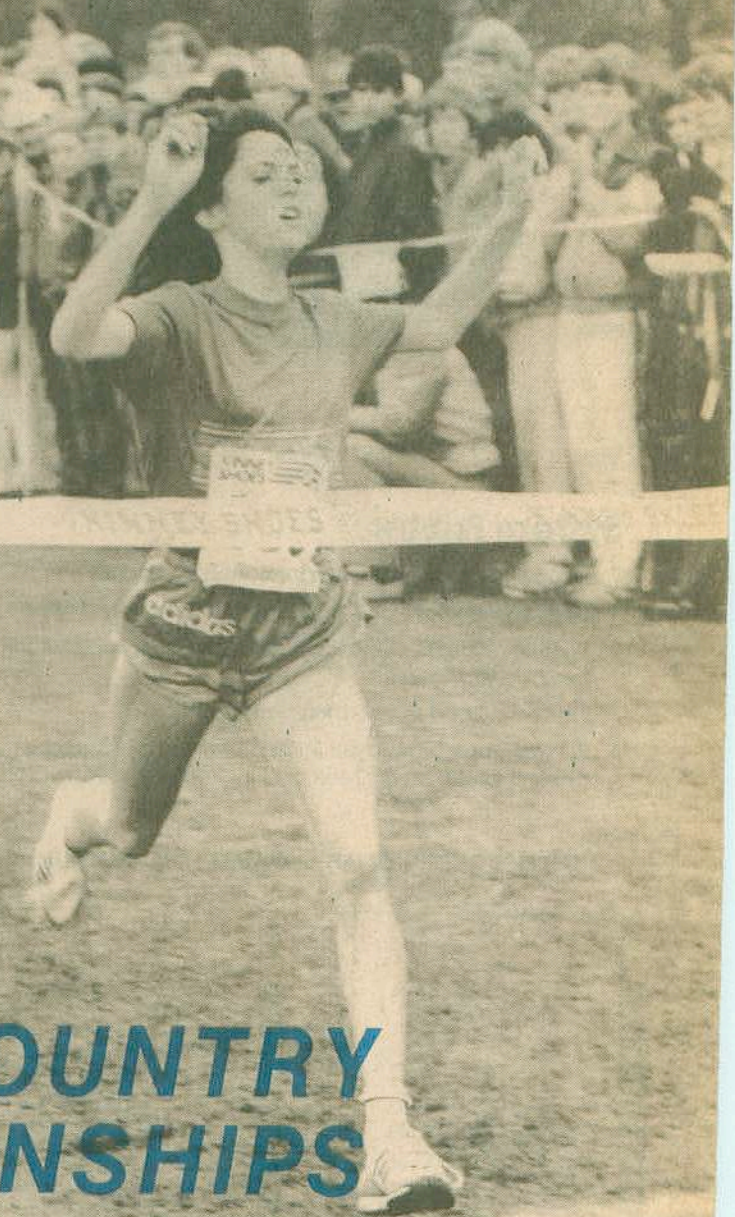


JANUARY 1988

ISSUE NO. 110

# CALIFORNIA

## *Track & Running News*



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# KINNEY CROSS COUNTRY CHAMPIONSHIPS

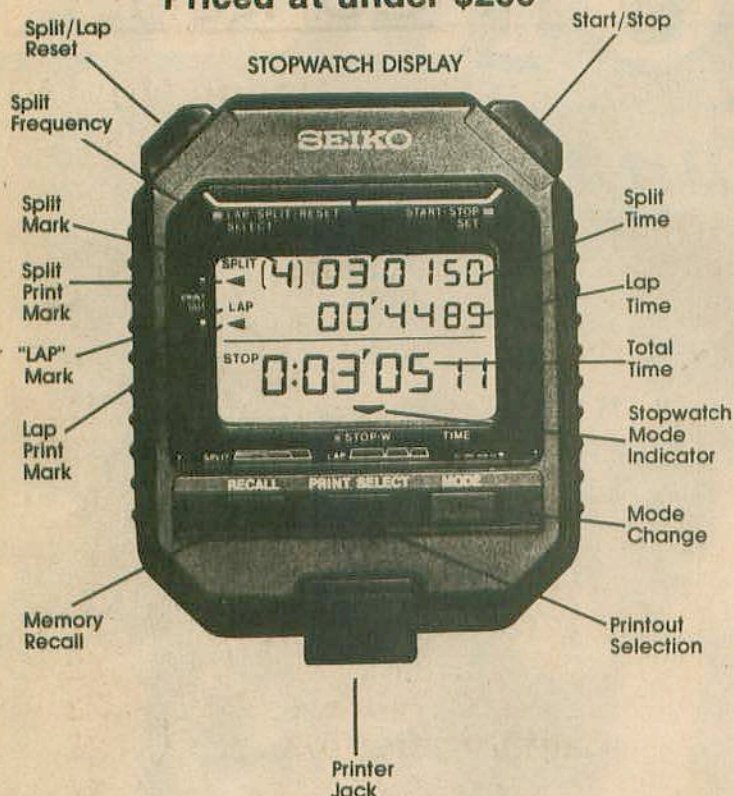
*California's Only Track & Running Publication*

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# Digital Quartz Stopwatch With Printer, SP11

Priced at under \$200



## System Printer

The following data is printed permanently on tape:

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

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

```

1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
```

```

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

## Applications

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

## Specifications

### Time Base & Accuracy:

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

### Printout:

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

### Time Measurement:

1/100 of a second

### LCD Stopwatch Display:

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

### Modes:

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

### Temperature:

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

### Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

### Batteries:

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

### Construction:

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

### Standard Accessories:

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

### Optional Accessories:

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

## Available From:

**Jack's Athletic Supply**  
P.O. Box 459  
San Carlos, CA 94070  
(415) 595-2249

Also a special \$10.00 discount for mentioning that you saw the ad in CT&RN.



# CALIFORNIA

*Track & Running News*



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MEMBER OF RUNNING USA

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Start of Kinney Girls Seeded Race (See page 18)

*Fine Flicks by Don Gosney*

**ON THE COVER:** Laurie Chapman winning the Kinney Western Cross Country Championships. Insets are Mark Mastalir and Laurie Chapman, Kinney Champions. See page 18 for results.

*Fine Flicks by Don Gosney*



# Schedule

By JACK LEYDIG

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

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

## Road Racing

### January 1 (Wednesday):

**San Francisco:** DSE Hangover Run. Distance (?), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**Arcata:** Recovery Run. 0 to 6 mile, Location (?). Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

### January 4 (Saturday):

**San Diego:** Cop'er Bowl 10K (& 2 Mile). Stadium, 7:45 am. Lynn Flanagan (619) 275-0996.

**Avalon:** Avalon Benefit 50-Miler (Santa Catalina Island), 5 am. Mike Solly, P.O. Box 842, Avalon 90704. (213) 510-0553.

**Covina:** American Heart Association 5 & 10K. Intercommunity Medical Center Parking Lot, 8 am. 5 & 10K Runs, ICMC Volunteer Office, 303 No. Third St., Covina 91723. (818) 331-7331 or 914-3730.

**Las Vegas, Nevada:** Rainbow 10 Mile. Vail Pittman Elem. School (6333 Fargo), 8:30 am.

### January 5 (Sunday):

**Saratoga:** Saratoga to Los Gatos Great Race. 4 mile. Runner's Factory (dntn.), 9 am. Saratoga Savings & Loan (408) 246-2842.

**San Francisco:** DSE Single Muni Pier Run. 1.27 mile (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**San Dimas:** Winter Heat Series. 13 mile "Ride & Tie," Bonelli Park, 9:30 am. Bill Fulton, The Complete Runner, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

### January 11 (Saturday):

**Los Altos:** Willy's Road Race. 1 & 5 mile, St. Williams School, 9:30 am/1 mile, 10 am. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

**Ventura:** Buena 4 Mile Run. San Buena Ventura State Beach, 9 am. Steve Blum, 1025 Cachuma, #33, Ventura 93004. (805) 659-2699.

**Redding:** Redding Marathon, Half Marathon & 10K. Civic Auditorium, 10 am. Steve Davidson, Redding Peace Officers Ass'n., P.O. Box 3564, Redding 96049. Sports Foot: (916) 223-4662.

**Monterey Park:** Garfield Medical Center 10K & 1 Mile (Garfield Med. Ctr.), 7:45 am/1 mile, 8 am/10K. Richard Cota, Garfield Medical Center, 525 N. Garfield, Monterey Park 91754. (818) 307-2040.

**Fountain Valley:** Los Caballeros Half Marathon. 17272 Newhope, 8 am. Los Caballeros Sports Village, 17272 Newhope St., Fountain Valley 92708. (714) 546-8560.

### January 12 (Sunday):

**San Francisco:** San Francisco Zoo Run. 5 & 10K, Sloat Blvd. at Great Hiway, 8 am/10K, 9 am/5K. Zoo Run, c/o S.F. Zoological Society, Sloat Blvd. at Great Hiway, San Francisco 94132. (415) 661-7456.

**Newhall:** Santa Clarita Runners Women's 8K (Women Only), Pico Canyon, 8 am. Patty Carmody, 28106 Urbandale, Saugus 91350. (805) 252-5904.

**Rohnert Park:** Cossack Classic. 13.5 mile, Sonoma State Univ., 10 am. Bob Sorani, P.E. Dept., Sonoma State Univ., Rohnert Park 94928. (707) 664-2521, 664-2723.

**San Bernardino:** YMCA Marathon, Half Marathon, 5 & 10K. 7:30 am/Half & Full Marathon, 7:45 am/5 & 10K. Tony Mino, 808 E. 21st St., San Bernardino 92404. (714) 886-4661.

**San Francisco:** DSE Double Muni Pier Run. 2.47 mile (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**Westlake Village:** Conejo 3 by 5K Relay. 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**Las Vegas, Nevada:** Green Valley Cystic Fibrosis 10K. Green Valley (near Las Vegas), 9 am. Las Vegas T.C., c/o 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

### January 18 (Saturday):

**Fontana:** Parks & Recreation Dept. Mini-Triathlon, 8.2 mile bike, 150 ft. swim, 2.4 mile run. Cypress Community Center, 8 am. Kit Ledbetter, Fontana Parks & Recreation, 8353 Sierra, Fontana 92335. (714) 350-7635.

**San Dimas:** Snow Summit Southern California Biathlon Championship Series. 5K run, 10 mile bike. Bonelli Park, time TBA. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

**San Simeon State Park:** Castle to Coast Run. 8.2 mile, 9 am. Jim Hurley, 1751 Fearn Ave., Los Osos 93402. (805) 528-6576.

### January 19 (Sunday):

**San Mateo:** El Camino Derby Run, 5 & 10K & 1 Mile, Bay Meadows Racetrack, 8:30 am. San Mateo Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-0981.

**Stockton:** California 10. 10 miles, Lincoln High School (Alexandria at Ben Holt), 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

**Arcata:** Patrick's Point Race. 2 & 6 mile, 1 pm/2 mile, 1:45 pm/10K. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 826-0616.

**San Diego:** Mission Bay Marathon & 10K, Mission Bay Visitors Center, 7 am/Marathon, 7:07 am/10K. Mission Bay Marathon, 4035 Mississippi #9, San Diego 92104. (619) 236-4605.

**San Francisco:** DSE Ferry Building Run. 3.83 mile, Dolphin Club, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**Goleta:** Zonta 10K Run (& 5K walk), Goleta Beach County Park, 9 am. Linda Van Buren, 259 Calle Serrento, Goleta 93117. Judy Cobbs: (805) 964-1437, eves.

**Brea:** Piggy Bank 5 & 10K Runs. Brea Civic Cultural Center, 8 am. Bill Hutchinson, Brea Police Athletic League, #1 Civic Center Cir., Brea 92621. (714) 990-7609, or 865-1884.

**Los Angeles:** Coliseum 10K. LAAC (431 W. 7th St.), 9 am. Junior Achievement, 5303 Lankersheim Blvd., No. Hollywood 91601. (818) 985-5770.

**Alta Loma:** Winter Warmup 5K, Half Marathon & Half Mile. 8 am. Robert Hogan (714) 989-6512.

**Hanford:** Tenth Ave. 10K. Douty & 8th Sts., 9 am. 10th Ave. Laundromat, Box 1118, Hanford 93232. Rob Stephenson (209) 733-1655.

**Atherton:** Sri Chinmoy 5 Mile Race. Holbrook-Palmer Park, 8 am. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116. Giribar DeAngelo (408) 996-8036.

**Oakland:** Martin Luther King Jr. Birthday Run 5 & 10K. Lake Merritt (Sailboat House), 9 am. Good Cause, Inc., P.O. Box 19294, Oakland 94619. (415) 636-1664.

### January 25 (Saturday):

**Paramount:** Paramount 10K. *Special masters invitation.* Progress Park, 8 am. Oscar Rosales, P.O. Box 696, Paramount 90723. (213) 634-3027.



**Agoura Hills:** The Great Race of Agoura. 2K, 5K & 10K, 7:30 am. Dennis Kristian, c/o Sumac Elem. School, 6050 Calmfield, Agoura Hills 91301. (818) 991-7746.

**Oakland:** Centennial Run. 4 mile, 8 am. St. Francis de Sales Church, 634 - 21st St., Oakland 94612. (415) 832-5057.

**Arroyo Grande:** Central Coast "Lite" 10K & 1 Mile Fun Run. 9:30 am/mile, 10 am/10K. Lance Harter, 1248 Vista del Lago, San Luis Obispo 93401. (805) 546-1130.

**Riverside:** Mt. Rubidoux 5 & 10K. Fairmount Park, 8:30 am/5K, 9 am/10K. Mt. Rubidoux Run, c/o Race Central, P.O. Box 828, Rialto 92376. (714) 787-5432, UCR P.E. Dept.

**Irvine:** UC Irvine Triathlon. 9-mile bike, 200 yard swim, 3.4 mile run. 8 am. Mark Baird (714) 854-0364.

## ■ January 26 (Sunday):

**San Diego:** Super Run. 10K & 2 mile, La Jolla Village Square, 8 am. March of Dimes, 8333 Clairemont Mesa Blvd, Suite 101, San Diego 92111. (619) 576-1211. *Listed in some sources as January 25.*

**San Francisco:** Solidarity Run for the Teachers' Union of El Salvador. 5 & 10K (& children's 1 mile) Golden Gate Park (Polo Fields), 9 am. Joe Berry, COSANDES, AFT 2121, 2940 - 16th St., #305, San Francisco 94103. (415) 861-2121.

**San Francisco:** DSE Roller Coaster Run. 3 mile (& 0.6 mile kids' run), Mountain Lake Park (12th Ave. & Lake St.), 10 am (9:30 am for kids' run). Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**Redondo Beach:** Super Bowl Sunday 10K. 8 am. 10K Run Committee, Box 637, Redondo Beach 90277. (213) 372-1171.

**Santa Barbara:** Sri Chinmoy Marathon. Santa Barbara Research Park, 7 am. Laynn Dacoscos, 2016-A Castillo St., Apt. 5, Santa Barbara 93105. (805) 687-8844 or 963-3929.

**Newport Beach:** 5 & 10K Spirit Runs. Newport Center Fashion Island, 7:30 am. Diane Boggs, 1900 Port Seabourne Way, Newport Beach 92660. (714) 720-0573.

## ■ February 1 (Saturday):

**San Juan Bautista:** Mission 10. 10 miles, Mission San Juan Bautista, 10 am. Mission 10, c/o 811 Carpenter Dr., Hollister 95023. (408) 637-3126, Ed Singleton, after 6 pm.

**Bakersfield:** Bud Light Marathon & Half Marathon. Cal-State Bakersfield, 8 am. Bakersfield TC, P.O. Box 10371, Bakersfield 93389. (805) 399-5750.

**Azusa:** Cougar Classic. 2K, 5K & 10K, 8:30 am. Terry Franson, Azusa Pacific Univ., Azusa 91702. (714) 596-4128, after 3 pm.

**Las Vegas, Nevada:** Las Vegas Marathon. 7:30 am. Al Boka, c/o The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496. \$12,000 in prize money.

## ■ February 2 (Sunday):

**San Francisco:** DSE Windmill Run. 6.5 mile (& 0.875 mile kids' run at 9:30 am), Kennedy Dr. at Beach (Golden Gate Park), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**Palm Springs:** Heart of Palm Springs 10K Run. Palm Springs High School, 8 am. Kennan Barber, MD, Box 1639, 45-120 San Pablo, Suite 2C, Palm Desert 92261. (619) 346-8109.

**San Dimas:** Winter Heat Series Super Ride & Tie. 20 mile, Bonelli Park, 9:30 am. Bill Fulton, The Complete Runner, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Long Beach:** Long Beach Marathon. 3000 E. Ocean Blvd., 7:30 am. Joe Carlson, 1825 Redondo St., Long Beach 90804. (213) 494-2664.

## ■ February 8 (Saturday):

**San Jose:** Fleet Feet-Round Table San Jose Marathon. City Hall, 8 am. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-RACE.

**Sacramento:** Converse 20K. Cal State Sacramento, 10 am. Chris Graser, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

**Grover City:** Run for Your Heart. 2 & 6 mile, 10:30 am. Grover City Recreation Dept., 1230 Trouville, Grover City 93433.

**Lompoc:** Lompoc 5 & 10K Winter Runs. Time TBA. Lisa Norcutt/Fran Brodison, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

**Santa Barbara:** Santa Barbara Partner's 2x4 Mile Relay. Palm Park, 8:30 am. Ethel Byers, 5079 Rocosco Way, Santa Barbara 93111. (805) 967-8822.

**Pomona:** "Go For It" Biathlon. 4 mile run, 11.5 mile bike. Cal Poly Pomona Univ., 8 am. Jim Mejia, Cal Poly Recr. Dept., 3801 W. Temple Ave., Pomona 91768. (714) 598-4523.

## ■ February 9 (Sunday):

**Davis:** Davis Marathon & Half Marathon. Davis Sr. High School, 14th & Oak, 9 am. Fleet Feet, 132 E St., Davis 95616. (916) 758-6453.

**Oakland:** Valentine Day Run. 5 & 10K, Lakeside Park (Boathouse, Bellevue Ave), 10 am. Valentine Day Run, Box 5157, Oakland 94605. (415) 632-9606.

**Napa:** Valentine's Day 8K. La Cancha Health Club, 10 am. Mark Proteau, 1850 Soscol, Napa 94558. (707) 252-8033.

**San Francisco:** DSE Mission Rock Run. 3.5 mile, 3rd St. at Mission Rock, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**Los Angeles:** Firecracker 10K Run. Chinatown (No. Broadway & College St.), 8:30 am. L.A. Chinatown 10K Race Committee, Box 4732, Terminal Annex, Los Angeles 90051. (213) 613-1959.

**Rancho Santa Fe:** San Dieguito Half-Marathon, San Dieguito County Park (Solana Beach), 8 am. Sal Cisneros, North Coast Family YMCA, P.O. Box 907, Encinitas 92024. (619) 942-9622.



# 1986 Central California Long Distance Running Handbook

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## ☐ Schedule

### ■ February 15 (Saturday):

**Durham:** Almond Blossom Run, 5 & 10K, Durham High School, 10 am. Bob Gassin, 9312 Lott Rd., Durham 95938. (916) 891-5991.

**Gilroy:** Sweetheart 10K. Christmas Hill Park, 9 am. No Contact.

**El Dorado:** Lovers Run. Half Marathon, 10K and 1 Mile kids' run. Poor Ed's Bar-B-Q (Hwy. 49), 8:30 am. Alicia Truffer, 460 Main St., Placerville 95667.

**Santa Rosa:** Sweetheart Run 10K Twosome. Willowside School, 9 am. John Anderson, 2065 Peterson Ln., Santa Rosa 95401. (707) 527-0886.

**Pine Valley:** Pacific Crest Trail 50 Miller. Buckman-Spring Rd., 5 am. Jeff Bleyra (619) 481-5725.

**Atascadero:** Citicorp Savings Park to Park Half Marathon. Time TBA. Dave Catherina, Atascadero Recreation Dept., P.O. Box 747, Atascadero 93423.

**San Dimas:** Snow Summit Southern California Biathlon Championship Series. 8K run, 24 mile bike. Bonelli Park, 10 am. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

### ■ February 16 (Sunday):

**San Francisco:** DSE Fort Point Run. 3.8 mile. Little Marina Green, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**West Sacramento:** Jedediah Smith 50 Mile Classic. Port of Sacramento Industrial Park, 8 am. Abe Underwood, 4531 Capri Way, Sacramento 95822. Jeff or Sandy: (916) 332-6453.

**Willits:** Willits Classics, 5K and 10 Mile. Recreation Grove, 11 am. Jim Gibbons (707) 459-9547.

**Los Angeles:** Wilshire Police Council Run Against Crime, 5 & 10K. Wiltern Center (3780 Wilshire Blvd. at Western), 8 am/5K, 8:15 am/10K. W.C.P.C., Box 19586, Los Angeles 90019. (213) 485-4020 or 485-6809.

**Hermosa Beach:** Sand and Strand 2.5 & 5 Mile Runs (short race for Hermosa, Redondo & Manhattan Beach residents only), 8 am. Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

**Irvine:** Sweatin' Sweethearts 10 Mile Twosome, 2 x 10 mile. Mason Park, 8 am. Dave Pelham, Loeschhorn's R.C., 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

**Yucaipa:** Senior Masters Old Fashion 4 Mile Run (55 & Over only). Calimesa Park, 9 am. CSA 63 Recreation Dept., Box 337, Yucaipa 92399. (714) 795-0284.

**Valencia:** Valentine's Day 10K. Santa Clarita Park, 8 am. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

### ■ February 22 (Saturday):

**Martinez:** Martinez to Port Costa Brickyard & Back Run, 8.4 mile. Rankin Park, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

**Santa Cruz:** Clam Chowder Chase, 5 mile. The Boardwalk, 9 am. Santa Cruz Park & Rec., 346 Church St., Santa Cruz 95060. (408) 429-3777.

**Orange:** City of Orange Spring Games 5 & 10K Runs. El Modena High School (3500 E. Chapman), 7:30 am/5K, 8 am/10K. Spring Games, c/o Santa Ana College, 17th at Bristol, Santa Ana 92706. (714) 532-0383.

**San Diego:** L'Eggs/YWCA Women's 10K Run (& 2 mile fun run). Balboa Park, 8 am. San Diego YWCA, 1012 "C" St., San Diego 92101. (619) 239-0355.

**Huntington Beach:** Great American Adventure Run, 2 and 5 miles. Central Park, 8:30 am. Finish Line International, 5302 Clark Circle, Westminster 92683. (714) 848-4799.

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

### ■ February 23 (Sunday):

**Oakland:** CANCELLED Oakland Marathon & Half Marathon. Mayor's Office, time TBA. Oakland Marathon, Box 32103, Oakland 94604. Daryl Jobe (415) 236-5154.

**Foster City:** Sri Chinmoy 7 Mile Race. 8 am. Giribar DeAngelo, c/o 2438 - 16th Ave., San Francisco 94116. (408) 996-8036.

**San Francisco:** DSE Golden Gate Promenade Run, 7.13 miles. Dolphin Club, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

**Arcata Area:** Sequoia Park Race, 2 & 4.5 mile. Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

**Westlake Village:** SPA-TAC 5K (Men's & Women's District Championship). 9 am/women, 9:30 am/men. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

### ■ March 1 (Saturday):

**Ft. Cronkhite:** Run for the Seals, 4 mile. Rodeo Beach (GGNRA, Marin Headlands area), 9 am. California Marine Mammal Center, Ft. Cronkhite 94965. (415) 331-SEAL.

**Chico:** Bidwell Classic Marathon, 9 am. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

**Lancaster:** Antelope Valley Hospital Benefit 5 & 10K Runs. 1600 W. Avenue J, 9:30 am. Running Promotions Unltd., Box 128, Lancaster 93534. (805) 942-3820.

**Santa Barbara:** Santa Barbara 6 & 10 Mile Winter Road Runs. Cabrillo Arts Pavilion, 8:30 am. Irwin Sorkin, 2024 Anacapa St., #2, Santa Barbara 93105. (805) 687-7473.

**San Diego:** Sue Krenn 15K. South of Hilton, 7:30 am. Laurie Olson (619) 483-0772.

### ■ March 2 (Sunday):

**Los Osos:** South Bay 20K (RRCA Western Regional & Calif. State Championship), time TBA. Tom Hampson, 347 Garden St., Los Osos 93402.

**Arcata:** Foggy Bottoms Race, 2 mile, 4 mile & 10 mile. 12:30 pm/2 mile, 1 pm/4 & 10 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

**Long Beach:** American Spirit of Leadership 5 & 10K Runs. Cal State Long Beach (Parking Lot B), 8 am. AMA, CSULB Run Committee, 1250 Bellflower, Long Beach 90840. (213) 498-5370.

**Playa Del Rey:** Food & Fitness 10K & 1 Mile Fun Run. 7:45 am/10K, 8 am/1 mile. Richard Cota, P.O. Box 3506, Santa Monica 90403.

**San Dimas:** Winter Heat Series Ride, Bike & Paddle. 5 mile run, 25 mile bike, 1 mile paddleboard. Bonelli Park, 9:30 am. The Complete Runner, Attn: Bill Fulton, 2654 E. Garvey, West Covina 91791. (818) 331-0169.

**Hornitos:** Gold Trail Half Marathon. In the foothills, from Hornitos to Snelling, 10 am. Merced Track Club, P.O. Box 3275, Merced 95344. (209) 723-6579.

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## □ Schedule

**Fresno:** San Joaquin Biathlon. 4 mile run, 12 mile bike. Woodward Park, 8 am. Pat Moss, Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

**San Francisco:** DSE Kennedy Dr. Run, 4.7 mile (& kids' run at 9 am). Golden Gate Park (So. side of Polo Fields), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

## Looking Ahead

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

**MAR 9, Los Angeles:** Los Angeles Marathon. Coliseum, 9 am. Mike Patrick, 5985 W. Century Blvd. #322, Los Angeles 90045. (800) 562-411 in Calif. or (800) 826-2984 outside Calif.

**MAR 9, Los Alamitos:** Los Alamitos Marathon & 10K. 7:30 am. Michael Karuch, Box 3147, Los Alamitos 90720. (714) 827-9010.

**MAR 9, Napa Valley:** Napa Valley Marathon. Calistoga, 7 am. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0608.

**MAR 9, Porterville:** St. Patrick's Day Marathon & Half Marathon. Porterville, time TBA. Milt Stowe, Box 432, Porterville 93258. (209) 784-1400, x461.

**MAR 22, Santa Maria:** 4 Person 10 Mile Relay. Santa Maria, Waller Park. Jim Battersson, 412 West Orcahrd St., Santa Maria 93454.

## College/Open Track & Field

**JAN 4: Berkeley All Comers.** University of California, Berkeley. Erv Hunt, Hearst Gym, Room 177, Berkeley 94720. (415) 642-3158.

**JAN 4: L.A. Southwest All Comers.** L.A. Southwest College, 10 am. Dick Gatlin, 1600 W. Imperial Hwy., Los Angeles 90047. (213) 777-2225 ext. 206.

**JAN 4: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**JAN 5: Oxy Men/Women Weight Pentathlon.** Occidental College, 8 am. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

**JAN 5: Sunkist Qualifier/SCA TAC Olympic Development.** UCLA, 12 noon. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.

**JAN 10: Pomona All Comers.** Cal Poly Pomona, 3 pm. John Turek, 3801 W. Temple Ave., Pomona 91768. (714) 598-4611.

**JAN 11: CSULA All Comers.** Cal State U. Los Angeles, 10 am. Gudrun Armanski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

**JAN 11: Berkeley All Comers.** Univ. of California, Berkeley, 11 am. Erv Hunt, Hearst Gym, Room 177, Berkeley 94720. (415) 642-3158.

**JAN 11: L.A. Southwest All Comers.** L.A. Southwest College, 10 am. Dick Gatlin, 1600 W. Imperial Hwy., Los Angeles 90047. (213) 777-2225 ext. 206.

**JAN 11: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**JAN 17: Sunkist Invitational Indoor.** Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**JAN 17: Pomona All Comers.** Cal Poly Pomona, 3 pm. John Turek, 3801 W. Temple Ave., Pomona 91768. (714) 598-4611.

**JAN 18: Mt. SAC All Comers.** Mt. San Antonio College, 9:30 am. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JAN 18: Berkeley All Comers.** Univ. of California, Berkeley, 11 am. Erv Hunt, Hearst Gym Room 177, Berkeley 94720. (213) 642-3158.

**JAN 18: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**JAN 24: Pacific Northwest Bell Indoor Games.** Memorial Coliseum, Portland, Oregon. Tom Jordan, 850 E. 43rd. Ave., Eugene, OR 97405. (503) 683-5635.

**JAN 24: Pomona All Comers.** Cal Poly Pomona, 3 pm. John Turek, 3801 W. Temple Ave., Pomona 91768. (714) 598-4611.

**JAN 24, 25: San Francisco Games.** Col Palace, San Francisco. Jim Terrill, Box 764, Los Altos 94022. (408) 253-0586.

**JAN 25: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**JAN 25: Long Beach All Comers.** Cal State Univ., Long Beach, 10 am. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**JAN 25: Redlands All Comers.** Redlands University, 10 am. Clay Brooks, Redlands Track & Field, Redlands 92373. (714) 793-2121.

**JAN 25: Berkeley All Comers.** Univ. of California, Berkeley, 11 am. Erv Hunt, Hearst Gym, Room 177, Berkeley 94720. (415) 642-3158.

**JAN 25: Times Indoor Games Qualifying Meet.** Long Beach State University, 1 pm. Ron Allice, Long Beach C.C., 4901 E. Carson, Long Beach 90808. (213) 420-4482.

**JAN 25-26: CSLA Decathlon/Heptathlon.** Cal State Univ., Los Angeles 8 am. John Tansley, CSLA Track & Field, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

**JAN 31: Pomona All Comers.** Cal Poly Pomona, 3 pm. John Turek, 3801 W. Temple Ave., Pomona 91768. (714) 598-4611.

**JAN 31: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**FEB 1: Mt. SAC All Comers.** Mt. San Antonio College, 9:30 am. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**FEB 1: L.A. Southwest All Comers.** L.A. Southwest College, 10 am. Dick Gatlin, 1600 W. Imperial Hwy., Los Angeles 90047. (213) 777-2225, ext. 206.

**FEB 1: Redlands All Comers.** Redlands University, 10 am. Clay Brooks, Redlands Track & Field, Redlands 92373. (714) 793-2121, ext. 2584.

**FEB 1: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**FEB 1: Berkeley All Comers.** Univ. of California, Berkeley, 11 am. Erv Hunt, Hearst Gym, Room 177, Berkeley 94720. (415) 642-3158.

**FEB 8: Mt. SAC All Comers.** Mt. San Antonio College, 9:30 am. Don Ruh, 1100 Grand Ave., Walnut 91789. (714) 594-5611.

**FEB 8: San Diego All Comers.** San Diego State University, 12 noon. Dixon Farmer, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.

**FEB 8: Bakersfield California Invitational.** Cal State Bakersfield, 10 am. Charlie Craig, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.

**FEB 8: Berkeley All Comers.** Univ. of California, Berkeley, 11 am. Erv Hunt, Hearst Gym, Room 177, Berkeley 94720. (415) 642-3158.

**FEB 8: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**FEB 15: USC Opener.** USC Cromwell Field, 10 am. Ernie Bullard/Fred La Plante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

**FEB 15: Long Beach All Comers.** Cal State Univ., Long Beach, 10 am. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**FEB 15: Berkeley All Comers.** Univ. of California, Berkeley, 11 am. Erv Hunt, Hearst Gym, Room 177, Berkeley 94720. (415) 642-3158.

**FEB 15: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 356-0453.

**FEB 15: Arizona All Comers.** Univ. of Arizona, Tucson, 11 am. Chris Murray, McKale Center, Univ. of Arizona, Tucson, AZ 85721. (602) 621-4984.

**FEB 15: IAAF World Cross Country Trials.** Waco, Texas. Gordon Neal, Waco Strider Running Club, P.O. Box 21715, Waco, TX 76702. (817) 772-7150.



## □ Schedule

**FEB 21: Los Angeles Times Indoor Games.** The Forum, Inglewood. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771.

**FEB 22: Roadrunner Women's Invitational.** Cal State Bakersfield, 11 am. Charlie Craig, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.

**FEB 22: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 354-5660.

**FEB 23: Michelob Indoor Invitational.** San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**FEB 28: USA/Mobil Indoor Championships.** Madison Square Garden, New York. Heliodoro R. Rico, P.O. Box 1504, Ansonia Station, New York, NY 10023. (212) 595-9647.

**MAR 1: Bud Lite Invitational.** San Diego State University, 10 am. Dixon Farmer, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.

**MAR 1: Los Gatos All Comers.** Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 354-5660.

**MAR 1-2: Long Beach Relays.** Cal State Univ., Long Beach, 10 am. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAR 8: SCA TAC Olympic Development. Women Only.** University of California, Irvine, 11 am. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.

**MAR 8: Santa Monica Relays. Community College.** Santa Monica College.

**MAR 14-15: Sacramento Invitational.** Cal State Univ., Sacramento. Joe Neff, 6000 J St., Sacramento 95819. (916) 454-6208.

**MAR 15: Los Angeles Relays.** Cal State Univ., Los Angeles, 1 pm. John Tansley, CSLA Track & Field, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

**MAR 15: Oregon Women's Open. Women Only.** University of Oregon, 12 noon. Tom Heinonen, McArthur Court, Eugene, OR 97401. (503) 686-3395.

**MAR 21-22: SFS Invitational Decathlon.** San Francisco State Univ., 10 am. Harry Marra, Head Coach, Track & Field, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561.

**MAR 22: Sacramento Relays.** Sacramento.

**MAR 22: Bronco Invitational.** Cal Poly, Pomona, 10 am. Jim Sackett, CPP Track & Field, 3101 Temple Ave., Pomona 91768. (714) 598-4600.

**MAR 22: Oregon Men's Open. Men Only.** University of Oregon, 12 noon. Bill Dellinger, McArthur Court, Eugene, OR 97401. (503) 686-5465.

**MAR 22: Santa Barbara Relays. Community College.** Santa Barbara City College, 9 am.

**MAR 22-23: Oxy Decathlon/Heptathlon.** Occidental College, 8 am. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

**MAR 22-23: Golden Bear Meet of Champions.** Includes Heptathlon. *Women Only.* Univ. of California, Berkeley, 11 am. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.

**MAR 27: Southern California Relays. Community College.** Fullerton/Cerritos, 8 am.

**MAR 28-29: Stanford Invitational.** Stanford University, 8 am. Brooks Johnson, Dept. of Athletics, Stanford 94305. (415) 597-1051.

**MAR 29: USC Relays.** USC Cromwell Field. *Men Only.* Ernie Bullard, USC Heritage Hall, Los Angeles 90007. (213) 743-2754.

**MAR 29: SCA TAC Olympic Development.** Santa Monica College, 12 noon. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.

**APR 4: UCLA All Comers. Women Only.** University of California, Los Angeles, 11 am. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

**APR 5: Hall of Fame Invitational.** Hughes Stadium, Sacramento, 9 am. Jerry Colman, 5292 N. River Way, Sacramento 95864. (916) 485-2137.

**APR 5: Fresno Bee Games.** Fresno State University, 8 am. Red Estes, FSU Track & Field, Fresno 93740. (209) 294-4098.

**APR 5: Sun Angel Classic.** Includes multi-event. Arizona State University, 5 pm. Clyde Duncan, ASU Track, Tempe, AZ 85281. (602) 965-2406.

**APR 8-9: Community College State Decathlon & Heptathlon Championships.** Mt. San Antonio College, Walnut.

**APR 11-12: Bakersfield Relays. Community College.** Memorial Stadium, Bakersfield College.

**APR 12: Woody Wilson Relays.** University of California, Davis.

**APR 12: UC Riverside Invitational.** Univ. of California, Riverside, 9 am. Chris Renne, Athletic Dept., 900 University Ave., Riverside 92521. (714) 787-5432.

# CALIFORNIA

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## □ Schedule

**APR 12-13: Northridge Invitational.** Cal State Univ., Northridge, 10 am. Don Strametz, CSUN Track & Field, Northridge 91324. (818) 885-3242.

**APR 13: 200 Track Classic. Masters.** Cal State Northridge. Frank Reilly (818) 716-7280.

**APR 18: USC Women's Twilight Invitational. Women Only.** USC Cromwell Field, 5 pm. Fred La Plante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

**APR 18-19: Lady Bronco Invitational. Women Only.** Includes heptathlon. Cal Poly, Pomona, 10 am. 3101 Temple Ave., Pomona 91768. (714) 598-4611.

**APR 19: Jenner Classic.** San Jose City College, 11 am. Bert Bonanno, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**APR 20: All American Throws Meet.** Cal State Northridge, 12 noon. Frank Reilly (818) 716-7280.

**APR 24-25: Mt. SAC Relays Decathlon & Heptathlon.** Mt. San Antonio College, 8 am. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**APR 24-27: Mt. SAC Relays.** Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**APR 26: Poly Royale Invitational.** Cal Poly San Luis Obispo, 10 am. Lance Harter, Cal Poly, SLO Track, San Luis Obispo 93402. (805) 546-1130.

**MAY 2-3: Johnny Mathis Tune-Up Meet. Women on Friday, Men on Saturday.** San Francisco State University. Harry Marra, Track & Field Director, San Francisco State Univ., San Francisco 94132. (415) 469-1561.

**May 3: New Balance Women's Invitational. Women Only.** University of California, Irvine, 12 noon. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.

**MAY 3: Long Beach Twilight Invitational. Men Only.** Cal State Long Beach, 4 pm. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAY 3: Nick Carter Invitational. Men Only.** Univ. of California, Santa Barbara, 11 am. Sam Adams, UCSB Intercollegiate Athletics, Goleta 93017. (805) 961-2133.

**MAY 3: Oregon Pepsi Relays.** University of Oregon, 10 am. Bill Dellinger, McArthur Court, Eugene, OR 97401. (503) 686-5465.

**May 3: Arizona Last Chance Meet.** Univ. of Arizona, Tucson, 4 pm. Dave Murray, McKale Ctr., Tucson, AZ 85721. (602) 621-4984.

**MAY 3: UCLA vs. USC Dual.** L.A. Coliseum.

**MAY 9-10: PAC-West Championships. Women Only.** Arizona State University. Clyde Duncan, ASU Track, Tempe, AZ 85281. (602) 965-2406.

**MAY 9-10: PCAA Championships.** Fresno State Univ. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4098.

**MAY 9-10: N.A.I.A. District 3 Championships.** Azusa Pacific College.

**MAY 10: Oxy Invitational.** Occidental College, 4 pm. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

**MAY 10: Southern California Community College Championships.** Mt. San Antonio College.

**MAY 10: California Relays.** Modesto City College, 12 noon. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

**MAY 16: Long Beach Last Chance Open.** Cal State Univ. Long Beach, 4 pm. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAY 16-17: California Community College State Championships.** Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**MAY 17: UCLA Pepsi Invitational.** Univ. of California, Los Angeles, 11 am. Al Franken/Bob Kersee, UCLA Ath., Los Angeles 90024. (213) 655-9326.

**MAY 17: Oregon Twilight Meet. Men Only.** University of Oregon, 5 pm. Bill Dellinger, McArthur Court, Eugene, OR 97401. (503) 686-5465.

**MAY 18: Los Angeles Invitational.** Cal State Los Angeles, 12 noon. John Tansley, CSLA Track & Field, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

**MAY 21-24: NCAA Div. II Championships.** Cal State Univ., Los Angeles, 10 am. John Tansley, CSLA Track & Field, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

**MAY 23: San Diego-Imperial TAC Championships.** San Diego State University, 4 pm. Jim Cerveney, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.

**MAY 23-24: PAC 10 Championships.** USC, Los Angeles Coliseum. Men Only. Ernie Bullard, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

**MAY 24: Oregon Twilight Meet. Women Only.** University of Oregon, 5 pm. Tom Heinonen, McArthur Court, Eugene, OR 97401. (503) 686-3395.

**MAY 24: SCA TAC Middle & Long Distance Classic.** Santa Monica College. Skip Stolley (818) 787-4377.

**MAY 25: Pacific Coast Invitational. Women Only.** Univ. of California, Berkeley, 12 noon. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.

**MAY 29: Oregon State Twilight Meet.** Oregon State University, Corvallis, 5 pm. Chuck McNeil, Gill coliseum, Room 103, Corvallis, OR 97331. (503) 754-2611.

**MAY 30-31: West Coast Decathlon.** Cal State Northridge. Frank Reilly (818) 716-7280.

**MAY 31: Jenner International (Grand Prix).** San Jose City College, 12 noon. Bert Bonanno, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**JUN 1: All Comers TAC Tuneup.** Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JUN 3-7: NCAA Div. I Championships.** Univ. of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

**JUN 7: Prefontaine Classic.** University of Oregon, 7 pm. Tom Jordan, 850 E. 43rd., Eugene, OR 97405. (503) 683-5635.

**JUN 8: SCA TAC Olympic Development.** Univ. of California, Irvine, 2 pm. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.

**JUN 14: SCA TAC Sr. Men & Jr./Sr. Women's Championships.** UCLA, 10 am. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.

**JUN 14: All American Invitational.** Cal State Univ., Northridge. Frank Reilly (818) 716-7280.

**JUN 18-19: TAC Sr. Men/Women Decathlon & Heptathlon Championships.** University of Oregon, Eugene. Gary Triguero, P.O. Box 1107, Eugene, OR 97440. (503) 343-7247.

**JUN 19-21: TAC Sr. Men/Women Championships.** University of Oregon, Eugene. Gary Triguero, P.O. Box 1107, Eugene, OR 97440. (503) 343-7247.

**JUN 27-28: TAC Jr. Men/Women Championships.** Towson State, Towson, Maryland. Bob Rothenberg, T&FDA, Box 22683, Baltimore, MD 21203. (401) 863-2054.

**JUN 28: Long Beach All Comers.** Cal State Univ., Long Beach, 10 am. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

## Address Change?

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# ■ The Athlete's Kitchen

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



## Shake It or Leave It?

**E**at less salt!!! For years, medical professionals have encouraged us to reduce our sodium intake as a means to prevent hypertension. But what about sweaty athletes who lose more sodium than the average person—should they also reduce their salt intake?

According to an update on the current sodium research (published in *Dairy Council Digest*, Dec. 1984), not only healthy athletes but also healthy "non-athletes" with NO family history of hypertension can perhaps ease-up on self-imposed salt restriction. Sodium — the part of salt that's considered "the culprit" — may not cause hypertension after all.

Of the 18% of Americans who have high blood pressure, only 10% have a known cause for the problem. The remaining 90% have no exact diagnosis except for a combination of risk factors that includes family

history, race, age, obesity, smoking, stress and diet. Although past studies have suggested a correlation between a high salt intake and high blood pressure, there's no proof that healthy people will reduce their incidence of becoming hypertensive if they lower their salt intake. Population studies have failed to show a direct cause-and-effect relationship. Some nationalities with a high salt diet have little or no hypertension, and vice versa. The findings are inconsistent.

If you do have hypertension, restricting your salt intake may help only the 30-50% of you who are salt-sensitive. However, for most people, eating lots of salt did not cause the hypertension — nor will reducing salt intake prevent it. According to the medical research that has tried to create high blood pressure in people, only massive

amounts of salt — ten times what you'd normally consume — may have an effect. Ninety percent of Americans (82% with normal blood pressure and 8% with high levels) can maintain a normal sodium balance despite large intakes. Thus, there seems to be no clear-cut reason for everyone to strictly "shake the habit".

Rather than focussing on salt, we should perhaps pay more attention to our potassium intake. A high potassium diet may more effectively control blood pressure than a low salt diet. According to the *American Journal of Clinical Nutrition*, a study of 265 Southern Californians showed that the ones who routinely ate a potassium-rich diet (ie fruits, vegetables, unprocessed foods) had lower blood pressure than those who tended towards the lower potassium, more highly processed fast foods, snacks and refined grain products... the conveniently available foods that "fast laners" tend to frequently eat. The people who ate the high potassium diet seemed to benefit from potassium's "protective affect".

Dr. Louis Tobian, chief of the hypertension unit at the University of Minnesota, reports that potassium, in addition to protecting against high blood pressure, helps to make your arteries stronger and better able to withstand blood vessel damage that can occur with aging. He suggests that potassium-rich foods may be more strongly protective of your blood vessels than the sodium in salt is harmful. He recommends that we eat "natural foods" similar to primitive man's intake.

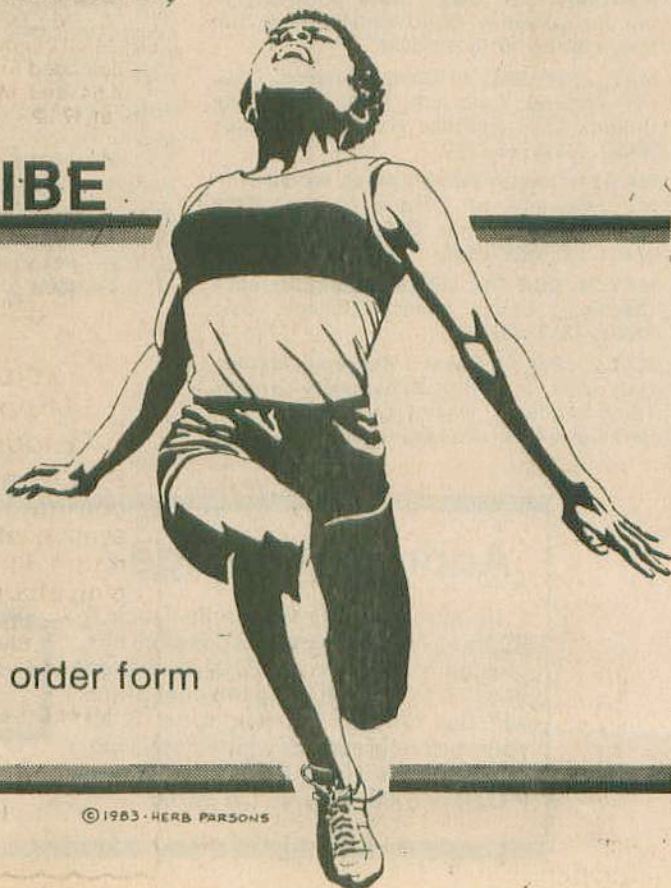
To increase the potassium content of your diet, try to eat more fruits, vegetables, whole grain breads, bran cereals, lentils, beans, nuts and protein foods. Have dark breads instead of white; potato more often than rice or noodles or pasta; natural fruit juices instead of imitation fruit drinks or powdered fruit beverages. Focus on the colorful vegetables — tomatoes, broccoll, carrots. "Go bananas" over bananas!

For a list of the potassium content in commonly eaten foods, send a self-addressed stamped envelope to Nancy Clark, Sports Medicine Brookline, 830 Boylston St., Brookline, Ma 02167. For additional health information, read *The Athlete's Kitchen* (Bantam Books)—available at Dalton Bookstores.

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# SoCal Diary

By BILL MINARIK

## October 21.

Some big invitationals were run this past week-end beginning with the prep Orange County Championships. At that one, boys teams from Villa Park, Foothill, Buena Park and Mission Viejo came away victorious while girls teams from Newport Harbor, Edison, Esparanza and Dana Hills came home #1. At the Los Angeles County Championships at College of the Canyons, it was Saugus, lead by the Stonerock brothers, Crescenta Valley and Cathedral taking boys honors, while Hart, Arcadia, and Maranatha were girls winners. At the Palos Verdes Invitational, Los Gatos won the boys championship while the girls from the host school did likewise. Hawthorne, Alemany, and the Sherman Indians were boys champs at the Alemany Invitational, while Hawthorne, Alemany, and San Gabriel won girls races.

In Community College action, Grossmont and Central Arizona were mens winners at the Mt. SAC Invitational, while LA Valley and Cerritos were womens champions. At the Santa Barbara Invitational the men from Mira Costa ran away from Orange Coast 25-65.

In 4-year college action, at the Wisconsin Invitational, UCLA lead by Jon Butler's 12th place finish, was 5th with 141 points to 46 for the winning Wisconsin Badgers.

## October 28.

The big and virtually only meet of the week as far as the preps are concerned was held at Mt. SAC as the Mt. SAC Invitational brought together virtually every top team in the state. The big race of that meet was the boys sweepstakes race which brought together the Mastalir brothers and their Jesuit High teammates from Sacramento against the Stonerock brothers and their Saugus High team. In the individual race it was Eric and Mark Mastalir going 1-2 with Darin and Kirk Stonerock right behind at 3-4. This individual battle also decided the team competition as Jesuit just nipped Saugus 97-98. In the girls competitions, it was Fair Oaks Bella Vista just nipping Mission Viejo 88-91. Rebecca Chamberlain of San Jose's Leigh High was the individual winner.

In 4-year college invitationals, first at Cal Poly Pomona, the host team swept both mens and womens competition 33-76 over the UCLA "B" team and 32-39 over UC Irvine. At the Cal Lutheran Invitational it was Biola over UCSD 56-60.

## November 4.

The 4-year Colleges held a number of championship meets Saturday beginning with the PCAA meet at UNLV. There UC Irvine coming off a probationary year took

both mens and womens competition 30-52 over New Mexico State, 25-48 over San Diego State.

At the WCAC Meet, it was the Portland men over Santa Clara 26-37 while the USIU women outran Nevada Reno 21-56.

At the PAC West Meet Stanford took a surprisingly close 31-41 decision over runner-up UCLA.

At the NAIA District 3, Pt. Loma's men outdistanced Westmont 39-53, while Azusa-Pacific's women likewise topped Westmont 29-32.

At the SCIAAC Meet, Oxy took both divisions 22-55 over Pomona-Pitzer's men and 35-35 tie-breaker over Claremont-Mudd-Scripps.

For those of you following prep track, that quartet of record breaking girls from Muir High who seemed destined to go to UNLV are all at Nebraska. Two of them reportedly had to pull some strings to get out of Letters of Intent at UNLV.

If you think that scholarships are reserved for college athletes only, you should think again. After talking with a couple of parochial school coaches, I've learned that a \$1,000 reduction in school tuition is not uncommon for prospective jocks entering private high schools.

## November 11.

One of the big upsets in the College X-Country scene took place in the Pac-10 Championships at Palo Alto where Stanford was a surprise 60-75-102 winner over Oregon & UCLA. The biggest surprise however was the 4th place finish of Arizona, the nation's #1 ranked team. A similar finish in the Regionals would put the Wildcats out of the Nationals.

At the NCAA Division II Western Regionals, the Cal Poly Pomona men were awesome with a 1-2-3-4 finish en route to a 26-79 win over runner-up CPSLO; while the CPSLO women were likewise runaway 32-77 winners over 2nd place C/S Northridge.

At the SoCal Community College Championships at Citrus, the Grossmont men appeared to regain their SoCal dominance with a 33-109 victory over runner-up Pasadena, while the Mira Costa women just got by the Valley Monarchs 68-79.

At the CIF Southern Section prelims at Mt. SAC, boys teams from Villa Park, Saugus, Valencia and Sherman Indian Institute as well as girls teams from Newport Harbor, Walnut, Nordoff, and Morro Bay established themselves as the teams to beat for divisional championships.

## November 18.

Lots of major championships were decided over the week-end; so lets start with the NCAA District 8 where the men from

Arizona regained their winning form with a 58-75 victory over UCLA. PAC-10 tittlest Stanford grabbed the 3rd and final NCAA qualifying position with 95 points just two points ahead of perennial finalist Oregon. PCAA champ UC Irvine was in 5th with 126 points.

In the womens competition, with only 2 NCAA berths available it was Oregon just edging out a surprising Washington team 63-64, while UCLA grabbed the 3rd place with a 79-79 tie-breaker over UC Berkeley.

In the Division III Western Regionals at Turlock, it was a big day for Oxy, as the men destroyed the field with a 27-69-79 win over Redlands and UC San Diego while the women just outdistanced the College of Notre Dame and Claremont 52-55-69.

In the State Community College Championships at Fresno, it was Grossmont as expected the mens winner with a 41-55 victory over a fast closing Taft team, while L.A. Valley scored its first womens championship ever with an 83-87 win over SoCal champ Mira Costa.

At the Southern Section CIF Championships at Mt. SAC, boys teams from Simi Valley, Saugus, Loyola, and Atascadero won championships while Palos Verdes, Arroyo Grande, Hesperia, and Morro Bay were girls team champions. Fastest times of the day belonged to Darin Stonerock of Saugus at 14:54 and Melissa Sutton of Newbury Park at 17:32.

*Continued on page 14...*

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## An Interview With . . .

# DAVID MACK

By John A. Ortega

1985 was a year of redemption and vindication for David Mack. After ranking third globally and first nationally in 1983, he appeared to be headed for even greater accomplishments in 1984. With the Olympic Trials and the games themselves scheduled to take place in his hometown of Los Angeles, Mack seemed headed for possible olympic glory.

However 1984 turned out to be a season that Mack, 24, would just as soon forget. After recovering from a stress fracture suffered early in the year he began to experience severe pain in his legs. He would train well one day but then have to take five days to recover. With his training hampered and frequently interrupted he ran at the trials in June in sub-par shape and finished 8th in his quarter-final.

Shortly thereafter Dr. Ronald Baxter of Houston diagnosed Mack's leg problems as compartment syndrome, an affliction which had also threatened the careers of superstars John Walker of New Zealand and Mary Decker-Slaney of the United States. The condition occurs when the leg muscle over-develops and is constricted within it's own sheath. The over-developed muscle presses against nerves, causing excruciating pain. The surgical solution basically involves slitting the sheaths;

which allows the muscle to ease free of it's confinement. Shortly after this was performed in July of 1984 Mack began to train in earnest again.

While many track and field "experts", including this one, expected 1985 to be a rebuilding year for the 5-10, 150 pound Santa Monica Track Club athlete, Mack had the most productive season of his career.

After running in the 1:47-1:48 range in the early part of the U.S. season he was pulled to a 1:44.77 clocking for 4th at the TAC Championships in June.

He then proceeded overseas and reeled off a superb series of times in August, reminiscent of his 1983 European campaign. On August 21st he ran 1:44.57 in Zurich, then a PR-equalling 1:44.39 in Berlin two days later followed by a 1:44.49 effort in Cologne on the 25th. Three days later he lowered his PR to 1:43.35 in Koblenz to finish 3rd behind Joaquin Cruz's season leading 1:42.60. The effort moved Mack to sixth on the all-time world performer list in addition to making him the second fastest American in history.

The confident, soft-spoken Mack reflected candidly on his past, present and future career during this interview in October.

**CTRN:** You had a very long and productive 1985 season; have you taken any break from training since returning from Europe?

**Mack:** Yes I have. I took off approximately 2½ weeks after the European season. It wasn't a structured break. I just worked out when I felt like it. I'd usually go out and jog 2-4 miles every third day or so.

**CTRN:** Did your 1985 performances surprise you?

**Mack:** No, I wasn't surprised at all. I don't want it to sound as though I'm not proud or appreciative of my accomplishments because I am. However by the end of the season I was actually a little disappointed because I expected to run faster.

I felt that in 1983 I never reached my potential. The event revolutionized last year and unfortunately I wasn't able to be a part

of it. I always felt that my natural progression would have put me in the elite group last year so this year didn't surprise me.

**CTRN:** How frustrating was it to watch the Olympic Trials 800 final as a spectator?

**Mack:** It was very disappointing in a certain way. Not because all those guys (Earl Jone-1:43.74, Johnny Gray-1:43.74, John Marshall-1:43.92 and James Robinson-1:43.92) ran that fast but because I wasn't a part of it. I have always admired James Robinson a great deal so I was very happy to see him run that fast.

It was disappointing because you shoot for your short-term goals however your long-term goal is the Olympic Games and the World Championships if you're involved in track and field like I am.

It was pretty sad that the Olympics

themselves were held in my own back yard and there was nothing I could do. Overall I think I handled the situation about as well as anyone could have.

**CTRN:** When did you first notice the compartment syndrome problems?

**Mack:** Early on in my college career. In high school I only logged about 18-25 miles a week. In college I increased that figure to 35-40 miles a week and then under Joe Douglas (SMTC Coach) I upped my mileage to 45-65 miles a week.

From what I understand the injury develops over a period of time. It doesn't just happen overnight or even in a season. It's an accumulative type of injury. So I guess in my case it was inevitable.

My first signs of it were in 1981 however it didn't require surgery then. I assumed it



was just shin splints. Actually at the end of the '83 season I experienced the worst pain ever following my last race in Italy. I laid off three weeks following the end of the season and it felt fine until last year. I developed a stress fracture initially and that healed but then the compartment syndrome developed.

**CTRN:** Can you describe your training? Do you have a summer and winter program?

**Mack:** Basically what you would call our winter program extends all the way to the end of May. It's structured to develop a good strength base for the summer season in Europe. The European season can last to the middle of September so you've got to have that good base behind you. My winter program basically consists of good quality road work. Every couple of weeks I'll run 15 miles at 5:25-5:45 pace.

As the track season rolls around we'll taper off a little bit but the quality will be better. Whereas before I'd run 15 miles at 5:25-5:45 pace I'll run 9 miles at 5:17-5:25 pace.

**CTRN:** Do you run intervals during the winter?

**Mack:** Yes we do. But we do it on the roads. We'll frequently run road miles. In a 9 mile run we'll run 5 miles at 4:15-4:25 pace with a half-mile jog between each.

During track season the quantity of the intervals is reduced some but the quality is improved.

**CTRN:** Do you lift weights to help your running?

**Mack:** Last year was my first year that I lifted weights and that was due to the fact that I was on a rehabilitation program to help my legs following the surgery.

**CTRN:** Any upper body lifting?

**Mack:** Not really. Although I plan to lift some this season.

**CTRN:** You were on a real hot streak in August; how did the 1:43.35 PR feel?

**Mack:** Not me. (Shaking his head, laughing) I was getting pulled to those times.

It wasn't as exciting as one would think because of the results. I was actually contemplating going home following that race. I had been over in Europe a long time and I was getting pretty tired towards the end.

The race itself seemed like any other race, probably because I didn't win. I was pleased with the PR however I wasn't pleased with the outcome.

I was uncomfortable with the pace early in the races. They would frequently go out in 49 seconds for the opening 400 and I just didn't have the confidence at that time to stay with the leaders early in the race. I was running some decent times however I wasn't running with the aggressiveness to win any races.

In Koblenz I decided beforehand that I wanted to be a factor in the race and not just a part of it. However I still got left behind early and it wasn't until the last 300 meters that I was able to gain on the leaders. I closed well but I just ran out of track.

**CTRN:** Following Koblenz you ran two sub-par races in Brussels and Rieti. What happened?

**Mack:** Basically I was just dog tired and run down. At Brussels I had a sore hamstr-

ing and at Rieti I had restrained my ankle beforehand so those races weren't indicative of my talent.

I've never been worried about rankings or I probably wouldn't have run those last two meets. I look at myself as a winner and if I'm not going to be number 1 then there's no sense worrying about whether I'm going to be ranked 6th or 7th. It doesn't make much difference at that point.

**CTRN:** You won the California State 800 titles in 1978 and 1979. Back then, when you were racing Johnny Gray and Jeff West, did you ever envision yourself becoming one of the world's elite? Had you thought that far into the future?

**Mack:** In high school I always thought that Jeff West, Johnny Gray and myself would become elite athletes.

But I didn't know the route that I would have to take to get there. I just thought that if you did the hard work and persevered, fast times would be the obvious result. I didn't know all the variables involved; such as injuries, people moving, bad coaches and university programs you didn't agree with. All those things affect your development as an athlete.

As ignorant as my thinking may have been back then, I did honestly believe that we would all become elite athletes.

**CTRN:** Can you rate some of the world's other leading 800 meter runners? What are your impressions of Joaquim Cruz, Johnny Gray, Sebastian Coe, Steve Cram or Sammy Koskei?

**Mack:** What do you mean by impressions?

**CTRN:** Strengths and weaknesses.

**Mack:** In my own personal opinion I believe that Sammy Koskei is the strongest and most durable of those athletes you just named. I think his weakness is a lack of confidence in himself and a lack of knowledge of his own ability and potential. I think he places too much emphasis on other athletes performances.

Of all the people that you just named I fear Sammy the most. I don't fear that he can beat me, because we can all be beaten. But if we're all in a race together where everyone is on; which almost never happens, I feel that no one can beat me except

see the 800 slowing down much. It's still at a raw stage. It's still in a developmental period.

There isn't one person in particular I see dominating the event. I see a few 1:41 clockings next year and possibly even a sub-1:41 race by someone. Within two years I think there's a good chance that the 1:40 barrier will be broken.

**CTRN:** What type of opening lap is needed to run a world record? Say a 1:40.5?

**Mack:** Obviously there's many ways to run it. But I've broken it down to the following 200 meter splits. I'd like to go out in 24.0 and then run my second 200 in 25.0. That gives me an opening 400 in 49.0. I then follow that up with a 25.5 to put me at 600 meters in 1:14.5. It's not impossible when you look at it that way.

The key to it is not falling apart. You're slowing down but you're still maintaining. I mean 26.0 is still moving but that's after starting out at 24.0. It won't be easy but I feel that it is possible.

**CTRN:** In 1983 you were the rabbit for both Sydney Maree and Steve Ovett in their world record 1,500's. Do you have any plans at taking a serious shot at the 1,500's meter and/or mile distance this upcoming season?

**Mack:** Yes, definitely. It's something I haven't been as courageous about as I have been in the 800. I'm disappointed in myself because I think I should have attacked it way before now.

This season I plan to give an honest effort at the distance. And I've set some pretty high goals for myself.

**CTRN:** What type of goals?

**Mack:** I'd like to run at least 3:31 in 1986, minimum. Not my first race out obviously but towards the end of the season. I think I can run at least a 3:49 mile, if not better.

But it's going to take a lot of effort. And it's not so much effort in training but in the race itself because I've done the basework to run 1,500 meters and the mile.

I ran with Sydney and I was very comfortable. I think I could have finished. I'm not saying I could have run a world record but I think I could have run 3:33. And that would have lowered by PR by over 11 seconds.

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**"The only limitation I've ever put on myself is 1:38...my goal since high school and college."**

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perhaps Sammy. That's if he runs to his potential.

**CTRN:** How much faster can the world record get?

**Mack:** It's hard to say. The only limitation I've ever put on myself is 1:38. That's always been my goal since high school and college.

I think next year will be a fast year. I don't

**CTRN:** What are your goals for the upcoming season?

**Mack:** I'd like to win Zurich again, Berlin again, Koblenz and Brussels. Basically I want to win the major European races.

I don't concern myself too much with the American season because I'm usually train-

*Continued on page 14...*



# MACK, continued:

ing through all my races at that time of year. The European season in July and especially August is what I'm primarily concerned about.

**CTRN:** What are your long-term career goals? How much longer do you plan on competing?

**Mack:** I'd like to run as long as possible. I think that longevity is a quality to be admired as much as a world record or major victory. Mike Bolt and James Robinson are two athletes who I admire a great deal because of their longevity.

Eventually I see myself competing in the 5,000 meters. I've always admired that race. It's not that I'm discontent with the 800 or the mile but in the years ahead you tend to lose some speed but gain strength. The 5,000 would better suit me in the future when I'm older. I have pretty good endurance for an 800 meter runner and I like running long distances so I don't think it would be that hard to make the transition to the longer race.

As far as goals go, I just want to do something really unique and outstanding,

like set the world record. It doesn't really matter to me if it's in the Olympics or at Zurich or Brussels.

I'd like to have an unprecedented season like Coe had in 79 and 81 or like Carl Lewis had last year.

**CTRN:** What would mean more to you, an Olympic or world championship gold medal or a world record.

**Mack:** That's a loaded question. (Pausing to think for a moment). First of all I place more emphasis on the World Championships than the Olympic Games. And that's not because I wasn't fortunate enough to make the Olympic team. The Olympics have become too political with all the boycotts. The 1984 games were good but the fact remains that the Eastern-Bloc countries weren't there.

Whereas the World Championships in Helsinki in 1983 and no boycotts and everyone was there. A meet like that is good for the sport. So a world championship gold medal in 1987 would mean a lot to me.

But I don't hold any one thing superior over something else. A medal in the World

Championships or a world record or a unprecedented season would be something I could live with. Either one of those would be outstanding to me.

As long as I can say that I did my best I'll be satisfied.

*David Anthony Mack was born in Los Angeles, California on May 25, 1961. He graduated from Locke High School in 1979 and attended the university of Oregon for three years. He currently competes for the Santa Monica Track Club.*

*He and his wife Carla have a one-year-old daughter, Eryn.*

*His previous list of achievements include the 1978 and 1979 California State high school titles, the 1982 NCAA crown as well as a 6th in the 1980 "Olympic" Trials and a 2nd in the 1983 TAC Championships. He was also a member of the 1983 world championship team.*

*His progression, including positions in the world and United States rankings and on the world and U.S. lists:*

Year	Age	Affiliation	Best Mark	WR	USR	WL	USL
1977	16	Locke High	1:56.7y				
1978	17	Locke High	1:51.8y				
1979	18	Locke High	1:50.2y				
1980	19	Univ.Oregon	1:46.67		6	= 34 = 7	
1981	20	Univ.Oregon	1:46.03		4	21 5	
1982	21	Univ.Oregon	1:45.55		4	24 4	
1983	22	S.M.T.C.	1:44.39	3	1	11 3	
1984	23	S.M.T.C.	1:49.21				
1985	24	S.M.T.C.	1:43.35	?	?	5 2	

Other PR's  
 400: 47.43, 45.3 relay leg  
 1000: 2:16.90, 7th all-time performer U.S.  
 1500: 3:44.85  
 Mile: 4:01.20

## Mens 800 Meters - Sub-1:44.0 Performers (as of 11/4/85)

1)	1:41.73	Sebastain Coe	GBr	1	Firenze	10Jun81
2)	1:41.77	Joaquim Cruz	Bra	1	Cologne	26Aug84
3)	1:42.28	Sammy Koskei	Ken	2	Cologne	26Aug84
4)	1:42.60	Johnny Gray	USA	2	Koblenz	28Aug85
5)	1:42.88	Steve Cram	GBr	1	Zurich	21Aug85
6)	1:43.35	David Mack	USA	3	Koblenz	28Aug85
*7)	1:43.44	Alberto Juantorena	Cub	1	WUG	21Aug77
8)	1:43.45	Rob Druppers	Hol	4	Cologne	28Aug85
9)	1:43.5+	Rick Wohlhuter	USA	1	Eugene	08Jun74
10)	1:43.57	Mike Bolt	Ken	1	ISTAF	W.Berlin
11)	1:43.63	Agberto Guymaraes	Bra	3	Koblenz	29Aug84
12)	1:43.65	Willi Wulbeck	FRG	1	WC	Helsinki
*13)	1:43.7	Marcello Fiasconaro	Ita	1	CSR	Milano
14)	1:43.72	Billy Konchellah	Ken	4	Koblenz	28Aug85
15)	1:43.74	Earl Jones	USA	1	FOT	Los Angeles
16)	1:43.84	Olaf Beyer	GDR	1	EC	Praha
17)	1:43.85	John Kipkurgat	Ken	1	BCG	Christchurch
18)	1:43.86	Ivo Van Damme	Bel	2	OG	Montreal
19)	1:43.88	Donato Sabia	Ita	1		Firenze
20)	1:43.9	Jose Marajo	Fra	1		Saint Maur
21)	1:43.92	John Marshall	USA	3	FOT	Los Angeles
		James Robinson	USA	4	FOT	Los Angeles
23)	1:43.93	William Wuyke	Van	2		Rieti
24)	1:43.98	Peter Elliott	GBr	2		Ostlo

\* - former world record in event  
 ! - winner of race set world record  
 + - 880 tds, tune nubys 0.6  
 12 countries represented in list

**"Eventually I see myself competing in the 5000 meters."**

## SoCal Diary

Continued from page 11:

### November 25.

At the NCAA Div. II Championships at East Stroudsburg, PA., the men from Cal Poly Pomona grabbed 5th place with 154 points while CPSLO was close behind in 7th with 214. On the distaff side, CPSLO continued their dynasty with a 3-7-8-11-12 individual finish and a microscopic team score of 30 ahead of runner-up C/S Northridge with 86.

At Milwaukee at the Division I Champion-

ships, Wisconsin was a double winner taking the mens title 67-104 over Arkansas as well as the womens 58-98 over an Iowa State team which had some team members killed in an airplane crash following the meet. UCLA was 12th in the mens meet and a surprising 6th in the womens meet ahead of Washington State and Oregon as Polly Plummer was 4th individually only 9 seconds out of first.

### December 2.

Its not often when a 10K race upstages a marathon on the same program, but such was the case at San Diego's Holiday Bowl. In the women's 10K, Zola Budd making her first return to SoCal since the Olympics, ran the entire 10K course escorted by San

Diego distance aces Tom Lux and Bill Cleaves in a winning 33:15 as anticipated protests never materialized. In the mens 10K, Thom Hunt of Coronado was leading at the 2-mile mark when the San Diego trolley crossed the course and the leader was made to stop for 20 seconds as 29 followers caught up with Thom. The brief rest seemed just what Steve Scott needed as America's premier miler overtook Thom to win in 29:20.

In the mens marathon, Agapius Masong of Tanzania was the winner in 2:16:58, while Gabriele Anderson-Schiess of Switzerland, best known for her staggering finish in the '84 Olympics, was the women's winner in 2:42:27.







because it is there waiting to be climbed making life all the more worthwhile for a meaningful existence in the quest for excellence and perfection giving all that is in us for reaching and hopefully surpassing our human potential. "The miller lives more in four minutes running his guts out to complete exhaustion than most people live in a lifetime!" said Cerutti.

