC)(22-4 1/4)	6-18
22-2 1/2 w	(2)	Jackie Joyner (WAC)(22-1 1/2)	
21-9 1/2	(1)	Gwen Loud (Hawaii)	5-15
21-3 1/2	(1)	Sheila Nicks (COS) (NR)	5-21
21-2 1/4	(Hep)	Marlene Harmon (CSUN)	7-2
21-1 1/2 w	(7)	Halcyon McKnight (LAM)(21-0 1/2)	6-18
20-8 1/2	(6)j	Jodi Anderson (LATC)	2-25
20-7 3/4	(1)	Sandy Crabtree (CA)	5-7
20-7 1/4	(1)	Yolanda Fletcher (USC)	5-21
20-7 1/4	(2)	Janet Yarbrough (CPSLO)	5-28
20-7 w	(Q10)	Veronica Bell (SCC)(20-5 3/4)	6-17
20-6 1/2	(2)	Sabrina Williams (USC)	5-21
20-6	(1)	Michelle Kelley (UCI)	4-17
20-2 3/4	(1)	Wendy Brown (WHS)	5-14
20-2 1/2	(1)	Sharron Boyer (CA)	5-30
20-2	(2)	Velma McClain (SanBernadinoCC)	5-21
20-1 1/4	(3)	Chandra Roberts (CSLB)	5-21
20-1	(1)	Yolanda Devers (SHS)	5-27
20-0	(1)	Tammy Bryant (VHS)	4-23
19-10 3/4	(3)	Jo Harper (AVC)	5-21
19-10 1/4	(2)	Katrena Johnson (Arizona)	4-30
19-9 1/2	(1)	Patsy Walker (Una.)	8-15
19-9 1/2 w	(4)	Pam Donald (Stanford)	4-24

SHOT PUT (4 kilo)

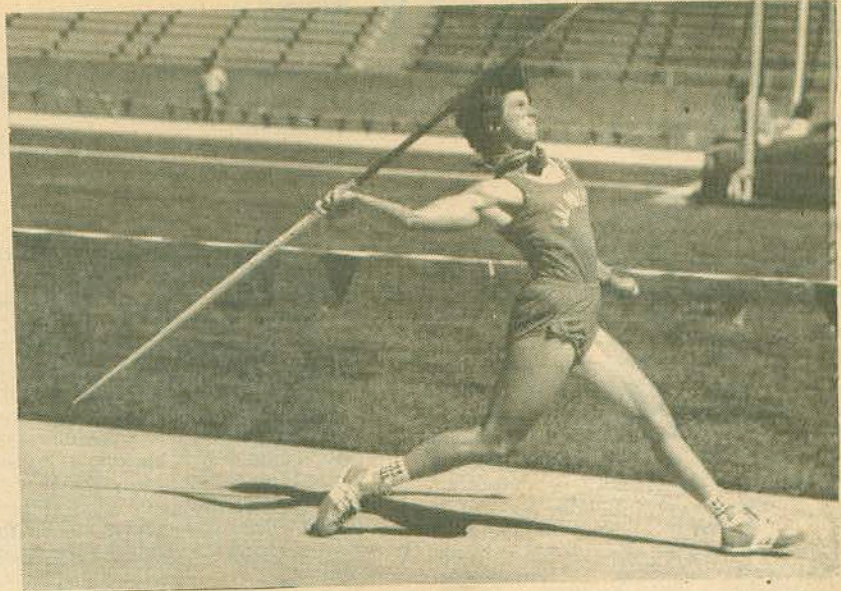
57-0 3/4	(2)	Peggy Pollack (CSLB)	5-14
56-6 3/4	(Q1)	Carol Cady (Stanford)	6-17
55-10 1/2	(1)l	Leslie Deniz (ASU)	2-5
54-9 1/2	(2)	Ramona Pagel (Una.)	5-14
54-7 1/4	(4)	Bonnie Dasse (CA)	6-19
53-7 3/4	(1)	Natalie Kaalawahia (FHS)	5-21
51-11 3/4	(1)	Sharen Hamilton (CSB)	4-23
51-0 1/2	(1)	Dot Jones (MJC)(NR)	4-29
50-4	(2)	Lorraine Costanzo (Arizona)	5-7
50-0 3/4	(4)	Diana Clements (Saddleback)(NR)	4-23
49-11	(Hep)	Jane Frederick (AW)	4-16
49-4 1/2	(6)	Pam Dukes (Stanford)	5-14
49-3	(6)	Lindy Toman (UCLA)	5-7
48-8 1/2	(1)	Cheryl Kennedy (CA)	3-12
48-6 1/4	(2)	Susie Ray (UCLA)	4-2
48-3 1/4	(2)	Deborah Corley (CSB)	5-27
48-2 3/4	(6)	Jacque Norton (BYU)	4-23
47-4 1/2	(2)	Annie McElroy (Una.)	2-26
47-3	(2)	Lynn Graham (Fresno CC)	2-26
46-10	(?)	Cindi Durchschlag (Cal)	5-14
46-9	(?)	Susan Springer (Cal)	5-14
46-6 1/2	(2)	Pam Alexander (AHS)	5-27
46-4	(3)	Diane Oswald (CSH)	5-7

TRIPLE JUMP

40-8	(1)	Wendy Brown (WHS)	5-7
40-6 3/4	(1)	Yvette Bates (BHS)	5-28
39-8	(1)	Renita Robinson (MAHS)	7-21
39-7	(2)	Carole Jones (CHS)	6-4
39-1 1/2	(2)	Brewer (LAHS)	7-21
38-9 3/4	(?)	Janis Biggs (SHS)	5-27
38-2	(5)	Kim Taylor (VHS)	6-4
38-1 1/4	(2)	Cathy Roberts (CHS)	5-28
37-11 1/2	(3)	Tamara Compton (RHS)	4-16
37-10 1/2	(1)	Sheila Hudson (RLHS)	5-20
37-10 1/2	(3)	Tracy Griffin (ECHS)	5-27
37-10 1/4	(4)	Donna Campbell (OHS)(37-10)	5-28
37-10	(1)	Camille Robertson (RHS)	5-21
37-7 1/4	(?)	Jane Stokes (SLOHS)	
37-6	(?)	Yvette Roberts (WHS)	
37-5 1/2	(4)	Penny Franklin (SAVHS)	5-28
37-4	(?)	Jenny Crocker (GHHS)	
37-3	(1)	Tammy Bryant (VHS)	3-10
37-3 w	(1)	Gayle Wadsworth (CHS)	4-2
37-2 1/2	(?)	Stephanie Bassard (LBPHS)	4-28
37-1 1/2	(5)	Phyllis Guilford (WHS)	4-16
37-1	(?)	Tish Williams (LBPHS)	
37-1 w	(3)	Ames (EMHS)	5-14
36-10 1/4	(1)	Carla Gasman (GHS)	5-6
36-9 1/2	(2)	Deborah Carr (AHS)	5-20
36-9 1/2	(1)	Roberta Lawson (CVHS)	5-21

DISCUS

213-1	(1)	Leslie Deniz (ASU)	4-16
207-8	(1)	Carol Cady (Stanford)	5-28
182-10	(1)	Gale Zaphriopoulos (WC)	5-22
174-11	(5)	Karen Nickerson (Stanford)	6-24
174-9	(1)	Natalie Kaalawahia (FHS)	5-28
173-11	(G7)	Cindy Johnson (JSC)	6-2
169-9	(1)	Diane Oswald (CSH)	5-14
168-10	(3)	Glenda Ford (CSH)	5-7
166-2	(2)	Leslie Hoerner (AIA)	4-17
165-7	(3)	Jacque Norton (BYU)	3-26
165-2	(3)	Lindy Toman (UCLA)	3-19
164-10	(2)	Ramona Pagel (Una.)	3-5
163-6	(2)	Francine Kaylor (ISE)	5-22
162-11	(1)	Kim Kester (VHS)	5-7
162-4	(5)	Susan Springer (Cal)	5-7
159-5	(2)	Cindi Durchschlag (Cal)	4-16
158-7	(2)	Toni Luitjens (RHS)	5-28
157-11	(1)	Diana Clements (Saddleback)	4-21



KARIN SMITH

157-6	(2)	Lenora Barnes (BHS)	5-27
157-5	(7)	Laura DesNoo (SDS)	
156-0	(3)	Bonnie Dasse (CA)	6-12
155-1	(4)	Wendy Robinson (Una.)	4-9
154-4	(2)	Karen Woodbeck (DeAnzaCC)	5-21

JAVELIN

211-11	(1)	Karin Smith (AW)	4-24
198-7	(1)	Kate Schmidt (PCC)	5-15
179-10	(1)	Barb Moro (WAC)	4-29
179-8	(Hep)	Susie Ray (UCLA)	5-31
179-4	(5)	Mary Osborne (PE)	6-18
178-2	(7)	Liz Mueller (CA)	6-18
178-0	(1)	Jacque Nelson (Una.)	4-23
175-4	(1)	Michelle Olivera (CA)	7-30
171-5	(2)	Donna Mayhew (Arizona)	5-14
169-4	(2)	Danella Barnes (CPSLO)	3-5
165-3	(3)	Jane Frederick (AW)	7-26
162-8	(1)	Deena Bernstein (CA)	3-26
160-7	(?)	Debbie Dibb (SDS)	
160-1	(1)	Elaine Sundby (AIA)	4-16
160-0	(3)	Beth Rockcliffe Owens (CL)	4-23
160-0	(1)	Kim Marsh (UCD)	5-14
159-10	(1)	Carol Cady (Stanford)	2-19
158-7	(3)	Bonnie Dasse (CA)	3-27
156-5	(1)	Joanne Davis (UCSB)	4-1
152-7	(14)	Williams (CA)	6-18
152-2	(2)	Cathie Wilson (Bakers.CC)	3-26
151-10	(2)	Desiree Snellman (SDS)	3-12
151-4	(4)	Casey Giacomazzi (AP)	5-27
149-1	(4)	Jeanine Miller (CSS)	5-7
147-4	(Hep)	Jackie Joyner (UCLA)	5-31

HEPTATHLON

(100MH, HJ, SP-4K, 200, 1st day—LJ, JT, 800 2nd day)			
6457	(1)	Jane Frederick (AW)	6-22
		13.72 6-2 1/4 49-0 1/4 24.72 19-8 1/4 150-5 2:10.5	
6373	(2)	Jackie Joyner (WAC)	6-22
		13.58 6-0 1/4 38-6 23.70 21-5 1/4 144-3 2:13.4	
6266w	(1)	Marlene Harmon (PE)	7-2
		13.10w 5-8 40-8 1/4 23.32w 21-2 1/4 112-2 2:12.60	
5985	(5)	Patsy Walker (Una.)	6-22
		14.08 5-7 1/4 41-5 1/4 24.93 19-8 1/4 135-7 2:13.1	
5706	(5)	Susie Ray (UCLA)	5-31
		14.98 5-4 1/4 46-8 1/4 26.48 17-7 179-8 2:21.30	
5705H	(2)	Joan Russell (CA) (= 5661)	8-28
		14.8 5-8 40-4 1/4 25.4 18-7 1/4 116-4 2:12.3	
5625	(6)	Tonya Alston (Stanford)	6-22
		14.47 5-11 42-8 26.14 18-11 1/4 138-5 2:37.3	
5620	(7)	Carrie McLaughlin (SDS)	5-31
		14.58 5-4 1/4 39-10 1/4 25.45 18-9 1/4 132-2 2:18.61	
5611	(9)	Debbie Larsen (USC)	6-22
		15.20 5-8 1/4 42-5 1/4 25.38 17-10 1/4 126-6 2:19.5	
5479	(12)	Lori Smith (Team Adidas)	6-22
		13.61 5-6 1/4 37-6 1/4 23.40 18-9 83-6 2:35.6	
5472	(13)	Susan Brownell (Outreach)	6-22
		14.36 5-5 37-1 26.36 19-1 126-0 2:23.1	
5412	(14)	Kerry Bell (USC)	5-31
		14.71 5-8 1/4 42-10 1/4 26.53 18-5 1/4 106-11 2:29.38	
5402	(2)	Tracy Hanlon (USMA)	5-25
5357	(3)	Janet Nicolls (CPP)	5-25
5304w	(8)	Linda Hightower (Ore.TC)	4-22
		14.55w 5-5 31-6 1/4 25.64 16-8 1/2 122-11 2:15.91	
5300H	(3)	Chris Davenport (Iowa) (= 5252)	4-30
5177	(4)	Chris Dubois (CPSLO)	5-25

5129w	(2)	Chris Vigile (Cal)	5-21
5095w	(10)	Jenny Stary (CA)	4-22
		16.88w 5-3 1/4 39-9 26.33w 16-8 1/4 121-5 2:18.01	
5077	(5)	Ticka Simon (CSH)	5-25
		15.22 4-8 31-11 1/4 25.48 18-1 1/4 118-4 1/2 2:16.3	
4987	(15)	Tsai Li-Jiau (SCC)	4-22
		15.74 5-3 1/4 38-6 26.28 17-1 1/4 99-10 2:26.88	
4983	(3)	Yolanda Fletcher (USC)	5-14
4971	(7)	Tina Glenn (CPP)	5-25
4955	(1)	Deanne Malvino (CS Sonoma)	5-25
4938	(3)	Denise Gaztambide (Stanford)	5-14
4922	(2)	Sue Patterson (LA Valley)	6-5

PENTATHLON

(100MH, HJ, SP-4K, LJ, 800)			
4732	(1)	Jane Frederick (AW)	6-22
		13.72 6-2 1/4 49-0 1/4 19-8 1/4 2:10.5	
4590	(1)	Marlene Harmon (PE)	7-2
		13.10w 5-8 40-8 1/4 21-2 1/4 2:12.60	
4580	(2)	Jackie Joyner (WAC)	6-22
		13.58 6-0 1/4 38-6 21-5 1/4 2:13.4	
4346	(5)	Patsy Walker (Una.)	6-22
		14.08 5-7 1/4 41-5 1/4 19-8 1/4 2:13.1	
4200H	(2)	Joan Russell (CA)	8-28
		14.8 5-8 40-4 1/4 18-7 1/4 2:12.3	
4094	(8)	Tonya Alston (UCLA)	5-31
		14.26 5-11 1/4 39-6 1/4 18-5 1/4 2:29.60	
4059	(10)	Debbie Larsen (USC)	5-31
		15.02 5-8 1/4 40-2 18-1 2:19.17	
4048	(14)	Kerry Bell (USC)	5-31
		14.71 5-8 1/4 42-10 1/4 18-5 1/4 2:29.38	
4042	(7)	Carrie McLaughlin (SDS)	5-31
		14.58 5-4 1/4 39-10 1/4 18-9 1/4 2:18.61	
4003	(5)	Susie Ray (UCLA)	5-31
		14.98 5-4 1/4 46-8 1/4 17-7 2:21.30	
3998	(13)	Susan Brownell (Outreach)	6-22
		14.36 5-5 37-1 19-1 2:23.1	
3970	(12)	Lori Smith (SDS)	6-22
		13.61 5-6 1/4 37-6 1/4 18-9 2:35.6	
3826	(7)	Janet Nicolls (CPP)	4-22
		16.23w 5-7 40-8 1/4 16-5 1/4 2:15.81	
3786w	(8)	Linda Hightower (Ore.TC)	4-22
		14.55w 5-5 31-6 1/4 16-8 1/4 2:15.91	
3772	(16)	Tracy Hanlon (USMA)(3777)	5-31
		14.87 5-4 1/4 37-0 1/4 18-2 1/4 2:30.53	
3641	(12)	Tsai Li-Jiau (SCC)	4-22
		15.74 5-3 1/4 38-6 17-1 1/4 2:26.88	
3640w	(13)	Jenny Stary (CA)	4-22
		16.88w 5-3 1/4 39-9 16-8 1/4 2:18.01	
3580	(14)	Chris Dubois (CPSLO)	4-22
		16.01 5-3 1/4 34-5 1/4 16-2 1/2 2:17.85	
3569	(5)	Ticka Simon (CSH)	5-26
		15.22 4-8 31-11 1/4 18-1 1/4 2:16.3	
3410w	(16)	Karen Kraemer (CPSLO)	4-22
		16.00w 5-5 29-8 1/4 15-9 1/4 2:25.38	
3430H	(7)	Sue Patterson (LAVCC)	3-28
		15.9 5-5 24-0 1/4 16-6 1/4 2:18.2	
3340w	(17)	Tina Glenn (CPP)	4-22
		15.76w 5-3 1/4 32-4 14-10 1/4 2:27.82	
3291H	(2)	Julie Ortman (UCR)	5-13
		16.4 34-11 1/4 4-9 1/4 14-11 1/2 2:18.3	
3093	(1)	Slater (MVHS)	4-23
3077H	(7)	Shawn Lawson (Oxy)	3-28
		16.5 4-7 1/4 36-5 1/4 15-10 1/4 2:40.3	

By KEITH CONNING

✓ DELLINGER: WINNING UNIMPORTANT

Omaha, Nebraska. November 4—The U.S. Olympic distance-running coach said that it's not important for America to win the Olympic Games.

"I think we're missing the whole boat when news media people report how many medals each country has won," said Bill Dellinger, who won a bronze medal in the 5,000-meter run at the 1964 Olympics. "That's really unimportant. The important thing is that athletes compete."

The Miller brewery, one of the corporate sponsors of the 1984 Olympics, has based an advertising campaign on the slogan, "Let's win the games again."

"I don't think that's right," Dellinger said. "Let's do well in the games. We should prepare our athletes so they can compete at their best. And we should do everything we can within the rules so we have every advantage we can get."

✓ SALLY WOOD (PIEDMONT)

Piedmont. November 4—Assistant cross country coach Steve Brower writes that Alameda County Athletic League Champion Sally Wood, a junior at Piedmont, has run four races: Artichoke (third in the first race of her life), Stanford (4th), ACAL (1st) and NCS 2A South (2nd). He notes this because Sally has never done an interval workout, hill workout, track workout, or fartlek workout. What she does do is jog a few times a week to stay in shape for her favorite sport—tennis—where she is an excellent age group player. However, she does plan to run track for the first time this spring and he thinks we can look for big things from her!

✓ OLYMPICS: MATHIAS RESIGNS TO HEAD FITNESS FOUNDATION

Colorado Springs, Colorado. November 15—Bob Mathias, a two-time Olympic decathlon champion and former California congressman, resigned as head of the U.S. Olympic Training Center at Colorado Springs, to become executive director of the National Fitness Foundation. Mathias joins the NFF just as it is in the process of establishing the United States Fitness Academy in Indianapolis. Mathias, whose resignation was effective immediately, will continue to act as a consultant to the USOC through the 1984 Olympics in Los Angeles.

As a high school junior in 1947, Mathias of Tulare finished fourth in the State Meet shot put. In the 1948 State Meet he won the 120-yard high hurdles in 14.5, the 180-yard low hurdles in 19.6, and placed fourth in the shot put. (Source: *The California State Track Meet* by Donn B. Kirk and David M. Cooper).

✓ TEXAS RELAY TEAMS

Dave Cooper, the co-author of *The California State Meet* writes: "I enjoyed your articles in the November issue. As an

ex-Texan, I can tell you why the Texas 4x100 relay teams and the 4x400 relay teams are so good. The relays count double in the State Meet (also in the district, regional, etc. meets). An individual event is scored 10-8-6-4-2-1. A relay is scored 20-16-12-8-4-2. Therefore, a good relay team can offset two winning performances by an individual. Hence the heavy emphasis on relays.

As a side, the redshirting of individuals in junior high is blown way out of proportion. My contacts say not more than one in 10,000-20,000 is redshirted. Only the rarity of the issue caused the headlines and publicity."

✓ SEBASTIAN COE STARTS KINNEY NATIONAL CHAMPIONSHIPS

San Diego. December 10—Britain's Sebastian Coe is used to running in races—he has done that since grade school. Coe, 27, the world record holder at 800 meters, had a different role in San Diego.

Coe was the starter at the Kinney National High School Cross Country Championships. But he said he found it easier to identify with the runners than officials.

"If you are a competitive athlete, you naturally feel nervous and excited watching others compete," he said.

Coe has been selected by his federation to represent Britain at 800 meters in the 1984 Olympic Games and said he wants to earn a spot at 1500 meters too. In the 1980 Olympics he won the 1500 and was second in the 800.

His preparation for next year's Olympics was disrupted last July when a serious gland disorder cut short his season. But he returned to his training schedule three weeks ago and said he has felt no ill effects.

In a pre-race clinic, Coe told the high school runners he faced the same problems they do.

"In the next seven months, I'll be working hard to regain the condition that will put me in the Olympic stadium in top shape," he said.

✓ DARRELL ROSETTE

San Diego. December 10—Darrell Rosette (Morse, San Diego), a member of Morse's 4x100 State Meet relay team, was selected as a running back on the first team offense in the San Diego Section.

Rosette gained more than 1,000 yards rushing this season.

✓ BERKELEY MAN NAMED MVP

Ithaca, New York. December 13—Cornell University has named Harv Robinson of Berkeley as cross country men's team Most Valuable Runner. He was voted the honor by his teammates.

Robinson led the Cornell men in six of their eight contests including wins at the Canisius Invitational, Colgate and Rochester, notching a course record at the latter.

✓ TRACK & FIELD NEWS' 1983 HIGH SCHOOL ALL-AMERICANS

Los Altos, November issue—Two Californians received votes for men's prep athlete of the year: Maurice Crumby (Balboa) 6th with 60 votes out of a possible of 137, and Eric Reynolds (Camarillo) 15th with 5 points.

Five California women received votes for women's prep athlete of the year: Gayle Kellon (Walnut) 2nd 116 points, Natalie Kaaiwahia (Fullerton) 4th 115 points, Cory Schubert (Del Mar) 5th 82 points, Leslie Maxie (Mills, Millbrae) 8th 27 points, and Michelle Olivera (Bishop Diego, Santa Barbara) 15th 5 points.

The All-American team included the following Californians: MEN — 3000—1. Eric Reynolds (Camarillo); 5000—2. John Morse (Las Lomas, Walnut Creek), 3. Jesus Gutierrez (Pasadena, junior); 10,000—2. Grant Foster (Monta Vista, Cupertino); 400 Hurdles—3. Danny Harris (Perris); 4x400—Hawthorne; High Jump—2. Maurice Crumby (Balboa, San Francisco); Pole Vault—1. Mike Kibort (Saratoga), 3. Doug Fraley (Clovis West); Hammer—3. Jim Beene (Dos Pueblos, Goleta); WOMEN — 100—3. Lisa Winston (Jordan, Long Beach); 200—3. Winston; 400—1. Leslie Maxie (Mills, Millbrae, sophomore), 2. Chewakli Knighten (Locke, Los Angeles, sophomore), 3. Gayle Kellon (Walnut); 800—Kerri Zaleski (Millikan, Long Beach, sophomore), 3. Trescia Palmer (Westchester); 3000—1. Cory Schubert (Del Mar, San Jose); 300/400—1. Gayle Kellon (Walnut), 2. Leslie Maxie (Mills, Millbrae, sophomore); 4x100—2. Hawthorne; 4x400—2. Dorsey, Los Angeles; Shot Put—1. Natalie Kaaiwahia (Fullerton); Discus—1. Kaaiwahia; Javelin—Michelle Olivera (Bishop Diego, Santa Barbara, junior).

✓ PREP TRACK MEET ANNOUNCEMENTS

• East Bakersfield Invitational. March 10 at Bakersfield College.

• Nor-Cal Multi-Events Championships. March 16-17 at Shasta College, Redding. Boys Octathlon: 100m, LJ, SP, 400; 110m HH, HJ, DT, 1500. Girls Hectathlon: 110m H, HJ, 200; LJ, SP, 800. Contact Michael Moynahan, 3411 Churn Creek Rd., Redding, CA 96002. (916) 222-6601.

• Kern Relays. March 24 at Bakersfield College.

• St. Francis-Foothill Track & Field Carnival. March 31 at Foothill College in Los Altos. Coach Dwayne Harms, Foothill College, 12345 El Monte Rd., Los Altos Hills, CA 94022.

• Compton H.S. Brad Pye Jr. Inner City Championships. April 7 at Compton College. Elbert Kelley, 6811 Eastondale St., Long Beach, CA 90805. (213) 428-1139.

• Hancock Metric Meet. April 7 at Hancock College in Santa Maria.

• Toro Relays. April 20 at Cal State Dominguez Hills. Freshman boys, sophomore

boys, junior varsity girls, junior varsity boys, varsity girls and varsity boys.

• CIF Southern Section Finals. May 26 at Cerritos College.

• California High School State Meet. June 2.

Date change: Edison-Hawthorne-Millikan Tri Meet—date for girls events switched to March 10 at CSU Long Beach. The boys will still compete on February 24 as originally scheduled.

• Santa Rosa Relays, April 7 at Santa Rosa Junior College. Contact Ken Goetzl, Meet Director, Santa Rosa High School, 1235 Mendocino Ave., Santa Rosa, CA 95401. (707) 433-5335.

STATE INDIVIDUAL CROSS COUNTRY RANKINGS

Our annual Prep Individual All California Cross Country Team and State-Wide Ranking will be included in the February issue, along with the Northern and Southern California rankings. The State Team Rankings are included elsewhere in this issue.

SOUTHERN SECTION NOTES from Doug Speck

★ Coach Tom Coffey's Tustin girls completed one of the more successful seasons as a squad in recent years with big team triumphs at the Woodbridge, Dana Hills, Costa Mesa, Stanford, Orange County, and Mt. SAC Invitationals to go along with their season-ending Sectional 4A victory.

★ The Southern Section (as the rest of the State) is blessed with a super group of young male distance runners. Super frosh (and their hilly Mt. SAC best times) include Aaron Mascarro (Rosemead) 5th in the 2A Division at 15:43, Robbie Barrios (University, Irvine--15:49), Haissam Sabra (Ocean View, Huntington Beach--16:31), and John Soto (Huntington Beach--16:34).

★ Coach Fred Campa of Colton HS worked his Men's squad into the Section 4A Finals, led by fine junior Ron Perez (15:41 at Mt. SAC). Campa was a member of the fine Colton teams of the mid-1960's, back in the days of 1:53 half-miler Walt Channels and Rudy Felix (3:05.5 in the C-1320 when exponents based on age, height, and weight would determine what division athletes would compete in).

★ There are a number of Men's teams that seem loaded as we look ahead to 1984. The Men's 3A division especially seems very solid. The fourth place Mission Viejo team will return six of the seven from its 1983 Varsity for 1984, fifth placers Dana Hills five of seven, six placers Saugus six of seven, and seventh placers Temple City its entire Varsity. The sleepers of the entire division may be Hart H.S. of Newhall, where Gene Blankenship and Dave Klinger are building a monster. Their 82:35 group from the Mt. SAC Invitational all return for next year—they did not run a good 3A Prelims race to qualify for the Section Finals. Next year they will also add Canyon H.S. transfer Dale Kroeger to the team and probably rocket to the top of this division.

★ Speaking of strength for next year, it is rumored that Lompoc H.S. expects a super

EDITORIAL

Northern California Cross Country Championship Qualifying

By KEITH CONNING

The selection process for the NorCal cross country meet needs to be changed. I propose that we use the same method as is used in the NorCal track competition.

This method would be fairer to the larger sections in Northern California.

Section	Current Teams	Current Individuals	Proposed Teams	Proposed Individuals
Central Coast	3	6	4	8
North Coast	3	6	4	8
Sac-Joaquin	3	6	4	8
Central	2	4	3	6
Northern	2	4	2	4
San Francisco	1	2		
Oakland	1	2	2	4

group of ninth grade girls next year, bolstering a group that will include six from this year's 2A championship squad.

★ Did you hear the one about: the team that had a grade check the week of the Sectional Finals, had four members scholastically ineligible, and had to scratch the rest of the team from the competition.

The Central Section would receive the same number of qualifiers as they do for the Southern California Track & Field Championships.

San Francisco and the Oakland Section would have a joint meet to decide on their qualifiers. However, if they preferred, they could elect to continue to send their section champions, thus eliminating the need for another meet.

-or, how about the one where the two twins split the Men's Varsity League Finals race in two, each relaying a mile and a half of the three mile course. -or, how about the one where a classmate playfully kicked the knee of an individual sectional finalist and injured that athlete so seriously that he could not finish the finals race in his senior year.

Final Sac-Joaquin Section X-C Rankings



DEL ORO (Loomis) GIRLS CROSS COUNTRY TEAM: (left to right) Coach Steve Williams, Kelly Carter, Barb Crowley, Beth Wilson, Michele Maki, Wendy Knox, Stacey McAfee, Laurel Steinagel.

- Ranked First in Sac-Joaquin Section
- 1983 Sac-Joaquin Section Champions
- 3rd place in Northern California Championships

From Steve Fagundes

The following rankings are based on all of the available results for cross country meets during the 1983 season. The criteria used in the rankings in order of priority are: (1) the overall record against the top twenty individuals (from section meet placing)/top fifteen ranked teams, (2) the results of head to head competition and (3) the number of honors won (first Sac-Joaquin section individual/team) at major invitationals and championship meets. Points are awarded to the individual/team for each Sac-Joaquin section opponent defeated in a meet and against the individual/team for each Sac-Joaquin section opponent which defeats them. As the season progresses and the meets become progressively more important their respective point value increases.

For example, consider the girls individual ranking between Joni Mooney (Vacaville) and Sally Pinkner (Davis). Their overall record against the top twenty is almost iden-

tical with less than 0.5 percent separating these two exceptional runners. In head to head competition, Mooney has the advantage with a 7-2 record and a meet-point score of 19-13. With respect to honors won, Mooney was the first Sac-Joaquin finisher (and first overall) at the Nevada Union, Crystal Springs, Stanford, and Mount SAC Invitationals and captured her third Sac-Joaquin Section crown. Pinkner also had an excellent season capturing the Northern California crown and finishing second at the Kinney Western Regionals. On a meet-point score basis the two competitors are even again with a 13-13 rating. Thus, with two categories essentially even, Joni Mooney is rated first based on her advantage in head-to-head competition over the entire season.

continued on next page...

Prep Notes

Sac-Joaquin Ranking, continued...

Girls Individuals

The section champion Del Oro (Loomis) Eagles dominated the top ten placing with three girls in the top seven led by seniors Stacey McAfee and Beth Wilson and the number one sophomore Wendy Knox. Unranked in the preseason due to an injury which prompted her 1983 track season, junior Colleen Donovan (Lodi) returned to capture the top underclass spot with a fourth place ranking. With five of the top ten returning next year, competition will be as tough as ever.

Place	Athlete (School) Class	Season Record	Season Percentage
1.	Joni Mooney (Vacaville) 12	310-19	94.22
2.	Sally Pinkner (Davis) 12	290-19	93.85
3.	Stacey McAfee (Del Oro) 12	219-31	
4.	Colleen Donovan (Lodi) 11	195-48	80.25
5.	Beth Wilson (Del Oro) 12	180-70	72.00
6.	Deonne Self (Del Campo) 11	215-102	67.82
7.	Wendy Knox (Del Oro) 10	132-118	52.8
8.	Kelly Donaldson (Merced) 12	110-117	48.46
9.	Robin Madell (Davis) 10	142-167	45.95
10.	Kim Stark (Amador) 11	45-55	45.00

Girls Teams:

Del Oro (Loomis) was undefeated against section competition winning the section championship for the second time in three years and placing a credible third at the Northern California Championships. Del Campo (Fair Oaks) raced often and well for most of the season, but sickness to key individuals limited their performance at the section championship meet. Still their overall record resulted in a second place ahead of a young and improving St. Francis (Sacramento) team.

Place	School	Season Record	Season Percentage
1.	Del Oro (Loomis)	78-0	100.00
2.	Del Campo (Fair Oaks)	75-23	76.53
3.	St. Francis (Sacramento)	49-31	61.25
4.	Vacaville	51-45	53.13
5.	Davis	38-37	50.67
6.	El Dorado (Placerville)	25-41	37.88
7.	Bella Vista (Fair Oaks)	30-55	35.29
8.	Merced	25-47	34.72
9.	Nevada Union (Grass Valley)	10-30	25.00
10.	Tracy	14-55	20.29

Boys Individuals:

Pete Vicencio (Del Oro, Loomis) maintained his number one ranking throughout the season going undefeated against section competition, winning the section title, and garnering first team Kinney Western Regional honors. Jesuit (Carmichael) was the only school to place more

than one individual in the top ten with senior Rod Griev and sophomore Mark Mastallr, the sections' number one underclass competitor. Not far behind is Vacaville junior Rod Coker, which will make for some spirited duels come next fall.

Place	Athlete (School) Class	Season Record	Season Percentage
1.	Pete Vicencio (Del Oro) 12	259-0	100.00
2.	Rod Griev (Jesuit) 12	235-54	81.38
3.	Nick Sparks (Bella Vista) 12	174-44	79.82
4.	Manuel Silveria (Calaveras) 12	151-60	71.56
5.	Mark Mastallr (Jesuit) 10	186-83	69.14
6.	Rod Coker (Vacaville) 11	152-94	61.79
7.	Ethan Palo (Sacramento) 12	126-98	56.25
8.	Danny Valdez (Merced) 12	82-71	53.59
9.	Chris Allen (Mira Loma) 12	54-59	47.79
10.	Darin Slade (Valley) 12	130-167	43.77

Boys Teams:

The Jesuit (Carmichael) Marauders were not only undefeated against section competition, but against competition from border to border of the state. They captured their second consecutive section title, the Northern California championships, and (among others) the prestigious Mt. SAC Invitational. Returning four of their top six runners next year, the Jesuit harriers could be an even stronger team.

California's Top Ten High School Cross Country Teams

By Howard Willman & Doug Speck

WOMEN: (State Section follows school)

1. Tustin (SS)
2. Palos Verdes (SS)
3. El Dorado (Placentia-SS)
4. Mission Viejo (SS)
5. San Ramon (Danville-NCS)
6. Los Gatos (CCS)
7. Buena (Ventura-SS)
8. Irvine (SS)
9. Del Oro (Loomis-SJS)
10. Piedmont (NCS)

Vista (SDS)

Honorable Mention (alphabetically): Bonita Vista (Chula Vista-SDS), Clovis (CS), Dos Pueblos (Goleta-SS), Edison (Huntington Beach-SS), El Toro (SS), Esperanza (Anaheim-SS), Foothill (Santa Ana-SS), Kennedy (Granada Hills-LAS), Mater Dei (Santa Ana-SS), Newport Harbor (SS), Rowland (Rowland Heights-SS), St. Francis (Mountain View-CCS), Valhalla (SDS), Westlake (Westlake Village-SS).

Explanation: Tustin was unbeaten for the season, heading north to take the Stanford Invitational early on, then handling everyone in the Southern California area as the season wore on. Palos Verdes was second in the CIF-SS 4A and recorded an excellent 95:01 team time at Mt. SAC (#5 team all-time). El Dorado (SS) and Mission Viejo were 1-2 in the CIF-SS 3A Division with 95:59 and 96:20 team times respectively at Mt. SAC. San Ramon did not win its Section Meet, but was the winner in the big one, the Northern California Championships. Los Gatos was second in that championship competition. Buena (Ventura) was a solid group that finished third in the SS-4A race. Irvine was fourth in that same competition. Del Oro (Loomis), out of the Sac-Joaquin Section, was third at Northern Cal. The tie for tenth is between Piedmont (fourth in Northern Cal) and San Diego's best, Vista (winner of their Section's Large School title).

MEN: (State Section follows school)

1. Barstow (SS)
2. Jesuit (Carmichael-SJS)
3. Clovis (CS)
4. Arroyo (El Monte-SS)
5. Monte Vista (Spring Valley-SDS)
6. El Toro (SS)
7. Corona Del Mar (SS)

8. Willow Glen (San Jose-CCS)
9. Sanger (CS)
10. El Camino (Oceanside-SDS)

Serra (San Diego-SDS)

Honorable Mention (alphabetically): Bellarmine (San Jose-CCS), Belmont (LAS), Buena (Ventura-SS), Dana Hills (SS), El Capitan (Lakeside-SDS), Lakewood (SS), LaSalle (Pasadena-SS), Leigh (San Jose-CCS), Mater Dei (Santa Ana-SS), Mira Costa (Manhattan Beach-SS), Mira Mesa (San Diego-SDS), Miramonte (Orinda-NCS), Mission Viejo (SS), Newbury Park (SS), Norco (SS), Perris (SS), Sherman Indian (Riverside-SS), Simi Valley (SS).

Explanation: The choice for first was tough. In separate races at the Mt. SAC Invitational Jesuit (79:48) was ahead of Barstow (80:34), but Henry Morton (Barstow) overcame dental problems that held him to 17:38 on that invite weekend to drop to 15:40 on the same course in the Section Finals. In the Southern Section Meet Barstow cranked 78:39 at Mt. SAC for the number three All-Time clocking and the edge in the rankings. Jesuit was given the vote over a fine Clovis group up North. Arroyo (El Monte) was the Southern Section 2A titlist with a fine 79:16 team time at Mt. SAC (#9 All-Time). Monte Vista was the San Diego Large School winner (and a place behind Arroyo at Mt. SAC). Sea View League squads El Toro and Corona Del Mar butted heads all year long, with El Toro's big 4A win in the Southern Section Meet sorting out the rankings. Willow Glen and Sanger tied for third in the Northern Cal Meet, with the San Jose school gaining the higher spot on a tie-breaker. El Camino and Serra are two others from perhaps the state's toughest area, school for school, the San Diego section.

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Prep Results:

San Juan Athletic Ass'n. Invit.

from Cary Bertocini & Steve Fagundes

Oak Grove Park, Lodi/Stockton. Oct. 7. Junior Colleen Donovan (Lodi) cruised to an easy victory finishing well ahead of second place Londa Mobley (Tracy). The girls team championship was much closer as Merced led by senior Kelly Donaldson edged out a well balanced Turlock squad led by Doris Chin by only two points. In the boys division, senior Danny Valdez led his Merced team to the title taking command approximately half way through the race and finishing with a 15:55 to tie Doug Twilleager's (Merced) course record set last year.

Individual Results - Boys

1 Danny Valdez, Merced	15:55CR
2 Darin Slade, Valley	15:59
3 Craig Sawyer, Grace Davis	16:02
4 Ethan Palo, Sacramento	16:05
5 Chris Allen, Mira Loma	16:10
6 John Shaw, Modesto	16:13
7 Eric Crump, Tracy	16:19
8 Sean Howard, Merced	16:23
9 Allen Bradley, Merced	16:30
10 James Price, Sacramento	16:32

Team Scores

1. Merced 57, 2. Sacramento 79, 3. Lincoln (Stockton) 93, 4. Modesto 112, 5. Valley (Elk Grove) 125.

Individual Results - Girls

1 Colleen Donovan, Lodi	18:58
2 Londa Mobley, Tracy	19:42
3 Kelly Donaldson, Merced	19:55
4 Alix Tubman, Grace Davis	20:09
5 Doris Chin, Turlock	20:24
6 Regina Rowan, Turlock	21:04
7 Tina Beye, Lincoln	21:13
8 Stephanie Simonsen, Tracy	21:22
9 Gina Rios, Califax	21:31
10 Julie Leach, Turlock	21:39

Team Scores

1. Merced 63, 2. Turlock 65, 3. Tracy 73, 4. Lincoln 125, 5. Lodi 132.

Rio Linda X-C Invitational (Large School)

from Cary Bertocini & Steve Fagundes

Gibson Ranch County Park, Elverta. October 15.

Despite running her third invitational race within a week, senior Joni Mooney (Vacaville) led from start to finish and captured the individual title. Del Campo (Fair Oaks) garnered the team title being paced by junior Deonne Self. In the boys division, Vacaville juniors James Garrett and Rod Coker battled for most of the race with Garrett pulling away in the last half mile for a narrow victory. Led by Duke Rittenhouse and placing four runners in the top fifteen, Reno (Nevada) claimed the boys team championship.

Individual Results - Boys

1 James Garrett, Vacaville	15:53
2 Rod Coker, Vacaville	15:58
3 Dean Miller, Douglass	16:00
4 Duke Rittenhouse, Reno, NV	16:01
5 Eric Smedburg, El Dorado	16:12
6 Craig Sawyer, Grace Davis	16:15
7 Chris Lerude, Reno, NV	16:20
8 Walt Terry, Cordova	16:23
9 Jim Mattson, Cordova	16:29
10 Craig Lomax, El Dorado	16:29
11 Rob Rusk, Reno, NV	16:34
12 Richard Marsfield, Reed, NV	16:38
13 Tom Milligan, El Dorado	16:40
14 Art Vigil, Cordova	16:41
15 Mark Gainey, Reno, NV	16:44

Team Scores

1. Reno, NV. 50, 2. Cordova (Rancho Cordova) 75, 3. El Dorado (Placerville) 77, 4. Vacaville 106, 5. Davis 125, 6. Reed, NV. 127, 7. Lincoln (Stockton) 132, 8. Carson, NV. 178, 9. Grace Davis (Modesto) 231, 10. Kennedy (Sacramento) 283.

Individual Results - Girls

1 Joni Mooney, Vacaville	18:04
2 Sally Pinkner, Davis	18:17
3 Deonne Self, Del Campo	18:31
4 Colleen Donovan, Lodi	18:49
5 Shari Virga, Del Campo	19:28
6 Brenda Payton, El Dorado	19:31
7 Laurie Bushling, Yuba City	19:34
8 Michelle Trumble, Douglass	19:47
9 Diane Sheigren, El Camino	20:02
10 Patty Young, Carson	20:07
11 Robin Madell, Davis	20:10
12 Silvia Mamque, Unknown	20:12
13 Pam Dearing, Reed	20:12
14 Nicole Smedburg, El Dorado	20:20
15 Tammie Foster, El Dorado	20:23

Team Scores

1. Del Campo (Fair Oaks) 73, 2. Carson City (Nevada) 81, 3. Vacaville 85, 4. El Dorado (Placerville) 88, 5. Davis 88, 6. Reed (Nevada) 89, 7. Lodi 158, 8. Lincoln (Stockton) 202, 9. Kennedy (Sacramento) 232.

Rio Linda X-C Invitational (Small School)

from Cary Bertocini & Steve Fagundes

Gibson Ranch County Park, Elverta. October 15.

Junior Kim Stark (Amador) easily captured the girls individual race finishing almost one and a half minutes in front of second place. Her victory was not enough, however, as a well-balanced South Tahoe team led by Heather Bauman captured the team title by three points over Amador. In the boys division, senior Manuel Silveria (Calaveras) outdueled sophomore Mike Wall (Lassen) for a narrow victory. Wall's second place finish was enough to power Lassen to a four point margin over South Tahoe.

Individual Results - Boys

1 Manuel Silveria, Calaveras	15:43
2 Mike Wall, Lassen	15:49
3 Mike Dean, Lassen	16:05
4 Roger Dix, South Tahoe	16:24
5 Dan Murphy, McQueen	16:36
6 Thom Ruis, South Tahoe	16:46
7 Jim Knox, South Tahoe	16:49
8 Harold Navroth, Vander	16:49
9 Ruben Rodrigues, Delta	16:53
10 Terry Rauh, McQueen	17:04

Team Scores

1. Lassen 38, 2. South Tahoe 42, 3. McQueen 63.

Individual Results - Girls

1 Kim Stark, Amador	19:25
2 Edie Vogt, Golden Sierra	20:42
3 Polly Fox, North Tahoe	20:47
4 Heather Bauman, South Tahoe	21:14
5 Gina Rios, Colfax	21:14
6 Michelle Prevost, South Tahoe	21:15
7 Terri Speth, Lassen	N.T.
8 Colleen Walsh, McQueen	21:29
9 Heather VanWormer, McQueen	21:57
10 Jona Farish, Amador	22:17

Team Scores

1. South Tahoe 37, 2. Amador 40, 3. McQueen 51.

Sac-Joaquin Sub-Sec. Meet #3

from Steve Fagundes

Sierra College, Rocklin. Nov. 2.

Junior Deonne Self (Del Campo, Fair Oaks) cruised to a convincing victory in the girls race, leading her team to a narrow three point victory over Bella Vista (Fair Oaks). The Broncos were led by junior Lisa Mills' strong second place finish. In the boys race, senior Nick Sparks (Bella Vista, Fair Oaks) captured the individual title with senior Vance Goss leading his Nevada Union (Grass Valley) teammates to the team title.

Individual Results - Boys

1 Nick Sparks, Bella Vista	15:28
2 B. Fugler, Del Campo	15:42
3 E. Palo, Sacramento	15:46
4 V. Goss, Nevada Union	15:47

"One of the Nation's Elite Meets."
—Howard Willman (*Track & Field News*)

17th Arcadia Invitational

Track and Field Meet for High School Men & Women

Saturday Evening
APRIL 14, 1984

"Come Run With the Best in the West"

★ 1983 Meet featured 16 California State Champions.

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

★ Sanction applied for all California Sections, all Arizona schools, all Oregon schools, and Nevada schools within 300 miles.

MEET RECORDS:

Men: 10.57 - 21.36 - 47.05 - 1:49.9 - 4:06.7 - 8:45.2 - 14.04 - 36.07 - 41.5 - 3:13.1 - 10:13.6(DMR) - 7'1" - 16'5" - 24'10" - 50'8½" - 66'10¼" - 204'11".

Women: 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74 - 10:28.97 - 14.17 - 42.32 - 46.6 - 3:46.3 - 11:59.11(DMR) - 5'10" - 20'4¾" - 39'2" - 50'10" - 172'4".

Metric Distances
Sprints Full Electric Accutrack Timed

For Meet Information:
Doug Speck • Arcadia High School
180 Campus Dr. • Arcadia, CA 91006
(213) 446-0131

Prep Notes

5 C. Vaylupek, Placer	15:48
6 J. Mattson, Cordova	16:01
7 W. Terry, Cordova	16:02
8 A. Williams, Nevada Union	16:06
9 A. Vigil, Cordova	16:08
10 D. Bromley, Nevada Union	16:18
11 S. Neep, Placer	16:22
12 C. McMaster, Placer	16:23
13 J. Price, Sacramento	16:27
14 D. Hanna, Sacramento	16:29
15 T. Ryan, Nevada Union	16:33

Team Scores
1. Nevada Union (Grass Valley) 48, 2. Cordova (Rancho Cordova) 60, 3. Placer (Auburn) 70, 4. Sacramento 73, 5. Bella Vista (Fair Oaks) 107, 6. Christian Bros (Sacramento) 140.

Individual Results - Girls

1 Deonne Self, Del Campo	18:12
2 L. Mills, Bella Vista	19:12
3 J. Verke, St. Francis	19:29
4 T. Dillon, Bella Vista	19:30
5 M. Kuphaldt, Bella Vista	19:30
6 M. Robinson, St. Francis	20:10
7 K. Turner, Del Campo	20:26
8 J. Kochis, Nevada Union	20:29
9 R. Friessen, Del Campo	20:36
10 C. Hill, Del Campo	20:50
11 L. Montgomery, Bella Vista	20:50
12 R. Johnson, Nevada Union	20:54
13 K. Owen, Del Campo	21:02
14 B. Muakkili, Johnson (Sac)	21:07
15 K. Houser, Nevada Union	21:07

Team Scores
1. Del Campo (Fair Oaks) 40, 2. Bella Vista (Fair Oaks) 43, 3. St. Francis (Sacramento) 80, 4. Nevada Union (Grass Valley) 80, Cordova (Rancho Cordova) 144.

Sac-Joaquin Sub-Sec. Meet #5

from Steve Fagundes

Angels Camp, CA. November 3.

Junior Kim Stark (Amador) easily captured the girls individual race and led her teammates to a six point victory over Bret Harte (Altaville). In the boys division, senior Manuel Silveria (Calaveras) scored a convincing victory for the individual title with S. McRay leading a well-balanced Bret Harte squad to the team title.

Individual Results - Boys

1 Manuel Silveria, Calaveras	15:11
2 R. Rodriguez, Delta	15:53
3 S. Schnaman, Amador	16:16
4 H. Navroth, Vanden	16:26
5 A. Probart, Vanden	16:28
6 C. Smith, Oak Ridge	16:33
7 J. Malesky, Golden Sierra	16:40
8 S. McRay, Bret Harte	16:42
9 J. Summerville, Summerville	16:45
10 J. Harte, Bret Harte	16:51

Team Scores
1. Bret Harte (Altaville) 25, 2. Vanden (Travis AFB) 36.

Sac-Joaquin Sub-Section Meet #1

from Ron Concini & Steve Fagundes

Oak Grove Park, Lodi/Stockton. Nov. 4. Junior Colleen Donovan (Lodi) continued her winning ways against the southern part of the section with a strong victory over Merced, led by senior Kelly Donaghy, squeaked out a narrow one point victory (only six seconds in cumulative time) over Londa Mobley and Tracy teammates. In the boys division

senior Danny Valdez captured the individual crown and paced the Merced harriers to the team title.

Individual Results - Boys

1 Danny Valdez, Merced	15:51
2 C. Sawyers, Grace Davis	16:08
3 E. Crump, Tracy	16:23
4 E. Bookin, Lincoln	16:27
5 S. Howard, Merced	16:38
6 M. Crawford, Merced	16:39
7 S. Russo, Franklin	16:40
8 A. Bradley, Merced	16:45
9 D. Garcez, Merced	16:47
10 C. Storni, Lincoln	16:49

Team Scores
1. Merced 25, 2. Lincoln (Stockton) 53, 3. Franklin 74, 4. Grace Davis (Modesto) 107, 5. Turlock 110.

Individual Results - Girls

1 Colleen Donovan, Lodi	18:35
2 K. Donaldson, Merced	19:05
3 L. Mobley, Tracy	19:26
4 A. Tubman, Grace Davis	19:50
5 R. Rowan, Turlock	20:09
6 S. Simonson, Tracy	20:21
7 A. Duggins, Merced	20:37
8 D. Chin, Turlock	20:43
9 T. Beye, Lincoln	20:53
10 Y. Mobley, Tracy	21:00

Team Scores
1. Merced 48, 2. Tracy 49, 3. Turlock 67, 4. Lodi 108, 5. Lincoln (Stockton) 119, 6. Grace Davis (Modesto) 130.

Sac-Joaquin Sub-Sec. Meet #2

from Cary Bertoncini & Steve Fagundes

Gibson Ranch, Eureka. Nov. 4.

Vacaville senior Joni Mooney and junior Rod Coker raced to individual victories, but their teams fell short finishing second in both divisions. In the girls team race Davis, led by senior Sally Pinkner's second place finish, captured first place by a narrow one point margin. Sophomore Mark Mastalir finished a close second in the individual race and led his Jesuit (Carmichael) team to an easy victory. The Marauders showed their tremendous team strength placing their top seven runners in the top ten individuals.

Individual Results - Boys

1 Rod Coker, Vacaville	15:35
2 M. Mastalir, Jesuit	15:37
3 P. Thomas, Jesuit	15:40
4 Grieve, Jesuit	15:46
5 Slade, Valley	15:59
6 MacArthur, Jesuit	16:00
7 E. Mastalir, Jesuit	16:03
8 Garrett, Vacaville	16:08
9 J. Thomas, Jesuit	16:16
10 Vicain, Jesuit	16:32

Team Scores
1. Jesuit (Carmichael) 22, 2. Vacaville 49, 3. Valley (Elk Grove) 75, 4. Davis 104, 5. Woodland 128.

Individual Results - Girls

1 Joni Mooney, Vacaville	17:45
2 Pinkner, Davis	18:01
3 Madali, Davis	19:23
4 L. Bushling, Yuba City	19:40
5 Lewis, Davis	20:04
6 Jensen, Vacaville	20:47
7 Uidall, Vacaville	21:00
8 Wilson, Davis	21:27
9 Baird, Vacaville	21:34
10 Nortler, Vacaville	21:40

Team Scores
1. Davis 28, 2. Vacaville 29.

Sac-Joaquin Sub-Sec. Meet #4

from Steve Fagundes

Sierra College, Rocklin. Nov. 4.

Seniors Stacey McAfee and Beth Wilson finished first and second to lead their Del Oro (Loomis) teammates to the sub-section title. Their cumulative team time of 95:09 eclipsed by over a minute the 96:13.6 course record set by St. Francis (Mt. View) in winning the 1982 Northern California Championship. Senior Pete Vicencio (Del Oro, Loomis) raced to the individual title winning by over 30 seconds. El Dorado (Placerville) senior

Eric Smedburg led his team to an easy victory over Modesto with his third place individual finish.

Individual Results - Boys

1 Pete Vicencio, Del Oro	15:16
2 Chris Allen, Mira Loma	15:47
3 Eric Smedburg, El Dorado	15:54
4 John Shaw, Modesto	16:11
5 Jay Mulligan, El Dorado	16:13
6 Carlos Pineda, Modesto	16:25
7 Craig Lomax, El Dorado	16:33
8 Jaime Plasencia, Modesto	16:36
9 Ted Goyette, El Dorado	16:44
10 Mike Keefe, El Dorado	16:45
11 Brian Weidmer, El Dorado	16:47
12 Buck Eberman, El Dorado	16:48
13 Darren Morgan, Oakmont	16:51
14 Rick Turk, Lindhurst	16:53
15 Dan Leaf, Rio Americano	16:57

Team Scores
1. El Dorado (Placerville) 29, 2. Modesto 48, 3. Rio Americano (Sacramento) 77, 4. Del Oro (Loomis) 82.

Individual Results - Girls

1 Stacey McAfee, Del Oro	17:56
2 Beth Wilson, Del Oro	18:20
3 Wendy Knox, Del Oro	18:44
4 Brenda Payton, El Dorado	19:28
5 Diane Shelgren, El Camino	19:37
6 Barb Crowley, Del Oro	19:44
7 Nicole Smedburg, El Dorado	19:50
8 Tammie Foster, El Dorado	20:07
9 Michelle Maki, Del Oro	20:25
10 Lisen Ulmstead, Oakmont	20:51
11 Carrie Garst, Rio Americano	21:06
12 Terri Hoesl, El Dorado	21:12
13 Becky McCarty, Oakmont	21:41
14 Liz McMillan, El Camino	21:42
15 Tracy Johansen, Rio Americano	21:59

Team Scores
1. Del Oro (Loomis) 19, 2. El Dorado (Placerville) 36.

Oregon State Meet

By KEITH CONNING

November 5. Lane Community College, Eugene, Oregon.

