

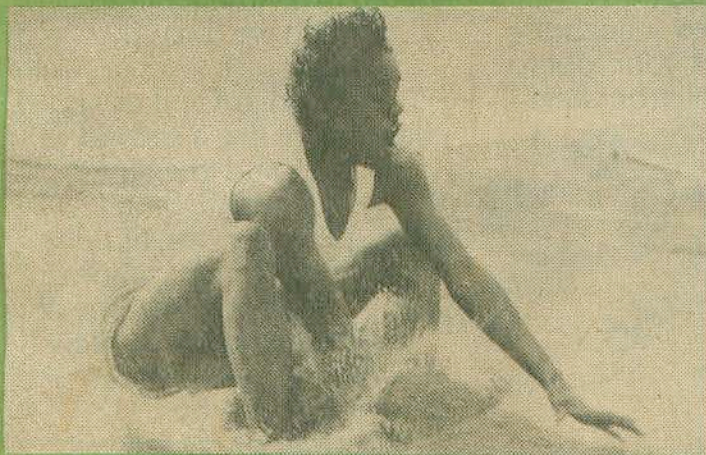
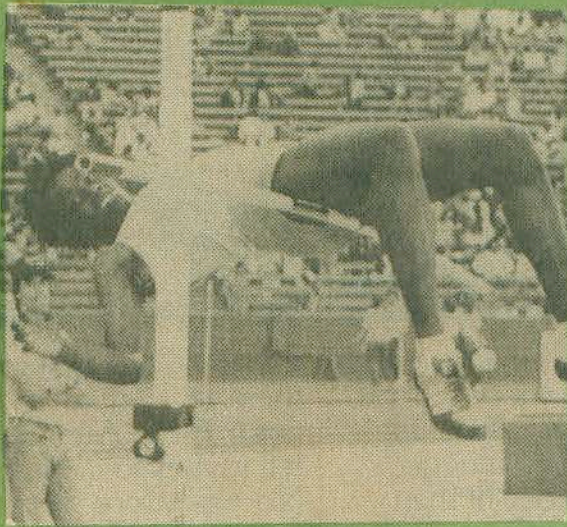
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# CALIFORNIA TRACK & RUNNING NEWS

JULY 1984

ISSUE NO. 93

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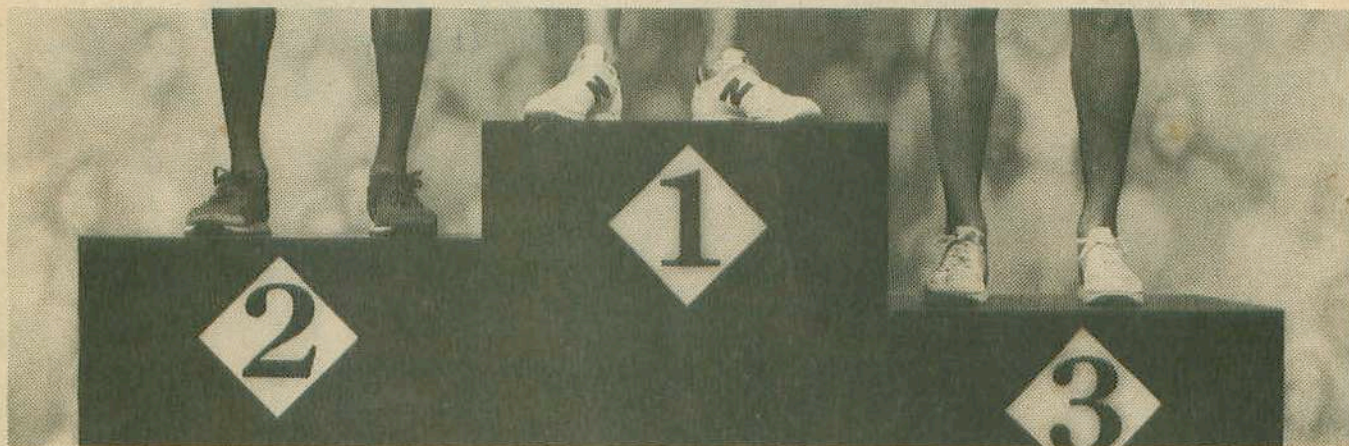


## The State Meet

California's Only Track & Running Publication



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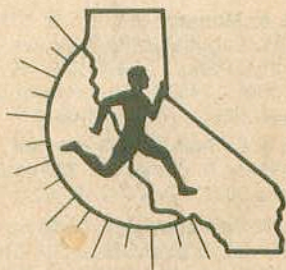
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California Track & Running News is published 12 times per year - one issue per month. Each issue is mailed about the first of the month.

California Track & Running News has a monthly circulation of between 6,000 and 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

**SUBSCRIPTION RATES:** 1 year (12 issues) \$12; 2 years (24 issues) \$22; 3 years (36 issues) \$30. Add \$6 per year for first class. Foreign rates on request.

**ADVERTISERS:** Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/trace ads.

P.O. Box 6103 • Fresno, CA 93703  
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# Table of Contents

## July 1984

## Issue No. 93

### Schedule

Road Racing .....	4
College/Open Track & Field .....	9
Masters Track & Field .....	9
Summer Running Camps .....	9

News & Notes .....	10
--------------------	----

Club News .....	11
-----------------	----

Medical Notes for Runners .....	12
---------------------------------	----

Eino's Notebook .....	13
-----------------------	----

The Athlete's Kitchen .....	15
-----------------------------	----

SoCal Diary .....	16
-------------------	----

### High School Section

Prep Notes .....	18
------------------	----

CIF Section Results .....	19
---------------------------	----

NorCal & SoCal Championships .....	24
------------------------------------	----

State Meet .....	28
------------------	----

Subscription Order Form .....	26
-------------------------------	----

P.R.'s .....	35
--------------	----

### Results

College/Open Track & Field .....	36
----------------------------------	----

Masters Track & Field .....	44
-----------------------------	----

Road Racing .....	46
-------------------	----

### ON THE COVER:

The fabulous Wendy Brown won the California High School State Meet single handedly. She scored all of Woodside's 38 points by winning the high jump, long jump and triple jump; plus a second in the low hurdles. This is the first time in the history of the girl's state meet that one person has won the team title for her school. Brown, a senior headed for USC in the fall, has now scored more career state meet points (74) than any other athlete in California State Meet history (male or female). Long jump (top left) and high jump photos by Don Gosney, triple jump photo by Burt Davis.



# Schedule

By JACK LEYDIG

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

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

## JULY

**JUL 1: Great Callistoga Footrace.** 8K, Callistoga (Napa County Fairgrounds), 8:30 am. Reg Harris, 1267 Walnut, #C-66, Napa 94559. (707) 255-8705.

**JUL 1: Women's Run in the Park.** 5 mile (tent. distance), San Francisco (Golden Gate Park), time TBA. Janice Toohey, 3543 -18th St., San Francisco 94110. (415) 863-5255.

**JUL 1: Manhattan Beach 5K and 20K 4-Person Relay.** Manhattan Beach (Manhattan Village S.C.), 7:30 am. Manhattan Village Relay, Box 3431, Manhattan Beach 90266. (213) 376-4114.

**JUL 1: Independence Day Fun Run & PA/TAC 8K Championships.** (2 mile fun run), San Francisco (The Cannery), 8 am/2 mile, 8:30 am/8K. Aggies, P.O. Box 1448, Alameda 94501.

**JUL 1: Courthouse Star-Test 10K Run.** Oakland (Lake Merritt, New Boathouse), 9 am. Courthouse A.C., 2935 Telegraph Ave., Oakland 94609. (415) 834-5600.

**JUL 1: DSE Muni Pier Run.** 1.27 mile, Dolphin Club, San Francisco, 10 am (and 1.0 kids' run at 9:30 am). Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUL 1: Firecracker 10K (& 2 Mile).** Ocean-side, 6 pm. Christine Kopp (619) 722-1534.

**JUL 1: SRI Chinmoy Beach Run.** 10K, San Diego (Mission Beach), 7:30 am. Kent Mursinna (619) 459-2002.

**JUL 4: Independence Day Four Mile.** Visalia (Mooney Grove Park), 7:30 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

**JUL 4: Mt. Shasta July 4th Foot Race.** 2 & 5 mile, Mt. Shasta, 8:30 am. Jim Parker, 828 Pine St., Mt. Shasta 96067. (916) 926-5261.

**JUL 4: Twin Cities 4th of July Firecracker 5-Miler.** Corte Madera (Library), 8 am. 4th of July Run, c/o 498 Tamalpais Dr., Corte Madera 94925.

**JUL 4: 7-Eleven/Lions Club Freedom Run.** 7.11K, Foster City (Beach Park Blvd. & Shell), 8 am. Info: (415) 595-0525.

**JUL 4: DSE Double Lake Merced Run.** 9.6 mile, San Francisco (Lake Merced Boathouse), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUL 4: Main Street Mile.** Half Moon Bay (Main St. & Hiway 1), time TBA (heats...before parade). Half Moon Bay Coasters, Box 305, Route 1, Half Moon Bay 94019.

**JUL 4: Spreckels 4th of July Celebration 10K.** Spreckels (Spreckels Park), 9 am. Louis Davidson, P.O. Box 7247, Spreckels 93962. (408) 455-1811.

**JUL 4: Spirit of America 5K.** Torrance (High School Stadium), 8 am. Dr. Dean Cummings, c/o Exchange Club of Torrance, P.O. Box 5102, Torrance 90510. (213) 320-6250.

**JUL 4: 4th of July Parade Run.** 5K, Redwood City, 9:45 am. Redwood City 4th of July Parade Race, c/o 1400 Roosevelt Ave., Redwood City 94061. (415) 364-6060.

**JUL 4: Scripps Ranch 10K Run.** Lake Miramar (San Diego area), 7 am. Walt Albright (619) 695-1297.

**JUL 4: Coronado/Second Sole Half-Marathon.** Coronado Island, 6:30 am. EOL, 1013 Park Pl., Coronado 92118. (619) 437-4556.

**JUL 4: Semana Nautica 15K.** Goleta (San Marcos High School), 8 am. John Brennan, Box 6616, Santa Barbara 93160.

**JUL 4: Kenwood Footrace.** 10K, Kenwood (Warm Springs Rd.), 8 am. Valley of the Moon R.C., P.O. Box 879, Forestville 95436.

**JUL 4: Embarcadero 5 Mile Optimist Run for Youth.** Oakland (Estuary Park, 1/2 mile south of Jack London Sq.), 9 am. Run for Youth, 5715 Florence Terr., Oakland 94611. (415) 834-3110.

**JUL 4: Firecracker 10K & 3K Fun Runs.** Half Moon Bay (Smith Baseball Field), 8:30 am/3K, 9 am/10K. Steve Cook, 700-A Arnold Way, Half Moon Bay 94019. (415) 726-3233.

**JUL 4: Milpitas Firecracker 10K.** Milpitas (Civic Center), 8:30 am. Karen McNamara, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

**JUL 4: Santa Clara Central Park Run.** 3.4 mile, 8:30 am. Community Rec. Center, 969 Kiely Blvd., Santa Clara 95051. (408) 984-3260.

**JUL 4: Delta Festival Fun Run.** 5 mile & 1.4 mile fun run, 9 am. Santo Enea, 224 E. 10th., Pittsburg 94565. (415) 427-0306.

**JUL 4: Run for Independence.** 2 & 5 mile, Atwater (Ralston Park), 7:30 am. The Signal, 927 Atwater Blvd., Atwater 95301.

**JUL 4: Northern California 4th of July Jubilee Run.** 3K ? 10K, Arcata (Arcata Plaza), 9:30 am/3K, 10 am/10K. Ken Yanosko (707) 826-1765.

**JUL 4: Monarch Bank 5 & 10K Run in the Parks.** Laguna Niguel (Crown Valley Community Park), 7 am/10K, 8 am/5K. Bill Pascual, 24372 Las Naranjas, Laguna Niguel 92677. (714) 831-6618.

**JUL 4: La Palma ADP 5 & 10K.** La Palma, 8 am. Kitty Rudometkin, 7821 Walker St., La Palma 90623. (714) 522-6740.

**JUL 4: Paliades Will Rodgers 10K.** Pacific Paliades, 8:30 am. Brian W. Shea, Box 487, Pacific Paliades 90272. (213) 394-9611.

**JUL 4: Fountain Valley Fiesta Independence Day 15K.** Fountain Valley (Mile Square Park), 7:30 am. Loeschhorn's, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

**JUL 4: Independence 5/10K.** Fountain Valley (Mile Square Park), 8 am. Dave Reynolds, Tomlinson, 151 W. Agua Caliente Rd., Sonoma 95476. (707) 938-2809.

**JUL 4: Independence Day 10K.** Newhall, 8 am. Santa Clarita Runners, Box 481, Newhall 91321. (805) 252-4755.

**JUL 7: Western States 100-Mile.** Squaw Valley to Auburn, time TBA. Curt Sproul, 1000 "G" St., Sacramento 95814. (916) 443-8161. *Entries usually close early.*

**JUL 7: King of the Hill Triathlon.** 2.4 mile swim, 112 mile bike, 26.2 mile run or 1.2 mile swim, 56 mile bike, 13.1 mile run. San Bernardino Mountains (Big Bear Lake), time TBA. Don Frantz, P.O. Box M6-32, Big Bear Lake 92315. (714) 585-5650. *Previously listed as June 30.*

**JUL 7: San Francisco Triathlon.** 1K swim, 20K bike, 5K run. San Francisco, time TBA. Fleet Feet, 2086 Chestnut St., San Francisco 94133. (415) 921-7188.

**JUL 7: Burney Basin Days Half-Marathon.** Burney, 8 am. Intermountain R.C., P.O. Box 1564, Burney 96013. (916) 335-3236.

**JUL 7: Redding Rendezvous Triathlon.** 8 mile run, 24 mile bike, 4 mile paddle. Lake Redding Park, time TBA (no raceday reg.). Mike Jones, P.O. Box 3066, Redding 96049. (916) 275-4141.

**JUL 7: Double Nickel Lions Club 10K.** Nipomo, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

**JUL 7: Benbow Triathlon.** Benbow Lake (2-person teams alternately do 4.4 mile run, 9.4 mile bike & innertube together across lake), 10 am. Linda Sanford. (707) 442-6100.

**JUL 7: Cable Stars 5/10K Run.** Oxnard (Channel Islands Harbor), 8 am. Jones Intercable, Attn: Donnie Clark, 721 Maulhardt, Oxnard 93030. (805) 485-7865.

**JUL 7: Ponderosa Ridge Run.** 9.5 mile, Lake Tahoe (Hiway 50 & 28), 10 am (7000' & hilly). Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

**JUL 7: Freedom Run.** 5 & 10K, Walnut (Mt. SAC College), 8:30 am. Vince Thomas, 17012 Lowell Cir., Huntington Beach 92649. (714) 846-1386.



**JUL 7: Carlsbad Triathlon.** Swim 1 mile, bike 14 mile, run 10K, Carlsbad (Tamarack Beach), time TBA. Ken Price, City of Carlsbad, 1200 Elm Ave., Carlsbad 92008. (619) 438-5575.

**JUL 7: Downey 5 & 10K.** Wilderness Park, 8 am. Downey Track Club, 11040 Brookshire, Downey 90241. (213) 869-7301, x554.

**JUL 8: After the Fourth 5K Fun Run.** Moraga (St. Mary's College), 9 am. Hazel Lyon, 1336 Rimer Dr., Moraga 94556.

**JUL 8: Gay Run '84.** 5 & 10K, San Francisco (Golden Gate Park Polo Fields), 9 am. Front Runners, 1550 California St., Box 61200, San Francisco 94109. (415) 821-7300.

**JUL 8: Dump to Dump.** 5 miles, location and time TBA. Scott Goldman, 299 California Ave., #208, Palo Alto 94306. (415) 878-8272.

**JUL 8: Benbow Race.** 2 & 6.2 miles, at Benbow Lake State Park near Arcata. Bruce Strobbridge, Box 431, Miranda 95553.

**JUL 8: Duane Shaffer Birthday Marathon.** Anaheim (Anaheim Lake), 7 am. Duane Shaffer, 4042 Bycroft, Yorba Linda 92686. (714) 632-4896.

**JUL 8: South Coast Summer Classic 5 & 10K.** Irvine (Mason Regional Park), 7:30 am/5K, 8:15 am/10K, South Coast Runners Ass'n., 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

**JUL 8: Nat'l Masters TAC 15K Championships.** Utica, New York, time TBA. Earl Reed, c/o Utica Boilers, Dwyers Ave., Utica, NY 13501. (315) 797-1310.

**JUL 8: SPA/TAC Half Marathon Championships.** Los Angeles (Griffith Park), 8 am. CRRRC, Box 891, Tarzana 91356. (818) 888-5526.

**JUL 8: DSE Double Muni Pier Run.** 2.47 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUL 8: Historic Folsom 10K.** Folsom, 8 am. George Parrott, c/o City Sports Works, 5115 Madison Ave., Sacramento 95841. (916) 332-6453. *Listed July 10 in other sources... verify date with contact person.*

**JUL 8: AJOB Runathon.** 5K, Oakland (Lake Merritt, New Boathouse), 9 am. Darien Louie, 1222 University ave., Berkeley 94702. (415) 548-6700.

**JUL 9-12: Trans Sierra Ultra Run/Seminar.** Squaw Valley, time TBA. Barry Turner, 605 So. Auburn St., Suite H, Grass Valley 95945.

**JUL 14: Eppie's Great Race.** 6.1 mile run, 12.5 mile bike, 6.3 mile paddle (individual and relay), Sacramento (Goethe Park), time TBA. *July 6 Entry Deadline.* Shirley Willd, 3711 Branch Center Rd., Sacramento 95827. (916) 366-2066.

**JUL 14: Good Sport Couples Relay.** 2-Person run 2 mile each, Larkspur, time TBA. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

**JUL 14: Woodland Classic 5-Miler.** Woodland (Vince's Restaurant), 8 am. Daniel Silva, 140 W. Main St., Woodland 95695. (916) 666-6049.

**JUL 14: World's Easiest Triathlon.** 50m swim, 5000m bike, 3000m run. Taft (Taft Natatorium), time TBA. Westside Roadrunners, P.O. Box 262, McKittrick 93251. Joe Cox (805) 762-7557.

**JUL 14: Oxnard/Sunkist Triathlon.** 1 mile swim, 11 mile bike, 4 mile run. Oxnard (Hollywood Beach), 8 am. Gil Ramirez or Rob Fukutomi, 800 Hobson Way, Oxnard 93030. (805) 984-4643.

**JUL 14: Anniversary 5/10K Runs.** Fountain Valley (Mile Square Park), 7:30 am/5K, 8 am/10K. NBRA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**JUL 14: CENTS Fun Runs.** 2 & 5 miles, Clovis. Paul Morrisson, 1033 5th St., Clovis 93612. (209) 298-8061.

**JUL 14: AT&T Spirit of America 5K.** San Diego (Balboa Park), 7:30 am. Contact: (619) 283-6131.

**JUL 15: Sri Chinmoy 5K.** Cupertino (Valico Parkway, nr. Shopping Ctr.), 8 am. Rick DeAngelo (415) 255-6941.

**JUL 15: Quick Silver Challenge Half Marathon.** San Jose (Castillero Middle School), time TBA. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223.

**JUL 15: Plum Run.** 10K, Santa Rosa (Willowside School-tentative location), 9 am. Chuck Rust, 1212 Baird Rd., Santa Rosa 95405. (707) 538-0175.

**JUL 15: Mark West Challenge.** 10K, San Miguel School (Santa Rosa?), 8 am. Dan Evans, 510 Larkfield Ctr., Santa Rosa 95401. (707) 545-8380.

**JUL 15: Lake Merritt Summer Relays.** **CANCELLED.**

**JUL 15: Converse Aptos Women's 5-Miler.** Aptos (Aptos Village Park), 9 am. Gail Goetelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624. *Women Only.*

**JUL 15: Turnaround Race for Peace.** 5 mile & 1 mile fun run, San Francisco (Polo Fields, Golden Gate Park), 8:30 am/1 mile, 9 am/5 mile. Nowhere to Run, P.O. Box 20249, Oakland 94620. (415) 658-7805.

**JUL 15: Domaine Chandon's Run in the Vineyard 10K.** Yountville (Veterans Home entrance), Napa Valley, 8 am. Domaine Chandon, P.O. Box 2470, Yountville 94599. (707) 944-8844.

**JUL 15: Olympic Torch Run.** 5 miles, San Luis Obispo (Strother Park), time TBA. Chuck Fellows, 202 Canyon Way, Arroyo Grande 93420.

**JUL 15: Tall Trees Fun Run.** 0-17 miles, start at Tall Trees Grove (Redwood National Park), north of Orick, 11 am. Karen Angel &

**JUL 15: Run thru Eldorado 5K.** Lng Beach (El Dorado Park), 8 am. Run Thru Eldorado, 3941-B, So. Bristol, Santa Ana 92704. (714) 645-8710.

**JUL 15: Israel Runners Ass'n Salutes the U.S. & Israel Teams 5/10K Run.** Los Angeles (Rancho Park), 9 am. Israel Runners Ass'n., 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**JUL 15: Run for Cancer.** 5 miles, Merced, 7 am. For info. (209) 383-3710 or 384-6290.

**JUL 15: Cerritos Parks & Recreation 5K Run.** Los Cerritos Mall, 7:30 am men's race, 8:05 am women's race. Runners High, 5519 El Amo Blvd, Lakewood 90713. (213) 920-3580.

**JUL 15: DSE Golden Gate Bridge Run.** 3.53 mile, San Francisco (Toll Gate Plaza Park Lot), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUL 15: Los Gatos Creek 10K Fun Run.** Los Gatos (14700 Oak Rd.), 8 am. Los Gatos Swim & Racquet Club, 14700 Oak Rd., Los Gatos 95030. (408) 356-2136.

**JUL 15: Marin Headlands 7-Miler.** Marin Headlands, GGNRA (Bunker Rd. horse stables), 9 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 472-RACE.

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## Schedule

**JUL 15: Presidio 10 Miller.** San Francisco (Centennial Tree, Main Parking Lot at Presidio), 9 am. *Limit 3000.* The Guardsmen, 12 Geary St., San Francisco 94108. (415) 781-6785.

**JUL 15: Lake Tahoe Series 5/10K.** Tahoe City (No. Tahoe High School), 10 am. Di Harlow, Tahoe Outdoor A.C., P.O. Box 5905, Tahoe City 95730. (916) 583-7283.

**JUL 15: Run for Cancer.** 5 mile, Merced, 7 am. Dave Olsen, Merced Track Club, P.O. Box 3275, Merced 95340. (209) 383-3710 or 384-6290.

**JUL 15: A Mid-Summer's Run.** 3.7 mile, San Luis Obispo (South Bay Community Park on Los Osos Valley Rd.), time TBA. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

**JUL 15: Bonne Bell-Chevrolet Women's 10K.** San Diego (Balboa Park), 7 am. Lynda Gregg, 1969 Gotham St., Chula Vista 92010. (619) 421-2978.

**JUL 16: Fortuna Rodeo Run.** 2 mile & 10K, Fortuna, evening. Six Rivers RC, P.O. Box 214, Arcata 95521.

**JUL 21: Bodega Bay to Breakers 8K.** Westside Road at the foot of Bodega Head, 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-2188.

**JUL 21: Code Three Fun Run.** 5 miles, Yuba City (River Front Park), 9 am. Jog-In, 444 Gray Ave., Yuba City 95991. (916) 674-0574.

**JUL 21: Tulare Road Race.** 2 mile prediction & 6 mile race, Tulare (Live Oak Park), 6:50 am/2 mile, 7 am/6 mile. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUL 21: Great Pioneer Day 5 & 10K Runs.** Sonoma (Sonoma Square), 9 am. Ron Tomlinson, 151 W. Agua Caliente Rd., Sonoma 95476. (707) 938-2809.

**JUL 21: RRCA Women's Distance Festival 5K.** San Luis Obispo (Laguna Lake Park), 8:30 am. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

**JUL 21: Cypress Community 5/10K Runs.** Cypress, 7:30 am. Sheryl Puryear, 5700 Orange Ave., Cypress 90630. (714) 821-9500.

**JUL 21: Runner's Sole Sprint-Tri.** 1K swim, 20K bike, 8K run. Castaic (Castaic Lake), time TBA. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (818) 368-7889.

**JUL 21: Billy Mills 10K.** Sacramento (William Land Park), 9 am. Capital City Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185. *Entries close on July 14.*

**JUL 21: Fun-in-the-Sun Days 10K.** Escondido (High School), 7 am. (& 2 mile fun run). Robert Embry (916) 480-3051.

**JUL 22: Wharf to Wharf Race.** 5.813 miles, Santa Cruz to Capitola, 8:30 am. Wharf to Wharf, P.O. Box 307, Capitola 95010. (408) 475-2196.

**JUL 22: The River City Triathlon.** ¼ mile swim, 13 mile bike, 5 mile run. Sacramento, time TBA. Tri-Triathlon, 2410 "J" St., Sacramento 95816. (916) 442-8326.

**JUL 22: Lake Chabot Trail Challenge.** 13.1 mile, Castro Valley (Lake Chabot Regional Park), 9 am. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255.

**JUL 22: PA/TAC 25K Championships.** San Francisco (Golden Gate Park, So. side of Polo Fields), 8 am. PA/TAC 25K, 2000 Lucas Valley Rd., San Rafael 94903. (415) 434-1081.

**JUL 22: Mad River Summer Bridge Race.** 2 mile & 15K, Water District Park #4 (Warren Creek Rd.) - Arcata Area, 10:45 am. Six Rivers RC, P.O. Box 214, Arcata 95521.

**JUL 22: Tin-Man Triath-a-Lung.** 1 mile swim, 25 mile bike, 6 mile run. Healdsburg (Healdsburg Memorial Beach), 9 am. American Lung Ass'n, Lizz Woznicki, 1059 Second St., Santa Rosa 95404. (707) 527-LUNG.

**JUL 22: Lake Merritt Joggers & Striders 4th Sunday Runs.** 5, 10 & 15K, Lake Merritt (Oakland), 9 am.

**JUL 22: Conejo 8K Run.** Westlake Village, 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

**JUL 22: DSE Women's Festival Legion of Honor Run.** (mixed run), 4.30 mile, San Francisco (Palace of Legion of Honor), 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

**JUL 22: ARC Golden Gate Bridge Run.** 3 mile, San Francisco (Toll Gate Plaza Parking Lot), 9 am. John Ng (415) 387-2533.

**JUL 22: Red Lobster 5/10K.** (& ½ mile kids race), Carmichael (Ancil Hoffman Park), 8:30 am/½ mile, 9 am/5-10K. Phillip McCoy, County Parks Dept., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2066.

**JUL 24: Liberty to Liberty Triathlon.** 2.4 mile swim, 90 mile bike, 10K run. Manhattan (New York City) to Philadelphia (Liberty Bell), 7:10 am. \$100 fee. Dave Morning, Tri-Sports, 601 Montgomery, #720, San Francisco 94111. (415) 434-1081.

**JUL 28: Garlic Festival 10K Run.** Gilroy (Gavilan College), 7:30 am. Garlic Festival Committee, P.O. Box 2311, Gilroy 95020.

**JUL 28: The Golden Run 5/10K.** Fountain Valley (Mile Square Park), 7:30 am/5K, 8:15/10K. Golden Run, 1822½ Newport Blvd., #210, Costa Mesa 92627. (714) 645-7194.

**JUL 28: SPA/AAU 10K Run Honoring the 1984 Olympics Opening Day Ceremonies.** Los Angeles, 9 am. Maccabi Union, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**JUL 28: Sonoma Pioneer Day Run.** 5 & 10K, Sonoma (City Plaza), 9 am. Bernice Stockton, 616 Austin, Sonoma 95476. (707) 996-8856.

**JUL 28: Trout Creek Run.** 5.1 mile, South Lake Tahoe Tartan Track), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5524.

**JUL 28: Coronado Optimist 10K.** Coronado, 7 am. Info: (916) 437-4556.

**JUL 29: DSE Twin Peaks Run.** 3.36 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

**JUL 29: Padres-Lions 10K.** San Diego (Padres Stadium), 7 am. (& 2 mile fun run). Robert Goggin: (619) 291-3253.

**JUL 29: Sertoma Classic.** 4 & 8 miles, Hayward (Air Terminal), 9 am. Larry Olivera, 22594 Mission Blvd., #210, Hayward 94541. (415) 582-5982.

**JUL 29: SLO Recreation Dept. Triathlon.** ½ mile swim, 14½ mile bike, 3½ mile run. San Luis Obispo (Sinsheimer Park), time TBA. Joan Ponza, Parks & Rec. Dept., City of San Luis Obispo, P.O. Box 321, San Luis Obispo 93406. (415) 541-1000.

**JUL 29: Optimist Sports Fiesta Triathlon.** 4 mile bike, 400 yards swim, 1 mile run. Coronado (Sunset Park), time TBA. Optimist Triathlon, P.O. Box 251, Coronado 92118.

**JUL 29: Windmill Run.** 5K, San Francisco (Golden Gate Park, North Dutch Windmill), 9 am. Danielle Hochman, 4110 Geary Blvd., San Francisco 94118. (415) 751-0300.

## AUGUST

**AUG 4: Contra Costa Triathlon.** 1K swim, 20K bike, 5K run. Walnut Creek, time TBA. Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-MILE.

**AUG 4: Patagonia's Squaw Valley Mountain Run.** 3.6 mile (2000' climb), Squaw Valley, 9:45 am. Holly Beatie, P.O. Box 2575, Olympic Valley 95730. (916) 587-5571.

**AUG 4: Cazadero Footraces.** 3 & 7 miles, near Cazadero (3.5 mile north of Hwy 116 at merge of Cazadero Hwy & Austin Creek Rd.), 6 pm. W.C.R.S., Box 879, Forestville 95436. (707) 829-2888.

**AUG 4: Sierra Pines Marathon Relay.** 4-person teams, 26.2 mile, Bass Lake (Pines Village), 8 am. Mark Doris (209) 226-2800.

**AUG 4: Ocean Beach 5/10K.** San Diego (Robb Field), 8 am. Lynn Flanagan (916) 276-2738.

**AUG 4: Olympiad 10K.** Los Angeles (Griffith Park - Merry-go-round), 8 am. CRRC, Box 891, Tarzana 91356.

**AUG 5: YMCA Women's Walk-Run.** 5 & 10K, Pacific Grove (Lovers Point), 9 am. Fabia Orselli, 404 Camino El Estero, Monterey 93940. (408) 649-0834.

**AUG 5: Sri Chinmoy 10K Run.** Atherton (Menlo College), 8 am. Sundari Michaelian, 2438 - 16th Ave., San Francisco 94116. (415) 751-9057.

**AUG 5: Dog Daze 10K Star-Test Run & 1 Mile Fun Run.** Ukiah (Oak Manor School), 8 am. Eric Johnson, c/o North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 468-1352.

**AUG 5: Alameda Run for the Parks 10K.** Alameda (South Shore S.C.), 9:05 am. Barry Welss, Alameda Parks & Rec., City Hall, Room 201, Alameda 94501. (415) 522-4100.

**AUG 5: Skyline 50K.** (PA/TAC Championships - Prize Money). El Sobrante (Wildcat Canyon Regional Park), 7 am. Skyline 50, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.



**AUG 5: SPA/TAC 10K Championships.** Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5526.

**AUG 5: Annie & Mary Day Races.** 10K & 2 mile, Blue Lake, 8:30 am. Peggy Dickerson, P.O. Box 458, Blue Lake 95525. (707) 668-5655.

**AUG 5: DSE Golden Gate Promenade Run.** 7.13 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**AUG 5: USTS Triathlon Series.** 1.5K swim, 40K bike, 10K run. San Diego (Seaport Village), time TBA. July 29 entry deadline. Jim Curl, USTS, P.O. Box 1438, Davis 95616. (916) 758-9868.

**AUG 11: Union City Summer Fun Run.** Union City, 8 am. William Cann Civic Center, 34009 Alvarado Niles Rd., Union City 94587. (415) 498-0360.

**AUG 11: Donner Lake Triathlon.** 1/2 mile swim, 6.89 mile run, 13 mile bike. Donner Lake (Truckee), time TBA. Sherry Griswold-Reed, P.O. Box 1772, Truckee 95734. (916) 587-2754.

**AUG 11: Freshwater Race.** 2 mile & 10K, near Arcata, time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

**AUG 11: Northridge Twilight 10K.** Cal State Northridge, 6:30 pm. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (818) 368-7889.

**AUG 11: Fiscal Fitness 10K & 2 Mile.** San Diego (Balboa Park), 8 am. Toni Deal: (619) 273-5156.

**AUG 11: Wildman/Wildwoman Triathlon.** 2 mile swim, 30 mile bike, 15K run, Kernville (Kern River), time TBA. Darby Freven, Box W.W. Whitewater, Lake Isabella 93240. (619) 379-4685.

**AUG 11: Triathlon Sprint Championships.** 3 mile run, 10 mile bike, 300 yard swim, Irwindale (Santa Fe Dam Recr. Area), 8 am. Robert Hogen, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

**AUG 12: Kaiser Lake Merritt Run.** 5, 10 & 15K, Oakland (Lake Merritt, Sailboat House), 9 am. Dave Shrimpton, 3169 Santa Cruz Ln., Alameda 94501. (415) 521-8379.

**AUG 12: BAEA Feet Meet.** 8K, Foster City (Recr. Center, Shell Blvd.), 9 am. Donna Hinshaw, Box 305, Route 1, Half Moon Bay 94019. (415) 726-3787.

**AUG 12: Hook & Ladder Run.** 10K, San Francisco (Golden Gate Park, Rainbow Falls & Kennedy Dr.), 9 am. Jim Gallagher, 1358 LaPlaya, San Francisco 94122. (415) 751-0880.

**AUG 12: John Steinbeck 10K Run.** Salinas (Community YMCA, 117 Clay St.), 9:30 am. Royce Starr, c/o 117 Clay St., Salinas 93901. (408) 758-3811.

**AUG 12: DSE Golden Gate Bridge Vista Run.** 5.04 mile, San Francisco (Legion of Honor), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**AUG 12: Yount Mill Ribbon Run.** 2 mile & 8K, Yountville (Yountville Park), 8:30 am. Steve Rodriguez, 1243 Rubicon Ct., Napa 94558. (707) 226-8959.

**AUG 12: Monterey Bay Triathlon.** 1.5 mile swim, 50 mile bike, 13 mile run, Santa Clara County (Uvas Lake), time TBA. Aug. 1 entry deadline. Joe Ossmann, c/o 116 E. San Luis St., Salinas 93901. (408) 758-2733.

**AUG 12: Humboldt County Fair Runaway.** 10K(?), Ferndale, time TBA. Katherine Queen, Humboldt County Fair, P.O. Box 637, Ferndale 95536. (707) 786-9511.

**AUG 12: Sacred Heart Fiesta Fun Run.** 6 mile & 1 mile children's run, Fresno (2140 N. Cedar), 7 am. Martha Magnia, 3713 No. Thesta, Fresno 93726. (209) 224-9749.

**AUG 12: Horny Toad Invitational Triathlon.** swim 1.5 mile, bike 50 mile, run 13.1 mile. San Diego (Torrey Pines State Beach), time TBA. By invitation only. Bruce Norvell, 3517 Curlew St., San Diego 92103. (619) 296-7649.

**AUG 12: SPA/AAU 10K Run Honoring the 1984 Olympics Closing Ceremonies.** Los Angeles, 8 am. Maccabi Union, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**AUG 15: Northridge Twilight 10K.** Cal State Northridge, 6:30 pm. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (818) 368-7889.

**AUG. 16: High Sierra 10K.** So. Lake Tahoe (Tartan Track), 6 pm (track event). Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

**AUG 18: Bass Lake Half Marathon.** Bass Lake (Pines Village), 8 am. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

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## Schedule

**AUG 18: Hayward Zucchini Festival 10K.** Hayward (Hesperian Blvd/Kennedy Park), 9 am. Jeff Barnes, 951 Palisade St., Hayward 94542. (415) 582-9614.

**AUG 18: Delta Kiwanis Triathlon.** ½ mile swim, 10 mile bike, 5 mile swim. Antioch (Contra Loma Regional Park), 8 am. Clark Gelhaus, 111 W. 15th St., Antioch 94509. (415) 757-7412.

**AUG 18: Jog In the Fog.** 1½ & 4 miles, Half Moon Bay (Miramar Beach), 8:30 am/1.5 mile, 9 am/4 mile. Coasters R.C., c/o 637 Buena Vista St., Moss Beach 94038.

**AUG 18: Tetrick Trail Run.** 8 mile, Los Angeles (Griffith Park), 7:30 am. *Raceday entry only.* Runner's Sole, 17820 Chatsworth St., Granada Hills 91344. (818) 368-7889.

**AUG 18: Pikes Peak Ascent.** 14.3 mile. Manitou Springs, Colorado, 7 am. Marge Carter, P.O. Box 1694, Colorado Springs, CO 80901. (303) 471-9790. *Enter by Aug. 15.*

**AUG 19: San Francisco Marathon.** Golden Gate Park, 8 am. *10,000 Limit.* San Francisco Marathon, P.O. Box 27385, San Francisco 94127. (415) 681-2322. *Prize Money.*

**AUG 19: America's Finest City Half-Marathon.** Pt. Loma (San Diego), 7 am. Jack Damson, 3861 Front St., San Diego 92103. (619) 297-3901.

**AUG 19: Pinecrest Run.** 5 mile (handicap race), Pinecrest (Toulumne County), 9 am. *Raceday entry only.* Pinecrest Run, P.O. Box 1071, Pinecrest 95364. (209) 965-3201.

**AUG 19: Pikes Peak Marathon.** 28.2 mile Manitou Springs, Colorado, 7 am. Marge Carter, P.O. Box 1694, Colorado Springs, CO 80901. (303) 471-9790. *Enter by Aug. 15.*

**AUG 19: Bodega Big Event Foot Race.** 10K, Bodega (Fire Hall), 8:30 am. Ayala, P.O. Box 199, Bodega 94922. (707) 874-3418.

**AUG 19: Squaw Valley Triathlon.** 1K swim, 30K bike, 10K run. Squaw Valley/Donner Lake, time TBA. Tri-Triathlon, 2410 "J" St., Sacramento 95816. (916) 442-8326.

**AUG 19: Hammond Bridge Half-Marathon.** McKinleyville to Arcata & back, 9 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**AUG 19: Lake Tahoe Series 5 & 10K.** Truckee (Northstar-at-Tahoe), 10 am. Di Harlow, Tahoe Outdoor A.C., P.O. Box 5905, Tahoe City 95730. (916) 583-7283.

**AUG 19: Levi Ride & Tie.** Distance TBA, location TBA (2-member teams plus horse), time TBA. Bud Johns, Levi-Strauss, 3965 Sacramento St., San Francisco 94118. (415) 544-8973.

**AUG 19: Macy's Birdcage 5K.** Sacramento. *Women only.* Time TBA. John McIntosh: (916) 488-7191.

**AUG 19: "Can't I Lope" 5 & 10K.** Firebaugh (City Park), 7:30 am. Darrell Darnell, 1101 Dos Palos Ave., Dos Palos 93620. (209) 392-2706.

**AUG 19: Hind Co. & Triathlon Magazine Sea to Sea Triathlon.** 1.75 mile swim, 22 mile bike, 10 mile run. San Luis Obispo (Avila Beach), time TBA. Hind Co., 390 Buckley Rd., San Luis Obispo 93401.

**AUG 19: "Carrera de Locos" Half Marathon.** Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

**AUG 25: Dammit Run.** 5.8 mile, Los Gatos (High School), 9 am. Craig Carlson, 17581 Blanchard Dr., Monte Sereno 95030. (408) 395-5567.

**AUG 25: June Lake Triathlon.** ½ mile swim, 30K bike, 10K run. June Lake, time TBA. Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626.

**AUG 25: Ocean Air Triathlon.** 1 mile swim, 26 mile bike, 10 mile run. Palos Verdes Peninsula to Torrance, time TBA. South Bay Athletic Promotions, P.O. Box 10097, Torrance 90505. (213) 540-1127. *Note: Listed as Aug. 26 in some publications.*

**AUG 25: Tuna Day 10K.** San Diego, time TBA. Judy Burgess: (619) 584-2484.

**AUG 26: Santa Monica Marathon.** Santa Monica, time TBA. Santa Monica Parks & Rec. Dept., 1685 Main St., Rm. 210, Santa Monica 90401. (213) 393-0463.

**AUG 26: Nat'l TAC 10K Senior Men's Championships.** Buffalo, New York, time TBA. Diane Lupp, 190 Warren Ave., Buffalo, NY 14217. (716) 873-5319.

**AUG 26: Fourth Sunday Runs.** 5K, 10K & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt Joggers & Striders: (415) 834-3110.

**AUG 26: Come Up to Simi Run.** 10K & 4 mile, Healdsburg (Simi Winery), 8:45 am. Kate Jones or Mary Evelyn, Simi Winery, P.O. Box 698, Healdsburg 95448. (707) 433-6981.

**AUG 26: Basecamp's "Where the Hell is Truckee" Run.** 18 mile, Tahoe City (North Tahoe High), 8 am. Barb Cohen, Basecamp, Box 1864, Tahoe City 95730. (916) 583-5306.

**AUG 26: Redwood Shores Blathlon.** 400m swim, 4 mile run. Redwood Shores (350 Marine World Pkwy), 10 am. Big Brothers/Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

**AUG 26: DSE Golden Gate Toll Plaza Run.** Distance ??, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

**AUG 26: Pinole Chamber Country Run.** 10K, Pinole (Ellerhorst School), 9 am. Terry Rosenthal, c/o Doctors Hospital, 2151 Applan Way, Pinole 94564. (415) 724-5000.

**AUG 26: Red Cross Watermelon Run.** 10K, Merced, time TBA. Mike Mason, c/o Red Cross, 1711 "M" St., Merced 95340. (209) 383-2150.

**AUG 26: Wildwood Days Races.** 2 mile & 10K, Rio Dell, 9:30 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**AUG 26: South Hill 50 Mile Ultra & 5 Man 50-Mile Relay.** Camarillo, 6 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**AUG 26: U.N. World Friendship 10K.** (& 2 mile), San Diego (Balboa Park), 7 am. Bill Stock: (619) 286-7867.

**AUG 26: Bud Light USTS Triathlon Series.** 1.5K swim, 40K bike, 10K run, San Diego, time TBA. *Aug. 12 deadline.* USTS, P.O. Box 1438, Davis 95617.

**AUG 26: Catalina Row-Run-Ride Triathlon.** Row 15 miles, bike 15 miles, run 15 miles. Catalina Island, time TBA. Steve Hathaway, 4469 Admiralty Way, Marina del Rey 90292. (213) 823-4567.

**AUG 26: Fresno Blathlon.** Roeding Park & Pine Flat. Bob Fries, 1501 E. Browning St., Fresno 93710.

## LOOKING AHEAD

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

**SEP 2: Alcatraz Challenge Triathlon.** 1.5 mile swim, 1 mile run, 14 mile bike, 14½ mile swim. Alcatraz-Aquatic Park-Mill Valley-Double Dipsea, time TBA. *Limit 150 by Aug. 1.* Joe Oakes/Sally Bailey, 10 Cameford Ct., Moraga 94556. (415) 376-3468.

**SEP 2: Silver State Marathon & Half Marathon.** Near Reno, Nevada, 6:30 am. P.O. Box 750, Reno, NV 89504. (702) 825-6240.

**SEP 2: The Lost Coast Relays.** 5-person teams, approx. 10 miles each. Leggat to Ft. Bragg. Capitol City Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 566-6185.

**SEP 9: Nike-OTC Marathon.** Eugene, Ore., time TBA. Jerry Settelmeier, P.O. Box 10412, Eugene, OR 97440. (503) 687-2477. *Entries close early. . . lottery!?*

**SEP 16: 40th Annual Walnut Festival Runs.** 5 & 10K, Walnut Creek (Heather Farms), 9 am. Jim Changaris, P.O. Box 3408, Walnut Creek 94598. (415) 935-8766.

**SEP 30: Bridge to Bridge Run.** 8 miles & 5K. San Francisco Ferry Bldg. KNBR, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

**OCT 7: Sacramento Marathon.** (& Half Marathon), Sacramento (William Land Park), 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

**OCT 7: Great Race.** 10K, Stanford. PA-TAC Open Women's Championships. Stanford University, 8:30 am. Sharon Allen, 695 Oak Grove #3D, Menlo Park 94025. (415) 326-0100.

**OCT 14: Humboldt Redwoods Marathon.** (& Half Marathon), 9 am, near Weott. HRM, c/o Apollo Computers, 616 14th St., Arcata 95521. (707) 822-0318. *Oct. 6 Entry Deadline.*

**OCT 28: New York City Marathon.** New York City, time TBA, NYRR, P.O. Box 1388, New York, NY 10116. (212) 860-4453 for 860-4455. *Entries close early. . . by lottery.*



## COLLEGE/OPEN TRACK & FIELD

**JUL 7: Reebok-Los Gatos Twilight Pre-Olympic International Open Meet.** Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

**JUL 7: Long Beach Invitational II.** CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**JUL 12-14: TAC Youth Athletics National Championships.** Brigham Young University, Provo, Utah. Ben Stowell, 425 Sherman Ave., Salt Lake City, UT 84115. (801) 487-2847.

**JUL 13-15: Taco Bell Summer Games.** Fresno State University. Red Estes, CSUF Athletic Dept., Fresno 93740. (209) 294-4097.

**JUL 14: Kinney Invitational.** UC Berkeley. Dave Maggard, Athletic Director, UC Berkeley 94720. (415) 642-5316.

**JUL 14: Los Gatos All Comers.** (408) 395-5825.

**JUL 15: International Pre Olympic Meet.** Mt. San Antonio College, Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JUL 19-21: TAC National Junior Olympics Championships.** Baton Rouge, Louisiana. Sams Seemes, Track Coach, Louisiana State, P.O. Box AS, LSU Station, Baton Rouge, LA 70893. (504) 388-8627.

**JUL 21: Reebok-Los Gatos Twilight Pre-Olympic International Open Meet.** Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

**JUL 21: International Pre Olympic Meet.** Hughes Stadium, Sacramento. Al Baeta, American River College, 4700 College Oak Dr., Sacramento 95841. (916) 484-8143.

**JUL 21: Long Beach Invitational III.** CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**JUL 21: Prefontaine Classic.** Hayward Field, Eugene, Oregon. Tom Jordan, 850 East 43rd Ave., Eugene, OR 97405. (503) 683-5635.

**JUL 25: Mt. SAC International Pre-Olympic Tune-up.** Open to International Olympic Team members only. Don Ruh, Track Coach, Mt. SAC, Walnut 91789. (714) 594-5611.