The golden rule is to simply go out and run as hard as you can for as long as you can stand it pushing yourself to the limits until you collapse reaching the breakdown, then going directly into active rest letting the endorphins adapt the organism to greater stress for running faster times, so put the organism under the required stress long enough running various distances at race pace and, in time, it will gradually adapt to that stress for setting a new world record. Running comes down to who can stand the most stress running the fastest putting one foot and leg in front of the other holding a hard pace for the longest period of time crossing the finish line first winning the race or setting a new world record.

The athlete or runner must not become a mechanical robot, or what Cerutti called a "zombie" locked in the one running movement when all that dynamic energy can be diffused channeling it into five basic movements and three supplemental gaits breaking up the flow, so the person avoids going off into a tangent falling asleep, frozen and hypnotized in his neural patterns entering a self-imposed dream world or 'sterile cocoon' escaping the pain and stress that naturally comes from running hard and fast when breaking through the pain barrier setting new world records. The distance runner uses his racing tactics varying the gaits, pace and tempo dictating the flow of the race.

Cerutti's running style was designed for maximum lung consumption fully filling the upper and lower lobes of the lungs for running with a longer stride bringing about a radical departure from the old running style. The athlete's mind, body and spirit must be freed and emancipated with the breakdown canceling out the old neural patterns, so the athlete will be open to a variety of motions as possible using different muscle groups for a wider range of movements constantly changing the energy levels over the long run. Instead of running the whole time with just one movement, which according to Cerutti is badly done, we need five basic movements breaking up the flow of kinetic energy that is released through exercise via the neural patterns.

"The athletic world is ready and waiting for a new running style that will usher in a new set of world records in all running events," Cerutti said with a gleam of enthusiasm. "The hopelessness of running with locked elbows which restricts proper breathing when the distance runner should raise his shoulders shortening the neck muscles taking off the sixteen pounds of the square inch of the atmospheric pressure, so the oxygen rushes into the lungs entering the bloodstream going to the working muscles, then expelling the carbon dioxide dropping the forearms down to the side, instead of back and forth as most runners do, bringing about a different running

style that is superior to the ordinary running style characteristic of a highly neurotic society."

Running has made some long strides with the running boom and it still has a long way to go for unlocking man's potential. The athletic world is on the cutting edge of making many new discoveries rendering the past training methods obsolete, those once highly regarded as the way to do it for getting to the very top. We simply cannot train athletes with the methods used in the past and expect to achieve world-class results keeping pace with the world's best athletes. There is always a better way to train breaking the existing world records, but we have to adapt to greater stress chartering unknown territory going where no man has gone before, opening new doors closing the old ones behind us never looking back, as the old gives way to the new advancing athletics and sport for future generations.

The world records in all running, track and field events are steadily improving each year and they will continue to improve, as the youth of the world is getting taller, faster and stronger meeting the supreme challenge every four years at the Olympic Games. Coaches and athletes have found success is more wrapped up in the mind and for this reason the athlete's spiritual nature has to be developed along with the person's mental and physical attributes.



Percy Cerutti and Herb Elliott demonstrate the free-form gallop.

The running boom began in 1977 with Jim Fixx's *The Complete Book of Running* and ended at the 1984 Los Angeles Olympic Games when the United States failed to win a gold medal in men's distance running. History will record the Los Angeles Games as a financial success for the Los Angeles Olympic Organizing Committee and a major setback for distance running proving the running boom made significant gains for popularizing jogging setting middle and long-distance running back twenty years. The United States with its thousands of gifted athletes is potentially the greatest

athletic nation, but we still have not mastered the art of coaching distance runners which is more than a science developing the mental, physical and spiritual dimensions as it applies to the total person or athlete, because we have over-intellectualized sport to the point with drugs, commercialization, automation and high-tech creating what Hackenschmidt called an unnatural set of compensations that we no longer rely on pure instinct, that sacred quality for greatness highly valued by Cerutti, Hackenschmidt and Newton, for reaching the ultimates or Everests in athletics and sport.

Most will agree it was a blessing in disguise the Soviets and East Germans did not attend the Los Angeles Olympics. Somewhere along the way the United States got sidetracked by the so-called authorities, a classical case of the blind leading the blind, and it is time to make some radical changes revising the system, starting with the Olympic marathon trials, reversing much what has been done in the past regrouping for the 1988 Olympics in Seoul, Korea, if we expect our distance runners to be a threat in future Olympiads.

Percy Cerutti's Stotan training system is divided into three training periods, what he called the three trials to glory, over the course of the training year and the key is to take one step at a time accomplishing what each one of the three training periods were originally intended bringing the athlete to his full potential for a peak performance by the end of the track season.

The athlete is advised not to take any shortcuts combining the training periods together before the secondary tank is built-in with numerous breakdowns over an average of four years during the Conditioning Period. Once the secondary tank is in fact, the distance runner should combine the Conditioning and Race Practice Periods into nine months of solid intensive training conditioning and practicing for his event gearing for the outdoor track season.

Looking briefly at the three training periods, here is the way they are divided up over the course of the athlete's training year.

The Conditioning Period extends over the first six months of the athlete's training year during cross-country and road racing season and is used primarily for the breakdown phase conditioning a strong secondary tank equal to, or greater than the distance runner's inborn primary tank which is composed of those crucial starting distances.

The Practice Period during the indoor track season in winter is used for programming the proper neural patterns rehearsing the event connecting together the various segments or pieces of the puzzle in their proper order from start to finish according to how they will unfold on the day of competition.

In the Competitional Period during track season, the athlete or distance runner reinforces the secondary tank and sharpens the neural patterns conditioned in the last two training periods by doing mini-workouts

Continued on page 17...



"ironing out" the dead spots or 'bad patches' that disrupt the internal flow peaking for a personal best effort by the end of the summer for international competition.

The training year for any athlete in the world who is using this book as a guide training for the Olympic Games is divided up into three training periods: the Conditioning Period (six months), the Practice Period (three months) and the Competitional Period extends over the last three months of the outdoor track season.

If the athlete lives in the northern hemisphere, he would follow this program:

★ **Conditioning Period (6 months):** high school and college-July through December; World Class-September through February.

★ **Practice Period (3 months):** high school and college-January through March; World Class-March through May.

★ **Competitional Period (3 months):** high school and college-April through June; World Class-June through August.

If the athlete lives in the southern hemisphere, where the seasons are reversed, he would use this format:

★ **Conditioning Period (6 months):** high school and college-April through September; World Class-June through November.

★ **Practice Period (3 months):** high school and college-October through December; World Class-December through February.

★ **Competitional Period (3 months):** high

school and college-January through March; World Class-March through May.

The world-class athlete's training year is extended further into the summer months, because they have more track meets competing in Europe, than the high school or college athlete.

The training schedules presented in this book are based on my neural pattern training system and should only be used as a guide helping the coach and athlete plan a sound training program enabling the person to adapt to stress in his own unique way performing to his full potential.

Percy Cerutti taught the athlete how to control pain and stress releasing the endorphins in the brain inspiring the distance runner to train intensively reaching the breakdown stage, then instinctively backing off going directly into active rest when the endorphins are released into the bloodstream adapting the organism to greater stress loads and pain tolerances for running faster times setting new world records.

The key is mastering the inner self knowing how each person adapts to stress in his or her own special way which is different from anyone else in the world, so put the human organism under the required stress long enough and, in time given the right amount of patience and persistence, it will gradually adapt to stress when the pituitary and endocrine glands release beta endorphins building up immunities to the thing that tried unsuccessfully to defeat it in the first place.

Leading up to serious competition when the athlete gets excited or stimulated by the pure act of running, jumping or throwing, this emotional reaction psyches up the athlete releasing endorphins gearing for the impossible performance that borders on the ultimate or Everest in athletics and sport for setting a new world record. When the pain and stress becomes too unbearable, the athlete compensates when the soul leaves the body producing an "out-of-the-body" experience many feel when they get near the breaking point reaching or surpassing their full optimal potential.

"The coach and athlete has to realize the body is strengthened with a natural diet and training intensively with the breakdown causing endorphins to be released adapting the organism to greater stress for setting new world records," said Cerutti. "The mind is strengthened by building self-confidence becoming independent in your own personality resting entirely in yourself without letting anything weigh you down from reaching, what should be, your full optimal potential. A creative, intelligent mind thrives on variation and change in all things and is destroyed by too much routine and regimentation, as nature hates orthodoxy! I do really seriously think we just have to take another good look at all these athletic techniques of running, jumping and throwing, along with learning how to healthfully survive and the intelligent ones will do so with the objective of athletic supremacy. The world is wide open for what we have to teach setting the future world records, so give me a higher mountain to climb!"

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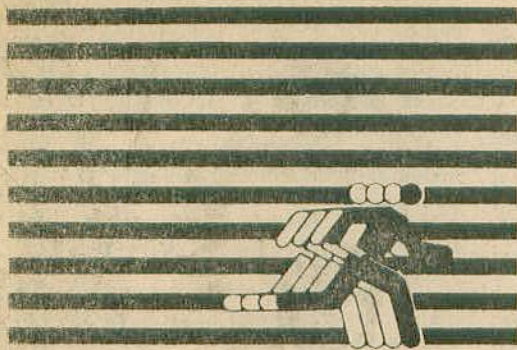


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# 1985 KINNEY CROSS COUNTRY CHAMPIONSHIPS

## Western Regional Meet

December 7, 1985  
5000 Meters

Woodward Park  
Fresno, CA

Fine Flicks by Don Gosney

### ■ GIRLS SEED RACE

#### FIRST TEAM ALL WESTERN USA

1	Laurie Chapman (San Jose/Gunderson HS) Sr.	17:10
2	Melissa Sutton (Newbury Park/New Pk HS) Jr.	17:28
3	Rebecca Chamberlain (San Jose/Leigh HS) Sr.	17:29
4	Bridgit Stirling (Seattle/WA/Roosevelt) Sr.	17:34
5	Tracey Williams (So. El Monte/Mt. View HS) So.	17:46
6	Kira Jorgensen (Vista/Vista HS) Fr.	17:56
7	Laura Chapel (San Diego/University HS) Sr.	17:56
8	Amy Dabul (Temple City/Temple City HS) Sr.	18:02

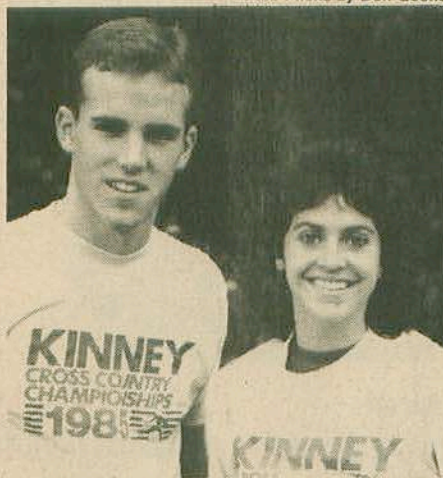
#### SECOND TEAM ALL WESTERN USA

9	Shelley Bessey (Sparks, NV/Reed HS) So.	18:04
10	Buffy Rabbitt (Newport Bch/Newport Harbor) Sr.	18:07
11	Lisa Rizzo (Valencia/Hart HS) Sr.	18:08
12	Darcy Arreola (El Cajon/Grossmont) Sr.	18:09
13	Suzette Basore (Pasadena/Pasadena HS) Jr.	18:09
14	Angela Stearns (San Jose/Silver Creek) Jr.	18:13
15	Ann Kuphaldt (Fair Oaks/Bella Vista HS) So.	18:13
16	Heather Scobie (Saugus/Saugus HS) Fr.	18:14

#### THIRD TEAM ALL WESTERN USA

17	Michele Lewis (Ventura/Buena HS) Jr.	18:14
18	Karen Packham (Meridian, ID/Kuna HS) Sr.	18:14
19	Nina Liahjell (Honolulu, HI/Kaiser HS) Sr.	18:15
20	Stephanie Wessell (Coos Bay, OR/Marshfield) Sr.	18:16
21	Mary Mendoza (San Jose/Presentation HS) Jr.	18:20
22	Katy McCandless (Portola Valley/Castilleja) So.	18:22
23	Cindy Rockwood (Carson City, NV/CC HS) Jr.	18:23
24	Molly Burke (San Anselmo/Marin Catholic) Sr.	18:28

25	Laura Goodwin (Tucson, AZ/Palo Verde HS) Sr.	18:28
26	Shannon Clark (Mt. View/Mt. View HS) Sr.	18:32
27	Christy Farrell (Thousand Oaks/T.O. HS) Jr.	18:33
28	Shaun Sintay (Boise, ID/Borah HS) So.	18:33
29	Mary Kuphaldt (Fair Oaks/Bella Vista) Sr.	18:34
30	Kathy Dalton (Sonoma/Sonoma Valley HS) Jr.	18:40
31	Kerry Panno (Escondido/San Pasqual HS) Sr.	18:42
32	Monica Daley (Los Gatos/Los Gatos HS) Sr.	18:43
33	Maggie Hanson (Newport Bch/Newport Harbor) Sr.	18:45
34	Nikki Toms (Las Vegas, NV/Valley HS) Sr.	18:49
35	Janice Posey (Cameron, AZ/Tuba City HS) Sr.	18:51
36	JoAnn Arnold (Palo Alto/Palo Alto HS) Jr.	18:52
37	Lisa Williams (So. El Monte/Mt. View HS) Jr.	18:54
38	Julie Castello (San Jose/Willow Glen) Sr.	18:55
39	Karen Sahn (Tucson, AZ/Amphitheater HS) Jr.	18:55
40	Nicole Nugent (Del Mar/Torrey Pines) Jr.	18:57
41	Kristy Armstrong (Newbury Park/New Pk HS) Sr.	19:02
42	Michelle Dillon (Fair Oaks/Bella Vista HS) So.	19:05
43	Christy Rigutto (Roseburg, OR/Roseburg HS) Sr.	19:05
44	Shamen Dugger (Coronado/Coronado HS) So.	19:05
45	Laura Jensen (Jerome, ID/Jerome HS) Jr.	19:06
46	Mary Lopez (Madera/Madera HS) So.	19:14
47	Stacey McWhorter (Tucson, AZ/Sunnyside) Sr.	19:14



Kinney Champions: Mark Mastalir and Laurie Chapman.

48	Jeanise Eitsenman (Calistoga/Calistoga HS) Jr.	19:15
49	Kelly Ilnicki (Santa Cruz/Harbor HS) Jr.	19:15
50	Tracy Wright (Irvine/Irvine HS) Sr.	19:18
51	Veli Lehman (El Cerrito/El Cerrito HS) Jr.	19:19
52	Shannon Hanion (Yreka/Yreka Union HS) So.	19:21
53	Debra Binnall (El Cerrito/El Cerrito HS) Jr.	19:21
54	Stacey Wainwright (Merced/Merced HS) Sr.	19:22
55	Megan Reynolds (Beaverton, OR/Beaverton) Sr.	19:22
56	Erin Gilbert (Hon. HI/Hawaii School-Girls) Sr.	19:23
57	Lisa Gonzales (Vadito, NM/Penasco HS) Jr.	19:27
58	Heather Houston (Ridgecrest/Sherman-Bur) Sr.	19:29
59	Jennifer Baker (Porterville/Monache) Sr.	19:31
60	Marie Gillingham (Beaverton, OR/Beaverton) Sr.	19:31
61	Marcia West (Tucson, AZ/Sahuaro) Jr.	19:34
62	Lisa Lechner (El Cajon/Valhalla HS) Jr.	19:34
63	Kimberly Dougherty (Springfield, OR/Thurston) Jr.	19:35
64	Jamie Gunn (Walnut/Walnut HS) So.	19:36
65	Kristi Bache (San Diego/University) So.	19:38
66	Teresa Poy (El Cerrito/El Cerrito HS) Sr.	19:38
67	Amy Reiter (Valencia/Saugus HS) Fr.	19:39
68	Wendy Logsdon (Santa Monica/St. Monicas) Sr.	19:41
69	Sydney Thatcher (Alameda/Encinal HS) Sr.	19:43
70	Deena Adams (San Jose/Gunderson HS) Sr.	19:43
71	Rachel Brennan (Tucson, AZ/Amphitheater) So.	19:45
72	Barbara Barcellona (Grover City/Arroyo Gnd) So.	19:49
73	Monica Jones (Goleta/Dos Pueblos HS) Sr.	19:52
74	Kristin Dunlap (Honolulu, HI/Punahou Acadmy) Jr.	19:53
75	Allison Pinto (Eugene, OR/Churchill) Jr.	19:58

76	Allison Kreutzen (Walnut Creek/Carondelet) Jr.	20:00
77	Lisa Shields (Visalia/Golden West HS) Sr.	20:00
78	Kirstin Larson (Honolulu, HI/Punahou HS) Jr.	20:04
79	Fiona Glen (Honolulu, HI/Moanalua HS) So.	20:04
80	Catherine Payne (Berkeley/Berkeley HS) Jr.	20:05
81	Jennifer Johnson (Orem, UT/Mt. View HS) So.	20:06
82	Becky Bybee (Crem, UT/Lakeridge/Mt. View) Fr.	20:06
83	Shana Price (Orem, UT/Mt. View HS) Fr.	20:09
84	Lisa Quijada (Tucson, AZ/Salpointe Catholic) Jr.	20:10
85	Christine Morgan (Burbank/Bellarmine) Sr.	20:14
86	Andrea Della Monica (Calabasas/Calabasas) So.	20:17
87	Rachel Fisher (Santa Barbara/Dos Pueblos) Sr.	20:18
88	Tonya Russell (Taft/Taft HS) So.	20:21
89	Rebecca Merrill (Monrovia/Monrovia HS) Sr.	20:27
90	Susannah McDougall (Kailua, HI/Kailua HS) Sr.	20:29
91	Franchon Smith (Gallup, NM/Gallup HS) So.	20:29
92	Carolyn Gilbert (Kelso, WA/Kelso HS) Sr.	20:33
93	Karlie Graham (Lompoc/Lompoc HS) Fr.	20:33
98	Nicole Ritchot (Huntington Bch/Edison) Sr.	20:37
95	Jana Jarosz (Oakland/Bishop O'Dowd) Sr.	20:39
96	Dristen Klason (Girsham, OR/Gershman HS) So.	20:39
97	Kristin Peters (San Dimas/San Dimas HS) So.	20:42
98	Krista Rendon (Fremont/Moreau HS) Sr.	20:56
99	Tami Estvold (Beaverton, OR/Beaverton) Jr.	20:57
100	Kelly Homa (Fremont/Moreau HS) Jr.	21:01
101	Ann Elizabeth Tucker (Tucson, AZ/Sahuaro) Sr.	21:04

### ■ BOYS SEED RACE

#### FIRST TEAM ALL WESTERN USA

1	Mark Mastalir (El Dorado Hills/Jesuit HS) Sr.	14:53
2	Mark Dani (El Cajon/Valhalla HS) Sr.	14:55
3	Eric Mastalir (El Dorado Hills/Jesuit) Sr.	14:57
4	Robin Card (Boise, ID/Capitol HS) Sr.	14:59
5	Shannon Butler (Eureka, MT/Lincoln County) Sr.	15:00
6	Daren Stonerock (Saugus/Saugus HS) Sr.	15:01
7	Glenn Morgan (Albuquerque, NM/Del Norte) Sr.	15:07
8	Marc Davis (San Diego/San Diego HS) Jr.	15:08

#### SECOND TEAM ALL WESTERN USA

9	Adam McAboy (Orinda/Mira Monte HS) Sr.	15:09
10	David Naranjo (Sanger/Sanger HS) Sr.	15:13
11	Paul Thomas (Rancho Cordova/Jesuit) Jr.	15:14
12	Mason Myers (Vallejo/Vallejo HS) Jr.	15:15
13	Cameron Mitchell (Grass Valley/Nevada Un) Sr.	15:16
14	Robert Roberts (Citrus Heights/Casa Roble) Jr.	15:17
15	Rob Rene (Pocatello, ID/Highland HS) Sr.	15:20
16	Benjamin Mora (Jemez/Pueblo, NM/Jemez Vly) Sr.	15:21

#### THIRD TEAM ALL WESTERN USA

17	Scott LaForce (Los Gatos/Los Gatos HS) Sr.	15:24
18	Raul Serratos (Sunnymead/Moreno Vly HS) Jr.	15:26
19	Robert Lopes (La Mesa/Monte Vista HS) Jr.	15:27



20	Greg Honig (Citrus Hts/Bella Vista) Sr.	15:29
21	Jason Lienau (Fresno/Clovis HS) Jr.	15:31
22	Matt Messner (Bend, OR/Bend Sr. HS) Jr.	15:32
23	Derek Stordahl (Great Falls, MT/Grt Falls HS) Sr	15:33
24	Daniel Lopez (Sierra Vista, AZ/Buena HS) Sr	15:34
25	Patre Castro (Ramona/Ramona HS) Jr.	15:35
26	Port Haller (Linwood, WA/Linwood HS) Jr	15:38
27	Peterson Chee (Gallup, NM/Gallup HS) Sr.	15:39
28	Virgil Thomas (Gallup, NM/Gallup HS) So.	15:39
29	Richard Erbes (Glendale/Glendale HS) Jr.	15:40
30	Mike Wall (Susanville/Lassen HS) Sr.	15:41
31	Jesse Llanez (Fresno/McLane HS) Sr.	15:43
32	Russell Hill (San Jose/Silver Crk HS) Sr.	15:43
33	Craig Blockhus (Los Altos/Mt. View HS) Sr.	15:44
34	Mark Callon (Saratoga/Bellarmine HS) Sr.	15:44
35	Shawn Noonan (Newark/Moreau HS) Jr.	15:45
36	Lance Nunes (Hayward/Tennyson HS) Jr.	15:46
37	Richard Hirschman (Lomita/Torrance HS) Sr.	15:48
38	Scott Machado (Fremont/Moreau HS) Sr.	15:49
39	Stephen Imlay (Temple City/TempCity HS) Sr.	15:50
40	John Trafecanty (Los Angeles/Cathedral HS) Jr.	15:51
41	Cary Gregorio (Spring Vly/Monte Vista HS) Sr.	15:51
42	Wilbur Seweingyawma (Tuba City, AZ/TCHS) Jr.	15:52
43	Scott Menghini (Kalispell, MT/Fiathead HS) Sr.	15:53
44	Jim Zimmer (Simi Valley/Simi Vly HS) Sr.	15:54
45	Matt Farley (Boise, ID/Bishop Kelly HS) Sr.	15:54
46	Danny Dozal (Naco, AZ/Bisbee HS) Jr.	15:55
47	Brian McInnes (Rancho Cordova/Cordova HS) Jr.	15:55
48	Don Gabriella (Lakeside/El Capitan HS) Sr.	15:56
49	Clark Sandknop (Olivianhain/SanDieguito) Jr	15:56
50	Steve Lopez (San Jose/Silver Crk HS) Jr.	15:57
51	Peterson Long (Mentmore, NM/Gallup HS) So	15:58
52	Johnathan Smith (Orinda/Miramonte HS) Jr.	16:00
53	Brad Barquist (Bellevue, WA/Interlake HS) Sr	16:00
54	Brian McGlumphy (Benson, AZ/Benson HS) Sr.	16:00
55	Carter Brown (Newport Bch/NewpHarb HS) Sr	16:01
56	Garth Ellenburg (Rogue River OR/RRHS) So	16:01
57	Jeff Rachal (Visalia/Golden West HS) Jr	16:02
58	Dennis Hernandez (Fremont/Mission SJ) So	16:03
59	Scott Hempel (Walnut/Walnut HS) Fr.	16:03
60	Neff McGhie (Simi Vly/Simi Vly HS) Sr	16:04
61	Brett Plummer (Boise, ID/Capitol HS) Sr	16:04
62	Duncan Edwards (RanPaiVerdes/RollHills) Sr	16:05
63	Brink Kuchenbrod (Helena, MT/Helena HS) Sr	16:05
64	Michael Kramer (Fairbanks, AK/Lathrop HS) Sr	16:06
65	Mark Lindrud (MissViejo/MVHS) Sr	16:06
66	Joe Cajero, Jr. (Albuquerque, NM/Del Norte) So	16:08
67	Eric Heneghan (Kamuela, HI/Hi Prep Acad) Sr	16:09
68	J. Matthew Sabo (Bend, OR/Bend HS) Jr	16:10
69	Ken McFadden (El Toro/El Toro HS) Sr	16:10
70	Robert Belo (Mission Viejo/MVHS) Sr	16:11
71	Thomas Campbell (Lompoc/Lompoc HS) Jr	16:12
72	Stuart Wiseman (El Cerrito/El Cerr HS) Sr	16:12
73	Chris Pressman (Simi Valley/Simi HS) Sr	16:12
74	Luke Glines (Red Bluff/Red Bluff HS) Sr	16:13
75	Dan Rattary (Canyon Ctry/Canyon HS) Sr	16:13
76	Chris Hamilton (Bend, OR/Bend HS) So	16:14
77	Theodord Brown (Lompoc/Lompoc HS) Sr	16:14
78	Derik Vett (Ventura/Buena HS) Sr	16:15
79	Alex DaSilva (El Cerrito/El Cerr HS) Jr	16:15
80	Jose-Luis Medina (Lost Hills/Wasco) Sr	16:16
81	Anthony John (El Cerrito/El Cerr HS) Sr	16:16
82	Kenneth May (Honolulu, HI/Punahou HS) Sr	16:17
83	Rob Meinhardt (Los Gatos/Bellarmine) Jr	16:17
84	Joseph Madalena (JemelPue., NM/JemelVly) Sr	16:18
85	Darrin Jacobs (Missoula, MT/MissSentHS) Sr	16:19
86	David Garcez (Merced/Merced HS) Sr	16:19
87	Kevin Blazona (Citrus Hts/CasaRobie HS) Jr	16:19
88	David Moore (Orange/Orange HS) Jr	16:20
89	John Mora (Beverly Hills/Bev Hills HS) Jr	16:21
90	Richard Harkless (Clovis/Clovis HS) Jr	16:24
91	Brad Carmen (Anchorage, AK/Diamond HS) Sr	16:26
92	John Brazelton (Santa Barbara/SBHS) Sr	16:26
93	Scott Cole (Oakhurst/Yosemite HS) So	16:27
94	Dan Fisher (Los Gatos/Bellarmine) Sr	16:27
95	Andy Swanson (Boise, ID/Borah HS) Jr	16:27
96	Sterling Atkinson (Riverton, UT/Bingham HS) Sr	16:28
97	Cort Armstrong (Belmont/Carlmont HS) Sr	16:30
98	Eric Sheets (Honolulu, HI/Univ. Lab HS) Sr	16:31
99	Steven Myers (La Habra/La Habra HS) Jr	16:32
100	Carter Yarborough (Spring Vly/MonteVistHS) Jr	16:33



FIRST TEAM GIRLS ALL WESTERN USA: (Front right to left) Laurie Chapman 1st., Melissa Sutton 2nd., Rebecca Chamberlain 3rd., Bridgit Sterling 4th. (Back right to left) Tracey Williams 5th., Kira Jorgensen 6th., Laura Chapel 7th., Amy Dabul 8th.



FIRST TEAM BOYS ALL WESTERN USA: (Front right to left) Mark Mastalir 1st., Mark Dani 2nd., Eric Mastalir 3rd., Robin Card 4th. (Back right to left) Daren Stonerock 6th., Glenn Morgan 7th., Marc Davis 8th. Not pictured: Shannon Butler 5th.

■ FROSH/SOPH BOYS RACE

1	Greg Lamb (Mission Viejo/MV HS) So.	16:09
2	Ian Champeny (Santa Clara/Bellarmine HS) So.	16:12
3	Eric Billmeyer (San Diego/Mt. Carmel HS) So.	16:13
4	Jeff Gilkey (El Monte/Arroyo HS) So.	16:17
5	Brian Rivers (Fremont/Moreau HS) So.	16:19
6	Ramon Perez (Rosemead/Rosemead HS) So.	16:20
7	Chris Flanders (Citrus Heights/CasaRobie HS) Fr.	16:25
8	Frank Celaya (Tucson, AZ/Amphitheater HS) So.	16:29



# KINNEY CROSS COUNTRY CHAMPIONSHIPS

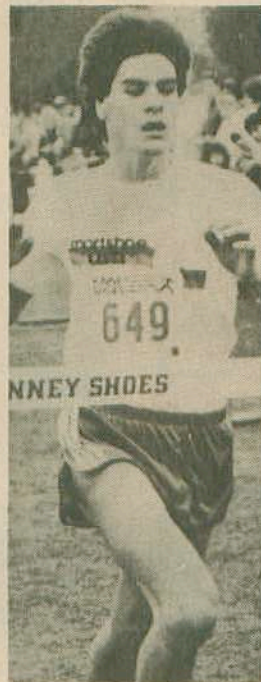
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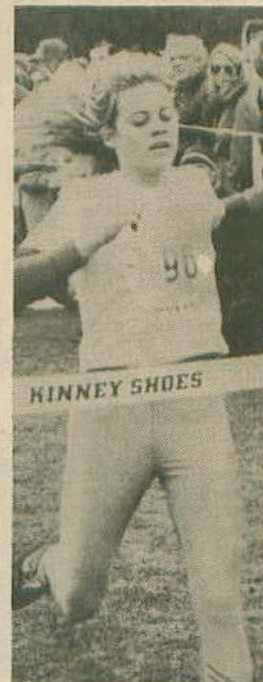
**GREG LAMB**  
Winner Frosh/Soph Boys



**JENA HAGGENMILLER**  
Winner Frosh/Soph Girls



**TIM WINES**  
Winner Junior Boys



**ALCHERA CLEMESHAW**  
Winner Junior/Senior Girls



**ROGER WEBB**  
Winner Senior Boys

9	Rich Zeller (Merced/Merced HS) So.	16:31
10	Emerson Chee (Gallup, NM/Gallup HS) Fr.	16:31
11	Mike Poffenbarger (Lakeside/El Capitan HS) Fr.	16:35
12	Kevin Holbrook (Fair Oaks/Bella Vista HS) So.	16:35
13	Kevin Berko (West Covina/Covina HS) So.	16:36
14	Mark Koepke (Concord/Clayton Vly HS) So.	16:37
15	Jason Heideman (Escondido/Escondido HS) So.	16:38
16	Ramon Lui (Madera/Madera HS) So.	16:41
17	Andy Kashuba (Orangevale/CasaRobie HS) So.	16:41
18	Travis Andrews (Fair Oaks/Del Campo HS) So.	16:44
19	Adam Shanks (West Covina/Covina HS) So.	16:45
20	Gerardo Puentes (El Monte/Arroyo HS) So.	16:45
21	Francis O'Neill (Escondido/San Pasqual HS) Fr.	16:47
22	Coby Polite (Walnut/Walnut HS) So.	16:48
23	Mark Prestwich (Hemet/Hemet HS) So.	16:48
24	Ray Andrade (Tucson, AZ/Desert View HS) So.	16:50

## FROSH/SOPH GIRLS RACE

1	Jena Haggemiller (Thousand Oaks/T.O. HS) So.	19:08
2	Amy Nesbitt (Newbury Park/New Pk HS) Fr.	19:14
3	Sara Herman (Phoenix, AZ/Shadow Mt. HS) Fr.	19:28
4	Mary Dietz (Ventura/Buena HS) So.	19:30
5	Angie Lovell (Thousand Oaks/T.O. HS) Fr.	19:36
6	Tracy Jarman (Phoenix, AZ/Shadow Mt. HS) So.	19:44
7	Rayna Cervantes (Montebello/Montebello HS) Fr.	19:54
8	Mandy Kossoris (Thousand Oaks/T.O. HS) Fr.	20:01
9	Jennifer Dander (Phoenix, AZ/Shadow Mt. HS) Fr.	20:03
10	Beth Price (Belvedere/Redwood HS) So.	20:07
11	Aimee Sucher (Palo Alto/Gunn HS) So.	20:09
12	Kirsten Quigley (Laguna Niguel/Dana Hills HS) So.	20:10
13	Signe Hancock (Carson City/Carson City HS) So.	20:15
14	Darcy Parker (Los Gatos/Los Gatos HS) So.	20:17
15	Marissa dela Torre (Carson City, NV/CC HS) Fr.	20:18
16	Emmaly Thomas (Alamo/Carondelet HS) So.	20:18
17	Katrina Giusac (San Marcos/San Marcos HS) So.	20:23
18	Claudia Neto (San Diego/Point Loma HS) So.	20:24
19	Shawn Loos (Sonora/Sonora HS) Fr.	20:28
20	Kirsten Razenko (Escondido/Escondido HS) Fr.	20:29
21	Alisa DeFranco (Mill Valley/Redwood HS) So.	20:29
22	Dia Rounds (Ventura/Buena HS) So.	20:30
23	Staci Brunton (Martinez/Alhambra HS) So.	20:32
24	Anna Neto (San Diego/Point Loma HS) So.	20:33

## JUNIOR BOYS RACE

1	Tim Wines (Kelso, WA/Kelso HS) Jr.	16:04
2	Bruce Farr (Valley Center/Orange Glen HS) Jr.	16:10
3	Daniel Maas (Santa Fe, NM/Santa Fe Prep Sch) Jr.	16:15
4	Darin Watkins (Torrance/Torrance HS) Jr.	16:16
5	Kevin Fest (Temple City/Arroyo HS) Jr.	16:21
6	Richard Nava (Montebello/Montebello HS) Jr.	16:22
7	Chris Bray (Nevada City/Nevada Union HS) Jr.	16:22
8	John Faulk (Tacoma, WA/Stadium HS) Jr.	16:22
9	Mark Kropf (Madera/Madera HS) Jr.	16:26
10	Kelly Macone (Newbury Park/Newbury Pk HS) Jr.	16:26
11	John Docker (Los Osos/Morro Bay HS) Jr.	16:27
12	Mike Regis (Vista/Vista HS) Jr.	16:28
13	Bret Wickham (Escondido/San Pasqual HS) Jr.	16:29
14	Jose Haro (San Fernando/Alemany HS) Jr.	16:31
15	Enrico Ciotti (Pleasant Hill/College Pk HS) Jr.	16:32
16	Juan Perez (Oxnard/Rio Mesa HS) Jr.	16:33
17	Joey Pollard (Ashland, OR/Ashland HS) Jr.	16:36
18	Joseph Lim (Del Mar/Torrey Pines HS) Jr.	16:38
19	Michael Parrott (Fair Oaks/Jessuit HS) Jr.	16:39
20	John Rogers (Thousand Oaks/T.O. HS) Jr.	16:40
21	Brian Petersen (Citrus Heights/Casa Robles HS) Jr.	16:41
22	Trevor Drummond (La Mesa/Helix HS) Jr.	16:41
23	Gus Teller (Foster City/San Mateo HS) Jr.	16:41
24	Greg Donson (Fresno/McLane HS)	16:42

## JUNIOR/SENIOR GIRLS RACE

1	Alchera Clemshaw (Escondido/San Pasq HS) Sr.	19:12
2	Michelle Lubinsky (San Diego/Point Loma HS) Jr.	19:17
3	Mary Flinchum (Susanville/Lassen HS) Jr.	19:18
4	Eva Calderon (West Covina/So. Mills HS) Sr.	19:19
5	Lara Nesbitt (Newbury Park/Newbury Pk HS) Jr.	19:29
6	Jane Matthews (Phoenix, AZ/Shadow Mt. HS) Jr.	19:30
7	Romney Resney (Newport Bch/Nwprt Har HS) Sr.	19:31
8	Connie McCarty (Ventura/Buena HS) Jr.	19:38
9	Jenny Keever (Lancaster/Paraclete HS) Sr.	19:43
10	Vickie Krasel (Newport Bch/Newport Har HS) Sr.	19:43
11	Ann Grande (Des Moines, WA/Mt. Rainier HS) Jr.	19:48
12	Darci Matheus (Vista/Vista HS) Jr.	19:51
13	Kelli Lewis (S.J. Capistrano/Dana Hills HS) Jr.	19:51
14	Barbara Tiefert (Los Altos Hills/Mt. View HS) Jr.	19:52
15	Laurie Gannon (Escondido/San Pasqual HS) Jr.	19:52
16	Carolyn Durante (Carson City, NV/CC HS) Sr.	19:53
17	Wendy Petersen (Laguna Bch/Laguna Bch HS) Jr.	19:53

18	Tiffany Anderson (Costa Mesa/Newport Har HS) Jr.	20:08
19	Michelle Anderson (Costa Mesa/Newport Har HS) Sr.	20:11
20	Meagan Barnett (Laguna Bch/Laguna Bch HS) Jr.	20:12
21	Stephanie Sampson (Seattle, WA/Mt. Ranier HS) Jr.	20:13
22	Karen Bowyer (Escondido/San Pasqual HS) Jr.	20:14
23	Candice Hansen (Laguna Bch/Laguna Bch HS) Sr.	20:15
24	Lisa Vanderburg (Walnut/Walnut HS) Jr.	20:17

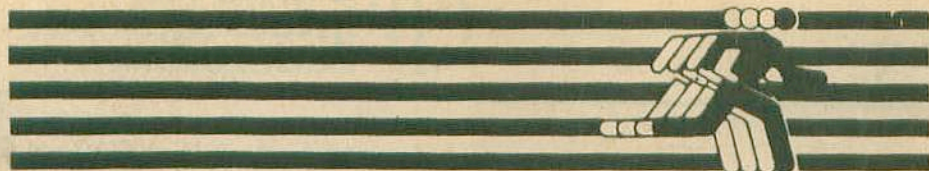
## SENIOR BOYS RACE

1	Roger Webb (Fair Oaks/Bella Vista HS) Sr.	16:09
2	Thomas McKean (Newbury Park/New Pk HS) Sr.	16:18
3	Robert Caporuso (Torrance/Torrance HS) Sr.	16:18
4	Cornell Magdalena (Jemez Pueblo/Jemez HS) Sr.	16:20
5	Darren McIntosh (Montebello/Montebello HS) Sr.	16:23
6	Eric Hartmann (Newark/Moreau HS) Sr.	16:26
7	Eric Ruona (Rancho Palos Verdes/Rolling HS) Sr.	16:27
8	Rick Hormel (Hemet/Hemet HS) Sr.	16:28
9	David Rawlins (La Crescenta/Crescenta HS) Sr.	16:29
10	Steven Fountain (Springfield, OR/Thurston) Sr.	16:30
11	Erich Ackermann (Castro Valley/Moreau HS) Sr.	16:33
12	Michael Rodriguez (Simi Valley/Newbury Pk) Sr.	16:35
13	Mike Ranieri (Boise, ID/Bishop Kelly HS) Sr.	16:35
14	Bryan Wallbank (Chula Vista/Hilltop HS) Sr.	16:36
15	Tom Davis (Monte Lito/Santa Barbara HS) Sr.	16:36
16	Doug Lynch (Newbury Park/Newbury Pk HS) Sr.	16:37
17	Dale Bolen (Racho Palos Verdes/Miraleste) Sr.	16:40
18	Patrick Fisher (La Crescenta/Crescenta HS) Sr.	16:41
19	Mike MacLean (Saugus/Saugus HS) Sr.	16:42
20	Tony Restivo (Daly City/Westmoor HS) Sr.	16:44
21	Ryan Clasen (Seattle, WA/Shorecrest HS) Sr.	16:44
22	Andrew Harrell (Visalia/Mt. Whitney HS) Sr.	16:45
23	Mike Madrigal (Ashland, OR/Ashland HS) Sr.	16:45
24	Kevin Riley (Wasco/Wasco HS) Sr.	16:46

**BOYS STATE TEAM TIMES:** 1. California 74:54; 2. New Mexico 77:44; 3. Idaho 78:44; 4. Montana 78:50; 5. Arizona 80:15; 6. Oregon 80:34.

**GIRLS STATE TEAM TIMES:** 1. California 87:55; 2. Arizona 95:02; 3. Oregon 95:49; 4. Hawaii 97:39.





# 1985 KINNEY CROSS COUNTRY CHAMPIONSHIPS National Meet

December 14, 1985  
5000 Meters

Balboa Park  
San Diego, CA

## ■ GIRLS RACE

- |   |       |
|---|-------|
| 1 Erin Keogh (11) McLean, VA              | 16:43 |
| 2 Suzy Favor (12) Stevens Point, WI       | 17:07 |
| 3 Carol Gray (12) Laporte, IN             | 17:16 |
| 4 Aimee Harms (11) Annandale, VA          | 17:19 |
| 5 Susannah Beck (12) Portland, ME         | 17:20 |
| 6 Melissa Sutton (11) Newbury Park, CA    | 17:20 |
| 7 Kimberly Kaus (11) Forest Lake, MN      | 17:21 |
| 8 Mary Hartzheim (12) Minocqua, WI        | 17:21 |
| 9 Laurie Chapman (12) San Jose, CA        | 17:22 |
| 10 Jodie Bilotta (10) Stanton, NJ         | 17:25 |
| 11 Wendy Neely (11) Burke, VA             | 17:31 |
| 12 Rebecca Chamberlain (12) San Jose, CA  | 17:34 |
| 13 Donna Combs (12) Louisville, KY        | 17:40 |
| 14 Kira Jorgensen (09) Vista, CA          | 17:53 |
| 15 Christine Crowley (12) Wellesley, MA   | 17:54 |
| 16 Denise Bushallow (11) Auburn, NY       | 17:55 |
| 17 Rachel Hosmer (09) Rochester, NY       | 18:00 |
| 18 Julie Dias (12) Lake Milton, OH        | 18:00 |
| 19 Anne Marie Letko (11) Glen Gardner, NJ | 18:01 |
| 20 Denys Adams (12) Okemas, MI            | 18:02 |
| 21 Kristen Salt (11) Dearborn, MI         | 18:07 |
| 22 Kristen Seabury (11) Stoneham, NJ      | 18:08 |
| 23 Tracey Williams (10) El Monte, CA      | 18:09 |
| 24 Brigid Stirling (12) Seattle, WA       | 18:11 |
| 25 Elizabeth Williams (12) Annandale, VA  | 18:11 |
| 26 Grace Labelle (12) Boca Raton, FL      | 18:21 |
| 27 Lee Anne Case (12) Marietta, GA        | 18:29 |
| 28 Laura Chapel (12) San Diego, CA        | 18:37 |
| 29 Amy Dabul (12) Temple City, CA         | 18:44 |
| 30 Jennifer Pohlmann (11) Alexandria, VA  | 18:49 |
| 31 Jeanne Peterson (11) Massapequa, NY    | 18:49 |
| 32 DNFMichelle Scholtz (11) Tulsa, OK     | 19:40 |

## ■ BOYS RACE

- |   |       |
|---|-------|
| 1 Reuben Reina (12) San Antonio, TX       | 14:36 |
| 2 Mark Mastalir (12) El Dorado, CA        | 14:41 |
| 3 Mark Dani (12) El Cajon, CA             | 14:50 |
| 4 Jonathon Hume (12) Lakewood, CO         | 14:51 |
| 5 Robert Henes (12) Cuyahoga, OH          | 14:52 |
| 6 Troy Maddux (12) Long Point, IL         | 14:53 |
| 7 Jon Hatley (12) West Plains, MI         | 14:53 |
| 8 Marc Davis (11) San Diego, CA           | 14:54 |
| 9 Eric Mastalir (12) El Dorado, CA        | 14:56 |
| 10 Glenn Morgan (12) Albuquerque, NM      | 15:03 |
| 11 Eric Henry (11) Woodlands, TX          | 15:03 |
| 12 John Long (12) St. Paul, MI            | 15:04 |
| 13 Bill Crowley (12) Seekonk, MA          | 15:07 |
| 14 Joe Kirby (12) Jefferson, MO           | 15:07 |
| 15 John Trautmann (12) Central Valley, NY | 15:09 |
| 16 Norman Kennedy (12) Claremont, NH      | 15:11 |

- |   |       |
|---|-------|
| 17 Shaun Barnes (12) Woodlands, TX      | 15:12 |
| 18 Robin Card (12) Boise, ID            | 15:16 |
| 19 Daren Stonerock (12) Saugus, CA      | 15:17 |
| 20 Michael Clinebell (12) Boone, NC     | 15:19 |
| 21 Michael Mundy (11) Fortville, IN     | 15:20 |
| 22 Ron Faith (12) Haddowlie, NJ         | 15:22 |
| 23 Kevin Pumphrey (12) Blackwood, NJ    | 15:22 |
| 24 Mitch McCormick (12) Franklin, IL    | 15:26 |
| 25 Andrew Hudson (11) Woodbridge, TX    | 15:30 |
| 26 Robert Whelan (12) Dickson, TX       | 15:33 |
| 27 Kerry Fly (11) Lockport, NY          | 15:46 |
| 28 Bret Cartwright (12) New Ipswich, NH | 15:48 |
| 29 Richard Beaver (12) Jackson City, TN | 15:54 |
| 30 Daniel Ireland (11) Woodbridge, VA   | 16:06 |
| 31 John French (12) Falmouth, MA        | 16:15 |
| DNFShannon Butler (12) Eureka, CA       |       |



MELISSA SUTTON, top Western finisher in the Girls National Championships.

Fine Flicks by Don Gooney



The Western Boys were the national team champions. Pictured at the Western Regional are #24 Mark Mastalir, #1 Shannon Butler, #85 Daren Stonerock, #192 Mark Dani, #61 Mark Davis.



By KEITH CONNING

## MYSTERY RUNNER AT STANFORD INVIT.

On October 7th at the Stanford Invitational a young man, who gave his name as Rivk Huntsman of Palo Alto High School, attracted a lot of attention for his outstanding running. He led at the mile point and was still leading at the finish of the large school race. He finished to the left of the chute. He was allowed to run unattached in the race, because he was not eligible to run officially.

He told authorities at Palo Alto High School that he was 16-years-old and that he had come from a commune in Nevada.

It now turns out that his story was not true. He actually is James Arthur Hogue, a 26-year-old who ran cross country for the University of Wyoming and attempted to run for the University of Texas.

He enrolled in September as Jay Mitchell Huntsman. He was using the name and birthdate of a San Diego child who died as an infant.

It has not been determined why Hogue attempted this scam.

## MASON MYERS

Mason Myers (Vallejo), a junior who won the Stanford Invitational and placed fifth in the Mt. SAC Team Sweepstakes race, was almost left out of the Sacramento sub-section meet due to a technicality.

Myers had been running as an independent all season long, because Vallejo did not field a team. No questions were asked until after Mason won his league meet.

Officials at the meet ruled that since Myers was running unattached, he was not eligible to win any awards, and would not be able to participate in the sub-section race.

Vallejo principal Vernon Gross then asked for and received permission by the league's Board of Managers to allow the Apaches to field a team, despite the Monticello Empire League's September filing deadline date. Gross said that Vallejo would have a team, and that Vallejo teacher Don Krebs would be the temporary coach.

Myers felt thankful that he got the second chance, and said that he didn't think he would disappoint the board for allowing him to race.

Myers placed fourth in the sub-section behind the Mastalir brothers and Paul Thomas of Jesuit.

## HAWTHORNE HIGH & TEXAS RELAYS

Kye Courtney, the coach of Hawthorne High School writes: "Our girls team is favored to win the California State Championship for the first time. As a prelude to the State Meet our girls have been invited to compete at the Texas Relays. It will be the first time high school girls have ever competed in this prestigious meet and we have been invited to inaugurate the girl's portion. I'm sure if it is a success, and it will be with Hawthorne there, they will allow the girls to remain in the meet for years to come."

"We have four returning All-Americans and we will be running for our lives. Several teams, Smiley and Sterling High Schools from Houston, have let it be known that we aren't welcome, and that they are going to kick our butts. This re-

mains to be seen on meet day when our young ladies hit the track.

"Needless to say, it is an expensive proposition to cover the costs for air travel, housing and food for 3½ days for 15 athletes. I have estimated the entire cost will be \$5,000. The students themselves have already raised \$1000 and will continue to raise monies until the departure date (April 3, 1986).

"Our young ladies are determined to get to Texas and give those Texas girls a real old fashioned 'whoopin' like our boys did last year. Please reach down and help us out. We need your financial assistance.

Send all monies to Kye Courtney and the school: 4859 West El Segundo Blvd., Hawthorne, CA 90250.

## NORTHERN SECTION

Susanville, November 2—Mike Wall (Lassen, Susanville), a 4.0 student with track bests of 9:15.1 (3200) and 14:59.7 (5000), defeated Tom Estes (Lassen) by 14 seconds—16:25 to 16:39. Luke Glines (Red Bluff) placed third in 16:56.

The Lassen boys team composed of Wall, Estes, Kevin Munoz (4th 16:58), Lance Rankin (6th 17:22), and Eric Chandler (10th 17:49) won the boys' team title with 21 points. "It was a great day for our kids under 65—clear skies," said Bob Wall, coach of Lassen.

Jenny Peterson (Central Valley) defeated Jenny Rice (Yreka) by 12 seconds—20:41 to 20:53. Christy Oliviera (West Valley) was third in 20:55. Denise

said to Mary Ellen Driscoll of the Fresno Bee. "I wanted to win the valley. That was a goal I set before the season started."

"Last night, I had a nightmare," he said. "I saw David (Naranjo) and Jason (Lienau) winning the race and I was nowhere in sight. I woke up at 4 o'clock and, then, I couldn't concentrate in school. I wanted to concentrate on the race and leave everything else alone."

"I didn't do much running at all over the summer," said David Naranjo to Driscoll. "I needed a break; I had gone three years with no break. I think that's one of the reasons Jesse has become a really good runner, because he did the work during the summer."

"This year, my goal was to win the Kinney Western meet, but that's no excuse for losing. The other guys are good runners and I can't take anything away from them."

Wasco beat Madera 78 to 79 to win the boys title. The first four runners for Wasco were: Medina, a senior, junior Juan Ramirez (14th 15:33), senior Kevin Riley (19th 15:44), and sophomore Richard Duran (21st 15:48).

Sophomore Mary Lopez (Madera) defeated senior Jennifer Baker (Monache) by 22 seconds—17:53 to 18:15. Sophomore Natalie Mendoza (Hanford) was third in 18:32. "I was cautious about the other runners, Lopez said to Driscoll. "My coach told me that everybody wanted to go after me, it could be anybody. At the end, I looked back to make sure nobody passed me in the final sprint."

Clovis West won the girls' team title with 61 points. The Clovis West team was led by junior Stephanie Wagoner (4th 18:34), junior Chrystal Wells (11th 19:05), sophomore Kim Vogel (24th), junior Linda Van Waganen (26th), and Sheri Loeb (27th).

## CENTRAL COAST SECTION

Crystal Springs, Belmont, November 26—Laurie Chapman (Gunderson, San Jose), the CCS 3200 meter champion defeated defending champion senior Rebecca Chamberlain (Leigh, San Jose), the State Meet 3200 meter champion, by 16 seconds—16:43.6 to 17:00. Chapman's time was the fastest CCS time ever on the course. Only Ellen Lyons of Boise, Idaho has run faster. Lyons won the 1979 Kinney Western Regional in 16:30.6. Sophomore Katie McCandless (Castilleja, Palo Alto) was third in 17:29.

"I knew I had a real good chance," Chapman said to Jon Baker of the *San Jose Mercury*. "My mom always gets nervous, and I get nervous from her. My stomach hurt."

"Laurie is just a great runner," McCandless said to Fran Errota of the *Times Tribune*. "She went out real fast and it seemed after the first mile I lost sight of her." Chapman came by the mile in 5:21.3.

Los Gatos won its third straight girls' team title with 60 points. The team was composed of senior Monica Daley (7th 18:06), freshman Sara Hartman (15th 18:47), sophomore Darcy Parker (24th 19:23), freshman Stephenie Hartman (27th 19:30) and senior Ann Wimmer (31st 19:37). Their team time was 1:35:23.1. "We did great," coach Willie Harmatz of Los Gatos said to Baker. The Los Gatos team broke the CCS team time record of 1:35:59 the Wildcats set in the region meet.



Left to Right: Adam McAboy (Miramonte), Chris Hoepker (Encinal), Robert Roberts (Casa Roble), Mason Myers (Vallejo).

## SEAN COLLINS

Sean Collins (Los Gatos) called to report that he placed second in the AAU Junior Olympics decathlon last summer. He scored 6860. Senior Tim Blum from Louisiana was the national champion with 7196. Collins' marks were as follows: 100m 11.6, LJ 20-4, SP 43-10¼, HJ 6-4, 110m HH 15.7, DT 139-6, PV 13-9¼, JT 160-4, and 1500m 4:52. Collins, who is now a senior, has bests of 8-8 in the high jump, 15-2 in the pole vault, 14.8 in the high hurdles and 150 feet in the discus.

The reason this performance was not reported earlier is that we never received the AAU results. If you compete in a meet that is not reported in the magazine, please send the results to Keith Conning, 2235 Browning St., Berkeley, CA 94702.

Wall (Lassen), Mike's sister, placed fourth in 21:06.

The Yreka girls' team composed of Rice, Darbi Zedicker (6th 21:08), Shannon Hanlon (9th 21:27), Kris Cowan (11th 21:56), and Becca Franklin (30th 23:17) won the girls' team title with 52 points.

## CENTRAL SECTION

Woodward Park, Fresno, November 22—Jesse Llanes (McLane, Fresno) defeated Jason Lienau (Clovis) by 15 seconds—14:47 to 15:02. Jose Medina (Wasco) was third in 15:06. David Naranjo (Sanger), the defending champion, placed fifth in 15:11.

Llanes arrived at the course just 10 minutes before race time. "After that, I knew I had to concentrate to win." Llanes



## Prep Notes

"We just kept our program through the season, and we have four girls that are real young," Harmatz said. "I think it's easy for us to improve."

Senior Scott LaForce (Los Gatos) defeated senior Mark Callon (Bellarmine, San Jose) by 31 seconds—14:53.7 to 15:15. Senior Cort Armstrong placed third in 15:21.

"LaForce opened up a big gap the second mile and I decided to run for second," said Callon to Errota. "I was not up to par physically, but I don't mean that as an excuse. LaForce just ran an outstanding race and deserved to win."

"I didn't run a good time," said Callon to Baker. "I beat LaForce once this season, and he's beaten me. I knew that I was hard-pressed to beat him when I'm healthy. It would be ridiculous to think that I could when I was sick."

Bellarmine's boys won their second CCS title in a row with 40 points. The team was composed of senior Callon, sophomore Torre Pena (5th 15:22), sophomore Ian Champeny (9th 15:30), senior Dan Fisher (12th 15:36), and junior Rob Meinhardt (22nd 15:53). Their team time was 1:17:36.2.

"This team showed what we mean by a team effort," said Bellarmine coach Terry Ward to Errota.

## NORTH COAST SEC. MEET OF CHAMPIONS

Hayward High School, November 23—Chris Hoepker (Encinal, Alameda) and Adam McAboy (Miramonte, Orinda) staged a great two-man race over the relatively flat three-mile course. Hoepker covered the first mile in 4:35, but didn't move away from McAboy until the last hill. Hoepker edged McAboy by 4.1 seconds—14:50.8 to 14:54.9.

The top six finishers not on one of the three top teams advance to the CIF Northern California Championships. The other individual qualifiers were: junior Lance Nunes (Tennyson, Hayward) 15:22.0, Paul Cummings (Montgomery, Santa Rosa) 15:26.4, Jonathan Smith (Miramonte) 15:32.6, and Canadian Andrew Huggins (Redwood, Larkspur) 15:36.1.

Scott Machado, who led Moreau of Hayward to the team title, hurt his foot going from grass to pavement in the first 600 yards of the race. "I hurt it coming down the ramp leading down to the track," said Machado to Steve Herendeen of the *Daily Review*. "It throbbed the whole race. It's too bad, because I was hoping to finish in the top three, but I'm hoping to do better next week."

Moreau defended its boys' title with 71 points. Acalanes (Lafayette) placed second with 95 and Clayton Valley (Concord) was third with 106. "This was our goal at the beginning of the year," said Moreau coach Phil Wilder to Herendeen. "At the start, we called this year, 'The Road to Rocklin.' After last year's finish, the team just wanted to get back and see about improving that finish." Besides Machado, the Moreau team was composed of junior Shawn Noonan 10th in 15:38.9, sophomore Brian Rivers 11th in 15:40.6, Eric Hartmann 32nd in 16:14.2, and Erich Ackerman 35th in 16:16.1.

Molly Burke (Marin Catholic, Kentfield) defeated Kristen Hansen (Monte Vista, Danville) by 9.1 seconds—18:03.9 to 18:13.0. "That's what I wanted...to lead from the beginning and control things," said Burke, a senior. "I like this course and I felt pretty good the whole way."

"I feel good about finishing second," said Hansen. "I'm disappointed I didn't win. I thought I had a good chance and I do expect to win every time I run. But I guess there's always next week. Mainly I was trying to concentrate on Kathy

(Dalton, Sonoma, third in 18:18.8). I just wanted to keep her behind me."

Sydney Thatcher (Encinal) 4th in 18:34.2, Jeanise Eisenman (Calistoga) 5th in 18:38.2, and Stacie Minnig (Amador Valley) 6th in 18:42.7 were the other individual qualifiers to Rocklin.

"I thought I could make it to the next meet, but I'm really surprised that I finished sixth," said Minnig. "The grassy area was tough to run on but I knew I had to be among the top six if I wanted to go on, so I stayed with those runners."

Acalanes (Lafayette), coached by Dan Brown, won the girls' title with 102 points. Their team was composed of Carolyn Crawford 13th in 19:17.8, Maria Ravazza 17th in 19:22.1, Kathy Maxwell 20th in 19:26.7, Karen Klier 34th in 19:54.7, and Katie Ryan 60th in 20:42.4. Carondelet (Concord) placed second with 114. There was a tie for third between Mission San Jose (Fremont) and El Cerrito with 153 points. In high school cross country, ties are broken by the better sixth place runner. The Warriors of Mission get to go on because Teresa Chase finished 76th in 21:17.3, while El Cerrito's sixth runner, Erin Wiseman, was 110th in 25:12.7. Incidentally, Erin's brother Stuart just missed a trip by 2.1 seconds with his 9th place finish. El Cerrito, who was the 3A champion, placed three runners in the top ten, but their fourth runner failed to finish.

## Cross Country Notes

by Doug Speck

The natural question that comes with the successes of the Jesuit of Sacramento team this season is where do they rank all-time among California squads. In doing a little thinking and researching it appears they are right up there among the top couple who have ever stepped on a course in the Golden State. Lompoc High School, with an amazing group in the early 1970's, might be the only one that could be considered better. Led by the very tough Terry Williams, the 1972 Lompoc group raced to a still standing National 5-man 10-mile relay record of 46:20.9 on

the Track in mid-October of the season. Williams led with 8:58.4, Alvin Gilmore clocked 9:15, Jim Schankel 9:17, Jim Warrick (current Lompoc Coach) 9:20, Tony Nunez 9:29, and sixth man Jim Galbraith clocked 9:37. Pretty awesome for the middle of the Cross Country season. That same squad dominated the Team Sweepstakes Race in the Mt. SAC Invitational, scoring 33 points and having a team time that was a minute and a half ahead of anyone else during the day (this was in the days of two mile courses). The Lompoc athletes took 6 of the top 11 places in the Sweepstakes run and had 6 of the top 19 times from the entire day at Mt. SAC in 1972. In the Section Prelims the Lompoc squad scored 24 points, and in the Section 4A Finals they placed 1-5-6-8-10 in scoring 26 (individuals displaced) points to defeat the State's largest Section's Large School divisions finalists all by themselves. There were a few good bodies running around in that 4A division—Curtis Beck, Ralph Serna, and Barry Williams to name a few. They used to call Lompoc "the magnificent seven" and I think one can figure out why they were collared with that monicker.

## California Top Ten Teams Prep Cross Country

by Doug Speck & Steve Fagundes

### Women

- Palos Verdes
  - Vista
  - Los Gatos
  - Thousand Oaks
  - Newport Harbor
  - Newbury Park
  - Bella Vista (Fair Oaks)
  - Leland (San Jose)
  - Westlake (Westlake Village)
  - Arroyo Grande
- Honorable Mention: (Alphabetical)**  
Acalanes (Lafayette), Buena (Ventura), Canyon (Anaheim), Carondelet (Concord), Dos Pueblos (Goleta), Edison (Huntington Beach), Esperanza (Anaheim), Hesperia, Lassen (Susanville), Mira Mesa (San Diego), Mountain View, San Pasqual (Escondido), Saugus, University (L.A.), Yreka.

Palos Verdes peaked superbly to take the Southern Section 4A title with 95.44 at Mt. SAC, the race that counted for four of the top six rated teams. Vista was the best at SAC in the invite with 97.29 in late October—they scored 38 points in the San Diego 2A Section meet without 5:01 1600m star Robin Eager. Los Gatos was the Northern California champion with 96.21 at Rocklin in the mud. Thousand Oaks, Newport Harbor, and Newbury Park are ranked off their placings in the Southern Section 4A Finals, where they turned in 95.24, 95.45, and 95.47 times, respectively at Mt. SAC. Bella Vista was 96.37 at Rocklin in the Northern Cal Meet, with Leland at 98.18. Westlake was a very solid squad, racing 97.43 at Mt. SAC for 5th in the Southern Section 4A. Arroyo Grande rounds out the top ten off a second in the Mt. SAC invite, behind Vista, and a Southern Section 3A title at 98.17 at SAC.

### Men

- Jesuit (Sacramento)
  - Saugus
  - Bellarmine (San Jose)
  - Moreau (Hayward)
  - Lassen
  - Simi Valley
  - Villa Park
  - Acalanes (Lafayette)
  - Mission Viejo
  - Clovis
- Honorable Mention: (Alphabetical)** Arroyo (El Monte), Belmont (L.A.), Buena Park, Casa Roble (Orangevale), Clayton Valley, El Capitan (Lakeside), Hart (Newhall), Homestead (Cupertino), La Habra, Los Gatos, Loyola (L.A.), Madera, Torrance, Vista.

Jesuit had problems right at the end of the season, but All-Time Course Records at Crystal Springs, Rocklin, and Mt. SAC during the season showed they are among the best in the state's history. Saugus was only a point behind Jesuit at the Mt. SAC invite, and recorded the Southern Section All-Time best clocking of 78:36 in the Section 3A Finals there. Bellarmine did emerge as Northern Cal champion, and was chased closely by Moreau and Lassen. Simi Valley was the Southern Section 4A winner over Villa Park. Acalanes (Lafayette) and Clovis were split by Mission Viejo for the final three spots.

### Girls Individuals

- |    |                                   |       |
|----|-----------------------------------|-------|
| 1  | Stephanie Barrett (Pleasantville) | 20:57 |
| 2  | Denise Wall (Lassen)              | 21:07 |
| 3  | Darbi Zedicker (Yreka)            | 21:25 |
| 4  | Mary Flinchum (Lassen)            | 21:32 |
| 5  | Becky Collens (West Valley)       | 21:39 |
| 6  | Jenny Rice (Yreka)                | 21:40 |
| 7  | Mindy Olson (Red Bluff)           | 21:41 |
| 8  | Cynthia Carlson (Chico)           | 21:47 |
| 9  | Darcy Bevins (Lassen)             | 21:48 |
| 10 | Princess Palacios (Wooster)       | 21:48 |

### Maria Duncan Classic

#### Beals Point, Oct. 12—

- Large Sch. Boys 12th Grade Teams**
- |   |                         |    |
|---|-------------------------|----|
| 1 | Casa Roble (Orangevale) | 23 |
| 2 | El Dorado (Placerville) | 33 |
| 3 | Carson City (Nevada)    | 72 |

- Large Sch. Boys 12th Grade Individuals**
- |   |                      |       |
|---|----------------------|-------|
| 1 | Roberts (Casa Roble) | 15:49 |
| 2 | Mulligan (El Dorado) | 16:31 |
| 3 | Nickel (El Dorado)   | 16:36 |

#### Large Sch. Girls Teams

- |   |             |    |
|---|-------------|----|
| 1 | Carson City | 25 |
| 2 | El Dorado   | 43 |
| 3 | Casa Roble  | 55 |

#### Large Sch. Girls Individuals

- |   |                        |       |
|---|------------------------|-------|
| 1 | Rickwood (Carson City) | 18:54 |
| 2 | Brown (Johnson)        | 20:10 |
| 3 | Bunnell (Placer)       | 20:19 |

#### Small Sch. Boys 12th Grade Teams

- |   |                            |    |
|---|----------------------------|----|
| 1 | Christian Brothers (Sacto) | 27 |
| 2 | South Tahoe                | 35 |
| 3 | Vanden (Travis AFB)        | 73 |

continued on next page...

# Prep Invitationals

## Northern California

By Keith Conning

### Ram Invitational

Westmoor HS, Daly City, Sept. 28—  
Boys Teams

- |   |                       |    |
|---|-----------------------|----|
| 1 | El Cerrito            | 43 |
| 2 | Homestead (Cupertino) | 51 |

#### Boys Individuals

- |    |                               |       |
|----|-------------------------------|-------|
| 1  | Russell Hill (Silver Ck)      | 12:23 |
| 2  | Alex DaSilva (El Cerrito)     | 12:38 |
| 3  | Chris Burger (Berkeley)       | 12:39 |
| 4  | Anthony John (El Cerrito)     | 12:45 |
| 5  | Kevin Riordan (St. Ignatius)  | 12:45 |
| 6  | Stuart Wiseman (El Cerrito)   | 12:46 |
| 7  | Chris True (Homestead)        | 12:49 |
| 8  | Masahiro Takayama (Homestead) | 12:58 |
| 9  | Dave Tigert (Terra Nova)      | 12:59 |
| 10 | Jordan Carroll (Monte Vista)  | 13:01 |

#### Girls Teams

- |   |                         |    |
|---|-------------------------|----|
| 1 | El Cerrito              | 34 |
| 2 | Half Moon Bay           | 44 |
| 3 | Independence (San Jose) | 81 |
| 4 | Castro Valley           | 90 |

#### Girls Individuals

- |   |                            |       |
|---|----------------------------|-------|
| 1 | Angela Stearns (Silver Ck) | 15:04 |
|---|----------------------------|-------|

- |    |                               |       |
|----|-------------------------------|-------|
| 2  | Debra Binnall (El Cerrito)    | 15:24 |
| 3  | Teresa Poy (El Cerrito)       | 15:33 |
| 4  | Catherine Payne (Berkeley)    | 15:37 |
| 5  | Vell Lehman (El Cerrito)      | 15:47 |
| 6  | Marisa Gardella (El Cerrito)  | 15:48 |
| 7  | Susie Faigle (Half Moon Bay)  | 15:50 |
| 8  | Patty Pender (Westmoor)       | 16:02 |
| 9  | Jenny Hampton (Half Moon Bay) | 16:10 |
| 10 | Chelsea Hernandez (Lowell)    | 16:13 |

### Lassen Invitational

Susanville, Oct. 12—

#### Boys Individuals

- |    |                           |       |
|----|---------------------------|-------|
| 1  | Mike Wall (Lassen)        | 16:39 |
| 2  | Tom Estes (Lassen)        | 16:54 |
| 3  | Kevin Munoz (Lassen)      | 17:11 |
| 4  | Lance Rankin (Lassen)     | 17:25 |
| 5  | John Perry (McQueen)      | 17:36 |
| 6  | Coulter Rose (Quincy)     | 17:50 |
| 7  | Jason Sailer (Enterprise) | 17:53 |
| 8  | Mike Perez (Lassen)       | 18:01 |
| 9  | Tom Hilzer (Chico)        | 18:02 |
| 10 | Jeff Vandemate (Chico)    | 18:19 |



# Prep Notes

## Small Sch. Boys 12th Grade Individuals

1 Ayers (Christian Brothers)	16:27
2 Hay (Patterson)	17:11
3 Brown (Christian Brothers)	17:35

## Small Sch. Boys 11th Grade Individuals

1 Kingsley (Folsom)	16:34
---------------------	-------

## Center Meet

### Crystal Springs, Belmont, Oct. 17—

<b>Boys Teams</b>	
1 Gilroy (82:25)	60
2 St. Ignatius (84:04)	112
3 Mills (84:34)	135
4 Carlmont (83:46)	145
5 Los Altos (84:59)	150
6 Monta Vista (85:02)	171
7 Mountain View (86:07)	193
8 Woodside (85:51)	201
9 Harbor (86:40)	201
10 James Lick (86:16)	217

<b>Boys Individual</b>	
1 Armstrong (Carlmont)	15:02
2 Reed (Gilroy)	15:53
3 Ja. Carroll (Monta Vista)	15:54
4 Fuller (Lowell)	16:00
5 Jo. Carroll (Monta Vista)	16:03
6 Bullock (Menlo-Atherton)	16:06
7 Bullock (Harbor)	16:08
8 Orozco (Gilroy)	16:09
9 Cox (Woodside)	16:11
10 Catalet (Los Altos)	16:11
11 Fitzgerald (St. Ignatius)	16:18
12 Amendt (Lick)	16:22
13 Dankworth (Mills)	16:24
14 Tanner (Hillsdale)	16:32
15 Lindstrom (St. Ignatius)	16:35

<b>Girls Teams</b>	
1 St. Francis (103:09)	54
2 Gilroy (107:14)	124
3 Mountain View (107:43)	136
4 Palo Alto (108:29)	143
5 Lowell (109:03)	144
6 San Mateo (108:51)	147
7 Mills (112:01)	191
8 Carlmont (117:58)	225
9 Capuchino (114:55)	231
10 Hillsdale (116:33)	248

<b>Girls Individuals</b>	
1 Inicki (Harbor)	18:21
2 Andeen (Menlo-Atherton)	18:36
3 Skillman (Gilroy)	19:32
4 Viall (Hillsdale)	19:41
5 Anderson (Capuchino)	19:52
6 Mahaffey (Carlmont)	20:01
7 Hernandez (Lowell)	20:17
8 Clark (St. Francis)	20:21
9 Wydeven (St. Francis)	20:27
10 Mack (St. Francis)	20:28
11 Brown (Milpitas)	20:30
12 Giacomino (Carlmont)	20:35
13 Coll (Lowell)	20:36
14 Horstmeier (Menlo-Atherton)	20:38
15 Paaso (Los Altos)	20:41

## Mariner Invitational

### Garin Park, Hayward, Oct. 19—

<b>Large Sch. Boys Teams</b>	
1 Moreau (Hayward) (80:49)	47
2 Montgomery (Santa Rosa) (82:50)	97
3 El Cerrito (82:30)	99
4 Miramonte (Orinda) (83:15)	110
5 Serra (San Mateo) (85:37)	141
6 Logan (Union City) (84:57)	159
7 Berkeley (86:28)	215
8 Amador Valley (Pleasanton) (87:02)	217
9 Granada (Livermore)	254
10 Northgate (Walnut Creek)	260
11 Livermore	267
12 Castro Valley	268
13 Santa Rosa	278
14 American (Fremont)	366

<b>Small Sch. Boys Teams</b>	
1 Adam McAboy (Miramonte)	15:22
2 Jonathan Smith (Miramonte)	15:38
3 Scott Machado (Moreau)	15:41
4 Shawn Noonan (Moreau)	15:45

5 Aaron Cuthbertson (Piedmont)	15:46
6 Anthony John (El Cerrito)	15:51
7 Paul Cummings (Montgomery)	15:53
8 Jon Basinger (Grandd)	15:54
9 Alex Da Silva (El Cerrito)	16:03
10 Andrew Huggins (Redwood)	16:04
11 Chris Burger (Berkeley)	16:06
12 Brian Rivers (Moreau)	16:17
13 Steve Turnipsee (El Cerrito)	16:23
14 Kevin Smith (Montgomery)	16:24
15 Erich Ackermann (Moreau)	16:26
16 Rich Rowland (Amador Vly)	16:31
17 Mark Harris (Miramonte)	16:32
18 Parker Kelly (Serra)	16:38
19 Eric Hartmann (Moreau)	16:39
20 Sean O'Leary (Santa Rosa)	16:41
21 Marc Keyser (Serra)	16:42
22 Mike Tapia (American)	16:44
23 Rob Ward (Amador Vly)	16:44
24 Randall Watkins (Montgomery)	16:45
25 Derek Powell (Montgomery)	16:46

<b>Small Sch. Boys Teams</b>	
1 Las Lomas (Walnut Crk) (86:21)	70
2 Corcoran (86:52)	74
3 Albany	80
4 Encinal (Alameda)	92
5 Piner (Santa Rosa)	92
6 Foothill (Pleasant)	100
7 Pacific Grove	128

<b>Small Sch. Boys Individuals</b>	
1 Lance Nunes (Tennyson)	15:56
2 Keith Videtto (Foothill)	16:10
3 Scott Hamilton (Half Moon Bay)	16:14
4 Jim McManus (College Prep)	16:17
5 Davin Markham (Terra Linda)	16:18
6 Mike Stone (Las Lomas)	16:19
7 Ken Fung (Albany)	16:32
8 Dave Andreason (Las Lomas)	16:37
9 Kevin Hallam (Encinal)	16:42
10 Troy Swezey (Burbank)	16:47

<b>Large Sch. Girls Teams</b>	
1 Reed (Sparks, NV)	53
2 Carondelet (Concord)	103
3 Mission San Jose (Fremont)	124
4 El Cerrito	124
5 Santa Rosa	153
6 Montgomery (Santa Rosa)	154
7 Amador Valley (Pleasanton)	159
8 Logan (Union City)	230
9 American (Fremont)	230
10 Livermore	236
11 Castro Valley	276

Northgate (Walnut Creek) incomplete, Washington (Fremont) incomplete.