Senior Tracy Garrison (Klamath Union), the 1983 Kinney Western Regional champion, defeated Eric Peterson (North Eugene), 27th in the Kinney, by 4.4 seconds—15:36.5 to 15:40.9—to win the Class AAA. Tom Sera (Beaverton, 32nd in the Kinney, placed third in 15:42.8.

Wilson (Portland), the Stanford invitational boys' team winner, easily defeated Aloha 86 to 103 in the Class AAA. Senior Jim Greife, 6th at Stanford, led Wilson with his sixth place finish in 15:48.9.

Senior Jerred Gildehaus (Rogue River), who finished 23rd in the Kinney, defeated Mike Donaghy (Madras) by 14.1 seconds—15:39.4 to 15:53.5—to win the Class AA. Willy Hawson (Estacada), who won the 15-16 AAU-USA Junior Olympics Cross Country National Championships in Fresno, was third in 16:02.3. "If you just wait and take the race after that (the first hill) and not before that, you won't be ruining yourself for the rest of the race," said Gildehaus to Greg Stiles of the *Medford Mail Tribune*. "There were some sloppy spots, but it wasn't bad," he added. "It was in God's hands, whatever happened."

"I strided out when I hit the top of the hill and then I just decided to sit back and cruise," said Garrison to Stiles. "I ran more of a mental race, because of the problem I have last year."

Junior Marnie Mason (Klamath Union), who finished seventh in the Kinney, defeated favorite Cathy Wall (Moialia), who won the 15-16 AAU-USA Junior Olympics and finished 11th in the Kinney, by 1.7 seconds—10:39.2 to 10:40.9—to win the Class AAA. Pat Monnie (Lakeridge), 40th at Kinney, was third in 10:51.1. Kristin Peterson (Corvallis), 35th at Kinney, placed fourth in 10:55.8. Melynda Davis (Bar, Gresham), 61st at Kinney, was sixth in 10:58.5.

Aloha won the Class AAA girls' team title with 95 points. Lincoln was second with 147 and Wilson, second at Stanford, was third with 150.

A Letter to All Kinney Participants & Coaches:

The second page of the girls seeded race results of the Kinney Western Regional Cross Country Championships (held at Woodward Park in Fresno on December 3, 1983) was denoted "unofficial" pending a review of race finish films. We have now reviewed those films and have determined and identified a major error in those results.

Two groups of runners, although they remained in the order of their finish within their group, had their positions switched with each other. This affected a total of 51 runners: 17 of these runners were given places 34 spots higher than they had actually finished, and 34 of these runners were given places 17 spots lower than they had actually finished.

Based upon reports of coaches and, especially, a scrutinizing review of the finish video films, we were able to identify these two groups and present accurate results of the race.

The problem arose after the first group of finishers (1-43) had filled up one of the finish chutes. The next group to finish (places 44-77, a total of 34 runners) was directed into another chute. As that second chute also became full, a third group (places 78-94, a total of 17 runners) was directed into the same chute as the first group.

Normally, this will not create problems. However, no marker was inserted into the chute to separate the first group from the third group. Thus, the runner who finished 78th was given 44th place, and so on, until 94th was given 60th place. Then, the real 44th placer was given 61st place, and

runners 44-77 were given 94th

places. Runners in places 95-118 (as well as those in 1-43) were given correct places. But the runners reported as taken places 61-94 on the unofficial results are officially moved to 44-77, and those reported in 44-60 are officially moved to 78-94.

This reconstructs the actual finish placings achieved by all runners in this race on that day. We are sincerely sorry for any inconveniences of the inaccurate unofficial results prepared on race day, and also for the lateness in our being able to solve the problem. We were aware of the problem immediately after the race, but were unable to solve it at that time. We prepared results knowing they were wrong, but we were hopeful that we would, at sometime, be able to amend these results to their actual status. We are now confident enough of these results to make them public. Special thanks to California Video.

Respectfully,

Howard Willman
Scorer

Editor's Note:

If you would like an amended copy of the Kinney girls' seeded race results please send your request and a self-addressed, stamped envelope to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

RESULTS

From **JIM ECHMAN (Yreka, CA)**

AAA BOYS TEAMS

1. Jersey (Portland) 68, 2. Aloha 130, 3. Lake Oswego 135.

AAA BOYS INDIVIDUALS

1. Tracy Garrison (Klamath Union) 15:36.5, 2. Eric Peterson (N Eugene) 15:40, 3. Tom Sera (Beaverton) 15:42, 4. Lou Lauman (West Linn) 15:44, 5. Lew Barnes (Aloha) 15:45, 6. Jim Grell (Wilson) 15:48, 7. Steve Hval (Jes) 15:52, 8. Wes Tilgner (Dal) 15:55, 9. Eric Martin (Mtn View) 15:59, 10. Ron Gilbert (Wilson) 16:00. Other Wilson: 18. Tom McKillop (Wilson) 16:17.

AA BOYS INDIVIDUALS

1. Jerred Gildehaus (Rogue River) 15:39, 2. Mike Donaghu (Madras) 15:53, 3. Willy Hewson (Estancia) 16:02.

AAA GIRLS INDIVIDUALS

1. Marnie Mason (Klamath Union) 10:39, 2. Cathy Wall (Molalla) 10:40, 3. Pat Monnie (Lakeridge) 10:51, 4. Kristin Peterson (Corvallis) 10:55, 5. Kim Bovis (Aloha) 10:57, 6. Melynda Davis (Bar) 10:58, 7. Traci Reid (Aloha) 10:59, 8. Becky Wilson (Springfield) 11:02, 9. Liz Becker (Sunset) 11:05, 10. Stacy Hughes (Lakeridge) 11:05.

AA GIRLS INDIVIDUALS

1. Tassie Norton (Philomath) 11:04.0, 2. Julie Link (St. Mary of Valley) 11:14.

Sac-Joaquin Sec. X-C Champs.

from Steve Fagundes

Sierra College, Rocklin, November 11.

Senior Joni Mooney (Vacaville) captured her third consecutive section crown racing to an impressive victory in the girls division. Davis senior Sally Pinkner finished a strong second despite falling in the early stages of the race and having to work her way up from the "back of the pack". Seniors Beth Wilson and Stacey McAfee led their Del Oro (Loomis) teammates to an overwhelming victory in the team competition. Champions in 1981 and runners-up in 1982, the Eagles left no doubt as to which team is the best in the Sac-Joaquin Section. In the boys division, another Del Oro standout Pete Vicencio captured his first section title and remained undefeated against section competition. Senior Rod Grieve (Jesuit, Carmichael) finished a close second in the individual race and led the Marauders to a convincing victory and their second consecutive team championship. Placing their top six runners in the top twenty individuals, the Jesuit harriers scored only 26 points in capturing one of the most impressive victories in recent memory.

Individual Results - Boys

- 1 Pete Vicencio, Del Oro 15:23
- 2 Rod Grieve, Jesuit 15:27
- 3 Rod Coker, Vacaville 15:34
- 4 Nick Sparks, Bella Vista 15:36
- 5 Mark Mastallir, Jesuit 15:42
- 6 Manuel Silveria, Calaveras 15:45
- 7 Ethan Palo, Sacramento 15:46
- 8 Dorin Slade, Valley 15:48
- 9 Chris Allen, Mira Loma 15:53
- 10 Danny Valdez, Merced 15:54
- 11 Ian MacArthur, Jesuit 15:56
- 12 Craig Sawyer, Grace Davis 15:58
- 13 James Price, Sacramento 16:01
- 14 Eric Smedburg, El Dorado 16:03
- 15 Vance Goss, Nevada Union 16:04
- 16 Eric Mastallir, Jesuit 16:05
- 17 Paul Thomas, Jesuit 16:05
- 18 Harold Navroth, Vanden 16:12
- 19 James Garrett, Vacaville 16:12
- 20 Jim Thomas, Jesuit 16:14

Team Scores

1. Jesuit (Carmichael) 26, 2. Nevada Union (Grass Valley) 100, 3. El Dorado (Placerville) 110, 4. Cordova (Rancho Cordova) 110, 5. Merced 129, 6. Vacaville 129, 7. Modesto 172, 8. Lincoln (Stockton) 189, 9. Placer (Auburn) 195, 10. Bret Harte (Altaville) 276.

Individual Results - Girls

- 1 Joni Mooney, Vacaville 17:40
- 2 Sally Pinkner, Davis 17:57
- 3 Colleen Donovan, Lodi 18:11
- 4 Beth Wilson, Del Oro 18:18
- 5 Stacey McAfee, Del Oro 18:18

- 6 Deonne Self, Del Campo 18:47
- 7 Robin Madell, Davis 19:02
- 8 Wendy Knox, Del Oro 19:06
- 9 Alix Tubman, Grace Davis 19:11
- 10 Kelly Donaldson, Merced 19:18
- 11 Laura Bushing, Yuba City 19:24
- 12 Kim Stark, Amador 19:28
- 13 Mary Robinson, St. Francis 19:32
- 14 Brenda Payton, El Dorado 19:33
- 15 Julie Verke, St. Francis 19:33
- 16 Londa Mobley, Tracy 19:38
- 17 Diane Shelgren, El Camino 19:48
- 18 Barb Crowley, Del Oro 19:49
- 19 Josette Lewis, Davis 19:50
- 20 Tammy Foster, El Dorado 19:50

Team Scores

1. Del Oro (Loomis) 53, 2. St. Francis (Sacramento) 105, 3. Vacaville 108, 4. Del Campo (Fair Oaks) 122, 5. Davis 127, 6. El Dorado (Placerville) 130, 7. Bella Vista (Fair Oaks) 135, 8. Merced 153, 9. Tracy 185, 10. Amador 213.

Southern Section X-C Champs.

by Doug Speck

November 12 & 19: Mt. San Antonio College, Walnut.

On the Saturdays of November 12th and 19th the Southern Section moved itself and its four school-size divisions for the Men and Women out to Mt. SAC for its Prelims and Finals competition. The day of the 12th was marred by quite a bit of rain in the previous 24 hours which necessitated a switchover to an all-weather rain course. On a route that turned out to be 347 yards short of three miles there were few upsets in the form charts, as everyone counted on being a big part of the action made it to the Finals. The weather on November 19th broke beautifully, with the moisture during the previous week serving to keep the dust down and nicely pack the challenging Mt. SAC trails.

photo by Bob Berryman, Jr.



PETE VICENCIO

There were a number of record performances in the Finals. Palos Verdes' Kirsten O'Hara charged to an amazing 4A Women's individual win that put her name at the top of the record lists. Coach Don Braden's Barstow Men peaked in their usual super style to set another area record, and Pasadena's Jesus Gutierrez and Santa Barbara's Danny Holmes raced to an exciting individual duel in the Men's 4A. For all the details read on—

Women's 4A Division: Tustin had been ranked number one here from early in the season and had an amazing string of team successes along the way. A trio of squads, Palos Verdes, Irvine, and Edison (Huntington Beach), appeared able to step in should Coach Tom Coffey's Tillers falter. The upset was not to be, however, as the Tustin crew, led by Jenni Scott (2nd-18:32) put their five scorers in the top eighteen places to score 54 points (95:28, just behind their 95:20 at the Mt. SAC Invite marking them as the 6th best ever team at Mt. SAC.). Palos Verdes as 2nd (81-95:01 5th All Time), Irvine's awesome Course Record all underclass (with the 1st-18:32 scorers) Buena (Ventura) team was third (121-97:28 16th All Time), as team leaders Laura Chapel (Irvine) and Nicole Riltchot (Edison) were non-finishers for their squads.

Individually, Palos Verdes' O'Hara was superb. The individual champion here with Course Record (81-95:01 5th All Time), her performance here was nothing short of amazing. The young ladies here are running miles for only three years now, but they have been some solid individuals who have raced here. To win your race by over a minute and take the Course Record (17:25 Katie Dunsmuir 1982) by nine seconds was obviously the individual performance of the Meet. Kirsten V separated herself from the pack after a flat first mile, and raced away with an effort that has to mark her as a national's best.

photo by E. Davis



FRANK RAMIREZ

Results: Tustin 54 (95:28), Palos Verdes 81 (95:01), Buena (Ventura) 121 (97:28), Irvine 147 (98:54), Foothill (Santa Ana) 164 (99:32), Newport Harbor 178 (98:58), Edison (Huntington Beach) 178 (100:10), El Toro 188 (100:09), Westlake 188 (100:23), Thousand Oaks 191 (101:49), Hawthorne 212 (101:11), Dos Pueblos 278 (103:56). **Individual:** K. O'Hara (PV) 17:16 (course record), Scott (Tust) 18:32, McCarty (Buena) 18:38, Morris (NH) 18:47, Donahue (Torrance) 18:47, Cox (FTHI) 18:59, Feuss (Westl) 19:00, Snyders (Edis) 19:00, Bessel (TO) 19:01, McCornick (Tust) 19:02, Schuster (Irv) 19:02.

Men's 4A Division: A very wide open division all season long, six teams were within 50 seconds (times of top five added up) in the Prelims. In the end it boiled down to the strength of Orange County's Seaview League. Annually providing a number of the top-ranked 4A teams in both the Men's and Women's divisions, five squads from this League graced the 1983 4A finals. In a study of real patience, as pointed out by Richard Dunn of the Orange County Daily Pilot, Corona Del Mar and El Toro had been in the same meet five times so far this season. In three of those meets in "head-on" competition, Corona Del Mar, led by 4:14 miler Dave Anderson, had been victorious. In the other two, where they did not directly meet, Corona Del Mar had the faster team time. The sixth time was a charm, as El Toro used a 35 second 1.5 gap from 8th place Spencer Allen (15:47) to 27th place Bryan Moreno (16:22) to score 95 points (80:50) and edge Corona Del Mar 104 (80:40).

Jesus Gutierrez (Pasadena) seemed capable of cruising through the individual race to a comfortable win, as he appeared to go through two and three-quarter miles. With a quarter of a mile to go on the flat into the finish it was Jesus with about eight yards over Dan Holmes (Santa Barbara), who had been six seconds back of the Pasadena the week before in the Prelims. Gradually picking away at the lead, Holmes was within five yards with a 110 to go, and from there he mounted a furious sprint that edged him past Gutierrez with thirty yards to go. This burst left the surprised Jesus with too little room to respond, and Holmes edged in just ahead at the chute 15:00-15:01. A star may have been born as Holmes' time ties him for No. 11 All-Time here, while Gutierrez (who has four clockings faster than 15:00 here) learned the kind of lesson his Coach Mark Evans stated you don't like to learn at this level of competition. Pat Watson (Palos Verdes) raced a fine 15:09 in third.

Results: El Toro 95 (80:50), Corona Del Mar 104 (80:40), Simi Valley 129 (81:42), Newbury Park 135 (81:24), Mater Del (Santa Ana) 148 (81:54), Buena (Ventura) 163 (82:10), Lakewood 164 (82:15), Dos Pueblos (Goleta) 186 (82:45), Villa Park 191 (82:40), Colton 204 (83:16), Westlake 205 (82:56), Palos Verdes 210 (84:58). **Individual:** Holmes (Santa Barbara) 15:00, Gutierrez (Pasadena) 15:01, Watson (PV) 15:09, Anderson (CDM) 15:19, Rice (NP) 15:25, Paima (Glendale) 15:27, Esparza (Santa Barb) 15:30, Quintana (Lakew) 15:34, Green (VP) 15:34, Perez (Colton) 15:41, Myers (Westl) 15:46, Allan (ET) 15:47, Valen (El Modena, Orange) 15:49.

Women's 3A Division: Ever since the mid-season emergence of the super frosh duo of Julie Cooper and Beth Rospajila to go along with the fine senior trio of Marcia Escobosa, Holly Bean, and Meg O'Neil, Coach Don Chadez's El Dorado (Placerville) Golden Hawks had been judged far and away this Division's best. The El Dorado group survived Bean's final week illness to cruise to a 67 point total win (95:59 No. 7 All-Time team) over a young Mission Viejo group (81-96:20 No. 8 All-Time). Mission Viejo features a top six of ninth and tenth graders.

Individually, San Gabriel senior Sylvia Mosqueda continued her fine season

continued on next page...

Prep Notes

with a well-paced 17:53 victory (No. 10 All-Time) over sophs Lisa Rizzo (Hart, Newhall) 18:08 (No. 17 All-Time) and Maura Daly (Mission Viejo) 18:12 (No. 19 All-Time). Claire Felt (Mater Dei, Santa Ana), famous for her "all-or-nothing" cross country strategies, once again this year went through all the agonies during a gradually fading final mile that had her fall from near the lead to fifth place.

Results: El Dorado (Placentia) 67 (95:59), Mission Viejo 81 (96:20), Rowland 116 (98:35), Mater Dei 133 (99:11), Esperanza (Anaheim) 151 (100:02), Norco 162 (100:43), Bishop Amat (La Puente) 164 (101:30), Saugus 169 (100:04), Hart (Newhall) 191 (101:53), El Rancho (Pico Rivera) 205 (103:26), Rubidoux (Riverside) 215 (103:34), Alta Loma 216 (103:01). **Individual:** Mosqueda (San Gabriel) 17:53, Rizzo (Hart) 18:08, Daly (MV) 18:12, Good (Arlington) 18:27, Felt (Mater Dei) 18:31, Escobosa (El Dor) 18:39, Cooper (El Dor) 18:39, Rospajta (El Dor) 18:52, Hutchinson (MV) 18:55, Hays (Rowland) 19:00, Maldonado (BA) 19:00, Moring (Hart) 19:01.

Men's 3A Division: Barstow was after its fifth consecutive trophy for a first or second place performance and Jim Ortiz of that school was out to be the first Section athlete to win three consecutive individual championships. The first goal was accomplished, but the second Barstow objective for the day was not fulfilled surprisingly due to the efforts of one of Ortiz's teammates.

The usual super peak of Coach Don Braden's desert group took a tight team race (the first seven teams within 1:07 in the Prelims) and turned it into a blowout to win by one and a half minutes 78:39-81:14 (59-104 points) over Dave Hoiland's Mira Costa (Manhattan Beach) group. Barstow's 78:39 is the top ever Southern Section time (only area team ever under 79:00 here), and third All-Time behind Helix of San Diego's great 78:08 from 1977. Henry Morton (Barstow), held back with dental problems for part of the year, went from 20th in the Prelims to 4th in the Finals (15:40) to help power Barstow way out in front.

Individually, the Barstow duo of Ed Toro (4:20.82 miler) and Jim Ortiz separated themselves from the pack after a mile and a half, and it appeared it was nice that they were working together, but that Ortiz would pull away, as usual, over the latter part of the race. But Mr. Toro was extra determined today and Ortiz looked to be definitely the more laboring of the two as they battled over Reservoir Hill a half mile from the finish. During the final quarter mile, and especially during the final 220 yards, Toro eased away from his teammate to the win. Eddie's 15:02 is No. 15 All-Time here, with Ortiz finishing out a brilliant prep career with his second at 15:09. Toro had never before beaten Ortiz in a major meet. Ortiz started his prep career back as a 9th grader at Kennedy Junior High in Barstow with a third at the IA level, and followed it with 2A and 3A individual victories the last two years.

Results: Barstow 59 (78:39), Mira Costa (Manhattan Beach) 104 (81:14), Norco 114 (81:40), Mission Viejo 130 (81:46), Dana Hills 139 (82:10), Saugus 158 (82:43), Temple City 159 (82:33), South Hills 190 (83:24), Rowland 209 (83:30), Montebello 209 (83:39), Buena Park 213 (83:33), Hawthorne 230 (84:17). **Individual:** Toro (Barst) 15:02, Ortiz (Barst) 15:09, Wright (Sunny Hills, Fullerton) 15:26, Morton (Barst) 15:40, Nelson (La Sierra soph) 15:41, Christie (MV) 15:41, Fetters (Upland) 15:42, Crafton (Mira Costa) 15:42, Rubio (Hawthorne) 15:47, Scardino (Bu Pk) 15:52.

Women's 2A Division: Defending champion Lompoc survived another tough Northern League season and Coach Sara Malmstrom's young group (One senior) cruised through good Prelims and Finals

efforts to a repeat championship effort. The Braves scored 85 (101:19) to take League rival Arroyo Grande (102:102:44), and with only one senior, fine leader Sally Rich, the Women's Lompoc group appears to be building a dynasty similar to that built up on the Men's side of the program in the late 1960's and early 1970's. Chantal Plante (Arroyo Grande) finished out a fine regular season with a comfortable 18:32 individual victory here.

Results: Lompoc 85 (101:19), Arroyo Grande 102 (102:49), La Quinta (Garden Grove) 104 (103:32), Chino 116 (105:04), Diamond Bar 135 (105:35), Louisville (Woodland Hills) 136 (105:23), South Hills (Covina) 161 (105:36), Cabrillo (Lompoc) 180 (107:30), Agoura 193 (107:59), Indio 198 (106:39), Yucaipa 202 (108:46), Rosemead 276 (211:33). **Individual:** Plante (AG) 18:32, DeSantiago (Ontario) 18:45, Oslinker (South Hills) 18:46, Loveall (Lompoc) 18:46, Harkins (La Quinta) 19:18, Williams (Mt. View, El Monte) 19:28, Rich (Lompoc) 19:35, Unruhe (Nordhoff, Ojai) 19:37.

photo by Burt Davis



CHANTAL PLANTE

Men's 2A Division: The team championship here was a foregone conclusion, as Coach Tim O'Rourke's Arroyo (El Monte) Knights had the fastest Prelim Team Time by three and a half minutes. Their Finals effort let no one down as the Knights put seven in the top seventeen for 30 points (79:16) to successfully defend their 2A title. Arroyo's super 1984 class led them to the No. 9 Team Time ever here. Perris peaked nicely for 2nd (93:82-14), led by Allen Carlton (8th-15:55) and super soph Sal Gonzaga (13th-16:05). Individually, Lompoc's Frank Ramirez controlled the race through the final mile to win over Agoura's Paul Burroughs 15:24-15:27. Brock Reagan (15:31) and Mike Perez (15:40) led the Arroyo charge in the next two spots.

Results: Arroyo (El Monte) 30 (79:16), Perris 93 (82:14), Rancho Alamitos (Garden Grove) 128 (83:20), Brawley 132 (83:21), Mountain View (El Monte) 153 (84:17), Lompoc 176 (84:33), Righetti (Santa Maria) 180 (85:14), Arroyo Grande 183 (85:34), Loyola (LA) 185 (85:35), Nordhoff (Ojai) 190 (85:31), Garden Grove 201 (86:13). **Individual:** Ramirez (Lomp) 15:24, Burroughs (Agoura) 15:27, Reagan (Arr) 15:31, Perez (Arr) 15:41, Moscarro (Rosemead frosh) 15:53, Quinones (Righetti) 15:50, Hoffman (St. Bernard, Playa Del Rey) 15:54, Carlton (Perris) 15:55, Fest (Arr) 15:58, Block (Lomp) 16:00, Trejo (Arr) 16:00.

Women's IA Division: Season long favorite Morro Bay was another defending champion that made good, as they sailed away from the pack to win by 55 points and an even more amazing six and a half minutes time-wise (62 points-100:43). Kathy Lewis (4th), Teresa Ogle (8th), and frosh Ashley Orton (11th) led Coach Cary Nerelli's snappy group that is probably the State's best female squad from a coed school with less than a thousand students. Los Padres League rival Atascadero was second (117-107:01).

Up front individually, Patty Almedariz (St. Monicas, Santa Monica), who had made no invitational appearances in 1983 after her 10:49.08 two mile last track season, was an easy winner in 19:02. Patty may be the first ever Sectional Cross Country divisional winner who walked up part of each hill.

Results: Morro Bay 62 (100:43), Atascadero 117 (107:01), Marantha (Sierra Madre) 123 (108:20), La Reina (1000 Oaks) 158 (110:39), Sherman Indian (Riverside) 159 (110:55), Paraclete (Lancaster) 165 (110:53), 29 Palms 173 (111:04), Bishop 178 (111:33), Carpinteria 184 (111:59), Westlake Academy (LA) 201 (111:48), St. Monica (Santa Monica) 215 (113:57), Azusa 273 (118:43). **Individual:** Almedariz (St. Mon.) 19:02, McKrell (Atasc) 19:21, Olson (Pasadena) Poly) 19:32, Lewis (MorBay) 19:45, Lagsdon (St. Mon) 19:52, Doody (Webb, Claremont) 19:56, Robbins (29 Palms) 20:02.

Men's 1A Division: Sherman Indian (Riverside) and LaSalle (Pasadena) battled again, just as they have for so many years. After a pretty close Prelims team time battle in different races LS 74:35-SI 74:36 (LaSalle without its second man), Sherman ran away, literally, with the Finals. Scoring a miniscule 27 points (81:49), Coach Ken Taylor's Sherman group picked up their seventh team title in the past ten years. LaSalle, led by the cruising individual win of J.P. Hall (15:16), raced an excellent 82:20 with 64 points in second.

This division should be tough next year, as Sherman returns five of its top seven, LaSalle six of seven, and third placer Atascadero all seven of its Varsity. **Results:** Sherman Indian (Riverside) 27 (81:49), LaSalle (Pasadena) 64 (82:20), Atascadero 114 (84:58), Marantha (Sierra Madre) 145 (85:51), Cathedral (LA) 170 (86:47), Morro Bay 173 (86:45), Brentwood 183 (87:09), Fillmore 187 (86:14), Whittier Christian 196 (87:22), Bell-Jeff (Burbank) 225 (88:57), 29 Palms 278 (90:40), Lutheran (Orange) 294 (90:40). **Individual:** Hall (LS) 15:16, Mawhorter (LaVerne Lutheran) 15:43, Trujillo (SI) 16:06, Francisco (SI) 16:14, Koinva (SI) 16:19, S. Grijalva (Atasc) 16:24, Mutschler (LV Lutheran) 16:26, Hoff (MorBay) 16:31.

New Mexico State Meet

By KEITH CONNING

November 12. Albuquerque, New Mexico.

Simon Gutierrez (Del Norte, Albuquerque), who placed third in the '83 Kinney National Championship in San Diego, set a new course record in winning the AAAA race in 15:04.1.

The 1983 season couldn't have ended up on a happier note for Gutierrez. The Knight completed the high school season undefeated, and helped Del Norte to a second place in the AAAA at state.

"It's over," Gutierrez said to Martin Frenz of the *Albuquerque Journal*. "It's a big relief." Gutierrez trained with marathon runners this season in addition to his high school workouts, "...and put in a lot of work, a lot of miles. I was training every weekend."

Glenn Morgan (Del Norte), fifth in the Kinney Western Regional in Fresno, placed second in the AAAA behind Gutierrez.

Washington State Meet

By KEITH CONNING

November 12. Hangman Valley Golf Course, Spokane, 3 Miles.

Brent Felt (Blanchet) defeated Kurt Messersmith (Mead, Spokane), 60th at the Kinney Western Regional, by 1.1 seconds—15:25.4 to 15:26.5—to win the Class AAA.

Eric Hruschka (Lynwood, Bothell), 56th in the Kinney, won the Class AA title in 15:34.0.

Junior Chris Sientz (Lewis & Clark, Spokane), fourth in the Kinney Western, defeated Randy Taruscio (Walla Walla), the only runner to defeat her before the State Meet, by 4.9 seconds—18:13 to 18:17.9 to win the Class AAA.

"I felt like a shark—it was wet enough," said Sientz to Kevin Taylor of *The Spokesman Review*. "This is my first year of cross country. I was just going to run it to be a better track runner."

RESULTS

AAA BOYS

1. Brent Felt (Blanchet) 15:25.4, 2. Kurt Messersmith (Mead) 15:26, 3. Matt Donnelly (Renton) 15:36, 4. Bruce McDowell (Columbia River) 15:43, 5. Brad Jones (Kennewick) 15:49.

AA BOYS

1. Eric Hruschka (Lynwood) 15:34.0, 2. John Hogan (Gig Harbor) 15:36, 3. Buck Jones (Ellensburg) 15:37, 4. Chris Morton (Eastmont) 15:40, 5. Travis Perry (Shorecrest) 15:41, 6. Scott Smith (Kelso) 15:43, 7. Dan Hardebeck (Eastside Catholic) 15:48.

A BOYS

1. Robert Price (Carroll) 15:49.2.

AAA GIRLS

1. Chris Sientz (Lewis & Clark) 18:13.3, 2. Randi Taruscio (Walla Walla) 18:17, 3. Michelle Swanson (Auburn) 18:34, 4. Libby Tyson (Walla Walla) 18:36, 5. Terry Esser (Wilson) 18:40, 6. Monica Campbell (Bellevue) 18:45.

AA GIRLS

1. Genevieve Pfueller (Sehome) 18:15.2, 2. Karen McMurray (Shorewood) 18:31, 3. Stacy Larsen (Edmonds) 18:44, 4. Amy Williams (Edmonds) 18:45, 5. Lia Shirek (Gig Harbor) 18:49.

A GIRLS

1. Heather Maple (Tonasket) 18:40.7.

Central Coast Section Region I

From KEITH CONNING

November 15. Crystal Springs, Belmont. 2.93 miles.

BOYS TEAMS

(Top 4 advance to CCS) 1. Bellarmine 47, 2. Carlmont 95, Menlo-Atherton 111, 4. St. Francis 140, 5. Serra 154, 6. Half Moon Bay 158, 7. South San Francisco 187, 8. San Mateo 201, 9. Aragon 230, 10. Capuchino 229, 11. St. Ignatius 244, 12. Jefferson 264, 13. Westmoor 279, 14. Westside 349.

BOYS INDIVIDUALS

(Top 9 advance to CCS) 1. Matt Giusto (San Mateo) 14:56.1, 2. Chris Becerra 15:01, 3. Rob Wickstrom (Serra) 15:22, 4. Paul Ghidossi (Capuchino) 15:28, 5. Paul Leonard (St. Francis) 15:34, 6. Shawn Ayers (Bellarmine) 15:36, 7. Fernando Ramirez (So San Francisco) 15:40, 8. Shane O'Flaherty (Bellarmine) 15:42, 9. Jim Thompson (Half Moon Bay) 15:45, 10. John Dye (Half Moon Bay) 15:48, 11. Keith Allen (Bellarmine) 15:52.

GIRLS TEAMS

(Top 4 advance to CCS) 1. Half Moon Bay 55, 2. Menlo-Atherton 80, 3. Terra Nova 103, 4. San Mateo 114, 5. Mills 119, 6. Aragon 128, 7. Burlingame 144, 8. Westmoor 151, 9. Sacred Heart (Menlo Park) 181, 10. Carlmont 222.

GIRLS INDIVIDUALS

(Top 7 advance to CCS) 1. Sabrina Han (Westmoor) 17:51.6, 2. Lori Wilson (Terra

Nova) 18:40, 3. Silvia Aguirre (Burlingame) 18:48, 4. Lorena Ferreira (Half Moon Bay) 19:05, 5. Hartlaub (Burlingame) 19:17, 6. Kim Williams (Terra Nova) 19:25, 7. Faigle (Half Moon Bay) 19:55, 8. Yvonne Kendall (Mills) 19:57, 9. Holmes (Menlo-Atherton) 19:57, 10. Sandrine DeMarbel (Menlo-Atherton) 20:05.6.

Central Coast Section Region II

From KEITH CONNING

November 15. Crystal Springs, Belmont. 2.93 miles.

BOYS TEAMS

(Top 4 advance to CCS) 1. Willow Glen 44, 2. Mountain View 67, 3. Saratoga 83, 4. Leland 128, 5. Gunderson 142, 6. Monta Vista 165, 7. Gunn 172, 8. Lynbrook 184, 9. Milpitas 233, 10. Homestead 245, 11. Santa Clara 278, 12. Palo Alto 308, 13. Lincoln 325.

BOYS INDIVIDUALS

(Top 9 advance to CCS) 1. James Green (Gunderson) 15:07.7, 2. Victor Santa Maria (Willow Glen) 15:41, 3. Hector Barron (Willow Glen) 15:42, 4. Rich Clark (Mtn View) 15:43, 5. Craig Blockus (Mtn View) 15:53, 6. Roger Kohne (Gunn) 15:55, 7. Doug Gollilher (Saratoga) 15:58, 8. Paul Hoover (Mtn View) 16:00, 9. Eugene Tung (Saratoga) 16:02, 10. Greg Rivera (Willow Glen) 16:07, 11. Aurelio Mendoza (Willow Glen) 16:19, 12. Mike Matthews (Santa Clara) 16:20, 13. Rich Salazar (Saratoga) 16:24, 14. Herb Pepper (Homestead) 16:24, 15. Armando Orozco (Milpitas) 16:39.

GIRLS TEAMS

(Top 4 advance to CCS) 1. St. Francis 69, 2. Gunderson 130, 3. Mountain View 133, 4. Palo Alto 135, 5. Gunn 144, 6. Homestead 147, 7. Willow Glen 156, 8. Leland 171, 9. Lynbrook 205, 10. Milpitas

photo by Keith Conning



SABRINA HAN

226, 11. Santa Clara 263, 12. Fremont 274, 13. Saratoga 279, 14. Lincoln 394.

GIRLS INDIVIDUALS

(Top 10 advance to CCS) 1. Shannon Clark (Mtn View) 17:44.3, 2. Laurie Chapman (Gunderson) 18:18, 3. Michelle Seck (Lynbrook) 18:34, 4. Deena Adams (Gunderson) 18:47, 5. Kim Himenes (St. Francis) 18:50, 6. Kelly Bungo (Milpitas) 18:56, 7.

Karen Himenes (St. Francis) 18:58, 8. Connie Buckler (Saratoga) 19:00, 9. Julie Castello (Willow Glen) 19:08, 10. Jeanette DeMoss (Leland) 19:13, 11. Laura Burtness (Gunn) 19:19, 12. Eve Sheehan (Gunderson) 19:26, 13. Peggy Naughten (Homestead) 19:50, 14. Dana Rositano (St. Francis) 19:53, 15. Dondi Hart (Homestead) 19:54.

San Francisco Section

From HERB BLANCHARD (McAteer)

November 15. Polo Fields, Golden Gate Park, San Francisco. 3.1 miles boys/2.7 miles girls.

BOYS TEAMS

1. Washington 26, 2. Lowell 49, 3. Balboa 101, 4. O'Connell 129, 5. McAteer 180, 6. Galileo 206, 7. Mission 289, Wilson and Lincoln N/C.

BOYS INDIVIDUALS

1. Michael Wright (Washington) 18:44.1, 2. Bill Lai (Washington) 18:59.4, 3. Jerome Grimes (Balboa) 19:05.6.

GIRLS TEAMS

1. Lowell 25, 2. McAteer 47, 3. Washington 99, 4. Balboa 167, 5. Lincoln 209, 6. O'Connell 250. Wilson, Mission and Galileo N/S.

GIRLS INDIVIDUALS

1. Maura Digiesi (McAteer) 20:05, 2. Trish Brown (Lowell) 20:37, 3. Adrienne Digiesi (McAteer) 20:43.

Central Coast Section Region III

From KEITH CONNING

November 16. Crystal Springs, Belmont. 2.93 miles.

photo by Keith Conning



SEAN CROWLEY

BOYS TEAMS

(Top 4 advance to CCS) 1. Leigh 49, 2. Del Mar 62, 3. Los Gatos 99 (6th runner 36th), 4. Westmont 99 (6th runner 41st), 5. Independence 113, 6. Overfelt 119, 7. Oak Grove 167, 8. Santa Teresa 198, 9. Lick 232, 10. Hill 306.

BOYS INDIVIDUALS

(Top 8 advance to CCS) 1. Sean Crowley

(Overfelt) 15:40.5, 2. Chris Craig (Leigh) 15:55, 3. Scott LaForce (Los Gatos) 16:00, 4. Angel Ventura (Leigh) 16:07, 5. Dan Schall (Del Mar) 16:14, 6. Dave LaPlante (Del Mar) 16:16, 7. Paul Bragg (Independence) 16:17, 8. Joey Sanders (Branham) 16:17, 9. Tom Legan (Del Mar) 16:18, 10. Dave Hamm (Leigh) 16:19, 11. Andy Walsh (Westmont) 16:21, 12. Bob McLaughlin (Oak Grove) 16:23, 13. Pat More (Los Gatos) 16:23, 14. Marc Shiota (Westmont) 16:24, 15. Marc Beuchemin (Westmont) 16:31.

GIRLS INDIVIDUALS

(Top 4 advance to CCS) 1. Los Gatos 39, 2. Mitty 82, 3. Leigh 100, 4. Santa Teresa 107 (6th runner 47th), 5. Del Mar 107 (6th runner 48th), 6. Independence 109, 7. Hill 171, 8. Branham 226, 9. Piedmont Hills 232.

GIRLS TEAMS

(Top 7 advance to CCS) 1. Nanette Garcia (Silver Creek) 18:15.0, 2. Rebecca Chamberlain (Leigh) 18:43, 3. Monica Daley (Los Gatos) 18:47, 4. Sheri Opp (Santa Teresa) 19:23, 5. Deirdre Kelly (Mitty) 19:31, 6. Lanette Davis (Del Mar) 19:35, 7. Therese Fisher (Los Gatos) 19:41, 8. Kim Thronson (Mitty) 19:42, 9. Ann Wimmer (Los Gatos) 19:43, 10. Rosemary Gomez (Independence) 19:48, 11. Barbara Keehner (Hill) 19:54, 12. Melissa Foster (Los Gatos) 20:00, 13. Laura Henry (Los Gatos) 20:04, 14. Kristen Dowell (Santa Teresa) 20:05, 15. Harpreet Kuhr (Leigh) 20:18.

Central Coast Section Region IV

From KEITH CONNING

November 16. Crystal Springs, Belmont. 2.93 miles.

BOYS TEAMS

(Top 4 advance to CCS) 1. North Monterey County 78, 2. Palma 92, 3. Soquel 93, 4. Stevenson 126, 5. Live Oak 162, 6. San Lorenzo Valley 175, 7. Hollister 207, 8. Harbor 212, 9. Watsonville 218, 10. North Salinas 269, 11. Pacific Grove 272, 12. Gilroy 321, 13. Redwood Christian 343, 14. Seaside 344, 15. Monterey 354, 16. Aptos 404, 17. Valley Christian 512.

BOYS INDIVIDUALS

(Top 12 advance to CCS) 1. Troy Curran (York) 15:55.4, 2. Marc Goulet (Soquel) 16:30, 3. Andy McCutcheon (Soquel) 16:31, 4. Kevin White (Stevenson) 16:39, 5. Juan Serrano (N. Monterey County) 16:50, 6. Greg Kewish (Harbor) 16:56, 7. David Cattanach (Pacific Grove) 16:58, 8. Dale Porter (Live Oak) 16:58, 9. Bob Lyle (Live Oak) 17:04, 10. Arnold Martinez (N. Monterey Co.) 17:06, 11. Marty Brenner (Harbor) 17:08, 12. Tim Blair (Soquel) 17:09.

GIRLS TEAMS

(Top 4 advance to CCS) 1. Aptos 51, 2. Soquel 76, 3. North Salinas 86, 4. Pacific Grove 118, 5. Live Oak 132, 6. Gilroy 135, 7. North Monterey County 149, 8. Notre Dame (Salinas) 194, 9. Seaside 223, 10. Santa Catalina 230, 11. Valley Christian 263.

GIRLS INDIVIDUALS

(Top 9 advance to CCS) 1. Kelly Ilnicki (Harbor) 18:52.1, 2. Laura Mier (Notre Dame) 20:03, 3. Chris Strandberg (Live Oak) 20:09, 4. Kris Kelly (Live Oak) 20:20, 5. Darcy Hatton (Monterey) 20:23, 6. Diane Kitayama (Aptos) 20:37, 7. Barb Hudson (N. Monterey County) 20:46, 8. Daniele Karmian (Aptos) 20:52, 9. Martha Gourley (North Salinas) 20:52, 10. Dagmar Leguillon (Aptos) 21:04.

Oakland Section

By KEITH CONNING

November 16. Lake Merritt, Oakland. 2.6 miles.

Michael Kelly (Oakland) became the first ever runner from his school to win an individual cross country title. He completed the 2.6-mile course around Lake Merritt in 13:53.

Defending champion Skyline boys took the next four positions and eighth to win. Julie Calandra (Skyline) won the section title in 18:08. The Skyline girls, the

defending champions, won with a perfect score of 15.

RESULTS

BOYS TEAMS

1. Skyline 22, 2. Oakland 58, 3. Castlemont 72, 4. Fremont 84.

BOYS INDIVIDUALS

1. Michael Kelly (Oakland) 13:53, 2. Jeff DeWitt (Skyline) 13:56, 3. Scott Lichtenstein (Skyline) 13:58, 4. Bart Bombay (Skyline) 13:58, 5. Robert Baca (Skyline) 14:03, 6. Ken Fung (Fremont) 14:46, 7. Daniel Joiner (Castlemont) 14:51, 8. Victor Agran (Skyline) 14:53, 9. Steve Wenfel (Skyline) 14:53, 10. Quintin Garth (Oakland) 14:55.

GIRLS TEAMS

1. Skyline 15, 2. Fremont 44. Castlemont incomplete.

GIRLS INDIVIDUALS

1. Julie Calandra (Skyline) 18:08, 2. Julie Johnson (Skyline) 18:11, 3. Andrea Visser (Skyline) 18:30, 4. Faiza Ali (Skyline) 18:50, 5. Sonja Raub (Skyline) 19:11, 6. Medina Belton (Castlemont) 20:36, 7. Yolanda Ward (Fremont) 20:41, 8. Majjal Gauger (Skyline) 21:26, 9. Molette Dartz (Castlemont) 22:10, 10. Ronya Hull (Fremont) 24:33.

Arizona State Meet

By KEITH CONNING

November 16. Pima College, Tucson.

Jeff Cannada (Greenway), who placed 12th in the Kinney Western Regional in Fresno, defeated Chris Morgan (Mesa), ninth at Kinney, by nine seconds—15:51 to 16:00—to win the Class AAA. Bo Reed (Deer Valley) finished third in 16:34.

"I thought I had a good chance," Morgan said to Gary Aungst of *The Arizona Republic*. "I thought I could do better on the hills, but I didn't."

"My guess (before the run) was to hang with him in the early going," Cannada said to Aungst, "and kick at the finish. I thought I could get over the hill (Killer) before him, I'd win."

In the 1983 high school list compiled by Jack Shepard of *Track & Field News*, Cannada is listed sixth in the mile at 4:07.88 (converted), third in the 3000 meters at 8:16.7, and second in the two mile at 8:53.9.

Last year's state meet, when Morgan finished second and Cannada fourth, was the only time Morgan has finished ahead of Cannada before the Kinney meet.

Trina Leopold (Horizon), 22nd at Kinney, defeated Laura Goodwin (Palo Verde) by nine seconds—11:54 to 12:03. Kim Prince (Westwood) was third in 12:04. Betsy Berg (Amphitheater), 71st at Kinney, was fifth in 12:24. Beth Bates (Horizon), 46th at Kinney, was sixth in 12:29.

North Coast Section Meet of Champions

By KEITH CONNING

November 19. Shadow Cliffs Park, Pleasanton. 3 Mile.

Junior Calvin Gaziano (Castro Valley), second last year, defeated his teammate junior John Bass, fourth in 1982, by ten seconds. Senior John Foley (Miramonte, Orinda), 17th in 1982, finished third.

"I don't need to get injured in this race," Gaziano said to Steve Herendeen of *The Daily Review* (Hayward). "I've been having ankle problems and I didn't want to get hurt again with NorCal coming up next week. I figured I'd win the race. I just went out hard to leave everyone. When I was sure I had it, I just went at a comfortable pace. I didn't feel the need to kill myself."

"We went out fast, but I rested a bit during the race," Bass said to Herendeen.

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Prep Notes

deen. "I got back on the pace and stayed close, but I couldn't catch him (Gaziano). He's in better shape and a better runner."

"It was the race of my life; I was way back in the pack at the beginning," Foley said to Mitch Rinehart of the *Contra Costa Times*. "I just played a waiting game, and then turned it on over the last stretch."

"I should be the favorite (at NorCal)," Gaziano said to Herendeen. "It really puts the pressure on me because I'm expected to win. Everyone's training to beat me. I've got nothing to gain in that race and everything to lose. Some people think I'm just bragging. But there's a difference [between] bragging when you can't do what you say, and bragging when you can."

The Redwood (Larkspur) boys team, tenth in 1982, defeated Miramonte, ninth in 1982, by 20 points. San Ramon (Danville), sixth in 1982, was third.

Senior Noreen de Bettencourt (Carondelet, Concord), third in the NorCal in 1900 in 4:55.78, defeated junior Julie Rivers (Livermore), ninth in the Sacramento Section in 1982 while representing El Dorado of Placerville, by 11 seconds. Junior Julie Ruiz (Ursuline, Santa Rosa), 20th in 1982, placed third.

"I kept slipping, and a few times I almost fell," said de Bettencourt to Rinehart. "[But] my poor start pushed me, and I ran back up to the front."

"I wanted to stay with the front group and then bring in my track strategy in the last mile," de Bettencourt said to Alan McAllister of the *Oakland Tribune*. "I knew a lot of the girls were tough runners, so I tried to take over on the downhill to build momentum. The mud made it hard to get traction."

The Piedmont girls team, the defending champion, edged San Ramon, sixth in 1982, by four points. However, two San Ramon girls fell during the race. Redwood, 12th in 1982, was third.

RESULTS

From BOB VINCENT (San Ramon)

BOYS TEAMS

(Top 3 advance to NorCal): 1. Redwood 97, 2. Miramonte 117, 3. San Ramon 130, 4. Livermore 143, 5. Montgomery 156, 6. Piner 172, 7. Berkeley 176, 8. Castro Valley 197, 9. Encinal 220, 10. Terra Linda 221, 11. Clayton Valley 223, 12. Moreau 270, 13. Fort Bragg 305, 14. Mission San Jose 330, 15. Antioch 351, 16. University 353.

BOYS INDIVIDUALS

(Top 6 not on an advancing team will advance to NorCal) (Timer didn't function) 1. Calvin Gaziano (Castro Valley) 14:43, 2. John Bass (Castro Valley) 14:53, 3. John Foley (Miramonte) 15:15, 4. Kevin Toyer (Terra Linda) NT, 5. Scott Hill (Mias San Jose) NT, 6. Jim Howard (Northgate) NT, 7. Martin Higginbotham (Berkeley) NT, 8. Ryan Gilliam (Cardinal Newman) NT, 9. Bobby Rivera (Newark Memorial) 15:35, 10. Alex Britton (Redwood) 15:35, 11. Pete Vincent (Montgomery) 15:36, 12. Scott Savage (Foothill) 15:38, 13. Mike Goralka (Livermore) 15:39, 14. Shawn Nisson (Lower Lake) 15:40, 15. Adam McAboy (Miramonte, soph) 15:40, 16. John Buck (Logan) 15:41, 17. Darrin Banks (Encinal) NT, 18. Kevin Temple (Piner) NT, 19. Alex Lopez (Encinal) NT, 20. John Mann (Redwood) NT, 21. Jim Hamera (Livermore) NT, 22. Chuck Lewis (San Ramon) 15:53, 23. Stuart Wiseman (El Cerrito, soph) 15:57, 24. Paul Oliver (Berkeley) 15:58, 25. Greg Stevens (Acalanes) 15:59, 26. Sal D'Acquisto (Fort Bragg) 15:59, 27. Bart Stephens (San Ramon) 16:02, 28. Eric Custer (Redwood) 16:03, 29. T. J. Dearborn (Clayton Valley) 16:04, 30. Steve Miller (Piner) NT.

GIRLS TEAMS

(Top 3 advance to NorCal): 1. Piedmont 80, 2. San Ramon 84, 3. Redwood 136, 4. Terra Linda 146, 5. Acalanes 156, 6. Eureka 165, 7. Amador Valley 196, 8. Fort Bragg 216, 9. Alhambra 228, 10.

Miramonte 234, 11. Ursuline 240, 12. College Park 251, 13. Livermore 270, 14. Clayton Valley 293, 15. University 422.

GIRLS INDIVIDUALS

(Top 6 not on an advancing team will advance to NorCal): 1. Noreen de Bettencourt (Carondelet) 17:47.1, 2. Julie Rivers (Livermore) 17:58.3, 3. Julie Ruiz (Ursuline) 18:03.6, 4. Tina Goodykoontz (San Ramon) 18:09, 5. Sally Wood (Piedmont) 18:20, 6. Amy Cathcart (Amador Valley) 18:26, 7. Laura Carter (San Ramon, soph) 18:27, 8. Heather Houston (Eureka, soph) 18:28, 9. Nancy Benson (Piedmont) 18:32, 10. Carrie Costamagna (Marin Catholic) 18:33, 11. Vonda Vondaveer (San Ramon) 18:33, 12. Dana Pyorre (Fr. Bragg) 18:34, 13. Sheelagh Murphy (Notre Dame) 18:35, 14. Sarah Hill (Piedmont) 18:48, 15. Suzanne Shaw (Eureka) 18:53, 16. Sally Carlson (Ferndale) 18:58, 17. Chris McGee (Marin

photo by Keith Conning



JULIE RIVERS

Catholic) 19:03, 18. Dawn Thomas (Alameda) 19:04, 19. Suzy Noe (Piedmont) 19:08, 20. Suzanne Lehmkuhl (Acalanes) 19:10, 21. Kathy Laughlin (Terra Linda) 19:15, 22. Gina Jauregul (Newark Memorial) 19:15, 23. Ellen Spight (Miramonte) 19:17, 24. Teresa Poy (El Cerrito) 19:18, 25. Kelly Sobey (San Ramon) 19:22, 26. Katie Leary (Alhambra) 19:23, 27. Janet Gallagher (Terra Linda) 19:24, 28. Heather Turner (Kelseyville) 19:29, 29. Michelle Barrier (Clayton Valley) 19:32, 30. Western Bomine (Willits) 19:33.

Central Coast Section

By KEITH CONNING

November 22. Crystal Springs, Belmont. 2.93 miles.

Defending champion senior Matt Giusto (San Mateo), the Region I winner, defeated senior Chris Craig (Leigh, San Jose), eleventh in 1982 and second in Region III, by 24 seconds—15:04.1 to 15:28—on a wet and muddy course. Senior Troy Curran (York, Monterey), the Region IV champion, placed third in 15:34.

Giusto said to me, "I didn't surge. I just kept going hard. I'm a light runner not as fast as much by the rain. I think I could have run 14:30 today on a dry course."

"I just wanted to keep the pace up," said Giusto to Rick Eyrer of the *San Mateo Times*. "I ran steady and didn't fall down. It was slippery and slick on the course, but I stuck with the grassy parts of the course, and it wasn't too much trouble."

"While others were sliding, Matt Giusto was striding," said Westmoor Coach Ron DiMaggion to Eyrer.

"I was slipping all over the place," said Craig to David Woods of the *San Jose Mercury*. "The harder I tried the more I slipped. I've run in the mud the last three years and this is the worst."

The CCS has the strongest cross country program in Northern California. In the boys' competition Willow Glen (San Jose), the defending champion and Region II champion, was tied with Bellarmine (San Jose), fourth in 1982 and the Region I champion, with 150 points after adding up the raw scores. Leigh, second in 1982 and the Region III champion, was third with 159. When the individuals were taken out of the scoring, there was still a tie between Willow Glen and Bellarmine at 105. Leigh remained in third with 115.

Willow Glen won the championship on the basis of their sixth runner. Ian Jensen was 56th in 16:58. Bellarmine's sixth runner was Alex Miroshchenko 84th in 17:36.

Sophomore Shannon Clark (Mtn View), the defending champion and Region II winner, defeated sophomore Monica Daley (Los Gatos), third in Region III, by 36.3 seconds—17:44.8 to 18:21.1. Sophomore Sabrina Han (Westmoor, Daly City), the Region I winner, was third in 18:24.5.

"It wasn't as bad as I thought it would be," Clark said of the conditions to Paul Salvoni of the *Peninsula Times Tribune*. "I had a little trouble at the start, but I tried to get clear (of the pack) early."

RESULTS

BOYS TEAMS

1. Willow Glen 105 (44) 82:01, 2. Bellarmine 105 (69) 82:03, 3. Leigh 115 81:57, 4. Carmont 133 82:57, 5. Mountain View 159 83:52, 6. Del Mar 178 83:30, 7. Menlo Atherton 191 84:16, 8. Saratoga 220 84:55, 9. Los Gatos 228 85:58, 10. Westmont 239 85:23, 11. St. Francis 244 85:36, 12. Soquel 263 85:53, 13. Leland 296 86:53, 14. Stevens 304 87:10, 15. N. Monterey County 309 86:59, 16. Palma 325 87:24.

BOYS INDIVIDUALS

(125 finishers) 1. Matt Giusto (San Mateo) 12) 15:04.1, 2. Chris Craig (Leigh) 12) 15:28.6, 3. Troy Curran (York) 12) 15:34, 4. Tom Legan (Del Mar) 12) 15:38, 5. James Green (Gunderson) 12) 15:39, 6. Greg Rivera (Willow Glen) 12) 15:46, 7. Chris Becerra (Mills) 12) 15:50, 8. Shawn Ayers (Bellarmine) 12) 15:50, 9. Roger Kohne (Gunderson) 11) 15:53, 10. Ben Valpey (Menlo-Atherton) 12) 15:56, 11. Eugene Tung (Saratoga) 11) 15:57, 12. Sean Crowley (Overfelt) 12) 16:00, 13. Paul Ghidossi (Capuchino) 12) 16:01, 14. Scott LaForce (Los Gatos) 10) 16:02.5, 15. Rob Wickstrom (Serra) 11) 16:06, 16. Shane O'Flaherty (Bellarmine) 11) 16:07, 17. Rich Clark (Mtn View) 12) 16:10, 18. Marc Goulet (Soquel) 12) 16:13, 19. Craig Blockhus (Mtn View) 10) 16:15, 20. Jim Thompson (Half Moon Bay) 12) 16:17, 21. Marc Beuchemin (Westmont) 12) 16:18, 22. Fernando Ramirez (South SF) 16:19, 23. Kevin White (Stevenson) 16:20, 24. Keith Allen (Bellarmine) 12) 16:21, 25. Raul Hoover (Mtn View) 16:21, 26. Chris True (St. Francis) 16:22, 27. Vic Santamaria (Willow Glen) 16:23, 28. Mike Montazer (Carmont) 16:23, 29. Paul Leonard (St. Francis) 16:26, 30. Chris Barto (Menlo Atherton) 16:29.