**JUL 30: International Pre-Olympic Invitational.** Pt. Loma College, San Diego, 2 pm. Dr. James Crakes, Track Coach, Point Loma Nazarene College, 3900 Lomaland Dr., San Diego 92106. (619) 222-6474(w), (619) 224-3835(h), or Robin Williams (619) 455-9422(h).

**AUG 3-12: Olympic Track & Field Games.** L.A. Memorial Coliseum. H.D. Thoreau/Bill Bedford, LAOOC, Los Angeles 90084. (213) 305-1984 or 305-8414.

**AUG 11: Arco Jesse Owens Youth Games.** San Diego State Univ. Mary DeGeorge, Director, Arco Jesse Owens Youth Games, 515 S. Flower St., Los Angeles 90071. (213) 486-1243.

**AUG 15: Post Olympic Meet.** University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3395.

## MASTERS TRACK & FIELD

**JUL 1: SPA/TAC Masters Championships.** Occidental College, 3 pm. Woody Studenmund, 823 Millmada Dr., La Canada 91011. (213) 259-2775.

**JUL 7: Northern California Seniors Classic.** Berkeley. Mark Grubi, P.O. Box 4512, San Francisco 94101.

**JUL 7-8: TAC National Masters Decathlon & Heptathlon Championships.** Indiana University, Indiana. Henry Hopkins, 833 N. Center Rd., Indianapolis, IN 29651.

**JUL 13-15: Taco Bell Open & Masters.** Fresno State University. Red Estes, CSUF Athletic Dept., Fresno 93740. (209) 294-4097.

**JUL 13-15: TAC Western Regional Masters Championships.** Occidental College. Gary Miller, 1740 Grandview Ave., Glendale 91201. (818) 843-2139, until 9 pm.

**AUG 17-19: TAC National Masters Championships.** Eugene, Oregon. Oregon Track Club Masters, P.O. Box 10085, Eugene, OR 97440. (503) 687-0122.

**OCT 8: Club West Masters.** Goleta. George Adams, P.O. Box K, Goleta 93116.

*Masters please check College/Open Track & Field Schedule for All Comers Meets, as many have special masters divisions and/or encourage masters participation.*

## CAMPS

**JULY 13-16: Forest Cuyamaca Cross Country Camp.** Camp Cuyamaca, San Diego County. Dennis Lottermoser, 12835 Via Esperia, Del Mar, CA 92014. (619) 755-4966.

**JULY 23-27: Christian Runners Association High Altitude Camp-Clinic.** Grouge Ridge Lakes area. Nick Vogt, Christian Runners Association, 1025 Grange Rd., Meadow Vista, CA 95722. (916) 878-0697.

**JULY 29-AUGUST 3: Long Distance Running & Steeplechase Workshop.** Humboldt State University, Arcata. Jim Hunt, 2500 Gold Course Rd., Bayside, CA 95524.

**AUGUST 13-17 & AUGUST 20-24: Yosemite Track & Cross Country Camp.** Camp Green Meadows near Yosemite National Park. Dave Donaldson, 835 Modoc, Merced, CA 95340. (209) 722-2384.

**AUGUST 26-31: Ojai Valley Long Distance Running Camp.** Ojai Valley School, near Ventura. Gary Tuttle, Inside Track, 1410 East Main St., Ventura, CA 93001. (805) 643-1104.

## CROSS COUNTRY

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# News & Notes

## Points of Interest

By RICHARD LEE SLOTKIN

Did you ever notice that going to an all-comers meet is a lot like browsing in a used book store. You never know what you're going to find. Most of the stuff won't be of much interest, but every once in a while you stumble on a real gem.

Like at Santa Monica College this past May. It was a barely noticed "Olympic Development Meet" for women. There was some pretty good local talent there such as 1500m O.T.Q. Michelle Hopper and former junior pentathlon champ Marlene Harmon. But look who was out there in the 100 and 200 meters. Just testing the legs in her 1st competition since Helsinki, there she was: Evelyn Ashford. Naturally, she annihilated the fields in both events, but what an opportunity to see the world record holder up close . . . and for free! And if you had your camera with you, well what more could you ask for.

Then, just one week later, the Southern Pacific Association held its annual district championship. Last year, in that meet, Frenchman Thierry Vigneron set a meet and world record in the pole vault. This year, Mike Tully showed up and set an American Record. Ironically if only tied the meet record, because his mark was the same as Vigneron's. Set an AR and only tie the MR. That must have caused some mixed feelings. Still, the price was right.

Actually, that was just the cream of a very good meet. Most of the talent was local, true, but it was the best of the local talent, and when it comes to track and field, Southern California doesn't take a back seat to any place.

So, check them out, these all-comers meets. You never know what you'll find.

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## San Francisco Marathon

On August 19th, 1984 at 6 a.m., just one week after the Olympic marathon, runners will take to the streets of San Francisco to run in the 8th Annual San Francisco Marathon. More than 10,000 runners, highlighted by Olympic-class athletes, and thousands of spectators still sightseeing in California after the Games, will be drawn to this popular run and its citywide course.

Sponsored by Paul Masson Vineyards, the San Francisco Marathon is the third largest marathon in the United States. The race has recently announced the "Paul Masson Prize Fund" — \$50,000 in prize money funded by Paul Masson Vineyards. The prize money will be distributed equally among men and women with \$10,000 going to the fastest finisher in each division, \$5,000 to second place and \$3,000 to third. In the masters' category, for both men and women, the winner will receive \$500, the runner-up \$300 and third place, \$100.

For added incentive in this Olympic year, Paul Masson will be offering a \$2,500 bonus if either of the winners better the Olympic championship time posted in the Games in Los Angeles the week before.

Since the first San Francisco Marathon in 1977, the field has grown from 800 runners to the 10,000 who participated in 1983. The men's winning time has dropped over ten minutes in eight years to the course record 2:14:30 set by Miguel Tibiduliza in 1982, while the women have improved by almost 18 minutes to Janis Klacker's 1983 course record of 2:35:43.

The popularity of the San Francisco Marathon has been due, largely, to the surprisingly flat course, the ideal August weather and the scenery of the city itself. The race begins in Golden Gate Park, passes through the financial district to the halfway point in Chinatown, then along the Embarcadero past Fisherman's Wharf to the Fort Point turnaround under the Golden Gate Bridge and on to the finish up market Street at City Hall.

For further information or race applications send a self-addressed stamped envelope to the San Francisco Marathon, P.O. Box 27385, San Francisco 94127.

## Kinney X-C Nationals

After a successful Fifth Anniversary meet in San Diego in 1983, the Kinney Cross Country Championships will return to the Southern California city for its December 8, 1984 meet.

Tremendous spectator support, a strong local race staff and what one Kinney representative called a "true" cross country course, have been cited as reasons for the repeat visit of the nation's only high school championship in any sport.

According to Kinney National Coordinator Max Mayo, Balboa Park's Morley Field course, "contains all the elements — hills, trees, varying terrain — that are necessary for a first class cross country competition."

Balboa Park was the site of the first Kinney Cross Country National Championships in 1979 and again in 1980 before the National Finals moved to Orlando, Florida for two years.

Dennis McCianahan, cross country coach at Mt. Carmel High School, will again serve as National Meet Director. McCianahan, who served in the same capacity for the Kinney Meet in 1980, will oversee race procedures for the men's and women's 5,000 meter finals.

The 32 men and 32 women who will compete in San Diego in December will be qualifiers from Kinney regional meets in New York, Fresno, CA; Charlotte, NC; and Racine, WI.

For more information about the Western Regional qualifying meet contact: Kinney Western Cross Country Championships, P.O. Box 8103, Fresno, CA 93703.

## Two New TAC Books

Two new books have been made available by The Athletics Congress: **1984 Decathlon/Heptathlon Handbook**, co-edited by Dr. Frank Zarnowski and Calvin Brown. Contains lots of records and statistics. It sells for \$6.00. **United States Track & Field Olympians, 1896-1980**, edited by Hal Bateman. This is a compilation of every U.S. Olympic track and field performer in history, with information on the performer's college (if any), club affiliation, birthdate and place, date of death (if applicable), height and

weight, personal records for events, Olympic Games in which they competed and national titles. Only 300 copies of this book will be printed, and copies will be available on a first-come, first-serve basis. Copies are \$10 each. Both books can be ordered from: Book Order Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206.

## Two New Coaches

USC has announced the naming of **Ernie Bullard** as its new men's track and field coach. Bullard, 46, who competed as a pole vaulter on USC's undefeated track teams in 1957-58-59, becomes the university's ninth track coach, replacing Vern Wolfe, who retired at the end of the past season. "This is the successful culmination of my career," said Bullard. "Ever since I was an athlete at USC, my primary professional goal was to return to my alma mater as its track coach. My experience at San Jose State certainly prepared me well for that." At San Jose State, Bullard posted an 84-22 dual meet record. His teams won seven Pacific Coast Athletic Assn. meets and placed second five times. He took over the position in 1971 after spending two years as an assistant.

**Bob Kersee**, a former Bruin assistant coach, was named to replace Scott Chisam as head women's track and field coach at UCLA. Kersee, who is coaching several Olympic track hopefuls on the Tiger World Class Track Club, worked at UCLA for two years beginning in 1981. Among those athletes who have worked with Kersee are hurdlers Greg Foster and Andre Phillips, heptathlete Jackie Joyner and sprinters Alice Brown, Florence Griffith, Valerie Brisco-Hooks and Jeanette Bolden.

## Keeping Track

Sophomore **Arnold Fisk** became the first male in the history of the men's track program at California State University Dominguez Hills to qualify for the NCAA Division II Track and Field Championships by virtue of his 1:51.7 time in the 800 meters at a last chance meet held in Pomona. Fisk is a graduate of Serra High School in Gardena. . . At age 40, **Ramsey Thomas** is ready for a change. Thomas has resigned as the Wake Forest University track and cross country coach and will return to California next fall, where he will teach high school biology and chemistry in the San Francisco area. Look out masters, Thomas ran the 800 in 1:53 in the 35-39 age bracket and figures to crank 1:54's as a 40-year-old. He ran 1:56 on May 18. . . The induction of three former Rams into the newly-formed Fresno City College Track and Field Hall of Fame highlighted the recent awards dinner for the 1984 FCC squad. Inducted into the hall of fame were weightman **Frank Eller** (1957-58), pole vaulter **Steve Hardison** (1969-70), and quarter miler **Maxie Parks** (1971-72). . . Taft College freshman **Ed Frazier** was selected the Male Athlete of the Meet at the Junior College State Championships. He competed in four events (including two relays), he set a school, meet and national record while winning the 400 meters, placed third in the 200 and ran legs on the relays to pace Taft to a third place finish. Frazier shattered his own school record by nearly a second with his 45.77 clocking in the 400, that also snapped a five-year-old national record set by Larry Goldstone of Mt. SAC. . . **Marathon Tours, Inc.** has announced running trips to the September 30 Bermuda Sunlife Triathlon and the October 14 Athens Marathon. For more information contact Marathon Tours, 330 Sutter St., San Francisco 94108. . . We just received a sample of the Lynwood High School Track & Field Newsletter. **Rick Smith** (head boys coach) and **Al Higa** (head girls coach) are behind this useful and informative weekly publication for their team. . . Special deal offered for *California Track & Running News* readers: Bob Williams has developed a running coaching tool - **The Williams Pace Calculator** - that regularly sells for \$8.50. *CTRN* readers may order same for \$7.00, plus the 75 cents for postage. The Williams Pace Calculator offers information on two sides, "Road" and "Track." On the Track side, distances are calculated from 100 meters through 10K with incrementation so light it registers as low as two-tenths of a second. On the Road side, the calculator offers each 5K and mile split from the 10K distance to 42K. To calculate and verify pace, simply match time and distance desired. All other times and distances will be equally correct.



# Club News

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

## Mizuno East Bay Striders

6008 Claremont Ave., #3, Oakland 94618

Numerous injuries and persistent illnesses seem to have abated with the coming of spring and the names of East Bay Striders have begun again to appear in race results.

Thom Trimble capped off a 4th place finish at the April 10 Run for Daylight 10K (32:41) and strong showings at the Lafayette Loop 10K (32:07, 10th place) and the Devil Mountain Run 10K (31:54) with a fine 31:23 for 7th place at the PA-TAC 10K Track Championships at Los Gatos on May 20. Thom then grabbed 3rd place at the Ass-to-Ass Half Marathon on May 27 with a year's best 1:10:05.

Eric Williams won the Pleasant Hill Fiesta 10K on May 20 with a time of 32:07. Battling a virus, Eric took 20th place at the Bay-to-Breakers with a time of 39:06 and 8th place (out of 1200) at the Strawberry Canyon Run 5.5 miler (featuring an 1100 foot climb) at Berkeley on May 26 with a time of 34:46.

Dann Brown glided to a 2nd place finish at the Pleasant Hill Fiesta 10K on May 20 in 32:40 and finished 14th at the Lafayette Loop 10K in 32:00.

Steve Slawson gutted out a grueling 2nd place at the Strawberry Canyon Run in 33:45. On a similarly rugged (but over 12 times longer) course, Dan Williams was awarded 2nd place in the Steam Roller 100K. Dan was in 1st place by 20 minutes at the 50 mile mark but, by following an inaccurate map, ran off the course and added over two miles to this endurance test.

Other top EBS performances: Run for Daylight (1200 finishers)—J. Schieffer 5th, 32:50; M. Dowling 9th, 33:07. Lafayette Loop (1000 finishers)—G. Greiner 15th, 33:25; J. Kassabian 17th, 33:35. Pleasant Hill Fiesta 10K (500 finishers)—J. Cavanaugh 3rd, 34:35 (winner Masters Div.). Strawberry Canyon 5.5 Mile Hill Run (1200 finishers)—J. Monteverdi 23rd, 38:05 (winner-Submasters 2 Div.); G. Broad 32nd, 38:57.

## Team Pacific Coast

On the 1st of April the "Complete Runner Track Club" made two changes within the club. The first change was the decision to rename the club from Complete Runner to "Team Pacific Coast;" the second change was to change from burgundy and gray to black and red as team colors.

The Complete Runner TC has been in existence for five years, and has earned a good reputation in the Southern California area while displaying the name "Complete Runner Track Club" on the burgundy singlets, a reputation which they are proud of.

Team Pacific Coast will continue to be a club with a good reputation, a club open to all levels of runners, with the continued emphasis on fun, friendship and competition. A club proud of their "old name," and a team just as proud of their new name "Team Pacific Coast."

If any runners are interested in some good training and in being part of a team with a new name and a good future, come to Mt. Sac College in Covina at 5:30 p.m. on Tuesdays and talk to Coach Ed Crawford.

## Northern Calif. Seniors

2786 Summit Dr., Hillsborough 94010

Several outstanding performances were turned in at the Sacramento Relays this year. Already the top javelin thrower in the M75-79 category, Emery Curtis of Calistoga fired the spear 102-11 for a new age 77 world record. Masami Okayaki of Japan held the previous record of 97-5.

Joe Packard turned in two sterling performances in the 100m and 200m, missing out on credit for world records because of a fairly brisk fall wind.

Decathlete Al Brenda from Turlock entered 8 events and won six of them. Brenda, one of the top decathlon and pentathlon athletes in the world, won the 110m high

hurdles, long jump, pole vault, discus and high jump.

The Relays continued their easy-going tradition this year. The directors aim for a relaxed, low-pressured meet in which everyone can have fun. The directors job is traded around from year to year between four people: Ken Carline (two years ago), Bob Roemer (last year), Bob Cooper (this year) and Roy Wigginton (next year).

## Club Hack

3101 Queensbury Dr., Los Angeles 90064

After a disappointing performance at the Mt. SAC Relays 4x1500m, the club got together for a decent 3rd place team performance at the May 12th China Cup Series 10K. The team of Clyde Matsumura, Richard Griefinger, Dave O'Brien, Lee J. Berg, Bruce Thomson, and Jed Morrow were all training thru the event but still managed to place all of the first five in the top 20.

Bruce and Lee, still in the travelling mode after the Boston Marathon, made the trip up to San Francisco for the crazy Bay to Breakers 12K. On the way up they picked up old time Hack member, Jed Morrow who decided just to watch rather than ruin his career on one crazy race with 80,000 joggers. Bruce and Lee both cracked the top 200.

Rick "Return of the High School Hack" Tanner finished off his season with a non qualifying 5th place 1600m race at the L.A. City semifinals meet. The previous week he ran a P.R. 4:30.8 in the City quarterfinals. Rick, along with Eric "High School Hack" Wan will now join the rest of the Hacks on the summer road racing scene. Eric just finished up a long track season with Glendale C.C.

Next on the schedule is Around the Bay in May (i.e. Up the Estuary in June or Around the Moon in June) where the Hacks hope to field two teams (an "A" team and a glacier squad).

## Half Moon Bay Coasters

305 Higgins Purisima Rd., Half Moon Bay 94019

Avenue of the Giants Marathon: Harry Baume ran in his first marathon and finished in 3:50:21, after having all kinds of injury problems. Wife Irene finished her race to the maternity ward slightly before Harry's race was over and all of Half Moon Bay knew about the new one by the time Harry wandered in after his ordeal.

Rinconada Triathlon: Dave Stamper planned on doing 2 of the three legs in this 3.7 mile run, 7.4 mile bike and ¾ mile swim, but he chickened out in the final two legs and joined a mixed relay team instead. He ran about 22:45 and his team placed third in their division.

Boardwalk 8K: On a very warm day and a nice interesting course with two hills over the freeway, Bill Hurja ran a 29:33 and Steve Cook a 30:05.

Ass to Ass: Bob Barber was second master by a whisker in 36:20, a PR by a few seconds. He nearly had it won but was surprised at the finish.

Pacific Sun Run: Dave Stamper ran a 37:54 on a scorcher of a day with 90 degree heat.

## Aggie Running Club

P.O. Box 1448, Alameda 94501

Aggs went 1-2-3-4 at the May 6 Devil Mountain Run 10K with Ivan Huff leading the pack in 29:06, followed by John Moreno 29:31, Doug Avrit 29:36 and Dan Harvey 29:39. On the women's side Jolie Houston recorded a 38:53.

On the track at the Tom Black Classic, Joe Fabris ran a 3:44.2 for 1500 meters, Ivan Huff ran a 8:35.2 for the steeplechase while Carmelo Rios ran 8:36.9.

At the May 20 Aptos Creek Marathon, Joe Mangan won by over a mile, setting a new course record of 2:43:12 by over 5 minutes. He only fell once, trying to tie his shoes while running full speed downhill. With this minor flaw corrected, he hopes to break down 2:40 next year.

## San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93408

Club workouts continue on the track every Tuesday evening during the summer at San Luis Obispo High School. Warm-ups and drills start at 5:30, speed workouts begin at 6:00. These workouts are open to non-members as well. The sessions are directed by the ever popular Bob O'Brien.

In addition to the weekly track workouts, there will be weekly distance runs of varying lengths throughout the summer. Meet at 5:30 at the track of San Luis Obispo High on Thursdays. These are designed to be social runs over various routes through the city and hillsides.

Both the Tuesday and Thursday sessions will continue until early September.

## Fresno Joggers

1472 N. Glenn, Fresno 93728

Fresno Jogger place winners at the April 15th Volunteer Bureau Triathlon in Clovis were: Gordon Keller (3rd 30-39), Chris Denny (2nd 50+), Chuck Freuler (3rd 50+), Mary Ariola (1st 30-39), Jan Harms (2nd 30-39), Becky Dieter (3rd 30-39), Jackie Ryle (4th 40-49) and Jean Avery (2nd 50+).

At the May 5 Turlock Rotary Biathlon 10K run, 30 mile bike the Joggers were led by multi-fitness phenom Tom Saunders, who was amongst the front-runners in 2:04:35. Chris Denny captured the 50+ crown in 2:19:08. Other participating Joggers and their times were: Gary Haas, 2:16:35; Kent Baucher, 2:21:20; Lowell Thomas, 2:23:57; Ryoichi Morita, 2:31:54; Norm Takeuchi, 2:34:41.

Five Joggers participated in the Boston Marathon: Al Cordova (2:49:50), Pat Hurst (3:47:05), Dick Rozier (3:11:30), Ralph Smith (4:09) and Sid Toabe 3:15:58.

Weekly Meeting: Every Saturday — 7:00 a.m. at Roeding Park — just inside the Olive Ave. entrance by the tennis courts — we meet to jog, run, walk, have fun, be physically fit, eat and encourage everyone who wishes to participate in any of our activities.

## Corona Del Mar T.C.

1740 Grandview, Glendale 91201

Two meets back-to-back provided much competition for the Corona del Mar Track Club: The Central Cal TAC Championships on April 14, and then the Mt. SAC Masters on April 15.

The April 14 event was put together by Hugh Adams at Fresno State University. Three world records were established. One record, 27.05 for 200 meters was set by Payton Jordan of CDM. New member Jerry Tatham, 45, had good performances, high jumping 5-3, plus a 100-5 discus and 13.6 over the 100m hurdles. Sondra Schumacher long jumped very well for her first time with 11-0½. She also threw hammer, discus, javelin and shot. Multi-event specialist Gary Miller set a new age record in the pentathlon.

The next day at Mt. SAC, Dan Aldrich made his all time best in the shot put - 47-2½. Larry Sallinger won the long jump in 18-9 and the high jump at 5-4. David Jackson won both horizontal jumps with distances of 41-6 and 18-5½. Curtis Roberson won the 100m (11.67); Floyd Little the 400m (52.96) and 200m (23.05); Gary Bane the pole vault (11-0); Ralph Hudson the 50+ javelin (154-7); Bill Morales the 60+ javelin (156-8); Tom Patsalis the long jump (16-11½); Gene Harte and Tom Miller in the 50+ hurdles; Burt Gist in the high jump (5-2); Will Robinson in the 400m (57.79); Dan Aldrich with 156-9 in the discus; Van Pelt finished behind Perry O'Brien in the discus with a fine 137-1.



# Medical Notes for Runners

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

## Electro-Acuscope-80

I just returned from the Women's Olympic Marathon Trials in Olympia, Washington. The event was marvelous. It was easily the most perfect marathon I've ever attended. The big news prior to this event was the status of Joan Benoit. She had just had knee surgery through the arthroscope for excision of a plica, two and one-half weeks prior to her competition in the Marathon Trials. As you all know, she won the event. She was tired at the finish, but she won. While recuperating from surgery in Eugene, Oregon, Mary Decker, who had been using her own electro-acuscope-80, suggested that she see Jack Scott, a psychologist from Berkeley, who had been helping athletes, utilizing the electro-acuscope-80. Joan Benoit underwent electro-acuscope-80 treatments, as well as other forms of treatment, including ice baths and psychological techniques, including affirmation.

Her knee surgery was a relatively routine case, whereby a small membranous band of tissue, which is normally soft and become fibrotic or rubber-like, due to trauma, is excised through arthroscopic technique. This band of tissue rubs between the knee cap and the femur and thus causes pain when the knee is bent. Following excision of the plica, Joan apparently developed a hamstring strain on the opposite leg in preparation for the Women's Trials. From all I can gather from speaking to Jack Scott and the reports in the newspapers, utilization of the electro-acuscope and other forms of treatment did the trick.

Brian Maxwell borrowed Jack Scott's electro-acuscope this past week to take with him to an important race.

I've had an electro-acuscope for about a month. Dr. Richard Schiller, a podiatrist from Marin County, suggested that I get one. He stated that he had had considerable success in treating various forms of musculoskeletal problems utilizing this device.

For quite some time, I've been utilizing various forms of electrical devices and physical therapy devices to treat muscle, bone, and joint pain. I have a dynawave, which is similar to the electro-acuscope and has been giving excellent results. We also utilize electrogalvanic stimulation and ultrasound. Electroacupressure has been

utilized as well as neuroprobe therapy. Therefore, I was somewhat dubious of electro-acuscope, thinking that it was just another device, which would duplicate the services of those things I already had. It appears as though I was wrong. After utilizing this device for almost a month, I can tell you that, with some patients, the results are startling. With others - quite truly - there has been improvement, but not marked; and still, with a minority of patients, very little positive has happened with the utilization of the electro-acuscope.

The electro-acuscope-80 is an analog computer with a low alternating microspulsating current. Our cells have electrical charges. Our body is a mirror image reflection of dense energy patterns in a bioenergy field. Our cells are actually communicating devices, constantly receiving and transmitting information coded into energy signals. Realizing and transmitting information coded into energy signals. Realizing this theory, we have been treating malunion or inappropriate healing of fractures with electrical stimulation. Bones have a positive and negative charge; so do our cells.

The quantity of charge a cell can maintain is called capacitance. As the health of a cell improves, capacitance increases. This is in proportion to the concentration of ATP (adenosine triphosphate) in the cell. This is an important element in binding the electrons that represent the electrical charge and usable energy of the cell. It has been demonstrated that painful areas are deficient in ATP. This is one reason why the electrical needs of these areas are not met by the intrinsic charge of tissues.

Jack Scott explained to me that, when there is tissue damage, the cells run out of energy. He said that the batteries go dry. The electro-acuscope recharges the batteries and allows tissue to heal.

The acuscope is designed to analyze and translate the electrical properties of a given tissue into digital characteristics. These calculations are then compared to various changes that neutralize or correct the flow of electrical energies of a given tissue area. When there is tissue damage, the machine processes and initiates actions to reduce electrical differences and reverse the damage.



In common sense terms, this means that the instrument will detect tissue damage by electrical resistance that is present and then restore the tissue by the use of highly sophisticated charges placed on the area.

At times, immediate relief is obtained. I used the electro-acuscope on a woman with hamstring strain yesterday. She had immediate relief despite the fact that she had had Cortisone injections and other forms of therapy in the past. At other times, the changes are subtle. We used the acuscope on an acute sprain; and, after about eight treatments, most of the pain was gone, and the flexibility had returned. I've also utilized the acuscope following surgery and found that it helps rehabilitation and increases motion.

Another device we utilize is a Myostim. Myostim, as well as a new device, called the Electro-myopulse, restores muscle strength. Recently, we utilized our myostim device on a runner with weak knees. Myostim strengthened the knees to 120% of the normal strength; and the athlete recovered uneventfully.

It appears, therefore, that there are newer devices available for the athletes to help with musculoskeletal pain. These devices reestablish cell equilibrium. The advantages are that they are painless and do not utilize drugs or medications, which could have adverse effects. When combined with a biomechanical approach and evaluation of the athlete, the results are oftentimes quite gratifying.



# Eino's Notebook

By EINO

The Olympics are almost here. I know many of you are really concerned about the Eastern bloc boycott. I think it's extremely sad for the athletes, but do you ever remember who boycotted for what reason and during which Olympics? Boycotts have been part of the Olympics ever since the Games started. If you're talking about one-sided Olympics, think about what happened in the U.S. in 1904 at St. Louis, when only 12 different nations participated! So far, the most countries have participated in 1972 in Munich. So don't worry too much. The Olympic Games will go on.



Probably many of you read Herb Lindsay's article on sciatica in "The Runner." Basically, I get this affliction everytime I'm in good shape. Right now I'm being treated at the International Sport-medicine Institute in West LA by acupuncturist Whitfield Reaves. Through 20 years I've tried many different treatments, and the only ones that helped so far have been B-12 shots on the pressure points and ultrasound. And now I have hope that acupuncture will provide a more permanent solution for sciatica. There are two different reasons for this ailment, according to Dr. Reaves. One is that the lower back is bad; and the other is that the buttocks muscles are extremely tight. The latter sounds easier to treat. In a month or two I'll write a more comprehensive report on acupuncture.



What I really want to talk about this month is the road racing series. Right now in LA there are between 10 and 20 races every weekend. Most of them promise you the sun and moon and then charge you, for whatever reason, astronomical sums of money. They promise everything and give you nothing! I know there are lots of good road races, but most of them get drowned in the flood. And there are a few really good people who are concerned about running. I know quite well how it must be from the race director's point of view, since I have been trying to put together quality races for 7 years. Some of you may have heard about the Lasse Viren Finnish Invitational. I wanted to create a race only for the athletes. I'm getting letters from top athletes all over the world who want to attend the race, but every year I have a very difficult time raising money for it, since all the sponsors want to know is who it benefits. When I explain that it benefits running, the conversation normally ends right

there. Right now, if I don't find a sponsor soon, I'm seriously considering finishing the Finnish Invitational Race, or at least giving it a rest. So you can see how I'm frustrated from both sides of the fence. Maybe the best advice I can give the frustrated runners is to make sure that what the entrance form promises, the race director delivers. One of my runners, Marian Mallory, gave me a tip that I'd like to pass on to you. She says that when you write a check to pay the entrance fee, you should also write on the back of the check the following words: "These funds will be made available only if merchandise awards are given to winners as stated on entrance form." That's at least one way to cover your expenses if you run well but don't get an award. What this does for the race director is help him pursue the promises given him by different sponsors. For example, the recent Boulder Boulder had one of the major airlines pull out of sponsorship two weeks before the race. You could certainly guess what that did for the race.

Let's tell the race directors how we feel about it. Let's try to get some NRDC certified courses - not short or long courses! A couple of weeks ago I went to a race and talked to a race director who admitted that he had purposely made his course too long so that no one could accuse him of having a short race! Maybe one of the answers could be to have *California Track & Running News* on their listing put a star by every certified course. Maybe the answer is to get the race directors to have a major function they all would attend. Maybe the answer is to get the running clubs more actively participating and having more races just for running and not for sponsoring whatever cause. But I have a feeling that before racing really gets where it belongs, we will have a down time first, when all of these different causes realize that the runners are tired of being ripped off. Also I feel we should get a rating in California, not like the running magazines, who just tell you how many people were in what race. This rating would consider whether the course was certified (by NRDC, not TAC); timing was handled properly; awards were truly what were promised; and care of runners was given before, during and after the race. If the running races aren't certified and timing's not correct, I propose they be called "Fun Run" and not "Race." In Finland, they would be called "Jog-a-thon."

The June issue of "National Masters Newsletter" contains a column by W. Macdonald Miller in which he says: "The bitching isn't even that imaginative anymore." I think he's totally missed the boat. I think all the runners should consolidate and bitch in unison.

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



By Nancy Clark, M.S., R.D.,  
Nutritionist, Sports Medicine  
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**Fleet Feet**  
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WALNUT CREEK

**Lyon Enterprises**  
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**Nike Berkeley**  
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**Runners Feet**  
1004 Oak Grove Avenue  
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**Runners Feet**  
3008 Lakeshore  
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**The Running Shop II**  
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**The Running Shop**  
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**Inside Track**  
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# Athlete's Kitchen

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

## The Scoop on Ice Cream

"I scream. You scream. We all scream for ice cream!" - and active people, in particular, can ravenously devour this hot weather treat. Adventurous cyclists pedal from one ice cream vendor to the next, exploring which dairy offers the best in chocolate chip. Depleted runners reward themselves with scoops of mocha almond. Weight-conscious ballet dancers "blow their diets" on pints of fudge whirl. Ice cream is certainly a popular treat, snack and reward for avid exercisers.

✓ Expensive ice creams have more cream - hence more calories - than less expensive brands. For example, vanilla Haagen Dazs (\$1.89 per pint) has 270 calories per ½ cup serving, as compared to 130 calories in "el cheapo" store brand (\$1.49 per ½ gallon). Haagen Dazs also has 17 grams of fat at 153 calories as compared to 6 grams fat (@ 54 calories) in the Star Market brand.

✓ Inexpensive ice creams, with less cream, fat and cholesterol than the very rich brands, are perhaps a more health-conscious choice. Rather than being thickened with rich cream and egg yolks, the inexpensive brands tend to be thickened with carageenan, a seaweed extract.

Similarly, a MacDonald's Shake may be more healthful than a "real" frappe:

MacDonald's Shake - 320 calories; 30 milligrams cholesterol  
Ice cream frappe - 500 calories; 110 milligrams cholesterol

✓ Ice milk and frozen yogurt are low fat and lower calorie alternatives to ice cream:

Light 'n Lively Ice milk has 100 calories per ½ cup (18 fat-cals.); Columbo frozen yogurt has 110 calories per ½ cup (18 fat-cals.); Whereas Brigham's ice cream has 255 calories per ½ cup (153 fat-cals.).

✓ You won't save your diet by eating sherbert instead of ice cream - they both have about the same number of calories. Although the sherbert has less fat, it has more sugar.

Sherbert - 125 calories per ½ cup; 100 from sugar, 10 from fat.

Hood's Ice cream - 130 calories per ½ cup; 60 from sugar, 65 from fat.

✓ Soft serve ice creams also tend to have the same caloric value as regular ice cream.

A medium Dairy Queen cone (150 gms) has 230 calories; 140 from sugar, 64 from fat.

A MacDonald cone (115 gms) has 185 calories; 120 from sugar, 45 from fat.

✓ When you are tempted to eat ice cream for dinner instead of a "meal", keep in mind that a pint of chocolate chip Haagen Dazs has 1200 calories - the same as half a large cheese pizza. However, it has less calcium (12% the RDA vs 135% in pizza) and less protein (14% vs 130%) and less overall nutritional value.

If you try to rationalize your daily ice cream "fix" by believing that ice cream is a wholesome milk product, you're stretching your imagination. Although ice cream is made from milk, it contains significantly more fat, cholesterol and calories than it does calcium, riboflavin or protein (the major nutrients in milk). Ice cream is simply a "fun food". Since "fun" contributes to overall health, then perhaps this "fun food" can be considered a "health food"??? Sounds reasonable to me!

Nancy Clark, nutritionist at Sports Medicine Resource, Inc. in Boston, teaches people how to eat to win. Her book *The Athlete's Kitchen* is available at Dalton bookstores.

## TACO BELL<sup>SM</sup> SUMMER GAMES

DATE: July 13 & 14, 1984

PLACE: Warmerdam Field, Fresno State University

AWARDS: Awards provided by Taco Bell

AGE GROUPS: Events for all ages

FOR MORE INFORMATION, CONTACT: Bob Fraley  
Athletic Department  
Fresno State University  
Fresno, CA 93740  
Phone: (209) 294-4098





# SoCal Diary

By BILL MINARIK

## □ May 21.

Championship meets were being contested at every institutional level the past week-end with the preps getting most of the attention. Virtually every meet ran according to form if you're an L.A. Times reader, so let's begin with the L.A. City Meet where the Fremont boys used their sprint strength to run away from distance power Belmont 78-38. In the girls meet, Locke High lead by Choo Choo Knighten's 4 firsts got by Fremont 76-62.

In the Southern Section Meets; first in the boys 4A Division, Hawthorne overcame some adversity to get by Pasadena 68-49. In the 800 favored Sean Kelly was tripped in traffic and ended up with a DNQ. In the 3A favored Ganesha won the 1600 Relay to get by Pomona and Corona Del Mar 38-30. In the 2A Loyola ran away from runner-up Cabrillo 88-40, and in the 1A, Bishop defeated last years champ Perris 66-51. In the girls 4A, it came down to the 1600 Relay where Compton ran away from Muir for a 60-52 win. In the 3A, it was Ganesha out-distancing Esperanza 55-38, while in the 2A Valencia eased by Indio 56-39. In the 1A, Rim of the World beat runner-up Valley Christian 40-26.

In the SoCal Community College Meet, Pasadena CC dominated Long Beach CC's men in the sprints to score a 97-84 win over the 5 time defending champions. In the womens division, El Camino used its depth to overcome Mt. SAC's front line strength 103-79.

In the Pac-10 Championships, Washington St. again used its foreign legions to run away from Oregon, USC, and UCLA 157-98-94-73.

For the Trojans, sprinters Darwin Cook and Pablo Morales distinguished themselves by winning the sprints and leading Troy to a 400 relay victory in the time of 39.53. On the Bruins side of the ledger, again it was John Brenner with a 69-2-188-7 weight double leading the way.

The USC coaching job is rumored to be down to 3 candidates. 1) Ken Matsuda, 2) Tom Tellez, and 3) Ernie Bullard. At least, those are the only 3 reportedly receiving an interview. Ernie Bullard is clearly the betting favorite.

Its rumored that a new head coach is learning the hard way about a basic accounting axiom. This is the one that says whenever you take over an organization, while you acquire all the assets, you also assume all of the liabilities. The coach reportedly was greeted by a group of red-shirts who began by informing the coach of their athletic prowess; and then informed him that his predecessor has guaranteed them all full rides as soon as their redshirt years were over. The problem is that the coach doesn't have the full rides to give. This puts the coach in the position of losing both the beef and the PR.

## □ May 27.

All SoCal schools were again involved in championship meets beginning with the SoCal Prep Championships at Cerritos. At that one, it was Hawthorne running away with the boys division 58-27 over Bakersfield despite the fact the Cougars had their 400 relay team DQed in qualifying for a lane violation. Henry Thomas was again the big gun for coach Kye Courtney's thinclads as he won both sprints and anchored the 1600 relay team to victory. In the girls division, it was Compton as expected easing by Locke High 46-38; however the star of the show turned out to be diminutive Gail Devers of 3rd place Sweetwater High in National City. After breaking the national prep record in the 100 hurdles during Fridays qualifying, the 5-1 107 lb., UCLA bound co-ed won the 100, 100 hurdles, long jump, and took 5th in the 300 hurdles.

At the State Community College Championships at Bakersfield, Pasadena repeated its feat of the previous week by handing Long Beach an 84-70 defeat which ended the Vikings 5 year hold on the title. The big disappointments for LBCC coach Ron Allice must have been in the relays where the Vikings managed only 1 point and the 1500 where favored Angel Roman came in 6th. However, the difference in this meet actually resulted from a pre-season event which was similar to one which happened 5 years earlier. Back in 1979, high jumper Jerry Sanders mysteriously left Pasadena CC and landed down at LBCC where his 2nd place state meet points were just enough to carry the Vikings past San Jose CC for their 1st state title. This was the beginning of the now famous PCC-LBCC recruiting war. However, this year, LBCC appeared to have last years world high jump leader, Jerome Carter, safely in their camp until February, when amid rumors of ineligibility, he transferred to PCC. The point differential of Carter's 1st place in the high jump swung the state meet from LBCC to PCC. As the old saying goes, if you live by the sword, you die by the sword.

In 4-year College Championships, SoCal schools had another strong showing. In the NAIA, Azusa-Pacific built up a 72-21 first day lead over their nearest competitor and then hung on to defend their championship of last year by an 83-77 count over Saginaw Valley in mens competition.

In NCAA Div. II, Abilene Christian, looking more like a Div. I school than Div. II, took 8 first places en route to a whopping 246 point total as they totally destroyed the mens field. CS Northridge managed to get 4th place. In the womens competition, CPSLO continued their dominance with a 169-139 triumph over runner-up Alabama A & M.

In Div. III won by Glassboro St. and UW La Crosse respectively, both Pomona-Pitzer

and Oxy finished in the top 10 in both Divisions.

At the Bruce Jenner Meet at San Jose, Carl Lewis looked tough with a 10.00-20.01 sprint double, while Brian Oldfield lead 4 shot putters over the 70 foot barrier with a 72-9 American Record.

## □ June 4.

The institutional track scene came to an end this past week-end with the California State Prep Championships and NCAA Div. I Championships.

In the Prep Meet, the Hawthorne boys lead by Henry Thomas and Raymond Young easily outdistanced runner-up Berkeley 52-31, while in the girls meet, Wendy Brown of Woodside was a one girl gang as she set three meet and one national record while winning all 3 jumps and taking second in the 100 meter hurdles. This was good for 38 points, ahead of the 36 for runner-up Compton and Locke. Compton had a chance to win it, but they dropped the stick in the 400 relay; and then Trina Hull who was winning the 1600 misjudged the finish line and finished 2nd. Trina, however, did come out on top of her season long feud with Moore League rival Kerri Zeleski by beating Kerri in the 800. In the 100 meter hurdles, Sweetwaters Gail Devers broke her own national record running a 13.41 into the wind.

In the NCAA Div. I meet, Oregon used its distance depth to out run Washington State's front line strength 113-94½ in the mens competition. UCLA, thanks to a fine 71-11 - 209-0 weight double by John Brenner, scored 50½ points good for 7th place. In the womens competition, Florida State demonstrated its awesome sprint strength en route to a 145-124-71 victory over Tennessee and Stanford. FSU went 1-2-3-6 in the 200.

By the way, if you're wondering how Doug Wicks, Bakersfield CC's outstanding pole vaulter, was able to get into and win the State CC Championships after no heighting in the SoCal Championships, the answer is as follows. There were 9 qualifiers for the SoCal pole vault finals with the top 6 advancing to the State Meet. Only 6 vaulters cleared a height and Wicks did not. When one of the 6 who qualified dropped out of the State Meet, the 3 who no-heighted then had a jump-off for the 6th qualifying spot. Wicks who is a 17-7 vaulter easily won the jump-off and the State Meet. I wonder what the odds against that happening again would be.

I don't think anyone doubts the fact that *Track & Field News* is truly the Bible of the sport. However, editor Bert Nelson appears to have not yet attained the status of a prophet as was evidenced by his "we think" column in the May *Track & Field News*. The column which apparently went to print a few days before the Russians announced



their boycott, gave the many reasons why the Soviets would not possibly boycott.

Its been reported that Carol Lewis will leave Houston U. and join brother Carl with the Santa Monica Track Club. This is another blow to Houston and the NCAA.

Its also been rumored that UCLA women's coach Scott Chisam will be leaving at the end of the current semester.

It has now been confirmed that San Jose State coach Ernie Bullard is the new USC head track coach. Ernie has announced that veteran SoCal track coach Larry Knuth will be his full time assistant. Bullard, who was a star pole vaulter under Vern Wolfe in 1957-1959 compiled an excellent 84-22 dual meet record with 7 PCAA Championships in 14 years at SJS. That record is all the more remarkable when you consider he had to bankroll all of his own scholarships through fund raising. In Larry Knuth, Ernie has acquired an assistant who has been a winner at every college where he has coached. Larry has been out of track the past few years while heading the Journalism Dept. at Saddleback College. In addition to his coaching prowess, Larry has authored a number of articles and books on the sport of Track and Field. It would appear he will be a great asset to the USC program both from the administrative as well as the technical end. There's no question about it, the Trojans are definitely back on track.

A sad note to the Trojan story is that long time USC Assistant, Ken Matsuda is no longer with the school. The school's only notification to Ken was apparently a telegram to his home telling him he didn't get the job. That seems a little impersonal considering Ken was the main recruiting force behind a program which won 7 National Championships during his tenure as assistant coach. Hopefully Ken will be able to stay in the sport in some capacity.

While the competitive season in SoCal draws to an end, the recruiting season is now in full bloom as coaches assemble teams of body snatchers to roam the various campuses in search of the prime beef. The recruiters so far this year have been more aggressive than ever and one rumor has it that one university has been offering full rides-plus to a number of SoCal tracksters. The plus is reported to be cars and off-campus apartments. There were 3 surprising parts to this rumor. One is that the offers are being made primarily to females; two, the offers are being made so openly that some high school coaches have had to tell the girls to keep their mouths shut, and three the institution has had a history of NCAA probation.

One of the big stories so far during this recruiting season has been United States International University. This little San Diego based school has had its program elevated to Division I status and has been offering full rides for track athletes. This is surprising for two reasons. First, the schools track program was almost non-existent this season and secondly they don't have a running track. I believe they workout at Grossmont. So, we will have to wait to see if USIU is going to become another Azusa-Pacific or is this just another false start.

□ June 11.

This year's TAC Meet, which wasn't suppose to tell us much because of the large number of top athletes who were saving it for the Olympic Trials, did in fact tell us quite a bit; and the news was positive. In the women's events where we were suppose to have only 100-200 specialists and Mary Decker; it now appears we have the 400 covered as Valerie Brisco-Hooks has come out of nowhere to break the American 400 record with a 49.83 clocking while Judi Brown did likewise in the 400 hurdles running 54.99 with high school sensation Leslie Maxie right behind in 55.20, both under the old record of 55.89. In addition, Kim Galleger notched a nifty 800-1500 double with a fine 1:59.8 in the 2-lapper. In the men's competition, such big names as Earl Bell 19-0 $\frac{1}{4}$ , John Powell 233-9, Mac Wilkins 231-1 and Jim Howard 7-7 $\frac{1}{4}$  showed they were ready to take on all comers.

It seems that Cal State Long Beach will have to go through the same slow process of selecting a head track coach that USC did. Apparently right after John Tansley left for CSLA, the A/D at CSLB was canned which left the selection process in a turmoil.

There was, however, a coaching selection made at UCLA where Bob Kersee has been named to replace Scott Chisam as women's head track coach. In Kersee, the Bruins probably have the top women's sprint coach in

the country. Among those who have trained under Kersee are Alice Brown, Flo Griffith, Jackie Joyner, Jeanette Bolden, Valerie Brisco-Hooks as well as Greg Foster and Andre Phillips. Joining Kersee as weight coach will be Dave Rider who has been the weight coach at Glendale College the past 3 years. Rider, who was an understudy to Art Venegas when both were at Cal State Long Beach, will now join his former mentor at the Westwood Campus.

It seems Hawthorne prep phenom Henry Thomas has decided to trade in his spikes for a set of flats. Thomas announced he will not compete in either the Junior Nationals or Olympic Trials. But will enroll in a cross-country camp and get ready for cross-country season. Henry indicated he has run too many meets this year and needs a rest. A number of coaches had second guessed Hawthorne Coach Kye Courtney for running his troops in all those all comers meets at the beginning of the season, and they may have a point.

If you think that the Russian boycott of the Olympics is a one shot deal, then you better think again. The rumors coming out of South Korea are that the relatives of those people killed when the Russians shot down the South Korean Airliner have put an open-end contract out on any Russian Nationals coming to the '88 Games. Moscow is apparently very aware of this rumor.

## International Track & Field Coaches Association

**EVENT:** IX International Congress Clinic

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

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

**FEES:** \$25 per day or \$100 for four days.

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**CREDIT:** University Credit will be available.

**LIMIT:** Space is limited to 250 participants

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

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By KEITH CONNING

Fine Flicks by Don Gosney

## NEW BALANCE WOMEN'S INVITATIONAL

May 5 — Irvine, Leslie Maxie (Mills, Millbrae) ran the 400 hurdles in 58.20, the ninth best American Junior mark of all-time. Michelle Taylor (Ganessa, Pomona) placed third in 59.61.

Michelle Olivera (Bishop Diego, Santa Barbara) placed third in the javelin at 167.10.

## S&W MODESTO INVITATIONAL

May 12 — Modesto, Evelyn Ashford (Puma Energizers) ran the fastest 100 meters ever under any conditions. Her 10.78 was aided by a 3.06 meters per second wind. Her time was 1/100 faster than her world record 10.79.

"I've got to get my legs fast," Ashford said. "It's encouraging because we haven't done any speed work yet. It's very encouraging. It makes me feel great. I want to run that world record at sea level, not altitude I just wish it wasn't wind-aided. I got to get used to that. Modesto has wind. I'm very encouraged. My leg is 100 percent."