## Large Sch. Girls Individuals

1 Shelly Bessey (Reed)	18:36
2 Linda Walsh (Reed)	19:02
3 Tina Lopez (Reed)	19:04
4 Stacey Minnig (Amador Vly)	19:08
5 Teresa Poy (El Cerrito)	19:11
6 Kathi Force (Santa Rosa)	19:36
7 Veli Lehman (El Cerrito)	19:45
8 Catherine Payne (Berkeley)	19:58
9 Chris Ferguson (Montgomery)	20:05
10 Peewee Leasum (Montgomery)	20:06
11 Jeanene Manasewitsch (Nogate)	20:10
12 Allison Kreutzen (Carondelet)	20:16
13 Tammy Foley (Mission San Jose)	20:18
14 Emily Thomas (Carondelet)	20:22
15 Debra Binnall (El Cerrito)	20:27
16 Kim Lawler (Mission San Jose)	20:40
17 DeeLyn Beardall (Santa Rosa)	20:44
18 Tricia Uhart (Reed)	20:46
19 Wendy Behrend (Carondelet)	20:47
20 Chinh Ngo (Logan)	20:49

<b>Small Sch. Girls Teams</b>	
1 Miramonte (Orinda)	50
2 Half Moon Bay	53
3 Encinal (Alameda)	72
4 Moreau (Hayward)	75
5 Corcoran	125

<b>Small Sch. Girls Individuals</b>	
1 Molly Burke (Marin Catholic)	18:43
2 Sydney Thatcher (Encinal)	19:02
3 Elena Spight (Miramonte)	19:14

4 Jeanise Eisenman (Calistoga)	19:27
5 Kelly Homa (Moreau)	19:57
6 Jana Jarosz (Bishop O'Dowd)	20:00
7 Suzy Noe (Piedmont)	20:01
8 Julie Thatcher (Encinal)	20:11
9 Les King (Half Moon Bay)	20:30
10 Carrie O'Conner (Moreau)	20:40
11 Jenny Merrithew (Burbank)	20:43
12 Amy Clemens (Half Moon Bay)	20:48

## St. Francis-Foothill Invitational

### Foothill College, Oct. 19—

<b>Boys Seniors Teams</b>	
1 Leigh	26
2 Gunn	52
3 Mitty	59
4 Palo Alto	72
5 St. Francis	108

<b>Boys Seniors Individuals</b>	
1 True (Homestead)	15:44
2 Rivera (Willow Glen)	15:53
3 Headrick (Gunderson)	16:06
4 Jones (Leigh)	16:06
5 Blockhus (Mt. View)	16:09
6 Bergkamp (Leigh)	16:15
7 Domingue (Leigh)	16:24
8 Gokel (Gunn)	16:32
9 Downs (Leigh)	16:42
10 Mariowe (Saratoga)	16:47

<b>Boys Juniors Individuals</b>	
1 Takayama (Homestead)	16:10
2 Phillips (Santa Teresa)	16:25
3 Pietrowicz (Lynbrook)	16:36
4 Wolcott (Los Altos)	16:41

<b>Boys Sophomores Individuals</b>	
1 Amendt (Lick)	16:13
2 Graff (Homestead)	16:31
3 Stavolone (Mitty)	16:38

## Girls Seniors-Juniors Teams

<b>Girls Senior-Juniors Individuals</b>	
1 Chapman (Gunderson)	17:16
2 Adams (Gunderson)	19:20
3 Snakeaur (Leigh)	19:41
4 Deidre (Mitty)	20:03
5 Pickering (Gunn)	20:06
6 Clark (St. Francis)	20:10
7 Wydeven (St. Francis)	20:17
8 Paasco (Los Altos)	20:30
9 Membrano (Lynbrook)	20:34
10 Downnes (Mitty)	20:42

<b>Girls Soph-Fresh Individuals</b>	
1 Arnold (Palo Alto)	18:49
2 Stivalitti (Mitty)	19:56
3 Bedal (Independence)	20:06
4 Berry (Santa Teresa)	20:08
5 Sasaki (Mt. View)	20:21
6 Kosek (Gunn)	20:26
7 Buckland (Santa Teresa)	20:32
8 Mack (St. Francis)	20:40

## Rio Linda Invitational

### Gibson Ranch, Oct. 19—

<b>Large Sch. Boys Teams</b>	
1 Lassen (Susanville)	49
2 Casa Roble (Orangevale)	63
3 Reno (Nevada)	73
4 El Dorado (Placerville)	104
5 Merced	146
6 Cordova (Rancho Cordova)	172
7 Vacaville	187
8 Lincoln (Stockton)	196
9 Carson (Carson City, NV)	197
10 Oakmont (Roseville)	213
11 Westmoor (Daly City)	246
12 Christian Brothers (Sacto)	311

<b>Large Sch. Boys Individuals</b>	
1 Mason Myers (Vallejo)	15:18
2 Mike Wall (Lassen)	15:29
3 Tom Estes (Lassen)	15:41
4 Brian McClines (Cordova)	15:47
5 Robert Roberts (Casa Roble)	15:49
6 Richie Zeller (Merced)	15:51
7 Jay Mulligan (El Dorado)	15:52
8 Kevin Munoz (Lassen)	15:54
9 Mark Calney (Reno)	15:55
10 Mike Bennett (Reno)	15:59
11 James Avery (Vacaville)	16:06
12 David Garcez (Merced)	16:11
13 Kevin Blazona (Casa Roble)	16:12

<b>Small School Boys Teams</b>	
1 South Lake Tahoe	38
2 Bret Harte (Angels Camp)	55
3 Folsom	70
4 Delta (Clarksburg)	98

<b>Las Plumas (Oroville)</b>	
, <b>Small Sch. Boys Individuals</b>	
1 Brian Kingsley (Folsom)	16:28
2 Koorzer (Las Plumas)	16:55
3 Hefferber (Bret Harte)	
4 Waszt (Vander)	
5 Esparza (So. Lake Tahoe)	17:08

## Large Sch. Girls Teams

1 Carson (Carson City, NV)	46
2 Lassen (Susanville)	55
3 Merced	119
4 Del Campo (Fair Oaks)	121
5 El Dorado (Placerville)	129
6 Casa Roble (Orangevale)	160
7 Beyer (Modesto)	164
8 Vacaville	169
9 Kennedy (Sacramento)	221
10 Lincoln (Stockton)	223
11 Lodi	237

<b>Large Sch. Girls Individuals</b>	
1 Cindy Rockwood (Carson)	18:19
2 Sabrina Han (Westmoor)	19:22
3 Stacy Wainwright (Merced)	19:32
4 Vancille Brown (Johnson)	19:35
5 Mary Flinchum (Lassen)	19:39
6 Carolyn Duante (Carson)	19:41
7 Denise Wall (Lassen)	19:46
8 Julie Dyson (Casa Roble)	19:54
9 Jocelyn Valentine (San Juan)	19:59
10 Vicky Reynolds (Lassen)	20:03
11 DeeDee Crate (Vacaville)	20:06

<b>Small School Girls Teams</b>	
1 West Valley (Cottonwood)	30
2 Bret Harge (Angels Camp)	39
3 Loretto (Sacramento)	62
4 Los Banos	79

<b>Small Schools Girls Individuals</b>	
1 Brown (Bret Harte)	19:46
2 Collins (West Valley)	20:08
3 C. Oleviera (West Valley)	21:00
4 N. Oleviera (West Valley)	22:07
5 Roberts (Loretto)	22:07

## Center Meet

### Crystal Springs, Belmont, Oct. 24—

<b>Boys Teams</b>	
1 Half Moon Bay (84:29)	92
2 Gunn (Palo Alto) (85:12)	120
3 Carlmont (Belmont) (84:02)	130
4 Mountain View (85:18)	177
5 Mills (Millbrae) (86:57)	179
6 Lincoln (San Jose) (87:08)	186
7 Woodside (86:52)	191
8 Leland (San Jose) (87:10)	194
9 San Jose (88:86)	202
10 Lynbrook (87:44)	207

<b>Boys Individuals</b>	
1 Armstrong (Carlmont)	15:15
2 Gomez (So. San Francisco)	15:51
3 Blockhus (Mt. View)	15:59
4 Cox (Woodside)	16:01
5 Bullock (Menlo-Atherton)	16:02
6 Dankworth (Mills)	16:13
7 Hamilton (Half Moon Bay)	16:14
8 Tanner (Hillsdale)	16:15
9 Brito (San Jose)	16:15
10 Arbesen (Carlmont)	16:17

<b>Girls Teams</b>	
1 Leland (San Jose) (100:07)	41
2 St. Francis (Mt. View) (103:31)	71
3 Mountain View (105:29)	129
4 Palo Alto (106:48)	149
5 Gunn (Palo Alto) (108:33)	159
6 Aragon (San Mateo) (110:22)	182
7 Mills (Millbrae) (111:00)	190
8 Fremont (Sunnyvale) (115:44)	237
9 Lowell (San Francisco) (113:28)	239
10 Lincoln (San Jose) (117:32)	288

<b>Girls Individuals</b>	
1 Andeen (Menlo-Atherton)	18:04
2 Clark (Mt. View)	18:21
3 Arnold (Palo Alto)	18:22
4 Godgers (Leland)	19:07
5 Ashe (Leland)	19:24
6 Vail (Hillsdale)	19:37
7 Homer (Leland)	19:39
8 Mahaffey (Carlmont)	19:49
9 Clark (St. Francis)	19:51
10 Pickering (Gunn)	19:52

## Sophomore Boys Individuals

1 Canali (Monta Vista)	16:02
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## Soquel Invitational

<b>Soquel HS, Oct. 26—</b>	
<b>Boys Varsity Large Teams</b>	
1 El Cerrito	64
2 Clayton Valley (Concord)	96



# Prep Notes

3 Sanger	107
4 Santa Cruz	137
5 Gilroy	142
6 Newark Memorial	159
7 Monta Vista (Cupertino)	172
8 Silver Creek	178
9 Bullard (Fresno)	211
10 San Mateo	229
11 Live Oak (Morgan Hill)	231
12 Oak Grove (San Jose)	314
13 Watsonville	341
14 Fairfield	367
15 Santa Teresa (San Jose)	382
16 Mt. Pleasant (San Jose)	398
<b>Large Sch. Boys Individuals</b>	
1 David Naranjo (Sanger)	12:15
2 Russell Hill (Silver Creek)	12:30
3 Steve Lopez (Silver Creek)	12:38
4 Andy Davis (Newark Memorial)	12:41
5 Ed Ettl (Clayton Valley)	12:45
6 Brandon Smith (Santa Cruz)	12:49
7 Chris Herbert (Clayton Valley)	12:51
8 Anthony John (El Cerrito)	12:52
9 Stuart Wiseman (El Cerrito)	12:53
10 Alex DaSilva (El Cerrito)	12:57
11 Jim Reed (Gilroy)	12:57
12 Dylan Fuller (Lowell)	13:07
13 Roberto Orozco (Gilroy)	13:12
14 Steve Turnipseed (El Cerrito)	13:13
15 Jason Carroll (Monta Vista)	13:18
16 Mike Quinonez (Silver Creek)	13:28
17 Tommy Wells (Clovis West)	13:29
18 Jose Hurtado (Sanger)	13:29
19 Not Available (Bullard)	13:30
20 Bill Bennett (Santa Cruz)	13:31
<b>Small Sch. Boys Teams</b>	
1 Concord	52
2 Mitty (San Jose)	70
3 College Park (Pleasant Hill)	81
4 Aptos	83
5 Hayward	115
6 Capuchino (San Bruno)	117
7 Cupertino	152
8 Hill (San Jose)	211
9 Milpitas	229
<b>Small Sch. Boys Individuals</b>	
1 Steve Zirkelbach (Concord)	12:40
2 David Savagly (College Park)	13:01
3 Dave Tigert (Terra Nova)	13:06
4 Jason Halsey (Half Moon Bay)	13:26
5 Doug Stavolone (Mitty)	13:27
6 Dan Boyle (Harbor)	13:29
7 Fernando Villegas (Half Moon Bay)	13:30
8 Jaime Engdahl (Hayward)	13:32
9 Chris Connell (Aptos)	13:34
10 Don Strong (Concord)	13:39
<b>Large Sch. Boys Soph Individuals</b>	
1 Ramon Lui (Madera)	12:52
2 Mark Loepke (Clayton Valley)	13:10
3 Lionel Barragan (Watsonville)	13:20
4 Tony Juarez (Madera)	13:32
<b>Small Sch. Boys Soph Individual</b>	
1 Dave Ehrhardt (College Park)	13:21
<b>Large Sch. Boys Frosh Individuals</b>	
1 Greg Sansom (Clovis West)	13:34
<b>J.V. Boys Individual</b>	
1 Stan Hernandez (Madera)	13:33
<b>Girls Teams</b>	
1 El Cerrito	98
2 Madera	105
3 Clovis West (Fresno)	132
4 Half Moon Bay	137
5 Mitty (San Jose)	141
6 College Park (Pleasant Hill)	150
7 San Mateo	173
8 Clayton Valley (Concord)	177
9 Independence (San Jose)	190
10 Antioch	192
11 Sanger	198
12 Gilroy	198
13 Oak Grove (San Jose)	303
<b>Girls Individuals</b>	
1 Molly Burke (Marin Catholic)	14:46
2 Kathie McCandless (Castilleja)	14:50
3 Angela Stearns (Silver Creek)	15:13
4 Kelly Ilnicki (Harbor)	15:23
5 Veil Lehman (El Cerrito)	15:26
6 Not Available (Presentation)	15:26
7 Teresa Poy (El Cerrito)	15:28
8 Shanna Skillman (Gilroy)	15:30
9 Debra Binnall (El Cerrito)	15:34
10 Mary Lopez (Madera)	15:55
11 Not Available (Mitty)	16:16
12 Jenny Hampton (Half Moon Bay)	16:23

13 Stephanie Wagoner (Clovis West)	16:23
14 Sally Wherry (Clayton Valley)	16:25
15 Robin Constantinides (ClytoVly)	16:30
16 Melanie Riel (College Park)	16:30
17 Molly Dowis (Sanger)	16:33
18 Les King (Half Moon Bay)	16:36
19 Chrystal Wells (Clovis West)	16:37
20 Amy Clemens (Half Moon Bay)	16:46
<b>Frosh-Soph Girls Individuals</b>	
1 Jill Moore (College Park)	16:30
2 Shelly Brown (Milpitas)	16:31
3 Briana Keen (Soquel)	16:41
4 C.J. Jennings (Newark Mem.)	16:45

<b>Two-Mile Postal</b>	
<b>Los Gatos HS, Nov. 2—</b>	
<b>Stud Varsity</b>	
1 Domingue (Leigh)	9:25
2 LaForce (Los Gatos)	9:25
3 Callon (Bellarmine)	9:29
4 Machado (Moreau)	9:31
5 Lopez (Silver Creek)	9:32
6 Noonan (Moreau)	9:35
7 Armstrong (Carlmont)	9:41
8 Hill (Silver Creek)	9:41
9 Pena (Bellarmine)	9:45
10 True (Homestead)	9:46
11 Smith (Santa Cruz)	9:48
12 Heskett (Westmont)	9:51
13 Reed (Gilroy)	9:53
14 Jones (Leigh)	9:53
15 Rivera (Willow Glen)	9:55
16 Hernandez (Mission San Jose)	9:58
17 Champeny (Bellarmine)	9:58
<b>Studetete Varsity</b>	
1 Chapman (Gunderson)	10:33
2 Chamberlain (Leigh)	10:55
3 McCandless (Castilleja)	11:07
4 Stearns (Silver Creek)	11:09
5 Ashe (Leland)	11:23
6 Daley (Los Gatos)	11:28
7 Mendoza (Presentation)	11:31
8 Adams (Gunderson)	11:35
9 Skillman (Gilroy)	11:36
10 Ilnicki (Harbor)	11:38
11 Hess (Willow Glen)	11:49
12 Castiilo (Willow Glen)	11:55
13 Rogers (Leland)	11:56
14 Andeen (Menlo-Atherton)	11:57

<b>Boys Race #6</b>	
1 Rivers (Moreau)	9:51
2 Meinhardt (Bellarmine)	9:55
3 Not Available (Bellarmine)	9:58
<b>Boys Race #8</b>	
1 Cazalet (Los Altos)	9:59

<b>Cougar Relays</b>	
<b>Rusch Park.</b>	
<b>Boys Team Relay (13 Miles)</b>	
1 El Dorado (Pacerville)	1:14.19
2 Del Campo (Fair Oaks)	1:15.30
3 Cordova (Rancho Cordova)	1:16.30
4 Tokay (Lodi)	1:18.06
5 Christian Brothers (Sacto)	1:18.49
<b>Boys Individuals (2.6 Miles)</b>	
1 Mitchell (Nevada Union)	13:38
2 Perez (Manteca)	13:53
3 Ketron (Amador)	14:47
4 Carter (Grant)	15:08
5 Lentz (South Tahoe)	15:08
<b>Girls Team Relay (13 Miles)</b>	
1 Del Campo	1:33.20
2 Chico	1:36.07
3 El Dorado	1:36.41
4 Bret Harte (Angels Camp)	1:40.05
5 Tokay	1:40.41
<b>Girls Individuals</b>	
1 Moran (Colfax)	18:29
2 Trope (Nevada Union)	18:46
3 Smith (Kennedy)	18:52
4 Shively (Golden Sierra)	18:55
5 Nichols (Woodland)	19:03

<b>Northern Section</b>	
<b>Susanville, Nov. 2—</b>	
<b>Boys Teams</b>	
1 Lassen	21
2 Yreka	71
3 Chico	85
4 Shasta (Redding)	111
5 Enterprise (Redding)	156

continued on next page...

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

# 19th Arcadia Invitational

Track and Field Meet for High School Men & Women

## Saturday Evening APRIL 12, 1986

"Come Run With the Best in the West"

★ 1985 Meet featured entries from every State Male Champion individual and relay team (seven state champs did not win their event in the 1985 Arcadia Meet).

★ 1985 Meet featured entries from 13 of the 15 eventual California State Female individual and relay champions.

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

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

### MEET RECORDS:

**Men:** 10.40 - 20:79 - 46:79 - 1:49.9 - 4:06.7 - 8:45.2 - 14:04 - 36:42 - 41:18 - 3:13.1 - 10:13.6(DMR) - 7'1" - 24'10" - 16'5" - 66'10 1/4" - 204'11" - 50'11 1/4".

**Women:** 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74 - 10:18.44 - 13.71 - 42.32 - 45.80 - 3:46.3 - 11:59.11(DMR) - 6'0" - 20'4 3/4" - 50'10" - 172'4" - 41'9 1/4"(TJ).

Metric Distances  
Accutrack Timing

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



# Prep Notes

6 Anderson	161
7 Las Plumas (Oroville)	165
8 Red Bluff	165

### Boys Individuals

1 Mike Wall (Lassen)	16:25
2 Tom Estes (Lassen)	16:39
3 Luke Glines (Red Bluff)	16:56
4 Kevin Munoz (Lassen)	16:58
5 Jericho Martin (Oroville)	17:19
6 Lance Rankin (Lassen)	17:22
7 Jason Salter (Enterprise)	17:27
8 Steve Hozlet (Yreka)	17:32
9 Trevor Zediker (Yreka)	17:39
10 Eric Chandler (Lassen)	17:49
11 Tom Hiltzer (Chico)	17:55
12 Bob Quick (Lassen)	17:57

### Girls Teams

1 Yreka	52
2 Lassen	66
3 Chico	85
4 Pleasant Valley (Chico)	105
5 West Valley (Cottonwood)	129
6 Red Bluff	149
7 Enterprise	169
8 Shasta	180
9 Anderson	234
10 Oroville	263

### Girls Individuals

1 Jenny Peterson (Central Valley)	20:41
2 Jenny Rice (Yreka)	20:53
3 Christy Oliveira (West Valley)	20:55
4 Denise Wall (Lassen)	21:06
5 Stephanie Barrett (Pleasant Vly)	21:08
6 Darbi Zedicker (Yreka)	21:08
7 Mindy Olson (Red Bluff)	21:11
8 Becky Collens (West Valley)	21:17
9 Shannon Hanlon (Yreka)	21:27
10 Cynthia Carlson (Chico)	21:46
11 Kris Cowan (Yreka)	21:56
12 Marla Bates (Pleasant Valley)	22:02

photo by Keith Conning



MIKE WALL

### Center Meet

Crystal Springs, Belmont, Oct. 31—

#### Boys Teams

1 Serra (81:30)	44
2 Homestead (81:33)	49
3 Mountain View (85:00)	141
4 Woodside (85:18)	148
5 Carlmont (84:35)	153
6 Pacific Grove (88:55)	186
7 Palo Alto (87:08)	194

8 Gunn (87:27)	201
9 Aragon (88:08)	247
10 Menlo-Atherton (88:52)	250

#### Boys Individuals

1 Armstrong (Carlmont)	15:10
2 Blockhus (Mt. View)	15:43
3 Cox (Woodside)	15:55
4 Takayama (Homestead)	15:56
5 True (Homestead)	16:04
6 Kelly (Serra)	16:06
7 Tanner (Hillsdale)	16:14
8 Rush (Serra)	16:15
9 Keyeson (Serra)	16:16
10 O'Driscoll (El Camino)	16:18
11 Donati (Serra)	16:19
12 Graff (Homestead)	16:21
13 Arvesen (Carlmont)	16:22
14 Barram (Homestead)	16:27
15 Bullock (Menlo-Atherton)	16:33

#### Girls Teams

1 Mountain View (98:01)	88
2 Palo Alto (98:58)	110
3 Mitty (101:26)	143
4 Lowell (SF)(102:03)	153
5 Gunn (102:14)	156
6 Half Moon Bay (103:45)	180
7 Menlo-Atherton (103:14)	193
8 Burlingame (105:30)	206
9 San Mateo (107:55)	246
10 Fremont (108:44)	265

#### Girls Individuals

1 McCandless (Castilleja)	16:56
2 Arnold (Palo Alto)	17:34
3 Andeen (Menlo-Atherton)	17:48
4 Clark (Mt. View)	17:48
5 Viall (Hillsdale)	18:44
6 Mahaffey (Carlmont)	18:55
7 Brown (Milpitas)	19:06
8 Kelly (Mitty)	19:15
9 Hernandez (Lowell)	19:17
10 Horstmeyer (Menlo-Atherton)	19:18
11 Sucher (Gunn)	19:22
12 Giacomino (Carlmont)	19:35
13 King (Half Moon Bay)	19:38
14 Donley (Palo Alto)	19:40
15 Robinson (Mt. View)	19:43

### North Coast Section 3A

Shadow Cliffs Recreation Area, Pleasanton, Nov. 16—

#### Boys Teams (top 6 advance)

1 Clayton Valley (Concord)	53
2 Monte Vista (Danville)	66
3 El Cerrito	104
4 College Park (Pleasant Hill)	123
5 Livermore	133
6 San Ramon Valley (Danville)	160
7 Newark Memorial (Newark)	165
8 Logan (Union City)	184
9 Concord	216
10 California (San Ramon)	233
11 Berkeley	260
12 Northgate (Walnut Creek)	295
13 Washington (Fremont)	296

#### Boys Individual (top 12 advance)

1 Ed Eitel (Clayton Valley)	15:00
2 Chris Herbert (Clayton Vly)	15:04
3 Steve Zirkelbach (Concord soph)	15:18
4 Jon Basinger (Granada)	15:19
5 Grant Furnberg (Livermore)	15:22
6 Tim Corbin (Monte Vista)	15:23
7 Keith Videtto (Foothill)	15:25
8 David Sauatgy (College Park)	15:26
9 Andy Davis (Newark Memorial)	15:27
10 Mike Abrams (Monte Vista)	15:28
11 Robert King (Clayton Vly)	15:29
12 Stuart Wiseman (El Cerrito)	15:30
13 Mark Koepke (Clayton Vly So.)	15:33
14 Greg Crosley (Monte Vista)	15:35
15 Mike Tapia (American)	15:38
16 Jeff Kent (Newark Memorial)	15:40
17 Alex DaSilva (El Cerrito)	15:44
18 Richard Caruso (Monte Vista)	15:46
19 Chad Palmer (San Ramon)	15:46
20 Anthony John (El Cerrito)	15:47

#### Girls Individuals (top 12 advance)

1 Kristen Hansen (Monte Vista)	17:53
2 Veli Lehman (El Cerrito)	18:10
3 Debra Binnall (El Cerrito)	18:18
4 Laura Carter (San Ramon)	18:21
5 Teresa Poy (El Cerrito)	18:27
6 Robin Copstantinides (Clayton V)	18:36
7 Stacie Minnig (Amador Vly)	18:37
8 Catherine Payne (Berkeley)	18:40
9 Jeanene Manaseqitsch (Nogate)	18:44
10 Melissa Pardini (Northgate)	18:47
11 Tammy Foley (MissionSanJose)	18:48

12 Carolyn Spencer (MonteVista)	18:52
13 Suzanne Daley (Granada)	19:00
14 Jenny Waish (Ygnacio Vly)	19:10
15 Sally Wherry (Clayton Vly)	19:11
16 Beth Houghton (College Park)	19:13
17 Kim Lawler (MissionSanJose)	19:18
18 Shêri Gutierrez (Washington)	19:26
19 Melanie Riel (College Park)	19:28
20 Shana Siefert (Monte Vista)	19:28

#### Girls Teams (top 6 advance)

1 El Cerrito	74
2 Monte Vista (Danville)	88
3 Mission San Jose (Fremont)	105
4 Northgate (Walnut Creek)	120
5 College Park (Pleasant Hill)	134
6 Clayton Valley (Concord)	136
7 San Ramon Valley (Danville)	139
8 Amador Valley (Pleasanton)	178
9 Granada (Livermore)	213
10 Logan (Union City)	256
11 Berkeley	291
12 Antioch	296
American (Fremont)	296

### North Coast Section 2A North

Spring Lake Park, Santa Rosa, Nov. 16—

#### Boys Teams (top 4 advance)

1 Montgomery (Santa Rosa)	42
2 Santa Rosa	99
3 Eureka	101
4 Redwood (Larkspur)	103
5 Terra Linda (San Rafael)	116
6 Rancho Cotate (Rohnert Park)	168
7 Piner (Santa Rosa)	183
8 Sonoma Valley (Sonoma)	190
9 Fortuna Union	232
10 Drake (San Anselmo)	242
11 El Molino (Forestville)	245
12 San Rafael	279

#### Boys Individuals (top 8 advance)

1 Paul Cummings (Montgomery)	16:42
2 Andrew Huggins (Redwood)	16:45
3 Davin Markham (Terra Linda)	17:05
4 Greg Archuleta (Santa Rosa)	17:10
5 Cliff Kerr (San Marin)	17:14
6 Kevin Smith (Montgomery)	17:16
7 Jeff Johnson (Eureka)	17:19
8 Todd Trask (Healdsburg)	17:23
9 Chris Thayer (Terra Linda)	17:31
10 Randall Watkins (Montgomery)	17:39
11 Tom Macken (Santa Rosa)	17:46
12 Eric Walker (Rancho Cotate)	17:48
13 Trent Tillman (Eureka)	17:49
14 Derek Powell (Montgomery)	17:50
15 Mike Osler (Eureka)	17:52
16 Ben Perez (Sonoma)	17:55
17 Ron Gardner (Redwood)	18:00
18 Marc Spina (Montgomery)	18:02
19 Sean Jones (Piner)	18:02
20 Sean O'Leary (Santa Rosa)	18:06

#### Girls Teams (top 4 advance)

1 Drake (San Anselmo)	64
2 Sonoma Valley	67
3 Redwood (Larkspur)	83
4 Santa Rosa	96
5 Analy (Sebastopol)	134
6 Montgomery (Santa Rosa)	152
7 Ursuline (Santa Rosa)	165
8 San Marin (Novato)	182
9 Arcata	214
10 Eureka	226

#### Girls Individuals (top 8 advance)

1 Molly Burke (Marin Catholic)	19:25
2 Kathy Dalton (Sonoma)	19:36
3 Kathi Force (Santa Rosa)	20:52
4 Deelynn Beardall (Santa Rosa)	21:00
5 Nina Clark (Drake)	21:07
6 Sarah Grundman (Fortuna)	21:26
7 Nicole Ballard (Healdsburg)	21:30
8 Beth Price (Redwood)	21:34
9 Peewee Lemus (Montgomery)	21:35
10 Jeanne Kluse (Redwood)	21:36
11 Hannah Norup (Sonoma)	21:45
12 Wendi Simmons (Santa Rosa)	21:48
13 Nicole Fischer (Montgomery)	21:51
14 Allison Banks (Drake)	21:54
15 Heidi Bohn (Analy)	21:57
16 Alisha deFranco (Redwood)	21:58
17 Kate Deisseroth (San Marin)	22:01
18 Mara Konopasek (El Molino)	22:01
19 Maureen Ewens (Sonoma)	22:03
20 Kathleen Hiatt (Redwood)	22:10

### North Coast Section 2A South

Crown Beach, Alameda, Nov. 16—

#### Boys Teams (top 4 advance)

1 Moreau (Hayward)	47
2 Miramonte (Orinda)	81
3 Acalanes (Lafayette)	95
4 De La Salle (Concord)	125
5 San Leandro	130
6 Albany	168
7 Encinal (Alameda)	183
8 Las Lomas (Walnut Creek)	208
9 Castro Valley	214
10 Hayward	270
11 Tennyson (Hayward)	277
12 Bishop O'Dowd (Oakland)	279

photo by Burt Davis



CHRIS HOEPKER

#### Boys Individuals (top 8 advance)

1 Chris Hoepker (Encinal)	14:18
2 Jonathan Smith (Miramonte)	14:19
3 Adam McAboy (Miramonte)	14:23
4 Scott Machado (Moreau)	14:30
5 Shawn Noonan (Moreau)	14:31
6 Lance Nunes (Tennyson)	14:35
7 Jim Williams (Acalanes)	14:48
8 Brian Rivers (Moreau)	14:48
9 Chris Mihm (Acalanes)	14:51
10 Sam Johnson (San Leandro)	14:54
11 Aaron Cuthbertson (Piedmont)	15:03
12 Paul Butler (Mt. Eden)	15:07
13 James Larkin (San Leandro)	15:07
14 Eric Hartmann (Moreau)	15:09
15 Mike Stone (Las Lomas)	15:14

#### Girls Teams (top 4 advance)

1 Acalanes (Lafayette)	53
2 Carondelet (Concord)	83
3 Campolindo (Moraga)	95
4 Moreau (Hayward)	120
5 Miramonte (Orinda)	129
6 Piedmont	157
7 Encinal (Alameda)	163
8 Bishop O'Dowd (Oakland)	169
9 Castro Valley	179
10 Arroyo (San Lorenzo)	310
11 San Leandro	327

#### Girls Individuals (top 8 advance)

1 Sydney Thatcher (Encinal)	17:40
2 Elena Spight (Miramonte)	17:56
3 Maria Ravazza (Acalanes)	18:12
4 Suzy Noe (Piedmont)	18:13
5 Carolyn Crawford (Acalanes)	18:22
6 Dana Byornsen (Campolindo)	18:23
7 Jennie Thomas (Alameda)	18:27
8 Staci Bruntton (Alhambra)	18:28
9 Krista Rendon (Moreau)	18:32
10 Courtney Clark (Las Lomas)	18:35
11 Kathy Maxwell (Acalanes)	18:37



# Prep Notes

12 Emmaly Thomas (Carondelet)	18:38
13 Karen Klier (Acalanes)	18:41
14 Kelly Homa (Moreau)	18:45
15 Shannon McGregor (Campolindo)	18:45

## North Coast Section 1A

Crystal Springs, Belmont, Nov. 16—

**Boys Teams (top 2 advance)**

1 University (S.F.)	32
2 Fort Bragg	41

**Boys Individuals (top 5 advance)**

1 McManus (College Prep)	15:51
2 Doughty (Fort Bragg)	16:02
3 Graham (South Fork)	16:22
4 Pyorre (Fort Bragg)	16:39
5 Gonzales (University)	16:52

**Girls Teams (top 2 advance)**

1 University (San Francisco)	30
2 Clear Lake	52

**Girls Individuals (top 5 advance)**

1 Eisenman (Callistoga)	18:43
2 Jensen (Lower Lake)	19:20
3 Turner (Kelseyville)	19:59
4 Hobson (University)	20:24
5 Mensch (St. Helena)	20:35

## Sac-Joaquin Subsection II

Gibson Ranch, Nov. 8—

**Boys Teams**

1 Jesuit (Carmichael)	17
2 Vacaville	43
3 Davis	86
4 Fairfield	93

**Boys Individuals**

1 M. Mastalir (Jesuit)	15:08
2 E. Mastalir (Jesuit)	15:09
3 P. Thomas (Jesuit)	15:15
4 Myers (Vallejo)	15:17
5 J. Thomas (Jesuit)	16:09
6 Avery (Vacaville)	16:33
7 Hanson (Davis)	16:47
8 Connelly (Jesuit)	16:55
9 Ficzi (Armijo)	16:56
10 Marshall (Vacaville)	17:04

## Sac-Joaquin Subsection III

Sierra College, Rocklin, Nov. 8—

**Boys Teams**

1 Bella Vista (Fair Oaks)	43
2 Casa Roble (Orangevale)	48
3 Nevada Union (Grass Valley)	51
4 Cordova (Rancho Cordova)	72

**Boys Individuals**

1 Honig (Bella Vista)	15:10
2 Mitchell (Nevada Union)	15:20
3 Roberts (Casa Roble)	15:25
4 McGinnis (Cordova)	15:32
5 Ayers (Christian Brothers)	15:39
6 Webb (Bella Vista)	15:53
7 Bray (Nevada Union)	15:58
8 Holbrook (Bella Vista)	16:00
9 Peterson (Casa Roble)	16:06
10 Andrews (Del Campo)	16:11
11 Blazona (Casa Roble)	16:14
12 Flanders (Casa Roble)	16:17
13 Umiker (Cordova)	16:27
14 Gerkin (Nevada Union)	16:32
15 Layman (Bella Vista)	16:38

**Girls Teams**

1 Bella Vista (Fair Oaks)	22
2 Del Campo (Fair Oaks)	69
3 St. Francis (Sacramento)	82
4 Kennedy (Sacramento)	92
5 Casa Roble (Orangevale)	105

**Girls Individuals**

1 A. Kuphaldt (Bella Vista)	18:12
2 Dillon (Bella Vista)	18:13
3 M. Kuphaldt (Bella Vista)	18:27
4 Brown (Johnson)	19:17
5 Bunnell (Placer)	19:23
6 Valentine (San Juan)	19:40
7 Robinson (St. Francis)	20:01
8 Trope (Nevada Union)	20:05
9 Dyson (Casa Roble)	20:09
10 Cheung (Del Campo)	20:11

## Sac-Joaquin Section Championships

from Steve Fagundes

November 15, Sierra College, Rocklin.

With two weeks of qualifications at league and subsection meets behind them, the Sac-Joaquin Sections' top harriers gathered at Sierra College on November 15 to determine this year's individual and team champions. Prior to the meet, no individual girl had emerged as a clear favorite. The Bella Vista (Fair Oaks) trio of senior Mary Kuphaldt and sophomores Ann Kuphaldt and Michelle Dillon had traded victories with each other in recent weeks, with no one of them really dominating the others. In other subsections, sophomores Wanda Bailey (Fairfield) and Megan Warner (Del Oro, Loomis) and seniors Betty Chavez (Modesto) and Stacey Wainwright (Merced) looked impressive and could challenge for the individual title as well. In the race proper, Betty Chavez jumped to an early lead, but by one mile Ann Kuphaldt and Wanda Bailey had moved to the front posting a quick 5:26.2. In the back loop of the course encompassing the second mile, Kuphaldt stretched out to a thirty yard lead, clocking 11:28.5 at the two mile point, and finishing with a person record, and all time section best for sophomores, of 17:49.5. Wanda Bailey finished a strong second, with her 17:59.1 also below Joni Mooney's (Vacaville) sophomore standard of 18:00.0. Defending champion Bella Vista (Fair Oaks) raced to an impressive team victory scoring a low 37 points to surprising Sonora's 93 points in second place (led by freshman Shawn Loos' 15th place) with El Dorado (Placerville) finishing third with 108 points. The team of individual section champion Ann Kuphaldt, Michelle Dillon, Mary Kuphaldt, sophomore Jacinta Showers, and freshman Theresa Meza covered the course in a meet record time of 95:09.0 equalling the all-time course and section record set by Del Oro (Loomis) in 1983.

For the boy's individual competition, the race appeared to be another contest between Jesuit seniors Mark and Eric Mastalir and whether one or both could break the course record. On this particular day, Eric proved to be the stronger, devastating Calvin Gaziano's (Castro Valley) course record of 14:35.1 with a fine 14:28.1. Mark Mastalir finished with a personal best of 14:41.4 becoming the number four all-time performer with the 4th. best performance in course history. In without question the fastest mass finish in section or course history, the top four finishers were under 15:00 and the top seven under 15:15. Mason Myers (Vallejo) (14:54.03) and Robert Roberts (Casa Roble, Orangevale) (14:56.5) eclipsed Mark Mastalir's course record for Sac-Joaquin juniors of 15:00.2 with Paul Thomas (Jesuit, Carmichael) not far behind in 15:02.7. The team competition was won by the Marauders of Jesuit for a record tying fourth consecutive year with a team composed of the Mastalir twins, brothers Paul and Jim Thomas (a senior), and junior Mike Parrot. Their cumulative team time of 76:02.5 set new meet and course records with the latter replacing the standard set by Willow Glen's (San Jose) state champion team of 1982 at 77:18.8.

**Boys Teams**

1 Jesuit (Carmichael)	32
2 Casa Roble (Orangevale)	82
3 El Dorado (Placerville)	103
4 Bella Vista (Fair Oaks)	103
5 Nevada Union (Grass Valley)	130
6 Merced	155
7 Vacaville	168
8 Cordova (Rancho Cordova)	176
9 Oakmont (Roseville)	184
10 Lincoln (Stockton)	230
11 Bret Harte (Angels Camp)	300
12 Davis	328

## Boys Individuals

1 Eric Mastalir (Jesuit)	14:28
2 Mark Mastalir (Jesuit)	14:41
3 Mason Myers (Vallejo)	14:53
4 Robert Roberts (Casa Roble)	14:56
5 Cameron Mitchell (Nevada Un)	15:01
6 Paul Thomas (Jesuit)	15:02
7 Greg Honig (Bella Vista)	15:14
8 Brian McInness (Cordova)	15:23
9 Ayers (Christian Brothers)	15:30
10 Webb (Bella Vista)	15:40
11 Jim Thomas (Jesuit)	15:44
12 Nickel (El Dorado)	15:44
13 Kevin Blazona (Casa Roble)	15:50
14 Tony Perez (Manteca)	15:51
15 Garcia (Merced)	15:55

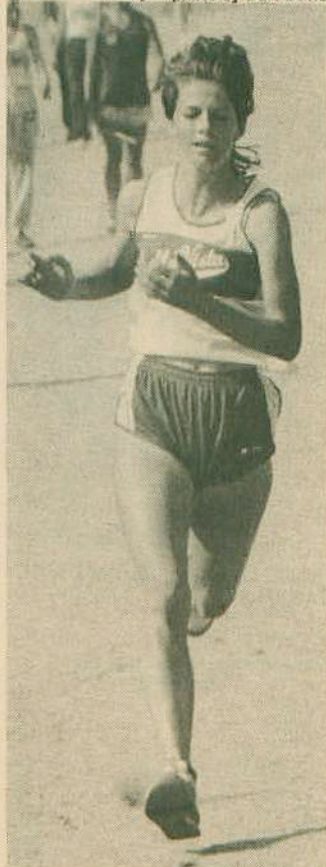
## Girls Teams

1 Bella Vista (Fair Oaks)	37
2 Sonora	93
3 El Dorado (Placerville)	108
4 Bret Harte (Angels Camp)	136
5 Del Campo (Fair Oaks)	146
6 Fairfield	170
7 Merced	172
8 Vacaville	177
9 St. Francis (Sacramento)	197
10 Kennedy (Sacramento)	224
11 Davis	240
12 St. Mary's (Stockton)	270

## Girls Individuals

1 Ann Kuphaldt (Bella Vista)	17:49
2 Wanda Bailey (Fairfield)	17:59
3 Warner (Del Oro)	18:25
4 Stacey Wainwright (Merced)	18:30

photo by Burt Davis



## ANN KUPHALDT

5 Betty Chavez (Modesto)	18:31
6 Michelle Dillon (Bella Vista)	18:25
7 Mary Kuphaldt (Bella Vista)	18:41
8 Valentine (San Juan)	19:06
9 Bunnell (Placer)	19:07
10 Brown (Bret Harte)	19:08
11 Malberg (Lodi)	19:14
12 Christine Boyd (Turlock)	19:14
13 Dee Dee Coate (Vacaville)	19:26
14 Choung (Del Campo)	19:28
15 Loos (Sonora)	19:32

## North Coast Section Meet of Champions

Hayward High School, Nov. 23—

**Boys Teams (top 3 advance to Nor Cal)**

1 Moreau (Hayward)	71
2 Acalanes (Lafayette)	95
3 Clayton Valley (Concord)	106
4 Montgomery (Santa Rosa)	126
5 Miramonte (Orinda)	138
6 El Cerrito	163
7 Monte Vista (Danville)	200
8 San Ramon Valley (Danville)	210
9 Livermore	237
10 Santa Rosa	249
11 College Park (Pleasant Hill)	252
12 De La Salle (Concord)	299
13 Eureka	301
14 Fort Bragg	348
15 Redwood (Larkspur)	353
16 University (San Francisco)	444

**Boys Individuals (top 6 not on one of the top 3 teams advance)**

1 Chris Hoepker (Encinal)	14:50
2 Adam McAboy (Miramonte)	14:54
3 Lance Nunes (Tennyson)	15:22
4 Paul Cummings (Montgomery)	15:26
5 Scott Machado (Moreau)	15:29
6 Jonathan Smith (Miramonte)	15:32
7 Ed Eitel (Clayton Valley)	15:34
8 Andrew Huggins (Redwood)	15:36
9 Stuart Wiseman (El Cerrito)	15:38
10 Shawn Noonan (Moreau)	15:38
11 Brian Rivers (Moreau)	15:40
12 Chris Mihm (Acalanes)	15:41
13 Corey Trovinger (Acalanes)	15:43
14 Greg Archuleta (Santa Rosa)	15:43
15 Chris Herbert (Clayton Valley)	15:44
16 Jim Williams (Acalanes)	15:45
17 Steve Zirkelbach (Concord)	15:48
18 Mark Koepke (Clayton Valley)	15:50
19 Andy Davis (Newark Mem.)	15:52
20 Alex Da Silva (El Cerrito)	15:52
21 Grant Furnberg (Livermore)	15:56
22 Anthony John (El Cerrito)	15:58
23 Davin Markham (Terra Linda)	15:59
24 Kevin Smith (Montgomery)	16:04
25 B. Doughty (Fort Bragg)	16:05
26 Todd Trask (Healdsburg)	16:05
27 Chad Palmer (San Ramon)	16:06
28 Richard Caruso (Monte Vista)	16:06
29 Jim McManus (College Prep)	16:07
30 Jon Basinger (Granada)	16:10

**Girls Teams (top 3 advance to Nor Cal)**

1 Acalanes (Lafayette)	102
2 Carondelet (Concord)	114
3 Mission San Jose (Fremont)	153
4 El Cerrito	153
5 Sonoma Valley	156
6 Campolindo (Moraga)	157
7 Monte Vista (Danville)	171
8 Santa Rosa	199
9 Northgate (Walnut Creek)	200
10 College Park (Pleasant Hill)	201
11 Clayton Valley (Concord)	208
12 Drake (San Anselmo)	229
13 Moreau (Hayward)	244
14 Clear Lake	411

**Girls Individuals (top 6 not on one of the top 3 teams advance)**

1 Molly Burke (Marin Catholic)	18:03
2 Kristen Hansen (Monte Vista)	18:13
3 Kathy Dalton (Sonoma)	18:18
4 Sydney Thatcher (Encinal)	18:34
5 Jeanise Eisenman (Callistoga)	18:38
6 Stacie Minnig (Amador Valley)	18:42
7 Teresa Poy (El Cerrito)	18:45
8 Vili Lehman (El Cerrito)	18:47
9 Kathi Force (Santa Rosa)	19:06
10 Debra Binnall (El Cerrito)	19:09
11 Staci Brunton (Alhambra)	19:11
12 Robin Constantinides (ClaytonVly)	19:14
13 Carolyn Crawford (Acalanes)	19:17
14 Laura Carter (San Ramon)	19:19
15 Dee Lyn Beardall (Santa Rosa)	19:20
16 Emmaly Thomas (Carondelet)	19:20
17 Maria Ravazza (Acalanes)	19:22
18 Beth Houghton (College Park)	19:23
19 Tammy Foley (Mission San Jose)	19:25
20 Kathy Maxwell (Acalanes)	19:26
21 Kim Lawler (Mission San Jose)	19:27
22 Sarah Grundman (Fortuna)	19:29
23 Sally Wherry (ClaytonVly)	19:29
24 Suzy Noe (Piedmont)	19:30
25 Jeanene Manasewatsch (N. Gate)	19:31
26 Allison Krentzen (Carondelet)	19:32
27 Catherine Payne (Berkeley)	19:33
28 Shannon McGregor (Campolindo)	19:37
29 Dana Bjornsen (Campolindo)	19:39
30 V. Jensen (Lower Lake)	19:40



# Prep Notes

## Central Coast Section Region I

Crystal Springs, Belmont, Nov. 19—  
Boys Teams (Top 5 advance)

1	Bellarmine (76:58)	19
2	Carlmont	94
3	Serra	105
4	St. Ignatius	131
5	Half Moon Bay	157
6	Mills	168
7	Westmoor	174
8	St. Francis	212
9	Woodside	220
10	Menlo-Atherton	221
11	Aragon	291
12	Capuchino	314
13	El Camino	351

### Boys Individuals

1	Callon (Bellarmine)	15:06
2	Armstrong (Carlmont)	15:08
3	Gomez (So. San Francisco)	15:21
4	Penia (Bellarmine)	15:21
5	Fisher (Bellarmine)	15:24
6	Champeny (Bellarmine)	15:32
7	Meinhardt (Bellarmine)	15:35
8	Bullock (Menlo-Atherton)	15:40
9	Tanner (Hillsdale)	15:41
10	Cox (Woodside)	15:55
11	Tigert (Terra Nova)	15:56
12	Kelly (Serra)	15:56
13	Valencia (Carlmont)	15:57
14	Dankworth (Mills)	15:58
15	Robinson (Bellarmine)	15:59

### Girls Teams

1	Half Moon Bay	65
2	Menlo-Atherton	88
3	Mills	95
4	Burlingame	101
5	Aragon	114
6	San Mateo	125
7	Westmoor	162
8	Notre Dame Belmont	168
9	Castilleja	203

### Girls Individuals

1	McCandless (Castilleja)	17:53
2	Mendoza (Presentation)	18:02
3	Andeen (Menlo-Atherton)	18:23
4	Mahaffey (Carlmont)	19:11
5	Viall (Hillsdale)	19:16
6	Horstmeyer (Menlo-Atherton)	19:37
7	Pender (Westmoor)	19:41
8	Dankworth (Mills)	19:57
9	Anderson (Capuchino)	20:06
10	King (Half Moon Bay)	20:19
11	Torres (Westmoor)	20:24
12	Hampton (Half Moon Bay)	20:26
13	Swendell (Mills)	20:30
14	Corzo (Burlingame)	20:34
15	Sonner (San Mateo)	20:35

## Central Coast Section Region II

Crystal Springs, Belmont, Nov. 19—  
Boys Teams

1	Homestead	32
2	Gunn	92
3	Mountain View	132
4	Lincoln	139
5	Monta Vista	157
6	Leland	166
7	Lynbrook	169
8	Los Altos	196
9	San Jose	218
10	Saratoga	224
11	Palo Alto	225
12	Gunderson	224
13	Wilcox	319

### Boys Individuals

1	Blockhus (Mt. View)	15:06
2	Trus (Homestead)	15:33
3	Rivera (Willow Glen)	15:48
4	Takayama (Homestead)	15:49
5	Wright (Leland)	15:54
6	Graff (Homestead)	15:59
7	Martlowe (Saratoga)	16:01
8	Gukel (Gunn)	16:03
9	Barram (Homestead)	16:10
10	Headrick (Gunderson)	16:10
11	Ortiz (Lincoln)	16:14
12	Jo. Carroll (Monta Vista)	16:16
13	Mitchell (Lincoln)	16:18

14	Blodgett (Leland)	16:22
15	Slocum (Homestead)	16:23

### Girls Teams

1	Leland	64
2	St. Francis	76
3	Mountain View	93
4	Gunn	106
5	Gunderson	108
6	Palo Alto	127
7	Willow Glen	163
8	Fremont	121
9	Lynbrook	267
10	Monta Vista	301
11	Saratoga	303
12	Wilcox	308
13	Lincoln	310

### Girls Individuals

1	Chapman (Gunderson)	17:08
2	S. Clark (Mt. View)	18:04
3	Arnold (Palo Alto)	18:24
4	Castillo (Willow Glen)	18:30
5	Rogers (Leland)	18:44
6	Adams (Gunderson)	18:51
7	Hess (Willow Glen)	18:57
8	Brown (Milpitas)	19:20
9	T. Clark (St. Francis)	19:26
10	Mack (St. Francis)	19:29
11	Homer (Leland)	19:29
12	Sucher (Gunn)	19:33
13	Lammie (Leland)	19:39
14	Bombardier (Leland)	19:41
15	Pickersing (Gunn)	19:49

## Fine Flicks by Don Gosney



JESSE LLANEZ (left) & DAVID NARANJO

## Central Section

Woodward Park, Fresno, Nov. 22—  
Boys Teams

1	Wasco	78
2	Madera	79
3	Clovis	91
4	Clovis West (Fresno)	103
5	Golden West (Visalia)	185
6	Reedley	191
7	Sanger	226
8	McFarland	232
9	McLane (Fresno)	248
10	North (Bakersfield)	257
11	Firebaugh	258
12	Mount Whitney (Visalia)	258
13	Lemoore	282
14	Foothill (Bakersfield)	309
15	Bakersfield	316

### Boys Individuals

1	Llanez (McLane)	14:47
2	Lienau (Clovis)	15:02
3	Medina (Wasco)	15:06
4	Cole (Yosemite)	15:07
5	Naranjo (Sanger)	15:11
6	Williams (Clovis West)	15:16
7	Valles (McFarland)	15:18
8	Rachal (Clovis West)	15:19
9	Kropf (Madera)	15:23

10	Delgado (Firebaugh)	15:26
11	Breckenridge (Immanuel)	15:28
12	Orosco (Foothill)	15:30
13	Harkless (Clovis)	15:32
14	Ramirez (Wasco)	15:33
15	Castellanos (Madera)	15:35
16	Salas (Clovis)	15:42
17	Murillo (Monache)	15:42
18	Besser (Clovis West)	15:44
19	Riley (Wasco)	15:44
20	Jauregui (Madera)	15:46
21	Duran (Wasco)	15:48
22	Fernandez (Reedley)	15:51
23	Gonzalez (Highland)	15:51
24	Adams (Bullard)	15:53
25	Hernandez (Madera)	15:56

### Girls Teams

1	Clovis West (Fresno)	61
2	Golden West (Visalia)	119
3	Madera	119
4	Clovis	140
5	Mt. Whitney (Visalia)	145
6	North (Bakersfield)	151
7	Bullard (Fresno)	208
8	Taft	222
9	Sanger	242
10	Lemoore	244
11	Sierra (Tollhouse)	251
12	McFarland	271
13	Foothill (Bakersfield)	337

### Girls Individuals

1	Lopez (Madera)	17:53
2	Baker (Monache)	18:15
3	Mendoza (Hanford)	18:32
4	Wagoner (Clovis West)	18:34
5	Graves (Yosemite)	18:42
6	Caulfield (East)	18:43
7	Shields (Golden West)	18:45
8	Russell (Taft)	18:54
9	Jungwirth (Redwood)	18:56
10	Cox (Taft)	19:01
11	Wells (Clovis West)	19:05
12	Prather (Sierra)	19:16
13	Roldan (Mt. Whitney)	19:17
14	Sarmariego (Madera)	19:20
15	DePetro (Bakersfield)	19:25
16	Casteneda (Lemoore)	19:30
17	Lorenzana (Wasco)	19:32
18	Cruz (Exeter)	19:35
19	Boyer (Hoover)	19:37
20	Lopez (Bullard)	19:40

## Central Coast Section

Crystal Springs, Belmont, Nov. 26—

Boys Teams (top 3 advance to Nor Cal)

1	Bellarmine (San Jose)(77:36)	40
2	Homestead (Cupertino)(79:30)	88
3	Los Gatos (79:12)	102
4	Leigh (San Jose)(80:57)	146
5	Carlmont (Belmont)(80:48)	164
6	St. Ignatius (S.F.)(82:05)	211
7	Westmont (Campbell)(82:05)	221
8	No. Monterey Co. (Castroville)(82:20)	221
9	Serra (San Mateo (82:29)	227
10	Monta Vista (Cupertino)(83:05)	265
11	Mountain View (82:47)	266
12	Gunn (Palo Alto)(83:15)	268
13	Gilroy (82:54)	278
14	Lincoln (San Jose)(83:46)	303
15	Del Mar (San Jose)(85:02)	375
16	Pacific Grove (85:52)	406

Boys Individuals (top 6 not on one of the top three teams advance)

1	Scott LaForce (Los Gatos)	14:53
2	Mark Callon (Bellarmine)	15:15
3	Cort Armstrong (Carlmont)	15:21
4	Jim Reed (Gilroy)	15:22
5	Torre Pena (Bellarmine)	15:22
6	Chris True (Homestead)	15:23
7	Steve Lopez (Silver Creek)	15:24
8	Craig Blockhus (Mt. View)	15:27
9	Ian Champeny (Bellarmine)	15:30
10	Alberto Gomez (So. S.F.)	15:34
11	Rod Meskett (Westmont)	15:36
12	Dan Fisher (Bellarmine)	15:36
13	John Phillips (Santa Teresa)	15:36
14	Joe Sanders (Branham)	15:39
15	Eric Wendling (Los Gatos)	15:42
16	Kevin Riordan (St. Ignatius)	15:47
17	Masahiro Takayama (Homestead)	15:49
18	Bob Wright (Leland)	15:49
19	John Tanner (Hillsdale)	15:50
20	Steve Bergkamp (Leigh)	15:50
21	Andy Bullock (Menlo-Atherton)	15:52
22	Rob Meinhardt (Bellarmine)	15:53
23	Dave Tigert (Terra Nova)	15:54
24	Francisco Valencia (Carlmont)	15:55
25	Erik Arvesen (Carlmont)	15:57

26	Brandon Smith (Santa Cruz)	15:58
27	Pat More (Los Gatos)	15:58
28	Rob Lindstrom (St. Ignatius)	16:02
29	Adam Collazo (Watsonville)	16:03
30	Scott Cox (Woodside)	16:04

Girls Teams (top 3 advance to Nor Cal)

1	Los Gatos (95:23)	60
2	Leland (San Jose)(96:44)	78
3	Mt. View (98:16)	115
4	St. Francis (Mt. View)(99:47)	132
5	Gunn (Palo Alto)(99:49)	133
6	Gunderson (San Jose)(97:33)	146
7	Mitty (San Jose)(101:16)	161
8	Leigh (San Jose)(103:21)	247
9	Half Moon Bay (105:18)	256
10	Mills (Millbrae)(106:15)	282
11	Live Oak (Morgan Hill)(107:39)	296
12	Gilroy (107:14)	297
13	Watsonville (107:05)	303
14	Piedmont Hills (San Jose)(107:23)	305
15	Burlingame (109:58)	357

Girls Individuals (top 6 not on one of the top three teams advance)

1	Laurie Chapman (Gunderson)	16:43
2	Rebecca Chamberlain (Leigh)	17:00
3	Katie McCandless (Castilleja)	17:29
4	Angela Stearns (Silver Creek)	17:46
5	Shannon Clark (Mt. View)	18:02
6	Mary Mendoza (Presentation)	18:03
7	Monica Daley (Los Gatos)	18:06
8	Deena Adams (Gunderson)	18:12
9	Joann Arnold (Palo Alto)	18:14
10	Julie Castello (Willow Glen)	18:14
11	Laurie Andeen (Menlo-Atherton)	18:15
12	Kelly Ilnicki (Harbor)	18:18
13	Amanda Hess (Willow Glen)	18:39
14	Kathie Rogers (Leland)	18:40
15	Sara Hartman (Los Gatos)	18:47
16	Aimee Sucher (Gunn)	18:57
17	Cynthia Mahaffey (Carlmont)	18:59
18	Shanna Skillman (Gilroy)	19:04
19	Evie Barry (Santa Teresa)	19:05
20	Amy Vail (Hillsdale)	19:06
21	Jennifer Ashe (Leland)	19:11
22	Deirdre Kelly (Mitty)	19:17
23	Jenny Pickering (Gunn)	19:21
24	Darcy Parker (Los Gatos)	19:23
25	Jennifer Dankworth (Mills)	19:25
26	Barbara Tiefert (Mt. View)	19:26
27	Stephanie Hartman (Los Gatos)	19:30
28	Roslyn Mack (St. Francis)	19:31
29	Teresa Clark (St. Francis)	19:32
30	Lori Homer (Leland)	19:37



## CIF Northern California Championships

Sierra College, Rocklin, Dec. 5—

By STEVE FAGUNDES

Overcast skies and a rain-soaked course failed to dampen the competition at the Eighth Annual Northern California CIF Cross-Country Championships held on Sierra College's (Rocklin) scenic three-mile course. Extensive efforts by officials prior to the race to drain ponded water from some of the muddier portions of the route, allowed the race to remain on the regular course. Despite the less-than-perfect conditions, Gunderson's Laurie Chapman cut almost six seconds off the course and met records with an outstanding 16:47.8 to maintain her undefeated season. Senior Rebecca Chamberlain (Leigh, San Jose), the defending champion and former course record holder, attempted to stay with Chapman through the first mile, covered in 5:13.1, but the Gunderson senior was too strong pulling away to an impressive 48 second victory. The Central Coast Section dominated the girls' individual placings with the top seven finishers coming from the southern part of the Bay Area, including senior Shannon Clark (Mt. View) who finished second in this race the last three years and third this year. In the team competition, senior Monica Daley (Los Gatos) led her teammates to their second consecutive championship, the first double winner in meet history. The young team of Monica Daley, sophomore Darcy Parker, freshmen twins Sara and



# Prep Notes

Stephanie Hartman, and freshman Jennifer Jocelyn scored an extremely low 61 points, with Leland (San Jose) edging out Bella Vista (Fair Oaks) for second place 105 points to 108 points.

With the results of all the section qualifying meets in hand, it appeared that Jesuit (Carmichael) seniors Eric and Mark Mastalir would once again be racing each other for championship honors. A two-week bout with knee tendonitis prevented Eric, the course record holder at 14:28.1, from competing in the race thwarting his opportunity for the individual championship and Jesuit's chance for the team championship. Other top qualifiers included undefeated North Coast Section champion, senior Chris Hoepker (Encinal, Alameda), senior Adam McAboy (Miramonte, Orinda), the North Coast Section runnerup, senior Scott LaForce (Los Gatos), an impressive victor in the Central Coast Section, senior Mike Wall (Lassen, Susanville), the Northern Section champion, and Central Section standouts junior Jason Lienau (Clovis) and Jesse Llanes (McLane, Fresno) and David Naranjo (Sanger). McLane's Jesse Llanes was the early leader posting 4:28.2 for the first mile followed by a large pack led by Mark Mastalir close behind. Mastalir quickly made up the distance extending his lead with a 9:34.3 two mile and finishing with a personal record 14:40.5, lowering his previous mark for the number four individual and performance in course history. Adam McAboy (Miramonte, Orinda) finished a strong second in 14:52.3 with Vallejo junior Mason Myers the top underclassman in third with a 14:55.3. Individually this was one of the fastest races in Northern California meet history with four runners under the 15:00 barrier and the top eight breaking 15:15.0.

The team race was to be a battle of the State's best (parochial school or otherwise) matching Jesuit (Carmichael), the Sac-Joaquin Section champion; Bellarmine (San Jose), the Central Coast Section champion; Bishop Moreau (Hayward), champions of the North Coast

Section; and Lassen (Susanville), the Northern Section champion and defending Northern California and State Champions. With the tight finishing group of senior Mark Callon (19th), sophomore Ian Champeny (25th), junior Rob Meinhardt (27th), sophomore Torre Pena 32nd, and junior Scott Robinson (57th), Bellarmine captured its first-ever Northern California Championship edging Moreau by five points, 85 to 91. Lassen, hampered by the loss of number two runner Tom Estes to injury, finished third with 133 points.

## RESULTS

### from KEITH CONNING

Boys Teams	
1 Bellarmine (San Jose)	86
2 Moreau (Hayward)	91
3 Lassen (Susanville)	133
4 Acalanes (Lafayette)	150
5 Clovis	164
6 Homestead (Cupertino)	171
7 Clayton Valley (Concord)	175
8 Los Gatos	179
9 Madera	183
10 Jesuit (Carmichael)	191
11 Casa Roble (Orangevale)	203
12 Wasco	238
13 El Dorado (Placerville)	274
14 Yreka	301
15 Lowell (San Francisco)	441
16 Oakland	446

Boys Individuals	
1 Mark Mastalir (Jesuit)	14:40
2 Adam McAboy (Miramonte)	14:52
3 Mason Myers (Vallejo)	14:55
4 David Naranjo (Sanger)	14:58
5 Robert Roberts (Casa Roble)	15:00
6 Chris Hoepker (Encinal)	15:11
7 Scott Machado (Moreau)	15:13
8 Scott LaForce (Los Gatos)	15:14
9 Jason Lienau (Clovis)	15:17
10 Mike Wall (Lassen)	15:18
11 Jesse Llanes (McLane)	15:19
12 Kevin Munoz (Lassen)	15:20
13 Paul Cummings (Montgomery)	15:20
14 Jonathan Smith (Miramonte)	15:22
15 Greg Honig (Bella Vista)	15:23
16 Cameron Mitchell (NevadaUn)	15:23
17 Craig Blockhus (Mt. View)	15:30
18 Lance Nunes (Tennyson)	15:31
19 Mark Callon (Bellarmine)	15:32
20 Chris True (Homestead)	15:32
21 Jim Reed (Gilroy)	15:36

22 Shawn Noonan (Moreau)	15:36
23 Tommy Williams (Clovis West)	15:37
24 Lance Rankin (Lassen)	15:38
25 Ian Champeny (Bellarmine)	15:39
26 Jose Medina (Wasco)	15:43
27 Rob Meinhardt (Bellarmine)	15:44
28 Jim Williams (Acalanes)	15:44
29 Brian McInnes (Cordova)	15:46
30 Andrew Huggins (Redwood)	15:47

### Girls Teams

1 Los Gatos	61
2 Leland (San Jose)	105
3 Bella Vista (Fair Oaks)	108
4 Carondelet (Concord)	110
5 Lassen (Susanville)	157
6 Acalanes (Lafayette)	164
7 Mountain View	166
8 Yreka	205
9 Golden West (Visalia)	231
10 Mission San Jose (Fremont)	244
11 Clovis West	248
12 Sonora	311
13 Lowell (San Francisco)	337
14 El Dorado (Placerville)	342

### Girls Individuals

1 Laurie Chapman (Gunderson)	16:47
2 Rebecca Chamberlain (Leigh)	17:35
3 Shannon Clark (Mt. View)	17:56

4 Angela Stearns (SilverCreek)	17:59
5 Katie McCandless (Castilleja)	18:04
6 Monica Daley (Los Gatos)	18:05
7 Mary Mendoza (Presentation)	18:15
8 Mary Kuphaldt (Bella Vista)	18:17
9 Michelle Dillon (Bella Vista)	18:23
10 Molly Burke (Marin Catholic)	18:35
11 Wanda Bailey (Fairfield)	18:36
12 Betty Chavez (Modesto)	18:37
13 Anne Kuphaldt (Bella Vista)	18:38
14 Kristen Hansen (Monte Vista)	18:42
15 Greg Honig (Bella Vista)	15:23
16 Cameron Mitchell (NevadaUn)	15:23
17 Craig Blockhus (Mt. View)	15:30
18 Lance Nunes (Tennyson)	15:31
19 Mark Callon (Bellarmine)	15:32
20 Chris True (Homestead)	15:32
21 Jim Reed (Gilroy)	15:36
22 Shawn Noonan (Moreau)	15:36
23 Tommy Williams (Clovis West)	15:37
24 Lance Rankin (Lassen)	15:38
25 Ian Champeny (Bellarmine)	15:39
26 Jose Medina (Wasco)	15:43
27 Rob Meinhardt (Bellarmine)	15:44
28 Jim Williams (Acalanes)	15:44
29 Brian McInnes (Cordova)	15:46
30 Andrew Huggins (Redwood)	15:47

## Southern California

by Doug Speck

### Esperanza Invitational October 5.

Coach Jim McCullough's number one ranked 4A Men's group from Simi Valley blew into Orange County to compete against that area's best group and number two ranked 4A, Villa Park. Simi showed its level of dominance at this level at this point in the season with a 34 (78:47)-61 (79:32) margin over Villa Park, with Buena Park at 81 (80:02) in the Division II race. Simi's Jim Zimmer was the individual winner at 15:02. Santa Ana Valley's Jose Alcaraz was the Division I winner in the day's best time of 14:52, with a young Rio Mesa of Oxnard group taking that team title with 58 (79:22) points. Coach Chuck Gustafson's Simi Women's group had the top team time there in their Division II win with 63 points (99:15). That race was won by San Pasqual's Kerry Panno (18:10). A very young Corona Del Mar group (54-100:29) handled Irvine 62 in Division I, with Irvine's Tracy Wright the individual titlist in 18:01.

**Results:** (Wom) (I) Var-Wright (Irvine) 18:01, Harbeth (Esperanza) 18:51. (Team)-Corona Del Mar 54 (100:29). (II) Panno (San Pasqual) 18:10, Reider (Tustin) 18:31, Cooper (El Dorado) 18:37. (Team) Simi 63 (99:15), Tustin 84. (Men) (I) Alcaraz (SA Valley) 14:52, Nava (Santa Ana) 15:21. (Team) Rio Mesa 58 (79:22). (II) Zimmer (Simi) 15:02, Sorensen (VP) 15:21, Pressman (SV) 15:26. (Team) Simi 34 (78:47), Villa Park 61 (79:32), Buena Park 81 (80:02).

### Buena Park Invitational October 12.

The home team took the Guys' Varsity title and a fine Newbury Park Women's group took that title in Coach Dan Hirsch's Buena Park Invite. Buena Park, which features an all underclass Men's Varsity scoring group, has rapidly improved to among the Section's best. Here, in their 33 point win in Division II they totaled a 5-man time of 78:22 to finish ahead of the 79:06 for Villa Park (Orange County's #1 ranked squad) in their 40 point win in Division III. Melissa Sutton led her Newbury Park women's group to an easy Division III women's Varsity win with 21 points in a 17:54 run. NP had the top women's team time of the day by six minutes.