GIRLS TEAMS

1. Los Gatos 68 97:19, 2. St. Francis 88 98:46, 3. Menlo Atherton 143 102:11, 4. Half Moon Bay 156 102:02, 5. Mitty 174 102:24, 6. Gunderson 184 102:06, 7. Mountain View 185 102:08, 8. Terra Nova 188 103:00, 9. Leigh 219 104:43, 10. Palo Alto 228 105:45, 11. Santa Teresa 270 108:23, 12. Soquel 304 107:04, 13. Aptos 325 110:51, 14. San Mateo 326 109:22, 15. N. Salinas 336 110:12.

GIRLS INDIVIDUALS

(121 finishers) 1. Shannon Clark (Mtn View) 10) 17:44.8, 2. Monica Daley (Los Gatos) 10) 18:21.1, 3. Sabrina Han (Westmoor) 10) 18:24.5, 4. Rebecca Chamberlain (Leigh) 10) 18:29, 5. Kelly Ilnicki (Harbor) 9) 18:34, 6. Laurie Chapman (Gunderson) 10) 18:35, 7. Lori Wilson (Terra Nova) 11) 18:38, 8. Kim Himenes (St. Francis) 11) 18:39, 9. Deena Adams (Gunderson) 10) 18:45, 10. Connie Buckler (Saratoga) 12) 18:56, 11. Michelle Seck (Lynbrook) 12) 19:02, 12. Lanette Davis (Del Mar) 11) 19:10, 13. Deirdre Kelly (Mitty) 12) 19:11, 14. Lorena Ferreira (Half Moon Bay) 11) 19:13, 15. Therese Fisher (Los Gatos) 11) 19:15, 16. Nanette Garcia (Silver Creek) 11) 19:18, 17. Karen Himenes (St. Francis) 11) 19:21, 18. Kim Thronson (Mitty) 11) 19:22, 19.

Sandrine DeMarvel (Menlo-Atherton) 12) 19:28, 20. Julie Castello (Willow Glen) 19:29, 21. Sylvia Aguirre (Burlingame) 12) 19:33, 22. Kim Williams (Terra Nova) 11) 19:37, 23. Sheri Opp (Santa Teresa) 12) 19:38, 24. Dana Rositano (St. Francis) 11) 19:39, 25. Ann Wimmer (Los Gatos) 10) 19:48, 26. Laura Henry (Los Gatos) 10) 19:49, 27. Harpreet Kaur (Leigh) 19:54, 28. Toni Hartlaub (Burlingame) 11) 19:56, 29. Susie Faigle (Half Moon Bay) 10) 19:58, 30. Christa Prince (Pacific Grove) 20:03.

San Diego Section

By KEITH CONNING

November 23. Lindo Lake Park, Lakeside.

Senior Ted Goodlake (Fallbrook Union), who went out too fast last year and was unable to finish, defeated Robert Fithen (Serra, San Diego), sixth in 1982, by four seconds—15:18 to 15:22—in the 3A Division. Martin Sandoval (Monte Vista, Spring Valley), second in 1982, placed third in 15:29.

Senior Adolfo Garcia (Escondido) won the 2A Division in 15:27. Defending champion Pat Green (La Jolla) won the 1A Division in 15:41.

Monte Vista won the boys' 3A title by three points over Serra—44 to 47.

Junior Lesley Noll (Mt. Carmel, San Diego), the San Diego Section 400-meter champion in her first year of cross country, defeated Laura Cook (Santana, Santee), tenth in 1982, by one second—12:00 to 12:01—in the 3A Division.

Pauline Stehly (Orange Glen, Escondido), second in the 3A Division last year, dropped down to the 2A Division and turned in the fastest time of the day—11:50. Sharon Lewis (San Pasqual, Winterhaven), the defending 2A champion, placed second in 12:00.

Katherine Riddle (Coronado), second in 1982, defeated Tara McElhaney (Clairemont, San Diego), fifth in 1982, by two seconds in the 1A Division—12:21 to 12:23.

Vista won the girls' 3A Division by 43 points. They had two finishers in the top four.

photo by Doug Speck



TED GOODLAKE

RESULTS

From DENNIS McCLANAHAN

BOYS TEAMS 3A DIVISION

1. Monte Vista 44, 2. Serra 47, 3. Mira Mesa 74, 4. Point Loma 109, 5. Vista 114.

BOYS INDIVIDUALS 3A

1. Ted Goodlake (Fallbrook) 15:18, 2. Robert Fithen (Serra) 15:22, 3. Martin Sandoval (Monte Vista) 15:29, 4. Greg Fontaine (Serra) 15:37, 5. Ari Schauder (Monte Vista) 15:52, 6. S. Sandoval (Southwest) 15:56, 7. Langley (Monte Vista) 15:58, 8. Wangler (Grossmont) 16:06, 9. Cekander (Serra) 16:09, 10. Estrada (Point Loma) 16:11.

BOYS TEAMS 2A DIVISION

1. El Camino 52, 2. El Capitan 61, 3. Bonita Vista 99, 4. Valhalla 114, 5. Chula Vista 117.

BOYS INDIVIDUALS 2A

1. Adolfo Garcia (Escondido) 15:27, 2. Groulx (El Camino) 15:44, 3. Cantu (Chula Vista) 16:03, 4. Ballis (El Camino) 16:04, 5. Warburton (Valhalla) 16:05, 6. Wilson (Valhalla) 16:07, 7. Rice (El Camino) 16:09, 8. Baum (El Camino) 16:10, 9. Valdez (El Capitan) 16:10, 10. Contreras (El Capitan) 16:11.

BOYS TEAMS 1A DIVISION

1. University City 55, 2. Ramona 60, 3. Mission Bay 104, 4. St. Augustine 109, 5. La Jolla 110.

BOYS INDIVIDUALS 1A

1. Pat Green (La Jolla) 15:41, 2. Chris Vasquez (St. Augustine) 16:12.

GIRLS TEAMS 3A DIVISION

1. Vista 64, 2. Mira Mesa 107, 3. Mt. Carmel 114, 5. Point Loma 129, 5. Helix 143.

GIRLS INDIVIDUALS 3A

1. Lesley Noll (Mt. Carmel) 12:00, 2. Laura Cook (Santana) 12:01, 3. Eager (Vista) 12:03, 4. Nichols (Vista) 12:10, 5. Johnson (Helix) 12:21, 6. Moser (Helix) 12:22, 7. Fedorchak (Fallbrook) 12:23, 8. Shaffo (Poway) 12:26, 9. Bates (Mira Mesa) 12:27, 10. Arreola (Grossmont) 12:27.

GIRLS TEAMS 2A DIVISION

1. Valhalla 72, 2. Bonita Vista 74, 3. San Pasqual 78, 4. Torrey Pines 83, 5. Serra 145.

GIRLS INDIVIDUALS 2A

1. Pauline Stehly (Orange Glen) 11:50, 2. Sharon Lewis (San Pasqual) 12:00, 3. Gor-

photo by Burt Davis



ADOLFO GARCIA

man (Bonita Vista) 12:04, 4. Riker (Escondido) 12:09, 5. Brooks (Bonita Vista) 12:11, 6. Nugent (Torrey Pines) 12:14, 7. Guevarra (Chula Vista) 12:21, 8. Eckstein (Valhalla) 12:23, 9. Krumweide (Valhalla) 12:28, 10. Clemeshaw (San Pasqual) 12:32.

GIRLS TEAMS 1A DIVISION

1. El Camino 66, 2. Coronado 77, 3. Ramona 77, 4. San Diego 112, 5. Christian 128.

GIRLS INDIVIDUALS 1A

1. Katherine Riddle (Coronado) 12:21, 2. Tara McElhaney (Clairemont) 12:23.

Northern Calif. X-C Champs.

from Cary Bertocini & Steve Fagundes

Sierra College, Rocklin, CA. Nov. 26.

Surprising victories by senior Sally Pinkner (Davis) and the San Ramon (Danville) team highlighted the girls competition. One of the top rated runners in Northern California, Pinkner took command just before the mile, passing through in 5:19, and maintaining her lead the remainder of the race. Although tiring during the latter stages of the race, she held off the spirited challenge of Mountain View sophomore Shannon Clark, who captured the silver medal for the second year. Pre meet favorite Joni Mooney (Vacaville) was suffering from the flu and finished a credible tenth. Getting solid performances from all five of their top runners, the San Ramon Wolves captured the team title with 82 points, edging Los Gatos and Del Oro (Loomis) with 88 and 93 points, respectively. Overlooked going into the meet due to their second place finish in the North Coast Section Meet, the team of Tina Goodykoontz (5th), Laura Carter (20th), Vonda Vandaveer (22nd), Kelly Sobey (33rd), and Monica Lin (72nd) swept to an unexpected championship. The quality of the girls teams in this year's meet was outstanding as the top four teams eclipsed the cumulative time run by St. Francis (Mt. View) in winning last year's championship at Sierra College.

Junior Calvin Gaziano (Castro Valley) captured the boys championship from San Mateo, senior Matt Giusto despite making a wrong turn near the end of the race. Racing through powering splits of 4:23 (one mile) and 9:19 (two mile), Gaziano had built up a 60 yard lead with less than 500 yards remaining. At that point, he followed the chain link fence surrounding the stadium, rather than turning into the football field, and before realizing and correcting his mistake Giusto had built up a 30 yard lead. Gaziano quickly made up the distance and finished with a two second victory margin. Despite the correctional problem, the talented junior just missed Jim Frey's (Yreka) course record of 14:40.5. In the team competition, Jesuit (Carmichael) edged Clovis (79 points to 85 points) for the title becoming the first Sac-Joaquin Section school to win the championship. The Marauders captured the title using the strengths that had carried them to an undefeated season - quality and depth. With freshman Paul Thomas (normally one of the teams top three runners) falling during the race, the sixth and seventh runners became even more important. The team of Rod Grieve (13th), Mark Mastalir (20th), Eric Mastalir (25th), Ian MacArthur (33rd), and Dick Vicain (48th), their seventh runner going into the race, pulled out the victory.

From KEITH CONNING

November 26. Sierra College, Rocklin. 3 Miles.

BOYS TEAMS

1. Jesuit (Carmichael) 79, 2. Clovis 85, 3. Willow Glen (San Jose) 102 (99), 4. Sanger 102 (103), 5. Bellarmine (San Jose) 134, 6. Leigh (San Jose) 147, 7. Miramonte (Orinda) 188, 8. San Ramon (Danville) 212, 9. Redwood (Larkspur) 225, 10. El Dorado (Placerville) 237, 11. Lassen (Susanville) 242, 12. Nevada Union (Grass Valley) 247, 13. Yreka 297, 14. Skyline (Oakland) 408, 15. Washington (San Francisco) 438.

photo by Ray Delmore



JESUIT HIGH SCHOOL, Northern California Champs

BOYS INDIVIDUALS

- (142 finishers) 1. Calvin Gaziano (Castro Valley 11) 14:43.5, 2. Matt Giusto (San Mateo 12) 14:45.5, 3. Chris Craig (Leigh 12) 15:04.8, 4. Peter Vicencio (Del Oro 12) 15:13, 5. Nick Sparks (Bella Vista 12) 15:17, 6. Miguel Hurtado (Sanger 12) 15:18, 7. David Naranjo (Sanger 10) 15:19, 8. Mike Wall (Lassen 10) 15:24, 9. John Foley (Miramonte 12) 15:26, 10. Greg Rivera (Willow Glen 12) 15:28, 11. Chris Beccerra (Milis 12) 15:29, 12. James Green (Gunderson 12) 15:29, 13. Manuel Silveira (Calaveras 12) 15:30, 14. Rod Grieve (Jesuit 12) 15:31, 15. Martin Leal (Sanger 12) 15:34, 16. Chris Bahr (Mt Whitney 12) 15:35, 17. Martin Higginbotham (Berkeley 12) 15:36, 18. Darin Jaurequi (Clovis 11) 15:38, 19. Victor Santamaria (Willow Glen 11) 15:38, 20. Mark Mastalir (Jesuit 10) 15:39, 21. Jason Lienau (Clovis 9) 15:40, 22. Tom Legan (Del Mar 12) 15:40, 23. David Escobar (Shafter 12) 15:42, 24. Shane O'Flaherty (Bellarmine 11) 15:42, 25. Eric Mastalir (Jesuit 10) 15:43, 26. Scott Hill (Mission San Jose 12) 15:43, 27. Mike Dean (Lassen 11) 15:49, 28. Troy Curran (York 12) 15:50, 29. Kevin Thayer (Terra Linda 12) 15:50, 30. Ritchie Bryant (Clovis 12) 15:51.

GIRLS TEAMS

1. San Ramon (Danville) 82, 2. Los Gatos 88, 3. Del Oro (Loomis) 93, 4. Piedmont 98, 5. Clovis 116, 6. St. Francis (Mtn View) 135, 7. Clovis West 200, 8. Terra Linda (San Rafael) 211, 9. St. Francis

- (Sacramento) 213, 10. Vacaville 234, 11. Menlo Atherton 284, 12. Shasta (Redding) 310, 13. Lowell (San Francisco) 312, 14. Enterprise (Redding) 344, 15. Skyline (Oakland) 423.

GIRLS INDIVIDUALS

- (126 finishers) 1. Sally Pinkner (Davis 12) 17:23.1, 2. Shannon Clark (Mtn View 10) 17:28, 3. Sabrina Han (Westmoor 10) 17:47.1, 4. Monica Daley (Los Gatos 10) 17:49, 5. Tina Goodykoontz (San Ramon 11) 17:58.1, 6. Stacey McAfee (Del Oro 12) 18:01.9, 7. Julie Rivers (Livermore 11) 18:05, 8. Kelly Ilnicki (Harbor 9) 18:08, 9. Laurie Chapman (Gunderson 10) 18:08, 10. Joni Mooney (Vacaville 12) 18:11, 11. Sally Wood (Piedmont 11) 18:13, 12. Rebecca Chamberlin (Leigh 11) 18:19, 13. Lori Wilson (Terra Nova 11) 18:20, 14. Lori Cook (Golden West 11) 18:21, 15. Colleen Conovan (Lodi 11) 18:23, 16. Beth Wilson (Del Oro 12) 18:30, 17. Nancy Benson (Piedmont 12) 18:35, 18. Lisa Lewis (Clovis 12) 18:39, 19. Kelly Donaldson (Merced 12) 18:41, 20. Laura Carter (San Ramon 10) 18:41, 21. Angela Bonomini (Red Bluff 11) 18:48, 22. Vonda Vandaveer (San Ramon 11) 18:48, 23. Kim Himenes (St. Francis, MV 11) 18:49, 24. Carrie Costamagna (Marin Catholic 11) 18:50, 25. Deonne Self (Del Campo 11) 18:54, 26. Amy Cathcart (Amador Valley 12) 18:58, 27. Tiffany Shaw (Clovis West 11) 18:58, 28. Laura Henry (Los Gatos 12) 18:59, 29. Therese Fisher (Los Gatos 11) 19:01, 30. Noreen de Bettencourt (Carondelet 12) 19:01.



CALVIN GAZIANO & SALLY PINKNER, Northern California Champs

photo by Ray Delmore



Kinney Cross Country



FIRST TEAM ALL WESTERN USA: Front(left to right): Tracy Garrison, Calvin Gaziano, Matt Giusto, Simon Gutierrez. Back(left to right): Glenn Morgan, Patrick Watson, Jody Fischer, Pete Vicencio.
Fine Flicks by Don Gosney



FIRST TEAM ALL WESTERN USA: Front(left to right): Kirsten O'Hara, Sally Pinkner, Sylvia Mosqueda, Christine Slentz. Back(left to right): Chantal Plante, Shannon Clark, Marnie Mason, Kathy Jarvis.
Fine Flicks by Don Gosney

The "Kinney Western Cross Country Championship" is not just a meet with a fancy name. The 1983 version was like a "who's who" of 1983 cross country runners. There were state champions from as far away as Hawaii, Washington, Utah and Montana, as well as Oregon, Arizona and New Mexico. Idaho was the only state (out of 13 possible western states) not to have representation at Kinney.

Pre-race introductions were limited to only state champions and California C.I.F. section champions. There must

have been 25 of these introductions before both the girls and boys seeded races (that's possible because some states have several divisions, each with a state champion).

Things didn't get started well with it raining as the first officials arrived at Woodward Park at 5:00 a.m. to start setting up. The intensity of both the rain and the wind increased with each hour to such an extent that by 9:30 it was decided to use the all asphalt alternate rain course. No sooner had the officials ac-

Fine Flicks by Don Gosney

complished the switch than the sun began peeking through. Miraculously, by 10:30 the sun was shining bright. Scrambling at the last minute with rakes, shovels and sawdust the Games Committee was able to doctor up the traditional course so that the first race could start on time and use the popular Woodward Park Kinney 5K layout. The combination of hard work, the bright sun and the steady wind saved the day for what otherwise would have been a spectator boring road race.

The first race was the girls unseeded event with 140 enthusiastic ladies forging over the soggy surface. Sheelagh Murphy of Alameda emerged the winner in 19:44 over the 5,000 meters. A half hour later 300 boys (probably the largest single cross country race ever at Woodward Park) were unleashed in the boys unseeded race. Scott LaForce of Los Gatos won the dog-fight to the finish in a good time of 16:03.

The seeded races not only had all of the "big guns" but also the big stakes up for grabs. The top eight boys and top eight girls would all be sent (expenses paid) to the Kinney Nationals as the Western U.S. Team.

There weren't really any big surprises other than a few disappointments. Disappointments like California's three potential national repeaters — Jesus Gutierrez, Jim Ortiz and Nanette Garcia — failing to earn a second trip to the nationals. With the absence of an injured Laura Cattivera, it meant only one of a possible five Western Team repeaters.

The big show-down between Northern California's champion, Sally Pinkner, and Southern California's best, Kirsten O'Hara, was decided by a half mile, as that's when O'Hara took over and continued to stretch her lead all the way home. The happiest finisher was in fourth place as this was the first year of running for Chris Slentz of Washington State.

Pre-race favorite and former national competitor, Tracy Garrison of Oregon was confident enough to hang back in the early stages of the race and then forge ahead in the last mile. Northern California champion Calvin Gaziano had other ideas, though, and went with him, keeping him honest all the way to a photo finish.

An unique outcome of the meet was that three sets of athletes from the same school qualified for the nationals. Kirsten O'Hara and Patrick Watson from Palos

Verdes, Tracy Garrison and Marni Mason from Klamath Falls, plus Simon Gutierrez and Glen Morgan from Albuquerque.

The following week saw the Western Team lining up with the best from the rest of the USA in San Diego's Balboa Park for the Kinney National Championships. The top eight high school runners from the West, the Northeast, the South and the Midwest made up the 32 runner field for each race.

Much of the national meet stood in direct contrast with the western meet. First of all the weather was perfect. Then, meet director Dennis McClanahan had the course groomed and lined to a tee. Then, where the western races didn't really have any surprise winners, the national boys race produced a totally unexpected winner. Maybe it was the inspirational comments made by Billy Mills at the western regional awards ceremony that inspired Foster City's Matt Giusto. Giusto, a senior, grabbed the lead at the mile and never looked back. It was a "Billy Mills" story as the unheralded Giusto proved that on this day he was number one. Possibly there is something in those rolls from Giusto's Vita Fresh Bakery, a family owned business in San Francisco.

Just as surprising as Giusto's victory was the 1-2-3 finish of the Western Boys Team, and that didn't include Calvin Gaziano who slipped to tenth.

The western girls ran hard but appeared to be a little outclassed by the girls from the other three regions, especially the northeast. Kirsten O'Hara didn't really disappoint, however, with a fifth place All American performance.

The Kinney National Championships provide for some very exciting competition, but even more exciting than the competition is what a corporation is doing for our sport and the high school participants in that sport. Not only were the athletes flown in from all over the country, but they were put up for 2-3 nights at the Hotel Del Coronado, treated to banquets and other feasts, Sea World, movies and running programs. As in the past a celebrity runner was brought in to spend the weekend hob-nobbing with the high school participants. Two years ago the guest was marathoner Tony Sandoval, last year it was Steve Scott, and this year produced Sebastian Coe and his father/coach Peter.

"Thank you" to Kinney Shoes for doing something positive for cross country and the cross country runners in America.



TRACY GARRISON (3957) holds off fast closing CALVIN GAZIANO (3693)

Western Regional

December 3, 1983. Woodward Park, Fresno. 5000 Meters.

GIRLS UNSEED RACE

1	Sheelagh Murphy (Alameda)	19:44
2	Catherine Noe Guevarra(SD)	19:47
3	Harpret Kaur (San Jose)	19:49
4	Mary Kuphaldt (Fair Oaks)	19:54
5	Renee Krumweide (SV)	19:59
6	Mary Page (Tucumcari, NM)	20:03
7	Kim Williams (Pacifica)	20:08
8	Katy Farney (Tustin)	20:09
9	Yvette Gorman (Mesa, AZ)	20:10
10	Kim Littlefield (Scottsdale, AZ)	20:13

(139 finishers)

BOYS UNSEED RACE

1	Scott LaForce (Los Gatos)	16:03
2	Kevin Clegg (Spokane, WA)	16:05
3	Jim Howarth (Rogue River, OR)	16:12
4	Chris Tregillis (Burbank)	16:13
5	Kevin Kent (Spokane, WA)	16:13
6	Jeff Jacobs (Tarzan)	16:15
7	Brian Hook (Scottsdale)	16:23
8	Charlie Giffing (Spokane, WA)	16:24
9	Darin Slade (Sacramento)	16:29
10	Aaron Mascorro (Rosemead)	16:30

(283 finishers)

GIRLS SEED RACE

FIRST TEAM ALL-WESTERN		
1	Kirsten O'Hara (Palos Verdes)	17:25
2	Sally Pinkner (Davis)	17:51
3	Sylvia Mosqueda (Rosemead)	17:56
4	Chris Slentz (Spokane, WA)	17:59
5	Chantal Plante (Grover City)	18:00
6	Shannon Clark (Mtn View)	18:01
7	Marnie Mason (Klam. Falls, OR)	18:02
8	Kathy Jarvis (Havre, MT)	18:07

SECOND TEAM ALL-WESTERN		
9	Noreen deBettencourt (Lafayette)	18:17
10	Janice Posey (Cameron, AZ)	18:23
11	Cathy Wall (Mojavia, OR)	18:25
12	Cheryl Oslinker (Covina)	18:26
13	Joni Mooney (Vacaville)	18:26
14	Laurie Chapman (San Jose)	18:26
15	Sally Wood (Piedmont)	18:29
16	Jenni Scott (Tustin)	18:30

THIRD TEAM ALL-WESTERN

17	Julia Reisinger (Anchorage, AK)	18:31
18	Lisa Rizzo (Valencia)	18:33
19	Coleen Donovan (Merced)	18:34
20	Heather Brookes (Bonita)	18:34
21	Pauline Stehly (San Diego)	18:35
22	Trina Leopold (Phoenix, AZ)	18:39
23	Nanette Garcia (San Jose)	18:40
24	Rebecca Chamberlain (SanJose)	18:40

25	Monica Daley (Los Gatos)	18:42
26	Deonne Self (Carmichael)	18:43
27	Lesley Noll (San Diego)	18:47
28	Kelly McCormick (Tustin)	18:47
29	Sabrina Han (Daly City)	18:48
30	Jennifer Gillette (W.Valley, UT)	18:49
31	Tammy Snyders (Edison)	18:49
32	Lorraine Wilson (Pacifica)	18:50
33	Patty Almendariz (Santa Monica)	18:51
34	Donna Martin (Redding)	18:51
35	Kristin Peterson (Corvallis, OR)	18:55
36	Tammy McCarty (Ventura)	18:56
37	Michelle Montoya (Tucum., NM)	18:56
38	Celia Sewelngyawma(TuCity,AZ)	18:57
39	Kelly Ilnicki (Harbor)	18:58
40	Patricia Monnie (Lk Oswego, OR)	18:58
41	Macy Moring (Newhall)	18:59
42	Susan Taylor (Spokane, WA)	19:00
43	Nancy Benson (Piedmont)	19:01
44	Melynda Davis (Gresham, OR)	19:07
45	Jamie Bisplinghoff (NV)	19:08
46	Judy Mazowieki (Tustin)	19:09
47	Debbie Williams (Norco)	19:11
48	Lisa Lewis (Clovis)	19:12
49	Kelly Donaldson (Merced)	19:12
50	Celsa Bowman (SaltLk, UT)	19:14

(118 finishers)

BOYS SEED RACE

FIRST TEAM ALL-WESTERN		
1	Tracy Garrison(KlamFls, OR)	14:54.0
2	Calvin Gaziano (Castro Valley)	14:54.2
3	Matt Giusto (Foster City)	15:01
4	Simon Gutierrez (Albuq, NM)	15:02
5	Glenn Morgan (Albuq, NM)	15:10
6	Patrick Watson (Palos Verdes)	15:12
7	Jody Fischer (Gillette, WY)	15:15
8	Pete Vicencio (Auburn)	15:16

Fine Flicks by Don Gosney



KIRSTEN O'HARA receives award and congratulations from Billy Mills



(Left to Right): SHANNON CLARK, SYLVIA MOSQUEDA, SALLY PINKNER
Fine Flicks by Don Gosney

SECOND TEAM ALL-WESTERN

9	Chris Morgan (Mesa, AZ)	15:16
10	Patrick Green (San Diego)	15:19
11	Ted Goodlake (Fallbrook)	15:20
12	Jeff Cannada (Phoenix, AZ)	15:20
13	Edward Toro (Barstow)	15:23
14	Chris Rice (Newbury Park)	15:28
15	Adolfo Garcia (Escondido)	15:28
16	J. P. Hall (Pasadena)	15:31

THIRD TEAM ALL-WESTERN

17	Leo Biah (Ganado, AZ)	15:32
18	David Baca (San Marino)	15:32
19	Ari Schauder (La Mesa)	15:33
20	Jesus Gutierrez (Sierra Madre)	15:36
21	Jerred Gildehaus (Gold Hill, OR)	15:38
22	Ken McChesney (Eugene, OR)	15:39
23	John Groulx (Oceanside)	15:40
24	Chris Craig (Los Gatos)	15:41

25	Robert Fithen (San Diego)	15:41
26	Daniel Holmes (S Barbara)	15:42
27	Eric Peterson (Eugene, OR)	15:44
28	John Pratt (Murray, UT)	15:44
29	Bill Pappas (Las Vegas, NV)	15:45
30	Chris Bahr (Visalia)	15:46
31	Jesus Sandoval (Spring Vly)	15:47
32	Tom Sera (Beaverton, OR)	15:47
33	Manuel Silveira (Burson)	15:48
34	James Green (San Jose)	15:49
35	Frank Ramirez (Lompoc)	15:50
36	Darren Hardy (Provo, UT)	15:50
37	Brook Reagan (El Monte)	15:51
38	Ryan Gilliam (Sebastopol)	15:51
39	David Anderson (Newport)	15:52
40	Romney Mawhorter (Laverne)	15:52
41	Lamberto Esparza (S Barbara)	15:53
42	Rod Grieve (Carmichael)	15:53
43	David Naranjo (Sanger)	15:54
44	Jim Howard (Walnut Creek)	15:55
45	Ron Hoff (Los Osos)	15:56
46	Scott Hill (Fremont)	15:56
47	Mike Wall (Susanville)	15:56
48	Paul Ghidossi (San Bruno)	15:57
49	Joe Nitti (Santa Monica)	15:57
50	Unknown	15:58

(160 finishers)

STATE TEAM SCORING

NOTE: The top 5 finishers from a state in the respective boys and girls seeded races constitutes a state's team. Their times were added up, and the top 2 states received awards. When a state did not have 5 runners finish the seeded race, then—and only then—were runners from the unseeded races used in this scoring. If a state had faster runners in an unseed-

ed race than they had in the seeded races, the faster runners were not figured into the scoring.

BOYS

1	California	75:44.1
	(Calvin Gaziano, Matt Giusto, Pat Watson, Pete Vicencio, Pat Green)	
2	Oregon	77:42.3
	(Tracy Garrison, Jerred Gildehaus, Ken McChesney, Eric Peterson, Tom Sera)	
3	Arizona	78:45.5
	(Chris Morgan, Jeff Cannada, Leo Biah, James Torres, Brad Coons)	
4	Nevada	81:36
	(Bill Pappas, Glen Hardin, Chris Tuma, Dean Miller, Joe Tamblin)	
5	Washington	82:21
	(Eric Hrusschka, Kurt Messersmith, Dan Mueller, Dean Schauer, Kevin Clegg)	
6	Utah	83:34
	(John Pratt, Darren Hardy, David Howard, Brian Brooks, John Kimball)	

Incomplete—Hawaii (3 runners), New Mexico (2 runners), Wyoming (1 runner), Montana (1 runner), Alaska (1 runner).

GIRLS

1	California	89:14.8
	(Kirsten O'Hara, Sally Pinkner, Sylvia Mosqueda, Chantal Plante, Shannon Clark)	
2	Oregon	93:28.5
	(Marnie Mason, Cathy Wall, Kristin Peterson, Patricia Monnie, Melynda Davis)	
3	Arizona	95:09.2
	(Janice Posey, Trina Leopold, Celia Sewelngyawma, Betsy Berg, Beth Bates)	
4	Washington	96:16
	(Chris Slentz, Molly Tritle, Julie Clymens, Carrie Strand, Tiffany Pratt)	
5	Utah	97:16
	(Jennifer Gillette, Celsa Bowman, Carolyn Toranto, Lisa Burgoyne, Alyc'e Reinhold)	

Incomplete—Nevada (3 runners), Alaska (2 runners), New Mexico (2 runners), Montana (1 runner), Hawaii (0 runners).

Nationals

Fine Flicks by Don Gosney



MATT GIUSTO — the thrill of victory

December 10, 1983. Balboa Park, San Diego.

Overall Results - Boys 5,000 meters.

- 1 Matt Giusto (Western) 14:54
- 2 Tracy Garrison (Western) 15:04
- 3 Simon Gutierrez (Western) 15:05
- 4 David Hallie (Midwest) 15:08
- 5 Chris Zinn (Midwest) 15:09
- 6 Rusty Korhonen (Midwest) 15:10
- 7 Brad Hudson (Northeast) 15:12
- 8 Phillip Schoenasse (Midwest) 15:14
- 9 Barry Sirchis (Northeast) 15:18
- 10 Calvin Gaziano (Western) 15:18
- 11 Adam Berlew (Northeast) 15:18
- 12 Patrick Watson (Western) 15:21
- 13 Glenn Morgan (Western) 15:28
- 14 John Scherer (Northeast) 15:31
- 15 Merrick Jones (Northeast) 15:31
- 16 Joe Falcon (Midwest) 15:31
- 17 Tony Martinez (Southern) 15:37
- 18 Pete Dicencio (Western) 15:40
- 19 Jody Fischer (Western) 15:42
- 20 Charles Cole (Northeast) 15:42
- 21 Jeff Mundt (Midwest) 15:44
- 22 Greg Hooftagle (Southern) 15:45
- 23 Bill Taylor (Midwest) 15:48

- 24 Jeff Slater (Southern) 15:47
- 25 Clifford Holtz (Southern) 15:48
- 26 John Stein (Southern) 15:52
- 27 James Herdman (Northeast) 16:02
- 28 Chuck Harmon (Southern) 16:08
- 29 John Erickson (Southern) 16:12
- 30 Mark Coogan (Northeast) 16:16
- 31 Greg Green (Southern) 16:18
- 32 Tyno Carter (Midwest) 17:11

Overall Results - Girls 5,000 meters

- 1 Janet Smith (Northeast, 17) 16:43
- 2 Melissa Straza (Midwest, 15) 17:17
- 3 Cathy Schiro (Northeast, 17) 17:25
- 4 Kathleen Smith (Southern, 17) 17:34
- 5 Kirsten O'Hara (Western, 17) 17:38
- 6 Vanessa Thompson (NorthEast, 16) 17:45
- 7 Demarch Robertson (South'n, 17) 17:46
- 8 Renee Harbaugh (Northeast, 17) 17:46
- 9 Brenda Moore (Southern, 17) 17:47
- 10 Mary Driscoll (Midwest, 14) 17:48
- 11 Suzie Favor (Midwest, 15) 17:50
- 12 Missy Duchini (Northeast, 14) 17:57
- 13 Sally Pinkner (Western, 18) 17:58
- 14 Jill Weber (Midwest, 17) 17:59
- 15 Elizabeth Brittin (Midwest, 16) 18:00
- 16 Christine Sientz (Western, 16) 18:08
- 17 Shannon Clark (Western, 15) 18:08
- 18 Michelle Kallikin (Midwest, 16) 18:13

Fine Flicks by Don Gosney

photo by Burt Davis



JANET SMITH



PAT WATSON

- 19 Tracy Bowers (Northeast, 15) 18:13
- 20 Alena Palmquist (Southern, 18) 18:17
- 21 Michelle Bews (Midwest, 17) 18:18
- 22 Victoria Verinder (Southern, 17) 18:20
- 23 Sylvia Mosqueda (Western, 17) 18:23
- 24 Stacy Bilotta (Northeast, 17) 18:32
- 25 Chantal Plante (Western, 17) 18:33

- 26 Marnie Mason (Western, 16) 18:39
- 27 Kathy Jarvis (Western, 15) 18:40
- 28 Kristanya Ryan (Northeast, 16) 18:45
- 29 Donna Combs (Southern, 15) 18:51
- 30 Juanita Wilson (Southern, 17) 19:21
- 31 Susan Keeney (Midwest, 17) 19:32

Fine Flicks by Don Gosney



SHANNON CLARK

Fine Flicks by Don Gosney



KIRSTEN O'HARA



1983 California Masters Best Marks

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compiled by Percy Knox

30 Meters

(40-49)		
K. Dennis (45) CDM	4.1	

50 Meters

(60-69)		
P. Jordan (66) CDM	7.1	

60 Yards

(Automatic) (40-49)		
D. Newman (40) CDM	6.77	

100 Meters

(30-39)		
M. McCoy (33) Maccabi	10.3	
G. Johnson (33) CDM	10.7	
M. Jackson (34) SCS	10.7	
R. Tilley (35)	10.7	
G. Jackson (30)	10.8	
R. Davis (33) CDM	10.9	
M. Johnson (36)	11.0	
J. Hines (38)	11.0	
R. Morris (38) SCS	11.0	
W. Spikes (3) CDM	11.1	
D. Chapman (3)	11.1	
L. Larkins (30)	11.1	
M. Black (3) SCS	11.2	
G. Robinson (3) SCS	11.2	
L. Callahan (3) CDM	11.3	
T. Allen (35)	11.3	

Automatic

M. McCoy (33)	10.63
G. Johnson (33)	11.06
G. Jackson (30)	11.06
R. Davis (33)	11.10
D. Chapman (3)	11.30
L. Larkins (30)	11.38
B. Johnson (38)	11.49
T. Allen (35)	11.52

Wind-Aided

B. Hicks (31) LF	10.5
R. Morris (38) SCS	10.9
M. Black (3) SCS	11.0

(40-49)		
K. Dennis (46) CDM	10.6	
B. Wilson (40) SDAA	10.7	
W. Butler (42) SCS	10.9	
P. Eden (42) SCS	11.1	
M. Brooks (43)	11.2	
D. Newman (40) CDM	11.2	
S. Caminiti (40)	11.2	
D. Smith (42) CDM	11.3	
G. LaTorre (46) WV	11.3	
B. Knocke (42) SCS	11.3	
D. Duffy (40) SCS	11.4	
A. Henry (45) CDM	11.47	
B. McIntyre (40)	11.4	
B. Simpson (41)	11.4	
B. Anixter (45)	11.5	
N. Newton (49) SCS	11.6	
L. Smith (44) SCS	11.6	
H. Gordon (41)	11.6	

(Automatic)		
K. Dennis (46) CDM	10.92	
B. Wilson (40) SDAA	11.24	
P. Eden (42) SCS	11.37	
W. Butler (42) SCS	11.45	
M. Brooks (43)	11.48	
B. Knocke (43) SCS	11.50	
G. LaTorre (46) WV	11.50	
D. Smith (42) CDM	11.57	
B. McIntyre (40)	11.59	
D. Duffy (40) SCS	11.69	
B. Simpson (41)	11.69	
B. Anixter (45)	11.72	
N. Newton (49) SCS	11.80	

Wind-Aided

B. Wilson (40) SDAA	10.8
K. Dennis (46) CDM	10.9
W. Butler (42) SCS	11.0
(50-59)	
B. Springbett (50) WV	11.3
M. Sanchez (51) WV	11.6
T. Nasaralla (51) CDM	11.67
D. Benton (51)	11.9
W. Robinson (52) CDM	11.9
D. Jackson (51) CDM	12.1
D. Marlin (53) WV	12.1
R. Hansen (51)	12.1
O. Dawkins (55) SCS	12.2
B. Watanabe (57) SCS	12.2

(Automatic)		
B. Springbett (50) WV	11.60	
T. Nasaralla (51) SCS	11.877	
M. Sanchez (51) WV	11.94	
W. Robinson (52) CDM	12.17	
D. Benton (51)	12.19	
R. Hansen (51)	12.29	
D. Marlin (53) WV	12.34	
B. Watanabe (57) SCS	12.40	
O. Dawkins (55) SCS	12.41	
J. Lingel (51) WV	12.54	
G. Rhoden (56)	12.55	

(60-69)		
P. Jordan (66) CDM	12.4	
T. Patsalis (61) CDM	12.4	
B. Hunt (63) SCS	12.9	
C. Killion (65) CDM	13.1	
R. Spencer (60) SD	13.1	
P. Fetter (6) CDM	13.3	
A. Guidet (65) CDM	13.5	

(Automatic)		
P. Jordan (66) CDM	12.53	
T. Patsalis (61) CDM	13.01	
B. Hunt (63) SCS	13.13	
C. Killion (65) CDM	13.38	
R. Spencer (60) SD	13.34	
A. Guidet (65) CDM	13.75	

L. Jackson (77)	15.3
J. Packard (79)	15.7
K. Carnie (75)	15.9
S. Lum (78) CDM	16.3

Automatic

H. Koppel (70)	13.59
T. Castro (74) SCS	14.28
L. Jackson (77)	15.56
J. Packard (79)	16.17
K. Carnie (75)	16.19

200 Meters

(30-39)		
A. Rogers (31)	21.2	
B. Hicks (31) LF	21.6	
M. McCoy (33) Maccabi	21.8	
G. Johnson (33) CDM	22.0	
G. Jackson (30)	22.0	
W. Spikes (3) CDM	22.1	
M. Pruitt (37) WV	22.3	
E. Loughridge (3)	22.6	
M. Jackson (34) SCS	22.6	
R. Beadle (3) CDM	22.7	
C. Roberson (38) CDM	22.9	
R. David (33) CDM	22.9	

Automatic

M. McCoy (33) Maccabi	21.96
G. Jackson (30)	22.24
G. Johnson (33) CDM	22.46
M. Pruitt (37) CDM	22.58

Open Competition

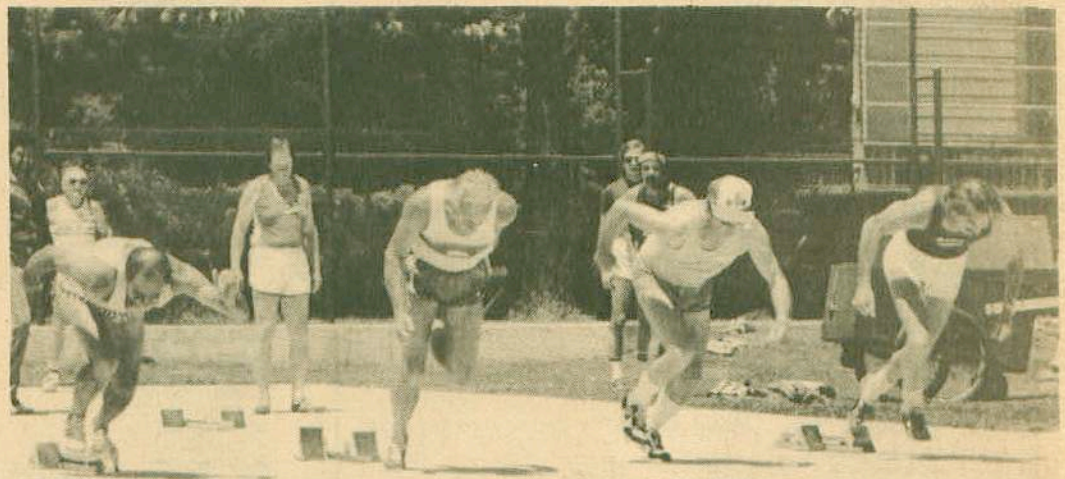
B. Hicks (31) LF	20.53a
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(40-49)		
B. Wilson (40) SDAA	22.0	
W. Butler (42) SCS	22.6	
M. Brooks (43)	22.8	
K. Dennis (46) CDM	23.0	
P. Eden (42) SCS	23.1	
D. Romain (41) WV	23.1	
B. Knocke (43) SCS	23.2	
D. Duffy (40) SCS	23.5	
B. Simpson (41)	23.6	
B. Miller (41)	23.7	
A. Anixter (45)	23.7	
D. Smith (42) CDM	23.8	
G. Cohen (43) SCS	23.8	
G. LaTorre (46) WV	23.8	
N. Newton (49) SCS	24.0	
R. Winstine (44)	24.0	

Wind-Aided

G. Miller (45) CDM	22.6
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Robert & Carol Sports Photography



100 Meter Runners: (left to right) Harry Koppel, Payton Jordan, Jerome Lopes, and Bob Garretto.

G. Rhoden (56)	12.3
J. Lingel (51) WV	12.3
B. Stevens (54) WV	12.4
V. Regier (55)	12.4
C. Renfro (5)	12.4

(70+)		
H. Koppel (70)	13.4	
T. Castro (74) SCS	13.8	
A. Morrow (7) CDM	14.3	
J. Caruso (73)	14.7	

Automatic

B. Wilson (40) SDAA	22.23
P. Eden (42) SCS	23.33
D. Romain (41) WV	23.35
B. Knocke (43) SCS	23.44

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Name: _____
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(50-59)			
B. Springbett (50) WV	23.4	B. Simpson (41) WV	54.03
M. Sanchez (51) WV	24.6	N. Newton (49) SCS	54.48
T. Nasaralla (51) CDM	24.5		
J. Lingel (51) WV	24.8	(50-59)	
D. Jackson (51) CDM	25.0	D. Cheek (53) CDM	55.9
B. Watanabe (57) SCS	25.2	B. Springbett (50) WV	55.1
O. Dawkins (55) SCS	25.2	T. Nasaralla (51) CDM	55.2
B. Messersmith (51) CDM	25.3	B. Messersmith (51) CDM	56.6
B. Sieben (5) SD	25.3	O. Dawkins (55) SCS	57.5
D. Cheek (53) CDM	25.3	B. Stevens (54) WV	57.9
V. Regier (55)	25.5	J. Lingel (51) WV	58.1

		Automatic	
B. Springbett (50) WV	23.60	T. Nasaralla (51) CDM	55.45
T. Nasaralla (51) CDM	24.70	O. Dawkins (55) SCS	57.60
M. Sanchez (51) WV	25.05	J. Lingel (51) WV	58.17
J. Lingel (51) WV	25.24	B. Stevens (54) WV	58.20
O. Dawkins (55) SCS	25.48		
D. Cheek (53) CDM	25.51		

(60-69)			
A. Collins (6)	26.0		
P. Jordan (66) CDM	26.6		
C. Killion (65) CDM	27.5		
F. Gallardo (6)	27.7		
B. Hunt (63) SCS	27.8		
T. Patsalis (61) CDM	27.9		
A. Guldut (65) CDM	28.8		
M. Parks (6)	28.8		

		Automatic	
P. Jordan (66) CDM	26.29	P. Jordan (66) CDM	65.78
C. Killion (65) CDM	27.70	R. Garretto (62)	66.76
B. Hunt (63) SCS	28.00	C. Killion (65) CDM	66.89

		(70+)	
		H. Koppel (70)	65.5
		Automatic	
		H. Koppel (70)	65.66

(70+)			
H. Koppel (70)	27.7		
T. Castro (74) SCS	29.1		
A. Morrow (7) CDM	30.1		
J. Packard (79)	34.2		
S. Lum (78) CDM	34.6		

		Automatic	
T. Castro (74) SCS	29.30		
A. Morrow (7) CDM	30.22		
J. Packard (79)	34.58		

300 Meters

(40-49)			
B. Knocke (43) SCS	36.9		
N. Newton (49) SCS	39.6		

400 Meters

(30-39)			
A. Rogers (31)	46.8		
L. Evans (36)	48.2		
B. Hicks (31) LF	48.6		
M. Pruitt (37)	49.2		
J. Harvey (32)	49.9		
W. Spikes (3) CDM	50.2		
G. Smith (39)	50.2		
G. Mason (39) WV	50.3		
K. Stuart (36) SCS	50.8		
R. Harris (36) WV	50.9		
		Automatic	
L. Evans (36)	48.51		
B. Hicks (31)	48.74		
M. Pruitt (37) WV	50.25		
G. Mason (39) WV	50.75		
R. Harris (36) WV	51.06		

		Open Competition	
B. Hicks (31)	47.7		

(40-49)			
B. Wilson (40) SDAA	50.0		
M. Brooks (43)	50.9		
B. Knocke (43) SCS	50.9		
G. Miller (45) CDM	51.2		
D. Duffy (40) SCS	51.2		
G. Cohen (43) SCS	51.4		
D. Romain (41) WV	51.7		
K. Sherlock (4)	52.2		
B. McIntyre (40)	52.4		
P. Eden (42) SCS	53.1		
P. Simpson (41) WV	53.6		
N. Newton (49) SCS	54.3		

		Automatic	
B. Wilson (40) SDAA	50.19		
M. Brooks (43)	51.11		
B. Knocke (43) SCS	51.19		
D. Duffy (40) SCS	51.35		
G. Cohen (43) SCS	51.57		
D. Romain (41) WV	51.87		
G. Miller (45) CDM	52.47		
B. McIntyre (40)	52.59		

800 Meters

(30-39)			
N. Smith (34)	1:55.1		
G. Mason (39) WV	1:55.5		
L. Evans (36)	1:55.8		
K. Stuart (36) SCS	1:56.9		
P. Kay (30)	1:57.0		
R. Jensen (3)	1:57.1		
J. Perry (3)	1:59.3		
D. Knuckey (32)	1:59.4		
B. Browne (38)	1:59.5		
D. Tracy (36)	1:59.5		
M. Eck (3)	2:00.1		
A. Dunkel (3)	2:00.2		
J. Bordoni (32)	2:00.8		
K. Jokela (3)	2:01.4		
H. Thomson (32)	2:01.5		
F. Fish (31)	2:01.7		
W. Douglas (35)	2:02.29a		

(40-49)			
G. Cohen (43) SCS	1:56.39a		
D. Romain (41) WV	1:57.9		
P. Richardson (48) WV	2:01.10a		
B. Nocke (43) SCS	2:01.1		
M. Elliott (45) SCS	2:02.0		
D. Schupback (42)	2:02.1		
J. Krepiek (41)	2:04.5		
C. Bedell (45)	2:05.7		
M. Rador (4)	2:06.9		
G. Miller (45) CDM	2:07.1		
N. Towers (4)	2:07.7		
J. Carrington (47) SCS	2:09.2		

(50-59)			
B. Fitzgerald (57) SCS	2:12.9		
J. Withers (5) SCS	2:14.0		
F. Lehr (5)	2:16.2		
T. Sturak (5) SCS	2:16.4		
E. Riggle (51)	2:16.6		
G. Linde (55)	2:17.6		
B. Stevens (54) WV	2:17.7		
B. Holmes (5)	2:18.1		
L. Walts (5)	2:18.5		
J. Harper (58) CDM	2:20.2		
M. Murphy (52)	2:21.0		

(60-69)			
R. Spencer (60) SD	2:31.0		
J. Holoubik (67)	2:35.7		
D. Pain (61) SD	2:37.1		
B. Fairbanks (6)	2:41.40a		

(70+)			
J. Magee (74)	3:26.0		
S. Madden (75)	3:26.0		
P. Spangler (84)	3:48.8		

1500 Meters

(30-39)			
R. Chappins (31) CDM	3:51.1(open)		
S. Ferraz (35)	4:02.9		
D. McIver (33)	4:03.5		
D. Tracy (37)	4:05.6		

Masters Ranking, continued . . .

