

JANUARY 1989

ISSUE NO. 143

CALIFORNIA

Track & Running News

Prep X-C

- Kinney Western
- Kinney Nationals
- CIF State Meet
- and more...

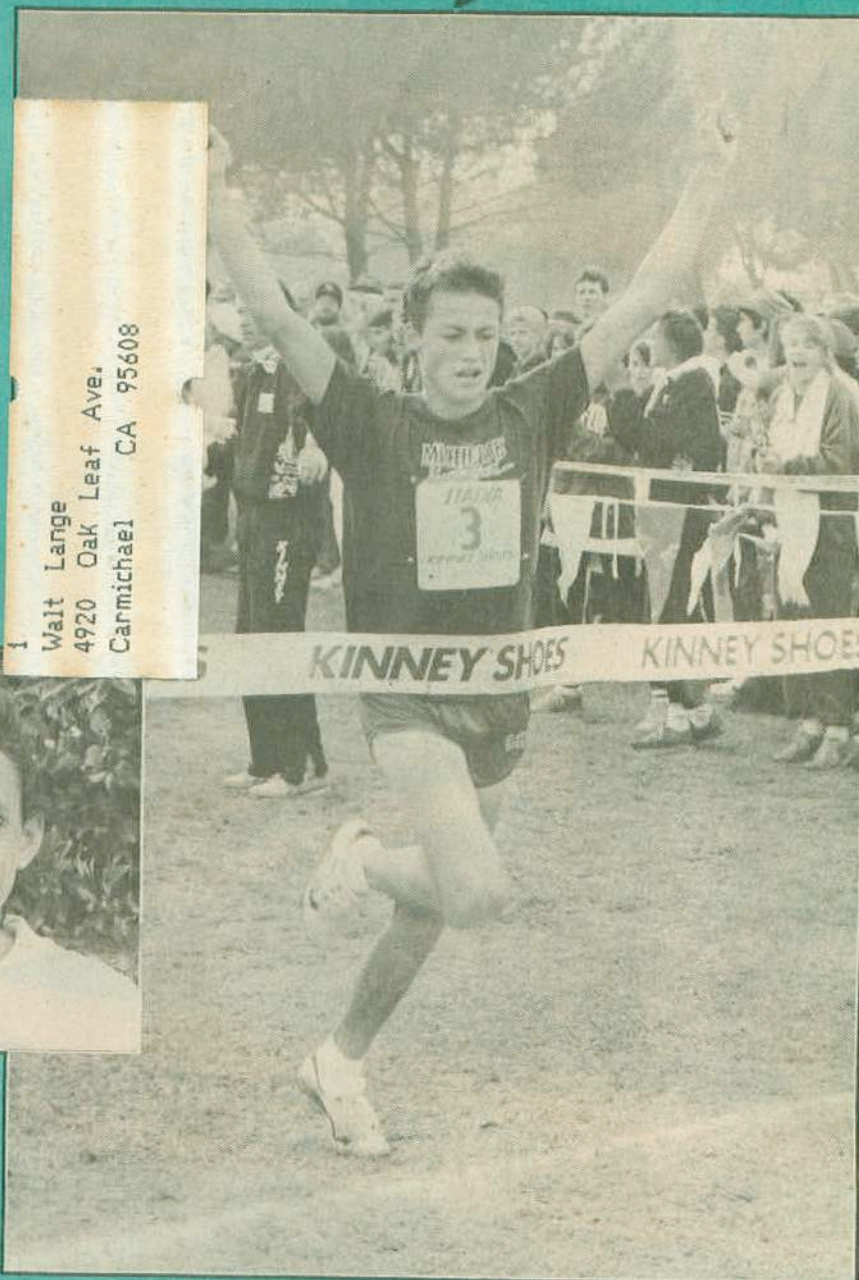
It Was a Very Good Year...I Think

by Mark Winitz

An Interview with John Koningh

by Gregor Robin

Schedule, Results...



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TABLE OF CONTENTS

January 1989

Issue No. 143

Schedule	4	Prep Notes	22
Subscription Form	6	1988 Calif. High School X-C Ranking	23
Keeping Pace	8	Southern Section Results	26
"It Was a Very Good Year... I Think"		CIF Section Results	28
		CIF State X-C Meet	32
Kinney Cross Country Championships	12	PA-TAC Championships	35
SoCal Diary	16	Results	
The Athlete's Kitchen	21	Track & Field	40
"Are You Supermarket Smart?"		Cross Country	41
		Road Racing	41

FROM THE EDITOR

HAPPY NEW YEAR!

The new year celebrations signal the start of another track season. Yes, it seems like the '88 Olympics just signed off and now we're beginning the '89 season.

One thing I like about each new track season is the gradual easing into it. Preparing the way for the big-time invitationals and championships are a myriad of indoor meets, all-comers meets and coaching clinics. These activities serve to prepare one's mind for the shift from cross country to track. Some of these transition events we know about are:

Indoor Meets:

- Jan. 20 -Sunkist, Los Angeles
- Feb. 17 -LA Times/GTE, Inglewood
(Mobil Grand Prix meet)

All-Comers Meets:

- Jan. 7 -LA Southwest College
[Contact Kye Courtney (213) 970-1504]
- Los Gatos
[Contact Willie Harmatz (408) 354-5560, 395-4311, 356-0453]
- Berkeley
[Contact Erv Hunt (415) 642-3115]
- Jan. 14 -LA Southwest College
-Mt. SAC
[Contact Don Ruh (714) 595-1415]
- Los Gatos
- Berkeley
- Jan. 20 -Fullerton College
[Contact Jim Keifer (714) 871-8000 x348]
- Jan. 21 -Los Gatos

- Berkeley
- Jan. 27 -Fullerton College
- Jan. 28 -UCLA
[Contact Kye Courtney (213) 970-1504]
- Mt. SAC
- Los Gatos
- Berkeley
- Feb. 3 -Fullerton College
- Feb. 4 -LA Southwest College
-Mt. SAC
- Los Gatos
- Berkeley
- Feb. 10 -Fullerton College
- Feb. 11 -Long Beach State
[Contact Ralph Lindeman (213) 985-4666]
- Los Gatos
- Berkeley
- Feb. 18 -Pomona-Pitzer College
[Contact Anne Phillips (714) 621-8000 x2757]
- UCLA
- Los Gatos
- Berkeley
- Los Gatos
- Feb. 25 -Los Gatos

Clinics:

- Jan. 7 -San Joaquin Valley Coach of the Year, Fresno [Contact Bob Fraley (209) 294-4098]
- Jan. 13-14 -West Coast Clinics, Palo Alto, [Contact (415) 723-2736]
- Jan. 21-22 -National T&F, X-C Coaches Clinic, Anaheim [Contact Bob Gaughran at Rancho Santiago College]

Best wishes for a great 1989!
Be seeing you at a clinic.

SCHEDULE

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.

January 1 (Sunday):

San Francisco: DSE Hangover Run, 3.53 Mi., Golden Gate Bridge (lower parking lot), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

So. El Monte: Legg Lake 5K Resolution Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Mission Bay 5K, South of Hilton Hotel, 8 a.m. Tim Murphy: (619) 275-5440.

Samoa (Humboldt Co.): Recovery Run, 0 to 6 Mi. Fun Run, Samoa Cookhouse, 8 a.m. Rich Gilchrist: (707) 443-1226.

San Diego: Feelin' Fit 5K and 1 Mi. Kids Challenge, DeAnza Cove, 8 a.m. Frank Heitman: (619) 279-5717.

January 7 (Saturday):

Ventura: Buena 4 Mile & 1 Mile Runs, Buenaventura State Beach, 9 a.m. Steve & Debbie Blum, 705 Utica, Ventura 93004. (805) 652-1744.

So. El Monte: San Gabriel River Cougar 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Balboa Hospital 10K & 2 Mile, Naval Hospital, 7:30 a.m. Kathy Loper: (619) 437-4667.

Las Vegas, NV: Las Vegas TC 10K, Silver Bowl (Tropicana & Boulder Hwy.), 9 a.m. Info: (702) 382-3496.

Berkeley: Resolution Relays, 2 x 2.29 Mi., Aquatic Park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Avalon: Avalon 50 Mile Run, Catalina Island, 5 a.m. Info: (213) 325-3442.

La Canada: Angeles Forest 5 Mile Cross Country Run, Oak Grove Park, 8:30 a.m. Child Educational Center, 140 Foothill Blvd., La Canada 91011. (818) 354-3418.

January 8 (Sunday):

Stockton: California 10, 10 Miles, 9 a.m. Jerry Babineau, 6610 Embarcadero Dr., #6, Stockton 95200. (209) 474-7395.

Oakland: Dr. Martin Luther King, Jr. Birthday Run, 5 & 10K, Lake Merritt (boathouse at 568 Bellevue), 9 a.m. Tony Charles, Good Cause, Inc., P.O. Box 5297, Oakland 94605. (415) 636-1664.

So. El Monte: Legg Lake 8K Morning Bass Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Tahoe Donner X-C Ski Area: Tahoe Donner/Salomon 10K Cross Country Classic (note: this may be a X-C ski race), plus 1.5K Kid's Race, 10 a.m./10K, noon/1.5K. Tahoe Donner X-C Ski Area (Robin McCullogh): (916) 587-9484.

Avila Beach: San Luis Bay Club Winter Biathlon, 1/2 Mi. Swim, 5K Run, 8 a.m. (Verify Date). San Luis Bay Club Biathlon, P.O. Box 279, Avila Beach 93424.

January 14 (Saturday):

Pt. Reyes: Pt. Reyes Trail Marathon, Five Brooks, 9 a.m. (200 Limit). Tri-Sports, 21 Live Oak, Berkeley 94705.

Fontana: Fontana Triathlon, 5K Run, 15K Bike, 75 Yd. Swim, Time TBA. City of Fontana Parks & Recreation, 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

So. El Monte: 3 Mile San Gabriel River Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: McClassic 10K & 2 Mi. Fun Run, plus 1 Mi. Kid's Run, South of Hilton Hotel, 8 a.m./10K & 2 Mi., 9:15 a.m./1 Mi. Tim Murphy: (619) 275-5440.

Las Vegas, NV: Las Vegas TC 5K Championship, Silver Bowl (Tropicana & Boulder Hwy.), 9 a.m. Info: (702) 382-3496.

Arcata: Six Rivers R.C. Track Ultra, 50K to 24 hours, Humboldt State Univ. (track), 8 a.m. (pre-registration req'd.) Jim Griggs: (707) 445-9377.

Redding: Record Searchlight Half-Marathon & 10K, Time TBA. Record Searchlight, P.O. Box 2397, Redding 96099. (916) 223-4662; The Sports Foot.

Mesa, Arizona: Arizona's East Valley Marathon, 8 a.m. Info: (602) 941-5239 or 244-0121.

January 15 (Sunday):

San Francisco: San Francisco Zoo Run, 3 & 7 Mi., 8 a.m./7 Mi., 9 a.m. San Francisco Zoological Society, Sloat Blvd. & Great Hwy., San Francisco 94132. (415) 661-2023.

Goleta: Sri Chinmoy Marathon, Santa Barbara Research Park, 7:30 a.m. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 968-5881 or 685-3325.

So. El Monte: L.A. 10 Mile County Run, San Gabriel River, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394

Arcata Area: Patrick's Point Race, 2 & 6.2 Mi., Palmer Point (Patrick's Point

By JACK LEYDIG

SCHEDULE

State Park), 1 p.m./2 Mi., 1:45 p.m.
Rich Gilchrist: (707) 443-1226.

Highland: San Bernardino 5 & 10K and Half-Marathon, East Highland Ranch, 7:30 a.m. Info: (714) 886-4661 or 885-3268.

Bakersfield: Darryl Easter Memorial Winter Handicap 5K Run Series, 1/2-Mile east of Hart Park, 3 p.m. Steve Moehlman or Randy Brown, Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. (805) 831-7855 or 834-9130.

Bakersfield: Ultimate Fun Run, Distance TBA, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

January 21 (Saturday):

Grand Bahama Island, Bahamas. Bahamas Princess 10K. 9 a.m. Prize money. Laura Godet, PO Box 592258 AMF, Miami, FL 33159 (809) 352-6721, ext. 4600 or Bahamas Sports (800) 327-7678.

Los Altos: Willy's Road Race, 1 & 5 Mi., St. William School (401 Rosita Ave.), 9:30 a.m./1 Mi., 10 a.m. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Blvd. parking lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave. Oakland 94602. (415) 530-6634.

So. El Monte: 3 Mile San Gabriel River Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, Thousand Oaks Blvd. & Kanan Rd., 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./2K. The Great Race of Agoura, 5699 Kanan Rd., Agoura Hills 91301. Mike Fazco: (818) 707-2243.

Las Vegas, NV: Las Vegas TC 25K & 5Mi. Tule Springs (Floyd Lamb State Park), 8 a.m. Info: (702) 382-3496.

January 22 (Sunday):

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K &

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15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Lake Merritt Joggers & Striders, 3136 California St., Oakland 94602. (415) 530-9151 or 237-8084.

Redondo Beach: Super Bowl Sunday 10K Run, Redondo Beach Marina (near Seaside Lagoon), Time TBA. Redondo Beach Chamber of Commerce, 1215 N. Catalina Ave., Redondo Beach 90277. (213) 376-6911.

So. El Monte: 5K Legg Lake Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Super Run VIII, 10K & 2 Mi., LJV Square, 8 a.m. Steve Holliday: (619) 437-4556.

Tucson, AZ: Tucson Marathon, Rita Ranch Development (south of Houghton), 8 a.m. So. Arizona Roadrunners Club, P.O. Box 40728, Tucson, AZ 85717. (602) 744-6256.

Santa Cruz: Special Olympics Fun Run, 3 & 10K, Natural Bridges & Delaware, 9 a.m. Santa Cruz Co. Special Olympics, 809 Bay Ave., Capitola 95010. (408) 476-7140.

January 28 (Saturday):

So. El Monte: Legg Lake 5K Loop, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Paramount: Paramount 10K Run & 1 Mile Fun Run, Progress Park, 8 a.m. (Note: Special World Masters Division. .pre-registration only by Jan. 23 with qualifying standards for each age-group). Paramount 10K, 15734 Paramount Blvd., Paramount 90723. (213) 531-3503.

San Diego: Dragon Runs, 1K & 5K, Balboa Park, & 30 a.m. George Yee: (619) 437-4556.

Bakersfield: Darryl Easter Memorial Winter Handicap 5K Series, 1/2 Mile east of Hart Park, 3 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. (Attention: Randy Brown or Steve Moehlman) (805) 834-9130 or 831-7855.

January 29 (Sunday):

So. El Monte: Legg Lake Pico Rivera Anniversary 8K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Newhall: Santa Clarita Runners Wom-

SCHEDULE

en's 5K Run/Walk, Pico Canyon, 8:30 a.m. Info: (805) 296-0138 or 259-0529.

February 4 (Saturday):

Jean, NV: Las Vegas TC Marathon, 7:30 a.m. Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.

South El Monte: Legg Lake 5K Carrera de Invierno, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Girls & Women in Sports Day 5K and 1 Mi., Balboa Park, Time TBA. Una Pierce: (619) 563-5677.

Placerville: Lover's Run, 5 & 10K, Half-Marathon (1/2 Mi. & 1 Mi. for Kids), Mission Flat & Green Valley, 8:30 a.m. New Morning Youth Serv., 460 Main, Placerville 95667. (916) 622-5551.

February 5 (Sunday):

Davis: The Davis Stampede Half-Marathon & 10K, Davis High School (Oak & 14th Sts.), 9 a.m. Ken Lake: (916) 722-4925.

Lompoc: Lompoc Winter Run, 5 & 10K, La Purisima Mission, 8:30 a.m./5K, 9 a.m./10K. Steve Kraynick: (805) 734-1350.

San Diego: San Dieguito Half-Marathon, San Dieguito Park, 8 a.m. Sal Cisneros: (619) 437-4556.

February 11 (Saturday):

Bakersfield: (Tentative) Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

South El Monte: San Gabriel River 3

Mile Valentine Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

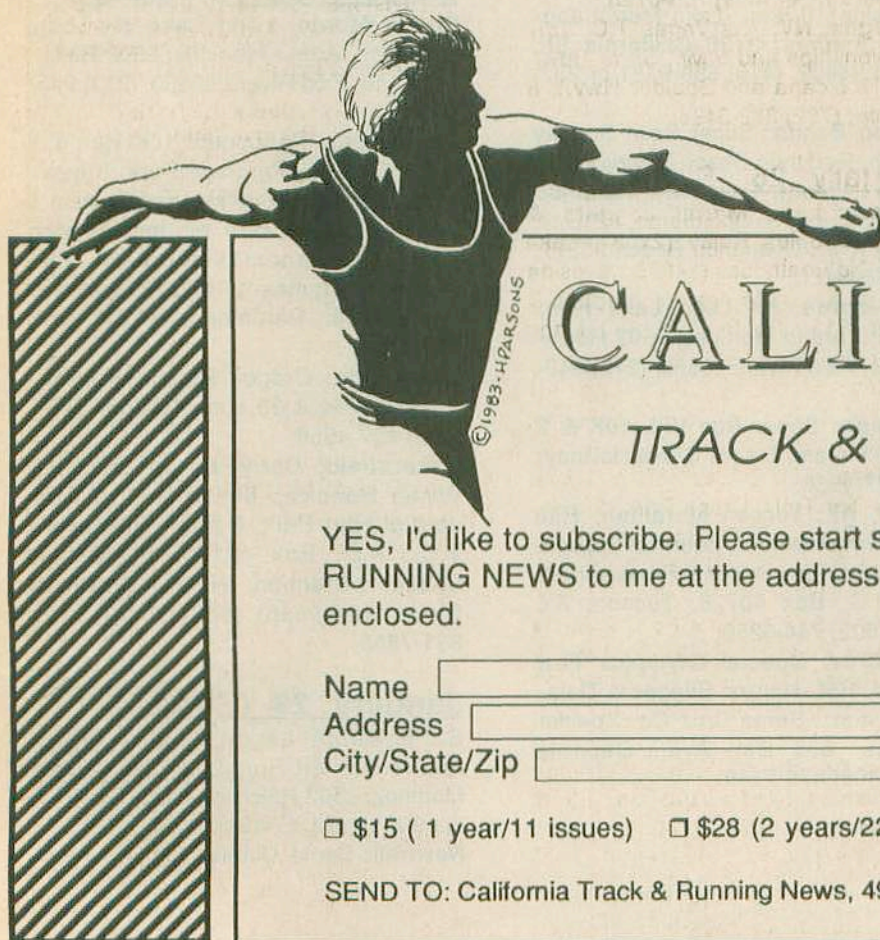
San Diego: Guys & Gals 4 Mile (couple only), Sante Fe and Damon, 8 a.m. Info: Kendall Webb (619) 260-1990.

Las Vegas, NV: Sweatin' Sweethearts 10K, Tule Springs (Floyd Lamb State Park), 9 a.m. Info: (702) 382-3496.

February 12 (Sunday):

Oakland: Valentine Day Runs, 5 & 10K, Bellevue Ave. (Boathouse), Lakeside Park, Lake Merritt, 10 a.m. American Heart Assoc., P.O. Box 5157, Oakland 94605. (415) 632-9606.

San Francisco: Chinatown Run - Year of the Serpent 8K, Clay & Kearny



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SCHEDULE

Sts., 8 a.m. Chinatown YMCA, 855 Sacramento St., San Francisco 94108. (415) 982-4412.

Monterey: Together With Love Run, 10K, Lover's Point, 9 a.m. Leda Tully, Monterey Rape Crisis Center, P.O. Box 2630, Monterey 93942. (408) 373-3389.

West Sacramento: Jed Smith 50-Miler, Time TBA. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580, eves.

Bakersfield: Darryl Easter Memorial Winter Handicap 5K Series, 1/2 Mile east of Hart Park, 3 p.m. Bakersfield T.C., Randy Brown, P.O. Box 42123, Bakersfield 93384. (805) 834-9130.

Los Angeles: Aztlan 5K Hill Challenge, Montecito Hgts. Recr. Center (Highland Park Area. . .Pasadena Fwy. near Ave. 52), 9 a.m. (plus 3K Children's Run at 8:30 a.m.). Frank Meza, MD, c/o 5220 Telford St., Los Angeles 90022. Hotline: (818) 799-5079.

South El Monte: 5K Legg Lake Sweetheart Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Pine Valley: Pacific Crest Trail 50 Miller, Buckman Springs Rd., 5 a.m. Info: Mac Williamson (619) 755-4975.

San Diego: Jose Cuervo Mardi Gras 10K & 2 Mi., South of Hilton, 7:30 a.m. Info: Dave Thompson (619) 236-0842.

Rancho Bernardo: Black Mountain Run-to-Top, 6 Mi., west of Rancho Bernardo, 8 a.m. Info: Movin Shoes (619) 488-2310.

February 13 (Monday):

South El Monte: Legg Lake Presidents 8K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

February 18 (Saturday):

Sacramento: C.S.U.S./Fleet Feet 12-24 Hour Run, Cal-State Sacramento (all-weather track), 9 a.m. (pre-reg. by Feb. 10). Fleet Feet, 2408 J Street, Sacramento 95816. (916) 442-3338.

San Diego: Cupid's Run, 10K & 2 Mi., Balboa Park, 7:30 a.m. Info: Linda

Graves (619) 437-4556.

Las Vegas, NV: Las Vegas T.C. 5 Mile, Industrial & Blue Diamond Rds., 9 a.m. Info: (702) 382-3496.

February 19 (Sunday):

Bakersfield: Ultimate Fun Run, Distance TBA, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

San Diego: Boys/Girls Club River Run, 10K, Lindo Lake, 8 a.m. Info: Armando Valencia (619) 452-1900.

Los Angeles: Run Against Crime, 5K & 10K (also 2K Run for Kis under 10 years old), 8 a.m. Info: WCPC, P.O. Box 19856, Los Angeles 90019. Sgt. Ron Batesole (213) 485-4020.

February 25 (Saturday):

San Diego Area: Torrey Pines 5K, Torrey Pines High School, 8 a.m. Info: Karen Alexander (619) 755-0125.

Las Vegas, NV: Las Vegas T.C. 15K Championships and 5 Mi., Silver Bowl (Near Tropicana and Boulder Hwy.), 8 a.m. Info: (702) 382-3496.

February 26 (Sunday):

Oakland: Lake Merritt Joggers & Striders Couples Relay (2x5K), Lake Merritt, Old Boathouse (14th & Lakeside Dr.), 9 a.m. Lake Merritt Joggers & Striders, 3136 California St., Oakland 94602. (415) 530-9151 or 237-8084.

Berkeley: Berkeley Challenge for Charity 8K, Time TBA. Jay Johannesen: (415) 643-2936.

St. Helena: MADD Dash 5K & 1 Mile Walk (+ Tot Trot), Crane Park, 9 a.m. Dorothy Bovee, P.O. Box 366, Deer Park 94576. (707) 963-9007 or 944-1107.

Stockton: Jackets Fun Run, 2 Mi. & 10K, Louis Park (Monte Diablo Ave.), 9 a.m. Richard Johnson, 820 No. D Street, Stockton 95205. (209) 464-6205.

Newport Beach: Spirit Run, Distance TBA, Fashion Island, 7:30 a.m. Info: Karen Wilson (714) 760-2680.



BIDWELL PARK

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Sat., March 4, 1989
Bidwell Park--Chico, CA.

Start: Marathon & Half-Marathon -- 9 a.m. 3 Mile Fun Run -- 8 a.m.

Pre-Registration: Required for marathon/half-marathon. Entries must be postmarked on or before February 25. Field limited to first 2200 entries received. Entries postmarked after February 25 or after first 2200 have been received will be returned. NO RACE DAY ENTRIES.

Entry Fee: \$13.00 for marathon and half-marathon. Nonrefundable. Fun Run--Free.

Divisions: 13u, 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over, Wheelchair -- male & female.

For information write/call:

Bidwell Classic
P.O. Box 1182
Chico, CA 95927
Harold Carling (916) 893-5116

Looking Ahead

(Marathons, Relays & Important Deadlines, Major Events, Etc.)

March 4 (Saturday): Chico: Bidwell Classic Marathon & Road Races. (Marathon, half-marathon, 3 mile fun run) 9 a.m./3 mile 8 a.m. Bidwell Classic, P.O. Box 1182, Chico, 95927. Harold Carling (916) 893-5116.

March 5 (Sunday): Los Angeles: Los Angeles Marathon, Time TBA. Los Angeles Marathon, P.O. Box 67750, Los Angeles 90067. (213) 879-1989.

March 12 (Sunday): Calistoga: Napa Valley Marathon, 7 a.m. Napa Valley Marathon, 1325 Imola Ave., Napa 94559. (707) 255-2609.

KEEPING PACE

"It was a very good year...I think."

As I write this month's column my 1988 running log has about two weeks of unentered days left. It won't be long before I make the last entry in its pages, pull it out of its leather cover, and retire it to a shelf in my den along side nine other similar logs from years past. Ten years of distance running—of training and racing. A decade of a new chapter in my life which began as I was nearing its third and which has accumulated pages in my personal log to nearly its fourth. The fourth lap of my life has turned in a good strong effort. It has given me the confidence to tackle the next four laps in good shape.

As you read this, 1989 is in its opening stages. You've, no doubt, already assessed the "old" year and made resolutions and goals for the new. I'll have done the same.

Over the last 10 years I've adopted a ritual which marks the transition between running years. After making the last entry in my log for the year (distance, effort, route, weather, etc.), I total the year's mileage, calculate the weekly average, and jot the figures down on the last page. I'll log about 3,150 miles for '88, about 60.5 miles per week.

Then I compare those figures with recent years past, entered in previous logs: Just about the same (within a couple of miles per week) for the past five years.

Next, I total the number of missed training days for the year: None in '88 (providing the next two weeks go as they have been).

I count the number of races run during the year and jot down any PRs: 20 races, no PRs.

The next thing I do really tells me the overall direction of my running during the past 12 months. I reevaluate the running goals for the year that I had written down in the front of my log at the year's start. Let's see, 1988. "Less mileage; 10K PR; and one good marathon" were my goals.

How did I fare? In retrospect, I wasn't willing to take voluntary "off" days in '88—the necessary requirement for keeping my mileage down in a year free of injury and illness. Although I ran several memorable 10Ks, the memories are the kind that you don't want to dwell on for too long. I didn't come within a minute of my 4 year-old 10K PR of 36:48. Although I had trained hard for two serious marathons, I had no success racing them. I

dropped out of Napa at 8 miles and out of Cal International at 20. The "good" marathon was the one I ran non-competitively. Hayfever, no taper, and a relaxed attitude turned a 3:10 on a hilly Big Sur marathon course. It was 22 minutes on the slow side of my PR, but a scenic and rewarding run.

So, how do I evaluate my own running in 1988? As far as consistency in training and generally keeping fit, it was a good one. As far as competition, it was bordering the down side of mediocre in respect to personal performance, but satisfying in the variety of races run and the friends that I made while doing so. Generally, it was a good year...I think...but also a perplexing one. It was a good year—a successful Olympic year. And it was a challenging, sometimes frustrating year—leaving a number of unanswered questions in its wake.

As I followed and participated in the sport as a whole in '88, I saw its own satisfactions and affirmations—just like my own running—laced with perplexities and reminders that perfect rainbows are infrequent occurrences, indeed. We had an Olympian year, probably the most successful one ever in terms of worldwide participation and support. We were enthralled and inspired by a new level of unification through sport, yet we were also disappointed and divided by heart-wrenching social and political realities. There were several events right here in California, plus a handful of performances worldwide by California runners, that, for me, reflected the big, grueling issues within running, 1988:

- 17,000 runners competed in the City of Los Angeles Marathon, a majority of whom were first-time marathoners. While watching thousands of wearied-but-happy competitors cross the finish line in front of the Coliseum, I was gratified that Los Angeles—like several other mega-races—disproves the notion that running is a dying sport among recreational athletes.

At the same time, one elite runner—Mark Plaatjes—while finishing second in L.A. reminded me that running is a luxury shared by relatively few people worldwide. In a country like Plaatjes' native South Africa—where basic human rights are shunned and oppression dominates—sports like running pale before

the basic struggles for dignity and freedom of choice.

1988 was a year for self-appraisal and emotional outcries over the South African situation, both inside and outside of running. We were forced to reexamine our personal beliefs and back up our stances. Most vividly, we learned that athletics can, on occasion, transcend political structures, but they can't exist apart from them. In 1989 this lesson will sink deeper as the IAAF is joined on a broader scale in sanctions against the Republic.

- The unfortunate issue of drug use in our sport wasn't limited to Ben Johnson's positive test in Seoul. Evidence of the seriousness of the problem—regardless of the scale, which differs according to who you talk to—was apparent in many places. Officials of San Francisco's Bridge to Bridge race reacted negatively when TAC selected their event for random drug testing of athletes. Referring to the race as a "fun run," they felt that such testing for the top finishers in the 10,000-runner event was inappropriate. They threatened to run the race without a TAC sanction. After much verbal "education" both ways between TAC and the race, a compromise was reached where only the top three athletes were tested. Indeed, this accord seemed appropriate for such a race as Bridge to Bridge which draws a small elite field (who compete nationally and internationally) and a huge majority of recreational runners. Subsequently, the race officials learned the importance of random testing for the overall health of our sport, and TAC learned that its formal policies for random testing should have more flexibility.

In 1989 drugs in running will continue as its major concern. As year-around, unannounced drug testing for track and field athletes goes into effect, look for the same to be adopted for road racing—where the financial incentives and temptations to "cheat" with drugs is often greater.

- Collegiate running showed its vulnerability in '88 as San Jose State's once strong track and field program was discontinued. Lack of financial resources and general spectator interest in college level track & field and cross country make them sports in peril. And that could put a huge damper on already-

By MARK WINITZ

KEEPING PACE

limited developmental running programs in our country. Trends indicate that, in the future, fewer scholarships will be available for exciting young runners entering the college ranks. And the number of reputable college programs available to them will decrease.

In 1989, let's hope that the NCAA and TAC will address this critical situation in collegiate running and mutually explore creative ways to help support both individual young collegiate runners who show promise and the running programs that they need to reach their potential.

On the positive side, several California athletes, events, and trends were micro-examples of uplifting, strong currents in our sport in '88:

- Gifted young runners such as Californians Jay Marden, Mark Conover, Jeff Atkinson, Brian Abshire, Mark Junkermann, Ivan Huff, PattiSue Plumer, and Sylvia Mosqueda came out of the woodwork in 1988—as they

did all over the country. In an Olympic year, Californians were predominate in both the Olympic Trials and the Olympics. They formed the core of unprecedented numbers of American runners who were capable and deserving of competing at the Olympic level. This bodes well for the future of top-level distance running in our country.

- 28-flat 10K man Marden was recently selected with nine other distance men to receive grants of \$300 to \$500 a month from TAC as part of its new "Road to Excellence" support program. The program's goal is to assist developing runners who have demonstrated excellence, potential for improvement, and who have a financial need. No doubt, the financial component associated with a life devoted to training will increasingly become a matter of concern for individual athletes and the body that governs them. On TAC's side, look for the introduction of more programs designed to increase revenue while providing more ex-

posure for the sport and money for its athletes. While the amounts available for assistance now seem relatively insignificant, at least the ball is rolling. On the athletes' side, 1989 will reveal growing support for a union among runners, and increasing efforts by TAC to include athletes in budgeting and general policy-making decisions.

- At least four California races in 1988 provided significant opportunities, exposure, and prize money for masters runners—reflecting a new nationwide awareness and interest in competition after the age of 40. The Paramount 10K, Pacific Sun 10K, Foundation 30K, and California International Marathon lured top masters from around the country while showing us that you're only as old as you feel—and many of our masters feel pretty darn good.

Next year, expect more races to emphasize masters, and more recognition of top performances throughout all the masters age

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Mark Winitz is a columnist and feature writer for California Track and Running News. His articles have appeared in national running publications.

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KEEPING PACE

groups. Hopefully, in 1989 the new ICI/ Masters Running Circuit will add more events on the West Coast, particularly in master-rich California.

- As the masters ranks grew in numbers, the youth movement, also, received a boost in '88. In California youth-oriented running clubs and events rallied as we realized that general fitness and a healthy lifestyle never starts too early for our children and grandchildren. These efforts to involve youngsters echo the NIKE/RRCA Children's Running Development Program—a pioneer effort now in its third year to promote children's fitness through non-competitive running.

In 1989 let's all resolve to spread the running word to younger parents and youth educators everywhere. Through our examples and education, we can illustrate how (in terms of time and cost) a modest running program can provide the best payoff in terms of basic physical fitness for our nation's youth.

- Mark Conover, in winning the 1988 U.S. Men's Marathon Trials, showed us the intensity of the flame that burns in true competitors. As a relative unknown suddenly turned star, the San Luis Obispo man taught us that you don't have to be great to achieve greatness. Ditto for Jeff Atkinson on the shorter end of the distance running pole, in winning the T&F Trials mile.

- Kim Gallagher, in overcoming injury and anemia, and Patti Sue Plumer, in making a miraculous comeback from serious pneumonia—to compete on our team in Seoul—told us that out of the depths of adversity a light shines at the end of the tunnel. We only need to follow it.

- International veterans Steve Scott and Nancy Ditz reinforced the values of dedication and persistence in 1988. The examples each set in their support of the sport, and in their always-gracious performances, are worth far more than what any amount of prize or appearance money can provide.

- Ultrarunning continued to mature in 1988, as on the local, national, and world levels ultrarunners received long-deserved credit in a facet of our sport that is no longer considered an aberration. Two young California ultrarunners emerged at the top of the world ranks in 1988. Kathy D'Onofrio-Wood had a year to remember, as she secured a husband (Tom Wood) and not long after that her second win (breaking her own course record) at the Western States 100. Berkeley's Ann Trason improved so rapidly in the ultradistances that her mind-boggling performances bor-

dered on the mythical. Not only did she win the women's division of the incomprehensibly difficult Leadville 100 in the Colorado Rockies, she went on to shatter a top-notch field and set a certified world best of 7:30:49 at the Santander 100Km on the roads along the north coast of Spain. The event served as an IAAF World Cup event—the first time the world governing body has affiliated itself with an ultramarathon.

In the near future, expect ultrarunning to increasingly become a specialty among younger distance runners. Although ultra-events will continue to attract more older runners who are seeking challenges beyond the marathon, the increased recognition and exposure of ultras will lure a younger breed of athlete who is long on endurance and perhaps a bit short on blazing speed.

- In track & field we saw several local all comers meets in California incorporate 10,000 meter events for women in '88. Motivated by the upcoming first-ever women's 10,000 in the Olympics, coaches and female athletes sought track races where they could qualify to compete in the "10" at the Track & Field Trials. Let's hope this trend continues in 1989—providing more opportunities, in general, for both the recreational runner and serious T&F athlete alike to compete on the track.

In 1989 we'll see at least one local Grand Prix Circuit of track & field events (organized by PA-TAC) which offers both competition and prize money for local TAC association athletes.

On the women's side, why not consider turning the officially-recognized women's 3,000 into a steeplechase and add a 5,000—in order to offer the same range of distance events as the men get?

- The abundance of cross country and trail races in California '88 led the way in continued growing interest and participation in this aspect of our sport. Participants at all levels will continue to seek off-road training and racing as an alternative to everyday pavement pounding. Interest in cross country, particularly, will peak in this state in 1989 as the TAC Cross Country Nationals return to the San Francisco area in November.

- Relay events, too, will become more widespread and popular—particularly corporate relays, which were made a part of many already existing races in '88. The Asics Cup/Ekiden Relays in New York City brought together the nation's best men and sparked the interest of runners and followers of the sport

nationwide. As Ekiden returns in '89, our California state team will defend its title after selecting team members via local qualifying races throughout the state.

- The "turnover" of road races in California stabilized in 1988, as race directors of established events used renewed creativity in finding new sponsors and in managing and staffing races. While shoe companies (particularly the "big two") continued to lend support to races, limited resources in that market had races looking for new avenues of sponsorship. Automobile makers, high tech firms, health care industries, and body wear manufacturers took up the slack in several cases.

The vivid exception was the San Francisco Marathon, which not only lost its title sponsor, but also received resistance from its home city. However, look for San Francisco to return in '89 with new wings. The San Diego Marathon, too—now being the only marathon in that town, and having joined forces with L.A. Marathon's Bill Burke's organizing team—should be stronger in '89.

The trend, when money is available, is to hire professional event organizers and/or finish line services to handle the numerous details and logistics required for many races. Thus, these services will continue to be in high demand. Overall race quality will improve while entry fees will generally rise to cover the costs of expert guidance, municipal services, etc.

- Renewed sponsor support contributed to bigger prize money purses at many California races, which reflected a national movement. 1988's total prize money distributed in the U.S.—more than 4 million dollars—exceeded the previous year's figure, and will, most likely, do so again in '89. More performance incentives, plus appearance monies, allowed us to see a significant number of national and world class runners in our state's road races.

Still, compensation for our top runners can sustain precious few in the sport. I see a new faction among many devoted competitors—who would like to make a living at running—taking the initiative in obtaining new supporters, and pushing for more prize money circuits. I see the voice of the gifted, dedicated runner getting louder in this respect. The issue of compensation for superior running performers and performances, like the women's movement for equal pay, will gain more force and more consideration in '89 and beyond.

- Corder Nelson, 69, of Carmel, CA, the original founder of *Track & Field News* magazine, was elected to the National Track &

22nd ARCADIA INVITATIONAL

Track and Field Meet for
High School Men & Women

**SATURDAY
APRIL 8, 1989**

"Challenge Yourself Against The Best"

- 1988 Meet featured on ESPN's "Scholastic Sports America"
- 1988 Meet featured fourteen nation-leading efforts to that point in the season and nine other event winners with the second best mark nationally to that point in the season. Twenty-three of thirty-three event winners in 1988 meet recorded the top mark in California up to that point in the season.
- 1988 Meet featured entries from 25 of the 31 eventual individual and relay California State Champions (ten did not win their event at the Arcadia meet).
- Fourteen 1988 U.S. Olympic Track & Field team members competed in the Arcadia Invitational as preps. 1988 Arcadia competition featured eighteen athletes and relay teams accorded "All-American" status by *Track & Field News* (among the top three in the nation in their event).
- Six national high school records in the last eleven years.
- Sanction applied for all California sections, Arizona, Oregon, and Nevada schools.

MEET RECORDS:

Men: 10.40-20.79-46.70-1:49.9-4:07.7-8:45.3-13.70-36.42-41.16-3:11.33-10:13.6 (DMR)-7'2"-17'3"-24'-10"-50'11"-66'10"-224'3".

Women: 11.57-23.77-52.90-2:10.33-4:48.59-10:18.44-13.71-42.32-45.80-3:46.3-11:59.11 (DMR)-6'0"-20'4 3/4"-41'9" (TJ)-50'10"-172'4".

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Doug Speck
Arcadia Invitational-Arcadia High School
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Field Hall of Fame in Indianapolis in '88. This recognition of an outstanding journalist's contribution to the sport comes in an era of hard times for the running publication trade. Although California forges the way in running publications (with *T&F News*, *Running Times*, *California Track & Running News*, *RunCal*, and a plethora of running club newsletters published here), those on the inside work in a tenuous trade. The national inclination is away from reading and reading literacy. What lies ahead in '89? Renewed efforts on the part of running publications to retain and gain readers.

What were the most exciting moments for me while following California running and runners in 1988? Many moments come to mind. Several stand out:

- Mark Conover taking the lead in the marathon trials and pulling away from Ed Eyestone to secure victory and an Olympic berth had the California running community (myself included) in jubilation for weeks.

- Likewise, PattiSue Plumer's superhuman effort at a hot Olympic Track & Field Trial, finally collapsing at the finish of the 3,000 to gain the third spot on the team is an image that remains long lasting.

- Finally, following the Examiner Bay to Breakers run, the virtual sea of runners—all ages, sizes, nationalities, and speeds—gathered on a huge expanse of Golden Gate Park lawn at Footstock. While languishing in individual glories, gratefully sprawled in spring sunshine, as we watched the huge rock concert-style stage where the winners received their awards—the snapshot of that moment indelibly pasted itself in my scrapbook of the best of times.

So long, 1988. It was a good year; it was a challenging year. It was a constructive year; it was a year of glory and of irony. It was an Olympian year in the true sense of the word.

Welcome '89. Now if I can only keep that mileage in check, improve that marathon time, and...

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on California running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

KINNEY

CROSS COUNTRY

CHAMPIONSHIPS

Western Regional

December 3, 1988 ~ Woodward Park,
Fresno, California
5,000 Meters



Western Winners:
Francis O'Neill & Kira Jorgensen

Freshman Boys Unseeded

1	Brian Keim (Orange Glen HS/Escondido)	16:38
2	Guy Hawes (Carson City HS/Carson City, NV)	16:39
3	Michael Krentzin (Taft HS/Woodland Hills)	16:41
4	Jonath Jones (Gallup HS/Gallup, NM)	16:41
5	Jon Steele (Carson City HS/Carson City, NV)	16:42
6	Polo Duarte (Madera HS/Madera)	16:47
7	Angel Martinez (San Gabriel HS/Rosemead)	16:52
8	Erik Hyde (Amador Valley HS/Pleasanton)	17:07
9	Aengus Jeffers (Stevenson HS/Pebble Beach)	17:10
10	Ricky Montoya (Espa Valley HS/SCruz, NM)	17:12
11	Ryan Dehl (Sacramento HS/Sacramento)	17:13
12	Justin Findlay (Valley HS/Las Vegas, NV)	17:14
13	Chris Lynch (Laguna Hills HS/Laguna Hills)	17:18
14	Chris Ray (Bonita HS/La Verne)	17:19
15	Jason Kayne (Grossmont HS/El Cajon)	17:21
16	Guillermo Falla (DeLaSalle HS/Pittsburg)	17:25
17	Francisco Madrigal (Madera HS/Madera)	17:25
18	Jason Branch (Serra HS/So. San Francisco)	17:26
19	Eric Engel (San Pasqual HS/Escondido)	17:27
20	Adam Vimmerstedt (Sahuaro HS/Tucson, AZ)	17:32
21	Sean Dempsey (Corona del Mar HS/Newt Bch)	17:34
22	Craig Dunn (Dana Hills HS/Laguna Niguel)	17:35
23	Michael Cady (Walnut HS/Walnut)	17:35
24	Jeff Braithwaite (Mountain View HS/Orem, UT)	17:35
25	Marc Boulland (Martin Murphy HS/San Jose)	17:37

Sophomore Boys Unseeded

1	Javier Lozano (Helix HS/Lemon Grove)	16:02
2	Robert Cardenas (Sanger HS/Sanger)	16:09
3	Scott Werve (Oxnard HS/Oxnard)	16:12
4	Shawn Page (Redondo Union HS/Hermosa Bch)	16:21
5	Marcus Hogle (Sahuaro HS/Tucson, AZ)	16:23
6	Daniel Niednager (Dana Hills HS/Laguna Niguel)	16:24
7	Rick Matson (El Toro HS/El Toro)	16:24
8	Steve Gonzales (Carson HS/Carson)	16:25
9	Kent Laird (Flathead HS/Whitefish, MT)	16:26
10	Michael Cardenas (Grant HS/Sacramento)	16:28
11	Anthony Townsell (Reed HS/Sparks, NV)	16:28
12	D. Scott Morrey (Brighton HS/Salt Lk City, UT)	16:30
13	Darin Loucks (Beyer HS/Modesto)	16:34
14	Mark Douglas (Moreau HS/Pleasanton)	16:34
15	Brian Godsey (Taft HS/Woodland)	16:35
16	Marco Ocegüera (Rubidoux HS/Riverside)	16:35
17	Juan Gutierrez (Rosemead HS/Rosemead)	16:36
18	Nathan Painter (Kearns HS/Salt Lake City, UT)	16:36
19	Sam King (Westwood HS/Scottsdale, AZ)	16:37
20	Kerry Classen (Mission Viejo HS/Mission Viejo)	16:37
21	Thad Seethaler (Bartlett HS/Anchorage, AK)	16:38
22	Chjris Bain (Rubidoux HS/Riverside)	16:38
23	Steven Guerrini (Santa Rosa HS/Santa Rosa)	16:38
24	James Joyner (Gunderson HS/San Jose)	16:39
25	Mike Marumoto (Corona del Mar HS/Newpt Bch)	16:45

Frosh/Soph Girls Unseeded

1	Deanna Hadley (San Pasqual HS/Escondido)	18:59
2	Amy Jo Allen (Mountain View HS/Orem, UT)	19:26
3	Crista Matthews (Lake Havasu HS/Lk Hav, AZ)	19:33
4	Karen Zareski (Palos Verdes HS/PVerdes Est.)	19:38
5	Joanna DellaGatta (Palos Verdes HS/PV Est.)	19:38
6	Kami Gardner (College Prep HS/Oakland)	19:39

7	Kathleen Carl (Mt. Carmel HS/San Diego)	19:42
8	Karen Hinkle (Buena HS/Ventura)	19:42
9	Juliet Stone (Mt. View HS/Orem, UT)	19:43
10	Naomi Nielsen (Mtn Crest HS/Paradise, UT)	19:43
11	Denali Kemppe (W Anchorage HS/Anchrg, AK)	19:45
12	Tamara DeGroot (Visalia Christian HS/Hanford)	19:46
13	Valerie Daudel (St. Lucy's Priory HS/LaVerne)	19:49
14	Olivia Sanchez (Bend Sr. HS/Bend, OR)	19:50
15	Jennifer Villasenor (San Pasqual HS/Escondido)	19:53
16	Kristen Nuttall (Mountain View HS/Orem, UT)	19:55
17	Tracy Fatone (Los Alamitos HS/Los Alamitos)	19:56
18	Isabel Quintero (Watsonville HS/Watsonville)	19:57
19	Angie Cooper (Mt. Carmel HS/San Diego)	20:00
20	Amy Blackwell (Basic HS/Henderson, NV)	20:04
21	Keri Raybould (Leland HS/San Jose)	20:08
22	Wendy Lutgen (Capital HS/Helena, MT)	20:09
23	Stacie Fountain (Thurston HS/Springfield, OR)	20:10
24	Chrissy Bush (Stadium HS/Tacoma, WA)	20:12
25	Toko Senga (Palos Verdes HS/Rancho P.V.)	20:13

Junior Boys Unseeded

1	Thomas Tucker (Westwood HS/Mesa, AZ)	16:01
2	Gabe Delgado (Nevada Union HS/Nevada City)	16:03
3	John Hannon (Woodside HS/Redwood City)	16:04
4	John Dahl (Sacramento HS/Sacramento)	16:04
5	David Crain (Laguna Beach HS/Laguna Bch)	16:05
6	Matthew Metzger (S.F. University HS/Belvedere)	16:06
7	Carlos Sanchez (Madera HS/Madera)	16:12
8	Russell Reid (Santana HS/Alpine)	16:13
9	Eric Taylor (Grant HS/Sacramento)	16:14
10	Luis Escanuela (Eisenhower HS/Riatio)	16:15

11	Jason Atwood (Castro Valley HS/Castro Valley)	16:17
12	Rich Lockwood (Fountain Valley HS/Fountain Vly)	16:19
13	Dean Frampton (Seabury Hall HS/Kula, HI)	16:21
14	Derek Kite (Agoura HS/Agoura)	16:24
15	Joel Lang (Helena HS/Clancy, MT)	16:25
16	Kevin Baxter (Fresno HS/Fresno)	16:26
17	Ed McCormick (Prospect HS/San Jose)	16:27
18	Dave Birgil (Santana HS/Alpine)	16:28
19	John Serrano (Canyon HS/Canyon Country)	16:28
20	Jim Xavier (Lake Havasu HS/Lake HavCity, AZ)	16:29
21	Andrew Wignot (Dos Pueblos HS/Santa Barbara)	16:30
22	Dan Zoldak (Bellarmine HS/San Jose)	16:31
23	Tyler Robbins (DeLaSalle HS/Walnut Creek)	16:33
24	Jeremy Redding (Central Valley HS/Summit City)	16:33
25	Paul Goodrich (Dos Pueblos HS/Santa Barbara)	16:36

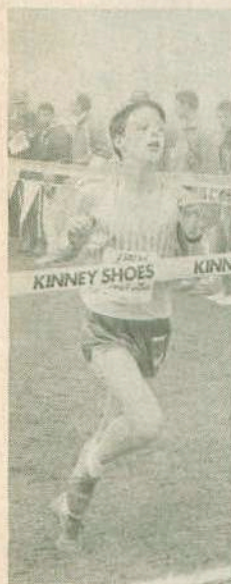
Jr/Sr Girls Unseeded

1	Evie Barry (Santa Teresa HS/San Jose)	19:03
2	Shannon Hansen (Chugiak HS/Eagle River, AK)	19:21
3	Zita Hillinger (Serrano HS/Wrightwood)	19:26
4	Mary Ann Barrientos (Madera HS/Madera)	19:28
5	Becky Petty (Golden West HS/Visalia)	19:31
6	Karen Steiner (South Hills HS/West Covina)	19:31
7	Nanette Nelsen (Poplar HS/Poplar, MT)	19:33
8	Heather Wyatt (Hanford HS/Hanford)	19:34
9	Jean Harvey (Paraclete HS/Lancaster)	19:38
10	Regena Schudlich (Dana Hills HS/Laguna Niguel)	19:41
11	Paula Kies (Sahuaro HS/Tucson, AZ)	19:44
12	Tish Bennett (Norco HS/Norco)	19:44
13	Dina Farage (Gunderson HS/San Jose)	19:46
14	Kelly Loos (Sonora HS/Sonora)	19:48

15	Michele Rodda (Vacaville HS/Vacaville)	19:49
16	Katy Schultz (Torrance HS/Torrance)	19:51
17	Teresa Sardoval (Montebello HS/Montebello)	19:54
18	Marissa Van Der Valh (Buena HS/Ventura)	19:55
19	Kelly Fay (San Pasqual HS/Escondido)	20:01
20	Julia Ondriock (Mazama HS/Klamath Falls, OR)	20:02
21	Amber Leverett (Dana Hills HS/San Juan Cap.)	20:03
22	Jennifer Walters (Hesperia HS/Hesperia)	20:04
23	Joy Silachai (Vacaville HS/Vacaville)	20:07
24	Audra Brinkerhoff (Carson City HS/CarCity, NV)	20:09
25	Nikki Carey (Sahuaro HS/Tucson, AZ)	20:09

Senior Boys Unseeded

1	Mike Rattary (Canyon HS/Canyon Country)	15:53
2	Jesus Naranjo (Wilson HS/Los Angeles)	16:05
3	Shane Curtis (Bakersfield HS/Bakersfield)	16:07
4	Brad Chwatal (Sahuaro HS/Tucson, AZ)	16:09
5	Duane Shumway (Mt. View HS/Orem, UT)	16:11
6	Jonathan Stiles (El Modena HS/Orange)	16:21
7	Kurt Bereskin (Torrance HS/Torrance)	16:24
8	Gregory Jolley (Mt. View HS/Orem, UT)	16:25
9	Elliot Kouri (Casa Roble HS/Citrus Heights)	16:28
10	Dan Stucker (San Mateo HS/Hillsborough)	16:29
11	Troy Rowtham (Leusinger HS/Hawthorne)	16:29
12	Todd Mills (Malad HS/Malad, ID)	16:30
13	Christopher Grover (West Anchorage HS/AK)	16:34
14	Salvador Hernandez (El Cajon Valley HS/El Cajon)	16:34
15	David Haskell (Elsinore Union HS/Lake Elsinore)	16:35
16	Neil Saweliew (Davis HS/Davis)	16:35
17	David Flatley (Fountain Valley HS/Huntington)	16:35
18	Ian Hunter (Prospect HS/San Hose)	16:36



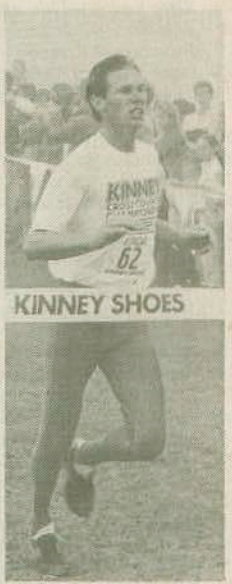
BRIAN KEIM
1st Frosh Boys



JAVIER LOZANO
1st Soph Boys



DEANNA HADLEY
1st Frosh/Soph



THOMAS TUCKER
1st Junior Boys



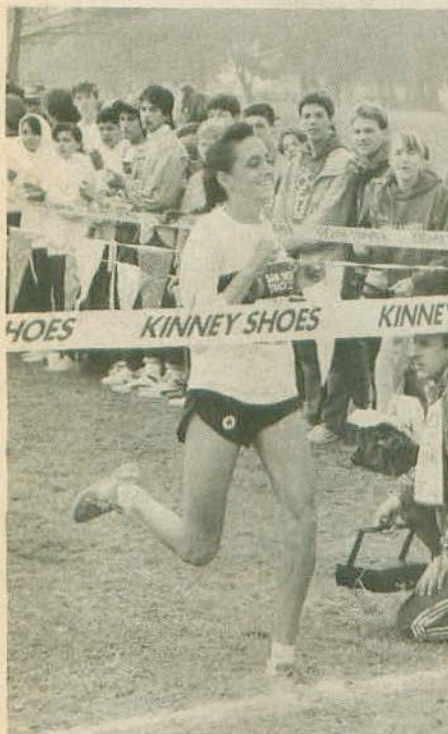
EVIE BARRY
1st Jr/Sr Girls



MIKE RATTARY
1st Senior Boys

Photos: Fine Flicks by Don Gosney

19	Jasper Antonio (Wingate HS/Church Rock, NM)	16:39
20	Randy Wolfe (Hemet HS/Mt. Center)	16:39
21	Tim Coburn (Lincoln HS/Stockton)	16:40
22	Jon Wright (Caldwell HS/Caldwell, ID)	16:41
23	Jon King (Dos Pueblos HS/Goleta)	16:41
24	Blair Venables (Encinal HS/Alameda)	16:41
25	Kent Kappen (Los Gatos HS/Los Gatos)	16:46



KIRA JORGENSEN

Fine Flicks by Don Gosney

Seeded Girls

FIRST TEAM ALL WESTERN-NATIONAL QUALIFIERS:

1	Kira Jorgensen (Rancho Buena Vista HS/Vista)	17:28
2	Rayna Cervantes (Montebello HS/Montebello)	17:31
3	Lisa Dressel (John Rogers HS/Cobert, WA)	17:34
4	Tina Gorbet (Lassen HS/Susanville)	17:38
5	Deena Drossin (Agoura HS/Agoura)	17:42
6	Karen Hecox (South Hills HS/West Covina)	17:46
7	Carissa Seward (Goldendale HS/Goldendale, WA)	17:49
8	Amber Clark (Dodson HS/Mesa, AZ)	17:53

SECOND TEAM ALL WESTERN:

9	Jamie Park (Santa Barbara HS/Santa Barbara)	18:10
10	Kristie Brown (Provo HS/Provo, UT)	18:14
11	Beth Bartholomew (Fremont HS/Sunnyvale)	18:17
12	Suzanne Castruita (West Covina HS/West Cov)	18:19
13	Stacie Hoitnk (Kennewick HS/Kennewick, WA)	18:20
14	Becky Bybee (Mountain View HS/Orem, UT)	18:24
15	Jeannie Berthiaume (Helena HS/Helena, MT)	18:26
16	Stephanie Malnack (Linwood HS/Linwood)	18:27

THIRD TEAM ALL WESTERN:

17	Sandy Bekling (Quartz Hill HS/Leona Valley)	18:27
18	Cindy Craig (Basic HS/Henderson, NV)	18:28
19	Sandra Acosta (Walnut HS/Walnut)	18:33



Seeded Boys action (from left): #432 Pat Hubbard, #3 Francis O'Neill, #1 Chris Schurz, Louie Quintana (behind Schurz), #605 Bryan Dameworth, #77 Donald Higgins, #10 Jimmy Rodriguez, and #20 Scott Hempel.