**Results:** (Women) (I) Stramier (Warren, Downey) 19:32. (Team) Woodbridge 34 (104:50). (II) Mendoza (Santa Ana) 19:17. (Team) Santa Ana 16 (101:10). (III) Sutton (NP) 17:54, Wright (Irvine) 18:10, Armstrong (NP) 18:29. (Team) Newbury Park 21 (94:08), Irvine 47 (100:23), La Habra 81 (103:35). (Men) (I) Wright (Troy, Fullerton) 15:54. (Team) Anaheim 38 (82:18). (II) Nava (Santa Ana) 15:23, Sanchez (BP) 15:23, Avila (Santiago, Anaheim) 15:27. (Team) Buena Park 33 (78:22), Santiago (Anaheim) 71 (80:53), Irvine 74 (81:00). (III) Sorensen (Villa Park) 15:14, Williams (La Habra) 15:27, Greene (VP) 15:30, Garcia (LH) 15:30. (Team) Villa Park 40 (79:06), Newbury Park 61 (80:31), La Habra 69 (81:49).

### Arlington Invitational October 12.

Another fine race by the improving Hesperia women's squad, and another strong Invitational run by Moreno Valley's Raul Serratos in leading his men's group to a varsity title were the highlights of the Arlington Invitational. Hesperia, led by the 1-3 finishes of Robyn Bryant and Nicole Houle, 19:17 and 19:45 respectively, had the top Women's team time by eight minutes in their 48 point (103:54) Division I win. Arlington's Mona Gorli was 2nd at 19:31. Serratos took La Sierra's Troy Nelson and Sal Gonzaga (Perris) 15:55-16:10-16:10. Moreno Valley had the day's top men's team time with their 86:28 and 84 point total in winning Division I over Rubidoux (100-86:05). Palm Springs recorded the day's number two team time of the day for the men with an 87:58 total in a Soph-Fresh race win. Led by Josh Pauley's 17:02 meet record in that division this group is among the top couple of young squads in Southern California.

**Results:** (Women) (I) Bryant (Hesperia) 19:17, Mona (Arlington) 19:31, Houle (Hesperia) 19:45, Akers (Chaffey, Ontario) 19:54. (Team) Hesperia 48 (103:54), Yucaipa 101 (111:34). (II) Rigney (Cajon) 19:48, Castillo (San Gabriel Mission) 22:19. (Team) San Gabriel Mission 47 (120:56), Redlands 51. (Men) (I) Serratos (Moreno Valley) 15:55, Nelson (La Sierra) 16:10, Gonzaga (Perris) 16:10, Rios (Indio) 16:41. (Team) Moreno Valley 84 (88:28), Rubidoux (Riverside) 100 (88:05), Elsinore 107 (88:17). (II) Jorge Loutanau (Norte Vista, Riverside) 17:19. (Team) Norte Vista 65 (91:24), Barstow 76.

photo by Burt Davis



Laurie Chapman

photo by Burt Davis



Mark Mastalir



## Prep Notes

### San Gabriel Valley Invite. October 12.

Bishop Amat's men's group edged Walnut and the young ladies from Coach Jim Poite's Walnut squad ran away with their title in this local area invitational for Mt. SAC area squads. Coach Terry Keavney's improved Lancer men's group totaled a team time of 84:15 to edge Walnut (84:24) in a competition where seven races are held with the corresponding members of each team race against each other. Super frosh Scott Hempel of Walnut had the day's top time, 16:12, with Amat's Darrell Turner (16:26) and Richard Wheeler (16:33) the next best. Walnut was the easy women's winner, recording a 102:21 off Jamie Gunn's 19:09 and frosh April Acosta's 19:32. Hacienda Heights Wilson had sophs Darlene Flores at 19:31 and Bishop High transfer Charmine McIntyre at 19:34. McIntyre was second last season in the IA Section Finals for the Desert Inyo power Bishop.

### Fountain Valley-Huntington Beach Invitational October 12.

Sixty schools, some from as far away as Nevada and San Diego, gathered at Central Park in Huntington Beach for this very high-quality invitational. The Saugus crew, Newport and Palos Verdes in the women's division, and an interesting supporting cast made for an exciting day.

Newport Harbor and Palos Verdes were meeting a week after PV's upset win at the Kenny Staub Meet at Crescenta Valley Park. The score here was very close again, but this time it was Newport on top 43-48. Supers Maggie Henson and Buffy Rabbitt both came across at 18:02 in running 1-2 for Harbor. Newport, off the strength of that duo was a big team time winner 88:46-90:18. Palos Verdes does some tough pack running, and come the Section Meet, a good peaking performance could make the 4A race very interesting. Heather Scobie, the precocious Saugus frosh, hooked up with Barbara Arreola (Grossmont) and Christy Farrell (Thousand Oaks) in her Division II run. The young Saugus star was holding a narrow lead until she slipped on a wet wooden bridge board and slightly strained a lower calf muscle. Arreola, certainly one of the top talents in the state, went on to win in 18:05, with National Kinney Finalist Farrell, yet to really get untraced this season, 2nd in 18:20, with Scobie at 18:30 in 3rd. Thousand Oaks was the Division II winner with 65 points (98:50) over Edison (Huntington Beach) 78 (100:41). Kristin Harkins (La Quinta, Garden Grove) marked her 1985 coming

out by winning Division III individually in 19:25 and leading her squad to victory with 51 points (106:19).

Daren and Kirk Stonerock, and their Saugus teammates, waved "by-by" to the opposition in their Division II men's race. Daren (15:00) and Kirk (15:02) had by far the day's fastest times, and the Saugus 27 point total and 79:27 team time were by far the day's most impressive performances. Rich Hirschman (Torrance) edged Bill Lind (Lakewood) 15:29-15:33 in Division I, with Palos Verdes edging Newport 81 (80:40)-85 (80:39) as a team there. John Mora (Beverly Hills) took Division III in 16:00, with Hemet 50 (82:39) edging Paramount 63 (83:32) as a team. Results: (Women) (I) Henson (NH) 18:02, Rabbitt (NH) 18:02, Lewis (Buena, Ventura) 18:15, Doering (Mater Del, Santa Ana) 18:36, Leichter (PV) 18:44, (Team) Newport 43 (88:46), Palos Verdes 48 (90:18), Buena 101 (96:36), Fountain Valley 124 (100:13). (II) Arreola (Grossmont) 18:05, Farrell (TO) 18:20, Scobie (Saugus) 18:30, Reiter (Saugus) 18:51, (Team) Thousand Oaks 65 (98:50), Edison 78 (100:41), Foothill 98 (101:51), Saugus 140 (102:26). (III) Harkins (La Quinta) 19:25, Howard (Costa Mesa) 19:53, (Team) La Quinta 51 (106:19).

### Ventura County Champs. October 18.

Coach Jim McCullough's Simi High men's group took apart a number of the best squads from an area measuring themselves against the field one more time this season. Scoring a minuscule 27 points in one of the most competitive areas of the Section is truly amazing, but it happened once again as this "hot as a pistol" team continues to roll. Jim Zimmer (15:34) and Chris Pressman (15:52) went 1-2 for the winners, who had the best team time by just short of three minutes. Hueneme junior Anthony Williams raced 16:01 for a fine 3rd place effort.

With Melissa Sutton (Newbury Park) a bit under the weather, Christy Farrell (Thousand Oaks) marked this weekend to "come out". Here, she came very close to Denise Ball's 17:58 course record with an 18:07 win over Michelle Lewis (Buena, Ventura) 18:24. Farrell did some fair running the next day at the Palos Verdes Invite, also (read on for that). Newbury Park, with Sutton in at 13th place at 19:43, still handled TO in the team race 48 (93:37)-54 (97:45).

Results: (Women) Farrell (TO) 18:07, Lewis (Buena) 18:24, L. Newbitt (NP) 19:03, Miller (Nordhoff, Ojal) 19:11, Hagenmiller (TO) 19:13, Dietz (Buena) 19:20, (Team) Newbury Park 48 (97:37), Thousand Oaks 54 (97:45), Buena 80 (100:02). (Men) Zimmer (Simi) 15:34, Pressman (Simi) 15:52, Williams (Hueneme) 16:01, McGhie (Simi) 16:01, Cox (TO) 16:02,

Briggs (Simi) 16:02, (Team) Simi Valley 27 (79:48), Rio Mesa 107 (82:49), Thousand Oaks 109 (82:45), Westlake 116 (82:50), Newbury Park 119 (83:10).

### Palos Verdes Invitational October 19.

Run over a very challenging 2.2 mile course, Coach Joe Kelly and Rod Flager's Invite annually attracts a number of top teams and individuals. The home team "mountain goats" usually run well here, and an excellent PV women's squad was victorious over Vista in that division. The races are run with the #7 runner on one team competing against the #7's from the other squads, and so on, with the times of seven, not five, figured up for a competing team's time. Any problems, slips, or whatever, and you are kind of dead in this different type of competition which measures true depth of a team. Coach Willie Harmatz, a former Lakewood High runner, now the coach of the very successful Los Gatos High program, brought his squad down and they were the men's winners.

Individually, Christy Farrell (Thousand Oaks) came back from a super effort in the previous day's Ventura County Championships (see previous story) to also triumph here. Christy's 13:41 run was good for a win over Julie Price, the leader this week of a very strong Vista of San Diego squad, who ran 13:48. The latest great out of the Monte Vista of San Diego program, Robbie Lopez, was the men's winner at 11:14 over Ted Brown of Lompoc (11:20). Brown last year was at Coast Union of Cambria.

Results: (Women) Farrell (TO) 13:41, Price (Vista) 13:48, Daley (Los Gatos) 13:51, Watson (Upland) 13:57, Jorgensen (Vista) 13:58, Loveall (Lompoc) 14:05, Weise (Rolling Hills) 14:06, Goodrich (PV) 14:07, Byrnes (PV) 14:09, (Team) Palos Verdes 101:51, Vista 102:36, Thousand Oaks 102:40, Los Gatos 105:42, Dos Pueblos (Goleta) 106:07, (Men) Lopez (Monte Vista) 11:14, Brown (Lompoc) 11:20, LaForce (Los Gatos) 11:23, Hirschman (Torrance) 11:27, Campbell (Lompoc) 11:30, Edwards (Rolling Hills) 11:35, Gonzalez (Vista) 11:39, (Team) Los Gatos 84:08, Palos Verdes 84:31, Lompoc 85:42, Vista 85:47, Thousand Oaks 86:38.

### Orange County Champs. October 19.

The Section's most potent area, Orange County, gathered for their annual championship meet at Irvine Park this Saturday morning. The favored Newport Harbor women's and Villa Park men's squads were the overall winners, as a number of top individuals and teams graced the affair.

Newport, realizing of late that there is no time to waste off the recent challenges by Palos Verdes, put together a fine team effort here. In their Division I win their young ladies recorded 21 points and a 93:49 team time that was the day's best by 4:10. Again it was Maggie Henson and Buffy Rabbitt running 1-2 for Harbor, with their 17:47 and 17:50 the day's fastest. Edison (Huntington Beach) took Division II with 42 points and a 97:59 team time, led by Nicole Ritchot, who took the individual win in 18:38. Esperanza (Anaheim) continues to glue its act together, here taking the Division III women's race with 60 points and a 98:32 team time. Sherri Smith (Woodbridge, Irvine) took that run in 18:01 over Tracy Wright (Irvine) 18:16. Kelli Lewis (Dana Hills) 19:14 and her team took race IV.

Villa Park, under Coach Dave White, were the easy winners in Division I for the men, scoring 33 points and totally 78:55 as a team. Jim Sorenson (15:23) and Spencer Greene (15:28) went 1-2 to lead their team to victory. Buena Park, featuring an all underclass scoring 5, took Division III with 29 points and a 79:02 team time. Santa Ana Valley's Jose Alcaraz was the individual winner in that race at 15:29. Mission Viejo was the other team under 80:00 with their 79:44 Division IV

win with 66 points. Super frosh Roger Nava (Santa Ana) was the Div. IV winner at 15:22 with Mark Lindrud of MV 2nd at 15:26. Foothill (Santa Ana) took Division II with 80 points (81:11). Orange's David Moore took that race in the day's fastest male clocking-15:06 to handle super La Habra soph Terrence Mahon (15:26).

Results: (Women) (I) Henson (NH) 17:47, Rabbitt (NH) 17:50, Doering (MD) 18:43, Newport 21 (93:49), Mater Del 59 (101:06). (II) Ritchot (Edison) 18:38, Raspaia (El Dorado, Placentia) 18:51, Edison 42 (97:59), Foothill 51 (99:16). (III) Smith (Woodbridge) 18:01, Wright (Irvine) 18:16, Kubis (Mission Viejo) 18:47, Petrina (Fountain Valley) 18:57, Esperanza 80 (98:32), Fountain Valley 79 (100:21), Woodbridge 86 (100:17), Mission Viejo 90 (101:09). (IV) Lewis (Dana Hills) 19:14, Dana Hills 34 (100:17). (Men) (I) Sorenson (VP) 15:23, Greene (VP) 15:28, Vasquez (Santiago) 15:29, Villa Park 33 (78:55), Corona Del Mar 65 (80:27). (II) Moore (Orange) 15:06, Mahon (LaHabra) 15:26, McFadden (El Toro) 15:30, Foothill 80 (81:11), Valencia 84 (81:33). (III) Alcaraz (SA Valley) 15:29, Buena Park 29 (79:02), Estancia 88 (81:11). (IV) Nava (Santa Ana) 15:22, Lindrud (Mission Viejo) 15:26, Mission Viejo 66 (79:44), Newport Harbor 77 (80:17), Huntington Beach 80 (80:30).

### L. A. County Championships October 19.

With Orange County having developed a fine late season championship meet, coaches Steve Spraker, Gene Blankenship, and Ed Chaldez of the three Saugus-Newhall area high schools decided to do the same for LA County at College of the Canyons. With a turnout the first year of thirty-two schools on a challenging course the future looks good for the greater LA area.

A couple of Sweepstakes races featured a number of the area's top individuals and teams. Saugus, led by the 1-2 of Daren (15:28) and Kirk (15:33) Stonerock had the top men's time of the day in their race victory with 30 points and 80:41. Highly ranked Hart (44-82-37) and Loyola (47-82-52) pushed the Centurions. Cathedral's John Trefecanty (16:01) and Canyon's Dan Rattary (16:13) were other race winners.

Lisa Rizzo led her Hart women's group to the Sweeps title with her big 18:27 win over Amy Reiter (Saugus) 19:18. Hart totaled 35 points and 103:01. Azusa's Roberta Moronez finally showed up this year with a 19:43 race win.

Results: (Women) (top individuals) Rizzo (Hart) 18:27, Reiter (Saugus) 19:18, Moronez (Suzsa) 19:43, Spears (Canyon) 19:46, Stramler (Warren) 20:05, Martin (So.Pasadena) 20:22, Kever (Paraclete) 20:23, (Team) Hart 103:01, Canyon 106:00, South Pasadena 107:20, Saugus 110:03. (Men) D. Stonerock (Saugus) 15:28, K. Stonerock (Saugus) 15:33, Trefecanty (Cathedral) 16:01, Flores (Hart) 16:05, Brink (Loyola) 16:08, Johnson (Hart) 16:12, Thomas (Saugus) 16:13, (Team) Saugus 80:41, 2. Hart 82:37, Loyola 82:52, Canyon 85:10, Cathedral 85:28.

### Alemany Invitational October 19.

A number of teams traveled to Cal State Northridge on the flat campus course three-mile invitational sponsored by Alemany High School. The three divisions for men and women featured some good individuals and teams. Glendale's Richard Erbes turned in the top men's time of the day, with a virtually solo 15:00 Large Schools division win. David Schumacher (St. Anthony's, Long Beach) outran junior Bret Kimpie (Carpenteria) 15:02-15:13 in the Small Schools run. Andrea Dellamonica (Calabassas) had the top female time of the day with her 18:13 Medium Schools race win. Hawthorn soph Christina Ross showed some real toughness with her 18:31 Large School win.

Sherman Indian of Riverside had the day's top men's time with its 79:45

photo by Burt Davis



MAGGIE HENSON (left) and BUFFY RABBITT, from Newport Harbor High School. 1-2 in Orange County Championships.



## Prep Notes

in winning the Small School title, while the Hawthorne women were 100:15 for the day's quickest in winning the Large Schools run.

**Results:** (Women) (Small) Wibble (Chaminade, Canoga Park) 19:02, King (LA Baptist) 20:01, San Gabriel Mission 40 (102:33). (Medium) Dellamonica (Calabassas) 18:13, O'Reilly (Alemany) 19:44, Alemany 30 (104:14). (Large) Ross (Hawthorne) 18:31, Crongeyer (Kennedy, Granada Hills) 18:39, Hawthorne 32 (100:15). (Men) (Small) Schumacher (St. Anthony's) 15:02, Kimpie (Carpenteria) 15:13, Ruiz (St. Genevieve) 15:28, Koinva (Sherman Indian) 15:36, Sherman Indian 34 (79:45) Carpenteria 84 (82:18). (Medium) Haro (Alemany) 15:36, Fisher (Calabassas) 15:39, Alemany 33 (79:52). (Large) Erbes (Glendale) 15:00, Garcia (Hawthorne) 15:44, Hawthorne 32 (80:57).

### Mt. San Antonio College Invite.

October 25-26.

Featuring its usual monster slate of races, a total of sixty-five on the days of Friday, October 25th, and Saturday, October 26th, the 37th Annual Mt. San Antonio College Cross Country Invitational was its usual exciting sell in 1985. Featuring most of the top individuals and teams from throughout the western United States, there were some exciting and eventful races during those two days. An awful lot of really tough squads have tackled the three mile course at SAC, and an outstanding men's team time record was taken down during this year's affair by a super group from Jesuit of Sacramento, coached by Walt Lange and led by the Mastalir twins, Eric and Marc, and Paul Thomas. Rebecca Chamberlain (Leigh, San Jose), the top returnee from the Kinney National Cross Country finals at second, carried out a well-planned tactic to handle the area's best here in the Individual Sweepstakes run. All in all, it was a very interesting morning for prep distance running fans.

The meet has schools divided up into three divisions, by size, with Individual and Team Sweepstakes races mixing up the teams based upon outstanding runners or teams.

Friday features the smaller schools. The day's top team times during this competition were both turned in by Walnut High squads. Coach Jim Polite has outstanding groups, with a very young men's varsity squad with all the scorers ninth or tenth graders. Frosh Scott Hempel led his team to a 26 point total and 84:11 team time during their run at the course. Sherman Indian (Riverside) took a IA school size Sweeps race with 54 points (85:12) over Nordhoff (Ojai) 75 (86:12) and Cathedral (LA) 95 (86:04). John Trefecancy, a junior from Cathedral, showed real control and fine pacing in winning his race individually in 15:55 over junior Bret Kimpie of Carpenteria (16:15). The Walnut women's group scored 55 (101:16) over 2A power Nordhoff 78 (103:44) in the day's quickest race for the ladies. Chris Morgan (Bell-Jeff, Burbank) was a big individual winner there, in 18:33, over improving Walnut frosh, Sandra Acosta (18:58) and Nordhoff's Manuela Miller (19:18). Shannon Dugger (Coronado), a transfer from Oklahoma, had the day's other quick clocking for the ladies, a strong looking 18:56 run. Jenny Keever (Paraclete, Lancaster) took a IA Sweeps race in 19:52, with Maranatha (Sierra Madre) the team winners at 78 (110:07).

On Saturday the larger schools rolled in and most of the fireworks took place. The action centers around Team and Individual Sweepstakes races crowded together between 10:00 and 11:00. The



Mt. SAC Boys Team Sweepstakes Race (left to right): JASON LIENAU, MARK MASTALIR, JIM ZIMMER, DARREN STONEROCK, ERIC MASTALIR, KIRK STONEROCK.

men's team sweepstakes run featured Southern California's best squads in Saugus and Simi Valley, both of whom had squashed all they had come across, against Jesuit from the Sacramento area and Reno, the winner of the Large Schools race at Stanford. Bellarmine of San Jose was probably the only team among the top five in the state left out. Individually, Daren (9:08.65 3200 meters) and Kirk (9:16 3200 meters) Stonerock from Saugus, the Mastalir twins, Eric (9:03.31 3200 meters) and Mark (4:13.65 1500 meters), along with Paul Thomas (9:27.12 3200 meters) from Jesuit, Mason Myers (Vallejo 4:21 as a soph and the Stanford winner), San Diego's best in Robbie Lopes (Monte Vista), would all hook up in the race. Daren is notorious for taking the pace out, which he did here. A pack of six tried to tag along through the mile (both Stonerocks, both Mastalirs, Jim Zimmer of Simi Valley and Jason Lienau of Clovis). Daren led through one mile on the flat at 4:43. Going up the steep switchbacks after the mile point both Mastalirs edged ahead of the group, with Eric steadily pulling away as the front group came off that challenging loop and headed towards a steep 80 yard grade called "poop-out" hill just prior to 2 miles. Looking very strong, Eric clocked 12:35 at the top of the last "reservoir" hill and cruised on in at 14:38. Meanwhile, Mark also edged away from the Stonerock duo, recording a 14:57 for 2nd, with Daren 15:04 and Kirk 15:08. The 14:38 is a slightly good clocking, about a 4.55 per mile pace on a course 64 yards short of three miles over some monster hills. The 14:38 is #2 on the all-time course list behind Jeff Nelson's 14:32 CR Jeff still

holds the National Two Mile Record outdoors. Eric is ahead of people like Eric Reynolds, national Kinney champ a few years back from Camarillo, and a flock of other flyers. Mark's 14:57 is equal to number eight all-time. In the race, Mason Myers (Vallejo) probably ran the strongest last mile and a half to get up for 5th in 15:11 (an excellent junior time), with Thomas coming in as Jesuit's 3rd runner in 6th at 15:19. Jesuit added 16:05 and 16:58 clockings to record a 77:57 team time to take down the 78:08 Course Record set way back in 1977 by a Helix from San Diego squad. Saugus was a close second point-wise (97:98) and also had an excellent team time of 78:59 (#7 All-Time). This race is very amazing. The course has got to be at least 15 seconds slower per mile due to the hills, so you can conservatively subtract 45 seconds to compare to a flat three mile. A 16:15 (worth 15:30 on the flat) will get you 30th place, a 16:45 (worth 16:00 on the flat) will get you 50th place. A real salute must go out to Walt Lange and his outstanding Jesuit crew.

The men's individual sweeps race featured strong San Diego High junior Marc Davis, who ran 9:19.0 for 3200 meters last year as a soph, who led a pack through the mile at 4:48, then pulled away to a 14:58 win. Mark Dani (Valhalla, San Diego) ran a strong last mile to finish 2nd in a fine 15:00.

Rebecca Chamberlain (Leigh, San Jose) was the State 3200 meter champ at 10:23.85 and was 2nd last year in the Kinney National Cross Country Championships. Her appearance here in the Individual Sweeps was one awaited by many. Southern Californians Tracey

Williams (Mountain View, El Monte), Darcy Arreola (Grossmont), and a flock of others would hope to challenge the northerner. Heather Scobie (Saugus) took the pace out hard through a 2:34 first half mile, with a pack of teammate Amy Reiter, Williams, and Arreola. Chamberlain sat back fully 20 yards at that point and was still a ways back through a 5:30 mile, where Tracey Williams had overtaken the Saugus frosh star, Scobie. Up the switchbacks Chamberlain put on a move unlike any ever seen around here to come off the top of the four tiered hill with a 50 yard lead. Needless to say the race was over at that point, as the San Jose star powered farther away while the group struggled over the top. By the end Rebecca had a 150 yard lead and recorded an excellent 17:45 (#7 All-Time). Williams was 2nd in 18:17, with Arreola 3rd at 18:19.

Lisa Rizzo (Hart, Newhall) continued to show her special determination in the Team Sweepstakes race, winning individually at 18:21 over Kinney National Finalist Christy Farrell (Thousand Oaks) 18:29, and Sharon Plante (Arroyo Grande) 18:46. Vista of San Diego looked very strong as a team and was the winner here with 63 points (97:29 #18 All-Time) over Thousand Oaks 76 (98:17) and Arroyo Grande 82 (98:44).

**Results: Friday, Oct. 25:** (Race 18: Ind.) Trafecancy (Cathedral) 15:55, Kimpie (Carpenteria) 16:15, Reyes (Cathedral) 16:31, Villalobos (Brawley) 16:47, Koinva (Sherman Indian) 16:48, Weof (Nordhoff) 16:50.

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# Prep Notes

McNeil (Nordhoff) 16:51, Hamon (Sherman Indian) 16:52, Rolitan (La Salle) 16:58, (Team) Sherman Indian 54 (85:12), Nordhoff 75 (88:12), Cathedral 95 (88:04), Maranatha 159 (89:19), Carpinteria 89, La Salle 171 (89:58), St. Francis 195 (91:03), Paraclete 208 (91:18), Bell-Jeff 230 (93:07), (Race 17: Ind.) Loustaunau (Norte Dame) 16:33, Newby (SLO) 16:34, Hernandez (Gladstone) 16:51, Ruiz (St. Genevieve) 16:53, (Team) San Luis Obispo 63 (87:30), Gladstone 89 (89:13), Norte Vista 110 (90:53), Beaumont 131 (91:06), Twentynine Palms 153 (92:44), Northview 153 (92:26), (Race 18: Ind.) Kasimatis (SD Univ.) 16:52, Rauner (SD Univ.) 16:54, Hilton (SD Univ.) 17:04, (Team) San Diego University 51 (87:34), Calexico 63 (88:48), Trabuco Hills 102 (91:35), (Race 19: Ind.) Ruff (SD) 17:16, Niednagel (Capistrano Valley Christian) 17:23, Marquiz (Chadwick) 17:38, (Team) Webb 72 (92:12), SD Christian 130 (95:46), Hesperia Christian 165 (97:51), (Race 20: Ind.) Hemple (Walnut Freshman) 16:18, Castro (SD Ramona) 16:36, Ruiz (Coachella Valley) 16:47, M. Hemple (Walnut Freshman) 16:50, Walker (Walnut) 16:51, DeLaRosa (Coachella Valley) 16:59, Polite (Walnut Soph) 17:07, (Team) Walnut 26 (84:11), SD Ramona 90 (88:30), Coachella Valley 109 (88:46), Oceanside El Camino 110 (89:45), Yucaipa 132 (90:21), Fillmore 133 (90:09).

**Results: Saturday, Oct. 26:** (Team Sweeps) Jesuit (Sacramento) 97 (77:58 CR), Saugus 98 (78:59), Simi Valley 106 (80:24), Loyola 186 (82:00), Villa Park 188 (82:14), Arroyo 213 (82:44), Vista 213 (82:49), Mission Viejo 215 (82:44), Hart 217 (82:47), Orem (Utah) 232 (83:01), Spring Valley Monte Vista 235 (83:17), Reno 259 (83:24), Clovis 273 (83:36), Thousand Oaks 274 (83:40), Valencia 294 (84:01), (Individual) E. Mastalir (Jesuit, Sacto) 14:38, M. Mastalir (Jesuit) 14:57, D. Stonerock (Saugus) 15:04, K. Stonerock (Saugus) 15:08, Myers (Vallejo) 15:22, P. Thomas (Jesuit) 15:11, Lopes (Spring Valley, Monte Vista) 15:32, Lienau (Clovis) 15:41, Zimmer (Simi Vly) 15:46, Fritz (Saugus) 15:47, McCracken (Loyola) 15:57, Shyley (Orem, Utah) 15:52, Nelson (LaSierra) 15:58, McGhie (Simi Valley) 15:59, Johnson (Hart) 16:00, (Ind. Sweeps) Davis (San Diego) 14:58, Dani (El Cajon, Valhalla) 15:00, Erbes (Glendale) 15:22, Serratos (Moreno Valley) 15:41, Schumacher (St. Anthony) 15:43, Brown (Lompoc) 15:52, Honig (Fair Oaks, Bella Vista) 15:54, Campbell (Lompoc) 15:55, Gonzales (Parris) 15:56, Olsen (Irvine) 15:59, (Team) Fair Oaks Bella Vista 106 (83:42), Lompoc 133 (84:19), Irvine 148 (85:02), Sacramento Casa Roble 149 (85:03), El Cajon Valhalla 150 (84:15), (Other Top Times: Team) Buena Park 81:31, La Habra 82:09, Corona del Mar 82:45, Fallbrook 83:17, Escondido 83:57, Arroyo Grande 84:11, San Diego Serra 84:26, Lakeside El Capitan 84:30, El Monte Mountain View 84:32, Katella 84:43, Santiago 85:00, (Individual) Mahon (LaHabra) 15:45, Valles (McFarland) 45:51, McFadden (ElTorro) 15:53, Williams (La Habra) 15:56, Lind (Lakewood) 15:59, Gabriella (Lakeside El Capitan) 15:59, (Girls: Team Sweeps) Vista 53 (97:29), Arroyo Grande 82 (96:44), Thousand Oaks 103 (98:17), Westlake 142 (102:13), Buena 173 (103:44), Huntington Beach Edison 177 (103:33), Lompoc 181 (103:19), Esperanza 190 (104:14), Hawthorne 197 (104:29), Hart 211 (103:28), Simi Valley 230 (106:30), (Individual) Rizzo (Hart) 18:21, Farrell (Thousand Oaks) 18:29, Plante (Arroyo Grande) 18:46, Jorgensen (Vista Frosh) 18:50, Barcellona (Arroyo Grande) 19:08, Price (Vista) 19:09, Wright (Irvine) 19:10, Eager (Vista) 19:12, Lewis (Buena) 19:24, Haggeminer (Thousand Oaks) 19:31, (Individual Sweeps) Chamberlain (Leigh, San Jose) 17:45, T. Williams (Mt. View) 18:17, Arreola (La Mesa Grossmont) 18:19,

Kindell (Fair Oaks, Bella Vista) 18:36, Basore (Pasadena) 18:41, Chapel (San Diego Univ) 18:52, Kubes (Mission Viejo) 18:59, Hansen (FO Bella Vista) 19:07, Nugent (Del Mar, Torrey Pines) 19:03, Reiter (Saugus) 19:14, Logsdon (St. Monica) 19:14, Rigney (Cajon) 19:24, (Team) Fair Oaks Bella Vista 88 (102:52), Mission Viejo 91 (103:51), (Other Top Teams) Hesperia 101:10, Corona del Mar 102:40, Chula Vista Bonita 103:49, Mater Dei 104:23, Righetti 104:27, Fountain Valley 105:15, Riverside Poly 106:31, Fallbrook 107:04, El Cajon Valhalla 107:06, San Diego Crawford 107:13, Escondido San Pasqual 107:25, Lakeside El Cajon 107:36, HH Wilson 107:44, Rio Mesa 107:55, Dana Hills 108:00, (Individual) Bryant (Hesperia) 18:41, Houle (Hesperia) 19:20, Wainwright (Merced) 19:12, Doering (Mater Dei) 19:13, McIntyre (HH Wilson) 19:17, Gannon (Escondido San Pasqual) 19:18, Flores (HH Wilson) 19:24, Bond (LaJolla) 19:25.



## Southern Section Cross Country Championships

By DOUG SPECK

### 4A Women

This was a very interesting year in this division. Newport Harbor, the defending champions with most of the key players back, was felt to be easily the state's best until a shocking midseason defeat by Palos Verdes at the Kenny Staub Invitational at La Crescenta Park. The Staub course features some poor footing and enough ups and downs to duplicate timewise Mt. SAC, where the Section Finals would be held, so things became interesting. Newport featured the super duo of Buffy Rabbitt and Maggie Henson, while PV was a pack-running group. A number of top individuals also graced this division. Melissa Sutton was the defending champion from Newbury Park, with she and Christy Farrell (Thousand Oaks) both qualifiers for the National Kinney Cross Country Championships last fall. Sheri Smith (Woodbridge, Irvine), Suzette Basore (Pasadena), and Michelle Lewis (Buena, Ventura) could also run with anyone around.

In the Prelims Heats Newport blasted a 95:45 team time heat victory that put them far ahead of the pack. Palos Verdes appeared to be under control in a 98:19 effort.

In the finals Palos Verdes, under Coaches Joe Kelly and Rod Flager, put together a perfect peak, featuring a 33 second 1-5 gap between 18:58 and 19:29, and an average of about a 31 second improvement for each of those runners from the week before to surprisingly easily handle Newport 69 (95:44) to 94 (95:45). The PV time is the #8 All-Time on the course. Shockingly, a Thousand Oaks squad put together a super finals race to also slip in ahead of Harbor with 75 points (95:24 #5 AT). Christy Farrell's 18:12 for 3rd was backed up by close to a 40 second improvement per runner by runner by numbers two through five. TO would have taken it all if Jenny Bessel had ever been able to get back to last year's form (18:36) after early season illness problems—as it was she ended up the team's 5th this year at 19:52. Newbury Park, TO's Maramonte League-mates, also put together a super Finals effort, recording 95:47 (100 points) for 4th.

Individually the 4A Women's race featured the slowest first mile of all four divisional runs—5:35. At that point Melissa Sutton (Newbury Park) really went to work. After blasting the switchbacks during the second mile the Pan-

ther junior steadily pulled away to a fine 17:32 win (#6 AT here). Rabbitt did her job for Newport with an 18:06 for 2nd, with Farrell (TO) 3rd in 18:12.

### 4A Men

Simi Valley had been ranked number one all season long and had performed in many, many meets at a very high quality. Villa Park, the #2 ranked team was quite a ways back, and Simi had handled Coach Dave White's group easily in the Esperanza Invitational and in the heat of the Mt. SAC team sweepstakes run (Simi 80:24-VP 82:14).

Villa Park has fallen victim to some bad breaks down through the years and their prelims effort showed that they were determined to put it together this go-round. Their 79:59 heat victory surprisingly brought them in ahead of Simi, which recorded 80:20 in another heat, with improving Mission Viejo 80:49 the winners of the third heat.

In the Finals Simi put together another super run, putting four in before VP's third runner and winning 47 (79:50 #14 All-Time Team Time) 70 (80:22), Mission Viejo was 3rd (113:81:24) in front of young Palos Verdes (139:82:04) and Dana Hills (145:82:24) squads.

Individually, Glendale junior Richard Erbes, the latest distance star coached by former Olympian John Barnes, was the favorite after a controlled 15:29 Prelims heat. Erbes had run 15:22 in the Mt. SAC Invite here. David Moore of Orange, that county's best, tried to break away from Erbes from 2 to 2 1/2 miles, but Erbes finished very strong, looking like he had a lot of run left in his 15:20 victory over Moore (15:36) and Mark Lindrud (Mission Viejo) (15:37). Jim Zimmer led the Simi crew with 4th at 15:42, and Jose Alcaraz (Santa Ana Valley) put together a good Finals race for 5th at 15:43.

photo by Burt Davis



LISA RIZZO, Mt. SAC winner. SHARON PLANTE follows.

### 3A Women

Arroyo Grande, coached by Greg DeNiko, was the defending champions, with that team returning basically intact. They were ranked #1 all season long, with a midseason challenge by Lompoc threatening their eminence for a time. AG was easily the division's fastest in the Mt. SAC Invite at 98:44. In the Finals competition they held true to their form with a controlled, strong team effort for 82 points (98:17). Coach Al Britt of Esperanza, last year's runner-ups, had to go a bit

of a different route, and he and his girls showed real patience in pulling the sick and injured together for a fine Finals effort to repeat as 2nd placers with 112 (101:03).

Individually, there were a number of strong runners here. Lisa Rizzo (Hart, Newhall) was the defending champion and was running like a house afire this season. Super frosh runners Heather Scobie (Saugus) and Sandra Acosta (Walnut) were running very strongly. AG's Sharon Plante had run 18:19 here last year.

Scobie went out like a rocket in the Finals, coming by the mile at 5:25. Surprisingly, during the tough second mile Acosta edged closest. Heading up and over the final Reservoir hill the super frosh duo battled back and forth for the lead with an intensity few can muster so late on a challenging course. Scobie appeared to have it wrapped up, until Sandra mounted a determined 100 yard rush at the finish to edge in ahead of the Saugus flash, with both given the same 18:14 time. Acosta's time is especially amazing, with something over a minute of improvement on this course in the last month. Plante was 3rd in 18:36, with Charmine McIntyre (Wilson, Hacienda Heights) 4th at 18:47. Last year Charmine was a high placer for Bishop High in the IA division. Rizzo finished 5th to cap a brilliant prep cross country career.

### 3A Men

Saugus, coached by Steve Spraker, was another squad that had the collar of a #1 ranking all year long hung around their neck. This was a team that could certainly handle the pressure, though, as they survived one bad break after another all season long to emerge as among the state's top couple of teams and only suffer defeat once, to Jesuit of Sacramento (by one point) in the Mt. SAC Team Sweepstakes run. With an interesting (Golden League) schedule with three-way duals a couple of Saturdays during the season, Saugus was free to run a number of Invitationals—which they did in picking up six titles in those meets. There were a number of other fine teams in this division. Young Buena Park and La Habra squads battled all year long in the Freeway League, with LH taking the League title away from BP for the first time in a decade. Torrance, coached by Gerald Holland, and Arroyo (El Monte) guided by Tim O'Rourke, two of Southern California's most respected mentors, were also fine groups. Hart (Newhall) also returned a top team. Individually, Daren and Kirk Stonerock of Saugus, Section 1600 meter champ (4:14.68m) Raul Serratos (Moreno Valley), and defending divisional champion, Aaron Mascorro (Rosemead), a 15:20 heat winner, are all very respected runners.

In the Finals Saugus once again ran and hid from everyone, riding Daren (14:54) and Kirk's (15:24) 1-2 and some solid backup to a 47 point total and 78:36 team time. The team time takes down Barstow's 1983 Sectional best of 78:39, and marks this year's Saugus group as among the best two or three squads in Southern Section history. Torrance, peaking as usual in fine style, edged Arroyo for 2nd 115 (81:36)-121 (81:42), with Hart losing 3rd on the 6th runner rule, also having 121 (81:39).

Individually, Daren Stonerock came to run. After a 4:43 first mile he had no company, with Mascorro, usually able to come up with a super peak in this Meet, never able to make a dent in Stonerock's huge lead. At the top of Reservoir Hill (2 1/2 miles) Daren was the same time as Eric Mastalir in his 14:38 earlier from the season, but during the last half mile the slight Saugus star tired noticeably to finish in 14:54. The 14:54 is the 6th fastest ever here, putting Coach Spraker's star in some pretty select company.

### 2A Women

Hesperia, a sleeping desert giant as a school that started with very little notice, but has grown to 1800 students exploded



# Prep Notes

In the midseason to enjoy some big invitational successes. The Scorpions were easily the division's fastest in the Mt. SAC Invite, with a fine 101:10 team time victory in their race. Mountain View (El Monte) was the defending champion, and with the returning 1-2 individual finishers, Tracey and Lisa Williams, it appeared they should be easy winners again, but they could not seem to get it together during the season. Nordhoff (Ojai), last year's runner-ups, was again strong. Temple City's Amy Dabul, a 10:42 3200 type in Track was hoped to give Tracey a run for the individual title.

Hesperia cruised to a 3rd in their heat, and then came out in the Finals to put together a strong performance that was unbeatable this day. Nicole Houle (3rd-18:40) and Robbyn Bryant (4th-18:41), along with Barbara Beydler, who did not run in the Prelims, but was 13th in the Finals at 20:16 helped the team to 82 points (100:35 team time). Nordhoff put together a fine race for 92 points (102:32).

Individually, Tracey Williams was gone through a 5:15 mile and nobody ever came close as she breezed to a 17:37 win (#7 All-Time here). Dabul sat too far back to threaten for the title, and finished 2nd in a fine 18:13.

## 2A Men

Loyola (Los Angeles), the defending titleists and ranked number one all season long, was by far the division's fastest off its 82:00 in the Mt. SAC Invite. Loyola looked very controlled in the Prelims and raced 83:27 in a heat win. A Valencia group coming on strong recorded 83:05 in another race victory.

In the finals the senior dominated Loyola group, led by the 3rd of Mike McCracken (15:40), 4th of Joseph Brink (15:40), and 9th of John Sloan (18:12), cruised to a fine 81:07 and 89 point total. Valencia pushed Loyola all the way, led by the fine individual win of Chris Lugo. Lugo had started the season very strongly, then had a midseason of mediocre performances. Here Chris put together an excellent last mile in moving past a number of people on the way to a fine 15:34 win. Junior Tom Campbell (Lompoc) ran a strong race for 2nd at 15:36 ahead of McCracken and Brink of Loyola. Favored David Schumacher (St. Anthony, Long Beach) was 5th.

## 1A Women

The Los Padres League has dominated this division for the last few years. Because of a cockeyed League rule they can only send two teams on to the Section competition. In a comedy of tragedies the defending Section champs, Atascadero, #1 ranked all of 1985, never got out of the League. After a dog-eat-dog League competition where Atascadero ended up tied for second the League has another screwy rule that states if you were the last team of those tied to go on to the Section competition you get to stay at home. So "by-by" to the division's number one ranked team that had everyone back from the 1984 titleists. Like we said, "There ain't no sure thing." The people who think up rules in that League we have our doubts about.

Anyway, Morro Bay and Cabrillo (Lompoc) headed south to chew up the competition. In the Prelims they had easily the top times, 106:56 for MB, 107:49 for Cabrillo. A number of fine individuals grace this division. Azusa's Roberta Moronez led the prelims at 18:55, with Los Pedres individual champion Evelyn Martino (St. Joseph, Santa Maria) 19:15, Wendy Logsdon (St. Monica, Santa Monica) 5:09 1600m and 19:17, and the defending champion, Carrie Barber (Atascadero) 18:53 from last year.

In the Finals Morro Bay put together a good run and totaled 71 points (106:23) to win. Coach Ken Cronquist brought his

Maranatha squad around in fine style and they surprised with a second place 79 points (106:22). Cabrillo was 3rd at 93 (107:17).

Individually, Logsdon put together a very strong race to hold a consistent lead over Martino and Barber to win 18:57-19:08-19:15.

## 1A Men

It was a foregone conclusion that Sherman Indian (Riverside) would take its third consecutive title (and 4th in the last 5 years) with a big peak here. It was a typical Sherman season with some excellent team races, and others that were not so good, but the Indians have an uncanny ability to put it together in the Finals. But they do run the race for a reason, and those are people out there running, so reality occasionally strikes.

In the Prelims heat winners were close - Sherman 84:57, Atascadero 85:06, and Cathedral 85:03.

This year it was someone else's turn for the big peak - Atascadero had its 3-4-5 runners improve 20-64 seconds to turn in an 84:03 team time and 66 points to edge Sherman (72:85:11). Coach Mark Anderson had some solid returnees, but the work and improvement of the remainder of the top five must be saluted. Sam

Richards (5th-16:24), Todd Everett (6th-16:29), Mark Alexander (11th-16:45), and Matt Huckaby (15th-16:46) led the Greyhounds to victory: Sherman continued its tradition probably equal to any in the entire United States with their second place.

Individually, John Trafecanty (Cathedral, LA), a junior, handled fellow junior Bret Kimple (Carpenteria) 15:48-16:00 in a rerun of their earlier Mt. SAC Invitational race.

Results: (Boys 4A)(Ind.) Erbes (Glendale) 15:20, Moore (Orange) 15:38, Lindrud (Mission Viejo) 15:37, Zimmer (Simi Valley) 15:42, Alcaraz (Santa Ana Valley) 15:39, Sorensen (Villa Park) 15:44, Greene (Villa Park) 15:44, Vett (Buena) 15:46, Lind (Lakewood) 15:46, McGhie (Simi Valley) 15:51, Edwards (Rolling Hills) 15:51, Scudamore (Palos Verdes) 15:58, McCarty (Hoover) 15:58, Pressman (Simi Valley) 15:59, (Team) Simi Valley 47 (79:50), Villa Park 70 (80:22), Mission Viejo (113 (81:24), Palos Verdes 139 (82:04), Dana Hills 172 (82:24), Thousand Oaks 152 (82:29), Crescenta Valley 172 (82:54), Buena 192 (83:13), Santa Ana Valley 210 (84:15), Estancia 220 (84:31), Lakewood 232 (85:09), Huntington Beach 250 (84:53). (3A Division) (Individual) D. Stonerock (Saugus) 14:54, K. Stonerock (Saugus)

15:24, Serratos (Moreno Valley) 15:32, Mascorro (Rosemead) 15:37, Ratary (Canyon Country) 15:37, Hiraahman (Torrance) 15:44, Gonzaga (Perris) 15:45, Gilkey (Arroyo) 15:50, Hesseltine (Upland) 15:53, Williams (La Habra) 15:55, S. Hempel (Walnut) 15:56, Florès (Hart) 15:57, Imley (Temple City) 15:58, Watkins (Torrance) 15:59, Primera (Ridgecrest Burroughs) 16:00, (Team) Saugus 47 (78:36), Torrance 115 (81:38), Arroyo 121 (81:42), Hart 121 (81:39), La Habra 146 (82:36), Buena Park 158 (82:31), Walnut 164 (82:56), Canyon Country Canyon 172 (83:01), Rosemead 176 (84:28), Hemet 193 (83:48).

(2A Division) (Individual) Lugo (Valencia) 15:32, McCracken (Loyola) 15:40, Brink (Loyola) 15:40, Rios (Indio) 15:44, Schumacher (St. Anthony) 15:54, Brown (Lompoc) 15:58, (Team) Loyola 69 (81:07), Valencia 75 (83:50), Nordhoff 111 (83:19), Lompoc 123 (82:57), Arroyo Grande 144 (84:37), Alemany 162 (84:45). (1A Division) (Individual) Trafecanty (Cathedral) 15:48, Kimple (Carpenteria) 16:00, Koinva (Sherman Indian) 16:13, Loiacano (Bell-Jeff) 16:21, Richards (Atascadero) 16:24. (Team) Atascadero 66 (84:03), Sherman Indian 72 (85:11), Cathedral 116 (85:30), Cabrillo 125 (86:40), Maranatha 128 (86:46).



## San Diego CIF Cross Country Finals

from Dennis McClanahan

Nov. 27. Morley Field, Balboa Park, S.D. Boys: 5,000. Girls: 2.8.

Two exciting match races with outstanding individuals, some close team races, and some notes of controversy highlighted this years section finals.

Since their close 1-2 finish in the Mt. SAC individual sweepstakes; the prospect of San Diego's Mark Davis verses Mark Dani of Valhalla in the 2A finals was the talk of area coaches. The race was everything it was supposed to be and more. Staying closely together for the better part of 2 and a half miles, the smooth striding powerfully built Dani passed Davis and continued to widen the gap. He finished with an outstanding 14:46 and Davis followed with a very strong 15:03. The drama continued in the next race, the 3A girls, where the pre-race favorite Darcey Arreola of Grossmont (the defending champion) was to have her first ever race against the frosh sensation Kira Jorgensen of the powerful Vista team. Jorgensen hung tough with Arreola, and even for a brief time led. But with a half mile to go Arreola took control of the race to win in 14:39. The slender Jorgensen stayed close and finished strong with a 14:46.

The 3A boys was won by junior Robbie Lopes of Monte Vista with an easy 15:40 as he led from start to finish. University City's Laura Chapel overcame an early surge and lead by Torrey Pines Nicole Nugent to win with a strong 14:52 to Nugent's 14:57.

The 1A race was all Ramona High as junior George Castro and soph Karen Karcher were the individual champions with times of 15:54 for Castro and 15:41 for Karcher.

In the team races El Capitan scored a upset with a 62 to 66 win over Vista in the 3A boys. In the girls 3A Vista, probably one of the 2 best teams in California, put 3 in the top 10 and dominated the race with their 38 points.

In the 2A Serra easily won the boys title with 66 to San Pasqual 101. It was a good day for coach Will Wester's Golden Eagles as his females placed 3 in the top ten to defeat the 84 1A Hillists El Camino, 49 to 59.

El Camino was involved in the days big controversy in the 1A boys race. One of the El Camino runners false started and according to the rule book was disqualified. However, the starter did not remove the runner from the race, and as they started the race over, the El Camino athlete ran the race anyway. He finished in 9th, which would have given El Camino the title over Ramona 48-52. His place was contested, eventually thrown out, and Ramona given a 52 to 61 victory over El Camino. El Camino's appeal was eventually denied the following Wednesday by the CIF. In the girls 1A La Jolla scored 44 points to easily handle the race.

### 3A Boys

1 El Capitan	62
2 Vista	66
3 Poway	82

### Individuals

1 Lopes (Monte Vista)	15:40
2 Gabriella (El Capitan)	15:46
3 Rodriguez (Vista)	15:58
4 Shepard (Poway)	15:56
5 Yarborough (Monte Vista)	15:58
6 Higuera (Mt. Miguel)	16:00
7 Billmeyer (Mt. Carmel)	16:05
8 Kieflner (Santa Ana)	16:11
9 Kemp (El Capitan)	16:12
10 Regis (Vista)	16:14

### 3A Girls

1 Vista	38
2 Mira Mesa	81
3 Santa Ana	82

### Individuals

1 Arreola (Grossmont)	14:39
2 Jorgensen (Vista)	14:46
3 Lubinsky (Pt. Loma)	15:49
4 Mathews (Vista)	15:52
5 Neto (Pt. Loma)	15:53
6 Arias (Santa Ana)	15:57
7 Anderson (Poway)	16:01
8 Horowitz (Mira Mesa)	16:05
9 Price (Vista)	16:05
10 Kniffing (El Capitan)	16:05

### 2A Boys

1 Serra	66
2 San Pasqual	101
3 Fallbrook	108

### Individuals

1 Dani (Valhalla)	14:44
2 Davis (San Diego)	15:03
3 Martin (Fallbrook)	16:06
4 Gerogier (Serra)	16:09
5 Tadese (Crawford)	16:12
6 Farr (Orange Glen)	16:13
7 O'Neill (San Pasqual)	16:14

8 Parris (Fallbrook)	16:21
9 Wallbank (Hilltop)	16:26
10 Martinez (Escondido)	16:27

### 2A Girls

1 San Pasqual	49
2 El Camino	59
3 Bonita Vista	104

### Individuals

Chapel (University City)	14:52
2 Nugent (Torrey Pines)	14:57
3 Haiseth (El Camino)	15:28
4 Ciemeshaw (San Pasqual)	15:31
5 Panno (San Pasqual)	15:38
6 Lechner (Valhalla)	15:41
7 Gannon (San Pasqual)	15:42
8 Sullivan (Fallbrook)	15:49
9 Harris (Serra)	15:57
10 Hand (Fallbrook)	15:58

### 1A Boys

1 Ramona	52
2 El Camino	61
3 University	88

### Individuals

1 Castro (Ramona)	15:54
2 Pehman (Carlsbad)	16:19
3 King (Oceanside)	16:19
4 Walker (Bishops)	16:38
5 Keppler (St. Augustine)	16:43

### 1A Girls

1 La Jolla	44
2 Ramona	63
3 Crawford	86

### Individuals

1 Karcher (Ramona)	15:41
2 Bond (La Jolla)	15:51
3 Delaio (Crawford)	16:04
4 Bache (University)	16:07
5 Glusac (San Marcos)	16:17

## Prep Meet Announcements

•March 24-25: Nor-Cal Multi-Events Championships. Decathlon & Heptathlon. Shasta College, 9 am. Michael Moynahan, Enterprise H.S., 3411 Churn Creek Rd., Redding 96003. (916) 246-0279.

•March 29: Pasadena Games. Occidental College, 5 pm. Mark Evans, Pasadena H.S., 2925 E. Sierra Madre Blvd., Pasadena 91107. (818) 798-9801, ex. 43.

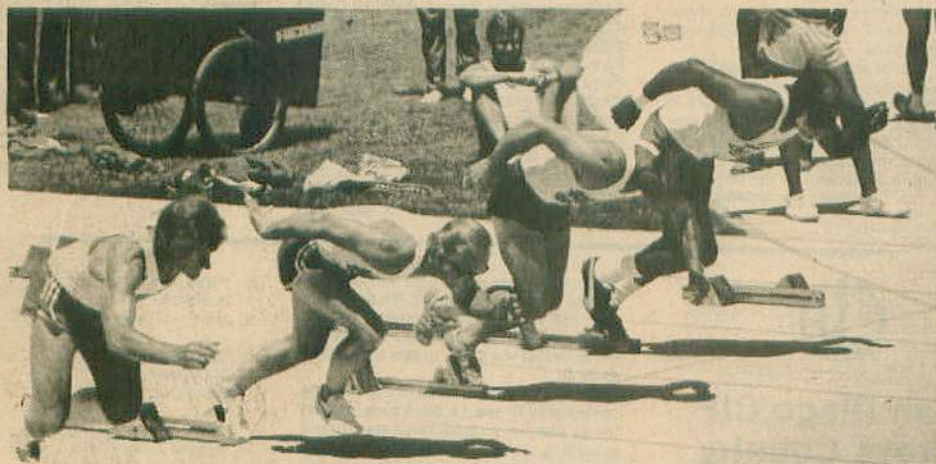
•April 28: Leigh-West Valley Relays. Bill Hotchkiss, Leigh H.S., 5210 Leigh Ave., San Jose 95124.



# Ranking

## 1985 California Masters Men Best Marks

By PERCY KNOX



Left to right: Bernie Stevens, Dick Marlin, Bruce Springbett, Spencer Letcher.  
Robert & Carol Sports Photography

### 60 Yards

<b>(30-39) Hand Times</b>	
Leon Coleman (39)	6.5i
<b>(40-49)</b>	
Ken Dennis (47) CDM	6.5i
<b>(40-49) Automatic Time</b>	
Ken Dennis (47) CDM	6.43i

### 60 Meters

<b>(30-39)</b>	
Rufus Morris (39) SCS	7.3
<b>(40-49)</b>	
Fred Neidermeyer (44)	7.5
<b>(50-59)</b>	
Ray Griffin (52)	7.5
Nick Newton (51) LAV	7.6
E. Manogian (55)	8.0
Ted Vick (55) CDM	8.0
Hugh Cobb (52) SCS	8.1
<b>(60-69)</b>	
Burl Gist (65) CDM	8.4
Al Guidet (66) CDM	8.7
Robert Hunt (64) SCS	8.7
<b>(70-79)</b>	
Tony Castro (75) SCS	9.4

### 100 Meters

<b>(30-39)* = converted from Automatic)</b>	
Greg Holmes (30) AA	10.2'
Marion McCoy (35) Maccabi	10.4'
Carl McCullough (30)	10.4'
Akins Lewis (31)	10.4'
D. Wayne Taggart (31)	10.5
Eugene Driver (35) AA	10.7
E. Williams (30)	10.7
Wärren Spikes (34)	10.8
W. Davis (30)	10.8'
Norbert Payton (36)	11.0
Glenn Johnson (35) AA	11.0
Fred Booker (36)	11.0
Lee Larkins (32)	11.1'
Anthony Lockhart (30)	11.1'
Ralph Ligons (30)	11.3'
Roger Trujillo (34)	11.4
<b>(Automatic)</b>	
Greg Holmes (30)	10.42

Akins Lewis (31)	10.56
Marion McCoy (35) Maccabi	10.61
D. Wayne Taggart (31)	10.67
Carl McCullough (30)	10.81
Stan Whitley (39) LAV	10.87
Eugene Driver (35) AA	10.88
Williams, E. (30)	10.91
W. Davis (30)	11.04
Warren Spikes (34)	11.06
Lee Larkins (32)	11.31
Anthony Lockhart (30)	11.33
Fred Booker (36)	11.38
Ralph Ligons (30)	11.50
<b>(Wind-aided - Auto)</b>	
Greg Holmes (30)	10.40
<b>(40-49) Hand Timed</b>	
Ken Dennis (47) CDM	10.8
Frank Little (41) LAV	10.9'
Walt Butler (44) LAV	11.0'
Steve Robbins (47)	11.1'
Brandon Wilson (42) SD	11.1'
Doug Smith (45) CDM	11.2'
Gil LaTorre (47) WV	11.2'
Bill Alston (42) WV	11.3'
Dan Fitzsimmons (41) WV	11.3'
Bill Knocke (45) WV	11.5'
Jim Hollister (47)	11.5'
Win Emert (41) WV	11.5'
Rugus Morris (40) SCS	11.5'
Mel Brooks (44) WV	11.5'
Gary Miller (47) CDM	11.6
Paul Dorsey (47)	11.6'
Fred Neidermeyer (45) SCS	11.7
Ben Anixter (47) NCS	11.7'
Dennis Duffy (42) WV	11.8
<b>(Automatic)</b>	
Frank Little (41) LAV	11.10
Walt Butler (44) LAV	11.20
Steve Robbins (47)	11.30
Brandon Wilson (42) SD	11.31
Doug Smith (45) CDM	11.38
Ken Dennis (48) CDM	11.43
Gil LaTorre (47) WV	11.45
Bill Alston (42) WV	11.49
Dan Fitzsimmons (41) WV	11.51
Jim Hollister (40)	11.69
Bill Knocke (45) WV	11.71
Win Emert (41) WV	11.72

Rugus Morris (40) SCS	11.75
Mel Brooks (44) WV	11.75
Paul Dorsey (47)	11.85
Ben Anixter (47) NCS	11.89
Fred Neidermeyer (45) SCS	11.94
<b>(Wind-aided)</b>	
Ed Jones (40)	11.56
Ted Cain (43) WV	11.87
<b>(Automatic Wind-aided)</b>	
Sam Robinson (41) WV	11.87
<b>(Wind-aided Hand)</b>	
Ken Dennis (47) CDM	10.7
<b>(50-59) Hand Timed</b>	
Phil Presber (51) WV	11.7
Ricky McPherson (55)	11.7
Nick Newton (51) LAV	11.8
Bruce Springbett (52) WV	11.9
Dick Glasgow (50) SD	11.9
Don Benton (53)	12.0
Vern Regier (58)	12.1
Huel Washington (56) WV	12.1
Dick Marlin (55) WV	12.2
Richard Hansen (52) WV	12.3
Tony Nasaralla (53) CDM	12.5
<b>(Automatic)</b>	
Rocky McPherson (55)	11.90
Phil Presber (51) WV	11.96
Nick Newton (51) LAV	12.02
Dick Glasgow (57) SD	12.10
Don Benton (53)	12.25
Vern Regier (58)	12.27
Huel Washington (56) WV	12.28
Richard Hansen (52) WV	12.48
<b>(60-69) Hand Timed</b>	
Bob Roemer (60)	12.8'
Al Juilland (62) WV	12.9'
Payton Jordan (68) CDM	13.0
Tom Patsalis (63) CDM	13.0'
Max Goldsmith (67)	13.1
Robert Hunt (65) SCS	13.3
Steve Peck (60) NCS	13.5
Wayne Ambrose (60) CDM	13.5'
Ted Radamaker (60) SF Oly	13.5
Jim Johnson (62) NCS	13.8
Al Guidet (67) CDM	13.8'
C. Shuck (69)	14.0'
G. Simon (67)	14.1

<b>(Automatic)</b>	
Bob Roemer (60)	13.03
Al Juilland (62) WV	13.15
Tom Patsalis (63) CDM	13.18
Payton Jordan (68) CDM	13.35
Ted Radamaker (60) SF Oly	13.72
Wayne Ambrose (60) CDM	13.75
Pete Fetter (64) CDM	13.94
Al Guidet (67) CDM	14.03
C. Shuck (67)	14.19
<b>(Wind-aided Hand)</b>	
Ted Radamaker (60) SF Oly	13.1
<b>(70-79) Hand Timed</b>	
Harry Koppel (71) NCS	13.4'
Tony Castro (75) SCS	14.3
John Satti (71) NCS	14.5
Bert Morrow (77)	14.6
Poa (77)	14.8
<b>(Automatic)</b>	
Harry Koppel (71) NCS	13.65
<b>(80+)</b>	
Sing Lum (81) CDM	16.0y
Winfield McFadden (80) SD	17.0'
Homer Van Gelder (80) NCS	19.2'
<b>(Automatic)</b>	
Winfield McFadden (80) SD	17.24
Sing Lum (81) CDM	17.64
Homer Van Gelder (80) NCS	19.44

### 200 Meters

<b>(30-39) Hand</b>	
Greg Holmes (30)	20.9'
Marion McCoy (35) Maccabi	21.0'
Carl McCullough (30)	21.1'
James Gilkes (34)	21.2
Eugene Driver (35) AA	21.5
Warren Spikes (34)	21.5
Marion McCoy (35) Maccabi	21.5
Akins Lewis (31)	21.6'
Stan Whitley (39) LAV	21.7'
Randy Benson (37)	21.8
Ed Williams (30)	21.9'
Vesco Bradley (37) US Army	22.2'
W. Davis (30)	22.4
Glenn Johnson (35) AA	22.5
Al Shorts (37)	22.5
Fred Booker (36)	22.7'
<b>(Automatic)</b>	
Greg Holmes (30)	21.07
Marion McCoy (35) Maccabi	21.17
Carl McCullough (30)	21.32
Eugene Driver (35) AA	21.69
Marion McCoy (35) Maccabi	21.73
Akin Lewis (31)	21.85
Stan Whitley (39) LAV	21.92
Ed Williams (30)	22.14
Vesco Bradley (30) US Army	22.38
W. Davis (30)	22.64
Glenn Johnson (35)	22.76
Fred Booker (36)	22.95
<b>(40-49)</b>	
Brandon Wilson (42) SD	22.5'
Matt Pruitt (40) WV	22.5'
Frank Little (41) LAV	22.8
Dan Fitzsimmons (41) WV	22.8'
Doug Smith (45) CDM	23.2
Dennis Duffy (42) WV	23.2
Mel Brooks (44) WV	23.2
Ken Dennis (48) CDM	23.3
Walt Butler (44) LAV	23.3'
Ed Jones (43)	23.4'
Gary Miller (47) CDM	23.6
Bill Knocke (45) WV	23.7'
Fred Neidermeyer (45) SCS	23.8
Martin Adamson (45)	23.8
David Romain (43) WV	23.8'
Bill Alston (42) WV	23.9'



Ted Cain (43) WV	23.9'
Ben Anlixter (47) NCS	24.0'
Gil LaTorre (47) WV	24.0
Rufus Morris (40) SCS	24.0y
Mike Kahn (47)	24.2
Jackson Steffis (47)	24.2'
Ed Oleata (47) SD	24.3'
(Automatic)	
Brandon Wilson (42) SD	22.68
Matt Pruitt (40) WV	22.70
Dan Fitzsimmons (41) WV	23.00
Frank Little (41) LAV	23.04
Dennis Duffy (42) WV	23.38
Mel Brooks (44) WV	23.45
Walt Butler (44) LAV	23.47
Ed Jones (43)	23.57
Bill Knocke (45) WV	23.90
David Romain (43) WV	23.99
Ted Cain (43) WV	24.14
Bill Alston (42) WV	24.20
Gil LaTorre (47) WV	24.22
Ben Anlixter (47) NCS	24.23
Fred Neidermeyer (45)	24.24
Rufus Morris (40) SCS	24.35
Jackson Steffis (47)	24.43
Ed Oleata (47) SD	24.46
(50-59)	
Nick Newton (51) LAV	24.0
Bruce Springbett (52) WV	24.1
Phil Presber (51) WV	24.5'
Rocky McPherson (55)	25.0
Dick Glasgow (50) SD	25.1
Tony Nasaralla (53) CDM	25.2
Dick Hickman (50)	25.5'
Richard Hanson (52) WV	25.6'
Huel Washington (56) WV	25.7'
Ray Griffin (57)	25.7
(Automatic)	
Phil Presber (51) WV	24.71
(Auto - Wind-aided)	
Don Benton (53)	25.15
(60-69) Hand	
D. Herzer (87)	27.1'
Bob Roemer (60) NCS	27.2'
Payton Jordan (68) CDM	27.5'
Gene Harte (60) LAV	27.3'
Max Goldsmith (67)	27.9
Ted Radamaker (60) SF Oly	27.9'
Al Juilland (62) WV	28.5'
Wayne Ambrose (60) CDM	28.6
Robert Hunt (65) SCS	28.6'
Al Guidet (67) CDM	28.7'
C. Boyd	28.7
Steve Peck (60)	29.1y
Pete Fetter (64) CDM	29.2'
G. Simon (67)	29.4
Tom Clayton (60) CDM	29.5'
C. Shuck (69)	29.5'
Robert Garretto (64) NCS	29.8'
(Automatic)	
D. Herzer (67)	27.33
Bob Roemer (60) NCS	27.40
Gene Harte (60) LAV	27.54
Payton Jordan (68) CDM	27.75
Ted Radamaker (60) SF Oly	28.12
Al Juilland (62) WV	28.69
Robert Hunt (65) SCS	28.72
Wayne Ambrose (60) CDM	28.78
Al Guidet (67) CDM	28.86
Pete Fetter (64) CDM	29.38
Tom Clayton (60) CDM	29.66
C. Shuck (69)	29.71
Robert Garretto (64) NCS	29.98
(70-79)	
Harry Koppel (71) NCS	29.0
Tony Castro (75) SCS	29.9
John Sattii (71) NCS	30.3
Bert Morrow (77)	31.9
(Automatic)	
Harry Koppel (71) NCS	29.18
(80 +)	
Sing Lum (81) CDM	37.0

### 300 Meters

(40-49)	
Fred Neidermeyer (44)	39.5
Stan King (48)	40.4
Hugh Adams (44) CDM	40.6
(50-59)	
Nick Newton (51) LAV	40.2
(60-69)	
Al Guidet (66) CDM	48.5
Robert Hunt (64) SCS	49.6

### 400 Meters

(30-39) Hand	
Eugene Driver (35) AA	48.0
James Robinson (30)	48.1

James King (36)	49.4
Randy Benson (37)	49.7'
Gil LaTorre (47) WV	50.3'
Charles Wolf (37)	50.3'
Martin Lefevre (31)	51.0
Jay Laver (37)	51.4'
James Harvey (35)	51.6
Robert Parks (37)	51.6'
M. Black (37)	51.6
Jones	51.8
Matt Pruitt (39) WV	52.0'
Jerry Williams (34) LAV	52.5
Robert Thoe (39)	52.6'
David Pogue (37)	52.7'
(Automatic)	
Eugene Driver (35) AA	48.75
James King (36)	49.46
Randy Benson (37)	49.80
Charles Wolf (37)	50.49
Jay Laver (37)	51.50
Robert Parks (37)	51.72
Matt Pruitt (39) WV	52.13
Robert Thoe (39)	52.72
David Pogue (37)	52.84
(40-49) Hand	
Dennis Duffy (42) WV	50.9'
Matt Pruitt (40) WV	50.9'
David Romain (42) WV	51.0
George Mason (41) WV	51.1'
George Smith (41)	51.4'
Frank Little (41) LAV	51.6
Mel Brooks (44) WV	51.8'
Bill Knocke (44) WV	52.3'
Marty Adamson (46)	52.8
George Cohen (45) SM	52.9'
Ted Cain (43) WV	53.0'
Gary Miller (47) CDM	53.3
Woody Studenmund (40) CDM	53.7
Fred Neidermeyer (45)	54.4
Jackson Steffis (47)	54.5
(Automatic)	
Dennis Duffy (42) WV	51.02
George Mason (41) WV	51.23
George Smith (41)	51.58
Mel Brooks (44) WV	51.91
Bill Knocke (45) WV	52.45
George Cohen (45) SM	53.03
Ted Cain (43) WV	53.06
Fred Neidermeyer (45)	54.52
Jackson Steffis (47)	54.56
(50-59)	
Bruce Springbett (52) WV	56.3'
Woody Grover (51)	57.6'
Tony Nasaralla (53) CDM	58.1'
Rocky McPherson (55)	58.3'
Roger Tsuda (50)	58.6
Bernard Stevens (56) WV	58.7'
Ray Griffin (52)	58.8'
Jim Parks (51)	58.8'
Will Robinson (52) CDM	58.9
Louis Beadle (57) CDM	59.1
Robert Watanabe (59) LAV	59.8'
(Automatic)	
Bruce Springbett (52) WV	58.41
Woody Grover (51)	57.68
Tony Nasaralla (53) CDM	58.18
Rocky McPherson (55)	58.40
Bernard Stevens (56) WV	58.82
Ray Griffin (52)	58.95
Jim Parks (51)	58.98
Louis Beadle (57) CDM	59.25
Robert Watanabe (59) LAV	59.93
(60-69) Auto	
Gene Harte (60)	61.58
Ted Radamaker (60) SF Oly	62.28
Bill Fitzgerald (60) SCS	63.29
Robert Hunt (65) SCS	63.98
(70-79) Auto	
Harry Koppel (71) NCS	68.70
John Sattii (71) NCS	72.01
(80 +)	
Sing Lum (81) CDM	96.28

### 600 Meters

(40-49)	
Bill Knocke (45) WV	1:35.2
John Monet (45)	1:35.2
Stan King (48)	1:38.2
(50-59)	
Gene Harte (59) LAV	1:46.8

### 800 Meters

(30-39) a = automatic	
James Robinson (31)	1:45.03a
Nolan Smith (31)	1:53.23a
Benny Brown (31)	1:53.50a
Peter Mogg (30)	1:53.5
Bruce Wint (37)	1:57.54a
Phil Kay (32)	1:57.6
Dennis Tracy (38)	1:58.0

John Brodoni (34)	1:58.4
Robert Parks (34)	1:59.1
James Gelsomini (37)	2:00.1
Cirio Morgan (37)	2:00.9
Bob Browne (39) WV	2:02.08a
Michael Craigie (37)	2:02.22a
Jerry Williams (34) LAV	2:02.3
R. Beauchamp (37)	2:02.6
Danny Wayne (31)	2:04.1y
William McCarty (35)	2:04.9
(40-49)	
George Mason (41) WV	1:57.19a
George Cohen (45) SM	1:57.73a
Benny Adams (47)	1:59.3
Bob Browne (40) WV	2:00.6
Cris Loosley (40) WV	2:00.73a
David Romain (42) WV	2:00.9
Mel Elliott (46)	2:01.51a
SM	
Tom Von Ruden (47)	2:03.04a
Jake Madderm (47)	2:03.9
Gary Miller (47) CDM	2:05.0
Cliff Bedell (47)	2:05.65a
Jim Gibbons (40)	2:06.59a
Bill Knocke (45) WV	2:07.0
John Monet (45)	2:08.70a
Mike Dangster (47)	2:09.86a
Tony Marshall (47)	2:10.01a
(50-59)	
Pete Richardson (50)	2:06.52a
Ken Napier (53)	2:11.6
Fred Lehr (57)	2:14.56a
Richard Hickman (50)	2:14.65a
Jerry Withers (57)	2:18.85a
Jerry Weldy (50)	2:20.28a
(60-69)	
Bill Fitzgerald (60) SCS	2:19.79a
Wallace Cole (62)	2:42.6
Ray Gil (67)	2:44.15a
David Cohen (67)	2:45.2
Alan Waterman (66) NCS	2:47.74a
Tony Grove (65) NCS	2:48.49a
Henry Fairbanks (67)	2:49.2
Rex Dutderich (60) NCS	2:51.05a
Don Bradley (67)	2:53.50a
Don Wilgus (63) NCS	2:55.2
(70-79)	
Ed Stotsenberg (71)	2:51.74
(80 +)	
W. Benton (80)	3:42.58a
Paul Spangler (86)	4:08.00a

### 1500 Meters

(30-39)	
Peter Mogg (30)	3:59.3
Tim Williams (37)	4:03.4
Bruce Hamilton (37)	4:06.3
B. Beauchamp (37)	4:11.23a
Bruce Wint (37)	4:11.39a
R. Jensen (37)	4:13.5
B. Chadwell (37)	4:16.02a
Bryan Petterson (37)	4:33.6y
(40-49)	
Chris Loosley (40) WV	4:04.2
Ramsey Thomas (42) WV	4:05.6
Harvey Franklin (42) WV	4:06.8
Barry Adams (47)	4:07.3
Mel Elliott (47) SM	4:13.3
George Cohen (45) SM	4:32.5y
Frank Reynolds (47)	4:15.6
Tom Von Ruden (47)	4:17.19a
C. Bedell (47)	4:20.39a
Mike Holbrook (47)	4:22.3
Jim Gibbons (47)	4:26.2
Michael Figueroa (47)	4:26.6
(50-59)	
Tom Sturak (53)	4:25.8
Pete Richardson (57) WV	4:27.88a
J. Weldy (51)	4:28.46a
Fred Lehr (52)	4:38.08a
Gunnar Linele (57)	4:46.8
Jerry Withers (55)	4:48.76a
Wally Everett (57)	4:54.00a
Pat Devine (57)	4:57.8
(60-69)	
Bill Fitzgerald (60)	4:56.87a
Bob Page (67)	5:17.49
Alan Waterman (67) NCS	5:42.7
Don Cotner (67)	5:39.5
Troy Grove (65) NCS	5:45.1
Vic Carsetti (67)	5:50.6
Don Wilgus (63) NCS	6:04.0
(70-79)	
Ed Stotsenberg (71)	5:47.04a
(80 +)	
Paul Spangler (85)	7:50.61a
W. Benton (80)	8:01.3

### 2 Mile

(40-49)	
Frank Padilla (47)	10:51.1
(50-59)	
Joe King (57)	11:30.2

continued on next page...