B. Sumner (3)	4:07.7
D. Minutillo (33)	4:08.5
R. Jensen (3)	4:10.4
C. Duff (3)	4:11.89a
G. Irving (30)	4:12.3
T. Craig (30)	4:14.0
P. Kay (30)	4:15.3
E. Dowling (34)	4:15.6
D. Himmelberger (37)	4:16.8

(40-49)	
H. Franklin (40) WV	4:07.1
G. Cohen (43) SCS	4:07.2
D. Schupbach (42)	4:15.1
M. Holbrook (4)	4:13.5
N. Winter (40)	4:17.1
P. Richardson (48) WV	4:20.7
N. Towers (4)	4:21.3
G. Wood (49)	4:21.3
J. Weldy (49)	4:26.0
T. Nelson (4)	4:27.8
C. Beddled (45)	4:28.8

Mile Run

G. Cohen (43) SCS	4:24.27a
H. Franklin (40)	4:29.6
M. Holbrook (4)	4:35.11
T. Cathcart (4)	4:37.31
G. Blankenship (4)	4:47.4
H. Knutson (4)	4:49.11
J. Knebel (4)	4:49.21
W. Lang (4)	4:49.31

photo by Ross Gentry



PAUL SPANGLER

1500 Meters

(50-59)	
M. Murphy (52)	4:35.8
G. Linde (55) SM	4:36.0
B. Fitzgerald (58) SCS	4:36.6
T. Sturak (52) SCS	4:36.8
J. Withers (5) SCS	4:37.6
K. Carmen (5)	4:42.9
D. Stevenson (54)	4:48.0
J. Jacobs (50)	4:49.2
P. Mundle (55) SM	4:49.6

Mile Run

D. Donaldson (54)	4:52.91
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1500 Meters

(60-69)	
D. Cohen (63)	5:20.8
D. Lewis (61) CDM	5:22.5
E. Stotsenberg (69)	5:35.5
E. Preston (66)	5:39.0
(70 +)	
W. Bigelow (72)	6:10.1
S. Madden (75)	6:46.4
P. Spangler (84)	7:41.5

3000 Meters

(30-39)	
R. Chapins (31) CDM	8:17.41
M. Figueroa (3)	9:44.6
B. Perry (3)	9:52.1
B. Hill (3)	9:54.7
(40-49)	
J. Weldy (49)	9:49.2
J. Daniels (4)	9:59.4
L. Miller (4)	10:00.8

(50-59)	
P. Devine (5)	10:19.7
G. Linde (5)	10:29.7
P. Mundle (55)	10:37.9

2-Mile

(30-39)	
J. Garza (3)	9:48.0
G. Campbell (3)	9:58.0

(40-49)	
T. Laris (43)	10:05.2
F. Padilla (4)	10:40.0

(50-59)	
W. Atcheson (56) SCS	11:58.0

3000 Meter SC

(30-39)	
J. Garza (31)	9:52.0
H. Lange (34)	10:26.5
J. Rust (31)	10:16.92

(40-49)	
D. McCaskell (40)	10:52.1
K. Guthrie (46)	11:01.6

(50-59)	
D. Stevenson (54)	11:31.3

5000 Meters

(30-39)	
J. Garza (31)	15:43.1
D. Iver (33)	15:13.8
B. Clark (39)	15:48.7
P. Day (38)	15:53.2
J. Bordoni (30)	15:59.0
J. Kennedy (39)	16:03.1
C. Campbell (34)	16:20.5
M. Cour (3)	16:21.6
R. Kilpatrick (3)	16:29.4
J. Haberkern (3)	16:31.0
H. Lange (34)	16:49.0
B. Oldhan (36)	16:56.0
F. Fisk (31)	16:27.3

(40-49)	
F. Duarte (41)	15:26.63
H. Franklin (40) WV	15:45.95
J. Lynch (41)	15:50.2
T. Burns (4)	15:55.5
B. Meinhardt (42)	15:59.2
D. Scott (40)	16:09.3
T. Laris (43)	16:11.6
F. Kribis (4)	16:15.1
S. Shaffer (4)	16:16.2
J. Murphy (4)	16:34.7
E. Blankenship (4)	16:41.3

(50-59)	
J. O'Neil (58)	16:58.0
E. Riggie (51)	17:36.0
P. Devine (54)	17:43.9
P. Mundle (55) SM	17:59.7
J. Jacobs (52)	18:06.1
M. Haraden (5)	18:27.2
T. Sturak (52) SCS	18:43.8

(60-69)	
L. Holoubek (6)	19:04.6
J. Holoubek (67)	19:12.7
J. Gilkey (60)	20:40.5
E. Stotsenberg (69)	20:43.0

(70 +)	
J. Montoya (7)	22:45.0
W. Bigelow (72)	24:14.8
J. Goodman (71)	25:35.5
J. McGee (74)	26:09.1
J. Spangler (84)	27:33.8

10,000 Meters

(30-39)	
B. Clark (39)	32:44.7
S. Selbrede (32)	34:24.4
N. Smith (3)	34:38.5

(40-49)	
F. Duarte (41)	32:35.34
N. Winter (40)	33:53.1

(50-59)	
J. O'Neil (58)	35:18.88
P. Devine (54)	36:35.0
J. Jacobs (5)	36:37.0

400 Meter Relay

(30-39)	
LA All-Stars	43.26
(Moddy, Peadle, Johnson, McCoy)	
Light Force	44.16
(Christenson, Evans, Hicks)	
Southern Cal Striders	44.0
(Morris, Robertson, Black, Jackson)	

(40-49)	
Corona Del Mar	43.7
(Dennis, Smith, Miller, Newman)	
Corona Del Mar	44.0
(Dennis, Smith, Miller, Newman)	
Southern Cal Striders	44.61
(Butler, Smith, Knocke, Duffy)	
Corona Del Mar	45.2
(Henry, Smith, Miller, P. Knox)	
Southern Cal Striders	45.3
(Newton, Smith, Knocke, Duffy)	
Corona Del Mar	45.4

(50-59)	
West Valley	46.2
(Marlin, Lingle, Springbett, Sanchez)	
West Valley	46.6
(Marlin, Lingle, Springbett, Sanchez)	
West Valley	47.01
(Marlin, Lingle, Springbett, Sanchez)	
West Valley	47.3
(Marlin, Lingle, Springbett, Sanchez)	
West Valley	47.5
Corona Del Mar	47.99
(Jackson, Cheek, Robinson, Nasaralla)	
West Valley	47.9
(Springbett, Marlin, Lingle, Stevens)	

(60-69)	
Corona Del Mar	53.0

800 Meter Relay

(30-39)	
Rockwell	1:30.9
(Pulley, Shorts, Valentine, Hicks)	
Corona Del Mar	1:31.9
(Carter, Roberson, Johnson, Harvey)	
Southern Cal Striders	1:34.8
(Missouri, Morris, Robinson, Black)	

(40-49)	
Southern Cal Striders	1:35.4
(Knocke, Duffy, Butler, Smith)	
Southern Cal Striders	1:35.6
(Duffy, Knocke, Cohen, Smith)	

(50-59)	
Corona Del Mar	1:47.6
(Radford, Jackson, Robinson, Clayton)	

1600 Meter Relay

(30-39)	
Northern Cal Seniors	3:27.8
Light Force	3:32.58
(Coleman, Hicks, Burrell, Evans)	
Corona Del Mar	3:34.2
(Harvey, Johnson, Johnson, Main)	

(40-49)	
Southern Cal Striders	3:46.5
(Duffy, Scurria, Butler, Lewis)	

(50-59)	
West Valley	3:48.6
(Stevens, Springbett, Lingle, Bruhner)	
West Valley	3:50.9

3200 Meter Relay

(40-49)	
Southern Cal Striders	8:11.63
(Montanez 2:07.9; Knocke 2:01.47; Elliott 2:03.68; Cohen 1:58.1)	
West Valley	8:13.8
(Romain, Whitney, Richardson, Franklin)	

(50-59)	
Southern Cal Striders	9:17.8
(Fitzgerald, Withers, Sturak, Atcheson)	

2-Mile Relay

(30-39)	
Southern Cal Striders	8:04.9
(Collopy 37; Jensen 36; Kennedy 36; Stuart 36)	
Northern Cal Seniors	8:13.1
(Moody, Mason, Rogers, Kay)	

(50-59)	
Southern Cal Striders	9:07.8
(Withers, Atcheson, Sturak, Fitzgerald)	

110 Meter HH (39")

(30-39)	
L. Coleman (37)	14.3
M. Johnson (3)	14.5
E. Loughridge (3)	14.6
C. McCormick (39)	15.2
D. Johnston (3)	15.2
F. Johnston (37)	15.4
E. Baskaukas (32)	15.4
R. Murphy (31)	15.4
S. Heilman (30)	15.8
D. Roberts (33)	15.9

Automatic

L. Coleman (37)	14.58
C. McCormick (39)	15.39
F. Johnston (37)	15.61
E. Baskaukas (32)	15.79
S. Heilman (30)	16.00
D. Roberts (33)	16.10

(40-49) (36")	
W. Butler (42) SCS	14.2
L. Sallinger (40) CDM	14.7
A. Henry (45) CDM	15.2
J. Dobroth (42) SCS	15.8
D. DeWitt (44) SCS	15.8
H. Adams (43) CDM	15.9
B. McIntyre (40)	16.0
D. Dismake (4)	16.6
C. Bane (45) CDM	16.6
B. Knocke (43) SCS	17.5
J. Thomas (45)	17.5
M. Andrews (48)	18.0
R. Fitzhugh (48) CDM	18.6

Automatic

A. Henry (45) CDM	15.87
D. DeWitt (44) SCS	16.16
G. Bane (45) CDM	16.80
B. Knocke (43) SCS	17.70
J. Thomas (45)	17.74

(50-59) (33")	
D. Jackson (51) CDM	15.6
B. Higgenbotham (56)	17.2
M. Sanchez (51) WV	17.5
D. Douglass (5) SCS	17.9
F. Callardo (53)	17.9
J. Billmeyer (51)	17.9
T. Nasaralla (51) CDM	18.1
D. Norquist (5)	18.6
A. Brenda (5)	18.6

Automatic

D. Jackson (51) CDM	15.85
M. Sanchez (51) WV	18.09
T. Nasaralla (51) CDM	18.33

100 Meter HH

(60-69)	
T. Patsalis (61) CDM	15.4
B. Gist (63) CDM	16.3

B. Hunt (63) SCS	18.8
A. Guidet (65) CDM	17.3
H. Miller (67) CDM	18.0
J. Johnson (6) CDM	18.9

Automatic	
T. Patsalis (61) CDM	15.60
B. Gist (63) CDM	16.50
B. Hunt (63) SCS	17.20
A. Guidet (65) CDM	17.83
H. Miller (67) CDM	18.21

400 Meter IH

(30-39) (38")	
G. Smith (39)	55.04
K. Sherlock (3)	58.3
G. Laine (35)	58.9
D. Roberts (33)	59.1

Automatic	
G. Smith (39)	55.04
G. Laine (35)	59.05
D. Roberts (33)	59.37

(40-49) (33")	
R. Whitney (40)	56.4
B. Knocke (43) SCS	57.2
G. Miller (45) CDM	58.2
H. Adams (43) CDM	59.6
G. Pane (45) CDM	59.8
T. Cain (41)	60.0
L. Sallinger (40) CDM	62.5

Automatic	
R. Whitney (40)	58.59
B. Knocke (43) SCS	57.40
G. Miller (45) CDM	58.66
T. Cain (41)	60.14
G. Bane (45) CDM	60.25

(50-59)	
M. Sanchez (51) WV	62.2
T. Nasaralla (51)	64.1
W. Robinson (52) CDM	65.4

Automatic	
M. Sanchez (51) WV	62.39
T. Nasaralla (51) CDM	64.23
A. Sheahan (51)	65.60
W. Robinson (52) CDM	65.74

(60-69)	
B. Hunt (63) SCS	70.2
R. Spencer (60) SD	71.5
A. Guidet (65) CDM	74.5

Automatic	
B. Hunt (63) SCS	71.14
R. Spencer (60) SD	71.87
A. Guidet (65) CEM	74.48

(70 +)	
B. Benson (72)	85.12a

High Jump

(30-39)	
R. Brown (32)	6'10
C. Rader (35)	6'8 1/2
D. LeLoach (30)	6'8
O. Burrell (39)	6'4
J. Hartfield (38)	6'4
S. Lange (31)	6'4
P. Sullivan (30)	6'4
E. Faskauskas (32)	6'2
J. Hougen (30)	6'0
D. Eckels (34)	5'11 1/2

(40-49)	
J. Dobroth (42) SCS	6'5 1/4
G. Zubrinsky (4)	6' 3/4
N. Newton (49) SCS	5'10
D. DeWitt (44) SCS	5'9
G. Bane (45) CDM	5'6
D. Hatchkiss (44)	5'5 3/4
D. Rose (47)	5'4
E. Oleata (46) SD	5'3
D. Dvorack (41)	5'2
J. Stanners (48)	5'2
R. Fitzhugh (48) CDM	5'1
K. Vaughn (4)	5'0

(50-59)	
H. Wyatt (51)	6'2
H. Schellenberg (50)	5'6
E. Austin (53) CDM	5'1
E. Otzinger (5)	4'10
L. Frankemp (5)	4'10
D. Doughlass (51) SCS	4'9

D. McClelland (5)	4'8
H. Wallace (56) CDM	4'8

(60-69)	
B. Gist (63) CDM	5'2 1/8
F. Meyers (61)	4'8
O. Gillett (64) CDM	4'7
B. Ogle (64)	4'7
J. Vernon (69)	4'6
J. McCarthy (68)	4'6
M. Henderson (62)	4'6
J. Johnson (60)	4'6
C. McFate (6)	4'5
T. Wilson (6)	4'4
D. Brown (60) CDM	4'4

(70 +)	
B. Morrow (7) CDM	4'2
H. Van Gilder (78)	3'8
A. Vesco (7) SCS	3'6

Long Jump

(30-39)	
E. Loughridge (3)	23'7 1/4
R. Morris (38) SCS	23'2 1/2
J. Hartfield (38)	22'7 1/2
C. Flowers (35) CDM	22'3
S. Heilman (30)	21'2 3/4
S. Urman (30)	21'1 1/2
C. Williams (3)	20'9 1/2
L. Bonds (39)	20'2 1/2
J. Eckels (34)	20' 1/2

(40-49)	
R. McIntyre (40)	21'3
A. Henry (45) CDM	20'11 1/2
G. Miller (45) CDM	19'10
H. Gordon (41)	19'8
D. Horn (43)	19'10 1/2
L. Sallinger (40) CDM	18'11
R. Jones (4) CDM	18'10
R. Tsuda (4)	18'6 1/4
D. DeWitt (44) SCS	18'5
D. Dvorack (41)	18'4 1/2
S. Workman (41)	18'2 1/2
O. Legend (46)	18'1 1/4
G. Bane (45) CDM	18'1

(50-59)	
D. Jackson (51) CDM	19'2 1/4
D. Skartvedt (52)	18'3 1/2
H. Schellenberg (50)	18' 1/2
A. Brenda (54)	17'7 1/2
T. Nasaralla (51) CDM	17'1 1/2
B. Otzinger (5)	16'6 1/4

(60-69)	
T. Patsalis (61) CDM	18'1 1/4
J. Johnson (60) CDM	15'10 1/2
B. Burke (64)	15'5
C. Mercurio (63) CDM	15'2 3/4
J. Satti (69)	14'7 3/4
B. Morales (66) CDM	14'4
H. Miller (67) CDM	14'4

(70 +)	
J. Caruso (73)	12'11 1/2
D. Mowrer (7)	11'7
H. VanGelder (78)	10'5 1/4
A. Vesco (7) SCS	10'2

Triple Jump

(30-39)	
M. Tiff (35)	48'10
J. Hartfield (38)	45'6 1/2
R. Morris (38) SCS	42'9 1/2
E. Baskauskas (32)	42'5

(40-49)	
A. Henry (45) CDM	42'3 3/4
P. Burton (4)	38'6
J. Cacoran (4)	38'11 1/2
D. Dvorack (41)	36'5 1/2
J. Berzog (41)	36'1 1/2
D. DeWitt (44)	34'9 1/2
R. Fitzhugh (48) CDM	34'9 1/4

(50-59)	
D. Jackson (51) CDM	42'2 1/2
A. Brenda (54)	34'8
T. Nasaralla (51) CDM	34'0

(60-69)	
T. Patsalis (61) CDM	38'3 3/4
J. Johnson (61) CDM	31'2 3/4
C. Mercurio (63) CDM	30'8 3/4
H. Miller (66) CDM	29'7 3/4
J. Damski (6)	28'9
J. Satti (69)	28'2

Robert & Carol Sports Photography



So. Cal Striders 4x800 Relay
Mel Elliott to George Cohen

(70 +)	
J. Caruso (73)	26' 1/2

Pole Vault

(30-39)	
J. Williams (31)	16'8
W. Wilke (3)	15'0
S. Hardison (33)	15'0
B. Chew (33)	14'6
J. McCray (30)	14'0
D. Johnston (3)	14'0
T. Knappen (3)	14'0
B. Hotelling (39)	13'6 1/2
J. Verstripen (31)	13'6
C. Przelton (3)	13'0
R. Werne (39)	12'7
J. Schmidt (30)	12'0
E. Baskauskas (32)	12'0
R. Stepp (38)	12'0

(40-49)	
M. Connelly (41) SCS	14'8 1/2
T. Woodrings (46) CW	13'6
R. Fleming (4) CDM	12'6
G. Bane (45) CDM	11'6
R. McIntyre (40)	11'6
D. DeWitt (44) SCS	11'6
J. Stanner (48)	11'3
E. Oleata (46) SD	10'6
J. Moore (4)	10'6
R. Fitzhugh (48) CDM	10'4

(50-59)	
V. Cook (51) SCS	13'0
A. Brenda (54)	10'6
D. Douglass (51) SCS	10'6
D. Dittmar (51)	10'6
H. Schellenberg (50)	10'0
D. Grosh (58) CDM	10'0

(60-69)	
J. Vernon (69)	10'6
R. Blesimeyer (6)	10'0
D. Brown (60) CDM	9'6
V. Wolfe (6)	9'6

(70 +)	
B. MacConaghy (75) CDM	8'0

Shot Put

(30-39)	
F. Reilly (37) AA	52'2
J. Peterson (3)	48'10
J. Roehr (35)	48'9 1/2
A. Stevens (3)	48'5
A. Stephens (3)	47'8
M. Diller (3)	46'3 1/2

Robert & Carol Sports Photography



West Valley Track Club 4x800 Relay
Harvey Franklen to Dave Romain

L. Dobbs (3)	43'7 3/4
J. Klien (3)	41'0
R. Rothman (39)	40'3

(40-49)	
L. Higgins (41) SCS	49'0
C. Wade (4)	46'5
R. Martin (47)	45'6
H. Smith (4) SCS	45'2
C. Han (41)	45'1
J. Hart (46)	44'5
J. York (48)	42'9
E. Oleata (46) SD	42'7
D. Telliafano (4)	40'2

(50-59)	
B. Bangert (59) CDM	44'7 1/4
T. Wessam (50)	44'7
C. Renfro (5)	44'5
H. Wallace (55)	38'7
S. Letcher (50)	38'0
L. Frankamp (5) CDM	37'11
D. Douglass (51) SCS	36'8 1/2

(60-69)	
G. Ker (60) CDM	55'4
M. Castaneda (63)	47'4 1/2
D. Aldrich (65) CDM	47'2
R. Carter (69)	46'8
J. Thatcher (67) CDM	44'7
G. Merlo (63)	42'11 1/2
B. Stone (62)	42'11
M. Henderson (6)	42'10
H. Cronkite (65)	41'11 1/2
B. Burke (64)	38'10 1/2
J. Siefert (6)	38'7

(70 +)	
V. Cheadle (73)	41'8
J. York (70)	40'2 1/2
R. Doms (76)	37'10
D. Pierotti (72)	35'7

Discus

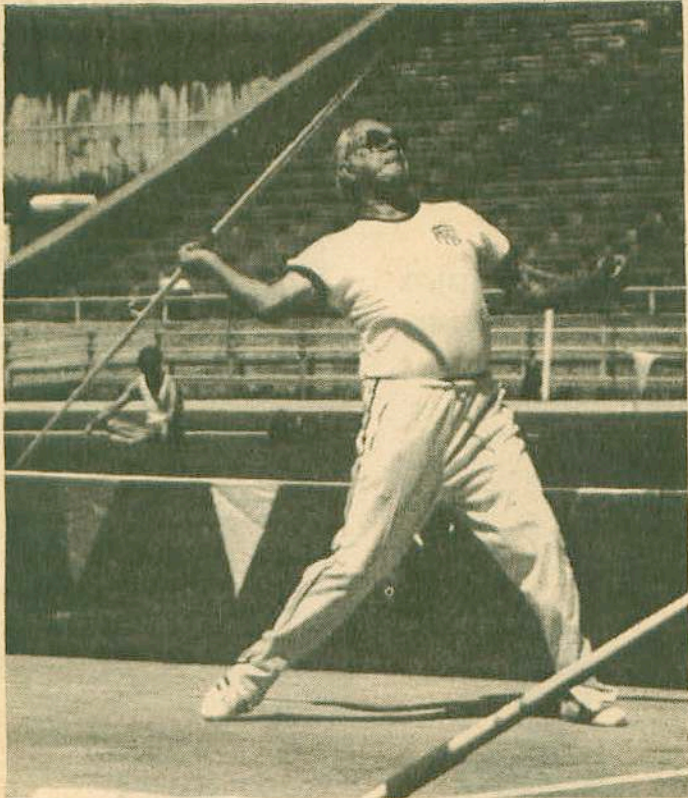
(30-39)	
F. Reilly (37)	183'2
M. Diller (3)	153'0
J. Roehr (35)	139'0
C. McCormick (39)	137'2
J. Hougen (30)	129'9

(40-49)	
L. Higgins (42) CDM	169'9
B. Humphrey (4) CDM	161'9
S. Thomson (49)	141'9

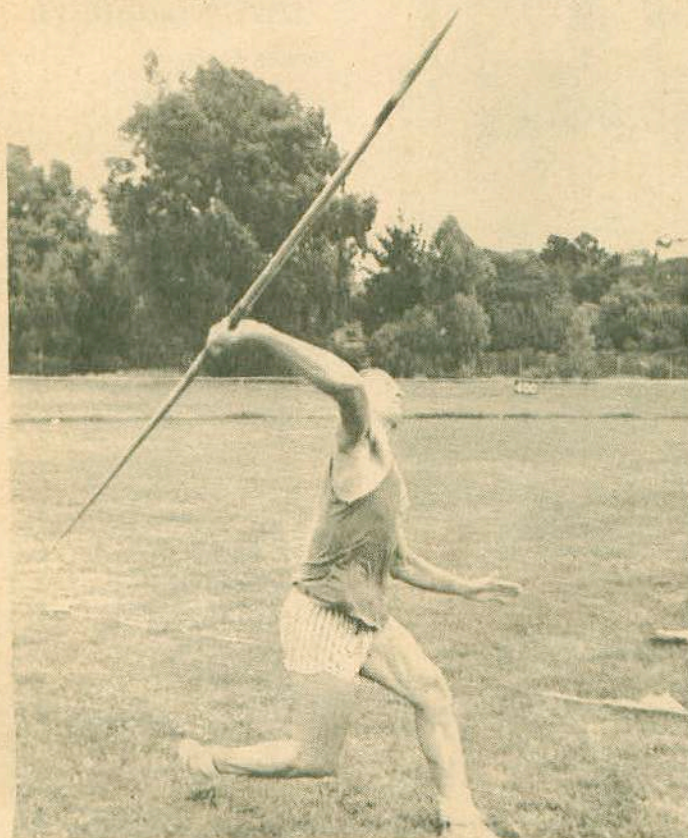
continued on next page...

Masters Ranking, continued...

Robert & Carol Sports Photography



EMERY CURTIS



PHIL CONLEY

J. Hart (46)	138'10	(50-59)	
D. Katchkias (44)	128'7 1/4	S. Thomson (50)	164'1
P. Toughill (4)	121'7	D. Douglass (51) SCS	132'1
		B. Bangert (59) CDM	128'7
(50-59)		(60-69)	
E. VanPelt (5)	145'3	D. Aldrich (65) CDM	122'8 1/2
C. Renfro (5)	144'10	B. Stone (62)	120'11
S. Thomson (50)	141'9	J. York (6)	111'5
D. Maurer (5)	136'11	T. DeVaughn (6)	109'2
H. Hawke (53)	136'4	(70 +)	
B. Bangert (5) CDM	130'1	D. Pierotti (72)	118'2
(60-69)		A. Vesco (7)	104'7
D. Aldrich (65) CDM	160'2	J. York (7)	95'1
G. Ker (60) CDM	153'6	R. Doms (76) SCS	92'9
B. Stone (63)	137'4	F. Uish (75)	91'7
M. Castaneda (6)	137'3		
R. Carter (69)	134'11		
J. Thatcher (67) CDM	126'8		
H. Booth (62)	123'7		
O. Merio (63)	118' 3/4		
M. Henderson (62)	117'1		
(70 +)			
V. Cheadle (73)	124'1		
R. Doms (76) SCS	114'9		
J. York (70)	109'1		
K. Carnine (75)	108'2		
D. Pierotti (72)	106'10		

Javelin

(30-39)		(50-59)	
J. Tobin (3)	204'0	H. Schellenberg (50)	5399-IAAF
W. Wilke (35)	194'2	A. Brenda (54)	4315-IAAF
K. Molander (31)	193'3	F. Gallardo (52)	4241-IAAF
M. Harriman (39)	186'6	(60-69)	
C. Foreman (3)	183'1	B. Hunt (63) SCS	3091-IAAF
A. Mashos (39)	179'0	No Name Available	6375-WAVA
G. Schmidt (30)	171'9		
F. Reilly (37) AA	169'7		
J. Lister (3)	162'6 1/2		
C. McGaugh (3)	156'1		
R. Rook (3)	147'0		
J. Hougren (3)	141'10 1/2		
R. Stepp (38)	139'5		
(40-49)			
L. Stuart (45)	211'4		
P. Conley (48)	206'9		
J. Burns (42)	194'0		
N. Harriman (40)	192'6		
L. Higgins (41)	184'7		
G. Miller (45) CDM	178'2		
B. Gale (44)	172'1		
D. Welty (4)	162'4		
G. Reddaway (42)	161'1		
D. Rose (47)	158'0		
T. Sarles (4)	154'10		
E. Dahms (4)	138'11		
G. Griff (47)	130'11 1/2		
(50-59)			
E. Chynoweth (59)	162'8		
R. Hudson (51)	162'3		
S. Letcher (51)	159'2		
R. Sutton (52)	159'1		
H. Schellenberg (50)	148'1		
H. Hawke (53)	138'10		
D. Smith (5)	126'11 1/2		
H. Wallace (5)	126'11		
D. Straub	124'11		
F. Gallardo (5)	124'4		
(60-69)			
E. Chynoweth (60)	162'10		
D. Aldrich (65) DM	153'9		
P. Fetter (62) CDM	153'8		
B. Porch (60)	142'5		
B. Stone (62)	126'8		
B. Burke (6)	121'4		
J. Siefert (6)	119'11		
(70 +)			
E. Curtice (60)	101'6		
P. MacConaghy (75) CDM	100'8		
R. Doms (76) SCS	93'10		
K. Carnine (75)	91'2		

Hammer

(30-39)		(40-49)	
J. Peterson (3)	163'1	S. Thomson (49)	154' 3/4
F. Reilly (37) AA	158'9	L. Higgins (41) SCS	136'9
M. Diller (3)	146'0	J. Hart (46)	123'2
G. Kalmenson (32)	138'3		

Decathlon

(30-39)			
E. Baskauskas (33)	5216-IAAF		
D. Stempel (39)	5111-IAAF		
(40-49)			
D. Thoreson (42)	5730-IAAF		
G. Bane (45) CDM	5085-IAAF		
R. Fitzhugh (48) CDM	3786-IAAF		
(50-59)			
H. Schellenberg (50)	5399-IAAF		
A. Brenda (54)	4315-IAAF		
F. Gallardo (52)	4241-IAAF		
(60-69)			
B. Hunt (63) SCS	3091-IAAF		
No Name Available	6375-WAVA		

Pentathlon

(40-49)			
G. Miller (45) CDM	4028-WAVA		
R. Fitzhugh (48) CDM	2332-WAVA		
(50-59)			
A. Brenda (54)	3370-WAVA		
H. Wallace (55)	2918-WAVA		
J. Jocoy (5)	2383-WAVA		
(60-69)			
R. Spencer (60) SD	3407-WAVA		

**Boston
Marathon
Package
Tour**
(11th Year)

FOR DETAILS:
Jack Leydig
P.O. Box 459
San Carlos, CA
94070

or call:
(415) 595-2249

Results

Cross Country

Pac 10 X-C Championships

October 29, Stanford.

1 Hill (Oregon)	30:09
2 Blackmore (Oregon)	30:31
3 Ansberry (Arizona)	30:35
4 Smith (Stanford)	30:37
5 Roberts (UCLA)	30:44
6 Dobler (Arizona)	30:47
7 Olesen (Stanford)	30:48
8 Woods (Arizona)	30:51
9 Butler (UCLA)	30:53
10 Dugan (Arizona)	30:54

Team Scores: Arizona 38, Oregon 44, UCLA 74, Stanford 80, California 126, Oregon St. 139, Washington 151.

4 Dan Harvey, Aggies	30:04
5 Larry Lawson, Tiger Int.	30:25
6 Andy Ferguson, CapitolCity	30:31
7 Terry Gibson, Aggies	30:39
8 Tim Gruber, Reebok	30:44
9 Henry Perez, Reebok	30:45
10 Simon Fielding, Nevada-Reno	30:46
11 Pete Sweeney, Aggies	30:47
12 Adrian Royle, FourCornerTC	30:55
13 Mike McQueeney, Reebok	30:56
14 Leo Lenting, Aggie	30:58
15 Dave Minter, Nevada-Reno	30:59
16 Matt Yeo, Aggies	31:05
17 Dave Rennelsen, C.C.F.	31:10
18 Dan Gruber, Aggies	31:27
19 Phil Hornig, Reebok	31:29
20 Rob Anex, C.C.F.	31:31
21 Jim Van Dine, Reebok	31:36
22 Tom Schmidt	31:36

6 Peggy Smyth, Tamalpa	37:04
7 Bonnie Dwyer, G.S.F.T.C.	38:29
8 Sharlet Gilbert, Zephyr	38:51
9 Rita Fagundes, C.C.F.	39:18
10 Vicki Bigelow, Aggies	39:38

P.A. TAC Jr. Olympic X-C

Reno, NV, November 10.

Results - Girls

Bantam: 1. Francesca Fitzgerald (Walnut Creek) 13:37; 2. Karrie Kuelper (Roseville) 13:57; 3. Kerry Lewis (Antloch) 14:05. **Midjet:** 1. Karen Marinko (Roseville) 13:36; 2. Angela Young (Roseville) 13:42; 3. Myrna Day (Reno,NV) 14:07. **Youth:** 1. Tamara Papka (Sparks,NV) 18:39; 2. Robyn Hansel (Reno,NV) 19:05; 3. Nicole Smedberg (Roseville) 19:45. **Intermediate:** 1. Tricia Richardson (Roseville) 23:44; 2. Brenda Payton (Roseville) 23:47; 3. Charine Kashuba (Roseville) 25:27. **Young:** 1. Terri Speth (Susanville) 25:51; 2. Marie Oelrich (Reno,NV) 26:38.

Results - Boys

Bantam: 1. David Leslie (Roseville) N.T.; 2. Tony Townsell (Sparks,NV) N.T.; 3. Ronnie Papka (Sparks,NV) N.T. **Midjet:** 1. Clint Corey (Reno,NV) 11:38; 2. Shawn Carter (Reno,NV) 11:54; 3. Bryon Higgins (Cupertino) 12:07. **Youth:** 1. Peter Saladino (Reno,NV) 15:45; 2. Phillip Romero (Reno,NV) 15:49; 3. Mike Gibson (Danville) 15:57. **Intermediate:** 1. Mike Wall (Susanville) 18:20; 2. Ron Coker (Roseville) 18:44; 3. Brad Marshall (Roseville) 18:54. **Young:** 1. Glen Hardin (Reno,NV) 18:04; 2. Ethan Palo (Roseville) 18:46; 3. James Garrett (Roseville) 18:47.

Redwood Empire Junior Olympics

From DUNCAN MacSWAIN

November 11, Spring Lake, Santa Rosa. 2.4 miles.

YOUTH BOYS (13-14): 1. David Feniger (Colati) 16:34, 2. Alex MacSwain (San Rafael) 16:38, 3. Doug Detrick (Santa Rosa) 17:08. **YOUTH GIRLS (13-14):** 1. Melissa King (San Rafael) 19:03, 2. Kristy McCall (Santa Rosa) 20:24, 3. Shannon Stone (Santa Rosa) 24:52.

photo by Jim Engle



PA-TAC 10K "British Style Course"

photo by Jim Engle



Laurie Binder
PA-TAC 10K Champion

PA-TAC 10K Championships

from Steve Justice

Pl. Pinelo Regional Park, Richmond. October 29, 10,000 Meters.

Men's Results	
1 Carmelo Rios, Aggies	29:42
2 Derrick May, Nevada-Reno	29:43
3 Ivan Huff, Aggies	29:45

23 Brad Rowe, Aggies	31:38
24 Joe Mangan, Aggies	31:39
25 Jeff Adkins, Aggies	31:40
26 Rusty Knowles, Aggies	31:47
27 Steve Blake-More, Nevada-Reno	31:47
28 Jerry Drew, C.C.F.	31:47
29 John Mansoor, C.C.F.	31:58
30 Sal Vasquez, Pamakids	32:00

Women's Results

1 Laurie Binder, Adidas	35:44
2 Ellen Lyons, C.C.F.	36:24
3 Connie Hester, Aggies	36:48
4 Ingrid Hernenway, G.S.F.T.C.	36:54
5 Heike Skaden, C.C.F.	36:58

3.1 miles

INTERMEDIATE BOYS (15-16): 1. Troy Jendersack (Petaluma) 19:58, 2. Greg Archuleta (Santa Rosa) 20:02, 3. Tim Schiander (Santa Rosa) 20:23. **INTERMEDIATE GIRLS (15-16):** 1. Jan Alsobrook (Santa Rosa) 27:44, 2. Catherine Paul (Santa Rosa) 28:29, 3. Matdalena Konieczny (Santa Rosa) 28:33. **YOUNG MEN (17-18):** 1. Steve Ferrario (St. Helena) 19:09, 2. Darrold Turner (Sebastopol) 19:47, 3. Leo Merle (Sonoma) 20:43.

NCAA National X-C Div. II Champs.

Kenosha, WI, Nov. 12.

Results - Men 10K

1 Brian Ferrari(CalSt.PA)	30:38
2 Robert Petrini(SilperryRk,PA)	30:40
3 Scott Ergen(St.CloudSt,MN)	30:48
4 Kurt Threinen(St.CloudSt,MN)	30:50
5 Larry Sayers(Keene St.,NH)	30:54
6 Nickolas Yutko(IndianaU,PA)	30:56
7 Leslie Woods(Augustana,SD)	30:59
8 James Nolan(Ind St.Evansvl)	31:03
9 Matt Blaty(CalPolyPom.)	31:04
10 Joseph Leuchtmann(So. East MI)	31:08
11 Tony Reyes(CalPolyPom.)	31:09
12 Johnnie Engelhardt(Lib.Bapt.VA)	31:11
13 Philip Vannette(CalRvrst)	31:12
14 Gary Borbon(CalPolyPom)	31:14
15 Dan Carlson(SoDakotaSt)	31:16
16 Tony Farris(Miss.Col.)	31:18
17 Paul Leblanc(Ne. DakotaSt.)	31:19
18 Stephen Koons(MillersvleU,PA)	31:20
19 Mike Atkinson(IndSt.Evansvle)	31:20
20 Hector Perez(CalPolySLO)	31:21
22 Ramon Morales(HumboldtSt.)	31:24
27 John Spilman(CalSt.Northridge)	31:41
31 Steven Dietch(CalRiverside)	31:48
40 John Barrett(CalDavis)	31:58
41 Steven Perez(CalPolyPom)	32:00
43 Jeff Williams(CalPolyPom)	32:03
46 Chris Brenneman(CalRivers)	32:06
47 Matthew Gary(CalSt.Sacto)	32:08
55 Lee Young(Cal St. Sacto)	32:13
57 Jeffery Grubbs(CalSt. Sacto)	32:14
60 David Loud(CalPolyPom)	32:16
63 Nelson Bernal(CalPoly SLO)	32:19
72 David Maldonado(CalSt Sacto)	32:30
74 Kevin Broady(CalPoly SLO)	32:32
80 David Livingston(CalPolySLO)	32:40
81 Theodore Franse(CalSt. Sacto)	32:40
90 Hector Nieves(CalPoly SLO)	32:52
93 Pedro Reyes(CalSt. Sacto)	32:58
99 Stephen Strehlow(CalRivers)	33:04
103 Steven Johnson(Cal Riverside)	33:17
106 James McCarthy(CalPolySLO)	33:24
108 Richard Graves(CalRiverside)	33:34
113 Brock Vaughn(CalPolyPom)	33:46
117 Timothy Watson(CalRiverside)	33:55

118 Fernando Fernandez (Cal St Sac) 34:04
 129 Kenneth Ellingboe (Cal Poly SLO) 36:01
Team Scores:
 1. Cal Poly Pomona 86, 2. St. Cloud St., MN 108, 3. Lowell Univ. MASS. 118, 4. North Dakota St. 152, 5. Ind. St. Evansville 154, 11. Cal Riverside 244, 12. Cal St. Sacramento 256, 13. Cal Poly SLO 273.

Fine Flicks by Don Gosney



PATTI GRAY
 2nd NCAA Div. II

Results - Women 5K

- | | |
|--|-------|
| 1 Amy Harper (Cal Poly SLO) | 17:10 |
| 2 Patricia Gray (Cal Davis) | 17:14 |
| 3 Mary McNaughton (Holy Cr. MA) | 17:22 |
| 4 Nancy Dietman (No. Dakota St.) | 17:28 |
| 5 Lesley White (Cal Poly SLO) | 17:28 |
| 6 Kristin Asp (So. Dakota St.) | 17:29 |
| 7 Lisa Young (Westchester U, PA) | 17:35 |
| 8 Darla Curp (Central, MI) | 17:37 |
| 9 Lisa Koelfgen (Seattle Pa. WA) | 17:39 |
| 10 Kathy Koudela (Cal St. Hayward) | 17:42 |
| 11 Christine Ridenour (So. Est. MO) | 17:46 |
| 12 Robyn Root (Cal Poly SLO) | 17:47 |
| 13 Eileen O'Rourke (Holy Cr. MASS) | 17:48 |
| 14 Julie Bowers (Westchester U, PA) | 17:50 |
| 15 Magdalena Manriquez (CS Norid) | 17:54 |
| 16 Michele Fingar (Kutztown U, PA) | 17:55 |
| 17 Audrey Stavrum (So. Dakota St.) | 17:56 |
| 18 Bev Weiman (No. Dakota St.) | 17:58 |
| 19 Juanita Vetter (Slippery Rk, PA) | 18:00 |
| 20 Cindy Sitz (Central MO) | 18:02 |
| 21 Marilyn Nichols (Cal Poly SLO) | 18:02 |
| 26 Katie Dunsmuir (Cal Poly SLO) | 18:11 |
| 27 Katy Manning (Cal Poly SLO) | 18:12 |
| 28 Debbie Morris (Cal St. Hayward) | 18:12 |
| 30 Michele Phipps (Cal St. Hayward) | 18:16 |
| 34 Chris Manning (Cal St. Hayward) | 18:32 |
| 35 Michelle Andersen (Sonoma) | 18:33 |
| 36 Jennifer Thatcher (Cal Davis) | 18:34 |
| 43 Nancy Riedel (Cal Davis) | 18:45 |
| 45 Karen Menge (Cal Davis) | 18:46 |
| 52 Francesca Negri (Cal Davis) | 18:55 |
| 54 Monika Zieschang (Cal St. Hayward) | 18:57 |
| 61 Gladees Prleur (Cal Poly SLO) | 19:03 |
| 64 Catherine Tully (Cal Davis) | 19:16 |
| 65 Carole Stothers (Cal St. Hayward) | 19:17 |
| 68 Jill Perry (Cal Davis) | 19:25 |
| 78 Noelia Mangiapane (Cal St. Hayward) | 20:00 |

Team Scores:
 1. Cal Poly SLO 48, 2. Holy Cross Mass. 92, 3. Seattle Pacific WA 110, 4. Cal St. Hayward 117, 5. Cal Davis 134.

NCAA I Dist. 8 Championships

November 12, Eugene, Oregon.

- Men's 10,000 Meters:**
- | | |
|-------------------------|-------|
| 1 Jim Hill (Oregon) | 30:09 |
| 2 Rysdam (Oregon State) | 30:23 |
| 3 Ruelas (UC Irvine) | 30:29 |
| 4 Morrison (Arizona) | 30:36 |
| 5 Blackmore (Oregon) | 30:40 |
| 6 Butler (UCLA) | 30:43 |
| 7 Ansberry (Arizona) | 30:52 |
| 8 Barnett (Washington) | 30:53 |
| 9 Roberts (UCLA) | 30:56 |
| 10 Hamilton (Oregon) | 30:57 |

Teams Scores: Oregon 42, Arizona 65, UCLA 82, UC Irvine 95, Stanford 109.

- Women's 5,000 Meter:**
- | | |
|---------------------------|-------|
| 1 Hayes (Oregon) | 16:56 |
| 2 Martin (Oregon) | 17:18 |
| 3 Wiley (Stanford) | 17:25 |
| 4 Plumer (Stanford) | 17:36 |
| 5 Jacobs (Stanford) | 17:38 |
| 6 Roth (Oregon) | 17:42 |
| 7 Schubert (Stanford) | 17:43 |
| 8 Ryan (Oregon) | 17:52 |
| 9 Wyckoff (Fresno State) | 17:53 |
| 10 Nelson (Arizona State) | 17:57 |

Team Scores: Oregon 33, Stanford 71, UC Irvine 134, Washington State 150, Arizona State & Oregon State 156.

CCA-AAU Jr. Olympic X-C

Woodward Park, Fresno, Nov. 12.

Division Results - Men

12 & Under: 1. M. Amasallon 11:35, 2. C. Chapman 11:38, 3. J. Clancy 11:41, 11-12: 1. S. Neidelver 9:53, 2. C. Elder 10:06, 3. K. Miller 10:09, 13-14: 1. Zellar 13:18, 2. R. Harkless 13:24, 3. S. Cole 13:25, 15-16: 1. David Naranjo 15:47, 2. Breckenridge 16:58, 3. Llanez 17:06, 17-18: 1. Hurtado 16:12, 2. Aguilar 16:33, 3. Bernal 16:44.

Division Results - Women

10 & Under: 1. A. Mabon 12:05, 2. J. Yeates 12:35, 3. M. Negrete 12:38, 11-12: 1. A. Core 11:36, 2. S. Beach 11:52, 3. M. Flynn 11:58, 13-14: 1. K. Roldan 15:27, 2. E. Lopes 15:53, 3. T. Carter 16:19, 15-16: 1. Laurie Cook 20:10, 2. Wendy Knox 20:45, 3. Carmen Zepeda 21:32, 17-18: 1. Cole 20:44, 2. Battles 20:53, 3. Tiserina 21:11.

photo by Burt Davis



JIM HILL
 NCAA I, Dist. 8 Champion



SUSAN RADFORD
 4th J.C. Championships



PETER BRETT
 5th J.C. Championships

Community College Champs.

Woodward Park, Fresno, Nov. 18.

Results - Men - 4 Miles

- | | |
|-----------------------------------|-------|
| 1 Mandia Kunena, Porterville | 19:24 |
| 2 Gary Lewis, San Jose | 19:27 |
| 3 Gonzo Huggins, Long Beach | 19:41 |
| 4 Charles Davis, El Camino | 19:46 |
| 5 Peter Brett, Allan Hancock | 19:49 |
| 6 Jerry Hernandez, El Camino | 19:53 |
| 7 Eugenio Cruz, LA Valley | 19:56 |
| 8 Roy Garcia, West Valley | 19:58 |
| 9 Dan Oullette, Grossmont | 20:00 |
| 10 Aaron Rudd, Grossmont | 20:01 |
| 11 Randy Anderson, American River | 20:02 |
| 12 Stephen Barlow, Allan Hancock | 20:02 |
| 13 Pat Herbert, El Camino | 20:02 |
| 14 Rene Perez, Grossmont | 20:03 |
| 15 Pete McGill, Glendale | 20:04 |
| 16 Harry Staalberg, El Camino | 20:08 |
| 17 Jeff Harbell, El Camino | 20:08 |
| 18 Chris Emmons, Allan Hancock | 20:08 |
| 19 David Trissel, Allan Hancock | 20:09 |
| 20 John Galvin, Grossmont | 20:11 |
| 21 Hector Romero, Moorpark | 20:11 |
| 22 John Oasten, Grossmont | 20:12 |
| 23 Leroy Rivera, Fresno | 20:13 |
| 24 Bill Koening, Grossmont | 20:13 |
| 25 Scott Richardson, Grossmont | 20:14 |

Team Scores

1. El Camino 41, 2. Grossmont 59, 3. Allan Hancock 99, 4. Glendale 111, 5. American River 124, 6. West Valley 145, 7. LA Valley 161, 8. COS 224, 9. Shasta 252, 10. Monterey 265, 11. Sierra 285.

Results - Women 5000 Meters

- | | |
|----------------------------------|-------|
| 1 Mara Lazdans, Mira Costa | 17:55 |
| 2 Bernadette Torrez, Mt. SAC | 17:56 |
| 3 Lori Shanoff, Santa Rosa | 17:58 |
| 4 Susan Radford, Monterey | 17:58 |
| 5 Elaine Triplett, Santa Barbara | 18:15 |
| 6 Alexandria Aguirre, E. LA | 18:19 |
| 7 Julie Rasmussen, Delta | 18:22 |
| 8 Sandy Balkeslee, Mira Costa | 18:29 |
| 9 Glynn Watt, Mira Costa | 18:35 |
| 10 Jackie Lewis, Foothill | 18:49 |
| 11 Jenny Green, E. LA | 18:51 |
| 12 Lisa Van Buskirk, Chabot | 18:51 |
| 13 Lisa Bohl, Golden West | 18:52 |
| 14 Barbara Hasson, Foothill | 18:58 |
| 15 Mandy Whistler, Golden West | 18:59 |

- | | |
|----------------------------------|-------|
| 16 Cathy Dubay, Santa Rosa | 19:00 |
| 17 Kelly Buzza, Cuesta | 19:01 |
| 18 Ali Owen, Santa Barbara | 19:01 |
| 19 Carla Halford, West Valley | 19:05 |
| 20 Heather Rezowalli, Foothill | 19:08 |
| 21 Nancy Panico, Ventura | 19:08 |
| 22 Carol Mills, Ventura | 19:09 |
| 23 Christi Lofranco, West Valley | 19:13 |
| 24 Gabri Zieschang, Menlo | 19:13 |
| 25 Ana Kendrick, Foothill | 19:16 |

Team Scores

1. Foothill 72, 2. Mira Costa 80, 3. East LA 116, 4. Santa Rosa 122, 5. Golden West 127, 6. Chabot 132, 7. Ventura 138, 8. Monterey 180, 9. Menlo 202, 10. Moorpark 243, 11. Marin 246.

P.A. AAU Junior Olympic Cross Country

Reno, Nv. November 19.

Results - Girls

Bantam: 1. Erin Bellamy (Fremont) 13:39; 2. Kerrie Kuelper (Roseville) 13:40; 3. Crystal Miks (San Jose) 13:44. **Midlet:** 1. Michelle Negrete (San Jose) 13:04; 2. Gretchen Hill (Fremont) 13:07; 3. Staci Dossman (Richmond) 13:08. **Junior:** 1. Katy McCandless (Menlo Park) 16:32; 2. Serina Delacruz (San Jose) 17:03; 3. Lori Hill (Fremont) 17:03. **Intermediate:** 1. Charline Kashuba (Roseville) 22:04; 2. Karen Himenes 22:15; 3. Tricia Richardson (Roseville) 22:26. **Senior:** 1. Connie Breakfield (Manteca) 24:00.

Results - Boys

Bantam: 1. David Leslie (Roseville) 12:07; 2. Tony Townsell (Sparks, NV) 12:26; 3. Ronnie Papka (Sparks, NV) 12:27. **Midlet:** 1. Clint Corey (Reno, NV) 11:31; 2. Jeremy Seven (Clayton) 11:55; 3. Shawn Carter (Reno, NV) 12:00. **Junior:** 1. Cary Stephens (Reno, NV) 15:07; 2. Philip Romero (Reno, NV) 15:12; 3. John Perry (Reno, NV) 15:17. **Intermediate:** 1. Roger Plix (So. Lake Tahoe) 18:21; 2. Billy Morgan (Reno, NV) 18:23; 3. Lanphan Keoprasev (Roseville) 18:29. **Senior:** 1. Manuel Silvera (Buron) 17:26; 2. Glen Hardin (Reno, NV) 17:57; 3. Steve Lewis (Reno, NV) 18:10.

Results

San Diego- Imperial TAC X-C Championships

from Jim Mosher

San Diego, Nov. 19.

Jeff Woodland of San Diego State led his team to a convincing win in this year's edition, covering the 8K course through Muir Woods in 24:55. Resident Aggie Steve Holl finished second to hold off a late charge from Franklin Haralson, while the Aztec club took most of the top ten places.

The women's race over 5K was a smaller affair, with the Phidippides team edging the San Diego Track Club, 25 to 30. Ellen Turkel and Diane Riley crossed the line together in 19:16.

Results - Men

1	Jeff Woodland (SDSU)	24:55
2	Steve Holl (ARC)	25:16
3	Franklin Haralson (GymBagTC)	25:27
4	Jose Vega (SDSU)	25:38
5	Shawn Delaney (USD)	25:40
6	Brian Harold (SDSU)	25:52
7	John Lane (SDSU)	25:53
8	Mike Closson (SDSU)	26:00
9	Marshall Varano (SDSU)	26:13
10	Ted Van Aradale (ChartHouse)	26:33

Team Scores

1.	SDSU 26, 2. Gym Bag TC 49, 3. SDA
69, 4. SDTC 85, 5. USD 99.	

Results - Women

1	Ellen Turkel (Phidippides)	19:16
2	Diane Riley (Phidippides)	19:16
3	Ursula Rains (SDTC)	20:44
4	Faye Heldorn (SDTC)	21:31
5	Janie Shankles (Phidippides)	21:41

Team Scores

1.	Phidippides 25, 2. SDTC 30.
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NAIA Cross Country Championships

Kenosha, Wisconsin, Nov. 19.

Overall Winners - Men 8,000 Meters.

1	Steve Delano (So. Western, KS)	24:44
2	Mike Maroun (Simon Fraser, BC)	25:03
3	Peter Graham (Adams St. CO)	25:04
4	Dennis Leck (Western St. CO)	25:05
5	Robbie Hipwood (Adams St. CO)	25:08
6	Fabian Trujillo (N.M. Hinds)	25:11
7	George Kapheim (Wis.-Parksd)	25:12
8	Robert Ferguson (Adams St. CO)	25:13
9	Brendan Narawsky (Sim. Frs BC)	25:15
10	Robbie Konrad (Western St. CO)	25:16
60	Andrew Daniels (Azusa Pac. CA)	26:07
67	Tim Wallen (Westmont, CA)	26:11
82	Robert Scott (Westmont, CA)	26:19
115	Art Castle (Cal Lutheran)	26:39
138	Dave Dempsey (Pt. Loma, CA)	26:52
140	Frank Selvaggio (Pt. Loma, CA)	26:54
152	Fernando Valasquez (Azusa, CA)	26:59
178	Brian Kleinsasser (Pt. Loma, CA)	27:15
192	Tim Stockton (Pt. Loma, CA)	27:28
246	Max Cardona (Pt. Loma, CA)	28:08
278	Dave DeLong (Pt. Loma, CA)	28:45

Team Scores:

1.	Adams State Colo. 47, 2. Wisconsin/LaCrosse 95, 3. Malone College 110, 27. Point Loma, CA 701.
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Overall Winners - Women 5000 Meters

1	Cindy Grant (SiFraser BC)	17:32
2	Julie Jenkins (Adams St. CO)	17:46
3	Leah Pells (SiFraser BC)	17:49
4	Katie Webb (Marquette U, WI)	17:54
5	Deanna Marchello (WI EAU Cl)	18:00
6	Linda Marquardt (Wis. Mil.)	18:11
7	Lesley Tomlinson (SiFraser BC)	18:12
8	Julia Schultz (Marquette U, WI)	18:15
9	Barbara Gaenslen (Not Dame CA)	18:15
10	Laurie Hottinger (Marquette U, WI)	18:26
56	Linda Vanhousen (Not Dame CA)	19:19
141	Stacie Swanson (Westmont, CA)	20:29

146	Tammy Williamson (Westmont)	20:34
163	Sonia Cooper (Azusa Pa, CA)	20:56
178	Kathy McMillion (Westmont)	21:14
180	Debbie Katekaru (Westmont)	21:21
184	Julie Francisco (Westmont)	21:27
186	Judy Thomas (Azusa Pa, CA)	21:33
198	Jan Mosby (Westmont)	22:04

Team Scores:

1.	Simon Fraser BC 58, 2. Marquette Univ., WI 79, 3. Portland University 88, 23. Westmont, CA 641.
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NCAA Division I Championships

November 21, Bethlehem, Pennsylvania.

Men's 10,000 Meters:

1	Zackariah Barie (UTEP)	29:20
2	Yobes Ondieke (Iowa State)	29:42
3	John Easker (Wisconsin)	29:45
4	Joseph Kipsang (Iowa State)	29:53
5	Jim Hill (Oregon)	29:55
6	Richard O'Flynn (Providence)	29:57
7	Hans Koeleman (Clemson)	30:00
8	Gidamis Shahanga (UTEP)	30:12
9	Ed Eyestone (BYU)	30:13
10	Paul Donovan (Arkansas)	30:14
30	Mark Ruelas (UC Irvine)	30:35
45	Andy DiConti (BYU)	30:57
54	Ron Roberts (UCLA)	31:05

Team Scores: UTEP 108, Wisconsin

164, Oregon 171, Clemson 191, Arkansas 206.

Women's 5,000 Meters:

1	Betty Springs (N.C. State)	16:31
2	Nan Doak (Iowa)	16:36
3	Kathy Hayes (Oregon)	16:36
4	Liz Natale (Tennessee)	16:43
5	Andrea Fischer (Missouri)	16:50
6	Sabrina Dornhoefer (Missouri)	16:55
7	Tina Krebs (Clemson)	16:55
8	Cathy Branta (Wisconsin)	16:55
9	Regina Jacobs (Stanford)	17:00
10	Patti Sue Plumer (Stanford)	17:01
23	Allison Wiley (Stanford)	17:19
31	Cory Schubert (Stanford)	17:26
36	Patti Gray (UC Davis)	17:31
66	Cecil Hopp (Stanford)	18:04

Team Scores: Oregon 95, Stanford 98, North Carolina State 99, Tennessee 103, Wisconsin 107.

"It feels like home here, with the wind. I think it helps training at altitude, at about 8000 feet. Yesterday I ran the course it was so muddy I fell in one spot. The wind today dried it out."

This is the first back-to-back championship in the senior men's division since Frank Shorter won 4 in a row, 1970-73.

Individual Results - Senior Men

1	Pat Porter, Athletics West	29:18
2	Sampson Obwacha, ConverseW	29:32
3	John Easker, WisconsinU	29:40
4	Ed Eyestone, Maccabi	29:49
5	Jim Stintzi, AthleticsW	29:54
6	Bruce Bickford, NewBalance	29:56
7	Stijn Jaspers, ClemsonU	29:59
8	Greg Fredericks, PennSt	30:04
9	Mark Cup, New Balance	30:06
10	Domingo Turbado, Sub-4	30:07
11	Mark Stickly, JockShop	30:08
12	Rod Berry, Puma/En	30:08
13	Bill Donakowski, Converse	30:09
14	Bill Reifnyder, TeamAdidas	30:16
15	Danny Grimes, TigerInt.	30:17
16	Lloyd Ness, Univ. of Chicago	30:17
17	Hans Koeleman, ClemsonU	30:18
18	Herb Lindsay, AthleticW	30:19
19	Steve Bishop, Maccabi	30:25
20	Jeff Drenth, Maccabi	30:26
21	Ivan Huff, Univ. of Oregon	30:28
23	Mark Finnucane, NewBalance	30:29
24	Greg Kangas, Club Northwest	30:30
25	Sam Ngatia, ConverseW	30:30
26	Carmelo Rios, ConverseA	30:31
27	Mark Sisson, WisconsinU	30:32
29	Larry Cuzzort, Sub-4	30:34
36	John Moreno, ConverseA	30:40
46	Roy Kissin, Sub-4	30:52
50	Scott Mayfield, ConverseA	30:57
53	Dan Harvey, ConverseA	30:59
76	John Koningh, Sub-4	31:27
97	Dave Segura, Sub-4	31:52
111	Leo Lanting, ConverseA	32:07
124	Terry Gibson, ConverseA	32:17
143	Ron Cornell Sub-4	32:30

Team Results

1.	Athletics West 2:30:46.4, 2. Converse West 2:31:35.8, 3. New Balance TC 2:32:25.0, 4. Puma/Energizer A 2:33:15.5, 5. Converse Aggie RC 2:33:37.2, 6. Sub-4 TC 2:34:54.7, 7. Brooks RT 2:38:10.6, 8. Univ. of Oregon 2:37:07.8, 9. Univ. of Chicago 2:38:33.6, 10. Converse/Chicagoland 2:38:53.8.
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RACE IN REVIEW: Welch and Springs took off together and they were still together at the mile mark, with Springs looking smooth and Welch looking ragged. Right up in the 2nd group was veteran Jan Merrill. At a mile and a half Welch and Springs were still together, with about a 20 meter gap on the next group. Springs took the lead about a mile and three quarters into the race, on an incline. She went through the 2-mile in 10:22. About this point Nan Doak moved up into 2nd.

NOTES & QUOTES: Springs: "Coach Rollie Gelger was on the course, telling me that Nan Doak was in 2nd. I was concerned about my teammate, Brenda Webb. The last mile, I didn't press like I would have, if someone had been next to me. I didn't know about the non-collegiate women this year, because I hadn't raced them. Prior to the race I spoke to my coach and he told me I was going to be one of the top runners here today. When it's windy, you like to run behind someone. In the really windy spots, I went to the side of Lesley, but there was a real windy long stretch, just at the point when I left Lesley behind. So I just ducked into the wind. I'm a hill runner, I enjoy courses with hills. It's easier for me to tuck in behind other runners because of my size (she's 5-2). There aren't many runners out there who are smaller than me. I wore 9 millimeter spikes last week at the NCAA meet, but I put on longer spikes (12mm) because I thought the course would be muddy. The course was not very muddy, though. I ran the course yesterday, and I had run it earlier in the season."

Spring will run in the IAAF Women's World 10 kilometer championships in San Diego on December 4. She's 5-2, 100 lbs., from Bradenton, Fla. She duplicated Lesley Welch's 1982 feat of winning both the NCAA and TAC titles in the same year, having triumphed in the collegiate championships last Monday at Lehigh.

After San Diego, Springs plans a 2-3 week break, and will then start training

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(across from Library)
886-2777

BURLINGAME
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(across from Burlingame H.S. Track)
343-4242

WALNUT CREEK
1286 S. Main Street
(parking lot behind I Magnins)
932-6664

USA/TAC X-C Nationals

State College, PA, November 26.