Sherri Howard (Cal State Los Angeles) won the women's 400 meter dash in 51.11. That makes her equal to the eighth best collegiate performer ever.

Stephanie Hightower (Bud Light) ran the hurdles in the fastest time ever by an American 12.78. The wind was measured at +4.51 meters per second. Kim Turner (UTEF) placed second in 12.96.

Leslie Deniz (Unat.), the American record holder at 213-1, threw the discus 210-0. It was the 8th best American performance of all-time.

The Bud Light team of Marty Krulce, James Butler, Mel Lattany, and Calvin Smith ran the sixth fastest 4X200 relay of all-time at 1:20.51. That is the leading time in the world this year.

Bill Green (Star and Stripes Track Club) became the sixth best American hammer thrower at 240.7.

## PEPSI INVITATIONAL

May 13 — Los Angeles, Henry Thomas (Hawthorne) placed fourth in the 400 meters in 45.82. He becomes the seventh best prep of all-time.

Choo Choo Knighten (Locke, LA) placed third in the 400 meters in 52.31. She becomes the 9th best American Junior (born 1966 or later) ever.

Kerri Zaleski (Millikan, Long Beach) placed tenth in the 800 meters in 2:08.0.

Leslie Maxie (Mills, Millbrae) placed fourth in the 400 hurdles in 57.57. It was the third best American Junior performance ever.

## CENTRAL COAST SECTION

May 18 — San Jose City College, Wendy Brown (Woodside) set a new national high school triple jump record of 42-9½, six inches farther than her previous mark. She also won the long jump at 20-4, the high jump at 6-0, and finished second in the 100 meter low hurdles in 13.85.

Junior Leslie Maxie (Mills, Millbrae) won the 100 low hurdles in 13.78 and the 300 low hurdles in 41.39. Stacy Kuehnls (Los Gatos) was second in 44.1. Junior Kristen Dowell (Santa Teresa) set a new meet record in the 800 of 2:08.4.

Sophomore Shannon Clark (Mt. View) won the mile in 4:57.18.

Latoria Floyd (Oak Grove) threw the shot 45-4.

Beth Vidakovits (St. Francis, Mt. View) placed second in the high jump at 5-9.

Karen Lawso (St. Francis) took second in the long jump at 19-8¼.

Janis Diggs (Salinas) placed second in the triple jump at 39-2¼.

Keith Allen (Bellarmine) won the 800 in 1:52.94.

Matt Guisto (San Mateo) ran the two mile in 9:07.1.

Cary Nobles (Independence) won the 300 intermediate hurdles in 37.9.

Fred Houston (Willow Glen) threw the shot 60-2.

Steve Dudley (Leland) threw the discus 180-7.

Johnny Cleveland (Soquel) defeated Rucker (Silver Creek) in the long jump 25-0 to 23-10.

Five vaulters cleared 15-0! Pat Parker (Los Gatos) placed fifth at 15-0, but will not advance to the Northern California championships. Ivar Moen (Los Gatos) won the competition at 15-10¼. George Bassett (Saratoga) and Mark Coulter (Gunderson) cleared 15-8 for second and third. Todd Kenting (North Salinas) got the final qualifying spot at 15-0.

## NORTH COAST SECTION MEET OF CHAMPIONS

May 18-19 — Edwards Stadium, Berkeley. The Berkeley 4X100 team of Donald Davis, Ken Henderson, Andre Hunter, and junior Anthony Usher set a new meet record of 40.94, the second fastest in the state this year. The old meet record of 41.1 was set by the great Berkeley team of Stoney McCree, Ken Robinson, Charles Clewis, and Walter Murray in 1981. That team went on to win the State Meet in 40.86.

John Gash (Santa Rosa), who has accepted a track scholarship from Stanford University, and Mitch Mikula (Antioch) set a new meet record in the pole vault of 15-0. The old meet record of 14-9¼ was set by Tim McDonald (St. Helena) in 1976.

Gerald Gamble (Antioch) out threw Rick Mootz (Miramonte, Orinda) in the discus 177-11 to 176-11. However, Mootz had a 179-11 mark in the trials, which didn't carry over to the finals.

Yvette Batas (Berkeley) won three events and took one second place by .04 of a second. She improved her meet record in the long jump from 19-2¼ in 1983 to 19-9½ in the trials. She also improved her triple jump meet record from 38-9 in 1982 to 39-6 in the trials. She won the 100 low hurdles in 14.24 and took second in the 300 low hurdles in 43.56.

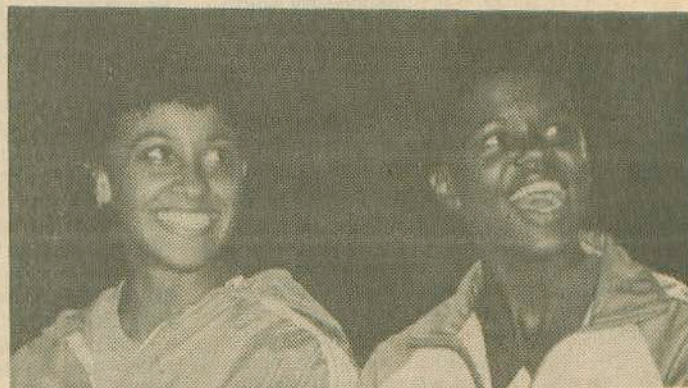
Karen Brown (Drake, San Anselmo) set a new meet record in the 300 low hurdles in the trials of 43.83. The old meet record of 43.8 was set by Ruth Whitehead (Berkeley) in 1982. She improved on her record in the finals with a 43.52, despite having difficulty with her steps around the turn. Brown attended Analay of Sebastopol as a freshman, placed second in the Michigan State Meet as a junior last year, and now has stormed back on the scene. She also ran two spectacular 55+ relay legs.

The Berkeley 4X100 team of Jackie Baker, junior Dionne Andrews, sophomore Angelique Tolliver, and freshman Tomicka Johnson won in 47.0.

The Berkeley 4X400 team of sophomore Yolanda James, Doniece Johnson, Dionne Andrews, and Jackie Baker won in 3:54.03.

## THE CALIFORNIA STATE TRACK MEET HISTORY

A complimentary copy of the history of



Leslie Maxie (right) and Michelle Taylor: 1-2 in the 300 low hurdles

the State Meet was given to every entrant in both the Northern and Southern State Qualifying Meets, courtesy of Nike.

## Southern Section Notes

by Doug Speck

Never making it back after a mid-season hamstring problem was Gaston Green (Gardena), who showed as much acceleration as any speedster this writer saw all year during a 10.66 in winning the Bishop Amat Relays 100 meter title on April 7th. Taped beforehand, Gaston showed awesome power between fifty and eighty meters before pulling up and basically jogging in the last fifteen meters.

How many schools are able to get about 20% of their males out for Track. This seems to be one of the big reasons for the success at South Hills (Covina), where Coaches Bert Rapp and Dave Arkle credit a good relationship between the Track and Football programs and emphasis on relays for getting 105 of the 550 guys in the school out for the spring sport this year. South Hills is undefeated for the past three years in their Valle Vista League.

Arroyo (El Monte) was undoubtedly the area's deepest distance power, with eight milers running the event in open competition under 4:35.0. Mike Cortez, Mike Perez, Brock Regan, Scott Fest, Tawn Wilson, Joe Trejo, Noel Santoyo, and Frank Fernandez were all tough this Spring. An example of the Arroyo depth was in the Mt. SAC Relays where they proved themselves the finest distance team in the history of the San Gabriel Valley with two teams in the 4 x 1500m relay (16:37.4 and 17:04.4) and two distance medley relay groups (10:30.9 and 10:56.9).

A handful of Southern Section seniors took advantage of a meet in late May for those who did not qualify on to the Southern California Regional. The Meet was the Great Southwest Classic, a meet for athletes who are seniors, done with their seasons, and competing unattached. The Meet is organized by the Arizona State Track Coaches Association, head-

ed up by Clyde Voiz (Greenway, Phoenix High School), and was held on the Arizona State University facility on May 26th. Top Southern California marks were by Mike Rodriguez, who during the season vaulted for Arroyo (El Monte), clearing a 15-3½ PR and Meet Record. Amy Cox (Unat, Santa Ana) a student at Foothill HS, 2nd in the 1500m at 4:36.90, and Richlie Cox (Unat., Blythe) 38.07 for 2nd in 300m IH.

Tough luck case this year in the tough Southern Section Divisional Meet where IA, 2A, 3A, and 4A athletes compete against athletes at their own level with the top eight marks on to the Regional was J.P. Hall (LaSalle, Pasadena). Faced with forging his own pace in the 3200m IA Division, J.P. put forth a spirited effort. Coming by the 1800m at 4:37.0 (the fastest of any of the four divisions, but all by himself after that point), J.P. finished up in 9:22.26. J.P. won by 15 seconds but had his season ended because he was a second short of the eighth fastest overall time of the four divisions.

Hopefully we all realize what a banner year it was for California's prep girl athletes. After state meet time Californians were at the top of the National lists for the 100m, 200m, 400m, 800m, 100mLH, 300mLH, 400m Re, 1600m Re, HJ (outdoors), LJ, and TJ.

If you wondered about the State Meet scoring broken down into North vs. South. Using 5-3-2-1, which gives no one credit for just showing up, the South (those in the Southern Regional who went on to the State Meet) took the Men's division 142½-33½. It was closer in the Women's with the South having 93 and the North 72.

Great names — Brandy Garrett (Nogales of La Puente 17-11½ long jumper), Ursula Lovely (Kennedy of La Palma 5-6 high jumper).

Interesting event change. Kathy Kelly (Canyon, Anaheim) worked her way down to 15.00 in the 100m lows, then switched to the 800m in the late season and finished off her junior year with a 2:16.59 best. With a 45.5 for the 300m LH as a soph in 83 the versatile Canyon goodlooker would seem a good candidate for heptathlon success.



# Prep Track Results:

## North Coast CIF Section Finals

May 19, UC Berkeley:

### BOYS FINALS

**Triple Jump**—1, Lichti (Mt. Diablo) 46-10 1/4; 2, Surtos (Alhambra) 45-10 1/4 (wind-aided); 3, Doss (Salesian) 45-11 1/4; 4, Braxton (Piner) 45-1 1/4.

**Discus**—1, Gamble (Antioch) 177-11; 2, Mootz (Miramonte) 176-11; 3, Snelson (Antioch) 164-4; 4, Troppy (Santa Rosa) 162-1.

**Shot Put**—1, Snelson (Antioch) 57-3 (2nd best put 56-5 1/2); 2, Gamble (Antioch) 57-3 (55-7 1/2); 3, Maggard (Acalanes) 56-8; 4, Hannan (Monte Vista) 56-7; 5, Williams (Encinal) 56-4 1/2.

**Long Jump**—1, Reading (St. Mary's) 22-1 1/4; 2, Lichti (Mt. Diablo) 21-10; 3, Freeborn (Campolindo) 21-9; 4, Surtos (Alhambra) 21-5 1/2.

**400 Relay**—1, Berkeley (Davis, Henderson, Hunter, Usher) 41.34; 2, Kennedy-Richmond 42.47; 3, Moreau 43.55; 4, Santa Rosa 43.81; (American disqualified for passing out of zone; Salesian dropped baton).

**800**—1, Rivera (Newark Memorial) 1:53.38; 2, Craft (San Marin) 1:53.4; 3, Jordan (Pittsburg) 1:54.03; 4, Green (Bishop O'Dowd) 1:55.0.

**100**—1, Henderson (Berkeley) 10.92 (wind 2.02 mps against); 2, Hunter (Berkeley) 10.96; 3, Pope (St. Mary's) 10.97; 4, Hyde (Salesian) 11.03.

**110 High Hurdles**—1, Proffitt (Kennedy-Richmond) 14.72; 2, Reading (St. Mary's) 14.82; 3, Reeves (Concord) 14.88; 4, Butler (Salesian) 15.08.

**300**—1, Foley (Miramonte) 8:18.41; 2, Higginbotham (Berkeley) 8:23.16; 3, Banks (Encinal) 9:27.97; 4, Howard (Northgate) 9:30.78; ... 6, Vaughn (Berkeley) 9:37.19; (Gaziano, Castro Valley, did not finish).

**400**—1, Hunter (Berkeley) 48.84; 2, Gibson (Washington) 49.45; 3, Whitlock (Santa Rosa) 49.49; 4, Smoller (Berkeley) 49.66.

**200**—1, Handerson (Berkeley) 21.87; 2, Van Dyke (St. Patrick) 22.44; 3, Pica (Mt. Diablo) 22.58; 4, Beals (Pittsburg) 22.77.

**300 Int. Hurdles**—1, Morgan (St. Mary's) 38.22 (meet record, new event); 2, Gray (Newark Memorial) 39.11; 3, Reading (St. Mary's) 39.45; 4, Proffitt (Kennedy-Richmond) 39.51.

**Pole Vault**—1, Gash (Santa Rosa) 15-0 (meet record; old, 14-9 1/4; McDonald, St. Helena, 1978); 2, Mikuda (Antioch) 15-0 (lost jumpoff); 3, Starkey (Logan) 14-0; 4, Mitchell (Fort Bragg) 13-9.

**1,600**—1, Savage (Foothill) 4:17.98; 2, Gilliam (Cardinal Newman) 4:18.7; 3, Williams (Pittsburg) 4:19.48; 4, Britton (Redwood) 4:19.5; 5, Boone (Encinal) 4:19.69; 6, Evans (Campolindo) 4:20.18.

**High Jump**—1, Winters (Castro Valley) 6-8; 2, Duckering (Northgate) 6-6; 3, Tie, MacFarland (Salesian), Reis (Sonoma Valley) and Branstetter (San Ramon) 6-4.

**1,800 Relay**—1, Berkeley (Usher 50.3, Henderson 47.9, Smoller 50.5, Hunter 48.8) 3:17.85; 2, St. Mary's 3:18.48; 3, Pittsburg 3:20.23; 4, Kennedy-Richmond 3:22.07; 5, Newark Memorial 3:23.08.

### GIRLS FINALS

**Long Jump**—1, Bates (Berkeley) 19-8 1/2; 2, Cerkel (Redwood) 18-4 1/2; 3, Dixon (San Ramon) 17-7 1/2; 4, Barros (Arroyo) 17-7.

**100 Low Hurdles**—1, Bates (Berkeley) 14.24; 2, Lowe (American) 14.81; 3, Brown (Drake) 14.87; 4, Babenco (Tamaulipas) 14.88; ... 6, Dias (Clayton Valley) 15.34.

**Discus**—1, Niko (Mt. Eden) 134-2; 2, Roesser (Mission San Jose) 123-8; 3, Hicks (Arcata) 123-6; 4, Tyler (College Park) 121-3.

**300**—1, Minkler (Anahy) 11:03.5; 2, Thomas (Alameda) 11:09.9; 3, McGee (Marin Catholic) 11:10.8; 4, Rivers (Livermore) 11:12.8; 5, Godykoontz (San Ramon) 11:17.0; 6, Vondaveer (San Ramon) 11:18.1; 7, Carter (San Ramon) 11:26.1.

**High Jump**—1, Grieser (Petaltuma) 5-5; 2, Bradley (Eureka) 5-4; 3, Smalley (Sonoma Valley) 5-3; 4, Sullivan (Berkeley) 5-3.

**600 Relay**—1, Berkeley (Baker, Andrews, Tolliver, T. Johnson) 47.0; 2, Tamaulipas 48.4; 3, Santa Rosa 49.1; 4, Mt. Eden 49.5; (El Cerrito mixed baton exchange, did not finish).

**800**—1, Currie (Pittsburg) 2:14.06; 2, Wertz (Redwood) 2:14.36; 3, N. Biggers (Northgate) 2:15.87; 4, Cathcart (Amador Valley) 2:17.18.

**100**—1, Ervin (El Cerrito) 12.17; 2, Compton (Albany) 12.18; 3, Baker (Berkeley) 12.26; 4, T. Johnson (Berkeley) 12.51.

**400**—1, Currie (Pittsburg) 55.86; 2, Baker (Berkeley) 56.35; 3, Kubela (Eureka) 57.01; 4, Dukas (Mt. Eden) 57.66; 5, Guyee (Ygnacio Valley) 58.50.

**200**—1, Ervin (El Cerrito) 24.81; 2, Compton (Albany) 24.87; 3, Andrews (Berkeley) 25.29; 4, Barber (Bishop O'Dowd) 25.6.

**300 Low Hurdles**—1, Brown (Drake) 43.52 (meet record; old mark 43.83 by Brown in Friday's trials); 2, Bates (Berkeley) 43.56; 3, Babenco (Tamaulipas) 45.02; 4, Roberts (Arroyo) 45.11; 5, Fuller (Mt. Eden) 45.29; 6, Szto (Moreau) 45.82.

**1,600**—1, deBattencourt (Carondelet) 5:02.04; 2, Spight (Miramonte) 5:05.07; 3, Cathcart (Amador Valley) 5:12.31; 4, Thatcher (Encinal) 5:15.01.

**Triple Jump**—1, Bates (Berkeley) 38-10; 2, Lowe (American) 38-9 1/4; 3, West (American) 35-11; 4, Wessendorf (Piner) 35-3 1/4.

**Shot Put**—1, Hoots (Acalanes) 39-1/4; 2, Susue (Encinal) 38-4 1/4; 3, Varona (Northgate) 38-2 1/4; 4, Self (Hayward) 37-9 1/4.

**1,800 Relay**—1, Berkeley (James 59.4, D. Johnson 58.4, Andrews 58.8, Baker 57.4) 3:54.03; 2, El Cerrito 3:57.83; 3, Drake 4:01.71; 4, Richmond 4:03.35; 5, Foothill 4:03.69; 6, Arroyo 4:03.71.

## S.F./Oakland CIF Section Finals

May 19, San Francisco State:

**440-yard relay**—1, McClymonds 42.6; 2, Balboa 43.1.

**800 meters**—1, Hinkson (Oakland Tech) 1:59.1; 2, Ferguson (Castlemont) 2:02.0.

**100 meters**—1, Island (McClymonds) 10.6; 2, Knox (Oakland) 10.7.

**110-meter HH**—1, Sawyer (McAteer) 14.7; 2, McDonnell (McAteer) 15.1.

**Two mile**—1, Kelly (Oakland) 10:11.6; 2, Baca (Skyline) 10:20.4.

**400 meters**—1, Island (McClymonds) 48.4; 2, Buggs (Balboa) 50.2.

**300-meter IH**—1, Sawyer (McAteer) 39.5; 2, Fukuda (Washington) 40.1.

**200 meters**—1, Knox (Oakland) 22.0; 2, Robinson (McClymonds) 22.5.

**1/2 mile**—1, Hinkson (Oakland Tech) 4:32.5; 2, Chin (Lowell) 4:40.3.

**1/4 mile relay**—1, McClymonds 3:22.4; 2, Skyline 3:24.8.

**SP**—1, Oliver (Galileo) 50-3 1/2; 2, Neal (Washington) 49-5 1/4.

**TJ**—1, Hannon (Castlemont) 48-2; 2, Calloway (Oakland) 46-6 1/2.

**LJ**—1, Hannon (Castlemont) 22-2 1/4; 2, Jones (Skyline) 21-11.

**HJ**—1, Brooks (Oakland) 5-11 1/4; 2, Hines (Balboa) 5-9 1/2.

**PV**—1, McClanahan (Galileo) 13-6; 2, Toms (Galileo) 13-0.

**Team scoring**—1, Galileo 66; 2, Oakland 65; 3, Balboa 64; 4, McClymonds 52; 5, McAteer 44; 6, Skyline 36; 7, (Tie) Castlemont, Washington 28; 9, Lowell 27; 10, Oakland Tech 20; 11, Lincoln 14; 12, Mission 12; 13, Fremont 10.

**GIRLS QUALIFIERS FOR MORCAL REGIONAL**  
**440-yard relay**—1, Lincoln 48.3; 2, Skyline 49.4.

**100-meter LH**—1, Casimir (Mission) 14.4; 2, Perez (Lowell) 14.5.

**Two mile**—1, Fowler (Fremont) 12:20.7; 2, Madden (Lowell) 12:32.4.



Berkeley High School wins the State Meet 400 Relay title.

**200 meters**—1, Green (Lincoln) 25.4; 2, Roland (Galileo) 25.7.

**1/2 mile**—1, Brown (Lowell) 5:13.3; 2, Harlow (Lowell) 5:37.4.

**300-meter LH**—1, Allen (Lowell) 46.1; 2, Casimir (Mission) 46.9.

**1/4 mile relay**—1, Skyline 4:08.0; 2, Lowell 4:09.9.

**SP**—1, Hadnol (Skyline) 33-8 1/2; 2, Pace (Galileo) 32-3 1/4.

**LJ**—1, Sims (Skyline) 16-10; 2, Lankford (Galileo) 16-9.

**HJ**—1, Martin (Mission) 5-1 1/2; 2, Vonscheta (Skyline) 4-11 1/4.

**TJ**—1, Copeland (Castlemont) 33-11; 2, Jefferson (McClymonds) 32-10.

**Team scoring**—1, Lowell 102; 2, Skyline 80; 3, Lincoln 64; 4, Galileo 44; 5, Oakland 42; 6, Mission 34; 7, McAteer 20; 8, Castlemont 19; 9, (Tie) Fremont, Wilson 14; 11, McClymonds 12.

## NSCIF Track & Field Champs.

May 18, Harrison Field, Oroville.

**Men's Results**  
**LONG JUMP**—1, Derrick Mills, Yreka 20-7 1/2; 2, Terry Arndt, Burney, 20-5.

**SHOT PUT**—1, Russ Warnick, Willows, 53-1/2; 2, Tracey Hockett, Ent., 50-10 1/2.

**HIGH JUMP**—1, Steve DeLancy, Paradise, 6-6; 2, Mike Valles, Wheatland, 6-6.

**DISCUS**—1, Jason Soares, Gridley, 153-10; 2, Dan Mahan, Ent., 144-9.

**POLE VAULT**—1, Glen Castillo, Weed, 13-6; 2, Gene Hubbard, PV, 13-0.

**TRIPLE JUMP**—1, Gabe Jones, L.P., 45-3 1/4; 2, Erik Quisenberry, H.Camp, 44-4 1/4.

**120m HH**—1, Mike Kirk, Oroville, 14.9; 2, Tom Jones, Chico, 15.0.

**100m**—1, Reggie Stewart, Westwood, 10.4; 2, Geoff Broyles, Paradise, 11.2.

**440m RELAY**—1, Pleasant Valley, P.V., 45.3; 2, Chico, 45.4.

**MILE**—1, Ernie Freer, Hayward, 4:20.7; 2, Mark Yaconelli, Yreka, 4:28.5.

**440**—1, Vincent Kangus, P.V., 51.1; 2, Don Coon, Ent., 51.3.

**330 IH**—1, Mike Wilder, East Nicholas, 40.7; 2, Scott Pease, Chico, 41.2.

**880**—1, Jeff Woods, West Valley, 1:58.8; 2, Steve Holzet, Yreka, 1:59.3.

**220**—1, Reggie Stewart, Westwood, 22.1; 2, Geoff Broyles, Paradise, 23.3.

**2 MILE**—1, Ernie Freer, Hayward, 9:49.5; 2, Mike Wall, Lassen, 9:51.9.

**MILE RELAY**—1, Enterprise, 3:31; 2, Chico, 3:32.8.

**Women's Results**  
**DISCUS**—1, Steph. Smith, Yreka, 132-2; 2, Rebecca York, Ent., 118-11.

**LONG JUMP**—1, Michelle Rowe, Wheatland, 16-2; 2, Karl Christensen, P.V., 16-1/4.

**HIGH JUMP**—1, Chris Hoover, Para., 5-6 1/4; 2, Kristi White, Chico, 5-2 1/4.

**SHOT PUT**—1, Stephanie Smith, Yreka, 38-3 1/4; 2, Deni Lindsey, Chico, 35-6 1/4.

**TRIPLE JUMP**—1, Kristi White, Chico, 35-2 1/4; 2, Karl Christensen, P.V., 34-1 1/4.

**110m LH**—1, Julie Griffin, Durham, 15.4; 2, Julie Monlux, Chico, 15.4.

**100m**—1, Rosie Williams, E.Nicholas, 12.4; 2, Jennifer Girdner, Yreka, 12.8.

**MILE**—1, Angela Bonimini, Red Bluff, 5:19.6; 2, Karen McCrea, Esparto, 5:21.9.

**440 RELAY**—1, Enterprise, 51.2; 2, Pleasant Valley, 51.3.

**440**—1, Donna Martin, Ent., 60.1; 2, Julie Ramirez, Corning, 61.0.

**330 LH**—1, Heidi Freer, Hayward, 46.7; 2, Renee Cunningham, CV, 48.0.

**880**—1, Donna Martin, Ent., 2:25.2; 2, Heidi Thoenen, Shasta, 2:30.0.

**220**—1, Rosie Williams, East Nicholas, 26.1; 2, Julie Ramirez, Corning, 26.3.

**2 MILE**—1, Heather Holahan, Ent., 11:37.5; 2, Nichole Oliveira, WV, 11:50.1.

**MILE RELAY**—1, Enterprise, 4:04; 2, Pleasant Valley, 4:15.4.

from Steve Fagundes

May 16-18, Sacramento.

The best track and field athletes in the Sac-Joaquin Section gathered at Hughes Stadium (Sacramento) on May 16 (trials) and May 18 (finals) to determine the representatives to next week's Northern California Championships. As always the competition was fierce for those top four qualifying spots to Berkeley and perhaps a trip to the Los Angeles Memorial Coliseum and the 1984 State Meet.

An impressive sprint double and meet records in the middle and long distance events highlighted the girl's running events. Senior Pam Qualls (Burbank, Sacto) ran away from the sprint fields record-

continued on next page...



# Prep Notes

photo by Burt Davis



Mark Mastalir won the Sacramento Section 1600 in 4:14.70

ding seasonal and personal bests of 11.77 and 24.01. Both of these marks moving her to second on the all-time section list behind Monica Taylor (Grant, Sacto). Senior Alex Tubman (Grace Davis, Modesto) successfully defended her title with an easy victory in the 800 meters setting a meet record with a personal best of 2:13.55. In the 1600 meter run, senior Joni Mooney (Vacaville), a four time section cross country champion, captured that first section track championship which had always seemed to elude her. Del Oro's (Loomis) Liz McDowell put up a spirited last lap battle to defend her title, but Mooney prevailed clocking a meet and personal record 4:56.87 with McDowell also breaking the meet record with her 4:57.18. The 3200 meters provided the meet's most exciting race as two time defending champion Sally Pinkner (Davis), senior Stacey McAfee (Del Oro, Loomis), Colleen Donovan (Lodi), and Mooney ran as a close knit pack for over six and half laps. At that point, Donovan began to pull away with McAfee second in 10:48.50. In the hurdles, Cordova junior Misako Hill easily defended her title in the shorter race with a 14.47 clocking. Sophomore Michelle Wootton (Bella Vista, Fair Oaks) captured the 300 meter hurdles in a meet record and all time section best of 43.74.

In the field events, junior Stacy Horn (Cordova, Rancho Cordova) captured the discus title with a personal best 153-0. Jody Mariscal (Merced) was a surprise winner in the high jump scaling a personal record 5-7. The horizontal jumps provided dramatic competition as Kelly Calahan (Kennedy, Sacto) was attempting an unprecedented double in the long and triple jumps. After winning the long jump during Wednesday's trials, her major obstacle in the triple jump was defending champion Sheila Hudson (Rio Linda). The double victory was not to be, as the talented Rio Linda junior stretched out to a meet and all-time section best of 39-11.

With victories in both the 400 meter and 1600 meter relays (both anchored by sprint champion Pam Qualls) and China Blockton's shot and discus places, the Burbank Titans amassed 58 points to garner their first girls championship. Bella Vista (Fair Oaks) finished second

with 42 points (their highest placing ever) to edge Vacaville with 38 points.

Unlike the girls' division where Pam Qualls and Burbank (Sacto) dominated, the boys competition was balanced for both individual and team titles. In the sprints Foothill (Sacto) junior Kevin Owens just missed a double victory finishing second by inches to Sean Tillis (Valley) in the 100 meters at 10.5 (hand timed) and capturing the 200 meters in a personal record of 21.44. Another hotly contested race was the 400 meters as Rogue Kinnison (Vanden) edged Robert Ellis (Highlands) by one hundredth of a second - 48.25 to 48.26. Senior Nick Sparks (Bella Vista, Fair Oaks) ran away with the 800 meter title recording a personal best of 1:52.00, just missing the meet record by one tenth of a second. Mark Mastalir (Jesuit, Carmichael) remained undefeated against section competition capturing the 1600 meters and leading two other Marauders to top six finishes, including his sophomore twin brother, Eric. Senior Pete Vicencio (Del Oro, Loomis) was hard pushed, but successfully defended his 3200 meter title with a narrow victory over Jesuit's Eric Mastalir - 9:11.89 to 9:12.50. Once again the Jesuit distance corps placed three athletes in the top six. In the hurdles, Rodney Jett (Johnson, Sacto) captured the 110 meter high hurdles (14.22) and finished an "eye lash" behind Craig Cooper's (Fairfield) record setting performance in the 300 meter intermediate hurdles with 37.20 and 37.21 finishes.

In the horizontal jumps, Mark Hicks (Davis) and Keenan Jones (Grant, Sacto) captured their specialties with leaps of 23-5/8 and 48-1/4, respectively. Seniors Mike Clark (Valley) and David Puffer (Grant) leaped 6-8 in the high jump with Clark garnering first place on the count back. Aaron Boren (Lincoln) was an easy winner in the discus with a toss of 173-0.

Fine Flicks by Don Gosney



Ron McCree the Madera sophomore sprint sensation won the Central Sect. 100/200

The team race was extremely close as Valley (Elk Grove) captured their first team title with 38 points followed closely by Merced (32 points) and Jesuit (Carmichael) and Vanden tied for third with 30 points. Jesuit's third place finish deserves special note since it was accomplished solely with their distance strength in the 1600 meter and 3200 meter runs.

### Boy's Results

- 100m: 1. Sean Tillis 10.5, 2. Kevin Owens 10.5, 3. Henry Palante 10.6, 4. Bo Christian 10.7.  
 200m: 1. Kevin Owens 21.44, 2. Palante Henry 21.84, 3. Bo Christian 21.90, 4. Alvin Baldwin 22.00.  
 400m: 1. Roque Kinnison 48.25, 2. Robert Ellis 48.26, 3. Kevin Tolliver 48.44, 4. Eugene Hardy 48.48.

- 800m: 1. Nick Sparks 1:52.00, 2. Tony Perez 1:54.90, 3. Jon Poggi 1:54.98, 4. Jim Fernandez 1:55.00.

- 1600m: 1. Mark Mastalir 4:14.70, 2. Weinmar 4:16.40, 3. Erick Mastalir 4:16.78, 4. Danny Valdez 4:19.10.

- 3200m: 1. Pete Vicencio 9:11.89, 2. Eric Mastalir 9:12.50, 3. Darren Slade 9:16.50, 4. Dick Vicane 9:19.10.

- 400m Relay: 1. Merced 42.14, 2. Vallejo 42.44, 3. Vanden 42.47, 4. Highlands 42.64.

- 1600m Relay: 1. Vanden 3:19.74, 2. Grant 3:20.40, 3. Vallejo 3:20.90, 4. Davis 3:21.50.

- 110m HH: 1. Rodney Jett 14.22, 2. Jim Wynne 14.35, 3. Vince Delgado 14.75, 4. Ian Knowles 14.94.

- 300m IH: 1. Craig Cooper 37.26, 2. Rodney Jett 37.21, 3. Vince Delgado 38.41, 4. Sam Archer 38.55.

- Long Jump: 1. Mark Hicks 23-5/8, 2. West 22-11/4, 3. Scott Gonsolin 22-11/4, 4. Parker 22-5.

- Triple Jump: 1. Keenan Jones 48-1/4, 2. Steve Snelly 46-8/4, 3. Mike Harris 45-11/4, 4. John Jackson 45-8/4.

- High Jump: 1. Mike Clark 6-8, 2. David Puffer 6-8, 3. Mike Harris 6-7, 4. Robert Rues 6-6.

- Pole Vault: 1. Mike Poybal 14-6, 2. Wally Summers 14-8, 3. Chance Kennedy 13-9, 4. Kevin Qualle 13-6.

- Shot Put: 1. Valladolid 56-3/4, 2. Moore 55-1, 3. Ron Elm 53-1/4, 4. Nolt 52-11.

- Discus: 1. Aaron Boren 173-8, 2. Scott Weiss 158-16, 3. Randy Link 155-4, 4. John Havey 153-7.

### Girl's Results

- 100m: 1. Pam Qualls 11.74, 2. Madeline Drew 12.12, 3. Michelle Wright 12.28, 4. Regina Brewer 12.34.

- 200m: 1. Pam Qualls 24.91, 2. Madeline Drew 24.71, 3. Michelle Wright 25.07, 4. Regina Brewer 25.21.

- 400m: 1. Yoander White 57.52, 2. Julie Green 57.64, 3. Terry Snow 57.97, 4. Deangea Smith 58.06.

- 800m: 1. Alex Tubman 2:13.55, 2. Kim Stark 2:17.00, 3. Beth Wilson 2:17.43, 4. Cheryl Hill 2:19.38.

- 1600m: 1. Joni Mooney 4:56.87, 2. Liz McDowell 4:57.10, 3. Kelly Donaldson 5:00.33, 4. Alex Tubman 5:01.30.

- 3200m: 1. Colleen Donovan 10:45.89, 2. Stacey McAfee 10:48.50, 3. Sally Pinkner 10:52.66, 4. Joni Mooney 10:54.58.

- 100m LH: 1. Misako Hill 14.47, 2. Danielle Knox 14.63, 3. Michelle Wootton 14.86, 4. Tina Broadway 15.20.

- 300m LH: 1. Michelle Wootton 43.74, 2. Sheila Hudson 44.94, 3. Chris Nicholas 44.97, 4. Rhonda Colvin 45.35.

- 400m Relay: 1. Burbank 47.79, 2. Vallejo 48.83, 3. Foothill 49.43, 4. Highlands 49.68.

- 1600m Relay: 1. Burbank 3:57.66, 2. Davis 3:58.58, 3. Bella Vista 4:01.63, 4. Valley 4:03.50.

- Long Jump: 1. Callahan 18-3, 2. Chambers 17-8 1/2, 3. Mona Simmons 17-8 1/4, 4. Rogers 17-5 1/2.

- Triple Jump: 1. S. Hudson 39-11, 2. Callahan 38-3, 3. Wendy Martin 37-1, 4. T. Niles 36-9.

- High Jump: 1. Jody Mariscal 5-7, 2. Brenda Farley 5-6, 3. Michelle Wootton 5-4, 3. Annette Woo 5-4.

- Shot Put: 1. Yvette Brown 41-11 1/2, 2. Marilyn Elkins 38-1 1/2, 3. Hoy 37-6 1/2, 3. Blockton 37-6 1/2.

- Discus: 1. Hom 153-8, 2. Blockton 138-3, 3. Yvette Brown 138-3, 4. Kim Cercle 115-1.

## Valley "Central" CIF Sect. Finals

May 10, Bakersfield:

### Boys

- 400 relay - 1. Madera (Murphy, Lamar, Aguilar, McCree), 41.92; 2. McLane, 42.02; 3. Edison, 42.06; 4. Bakersfield, 42.24.  
 800 - 1. Langer, BHS, 1:52.05; 2. Sullivan, Hoov, 1:53.29; 3. Ireland, Ed, 1:54.26; 4. Stevens, Ed, 1:55.80.

Fine Flicks by Don Gosney



Joni Mooney won the Sacramento Section 1600 in 4:56.87

- 100 - 1. McCree, Mad, 10.66 (meet record; old, Scruggs, McL, 10.78, 1983); 2. Greer, BHS, 10.86; 3. Tafum, West, 10.91; 4. Love, Ed, 10.94.

- 110 HH - 1. Newsome, McL, 14.54; 2. Mai, BHS, 14.66; 3. Coffee, Roos, 14.49; 4. Shirley, Lem, 14.84.

- 3200 - 1. Leal, Sang, 9:27.95; 2. Hurlado, Sang, 9:33.74; 3. Pearson, Port, 9:34.07; 4. Lizotte, MW, 9:36.74.

- 400 - 1. Adams, BHS, 49.06; 2. Trevino, Del, 49.07; 3. Rodriguez, TW, 49.32; 4. Campbell, BHS, 49.49.

- 200 - 1. McCree, Mad, 21.40 (meet record; old, 21.79, Scruggs, McL, 1983); 2. Scruggs, McL, 21.65; 3. Edwards, Tul, 22.13; 4. Aguilar, Mad, 22.16.

- 300 IH - 1. Mai, BHS, 39.26 (meet record; new event!); 2. Robinson, TW, 39.74; 3. Schlick, GW, 39.81; 4. DePetro, BHS, 39.90.

- 1600 - 1. Naranjo, Sang, 4:17.87; 2. Langer, BHS, 4:17.92; 3. Nagel, MW, 4:18.71; 4. Porter, Clo, 4:19.09.

- 1600 relay - 1. Bakersfield (Greer, McKenzie, Adams, Campbell), 3:17.20 (meet record; old, Tulare, 3:19.0, 1980); 2. Edison, 3:17.69; 3. Tulare, 3:21.39; 4. Madera, 3:22.28.

- TJ - 1. Strong, BHS, 50-7 1/2; 2. Sanders, BHS, 50-1; 3. Williams, Coal, 48-11; 4. Jenkins, BHS, 48-2 1/2.

- Shot - 1. Bender, Shaf, 42-9 1/2; 2. Reynolds, Clo, 54-11; 3. Richardson, Shaf, 52-11; 4. Jo. Sweeney, King, 51-9 1/2.

- Discus - 1. Richardson, Shaf, 177-6; 2. Je. Sweeney, King, 165-10; 3. Putnam, Fres, 159-2; 4. Rehard, GW, 153-1.

- PV - 1. Allison, CW, 14-6; 2. Wicks, BHS, 14-6; 3. Rodriguez, Sie, 14-0; 4. Gomes, Mad, 14-0.

- HJ - 1. Berberis, Han, 6-6; 2. Bader, Imm, 6-6; 3. Taylor, West, 6-4; 4. Smith, CW, 6-4.

- LJ - 1. Sanders, BHS, 23-9 1/2; 2. Strong, BHS, 23-7 1/4; 3. Harrison, MW, 22-3 1/4; 4. Springs, Sang, 21-7 1/2.

- Team scores - Bakersfield 126, Madera 46, Sanger 23, Edison 29, Shafter, McLane 28, Tulare 26 1/2, Mount Whitney 16, Clovis West 15, West 13 1/2, Kingsburg, Clovis 13, Hanford, Tulare Western, Hoover, Golden West, Delano 10.



Immanuel, Roosevelt 8, Fresno, Porterville 7, Coalinga, Sierra 6, Lemoore 4, Wasco, South, Highland, Central, Bullard 2, North, Taft, Foothill, Monache 1

#### Girls

110 LH — 1. Budwig, CW, 14.17; 2. Mosby, EB, 14.82; 3. Salery, Roos, 14.87; 4. Crane, Lem, 14.99

3200 — 1. Cook, GW, 11:17.96; 2. Jungwirth, Red, 11:21.67; 3. Lewis, Clo, 11:35.07; 4. DiMaaggio, Chow, 11:37.40

400 relay — 1. Roosevelt (Gaines, Reed, Coleman, Briggs), 48.12; 2. Edison, 48.85; 3. East, 49.59; 4. West, 49.78

100 — 1. Mitchell, BHS, 12.41; 2. Watson, Ed, 12.42; 3. Taplac, Imm, 12.51; 4. Reed, Roos, 12.63

400 — 1. Mitchell, BHS, 57.45; 2. McAllister, Mad, 59.17; 3. Drew, Lem, 59.74; 4. Pierson, Ed, 1:00.14

200 — 1. Watson, Ed, 25.42; 2. Croom, Ed, 26.21; 3. Reed, Roos, 26.56; 4. Robinson, Reed, 27.34

300 LH — 1. Budwig, CW, 44.06 (meet record); old, Phillips, Ed, 45.2, 1983; 2. Mosby, EB, 45.31; 3. Briggs, Roos, 45.47; 4. Saravia, Mad, 46.41

1600 — 1. Shaw, CW, 5:10.18 (meet record); old, Cook, GW, 5:10.47, 1983; 2. Cook, GW, 5:10.38; 3. Baker, Mon, 5:16.42; 4. Martinez, Reed, 5:17.14

Discus — 1. Classen, Clo, 124.7; 2. McMurry, Roos, 121.0; 3. Williams, Arv, 115.8; 4. Shubblefield, Sou, 112.9

Shot — 1. Merancio, Par, 39.7½; 2. McKinney, Reed, 38.6½; 3. Reason, Roos, 38.0½; 4. Classen, Clo, 37.11

800 — 1. Saravia, Mad, 2:16.52; 2. Drew, Lem, 2:18.53; 3. Tijerina, Sang, 2:19.08; 4. Baffles, Tul, 2:20.8

1600 relay — 1. Madera (Clark, McAllister, Saravia, Steens), 3:54.46; 2. West, 4:02.60; 3. Clovis West, 4:06.20; 4. Clovis, 4:08.29

HJ — 1. Johnson, Clo, 5-10 (meet record); old, 5-8, Mendonca, MW, 1982; 2. Brewer, Mad, 5-5; 3. Rempel, Reed, 5-4; 4. Olsen, Sie, 5-2

LJ — 1. Roberts, Wash, 18-5½; 2. Salery, Roos, 17-3½; 3. Walker, Mon, 16-9¾; 4. Winchester, Yos, 16-9

TJ — 1. Roberts, Wash, 37-8½ (meet record); old, Roberts, Wash, 37-6, 1983; 2. Winchester, Yos, 36-5¾; 3. McAllister, Mad, 36-11; 4. Johnson, Clo, 35-6½

Team scores — Roosevelt 55, Madera 46, Clovis 45, Edison 38, Clovis West 36, Reedley 26, Bakersfield 25, East 22½, Washington, Lemoore, Golden West 18, Yosemite, Parlier 12, West 9, Redwood, Chowchilla 8, Immanuel 7, Arvin, Sanger 6, Tulare, South 5, Sierra 4, Hanford 3, Selma, North, Porterville 1, Mount Whitney ½

## San Diego CIF Section Finals

May 18, Mt. Carmel HS, San Diego:

(First 3 qualify for State Regionals. Top 6 score)

#### BOYS

100 — Norris (El Camino) 10.61, Carson (Morse) 10.83, Duncan (Lincoln) 10.88, Howard (Monte Vista) 11.01, Johns (San Diego) 11.07, Williams (Escondido) 11.08. 200 — Norris (El Camino) 21.58 (2.20 wind-aided), Cason (Morse) 21.80, Duncan (Lincoln) 21.99, Young (Mt. Miguel) 22.23, Howard (Monte Vista) 22.28, Williams (Escondido) 22.39. 400 — Patrick (University City) 49.51, Simmons (University) 49.72, Taylor (Henry) 49.75, Wandalowski (San Pasqual) 50.36, Swanson (Mira Mesa) 50.78, Smith (Monte Vista) 50.82. 800 — Groulx (El Camino) 1:55.24, Arnold (Mission Bay) 1:56.15, Cooper (Lincoln) 1:57.19, James (Morse) 1:57.72, Soger (Helix) 1:58.22, Davis (Morse) 1:58.55, 1,600 — Fithen (Serra) 4:15.92, Harberson (Orange Glen) 4:16.57, Castro (Kearyn) 4:19.70, Fontaine (Serra) 4:20.75, Coy (San Pasqual) 4:25.41, Green (La Jolla) 4:29.49, 3,200 — Green (La Jolla) 9:19.24, M. Sandoval (Monte Vista) 9:24.35, S. Sandoval

(Southwest) 9:27.94, Goodlake (Fallbrook) 9:35.74, A. Garcia (Escondido) 9:37.66, M. Garcia (Valhalla) 9:38.38, 110 high hurdles — Knox (San Diego) 14.45 (2.90 wind-aided), Murray (El Capitan) 14.87, McNeal (Calsbad) 14.99, Anderson (Helix) 15.07, Cross (Serra) 15.12, Harris (Henry) 15.17. 300 Intermediate Hurdles — Knox (San Diego) 38.59 (Section record, first year contested), Taylor (St. Augustine) 39.45, Harris (Henry) 39.49, Herron (Ocean-side) 39.57, McGill (Morse) 40.64, Murray (El Capitan) 40.84. 400 Relay — El Camino 43.09, Henry 43.22, Morse 43.42, Lincoln 43.44, San Diego 43.79, Valhalla 44.34. 1,600 Relay — Morse 3:24.55, Henry 3:25.27, University City 3:25.69, Monte Vista 3:25.75, Lincoln 3:26.19, El Camino 3:26.25. High Jump — McKenzie (Monte Vista) 6-8, Mills (Fallbrook) 6-7, Benham (Bonita Vista) 6-6, Peterson (Monte Vista) 6-6, C. Heintschel (Escondido) 6-4, McNeal (Calsbad) 6-4. Pole Vault — Mulligan (San Diego) 14-4, Strippling (El Camino) 14-3, Johnston (Mt. Miguel) 14-3, Gibbs (Oceanside) 13-9, Brewer (Oceanside) 13-6, Hickey (Fallbrook) Long Jump — Smith (Oceanside) 23-9, Robinson (Valhalla) 22-2, Holmes (San Diego) 22-1, Chapon (Mt. Carmel) 22-10½, Gregory (Henry) 22-7¾, Crosby (University City) 22-7¼. Triple Jump — Gibbs (Oceanside) 47-2, Crosby (University City) 46-6½, Hopkins (University City) 46-5, Brown (San Diego) 46-5,

11:39.83, Flanagan (Mission Bay) 11:45.52, Brookes (Bonita Vista) 11:47.22, 100 Hurdles — Devers (Sweetwater) 14.30 (3.07 wind-aided), Maeva (El Camino) 14.86, Duffy (Mt. Carmel) 15.01, Copridge (Mira Mesa) 15.18, Vaughn (Mira Mesa) 15.33, Panos (La Jolla) 15.67. 300 Hurdles — Devers (Sweetwater) 43.52, Duffy (Mt. Carmel) 44.00, Bremner (University City) 45.40, Outlaw (Lincoln) 47.47, Tuzinkiewicz (Mt. Carmel) 47.47, Slush (Henry) 48.01. 400 Relay — Morse 49.47, Mt. Miguel 49.59, Madison 49.65, El Camino 49.99, Mt. Carmel 50.56, Orange Glen 50.78. 1,600 Relay — Vista 4:02.42, Mt. Carmel 4:02.45, San Pasqual 4:05.50, Madison 4:10.10, Crawford 4:10.94, Poway 4:13.27. High Jump — Reed (Valhalla) 5-5, Johnson (Lincoln) 5-2, Wilkes (Montgomery) 5-1, Palmer (La Jolla) 5-0, Lufflo (San Pasqual) 5-0, Akers (Hilltop) 5-0. Long Jump — Devers (Sweetwater) 18-11½, Strachan (Mt. Miguel) 18-2½, Parker (Madison) 17-9½, Huey (SF Christian) 17-5, Bremner (University City) 17-4, Greaves (San Pasqual) 16-9. Triple Jump — Carter (Lincoln) 36-8, Huey (SF Christian) 35-8½, Anderson (Mt. Miguel) 35-5, Thomas (El Camino) 35-2¼, Petties (Henry) 34-8¾, Wayne (Oceanside) 34-5. Shot Put — Hull (La Jolla) 40-9¾, Ugalata (Serra) 38-2½, Legalluato (Maison) 37-10, Crawford (Southwest) 37-7½, Higgins (San Marcos) 37-1½, Edwards (Oceanside) 35-11¼. Discus — Hull (La Jolla) 132-4, Loshonkohl (Valhalla) 131-8, Crawford (Southwest) 130-10, Smith (Mission Bay) 120-10, Rotschek (San Diego) 117-6, Seidel (Fallbrook) 116-10. TEAM: Sweetwater 40, Valhalla 32, Madison 32, Mt. Carmel 30, Lincoln 28.

photo by Barbara DeGroot

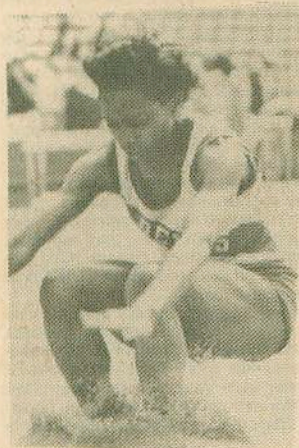
Kurt Holden runner-up in Southern Section discus.

the range of All-Time records with his normal mid-race acceleration. Thomas rocketed away from the pack after the halfway point to win by four meters in a sparkling 10.27. This is the number three clocking All-Time in US prep history, an All-Time California best, and Olympic Trials qualifying mark. The two ahead of him on the All-Time Prep list, Houston McTeer and Johnny Jones, were both Olympic team members the year of their best high school marks. Henry returned in the 4A 200m to blast the turn, then appeared to easily cruise the straight on his way to a 20.73 (wind +.87 mps). This is the number five mark All-Time in US prep history, and the number two mark All-Time in California prep history, behind James Sanford's 20.68 (adjusted from 220 yards) from the 1977 State Meet. Thomas finished off his afternoon with a leisurely 48.0 1600m relay anchor after teammates Michael Graham (48.3), Raymond Young (48.2), and Sean Kelly (47.7) had provided him with a big lead on the way to a 3:12.23 4A division meet record. Keep in mind that Thomas is only a junior. Behind Thomas in each sprint there was some good running. Elliot Dunning (Santa Ana Valley) was 2nd in the 100 at 10.57 and third in the 200 at 21.33. Chip Rish (Marina, Huntington Beach) was 21.18 for 2nd in the 200, while Ray Brown looked a lot stronger than the previous week (where he really struggled) in recording 10.70-21.58 marks that moved him along in qualifying.