*"... I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."*  
—Bill Rodgers

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# Ranking

## 3000 Meters

(30-39)	
Gary Carlin (37)	9:07.10a
Gary Foiz (37)	9:07.47a
Chuck Poote (37)	9:11.60a
Noian Smith (34)	9:15.46a
Allan Stanbridge (38)	9:19.8
Karl Romano (36)	9:31.6
Matt Hitt (37)	9:47.76a
(40-49)	
Neil Doherty (47)	9:04.90a
Mike Figueroa (47)	9:07.60a
Harvey Franklin (42) WV	9:08.2
John Loeschhorn (47)	9:09.48a
Gene Gilligan (43)	9:15.3
Lee Miller (47)	10:15.33a
(50-59)	
Ken Gaskell (57)	10:15.73a
Ken Allen (51)	10:17.2
Gunner Linde (57)	10:22.99a
Pat Devine (57)	10:23.00a
Dave Stevenson (57)	10:30.2
(60-69)	
Avery Bryant (67)	11:21.69a
(70-79)	
Ed Stotsenberg (77)	12:20.54a

## 5000 Meters

(30-39)	
Ron Jensen (39)	15:38.9
Tim Williams (37)	15:38.5
F. Thornton (37)	15:39.01a
Rob Nielsen (30)	15:49.8
J. Haberkern (37)	15:54.00a
S. Myhrø (37)	15:54.36a
Curtis Duff (37)	15:55.9
G. Foltz (37)	15:58.48a
Thomas Bennett (31)	15:59.5
(40-49)	
Chris Localay (40) WV	15:18.88a
Bill Clark (41) WV	15:18.82
Joä Becerra (42)	15:39.5
Jerry Jobaki (47)	15:49.1
Harvey Franklin (42) WV	16:18.16a
Tom Kirchner (44)	16:21.4
Jim Murphy (47)	16:28.80a
R. Ruiz (47)	16:29.00a
Gene Gilligan (43)	16:30.9
Michael Figueroa (47)	16:36.8
(50-59)	
J. Brennan	16:15.4
J. Weldy (57)	16:58.27a
Pat Devine (57)	17:33.5
Dave Stevenson (57)	17:36.4
Ken Gaskell (57)	18:02.4
Tom Sturak (57)	18:52.2
John Gregson (53)	18:58.3
(60-69)	
Jim O'Neil (60)	16:52.00a
Ray Gil (67)	19:42.31a
H. Daughters (67)	20:28.10a
Vic Crossett (67)	21:48.4
Bob Page (67)	20:52.8
Don Wilgus (67)	22:48.80a
Tom McGee (68) NCS	22:51.0
(70-79)	
Ed Stotsenberg (71)	22:00.10a
(80+)	
Paul Spangler (86)	28:54.4a

## 10,000 Meters

(30-39)	
Mike Pinocci (30)	30:04.2
(40-49)	
Gary Goettelman (47) WV	33:18.60a
Daryl Zapata (40)	33:44.1
(50-59)	
Jim O'Neil (59)	35:55.32a
Pat Devine (57)	36:29.8
(60-69)	
Jim O'Neil (60)	35:58.8
(80+)	
Paul Spangler (86)	63:58.40

## 3000m Steeplechase

(30-39)	
Iran Cumming (37)	9:26.2
Hank Lawson (37)	9:33.7
Bruce Hamilton (37)	10:07.0
Henry Lange (37)	10:27.9
(40-49)	
Dave Leaton (47)	11:00.4

Jim Murphy (47)	11:12.0
Bernie Finch (47)	11:55.1
(50-59)	
Don Slocomb (57)	10:49.9
Dave Stevenson (57)	11:54.8
(60-69)	
Ray Spencer (82) SD	12:40.0

## 110m High Hurdles

(30-39)	
M. Simmons (37)	14.29a
Ed Williams (37)	14.8
M. Kelley (37)	15.00a
B. Zahn (37)	15.42a
Frank Roublick (37)	15.86a
John Turek (37)	15.7
Marv Johnson (37)	15.7
A. Lipscomb (37)	16.04a
Kevin Speaks (31)	16.0
Don Roberts (37)	16.0
Michael Jones (30)	16.1
Richard Rucker (37)	16.26a
Mike Saafir (37)	16.2
Fred Johnston (37)	16.85a
Gary Schmidt (37)	16.8
(40-49) 36"	
Walt Butler (44) LAV	14.80a
John Dobroth (41)	15.09a
Theo Viltz (47)	15.50a
Cornelius McCormick (40)	15.73a
Hugh Adams (45) CDM	15.8
Ted Cain (43) WV	16.25a
Gary Miller (47) CDM	16.3
Al Henry (47) CDM	16.56a
James Hollister (40)	16.79a
Gary Miller (47) CDM	17.4
William Busby (47)	18.13a
(50-59)	
Dave Jackson (53) CDM	16.13a
Don Smith (57)	16.3
Jerry Stanner (57)	17.3
Buck Brandberry (57)	17.30a
Roy Higgenbotham (57)	18.25a
Ray Fitzhugh (50) CDM	18.1y
Al Brenda (57)	18.1y
Dave Douglass (57)	18.57a
(60-69) (100m Hurdles - 30")	
Tom Patsalis (63) CDM	18.89a
Ted Rademaker (60) SF Oly	16.01a
Bob Hunt (65) SCS	16.05a
Burl Gist (65) CDM	17.09a
Bob Rosmer (60)	17.12a
Herb Miller (67) CDM	18.11a
Jim Johnson (62) NCS	18.60a
Steve Peck (67)	18.4
	18.8y

## 400m IH

(30-39)	
James King (36)	51.48a
M. Kelley (37)	55.83a
D. Hoover (37)	59.57a
(40-49)	
Hugh Adams (45) CDM	58.12a
Ted Cain (43) WV	58.28a
Bill Knocke (45) WV	58.45a
(50-59)	
Will Robinson (54) CDM	65.27a
(60-69)	
Ted Rademaker (60) SF Oly	68.11
Bob Hunt (65) SCS	71.4
Ray Spencer (67) SD	75.30a
(70-79)	
John Satti (71) NCS	84.35a

## 400m Relay

(30-39)	
All-American	40.9
(Eastwood, Holmes, Driver, Gilkes)	
All-American	41.50a
Maccabi Union	41.52a
Maccabi Union	41.88a
All-American	43.10a
All-American	43.15a
(40-49)	
West Valley	45.38a
(DeWitt, Duffy, Austin, Fitzsimmons)	
West Valley	45.52a
Corona Del Mar	47.57a
San Diego	48.24a
(50-59)	
West Valley	48.38a
West Valley	48.44a
(Marlin, Hoover, Stevens, Springbett)	
LA Valley	50.59a
(60-69)	
Corona Del Mar	67.69a
(Poloynis, Mercurio, Jackson, Lum)	

## 800m Relay

(30-39)	
All-American	1:26.9
(Driver, Holmes, Spikes, Gilkes)	
All-American (A)	1:27.55a
(40-49)	
LA Valley	1:35.00a

## 1600m Relay

(30-39)	
All-American	3:20.88a
Maccabi Union	3:23.5
(40-49)	
Unattached	3:44.7
(Ackley, Mason, Holbrook, Gibbons)	

## High Jump

(30-39)	
Dwight Stone (31)	7-4 1/2
Mel Embur (37)	7-0
M. Moore (37)	6-8 1/2
Saafir, Michael (37)	6-8
Charles Rader (37)	6-6
Jerry Coleman (31)	6-2
Roger Trujillo (34)	6-0
Steve Cox (32)	5-10

Robert & Carol Sports Photography



Pete Richardson hands to Ron Whitney in 4x800 relay.

(40-49)	
John Dobroth (41)	6-6
Jim Brown (45)	5-10
Carlton Collins (47)	5-8
Don Smith (49)	5-6
Terry Qusey (47)	5-6
Gary Miller (47) CDM	5-4 1/2
C. Davis (47)	5-2
Don Dvorak (47)	5-2
Richard Hotchkiss (47)	5-2
Gary Bane (47)	5-1 1/2
(50-59)	
Nick Newton (51) LAV	5-10 1/2
Don Smith (50)	5-5 1/2
Ed Austin (55) CDM	5-4
Jerry Stanner (57)	5-2
Ray Fitzhugh (50) CDM	5-0
Don Rose (50)	5-0
(60-69)	
Burl Gist (65) CDM	5-0
Walt Dahlin (64)	4-8
D. Herzer (67)	4-8
Jim Johnson (62) NCS	4-6
Fritz Meyers (63)	4-6
Chuck McFate (67)	4-6
Mark Henderson (67)	4-5
Jim Vernon (68)	4-4
Pete Ganahl (67)	4-4
Siegel (69)	4-0
Dave Brown (67) CDM	3-11
Tom DeVaughn (62)	3-10

(70-79)	
Carol Johnston (73)	4-6
Don Mowrer (77)	4-4
John Damski (77)	4-2
Jim McCarthy (71)	4-2
Elmor Siegel (70)	4-2
Art Vesco (77)	3-11
W. Bigelow	3-10
(80+)	
Winfield McFadden (80) SD	3-9 1/2
Homer Van Gelder (80) NSC	3-7
Frank Pennock (83) NCS	3-5

## Long Jump

(30-39)	
Vesco Bradley (37) USA	25-11 1/2
Stan Whitley (39) LAV(24-11w)	24-9
Roger Trujillo (34)	23-3
John Turek (37)	22- 3/4
M. Moore (37)	22- 3/4
Carl Flower (38) CDM	21-10
E.C. Paysinger (37)	20-9 1/2
Michael Saafir (37)	20-8
John Kuechle (37)	20-8
R. Beadle (37)	20-8
Richard Rucker (37)	20- 1/2
(40-49)	
Rufus Morris (40)	22-7 1/2
Ed Jones (47)	21-10 1/2
Darrel Horn (45)	21-3
Gary Miller (47)	20-1 1/2
Al Henry (47) CDM	19-11 1/2
Carlton Collins (47)	19-11
Ted Yamanoto (47)	19-10
Hugh Adams (45) CDM	19-9 1/2
Paul Dorsey (47)	19-5
Kirt Vener (47)	19-4
Rick Schmidt (48)	19-1 1/2
Roger Tsuda (47) SCS	18-9 1/2
Bill Busby (47)	18-7 1/2
(50-59)	
Phil Presber (51) WV	19-11 1/2
Dave Jackson (53) CDM	19-2 1/2
Darold Skartvedt (57)	18-9
Buck Brandberry (57)	17-6 1/2
Phil Schlegel (55) CDM	17-6 1/2
Jerry Stanner (50)	17-3
Mal Andrews (51)	16-9 1/2
Burton Otzinger (57)	16-8 1/2
Al Brenda (56)	16-6
Ed Martin (57)	15-8 1/2
Roger Tsuda (50)	17-7 1/2
(60-69)	
Jim Johnson (67)	18-4
Tom Patsalis (63) CDM	15-8
Burl Gist (65) CDM	14-11
Pete Fetter (64) CDM	14-9
Bill Morales (69) CDM	14-6 1/2
Gordon Farrell (68) CDM	14-4
(70-79)	
Carol Johnston (75)	14-8 1/2
John Satti (71) NCS	13-7
John Damski (71)	13-5 1/2
Mike Andors (74)	13-1 1/2
Joe Caruso (76) STC	12-11
Don Maurer (77)	12-1
(80+)	
Winfield McFadden (80) SD	10-11 1/2
Homer Van Gelder (80) NCS	10-2 1/2

## Triple Jump

(30-39)	
Ray Kimble (31)	54-1 1/2
Roger Trujillo (34)	48-10 1/2
M. Moore (37)	45-10 1/2
(40-49)	
Darrel Horn (45)	45-2 1/2
Al Henry (47) CDM	40-11 1/2
Carlton Collins (47)	30-10 1/2
Ed Jones (47)	38-11 1/2
Jim Hollister (40)	37-7
(50-59)	
Dave Jackson (53) CDM	42-6
Phil Presber (51) WV	37-9 1/2
Don Smith (57)	36-7 1/2
Jerry Stanner (50)	34-9 1/2
Ray Fitzhugh (50) CDM	34-0
Al Brenda (56)	33-9 1/2
Buck Brandberry (57)	33-8
Ed Mahany (57)	33-5 1/2
Mal Andrews (51)	33-5 1/2
(60-69)	
Ray Spencer (62)	32-5
Tom Patsalis (63) CDM	31-11 1/2
Jim Johnson (62) NCS	30-6
Charles Mercurio (65)	29-10 1/2
Herb Miller (68) CDM	27-9 1/2



# Ranking

<b>(70-79)</b>	
John Damski (71)	29-5 1/2
John Satti (71) NCS	28-0
Joe Caruso (76) STC	25-3/4
Carol Johnston (75)	24-4 1/2
<b>(80 +)</b>	
Winfield McFadden (80) SD	25-4 1/4
Homer Van Gelder (80) NCS	21-3

## Pole Vault

<b>(30-39)</b>	
J. Kleiger (37)	15-7
Jim Williams (33) WV	15-7
Craig Bogak (31)	15-7
Casey Carrigan (37)	15-0
Steve Hardison (37)	15-0
Leon Roach (31)	14-6
Carl Brazelton (37)	14-6
Warren Wilke (37)	13-0
Warren Cummings (37)	13-0
Richard Kurtz (37)	13-0
D. Robinson (37)	12-6
<b>(40-49)</b>	
Charlie Polhamus (47)	14-6
Mardon Connelly (47)	14-0
Bruce Hotaling (41)	14-0
George Davis (47)	13-0
Roger Werne (41)	13-0
Mike Morris (41)	12-6
Gary Lemin (41)	12-0
Richard Stepp (40)	12-0
Gary Bane (47)	11-0
Robert Bly (47)	11-0
Ed Oleata (48) SD	11-0
H. Sanbury (47)	11-0
Harold Stanbury (47) (50-59)	10-6
Vic Cook (53)	13-0
Al Brenda (58)	11-0
Jerry Stanner (50)	10-6
Hal Wallace (57)	10-4
Dave Douglass (57)	9-6
<b>(60-69)</b>	
Jim Vernon (68) TrojMas	10-6
Don Grosh (60)	10-6
Dave Brown (61) CDM	9-10
Jim Johnson (63)	9-0
<b>(70-79)</b>	
Carol Johnston (75)	10-0
J. Angelman (77)	9-0
Bob MacConaghy (77) CDM	8-0

## Shot Put

<b>(30-39)</b>	
Frank Reilly (39) AA	55-9
J. Roehr (37)	50-1 1/4
Mike Diller (37)	48-6
Al Stephens (37)	48-2 1/4
M. Moore (37)	45-8
S. Cox (32)	45-5 1/2
J. Klein (37)	42-1 1/4
L. Dobbs (37)	41-0
Gary Schmidt (31) NCS	40-7
<b>(40-49)</b>	
Brian Oldfield (40)	70-3
Ed Kohler (44)	45-0
Jim Glenn (47)	44-6
Jim Hart (48) WV	44-2
Richard Hotchkiss (46)	40-7 1/4
Cornelius McCormick (40)	40-5
<b>(50-59)</b>	
Parry O'Brien (53) LAV	52-7 1/4
Stew Thomson (51)	48-10
Harry Hawke (56) SD	43-3 1/4
Don Sharp (57)	39-11
Hal Wallace (58) (60-69)	39-5 1/2
Bill Bangert (61) CDM	48-3
George Ker (62) CDM	47-5
Bill Castaneda (67)	46-9
Mike Castaneda (67)	45-9
Bob Stone (65)	40-11
Ken Mitchell (67)	41-0
H. Cronkhite	40-1 1/2
Quinto Merlo (67)	40-0
<b>(70-79)</b>	
Jim York (72)	40-10 1/4
Vernon Cheadle (77)	39-4 1/2
<b>(80 +)</b>	
Frank Pennock (83) NCS	26-7 1/4
Homer Van Gelder (80) NCS	25-2

# Discus

<b>(30-39)</b>	
John Powell (37)	214-11
R. Slaney (37)	200-0
Frank Reilly (39) AA	178-0
Dennis Umshler (37)	163-11 1/2
Ron Miller (37)	162-10
Mike Diller (37)	152-11
Mark Woodward (39) (40-49)	141-7
Lloyd Higgins (41)	170-10 1/4
Ed Kohler (44)	143-9
Claude Lott (47)	143-4 1/4
Jim Hart (48) WV	142-9 1/4
Cornelius McCormick (40)	138-1 1/4
Mark Woodward (40)	137-6 1/4
Dick Rodarte (47)	128-1
Richard Hotchkiss (45) (50-59)	129-6 1/2
Parry O'Brien (53) LAV	184-10
Stew Thomson (51)	158-0
Ed Van Pelt (57)	147-5
Hal Wallace (58)	123-1
Richard Kennerly (57)	119-8
Don Sharp (57) (60-69)	117-6 1/2
Dan Aldrich (66) CDM	157-2
Mike Castaneda (67)	144-10
Bob Stone (64) NCS	142-9
Bill Bangert (61) CDM	141-8 1/4
Hy Booth (66) NCS	134-9 1/4
<b>(70-79)</b>	
Vernon Cheadle (77)	114-8
Jim York (72)	109-6
D. Pierotti (73)	102-7
Ken Carnine (77) NCS	102-0

## Javelin

<b>(30-39)</b>	
Gary Kelmenson (37)	202-7
Glen Weaver (37)	200-7
J. Tobin (37)	185-9
Warren Wilke (37)	183-0
Gary Schmidt (31)	180-10
Frank Reilly (39) AA	179-3 1/4
Daryl Peeblis (37)	166-5
M. Moore (37)	163-11
Steve Cox (32)	157-2
Warren Cummings (37)	151-9 1/4
Pat Edwards (37)	148-6 1/2
Michael Holzgang (37) (40-49)	147-9
Larry Stuart (47)	207-5
Lloyd Higgins (41)	182-4
Dwight Kelsey (43)	172-4
Eric Westin (41) NCS	171-8 1/2
Gary Miller (47) CDM	171-3 1/4
Bart Gale (45) WV	165-8
Mickey Murray (43)	168-1
Don Rose (49) NCS	149-8
Carlton Collins (47)	147-1
James Hollister (40)	141-11
Mike Woodward (42)	141-6 1/4
Cornelius McCormick (40)	138-7
Ed Burke (45)	137-4 1/4
<b>(50-59)</b>	
Phil Conley (50)	187-0
Del Pickarts (57)	168-2
Ralph Hudson (57)	160-2
Don Rose (50)	147-3
Ed Martin (57)	142-9
J. Pakiz (57)	134-11
Harry Hawke (56) SD	134-5
<b>(60-69)</b>	
Bill Morales (69) CDM	153-11
Pete Fetter (63) CDM	137-3 1/4
Bob Roemer (60) NCS	132-2
Tony Lombardi (67)	128-2 1/2
<b>(70-79)</b>	
Emery Curtis (78) NCS	103-5 1/2
Charles McMahan (77)	101-7 1/2
Bob MacConaghy (76) CDM	98-9
Ken Carnine (77) NCS	97-1 1/4
Jim McCarthy (77)	90-6

## Hammer

<b>(30-39)</b>	
Casey Ballway (37)	194-5
Frank Reilly (39)	164-11
Mike Diller (37)	161-3 1/4
Gary Kelmenson (34)	154-9
<b>(40-49)</b>	
Ed Burke (45)	198-5
Lloyd Higgins (41)	169-4

J. Glenn (47)	144-1	Hugh Adams (45) CDM	6823
Jim Hart (48) WV	127-8	Gary Bane (47)	6566
<b>(50-59)</b>		Dennis Stempel (41)	6045
Stew Thomson (57)	150-9	Cornelius McCormick (40)	5777
Dave Douglass (5)	131-8	Gary Miller (47) CDM	5734
<b>(60-69)</b>		<b>(50-59)</b>	
Bill Bangert (61) CDM	125-4	Ray Fitzhugh (50) CDM	6164
J. Minak	120-8	Woody Groover (51)	6053
Dan Aldrich (66) CDM	118-5 1/4	Jerry Stanner (50)	5931
Bob Stone (64) NCS	115-10	Dave Douglass (53)	5330
Tom DeVaughn (67)	106-0	<b>(80 +)</b>	
<b>(70-79)</b>		Winfield McFadden (80) SD	5563
Jim York (71) NCS	117-2		
Don Pierotti (73)	99-6		

## Decathlon

<b>(30-39)</b>		<b>(40-49)</b>	
D. Robinson (38)	6386	Gary Miller (47)	3950
<b>(40-49)</b>		Gary Miller (47)	2777
Ed Oleata (48) SD	7732	James Hollister (40)	2607
		<b>(50-59)</b>	
		Al Brenda (56)	3348
		Ray Fitzhugh (50) CDM	2865

## Pentathlon

# SPATAC 1984 Men's Track & Field All Star Team

Researched and Compiled by TOM FEUER

<b>100 Meters:</b>		<b>Long Jump:</b>	
1 Carl Lewis, SMTC	9.99	1 Carl Lewis, SMTC	8.71
2 Ron Brown, SSTC	10.12	2 Larry Myricks, Bud	8.59
3 Kirk Baptiste, SMTC	10.16	3 Keith Taylor, Muz	8.08
<b>200 Meters:</b>		<b>Triple Jump:</b>	
1 Carl Lewis, SMTC	19.80	1 Willie Banks, AW	17.39
2 Kirk Baptiste, SMTC	19.96	2 Al Joyner, Bud	17.19
3 Dwayne Evans, SSTC	20.38	3 Robert Cannon, CA	17.04
<b>400 Meters:</b>		<b>Shot Put:</b>	
1 Brad McDonald, SSTC	45.38	1 John Brenner, P&E	21.92
2 Eddie Carey, SSTC	45.74	2 Dave Laut, AW	21.64
3 Henry Thomas, HR	45.82	3 Brian Muir, Unat	20.58
<b>800 Meters:</b>		<b>Discus Throw:</b>	
1 Johnny Gray, SMTC	1:42.96	1 Marcus Gordien, Unat	65.28
2 Brian Theriot, adl	1:46.50	2 Judd Binley, SSTC	63.62
3 Jeff West, SMTC	1:46.57	3 John Brenner, P&E	63.44
<b>1500 Meters:</b>		<b>Hammer Throw:</b>	
1 Todd Harbour, SMTC	3:38.22	1 Bill Green, SSTC	76.52
2 Brian Theriot, adl	3:38.71	2 John Wolitarsky, SSTC	65.46
3 Andy Clifford, AIA	3:39.85	3 John Brenner, P&E	64.34
<b>3000 Meter Steeplechase:</b>		<b>Javelin Throw:</b>	
1 Dave Daniels, CW	8:24.77	1 Bob Roggy, adl	90.80
2 Gary Gregory, SMTC	8:38.27	2 Rod Ewalko, AW	90.86
3 Bill McCullough, SMTC	8:39.84	3 Tom Petranoff, AW	89.50
<b>5000 Meters:</b>		<b>Decathlon:</b>	
1 Todd Harbour, SMTC	13:30.57	1 Mike Gonzales, SSTC	7960
2 Jerald Jones, SMTC	13:32.5	2 Grant Niederhaus, P&E	7926
3 Steve Ortiz, Tig	13:38.28	3 Dannie Jackson, SSTC	7852
<b>10,000 Meters:</b>		<b>Club of the Year:</b>	
1 Gary Tuttle, NBal	28:26.4	Santa Monica Track Club, 42 points	
2 Tom Wysocki, Brks	28:34.39	<b>Field Club of the Year:</b>	
3 Steve Ortiz, Tig	28:34.69	Stars & Stripes Track Club, 15 points	
<b>110 Meter High Hurdles:</b>		<b>Track Club of the Year:</b>	
1 Greg Foster, WCAC	13.15	Santa Monica Track Club, 37 points	
2 Tonie Campbell, SSTC	13.23	<b>Track Coach of the Year:</b>	
3 Milan Stewart, SSTC	13.48	Merle McGee, Santa Monica Track Club	
<b>400 Meter Intermediate Hurdles:</b>		<b>Field Coach of the Year:</b>	
1 Edwin Moses, adl	47.32	Art Venegas, Stars & Stripes Track Club	
2 Andre Phillips, WCAC	48.42	<b>Honorable Mention:</b>	
3 Bart Williams, SSTC	48.63	Joe Douglas, Santa Monica Track Club	
<b>High Jump:</b>		Bob Larsen	
1 Dwight Stones, PCC	2.34	Bob Kersee, World Class Athletic Club	
2 Doug Nordquist, Tig	2.31	<b>Distinguished Service:</b>	
3 Jerome Carter, adl	2.30	Norman Miller	
<b>Pole Vault:</b>			
1 Mike Tully, NTAC	5.82		
2 Dave Kenworthy, SSTC	5.61		
3 Dan Ripley, SSTC	5.60		



# Results

## College Cross Country Results

### Northridge/ Canyon Invit.

October 12. College of the Canyons.  
Overall Results

1 Eugene Cruz, Unat.	26:26
2 Chris Schallert, CSUN Alum	27:13
3 Gary Dally, CS Fullerton	27:17
4 Bob Adams, Unat.	27:26
5 Tom Grewe, UCLA 'B'	27:48
6 Mark Van Lewayne, CSUN AI	27:50
7 Tim Campbell, Unat.	27:56
8 Gus Quinonel, UC Irvine	28:02
9 Swan Sandoval, UC Irvine	28:02
10 Mike Wellens, UC Irvine	28:02
11 Rommey Mawhorter, USC	28:16
12 Jim Gaffield, UCLA 'B'	28:18
13 Mark Lapiant, AntelopeV	28:31
14 Eric Ree, CS Long Beach	28:28
15 Tom Martin, UC Irvine	28:29
16 John Phillips, UCLA 'B'	28:35
17 Robert Sibley, UC Irvine	28:36
18 Samuel Huizar, USC	28:37
19 Mark O'Brien, CS Fullerton	28:40
20 David Musgrove, CS LongBch	28:55

Team Scores:  
1. UC Irvine 59, 2. UCLA 'B' 81, 3. CS Fullerton 95, 4. USC 130, 5. CS Long Beach 151, 6. CSUN 208, 7. Loyola-Marymount 251, 8. COC 272.

### Cal Poly-SLO X-C Invitational

October 19. San Luis Obispo. 5 Mile.

1 Ivan Huff, ConverseAggRC	24:19
2 Dan Gonzales, ConverseAggRC	24:22
3 Mark Conover, Puma	24:38
4 Jerry Hernandez, SLO	24:41
5 Rod Curry, Irvine	24:45
6 Rusty Knowles, Irvine	24:46
7 Ralph Garibaldi, Irvine	24:48
8 Rick Dodson, Irvine	24:51
9 Sean Evans, Jamul Toads	24:58
10 Mandala Kunene, Bakersfield	25:00
11 Paul Greer, SanDiegoState	25:00
12 Joe Rubio, SLO	25:01
13 Robert Sibley, Irvine	25:06
14 Aaron Ruud, SanDiegoState	25:07
15 John King, Fresno State	25:07
16 Todd Chambers, Irvine	25:07
17 Michael Miner, SLO	25:08
18 J.P. Hall, Irvine	25:08
19 Peter Sweeney, ConverseAgg	25:11
20 Don Reynolds, SLO	25:14
21 Jim McCarthy, SLO	25:15
22 Mark Castro, UC Riverside	25:17
23 Brent Griffiths, SLO	25:18
24 Danny Ovallette, SanDiegoSt	25:21
25 Jim Chaney, SLO	25:24
26 Sal Lozano, ConverseAgg	25:26
27 Bob Adams, Unat.	25:28
28 Jim Mattson, Westmont	25:28
29 Gary Dally, Fullerton	25:29
30 Not Available, UNLV	25:30
31 Tyrus DeMinter, LongBchSt	25:32
32 Ken Ellingbee, SLO	25:34
33 Dave Marson, ConverseAgg	25:36
34 David Eagle, SanJoseState	25:37
35 Danny Martinez, Tiger	25:38
36 Tim Watson, UC Riverside	25:39
37 Eric Ree, Long Beach State	25:39

38 Steve Cubillas, TeamPandick	25:40
39 Terry Gibson, ConverseAgg	25:41
40 Jose Vega, SanDiegoState	25:43
41 Jeff Scoh, Sacto State	25:45
42 Erik Farlen, Fullerton	25:45
43 Rob Arsenault, CalState LA	25:45
44 Charlie Davis, SanDiegoState	25:46
45 Christopher Craig, Unat.	25:47
46 Marc Ziblatt, Occidental	25:48
47 Bruce Storms, SLO	25:49
48 Hebert Saravia, UC Riverside	25:50
49 Peter Quint, Occidental	25:52
50 Gus Quinonez, Unat.	25:53

Team Scores:  
1. UC Irvine 39, 2. Cal Poly-SLO 74, 3. Converse Aggie Running Club 81, 4. San Diego State 133, 5. UC Riverside 253, 6. Long Beach State 259, 7. San Jose State 393, 8. University of Nevada-Las Vegas 394, 9. Occidental College 395, 10. Westmont College 407, 11. Sacramento State 409, 12. Cal State Fullerton 439, 13. UC Santa Barbara 468, 14. Cal State Los Angeles 508, 15. Cal State Northridge 685, 16. Cal State Bakersfield 773, 17. Long Beach City College 833, 18. Azusa Pacific 861, 19. Hartnell College 961.

### NCAC X-C Championships

October 26. CSU Hayward.

Overall Results - Men's 5.2 Miles

1 Steve Overgaard, D	26:18
2 John Hancock, D	26:26
3 Mike Spencer, Hy	26:28
4 Dave Hansell, D	26:30
5 Joe Karnes, Hu	26:31
6 John Bass, Hy	26:39
7 Scott Hill, Hy	26:43
8 Robert Anderson, D	26:44
9 Robert Gomez, Hy	26:44
10 Dave Anderson, Hy	26:49

Team Scores:  
1. Davis 26, 2. Hayward 35, 3. Humboldt 80, 4. Chico 108, 5. San Francisco 111, 6. Sonoma 164.

Overall Results - Women's 5K

1 Nancy Riedel, D	17:59
2 Monika Zieschang, Hy	18:04
3 Jill Perry, D	18:09
4 Janine Ogas, D	18:12
5 Diane Burger, SF	18:14
6 Sally Carlson, D	18:16
7 Jenn Thatcher, D	18:23
8 Laura Henry, Hy	18:33
9 Julie Rasmussen, Hy	18:34
10 Kim Pieratt, Hu	18:35

Team Scores:  
1. Davis 21, 2. Hayward 45, 3. Humboldt 80, 4. San Francisco 93, 5. Chico 143.

### University of Wisconsin X-C Classic

Overall Results

1 Tim Hacker, Wisc.	23:59
2 Jean Ndayisenga, W.Virg.	23:59
3 Yobes Ondieki, Iowa St.	24:26
4 Andre Woods, Arizona	24:32
5 Marc Oleson, Stanf	24:34
6 Joe Stintzi, Wisc	24:36

7 Kelley Delaney, Wisc	24:39
8 Tim Wakeland, Iowa St.	24:41
9 Michael Connelly, W.Virg	24:42
10 Joseph Cheligo, Texas	24:46
12 Jon Butler, UCLA	24:53
19 Scott Fry, Wisc	25:07
21 Rich Brownsberger, UCLA	25:07
23 James Alborough, Stanf	25:08
25 Jeff Atkinson, Stanf	25:11
26 Ryan Stoll, Stanf	25:13
30 Greg Hauser, UCLA	25:15
39 Jim Ortiz, UCLA	25:25
41 Jerry Marsh, UCLA	25:27
61 Mark Junkermann, UCLA	26:00
72 Brian Pettingill, Stanf	26:34
75 Steve Schadler, Stanf	26:42
77 Eric Reynolds, UCLA	26:43
80 Jeff Kostoff, Stanf	26:52

Team Scores:  
1. University of Wisconsin-Madison 46, 2. Iowa State University 90, 3. University of Arizona 119, 4. West Virginia University 138, 5. UCLA 141, 6. Stanford University 149, 7. University of Tennessee-Knoxville 174, 8. University of Texas at Austin 184, 9. Brigham Young University 203, 10. Northwestern University 206, 11. Kansas State University 212, 12. University of Michigan 305.

### PAC-10 Cross Country Championships

Nov. 2. Stanford University Golf Course.

1 Marc Olesen, Stanford	30:33
2 Peter Koeh, WSU	30:51
3 Mark McMonigal, Oregon	30:55
4 Ryan Stoll, Stanford	30:57
5 Karl Van Calcar, Oregon St.	31:02
6 Jay Marden, California	31:04
7 Jeff Atkinson, Stanford	31:06
8 Dan Nelson, Oregon	31:11
9 Curt Corvin, Washington	31:12
10 Rich Brownsberger, UCLA	31:17
11 Dan Fisher, Arizona	31:18
12 Jon Butler, UCLA	31:19
13 Andre Woods, Arizona	31:23
14 Steve Preston, Arizona St.	31:24
15 Keith Morrison, Arizona	31:29
16 Nathan Morris, WSU	31:31
17 James Alborough, Stanford	31:33
18 Doug Imhels, Washington	31:37
19 Shemi Sabag, Oregon	31:43
20 Dub Meyers, Oregon	31:43
21 Jerry Marsh, UCLA	31:44
22 Greg Jones, WSU	31:47
23 Matt Glusto, Arizona	31:48
24 Mark Junkerman, UCLA	31:55
25 Will Kimball, Oregon	32:00
26 Jason Flamm, California	32:02
27 Jim Frey, WSU	32:04
28 John Strickland, Oregon	32:07
29 Greg Scott, Arizona St.	32:08
30 Jim Reinke, Washington	32:13
31 Steve Schadler, Stanford	32:17
32 Chris Morgan, Arizona	32:19
33 Jim Maxwell, Arizona	32:27
34 Dan Bell, Washington	32:31
35 Jim Ortiz, UCLA	32:38
36 Aaron Ramirez, Arizona	32:51
37 Simon Gutierrez, Arizona	32:52
38 Matt Donnelly, Washington	32:52
39 Sammy Huizer, USC	32:56
40 Dean Irvin, Oregon St.	33:09

Team Scores:  
1. Stanford 60, 2. Oregon 75, 3. UCLA 102, 4. Arizona 116, 5. Washington State 128, 6. Washington 129, 7. Arizona State 147, 8. California 177, 9. Oregon State 196, 10. USC 272.

### NAIA District III Championships Cross Country

November 2.

Men's Results	
1 Alan Morrison, PL	25:50
2 Arthur Castle, CLC	25:57
3 Cam Matson, PL	26:11
4 Denis Kiely, PL	26:30
5 Gus Hermes, W	26:34
6 Mike Smith, CLC	26:44
7 Jim Mattson, W	26:55
8 Jim Knox, W	26:59
9 Mike Hebebrand, B	27:04
10 Tom Peterson, CLC	27:07

Team Scores:  
1. Point Loma 39, 2. Westmont 53, 3. Cal Lutheran 56, 4. Biola 68, 5. Azusa Pacific 124.

Women's Results	
1 Judy Thomas, AZ	18:59
2 Maura Bookout, AZ	19:12
3 DeAnna Morfoot, W	19:39
4 Debbie Katekaru, W	20:02
5 Lori Zackula, CLC	20:37
6 Brenda Myers, PL	20:42
7 Cynthia Morgan, Masters	20:47
8 Brenda Bowen, W	21:03
9 Laura Godknecht, AZ	21:37
10 Lucinda Nickell, W	21:47

Team Scores:  
1. Azusa Pacific 29, 2. Westmont 32, 3. Masters 65.

### CVC Championships

November 2. Woodward Park, Fresno.

Men's 4 Mile Results	
1 P. Thwala 19:47, 2. C. Cibrian 20:28, 3. F. Jaurequi 20:39, 4. C. Bahr 20:43, 5. C. Gomez 20:57, 6. C. Lizotte 21:00, 7. F. Vega 21:20, 8. F. Williams 21:36, 9. C. Patrino 21:36, 10. F. Flores 21:43, 11. C. Miranda 21:46, 12. M. Valdez 21:47, 13. P. Sanchez 21:54, 14. P. Pearson 22:02, 15. C. Renfrea 22:21, 16. P. Pather 22:28, 17. F. Castellanos 22:30, 18. M. Brady 22:33, 19. M. Crawford 22:34.	

Team Scores:  
1. COS 23, 2. Fresno CC 49, 3. Porterville 68, 4. Merced 91.

Women's 3 Mile Results	
1. C. Jungwirth 19:49, 2. F. Potts 19:56, 3. M. Fluegel 20:07, 4. F. Shaw 20:39, 5. M. Lizadas 21:02, 6. P. Aparicio 21:26, 7. M. Berthoff 21:36, 8. F. Ford 21:37, 9. F. Baker 21:43, 10. P. Garcia 21:49, 11. C. Elias 21:54, 12. C. Patterson 21:59, 13. P. Bauser 21:59, 14. F. Montez 22:22, 15. P. Leyva 22:44, 16. C. Weisenberger 22:49, 17. P. Beltran 23:02, 18. K. Contreas 23:03, 19. C. Puemer 23:31, 20. M. MacLellan 23:36.	

Team Scores:  
1. Fresno CC 37, 2. COS 58, 3. Merced 59, 4. Porterville 61.

### NorPac Championships

November 2. Pullman, Washington.  
1. O'Hara, Cal, 17:37, 2. Schiro, Oregon, 17:53, 3. Jonassen, Wash.St., 18:13, 4. Petersen, Oregon, 18:15, 5. Graves, Oregon, 18:16, 6. Spaangaren, Wash.St.,



# Results

Fine Flicks by Don Gosney



KIRSTEN O'HARA

18:20, 7. Davis, Cal, 18:22, 8. Rivard, Wash. St., 18:26, 9. Schiedler, Oregon, 18:35, 10. Higinbotham, Oregon, 18:37.

### Team Scores:

1. Oregon 30, 2. Washington State 48, 3. California 63, 4. Oregon State 113, 5. Washington 121, 6. Fresno State 144.

## PCAA Champs

Las Vegas, Nevada:

**MEN: IND** — 1. Rusty Knowles (UCI), 31:13; 2. Ralph Garibaldi (UCI), 31:30; 3. Richard Perez (NMS), 31:37; 4. Rod Curry (UCI), 31:42; 5. Ronald Archuleta (NMS), 31:35. **TEAM** — 1. UCI, 30; 2. New Mexico St., 52; 3. Utah St., 114; 4. CS Long Beach, 115; 5. Fresno St., 129.

**WOMEN: IND** — 1. Jennifer Abraham (UCI), 18:06; 2. Beth McGrann (UCI), 18:16; Maureen Bradley (SDS), 18:34; Sharon Yaninek (SDS), 18:43; 5. Allison Owen (UCI), 18:51. **TEAM** — 1. UC Irvine, 25; 2. San Diego St., 48; 3. UC Santa Barbara, 79; 4. CS Fullerton, 83; 5. Hawaii, 118.

## WCAC Champs

San Mateo:

**MEN: IND** — 1. Felt (Por), 33:25; 5. 2. Bursell (Por), 33:35; 3. O'Flaherty (SC). Others included: 14. Vican (LM), 35:36; 22. Wood (USD), 36:47; 29. Mazzano (Pep), 38:03. **TEAM** — 1. Portland, 26; 2. Santa Clara, 37; 3. Gonzaga, 74; 4. Loyola Marymount, 116; 5. U. San Diego, 157; 6. Pepperdine, 175.

**WOMEN: IND** — 1. Kias (USIU), 17:53; 2. Young (NRI), 18:35; 3. Lehenbauer (USIU), 18:35. Others included: 6. Corrigan (LM), 18:46; 28. Black (Pep), 21:36; 30. Doyle (USD), 22:20. **TEAM** — 1. USIU, 21; 2. Nevada Reno, 56; 3. Loyola Marymount, 71; 4. U. San Diego, 133. Others included: Pepperdine, 169.

## SCIAC Champs

La Mirada Park:

**MEN: IND** — 1. Butterfield (O), 26:18; 2. Ziblat (O), 26:23; 3. Quint (O), 26:27; 4. Allen (PP), 26:52; 5. Miller (O), 27:07. **TEAM** — 1. Occidental, 22; 2. Pomona-Pitzer, 55; 3. Redlands, 57; 4. Claremont-Mudd, 101; 5. Caltech, 148; 6. LaVerne, 159.

**WOMEN: IND** — 1. Trimble (O), 18:23; 2. Hartzog (PP), 18:46; 3. Scott (CMS), 19:27; 4. Cathcart (O), 20:01; 5. Crawford (PP), 20:09. **TEAM** — 1. Occidental, 35; 2. Claremont-Mudd-Scripps, 35; 3. Pomona-Pitzer, 47; 4. Caltech, 113; 5. Whittier, 117.

## Pac-West Cross Country Championships

Nov. 2. UCLA.

### Overall Results

1	Regina Jacobs, Stanford	16:45
2	Alison Wiley, Stanford	16:59
3	Polly Plumer, UCLA	17:26
4	Camilla Harron, Arizona	17:34
5	Stacey Zartler, Stanford	17:41
6	Shannon Stryker, UCLA	17:46
7	Elise Lyon, USC	17:52
8	Heidi Gerum, Arizona	17:55
9	Carrie Lautner, UCLA	18:00
10	Kimber Pennington, UCLA	18:05
11	Kathy Smith, Stanford	18:14
12	Kim Stevens, Stanford	18:19
13	Mary Dore, Arizona	18:25
14	Anne Kendrick, UCLA	18:26
15	Tammy Snyders, UCLA	18:29
16	Lesley Noll, USC	18:38
17	Wendy Sihner, Arizona St.	18:47
18	Denise Ball, UCLA	18:55
19	Susan Radford, ASU	18:59
20	Pam North, Arizona	19:04
21	Debra Bigbee, Arizona	19:16
22	Cheryl Westhofer, Arizona	19:22
23	Diane VrSteege, USC	19:24
24	Roseann Nardon, USC	19:28
25	Sarah Krumme, Arizona St.	19:28
26	Claire Feit, Arizona	19:28
27	MaryAnne Bullard, USC	19:30
28	Kristan Johnson, ASU	19:33
29	Mette Berger, ASU	19:43

### Team Scores:

1. Stanford 31, 2. UCLA 41, 3. Arizona 66, 4. USC 97, 5. Arizona State 118.

## Northern Calif. Community College Cross Country Champs.

November 9. Woodward Park, Fresno.

### Overall Results - Men's 4 Mile

1	Dan McGreal, Monterey	19:42
2	David Ottaway, Lassen	19:51
3	Mike Kriege, Foothill	19:54
4	James Green, San Jose	19:54
5	Robert Thwala, Porterville	20:00
6	Dale Richard, W. Valley	20:01
7	Hugo Cibrian, COS	20:05
8	Greg Rivera, West Valley	20:08
9	Manuel Silveira, Delta	20:09
10	Pete Nunez, COS	20:13
11	Chris Bahr, COS	20:14
12	Darin Jaurequi, Fresno	20:15
13	Oriando Biggs, West Valley	20:17
14	Troy Curran, Monterey	20:21
15	Todd Acheson, Monterey	20:24
16	Curtis Aaron, CCSF	20:25
17	David Larabee, Shasta	20:26
18	Ken Grace, CCSF	20:30
19	Ryan Gilliam, Santa Rosa	20:32
20	Ray Gomez, COS	20:38
21	James Price, American River	20:38
22	Dwight Smith, Modesto	20:39
23	Ken Kuphaldt, American River	20:39
24	Thomas Hingston, Diablo Valley	20:40
25	Rob Wickstrom, Foothill	20:40

### Team Scores:

1. College of Sequoias 63, 2. West Valley 80, 3. Monterey 80, 4. American River 94, 5. Foothill 134, 6. Santa Rosa 135, 7. Fresno 176, 8. Shasta, 9. Lassen 243, 10. Yuba 246, 11. Sierra 262.

### Overall Results - Women's 5000m

1	Stacey McAfee, Sierra	17:54
2	Jackie Braisted, Foothill	18:01
3	Brenda Payton, American River	18:05
4	Roxanne Bier, West Valley	18:12
5	Peggy Macke, American River	18:19
6	Yoshgie Shimzua, Shasta	18:19
7	Shelley Dunlap, Sacto	18:46
8	Jule Van Horn, Sacto	18:50
9	Cheri Opp, San Jose	18:59
10	Lisa Cobb, Shasta	18:59
11	Mande Wood, American River	19:00
12	Robbie Etchevery, Modesto	19:18
13	Susan Cornely, DeAnza	19:19
14	Kelly Bungo, Foothill	19:24
15	Sherrill Miller, Foothill	19:25
16	Cindy Jungwirth, COS	19:26
17	Maureen Williamson, W. Valley	19:37
18	Donna Martin, Shasta	19:36
19	Barbara Keshner, San Jose	19:41
20	Trisha Arbogast, Diablo Valley	19:42
21	Becky Van Zant, Foothill	19:43
22	Maurie Potts, Fresno	19:44
23	Alice Deisinger, Foothill	19:48
24	Rozlyn Juflar, American River	19:50
25	Pam Beedie, American River	19:51

### Team Scores:

1. American River 57, 2. Foothill 59, 3. West Valley 91, 4. Shasta 98, 5. Sierra 114, 6. Sacramento 124, 7. Fresno 149, 8. College of Sequoias.

Photo by Bob Fries



STACEY MCAFEE

## Southern Calif. Comm. Coll.

Bonelli Park:

**MEN: IND** — 1. Fisher (Taft), 18:55; 2. Sandoval (Grossmont), 18:59; 3. Tzadok (Santa Monica), 19:18; 4. Garcia (Pasadena), 19:20; 5. Graves (Long Beach), 19:21; 6. Watson (El Camino), 19:22. **TEAM** — 1. Grossmont, 33; 2. Pasadena, 109; 3. El Camino, 114; 4. Taft, 118; 5. MiraCosta, 132.

**WOMEN: IND** — 1. Mosqueda (East LA), 16:06; 2. Stewart (Valley), 16:17; 3. Kiernan (Orange Coast), 16:37; 4. Lohr (Valley), 16:42; 5. Pleasant (East LA), 16:56. **TEAM** — 1. MiraCosta, 68; 2. Valley, 79; 3. East LA, 94; 4. Mt. San Antonio, 100; 5. Santa Monica, 145.

## NCAA Div. II Western Regional

Rocklin:

**MEN: IND** — 1. Perez (CPP), 31:45; 2. Parker (CPP), 31:50; 3. Toro (CPP), 31:56; 4. Vaughn (CPP), 32:13; 5. Castro (UCR), 32:20. **TEAM** — 1. Cal Poly Pomona, 26; 2. Cal Poly SLO, 79; 3. UC Riverside, 83; 4. UC Davis, 93; 5. CS Hayward, 97.

**WOMEN: IND** — 1. Moe (SP), 16:54; 2. Lopez (CPSLO), 17:02; 3. Dunn (CP SLO), 17:19; 4. Acquire (CSN), 17:27; 5. Bowman (CSN), 17:34. **TEAM** — 1. Cal Poly SLO, 32; 2. CS Northridge, 77; 3. Cal Poly Pomona, 97; 4. UC Davis, 102; 5. Seattle Pacific, 136.

## Calif. Community College Cross Country Champs.

November 16. Woodward Park, Fresno.

### Overall Results - Men's 4 Miles

1	Alphonse Swal, S.Mon.	19:11
2	Martin Sandoval, Grossmont	19:15
3	Jody Fisher, Taft	19:18
4	David Ottaway, Lassen	19:27
5	Rolan Weedon, Long Beach	19:27
6	Pete Magill, Glendale	19:28
7	Robert Thwala, Porterville	19:28
8	Mike Wangler, Grossmont	19:33
9	Adolfo Garcia, Pasadena	19:38
10	Tom Nohilly, Taft	19:39
11	Rich Graves, Long Beach	19:40
12	Pat Wilson, El Camino	19:41
13	Greg Houlabate, El Camino	19:42
14	Ray Griffin, Taft	19:43
15	Francis Griset, Grossmont	19:46
16	Pete Nunez, COS	19:47
17	Angel Silva, Ventura	19:50
18	Dan McGreal, Monterey	19:51
19	Juan Naranjo, Grossmont	19:52
20	Ken Zepeda, Mira Costa	19:54
21	Jose Garcia, Pasadena	19:54
22	Mike Kriege, Foothill	19:55

continued on next page...

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# Results

23 Curtis Aaron, San Francisco	19:56
24 James Green, San Jose	19:57
25 Jose Varranza, Grossmont	19:58
26 Joe Carnegie, Taft	19:59
27 Hugo Cibrian, COS	19:57
28 Matt Clayton, San Diego	20:00
29 Enrique Aparicio, Pasadena	20:00
30 Troy Curran, Monterey	20:01
31 David Miller, Fullerton	20:01
32 John Groulx, Mira Costa	20:02
33 Manuel Silveira, Delta	20:03
34 David Parsel, Orange Coast	20:03
35 Chris Bahr, COS	20:05
36 Carlos Navarro, Trade Tech	20:05
37 Wilbert James, Taft	20:07
38 Greg Rivara, West Valley	20:08
39 Darin Jaurequi, Fresno	20:10
40 Dale Richard, West Valley	20:11
41 Ryan Gilliam, Santa Rosa	20:11
42 Chris Allen, American River	20:12
43 Leonard Aceus, Oxnard	20:12
44 Dale Wilson, Grossmont	20:14
45 Sergio Cadiz, Santa Ana	20:15
46 Sai Vargas, Orange Coast	20:15
47 Todd Acheson, Monterey	20:16
48 Jaimie LaGrand, Fullerton	20:18
49 Eric Quinones, El Camino	20:18
50 Eric Smedberg, American River	20:19

**Team Scores:**  
1. Grossmont 41, 2. Taft 55, 3. Pasadena 112, 4. Sequoia 133, 5. Mira Costa 136, 6. Monterey 140, 7. El Camino 159, 8. American River 179, 9. West Valley 185, 10. Foothill 224.

**Overall Results - Women's 5000m**

1 Sylvia Mosqueda, E. LA	17:06
2 Kim Stewart, LA Valley	17:13
3 Kathy Kiernan, Orange Coast	17:32
4 Jackie Braisted, Foothill	17:33
5 Stacey McAfee, Sierra	17:39
6 Yoshie Shimizu, Shasta	17:40

photo by Nancy Molitor



JODY FISCHER

7 Gretchen Lohr, LA Valley	17:46
8 Brenda Payton, American River	17:51
9 Sancer Martinez, LA Valley	17:56
10 Carmen Maldonado, Mt.SAC	18:03
11 Kim Ojeda, Pasadena	18:09
12 Pauline Stealy, Mira Costa	18:10
13 Becky Sota, Bakersfield	18:10
14 Tina Cheney, Mira Costa	18:16
15 Stephanie Fedorchak, Mira C.	18:18
16 Paddy Almandariz, S. Monica	18:19
17 Peggy Macke, American River	18:24
18 Lisa Ash, Moorpark	18:25
19 Shelley Dunlap, Sacto	18:27
20 Cheri Opp, San Jose	18:30
21 Tori Pleasant, E. LA	18:31
22 Julie Van Horn, Sacto	18:37

23 Eileen Ebner, Mt.SAC	18:38
24 Roxanne Bier, West Valley	18:39
25 Susan Cornely, DeAnza	18:43
26 Becky Van-Zant, Foothill	18:44
27 Tracy Ross, Cuesta	18:44
28 Misty Allen, San.Barbara	18:44
29 Debbie Etcheverry, Modesto	18:47
30 Aima Bernal, E. LA	18:48
31 Anna Towse, Mira Costa	18:52
32 Donna Martin, Shasta	18:54
33 Rhonda Ribar, Moorpark	18:54
34 Mande Wood, American River	18:56
35 Cindy Jungwirth, COS	19:02
36 Irma Haro, Santa Barbara	19:07
37 Joanne Maldonado, Mt.SAC	19:09
38 Deidre Vaughan, Saddleback	19:13
39 Toni Delgado, Pasadena	19:15
40 Kelly Bungo, Foothill	19:16
41 Alice Deistinger, Foothill	19:16
42 Mitch Artega, Santa Monica	19:17
43 Donna DiMaggio, LA Valley	19:17
44 Terry Woodside, Chaffey	19:19
45 Lisa Cobb, Shasta	19:21
46 Trisha Arbogast, Diablo Valley	19:22
47 Mimi Baranowski, Ventura	19:25
48 Joyce Cheruiyut, Santa Monica	19:26
49 Claudia Rascon, Mt.SAC	19:27
50 Darla Costa, Mt.SAC	19:28

**Team Scores:**  
1. LA Valley 83, 2. Mira Costa 87, 3. Foothill 102, 4. Mt. SAC 109, 5. American River 114, 6. East L.A. 116, 7. Shasta 156, 8. Santa Monica 162, 9. West Valley 193, 10. Sierra 209.



photo by Nancy Molitor



MARTIN SANDOVAL

## NCAA District 8 Cross Country Championships

**November 16. Overlake Golf & Country Club, Medina, Washington.**

**Overall Results**

1 Marc Olsson, Stanford	29:51
2 Jay Marden, California	29:58
3 Andre Woods, Arizona	29:59
4 Curt Corvin, Washington	29:59
5 Keith Morrisbn, Arizona	30:01



CAL STATE BAKERSFIELD, CENTRAL CALIFORNIA TAC WOMEN'S CROSS COUNTRY CHAMPIONS.

6 Rusty Knowles, Calif.-Irvine	30:02
7 Jon Butler, UCLA	30:06
8 Karl Van Calcar, Oregon St.	30:07
9 Rich Brownsberger, Calif.-L.A.	30:11
10 Peter Koech, Washington St.	30:13
11 Jerry Marsh, UCLA	30:15
12 Dan Nelson, Oregon	30:16
13 Jeff Atkinson, Stanford	30:17
14 John Strickland, Oregon	30:18
15 Jim Frey, Washington St.	30:19
16 Aaron Ramirez, Arizona	30:20
17 Matthew Giusto, Arizona	30:21
18 Daniel Fisher, Arizona St.	30:23
19 Ralph Garibaldi, Calif.-Irvine	30:24
20 Mark McMonigal, Oregon	30:29
21 Ryan Stoll, Stanford	30:31
22 James Maxwell, Arizona	30:35
23 James Alborough, Stanford	30:36
24 Mark Junkermann, UCLA	30:37
25 Shemi Sabag, Oregon	30:39
26 Rod Curry, Calif.-Irvine	30:44
27 Simon Gutierrez, Arizona	30:46
28 Chris Morgan, Arizona	30:46
29 Jim Ortiz, UCLA	30:47
30 Jason Flamm, California	30:54
31 Hayes Scott, Arizona St.	30:54
32 Rick Bergesen, Oregon	30:55
33 Rob Conner, Portland	30:55
34 Tom Grewe, UCLA	30:56
35 John Bursell, Portland	31:01
36 Dub Myers, Oregon	31:04
37 Doug Ihmels, Washington	31:05
38 Robert Sibley, Calif.-Irvine	31:06
39 James Reinke, Washington	31:08
40 Will Kimball, Oregon	31:09
41 Greg Jones, Washington St.	31:09
42 Steve Schadler, Stanford	31:10
43 Nathan Morris, Washington St.	31:11
44 Boyd Prince, Utah St.	31:12
45 J.P. Hall, Calif.-Irvine	31:12
46 Dean Irvin, Oregon St.	31:13
47 Brent Felt, Portland	31:15
48 Jerry Anderson, USIU	31:15
49 Greg Hauser, UCLA	31:16
50 Richard Perez, NewMexicoSt.	31:19

**Team Scores:**  
1. Arizona 58, 2. UCLA 75, 3. Stanford 95, 4. Oregon 97, 5. UC Irvine 126, 6. Washington State 163, 7. Washington 180, 8. Arizona State 239, 9. Portland 243, 10. Oregon State 245, 11. New Mexico State 283, 12. U.S. International 308, 13. Eastern Washington 336, 14. Santa Clara 420.

### Women

IND — 1. Jacobs (Stanford), 16:41; 2. Plumer (UCLA), 16:54; 3. O'Hara (California), 17:10; 4. Wiley (Stanford), 17:16; 5. Schiro (Oregon), 17:28; 6. Graves (Oregon), 17:29; 7. Lyon (USC), 17:34; 8. Jonassen (WS), 17:35; 9. Braun (WS), 17:41; 10. Peterson (Oregon), 17:44. Others included: 14. Lautner (UCLA).

17:46, 16. Stryker (UCLA), 17:49; 17. McGrann (UCI), 17:54; 25. Fischer (UCLA), 18:17; 26. Kendrick (UCLA), 18:18; 27. Owen (UCI), 18:20; 29. Torrez (UCSB), 18:23; 33. Harrington (UCI), 18:30; 36. King (UCI), 18:36; 40. Pennington (UCLA), 18:38; 42. Ball (UCLA), 18:41; 45. McLaughlin (UCI), 18:51; 47. Taft (UCI), 19:02; 51. Noli (USC), 19:05.

**TEAM**—1. Oregon, 63; 2. Washington, 64; 3. UCLA, 79; 4. California, 79; 5. Arizona, 120; 6. Stanford, 125; 7. UC Irvine, 149; 8. Oregon St., 198; 9. USIU, 241; 10. CS Fullerton, 284.

**NOTE**—Top two teams qualify for NCAA championships, Nov. 25, Milwaukee, Wis.

## Central California TAC Cross Country Championships

**November 16. CS Bakersfield.**

**Men's Division - 10K**

1 Mandia Kuene, Roadrunner TC	31:41
2 Clint Pearson, Roadrunner TC	33:44
3 Joe Dixon, Roadrunner TC	33:52
4 Dick DeBoer, Roadrunner TC	35:51
5 Ruben Ozuna, Roadrunner TC	36:00

**Women's Division - 5K**

1 Donna Curtis, Puma TC	16:58CR
2 Tracy Schofield, CSB	17:23
3 Rosa Medina, CSB	17:45
4 Sheiby Rahilly, CSB	17:52
5 Shannon Battles, CSB	17:53

## NCAA I Champs

**Milwaukee:**  
**Men**  
IND — 1. T. Hacker (Wisconsin), 29:17; 2. Odiaki (Iowa St.), 29:29; 3. Hanson (Marquette), 29:47; 4. Olsson (Stanford), 29:52; 5. Verster (Nebraska), 29:53; 6. Crowe (Boston U.), 30:00; 7. Falcon (Arkansas), 30:01; 8. Wyns (Iowa St.), 30:02; 9. Carter (Penn St.), 30:03; 10. Dunne (East Tennessee St.), 30:05. Others included: 11. J. Stintzi (Wisconsin), 30:06; 22. Harris (Navy), 30:24; 23. Guisto (Arizona), 30:24; 24. Jenkins (Wisconsin), 30:25; 27. Souza (Northern Arizona), no time; 33. Butler (UCLA), nt; 34. Woods (Arizona), nt; 37. Knowles (UC Irvine), nt; 38. Morrison (Arizona), nt; 40. Ramirez (Arizona), nt; 64. Brownsber-



# Results

ger (UCLA), nt, 93. Junkermann (UCLA), nt, 101. Marsh (UCLA), nt, 113. J. Ortiz (UCLA), nt, 128. Grewie (UCLA), nt, 150. Reynolds (UCLA), nt.

TEAM—1. Wisconsin, 67; 2. Arkansas, 104; 3. Colorado, 167; 4. Arizona, 175; 5. North Carolina, 200; 6. Iowa St., 228; 7. Navy, 233; 8. Boston U., 235; 9. Montana, 251; 10. Northeastern, 270. Others included: 12. UCLA, 283; 17. Stanford, 380.

## Women

IND.—1. Tuffy (North Carolina St.), 16:22; 2. Jacobs (Stanford), 16:29; 3. C. McMiken (Oklahoma St.), 16:30; 4. Polly Plumer (UCLA), 16:31; 5. Natalie (Texas), 16:32; 6. Stricker (Harvard), 16:34; 7. Herbst (Wisconsin), 16:36; 8. Chalmers (Northern Arizona), 16:38; 9. Collis (Houston), 16:42; 10. Smith (North Carolina St.), 16:43. Others included: 15. Ishmael (Wisconsin), 16:53; 20. Kristen O'Hara (California), 16:55; 22. Wolter (Wisconsin), 16:57; 37. Stryker (UCLA), no time; 58. Lautner (UCLA), nt; 90. Ball (UCLA), nt; 91. Kendrick (UCLA), nt; 114. Pennington (UCLA), nt; 129. Fischer (UCLA), nt.

TEAM—1. Wisconsin, 58; 2. Iowa St., 98; 3. North Carolina St., 103; 4. Kentucky, 118; 5. Texas, 143; 6. UCLA, 200; 7. Kansas St., 227; 8. Washington St., 227; 9. BYU, 244; 10. Penn St., 253. Others included: 11. Oregon, 264.

# TAC National Championships

Raleigh, NC:  
MEN

1. Porter (Athletics West), 30:33; 2. Bickford (New Balance), 30:54; 3. Eystone (Reebok), 31:03; 4. Hacker (Wisconsin), 31:12; 5. J. Easker (Athletics West), 31:13; 6. Scharsu (Athletics West), 31:15; 7. Quinn (New Balance), 31:31; 8. Ondieki (Team Etonic), 31:35; 9. O'Sullivan (New Balance), 31:36; 10. Hanson (Marquette), 31:37. Others included: 12. Beardsley (Edinboro), 31:42; 14. Virgin (Marietta, Ga.), 31:44; 24. Lacy (New Balance), 32:10.

## WOMEN

1. Jennings (Athletics West), 17:27; 2. Lesley Welch (unat), 17:57; 3. McMiken (Puma/New Zealand), 18:07; 4. Springs (Athletics West), 18:11; 5. Branta-Easker (Athletics West), 18:17; 6. Merrill (Age Group), 18:24; 7. Lisa Welch (Reebok), 8. Doak (Athletics West), 18:27; 9. Skelly (Western Michigan), 18:28; 10. Matava (Virginia), 18:29. Others included: 12. Smith (North Carolina St.), 18:41; 13. Dornhoefer (Athletics West), 18:44; 14. Nesbit (New Balance), 18:45; 15. Groos (Athletics West), 18:50; 17. Gareau (Canada), 18:54; 23. Farmer (Florida), 19:10; 27. Girard (Puma), 19:15.

# 12%

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# NCAA II Champs

East Stroudsburg, PA:

## Men

IND.—1. Obowocha (East Texas St.), 30:49; 2. C. Cheruyiot (Mt. St. Mary's), 30:52; 3. Arno (East Texas St.), 31:29; 4. S. Cheruyiot (Mt. St. Mary's), 31:30; 5. Janczewski (Ashland), 31:56. Others included: 7. Perez (CS Pomona), 32:02; 14. Toro (CPP), 32:31; 21. Griffiths (Cal Poly SLO), 32:45; 33. Miner (CPSLO), 33:06; 39. Castro (UC Riverside), 33:25; 49. Vaughn (CPP), 33:38; 58. Loud (CPP), 33:48; 60. Hernandez (CPSLO), 33:51; 63. Arsenaull (CS Los Angeles), 33:58; 66. Mota (CPP), 34:01; 77. Ellingboe (CPSLO), 34:06; 73. Chaney (CPSLO), 34:08; 79. Vickers (UCR), 34:13; 82. Saravia (UCR), 34:15; 83. McCarthy (CPSLO), 34:16.

TEAM—1. South Dakota St., 60; 2. Edinboro, 108; 3. Keene St., 134; 4. Southern Connecticut, 138; 5. Cal Poly Pomona, 154. Others included: 7. Cal Poly SLO, 214; 17. UC Riverside, 370.

## Women

IND.—1. Moe (Seattle-Pacific), 17:42; 2. Dietman (North Dakota St.), 17:55; 3. Dunn (Cal Poly SLO), 18:05; 4. Donnelly (Indiana, Pa.), 18:12; 5. Weiman (North Dakota St.), 18:18. Others included: 7. Lopez (CPSLO), 18:22; 8. White (CPSLO), 18:23; 10. Aquirre (CS Northridge), 18:26; 11. Manning (CPSLO), 18:33; 12. DeBettencourt (CPSLO), 18:34; 15. Ellingboe (CPSLO), 18:37; 19. Howard (Cal Poly Pomona), 18:44; 22. Brookes (CSN), 18:46; 25. Bowman (CSN), 18:51; 30. Barlog (CSN), 19:01; 34. McCarthy (CSN), 19:04; 36. Minkler (CPSLO), 19:09; 49. Garcia (CPP), 19:28; 61. R. Lopez (CPP), 19:44; 62. Roach (CPP), 19:45; 64. Storton (CSN), 19:49; 67. Farley (CPP), 19:55; 73. Molina (CPP), 20:10; 76. Johnson (CSN), 21:21; 90. McDonald (CPP), 22:04.

TEAM—1. Cal Poly SLO, 30; 2. CS Northridge, 86; 3. Indiana (Pa.), 89; 4. UC Davis, 127; 5. North Dakota St., 162. Others included: 7. Cal Poly Pomona, 199.

# NCAA III West Regional

Turlock:

MEN: IND.—1. Butterfield (Occidental), 24:09; 2. Rittenhouse (Lewis & Clark), 24:11; 3. Reynolds (L&C), 24:12; 4. Montazer (College of Notre Dame), 24:12; 5. Ziblatt (O), 24:24. Others included: 6. Quint (O), 24:31; 7. Estrada (Redlands),

24:52; 8. Miller (O), 24:56; 9. Thomas (UCSD), 24:59; 10. Ash (R), 25:00; 11. Barlow (UCSD), 25:02; 12. Bronn (Claremont), 25:03; 13. Allen (Pomona-Pitzer), 25:06; 14. Vallez (UCSD), 25:08; 16. Tregillis (O), 25:15; 17. Scott (Claremont), 25:18; 18. Treidler (PP), 25:25; 19. Olivas (O), 25:33; 20. Jones (Redlands), 25:34; 21. Demme (O), 25:35. TEAM—1. Occidental, 27; 2. Redlands, 68; 3. UC San Diego, 79. Others included: 5. Pomona-Pitzer, 120; 7. Cal St. San Bernardino, 172.

WOMEN: IND.—1. Van Housen (College of Notre Dame), 17:31; 2. Trimble (Occidental), 17:51; 3. Hartzog (Pomona-Pitzer), 18:12; 4. Cathart (Occidental), 18:20; 5. Ferreira (ND), 18:26; 6. Scott (Claremont), 18:37; 7. Reed (Redlands), 18:53; 8. Jensen (UCSD), 18:57; 9. Kivela (C), 19:23; 10. Boyle (C), 19:25. Others included: 11. Siefert (UCSD), 19:27; 12. Wilson (CS Bakersfield), 19:34; 13. Donaldson (O), 19:36; 16. English (UCSD), 19:41; 17. Crawford (PP), 19:42; 18. Hurdley (O), 19:44; 19. Hotta (CSB), 19:45; 20. Gomez (O), 19:53. TEAM—1. Occidental, 52; 2. College of Notre Dame, 55; 3. Claremont, 69. Others included: 4. Pomona-Pitzer, 96; 5. UC San Diego, 111; 6. CS San Bernardino, 119.

# Road Racing

## Estrella River Winery 10K Harvest Run

### Division Results - Men

20 & Under: 1. Ted Brown 37:51, 2. Josh Ellingwood 39:12, 3. Ronnie Holstine 39:19, 21-29: 1. Terry Gibson 32:52, 2. Malcolm Maxwell 33:56, 3. Keith Golding 34:20. 30-39: 1. Frank Hutchinson 35:23, 2. Ed Kolofer 37:07, 3. John Blair 37:21. 40-49: 1. Larry Jamison 38:41, 2. Jim Brown 39:28, 3. Brian Kemp 39:31. 50 & Over: 1. Len Thorton 38:14, 2. Dick Cain 40:04, 3. Tommy Upton 42:02.