Fine Flicks by Don Gosney

20	Karen Talamantes (Western Christian HS/Cov)	18:36
21	Anje Miranda (Palm Springs HS/Cathedral City)	18:36
22	Rebecca Spies (Livermore HS/Livermore)	18:37
23	Kimberly Orlando (Carson City HS/Car City, NV)	18:39
24	Tara Laws (San Juan HS/Blanding, UT)	18:44

25	Julie Sorenson (Orem HS/Orem, UT)	18:45
26	Martha Pinto (Katella HS/Anaheim)	18:49
27	Kim Neighbour (Bend HS/Bend, OR)	18:49
28	Brooke Prichard (Vacaville HS/Vacaville)	18:50
29	Annabelle Ortiz (Esparola Valley HS/Espan, NM)	18:50
30	Terri Smythers (San Clemente HS/San Clem)	18:50
31	Shea Abby (Bend HS/Bend, OR)	18:51
32	Maya Muneno (Palos Verdes HS/PVerdes Est)	18:52
33	Tiffany York (Agoura HS/Agoura)	18:53
34	Mira Horrbacher (Rancho Buena Vista/Vista)	18:54
35	Ashley Black (Palos Verdes HS/PVerdes Est)	18:56
36	Rachel Lewis (Santa Catalina HS/Monterey)	18:58
37	Lucinda Reyes (Lakewood HS/Long Beach)	19:00
38	Teresa Beltran (Valley HS/Santa Ana)	19:01
39	Kelly Young (Grossmont HS/La Mesa)	19:02
40	Laura Doering (Villa Park HS/Villa Park)	19:02
41	Nicole Robbins (Hesperia HS/Hesperia)	19:03
42	Phaydra Newport (Sitka HS/Sitka, AK)	19:06
43	Melissa Moffett (Stadium HS/Tacoma, WA)	19:16
44	Diana Pyne (Mountain View HS/Orem, UT)	19:18
45	Andrea Garner (Illinois Valley HS/Cave Junct,OR)	19:18
46	Michelle Keim (San Pasqual HS/Escondido)	19:20
47	Jennifer Dander (Shadow Mountain HS/Phnx, AZ)	19:22
48	Maria Vargas (Santa Ana Valley HS/Santa Ana)	19:23
49	Alva Dancel (Mills HS/San Mateo)	19:26
50	Persephone Lowery (Norco HS/Corona)	19:26

Seeded Boys

FIRST TEAM ALL WESTERN-NATIONAL QUALIFIERS:

1	Francis O'Neill (San Pasqual HS/Escondido)	14:56
2	Bryan Dameworth (Agoura HS/Calabasas)	14:58
3	Jimmy Rodriguez (Valley HS/Santa Ana)	15:00
4	Chris Schurz (Westwood HS/Scottsdale, AZ)	15:02
5	Louie Quintana (Arroyo Grande HS/Mipomo)	15:02
6	Pat Hubbard (Basic HS/Henderson, NV)	15:02
7	Scott Hempel (Walnut HS/Walnut)	15:03
8	Michael Williamson (Thousand Oaks HS/TOaks)	15:05

SECOND TEAM ALL WESTERN:

9	Dave Spence (Timpview HS/Provo, UT)	15:06
10	Chris Lewis (Mead HS/Spokane, WA)	15:14
11	David Welsh (Jesuit HS/Meadow Vista)	15:18
12	Mike Shannon (So. Salem HS/Salem, OR)	15:19
13	Donald Higgins (Wilson HS/Tacoma, WA)	15:22
14	Eddie Lavelle (Corona del Mar HS/Corona del Mar)	15:23
15	Dave Hartman (Canyon HS/Canyon Country)	15:25
16	John Soto (Maryvale HS/Phoenix, AZ)	15:26

THIRD TEAM ALL WESTERN:

17	Manuel Archibeque (Trevor Brown HS/Phoenix, AZ)	15:26
18	Kirk Bronander (Prescott HS/Prescott, AZ)	15:26
19	Marvin Hood (Wingate HS/Church Rock, NM)	15:27
20	Matt Hempel (Walnut HS/Walnut)	15:27
21	Natavidad Gaona (Belmont HS/Los Angeles)	15:27
22	Craig Lawson (Granada Hills HS/Granada Hills)	15:28
23	Gary Stolz (Miraleste HS/Rancho P.V.)	15:29
24	Dave Draheim (Bend HS/Bend, OR)	15:32

25	Martin Morales (Wilson HS/Los Angeles)	15:33
26	Mike Farrell (San Clemente HS/San Clemente)	15:34
27	Andy Bupp (Woodside HS/Redwood City)	15:35
28	Greg Kuntz (Mead HS/Spokane, WA)	15:35
29	Steven Frisone (Laguna Hills HS/Laguna Hills)	15:38
30	Peter DeLaCorda (Alemany HS/Sylmar)	15:38
31	Darrell Joe (Gallup HS/FL Wingate, NM)	15:39
32	Danny Jordan (Venice HS/Venice)	15:39
33	Jorge Rodriguez (Fairbrook HS/Fairbrook)	15:40

34	Richard Lee (Chugiak HS/Eagle River, AK)	15:41
35	Cory Davis (Vacaville HS/Vacaville)	15:41
36	Eric Christopherson (Walnut HS/Walnut)	15:41
37	Jim McCreery (Campbell Co. HS/Gillette, WY)	15:43
38	Jason Drake (Campbell Co. HS/Gillette, WY)	15:43
39	Jason Brown (Provo HS/Provo, UT)	15:44
40	Kenneth Harmon (Basic HS/Henderson, NV)	15:44
41	Stephen Niednagel (Dana Hills HS/Laguna Niguel)	15:44
42	Tony Castellon (La Puente HS/La Puente)	15:45
43	Jeremy Seven (DeLaSalle HS/Clayton)	15:45
44	Chris Gilbert (Wasilla HS/Wasilla, AK)	15:46
45	Juan Romero (Arvin HS/Arvin)	15:46
46	Jose Brito (Valley HS/Santa Ana)	15:47
47	Robert Nelson (Muir HS/Tujunga)	15:48
48	Kienan Slate (Colfax HS/Colfax, WA)	15:48
49	Michael Tansley (Dana Hills HS/Dana Point)	15:49
50	Emerson Chee (Gallup HS/Gallup, NM)	15:50

State Team Places

Boys

- 1 California (Francis O'Neill, Escondido 14:56; Bryan Dameworth, Calabasas, 14:58; Jim Rodriguez, Santa Ana, 15:00; Louie Quintana, Nipomo, 15:02; Scott Hempel, Walnut, 15:03) 74-59.
- 2 Arizona (Chris Schurz, Scottsdale, 15:02; John Soto, Phoenix, 15:26; Manuel Archibeque, Phoenix, 15:26; Kirk Bronander, Prescott, 15:26; Roy Alvarez, Tucson, 15:53) 77-13.
- 3 Washington (Chris Lewis, Spokane, 15:14; Donald Higgins, Tacoma, 15:22; Greg Kuntz, Spokane, 15:35; Kienan Slate, Colfax, 15:48; Andy Harris, Yaquina, 15:52) 77-51.
- 4 New Mexico (Marvin Hood, Church Rock, 15:27; Darrell Joe, Ft. Wingate, 15:39; Emerson Chee, Gallup, 15:50; Derek West, Albuquerque, 15:55; Edison James, Ft. Wingate, 16:09) 79-00.
- 5 Oregon (Mike Shannon, Salem, 15:19; Dave Draheim, Bend, 15:32; Bruce Matheny, Klamath Falls, 15:59; Todd Washburn, Newburg, 16:01; Chad Schacht, Eugene, 16:22) 79-13.
- 6 Utah (Dave Spence, Timpview, 15:06; Jason Brown, Provo, 15:44; Chad Bybee, Mt. View, 15:51; Duane Shumway, Mt. View, 16:11; Gregory Jolley, Mt. View, 16:25) 79-17.
- 7 Nevada (Pat Hubbard, Henderson, 15:02; Kenneth Harmon, Henderson, 15:44; Kevin Buscay, Carson City, 16:13; Anthony Townsell, Sparks, 16:28; Billy Jefferies, Henderson, 16:35) 80-02.
- 8 Alaska (Richard Lee, Eagle River, 15:41; Chris Gilbert, Wasilla, 15:46; Jake Bartholomy, Anchorage, 15:56; Christopher Grover, Anchorage, 16:34; Thad Seehaler, Anchorage) 80-35.
- 9 Montana (Michael Bailly, Helena, 15:59; Chris Colberg-McCabe, Helena, 16:06; Myron Shield, Garryowen, 16:17; Craig Kockler, Helena, 16:18; Joel Lang, Clancy, 16:25) 81-05.
- 10 Idaho (JDee Wilson, Pocatello, 15:59; Todd Mills, Malad, 16:30; Jon Wright, Caldwell, 16:41; Craig Hudson, Pocatello, 16:58; Tyler Hill, Malad, 17:10) 83-18.

Girls

- 1 California (Kira Jorgensen, Vista, 17:28; Rayna Cervantes, Montebello, 17:31; Tina Gorbet, Susanville, 17:38; Deena Drossin, Agoura, 17:42; Karen Hecox, West Covina, 17:46) 88-05.
- 2 Washington (Lisa Dressel, Colbert, 17:34; Carissa Seward, Goldendale, 17:49; Stacie Hottink, Kennewick, 18:20; Stephanie Malnaack, Linwood, 18:27; Melissa Moffett, Tacoma, 19:16) 91-26.
- 3 Utah (Kristie Brown, Provo, 18:14; Becky Bybee, Mt. View, 18:24; Tara Laws, Blanding, 18:44; Julie Sorenson, Orem, 18:45; Diana Pyne, Mt. View, 19:18) 93-25.
- 4 Arizona (Amber Clark, Mesa, 17:53; Jennifer Dander, Phoenix, 19:22; Crista Matthews, Lake Havasu, 19:33; Paula Kies, Sahuaro, 19:44; Sara Herman, Phoenix, 19:57) 96-29.
- 5 Oregon (Kim Neighbour, Bend, 18:49; Shea Abby, Bend, 18:51; Andrea Garner, Cave Junction, 19:18; Olivia Sanchez, Bend, 19:50; Joni Wareham, Springfield, 19:51) 96-39.
- 6 Nevada (Cindy Craig, Henderson, 18:28; Kimberly Orlando, Carson City, 18:39; Amy Blackwell, Henderson, 20:04; Audra Brinkerhoff, Carson City, 20:09; Amber Young, Sparks, 20:20) 97-40.
- 7 Montana (Jeannie Berthiaume, Helena, 18:26; Heidi Ackerly, Big Fork, 19:31; Nanette Nelson, Poplar, 19:33; Wendy Lutgen, Helena, 20:09; Julie Sommers, Kalispell, 20:17) 97-56.
- 8 Alaska (Phaydra Newport, Sitka, 19:06; Shannon Hansen, Eagle

River, 19:21; Denail Kempel, Anchorage, 19:45; Julia Meneghelli, Palmer, 19:52; Felicia Cavanaugh, Fairbanks, 21:06) 99-10.

9 New Mexico (Annabelle Ortiz, Espanola, 18:50; LaShonda DeBoise, Gallup, 19:54; Denise Gishay, Gallup, 19:56; April Halate, Luri, 21:00; Carcine Romero, Espanola, 21:30) 101-10.

10 Idaho (Angela Walker, Chubbuck, 20:28; Andrea Gibbens, Boise, 20:32; Amy Propst, Boise, 20:44; Michelle Brown, Boise, 20:55; Coral Collins, Pocatello, 21:03) 103-42.

Kinney Cross Country National Championship

December 10, San Diego.

Overall Results - Boys

1. Brian Grasso (12) Walled Lake Wester HS, Walled Lake, MI, 15:03.
 2. Jason DiJoseph (12) Paul VI HS, Haddonfield, NJ, 15:10.
 3. Michael Mykytok (12) Bound Brook HS, Bound Brook, NJ, 15:12.
 4. Bryan Dameworth (11) Agoura HS, Calabasas, 15:15.
 5. John Cayle (12) Christian Bros HS, Lincroft, NJ, 15:15.
 6. Michael McWilliams (11) Grove City Area HS, Grove City, PA, 15:18.
 7. Francis O'Neill (12) San Pasqual HS, Escondido, 15:19.
 8. Jimmy Rodriguez (12) Valley HS, Santa Ana, 15:23.
 9. J. T. Burke (12) Xavier HS, Portland, CT, 15:24.
 10. Scott Hempel (12) Walnut HS, Walnut, 15:26.
 11. Kevin Krause (12) Longwood HS, Middle Island, NY, 15:27.
 12. John Horkheimer (12) Pittsford Mendon HS, Pittsford, NY, 15:27.
 13. John Finn (12) Catholic Memorial HS, West Roxbury, MA, 15:29.
 14. Chris Schurz (12) Westwood HS, Scottsdale, AZ, 15:29.
 15. Paul Stoneham (12) Midway HS, Hewitt, TX, 15:31.
 16. Mike Williamson (12) Thousand Oaks HS, Thousand Oaks, 15:33.
 17. Keith Pickett (12) Richland HS, Fort Worth, TX, 15:34.
 18. Jason Colvin (12) Ann Arbor Pioneer HS, Ann Arbor, MI, 15:35.
 19. Andre Williams (12) Armstrong HS, Richmond, VA, 15:35.
 20. Teddy Mitchell (11) Lyman HS, Longwood, FL, 15:38.
 21. Pat Hubbard (12) Basic HS, Henderson, NV, 15:39.
 22. Michael McClaran (11) New Prairie HS, New Carlisle, IN, 15:40.
 23. Thomas Woods (12) Triway HS, Wooster, OH, 15:52.
 24. Nick Radkewich (12) Lyman HS, Longwood, FL, 15:54.
 25. Gary Butts (12) Menchville HS, Newport News, VA, 16:03.
 26. Michael Lara (12) Ysleta HS, El Paso, TX, 16:05.
 27. Brant Armentrout (11) Mount Tabor, Winston-Salem, NC, 16:08.
 28. David Briggs (12) Sylvania Southview HS, Sylvania, OH, 16:08.
 29. Phillip Sanborn (12) Monroe HS, Monroe, MI, 16:10.
 30. Kevin Herd (12) Rangeview HS, Aurora, CO, 16:16.
 31. Douglas Milkowski (12) Stevens Point Area HS, Stevens Point, WI, 16:19.
 32. Louie Quintana (10) Arroyo Grande HS, Nipomo, 16:33.
- Team Scores:**
1. Northeast 25 (Jason DiJoseph, Michael Mykytok, John Coyle, Michael McWilliams, J.T. Burke, Kevin Krause, John Horkheimer, John Finn).
 2. West 43 (Bryan Dameworth, Francis O'Neill, Jimmy Rodriguez, Scott Hempel, Chris Schurz, Mike Williamson, Pat Hubbard, Louie Quintana).
 3. Midwest 92 (Brian Grosso, Jason Calvin, Michael McClaran, Thomas Woods, David Briggs, Phillip Sanborn, Kevin Herd, Douglas Milkowski).
 4. South 85 (Paul Stoneham, Keith Pickett, Andre Williams, Teddy Mitchell, Nick Radkewich, Gary Butts, Michael Lara, Brant Armentrout).

Overall Results - Girls

1. Celeste Susnis (11) Kankakee Valley HS, Wheatfield, IN, 17:14.
2. Melody Fairchild (10) Boulder HS, Boulder, CO, 17:18.

3. Christi Constantin (12) Kittatinny HS, Newton, NJ, 17:18.
4. Karen Hecox (11) South Hills HS, West Covina, 17:30.
5. Sarah Schwald (10) Liberty HS, Colorado Springs, CO, 17:39.
6. Megan Thompson (11) Hazelwood Central HS, Florissant, MO, 17:40.
7. Rayna Cervantes (12) Montebello HS, Montebello, 17:52.
8. Roberta Raszkowski (10) North East HS, North East, PA, 17:53.
9. Carrisa Seward (11) Goldendale HS, Goldendale, WA, 17:57.
10. Cheri Goddard (12) Saratoga Springs HS, Saratoga Springs, NV, 17:59.
11. Carole Zajac (11) Baldwin HS, Pittsburgh, PA, 18:02.
12. Meghan McCarthy (9) Robinson Secondary HS, Fairfax, VA, 18:04.
13. Calley Nelson (11) Florence HS, Florence, CO, 18:07.
14. Megan Flowers (9) Trinity Valley HS, Fort Worth, TX,



BRYAN DAMEWORTH - Top California finisher

- 18:08.
 15. Hollie Moore (12) Chantilly HS, Chantilly, VA, 18:09.
 16. Cruz Zarca (11) Sargent HS, Center, CO, 18:13.
 17. Deena Drossin (10) Agoura HS, Agoura, 18:16.
 18. Tina Gorbet (11) Lassen HS, Susanville, 18:17.
 19. Misty Allison (12) Chillicothe HS, Chillicothe, OH, 18:22.
 20. Wendi Runion (12) Central HS, Woodstock, VA, 18:28.
 21. Kira Jorgensen (12) Rancho Buena Vista HS, Vista, 18:33.
 22. Tracy Stevenson (12) Westminster HS, Atlanta, GA, 18:34.
 23. Amber Clark (9) Dobson HS, Mesa, AZ, 18:34.
 24. Daniela Daggly (12) Bloomington North HS, Bloomington, IN, 18:42.
 25. Lisa Dressel (12) John Rogers HS, Colbert, WA, 18:43.
 26. Kristen Hall (9) West Morris Central HS, Chester, NJ, 18:44.
 27. Nnenna Lynch (12) Hunter College HS, New York, NY, 18:45.
 28. Michelle Farmer (12) McCullough HS, The Woodlands, TX, 19:09.
 29. Emily Cartwright (9) Keene HS, Keene, NH, 19:25.
 30. Judy Scott (11) Langley HS, McLean, VA, 19:38.
 31. Andrea Lengi (12) James Madison HS, Vienna, VA, 19:42.
 32. Catherine Feeney (11) Wayne Valley HS, Wayne, NJ, 20:40.
- Team Scores:**
1. Midwest 27 (Celeste Susnis, Melody Fairchild, Sarah Schwald, Megan Thompson, Calley Nelson, Cruz Zarco, Misty Allison, Daniela Daggly).
 2. West 55 (Karen Hecox, Rayna Cervantes, Carrisa Seward, Deena Drossin, Tina Gorbet, Kira Jorgensen, Amber Clark, Lisa Dressel).
 3. Northeast 58 (Christi Constantin, Roberta Raszkowski, Cheri Goddard, Carole Zajac, Kristen Hall, Nnenna Lynch, Emily Cartwright, Catherine Feeney).
 4. South 83 (Meghan McCarthy, Megan Flowers, Hollie Moore, Wendi Runion, Tracy Stevenson, Michelle Farmer, Judy Stott, Andrea Lengi).

SoCal Diary

October 10

The Orange County High School championships was the only significant cross country activity this past week-end; and at that one Corona Del Mar was the overall boys winner turning back runner-up Santa Ana 80-102, while the girls from Newport Harbor ran away from the rest of the field and runner-up Los Alamitos 56-117.

October 17

The Los Angeles County championships at College of the Canyons highlighted this weeks competition with host Canyon High School outrunning powerful Belmont High 35-56 to win the boys title, while the Palos Verdes girls put on an unbelievable team performance as they shot out the entire field with a 15-65 score ahead of runner-up Quartz Hill.

The San Bernardino County championships had Ontario and 29 Palms High Schools taking home the team gold for the boys while Redlands and Serrano High were run away girls winners. Down at the Huntington Beach Invitational the boys of Upland, Agoura, and Sherman Indian Institute were divisional winners as were the girls from Mater Dei, Newport Harbor and Yucaipa.

At the College level, Pt. Loma Nazarene was a double winner at the Golden State Conference championships with a 32-42 margin over runner-up Cal Lutheran's men and a 43-69 winning effort in front of the women from Fresno Pacific.

Elsewhere at the CPSLO Invitational, the men and women representing the Nebraska Cornhuskers came West hoping for gold but had to settle for silver as they trailed the Reebok men and UCLA women by scores of 83-105 and 93-94 respectively.

October 24

The Mt. SAC High School Invitational was the only show in town last week and the ladies of Palos Verdes High really went out and stole the show as they ran away from the best in the west with an incredible score of 22 points ahead of an outstanding Agoura Team which was 2nd with 88. To score 22 points in a meet like the Mt. SAC Invitational is the equivalent of scoring 22 points in the NCAA Div. I Cham-

pionship, a totally unreal feat. In addition, the P.V. team time was 94:03 which was better than five full minutes ahead of Agoura's 99:29 or more than *one minute* per runner.



JESUS GUTIERREZ

photo by Frank Candida

In the boys race, Lincroft Christian Brothers High School from New Jersey made their venture west a successful one as they out-ran the boys from runner-up Camarillo 96-124 to capture team sweepstakes honors.

November 1

Four Conference Championships were de-

ecided this past week and in each case the same school took both the men and women's titles.

In the SCIAC, Oxy looked like it did in its heyday as it scored relatively easy 22-42 and 21-48 victories at Castaic Lake, with Claremont Mudd the runner-up both times Chris Tregillis, Emmet Hogan, Michelle Trimble, and Amy Cathcart provided 1-2 individual finishes for the Tigers.

At the CCAA Meet, there were certainly no surprises as CPSLO posted 38-54 and 20-64 victories over runner-up Cal State L.A. former Pasadena High star Jesus Gutierrez now at CSLA was the men's individual champ.

At the Big West Championships (formerly PCAA) it was a case of the rich getting richer, as Fresno State, which had dominated every aspect of the Track & Field area except for distance, took advantage of U.C. Irvine being in a rebuilding year and took the titles from the Anteaters by 33-44 and 29-38 counts.

Oregon continued its tradition of being a distance running power by sweeping the PAC-10 with a 31-61 victory over the Stanford men and a 43-75 win over the runner-up UCLA women. The UCLA men lead by Mark Dani's 2nd place finish were 3rd overall. The USC men, who were enjoying a very successful season had an off day and finished 8th. This finish, however, should not detract from the accomplishments of Trojan Coach Larry Knuth, who, almost single-handed has taken a distance program which was virtually non-existent and brought it to a point where it may be only one man away from a Conference Championship contender.

November 7

The big meet this past weekend was the College Division II Regionals held at CPSLO. At that one, despite some home cooking, the CPSLO men's team was upset by winner Cal State L.A. and Cal Poly Pomona 57-58-68 as the Golden Eagles' Jesus Gutierrez was again the individual champ. For the women, it was probably no more than a work out for CPSLO as they scored a microscopic 17 points ahead of UC Davis with 71.

In Community College Conference Finals,

By BILL MINARIK

SOCAL DIARY

San Diego Mesa has apparently replaced Grossmont as the San Diego area power as they swept both the men and women's divisions of the Pacific Coast Conference by 28-49 over SDCC and 34-53 over Mira Costa.

At the South Coast Conference, the men and women from El Camino likewise swept their divisions by 32-46 and 29-33 scores over runner-up Mt. SAC.

At the Western States Conference, the Glendale men were surprisingly easy 47-75 victors over runner-up Bakersfield while the ladies from Cuesta were runaway winners with only 31 points in a 12 team field.

November 14.

It certainly was a surprise to see the L.A. City C.I.F. Section begin its cross-country championships in mid-November instead of December, so it appears that they are serious about the State Meet. It was, however, no surprise to see the boys from Belmont to come out of the preliminaries as odds on favorite to run away with it all in the Finals. The Sentinels scored a microscopic 19 points while everyone else was between 96 and 130. On the distaff side, Wilson High appears to be the team to beat as they won their heat with 35 points with only Garfield and Belmont having a chance to catch them in the Finals.

At the C.I.F. Southern Section Prelims boys teams from Dana Hills, Rowland, Walnut, and the Sherman Indian Institute appear to be favorites in the Finals, while the girls from Palos Verdes, Hesperia, Agoura, and Maranatha look like potential Divisional Champions.

Up at Woodward Park at the NCAA Div. I Regionals, there was no real surprise in seeing Oregon capture both men and women's titles with 38 & 36 points respectively, however seeing Washington 2nd and USC 3rd in the men's competition must have stunned quite a few. The Trojans who could only get 8th in the PAC-10 Meet got solid performances from Fredson Mayiek (7th) and Ray Griffin (14th) to finish just ahead of UCLA 115-119. This appears to be the best cross-country team the Trojans have had since I've been following the sport in the mid 50's. For UCLA, all was lost when Mark Dani, who has been a front runner all year, succumbed to what was probably some illness and finished far back in the pack.

November 21.

Mt. SAC, as usual, was the site for the Southern High School Section Championships

last Saturday with some familiar names taking home the team gold. Boys teams from Dana Hills, Rowland, Arroyo Grande and Sherman Indian Institute, as well as girls squads from Palos Verdes, Norco, Agoura, and Maranatha, can now claim the title of C.I.F. champs.

At the L.A. City Section Championships held on the traditional Pierce College site, it was no surprise to see the Belmont Sentinel boys team race to their 7th consecutive championship 35-91 over Wilson, while the Wilson girls won for the 3rd straight time, 50-79 over Garfield.

At the State Community College Championships, the men from Taft, who just missed winning the State track title last spring, won it all 78-98 over 2nd place El Camino, while the women from Mt. SAC were close, but decisive 67-75 winners over runner-up American River.

The NCAA Division II Nationals saw Edinboro and Mankota State tie for the men's title with CPSLO, Cal Poly Pomona, and CS Los Angeles 4th, 5th, and 7th respectively. On the distaff side, however, the Cal Poly SLO Mustangs won an unprecedented 7th straight title 48-51 over runner-up Air Force.

Wisconsin Oshkosh took both the men and women's Division III titles, while Occidental was 12th and 9th respectively for the top So-Cal finish.

The NAIA Championships saw Adams State and Pacific Lutheran ease to men and women's championships while Cal Lutheran at 21st and Point Loma at 27th were the top local men and women teams.

November 28.

The State High School Championships at Fresno's Woodward Park turned into another SoCal show as Dana Hills, Corona Del Mar, and the Sherman Indian Institute swept all three boy's divisions. Palos Verdes and Newport Harbor captured girl's divisions I and II.

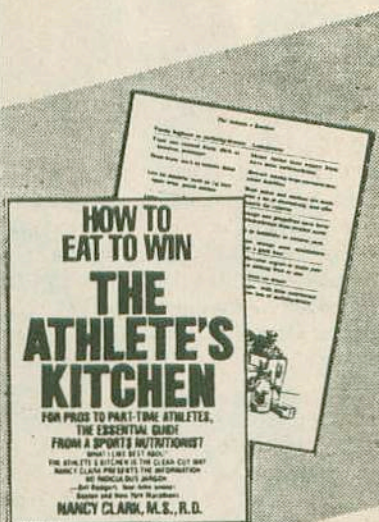
At the TAC Nationals, while Pat Porter was running away with his 8th consecutive men's title, UCLA's Mark Dani finished 10th to end his season on a high note.

December 5.

The Kinney Western Regionals was again a SoCal show as Frank O'Neill of San Pasqual High lead 6 Southern Sections boys to 6 of the top 8 spots, while Rancho Buena Vista's Kira Jorgensen lead a 1-2 SoCal finish in the girls race over Rayna Cervantes. ■

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John Koningh was searching for a word to describe himself during an interview on December 7.

The it came to him. "Durable".

Most of his fortunes in running are due to the quality that he and good friend Steve Scott possess, and that, he says, is durability.

At 32, Koningh has been a keen observer of, as well as top flight athlete in the running scene for over 15 years. With a personal best of 29:05 for 10,000 meters on the road and track times of 13:47.52 for 5,000 meters and 4:02.5 for the mile, Koningh has secured a spot for himself as a national-class runner.

While at La Canada High and at UC Irvine, Koningh witnessed the rapid rise and fall of

An Interview With

one of America's greatest ever prep runners, Eric Hulst.

Koningh has also been close friends with Steve Scott since they both enrolled at UCI as freshmen in 1974. After college Koningh became one of the original members of Scott's Sub-4 Track Club.

Koningh's successes while at UCI included all-American honors in Division 2 cross country, two NCAA team titles in Division 2 cross country and one team title in Division 2 track.

While at UCI (1974-1978) Koningh ran with Scott, Hulst, Ralph Serna, Don Moses, Brian Hunsacker and a number of other notable distance runners under the sometimes grueling, yet extremely productive coaching of Len Miller.

After graduating with a bachelor's degree in biology from UCI in 1978, Koningh went on to earn a chiropractic degree from the Pasadena College of Chiropractics in 1983 and now has his own practice in Newport Beach, called Koningh Chiropractic. He lives with wife Sandie in Irvine.

Koningh began running at La Canada High. He made All-CIF in cross country his junior and senior years, and was All-CIF in track his senior year, placing third in the CIF 2-A mile. Hulst, of Laguna Beach High, won the 2-A mile race that year as a sophomore. Hulst won the state two-mile title in 1977 (8:44.9) and 1976 (8:57.3). As a prep, Hulst ran phenomenal times of 8:44.6 for two miles, 13:51.9 for three miles, 27:58.0 for six miles and 28:55.0 for 10,000 meters.

In his freshman year at UCI, Hulst tied for first with Serna and Scott at the Division 2 cross country nationals. But by track season Hulst had fallen victim to injuries and never reached his world class potential. Koningh gave telling insights into the Eric Hulst story during the interview.

Koningh's best times in high school included a 51.6 quarter-mile, a 1:57 800, a 4:15 mile and a 9:38 two-mile.

Koningh graduated from La Canada High in 1974. In his sophomore year, UCI won the cross country and track nationals. Koningh finished 110th. In his junior year, UCI won the cross country nationals and took second in the track nationals. Koningh was 21st in the cross country meet for All-America honors. In his senior year, UCI went Division 1 and the Anteaters placed 13th at the cross country nationals.

Koningh has gone on to become a consistent force in road racing. By December 7, Koningh had completed in 22 races for 1988. He called it a slightly off year, due to the opening of his private practice.

Currently Koningh runs for the Gardena Valley Runners Club.

CTRN: You went all four years to UCI with Steve Scott.

Koningh: Ralph Serna joined us our sophomore year and so did Brian Hunsacker and we won the cross country nationals. The next year we added Hulst and Moses, but lost Hunsacker. Ed Ahlmeier was the fifth man at nationals with Moses sixth my junior year and we won again.

CTRN: Your experience at UCI, surrounded with such talent, must have had a lasting impression.

Koningh: Let me start with 1974. Out of high school we really didn't know what to expect. None of us knew each other. Well, I knew Steve, having competed against him through high school in both cross country and track. He was pretty dominant. He had run some really good times and he was second in the state at 800 meters.

I really didn't know I was going to go to UCI until the middle of the summer. The schools that had been approaching me I really didn't want to attend. They were too far away, back on the East coast, or schools in areas that I really didn't want to go to, like USC and Cal State L.A. I wanted to get out of the smog. Although I ruled out Irvine the Christmas before, it was one of the foremost choices by the summer. What prompted me to go there was it coming down between a junior college and UCI.

UCI coach Len Miller had time trials every two weeks in the summer. He invited me down just to see how good I would do and what type of position on the cross country team I would be. We had an

BY GREGOR ROBIN

JOHN KONINGH

11-mile time trial. It started at 11 and went down one mile every two weeks. At the 11-miler I was second so I was automatic varsity. Len was excited because I ran rather well. That was on a Sunday. By Monday he had me in school with housing. Not on a scholarship though, although he had arranged for it.

CTRN: We're talking 1974, so Len Miller, with those intrasquad races, kind of added to the road racing scene. There weren't really that many around.

Koningh: Exactly. He had them as a workout, yet also as a race to see if we'd been training. It went 11-10-9-8-7. The first day we had to report to actual training camp, a month before school started, on Labor Day, he had a seven-mile race that morning and then he put us on an ungodly workout that week and that day. We had a seven-mile race that morning and then that night we had to run a 14-mile distance run. We thought he was kidding. But we ended up putting in, plus-warmup, 22-to-23 miles that day. Needless to say, we were pretty sore the next day. Barely able to walk, let alone run.

CTRN: Do you attribute your strength today to those workouts?

Koningh: Not only strength, but mental toughness. The things we did during the years at Irvine were kind of inhumane. But in a way they made us prepared for anything. I mean, any workout that is thrown at me now is nothing compared to what we use to do. It made us mentally tough.

CTRN: The next year, your sophomore year, you won the cross country national.

Koningh: The NCAA Division 2 championships happened to be hosted right down here. Cal State Northridge was actually suppose to host it but Len persuaded the coach there to move the site down here so we had it at the Newport Beach Country Club, right in our back yard. We won very handily. Ralph Serna won the individual title in a course record in 23:41 for five miles his freshman year.

CTRN: Did the team go on to compete in Division 1?

Koningh: No. There were rules back then that even though we were the winning team, we couldn't send the team. The next year, my junior year, when we got Eric (Hulst), Steve, Ralph and Eric tied for first on an intentional tie and we won the Division 2 title in Springfield, Missouri. (Note: They ran 29:42 for 10,000 meters). All three went to Division 1 to run. (Note: Hulst was 34th in 29:24).

CTRN: Hulst was a dominant high school runner.

He won the World Junior Cross Country Championships, won the state title twice in the high school two-mile. He's not around anymore as far as in the running scene. What were his attributes?

Koningh: Eric was a really nice person. He wasn't part of the gang, you might say. He was more off to himself. He was religious. We were not, not that we were heathens or anything. As far as socially, we didn't do too much with him. We tried to include him as part of our group. It was pretty hard because he was a loner type. But a nice person. There was no problem with him at all.

CTRN: The year before, Serna wins the national title as a freshman. Then Hulst wins it as a freshman.

Koningh: They actually made Ralph win it. They (Scott and Hulst) were actually a foot behind him in the tie. It went Ralph, Eric, Steve.

CTRN: What were Hulst's attributes in running?

Koningh: He was very strong. He handled almost any workout. Most of us did, but some of us complained louder than he ever did, namely me. He was just an animal.

CTRN: What led to his fade from the running scene?

Koningh: The first year he did well in cross country especially. He went on to the Division 1 meet and finished in the 34th spot his freshman year. Then in the winter I remember he had a minor injury problem in December or January. So in track he never did much, something in his gut, in his butt. Never really got off the ground. Didn't have a very good track season at all. Part of it was the injury, partly because he was having trouble in school. In high school it's relatively easy. When you get to a college like UCI nothing is handed you on a silver platter. I think the transition from high school to college was more than Eric could handle. He was having trouble with that going into the second and third quarter. That, compounded with his injury, led to a disappointing track season. I don't know what was going on with his family and home life. His parents were divorced, so I don't know how much support he was getting there. He was very reserved and private about such matters. The only thing we ever found out was from Len, who was his high school coach at Laguna Beach before he went to Irvine.

Track was disappointing, the summer came, and as the cross country season approached, Len

would make all of us run a qualifying race to see who got on the cross country team. He made it really rigid. The time wasn't all that hard to beat, but it was a time standard that anyone who wanted to be on the cross country team had to meet. And we all did it in our sleep, but Eric didn't make it. We gave him another chance because we thought that it was a fluke that he didn't make it. He was either sick or whatever. But he also looked overweight and we found out that he hadn't been training all summer long. He was at some religious camp in the mountains and wasn't training. We gave him another chance to run that qualifying time before we went up to a training camp in the mountains and he didn't make it again. That was his sophomore year and our (Koningh's and Scott's) senior year and he didn't make the team, if you can believe that.

CTRN: And then what happened?

Koningh: Well, that was it. He didn't run. Track... I don't know what he was doing. I don't even think he ran again. He came back briefly in 1980 because I ran against him in the 1980 TAC cross country championships, and I think he beat me by about a second there. He was making a comeback, but injuries again forced him to retire. This time it was injuries to his knees.

CTRN: Just in your own opinion, looking at the scenario of the Eric Hulst story, what does it tell you?

Koningh: Most everyone believes that he did much too much in high school. After hearing what Len told me he was doping, I have to concur with that. And Len claims that he tried to make Eric back off. Even when Eric was at UCI and finished up at Laguna Beach Eric was possessed and did all sorts of two-a-day runs carrying weights and running hills. Laguna Beach is very hilly. He was in great shape for a couple of years and maybe just burned out. I don't know exactly the mileage, maybe 80-90 miles carrying weights on top of that in a back pack.

CTRN: Are you sad about it?

Koningh: It was an unbelievable waste of talent, that's for sure. We were saddened by it. Obviously it would have helped our team a lot better. Even our senior year, when he didn't make it, we were still ranked seventh of eighth in the country in Division 1.

CTRN: In 1977 your team placed 13th in NCAA Division I cross country. It was in Spokane, Washington.

Koningh: It was unbelievably cold, about 10-15 degrees at race time. We came from down here which was at the time about 70 degrees. We were

continued next page...

unprepared for the cold. Back then we had to contend with people like Washington State's Henry Rono, Samson Kimombwa and Joshua Kimento: the UTEPs, all the foreigners.

CTRN: Let's talk a little about Steve Prefontaine. He died in 1975, your freshman year in college.

Koningh: He became famous to me when I was in high school. I went to see the Pac-8 meet my junior year in high school, I believe. It was at UCLA. He won, naturally. He was kind of a motivating runner to me at that time, but more so were a couple of others, John Walker and Nick Rose. Both later joined our team at Sub-4. And there were some high school runners that I admired also.

CTRN: Was there really a Prefontaine mystique while he was alive?

Koningh: Oh sure. He always came through. And I know I was looking forward to the 1976 Olympics to see what he could do. He was fourth in the 5,000 1972, so being that he just missed a medal, I couldn't wait for the 1976 Games.

CTRN: What was the feeling like on your team when he died in the car accident?

Koningh: It was kind of shocking. The first day nobody knew the story, we just knew he had an accident.

CTRN: Looking back on your college career, what does it do for you now?

Koningh: It always comes back in some favorable way to me. I was all-American there. We won several NCAA championships in Division 2. It was very inspirational and it keeps me going even after college. I've improved pretty steadily every year.

CTRN: After UCI you decided to become a chiropractor. You had first been interested in optometry school, but then decided chiropractics would fit better into your lifestyle.

Koningh: My parents had introduced an article written in *Sports Illustrated* about Leroy Perry, the famous chiropractor working on Olympic athletes. I figured, gosh, that's what I should do since I'm at least in the sport. Leroy, nothing against him, but he doesn't compete and I do. I thought it would be the perfect mixture, health practitioner and athlete. That's what I decided to steer my efforts into. So I started chiropractic school in the fall of 1979. I've been in practice for six years and recently opened up a private practice.

CTRN: You witnessed the forming of the Sub-4 Track Club.

Koningh: At that time Steve was also done with school. He got married and he was looking for some part time work to help him with his training for the 1980 Olympic Games.

CTRN: We're talking about a Steve Scott in 1979 who was very good but didn't have a nice contract and wasn't set financially in the sport by any means.

Koningh: You've got to figure, he had run 3:53.9 out of UCI already and was not sitting pretty at all. He was kind of wondering, "What the heck's going on." No one (involved in the running business) would hire him and he was really pissed, wondering, "What did I do wrong?"

Luckily Sub-4 gave him an opportunity to work. While working there he decided he wanted to have

his own running club and team. The owner of Sub-4 said, "Go ahead, be my guest. Start it yourself." So he started hand-picking members. We got a team together quickly by the fall. Some of them were ex-Irvine athletes or athletes who were redshirting after transferring to another school after Len Miller left. Len left the year after we graduated and went to Arizona State. I got on Sub-4 as did Dave Daniels and Moses. We ran in the national cross country championships that fall and we were second.

CTRN: Your most current races and times include: 30:12 for 5th at the Beverly Hills Buick 10K; 14:38 for 2nd in a long 5K after going the wrong way at the Doo Dah Run in Pasadena; 30:15 for 3rd at the Newport Classic 10K; 30:20 for 8th at the Phoenix 10K; 14:24 for first at the MacDonnell Douglas 5K in Huntington Beach; 29:51 for 2nd at the South Coast Plaza 10K in Costa Mesa and 14:32 for first in the "Say No to Drugs" 5K in Irvine.

Is this a typical year for you?

Koningh: Pretty typical. I'm not running quite as fast right now. I'm usually in the 29:30's by now. In Phoenix I'm always under 30:00, but it was very hot, everyone ran slow.

CTRN: Is there any race that you've run every year for a long while?

Koningh: Yeah, the South Coast Plaza 10K. I've run that every year since 1979.

CTRN: You were second this year to Steve Bishop. How many times have you won it?

Koningh: I haven't. It used to be a really good meet in the early 1980's. We had guys from Colorado coming in. I'd be running in the 29:30's and 29:40's and getting 5th, 6th and 7th. But I've been second several times. Still trying for that No. 1. I'll get it, don't worry.

CTRN: What do you attribute to your consistency? You have a buddy named Steve Scott who's very consistent.

Koningh: He's consistent. We don't train all that much together. He lives kind of far away. I think for the most part it's the fact that I train very consistently. I hardly ever miss a day. I keep my mileage fairly consistent at 85-to-90 miles a week. I'm always very strong. I do hard runs, hills and intervals here and there. I try to race as consistently as possible too. And practice makes perfect or almost perfect.

CTRN: How does your training coincide with your profession?

Koningh: I've maintained the same schedule for the last 4-to-5 years ever since I started working. I run before work, usually about a five-miler. I have a two-hour lunch break from 1-to-3 and I go do my long run and/or interval session at that time. I still have certain goals that I haven't met. It may be an unreasonable goal, but I'd still like to break four minutes. I wouldn't mind being one of the older people to have done it for the first time. I'd still like to remain very consistent and run as fast as I can and run fast times for as long as I can. That's my main goal.

CTRN: Sounds a lot like Steve Scott. What have been the highlights of your career in running?

Koningh: In college, winning the NCAA team titles and being an all-American. Post collegiate it would be placing well at the TAC national meets, especially in cross country and qualifying for the Olym-

pic Trials in the 5,000 in 1984.

CTRN: In the Trials you didn't make it out of the prelims.

Koningh: I made a mistake. I qualified for the trials in the summer of 1983 in Europe. I did a pretty good job in Europe, came home really charged up and didn't take my usual 1-to-2 week break. I ran road races. By the time I got to the trials I was basically burned out. Every year I take two mandatory breaks from running. In the winter I go a week to 10 days with absolutely no running. In the summer I take 10 days to two weeks off. I didn't after Europe that year.

CTRN: You're good friends with Scott. What influence does he have on you?

Koningh: Well, we're both very rugged (chuckle). No. We're kind of old, and he's running very well obviously, but relative to me I'm running well too. I think we're umm, gosh, can you help me out. There's a word. Longevity. Let me get my Roger's out. I can't believe I can't think of the word. We're lasting. No Maybe you can throw it in for me. We're DURABLE! Thank you. And that's what's kind of inspired me. When you look back at our team from UCI it's basically the two of us that are still running. Serna has had injuries on and off since he left school, although he had a couple of good marathons. Eric, as you know, is history. That's one thing that has inspired me. Not only is Steve one of my better friends, but he inspires me to continue running and to prove that just because we're 32, we're not over the hill.

CTRN: Being that close to greatness has to inspire you in other ways also.

Koningh: It drives me. Even though I run an OK time for this or that, Steve's still doing 3:50 and 3:49 miles so... you know how it is. And the fact that he's so modest about it is really good too. Obviously I'll never get big-headed, not with him around.

CTRN: Do you think running is still booming along?

Koningh: No. Not after the 1984 Olympics. In 1984 we had 40-to-45 people qualify for the Olympic Trials 5,000. In 1988 we had 25-to-30. I remember in the first heat alone they had to eliminate only one person. The running boom has subsided. Companies and corporations are funneling their sponsorship dollars into triathlons, cycling and things like that. Running was a fad for a little bit. I think it still is to some degree, but not nearly as much as it was. It kind of peaked in 1984.

CTRN: If all the hoop-la, the money, everything else disappears, what would John Koningh be doing?

Koningh: I'd still have a job (chuckle). I would still compete. I'm not driven by the prize money. My main motivation is to see how long I can still compete at a high level.

John Koningh was born on September 24, 1956. His personal bests from 200 meters to the marathon are: 200m 23.1 (wind aided); 800 1:52.50; Mile 4:02.5; 1,500 3:43.90; 3,000 8:03.0; 5,000 13:47.52; 8,000 (road) 23:09; 10,000 (road) 29:05; 10-mile 49:07; half marathon 1:04.25; marathon 2:24.04.

THE ATHLETE'S KITCHEN

Are you 'Supermarket Smart'?

"Here I am, a freshman in college, living in an apartment for the first time and responsible for my own food. I'm trying hard to eat a good sports diet that will support my training, but I have no idea of what to buy, to say nothing about how to cook. The first time I went shopping, I felt so overwhelmed by all the choices. I tried to figure out why chicken thighs are less expensive than chicken breasts and guessed that they must be less nutritious and have less protein. Was that correct? I only wish that someone could have given me a guided tour of the supermarket. . .it's a jungle in there!"

Mark, college freshman on the crew team.

"My marriage just fell apart and I feel lost in the kitchen. My wife used to do all the food shopping and cooking. I now fend for myself and the kids. What can I prepare that's 1) easy, 2) the kids will eat, and 3) has some nutritional value? I'm tempted to take the easy route--frozen breakfasts and dinners. Between the freezer and the microwave oven, we could survive, but what would we do to our health? Is it possible to buy convenience foods that are also healthful?"

Dan, 42 year old father of two teenagers.

"It seems that the prices at the health food store are so much higher than at the regular supermarket. Are the "natural foods" worth the extra price. . .or can I find equivalent products hidden on the shelves of the supermarkets? I don't want to skimp on my health, but I also don't want to over-spend my food budget..."

Jeanne, a health-conscious, budget conscious runner.

When it comes to food shopping, the supermarket can be an overwhelming jungle, especially if you're a novice chef, a parent responsible for feeding your family, or an active person trying to select a healthful sports diet.

Grocery shopping requires you to make lots of choices--choices that can affect your health, performance and overall longevity. If you're like most of the clients I counsel, you're confused by the plethora of products, and their claims, and may wonder: Are "lite"

products always low in calories? Does "No cholesterol" mean that you can eat as much as you want and still have a heart healthy diet? Do frozen vegetables have any nutritional value? Is orange juice with calcium better than the all natural brands? Are canned soups really "good foods"? Is lite popcorn a perfect snack for mindless-munching? . . .and so on.

Most athletes would be eager to make the best food choices *if only* they knew how; *if only* someone could give them a guided tour with shopping cart in hand. The good news is that supermarket shopping tours are currently the latest "rage" in nutrition education opportunities. Across the country, registered dietitians are teaming-up with consumer-wise supermarkets and providing aisle-by-aisle tours. They teach how to: choose the most wholesome breads; select crackers without coconut oil and other saturated fats; find cheeses with less fat, soups with less sodium; take advantage of the nutritional value of tofu, dried beans, peas and lentils; pick the most nutritious vegetables; identify the leanest cuts of red meats . . . plus more!

Here in the Boston-area, Sue Luke, MS, RD, nutritionist at Sports Medicine-Boston, offers tours for singles, diabetics, cholesterol-conscious clients, athletes, parents and all health-conscious consumers who want to become smarter shoppers. Here are some of the tips you might pick-up on one of her tours:

* Puritan Oil gives the same heart-healthy mono-unsaturated fats as olive oil, but at a much lower price.

* Most dark bread is dark because of caramel food coloring and not because it's whole wheat. Some good brands include Pepperridge Farms 100% Whole Wheat, Family Wheat or Sprouted Wheat; Bohemian Hearth 100% Whole Wheat; and most whole wheat pitas.

* Without paying health-food-store-prices, you can find many "all natural" foods in larger grocery stores. The trick to identifying them is to know what to look for on the food label and how to correctly interpret the nutrition claims.

* Frozen vegetables do retain their nutritional value. *Over-cooking* them at home is the bigger nutrient-destroyer.

* Dark meat chicken has just as much protein as breast meat, and more iron, zinc and B-vitamins -- important nutrients for athletes who eat very little red meat. It also has slightly more fat, but, if skinned, is a nutritional bargain.

* Whereas homemade hot-air popped popcorn is a low-calorie, high fiber, healthful snack, the commercial brands are generally loaded with fat and calories. . .especially the microwave brands. Try (low salt) pretzels, instead?