RACE IN REVIEW: Pat Porter went out very hard. At the mile and a half mark he had a 30 meter lead coming past the finish area for the first time. There was a group of 5-6 people, including Kevin Ryan, Bill Donakowski, Him Stintzi, Greg Fredericks and Hans Koeleman, behind Porter at the 2-mile mark, at which point Porter was 50 meters ahead. Porter passed the 2-mile mark in 9 minutes flat. By the 3-mile mark Porter was 100 meters ahead, with Ed Eyestone and Stintzi running together in 2nd. Porter was 100 meters ahead after 4 miles, and the pack thinned out, with Kevin Ryan taking sole possession of 2nd place. Porter widened his lead to about 150 meters up the hill for the 2nd time at the 5-mile mark with Ryan 2nd, Eyestone 3rd and Obuacha coming on strong. Obuacha eventually overtook Ryan and Eyestone to finish 2nd.

NOTES & QUOTES: Porter: "I can go out hard, that's just me. They go out hard in the World Cross Country Championships, even harder than I did here. That's what I'm training for. I was a little bit surprised no one went out with me. Last year everyone figured I'd fade and come back when I made my break because no one knew who I was. I figured this year if I made my break, everyone would go with me. I wanted to show people I wasn't a fluke. There's no question I had a great day today. I felt if I went out fast and anyone came with me, I had the strength to stay out front. I felt I could outkick anyone to the chute if I had to. I just love cross country. Where I went to school we had a tradition in it. The weather didn't bother me. This is Alamosa weather, except it's a lot warmer."

for the U.S. marathon trials in Olympia, Wash., May 12. She won't run indoors in 1984 at all. She has run one previous marathon, 2:37 effort in Olympia last July.

Individual Results - Senior Women

1 Betty Springs, AthleticsW	16:30
2 Nan Doak, Univ. of Iowa	16:47
3 Cathy Branta, WisconsinU	16:52
4 Sabrina Dornhofer, TmKanga	16:56
5 Andrea Fischer, TmKanga	16:58
6 Kathy Hayes, Univ. of Oregon	17:02
7 Martha Cooksey, Unat.	17:05
8 Brenda Webb, AthleticsW	17:06
9 Cathie Twoomsy, AthleticsW	17:08
10 Suzanne Shea, GeorgetownU	17:09
11 Kim Roth, Univ. of Oregon	17:10
12 Lesley Welch, LibertyAC	17:11
13 Katie Ishmael, WisconsinU	17:14
14 Wendy VanMierlo, IllinoisSt	17:15
15 Elizabeth Natale, LibertyAC	17:15
16 Tori Neubauer, Wisc-Lacrosse	17:20
17 Mary Knisley, TmKangaroos	17:22
18 Jill Kingsbury, U of Missouri	17:23
19 Connie Robinson, NC StateTC	17:24
20 Judi St. Hilaire, AthleticsW	17:26
21 Martha Shea, Boston U.TC	17:27
22 Jan Merrill, AgeGp.AA	17:28
23 Lynne Strauss, AC StateTC	17:29
24 Amy Harper, SantaMonicaTC	17:30
25 Gina Procaccio, U of Florida	17:31
45 Royin Root, SantaMonicaTC	17:58
46 Gladees Prieur, SantaMonica	17:58
52 Connie Heister, ConverseA	18:10
68 Ellen Lyons, ConverseA	18:38

Team Results
1. Athletics West 67, 2. Liberty AC 157, 3. Team Kangaroos 185, 4. U. of North Carolina 305, 5. I.U.P. Track Club 358, 6. Penn St. Spiked Shoe 364.

Junior Men - 5000 Meters
RACE IN REVIEW: It was a 3-person race among Wakeland, Redmond and Mackley for the first one and a half miles. Then Mackley dropped back and Redmond and Wakeland battled for the next half mile with Redmond leading the way up a steep hill at the 2-mile mark. Wakeland overtook Redmond just after the hill and, as Redmond faded, Wakeland began to open up a big lead, leading by as much as 40 meters coming down the hill towards the finish line.

NOTES & QUOTES: Wakeland: "I ran the course the other day and I said to myself, 'That's where you have to work to break it open,'" he said, referring to overtaking Redmond at the hill at the 2-mile mark. "I felt I picked up after that hill. Once I initially broke away from him, he didn't come back. I felt like I was going faster in the last mile. I felt I was going pretty strong."

Wakeland is 5-10, 131 lbs., born 2/8/64.

Individual Results - Junior Men

1 Tim Wakeland, Iowa St	15:26
2 James Farmer, No. Carolina	15:32
3 Andrew Redmond, EdinboroU TC	15:33
4 Paul Mackley, PennSt	15:47
5 Todd Crosson, MarshallU	15:52
6 Carl Kemmerer, BucknellU	15:53
7 Stevan Dietch, ClubAddidas	15:54
8 Olivar Kirna, Bucknell U	15:55
9 Kenny Costello, UofSo. Carol	15:57
10 Tom Shetler, Malone Col.	15:59
11 Chuck Trujillo, No. GlenHS	16:00
12 David Tabor, Marshall U	16:02
13 Tim Dunthorne, EdinboroU	16:04
14 Gavin Gaynor, NC ST.TC	16:07
15 Ben Weeman, Malone Col	16:08

Team Results
1. Bucknell Univ. 1:20:48, 2. Malone College 1:21:50, 3. Marshall Univ. 1:22:02, 4. Edinboro Univ. 1:23:02, 5. Penn St. Spiked Shoe 1:24:09, 6. Lafayette College 1:24:56.
RACE IN REVIEW: Kelly Madden of New Balance Track Club led from the gun in this division. The 16 year old sophomore from St. Claire's High School in Rosindale, Mass., went out fast, going through the half mile mark in 2:46, taking a 40-50 yard lead on the pack at around the mile mark. Her mile split was 5:36.
NOTES & QUOTES: Kelly Madden is 5-8, 101 lbs., born 11/15/67. She was ranked 4th among U.S. preps by *Track & Field News* in 1983 at 1500 meters. Her best time in the 1500 is 4:25.

"I was just going to wait to see who went out and let them serve as a wind barrier, but no one went out at the pace I wanted, so I took the lead," says Madden, who recently won her state high school championship.

Madden's plans for 1984 include trying

for the U.S. Olympic team in the 1500 meters event. A year from now, she plans to run in this meet's senior division.

Individual Results - Junior Women

1 Kelly Madden, NewBalance	18:16
2 Michelle Sica, QueenCityStr	18:31
3 Gina Braz, FalmouthTrack	18:34
4 Cheryl Tuosto, VirginiaTech	18:39
5 Patty Metzler, NC ST.TC	19:04
6 Holly Loht, Penn St.	19:11
7 Lisa Frey, QueenCityStr	19:22
8 Anne Shafer, Penn St.	19:24
9 Jill Robinson, QueenCityS	19:25
10 Suzanne Walker, Penn St.	19:29

Team Results
1. Queen City Striders 48, 2. Penn State 69, 3. Renaissance A.A.C. 117, 4. Boston International 143.

AAU Region 13 X-C Champs.

Woodward Park, Fresno. Nov. 27.
Results - Boys 10 & Under

1 David Leslie, RosevilleGaz.	10:37
2 Ronnie Papka, SilverStStr	10:43
3 Brian Braiback, ValleyStr	10:45
4 Tony Townsend, SilverStStr	11:00
5 Kipp Ortenburger, ValleyStr	11:08

Team Scores
1. Valley Striders/SPA 39, 2. Silver State Striders/PA 54, 3. Gold Coast RC 65, 4. Sole Survivors 116, 5. So. Cal RR/SPA 142, 6. Roseville Gaz/PA 147, 7. San Diego TC/PSW 155, 8. Happy Valley Ath./PA 219, 9. Lemoore TC/CCA 222.

11-12

1 Craig Lawson, ValleyStr	10:04
2 Chad Elder, SoleSurvivors	10:10
3 Clint Corey, SilverStStr	10:12
4 Egan Titus, SoleSurvivors	10:12
5 Danny Vega, SoCalIRR	10:17

Team Scores
1. Sole Survivors/CCA 38, 2. Valley Striders/SPA 65, 3. Silver SS/PA 73, 4. SoCalRR/SPA 93, 5. Sac.Spikeettes/PA 115, 6. DVTF/PA 122, 7. Gold Coast RC 163.

13-14

1 Bob Lawry, SanDiegoTC	13:05
2 Eric Billmeyer, SanDiegoTC	13:14
3 Loren Condron, SilverStStr	13:17
4 Cary Stevens, SilverStStr	13:21
5 Tore Pena, RosevilleGaz	13:22

Team Scores
1. Silver State Striders/PA 36, 2. San Diego TC/PSW 63, 3. Sole Survivors/CCA 83, 4. Roseville Gaz/PA 87, 5. SoCal RH/SPA 114, 6. Valley Striders/SPA 125, 7. T.O. Flyers/SPA 142.

15-16

1 David Naranjo, SangerStr	15:43
2 Shawn Sandoval, SanDiegoTC	15:50
3 Roger Warburton, SanDiegoTC	15:55
4 Aaron Lopez, WoodsideSt	15:58
5 Jeff Jacobs, ValleyStr	15:59

Team Scores
1. San Diego TC/PSW 23, 2. Valley Striders/SPA 55, 3. SSTC/CCA 79, 4. Roseville Gaz/PA 87, 5. So. Cal RR/SPA 118.

17-18

1 Gus Quinonez, PsychoBuds	15:15
2 David Baca, Unat	15:27
3 Rob Arsenal, PsychoBuds	15:28
4 Manuel Silveira, Unat	15:28
5 Mike Haberson, SanDiegoTC	15:37

Team Scores
1. Psycho Buds/SPA 35, 2. SSTC/CCA 62, 3. San Diego TC/PSW 64, 4. Roseville Gaz/PA 84, 5. SoCal Trailblazers/SPA 84.

Results - Girls 10 & Under

1 Lorene Ramirez, LASaints	12:09
2 Fran Fitzgerald, DVTF	12:27
3 Erin Bellamy, SantaClara	12:33
4 Jodi Queenan, SantaClara	12:41
5 Edna Candelaria, LA Saints	12:47

Team Scores
1. L.A. Saints/SPA 48, 2. Santa Clara Valley Northstars/PA 59, 3. Gold Coast RC 90, 4. Westside TC/CCA 95, 5. Valley Striders/SPA 105, 6. Roseville Gazelles/PA 147, 7. Lemoore TC/CCA 192, 8. Sole Survivors/CCA 243.

11-12

1 Rachel Muir, Unatt.	11:03
2 Kathleen Cantu, SantaClara	11:09
3 Michelle Negrete, SantaClara	11:10
4 Jessica Bagley, SantaClara	11:10
5 Linda Walsh, SilverStStr	11:17

Team Scores
1. Santa Clara Valley Northstars/PA 25, 2. So. Cal RR/SPA 39, 3. Gold Coast RC/SPA 82, 4. Sole Survivors/CCA 127, 5. L. A. Saints/SPA 132, 6. Lemoore TC/CCA 161, 7. Happy Valley Ath./PA 172, 8. Sacramento Spikeettes/PA 184.

13-14

1 Serina DeLaCruz, SantaClara	14:38
2 Debbie Bedel, SantaClara	14:50
3 Roberta Moronez, ChinoVF	14:51
4 Lori Hill, SantaClara	14:55
5 Kathy McCandless, WoodsideStr	14:58

Team Scores
1. So. Cal. RR/SPA 55, 2. Santa Clara Valley Northstars/PA 66, 3. San Diego TC/PSW 79, 4. Gold Coast/SPA 81, 5. Silver St. Strid./PA 103, 6. LA Saints/SPA 122, 7. SSTC/CCA 169.

15-16

1 Lisa Rizzo, ValleyStr	18:14
2 Heather Brookes, SanDiegoTC	18:20
3 Kim Himenes, WoodsideSt	18:45
4 Robin Eager, SanDiegoTC	18:55
5 Megan Riker, SanDiegoTC	18:55

Team Scores
1. San Diego TC/PSW 23, 2. So. Cal. RR/SPA 57, 3. Woodside Striders/PA 63, 4. Simi Valley Pion./SPA 110, 5. Roseville Gaz./PA 129, 6. SSTC/CCA 131, 7. LA Saints/SPA 151.

17-18

1 Sandy Blakeslee, SanDiegoTC	18:18
2 Joanna Maldonado, SoCalIRR	18:39
3 Lisa Lewis, SangerStrTC	19:11
4 Dawn Thomas, Unatt.	19:31
5 Silvia Aguirre, WoodsideStr	19:59

Team Scores
No Team Scores.

photo by Bob Hinojosa



JASON LIENAU
Junior Olympic Champion

1983 AAU/USA Junior Olympic National X-C Championships

Woodward Park, Fresno. Dec. 10.
10 & Under - Boys

1 Anthony Townsend, Sparks, NV	10:46
2 Ryan Bolton, Billette, WY	10:49
3 Ronald Papka, Sparks, NV	10:51
4 Vinnie Pizzo, New Hyde PK, NY	10:51

5 Brian Braebach, GranadaHills	10:58
6 Kipp Ortenburger, WoodlandHills	11:02
7 Billy Contreras, Valencia	11:08
8 Jacob Corey, Reno, NV	11:10
9 Matthew Belford, Breezy Pt., NY	11:11
10 Michael Charley, Shiprock, NM	11:14

Team Scores
1. Valley Striders 39, 2. Silver St. Str. 65, 3. Beverly TC 69, 4. Gold Coast RC 69, 5. Sole Survivors 146, 6. High Pl. Energ. 160, 7. Woodstock TC 188, 8. Blackfeet AAU 223, 9. Lemoore TC 233, 10. Caiwa Elem. 300.

11-12 - Boys

1 Craig Lawson, GranadaHills	10:07
2 Clint Corey, Reno, NV	10:14
3 Egan Titus, Clovis	10:17
4 Chad Elder, Clovis	10:18
5 James Johnson, Sacto	10:20
6 Shawn Carter, Reno, NV	10:24
7 Seth Nidever, McFarland	10:25
8 Mark Rosensheln, Grahamsv, NY	10:27
9 Kevin Miller, Fresno	10:28
10 Peter Griffiths, N. Hollywood	10:29

Team Scores
1. Sole Survivors 45, 2. Silver State Striders 59, 3. Valley Striders 88, 4. So. Cal. Road Runners 89, 5. Beverly TC 143, 6. Blackfeet AAU 181, 7. Pueblo Striders 206, 8. Flushing TC 212, 9. Woodstock TC 228, 10. Poison Spider TC 288.

13-14 - Boys

1 Jason Lienau, Fresno	12:52
2 Bob Lawry, ChulaVista	13:10
3 Scott Cole, Oakhurst	13:15
4 Peter Saladino, Reno, NV	13:19
5 Loren Condron, Reno, NV	13:19
6 Eric Billmeyer, SanDiego	13:21
7 Robert Graffius, Reading, PA	13:25
8 Ian Smith, Plainwell, Mich.	13:27
9 Cary Stephens, Reno, NV	13:29
10 Steve Schlackman, Brooklyn, NY	13:31

Team Scores
1. Silver State Striders 46, 2. Sole Survivors 64, 3. San Diego TC 71, 4. Beverly TC 131, 5. Billings Flash 152, 6. Spartan TC 166, 7. Evansville TC 186, 8. Vancouver USA TC 192, 9. Blackfeet AAU 211, 10. Sanger Striders 246, 11. Poison Spiders TC 247.

15-16 - Boys

1 Willy Hewson, Estacada, OR	15:10
2 Gregory Castro, Pueblo, CO	15:19
3 Jack Cuvo, Easton, PA	15:20
4 Robert McDowell, VancouverWA	15:24
5 David Naranjo, Sanger	15:40
6 Pat Castro, SanDiego	15:43
7 Shawn Sandoval, SanDiego	15:48
8 Todd Larson, Eugene, OR	15:48
9 Chris Tregillis, GranadaH	15:48
10 Jeff Jacobs, Tarzana	15:51

Team Scores
1. San Diego TC 37, 2. Willamette Falls TC 61, 3. Valley Striders 101, 4. Arrows TC 155, 5. Sanger Striders 158, 6. Grahamsville TC 173, 7. Blue Mt. Rat Patrol 174, 8. High Plains Energy 177, 9. Port. Den of Lions 202, 10. Dickson City RC 265, 11. Walden ECAC 303.

17-18 - Boys

1 Doug Ihmels, Edmonds, WA	15:04
2 Rob Arsenal, Westminster	15:10
3 Darin Jauregui, Sanger	15:18
4 Joe Campanik, Munster, IN	15:19
5 Chris Cameron, Peabody, MA	15:20
6 Ken McChesney, Eugene, OR	15:20
7 Mitch Eddy, Orange	15:21
8 Tim Irving, Medford, MA	15:22
9 Richard Dow, Andover, MA	15:23
10 Albert Claw, Navajo Nation	15:24

Team Scores
1. Cambridge TC 46, 2. Psycho Buds 54, 3. Team Maltby 90, 4. Sanger Striders 99, 5. San Diego TC 125, 6. St. Johns Township 153, 7. McKenzie Striders 164, 8. High Plains Energy 169, 9. Wild AC 181, 10. NFA ECAC 207.

10 & Under - Girls

1 Lorene Ramirez, L.A.	11:18
2 Stephanie Leinhos, No. Wales, PA	11:29
3 Erin Bellamy, Fremont	11:48
4 Lynette Petersen, Riverton, UT	11:52
5 Mary Scanlan, BlueBell, PA	11:56
6 Maureen O'Connell, ElkinsPk, PA	11:57
7 Edna Candelaria, L.A.	12:03
8 Amy Mabon, McKittick	12:03
9 Francesca Fitzgerald, WalnutCk	12:10
10 Rachelle Fleming, Oakview	12:14

Team Scores
1. Ambler Olympic Club 37, 2. LA Saints TC 65, 3. Westside TC 98, 4. Gold Coast

continued on next page...

Results

RC 103, 5. Santa Clara Valley n Stars 104, 6. Navajo Nation 133, 7. Lamore TC 171, 8. Blackfeet AAU 196, 9. Sole Survivors 228, 10. Woodstock TFC 256, 11. Poison Spiders 256.

11-12 - Girls

1	Hnenna Lynch, Bellrose, NY	10:46
2	Melissa Benner, Norristown, PA	10:48
3	Linda Walsh, Sparks, NV	11:09
4	Ann Faulkner, LaFollette, TN	11:11
5	Michelle Negrete, San Jose	11:16
6	Micole Morrison, Roslyn, PA	11:19
8	Barbara Schulte, Brownsville, TX	11:20
9	Jessica Bagley, San Jose	11:21
10	Tanya Thayer, San Bernardino	11:22

Team Scores

1. Santa Clara Valley North Stars 52, 2. Flushing TC 69, 3. Ambler Olympic Club 69, 4. South California Road Runners 81, 5. Grahamsville TC 157, 6. Central California Sole Survivors 158, 7. Blackfeet AAU 166, 8. Navajo Nation 186, 9. Woodstock TC 258.

13-14 - Girls

1	Serina DeLa Cruz, San Jose	14:38
2	Tammi Reiss, Eldred, NY	14:44
3	Donyale Greenwell, North Hills, PA	14:55
4	Toni Lopez, Rialto	14:58
5	Amy Cole, Bedford, NY	14:57
6	Sharon Prince, Riverside	14:57
7	Hilary Simmons, Oakland	15:04
8	Sheri Lawson, Riverside	15:05
9	Andrea Delia Monica, Calabasas	15:11
10	Yvette Niles, National City	15:13

Team Scores

1. So Cal Road Runners 35, 2. Santa Clara No. Stars 68, 3. Grahamsville TC 78, 4.

San Diego TC 85, 5. Yonkers Striders 109, 6. Navajo Nation 183, 7. Sanger Striders 203, 8. Cheyenne TC 214, 9. Blackfeet AAU 225, 10. Woodstock TC 276.

15-18 - Girls

1	Cathy Wall, Mollala, OR	17:52
2	Toni Anglone, Bergenfield, NJ	18:00
3	Lori Cook, Visalia	18:21
4	Heather Brooks, Bonita	18:32
5	Nicole Turo, Belrose, NY	18:40
6	Georgia Nickles, Fayetteville, NY	18:40
7	Cathy Shanahan, Syracuse, NY	18:41
8	Alannaz Gurwitz, Annadale, NJ	18:42
9	Kim Himines, Menlo Park	18:50
10	Megan Ryker, San Diego	18:55

Team Scores

1. San Diego TC 37, 2. Wild AC 63, 3. Woodside Striders 71, 4. Poison Spiders TC 75, 5. Sanger Striders A 99, 6. Wave Runners 152, 7. Kentucky Harriers 167.

17-18 - Girls

1	Sandy Blakeslee, Vista	18:02
2	Kimberly Depen, Camp HI, PA	18:19
3	Celia Sweeinyawma, Navajo N	18:38
4	Julie Beckerte, North Glenn, CO	18:44
5	Lisa Lewis, Clovis	19:05
6	Lori Smith, Woodlake	19:12
7	Sun Trippetti, Hatboro, PA	19:20
8	Marci Haynes, Sheridan, WY	19:28
9	Krista Dierks, Aumsville, OR	19:30
10	Sarah Short, Casper, WY	19:48

Team Scores

1. Wave Runners 28, 2. St. Johns Township 61.

nual edition making it one of the older races in the Bay Area. And unlike some of the other extravaganzas put on by the Pamakids, this race has retained a good deal of the flavor of the initial version run in 1970.

Social, low-key and fun would probably best describe this event. A definite throw-back to the early days of road-racing, intentionally kept that way by race director Bill Duke. About 200 entrants, a low two dollar entry fee, and a pot-luck afterward. Just like the old days.

Dan Anderson of Castro Valley opened a 150 yard lead over David Whitney by four miles and held that margin to the finish, covering 6.5 rolling miles in a swift 46:13. Jan Foster won the women's race in 1:03:07 and Fay Tong finished second by four seconds over Maeve Metzger in 1:03:56.

Results - Men

1	Dan Anderson	46:13
2	David Whitney	46:36
3	Rick Cairo	47:17
4	Glenn MacDougall	47:35
5	Chris Jaggars	47:53
6	Rick Baldochi	49:51
7	Mulazim Washington	51:17
8	Steve Dean	51:43
9	Dewey Mar	51:46
10	Bernie Garnett	52:06

Divisions

Under 17: 1. Johnnie Cho 52:13, 2. Brice Gamble 1:04:28, 3. Jason Ysip 1:08:48. 18-29: 1. David Whitney 46:36, 2. Rick Cairo 47:17, 3. Glenn MacDougall 47:35. 30-39: 1. Dan Anderson 46:13, 2. Mulazim Washington 51:17, 3. Dewey Mar 51:46. 40-49: 1. Bernie Garnett 52:06, 2. Robert Miller 53:24, 3. Tony McDonagh 54:03. 50-59: 1. Jim Nicholson 54:19, 2. Jim Pommer 59:12, 3. Calvin Moore 1:01:09. 60-69: 1. Gary Togi 1:00:22.

Results - Women

1	Jan Foster	1:03:07
2	Fay Tong	1:03:56
3	Maeve Metzger	1:04:00
4	Peggy Houston	1:05:32
6	Dale Daly	1:05:42
7	Sharon Steward	1:06:02
8	Dianne Shaffer	1:08:33
9	Margaret Johnson	1:09:24
10	Carolyn Teshima	1:09:32

Divisions

Under 17: 1. Angela Leong 1:20:30, 2. Kris Aldrich 1:24:54. 18-29: 1. Jan Foster 1:03:07, 2. Sharon Steward 1:06:02, 3. Kim Landen 1:11:14. 30-39: 1. Fay Tong 1:03:56, 2. Maeve Metzger 1:04:00, 3. Cindy Chong 1:04:51. 40-49: 1. Diane Shaffer 1:08:33, 2. Margaret Johnson 1:09:24, 3. Cecile Wilden 1:09:54. 50-59: 1. Peggy Hanston 1:05:32, 2. Alice Musante 1:16:18. 60-69: 1. (tie) Annabel Marsh and Ada Thomas 1:25:24.

Runners would don wool gloves, hats and polypropylene undies before the finish as cold winds at 7000'-plus elevation chilled the body - and the mental drive of some. Enthusiastic aid station, and crew members, greeted runners at run's end with warm blankets, hot chili and soup, potato salad, French bread and fresh apple cake, beer and soda - clouds all the while sifting and drifting over the Crystal Range above Desolation Valley Wilderness, a mighty fine view of granitic peaks if it had ever cleared!

Overall winner Joe Burzynski of Richmond held the lead the entire morning, with a 1:08:30 ten-mile split, and covering the remaining twenty-one miles of 4000' climb in 2:59:18 for a course win of 4:07:48.

Overall male (Burzynski) and female (Jan Levat of Camino in 5:46:21) received oak plaques, and age division winners (three deep) each received an apple pie (although National Record Holder Richard Kegley was jokingly heard to remark he would rather have had the "gold" than an apple pie).

Special "Tough Runner of the Day" award went to Matt Fulton who covered the last eleven miles in his stocking feet, having borrowed a pair of socks from aid station volunteer Paul England at twenty miles. Seems Matt's blisters from a rather lengthy run around Lake Tahoe recently, hadn't yet healed. OUCH!!

Results

1	Joe Burzynski (31)	4:07:48
2	Jeff Collins (29)	4:12:38
3	Tim Hicks (40)	4:25:32
4	Tom Wright (39)	4:31:05
5	George Zimmerman (36)	4:37:52
6	Dick Pine (39)	4:44:58
7	Dana Gard (38)	4:53:40
8	Bill Finkbeiner (27)	4:54:20
9	Chris Delgado (49)	4:54:46
10	Bob Sanchez (44)	5:07:00
11	Wait Spiller (42)	5:21:43
12	Willie Morgan (40)	5:31:59
13	Al Ortiz (37)	5:43:45
14	Steve Galvan (NV) (45)	5:44:46
15	John Clark (41)	5:45:22
16	Jan Levat (F 32)	5:46:21
17	Richard Kegley (WA) (65)	6:10:18
18	Tom Crawford (37)	6:19:02
19	March Booth (51)	6:19:02
20	Fred Belt (43)	6:25:05
21	Matt Fulton (23)	6:44:59
22	Bob Belz (47)	7:31:23

Road Race Results

Mountain Goat Marathon

from Jeremiah and Jane Russell

Midpines.

Results

1	Walter Radloff (38) San Jose	3:13:02
2	Randy Cagle (35) Atwater	3:17:53
3	Pete Schoener (42) Camino	3:32:56
4	Rich Dalponte (31) Los Banos	3:35:25
5	Mark Rowney (27) Mariposa	3:44:47
12	Anne Evans (1st F 26) Davis	4:25:31

Barstow To Calico 30K

October 2.

Results

1	Vernon Morris, Daggett	1:40:35CR
2	James Press, Riverside	1:41:29
3	Bob Morrison, Redlands	1:50:27
4	Ron Navarrette, Placentia	1:52:22
5	Dean King, Hemet	1:54:03
6	Joaquin Granado, Colton	1:54:39
7	Richard Mead	1:54:55
8	Danny Contreras, Riverside	1:55:54
9	Robert Williams, Barstow	1:56:13
10	Larry Stevens, Valencia	1:56:41

Division Results - Men

19-34: Vernon Morris 1:40:35, 35-39: Dean King 1:54:03. 40-49: Ron Navarrette 1:52:22, 50-59: Jack Resh 2:05:54.

Division Results - Women

Under 18: Denise Matthias 3:20:08. 19-29: Denise Contreras 2:05:59. 30-39: Deborah Heaton 2:00:59. 40-49: Lorraine Hashet 2:25:16.

Mineral King Marathon

from Bob Moses

Visalia, October 2.

For those runners that lament about the small races of yesteryear, the Mineral King Mountain Marathon is the race. This year there were ten runners that took advantage of a beautiful day to run from Three Rivers to Mineral King. The runs begins at 1500 feet and ends at 7700 feet on what is almost a continuous climb.

The run was put on flawlessly by the Visalia Runners with Rob Stephenson serving as race director.

Results

1	Dave Calderon (23)	3:38CR
2	Rene-Pierce Romero (28)	3:40
3	Bruce Hammerstein (32)	4:13
4	Louie Martin (31)	4:21
5	Craig Wheaton (31)	4:28
6	Jeff Pierce (27)	4:28
7	J. D. Fisher (40)	4:29
8	Bob Moses (37)	4:29
9	Kent Holder (44)	4:54
10	John Squires (52)	5:30

Pamakid Lake Merced Run

from John Medinger

San Francisco, October 8. 8.5 Miles.

This is the original race put on by the Pamakid Running Club of San Francisco, a group that has become famous for staging mega-races like the San Francisco Marathon and the San Francisco Bonne Bell 10K. This year's race was the 13th an-

Iron Mountain 50K

from Jan Levat

Pollock Pines, October 9.

"A monster of a run, but I'll be back next year!" "The longest and most tiring 50K I've ever run, but I'd do it again!" So commented runners at the end of Race Director Pete Schoener's leg-blower of a run. Whether it was the scent of incense-cedar, doug fir and ponderosa pine, or the twenty-two-mile grind up Iron Mountain Road that attracted the runners - whatever - twenty-six hardy souls toes the line on a chilly Sunday morning in Pollock Pines.

The previous night's explosions of rain had left wet pavement underfoot and still-threatening clouds overhead, but vistas of El Dorado hills and valleys, shrouded in billowing blankets of fog, offered runners eye-fuls of a beautiful mountain area, far removed from the hectic residential scene.

The courses first nine miles rolled through the conifers of Gold Ridge Forest before dropping to Jenkinson Lake on Iron Mountain Road. A short leg took runners along the lake's shore and across its two dams before finally beginning a twenty-two-mile climb of 4000 feet elevation gain.

Berkeley to Moraga

from Dan Williams

October 9. 13 Miles.

Overall Winners

1	Dann Brown	1:12:30
2	Paul Jacobs	1:13:03
3	Dwight Hendrix	1:13:34
4	Mike Wheeler	1:13:38
5	Randall Crist	1:15:53
6	Steve Slawson	1:17:03
7	Eric Deetz	1:17:15
8	Andrew Kaplan	1:17:23
9	Phillip Duncan	1:17:26
10	Greg Beavers	1:17:39
11	Jay Helgerson	1:17:40
12	Stephen Frietas	1:18:05
13	Shelden Clark	1:18:41
14	Eric Ivary	1:18:47
15	Julius Ratti	1:19:24
16	Joe Cavanaugh	1:19:29
17	Dave Willis	1:19:39
18	Tom Beritzoff	1:19:41
19	Bruce O'Neill	1:19:47
20	Arturo Ramirez	1:20:31
21	Gary Alderman	1:20:35
22	Glenn McDougal	1:20:43
23	Jeff Porto	1:20:47
24	Bruce Fujimoto	1:20:51
25	Mike Wallace	1:21:42
53	Jan Oehm (1st F)	1:26:40
62	Sharlet Gilbert (2nd F)	1:28:35
91	Agatha-Sue Lee (3rd F)	1:32:27
105	Pat Whittingslow (4th F)	1:34:27
108	Carol Stroud (5th F)	1:35:27

CCA/TAC HALF MARATHON

Mooney Grove Park, Visalia, Oct. 15.

A trio of runners from the Peregrine Athletic Club of Visalia captured top honors in the third annual Central California Athletic Congress Half Marathon Championships.

Ed Taylor easily captured the race in a time of 1:13.17, over three minutes ahead of teammate Gary Campbell who captured the 30-39 age division with a time of 1:16.28. A third teammate, Tanis Leyendekker captured the women's race and eleventh overall with a time of 1:27.28.

OVERALL RESULTS

1 Ed Taylor	1:13.17
2 Gary Campbell (1st 30-39)	1:16.28
3 Freddy Castillo	1:17.04
4 Isaias Luna	1:18.34
5 Harry Maloney	1:19.14
6 Danny Santellano	1:19.49
7 Raymond Rodriguez	1:19.50
8 James Finley	1:23.14
9 John Forenti	1:25.48
10 Stan Rosenfield	1:26.59
11 Tanis Leyendekker (1st F)	1:27.28
12 Bob Kearney (1st 40-49)	1:27.33
14 Will Moore (1st 50-59)	1:27.38
23 Harry Harder (1st 60 plus)	1:36.45
25 Cherie Stephenson (1st F 30-39)	1:38.16

CRRC 10 & 20K

Griffith Park, L.A. Oct. 15.

Results 10K

1 Steve McCalley (29)	33:04
2 Matt Cucchiara (40)	37:19
3 Sean Leirlang (24)	38:26
4 Tony Mullins (33)	38:49
5 Richard Weitzel (35)	39:15

Division Results - Men

12 & Under: Andrew Mullins 54:25. 13-18: Greg Coit 44:03. 19-29: Steve McCalley 33:04. 30-39: Tony Mullins 38:49. 40-49: Matt Cucchiara 37:19. 50-59: Lorenzo Tovar 42:40. 60 & Over: Richard Hoegh 49:01.

Division Results - Women

12 & Under: Rena Martinez 1:13:37. 13-18: Intha Wilson 58:19. 19-29: Janice Reinio 43:56. 30-39: Mary Stern 1:06:15. 40-49: Hilde Thompson 52:38. 60 & Over: Liz Colton 59:40.

Results - 20K

1 Robert Proctor (24)	1:03:34
2 Kevin Moats (28)	1:10:29
3 Jim Scott (29)	1:11:10
4 Victor Carrillo (20)	1:12:49
5 Rafael Moran (25)	1:14:27
6 Rory Cooper (23)	1:14:27
7 James Murphy (44)	1:14:27
8 Jaime Mejia (20)	1:14:45
9 David Lopez (31)	1:15:00
10 Bob Asada (37)	1:15:13

Division Results - Men

13-18: Troy Swezey 1:17:00. 19-29: Robert Proctor 1:03:34. 30-39: David Lopez 1:15:00. 40-49: James Murphy 1:14:27. 50-59: Albert Boone 1:34:44. 60 & Over: Harold Daughters 1:21:19. Wheelchair: Rory Cooper 1:14:27.

Division Results - Women

19-29: Jaynie Studenmund 1:20:01. 30-39: Yvonne Sterling 1:42:14.

Bonelli Park 5/10K Classic

San Dimas, October 16.

Division Results - Men 5K

12 & Under: 1. Dana Wharten 19:49, 2. Eric Rodriguez 20:47, 3. Robert Medina 21:43. 13-15: 1. Andy Calderas 17:45, 2. Ty Lyles 18:00, 3. Joe Garcia 18:25. 16-18: 1. Richard Banta 16:26, 2. Robert Montes 17:16, 3. Dominic Myers 18:18. 19-29: 1. Dave Cook 16:29, 2. Brian Waddington 16:48, 3. Antonio Martinez 16:54. 30-34: 1. Peter Mogg 15:59, 2. Jim Brown 16:34, 3. Felipe Marquez 18:45. 35-39: 1. Rudy Bagnera 21:38, 2. Michael Griego 22:45, 3.

Jeffrey Bugge 24:28, 40-44: 1. Manouch Lankarani 17:18, 2. Charles Davis 19:46, 3. Alfonso Villanueva 19:48. 45-49: 1. Herman Kuhn 21:11, 2. Herbert Adams 21:33, 3. Robert Copeland 24:13. 50-54: 1. Aurelio Camacho 18:38, 2. Arthur Stuhr 26:03. 55-59: 1. Sam Waltmire 18:53, 2. Leonard Kulbacki 21:01, 3. Jim Maynard 21:50.

Division Results - Women 5K

12 & Under: 1. Rochelle McAfee 25:19. 13-15: 1. Teresa Medina 21:33, 2. Kimberly Chism 24:02, 3. Debbie Bullock 24:50. 16-18: 1. Erin Eicher 18:49, 2. Michelle Pinedo 20:29, 3. Michelle Liptak 20:33. 19-29: 1. Andrea Ward 18:07, 2. Cindy Cumbess 21:18, 3. Laurel Holmes 23:13. 30-34: 1. Sharee Matterson 22:40, 2. Maria Moral 25:21, 3. Judy Wong 26:29. 35-39: 1. Willie Torrance 29:06, 2. Dena Cortez 31:01, 3. Linda Risch 31:43. 40-44: 1. Pamela Cobb 25:57, 2. Bess Hopkins 27:36, 3. Fern Thompson 31:54. 45-49: 1. Silia Engard 27:35, 2. Chris Tavaglione 42:43. 60 & Over: 1. Lucy Byer 34:35, 2. Leona Vinson 44:03.

Division Results - Men 10K

12 & Under: 1. Jose Cervantes 49:39. 16-18: 1. Mike Brown 36:17, 2. Richard Mendoza 39:55. 19-29: 1. Dave Frickel 32:18, 2. Robert Beauchamp 34:20, 3. Michael Altorn 37:30. 30-34: 1. Tadese Gebre-Hawariat 35:43, 2. Salvador Cervantes 36:17, 3. Steven Fry 38:15. 35-39: 1. Robert Fulton 36:32, 2. Jim Perez 38:10, 3. Frank Gomez 43:12. 40-44: 1. Gerry Robb 36:04, 2. Gary Schwager 37:03, 3. Charles Freiths 37:12. 45-49: 1. Dennis Kelly 41:03, 2. Don Moore 42:35, 3. Dick Walraven 47:15. 50-54: 1. George Gustis 45:21, 2. David Gabele 45:26, 3. Patrick Sullivan 49:55. 55-59: 1. Guillermo Sias 56:05.

Division Results - Women 10K

13-15: 1. Eleanor Uribe 43:39. 16-18: 1. Cheryl Oalinker 39:06, 2. Melody Fowler 43:13. 19-29: 1. Janice Frickel 36:38, 2. Annette Isom 38:21, 3. Francie Stepp-Bolling 40:44. 30-34: 1. Nancy Kummern-Baird 41:30, 2. Gladys Martin 50:50, 3. Paula Parich 54:17. 35-39: 1. Anita Bugge 47:02, 2. Judy Cantanzaro 51:27, 3. Anna Couch 59:18. 40-44: 1. Twila Ketterman 59:12. 45-49: 1. Laura Pinkney 53:28.

photo by Keith Conning



MIKE WARR
Concord Classic Winner

Concord Classic

Clayton Valley H.S. October 16.

Results

1 Mike Warr	32:30
2 Dan Brown	33:09

3 Doug Butt	33:51
4 Adam McAboy	35:33
5 Jim Moore	36:09
6 Mike Gibson	36:41
7 Tom Torlarson	37:04
8 Tony Bettencourt	37:11
9 James Wilkins	37:54
10 David Kopec	37:57

Division Results - Men

9 & Under: Kris Kopec 42:27. 10-11: Jeremy Seven 41:47. 12-13: Mike Gibson 36:41. 14-17: Adam McAboy 35:33. Open: Mike Warr 32:30. 30-39: Doug Butt 33:50. 40-49: Jim Moore 36:00. John Myser 43:20. 60 & Over: Charles Hansen 47:01.

Division Results - Women

9 & Under: Francesca Fitzgerald 43:54. 10-11: Jennifer Hall 59:11. 12-13: Julie Lucero 55:26. 14-17: Katty Leary 61:30. Open: Catherine Garventa 47:10. 30-39: Linda Wimmer 46:00. 40-49: Carolyn Poteet 50:00.

Run For The Rep

from Scott Freeman

San Jose, October 16, 10K.

San Jose Repertory Company had what could be called a "long running hit" with its first annual Xebec/Hamilton Avnet "Run for the Rep" on October 16, 1983. The 10K race was a benefit for San Jose Rep. It began at the corner of Market Street and Park Avenue in downtown San Jose, continued down Park, looped around the Municipal Rose Garden and returned to the starting point downtown.

Xebec Corporation and Hamilton Avnet Electronics sponsored the "Run for the Rep". The race was officially started at 8:30 p.m. when Councilwoman Susan Hammer fired the starting gun. The first finisher, Rich McCandless, came across the finish line a fast 30:34 minutes later.

Included in the field of runners was Colorado Governor Dick Lamm and his wife Dottie. They were in the area to visit family and were invited to run by long time friend Philip Hammer. Mr. Hammer is a prominent attorney with Beauzay, Hammer, Ezgar, Bledsoe and Sprengle and is President of San Jose Rep's Board of Directors.

Every entrant was given a "Run for the Rep" T-shirt and complimentary theatre tickets; medals were awarded to the first 100 finishers, plaques were given to winning finishers in each category and special prizes were also awarded. The race was organized by The Winning Team who organize the "Bay to Breakers" race in San Francisco.

Division Results - Men

Under 17: 1. Michael O'Connor 35:32, 2. Tom Sulzeri 40:06, 3. Ted Stone 41:25. 18-29: 1. Rich McCandless 30:34, 2. Steve Cote 35:24, 3. Howard William 36:26. 30-39: 1. Jim Bordoni 33:40, 2. Frank Ruona 36:32, 3. Paul Ringleman 36:33. 40-49: 1. Michael Hicks 35:02, 2. Aurelio Zuniga 37:59, 3. David Edgar 38:43. 50-59: 1. Carter Squires 36:54, 2. William Barclay 40:09, 3. Ed Long 41:17. 60 & Over: 1. Ramone Rodriguez 52:02, 2. Toby Sorozano 52:49, 3. Art Cabbera 55:17.

Division Results - Women

Under 17: 1. Teresa Lobue 49:58, 2. Susan Carney 51:53, 3. Andria Woomer 60:41. 18-29: 1. Debbie Norton 40:34, 2. Marty Menz 40:42, 3. Mary Ann Joraguria 43:41. 30-39: 1. Jo M. Sturdian 47:22, 2. Mary Visser 47:31, 3. Pamela Olivero 48:23. 40-49: 1. Diane Quinn 49:19, 2. Mary Ann Sullivan 50:16, 3. Kathleen Pimental 57:16. 50-59: 1. Esther Rodriguez 62:27. 60 & Over: 1. Jaclyn Caselli 64:29.

Pumpkin Patch Run

Fremont, October 16, 10,000m.

Overall Winners

1 Glenn Sullinger, Fremont (26)	32:43
2 Dale Ball, Fremont (20)	33:14
3 Daniel Ribio, Vacaville (22)	33:47
4 Stanley Carroll, San Carlos (18)	34:02

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5 Rich Moraida, Fremont (23)	34:10
6 Robert Grove, Fremont (16)	34:38
7 Edmund Salazar, Newark (32)	34:42
8 Ernie Morua, Fremont (22)	34:55
9 Ken Noel, San Jose (45)	35:20
10 David Vandenburg, Fremont (23)	35:36
11 Larry Pegis, Castro V (21)	35:39
12 Kathy Pflieger, Albuquerque (24)	35:42
13 Reinaldo Velasquez, Palo Alto (35)	35:43
14 Gilbert Garcia, Union City (35)	36:05
15 Patrick Ford, Fremont (18)	36:55
16 Don Looby Jr., Hayward (24)	36:57
17 Fred Ayap, Fremont (27)	37:08
18 E.R. Silver, San Jose (52)	37:15
19 Frank Miramontes, Union City (30)	37:35
20 Sheldon Carroll, San Carlos (18)	37:41

Division Results - Men

13 & Under: 1. Jerome Daniels 40:40. 14-20: 1. Dale Ball 33:14. 21-30: 1. Glenn Sullinger 32:43. 31-40: 1. Edmund Salazar 34:42. 41-50: 1. Ken Noel 35:20. 51 & Over: 1. E. R. Silver 37:15.

Division Results - Women

13 & Under: 1. Gretchen Hill 39:50. 14-20: 1. Lori Hill 39:49. 21-30: 1. Kathy Pflieger 35:42. 31-40: 1. Sherri Stoneberger 44:01. 41-50: 1. Jane Ritchie 45:51. 51 & Over: 1. Margie Sanchez 51:01.

Waterfront Run

Berkeley, October 16, 5 Miles.

Results

1 Brad Rowe	24:30
2 Jeff Adkins	24:32
3 Sal Vasquez	24:42
4 Tom Craig	24:54
5 Scott Buttinghausen	25:30
6 Bruce Decen	25:46
7 Phil Duncan	26:13
8 Phil Hornig	26:17
9 Bernie Crinigan	26:22
10 Tom Robinson	26:31
11 Brian Vaughan	26:32
12 Tad Beath	26:42
13 Jeff Porto	26:45
14 Bryan Mayberry	26:52
15 Jerry Glover	26:52

Division Results - Men

Open: 1. Brad Rowe 24:30, 2. Jeff Adkins 24:32, 3. Scott Buttinghausen 25:30

continued on next page...

Results

Junior: 1. Brian Vaughn 26:32, 2. Noah Kanter 32:12, 3. Jesse Malkin 35:29. **Submaster:** 1. Tom Craig 24:54, 2. Tom Robinson 28:31, 3. Chris Johnson 28:58. **Master:** 1. Sal Vasquale 24:42, 2. Bruce Decen 25:46, 3. H. M. Franklin 27:27.

Division Results - Women
Open: 1. Cindy Nagel 28:22, 2. Sue Brosha 29:53, 3. Amanda Goldner 30:19. **Junior:** 1. Akiko Honda 46:54, 2. Yukiko Honda 50:16. **Submaster:** 1. Jane Soyersby 30:08, 2. Sharlet Gilbert 30:27, 3. Hilary Naylor 31:03. **Master:** 1. Gail Rodd 31:52, 2. Agatha Sue Lee 32:33, 3. Sally Wolfier 34:12.

Excelsior West End Run

from Tom Mann

October 18.

Overall Winners
1 Peter Freeman, Excelsior TC (31) 34:29
2 David Johnson, Unatt. (23) 34:53
3 Matthew Dowling, Unatt. (25) 35:40
4 Kevin Cruikshank, S.F. (26) 35:41
5 Tim Rostege, WestVal. (43) 35:43
6 Jake White, WestVal. (41) 36:06
7 Ron Young, Unatt. (29) 36:38
8 Joe McDevitt, Unatt. (38) 36:40
9 Jay Kasabian, Unatt. (24) 36:56
10 Matt O'Brien, EastBaySt. (24) 36:59

Division Results - Men
29 & Under: 1. David Johnson 34:53, 2. Matthew Dowling 35:40, 3. Kevin Cruikshank 35:41. **30-39:** 1. Peter Freeman 34:29, 2. Joe McDevitt 36:40, 3. Jim Myers 37:43. **40-49:** 1. Tim Rostege 35:43, 2. Jake White 36:06, 3. Jon MacPherson 37:14. **50-59:** 1. Ross Smith 38:59, 2. Jim Pommier 43:36, 3. Frank Evans 45:42. **60 & Over:** 1. John Guinee 57:55, 2. Steve Cole 60:43.

Division Results - Women
29 & Under: 1. Lori Wilson 41:18, 2. Carl Young 42:53, 3. Kim Rupert 44:04. **30-39:** 1. Joan Varney 46:06, 2. Melita Blucher 49:02, 3. Margie Spiegelman 52:01. **40-49:** 1. Eve Pell 45:46, 2. Roy Anne Chaney 51:16, 3. Catherine Smith 57:26. **50-59:** 1. Ruth Anderson 46:51, 2. Martha Maricle 49:05, 3. Kirstie Lawson 56:29.

Tokai Bank AIA 5 Mile Run

Fountain Valley, Oct. 22.

The race was billed as a showdown between Steve Ortiz and 1982 winner Andy Clifford, but a new Irvine Med Student, Armando Siqueiros, surprised everyone by winning comfortably by almost 200 yards in a time of 23:51.8. But the real story of the day came as 5 National Age Group Records fell on the certified course at Mile Square Park in Fountain Valley, CA. The course had been certified on Sept. 12, 1983 by the National Running Data Center, Inc., the recognized keepers of records in Running Road Course races, and unless others have run faster this past week, the following records likely will be accepted.

Sue Petersen, age 39 of Laguna Beach, CA, 29:34.1; old record 33:02.
Christa Rompanen, age 44 of Malibu, CA, 30:45.6; old record 31:54.

Margaret Miller, age 57 of Thousand Oaks, CA, 32:41.8; old record 34:45.
Lois Edds, age 63 of Tustin, CA, 39:50.8; old record 54:05.

Only one male Age Group Record fell, and that to the oldest competitor, Jacob Blish, age 82 of Los Angeles, CA, 53:04.3; there was no record beyond 78 years old at the NRDC.

The race, conducted by and benefitting the Athletes in Action Track Team of Fountain Valley, attracted 878 registered runners.

Division Results - Men

14 & Under:
1 Manuel Rosales, Anaheim 31:18.1
15-18:
1 Brett Matthews, Westmst. N.A.
2 Mitch Eddy, Orange 26:24.0
3 Gary Ruddell, GardenGr. 26:56.2
4 Randy Tarango, SantaAna 27:46.3

19-29:
1 Armando Siqueiros, Irvine 23:51.8
2 Steve Ortiz, Santa Ana 24:15.2
3 Andy Clifford, Altadena 24:18.0
4 Richard Hornish, Los Angeles 24:20.4
5 Carey Simons, So.Pasadena 24:25.7
6 Patrick Ewing, RedondoBch 24:36.3
7 Chris Sadler, San Diego 24:46.2
8 Dave Frickel, LaVerne 25:07.0
9 William Foley, Tustin 25:24.5
10 Michael Craigie, L.A. 25:51.5
11 Paul Croft-Yost, SantaBar. 25:55.4
12 Michael Lawrence, West L.A. 26:02.3
13 Forrest Metcal, Westminster 26:03.7
14 Timothy Smith, SanDiego 26:08.0
15 Stephen Moussetis, Tustin 26:16.5
16 Bill McCullough, 26:21.7
17 Marco Ochoa, Anaheim 26:22.6
18 Steve Haas, Pasadena 26:43.6
19 Lawrence Banuelos, Whittier 26:51.4
20 Leroy Collins, Lennox 26:54.1

30-39:
1 Benny Martinez, Lakewood 25:21.1
2 Darren George, SantaFeSp. 25:29.2
3 Bill Sumner 26:34.3
4 Jack Cochran, PalosVerdes 26:54 1/8
5 Al Siddons, Chino 27:02.1

40-49:
1 Pete Petersen, LagunaBch 27:10.1
2 Charles McClung, Reseda 28:01.2
3 Norm Towers, Lomita 28:46.4
4 George Cohen, L.A. 29:00.7
5 Juvenal Herrera 29:07.6

50-59:
1 Jim Brownfield, Alhambra 28:07.3
2 Alan Dugard, Irvine 30:03.7
3 Jim Demetriou, RanchoMirage 30:36.6

60 & Over:
1 Beverly McQuarrie, GardenGr. 38:21.7
2 Jim MacColias, NewportBch 38:23.6

Division Results - Women
14 & Under: 1 Renea Biggers, ElToro 33:29

15-18:
1 Melanie Manke, HuntingBch 32:49
19-29:
1 Laura Koterbe-Buss, LosAla. 28:28
2 Janice Frickel, LaVerne 28:54
3 Therese Kozloski, L.A. 29:58
4 Annette Isom, SantaAna 30:00
5 Liz Garman, Banning 30:29.0
6 Teri Grimsby, LongBeach 32:19
7 Allyson Teot, FountainV 32:15
8 Kathy Keys, Westminster 33:20
9 Lucrecia Escalzo, SanPedro 33:36
10 Crickett Morgelewicz, PlayD.R. 33:38

30-39:
1 Sue Petersen, LagunaBch 29:34
2 Jennifer Weiss, ElToro 31:24
3 Patty Dustan, Irvine 32:11
4 Terri Goodreau, No.Hollywd 32:12
5 Nancy Kummel-Baird, Upland 32:21
6 Neva Ingersoll, HuntingtonB 32:52
7 Leslie Skow, NewportB 32:57

40-49:
1 Christa Rompanen, Malibu 30:45
2 Harolene McLean, AnaheimHills 33:47
3 Joyce Momita, No.Hollywd 34:50

50-59:
1 Margaret Miller, ThousandOk 32:41
2 Amy Goldstein, HuntingBch 41:58
60 & Over:
1 Lois Edds, Tustin 39:50

Demolition Derby

San Francisco, October 22. 10K.
1 C. Pieters 32:03.7
2 Hank Lawson 32:29.1
3 Rick Cairo 33:42.1
4 Tim Groseclose 33:44.2
5 Jerry Johnson 33:53.5
6 Steve Woods 34:19.0
7 Kim Isham 34:39.2
8 Marc Spadaro 35:00.4
9 Richard Lacampagne 35:10.0
10 John Danner 35:52.2
11 Jim McCormick 36:05.7
12 Christopher Schenone 36:12.2
13 Lawrence Siskind 36:28.9
14 Hal Lifson 36:29.6
15 Un-Official 36:47.5
21 Bonnie Dwyer (1 F) 37:22.7

41 Kim Rupert (2 F) 39:30.0
76 Hanna Ramsey (3 F) 41:45.1
87 Joan Roberts (4 F) 42:08.1
90 Joyce Bradley (5 F) 42:10.6

Running is For The Birds

Bolsa Chica State Beach, Huntington Beach, October 22. 10K and 5K.

Results - Men 10K
1 Tom Cheese 34:11
2 Jon Elfler 34:26
3 Dave McCann 35:55
4 Richard Kuegler 36:03
5 Phil Bush 36:53

Results - Women 10K
1 Cynthia Heck 39:55
2 Janice Ressegui 41:20
3 Laura Katzer 43:00
4 Nancy Pearlman 43:01
5 Anne Yensen 43:04

Results - Men 5K
1 Kevin McCarthy 16:20
2 Howard Keeley 16:22
3 Kevin Dairymple 16:40
4 Jim Maynard 17:20
5 Wally Evertz 17:28

Results - Women 5K
1 Tisha Whitney 18:19
2 Helen Lopez 19:07
3 Kathy Davis 21:36
4 Cathy Rattelle 21:42
5 Nicole Workman 21:44

Big Sur River Run

from Bill Burlleigh

Pfeifer State Park, October 22. 10K.

Division Results - Men
12 & Under: 1. Joe Rheim 50:18, 2. Jimmy Belton 53:09, 3. Craig Woodson 53:42.
13-19: 1. Troy Curran 32:55, 2. Dan McGrey 38:44, 3. C. Ragusa 39:30. **20-29:** 1. John Sup 31:36, 2. Ray Garcia 31:40, 3. Emil Magallanes 32:56. **30-39:** 1. Tad Woliczko 33:27, 2. Jim Poulos 33:47, 3. Haywood Norton 34:28. **40-49:** 1. Glynn Wood 33:50, 2. Jay Cook 35:03, 3. John Brazinski 36:40. **50-64:** 1. Jose LaFayette 38:17, 2. Ed Daley 39:56, 3. Miguel Mejia 39:58.