### Division Results - Women

20 & Under: 1. Shannon Felix 48:14, 2. Angela Orfice 49:30, 3. Michele Kenney 49:43, 21-29: 1. Gae McClenathan 42:21, 2. Marion Fiorentino 43:08, 3. Shannon Dial 43:54. 30-39: 1. Mary Ryzner 41:08, 2. Gerri Cardillo 47:05, 3. Liz Cecchi-Ewing 47:11. 40-49: 1. Gudrun Fink 48:00, 2. Angie Fuhrmann 48:05, 3. Susan Hood 50:49. 50 & Over: 1. Marilyn Rehorn 53:10.

## Bart to Bart

### Two Mile Results

1 Adam McAboy	10:06
2 Rick Crippen	10:16
3 Michael Holden	11:38
4 John Ray	11:55
5 Jack Grantham	11:59
6 Greg Avalos	12:39
7 Stan Hitomi	12:54
8 Allan Killing	13:08
9 John Zsenai	13:15
10 Summer Bundy	13:21

### Overall Results - 6 Mile

1 Thom Trimble	32:56
2 Bryan Mayberry	33:05
3 Mike Wheeler	33:08
4 Steve Zirkelbach	33:55
5 Randy Moser	34:01
6 Julios Rattl	34:22
7 Bob Hermens	34:31
8 Steven Freitas	34:33

9 John Talco	34:37
10 David Taylor	35:01
11 Joe Cote	35:09
12 Bob Rosemeyer	35:29
13 Mark Lane	35:43
14 Michael Zygaczenko	35:44
15 Nathan Smith	36:25
16 Karl Romano	36:26
17 Tom Stallings	36:27
18 Frank Stotler	36:53
19 Tom Torlakson	36:54
20 Roger Zolldan	37:07
21 Pat Brady	37:12
22 Rob McGuire	37:15
23 Gregory Davis	37:28
24 Mark Lewis	37:34
25 Ed Borjon	37:41
26 Robert Johnson	37:41
27 Ralph Ojeda	37:44
28 Ron Sample	37:46
29 Mike Bellanca	37:58
30 Fernando Garcia	38:15
38 Mary Jo Stokka (1st F)	39:23
52 Barbara Reid (2nd F)	41:10
63 Barbara Shubert (3rd F)	41:47
74 Jennifer Walsh (4th F)	42:33
77 Gloria Brigham (5th F)	42:36
80 Corrie Spangler (6th F)	43:02
96 Gene Rass (50-59)	44:38
100 Paul Reiche (50-59)	44:54
105 Barbara Zolldan (7th F)	45:08
110 John Nyser (60 & Over)	45:20

## Centerpoint 10K

### August 25.

### Overall Results - 10K

1 Gordon Christie (23)	30:34
2 Chuck Smead (34)	30:46
3 Ron Ysais (23)	32:01
4 Edward Fuel (23)	32:19
5 Rick Torres (27)	32:21
6 Robert Andrott (27)	32:38
7 Larry Montag (33)	32:53
8 Steve Close (42)	32:57
9 Brian Nelson (28)	33:15
10 Bill Scobey (40)	33:46
11 Mike Zaragoza (23)	33:55
12 Paul Myers (18)	33:59
13 Leonard Alevos (20)	34:11
14 Tom Halpino (23)	34:13
15 Tom Lowry (32)	34:22
16 Mike Barton (18)	34:39
17 Ignacio Rodriguez (28)	35:03
18 Brian Filzgerald (28)	35:18
19 John Mossbacher (39)	35:26

20 Salvador Paniagua (33)	35:30
21 Charles McClure (45)	35:38
22 Bobbie Schipper (25)	35:42
23 Dave Helsdon (15)	35:45
24 Chris Carroll (30)	35:52
25 Roberto Pena (17)	35:57
26 Gregory Bautista (23)	36:00
27 Jim Knerr (51)	36:10
28 Craig Godwin (18)	36:12
29 Tony Smith (39)	36:13
30 Bernie Cochran (28)	36:16

### Division Results - Men's 10K

13-14: 1. Brad Malesich 39:01, 2. James Brown 44:07, 3. Hector Sandoval 45:03. 14-19: 1. Paul Myers 33:59, 2. Mike Baron 34:39, 3. Dave Helsdon 35:45. 20-24: 1. Gordon Christie, 2. Ron Ysais, 3. Ed Fuel. 25-29: 1. Rick Torres, 2. Robert Radnoti, 3. Bryan Nelson. 30-34: 1. Chuck Smead 30:46, 2. Larry Montag 32:53, 3. Tom Lowry 34:22. 35-39: 1. John Mosbacher 35:26, 2. Tony Smith 36:13, 3. Bill Buchanan 37:01. 40-44: 1. Steve Close 32:57, 2. Bill Scobey 33:46, 3. Jack Farrell 36:31. 45-49: 1. Charles McClung 35:38, 2. Steve Wald 36:57, 3. Dave Wheeler 36:58. 50-59: 1. Jim Knerr 36:10, 2. Mike Winter 42:16, 3. Ted Oviatt 43:20. 60 & Over: 1. Ray Gill 40:39, 2. John Schweitzer 1:03:21. Wheelchair: 1. Kirby Haley 41:03, 2. David Moor 50:00.

### Division Results - Women's 10K

13 & Under: 1. Jamie Park 40:46, 2. Gamantha Brown 45:04, 3. Becky Tofoya 46:09. 14-19: 1. Christy Farrell 38:31, 2. Anna Howald 43:41, 3. Lara Nesbitt 46:53. 20-24: 1. Kathleen O'Neill 39:15, 2. Lisa Scobey 43:53, 3. Carmen Guerrero 44:10. 25-29: 1. Babbie Schipper 35:42, 2. Lupe Reyes 42:37, 3. Andra Ricketts 45:08. 30-34: 1. Patty Canning 48:42, 2. Connie Mah 50:07, 3. Victoria Brown 51:21. 35-39: 1. Mimi Baranowski 41:27, 2. Kris Daley 47:20, 3. Cheryl Mead 50:32. 40-44: 1. Jan Franzese 43:00, 2. Liz Cushman 46:15, 3. Gudrun Fink 47:24. 45-49: 1. Gina Faust 39:40, 2. Joan Barker 47:55, 3. Barbara Camp 50:07. 50-59: 1. Lynn Hurrell 50:53, 2. Barbara Boyle 56:22. 60 & Over: 1. Julie Corona 58:59, 2. Gracie Schweitzer 1:01:40.

continued on next page...



# Results

## Overall Results - 2K

1 Danny Daft (15)	6:38
2 Jason Lacher (10)	7:36
3 Mark Salowitz (14)	7:48
4 Not Available	7:48
5 Stephen Saguaro (13)	8:09
6 Shari Aaneud (14)	8:09
7 Todd McMenamin (15)	N.T.
8 Dennis Lacher (45)	8:23
9 Lauri Clapp (32)	N.T.
10 Bill Lamp (40)	9:02

## Fourth Sunday Run

### September 22, San Francisco. Overall Results - 5K

1 Tom Lutz (36) Berkeley	16:40
2 Dave Rhoads (26) Oakland	16:57
3 Jeff Resnick (26) Pinole	17:39
4 Len Goldman (41) Piedmont	18:12
5 Bennie Smith (32) Larkspur, SC	18:18
6 Mike DeGregorio (30) Burlingame	18:32
7 Jack Zakarian (33) Vallejo	18:34
8 Bernie Mahon (30) Cupertino	18:41
9 Ken Whistler (35) Richmond	19:11
10 Bryan Boyle (31) San Jose	19:40
12 Jack Hill (47) Piedmont	20:07
17 Ed Murray (46) S.F.	21:11
18 Doerte Murray (45) S.F.	22:13
20 Eivyn Blair (46) Oakland	22:42
21 Ruth Grimes (38) Berkeley	22:45
23 Jude Heller (38) Oakland	25:53
25 John Hausman (50) Oakland	28:39
27 Pam Broderick (17) Oakland	29:14
28 Rose Chambers (42) Oakland	31:48

### Overall Results - 10K

1 Jose Couto (26) Portugal	36:09
2 Mike Drange (19) Berkeley	38:04
3 Roger Sharpe (44) Berkeley	38:37
4 Gene Griffith (41) Oakland	38:40
5 Vinca Alcantar (46) S. Lorenzo	39:12
6 Mike Dunn (30) Newark	40:20
7 Eric Lenz (27) Oakland	41:12
8 Ernie Isaacs (46) Oakland	43:03
9 John Walsh (47) Oakland	46:37
10 Roland Carrothers (58) Moraga	47:11
12 Don Watson (56) Berkeley	48:35
14 Charlene Calugar (34) Oakland	54:35
15 Bill Reed (61) Albany	54:41
16 Debbie Resnick (26) Pinole	56:16
17 Jane Colman (42) Oakland	56:30
21 Lenore Bouras (55) San Mateo	71:15

### Overall Results - 15K

1 Don Jedlovic (31) Fremont	56:43
2 Frank Hernandez (36) Alameda	62:05
3 Mary Hauck (45) Oakland	68:50
4 Ruth Anderson (56) Oakland	69:48
5 Robert Marra (31) Oakland	81:25
6 Michael Grimes (12) Berkeley	92:42
7 Carol Reilly (30) Oakland	93:08

### Overall Results - 5K Walk

1 Don Janowski (59) San Leandro	29:45
2 Rich Hansen (59) Oakland	33:28
3 Louis Baca (55) Alameda	37:10

## Bud Light USTS

### September 26, Hilton Head Island, S.C.

Twenty-five-year-old Scott Molina of Del Mar, CA - the man they call "The Terminator" - topped the best field ever assembled in the sport of triathlon to win the Bud Light USTS.

It was Molina's third national championship title and his sixth consecutive win on the 1985 Bud Light USTS circuit, a series of short-course triathlons all measuring 1.5 kilometers (.9 miles) on the bike, and 10 kilometers (6.2 miles) on the run.

Molina worked hard for this win, starting out in ninth place after the swim in ocean water that was so choppy and rough "It was like swimming in a washing machine," said one competitor. A strong

wind and current off the island were responsible for the rough water - not hurricane Gloria which fortunately swung far north of the Carolinas.

Djan Madruga, 26, of Brazil, was the first swimmer out of the water in 23 minutes and one second. A bronze medalist at the 1980 Olympics in Moscow, Madruga maintained the lead throughout the bike, swooping into the transition area more than three minutes ahead of Molina.

On a run course that included a short stretch on beach sand, then a sprint across the fairway of the Palmetto Dunes championship golf course, Molina ran a quick 32:59 10K to snatch first place from Madruga in the last mile of the run. His finish time: 1:57:16. Madruga's second place time was 1:57:48. Mark Allen of Del Mar, Calif., three-time winner of the Nice (France) Triathlon, took third at 1:57:52 and former Ironman champ Scott Tinley of Encinitas, Calif., finished in 2 hours flat for fourth place. Harold Robinson of Ithaca, New York, took fifth at 2:00:59.

In the women's race 28-year-old Linda Buchanan dominated a field that contained at least a dozen women with potential to snatch the Championship: the Puntous and Girard twins, defending champion Beth Mitchell, Joanne Ernst, Gaylene Clews of Australia, AT&T points leader Jull Brenning, Julie Olsen, former world record holder Allison Roe of New Zealand, and Joy Hansen.

Buchanan was second out of the water, by only 12 seconds and quickly took control of the race out on the bike course. Now living in Leucadia, Calif., just north of San Diego, Buchanan spent years training in Davis, Calif., where the roads run fast and flat - perfect training for the Hilton Head course where pure speed paid off. Head down and working hard, Buchanan gained three and a half minutes on Jull Brenning of Kirkland, Wash., who was in second place at the start of the run.

Buchanan finished at 2:07:42 to take the top prize money; her new training partner Sylviane Puntous took second place at 2:09:43. Joy Hansen of Del Mar, Calif., took third at 2:10:41 and Sylviane's identical twin sister Patricia finished fourth at 2:11:01. Beth Mitchell, the 1984 National Champ, held on for fifth at 2:13:08.

### Overall Results - Men

1 Scott Molina (26)	1:57:16
2 Djan Madruga (25)	1:57:48
3 Mark Allen (27)	1:57:52
4 Scott Tinley (28)	2:00:00
5 Harold Robinson (23)	2:00:59
6 Chris Hinshaw (22)	2:01:05
7 Mark Montgomery (29)	2:01:10
8 Dirk Ascomonell (23)	2:01:14
9 Dale Basescu (29)	2:01:58
10 Jim Riccitello (21)	2:02:22

### Overall Results - Women

1 Linda Buchanan (28)	2:07:42
2 Sylviane Puntous (24)	2:09:43
3 Joy Hansen (27)	2:10:44
4 Patricia Puntous (24)	2:11:01
5 Beth Mitchell (21)	2:13:08
6 Elizabeth Bulman (26)	2:14:39
7 Jull Brenning (25)	2:14:46
8 Joanne Ernst (26)	2:15:18
9 Dian Girard-Rives (25)	2:15:27
10 Elaine Alrutz (29)	2:16:43

### Division Results - Men

15-19: 1. Brooks Clark 2:09:30. 20-24: 1. Doug Roberts 2:07:17. 25-29: 1. Roy Harkins 2:07:10. 30-34: 1. Bob White 2:06:24. 2. Wally Buckingham 2:06:26. 4. Richard Hardner 2:10:47. 35-39: 1. Bob Janis 2:07:36. 2. Bill Leach 2:08:24. 5. Thom McHale 2:13:23. 40-44: 1. Kent McWherter 2:12:48. 45-49: 1. Hans Dieben 2:15:27. 2. Edward Hinshaw 2:16:35. 50-54: 1. Ron Smith 2:25:00. 2. Alan Schmeiser 2:34:30. 55-59: 1. Hubert Williams 2:41:33. 60 & Over: 1. Giordanni Bricca 2:48:25. 4. Bill Bell 3:04:44.
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### Division Results - Women

15-19: 1. Marlayna Madruga 2:24:27. 4. Shannon Delaney 2:37:23. 20-24: 1. Donna Wheeler 2:19:51. 25-29: 1. Laura Derrah
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2:22:03. 30-34: 1. Jennifer Arnold 2:23:34. 35-39: 1. Joan Blume 2:28:05. 3. Sally Edwards 2:35:28. 40-44: 1. Marcy Harlow 2:36:13. 2. Carol Winner 2:45:05. 5. Nancy Gardner 2:55:59. 45-49: 1. Susan Bradley Cox 2:40:28. 2. Susan Munn 2:40:56. 3. Mary Hooper 2:48:47. 4. Sue Hutchison 2:54:36. 50-54: 1. Carol Davis 2:54:07. 55-59: 1. Ethel Autorino 3:12:27.

## Harbor Sprint Triathlon

from Doug Moon

### October 5, Morro Bay.

1/4 Mile Swim, 13 Mile Bike, 2 1/2 Mile Run.

#### Overall Results

1 Chris Hinshaw (22) SLO	55:07
2 Craig Lowrie (29) SLO	1:00:17
3 Mike Larbic (25) Santa Barbara	1:01:59
4 Jim Fisher (24) SLO	1:03:36
5 Wayne Mastin (21) S.B.	1:04:23
6 Les Beck (41) SLO	1:04:49
7 Gary Breen (24) SLO	1:05:04
8 Jim Long (18) SLO	1:06:07
9 Ken Kinsell (31) Bradley	1:06:07
10 Robert Clark (23) SLO	1:06:45
11 Karl Blum (19) SLO	1:07:41
12 Richard Besco (27) SLO	1:08:06
13 Robert Hewitt III (21) SLO	1:08:24
14 Dave Howell (44) Los Osos	1:08:38
15 Dave Larbarbera (21) SLO	1:09:09
16 Kerry Forsyth (26F) Morro Bay	1:09:21
17 Cindy Tarter (23F) SLO	1:10:23
18 Dwight Christensen (25) Lockwood	1:10:26
19 Larry Reynolds (26) S.B.	1:10:56
20 Ann Jordan (36F) SLO	1:11:20
29 Jenny Stumpf (22F) SLO	1:13:09
32 Joan Mary (21F) SLO	1:14:14
36 Joanie Krehblat (23F) SLO	1:14:54
40 Jennifer Bradley (31F) Morro Bay	1:15:29
43 Gary Weyer (40) Pismo Beach	1:16:21
56 Gudrun Fink (41F) Lompoc	1:19:19
66 Ed Travis (49) Lompoc	1:22:34
68 Ed McSorley (55) S.M.	1:23:15
76 Bill Daneen (60) Nipomo	1:27:18

## Penofin 10K

from Dore Morton

### October 5 & 6, Ukiah.

#### Overall Results - Men

1 Gidamis Shahanga, Tanz	28:30 \$7000
2 Steve McCormack, USA	28:31 \$3000
3 Ed Eyestone, USA	28:32 \$1,500
4 Jon Sinclair, USA	28:35 \$1,250
5 Mark Curp, USA	28:36 \$1000
6 Ibrahim Hussein, Kenya	28:39 \$750
7 Donald Janicki, USA	28:49 \$500
8 George Malley, USA	28:55 \$300
9 Jim Hill, USA	29:12 \$200
10 David Lewis, G.B.	29:15 \$150
11 Simeon Kigen, Kenya	29:19 \$125
12 Bill Reifsnnyder, USA	29:25 \$100
13 Bob Leetch, USA	29:27 \$75
14 Bill Donakowski, USA	29:28 \$50
15 Peter Fitch, USA	29:29 \$25

#### Overall Results - Women

1 Lynn Williams, Canada	32:21 \$7000
2 Rosa Mota, Portugal	32:43 \$3000
3 Lorraine Moller, N.Z.	33:22 \$1,500
4 Diane Rodger, N.Z.	33:26 \$1,250
5 Betty Springs, USA	33:28 \$1000
6 Anne Audain, N.Z.	33:30 \$750
7 Brenda Webb, USA	34:22 \$500
8 Regina Joyce, Ireland	34:23 \$300
9 Robyn Root, USA	34:26 \$200
10 Giensy Quick, N.Z.	34:27 \$150
11 Kellie Cathey, USA	34:38 \$125
12 Julie Brown, USA	34:44 \$100
13 Janine Aiello, USA	34:52 \$75
14 Monica Joyce, Ireland	35:00 \$50
15 Ellen Lyons, USA	35:59 \$25

#### Master's Results - Men

1 Sal Vasquez	31:06 \$750
2 Dan Murray	31:31 \$400
3 Jerry Jobskel	32:04 \$400
4 Thomas Iredale	33:53 \$100
5 Tim Rostegge	34:36

#### Master's Results - Women

1 Fordie Madeira	36:38 \$750
2 Carol Flexer	38:10 \$400
3 Harolene Walters	39:00 \$100
4 Karen Lanterman	39:45
5 Bette Poppers	39:52

#### Overall Results

##### Sub 4 Invitational Road Mile

1 Steve Ovett, G.B.	3:55.13 \$10,000
2 Frank O'Meara, Ireland	3:55.60 \$7,000
3 Ross Donoghue, USA	3:55.94 \$5,000
4 Ray Flynn, Ireland	3:57.42 \$2,000
5 Peter Elliott, G.B.	3:58.00 \$1,000
6 Kevin Ryan, USA	3:59.81
7 Mike Boit, Kenya	4:00.07
8 Juma Aden, Somalia	4:04.81
9 Tom Smith, USA	4:05.32
10 Mike Wyatt, USA	4:05.83
11 Pierre Delisle, Switzerland	4:06.26
12 Kelly Britz, USA	4:08.27
13 Don Volkey, USA	4:06.76

## Coronado Bridge 10K

### October 6, San Diego.

About 6,000 road racers, walkers and race walkers competed Sunday, Oct. 6 in the sixth annual Coronado Bridge 10K Race and Two Mile Walk/Run that benefits the San Diego Chapter of the Leukemia Society of America, Inc. Known as San Diego's most challenging 10K, the race began at the Coronado Bridge toll plaza, taking participants across the bridge through the downtown Gaslamp District and up Third Avenue to finish in Balboa Park. The Two Mile Walk/Run was a shortened course across the bridge ending in Chicano Park.

Leading the way across the finish line was Ralph Serna, 28, of Anaheim, whose time was 30:40. Although the U.C. Irvine graduate has run faster 10Ks, Serna said he was pleased with his performance. His personal best for the 10K is 28:55. But Sunday's competition was fought on uphill terrain and Serna said the initial climb up the bridge slowed him considerably.

Serna just edged out another Orange County runner, Jon Konigh of Irvine took second place with his time of 30:48. Last year, Konigh placed seventh in the 5K at the National Track Championships. And he qualified in the 5,000-meters at the 1984 Olympic trials with a time of 13:47.

The third place winner was Ron Cornell of San Pedro. Cornell's time was 31:06.

The first woman to win the race was Ngairé Drake, 36, of Wellington, New Zealand. Her time for the 6.2 mile run was 36:37. Drake has also won two marathons this year - one in Japan and one in New Zealand. She said she plans to compete in the New York marathon later this month.

Following Drake was Marilyn Nichols with a time of 37:59 and Kathleen Kinane with a time of 39:34.

Proceeds from the race fuel leukemia research, patient aid and education programs. This year's race raised about \$65,000 toward those efforts.

## Running is for the Birds

### October 12, Huntington Beach, 5/10K.

#### Men's Results - 10K

1 Mike Calvano	31:40
2 John Eifler	34:20
3 Alan Reynolds	34:54
4 Ken Kendall	35:27
5 Dan Hromyak	35:46

#### Women's Results - 10K

1 Rhonda Davidson	38:05
2 Sara Rector	39:35
3 Emily Wood	40:51
4 Viola Phillips	41:06
5 Karen Benson	42:55



# Results

## Men's Results - 5K

1 John Horowitz	15:54
2 Dan Babcock	16:25
3 Howard Kealey	17:03
4 Bill Lukasik	17:05
5 Rick Horn	17:09

## Women's Results - 5K

1 Suzi Tanner	18:44
2 Kelly Babcock	18:46
3 Kath Keys	19:15
4 Tina Slough	19:50
5 Donna Neilson	21:34

## Stroh's Run For Liberty II

October 12, San Diego.

### Overall Results - Men

1 Steve McCormack (25)	23:20
2 David Taylor (25)	23:41
3 Kevin McCarey (31)	24:03
4 Rory Trup (32)	24:21
5 Jose Vega (21)	24:28
6 Willie Ayyad (24)	24:33
7 Joe Manuel (20)	24:40
8 Curtis Hughes (19)	24:48
9 Norberto Avila (27)	24:53
10 Rich Kritzer (22)	25:03

### Overall Results - Women

1 Ngairé Drake (36)	27:39
2 Liz Baker (27)	28:11
3 Patti Hurl-Tuffley (37)	28:24
4 Oonagh Bruni (29)	29:11
5 Robin Paine (35)	30:16
6 Linda Hunt (27)	30:49
7 Marlayna Madruga (19)	31:34
8 Kathy Loper (43)	31:49
9 Beth Lutz (26)	32:13
10 Theresa Redmond (24)	32:18

### Division Results - Men

19 & Under: 1. Curtis Hughes 24:48, 2. Ken Brutus 26:06, 3. El Reno 28:02. 20-24: 1. Jose Vega 24:28, 2. Willie Ayyad 24:33, 3. Joe Manuel 24:40. 25-29: 1. Steve McCormack 23:20, 2. Dave Taylor 23:41, 3. Norberto Avila 24:53. 30-34: 1. Kevin McCarey 24:03, 2. Rory Trup 24:21, 3. Brent Chadwell 25:37. 35-39: 1. Graham Garcia 25:55, 2. Steve Myhro 26:30, 3. Ed Mares 26:45. 40-44: 1. Larry Lake 27:51, 2. Benny Holt 28:12, 3. Wallace Johnson 28:21. 45-49: 1. Nora Secord 27:59, 2. Carl Petersen 29:09, 3. Ray Sablan 29:14. 50-59: 1. Bill Stock 30:59, 2. Frank Morris 31:09, 3. Jerry Dietrich 32:11. 60 & Over: 1. Jim McCown 31:28, 2. Luis Ojeda 33:05, 3. Warren Adams 34:10. Wheelchair: 1. Paul Herman 29:30.

### Division Results - Women

19 & Under: 1. Marlayna Madruga 31:34, 2. Jamie Nielson 35:00, 3. Kerry Panno 35:21. 20-24: 1. Theresa Redmond 32:18, 2. Lisa Gross 32:39, 3. Susan Telford 36:34. 25-29: 1. Liz Baker 28:11, 2. Oonagh Bruni 29:11, 3. Linda Hunt 30:49. 30-34: 1. Cion Ruiz 32:55, 2. Karen Rene Yeager 34:25, 3. Darlene Morrow-Truver 35:58. 35-39: 1. Ngairé Drake 27:39, 2. Patti Hurl-Tuffley 28:24, 3. Robin Paine 30:16. 40-44: 1. Kathy Loper 31:49, 2. Ursula Rains 32:49, 3. Lillian Mahoney 35:27. 45-49: 1. Lynn Lipetsky 35:26, 2. Norma Handy 36:06, 3. Clara Jo Brown 37:05. 50-59: 1. Elsa Sandberg 39:03, 2. Bonnie Britt 43:32, 3. Jane McMickle 44:00. 60 & Over: 1. Bess James 49:36.

## Stroh's Run For Liberty II

October 12, Sacramento.

### Overall Results - Men

1 John Supp	24:14
2 Paul Yost	25:14
3 Curt Duff	25:48

### Division Results - Men

Wheelchair: 1. Taylor Carey 30:17, 2. Rick

Valentine 32:08. 19 & Under: 1. Jason Tufts 28:06, 2. Willie Carter 28:44, 3. Jeff Walters 28:45. 20-24: 1. Paul Yost 25:14, 2. Kevin Anderson 26:58, 3. Ian Waters 28:08. 25-29: 1. John Supp 24:14, 2. Peter Kalmar 26:36, 3. Bob Fournier 27:21. 30-34: 1. Curt Duff 25:48, 2. Ronald Souza 27:54, 3. Michael Scott 28:09. 35-39: 1. John Murphey 27:57, 2. Skip Seabeck 28:22, 3. Mike Tufts 28:43. 40-44: 1. Don Spickelmier 27:28, 2. Dan Alarid 27:37, 3. P. J. Downey 29:16. 45-49: 1. David Dragsdale 29:06, 2. Chuck Conway 29:58, 3. Ray Navarro 31:24. 50-59: 1. Paul Mitchell 31:10, 2. Joseph Segarra 31:15, 3. Don Mittelstaedt 32:21. 60 & Over: 1. Jimmy Low 31:29, 2. Nestor Valasco 35:20, 3. Bill Shank 37:02.

### Overall Results - Women

1 Bev Marx	28:34
2 Sandy Supp	28:59
3 Laura Rinde	29:33

### Division Results - Women

19 & Under: 1. Kelly Stapp 35:03, 2. Angie Young 36:12, 3. Leslie Philipott 37:09. 20-24: 1. Laura Rinde 29:33, 2. Svea Edstrom 31:33, 3. Kim Graczyk 32:12. 25-29: 1. Sandy Supp 28:59, 2. Laura Taverinier 30:27, 3. Debra Waters 31:50. 30-34: 1. Bev Marx 28:34, 2. Dale Phillips 32:51, 3. Donna Wetterer 33:52. 35-39: 1. Karen Sanguinetti 33:19, 2. Carol Daniels 36:09, 3. Kate Sully 36:33. 40-44: 1. Sandy Coffey 30:55, 2. Greta Carriger 37:01, 3. Carole Songey-Moore 38:21. 45-49: 1. Dolores Mayer 43:15, 2. Margot Losche 43:39, 3. Desri Gilmore 44:48. 50-59: 1. Ruth Anderson 35:10, 2. Mary O'Donnell 40:51, 3. Wanda Jordan 48:24. 60 & Over: 1. Norma Bond 46:36, 2. Yvonne Leonard 1:01:26.

## Stroh's Run Liberty II

October 12, Santa Barbara.

### Overall Results

1 Gordon Christie (24)	24:03
2 Robert Hollister (26)	24:07
3 Ron Ysais (23)	24:14
4 Samuel Pinuelas (23)	24:57
5 Tim Minor (27)	24:58
6 Hollis Reed (26)	25:12
7 Mike Lohr (27)	25:29
8 Terry Howell (29)	25:46
9 Ken Kiss (25)	25:48
10 Steve Close (42)	26:09
11 Dale Nickel (30)	26:10
12 Dennis Odion (26)	26:14
13 Michael Smith (21)	26:29
14 John Kennedy (41)	26:30
15 Hermilo Guerrero (30)	26:41
16 Eric Carman (20)	26:48
17 Tom Halpin (23)	26:52
18 Juan Garza (33)	26:54
19 Andrew Lief (19)	26:54
20 Pat Kimball (21)	27:09
21 Barry Sheehan (25)	27:27
22 Thomas Taylor (24)	27:28
23 Raymond Maranda (46)	27:39
24 Gary Johanson (33)	27:43
25 Joe Harden (28)	27:44
26 Kemp Aaberg (45)	27:57
27 Steve Bushey (35)	28:17
28 Troy Pennington (23)	28:28
29 Dennis Mihora (41)	28:29
30 Chris Crockett (21)	28:33
31 Elaine Triplett (34F)	28:33
32 Jim Kornell (34)	28:40
33 Abe Valdez (44)	28:46
34 Regis Boyle (52)	28:47
35 Paul Nelson (29)	28:49
36 Bill Buchanan (37)	28:51
37 Hector Paz (38)	28:56
38 John Trump (29)	29:00
39 William Graham (44)	29:08
40 Lorenzo Campbell (40)	29:10
41 Danny Daft (15)	29:14
42 Annie Gladue (23F)	29:20
43 Bill Mason (32)	29:23
44 Ralph Garcia (29)	29:32
45 Frank Greene (50)	29:35
46 Ralph Gonzalez (40)	29:36
47 Thomas Santoianni (31)	29:36
48 Big Foot Wells (42)	29:37

49 Sharon Maley (25F)	29:42
50 Mike Wapner (41)	29:42
51 Ron Andrade (36)	29:43
52 Thomas Johnson (25)	29:46
53 Tom Tveidt (29)	29:47
54 Larry Brooks (45)	29:50
55 Angela Deleon (25F)	29:51
56 Alvin Tolosa (22)	29:59
57 Enrique Roig (17)	30:04
58 Jack Kewley (42)	30:05
59 Paul Melson (26)	30:08
60 Thomas Boren (32)	30:09
61 Greg Quist (29)	30:17
62 Mary Ryzner (31F)	30:20
63 Jimmy Dominguez (30)	30:21
64 Robert Paulus (29)	30:23
65 Fred Nagelschmidt (61)	30:25
66 Dan Coke (35)	30:25
67 Geoffrey Wyatt (24)	30:26
68 Richard Eatmon (38)	30:26
69 Judy Kewley (41F)	30:29
70 Greg Brown (39)	30:29
71 Ron Misner (28)	30:33
72 James Washburn (29)	30:36
73 Dan Panzica (34)	30:40
74 Craig Purdy (24)	30:40
75 Robert Tizzer (24)	30:43

### Division Results - Men

19 & Under: 1. Andrew Lief 26:54, 2. Danny Daft 29:14, 3. Enrique Roig 30:04. 20-24: 1. Gordon Christie 24:03, 2. Ron Ysais 24:14, 3. Samuel Pinuelas 24:57. 25-29: 1. Robert Hollister 24:07, 2. Tim Minor 24:58, 3. Hollis Reed 25:12. 30-34: 1. Dale Nickel 26:10, 2. Hermilo Guerrero 26:41, 3. Juan Garza 26:54. 35-39: 1. Steve Bushey 28:17, 2. Bill Buchanan 29:51, 3. Hector Paz 28:56. 40-44: 1. Steve Close 26:09, 2. John Kennedy 26:30, 3. Dennis Mihora 28:29. 45-49: 1. Raymond Maranda 27:39, 2. Kemp Aaberg 27:57, 3. Larry Brooks 29:50. 50-59: 1. Regis Boyle 28:47, 2. Frank Greene 29:35, 3. Richard Barteck 30:47. 60 & Over: 1. Fred Nagelschmidt 30:25, 2. Ray Gil 31:42, 3. Don Smith 40:19. Wheelchair: 1. Kirby Haley 32:57.

### Division Results - Women

19 & Under: 1. Julie Bridges 36:05, 2. Diane Daley 36:54, 3. Karlie Graham 36:56. 20-24: 1. Annie Gladue 29:20, 2. Gae McClenathan 31:28, 3. Karen Drake 32:49. 25-29: 1. Sharon Maley 29:42, 2. Angela Deleon 29:51, 3. Carrie Walters 32:18. 30-34: 1. Elaine Triplett 28:33, 2. Mary Ryzner 30:20, 3. Vicki Eyre 31:04. 35-39: 1. Katherine Anderson 33:09, 2. Mary Jo Del Campo 33:15, 3. Susan Krout 35:22. 40-44: 1. Judy Kewley 30:29, 2. Marie Stevenson 34:17, 3. Gudrun Fink 35:41. 45-49: 1. Barbara Camp 40:01, 2. Lois Leach 42:38, 3. Lisa Norcutt 43:26. 50-59: 1. Fay Hobbs 33:31, 2. Patricia Frankus 43:38, 3. Lori Ritchie 47:03. 60 & Over: 1. Grace Schweitzer 48:45, 2. Elizabeth Baker 51:29, 3. Caroline Lescher 51:45.

## Stroh's Run for Liberty 8K

October 12, Long Beach.

### Division Results - Men

19 & Under: 1. Adam Devito 25:11, 2. Rafael Sanguino 25:29, 3. Jamie Oman 25:48. 20-24: 1. Alphonse Swai 23:20, 2. Andy Diconti 24:33, 3. Marco Ocho 24:44. 25-29: 1. Chuck DeGarmo 23:49, 2. Steve Chipman 24:38, 3. Jim Nagel 24:50. 30-34: 1. Al Siddons 26:27, 2. Dan Wilder 26:46, 3. Jack McQuown 27:12. 35-39: 1. Ben Wilson 26:23, 2. Mike Harrison 27:44, 3. Mike St. Andre 28:36. 40-44: 1. Tommy Martin 28:37, 2. Don Gillman 28:39, 3. Daniel Henderson 29:45. 45-49: 1. Juvenal Herrera 29:36, 2. Gamma Chavez 29:49, 3. Patrick Monahan 30:41. 50-59: 1. Ken Oliver 31:08, 2. John Heikes 31:14, 3. Jim Birdsong 32:13. 60 & Over: 1. Jack Britton 37:20, 2. Jack King 47:41, 3. Nathan Brenner 48:32.

### Division Results - Women

19 & Under: 1. Traci Ruble 36:02, 2. Carolyn Holguin 40:30, 3. Mary Clark 42:18. 20-24: 1. Dana Chandler 32:15, 2. Mary Jones 32:27, 3. Mary Hayes 38:51. 25-29: 1. Sherry Simmons 31:02, 2.

Catherine Arnold 33:36, 3. Audrey Hook 34:00. 30-34: 1. Sandy Robbins 32:44, 2. Nancy Hemp 36:08, 3. N. McCullough 37:06. 35-39: 1. Debbie Wilkinson 31:42, 2. Nancy Heim 35:07, 3. Carolyn Slade 36:43. 40-44: 1. Harolene McLan 29:50, 2. Carol Jones 37:36, 3. Anita Chavez 39:43. 45-49: 1. Marcia Martyn 36:36, 2. Mary Dugan 39:27, 3. Dee Yox 44:28. 50-59: 1. Phyllis Kessler 37:12, 2. Ivy Gorman 38:14, 3. Esther Milich 38:55. 60 & Over: 1. Columbia Green 54:17, 2. Lucile Adney 57:25.

## Stroh's Run for Liberty II

October 12, Fresno.

### Overall Results

1 Juan Molina (28)	24:02
2 Jim Hartig (31)	24:09
3 Juan Garcia (30)	24:09
4 John King (20)	24:17
5 Dan Murray (40)	24:18
6 Gary Gonzales (23)	24:18
7 Sal Lozano (26)	24:42
8 Leroy Rivera (21)	24:47
9 William Lybcer (26)	25:12
10 Steven Gilbert (22)	25:20
11 Bryan Fahrenbach (28)	25:23
12 Al Lomeli (33)	25:31
13 Steve Sparks (21)	25:46
14 Baldemar Bettancourt (29)	25:50
15 Elias Diaz (21)	25:52
16 Kenneth Martinez (20)	25:58
17 Ron Marvin (20)	26:15
18 James Hardimon (21)	26:15
19 Phillip Buckley (19)	26:15
20 Michael Watson (19)	27:26
21 R. Taylor (25)	27:40
22 Craig Elia (35)	27:44
23 William Vaughn (18)	27:45
24 Frank Padilla (48)	27:50
25 Curtis Elia (35)	28:12
26 Glen Mathis (33)	28:15
27 Frank Anderson (47)	28:47
28 Mark Perry (25)	28:48
29 Allen Richburg (20)	28:51
30 Tannis Layendekker (25F)	28:53
31 David Raygoza (27)	28:57
32 Dick Cain (52)	28:57
33 Randy Warmuth (23)	29:01
34 Gary Chamberlain (38)	29:01
35 Yusuke Sawada (17)	29:18
36 John Volkman (35)	29:19
37 Robert Aragon (33)	29:28
38 Bob Perry (44)	29:29
39 Ted Anderson (45)	29:29
40 Tammy Moore (21F)	29:33
41 Kim Fertig (27)	29:36
42 Alex Orocco (40)	29:38
43 Jeffrey Roberson (21)	29:37
44 Craig Krieghoff (23)	29:39
45 Robert Mills (31)	29:42
46 Thomas McFadden	29:46
47 Steven Whitwell (37)	29:50
48 John Plus (46)	29:51
49 Ronald Robillard (40)	29:52
50 Frank Rivas (29)	29:58
60 Gina Montie (19F)	30:20
68 Eileen Dyer (19F)	30:35
92 Maurie Potts (31F)	31:50
95 Helena Nieto (28F)	31:59
96 Lisa Bennett (18F)	32:00
100 Lynda Fairman (19F)	32:05
117 Carolyn Campbell (43F)	32:44
125 Rosanne Schiedel (32F)	33:06

## Bridge to Bridge Run

from Jennifer Vennery

October 12, Colusa River.

### Division Results - Men's 5 Mile

12 & Under: 1. Scott Marvel 39:15, 2. Stephen MacPherson 43:31, 3. Sean Dwyer 52:30. 13-19: 1. Robble Thomason 44:42. 20-29: 1. Mike Ecoiline 26:35, 2. Ernie Wilder 31:52, 3. Lowell King 32:43. 30-39: 1. Steve Bordin 30:51, 2. Ron Rollins 41:24, 3. Richard Reimer 43:55.

continued on next page...



# Results

40-49: 1. Rod Cooper 30:57, 2. Pete Vernery 33:50, 3. Jacob Strobel 44:36, 50-59: 1. Keith Branham 32:34, 2. Jim Tanner 39:20, 3. James Berlin 42:15. **60 & Over:** 1. Bill Branaman 1:01:25, 2. George MacPherson 1:37:59.

**Division Results - Women's 5 Mile**  
**12 & Under:** 1. Gretchen Gossett 48:55, 2. Moriah Long 56:00, 3. Teresa Wackerly 59:33, 13-19: 1. Josie Thompson 48:47, 2. Tempy McCarron 48:47, 3. Sienna McCarron 52:08, 20-29: 1. Erika Hiller 42:47, 2. Shari Rollins 44:03, 3. Lori Zwald 44:51, 30-39: 1. Kathy Koehler 44:27, 2. Laura Machado 47:25, 3. Shelley Romero 52:25, 40-49: 1. Delpha Teague 58:06, 2. Betty Thompson 1:00:18, 3. Gall Bailey 1:01:13, 50-59: 1. Geni Tanner 45:11, 2. Rachel Reading 1:03:00, 3. Ann Alba 1:08:00, **60 & Over:** 1. Mary Gobel 1:25:06, 2. Phillis Thompson 1:26:04.

**Division Results - Men's 9.75 Mile**  
**12 & Under:** 1. Peter Mayberry 1:32:44, 2. Adam Shifflett 1:51:49, 3. Michael Abel 1:52:14, 13-19: 1. Berend Isermann 1:02:08, 2. Daniel Wolters 1:03:32, 3. David Nettleton 1:09:02, 20-29: 1. Nelson Cobb 56:69, 2. Steve Daniels 57:03, 3. Tom Forster 1:04:08, 30-39: 1. Mike Buzbee 58:28, 2. Kent Draper 1:00:22, 3. Charles Potoski 1:00:35, 40-49: 1. James Ballantyne 57:24, 2. Ken Gaal 1:00:42, 3. Barry Cooper 1:05:42, 50-59: 1. Ben May 1:11:10, 2. Orville Metzger 1:14:18, 3. Don Hook 1:22:33.

**Division Results - Women's 9.75 Mile**  
**13-19:** 1. Julie Ann Bunnell 1:11:22, 20-29: 1. Lisa Cobb 1:05:36, 2. Paula Vargas 1:20:06, 3. Susan Lausten 1:29:54, 30-39: 1. Jackie Walker 1:09:12, 2. Lisa Cook-Mauldin 1:10:01, 3. Pam Bjornberg 1:13:37, 40-49: 1. Dorothy Clark 1:24:39, 2. Jacquelyn Cartright 1:32:05, 3. Paula Allen 1:38:23, 50-59: 1. Beverly Thayer 1:40:24, 2. Julie Ellersick 2:20:44, **60 & Over:** 1. Francis Lindquist 2:38:09.

## Run For The Cheese Of It

from Bruce Edwards

October 12. Riverbank. 10K & 2 Mile.

Overall Results - 10K	
1 Bill Martin	33:25
2 Duwayne Ray	34:40
3 Charles Pittel	35:58
4 Daniel Garcia	36:12
5 Leon Casas Jr.	36:35
6 Cesar Garcia	37:01
7 Benjamin Palmer	37:02
8 Frank Garcia	37:11
9 Jeff Hartman	37:20
10 Adrian Krane	37:24
11 David Frazer III	37:27
12 Eric Hazer	37:28
13 George Shoemaker	37:30
14 Teresa Jackson (1F)	39:13
15 Vern Grant	39:46
16 Bill McCall	40:06
17 Mick Etchebarne	40:07
18 Michael Miller	40:12
19 David Dennis	40:12
20 Jim Tafolla	40:15
22 Consuelo Garcia (2F)	40:22
25 Betty Chavez (3F)	41:01
33 Dee Dee Grafius (4F)	42:48
34 Paula Martelli (5F)	42:56
42 Barbara Miller (6F)	43:44
47 Carol Ovaile (7F)	43:57

Overall Results - 2 Mile	
1 Zachary Taylor	9:49
2 Troy Gray	9:50
3 Tim Stevens	10:09
4 Jeep Oliveira	10:17
5 Jim Norquist	10:38
6 Mike Boyer	10:39
7 Jeff Wheeler	10:41
8 Glenn Jenkins	10:48
9 Joe Castillo	10:54

10 Jose Guerrero	11:14
22 Mouse Lyons (1F)	12:07
33 Aeron Arlin (2F)	12:40
34 Vera Apolinar (3F)	12:46
37 Kerry Neubaum (4F)	12:53
39 Alyssa Booth (5F)	13:04

## Berkeley to Moraga Run

from Ernest Isaacs

October 13. Berkeley. 12.7 Mile.

**Division Results - Men**  
**20-29:** 1. Paul Bachmuth 1:15:23, 2. Ed Condit 1:18:34, 3. Brian Waddington 1:19:33, 30-39: 1. Jim Moyles 1:13:34, 2. Bob Wolfe 1:14:58, 3. Sheldon Clark 1:17:34, 40-49: 1. Don Dugdale 1:16:38, 2. Martin Hillier 1:21:14, 3. Bert Johnson 1:21:27, **50 & Over:** 1. Bob Farrington 1:24:52, 2. Bob Malain 1:26:46, 3. Robert Sawyer 1:39:12.

**Division Results - Women**  
**20-29:** 1. Mary Moulton 1:27:43, 2. Rebecca Garcia 1:39:30, 3. Susan Putney 1:42:15, 30-39: 1. Christie Patterson 1:27:09, 2. Sue Francis 1:32:24, 3. Diane Smith 1:38:40, 40-49: 1. Jess Nourse 1:49:26, 2. Margaret Curtis 1:50:44, 3. Joan Szarfinski 1:53:39, **50 & Over:** 1. Alice Rose 1:35:41, 2. Marty Marlic 1:42:52, 3. Eileen Klatsky 1:55:25.

## AMJA 50 Miler

October 13. Chicago, IL.

Overall Results	
1 Roger Rouiller(47)Marietta,GA	5:29:43
2 Robert Perez(36)CorpusChristi	5:32:31
3 Joe Schieffer(34)Oakland	5:35:10
4 Raymond Krolewicz(30)Pontiac	5:54:12
5 Michael Sinkoski (32)	5:58:44
6 Eleanor Adams(37)SelstonNotit	6:04:28
7 R. Tucker(32)LittleRock,AR	6:04:49
8 David Hoffman(50)WhitefishBy	6:06:01
9 Kevin Buxton(30)BeaverDam	6:10:29
10 Tan Pytkal(29)Chicago	6:11:09
81 Philip Schofield(54)SanClem	8:35:17
83 Roger Tilford(57)Glendora	8:38:25
84 Gloria Takagishi(39)Sacto	8:39:08

## Bell Race

October 13. Merced. 3K & 15K.

Overall Winners - 3K	
<b>Men's:</b> Tim Stevens	9:25
<b>Women:</b> Jane Johnson-Russell	11:55
<b>Men's Masters:</b> Mark Bodley	12:07
<b>Women's Masters:</b> Maryann Clark	12:40

Division Results - Men's 3K	
<b>12 &amp; Under:</b> 1. Dale Wade 13:36, 2. Kyle Royer 14:25, 3. Chris Wade 14:49, 13-17: 1. Jason Cleckler 10:45, 2. Ronald Avellar 12:29, 3. Bob Hargrave 13:49, 18-29: 1. Tim Stevens 9:25, 2. Brian Blecker 11:17, 30-39: 1. Rick Bates 12:21, 2. Steve Bottjer 12:23, 3. Jim Jones 12:27, 40-49: 1. Jim Belton 12:08, 2. Everett Younce 12:11, 3. Wallace Avellar 14:11, 50-59: 1. Mark Bodley 12:07, <b>60 &amp; Over:</b> 1. Payson Taylor 12:30.	

Division Results - Women's 3K	
<b>12 &amp; Under:</b> 1. Heather Mings 12:20, 2. Kelly Schwisow 15:54, 3. Erin Prather 16:09, 13-17: 1. Kelly Pinheiro 12:19, 2. Tawny Belton 14:24, 18-29: 1. Ginny Swiggart 14:03, 2. Dawn Emerick 14:33, 3. Leslie Swartz 17:14, 30-39: 1. Jane J-Russell 11:55, 2. Vickie Belton 12:38, 3. Barbara Nichol 13:55, 40-49: 1. Maryann Clark 12:40, 2. Rebecca Cleckler 13:40, 3. Joyce Flowers 15:28.	

Overall Winners - 15K	
<b>Men:</b> Fred Villegas	49:16
<b>Women:</b> Anne Lizdas	63:27
<b>Men's Masters:</b> Frank Ramos	60:14
<b>Women's Masters:</b> Reva Colliver	64:44

Division Results - Men's 15K	
<b>17 &amp; Under:</b> 1. Jeff Hartman 64:49, 18-29: 1. Fred Villegas 49:16, 2. Greg McKinstry	

51:52, 3. Pat Valenzuela 53:15, 30-39: 1. Curt Royer 54:06, 2. Rick Gaffney 56:05, 3. Don Steiner 57:21, 40-49: 1. Frank Ramos 60:14, 2. Ken Schwisow 60:25, 3. Dave Olsen 63:37, 50-59: 1. Charlie Rodgers 60:43, 2. Mel Elliott 65:06.
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**Division Results - Women's 15K**  
**18-29:** 1. Yolanda Gardini 88:53, 30-39: 1. Anne Lizdas 63:27, 2. Michelle Bottjer 71:28, 3. Josie Diaz 89:03, 40-49: 1. Reva Colliver 64:44, 2. Barbara Miller 67:04, 3. Jackie Ryel 72:15, 50-59: 1. Marvel Taylor 108:33.

## Humboldt Full & Half Marathons

from Sherman Schapiro

October 13. Weott.

These races were held on a clear and sunny morning with temperatures around 50 degrees at the 9:00 a.m. start and reaching close to 70 by afternoon. The temperatures along the out and back courses on the Avenue of the Giants were generally cooler due to the shading of the surrounding redwood trees. Altogether 752 runners completed this day; 264 finishing the full marathon and 488 the half. Surprisingly, 40% of the runners entered in the half marathon were women; perhaps a record for a non-women's only event.

The winner of the marathon in a time of 2:26:20 was 46 year old Jim Bowers of Santa Rosa. He lead throughout and finished over 7 minutes ahead of second place finisher Mike Holt of Arcata (2:33:56). Jim has always run well at Humboldt finishing second last year; and he also holds the course record of 2:22:17 set in 1980. The winning female was first time marathoner Audrey Kemp, 28, of Cupertino in a time of 2:56:23. Audrey also won by the same margin of over 7 minutes over second place finisher Darlene Wallach, 34, of San Jose (3:03:43).

After taking the lead early, Ray Webb, 24, of Arcata went on to easily win the half marathon in a fine time of 1:08:27, just over 3 minutes ahead of the nearest competition, Patrick McGuire, 25, of Reno. For the second year in a row, Luanne Park, 25, of Chico not only won the women's half, but set a new course record; this time lowering her mark to 1:21:09.

Full Marathon Results - Men	
1 Jim Bowers (46)	2:26:20
2 Mike Holt (36)	2:33:56
3 Joe Cavanaugh (42)	2:37:32
4 David White (20)	2:37:38
5 Gene Dangel (38)	2:39:08
6 Ted Pawlak (29)	2:40:22
7 Gil Machado (31)	2:42:58
8 Jim O'Brien (32)	2:43:55
9 Pekka Hietala (28)	2:48:20
10 Robert Yates (41)	2:48:54
11 Roger Sebert (42)	2:48:54
21 Everett Riggie (53)	2:58:35
45 Paul Reese (68)	3:13:22
261 Thomas Cullen (74)	5:11:40

Full Marathon Results - Women	
1 Audrey Kemp (28)	2:56:23
2 Darlene Wallach (34)	3:03:43
3 Daria Hasselquist (30)	3:05:27
4 Patty Doler (28)	3:17:11
5 Debbie Branigan (34)	3:17:17
6 Barbara Zoldan (38)	3:17:27
7 Gretchen Covington (45)	3:56:13
8 Lee Macey (40)	3:58:54
9 Judith Yarborough (46)	3:59:23
10 Jane Horishney (57)	4:11:11

Half Marathon Results - Men	
1 Ray Webb (24)	1:08:27
2 Patrick McGuire (25)	1:11:30
3 John Zinsmeier (38)	1:11:36
4 James Washington (31)	1:11:52
5 Michael Chambliss (36)	1:12:09
6 J.K. Pedrotti (29)	1:12:21
7 Bud Napoli (22)	1:13:50
8 Paul Beisser (34)	1:13:56
9 Chris Brooks (35)	1:15:21

10 Scott Bullfinch (37)	1:15:24
17 George Herd (50)	1:18:59
27 Theodore Jones (46)	1:22:14
28 Gene Gilligan (44)	1:22:36
32 Hal Jackson (52)	1:22:57
186Vic Crossetti (6C)	1:41:32
239Bill van Fleet (70)	1:45:18

Half Marathon Results - Women	
1 Luanne Park (25)	1:21:09
2 Marilyn Manning (26)	1:22:48
3 Carol Griffith (34)	1:28:28
4 Laura McGinn (25)	1:29:54
5 Jennifer Daniell (28)	1:30:39
6 Marge Dunlap (46)	1:36:50
7 Joan Roberts (41)	1:38:00
8 Rosemary Vasquez (43)	1:39:26
9 Mary Storey (61)	1:44:12
10 Jeanne Osteen (50)	1:54:36

## Bud Light Roadrunner Triathlon

October 19. UNLV. Las Vegas. 500 Yd. Swim, 20 Mile Bike, 5 Mile Run.

Overall Results - Men	
1 Bob DelMorris (29)BigBearLk	1:32:28
2 Jim Butts (29)SanDiego	1:33:09
3 Christopher Harmon (19)L.V.	1:33:47
4 Mark Fulton (28)BigBearLk	1:33:59
5 Ed Tico (26)San Jose	1:34:17
11 Don Walker(23)HuntingtonBch	1:37:51
14 Chuck Zimmerman(32)Cardiff	1:39:24
33 Saari Brett (29)Barstow	1:46:35
38 Timothy Warriner(22)SantaBar	1:48:10
40 Lynn Crammer(45)Oxnard	1:49:59
45 Lynn Crammer(37)FJ)Oxnard	1:51:02
50 Scot Merkle (25) Ft.Irwin	1:51:43
53 Kenneth Minasian(31)DelMar	1:52:22
58 Jorge Volcan(33)AnaheimHills	1:52:52
63 Gregory Papp(38)PicaRivera	1:54:00
101Ellen Reiner (26)ShermanOaks	2:01:47

## Eaton Canyon to Henninger Flats

October 19. Pasadena. 9 Miles.

Under a blue sky 292 runners conquered the second Eaton Canyon to Henninger Flats Up and Down Hill race. A tough nine mile mountain race up the historic Mt. Wilson Toll Road. From Eaton Canyon (968 foot elevation) to Henninger Flats (2562 foot elevation) the runners battled the dirt, dust, hills, and rocks to the top and back. The results were as follows:

Men:	
1 Enrique Castro	50:40.7
2 Bill McDermot	52:21.9
3 Francisco Garcia	53:04.6

Women:	
1 Kathleen Kanes	1:00:24.3
2 Becky Thomas	1:02:24.9
3 Marie Perez	1:06:16.2

## Homecoming Run

October 19. Long Beach. 10K.

Division Results - Men	
<b>16-20:</b> 1. Tom Halligan 39:48, 2. Bill Walton 43:10, 21-25: 1. Jose Fuentes 34:17, 2. Joe Stein 38:25, 26-35: 1. Rob Duncananson 40:04, 2. John Ogdon 40:53, 36-45: 1. Jim Burton 39:33, 2. Larry Weisenthal. 46-55: 1. Roger Hoff 43:07, 2. Noel Veden 45:02, <b>56 &amp; Over:</b> 1. Larry Banuelos 43:00, 2. Glenn Stout 45:57.	

Division Results - Women	
<b>16-20:</b> 1. Leslie Graham, N.T., 2. Maureen Bower 53:56, 21-25: 1. Suzazane Peck, N.T., 2. Dolores Roth 46:35, 26-35: 1. Patricia Van Nuis 50:56, 2. Ann Middlebrooks 57:00, 36-45: 1. Cindy Van Stuater 46:36, 2. Christine Arce 51:15.	



# Results

## Rose Garden Fun Run

October 19, San Jose, 5 Mile & 1.5 Mile.

### Overall Results - 5 Mile

1 Dennis Kurtis (31)	24:32
2 Dan Sauers (34)	25:17
3 Bill Sullivan (26)	25:40
4 Gerhard Behrens (26)	25:58
5 David Garcia (34)	26:04
6 Gary Goettelman (40)	26:20
7 Paul Doughty (24)	26:33
8 Steve Vasquez (20)	26:36
9 Louis Ortiz (16)	26:39
10 Frank Ruona (40)	27:00
11 Frank Velasquez (20)	27:07
12 Jake White (43)	27:26
13 Rich Stillier (40)	27:32
14 John Cary (39)	27:32
15 Roger Bryan (49)	27:33

### Division Results - Men's 5 Mile

**12 & Under:** 1. Tony Martinez, 2. Joshua Novak, 3. Jake Shafer. **13-17:** 1. Louis Ortiz, 2. Israel L'Heureux, 3. Chris Kissell. **18-29:** 1. Bill Sullivan, 2. Gerhard Behrens, 3. Paul Doughty. **30-39:** 1. Dennis Kurtis, 2. Dan Sauers, 3. David Garcia. **40-49:** 1. Gary Goettelman, 2. Frank Ruona, 3. Jake White. **50 & Over:** 1. Bob Farrington, 2. E. R. Silver, 3. John Galaski.

### Division Results - Women's 5 Mile

**12 & Under:** 1. Angela Burch, 2. Jenny Hall. **13-17:** 1. Tina Tabuchi, 2. Kelli Spencer. **18-29:** 1. Terry Schneider, 2. Beth Carlton, 3. Barbara Raisanen. **30-39:** 1. Marti Menz, 2. Connie Miks, 3. Joan Wiggins. **40-49:** 1. Diane Bromstead, 2. Doris Burgess, 3. Marilyn Crandall. **50 & Over:** 1. Reima Siirila, 2. Utahana Hamilton.

### Overall Results - 1.5 Mile

1 Darren Mitchell (16)	7:55
2 Dave Harilless (30)	8:01
3 Gary Chan (26)	8:05
4 Greg Esteban (26)	8:27
5 Michael Kawamoto (15)	8:42
6 Erin Bellamy (12)	8:46
7 Floyd Okada (50)	9:01
8 Gretchen Hill (13)	9:09
9 Crystal Miks (11)	9:22
10 David Couper (14)	9:24

### Division Results - Men's 1.5 Mile

**12 & Under:** 1. Raul Lara, 2. Brian Nunes, 3. Jesse Gelber. **13-17:** 1. Darren Mitchell, 2. Michael Kawamoto, 3. David Couper. **18-29:** 1. Gary Chan, 2. Greg Esteban. **30-39:** 1. Dave Harilless, 2. Thomas Stutzman, 3. John Fravel. **40-49:** 1. Bob Edwards, 2. Jerry Ruiz, 3. John Brennan. **50 & Over:** 1. Floyd Okada, 2. Richard Fallo, 3. Les Solaro.

### Division Results - Women's 1.5 Mile

**12 & Under:** 1. Erin Bellamy, 2. Crystal Miks, 3. Latanya Johnson. **13-17:** 1. Gretchen Hill, 2. Tina Miks, 3. Andrea Hannes. **18-29:** 1. Colleen Ferguson, 2. Kathleen Donecho, 3. Marcella Borzoni. **30-39:** 1. Christine Jenkins, 2. Bonnie Tanimura, 3. Claudia Padilla. **40-49:** 1. Debby Mayer, 2. Mateas Leola, 3. Pat Brett. **50 & Over:** 1. Pat Koopman, 2. Teresa Hunter, 3. Marge Turner.

## Shoes & Spokes

October 19, Fresno.

### Division Results - Men's 2 Mile

**12 & Under:** 1. Derick Schweik 14:14, 2. David Epperson 15:40, 3. Jeffrey Rickels 16:08. **13-18:** 1. Daniel Vega 9:55, 2. Tony Munroe 10:44, 3. John Mickallan 12:06. **19-29:** 1. Armondo Llamas 11:53, 2. John Dakenmajl 11:54, 3. Joe Zavala 12:05. **30-39:** 1. Dominga Pena 11:39, 2. Anthony Chavira 11:49, 3. David Hammond 12:04. **40-49:** 1. Mark Hammond 11:52, 2. Benjamin Perez 12:00, 3. Bill Cockerham 12:58. **50-59:** 1. Ric Zamarripa 11:27, 2. Fred Fitchhorn 14:09. **60 & Over:** 1. Bob Musso 12:58.

### Division Results - Women's 2 Mile

**12 & Under:** 1. Jenni Horg 13:06, 2. Denise Wilson 13:20, 3. Lori Cronrath 16:03. **13-18:** 1. Lisa Bennett 12:02, 2. Kristi Raviscloni 17:56. **19-29:** 1. Maco Perez 14:39, 2. Janine Reynolds 15:47, 3. Karen Williams 16:42. **30-39:** 1. Mauri Anne Potts 12:03, 2. Jan Alock 13:10, 3. Patricia Munoz 15:26. **40-49:** 1. Mary Hooper 16:19, 2. Sandy McBride 17:07. **50-59:** 1. Sydney Loo 17:41, 2. MaryJo Fitchhorn 19:47, 3. Arlene Stine 23:28.

### Division Results - Men's 6 Mile

**13-18:** 1. Vuong Tran 41:34. **19-29:** 1. Jose Espinoza 38:03, 2. Thomas Brisky 39:00, 3. Gilbert Flores 41:00. **30-39:** 1. Curtis Elia 34:45, 2. Bill Schwartz 37:39, 3. Jerry Bauer 39:06. **40-49:** 1. Richard Hoyt 41:01, 2. George Cardona 43:15, 3. Lee Kempe 44:58. **50-59:** 1. Joseph Rhoan 45:06, 2. David Miner 46:12, 3. Richard Robinson 48:13. **60 & Over:** 1. Leland Scott 44:10, 2. Ray Henry 1:00:06. **Wheelchair:** 1. Marty Ball 29:14.

### Division Results - Women's 6 Mile

**13-18:** 1. Kim Vogel 43:22. **19-29:** 1. Susan Go 44:13, 2. Nellie Gonzales 44:31, 3. Lillian Leanos 45:03. **30-39:** 1. Yvette Heron 42:36, 2. Sandy Jacob 42:50, 3. Zona Stidham N.T. **40-49:** 1. Faye Day 49:13, 2. Deborah Schwartz 52:02, 3. Barbara Allen 56:52.

### Division Results - Men's 8 Mile Relay

**Male/Male:** 1. Rito Fuentes/David Williams 44:26, 2. Bruce Anderson/John Taylor 45:20, 3. Sergio Rojas/Rod Marvin 45:26. **Male/Female:** 1. Terry Nieto/David Raygoza 48:48, 2. Diane Vartanian/Mike Vartanian 36:07, 3. C.J. Cherrington/Lupe Canales 58:05.

## Pamakids Lake Merced Run

from John Medinger

October 19, San Francisco.

By the end of the first of two laps around Lake Merced, it was pretty clear who the winners would be. Don Paul, a 2:16 marathoner, had opened up a substantial lead over Bill Sevald, Bob Darling, and Brian Moroney. On the women's side, Fay Tong had plenty of space over Sandra Verhoogen and Tonie More. The big early leads would hold up, with Paul winning in a very swift 43:18, and Tong easing to a three-minute victory in 58:36.

### Overall Results

1 Don Paul	43:18
2 Bill Sevald	45:09
3 Bob Darling	45:45
4 Brian Moroney	45:58
5 Roberto Mendez	47:05
6 Dennis Sprick	47:36
7 Ray Fisher	49:05
8 Robert Gattrell	49:18
9 Robert Belli	49:37
10 Neil DeNatale	50:33
41 Fay Tong	58:36
50 Tonie More	61:27
52 Sandra Verhoogen	61:46

### Division Results - Men

**18 & Under:** 1. Jason Ysip 63:10, 2. Chris Hankins 69:27, 3. (tie) Fleming Hein and Steven Jen 73:15. **19-29:** 1. Brian Moroney 45:58, 2. Dennis Sprick 47:36, 3. Robert Belli 49:37. **30-39:** 1. Don Paul 43:18, 2. Bill Sevald 45:09, 3. Bob Darling 45:45. **40-49:** 1. Miguel Solorio 52:23, 2. Tony McDonagh 54:09, 3. Andy Andrews 54:33. **50-59:** 1. Richard Laine 55:02, 2. Jim Pommer 57:33, 3. Frank Crabbe 59:27. **60-69:** 1. Freeman Hogan 82:38. **70 & Over:** 1. Don Iwahashi 70:21, 2. Steve Cole 78:52, 3. Richard Pincomb 79:31.

### Division Results - Women

**19-29:** 1. Tonie More 61:27, 2. Tina Holding 63:19, 3. Elisabeth Chuck 63:51. **30-39:** 1. Fay Tong 58:36, 2. Gloria Kowalski 64:57, 3. Dale Daly 65:37. **40-49:** 1. Sandra Verhoogen 61:46, 2. Sallie Olsen 70:29, 3. Patricia Winder 72:20. **50 & Over:** 1. Liese Rapozio 88:16.

## Nite Lite 10K

October 19, Fullerton.

### Overall Results - Men

1 Walter Murphy	31:00
2 Matt Blaty	31:07
3 Brad Hurst	31:34
4 Payton Alcorn	31:59
5 Gary Wallace	32:09
6 Rahl Aguero	32:21
7 Steve Boaz	32:32
8 Donald Ocana	32:43
9 Rick Martinez	32:45
10 Jeff Montgomery	32:59
11 Harold Falk	33:21
12 Steve Schumacher	33:23
13 Tony Bomkamp	33:24
14 Fred Ortega	33:25
15 Tom Curtin	33:26
16 Keith Strodl	33:26
17 Alex Espinoza	33:45
18 Oscar Aguirre	33:47
19 David Dement	33:51
20 Bill Sumner	33:55
21 Richard Kenniger	34:08
22 Jeff Rubak	34:16
23 Larry Fabela	34:20
24 Bill Bentz	34:21
25 Eric Rigney	34:32
26 Eric Buckner	34:32
27 Bruce Sharp	34:35
28 Not Available	34:53
29 Cornelio Ramirez	34:56
30 Harry Hartley	34:56
31 Al Davis	35:00
32 John Araujo	35:08
33 Adolfo Serrato	35:15
34 Robert Sanchez	35:18
35 Filemon Rojas	35:23
36 Joel Grant	35:25
37 Lee Gilbert	35:26
38 Larry Cowlishaw	35:34
39 Mickey Depalo	35:36
40 Shawn Hodges	35:54
41 Carlos Gallegos	35:55
42 Kie Soohoo	36:00
43 David Jaeger	36:01
44 Brian Killen	36:01
45 Ron Navarrette	36:09
46 Bingo Flamingo	36:10
47 Jeff Jacobs	36:23
48 Steve Barnard	36:30
49 Robert Williams	36:31
50 Sergio Morales	36:41
51 Lewis Proudfoot	36:54
52 Richard Langenwatter	37:15
53 Jim Grizzell	37:17
54 Tom Piszkin	37:33
55 John Lowry	37:34
56 Jerry Mitchell	37:35
57 Michael Guaderrama	37:36
58 Mike Suchey	37:38
59 Rob Seebo	37:38
60 Gary Carlin	37:45
61 Kenneth Wilson	37:48
62 Mike Keeley	37:48
63 Arthur Morales	37:49
64 John Barry	37:51
65 Glenn Shenker	37:52
66 Jim Hardesty	37:52
67 Scott Baker	37:54
68 David Miller	38:03
69 Thomas Linde	38:04
70 Dennis Schaefer	38:05

### Overall Results - Women

1 Annette Isom	38:59
2 Heather Diboin	39:39
3 Jennifer Buckley	39:44
4 Susan Griesbach	39:53
5 Lorri Oja	42:31
6 Tina Costantino	42:32
7 Heather Killen	43:20
8 Cindy Tumbleson	43:29
9 Sharon Solomon	43:37
10 Neva Ingersoll	44:00
11 Debby Pierce	44:27
12 Kathy Pycior	45:19
13 Nancy Hemp	45:47
14 Lori Smith	46:32
15 Traci Ruble	45:47
16 Christine Hulzar	47:00
17 Gail Gross	47:08
18 Patti Kopcho	47:21
19 Janice Estrick	47:30
20 Jean Besta	47:39
21 Janet Dietzel	47:58

22 Ann Klernan	48:13
23 Joyce Klopping	48:13
24 Debbie Deline-Ruble	48:19
25 Connie Dodge	48:29
26 Laura Hale	48:31
27 Myrna Caballero	48:42
28 Silvana Leung	48:42
29 Teri Burmeister	48:48
30 Eileen Krumholz	48:55
31 Denise Berger	49:01
32 Julie Pizzarello	50:08
33 Christine Chmuta	50:09
34 Sarah Rudd	50:11
35 Jenny Scanlon	50:14

## Learn Not To Burn

from Capt. Tony D. Domenico

October 12, Playa Del Rey, 5K & 10K.

### Overall Results - 5K

1 Bernie Brizuela (29)	15:48
2 German Alonso (34)	15:58
3 Steve Moreno (24)	16:11
4 Ric Hatch (30)	16:12
5 Brian Hamilton (24)	16:20
6 Boucher Frank (29)	16:26
7 Geoff Guerrero (34)	16:29
8 Henry Lange Jr. (36)	16:31
9 Patarino Gonzalez (43)	16:38
10 Frank Williams (42)	16:42
11 Brian Jones (28)	16:56
12 Nea Happelli (46)	17:02
13 Nick Trozzi (25)	17:04
14 Herminio Garcia (29)	17:06
15 Greg Stanci (28)	17:08
16 Salvador Gonzalez (37)	17:08
17 Manny Burrola (40)	17:11
18 Brian Hill (25)	17:24
19 Barry Witter (35)	17:28
20 Aldo Mora (50)	17:41
21 Mary Tracey (25F)	17:42
22 Ronald Crittendon (38)	17:54
23 Clayton Steffensen (51)	17:59
24 Jose Gutierrez (18)	18:03
25 Kim Stocksdale (33)	18:06
26 Woody Studenmund (41)	18:07
27 Alan Shemet (26)	18:09
28 Jaynie Studenmund (31F)	18:23
29 Todd Lund (19)	18:25
30 Brian Oldham (38)	18:34
31 Maury Degener (39)	18:40
32 Joe Perry (40)	18:40
33 Teresa Hom (32F)	18:41
34 Ben Polichik (16)	18:45
35 Sonny Monioz (50)	18:47
36 Joyce Morgiewicz (27F)	18:53
37 R. Benfiores (30)	18:54
38 Gary Smith (46)	18:57
39 Jim Gilbert (24)	18:58
40 John Gosgrove (47)	19:01
41 Aurelio Camacho (54)	19:05
42 Albert Shorts (32)	19:08
43 John Ornelas (19)	19:09
44 Carlos Suarez (31)	19:12
45 Chris Pratt (40)	19:14
46 Louis Perez (20)	19:15
47 Jesse Carrington Jr. (49)	19:17
48 Fred Torrisi (40)	19:18
49 Don Franken (30)	19:19
50 Avery Bryant (61)	19:19

### Overall Results - 10K

1 Graham Fell (27)	30:23
2 Ron Gee (33)	30:53
3 Carlos Navarro (23)	31:39
4 Larry Montag (33)	32:44
5 Page Thibodeaux (29)	33:00
6 Rudy Krause (31)	33:19
7 John Frankman (28)	33:31
8 Norton Compton (30)	33:34
9 Bob Caro (26)	33:36
10 Brian Nelson (28)	33:37
11 Mark Bixler (31)	33:40
12 Glenn Tanner (31)	33:47
13 Javier Lara (28)	33:52
14 Eugene Musiar (26)	34:01
15 Harold Falk (24)	34:05
16 Tom Ohern (30)	34:10
17 Dave Pascal (26)	34:18
18 Bernie Brizuela (29)	34:22

continued on next page...