Pasadena's Joe Richardson has made a good comeback from some junior year knee problems that had him at one time limping so bad that this writer questioned his ability to ever jump well again. A serious weight program did the rehab job, and obviously added some to his 24-0w and 46-8¼ junior jumping bests. The very mild-mannered Bulldog star capped a fine Southern Section career that had him start as a fine 1:59 half-miler as a freshman with two magnificent efforts here. In the Long Jump Joe rode gusts above the allowable 2.0 mps to a 25-1 personal best (the #13 All-Time California mark, windy or not). A fine Long Jump field pressed Joe-Henry Green (Inglewood) 24-3½w, Anthony Jones (Culver City) 23-11w, John Yuen (Montebello) 23-8w. In the Triple Jump Joe was even better, again riding the gusts (a 3.8 mps to

continued on next page...

Fine Flicks by Don Gosney



Gall Devers won the San Diego Section 100, 100H, 300H and LJ

Robinson (Valhalla) 463, McKenzie (Monte Vista) 45-11¼. Shot Put — Smith (Morse) 54-8¾, Avil (Southwest) 52-9¼, Hum (Poway) 51-5, Horn (San Marcos) 50-4, Yamada (Mt. Miguel) 49-9½, James (Helix) 49-2. Discus — Morgan (Mira Mesa) 162-5, Gonzales (Southwest) 162-4, Bass (Torrey Pines) 157-8, Quiroz (Escondido) 157-7, Call (El Camino) 153-7, Harrington (Monte Vista) 151-1. TEAM: El Camino 51, Morse 50, University City 39, Monte Vista 35, Henry 31, GIRLS

100 — Devers (Sweetwater) 11.62 (3.01 wind-aided), Weaver (University City) 12.17, Williams (Southwest) 12.24, Freow (Morse) 12.32, Cartwright (Maison) 12.33, Maeva (El Camino) 12.45. 200 — (189-meters) Weaver (University City) 24.00, Cartwright (Madison) 24.02, Carter (Lincoln) 24.41, Nilson (Valhalla) 24.45, Matthews (Morse) 24.51, Maeva (El Camino) 24.79. 400 — Nilson (Valhalla) 58.06, Huey (SF Christian) 59.90, Dalton (San Pasqual) 1:00.85, Williams (Mt. Carmel) 1:01.38, Ashworth (Orange Glen) 1:01.39, Fager (Ramona) 1:01.77. 800 — Arreola (Grossmont) 2:16.51, Upsher (Torrey Pines) 2:16.65, Dow (San Pasqual) 2:16.94, Baker (Monte Vista) 2:17.32, Watkins (Poway) 2:17.80, Nichols (Vista) 2:18.50. 1,600 — Shelia (Poway) 5:05.24, Arreola (Grossmont) 5:07.31, Bates (Mira Mesa) 5:07.31, Fedorchak (Fallbrook) 5:10.09, Cook (Santana) 5:15.38, Gorman (Bonita Vista) 5:20.75, 3,200 — Winner (Torrey Pines) 10:53.96, Stehly (Orange) 11:19.73, Panno (San Pasqual) 11:21.17, Wiker (Escondido)

## Southern Section Divisional Competition

by Doug Speck

On Saturday, May 19th, the Southern Section gathered on a warm, breezy afternoon at Cerritos College for its Divisional Finals meet. The massive 457 school section is broken down into 4A, 3A, 2A and 1A school size divisions. The previous weekend each division had a prelims competition with the top nine qualifying for this week's meet. There are four races in each event, with each division's athletes competing against its own level stars. The top eight performances, regardless of division, qualify for next week's Southern California Regional.

To put it mildly, this was a super meet! Henry Thomas (Hawthorne), in the sprints, and Joe Richardson (Pasadena), in the horizontal jumps, moved up in the ranks of the All-Time prep greats with their performances here. Hurdler George Porter (Cabrillo, Lompoc) and middle distance star, Eric Schermerhorn (Woodbridge, Irvine), were also very impressive. On the Girls' side a great 4A team battle between the athletes from Muir, Hawthorne, Compton, Millikan (Long Beach), and Long Beach Poly intertwined the individual efforts of Paula Reedy (LB Poly) and Paulette Blalock (Compton) in the sprints, Trena Hull (Compton) and Kerri Zaleski (Millikan) in the distances, Carrie Franklin (Muir) and Janice Farwell (Millikan) in the hurdles, and super relay action.

The afternoon's sprint action heated up early when Henry Thomas blasted an anchor leg that pulled his squad far ahead of the pack in the 4A 400m relay to a California State All-Time best of 40.82. It lines to Muir stars Mark Hatcher and Ray Brown, with Brown losing twelve pounds and barely qualifying in the individual events from last week, adversely affected Muir's title hopes in this Meet. Thomas returned shortly after the relay for the 100m. With the wind dying to .96 meters per second (mps) aiding for his race, Henry caught a good start, a happening which will always put the Cougar star into



# Prep Notes

be exact) to a 53-0w victory there (the 2nd best ever jump for a Californian behind a guy named Willie Banks). Richardson's best legal mark was 52-0 (#6 All-Time California, #8 All-Time US Prep). Four others over 49-0 pressed Joe. Marcus Turner (Jordan, Long Beach) 49-8½, Henry Green (Inglewood) 49-7¼w (49-0), Marcus Hooks (Lakewood) 49-2, and Craig Brown (Gahr, Cerritos) 49-0 all recorded seasonal bests. Richardson is a long, smooth strider who has longer jumps in his legs. He also helps the Pasadena squad in the relays, bringing the 1600m group in on the anchor with a leg in the mid 46's.

The young ladies were not far behind in the excitement department. A monumental 4A team battle added impetus to a number of individual event athletes, with a number of the top team's athletes going head to head. Compton's Paulette Blalock had a super 200-400 double. In the shorter sprint she dued Cerritos's Cathy Roberts every step on the way to a 23.54 4A Meet Record (and 1984 national leader) into a 2.48 mps wind. Roberts' 23.59 is the country's 2nd best this season. At 400m with the team title still up in the air Blalock edged away from Muir's Linetta Wilson (53.78) and Janice Farwell (53.81) with a super 53.20 (#2 nationally 1984 and #7 All-Time Californian). Paulette cruised a 54.3 anchor leg on the 1600m relay on the way to leading her squad to a 3:42.1 national best. Compton won the 4A women's title with 60 points—Muir and Compton were tied going into the final relay competition (Muir finished 5th). Paula Ready (Long Beach Poly) blasted an 11.46w (+4.76 mps) 100m to take the 4A title (the 2nd fastest California clocking for a prep under any conditions). Compton's Trena Hull also did more than her share in bringing the Tarbabes the team title. Trena had edged defending State Champion Kerri Zaleski (Millikan) in the Moore League 800 final. A quick pace was assured when the duo met again, and Zaleski took Trena out through 29.1-59.8-1:32.6 200m posts until the last half lap. Trena hung on, and edged up to and slightly past the Millikan star with 40 meters to go. At that point Zaleski began to stagger and she fell. Trena raced in at 2:07.09 (#2 nationally behind Zaleski's 2:06.99), while Zaleski had the sense to get to her feet and walk in at 2:13.83 (to qualify on to next week). This duo has some speed—Hull raced 55.0 for her 1600m relay team, while Zaleski blazed 54.2 for her Millikan relayers. Hull came back in the 1600m against a top 4A field including a revived Laura Cattivera (Mira Costa) (4:54.66 mile in 1982 before injuries) who was quickly rounding into shape. The script was the same as the 800, as Hull cruised along through 89.4-2:24.0-3:40.0 lap splits before rocketing away on the homestretch to a 4:51.38 win. The Compton senior had a 5:04.27 mile best in 1983, and her performance here was truly amazing. Marcia Escobosa (El Dorado, Placentia) was the 3A 1600 winner in a good 4:56.91.

George Porter (Cabrillo, Lompoc) showed some real promise this season, including a 36.6 for 300m IH in League competition. His potential was certainly realized here, as he worked a perfect 13-step pattern in the 2A race to a California record 36.25 (also the #7 All-Time US mark). The Cabrillo star returned to edge Blair's Harry Johnson 14.14-14.15 for the fastest 110m HH time. Gordon Bugg (West Covina) took a quick 4A 300m IH race in 37.19 over Al Blades (Muir) 37.26 and Raymond Young (Hawthorne) 37.28.

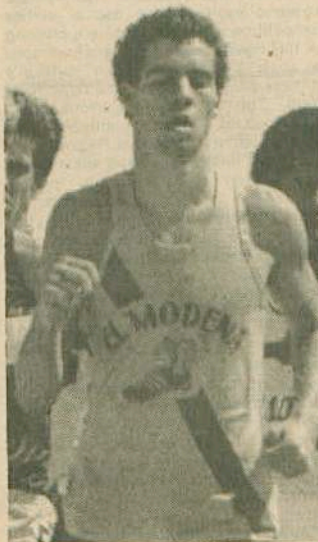
Eric Schermerhorn (Woodbridge, Irvine) had some amazing middle distance doubles and triples during the regular season, and he raced fine efforts here to lower his 400m and 800m bests. The 800 was first, as Eric followed South Coast League rival Andy Sims (Dana Hills)

through 26.6-55.8 200m posts before waving good-bye and even-splitting a 1:51.69 with another 55.8 lap. West Covina's Robert Nesbitt was the 4A winner at 1:52.91, running just fast enough the whole way to stay ahead of Lynwood's Dwight Range (1:52.94). Hawthorne's Sean Kelly finished off a junior year in the 800m in this race off a horror story script, capping a season of disqualifications, batons knocked out of his hand, getting sick, and here getting tripped and going down at 600m. Schermerhorn came back in the 3A 400m to edge another League buddy, Jeff Roach (Laguna Hills), showing frightening acceleration in the last 100m in a 47.09-47.59 win. Chip Rish (Marina, Huntington Beach) finished off the Orange County orgy at 400m with a 4A win at 47.33. Antelope Valley's Anthony Washington capped a fine year with a 47.70 3rd in the 3A.

Wastlake's Kenny Burke had the other top man's mark, surprising with a 7-2 clearance in the high jump, marking an improvement on his 7-1 best from last season. Kenny had laid fairly low during most of the season, timing his peak for when it counts.

Girls' hurdle and relay action was hot. Janice Farwell (Millikan) got the day started with a super 42.50 4A 300m LH win (#12 All-Time US, #5 California ever). Michelle Taylor (Ganesha, Pomona) looked good in taking the 3A race at 42.60 (and recording a 14.38 to win the 100m LH). Muir's Carrie Franklin blasted a 13.97 meet record 4A 100m LH win over Ashanda McBride (LB Poly) 14.21. The women's 400m relay had the same cast as Compton's nation-leading 1600m race. Muir's Jim Brownfield had the nerve to make a late-season change in order over the 400m distance, and it paid off as the Mustangs edged Hawthorne 46.49-46.56. Carrie Franklin withstood Kim Grant's charge on the anchor as Muir recorded the #6 All-Time Southern Section mark in the event. Celeste Paquette (Rancho Alamitos, Garden Grove) topped Women's discus qualifying with a fine 141-6 in competition held earlier in the week.

photo by Burt Davis



**Victor Valen wins Southern Section 4-A 1600 in 4:11.45.**

Capistrano Valley's Brian Blutreich set a new 3A division shot put mark with his 64-6¼ win over Greg Aitkenhead (Mission Viejo) 61-10¼. Tambl Wenj (Fountain Valley), the Sectional leader at 190-3, led discus qualifying at 186-6 over Kurt Holden (Hart, Newhall) 181-0.

Kirsten O'Hara (Palos Verdes) handled the hot weather best during the high noon 3200m runs. O'Hara left the pack after a

5:08.6 first 1600m on the way to a 10:29.24 4A win. Pam Thompson (Saugus) was the 3A winner at 10:43.90. Cathy Roberts (Cerritos) added to her fine sprint runs with a 38-4¼ section-leading 4A triple jump win, and 18-4¼ long jump win to match the best of 3A victor, Debbie Knight (La Habra) (also 18-4¼). 5-6 was the height that took the 2A (Yleana Carrasco of Anaheim), 3A (Urusula Lovely of Kennedy in La Palma), and 4A (Ann McBride of Long Beach Poly) the winner with Debbie Orr of Ocean View 2nd at the same height). Pam Alexander (Arlington, Riverside) had the best shot put effort, a 44-4½, in winning the 2A. Dana Simon (Antelope Valley) took the 3A in a fine 42-4¼, while all-arounder Shawn Roy (So. Torrance) edged Susanna Gall (Rowland) 41-7½-40-10½ in the 4A.

In the men's 1600m coach Tom Weber's latest distance star at El Modena (Orange), Victor Valen, took the 4A over Danny Holmes (Santa Barbara) at 4:11.45 with a 59.7 final 400m off 62.6-2:06.8-3:11.8 lap post splits. John Vargas (South Hills, Covina) went 61.2 over the final 400m to take Jim Ortiz (Barstow) 4:13.30-4:13.83 at the 2A level. Corona Del Mar's Dave Anderson was a big 3A winner at 4:13.27. Joe Nitti (Loyola, LA) cranked a 83 second final lap to take the fastest of the 3200's, at 9:11.04 (2A) over St. Francis's Pat Mitchell (9:13.77). Jesus Gutierrez (Pasadena) continued his return to form with a 9:12.99 4A win (after a 4:13.77 1600m earlier in the afternoon). J.P. Hall (LaSalle, Pasadena) was the heartbreak kid here, as his solo effort in the 1A division at 9:22.26 fell just short of making the top eight to Regionals. After the quickest first 1600 of any race (4:37.0) the LaSalle senior just could not push along all by himself to the time necessary to continue his season.

Simi Valley's Chuck Houde won the 4A vault at 15-0, while the 14-6 clearances of Fritz Howser (Newport Harbor) (3A), Tony Young (Coachella Valley) (2A), and Steve Horvath (Chaminade, Canoga Park) (1A) brought those individuals divisional championships.

Hawthorne was an easy boys 4A team winner off Thomas's heroics. Ganesha (Pomona) was the 3A boys and girls winners. Loyola was a big 2A boys division winner, while Valencia took the girls 2A. Bishop won the 1A for boys, while Rim of the World (Lake Arrowhead) took the girls 1A.

## L.A. City CIF Section Finals

By Doug Speck

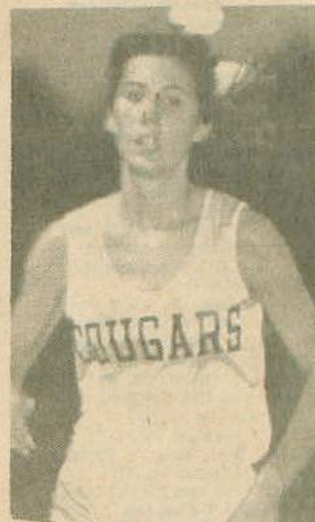
May 18, Birmingham High School:

It was an evening for the Men's troops of Coach Steve Lang and the Young Ladies of Coach Jimmie Lee to shine as Fremont and Locke, respectively, were crowned team titlists in the 50th Annual Los Angeles City Section Track and Field finals, Friday, May 18th. The quick Birmingham High School All-Weather Track, part of the Atlantic Richfield Olympic donation series, responded with its second straight year of lightning-quick times. The LA City always has stars far out of proportion for its forty-nine member school size, and 1984 is a year that is no different. Locke's Choo-Choo Knights, South Gate's Daymon Lee, Belmont's Roman Gomez, and Fremont's very strong Men's squad, led by all-arounder Anthony Reynolds, were the headliners.

Locke did not edge Fremont by a whole lot in the Young Ladies division, as Knighten and Tesha Giddens led the Saints with 76 points to 62 for Fremont. Knighten was awesome, as usual. After her 52.31 400m in the previous weekend's Pepsi Invitational as an unattached athlete, Choo-Choo took right up here. The Locke junior started the evening by blasting to a four meter lead after just the first two hurdles in the 100 meter event on her way to a 13.90 meet record. In the 100

meters, Locke teammate Tesha Giddens false-started (which after her 11.81 the previous weekend was a tough lesson to learn this late), but Chuewakil blasted away on the next firing of the gun to record an 11.91 win over Kim Phillips' 12.15 for second. In the 400m Choo began some serious work on the records set by the famous Howard family, as her 52.83 run lowered Denean's meet record of 53.50 from 1982. In the 1600m relay

photo by Burt Davis



**Frances Silva won the L.A. City Section 1600 & 3200.**

Knighten did not have to run hard, as her teammates gave her a big lead, which Choo stretched a bit on the way to a fine 3:47.28. A pleasant return to form by Laura Culliver (from 59.00 to 55.91 in the open 400 for third) will assist Locke in Sectional and State long relay action. Tesha Giddens came back mad at 200m after her 100 problems. The half lap event was over after 20 meters, as the Locke soph churned a blazing 23.94.

Coach Steve Lang has a super-quality, well balanced program, which survived even a couple of setbacks on the way to a forty point margin of victory over Belmont, 78-38, for the men's title. Anthony Reynolds recorded four firsts this evening for Fremont. Reynolds held off Jordan's long-legged Kevin Young in the High Hurdles in a meet record 14.28 (to 14.32 for Young). The same duo led the Intermediates, as Reynolds did not equal last week's state-leading 36.83, but was still the winner in a fine 37.08. Anthony edged another Anthony, this time Smith, from University, in the long jump 23-5 to 23-4½. Reynolds finished off the evening on a meet record 1600m relay group, as Charles Edwards (49.3), Reynolds (48.4), Robert Collins (48.4), and Victor Myles (46.6) destroyed the old 3:15.75 record with a super 3:12.74. Myles was an important part of a super 400m field, as seven athletes recorded time of 48.18 or faster in the previous week's semi-finals competition. Victor took the 400 out from his lane seven position, and despite being passed in the homestretch by the amazing Daymon Lee (who we will get to in a minute), the Fremont star still recorded a 47.24 for second.

Mr. Lee, from South Gate, was another star of the evening's competition. A mid-season injury probably forced the state's returning 400m runner-up into a perfectly timed peak. Along the way Lee gave the 800 a try, and it has worked out pretty well (along with the quarter). The 800 is no slouch distance in the City, with Belmont junior Luis Valdez down around 1:53.0. Lee worked down to 1:52.53 last week off Valdez's pace-setting efforts in the

continued on next page...



semi's. Here, he was even a bit more impressive, as Valdez seemed bothered by a low back pain at 350 meters, where Lee shot by to lead through a 53.4 400. Valdez battled back, but Lee ran away in the homestretch to easily win 1:52.33 to 1:54.09. Daymon will meet stiffer competition in the next couple of weeks against the likes of Eric Schermerhorn (Woodbridge, Irvine, CIF-SS) and there will be big fireworks. Later in the evening, over 400m, Lee showed he has lost none of his basic speed, as he followed Vic Myles out through 300m, then rocketed the last 100 on his way to a 46.82 meet record.

Distance star Roman Gomez (Belmont, LA) was once again super. Running in a solo manner after the half way point in the 1600m and 3200m, the junior star set two meet records. In the four lapper Roman split 2:05.9-2:03.2 800m segments on the way to a 4:09.09 personal best. Later, over eight laps, Gomez was alone after the first 1600m (4:32.7)—he reeled off 68.6-68.9-70.4-67.8 laps that brought him in at 9:08.44. The Belmont flash has another year to really drop his City bests to All-Time US status, and has the ability to be among the best in prep history.

Fremont's Millissa King was responsible for another meet record on the girls' side, as she raced in tandem with teammate Michelle Kendrick during the 300m lows, until pulling away just at the end to record a fine 42.70. Michelle was 43.16, as the Fremont duo was second and third behind Knighten over the short low at 14.57 and 14.71. Kennedy's Frances Silva was very impressive in a 1600m-3200m distance double. The improved Cougar star will have to look outside the City for competition, as her 4:59.58 meet record (nipping teammate Paul Bresnan's 5:00.62 from 1983) and 10:57.86 left her competition here far behind. Renita Robinson (Manual Arts) was the long jump winner in a fine 18-5½.

Rachel Villegas (Bell) held off Crenshaw's Sharon Smith in the 800m in an exciting stretch run to win 2:13.74-2:13.79. Dorsey took the women's 400m relay in 48.31 after Kennedy won by 10 meters (47.21) then was dq'd. Valerie Holguin (Huntington Park) took the high jump at 5-4, and Fremont's Theresa Williams the shot at 38-7½.

Crenshaw, running three sophs, set a Meet Record in the men's 400m relay, racing a super 41.16. Patrick Johnson (Huntington Park) cleared a fine 14-7¼ in winning the pole vault. Mark Guzman, another in a long line of good Eagle Rock shot putters, won here at 55-10¼. Steve Broussard (Manual Arts) ran down some anchor runners in the 400m relay, then was an easy winner in the open 100m at 10.80. Dwight Moore (Westchester), after an assortment of no-shows, drops, and dq's, was the 200m winner at 21.91. Kevin Young (Jordan, LA) was the triple jump winner at 48-6½. Guido Golliday (Fremont) took the high jump (6-6).

#### BOYS

100 METERS—1. Broussard (Manual Arts), 10.80 (wind 1.77 m.p.s. against); 2. Harris (Palisades), 10.97; 3. Roberts (Crenshaw), 11.00; 4. Hemmans (Manual Arts), 11.05; 5. Lilley (Hamilton), 11.09; 6. Shows (Banning), 11.11.

200—1. Moore (Westchester), 21.91 (wind .82 m.p.s. against); 2. Everett (Fremont), 22.17; 3. Edwards (Fremont), 22.38; 4. Barber (Carson), 22.52; 5. Green (Kennedy), 22.71; 6. Witherspoon (Manual Arts), 24.16.

400—1. Lee (South Gate), 46.82 (City record, old mark, 47.09. Lee, South Gate, 1984); 2. Myles (Fremont), 47.24; 3. Green (Kennedy), 47.61; 4. Jones (Banning), 48.15; 5. Lilley (Hamilton), 48.26; 6. Goree (Carson), 48.35.

800—1. Lee (South Gate), 1:52.33; 2. Valdez (Belmont), 1:54.09; 3. McDaniel (Locke), 1:54.59; 4. Stuck (Canoga Park), 1:55.02; 5. Johnson (Gardena), 1:55.65; 6. Lektvan (Palisades), 1:57.48.

1,600—1. R. Gomez (Belmont), 4:09.09 (City record, old mark, 4:17.50. Cesar Marquez, Monroe, 1981) (3:53.2

for 1,500 meters); 2. Cushing-Murray (North Hollywood), 4:17.28 (3:59.9); 3. Tyner (University), 4:19.83 (4:01.8); 4. Goff (Locke), 4:21.69 (4:04.2); 5. Carmona (Belmont), 4:22.73 (4:06.6); 6. Twist (Carson), 4:24.60 (4:08.5).

3,200—1. R. Gomez (Belmont), 9:08.44 (City record, old mark, 9:15.86. Cesar Marquez, Monroe, 1981) (8:34.0 for 3,000 meters); 2. Carmona (Belmont), 9:22.04 (8:48.4); 3. Laub (Van Nuys), 9:31.87 (8:58.4); 4. Aguirre (Wilson), 9:33.69 (8:58.4); 5. Ramos (Fremont), 9:37.85 (9:05.9); 6. Gonzalez (Garfield), 9:39.77.

110 HURDLES—1. Reynolds (Fremont), 14.28 (wind .57 m.p.s. against); 2. Young (Jordan), 14.32; 3. Amos (Fremont), 14.44; 4. Anderson (San Fernando), 14.64; 5. Jones (Crenshaw), 14.96; 6. Shows (Banning), 15.05.

photo by Burt Davis



Daymon Lee won the L.A. City Section 400 & 800.

300 INTERMEDIATE HURDLES—1. Reynolds (Fremont), 37.08; 2. Young (Jordan), 37.54; 3. Shows (Banning), 38.36; 4. Anderson (San Fernando), 38.68; 5. Kors (El Camino Real), 39.07; 6. Earley (Gardena), 40.65.

400 RELAY—1. Crenshaw (Bowyer, Crittenden, Roberts, Wilson), 41.16 (City record, old mark, 41.34, Hamilton, 1983); 2. Kennedy, 41.47; 3. Manual Arts, 41.58; 4. Westchester, 42.14; 5. Carson, 42.71; 6. University, 42.44.

1,600 RELAY—1. Fremont (Edwards, 49.3; Reynolds, 48.4; Collins, 48.4; Myles, 46.6), 3:12.74 (City record, old mark, 3:14.70, Fremont, 1984); 2. Kennedy, 3:19.18; 3. Fairfax, 3:20.49; 4. Westchester, 3:22.83; 5. El Camino Real, 3:26.35; 6. University, 3:26.62.

HIGH JUMP—1. Golliday (Fremont), 6-6; 2. Thompson (South Gate), 6-5; 3. Spirin (Carson), 6-2; 4. Lewis (San Fernando), 6-2; 5. tie between Fierro (Franklin) and Earley (Gardena), 6-0.

LONG JUMP—1. Reynolds (Fremont), 23-5; 2. Smith (University), 23-4½; 3. Pringle (Kennedy), 22-2½; 4. Young (Jordan), 21-11½; 5. McDowell (Westchester), 21-4; 6. Reynolds (Kennedy), 21-3½.

SHOTPUT—1. Guzman (Eagle Rock), 55-10½; 2. Schain (Granada Hills), 53-10½; 3. Patterson (Westchester), 53-9¼; 4. Nisharian (Granada Hills), 53-7; 5. Menifield (Fremont), 53-6; 6. Bryant (Birmingham), 53-3½.

POLE VAULT—1. Johnson (Huntington Park), 14-7¾; Ward (Reseda), 13-6; 3.

Owens (El Camino Real), 12-6; 4. Smith (Poly), 12-6; no fifth.

TRIPLE JUMP—1. Young (Jordan), 46-6½; 2. Wilson (San Fernando), 45-10¼; 3. Lewis (San Fernando), 45-3; 4. Golliday (Fremont), 43-1; 5. Thomas (Palisades), 42-11½; 6. Izzanhour (Gardena), 41-11½.

FINAL TEAM SCORES—1. Fremont, 78; 2. Belmont, 38; 3. Kennedy, 35; 4. Jordan, 30; 5. South Gate, 28; 6. tie between San Fernando and Westchester, 26.

#### GIRLS

100 METERS—1. Knighten (Locke), 11.91 (wind 2.39 m.p.s. against); 2. Phillips (Kennedy), 12.15; 3. Rolfe (Dorsey), 12.53; 4. Williams (University), 12.48; 5. Skaggs (Canoga Park), 12.91; 6. Dixon (Narbonne), 12.98; Giddens (Locke), false start.

200—1. Giddens (Locke), 23.94 (wind .36 m.p.s. against); 2. Phillips (Kennedy), 25.33; 3. Williams (University), 25.33; 4. Culliver (Locke), 25.58; 5. Rolfe (Dorsey), 25.64; 6. Allen (Fremont), 25.87.

400—1. Knighten (Locke), 52.83 (City record, old mark, 53.44, Knighten, Locke, 1984); 2. Rolfe (Dorsey), 55.61; 3. Culliver (Locke), 55.91; 4. Mendez (Belmont), 57.16; 5. Villegas (Bell), 58.12; 6. Walton (University), 58.46.

800—1. Villegas (Bell), 2:13.74; 2. Sharon Smith (Crenshaw), 2:13.79; 3. Sims (Locke), 2:18.34; 4. Sareana Smith (Crenshaw), 2:19.28; 5. Rodriguez (Huntington Park), 2:19.53; 6. Jones (Fremont), no time.

1,600—1. Silva (Kennedy), 4:59.58 (City record, old mark, 5:00.62) (4:40.2 for 1,500 meters); 2. Erickson (Granada Hills), 5:11.61 (4:52.7); 3. Montano (Bell), 5:13.83 (4:53.9); 4. Stewart (Taft), 5:14.58 (4:52.0); 5. Santos (South Gate), 5:17.68; 6. Anderson (Monroe), 5:17.93.

3,200—1. Silva (Kennedy), 10:57.86; 2. Ojeda (Eagle Rock), 11:20.79; 3. Flores (Lincoln), 11:45.95; 4. Reynolds (Roosevelt), 11:58.27; 5. McMahon (San Pedro), 12:01.85; 6. Santos (South Gate), no time.

100 LOW HURDLES—1. Knighten (Locke), 13.90 (City record, old mark, 14.00, Knighten, Locke, 1984) (wind 1.46 m.p.s. against); 2. King (Fremont), 14.57; 3. Kendrick (Fremont), 14.71; 4. Farr (University), 15.28; 5. Nobles (Palisades), 15.56; 6. McCready (Narbonne), 15.73.

300 LOW HURDLES—1. King (Fremont), 42.70 (City record, old mark, 43.53, King, Fremont, 1984); 2. Kendrick (Fremont), 43.16; 3. Nichols (Dorsey), 45.36; 4. Rodriguez (Huntington Park), 46.20; 5. McCray (Fremont), 46.30; 6. Shanahan (Monroe), 47.05.

400 RELAY—1. Dorsey (Byrd, Whitney, Nichols, White), 48.31; 2. Crenshaw, 48.84; 3. Narbonne, 49.42; 4. Gardena, 50.11; 5. Banning, 50.49; 6. Cleveland, 53.89 (Kennedy finished first but was disqualified).

1,600 RELAY—1. Locke (Giddens, 57.1; Culliver, 56.8; Sims, 58.1; Knighten, 55.2), 3:47.28; 2. Fremont, 3:52.12; 3. Crenshaw, 3:52.45; 4. Manual Arts, 3:59.56; 5. Banning, 4:2.67; 6. Belmont 4:04.11.

HIGH JUMP—1. Holguin (Huntington Park), 5-4; 2. Vela (Kennedy), 5-3; 3. Blackwell (Gardena), 5-2; 4. Vance (Crenshaw), 5-1; 5. Cannon (Hamilton), 5-0; 6. Quarles (University), 4-11.

LONG JUMP—1. Robinson (Manual Arts), 18-5¼; 2. Giddens (Locke), 16-11; 3. Church (Granada Hills), 16-1½; 4. Colloway (Sylmar), 16-0; 5. Culliver (Locke), 15-9½; 6. White (Dorsey), 15-7½.

SHOTPUT—1. Williams (Fremont), 38-7¼; 2. Hagan (Fremont), 38-4; 3. Lampkin (Cleveland), 38-2¼; 4. Coleman (Fairfax), 37-8½; 5. Barnes (Narbonne), 36-11; 6. Clay (Westchester), 35-4.

FINAL TEAM SCORES—1. Locke, 76; 2. Fremont, 62; 3. Kennedy, 44; 4. Dorsey, 33; 5. Crenshaw, 30; 6. Bell, 18.

## Central Coast CIF Section Finals

May 19, San Jose City College:

#### BOYS

Team leaders — Independence 45; 2. Soquel 32; 3. San Mateo 26; 4. Lynbrook 22; 5. St. Francis 20; 6. (tie) Saratoga and Cupertino 18; 8. (tie) Terra Nova, Milpitas and Seaside 16; 11. (tie) Bellarmine, Overfelt and Del Mar 14; 14. (tie) Leland and Willow Glen 13.

440 relay — Independence (Steve Kern, Lonnie Jackson, Andre Riley, Cary Nobles) 42.6; 2. Lynbrook 43.0; 3. Seaside 43.1; 4. Mt. Pleasant 43.2; 5. Gilroy 43.2; 6. North Monterey 43.78.

100 — Barba (Lick) 10.69; 2. Cleveland (Soq) 10.70; 3. Fortman (Milp) 10.87; 4. White (Lyn) 10.93; 5. Schneider (NMAC) 10.95; 6. Crosby (Sea) 10.98.

200 — Fortman (Milp) 21.5; 2. White (Lyn) 21.95; 3. Cleveland (Soq) 22.14; 4. Schneider (NMAC) 22.22; 5. Flynn (Pros) 22.3; 6. Brink (STER) 22.66.

400 — Davidson (SFRan) 48.25; 2. Coles (Sea) 49.00; 3. Barco (Mont) 49.06; 4. Flynn (Pros) 49.44; 5. Wolverson (Har) 49.70; 6. Jackson (Ind) 50.08.

800 — Allen (Bell) 1:52.94; 2. Schall (DMar) 1:54.7; 3. Hancock (Sara) 1:55.2; 4. Lyle (LOak) 1:55.3; 5. Spangenberg (Bran) 1:56.0; 6. Callanach (PG) 1:57.1.

1,600 — Glusto (SMateo) 4:16.4; 2. Goulet (Soq) 4:17.2; 3. Becerra (Locke) 4:17.9; 4. Clark (MView) 4:18.5; 5. Wickstrom (Serra) 4:18.5; 6. Rivera (WG) 4:20.9.

3,200 — Glusto (SMateo) 9:07.1; 2. Craig (Leigh) 9:17.3; 3. Thompson (HMB) 9:23.4; 4. Tung (Sara) 9:25.3; 5. Santa Maria (WG) 9:29.4; 6. Curran (York) 9:29.8.

110 HH — Nobles (Ind) 14.27; 2. McPherson (MP) 14.54; 3. Riley (Ind) 14.60; 4. Devine (SI) 14.81; 5. Coulter (Gund) 14.89; 6. Chee (Carl) 14.93.

330 IH — Nobles (Ind.) 37.9 (first time event held, establishes meet record); 2. King (M-A) 38.1; 3. Burke (LA) 39.1; 4. Robinson (YB) 39.2; 5. Roberts (HMB) 39.2; 6. Castle (Bell) 39.48.

1,600 relay — St. Francis 3:20.55; 2. Independence 3:23.06; 3. San Mateo 3:24.24; 4. Hillsdale 3:24.40; 5. Lynbrook 3:25.52; 6. Westmont 3:26.42.

50 — Houston (Gil) 60-2; 2. Volta (SCLar) 57-6¼; 3. Sheels (DMar) 56-4; 4. Creedon (Cup) 55-10¼; 5. Fortino (Palma) 55-5; 6. Mohr (LA) 55-1¼.

DT — Dudley (Lal) 180-7; 2. Creedon (Cup) 175-8; 3. Thompson (Cup) 175-1; 4. Mohr (LA) 168-4; 5. Talesfore (Bell) 159-5; 6. DeFranco (Gil) 146-0.

TJ — Ceragioli (TNov) 46-7¾; 2. Theodore (Fremont) 46-5½; 3. Webster (Home) 46-2; 4. Rogers (Over) 45-5¼; 5. Kellen (Lal) 45-5¼; 6. Bluford (SI) 45-4¼.

HJ — Rogers (Over) 6-10 (lies meet record shared by Meshia Spivey, Woodside, 1979, and Dave Sampson, Homestead, 1982); 2. Gavin (LOak) 6-8; 3. Repolario (Mills) 6-8; 4. Webster (Home) 6-4; 5. Smith (SI) 6-6; 6. Kellen (Lal) 6-6.

LJ — Cleveland (Soq) 25-0; 2. Rucker (SCreek) 23-10; 3. Ceragioli (TNov) 23-3½; 4. Grimes (Hillsdale) 23-1½; 5. Robinson (Pros) 22-9½; 6. Willis (Sea) 22-9.

PV — Moen (LG) 15-10¼ (meet record, old 15-8 by Mike Kilbri, Saratoga, 1983); 2. Bassett (Sara) 15-8; 3. Coulter (Gund) 15-8; 4. Keating (NSAI) 15-0; 5. Parker (LG) 15-0; 6. Toney (M-A) 14-4.

#### GIRLS

Team leaders — St. Francis 46; 2. Woodside 42; 3. Santa Teresa 30; 4. Gunderson 26; 5. Los Altos 23; 6. Mills 22; 7. Los Galos 21½; 8. Oak Grove 18; 9. (tie) Min. View and Independence 16; 11. Silver Creek 15; 12. (tie) Del Mar, Redwood Christian and Leigh 14; 15. (tie) Homestead, Menlo-Atherton and Harbor 12.

440 relay — St. Francis 49.74; 2. Seaside 49.94; 3. Leland 50.04; 4. Menlo-Atherton 50.08; 5. Westmont 50.24; 6. Mt. Pleasant 50.30.

100 — Lawson (SF) 12.06; 2. Hutchins (Ind.) 12.28; 3. Cole (SCreek) 12.48; 4. Caldwell (Redwood Ch.) 12.55; 5. Clayton (Lyn) 12.63; 6. Cunningham (SCreek) 12.76.

200 — Caldwell (Redwood Ch.) 25.13; 2. Hutchins (Ind) 25.37; 3. Daniels (M-A) 25.49; 4. Clayton (Lyn) 25.63; 5. Cole (SCreek) 26.06; 6. Gales (Mont) 26.08.

400 — Kr.Dowell (STER) 56.47; 2. Sprout (Pio) 57.45; 3. Bliefeld (Harbor) 58.45; 4. Ka.Dowell (STER) 58.53; 5. Lammie (Lal) 58.88; 6. Kistler (Milty) 58.92.

800 — Kr.Dowell (STER) 2:08.04 (meet record, old 2:08.6 by Tracy Weber, Lynbrook, 1981); 2. Davis (DMar) 2:13.04.

continued on next page.



# Prep Notes

3. Byrno (Gunn) 2:14.79. 4. Henry (LG) 2:15.33. 5. Coric (Capuch) 2:16.49. 6. Weisberg (Milly) 2:18.40.

**800** — Clark (MView) 4:57.18. 2. Chapman (Gund) 5:01.21. 3. Davis (DMar) 5:02.96. 4. Garcia (SCreek) 5:04.18. 5. Mandoza (Present) 5:14.7. 6. Buckler (Sara) 5:17.9.

**2-mile** — Chamberlain (Leigh) 10:57.4. 2. Ham (Westmoor) 11:06.9. 3. Ilnicki (Harbor) 11:09.2. 4. Wilson (TNova) 11:10.0. 5. Seck (Lyn) 11:18.0. 6. Kelly (Milly) 11:19.2.

**100 LH** — Maxie (Mills) 13.76 (excess wind nullifies breaking own meet mark of 14.14, 1983 and 13.9 by Kim Costello, El Camino, 1978). 2. Brown (Wood) 13.85. 3. Ruden (Home) 14.46. 4. Dwyre (Leigh) 14.76. 5. Bray (LA) 14.80. 6. Johnson (Aptos) 15.0.

Fine Flicks by Don Gosney



**Matt Giusto won the Central Coast Section 1600 & 3200.**

**330 LH** — Maxie (Mills) 41.39 (meet record, old 43.5 by Roberta Eccles, Gunderson, 1983). 2. Kuehnis (LG) 44.1. 3. Ruden (Home) 44.7. 4. Bray (LA) 45.2. 5. Davis (Gunn) 47.17. 6. Finnerly (PHills) 47.19.

**800 relay** — St. Francis 3:56.20. 2. Los Gatos 3:57.12. 3. Santa Teresa 4:02.45. 4. Milly 4:03.65. 5. Silver Creek 4:04.10. 6. Manio-Atherton 4:05.02.

**HJ** — Brown (Wood) 6-0 (meet record, old 5-9 1/4 by Trish King, Menlo-Atherton, 1980). 2. Vidakovits (SF) 5-9. 3. Fairfield (Fremont) 5-7. 4. Bray (LA) 5-7. 5. Cummins (LG) and Raisanen (Gilroy) 5-4.

**DT** — Baldwin (Bran) 129-8. 2. Floyd (OGrove) 127-2. 3. Brown (MView) 122-9. 4. Maxwell (LA) 114-2. 5. Lei (Over) 114-0. 6. Hanlon (Lei) 111 1/2.

**LJ** — Brown (Wood) 20-4 (wind nullifies breaking of own meet record of 19-10 3/4 set in 1983). 2. Lawson (SF) 19-8 1/4. 3. Sharkey (Gund) 18-11. 4. Robinson (Wood) 18-3. 5. Olsen (Gund) 18-3. 6. Bray (LA) 18-0 1/4.

**SP** — Floyd (OGrove) 45-4 (breaks own meet mark of 43-5, 1982). 2. Beckerbauer (LA) 40-9 1/2. 3. Lei (Over) 40-1. 4. Shannon (Watson) 35-11. 5. Sexton (Hills) 35-8. 6. Farris (M-A) 35-6 1/4.

**TJ** — Brown (Wood) 42-9 1/2 (breaks own meet record of 40-2, 1983 and own national record of 42-3 1/2, 1984). 2. Diggs (Salinas) 39-2 1/2. 3. Olsen (Gund) 38-3. 4. Sharkey (Gund) 37-2. 5. Skewis (Soq) 36-8. 6. Alexander (Sea) 36-4.

# Northern Calif. Championships

May 26, UC Berkeley:

## FINALS

**Girls discus** — 1. Stacy Horn, Cordova, 146-7. 2. Gina Niko, Mt. Eden, 137-3. 3. China Blockton, Burbank (Sacramento), 137-2. 4. Yvette Brown, Vacaville, 134-1.

**Girls 100 meter LH** — 1. Leslie Maxie, Mills, 13.94 (breaks own meet record of 14.02 set in Friday's trials); 2. Wendy Brown, Woodside, 14.26; 3. Yvette Bates, Berkeley, 14.44; 4. Alicia Lowe, American, 14.46.

**Girls long jump** — 1. Yvette Bates, Berkeley, 19-6 1/2 (ties meet record set by Karen Lawson, St. Francis (Mt. View) in Friday's trials); 2. Wendy Brown, Woodside, 19-4 1/4; 3. Karen Lawson, St. Francis (Mt. View), 18-8 1/2; 4. Mona Simmons, Modesto, 18-5.

**Girls 400 meter relay** — 1. Burbank (Sacramento), (Reese, Broadway, Green and Qualls), 47.09 (breaks meet record of 47.1 set by Berkeley, 1983); 2. Berkeley, 47.25; 3. Lincoln (S.F.), 47.59; 4. Tamalpais, 48.22.

**Girls 3200 meters** — 1. Joni Mooney, Vacaville, 10:35.85; 2. Colleen Donovan, Lodi, 10:44.4; 3. Rebecca Chamberlain, Leigh, 10:48.48; 4. Stacey McAfee, Del Oro, 10:50.34.

**Girls 800 meters** — 1. Kristen Dowell, Santa Teresa, 2:08.96; 2. Tresa Currie, Pittsburg, 2:11.88; 3. Alix Tubman, Grace Davis, 2:12.67; 4. Donna Martin, Enterprise (Redding), 2:12.71.

**Girls 100 meters** — 1. Pam Qualls, Burbank (Sacramento), 11.86 (ties meet record set by Monica Taylor, Grant (Sacramento), 1983); 2. Sheila Compton, Albany, 12:09. 3. Madeline Drew, Roseville, 12:13; 4. Michelle Wright, Armijo (Fairfield), 12:18.

**Girls 400 meters** — 1. Tresa Currie, Pittsburg, 56.57; 2. Jackie Baker, Berkeley, 56.58; 3. Mary Sprowl, Pioneer (San Jose), 57.42; 4. DeAngela Smith, Valley (Sacramento), 57.74.

**Girls 200 meters** — 1. Pam Qualls, Burbank, 24.08 (breaks meet record of 24.56 by Monica Taylor, Grant (Sacramento), 1983); 2. Sheila Compton, Albany, 24.46; 3. Denise Ervin, El Cerrito, 24.61; 4. Lanae Barber, Bishop O'Dowd, 24.95.

**Girls 300 meter LH** — 1. Leslie Maxie, Mills, 40.18 (breaks national high school record of 41.09 by Gayle Kellon, Walnut, June 5, 1982); 2. Karen Brown, Drake (San Anselmo), 42.74; 3. Michelle Woolton, Bella Vista, 43.33; 4. Margaret Ruden, Homeslead, 43.63.