* Some crackers are richer sources of fat than carbohydrates. Brands such as Ritz, Triscuits, Wheat Thins and Wheatworth get about half their calories from fat. Lowfat alternatives include Kavli crackers, rice cakes, Wasa, Rye Krisp, Cracottes, AkMak, Finn Crisp, Venus Crackers, Devonshire Melba Toast, and Stoned Wheat Thins. If you must eat them with cheese, at least choose lowfat cheese . . . how about trying the new lite cheddars?

* When the sweet tooth strikes, some low-fat cookies include fig bars, vanilla wafers, graham crackers, ginger snaps, animal crackers and social teas. Add a touch of Smucker's Low Sugar Jam for a few extra carbohydrates!

Nancy Clark, MS, RD, nutritionist at Sports Medicine-Brookline, along with Sue Luke, MS, RD, nutritionist at Sports Medicine-Boston, help sportsactive people choose the best sports foods for health and performance. For more information about supermarket tours in the Boston-area, call Sue at 617-330-8888; in other areas, ask at your local supermarket if they offer this consumer service.



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



Results Wanted From Northern and Central California:

Please send results of Northern and Central California track meets to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. I don't have the time to go to the libraries of the Bay Area to gather results like I did in the old days (I've been doing this for about 16 years!).

I would like to thank all my regular contributors.

Sac-Joaquin Section Division I

Nov. 11. Sierra College, Rocklin--The top two teams and the top five individuals, not on a qualifying team, advance to the State Meet.

Del Campo (Fair Oaks) boys' team placed three runners in the top fourteen and six in the top twenty to defeat Casa Roble (Orangevale) by 18 points--56 to 74. Del Campo was led by John Fugler (3rd in 15:47), David Mastro (9th in 16:09), Dean Riedel (14th in 16:25), Jason Reese, and Jerry Johnston.

Kevin Holbrook (Vacaville) defeated teammate Cory Davis by 27 seconds--15:08 to 15:35. It was the fastest time of the day. Vacaville finished third with 92 points, but did not qualify for the State Meet.

"It's extremely disappointing," Holbrook said to Neil Reilly (*Sacramento Bee* Correspondent). "We would've done well at the State Meet."

Holbrook will get a chance to run against David Welsh (Jesuit, Carmichael), the Division II winner, at the Kinney Western Regional.

"That (the rivalry) is kind of nice," he said. "I felt my times

were slow. It's fun getting pushed and having the competition. Up here in Northern California, there's just none."

Vacaville girls' team defended its title with 27 points to 50 for Bella Vista (Fair Oaks). The Vacaville team was composed of Brooke Pritchard (1st 18:43), Joy Silachai (6th 20:03), Stephanie Goode (10th 20:19), Michelle Rodda (11th 20:21), and Sharon Connaughton.

Heather Trout (Casa Roble, Orangevale) placed second in 19:43, one minute behind Pritchard. Bernie Hill (Atwater) was third in 19:46.

Sac-Joaquin Section Division II

Nov. 11. Sierra College, Rocklin--The top two teams and the top five individuals (not on one of those teams) advance to the State Meet.

Jesuit (Carmichael) boys' team defeated El Dorado (Placerville) by 58 points--24 to 82. The Jesuit team was composed of David Welsh (1st 15:19, the second best time of the day), Steve Gaul (3rd 15:52), James Johnson (7th 16:08), Mark Vaden (11th 16:33), and Dan Overoye (13th 16:36).

"I felt good, but I never have anyone pushing me up the hills," Welsh said to Reilly.

"I was hopeful of running a sub-15 minutes. But I needed the run because we haven't run fast in a while."

Bob Baca (Bear River) was second in 15:50.

The El Dorado (Placerville) girls' team defeated Manteca by 55 points--50 to 105. The El Dorado team included Eva Belt (1st 18:28), Rochelle Vanderbilt (8th 20:23), Wendy McGlau-

ghin, Shannon Seed, and Alice Dunn.

Barbie Sittman (Placer, Auburn) placed second in 18:41 and Julie Janus (Bear River) was third in 19:36.

Central Section Division I

November. Woodward Park, Fresno--The top two teams and the top five individuals (not on those teams) qualified for the State Meet.

Madera defeated Clovis West (Fresno) by 48 points--45 to 93. The Madera team was composed of junior Carlos Sanchez (1st 16:00), sophomore Jose Santiago (2nd 16:12), freshman Poto Duarte (5th 16:26), freshman Francisco Madrigal (14th 16:52), and sophomore Sergio Ganza.

Senior Shane Curtis placed third in 16:17.

The Clovis West (Fresno) girls' team defeated Madera by 12 points--50 to 62. The Clovis West team included sophomore Chantell Calabrese (2nd 19:08), freshman Heather Reid (3rd 19:09), sophomore Jennifer Bovee (12th 20:13), and junior Allison Core (13th 20:15).

Junior Mary Ann Martinez (Foothill, Bakersfield) defeated Calabrese by 18 seconds, winning in 18:50.

Central Section Division II

Nov., Woodward Park, Fresno--The top two teams and the top five individuals (not on those teams) qualified for the State Meet.

Golden West (Visalia) defeated Arvin by 11 points--55 to 66. The Golden West team included freshman Jose Trujillo (5th 16:22), senior Leo Gonzales

(9th 16:35), senior Jorge Sanchez (12th 16:58) and senior Saul Rodriguez (14th 16:59).

Senior Juan Romero (Arvin) defeated sophomore Robert Cardenas (Sanger) by 11 seconds--15:57 to 16:08. Junior Scott Weber (Reedley) placed third in 16:20.

The Porterville girls' team edged Lemoore by one point--68 to 69. Golden West (Visalia) placed third with 72. The Porterville team included freshman Mary Mabon (2nd 20:45) and senior Celia Calvillo (9th 21:37).

Junior Becky Petty (Golden West) defeated Mabon by 51 seconds, winning in 19:54. Freshman Dorothy Navarro (Reedley) placed third in 21:02.

North Coast Section 3A

Nov. 19. Sonoma State University, Rohnert Park--The top two teams and the top five individuals, not on a qualifying team, advanced to the State Meet.

The Santa Rosa boys' team edged De La Salle (Concord) by one point--57 to 58. The Santa Rosa team was composed of Salvador Zabala (7th 15:31), Dan Held (8th 15:31), sophomore Steve Guerrini (13th 15:43), Andy Price (16th 15:52), and Jim Macken (18th 15:55). The De La Salle team was composed of Jeremy Seven, the Bay Valley Athletic League champion (2nd 15:09), Todd Coulston (6th 15:27), Mike Kuhl (10th 15:36), Chris Knafelc (19th 15:56), and Tyler Robbins (26th 16:08). Santa Rosa's fifth man finished ahead of De La Salle's fourth man, to offset the two De La Salle run-

By KEITH CONNING

PREP NOTES

ners that finished ahead of Santa Rosa's first man.

"I don't think we've ever won it before," said Ken Goetzel, the Santa Rosa coach to *The Press Democrat*. "We had beaten De La Salle rather handily two times before this year, but they really came on strong today.

"We're elated. We thought we had it won fairly easily when we saw our five guys come in like they did, but when they started adding up the points it began to get close.

"If the De La Salle boy (Chris Knafelc) had aced him (Jim Macken) out, they would have won by a point."

Donnie Nelson (Foothill, Pleasanton), the East Bay Athletic League champion, won in 15:07, the fastest time of the day.

"When you get that momentum, there's nothing that can stop you," said Nelson to Dennis Miller (*The Herald*).

"I'm actually glad he (Jeremy Seven) passed me. I wasn't feeling great at that point, and if he had just stayed behind me for a little while longer, I think he could have passed me down the stretch and I wouldn't have been able to come back.

"But when he passed me out there, it got me going. When you work so hard to get here, you're not going to let it get away in the last 200 yards.

"I know how he runs and I knew that I could catch him when he went by. But he doesn't know how I run. He didn't know that when he went by that I would hang there with him.

"If he would have known, he might have waited for later to pass.

"Last week was an emotional high and it carried right over to this. This is a dream world right now."

"I had a real good race," said Jeremy Seven to Chris Treadway (*Contra Costa Times*). "It

was a real tough course. The hardest part about it is that it was so flat, until the end."

"The pressure's much higher here," said Joe Stocking, the De La Salle coach. "He (Seven) just handled it well."

Jason Lindholm (Eureka) placed third in 15:19.

California (San Ramon) won its third straight girls' team title with 65 points. The California team was composed of Melissa Freeberg (4th 18:36), Missi Hurlow (8th 19:04), Jenny Haid (15th 19:35), Jenny Valerga (28th 20:17), and Kerry Dale (31st 20:26). Granada (Livermore) placed second with 83.

"I wasn't worried about it (oxygen debt) happening again," sophomore Melissa Freeberg said to Dennis Miller. "It was real important for me to do well and I was confident that I would."

"She was so strong," Bill Pence, the California coach said. "It was like she was destined to prove herself. This past week during practice, she was like a woman possessed."

"We were right together behind (Jennifer) Sells of Antioch, but I thought we had her in control when Melissa told me, 'Missi, we got the best 1-2 punch ever,'" said Missi Hurlow. "That pumped me up a lot."

"I tried to make the last week fun and not all work," said Pence. "On the way back from Santa Rosa after coming here for practice, we played games all the way back in the van.

"We also went out to dinner once. And when we went running, sometimes we had scavenger hunts where I would hid cold sodas along the way.

"I didn't think that this team of young runners (only one senior on the team) could get overconfident. But when I saw them get out of the van, I couldn't believe it.

"They were talking about how everyone else was up on a pyra-

1988 California High School State Cross Country Rankings

By Doug Speck & Steve Fagundes

(With assistance from Willie Harmatz, Keith Conning, Dennis McCianahan, Steve Ward, Bob Wall & Sara Clifford)

Women's Division I (1601+ students)

1. Palos Verdes, 2. Agoura, 3. San Pasqual (Escondido), 4. Montebello, 5. Norco, 6. Hesperia, 7. Santa Teresa (San Jose), 8. Mt. Carmel (San Diego), 9. Clovis West (Fresno), 10. Poway, 11. Vacaville, 12. Rancho Buena Vista (Vista), 13. Bella Vista (Fair Oaks), 14. Madera, 15. Huntington Beach, 16. Leland (San Jose), 17. Wilson (L.A.), 18. Quartz Hill, 19. Irvin, 20. Tustin, 21. El Toro, 22. Foothill (Bakersfield), 23. California (San Ramon), 24. Villa Park, 25. Mater Dei (Santa Ana).

Women's Division II (700-1599 students)

1. Newport Harbor, 2. Yucaipa, 3. (tie) Archbishop Mitty (San Jose) and Los Gatos, 5. La Jolla, 6. Foothill (Santa Ana), 7. South Hills (West Covina), 8. Mills (Millbrae), 9. San Luis Obispo, 10. Redwood (Larkspur), 11. West Valley (Cottonwood), 12. Lassen (Susanville), 13. El Dorado (Placerville), 14. Northgate (Walnut Creek), 15. Morro Bay, 16. St. Francis (Mt. View), 17. La Canada, 18. Serrano (Phelan), 19. Bishop O'Dowd (Oakland), 20. Mountain View, 21. Gunn (Palo Alto), 22. Miramonte (Orlinda), 23. El Camino (Oceanside), 24. Sonora, 25. St. Francis (Sacramento).

Women's Division III (0-699 students)

1. Bret Harte (Altaville), 2. Maranatha (Sierra Madre), 3. McFarland, 4. University (San Francisco), 5. St. Joseph (Santa Maria), 6. San Joaquin Memorial (Fresno), 7. Fort Bragg, 8. Garces (Bakersfield), 9. L.A. Baptist (Sepulveda), 10. Paraclete (Lancaster), 11. Coronado, 12. Brentwood (L.A.), 13. Loretto (Sacramento), 14. Santa Margarita (Rancho Santa Margarita), 15. Vivian Webb (Claremont), 16. Western Christian (Covina), 17. Santa Catalina (Santa Cruz), 18. Moorpark, 19. St. Patrick (Val-

lejo), 20. Thacher (Ojai).

Men's Division I (1601+ students)

1. Dana Hills, 2. Rowland (Rowland Heights), 3. Poway, 4. Camarillo, 5. De La Salle (Concord), 6. Del Campo (Fair Oaks), 7. Canyon (Canyon Country), 8. Antelope Valley (Lancaster), 9. Santa Ana, 10. Thousand Oaks, 11. Arroyo Grande, 12. Belmont (L.A.), 13. Bellarmine (San Jose), 14. Santa Rosa, 15. Upland, 16. Agoura, 17. Casa Roble (Orangevale), 18. Madera, 19. Live Oak (Morgan Hill), 20. Antioch, 21. Wilson (L.A.), 22. San Pasqual (Escondido), 23. El Modena (Orange), 24. Fountain Valley, 25. Hoover (Glendale).

Men's Division II (700-1599 students)

1. Corona del Mar, 2. Jesuit (Sacramento), 3. Walnut, 4. South Pasadena, 5. Los Gatos, 6. Dos Pueblos (Goleta), 7. Castro Valley, 8. Palo Alto, 9. St. Francis (Mt. View), 10. Laguna Hills, 11. Half Moon Bay, 12. Encinal (Alameda), 13. Arvin, 14. Yreka, 15. Golden West (Visalia), 16. El Camino (Oceanside), 17. San Luis Obispo, 18. Lompoc, 19. Yucaipa, 20. Arcata, 21. Gunn (Palo Alto), 22. Wasco, 23. Paradise, 24. El Dorado (Placerville), 25. (tie) Sonora and Manteca.

Men's Division III (0-699 students)

1. Piedmont*, 2. Sherman Indian (Riverside), 3. Maranatha (Sierra Madre), 4. McFarland, 5. R.L. Stevenson (Pebble Beach), 6. Thacher (Ojai), 7. University (San Francisco), 8. York (Monte-rey), 9. Calvin Christian (Escondido), 10. Katherine Branson (Ross), 11. Riverbank, 12. Coronado, 13. Bret Harte (Altaville), 14. St. Patrick (Vallejo), 15. Justin Siena (Napa), 16. Moorpark, 17. Bishops (San Diego), 18. Village Christian (Sun Valley), 19. Orange Lutheran, 20. Paler Noster (L.A.).

* = school in enrollment in this division, but forced by Section ruling to run in State at Division II because the other schools in its league are that size.

mid and we were up above it. And they said that everyone was jumping off the pyramid trying to catch us. It's been hard to fire up these girls, but today was different."

"We're mostly seniors and this was our last chance to do it," said senior Lena Deaton (Granada).

"I was really worried about Granada with all those seniors and what they could do," said Pence.

Anne Wedum (San Leandro), an exchange student from Norway, defeated Michelle Ferguson (Piner, Santa Rosa) by 16 seconds--18:11 to 18:27. It was the fastest time of the day.

"Yes, I'm excited," Wedum said to Dennis Miller (*The Review*). "I finally had to do something. I was nervous for the first time this year."

"She's realizing for the first time how talented she is," said Kathy Kennedy, the San Leandro coach.

"I just felt like going at that point (final half-mile)," said Wedum.

"I tried to be more offensive. I wanted to take it out and, if anyone went past me, to go with them. We went out hard in the beginning and then it slowed down a little bit."

"It's (the State Meet) a big thing for her," said Kennedy. "We don't know how she'll do, but she loves the pressure. We don't know how fast she can go and at this point; I don't think she knows how fast she can go."

Freshman Nika Horn (Rincon Valley Junior High), who will attend Santa Rosa next year, placed third in 18:30. Ferguson lost to Horn in last week's North Bay League championships.

"Off what Michelle Ferguson has done in track (she was the NCS 1600 and 3200 meter champion last year), I was saying I wouldn't be shocked if she (Horn) won it," Goetzel said.

North Coast Section 2A

Nov. 19. Sonoma State University, Rohnert Park--The top two teams and the top five individuals (not on those teams) advance to the State Meet.

The Piedmont boys' team, which actually should run in the small school division based on student population, defeated Castro Valley by 23 points--87 to 110. The Piedmont team was composed of David Wasserman (11th 15:47), Scott Rubin (18th 16:01), Bill Morse (20th 16:04), Nate Nackley (25th 16:15), and Gordon Johnson, the defending champion (26th 16:18). It was discovered later that Johnson, who placed second in the 800 meters at the State Meet last season, has mononucleosis and will not be able to resume his running until next year.

"We knew that the race was between Piedmont, Encinal and us," said Peter Brewer, the Castro Valley coach to Dennis Miller (*The Review*). "We raced against both of them during the season and they both had good groupings."

"We figured coming in that we had to work on Encinal to get in and we did that. We're certainly pleased to get back to State for the second straight year."

Eli Ricca (Arcata) defeated Kevin Berkowitz (Hayward) by four seconds--15:14 to 15:18.

"Who was that guy?" Berkowitz said of Ricca to Dennis Miller (*The Review*). "That was the mystery man."

"There's a little letdown. But I have to come back and run better at State. State is what I've been training for."

"I'm shooting for the top 10. Hey, I came in second here and at this level it's different to finish second that (in a dual meet)."

Jason Atwood (Castro Valley) was third in 15:24.

Redwood (Larkspur) girls' team defeated Northgate (Walnut Creek) by five points--118 to 123. The Redwood team was composed of Alisa Jones (4th 18:43), Desiree Crunelle (14th 19:25), Megan Weinstein (20th 20:04), Catherine Fahres (23rd 20:13), and Andrea Johnson (75th 21:44).

"We always expect Jones to run up front," Bob Jacques said to the *Independent Journal*, "and Crunelle ran her best race this year. But Weinstein and Fahres finishing where they did--that made a big difference."

"This was not a good course for us. We normally train in the hills of the Tamalpais watershed. I knew we were in good shape after the first four finished, but it took about an hour to find out whether we qualified or not."

"We should do better at Fresno, because the man-made course is like a roller-coaster--no big hills, but plenty of rolling ones."

"The competition will be tough. Some of those Southern California schools finish in the low 40's. But we've got some great runners--and we will have a better fifth runner next time."

Jennie Dempsey (Analy, Sebastopol) defeated Melanie Toler (Arcata) by 15 seconds--18:24 to 18:39. Becky Kopchik (Northgate) was third in 18:42.

Central Coast Section Division I

Nov. 19. Crystal Springs, Belmont--The first two teams and the top five individuals (not on one of those teams) advance to the State Meet. Bellarmine (San Jose) defeated Live Oak (Morgan Hill) by 17 points--74 to 91. It was their fifth consecutive title. The Bellarmine team was composed of Peter Fisher (3rd 15:39.2), Ronan O'Flaherty (17th 16:12.3), Dan Zoldak (18th 16:12.8), Mike Graves (19th

16:15.1), and Tim Coulter (21st 16:18.6).

"Where we finished as individuals was not as important as where we finished as a team," Fisher said to Fran Errota (*Times Tribune*). "I'm really pleased to finish third, but what the team has accomplished pleases me more. Going to the State Meet is a bonus."

"I thought we (Live Oak and Bellarmine) would be dead even," said Bellarmine Coach Terry Ward to Dave Kellogg (*Mercury News*).

Senior Cliff Pappadakis (Oak Grove) defeated senior Ricky Woods (Independence, San Jose) by 3.8 seconds--15:29.9 to 15:33.7.

"I had beaten him in the trials and there was no way I was going to let him beat me," said Pappadakis to Kellogg. "I was surprised at how fast I was going, when all of a sudden I saw I was getting real close to Ricky."

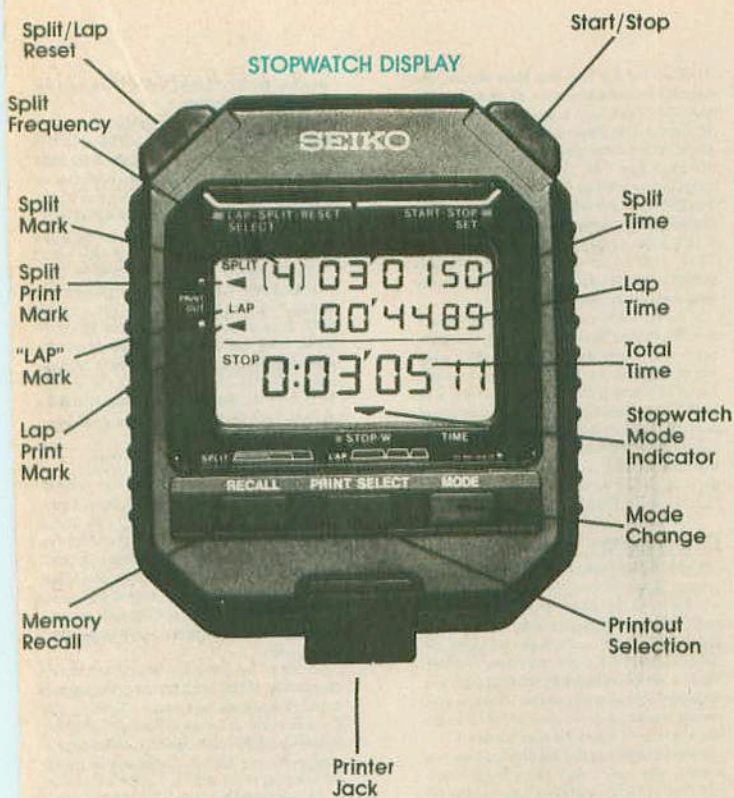
Santa Teresa (San Jose) girls' team defeated Leland (San Jose), the defending champion, by 8 points--70-78. The Santa Teresa team was composed of senior Evie Barry (4th 19:05.5), sophomore Kimik Anderson (5th 19:11.5), junior Khristina Berquist (11th 19:56.7), sophomore Kishi Anderson (16th 20:29.9), and track star Keri Sanchez.

Junior Beth Bartholomew (Fremont, Sunnyvale), who had lost only one race this season, defeated senior Noel Crockett (Leland, San Jose) by 27.7 seconds--18:22.7 to 18:50.4. Junior Reina Felix (Oak Grove) placed third in 18:56.8.

"I needed someone to pull me or at least push me," Bartholomew said to Errota. "I'm not strong enough yet to go out on my own."

"I expected a closer race. I know the challenge will be there next week at Fresno."

Digital Quartz Stopwatch With Printer, SP11



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	1984 9 25
START 9:00	START 10:00
SPLIT	SPLIT / LAP
1-0:28'50 33	1-0:00'45 38
2-0:29'07 20	0:00'45 38
3-0:29'18 55	2-0:01'30 48
4-0:29'28 44	0:00'45 10
5-0:29'53 23	3-0:02'16 36
6-0:30'04 03	0:00'45 88
7-0:30'31 96	4-0:03'01 23
8-0:30'53 60	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.

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Quartz oscillator, ± 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:

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Standard Accessories:

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Southern Section Invationals

By Doug Speck

Pacific Invitational

Sept. 24. Central Park, Huntington Beach—The Reyeses from Lakewood High School turned this Invitational into a family showcase. Fresh Terra took the Men's Varsity race at 17:26, with sophomore sister, Lucinda the Women's winner by over a minute at 18:20. The less than a minute difference between the winning Men's and Women's time in such a multi-team affair is the narrowest margin we have ever seen. If the courses were the same for the Men and Women, which we doubt, Lucinda's performance and abilities are truly amazing.

The Lakewood Men's group, assisted by Dan Maldonado's second place at 17:34 were easy winners with 28 points. A good Cypress Women's squad was the winners on the Women's side, with 11:18.19 3200m runner Stad Cappington 2nd to Lucinda Reyes at 19:32.

Costa Mesa Invitational

October 1. Teewinkie Park, Costa Mesa—A group of good teams came together for the Costa Mesa Invitational. A coming power, Rowland (Rowland Heights) was the Men's team power, Huntington Beach was nearly surprised by El Modena (Orange) on the Women's, with Newport Harbor taking the Division II Women's race.

Coach Don Blair's Rowland team was good last Fall, 8th in the Section 3A title run, with a number from that squad returning. They were bolstered this Fall with Ernie Delgado, who ran 9:24.34 last spring for 3200m for Rowland without being a part of the Cross Country program earlier in the year! Brother Anthony Delgado is not far behind Ernie, so you kind of get the picture. These guys are talented! Perhaps among the better teams in the State. Anyway, here they took apart a Division I race scoring 37 points with Ernie 14:32 (1st), Brian Johnson (4th-15:10), and Anthony (5th-15:10) leading the charge.

Corona del Mar, with the "A" team on the plane to Stanford amazed with their depth, as their "B" or JV team took the team title in Division II. This is a real tribute to Coach Bill Sumner and the depth in his program.

Huntington Beach, one of the Section's higher rated 4A Women's squads, was highlighted by El Modena (Orange), with the Oilers winning 63-69. Tania Brix of University in Irvine continued her amazing season, as the 14 year old frosh athlete won Division I in 17:32, a time four seconds faster than Martha Pinto (Katella, Anaheim) had in winning Division II. Pinto was felt to be easily the top Orange County runner, but the first year University star is proving to be very tough. Newport Harbor took that Division II team run, with four at 18:31 or better on this course.

Perris Invitational

October 8. Perris—An interesting group of greater Riverside/San Bernardino schools came together in this affair. With a number of locals rated high in the Section in this division the results were very interesting.

There was even an upset or two among the form charts. Top-ranked in the Section at the 3A level,

Rubidoux of Riverside, was nipped by a fine Hemet squad 58-61. The Hemet group put four in before the Falcon's third runner to take the win. Hemet, ranked in the Section 3A division would be even stronger if 4:24.93 1600m runner Casey Jensen had not moved to Oregon. Alex Zamora of Coachella Valley (Thermal) continued a fine individual season with a 15:51 win over Marco Osegura of Rubidoux's 16:00 in 2nd.

On the Women's side a young and talented Rubidoux Women's squad nipped area rivals, Norco 49-52. Norco went 1-2 in the race with Persephone Lowery (19:52) and Jenny Higbee (19:54), but Lisa Prieto led the Rubidoux charge in 3rd (20:29) that had the Riverside school put all five in before Norco's fourth runner.

Buena Park Invitational

October 8. Buena Park High School—Some quick running was featured at the Buena Park Invitational. Soph Heather Kileen (Valencia, Placenta) flew around the course for a fine 17:26 time to lead the Women's portion of the affair. Soph Lucinda Reyes (Lakewood) took the other Women's race at 17:59. Homelowner Tony Sanchez had the day's quickest Men's time at 14:45, with Antelope Valley (Lancaster) the most impressive team of the day with their 33 point total in winning Division II on the Men's side.

Palos Verdes Invitational

October 8. Palos Verdes—A very good group attended this "mountain-goat" course of just over two miles. The course was a little tougher than usual this year, as the school district plowed the whole thing up before the school year started. Some good local programs and quality outside of section teams made it an interesting day.

The stars of the show (they headline wherever they appear) were the Palos Verdes Women. This is a meet where runners #1 run against the other team's #1's, and so on through seven, with times for the seven added up to determine team placings on the Varsity level. The Sea King's Ladies took the first five races, led by Ashley Black's #1 race

14:03 win and fine frosh star, Maya Muneno, who recorded the same time in her #3 race romp. PV went 103:37 as a team to win handily from a good Mt. Carmel (San Diego) group (108:42), with Los Gatos adding some geographic diversity with a 109:57 in third. Mt. Carmel is a state-ranked Large School with Los Gatos failing in enrollment into Division II and certain success there. West German foreign exchange student, Sonja Duerr, a 2:17.8 800m runner, had the day's #4 time at 14:40. You do not want to hear that PV was without a couple of its usual Women's Varsity team members this day.

On the Men's side a team easing into the position to a State Large School's #1 ranking, Camarillo, put in a successful appearance. Fresh off a big win at Stanford, the Scorpions were no worse than third in any of their seven races here, with junior Shawn Goetzinger the day's quickest overall at 11:26. Torrance was second to the Maramonte League power 85:58-87:52. Pete Delacera (Alemany, Mission Hills) continued his fine season with an 11:36 for the #2 time of the day, with Gary Stolz (Miraleste, Palos Verdes) 11:36 in 3rd.

Dos Pueblos Invitational

October 8. Dos Pueblos HS, Goleta—This was a greater Santa Barbara/Ventura County Meet with the races "by-grade." Channel Islands (Oxnard), an improving program under Coach Debbie Blum (it looks like a meet between her squad and that of her husband, Steve, the Buena Women's coach, would be an interesting domestic dual), was the women's Sweepstakes winner. When the three runners scored per grade were added up on the Men's side it was Buena the team titlist.

Channel Islands supplied the day's quickest race winners, with Judy Hollers taking the Women's frosh run at 19:58, and junior Louis Leano the Men's 11th grade race at 16:22.

Bell Gardens Invitational

October 8. Legg Lake, Whittier—There was a good turnout for this competition involving schools from the greater Whittier-Montebello-Pico Rivers

area and the San Gabriel Valley. Races are run "by-grade," with big fields.

Bernice Santoyo, a female addition to the clan that ran for glory at Arroyo a few years back, is attending school a few miles south at Mountain View. She continued her fine frosh harrier season here, recording the day's quickest time on the Women side here in her grade race win at 19:24. Eleventh grader Claudia Galvan, having a fine season, took the 11th/12th grade race win at 19:51, the only other athlete under 20:00 this day.

On the Men's side Juan Gutierrez (Rosemead), probably the next great runner out of the Mission Valley League (and coached by Aaron Mascorro's father, Fred), had the day's quickest time on the male side with a soph race victory at 16:03. Monrovia's talented Jose Estrada was 2nd there at 16:19, with the Wildcat's George Delao (16:28) the day's next quickest with his 11th grade race win.

Atascadero Invitational

October 8. Atascadero—This affair featured some fascinating inter-sectional races, as a number of strong teams came over from the Central Section to battle with some good groups from the Northern Coastal end of the Southern Section. Defending State Small School Men's Champions, McFarland won handily, and showed they have a Women's team of note in 1988. Madera was very, very impressive in rolling to a Men's Large School team victory.

McFarland, the prohibitive favorite for a second consecutive Men's Small School State title with most of the runners back from the 87 squad, was the solid winner in the Small Schools' Varsity run, squeezing out 29 points against some other good groups. Wasco's Adolfo O'Campo was the individual winner at 16:52, with his Central Section team next behind McFarland with 47. On the Women's side at this level McFarland surprised St. Joseph (Santa Maria—4th in last year's State Small School division) and Morro Bay (9th in the Medium School State run). Showing tenacious pack running, McFarland gave St. Joseph three runners and Morro Bay two before their first athlete came in



STACY PANDO

photo by Doug Speck



RAYNA CERVANTES



JIMMY RODRIGUEZ

photo by Doug Speck



EDDIE LAVELLE

photo by Doug Speck

PREP NOTES

at 9th here. Priscilla Alston (9th for McFarland at 22:44) was followed by her four scoring teammates as the Central Section totalled 52 with St. Joe 63 and Morro Bay 70. Defending State Small School Champion Maranatha favors the same kind of pack running, so McFarland's matchups against the Southern Section power later in the season should be interesting. Fine St. Joseph frosh Nicole St. John was the individual winner at 21:01.

In the Large School Men's race Arroyo Grande, 5th the previous week at Stanford, and Madera, 8th there, would hook up again. Madera had progressed a lot in a week, as they gave AG's soph Louie Quintana 1st at 16:49 and Greg Hines 3rd-17:23, then, led by Art Rodriguez in 4th at 17:40, the Central Section school put their five scorers within 31 seconds for an easy 34-74 win. Arroyo Grande is one of the stronger squads from the Southern half of the State, marking Madera as a power to be watched come State. The Madera Women's team was also victorious, with Angela Orefice (Arroyo Grande) 21:05 the winner, with Mary Ann Barrientos (2nd-21:33) and Jose Damasco (3rd-21:42) leading the Madera charge that had their squad score 42 points to AG's 72.



LOUIE QUINTANA

San Gabriel Valley Invitational

October 8. Mt. SAC—The schools that feed Mt. San Antonio College had their annual Invitational affair. A very talented and vastly improved Rowland (Rowland Heights) Men's group was the story of the day, as they showed potential to be among the state's best by the end of the season. On the Women's side Glendora had the day's quickest time, edging a quickly improving Los Altos (Hacienda Heights) team. The races here are run with #1 against #1, #2 against #2, and so on through #5, with JV and Soph/frosh races for other athletes.

The Men's Varsity was interesting, with the start from #1 having Walnut High lead off with Scott Hempel, defending State Division II Cross Country Champion and a 9:01.56 3200m runner in track, brother Matt Hempel, having a good season, and Eric Christopherson, running 15:27, 15:54, and 16:22 respectively. Those times put the Mustangs over a minute ahead of Rowland through three runners. Brian Johnson (16:01), Ernie Delgado (16:06), and Anthony Delgado (16:39) had Rowland off to a good start, with Russ Hinman (16:56) and Loven Britten (17:01) taking back that minute and more through five to win 82:43-84:28 over Walnut.

On the Women's side Glendora, a part of a very, very tough Women's Baseline League, rode an interesting group to the title. Tricia Gibbs, who spent last year as a foreign exchange student

overseas, leads the team, Laura Sansom, younger sister of 2:13 800m runner Andrea from last year, is #2, with 5-8 High Jumper Kari Gibbs third on the team. Anyway, the crew averaged in the high 21 minute range here to record a 108:50. Los Altos (Hacienda Heights), steadily improving as the season goes on, came close at 109:10 in second.

Orange County Championships

October 15. Irvine Park—The very, very powerful Orange County portion of the Southern Section held its annual Championships at Irvine Park on October 15th. There was a change from past Championship affairs, in that this year there were Team Sweepstakes races for both the Men and Women. In the past the better squads were scattered throughout the day. The results were interesting, and the results after the first team for two in those races showed the relative balance in the sport this year.

Newport Harbor is the defending State Division II team champions on the Women's side. This year they have weaved performers in and out of the lineup week after week, and left people wondering a



MIKE WILLIAMSON

title. Here they pulled out the stops and really unloaded. Kim Robinson (1st-18:22) and Stacy Pando (7th-18:58) were joined by the other scorers from that California winning squad, with Sandra Ruffini (14th-19:43) making the Sailors probably tougher this Fall than last. Anyway, NH scored 56 points (96:49.9 team time) to easily come in ahead of the pack. A pack it was, with 2nd through 11th as a team separated by only 71 points. Surprisingly, it was Los Alamitos, with a vastly improved group under Coach Mark Celestin, who emerged from the pack in 2nd at 117 (99:36.3). Los Al was led by line frosh Tracy Fatone, 9th here at 19:01. Villa Park, led by 2nd placer Laura Doering (18:26) was next at 125 (99:00.1), with a train of squads who have been ranked in the Section at the 2A, 3A, or 4A level this year following close behind. In another of the Varsity races Martha Pinto (Katella, Anaheim) and strong University (Irvine) frosh, Tania Brix, had another showdown. This week it was the Katella soph winning, making up for a loss the previous week at the Central Park Meet to Brix, 18:11-18:20. Brix is a native of Denmark, having moved to the U.S. in 1982 and enjoying some big age-group success as a part of the Orange County Blue Angels in recent years.

On the Men's side it was the State's #1 ranked Division II squad, Corona del Mar, who were the big winners. Coach Bill Sumner's crew was led by individual titlist Eddie Lavelle (15:02) and packed at just over a minute through five in recording a

79:21.0 team time (and 80 points here). Coming forth out of the pack in 2nd was Santa Ana, with Roger Nava (2nd-15:08) leading the Sainz (102-79:53.4) Just as with the Women, there are a lot of very fine teams in this area, with third place through eighth all within 43 points.

Los Angeles County Championships

October 15. College of the Canyons—Powerful Canyon (Canyon Country) Men's and Palos Verdes Women's squads walked away with the Team honors from the Third Annual Los Angeles County Cross Country Championships held Saturday morning at College of the Canyons. A fine Belmont (LA) squad gained new respect for the Los Angeles Section in the sport with a strong second to Canyon in the Boys' competition.

Running over a more than challenging course on a bright and clear morning, athletes from over forty schools took part in the half day of competition.

Interest in the Meet centered around Team Sweepstakes races that gathered the top squads who entered the Meet. A very strong Canyon (Canyon Country) group was favored, but a determined group from Belmont of Los Angeles looked very strong, not giving up a hold on the team race until Canyon edged away over the final mile of the very hilly course. Amazing Canyon soph, Dave Hartman, was the individual winner at 16:36. LA City Section rivals, Craig Lawson (Granada Hills) and Natividad Gaona (Belmont) battled for second, with Lawson edging away over the final half mile, recording a 17:02 in second and Gaona 17:08 in third. Canyon, felt to be one of the top squads in the entire state, along with Poway from the San Diego Section, and Camarillo, had a very tough time shaking the green-uniformed Belmont pack. Canyon scored 35 for the win with Belmont 56 in second.

Palos Verdes, the top ranked prep Women's squad in the nation last year, is just as tough this Fall. Their win in the Team Sweepstakes race here was another very controlled one, as the Sea Kings took the first six places. Senior Ashley Black raced away from the pack early on the way to her 20:54 win, with Lori Lucas leading the PV parade in second at 21:26. For the record PV's 15 point total left second place Quartz Hill and their 65 quite a ways to the rear. The squad has not had anyone close during the last season and a half in the sport. So complete is the JV dominance that their JV squad won the Varsity Women's Medium Schools race here.

San Bernardino County Championships

October 15. Cal State San Bernardino—The attempt to hold County Championships within the Southern Section continues on this particular weekend, with the San Bernardino area gathering at Cal State San Berdoo to race. Two school-size races were held in each of the Men's and Women's divisions with some strong teams and individuals present.

Ontario, a highly ranked area 2A team was the Men's Large School team winner. The up-front trio of Ed Garduno (1st-16:39), Armando Huizar (2nd-17:19) and Ryan Manatt (4th-18:06) helped Coach Dave Cook's squad come in ahead of Barstow 31 (92:01)-33 (93:42). Barstow was led by Aaron Alsy, 3rd at 17:38. 29 Palms was the Small School men's winner, with Jason Aguilar (4th-18:07) starting a string that had his team finish 5-6-7 and 8 for 30 points (92:52). Bob Bush (Inland Christian, San Bernardino) was the individual winner at 17:17.

On the Women's side a strong Redlands squad took the Large School's title, taking seven of the top eight places, led by Sheila Cole's 21:44 win. Ontario's Stacy Arellano (2nd-22:15) was the only non-terrier allowed in, as the winners scored 19 (117:06). Tanya Thayer (Serrano, Phelan), the

two time Southern Section 1A Cross Country Champion and state runner-up for Small Schools, took the other divisional title here, racing 20:15 to win by over a minute from teammate Zita Hillinger (21:32). Serrano was an easy team winner, totaling 16 (115:32).

Mt. SAC Invitational

Oct. 21-22. Mt. SAC College—During the third weekend in October the Mt. San Antonio College course was pounded over by over 7000 runners from some 350 high schools during some nine hours of competition that usually involves having three races out on the course at one time. A ton of teams and individuals of note from throughout California were here with some interesting outside visitors part of the action. Action at the top centered once again around Sweepstakes races set up for the better teams on Friday and Saturday. Friday's races are set up for the smaller schools, with Saturday competition for the larger teams.

Friday had some races set up for the 1A Southern Section and Division III State schools, with others for the slightly larger schools (2A Southern Section or Division II statewide). McFarland from the Central Section came to town once again, with their always powerful Men's program the defending State Division III Champions and their Women's team quite improved. The Men's team once again handled the Southern California small-schools best, with Johnny Samaniego (3rd-16:40) leading the squad to a comfortable 61 (85:30)-84 (86:24) win over St. Anthony (Long Beach) and the pack. Sherman Indian (Riverside), a late entrant from the South, was entered in another race, and they were the winners there at 87:12. Whittier Christian junior Tony Bergman was the individual winner at 16:16. McFarland specifically asked to be placed in the race with defending Women's State Div III Champions Maranatha, but the Sierra Madre school showed sharpness in moving to an easy win 61 (107:12) to 84 (108:29) for St. Joseph (Santa Maria) and McFarland's 124 (112:19). Karen Hecox (South Hills, West Covina), the nation's top two miler last spring, was Friday's individual star, cruising to an easy 18:37 win over two time Southern Section 1A Champion, Tanya Thayer (Serrano, Phelan) 19:27. The Yucaipa Women's group was the team winner in that race, packing lightly with 63 points (105:32). South Pasadena moved to a win on the other Men's seeded race on Friday, with the Rio Hondo League power scoring 55 (85:54) over Lompoc 58 (86:11). Gary Stolz (Miraflores, Palos Verdes) was the individual winner at 16:11.

Saturday's action centered around Individual and Team Sweepstakes races that featured a number of the State's very best. From the East Coast came Christian Brothers Academy of Lincroft, New Jersey, felt to be, along with Arroyo (El Monte), the top Men's prep group in the nation for the 1987 season. Coach Tom Heath indicated that this year's team was not quite as strong as last, where his 5th best miler ran 4:22, but it was hard to have sympathy for the visitors when three of them raced under 4:20 two weeks previous in the 5th Avenue Mile. John Coyle from the visitors is right near the best in the entire nation. The best California could throw at the Jerseyites raced in the Team Sweeps. Through the relatively flat first mile (at 4:45) individually it was Bryan Darnsworth (Agoura), soph Luis Quintana (Arroyo Grande), Mike Williamson (Thous.Oaks), Coyle, and soph Dave Hartman (Canyon, Canyon Country) right up front. During the tough Switchback section of the course which includes very steep up-hills and down-hills that take up about three-quarters of a mile it was Quintana and Darnsworth who pulled out to a narrow lead over Williamson and Coyle. As the race approached two miles it appeared that the visitors from CBA had a narrow lead over Camarillo and Corona del Mar as a

PREP NOTES

team. As the race moved through the final mile and a quarter which includes the steep "poo-out" and gradual "reservoir" hill sections it was Williamson and Coyle who moved out ahead. Coyle raced very hard down the final hill to move into second, but could never catch the surprising Thousand Oaks athlete, as Williamson was the winner in an excellent 15:01 (#8 All-Time performer on course) with Coyle 15:03 (#21 All-Time), with Damerworth 3rd at 15:11 and Eddie Lavelle (Corona del Mar) running a fine race in 4th at 15:13. Christian Brothers appeared to be in good shape at the finish as a team, as their dark blue team uniforms stood out and it appeared they had their top five in the top 30 positions. That was how it turned out, as the New Jersey school won with 96 points (79-26) with Camarillo 124 (80-07), Poway 131 (80-37), and Corona del Mar 145 (80-33) also racing very well. Belmont (LA) gathered new respectability for that Section with its fine fifth place effort at 159 (81:15). Coach Heath and his Jersey crew were a class group and showed people back east can run tough too. It was felt by some that the hills of Mt. SAC would prove too difficult for the visitors, but they indicated that there is at least one widely used course in their home state just as hard as the Mt. SAC hills.

The Men's Individual Sweeps group involved a huge pack up front through a relatively relaxed 4.55 first mile, with Jim Rodriguez (Santa Ana Valley) and Scott Hempel (Walnut) narrowly leading over Kevin Holbrook (Vacaville) as they moved ahead of others over the Switchback portion of the course. The trio up front battled step for step up the two tier Reservoir Hill grade, with Rodriguez and Holbrook edging ahead as they neared the crest. The Vacaville athlete blasted the downhill portion to the "air-strip," leading by 15 yards with a 440 on the flat to go. Kevin continued to move away, recording an excellent 15:02 (top 20 all-time here) in winning over Rodriguez's 15:10 and Hempel's 15:20. The winners of those two races have to be considered individual winners in November's State affair.

The Women's Individual Sweepstakes featured the aggressive running of defending Kinney National champion in the sport, Kira Jorgensen (Rancho Buena Vista, Vista). Kira blasted out, leading by five yards after a quarter mile and 20 after a half mile over soph Lucinda Reyes (Lakewood) and Jamie Park (Santa Barbara). Jorgensen later indicated that she twisted an ankle pretty severely during this first mile (even though it did not show a bit in her performance). At 5:20 at the mile Kira had 60 yards and the race was over. Park looked snappy on this morning, with Jorgensen not able to stretch her lead through the Switchback loop. Suzanne Castruita (West Covina) looked very strong in third after one and three-quarter miles. Jorgensen continued to roll, finishing strong in an excellent 17:32. Park pressed all the way, running her best Cross Country race ever, to finish in 17:48 (#17 performer all-time on the course). Jorgensen raced 17:27 to win here last year.

The Women's Team Sweeps affair was the property of a super Palos Verdes group. Ashley Black, fresh Maya Muneno, and Lori Lucas were 1-2-3 in the race for PV after a 5:42 mile with the Agoura duo of Tiffany York and Deena Drossin running 4-5 at that point. Drossin's appearance here was heartening, as she had not raced yet this Fall due to injury problems. PV totalled 22 points to defeat the entire rest of the field put together, totaling a fine 94:03 as a team, the #5 team effort ever on the course. Interestingly, this time is faster than the 94:12 best recorded by last year's team, felt to be the country's #1 squad after victories all across the nation last fall. Black won individually in 18:18 with Drossin's first race effort of 18:56 in 5th quite amazing.

Top Individual and Team Time (results combined from different races)—Thanks to Ray Scofield for help with these statistics:

Women: (Div. I) 1. Hecox (So. Hills) 18:37, 2. Thayer (Serrano) 19:27, 3. St. John (St. Joseph, Santa Maria) 20:01, 4. Steiner (South Hills) 20:08, 5. Hillinger (Serrano) 20:11. Teams: 1. South Hills 104:14, 2. Yucaipa 105:32, 3. Maranatha 107:12, 4. Serrano 107:53, 5. St. Joseph 108:29, 6. San Luis Obispo 109:05, 7. Lompoc 109:31, 8. South Pasadena 110:46. (Div. II) 1. Jorgensen (Rancho Buena Vista) 17:32, 2. Park (Santa Barbara) 17:48, 3. Black (Palos Verdes) 18:18, 4. Hornbacker (Rancho Buena Vista) 18:25, 5. Lucas (Palos Verdes) 18:35, 6. Muneno (Palos Verdes) 18:35, 7. Brix (University, Irvine) 18:57, 8. Orlando (Carson City, Nv) 19:04, 9. Doering (Villa Park) 19:09, 10. Bendz (Costa Mesa) 19:16. Teams: 1. Palos Verdes 94:03, 2. Irvine 101:33, 3. Villa Park 102:33, 4. Norco 102:36, 5. San Clemente 103:36, 6. Canyon (Anaheim) 104:42, 7. Hefix (San Diego) 104:46, 8. La Jolla 104:58, 9. Mater Dei 105:11, 10. Santana (San Diego) 105:32. (Div. III) 1. Castruita (West Covina) 18:19, 2. Miranda (Palm Springs) 18:39, 3. York (Agoura) 18:51, 4. Drossin (Agoura) 18:56, 5. Barnhart (Poway) 19:01, 6. Orefice (Arroyo Grande) 19:03, 7. Killean (Valencia, Placentia) 19:09, 8. Adam (Huntington Beach) 19:26, 9. Santoyo (Mt. View, El Monte) 19:34, 10. Pritchard (Vacaville) 19:36. Team: 1. Agoura 99:29, 2. Mt. Carmel (San Diego) 101:43, 3. Poway 102:11, 4. El Toro 102:24, 5. Huntington Beach 102:40, 6. Tustin 103:56, 7. Watsonville 105:05, 8. Arroyo Grande 105:19, 9. Hesperia 105:20, 10. Vacaville 105:31.

Men:

(Div. I) 1. Freeman (St. Francis, La Canada) & Stolz (Miraleste, Palos Verdes) 16:11, 3. Bergman (Whittier Christian) 16:16, 4. Atsye (Barstow) 16:19, 5. Menon (San Luis Obispo) 16:22, 6. Cowdrey (Trabuco Hills) 16:27, 7. Badhe (University, San Diego) 16:28, 8. (tie) Nevayaklewa (Sherman Indian), Nielsen (Duarte) and Perez (Pala Noster, LA) 16:33. Team: 1. McFarland 85:30, 2. South Pasadena 85:54, 3. Lompoc 86:11, 4. St. Anthony (Long Beach) 86:24, 5. San Luis Obispo 86:51, 6. Sherman Indian (Riverside) 87:12, 7. El Camino (Oceanside) 87:16, 8. Barstow 87:33, 9. Yucaipa 87:47, 10. Salesian (LA) 87:49. (Div. II) 1. Coyle (Christian Brothers Academy, Lincoln, New Jersey) 15:03, 2. Lavelle (Corona del Mar) 15:13, 3. S. Hempel (Walnut) 15:20, 4. O'Neill (San Pasqual, Escondido) 15:26, 5. Goetzinger (Camarillo) 15:28, 6. Hartman (Canyon, Canyon County) 15:29, 7. Vali (University, Irvine) 15:31, 8. Valdez (Camarillo) 15:34, 9. Farrell (San Clemente) 15:37, 10. Finsone (Laguna Hills) 15:46. Teams: 1. Christian Brothers Academy (Lincoln, New Jersey) 79:28, 2. Camarillo 80:07, 3. Corona del Mar 80:33, 4. Canyon (Canyon County) 81:23, 5. Walnut 81:55, 6. Santana (San Diego) 83:01, 7. San Clemente 83:29, 8. Villa Park 83:37, 9. Fountain Valley 83:44, 10. Tustin 83:52. (Div. III) 1. Williamson (Thous. Oaks) 15:01, 2. Holbrook (Vacaville) 15:02, 3. Rodriguez (Santa Ana Valley) 15:10, 4. Damerworth (Agoura) 15:11, 5. Nava (Santa Ana) 15:25, 6. Quintana (Arroyo Grande) 15:26, 7. Nelson (Muir, Pasadena) 15:29, 8. Biddle (Mt. Carmel, San Diego) 15:32, 9. Gould (Capistrano Valley, Mission Viejo) 15:36, 10. Johnson (Rowland, Rowland Heights) 15:40. Teams: 1. Poway 80:37, 2. Belmont (LA) 81:15, 3. Santa Ana 81:50, 4. Rowland 82:13, 5. Antelope Valley 82:15, 6. Thousand Oaks 82:34, 7. Agoura 82:37, 8. Arroyo Grande 82:44, 9. Upland 83:04, 10. Hart (Newhall) 83:06.

Ventura County Championships

October 28. Moorpark College—The very powerful Ventura County area gathered for its annual County affair a couple of weeks later than the rest of the Section. The Meet was held at Moorpark College and the competition was its usual sizzler. The area features some pretty hot people and teams such as Defending State Division I individual champions in the sport, Bryan Damerworth and De-

ena Drossin of Agoura, and the state's hottest Men's group, Camarillo. Mike Williamson of Thousand Oaks had marked a trip to the Mt. SAC Invitational with a surprising Team Sweepstakes win at 15:02 the week previous, so his match-up with Damerworth here was much anticipated.

The Scorpions of Camarillo, as expected, ran away with the Men's team race, scoring 3-4-10-15-22 for 54 points over Thousand Oaks' 98. This week it was Damerworth's turn for a win, as the Agoura junior edged away from Williamson over the last half mile of the course to record a 15:12-15:20 win. Camarillo's fine junior duo of Shawn Goetzinger (3rd-15:32) and Abe Valdez (4th-15:39) followed, with the highest returnee from last year's State Meet Division III run (at 6th), Ricky DeLeon (Moorpark), 5th at 15:48. Deena Drossin marked her racing start this season at the Mt. SAC Invitational after some plantar fasciitis problems with a good run, and continued her improvement here, recording an 18:39-19:15 win over teammate Tiffany York. Agoura, the State's #2 ranked squad behind Palos Verdes on the Women's side, was an easy team winner with 50 points to Newbury Park's 89 and Section 2A power Nordhoff (115).

CIF Section Results

Southern Section Finals

November 18, Mt. SAC—The very powerful Southern Section held its Sectional competition on the weekends of Nov. 12 and 19th. This portion of the nation, which provided five of the six team champions and three individual winners from the first State Meet in the sport in 1987 has another quality group in 88. The area is especially talented on the Women's side, with four Kinney National Finalists in the sport and a couple of others on the female side who have performed at a level close to the best in the entire country. Palos Verdes was generally acknowledged as the nation's best Women's Prep harrier squad in 1987, and they were maybe even better this go-round, with Arroyo (El Monte) from the Section accorded the same honor on the Men's side.