# Results

19 Dave Orlowski (28)	35:02
20 Stu Marble (24)	35:16
21 Robert Davison (40)	35:20
22 Mark McKinzie (27)	35:28
23 Mark Penn (28)	35:29
24 Warren Young (38)	35:32
25 Charles McClung (45)	35:35
26 Richard Hallblom (36)	35:36
27 Tom Ontiveros (22)	35:47
28 Michael Arnot (25)	35:48
29 August Simien (38)	35:57
30 Frederic Fleming (38)	35:59
31 Steve Mangum (37)	36:09
32 Frank Galindo (23)	36:40
33 Gary Williams (39)	36:42
34 Mike O'Halloran (30)	36:43
35 David Winkler (23)	36:45
36 Scott Silliman (25)	36:45
37 George Kingsley (45)	36:46
38 Mary Williams (35)	36:39
39 Marty Omalley (23)	36:52
40 Pat Moscor (25)	36:52
41 Julius Morinaka (24)	36:54
42 Mark Gross (32)	37:01
43 Pat Devine (57)	37:02
44 Mark Samet (33)	37:12
45 Peter Sparague (27)	37:21
46 Buddy Turney (25)	37:22
47 Ted Yzaguirre (48)	37:29
48 Richard Walter (25)	37:30
49 Danny Ponce (41)	37:30
50 Miguel Garcia (26)	37:32

## Baja Triathlon

October 19. Ensenada, B.C., Mexico.  
1 Mile Swim, 24 Mile Bike, 6 Mile Run.

### Division Results - Men

**19 & Under:** 1. Abe Laird 2:12:50, 2. Alex Ruiz 2:14:50, 20-29: 1. Scott Matthews 1:54:50, 2. Michael Fillipou 2:01:00, 3. Carlos Dolibella 2:01:20, 4. Alex Begg 2:03:28, 5. Alan Fritz 2:04:20, 30-39: 1. Guy Barker 2:15:20, 2. Peter Gallup 2:17:01, 3. Phillip Briars 2:17:49, 4. Michael Braunslein 2:19:56, 40-49: 1. Hans Dieben 2:01:51, 2. John Kurtz 2:13:33, 50 & Over: 1. Pat Halloran 2:41:01.

### Division Results - Women

**19 & Under:** 1. Debbie Starks 2:28:17, 20-29: 1. Molly Barnum 2:22:15, 2. Loretta Marietti 2:32:59, 3. Kristin Harris 2:38:12, 40 & Over: 1. Judy Shane 3:17:07. **Team Results:** Male: 1. Michael Marinis 1:59:30, 2. Tim Smith 2:07:15, 3. Todd Webber 2:07:19. Female: 1. Kathy Marin 2:55:19. Mixed: 1. Victor Gonzalez 1:59:20, 2. Robert Mosler 2:11:37.

## San Pedro Harbor Lite

October 19. San Pedro. 13.1 Mile.  
Overall Results

1 Ron Cornell (26)	1:04:34
2 Allen Just (23)	1:06:39
3 Ron Gee (33)	1:07:34
4 Carrie Simons (29)	1:07:41
5 Fernando Vasquez (22)	1:08:06
6 Luis Pinon Jr. (21)	1:09:06
7 Frank Womack (21)	1:09:42
8 Greg Gawlik (33)	1:09:52
9 Jeff Olson (22)	1:10:03
10 Clyde Matsumura (25)	1:10:04
11 David Smith (28)	1:10:22
12 Ron Kurlie (37)	1:10:28
13 Tom Cupp (24)	1:11:51
14 Marshall Matye (42)	1:11:58
15 Steve Harris (31)	1:12:01
16 James Curry (31)	1:12:04
17 John Aranas (27)	1:12:26
18 Bob Wilder (27)	1:12:29
19 Brizuela Bernie (29)	1:12:30
20 Jose Castellanos (30)	1:12:33
21 Gianni Carpani (37)	1:12:44
22 David Bower (30)	1:12:45

23 John Merhaut (35)	1:12:52
24 Steve Moreno (24)	1:13:08
25 David Ortiz (24)	1:13:17
26 Louie Sanchez (28)	1:13:19
27 Javier Lara (28)	1:13:28
28 Dan Wilder (31)	1:13:41
29 Mark Eisenmenger (22)	1:14:29
30 Tim Braun (29)	1:14:32
31 Frank Vallelunga (18)	1:14:40
32 Rick Vandertie (35)	1:14:47
33 Tom Ohern (30)	1:14:49
34 Moris Aguilar (21)	1:15:01
35 Ed Wehan (41)	1:15:08
36 Not Available	1:15:39
37 Ron Ogilvie (40)	1:15:42
38 E. No (45)	1:15:45
39 Scott Quady (31)	1:15:50
40 Edward Edwards (23)	1:16:11

### Division Results - Men

**12 & Under:** 1. Frank Vallelunga 1:14:40, 2. Robert Polk 1:19:26, 3. Jamie Murphy 1:25:02, 20-24: 1. Allen Just 1:06:39, 2. Fernando Vasquez 1:08:06, 3. Luis Pinon Jr. 1:09:06, 25-29: 1. Ron Cornell 1:04:34, 2. Carrie Simons 1:07:41, 3. Clyde Matsumura 1:10:04, 30-34: 1. Ron Gee 1:07:34, 2. Greg Gawlik 1:09:52, 3. Steve Harris 1:12:01, 35-39: 1. Ron Kurlie 1:10:28, 2. Gianni Carpani 1:12:44, 3. John Merhaut 1:12:52, 40-44: 1. Marshall Matye 1:11:58, 2. Ed Wehan 1:15:08, 3. Ron Ogilvie 1:15:42, 45-49: 1. E. No 1:15:45, 2. Gabriel Bernal 1:16:43, 3. Merl Glauser 1:17:50, 50-54: 1. Clayton Steffensen 1:21:47, 2. Eugene Black 1:23:12, 3. George Davall 1:23:56, 55-59: 1. Pat Devine 1:18:54, 2. Hal Sullivan 1:29:47, 3. John Feyk 1:29:52, 60-69: 1. Jack Goertzen 1:30:29, 70 & Over: 1. Dutch Benedetti 1:43:01.

### Top 3 Women Finishers

1 Donna Chen (26)	1:17:48
2 Kathy Thomas (30)	1:19:43
3 Michele Tiff (34)	1:20:17

### Division Results - Women

**12 & Under:** 1. Christina DeLeon 2:21:20, 13-14: 1. Tiana Baignand 2:28:38, 15-19: 1. Kristen Gilliland 1:39:06, 2. Patty Dorado 1:47:34, 20-24: 1. Rhonda Davison 1:23:18, 2. Brianna Townsend 1:24:08, 3. Laura Lopez 1:26:03, 25-29: 1. Donna Chen 1:17:48, 2. Donna Stocker 1:20:30, 3. Sherry Simmons 1:24:23, 30-34: 1. Kathy Thomas 1:19:43, 2. Michele Tiff 1:20:17, 3. Leslie Lewis 1:20:36, 35-39: 1. Neva Ingersoll 1:31:36, 2. Sherry Lanier 1:33:14, 3. Cindy Sterling 1:33:32, 40-44: 1. Wendy Watson 1:28:40, 2. Linda King 1:34:23, 3. Margaret Eville 1:36:47.

## Heart of Pasadena

from Ginnie Dekker

October 20. Pasadena. 5K & 10K.

### Division Results - Men's 10K

**16 & Under:** 1. Albert Martinez 36:08, 2. Max Lawson 39:41, 17-25: 1. Gustaa Lopez 33:49, 2. Victor Valverde 35:49, 3. David Covington 36:32, 26-35: 1. Rabah Touat 34:41, 2. George Mejia 35:20, 3. Dave Speer 37:36, 36-45: 1. Don Gillman 35:41, 2. Mark Evans 36:14, 3. Raul Grozco 37:14, 46-55: 1. Joe Marino 39:59, 2. Clarence Hunter 40:45, 3. Larry Todd 41:43, 56 & Over: 1. Robert Hardaway 43:40, 2. Ray Thorne 45:23, 3. John Andis 46:18.

### Division Results - Women's 10K

**16 & Under:** 1. Lianne Chu 48:24, 17-25: 1. Sue Wright 46:16, 2. Alysa Serdengecti 47:00, 3. Liz Ward 47:44, 26-35: 1. Doreen Assumma 40:50, 2. Malissa McKeith 47:51, 3. Amy Jenkins 50:01, 36-45: 1. Linda Scott 48:49, 2. Guadalupe Naf 50:52, 3. Nancy Gough 51:08, 46-55: 1. Elaine Murphy 45:31, 2. Bettye Hamonds 45:53.

### Division Results - Men's 5K

**16 & Under:** 1. Greg Hinton 18:22, 2. Ruddy Kiblinger 19:44, 3. Adam Gurewitz 24:46, 17-25: 1. Peter Magill 15:06, 2. David Ortiz 15:50, 3. Brian Hamilton 16:41, 26-35: 1. Natl Carrasco 18:45, 2. Carlos Lopez 19:01, 3. Mike Brannon 19:45, 36-45: 1. Earl

Beverly 17:22, 2. John Defato 17:50, 3. Randall Shelley 18:04, 46-55: 1. Robert Culling 18:38, 2. Jim Parra 19:08, 3. Booker Washington 19:41, 56 & Over: 1. Sam Nicholson 20:40, 2. Jack Green 20:50, 3. Harold Yillias 22:10.

### Division Results - Women's 5K

**16 & Under:** 1. Stefani Zaploski 21:28, 2. Melissa Zaploski 27:55, 17-25: 1. Brenda Milliken 22:12, 2. Linda Kavanagh 24:51, 3. Barbara Dabusco 25:49, 26-35: 1. Lynne Finley 21:07, 2. Isabella Cepelcha 23:07, 3. Gail Davidow 24:30, 36-45: 1. Linda Avjian 24:52, 2. Cheryl Doyle 24:53, 3. Joyce Boecher 28:59, 46-55: 1. Irene Oberz 24:34, 2. Janet Floyd 26:35, 56 & Over: 1. Lucile Adney 34:30.

## Women's 10K

October 20. Santa Barbara.

### Overall Results

1 Elaine Triplett (34) S.B.	36:51
2 Pauline Brown (30) WestlakeV	37:37
3 Sharon Maley (25) S.B.	38:29
4 Mary Ryzner (31) S.B.	38:40
5 Judy Kewley (41) Simi Valley	38:48
6 Cheri Savage (30) S.B.	39:35
7 Vickie Eyre (34) Agoura	40:01
8 Petra Kemper (29) S.B.	40:20
9 Jamie Park (14) S.B.	40:37
10 Sally Williams (27) S.B.	41:00
11 Terry Thomas (36) S.B.	41:47
12 Genny Clavier (21) S.B.	42:15
13 Mary Jo Del Campo (36) ThousOk	42:21
14 Stephanie Welch (38) S.B.	42:25
15 Fay Hobbs (50) S.B.	42:27
16 Elisabeth Hazard (36) Ventura	43:15
17 Beth Turner (15) S.B.	43:18
18 Lisa Turner (33) S.B.	43:19
19 Monica Moony (29) S.B.	44:01
20 Meg Cole (27) S.B.	44:20
21 Britt Mosby (37) S.B.	44:42
22 Teri Ingram (23) SimiVly	44:51
23 Ruth Hemming (46) ThousOk	45:32
24 Gunrun Fink (41) Lompoc	45:32
25 Darlene Snow (21) S.B.	45:50
26 Maria Perkins (38) Camarillo	45:52
27 Joyce Parkel (40) ThousOk	46:40
28 Trina Nagele (41) S.B.	47:09
29 Jeannie Block (33) Carpinteria	47:32
30 Pat Kelly (42) S.B.	47:39
31 Joanne Barker (46) Camarillo	47:35
32 Theresa Novak (28) Venice	47:48
33 Tracy Gaston (24) Lompoc	48:37
34 Mary Jo Christenson (36) S.B.	48:47
35 Karen Nestande (46) S. Monica	48:50
36 Susan Marshall (28) S.B.	48:51
37 Jan Wilson (28) Goleta	48:57
38 Mary Doyle (42) Summerland	49:07
39 Carol Coffey (44) VanNuys	49:09
40 Kathy Brady (38) SantaYnez	49:11

### Division Results

**18 & Under:** 1. Jamie Park 40:37, 2. Beth Turner 43:18, 3. Diana Leach 55:13, 19-24: 1. Genny Clavier 42:15, 2. Teri Ingram 44:51, 3. Darlene Snow 45:50, 25-29: 1. Sharon Maley 38:29, 2. Petra Kemper 40:20, 3. Sally Williams 41:00, 30-34: 1. Elaine Triplett 36:51, 2. Pauline Brown 37:37, 3. Mary Ryzner 38:40, 35-39: 1. Terry Thomas 41:47, 2. Mary Jo Del Campo 42:21, 3. Stephanie Welch 42:25, 40-44: 1. Judy Kewley 38:48, 2. Gudrun Fink 45:32, 3. Joyce Parkel 46:40, 45-49: 1. Ruth Hemming 45:32, 2. Joanne Barker 47:35, 3. Karen Nestande 48:50, 50-59: 1. Fay Hobbs 42:27, 2. Patricia Frankus 53:31, 3. Curry Sawyer 54:34, 60 & Over: 1. Grace Schweitzer 1:02:41, Novice: 1. Tracie Taylor 50:02, 2. Joanne Keever 50:34, 3. Cathy Diaz 51:06.

## Delta Thon '85

October 20. Antioch. 1.6/6.2 Miles

### Overall Results - 1.6 Mile

1 Kent Thompson	7:56.4
2 Eric Smith	8:42.9
3 Richard Clark	9:06.8

### Division Results - Men's 10K

**12 & Under:** 1. Phillip Murphy 42:48, 2. Steven Tyrrell 45:02, 3. Paul Case 56:14, 13-19: 1. Jim Fiori 34:30, 2. Doug Green

39:48, 3. Ben Bantczak 40:37, 20-29: 1. Randy Moser 33:51, 2. Chuck Harris 35:28, 3. Jim Myers 39:01, 30-39: 1. Michael Zygaczenko 34:36, 2. David Zumwalt 35:48, 3. Tom Billmeier 36:19, 40-49: 1. Phil Murphy 35:19, 2. Lorenzo Chambliss 38:03, 3. John Hares 38:58, 50-59: 1. Bruce Oliver 41:50, 2. Arturo Rackwitz 42:25, 3. Ponch Matamoros 43:01, 60 & Over: 1. John Nyser 43:46, 2. James Bocchio 46:27, 3. Adrian Verdusco 49:16.

### Division Results - Women's 10K

**12 & Under:** 1. Lisa Costanza 51:35, 13-19: 1. Mariene Chambliss 42:28, 2. Sonia Serina 48:08, 3. Cori Jackson 56:01, 20-29: 1. Kim Arcidiacono 42:25, 2. Michelle Montes 49:22, 3. Kim Low 50:12, 30-39: 1. Maryann Jussey 49:46, 2. Martha Moomey 50:33, 3. Cathy Hanson 51:16, 40-49: 1. Dolly Ackerman 46:32, 2. Chris Johnson 49:02, 3. Christine Hodge 51:16.

## Young at Heart Run

from Cheri Lieurance

October 20. Santa Rosa. 7 Mi & 3.1 Mi.

### Division Results - Men's 7 Mile

**13 & Under:** 1. Todd Stevens 44:12, 2. Matt Trimble 56:30, 3. Jeremy Collier 101:21, 14-19: 1. Greg Archuleta 40:28, 2. Marcel Vifian 42:16, 3. Michael Booth 43:39, 20-24: 1. Dave Brancamp 47:00, 2. David Rosas 47:44, 3. Jeff Bart 50:44, 25-29: 1. Brad Hawthorne 34:37, 2. Dan Rueckert 40:12, 3. Bruce Phinney 40:36, 30-34: 1. Bulch Alexander 37:58, 2. Thomas Stubbs 42:21, 3. Allen Stark 42:23, 35-39: 1. Chris Thomas 38:52, 2. Tom Anderson 43:42, 3. Bill Stites 43:45, 40-44: 1. Brendon Hutchinson 41:49, 2. Ray Gin 43:12, 3. Richard Frampton 46:44, 45-49: 1. Jim Bowers 37:34, 2. Daryl Beardall 39:57, 3. Frank Anderson 42:45, 50-59: 1. Jess Chavez 47:37, 2. Leo McMillan 47:38, 3. Bob Buckendahl 47:42, 60-69: 1. Ted Ponsell 52:23, 2. Gene DeSota 53:11, 3. William Redmond 56:00, 70 & Over: 1. Charles Mayhew 1:12:50, 2. Albert Maggini 1:17:48.

### Division Results - Women's 7 Mile

**13 & Under:** 1. Karina Horn 56:01, 2. Allison Shada 1:04:20, 3. Amy Logue 1:20:20, 14-19: 1. Donna Summers 48:26, 2. Wendi Simmons 51:21, 3. Shannon Stone 54:11, 20-24: 1. Lori Shanoff 44:25, 2. GERALYN TRIPP 47:55, 3. Deanna Rossini 53:16, 25-29: 1. Kathryn Burroia 52:12, 2. Julie Ann Springer 52:52, 3. Debra Davis 52:56, 30-34: 1. Shariet Gilbert 41:23, 2. Merry Humphreys 44:51, 3. Sally Mertes Stone 49:24, 35-39: 1. Linda Wimmer 50:23, 2. Patty Sanders 53:03, 3. Sue Wagers 54:45, 40-44: 1. Caron Schaubers 49:53, 2. Carol Kelly 52:48, 3. Joyce Bennett 53:57, 45-49: 1. Gretchen Covington 53:25, 2. Ginger Burroia 54:23, 3. Elaine Frank 35:44, 50-59: 1. Janet Buckendahl 47:59, 2. Judy Lindberg 66:59, 3. Barbara Wien 1:16:59, 60-69: 1. Kit Pickles 1:00:14, 2. Helen Kuziara 1:04:46, 3. Maria Carlson 1:09:33.

### Division Results - Men's 3.1 Mile

**13 & Under:** 1. Danny Dalton 21:40, 2. Eli Gibbons 21:59, 14-19: 1. Sean O'Leary 17:50, 2. Mike Harper 18:07, 20-24: 1. Alan Gerald 17:36, 2. Don Nauman 18:23, 25-29: 1. Jerold Drew 16:24, 2. Mack Greger 16:51, 30-34: 1. Dennis Bollman 18:04, 2. Jeffrey Bell 20:28, 35-39: 1. Robert Clay 17:18, 2. Harold Nordvold 19:06, 40-44: 1. Jim Gibbons 18:20, 2. Don Madronich 18:35, 45-49: 1. Dale Trowbridge 20:25, 2. Richard Bauhaus 20:36, 50-59: 1. Ralph Harms 20:16, 2. Tom DuBay 21:53, 60-69: 1. Paul Spedick 25:51, 70 & Over: 1. Arnold Scott 27:32.

### Division Results - Women's 3.1 Mile

**13 & Under:** 1. Karin McCall 22:15, 2. Julie Beer N.T. 14:19, 1. Kathy Dalton 19:00, 2. Kristie McCall 20:46, 20-24: 1. Terryanne Trumbull 20:35, 2. Julie Ann Pennington 23:55, 25-29: 1. Susan Locke 20:20, 2. Laura Lee Smith 22:07, 30-34: 1. Debbie



# Results

DeSoto 22:50, 2. Kathryn Jacobson 23:17. 35-39: 1. Johanna Quigley 25:12, 2. Vicky Martinez 26:29. 40-44: 1. Kathy Faherty 25:23, 2. Ruth Thompson 26:50. 45-49: 1. Millie Merle 24:45, 2. Barbara Easterling 25:59. 50-59: 1. Alice Waco 26:49, 2. JoAnne Kambur 26:56. 60-69: 1. Juanita Orlando 45:59, 2. Blanche Martin 52:28. 70 & Over: 1. Madeline Anderson 55:36.

## Sheraton's Monster Dash 5K

October 25. San Francisco. Although many didn't look like runners in costumes ranging from "stoves and refrigerators" to "lazy man in lounge chair", over 3,000 costumed runners sprinted, hobbled and slithered across the finish line of the "Sheraton's Monster Dash" 5K benefit run for the San Francisco Special Olympics.

After starting the race inside Pier 45 on Fisherman's Wharf, running down to Pier 39 and the Embarcadero and finishing next to the Bay outside the Pier, runners were ushered into an all-night Halloween party, also sponsored by the Sheraton. Well stocked with free beverages and snacks, the "futuristic" Halloween party offered the mass of "Monster Dashers" live rock n' roll music and a bevy of prizes that included a 10-day vacation in Hawaii and a 10-month lease on a new Suzuki "Samurai". All runners were granted free admission to the party and were allowed to bring one guest in tow.

The race attracted a wide field of novice and elite runners, and when the tape was broken at the finish line, Jason Flamm was the overall winner with a winning time of 15:10 for the 3.1 mile course. The first woman across the finish line was Ann Trason who was clocked at 17:35.

In it's second year, the "Sheraton's Monster Dash" is the second largest night race in the country, attracting over 3,000 runners this year.

### Division Results

#### Men's Open (18-39)

1. Jason Flamm 15:10, 2. Brad Hawthorne 15:16, 3. Jim Bourg 15:31.

#### Women's Open (18-39)

1. Ann Trason 17:35, 2. Leslie McMullin 17:47, 3. Melissa Martel 18:03.

#### Men's Masters (40 & Over)

1. Tim Rostuge 16:48, 2. Deima Jones 17:34, 3. Michael Schoelz 17:35.

#### Women's Masters (40 & Over)

1. Sandi Matoba 19:20, 2. Madelyn Vassign 22:38, 3. Carolyn Thompson 22:57.

## Hawthorne Rotary Club

### October 26. Hawthorne. 5/10K.

#### Men's Results - 5K

1 Carl Smith 15:19  
2 Bernie Brizuela 15:40  
3 Dean Lofgren 15:59

#### Women's Results - 5K

1 Denise Karnes 20:37  
2 Lana Ludwig 21:41  
3 Alice Travis 21:54

#### Men's Results - 10K

1 Bob Leetch 30:51  
2 Jeff Harbell 31:58  
3 Harold Ketting 32:07

#### Women's Results - 10K

1 Jeanne Kawashima 39:07  
2 Chris Clark 40:57  
3 Robin Donahue 41:37

## Ed Jerome Memorial

### October 26. Quartz Hills. 5K & 1/2 Mara.

#### Overall Results - 5K

1 Jack Powell (25) 15:35  
2 Shawn Elmore (19) 15:42  
3 Garry Everson (40) 16:13  
4 Juan Soto (16) 16:35  
5 Gary Dehlinger (19) 16:44  
6 David Lucas (22) 16:45  
7 Todd Kerzle (16) 16:50  
8 J. Christensen (15) 17:01  
9 Ignacio Fonseca (20) 17:27  
10 Phillip Horn (32) 17:43  
11 David Borjon (26) 17:51  
12 Greg Cortez (23) 18:08  
13 Eddie Herrera (21) 18:10  
14 Jeff Parkhurst (25) 18:14  
15 Ken Hamrick (48) 18:28

#### Division Results - Men's 5K

14 & Under: 1. Mark Harvey 21:50, 2. James Miller 29:05. 15-19: 1. Shawn Elmore 15:42, 2. Juan Soto 16:35, 3. Gary Dehlinger 16:44. 20-29: 1. Jack Powell 15:35, 2. David Lucas 16:45, 3. Ignacio Fonseca 17:27. 30-39: 1. Phillip Horn 17:43, 2. Donovan Otto 19:30, 3. Otto Bartoak 20:11. 40-49: 1. Garry Everson 16:13, 2. Ken Hamrick 18:28, 3. Ray Mergliano 20:34. 50-59: 1. J. McFeeters 20:25, 2. Bob Decker 21:01, 3. Robert Eichel 24:28. 60-69: 1. John Thompson 23:20.

#### Division Results - Women's 5K

14 & Under: 1. Arlene Ward 22:04, 2. Heidi Lewis 22:37, 3. Jean Harvey 23:08. 20-29: 1. Tracey Woods 18:57, 2. Jill Angel 22:34, 3. Janis Weinke 23:22. 30-39: 1. Cindy Morgan 28:51, 2. Leclia Elzig 35:56, 3. Velma Hermann 39:16. 40-49: 1. Anna Ponce 23:40, 2. Julie Andolsek 24:27, 3. Carol Bird 28:34. 50-59: 1. Eva Hassan 32:47, 2. D. Schoepner 36:07.

#### Overall Results - Half Marathon

1 Keith Wittthauer (29) 1:14:16  
2 Ken Lemus (28) 1:14:29  
3 Mark LaPlant (21) 1:16:02  
4 Joshua Kaufman (34) 1:16:11  
5 Jim Misener (25) 1:17:47  
6 Norton Compton (31) 1:17:54  
7 Tony Whitmore (29) 1:18:06  
8 Carl Fout (25) 1:20:42  
9 Alan Reynolds (22) 1:21:34  
10 Steve Mangum (37) 1:22:00  
11 Mark Fischer (38) 1:22:29  
12 Pedro Ponce (39) 1:23:24  
13 Brian Stansauk (33) 1:23:35  
14 Freddie Perez (45) 1:23:46  
15 John Jordan (33) 1:23:51

#### Division Results - Men's Half Mara.

20-29: 1. Keith Wittthauer 1:14:16, 2. Ken Lemus 1:14:29, 3. Mark LaPlant 1:16:02. 30-39: 1. Joshua Kaufman 1:16:11, 2. Norton Compton 1:17:54, 3. Steve Mangum 1:22:00. 40-49: 1. Freddie Perez 1:23:46, 2. Jerry Stearns 1:27:26, 3. Bill McDougle 1:28:07. 50-59: 1. Regis Boyle 1:24:05, 2. Wally Ingram 1:24:46, 3. William Broyles 1:34:06. 60-69: 1. Jim Talley 1:34:43.

#### Division Results - Women's Half Mara.

20-29: 1. Janet Skinner 1:36:18, 2. Lori Ansell 1:56:29, 3. Heidi Stacer 1:58:43. 30-39: 1. Mary Moore 1:31:36, 2. Sue Simms 1:34:21, 3. Patricia Bates 1:54:48. 40-49: 1. Sharon Diemert 1:49:24. 60-69: 1. Marje Zimmerman 2:33:02.

## The Great Cookie Caper

### October 26. Fresno. 10K & 2 Mi.

#### Overall Results - 2 Mile

1 Matthew Mazurek 11:13  
2 Don Trout 11:17  
3 Mark Allen 11:45  
4 Joe Herzog 12:20  
5 Brian Nanoo 12:46  
6 Bill Cockerham 12:47  
7 Nathan Trout 12:48  
8 Angie McReynolds 13:12  
9 Erlich Harlan 13:54  
10 Michie Sierra 14:20

11 Anna Butz 14:41  
12 Janine Reynolds 14:46  
13 Bill Larsen 14:48  
14 Edward Vlke 14:56  
15 Nich Dach 15:54  
16 Cindy McCann 16:10  
17 Scott Swift 16:25  
18 Robin Heehn 16:36  
19 Trina Almung 16:46  
20 Julie Smith 17:19  
21 Eddie Smith 17:29  
22 Connie Enns 17:33  
23 Patrice Stanton 17:49  
24 Gina Oroz 20:14  
25 Irene Phelan 20:42  
26 Esther Barnard 20:43  
27 Jenny McNeil 20:51  
28 Beth Nasse 21:28  
29 Jennifer Jessen 21:37  
30 Richard Jessen 21:38

#### Division Results - Men's 2 Mile

15 & Under: 1. Matthew Mazurek, 2. Nathan Trout, 3. Scott Swift. 16-29: 1. Mark Allen, 2. Brian Nanoo, 3. Harlan Erlich. 30-35: 1. Richard Jessen. 30-39: 1. Bill Larsen, 2. Nick Dach. 40-49: 1. Don Trout, 2. Joe Herzog, 3. Bill Cockerham.

#### Division Results - Women's 2 Mile

15 & Under: 1. Julie Swift, 2. Gina Oroz, 3. Jenny McNeil. 16-29: 1. Angie McReynolds, 2. Michie Sierra, 3. Anna Butz. 30-35: 1. Cindy McCann, 2. Irene Phelan, 3. Esther Barnard.

#### Overall Results - 10K

1 Steven Levy 35:01  
2 Curtis Elia 35:32  
3 Pat Dunning 35:44  
4 Catfish Phelan 35:47  
5 Obed Fernandez 37:39  
6 Albert Garcia 40:33  
7 Lisa Bennett 41:35  
8 Kris Bartsch 48:13  
9 JoAnn Handzo 56:48  
10 Janice Williams 57:06  
11 Sandy Christino 57:43

#### Division Results - Men's 10K

16-29: 1. Albert Garcia. 30-35: 1. Curtis Elia, 2. Pat Dunning, 3. Catfish Phelan.

#### Division Results - Women's 10K

16-29: 1. Lisa Bennett, 2. Kris Bartsch. 30-39: 1. JoAnn Handzo, 2. Sandy Christino. 40-49: 1. Janice Williams.

## Care Run IV

### October 26. Walnut Creek. 2 Mi. & 8K.

#### Division Results - Men's 2 Mile

10 & Under: 1. Matt McQueen 13:15, 2. Tony Martinez 15:56, 3. Chris Poole 18:32. 11-13: 1. Andrew Igunas 14:21, 2. Tommy Wimmer 14:45, 3. Tim Frick 14:48. 14-17: 1. Robert Punzo 10:22, 2. Jesse Malkin 10:53, 3. Jason McKee 11:25. 18-21: 1. Tony Scardina 9:58, 2. Mike Postich 14:43, 3. Thomas Calrel 15:26. 22-29: 1. Matt Dowling 10:32, 2. Allen Shope 12:54, 3. Daniel Dow 13:44. 30-39: 1. Mike Hotton 10:26, 2. Michael Green 10:43, 3. Stephen Niles 11:13. 40-49: 1. Raul Garcia de Leon 11:43, 2. John Myers 11:44, 3. Larry Cabasino 11:54. 50-59: 1. Enver Mehmedbasich 12:59, 2. Carter Keane 14:36, 3. Dick Anderson 16:52. 60 & Over: 1. Benjamin Leulian 21:20.

#### Division Results - Women's 2 Mile

10 & Under: 1. Ashley Clark 15:57, 2. Glenna Reyes-Tatsumo 16:50, 3. Elizabeth Lauwaert 18:04. 11-13: 1. Beth Harrison 18:03, 2. Jennifer Green 18:04, 3. Ashley Depp 18:06. 14-17: 1. Staci Brunton 12:10, 2. Adrienne Thompson 15:00, 3. Renee Rosetti 16:03. 18-21: 1. Tammy Fong 15:49, 2. Deanna Menegus 16:04, 3. Lisa Postich 16:33. 22-29: 1. Jolie Houston 11:31, 2. Sarah Gallagher 13:34, 3. Valerie Lance 14:11. 30-39: 1. Martie Behrens 12:21, 2. Cheryl Doggett 15:51, 3. Teri Gauvin 16:07. 40-49: 1. Joe Frick 17:06, 2. Melinda Depp 18:15, 3. Marianne Lattuca 20:03. 50-59: 1. Mary Ann Perry 14:28, 2. Irene Obera 15:00, 3. Gaylene Pearson 18:12. 60 & Over: 1. Betty Todd 21:20, 2. Tommye Welch 29:58.

#### Division Results - Men's 8K

10 & Under: 1. David Reuser 40:08, 2. Jonathan Barcu 46:22, 3. Matt Glynn 50:04. 11-13: 1. Steven Tyrrell 35:13, 2. Mike Bergh 36:45, 3. Yemi Collins 41:57. 14-17: 1. David Hayes 27:53, 2. Brett Greene 29:09, 3. Mike Stone 29:44. 18-21: 1. Daniel Rosenthal 28:01, 2. Christopher Payne 30:29, 3. Rosko 34:11. 22-29: 1. Steven Gregory 26:38, 2. Kan Olsen 26:41, 3. George Riley 27:11. 30-39: 1. Robert Hermans 26:49, 2. Bill Brucher 28:07, 3. Robert McGuire, Jr. 28:24. 40-49: 1. David Taylor 27:18, 2. David Weamer 27:57, 3. Peter White 30:09. 50-59: 1. John Finch 29:01, 2. Warren Perry 33:44, 3. Ponch Matamoros 33:55. 60 & Over: 1. John Nyser 34:18, 2. Ulysses Ratti 36:36, 3. Ralph Kraetsch 38:07.

#### Division Results - Women's 8K

10 & Under: 1. Veronica Cruz 38:43. 11-13: 1. Deanna Clark 41:12. 14-17: 1. Courtney Clark 36:20, 2. Dudre Castillo 38:22, 3. Heather Clark 48:09. 18-21: 1. Stephanie Danzig 34:28. 22-29: 1. Cindy Seikkula 32:02, 2. Joanna Schmeling 33:07, 3. Carrie Spangler 33:29. 30-39: 1. Sharlet Gilbert 28:29, 2. Sue Vanella-Brucher 30:21, 3. Barbara Reid 31:57. 40-49: 1. Barbara Shubert 31:06, 2. Dolly Ackerman 36:22, 3. Diane Hundley 37:30. 50-59: 1. Barbara Robben 38:40, 2. Marlys Green 39:10, 3. Arlina DiDonato 40:09.

## Firetrails Fifty

### October 26. Castro Valley.

This third annual 50 mile trail run was enjoyed by a small but talented group of eleven ultra runners. Bruce LaBelle, who was 2nd at Western States in 1984 won the race in 7:49:57. Judy Milgram was the only woman entrant and ran a very good race to finish in 10:56:55.

All eleven starters finished the tough out and back Skyline Trail course in beautiful Fall weather. The trail markings and the numerous aid stations were praised by all of the runners. By word of mouth, this run will grow into a much larger event next year.

If a course as tough as this was used for qualifying for Western States, they would have a 90% completion rate. Keep your schedule open for this one next year!

#### Overall Results

1 Bruce LaBelle 7:49:57  
2 Chuck Smith 9:00:35  
3 Oren Fletcher 9:11:57  
4 Lee Jebian 9:38:58  
5 Mark Ricaud 9:43:25  
6 Luis Rocha 10:13:06  
7 Steve Jaber 10:13:06  
8 Tom Crawford 10:38:25  
9 Jeff Weiss 10:38:25  
10 Judy Milgram 10:56:55  
11 Bob Domspe 11:51:22

## Run for the Kids

### October 26. Menlo Park. 10K.

#### Men's Winners

1 Doug Anderson 33:40  
2 Gary Chamberlain 35:26  
3 David Hayes 35:31

#### Women's Winners

1 Lynn Massey 37:15  
2 Kim Rupert 38:23  
3 Ruth Kelly 38:33



By RICHARD LEE SLOTKIN

Jerry Alexander (BB) Sacramento Marathon	2:18:02	Mark Olmon, Jon Douglas 10K	38:34
Larry Anners (SCR) Stroh's 10K	36:04	Vera Pahl (SBRC) Santa Monica 1/2 Marathon	2:34:08
Annette Appleby (City Sports) Women on the Run 2 Mile	*15:43	Chuck Pajot (SBRC) Lawndale 10K	49:13
Teckla Armantrout (SCR) SPATAC 1/2 Marathon	1:38:57	Chuck Pajot (SBRC) Harbor Lite 10K	48:04
Ken Ashworth (Granada Hills H.S.) vs. Birmingham 5K X-C	20:49	Chuck Pajot (SBRC) Stroh's Run for Liberty 8K	38:46
Margaret Barlog (SCR) CSUN Twilight 10K	39:41	Tom Pederson (Granada Hills H.S.) vs. Birmingham 5K X-C	18:17
Marge Glehl (SCR) SPATAC 1/2 Marathon	*1:48:46	Linda Riggs (SBRC) Harbor Lite 1/2 Marathon	1:48:10
Marge Glehl (SCR) Rockwell 10K	47:13	Corey Rodgers, Kaiser-Fontana 10K	40:00
Stephanie Blatsos (SBRC) Harbor Lite 1/2 Marathon	1:48:15	Rosaleen Ryan (Granada Hills H.S.) vs. San Fernando 5K X-C	22:46
Gail Blodgett (SCR) All Corners Meet, Birmingham H.S. 1500m	5:20	David Saltzman (Granada Hills H.S.) Mid-Valley League Finals 5K X-C	21:55
Troy Bogar (Granada Hills H.S.) Mid-Valley League Finals 5K X-C	18:35	Steve Scott (Tiger) Run Across L.A. 10 Mile	48:05
Ann Boyd (SCR) SPATAC 1/2 Marathon	1:35:40	Freddi Segal-Giden (SBRC) San Francisco Marathon	3:45:22
Ann Boyd (SCR) SPATAC 5K X-C	23:02	Freddi Segal-Giden (SBRC) Harbor Lite 1/2 Marathon	1:43:46
Ann Boyd (SCR) Stuntman's 10K	42:15	Sara Shain (SMT) Jon Douglas 5K	*22:02
Dennis Broderick (SBRC) Stroh's Torch Run 8K	38:27	David Sharp (Granada Hills H.S.) vs. San Fernando 5K X-C	17:24
Dave Brown (SCR) SPATAC 1/2 Marathon	1:27:45	Cami Slotkin (Granada Hills H.S.) vs. Birmingham 5K X-C	26:18
Bruce Bryan (SCR) Santa Monica 1/2 Marathon	1:38:14	Richard Lee Slotkin (SMT) SPATAC 5K X-C	*22:23
Bruce Bryan (SCR) Hospital Run 10K	42:34	Richard Lee Slotkin (SMT) Western Hemisphere Marathon	3:13:33
Bruce Bryan (SCR) Chicago Marathon	3:31:56	Dusty Snyder, Run Across L.A. 10 Mile	66:27
Bruce Bryan (SCR) Sea Shepherd 10K	42:28	Chan Song (Granada Hills H.S.) vs. Taft 5K X-C	*23:00
Aaron Burlison (Granada Hills H.S.) vs. San Fernando 5K X-C	17:10	Larry Stevens (SCR) SPATAC 1/2 Marathon	1:21:11
Scott Camp (SMT) Jon Douglas 5K	15:10	Larry Stevens (SCR) Westlake 5K Pumpkin Run	17:45
Edward Chow (Granada Hills H.S.) vs. Birmingham 5K X-C	21:05	Rick Tanner (Club Hack) Marina Christmas 10K Run	32:55
Larry Coleman (Granada Hills H.S.) vs. Birmingham 5K X-C	18:29	Debbie Thomas, Orange Grove 1/2 Marathon	*2:38
Dennis Comfort (SCR) Festival of Lights 10K	43:18	Laurel Thomas (Granada Hills H.S.) vs. San Fernando	23:40
Bonito Cruz, Jon Douglas 10K	30:00	Buddy Tjandrajaya (Granada Hills H.S.) vs. Kennedy 5K X-C	21:01
Glenn Deinas (SCR) SPATAC 1/2 Marathon	1:22:11	Cynthia Torres (Granada Hills H.S.) vs. Chatsworth 5K X-C	*26:06
Glenn Deinas (SCR) Run to the Rock 4 Mile	22:54	Mary Tracey, Run Across L.A. 10 Mile	57:31
Espi Martin Del Campo, Women on the Run 2 Mile	*18:19	Adrienne Trader (SBTC) Run Across L.A. 10 Mile	71:00
Ed Dato (SBRC) San Francisco Marathon	4:18:02	Denis Trafecanty (SCR) NY Marathon	2:56:41
Gina Faust, Festival of Lights 10K	38:34	Jeff Tringoff (Granada Hills H.S.) vs. Birmingham 5K X-C	20:06
Steve Flynn (Converse Aggies) Western Hemisphere Marathon - 1st overall	2:23:21	Barry Truex (SCR) Festival of Lights 3K	10:39
Barry Foose (SCR) Bakersfield Surprise 5K - 1st overall	16:46	Miriam Vendelbosch, Run Across L.A. 10 Mile	71:30
Barry Foose (SCR) Retinal Pigmentosa 5K - 1st 38-46	18:37	Denise Watanabe (SCR) SPATAC 1/2 Marathon	1:41:17
Al Friedman (SCR) Thousand Oaks 5K	20:58	Steve Watanabe (SCR) Samurai 5K	17:47
Ron Gee (SMT) Sacramento Marathon	2:18:06	Lanarce Webb (SBTC) Run Across L.A. 10 Mile	*63:23
Mike Gordon (Granada Hills H.S.) vs. Birmingham 5K X-C	20:28	David Weiss (Granada Hills H.S.) vs. Chatsworth	*21:03
Cindy Harmon (Granada Hills H.S.) vs. San Fernando 5K X-C	26:07	Jeanette Wells (SCR) SPATAC 1/2 Marathon	1:31:09
David Hill (Granada Hills H.S.) vs. Birmingham 5K X-C	19:03	Bob Wilder (Point Fermin Flyers) Marineland 10K	32:54
Ava Hoover (Phidippides) Dial One Run for Sight 10K	49:10	Bob Wilder (Point Fermin Flyers) Santa Monica 1/2 Marathon	1:14:41
Tom Jemison (SCR) Long Beach 1/2 Marathon	1:28:50	Tom Wysocki (Brooks) Run Across L.A. 10 Mile - 1st	47:38
Greta Jones (SBRC) Santa Monica 1/2 Marathon	1:53:52	Eric Zorawowicz (SCR) Western Hemisphere Marathon	*3:38:00
Greta Jones (SBRC) Lawndale 10K	47:07	Eric Zorawowicz (SCR) Stroh's Run for Liberty 8K	33:02
Greta Jones (SBRC) Hawthorne Rotary 10K	46:08	Eric Zorawowicz (SCR) Harbor Lite 1/2 Marathon	1:35:49
Monique Jones (Granada Hills H.S.) vs. Kennedy 5K X-C	28:23		
Dimitri Kavakelis (Granada Hills H.S.) Mid-Valley League Finals 5K X-C	22:43		
Stacy Kayser, Run Across L.A. 10 Miles	*1:56:51		
Sandra Kiddy, Tallahassee (Florida) Ultra Distance 100 Miles - 1st F	15:12:54 AR		
Glenda Dimmerly (SCR) CSUN Twilight 10K	46:02		
Paul Kimura (Granada Hills H.S.) vs. Kennedy 5K X-C	17:20		
Dan King (SCR) SPATAC 1/2 Marathon	1:51:00		
Larry Kilgman (Granada Hills H.S.) vs. Birmingham 5K X-C	19:05		
Paul Klinedienst (Granada Hills H.S.) vs. Birmingham 5K X-C	17:11		
Chuck Kokoska (SCR) Northridge Twilight 10K	46:56		
John Koningh (Puma) Run Across L.A. 10 Miles	49:07		
Leslie Lewis (Marathon's) Honolulu Marathon	*3:04:30		
Wendy Logsdon (SMT) Jon Douglas 5K	18:05		
Scott Lynch (Granada Hills H.S.) vs. San Fernando 5K X-C	15:31		
Michelle Lyons (Granada Hills H.S.) Mid-Valley League Finals 5K X-C	23:14		
Joanie Matheson (SBRC) Stroh's Torch Run 8K	41:00		
Scott McNinch (Granada Hills H.S.) vs. Birmingham 5K X-C	21:19		
Mike McSkane (SCR) SPATAC 1/2 Marathon - 1st 50-54	1:26:55		
Mike Mitchell (SCR) SPATAC 1/2 Marathon	1:26:46		
Dwight Moberg (SBRC) Harbor Lite 1/2 Marathon	89:50		
Peg Moline (City Sport) Women on the Run 2 Mile	*18:07		
Johnny Morlett (Granada Hills H.S.) vs. Birmingham	19:22		
Sylvia Mosqueda (East L.A. Community College) Run Across L.A. 10 Mile - 1st F	56:31		
Dave O'Brian (Club Hack) PPerrie 10K, Bev. Hills	32:30		

\* = First time at distance.

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\*

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# Results

## Modesto 10K

October 27, Modesto.

Arturo Barrios, on the verge of becoming a world class 10K runner, and a sure bet to be a member of the 1988 Mexico Olympic Team, defeated a very talented and strong 10K field in the Modesto 10K. Barrios, the 23 year old Southwest Conference 5K and 10K 1984 and 1985 Champion and current senior at Texas A&M, had one of his toughest challenges to date, competing against several sub-29 minute runners and strong international talent, including pre-race favorite and 2 time defending champion course record holder (28:55) Danny Grimes. Grimes, who was ranked 16th in the nation in 1984, also set the fastest Northern California 10K time by an American in this race last year, and was just coming off a 2:14 marathon 3 weeks prior to the Modesto race. In defeat, Grimes, one of the speakers at Saturday night's Runners' Dinner Forum, was gracious, but vowed he would not run a marathon prior to the 1986 Modesto 10K.

On hand at this highly touted race were former San Jose State star and former winner of the San Jose Mercury News 10K, Simon Killip; Kevin Jones, a sub-30 runner and assistant cross country coach at Cal-Poly SLO; Rich McCandless, a 29:12 runner from Los Gatos; Jeffrey Adkins from Martinez with a best of 29:39; Steve Venable from South Lake Tahoe with a best of 29:27 and recent winner of the Hoy's Sports 10K in San Francisco; Matt Gary from Carmichael with a 29:43 PR; Lynn Mentzer from Reno with a 29:40 PR; Casey Reinking with a 29:58 PR from Santa Clara; Jeff Shaver from San Jose with a 29:42 PR; and Steve Strangio from Fremont with a 29:50 PR.

The race also featured two national XC college powerhouses, Cal Poly SLO, currently ranked 2nd in the United States, and the University of Nevada Reno. Both schools sent full contingents.

Defending 10K women's champion, Sharlet Gilbert from Richmond, was back to fending off her challengers Sheila Ralston from Cyn Country, Sandy Coffey from Yuba City, and Patti Scott-Baier from Modesto.

### Overall Results

1 Arturo Barrios, CollegeSt.	29:01
2 Kevin Jones, SLO	29:27
3 Daniel Grimes, Reno	29:44
4 Rich McCandless, Los Gatos	29:51
5 Jeffrey Adkins, Martinez	29:53
6 Steve Venable, So.LakeTahoe	30:21
7 Joe Rubio, SLO	30:25
8 Matt Gary, Carmichael	30:28
9 Christopher Ryalls, Reno	30:29
10 Jim McCarthy, SLO	30:31
11 Brent Griffiths, SLO	30:32
12 Ken Ellingboe, SLO	30:33
13 Matt Huber, Reno	30:34
14 Jerry Hernandez, SLO	30:38
15 James Chaney, SLO	30:47
16 Lynn Mentzer, Reno	30:49
17 Les Roberts, Bromley, London	30:50
18 Michael Miner, SLO	30:57
19 John McGovern, Reno	30:59
20 Dan Murray, Modesto	31:03
21 Simon Killip, San Jose	31:03
22 David Marson	31:13
23 James Sterling, PasAdena	31:14
24 Sal Vasquez, Alameda	31:14
25 Timothy Powell, SoLakeTahoe	31:19
26 Don Reynolds, SLO	31:20
27 David Parish, Reno	31:22
28 Steve Lewis, Reno	31:23
29 Jim Rentschler, Martinez	31:24
30 Matthew Bruni	31:25
31 James West, SLO	31:27
32 Denis O'Halloran, Tahoe City	31:31
33 Casey Reinking, SantaClara	31:42
34 Jeff Shaver, San Jose	31:42
35 Sal Lozano, Fresno	31:43

36 Robin DeSota, SLO	31:44
37 Doug Twilleager, SLO	31:48
38 Glen Hardin, Reno	31:50
39 David Minter, Reno	31:56
40 Scott Peterson, Sparks	32:05
41 Thom Trimble, WalnutCreek	32:07
42 Andy Elliott, Hunt.Bch.	32:08
43 Jerry Jobski, SoLakeTahoe	32:09
44 Dann Brown, WalnutCreek	32:15
45 Richard Govi, Sacto	32:19
46 Michael Livingston, SLO	32:33
47 Steve Strangio, Fremont	32:36
48 Curt Duff, Sacto	32:41
49 Sherman Martinez, MorroBay	32:42
50 Martinez Estaban, Alameda	32:57
51 Bill Clark, Los Altos	32:57
54 Gary Goettelmann, SantaClara	33:16
63 Tim Rostege, San Jose	34:05
64 William Seaver, Byron	34:26
65 John Cobourn, SodaSprings	34:27
68 Michael Buzbee, YubaCity	35:02
69 John Monteverdi, Oakland	35:11
70 Curt Royer, Merced	35:22
73 Sharlet Gilbert, Richmond	35:37
82 Sheila Ralston, CynCountry	36:27
102 Laura Tavernier, Davis	38:31
104 Sandy Coffey, YubaCity	38:46
112 Harvey Palitz, Modesto	39:33
116 Patti Scott-Baier, Modesto	39:43
128 Cindi VanNatta, S.Rosa	40:43
129 Suzanne Kowalski, Fairfield	40:43
136 Heidi Skaden-Poyser, Sacto	41:22
137 Paul Reese, Auburn	41:25
154 Gail Goettelmann, S.Clara	42:53
158 Thomas Bowser, Abilene	43:18

### Results - 2 Mile

Jess Llanez, with a 9:37 PR, drove up from Fresno on race day to defeat pre-race favorite Bill Martin from Escalon in a scintillating 9:23.

Martin, who is a master of the shorter runs and has virtually won these distances in all the area races the past 3 years, once again was the bridesmaid in the one race he has always pointed to and wanted to win, the prestigious Modesto 2 Mile. Martin's time was his best in the past three years, 9:32, and he worked hard at it in this race, staying with Llanez over most of the race, then almost losing 2nd to Al Lomell of Fresno, only to pull it out the last half mile.

Betty Chavez of Modesto High School, and the #1 woman's runner in the district, ran off with the women's 2 mile crown, when she blew away her competition in posting a quick 11:18.

Chavez eliminated her competition in the first mile when she ran a scorching 5:35, well under the course record pace of 11:07 set in 1982 by Laura (McHale) Rinde. Mouse Lyons, the 31 year old runner from Murphys came in 2nd with a 12:18, and 15 year old Christine Boyd placed 3rd in 12:37.

### Overall Results

1 Jess Llanez, Fresno	9:23
2 Bill Martin, Escalon	9:32
3 Al Lomell, Fresno	9:34
4 Zachary Taylor, Turlock	9:53
5 Shame Parmer, Modesto	9:53
6 Tim Stevens, Turlock	10:03
7 Rich Langford, Alameda	10:05
8 Richard Johnson, Stockton	10:16
9 Norman Lawrence, Modesto	10:21
10 Charles Pittel, Oakdale	10:33
11 Jeff Wheeler, Modesto	10:34
12 Raoul Perez, Stockton	10:39
13 Joe Castillo, Modesto	10:44
14 Mike Boyer, Modesto	10:48
15 Jeff Pinheiro, Modesto	10:57
16 Eric Toschi, Modesto	11:00
17 Takahide Masuda, Turlock	11:04
18 Bill Mensing, Modesto	11:04
19 Phil Fenley, Escalon	11:05
20 Craig Bentley, Modesto	11:06
21 Gerry Holmes, Modesto	11:07
22 Len Thornton, Fresno	11:09
23 Clifford Moffitt, Modesto	11:16
24 Betty Chavez, Modesto	11:18
25 Richard Morosa, Modesto	11:21
26 Alex Orosco, Fresno	11:22
31 Charles Johnson, Modesto	11:30
32 Jesse Duran, Ceres	11:56
33 Mouse Lyons, Murphys	12:18
43 Christine Boyd	12:37
47 Heather Mings, Delhi	12:48
48 Val Smart, Modesto	12:48
52 Lisa Wade, Atwater	12:52

photo by Gene Cohn



Arturo Barrios, winner of Modesto 10K.

## Fall Fitness Footrace

October 27, Talmage. 5K & 6.5 Miles.

### Overall Results - 6.5 Miles

1 Robert Clay(38) Kelseyville	34:35
2 Jim Gibbons (41) Willits	37:49
3 Howie Hawkes (34) Talmage	38:02
4 Bill Davis (30) Ukiah	38:15
5 Mike Cannon (30) Ukiah	39:06
6 Grant Niceswanger(40)RedwdVly	40:05
7 Robert Clark (35) RedwdVly	40:23
8 Martin Dalley (39) Hopland	40:33
9 Jeff Chadd (30) Ukiah	42:33
10 Larry Woods (32) Ukiah	42:46
11 Karen Clay (34F) Kelseyville	49:11
19 Cam Downey (34F) Lakeport	49:57
20 Frank Roscoe (52) Redwood Vly	50:01
23 Sarah Elizares (36F) Kelseyville	52:05
24 Joshua Welch (10) Ukiah	52:25
25 Colleen West (33F) Clearlake	52:43
26 Doris Stutsman (45F) RedwoodV	54:51
27 Ramona Hill (35F) PooterV	54:59
32 Alice Craddock (57F) Clearlake	57:18

### Overall Results - 5K

1 Jerry Drew (27) Ukiah	15:04
2 Todd Scofield (24) Ukiah	16:58
3 Richard Brown (16) Ukiah	17:46
4 Mike Peters (29) Ukiah	17:52
5 Richard Lowman (23) Ukiah	17:58
6 Glen Westland (36) Ukiah	18:49
7 Paul Jipson (43) Ukiah	19:16
8 Tony Troia (32) Ukiah	19:37
9 Steve Ahi (41) Ukiah	19:40
10 Jamie Connerton (40) Ukiah	19:42
11 Liz Black (27F) Ukiah	19:42
12 Eric Johnson (39) Willits	19:42
13 Rob Anderson (43) Ukiah	19:47
14 Rodger Schwartz (23) Nice	20:01
15 Connie Kondo (27F) Kelseyville	20:03
23 Vic Crosetti (60) RedwoodVly	22:46
32 Karen Piretti (35F) Ukiah	25:15
33 Bernadine Petcolas (12F) Ukiah	26:02
34 Julie Wann (11F) Kelseyville	26:41
36 Tracy Knight (15F) PotterVly	27:06
37 Suzanne Walsh (42F) Ukiah	27:17
38 Elsie Thomson(44F)Middletown	28:18
45 Bruce Hering (50) Boonville	30:56

## 1985 New York Marathon

October 27, New York City.

1 Orlando Pizzolato, Italy	2:11:34
2 Ahmed Saleh, Djibouti	2:12:29
3 Pat Petersen, USA	2:12:59
4 Don Norman, USA	2:14:08
5 Gerard Nijboer, Holland	2:14:27
6 Allan Zachariassen, Denmark	2:15:18

7 Bill Rodgers, USA	2:15:33
8 Giuseppe Pambianchi, Italy	2:15:40
9 Ibrahim Hussein, USA	2:15:55
10 Jorge Gonzalez, P.R.	2:16:51

### Overall Women

1 Grete Waltz, Norway	2:28:34
2 Lisa Martin, Australia	2:29:48
3 Laura Fogli, Italy	2:31:36
4 Lorraine Moller, N.Zealand	2:34:55
5 Priscilla Welch, England	2:35:30
6 Ngaire Drake, N.Zealand	2:36:53
7 Sue King, USA	2:37:38
8 Julie Brown, USA	2:37:53
9 Jacqueline Gareau, Canada	2:38:31
10 Agnes Sipka, Hungary	2:40:22

### Overall Californians - Men

69 Martiens Heislitz(28)Holywood	2:27:58
79 Brian Moroney(26)SanMateo	2:29:19
134 Mike Keese (19) PalosVerdes	2:36:35
218 David Vigil (25) S.F.	2:42:08
413 Tom Swanson (34) San Diego	2:50:06
447 Syl Pascale (37) San Carlos	2:51:31
480 Joe Mangan (28) Sunnyvale	2:52:39
511 Charles Thompson(35)S.F.	2:53:16
601 Ron Kunze (45) Northridge	2:56:04
633 Denis Trafecanty(43)Northridge	2:56:41
685 John Medinger (34) MillVly	2:57:47
725 Peter Gray (43) Leucadia	2:58:35
755 Patrick Devine (57) San Pedro	2:59:00
757 Kevin O'Keefe (26) ElSegundo	2:59:05
773 Mike Fanelli (29) S.F.	2:59:30
792 Dennis Gustafson(42)S.F.	2:59:51
805 Douglas Brooks(28)L.A.	3:00:06
822 Tommy Morrow(43)S.Monica	3:00:34
828 Barry Blue (35) MillVly	3:00:48
856 Noah Rollins (36) Oakland	3:01:20
888 Michael Dumas (52)S.F.	3:02:14
1022 Nels Van Patten(30)SherOak	3:04:58
1036 Richard Barty(33)Newark	3:05:08
1053 Robert Kelly(41)S.F.	3:05:25
1062 Jeffrey Ames(25)S.F.	3:05:38
1066 Wayne Snyder(34)El Toro	3:05:45
1117 Robert Cain(32)Orinda	3:06:51
1120 Roy Fussell(41)LagunaHl	3:06:56
1308 Stephen Christian(35)S.Jose	3:10:06
1342 Allan Rosen(36)StudioCity	3:10:32
1424 Frank Werman(32)ElSegundo	3:11:40
1460 Douglas Fenner(27)SanDiego	3:12:13
1529 Al Kirkman(52)Richmond	3:13:28
1553 Mark Shalvarjian(23)Hawtho	3:13:43
1607 Marvin Snyder(52)L.A.	3:14:22
1609 Gregory Edwards(26)GranHI	3:14:24
1627 Peter Rosen(38)PlayaDRay	3:14:39
1672 Raymond Klacik(30)PaloAlto	3:15:12
1680 John Law(52)PortolaVly	3:15:17
1757 Michael Mahoney(41)S.F.	3:16:24
1781 Robert Alvarado(37)SanMateo	3:16:37
1787 David Morris(34)HermosaBch	3:16:43
1806 Jim Everett(32)Upland	3:16:56
1814 Peter Verbliscar(38)S.Rosa	3:17:02
1825 Hans Tjian(48)Berkeley	3:17:11
1879 Rob Bancroft(29)RedondoBch	3:17:50
1884 John Zarembski(36)Sonoma	3:17:52
1922 David Love(39)RanchoSantaF	3:18:20
1923 H.W. Garst(34)So.Pasadena	3:18:21
1947 James VanPatten(29)SherOk	3:18:36
1978 Steven Nicinski(36)S.Diego	3:18:53
2110 Ronald Thomsan(38)Ventura	3:20:24

### Overall Californians - Women

148 Julie Brown (38) San Diego	2:37:53
897 Charlotte Thomas(26)S.Diego	3:02:31
1545 Paula Beard(33)S.F.	3:13:39
1559 Kris Ruther(30)San Diego	3:13:48
1822 Laurel Strand(39)Oakland	3:17:10
1977 Viola Phillips(46)LagunaBch	3:18:52
2075 Fionnanna Harp(37)Sausalito	3:18:56
2116 Angeles Ramirez(33)SantaAna	3:20:26
2131 Ann Gladue(23)Ventura	3:20:36
2725 Heidi Harshman(31)S.Diego	3:26:22
2942 Karen Lanterman(41)Hillsbor	3:28:24
3291 Marilee Ramsay(36)Vista	3:31:19
3314 Marian Volpe(29)S.F.	3:31:32
4138 Dee Keese(36)PalosVerdes	3:38:18
4245 Jean Rainer(25)Berkeley	3:39:04
4254 Kathleen Doyle(31)Newark	3:39:06
4683 Nancy Stover(32)Berkeley	3:42:29
4822 Maryann Truitt(29)S.F.	3:43:35
5013 Susan Madall(28)S.Diego	3:44:59
5062 Cindy Cahagen(38)S.Diego	3:45:21
5071 Donna Wetterer(34)Sacto	3:45:23
5500 Penelope Douglas(33)S.F.	3:48:29
5556 Nan Harman(38)PalosVerdes	3:48:47
5612 Roberta Elliott(48)Encino	3:49:17
5686 Nancy Gelsner(27)ManhattanB	3:49:46
5791 Kathleen Baldridge(23)NewB	3:50:29
5901 Nancy Williams(25)S.F.	3:51:16
6308 Ute Luyties(46)Malibu	3:54:04
6466 Linda Lipner(37)Berkeley	3:55:03
6787 Elaine Globig(27)Livermore	3:57:09



# Results

## Great Pumpkin Run

October 27. San Luis Obispo.

Overall Results - 10K

1 Michael Wight (30)	32:25
2 Craig Godwin (18)	32:25
3 Thierry Ross (30)	32:45
4 Hector Nieves (23)	33:57
5 Thomas Austin (26)	35:31
6 Bob Nanninga (38)	35:32
7 Peter Newel (28)	36:19
8 Jesse Yang (16)	37:46
9 Brett Blatter (15)	38:25
10 Andy Herrick (23)	38:25
11 Gary Breen (24)	38:25
12 Ron Byak (32)	39:20
13 Ron Levy (30)	39:35
14 Bill Carey (21)	39:39
15 Dale Anderson (36)	39:45
16 Michael Cody (26)	39:57
17 Karen Munoz (28)	40:14
18 Peter Borek (26)	40:41
19 Steve Emofe (27)	40:46
20 Deb Bryan (27F)	40:46
23 Marian Fiorentino (24F)	41:01
25 Denise Rodriguez (17F)	41:55
28 Mike Breen (45)	42:02
36 Nancy Ingels (25F)	43:13
40 Angela Orelk (11F)	43:44
44 Elizabeth Hargrave (25F)	44:08

Overall Results - 25K

1 Christopher Coners (34)	1:04:13
2 Paul Serra (29)	1:04:33
3 Hector Paz (38)	1:08:11
4 Tom Color (26)	1:09:46
5 Norm Albert (28)	1:10:26
6 Mike Garcia (34)	1:10:41
7 Ken Kinsell (31)	1:10:47
9 Les Beck (41)	1:14:16
11 Michelle Kelsey (18F)	1:19:59
13 Fred Evangelista (42)	1:20:42
28 Ray Myers (50)	1:32:24
31 Walt Erikson (64)	1:40:21

Overall Results - Marathon

1 Rory Cooper (Wheelchair)	2:06:00
2 Brian Waterbury (38)	3:21:30
3 Steve Padugenan	3:42:30
4 Gaby McQuitty (48)	3:44:00
5 Garry Brown (49)	3:44:00
6 MaryAnn Kruse (33F)	4:07:00
7 John Squires (54)	4:28:00
8 Jerry Brown (46)	5:19:13

## Festival of Lights

October 27. Encino. 10K.

Division Results - Men

12 & Under: 1. Matthew Werley 41:23, 2. Abraham Acuna 45:34, 3. Dan Komaromi 47:15, 13-17: 1. Chris Furie 34:56, 2. Kris Depew 35:16, 3. Jay Resnick 39:19, 18-29: 1. Robert Hollister 29:48, 2. Yehuda Tzadok 30:22, 3. Chris Weston 30:37, 30-39: 1. Chuck Smead 30:33, 2. Jim Ulvestad 32:40, 3. Ray Bagby 33:24, 40-49: 1. Larry Walker 33:34, 2. Eino Ramponnen 34:29, 3. Don Hepner 37:23, 50-59: 1. Stan Block 40:30, 2. John Van Egmond 40:49, 3. Richard Slotkin 41:32, 60 & Over: 1. Dick Bates 44:17, 2. Stan Stafford 49:12, 3. Jack Mehlman 50:42.

Division Results - Women

12 & Under: 1. Tiffany York 43:22, 2. Jennifer Ross 44:05, 3. Veronica Chavez 47:51, 13-17: 1. Michelle McGowan 54:51, 18-29: 1. Mary Tracey 35:35, 2. Joyce Klausmeier 36:57, 3. Miriam Vendelbosh 41:27, 30-39: 1. Michel Tiff 37:27, 2. Jaymie Studenmund 37:36, 3. Pauline Brown 37:40, 40-49: 1. Gina Faust 38:34, 2. Carol Coffey 48:25, 3. Luanne Cooper 52:58, 50-59: 1. Luana Schmidt 1:00:26, 2. Edie Comis 1:02:20, 3. Frances Baumgarten 1:06:56, 60 & Over: 1. Daisy Wong 53:30, 2. Helga Carden 54:15, 3. Dorothy Lineberry 1:00:28.

## Golden Gate Half Marathon

from Total Race Systems

October 27. San Francisco.

Overall Results - Men

1 Jim Moyles (34) RedwoodCity	1:13:02
2 Roberto Mendez (31) S.F.	1:14:15
3 Eugene Beauchemin (25) TrAFB	1:15:00
4 Daniel McCulough (28) Sonoma	1:15:13
5 Kevin Mears (27) S.F.	1:16:07
6 Robert McLennan (37) MillVly	1:16:16
7 Dan Rueckert (29) SanAnselmo	1:16:49
8 Michael Griesmer (31) Orinda	1:17:05
9 Walter Bortz (26) MenloPk	1:17:21
10 Jay Helgeson (30) S.F.	1:17:22
11 Mark Grimblot-Indiha (32) S.F.	1:18:13
12 Thomas Sloan (37) S.F.	1:18:27
13 Robert Davison (41) L.A.	1:18:36
14 Takashi Ishikida (28) Berkeley	1:19:01
15 William Holman (28) S.F.	1:19:05
16 Dallas Jones (33) L.A.	1:19:17
17 Steve Tamsky (25) S.F.	1:19:19
18 Michael Rodriguez (26) S.F.	1:19:31
19 Daniel Rosenthal (20) Berkeley	1:20:07
20 Keith Nowell (31) Berkeley	1:20:24

Overall Results - Women

1 Meg Cooke (29) Berkeley	1:16:29
2 Sarah Tabbutt (26) Berkeley	1:19:21
3 Pauline Watson (31) Burlington	1:22:19
4 Kathy D'Onofrio (21) S.F.	1:24:49
5 Wink Luskin (34) S. Anselmo	1:26:06
6 Cynthia Bailey (20) Berkeley	1:27:47
7 Honor Fetherston (30) M.V.	1:28:15
8 Hazel Wood-Kuttin (34) M.V.	1:29:38
9 Abigail Jeung (31) S.F.	1:30:25
10 Jean Gutsche (29) Orinda	1:30:24

## Ventura County Master Chorale

from Gary Tuttle

October 27. Ventura. 10K.

Overall Results

1 Tim Minor	31:36
2 Rob Styler	31:46
3 Pete Dolan	32:12
4 Brian Neilson	32:39
5 Hans Van Koppen	34:35
6 Kerry Ellison	34:58
7 Ed Rambuski	35:56
8 Unknown	
9 Dave Wheeler	37:06
10 Ted Yzaguirre	37:39
14 Sharon Maley (F)	38:16
35 Carl Rausch	42:55
44 Jan Hoffmaster (F)	44:26
53 Jeanne Block (F)	47:06
58 Steve Wismann	57:56

## Great Pumpkin Runs

October 27. Westlake Village. 5K & 10K.

Division Results - Men's 10K

12 & Under: 1. John Kramer 1:06:47, 13-15: 1. Bryan Dameworth 33:35, 2. Scott Hesse 46:45, 16-18: 1. David Fresella 35:07, 2. Mike Langley 41:49, 3. Craig Duryea 43:43, 19-29: 1. Bill Tukar 32:16, 2. Carey Helm 33:50, 3. Terry Howell 34:30, 30-39: 1. John Sutherland 31:47, 2. Steve Blum 32:02, 3. Alof Huerta 34:17, 40-49: 1. Jack Farrell 33:39, 2. Roger Patrick 36:32, 3. Big Foot Wells 37:07, 50-59: 1. John Ghini 38:08, 2. Ken Gaskell 39:26, 3. Richard Fosse 40:48, 60-69: 1. William Buckley 55:09, 2. Bernard Leon 55:27.

Division Results - Women's 10K

19-29: 1. Kim Sinton 48:43, 2. Sarah Quady 49:21, 3. Mark Peterson 50:50, 30-39: 1. Conni McCarthy 37:04, 2. Vicki Eyre 40:02, 3. Jan Delaney 47:20, 40-49: 1. Marie Stevenson 43:38, 2. Jill Curtis 55:48, 50-59: 1. Lynne Hurrell 51:31.

Division Results - Men's 5K

12 & Under: 1. Andrew Elia 18:03, 2. Michael Steussie 20:36, 13-15: 1. Jason Pinkstaff 19:00, 2. Brian Cano 19:19, 16-18: 1. Derek Lowe 16:10, 2. Jordan Fisher 16:17, 3. Mike Brook 17:44, 19-29: 1. Paul Myers 15:23, 2. Steve Howell 16:02, 3. Mike Shriver 16:36, 30-39: 1. Adolfo Huerta 16:08, 2. Allan Baxter 17:11, 3. Steve Powell 17:36, 40-49: 1. Ted Eggleston 17:42, 2. Joe Jacobsen 17:45, 3. Bob Nations 18:28, 50-59: 1. Ken Gaskell 18:45, 2. Will Robinson 20:03, 3. Carl Barnes 21:11, 60-69: 1. Tony Magro 23:55, 2. George Thomas 24:15.

Division Results - Women's 5K

12 & Under: 1. Verna Drossin 19:03, 13-15: 1. Alexandra Guldi 19:46, 16-18: 1. Irene Lewis 21:53, 2. Trina Hanes 27:44, 19-29: 1. Sarah Quady 20:27, 2. Teri Ingrahm 20:31, 3. Lizanne Barone 20:59, 30-39: 1. Mary Jo Del Campo 20:49, 2. Marilyn Hammond 21:43, 3. Jane Mutolo 24:15, 40-49: 1. Judy Kewley 19:22, 2. Molly Thayer 19:55, 50-59: 1. Georgia Milner 26:37.

## Monster Mile

from Al Kirkman

October 31. El Sobrante.

Overall Results - Boys

1. Gaylor Morales, 2. Marques McCoy, 3. Jimmy Grantham, 4. Jeremy Addiego, 5. Jason Addiego, 6. Jesse Morgan, 7. Vincent Mendicino, 8. Mike Sherman, 9. Sean Rodden, 10. Adam Hamson, 11. David Adame, 12. Brian Harrison.