**Girls high jump** — 1. Wendy Brown, Woodside, 5-9; 2. Michelle Woolton, Bella Vista, 5-7; 3. Beth Vidakovits, St. Francis (Mt. View), 5-7; 4. Chris Hoover, Paradise, 5-7.

**Girls shot put** — 1. Latonia Floyd, Oak Grove, 45-7 1/2; 2. Yvette Brown, Vacaville, 42-8; 3. Melinda Beckenhauer, Los Altos, 42-6 1/2; 4. Marilyn Elkins, Manteca, 41-2.

**Girls triple jump** — 1. Wendy Brown, Woodside, 42-1 1/4 (breaks meet record of 40-6 1/4 by Yvette Bates, Berkeley, 1983); 2. Yvette Bates, Berkeley, 41-6; 3. Janice Diggs, Salinas, 39-9 1/2; 4. Sheila Hudson, Rio Linda, 38-11.

**Girls 1600 meter run** — 1. Shannon Clark, Mt. View, 4:50.70; 2. Noreen de Bellencourt, Carondelet, 4:50.90; 3. Lanette Davis, Del Mar, 4:56.35; 4. Laurie Chapman, Gunderson, 4:57.02.

**Girls 1600 meter relay** — 1. El Cerrito (Ervin, Fortier, Mason and Wood), 3:53.96; 2. St. Francis (Mt. View), 3:54.83; 3. Los Gatos, 3:57.17; 4. Burbank, 3:58.12.

**Boys triple jump** — 1. Willie Hannon, Castlemon, 48-5 1/2 (breaks meet record by Chris Moorning, Mt. Pleasant, 47-11, 1983); 2. Mark Webster, Homeslead, 46-1; 3. Keenan Jones, Grant (Sacramento), 45-9 1/4; 4. David Ceragioli, Terra Nova, 45-9 1/4.

**Boys discus** — 1. Rick Mooltz, Miramonte, 176-1; 2. Gerald Gamble, Antioch, 170; 3. Pete Thompson, Cupertino, 162-2; 4. Paul Trovay, Santa Rosa, 161-3.

**Boys 400 meter relay** — 1. Berkeley (Davis, Henderson, Hunter and Usher), 41.39; 2. Kennedy (Richmond), 42.35; 3. Vandem, 42.38; 4. Merced, 42.43.

**Boys 800 meters** — 1. Keith Allen, Bellarmine, 1:52.97; 2. Nick Sparks, Bella Vista, 1:53.10; 3. Bobby Rivera, Newark Memorial, 1:53.29; 4. Jerry Craft, San Marin, 1:53.75.

**Boys 100 meters** — 1. Andre Hunter, Berkeley, 10.88; 2. Reggie Stewart, Westwood, 10.88; 3. Kevin Owens, Foothill (Sacramento), 10.91; 4. Henry Barba, Lick (San Jose), 10.94.

**Boys shot put** — 1. Fred Houston, Willow Glen, 61-5 1/2 (breaks meet record of 61-1 by Curt Sireal, Vacaville, 1983); 2. Gerald

Gamble, Antioch, 59-9; 3. Roger Creedon, Cupertino, 57-1 1/4; 4. Ray Valiadao, Alwater, 57-6 1/2.

**Boys long jump** — 1. Scott Gonsolin, Napa, 23-7 1/2 (breaks meet record of 23-6 1/4 by Mark Boyd, St. Mary's (Berkeley), 1983); 2. Harold Rucker, Silver Creek, 23-1 1/2; 3. Tom West, Ripon, 23-1/4; 4. Roger Grimes, Hillsdale, 22-11 1/4.

**Boys 110 meter HH** — 1. Rodney Jeff, Hiram Johnson, 14.28; 2. Jim Wynne, Valley (Sacramento), 14.34; 3. Kevin McPherson, Mt. Pleasant, 14.5 (ht); 4. Jerold Sawyer, McAteer, 14.57.

**Boys 3200 meters** — 1. Matt Gisulo, San Mateo, 9:06.12; 2. Chris Craig, Leigh, 9:08.66; 3. Eric Mashler, Jesuit (Sacramento), 9:09.17; 4. Pete Vicencio, Del Oro, 9:24.22.

**Boys 400 meters** — 1. Andre Hunter, Berkeley, 47.42 (breaks meet record of 47.69 by Kerry Threets, Westmoor, 1983); 2. Michael Davidson, St. Francis (Mt. View), 47.64; 3. Robert Ellis, Highlands (Sacramento), 48.10; 4. Kevin Tolliver, Vallejo, 48.24.

**Boys 200 meters** — 1. Kevin Owens, Foothill (Sacramento), 21.55 (breaks meet record of 21.60 by Steve Jones, Burbank, 1983); 2. Reggie Stewart, Westwood, 21.73; 3. Ken Henderson, Berkeley, 21.80; 4. Louis Fortman, Milpitas, 21.84.

**Boys high jump** — 1. Jeff Rogers, Overtell, 6-8; 2. Mike Clark, Valley (Sacramento), 6-8; 3. Steve Smith, St. Ignatius, 6-8; 4. David Puffer, Grant (Sacramento), 6-6.

**Boys 300 HH** — 1. Cary Nobles, Independence, 37.92; 2. Jimmy Gray, Newark Memorial, 38.40; 3. Dwayne Morgan, St. Mary's (Berkeley), 38.42; 4. Rodney Jeff, Hiram Johnson, 39.44.

**Pole vault** — 1. George Bassett, Saratoga, 15-10; 2. Ivar Moen, Los Gatos, 15-6; 3. Jim Gash, Santa Rosa, 15-6; 4. (tie) Mitch Mikula, Antioch, and Dean Starkov, Logan, both 15-2 (Mikula advances to state meet on jump off).

**Boys 1600 meter run** — 1. Mark Mastilar, Jesuit, 4:16.03; 2. Ernie Freer, Hayfork, 4:16.60; 3. Scott Savage, Foothill (Sacramento), 4:17.39; 4. Brian Weidmar, El Dorado, 4:17.40.

**Boys 1600 meter relay** — 1. Berkeley (Usher, Smoller, Hunter and Henderson), 3:14.89 (breaks meet record of 3:17.77 by Independence, 1983); 2. St. Mary's (Berkeley), 3:17.43; 3. Pittsburg, 3:17.61; 4. Vandem, 3:18.22.

# Southern Calif. Championships

May 26, Cerritos College:

By Doug Spack

On Friday, May 25th, and Saturday, May 26th, the Central, Southern, San Diego, and Los Angeles sections gathered at Cerritos College for the second (and final) Southern California Regional Meet. Next year the state is going back to a two-day state meet. Just about every single event was of an amazing level of quality and competition, with the weekend's activities even complete with a Federation Record for the country for Gail Devers (Sweetwater, National City) in the 100 Meter Low Hurdles. Amazing Orange County middle distance stars Chip Rish and Eric Schermerhorn won the 400 and 800 in great times, Roman Gomez had an amazing distance double, George Porter raced another super intermediates race, Kenny Burke continued to sky in the High Jump, and the incredible Hawthorne racing machine, led by sprinter Henry Thomas and hurdler Raymond Young, took the Men's team title. A litanic struggle for the Women's team title was won by Compton, led by supers Paulette Blalock and Trena Hull. Choo Choo Knighten headlined her usual events, Kerri Zaleski won an exciting 800, and Michelle Taylor moved up on the All-Time long lows list in highlighting the Women's events. The first four here go on to the State Meet.

In Friday's first heat race on the track, the Women's 100m Low Hurdles, California greets Gail Devers (Sweetwater, Nat'l City) and Choo Choo Knighten (Locke, LA) were in lanes four and five, respectively, and proceeded to run a race that put them among the nation's best in history. In a monumental competition Choo Choo broke out on top, there was a

Fine Flicks by Don Gosney



**Jesus Gutierrez 2nd in SoCal and State Meet 3200.**

furious battle between the duo over the middle barriers, and Devers was strongest in the run-in over the final two hurdles on the way to a 13.42-13.52 win (wind a legal 1.49 meters per second aiding). The UCLA-bound Devers (which might be an interesting situation since the coach she signed for at Bruinville, Scott Chisam, has been moved from the head of the Track program to a promotional job at UCLA next year) is very quick and gets down to very intense sprinting when she has to. The 33" barriers in college should make no difference to Gail, as she floats very high over California's 30" prep hurdles. Saturday's finals in the short hurdles were an event better competitive race, as Devers was able to just squeak in ahead of Knighten at the tape in a 13.48-13.49 race. Devers nailed the Federation prep record of 13.6 quite easily (It was held by a couple of no-names, Carol Lewis and Kim Turner), and is second only to Candy Young (Beaver Falls, PA) on the all-time prep list (13.30). Gail has a bit to go this year to be considered the best prep short hurdler ever, as Young recorded a 12.95 over 33" barriers in 1979. She is still California's best ever, and one reaction you always get from watching Gail is that she has a little maturing physically to go through and with technique work, a great deal of improving at the College level. Knighten is #4 All-Time U.S. with her 13.49 (remember she is a junior), and Carrie Franklin (Muir, Pasadena) was 3rd at 13.78 (#7 All-Time Californian). Devers was active elsewhere, as was the Chooch. In the 100m Gail blasted an amazing 11.34w (+2.35) heat win over Knighten (11.50w). Devers' windy clocking equals the All-Time Californian best by Sharon Ware (Berkeley), with the northern flash not having the benefit of wind back in 1980. The 100m was tainted when Paula Ready (Poly, LB), the Southern Section's best false-started out of her heat. In the Finals Devers showed her much improved start this year and pulled away to an 11.76 win (-1.04 wind). Many athletes seemed a little flat on Saturday, as not that many prep competitions require two days of all-out running. In the Long Jump Devers showed her ability dominance of this year's crop of Southern preps with a 20-7 win over Cathy Roberts (Cerritos) 19-1/4. In the 300m Low Hurdles Gail was going for her fourth individual title, but it was not meant to be. Michelle Taylor (Ganesha, Pomona), a placer in last year's State Meet 400m, has worked hard at the hurdles this year and it has paid off in the last half of the season. Michelle handled Devers in their heat 41.94-42.88. Pomona's Janene Vickers, another late season charger, broke the national frosh record in the event with her 43.43 that



qualified her also. In the Finals Taylor came out charging and did not hesitate in the least over any of the barriers in flying to a 41.75 (#3 All-Time U.S. prep) clocking. Consistent Janice Farwell (Millikan) was second at 42.70, while Vickers improved her national record to 43.08 in fourth. Devers was 5th at 43.35. Knighten was the class of the field in the 400m, cruising to 53.55 heat and 53.65 Finals wins.

Marina's Chip Rish had a great weekend over 400m. The Huntington Beach prep was facing a top field, with seven who had bests under 47.8. The doubling efforts of Eric Schermerhorn (Woodbridge, Irvine) and Daymon Lee (South Gate) after the 800m gave the event extra spice. Rish blasted a 47.03 PR heat victory, with it taking 48.41 to make the field of nine final. In the Finals Rish charged out through a 22.2 200m and raced away from everyone on the long homestretch. Holding on for a five meter victory over Lee's 46.96 the Marina star recorded an amazing 46.37 (#4 All-Time Californian, #3 All-Time Southern Section time). Chip is a junior and some pretty heavy names are just ahead of him on the local list (Ulis Williams and James Sanford). Schermerhorn and Lee were coming together after Section Divisional victories at 800m and 400m. Eric had recorded an unpressed 1:51.69, while Daymon was the LA City champ at 1:52.33. Schermerhorn improved his PR to 1:51.34 in his heat win (coming by the 600 at 1:21.7 after his trademark move during the third 200m). The Finals featured nine with bests of 1:53.70 or better. Andy Sims (Dana Hills) took the group out through a 24.9 200m and the pack gathered up at 53.4 for one lap. Lee was 5th at 400, Eric 7th. At 500m Schermerhorn rocketed around the entire pack to lead at 600m in 1:22.1. Lee, meanwhile, without a great deal of experience in the event, had to work his way through the masses, which he did by the final 100m. Schermerhorn has the ability to go through a couple of extra gears in the final 50-75 meters that no one else seems to have, as he continued to run away from the pack all the way into a 1:49.21 win (#20 All-Time U.S., #9 All-Time Californian, #4 All-Time Southern Section). Eric's time is a 1984 National leader, while Lee's 1:50.30 in second is #2 in the country.

Belmont's Roman Gomez broke out indoors with some fine races, and the LA City junior has continued to improve since then. Here, Roman attempted a very tough 1600-3200 double. After a 4:12.58 fastest heat 1600m victory on Friday, Gomez had his hands full on Saturday with nine at 4:15.18 or better. Victor Valen (El Modena, Orange) handled pace-setting chores through two laps in 62.1-2:06.8, with the strong tempo continuing through a 3:10.8 1200. Exhibiting his usual perfect tactics Gomez worked his way up through the pack to marginally lead at the 1500m mark (3:55.0) and rocket the final stretch in 13.98 (55.9 pace for 400m) to win at 4:08.98 over the 4:09.34 for Valen and 4:10.06 for Jim Ortiz (Barstow). Earlier in the evening the Belmont flash had controlled the 3200m through five laps (4:34.6 1600-5:43.5 2000) before allowing the pack to pass him. Only Pasadena's Jesus Gutierrez could stay close through a torrid final lap, as Roman's 28.7 final 200 after an 8:30.0 3000 took him to an 8:58.67 victory. Glendale's Dan Palma surprised with a 9:02.16 third as did Paul Burroughs (Agoura) 9:03.98 (4th).

Hawthorne's Henry Thomas was, as usual, super. The Hawthorne self-destruction tactic (one major problem per week) continued here, as their second hand-off in Friday's heat in the 400m Relay was out of the zone and the State's best ever (40.82) relay team was history. Henry came back in open events for 10.30 (+1.16) and 20.81 (+2.21) heat wins, with El Camino's (Oceanside) Darron Norris looking good with 10.45 (+1.55) in his heat victory. Others looking strong on Friday were Madera's Ron McCree

(10:56-21:26) and Chip Rish (21.21). In Saturday's finals Thomas showed his superiority with 10.76 (-2.23) and 21.12 (-.02) wins of at least a couple of meters over the field. Muir's Ray Brown stayed alive with a 10.97 for 4th in the 100m. Raymond Young (Hawthorne) blasted a super 13.91 (+.15) in Friday's High's Heats for the #3 time in the nation this year. In the Finals he was able to run down Blair's Harry Johnson at the end to record a 14.07-14.12 (.00) win. In Friday's 1600m Relay heats Thomas cruised 48.0 to anchor a 3:11.85 winner. On Saturday Michael Graham (48.6), Michael Marsh (47.9), Sean Kelly (47.2) gave Henry a big lead and he raced a 47.3 to anchor a 3:10.98 (#7 All-Time California team). In the Finals of the 400m Relay Muir's Ray Brown handled Manual Arts' Steve Broussard on the anchor to win 41.28-41.34.

Fine Flicks by Don Gosney



Ray Lee anchored Muir's SoCal championship 400 relay.

Compton was the Girls team winner. Paulette Blalock and Trena Hull joined the rest of the team for some sterling performances. Blalock was stuck in an awkward situation on Saturday with a 400 at 7:41 p.m., 200 at 7:55 p.m., and 1600 Relay at 8:41. She made the decision to scratch out of the 400. In the 200 Paulette showed her real strength over the last 50 to ease away from Cathy Roberts (Cerritos) and equal her nation-leading 23.54 (Roberts 24.10 (+.01)). The 1600m Relay Blalock anchored was one to write home about. A torrid first three legs gave Compton the lead with about a five meter lead over Locke (and Choo Choo Knighten). With both athletes screaming the first 300, Knighten had eased up to Blalock's shoulder with 100m to go. From there the strong Compton junior edged away to a nation leading 3:40.59-3:40.95 win (#5 and #6 All-Time U.S. respectively). Blalock anchored in 52.0, while Knighten carried 51.7. Running the third leg for Compton was Trena Hull, in a not too pedestrian 55.1. Trena did other running this evening. In the 800m Hull again matched up with defending State Champion Kerri Zaleski (Millikan), who Trena had defeated the past two weekends. In a classic race, Zaleski led through 28.2-60.8-1:33.9 200m splits, with Trena stumbling after being cut off by Kerri at 180 meters. In a very determined final 150 meters Zaleski eased away from Hull to win 2:06.72-2:07.34. In Hull's defense, she had to run 800, 1600, and relay heats on Friday, and the 800 here was her fourth top effort in two days, while Zaleski had 800 and relay duty over the weekend. Later, Trena returned to easily handle a top 1600m field, pushing the pace through 69.0-2:25.8-3:40.5 lap segments before easing away by a second, 4:50.8-4:51.8,

over Laura Cattivera (Mira Costa, Manhattan Beach). The Edison (Huntington Beach) duo of Nicole Ritchot (4:52.9) and Tammy Snyders (4:54.0) ran super races for 3rd and 4th. The Compton 400m relay group improved to a fine 46.3 for 2nd behind the Carrie Franklin-anchored Muir (46.2) winners. Poor Muir got left home in the 1600m relay at 3:46.88 for 5th (while their Guys' group ran 3:12.8 for second and was dq'd for running on the line the first leg).

George Porter (Cabrillo, Lompoc) was again awesome over 300 meters in the intermediates. After a 36.36 heat win on Friday George rocketed to what at times was about an eight meter lead in a 36.51 Finals win over Raymond Young's 37.24. The Cabrillo junior is #7 All-Time U.S. off his 36.25 best. Kenny Burke (Westlake) continued his fine jumping, here clearing 7.2 to win over the 6-10 of consistent Mike Anderson (Burroughs, Burbank). Pasadena's Joe Richardson had another weekend of fine jumping, but met defeat for the first time this season at the end of a long two days of jumping in the Triple Jump finals. Friday Joe led both the Long (25-1 1/2) and Triple (51-6) Jump qualifying, and ran 400m relay leg and 47.1 1600m relay leg. By the end of Saturday the Bulldog star seemed a little leaguer, as he won the Long Jump (24-4 1/2), but was shunted to 3rd in the Triple Jump (49-0) by the fine Bakersfield duo of Terrence Strong (49-8 1/2) and David Sanders (49-4 1/2).

Brian Blutreich (Capistrano Valley) continued his mastery over John Bender (Shafter) and Greg Aitkenhead (Mission Viejo) as the trio recorded 65-3, 62-5 1/2, and 61-3 Shot Puts, respectively. Aitkenhead had a PR in the Discus trials at 185-2. In Saturday's Finals, Kevin Richardson (Shafter), the State Leader at over 197 feet in his last trip South at Mt. SAC, was the winner at 184-1 in the Cerritos infield which does no one favors windwise. Santa Monica's Johnny Lee took the other Men's event, the Pole Vault. The Bay League star showed some nerve in coming back from a broken pole on this facility last weekend to clear 15-2 1/4 here.

Kirsten O'Hara (Palos Verdes) was the Women's 3200m winner in a fine 10:15.29 (#13 All-Time U.S. 2 mile-3200m-#4 All-Time Californian). After a 5:02.1 opening 1600m the PV star lacked company. Pam Thompson (Saugus) was a fine 2nd in 10:35.79, with San Gabriel's Sylvia Mosqueda 3rd at 10:38.96.

Latrese Johnson (Clovis) took the High Jump at 5-10 over the Southern Section trio of Yleana Carrasco (Anaheim) 5-9, Debbie Orr (Ocean View) and Lashawn McBride (LB Poly) 5-8. Pam Alexander (Arlington, Riverside) continued her mastery over locals in the Shot Put with a 44-10 win over first year putter, Susanna Gall (Rowland) 42-4 1/2. Shirlyn Weenig (Laguna Beach), a 5-7 statuesque beauty who doubles as a cheerleader showed her competitive drive with final toss victory in the Discus. Here she PR'd at 133-10 over improved Monie McMurfrey (Roosevelt, Fresno) 132-11 and favored Celeste Paquette (Rancho Alamitos, Garden Grove) 132-7. The Triple Jump featured a bit of an upset. Camille Robertson (Redlands) improved a foot in Friday's trials over her Southern Section performance (37-9 1/2) to 38-9 1/2, then sailed out to 39-8 to take the finals over the favored Renita Robinson (Manual Arts, LA) 38-11.

100—1. Thomas (Hawthorne), 10.76 (wind 2.23 m.p.s. against); 2. McCree (Madera), 10.97; 3. Broussard (Manual Arts), 10.96; 4. Brown (Muir), 10.97; 5. Dunning (Santa Ana Valley), 10.97; 6. Norris (El Camino, Oceanside), 11.00.

200—1. Thomas (Hawthorne), 21.12 (wind 0.2 m.p.s. aiding); 2. McCree (Madera), 21.40; 3. Dunning (Santa Ana Valley), 21.41; 4. Norris (El Camino, Oceanside), 21.63; 5. Burkley (Oxnard), 21.82; 6. Scourps (McLane, Fresno), 21.89.

400—1. Rish (Marina), 46.37; 2. Lee (South Gate), 46.96; 3. Myles (Fremont), 47.21; 4. Schermerhorn (Woodbridge), 47.30; 6. Washington (Antelope Valley), 47.86; 6. Green (Kennedy, Granada Hills), 47.86.

800—1. Schermerhorn (Woodbridge), 1:49.21; 2. Lee (South Gate), 1:50.30; 3. Sims (Dana Hills), 1:51.44; 4. Langer (Bakersfield), 1:51.95; 5. Shields (Loyola), 1:52.38; 6. R. Nesbitt (West Covina), 1:52.48.

1,600—1. Gomez (Belmont), 4:08.98 (3:55.0 for 1,500 meters); 2. Valen (El Modena), 4:09.34 (3:55.1); 3. Ortiz (Barstow), 4:10.06 (3:55.5); 4. Holmes (Santa Barbara), 4:10.62 (3:55.2); 5. Fithen (Serra, San Diego), 4:10.78 (3:55.8); 6. Anderson (Corona del Mar), 4:10.92 (3:55.4).

3,200—1. Gomez (Belmont), 8:58.67 (8:30.0 for 3,000 meters); 2. Gutierrez (Pasadena), 8:59.51 (8:30.1); 3. Palma (Glendale), 9:02.16 (8:30.4); 4. Burroughs (Agoura), 9:03.98 (8:32.9); 5. Carmona (Belmont), 9:06.96 (8:33.7); 6. Green (La Jolla), 9:08.34 (8:34.3).

110 HIGH HURDLES—1. Young (Hawthorne), 14.07 (wind 0); 2. Johnson (Blair), 14.12; 3. Nicholson (Millikan), 14.41; 4. Young (LA Jordan), 14.45; 5. Portes (Cabrillo), 14.48; 6. Amos (Fremont), 14.49.

300 INTERMEDIATE HURDLES—1. Porter (Cabrillo), 36.51; 2. Young (Hawthorne), 37.24; 3. Graham (Hawthorne), 37.37; 4. Gugg (West Covina), 37.47; 5. Thompson (Huntington Beach), 38.00; 6. Anderson (San Fernando), 38.40.

400 RELAY—1. Muir, 41.28; 2. Manual Arts, 41.34; 3. Crenshaw, 41.48; 4. Kennedy (Granada Hills), 41.54; 5. Compton, 41.68; 6. Pasadena, 42.00.

1,600 RELAY—1. Hawthorne (Graham), 48.6; Marsh, 47.9; Kelly, 47.2; Thomas, 47.3; 3:10.98; 2. LB Poly (Ward, 49.4; Roberts, 49.1; Callier, 47.7; Patterson, 46.9); 3:13.01; 3. Loyola, 3:13.22; 4. Fremont, 3:14.83; 5. West Covina, 3:17.40; 6. Fairfax, 3:17.53.

HIGH JUMP—1. Burke (Westlake), 7-2; 2. Anderson (Burroughs, Burbank), 6-10; 3. tie between Taylor (West, Bakersfield) and Bader (Immanuel, Reddley), 6-8; 5. tie between Baerberia (Hanford), 6-8.

POLE VAULT—1. Lee (Santa Monica), 15-2 1/4; 2. Horvath (Chaminade), 14-8; 3. Houde (Simi Valley), 14-8; 4. Wicks (Bakersfield), 14-2; 5. Howser (Newport Harbor), 14-2; 6. Johnson (Huntington Park), 13-8.

LONG JUMP—1. Richardson (Pasadena), 24-4 1/2; 2. Reynolds (Fremont), 24-0; 3. Hale (Monrovia), 23-11w; 4. Green (Inglewood), 23-10 1/4; 5. Smith (LA University), 23-10; 6. Sanders (Bakersfield), 23-6 3/4.

TRIPLE JUMP—1. Strong (Bakersfield), 49-8 1/2; 2. Sanders (Bakersfield), 49-4 1/2; 3. Richardson (Pasadena), 49-0; 4. Green (Inglewood), 48-1 1/2; 5. Gibbs (Oceanside), 47-8; 6. Brown (Gahr), 47-7 1/2.

SHOTPUT—1. Blutreich (Capistrano Valley), 65-3; 2. Bender (Shafter), 62-5 1/2; 3. Aitkenhead (Mission Viejo), 61-3; 4. Wenj (Fountain Valley), 59-9 1/2; 5. Holden (Hart), 59-8; 6. Willison (Burbank), 59-9 1/2.

DISCUS—1. Richardson (Shafter), 184-1; 2. Wenj (Fountain Valley), 181-8; 3. Aitkenhead (Mission Viejo), 179-11; 4. Holden (Hart), 178-10; 5. Blutreich (Capistrano Valley), 173-5; 6. Winters (Valencia), 167-3.

FINAL TEAM SCORES—1. Hawthorne, 58; 2. Bakersfield, 27; 3. Pasadena, 25; 4. Belmont, 22; 5. Fremont, 20 1/2; 6. Shafter, 18; 7. tie among Crenshaw, South Gate and Madera, 16.

#### Girls

100—1. Devers (Sweetwater, National City), 11.76 (wind 1.04 m.p.s. against); 2. Parros (Santa Monica), 11.99; 3. Knighten (Locke), 12.19; 4. Roberts (Cerritos), 12.20; 5. Phillip (Kennedy, Granada Hills), 12.29; 6. Grant (Hawthorne), 12.29.

continued on next page...



## Prep Notes

200—1. Blalock (Compton), 23.54 (wind .01 m.p.s. aiding); 2. Roberts (Cerritos), 24.10; 3. Giddens (Locke), 24.23; 4. Parros (Santa Monica), 24.24; 5. Grant (Hawthorne), 24.25; 6. Phillips (Kennedy, Granada Hills), 24.33

400—1. Knighten (Locke), 53.65; 2. Wilson (Muir), 53.96; 3. Rolfe (Dorsey), 54.63; 4. Farwell (Millikan), 54.65; 5. Banks (El Dorado), 55.44; 6. Ransom (El Toro), 56.30

800—1. Zaleski (Millikan), 2:06.72; 2. Hull (Compton), 2:07.34; 3. Chapel (Irvine), 2:11.78; 4. Villegas (Bell), 2:12.85; 5. Quezada (St. Lucy's), 2:14.22; 6. Upshaw (Torrey Pines, Del Mar), 2:15.66

1,600—1. Hull (Compton), 4:50.8 (4:33.4); 2. Cattivera (Mira Costa), 4:51.8 (4:34.1); 3. Ritchof (Edison, Huntington Beach), 4:52.9 (4:34.1); 4. Snyders (Edison, Huntington Beach), 4:54.0 (4:34.1); 5. Escobosa (El Dorado), 4:55.9 (4:37.3); 6. Bates (Mira Mesa, San Diego), 4:55.9 (4:36.7)

3,200—1. O'Hara (Palos Verdes), 10:15.29 (9:38.2 for 3,000 meters); 2. Thompson (Seugus), 10:35.79 (9:59.5); 3. Mosqueda (San Gabriel), 10:38.93 (9:59.2); 4. Winner (Torrey Pines, Del Mar), 10:45.22 (10:01.3); 5. Scott (Tustin), 10:47.80 (10:07.2); 6. Pianta (Arroyo Grande), 10:50.46 (10:10.2)

100 LOW HURDLES—1. Devers (Sweetwater, National City), 13.48 (wind 1.20 m.p.s. aiding) (fourth performance all-time high school); 2. Knighten (Locke), 13.49 (third performer and fifth performance all-time high school); 3. Franklin (Muir), 13.78; 4. Budwig (Clovis), 14.38; 5. King (Fremont), 14.04; 6. Taylor (Ganessa), 14.19

300 LOW HURDLES—1. Taylor (Ganessa), 41.74 (third performer all-time high school); 2. Farwell (Millikan), 42.70; 3. King (Fremont), 42.72; 4. Vickers (Pomona), 43.08 (national freshman record); 5. Devers (Sweetwater, National City), 43.35; 6. Franklin (Muir), 43.49

400 RELAY—1. Muir, 46.2; 2. Compton, 46.6; 3. Hawthorne, 46.3; 4. Millikan, 46.6; 5. LB Poly, 47.1; 6. Roosevelt (Fresno), 47.9

1,600 RELAY—1. Compton (Bennett), 55.7; Watson, 57.7; Hull, 55.1; Blalock, 52.0; 3:40.59; 2. Locke (Giddens), 55.3; Culliver, 55.8; Sims, 58.2; Knighten, 51.7; 3:40.95; 3. Hawthorne, 3:45.90; 4. Millikan, 3:46.79 (Farwell, 54.2; Zaleski, 54.5); 5. Muir, 3:46.88; 6. Beverly Hills, 3:50.88

HIGH JUMP—1. Johnson (Clovis), 5-10; 2. Carrasco (Anaheim), 5-9; 3. Orr (Ocean View), 5-8; 4. McBride (LB Poly), 5-8; 5. tie between Vance (Crenshaw) and Reed (Valhalla, El Cajon), 5-7

LONG JUMP—1. Devers (Sweetwater, National City), 20-7; 2. Roberts (Cerritos), 19-0 1/4; 3. Roberts (Washington, Easton), 18-8 1/2; 4. Henderson (Fountain Valley), 18-7 1/2; 5. Motley (LB Wilson), 18-6 1/4; 6. Robinson (Manual Arts), 18-4

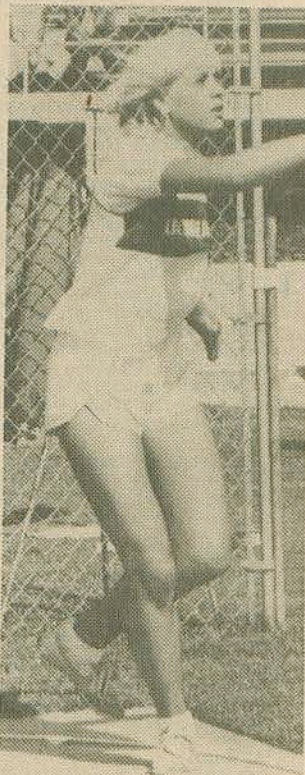
TRIPLE JUMP—1. Robertson (Redlands), 39-8; 2. Robinson (Manual Arts), 38-11; 3. Orr (Ocean View), 37-8; 4. Ames (El Modena), 37-7 1/2; 5. Roberts (Cerritos), 37-7 1/4; 6. McAlister (Madera), 36-7 1/4

SHOTPUT—1. Alexander (Arlington), 44-10; 2. Gail (Rowland), 42-4 1/2; 3. Merancio (Parier), 41-1; 4. Simon (Antelope Valley), 40-10 1/4; 5. Oden (Irvine), 40-4; 6. Hull (La Jolla), 40-3 1/4

DISCUS—1. Weenig (Laguna Beach), 133-10; 2. McMurtrey (Roosevelt, Fresno), 132-11; 3. Paquette (Rancho Alamitos), 132-7; 4. Crawford (Southwest, Imperial Beach), 127-9; 5. Hull (La Jolla), 127-8; 6. Garcia (San Luis Obispo), 126-10

FINAL TEAM SCORES—1. Compton, 45; 2. Locke, 38; 3. Sweetwater, 32; 4. Muir, 27; 5. Hawthorne, 23; 6. tie between Cerritos and Millikan, 22

photo by Barbara DeGroot



Pam Thompson 2nd to Kirsten O'Hara in SoCal 3200.

photo by Burt Davis



Sara Parros 2nd to Gail Devers in SoCal 100.

Fine Flicks by Don Gosney



Shirlyn Weenig SoCal discus champion.

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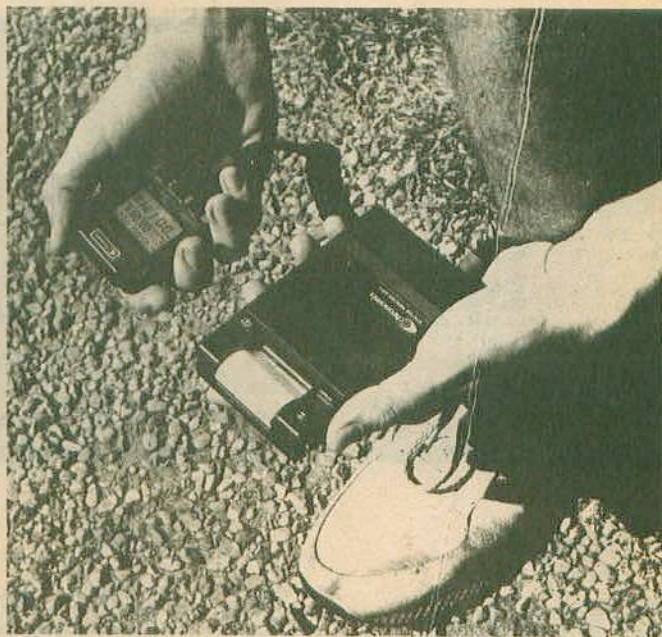
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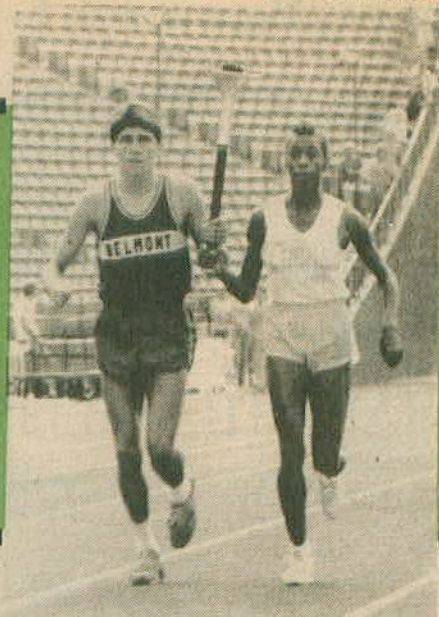
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# 1984 California High School STATE MEET



Roman Gomez &amp; Choo Choo Knighten

## Girls Division

By KEITH CONNING

### Girls 100

Senior Gail Devers (Sweetwater, National City), third last year in 11.91, defeated senior Pam Qualls (Burbank, Sacramento), 4th last year in 12.01, by .12 —11.51 to 11.63. The wind was +0.03 meters per second. Devers becomes the third fastest California prep of all-time behind Sharon Wara (Berkeley) 11.34 in 1980 and Kim Robinson (Westchester, Los Angeles) 11.50 in 1977. Devers surpassed the 11.55 recorded earlier by Wendy Vereen (Central, Trenton, NJ) to become the new 1984 national leader.

## RECORD: 11.42

1	Gail Devers (Sweetwater)	11.51
2	Pam Qualls (Burbank)	11.63
3	Sara Parros (Santa Monica)	11.73
4	Choo Choo Knighten (Locke)	11.75
5	Cathy Roberts (Cerritos)	12.03
6	Madeline Drew (Roseville)	12.07
7	Sheila Compton (Albany)	12.16
8	Michelle Wright (Armijo)	12.30

### Girls 200

Junior Paulette Blalock (Compton) defeated Qualls, second last year in 24.05, by .18 — 23.59 to 23.77. Blalock is the current national leader at 23.54. The wind reading was -0.03 mps.

## RECORD: 23.19

1	Paulette Blalock (Compton)	23.59
2	Pam Qualls (Burbank)	23.77
3	Teasha Giddens (Locke)	23.97
4	Sara Parros (Santa Monica)	24.02
5	Cathy Roberts (Cerritos)	24.09
6	Sheila Compton (Albany)	24.41
7	Denise Ervin (El Cerrito)	24.76
8	Lanae Barber (Bishop O'Dowd)	25.34

### Girls 400

Junior Choo Choo Knighten (Locke, Los Angeles), second last year in 53.27, won by 1.22 in 52.67. Junior Leslie Maxie (Mills, Millbrae), the defending champion, passed up the event this year in order to concentrate on the hurdles for the Olympic Trials. Knighten is the national leader at 52.32.

## RECORD: 52.39

1	Choo Choo Knighten (Locke)	52.67
2	Linnetta Wilson (Muir)	53.89
3	Andrea Rolfe (Dorsey)	54.25
4	Janice Farwell (Millikan)	54.51
5	Tresa Currie (Pittsburg)	56.61
6	Mary Sprowl (Pioneer)	56.74
7	DeAngela Smith (Valley)	57.52
8	Jackie Baker (Berkeley)	NT

### Girls 800

In one of the most dramatic races of the day, senior Trena Hull (Compton)

photo by Jim Reynolds

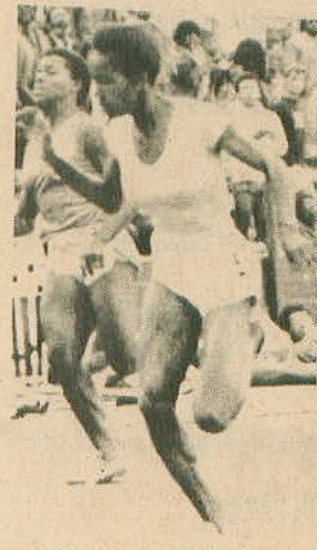
GAIL DEVERS  
100m

passed defending champion junior Kerri Zaleski (Millikan, Long Beach) in the stretch to win by .96—2:04.91 to 2:05.87. Both girls went under the State Meet record of 2:06.08 set by Donna Curtis (Culver City) in 1981. Hull becomes the fourth fastest Californian of all-time behind Mary Decker (Orange) 2:02.29 in 1974, Charlotte Cooke (Compton) 2:03.8 in 1968, and Ann Regan (Camden, San Jose) 2:04.37 in 1977. Hull and Zaleski have the two fastest times in the nation this year. Zaleski led at the 400 in 1:02.1 in a very evenly paced race. Previous State Meet record holders have included Curtis, Regan, and Kathy Costello (Pleasant Hill).

## RECORD: 2:06.08

1	Trena Hull (Compton)	2:04.91
2	Kerri Zaleski (Millikan)	2:05.87
3	Kristen Dowell (Santa Teresa)	2:09.94
4	Laura Chapel (Irvine)	2:10.92
5	Alix Tubman (Davis)	2:11.56
6	Rachel Villegas (Bell)	2:12.30
7	Tresa Currie (Pittsburg)	2:14.34
8	Donna Martin (Enterprise)	2:15.41

Fine Flicks by Don Gosney

PAULETTE BLALOCK  
200m

### Girls 1600

Sophomore Shannon Clark (Mountain View), fifth last year in the 3200, moved down in distance to edge Hull—4:47.52 to 4:47.70. Hull seemed to misjudge the finish line. Hull led until just before the finish with splits of 1:08.62, 2:24.6 and 3:39.2.

## RECORD: 4:39.92

1	Shannon Clark (Mtn. View)	4:47.52
2	Trena Hull (Compton)	4:47.70
3	Noreen DeBettencourt (Caron.)	4:50.71
4	Laura Cattivera (Mira Costa)	4:51.57
5	Nicole Richot (Edison)	4:55.39
6	Tammy Snyders (Edison)	4:56.85
7	Laurie Chapman (Gunderson)	4:57.33
8	Lanette Davis (Del Mar)	4:59.37

photo by Burt Davis

CHOO CHOO KNIGHTEN  
400m



## Girls 3200

Senior Kirsten O'Hara (Palos Verdes), seventh last year in 10:54.8, won easily in 10:11.62. Her splits were 1:12.4, 2:27.3, 3:44.7, 5:03.1, 6:20.7, 7:39.0, 8:58.1, and 9:35.5 (3000). It is the second fastest time in the nation this year. She becomes the third fastest Californian of all-time behind Cory Schubert (Del Mar, San Jose) 10:04.2 in 1983 and Cheri Williams (Livermore) 10:09.8 (2 mile) in 1978.

RECORD: 10:08.14

- |   |                               |          |
|---|-------------------------------|----------|
| 1 | Kirsten O'Hara (Palos Verdes) | 10:11.62 |
| 2 | Maureen Winner (Torrey Pine)  | 10:40.12 |
| 3 | Joni Mooney (Vacaville)       | 10:45.81 |
| 4 | Rebecca Chamberlain (Leigh)   | 10:49.80 |
| 5 | Stacey McAfee (Del Oro)       | 10:50.08 |
| 6 | Pam Thompson (Saugus)         | 10:56.30 |
| 7 | Sylvia Mosqueda (San Gabr.)   | 11:02.71 |
| 8 | Colleen Donovan (Lodi)        | 11:13.46 |

## Girls 100m LH

Devers set a new National Interscholastic record of 13.41. The wind was -0.41 mps. The old record of 13.6 was shared by Carol Lewis (Willingboro, New Brunswick, New Jersey) in 1980 and Kim Turner (Mumford, Detroit, Michigan) in 1979. The old State Meet record of 13.71 was set by Sherita Sanders (Berkeley), now running for Oklahoma, in 1981. It is the second fastest time ever run by a prep. Candy Young (Beaver Falls, Pennsylvania) ran 13.30 in 1977. Defending champion Knighten placed third in 13.61.

RECORD: 13.71

- |   |                             |       |
|---|-----------------------------|-------|
| 1 | Gail Devers (Sweetwater)    | 13:41 |
| 2 | Wendy Brown (Woodside)      | 13:59 |
| 3 | Choo Choo Knighten (Locke)  | 13:61 |
| 4 | Carrie Franklin (Muir)      | 13:87 |
| 5 | Leslie Maxie (Mills)        | 13:87 |
| 6 | Dabble Budwig (Clovis West) | 14:05 |
| 7 | Yvette Bates (Berkeley)     | 14:33 |
| 8 | Alicia Lowe (American)      | 14:59 |
- Wind: -0.41 mps

## Girls 300m LH

Maxie, the national record holder at 40.18, set a new State Meet record of 40.90. The old record of 41.09 was set by Gayle Kellon (Wainut) in 1982. Junior Michelle Taylor (Ganessa, Pomona), fourth last year in the 400, placed second in 41.44. Maxie and Taylor are the national leaders this year. Maxie's touch-downs, supplied by Doug Speck on a Chronomix, were 6.3, 4.4, 4.4, 4.7, 4.7, 4.9, 5.0, 5.0, 1.1. The distance to the fastest hurdle is 45 meters. There are 35 meters between hurdles. From the last hurdle to the finish line is 10 meters.

RECORD: 41.09

- |   |                              |       |
|---|------------------------------|-------|
| 1 | Leslie Maxie (Mills)         | 40.90 |
| 2 | Michelle Taylor (Ganessa)    | 41.44 |
| 3 | Melissa King (Fremont)       | 42.55 |
| 4 | Janice Farwell (Millikan)    | 42.76 |
| 5 | Karen Brown (SirFranDrake)   | 42.87 |
| 6 | Janeene Vickers (Pomona)     | 43.70 |
| 7 | Michelle Wootton (Bel.Vist.) | 44.34 |
| 8 | Margaret Ruden (Homestead)   | 45.19 |

## Girls 400m Relay

The Hawthorne team of senior Felecia Price, junior Tami Allen, junior Kim Grant, and junior Monique Burrell, defended its team title with a 45.99. It is the fastest time in the nation this year. They become the sixth fastest California team ever. Pre-meet favorite Muir (Pasadena) was second in 46.61.

## Girls 1600m Relay

The Los Angeles team of junior Tedsens (54.9), junior Laura Cui (4), junior Angie Sims (56.7), and Choo Knighten (51.5) ran the

photo by Burt Davis



TAMI ALLEN  
100m

RECORD: 45.99

- |   |                             |       |
|---|-----------------------------|-------|
| 1 | Hawthorne                   | 45:99 |
| 2 | Muir (Brillson, Cantrellin) | 46:61 |
| 3 | Burbank Broadway, Green,    | 47:02 |
| 4 | Berkeley                    | 47:31 |
| 5 | Millikan                    | 47:60 |
| 6 | Lincoln                     | 48:09 |
| 7 | Tamala                      | 48:62 |
| 8 | Compton                     | 52:22 |

photo by Burt Davis



GAIL DEVERS  
100m Low Hurdles

Fine Flicks by Don Gosney



SHANNON CLARK  
1600m

fastest time in the nation this year—3:38.65. Pre-meet favorite Compton, with anchor Blalock running 53.6, placed second in 3:40.76. Locke's time is the third fastest all-time. Locke also won this event in 1977 in 3:52.1.

RECORD: 3:37.71

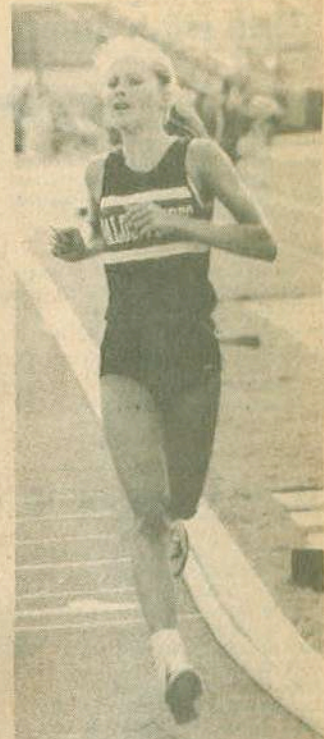
- |   |   |         |
|---|---|---------|
| 1 | Locke                                   | 3:38.65 |
| 2 | Compton (Bennet, Watson, Hull, Blalock) | 3:40.76 |

Fine Flicks by Don Gosney



LESLIE MAXIE  
300m Low Hurdles

photo by Jim Reynolds



KIRSTEN O'HARA  
3200m

- |   |   |         |
|---|---|---------|
| 3 | Millikan (Stiles, Zaleski, Hall, Farwell) | 3:43.35 |
| 4 | Hawthorne                                 | 3:46.02 |
| 5 | El Cerrito                                | 3:51.14 |
| 6 | St. Francis                               | 3:52.95 |
| 7 | Burbank                                   | 3:56.72 |
| 8 | Los Gatos                                 | 3:56.79 |

Fine Flicks by Don Gosney



WENDY BROWN  
High Jump



## Girls High Jump

Senior Wendy Brown (Woodside), eighth last year at 5-6, set a new State Meet record of 6-1 1/4. The old record of 6-1 was set last year by Tonya Mendonca (Mt. Whitney, Visalia). Brown is the current national leader at 6-2 1/4, the number two all-time prep performance. She has qualified to compete in the Olympic Trials.