Women 4A:

A group of Top-ranked squads statewide would chase Palos Verdes here. Chase is what they turned out to do, as PV rolled to a 32 point total and 95:24 team time. The Sea Kings thus took their fourth consecutive Section 4A team title, a level of continued excellence in a sport at the large school level that few schools have achieved in any sport in this very competitive Section. Coach Joe Kelly, Assistant Rod Flager, and a very special group of disciplined athletes are to be very sincerely congratulated on their run of success. There is not much doubt that they are once again the nation's best female prep harrier squad. Newport Harbor, defending State Champion in Division II, was second here at 87 (99:50), with a surprising Huntington Beach group third at 133 (101:39).

Individually, Jamie Park (Santa Barbara), the defending Champion, continued her fine season with a 17:57 win over Ashley Black (Palos Verdes) 18:14. The Section has some fine young athletes, with 9th graders Maya Muneno (PV) (3rd-18:39), Shelley Taylor (Edison, Huntington Beach) (4th-18:46), and Tanya Brix (University, Irvine) (5th-18:56) filling the next spots.

1. Park (Santa Barbara) 17:57, 2. Black (PV) 18:14, 3. Muneno (PV) 18:39, 4. Taylor (Edison,

HB) 18:46, 5. Brix (University, Irvine) 18:56, 6. Bolding (Quartz Hill) 18:57, 7. Smythers (San Clemente) 19:01, 8. Nesbitt (Newbury Park) 19:03, 9. Pinto (Kettle, Anaheim) 19:12, 10. Goodrich (PV) 19:13. Team: 1. Palos Verdes 32 (95:24), 2. Newport Harbor 87 (99:50), 3. Huntington Beach 133 (101:39), 4. Quartz Hill 155 (102:30), 5. Irvine 161 (102:53), 6. Tustin 164 (102:55), 7. El Toro 167 (103:05), 8. Foothill (Santa Ana) 194 (104:13), 9. Villa Park 200 (104:34), 10. Mater Dei (Santa Ana) 211 (104:54), 11. San Clemente 218 (105:05), 12. Channel Islands (Oxnard) 237 (106:10).

Women's 3A:

The Women's 3A was an interesting battle between three squads that were very close on paper. Hesperia, Montebello, and Norco are fine programs with reputations for running very tough in the big Meets. This was one of them. The squads were 101:53 (Hesperia), 102:32 (Montebello), and 102:36 (Norco) in Prelim Heat wins. Individuals such as two-time defending division champion, Rayna Cervantes (Montebello), the nation's #2 two mile last spring at 10:18.80 for 3200m and 15th in the Kinney Nationals in the sport, and Nicols Robbins (Hesperia), 17th in the National Finals, made the race interesting. Squeaky close it turned out to be in the team scoring, with Cervantes, still coming on after serious injury this summer, running in a very determined manner over the final mile to win individually over Robbins 18:04-18:16, with surprising Suzanne Castruita (West Covina) 3rd in 18:19. Back a ways it was the later scorers of the top three teams who were deciding the team issue. Coach Larry Nugent of Norco has the reputation of being a real "magician" right at the end of each season with his team able to achieve amazing peaks. The coach's potion for 1988 worked nicely on Jennie Higbee and fresh Shamika Lowery. Higbee did not even run in the Prelims, but ran a respectable 19th in the Finals at 20:39. Shamika, the 9th grade sister of senior Pershephone Lowery (the team leader here at 6th in 19:25), improved magnificently over the season. Back in September the fresh athlete ran 23:00 here in the Walnut Invitational, with her season long improvement resulting in a 19:53 for 9th on this morning and an effort that made it possible for Norco to nip Montebello 70 (101:13)-71 (100:03). Hesperia was 3rd at 95 (101:29).

1. Cervantes (Montebello) 18:04, 2. Robbins (Hesperia) 18:16, 3. Castruita (West Covina) 18:19, 4. Miranda (Palm Springs) 18:58, 5. Santoyo (Mt. View, El Monte) 19:05, 6. P. Lowery (Norco) 19:25, 7. Dionne (Hart, Newhall) 19:44, 8. Gallardo (Montebello) 19:52, 9. S. Lowery (Norco) 19:53, 10. Williams (La Habra) 19:59. Team: 1. Norco 70 (101:13), 2. Montebello 71 (100:03), 3. Hesperia 95 (101:29), 4. Ball Gardens 160 (106:15), 5. Hart (Newhall) 161 (106:12), 6. Upland 166 (106:31), 7. Alta Loma 172 (106:41), 8. La Habra 184 (107:12), 9. Mountain View (El Monte) 189 (107:11), 10. Redlands 192 (107:59), 11. Rubidoux (Riverside) 206 (108:30), 12. Los Altos 246 (113:32).

Women's 2A:

The return to the course less than a month previous by Defending State Division I individual champion Deena Drossin put Agoura back in the driver's seat here as a team and bolstered the Charge cause immensely statewide. Coach Bill Duley's Agoura crew, the defending divisional champions and ranked #2 in the State in Division I was a big favorite. Karen Hecox (South Hills, West Covina), the nation's top prep two-mile last spring off her 10:16.14 3200m state win in track, headlined the division individually. Off of just three weeks of racing one could hardly expect Drossin to challenge Hecox over the three mile distance. A pack of schools would battle behind Agoura for the coveted spots onto the State Meet, with a number here in enrollment a part of Division II statewide (700-1599).

Agoura put four in the top sixteen individually, led by Drossin's 2nd-18:41 and Tiffany York's 3rd-18:51 to win easily 58 (98:57)-115 (103:17) over Yu-

PREP NOTES

caipa. Coach Jim Clendani's Yucaipa group has pask running down better than anyone in the Section, gapping 25-35 seconds through five each and every week. They have achieved more without a star runner than any team in recent section history. Individually, Hecox strode along for a time with Drossin, then put it in overdrive over the last mile and a half of the course to steadily pull away, winning in a personal best here of 17:57. Karen continued undefeated with no one even close at the finish. It is nice to have the Kinney series where this

young lady will have some competition.

1. Hecox (So. Hills, West Covina) 17:57, 2. Drossin (Agoura) 18:41, 3. York (Agoura) 18:51, 4. Acosta (Walnut) 18:52, 5. Boras (Temple City) 19:20, 6. Bendz (Costa Mesa) 19:41, 7. George (Morro Bay) 19:42, 8. Pellegrin (Calzadon) 19:43, 9. Kelley (Arroyo Grande) 19:45, 10. Steiner (South Hills) 19:46. Teams: 1. Agoura 58 (98:57), 2. Yucaipa 115 (103:17), 3. South Hills (West Covina) 133 (102:46), 4. St. Joseph (Santa Maria) 151 (105:06), 5. Calzadon 156 (105:18), 6. Woodbridge (Irvine) 162 (105:42), 7. San Luis Obispo 168 (105:55), 8. Morro Bay 177 (106:25), 9. La Canada 181 (106:58), 10. Temple City 199 (110:20), 11. South Pasadena 229 (109:21), 12. Arroyo Grande 246 (110:28).

Women's 1A:

Maranatha (Sierra Madre) hoped to continue its fine tradition in the sport that had it going for its third consecutive Section 1A title. Coach Ken Cronquist's Defending State Division III champions let out the stops as usual for this affair, averaging more than a minute faster per runner than the next couple of squads in scoring a minuscule 37 points (104:40 team time). The Minutemen are another squad that seems to get the most out of athletes who appear to have no special talent other than a willingness to work hard and follow closely the edict of team running that had them gap at right over a minute through five runners here.

Individually, the race was very interesting. Tanya Thayer (Serrano, Phelan) has the chance to be the first Section athlete to win four individual titles, as she was the winner at this level in 1986 and 1987. Karen Talamantes of Western Christian (Covina) had run faster this year and showed the potential to take the title this season. However, over the final half of the Championship run it was obvious that Thayer was not to be denied, as the defending champ ran possessed, racing away to a 100 yard win in 19:00.

1. Thayer (Serrano, Phelan) 19:00, 2. Talamantes (Western Christian, Covina) 19:20, 3. Hillinger (Serrano) 19:25, 4. Harvey (Paradote, Lancaster) 19:25, 5. Shaw (Fillmore) 19:34, 6. Rivera (Maranatha, Sierra Madre) 20:17, 7. McKernan (Orange Lutheran) 20:36, 8. Wester (Maranatha) 20:46, 9. Beaver (Moorpark) 20:48, 10. Lewis (Maranatha) 20:56. Team: 1. Maranatha 37 (104:40), 2. Chaminate (Canoga Park) 121 (110:33), 3. LA Baptist (Sepulveda) 124 (110:44), 4. Serrano (Phelan) 128 (107:17), 5. Brentwood (LA) 134 (111:09), 6. Paradote 164 (110:20), 7. Santa Margarita (Mission Viejo) 180 (113:22), 8. Miraleste (Palos Verdes) 182 (112:31), 9. Vivian Webb (Claremont) 197 (113:54), 10. St. Bernard (Playa del Rey) 215 (114:19), 11. Westlake (LA) 218 (114:55), 12. Alemany (Mission Hills) 247 (115:52).

Men's 4A:

A lot of power resides here, led by top ranked teams statewide in Division I, Camarillo, and El, Corona del Mar. A like number of very strong individuals, led by the Section's fastest here at Mt. SAC, Mike Williamson (Thous.Oaks-15:02), would be on the course. Interestingly, defending 4A Champions Dana Hills, a very talented group that had been held back with injuries all season, exploded in the Section Prelims to win over what appeared to be just a cruising Camarillo group. There was great anticipation over the Finals race. Dropping it into still a lower gear than in its Prelims race, Coach

Tim Butler of DH had the crew cranked up from the start and the Dolphins blasted to a big 79:22 team time (#10 all-time Southern Section team) in scoring 86 points and coming in just ahead of Camarillo, which had 90 and 79:44. It was an interesting family affair for Dana Hills, with Mike (7th-15:21) and Andrew (16th-15:53) Tansley sandwiching Steve (9th-15:33) and Dan (13th-15:48) Neidnagel for the team. Sophomore Dan Neidnagel's development was probably the key for Dan Hills' growth into a championship squad this year. Camarillo, with its first four runners underclass, is still a team of the future and obviously the favorite for everything next year. Corona del Mar ran a fine race in 3rd at 106 (80:05), with Canyon (Canyon Country), led by Dave Hartman, who established a sophomore course record here of 15:18, gathering the final State Meet Division I spot with 125 (80:37).

Individually, Mike Williamson (Thous.Oaks) showed his real enjoyment of racing on this course with another excellent run, with his 15:02 a 50 yard winner over Robert Nelson (Muir, Pasadena). Nelson may have been the find of the Fall season, as the Muir senior ran 4:18.50 last spring for 1600m and came on like gangbusters during the harrier season. The tall, lanky Muir star looks to have as much potential as any local distance runner in a while.

1. Williamson (1000 Oaks) 15:02, 2. Nelson (Muir, Pasadena) 15:09, 3. Lavelle (Corona del Mar) 15:11, 4. Rodriguez (Santa Ana Valley) 15:14, 5. Hartman (Canyon, Canyon Country) 15:18, 6. Nava (Santa Ana) 15:20, 7. M. Tansley (Dana Hills) 15:21, 8. Goetzinger (Camarillo) 15:26, 9. S. Neidnagel (Dana Hills) 15:33, 10. Gould (Capistrano Valley, Mission Viejo) 15:39. Team: 1. Dana Hills 86 (79:22), 2. Camarillo 90 (79:44), 3. Corona del Mar 106 (80:05), 4. Canyon (CC) 125 (80:37), 5. Anelope Valley 138 (81:13), 6. Santa Ana 140 (80:53), 7. 1000 Oaks 178 (81:31), 8. El Modena (Orange) 193 (82:39), 9. Fountain Valley 212 (82:56), 10. Hoover (Glendale) 213 (82:53), 11. Saddleback (Santa Ana) 217 (82:52), 12. Villa Park 240 (83:25).

Men's 3A:

Rowland (Rowland Heights), the Section's most improved program this season continues to get better and better. After an 82:13 in the mid-season Mt. SAC Invitational where team leader Ernie Delgado did not finish, it was obvious the Raiders were among the best in the State. After an 81:31 Heat win and a pretty even match-up on paper with Upland, 6th in last year's Division I State affair, Rowland came into the Finals and ran super, with their 50 points (80:05) an easy winner and the day's equal number three team time in any division. Brian Johnson (3rd-15:33) and Ernie Delgado (4th-15:36) led Coach Don Blair's squad to victory. Blair had a successful tenure as Coach at LaSalle at Pasadena and obviously has it in high gear now at Rowland. Upland was 2nd at 90 (81:58). Individually here, Todd Lewis (Burbank), a 4:14.5 1600m runner, powered away from the field, running 15:13 to win by 100 yards from Don Lefevre (Nogales, La Puente), who ran his best Cross Country race ever in 15:29.

1. Lewis (Burbank) 15:13, 2. Lefevre (Nogales, La Puente) 15:29, 3. Johnson (Rowland, Rowland Heights) 15:33, 4. E. Delgado (Rowland) 15:36, 5. Galindo (Upland) 15:40, 6. Sanchez (San Gabriel) 15:48, 7. Collins (Hemet) 15:49, 8. Aguilar (Mt. View, El Monte) 15:52, 9. Ocegura (Rubidoux, Riverside) 15:54, 10. A. Delgado (Rowland) 16:04. Team: 1. Rowland 50 (80:05), 2. Upland 90 (81:58), 3. Hart (Newhall) 116 (83:06), 4. Rubidoux 137 (83:25), 5. Loyola (LA) 143 (83:45), 6. Burbank 148 (83:11), 7. San Gabriel 155 (84:01), 8. Claremont 182 (85:01), 9. (tie) Arroyo (El Monte) 200 (85:27), Hemet 200 (85:04) and Rosemead 200 (85:31), 12. Redlands 306 (88:36).

Men's 2A:

The Men's 2A featured some super teams and individuals. Walnut, the two-time defending champion, had the county's best returning two miler (9:01.56

for 3200m) and State Division II CC Champion Scott Hempel (Walnut), Bryan Dameworth (Agoura) the nation's top soph two miler last spring (9:06.46 for 3200m) and State Division I CC Champion, and Arroyo Grande soph Luis Quintana ("kin-tana"), 7th in state in CC Division I last year as a 9th grader. The teams were very close on paper. In a very tight struggle it was Arroyo Grande surprisingly that emerged the winners 94 (81:49) to Walnut's 99 (81:21) and Agoura's 114 (81:59). Individually Hempel began his usual fine season ending peak in the Fall sport, winning at 15:06 over Dameworth (15:09) with Quintana 3rd in 15:24.

1. S. Hempel (Walnut) 15:06, 2. Dameworth (Agoura) 15:09, 3. Quintana (Arroyo Grande) 15:24, 4. Gibney (Laguna Hills) 15:42, 5. Castellon (La Puente) 15:47, 6. Frisona (Laguna Hills) 15:54, 7. Huizar (Ontario) 15:54, 8. Mennon (San Luis Obispo) 15:54, 9. D. Kite (Agoura) 15:55, 10. M. Hempel (Walnut) 15:55. Team: 1. Arroyo Grande 94 (81:49), 2. Walnut 99 (81:21), 3. Agoura 114 (81:59), 4. Ontario 128 (83:07), 5. Laguna Hills 146 (83:15), 6. South Pasadena 157 (84:19), 7. San Luis Obispo 158 (83:45), 8. (tie) Lompoc 165 (84:34) and Yucaipa 165 (84:34), 10. Monrovia 197 (85:45), 11. (tie) Woodbridge 240 (86:44) and Brea 240 (86:21).

Men's 1A:

New Coach Tom Colley of Sherman Indian (Riverside) had some tough shoes to fill. Coach Ken Taylor was able to fire the Sherman crew up in past Championship affairs and had the team win five Section titles since 1960. Colley would try to continue the tradition in 88. During a season in which the Sherman squad slowly developed it did not show abilities that were special compared to other 1A teams, finishing fifth in a Yucaipa Invitational showdown and racing a time that was behind a team or two in this division in the Mt. SAC Invitational. In the Section Prelims the Indians had the quickest team time of 86:09, but there were two other squads who had run within a minute of that. The chemistry did come together, because in the Finals Sherman raced away from the pack, putting four in the top eleven individuals and running over two minutes faster than anyone else in winning with 74 (84:21) to Salesian's 104 (86:28). It appears that Sherman is capable of challenging McFarland for the State Division III title, as the defending State Champs from the Central Section ran 85:30 here a month previous in the Mt. SAC Invitational.

Gary Stolz (Miraleste, PV), who had run 15:21 here last year in placing high at the 2A level, was a big individual favorite. His thirty-five second win at 15:31 was no big surprise. Very improved junior Oscar Perez (Pater Noster, LA) came in second ahead of fellow eleventh graders Tony Bergman (Whittier Christian) and Val Nevayaklewa (Sherman) 16:06-16:11-16:11.

1. Stolz (Miraleste, PV) 15:31, 2. Perez (Pater Noster, LA) 16:06, 3. Bergman (Whittier Christian) 16:11, 4. Nevayaklewa (Sherman Indian) 16:11, 5. Montes (Maranatha, Sierra Madre) 16:20, 6. Kenton (Sherman) 16:28, 7. Barajas (Fillmore) 16:33, 8. DeLeon (Moorpark) 16:34, 9. Nostie (Sherman) 16:35, 10. Mercer (Thacher) 16:40. Team: 1. Sherman Indian (Riverside) 74 (84:21), 2. Salesian 104 (86:28), 3. St. Anthony (Long Beach) 105 (86:33), 4. LaSalle (Sierra Madre) 117 (86:57), 5. Maranatha (Sierra Madre) 126 (86:48), 6. Whittier Christian 148 (87:25), 7. Thacher (Ojai) 176 (88:27), 8. Cathedral 180 (89:00), 9. Fillmore 194 (88:52), 10. Harvard 215 (89:55), 11. Bosco Tech 229 (90:17), 12. Miraleste (PV) 246 (89:41).

Northern Section X-C

November 5. West Valley HS, Cottonwood. 3.0 Miles--The Northern Section qualified two teams and five individuals in each division to the State Meet. The teams and individuals indicated with an

asterisk (*) qualified for the State Meet.

Boys Teams:

1	*Shasta (Redding) Div. 1	79
2	*Yreka Div. 2	85
3	*Paradise Div. 2	94
4	Lassen (Susanville) Div. 2	152
5	Pleasant Valley (Chico) Div. 2	170
6	Central Valley Div. 2	173
7	Las Pumas (Oroville) Div. 2	183
8	Chico Senior Div. 2	185
9	Red Bluff Div. 2	186
10	Oroville Div. 2	224
11	Anderson Div. 2	238
12	*Wheatland Div. 3	293
13	*Quincy Div. 3	349

Boys Individuals (145 finishers)

1	*Neil Haggard (Paradise) Div. 2	15:56
2	*Ron Ames (Yreka) Div. 2	16:05
3	*Jeremy Redding (Cent Vly) Div. 2	16:17
4	*Janrik Sadtorn (Pleas Vly) Div. 2	16:25
5	*Chris Dawson (Shasta) Div. 1	16:38
6	*Dan Shuteroff (Yreka) Div. 2	16:43
7	*Brian Gaddy (Central Vly) Div. 2	16:53
8	*Scott Worden (Las Plumas) Div. 2	16:54
9	*Marty Coomes (Paradise) Div. 2	16:58
10	*Scott Rounds (Wheatland) Div. 3	16:59
11	*Geoff Young (Durham) Div. 3	17:02
12	*Jason Gage (Pleasant Vly) Div. 2	17:04
13	Kevin Merenda (Oroville) Div. 2	17:07
14	*Jeremy Steins (Shasta) Div. 1	17:08
15	*Jeremy Pastre (Lassen) Div. 2	17:16

Girls Teams:

1	*West Valley (Cottonwood) Div. 2	57
2	*Lassen (Susanville) Div. 2	74
3	*Shasta (Redding) Div. 1	77
4	Red Bluff Div. 2	85
5	Yreka Div. 2	128
6	*Enterprise (Redding) Div. 1	150
7	*Fall River (McArthur) Div. 3	174
8	*Wheatland Div. 3	182
9	Quincy Div. 3	185

Girls Individuals (74 finishers)

1	*Tina Gorbet (Lassen) Div. 2	18:41
2	*Nicole Teter (West Valley) Div. 2	19:24
3	*Christy Oliveira (West Vly) Div. 2	19:37
4	*Denise Wall (Lassen) Div. 2	19:50
5	*Michelle Millard (Shasta) Div. 1	19:57
6	*Krisly Look (Nova) Div. 1	19:59
7	*Alicia Mercer (Pleas Valley) Div. 2	20:13
8	*Ganon Morcor (West Vly) Div. 2	20:23
9	*Terri Horton (Anderson) Div. 2	20:26
10	*Tritia Robbins (Orland) Div. 3	20:46
11	*Renee Parry (Fall River) Div. 3	21:04
12	*Heather Myrick (Wheatland) Div. 3	21:09
13	*Tracy Henriques (Red Bluff) Div. 2	21:09
14	*Melanie Frates (Yreka) Div. 2	21:19
15	*Data Smith (Enterprise) Div. 1	21:22

Sac-Joaquin Section X-C

November 11. Sierra College, Rocklin. 3 Miles--The top two teams plus the top five highest placed individuals (not on a qualifying team) in each division will qualify to the State Meet.

Division I

Boys Teams:

1	Del Campo (Fair Oaks) 56	81:39
2	Casa Roble (Orangevale) 74	82:55
3	Vacaville 92	82:48
4	Bella Vista (Fair Oaks) 116	84:45

Boys Individuals:

1	Kevin Holtbrook (Vacaville)	15:08
2	Cory Davis (Vacaville)	15:35
3	John Fugler (Del Campo)	15:47
4	Robert Hill (Beyer)	15:58
5	John Leder (Bella Vista)	N.T.
6	Damon Chamberlain (Casa Roble)	16:00
7	Tom Coburn (Lincoln)	16:06
8	Kelley Ramirez (Grace Davis)	16:06
9	David Mastro (Del Campo)	16:09
10	Chris Randers (Casa Roble)	16:12
11	Alan Thompson (Modesto)	16:17

PREP NOTES

12	Darin Locks (Beyer)	16:20
13	Roger Woosley (Bella Vista)	16:22
14	Dean Riedel (Del Campo)	16:25
15	Chuck Butti (Vintage)	16:27

Division II

Boys Teams:		
1	Jesuit (Carmichael) 24	80:28
2	El Dorado (Placerville) 82	84:11
3	Manteca 93	84:54
4	Sonora 123	86:18

Boys Individuals:		
1	David Welsh (Jesuit)	15:19
2	Bob Baca (Bear River)	15:50
3	Steve Gaul (Jesuit)	15:52
4	Eric Taylor (Grant)	15:56
5	Mich Campbell (Rio Americano)	16:01
6	Kevin Grisby (Oak Ridge)	16:07
7	James Johnson (Jesuit)	16:08
8	Matt Tregoning (Roseville)	N.T.
9	Neil Sawelliew (Davis)	N.T.
10	Allen Moses (Calaveras)	16:32
11	Mark Vaden (Jesuit)	16:33
12	Dren Oliveras (Sonora)	16:35
13	Dan Overoye (Jesuit)	16:36
14	Shawn Whitney (El Dorado)	16:36
15	Sheldon Stanquist (Ponderosa)	16:38

Division III

Boys Teams:		
1	Riverbank 50	90:02
2	Bret Harte (Altaville) 51	89:44
3	St. Patrick's (Vallejo) 52	89:59
4	Justin-Siena (Napa) 57	89:46

Boys Individuals:		
1	Brian Singleton (Bret Harte)	16:50
2	Jeff Holland (Justin-Siena)	16:51
3	Tony Fitzgerald (Hilmar)	16:56
4	Tony Gallegos (St. Helena)	16:56
5	Pat Hisaw (Lincoln)	17:18
6	Tony Hernandez (St. Patrick's)	17:26
7	Bill Chapin (Riverbank)	17:28
8	Richard Vilasenor (Patterson)	17:29
9	Jason Brown (Bret Harte)	17:42
10	Rob Egon (Lincoln)	17:47
11	Saul Alaris (Riverbank)	17:48
12	Juan Garza (Riverbank)	17:50
13	Roman Coloma (St. Patrick's)	17:51
14	Greg Moura (Justin-Siena)	17:52
15	Ray Daniels (St. Patrick's)	17:54

Girls Teams:

1	Vacaville 27	99:53
2	Bella Vista (Fair Oaks) 50	102:26
3	Del Campo (Fair Oaks) 75	104:40
4	Rio Linda 119	

Girls Individuals:		
1	Brooke Pritchard (Vacaville)	18:43
2	Heather Trout (Casa Roble)	19:43
3	Bernie Hill (Alwater)	19:46
4	Bettina Brenner (Rio Linda)	19:51
5	Jennifer Hewitson (Bella Vista)	19:55
6	Joy Silachai (Vacaville)	20:03
7	Liv Williams (Kennedy)	20:08
8	Tabitha Stull (Casa Roble)	20:10
9	Lisa Diemoz (Napa)	20:13
10	Stephanie Goode (Vacaville)	20:19
11	Michelle Rodda (Vacaville)	20:21
12	Amy Dietz (Bella Vista)	20:22
13	Rachel Austin (Del Campo)	20:25
14	Elizabeth Elliot (Beyer)	20:26
15	Theresa Meza (Bella Vista)	20:27

Division II

Girls Teams:		
1	El Dorado (Placerville) 50	104:11
2	Sonora 75	107:47
3	St. Francis (Sacramento) 77	108:38

Girls Individuals:		
1	Eva Bell (El Dorado)	18:28
2	Barbie Sittman (Placer)	18:41
3	Juke Janus (Bear River)	19:36
4	Kim Nomanic (Del Oro)	19:47
5	Kelly Loos (Sonora)	19:49
6	Susie Harris (Placer)	20:08
7	Kolleen Kassis (St. Francis)	20:22

8	Rochelle Vanderbilt (El Dorado)	20:23
9	Leanne Cobb (Mira Loma)	20:43
10	Caryn Nardello (Sonora)	20:53
11	Carmen Perez (Manteca)	20:56
12	Jennifer Spano (Oak Ridge)	21:01
13	Lala Nazar (Ceres)	21:06
14	Rolinda Moreno (Manteca)	21:12
15	Lisa Wils (Ponderosa)	21:16

Division III

Girls Teams:		
1	Bret Harte (Altaville) 18	101:37
2	Loretto 51	115:43
3	St. Patrick's (Vallejo) 67	120:23

Girls Individuals:		
1	Amy Davidson (Bret Harte)	19:51
2	Tanya Dooley (Bret Harte)	20:04
3	Susie Fitzpatrick (Loretto)	20:18
4	Michelle Brown (Bret Harte)	20:18
5	Neriah Davis (Bret Harte)	20:25
6	Jenny Quincy (Bret Harte)	20:59
7	Candi Courtwright (Bret Harte)	21:53
8	Jennifer Murphy (Loretto)	21:55
9	Mallia Sabb (Loretto)	22:11
10	Camilla Maynard (Bret Harte)	22:33
11	Sarah Sweitzer (St. Patrick's)	22:45
12	Kate Gibbs (St. Patrick's)	22:58
13	Gretchen Walker (Patterson)	23:33
14	Lucia Mejia (Patterson)	23:46
15	Angel Lutz (Summerville)	24:03

Oakland Section X-C

November 16, Lake Merritt, Oakland—The top team and the top five highest placed individuals (not on the qualifying team) qualify to the State Meet.

Boys Teams:		
1	Oakland	31
2	Fremont	62
3	Skyline	76
4	Castlemont	82
5	Oakland Tech	96

Boys State Meet Qualifiers:
Manuel Perez (Oakland), Noah Hernandez (Oakland), Iyasu Feseha (Oakland), David Cartwright (Oakland), Jay Wahash (Oakland), Abdullah Adem (Oakland), Chris Wong (Oakland), Tim Walker (Oakland Tech), Dionido Espinoza (Fremont)

Girls Teams:		
1	Fremont	41
2	Oakland	41
3	Skyline	44

(Fremont awarded win because it had 6 girls finish and Oakland had 5).
Girls State Meet Qualifiers:
Cindy Aquilera (Fremont), Ana Mora (Fremont), Judith Flores (Fremont), Larra Rivera (Fremont), Lucia Espinoza (Fremont), Norma Jimenez (Fremont), Emma Garcia (Fremont), Tsega Asefaba (Oakland), Aziza Stad (Oakland)

San Francisco Section X-C

Academic Athletic Ass'n., Golden Gate Park, San Francisco. 3.1 Miles—One team plus the top five highest placed individuals (not on a qualifying team) qualify for the State Meet.

Boys Teams:		
1	Lowell	18
2	McAteer	75
3	Balboa	131
4	Lincoln	137
5	O'Connell	157
6	Washington	206
7	Wilson	244

Boys Individuals:		
1	Luke Lim (Lowell)	19:25
2	Andy Chan (Lowell)	19:33
3	Andres Tobar (McAteer)	19:46

Girls Teams:		
1	Lowell	28
2	Lincoln	135
3	McAteer	142



(Left to right): HEATHER KILLEEN, WENDY GRIFFITH AND KAREN HECOX

4	O'Connell	147
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Girls Individuals:

1	Ramona Pena (Washington)	21:27
2	Jennifer Brown (Lowell)	22:06
3	Lisa Lopez (Balboa)	22:36

Central Section X-C

Woodward Park, Fresno. 3 Miles.

Boys Teams:		
1	Madera 45	82:57
2	Clovis West (Fresno) 93	85:16
3	Bakersfield 101	85:08
4	Fresno 108, 5. Clovis 113, 6 Foothill (Bakersfield) 181, 7 Hanford 210, 8 Hoover (Fresno) 252, 9 South (Bakersfield) 259, 10 Mount Whitney (Visalia) 296, 11 North (Bakersfield) 299, 12 Bullard (Fres) 309, 13 East (Bakersfield) 310, 14 Redwood (Visalia) 351, 15 West (Bakersfield) 365, 16 Delano 466	

Boys Individuals:		
1	Carlos Sanchez (Madera)	16:00
2	Jose Santiago (Madera)	16:12
3	Shane Curtis (Bakersfield)	16:17
4	Kevin Baxter (Fresno)	16:20
5	Polo Duarte (Madera)	16:26
6	Karl Polivka (Clovis)	16:27
7	Chris Barbour (Hanford)	16:27
8	Aaron Mears (Bakersfield)	16:36
9	Robert Hinojosa (Clovis West)	16:37
10	Counts (Fresno)	16:39
11	Wynn (Foothill)	16:39

12	Thurston (Clovis)	16:44
13	R. Mears (Bakersfield)	16:46
14	Francisco Madrigal (Madera)	16:52
15	Gann (McLane, Fresno)	16:58

Division II

Boys Teams:		
1	Golden West (Visalia)	55 84:04
2	Arvin	65 84:05
3	Wasco	90 85:28
4	Lemoore 116, 5 Reedley 155, 6 Sanger 156, 7 Porterville 167, 8 Monache (Porterville) 227, 9 Selma 247, 10 Highland (Bakersfield) 296, 11 Sierra (Tollhouse) 302, 12 Exeter 322, 13 Taft 337, 14 Edison (Fresno) 363.	

Boys Individuals:		
1	Juan Romero (Arvin)	15:57
2	Robert Cardenas (Sanger)	16:08
3	Scott Weber (Reedley)	16:20
4	Adolfo O'Campo (Wasco)	16:22
5	Jose Trujillo (Golden West)	16:22
6	Rich Martin (Reedley)	16:25
7	Jose Alejo (Wasco)	16:32
8	Mark Sanchez (Arvin)	16:33
9	Leo Gonzales (Golden West)	16:35
10	Danny Rodriguez (Arvin)	16:39
11	Velasquez (Shafter)	16:31
12	Jorge Sanchez (Golden West)	16:58
13	Juarez (Monache)	16:58
14	Saul Rodriguez (Golden West)	16:59
15	Bow (Lemoore)	16:59

Division III

Boys Teams:		
1	McFarland	15 84:46
2	Yosemite (Oakhurst)	77 91:08
3	Firebaugh	100 92:39
4	Corcoran	102 93:17
5	Dos Palos	119 94:06
6	Garcos (Bakersfield)	126 94:31
7	San Joaquin Memorial (Fresno)	151

PREP NOTES

Boys Individual:

1 Johnny Samaniego (McFarland)	16:18
2 Victor Puentes (McFarland)	16:46
3 Jose Cardenas (McFarland)	16:53
4 Fernando Laron (McFarland)	17:20
5 Damacio Diaz (McFarland)	17:29
6 Raul Campos (Dos Palos)	17:36
7 James Westfall (Yosemite)	17:41
8 Vego Diaz (McFarland)	17:45
9 Nathan Trout (Yosemite)	17:51
10 Greg Patrick (Garces)	17:54
11 Owen Murphy (Yosemite)	17:54
12 Lee Zambrano (Firebaugh)	18:04
13 Juan Garcia (Corcoran)	18:06
14 E. Diaz (Corcoran)	18:13
15 Danny Diaz (McFarland)	18:17

Division I

Girls Teams:

1 Clovis West (Fresno)	50	99:57
2 Madera	62	101:12
3 Foothill (Bakersfield)	81	102:35
4 Mount Whitney (Visalia)	109	
5 North (Bakersfield)	132	
6 Bullard (Fresno)	158	
7 Hanford	169	
8 Clovis	193	
9 West (Bakersfield)	227	
10 Redwood (Visalia)	236	
11 Fresno	304	
12 Bakersfield	322	
13 South (Bakersfield)	368	

Girls Individual:

1 Mary Ann Martinez (Foothill)	18:50
2 Chantell Calabrese (Clovis West)	19:08
3 Heather Reid (Clovis West)	19:09
4 Kati Roldan (Mt. Whitney, Visalia)	19:14
5 Heather Wyatt (Hanford)	19:16
6 Lori Miller (North)	19:25
7 Mary Ann Barrientos (Madera)	19:27
8 Norma Cuellar (Redwood)	19:54
9 Delgado (Delano)	19:57
10 Mireya Samaniego (Madera)	20:04
11 Tatum (Foothill)	20:10
12 Jennifer Bovee (Clovis West)	20:13
13 Allison Core (Clovis West)	20:15
14 Salazar (Mt. Whitney, Visalia)	20:19
15 Erin Kropf (Madera)	20:22

Division II

Girls Teams:

1 Porterville	68	109:58
2 Lemoore	69	110:26
3 Golden West (Visalia)	72	114:31
4 Reedley	90	
5 Sanger	129	
6 Edison (Fresno)	138	
7 Monache	144	
8 Shafter	154	

Girls Individual:

1 Becky Petty (Golden West, Visalia)	19:54
2 Mary Mabon (Porterville)	20:45
3 Dorothy Navarro (Reedley)	21:02
4 Lety Carrillo (Lemoore)	21:11
5 Maria Neri (Sanger)	21:11
6 Tori Navarro (Reedley)	21:24
7 Stephanie Stewart (Lemoore)	21:24
8 Joyce Abalos (Lemoore)	21:30
9 Celia Galvillo (Porterville)	21:37
10 Alicia Hernandez (Golden West)	21:38
11 Heimdal (Shafter)	21:32
12 Barrientos (Golden West)	21:52
13 Ryder (Edison)	22:08
14 Garcia (Sanger)	22:15
15 Bodah (Monache, Porterville)	22:16

Division III

Girls Teams:

1 McFarland	39	104:53
2 San Joaquin Mem (Fresno)	54	107:08
3 Garces (Bakersfield)	54	108:52
4 Corcoran	97	122:28
5 Yosemite (Oakhurst)	111	

(San Joaquin Memorial gets berth in State Meet on better finish of their sixth-place runner.)

Girls Individual:

1 Deña Diaz (McFarland)	20:05
2 Tamara Degroot (Central Vly Chr)	20:12
3 Audrey Maynor (Garces)	20:29
4 Megan Noble (Garces)	20:33
5 Jennifer Neumeier (San Joaquin Mem)	20:44
6 Angelique Berens (Garces)	20:52
7 Albert (Corcoran)	20:53
8 Eri Paniagua (McFarland)	21:01
9 Julie Ostiek (San Joaquin Mem)	21:03
10 Gabby Perez (McFarland)	21:06
11 Patricia Perezchica (McFarland)	21:11
12 Sara Fusselman (San Joaquin Mem)	21:26
13 Hollie Wykoff (McFarland)	21:30
14 Meza (Corcoran)	21:38
15 Carrie Poole (San Joaquin Memorial)	21:46

North Coast Section X-C

November 19, Sonoma State Univ., Rohnert Park, 3 Miles.

3 A

Boys Teams:

1 Santa Rosa	57	77:32
2 De La Salle (Concord)	58	78:16
3 San Ramon Valley (Danville)	120	80:26
4 Antioch	148	80:59
5 Livermore	190	
6 Montgomery (Santa Rosa)	208	
7 Berkeley	220	
8 Clayton Valley (Concord)	226	
9 Logan (Union City)	239	
10 Mission San Jose (Fremont)	247	
11 Eureka	266	
12 Amador Valley (Pleasant)	274	
13 Monte Vista (Danville)	301	
14 Moreau (Hayward)	314	
15 Piner (Santa Rosa)	328	
16 Irvington (Fremont)	343	

Boys Individual:

1 Donnie Nelson (Foothill)	15:07
2 Jeremy Sevan (De La Salle)	15:09
3 Jason Lindholm (Eureka)	15:19
4 Shumey Mamo (Berkeley)	15:21
5 Rob Scott (San Ramon Valley)	15:24
6 Todd Coulston (De La Salle)	15:27
7 Salvador Zabaia (Santa Rosa)	15:31
8 Dan Held (Santa Rosa)	15:31
9 Mark Douglas (Moreau)	15:34
10 Mike Kuhl (De La Salle)	15:36
11 Buddy Pohl (Antioch)	15:39
12 Tyler Alderman (Mission San Jose)	15:41
13 Steve Guerrini (Santa Rosa)	15:43
14 Robert Bruno (Antioch)	15:47
15 Brian White (Antioch)	15:48
16 Andy Price (Santa Rosa)	15:52
17 Peter Faeth (Monte Vista)	15:54
18 Jim Macken (Santa Rosa)	15:55
19 Chris Knaflec (De La Salle)	15:56
20 Jeff Buhl (San Ramon Valley)	15:58
21 Keith Lewis (Montgomery)	16:02
22 Mark Chun (Livermore)	16:03
23 Eric Hyde (Amador Valley)	16:05
24 Gonzalo Espinoza (Logan)	16:05
25 Keith Williams (Logan)	16:06

Girls Teams:

1 California (San Ramon)	65	97:58
2 Granada (Livermore)	83	99:43
3 San Ramon Valley (Danville)	90	100:19
4 El Cerrito	135	
5 Monte Vista (Danville)	180	
6 Moreau (Hayward)	181	
7 Antioch	209	
8 Newark Memorial (Newark)	217	
9 Ursuline (Santa Rosa)	227	
10 Rancho Colate	230	
11 Piner (Santa Rosa)	239	
12 Mission San Jose (Fremont)	288	
13 Logan (Union City)	291	
14 Clayton Valley (Concord)	309	
15 Carondelet (Concord)	328	

Girls Individual:

1 Anne Wedum (San Leandro/Norway)	18:11
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2 Michelle Ferguson (Piner)	18:27
3 Nika Horn (Rincon Valley Jr.)	18:30
4 Melissa Freeburg (California)	18:36
5 Joy Harris (Mission San Jose)	18:42
6 Jennifer Sells (Antioch)	18:49
7 Lisa Scott (El Cerrito)	18:59
8 Missi Hurlow (California)	19:04
9 Kristy McCall (Santa Rosa)	19:09
10 Suzanne Daley (Granada)	19:21
11 Lena Deaton (Granada)	19:22
12 Beth Glaser (San Ramon Valley)	19:25
13 Lori Juarez (Livermore)	19:28
14 Cheryl Vann (Santa Rosa)	19:29
15 Jenny Haid (California)	19:35
16 Shilpi Patel (Ygnacio Valley)	19:38
17 Britt Eilers (Granada)	19:41
18 Ana Fernandez-Perez (SRamVly)	19:43
19 Jessica Buehring (El Cerrito)	20:00
20 Laura Buhl (San Ramon)	20:04
21 Janet Ekstrom (Newark Memorial)	20:05
22 Valerie Powell (Monte Vista)	20:14
23 Cindy Prindiville (Carondelet)	20:15
24 Jennifer Cullen (Newark Memorial)	20:16
25 Alisha Lopez (El Cerrito)	20:16

2A

The top two teams and the top five highest placed individuals (not on a qualifying team) qualified to the State Meet.

Boys Teams:

1 Piedmont	87	80:25
2 Castro Valley	110	80:40
3 Encinal (Alameda)	119	80:51
4 Arcata	136	81:04
5 San Rafael	151	81:59
6 College Park (Pleasant Hill)	153	82:08
7 St. Mary's (Berkeley)	215	
8 Northgate (Walnut Creek)	248	
9 Acalanes (Lafayette)	251	
10 Alhambra (Martinez)	255	
11 Miramonte (Orinda)	257	
12 Hayward	283	
13 Petaluma	356	
14 El Molino (Forestville)	364	
15 Redwood (Larkspur)	413	
16 Dublin	423	
17 Bishop O'Dowd (Oakland)	430	
18 Tamalpais (Mill Valley)	440	
19 Novato	455	
20 Casa Grande (Petaluma)	529	

Boys Individual:

1 Eli Ricca (Arcata)	15:14
2 Kevin Berkowitz (Hayward)	15:18
3 Jason Atwood (Castro Valley)	15:24
4 Blair Venables (Encinal)	15:28
5 Paul Denzler (Castro Valley)	15:29
6 Steve Brown (St. Mary's)	15:32
7 Darren Gray (Las Lomas)	15:33
8 Dan Stoll (College Park)	15:38
9 Daniel Montoya (Arcata)	15:43
10 Scott Metzger (San Rafael)	15:45
11 David Wasserman (Piedmont)	15:47
12 Neil Thompson (Del Norte)	15:50
13 Ian Phillips (Acalanes)	15:51
14 Matt Boone (Encinal)	15:51
15 Rob Horn (Dublin)	15:54
16 John Murphy (Las Lomas)	15:55
17 Dave Clark (San Rafael)	15:58
18 Scott Rubin (Piedmont)	16:01
19 Scott Sutch (Acalanes)	16:03
20 Bill Morse (Piedmont)	16:04
21 Thomas Gai (Arcata)	16:06
22 Brock Dickie (Encinal)	16:07
23 Nick Marquis (Miramonte)	16:09
24 Ben Williams (Alhambra)	16:13
25 Nate Nackle (Piedmont)	16:15

Girls Teams:

1 Redwood (Larkspur)	118	100:09
2 Northgate (Walnut Creek)	123	100:45
3 Bishop O'Dowd (Oakland)	134	101:13
4 Miramonte (Orinda)	144	101:44
5 Analy (Sebastopol)	164	102:28
6 College Park (Pleasant Hill)	175	
7 Arcata	203	

8 Acalanes (Lafayette)	215
9 Castro Valley	243
10 San Marin (Novato)	250
11 Concord	253
12 Piedmont	254
13 El Molino (Forestville)	281
14 Fortuna	302
15 Tamalpais (Mill Valley)	333
16 Encinal (Alameda)	343
17 Alameda	353

Girls Individual:

1 Jennie Dempsey (Analy)	18:24
2 Melanie Toler (Arcata)	18:39
3 Bekcy Kopychik (Northgate)	18:42
4 Alisa Jones (Redwood)	18:43
5 Molly Stryker (Acalanes)	18:46
6 Neve Zwagerman (Tamalpais)	18:57
7 Angela Dalke (Bishop O'Dowd)	19:01
8 Sarah Grundman (Fortuna)	19:02
9 Sarah Riley (Campolindo)	19:11
10 Melissa Diehl (San Marin)	19:12
11 Carolina Allen (San Rafael)	19:20
12 Mia Genau (Miramonte)	19:22
13 Michele Cadd (Healdsburg)	19:23
14 Desiree Crunelle (Redwood)	19:25
15 Ori O Rodriguez (Bishop O'Dowd)	19:35
16 Susan Kim (Miramonte)	19:40
17 Anne Burris (Northgate)	19:52
18 Lori Kibler (Petaluma)	19:54
19 Thea Hillman (Piedmont)	19:57
20 Megan Weinstein (Redwood)	20:04
21 Fran Fitzgerald (Northgate)	20:08
22 Janelle Nelson (Arcata)	20:12
23 Catherine Fahres (Redwood)	20:13
24 Jackie Hurt (Analy)	20:14
25 Jennifer Millin (Castro Valley)	20:15

1A

The top two teams and the top five individuals, not on a qualifying team, advance to the State Meet.

Boys Teams:

1 University (San Francisco)	64
2 McKinleyville	96
3 Fort Bragg	98

Boys Individual:

1 Matthew Metzger (University)	15:36
2 Brian Buch (Willits)	16:17
3 Gene Colter (South Fork)	16:21
4 Joel Tell (Fort Bragg)	N.T.

Girls Teams:

1 University (San Francisco)	36
2 Fort Bragg	39
3 Head-Royce (Oakland)	83

Girls Individual:

1 Amy McConnell (University)	18:50
2 Kami Gardner (College Prep)	19:20
3 Jonette Vollmer (Fort Bragg)	19:46
4 Nicki Clark (Marin Academy)	20:07

Central Coast Section X-C

November 18, Crystal Springs, Belmont, 2.9 Miles.

Division I

Boys Teams:

1 Bellamine (San Jose)	74
2 Live Oak (Morgan Hill)	91
3 Independence (San Jose)	163
4 Fremont (Sunnyvale)	166
5 Serra (San Mateo)	167
6 Homestead (Cupertino)	171
7 Soquel	177
8 Watsonville	223
9 Oak Grove (San Jose)	224
10 Overfelt (San Jose)	233
11 Gundersen (San Jose)	234
12 North Salinas (Salinas)	236
13 Santa Teresa (San Jose)	249
14 Salinas	292

Boys Individual:

1 Cliff Pappadakis (Oak Grove)	15:29
2 Flicky Woods (Independence)	15:33
3 Peter Fisher (Bellamine)	15:39
4 Jerry Carrillo (Salinas)	15:40
5 Matt Ringer (Homestead)	15:40

PREP NOTES

6	Ernesto Solorio (Gilroy freshman)	15:48
7	Robert Spencer (Soquel)	15:49
8	Sal Talamo (Live Oak)	15:50
9	Barnel Hampton (No. Salinas)	15:54
10	James Joyner (Gunderson)	15:55
11	Grag Meyer (Live Oak)	15:55
12	Huggins (Fremont)	15:56
13	Rosado (Fremont)	16:00
14	Kilbridge (Serra)	16:01
15	Jose Trujillo (Live Oak)	16:01
16	Clint Pappadakis (Oak Grove)	16:11
17	Ronan O'Flaherty (Bellarmine)	16:12
18	Dan Zoldak (Bellarmine)	16:12
19	Mike Graves (Bellarmine)	16:15
20	Newman-Robinson (Serra)	16:17
21	Tim Coulter (Bellarmine)	16:18
22	Mayera (Soquel)	16:19
23	Gutierrez (Overfelt)	16:19
24	Magness (Santa Teresa)	16:24
25	Morales (Independence)	16:24

Division II

Boys Teams:		
1	Los Gatos	89
2	Palo Alto	103
3	Half Moon Bay	104
4	St. Francis (Mt. View)	108
5	Gunn (Palo Alto)	150
6	Carlmont (Belmont)	175
7	Prospect (Saratoga)	187
8	Burlingame	195
9	Leigh (San Jose)	216
10	Aragon (San Mateo)	248
11	Del Mar (San Jose)	273
12	San Mateo	289
13	Santa Cruz	334
14	North Monterey Co. (Castroville)	373

Boys Individuals:

1	Andy Bupp (Woodside)	15:14
2	Mike Brown (Gunn)	15:19
3	John Hannon (Woodside)	15:27
4	Stefan Wynn (St. Francis)	15:37
5	Iain Hunter (Prospect)	15:38
6	Ron Mandel (Palo Alto)	15:40
7	James Metcalf (Los Gatos)	15:47
8	Joe Rodriguez (San Lorenzo View)	15:50
9	Will Clark (St. Francis)	15:51
10	Pat Stein (Burlingame)	15:53
11	Rhodes (Half Moon Bay)	15:54
12	McCormick (Prospect)	15:56
13	Johnson (Wilcox)	15:56
14	Kamp (San Lorenzo Valley)	15:57
15	Smith (Half Moon Bay)	15:58
16	Kemist (Aragon)	16:08
17	Ted Cribari (Los Gatos)	16:09
18	Lee (Gunn)	16:09
19	Johnson (Santa Cruz)	16:14
20	Stucker (San Mateo)	16:18
21	Lawrence (Carlmont)	16:19
22	Kent Kappen (Los Gatos)	16:21
23	Whiting (Half Moon Bay)	16:21
24	Seewer (St. Francis)	16:25
25	Olden (Carlmont)	16:27

Division III

Boys Teams:		
1	The York School (Monterey)	28
2	Robert Luis Stevenson (Peb Bch)	36
3	Palma (Salinas)	97
4	Redwood Christian (Castro View)	105
5	Pacific Grove	110
6	Menlo (Menlo Park)	154

Boys Individuals:		
1	Jeff Arnold (York)	16:30
2	Carlos Perez (York)	16:34
3	Aengus Jeffers (Stevenson)	16:38
4	Chris Parrish (Stevenson)	16:41
5	Jesus Perez (York)	16:44
6	Jerry Black (Redwood Christian)	16:57
7	Peter Johnson (Berean Christian)	17:04
8	Mark Schutze (Stevenson)	17:06
9	David Kingsley (Carmel)	17:09
10	Andy Coleman (Pacific Grove)	17:10

Division I

Girls Teams:

1	Santa Teresa (San Jose)	70
2	Leland (San Jose)	78
3	Watsonville	104
4	Fremont (Sunnyvale)	128
5	Overfelt (San Jose)	155
6	North Salinas (Salinas)	175
7	Live Oak (Morgan Hill)	184
8	Mt. Pleasant (San Jose)	192
9	Oak Grove (San Jose)	223
10	Independence (San Jose)	232
11	Gunderson (San Jose)	240
12	Gilroy	255
13	Piedmont Hills (San Jose)	292
14	Milpitas	327

Girls Individuals:

1	Beth Bartholomew (Fremont)	18:22
2	Noel Crockett (Leland)	18:50
3	Reina Felix (Oak Grove)	18:55
4	Ernie Barry (Santa Teresa)	19:05
5	Kimik Anderson (Santa Teresa)	19:11
6	Dina Farage (Gunderson)	19:29
7	Maria Solario (Overfelt)	19:34
8	Isabel Quintaro (Watsonville)	19:43
9	Martha Luna (Watsonville)	19:51
10	Phuong Siles (Fremont)	19:54
11	Khristina Berquist (Santa Teresa)	19:55
12	Kimik Anderson (Leland)	20:05
13	Huff (Fremont)	20:18
14	Fisher (Mt. Pleasant)	20:24
15	Senteno (North Salinas)	20:25
16	Kishi Anderson (Santa Teresa)	20:29
17	Ocoquera (Watsonville)	20:30
18	Patterson (Leland)	20:33
19	Rogers (Overfelt)	20:39
20	Hernandez (Watsonville)	20:40
21	Ochoa (Oak Grove)	20:47
22	Keri Raybould (Leland)	20:55
23	Rios (Live Oak)	20:59
24	Elizabeth Murphy (Leland)	21:00
25	Malenborg (Overfelt)	21:02

Division II

Girls Teams:

1	Los Gatos	55
2	Mitty (San Jose)	70
3	Mills (Milbrae)	99
4	St. Francis (Mt. View)	139
5	Gunn (Palo Alto)	155
6	Carlmont (Belmont)	158
7	Willow Glen (San Jose)	222
8	Mountain View	214
9	Leigh (San Jose)	220
10	Aptos	235
11	Half Moon Bay	243
12	King City	270
13	Westmoor (Daily City)	297
14	Aragon (San Mateo)	291

Girls Individuals:

1	Alva Dancel (Mills)	18:49
2	Thea Roberts (Mitty)	19:05
3	Latanya Johnson (Mitty)	19:14
4	Donna Rabin (Palo Alto)	19:21
5	Becky Kaiser (Seaside)	19:26
6	Misty Kalomi (Los Gatos)	19:29
7	Kim Lanterman (Burlingame)	19:34
8	Mari Lang (Santa Cruz)	19:38
9	Jane Vega (Burlingame)	19:42
10	Susan Haal (Notre Dame)	19:43
11	Erin Hayes (Mitty)	19:46
12	Roller (Mt. View)	19:50
13	Pippa Amat (Los Gatos)	19:52
14	Brightwell (Mills)	19:56
15	Sweeney (Leight)	19:59
16	Leon (Gonzales)	20:06
17	Andrea Meinhardt (Los Gatos)	21:10
18	Soderman (Gunn)	21:10
19	R. Mack (St. Francis)	21:17
20	Genevieve Farnady (Los Gatos)	20:21
21	Mahaffey (Carlmont)	20:22
22	Barron (St. Francis)	20:24
23	Gemello (Mills)	20:30
24	Lemes (Los Altos)	20:32
25	Jones (Carlmont)	20:36

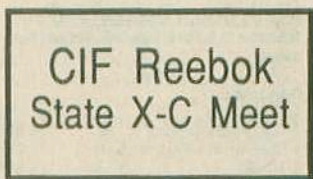
Division III

Girls Teams:

1	Santa Catalina (Monterey)	15
(Only Complete Team)		

Girls Individuals:

1	Rachel Lewis (Santa Catalina)	18:41
2	Ilene Duncan (Santa Catalina)	22:28
3	Sarah Hamilton (Stevenson)	22:33
4	Becky Stirling (Santa Catalina)	22:45
5	Joanne Nadermy (Santa Catalina)	23:11
6	Caroline Pierce (Stevenson)	23:24
7	Diaz-Brown (Santa Catalina)	23:37
8	Laura Lotz (Santa Catalina)	25:21
9	Kirsten Silvey (Santa Catalina)	25:25
10	Ira Budiono (Redwood Christian)	26:34



November 26, Woodward Park, Fresno.