Division Results - Women
12 & Under: 1. Angela Hernandez 44:23, 2. Tawny Belton 47:55, 3. Betsy Kirschenmann 1:08:00. **13-19:** 1. Teftlia Ancheta 44:35, 2. Kerry Rohan 48:28, 3. Lynn Bohman 50:18. **20-29:** 1. Sabrina Stern 34:55, 2. Kathy Mausshardt 42:50, 3. Linda Shelly 44:27. **30-39:** 1. Pamela Burkes 39:32, 2. Gail Bernard 41:56, 3. Terry Thompson 42:17. **40-49:** 1. J. Hageman 38:11, 2. Karen Grudiksen 41:43, 3. Doris Burgess 47:31. **50-64:** 1. Jean Gomes 55:14, 2. Nancy Hopkins 1:00:34. **65 & Over:** 1. Susi Thompson n.t.a.

Run For Fire Prevention

from Forrest Craig

San Anselmo, October 23.

Results - 10K
1 Peter O'Reilly 32:17
2 Jan Sershen 32:41
3 Bruce Dagan 32:43
4 Steve Ottaway 34:12
5 Tom Hartge 35:14
6 Steve Lyons 36:09
7 Rich Greenwald 36:25
8 Rich Henderson 36:25
9 Paul Dachauer 36:57
10 Dave Ripp 37:01
17 Hazel Wood-Kuttin 39:48
19 Mary Roach 40:11

Results - 5K
1 Rick Dillon 15:36
2 Brian Igoe 15:50
3 Leonard Sperancio 16:06
4 Tom Nann 16:54
5 Bruce Mendle 17:44
13 Sheryl Hausman 19:42
15 Lisa Wolf 20:06

Mt. Burdell Challenge

Novato, October 23.

Division Results - Men 10K
14 & Under: 1. Christopher Evans 67:06.
15-19: 1. David Lieberman 45:24, 2. Scott Lieberman 47:24. **20-29:** 1. Phillip Slobody 43:34, 2. Michael Loya 44:39, 3. Brian Jones 45:24. **30-39:** 1. Jim Moyles 40:47, 2. Trent Jacobs 42:33, 3. Tom Eng 42:52.
40-49: 1. Roger Major 46:16, 2. Mike Perryman 56:20, 3. Jack Howell 56:39. **50 & Over:** 1. Ron Kinney 51:13, 2. Roger Anawalt 65:52.

Division Results - Women 10K
20-29: 1. Fran Elm 59:22. **30-39:** 1. Charlotte Lane-McGraw 57:07, 2. Patti Van Dis 59:39, 3. Jamila Cranston 59:49.
40-49: 1. Maureen Wittmann 58:09, 2. Gail Graser 62:28, 3. Gloria Muldoon 63:39.

Division Results - Men 5K
14 & Under: 1. Jim Riley 25:28, 2. John Laidley 27:25, 3. John Riley 30:25. **20-29:** 1. Ken Sullivan 22:32. **30-39:** 1. Rod Lemini 25:30, 2. Exton Elliott 29:23, 3. Kirk Gibson 30:33. **40-49:** 1. John McDonald 29:21, 2. William Capasso 32:40. **50 & Over:** 1. Ted Hobson 28:16, 2. George Kallman 31:13.

Division Results - Women 5K
14 & Under: 1. Shannon Hill 25:50, 2. Paula Hopkins 39:26, 3. Sandra Stowell 42:45. **20-29:** 1. Joanne Langone 33:48, 2. Sandra Ralston 37:25. **30-39:** 1. Diane Major 27:35, 2. Donna Loy 38:54. **40-49:** 1. Kathryn Von Blankenburg 34:46, 2. Jan La Brucherie 39:06, 3. Mary Coulman 39:14.

CCRC 50 Miler

Pasadena, October 23.

Overall Results
1 Jim Pellon 5:30:30
2 John Radich 6:35:37
3 Ian Maddison 6:49:32
4 Delbert Pearce 6:55:34
5 Jeff Herten 6:58:22
6 Tom Perry 7:08:20
7 Ed Dorio 7:19:15
8 Ahmed Abdulbari 7:23:05
9 John Scribner 7:24:29
10 Ron Lowy 7:26:10

Results - 50K
1 Micahel Zimmerman 3:47:03
2 Roy Kuhlmeier 3:50:00
3 Fred Nagelschmidt 3:56:56
4 Matthew Boyd 3:59:38
5 Donald Hufstader 4:05:29
6 Jay Willis 4:07:36
7 Arnold Barton 4:15:05
8 Kevin Meehan 4:22:48
9 Steve Kohler 4:30:17
10 Jim Scarborough 4:30:40

John Muir Run

Walnut Creek, October 23. 10K.

Division Results - Men
Under 12: 1. Darren Gray 41:28, 2. Chris Anthony 41:39, 3. Scott Littlejohn 46:08.
Under 14: 1. Steve Goeller 42:40, 2. Mike Schinaman 44:03, 3. Tony Miller 55:18.
Under 16: 1. Keith Beggs 39:50, 2. Richard Schwerin 40:41, 3. Bob Scanor 40:46.
Under 18: 1. Jonathan Kwak 45:20, 2. Torrey Lyons 45:47. **19-29:** 1. Scott Mayfield 30:21, 2. Ivan Huff 30:34, 3. Jeff Adkins 31:19. **30-39:** 1. Eric Williams 32:18, 2. Dann Brown 32:29, 3. Paige Youngman 34:18. **40-49:** 1. James Wilkins 36:31, 2. Joe Dana 37:01, 3. Alan Bellanca 39:41. **50 & Over:** 1. Glenn Unsicker 39:18, 2. Erik Stenstedt 43:17, 3. Charles Hansen 47:09.

Division Results - Women
Under 12: 1. Francesca Fitzgerald 44:17, 2. Stacey Nado 52:36, 3. Jill Jarosz 52:37.
Under 14: 1. Amy Grand 52:57, 2. Jodie Benatar 60:06. **Under 16:** 1. Jana Jarosz 44:24, 2. Jamey Santoro 49:20. **Under 19:** 1. Christie Goeller 48:40. **19-29:** 1. Kathryn Way 36:38, 2. Denise Bigelow 39:01, 3. Gena Austin 43:24. **30-39:** 1. Carol Ferrari 41:02, 2. Cheryl Robinson 46:10, 3. Pamela Cogswell 47:32. **40-49:** 1. Vicki Bigelow 39:38, 2. Valerie Doyle 44:26, 3. Carolyn Poteel N.T. **50 & Over:** 1. Mariys Green 50:07, 2. Evelyn Carlson 72:20, 3. Cecelia Casper 75:42.

Modesto Natural Light Footrace

from Jeff Highlet

Modesto, October 23.

With 13 of the top 10K runners from San Luis Obispo-Central California-San Francisco Bay Area-Reno, all with PR's under 30 minutes, 3 women capable of going under 35 minutes, several United States age record holders, plus a core of nationally celebrated runners, you can pretty well lay claim to having one of the best and strongest running fields ever assembled for a 10K footrace in Northern and Central California, perhaps the Western United States.

Well, that's exactly what happened on Sunday, October 23, 1983 in Modesto, California at the Modesto Natural Light Footrace 10K and 2 Mile Runs. The race is rapidly becoming known as one of the premier running events in the country, with its flat and fast course through scenic and country roads. A course that is nationally certified and known by runners to establish their lifetime bests. A race that is known for its ability to attract the elite and the joggers who run for fun and puts you shoulder to shoulder with national and world class runners.

photo by Gene Cohn



MAVIS LINDGREN
50-59 Winner

dy Hiale. They were joined in a group by several Aggies along with Miguel Tibaduiza. This group went through in approximately 4:36-4:37.

At this early point, Benton Hart was in the back of the pack with Dan Murray and Sal Vasquez off the pace by about 20 yards along with the fallen Dan Harvey.

At 1 1/2 miles, Hart moved into the middle of the pack of 8-10 runners with Joaquin Leano and Tony Ramirez. At this point, Grimes lead was up to 20 yards.

At 1 3/4 miles, Grimes was up by 30 yards over the pack and Hart moved into 2nd, but began to labor. Leano was hanging comfortably in third and Ramirez now 4th. Vasquez and Murray were back another 160 yards behind the leader.

The 2 mile split of 9:12 found Grimes ahead of the pack by 10 seconds. Danny was still running a sub-29 pace and pulling away, probably sensing that Harvey would be getting back into the picture soon.

At 2 1/2 miles, it was Hart, Ramirez and a group of Ags, and Harvey had fought all the way back into second. Now he was going after Grimes and stringing out the rest of the group behind him. By this time, Grimes had upped his lead to 50 yards with Ramirez fading to 5th behind Hart, who was currently in 4th.

Harvey was pushing to catch Grimes, and at three miles, had cut his lead considerably. Grimes' split at the 3 miles mark was 13:53, Harvey at 14:07, Hart at



CONNIE HESTER
Overall Women's Winner

14:09 and Leano on his tail at 14:10.

At the halfway mark, 5K, Grimes sensed the pressure of Harvey and began pulling away knowing full well that Harveys' efforts after falling at the start, would soon do him in. His split at the 5K mark was 14:22, a 28:44 pace which would've enabled him to better his existing PR of 28:47 he set one week earlier in Atlanta. His lead had increased to over 70 yards on Harvey, and he sensed that this would be his race. He was now totally in command and dictated the pace.

Harvey, by now, had increased his lead over Hart and Leano, who were still running neck and neck, to over 20 yards. Then Hart decided to go for it and began closing the gap on Harvey in a gallant display of intestinal fortitude.

The 4 mile split showed Grimes comfortably leading with a time of 18:38 (4:40

pace). Harvey was still second in 18:56 and Hart and Leano still waging a fierce battle for third in 19:03. Ramirez was timed in 19:12 with Aggie Terry Gibson somewhere in between. Murray, the current national leading 38 year old with times of 30:43 and 30:35 he set in August, wanted once again to better his mark, especially in his resident city of Modesto. His split at 4 miles was 19:31 with Miguel Tibaduiza timed in 19:35. This was not to be Jim Hartig's day for going under 30 minutes, as he crossed the 4 mile mark in 20:04. Vasquez, who had passed up the CCPM Waterfront 10 miler in SF this day was gunning for Mike Manley's #1 40 & over ranking. However, by now, he was too far off pace but still hopeful of a sub-31 minute time.

Meanwhile, the women's race was taking shape pretty well. Angela Tibaduiza and Connie Hester were waging their own personal duel with each of them exchanging leads throughout the race. Their first mile times had been around the 5:30 mark. Hester was coming off some pretty good and impressive October victories, and Angela, who had been running for only 2 1/2 years, had PR'd just under 36 minutes. Michelle Aubuchon from Livermore who had not been in a race for some time felt she could run with these ladies and did for awhile.

In the men's race, Hart began getting tough just before the 5 mile mark, and let it all go in an effort to catch Harvey, although, by now, Harvey had 80 yards on him and Grimes had 120 yards on Harvey. Grimes' split for 5 miles was 23:25, still a sub-29 minute pace. Harvey was second in 23:47 but tiring from his efforts in making up for his early disaster. Hart and Leano were still neck and neck at 24 flat.

Then Leano surged and shook Hart and he went after Harvey. Harvey appeared tired and looked back at Leano (a sure sign of tiredness). By now Grimes could smell victory as he had opened up a 160 yard lead. Hart and Leano had ideas of their own to catch Harvey, but an unrealistic dream at this point in the race.

With over 1000 cheering fans applauding Grimes great individual effort and Danny seeing them lined up 3-deep on both sides of the street with 200 yards to go, he picked it up. Waving to the crowd victoriously with 100 yards to go, Grimes seemed to enjoy the spotlight and well he should. However, this probably cost him a chance to finish under 29 again. He crossed the finish line to the roar of the crowd. Witnessing one of the fastest times for a 10K race ever in Central Cal and one of the fastest overall in Northern California, the new mark was set in 29:06.9, easily beating the 1 year old mark of 29:34 set by Dan Buntman, who was out with an achilles injury.

Easing across the finish line in second was the game Dan Harvey, a top Aggie runner. He, too, broke the old 10K course record as he was timed in 29:31.1. Leano held on for third in 29:51.9. Hart crossed in pain in 29:54.3 for 4th and Gibson ran near his PR as he came in 5th in 29:57.0. This meant 5 men had gone under 30. Ramirez of Fresno was 6th in 30:19.2, and an Ag by the name of Leo Lenting 7th in 30:26.1. Murray had done it again for the third time this year as he bettered his own national leading 38 year old mark by finishing in 30:31.0. Behind him were some of the early leaders, Matt Yeo of the Aggies in 9th in 30:35 followed by Randy Halle in 10th in 30:40.2.

Jobski, by virtue of his 31:06, narrowly missed the 39 year old national age record of 30:49. And Vasquez, showing he is indeed worthy of being ranked the #2 masters' runner in the U.S., ran a strong 30:54 for first in the Masters.

Still, it was a fierce battle for the #1 women's as Angela Tibaduiza held a narrow lead from miles 2-5 over Connie Hester. But Connie started to accelerate at 5 and inched ahead of Angela. At the finish, it was the fastest and closest women's race ever as Hester won it in a new course record of 35:27, bettering Laurie Crisp's 3 year old course record by 55 seconds. Easing in in second place and surprising virtually everyone was the Stanford frosh, 19 year old Jessica Spies of Livermore. Her time was 35:30 and Angela's was 35:33.

10K RESULTS:

Male 13 and Under:

- | | |
|----------------------------|-------|
| 1. Rich Zeller (13) Merced | 35:46 |
| 2. Chad Elder (12) Clovis | 37:51 |

Male 14-19:

- | | |
|-------------------------------|-------|
| 1. Carlos Pineda (18) Modesto | 34:19 |
| 2. Toby T. White (19) Turlock | 34:31 |

Male 20-29:

- | | |
|-----------------------------------|-------|
| 1. Danny Grimes (24) Sparks | 29:06 |
| 2. Dan Harvey (25) Los Altos | 29:31 |
| 3. Joaquin Leano (24) Reno | 29:51 |
| 4. Benton Hart (28) Modesto | 29:54 |
| 5. Terry Gibson (24) SLO | 29:57 |
| 6. Tony Ramirez (26) Fresno | 30:19 |
| 7. Leo Lenting (26) SLO | 30:26 |
| 8. Matt Yeo (28) Roseville | 30:35 |
| 9. Randy Hale (23) Ft. Carson | 30:40 |
| 10. Miguel Tibaduiza (26) Reno | 26 |
| 11. Jim Hartig (29) Clovis | 31:58 |
| 12. David Chariz | 32:02 |
| 13. J. Pilar Aispuro (22) Aptos | 32:42 |
| 14. Rodney Marvin (21) Fresno | 33:12 |
| 15. Ricky Buck (29) Stockton | 33:44 |
| 16. Ray Bettencourt (22) Turlock | 34:22 |
| 17. James Rice (20) San Francisco | 34:22 |
| 18. Ron Lund (26) Aspen | 34:27 |
| 19. Gil Machado (29) Sacramento | 34:30 |
| 20. Eduardo Cardenas (23) Reno | 34:31 |

Male 30-39:

- | | |
|--------------------------------|-------|
| 1. Dan Murray (38) Modesto | 30:31 |
| 2. Jerry Long (39) S Lk. Tahoe | 31:06 |
| 3. William Dunn (36) Campbell | 33:04 |
| 4. David Garcia (32) San Jose | 33:13 |
| 5. Bill Seaver (33) Byron | 33:50 |
| 6. Kevin Sage (33) Stockton | 33:53 |
| 7. Bill Peck (33) Modesto | 34:47 |

Male 40-49:

- | | |
|--------------------------------|-------|
| 1. Sal Vasquez (43) Alameda | 30:54 |
| 2. Tim Rostage (43) San Jose | 32:54 |
| 3. Jake White (41) San Jose | 32:54 |
| 4. Dete Kraus (40) Arnold | 33:09 |
| 5. John Semler (41) Stockton | 33:49 |
| 6. Don Lenkelt (40) Modesto | 35:30 |
| 7. Jim Bossler (40) Sacramento | 37:21 |

Male 50-59:

- | | |
|------------------------------|-------|
| 1. Ralph Moran (50) Stockton | 36:51 |
| 2. John Norgreg (57) Sonora | 40:10 |
| 3. Dudley Borowick (59) | 42:24 |
| 4. Ken Takeuchi (53) Fresno | 43:34 |

Male 60 & Over:

- | | |
|----------------------------------|-------|
| 1. Frank Borrego (62) Sonora | 49:32 |
| 2. Harry Durham (60) Modesto | 50:31 |
| 3. Clarence Fauskin (64) Modesto | 50:38 |

Female 13 & Under:

- | | |
|----------------------------------|-------|
| 1. Stephanie Bowlin (13) Modesto | 48:35 |
|----------------------------------|-------|

Female 14-19:

- | | |
|--------------------------------|-------|
| 1. Jessica Spies (19) Stanford | 35:30 |
| 2. Colleen Donovan (18) Lodi | 40:40 |
| 3. Diana Banda (19) Merced | 41:17 |

Female 20-29:

- | | |
|------------------------------------|-------|
| 1. Connie Hester (23) Lafayette | 35:27 |
| 2. Angela Tibaduiza (27) Reno | 35:33 |
| 3. Michele Aubuchon (23) Livermore | 37:28 |
| 4. Cindi Williams (26) Glen Ellen | 40:04 |

Female 30-39:

- | | |
|----------------------------------|-------|
| 1. Juana Stavolone (37) San Jose | 37:15 |
| 2. Muriel Oisen (39) Merced | 43:17 |
| 3. Olga Oldham (31) Coalinga | 45:40 |

Female 40-49:

- | | |
|--------------------------------|-------|
| 1. Janice Beltran (45) Modesto | 41:02 |
| 2. Mary Belz (42) Manteca | 47:46 |

Female 50-59:

- | | |
|---------------------------------|-------|
| 1. Marlon Irvine (54) San Fran. | 38:02 |
|---------------------------------|-------|

Female 60 & Over:

- | | |
|--------------------------------|-------|
| 1. Mavis Lindgren (76) Orleans | 62:39 |
|--------------------------------|-------|

2 MILE RESULTS:

- | | |
|-------------------------------------|-------|
| 1. Bryan Foley (26) Fresno | 9:18 |
| 2. Vern Salaz | 9:24 |
| 3. Dan Zavesky (22) Sacramento | 9:25 |
| 4. Dwight Smith (25) Modesto | 9:27 |
| 5. Bill Martin (21) Escalon | 9:27 |
| 6. Jim Tilford (26) Fresno | 9:29 |
| 7. Al Lomell (31) Fresno | 9:32 |
| 8. Dean Lofgren (26) Turlock | 9:33 |
| 9. Jerry Saldana (18) Riverbank | 9:34 |
| 10. Fred Villegas (25) Merced | 9:36 |
| 11. Robert Avila (19) Modesto | 9:39 |
| 12. Curtis Duff (32) Elk Grove | 9:46 |
| 13. Greg Hodson (27) Stockton | 9:51 |
| 14. Dan Rusak (23) Merced | 9:52 |
| 15. Shane Parmer (15) Modesto | 10:17 |
| 29. Larry Lusk (41) Manteca | 11:04 |
| 32. Gerry Holmes (40) Modesto | 11:10 |
| 34. Tammy Anderson (19) Modesto | 11:14 |
| 39. Alix Tubman (17) Modesto | 11:30 |
| 46. Pamela Carleton (33) Twin Harts | 11:49 |
| 54. Don Jackson (56) Oakdale | 12:30 |
| 60. Marianne Eisenhut (17) Turlock | 12:42 |
| 61. Mary Aja (25) Modesto | 12:43 |
| 67. Barb Branimburg (22) Turlock | 13:02 |

continued on next page...

Results

72. Jennifer McAulay (14) Oakdale	13:12
73. Rebecca Jones (12) Modesto	13:12
75. Hettie Williams (14) Modesto	13:17
82. DeeDee Grafius (34) Oakdale	13:38
97. Carol Ewin (45) Modesto	14:02
101. Rebecca Cleckler (40) Atwater	14:10
102. Ray Manannah (67) Modesto	14:10
148. Frank Saylor (69) Modesto	15:57
202. Barbara Meyens (52) Modesto	17:24
208. Mavis Lindgren (76) Orleans	17:33

Celebration of Architecture 10K

Santa Barbara, October 23.

Division Results - Men

18 & Under: 1. Kenneth Liberatore 44:16, 2. Craig Kelly 53:35. 19-34: 1. Brian Nelson 32:55, 2. Dennis O'Dion 33:38, 3. Jerry Howell 33:59. 35-39: 1. Steve Gutsche 35:45, 2. Rick Snekuik 35:48, 3. Bill Buchanan 35:58. 40-49: 1. Steve Close 33:44, 2. Art Sylvester 36:45, 3. Gary Christiansen 39:49. 50-59: 1. John Richards 36:27, 2. Ray Gil 39:47, 3. Jim Rowe 39:55. 60 & Over: 1. John Holovbek 39:18, 2. Paul Gilbert 58:18. Wheelchair: 1. Steve Miller 41:43.

Division Results - Women

18 & Under: 1. Kristin Jacobs 48:43, 2. Jean Fauskin 49:54. 19-29: 1. Mary Ryzner 38:36, 2. Ann Hayden 39:17, 3. Sylvia Gubler 41:11. 30-39: 1. Stephanie Welch 40:22, 2. Trina Nagele 41:46, 3. Debbie Sass 43:32. 40-49: 1. Gaby McQuilty 43:26, 2. Faye Hobbs 44:17, 3. Ingrid Hainline 44:51. 50-59: 1. Betty Jones 55:15, 2. Betty Elder 1:01:17. 60 & Over: 1. Grace Schweitzer 1:02:35.

Far Western 50 Miles

Redding, October 23.

Overall Winners

1 Michael Addis, Arcata(33)	6:02:32
2 Gerald Hoopes, Arcata(42)	6:33:34
3 Rene Casteran, GntsPas, OR(35)	6:48:40
4 Bill Farrell, Sacto(29)	7:26:28
4 Dave Clealand, Sydney, Aus.(31)	7:26:28
6 V.I. Wexner, Redding(41)	7:49:10
7 Mike Doolittle, Novato(44)	7:55:25
8 Tom Crawford, Santa Rosa(37)	7:56:31
9 Jim Clover, Healdsburg(41)	8:07:06
10 Dick Bonney, Santa Rosa(44)	8:29:14
12 Richard Kegley, Col. Pl. WA(65)	8:40:13
16 Luanne Turrentine, Salsas(F33)	9:10:22
18 Etta Palmer, Saratoga(F56)	9:27:19

Steven S. Wise

Encino, October 23, 10K.

Braving the challenging but scenic course over the hills along Mulholland Drive above the San Fernando Valley some 800 runners participated in the Stephen S. Wise Mulholland Scenic Run. The race was won by local favorite, Mark Covert for the men in a time of 35:19 and Rona Antoniewicz for the women in a time of 40:17. The hills and turns make the course one of the more challenging 10K's in the Los Angeles area, and definitely one of the most scenic with breathtaking view of the Valley below.

Division Results - Men

10 & Under: 1. Mark Stagen 63:51. 11-14: 1. Darryl Delavega 44:57, 2. Jeff Korn 45:28, 3. Kevin Buehler 49:29. 15-18: 1. William Swift 36:55, 2. Adrian Ruiz 37:04, 3. David Kahn 39:02. 19-29: 1. Bruce Yoshiwara 38:17, 2. Bill Entz 37:07, 3. Rick Roanack 38:48. 30-34: 1. Mark Covert 35:19, 2. Enrique Flores 38:12, 3. Bill Fisher 36:37. 35-39: 1. Pedro Ponce 36:19, 2. Rhio Gillon 37:25, 3. Paul Garnett 37:54. 40-44: 1. Gary Schwager 38:44, 2. Harvey Weinrieb 42:11, 3. James Hartinger 42:18. 45-49: 1. Norman Cohen 38:26, 2. Roy Davis 46:57, 3. Walter Bethoon 48:59. 50-59: 1. Ed Ornitz

44:13, 2. Robert Smith 44:28, 3. Alan Rosen 49:05. 60 & Over: 1. Alfred Schlesinger 55:50, 2. Carl Kaneshiro 68:46, 3. Hal Rous 68:53.

Division Results - Women

10 & Under: 1. Jana Baumgarten 79:45. 11-14: 1. Erin Zelle 62:51, 2. Ingrid Brau 69:03, 3. Stephanie Fidler 72:00. 15-19: 1. Lisa Garnett 42:54, 2. Stacy Kravetz 56:53, 3. Trissy Baker 73:12. 19-29: 1. Rona Antoniewicz 40:17, 2. Kim McCracken 42:22, 3. Elizabeth Gauer 43:49. 30-34: 1. Karen Kuebler 50:09, 2. Patricia Wilkes 54:36, 3. Wendy Smiley 55:13. 35-39: 1. Carmel Vrabel 46:09, 2. Linda Monroe 50:16, 3. Carol Noonan 51:40. 40-44: 1. Ans Schwartz 49:25, 2. Amy Galbraith 51:10, 3. Bobbi Binder-Ezias 53:19. 45-49: 1. Carole Davis 52:34, 2. Judith Miller 55:37, 3. Sonia Scheideman 56:43. 50-59: 1. Marjorie West 48:21, 2. Claire Aukerman 72:47, 3. Mae Lichtig 78:33.

The 3K was won by David Contreras for the men in a time of 9:24 and by Valerie Bongo for the women in a time of 12:54.

photo by Joe Fabris



DOUG AVRIT
Top Californian at New York

New York Marathon

Top California Finishers, Oct. 24.

20 Doug Avrit, SLO(24)	2:13:57
29 Kevin McCarey, San Diego(29)	2:15:38
37 John Moreno, Pacifica(28)	2:16:10
51 Ralph Serna, San Clemente(26)	2:18:21
73 Joel Hope, Alta Loma(25)	2:21:06
149 Peter Kanfer, Arcadia(34)	2:27:22
191 Paul Sechrist, Cupertino(24)	2:30:37
240 David O'Brien, L.A.(28)	2:33:27
277 Bernie Crinigan, Richmond(26)	2:35:10
278 David Salo, La Jolla(50)	2:35:12
288 Nancy Ditz, Menlo Park(29)	2:35:31
327 Joseph Gassmann, Hawthorn(42)	2:37:39
359 Bobus Smithton, S.F.(40)	2:38:31
370 Bill Clark, Los Altos(39)	2:38:53
452 David Handscher, S.F.(35)	2:41:59
542 Peter Gray, Vista(41)	2:44:06
581 John Brandes, San Diego(37)	2:44:54
685 Neil Doherty, Laguna Beach(42)	2:47:21
749 Harry Nakashian, Berk.(34)	2:48:28
774 John Medinger, S.F.(32)	2:48:41
830 John Fischer, Corte Madera(39)	2:49:38
891 John Hart, S.F.(28)	2:50:45
954 Scott Macomber, Palo Alto(26)	2:51:50
997 Martin Moss, Northridge(38)	2:52:31
1006 John Kovacic, L.A.(31)	2:52:42
1016 Brian Fernee, Pac. Pal.(45)	2:52:57
1051 Edward Baker, Oakland(32)	2:53:33
1176 Julie McKinney, Red Beach(27)	2:53:57
1096 Pauline Elliott-Brown, (28)	2:54:11
1100 Joel Hornstock, Sn. Monica(35)	2:54:13
1167 Norman Hopper, Anaheim(40)	2:55:16
1189 Charlene Gilroy, San Jose(26)	2:55:37
1205 Joachim Bechtle, S.F.(39)	2:55:55
1216 Robert Carter, Red. Bch.(44)	2:56:03
1291 Paul Halesworth,(39)	2:56:59

1318 Rick Sylvester, Olym.V.(41)	2:57:19
1322 Stephen Lebowitz, L.A.(35)	2:57:23
1381 Stephen Cook, Half Moon B.(34)	2:58:11
1408 Dan Pondella, Sherman Oaks(42)	2:58:33
1511 Ronald Paige, S.F.(47)	2:59:34
1528 Eugene Comroe, Encino(40)	2:59:45
1554 John Feehan, Olivenhain(38)	2:59:59

Seal Beach Autumn 10K Run

Seal Beach, October 29.

Division Results - Men

14 & Under: 1. Scott Gray 37:54, 2. Ray McConnachie 39:11. 15-19: 1. Kenzie Arriola 31:12, 2. Bill Mejia 34:13, 3. Mark Ramirez 36:21. 20-24: 1. Forrest Metcalf 32:26, 2. George Lung 32:31, 3. Dave Murphy 33:43. 25-29: 1. Howard Keeley 33:32, 2. Jon Eifler 34:06, 3. Tony Cherbak 34:29. 30-34: 1. Dick Isaboke 31:16, 2. Jay Jurado 32:54, 3. Tony Evajardo 33:46. 35-39: 1. Octavio Canche 34:21, 2. Dean King 35:02, 3. Richard Kenniger 35:04. 40-44: 1. Jim Chenoweth 33:59, 2. Hans Dieben 34:52, 3. J. Bushman 36:05. 45-49: 1. Ian MacInnes 35:46, 2. Jurenal Herrera 36:16, 3. Roy Genger 37:30. 50-59: 1. Wally Ingram 35:34, 2. Tracy Brown 38:07, 3. Dennis Bracher 38:24. 60 & Over: 1. Harold Daughters 38:38, 2. Rudy Ceja 44:32.

Division Results - Women

14 & Under: 1. Lorraine Castro 51:08, 2. Jennifer Welton 54:00. 15-19: 1. Kathy Kiernan 40:53, 2. Dede Rosalez 44:49. 20-24: 1. Debbie Chaddock 35:27, 2. Sherrie Roach 36:42, 3. Evelyn Tribole 36:42. 25-29: 1. Liz Baker 34:37, 2. Tammy Sargeant 37:13, 3. Kimberly Dillipppo 37:18. 30-34: 1. Tish Husak 38:05, 2. Chrissy Gaston 40:52, 3. Debbie Morrow 41:34. 35-39: 1. Barbara Wright 43:30, 2. Jo Ann Meyer 44:16, 3. Diane Ito 44:40. 40-44: 1. Joe Ann Goltra 44:04, 2. Mary Elwell 45:14, 3. Joyce Althoff 45:57. 45-49: 1. Elaine Havens 43:23, 2. Maureen Benice 49:02, 3. Elaine Murphy 50:12. 50-59: 1. Pinkie Fisher 47:47, 2. Yukie Mochida 48:28. 60 & Over: 1. Lucile Adney 1:05:27.

UOP Homecoming

from Richard Doty

Stockton, October 29, 5K.

Rudy Munoz pulled away from the rest of the field at the halfway point and went on to win the first UOP Homecoming 5K Race at University of the Pacific in Stockton on Oct. 29. Munoz, 25, was timed in 14 minutes and 43 seconds. The Reno, Nevada resident went through one mile in 4:42 with Brad Brown of Stockton and David Chairez of Sacramento before putting on a surge to take the lead and eventual victory. Brown was second in 15:14, with Chairez, the 1982 Stockton Marathon winner, right behind in 15:15. UOP student Steve Kovisto was fourth in 15:34.

Michele Aubuchon of Livermore was the first woman in 18:06, as she finished more than a minute ahead of Karen Sanguinetti of Stockton, who was timed in 19:09.

The race attracted a large turnout, by Stockton standards, of close to 300 runners for its first year. Many of the competitors were attracted by the opportunity to run along a main Stockton thoroughfare (Pacific Avenue) just before the annual Homecoming parade at UOP followed the same route.

Division Results - Men

Under 15: 1. Louie Rivera 18:26. 15-19: 1. Richard Johnson 16:56. 20-29: 1. Brad Brown 15:14. 30-39: 1. Jerry Martinez 17:28. 40-49: 1. Don Hoffman 17:47. 50 & Over: 1. Thomas Fong 20:43.

Division Results - Women

Under 15: 1. Marlice Andrada 20:58. 15-19: 1. Mona Cuthbert 20:00. 20-29: 1. Consuelo Garcia 20:09. 30-39: 1. Karen Sanguinetti 19:09. 40-49: 1. Ginger Burrola 21:09. 50 & Over: 1. Patricia Mowery 25:41.

Halloween Costume Caper

from Roger Sebert

Visalia, October 29, 8K.

It was a perfect fall day for the 2nd annual Costume Caper held on October 29 at Mooney Grove. The Visalia Runners sponsored this race that had lots of neat costumes as well as a fine race.

The race turned out to be a classic dual between Ed Taylor and Marty Higgenbotham. Ed Taylor put on a sprint in the early part of the fifth mile to take the lead and held on for the win. Renee Wyckoff took a break from Fresno State to win the women's division hands down.

Division Results - Men

18 & Under: 1. Stan Hoffman 32:00. 19-29: 1. Ed Taylor 25:21. 30-39: 1. Gary Campbell 26:48. 40-49: 1. Frank Padilla 28:31. 50 & Over: 1. Ed Preston 33:20.

Division Results - Women

19-29: 1. Renee Wyckoff 27:22. 30-39: 1. Rhonda Todd 36:52. 40 & Over: 1. Sue Wight 46:41.

Race To End The Arm's Race

from Lin DeVincent

Santa Rosa, October 29, 8K.

On October 29 an 8K run, PEACE RUN '83 was held in Santa Rosa, to raise funds for Sonoma County's Peace Networks and Disarmament Organizations. The race was created as an event to unify concerned runners, peace activists, and all thinking persons in their commitment to work, and in this case 'run', for disarmament.

Men's Results

1 Butch Alexander, Sonoma	24:43
2 Don Paul, S.F.	25:29
3 Lamont Sadler, St. Helena	27:06
4 Scott Kinzy, Rohnert Park	27:09
5 Kevin Kramer, Sonoma	27:48

Women's Results

1 Nadine Soffer, Forestville	31:19
2 Karen Eberhardt, Sebastopol	32:12
3 Nancy Markey, Petaluma	32:28
4 Sally Harvey, Petaluma	33:08
5 Kim Whiting, Santa Rosa	33:21

Pedal and Plod Marathon

Bakersfield, October 29.

Division Results

2-Man Team: 1. John Stephensen/Jesse Server 1:21:16.6.
2-Woman Team: 1. Joyce Reid/Diane Hill 1:52:36.3.
2-Person Mixed Team: 1. Paul Bowman/Brenda Villanueva 1:30:33.0.
Tin Man: 1. James Brennan 1:34:22.0.
Tin Woman: 1. Samantha Steinbeck 1:44:16.4.
Tin Man/Masters: 1. Gary McCain 1:42:40.9.
Tin Woman/Masters: 1. Margaret Lemuchi 2:19:56.0.

Barn Theater 5K

Porterville, October 29.

Division Results - Men

13 & Under: 1. Chris Chapman 20:28, 2. Gino Hernandez 21:47, 3. George Cortez 24:01. 14-18: 1. Juan Meneses 17:42, 2. Kenny Andrews 24:02. 19-29: 1. Adrian Huerta 16:39, 2. Jack Butler 17:38, 3. Steven Vilter 18:28. 30-39: 1. Ozzie Osgood 16:38, 2. Bob Merzolan 19:46, 3. Edward Hunt 19:55. 40-49: 1. Wayne Van Dellen 17:06, 2. Fred Mendoza 17:32, 3. Dick Powell 19:01.

Division Results - Women

19-29: 1. Cathy Hansen 24:41, 2. Linda Howard 25:25, 3. Dana Hansen 27:51.

30-39: 1. Barbara Forenti 22:21, 2. Juanita Gibbs 23:27, 3. Linda Osgood 27:06. 40-49: 1. Meg Hansen 29:56, 2. Greta Willingsworth 29:58.

Fall Fitness Footraces

from Al Bellon

Ukiah, October 30. 6.5 MI. & 5K.

Rain began to fall the day before the race and it looked likely to be a wet one. Race morning saw dark clouds threatening but by race time the sun was doing part-time duty and a couple of light showers didn't dampen the enthusiasm of runners or spectators. Only one runner - and the crew of the stand-by ambulance - forgot about the end of Daylight Savings and showed up an hour early. The ambulance crew went back home for breakfast and the runner had one of the longest warmups of his life.

The 6.5 mile race was a repeat of last year as Robert Clay of Kelseyville won again in 34:42, over a minute ahead of Jim Gibbons of Willits who finished second last year also. In the women's competition, Flossie Horgan came down from Arcata to win in the record time of 40:08, nearly two minutes under the mark of Sandy Mike set in 1981.

In the 5K Bob McWilliams sped to a 16 second win over Howie Hawkes in 17:09. Bob won the inaugural race in 1981, then sat out last year's with an injury. First woman over the finish line was Terry Anne Trumbull in a record time of 19:21, well under the old time of Kristi Hill in 1981.

6.5 Mile Results

1. Robert Clay 34:42, 2. Jim Gibbons 35:59, 3. Mike Cannon 38:03, 4. Eric Kroesen 38:17, 5. Al Mosar 38:21, 6. Mike Dinehart 39:36, 7. Skyhorse Powers 39:49, 8. Grant Nicawanger 40:04, 9. Flossie Horgan 40:08, 10. Paul Jepson 40:55. 40-49: 1. Paul Jepson 40:55, 2. Dave Pitelkau 42:44. 50 & Over: 1. Ken Falconer 44:19, 2. Vic Crossetti 44:32. Women: 1. Flossie Horgan 40:08, 2. Liz Black 45:11, 3. Anne Retallick 46:31, 4. Cecelia Peters 47:17, 5. Vickie Morland 49:55.

5K Results

1. Bob McWilliams 17:09, 2. Howie Hawkes 17:25, 3. Bill Davis 18:07, 4. Everett Super 18:25, 5. Drew Colfax 18:42, 6. Arnold Cleveland 19:07, 7. Reed Colfax 19:15, 8. Terry Anne Trumbull 19:21, 9. John Case 20:04, 10. Edwin Kirsch 20:26. 40-49: 1. Arnold Cleveland 19:07, 2. Tokor Johnston 23:28. 50 & Over: 1. Selji Sugawara 22:18, 2. Bob Shaw 23:51. Women: 1. Terry Anne Trumbull 19:21, 2. Kathy Anderson 23:07, 3. Kristin Weldon 23:56, 4. Nancy Bramlett 25:16, 5. Robin Masia 25:24.

Pumpkin Day Run

Allan Witt Park, Fairfield. Oct. 30.

5K

1 Dan Muela (30-39)	15:59
2 Darrin Berardi (14-19)	16:39
3 Eddie Etel (14-19)	17:47
4 Sam Bailey (14-19)	17:56
5 David Allen (30-39)	18:04
14 Wanda Bailey (F 13-U)	20:04
15 Clariza Agullon (F 14-19)	20:24
18 Jim Bentley (40-49)	21:13
24 Mayrene Bates (F 40-49)	22:33
25 James Bates (50-O)	22:34
37 Mary Wilkes (F 50-O)	27:10

Mills 10K

Millbrae, October 30.

1 Fred Tileston	34:04
2 Armand Musey	39:04
3 Charles White	39:24
4 Ralph Boyd	40:06
5 Jerry Vea	42:13
9 Yvonne Kendall	42:59

Madera Half Marathon

from Robert Owen

Madera, October 30. 13.1 Miles.

1 Juan Molina (27) Fresno	1:10:16
2 Don Gregory (30) Fresno	1:13:58
3 Frank Ortega (40) Fresno	1:13:58
4 Andrew Bone (32) Fresno	1:16:28
5 Michael Hood (25) Atwater	1:17:24
6 David Williams (31) Fresno	1:17:40
7 Steve Levy (34) Fresno	1:18:13
8 David Calderon (24) Visalia	1:18:31
9 Frank Delgado (47) Fresno	1:18:50
10 Andres Patlan (34) Firebaugh	1:19:50
11 Manuel Calderon (37) Chowchilla	1:20:48
12 Obed Fernandez (35) Clovis	1:20:55
13 Mark Okano (31) Madera	1:22:18
14 Bill Woody (41) Fresno	1:22:44
15 Tom Saunders (27) Fresno	1:23:02
30 Sid Toabe (59) Fresno	1:26:54
32 Chris Denny (51) Fresno	1:27:51
61 Mary Barroso (39) Fresno	1:41:17
88 Zona Stidham (29) Fresno	1:42:58
89 Maria Madril (13) Fresno	1:43:01
90 Sandy Jacob (33) Fresno	1:43:20
92 Elizabeth Layous (28) Fresno	1:43:32
104 Donald Hopson (60) Fresno	1:50:03
120 Jane Fraser (40) Oakhurst	2:08:15

Halloween Hobble 10K

from R. Lahde

Los Altos Hills, October 30.

1 Robert Parker	29:00
2 Joe Cote	29:07
3 Robert Miller	29:59
4 Jeff Schreppele	31:06
5 Vicky Farrel (1st F)	31:19
6 Ellen Cook (1st F)	31:19
7 Drew Stevich	31:37
8 John Geer	31:40
9 John Nakanishi	31:41
10 Brian Schott	31:42
12 Patti Henry (3rd F)	32:12
13 Patti Givson (4th F)	32:27
14 C. P. Larson	32:33
38 Linda Smith (1st F 40)	37:45

Trick Or Trot

from Kathy Kelly

Incline Village, NV, October 30.

Division Results - Men

19 & Under: 1. George Whipple 41:25, 2. Glen Natuschill 46:36, 3. Mickey McConnell 57:33. 20-29: 1. Mark Gregor 35:11, 2. Don Bluhm 39:45, 3. Dann Barosko 45:15. 30-39: 1. Bill Albright 37:14, 2. Reg Bidell 39:40, 3. Doug Scoufos 39:28. 40-49: 1. Austin Angell 41:13, 2. Richard Faraen 41:33, 3. Earl Davis 43:19. 50 & Over: 1. Larry Barino 44:22, 2. Jack Oakes 45:33, 3. Les Beckson 48:38.

Division Results - Women

19 & Under: 1. Ann Marie Koth 53:15. 20-29: 1. Eileen Hall 41:32, 2. Lisa Cutter 48:42, 3. Janet Stanley 50:57. 30-39: 1. Vera Romandia 59:46. 40-49: 1. Jan Maximova 58:20. 50 & Over: 1. Elaine Banister 58:22.

Mt. Hamilton Challenge

San Jose, October 30. 20 Miles.

Results - Men	
1 Gilbert Brooks	2:24:26
2 Armando Orozco	2:24:28
3 Steve Selbrede	2:24:45
4 Dave Garcia	2:28:51
5 Rod Christensen	2:29:15
Results - Women	
1 Carol LaPlant	3:14:05
2 Judy Milgram	4:15:23

Modesto Mile

Modesto, October 30.

Division Results - Men

Elite:

1. Peter Churney 4:11.2, 2. Chuck Fanter 4:18.4, 3. Dean Lofgren 4:19.1, 4. Al Lomeli 4:22.8, 5. Doug Twilliegar 4:23.6, 6. Bill Martin 4:24.5, 7. Bob Loux 4:25.9, 8. Mark Vollmer 4:26.6, 9. Jerry Saldana 4:32.5, 10. Daniel Rush 4:34.2.

Open:

1. Gary Hayward 4:57.6, 2. Jeff Highiet 4:58.3, 3. Jim Weaver 5:00.2.

High School:

1. Danny Valdez 4:29.3, 2. Ronnie Hills 4:33.1, 3. Tom Morgan 4:34.6, 4. Craig Sawyer 4:35.8, 5. John Shaw 4:40.7.

Elementary:

1. Jon Benak 5:26.4, 2. Steve Eitelgeorge 5:31.2, 3. Darrell Wilson 5:41.8.

Division Results - Women

Elite:

1. Tammy Anderson 5:09, 2. Alix Tubman 5:16, 3. Diana Banda 5:32, 4. Mary Aja 5:48, 5. Consuelo Garcia 5:51, 6. Julie Schroeder 5:53, 7. Barbara Barninbury 5:56, 8. Corinne Casey 6:00, 9. Kai Robinson 6:05, 10. Sharon McCauley 6:08.

Open:

1. Carol Qualle 6:11, 2. Kathy Nass 6:12, 3. Marcia Arevalo 6:14.

High School:

1. Sonja Tillema 5:27, 2. Ginger Connally 5:30, 3. Betty Chavez 5:32, 4. Erin Valdez 5:50, 5. Wendy Bishop 5:51.

Elementary:

1. Hattie Williams 5:48, 2. Rebecca Jones 6:06, 3. Brandie Brown 6:18.

Marquis de Sade Bel-Air Marathon

from Eric F. Edmunds, Jr.

Los Angeles, October 30.

1 Sean O'Brien, Hollywood	3:21:43
1 Ken Ganezer, Los Angeles	3:21:43
3 Gil Armour, Alhambra	3:37:11
4 Ian Maddieson, Topanga	3:48:45
5 Kim McCracken (1-F) Brentwood	4:08:34
5 Craig Chambers, Santa Monica	4:08:34

Women's Run In The Park

Golden Gate Park, S.F., October 30.

5 Mile Results

1 Judy Leydig	30:24
2 Cindy Olavarr (1st 18-29)	30:32
3 Jessea Greenman (1st 30-39)	31:20
4 Gerilyn Tripp (2nd 18-29)	31:29
5 Sheryl Hausman (3rd 18-29)	31:45
6 Delphine Shaw (18-29)	31:53
7 Judy Sierra (2nd 30-39)	32:52
8 Paula Blakis (3rd 30-39)	32:57
9 Lisa Heigh (18-29)	33:05
10 Joanna Pregrass (18-29)	33:07
11 Joanne Carlson (18-29)	33:23
12 Laurel Kallen (30-39)	33:30
13 Chris Hellman (1st 50-59)	33:54
14 Tammy Teicherneber (18-29)	33:55
15 Nada Carey (1st Org.)	33:59
16 Laura Barr (30-39)	34:18
17 Jacqueline Frost (18-29)	34:21
18 Cynthia Ashley (30-39)	34:22
19 Anson Moon (30-39)	34:23
20 Kate Blakeslee (18-29)	34:40
21 Abigail Jeung (18-29)	34:45
22 Evelyn William (18-29)	34:54
23 Linda Wimmer (30-39)	34:59
24 Jennifer Maculiewicz (18-29)	35:11
25 Cecilia Smith (18-29)	35:12
26 Krishna Banenjee (30-39)	35:16
27 Elerie Oppfer (18-29)	35:39
28 Lawland Houg (18-29)	35:43
29 Sandy Rhodes (30-39)	35:43
30 Polly Quick (30-39)	35:47
31 Barbara Mercer (30-39)	35:49
32 Beth Millhom (18-29)	35:56
33 Irene Lee (30-39)	36:01
34 Loretta Burham (18-29)	36:12
35 Kim Bloomfield (18-29)	36:19

36 Carmona Aveni (1st 40-49)	36:27
37 Margo Zanotto (18-29)	36:34
38 Rzye Byrue (30-39)	36:34
39 Pat Tyler (2nd 40-49)	36:36
40 Monique Healy (1st 13-17)	36:37
65 Katherine McMillian (1-Whlchr)	38:25
94 Margaret Houston (2nd 50-59)	39:29

The Great Griffin Chase

Saratoga, October 30.

Division Results - Men

14 & Under: 1. Christian Lowe 41:09, 2. Eric Kenney 43:05, 3. Sam Liccardo 46:07. 15-29: 1. John Singh Deo 35:38, 2. Steve Castro 37:31, 3. Larry Eder 37:51. 30-39: 1. Sammy Castillo 38:20, 2. Albert Garcia 39:08, 3. Richard Shields 40:07. 40-49: 1. Rich Collins 41:58, 2. Marty Deggeiler 45:49, 3. Gary Miller 45:53. 50 & Over: 1. Glenn Unsicker 41:57, 2. Bernie Stevens 49:50, 3. Bill Rogers 51:10.

Division Results - Women

15-29: 1. Kim Rupert 41:51, 2. Jennifer Hinshaw 44:42, 3. Joyce Bradley 47:59. 30-39: 1. Carol Hewitt-Shields 45:56, 2. Jill Joselyn 55:04, 3. Linda Brisbin 55:11. 40-49: 1. Miriam St. Claire 48:51, 2. Mary Louise Shellove 49:21, 3. Barbara Hinshaw 51:10. 50 & Over: 1. Ruth Waters 48:36, 2. Elizabeth Ross 54:36, 3. Joan Morroco 61:20.

Toiyabe Indian Road Run

Bishop, November 5. 10K.

Results

1. Dan Jenkins 37:23, 2. Stephen Whitmore 38:01, 3. Sean Murphy 38:54, 4. Bill Bramlette 39:03, 5. Brian Norris 39:36, 6. Will Crwenko 40:13, 7. Marc Reynolds 40:59, 8. Greg Williams 41:01, 9. Dick Arnold 42:10, 10. Dario Malengo 42:48.

Race Clocks

SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS — We have several customers that are interested in selling their digital display clocks for \$895 (the original retail price was \$1295), so they can purchase the newer CC-601 (1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 595-2249. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.

Results

Turner Trophy Run

Fresno, November 5.

A trophy to every finisher? Yes, to the 227 runners who either ran the 1 mile or 5K at the Turner Trophy Run on November 5. With the exception of division winners who received a larger trophy, all runners received a finisher trophy for their efforts. Why shouldn't the "average" runner who endures the joy, but also the sacrifice of regular training, receive recognition for his/her all-out effort in the race. Every runner in these races came out a winner and all had some "metal" to show for it as a lasting memento.

Division Results - Men 1 Mile

8 & Under: 1. Jon Stockdale 7:34. 9-12: 1. Alex Cordova 5:47. 13-19: 1. John Blanchette 4:58. 20-29: 1. Danny Santellano 4:55 (Overall winner). 30-39: 1. Tom Ockey 5:38. 40-49: 1. Dennis Duffy 5:05. 50-59: 1. Chris Denny 5:35.

Division Results - Women 1 Mile

8 & Under: 1. Amy Byran 8:41. 9-12: 1. Christen Santellano 7:03. 13-19: 1. Jennifer Sharp 6:34 (overall winner). 20-29: 1. Cathy Habar 7:23. 30-39: 1. Audrie Krause 7:33. 40-49: 1. Olivia Santellano 8:49.

Division Results - Men 5K

12 & Under: 1. Augie Santellano 21:16. 13-19: 1. Tom Morgan 15:47 (overall winner). 20-29: 1. Adam Barron 16:00. 30-39: 1. Michael Linnerman 16:47. 40-49: 1. Lupe Cruz 19:31. 50-59: 1. Jess Rivera 18:03. 60 & Over: 1. Bob Musso 20:11.

Division Results - Women 5K

12 & Under: 1. Laura Garcia 33:04. 13-19: 1. Erin Naldez 20:39. 20-29: 1. Evangelina Lopez 20:19 (overall winner). 30-39: 1. Mary Ann Barroso 20:44. 40-49: 1. Mary Hooper 22:53.

Run Reno Marathon

from David R. Britton

Reno, Nevada, November 5.

Men's Results

1. Gosthenes Bitok, Richmond, VA 2:24:24
2. Larry Lawson, Reno, NV 2:24:25
3. Leonard Hill, Klamath Falls, OR 2:27:09
4. Doug Friedl, Clinton, UT 2:28:48
5. Jose Tibaduiza, Reno, NV 2:29:42
6. Lynn Strong, Ogden, UT 2:32:46
7. Jim Peterson, Layton, UT 2:34:02
8. Bill Knapp, Reno, NV 2:34:25
9. Steve Warshawer, Albuquerque 2:35:58
10. Skip Houk, Reno, NV 2:40:45

Women's Results

1. Gail Volk-Kingma, Seat, WA 2:48:59
2. Angela Tibaduiza, Reno, NV 2:53:13
3. Peggy Smyth, San Anselmo 2:56:55
4. Josita Bear-Morales, Bishop 3:04:27
5. Toni Belaustegui, Reno, NV 3:21:54

Trudgers 10K Run

from Bill Grant

Playa Del Rey, November 6.

Division Results - Men

13 & Under: 1. Hugh Wooden 43:53, 2. Ruben Garcia 50:50, 3. Carlos Mendoza 50:55. 14-19: 1. Arnie Holaday 33:54, 2. Michael Willens 34:57, 3. Martin Farfan 35:59. 20-29: 1. Nick Carr 30:38, 2. Brent Griffiths 31:09, 3. Jeff Dettmer 31:39. 30-39: 1. Daniel Bartlett 33:17, 2. Bill Wooden 36:32, 3. James Subject 36:43. 40-49: 1. George Cohen 35:32, 2. Raff Latham 35:50, 3. Girts Ozolins 36:20. 50-59: 1. Richard Leslie 38:54, 2. Hal Sullivan 41:39, 3. Robert Pate 43:05. 60 & Over: 1. Jack Kettler 44:02, 2. Paul Jernstrom 44:04, 3. Clyde Ailing 45:16.

Division Results - Women

14-19: 1. Kristy Nelson 56:34, 2. Tanya Meier 1:03:40. 20-29: 1. Rita Denniston 36:56, 2. Laurel Meighan 38:21, 3. Terri Goetz 44:05. 30-39: 1. Rebecca Miller 41:19, 2. Jo Stiles 42:25, 3. Pamela Donesley 44:46. 40-49: 1. Ruth Hemming 44:42, 2. Amy Galbraith 47:05, 3. Penelope Coy 47:20. 50-59: 1. Iona Scapple 57:20, 2. Sylvia Dade 57:39, 3. Chris Hodowski 58:00.

ESL Runaway

Sunnyvale, November 6.

Runners couldn't have asked for better conditions than they found at the fifth annual ESL Runaway. More than 1,400 enthusiastic runners were greeted by clear skies, a flat, paved course, bundles of multicolored helium balloons and a chance to take home a plaque, medal or gift from a random drawing.

First across the finish line in the 10K race was Brock Hinzmann of Palo Alto who charged in at 31:01.8. Mike Lucas, Sunnyvale, was close behind at 31:49.6. Sprinting in at 32:20.3 was Jeff Kirk of San Jose who took third.

photo by Bart Crawford



HANK LAWSON
2nd in ESL Runaway 5K

Claiming the women's title in the 10K was Pearl Anit of Pacifica with 37:49.0. Jane Sowersby of San Francisco took second place with 38:21.1 and Vicki Bray, Los Altos, finished in 38:46.6 to place third.

In the 5K, Saratoga's Gregg Szanto set a blistering pace in a hotly contested battle to the finish. Szanto's time of 15:09.7 was a record for the course. Close on his heels was Hank Lawson of Cupertino who burst in at 15:24.5. Sunnyvale's Desmond Knuckey lunged across the line at 15:55.9 to place third.