RECORD: 6-1

1 Wendy Brown (Woodside)	6-1 1/4
2 Beth Vidakovits (St. Francis)	5-10
3 Yleana Carrasco (Anaheim)	5-10
4 Latrese Johnson (Clovis)	5-10
5 Michelle Wootton (BelVist)	5-9
6 Lashawn McBride (LB Poly)	5-8
7 Chris Hoover (Paradise)	5-7
8 Debbie Orr (Ocean View)	5-7



WENDY BROWN  
Long Jump

photo by Barbara DeGroot



PAM ALEXANDER  
Shot Put

## Girls Long Jump

Brown, third last year at 19-5 1/2 and first in 1982 at 19-10 1/2, set a new State Meet record of 20-9 1/4 with a wind of +0.47 mps. The old record of 20-8 1/4 was set by Mariene Harmon (Thousand Oaks) in 1980. Brown's series 18-3 (-0.29), 19-6 (-0.16), 20-9 1/4 (+0.47), 20-3 (-0.92), 19-11 (-0.50), 19-8 (-1.85). The defending champion, Devers, placed second at 20-6 1/4. Senior Yvette Bates (Berkeley), second last year at 19-5 1/4, was the most consistent jumper with four leaps at 19-7, one at 19-6, and one foul for third place.

RECORD: 20-8 1/4

1 Wendy Brown (Woodside)	20-9 1/4
2 Gail Devers (Sweetwater)	20-6 1/4
3 Yvette Bates (Berkeley)	19-7 1/4
4 Cathy Roberts (Cerritos)	19-2 1/4
5 Karen Lawson (St. Francis)	19-1 1/4
6 Yvette Roberts (Wash. Union)	18-4 1/4
7 Cheryl Henderson (FountVly)	18-2 1/4
8 Mona Simmons (Modesto)	17-0 1/4

## Girls Triple Jump

Brown won this event for the third year in a row. In the process she improved her national record from 42-9 1/4 to 42-10 1/4. But she was pushed by Bates, who recorded a personal best of 42-6 1/4 (+2.12). Junior Sheila Hudson (Rio Linda) also surpassed the old State Meet record of 40-3 set by Brown in 1983. Hudson placed third at 40-4. Brown and Bates are both going to attend the University of Southern California. Their jumps would have placed them second and third in the ICAA meet.

RECORD: 40-3

Wendy Brown (Woodside)	43-10 1/4
Yvette Bates (Berkeley)	42-6 1/4
Sheila Hudson (Rio Linda)	40-4
Janice Diggs (Salinas)	39-8 1/2
Ranita Robinson (Man. Arts)	39-3
Camille Robertson (Redlands)	38-4 1/4
Gaylen Ames (El Modena)	36-11 1/4
Debbie Orr (Ocean View)	36-8

## Girls Shot Put

Senior Pam Alexander (Arlington, River), ninth in 1982 and second in 1983 at 1/2 behind four-time winner Natalie Kaalawahia (Fullerton), finally had a chance to win. She claimed first place with a throw of 46-3 1/4. Latonia Floyd (Oak Grove, San Jose), fifth in 1983 at 42-7 1/4, placed second at 45-0 1/4.

LOCKE 1600m RELAY



Fine Flicks by Don Gosney

RECORD: 52-7 1/2

1 Pam Alexander (Arlington)	46-3 1/4
2 Latonia Floyd (Oak Grove)	45-0 1/4
3 Melinda Beckenhauer (LosAlt)	43-7 1/4
4 Marilyn Elkins (Manteca)	41-11 1/4
5 Mary Lou Merancio (Parlier)	41-5 1/4
6 Dana Simon (Antelope Vly)	40-9 1/4
Gail Brandt (Rowland) and Yvette Brown (Vacaville) — no mark.	

## Girls Discus

Junior Stacy Horn (Cordova, Rancho Cordova), seventh last year at 130-1, won with a toss of 159-1. She becomes the eighth best Californian of all-time. Despite those impressive credentials, she still doesn't hold her school record. Karen Nickerson, now at Stanford University, holds the school record at 164-10. Wait till next year!

RECORD: 172-11

1 Stacy Horn (Cordova)	159-1
2 Yvette Brown (Vacaville)	143-5
3 China Blockton (Burbank)	142-2
4 Celeste Paquette (RanchoAlm)	139-1
5 Shirlyn Weenig (LagunaBch)	135-8
6 Gina Niko (Mt. Eden)	130-1
7 Monie McMortrey (Roosevelt)	128-2
8 Tracy Crawford (South West)	116-10

## Girls Team Competition

Woodside won the girl's title with 38 points. This is the first time in the history of the girl's State Meet that one person has won the team title for her school. Brown was first in the long jump, second in the 100 low hurdles, first in the high jump, and first in the triple jump. Brown tied Bud Houser (Oxnard) 1920-22 and Natalie Kaalawahia (Fullerton) 1980-83 with the most gold medals ever in State Meet history (6). In 1982, she won the long jump (19-10 1/2) and triple jump (39-8 1/4). In 1983 she won the triple jump (40-3) and placed third in the long jump (19-5 1/2). She now has scored more points (74) in State Meets than any other athlete in history. Houser and Kaalawahia were tied with 60 points on a 10-8-6-4-2-1.

1. Woodside 38, 2. Compton & Locke 36,
4. Sweetwater & Burbank 28, 6. Millikan 24, 7. Muir 20, 8. Mt. View and Berkeley 18.



# BOYS DIVISION

By DOUG SPECK

An excellent sprint double and relay duty on a fast 1600m group by Henry Thomas, distance double by Roman Gomez, fine middle distance races by Chip Rish and Eric Schermerhorn, a state best intermediate hurdles by George Porter, and fine field event performances by Joe Richardson, Ivar Moen and Brian Blutrich capped the afternoon and evening's competition.

The big sign in the Hawthorne High cafeteria says, "Join the Track Team and be in the Coliseum in June for the State Meet." Enough students have taken Coach Kye Courtney and his staff's phrase to heart to get involved in a program that is a unique blend of love, discipline, and talent and which resulted in their second consecutive California State Men's Championship here.

Eight of the fourteen men's individual events featured junior champions (Thomas in sprints, Chip Rish in 400, Gomez in 1600-3200, Porter in intermediates, Burke in HJ, Blutrich in SP).

photo by Jim Reynolds



**HENRY THOMAS**  
100m

## Boys 100

Hawthorne's Henry Thomas has easily proven himself the best sprinter in California prep history with a 10.27 legal best for the distance this year. Really the only question was how fast Henry would go, a factor usually based upon the quality of his start. Berkeley's Andre Hunter was out first here, but Thomas was only about one-half meter down in the early running. From the halfway point on Thomas used his gear, that no other current Golden State prep has, to ease away to a 10.44 State Meet Record. Hunter was second, while Muir's Ray Brown, never able to regain strength after a bout with the flu a month back, was 6th at 10.97. Brown, at top speed in midseason, gave

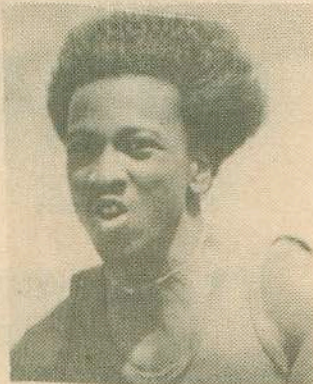
Henry all he could handle with a win at Arcadia over 100m and exciting relay anchor duels. Defending State Champion, Steve Jones (Burbank, Sacramento) was eliminated along the way in sectional competition with a leg muscle strain.

RECORD: 10.55

1	Henry Thomas (Hawthorne)	10.44
2	Andre Hunter (Berkeley)	10.69
3	Kevin Owens (Foothill)	10.75
4	Steve Broussard (Man. Arts)	10.79
5	Ron McCree (Madera)	10.81
6	Ray Brown (Muir)	10.97
7	Henry Barba (James Lick)	10.99
8	Reggie Stewart (Westwood)	11.25

Wind: 0.02

Fine Flicks by Don Gosney



**HENRY THOMAS**  
200m

## Boys 200

Thomas again, rocketing the curve better than he usually does, on the way to an excellent 20.77. Darron Norris (El Camino, Oceanside) kept Henry honest through 150m of the race, recording a fine 21.09 in second. Thomas' time is given credit for breaking the meet record of 20.7 by Mel Gray (Montgomery, Santa Rosa) in 1967, but technically is not the best recorded in a State Meet since James Sanford's 20.80 (Pasadena HS-1977) at UCLA would adjust to 20.68 for 200 meters. That's okay, because again, Henry needs something to shoot for his senior year in 1985.

RECORD: 20.7

1	Henry Thomas (Hawthorne)	20.77
2	Darron Norris (El Camino)	21.09
3	Kevin Owens (Foothill)	21.40
	Elliot Dunning (StaAnaVly)	21.40
5	Ron McCree (Madera)	21.47
6	Ken Henderson (Berkeley)	21.75
7	Reggie Stewart (Westwood)	22.16
8	Louis Fortman (Milpitas)	22.24

Wind: 0.02 mps

## Boys 400

Chip Rish (Marina, Huntington Beach) continues to impress with his smooth, well-controlled races. Here the Orange County junior was out near the lead through 200m with Victor Myles (Fremont, LA) at 22.6. With the least deceleration of any of the competitors in the field, Rish steadily pulled away from the pack over the final 100m to win at 46.82. Berkeley's Andre Hunter moved up for 2nd at 47.69, while Eric Schermerhorn (Woodbridge, Irvine) rocketed his final 100m (as usual) to move from 4th to nearly nip Hunter for 2nd (at 47.74).

RECORD: 46.6

1	Chip Rish (Marina)	46.82
---	--------------------	-------

2	Andre Hunter (Berkeley)	47.69
3	Eric Schermerhorn (Woodbrdg)	47.74
4	Victor Myles (Fremont, LA)	47.95
5	Michael Davidson (St. Francis)	48.51
6	Robert Ellis (Highlands)	48.55
7	Daymon Lee (South Gate)	48.86
8	Kevin Tolliver (Vallejo)	51.39

## Boys 800

The last in a super series of competitions at this distance for a top Southern California group, it was hoped this week would feature better tactics by South Gate's Daymon Lee than he exhibited in

photo by Jim Reynolds



**CHIP RISH**  
400m

last week's Southern Regional. The two lap novice from the LA City had been hopelessly boxed before chasing Eric Schermerhorn's 1:49.21 with a 1:50.30 in that race. Mr. Lee is a quick learner, because he closely followed the designated pace-setter, Andy Sims (Dana Hills), through 25.9-54.6 200m splits. Sims is the nation's fourth fastest 800m runner, but has only won one 800 in the last five weeks because of South Coast League and 3A-SS mate Schermerhorn.

Lee was positioned right off the leader's shoulder as the pack entered the final lap. Schermerhorn (Woodbridge, Irvine) was back in 7th (about 56.0). Eric rocketed past everyone during the 3rd 200m, passing the 600m at 1:22.8 (about 27.8 3rd 200), with Mr. Lee in close tow. With 120 meters to go, Lee moved up to Schermerhorn and one of those duels that make the price of admission worthwhile was on. Schermerhorn has an overdrive gear that he can utilize when others hit the wall, and it came through here, as Lee kept the Irvine ace honest to the tape 1:49.61-1:49.84.

RECORD: 1:47.31

1	Eric Schermerhorn (Woodbr.)	1:49.61
2	Daymon Lee (South Gate)	1:49.84
3	Andy Sims (Dana Hills)	1:51.42
4	Nick Sparks (Bella Vista)	1:52.01
5	Sean Langer (Bakersfield)	1:52.23
6	Keith Allen (Bellarmine)	1:52.99
7	Bobby Rivera (Newark Mem)	1:53.38
8	Jerry Craft (San Marin)	1:54.43

## Boys 1600

The second half of Roman Gomez's attempt at a distance double was this four-lapper. The fabulous Rich Kimball (De La Salle, Concord) was the last to be successful at a mile (1600)/2 mile (3200) double back in 1974. No one could push the pace fast enough or get far enough ahead of the Belmont junior to deny perhaps the nation's best prep distance runner his goal of a big double. Here it was Victor Valen (El Modena, Orange) pushing the

photo by Burt Davis



**ERIC SCHERMERHORN**  
800m

photo by Burt Davis



**ROMAN GOMEZ**  
1600m



pack through 61.5-2:06.0 lap splits, with Barstow's Jim Ortiz upping the ante through a 3:09.8 1200. Gomez runs perfect factually, and he had worked himself up from the back of the pack early to second with a circuit to go. From there on in it was just a matter of timing his sprint the final 150 meters to edge away from the pack, passing 1500m at 3:54.0 with a meter over Ortiz and moving away to a second margin 4:09.05 to 4:10.10 at the end.

**RECORD: 4:05.4**

- |                              |         |
|------------------------------|---------|
| 1 Roman Gomez (Belmont)      | 4:09.05 |
| 2 Jim Ortiz (Barstow)        | 4:10.10 |
| 3 Dan Holmes (Santa Barbara) | 4:10.14 |
| 4 Victor Valen (El Modena)   | 4:10.99 |
| 5 Mark Mastalir (Jesuit)     | 4:11.91 |
| 6 Ernie Freer (Hayfork)      | 4:14.26 |
| 7 Brian Weidmar (El Dorado)  | 4:17.26 |
| 8 Scott Savage (Foothill)    | 4:30.96 |

photo by Jim Reynolds



**ROMAN GOMEZ**  
3200m

## Boys 3200

Belmont's Roman Gomez started the first half of his try for a big distance double here. It was hoped that Matt Giusto (San Mateo), the northern champion and Kinney's National Cross Country champ, would be able to push the pace enough to make it challenging for the LA City star, who obviously wished to put out as little as possible here. After a leisurely 66.8-2:17.2-3:28.0 first three circuits, Giusto did take over. Matt pushed 67.3 to record a 4:35.5 for 1600m, and a 65.5 (5:41.0) had just a threesome left close—Gomez, Jesus Gutierrez (Pasadena), Dan Palma (Glendale). A 67.8 (6:48.8) and 67.4 (7:56.2) still had the "gang of four" close together, Giusto in the lead. Gomez was not to be denied, as first the Belmont star, then Gutierrez edged by Giusto on the final lap, which Gomez covered in 62.4 on the way to an 8:58.91 win. Gomez's last 1600 was 4:22.6 (65.6 per lap average). Hopefully Roman will continue competition this summer, because there is no one around here who is close.

**RECORD: 8:44.9**

- |                              |         |
|------------------------------|---------|
| 1 Roman Gomez (Belmont)      | 8:58.91 |
| 2 Jesus Gutierrez (Pasadena) | 9:00.30 |
| 3 Matt Giusto (San Mateo)    | 9:05.20 |
| 4 Dan Palma (Glendale)       | 9:06.91 |
| 5 Chris Craig (Leigh)        | 9:15.40 |
| 6 Eric Mastalir (Jesuit)     | 9:15.57 |
| 7 Paul Burroughs (Agoura)    | 9:19.02 |
| 8 Pete Vicencio (Del Oro)    | 9:43.97 |

photo by Burt Davis



**RAYMOND YOUNG**  
110m High Hurdles

## Boys 110m HH

The meet's most exciting race for an overall field featured the first five within .11. LA Jordan's Kevin Young seemed to have a slight bit more momentum over the middle hurdles after the pack was off to a very even start, but Harry Johnson (Blair, Pasadena) and Raymond Young (Hawthorne) closed very quickly over the final two barriers. Young was a narrow winner, with .01 over Johnson and .02 over Young at 14.32.

**RECORD: 13.41**

- |                                |       |
|--------------------------------|-------|
| 1 Raymond Young (Hawthorne)    | 14.32 |
| 2 Harry Johnson (Blair)        | 14.33 |
| 3 Kevin Young (Jordan)         | 14.34 |
| 4 Albert Nicholson (Millikan)  | 14.37 |
| 5 Rodney Jett (Johnson)        | 14.43 |
| 6 Kevin McPherson (Mt. Pleas.) | 14.68 |
| 7 Jim Wynne (Valley)           | 14.76 |
| 8 Jerold Sawyer (McAteer)      | 14.85 |
- Wind: -0.29 mps

## Boys 300m IH

George Porter (Cabrillo, Lompoc) ran nothing else here, and had a whole week to build up for a super effort. The amazing Lompoc area junior came through with just that, as he rocketed away to his usual 8-10 meter lead over a top field after 200m. With his tall frame and 13-step stride pattern remaining disciplined until the finish George recorded a super 36.10 (equal #5 All-Time U.S. Prep, California All-Time best). Cut down times for George off the hurdles were 5.7-3.8-3.8-3.8-4.1-4.3-4.5-4.6-1.3 (into finish). Raymond Young (Hawthorne) raced a fine 36.80 for second, and Gordon Bugg (West Covina) was 36.84 in third to become only the 8th and 7th Californians ever under 37.0 in the event.

**RECORD: 35.52**

- |                               |       |
|-------------------------------|-------|
| 1 George Porter (Cabrillo)    | 36.10 |
| 2 Raymond Young (Hawthorne)   | 36.80 |
| 3 Gordon Bugg (West Covina)   | 36.84 |
| 4 Michael Graham (Hawthorne)  | 37.47 |
| 5 Cary Nobles (Independence)  | 37.58 |
| 6 Rodney Jett (Hiram Johnson) | 38.07 |
| 7 Dwayne Morgan (St. Marys)   | 38.49 |
| 8 Jimmy Gray (Newark Mem.)    | 38.76 |

photo by Burt Davis



**GEORGE PORTER**  
300m Int. Hurdles

## Boys 400m Relay

Coach Willie White's always quick Berkeley Yellow-jackets came south with the best from up north and the talented foursome of Donald Davis, Ken Henderson, Andre Hunter, and Tony Usher put the pressure on early after Davis' fine opening leg to win easily in 40.93. Steve Broussard, the gigantic Manual Arts anchor, and all-world running back, closed nicely for his team in 2nd (41.19), while Muir's Ray Brown showed he is back with a fine anchor to bring the Mustangs in at 41.28 for 3rd.

**RECORD: 40.83**

- |   |       |
|---|-------|
| 1 Berkeley  | 40.93 |
| 2 Manual Arts (Roberts, Witherspoon, Heinmans, Broussard) | 41.19 |
| 3 Muir (Bell, Hagcher, Blades Brown)                      | 41.28 |
| 4 Crenshaw  | 41.55 |
| 5 Kennedy   | 42.01 |
| 6 Kennedy   | 42.22 |
| 7 Merced  | 42.50 |
| 8 Vanden  | 42.81 |

photo by Burt Davis



**BERKELEY 400m RELAY**

photo by Burt Davis



Hawthorne's championship 1600 relay team (from left to right): Sean Kelly, Henry Thomas, Michael Graham & Ray Young. Young is the only senior on this 3:09.45 squad.



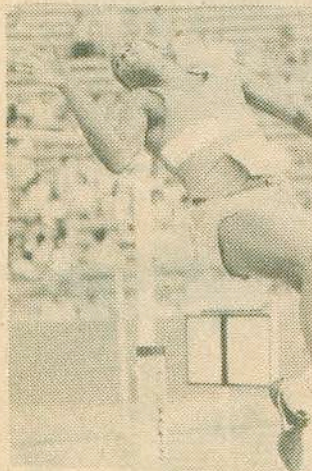
## Boys 1600m Relay

A fitting close to a fine season was this 1600m relay. The Hawthorne Cougars were easily California's best men's prep squad, and this even symbolized their dominance, as the team brought together sprinters-hurdlers Michael Graham and Raymond Young, middle-distance runner Sean Kelly, and sprinter Henry Thomas. Graham started off with a disciplined 48.1, moving from back in the pack after 200m to a seven meter lead down the final straight. Young raced to a 47.9 split, handing off to the tough luck Kelly, who has to consider himself fortunate to be here off enough junior year bad breaks to end the running career of most. Sean took out his frustrations with a fine 47.4 leg, giving the stick off to Thomas with a 25 meter lead. In his last team effort for the year Henry flew down the backstretch and brought the team home in 46.0, closing out the squad's 3:09.45 (#2 California time ever, and #3 All-Time U.S. Prep mark). Graham, Kelly, and Thomas are juniors.

RECORD: 3:08.94

1 Hawthorne	3:09.45
2 LB Poly (Ward, Collier, Roberts, Patterson)	3:14.39
3 Fremont, LA (Edwards, Amos, Reynolds, Myles)	3:14.68
4 Berkeley	3:15.46
5 Loyola	3:16.43
6 Pittsburg	3:16.75
7 Saint Mary's	3:22.84
8 Vander	3:34.49

Fine Flicks by Don Gosney



**KENNY BURKE**  
High Jump

## Boys High Jump

The luxurious high jump apron at the Coliseum takes up the entire east end of the field area (past the endzone) with all-weather surface. The area is colored light brown, and the inclusion of every athlete's entire run up on the surface lends an eerie feeling to watching the event, kind of like the athletes are jumping in the Sahara Desert. The elaborate peristyle end of the Coliseum provides a backdrop as the jumpers look towards the bar. Kenny Burke (Westlake, Westlake Village) survived this facility much different than any prep and jumped better than anyone else to win the competition at 7-0. Jeff Rogers (Overfelt, San Jose), a junior as is Burke, equalled his seasonal

best at 6-11 in second, while Mike Anderson (Burroughs, Burbank) cleared 6-10 (a height he is very consistent at) for 3rd.

RECORD: 7-3 1/4

1 Kenny Burke (Westlake)	7-0
2 Jeff Rogers (WC Overfelt)	6-11
3 Mike Anderson (Burroughs)	6-10
4 David Puffer (Grant)	6-9
5 David Bader (Immanuel)	6-8
6 Mike Clark (Valley)	6-8
7 Russ Taylor (W. Bakersfield)	6-8
8 Steve Smith (St. Ignatius)	6-8

Fine Flicks by Don Gosney



**JOE RICHARDSON**  
Long Jump

## Boys Long Jump

Joe Richardson (Pasadena) completed a season that had to gain him inclusion on a long list of California great horizontal jumpers with his double win (also triple jump) here. Joe bounded out to 24-11 here to complete an undefeated season in the single leap event. Henry Green (Inglewood) jumped a fine (but distant) 23-11 1/4 for 2nd.

RECORD: 25-4 1/4

1 Joe Richardson (Pasadena)	24-11
2 Henry Green (Inglewood)	23-11 1/4
3 Chris Hale (Monrovia)	23-2 1/4
4 Anthony Reynolds (Fremont)	23-0 1/2
5 Roger Grimes (Hillside)	23-0 1/4
6 Scott Gonsolin (Napa)	22-8 1/4
7 Tom West (Ripon)	22-6 1/4
8 Harold Rucker (Silver Crk)	22-2 1/4

## Boys Pole Vault

This was a super event that was lost in the excitement of the running events as the evening wore on. Brian Wicks (Bakersfield) cleared 15-2, which was only good for 5th place. Southerner Chuck Houde (Simi Valley) joined northerners Mich Mikula (Antioch), George Bassett (Saratoga), and Ivar Moen (Los Gatos—Norwegian foreign exchange student) over 15-6. Bassett and Moen cleared 15-10. With the bar at a 1984 California best height of 16-2, Moen capped this final battle for state vault supremacy with the only clearance.

RECORD: 17-0 1/4

1 Ivar Moen (Los Gatos)	16-2
2 George Bassett (Saratoga)	15-10
3 Chuck Houde (Simi Valley)	15-8
4 Mitch Mikula (Antioch)	15-6
5 Brian Wicks (Bakersfield)	15-2
6 John Lee (Santa Monica)	14-8
7 John Gash (Santa Rosa)	14-8
8 Steve Horvath (Chaminade)	14-2

## Boys Shot Put

California's big trio (from the south), Greg Aitkenhead (Mission Viejo), 1983 State runner-up John Bender (Shafter), and Capistrano Valley Junior, Brian Blutrieck, came together for the final time this season. The Capo Valley upstart showed his elders no respect, as he once again mastered the two seniors, tossing

Fine Flicks by Don Gosney



**IVAR MOEN**  
Pole Vault

his best out to 64-7 1/4. Aitkenhead put out to 63-8 1/2, while Bender could never come close to his season's best of 65-9 in these season-ending competitions, with a 62-3 1/4 here. Blutrieck, with a 68-4 1/2 best, the #18 All-Time U.S. Prep put, will go in earnest quest of moving up that All-Time ladder in 1985.

RECORD: 68-0

1 Brian Blutrieck (Cap Valley)	64-7 1/4
2 Greg Aitkenhead (Miss Viejo)	63-8 1/2
3 John Bender (Shafter)	62-3 1/4
4 Fred Houston (Willow Glen)	60-7
5 Roger Creedor (Cupertino)	56-10 1/2
6 Gerald Gamble (Antioch)	56-4 1/4
7 Ray Valadao (Atwater)	56-3 1/2
Tambi Wenj (Fountain Vly)	no mark

## Boys Discus

A good field featured four today between 185 and 181 feet. Fountain Valley's Tambi Wenj (pronounce it Wen-jaa), a Syrian native who was the victim of the scholastic axe during the fall football season, took out his frustrations in the weight room. It paid off nicely this spring as he closed out a fine season with a 185-11 win here. Tambi, who looks like he could single-handedly cover the middle three positions on either side of the ball in the pigskin sport, also had 182-10 and 181-6 tosses in a fine series. Tambi's winning mark, on his third effort, came back to get the second throw effort of 183-11 by Kevin Richardson (Shafter). Kurt Holden came through for second on his 5th toss at 185-1.

RECORD: 201-3

1 Tambi Wenj (Fountain Valley)	185-11
2 Kurt Holden (Hart)	185-1
3 Kevin Richardson (Shafter)	183-11
4 Pete Thompson (Cupertino)	181-8
5 Greg Aitkenhead (Miss Viejo)	174-10
6 Jack Mohr (Los Altos)	161-9
7 Paul Troppy (Santa Rosa)	161-8
8 Gerald Gamble (Antioch)	157-5

## Boys Triple Jump

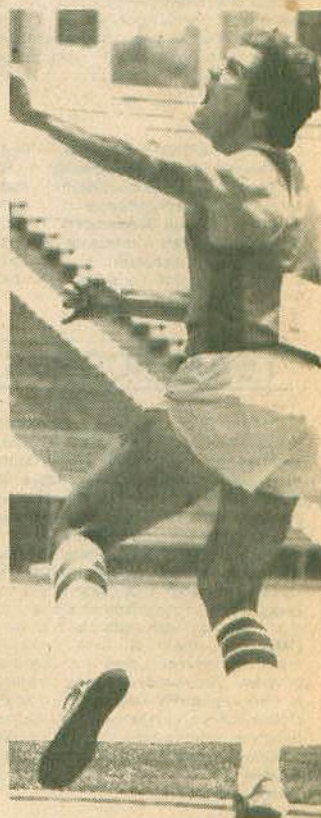
Early on Saturday, with legs fresh after a challenging Southern Regional meet the previous weekend of relay and double jumping (with the long jump) that ended in his first defeat of the season (in this event), Joe Richardson (Pasadena) was ready for a good effort. After a 50-1 1/4 effort on his third jump to solidly take the

Fine Flicks by Don Gosney



**BRIAN BLUTRIECK**  
Shot Put

photo by Barbara DeGroot



**TAMBI WENJ**  
Discus





**JOE RICHARDSON**  
Triple Jump

lead over the Bakersfield duo of David Sanders and Terrance Strong, Joe wound it up on his last attempt and used a 2.72 mps aiding breeze to bound out to 51-8 $\frac{1}{4}$ . This is the third best mark recorded in a State Meet competition. Strong, a junior, and Joe's heir apparent in the event next year (and conqueror last week), jumped 5-8 on his final attempt into a 1.17 mps wind for 2nd.

**RECORD: 52-4 $\frac{1}{4}$**

- |                                |                    |
|--------------------------------|--------------------|
| 1 Joe Richardson (Pasadena)    | 51-8 $\frac{1}{4}$ |
| 2 Terence Strong (Bakersfield) | 50-8               |
| 3 David Sanders (Bakersfield)  | 49-9 $\frac{1}{2}$ |
| 4 Henry Green (Inglewood)      | 49-7 $\frac{1}{4}$ |
| 5 Willie Hannon (Castlemont)   | 48-1               |
| 6 Mike Webster (Homestead)     | 46-3 $\frac{1}{4}$ |
| 7 Keenan Jones (Grant)         | 45-7 $\frac{1}{4}$ |
| 8 David Ceragioli (Terra Nova) | 43-10              |

**TEAM SCORES**

Coach Kye Courtney and staff's Hawthorne Cougars were easy winners in the men's division with 52 points. California's last dynasty, Berkeley, had a fine meet and was 2nd at 31. The Joe Richardson and Jesus Gutierrez-led Pasadena Bulldogs were 3rd at 28.

Big successes often invite criticism, and the Hawthorne Cougar program has not been without those who would chip away at the accomplishments of a group that could lay legitimate claim to being California's best All-Time combined men's and women's prep track and field program. The "proof is in the pudding," as they say, and the unique blend of discipline, love, and talent came out charging once again in 1984 and never slowed down on the way to a second consecutive Golden State men's track title for Hawthorne.

1. Hawthorne 52, 2. Berkeley 31, 3. Pasadena 28, 4. Belmont (LA) 20, 5. Bakersfield 18, 6. (tie) Westlake and Woodbridge 18, 8. Fremont (LA) 14.

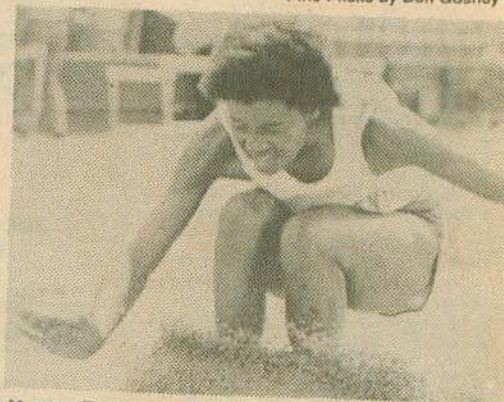


California State Champions: Hawthorne High School



photo by Barbara DeGroot

Choo Choo Knighten (left) and Gail Devers.



Yvette Bates



State Meet 3200 (left to right): Roman Gomez, Paul Burroughs, Dan Palma, Chris Craig, Matt Guisto & Jesus Gutierrez.



# PR's

Send your PR's (new Personal Records) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

This month's PR of the Month Awards go to Todd Harbour, for his big win in the 5000 meters at the Mt. SAC Relays, Darcie Bowdin for an O.T.Q. in her first marathon and to Scott Paulson for his big triple PR and 1st place in the shot, discus and javelin, all in the same meet.

Honorable mentions go to Sara Denning for dropping from the 42's to a 38:50 in the 10K, Michelle Hopper for her O.T.Q. in the 1500 meters and to Ellen Lyons, who knocked a minute off her 10K time to get down to 33:03.7 when you're already under 35:00, you don't usually pick up PR's a minute at a time.

Barry Alexia (Hughes) Los Alamitos Mar.	*2:53.09
Bill Balcer (Hughes) Los Alamitos Mar.	3:48:01
Bill Balcer (Hughes) Tom Sullivan 10K	39:09
Jamie Barnes (SCRR) Phoenix Girls Inv. 2 mi. Relay-880 leg	2:54
Terry Baumgart (PFF) Long Beach Mar.	3:41:54
Anne Bennett (Hughes) Wintergreen 10K	38:52
Lee Berg (HACK) Up The Estuary In February 1/2 Mara.	1:15:52
Lee Berg (HACK) Boston Marathon	2:41:51
Darcie Bowden (SMTC) Los Alamitos Mara. 1st O.T.Q.I	*2:50:46
Rich Brownsberger (UCLA) CSUN Nike Inv. 10,000m	28:53.07
Manny Burrola (PFF) Long Beach Mara.	2:46:04
Jon Butler (UCLA) CSUN Nike Inv. 5000m	13:53.00
Ramona Caouette (SCRR) Phoenix Girls Inv. 800m	*3:13.5
Ramona Caouette (SCRR) Phoenix Girls Inv. 1500m	*6:30.2
Ramona Caouette (SCRR) South Bay Panthers Inv. 800m	3:04.6
Jim Carlisle (Hughes) Tom Sullivan 10K	40:14
Brianne Carrier (Hughes) Tom Sullivan 10K	41:46
Tim Causey (SCRR) South Bay Panthers Inv. 3000m	*10:01
Tim Causey (SCRR) South Bay Panthers Inv. 1500m	4:45
Donna Chadwick (UCLA) vs. Oregon 5000m	17:51
Donna Chadwick (UCLA) vs. USC 3000m	10:15.9
Amber Chavez (SCRR) Phoenix Girls Inv. 3000m Racewalk, MR	*16:12.4
Carrie Chavez (SCRR) Phoenix Girls Inv. 800m	*2:39.2
Carrie Chavez (SCRR) South Bay Panthers Inv. 1500m	5:27.9
Bob Closson (PFF) Central Coast Mara.	3:10:54
John Cosgrove (Hughes) Long Beach Mara.	*3:17:29
Dean Cromwell (SCRR) South Bay Panthers Inv. 3000m	*9:56.8
Dean Cromwell (SCRR) South Bay Panthers Inv. 1500m	4:41
Sara Denning (SMTC) Run With The Nurses 10K	38:50
James Derda (PFF) Long Beach Mara.	2:54:20
Julia Di Bella (Hughes) Bacardi Run Rum 5K	21:50
Julia Di Bella (Hughes) Tom Sullivan 10K	44:21
Lavra Doering (SCRR) Phoenix Girls Inv. 1500m	4:57.29
Karen Donohue (Hughes) Tom Sullivan 10K, 1st age group	38:42
Shayne Earvien (SCRR) South Bay Panthers Inv., 800m	2:42.4
Joe Eastman (USN) Sharp Hospital 10 mi. run	*1:16:08
Pat Ewing (SMTC) Sun Angel Inv., 3000m STPL	8:45:23
Pat Ewing (SMTC) Non-scoring meet at USC, 5000m	14:10.9
Paul Galdosh (SCRR) South Bay Panthers Inv., 3000m	*11:44
Paul Galdosh (SCRR) South Bay Panthers Inv., 1500m	*5:37
Tom Galbraith (PFF) Long Beach Mara.	3:15:13
Darlene Galindo (PFF) Long Beach Mara.	3:38:03
Leon Glassburn (SLDC) Bakersfield Mara.	*4:05
Joe Graham (SLDC) Bakersfield Mara.	*4:37
Johnny Gray (SMTC) Non-scoring meet at USC, Mile	4:07.64
Gary Gregory (SMTC) Bob Gibb Inv., Mile	4:14.3
Tom Hanson (PFF) Downhill Mile Classic	4:52
Todd Harbour (SMTC) Mt. SAC Relays, 5000m Inv., 1st place	13:30.57
Scott Hardy (SCRR) South Bay Panthers Inv., 3000m	13:41.8
Angie Hawismard (SCRR) Phoenix Girls Inv., 1500m Racewalk	9:19.1
Angie Hawismard (SCRR) Phoenix Girls Inv., 800m	*3:10.8
Mary Hetrick (Hughes) Super Bowl Sunday 10K (1st race)	*1:08:00
Jon Hiroshima (Hughes) Paramount 10K	35:08
Shawn Hodges (SCRR) South Bay Panthers Inv., 3000m	10:28.3
Shawn Hodges (SCRR) South Bay Panthers Inv., 1500m	4:58
Carolyn Hoguin (SCRR) Phoenix Girls Inv., 3000m Racewalk	17:35.2
Narciso Holguin (Hughes) Tom Sullivan 10K	36:11
Benny Hollis (SMTC) CSULA All-Comers 400m	46:73
Michelle Hopper (PE) SMC Olympic Development Meet, 1500m, 1st O.T.Q.	4:17.4
Sister Marion Irvine (Dominican Order) Avon 15K, San Francisco, over 45 AR	57:52
Herbert Jaw (Hughes) Run To Remember 10K	47:19
Jerald Jones (SMTC) Mt. SAC Relays, 5000m Inv.	13:32.5
Mark Junkerman (UCLA) CSUN Nike Inv., Stpl.	9:07.9
Bobby Kahn (SMTC) Cal State, LA All Comers, 1500m	4:31.2
Sofia Kennedy (PFF) Long Beach Mara.	*4:17:33
Willard Krick (Hughes) Los Alamitos Mara.	3:17:53
Kiki Laborteau (SMTC) CSULA All-Comers, 800m	2:23.3
Kiki Laborteau (SMTC) Olympic Development women's meet at SMC, 800m	2:22.0
David Longyear (SCRR) South Bay Panthers Inv., 800m	2:19.8
Karen Longyear (CVJ.H.S.) Orange J.H.S.Champs.,880, 1st 7th gd.	2:40
Karen Longyear (SCRR) Del Mar to La Jolla 1/2 Mara., 1st F, 12&U CR	1:41:41
Ellen Lyons (SMTC) New Balance Women's Meet, 3000m, 1st	9:22.68
Ellen Lyons (SMTC) Mt. SAC Relays, 10,000m, 2nd (8th US Performer)	33:03.7
Pete Matricciano (Peralta J.H.S.) Orange J.H.S. Champs., Mile, 1st 9th gd.	4:57
Pete Matricciano (SCRR) South Bay Panthers Inv., 800m	2:09.8
Pete Matricciano (SCRR) South Bay Panthers Inv., 1500m	*4:43.2
Gary McGraw (Hughes) Paramount 10K	32:27
Bill Meyer (VPHS) vs. Santa Ana Valley, Mile, 1st, soph. record	4:27.3
Bill Meyer (VPHS) vs. Santa Ana Valley, 2 mile	9:58.3
Amy Moody (SCRR) Phoenix Girls Inv., 2 mi. Relay, 880 leg	*3:06.9
Paula Moreno (SCRR) Phoenix Girls Inv., 1500m Racewalk	*9:19.1
Steve Morgan (Hughes) Long Beach Mara.	*3:33:35
Christian Muro (SCRR) South Bay Panthers Inv., 3000m	11:18
Christian Muro (SCRR) South Bay Panthers Inv., 1500m	*5:09
Ken Nelson (Hughes) Tom Sullivan 10K	39:45
Ron Nisbit (PFF) Long Beach Mara.	*3:19:48
Dietmar Oberhoessel (Hughes) Long Beach Mara.	3:06:45
Marco Oceguera (SCRR) South Bay Panthers Inv., 1500m	4:42
Marco Oceguera (SCRR) South Bay Panthers Inv., 3000m, 1st 12-13	*9:51.4

Mike Prkinson (UCLA) CSUN Nike Inv., 1500m	3:43.83
Robert Polk (PFF) Downhill Mile Classic	4:45
Joe Posadas (Hughes) Long Beach Mara.	*4:36:21
Joe Posadas (Hughes) Long Beach Grand Prix 10K	47:02
Jack Preijlers (UCLA) CSUN Nike Inv., 800m	1:48.86
Gladees Prieur (SMTC) Calif/Nike Inv., 3000m	9:31.5
Gladees Prieur (SMTC) Mt. SAC Relays, 1500m	4:17.99
Kat Prince (SCRR) Phoenix Girls Inv., 3000m	*10:38.4
Kat Prince (SCRR) Phoenix Girls Inv., 800m	2:31.4
Sharon Prince (SCRR) Phoenix Girls Inv., 1500m	5:00.7
Jennifer Rigney (SCRR) Phoenix Girls Inv., 3000m	11:18
Jennifer Rigney (SCRR) Phoenix Girls Inv., 1500m	5:08
Jennifer Rigney (SCRR) Phoenix Girls Inv., 2 Mi. Relay-880 leg.	*2:43
Jennifer Rigney (SCRR) South Bay Panthers Inv., 3000m	11:00.4
Herman Rodriguez (Hughes) Tom Sullivan 10K	33:31
Jose Romero (SCRR) South Bay Panthers Inv., 3000m	*11:26.5
Mary Ryzner (SLDC) Red Cross Marathon	3:03:31
Lucy Sanchez (SCRR) South Bay Panthers Inv., 1500m, 1st F 18-17	*5:15.3
Santa Monica TC(Tallafarro,Rider,Handelsman,West)Sun Angel Clas.4X800	7:10.03
Bernice Santoya (SCRR) Phoenix Girls Inv., 1500m Racewalk	9:51.5
Mike Sather (Hughes) Long Beach Mara.	3:36:48
Mike Sather (Hughes) Rancho Los Amigos 10K	44:40
Joanna Sepulveda (SCRR) Phoenix Girls Inv., 2m relay-880 leg	*2:58.6
Marlon Sepulveda (SCRR) Phoenix Girls Inv., 1500m	5:10.5
Naomi Sepulveda (SCRR) Phoenix Girls Inv., 1500m Racewalk, 1st 9&U	9:05.9
Sonny Shackelford (SMTC) CSULA All Comers, 800m	1:50.4
So. Calif. Road Runners #1 (Prince, Lawson, Sepulveda, Lawler, Doering) Jimmy Stewart	*2:47:44
National Relay Marathon, 1st F Jr., 2nd F O/A	3:04.6
So. Calif. Road Runners #3 (Nuersch, Chavez, Hodges, Castillo, Oceguera) Jimmy Stewart	*2:46.19
National Relay Marathon, 1st mixed Jr.	41:38
Rod Stammes (PFF) Zonta 10K	34:08.1
Pat Story (SMTC) Mt. SAC Relays Women's 10,000m	*11:10.8
Trina Strang (SCRR) Phoenix Girls Inv., 3000m	10:49.8
Trina Strang (SCRR) South Bay Panthers Inv., 3000m	5:10
Trina Strang (SCRR) South Bay Panthers Inv., 1500m	10:00.0
Rick Tanner (HACK) Burbank Inv. 2 m, 1st	4:37
Rick Tanner (Hamilton HS) vs. Venice, Mile, 1st	1:51.30
Richard Taylor (SMTC) Mt. SAC Relays, 800m Univ/Open	5:08.46
Tanya Thayer (SCRR) Phoenix Girls Inv., 1500m	10:44.6
Tanya Thayer (SCRR) South Bay Panthers Inv., 3000m	2:39:42
Bruce Thomson (HACK) Boston Marathon	*8:45.4
Jean Tristant (Chino HS) 5th Mt. SAC Invit, 3000m	4:30.2
Jean Tristant (Chino HS) Diamond Bar Track Meet, 1600m	1:52:21
Leslie Turner (PFF) Up The Estuary In February 1/2 Mara.	*12:50
Juan Valdez (SCRR) South Bay Panthers Inv., 3000m	*5:31
Juan Valdez (SCRR) South Bay Panthers Inv., 1500m	2:49.9
Velma Velarde (SCRR) Phoenix Girls Inv., 800m	5:32.54
Velma Velarde (SCRR) Phoenix Girls Inv., 1500m	2:46.6
Velma Velarde (SCRR) South Bay Panthers Inv., 800m	5:31.8
Velma Velarde (SCRR) South Bay Panthers Inv., 1500m	*2:51:56
Granville White (SLDC) L.A. Int'l. Mara.	47:44
Catherine Wynne (SLDC) Central Coast 10K	

## SPRINTS

Kirk Baptiste (SMTC) Texas Relays, 100m, 1st	10.23
Kirk Baptiste (SMTC) Rice Invit., 400m	46.38
Ramona Caouette (SCRR) Orange T&F Champ., 220y	*34.5
Ramona Caouette (SCRR) Orange T&F Champ., 440y	*83.9
Ramona Caouette (SCRR) South Bay Panthers Inv., 400m	78.1
Laura Doering (SCRR) Orange T&F Champ., 440y, 1st in Div.	67.9
Paul Galdosh (SCRR) Orange T&F Champ., 440y	*76.92
Paul Galdosh (SCRR) Orange T&F Champ., 660y	*2:00.35
Steve Kerho (UCLA) CSUN Nike Inv., 110HH	13.68
Leslie Maxie (ML) Sun Angel Classic, 400m H, AR(HS)	57.52
Santa Monica TC(McNeill, Lewis, Kerhum, Gray) Sun Angel Cl. SM, 1st	3:11.72
Santa Monica TC(Ceasar, Gray, West, Hollis) Sun Angel Cl. 4x400	3:09.2
Marion Sepulveda (SCRR) Phoenix Girls Inv., 440 leg-Mile Relay	73.7
Trina Strang (SCRR) Phoenix Girls Inv., 440 Leg-Mile Relay	72.7
Rondo Smith (SCRR) South Bay Panthers Inv., 400m	54.9
Tanya Thayer (SCRR) Phoenix Girls Inv., 440 leg-Mile Relay	71.8
Shannon Thompson (SCRR) South Bay Panthers Inv., 400m	65.0
Shannon Thompson (SCRR) South Bay Panthers Inv., 200m	28.5
Patricia Walker (SCRR) Phoenix Girls Inv., 200m (Heat), 1st	26.0
Patricia Walker (SCRR) South Bay Panthers Inv., 80m H	13.1
Jodi Warr (SCRR) Phoenix Girls Inv., 50m H	*9.78
Gerald White (UCLA) CSUN Nike Inv., 200m	20.85

## FIELD EVENTS

Jim Banich (UCLA) vs. Oregon, Shot Put	61-1
Jim Banich (UCLA) vs. Oregon, Hammer	180-10
Jim Banich (UCLA) vs. CSUN Nike Inv., Shot Put	61-1 1/4
Durnesia Body (SCRR) Phoenix Girls Inv., Discus, 1st 14-15	122 5/8
Ramona Caouette (SCRR) City of Orange T&F Champs, L.J., 1st (div.)	*10.0
Leslie Deniz, Sun Angel Inv., Discus, 1st, AR	213-11
Jurea Guillory (SCRR) Phoenix Girls Inv., Discus	*55-3/4
Beth Maddox (SCRR) Phoenix Girls Inv., Discus	47-11 1/2
Joshua Mejiac (SCRR) So. Bay Panthers Inv., Discus, 1st 10-11	65-0
Joshua Mejiac (SCRR) South Bay Panthers Inv., Shot Put, 1st	25-0
Amy Moody (SCRR) Phoenix Girls Inv., Discus	*57-4 1/8
Amy Moody (SCRR) South Bay Panthers Inv., Discus	71-0
Amy Moody (SCRR) South Bay Panthers Inv., Javelin	89-6
Brian Muir (UCLA) vs. Texas, Shot Put	67-6 1/4
Scott Paulson (SCRR) South Bay Panthers Inv., Discus, 1st 12-13	133-2
Scott Paulson (SCRR) South Bay Panthers Inv., Shot Put, 1st	44-1
Scott Paulson (SCRR) South Bay Panthers Inv., Javelin, 1st	124-6
Marsha Rigney (SCRR) Phoenix Girls Inv., Javelin	*87-5 1/4
Greg Stull (UCLA) vs. Oregon, Pole Vault	17-4
Patricia Walker (SCRR) Phoenix Girls Inv., Shot Put, 1st 12-13	39-9
Patricia Walker (SCRR) Phoenix Girls Inv., Discus, 1st 12-13	101-11 1/8
Patricia Walker (SCRR) South Bay Panthers Inv., Javelin, 1st	108-10 1/2
Jody Warr (SARR) South Bay Panthers Inv., Discus	66-0

\* 1st time at event



# Results

## College-Open Track

### Nick Carter Inv.

May 5, Santa Barbara:

100—1. Krulce (Bud Light), 10.49; 2. Kent (Inner City), 10.57. 200—1. Lahtinen (Finland), 20.6; 2. Nance (U.S. Army), 21.0. 400—1. Sanders (AB-American), 47.52; 2. Turner (Puma Energizer), 47.70. 800—1. West (Santa Monica TC), 1.49.15; 2. Taliaferro (SMTC), 1.50.07; 3. Rider (SMTC), 1.50.46. 4. Washington (U.S. Army), 1.51.65. 5,000—1. Petyo (Mexico), 13.46.4; 2. Gonzalez (AATC), 13.50.6. 110 HH—1. Page (Accusplit), 14.08; 2. Booker (PE), 14.24. 400 IH—1. Angel (U.S. Army), 50.44; 2. Aguilascho (Mexico), 51.48; 3. Hargrove (Maccabi), 51.67; Underwood (CP SLO), 51.75. 3,000 STEEPLCHASE—1. McCullough (SMTC), 8:43.73; 2. Serrano (Mexico), 8:44.33; 3. Gregory (SMTC), 8:50.35. HJ—1. Milton (U.S. Army), 7-0; 2. Wallace (U.S. Army), 6-11; 3. Drebbels (UCSB), 6-10. PV—Mastretti (Outreach), 16-8; TJ—Brooks (U.S. Army), 52-4; SP—1. Smith (Stars & Stripes), 67-6; 2. Frazier (unat), 60-4. DT—1. Okoye (Azusa Pacific), 2:03.2; 2. Weyers (CSN), 1:72.10; 3. Wilmer (UCSB), 1:71.7. HJ—1. Orlando (Italy), 242-4; 2. Rohovit (Converse), 216-8; 3. Mann (Azusa Pacific), 198-4; 4. Nickerson (CA), 194-7. JT—1. Rolter (Wt. City), 252-7; 2. Brown (AATC), 237-8; 3. Peterson (unat), 235-10; 4. Denton (CSN), 235-4.