Division I

By Keith Conning

Boys

Dana Hills, second in the State Meet last year with 115 points and the Southern Section 4A champion, won the team championship by 33 points with 91 points. Their team time was 79:21, which is the fourth best men's team time on this course. Last year their team time was 80:19, so they improved by 58 seconds. Their team was composed of senior Mike Tansley (5th place and 2nd place after individual displacement in 15:21), senior Steve Niednagel (16th/9th 15:42), senior Andrew Tansley (17th/10th 15:42), sophomore Daniel Niednagel (25th/13th 15:54), and sophomore Brendan Sullivan (89th/57th 16:42).

Rowland, the Southern Section 3A champion, placed second with 124 points. Their team time was 80:18, which is tied for tenth all-time. Their team was composed of senior Ernie Delgado (11th/6th 15:30), senior Anthony Delgado (26th/14th 15:54), senior Brian Johnson (27th/15th 15:54), senior Russ Hinman (62nd/36th 16:22), and sophomore Britten Loven (85th/53rd 16:38).

Poway, seventh in the State Meet last year with 172 points and the San Diego Section champion, placed third with 128 points. Their team time was 80:35, which is 20th all-time. Their team was composed of senior Dean Cortez (29th/16th 15:56), senior Bill Aronson (31st/18th 15:57), senior Ed Paz (47th/29th 16:10), senior John Schnurer (50th/30th 16:11), and freshman Nate Arnold (61st/35th 16:21).

Junior Bryan Dameworth (Agoura), the defending State Meet champion at 15:12 and second in the Southern Section 2A, won in 15:03. This is the fifth best time by a junior. Senior Mike Williamson (Thousand Oaks),

the Southern Section 4A champion, placed second in 15:04. Senior Jimmy Rodriguez (Santa Ana Valley), fourth in the Southern Section 4A, placed third in 15:05.

Competition is fierce at the State Meet. The first three runners were separated by only two seconds! If you look back at last year's results, you will also find the same margin. However, this year the first four runners ran faster than last year's winner.

Girls

Palos Verdes, the defending State Meet champion with 70 points and the Southern Section 4A champion, won the team championship by 43 points with 65 points. Their team time was 95:46, which is the seventh best women's team time on this course. Their team time last year was 94:37. Their team was composed of senior Ashley Black (4th/3rd 18:03, freshman Maya Mureno (23rd/12th 19:17), sophomore Joanne DelaQatta (27th/14th 19:22), Traci Goodrich (30th/17th 19:26), and sophomore Karen Zareski (36th/19th 19:36).

Agoura, second in the State Meet last year with 91 points and the Southern Section 2A champion, placed second with 108 points. Their team time was 96:42, which is the 13th best all-time. Their team time last year was 95:23. Their team was composed of sophomore Daena Drossin, the defending State Meet champion at 17:35 and second in the Southern Section 2A (3rd/2nd 17:55), sophomore Tiffany York (16th/5th 18:55), junior Sheyanne Zontelli (42nd/22nd 19:40), sophomore Michelle Schultz (64th/37th 20:01), and sophomore Stacey Kristan (70th 20:11).

San Pasqual (Escondido), the San Diego Section champion, placed third with 119 points. Their team time was 98:03, which is the 16th best all-time. Their team was composed of senior Michelle Keim (17th/6th 18:57), freshman Deanna Hadley (20th/9th 19:07), junior Kelly Fay (46th/25th 19:43), freshman Jeni Villasenor (51st/19:49), and freshman Erin Blunt (82nd/51st 20:27). Senior Kira Jorgensen (Rancho Buena Vista, Vista), the State Meet Division II champion last year at 17:34 and the San Diego Section champion, won in 17:42. Senior Rayna Cervantes (Montebello), second in the State Meet last year at 17:43 and the Southern Section 3A champion, placed second in 17:50.

Division II

By Steve Fagundes

The Division II girls' individual competition was really a repeat of last year's race for second and third. With Kira Jorgensen (Rancho Buena Vista, Vista) "graduated" to Division I competition, the heir apparent to the individual title appeared to be junior Karen Hecox (South Hills, Covina). The reigning state two mile champion took the race out in 5:26.5 followed closely by junior Tina Gorbet (Lassen, Susanville) and Sandra Acosta (Walnut). Powering through the back loop of the course, Hecox and Gorbet had

PREP NOTES

dropped the remaining competition by two miles (11:41.9) and were battling each other for the state crown, just as they did for second place in last year's race. Despite missing a month of the cross country season with a foot injury, Gorbet fought hard in the last mile, but was overcome by the unrelenting Hecox (18:01 to 18:17). In the team competition, senior Stacey Pando again led her Newport Harbor teammates to the team championship, duplicating her ninth place finish from last year. Joining Pando on the championship Newport Harbor team were Lena Delbour (19th), Eva Matson (27th), Kim Robinson (33rd), and Sandra Ruffini (40th). Yucaipa finished a surprising second in the team competition paced by the 24th place finish of Carrie Stubbs.

In the boys' individual competition, defending champion Scott Hempel (Walnut), senior David Welsh (Jesusit, Carmichael), and Corona Del Mar's Eddie Lavelle ran comfortably in the middle of the front pack (about 4:48) as Juan Romero (Arvin) led the race at 4:42.1. By the two-mile mark, the Walnut senior had moved into second place off the shoulder of Steve Frisone (Laguna Hills), who led the race at 9:53.3, with Welsh and Lavelle close behind. The final mile was the determining factor, as Hempel held off Welsh's stirring challenge to retain his state crown (15:15 to 15:20) with Lavelle finishing third in 15:24. In the meet's closest team competition, Corona Del Mar moved up a notch from last year to capture the team championship over a tough Jesuit squad (72 points to 80 points). In addition to Lavelle, the Corona Del Mar group was composed of Greg Shryock (15th), Chris Cannon (25th), Paul Scott (28th), and Hunter Pierce (48th).

Division III

By Doug Speck

Boys

The Small School level Championship runs at the State Cross Country Meet are in many ways the most interesting. It is the division where there was once again more geographic diversity than any other, with a special challenge for these schools in fielding a strong team in the sport with less than 350 students of each sex in your school. For some unexplained reason the State made the decision to drop enrollment in this division by 100 students from last year, thus eliminating a number of squads who were in this Meet last year.

The struggle for the team title here evolved like a fine story over the final third of the season. Last year's champion, McFarland, with about all of that squad back, was the season long favorite. They had traveled South and once again squashed the best from that area in a Mt. SAC Invitational race win, and had perfect scored the Central Section Finals run at their level (with a team time of 84:46 on the Woodward Park

State Course). A Piedmont High squad that would be right in the action here was unfortunately forced by the North Coast Section to run in the same State School size division as the rest of its League, which turned out to be in Division II here. The Bay area school of 609 students (1987-88 CBED figures) thus missed a chance to be State Champions and would be forced to compete against schools two and one-half times their size at Fresno. Sherman Indian (Riverside), under new Coach Tom Colley, had developed nicely as a group as the year went along, winning their race at Mt. SAC after they entered late and were not placed with McFarland, and racing 84:21 to win the Southern Section 1A title. Sherman has an amazing tradition, having taken six Southern Section divisional titles since 1980. It was a shame that Piedmont was not along, but McFarland and Sherman matched up about perfectly even, man for man, on paper. For many runners the Mt. SAC and Woodward Park courses run very close in time, with the closeness of the teams obvious from their Section Finals runs. These were two teams that were easy to spot in the actual race itself, with the McFarland team in all-white, wearing long-sleeve white t-shirts for a jersey, with Sherman in its purple and gold uniforms.

McFarland decided to blitz out, having the first three places after the first 220 yards, with all of its team in the first fifteen places at that point. Sherman had a milder strategy, with its team up within the first third of the pack at the start. Things slightly changed through the mile. University of San Francisco's Matt Metzger lead through that point just under 4:50 with Sherman's front runners, Melvin Kenton and Val Nevayaktewa, running 2-4. The Indians had four in the top fifteen at this point in the race with McFarland's first athlete in eleventh. The team race was not even close at that point, with the Southerners in solid control. By the downhill segment at one and three-quarter miles just before the course's one big hill the Sherman group had four in the top ten and that group was all ahead of McFarland's first man. A group of Southern Section individuals, led by Oscar Perez (Pater Noster, LA) and soph Oscar Montes (Maranatha, Sierra Madre), continued to chase Metzger individually. The University runner was 10:10 through two miles with about a 10 yard lead over Perez, and Metzger continued to run strong, winning eventually by 40 yards in 16:00. Sherman continued to hang tough, finishing 4-6-9-12, with McFarland's first athlete at 17th. McFarland athletes filtered in about every five or ten places after that with four of them coming in ahead of Sherman's fifth at 65th (which translated to 40 points when all the individuals allowed in here were filtered out). There was no way McFarland had a chance against the up-front strength of Sherman, as the Indians totaled 58 points (84:17 team time). Shockingly, McFarland was not even close to second, as Maranatha totaled 103 (86:22), R.L. Stevensen 130 (87:45), with Thatcher (Ojai

even ahead of the Central Section school after sixth runners were counted back to 133 (87:48)-133 (87:40). Remember, McFarland had run 84:46 recently on this course in their Section Finals race. Sherman only has two seniors on the team that raced here, with individual winner Metzger, who interestingly is at a school that does not have a track team (he looks like a 9:30 type 2 miler), also back next year. Meanwhile, Piedmont was fifth against much bigger schools in the Division II run at 84:11, racing without 1:51.69 800 meter star Gordon Johnson, who was ill. There is no question that the North Coast Section school is the best in the state at this size, so it is a shame that they could claim that honor on the course here.

Girls

Last year's team champions Maranatha (Sierra Madre) developed nicely as the season went along. Coach Ken Conquist does as much as anyone with the talent he is given and it looked like he had the troops ready. Ready they would be to improve their personal bests, but a very, very talented group came down from the Sac-Joaquin Section to steal away the title this time. Bret Harte (Altaville) has some super young lady runners, with Tanya Dooley, among the nation's best track athletes with a 53.95 best for 400 meters, joined by frosh Amy Davidson near the front of their Fall races. Bret Harte raced 101:37 on the Sierra College course at Rocklin in a Section competition, a course that seems to run about the same in time as Mt. SAC, where Maranatha raced 104:40 to win the Southern Section 1A title.

In the race here, Karen Talamantes (Western Christian, Covina) had the narrow lead through the mile at about 5:45. The team race was pretty essentially over at this point, as Bret Harte had five runners in the top fifteen places, and looked strong. Maranatha only had one athlete in that top part of the action. By the base of the hill just before two miles Talamantes continued to run tough, with the 11:36.0 3200m runner from the South holding on to a 20 yard lead over 11:0-1.96 runner Rachel Lewis (Santa Catalina, Santa Cruz). Bret Harte was still running great, with their snake of scorers running through the low 20's placewise. Maranatha still only had one athlete breaking into the Bullfrog's top five. Lewis made an obviously planned move right at the two mile mark, passed in 12:00, moving to a 10 yard lead in just a 50 yard segment at that point. Amy McConnell (University, San Francisco) and Jean Harvey (Paraclete, Lancaster) were a bit back of the leaders in places 3-4 at the two mile. Talamantes never gave up, staying very close to Lewis until the final 220 yards, where Lewis's aggressive arm drive carried her in 25 yards ahead of the persistent Southern Section star 18:50-18:54. Bret Harte carried their race through to the finish, placing their five scorers between Amy Davidson in 7th (19:57) and 22nd, with Maranatha able to squeeze three athletes in to break those scorers up. Harte totaled 54 points (101:17)

with Maranatha 102 (103:51). You would probably have to go pretty far to find a school of 640 students better than Bret Harte.

RESULTS

Division I - Boys

1. Bryan Dameworth (Agoura) 15:03, 2. Mike Williamson (Thous. Oaks) 15:04, 3. Jimmy Rodriguez (Santa Ana Vly) 15:05, 4. Francis O'Neill (San Pasqual) 15:06, 5. Mika Tansley (Dana Hills) 15:21, 6. Todd Lewis (Burbank) 15:22, 7. Dave Hartman (Canyon) 15:25, 8. Martin Morales (Wilson) 15:26, 9. Luis Quintano (Arroyo Grande) 15:27, 10. Craig Lawson (Granada Hills) 15:28.
11. Ernie Delgado (Rowland) 15:30, 12. Jeremy Sevan (DeLaSalle) 15:31, 13. Natividad Gaona (Belmont) 15:34, 14. Jeff Hugbay (Santana) 15:35, 15. Kevin Holbrook (Vacaville) 15:39, 16. Steve Niednagel (Dana Hills) 15:42, 17. Andrew Tansley (Dana Hills) 15:42, 18. Shawn Goetzinger (Camarillo) 15:44, 19. Rob Scott (San Ramon) 15:45, 20. Obed Aguirre (San Fernando) 15:46.

21. Danny Jordan (Venice) 15:48, 22. Abe Valdez (Camarillo) 15:49, 23. Cory Davis (Vacaville) 15:50, 24. Jorge Rodriguez (Fallbrook) 15:53, 25. Daniel Niednagel (Dan Hills) 15:54.

Teams:

1. Dana Hills 91, 2. Rowland 124, 3. Poway 128, 4. Camarillo 141, 5. DeLaSalle 174, 6. Del Campo 181, 7. Canyon 226, 8. Arroyo Grande 236, 9. Belmont 239, 10. Bellamira 243, 11. Casa Robles 261, 12. Madera 292, 13. Wilson 320, 14. Santa Rosa 324, 15. San Pasqual 332, 16. Live Oak 337, 17. Clovis West 442, 18. Lowell 466, 19. Shasta 555.

Division I - Girls

1. Kira Jorgensen (R.B.Vista) 17:42, 2. Rayna Cervantes (Montebello) 17:50, 3. Deena Drossin (Agoura) 17:55, 4. Ashley Black (Palos Verdes) 18:03, 5. Beth Bartholomew (Fremont) 18:18, 6. Nicole Robbins (Hesperia) 18:20, 7. Jamie Park (Santa Barbara) 18:25, 8. Shelley Taylor (Edison) 18:28, 9. Chrissy Look (Nova) 18:37, 10. Tanya Brix (University) 18:37.

11. Tara Bernhart (Poway) 18:43, 12. Kelly Young (Grossmont) 18:46, 13. Suzanne Castruita (West Covina) 18:47, 14. Sandy Belding (Quartz Hill) 18:50, 15. Heather Wyatt (Hanford) 18:52, 16. Tiffney York (Agoura) 18:55, 17. Michelle Kaim (San Pasqual) 18:57, 18. Evie Barry (Santa Teresa) 19:00, 19. Lwery Persephone (Norco) 19:03, 20. Deanna Hadley (San Pasqual) 19:07.

21. Brooke Prichard (Vacaville) 19:07, 22. Kimik Anderson (Santa Teresa) 19:13, 23. Maya Muneno (Palos Verdes) 19:17, 24. Mary Ann Barrientos (Madera) 19:18, 25. Arne Wedum (San Leandro) 19:21.

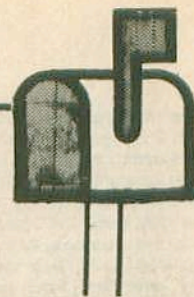
Teams:

1. Palos Verdes 65, 2. Agoura 108, 3. Saratoga 119, 4. Montebello 155, 5. Norco 158, 6. Hesperia 174, 7. Santa Teresa 202, 8. Mt. Carmel 210, 9. Clovis West 224, 10. Vacaville 228, 11. Madera 291, 12. Bella Vista 296, 13. Leland 318.

Division II - Boys

1. Scott Hempel (Walnut) 15:15, 2. David Walsh (Jesusit) 15:20, 3. Ed Lavelle (Corona del Mar) 15:24, 4. Gary Stolz (Miraflores) 15:26, 5. Matt Hempel (Walnut) 15:33, 6. Steve Frisone (Laguna Hills) 15:39, 7. Eric Christopherson (Walnut) 15:40, 8. Tony Castelon (La Puente) 15:42, 9. Eli Ricca (Arcata) 15:46, 10. Andy Bupp (Woodside) 15:46.
11. Kevin Berkowitz (Hayward) 15:53, 12. Juan Romero (Arvin) 15:57, 13. Mike Brown (Gunn) 15:57, 14. Neil Haggard (Paradise) 15:58, 15. Greg Shryock (Corona del Mar) 15:59, 16. Eric Taylor (Grant) 16:01, 17. Ron Amos (Yreka) 16:01, 18. James Mannon (SLC) 16:02, 19. Tony Bergman (Whittier Christian) 16:02, 20. Jason Carney (Yucaipa) 16:03.

PREP NOTES



ADDRESS CHANGE???

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21. Tim Judson (El Camino) 16:06, 22. Steve Gaul (Jesus) 16:11, 23. Brian Nolt (So. Pasadena) 16:12, 24. Robert Cardenas (Sanger) 16:12, 25. Chris Cannon (Corona del Mar) 16:13.

Teams:

1. Corona del Mar 72, 2. Jesuit 80, 3. Walnut 99, 4. So. Pasadena 156, 5. Piedmont 194, 6. Los Gatos 197, 7. Castro Valley 223, 8. Palo Alto 230, 9. Arvin 246, 10. Laguna Hills 251, 11. Yreka 258, 12. Golden West 266, 13. El Camino 298, 14. San Luis Obispo 298, 15. Paradise 323, 16. El Dorado 333, 17. La Jolla 501.

Division II - Girls

1. Karen Hecox (So. Hills) 18:01, 2. Tina Gorbet (Lassen) 18:17, 3. Sandra Acosta (Walnut) 18:45, 4. Becky Kipchik (Northgate) 18:48, 5. Tanya Thayer (Serrano) 18:54, 6. Barbi Sittman (Placer) 18:58, 7. Jennie Dempsey (Analy) 19:00, 8. Zita Hillinger (Serrano) 19:02, 9. Stacey Pando (Newport Harbor) 19:03, 10. Eva Bell (El Dorado) 19:07.

11. Laura Amroff (Foothill) 19:13, 12. Christy O'iverra (West Valley) 19:17, 13. Donna Rabin (Palo Alto) 19:21, 14. Latanya Johnson (Archbishop Mitty) 19:24, 15. Becky Petty (Golden West) 19:25, 16. Denise Wall (Lassen) 19:27, 17. Aissa Jones (Redwood) 19:28, 18. Melanie Toler (Arcata) 19:32, 19. Lens Delbour (Newport Harbor) 19:36, 20. Lauren Jefferson (SLO) 19:38.

21. Kim Nemante (Del Oro) 19:41, 22. Ivanka Boris (Temple City) 19:41, 23. Neve Zwagerman (Talmalpais) 19:42, 24. Carrie Stubbs (Yucaipa) 19:43, 25. Thea Roberts (Arch. Mitty) 19:44.

Teams:

1. Newport Harbor 75, 2. Yucaipa 112, 3. Archbishop Mitty 146, 4. Los Gatos 153, 5. La Jolla 162, 6. Foothill 191, 7. South Hills 206, 8. San Luis Obispo 208, 9. Redwood 209, 10. West Valley 291, 11. Lassen 293, 12. El Dorado 299, 13. Northgate 312, 14. El Camino 357, 15. Sonora 369, 16. Porterville 401, 17. Lemoore 435.

Division III - Boys

1. Matt Metzger (S.F. Univ) 16:00, 2. Oscar Perez (Pater Noster) 16:07, 3. Oscar Montes (Maranatha) 16:15, 4. Melvin Kenton (Sherman Indian) 16:19, 5. Bob Bush (Inland Christ) 16:25, 6. Verde Nevezaktowa (Sherman Indian) 16:28, 7. Ryan Coady (Village Christ) 16:29, 8. Jim Goode (Francis Parker) 16:35, 9. Algene Talas (Sherman Indian) 16:39, 10. Wes Smith (LA Baptist) 16:39.

11. Brian Buch (Willits) 16:46, 12. Theron Nosit (Sherman Indian) 16:47, 13. Gene Cotter (South Fork) 16:48, 14. Bill Chapin (Riverbank) 16:52, 15. Justin Mercer (Thatcher) 16:53, 16. George Tevelde (Calvin Christ) 16:56, 17. Johnny Samaniego (McFarland) 17:00, 18. Dan Shipley (Calvin Christ) 17:02, 19. David Spencer (McKinleyville) 17:04, 20. Pete Johnson (Berean Christ) 17:06.

21. Tony Galegos (St. Helena) 17:06, 22. Brian Singleton (Bret Harle) 17:06, 23. Tim Hardin (Maranatha) 17:07, 24. Steve Laford (Bishop's) 17:11, 25. Chris Parish (Stevenson) 17:12.

Teams:

1. Sherman Indian 58, 2. Maranatha 103, 3. Stevenson 130, 4. Thatcher 133, 5. McFarland 133, 6. S.F. University 147, 7. York 161, 8. Calvin Christian 178, 9. Riverbank 229, 10. Coronado 231, 11. Bret Harle 252, 12. McKinleyville 286, 13. York 299, 14. Wheatland 374.

Division III - Girls

1. Rachel Lewis (Santa Catalina) 18:50, 2. Karen Talamantes (West. Christ.) 18:54, 3. Jean Harvey (Paradete) 19:30, 4. Amy McConnell (SF Univ.) 19:34, 5. Kamil Gardner (CodiPrep) 19:47, 6. Mary McKernan (Luth. Orange) 19:53, 7. Amy Davidson (Bret Harle) 19:57, 8. Tanya Dooley (Bret Harle) 20:00, 9. Jonette Vollmer (Fl. Bragg) 20:01, 10. Tamara DeGroot (Con.Vly.Christ) 20:04.

11. Delia Diaz (McFarland) 20:09, 12. Debbie Lewis (Maranatha) 20:09, 13. Nicole St. John (St. Joseph) 20:10, 14. Nicki Clark (Marin Acad.) 20:10, 15. Viviana Reza (Coronado) 20:11, 16. Steffi Ambrozak (St. Joseph) 20:20, 17. Jenny Quincy (Bret

Harle) 20:22, 18. Lynn Segas (SF Univ.) 20:24, 19. Frankie Rivera (Maranatha) 20:25, 20. Karen Westler (Maranatha) 20:26.

21. Neriah Davis (Bret Harle) 20:26, 22. Michelle Brown (Bret Harle) 20:32, 23. Michelle Woo (SF Univ.) 20:34, 24. Nicole Albert (Corcoran) 20:35, 25. Jennifer Neumeier (SJ Memorial) 20:42.

Teams:

1. Bret Harle 54, 2. Maranatha 102, 3. McFarland

121, 4. SF University 145, 5. St. Joseph 152, 6. San Joaquin Memorial 165, 7. Fort Bragg 162, 8. LA Baptist 190, 9. Paradise 201, 10. Coronado 225, 11. Brentwood 251, 12. Loreto 286, 13. Santa Catalina 318, 14. Fall River 366, 15. Wheatland 411.



BRYAN DAMEWORTH
DIVISION I



KIRA JORGENSEN
DIVISION I



SCOTT HEMPEL
DIVISION II



KAREN HECOX
DIVISION II



MATT METZGER
DIVISION III



RACHEL LEWIS
DIVISION III

PA-TAC CHAMPIONSHIPS

PA-TAC CROSS COUNTRY CHAMPIONSHIPS

Rocklin, November 6th

Thirteen separate divisional races from mid-gets (11 and 12 year-olds) at 3,000 meters to masters at 10,000 meters were held on a day that began as a rainy morning. By the time the open and master women heard the gun at 1 PM, the constantly rolling Sierra College course was bathed in warm California-Fall sunshine. The 10,000-meter course—several circuits mostly on hilly trails with short, flat intermits on a ball field—is a challenging one. Several tight turns, roller-coaster swirls, and a bridge crossing can be turned to advantage for those who know the course. And Patti Gray knows it, having traversed it during her collegiate days at UC-Davis, and winning this race last year. That gave Gray the confidence to take it out from the start.

"I felt fine in the hills here because I've been doing a lot of hard hill training." Gray related. "But I really didn't pull away until the third mile, and after that I kind of slowed down. I really love this course."

Everyone does—slows down, that is. Negative splits here are practically unheard of and times are insignificant other than when compared against each other. Gray concluded the course (which is 200 yards longer than 6.2 miles) in 37:48 with 2nd-placer Tamara Sayre (38:04) and 3rd-placer Linda Somers (38:14) showing strong efforts. Vicki Bigelow (43:51) defeated PA-TAC Seniors leader Heidi Skaden (45:02) in the women's 50-59 group.

On the men's side, Rich McCandless, running on an unfamiliar course, added another victory in the PA-TAC Championship Series. A 4-man front pack broke up on the first circuit as McCandless and Danny Gonzalez (2nd, 31:35) pulled away from Ivan Huff (3rd, 31:54) at about 3 miles. At 4 1/2 the Reno man made a break and extended his lead to a 31:16 finish. "I've been running these kind of courses all around Reno (in training) comparatively well," said McCandless in explanation of his

decisive win.

Among the men's masters, Sal Vasquez hammered it from the gun, but Jerry Jobski had him in his sights. "Between 2 1/2 and 3 he kind of let off like he wanted to see where people were," said Jobski. "I wasn't sure



PATTI GRAY (left) leading

photo by Mark Winitz

whether to go by him or wait and see if he was going to take off again. On a little flat spot I shot by him with an open runner." Jobski's eventual (34:18) was 55 seconds up on Vasquez and another 8 in front of third master Steve Ferraz.

Jim Bevins (38:35) led the men's Senior division with Ross Smith (41:19) topping the over 60's, both excellent performances on this tough course. Yours truly shall limit coverage on his race, only to say that he has

never placed so relatively low in what turned out to be a very swift field of about 100 men.

Overall Results - Men

1. Rich McCandless (32) Flyers 31:16, 2. Daniel Gonzalez (26) Aggies 31:35, 3. Ivan Huff (29) Aggies 31:54, 4. Domingo Tibaduiza (38) Reebok 32:19, 5. Alan Dehlinger (27) Flyers 32:26, 6. Juan Ramirez (23) Reebok 32:44, 7. Randy Acetta (25) Aggies 32:47, 8. Carl Stempel (31) Reebok 32:47, 9. Rob Anex (29) Flyers 32:49, 10. Pete Sweeney (33) Aggies 32:50.

11. Charles Alexander (24) Aggies 32:54, 12. Jeff Stein (28) Aggies 32:58, 13. Joe Rubio (25) Aggies 32:59, 14. Jeff Shaver (28) Aggies 33:08, 15. Steve Pedere (27) Aggies 33:22, 16. David Frank (26) Aggies 33:27, 17. Harold Schulz (30) Tamalpa 33:31, 18. Larry Guinee (26) Aggies 33:40, 19. Tom Borschel (Reebok) 33:46, 20. Scott Steinmaus (27) Reebok 33:54.

21. David Minter (27) Flyers 33:58, 22. John Hancock (24) Boho 34:01, 23. Craig Steinmaus (26) Reebok 34:08, 24. Phil Bellan (27) Aggies 34:11, 25. Joe Green (30) Aggies 34:16, 26. Greg Miller (28) Chips 34:17, 27. Jerry Jobski (44) Fleet Feet 34:18, 28. Chris Ryalls (23) Aggies 34:27, 29. Robert Johnston (22) 34:31, 30. Tim Halpine (26) GSFTC 34:33.

31. Roger Innes (27) East Bay 34:33, 32. Steven Lopez (NorCal Int.) 34:37, 33. Peter O'Reilly (30) GSFTC 34:49, 34. Matt Huber (26) 34:55, 35. Richard Govi (36) Chips 35:02, 36. Sal Vasquez (47) WVJS 35:13, 37. Ray Cook (26) Flyers 35:17, 38. Mike Spencer (23) Aggies 35:20, 39. Steve Ferraz (41) Excelsior 35:21, 40. Tom Carlton (27) 35:25.

41. Denis O'Halloran (36) Aggies 35:26, 42. Roger Sayre (30) Flyers 35:31, 43. Tom Schmitt (25) Reebok 35:32, 44. Dan Stefanisko (26) Reebok 35:35, 45. Bill Langhout (30) Reebok 35:37, 46. Tom Trimble (29) East Bay 35:43, 47. Ernie Rivas (38) Excelsior 35:53, 48. Jim Gibbons (44) Tamalpa 35:57, 49. Ed Cardenas (28) Flyers 35:59, 50. George Green (37) 36:07.

Open Teams:

1. Reebok Aggies 162:00, 2. Reebok Racing 165:30, 3. Pacific Flyers 165:46, 4. Greater SF 181:07, 5. East Bay Striders 181:32, 6. Tamalpa 187:44.

Master Teams:

1. Tamalpa 185:57, 2. Excelsior 191:36, 3. West Valley J&S 192:56, 4. Pacific Flyers 193:24, 5. Buffalo Chips 220:41.

Senior Teams:

1. Silver State Striders 126:45.

Overall Results - Women

1. Patti Gray (25) Aggies 37:48, 2. Tamara Sayre (26) Flyers 38:04, 3. Linda Somers (27) Flyers 38:14, 4. Jani Johnson (33) Aggies 38:33, 5. Peggy Smyth (36) Flyers 38:36, 6. Melissa Martel (27) Aggies 38:59, 7. Rosy Cardenas (25) Flyers 39:00, 8. Linda VanHousen (24) Woodside 39:24, 9. Bev Marx (34) Flyers 39:27, 10. Nan Hall (34) GSFTC 40:10.

11. Connie Hester (28) Aggies 40:21, 12. Beckie Kesecker (36) GSFTC 40:22, 13. Hilary Naylor (42) Impala 40:33, 14. Becki VanZant (22) Aggies 40:35, 15. Jennifer Thatcher (23) Aggies 40:43, 16. Robyn MacSwain (24) GSFTC 40:49, 17. Lorena Ferreira (21) Woodside 40:56, 18. Jill Perry (24) Aggies 41:04, 19. Mary Brook (30) Chips 41:22, 20. Eileen Brennan (27) Impala 41:41.

21. Nancy Benson (22) Aggies 42:02, 22. Joan Colman (44) WVTC 42:10, 23. Lina Mantynen (40) 42:13, 24. Bonnie Zapata (32) GSFTC 42:33, 25. Suzanne Bryan (26) Impala 42:39, 26. Susan Horstmeyer (20) Woodside 42:49, 27. Laura Schmitt (24) Aggies 43:22, 28. Karen Lanterman (44) WVTC 43:34, 29. Donna Hinshaw (33) Impala 43:40, 30. Donna

By MARK WINITZ

PA-TAC Championships

McKennon (20) Woodside 43:49.

31. Vicki Bigelow (53) Aggies 43:51, 32. Darcy Plymire (31) Impala 44:17, 33. Heidi Skaden (51) Flyers 45:02, 34. Kathy Donofrio (24) Flyers 45:03, 35. Jean Spirlock (42) 45:21.

Open Teams:

1. Pacific Flyers 193:21, 2. Reebok Aggies 196:16, 3. Greater SF 212:34, 4. Impalas 212:50, 5. Woodside 219:07.

Master Teams:

1. West Valley TC 131:25.

Overall Results - Young Women

1. Tracey Mader (UCSC) 20:12, 2. Michelle Davis (SSS) 20:24, 3. Suzanne Haas (Woodside) 21:44, 4. Kyra Kissam (UCSC) 22:28, 5. Syda Kosofsky (UCSC) 22:42, 6. Myrna Day (SSS) 23:35.

Overall Results - Coaches

1. Shad Warren 15:52, 2. David Amster (Quicksilvers) 16:16, 3. Marty Kruger (UCSC) 16:22, 4. Lnan Clyde 17:13, 5. Don McWilliams (UCSC) 18:41, 6. Michael Trone (St. George) 25:40, 7. Timothy Quiantang (St. George) 25:48, 8. Ricar Quiantang (St. George) 26:18.

Overall Results - Young Men

1. John Mumm 15:53, 2. Michael Graves (Woodside) 16:19, 3. Stephen Mills (Woodside) 16:30, 4. Dan Mills (Woodside) 16:39, 5. Mark Dickson 16:41, 6. Luke Williamson (UCSC) 16:41, 7. Tim Coulter (Woodside) 16:49, 8. Erik Knight (Santa Cruz) 16:58, 9. Zac Collins (UCSC) 17:04, 10. William Newman (Woodside) 17:05.

11. David Collet (Woodside) 17:09, 12. Andrew Chick (UCSC) 17:16, 13. Pixa Vlad (Vampire) 17:29, 14. Matt Mills (UCSC) 17:36, 15. Scott O'Brien (Woodside) 17:42, 16. Thomas Fitzpatrick (Woodside) 17:42, 17. C. Simpson (Woodside) 17:47, 18. Mike Silva 18:19, 19. Kris Hansen 18:30, 20. Tim McCarthy 18:31.

21. Chris Garcia (UCSC) 18:33.

Teams:

1. Woodside 26, 2. UCSC 62.

Intermediate Girls

1. Jennifer Homan 19:35, 2. Eve Ipsen (Woodside) 24:56.

Intermediate Boys

1. John Dahl (Chips) 15:56, 2. Andy Bupp (Woodside) 16:00, 3. Steven Guerrini 16:34.

Youth Boys

1. Richie Panelli (SSS) 12:03, 2. Darren Holman (NorCal) 12:05, 3. Marc Boulland (NorCal) 12:08.

Team:

1. SS Striders 39, 2. Nor Cal 39, 3. Quicksilvers 91.

Youth Girls

1. Miesha Marzell (SSS) 12:41, 2. Celeste Buchanan (Yearlings) 13:47, 3. Cathrine Venables (Accorns) 13:47.

Midget Girls

1. Sara Morse (Nor Cal) 10:10.

Teams:

1. SS Striders 34, 2. Nor Cal 59, 3. Acom 97.

Midget Boys

1. Greg Tademy (Nor Cal) 9:26.

Teams:

1. Nor Cal 39.

Bantam Boys

1. Kareem Morell (Nor Cal) 10:21.

Teams: 1. SS Striders 40, 2. Nor Cal 42, 3. Salinas 76.

Bantam Girls

1. Audry Townsell (SSS) 11:14.

Teams: 1. SS Striders 19, 2. Nor Cal 61.

30K Records Fall at Stormy Masters Championships

November 13, Clarksburg, California.

Double incentives brought a top masters field to this small town along the Sacramento River for the Foundation 30K Run. This traditional Fall race which Paul Reese started 23 years ago (formerly the Pepsi 20-Mile Run) served as both the 1988 TAC National 30K Championship, PA-TAC Championships, and yet another stop on the competitive ICI/USRA Masters Circuit. \$8,900 in total prize money was offered.



LINDA SOMERS

Despite less-than-ideal conditions, more than a dozen national masters 30K single age records and four masters age group records fell during the 18.6-mile ramble. Steve Lester (M45, Magna, UT) scored a decisive win topping the men's masters in 1:43:21 while capturing a new single-age record. (Note: All records are pending TAC approval.) Juana Stavolone (F42, San Jose, CA) passed Nancy Oshier of Spenceport NY with less than 3 miles to go to secure the masters women's title in 1:58:23, a new F40-44 American

Record.

Perhaps the most impressive performance of the day went to 56 year-old Norm Green (Wayne, PA). His come-from-behind 1:46:33 not only shattered the 55-59 age group record, it notched him second master overall in a very tough field.

The 11 A.M. start under partly cloudy skies quickly turned blustery. The 800 runners competing in the individual 30K field (corporate relays and a 5K race were also held) encountered stiff headwinds on the first leg of this flat out-and-back course along country roads in the center of California's farming belt. Many runners settled into packs of various sizes, seeking bodies to cut the swirling gusts. By the 9.3 mile turnaround the skies let loose, showering the drought-plagued region and adding another challenge for the runners.

The conditions didn't seem to hamper Lester, who led the master men from the gun. "I dragged off that group (of open men) from Reno and stayed in the middle of those kids all the way to the turnaround," he said. At that point Lester had about 150 yards on eventual third-place master Wes Weselley, M40, of Georgia.

"Then at a little hill I just put the hammer down and the pack broke up. From there I ran with a couple of guys all the way in. I'd like to run this course on a good day, though. I think I could go under 1:40."

Green, who was selected 1987 Masters Runner of the Year by *Runner's World*, was 5th master at the turnaround, but accelerated like a bullet on the return leg, astonishing some younger masters as he clicked off 5:44 miles. "I didn't think he had that much speed," said 4th-place 40-plus man Steve Ferraz (M41) who ran 1:46:49 to capture the masters crown among Pacific Association athletes. Green, however, didn't seem surprised about his 2nd-place effort (21st male overall). "I've had much better racing days, and some that were even worse," he said about the racing conditions. "But I was very pleased overall."

Nancy Oshier couldn't catch Juana Stavolone at the First Federal Capital Trail Run in Raleigh, NC five weeks before. So, this time she tried a different strategy, taking the lead early on. "But the wind was tough," said Oshier. "Then on the way back with the rain starting I just froze right up. I tightened up in my shoulders and arms."

The petite Stavolone, on the other hand, was feeling good, with less surface area to catch the wind. With a couple of miles remain-



PA-TAC Championships

ing, she surged past Oshier to become TAC's National 30K Masters Champion, plus the same in her own local Pacific Association. Third place in the masters group went to Shirley Matson (F48) with a 1:59:25 that broke Joan Ulyot's age 45-49 AR set here last year.

An additional masters age group record went to Gina Faust (F51, 2:09:32). Additional single-age masters records were recorded by Joan Colman (F44, 2:02:45), Mary Sorey (F64, 2:46:10), Jaclyn Caselli (F67, 2:58:06), Mavis Lindgren (F81, 4:12:33), Robert Nelson (M48, 1:49:07), Bill Olrich (M53, 1:51:32), Pat Devine (M60, 2:07:23), Don Lundberg (M73, 2:33:57), William Brobston (M75, 3:07:41), and Paul Spangler (M89, 4:38:31).

Among the open men, Rich McCandless made it no contest as Domingo Tibaduiza let him go early on. McCandless, who was prepping for the California International Marathon, had a 3-minute lead at the halfway point, finishing in 1:35:32. After the race he had a very long drive home with his Reno teammates over snow-slickened mountains. (He probably could have ran home faster.) Tibaduiza finished 4th in a virtual tie with Carl Stempel (2nd, 1:39:46) and Juan Ramirez (3rd, 1:39:47).

Davis attorney Linda Somers gave the lead to Santa Cruz chemist Barb Myers-Acosta at 7 miles among open women, but repassed her at 16 to go on to a 1:52:28 victory. Myers-Acosta (2nd, 1:53:57) maintained a sizeable lead over Peggy Smythe (3rd, 1:56:12) and Terry Puckett (4th, 1:57:30). Stavolone was next.

Top Men - Masters

1. Stephen Lester 1:43:21, 2. Wes Wessely 1:46:38, 3. Steve Ferraz 1:46:49, 4. Robert Nelson 1:49:07, 5. Robert McClennan 1:49:54.

Top Women - Masters

1. Juana Stavolone 1:58:23, 2. Nancy Oshier 1:58:57, 3. Shirley Matson 1:59:25, 4. Joan Colman 2:02:45, 5. Hilary Naylor 2:03:13.

Top Men - Seniors (50+)

1. Norman Green, Jr. 1:46:33, 2. Bill Olrich 1:51:32.

Top Women - Seniors (50+)

1. Gina Faust 2:09:32, 2. Joan Reiss 2:16:47.

Top Teams - Men

1. (Open) Reebok Racing Team \$300 prize, 2. (Open) Pacific Flyers \$100 prize, 1. (Masters) Tamalpa \$300 prize, 2. (Masters) West Valley Joggers \$100 prize, 1. (Seniors) Tamalpa \$100 Prize.

Top Teams - Women

1. (Open) Pacific Flyers \$300 prize, 2. (Open) Bryans Racing Team \$100 prize, 1. (Masters) West Valley TC, \$300 prize, 2. (Masters) Impalas \$100 prize, 1. (Seniors) Nor Cal Seniors \$100 prize.

Foundation Charity Challenge Relay

(3 men-each runs 10K)

1. Camray/Gold River Racquet Club (Kersten, Milevsky, Weaver) 1:50:05, 2. Pacific Bell (Beland, Hambrick, Hernandez)

1:56:51, 3. Price-Waterhouse (Foster, McShane, Simpson) 1:57:04.

Overall Results - Men

1. Rich McCandless (32) 1:35:32, 2. Carl Stempel (31) Oakland 1:39:46, 3. Juan Ramirez (23) San Francisco 1:39:47, 4. Domingo Tibaduiza (38) 1:39:47, 5. Charles Alexander (24) Mt. View 1:40:43, 6. Jose Aispuro (27) Aptos 1:41:19, 7. Dan Stefanisko (26) San Jose 1:42:01, 8. Scott Steinmans (27) 1:42:31, 9. Craig Moore (35) Placerville 1:42:50, 10. Alan Dehlinger (27) Reno 1:42:59.

Overall Results - Women

1. Linda Somers (27) Davis 1:52:28, 2. Barbara Myers-Acosta (31) 1:53:57, 3. Peggy Smyth (36) San Anselmo 1:56:12, 4. Terry Puckett (32) 1:57:30, 5. Juana Stavolone (42) San Jose 1:58:23, 6. Nancy Oshier (40) Spencerport 1:58:57, 7. Rosy Tibaduiza-Cardenas 1:59:19, 8. Shirley Matson (48) Moraga 1:59:25, 9. Christine Iwahashi (33) Sacra



DR. PAUL SPANGLER & MAVIS LINDGREN

mento 1:59:45, 10. Laura Sanchez (27) Salinas 2:00:56.

Division Results - Men

14 & Under: 1. David Pike 2:30:09, 2. William Meister 2:32:15, 3. Lawrence Singh 2:43:36. 15-19: 1. Ty Nickel 1:49:35, 2. John Gibson 1:57:01, 3. Nicholas Ratti 2:04:18. 20-24: 1. Juan Ramirez 1:39:47, 2. Charles Alexander 1:40:43, 3. Richard Hanna 1:43:58. 25-29: 1. Jose Aispuro 1:41:19, 2. Dan Stefanisko 1:42:01, 3. Scott Steinmans 1:42:31. 30-34: 1. Rich McCandless 1:35:32, 2. Carl Stempel 1:39:46, 3. Miguel Tibaduiza 1:43:09. 35-39: 1. Domingo Tibaduiza 1:39:47, 2. Craig Moore 1:42:50, 3. Mark Williams 1:46:31. 40-44: 1. Wes Wessely 1:46:38, 2. Steve Ferraz 1:46:49, 3. Robert McClennan 1:49:54. 45-49: 1. Stephen Lester 1:43:21, 2. Robert Nelson 1:49:07, 3. Jim Wisener 1:54:42. 50-54: 1. Bill Olrich 1:51:32, 2. Darryl Beardall 1:55:12, 3. Jim Bevins 2:02:34. 55-59: 1. Norman Green 1:46:33, 2. Ron Ogilvie 2:15:42, 3. Richard Carapezza 2:22:29. 60-64: 1. Patrick Devine 2:07:23, 2. Bob Gehl 2:18:59, 3. Claude Belcourt 2:22:46. 65-69: 1. George Billingsley 2:17:17, 2. Flory Rodd 2:29:19, 3. Ross Walter 2:46:52. 70-74: 1. Paul Reese 2:30:39, 2. Don Lundberg 2:33:57, 3. Bill Van Fleet 2:47:25. 75-79: 1. William Brobston 3:07:41, 2. Frank Demers 3:11:35. 85-89: 1. Paul Spangler 4:39:30. Wheelchair: 1. James Schoenherr 1:59:05.

Division Results - Women

15-19: 1. Gina Henriques 3:31:54. 20-24: 1. Lorena Ferreira 2:02:17, 2. Karen Scholte 2:09:04, 3. Donna McKennon 2:11:58. 25-29: 1. Linda Somers 1:52:28, 2. Rosy Cardenas 1:59:19, 3. Laura Sanchez 2:00:56. 30-34: 1. Barbara Myers-Acosta 1:53:57, 2. Terry Puckett 1:57:30, 3. Christine Iwahashi 1:59:45. 35-39: 1. Peggy Smyth 1:56:12, 2. Jan Level 2:11:21, 3. Patti Scott-Baier 2:14:14. 40-44: 1. Juana Stavolone 1:58:23, 2. Nancy Oshier 1:58:57, 3. Joan Colman 2:02:45. 45-49: 1. Shirley Matson 1:59:25, 2. Joan Ulyot

2:05:59, 3. Margie Timberlake 2:12:36. 50-54: 1. Gina Faust 2:09:32, 2. Joan Reiss 2:16:47, 3. Alice Rose 2:18:55. 55-59: 1. Marty Maricle 2:35:44, 2. Joyce Zykoskee 2:41:42, 3. Kathy Iseri 2:43:59. 60-64: 1. Mary Storey 2:46:10, 2. Bernice Carter 3:16:09, 3. Peggy Ewing 3:18:19. 65-69: 1. Jaclyn Caselli 2:58:06. 80-84: 1. Mavis Lindgren 4:13:32.

CALIFORNIA INTERNATIONAL MARATHON

December 4, Folsom-Sacramento

As if to make amends for last year's near-hurricane conditions, Mother Nature dawned a cool, clear, almost windless morning for the 6th edition of the challenging 26.2 miles that starts near Folsom Dam and ends before the steps of the State Capital. I toed the starting line with 1,700 other competitors (including many familiar faces and *CTRN* devotees), as the excitement and anticipation of perfect racing conditions electrified the air.

Although it would not turn out a good racing day for me, the Gods looked kindly on many runners—particularly for one local man who made a big jump from national to world class in this race. Also for a lady dentist from Minnesota who was returning to Sacramento after placing 2nd here in '85, and for two masters runners who culminated excellent years by becoming TAC's National Masters Marathon Champions.

32 year-old Rich McCandless, the San Francisco Bay Area man who transplanted to Reno earlier this year to train at altitude, thought it was about time to test himself in world class waters. From late summer through Fall and early winter he had been unbeatable in contests against some of the West Coast's best. He had made some big advances, and he was ready.

So, after about 3 predominantly rolling-but-down-sloping miles at 5:08 pace on the road to Sacramento, McCandless was feeling good and he upped the tempo. A lead pack—that included Poland's Anthoni Niemczak (back from a 2-year drug suspension), Brazil's Moacir Marconi, Albuquerque/Kenya's Sammy Rotich, Flagstaff's Jim Klein, Reno's Miguel Tibaduiza, and Canadian cross country champion Norm Tinkham—watched McCandless increase the pace to 4:56 and move away. They let him go, hoping he would fade. But, the muscular man, demonstrating a superb sense of pace, was gone, smoothly gliding the uphill and increasing tempo on the

PA-TAC Championships

downhills in miles 6 through 13.

"I just ran even splits," McCandless commented later. "They just let me go and I was able to concentrate on keeping my form and running relaxed. It seems that I was picking up three or four seconds every mile. They gave me gap splits the whole way, so I really didn't look back."

Although Niemczak made a futile attempt to gain ground on McCandless at the halfway point, the leader's margin extended to 40 seconds. By 23 miles the gap was over a minute. The Reno man cruised in at 2:12:44—a 2-minute PR in his 5th marathon. He collected \$5,000 and made a big jump into the international ranks.

Niemczak emerged at the Capital finish line alone, his 2:14:39 securing 2nd place, and Marconi did likewise for a 2:17:16 3rd.

"It was a nice year, a good way to end it," said the unassuming, quietly confident McCandless, who, no doubt, could have run a bit faster here if pressed. Still, Rich isn't about to make 26.2 miles his specialty. "I guess I'll do another marathon, but I'm not really thinking about that right now. These things still don't excite me that much."

The world's top-ranked men's master, Mike Hurd of England, came to Cal International to foray with America's best—including one particular man from South Carolina named Bob Schlauf. The forthcoming duke-out had Hurd and Schlauf neck and neck, both feeling frisky.

"We were never more than 10 yards apart through 20 miles," said Schlauf. "We were just getting into that part of the race where we were starting to test each other with some surges. Neither of us were able to pull away from the other."

Indeed, the duel was shaping up as one to the tape, and possibly a 2:18 for both men as they hit 20 miles in 1:45. Then, suddenly, running in a small pack, Hurd was clipped from behind and went down hard. By the time he picked himself up, tentatively walking, then jogging, it was Schlauf's race as he finished in 2:19:48, securing the National Masters Championship (7th overall) and \$3,000. Hurd, with a badly scraped knee and hip, limped home in a pedestrian (for him) 2:25:59, a painful 2nd.

(As with Hurd, the infamous 20-mile point was where Your Reporter toppled also—sitting down on the curb fatigued, coughing and wheezing with an oncoming respiratory virus.)

Talking amicably after the finish, both mas-

ters men bemoaned the mishap that foiled one of the best masters confrontations of the year. "I wouldn't have minded losing if I'd got out-kicked, or if I died at 24 miles—if the best man won," commented Hurd. "But you can't do anything about it."

In respect to the South Carolina man (who was first master at L.A. and Houston, the only master in the Olympic Trials, and first overall in the Stamford Marathon this year), Hurd had nothing but praise. "As an outsider from England, I think Bob (Schlauf) is very aggressive over here," he said. "He doesn't get the attention of Frank Shorter and Bill Rodgers, but he's beaten these guys. He's on top of the ICI Circuit over here. He really deserves a lot more recognition than he gets."

As TAC's Pacific Association Marathon Championship, Bob McLennan of Mill Valley topped PA-TAC masters in 2:32:58. 39-year-old Domingo Tibaduiza ran 2:20:19. Watch out for Domingo next year!

Minnesota's 28-year-old dentist, Janice Klecker, decided a week before the marathon to get in one last race before returning to her wintery environs for a season of snowshoeing with her husband, Barney. Knowing the course well (as she finished 2nd here in '85 behind Nancy Ditz' course record of 2:31:36), Klecker cruised the early miles easily. Then, turning onto Fair Oaks Boulevard in mile 6 and hitting the rises, the 1987 TAC National Marathon Champion got a bit more serious.