Overall Results - Girls

1. Jenny Addiego, 2. Rachel Olsen, 3. Kelly Rowe, 4. Jina Kang, 5. Jessica Rodden, 6. Danielle Thomson, 7. Rebecca Bryan, 8. Nicole Brooks, 9. Jennifer Farmer, 10. Marie DeLauter, 11. Erin Massa, 12. Danielle Horton.

## Green Valley Memorial Run

November 2. Las Vegas, NV. 10K & 1 MI.

Division Results - Men's 10K

Youth: 1. John Mulkey 44:50, Junior: 1. Luis Corchuelo 44:09, Open: 1. Bill Adams 31:50, 2. Jeff Gardner 33:41, 3. Stan Masrid 34:26, Sub-Master 1: 1. Mike Pinocci 31:49, 2. John Schulte 35:25, 3. James Holben 37:52, Sub-Master 2: 1. Tim Powers 36:55, 2. William Christensen 41:49, 3. Edward Hoffman 41:54, Master 1: 1. Bill Schaefer 39:28, 2. Clive Bevan 40:33, 3. Earl Boyd 41:52, Master 2: 1. Stan Wiggins 38:51, 2. Roland Brown 43:08, 3. Raymond Wagner 44:54, Veteran: 1. Gaspard Pagoto 39:46, 2. Lloyd Nietling 40:12, 3. Doug Hall 42:10.

Division Results - Women's 10K

Youth: 1. Bonnie McKiernan 40:32, Open: 1. Annette Cooper 40:51, 2. Michael Garcia 42:13, 3. Anne Brimhall 44:16, Sub-Master: 1. Ruth Shickle 47:28, 2. Patty Reeve 48:41, 3. Devvie Deline Ruble 49:13, Master: 1. Ann Hawbaker 42:50, 2. B.J. Empey 47:18, 3. Karen Keith 48:49, Veteran: 1. Maxine Brown 49:07, 2. Jeanne Pinon 1:09:30.

## U.S. Triathlon Relay Champs.

November 2. West Covina.

Division Results - Relay

Open: 1. Robetta Watt, Peter Gylling, Ken Souza 1:38:16CR, 2. Patrick Padilla, Ray Browning, Mike Parkinson 1:38:29, 3. Lance O'Donnell, Mal Maloney, Steve Ortiz 1:42:56, 4. Tim O'Brien, Matt Newbury, Steve Blakemore 1:43:12, 5. Jeff Rielly, Greg Moore, Craig Nehr 1:45:42, 6. Jason Young, Patrick Weber, Mike Marinis 1:46:42.

Women's Division: 1. Shannon DeLaney, Joy Hansen, Joan Hansen 1:53:27CR, 2. Joy Mosse, Sibyl Zaden, Sheila Hasham 2:08:29, 3. Cathy Hesler, Linda Clark, Carol Woolsey 2:16:01.

Tiny Tri - Men: 1. Andrew MacNaughton, 35:03, 2. Joe Pena 37:44, 3. Rob Hogan 38:15, 4. Martin Allard 38:47, 5. Scott Luke 38:57.

Tiny Tri - Women: 1. Allison Reed 44:19, 2. Debby Carlson 45:40, 3. Debi Woelke 45:48, 4. Marta Zaharson 47:16, 5. Mary Martin 47:27.

## IAAF World 15K Road Race Championships For Women

November 2. Gateshead, G.B.

Aurora Cunha of Portugal, the defending champion, retained her world road race title at Gateshead. In the final stages of a tough race, she outran the surprising Judi St Hilaire of the USA and Britain's Carole Bradford. The expected challenge from the Olympic silver medalist, Wendy Sly, faded from the early stages and this must have been a great disappointment for this fine athlete trying to make a comeback after a year of injury.

Great Britain retained their team title by just one point ahead of the USSR, and it was, in fact, the courageous running of Wendy Sly, which preserved that one point differential at the end. USA was in third place.

A total of 82 athletes took part in the race from 30 different nations, including 17 complete teams. Television coverage was received from all around the world, throughout Europe, America and Oceania.

Overall Results

1 Aurora Cunha, Por	49:17
2 Judi St. Hilaire, USA	49:25
3 Carole Bradford, GBR	49:59
4 Liudmila Matveeva, USSR	50:28
5 Paula Fudge, GBR	50:36
6 Donna Gould, Aus	50:42
7 Maria Vasiliuk, USSR	50:56
8 Anna Villani, Ita	51:00
9 Elena Sipatova, USA	51:08
10 Ellen Westinghage, FRG	51:29
11 Wendy Sly, GBR	51:40
12 Nancy Ditz, USA	51:57
19 Carol Urish-McLatchie, USA	52:13

Team Results:

1. Great Britain 19, 2. USSR 20, 3. USA 36, 4. F.R. Germany 42, 5. Portugal 43, 6. Italy 50, 7. Australia 79, 8. France 85, 9. Finland 87, 10. Denmark 89.

## Foot Locker Partners National Championship

from Jim Keller & Laura Rittenhouse November 2. Los Angeles. 8K.

Olympian Ruth Wysocki and husband Tom teamed up to win the first Foot Locker Partners National Championship and earn a trip to Hawaii. In doing so, the Canyon Lake, California couple defeated a field of nationally known husband-wife teams, including several who had qualified for this event in one of three Foot Locker Partners regional races.

Tom was the overall winner, covering the 8K Griffith Park course in 23:07, to defeat Martin Brewer of Louisville, Kentucky and Gary Tuttle of Ventura, California. Ruth took fourth-place among women in 27:21, behind winner Janis

continued on next page...



# Results



Tom Wysocki



Ruth Wysocki

Klecker (26:43) of Hopkins, Minnesota, Sue French-Lee of Vancouver, British Columbia and Pattie-Sue Plumer, Irvine, California.

Brewer and wife Diane were 44 seconds behind the Wysocki's in combined time, four-tenths of a second ahead of French-Lee and husband Richard. The Brewers had been married only two days before the race, and hoped to win a honeymoon trip.

Klecker and husband Barney had earned a place in the National Championship by winning the Foot Locker Partners Northern Regional in Minneapolis, June 29. David Branch, fourth overall, and wife Mary Kay of Greenville, South Carolina were the Eastern Regional representatives, having qualified on September 29 in Washington, D.C.

Southern Regional (Houston, April 28) winners Jim and Carol Urish-Mclatchie were unable to compete in the National Finals.

Two national age group records were set on the fast course. 61-year-old Helen Dick, a nationally ranked masters runner, completed the race in 34:16.66, while 6-year-old Samuel Harang crossed the finish in 41:29.26.

The Foot Locker Partners series will expand to five cities next year, adding Denver as the Central Regional.

**Overall Results - Men**

1 Tom Wysocki (29) Canyon Lk	23:07
2 Martyn Brewer (29) Louisville, KY	23:20
3 Gary Tuttle (38) Ventura	23:26
4 David Branch (29) Greenville, SC	23:37
5 Gordon Christie (23) Los Olivos	24:12
6 Richard Lee (23) Vancouver	24:27
7 Joe Nitti (18) Santa Monica	24:36
8 Ron Gee (33) L.A.	24:56
9 Chris Schallert (26) Canosa Pk	25:12
10 Gary Nitti (31) Santa Monica	25:21

**Overall Results - Women**

1 Janis Klecker (25) Hopkins, MN	26:43
2 Sue French-Lee (25) Vancouver	26:46
3 Pattie-Sue Plumer (23) Irvine	27:14
4 Ruth Wysocki (28) Canyon Lk	27:21
5 Diane Brewer (24) Louisville, KY	27:52
6 Mary Tracey (25) Santa Monica	28:45
7 Mary Campbell-Branch (25) SC	28:54
8 Donna Chin (25) Cardena	29:11
9 Michelle Tiff (34) L.A.	29:47
10 Ruth Vomund (27) Ventura	30:36

**Division Results**

**Husband-Wife Teams:** 1. Tom and Ruth Wysocki 50:29.54. **Father-Son Teams:** 1. Fred and Aaron Mascorro 54:56.06, 2. Eric and Kit Ruona 57:34.41, 3. Glenn Gaesser and Michael Glaze 57:41.63. **Brother-Sister Teams:** 1. Carl Kravitz and Dena Sprio 64:04.43, 2. Tom and Susan Gimbel 64:49.78, 3. Lori and Rick Nissen 65:09.66. **Mother-Daughter Teams:** 1. Dorothy and Mary Tracey 70:19.48, 2. Valerie and Mary Walker 81:20.48, 3. Kim and Stephanie Paterson 86:39.09. **Father-Daughter Teams:** 1. Pete and Stephanie Zapalowski 69:40.57, 2. Robert and Erin Stephens 69:56.82, 3. Robert and Kathy Wayne 86:58.39. **Mother-Son Teams:** 1. Ann and Paul Kiernan 71:28.08, 2. Norman and Gerry Davidson 72:52.54, 3. Mickey and Morena Fortie 72:53.62. **Sister-Sister Teams:** 1. Laura and Lisa Layden 77:32.78, 2. Karen Milke and Faye Mitz 88:35.62, 3. Poppy and Diana Kwong 93:49.13. **Brother-Brother Teams:** 1. Gary and Joe Nitti 49:58.33, 2. Wayne and Clyde Matsumura 52:59.92, 3. Robin and Roman DeSota 53:29.95.

## Santa Barbara Half Marathon

November 3, Santa Barbara.

**Overall Results**

1 Robert Hollister (26) S.B.	1:11:30
2 Ken Kiss (25) Camarillo	1:12:21
3 Rudy Hernandez (33) S.M.	1:13:33
4 Terry Howell (29) S.B.	1:14:18
5 Mike Barton (18) Newbury Pk	1:15:28
6 Paul Bachmuth (21) Berkeley	1:15:46
7 John Omara (23) Simi Valley	1:15:54
8 Mark Gutsche (36) Orinda	1:16:46
9 David Peterson (28) Carpinteria	1:17:40
10 Gary Johanson (33) S.B.	1:18:04
11 Dan Delany (20) Isla Vista	1:18:10
12 Joe Harden (28) S.B.	1:18:14
13 David Fresella (18) S.B.	1:18:53
14 Gee Lono (29) S.B.	1:19:03
15 Edward Nicholson (36) Goleta	1:19:10
16 Bob Huebel (36) S.B.	1:19:18
17 Rick Hallblom (36) S.B.	1:19:21
18 Steve Bushey (35) S.B.	1:20:00
19 Rick Graf (30) Newhall	1:20:11
20 Randy Thwing (31) S.B.	1:20:28
21 Hans Van Koppen (30) Ventura	1:20:40
22 Kemp Aaberg (45) Goleta	1:20:52
23 David Dickinson (28) S.B.	1:21:07
24 Thomas Taylor (24) S.B.	1:21:18
25 Curtis Ridling (49) S.B.	1:21:57
26 Tom McWaid (25) S.B.	1:22:09
27 Barry Sheehan (25) Carpinteria	1:22:19
28 Casey Bialas (38) Canyon Co.	1:22:24
29 John Babcock (29) Ventura	1:22:31
30 Steve Gutsche (38) S.B.	1:24:06
31 Thomas Olson (21) Goleta	1:24:25
32 Mike Callahan (18) S.B.	1:24:35
33 Jean Gutsche (29) Orinda	1:24:51
34 Chris Crockett (21) S.B.	1:25:02
35 Greg Rubio (28) S.B.	1:25:15
36 Bill Buchanan (37) S.B.	1:25:18
37 Arne Rosa (29) S.B.	1:25:31
38 Mitchell Gonzales (22) S.B.	1:25:37
39 Bernie Cochran (28) Oxnard	1:25:50
40 Kirk Selby (36) S.B.	1:25:55

**Division Results - Men**

18 & Under: 1. Mike Barton 1:15:28. 19-34: 1. Robert Hollister 1:11:30, 2. Ken Kiss 1:12:21, 3. Rudy Hernandez 1:13:33. 35-39: 1. Mark Gutsche 1:16:46, 2. Edward Nicholson 1:19:10, 3. Bob Huebel 1:19:18. 40-44: 1. Jeff Saley 1:27:09, 2. Jean-Pierre Theveny 1:27:47, 3. Gerald McManigal 1:28:41. 45-49: 1. Kemp Aaberg 1:20:52, 2. Curtis Ridling 1:21:57, 3. Larry Brooks 1:26:00. 50-54: 1. Wayne Nelson 1:28:50, 2. Gerald Jacobs 1:34:37, 3. Roy Kuhlmeier 1:35:09. 55-59: 1. Bob Pryor 1:46:45. 60 & Over: 1. Fred Nagelschmidt 1:27:00.

**Division Results - Women**

19-29: 1. Jean Gutsche 1:24:51, 2. Teri Drust 1:35:13, 3. Stephanie Ambrose 1:35:48. 30-39: 1. Elaine Triplett 1:27:09, 2. Lisa Turner 1:39:46, 3. Stephanie Welch 1:40:22. 40-49: 1. Gabby McQuilty 1:38:04, 2. Kate Silsbury 1:42:41, 3. Nancy Thweatt 1:43:05. 50-59: 1. Lynne Hurrell 1:54:06. 60 & Over: 1. Grace Schweitzer 2:33:40.

20 Dave Zumwalt (34) Antioch	1:19:39
21 Dan Alarid (43) Elk Grove	1:19:52
22 Daniel Garcia (29) Manteca	1:19:52
23 Gary Lotspeich (37) Rancho Cor	1:20:03
24 Frank Garcia (30) Tracy	1:20:10
25 Michael Hernandez (32) Orngavl	1:20:13
26 David Ragsdale (47) Sacto	1:20:28
27 Roger Zolidan (38) Fremont	1:21:58
28 Frederick Mattos (49) Roseville	1:22:33
29 Steve Tredway (38) Manteca	1:22:44
30 David Jang (29) Stockton	1:22:53

**Division Results - Men's Half Mara.**

19 & Under: 1. Jamie Kachmer 1:25:55, 2. Tajinder Bisla 1:27:38, 3. Richard Reed 1:28:17. 20-29: 1. Dave Chairez 1:08:26, 2. Matthew Bruni 1:09:27, 3. Glenn Sullinger 1:10:44. 30-39: 1. Tim Williams 1:13:57, 2. Mark Williams 1:14:34, 3. Arturo Ramirez 1:14:36. 40-49: 1. John Semler 1:18:08, 2. Dan Alarid 1:19:52, 3. David Ragsdale 1:20:28. 50-59: 1. Hank Fragoza 1:24:40, 2. Ken Mills 1:26:05, 3. Neil Lark 1:33:54. 60 & Over: 1. Don Lundbert 1:36:36, 2. Mas Tanaka 1:52:46, 3. Jack Plummer 2:02:40.

**Division Results - Women's Half Mara.**

20-29: 1. Ann Trason 1:17:34, 2. Theresa McCourt 1:26:11, 3. Jody G-Williams 1:28:47. 30-39: 1. Eileen Claugus 1:16:57, 2. Sharlet Gilbert 1:18:09, 3. Aenor Sawyer 1:26:45. 40-49: 1. Barbara Miller 1:40:12, 2. Jeanette Thomas 1:42:50, 3. Judy Covin 1:45:02. 50-59: 1. Jo Sullivan 1:42:45. 60 & Over: 1. Mary Storey 1:46:43.

**Overall Results - 10K**

1 Jim Hartig (31) Clovis	32:11
2 Steve Kovisto (22) San Ramon	32:34
3 Rod Couch (39) Sacto	36:16
4 Doug Riggle (29) Campbell	36:37
5 Benjamin Palmer (17) Modesto	36:47
6 Skip Gray (15) Stockton	37:04
7 Jerry Martinez (33) Stockton	37:11
8 Michael Taylor (38) Sacto	37:28
9 Thomas Hastings (39) Stockton	37:50
10 Ray Navarro (47) Oroville	38:09
11 Steve Venigno (34) Stockton	38:13
12 Jeff Hartman (15) Modesto	38:15
13 Julie Rasmussen (20) Stockton	38:28
14 Chuck Conway (45) Sacto	38:33
15 Robert Winter (39) Stockton	38:34

**Division Results - Men's 10K**

19 & Under: 1. Benjamin Palmer 36:47, 2. Skip Gray 37:04, 3. Jeff Hartman 38:15. 20-29: 1. Steve Kovisto 32:34, 2. Doug Riggle 36:37, 3. Mark Gomes 38:51. 30-39: 1. Jim Hartig 32:11, 2. Rod Couch 36:16, 3. Jerry Martinez 37:11. 40-49: 1. Ray Navarro 38:09, 2. Chuck Conway 38:33, 3. Mark Smith 39:03. 50-59: 1. Don Hawkins 48:08, 2. Richard Andino 48:52, 3. Ralph Hartsock 53:07. 60 & Over: 1. Ted Storey 49:53, 2. James Eymann 55:38.

**Division Results - Women's 10K**

19 & Under: 1. Gail Hirasawa 52:18, 2. Rachel Lear 52:48, 3. Diana Reeves 56:54. 20-29: 1. Julie Rasmussen 38:28, 2. Consuelo Garcia 39:58, 3. Judy Riggle 43:57. 30-39: 1. Janet Pedrotti 42:09, 2. Carolyn Clark 43:08, 3. Rosalie Wall 48:10. 40-49: 1. Nouria Harris 48:18, 2. Mary Belz 50:22, 3. Katy Andino 51:54. 50-59: 1. Mary Brumfield 57:59, 2. Bonnie Weber 1:13:08.

## Big Valley Classic 1/2 Mara.

November 3, Stockton. 1/2 Mara. & 10K.

**Overall Results - Half Marathoner**

1 Dave Chairez (26) Fair Oaks	1:08:26
2 Matthew Bruni (29) Stockton	1:09:27
3 Glenn Sullinger (28) Fremont	1:10:44
4 Joss Walter (21) Woodridge	1:12:23
5 Tim Williams (31) Elk Grove	1:13:57
6 J. Pedrotti (29) Fair Oaks	1:14:11
7 Mark Williams (33) Sacto	1:14:34
8 Arturo Ramirez (33) San Lorenzo	1:14:36
9 Ricky Buck (31) Stockton	1:16:24
10 John Murphy (37) Sacto	1:16:44
11 Bruce Fujimoto (29) Sacto	1:16:44
12 Eileen Claugus (30) Sacto	1:16:57
13 George Simons (30) Sacto	1:17:26
14 Quirino Infante Jr. (33) Elk Grv	1:17:31
15 Ann Trason (25) Berkeley	1:17:34
16 Tom Pearman (23) Carmichael	1:18:02
17 John Semler (43) Stockton	1:18:08
18 Sharlet Gilbert (34) Richmond	1:18:09
19 Jeffrey Justice (32) San Jose	1:19:05

## Sky's The Limit

from Marc Barrie

November 3, Fresno. 2 Mi. & 10K.

**Division Results - Men's 2 Mile**

14 & Under: 1. Doug Drace 11:59, 2. Brent Fernandez 12:01. 15-19: 1. James Adams 9:48, 2. Mark McNeally 10:21. 20-24: 1. Erasmo Quintanilla 10:08, 2. Danny Santello 10:22. 25-29: 1. Casey Clark 10:57, 2. Armando Llamas 11:21. 30-34: 1. Bruce Anderson 9:44, 2. Domingo Pena 11:08. 35-39: 1. Craig Elia 10:34, 2. Obed Fernandez 10:34. 40-44: 1. Ron Enos 10:26, 2. Dennis Duffy 10:59. 45-49: 1. Fred Keenom 12:28, 2. Norm Schumacher 13:06. 50-54: 1. Grant Sharp 11:30, 2. Don Bernis 12:00. 55-59: 1. Bobby Fries 10:59. 60 & Over: 1. Bob Musso 12:27.

**Division Results - Women's 2 Mile**

14 & Under: 1. Denise Wilson 12:33, 2. Lena Ybarra 12:37. 15-19: 1. Tiffany Shaw 11:40, 2. Cindy Miller 13:57. 20-24: 1. Ann



# Results

Cogburn 14:55. 25-29: 1. Diane Vartanian 12:49. 30-34: 1. Margaret Lara 15:15, 2. Jody Deaver 15:40. 35-39: 1. Donna Hogan 17:18, 2. Virginia Rountree 20:03. 40-44: 1. Helene Miller 14:20, 2. Lynn Moss 15:42. 45-49: 1. Deborah Schwartz 16:11, 2. Kay Newell 19:02. 50-59: 1. Betty Williams 24:00.

## Division Results - Men's 10K

14 & Under: 1. Neil Castro 47:03, 2. Nate Castro 56:10. 15-19: 1. John Franks 37:40, 2. James Preston 45:35. 20-24: 1. Thomas Davidson 34:28, 2. Harlan Young 35:28. 25-29: 1. Brian Montgomery 38:02, 2. Jorge Rangel 40:54. 30-34: 1. Rick Gaffney 35:18, 2. Obid Gentry 38:08. 35-39: 1. Ed Lindley 36:22, 2. Jim Farmer 42:14. 40-44: 1. Mark Hammond 38:38, 2. Dave Meyer 38:08. 45-49: 1. Don Trout 36:15, 2. Richard Matto 38:49. 50-54: 1. John Sanchez 36:09, 2. Jim Harris 38:18. 55-59: 1. Kenneth Sager 1:00:33.

## Division Results - Women's 10K

15-19: 1. Lisa Bennett 40:40. 20-24: 1. Susan Go 42:39, 2. Lorraine Ibarra 50:12. 25-29: 1. Denise Bedford 38:43, 2. Nellie Gonzales 45:35. 30-34: 1. Rosanne Schiedel 42:15, 2. Ann Phillips 43:51. 35-39: 1. Christine Lindley 48:48, 2. Phyllis Lowenthal 58:36. 40-44: 1. Jennifer Wheeler 48:30. 45-49: 1. Barbara Allen 57:33. 50-59: 1. Suele Takayama 57:24.

## Bonelli Park Triathlon

### November 3. West Covina.

Mens Division: 1. Emilio DeSoto 1:46:05, 2. Gary Flacke 1:48:10, 3. Scott Matthews 1:49:24, 4. Rick Nelsonger 1:49:53, 5. Michael Fillipow 1:50:52, 6. Richard Hardner 1:53:06, 7. Lance O'Donnell 1:53:24, 8. Alan Fritz 1:54:13, 9. Darrell Brown 1:54:26, 10. Bob Del Morris 1:54:33.

Women's Division: 1. Susan McMurray 2:01:22, 2. Erin Riley 2:07:58, 3. Helen Knox 2:08:38, 4. Tina Wright 2:12:03, 5. Dorothy Thomas 2:12:17.

## Heart and Sole Classic

### November 3. Sonora. 10K & 2 Mile.

#### Overall Results - Men's 10K

1. Bill Martin (23) Escalon 33:56  
2. Ken Danz (28) Stockton 34:22  
3. Wayne Baker (35) Newman 35:20

#### Overall Results - Women's 10K

1. Patti Scott-Baier (33) Modesto 41:50  
2. Jeanette Emery (31) Columbia 44:53  
3. Jan Jensen (38) Sonora 45:59

#### Winner - Men's 2 Mile

1. Steve Mosley (42) Jamestown 11:26

#### Winner - Women's 2 Mile

1. Heather Moser (30) Sonora 14:09

## Race Judicata 5 Mile

### Nov. 3. Aquatic Park, Berkeley.

#### Overall Results

1. Larry Guinee (20-29) 25:09  
2. Richard McCann (20-29) 25:29  
3. Phil Kay (30-39) 25:40  
4. Joe Schieffer (30-39) 26:45  
5. Kyle Kessler (20-29) 27:23  
6. Eric Ivary (30-39) 28:06  
7. Tom Bartasi 28:06  
8. Dave Fuller 28:09  
9. Joseph Lavelle 28:10  
10. Chris Ward 28:32  
11. Terry Bulter 28:52

12. Robert Crooks 28:59  
13. George Mason (1st 40-49) 29:06  
14. Scott Pink 29:19  
15. David Moon 29:22  
16. Not Available 29:40  
17. Steve Skinner 29:44  
18. John Denniston 29:49  
19. Ron Yank 27:56  
20. Ron Marolco 29:56  
21. Robert Sakal 30:01  
22. David Hobler 30:12  
23. Matt Urdan 30:14  
24. Stephen Harper 30:17  
25. Linus Evavling 30:18  
26. Marc Paisin 30:27  
27. Mark Gobbi 30:30  
28. David Bulhoes 30:51  
29. Paul Ligda (1st 50-59) 30:52  
30. Phillip Knudsen 31:03  
31. Adam Sachs 31:06  
32. John Carpenter 31:29  
33. Marc Carlos 31:42  
34. Kirk Schumacher 31:44  
35. Don Fornasier 31:55  
36. Bobby Hamil 31:57  
37. Warren Lee 32:18  
38. Missi Nelson (1st F 20-29) 32:20  
39. Patrick Mattimore 32:22  
40. Jess Chavez 32:23  
42. Linda Skinner (2nd F 30-39) 32:53  
47. Nancee Murray (3rd F) 33:15  
67. Christopher Orton (1st 14&U) 35:09  
81. Patricia Farley (1st F 40-49) 38:08  
115. Betty Louie (1st F 50-59) 37:23  
169. Jack Phipps (1st 60-69) 40:18

The top 5K woman was Sue Gyorey, age 27, of Sunnyvale. With 17:21.8, she came in under the 17:49 time that Maria King won with last year.

In the 1 mile Teddy Bear Run, only children 12 & Under were eligible for awards. Joshua Novak, age 12, of Milpitas, took first place with 5:57.2. The first place girl was Rachel Meyers, 12, of Los Gatos, 6:54.2.

#### Results - Men's 10K

1. Sal Vasquez (45) Alameda 31:29.4  
2. Les Roberts (41) London, Eng. 31:29.8  
3. D. Harms (34) 31:47.3

#### Results - Women's 10K

1. Bernadette Mulholland (35) 40:26  
2. S. Church (44) 41:12  
3. Eve Sheehan (19) San Jose 41:44

#### Results - Men's 5K

1. Casey Reinking (28) Sunnyvale 14:49  
2. Mike Kreige (25) Sunnyvale 15:20  
3. Paul Gyorey (27) Los Gatos 15:44

#### Results - Women's 5K

1. Sue Gyorey (27) Los Gatos 17:21  
2. Barb Myers-Acosta (27) Sunnyvl 18:07  
3. Terry Juri (24) San Carlos 18:39

#### Results - Boy's 1 Mile

1. Joshua Novak (12) Milpitas 5:57  
2. Greg Kato (12) San Jose 6:08  
3. Kevin Mellegers (12) BenLomond 6:16

#### Results - Girl's 1 Mile

1. Rachel Meyers (12) Los Gatos 6:54  
2. Diane Wagner (10) San Jose 7:03  
3. Tracy Yamamoto (12) San Jose 7:06

4. Cheryl Allen 44:44  
5. Ida Hendrick 45:35

#### Division Results - Men

14 & Under: 1. Troy Collins 39:39, 2. Donald Mermeister 41:43, 3. Steve Nochschild 43:17. 15-18: 1. Shawn Sandoval 32:25, 2. Jamie Oman 33:26, 3. Joshua Shields 38:52, 4. John Erke 40:43, 5. James Stinnett 41:42. 19-29: 1. Mark Ruelas 31:18, 2. David Smith 32:22, 3. Tom Martin 33:20, 4. Ed Russell 35:36, 5. Michael Grigo 38:23. 30-34: 1. Tom Onem 34:20, 2. Irv Dawson 35:54, 3. Mel Sanchez 36:33, 4. Perry 36:45, 5. Gerald Rittenberg 38:54. 35-39: 1. Carras 34:40, 2. Fred Picnary 35:51, 3. Mike Standie 35:54, 4. Jim Kenworthy 35:57, 5. John Turner 36:25. 40-44: 1. Ken Mazur 35:53, 2. Tommy Martin 36:47, 3. Shelley Randall 37:15, 4. Robert Little 37:53, 5. Joe Yanez 39:25. 45-49: 1. Juvenal Herrera 37:35, 2. Chavez 37:53, 3. David Hurburt 39:00, 4. Jerry Shrouds 39:31, 5. Richard English 41:09. 50-59: 1. Wally Evertz 37:35, 2. Tony Marino 39:20, 3. Dennis Grisso 40:34. 60 & Over: 1. Jack Green 42:35, 2. Casey Poole 45:57, 3. Jack King 57:06.

#### Division Results - Women

14 & Under: 1. Alison Garbutt 52:01, 2. Ashley Garbutt 1:00:34. 15-18: 1. Andrea Brown 49:28, 2. Kelly Coster 50:17, 3. Rebecca Robby 53:57, 4. Caroline Brown 55:35. 19-29: 1. Jackie Schiltz 46:20, 2. Lynn Leseth 46:27, 3. Dianne Pfanner 47:51, 4.

## ESL Runaway

### November 3. Sunnyvale.

Sal Vasquez, age 45, and Les Roberts, age 41, masters by virtue of ability as well as age, delivered a close, dramatic finish in the 10K race of the ESL Runaway in Sunnyvale. Vasquez, 31:29.4, completed the street course first, just four-hundredths of a second ahead of Roberts, 31:29.8.

"It was a remarkable lunge-for-the-finish contest between these two superb athletes," said Race Director Len Wallach. "Les went out as the leader and stayed up there for nearly the entire race. Then, somewhere between five and six miles, the lead exchanged, and Sal took it. They came into the final 150 yards, and Les put on a surge. At the very last moment, Sal saw this skinny Londoner there. Sal nudged him out."

In the previous week's Modesto 10K race, Roberts, visiting from Britain, waxed Vasquez, taking first in the master's division. "I've just spent two weeks here (in the U.S.)," said Roberts. "I've had the fantastic fortnight of my whole life," he commented after his narrow defeat in Sunnyvale. Among Roberts' notable wins is the World Masters Track and Field Championship in the 5,000 meter event in Rome this summer.

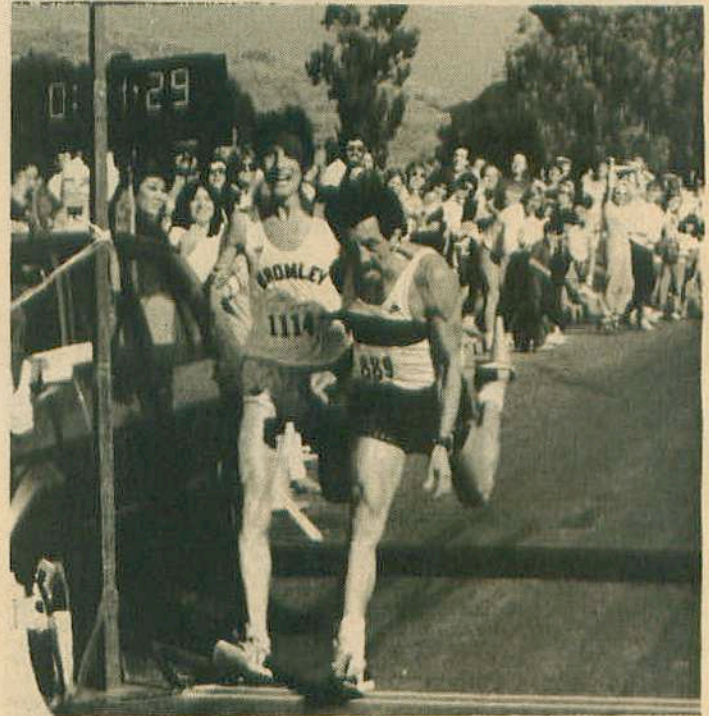
Vasquez, who lives in Alameda, is a two-time winner of the Mill Valley Dipsea. His credits include winning The Athletic Congress National Championship for Masters in the 10K and 15K events.

Racing behind the contending masters on the streets surrounding ESL headquarters at 495 Java Drive were more than 700 runners.

Thirty-five-year old Bernadette Mulholland of Mountain View came in with the top women's time, 40:26.4. Last year, Nancy Ditz took this spot with 35:12; Gary Goettelman, 32:54.5, placed first in 1984. The 10K course record is 28:50.2, set by Duncan McDonald in 1979.

Altogether, around 1,400 runners participated in the ESL Runaway's three events. More than 500 people ran the 5K course; the 1 mile Teddy Bear Run drew about 100 contestants.

Sunnyvale resident Casey Reinking, age 28, won the 5K race with 14:49.5, topping the course record of 15:09.7 set by Gregg Szanto in 1983. Last year, Ernie Reith won this race with 15:16.



Sal Vasquez, right, edged out Les Roberts at ESL Runaway.

## 10K Into Back Bay

### November 9.

#### Overall Winners

Men:  
1. Mark Ruelas 31:18  
2. David Smith 32:22  
3. Shawn Sandoval 32:25  
4. Tom Martin 33:20  
5. Jamie Oman 33:26  
Women:  
1. Harolene Walters 37:36  
2. Viola Phillips 42:16  
3. Wendy Lewis 42:45

Gail Graham 48:10, 5. Bonnie Jean Gregg 52:44. 30-34: 1. Wendy Lewis 42:45, 2. Linda Gannon 50:56, 3. Michelle Gardy 51:21, 4. Deborah Pledger 53:47, 5. Priscilla Estrada 53:54. 35-39: 1. Cheryl Allen 44:44, 2. Codean Holmes 46:00, 3. Virginia Terry 49:46, 4. Valerie Kenney 50:28, 5. Deborah Hill 51:26. 40-44: 1. Harolene Walters 37:36, 2. Heather Garbutt 49:27, 3. Maria Sanchez 52:42, 4. Wendy Owens 52:49, 5. Kay Thomas 54:54. 45-49: 1. Viola Phillips 42:16, 2. Ida Hendrick 45:35, 3. Mary Dugan 51:16, 4. Carol Hernus 52:32, 5. Mary Galuin 56:10. 50-59: 1. Phyllis Kessler 47:35, 2. Jeanne Hum 51:08.



# Results

## Rosarito Beach Holiday Runs

### November 9. Baja. 5K & 10K.

The City of Rosarito Beach attracted 460 runners to their 1st Annual Rosarito Beach Holiday 10K and 5K run. American runners from all over the state of California ran beside their Mexican neighbors for the benefit of the Rosarito Rotary Club Scholarship Fund.

Sgt. Bill McCullough, of Twenty Nine Palms, Calif. won the 10K race after a neck and neck battle with Mexican runner Jorge Beltran who took 2nd place. McCullough, a sergeant in the Marines, went out with Beltran and later pulled away to win with a time of 31:38. Jorge Beltran placed 2nd with 31:46 and Terry Willis was third with a time of 33:19.

Three American women placed 1-2-3 in the 10K, with Rhonda Davidson taking 1st with a time of 38:53, followed by Darlene Burns and Jerri Edwards, 43:49 and 44:19 respectively.

In the 5K, the Mexican runners gathered the victories with 1st, 2nd and 3rd place wins. Diaz Errado won with 15:37 ten seconds ahead of his rival Marin Paramon who hit the finish line at 15:47. Celsio Marcos finished 3rd with 16:07. The 5K overall female winners were Cheryl Garnal with 18:57 for first place and Carolina Gonzalez, a Mexican runner, in 2nd place at 19:17, and Caroline Doll at 19:48 for 3rd.

**Division Results - Men's 10K**  
 13-17: 1. Francisco Martinez 38:12, 2. Felipe Sanchez 39:36, 3. Jorge Garcia 42:14. 18-24: 1. Jorge Beltran 31:46, 2. Robert Guerrero 37:49, 3. Jose Granados 38:40. 25-29: 1. Kevin O'Hara 33:56, 2. Robert Arevalo 35:27, 3. Bill Tella 35:31. 30-34: 1. Bill McCullough 31:38, 2. Terry Willis 33:19, 3. Rubin Martinez 35:35. 35-39: 1. Richard Kenniger 34:55, 2. Fred Shuffelbarger 35:27, 3. Lou Milkowski 39:46. 40-44: 1. Luis Esquivel 38:12, 2. Bill Osness 38:32, 3. Cristoba Herrera 40:11. 45-49: 1. Manuel Amezola 38:49, 2. Federico Wovoa 40:33, 3. Ron Heifner 43:16. 50-54: 1. Verdin Antonio 39:43, 2. Ray Gonzalez 40:02, 3. Alberto Coca 40:33. 55-59: 1. Juan Estopler 42:47, 2. Felix Audon 45:32, 3. William McMickle 45:46. 60 & Over: 1. Jose Palos 40:13, 2. C. Deards 52:22.

**Division Results - Women's 10K**  
 13-17: 1. Michelle Friend 1:04. 18-24: 1. Rhonda Davidson 38:53, 2. Socorra Valadez 47:30, 3. Tara Claycomb 51:54. 25-29: 1. Jerri Edwards 44:19, 2. Shirley Marshall 49:17, 3. Valerie Seyfeut 50:24. 30-34: 1. Deborah Ellis 51:24, 2. Linda Lehan 54:17, 3. Deborah Dodson 54:52. 35-39: 1. Rosa Ma Aguirre 48:59, 2. Joan Kent 53:26, 3. Jeanne Homer 54:42. 40-44: 1. Darlene Burns 43:50, 2. Margaret Neville 43:54, 3. Linda Krucker 46:14. 45-49: 1. Patti Kopcho 48:42, 2. Dag Maratubels 53:51, 3. Carol Felker 55:55. 50-54: 1. Wilma Maddock 45:11. 60 & Over: 1. Jean McClean 56:16, 2. Judy Simon 60:16.

**Division Results - Men's 5K**  
 13 & Under: 1. Roberto Hidalgo 18:43, 2. Jose Guadalupe 20:57, 3. Damon Puckett 20:59. 14-17: 1. Tim Ramirez 17:08, 2. Jorge Guzman 17:09, 3. Mike Tapia 17:31. 18-24: 1. Gerardo Diaz 15:37, 2. Celsio Marcos 16:07, 3. Luis Reza 16:31. 25-29: 1. Don Wakefield 16:34, 2. Antonio Hommy 17:28, 3. Craig Spraker 19:05. **Juan Garcia 16:42.** 2. Javier Lopez 17:35, 3. Jose Acosta 17:40. 35-39: 1. Marin Paramon 15:47, 2. Hector Solorzano 16:52, 3. Bjarne Brix 17:30. 40-44: 1. Luis De la Cruz 18:27, 2. Frank Appico 19:10, 3. Juan Gonner 19:42. 45-49: 1. Mark Millard 23:36, 2. Jorge Cuadros 25:43, 3. H. F. Tuncay 26:03. 50-54: 1. Mejia Zacarias 20:05, 2. Ed

Monroy 20:20, 3. John Dudek N.T. 55:59; 1. Gerald Grant 25:34, 2. Gilbert Barboza 25:58, 3. Ben Rodriguez 27:00. 60 & Over: 1. Leopoldo Fregoso 21:49, 2. Eddie Simon 31:14, 3. Leslie McClean N.T.

**Division Results - Women's 5K**  
 13 & Under: 1. Carolina Gonzales 19:17, 2. Antonia Amador 25:17, 3. Lolita Lopez 25:18. 14-17: 1. Esther Rosales 20:26, 2. Torrones Leonor 22:36, 3. Cleotilde Lozan 23:05. 18-24: 1. Holly Bean 21:52, 2. Elizabeth Olsen 23:14, 3. Laurie Maddock 23:16. 25-29: 1. Caroline Doll 19:48, 2. Mette Hasle 23:37, 3. Elisa Mathers 24:12. 30-34: 1. Edith Brix 22:11, 2. Julie Echererra 23:06, 3. Castaneda Piedad 23:53. 35-39: 1. Cheryl Carnall 18:57, 2. Linda Torrez 24:48, 3. Ames Guillermina 27:58. 40-44: 1. Treva Inden 22:01, 2. Bette Ribant 23:31, 3. Evelia Quintero 24:18. 45-49: 1. Pat Johnson 24:25, 2. Phyllis Snyder 29:00, 3. Sandy White 30:33. 50-54: 1. Jane McMickle 26:04, 2. Roda Gross 33:42. 55-59: 1. Aurora Barboza 35:19.

## Jokers Wild

### November 10. Nipomo. 5 Mile.

**Overall Results**  
 1 Don Reynolds (20) SLO 24:28  
 2 Ken Ellingboe (21) SLO 24:58  
 3 Robyn Root (25) PasoRobles 27:38  
 4 Jon Root (30) Paso Robles 27:38  
 5 Mark Pupich (28) Morro Bay 27:49  
 6 Ron Benavidez (26) S.Maria 28:45  
 7 Steve Paduganan (33) Guadalupe 29:34  
 8 Josh Ellingwood (14) S.Maria 29:39  
 9 Tom Chaplin (33) S.Maria 30:38  
 10 Richard Quintero (31) S.Maria 30:39  
 11 Bart Hayashi (27) S.Maria 30:40  
 12 Keith Handley (44) SLO 30:54

## Ojai March of Dimes 10K

### November 10. Ojai.

**Overall Results**  
 1 Chuck Smead (30-39) 31:22  
 2 Brian Nelson (20-29) 32:45  
 3 Rick Torres (20-29) 32:58  
 4 Mike Chambliss (30-39) 33:08  
 5 Archie Santos (20-29) 33:48  
 6 Ignacio Rodriguez 33:49  
 7 Ramiro Valencia (14-19) 34:22  
 8 Bill Scobey (40-49) 34:29  
 9 Hans Van Koppen 35:00  
 10 Kerry Ellison 35:26  
 21 Fred Nagelschmidt (61) 38:29  
 56 Audrie Stevenson (20-29 F) 43:05  
 59 Marlene Chambliss (13&U F) 43:19  
 67 Nicole Wadlington (14-19 F) 44:08  
 72 Jared Gerber (13&U) 44:16  
 84 Debbi Brigi (30-39) 45:39  
 97 Trina Nagele (40-49) 46:34

## Mission Inn Run

### November 10. Riverside. 10K & 5K.

**Division Results - Men**  
 12-15: 1. Eric Polowski 35:53, 2. David Lemos 36:33, 3. Chris Breitschwerdt 36:53. 16-19: 1. Salvador Gonzaga 33:31, 2. Tim Mulhall 34:38, 3. Barry Verespey 35:21. 20-24: 1. Frank Assumma 31:13, 2. Don Merwin 32:11, 3. David Ortiz 32:49. 25-29: 1. Henry Chio 31:46, 2. Henry Nunez 32:59, 3. Mike Marinis 35:52. 30-34: 1. David Hunter 33:48, 2. Rob Rayment 34:31, 3. Danny Young 34:43. 35-39: 1. Ron Kurrie 32:21, 2. Douglas Allen 35:44, 3. Bob Heaton 36:14. 40-44: 1. Bill Elmy 35:38, 2. Bill Anderson 36:49, 3. Anthony Lopez 37:03. 45-49: 1. Dave Arntson 37:00, 2. Joaquin Granado 37:34, 3. Bryan Kohler 39:45. 50-59: 1. Eugene Black 37:56, 2. George Martinez 38:53, 3. Lyle Deem 40:11. 60 & Over: 1. Dick Diener 44:00, 2. Joe Cusic 44:50, 3. Bob Kroger 47:32.

### Division Results - Women's 10K

12-15: 1. Veronica Chavez 49:35, 2. Stephanie Tiffany 50:10. 16-19: 1. Malissa McKeith 47:06, 2. Denise Gudmundson 47:19, 3. Helen Lopez 53:00. 20-24: 1. Valerie Key 40:09, 2. Ana Casillas 45:41, 3. Tami Henning 52:55. 25-29: 1. Dorben Assumma-Fay 41:18, 2. Kim Meacham 44:30, 3. Tamara Morales 45:06. 30-34: 1. Ellen Coleman 39:42, 2. Patty Mueller 41:15, 3. Susan Hunter 42:38. 35-39: 1. Deb Heaton 37:28, 2. Odette Osantowski 42:08, 3. Kathy Taylor 47:20. 40-49: 1. Donna Wagner 49:33, 2. Donna Jacobsen 53:31, 3. Linda Harmon 55:34. 50-59: 1. Marilyn Campbell 59:44, 2. Sally Cernie 1:03:09. 60 & Over: 1. Lydia Matheson 1:01:15, 2. Virginia Martin 1:09:39.

### Division Results - Men's 5K

11 & Under: 1. Eric Strigotte 20:47, 2. Joe Burleson 21:30, 3. Jeff Freemer 22:06. 12-15: 1. Mark Prestwich 16:20, 2. Aaron Atsye 16:31, 3. Rex McGuire 17:36. 16-19: 1. Mike Scott 15:26, 2. Gregg Bronn 15:33, 3. Doug Willy 15:48. 20-24: 1. David Ortiz 15:02, 2. Vernon Morris 15:04, 3. Tom Cupp 15:49. 25-29: 1. Tony Black 16:26, 2. Peter Perez 17:30, 3. Philip Alexander 17:44. 30-34: 1. Al Siddons 16:03, 2. Steve McGhee 16:55, 3. Jon Gaffney 17:19. 35-39: 1. Harry Hartley 16:49, 2. Mark Newton 16:59, 3. Mike Devaney 17:15. 40-44: 1. Robert McGeough 17:25, 2. Mike Fuller 17:45, 3. John Brown 17:50. 45-49: 1. Frank Ogawa 18:09, 2. Anthony Gomez 18:20, 3. Jess Maxcy 18:23. 50-59: 1. Bill Crum 17:49, 2. Wally Ingram 17:55, 3. Charles Hanson 19:20. 60 & Over: 1. Clinton Marr 22:36, 2. Stephen White 23:29, 3. Ted Storey 24:05.

### Division Results - Women's 5K

11 & Under: 1. Valerie Wichmann 24:10, 2. Kathy Koras 26:18, 3. Kimi Dean 26:25. 12-15: 1. Carrie Chavez 20:29, 2. Luisa Villanueva 20:48, 3. Kim Johnson 21:01. 16-19: 1. Liane Kivela 19:14, 2. Sarah Snyder 19:44, 3. Tina Arias 21:36. 20-24: 1. Carol Carrigan 18:34, 2. Ann Scott 18:42, 3. Jennifer Dew 20:48. 25-29: 1. Kristi Kidwell 17:49, 2. Patricia Escamilla 19:56, 3. Mary Edwards 23:00. 30-34: 1. Sandy Robbins 19:27, 2. Mary Ann Mera 20:08, 3. Margaret Montoya 20:43. 35-39: 1. Kathy Story 20:27, 2. Ruth Husek 21:53, 3. Pam Clute 23:39. 40-49: 1. Diane Kobz 23:51, 2. Carolyn Plovman 23:56, 3. Wanda Whitmire 24:15. 50-59: 1. Chris Castillo 31:21, 2. Patricia Spivak 46:29, 3. Billie-Jo Lindeman 49:56. 60 & Over: 1. Mary Storey 23:04, 2. Phyllis Rose 36:40.

## Run for the Health of it

### November 10. Fremont. 2.4 Mile & 10K.

**Overall Results - 2.4 Mile**  
 1 Gary Gomez (21) Fremont 12:27  
 2 Mike Hotton (31) Antioch 12:34  
 3 Ray Leslie (31) Fremont 12:55  
 4 Matt Bogdanowicz (16) Fremont 13:16  
 5 Bo Crank (35) PaloAlto 13:58  
 6 Chris Kremer (15) Fremont 14:03  
 7 Chris Nicholas (15) Newark 14:35  
 8 Dan Plouvier (50) SanLeandro 14:42  
 9 Douglas Daniels (39) UnionCity 15:05  
 10 Brent Urquhart (16) Fremont 15:30  
 11 Erner Mehmedbasich (54) Crocker 15:36  
 12 Robert Goddard (28) Fremont 15:41  
 13 Jim Nicholas (17) Newark 15:47  
 14 Willis Staszko (13) Pleasanton 15:48  
 15 Cheng-er Mehmedbasich (29) Crkt 15:49  
 16 Ronald Staszko (41) Pleastn 16:02  
 17 Javier Garbay (20) Fremont 16:12  
 18 Linda Hoffman (30) Pleasanton 16:17  
 19 Tony Trentress (34) Fremont 16:18  
 20 James Peterson (36) Fremont 16:31  
 21 Samantha Coleman (20) Fremont 17:33  
 22 Diane Coleman (40) Fremont 17:34  
 27 Tim Suhling (08) Fremont 17:34  
 32 Linda Dodge (46) Hayward 18:19  
 33 Sue Laux (25) Fremont 18:22  
 41 Barbara Ambrose (30) Fremont 18:57  
 48 Kristine Trentress (12) Fremont 19:19  
 51 Donna Reitsma (30) Emeryville 19:59  
 61 Sarah Tabacco (10) Fremont 20:37  
 86 Sue Blake (50) Hayward 23:50

### Overall Results - 10K

1 Dale Ball (22) Fremont 35:45  
 2 Mark Reis (26) Newark 36:51  
 3 Myron Nevrbaum (51) Fremont 37:19  
 4 Larry Gomez (40) Sunnyvale 37:48  
 5 Doug Ward (40) Fremont 37:54  
 6 David Eitel (24) Fremont 38:02  
 7 Tony Leon (24) Fremont 38:17  
 8 Jim Passadore (34) CastroVly 38:29  
 9 Paul Ficken (40) UnionCity 38:40  
 10 Floyd Gray (33) 38:43  
 11 Steve Christie (15) Sunnyvale 38:46  
 12 Craig Staszko (16) Pleasanton 38:52  
 13 John Casados Sr. (35) UnionCity 39:01  
 14 Bob Joplin (38) Fremont 39:04  
 15 Errol Yamat (37) San Jose 39:04  
 16 Eamon Cooke (42) Novato 39:08  
 17 Ron Kantor (40) Hayward 39:52  
 18 Charles Curtis (49) Fremont 39:55  
 19 John Rebov (26) 40:00  
 20 Tom Worrell (45) San Jose 40:01  
 33 Roberta Rocca (25) Fremont 42:42  
 35 Lea Lloyd (37) San Leandro 43:03  
 41 Stacey Allman (24) Fremont 43:48  
 61 Bea Hoyle (40) MLView 45:49

## Veteran's Day Pepsi Road Race

### November 11. Porterville. 5K & 10K.

**Overall Results - 5K**  
 1 Clint Pearson (19) 15:50  
 2 Eric McNeality (20) 16:21  
 3 Robert Taylor (25) 16:23  
 4 Wayne Vandellen (48) 16:31  
 5 Kenneth Abeloe (16) 16:35  
 6 Doug Burke (22) 16:44  
 7 David Bronzan (38) 16:57  
 8 Seth Stuebbe (17) 17:50  
 9 Tino Ray Manuewell (15) 18:05  
 10 Jesus Ledesma (18) 18:29

**Division Results - Men's 5K**  
 12 & Under: 1. Daniel Saldivar 20:03, 2. Jason Williams 20:22, 3. Frank Morgana 21:39. 13-18: 1. Kenneth Abeloe 16:35, 2. Selth Stuebbe 17:50, 3. Tino Ray Manuewell 18:05. 19-29: 1. Clint Pearson 15:50, 2. Eric McNeality 16:21, 3. Robert Taylor 16:23. 30-39: 1. David Bronzan 16:57, 2. Pete Guardiola 20:40, 3. Todd Benson 20:55. 40-49: 1. Wayne Vandellen 16:31, 2. Kent Mabon 19:33, 3. Juan Sanchez 21:34. 50-59: 1. Mel Elliott 19:54. 60 & Over: 1. Warren Rankins 30:27.

**Division Results - Women's 5K**  
 12 & Under: 1. Monica Guardica 21:16, 2. Hope Hunter 23:51, 3. Tanya Casteneda 24:00. 13-18: 1. Jennifer Baker 19:31, 2. Melissa Cox 19:40, 3. Maria Aparicio 20:59. 19-29: 1. Gloria Robles 27:17, 2. Martha McPhetridge 27:36. 30-39: 1. Deanna McDaniel 19:14, 2. Luann Welker 23:22, 3. Nancy Sanchez 24:42. 40-49: 1. Rosalie Harvey 29:35. 50-59: 1. Carol Lapham 28:16.

**Overall Results - 10K**  
 1 Pete Cerda (16) 35:58  
 2 Jesus Guzman (33) 35:59  
 3 Mark Murillo (15) 36:04  
 4 John Blanchette (18) 36:32  
 5 Mark McNeally (19) 37:31  
 6 Ruben Gonsales (39) 39:35  
 7 J.D. Fischer (42) 39:39  
 8 Bob Merzioan (34) 41:05  
 9 Edward Hunt (41) 41:56  
 10 Chris Chapman (11) 41:59

**Division Results - Men's 10K**  
 12 & Under: 1. Chris Chapman 41:59. 13-18: 1. Pete Cerda 35:58, 2. Mark Murillo 36:04, 3. John Blanchette 36:32. 19-29: 1. Mark McNeally 37:31. 30-39: 1. Jesus Guzman 35:59, 2. Ruben Gonsales 39:35, 3. Bob Merzioan 41:05. 40-49: 1. J.D. Fischer 39:39, 2. Edward Hunt 41:56, 3. Phillip Stone 43:19. 50-59: 1. James Gates 46:20, 2. Forrest Bowe 49:36, 3. Chuck Bunch 49:37. 60 & Over: 1. Lawrence Thompson 50:25, 2. Charis Nagatani 51:46, 3. Richard Marshgum 59:07.

**Division Results - Women's 10K**  
 19-29: 1. Carmen Beltran 45:57, 2. Patricia Heredia 46:35. 30-39: 1. Juanita Gibbs 50:55, 2. Charise Shanes 52:18, 3. Patty Krause 56:17.



# Results

## 2-Mile Turkey Trot

November 16, Brisbane.

### Overall Results

1	Mike Fanelli (29)	10:34
2	Scott Snapp (33)	10:52
3	James Bupp (36)	11:22
4	Bo Crane (35)	11:24
5	Carlos Martinez (34)	11:36
6	Andy Bupp (13)	11:36
7	Steven Rooks (42)	12:12
8	John Payne (33)	12:31
9	Ken Binning (24)	12:59
10	Don Lucero (58)	13:04

### Division Results - Men

12 & Under: 1. Wendell Miculob Jr. 21:50. 13-20: 1. Andy Bupp 11:36. 21-30: 1. Mike Fanelli 10:34. 31-50: 1. Scott Snapp 10:52. 51 & Over: 1. Don Lucero 13:04. 2. Harry Nizamian 14:41.

### Division Results - Women

12 & Under: 1. Sarah Bupp 17:50. 13-20: 1. Caryn Rector 17:48. 21-30: 1. Denise Dunbar 13:26. 31-50: 1. Marilyn Smith 15:06.

## Lasse Viren Finnish Invit.

By RICHARD LEE SLOTKIN

November 17, Pt. Mugu.

What an amazing race this is. For one thing, it's cross country, which most people don't really like. For another, it's long—20 kilometers, twice as long as the more popular 10K. Then, the site is so isolated that it's a long way to get to even when you live in the neighborhood. And if that weren't enough to do it in, there is also the problem of money. Like, there ain't none.

Yet, year-after-year this race not only perseveres it actually flourishes. Sculptor-runner-coach Eino, who in artistic tradition likes to go by his first name only, is the driving force. Finnish-born and bred, he drums up considerable support from the Finnish commercial community in the form of great merchandise awards. In addition, he is on friendly terms with enough elite runners to be able to spike up his field every year with several of them. The roster of runners who have run on the Sycamore Canyon course reads like a who's who of long distance running. Lasse Viren himself has appeared twice. Adrian Royle, Jon Sinclair, Grete Waitz, Marty Cooksey—this doesn't even scratch the surface. Of course, it gets tougher every year as the top runners become more expensive. Yet, even this year, the field was outstanding. Mark Anderson from Boulder, a two-time U.S. cross country team member was there. Gary Tuttle, a former winner and 3 times runner-up was back to give it another try. A pair of Canadian Olympians, Art Boileau and Gordon Christie, were on hand. And the world-famous mountain goat, Chuck Smead. And several top locals including Ron Ysais, Jerry Alexander and Brian Russell.

A good field for anyone's money. An impossible for NO money. The women's field wasn't quite as strong, but it was pretty good, especially considering that it was all local talent. Judith Vivian, Beth Milewski and Mary Tracey, all sub-35 10K runners, led the women's entries. As a matter of fact, anyone who couldn't break 40 minutes in the 10K wasn't even welcome in this 10 a.m. event. There was an earlier race, starting at 8 o'clock for the less capable and ambitious. Tuttle's girlfriend was the first woman finisher in that one, so Gary may have been thinking he was a favorable omen.

In all, this by-invitation-only race drew only about 60 folks compared to close to 300 for the open race. But, as we said, they were good ones. Gary Tuttle knows this course about as well as anyone and he didn't waste any time showing it. Jumping off quickly, he soon had a 15-yard lead. Mark Anderson was the only one who really went after him. Racing over dirt trails, crossing dry washes and gullies, Tuttle led the leaders through the first mile in about 4:29 or so with Anderson maybe 10 yards back. At that point, they began to pull away from the rest of the lead pack. They were already ahead, but now they were breaking contact. Going through the numerous gullies that crossed their path, Anderson noticed that he would pick up a few yards on those short downs and ups. Tuttle would then get some of it back but, drawing on his cross country strength, Anderson kept gaining and by 4 miles had caught up and edged into the lead. At that point, Anderson wasn't "making a move", he admitted later. Just running his race, trying to stay loose and keeping up just a little bit of pressure. In fact, from there on till about the 9 mile mark, Anderson put on enough pressure to put the race in his pocket. At 6 miles, the course goes on to a black-top road and a few yards later, well, maybe 200 yards, it hits the only hill on the course. A cross country course with only one hill and with a paved road yet. Trouble is, it's a mean piece of hill. The race director swears it's only a quarter mile of rise. The runners, including Anderson (and yours truly, who has run it once in a workout), are just as certain that it's a half mile. At least.

The truth is probably in between. But it is one hell of a quad buster.

Just what Anderson, the cross country man, wanted. Going up, he was told by a spectator that he had about 200 yards on Tuttle. A couple of miles later, having come off the Q.B. (quad buster) and made a near 180 degree turn to head back towards the finish, Anderson could see for himself that he had done what he had to do: shaken loose from Tuttle. He was off the pavement now and, to some extent, feeling more at home, minus the Colorado snow, and he cruised in breathing a little easier but keeping up enough pressure just in case.... He crossed the line in 1:01:27.

Tuttle came across a minute later with a ho-hum-second-again look. Well, taking second in this race, even 3 years in a row, especially three years in a row, isn't something to be ashamed of, I mean, the next two guys after Tuttle were Olympians. And the four guys after that are all sub-30 10Kers, or close enough to not make it worth arguing about. So, Tuttle's seconds haven't been so bad. He's chased in top quality every year.

Smead and Ysais had tough luck. As with Tuttle, they know the course well. But Smead had "one of those days" and Ysais had caught the flu earlier in the week. Smead tried to go with the leaders but gave it up. Ysais caught up with him and commented, "We look like s---." Smead agreed. They wound up finishing together, each looking like he was pacing his brother-in-law.

Judi Vivian was the winner of the women's division. Recently returned from a European honeymoon, she admitted that she wasn't in her best shape. She watched Mary Tracey take off ahead and put a few yards of daylight between them. Vivian felt the early pace was too fast, but she was counting upon her distance strength to save the day. Up to about 5 miles, Tracey was showing the way, but then Vivian's strength began to tell. By six miles, she had a slight lead. There's an aid station there and Vivian decided not to stop. Tracey did, grabbing some water. Vivian wanted to but she knew that, "...I had to get her somewhere...so I just went."

That she did. Hitting the hill with more momentum than Tracey, who had made

her pit stop just a short way back, she pulled away. She built up enough of a lead to win by almost a minute in 1:16:43 and passing the water stop turned out to be a wise decision. Coming through the last mile, Vivian was very tired and admitted to not being up to fighting off a challenge then. She didn't have to, fortunately. Fortunately, because Tracey looked as though she was still holding up pretty well. Third place Beth Milewski looked as wiped out as Vivian. Oh well, nobody's in top shape this time of the year, unless you're going to the TAC Cross Country Nationals.

Still, as usual out here, it was a good race—men's, women's and even master's

3	B. Milewski	1:19.22
4	E. Campo-Triplett	1:20.57
5	L. Gonzales	1:21.16

### 8 am Race

M. Durkin	1:11.04
2 T. O'Hern	1:12.45
3 H. van Koppen	1:13.00
4 P. Brotherton	1:13.15
5 N. Purnell	1:14.54
6 J. Gonzales	1:15.29
7 B. Arnold	1:15.53
8 E. Rambush	1:16.45
9 K. Ohlenkamp	1:16.58
10 B. Stansauk	1:17.15
11 C. Ridling	1:17.19
12 T. Duket	1:17.22
13 W. Lovelace	1:17.29

photo by Richard Lee Slotkin



Mark Anderson

photo by Richard Lee Slotkin



Judith Vivian

divisions. John Brennan, finally crossing into the 50's, was the first master. His time was 1:11:51. (Holy Cow! He's in my age group!)

### RESULTS

#### 10 a.m. Invit./Men

1	M. Anderson	1:01.26
2	G. Tuttle	1:02.28
3	A. Boileau	1:03.44
4	G. Christie	1:03.50
5	T. Minor	1:05.25
6	J. Alexander	1:06.51
7	B. Russell	1:07.25
8	R. Hernandez	1:07.35
9	K. Kiss	1:08.45
10	G. Gonzalez	1:09.52
11	C. Matsumura	1:09.58
12	J. Brennan (50)	1:11.51
13	M. Barton	1:11.51
14	C. Wikel	1:11.56
15	K. Gerry	1:12.35

#### 10 am Invit./Women

1	J. Vivian	1:16.43
2	M. Tracey	1:17.39

14	D. Newman	1:17.56
15	G. Olson	1:18.08

Men 13-18: 1. Anthony Martin 1:24.07, 2. Raul Baltazar 1:25.56, 3. William Ramirez 1:28.22. Men 19-29: 1. Michael Durkin 1:11.04, 2. Phil Brotherton 1:13.15, 3. Jose Gonzales 1:15.29. Women 19-29: 1. Ruth Vomund 1:22.21, 2. Fran Gilmore 1:30.17, 3. Clarita Thoms 1:31.59. Men 30-39: 1. Tom O'Hern 1:12.45, 2. Hans van Koppen 1:13.00, 3. Micks Purnell 1:14.54. Women 30-39: 1. Arlene Ulinski 1:26.09, 2. Louise Lovelace 1:30.17, 3. Sharon Grant 1:33.26. Men 40-49: 1. Curtis Ridling 1:17.19, 2. Tom Duket 1:17.22, 3. Charlie Pondella 1:18.17. Women 40-49: 1. Katy Kusner 1:37.18, 2. Ginni Nordstrom 1:39.01, 3. Ana Schnarte 1:39.40. Men 50-59: 1. Wayne Nelson 1:21.39, 2. Jack Kampman 1:24.08, 3. M. McSkane 1:24.31. Men 60 plus: 1. Fred Nagelschmidt 1:22.23, 2. W. Hopkins 1:27.52, 3. Chuck Modery 1:41.56.

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# THE ATHLETICS CONGRESS USA 1986 JUNIOR & SENIOR MEN'S QUALIFYING STANDARDS REQUIREMENTS

## SENIOR INDOOR

## SENIOR OUTDOOR

## JUNIOR OUTDOOR

EVENTS	FAT	MANUAL		EVENTS	FAT	MANUAL		FAT	MANUAL
50y	5.34	5.1	(1)	*100m	10.33	10.0		* 10.67	10.4
50m	5.70	5.4	(1)	100y	-----	-----		9.74	9.5
55m	6.28	6.0	(1)	*200m	20.72	20.4		* 21.46	21.2
*60y	6.28	6.0		220y	-----	-----		21.56	21.3
60m	6.78	6.5	(1)	*400m	46.26	46.1		* 47.88	47.7
50y Hur.	6.40	6.1	(2)	440y	-----	-----		48.18	48.0
50m Hur.	6.80	6.5	(2)	*800m	1:47.97	1:47.9		* 1:52.70	1:52.7
55m Hur.	7.40	7.1	(2)	880y	-----	-----		1:53.10	1:53.1
*60y Hur.	7.40	7.1		*1500m	3:42.40	3:42.4		* 3:52.60	3:52.6
60m Hur.	7.96	7.7	(2)	1600m	-----	-----		4:10.80	4:10.8
400m	47.84	47.6	(3)	1 Mile	-----	-----		4:12.40	4:12.4
*440y	48.14	47.9		3200m	-----	-----		9:04.50	9:04.5
500y	57.54	57.3	(4)	2 Miles	-----	-----		9:07.50	9:07.5
500m	1:03.34	1:03.1	(4)	*5000m	13:48.00	13:48.0		* 14:45.20	14:45.2
*600y	1:10.54	1:10.3		3 Miles	-----	-----		14:15.20	14:15.2
600m	1:18.84	1:18.6	(4)	*10000m	28:48.00	28:48.00		* 32:00.00	32:00.0
800m	1:50.14	1:50.1	(5)	6 Miles	-----	-----		30:57.00	30:57.0
880y	1:50.94	1:50.9	(5)	*110m Hur. (42")	13.86	13.6		* 14.67	14.4
*1000y	2:10.34	2:10.3		120y Hur. (39")	-----	-----		14.04	13.8
1000m	2:23.74	2:23.7	(5)	*400m Hur. (36")	50.51	50.4		* 54.04	53.9
1500m	3:42.84	3:42.8	(6)	400m Hur. (30")	-----	-----		53.74	53.6
*1 Mile	4:00.74	4:00.7		300m Hur. (36")	-----	-----		37.44	37.2
3000m	8:03.54	8:03.5	(7)	300m Hur. (30")	-----	-----		36.94	36.7
2 Miles	8:42.60	8:42.6	(7)	330y Hur. (36")	-----	-----		38.14	37.9
*3 Miles	13:26.94	13:26.9		330y Hur. (30")	-----	-----		37.64	37.4
1500m Walk	5:45.00	5:45.0	(8)	*3000m SC	8:45.20	8:45.2		* 9:17.00	9:17.0
1 Mile Walk	6:15.00	6:15.0	(8)	10K Walk	-----	-----		* 54:00.00	54:00.0
3000m Walk	12:35.00	12:35.0	(8)	*20K Walk	-----	-----		-----	-----
*2 Mile Walk	13:30.00	13:30.0		*Pole Vault	5.45m	17-10 1/2		* 4.75m	15-7
*1180y Med. Relay	2:06.94	2:06.9		*High Jump	2.24m	7-4 1/4		* 2.11m	6-11
1600m Relay	3:15.94	3:15.9		*Long Jump	7.80m	25-7 1/4		* 7.26m	23-10
*1 Mile Relay	3:17.14	3:17.1		*Triple Jump	16.15m	53-0		* 14.83m	48-8
3200m Relay	7:37.34	7:37.3		*16# Shot Put	19.50m	64-0		* 15.70m	51-6 1/2
*2 Mile Relay	7:39.94	7:39.9		12# Shot Put	-----	-----		18.30m	60-0 1/2
*Pole Vault	5.50m	18-0 1/2		*Discus (2K)	60.20	197-6		* 48.50m	159-2
*High Jump	2.25m	7-4 1/2		Discus (H.S.)	-----	-----		54.72m	179-6
*Long Jump	7.74m	25-4 3/4		*Javelin (New)	# 72.00m	# 236-3		* 59.44m	195-0
*Triple Jump	16.05m	52-8		Javelin (Old)	-----	-----		62.58m	205-4
*16# Shot Put	18.60m	61-0 1/4		*16# Hammer	63.70m	209-0		* 42.68m	140-0
*35# Weight Throw	19.50m	63-11 3/4		12# Hammer	-----	-----		48.78m	160-0
				*Decathlon	7700 FAT	-----		* 5950 FAT	6050 MT
				Decathlon	-----	-----		6250 FAT	6350 MT

\*DENOTES CHAMPIONSHIP EVENT - MEDLEY RELAY MUST HAVE RUN 2:07.0 OR BE CAPABLE OF THE TIME.

- (1) Qualifies for 60y Dash
- (2) Qualifies for 60y Hurdles
- (3) Qualifies for 440y Run
- (4) Qualifies for 440 & 660y Runs
- (5) Qualifies for 100y Run
- (6) Qualifies for 1 Mile Run
- (7) Qualifies for 3 Mile Run
- (8) Qualifies for 2 Mile Walk

#QUALIFYING STANDARDS WILL BE ACCEPTED ONLY WITH THE NEW JAVELIN AFTER JANUARY 1, 1986. AT LEAST 24 ENTRIES QUALIFY FOR SENIOR NATIONALS IF SMALLER NUMBER ATTAIN 72.00m/236-3 STANDARD.

\*DENOTES CHAMPIONSHIP EVENT

### QUALIFYING STANDARDS GUIDELINES

1. Senior Indoor Track & Field Qualifying Dates: December 1, 1985 - February 23, 1986.
2. Senior Outdoor Track & Field Qualifying Dates: June 14, 1985 - June 15, 1986.
3. Junior Outdoor Track & Field Qualifying Dates: June 21, 1985 - June 22, 1986.
4. Senior Outdoor Decathlon Qualifying Dates: June 17, 1985 - June 15, 1986.
5. Junior Outdoor Decathlon Qualifying Dates: June 21, 1985 - June 22, 1986.

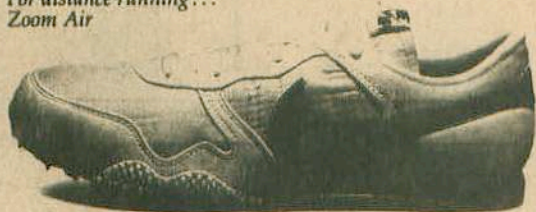
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Look for Women's Qualifying Standards next month.



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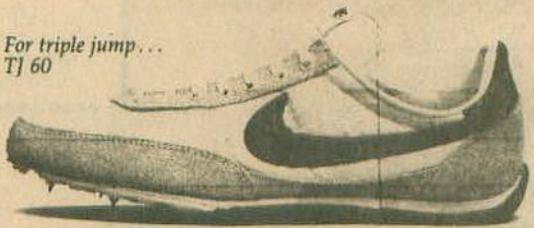
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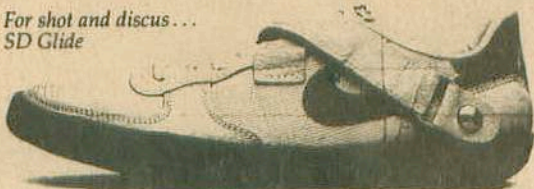
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