### WCAC Champs

May 11-12, Stanford:

100—1. Ware (Arizona St.), 11.73; 2. Chapple-Shepard (ASU), 12.03; 3. Moon (San Diego St.), 12.09. 200—1. Waithe (A), 23.44; 2. Rose (SDS), 23.92; 3. Ware (ASU), 23.92. 4. Lim (A), 23.99. 400—1. Waithe (Arizona), 52.18 (meet record; old mark, Waithe, 52.81); 2. Ross (SDS), 52.90; 3. Walsh (A), 53.98. 800—1. Martin (Stanford), 2:05.93; 2. Vetter (ASU), 2:06.02; 3. Curtis (USC), 2:06.43; 4. Berger (ASU), 2:07.28. 1,500—1. Plumer (S), 4:20.4; 2. Wiley (S), 4:21.5; 3. Schubert (S), 4:22.9. 5,000—1. Plumer (S), 15:48.6; 2. Wiley (S), 15:56.6; 3. Nelson (ASU), 16:11.7; 4. Schubert (S), 16:17.2. 100 HURDLES—1. Lim (A), 14.15; 2. Miller (ASU), 14.40; 3. Board (S), 14.74. 400 HURDLES—1. Board (S), 59.74; 2. Miller (ASU), 1:00.64; 3. Demorest (S), 1:01.90. 400 RELAY—1. Arizona St. (Washington, Van, Chapple-Shepard, Ware), 45.1; 2. San Diego St., 45.8; 3. USC, 47.7. MILE RELAY—1. Arizona, 3:45.6; 2. USC, 3:49.9; 3. Stanford, 3:53.4.

HJ—1. Fehrman (CS Long Beach), 5-11; 2. tie between Tate (ASU) and Harding (A), 5-9.

TJ—1. Van (ASU), 40-7; 2. Roberts (CSLB), 39-3; 3. Jones (A), 38-8.

DT—1. Cady (S), 202-7; 2. DeSnoo (SDS), 187-5; 3. Pagel (SDS), 182-10; 4. Nickerson (S), 175-7; 5. Kaaiawaha (ASU), 172-0. HEPTATHLON—1. Alston (UCLA), 5:55.9; 2. Hatfield (USC), 5:40.1; 3. tie between, Gaztambide (S) and Johnson (SDS), 5:12.7. EVENT LEADERS: LJ—Alston, 19-2; JT—Gaztambide, 135-8. 800—Hatfield, 2:23.1.

FINAL TEAM STANDINGS—1. Stanford, 170; 2. Arizona St. 135; 3. Arizona, 103; 4. San Diego St. 71; 5. USC, 64.

### CCAA Champs

May 11-12, Bakersfield:

#### Men

100—1. Jackson (CS Northridge), 10.49; 2. Allen (CSN), 10.64; 3. Evans (CS Dominguez Hills), 10.70. 200—1. Thomas (CSDH), 21.62; 2. Allen (CSN), 21.63; 3. Josephson (CP SLO), 21.84. 400—Cook (CP Pomona), 47.02; 2. Copeland (CSN), 47.48; 3. Gardner (CP SLO), 48.05.

800—1. Blaty (CPP), 1:51.81; 2. Behring (CPP), 1:52.14; 3. Perez (CP SLO), 1:52.16. 110 HH—1. Roberts (CSN), 14.48; 2. Underwood (CP SLO), 14.55; 3. Redick (CSN), 14.65. 400 IH—1. Cook (CPP), 51.74; 2. Underwood (CP SLO), 52.18; 3. Redick (CSN), 53.34. 1,500—1. Blaty (CPP), 3:46.63; 2. Perez (CP SLO), 3:46.64; 3. Reyes (CPP), 3:47.0. 5,000—1. Vannett (UC Riverside), 14:46.62; 2. Dietch (UCR), 14:57.25; 3. Perez (CPP), 15:06.84. 400 RELAY—1. CS Northridge, 41.12; 2. CP SLO, 41.40; 3. CP Pomona, 41.90. 1,600 RELAY—1. CP Pomona, 3:13.45; 2. CS Dominguez Hills, 3:16.04; 3. CS Northridge, 3:16.16.

HJ—1. Stephens (CSN), 6-11; 2. Arrwine (CPP), 6-9; 3. Langan (SLO), 6-7. PV—1. Guilano (CSN), 15-2; 2. tie between, Hassatakas (CSN), Rangel (CPP), and Aguirre (CP SLO), 14-9. TJ—Henry (CSB), 53-7; 2. West (CSN), 51-4; 3. Torres (CP SLO), 50-10. SP—1. Thomas (CSB), 57-9; 2. Farber (CSN), 55-8; 3. Weyers (CSN), 54-4.

MEN: 10,000 METERS—1. Perez (CP Pomona), 31:27.4; 2. Loud (CPP), 31:47.8; 3. Olson (CS Dominguez Hills), 31:55.1. 3,000 STEEPLCHASE—1. Blaty (CPP), 9:07.8; 2. Reyes (CPP), 2:12.4; 3. Vaughn (CPP), 9:13.9. HT—1. Fritchman (CS

Bakersfield), 202-8 (meet record, old mark, 186-6; R. McKee, CS Northridge, 1982); 2. Buickhotz (CSN), 182-9; 3. Thomas (CSB), 179-10. JT—1. Stephens (CSN), 240-3; 2. Denton (CSN), 2:34.7; 3. Kaufman (CSN), 206-4. LJ—1. Torres (CP San Luis Obispo), 23-6; 2. West (CSN), 23-1; 3. Henry (CSB), 23-0.

FINAL TEAM STANDINGS—CS Northridge, 232; CP Pomona, 257; CP SLO, 118; CS Bakersfield, 73; CS Dominguez Hills, 39; UC Riverside, 28; Chapman, 0.

#### Women

100—1. Gill (CSB), 11.66 (meet record, old mark, 11.67; Gill, 1983); 2. Mariano (CSB), 12.11; 3. Folan (UCR), 12.21. 200—1. Gill (CSB), 24.05; 2. Mariano (CSB), 24.55; 3. Jackson (CPP), 24.95. 400—1. Jackson (CPP), 55.78; 2. McKenna (CSN), 56.43; 3. Ellington (CP SLO), 59.61. 800—1. Gibbs (CP SLO), 2:12.75; 2. Arzu (UCR), 2:12.99; 3. Pratt (CSN), 2:23.26.

1,500—1. Manning (CP SLO), 4:32.72; 2. Pratt (CSN), 4:32.80; 3. Lopez (CP SLO), 4:37.21. 3,000—1. Harper-Abrit (CP SLO), 9:39.81; 2. Bray (CP SLO), 9:45.35; 3. Manriquez (CSN), 9:51.01. 5,000—1. Gleason (CP SLO), 17:03.3 (meet record, old mark, 17:22.09; Crowley, CP SLO, 1982); 2. Bray (CP SLO), 17:08.80; 3. Rodriguez (CSN), 17:38.0. 100 HURDLES—1. Chandler (CP SLO), 13.81 (meet record, old mark, 14.17; Chandler, 1983); 2. Miller (CSN), 14.59; 3. Reimann (CP SLO), 14.61. 400 HURDLES—1. Nichols (CPP), 1:02.64; 2. Ledesma (CP SLO), 1:02.86; 2. Glenn (CPP), 1:02.97. 400 RELAY—1. CSB (Miller, Mariano, Ivory, Gill), 46.76; 2. CS Northridge, 47.86; 3. CP Pomona, 48.63. 1,600 RELAY—CP SLO (Gibbs, Cook, Fodor, Jordan), 3:47.54; CP Pomona, 3:50.2; 3. CS Northridge, 3:56.9. TJ—1. Farun (CP SLO), 38-9; 2. Phifer (CSB), 38-8; 3. Chandler (CP SLO), 37-0. DT—1. Wren (CPP), 150-1 (meet record, old mark, Kahn, CP SLO, 1983); 2. Carr (CP SLO), 142-1; 3. Ynez (CSN), 139-10.

WOMEN: 10,000—1. Walker (CSN), 38:00.7; 2. Zamperlo (CSN), 39:27.9; 3. Efler (CPP), 40:44.8. HJ—1. McNeil (SLO), 6-0; 2. Nicolls (CPP), 5-10; 3. Kraemer (SLO), 5-8. LJ—1. Phifer (CSB), 18-11; 2. Chandler (SLO), 18-7; 3. Reimann (SLO), 17-10. SP—1. Wren (CPP), 45-2; 2. Wanez (CSN), 42-3; 3. Strohmeyer (CSB), 42-2; 4. JT—1. Nelson (CPP), 159-5; 2. Bernstein (SLO), 152-0; 3. Nicolls (CPP), 141-9.

FINAL TEAM STANDINGS—CP SLO, 202; CP Pomona, 134; CS Northridge, 116; CS Bakersfield, 88; UC Riverside, 27; CS Dominguez Hills, 3; Chapman, 0.

## California Relays

May 12, Modesto:

#### Men

100 METERS—1. Lattany (Bud Light), 10.01 wind; 2. Brown (unat), 10.06; 3. Smith (Bud Light), 10.08.

200—1. Evans (Stars & Stripes), 20.32w; 2. Butler (Bud Light), 20.39; 3. Smith (Bud Light), 20.40.

400—1. Babers (Bud Light), 45.57; 2. McCoy (Bud Light), 45.82; 3. Robinson (Puma Energizer), 45.83.

800—1. Koskei (Nike TC), 1:46.1; 2. Robinson (Inner-City AC), 1:47.0; 3. Paige (unat), 1:47.2.

1,500—1. Padilla (Athletics West), 3:38.39; 2. Aragon (Athletics West), 3:38.50; 3. Fricker (Accusplit), 3:39.64.

5,000—1. Hussein (Kenya), 14:04.8; 2. Cummings (Converse Aggies), 14:05.5; 3. Harvey (Converse Aggies), 14:15.1.

110HH—1. Campbell (Stars & Stripes), 13.30w; 2. McKay (Tennessee), 13.37; 3. Turner (adidas), 13.42.

400IH—1. Rambo (Bud Light), 49.83; 2. Patrick (adidas), 49.96; 3. King (Maccabi), 50.21.

400 RELAY—1. Abilene Christian, 39.85; 2. Stars & Stripes, 39.94; 3. Arizona St. 40.68.

800 RELAY—1. Bud Light (Krulce, Butler, Lattany, Smith), 1:20.51 (meet record, old mark, 1:20.84; Philadelphia Pioneers, 1980); 2. Tiger International, 1:22.66; 3. Abilene Christian, 1:22.73.

1,600 RELAY—1. Bud Light (Rambo, Rolle, Babers, McCoy), 3:03.01; 2. Puma Energizer, 3:04.27; 3. Tiger International, 3:05.42.

TRIPLE JUMP—1. Joyner (Bud Light), 55-0; 2. Jordan (Bud Light), 54-7; 3. Caldwell (Maccabi TC), 54-0.

Fine Flicks by Don Gosney



Leslie Deniz

LONG JUMP—1. McRae (Bay Area Striders), 27-4; 2. Grimes (Athletics West), 27-3; 3. Bradley (Bud Light), 26-6.

JAVELIN—1. Adamec (Czechoslovakia), 282-0 (meet record, old mark, 280-8; Bruce Kennedy, 1980); 2. Jadwin (Tiger Int.), 271-11; 3. Crouser (Nike TC), 266-8.

SHOTPUT—1. Brenner (UCLA), 70-3; 2. Oldfield (adidas), 69-3; 3. Taffris (Weight City AC), 69-0.

POLE VAULT—1. Bohni (San Jose St.), 18-0; 2. Pursley (Pacific Coast Club), 18-0; 3. Jenkins (Abilene Christian), 18-0.

DISCUS—1. Valent (Czechoslovakia), 222-9; 2. Bugar (Czechoslovakia), 222-0; 3. Hjeltnes (Norway), 212-2.

HAMMER—1. Bystedt (Sweden), 242-5 (meet record, old mark, 240-4; Matt Mileham, 1983); 2. Odenthal (West Germany), 240-7; 3. Green (Stars & Stripes), 240-7.

HIGH JUMP—1. Peacock (Puma Energizer), 7-4; 2. Goode (unat), 7-3; 3. Williams (unat), 7-3.

#### Women

100—1. Ashford (Puma Energizer), 10.78w; 2. Hooks (World Class AC), 11.10; 3. Griffin (World Class AC), 11.15.

200—1. Cheesborough (Athletics West), 22.52w; 2. Bolden (World Class AC), 23.02; 3. McGraw (SoCal Chemtals), 23.21.

400—1. S. Howard (CS Los Angeles), 51.11; 2. Hooks (World Class AC), 51.83; 3. Griffin (World Class AC), 53.73.

800—1. Warner (LA Mercurettes), 2:03.6; 2. Monday (Puma Energizer), 2:05.0; 3. Hooper (Puma Energizer), 2:06.0.

1,500—1. Hansen (LA Mercurettes), 4:18.11; 2. Rapp (Athletics West), 4:20.48; 3. Haworth (Athletics West), 4:23.54.

100 HURDLES—1. Hightower (Bud Light), 12.78w; 2. Turner (Arizona), 12.96; 3. Fitzgerald (adidas), 13.01.

SHOTPUT—1. Cavanaugh (Puma Energizer), 54-6; 2. Dasse (Coast Athletics), 53-7; 3. Walton (Maryland), 52.6.

# Race Clocks

**SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS** — We have several customers that are interested in selling their digital display clocks for \$895 (the original retail price was \$1295), so they can purchase the newer CC-601 (1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 595-2249. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.



DISCUS—1. Doniz (unat), 210.0; 2. Griffin (Athletics West), 205.6; 3. Picknell (Oregon Int.), 183.5

HIGH JUMP—1. Brill (Pacific Coast Club), 6-2 1/4; 2. Huntley (Pacific Coast Club), 6-2 1/4; 3. Johnson (Arizona), 5-11

LONG JUMP—1. Hatcher (unat), 22-2 1/4; 2. Innis (ICS Los Angeles), 21 6/8; 3. Bell (SoCal Cheetahs), 21-0

## PCAA Women

### May 18-19 at UC Irvine:

100—1. Stewart (Nevada Las Vegas), 11.99; 200—1. Peterson (UNLV), 23.61; 2. Stewart (UNLV), 23.82; 400—Peterson (UNLV), 56.1; 800—1. Hensel (UNLV), 2:10.65; 2. Abraham (UC Irvine), 2:12.82; 1,500—Abraham (UCI), 4:28.75; 3,000—1. Gonzales (UCI), 9:52.45; 2. Ringer (UCI), 9:53.44; 5,000—Mercado (UCI), 17:17.72; 100 HURDLES—1. Flemmings (UNLV), 13.8; 2. Tarr (UNLV), 14.02; 400H—King (UCI), 62.60; 400 RELAY—Nevada Las Vegas, 47.37; 1,600 RELAY—UC Irvine, 3:57.21.

HJ—Tarr (UNLV), 5-8; LJ—Nicks (UNLV), 19-7; TJ—1. Flemmings (UNLV), 37-9 1/2; 2. Tarr (UNLV), 37-1 1/2; SP—Tarr (UNLV), 44-11; DT—Westbrook (UCI), 161-6; JT—1. Davis (UC Santa Barbara), 176-0; 2. Brown (UNLV), 146-5; 3. Tarr (UNLV), 142-4.

FINAL TEAM SCORES—Nevada Las Vegas, 84; UC Irvine, 71; UC Santa Barbara, 24.

ATHLETE OF THE MEET—Sheila Tarr (UNLV). COACH OF YEAR—Al McDaniels (UNLV)

## PA-TAC Champs.

### May 19, 20. Los Gatos. Open Div.

#### Men's Results

100m: 1. Mike McRea 10.56, 2. Kevin Nance 10.68, 3. Vesco Bradley 10.90.

200m: 1. Bill Green 21.00, 2. Kevin Nance 21.24, 3. Adrian Rodgers 21.64.

400m: 1. Bill Green 46.59, 2. Mike Ricks 46.73, 3. Adrian Rodgers 47.77, 4. Randy Geary 47.87.

800m: 1. Ken Washington 1:48.9, 2. Lloyd Johnson 1:49.0, 3. Cardell Williams 1:49.2, 4. Dale Glem 1:49.3, 5. Ron Lewis 1:51.0, 6. Brian Conolly 1:51.2, 7. Mark Winzler 1:51.5.

1500m: 1. John Sup 3:44.5, 2. Cardell Williams 3:44.5, 3. Mark Schilling 3:46.4, 4. Ken Washington 3:46.8, 5. Mike Wright 3:47.6, 6. Paul Carozza 3:48.7, 7. Peter Churney 3:49.3, 8. Roy Kissin 3:49.5, 9. Tim Layden 3:49.8.

5000m: 1. Dan Grimes 13:58.5, 2. Denny Gonsalves 14:13.8, 3. Rod Berry 14:15.2, 4. Rick Gentry 14:17.4.

10,000m: 1. Dan Gruber 29:56.4, 2. Mike Pinnocci 29:57.3, 3. John Stareniera 30:11.2, 4. Jerry Drew 30:21.9.

3000m Steeplechase: 1. Joaquin Leano 8:55.8, 2. Dave Rennelsen 8:57.2, 3. Tim Gruber 9:03.3, 4. Lee Young 9:09.2.

110m Hurdles: 1. Malcolm Dixon 14.13, 2. Mike Chukes 14.43, 3. Brian Conley 14.46.

400m IH: 1. Wendell Angel 50.50, 2. Ray Smith 50.63, 3. Gary Shumway 51.00, 4. Mike Chukes 51.60, 5. Mike Ricks 52.69, 6. Dave Hardin 52.76.

5000m Racewalk: 1. Bruce Ransdell 23:46.

Pole Vault: 1. Nat Durham 17-0, 2. Ross McAlexander and Bob Babits 17-0 (tie), 4. Mark Kibort 16-6.

High Jump: 1. Ruben Wallace 7-2 1/2, 2. George Milton 7-0.

Long Jump: 1. Mike McRea 8.01.

Triple Jump: 1. Charles Swindell 15.42, 2. Fred Brooks 15.26w, 3. Curtiss Miles 15.24w.

Hammer: 1. Jan Desoda 68.83, 2. Rick Fritzmeier 61.36, 3. Mike Walls 60.66.

Shot Put: 1. Mike Smith 20.57, 2. Rob Suellfohn 20.22, 3. Greg Taufaulous 20.18.

Discus: 1. Paul Bishop 58.90, 2. Jim McGoldrich 58.68.

Javelin: 1. Micky Cutler 74.93, 2. Ralph Howe 69.58.

### Women's Results

100m: 1. Gwen Ward 12.18, 2. Lache Morse 12.19, 3. Kim Grant 12.38.

200m: 1. Freda Cobbs 24.55, 2. Vivienne Britton 25.37, 3. Kim Grant 25.50.

400m: 1. Arles Emerson 52.98, 2. Freda Cobbs 54.89.

800m: 1. Kim Neall 2:11.2, 2. Marcy Miller 2:11.9.

1500m: 1. Jessica Spies 4:32.3, 2. Linda Broderick 4:35.6, 3. Carol Strothers 4:39.5, 4. Kerry Hill 4:44.2, 5. Bridget Hoppe 4:52.1, 6. Diane Figliomeni 4:53.0.

5000m: 1. Ingrid Hemenway 17:42.8, 2. Kerry Hill 17:47.3, 3. Roxanne Bier 17:50.8, 4. Linda Van Housen 17:59.3.

10,000m: 1. Gigi Luhtaia 39:55.2.

100m Hurdles: 1. Darlene Grant 15.09.

400m IH: 1. Stella Edwinston 57.72, 2. Debbie Carson 59.00.

5000m Racewalk: 1. Kerry Bratton 27:03, 2. Karen Stoyanowski 27:05.

Long Jump: 1. Vivienne Britton 5.19.

Triple Jump: 1. Kim Grant 10.70.

Shot Put: 1. Carol McBryant 12.74, 2. Joan Fagerness 12.42.

Discus: 1. Gail Zaphiropus 54.32, 2. Wendy Robinson 50.48.

Javelin: 1. Kristin Engle 46.83.

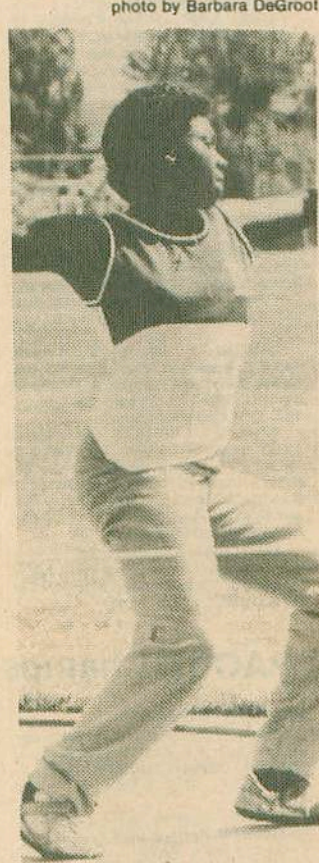
## NorPac Champs

### May 18-19, Fresno:

Hepthathlon—1. Howell, Ore St, 4:987; 2. Lawa, 24IU 4:914; 3. Healy, FSU, 4:885; 4. Viguie, Cal, 4:713

1,500 meters — 1. Davis, r0010z z sums Hepthathlon — 1. Howell, Ore St, 4:987; 2. Lawanson, FSU, 4:914; 3. Healy, FSU, 4:885; 4. Viguie, Cal, 4:713

photo by Barbara DeGroot



Lenora Barnes

1,500 meters — 1. Davis, Cal, 4:24.07; 2. Roth, Ore, 4:27.82; 3. Jonassen, Wash St, 4:28.39; 4. Petersen, Ore, 4:29.99; 5. Schiedler, Ore, 4:31.58; 6. Mathison, Ore St, 4:39.31

100 hurdles — 1. Thorsland, Ore, 13.90; 2. Walker, Wash, 13.99; 3. Garnett, Ore, 14.10; 4. Lee, Wash St, 14.27; 5. Keller, Wash, 14.44; 6. Weston, Ore St, 14.69

400 relay — 1. Wash (Smith, Walker, Keller, Dennis), 45.93 (meet record; old record, Wash, 1983); 2. Ore, 46.52; 3. Wash St, 47.08; 4. FSU, 47.26

Javelin — 1. Torrison, Wash, 165-11; 2. Peterka, Ore St, 157-10; 3. Roblin, FSU, 155-5; 4. Coe, Wash St, 146-10; 5. Gates, Ore, 144-6; 6. Witt, Ore St, 143-7

400 — 1. White, Cal, 54.52 (meet record; old record, Culbert, Cal, 54.8, 1983); 2. Arnold, Cal, 55.41; 3. Raede, Ore, 56.07; 4. Morris, Ore, 56.86; 5. Opoku, Wash St, 57.19; 6. Adams, Wash, 57.40

100 — 1. Dennis, Wash, 11.60 (meet record; old record, Dennis, Wash, 11.66, 1984); 2. Milton, Wash, 12.00; 3. M. Smith, Wash, 12.16; 4. W. Smith, Cal, 12.17; 5. Klope, FSU, 12.32; 6. Jackson, FSU, 12.34

800 — 1. Groendaal, Ore, 2:02.99 (meet record; old record, Clark, Ore, 2:09.05, 1983); 2. Romo, Cal, 2:03.33; 3. Clark, Ore, 2:04.16; 4. Rivard, Wash St, 2:06.03; 5. Bushnell, Ore, 2:10.28; 6. Palmer, Cal, 2:11.72

400 hurdles — 1. Nicholson, Ore, 1:01.57; 2. Thorsland, Ore, 1:02.32; 3. Benjamin, Wash, 1:02.93; 4. Wilson, FSU, 1:03.44; 5. Olson, Wash St, 1:03.63; 6. Weston, Ore St, 1:03.97

High jump — 1. Westover, Ore St, 6-1 (meet record; old record, Baumann, Wash, 1983); 2. Moore, Wash St, 5-11 1/4; 3. Mendonca, FSU, 5-9; 4. Johnson, Wash St, 5-7 3/4; 5. Collins, Ore, 5-6 1/2; 6. Van Zeeland, Cal, 5-6 1/2

Discus — 1. Barnes, FSU, 171-0; 2. Kesler, Cal, 162-0; 3. Derschlag, Cal, 154-10; 4. Morrison, Ore, 149-7; 5. Johnson, Ore St, 149-3; 6. Ponath, Wash, 147-2

200 — 1. Dennis, Wash, 23.56 (meet record; old record, Dennis, Wash, 23.81, 1984); 2. Talton, Ore, 24.16; 3. White, Cal, 24.39; 4. Heinrich, Wash St, 24.60; 5. Lee, Wash St, 24.61; 6. Arnold, Cal, 25.10

Triple jump — 1. Saalfeld, Wash St, 37-9; 2. Johnson, Ore, 36-11 1/4; 3. Schwickardt, Cal, 36-9 1/4; 4. Healy, FSU, 36-7 1/4; 5. Lawanson, FSU, 36-0 1/2; 6. Gibson, Ore St, 36-0 1/4

1,600 relay — 1. Cal (Coe, Bertillon, Romo, Arnold), 3:46.32 (meet record; old record, Ore, 3:47.95, 1983); 2. Wash St, 3:48.67; 3. Wash, 3:48.96; 4. Ore, 3:49.47; 5. FSU, 3:51.33

5,000 — 1. Wyckoff, FSU, 17:05.8 (field record, new event); 2. Livingstone, Wash St, 17:28.0; 3. Martinson, Cal, 17:34.1; 4. Martineau, Ore St, 18:02.1

SP — 1. Ponath, Wash, 50-4 1/4 (meet record; old record, Beasley, Ore, 50-2, 1983); 2. Johnson, Ore St, 49-3 1/4; 3. Derschlag, Cal, 46-6 1/2; 4. Washington, Ore, 43-3 1/2; 5. Armitage, Wash St, 42-9; 6. Gerbaltz, Wash, 42-8

LJ — 1. Milton, Wash, 20-8 1/4 (meet record; old record, Gibson, Ore St, 20-4 1/4w, 1983); 2. Gibson, Ore St, 20-0; 3. Davis, Wash, 19-11 1/4; 4. Smith, Wash, 19-11; 5. Thorsland, Ore, 19-10 1/4; 6. Keller, Wash, 19-6 1/2

3,000 meters — 1. Wyckoff, FSU, 9:31.24; 2. Petersen, Ore, 9:32.65; 3. Livingstone, Wash St, 9:36.92; 4. Schiedler, Ore, 9:46.24; 5. Spotts, Cal, 10:21.37

10,000 — 1. Hayes, Ore, 33:41.9 (meet record; old record, Gutierrez, Ore, 1983); 2. Forbes, Ore, 34:04.6; 3. Knowlton, Ore St, 36:21.6; 4. Buckley, Wash, 38:15.5; Curran, Wash St, 38:37.0

Team standings — Oregon 148, Washington 114, Cal 97, Washington State 82, Fresno State 75, Oregon State 61

## NorCal J.C. Championships

### May 19, Sacramento:

#### MEN

Top six each event qualify — except in lane events of 800 meters and less — for the state community college meet Saturday at Bakersfield.

400 rel — Fresno CC (Sears, McKinney, Cowings, Wheeler), 40.62; 2. San Jose, 41.02; 3. Delta, 41.36; Santa Rosa, 41.59

LJ — 1. Young, Chab, 24-6 1/2w; 2. Covington, C. Costa, 24-5 1/4w; 3. Taylor, FCC, 24-3; 4. Farrister, Mod, 24-2 1/4; 5. Sears, FCC, 23-7 1/4; 6. Conway, DV, 23-6 1/2

SP — 1. DeSoto, SR, 55-10 1/2; 2. McThorn, Mod, 54-10; 3. Barmreiter, SJ, 50-10; 4. Land, Sac, 49-11 1/2; 5. Silva, WV, 49-3 1/2; 6. Spencer, Shas, 49-2 1/2

10,000 — Livingston, WV, 31:28.74; 2. Garcia, WV, 31:46.89; 3. Pappa, AR, 31:55.59; 4. Correa, Por, 32:06.16; 5. Stanton, WV, 32:18.19; 6. Aisouro, Cab, 32:21.71

3,000 steeple — 1. Knowles, AR, 9:08.8; 2. Rivera, FCC, 9:19.6; 3. Dixon, WV, 9:27.4; 4. Saldana, Mod, 9:3.9; 5. Davidson, SR, 9:37.1; 6. Bloys, WV, 9:39.9

500 — 1. Guinee, Foot, 3:51.55; 2. Lewis, SJ, 3:51.81; 3. Rosser, Foot, 3:54.02; 4. Vanata, Sier, 3:55.31; 5. Carey, Del, 3:55.8; 6. LaFuente, SJ, NT

110 HH — 1. Sears, FCC, 14.16w; 2. Duffey, Shas, 14.29; 3. Green, Foot, 14.34; 4. Grimble, Sac, 14.35

Jav — 1. Holbrook, Sisk, 203-4; 2. Ostrom, DV, 200-1; 3. Nikaldo, FCC, 199-8; 4. Maafala, Sac, 198-10; 5. Lamplings, Del, 196-10; 6. Bender, SR, 195-0

400 — 1. Cooper, SJ, 47.07; 2. Threats, Sky, 47.51; 3. Chesarek, WV, 47.96; 4. Boles, SR, 48.1

100 — 1. Wheeler, FCC, 10.33w; 2. Purvis, C. Costa, 10.35; 3. Thorbes, SJ, 10.63; 4. Miller, Del, 10.66

HJ — 1. Silva, SR, 6-10; 2. Yajina, AR, 6-8; 3. Evans, Sol, 6-8; 4. Deloaches, Alam, 6-8; 5. Youngren, Sie, 6-6; 6. Scoff, Butte, 6-6

PV — 1. Hudson, Del, 16-7; 2. Shepard, FCC, 16-0; 3. Nicolas, AR, 15-6; 4. Anderson, WV, 15-0; 5. Besmer, WV, 15-0; 6. Ambrose, Del, 14-6

Dis — 1. McThorn, 164-7; 2. Garza, FCC, 159-10; 3. DeSoto, SR, 159-8; 4. Ramirez, SJ, 157-3; 5. Mateale, Sac, 156-7; 6. Barmreiter, SJ, 156-5

TJ — 1. Justice, Cab, 49-4w; 2. Taylor, FCC, 48-0 1/4; 3. Bostic, Foot, 47-10 1/4w; 4. Johnson, Mar, 47-8 1/4; 5. Gerard, Hart, 47-4 1/4; 6. Marchbanks, 47-0 1/4w

400 IH — 1. Moulton, C. Costa, 52.86; 2. Risano, Foot, 53.35; 3. Curtis, CR, 53.8; 4. Walker, Foot, 53.8

200 — 1. Wheeler, FCC, 20.97; 2. Thorbs, SJ, 21.24; 3. Purvis, C. Costa, 21.41; 4. Cooper, SJ, 21.52

800 — 1. Guinee, Foot, 1:51.59; 2. Davis, Merr, 1:52.75; 3. Scholz, Foot, 1:53.04; 4. Brower, Cab, 1:53.04

5,000 — 1. Kunene, Por, 14:45.11; 2. Knowles, AR, 14:54.19; 3. Lewis, SJ, 15:02.24; 4. Rivera, FCC, 15:12.85; 5. Faqan, SF, 15:18.86; 6. Lybeer, Monf, 15:25.89

Hammer — 1. Matala, Sac, 187-8; 2. Smith, Sac, 161-1; 3. Norlen, AR, 160-7; 4. Land, Sac, 156-3; 5. Ramirez, SJ, 151-8; 6. Garza, FCC, 149-6

1,600 rel — 1. San Jose, 3:10.8; 2. Skyline, 3:14.2; 3. Santa Rosa, 3:14.3; 4. Foothill, 3:14.8

Scoring — Fresno CC 96, San Jose 82, Foothill 64, Santa Rosa 45, American River 44, West Valley 43, Sacramento CC 36, Contra Costa 32, Delta 77, Modesto JC 26, Skyline 22, Chabot 20, Siskiyous 70, Shasta 20

#### WOMEN

400 rel — 1. Contra Costa, 47.22 (meet record); 2. American River, 48.75; 3. San Mateo, 49.43; 4. San Jose, 49.46

Jav — 1. Pugh, Shas, 156-4 (meet records); 2. Bailey, WV, 155-11; 3. Crisler, Foot, 145-11; 4. Plevney, SR, 144-2; 5. Hall, AR, 134-1; 6. Harris, Del, 119-8

LJ — 1. Riley, SJ, 18-5 1/2; 2. Mundt, Mod, 18-2 1/2; 3. Sanders, Sol, 17-11 1/2; 4. Murray, AR, 17-7; 5. Carr, Merc, 17-5 1/2; 6. Gallagher, AR, 17-3 1/2

continued on next page



# Results

Dis — 1. Jones, Mod, 149:10 (meet record); 2. Crisler, Foot, 142:6; 3. Plevnev, SR, 137:4; 4. Bailey, WV, 144:9; 5. Niko, Chab, 133:9; 6. Dyer, SA, 118:6  
 HJ — 1. Ratcliffe, Mod, 5-8; 2. Hueffle, Sier, 5-8; 3. Linderman, AR, 5-6; 4. Wood, Del, 5-4; 5. Morford, Sac, 5-4; 6. Silva, But, 5-2

1,500 — 1. Demmelmaier, WV, 4:35.1; 2. Halberl, WV, 4:35.54; 3. Anderson, Mod, 4:39:05; 4. Hooke, FCC, 4:39:79; 5. Dunlap, Sac, 4:39:89; 6. Ray, Merr, 4:41:19

100 LH — 1. Fields, Chab, 14:31; 2. Mazorra, AR 14:97; 3. Smith, CR, 15:04; 4. Herron, SA, 15:1

400 — 1. Storvick, Mar, 54:77w; 2. Von Fries, Mar, 54:95; 3. Samuel, C. Costa, 56:2; 4. Lee, C. Costa, 56:64

100 — 1. Carpenier, C. Costa, 11:78; 2. Riley, SJ, 11:88; 3. Smith, CR, 12:33; 4. Coy, Hart, 12:36

5P — 1. Jones, Mod, 46:10; 2. Crisler, Foot, 42:8½; 3. Niko, Chab, 42:6½; 4. McCracken, But, 42:2; 5. Williams, CR, 40:0½; 6. Shaffer, SJ, 39:8½

## SoCal J.C. Championships

May 19, Cerritos College:

### Men

100 — 1. Williams (Taft), 10.84; 2. A. Freeman (El Camino), 10.65; 3. Thomas (Pasadena), 10.68; 4. Brown (Long Beach), 10.69; 5. Harris (Santa Monica), 10.69; 6. Perry (Citrus), 10.72

200 — 1. Cooper (Pasadena), 20.76; 2. Thomas (Pasadena), 21.04; 3. A. Freeman (El Camino), 21.06; 4. Frazier (Taft), 21.19; 5. Perry (Citrus), 21.23; 6. Unibe (Mt. San Antonio), 21.27

photo by Maurice Wilson



Jeff Harbell

400 — 1. Hawkins (El Camino), 46.57; 2. Frazier (Taft), 46.60; 3. McTear (Santa Monica), 47.06; 4. Hayward (Santa Monica), 47.09; 5. James (San Bernardino), 47.14; 6. Shores (LACC), 47.72

800 — 1. Bunch (Taft), 1:49.30; 2. Harley (MiraCosta), 1:49.97; 3. Lizardi (Long Beach), 1:50.15; 4. Averhart (Pasadena), 1:50.17; 5. Roberson (Taft), 1:50.19; 6. Roman (Long Beach), 1:50.58

1,500 — 1. Roman (Long Beach), 3:52.48; 2. Farmer (Grossmont), 3:54.42; 3. Harbell (El Camino), 3:54.42; 4. Cleary (Fullerton), 3:55.40; 5. Near (Citrus), 3:55.52; 6. Ausherman (Glendale), 3:56.27

5,000 — 1. Rudd (Grossmont), 14:43.72; 2. Meyer (Saddleback), 14:46.08; 3. Chambers (El Camino), 14:51.89; 4. Brett (Hancock), 14:52.25; 5. Daily (Orange Coast), 14:52.98; 6. King (Taft), 14:53.43

100 HIGH HURDLES — 1. Herrera (Pasadena), 14.10; 2. White (Long Beach), 14.22; 3. Brantley (Long Beach), 14.24; 4. Burns (Mt. San Antonio), 14.72; 5. Biglow (Santa Monica), 14.76; 6. Andrews (Orange Coast), 14.83

400 INTERMEDIATE HURDLES — 1. Zea (Long Beach), 50.65; 2. Ferrara (El Camino), 51.12; 3. Culbreath (Bakersfield), 52.18; 4. Christman (El Camino), 52.19; 5. Dawson (Valley), 52.97; 6. Andrews (Orange Coast), 53.22

3,000 STEEPLECHASE — 1. Grewe (Santa Barbara), 9:08.26; 2. Brett (Hancock), 9:12.52; 3. Hardiman (Mt. San Antonio), 9:13.62; 4. Hernandez (El Camino), 9:18.09; 5. Daly (Orange Coast), 9:19.86; 6. Acosta (Long Beach)

400 RELAY — 1. Pasadena, 40.36; 2. Taft, 40.49; 3. Mt. San Antonio, 40.59; 4. Long Beach, 40.61; 5. Santa Monica, 40.81; 6. Ventura, 41.30

1,600 RELAY — 1. Pasadena (Thomas, Averhart, Dun, Cooper), 3:07.39; 2. El Camino, 3:07.42; 3. Long Beach, 3:08.69; 4. Taft, 3:08.85; 5. Mt. San Antonio, 3:10.42; 6. Bakersfield, 3:12.16; 7. LACC, 3:12.0 (hand timing). Note: Santa Monica finished third in 3:08.30 but was disqualified for passing out of lane.

POLE VAULT — 1. White (Mt. San Antonio), 15-6; 2. Long (Chaffey), 15-0; 3. Hill (Fullerton), 15-0; 4. tie between Tomlinson (Long Beach) and Milford (San Diego), 15-0; 6. Davis (San Diego), 14-6. Note: Wicks (Bakersfield), who set national record 17-7 last week, passed until 15-6 and then missed all three tries.

HIGH JUMP — 1. Carter (Pasadena), 7-0; 2. Bonner (Pasadena), 7-0; 3. Chambers (Cuesta), 6-10; 4. S. Jones (Riverside), 6-10; 5. Hafinger (Saddleback), 6-8; 6. Embick (MiraCosta), 6-6

TRIPLE JUMP — 1. Oporiski (Moorpark), 53-6 (meet record, old mark, 52-5½); Salazar, Long Beach, 1983; 2. Pullins (Pasadena), 51-4; 3. Cobbs (Cerritos), 50-11¼; 4. Willis (Mt. San Antonio), 50-6½; 5. Earl (Taft), 50-5½; 6. Blockburger (Orange Coast), 49-7½

LONG JUMP — 1. Blockburger (Orange Coast), 25-2; 2. Harris (Santa Monica), 24-10¼; 3. Thomas (Pasadena), 24-6; 4. Cadogan (Long Beach), 24-2¼; 5. White (Long Beach), 24-2¼; 6. Bonner (Pasadena), 24-1½

SHOTPUT — 1. Sweeney (Saddleback), 55-7; 2. Turco (Long Beach), 54-2; 3. Erickson (San Bernardino), 52-6½; 4. Bolton (Golden West), 51-10; 5. Moore (Bakersfield), 51-7¼; 6. Wingerson (Saddleback), 51-1

DISCUS — 1. Caneta (Bakersfield), 158-2; 2. Sweeney (Saddleback), 158-0; 3. Hoth (Saddleback), 155-7; 4. Wingerson (Saddleback), 155-6; 5. Maiden (Bakersfield), 154-4; 6. Fernandez (Long Beach), 150-8

JAVELIN — 1. Fernandez (Long Beach), 228-2; 2. Pote (Glendale), 222-11; 3. Venger (Golden West), 213-8; 4. Twest (SD Mesa), 206-4; 5. Hauser (Ventura), 204-6; 6. Faaliga (Harbor), 190-11

HAMMER (exhibition) — 1. Robert Misio (Bakersfield), 179-7 (meet record, old mark 174-6, Mike Fritchman, Palomar, 1979); 2. Crow (Citrus), 116-3; 3. Cuevas (Oxnard), 109-0; 4. Williamson (MiraCosta), 103-5; 5. Boll (MiraCosta), 98-2; 6. Gomez (Bakersfield), 88-4

FINAL TEAM RESULTS — 1. Pasadena, 97; Long Beach, 84; El Camino, 68; Taft, 49; Saddleback, 39; Mt. San Antonio, 37; Orange Coast, 27; Santa Monica, 24; Bakersfield, 21; Grossmont, 18; tie among Santa Barbara, Golden West and Fullerton, 10

### Women

100 — 1. Johnson (Mt. San Antonio), 11.59; 2. Mayberry (El Camino), 12.00; 3. Austin (Santa Monica), 12.18; 4. Ortiz (Cerritos), 12.23; 5. Newton (Mt. San Antonio), 12.27; 6. White (El Camino), 12.40

200 — 1. Johnson (Mt. San Antonio), 23.35; 2. Saville (El Camino), 24.29; 3. Mayberry (El Camino), 24.36; 4. Austin (Santa Monica), 24.40; 5. Cabell (El Camino), 24.56; 6. Astbury (Fullerton), 24.82

400 — 1. Cabell (El Camino), 54.21; 2. Hemmans (El Camino), 54.89; 3. Astbury (Fullerton), 55.23; 4. Saville (El Camino), 56.44; 5. Love (Santa Barbara), 58.04; 6. Lane (East LA), 59.75

800 — 1. Baker (Orange Coast), 2:11.52; 2. Johnson (El Camino), 2:11.79; 3. Bogovich (Mt. San Antonio), 2:12.49; 4. Owen (Santa Barbara), 2:12.69; 5. Lee (Ventura), 2:13.35; 6. Chee (Mt. San Antonio), 2:13.59

1,500 — 1. Sote (Mt. San Antonio), 4:29.37; 2. Seawright (El Camino), 4:31.91; 3. Watt (MiraCosta), 4:32.23; 4. Lazzans (MiraCosta), 4:35.46; 5. Perez (East LA), 4:43.52; 6. Buzza (Cuesta), 4:43.53

3,000 — 1. Zutshi (Santa Ana), 9:49.52; 2. Sote (Mt. San Antonio), 9:52.41; 3. Lazzans (MiraCosta), 9:54.50; 4. Bakeslee (MiraCosta), 9:54.6; 5. Aguirre (East LA), 9:57.45; 6. Torrez (Mt. San Antonio), 10:12.19

100 LOW HURDLES — 1. White (El Camino), 14.54; 2. Moore (SD Mesa), 15.06; 3. Maufas (Valley), 15.17; 4. Mills (Ventura), 15.48; 5. Stinson (Pasadena), 15.67; 6. Bludso (Cerritos), 15.80

400 LOW HURDLES — Hendry (Desert), 59.11 (national record and meet record, old mark, both 59.63, Hendry, 1984); 2. Hemmans (El Camino), 59.47; 3. Nix (Glendale), 1:01.80; 4. Robinson (West LA), 1:01.91; 5. Springer (Orange Coast), 1:03.39; 6. Stinson (Pasadena), 1:06.24

400 RELAY — 1. El Camino, 46.08; 2. Mt. San Antonio, 46.13; 3. Santa Monica, 48.01; 4. Cerritos, 48.33; 5. Fullerton, 48.49; 6. East LA, 49.50

1,600 RELAY — Race will be rerun Tuesday at 3 p.m. at Cerritos with Santa Monica, Fullerton, MiraCosta, Mt. San Antonio, El Camino, Orange Coast. Ventura was disqualified.

HIGH JUMP — 1. Tsai (Mt. San Antonio), 5-8; 2. Cook (Mt. San Antonio), 5-8; 3. Smith (Pasadena), 5-8; 4. Maufas (Valley), 5-8; 5. Novac (Santa Monica), 5-6; 6. Vanegmond (Valley), 5-6

LONG JUMP — 1. Frye (Cerritos), 18-10; 2. McKnight (El Camino), 18-10 (Frye had better second jump than McKnight, 18-9¼ to 18-7¼); 3. Pennie (Pasadena), 18-8¼; 4. Franklin (Golden West), 18-7w; 5. Austin (Santa Monica), 18-6½; 6. Whipper (Valley), 18-5¼

SHOTPUT — 1. Baker (Cerritos), 44-11¼; 2. Woodard (Southwest LA), 41-4; 3. Whitehead (San Diego), 39-11; 4. Johnson (Bakersfield), 39-10; 5. Leavens (Citrus), 39-9; 6. Tsai (Mt. San Antonio), 38-¼. Note: Tsai will scratch. Bolton (Golden West), 37 10¼ advances.