"I could see I was gaining on the girl ahead of me (Linda Somers of Davis, CA) in the hills, so I thought I could probably pass her," said Klecker.

She did, at about 10 miles, and stretched a sizeable lead over the subtly downhill second half of the course, winning in 2:34:17. "I think it's a good course once you find out how to run it," observed Klecker. "I think you have to go out slow."

By 23 miles Somers, still in 2nd place, was discovering the wisdom of those words, as was first time marathoner Barb Myers-Acosta—who had also slowed. But running in stride with first master and marathon veteran Laurie Binder, the pair gained on the Davis at-homey (who had wrestled with a cold only a week before) and passed her at 25 miles. Santa Cruz Ph.D. chemist Myers-Acosta proceeded to churn out a lead over Oakland registered nurse Binder over the final stretch. The clock at the finish showed 2:42:59 for Myers-Acosta's not-too-shabby 2nd place debut, and Binder's very respectable 2:43:23

3rd. Somers settled for 4th in 2:44:43 to culminate a season coming back after a 3-year layoff and two knee surgeries.

Although Binder, who set six masters U.S. all-time bests ("records") in 1988, didn't fulfill her goal of surpassing the masters marathon mark, she was grateful. "I'm really pleased the way I ran this year," Laurie reflected. "And I'm mostly pleased that I've been healthy. It's been nice running injury free in a year where I competed in the Marathon Trials and Twin Cities (both as 1st master-ed.)."

Binder's combined \$5,000 payday at Cal International (for 3rd overall & 1st master) equalled the checks received by McCandless and Klecker. The men's masters bonus of \$100,000 available to any master breaking Jack Foster's 2:11 masters world best was nary mentioned, as that mark is far out of reach of anyone over 40 today (Carlos Lopes, most probably, included).

In the wheelchair competition, Michael Trujillo (1:45:23) and Candace Cable-Brookes (2:07:13) were rollaway winners.

Some of the top performances in the older masters and seniors brackets were recorded by Marcia Worden (61 years old), 4:21:17; Ruth Anderson (59), 3:57:47; Marty Maricle (55), 3:30:52; Wen-Shi Yu (54), 3:10:54; Christine Curtis (51), 3:15:06; Joan Reiss (51), 3:15:27; Patti Donley (48), 2:57:19; Joan Ulyot (48), 2:57:53; Marge Timberlake (46), 3:03:58; Gail Rodd (46), 3:12:38; Jim Smith (66), 3:20:01; John Keston (63), 2:54:36; Patrick Devine (60), 2:57:37; John Hepner (56), 2:56:41; Darryl Beardall (52), 2:43:15; Michael Heffernan (48), 2:32:16; Robert Nelson (48), 2:35:50.

Special recognition should also go to Race Director Norm Klein, John Mansoor, and the entire Sacramento Long Distance Running Association for staging another fine California International Marathon.

Overall Results - Men

1. Rich McCandless (32) Reno 2:12:44, 2. Anthoni Niemczak (32) Rochester, Poland 2:14:39, 3. Moacir Marconi (32) Anaheim 2:17:16, 4. Sammy Rotich (31) Albuquerque 2:18:13, 5. Miguel Tibaduiza (32) Reno 2:18:28, 6. Juan Ramirez (23) So. SF 2:18:33, 7. Robert Schlauf (41) Charleston 2:19:48, 8. Domingo Tibaduiza (38) Reno 2:20:19, 9. Dean Rinde (24) Orangevale 2:22:13, 10. Jose Aispuro (27) Aptos 2:22:41.

11. Charles Alexander (24) Mt. View 2:23:18, 12. Norman Tirkham (25) Halifax 2:25:35, 13. Mike Hurd (42) Carterton Oxon, England 2:25:59, 14. Dave Chairaz (29) Fair Oaks 2:26:06, 15. John Hancock (24) Stockton 2:26:31, 16. Greg Miller (28) Sac. 2:26:59, 17. Scott Steinmaus (27) Davis 2:27:08, 18. Craig Moore (35) Placerville 2:28:16, 19. Richard Hanna (24) Sac. 2:29:14, 20. Mark Williams (36) Fair Oaks 2:29:29.

21. Jussi Hamalainen (42) Agoura Hills 2:30:16, 22. Jim Klein (26) Flagstaff 2:30:30, 23. Barney Klecker (37) Hopkinton 2:31:26, 24. Gary Madison (42) Tulsa

PA-TAC Championships

2:31:30, 25. Michael Heffernan (48) Portland 2:32:16, 26. Marcial Beltran (21) Anaheim 2:32:21, 27. William Langhout (30) Davis 2:32:43, 28. Robert McLennan (40) Mill Valley 2:32:58, 29. Syle Pascale (40) San Carlos 2:33:04, 30. David Dooley (41) Boulder 2:33:50.

31. Donald Ocana (38) Anaheim 2:34:15, 32. Gregory Meadows (27) Chico 2:35:47, 33. Robert Nelson (48) Salt Lake City 2:35:50, 34. Jon Klirkman (28) Fair Oaks 2:35:55, 35. Frank Ruona (43) Menlo Park 2:36:35, 36. John Mendoza (27) Sacramento 2:37:16, 37. Perry Hayden (43) Reno 2:37:34, 38. Elmer McPhail (32) Clovis 2:38:05, 39. Chris Enfante (37) Elk Grove 2:38:36, 40. Ronald Kubokawa (36) El Cerrito 2:38:55.

41. Herb Phillips (48) Burnaby, Canada 2:39:11, 42. Mark Hofer (26) So. Lake Tahoe 2:39:31, 43. Donald Faith (34) Santa Barbara 2:39:40, 44. James Mulchinnock (35) Lake Louise 2:40:09, 45. Dennis Urtiaga (40) Union City 2:40:12, 46. Jon MacPherson (47) Santa Rosa 2:40:12, 47. Kevin Pedrotti (32) Fair Oaks 2:40:43, 48. Robert Herndon (27) Campbell 2:40:56, 49. Stuart Marbel (27) Westchester 2:41:56, 50. Randy Giboney (30) Orangevale 2:42:14.

Overall Results - Women

1. Janis Klecker (28) Hopkinton 2:34:17, 2. Barbara Myers-Acosta (31) Santa Cruz 2:42:59, 3. Laurie Binder (41) Oak-

and 2:43:23, 4. Linda Somers (27) Davis 2:44:43, 5. Wanda Howlett (25) Tacoma 2:45:13, 6. Gail Scott (42) Durango 2:46:40, 7. Karen Scholte (22) Sunnyvale 2:46:41, 8. Bev Marx (35) Fair Oaks 2:50:05, 9. Rosa Gutierrez (25) San Jose 2:51:44, 10. Peggy Smyth (36) San Anselmo 2:52:39.

11. Theresa McCourt (29) Sac. 2:52:44, 12. Christine Iwahashi (33) Sacramento 2:54:16, 13. Kimberly Shaffer (27) So. Lake Tahoe 2:54:28, 14. Juana Stavolone (43) San Jose 2:54:39, 15. Lisbet Engberg (24) San Francisco 2:55:16, 16. Patti Donley (48) Anchorage 2:57:19, 17. Suzette Moore (31) Placerville 2:57:50, 18. Joan Ulyot (48) San Francisco 2:57:53, 19. Nelly Wright (42) Pacific Grove 2:58:16, 20. Chrissy Duryea-Baker (27) San Jose 3:00:24.

21. Lorena Ferreira (21) Redwood City 3:00:49, 22. Diane Dixon (34) Los Osos 3:01:16, 23. Joan Colman (44) Sausalito 3:01:47, 24. Yoshie Piles (24) Bella Vista 3:03:35, 25. Marjorie Timberlake (46) Fresno 3:03:58, 26. Patty Howell (32) Sparks 3:05:15, 27. Jan Levet (37) Camino 3:06:56, 28. Heidi Fassler (28) Fair Oaks 3:08:24, 29. Edie Brainard (33) Citrus Heights 3:09:23, 30. Sarah Neal (28) Sac 3:09:34.

31. Hilary Naylor (42) San Francisco 3:10:43, 32. Wen-Shi Yu (54) Ken Gardens 3:10:54, 33. Gail Rodd (46) San Francisco 3:12:38, 34. Sandra Grandy (37) Sac 3:12:49, 35. Karen Angel (42) Trinidad 3:13:05.

Division Results - Men

Wheelchair: 1. Michael Trujillo 1:45:23, 2. Ziv Bar-shira 2:01:06, 3. Doug Wight 2:01:07. **18 & Under:** 1. Chris Thomley 2:56:47, 2. John Gibson 3:07:07, 3. Shane Zade 3:08:21. **19-24:** 1. Juan Ramirez 2:18:33, 2. Dean Rinde 2:22:13, 3. Jeff Koch 3:48:33. **25-29:** 1. Jose Aspuro 2:22:41, 2. Norman Tinkham 2:25:35, 3. Dave Chairez 2:26:06. **30-34:** 1. Rich

McCandless 2:12:44, 2. Anthjoni Niemczak 2:14:39, 3. Moacir Marconi 2:17:16. **35-39:** 1. Domingo Tibaduiza 2:20:19, 2. Craig Moore 2:28:16, 3. Mark Williams 2:29:29. **40-44:** 1. Robert Schlau 2:19:48, 2. Mike Hurd 2:25:59, 3. Jussi Hamalainen 2:30:16. **45-49:** 1. Michael Heffernan 2:32:16, 2. Robert Nelson 2:35:50, 3. Herb Phillips 2:39:11. **50-54:** 1. Darryl Beardall 2:43:15, 2. Donald Savant 3:00:59, 3. Michael McGie 3:02:34. **55-59:** 1. John Hepner 2:56:41, 2. Ron Ogilvie 3:13:58, 3. Richard Carapezza 3:19:21. **60-64:** 1. John Keston 2:54:36, 2. Patrick Devine 2:57:37, 3. Ray Stewart 3:08:24. **65-69:** 1. Jim Smith 3:20:01, 2. John Bays 3:48:05, 3. Jack Kirkpatrick 3:52:46. **70 & Over:** 1. William Patterson 4:59:23.

Division Results - Women

19-24: 1. Karen Scholte 2:46:41, 2. Lisbet Engberg 2:55:16, 3. Lorena Ferreira 3:00:49. **25-29:** 1. Janis Klecker 2:34:17, 2. Linda Somers 2:44:43, 3. Wanda Howlett 2:45:13. **30-34:** 1. Barbara Myers-Acosta 2:42:59, 2. Christine Iwahashi 2:55:16, 3. Suzette Moore 2:57:50. **35-39:** 1. Bev Marx 2:50:05, 2. Peggy Smyth 2:52:39, 3. Jan Levet 3:06:56. **40-45:** 1. Laurie Binder 2:43:23, 2. Gail Scott 2:46:40, 3. Juana Stavolone 2:54:39. **45-49:** 1. Patti Donley 2:57:19, 2. Joan Ulyot 2:57:53, 3. Marjorie Timberlake 3:03:58. **50-54:** 1. Wen-Shi Yu 3:10:54, 2. Christine Curtis 3:15:06, 3. Joan Reiss 3:15:27. **55-59:** 1. Marty Maricle 3:30:52, 2. Joyce Zytoskoe 3:53:55, 3. Ruth Anderson 3:57:47. **60-64:** 1. Marcia Worden 4:21:17, 2. Peggy Ewing 4:30:03, 3. Betty Willis 4:34:46. **Wheelchair:** 1. Candace Cable-Brookes 2:07:13, 2. Connie Hansen 2:14:35.



RICH McCANDLESS

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RESULTS

TRACK & FIELD

World Corporate Games

October 22, San Francisco.

Men's Results

100m:

(Open) 1. Alexander Gromyko (Profsport) 11.36, 2. Charles Morris (Winespell S.F.) 11.72, 3. Satoshi Shigeta (Shigeta RC) 11.86, 4. Jair Forj (Raychem) 11.89, 5. Gilles Coudray (Cabinet Dulieu) 12.30 (30-39) 1. Sheldon Hudson (Marriott-Courtyard) 11.60, 2. Derek Robinson (Market) 11.62, 3. Philippe Carre (Conseil General des Y) 11.70, 4. Kenneth Cook (Sport for Life) 11.77, 5. George Myers (Chevron Corp.) 12.15 (40-49) 1. William Detelsen (Oakland Fire Dept.) 12.00, 2. Robin Bong (Hewlett-Packard) 12.01, 3. Dennis Duffy (444 Market) 12.59, 4. Juan Bustamante (Kaiser Permanente Med) 12.68, 5. Richard Yng (Hewlett-Packard) 12.77 (50-59) 1. Robert Bailey (Hewlett-Packard) 13.31, 2. Wiley Schmidt (Antique Select) 14.46, 3. Enver Mehmedbasich (Chevron Corp.) 14.50 (60 & Over) 1. Robert Watanabe (Watanabe Orthopedic) 13.25, 2. Kurt Hering (Volkswagen Canada) 14.26.

200m:

(Open) 1. Alexander Gromyko (Profsport) 23.23, 2. Charles Morris (Winespell San Francisco) 24.07, 3. Frederic Hubert (EDF-GDF) 24.34, 4. Jair Forj (Raychem) 24.83, 5. Thomas Musolf (Hewlett-Packard) 25.22 (30-39) 1. Adrian Rogers (444 Market) 23.43, 2. Derek Robinson (444 Market) 23.55, 3. Philippe Carre (Conseil General des Y) 23.58, 4. Sheldon Hudson (Marriott-Courtyard) 23.83, 5. Dan Magao (Raychem) 24.80 (40-49) 1. Matthew Pruitt (444 Market) 23.57, 2. Robin Bong (Hewlett-Packard) 24.39, 3. William Detelsen (Oakland Fire Dept.) 24.81, 4. Richard Ving (Hewlett-Packard) 26.52, 5. Bill Hassell (Hewlett-Packard) 27.69 (50-59) 1. Robert Bailey (Hewlett-Packard) 26.99, 2. John Sales (Chevron Corp.) 29.41 (60 & Over) 1. Robert Watanabe (Watanabe Orthopedic) 27.85, 2. Kurt Hering (Volkswagen Canada) 29.87.

400m:

(Open) 1. Alex Bynoe (Shaklee) 50.3, 2. Oleg Ermakov (Profsport) 50.5, 3. Mike Ellis (Royal Hong Kong Police) 51.4, 4. Didier Poutoux (Matra) 52.6, 5. Frederic Hubert (EDF-GDF) 52.7 (30-39) 1. Adrian Rogers (444 Market) 51.8, 2. Richard Nichols (Pontiac) 52.5, 3. Keith Miles (Hewlett-Packard) 53.3, 4. Hayden Pilgrim (USPS Oakland Div.) 54.1, 5. Jacky Salah (Via Voyages) 54.5 (40-49) 1. Matthew Pruitt (444 Market) 51.98, 2. Robin Bong (Hewlett-Packard) 53.05, 3. Searcy Barnett (444 Market) 55.29, 4. Dennis Duffy (444 Market) 57.43, 5. Richard Yng (Hewlett-Packard) 58.63 (50-59) 1. Mike Field (Royal Hong Kong Police) 60.95, 2. Enver Mehmedbasich (Chevron Corp.) 65.73 (60 & Over) 1. Robert Watanabe (Watanabe Orthopedic) 62.09, 2. Kurt Hering (Volkswagen Canada) 65.99, 3. Dean Smith (Shaklee) 66.64, 4. Roland Anspach (Shaklee) 79.30.

800m:

(Open) 1. Oleg Ermakov (Profsport) 1:59.08, 2. Alex Bynoe (Shaklee) 1:59.85, 3. Andrei Boldyrev (Profsport) 2:00.89, 4. Dominique Delbe (Fret SNCF) 2:02.64, 5. Clifton Johnson (444 Market) 2:08.10 (30-39) 1. Hank Lawson (Hewlett-Packard) 2:13.30, 2. Michael Huhn (444 Market) 2:15.19, 3. Calvin Fong (444 Market) 2:24.02, 4.

Clarence Johnson (444 Market) 2:26.08, 5. Mark Kashevaroff (Pac Bell) 2:47.91 (40-49) 1. Searcy Barnett (444 Market) 2:05.38, 2. Kenneth Payne (Facer Publishing) 2:18.55, 3. Martin Frederick (Shaklee) 2:20.44, 4. Gil Moreno (444 Market) 2:28.05, 5. Bill Hassell (Hewlett-Packard) 2:42.51 (50-59) 1. Tom Ryan (444 Market) 2:24.80, 2. Jim Gallagher (444 Market) 2:29.84, 3. John Gregson (City/Co. of S.F.) 2:40.95, 4. Ed Mooney (City/Co. of S.F.) 2:44.12 (60 & Over) 1. Dean Smith (Shaklee) 2:31.64, 2. Roland Anspach (Shaklee) 2:45.09, 3. Marcel Diraison (444 Market) 2:45.36.

1500m:

(Open) 1. Andrei Boldyrev (Profsport) 4:03.6, 2. Kevin Ostenberg (KBLX Radio) 4:03.9, 3. Jeffrey Shaver (Apple Computer, Inc.) 4:05.4, 4. Dominique Delbe (Fret SNCF) 4:07.1, 5. Michael Collins (Spatz Lab.) 4:15.4 (30-39) 1. Hank Lawson (Hewlett-Packard) 4:18.6, 2. Bill Aragon (Shaklee) 4:19.3, 3. Chris Horn (McKesson Corp.) 4:25.3, 4. Brendon O'Leary (444 Market) 4:32.1, 5. Jim Sweeney (444 Market) 4:32.5 (40-49) 1. Kenneth Payne (Facer Publishing) 4:57.4, 2. Gil Moreno (444 Market) 5:08.0, 3. Martin Frederick (Shaklee) 5:12.2, 4. Fox (FLF Enterprises, Inc.) 6:17.5, 5. Toshiyuki Kondo (NTA) 8:87.9 (50-59) 1. Mike Field (Royal Hong Kong Police) 4:58.1, 2. Tom Ryan (444 Market) 5:00.6, 3. Tom Ryan (444 Market) 5:13.4, 4. Ed Mooney (City/Co. of S.F.) 5:26.0, 5. John Gregson (City/Co. of S.F.) 5:30.1 (60 & Over) 1. Roland Anspach (Shaklee) 5:35.0, 2. Dean Smith (Shaklee) 5:39.2, 3. Marcel Diraison (444 Market) 5:44.0, 4. Kurt Hering (Volkswagen Canada) 6:05.1.

5K:

(Open) 1. William Adams (Shaklee) 14:59.0, 2. Kevin Ostenberg (KBLX Radio) 15:12.1, 3. Jeffrey Shaver (Apple Computer Inc.) 15:12.4, 4. Ted Romero (Shaklee) 15:55.2, 5. Michael Collins (Spatz Lab.) 16:30.2 (30-39) 1. Chris Horn (McKesson Corp.) 16:54.9, 2. Hank Lawson (Hewlett-Packard) 17:33.7, 3. Brendon O'Leary (444 Market) 18:20.1, 4. Joe Montoya (Bank of America) 18:25.7, 5. Ron Bayless (Bank of America) 18:26.3 (40-49) 1. Kenneth Payne (Facer Publishing) 17:14.1, 2. Gil Moreno (444 Market) 20:00.4, 3. Robert Kraiss (Raychem) 20:12.7, 4. Ed Porham (Shaklee) 22:13.9, 5. Fox (FLF Enterprises, Inc.) 22:47.5 (50-59) 1. Ed Mooney (City/Co. of S.F.) 20:03.8, 2. Jim Gallagher (444 Market) 21:17.3, 3. William Stolk (Shaklee) 22:36.4 (60 & Over) 1. Marcel Diraison (444 Market) 20:55.9, 2. Don Lucero (Ironworkers Local 37) 21:49.6.

10K:

(Open) 1. Dominique Delbe (Fret SNCF) 33:46.8, 2. Evgeni Teptsov (Profsport) 34:55.2, 3. Jean Luc Clement (Sarl Clement) 36:56.1, 4. Jean-Michel Delbe (Fret SNCF) 37.00 (30-39) 1. Patrick Libralesso (Aerospaiale) 33:31.2, 2. Robert Darling (Presidio of S.F.) 34:12.5, 3. Francis Sweeney (Frito-Lay) 34:37.5, 4. David Fergus (Precision Monolithics) 35:07.6, 5. David Anaya (Precision Monolithics) 35:56.9 (40-49) 1. Larry Butler (City/Co. of S.F.) 39:09.8, 2. Arnie Hollander (The Lurie Company) 44:38.5, 3. Anthony Montoya (City/Co. of S.F.) 46:50.6, 4. Robert Benjamin (2000 Post Apartments) 48:39.7 (50-59) 1. John McCrills (Raychem) 41:02.3, 2. James Jacobs (City/Co. of S.F.) 42:00.5, 3. Steven Jonas (Pace Walkers of America) 52:10.8 (60 & Over) 1. Roland Anspach (Shaklee) 42:10.1, 2. Wallace Rapozo (444 Market) 52:28.0.

Marathon:

(Open) 1. Russell Sportsman (Corp. Fitness Res) 2:54.06, 2. Robert Lester (Imperial Corp.) 3:09.23 (30-39) 1. Patrick Libralesso (Aerospaiale)

2:45.51, 2. Frank Garcin (Ville D'Orleans) 2:47.37, 3. David Burt (Royal Trust Corp.) 3:08.57, 4. Bill Hart (444 Market) 4:11:58 (40-49) 1. Rene Palleiser (Matra) 3:05:49, 2. Larry Butler (City/Co. of S.F.) 3:07:22, 3. Pierre Palleiser (Matra) 3:16:59, 4. Jean-Louis Lamothe (Matra) 3:18:14, 5. Alain Charla (Matra) 3:28:38 (50-59) 1. Jean-Claude Prigent (Matra) 2:52:15, 2. Harry Cordellos (Shaklee) 3:48:06 (Marathon Team) 1. Matra 12:33:17.

Half Marathon:

(Open) 1. Dominique Delbe (Fret SNCF) 1:14:37, 2. Daniel Hernandez (Hirsch & Co.) 1:27:11, 3. Timothy Salaver (US Fleet Leasing) 1:29:10, 4. Jesse Smith (Morrison & Foerster) 1:30:21, 5. Michael Amick (Hewlett-Packard) 1:32:15 (30-39) 1. Jorge Ramos (Shaklee) 1:14:43, 2. Roger Maneveau (Matra) 1:15:32, 3. Robert Darling (Presidio of S.F.) 1:16:42, 4. Chris Horn (McKesson Corp.) 1:20:00, 5. Hank Lawson (Hewlett-Packard) 1:20:53 (40-49) 1. Gil Moreno (444 Market) 1:37:08, 2. Gary Alexander (444 Market) 1:38:03, 3. Arnold Williams (Chevron Corp.) 1:39:12, 4. Anthony Montoya (City/Co. of S.F.) 1:41:19, 5. Robert Benjamin (2000 Post Apartments) 1:43:38 (50-59) 1. James Jacobs (City/Co. of S.F.) 1:30:38, 2. Tom Camis (Hewlett-Packard) 1:33:15, 3. Ed Mooney (City/Co. of S.F.) 1:33:56, 4. Jim Gallagher (444 Market) 1:48:16 (60 & Over) 1. Roland Anspach (Shaklee) 1:31:47, 2. Ironworkers Local 377 1:38:52, 3. Marcol Draison (444 Market) 1:41:54 (Corp. Team) 1. Shaklee 5:49:08, 2. Hewlett-Packard 5:58:37, 3. Chevron Corp. 6:28:22, 4. 444 Market 6:29:45.

Women's Results

100m:

(Open) 1. Olga Grechneva (Profsport) 13.26, 2. Elena Rodina (Profsport) 13.28, 3. Evelyn Buckley (GEO/Resource Consulta) 13.77, 4. Linda Elkins (Bay Vista Chiropractic) 13.90, 5. Caroline Wyatt (Raychem) 14.05 (30-39) 1. Laurie Ahlberg (Van Waters & Rogers) 14.15, 2. Theresa Lando (Security Pacific Lease) 14.37, 3. Karen McCain (Raychem) 14.39, 4. Nancoe Stevens Elliott (Shaklee) 14.49, 5. Susan Schieldt (Hewlett-Packard) 15.21 (50-59) 1. Irene Obera (444 Market) 14.35, 2. Hei-Mei Chou (Lockheed) 16.38, 3. Marjorie Moore (Hewlett-Packard) 17.19, 4. Peggy Kang (Shaklee) 18.38.

200m:

(Open) 1. Olga Grechneva (Profsport) 27.36, 2. Elena Rodina (Profsport) 27.56, 3. Evelyn Buckley (GEO/Resource Consulta) 27.74, 4. Linda Elkins (Bay Vista Chiropractic) 28.71, 5. Vicki Anderson (Apple Computer Inc.) 29.05 (30-39) 1. Theresa Lando (Security Pacific Lease) 29.78, 2. Laurie Ahlberg (Van Waters & Rogers) 29.82, 3. Karen McCain (Raychem) 30.06, 4. Nancoe Stevens Elliott (Shaklee) 36.47, 5. Cheng-Er Mehmedbasich (444 Market) 31.91 (50-59) 1. Irene Obera (444 Market) 30.41, 2. Hei-Mei Chou (Lockheed) 35.07, 3. Marjorie Moore (Hewlett-Packard) 38.15, 4. Peggy Kang (Shaklee) 31.14, 5. Lorraine Ulrich (Shaklee) 43.71.

400m:

(Open) 1. Vicki Anderson (Apple Computer Inc.) 62.18, 2. Evelyn Buckley (GEO/Resource Consulta) 62.20, 3. Ginger Orr (Sun Microsystems) 68.87 (40-49) 1. Madeline Bost (Shaklee) 1:20:2 (50-59) 1. Irene Obera (444 Market) 1:12.8, 2. Peggy Kang (Shaklee) 1:22.4, 3. Lorraine Ulrich (Shaklee) 1:35.5 (60 & Over) 1. Kit Pickles (Shaklee) 1:40.2.

800m:

(Open) 1. Irina Izotova (Profsport) 2:22.05, 2. Suzanne Blevins (Shaklee) 2:28.80, 3. Vicki Anderson

(Apple Computer, Inc.) 2:31.62 (30-39) 1. Beckie Simmie-Kessecker (Hewlett-Packard) 2:27.78, 2. Cheng-Er Mehmedbasich (444 Market) 2:41.86, 3. Catherine Kempners (Bell & Howell) 2:45:39, 4. Lisa Stringfellow (Shaklee) 2:51.00, 5. Cathy Houston (Shaklee) 3:08:50 (40-49) 1. Madeline Bost (Shaklee) 3:01:86 (50-59) 1. Peggy Kang (Shaklee) 3:04.15, 2. Lorraine Ulrich (Shaklee) 3:34.1 (60 & Over) 1. Kit Pickles (Shaklee) 3:44.28.

1500m:

(Open) 1. Maria Lantzova (Profsport) 4:30.6, 2. Irina Izotova (Profsport) 4:30.8, 3. Suzanne Blevins (Shaklee) 5:03.0, 4. Ginger Orr (Sun Microsystems) 5:20.0, 5. Jane Abraham (Sun Microsystems) 5:47.0 (30-39) 1. Debbie Ingram (Sun Microsystems) 5:28.0, 2. Catherine Kempners (Bell & Howell) 5:33.0, 3. Cheng-Er Mehmedbasich (444 Market) 5:35.1 (40-49) 1. Madeline Bost (Shaklee) 6:01.9 (50-59) 1. Peggy Kang (Shaklee) 6:04.9, 2. Lorraine Ulrich (Shaklee) 7:07.3 (60 & Over) 1. Kit Pickles (Shaklee) 7:10.9.

5K:

(Open) 1. Lori Bearson (Presidio of S.F.) 17:05.0, 2. Irina Izotova (Profsport) 17:36.7, 3. Suzanne Blevins (Shaklee) 19:03.4, 4. Kelly Nichols (Hewlett-Packard) 20:58.6, 5. Gina Miler (KBLX Radio) 23:09.4 (30-39) 1. Beckie Simmie-Kessecker (Hewlett-Packard) 18:15.3, 2. Catherine Wettle (Matra) 18:35.0, 3. Lisa Stringfellow (Shaklee) 21:26.8, 4. Cathy Houston (Shaklee) 24:04.4, 5. Micki McGarratt (Shaklee) 24:48.7 (40-49) 1. Roberta Bradt (Shaklee) 24:40.6, 2. Kay Johnson (2000 Post Apartments) 28:21.8 (50-59) 1. Lorraine Ulrich (Shaklee) 27:58.1, 2. Lucrecia Fontes (Shaklee) 33:32.9.

10K:

(Open) 1. Maria Lantzova (Profsport) 38:20.6, 2. Michele Small (Raychem) 43:07.5, 3. Dierdre Reidy (Pamakis) 43:52.4, 4. Jennifer Hartnett (Hewlett-Packard) 51:07.3, 5. Rosalynn Wu (Shaklee) 51:07.3 (30-39) 1. Kim Rupert (MMS Int'l) 38:33.9, 2. Jane Lee (Hewlett-Packard) 41:18.9, 3. Irene Skupniewicz (Hewlett-Packard) 43:38.2, 4. Karen Hope (Plantronics) 47:06.6, 5. Rosanne Dudley (2000 Post Apartments) 50:23.2 (40-49) 1. Nancy Porham (Shaklee) 44:28.2, 2. Madeline Bost (Shaklee) 48:57.5, 3. Kaye Donnelly (Capred) 49:26.4, 4. Inga Madden (S.F. Hash Ho) 53:30.6 (60 & Over) 1. Kit Pickles (Shaklee) 51:50.2, 2. Grace Bangs (Shaklee) 55:25.3, 3. Liese Rapozo (444 Market) 1:00:58.

Marathon:

(30-39) 1. Martha Schuman (Massachusetts Financial) 4:36.00 (40-49) 1. Danielle Guillot (Matra) 3:48:35.
Half Marathon:
(Open) 1. Ginger Orr (Sun Microsystems) 1:33:05, 2. Suzanne Hernelyn (Hewlett-Packard) 1:36:17, 3. Kelly Nichols (Hewlett-Packard) 1:42:17, 4. Karen Hegerle (Esprit) 1:48:40, 5. Clare Hertel (Shaklee) 1:48:50 (30-39) 1. Kim Rupert (MMS Int'l) 1:23:58, 2. Debbie Ingram (Sun Microsystems) 1:26:28, 3. Maureen Luca (Bank of America) 1:27:22, 4. Deborah Bispo (Shaklee) 1:30:48, 5. Jane Lee (Hewlett-Packard) 1:32:14 (40-49) 1. Madeline Bost (Shaklee) 1:51:10 (50-59) 1. Peggy Kang (Shaklee) 1:49:12, 2. Mary Coffey (Richmond Unified Schools) 2:03:55 (60 & Over) 1. Kit Pickles (Shaklee) 1:56:05.

RESULTS

CROSS COUNTRY

NAIA District III Cross Country Championships

November 5, Woodward Park, Fresno.

Overall Results - Men's 8000m

1. Ronny Andersson (PLNC) 25:56, 2. Ed Trotter (WC) 26:04, 3. Goshu Tadese (PLNC) 26:06, 4. Rick Jones (WC) 26:19, 5. Patrick Byrne (CLC) 26:24, 6. Jonz Norine (CLC) 26:25, 7. Matt Griffin (CLC) 26:29, 8. Lance Bartlett (CLC) 26:55, 9. Rick Penman (PLNC) 26:59, 10. Grant Furnberg (WC) 27:14.

11. Navar Switt (FPC) 27:22, 12. Rich Parris (FPC) 27:23, 13. Chris Rodriguez (FPC) 27:26, 14. Tom Davis 27:30, 15. Gus Arce (PLNC) 27:36, 16. Scot Snyder (Bida) 27:37, 17. Todd Sabala (FPC) 27:42, 18. Tim Oakes (WC) 27:49, 19. Brian McInnes (WC) 27:56, 20. Andy Yaeger (MC) 27:58.

Team Scores:

1. Cal Lutheran College 47, 2. Westmont College 48, 3. Pt. Loma Nazarene College 50, 4. Fresno Pacific College 79, 5. Bida 138, 6. The Masters College 146.

Overall Results - Women's 5000m

1. Sherri Hall (SCC) 18:24, 2. Stacia Larsen (WC) 19:15, 3. Christy Gimsley (Bida) 19:28, 4. Jenae Ellis (APU) 19:53, 5. Eva Lindblad (PLNC) 20:00, 6. Kim Coyne (FPC) 20:07, 7. Tonya Russell (PLNC) 20:22, 8. Marlys Newey (MC) 20:25, 9. Lisa Askins (CLC) 20:33, 10. Nichole Navarro (FPC) 20:36.

Team Scores:

1. Pt. Loma Nazarene College 46, 2. Cal Lutheran College 76, 3. Westmont College 80, 4. Fresno Pacific College 93, 5. So. California College 119, 6. Masters College 128, 7. Azusa Pacific University 161, 8. Christian Heritage College 195.

SCA/TAC Cross Country Championship

November 5, Santiago Oaks Park, Orange. 10K.

Division Results - Men

15-18: 1. Kevin Berko 41:03, 2. Martin Gonzalez 42:51, 3. Alex Espinoza 45:41, 19-29: 1. Richard Graves 36:06, 2. Shawn Sandoval 37:56, 3. Steve Moreno 38:04, 30-34: 1. Bob Bourret 37:11, 2. Rob Slick 39:31, 3. Dan Takahashi 42:37, 35-39: 1. Jim O'Brien 39:53, 2. Ed Avol 40:06, 3. Don Ocana 41:17, 40-44: 1. Bill Sumner 40:38, 2. Don McCarthy 41:34, 3. Bruce Horiguchi 43:43, 45-49: 1. Bob McGeough 42:08, 2. Mike Fuller 42:59, 3. Joaquin Granado 45:28, 50-54: 1. Bill Crum 43:54, 2. Don Van Dyke 44:22, 3. Frank Ogawa 48:16, 55-59: 1. Wally Ingram 46:32, 2. Bob Vitale 53:43, 3. Darrel Jellies 57:35, 60-69: 1. Milo Sather 57:43, 2. Stan Neufeld 58:32, 3. Dan Lujan 63:32, 70-79: 1. Fraser Macinn 64:08, 2. Fred Shanley 75:18, 3. Dean Scofield 81:23.

Division Results - Women

19-29: 1. Barbie Ludovise 45:09, 2. Sherri Fox 49:04, 3. Diane Silver 51:01, 30-34: 1. Deborah Saudier 52:17, 2. Patti Peschel 55:57, 3. Linda Natzmer 58:59, 35-39: 1. Nancy Baird 46:49, 2. Kay Price 50:44, 3. Judy Aleks 51:49, 40-44: 1. Sandi Barr 60:11, 2. June Johnson 62:47, 50-54: 1. Marcia Matlyn 67:14.

ROAD RACING

Legg Lake 5K Morning Run

August 21, So. El Monte.

Overall Results

1. George Marquez (23) 16:21, 2. Richard Wheeler (19) 16:57, 3. Ricardo Sanchez (24) 17:16, 4. Ismael Garcia (18) 17:18, 5. Chris Cola (16) 17:37, 6. Stan Stauble (43) 17:40, 7. Mike Shriver (28) 17:54, 8. Jose Contreras (24) 18:11, 9. Tiburcio Contreras (33) 18:27, 10. Albert Castillo (21) 19:09.

Legg Lake 5K Evening Run

August 25, So. El Monte.

Overall Results

1. Jose Rodriguez (34) 17:02, 2. Gary Greenberg (28) 17:14, 3. Dan Burton (28) 17:18, 4. David Nunez (26) 17:44, 5. Fernando Chavez (17) 17:50, 6. Eduardo Valencia (18) 17:55, 7. Tiburcio Contreras (33) 18:19, 8. Jim Perez (25) 18:31, 9. Joffrey Valencia (17) 18:57, 10. Greg Gonzalez (22) 18:58.

Legg Lake 8K Morning Run

August 27, So. El Monte.

Overall Results

1. Tiburcio Contreras (33) 31:17, 2. Joe Englebrecht (38) 31:42, 3. Kenneth Birch (31) 31:59, 4. Wally Ingram (55) 32:20, 5. Josue Rubalcaba (39) 32:48, 6. John McHenry (24) 33:00, 7. Frank Ogawa (52) 33:20, 8. Ruben Esqueda (58) 33:47, 9. Andrea Alarcon (22 F) 35:07, 10. Mike Lalum (44) 35:57.

Bud Light U.S. Triathlon Series

August 28, San Jose.

Division Results - Men

15-19: 1. Paul Ayuso (19) Calico, 2:25:36, 2. Dave Liotta (19) Lafayette, 2:30:01, 3. Rex Johnson (18) Laguna Hills, 2:32:00, 20-24: 1. Greg Seale (22) Berkeley, 2:24:43, 2. Brock Claibourne (21) Walnut Creek, 2:27:55, 3. Jeff Hoff (23) Fresno, 2:27:57, 25-29: 1. Chris Ward (29) Oakland, 2:20:30, 2. Marc Makebakken (25) San Diego, 2:21:04, 3. Jim Mollerus (29) Los Gatos, 2:21:30, 30-34: 1. Eric Johnson (30) Mt. View, 2:20:52, 2. Greg Ward (31) Oakland, 2:23:37, 3. Jeffrey Cheng (31) Honolulu, 2:27:51, 35-39: 1. James Williams (39) San Diego, 2:22:49, 2. Scott Davis (39) Redwood City, 2:27:37, 3. Don Anderson (36) Sunnyvale, 2:28:21, 40-44: 1. Rick Niles (41) Santa Rosa, 2:30:15, 2. Timothy Lavelle (40) San Jose, 2:36:19, 3. Thomas Barthold (44) San Anselmo, 2:41:58, 45-49: 1. Forrest Bond (45) Woodland, 2:34:26, 2. David Moon (47) San Francisco, 2:38:27, 3. Robert Plant (45) Woodside, 2:44:19, 50-54: 1. Bob Tarozzi (50) Carmel Valley, 2:48:15, 2. Gary Nolan (50) Reno, NV, 2:54:44, 3. William O'Brien (52) Redwood City 3:00:22, 55-59: 1. David Stevenson (59) Los Altos Hills, 2:48:48, 2. Jim Demelhou (56) Palm Desert, 2:54:56, 3. Bill Van Horn (55) Novato, 2:58:37, 60-64: 1. Kenneth Bailey (61) Santa Cruz, 4:16:09, 2. Bob Ross (61) Los Gatos, 4:30:43, 70 & Over: 1. James Ward (70) Seminole, 4:10:04.

Division Results - Women

15-19: 1. Ina Matson (15) Calgary Alberta, 3:14:50, 2. Linda Mein (19) Merlo Park, 3:20:30, 3. Joy Dunn (17) Cupertino, 3:22:06, 20-24: 1. Carol Kaune (21) San Diego, 2:42:14, 2. Laura Curtis (24) Chula Vista, 2:48:02, 3. Debbie Talken (24) Chico, 2:53:36, 25-29: 1. Holly Stevenson (25) San Diego, 2:39:58, 2. Kristen Raudenbush (29) Los Angeles, 2:41:40, 3. Sheri Leona (25) San Diego, 2:44:10, 30-34: 1. Jan-

et Alwood (31) Palo Alto, 2:43:20, 2. Pam Rhodes (30) Sacramento, 2:46:50, 3. Holly Potter (30) Kentfield, 3:01:10, 35-39: 1. Missy LaStrange (36) Visalia, 2:41:44, 2. Jean Toth (35) Milpitas 2:58:49, 3. Sally Gaines (36) Lee Vining, 3:01:31, 40-44: 1. Kaeli Ecker (41) Arroyo Grande, 2:54:00, 2. Sally Edwards (40) Sacramento, 2:55:04, 3. Linda Averett (40) Hixson, TN, 3:18:31, 45-49: 1. Joan Jeter (48) Newport Beach, 2:52:11, 2. Mary Ann Buxton (46) San Anselmo, 3:11:02, 3. Mardi Briggs (46) Tehachapi, 3:13:23, 50-54: 1. Elizabeth Sara (50) Bakersfield, 3:49:27, 55-59: 1. Elizabeth Ross (57) Los Gatos, 3:50:13.

Division Results - Men's Relays

1. Colin's Demolish Crew, Berkeley, 2:21:30, 2. Sum-R-Trouble, Redwood City, 2:32:12, 3. Best of the Rest, San Jose, 2:35:00.

Division Results - Women's Relays

1. Catherine Lynne Susan, Marina, 3:00:38, 2. Tri and Beat Us, 3:12:19, 3. Uria Deanka J, San Jose, 3:32:39.

Division Results - Mixed Relays

1. Avilanche, Newark, 2:28:59, 2. Susan Knox, Redway, 2:36:39, 3. Kenneth Blawat, Martinez, 2:37:32.

Professional Results - Men

1. Jim Riocetto, Tucson, AZ, 2:00:35, 2. Harold Robinson, Walnut Creek, 2:11:31, 3. Garrett McCarthy, San Gabriel, 2:13:20.

Professional Results - Women

1. Kristen Hanssen, Denver, CO, 2:28:19, 2. Laurie Samuelson, Carlsbad, 2:29:17, 3. Susan Latshaw, Berkeley, 2:33:06.

Sunset in the Park

September 1, Huntington Beach, 2.8 MI. & 4.8 MI.

Division Results - Men's 2.8 Mile

13 & Under: 1. Ian Ramos 19:00, 2. Matthew Holmes 19:03, 3. Ian McCraw 19:38, 14-17: 1. Frank Sharpe 15:36, 2. Kevin Fairman 16:10, 3. Eddy Jara 16:12, 18-23: 1. Alfredo Viqueiras 14:07, 2. Charlie Yu 15:12, 3. Gumbo 15:40, 24-29: 1. James Herberg 14:30, 2. Rick Cointalain 14:35, 3. Rick Dodson 14:41, 30-34: 1. Enrique Alvarez 15:00, 2. Bob Wilden 15:49, 3. Rob McNair 15:54, 35-39: 1. Mel Sanchez 16:19, 2. Walt Hill 16:27, 3. Mark Joachim 17:53, 40-44: 1. John Walters 17:45, 2. David Dixon 18:49, 3. David Holmes 19:50, 45-49: 1. Ben Jackson 18:39, 2. Randall Shelly 17:11, 3. Manouh Lankarani 18:16, 50-54: 1. Juvenal Herrera 18:23, 2. Clifton Larkins 18:38, 3. Bob Norton 19:42, 55-59: 1. Robert Perry 20:46, 60 & Over: 1. Daniel Lujan 21:32, 2. Bob Berg 25:53, 3. John Mooshagian 27:36, High School Team: 1. Corona del Mar.

Division Results - Women's 2.8 Mile

13 & Under: 1. Tara Holmes 19:40, 2. Kenna Masuda 20:33, 3. Mindi Adam 20:34, 14-17: 1. Jennifer Norton 21:42, 2. Jeanne Andrusky 23:33, 3. Jenny Brown 24:46, 18-23: 1. Janice Perry 24:24, 2. Krish Robinson 28:46, 24-29: 1. Helen Lopez 17:52, 2. Hide Hansen 18:00, 3. Desain Gutowski 18:35, 30-34: 1. Debbie Pettit 25:16, 2. Jean Kalinowski 25:42, 3. Selina Mulvihill 27:55, 35-39: 1. Amy Delos Reyes White 25:47, 2. Phyllis Bourgault N.T., 3. Linda Mendelssohn 32:57, 40-44: 1. Colleen Heim 24:49, 2. Lulu Montgomery 25:00, 3. Nancy Haas 26:39, 45-49: 1. Pamela Lankarani 25:24, 2. Lola Coxford 27:45, 3. Kay Brown 30:53, 60 & Over: 1. Sumi Onodera 25:29, High School Team: 1. San Clemente.

Division Results - Men's 4.8 Mile

18-23: 1. Michael McCoy 26:05, 2. Marc Reider 26:34, 3. Gary Dehinger 27:27, 24-29: 1. Kent Creager 29:23, 2. Dave Dilemuth 29:51, 3. Dan Carr 30:08, 30-34: 1. Dan Takahashi 27:36, 2. Bob Wilder 27:56, 3. Rob McNair 28:42, 35-39: 1. Mark Hemphill 27:30, 2. Irv Ray 27:45, 3. Ken Rendall 27:57, 40-44: 1. Paul Maier 27:34, 2. Charles Appel 29:58, 3. Joe Yanez 30:44, 45-49: 1. Gama Chavez 29:53, 2. Bryce Larkin 30:05, 3. William Scott 31:05, 50-54: 1. Robert Lyons 32:03, 2. Jim Crandall 32:42, 3. Noel Vadell 34:22, 55-59: 1. Darrel Jeffries 34:18, 2. Burkell Remy 34:20, 3. Jim Bennett 36:06, 60 &

Over: 1. Larry Banuelos 32:14.

Division Results - Women's 4.8 Mile

13 & Under: 1. Cynthia Condon 38:31, 18-23: 1. Karla Figueroa 29:28, 2. Kathy Cannon 32:40, 3. Lori Toscas 46:16, 24-29: 1. DLisa Olson 34:34, 2. Maria Cafaro 34:44, 3. Leslie Rose 36:15, 30-34: 1. Lori Ketchum 37:06, 2. Linda Nelson 37:36, 3. Donna Briggs 40:04, 35-39: 1. Sharon Williams 44:21, 2. Linda LaPorte 45:09, 3. Lauren McGuire 50:09, 40-44: 1. Pat Hayden 37:08, 2. Bonita Stephens 43:06, 3. Lorri Grace 47:14, 45-49: 1. Sally Adam 33:46.

Hart Park Fun Run

Sept. 3, Bakersfield, 1, 2, 3, 5 Miles.

Overall Results - One Mile

1. Carl Hatley 5:15, 2. Randy Brown 5:40, 3. Leslie King 6:07, 4. Leo Marquez 6:22, 5. Robby Weighall 6:35, 6. Mike Weighall 6:41, 7. Herb Taylor 7:01, 8. Bob Scales 7:03, 9. Katie O'Rand 7:10, 10. Michael McQuerry 7:23.

Overall Results - Half Mile

1. Bob Scales 3:23, 2. Anita Bown 6:57, 3. Ariel Bown 6:21.

Overall Results - Two Mile

1. Carl Hatley 12:25, 2. Katie O'Rand 13:55, 3. Ed Whitlock 15:43, 4. Hal Williams 17:16, 5. Aaron Easter 19:16.

Overall Results - Three Mile

Leo Marquez 18:43, 2. Herb Taylor 23:29.

Overall Results - Five Mile

1. Randy Bown 31:57, 2. Jim Wakeman 34:24, 3. Michael McQuerry 38:41, 4. Leslie King 39:34, 5. Laura Lowe 39:34, 6. Larry Megazzi 40:01, 7. Brenda Villanueva 41:07, 8. Andrea MacDonald 41:07, 9. Jane Granskog 41:16, 10. Emma Williams 41:22.

Park-to-Park Run

Sept. 3, Lompoc, 8 Mile.

The Lompoc Valley Distance Club Park-to-Park 8 Mile race, again sponsored by Taco Bell, was held Saturday, Sept. 3. This annual event starts at Miguellito County Park, traverses the city of Lompoc and Santa Barbara County roads, to the finish at La Purisima Mission Park.

A total of 88 runners started and finished this fast all asphalt course. With sunshine most of the way, runners' comments ranged from "just right" to "very warm".

First to finish was Robert Hollister (40:31) while Mary Ryzner (47:45) was the first woman finisher.

Overall Results

1. Robert Hollister (29) Carpinteria 40:31, 2. Gary Silva (38) Santa Maria 45:11, 3. John Trettin (34) Lompoc 45:57, 4. Brian Waterbury (40) SLO 46:07, 5. Chris Allen (28) Lompoc 46:49, 6. Mike Uema (47) Lompoc 47:00, 7. Chris Regan (27) Yucaipa 47:39, 8. Mary Ryzner (34) Santa Barbara 47:45, 9. Doug Sims (28) Santa Maria, 48:00, 10. Rich Eatmon (41) Lompoc 48:51.

Division Results - Men

18-29: 1. Robert Hollister 40:31, 2. Chris Allen 46:49, 3. Chris Regan 47:39, 30-34: 1. John Trettin 45:57, 2. David Aguirre 49:32, 3. Todd Robinson 49:39, 35-39: 1. Gary Silva 45:11, 2. Steve Bushey 49:20, 3. Aaron Young 52:45, 40-44: 1. Brian Waterbury 46:07, 2. Rich Eatmon 48:51, 3. Chuck Hammonds 50:30, 45-49: 1. Mike Uema 47:00, 2. Jim Brown 50:56, 3. Bob Sewell 53:41, 50-54: 1. Robert Clemens 54:25, 55-59: 1. Neil Ziegler 57:26, 60 & Over: 1. Leon Gassburn 55:40.

Division Results - Women

18-29: 1. Karry Marshall 62:07, 2. Christie Zahuta 62:46, 3. Jill Sims 65:43, 30-34: 1. Mary Ryzner 47:45, 2. Dianna Hall 49:46, 3. Sheila Betty 72:49, 35-39: 1. Karen Weston 80:36, 2. Janet Leininger 98:40, 40-44: 1. Stephanie Welch 57:40, 2. Patsy Dorsey 74:25, 45-49: 1. Angie Fuhrmann 58:25, 2. Eloisa Casares 65:22, 3. Hilda Hoffman 66:10.



RESULTS

Puffin Power I

Sept. 3. Sausalito, 7.1 Mile & 4 Mile.

Overall Results - 7.1 Mile

1. Keith Maurer (Santa Rosa) 39:25, 2. Dean Harper (Walnut Creek) 39:53, 3. Craig Welch (San Jose) 40:14, 4. Brian Waddington (San Francisco) 40:33, 5. Nikos Mourtos (San Jose) 41:35, 6. Jim Roberts (Martinez) 41:38, 7. Michael Lee Palmer (Berkeley) 42:06, 8. Peter Franks (Sausalito) 42:13, 9. Kurt Staak (Mill Valley) 42:21, 10. Jerry McBride (Alameda) 44:27.

11. Dimitris Sklavopoulos (Mill Valley) 45:06, 12. Steve Ranson (Mt. View) 45:17, 13. Keith Henriques (Carson City) 45:25, 14. Andre Borgman (Tiburon) 45:34, 15. Lincoln Chu (Oakland) 45:47, 16. Jerry Lyerly (Sacto) 46:05, 17. Jim Grumpler (Novato) 46:21, 18. Harold Nordavold (Santa Rosa) 46:26, 19. Garrard Look (San Jose) 46:59, 20. M.L. Borba (Pacifica) 47:04.

Overall Results - 4 Mile

1. Gary Tropic (Vacaville) 23:37, 2. Steve Parker (Reno) 24:06, 3. Mark Loeb (Mill Valley) 24:40, 4. Jon Antoni (Foster City) 28:04, 5. Cynthia Mills (Woodside) 29:17, 6. Daniel Matthews (San Rafael) 29:49, 7. Jeanne Cox (San Francisco) 30:01, 8. Adele Ho (Richmond) 30:52, 9. Marshall Kammer (San Francisco) 31:35, 10. Skip Cuevas (Pleasanton) 32:47.

Amigo De Oro Race

Sept. 4. Mariposa, 5 MI. & 10 MI.

Overall Results - 10 Mile

1. Bob Lindsey 59:15, 2. Steve Garza 60:50, 3. Terry Nephew 61:47, 4. Jay Stone 63:40, 5. Robert Garcia 64:55, 6. Curt Royer 64:59, 7. Ken Schwisow 65:45, 8. Martin Bannon 65:49, 9. Tom Diehl 69:09, 10. Dick Domant 69:17.

Overall Results - 5 Mile

1. Mark Breisch 30:08, 2. Angel Sanchez 34:26, 3. Bill Schwartz 34:28, 4. Charlie Rodgers 38:10, 5. Sam Hill 38:41, 6. Gerry Seymour 38:59, 7. Paul Lockwood 39:49, 8. Lon Hendricks 40:18, 9. Steve Ratzlaff 41:27, 10. Brenda Crawford 41:29.