Bonnie Dwyer of San Francisco knocked out a 17:54.6 to take first place for the women. Second place was nabbed by 13-year-old Serina DeLaCruz of San Jose at 18:11.4. It was shades of deja vu for Amanda Goldner, Pleasanton, who matched both her time and place from last year's race. She once again took third with an 18:24.1.

An added incentive for the 120 ESL employees who ran the races this year as part of a relay through every state in the country. ESL runner Doug Sheaffer won the special drawing which will allow him to carry the torch 1 kilometer through local streets next summer.

Blue and green Runaway T-Shirts were given to all runners but an even more coveted item was ESL Runaway shoelaces, which were awarded to the first 200 finishers in each race.

For the third year, members of the Northwest YMCA of Cupertino were on hand to lend their valuable assistance with the race. Len Wallace (also race director for Bay to Breakers) and The Winning Team provided well-marked courses and kept runners on track.

ESL Race Coordinator Patsy Harmon offered plaques, medals and ribbons

three deep in male/female categories and age divisions, providing plenty of chances to win. Despite its growing popularity, the Runaway will continue to be geared toward families, week-end runners and just for fun, Harmon said. The race is a community event and gives a boost to recruiting efforts.

Orange Grove Marathon

Loma Linda, November 6.

Division Results - Male & Female

Marathon: 19-24: Doug Boring 3:04:07. Deanna Olson 3:30:47. 25-29: John Sturges 3:15:07. Pam Smith 4:07:59. 30-34: J. Mark Richardson 2:42:04. Ellen Nichols 3:28:56. 35-39: Duane Carney 3:08:50. Meredith Jury 3:31:03. 40-44: Manouchehr Lankar 2:50:38. Sandy Waddell 3:02:53. 45-49: Don Vandyske 3:02:30. Janet Soule 4:20:39. 50-59: Robert Wroth 3:11:47. Half Marathon: 14 & Under: Terrell Reyes 1:32:31. Luolinda Reyes 1:44:28. 15-18: David Swiderski 1:14:45. Shannon Duncan 1:36:11. 19-24: Allen Just 1:06:20. Nancy Bruton 1:44:48. 25-29: Ricky Medina 1:14:26. Denise Contreras 1:23:07. 30-34: Dick Isaboke 1:11:46. Terri Goodreau 1:30:25. 35-39: Dean King 1:17:16. Kathy Story 1:34:33. 40-44: Ron Navarette 1:16:48. L. Lorraine Hashey 1:35:44. 45-49: Fred Kiddy 1:16:38. Sandra Kiddy 1:25:15. 50-59: Lyle Deem 1:33:38. Ruth Bloland 1:53:42. 60-69: Harold Daughters 1:22:59. 70 & Over: John Montoya 2:03:23. Bess James 3:30:32.

10K: 14 & Under: Chris Fabian 41:58. Sara Reyes 52:13. 15-18: Scott Carter 35:00. Michelle Arasim 42:46. 19-24: Jerry Alcorn 32:23. Carol Carrigan 38:43. 25-29: Greg Goodfrey 36:56. Patricia Escamill 40:37. 30-34: Wayne Taylor 35:14. Ellen Coleman 41:44. 35-39: Elber Camacho 36:26. Merrie Lea Maguire 50:22. 40-44: Gerry Robb 35:53. Myra Lauder 48:49. 45-49: Dave Arrison 38:43. Elaine Peterson 48:11. 50-59: Wally Ingram 35:45. 60-69: John Goodyear 43:22. 70 & Over: Evelyn Chandler 1:32:57.

Almond Bowl

Chico, November 6.

Overall Winners - 3 Miles

1. Mike Wall, Susanville 14:38
2. Mike Wright, Chico 14:44
3. Keith Maneval, Truckee 14:54
4. Martin Rizzo, Portola 15:00
5. Sean Palmer, Chico 15:05
6. Mark Bates, Susanville 15:08
7. Mike Miles, Chico 15:11
8. Tom Davies, III, Magalia 15:16
9. Kurt Vineyard, Chico 15:19
10. Al Masterson, Redding 15:26
11. Bob Eberle, Santa Cruz 15:28
12. Michael Weidlein, Redding 15:35
13. Keith Forman, Chico 15:36
14. Mark Palmer, Redding 15:51
15. Kevin Barry, Chico 15:52
16. Rick Brown, Chico 15:53
17. Michael Jamison, Chico 15:55
18. Tom Estes, Susanville 16:00
19. Mike Ercolini, Chico 16:01
20. Keith Maurer, Santa Rosa 16:05
21. Mike Pembroke, Chico 16:06
22. Walt Schafer, Chico 16:09
23. Bill Schmidt, Chico 16:09
24. Jamie Haub, Los Molinos 16:10
25. Jay Chenez, Jamesville 16:11

Division Results - Men

13 & Under: 1. Louis Chavez 17:35, 2. Brian Gaddy 19:02, 3. Joey Ochoa 19:05. 14-17: 1. Mike Wall 14:38, 2. Michael Weidlein 15:35, 3. Tom Estes 16:00. 18-29: 1. Mike Wright 14:44, 2. Keith Maneval 14:54, 3. Martin Rizzo 15:00. 30-34: 1. Bob Eberle 15:28, 2. Rick Brown 15:53, 3. Michael Jamison 15:55. 35-39: 1. Jim Thomas 16:32, 2. Warren Coleman 16:42, 3. David Lorentzen 17:00. 40-44: 1. Keith Forman 15:36, 2. Walt Schafer 16:09, 3. Dan Raiston 17:47. 45-49: 1. Roy Butterfield 16:11, 2. Charles W. Bird 18:58, 3. Ben Landeros 19:49. 50-54: 1. Everett Riggie 16:13, 2. Pete Cyr 24:04, 3. Ron McElroy 24:14. 55-59: 1. Mel Sullens 20:26, 2. Glenn Shols 20:44, 3. Fred Carne 21:30. 60-69: 1. Harry Harder 41:27, 2. Clarence McIntosh 41:27. 70 & Over: 1. John Sterling 28:23.

BAY AREA



THE ROAD RACER'S REFERENCE

This monthly magazine is the official PA-TAC LDR Schedule for 1983. It contains a complete race calendar for a full year as well as entry blanks for many up-coming races.

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Wheelchair: 1. Dall Rollag 34:46, 2. Ray Sauer 46:37.

Division Results - Women

13 & Under: 1. Brandee Ralston 20:21, 2. Nichi Perrin 20:41, 3. Cindy Graves 22:36, 14-17: 1. Denae Dunlap 19:56, 2. Stephanie Barrett 20:07, 3. Becky Valadez 20:32, 18-29: 1. Micki Vardell 17:23, 2. Marissa Ross 18:33, 3. Kim Keeton 19:16, 30-34: 1. Angie Williams 19:16, 2. Alendia Vestal 19:44, 3. Regina Silva 20:13, 35-39: 1. Kathleen Kaiser 16:58, 2. Susan Condon 19:51, 3. Sandy Coffey 19:51, 40-44: 1. Connie Andrews 19:47, 2. Marge Dunlap 20:06, 3. Lorna Gray 21:26, 45-49: 1. Rita Allen 22:01, 2. Betty Heycke 22:14, 3. Betty Best 22:59, 50-54: 1. Theresa Henneman 20:43, 2. Hilda Morlang 23:25, 3. Ruth Jessen 26:05, 55-59: 1. Joan M. Moses 28:35, 60-69: 1. June Bock 30:15, 2. Rosa Warne 33:00, 3. Marion Sharpe 61:24.

Overall Winners - Men 6 Miles

1 David Rennelsen, Marysville	28:57
2 James Christensen, Sacto	29:48
3 Mark Hoefler, Chico	30:09
4 Thomas Cushman, Chico	30:14
5 Bill Elliott, Chico	30:55
6 Jack West, Oroville	31:07
7 Tom Olson, Redding	31:16
8 David Wood, Chico	31:20
9 Jim Price, Redding	31:21
10 Ron Mellor, Oroville	31:31
11 Mike Kelly, Cottonwood	31:36
12 Thom Trimble, WalnutCrk	31:44
13 Ron Richardson, Quincy	31:58
14 Steve Piles, BellaVista	32:05
15 Robert Clay, Kelseyville	32:27
16 Ray Bettencourt, Turlock	32:33
17 Mike Buzbee, YubaCity	32:34
18 Kirk Hudson, Truckee	32:55
19 Grant Boswell, Chico	32:59
20 Chuck MacDonald, Redding	33:03
21 Sean O'Shea, Magalia	33:03
22 Mark Gregor, TahoeCity	33:04
23 Jim Barry, Chico	33:09
24 Robert Haugen, Marysville	33:15
25 David Sturgis, WalnutCrk	33:28
26 Stu Roberts, Chico	33:34
27 Kerry Moretti, Chico	33:44
28 Chris Kalberg, Chico	33:45
29 Alan Sudeyko, Chico	33:55
30 Charles Poteel, Chico	33:57
31 Henry Tushar, RanchoPalosVer	33:59
32 Jim Moore, Concord	34:06
33 Jim Moore, Chico	34:07
34 George Wilson, Sacto	34:09
35 Michael McGie, Chico	34:09
36 Jim Bevins, Susanville	34:24
37 Bill Bowness, Chico	34:26
38 Kent Stevenson, Chico	34:29
39 Stephen Austin, Pittsburg	34:39
40 Dano Daly, Chico	34:45
41 Jill Symons, Chico	34:47
42 Skip Lees, Chico	34:50
43 Phil Nemir, Berkeley	34:51
44 John McIntosh, Redding	34:52
45 Henry Brown, WalnutCrk	34:53
46 Greg Durbin, Ukiah	34:53
47 Glen Walbridge, Shasta	34:59
48 Kenny Ward, Susanville	35:01
49 Terry Benoit, Quincy	35:04
50 Lefty Chell, Chico	35:13

Division Results - Men

13 & Under: 1. Jason Ross 42:12, 2. Christopher Doure 42:39, 3. Jim Bentley 43:33, 14-17: 1. Mike Shook 36:13, 2. Jeff Ross 36:56, 3. Brian Estes 37:45, 18-29: 1. David Rennelsen 28:57, 2. James Christensen 29:48, 3. Mark Hoefler 30:09, 30-34: 1. Thomas Cushman 30:14, 2. Jack West 31:07, 3. David Wood 31:20, 35-39: 1. Robert Clay 32:27, 2. Chuck MacDonald 33:03, 3. Skip Lees 34:50, 40-44: 1. James Ballantyne 35:18, 2. Bill Gardner 35:36, 3. Ron Prior 36:33, 45-49: 1. Jim Moore 34:06, 2. Michael McGie 34:09, 3. Jim Bevins 34:24, 50-54: 1. Mort Ward 38:06, 2. C. John Hood 38:27, 3. John Kalberg 41:08, 55-59: 1. Harry Daniell 37:27, 2. Gordon Hodez 47:00, 3. Vernon Regier 50:36, 60-69: 1. Dudley Zappettini 43:10, 2. George Grahn 44:59, 3. Grant Eldridge 48:30.

Division Results - Women

13 & Under: 1. Angela Harris 50:44, 2. Jennifer Darling 68:48, 14-17: 1. Heather Hollahan 37:33, 2. Christina Hawks 45:30, 3. Wendi Lucero 48:01, 18-29: 1. Jill Symons 34:47, 2. Laura Sanchez 35:36, 3. Robin Crowley 37:20, 30-34: 1. Leslie King 39:05, 2. Nancy Ruffner 41:29, 3. Dolly Rupp 42:26, 35-39: 1. Jackie Walker 38:40, 2. Andrea Matthews 40:12, 3. Pris Brutlag

43:32, 40-44: 1. Marijke Valencia 48:52, 2. Ginny Heimann 42:02, 3. Jacqueline Ostergaard 44:47, 45-49: 1. Mary

Division Results - Women

13 & Under: 1. Angela Harris 50:44, 2. Jennifer Darling 68:48, 14-17: 1. Heather Hollahan 37:33, 2. Christina Hawks 45:30, 3. Wendi Lucero 48:01, 18-29: 1. Jill Symons 34:47, 2. Laura Sanchez 35:36, 3. Robin Crowley 37:20, 30-34: 1. Leslie King 39:05, 2. Nancy Ruffner 41:29, 3. Dolly Rupp 42:26, 35-39: 1. Jackie Walker 38:40, 2. Andrea Matthews 40:12, 3. Pris Brutlag 43:32, 40-44: 1. Marijke Valencia 48:52, 2. Ginny Heimann 42:02, 3. Jacqueline Ostergaard 44:47, 45-49: 1. Mary Tupen 45:40, 2. Cindy Maderos 46:39, 3. Sandy Becker 46:43, 50-54: 1. Catherine Grow 42:49, 2. Heather McCloud 51:45, 3. Alice Anderson 55:16, 60-69: 1. Kathy Lovejoy 60:17.

Burlingame Fun Run

Coyote Point Park, November 6, 5K.

Division Results - Men

10 & Under: 1. Jason Bradford 25:41, 16-20: 1. Tony Madera 16:50, 21-30: 1. Bradley Coates 16:13, 31-39: 1. Larry Worthington 18:10, 40-49: Mike Wagner 19:02, 50 & Over: 1. Ralph Boyd 18:59.

Division Results - Women

10 & Under: 1. Emily Geebel 24:53, 16-20: 1. Lupita Gavidia 39:22, 21-30: 1. Vicky Farrell 19:16, 31-39: 1. Mary DeRosa 21:53, 40-49: 1. Doerte Murray 22:03, 50 & Over: 1. Francis Sackerman 21:09.

photo by Christopher Lee



SAMANTHA STEINBECK
Golden Empire Marathon Winner

Harvest Run

from Tim Gravelle

Paso Robles, November 6, 10K.

Division Results - Men

Under 20: 1. Ron Hoff 34:34, 2. Mike Whitecombe 35:29, 3. Richard Cortez 35:52, 20-29: 1. Terry Gibson 31:47, 2. Steve Strangio 33:22, 3. Malcolm Cleary 34:14, 30-39: 1. Tom Mason 40:01, 2. Terry Barnes 40:17, 3. James Gasticca 40:58, 40-49: 1. Granville White 36:22, 2. Joe Bird 37:07, 3. Jim Brown 37:53, 50 & Over: 1. John Herd 43:04, 2. Mel Elliott 44:09, 3. George Burness 44:13.

Division Results - Women

Under 20: 1. Kim Tweedie 47:07, 2. Tracy Wright 56:54, 3. Michele Kenney 60:11, 20-29: 1. Gay McClenathan 40:24, 2. Becky Bonsell 41:06, 3. Mary Fyner 42:12, 30-39: 1. Chris Mellick 48:34, 2. Darrylin Macarney 49:25, 3. Kathleen Daran 50:16, 40-49: 1. Linda Bird 49:21, 2. Harriet Harris 51:45, 3. Faye Leonard 52:25, 50 & Over: 1. Joann Teegarden 58:12, 2. Betty Elder 66:05.

Pepsi Veteran's Day Race

from Allen Nelson

Porterville, November 11.

Overall Results - 10K

1 Humberto Ramirez (22)	32:32
2 Isaias Luna (26)	34:45
3 Adrian Huerta (24)	34:47
4 Louis Orozco (25)	36:02

photo by Christopher Lee



ALBERTO SALAZAR
Golden Empire 1/2-Marathon Winner

Golden Empire Marathon

November 6, Bakersfield.

Full Marathon: 1. Harry Maloney (Bakersfield) 2:42:31; 2. Joe King; 3. Pedro Ponce; 4. Brian Stansauk; 5. David Lopez; 6. Gary Stansauk; 7. Freddie Perez; 8. Dorsh Sanders; 9. Mike Evangelho; 10. Fred Mendoza. Top Female Finisher: Samantha Steinbeck (Bakersfield) 15th overall.

Half Marathon: 1. Alberto Salazar (Eugene, Oregon) 1:02:26; 2. Dave Murphy; 3. Alfred Lara; 4. Ed Taylor; 5. Isalah Henry; 6. David Riel; 7. Ozzie Osgood; 8. Robert Stevenson; 9. Enrique Flores; 10. Ted Oliver. Top Female Finisher: Brenda Villanueva (Bakersfield), 33rd overall.

10K: 1. Gilbert Cortez (Monterey Park) 32:16; 2. Steve Gilbert; 3. Marty Higginbotham; 4. Jim Webb; 5. Gary Campbell; 6. Richard Rodriguez; 7. Troy Hodges; 8. Tony Zuniga; 9. Brian Church; 10. Isaac Salcido. Top Female Finisher: Lori Dowdy (Bakersfield), 47th overall.

5 Frank Padilla (47)	36:24
6 Kevin Carillo (15)	36:38
7 Neil Wilcox (45)	37:46
8 Stephen Johnson (40)	38:43
9 Fred Mendoza (44)	38:47
10 John Siamis (26)	39:41
11 J. D. Fischer (40)	39:48
12 Thomas Williams (34)	40:11
13 Shirley Johnson (21)	40:42
14 Kevin Robertson (11)	41:10
15 Shawn Peterson (21)	41:36

Division Results - Men

12 & Under: 1. Kevin Robertson 41:10, 2. Chris Chapman 43:03, 13-18: 1. Kevin Carillo 36:38, 19-29: 1. Humberto Ramirez 32:32, 2. Isaias Luna 34:45, 3. Adrian Huerta 34:47, 30-39: 1. Thomas Williams 40:11, 2. Bob Merzoian 42:01, 3. Allen Elliott 42:40, 40-49: 1. Frank Padilla 36:24, 2. Neil Wilcox 37:46, 3. Stephen Johnson 38:43, 50 & Over: 1. Lee Belam 44:29, 2. Jim Nagatani 49:18, 3. Warren Rankins 64:02.

Division Results - Women

12 & Under: 1. Wanda Ruiz 56:01, 2. Elizabeth Martinez 57:05, 19-29: 1. Shirley Johnson 40:42, 2. Susie Spencer 50:37, 3. Tari Smith 51:21, 30-39: 1. Barbara Forenti 47:17, 2. Juanita Gibbs 49:35, 3. Luann Walker 50:29, 40-49: 1. Stella Wheaton 57:18.

Overall Results - 5K

1 Marty Higginbotham (27)	15:15
2 John Forenti (37)	16:11
3 Wayne Van Dellen (46)	16:17
4 Jeff Helton (16)	16:31
5 Jack Butler (19)	16:31
6 Ric Zamarripa (49)	16:59
10 Gil Hinz (53)	17:56
14 Deanna McDaniel (1 F-29)	18:43
30 Norma Ferch (2 F-21)	20:49
31 Jennifer Baker (3 F-15)	20:50

Fast Times At Clairemont High

San Diego, November 12, 10K.

Overall Results - Men

1 Rich Brownsberger	30:02
2 Tim Varley	30:16
3 Robert Lusitana	30:22
4 Kevin McCarey	30:26
5 Tom Lux	31:28
6 Dave Harper	31:35
7 Fletcher Thorton	31:59
8 Walley Buckingham	32:51
9 Kim Vile	32:57
10 Norman Breen	32:59

Division Results - Men

12 & Under: 1. Sean McKenna 51:30, 2. Scott Montgomery 51:50, 13-17: 1. Pat Castro 35:00, 2. Billy Dyer 37:19, 3. Francis Bennett 37:34, 18-29: 1. Rich Brownsberger 30:02, 2. Tim Varley 30:16, 3. Robert Lusitana 30:22, 30-39: 1. Tom Lux 31:26, 2. Dave Harper 31:35, 3. Fletcher Thorton 31:59, 40-49: 1. David Shubert 37:25, 2. Neville Clarke 37:48, 3. Edmund Fantino 37:40, 50-59: 1. Frank Morris 50:45, 2. Wayne Watson 41:10, 3. John Terrell 41:18, 60 & Over: 1. Raymond Spencer 41:06, 2. Wayne Zook 42:25, 3. John Lafferty 44:15.

Overall Results - Women

1 Ellen Turkel	37:50
2 Doris Bricker	38:02
3 Lita Whitman	N.T.
4 Marcell Cunningham	40:02
5 Wanda Gunderson	42:03
6 Yvette Niles	42:40
7 Cion Ruiz	42:50
8 Yael Polashnik	42:50
9 Sharon Greiner	43:10
10 Joni LeSage	43:50

Division Results - Women

12 & Under: 1. Yael Potashnik 42:50, 2. Shirley Olivarez 45:20, 3. Debra Savel 59:30, 13-17: 1. Yveti Niles 42:40, 2. Stephanie Bailey 49:05, 3. Lara Watkins 53:40, 18-29: 1. Ellen Turkel 37:50, 2. Lita Whitman 39:00, 3. Marcell Cunningham 40:02, 30-39: 1. Doris Bricker 38:02, 2. Adeline Leslie 45:10, 3. Alica Felix 45:55, 40-49: 1. Sharon Greiner 43:10, 2. Betty Frankum 48:35, 3. Marylis Creigh 48:40, 50-59: 1. Jeri Morris 59:10.

Six Rivers 50 Miles

Arcata, November 12.

Battling cold, windy rainstorms, twenty-seven year old John Ticer, of Freshwater, and thirty-four year old Sandra Stepp, of Fieldbrook, captured first and second place in Six Rivers Running Club's annual fifty mile race held Saturday, Nov. 12, on Arcata Bottoms.

A relative newcomer to ultrarunning, Ticer used even pacing to outlast five of the club's hardcore veterans, all of whom were trying for fast times. One by one, Arcatans Howard Labrie, Rich Stewart, George Crandell, Mike Addis, and Gerald Hoopes toppled like dominoes between miles thirty and forty-two, leaving Ticer to pick up the pieces with a respectable finishing time of six hours, thirty-one minutes, and eleven seconds.

Stepp, already the club's fastest woman at that distance, also ran a superbly controlled race, heading a field of three women with a fine time of eight hours, thirty-one minutes, and twenty-seven seconds. Sherry Skillwoman achieved a personal distance best of thirty-five miles in her first ultramarathon, while Gayle Kerstetter called it a day after twenty miles.

Results

Breakers and Butterflies 10K

Pacific Grove, November 12.

Division Results - Men

12 & Under: 1. Richard Gerding 49:40. 13-17: 1. Scott Rogerson 40:51. 18-29: 1. Emil Magallanes 32:42. 30-39: 1. Jim Hilsman 34:06. 40-49: 1. Doug Cantley 35:25. 50-59: 1. David Peterson 41:27. 60 & Over: 1. Robert Schubert 47:49.

Heavyweights (over 220): Ben Faus 40:38.

Division Results - Women

12 & Under: 1. Aimee Shope 66:51. 13-17: 1. Mary Haines 54:40. 18-29: 1. Eileen Kraemer 37:17. 30-39: 1. Michelle Walsh 45:20. 40-49: 1. Jan Larson 52:20. 50-59: 1. Iona Scapple 55:22.

Central California Marathon

November 12, Fresno: 6th Annual Central California Marathon.

"It's dark. It's foggy. It's cold. It's 5:30 in the morning. I wish I were back under the covers. Where is everybody?" These are the thoughts going through a volunteer race official's head the morning of the event. But pretty soon a couple of ghost-like figures in sweats jog by looking for the starting line. Then officials with flashlights and white styrofoam cups of coffee begin appearing like worker bees and busily begin setting up p.a. systems, finish banners, and check-in tables. Even before the first ray of daylight it's obvious that something exciting is about to happen this day. It's the 6th running of the Central Cal Marathon. And with each passing minute the excitement builds.

Marathon director, Bill Woody, a top local masters runner himself, after hacksawing the lock off the P.A. system said everything was under control and that he felt funny walking around with nothing to do. Marathon founder and local triathlete star Gordon Keller remarked that that's when you need to worry.

As veteran announcer Ken Takeuchi called the runners to the staging area all the tension became concentrated at the 3 inch wide starting line crossing the street. The chatter among the runners at the start was the same as at every race, "I'm just running this as a training run...I haven't been training seriously...I've been injured"...and so on. I don't know why runners insist on downplaying their goals. No one believes that garbage anyway. We all know that each runner really thinks that this is going to be his day to pull a "Billy Mills" effort.

The small talk is soon forgotten as the starters gun unleashes the energies of the 233 starters. The sounds they will be hearing for the next 26 miles will be those of feet flopping and lungs blowing. For those of us left at the start-finish line, the excuses as to why we aren't running this year are more honest than the reasons why the runners were running, but most of us envied those who were now embarked on a journey of pain.

A unique feature of this Fresno area marathon is the continual announcing of the leaders over the P.A. system. The Fresno Amateur Radio Operators set up mobil units every mile or two, so spectators back at the finish get up to date news, usually 5-10 deep for both men and women. Add to this the interesting and informative comments interjected by announcer Ken Takeuchi and the 2-plus hours pass quickly.

Out where the action is the early lead was assumed by pre-race favorite and defending champion Joe Ancira from the Bay Area. He hit 2 1/2 miles in 14:20, an 18 second gap between second placer and local favorite Don Gregory. Gregory, a former Fresno Pacific College star has been running marathons for over a decade and now that he's got medical school behind him looks to pick up where he left off in college. The early leader on the women's side was sub-master Sharlet Gilbert also from the Bay Area with a 15:41 compared to second place woman, Debbie Chaddock, in 16:04.

As the fog burned off, so did the early leaders. Just before the turnaround Chaddock passed Gilbert, crossing the halfway point in 1:24:00 to 1:24:12 respectively. That lead was to grow to nearly 10 minutes by the finish. Gregory caught a fading Ancira at 20 miles. He had mixed feelings about leading the race. "I was hurting, so it was a surprise to be in the lead," said the Fresno cardiologist. "I was considering that I might not be able to finish, and thought that now I can't drop out if I'm in first place." Gregory's dilemma wasn't to last long as a relatively newcomer to the marathon scene, Juan Molina of Visalia and the Chihuahua Running Club, came from 8th at 15 miles to roar by Gregory at 22 miles and power in a winner at 2:34:09. Gregory held on to second three and a half minutes back, with Ancira fading to fourth another two minutes back. Dan Hernandez, local wheelchair star, moved into third, just ahead of Ancira.

Molina was excited about his victory. "I didn't have any intentions of winning it," he said in broken English with the aid of an interpreter. "I have only been doing 60 miles a week and went out very slow. I wasn't even in the top 10 at the turnaround. I felt good picking it up on the way back."

Women's winner Debbie Chaddock, from San Diego, wasn't concerned about winning before the race either. "I just wanted to qualify for the Olympic Trials," she said after her win. "I have a busy semester coming up at school so needed

to take the pressure off by qualifying now. I'm glad I did, I won't have to run another one now. I could have run faster today. The wind hurt and I stopped for water. I am looking for the low 2:40's in the Trials."

The last runner has crossed the finish line. The last cup of ERG consumed. The last trophy awarded. It's time to head for home. It was a good day. It was an exciting day. I was glad to have experienced it and proud to have been a part of it all.

Race Director Bill Woody commented that things went so well and that the runners kind comments almost made him wish he were going to be putting it on again next year. Almost... Fresno Track Club teammate Bob Lindsey will be the 1984 director. Lindsey has set Sunday, October 28 as the date and has announced the addition of a half marathon. Hm, maybe I can run after all... 13 miles is still a long way, maybe I'll help again.

1	Juan Molina(M 18-29)	2:34:09
2	Don Gregory(M 30-39)	2:37:39
3	Dan Hernandez(M Whichr)	2:38:27
4	Joe Ancira(M 30-39)	2:39:35
5	Dennis Coulter(M 18-29)	2:39:48
6	Phillip Torres(M 18-29)	2:40:03
7	John King(M 30-39)	2:41:37
8	Dennis Wong(M 18-29)	2:42:35
9	Bob Asada(M 30-39)	2:42:39
10	Ken Drew(M 30-39)	2:43:16
11	Rory Cooper(M Whichr)	2:43:47
12	Dana Gard(M 30-39)	2:44:15
13	Frank Ortega(M 40-49)	2:45:00
14	Frank Delgado(M 40-49)	2:45:48
15	Craig Newport(M 30-39)	2:47:46
16	Tomaso Pedreira(M 18-29)	2:48:03
17	Merl Glauser(M 40-49)	2:48:03
18	Debbie Chaddock(F 18-29)	2:48:19
19	Roy Hall(M 18-29)	2:49:34
20	Dennis Huffman(M 30-39)	2:50:37
21	Bob Eberle(M 30-39)	2:50:49
22	Jim Lambe(M 30-39)	2:51:08
23	Steve Levy(M 30-39)	2:51:43
24	Curt Royer(M 30-39)	2:51:49
25	Leon Valley(M 30-39)	2:53:32
31	Sharlet Gilbert(F 30-39)	2:56:42
42	Linda Glaude(F 18-29)	3:04:47
53	Carlos Gutierrez(M 50-59)	3:08:05
56	Janice Gordon(F 18-29)	3:09:49
74	Ray Betz(M 50-59)	3:22:32
107	Sid Toabe(M 50-59)	3:34:14
120	Pat Hurst(F 50-59)	3:40:01
146	Bob Manly(M 60 Plus)	3:58:46
183	Bill Wallace(M 60 Plus)	4:36:54

Dr. Scholl's Pro-Comfort 10K Championship

by Richard Lee Slotkin

Palos Verdes, November 12.

\$42,353.44 an hour. Nice work if you can get it. Mike Musyoki got it. His \$20,000 prize for winning the finals in the Pro-Comfort 10K series in 28:20 comes out to \$42,353.44 an hour. For Midge

Hamrin, the pay wasn't quite so good. It took her 32:37.3 to cover the same course, so her \$20,000 computed to only \$36,785.37 an hour. Clearly a case for the Equal Employment Opportunities Commission.

With that kind of money, the total purse was \$100,000, a PR for a 10K road race — you would expect a good race with lots of big names. And, you got it. Almost all of the real contenders were winners or top 3 finishers in one of the several highly competitive regional preliminary races. A partial list includes Mike Musyoke, Mark Scrutton, Joseph Nize, Jose Gomez, Todd Aarbour and Simeon Kigen, who are some of the very best in the world. Musyoki would prove it before the day was out. Actually, prize money was determined by total points earned in the preliminary regionals and this one. But being as the final was worth 25 points for 1st as compared to 15 for the regionals, the winner here was likely to be the overall winner.

The women's field was almost as impressive, though not quite, partly because Wendy Sly was a no-show. Marathon record holder Joan Benoit was the favorite. But there was competition, more than enough, as it turned out. Jan Merrill, Lorraine Moller, Brenda Webb and Midge Hamrin led a very strong field of regional winners and runner-ups.

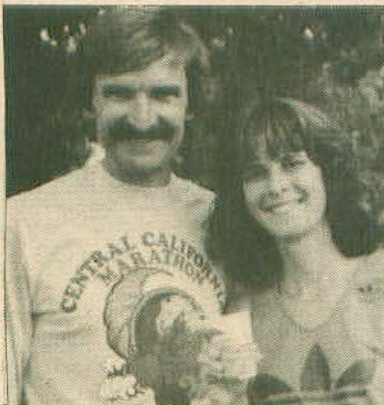
The men's race, while exciting for a while, was no surprise. Musyoki bided his time, made his move and won convincingly. Maybe even easily. The women's race was another matter. Benoit, clearly the favorite never did get sole possession of the lead, but had to share it, while she had it, with Brenda Webb, then with a mile to go, Midge Hamrin surprised them both and wound up with the win. Benoit didn't even get second; Webb outkicked her.

Well, it had rained hard the day before the race, and it was cloudy on race day. And cold. In fact, it would rain this day also, but fortunately, not until afterwards. And, I mean JUST afterwards. It was drizzling all through the awards presentations, not mention the interviews.

But, things did get off to a good start. Now, the Palos Verdes 10K course happens to be a real toughie. It doesn't look it. Yet, with a pair of 180 degree turns and lots of little hills — rolling is what they call it — it's tough. Heck, the course record was only around 32:30. That may say more about the runners than the course, because in this one, the first three women ran close to that. Needless to say, there is a new course record.

Well, Marc Scrutton, trying to avoid "trouble" got out in front right away. Some "no-name" went with him. He didn't last long, but he got himself on a few feet of video tape, which is probably all he wanted. Anyway, Scrutton and the no-name were soon joined by Boston's Mike Keough, and they opened up a 10 yard lead. Then, a fast 4:23 first mile, a lot of it downhill, but not all. At the same time Benoit was heading toward a 4:55 opening mile. Only, she wasn't alone. Webb had joined her early and stayed right with her. They ran side by side looking more as though they were sharing a workout than racing for 20 grand. Hamrin and Merrill were with them at that point, but by 2 miles, Merrill was losing contact. Hamrin was also falling off the pace a bit, but she never lost contact. Ellen Hart, Debbie Eide, Janice Klecker, Lorraine Moller, Linda McClennan - all fine roadies - were already out of it by a mile. Out of the BIG money, not out of the race. Not even out of the money, for that matter. Forget the 20 thou, though. The big payday was already over 50 yards out of reach.

Meanwhile, things weren't quite so settled up front. There was a lot of jockeying around and the lead was changing hands periodically. At just under 6 minutes, Mark Curp, of Atlanta and wearing the New Balance colors, took over the point. By 2 miles-in 9:05-it was Scrutton again, and at 3 miles-13:47-Curp again, although Scrutton was with him. The lead pack, at this point, was Curp and Scrutton, followed closely by Simeon Kigen of Kenya,



BILL WOODY (Central California Marathon director with women's winner) DEBBIE CHADDOCK.



JUAN MOLINA Central California Marathon Winner



DAN HERNANDEZ Central California Marathon Wheelchair Winner

photo by Christopher Lee

photo by Christopher Lee



MICHAEL MUSYOKI

Musyoki, Joseph Nzau, the kicking Kenyan and Todd Harbour of Texas and the Santa Monica Track Club. Nick Rose, a premier roadie himself was trailing this group, desperately trying to keep in contact. Rose had been sick and wasn't even sure if he's run. The lure of the payoff apparently was strong, but his condition showed. If they had an award for being game, Rose would have won it hands down. He did well enough to pick up a few thousand of the prize money for his ordeal. Whether it was worth it or not, only he knows.

By 16 minutes, the lead pack was still tight, except for Rose, and Kigen had taken the lead. Harbour was beginning to lose ground now. Then, 4 miles in 18:13, Kigen still had the lead, but Musyoki was with him. Curp, Nzau and Scrutton rounded out the pack. Harbour was 20 yards back and Rose another 20 yards behind Harbour. As they rounded the curves on the Palos Verdes road to Marineland, Rose was really taking liberties with the course in his desperation to maintain at least visual contact with the front. He was running clear onto the gravelly shoulders trying to make up a yard or two. Talk about running the tangents! Had there been an official out there, he'd have probably been disqualified. He looked as though he was really hurting, too.

Right around 4 miles, the time was about 20:21, came the toughest hill on the course. Musyoki made his move right there. He pulled ahead of Kigen and promptly tore off a 4:51 mile. Kigen was the only one who went with him, a big mistake, as it turned out. Curp, Nzau and Scrutton were all left in the dust, but their working parts were still intact. Kigen, on the other hand, was self destructing. Later, it turned out that a blister was what did him in.

At the 5 mile mark, Musyoki had opened up a 45 yard lead as he passed the mark in 22:54. From there on, he coasted in-well, maybe not coasted, but he certainly wasn't pressed to a 28:20 win. And \$20,000. Mmmmm!

Kigen, meanwhile, had been losing ground, and at the 5 mile point, Scrutton went by him. Then, between there and the finish line, Nzau, Curp, Harbour and

would you believe this? Rose all passed him. In 6 minutes the poor guy lost \$6000. You'd be hard pressed to lose that much that fast in Vegas.

But that's nothing. At the same spot a few minutes later, Benoit was going to find herself aced out of \$15,000. Because at that point, she was still running side by side with Webb, but, unknown to both of them, Midde Hamrin had pulled up right behind them. The course makes its second 180 degree turn there and as the two leaders swung around it, the blond Swede slingshot her way past them and made a mad mile-long dash to the finish. "I knew it was the chance of my life. I was going to take it!" And take it she did. Webb, caught by surprise, recovered quickly and went with her, but couldn't make up any of the lost ground. And a tired Benoit couldn't react fast enough to even stay with Webb and had to settle for hanging on to 3rd. Afterwards, Benoit told what happened. "... Brenda and I got into a groove, running stride for stride, and we were fairly comfortable ... neither of us wanted to make a move until we were sure we were ready ... Midde was closing in on us, unbeknownst to us. And when we made that final turn, she went by both of us like we were going backwards ... I was pretty well gone at that point and didn't have much to retaliate with."

Said Webb, "Midde came even with us right before we made the turn ... we all made the turn together and there was a small uphill ... by the time we got to the top of the hill, she had a 10 yard lead ... I started chasing after Midde and Joanie started chasing after me, and I think it pretty much stayed the same til the end."

That's about the way it was, all right.

THEY SAID IT

Joseph Nzau: ... when they made their move, I thought, 'The race has started now! And I'm not there!'

Midde Hamrin: (on Benoit) It's hard for her ... Everybody's after her ... Everyone wants to beat her. She must feel like every race she goes to, everyone wants to beat her. ... she was breathing hard. But so was I ... I wouldn't have been surprised if they had come back at me, but I figure, I must take a chance.

Mike Musyoki: (about his race-winning move) I didn't want to pull away from them. I tried to put pressure on me and everyone else ... my main point was to run the best time.

Overall Results - Men

1 Michael Musyoki, TX(Kenya)	28:20
2 Mark Scrutton, CO(England)	28:28
3 Joseph Nzau, WY(Kenya)	28:41
4 Mark Curp, KansasCity,MO	28:46
5 Todd Harbour, Waco,TX	28:50
6 Nick Rose, KY(England)	28:52
7 Simeon Kigen, MS(Kenya)	28:55
8 Dan Aldridge, Eugene,OR	29:06
9 Jose Gomez, Mexico	29:09
10 Domingo Tibaduzia, NV(Colomb)	29:11
11 Dan Grimes, Reno NV	29:13
12 Carmello Rios, L.A.	29:16
13 Paul Cummings, Provo,UT	29:19
14 Gary Tuttle, L.A.	29:26
15 Jerry Kowohi, L.A.	29:33

Overall Winners - Women

1 Midde Hamrin, TX(Sweden)	32:38
2 Brenda Webb, Knoxville,TN	32:44
3 Joan Benoit, CapeEliz,ME	32:52
4 Ellen Hart, Boulder,CO	33:23
5 Janis Klecker, Hopkins,MN	33:28
6 Debbie Elde, Salem, OR	33:37
7 Jan Merrill, NewLondon,CT	33:56
8 Barbara Moore, Denver,CO	34:02
9 Mary Knisely, Dallas TX	34:19
10 Linda McLennan, Gainesvi,FL	34:22
11 Lorraine Moller, Boulder,CO	34:32
12 Marjorie Kaput, Tucson,AZ	34:44
13 Janice Ettie, St.Cloud,MN	34:58
14 Laurie Sax, Boulder,CO	35:16
15 Kellie Cathey, Greeley,CO	35:37

Division Results - Men

19 & Under: 1. Michael Milner 31:36, 2. Greg Hauser 31:44, 3. Mark Ochua 32:43.
20-29: 1. Greg Beardsley 30:10, 2. Brent Griffiths 31:15, 3. Anton Gonzales 31:25, 30-39: 1. Ron Gee 31:05, 2. Carlos Godoy 32:07, 3. Jack Cochran 33:26. **40-49:** 1. Andre Tocco 33:44, 2. Charles McClung 35:36, 3. Dan Ashimine 35:45, 50-59: 1. Jim Brownfield 35:54, 2. Wally Evertz 36:37, 3. Norman Horns 37:20. **60 & Over:** 1. Harold Daughters 39:08, 2. Jack Kettler 42:33, 3. Bob Page 43:13.

Division Results - Women

19 & Under: 1. Renee Alarcon 41:25, 2. Kellie Hourigan 49:59, 3. Maria Garcia 50:41. **20-29:** 1. Julie McKinney 38:38, 2. Maryann Malory 40:05, 3. Connie Garbarini 40:17. **30-39:** 1. Terri Goodreau 42:13, 2. Claudia Morales 43:15, 3. Margaretanne Dickie 43:55. **40-49:** 1. Christa Romppanen 39:01, 2. Marianna McMullen 41:37, 3. Dobi McDougal 42:14. **50-59:** 1. Margaret Miller 40:36, 2. Helen Dick 42:34, 3. Betty Flood 44:14. **60 & Over:** 1. Norma Bernardi 51:54, 2. Marjorie Zimmerman 58:02, 3. Catherine Evans nta.

A Winters Breeze Tiger Marathon

Santa Ana, November 13.

Overall Results

1 Don Ocana	2:36:26
2 E. Serratos	2:38:37
3 Shalton	2:40:00
4 M. Gutierre	2:45:43
5 Raul Serratos	2:47:57
6 J. Gonzalez	2:48:24
7 J. Gassmann	2:49:17
8 R. Verastegui	2:50:34
9 G. Ozolins	2:50:40
10 H. Hartley	2:50:52
11 B. Elam	2:50:58
12 Jack Gallacher	2:51:37
13 F. Pichay	2:52:07
14 I. Williams	2:52:11
15 A. Meade	2:52:28
16 G. Gallegos	2:52:47
17 Sue Peterson	2:52:52
18 Pete Peterson	2:52:53
19 Fred Kiddy	2:52:54
20 Gary Schwager	2:58:07

Division Results - Men

15-18: 1. Raul Serratos 2:47:57, 2. Rodney Letterman 3:06:21, 3. Jeff Yeaw 3:17:20.
19-24: 1. Shalton 2:40:00, 2. Geesha Ghlegos 2:52:47, 3. Raymond Novella 2:57:20. **25-29:** 1. Marco Gutierre 2:45:43, 2. Jose Gonzalez 2:48:24, 3. Roland Verastegui 2:50:34. **30-34:** 1. Don Ocana 2:36:26, 2. Enrique Serratos 2:38:37, 3. Jack Gallacher 2:51:37. **35-39:** 1. Harry Hartley 2:50:52, 2. Gary Williams 2:58:04, 3. August Simien 2:59:50. **40-44:** 1. Joe Gassmann 2:49:17, 2. Bill Elam 2:50:58, 3. Alex Meade 2:52:28. **45-49:** 1. Girts Ozalins 2:50:40, 2. Fred Kiddy 2:52:54, 3. Harry Pantelias 3:10:21. **50-59:** 1. Ray Penkert 3:23:26, 2. John Byron 3:27:06, 3. Don Gruessel 3:28:58. **60 & Over:** 1. Steve Chipilis 3:49:34, 2. Jean Doperiala N.T. **200 lbs & Over:** 1. James Liedtke 3:22:25.

Division Results - Women

15-18: 1. Valerie Smith 3:38:53, 2. Vicki Law N.T. **19-24:** 1. Mary Swan 3:01:39, 2. Darleen Sams 3:25:05, 3. Julie Jaross 3:33:09. **25-29:** 1. Tina Costantino 3:20:35, 2. Joanie Eifer 3:28:31, 3. Jean Besta 3:47:30. **30-34:** 1. Lois Curl 3:13:33, 2. Bonni Walker 3:25:58, 3. Jo DeAngelis 3:32:56. **35-39:** 1. Sue Peterson 2:52:52, 2. Lonnie Horn 4:03:15, 3. Sandra Barry N.T. **40-49:** 1. Sandra Kiddy 3:08:12, 2. Shielia Hasham 4:04:16, 3. Tina Stone N.T. **50-59:** 1. Trwa Tielden N.T.

Mission Inn Runs

Riverside, November 13.

Division Results - Men 5K

11 & Under: 1. Eric Strigotte 21:05. **12-15:** 1. David Goodrich 17:34. **16-19:** 1. Matthew Forstie 16:03. **20-24:** 1. Tony Black 16:00. **25-29:** 1. Ron Stangeland 16:55. **30-34:** 1. Wayne Taylor 16:34. **35-39:** 1. Michael Figueroa 16:41. **40-44:** 1. Joaquin Granado 16:44. **45-49:** 1. Bill Crum 16:42. **50-59:** 1. Wally Ingram 17:42. **60 & Over:** 1. Al Scarzo 22:42.

Division Results - Women 5K

11 & Under: 1. Catherine Strigotte 23:27. **12-15:** 1. Lynn Anderson 20:22. **16-19:** 1. Joann Howard 18:52. **20-24:** 1. Darlene Savage 22:52. **25-29:** 1. Denise Contreras 18:09. **30-34:** 1. Sue Harwell 20:28. **35-39:** 1. Kathy Story 19:30. **40-49:** 1. Jerrianna Hayslett 24:41. **50 & Over:** 1. Celia Swan 23:15.

Division Results - Men 10K

12-15: 1. Jason Mills 34:56. **16-19:** 1. Jim Valentini 35:42. **20-24:** 1. Steve McCor-

mack 29:45. **25-29:** 1. Dave Frickel 31:27. **30-34:** 1. James Press 31:34. **35-39:** 1. Ron Kurrie 32:16. **40-44:** 1. Frank Ogawwa 35:50. **45-49:** 1. Philip Welny 35:41. **50-59:** 1. Wally Ingram 37:06. **60 & Over:** 1. John Goodyear 42:26.

Division Results - Women 10K

12-15: 1. Brigid Freyne 43:25. **16-19:** 1. Beinda McLaughlin 43:46. **20-24:** 1. Helen Arzu 37:49. **25-29:** 1. Janice Frickel 36:33. **30-34:** 1. Ellen Coleman 42:11. **35-39:** 1. Josta Santos 41:54. **40-49:** 1. Margaret Waldron 47:43. **50 & Over:** 1. Lois Edds 50:52.

Donner Lake Turkey Trot

Truckee, Nov. 13, 7 Miles.

After a respite from the weather for the past two years, things returned to normal, and the Seventh Annual Turkey Trot was run in a driving and sometimes blinding snowstorm.

Over 150 of the 200-plus registered runners showed up, with 148 completing the course.

Dennis O'Halloran (Truckee) blew away the men's field in a time of 39:24. Ron Richardson, who won Turkey Trots Five and Six, showed up despite a bad knee and placed a commendable second in 41:29. Paul Loomie (Reno) placed third in 42:11. When asked why he showed up to run when he was not a hundred percent, Ron Richardson replied, "I was denied the true spirit of the Turkey Trot the last two years. This year the weather cooperated. I would not have missed it for the world." Ron was rewarded for his efforts when he won one of 30 turkeys raffled off at John Dough's Pizza Parlor, which co-sponsored the race with Alpenglowsports.

In the women's division, Carla Pitteikow (Reno) placed a remarkable sixth overall and bested the second place woman Marly McCormick (Truckee) by almost six minutes. Carla's time was 43:47, and Marly ran to a 49:40. Anita Olson of North Star rounded out the top three with a time of 50:40.

Results

1 Dennis O'Halloran (30-34)	39:24
2 Ron Richardson (20-29)	41:29
3 Paul Loomie (20-29)	42:11
4 Ed Heywood (30-34)	42:55
5 Mark Gregor (20-29)	43:21
6 Carla Pitteikow (20-29)	43:47
7 John Coburn (35-39)	43:52
8 Sean Crom (20-29)	44:27
9 Gary Ceragoli (30-34)	45:13
10 Tom Swop (30-34)	45:51
11 Lawrence Ochoa (20-29)	46:08
12 Mark Cordin (30-34)	46:08
13 Dennis Lindsay (30-34)	46:18
14 Steve Madison (30-34)	47:07
15 Karl Hammer (30-34)	47:24
21 Frank Haney (40-49)	49:35
23 Marly McCormick (30-34)	49:40
30 Anita Olson (20-29)	50:40
32 Eileen Burger Hall (20-29)	50:47
72 Henry Banks (50-59)	58:27
60 Joan Skrmetta (40-49)	60:00
97 Leroy Wherley (60+)	63:11
122 Barbara Durham (50-59)	72:23

Run For Shelter

Palmdale, November 19.

Overall Results - 10K

1 Tony Whitmore (28)	34:29
2 Gary Everson (38)	34:36
3 Mark LaPlant (19)	35:16
4 Dave Borjon (24)	36:13
5 Shawn Elmore (17)	36:46
6 Richard McGuire (17)	37:36
9 Neil Wilcox (45)	38:53
19 Sylvia Aceves (1 F-34)	43:32
39 Kristie Cogswell (2 F-40)	49:15
41 Paul Hassan (52)	50:18

Overall Results - 5K

1 Fidel Martinez (18)	16:49
2 Scott Duval (30)	17:30
3 Keith Power (16)	18:01
4 Clyde Fobia (20)	18:18
5 Craig Conaway (22)	18:36
6 Kevin Cousineau (32)	18:38
18 Jim Talley (62)	20:59
23 Kelly Robinson (1 F-15)	21:32

Results

Whittier Hills Action Sports

Whittier, November 19.

Division Results - Men 5K

17 & Under: 1. Dave McKissick 17:22, 2. David Gonzalez 19:11, 3. Jeff Lord 21:14.
18-29: 1. Tom Robbins 17:02, 2. Manuel Gamboa 17:31, 3. David Morales 17:59.
30-39: 1. Pete Renteria 17:17, 2. Larry Fabela 17:30, 3. Jeffrey Vice 18:18.
40-49: 1. Randall Shelley 19:05, 2. Booker Washington 20:27, 3. Richard Gilmore 23:45.
50 & Over: 1. Jesus Rangel 20:30, 2. Van Aposhian 22:09, 3. Wm. D. Phillips 23:19.

Division Results - Women 5K

17 & Under: 1. Viviana Guerrero 29:49, 2. Lois Hoos 30:58, 3. Heather Hafer 33:00.
18-29: 1. Evelyn Acuna 20:06, 2. Robin Siara 22:35, 3. Arleen Maldonado 25:51.
30-39: 1. Renee Sinaly 24:32, 2. Eugenia Maldonado 24:36, 3. Gail Stiefel 24:51.
40-49: 1. Ruth Granados 24:41, 2. Carole Whitton 24:41, 3. Pauline Rogers 26:02.

Division Results - Men 10K

17 & Under: 1. Scott Lauritzen 44:36, 2. Ben Salazar 58:59.
18-29: 1. Craig Gully 35:43, 2. Balentin Garcia 37:47, 3. Michael Schug 38:53.
30-39: 1. Jim Perez 38:03, 2. Joe Englebrecht 39:23, 3. David Martin 43:06.
40-49: 1. Randall Shelley 40:05, 2. David Lauritzen 40:17, 3. Frank Magana 41:51.
50 & Over: 1. William Phillips 47:33, 2. Fred Miller 54:40, 3. Richard Gross 59:06.

Division Results - Women 10K

30-39: 1. Judy Catanzaro 49:15, 2. Chris Barlow 51:59.
40-49: 1. Margo Derany 50:25, 2. Diane Robson 52:38, 3. Janet Soule 53:58.
50 & Over: 1. Erika Fieischer 1:09:40.

Wishbone Classic 5K

Redondo Beach, November 20.

Division Results - Men

10 & Under: 1. Todd Toombs 27:37, 2. Mark Suchard 27:52, 3. Scott Owen 37:30.
11-19: 1. Don Ashimine 17:35, 2. Kirby Johnson 18:17, 3. Scott Boilin 18:18.
20-29: 1. Mark Silva 15:49, 2. Rich Medellin 15:58, 3. Joe Olivias 15:59.
30-39: 1. Herschel Stiles 17:19, 2. Dave Israel 17:46, 3. Jesus Mordes 18:05.
40-49: 1. Dan Ashimine 17:12, 2. Sylvador Gonzales 17:37, 3. John Cosgrove 17:37.
50-59: 1. Pat Devine 18:06, 2. Bill Fitzgerald 18:24, 3. Carl Evans 20:30.

Division Results - Women

10 & Under: 1. Stacy Robinson 25:02, 2. Shawna Yetter 26:21, 3. Valerie Minor 29:19.
11-19: 1. Tina Schwonnick 21:42, 2. Diana Ricks 27:26.
20-29: 1. Ann Bonnett 18:58, 2. Lyn Jacobs 20:08, 3. Viv Nixon 20:58.
30-39: 1. Becky Miller 19:36, 2. Jo Stiles 19:52, 3. Charlene Nighingale 20:28.
40-49: 1. Lynn Zamon 24:51, 2. Jeanne Adams 25:33, 3. Ellen Evans 27:31.
50-59: 1. Jean Windishar 28:07, 2. Phyllis Kowil 28:34.

Turkey Trot

East Bay Regional Park, Pleasant Hill, November 20. 8.1 Miles.

Division Results - Men

14-18: 1. Eric Korn 1:09:33, 19-29: 1. Phil Hornig 50:14, 2. Matt Marchand 55:03, 3. Jeff Collins 56:16.
30-39: 1. Jim Moyle 51:40, 2. Peter Day 53:54, 3. Richard Sextro 57:37.
40 & Over: 1. Joe Cavanaugh 57:14, 2. Rip Talavera 59:41, 3. Elmer Sanborn 1:04:46.

Division Results - Women

19-29: 1. Lynn Silva 1:28:54, 2. Diana McCoy 1:48:28.
30-39: 1. Shariet Gilbert 1:00:55, 2. Cynthia Ashley 1:09:46, 3. Jane Viera 1:24:35.
40 & Over: 1. Ruth Anderson 1:14:32.

50

Run For MS

Woodward Park, Fresno, Nov. 20.

Results - 5K

1	Kelly McCaig (19)	15:46
2	Danny Santellano (20)	16:52
3	Rob Brenner (27)	17:03
4	John Volkman (33)	17:23
5	Alan Richardson (17)	17:31
7	Bob Perry (42)	18:56
17	Evangelina Lopez (26)	21:27
26	Jan Pantera (36)	25:10
31	Yolanda Guerrero (33)	28:10

Results - 10K

1	Gary Wolfram (33)	31:32
2	John Blanchette (16)	36:16
3	Robert Burtch (36)	38:22
4	Richard Koch (30)	39:00
5	Ernest Padilla (39)	39:42
14	Joe Bull (40)	42:10
20	Ray Barrios (55)	44:58
23	Janice Harms (33)	45:10

Fresno Road Race

Fresno, Nov. 27. 6 Miles.

Overall Winners

1	Jim Hartig	29:49.8
2	Bryan Foley	30:21.2
3	Juan Molina	30:50.2
4	Fred Villegas	31:48.7
5	Al Lomeli	32:05.6
6	Tom Morgan	32:29.5
7	David Calderon	32:43.8
8	Eric Little	32:51.6
9	Gary Campbell	32:57.5
10	Bob Lindsey	33:04.1
11	Frank Ortega	33:10.2
12	Neil DeNatale	33:28.6
13	Adam Barron	33:39.4
14	Paul D. Petty	34:10.8
15	Hector Sepulveda	34:11.8
16	Rick Thrash	34:13.7
17	Kelley McCaig	34:18.0
18	Andres Patlan	34:18.6
19	Frank Delgado	34:21.5
20	John Blanchette	34:23.5
21	Gordon Keller	34:31.3
22	Don Trout	34:38.9
23	Bob Fries	34:47.8
24	Gumaro Castellanos	34:57.5
25	Mike Lennemann	35:00.9

Division Results - Men

18 & Under: 1. Tom Morgan 32:29, 2. John Blanchette 34:23, 3. Ganaro Castellano 34:57.
19-29: 1. Jim Hartig 29:49, 2. Bryan Foley 30:21, 3. Juan Molina 30:50.
30-39: 1. Al Lomeli 32:05, 2. Gary Campbell 32:57, 3. Bob Lindsay 33:10.
40-49: 1. Frank Ortega 33:04, 2. Frank Delgado 34:21, 3. Don Trout 34:38.
50-59: 1. Bob Fries 34:47, 2. Rick Zamarrillo 36:13, 3. Dick Cain 37:05.
60 & Over: 1. George Leavitt 44:34, 2. Don Hopson 47:13.
Wheelchair: 1. Jim Brooks 41:36.

Division Results - Women

18 & Under: 1. Cheryl Oslinker 37:10.
19-29: 1. Paula Ramirez 42:25, 2. Evangelina Lopez 43:41, 3. Aileen Takeuchi 50:25.
30-39: 1. Rosa Medina 37:47, 2. Mary Ann Barrosa 42:47, 3. Janie Rodriguez 43:14.
40-49: 1. Marge Timberlake 41:40, 2. Mary Hooper 47:56, 3. Jean Ainger 49:04.
50-59: 1. Liz Demonte.
60 & Over: 1. Virginia Martin.

Avon/IAAF World Championship Women's 10K

by Richard Lee Slotkin

San Diego, December 4.

A world championship road race. Surely something whose time has come. And if there was ever any doubt, it must have been eliminated by the time this one was over. The IAAF authorized and sanctioned its first ever road championship and it was the girls that got it. They made the most of it, too, with a photo finish that finally had to be put in the hands of the eyes would be more like it of the finish line of-



Start of Avon/IAAF World Championship Women's 10K: 14-Eily Van Hulst (Holland), 2-Wendy Sly (England), 1-Raisa Sadrey Donova (USSR), 28-Jillian Pratten (Australia), 39-Ruth Smeth (England), 40-Yvonne Murray (England), 42-Betty Springs (USA), 51-Alba Milana (Italy).
photo by Richard Lee Slotkin

ficials. It took them almost a half an hour to make the decision. When they did, Britain's Wendy Sly was declared the world champ, and poor Betty Springs, who was with her right down to the last millimeter, had to settle for an almost ignored second.

Strangely, the significance of the event was all but lost on those most affected by it: the girls, themselves. Coming at an awkward time of the year-right between cross country and track-no one seemed to be up for it. The upcoming Olympics made it even more awkward, because the top runners didn't want to be peaking this far ahead of the trials-for those who would be selected via trials, that is. There were a lot of very notable absences: Greta Waitz, Ann Audain, Joan Benoit, just to name a few of the most prominent. Various reasons were offered, but you can bet that if there had been some juicy prize money the list of no-shows would have been quite skimpy, indeed. Nonetheless, it was an outstanding field. The Russians sent two of their best, although their road experience was almost nonexistent. Third placer in the marathon at Helsinki, Raisa Smekhnova and WR holder in the 10,000 meters on the track, Raisa Sadreydinova came from the USSR with outstanding credentials. Wendy Sly of Great Britain, with a road best of 31:29, just 2 seconds off Sadreydinova's track WR was the favorite if you didn't want to trust the condition of the Russian girl in an off-season event. The USA's blue ribbon entry was Betty Springs, fresh off her impressive double in the NCAA and the TAC cross country championships. Some others of note were Dorthe Rasmussen of Denmark with a best of 32:02, Midde Hamrin, winner of \$20,000 in the Pro Comfort 10K, and with a best of 32:21 and Jan Merrill, with the fastest PR of any of the Americans, 32:03. They came from Canada, Mexico, Italy, West Germany, Australia, New Zealand and even Hong Kong. The Iron Curtain was represented, too, and not just by the Russians. Czechoslovakia, Poland and Yugoslavia sent their best. In all, about 22 countries were represented, many of them sending enough to make a team, which consisted of 3 runners. Some sent more, such as Canada, and many only had one.

Even with 22 countries represented, though, it would have been a small field, so, in order to make sure that the runners all had plenty of company once they got out there, the race officials authorized entries from "designated runners." In order to qualify for this, a runner only had to prove a PR of 34:30 or better. That allowed the field to be beefed up to about 70.

Now, that doesn't sound like much in this day of 60,000 at Bay to Breakers and 14,000 at New York. But considering that

the slowest entry was a sub-40 10K runner, that meant that there was only an eight minute spread from fastest to slowest, and there wouldn't be all that much stringing out. Everyone would be in contact. And, that's exactly the way it was.

For the first 3 kilometers, there was no lead pack. The whole field was the lead pack, except for 3 stragglers who had fallen off the back. This was a first class field, despite some of the no-shows. AP thought enough of it to have THREE people there. The Russians thought enough of it to be there, period. When it was all over, even the runners would begin to grasp the significance of what they had been privileged to initiate. In fact, the way those 70 starters were holding together, the realization had already begun to sink in.

The Navy base at San Diego had sent over a drum and bugle corps and a color guard. The color guard had flags of most of the countries represented, and they formed an honor guard at the finish line for the runners to pass through. It was very festive.

The beginning, as all these things do, saw a lot of jockeying around, and different folks took a try at running in front. Betty Springs was the first, but she quickly slipped back a step or two. Let someone else do the work for a while. And for about 3K, there was a 7 girl front, made up, most of the time, of Holland's Eily Van Hulst, Great Britain's Yvonne Murray, Sly, Deborah Peel and Ruth Smeth-for a while there, it looked like it would be an all U.K. finish-Dorthe Rasmussen, and Midde Hamrin of Sweden. Smekhnova never did make an appearance up front but Sadreydinova was there, a couple of steps behind the front row. We hadn't seen her before, so we didn't know quite what she ought to look like. Still, she looked as though she might be just a bit overweight. In any case, she didn't make any serious challenges for the lead, and somewhere around the 6 mile mark, she dropped out, claiming an injured knee which had been bothering her for at least a day prior to the race.

The course consisted of 2 loops of approximately 4 kilometers each, plus a 2 kilometer hook-shaped extension. It was cloudy, but clear, and it was windy. The wind was bothersome; the runners were nearly unanimous about that. But, they moved right along, about 5:07 for the first mile and then they picked up the pace for a 10:06 two mile split. That must have been when the wind was with them. By 4 kilometers, things had stretched out and there was an identifiable lead pack, made up of about a dozen or so. They had some 20 to 30 yards on the next ones. Sly and Springs were running 1-2 at this point, Sadreydinova was back in 8th, just

behind Leslie Welch. Ellen Hart was the trailer of this group, but if she held her position, it looked good for the US, because with 3 in the top dozen, that was the team title right there. Hamrin, easy to spot in her bright yellow and blue outfit, was up toward the front of the lead pack, but she was showing a lot of shoulder action. She looked quite labored. Would she be around at the finish? What about Sadreydinova? The Russians wouldn't send their WR holder all the way to San Diego just for a 34 minute run, would they? Well, they've been known to do things like that. Besides, with only two entries, they were automatically out of any team contention. Was that a hedge so that if the girls didn't do well, they could say they didn't take the whole thing very seriously? Why, we didn't even send a team, they could say. Well, Raisa Sadreydinova was still in the hunt, but she didn't look as though she was going to stay there.

Then, it was through the first loop. Sly went. Springs went with her. It was right around 15 minutes gone and they soon had a 20 yard lead. From here on, this was the race. Sly and Springs, Springs and Sly. For everyone else, it was third or worse.

Three miles in about 15:30 and through the 5K in 16:07, Sly a step or two in the lead, the pace has slowed somewhat, but still quick. A little past the 5K Springs moves to the lead, just a step ahead. Sly looks as though she has backed off, but the truth is that she is running so smoothly that it only looks like it. She is moving right along. She had tried to shake Springs, but Springs wasn't buying. "...I realized that I wasn't going to lose her, so I tried to be patient and wait till the end." At the same time, Springs was thinking, "I don't want second. If I can just hang with her, I can outkick her." Obviously, this was shaping up to be a showdown.

About this time, Welch was moving in to third, passing the fading Peel and Canadian Nancy Rooks, some 50 yards behind Welch, was on her way to doing the same and take over 4th. Sadreydinova, though still in the top ten, was too far back to mount any kind of a challenge for the lead.

At 7K, Springs and Sly had built up a 50 yard lead over Welch. Some 50 yards back of her, Rooks was trying to make up a little ground, hoping, maybe, to snatch third place. And Welch was thinking about something better as she realized that she was closing the gap just a little bit. With about a kilometer to go, Welch had picked up the pace and Rooks went with it, but couldn't gain anything. Then, with a few hundred meters to go and with Welch making up some ground on the leaders, lightning struck. Let Welch tell it:

"They took off like rabbits and I said, 'Forget it!'"

Spring moved first, catching Sly by surprise. She had a yard, then two yards and the tape was in sight. Announcer Barry Spitz was going bananas from his perch some 15 feet above the finish line, screaming about how they were coming to the tape neck and neck. The crowd at the finish area was responding, too. So much excitement was being generated that Michelle Bush, who was about a minute and a half back, around the last bend, said she wanted to cut across the hill blocking her view of the finish, just so she could see the whole thing.

So there it was, Springs dug. Sly dug. With 100 yards to go, it was still Springs by a step or maybe even two. With 20 yards to go, Springs was still a step ahead. At the tape, it was just one 4-armed and 4-legged body. They were so close that their arms were locked. As they burst through the tape, Spitz, looking down, screamed over the PA, "I think Sly may have won it!" A definite maybe.

Yet, several people said, afterwards that Spitz's call may have swayed the judges, if only subconsciously. Possibly, but I think what was more critical was the fact that when the two got tangled with each other, Sly's tangled arm was farther forward than Spring's. Other than that, it was a genuine tie. The times were identical 32:23. The acctrack was no help.

Apparently, because of spectators too close to the action, it malfunctioned and all it showed was their tails. Wrong end, fellas!

Later, about a half hour later, in the interview tent, both Sly and Springs were both surrounded by the press, when Katherine Switzer of Avon came in with Bob Gilmore, the head TAC official, and she announced that Sly had been awarded the victory by several inches. Sly promptly laughed and said, "Several? You mean one!" Spring's disappointment, heartbreak almost, showed instantly. And to add insult to injury, the press deserted her and swarmed around the "winner" Sly.

Was Springs jobbed? Well, Gilmore polled all three timers who were assigned to the first finisher, whoever it might be, and they were unanimous that Sly had the edge, slim as it was. Springs didn't think so. Several runners who saw an excellent photo of the moment of truth, taken by your reporter, felt that Springs, who PR'd by 38 seconds, really did win it. Unfortunately, that photo was taken from directly in front and any judgements based upon it have to be suspect.

Nevertheless, it was a great ending to a great event. And, it wasn't over yet. Welch came in third in 32:41, followed some 16 seconds later by Rooks. Four finishers in a women's 10K under 33 minutes! And then they all started crossing. If you turned your head, you missed someone. Rasmussen was 5th, same as her number, and right behind her Hamrin outkicked Canadian Silvia Ruegger for 6th, though it was another photo finish. They both were timed in 33:06. Monica Joyce was next, and one second later, Ellen Hart completed the American team, guaranteeing it the win.

What about Sanreydinova, seeded number one, and wearing that number? As Canadian Anne Marie Malone was entering the last quarter mile, her coach was there cheering her on. He saw Sanreydinova wobbling and then stop. She had been behind Ruegger, running with Hamrin and just behind Rasmussen. About that time, Malone passed her and later she confirmed her coach's observation. That means that the Russian was running right around a 33 flat pace. With a track runner's kick, she could have possibly broken 33:00, indicating that she wasn't too far out of shape, and that was she running seriously. So, maybe the knee story was for real.

Second in the team standings was something of a surprise. It was Canada. Well, with Rooks taking 4th and Ruegger in 7th, they had something going for them. Then, Malone comes in 13th and there you are. Ireland, with the Joyce sisters and Carey May was 3rd.

That night, Avon had an awards banquet, complete with food, drink and dancing. Even the Russians were dancing. They had been quite inaccessible most of the time, and it wasn't any better at the banquet as they took turns dancing with the American who had been assigned as translator. Meanwhile, everyone was taking polshots at everyone else. Alvin Criss, assistant to TAC executive director Olin Cassel, took a shot at Jacqueline Hansen, who was there, but not running. Later, he got all over Switzer and Avon. Why? Who knows? Judy Stolpe, the race director took a shot at Fred Lebow of the New York Marathon, who was also there, but not running. And nobody was even high!

Anyway, it was a great opener for a world championship. Every finisher, every last one, broke 40 minutes. And there

were some whose PR's weren't much below that, so they weren't operating with much slack. Most of the gals agreed that they were glad they came, and that maybe this was a bigger deal than they had thought. The only problem was the timing, but that couldn't be helped. Maybe now we can get a 10,000, and a 5000 too, for women into the Olympic schedule in '88. Like it or not, Jacqueline Hansen and the lawsuit that Criss took his shot at notwithstanding, it's probably too late for '84. We'll just have to settle for the marathon.

But wait until next time!

THEY SAID IT

Wendy Sly: I thought I'd lost with 100 meters to go. And then, I just found something. I don't know where it came from, really, but I'm glad I found it. . . .

Betty Springs: I guess I started my kick too soon. I don't know. I thought I had her and the next thing I know, someone yells her name and I look over. . . . it was too late. . . . I know we were right there, and they're sitting there saying she won, and I'm going, "Did she really?" I mean, it was so close. . . . It's really hard. There's a big difference between 1st and 2nd: Nobody remembers who came in 2nd. (RLS: They will on this one!)

Alvin Criss: (to those who feel TAC isn't helping women get the distances into the Olympics): C'mon in! You'll find the TAC halls warm and friendly! (RLS: Ouch!)

Results

1	Wendy Sly (24) U.K.	32:23
2	Betty Springs (22) USA	32:23
3	Nesley Welch (20) USA	32:41
4	Lancy Rooks (24) Canada	32:57
5	Dorthe Rasmussen (23) Denmark	33:03
6	Marie Hamrin (23) Sweden	33:06
7	Silvia Ruegger (22) Canada	33:06
8	Monica Joyce (25) Ireland	33:14
9	Ellen Hart (25) USA	33:15
10	Lisa Martin (23) Aust.	33:19
11	Deborah Peel (25) Gt. Brit.	33:25
12	Suzanne Girard (21) USA	33:35
13	Anne Malone (23) Canada	33:38
14	Alba Milana (24) Italy	33:40
15	Carey May (26) Ireland	33:47
16	Jan Merrill (27) USA	33:51
17	Monica Schafer (24) W. Ger.	33:51
18	Carol Urish (32) USA	33:56
19	Regina Joyce (26) Ireland	33:57
20	Lizanne Bussieres (22) Canada	33:58
21	Jacqueline Gareau (30) Canada	33:58
22	Michelle Bush (22) USA	34:01
23	Glenys Quick (26) N.Z.	34:05
24	Francine Peeters (26) Belgium	34:07
25	Lisa Welch (20) USA	34:11
26	Raisa Smekhnova (33) USSR	34:12
27	Christina Mai (22) W. Ger.	34:13
28	Sara Harnett (20) N.Z.	34:18
29	Mary Knisely (24) USA	34:19
30	Eily Van Hulst (24) Neth.	34:31
31	Maqda Ilands (33) Belgium	34:33
32	Anne Tweedie (27) N.Z.	34:38
33	Nancy Konz (26) USA	34:45
34	Rhonda Mallinder (25) Aust	34:54
35	Rita Marchisio (33) Italy	34:59
36	Gabriela Grozynska (27) Poland	35:00
37	Eryn Forbes (22) USA	35:07
38	Nancy Ditz (29) USA	35:10
39	Laura Fogli (24) Italy	35:15
40	Anne Mueller (27) Aust	35:19
41	Elvira Hofmann (22) W. Ger	35:23
42	Winnie Ng (31) HongKong	35:24
43	Jillian Pratten (29) Aust	35:26
44	Yamada Noriko (20) Japan	35:27
45	Patricia English (31) USA	35:30
46	Marica Mrcic (22) Yugos	35:34
47	Kazuko Shimizu (20) Japan	35:35
48	Marie Ronquillo (26) Mex	35:36
49	Joke Van Gerven (34) Neth	35:43
50	Maria Curatoto (20) Italy	35:49



Finish of Avon/IAAF World Championship Women's 10K: Wendy Sly (left) and Betty Springs at the tape — you pick 'em! photo by Richard Lee Slotkin

McFarland Christmas 2-Mile

McFarland, December 10.

A very close race to the tape was won by Jaime Pimentel, 9:56.7 over local favorite Jesse Serna, 9:57.0. The Women's winner in her first race was Jeannie Kulms, 13:36.6. The masters win-

continued on next page. . .

Results

ners were the Buchannans of McFarland. Arnold, 8th overall in 11:07.7, also won the oldest McFarlander at 45. His wife Ola ran 15:35.2. Everyone appreciated the sponsorship of Paramount Growers - Cal Fame, who provided multicolored T-shirts for the first time as well as oranges. The youngest McFarlander at 8 was Sonny Pacheco who, along with the rest of his family, Gilbert, Sandra, and Kristina won the McFarland Family With The Most Finishers award.

Overall Results

1	Jaime Pimentel (18)	9:56.7
2	Jesse Serna (18)	9:57.0
3	Jimmy Aguilar (30)	10:09.0
4	Ruben Ozuna (16)	10:12.6
5	Fernando Gomez (28)	10:31.0
6	Javier Zepeda (18)	10:31.2
7	Fernando Lopez (20)	10:51.6
8	Arnold Buchannan (45)	11:07.7
9	Gilbert Pacheco (30)	11:16.2
10	Gary McCain (45)	11:21.0

Division Results - Men

12 & Under: 1. Marcus Gonzalez, 2. Jose Gonzalez, 3. Martin Zepeda. 13-18: 1. Jaime Pimentel, 2. Jesse Serna, 3. Ruben Ozuna. 19-29: 1. Fernando Gomez, 2. Fernando Lopez, 3. Phillip Diehl. 30-39: 1. Jimmy Aguilar, 2. Gilbert Pacheco, 3. Mike O'Haver. 40-49: 1. Arnold Buchannan, 2. Gary McCain, 3. Carl Segler. 50 & Over: 1. Jack Eberly, 2. Jim Nagatani, 3. Richard Mashburn.

Division Results - Women

12 & Under: 1. Kristina Pacheco, 2. Sandra Pacheco. 13-18: 1. Lisa Ince. 19-29: 1. Jeannie Kuhns. 30-39: 1. Eloise Hernandez, 2. Eleanor Espinoza, 3. Joan Citrin. 40-49: 1. Ola Buchannan, 2. Veda Ince.

Lasse Viren Finnish Invit. 20K

by Richard Lee Slotkin

Point Mugu State Park. Dec. 20.

I thought that I was the one who had a problem. I mean, the guy tells me his name is Safari Amo. Sure, it sounds kind of funny, but he's a Tanzanian and all those guys from around there have funny names. The only thing is, once you get it, you've got it. So, what was I supposed to do when I got the official results from race director Eino, and it shows Safari Amo as the winner, all right, but in the accompanying blurb, he talks about the winner, Agapius Masongamo?
So, who's he?

photo by Richard Lee Slotkin



AGAPIUS MASONG (left) leading GARY TUTTLE with 200y to go.

Then I remember something. While at the race and waiting for the winner to appear from out of the rain soaked woods, I heard some people referring to a Masong as having taken the lead from Gary Tuttle, somewhere out there. Yet, later, as I was personally interviewing the guy, he said, right here into my little Sony microcassette recorder, that his name was Safari Amo. I repeated it, questioning. He acknowledged.

So, with all this confusion in my brain, I called Eino and asked him what the winner's name was. Eino explained that many Africans have several names, and all the ones that I had heard were correct. "You used one on the results page and another, totally different one in your press release," I complained. His response was, "So?"

Well, ok, by whatever name, he won it. But, then comes my latest edition of *Track and Field News*, and I find out that I'm not going nuts after all. One page 52, there is a little item about an Agapius Masong at Ranger J.C. near Abilene, Texas, who won all kinds of things from the 1500 to the 10,000, not to mention a 5th overall at Helsinki. Turns out that last year, under the name Agapius Amo, he was doing the same kinds of things.

Well, he didn't ease off any for this one. And he didn't get any help from the course, which was muddy for 15 of the 20 kilometers, nor from Gary Tuttle, who not only chased him doggedly, but was even leaning on him during the last 200 yards. I mean LEANING. You've seen the way Jack Sikma leans on Kareem at the

Forum? Well, that's what was going on at Point Mugu-at a 5 minute mile pace, yet.

Outside of a some heavy winds one year, the weather is usually pretty good here. A bit too early for the rains, yet cool enough to take the weather out as a factor. This year was different. Heavy rain before the race not only made things sloppy, but made it impossible to get supplies to the aid stations.

Oh, I forgot to mention that this is a 20 kilometer CROSS COUNTRY race over dirt trails, gulleys, in the boonies. So, the dirt access roads were unusable for vehicles. They weren't a hell of a lot better for runners. On top of that, the course was pretty well churned up by an earlier, open race. And, on top of even that, at about 6 miles into the race, for the leaders, that is, it started raining again. Ironically, with all that water coming from heaven, there was almost no drinking water. The park rangers had turned it off the night before and noone had reconnected it, so except for the one station that Eino managed to supply, there wasn't much relief out there.

Anyway, getting back to the race, it was another one of those Eino fields. With limited funds, not quite as bad as last year, but not that much better, he still put together a lineup that would be the envy of most race directors. I mean, a 2:10 marathoner who was 5th at Helsinki? (You know, the guy with the 14 names.) Poland's 10,000 meter NR holder? A winner of the internationally famous Sierre-Zinal? The first guy to beat Bill Rogers at the Beverly Hills Perrier 10K? (The first person to successfully identify these people gets an honorable mention in the PR column next month!) It was a good field. It would have been a little bit better but for a few no-shows. Frank Shorter was having ankle trouble. Harrison Koroso had his ticket and was at the airport but somehow never made connections with his plane. Kris Kristofferson was on location and, for the first time in 3 years, had to pass. The women's field, on the other hand, was just plain weak. Lorraine Moller was sick and Eleanor Simonsick was a no-show. Mary Decker was supposed to be a possibility, which would have been nice because she was the athlete of honor for this year's running. However, reportedly, her coach said no. That left Judith Vivian as the class of the women's field and she made the most of it, winning by over 2½ minutes. Coming off a frustrating year of injury, it was a satisfying, if grueling, performance.

The men's race wasn't so cut and dried. Actually, nothing was dried with the weather we had. Still, at the start of the invitational, 10 a.m., it didn't look too bad. It was cloudy but there were patches of blue. And, the 8 o'clock starters hadn't

looked too muddled up coming in. Gary Tuttle won this last year and he gave notice that he was out to repeat. As soon as the start signal was given, he popped to the front. By 50 yards, he already had a 2 or 3 yard lead. Right on his tail were Chuck Smead, Dave Babiraki, and the rest of the good o'boys. As they disappeared around the first bend of the winding trail, the honeymoon quickly ended. Despite having not looked "all that bad", the trail proved to be quite muddy. On a muddy course there is a definite premium in being the leader. That's because it's easier to cut around puddles and pick out the less muddy spots. And the road hasn't been all chewed up for you. So, as he did last year when there were just a few wet spots, Tuttle got out front and by two miles he had opened up a 50 yard lead on everyone but Amo. Amo was right with him. Sloshing along behind them were Martti Kiihola, John Hunsacker, Jerzy Kowol from Poland, and last year's runner up, Duncan MacDonald. Smead had already fallen well back. And Babiraki was having trouble with his bronchitis. By 8 miles, it would take him out of the race.

At about 6 miles, the only paved part of the course appears. After all that mud, it was an especially welcome sight. But not for long. It soon, very soon, turned into a half mile of very tough hill. After that, some rolling along the crest, and then a real fast downhill of about another half mile. Going up the hill, it was still Tuttle and Amo, but as they got to the top, Amo had moved about 10 yards in front. As they ran along the crest, Tuttle, "... stuck it back to him ...", meaning he caught him. They ran together down the hill, where Tuttle stuck it to him again for a little while, meaning, this time, that he got ahead.

Then, it was back into the mud. At 10 miles, Amo had taken charge again, and he moved out to a big lead. About 60 yards worth of sloppy mud were between him and Tuttle. But, Tuttle is the kind of guy who won't give up. He kept pressing and began to eat into Amo's lead. With about 300 yards to go, Tuttle caught him. Hanging right on his shoulder, Tuttle waited for his chance to sprint by. Meanwhile, poor Amo was being hand checked, leaned on and all but shoved headlong into the mud.

"Yeah, we did bump a few times," Tuttle admitted. "We were trying to go to the same spot at the same time." Well, what happened then, he was asked. "He outspint me!"

Amo hadn't been especially worried. If he had been the one to have had to do the chasing, it might have been different. But being in command going down the final kilometers, he was confident of his kick. As he put it, "... I put it on self-service." I guess that means he went into overdrive, or automatic pilot. Whatever, it was enough. He came home a winner by about 5 yards.

About a minute after Amo and Tuttle entered the final 200 yards, Kowol and Kiihola came by, looking exactly like Amo and Tuttle, but with a little less contact. Kowol held the Finn off by a second, and took 3rd place.

Winning time was 62:59, well off Adrian Royle's course record of 58:34. Give at least 3 minutes of that to the mud.

For Duncan MacDonald, it was one of those days. At about 9 miles, he was running third, when he slipped in the mud and went down. "I'm not a mudder," he said, ruefully. Actually, what he did was step into a small hole while concentrating on avoiding the mud. He turned his ankle and that was the race for him. He did get up and continued on, finishing 23rd in a time of 72:40, a mere jog for him. Coming toward the finish line, he spotted a photographer and called out, "You should have been back 2 miles!" Seems that he had been standing near her during the open race and she had said something about wanting to get a photo of someone taking a nosedive in the mud. "So, when you went by, you said ..."
"Yep! Precisely!"

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

At 80:20, Judi Vivian checked in. She has run faster half marathons, but not in the mud. With only two months of serious training, following operations on both knees, a stress fracture and sciatic nerve problems, she'll take it. Joyce Klausmeier was second in a respectable, if unnoticed, time of 82:59.

Altogether, there were 67 finishers in the invitational, including Brian Russell, 7th, Tom Wysocki, 10th, Smead, 12th and Ron Ysais, 16th.

Earlier, 181 stalwarts managed to make it through, in the open race, won by Steve Glocke in 75:06. Judy Kewley was the first F in 89:22. Coming across the line, she announced that she had picked up a stress fracture in her foot. She continued the announcement long after she was finished. However, by the post race party at Eino's "Lodge" she was fine.

As usual, winners, overall and age group, were treated to some nifty prizes. For the top folks, there were paintings by James-Paul Brown, including frames by the Z Gallery, plus various items from Finnish companies. And, all received the yard long blocks of Swiss cheese, boxes of chocolate mints, and so on. Watch out next year. Eino will talk at least 2 dozen Olympians into sticking around until November to run his race. That'll keep James-Paul busy for awhile.

photo by Richard Lee Slotkin



JUDITH VIVIAN
1st Female Finnish 20K

8:00 A.M. Race

1 Steve Glocke (33)	1:15:06
2 Mike Lozooya (33)	1:16:23
3 Peter Bethune (33)	1:16:36
4 Tom Nevins (28)	1:17:54
5 Bob Arnold (27)	1:18:04
6 Michael Shriver (24)	1:18:31
7 Micks Durnell (33)	1:18:49
8 Jesse Cook (45)	1:19:26
9 Henry Lance (34)	1:19:50
10 Dan Olivier (42)	1:20:06
48 Judy Kewley (39)	1:29:22
60 Jill Walker (36)	1:30:52
63 Kim Stocksdale (31)	1:31:06
70 Ruth Vomond (25)	1:32:33

10:00 A.M. Race

1 Safari Amo (22)	1:02:59
2 Gary Tuttle (36)	1:03:01
3 Jerry Kowol (31)	1:04:16
4 Martti Kilholma (33)	1:04:17
5 Keith Woodard (33)	1:04:38
6 Ryszard Marczak (37)	1:05:31
7 Brian Russell (25)	1:05:38
8 John Hunsaker (26)	1:06:36
9 Matt Ebner (22)	1:06:38
10 Tom Wysocki (27)	1:07:07
11 Rick Roybol (25)	1:07:12
12 Chuck Smead (33)	1:07:35
13 Thom Vernon (26)	1:07:57
14 Steve Finagan (35)	1:08:14
15 Brian Appel (20)	1:08:36
16 Ron Ysais (21)	1:08:48
17 Mike Porter (30)	1:09:44
18 Ken Gerry (32)	1:09:48
19 Tom Burns (26)	1:10:07
20 Rudy Hernandez (31)	1:10:40
21 Carlos Godoy (32)	1:11:18
22 Ron Bahara (23)	1:12:10
23 Duncan Macdonald (34)	1:12:40
24 John Loeschorn (39)	1:12:43
25 Not Available	1:13:08
26 Bill Scobey (38)	1:13:27
27 Jim Hughes (36)	1:14:50
28 Paul Marcel (34)	1:14:51
29 Johani Hamalainen (37)	1:15:15
30 James Murphy (44)	1:15:49
36 Neil Doherty (42)	1:16:49
39 C. Greenhall (44)	1:17:38
46 Judy Vivian (30)	1:20:20
54 Joyce Klausmeier (27)	1:22:59
60 Jack Thomas (53)	1:27:11
62 Roma Antoniewicz (23)	1:29:58
65 Mary Tracy (24)	1:32:42
67 Lee Francis (51)	1:44:50

F.S.U. Coach of the Year Clinic 4 Mile Run

Fresno, January 7.

Overall Results - Men

1 Leroy Rivera (19)	19:17
2 Eddie Fuel (Open)	20:45
3 Kelley Meaig (19)	20:45
4 Don Gregory (30)	21:04
5 Frank Ortega (40)	21:24
6 John Blanchette (16)	21:50
7 Steve Ward (30)	22:19
8 Bob Fries (50)	22:31
9 Tony Munroe (16)	22:36
10 Ron Schafer (23)	22:38
11 Dave Donaldson (40)	22:50
12 Jim Greenburg (22)	23:02
13 Danny Orages	23:09
14 George Garcia (35)	23:14
15 Obed Fernandez (35)	23:19

Overall Results - Women

1 Renee Wyckoff (21)	21:51
2 Tone Nichols (Open)	25:23
3 Terry Cole (17)	27:00
4 Jamie Rodriguez (Open)	28:34
5 Terrie Guajardo (16)	29:07

Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in your address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

PR's

This month's P.R.-of-the-month award goes to Darsie Bowden, of the Santa Monica Track Club. Cutting a minute and a quarter from her previous best, she won the Beverly Hills Perrier 10K. Now her name shares space on the perpetual trophy with greats like Bill Rogers and Rod Doxon. If that's not a P.R. of the month, nothing is.

Honorable mention goes to all those Santa Clarita runners who P.R.'d in Hawaii's Ironman Triathlon. Oh, my!

Monica Acosta (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	13:29
Guillermo Alonso (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	14:13
Chris Bain (SCRR) Anaheim Hills Harriers Inv. 3000m	*13:04.8
Bill Balcer (HARC) Manhattan 10K	40:37
Wendy Barber (SCRR) Region XIII X-C Championships 3000m	13:02
Jamie Barnes (SCRR) Anaheim Hills Harriers Inv. 4000m	16:45.6
Jamie Barnes (SCRR) Region XIII X-C Championships 4000m	16:07
Anne Bennett, Harbor Half Marathon	1:29:05
Lee J. Berg (HACK) Western Hemisphere Marathon	2:49:08
Lee J. Berg (HACK) CCRC 30K (3rd)	1:52:36
Billy Berry (SCRR) SPATAC Jr. Olympic X-C Championships 4000m	18:33
Earl Beverly (SCR) SCV 5K	17:11
Chris Block (SCRR) Anaheim Hills Harriers Inv. 3000m	*14:38.6
Darsie Bowden (SMT) Beverly Hills Perrier 10K (1st F)	35:45
Jeff Branda (SCR) SCV 10K	40:13
Becky Besnick (SCRR) Anaheim Hills Harriers Inv. 4000m	18:01.8
Sally Brollier (SCR) Ed Jerome 5K	23:21
Sally Brollier (SCR) SCV 5K	23:05
Meredith Brown (San Leandro H.S.) X-C Meet at San Leandro 3m	25:48
Meredith Brown (RR) Carousel to Coaster 10K	*62:02
Meredith Brown (RR) Care Run II 2 Mile	15:47
Lorenzo Cael (SCRR) Anaheim Hills Harriers Inv. 4000m	*17:19.1
Diane Castillo (SCRR) SPATAC Jr. Olympic X-C Championships 4000m	16:06
Diane Castillo (SCRR) Region XIII X-C Championships 4000m	15:36
Tim Causey (SCRR) SPATAC Jr. Olympic X-C Championships 4000m	14:54
Tim Causey (SCRR) Region XIII X-C Championships 4000m	14:13
David Chebatah (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	12:07
David Chebatah (SCRR) Region XIII X-C Championships 3000m	11:08
Don Clark (SCRR) Olympic District X-C Championships 3000m	14:04
Don Clark (SCRR) Anaheim Hills Harriers Inv. 3000m	13:47
Don Clark (SCRR) Region XIII X-C Championships 3000m	12:30
Doug Clarke (HARC) Manhattan 10K	*47:00
Dean Cromwell (SCRR) Region XIII X-C Championships 4000m	13:43
Val Cunliffe (SCR) Ed Jerome 5K	33:42
Val Cunliffe (SCR) SCV 5K	30:40
Stanley DaCosta (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	17:31
Jose Delacruz (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	18:39
Mike Delgado (PFF) Harbor Half Marathon	1:29:46
Vicki DeVita (SCR) Ed Jerome Half Marathon	1:45:22
Julia DeBella (HARC) Harbor Half Marathon	1:43:39
Nancy Ditz (Adi) New York Marathon	2:35:31
Laura Doering (SCRR) Orange J.H.S. X-C League Champ. (1st F)(7th Gd. CR)	12:06
Shayne Earven (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	13:45
Shayne Earven (SCRR) Anaheim Hills Harriers Inv. 3000m	12:37
Shayne Earven (SCRR) Region XIII X-C Championships 3000m	12:01
Linda Ferrer (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	14:27
Camille Flores (SCRR) SPATAC Jr. Olympic X-C Championships 4000m	16:32
Steve Flynn (SCR) Albuquerque Marathon	2:26:00
Mike Fretz (SCR) SCV 10K	34:35
Noel Galbraith (PFF) Seal Beach Autumn 10K	60:58
Tom Galbraith (PFF) Seal Beach Autumn 10K	38:50
Nick Galvin (HARC) Run For Life 5K	29:20
Tony Gibbons (SCRR) Anaheim Hills Harriers Inv. 3000m	12:19.1
Tony Gibbons (SCRR) Region XIII X-C Championships 3000m	12:00
Irene Gilbert (SCR) SCV 10K	51:06
Sean Gill (SCRR) Anaheim Hills Harriers Inv. 3000m	14:38.9
Sean Gill (SCRR) Region XIII X-C Championships 3000m	14:20
Shannon Gill (SCRR) SPATAC Jr. Olympic X-C Championships 4000m	19:53
Shannon Gill (SCRR) Anaheim Hills Harriers Inv. 4000m	19:24.3
Shannon Gill (SCRR) Region XIII X-C Championships 4000m	18:17
Demetrius Gonzales (SCRR) Region XIII X-C Championships 3000m	11:42
Darby Grant (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	11:36
Darby Grant (SCRR) Region XIII X-C Championships 3000m	11:33
Diane Guardino (HARC) Run For Life 5K	27:48
Joe Hampton (SCR) Pierce College 5K	16:56
Joe Hampton (SCR) Grenada Hills 8K	28:39
Reggie Hampton (SCRR) SPATAC Jr. Olympic X-C Championships 3000m	12:51
Reggie Hampton (SCRR) Anaheim Hills Harriers Inv. 3000m	12:47.7
Diane Harman (HARC) Harbor Half Marathon	1:42:45
Billy Harvey (SCRR) Region XIII X-C Championships 4000m	14:33
Jose Hoban (SCRR) SPATAC Jr. Olympic X-C Championships 4000m	15:55
Jose Hoban (SCRR) Anaheim Hills Harriers Inv. 4000m	15:06.4
Chiye Horiguchi (HARC) Footlocker Partners 5K/10K, 5K leg	22:14
Gina Houston (SCRR) SPATAC Jr. Olympic X-C Championships 4000m	23:15
Lamont Houston (SCRR) Region XIII X-C Championships 3000m	11:57
Helen Husted (SCR) Harbor Lite Half Marathon	*2:10:00
Jeff Justed (SCR) Harbor Lite Half Marathon	*1:41:09
Judy Kewley (CC) Moving Comfort 8K	30:16
Judy Kewley (CC) 9 West 4 Mile	24:07

continued on next page...

Results

Judy Kewley (CC) West End 25K	1:42:41
Judy Kewley (CC) Reach For The Stars 5K	18:12
Willard Krick (HARC) Manhattan 10K	41:14
Willard Krick (HARC) Wishbone Classic 5K	19:30
Willard Krick (HARC) Jon Douglas 10K	40:07
Willard Krick (HARC) Harbor Half Marathon	1:28:39
John Krinkel (SCR) Ed Jerome Half Marathon	1:30:28
Curt Lampshire (PFF) St. George Marathon(Utah)	3:45:05
Tam Lawlor (SCRR) Region XIII X-C Championships 4000m	14:55
Sherry Lawson (SCRR) SPATAC Jr.Olympic X-C Champ.4000m(1st AG)	15:12
Monika Lamke (HARC) Run L.A. 5K (UCLA)	23:24
Charlie Lohr (Covina H.S.) Riverside Olympic Fund Run 10K	*45:06
David Longyear (SCRR) SPATAC Jr.Olympic X-C Champs. 4000m(1st AG)	14:08
David Longyear (SCRR) Orange J.H.S. X-C League Champ.(1st,CR)	11:19
Toni Lopez (SCRR) Region XIII X-C Championships 4000m	14:55
Bill Lovelace (SCR) Ironman Triathlon	11:33
Louise Lovelace (SCR) Ironman Triathlon	13:11
Ken Mackey (Covina H.S.) Riverside Olympic Fund Run 10K	38:16
R. W. Mackey (SCR) SCV 10K	49:30
Francisco Magana (PFF) BMW San Diego Marathon	2:53:16
Don McGeorge (SCR) Ed Jerome 5K	19:19
Don McGeorge (SCR) SCV 5K	18:52
Gary McGraw (HARC) Lincoln Hospital 30K (Phoenix)	1:48:28
Gary McGraw (HARC) Silverado Days 10K	32:53.7
James McKee (SCRR) Anaheim Hills Harriers Inv. 3000m	*16:02.7
Jason McKellips (SCRR) Anaheim Hills Harriers Inv. 3000m	12:40.0
Pete Meindersima (SCR) Ironman Triathlon	12:41
Sharon Meindersima (SCR) Ironman Triathlon	14:54
Carrie Michelson (SCRR) SPATAC Jr. Olympic X-C Champs. 3000m	14:36
Carrie Michelson (SCRR) Anaheim Hills Harriers Inv. 3000m	13:38.9
Dion Miles (SCRR) SPATAC Jr. Olympic X-C Champs. 3000m	13:54
Becky Miller (HARC) Harbor Half Marathon	1:33:05
Steve Miller (Covina H.S.-Coach) Riverside Olympic Fund Run 10K	42:58
Steve Morgan (HARC) Baccardi Rum 5K	20:46
Steve Morgan (HARC) Wishbone Classic 5K	19:46
Steve Morgan (HARC) Pro Comfort 10K	42:27
Steve Morgan (HARC) Harbor Half Marathon	1:42:34
Ron Nisbet (PFF) Santa Monica Half Marathon	1:28:40
Berly Obando (PFF) Harbor Half Marathon	1:40:20
Dietmar Oberhoessel (HARC) Harbor Half Marathon	1:26:47
Rick O'Bryan (SCR) Ironman Triathlon	11:14
Marco Ocegüera (SCRR) Anaheim Hills Harriers Inv. 4000m	14:10.9
Marco Ocegüera (SCRR) Region XIII X-C Championships 4000m	13:26
John O'Dwyer (SCR) Ed Jerome Half Marathon	1:56:00
Kevin O'Keefe (HARC) Harbor Half Marathon	1:23:28
Kevin O'Keefe (HARC) New York City Marathon	3:02:33
Kevin O'Keefe (HARC) Catalina West End 25K(1st-AG)	1:43:50
Jimmy Owens (SCRR) Region XIII X-C Championships 3000m	10:43
Jack Perrodin (SCR) Ironman Triathlon	*13:13
Luis Pinon (PFF) Harbor Half Marathon	1:12:24
Joe Posadas (HARC) Baccardi Rum 5K	23:42
Sharon Prince (SCRR) SPATAC Jr. Olympic X-C Champs. 4000m	15:31
Christopher Ratti (PR) Carousel to Coaster 10K	*1:24:13
Julios Ratti (PR) Hayward Half Marathon	1:15:28
Nicholas Ratti (PR) Carousel to Coaster 10K	*58:28
Ulysses Ratti (PR) Chiropractor 8K	38:45
Ulysses Ratti (PR) Care Run II 8K	37:42
Ulysses Ratti (PR) Brass Pole 10K	48:21
Ulysses Ratti (PR) LMJS Blind Duck Relays 5K	23:50
George C. Reeves (PFF) New Zealand Marathon	4:10
Michael Rench (MTC) Modesto Natural Lite 10K	37:39
Michael Rench (MTC) Merced Bell Race 15K	58:01
Michael Rench (MTC) Madera Half Marathon	1:24:23
Michael Rench (MTC) Central Calif. Marathon	3:23:33
Michael Rench (MTC) Waterford Heritage Day 2 Mile	11:16
Shawn Reynolds (SCRR) SPATAC Jr.Olympic X-C Champs. 3000m	13:24
Shawn Reynolds (SCRR) Anaheim Hills Harriers Inv. 3000m	13:22.4
Jason Riddel (SCRR) Anaheim Hills Harriers Inv. 3000m	13:36.1
Jason Riddel (SCRR) Region XIII X-C Championships 3000m	12:54
Jennifer Rigney (SCRR) SPATAC Jr.Olympic X-C Champs. 4000m	16:16
Jennifer Rigney (SCRR) Region XIII X-C Champs. 4000m	15:44
Don Ritter (HARC) Wilshire Community Police 10K	39:49
Gail Rodd (WVTC) Sacramento Marathon	3:07:42
Roberta Rodin (PFF) Harbor Half Marathon	1:54:43
Herman Rodriguez (HARC) Coliseum 10K	33:34
George Romero (SCRR) SPATAC Jr.Olympic X-C Champs. 3000m	12:43
George Romero (SCRR) Anaheim Hills Harriers Inv. 3000m	12:27.7
George Romero (SCRR) Region XIII X-C Champs. 3000m	12:05
Jose Romero (SCRR) SPATAC Jr.Olympic X-C Champs. 4000m	17:40

Jose Romero (SCRR) Anaheim Hills Harriers Inv. 4000m	17:21
Randy Rosaies (SCRR) Anaheim Hills Harriers Inv. 3000m	13:53.8
Ron Russell (HARC) Harbor Half Marathon	1:09:02
Ron Russell (HARC) Coliseum 10K	30:48
Bernice Santoya (SCRR) Anaheim Hills Harriers Inv. 3000m	*14:48.1
Bernice Santoya (SCRR) Region XIII X-C Champs. 3000m	14:05
Darlene Savage (SCR) Ed Jerome Half Marathon	1:56:15
Cathleen Selleck (SCRR) SPATAC Jr.Olympic X-C Champs. 4000m	17:13
Joanna Sepulveda (SCRR) Region XIII X-C Champs. 3000m	11:57
Marion Sepulveda (SCRR) Region XIII X-C Champs. 3000m	11:22
Russ Sidies (SCR) Ed Jerome 5K	19:26
Russ Sidies (SCR) SCV 5K	18:52
Ray Sigala (PFF) Harbor Half Marathon	1:29:10
Jessie Silvas (SCRR) Anaheim Hills Harriers Inv. 3000m	14:02.3
Jessie Silvas (SCRR) Region XIII X-C Champs. 3000m	13:32
Chris Smith (PFF) Harbor Half Marathon	1:16:40
Rondo Smith (SCRR) SPATAC Jr.Olympic X-C Champs. 4000m	15:51
Art Sprague (HARC) Trudgers 10K	47:32
Jackson Steffes (HARC) Baccardi Rum 5K	*21:33
Tina Strang (SCRR) Anaheim Hills Harriers Inv. 3000m	12:19
Tina Strang (SCRR) Region XIII X-C Champs. 3000m	11:39
Herb Tanzer (HARC) Harbor Half Marathon	1:12:10
Jackie Thomas (SCRR) SPATAC Jr.Olympic X-C 3000m	14:43
Michael Tomasulo (SCRR) SPATAC Jr.Olympic X-C Champs. 3000m	14:58
Bill Tosetti (SCR) Reach For The Stars 5K	17:41
Frank Trujillo (Covina H.S.) Riverside Olympic Fund Run 10K	*41:00
Leslie Turner (PFF) Harbor Half Marathon	2:03:00
Leslie Turner (PFF) Wilshire Community Police 10K	52:35
Danny Vega (SCRR) Region XIII X-C Champs.	10:41
John Vega (SCRR) SPATAC Jr. Olympic X-C Champs. 3000m	13:54
John Vega (SCRR) Region XIII X-C Champs. 3000m	13:08
Velma Vellarde (SCRR) Anaheim Hills Harriers Inv. 3000m	12:30
Velma Vellarde (SCRR) Region XIII X-C Champs. 3000m	12:21
Patricia Walker (SCRR) SPATAC Jr.Olympic X-C Champs. 4000m	19:43
Tim Watson (SCR) SCV 10K	31:25
Frank Werman (HARC) Manhattan 10K	35:47
Frank Werman (HARC) Harbor Half Marathon	1:21:01
Cully White (SCR) Ironman Triathlon	10:50
J. W. White (HARC) Harbor Half Marathon	1:12:00
J. W. White (HARC) KFWB 10K	32:45
Randy Wilson (SCRR) Region XIII X-C Champs. 4000m	13:57
Jeanne Wood (PFF) Harbor Half Marathon	1:40:57
Paul Woods (SCR) Ironman Triathlon	*14:34
Rolf Wuerch (SCRR) SPATAC Jr.Olympic X-C Champs. 4000m	15:09
Bruce Yoshiwara (HARC) Westwood 5K	16:07
Millie Young (PFF) Heart of San Diego Marathon	3:59

* = 1st time at distance.

Club Abbreviations

Adi - Adidas Regional Team	NHTC - New Horizon T.C.
AW - Athletics West	PFF - Point Fermin Flyers
BHS - Berkeley H.S.	RR - Ratti Runners
BOLT - Lightning Bolt T.C.	SCR - Santa Clarita Runners
C.C. - California Condors	SCRR - Southern California Road Runners
CCF - Capital City Flyers	SDTC - San Diego T.C.
CH - Club Hack	SMTC - Santa Monica T.C.
GH - Grenada Hills H.S.	SSP - Sierra Slowpokes
HA - Hughes Aircraft R.C.	USN - U.S. Navy
HACK - Club Hack	VPHS - Villa Park H.S.
HARC - Hughes Aircraft Running Club	WAC - Will's A.C.
LAS - Los Angeles Saints T.C.	
MTC - Merced Track Club	



Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name _____

Event _____

Mark _____ Club/School _____

Check if first time

Coming Next Issue...
1983
Athletes of the
the Year

The Athlete's Kitchen

by Nancy Clark, M.S., R.D.
Nutritionist, Sports Medicine Resource, Inc.

FRUCTOSE — A SWEET ADVANTAGE?

You've been training hard. Race day is today. You're anxious. You wish you had a "magic food" to give you an edge over the other competitors. How about some sugar? **NO!** Sugar can leave you with the "sugar shakes" - hypoglycemia. Fructose? Perhaps. Fructose is a single molecule, structurally similar to glucose. Fructose, however, is metabolized differently. Fructose is absorbed more gradually from your stomach and contributes to only a slight increase in your blood sugar. You store most of the fructose in your liver, alleviating the sugar high/sugar low that frequently occurs after you eat lots of soda, candy and sweets made with table sugar (sucrose).

Last night you had a hearty spaghetti dinner. This morning you had a slice of toast. It's thirty minutes before the race. Some fructose now might be beneficial. It'll be stored in an "energy account" in your liver, and ready for fuel during competition.

Recent research by exercise physiologist Leslie Levine at the US Army Research Labs in Natick, MA indicates that fructose might offer a sweet advantage to competitive athletes. Levine studied the effect of 300 calories of fructose taken 45 minutes before moderate-to-hard treadmill running. She compared this to pre-exercise glucose or plain water. With fructose, the subjects had only a slight increase in blood sugar, -no hypoglycemic "sugar low" commonly experienced with sugary sweets.

Levine also measured the subjects' muscle glycogen before and after the thirty minute exercise bout. She found that, after the fructose test, the subjects used significantly less muscle glycogen - 13 millimoles glycogen per 100 grams of muscle (9% depletion), as compared to the glucose group (31 mM; 20% depletion) and water group (28mM). The subjects appeared to have utilized the fructose for energy, and spared their muscle glycogen.

During this experiment, the subjects ran for only thirty minutes. Levine wants to do further research with endurance exercise, to see if fructose will help athletes to exercise longer. She suspects that fructose might help, since it seems to reduce the amount of muscle glycogen you burn when you exercise. By using less glycogen, you should be able to exercise longer before you are exhausted and "hit the wall".

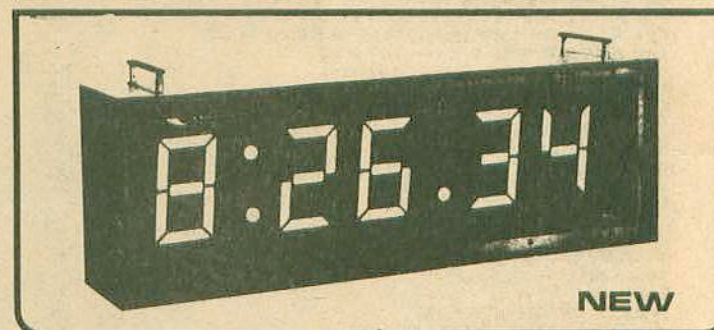
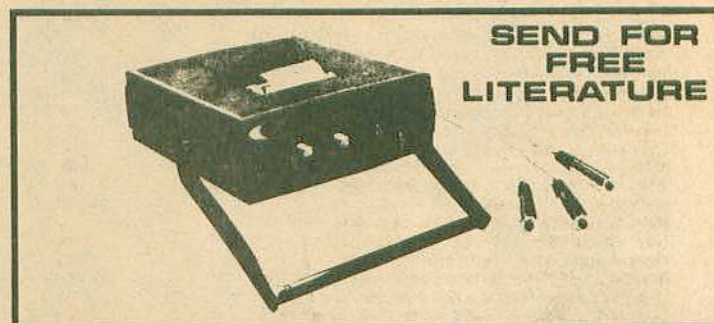
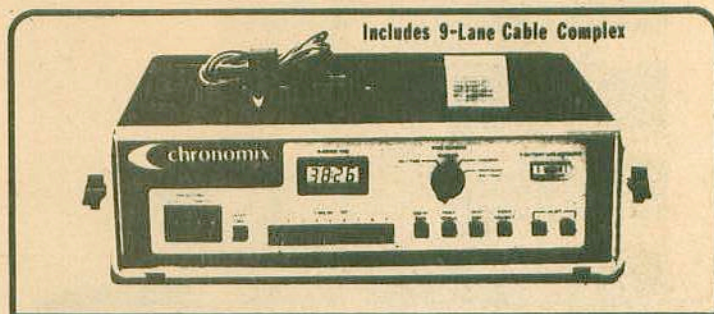
If you are now getting ready to run to the fruit bowl for a "fructose fix", you should be aware that fruits contain more than just fructose (most commonly referred to as "fruit sugar"). Apples, bananas, and pears, for example, get about 15-20% of their calories from fructose; honey - 80%. The research studies have been done with 100% pure fructose - the kind you buy in the diabetic/dietetic section of larger grocery stores. It's three times more expensive than table sugar, but may offer you that sweet advantage.

If you plan to try some pre-race fructose, I recommend that you first experiment in a training situation. Add some fructose to water, tea, or coffee about thirty minutes prior to exercise. Be forewarned that fructose, for some people, causes stomach distress and diarrhea if it is taken in large amounts (more than 300 calories). You wouldn't want "sweet magic" to turn into "black magic"!

Nancy Clark, M.S., R.D., nutritionist at Sports Medicine Resource, Inc. in Boston, MA counsels both casual exercisers and competitive athletes. Her book *The Athlete's Kitchen* (Bantam '83) answers the questions runners commonly ask.

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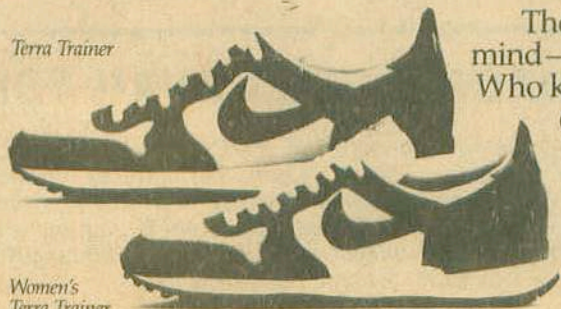
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