Division Results - Men's 10 Mile

18-29: 1. Steve Garcia 60:50, 2. Jay Sloan 63:40, 3. Charles Ridenour 81:58, 30-39: 1. Terry Nephew 61:49, 2. Robert Garcia 64:55, 3. Curt Royer 64:57, 40-49: 1. Bob Lindsey 59:15, 2. Kenneth Schwisow 65:45, 3. Carl Gelz 73:54, 50-59: 1. Frank Russell 71:57, 2. Glen Price 82:48, 3. Frank Morris 86:49, 60-69: 1. Frank Pinkerton 83:31, 2. Ralph Seely 88:11, 3. Bob Marly 157:00, 70-79: 1. Don Lundberg 83:22, 2. Harry Harder 100:47, 3. Edgar Carlson 108:39, 80 & Over: 1. Jack Kirk N.T.

Division Results - Women's 10 Mile

30-39: 1. Yolanda Gardini 94:53, 2. Colleen Fox Jones 102:38, 3. Jane Johnson-Russell 106:03, 40-49: 1. M. Timberlake 70:02, 2. Nouria Hanis 82:36, 3. Gail Miller 99:23, 50-59: 1. Patricia Kaufman 99:36, 2. Heidi Fialho 106:56, 3. Flo Seely 135:00.

Division Results - Men's 5 Mile

12 & Under: 1. Matt Sullivan 57:57, 18-29: 1. Marc Breisch 30:08, 2. Paul Thurston 41:41, 3. Mark Caberuz 45:32, 30-39: 1. Angel Sanchez 32:46, 2. Steve Ratzlaff 41:27, 3. Mike George 43:27, 40-49: 1. Bill Schwartz 34:28, 2. Sam Hill 38:41, 3. Paul Lockwood 39:49, 50-59: 1. Charlie Rodgers 38:10, 2. Lon Hendricks 40:18, 3. Lou Verhaar 45:30, 60-69: 1. Bill Breisch 58:35.

Division Results - Women's 5 Mile

13-17: 1. Gerry Seymour 38:59, 18-29: 1. Brenda Cranford 41:29, 40-49: 1. Muriel Olsen 43:03, 2. Jean Schwisow 44:37, 3. Deborah Schwarz 44:41.

Crescent City Triathlon

Sept. 4. Crescent City, (12 MI. Swim, 12 MI. Bike, 4 MI. Run).

Overall Results

1. Chris Hinshaw (14-29) 1:04:14, 2. Bormuth, Bormuth, Bormuth (Team) 1:08:00, 3. John King (30-

39) 1:08:14, 4. Bill Schipper (14-29) 1:09:53, 5. Scott Sumner (30-39) 1:11:47, 6. Amos, Speelman, Thompson (Team) 1:11:48, 7. Soars, Mello, Paris (Team) 1:13:03, 8. Erin Twomey (14-29) 1:13:05, 9. Azevedo, Elliott, Clark (Team) 1:14:48, 10. Simpson, Arnis, Simpson (Team) 1:18:11.

Division Results - Men

14-29: 1. Chris Hinshaw 1:04:14, 2. Bill Schipper 1:09:53, 3. Randy Won 1:18:25, 30-39: 1. John King 1:08:14, 2. Scott Sumner 1:11:47, 3. Steve Bigby 1:18:28, 40 & Over: 1. Tom Pattee 1:20:21, 2. David Franklin 1:21:27, 3. Robert Owen 1:24:08.

Division Results - Women

14-29: 1. Erin Twomey 1:13:05, 2. Julia Slater 1:22:03, 3. Tammy Volk 1:30:40, 30-39: 1. Robin Barrett 1:29:07, 2. Sue Smith 1:30:10, 3. Paula Pattee 1:38:07.

Division Results - Teams

Men: 1. Bormuth, Bormuth, Bormuth, 1:08:00, 2. Amos, Speelman, Thompson 1:11:48, 3. Soars, Mello, Paris 1:13:03.

Women:

1. Raun, Kirwan, Craig 1:34:54, 2. Nelson, Goldstone, Babin 1:36:28, 3. Stewart, Reynolds, D'Erico 1:36:36.

Average Joe Biathlon

Sept. 5. Auburn, 6.1 MI. Run, 7.45 MI. Bike.

Overall Results

1. Hastings/Mackenzie 59:11, 2. Walsh/Miller 1:07:07, 3. Tadford/Walterbeek 1:00:10, 4. Anthony Mierisky 1:10:11, 5. Zytoskoee/Veylupek 1:01:23, 6. Miles/Vrzedenburg 1:01:33, 7. Storms/Storms 1:02:21, 8. Thomas Greene 1:02:33, 9. Roman Dessota 1:02:59, 10. Peterson/Rozumowicz 1:03:58.

Foresthill 25K

Sept. 11. Foresthill.

Bill Stainbrook, 34, of Sacramento handily won the first annual Foresthill 25K covering the certified and sanctioned race in 2:33:29. He was followed by Chris Broadley, 32, of Fair Oaks in 1:36:40 and Carlos Arellanes, 32, of Montebello, in 1:38:11.

Top performance of the day was by 66-year-old George Billingsley of Loomis, who docked a 1:48:36 for a new single-age record, edging the old record of 1:49:35 set by John Holoubek.

Wijdan Cadura, 46, of Sacramento, was the first woman finisher with a time of 1:56:07.

Overall Results

1. Bill Stainbrook (34) 1:33:29, 2. Chris Broadley (32) 1:36:40, 3. Carlos Arellanes (32) 1:38:11, 4. Ski Pisarski (43) 1:40:59, 5. Bruce Mauldin (40) 1:41:18, 6. Vernon Oakes (43) 1:42:05, 7. George Billingsley (66) 1:48:36, 8. David Pfister (48) 1:49:49, 9. Gary Loucks (46) 1:51:37, 10. Frank Ives (46) 1:52:47.

Division Results - Men

Open: 1. Bill Stainbrook 1:33:29, 35-39: 1. Ted Moore 1:58:00, 40-44: 1. Valentine Pisarski 1:40:59, 50-54: 1. Robert Kelley 3:07:19, 55-59: 1. Dan Baglione 2:09:42, 60-64: 1. John Myres 2:19:40, 65-69: 1. George Billingsley 1:48:36.

Division Results - Women

Open: 1. Sue Doss 1:58:25, 35-39: 1. Patricia Oden 1:56:18, 40-44: 1. Linda Elam 2:20:53, 45-49: 1. Wijdan Cadura 1:56:07, 55-59: 1. Kathy Isari 2:12:49.

Serene Lakes

Sept. 5. Soda Springs, 5 Miles.

Overall Results

1. Miguel Tibaduzza (31) 25:08, 2. Don't Worry, Be Happy (26) 25:25, 3. Jose Canseco (33) 25:50, 4. Joe Green (30) 25:53, 5. Mike Krokow (32) 25:59, 6. Dave Frank (26) 26:03, 7. Chris Ryalts (23) 26:06, 8. Ray Cook (25) 26:13, 9. Mark Conover (25) 26:18, 10. Linda Mantynen (40) 26:23, 11. Kevin Osterberg (28) 26:32, 12. Joaquin Cruz (23) 26:36, 13. Quentin Cassidy (25) 26:38, 14. Dennis Tracy (42) 27:15, 15. Tequila Queen (27

27:21, 16. Phil Bellah (27) 27:25, 17. Willy Finish (28) 27:41, 18. Bill Knapp (38) 27:49, 19. Merri McKee (36) 28:23, 20. Dennis Odion (29) 28:48.

Westwind Triathlon

Sept. 5. McFarland, (1K Swim, 38K Bike, 8K Run)

Overall Results

1. Louis Paul Gamino (28) 1:43:31, 2. Scott Kress (28) 1:47:23, 3. Kyle Baily (18) 1:49:53, 4. Philip Jordan (28) 1:49:43, 5. David Taylor (23) 1:51:06, 6. Steve Dalke (25) 1:51:11, 7. Fred Frausto (22) 1:51:18, 8. Jason Middleton (16) 1:52:36, 9. Bob McDonough (40) 1:52:45, 10. Ken Trone (30) 1:52:51.



LAURA LOWE

11. Mark Ramskey (26) 1:53:06, 12. Eric Chapman (23) 1:53:16, 13. Ron Lesley (31) 1:53:39, 14. Rafael Peralta (19) 1:54:00, 15. Peter Strongin (18) 1:54:10, 16. Richard Lawrence (41) 1:54:59, 17. Randy Dracos (18) 1:55:49, 18. Cesar Ramano (26) 1:56:22, 19. Randy Trapp (28) 1:56:22, 20. Gary McCain (49) 1:56:25.

Division Results - Men

14 & Under: 1. Ryan Olson 1:58:11, 15-18: 1. Kyle Baily 1:49:53, 2. Jason Middleton 1:52:36, 3. Peter Strongin 1:54:10, 19-24: 1. David Taylor 1:51:06, 2. Fred Frausto 1:51:18, 3. Eric Chapman 1:53:16, 25-29: 1. Paul Gamino 1:43:31, 2. Scott Kress 1:47:23, 3. Philip Jordan 1:49:43, 30-34: 1. Ken Trone 1:52:51, 2. Ron Lesley 1:53:39, 3. Jim Mitchell 1:57:34, 35-39: 1. Alan Bradley 1:56:33, 2. Wayne Cagle 1:58:05, 3. Frank Lobre 2:01:19, 40-44: 1. Bob McDonough 1:52:45, 2. Richard Lawrence 1:54:59, 3. Ron Rodman 1:57:46, 45-49: 1. Gary McCain 1:56:25, 2. Norm Wykoff 2:03:32, 3. Larry Wells 2:11:23, 50-54: 1. Gerald LaRue 2:19:13, 2. Phil Carroll 2:24:58, 3. Howard Knost 2:25:38, 55-59: 1. Jack Eberly 2:04:53, 2. Don Williams 2:08:45, 3. Chris Denny 2:16:05, 60 & Over: 1. Bob Small 2:26:03.

Division Results - Women

15-18: 1. Nicki Bergstome 2:08:49, 19-24: 1. Stacey Gray 2:30:17, 25-29: 1. Laura Lowe 1:57:05, 2. Debbie Raygoza 2:15:02, 3. Annette Gonzalez 2:35:51, 30-34: 1. Donna Lyles 2:10:16, 2. Kathy Morett 2:16:40, 3. Andrea MacDonald 2:24:10, 35-39: 1. Vicki Thompson 2:03:57, 2. Susan Rubin 2:15:56, 3. Jodi Carroll 2:19:13, 40-44: 1. Jane Granskog 2:14:15, 2. Carol Schmiel 2:27:10, 45-49: 1. Marc Briggs 2:10:28, 2. Becky Whitehead 2:28:46, 50-54: 1. Elizabeth Saba

2:36:19, 2. Neida Higgins 3:22:46.

Team Results

3-Person Men: 1. Pony Express (McIntire, Kircher, Betancourt) 1:36:26, 2. H.B.C. (Hielraun, Bowman, Cardenas) 1:37:43, 3. Orbit Athletics (Graves, Fisher, Oliver) 1:42:01.

3-Person Mixed: 1. D O's (Rhinsmith, Lacey, Allen) 1:42:43, 2. La Botto (Stephen, Ping, Flores) 2:06:34, 3. Fun Lovers (Funkhouser, Schifflauer, Schifflauer) 2:09:45.

3-Person Women: 1. The Thin Girls (MacDonald, Villanueva, Vontz) 2:20:32, 2. The Wanna Be's (Hall, Holland, Hall) 2:42:16.

2-Person Men: 1. Management in Action (Wykoff, Wykoff) 1:44:53, 2. No Name (Holland, Anderson) 2:26:56.

2-Person Mixed: 1. Hate-N-It (Oxford, Oxford) 2:13:55, 2. Cpt Crunch & Funky Bunch (Mendoza, Lesley) 2:23:37, 3. The In Laws (Ginsburg, Ginsburg) 2:29:03.

2-Person Women: 1. Wander Women (Lesley, Lesley) 2:32:20.

Pepsi of Reno - Tahoe 72

Sept. 8. Lake Tahoe, 72 Miles.

The course around Lake Tahoe seemed ideal. The scenery was spectacular. The air was crisp and cool. The footing was certainly not tricky-flat, soft shoulder, jogging paths, and backdrop. So why did only 20 or 37 runners finish?

Maybe the weather and scenery were too ideal and it was too tempting to push hard up the 1st of the 2 major climbs to Bliss State Park at the 20 mile point. Possibly the constant rolling hills or high elevation (6100-7000) took their toll. But after the 2nd major hill and past the 50 mile point on the way down the hill most of the drops occurred.

It was apparent that Tahoe is no easy course. In fact several past race directors have theorized that this race is one of the best indicators of one's potential for success at Western States.

One of the more exciting dramas of the day was that of Gary Hilliard and Glenn Bailey. Bailey holds the 8th and 9th fastest times on the course (1983: 9:40; 1982: 9:43). And now that he turned 40, he returned with an eye on the master's record (1981: 10:01). Hilliard is a neophile, having only started running 15 months ago. He has no PR marathon time-he's never run one. The only legitimate race he has run was Skyline 50K with an impressive 2nd place finish. His stride looked like that of a mid-distance runner; he carried no water bottle, he wore no shirt or hat.

Hilliard took the early lead, burning the 1st 10 miles in 1:07, but was passed at 20 by Bailey. Hilliard doggedly trailed Bailey with obvious determination. Bailey looked impressive and held to record pace. But by 50 miles his legs would no longer do what he told them and he dropped. Hilliard was left alone to finish the last 22 miles unchallenged.

26 year old Terry Crompton came all the way from Iowa to see Lake Tahoe close up. After finishing 2nd in 11:30 he mingled, looking as though he had just finished a jog around the block. When I asked him if he was one of those hard-core ultra runners, he just smiled and answered, "Not yet."

Veteran John Clark, 46, had a great day, coming in 3rd overall, 1st masters, and new course PR at 11:48.

Steve Galvan, 50, finished his 8th consecutive Tahoe 72 at 12:58. That's a new PR, a 1st place division finish, and 8th overall.

Dick Collins was unable to attend on race day. So a 2nd running was scheduled 2 weeks later. Galvan, having enjoyed the run so much the 1st time, came back and ran the entire 72 miles with Collins. This was Dick's 10th consecutive finish, for which he was awarded with a special Tahoe

RESULTS

bolt buckle.

The only two ladies to attempt the run, Joan Bumpus and Joan Szarfinski, made the trek together, sharing honors at 14:29.

We were honored to have Richard Kogley, 69, a 3 time Tahoe finisher, come to reacquaint himself with Tahoe and visit with old friends. He did an easy 30 miles, then returned home to race that weekend.

Tahoe is the most beautiful Alpine Lake in the U.S. and offers a challenging run. We hope to see many of you next September.

Overall Results

1. Gary Hillard (33) 10:59, 2. Terry Crompton (26) 11:30, 3. John Clark (46) 11:48, 4. Marty Coffey (38) 12:32, 5. Jim O'Neill (42) 12:37, 6. Hollis Lenderking (38) 12:47, 7. Robert Sobsey (37) 12:55, 8. Steve Galvan (50) 12:58, 9. Jim Barker (41) 13:13, 10. Norman Albert (31) 13:19.

11. Tom Hoskins (29) 13:38, 12. Charles Fritz (40) 13:55, 13. Bill Dickey (49) 14:01, 14. Bill Goble (45) 14:01, 15. Dennis Blinn (39) 14:06, 16. Michael Pardo (38) 14:18, 17. Delmar Fralick (24) 14:19, 18. Joan Bumpus (45 F) 14:29, 19. Joan Szarfinski (49 F) 14:29, 20. Dick Collins (55) 15:32.

Atascadero Lake Park

Biathlon

Sept. 10. Atascadero, 50K BI.

Division Results - Men

19 & Under: 1. Scott Weiden 1:35:29, 2. Stephen Davis 1:40:41, 3. Stan Packer 1:42:49, 20-29: 1. Michael Lynch 1:32:08, 2. Ron Benavidez 1:34:06, 3. Doug Moon 1:34:43, 30-39: 1. Phil Smith 1:37:25, 2. Mike Garcia 1:40:40, 3. Chuck Brown 1:42:26, 40-49: 1. Mike Rehm 1:40:15, 2. Earl Higbee 1:44:44, 3. Paul Washburn 1:52:36, 50-59: 1. Ben Horner 1:57:21, 2. Edd Sorley 2:01:24, 3. David Higley 2:25:03.

Division Results - Women

19 & Under: 1. Shari Robert 2:59:18, 20-29: 1. Lynn Moon 1:48:08, 2. Paula Kobiska 1:54:50, 3. Marina DeMatta 1:56:08, 30-39: 1. Cindy Wilkins 1:58:02, 2. Cathy Agler 2:04:22, 3. Susan Krout 2:07:00, 50-59: 1. Marilyn Rehm 2:14:08, 60 & Over: 1. Elizabeth Baker 3:07:42.

Division Results - Teams

Men: 1. Runar Boman/David Sears/Kelho 1:27:30, 2. Mike Baumberger/Mick Baker 1:35:28, 3. BILL Spencer/Gaylen Little 1:40:34.

Women: 1. Leslie Manaco/Kathy Uran 1:49:52, 2. Joanna Tomassacci/Joyce Cooke 1:55:12, 3. Christine McKinney/Susan Westcott 2:05:42.
Co-Ed: 1. Karalee Jorgansen/Russ Moore 1:51:20, 2. Beth Sloane/Jeff Sloane 1:54:43, 3. Ric Deschler/Kathleen Intal 2:01:09.

Beryessa Biathlon

Sept. 10. Lake Berryessa.

(1.25 MI. Swim, 22 MI. Bike).

Overall Results

1. Greg Seale (Berkeley) 1:14:30, 2. Kevin Smith/Scott Wilmore (Team) 1:15:13, 3. Jeremy Gilbert (Watsonville) 1:15:16, 4. Pat Gilbert (Aptos) 1:15:16, 5. Rick Shand (Walnut Creek) 1:17:18, 6. Brad Williamson/Brian Jones (Team) 1:17:23, 7. Stephen Dunlap (Davis) 1:17:43, 8. Anthony Valesak (Berkeley) 1:18:57, 9. Milan Kovacevic (Palo Alto) 1:19:47, 10. James DeLacy (Hayward) 2:03:39.

11. John Rosencrance (Mill Valley) 1:21:08, 12. John Jaha (Danville) 1:21:33, 13. John Schmitz/Kevin McKee (Team) 1:21:34, 14. Clifford Sweatts (Del Mar) 1:21:56, 15. Bob Grayson/Don Dummer (Team) 1:21:59, 16. Darrell Swenson (Danville) 1:22:48, 17. Mark Pretti (San Francisco) 1:22:51, 18. Peter Winkler (Tiburon) 1:22:59, 19. Charles

Samson/Martin Fiedler (Team) 1:23:04, 20. Ken Dobberpuhl (Concord) 1:23:05.

Festival Classic Men's TAC National Championships

By Gregor Robin

September 10. Santa Barbara, 30K.

The Festival 30K men's TAC National Championships was the first big prize-money race staged in Santa Barbara and it drew a solid field.

The winner, Herb Willis of Tallahassee, FL, covered the hilly course that runs along the Santa Barbara beachfront in 1:35:06, a 5:06 per-mile pace. Willis, 10th at the 1988 Olympic Trials marathon, held off Tom Ratcliffe of Wellesley, Mass. (18th at OTM) who was second in 1:35:56 and Danny Grimes of Cloverdale (16th at OTM) who clocked 1:37:14 for third.

Greichen Lohr of Los Angeles clocked 1:57:00 to outrun Juliette Christie of Goleta (1:57:53) in the women's race. The women's event was not a national championship.

Willis received \$2000 for his effort as prize money went six-deep.

Gordon Christie, 7th, of Goleta, Juliette's husband, was the first Santa Barbara area finisher in 1:38:34.

The course started on a one-mile uphill and Gordon Christie took command stretching out a lead of 30 yards. He held it through four miles before taking a pit stop. But Christie wasn't running for prize money since he is a Canadian citizen and not eligible for it. He moved back into the top-10 by eight miles but was not a factor for the lead.

A field, including 14 national class invited runners, continued to battle.

With 2:12:06 marathon Dennis Rinde finishing 11th and 2:09:58 marathon Berji Durden 12th, the field was by far the best Santa Barbara has seen.

While the 30K was a complete success on a beautiful cool day for running, the 5K run had major problems as the front runners went off the course. The leader, Bart Sellers of Florida, ended up running about four miles and results obviously were not given.

Overall Results

1. Herb Willis (28) Tallahassee, FL 1:35:06, 2. Tom Ratcliffe (29) Wellesley, MA 1:35:56, 3. Danny Grimes (29) Cloverdale 1:37:14, 4. Doug Kuris (36) Norville, MI 1:37:31, 5. Chuck Smead (37) Mosca, CO 1:37:42, 6. Alfredo Rosas (28) Gardena 1:38:03, 7. Gordon Christie (26) Goleta 1:38:34, 8. Dan Caprioglio (27) Raleigh, NC 1:38:40, 9. Derrick May (23) Balboa 1:39:00, 10. Timothy Wunsch (26) Haddonfield, NJ 1:39:00.

11. Dennis Rinde (29) Orangevale 1:40:00, 12. Berji Durden (37) Boulder, CO 1:41:00, 13. Dennis Kuris (34) San Jose 1:42:31, 14. Slann Vernon (33) Boulder, CO 1:43:56, 15. Dan Davies (31) Pasadena 1:44:54, 16. Jussi Hamalainen (42) Agoura Hills 1:44:56, 17. Pete Kaplan (31) Newbury Park 1:45:31, 18. Bob Brennan (27) Los Angeles 1:46:39, 19. Reichi Yamada (26) San Diego 1:47:51, 20. Byrle Smalen (41) Agoura Hills 1:49:13.

21. Jeff Kraut (23) Simi Valley 1:50:25, 22. Mark Sobota (29) Palmdale 1:51:02, 23. Ali Hufane (28) Los Angeles 1:51:24, 24. Paul Carr (29) Oxnard 1:51:44, 25. John Casso (38) Port Huonome 1:52:12, 26. Todd Nunan (33) Orangevale 1:52:13, 27. Ken Kiss (28) Santa Barbara 1:53:05, 28. Peter Park (23) Santa Barbara 1:53:38, 29. Stephen Barlow (27) Santa Maria 1:53:55, 30. Ken Moffitt (36) Eagle Rock 1:54:06.

31. Nicolas Hernandez (33) Whittier 1:54:29, 32. Bo-Goran Lundkvist (44) San Diego 1:54:45, 33. Andre Tocco (52) San Pedro 1:54:47, 34. Gregor Robin (31) Santa Barbara 1:55:11, 35. Jim O'Brien (35) Monrovia 1:55:25, 36. Richard DelGadillo (33)

Santa Barbara 1:56:22, 37. Philip Wright (48) Glendale 1:56:25, 38. Brad Cox (33) Santa Barbara 1:56:44, 39. Richard Ignatowicz (23) Isla Vista 1:56:50, 40. Greichen Lohr (29) Los Angeles 1:57:00.

41. Juliette Christie (26) Goleta 1:57:53, 42. Dan Takahashi (31) Torrance 1:57:54, 43. Keith Kirkpatrick (42) SLO 1:57:58, 44. Eric Pugh (37) San Ramon 1:58:02, 45. Robert Davison (43) Los Angeles 1:58:23, 46. John Holbeck (30) Calimesa 1:58:55, 47. Michael Ikeda (27) Altadena 1:58:55, 48. Brian Waterbury (40) SLO 1:59:17, 49. Greg Nacco (28) Larkspur 1:59:21, 50. Gary Silva (38) Santa Maria.

Joel Mena Memorial

September 10. Bakersfield, 1 Mile & 5K.

Overall Results - Men's 5K

1. Juan Romero (13-19) 16:05, 2. Darin Wynn (13-19) 17:08, 3. Daniel Rodriguez (13-19) 17:14, 4. Eric Chapman (20-29) 17:26, 5. Paul Conteras (13-19) 17:31, 6. Tom Quinn (30-39) 17:38, 7. Mark Miller (30-39) 17:47, 8. Al Juarez (20-29) 18:11, 9. Jon Corrier (13-19) 18:20, 10. Dennis Smith (40-49) 18:37.

Overall Results - Women's 5K

1. Laura Lowe (20-29) 19:12, 2. Brenda Villanueva (20-29) 19:45, 3. Sally Hunt (20-29) 19:50, 4. Leslie King (30-39) 20:09, 5. Mary Ann Martinez (13-19) 20:19, 6. Audrey Maynor (13-19) 21:50, 7. Lorianne Talmán (13-19) 22:02, 8. Angelique Berens (13-19) 22:16, 9. Bambi Lopez (20-29) 22:21, 10. Lee Danham (30-39) 22:29.

Overall Results - Men's 1 Mile

1. Juan Romero 4:42, 2. Mario Lopez 5:15, 3. Carl Hatley 5:16, 4. Roland Rodriguez 5:25, 5. Isaias Calvillo 5:30.

Overall Results - Women's 1 Mile

1. Lisa Carbono 6:21, 2. Arissa Regan 6:59, 3. Connie Minear 7:03, 4. Sylvia Berens 7:08, 5. Shelly Smith 7:10.

Mt. Madonna Challenge

Sept. 10. Gilroy, 6K & 12K.

173 runners and walkers took part in the 13th annual Mt. Madonna Challenge in Mt. Madonna Park. Steve Lawton won the 6K Walk/Run in 27:26 while Chris Zeman, of Scotts Valley, won the 12K race as well as the high school division. At 15, Chris became the youngest winner of the Mt. Madonna Challenge in the time of 49:34.

Local runners (from Gilroy and Morgan Hill) came away with nearly half of the first and second place awards in the various age divisions. Barbara Frank, one of Morgan Hill's finest, toured the trail course through Mt. Madonna Park in 59:26 to become the first woman finishers as well as the top 30-39 woman in the race. Carey Fayram, of Gilroy, came in second to Barbara in the 30-39 age division. Alex Cavarrubias, a senior at Gilroy High School, came in second in the high school division. Heidi Trujillo, a sprinter in high school, who has recently taken up distance running, won the women's 19-29 division in an hour and three minutes. Joanne Hal, of Morgan Hill, easily won the women's 50 plus division. Tom Gutierrez, that perpetual Gilroy running enthusiast, recorded a second place finish in the men's 50-59 division. Charles Barena, of Gilroy, finished second in the 60-69 age division while Toby Solorzano, also of Gilroy came in second in the 70 plus division for men.

Overall Results - Men

1. Chris Zeman (13-18) 49:34, 2. Larry Bartholomew (30-39) 40:32, 3. Chuck Fanter (19-29) 51:39, 4. Charles Chrompton (40-49) 51:40, 5. Mike Bergkamp (30-39) 52:30, 6. Alex Cavarrubias (13-18) 52:52, 7. Joe Desalvo (13-18) 52:53, 8. Keith Baiko (19-29) 53:26, 9. Gary Ellis (19-29) 53:39, 10. James Irving (30-39) 55:11.

Overall Results - Women

1. Barbara Frank (30-39) 59:28, 2. Carey Farnham (30-39) 1:03:41, 3. Heidi Trujillo (19-29) 1:03:56, 4. Jacki Ramonow (30-39) 1:06:07, 5. Diane Gradoni

(19-29) 1:11:23.

Division Results - Men

13-18: 1. Chris Zeman 49:34, 2. A. Cavarrubias 52:52, 19-29: 1. Chuck Fanter 51:39, 2. Keith Baiko 53:26, 30-39: 1. L. Bartholomew 50:32, 2. M. Bergkamp 52:30, 40-49: 1. C. Chrompton 51:40, 2. Bob Lilly 56:51, 50-59: 1. Tom Rankin 1:06:44, 2. T. Gutierrez 1:07:35, 60-69: 1. Dennis Egley 1:05:47, 2. C. Barena 1:24:37, 70 & Over: 1. P. DeFausse 1:22:46, 2. T. Solorzano 1:35:44.

Division Results - Women

19-29: 1. Heidi Trujillo 1:03:56, 2. Diane Gradone 1:11:23, 30-39: 1. Barbara Frank 59:28, 2. Carey Fayram 1:03:41, 40-49: 1. Keiko Takehisa 1:15:27, 2. Judith Brower 1:20:33, 50 & Over: 1. Joanne Hall 1:15:57.

Say No To Drugs

Sept. 10. Irvine, 5K & 10K.

Division Results - Men's 5K

13 & Under: 1. William Corly 20:29, 2. Eric Frome 25:32, 3. Mark Overduvest 27:19, 10-11: 1. Dale Schieler 26:56, 2. Thomas Ruffedge 32:25, 12-13: 1. Ian Ramos 21:19, 2. Kris Chambley 21:22, 14-17: 1. Eddie Bastida 16:09, 2. Ruben Lozano 17:03, 3. Eric Olson 19:48, 18-23: 1. Mitchell Gold 16:07, 2. Marin Gonzalez 16:27, 3. Jeff Wright 16:34, 24-29: 1. Lindsay Brown 15:12, 2. Stephen Romero 15:40, 3. Steve Moreno 15:59, 30-34: 1. John Koning 14:36, 2. Rick Glanton 16:54, 3. Jon Cook 17:29, 35-39: 1. Walt Hill 16:59, 2. Don Irvine 17:23, 3. Joe Englebrecht 18:20, 40-44: 1. Art DeTommaso 18:06, 2. Bill Theriault 18:32, 3. Greg Mimm 19:26, 45-49: 1. Gregory Kelly 18:02, 2. Mike Wardle 18:53, 3. Frank Apple 19:07, 50-54: 1. John Gilfoil 19:15, 2. Clifford Larkins 20:03, 3. Manny Copos 20:07, 55-59: 1. Paul Saucedo 19:08, 2. Edward Perez 23:27, 3. Tom Allison 25:05, 60 & Over: 1. Gunner Bricker 20:21, 2. Delmar Gourley 21:26, 3. Jack Green 22:18.

Division Results - Women's 5K

14-17: 1. Denisha Bendz 19:58, 18-23: 1. Donis Painter 20:37, 2. Michelle Montgomery 21:12, 3. Sandra Wlger 25:23, 24-29: 1. Christie Dubach 17:32, 2. Helen Lopez 18:11, 3. Bicky Gonzalez 19:42, 30-34: 1. Maura McEveety 22:40, 2. Kathy Hamlin 23:18, 3. Barbara Ledesma 24:01, 35-39: 1. Jan McCall 21:21, 2. Carolyn Stafford 22:04, 3. Phyllis Bourgal 26:15, 40-44: 1. Anne Cohen 21:12, 2. Diana Janas 27:27, 3. Dee Reese 28:56, 45-49: 1. Brenda Lunsford 21:01, 2. LaVerne Kopp 27:00, 3. Susie Kelen 28:19, 50-54: 1. Laetia Waluk 24:40, 2. Judy DeMunno 26:25, 3. Dolores Vega 27:58, 60 & Over: 1. Anna Griffith 35:06.

Division Results - Men's 10K

14-17: 1. Mark Kimball 47:38, 2. Tony Rubio N.T. 18:23, 1. Eugene Cordero 35:40, 2. Elmer Watanabe 35:55, 3. Mark Reid 37:28, 24-29: 1. Eugene Muslar 31:25, 2. Gary Nettles 33:59, 3. Jorge Ortega 35:08, 30-34: 1. David Fleming 31:06, 2. Sam Evans 32:48, 3. Craig Gully 34:06, 35-39: 1. Greg Stromberg 31:17, 2. Rick Delgado 35:25, 3. Audie Chaso 36:17, 40-44: 1. Dave Hope 32:35, 2. Don McCarthy 34:16, 3. Juan Cabeza 34:59, 45-49: 1. Bob Inouye 39:51, 2. David Raspet 40:01, 3. S.J. Nankin 42:26, 50-54: 1. Sam Mayo 38:01, 2. Bill Garrett 43:34, 3. Robert Lopez 45:49, 55-59: 1. Tracy Brown 39:53, 2. Robert Mathews 41:14, 3. Lauren Schumaker 41:16, 60-64: 1. Larry Banuelos 40:45, 2. Wally Taylor 45:10, 3. Bob Soderholm N.T. 65 & Over: 1. Sal Avila 50:41, 2. Kurt Kupterman N.T. Wheelchair: 1. Ray Stewart 27:19, 2. Paul Manocchio 29:15, 3. Ray Lowandowski 42:06, 4. Robert Farmer 51:46, 5. Sean McGahery 62:58.

Division Results - Women's 10K

13 & Under: 1. Cynthia Condon N.T. 18:23, 1. June Gessner 45:53, 2. Michele Gachowski N.T., 3. Christina Frosolono N.T. 24-29: 1. Marwa Hays 42:35, 2. Diane Bond 44:41, 3. Kimberly Adams 44:42, 30-34: 1. Heather Dibdin 38:00, 2. Charmelle Seest 39:13, 3. Trish Pierson 39:44, 35-39: 1. Judy Aleks 43:38, 2. Margaret Bumbry 49:15, 3. Margaret Burton 51:00, 40-44: 1. Jori Pendleton

RESULTS

58:06, 2. Cathy Steinfeld 50:22, 3. J.K. Gorla N.T. 45:49, 1. Sally Adam 43:42, 2. Karin Handsaker 44:44, 3. Marisela Olson N.T. 50:54, 1. Marcia Martin 45:00, 55:59, 1. Ardis Walden N.T.

North Shore Challenge Triathlon

Sept. 10, Tahoe City.

(1/2 Mil. Swim, 5 Mi. Run, 20 Mi. Bike)

Overall Results - Men

1. Rick Lowell 1:33:09, 2. David Harger 1:33:50, 3. Ron Harpin 1:34:17, 4. Larry Nolan 1:34:43, 5. Rob Walters 1:35:19, 6. Kevin Truax 1:40:38, 7. David Stover 1:41:07, 8. Michael Nelson 1:41:10, 9. Jon Grisell 1:41:50, 10. Byron Parks 1:43:30.

Overall Results - Women

1. Dominique Pollara 1:57:12, 2. Cheryl Beaman 2:00:40, 3. Karen McGee 2:00:59, 4. Bonnie Hamilton 2:03:47, 5. Lorie Small 2:05:57, 6. Linda Carlson 2:09:35, 7. Ginger Coltrin 2:13:59, 8. Kathy Polucha 2:16:53, 9. Carolee Songey-Moore 2:17:51, 10. Linda Heilman 2:19:12.

Division Results - Men

19 & Under: 1. Dan Palmer 2:16:04, 20-29: 1. Rick Lowell 1:33:09, 2. David Harger 1:33:50, 3. Ron Harpin 1:34:17, 30-39: 1. Rob Walters 1:35:19, 2. David Stover 1:41:07, 3. Jack Hamilton 1:43:55, 40-49: 1. Brock Dagg 1:50:14, 2. Otto Bartosik 1:52:06, 3. Richard Silver 1:52:42.

Division Results - Women

20-29: 1. Dominique Pollara 1:57:12, 2. Kathy Polucha 2:16:53, 3. Linda Heilman 2:19:12, 30-39: 1. Cheryl Beaman 2:00:40, 2. Karen McGee 2:00:59, 3. Bonnie Hamilton 2:03:47, 40-49: 1. Ginger Coltrin 2:13:59, 2. Carolee Songey-Moore 2:17:51.

Teams

Coed:

1. Mike Wolterbeek, Mike Blide, Kerry Kautz, 1:36:56, 2. Cindy Lesem, Skylo Dangler, Sal Lucido, 1:41:54, 3. Leslie Boucher, Ricky Boucher, Jerry Williams, 1:49:29.

Mix:

1. Gerald Rookwell, Don Fyfe, Art Sable, 1:44:55, 2. Wayne Bruce, Ronald Paratt, Donald McDowell, 1:47:25, 3. Bryan Varner, Ernie Long, Greg O'Dea, 1:56:02.

Space Country Triathlon

Sept. 10, Lompoc. (1/2 Mil. Swim, 14 Mil. Bike, 3 Mil. Run)

Overall Results

1. Tony Sehgal (18) Lompoc 1:10:11, 2. Brian Friedman (23) SLO 1:12:26, 3. Mike Lopez (30) SLO 1:17:06, 4. Michael Dalcieri (25) Lompoc 1:18:20, 5. Alan Hoffman (40) Goleta 1:19:48, 6. James Shumate (31) Santa Maria 1:19:55, 7. Bruce Cenicosos (24) Santa Barbara 1:21:08, 8. James Crawford (42) SLO 1:21:20, 9. Mitch Massey (27) SLO 1:22:27, 10. Chris Pace (27) Santa Barbara 1:22:34.

11. John Niro (41) Lompoc 1:22:46, 12. Dan Troup (28) Lompoc 1:24:11, 13. Kevin Smith (33) Santa Maria 1:24:53, 14. Don Robinson (35) Santa Barbara 1:25:03, 15. Kevin Peterman (28) Goleta 1:25:07, 16. Michael Twitford (34) Alascadero 1:26:02, 17. John Goss (40) Goleta 1:26:26, 18. Blake Miller (31) Pismo Beach 1:26:47, 19. Peter Wells (28) SLO 1:27:49, 20. Stephen McMahon (34) Lompoc 1:28:11.

Team Results

1. Tim Ryan (36) Lompoc 1:07:48, 2. Frances Jackson (16) Lompoc 1:11:43, 3. Vicki Langfeldt (32) Lompoc 1:22:52, 4. Karen Brodhecker (27) Lompoc 1:26:11, 5. John Goodwin (40) Solvang 1:31:57.

Brickyard Landing

Sept. 11, Point Richmond. 10K & 2 Mil.

Overall Results - 10K

1. Noah Rollins (Oakland) 34:50, 2. Jim Roberts (Martinez) 34:55, 3. Gerald Werner (Berkeley)

36:14, 4. Herbert Bowlds (San Francisco) 36:55, 5. Mark Richey (Oakland) 39:10, 6. Deima Jones (Castro Valley) 39:44, 7. Darrell Jobe (Richmond) 39:44, 8. Allen Wylie (Berkeley) 39:45, 9. Marilyn Acquistapace (Pt. Richmond) 40:30, 10. Grady High (Richmond) 40:32.

Overall Results - 2 Mile

1. Tony Scardina (San Pablo) 11:07, 2. Mike Noonan (El Cerrito) 12:26, 3. James Sparks (Pt. Richmond) 17:23, 4. Frank Westphal (Pt. Richmond) 17:46, 5. Shawn Meade (Pinole) 18:06, 6. Chris Laird (Hercules) 18:07, 7. Rob Hogue (Pt. Richmond) 18:57, 8. Chris Jorgensen (Pt. Richmond) 19:46, 9. Bodil Sorensen (Pt. Richmond) 19:48, 10. Warren McGowan (Pt. Richmond) 20:57.

Dave Odgers 10K

Sept. 11, Oxnard.

Overall Results

1. Brian Nelson (30-34) 32:15, 2. Jose Cruz (20-24) 34:13, 3. Scott Werve (15-19) 34:17, 4. Mike Zaragoza (25-29) 34:36, 5. Angel Gallegos (20-24) 34:45, 6. Hans Van Koppen (30-34) 35:04, 7. Debra Elmore (30-34) 35:14, 8. Arturo Frausto (40-50) 35:19, 9. Jesus Herrera (40-50) 35:42, 14. Joe Escobar (35-39) 36:53, 17. Dave Wheeler (51 & O) 37:02, 25. Lorraine Mercado (25-29) 39:12, 41. Kimberly Williamson (14 & U) 43:48, 43. Donita Williamson (35-39) 43:58, 45. Loreta Bronk (40-50) 44:32, 52. Shawn Werve (14 & U) 46:04, 56. Lauren Marson (25-29) 47:11, 79. Michelle Garces (15-19) 52:34, 93. Marge Whitcomb (51 & O) 1:00:24.

Pontiac 5K Jazz Beat

Sept. 11, San Francisco.

Some 750+ runners ran the Pontiac presents 5K Jazz Beat in Golden Gate Park in San Francisco to help the budget-beleaguered Police Mounted Patrol Unit. The race started not with your normal start gun shot or "on your mark, get set" but with a B-flat from jazz musician Tom Miller's saxophone.

The 5K route intersections were monitored by the Mounted Police Patrol, a reminder to runners of who and what would benefit from their turnout. At

the post race celebration, a half dozen mounted officers and their horses visited with runners. Sgt. Dennis Gustafson, age 45, who came in first among the police contingent with a time of 18:36, noted "How nice it was to hear so many compliments from people as they talked to the police and petted the horses."

One of the highlights of the post race celebration was a jazz concert by the Tom Miller Quartet featuring Buddy Collette.

Division Results - Men

11 & Under: 1. Aaron Thurlow 26:15, 12-16: 1. Dan Liot 18:59, 2. Zachary Aron 22:58, 3. Thad Garcia 38:01, 17-20: 1. Michael O'Conner 16:03, 2. Anthony Phillips 19:56, 3. Shawn Collins 42:20, 21-29: 1. Randy Acosta 15:08, 2. Larry Guinee 15:36, 3. Rony Maoz 15:41, 30-39: 1. Eddie Lanzarin 16:08, 2. Daniel McCullough 16:15, 3. Jack Azavedo 16:45, 40-49: 1. Bruce Degen 17:P22, 2. Miguel Solorio 17:52, 3. Dennis Gustafson 18:37, 50-59: 1. Gerald Czamanski 19:48, 2. Gaylord Thorne 20:14, 3. Ed Mooney 20:24, 60 & Over: 1. Geoff Bardsley 20:33, 2. Robert Drude 20:54, 3. Marcel Dariusso 20:07.

Division Results - Women

11 & Under: 1. Amanda Holguin 47:40, 17-20: 1. Carrie Lee 32:31, 2. Anita Gratton 42:21, 21-29: 1. Nora Doyle 17:31, 2. Meighan McGee 18:38, 3. Bridget Webster 19:52, 30-39: 1. April Powers 17:13, 2. Nan Hall 17:59, 3. Bekkie Simmie Descker 18:22, 40-49: 1. Mary Fox 21:36, 2. Lois Fleming 22:23, 3. Nancy Lesage 23:22, 50-59: 1. Alice Rose 20:44, 2. Peggy Kang 22:59, 3. Cels Wildin 24:58, 60 & Over: 1. Kit Pickles 25:54, 2. Liesa Papozzo 28:50, 3. Midge Porter 30:47.

Run For Sight

Sept. 11, Lafayette. 5K & 10K.

Division Results - 5K

1. Chris Anthony (Danville) 16:32, 2. Mike Hotton (Antioch) 17:06, 3. Matthew Urdan (Berkeley) 17:33, 4. Mike Foley (Moraga) 17:50, 5. Todd diPietro (Pleasant Hill) 18:19, 6. Bob Friesle (Lafayette) 18:39, 7. John Downing (Lafayette) 19:10, 8. Robert Sullivan (Walnut Creek) 19:31, 9. Robert Redfern (Richmond) N.T., 10. Scott Pink (Lafayette) N.T.

Overall Results - 10K

1. Hal Schulz (San Anselmo) 30:55, 2. Rick Brues (Castro Valley) 32:38, 3. Jim Misener (San Francisco) 33:31, 4. Ken Tilcock (Antioch) 35:32, 5. Doug Crawford (Orinda) N.T., 6. Tom Heikkanen (Walnut Creek) 37:32, 7. Chris Larsen (Walnut Creek) 37:50, 8. Danny Shen (Berkeley) N.T., 9. Mike Huhn (Orinda) 38:31, 10. Jonathan Kwak (Concord) N.T.

Tioga Pass Run

Sept. 11, Lee Vining to Tioga Pass. 12.4 Miles.

Overall Results

1. Ray Cook (25) 1:31:46, 2. Andy Takaha (32) 1:32:26, 3. Rich Valdez (36) 1:33:12, 4. Bernie Mellor (32) 1:36:50, 5. Rae Clark (36) 1:39:30, 6. Martin Wilkin (32) 1:40:12, 7. Tim Standler (32) 1:43:24, 8. Steve Zark (24) 1:45:53, 9. John Bourne (32) 1:45:59, 10. Gordon Zark (22) 1:46:15.

11. Fred Kiddy (54) 1:46:44, 12. Jim Meskimen (44) 1:48:58, 13. Larry Ford (46) 1:49:53, 14. Mark Hodges (35) 1:50:56, 15. Scott Sinclair (26) 1:52:04, 16. Bill McKinley (36) 1:53:39, 17. Sky Fourman (26) 1:55:39, 18. Brian Norris (39) 1:57:29, 19. Roger Weingartner (41) 1:59:58, 20. Keith Nowell (34) 2:00:05.

Mountain View Wine Festival

Sept. 11, Mountain View. 5K.

Division Results - Men

14 & Under: 1. Dino Daniels 18:08, 2. Noah Bush 21:39, 3. Jeff Trunelle 24:37, 15-19: 1. Alfredo Camarena 16:34, 2. Michael Dupre 17:31, 3. Andres Gomez 17:34, 20-24: 1. Pablo Guzman 16:57, 2. Robert Colbert 17:33, 3. Brian Bergstrom 18:00, 25-29: 1. Phil Gibbons 16:03, 2. Chatham Ross 16:03, 3.

Joy Masloff 16:35, 30-34: 1. Paul French 15:43, 2. David Fergus 16:13, 3. Bill Miles 16:15, 35-39: 1. Robert Mendez 16:17, 2. Malcolm Brown 16:52, 3. David Anaya 17:07, 40-44: 1. Gab Jandoval 16:51, 2. Anthony Ashlon 17:10, 3. Ron Tanska 17:44, 45-49: 1. Richard Whitewater 16:44, 2. Michael Hicks 17:15, 3. John Deichman 17:55, 50-54: 1. Dick Rodrigues 17:30, 2. Fred Neison 21:33, 3. Carl Tuck 21:35, 55-59: 1. Bernard Stevens 21:48, 2. Matt Allen 22:09, 3. James Moore 23:12, 60-64: 1. Don Ahorn 22:43, 2. Glenn Stewart 22:57, 3. Alex MacDonald 23:13, 65 & Over: 1. John Guinee 24:41, 2. George Ohlsen 25:56, 3. Don Mulliken 26:53.

Division Results - Women

14 & Under: 1. Janice Lem 23:28, 2. Jessica Corbin 28:13, 3. Lisa Brown 32:12, 15-19: 1. Thea Roberts 19:44, 2. Carolyn Yang 23:23, 3. Jen Sandstrom 24:30, 20-24: 1. Susan Regimbal 18:54, 2. Betsy Swan 18:57, 3. Alyson Pittman 22:20, 25-29: 1. Carly Beck 19:37, 2. Michelle Small 19:47, 3. Laurel Davis 21:23, 30-34: 1. Nancy Rhoads 19:26, 2. Kathy King 19:27, 3. Margaret Hanson 19:56, 35-39: 1. Connie Miki 21:39, 2. Lynn Kyrines 22:59, 3. Cathy Bos 23:29, 40-44: 1. Linda Johnson 21:21, 2. Melanie Hecht 28:10, 3. Anne Brown 28:10, 45-49: 1. Jackie Marr 20:14, 2. Mary Jo Feeney 20:20, 3. Carolee Wheeler 24:57, 50-54: 1. Jean Tetx 23:18, 2. Marge Gerity 24:58, 3. Suneo Jones 25:10, 55-59: 1. Roberta Caron 27:05, 2. Dorothy Strait 27:22, 3. Angie Sullivan 32:36, 60-64: 1. Annie Sievert 27:47, 2. Bea Lee 32:26, 3. Polly Green 35:01, 65 & Over: 1. Peggy Fridmore 29:55.

Sacramento Triathlon

Sept. 11, Sacramento.

(1 Mil. Swim, 24 Mil. Bike, 10K Run)

Division Results - Men

18-24: 1. Jeff Jacobs (La Jolla) 2:02:32, 2. Tom Davies (Chico) 2:04:37, 3. John Ensminger (Walnut Creek) 2:06:05, 25-29: 1. Chris Ward (Oakland) 2:05:34, 2. Ludio Perez (So. S.F.) 2:08:15, 3. Dan Heaney (Martinez) 2:09:43, 30-34: 1. Jerry Cuelco (Vallejo) 2:10:47, 2. Gary Sowers (Long Beach) 2:11:56, 3. Tony Daniels (Chico) 2:15:28, 35-39: 1. Don Anderson (Mountain View) 2:08:01, 2. Richard Sohran (Santa Rosa) 2:13:36, 3. Rick Lambert (La Jolla) 2:15:59, 40-44: 1. Curt Haury (Sacto) 2:06:50, 2. John Murphy (Sacto) 2:14:49, 3. James Delacy (Hayward) 2:15:37, 45-49: 1. Forrest Bond (Woodland) 2:12:53, 2. David Moon (Brannan St.) 2:23:56, 3. Bill Marshall (Santa Rosa) 2:33:17, 50-54: 1. Bob Tarozzi (Carmel Valle) 2:25:31, 2. Gary Nolan (Reno) 2:33:21, 3. William O'Brien (Redwood City) 2:38:13, 55-59: 1. Bill Van Horn (Novato) 2:33:26, 2. James Kidder (Shingle Spr) 2:34:31, 3. Bill Brown (Carson City) 2:43:51, 60 & Over: 1. Verne Scott (Davis) 3:02:22, Novice: 1. Ronald Ayces (Sacto) 2:28:42, 2. Todd Waldner (Fresno) 2:32:32, 3. John Kammeyer (El Segundo) 2:32:41.

Division Results - Women

18-24: 1. Stephanie Danzig (Pleasant Hill) 2:32:41, 2. Lynn Podleski (Los Gatos) 2:34:45, 3. Karen Dimick (Davis) 2:43:12, 25-29: 1. Sheri Leorna (San Diego) 2:19:16, 2. Gail Cerelli (Encinitas) 2:29:06, 3. Suzanne Margerum (San Ramon) 2:29:45, 30-34: 1. Pam Rhodes (Sacto) 2:35:14, 2. Kari Logwood (Sacto) 2:35:14, 3. Maureen Sheehan (Libertyville) 2:36:22, 35-39: 1. Janet Nachitman (Camino) 2:45:33, 2. Laurel Bartlett (Camino) 2:53:55, 3. Nancy Greenman (Sacto) 3:02:04, 45-49: 1. Mardi Briggs (Teahap) 2:41:22, 2. Sharon Marshall (Santa Rosa) 2:53:46, 50-54: 1. Kitty Brown (Carson City) 2:56:54, Novice: 1. Edie Brainard (Citrus Heights) 2:45:04, 2. Suzy Mecklenstock (Los Gatos) 2:58:28, 3. Theresa Ratermann (Fair Oaks) 2:58:40.

Muir Woods Half-Marathon

Sept. 17, Mt. Tamalpais.

Overall Results

1. Tom Lyons (22) 1:18:00, 2. Tom Hale (35) 1:21:00, 3. Greg Kitagawa (28) 1:27:33, 4. Rony



RANDY ACCETTA

photo by Gene Cohn Productions

RESULTS

Harries (38) 1:28:26, 5. Bernard Malroy (35) 1:29:17, 6. Steve Tweslan (39) 1:30:34, 7. Lauri Hoffman (20 F) 1:31:16, 8. Dimitri Sklavapoulos (42) 1:32:32, 9. Wally Hesselline (45) 1:34:05, 10. Link Lindquist (60) 1:36:02.
11. Jim Clover (46) 1:36:46, 12. Brian Moyer (41) 1:38:19, 13. Dave Rodgers (49) 1:38:44, 14. Paul Rink (35) 1:39:38, 15. Bob Kucer (38) 1:40:15, 16. Mark Richey (38) 1:40:27, 17. Robert Kennedy (33) 1:40:43, 18. Richard Hardina (43) 1:41:08, 19. Dennis Gustafson (45) 1:41:23, 20. Mindy Nagle (21 F) 1:41:30.
21. Robert Kawahara (26) 1:41:39, 22. Jamie Wendell (36 F) 1:42:55, 23. Rex Kamphelner (35) 1:42:55, 24. David Gerughly (39) 1:44:15, 25. Larry Butler (42) 1:44:15, 26. Gary Hatley (35) 1:44:23, 27. John Dohrenwend (45) 1:46:28, 28. Ed Sifer (37) 1:47:03, 29. John Bean (40) 1:47:34, 30. David Zaltsman (31) 1:47:46.

Pacific Coast Trail Ultramarathon

Sept. 17, Squaw Valley, 50K

Overall Results - 50K Ultra

1. Sean Crom (Reno) 4:26:07, 2. Tim Ball (Oakland) 4:31:00, 3. Tom Johnson (Sacramento) 4:48:06, 4. Tom Eckert (Tahoe City) 4:55:31, 5. Bob Dalton (San Jose) 5:01:51, 6. Bruce Von Borstel (Georgetown) 5:02:44, 7. Dow Mattingly (Walnut Creek) 5:06:19, 8. Bernie Dupuis 5:17:07, 9. George Hall (Davis) 5:18:23, 10. Dave Stevenson (Los Altos Hills) 5:21:17.

Overall Results - 25K Half Ultra

1. Randy Giboney (Orangevale) 2:14:05, 2. Roger Daniels (Novato) 2:16:37, 3. Don Ahlert (Truckee) 2:27:18, 4. John Fonseca (Boulder Creek) 2:29:13, 5. Jim Furman (Corte Madera) 2:35:32, 6. David Yerkes (Olympic Valley) 2:39:32, 7. Lee Howard (Sunnyvale) 2:40:12, 8. Steve Young (Reno) 2:40:40, 9. Jeff Hollister (Sacto) 2:46:14, 10. Jim Gallant (So. Lake Tahoe) 2:46:52.

Overall Results - 2x25K Relay

1. Ceragioli/Carlson 4:09:04, 2. Stietz/Dinapoli 4:28:48, 3. Mellor/Burger 4:34:35, 4. Dykhouse/Hearney 4:49:08, 5. Gray/Brantingham 4:49:18, 6. Lindsay/Williams 4:56:10, 7. Mauldin/Anderson 5:02:12, 8. De Ryk/Orman 5:06:47, 9. England/Ross 5:08:26, 10. Treadway/Arachn 5:16:14.

Bass Lake Triathlon

September 17, Bass Lake.

Overall Results

1. Mike Pigg (30) 2:00:26, 2. Bryan Fahrnbach (31) 2:00:54, 3. Jim Muller (29) 2:07:50, 4. Jeff Moffit (23) 2:08:38, 5. Pat Gilbert (29) 2:11:46, 6. David Slothower (31) 2:13:58, 7. Curt Haury (40) 2:14:26, 8. Murphy Reinschreiber (34) 2:14:31, 9. Ty Nickel (19) 2:14:42, 10. Scott Davis (39) 2:14:54.

11. Dan Helm (25) 2:16:04, 12. Keith Hansen (26) 2:16:20, 13. John Seivert (27) 2:17:43, 14. Forrest Bond (45) 2:18:14, 15. John Murphy (40) 2:18:16, 16. Paul Wilson (39) 2:18:26, 17. Doug Woods (38) 2:19:06, 18. Norm Gould (39) 2:19:44, 19. Patrick Mooney (38) 2:20:31, 20. Mark Preti (28) 2:20:33.

21. Richard Conway (35) 2:20:45, 22. Walter Radloff (43) 2:20:55, 23. Stephen Maris (24) 2:21:29, 24. Rick Lowell (28) 2:21:53, 25. Gregg Westerback (30) 2:21:59, 26. Ian Ross (29) 2:22:17, 27. Charles Lombard (32) 2:22:36, 28. Mike Pevyhouse (18) 2:22:45, 29. Mark Ainsue (32) 2:23:10, 30. Kevin Keane (36) 2:24:19.

31. Jeff Olson (33) 2:24:32, 32. Craig Phelan (36) 2:24:35, 33. Mike Worthen (35) 2:24:37, 34. Michael Williams (26) 2:24:38, 35. Art Kuo (23) 2:24:46, 36. Jim Preston (22) 2:25:00, 37. Paul Wood (39) 2:25:08, 38. Missy LeStrange (36) 2:25:15, 39. Eric Childs (34) 2:25:18, 40. Mark Barrett (24) 2:25:30, 41. Barry White (26) 2:25:31, 42. Rick Farrell (29) 2:25:41, 43. Gordon Gould (44) 2:25:51, 44. Phil Smith (33) 2:25:56, 45. Bob Crum (34) 2:25:58, 46.

Dave Green (16) 2:26:02, 47. Janet Atwood (31) 2:26:05, 48. Jim Cunningham (30) 2:26:18, 49. Jamie Olson (22) 2:26:25, 50. William Harris (31) 2:26:41.

Overall Results - Teams

1. Cool Max 2:01:54, 2. Pony Express 2:09:31, 3. Los Altos Masters 2:11:10, 4. 3 Old Guys 2:12:08, 5. The Supremes 2:12:23, 6. Team Hammer 2:12:23, 7. Capitalist Dogs 2:13:16, 8. The Dorks 2:14:34, 9. The Healy Monsters 2:14:59, 10. Marin 2:16:59.

Bud Light Triathlon

By Gregor Robin

Sept. 17, Santa Barbara.

(1 MI. Ocean Swim, 32 MI. Bike, 10 MI. Run)

Although Santa Barbara's Michael Smith exited the cool Pacific Ocean in about 15th place, he seemed to have everything under control in the Eighth Annual Santa Barbara Bud Light Triathlon.

Smith, 24, a 1988 graduate of Westmont College, predicted a victory before his first running of the event. His confident, aggressive look while exiting the water told onlookers that he believed his pre-race statement.

The one-mile swim at East Beach, followed by a 32 mile bike ride through Montecito and Carpinteria and a 10 mile road run up the coast to Hendry's Beach and back had a field of over 400 triathletes. There were also 90 relay teams entered.

Smith, who ran two seasons of cross country at Westmont, has personal bests of 3:55 for 1,500 meters, 14:48 for 5,000 and a recent 48:59 15K. His running is solid. His biking has also come around, and he said his swimming was rapidly improving. Smith was only two minutes back after the out and back swim course.

On the bike leg Smith held his two-minute time deficit behind the leaders, but moved up to third place by the time he returned to the transition area at East Beach.

Leaders John Holbeck (Calimesa, CA) and Michael Collins (Santa Monica) cycled in to the transition area and took off running on the long stretch down Palm Park with the two minute margin ahead of Smith. But when the stocky Westmont grad took off in pursuit he again showed that confident, aggressive look. Smith reeled the pair in at three miles and proceeded to expand his lead, covering the hilly run course in approximately 54:40. He hit the line first in 2:47:20 while Holbeck was second in 2:50:48 and Collins was third in 2:52:54.

Nancy Vallance of Santa Barbara clocked 3:03:51 to win the women's title by nearly 10 minutes. Vallance, who won the race in 1986 and was second last year, was the first woman out of the water and expanded her lead through the next two legs. She came back from elbow surgery due to a bike accident and knee problems to win the title. Second place went to Alicia Steinhart of Del Mar (3:13:40) and third went to Cal Poly San Luis Obispo distance runner ace Lesley White (3:17:43).

The men's relay was won by Aaron Goldschmidt, George Rammelkamp and Robert Hollister in 2:36:03. The women's relay was won by Kim Foster, Alisa Goughour and Terri Dowie (3:11:02) while the mixed title went to Charlotte Gutierrez, Carlos Solo and Gus Hermes (2:47:59).

Race director Bob Huebel said the event went smoother than any of the seven other Santa Barbara triathlons.

Overall Results - Men

1. Michael Smith (SB) 2:47:20, 2. John Holbeck (Calimesa) 2:50:48, 3. Michael Collins (Santa Monica) 2:52:54, 4. Charles Clark (San Jose) 2:54:02, 5. George Hoover (Valley Center) 2:55:36, 6. Mark Richard 2:56:04, 7. Dominic Panziera (Truckee) 2:56:54, 8. David Kivans 2:57:02, 9. Greg Bohdan (Laguna Beach) 2:57:42, 10. Greg Clark (San Diego) 2:58:07.

Overall Results - Women

1. Nancy Vallance (SB) 3:03:51, 2. Alicia Steinhart

(Del Mar) 3:13:40, 3. Lesley White (SLO) 3:17:43, 4. Kat McCarthy Hearst (La Jolla) 3:18:59, 5. Stan Williams (San Diego) 3:19:11, 6. Joan Haber (Lompoc) 3:29:26, 7. Twyla Mitchum (Laramie, WY) 3:32:11, 8. Cheri Savage (SB) 3:33:33, 9. Pamela Haskell (Manhattan Beach) 3:34:43, 10. Mary Ryzner (SB) 3:37:00.

Apple Silicon Rally

By Mark Wintz

Sept. 18, Cupertino, 5K & 10K

When a race offers Macintosh SE computers as first place prizes in two separate races, it tends to



DANIEL GONZALEZ

photo by Gene Cohn Productions

draw a fair-sized crowd of local and national elites. In fact, the Silicon Rally may gain a reputation for attracting future Olympians. In 1986 (the race's first year) the distances offered were 12K and 1 mile. The winners? Olympians Mark Conover (12K) and Jeff Atkinson (mile). Last year, Nancy Ditz turned up to drive home with a computer. Although this year those three were absent, attending a little track meet in Korea, a convey of athletes who were left home from the Olympic Trials turned out in quest of the equivalent of electronic gold. And 1200 other runners raced, jogged, and strided over the streets of Apple's hometown.

The 10K men had last year's winner Danny Gonzalez intent on adding to a string of recent wins as he pulled away from a pack of serious roadies midway through. Seeing that, and perhaps contemplating the prize structure weighted entirely for the winner, the remaining front runners resigned themselves to personal battles. By the finish banner, the field had strung out to Gonzalez (29:31), followed by Carmelo Rios (30:44) and Jeff Shaver (31:16).

On the women's side, 1987 California International marathon winner Patti Gray (34:53) outduked 1987 San Diego Marathon winner Janine Aiello (35:33) and Robyn Root (35:53). The Roots received unofficial credit as fastest husband-wife duo, as husband Jon finished 10th man in 34:05.

Although promising a hot finish among several burners, the 5K race was dampened when the lead bicyclist came up with a flat tire. The result had the lead men straying off course and receiving times for an unknown distance. Jay Marden and David Frank both received computers as winners after a staggered finish. April Powers (16:51) returned to top the 5K Women once again, as she added a Mac SE to her Mac Plus won last year.

Overall Results - Men's 10K

1. Daniel Gonzales (26) Mt. View, 29:31, 2. Carmelo Rios (28) 30:44, 3. Jeff Shaver (28) Sunnyvale, 31:16, 4. Jeff Stein (28) 32:02, 5. John Hancock (24) 32:12, 6. Casey Reinking (31) Santa Clara, 32:17, 7. Herbie Pepper (21) 32:42, 8. Jahsel Fabris (30) 32:55, 9. Steve Strangio (28) 33:43, 10. Jon Root (34) Davis, 34:05.

Overall Results - Women's 10K

1. Patti Gray (25) Oakland, 34:53, 2. Janine Aiello (28) San Rafael, 35:33, 3. Robyn Root (28) Davis, 35:53, 4. Julie Rohloff (25) 37:02, 5. Laura Sanchez (26) 37:45, 6. Monica Daley (20) 38:30, 7. Juana Stavoccone (42) 39:30, 8. Sally Edwards (41) 40:51.

Division Results - Men's 10K

8-13: 1. Jason Yingling 39:35, 2. Luisito Delacruz 1:07:30, 3. Ian Althison 1:08:00, 14-19: 1. Randy Stone 39:26, 2. Jonathan Slater 43:22, 3. John Davis 44:00, 20-29: 1. Daniel Gonzalez 29:31, 2. Carmelo Rios 30:44, 3. Jeff Shaver 31:16, 30-39: 1. Casey Reinking 32:17, 2. Jahsel Fabris 32:55, 3. Jon Root 34:05, 40-49: 1. Chef Dreben 36:45, 2. John Deitchman 38:01, 3. Paul Stavolone 38:44, 50-59: 1. Floyd Okada 43:00, 2. Alvin Decker 43:58, 3. Glyn Harding 44:03, 60-69: 1. Bob Ross 46:18, 2. Steve Washins 47:09, 3. Richard Holheins 52:02. Wheelchair: 1. Robert Withersell 34:57.

Division Results - Women's 10K

14-19: 1. Danielle Liggs 1:00:11, 20-29: 1. Patti Gray 34:53, 2. Janine Aiello 35:33, 3. Robyn Root 35:53, 30-39: 1. Ardis Bow 40:59, 2. Laura Reeve 41:36, 3. Connie Nelson 41:39, 40-49: 1. Juana Stavoccone 39:30, 2. Sally Edwards 40:51, 3. Carolyn Gannon 44:52, 50-59: 1. Brenda Sweig 56:26, 2. Elaine Pateman 57:09, 3. Andrea Ainscow 1:08:11. Wheelchair: 1. Lynne Carlton 42:52.

Overall Results - Men's 5K

(No Official Times)
1. Jay Marden (25), 2. David Frank (26), 3. Charles Alexander (24), 4. Kevin Jones (28), 5. David Ottaway (27), 6. Larry Guinee (25), 7. Brian Pittingli (25), 8. Rony Maoz (26), 9. Jim Bordon (35), 10. Andrew Bullock (30).

Overall Results - Women's 5K

1. April Powers (30) Kentfield 16:51, 2. Jill Perry (23) 18:30, 3. Betsy Swan (23) Stanford 18:54, 4. Janet Smith (27) 18:57, 5. Kathy Costello (30) Benicia 19:04.

Division Results - Men's 5K

8-13: 1. Jacob Redmond 18:41, 2. Greg Tademey 19:00, 3. Michael Dominguez 21:27, 14-19: 1. Michael Silva 18:03, 2. Marc Bouland 18:57, 3. Jermama Ruiz 20:39, 20-29: 1. Jay Marden 13:29, 2. David Frank 13:29, 3. Charles Alexander 13:36, 30-39: 1. Jim Bordon 16:23, 2. Jerry Odell 16:43, 3. Michael Quinn 18:46, 40-49: 1. Fabio Hernandez 17:25, 2. Jim Owen 17:36, 3. Ron Kiyono 17:44, 50-59: 1. Richard Rodriguez 18:13, 2. Bernard Stevens 22:03, 3. Rodney Laas 22:46, 60-69: 1. Norman Krieg 24:09, 2. Norman Thomas 28:22.

Division Results - Women's 5K

8-13: 1. Carlene Ko 24:13, 2. Philippa Doran 30:11, 14-19: 1. Annie Wydeven 22:45, 2. Brenda Bibby 26:09, 3. Heather Truher 28:23, 20-29: 1. Jill Perry 18:30, 2. Betsy Swan 18:54, 3. Janet Smith 18:57, 30-39: 1. April Powers 16:51, 2. Kathy Costello 19:04, 3. Judy Ace 21:04, 40-49: 1. Helen Enger 25:23, 2. Carolee Whaler 25:50, 3. Mary Webb 28:42, 50-59: 1. Joan Gonzales 25:49, 2. Edith McCoy 41:12, 3. Patricia Hegarty 41:12, 60-69: 1. Annette Long 35:24.

RESULTS

Run To Make A Difference

Sept. 18, Hermosa Beach, 10K

Overall Results - Men

1. Luis Pinon, Jr. 31:52, 2. Jerry Hernandez 31:56, 3. Pete Kaplan 33:41.

Overall Results - Women

1. Allegra Burton 37:50, 2. Kathleen Ireland 40:56, 3. Margaret Scott 41:12.

Mercy General Hospital Buffalo Stampede

Sept. 18, Sacramento, 10 Mile

The fifteenth annual running of the Buffalo Stampede saw near perfect conditions presented to the over 500 starters at the 8 a.m. countdown sendoff. As the 1988 PA-TAC 10 Mile Championship, courtesy of the \$1,210 Nestle Alpine White Purse, all previous course records were in clear jeopardy.



RICH McCANDLESS

The first mile clock was passed in a comfortable 5:00 with local Chip Greg Miller in the front pack, but after that point, "the horses took the bit," to paraphrase Greg's report. By the five mile clock, the order was mostly determined in the men's front pack, with Rich McCandless opening a clear lead over Miguel Tibaduiza and John Barrett being helped along by a world-class late entrant, Marc Nenow out for a hard tempo run. At the finish line, the first six men broke the previous record of 50:07 held by Dennis Rinde and Nenow at 4th was satisfied with his "workout" of 49:48.

The men's masters race was one of the most dramatic seen locally in many years, for Jerry Jobski pulled Bill Sevald and Sal Vasquez across the finish line in 24th, 25th, and 26th place overall and only 22 seconds separated first from 3rd in the tight competition.

The heavyweight (over 190 lbs, raced) saw another record obliterated as Steve Gerhardt, not only big... but very, very, very fast crossed in 55:35 to place 39th overall. (Note: Is this the Gerhardt that was a very good 1500 meter runner at UC Davis two years ago???)

The women's field saw a new overall record established by Terry Puckett at 55:46 and a new master's record chased by Shirley Matson (age 47) at 59:19. Six women broke 60 minutes with Kathy D'Onofrio-Wood, the Western States 100 winner 6th and last under at 59:42. The women's 50-59 division produced another new record with Heidi Skaden's 67:47.

In team scoring, the open men and women were clearly dominated by the Pacific Flyers.

In addition to the prize money for top finishers, the last presentations at the awards ceremony were random prize drawings for a trip for two to Lake Tahoe and finally a trip for two to Hawaii courtesy of Patterson Travel of Sacramento.

Division Results - Men

18 & Under: 1. Jason Davis 62:15, 2. Victor Storms 67:20, 3. Timothy Barrett 68:10, 19-29: 1. John Barrett 49:48, 2. Rob Anex 50:04, 3. Alan Dehlinger 50:05, 30-39: 1. Rich McCandless 49:07, 2. Miguel Tibaduiza 49:45, 3. Marc Nenow 49:48, 40-49: 1. Jerry Jobski 53:05, 2. Bill Sevald 53:14, 3. Sal Vasquez 53:27, 50-59: 1. Jim Bevins 58:29, 2. Abe Underwood 61:58, 3. Fred Matos N.T. 60 & Over: 1. Ray Stewart N.T., 2. Robert Gehl N.T., 3. Jimmy Low N.T. Heavyweight: 1. Steve Gerhardt 55:35, 2. John Hartman 64:77, 3. Gary Hodges 65:31.

Division Results - Women

18 & Under: 1. Kristin Lambert N.T. 19-29: 1. Linda Sommers 58:14, 2. Kathy D'Onofrio 59:42, 3. Susan Putney 60:28, 30-39: 1. Terry Puckett 55:46, 2. Peggy Smyth 58:38, 3. Bev Marx 58:55, 40-49: 1. Shirley Matson 59:19, 2. Hilary Naylor 63:04, 3. Margie Timberlake 65:38, 50-59: 1. Heidi Skaden 67:47, 2. Joan Reiss 69:21, 3. Ruth Anderson 79:44, 60 & Over: 1. Kit Piddles N.T., 2. Po Adams N.T.

Taco Bell South Coast Classic

Sept. 18, Costa Mesa, 5K & 10K

Division Results - Men's 10K

10 & Under: 1. Jarrod Garrison 37:56, 2. Braken Garrison 49:06, 11-14: 1. Ricky Delgado 34:29, 2. Keith Palmer 58:54, 15-18: 1. Eric Strand 36:02, 2. Tyler Rosen 43:58, 3. Eric Caro 48:44, 19-24: 1. Tim Watson 31:53, 2. Mark Backes 33:20, 3. Noel Santoyo 33:43, 25-29: 1. Frank Ebiner 31:12, 2. Jorge Ortega 33:14, 3. Jaime Ortiz 33:42, 30-34: 1. Stuart Calderon 32:25, 2. John Vulpo 33:12, 3. Kevin O'Hara 33:18, 35-39: 1. Paul Cook 32:51, 2. Mark Hemphill 34:06, 3. James Whitson 34:26, 40-44: 1. Bill Sumner 33:34, 2. Skip Schultz 35:02, 3. Elber Camacho 36:34, 45-49: 1. Jim Chenoweth 34:54, 2. Gene Mole 35:28, 3. Lyle Cater 37:14, 50-59: 1. Antonio Gonzalez 38:11, 2. Franka Squez 39:01, 3. Paul Browne 39:10, 60 & Over: 1. Manuel Lara 44:07, 2. Eddie Lewin 44:43, 3. Ed Horning 45:12, Wheelchair: 1. Ray Stuart 25:43.

Division Results - Women's 10K

10 & Under: 1. Heather Garrison 43:20, 2. Amy Sonigerath 1:00:30, 11-14: 1. Mandy Saiter 55:03, 15-18: 1. Christy Porter 44:27, 2. Chere Norwoods 1:05:13, 19-24: 1. Roxann Kahler 40:22, 2. Patricia Rolon 42:57, 3. Paula Grayson 43:02, 25-29: 1. Linda Derner 41:12, 2. Donna Pate 44:13, 3. Diane Bond 45:17, 30-34: 1. Jade Sackett 38:32, 2. Charmella Seacrest 39:17, 3. Trish Pierson 40:08, 35-39: 1. Aine Lynam 37:46, 2. Kay Price 40:09, 3. Angeles Ramirez 43:50, 40-44: 1. Cheryl Carnall 41:48, 2. Patricia Swan 45:38, 3. Cheryl Hinchman 48:16, 45-49: 1. Brenda Lunsford 44:18, 2. Hwa Ja Andrade 47:59, 3. Charlotte Goodman 48:51, 50-59: 1. Jane Dods 45:59, 2. Dixie Madsen 47:21, 3. Ginie Mains 49:15.

Division Results - Corp. Men

1. Ocmo RTAAC #6 (Morse, Sturla, Woodsmall, Aronson, Fasel) 1:50:56, 2. Allergan #2 (Grayson, Powell, Hawley, Walt, Druding) 1:52:00, 3. OCMO RTAAC #3 (Volini, Cooke, Acosta, Sellers, Forsman) 2:02:00.

Mixed Teams:
1. OCMO RTAAC #5 (Thomas, Alonso, Gushard, Phillips, Kossak) 2:08:57, 2. Garfield Medical (Molina, Corliss, Vega, Kiang, Colyer) 2:11:54, 3. LNP Engineering #8 (Sanchez, Klasaninski, Holt, Ruffin, Crabb) 2:44:27.

Division Results - Men's 5K

10 & Under: 1. Alex Doderer 18:38, 2. William Cortes 20:34, 3. Matt Montgomery 21:53, 11-14: 1. Jason Hobbs 18:30, 2. Danny Costanzo 18:36, 3. James Duckman 19:07, 15-18: 1. Jim Robbins 16:04, 2. David

Crain 16:31, 3. David Dannov 16:52, 19-24: 1. Alvaro Espinoza 17:00, 2. Fernando Muro 17:07, 3. Jaaer Garcia 17:37, 25-29: 1. Stephen Romero 15:44, 2. Peter Anderson 15:48, 3. Steve Moreno 15:56, 30-34: 1. Holland Bunz 15:54, 2. Gary Carlin 17:05, 3. Keith Reynolds 17:14, 35-39: 1. Walt Hitt 16:38, 2. James Kim 16:49, 3. Eddie Sanchez 16:50, 40-44: 1. Brook Thomas 16:09, 2. John Combs 16:51, 3. Danny Morales 17:12, 45-49: 1. Tom Burns 15:57, 2. Neil Doherty 16:22, 3. Ben Jackson 17:21, 50-59: 1. Brian Fernes 16:53, 2. Jack Larson 18:23, 3. Juvonal Herrera 18:35, 60 & Over: 1. Larry Banuelos 19:33, 2. Hu Goldstein 20:47, 3. Richard Hochschild 20:55, Wheelchair: 1. Richard Shier 27:22, 2. Ronald Amador 28:00, 3. James Johnston 1:07:38.

Division Results - Women's 5K

10 & Under: 1. Stephanie Hobbs 22:06, 2. Dana Garcia 22:07, 3. Sheryl Hobbs 22:09, 11-14: 1. Kenna Masuda 22:04, 2. Heather Salisbury 22:54, 3. Lisa Logan 23:07, 15-18: 1. Denis Bend 19:25, 2. Amy King 20:11, 19-24: 1. Jackie McKay 22:05, Diane Beauchamp 22:06, 3. Debbie Newton 22:34, 25-29: 1. Sue Davis 19:19, 2. Donna Pate 19:56, 3. Robynne Roberts 20:16, 30-34: 1. Kat Lanreth 21:00, 2. Fatima Cheng 21:47, 3. Kelley McCarty 21:52, 35-39: 1. Michelle Tiff 18:00, 2. Lori Curl 18:49, 3. Jan Christie 20:21, 40-44: 1. Sandi Carter 20:40, 2. Anne Cohen 21:25, 3. G. Ngerfranks 21:54, 45-49: 1. Harolene Walters 18:52, 2. Teresa Ross 21:24, 3. Susie Kalin 27:27, 50-59: 1. Dixie Madsen 21:59, 2. Amy Goldstein 23:23, 3. Laetitia Wakili 23:53, 60 & Over: 1. Sumiyee Onodera 25:36, 2. Ann Griffith 34:56, 3. Anne Tottenham 40:56.

Teams Results - 5K

Men: 1. Taco Bell (Holmes, Thornby, Battles, Aguilar, Jones) 1:01:18, 2. OCMO RTAAC #1 (Vinson, Argersinger, Thurber, Lewis, Gonzales) 1:18:14, 3. Women: 1. Taco Bell (Colabuno, Thompson, McGrath, Jaramillo, Miller) 1:18:05, Mixed: 1. Allergan #1 (Wingo, McKay, McKay, Stoeker, Christopherson) 1:02:33, 2. Allen Properties #9 (Smith, Stepanovich, Allen, Krause, Krause) 1:16:25, 3. Dean Witter Reump.#5 (Wppdwrprj, Dules, :acu, Tjp, (spm, P, stjpprm) 1:16:44.

Ultimate Fun Run

Sept. 18, Bakersfield.

Overall Results - Men

1. Carl Hatley 5:04, 2. Eric Pugh 5:27, 3. Isaac Salcido 5:06, 4. Bruce Deeter 5:37, 5. Snelling 5:35, 6. Richard Ramirez 5:40, 7. Randy Brown 5:38, 8. Ashby 6:04, 9. Ray Myers 6:12, 10. Wayne Campbell 7:11.

Overall Results - Women

1. Hunt 6:02, 2. Leslie King 6:09, 3. Pam Marshall 6:09, 4. Brenda Villanueva 6:59, 5. Emma Williams 7:48.

Palo Alto Moonlight Run

Sept. 23, Palo Alto, 5K & 10K

Men's Results - 5K

1. John Hoch 16:07, 2. Glenn Carpenter 16:18, 3. Crisoin Hetherington 16:25, 4. Steve Watkins 16:39.

Women's Results - 5K

1. Marilyn WaEach 17:42, 2. Sharon Maley 18:55, 3. Mary Rees 19:35, 4. Amy Berglund 20:22.

Division Results - Men's 5K

12 & Under: 1. Andrew Daher 25:06, 2. Jason Williams 25:34, 3. Joshua Dawson 25:35, 13-18: 1. Randy Stone 18:09, 2. Jermame Ruiz 19:28, 3. David Ndeto 21:00, 19-29: 1. John Hoch 16:07, 2. Crisoin Hetherington 16:25, 3. Manuel Morales 17:23, 30-39: 1. Glenn Carpenter 16:18, 2. Steve Watkins 16:39, 3. Malcolm Brown 17:32, 40-49: 1. Jim Hampton 17:29, 2. Bob Henderson 17:53, 3. John Galletta 18:16, 50-59: 1. Gerald Czamanske 19:21, 2. Arlyn Smith 21:07, 3. Curtis Tom 21:33, 60 & Over: 1. Bob Ross 21:50, 2. Bob Greider 25:59, 3. Leo Howard 26:10.

Division Results - Women's 5K

12 & Under: 1. Cynid Lee 23:40, 2. Liz Castleman 26:33, 13-18: 1. Namino Glantz 23:18, 2. Peggy Pren-

dergast 23:42, 3. Jari Osborne 24:21, 19-29: 1. Sharon Maley 18:55, 2. Mary Rees 19:35, 3. Linda Hopper 21:44, 30-39: 1. Marilyn WaEach 17:42, 2. Amy Berglund 20:22, 3. Connie Nelson 20:31, 40-49: 1. Julia McCormick 20:44, 2. Linda Johnson 21:37, 3. Gayle Murphy 23:37, 50-59: 1. Jackie Vosbrink 26:19, 2. Roberta Carlson 26:27, 3. Barbara Scholer 26:27.

Overall Results - Men's 10K

1. Steve Scholz 33:13, 2. John Mumm 33:41, 3. Jim Bordoni 34:23.

Overall Results - Women's 10K

1. Linda Mantynen 38:15, 2. Donna Hinshaw 39:39, 3. Janet Atwood 39:50.

Division Results - Men's 10K

12 & Under: 1. Paul Burgess 40:31, 2. Max Rosenberg 1:24:26, 13-18: 1. John Kamin 33:41, 2. Brian Irvine 52:04, 19-29: 1. Steve Scholz 33:13, 2. Mark Keller 36:07, 3. Arthur Kuo 37:07, 30-39: 1. Jim Bordoni 34:23, 2. Chris Span 36:29, 3. Robert Byers 37:47, 40-49: 1. Dennis Tracy 35:31, 2. Clyde Lehman 36:31, 3. Gary Chamberlain 36:43, 50-59: 1. Fritz Kohne 41:59, 2. John Law 42:30, 3. John McCriis 42:41, 60 & Over: 1. Don Anhorn 48:32, 2. Bud Rubin 53:41, 3. Gerrard Blaufarb 55:37.

Division Results - Women's 10K

13-18: 1. Jen Honan 40:11, 2. Jennifer Franklin 46:23, 19-29: 1. Laura Silva 40:20, 2. Chrissy Duray-Baker 41:22, 3. Miranda Dunlop 42:33, 30-39: 1. Donna Hinshaw 39:39, 2. Janet Atwood 39:50, 3. Alison Underreiner 40:33, 40-49: 1. Linda Mantynen 38:15, 2. Carol Schweppe 44:23, 3. Kathy Frank 45:02, 50-59: 1. Betsy Frasersmith 45:37, 2. Majorie Mikael 52:58, 3. Halle Hewitt 58:44, 60 & Over: 1. Georgia Longsdon 1:05:29, 2. June Swan 1:06:39.

Portland Marathon

Sept. 25, Portland, OR.

Overall Results - Men

1. Yoshiro Nishimura (31) Japan 2:22:43, 2. Michael White (28) Shohmish, WA 2:26:50, 3. Michael Cook (30) Tigard 2:27:12, 4. Dave Chairez (29) Reno, NV 2:27:27, 5. John Daniel (54) Vancouver, BC 2:29:24, 6. John Brauer (27) Keizer 2:30:15, 7. Brian Keller (29) Yakima, WA 2:31:35, 8. Roger Tumasonis (35) Portland 2:32:36, 9. Scott Martin (24) Ashland, OR 2:33:24, 10. Rob Reid (33) Victoria, BC 2:33:36.



DUTCH BENEDETTI - 70-74 Winner

Division Results - Men

19 & Under: 1. Jorge Espejel 2:49:16, 2. Joe Cookman 2:54:14, 3. Joe Spurgeon 3:01:40, 20-24: 1. Scott Martin 2:33:24, 2. Kenneth Holder 2:47:59, 3. Erik Wolford 2:50:29, 25-29: 1. Michael White 2:26:50, 2. Dave Chairez 2:27:27, 3. John Brauer 2:30:15, 30-34: 1. Yoshiro Nishimura 2:22:43, 2. Michael Cook 2:27:12, 3. John Daniel 2:29:24, 35-39: 1. Roger Tumasonis 2:32:36, 2. Mark Williams 2:36:37, 3. An-

RESULTS

drew Mehl 2:37:05. 40-44: 1. Kenneth Payne 2:34:47, 2. Sonny Conder 2:38:01, 3. Channing Berthiaume 2:39:29. 45-49: 1. Jeff Corkill 2:35:07, 2. Alan Kerr 2:43:12, 3. Terry Loeffelmacher 2:45:07. 50-54: 1. Michael Ellis 2:50:25, 2. Marvin Reius 2:58:22, 3. Val Wiethorn 3:00:34. 55-59: 1. Patrick Quinn 3:03:02, 2. Robert Dolpmin 3:03:37, 3. Mel Preedy 3:04:11. 60-64: 1. Max Jones 3:04:14, 2. Leo Neu 3:16:43, 3. Kenneth Weidkamp 3:28:42. 65-69: 1. George Lundin 3:11:43, 2. Willis Greenaway 3:25:23, 3. Joe Cusic 3:27:34. 70-74: 1. Dutch Benedetti 4:20:42, 2. Donald McClure 4:23:19, 3. Alvin Gahn 4:27:32. 75-79: 1. Frank Demers 6:05:59.

Overall Results - Women

1. Elizabeth Brim-Snodgrass (28) West Linn 2:47:27, 2. Jane Cleavenger (30) Bend, OR 2:51:16, 3. Michele Carr (28) Vancouver, BC 2:54:31, 4. Donna Chacolas (26) Seattle, WA 2:55:20, 5. Linda Stensen (31) Sumnerland, BC 2:56:05, 6. Monica Mayer (24) Portland, OR 2:58:54, 7. Dianne Sullivan (37) Longview, WA 3:01:22, 8. Donna Landreville (26) Seattle, WA 3:02:01, 9. Gabriele Kolb (40) Lethbridge, AL 3:02:31, 10. Pauline Knapp (30) Tacoma, WA 3:05:05.

Division Results - Women

10 & Under: 1. Hilary Simmons 3:27:48, 2. Kate Conking 5:33:20, 3. Beth Conking 5:33:29. 20-24: 1. Monica Mayer 2:58:54, 2. Myra McGarry 3:15:42, 3. Sherry Hernandez 3:24:52. 25-29: 1. Elz Brim-Snodgrass 2:47:27, 2. Michele Carr 2:54:31, 3. Donna Chacolas 2:55:20. 30-34: 1. Jane Cleavenger 2:51:16, 2. Linda Stensen 2:56:05, 3. Pauline Knapp 3:05:05. 35-39: 1. Dianne Sullivan 3:01:22, 2. Jari Botsford 3:05:15, 3. Mary Meek 3:07:25. 40-44: 1. Gabriele Kolb 3:02:31, 2. Ramona Stewart 3:05:49, 3. Judy Watson 3:15:02. 45-49: 1. Ricki Vadesat 3:18:53, 2. Judith Groombridge 3:24:52, 3. Bonnie Champoux 3:33:13. 50-54: 1. Wen-Shi Yu 3:12:03, 2. Sylvia Quinn 3:28:25, 3. Jane Dods 3:41:33. 55-59: 1. Josephine Coffey 3:59:51, 2. Hisae Reichel 4:00:23, 3. Colleen Mershon 4:04:40. 60-64: 1. Luci Walls 4:38:30, 2. Po Adams 5:37:16, 3. Paula Silas 5:55:39. 65-69: 1. Annabel Marsh 5:14:57. 80 & Over: 1. Mavis Lindgren 5:57:45.

Coronado Bridge Run

Sept. 25. Coronado. 6.5 Miles.

Overall Results - Men

1. Thom Hunt (30) 32:38, 2. Matt Clayton (23) 32:46, 3. Aaron Ramirez (23) 33:42, 4. Simon Gutierrez (22) 34:08, 5. Allen Scharus (27) 34:09, 6. Terry Cotton 34:58, 7. Clayton Johnson (28) 35:00, 8. Robert Franks (27) 35:26, 9. David Lawler (26) 36:30, 10. Jamie Oman (20) 36:38.

Overall Results - Women

1. Jeanne Johnson (31) 38:01, 2. Sue Berenda (27) 38:18, 3. Mindy Ireland (32) 39:47, 4. Karen Garcia (26) 43:20, 5. Martha Merz (26) 43:40, 6. Patricia Phillips (35) 45:01, 7. Ann Hawbaker (43) 45:13, 8. Kelley Cullenberg (27) 47:03, 9. Audrey McCaig (30) 47:16, 10. Lori Hoskins (28) 47:19.

Division Results - Men

12 & Under: 1. Mark Savel 49:16, 2. Nico Platt 50:59, 3. Gerald Jara 55:53. 13-17: 1. Ramon Montiel 39:44, 2. James Goode 40:25, 3. Erik Brown 41:07. 18-24: 1. Matt Clayton 32:46, 2. Aaron Ramirez 33:42, 3. Simon Gutierrez 34:08. 25-29: 1. Allen Scharus 34:09, 2. Clayton Johnson 35:00, 3. Robert Franks 35:26. 30-34: 1. Thom Hunt 32:38, 2. Terry Cotton 34:58, 3. Armando Fraire 39:41. 35-39: 1. Ed Nares 37:30, 2. Steven Wheeler 39:31, 3. Hank Sullivan 39:48. 40-44: 1. Armando Valencia 37:24, 2. Fred Greifenstein 40:34, 3. Loren McKnight 40:53. 45-49: 1. Stuart Edleson 42:01, 2. Pete Saitz 44:06, 3. Pablo Torres 44:54. 50-59: 1. Tony Verdin 43:19, 2. Carl Petersen 43:48, 3. Ruben Garcia 45:14. 60-69: 1. Ray Stewart 45:35, 2. Ted Homer 51:05, 3. Jack Smothers 53:06.

Division Results - Women

12 & Under: 1. Angie Hansen 50:48, 2. Sheri Savel 54:52, 3. Yolanda Espinoza 1:00:53. 13-17: 1. Patty Barrera 48:03, 2. Lorenza Santana 57:03, 3. Kelly

O'Connor 58:33. 18-24: 1. Jessica Treat 48:35, 2. Valerie Taylor 50:44, 3. Bari Cohen 51:03. 25-29: 1. Sue Berenda 38:18, 2. Karen Garcia 43:20, 3. Martha Merz 43:40. 30-34: 1. Jeanne Johnson 38:01, 2. Mindy Ireland 39:47, 3. Audrey McCaig 47:16. 35-39: 1. Patricia Phillips 45:01, 2. Linda Savitz 47:20, 3. Marianne Nelson 50:30. 40-44: 1. Ann Hawbaker 45:13, 2. Jeannie Blanco 55:34, 3. Nancy Kelcham 55:40. 45-49: 1. Bunky Stage 53:49, 2. Dorothy Stevens 57:14, 3. Carolyn Docker 1:01:01. 50-59: 1. Dixie Madson 52:41, 2. Judy Rutherford 57:00, 3. Marys Creigh 58:17. 60-69: 1. Ruth Park 1:17:47, 2. Terri Lisotti 1:23:38, 3. Marion Lee 1:34:04. 70 & Over: 1. Bess James 1:22:13, 2. Clementina Thomson 1:36:30.

Team Results

Corporate:

1. Chart House #8 (Clayton, Franks, Hastings, Valencia, Kepler, Kiely) 1:45:29, 2. Imperial Savings #10 (Sportsman, Lester, Hudson, Krokosz, Zombolas, Krokosz) 2:01:09, 3. Marvin K. Brown #13 (Sava, Moreno, Donnelson, Palomares, Swindall) 2:13:29.

Military:

1. USS Vancouver "A" #42 (Anderson, Nails, Fitzsimmons, Lipka, Hahn) 2:15:57, 2. Jason Joggers "A" #36 (Jean-Paul, Snook, Lower, Blackmore, Hurley) 2:22:37, 3. Rotar Blades #39 (Weant, Watson, Bus, Putnam, Sullivan) 2:27:20.

Centipede:

1. Equitable #41 (Repelle, Johnson, Justin, Joseandel, Walker, Puglisi, Hoffman) 8:25:44, 2. Magnificent Seven #40 (Smith, Cao, Bamboa, Lindstrom, Loftsgaen, Neumeier, Dubin) 8:36:23.

Overall Results - Race Walk

1. Rob Hendrickson (59) 1:14:31, 2. Phil Raimi (31) 1:17:27, 3. Suzanne Griffen (47) 1:20:27, 4. Dobi Lasky (25) 1:20:35, 5. Bonvita Prijati (45) 1:20:46.

Home Run

Sept. 25. San Jose. 10K.

Overall Results - Men

1. Fernando Balderas (27) San Jose 32:00, 2. David Furst (42) San Jose 32:38, 3. Lazarus Kipkiwa (24) San Jose 32:48, 4. Paul Lee (27) Santa Maria 32:48, 5. Ulises Fernandez (23) Salinas 33:02, 6. David Fergus (31) San Jose 33:22, 7. Rod Johnson (33) Milpitas 33:36, 8. Jeff Candello (33) San Jose 33:53, 9. Timothy Sheeler (34) San Jose 34:46, 10. David Drew (25) San Jose 34:56.

Overall Results - Women

1. Juana Slavovone (42) San Jose 37:43, 2. Darlene Wallach (37) San Jose 39:06, 3. Kathy Welch (35) Soquel 41:07, 4. Sandra Sanchez (39) San Jose 42:43, 5. Joan Mork (34) Soquel 43:37, 6. Stephanie Contreras (26) San Jose 45:21, 7. Andra Baker (39) Foster City 45:25, 8. Carlee Brown (32) Los Gatos 46:42, 9. Elaine Erickson (31) Los Gatos 46:52, 10. Donna Arndt (28) San Jose 47:49.

Division Results - Men

17 & under: 1. Steve Alvarez 36:16, 2. David Bazan 38:58, 3. Andy Finlay 43:35. 18-29: 1. Fernando Balderas 32:00, 2. Lazarus Kipkiwa 32:48, 3. Paul Lee 32:48. 30-39: 1. David Fergus 33:22, 2. Rod Johnson 33:36, 3. Jeff Candello 33:53. 40-49: 1. David Furst 32:38, 2. Dick Brundie 41:05, 3. Joseph Wherry 41:36. 50-59: 1. Myron Neuraumont 37:06, 2. John Hutjery 41:26, 3. Bob Remberton 44:49. 60 & Over: 1. Donto Lucero 44:11, 2. Leo Gries 44:37, 3. Joe Hombrook 46:50.

Division Results - Women

17 & Under: 1. Kathleen Agustin 51:17, 2. Adrian Abate 1:12:47, 3. Carisa Miranda 1:23:15. 18-29: 1. Stephanie Contreras 45:21, 2. Donna Arndt 47:49, 3. Debra Marin 53:43. 30-39: 1. Darlene Wallach 39:06, 2. Kathy Welch 41:07, 3. Sandra Sanchez 42:43. 40-49: 1. Juana Slavovone 37:43, 2. Joanne Rodgers 51:47, 3. Amanda Hawes 53:15. 50-59: 1. Rosalind Foppiano 55:55, 2. Angela Ernstrom 1:09:07, 3. Ciel Martens 1:16:51. 60 & Over: 1. Arlene Kelly 1:37:28.

SCATAC Half Marathon Championship

Sept. 25. Ventura.

Overall Results

1. Tim Minor (34) 1:11:47, 2. Gregg Homer (34) 1:12:39, 3. John Casso (38) 1:13:35, 4. Byrle Smalen (41) 1:15:15, 5. Alejandro Cruz (24) 1:15:35, 6. Mike Zaragoza (26) 1:15:42, 7. Charlie Hoover (40) 1:16:13, 8. Jim Masterson (34) 1:16:16, 9. Mark Dawson (34) 1:17:23, 10. Paul Carr (29) 1:17:49. 11. John Brennan (53) 1:18:30, 12. Bob Brennan (27) 1:18:43, 13. Jessi Herrera (42) 1:19:02, 14. Hans Vankoppen (33) 1:20:30, 15. Ed Wehan (44) 1:20:41, 16. William Little (36) 1:21:05, 17. Francisco Tiapa (24) 1:21:17, 18. Not Available 1:21:24, 19. Jeffrey Lock (28) 1:21:32, 20. Mark Rosen (35) 1:21:58. 21. Debra Sharp (34 F) 1:22:15, 28. Mary Ryzner (34 F) 1:23:12, 51. Jennifer Henderson (29 F) 1:27:38, 56. Gina Faust (51 F) 1:29:00, 60. Cynthia Nagle (25 F) 1:29:47.

Bud Light U.S. Triathlon Series

Sept. 25. San Diego.

Professional Men's Results

1. Mike Pigg (24) Arcata 1:51:38, 2. Clark Brooks (21) West Chester, PA 1:53:01, 3. Harold Robinson (26) Ithaca, NY 1:53:36, 4. Jim Riccietello (24) Tucson, AZ 1:54:27, 5. Jeffrey Devlin (24) Voorhees, NJ 1:54:57, 6. Michael Collins (22) Santa Monica 1:54:58, 7. Tony Richardson (28) Encinitas 1:55:05, 8. Alitz Curias (33) Newport News, VA 1:55:29, 9. Garrett McCarthy (24) San Gabriel 1:55:51, 10. Stephen Eisenhaer (27) Medford, MA 1:56:04.

Professional Women's Results

1. Paula Newby-Fraser (26) Encinitas 2:07:00, 2. Laurie Samuelson (33) Carlsbad 2:09:46, 3. Kirsten Hansen (27) Denver, CO 2:10:02, 4. Melissa Mantak (26) Denver, CO 2:10:10, 5. Susan Latshaw (27) Berkeley 2:11:37, 6. Paula Johnson (27) Tallahassee, FL 2:11:46, 7. Terri Smith-Ross (26) Calgary, Alta. 2:14:33, 8. Terry Martin (26) San Diego 2:14:35, 9. Renee Goldhirsh (28) Medford, NJ 2:15:12, 10. Janet Stamper (29) Tucson, AZ 2:15:37.

Division Results - Men

15-19: 1. Cid Cardoso 2:08:21, 2. Paul Ayuso 2:10:17, 3. Mike Muller 2:12:36. 20-24: 1. Cameron Eckman 2:02:43, 2. Jeff Jacobs 2:04:24, 3. Vic Rosenthal 2:05:48. 25-29: 1. Bryan Murchison 2:01:00, 2. Michael Lyle 2:01:41, 3. Alex Begg 2:01:43. 30-34: 1. Dan Root 2:00:13, 2. Jonathan Grider 2:03:42, 3. Corky Ewing 2:04:31. 35-39: 1. James Williams 2:00:09, 2. Duncan Thomas 2:03:48, 3. William Hippe 2:04:23. 40-44: 1. Ian Hoolley 2:09:46, 2. Mike Burner 2:11:22, 3. Herman Fountain 2:11:52. 45-49: 1. Hans Dieben 2:08:37, 2. Forrest Bond 2:10:04, 3. George Toberman 2:15:40. 50-54: 1. Bob Tarozzi 2:26:20, 2. Jack Haase 2:27:21, 3. Bob Phillips 2:27:33. 55-59: 1. Ron Smith 2:22:29, 2. Dick Robinson 2:27:27, 3. Jim Demetriou 2:29:57. 60-64: 1. Charley French 2:31:10, 2. Ronald Jaman 3:03:51, 3. Leo Thiel 3:10:23.

Division Results - Women

15-19: 1. Elizabeth Toumajian 2:49:38, 2. Wendy Hrdlika 3:00:37, 3. Erica Prenziow 3:01:30. 20-24: 1. Carol Kaune 2:19:53, 2. Suzanna Sandrock 2:20:26, 3. Sian Williams 2:22:03. 25-29: 1. Sheri Leora 2:18:34, 2. Lynn Polk 2:19:53, 3. Kirsten Raudenbush 2:20:50. 30-34: 1. Jody Schmidt 2:14:05, 2. Sue Osaborn 2:26:47, 3. Catherine Donovan 2:27:04. 35-39: 1. Nancy Baird 2:26:28, 2. Lynda Taylor 2:28:28, 3. Kris Skiles 2:31:43. 40-44: 1. Kaeli Ecker 2:29:17, 2. Marjorie Milliken 2:34:27, 3. Laura Armstrong 2:36:21. 45-49: 1. Joan Jeter 2:27:53, 2. Joni Vanderveen-Dunn 2:29:18, 3. Linda Bird 2:38:44. 50-54: 1. Sue Hubhison 2:45:40, 2. Carol Hemus 2:58:04, 3. Sally Byram 3:36:43.

Relay Results

Men: 1. Team Revolt 2:00:38, 2. Kevin Rosenthal

2:05:05, 3. Pierog/Munson/Hageman 2:09:11.

Women: 1. Fast Times Tri Society 2:17:57, 2. Team Fun Club 2:20:44, 3. Team Beachin 2:22:47.

Mixed: 1. Big Boys Don't Tri 1:56:18, 2. Team J.T. 1:56:50, 3. Moonlight Monsters 1:57:57.

Gateway to Yosemite Triathlon

September 25. Merced. (6.2 MI Run, 22 MI. Bike, 800m Swim)

Overall Results

1. Dave Green (16) Fremont 1:54:26, 2. Larry Johnson (38) Merced 1:58:31, 3. Dick Domant (39) Merced 1:58:54, 4. Ric Brown (41) Fresno 1:59:43, 5. Rachelle Roberts (30F) Cores 1:59:54, 6. Karen Steele (30F) Merced 2:02:05, 7. David Simonsen (33) Merced 2:02:37, 8. Paul Bissonnetto, Jr. (45) Fresno 2:02:41, 9. Clyde Dlig (36) Atwater 2:02:46, 10. Lisa Hunter (32F) Merced 2:03:38.

Relay Results

1. Trey McHabb, Tim Cox, Nancy Schwisow, 1:42:29, 2. Dan Rusk, Steve Aile, Juan Ramirez, 1:42:49, 3. Frank Shields, Scott McKee, Ron Marks, 1:44:28, 4. Tom Diehl, Dave Moss, John Cunningham, 1:45:25, 5. David Weller, Kerry Maxwell, Addy Morauske, 1:46:51.

Overall Results - Short Course

1. Brad Eagleton (21) 33:04, 2. Kit Graffan (26) 34:15, 3. Steve Meunier (40) 35:49, 4. Bill Goldfoos (35) 36:19, 5. Jim Volponi (30) 38:00.

Manufacturers Hanover Corporate Challenge

Sept. 27. Los Angeles.

Overall Results

1. Michael Milligan (44) Bank of America Levy, 2:24, 2. Don McCamack (45) Grand Rent A Car Copr., 25:05, 3. Fausto Mendez (37) MSI Laboratories, 26:10, 4. Lon Records (45) Target Specialty Products, 26:20, 5. Edward Muir (31) Russell & Miller, Inc., 27:06, 6. Al Kram (52) Commercial Programming Systems, 27:44, 7. Barry Heppner (44) Heppner Hardwoods, Inc., 29:20, 8. Jack Schoustra (57) The Earth Tech. Corp., 29:43, 9. Dan Little (51) S.T.S. Graphics, Inc., 30:00, 10. D. Kit Lokey (46) Houlihan, Lokey, Howard/Zukin, 33:21.

Teams

1. Rookwell Int'l. #1 (Araujo, Bishop, Chipman, McDermott, Swift) 1:27:59, 2. TRW #1 (Kovisto, Smith, Sterling, Wilson, Ewing) 1:28:38, 3. Hughes Aircraft Company (Blacer, Spencer, Reed, Rodriguez, Aranas) 1:33:06, 4. Rookwell Int'l #2 (Hladigue, Zalfuts, Brodie, Soohoo, Thiede) 1:37:31, 5. Parker Hannifin Corp. #1 (Dominguez, Florine, Goodrich, Jensen, Howard) 1:38:20.

Women:

1. Jet Propulsion Lab/CALTECH (Baker, Karnes, Therberge) 1:04:01, 2. Hughes Aircraft Company (Duenas, Samsonoff, Siek) 1:05:31, 3. Northrop Corporation (Hushower, Pakes, Staniour) 1:07:25, 4. TRW (Watson, Williams, Tokashiki) 1:08:00, 5. Kaiser Permanents (MacKenroth, Pomeroy, Horwatt) 1:11:12.

Coed:

1. Hughes Aircraft Company (Eisenmenger, Menchaca, Hall, Day) 1:15:07, 2. Pac Tel Group (Hunter, DePriest, Kiewer, Kawashima) 1:22:32, 3. Zerox Corporation (Flynn, Deary, Ferris, Kiszewski) 1:26:54, 4. General Dynamics A (Wray, Wasjak, Torrey, Moon) 1:32:07, 5. Allergan, Inc. (McKay, James, Wingo, Grayson) 1:32:07.