DISCUS — 1. Romberger (Glendale), 135-6; 2. Bryant (SD Mesa), 134-1; 3. Bolton (Golden West), 129-3; 4. Tsai (Mt. San Antonio), 128-3; 5. Hernandez (East LA), 124-5; 6. Woodard (Southwest LA), 123-4

JAVELIN — 1. Johnson (Bakersfield), 145-6; 2. Masterson (MiraCosta), 143-1; 3. Gainey (Moorpark), 139-10; 4. Kevany (El Camino), 138-4; 5. Strauss (Bakersfield), 134-10; 6. Carter (Grossmont), 130-7

FINAL TEAM RESULTS (Not including 1,600 relay — El Camino, 103; Mt. San Antonio, 79; Cerritos 29; MiraCosta, 28; Santa Monica, 20; tie among Bakersfield, Glendale, SD Mesa, 16; tie between Valley and Orange Coast, 11; tie among Santa Ana, Desert and Golden West, 10

NOTE: Top four finishers in each running event and top six in each field event qualify for State J.C. Championships May 25-26 at Bakersfield CC unless noted.

## PAC-10 Champs

May 18-19, Pullman, WA:

100 — 1. Cook (USC), 10.42; 2. Morales (USC), 10.47; 3. Gordon (Washington St.), 10.56; 4. Johnson (Arizona), 10.79; 5. White (UCLA), 10.91; 6. Robinson (Arizona St.), 10.93

200 — 1. Morales (USC), 20.83; 2. Barksdale (A), 20.91; 3. Cook (USC), 20.96; 4. Gordon (WSU), 20.98; 5. Tiachoh (WSU), 20.99; 6. White (UCLA), 21.53

400 — 1. Tiachoh (WSU), 45.24; 2. Kurr (WSU), 45.84; 3. Howard (California), 46.28; 4. Kennon (Washington), 46.56; 5. Biggers (UCLA), 46.66; 6. Williamson (W), 46.84

800 — 1. Cruz (Oregon), 1:45.12; 2. Myers (O), 1:47.51; 3. Moutsanas (WSU), 1:48.39; 4. Prejers (UCLA), 1:48.81; 5. Nelson (OSU), 1:49.44; 6. Young (USC), 1:49.46



Hank Kraychir

1,500 — 1. Hill (O), 3:42.29; 2. Ortega (WSU), 3:43.85; 3. Zishka (O), 3:44.07; 4. Oldfield (OSU), 3:44.15; 5. Parkinson (UCLA), 3:44.72; 6. Roberts (UCLA), 3:45.19

5,000 — 1. Korir (WSU), 13:49.13; 2. Ansberry (A), 13:50.1; 3. Hamilton (O), 13:50.5; 4. Koeh (WSU), 13:55.7; 5. Butler (UCLA), 13:57.9; 6. Blackmore (O), 14:00.5

110H — 1. Kerho (UCLA), 13.93; 2. Boyd (ASU), 14.13; 3. Scannella (C), 14.34; 4. Morehead (W), 14.38; 5. Whisker (A), 14.49; 6. Tave (USC), 14.54

400 HURDLES — 1. Scannella (C), 50.42; 2. Ward (O), 51.28; 3. Wright (OSU), 52.08; 4. Knowles (USC), 52.88; 5. Christman (USC), 53.24; no sixth

400 RELAY — 1. USC (Ivey, Morales, Cook, Manning), 39.53; 2. Arizona, 39.69; 3. Washington St., 40.04; 4. Arizona St., 40.36; 5. California, 40.66; 6. Oregon St., 40.93

1,600 RELAY — 1. Washington St. (Durr, Moutsanas, Durr, Tiachoh), 3:07.38; 2. USC, 3:07.71; 3. California, 3:08.87; 4. Washington, 3:09.93; 5. Stanford, 3:10.58; 6. Arizona St., 3:12.94

TRIPLE JUMP — 1. Taiwo (WSU), 54-9¼; 2. Mayfield (ASU), 52-4; 3. Williams (C), 52-2¼; 4. Frazier (ASU), 51-11¼; 5. Tave (USC), 51-3; 6. Taylor (UCLA), 51-1¼

HIGH JUMP — 1. Cunningham (WSU), 7-2½; 2. Morris (C), 7-0½; 3. Harkin (WSU), 7-0¼; 4. Crumby (A), 7-0¼; 5. tie among Kamaka (ASU), Post (O) and Forier (A), 6-10¼

DISCUS — 1. Brenner (UCLA), 189-7; 2. Koutsoukis (WSU), 175-2; 3. Tabish (W), 173-8; 4. Kraychir (USC), 173-1; 5. Schmidt (OSU), 173-1; 6. Banich (UCLA), 171-6

10,000 Meters: 1. Peter Koeh, WSU, 29:07.84; 2. Rich Brownberger, UCLA, 30:00.95; 3. Jon Butler, UCLA, 30:15.13; 4. Dan Fisher, ASU, 30:20.21; 5. Keith Morrison, Arizona, 30:33.04; 6. Brad Simpson, Oregon, 30:33.16

3000 Meter Steeplechase: 1. Julius Korir, WSU, 8:26.10MR; 2. Richard Tuwei, WSU, 8:40.04; 3. Karl Van Calcar, OSU, 8:41.33; 4. Robert Ingram, Arizona, 8:43.45; 5. David Frank, Stanford, 8:53.00; 6. Harold Kaphaldt, Oregon, 8:56.90

Hammer: 1. Ken Flax, Oregon, 229-9; 2. Shaun Pickering, Stanford, 222-8; 3. John Wolltarsky, USC, 205-8; 4. Stefan Jonsson, WSU, 202-2; 5. Brian Masterson, Stanford, 195-7; 6. Ralf Uebel, WSU, 195-1

Shot Put: 1. John Brenner, UCLA, 69-2 (stadium/meet record); 2. Hank Kraychir, USC, 64-8; 3. Dimitrios Koutsoukis, WSU, 64-8; 4. Jim Banich, UCLA, 60-11.5; 5. Todd Kaufman, Arizona, 58-7½; 6. Paul Rosati, California, 58-2



**Javelin:** 1. Brian Crouser, Oregon, 272-7MR, 2. Bob Rockett, Washington, 260-7, 3. Bob George, Oregon, 260-1, 4. Frode Stormyr, Oregon, 254-9, 5. Dale Pedersen, Washington, 246-4, 6. Sonny Elkinton, WSU, 243-5.

**Long Jump:** 1. Vance Johnson, Arizona, 25-10, 2. Ed Tave, USC, 25-8 3/4, 3. Ken Smith, California, 25-0 3/4, 4. Demetrios Araouzou, WSU, 24-11 1/4, 5. Ken Frazier, ASU, 24-11 1/4, 6. Gary McCullough, OSU, 24-11.

**Pole Vault:** 1. Kory Tarpenning, Oregon, 17-4, 2. Steve Tully, ASU, 17-4, 3. Kerry Porter, Oregon, 17-0 3/4, 4. Kasey Lewis, Scott Davis, OSU, 16-6 3/4, 6. Greg Stull, UCLA, Greg Likens, OSU, and Steve Starkel, WSU, 16-0 3/4.

**Decathlon:** 1. Mike Ramos, Washington, 7,824, 2. Jim Connolly, UCLA, 7,758, 3. Mike Gonzales, USC, 7,749, 4. Steve Erickson, Washington, 7,466, 5. Carlos Gambetta, WSU, 7,459, 6. Jon Goid, UCLA, 7,354.

**FINAL TEAM SCORES—**Washington St. 157 1/2; Oregon 98, USC 94; UCLA 73 1/2; Arizona 53; California 51; Washington 43; Arizona St. 41; Oregon St. 25 1/2; Stanford 14.

Attendance—3,000

## Long Beach Inv.

May 20, CSU Long Beach:

### Men

100—Neely (Fresno St.), 10.49w; Walcott (adidas), 10.58; Fisher (unat), 10.64. 200—Wilson (Muzik), 20.90; Walcott (adidas), 21.21; Chance (Fresno St.), 21.29. 400—Walker (FS), 47.33; Johnson (FS), 47.43. 800—Armour (FS), 1:50.26; Britz (AIA), 1:51.06. 1,500—Masback (Sub 4), 3:49.25. 5,000—Cubillas (unat), 14:35.59. 10,000—Ness (unat), 29:28.96; Shorter (Shorter RC), 30:16.66. 110 HH—McCraney (Maccabi), 13.70w. 400 IH—Hamada (Bahrain), 51.36. HJ—Kotinek (unat), 7-0. PV—Frakey (FS), 16-8; Hapner (FS), 16-0. LJ—Wilson (Muzik), 26-3 1/4w; Jung Il Kim (South Korea), 25-5w. TJ—Williams (CSLB), 51-7 1/4; Yung Jon Park (South Korea), 51-2; Roberts (unat), 50-11. SP—Faul (Wt. City), 62-1 1/4; Lister (Wt. City), 60-7; McKee (Wt. City), 59-2 1/4. DT—Wilky (Maccabi), 194-4; Slaney (Britain), 194-1; Bender (FS), 193-1. HT—Mirofushi (Japan), 248-6; Urlando (Italy), 247-3; Green (Stars & Stripes), 245-2 (74.72 meters) American record, old mark, 244-8; Judd Logan, Chicago TC, 1984; Mileham (FS), 232-8; Rohovit (Converse West), 221-3; Nickerson (Coast Athletics), 196-4. TJ—Barnett (Azusa Pacific), 266-11; Kotinek (unat), 241-1.

### Women

1,500—Martell (Converse), 4:36.13. 10,000—Sons (Iowa St.), 32:50.79; Ludovise (Kansas St.), 33:58.90. 100 HURDLES—J. Washington (Puma Energizer), 13:83w. 400 HURDLES—Mathews (IS), 61:66. TJ—Groen (IS), 40-0. SP—Norton (unat), 48-10.

## TAC Heptathlon

May 19-20, UCLA:

**FINAL**—1. Greiner (Athletics West), 6,154; 2. Anderson (Puma Energizer), 5,992; 3. Larsen (unat), 5,866; 4. Ross (Canada), 5,845; 5. Polman-Tuin (Canada), 5,728; 6. Russell (Coast Athletics), 5,719; 7. Marlene Harmon (Puma Energizer), 5,708; 8. Susan Brownell (Outreach), 5,613; 9. Bell (Coast Athletics), 5,567; 10. Zimmerman (unat), 5,436; 11. Scott (Canada), 5,294; 12. Sharon Hatfield (USC), 5,267; Linda Gordien (Oregon International), 1,629 (two events).

100 HURDLES—Harmon, 14.02; Greiner, 14.05; Brownell, 14.10; Polman-Tuin, 14.15; Ross, 14.19; Anderson, 14.28; Larsen, 15.14.

HIGH JUMP—Greiner, 6 1/4; Larsen, 5-11 1/4; Ross, 5-7 3/4; Russell, 5-7 1/4; Anderson, 5-6 1/4; Bell, 5-6 1/4; Hatfield, 5-6 1/4.

SHOTPUT—Bell, 47-2 1/4; Greiner, 45-2 1/4; Larsen, 44-9 3/4; Polman-Tuin, 42-2; Anderson, 41-8.

200 meters—Greiner, 24.4; Polman-Tuin, 24.46; Zimmerman, 24.71; Anderson, 24.77; Larsen, 25.06.

LONG JUMP—Anderson, 20-5; Greiner, 20-2 1/4; Polman-Tuin, 20 1/2; Harmon, 19-5 3/4; Bell, 19-4 1/4; Larsen, 18-8 3/4.

JAVELIN—Larsen, 145-0; Anderson, 137-5; Russell, 140-6; Harmon, 131-2; Ross, 130-2; Greiner, 124-10.

800—Russell, 2:10.86; Zimmerman, 2:12.63; Harmon, 2:13.34; Ross, 2:14.38; Anderson, 2:14.78; Greiner, 2:16.81; Larsen, 2:23.13.

photo by Richard Lee Slotkin



Mike Tully

## SPATAC Champ

May 20, UCLA:

**MEN:** McDonald (unat), 20.75w; Brown (Stars & Stripes), 20.89. 400—McDonald (unat), 46.02. 400 IH—Dia Ba (Senegal), 49.11; Hargrove (Maccabi), 50.70. HJ—Del Davis (Stars & Stripes), 7-6 1/4; Stone (Pacific Coast Club), 7-3 1/4. PV—Tully (New York AC), 18-11; Ripley (Pacific Coast Club), 18-4 1/4; Mulligan (unat), 18-0 1/4; Bell (Pacific Coast Club), 18-0 1/4; Quinon (France), 17-8 1/4; Curran (unat), 17-8 1/4. DT—Binley (Stars & Stripes), 206-2; McSeveney (S&S), 199-0.

**WOMEN:** 200—Ottay (Jamaica), 22.59; G. Jackson (Atoms), 22.79; Bell (Puma Energizer), 23.39; Smith (PE), 23.74. 400—Hooks (PE), 51-7; Dixon (Atoms), 52.41; Bell (PE), 53.66. 800—R. Campbell (Stanford TC), 2:02.63; Galliger (PE), 2:02.67. 1,500—Gallagher (PE), 4:22.30. 400 HURDLES—Maxie (Mills HS, Milbrae), 57.94. HJ—Spencer (Pacific Coast Club), 6-0 1/4. SP—Stalman (unat), 58-5 3/4. DT—Stalman (unat), 215-7. JT—Kearney (Oregon Inter.), 176-6.

photo by Richard Lee Slotkin



SPATAC 3000 (left to right): Ellen Lyons, Cael Hopp, Connie Hester, Michelle Hopper.

## NCAA II National Championships

May 21-26, SE Missouri State:

### Men

100—Johnson (Hampton Institute), 10.40; 2. Ransby (Morgan St.), 10.51; 3. Williams (Abilene Christian), 10.53. Others included: 8. Allen (CS Northridge), 10.71.

200—1. Witherspoon (Abilene Christian), 20.85; 2. Ransby (Morgan St.), 21.06; 3. Pierce (Morgan St.), 21.19.

400—1. Witherspoon (Abilene Christian), 45.41; 2. Armstead (NE Missouri), 45.54; 3. Gross (Augustana), 45.54. Others included: 11. Cook (Cal Poly Pomona), 47.22.

800—1. Williams (Abilene Christian), 1:47.81; 2. Bell (SE Missouri St.), 1:48.86; 3. Weir (St. Augustine's), 1:49.00.

1,500—1. Williams (Abilene Christian), 3:42.65; 2. Gerhart (UC Davis), 3:42.69; 3. Biaty (Cal Poly Pomona), 3:43.83. Others included: 4. Reyes (Cal Poly Pomona), 3:43.89; 5. Perez (Cal Poly SLO), 3:43.92; 9. Johnson (UC Riverside), 3:47.16; 10. Trujillo (CS Northridge), 3:47.69.

5,000—1. Spence (Shippensburg St.), 14:07.07; 2. Vanatta (SE Missouri St.), 14:08.98; 3. Henderson (Portland St.), 14:16.4. Others included: 7. Vannette (UC Riverside), 14:31.06.

10,000—1. Ferrari (California, Pa.), 30:15.67; 2. Carlson (South Dakota), 30:23.20; 3. Dunham (Lowell), 30:39.09.

110HH—1. Pierce (Morgan St.), 13.85; 2. Hill (UC Davis), 14.09; 3. Anderson (Stephen F. Austin), 14.19.

3,000 STEEPLECHASE—1. Vanatta (SE Missouri St.), 8:38.04; 2. Jones (Abilene Christian), 8:49.00; 3. Kieser (Angelo St.), 8:56.67; 4. Reyes (Cal Poly Pomona), 8:57.27; 5. Hodge (Seattle Pacific), 8:57.99.

400IH—1. Hawkins (Angelo St.), 49.11; 2. Trusty (Abilene Christian), 51.44; 3. Tiller (Kutztown), 52.22.

400 RELAY—1. Abilene Christian, 39.20; 2. Morgan St., 39.77; 3. SE Missouri St., 39.86; 4. St. Augustine's, 40.22.

1,600 RELAY—1. Abilene Christian, 3:03.38; 2. SE Missouri St., 3:06.35; 3. NW Missouri St., 3:06.37.

TRIPLE JUMP—1. Salazar (Abilene Christian), 53-4; 2. Bartlett (St. Augustine's), 52-11 1/4; 3. Henry (CS Bak), 51-5 1/2.

POLE VAULT—1. Jenkins (Abilene Christian), 18-2; 2. Thaxton (Abilene Christian), 16-9; 3. Kolb (Mankato St.), 16-9. Others included: 4. Guilano (CS Northridge), 16-5.

SHOTPUT—1. Flyman (Angelo St.), 62-8 1/2; 2. Thomas (CS Bakersfield), 58-9 3/4; 3. Heisler (Indiana Central), 58-8 3/4. Others included: 4. Farber (CS Northridge), 56-7 1/4; 5. Weyers (CS Northridge), 53-9 3/4.

JAVELIN—1. Stephens (CS Northridge), 261-6; 2. Ward (Central Conn.), 247-4; 3. Denton (CS Northridge), 239-6. Others included: 12. Kaufman (CS Northridge), 196-6.

DISCUS—1. Heisler (Indiana Central), 195-8; 2. Thomas (CS Bakersfield), 185-1; 3. Flyman (Angelo St.), 174-2.

LONG JUMP—1. Leach (St. Augustine's), 26-5 1/4; 2. Johnson (Abilene Christian), 25-8 3/4; 3. Therwanger (Angelo St.), 25-2 1/4.

HIGH JUMP—1. Moran (CS Hayward), 7-4 1/4; 2. Crooks (Abilene Christian), 7-2; 3. Tobias (Mt. St. Mary's), 7-1.

HAMMER—1. Bodell (Angelo St.), 206-7; 2. Fritchman (CS Bak), 204-4; 3. Chesbrough (Southern Connecticut), 195-5. Others included: 4. Thomas (CS Bak), 185-8.

**FINAL TEAM LEADERS—**Abilene Christian 246; Angelo St. 129; SE Missouri St. 121; CS Northridge 93; St. Augustine's 82 1/2; Morgan St. 69; Hampton Institute 62; Mt. St. Mary's 59; CS Bakersfield 55. Others included: Cal Poly Pomona 41; UC Riverside 12; Cal Poly SLO 9; CS Los Angeles 5.

photo by Bill Leung, Jr.



Gladees Prieur

### Women

100—1. Young (Alabama A&M), 11.77; 2. Gill (CS Bak), 11.87; 3. Davis (St. Augustine's), 11.92.

200—1. Young (Alabama A&M), 23.38; 2. Gill (CS Bak), 24.14; 3. Pelt (Alabama A&M), 24.20.

400—1. Hutchings (SW Texas St.), 53.22; 2. Banks (CS Hayward), 54.01; 3. Rhodes (George Mason), 54.69.

800—1. Conway (Air Force), 2:03.92; 2. Mitchell (Alabama A&M), 2:07.23; 3. Green (Navy), 2:07.31. Others included: 4. Ellington (Cal Poly SLO), 2:08.48; 8. Gibbs (Cal Poly SLO), 2:11.85; 11. Arzu (UC Riverside), 2:11.96; 12. Stachura (CS Northridge), 2:12.26.

1,500—1. Dunn (Cal Poly SLO), 4:25.23; 2. Manning (CS Hayward), 4:26.97; 3. Prieve (Cal Poly SLO), 4:28.01. Others included: 4. Pratt (CS Northridge), 4:28.66.

3,000—1. Asp (South Dakota St.), 9:28.41; 2. Bray (Cal Poly SLO), 9:31.22; 3. Avrit (Cal Poly SLO), 9:37.79.

5,000—1. Bowers (West Chester St.), 16:21.92; 2. Asp (South Dakota St.), 16:25.25; 3. Kondala (CS Hayward), 16:27.85. Others included: 5. Manriquez (CS Northridge), 16:32.66; 6. Glason (Cal Poly SLO), 16:33.24; 9. Host (Cal Poly SLO), 16:59.41.

100 HURDLES—1. Chandler (Cal Poly SLO), 13.55; 2. Davis (St. Augustine's), 13.79; 3. Byrd (CS Hayward), 14.01.

400 HURDLES—1. Craig (Abilene Christian), 58.05; 2. Moffatt (Alabama A&M), 59.87; 3. Williams (George Mason), 1:00.10.

400 RELAY—1. St. Augustine's, 45.81; 2. George Mason, 45.92; 3. Abilene Christian, 46.21. Others included: 11. CS Bakersfield, 47.15; 12. CS Northridge, 47.48.

1,600 RELAY—1. George Mason, 3:37.70; 2. CS Hayward, 3:40.58; 3. Alabama A&M, 3:41.11.

continued on next page...



# Results

**JAVELIN**—1. Smith (Abilene Christian), 163-8; 2. Walsh (Springfield), 158-4; 3. Nelson (Cal Poly Pomona), 157-0; 4. Berstien (Cal Poly SLO), 156-5.  
**DISCUS**—1. Oswalt (CS Hayward), 173-7; 2. Gordon (Texas A&I), 157-7; 3. Jackson (Indiana Central), 151-1. Others included 12. Yanez (CS Northridge), 137-7.

**TRIPLE JUMP**—1. Foster (Abilene Christian), 40-10½; 2. Buford (Tuskegee Institute), 40-5½; 3. Chandler (Cal Poly SLO), 40-4¼.

**HIGH JUMP**—1. Henry (Abilene Christian), 5-10; 2. Nicolis (Cal Poly Pomona), 5-10; 3. Kraemer (Cal Poly SLO), 5-9.

**LONG JUMP**—1. Seldon (Angelo St.), 21-2¼; 2. Douglas (St. Augustine's), 21-0¼; 3. Gibson (Liberty Baptist), 20-0¼. Others included: 7. Phifer (CS Bak), 19-1¼.

**SHOTPUT**—1. Brown (Alabama A&M), 48-7¼; 2. Oswalt (CS Hayward), 47-¼; 3. Frahm (NE Missouri St.), 46-7¼.

**FINAL TEAM LEADERS**—Cal Poly SLO 169½; Alabama A&M 139; Abilene Christian 135; CS Hayward 132; St. Augustine's 100; George Mason 79; Angelo St. 63; Cal Poly Pomona 56. Others included—CS Bakersfield 35; CS Northridge 20; UC Riverside 10.

## NAIA National Championships

May 24-26, Charleston, WV:

**Men**  
 100—Egbinike (Azusa Pacific), 10.15 (meet record, old mark, 10.24, Oliver Ford, Southern, 1988). 200—Egbinike (AP), 20.76. 400—Epps (Southern Arkansas), 48.46. 800—Knochehan (Wayland Baptist), 1:47.80. 1,600—Michno (Hillsdale), 3:52.01. 5,000—Montoya (Adams St.), 14:12.37. 10,000—Montoya (Adams St.), 29:22.4 (meet record, old mark, 29:30.76, Gary Henry, Pembroke St., 1982). 110H—McKinley (Prairie View), 14.10. 400H—Brown (Saginaw Valley St.), 50.06 (meet record, old mark, 50.09, Brown, 1983). 3,000 SC—Magrum (Hillsdale), 9:06.83. 400 RELAY—Prairie View (Graham, Sweet, Pogue, McKinley), 40.73. Others included: 6. Cal Lutheran, 42.22. 1,600 RELAY—Saginaw Valley St (Topolewski, Featherston, R. Brown, E. Brown),

3:09.37. MARATHON—Coker (Belmont, Tenn.), 2:24:51.7. DECATHLON (final)—Loisel (AP), 7,623. Others included: 4. Paynter (AP), 6,801; 5. Carney (Cal Lutheran), 6,672.

**DT**—Okoye (AP), 180-9. SP—1. Jones (David Lipscomb), 57-7¼; 2. Okoye (AP), 55-9. HJ—Hawkins (Tarleton St.), 7-1¼. PV—Siebert (Oklahoma Christian), 15-6. TJ—Williams (Prairie View), 53-5. Others included Kent (AP), 49-2¼.

**FINAL TEAM LEADERS**—Azusa Pacific 83; Saginaw Valley St. 77; Prairie View 47½; Southern Arkansas 41; Southwestern (Kan.) 31. Others included: Cal Lutheran, 2. **Women**

100—Bullie (Midland Lutheran, Neb.), 11.71 (meet record, old mark, 11.82, Casandra Graham, Prairie View, 1982). 200—Bullocks (Chicago St.), 24.14. 400—Bullocks (Chicago St.), 54.09. 800—Jenkins (Adams St.), 2:08.60 (NAIA record, old mark, 2:12.05, Cherita Jackson, Texas Southern, 1981). 1,500—Grant (Simon Fraser), 4:32.09. 5,000—Willoughby (Moorhead St., Minn.), 17:13.8. 3,000—Falzone (Adams St.), 9:47.30. 100 HURDLES—Busch (Hampton Institute), 13.73 (meet record, old mark, 13.83, Linda Weakly, Texas Southern, 1981). 400 HURDLES—Lockett (Prairie View), 1:00.78. 400 RELAY—Prairie View (Jackson, Williams, Tatum, McAfee), 45.36. 1,600 RELAY—Prairie View (Lockett, McAfee, Tatum, Taylor), 3:41.49. 3,200 RELAY—Moorhead St. (Minn.), 9:06.75. MARATHON—Reinhart (Saginaw Valley St.), 2:57.20.

**DT**—Woods (Hampton Institute), 146-10. Others included: 5. Early (AP), 141-1. JT—Williamson (Western Washington), 166-6. Others included: 4. McDonough (AP), 150-1¼. HJ—Dees (Western Washington), 5-8. Others included: 6. (ie) Schwartz (AP), 5-7. HEPTATHLON (final)—Schwartz (AP), 4,981 (meet record, old mark, 4,752, Kari Kramme, Midland, Neb., 1983).

**FINAL TEAM LEADERS**—Prairie View 100; Adams St. 73; Saginaw Valley St. 44; Simon Fraser 35; UW Milwaukee 31. Others included: Azusa Pacific 17½.

## NCAA Division III

May 25-26, Northfield, Minnesota.

### Men's Results

**Pole Vault**: 1. Jim Eike, U of Wis., 15-6. **Triple Jump**: 1. Todd Nash, St. Olaf, 49-5½; 3. Doug Alston, Pomona, 48-10; 5. Stan Watson, Pomona, 48-2¼.

**Javelin**: 1. Christopher Trapp, Rose-Hulman, 245-5; 9. Doug Porter, Occidental, 193-11; 11. John Hollinshead, Occidental, 193-11.

**Shot Put**: 1. Tom Newberry, UW-La Crosse, 61-7. **500m**: 1. Ronald Deckert, Glassboro, 14:13.46.

**400m**: 1. Kirk Dixon, St. Lawrence's, 47.67; 7. Tyrone Brooks, U of Redlands 49.3.

**100m**: 1. Derrick Rippy, Mt. Union, 10:52; 5. Malcolm Hardy, Occidental, 10:88. **1500m**: 1. Jeff Wachter, U of W-Stout, 3:45.05; 11. Marc Ziblatt, Occidental, 3:57.6ht.

**110m HH**: 1. (tie) Van Youngblood, Lincoln U., 14.40; Robert Abdullah, Glassboro Col., 14.40; 6. Dave Lewis, Occidental, 14.75.

**4X400m Relay**: 1. Glassboro State, 3:12.40.

**4X100m Relay**: 1. Mount Union College, 41.82; 4. Oxy, 42.11.

**800m**: 1. Ken Lobins, UW-Milwaukee, 1:51.58.

**400m IH**: 1. James Terwilliger, SUNY Cortland, 53.10.

**200m**: 1. Derrick Rippy, Mount Union, 21.60.

**3000m Steeplechase**: 1. Donald Deckert, Glassboro, 9:00.13; 3. Chris Grenzer, Pomona, 9:02.57; 14. Peter Quint, Oxy, 9:26.79.

**Discus**: 1. Greg Steelman, Brandeis, 178-2; 2. Jon Sterrer, Pomona Pitzer, 172-8.

**High Jump**: 1. Stan Watson, Pomona Pitzer, 7-0.

**Long Jump**: 1. Vance Mueller, Oxy, 24-1¼.

**Hammer**: 1. Daniel Rich, Rensselaer, 181-4; 5. Kurt Mitchell, Pomona, 175-9; 7. Jay Hilbert, Pomona, 175-9; 10. Joel Peterson, Occidental, 167-7.

**10,000m**: 1. Nic Mancu, St. Thomas, 30:14.15; 4. David Francis, Pomona, 30:30.26.

**Decathlon**: 1. Doug Porter, Occidental, 6,780; 11. Troy Trimble, Occidental, 6,221.

### Women's Results

**Discus**: 1. Cindy Lensmire, UW-La Crosse, 161-1; 7. Brenda McIntyre, Pomona Pitzer, 135-6.

**High Jump**: 1. Michelle Riedl, UW-Steven's Point, 5-8; 5. Lisa Ellis, Pomona-Pitzer, 5-7.

**Long Jump**: 1. Lori Sears, Central, 18-4¼; 5. Cheryl Burditt, Occidental, 18-¼; 6. Sharon Lawson, Occidental, 17-9¼; 9. Hilary Bray, Occidental, 17-5¼.

**400m Relay**: 1. Trenton St., 48.43; 6. U of Redlands, 50.36.

**400m**: 1. Nancy Cisar, Central, 55.79.

**800m**: 1. Eloise Evans, Salve Regina, 2:07.84; 3. Cressy Stewart, Occidental, 2:14.22; 6. Kathleen Brooks, U of Redlands, 2:14.74.

**100m H**: 1. Margo Edwards, U of Redlands, 14.34.

**5000m**: 1. Tori Neubauer, UW-LaCrosse, 18:45.90; 2. Cindy Nagle, Claremont/Mudd/Scriptss, 18:53.08.

**200m**: 1. Nancy Cisar, Central, 24.78; 3. Margo Edwards, U of Redlands, 25.43.

**100m**: 1. Karen Boxley, Fisk U, 11.84MR; 4. Margo Edwards, U of Redlands, 12.29.

**400mH**: 1. Lori Sears, Central College, 62.19.

**1500m**: 1. Karen Borza, Wesleyan-Ct, 4:36.03; 11. Carol Karamitsos, Occidental, 4:50.3 ht.

**Javelin**: 1. Jodi Smiley, UW-La Crosse, 170-5; 3. Brenda McIntyre, Pomona Pitzer, 152-1; 10. Ginger Ferguson, Pomona Pitzer, 128-11; 12. Debbie Odink, CS Stanislaus 11-9; 13. Connie Negue, Pomona Pitzer, 107-6.

**Shot Put**: 1. Lauren Andrews, Brandeis, 49-0MR; 9. Shawn Lawson, Occidental, 42-10.

**3000m**: 1. Diane Weeder, SE Mass. U., 9:46.31; 4. Carol Karamitsos, Occidental, 10:05.93; 5. Cynthia Rogers, Occidental, 10:06.08.

**Triple Jump**: 1. Pauline Henry, Cornell, 39-¼; 2. Shawn Lawson, Occidental, 37-7¼.

**10,000m**: 1. Tori Neubauer, UW-La Crosse, 34:36.60; 8. Cynthia Rogers, Occidental, 37:17.00.

**Heptathlon**: 1. Shawn Lawson, Occidental, 4,810; 14. Molly Moore, Occidental, 3,805.

## Bruce Jenner

May 28, San Jose City College:

### Men

100—1. Lewis (Santa Monica TC), 10.00 (wind 2.06 m.p.s.); 2. Brown (unat), 10.07; 3. Evans (Stars & Stripes), 10.32; 4. Quarrie (SoCal Striders), 10.49; 5. McNeal (SMTC), 10.60; 6. Williams (unat), 10.51.

200—1. Lewis (SMTC), 20.01; 2. Evans (Stars & Stripes), 20.29; 3. Baptiste (Houston), 20.40; 4. Butler (unat), 20.46; 5. Myricks (Bud Light), 20.64; 6. Quarrie (Jamaica), 20.72.

400—1. Babers (Bud Light), 45.24; 2. Cameron (Jamaica), 45.73; 3. Robinson (Puma), 45.83; 4. Whitlock (Accusplit), 45.93; 5. Green (unat), 46.07; 6. Souza (Brazil), 46.71.

800—1. Guimarras (Brazil), 1:46.54; 2. West (SMTC), 1:46.57; 3. Koskei (Kenya), 1:46.97; 4. Brown (unat), 1:47.14; 5. Handelsman (SMTC), 1:47.25; 6. Mays (Bud Light), 1:48.13.

1,600—1. Scott (Sub 4 TC), 3:57.71; 2. Harris (Athletics West), 3:58.98; 3. Theriot (adidas), 4:00.12; 4. Mangan (Athletics West), 4:01.14; 5. Dornantay (Team Brook), 4:02.02; 6. Fricker (Accusplit), 4:02.14.

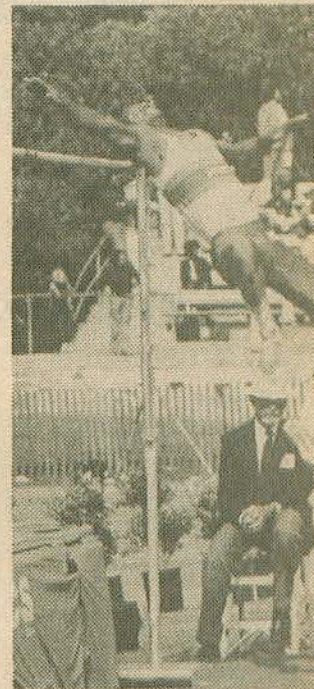
3,000—1. Padilla (Athletics West), 7:54.38; 2. Smith (Athletics West), 7:55.80; 3. Aldridge (Athletics West), 7:58.15; 4. Alcalá (Mexicol), 7:59.95; 5. Aragon (Athletics West), 8:00.15; 6. Ortiz (Tiger Int), 8:02.0.

110H—1. Kingdom (unat), 13.23 (wind 2.80 m.p.s.); 2. Campbell (Stars & Stripes), 13.25; 3. Andrade (SMU), 13.59; 4. Cowling (Accusplit), 13.65; 5. Clark (Houston), 13.75; 6. Johnson (Arizona), 13.97.

400H—1. Phillips (World Class), 48.73; 2. Rambo (Bud Light), 49.37; 3. Ba (Senegal), 49.82; 4. Walker (Bud Light), 50.35; 5. Holloway (Tiger Int.), 50.55; 6. Angel (Bud Light), 51.20.

3,000 STEEPLCHASE—1. Marsh (Athletics West), 8:26.99; 2. Stevens (Nike), 8:36.67; 3. Einspahr (Converse West), 8:42.40; 4. Gregory (SMTC), 8:43.68; 5. Hornholt (unat), 8:36.6.

400 RELAY—1. Fresno St., 40.29; 2. Arizona, 40.39; 3. San Jose St., 40.40; 4. Fine Flicks by Don Gosney



Tyke Peacock

U.S. Army, 41.80. 1,600 RELAY—1. Puma, 3:06.42; 2. Fresno St., 3:08.89; 3. California, 3:08.90. LONG JUMP—1. McRae (BA Striders), 27-0¼; 2. Hardarson (San Jose St.), 25-3¼; 3. Johnson (Arizona), 25-3¼. SHOTPUT—1. Oldfield (unat), 72.9¼ (American record, old mark, 72.3, Oldfield, 1981, and Dave Laut, Athletics West, 1982); 2. Brenner (UCLA), 70-10; 3. Laut (Athletics West), 70-9; 4. Carter (SMU), 70-3; 5. Tafrales (Weight City TC), 69.8¼; 6. Wolf (Bud Light), 68-3; 7. Lehman (adidas), 67-11; 8. Anderson (Chicago TC), 65-7¼.

TRIPLE JUMP—1. Banks (Athletics West), 55-8½; 2. Connors (SMU), 54-10¼; 3. Agbeba (Nigeria), 54-5¼; 4. Cannon (Coast Athletics), 54-2; 5. Marlow (unat), 53-11; 6. Kimble (adidas), 53.9¼.

HIGH JUMP—1. Peacock (Puma), 7-5¼; 2. tie between Howard (Pacific Coast Club) and Williams (unat), 7-3¼; 4. tie between Goodie (Jaquar TC) and Lewis (New Baltimore TC), 7-3¼; 6. Stones (unat), 7-3¼; 7. Jacobs (unat), 7-1¼; 8. Otter (Pacific Coast Club), 7-1¼. DISCUS—1. Wilkins (Athletics West), 227-0¼; 2. Powell (Bud Light), 224.3; 3. Burns (Athletics West), 222-11; 4. Swartz (Shore AC), 212-2; 5. Cooper (B.Jamas), 210.3; 6. McDermott (Boston), 210-1; 7. Gray (Canada), 209.9; 8. Bremner (unat), 205-5.

HAMMER—1. Green (Stars & Stripes), 242-9; 2. Logan (unat), 239-11; 3. Burko (Accusplit), 234.5; 4. McKenzie (unat), 234-4; 5. McArdin (Oregon Int.), 232-10; 6. Weir (SMU), 227-2.

### Women

100—1. Browne (World Class AC), 11.21; 2. Bolden (World Class AC), 11.22; 3. Otley (Jamaica), 11.24; 4. Williams (Puma), 11.51; 5. Carly (Puma), 11.74.

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200—1. Brisco-Hooks (World Class), 22.15; 2. Griffin (World Class), 22.16; 3. Jackson (Ms. Int.), 23.16; 4. McGraw (SoCal Cheetahs), 23.38; 5. Nedd (World Class), 23.42; 6. Van Wardenam (Team Hinds), 24.11; 7. Joyner (World Class), 24.19.

800—1. Warner (LA Mercurettes), 2:01.40; 2. Campbell (Puma), 2:01.49; 3. LeArbogast (Athletics West), 2:04.20; 4. Monday (Puma), 2:04.40; 5. Gallagher (Puma), 2:05.79; 6. Emerson (Nike), 2:07.01.

1,500—1. Decker (Athletics West), 4:05.0; 2. Richburg (Gazelle Int.), 4:10.9; 3. Hansen (Athletics West), 4:11.4; 4. Merrill (Age Group AA), 4:11.4; 5. Haworth (Athletics West), 4:15.5; 6. Hopper (Puma), 4:16.2.

100 HURDLES—1. Young (Fairleigh Dickinson), 13.17; 2. Hightower (Bud Light), 13.18; 3. Page (Puma), 13.27; 4. Danville (New Balance TC), 13.3; 5. Watkins (SoCal Cheetahs), 13.5.

LONG JUMP—1. Lewis (Houston), 23-0 1/4 (wind 2.20 m.p.s.); 2. Ferguson (Bahamas), 21-9 1/4; 3. Joyner (World Class), 21-4 1/4; 4. McMillan (Coast Athletics), 20-10 1/4.

DISCUS—1. Stelman (adidas), 219-10; 2. Richie (adidas), 203-10; 3. Cady (Stanford), 200-10; 4. Deniz (unat), 188-9; 5. Anderson (Chicago), 182-9; 6. Picknell (Bud Light), 180-8; 7. Hansen (Puma), 180-4.

HIGH JUMP—1. Blunston (adidas), 6-2; 2. Johnson (Arizona), 6-0; 3. Huntley (Pacific Coast Club), 6-0; 4. Mendocina (Fresno St.), 5-10.

## J.C. State Meet

May 25, Bakersfield:

### Men

100—1. Wheeler (Fresno), 10.36 (wind 0.36 m.p.s.); 2. Williams (Taft), 10.37; 3. Freeman (El Camino), 10.44; 4. Thorbes (San Joaquin), 10.56; 5. Thomas (Pasadena), 10.57; 6. Purvis (Contra Costa), 10.58.

400—1. Frazier (Taft), 45.77 (national JC and meet record, old mark, 45.78; Larry Goldston, Mt. San Antonio, 1979, and Mike Turner, Pasadena, 1982); 2. Cooper (San Jose), 46.36; 3. Hawkins (El Camino), 46.88; 4. Throats (Skyline), 47.01; 5. Chesarek (West Valley), 47.12; 6. Boles (Santa Rosa), 47.13.

800—1. Bunch (Taft), 1:48.74; 2. Lizardi (Long Beach), 1:49.37; 3. Harley (MiraCosta), 1:51.11; 4. Davis (Merritt), 1:52.21; 5. Scholtz (Foothill), 1:52.68; 6. Brown (Cabrillo), 1:52.69.

1,500—1. Lewis (San Jose), 3:48.53; 2. Guinee (Foothill), 3:49.03; 3. Clary (Fullerton), 3:51.20; 4. Farmer (Grossmont), 3:52.21; 5. Harbell (El Camino), 3:54.45; 6. Roman (Long Beach), 3:56.4.

3,000 STEEPLECHASE—1. Grawe (Santa Barbara), 8:57.3 (all hand timed); 2. Knowles (American River), 9:01.8; 3. Dixon (West Valley), 9:20.0; 4. Rivera (Fresno), 9:23.9; 5. Hernandez (El Camino), 9:24.6; 6. Hardiman (Mt. San Antonio), 9:26.8.

110H—1. Herrera (Pasadena), 14.12 (wind 0.94 m.p.s.); 2. Brantley (Long Beach), 14.15; 3. White (Long Beach), 14.28; 4. Green (Foothill), 14.32; 5. Bruns (Mt. Sac), 14.38; 6. Duffy (Shasta), 14.39.

400H—1. Ferreria (El Camino), 50.84; 2. Zea (Long Beach), 51.07; 3. Curtis (Consumers River), 51.71; 4. Mouton (Contra Costa), 52.25; 5. Culbreath (Bakersfield), 52.23; 6. Christman (El Camino), 52.55.

400 RELAY—1. tie between Taft (Rutledge, Frazier, Clark, Williams) and Pasadena (Dunn, Thomas, Wright, Cooper), 39.89; 2. Fresno, 40.31; 4. Mt. San Antonio, 40.39; 5. San Jose, 40.39; 6. Long Beach, 40.92.

DECATHLON (final)—1. Fernandez (Long Beach), 7,401; 2. Hafliger (Saddleback), 7,353; 3. Blockberger (Orange Coast), 6,834; 4. Barnish (Mt. Sac), 6,601; 5. Martinez (Mt. Sac), 6,592; 6. Kolan (Siskiyou), 6,471. Ind event leaders.

110H—Dounnik (Sierra), 15.1. DT—Fernandez, 148.1. PV—Hafliger, 13-11. JT—Fernandez, 227-2. 1,500—Fernandez, 4:29.1.

SHOTPUT—1. DeSoto (Santa Rosa), 59.6; 2. Sweeney (Saddleback), 56.5; 3. Turco (Long Beach), 55.9; 4. Moore (Bakersfield), 52-4; 5. Wingerson (Saddleback), 51-11; 6. McThorn (Modesto), 51-10.

JAVELIN—1. Fernandez (Long Beach), 226-9; 2. Lampkins (Delta), 209-9; 3. Nikaide (Fresno), 206-5; 4. Pote (Glendale), 206-11; 5. Holbrook (Siskiyou), 206-8; 6. Twedt (SD Mesa), 204-11.

LONG JUMP—1. Thomas (Pasadena), 25-4; 2. Harris (Santa Monica), 24-10 1/4; 3. Jefferson (Long Beach), 24-10; 4. Bonner (Pasadena), 22-5 1/4; 5. Cadogan (Long Beach), 24-3 1/4; 6. Taylor (Fresno), 23-10.

HAMMER (non-scoring)—1. Mateale (Sacramento), 195-2; 2. Miso (Bak), 183-9; 3. Smith (Sacramento), 169-4; 4. Land (Sacramento), 156-3; 5. Garza (Fresno), 152-4; 6. Ramirez (San Jose), 152-8.

200—1. Cooper (Pasadena), 20.73; 2. Wheeler (Fresno), 20.81; 3. Frazier (Taft), 20.86; 4. Thorbes (San Jose), 20.86; 5. Thomas (Pasadena), 21.02; 6. Freeman (El Camino), 21.06.

5,000—1. Knowles (American River), 14:29.56; 2. Brett (Hancock), 14:37.38; 3. Kunene (Porterville), 14:58.0 (ht); 4. Daily (OC), 15:07.51; 3. Meyer (Saddleback), 15:13.67; 6. Rudd (Grossmont), 15:15.6 (ht).

POLE VAULT—1. Wicks (Bakersfield), 17-6 (equal meet record, Ralph Freeman, Foothill, 1982); 2. Hudson (San Joaquin Delta), 17-0; 3. Shepard (Fresno), 16-7; 4. Tomlinson (Long Beach), 16-0; 5. Hill (Fullerton), 15-6; 6. White (Mt. Sac), 15-6.

TRIPLE JUMP—1. Oporiski (Moorpark), 52-7 1/4; 2. Pullins (Pasadena), 51-6; 3. Willis (Mt. Sac), 50-11 1/4; 4. Earl (Taft), 50-9 1/4; 5. Cobbs (Cerritos), 50-0 1/4; 6. Justice (Chabot), 49-0.

1,600 RELAY—1. El Camino (Lee, 48.4; Christman, 47.1; Hawkins, 46.0; Freeman, 46.4), 3:07.95; 2. San Jose, 3:08.52; 3. Taft, 3:08.53; 4. Pasadena, 3:10.96; 5. Skyline, 3:13.24; 6. Santa Rosa, 3:14.1 (ht); Long Beach, did not finish.

10,000—1. Quinones (Orange Coast), 31:34.3; 2. Livingston (West Valley), 31:41.0; 3. DeAnda (Pasadena), 31:58.3; 4. Dib (Glendale), 32:02.2; 5. Pappa (American River), 32:16.0; 6. Williams (Mt. Sac), 32:43.0.

HIGH JUMP—1. Carter (Pasadena), 7-3 1/4; 2. Bonner (Pasadena), 7-2; 3. Chambers (Cuesta), 6-10; 4. tie between Jones (Riverside) and Silva (Santa Rosa), 6-10; 6. Yajima (Santa Rosa), 6-10.

DISCUS—1. DeSoto (Santa Rosa), 160-7; 2. Ramirez (San Jose), 160-0; 3. Maiden (Bakersfield), 158-7; 4. Sweeney (Saddleback), 158-0; 5. Hoth (Saddleback), 157-2; 6. Caneta (Bakersfield), 157-2.

FINAL TEAM SCORES—Pasadena 84; Long Beach 70; Taft 54; San Jose 44; Fresno 41; El Camino 36; Saddleback and Santa Rosa 26; Bakersfield 23; American River and Mt. San Antonio 21; Orange Coast 20; Delta, Foothill and West Valley 16; Moorpark 10; Fullerton, Glendale, Hancock and Santa Monica 8; Consumers River, Cuesta, MiraCosta, Porterville and Skyline 6; Contra Costa and Grossmont 5; Merritt and Riverside 4; Siskiyou 3; Cerritos 2; Cabrillo, Chabot, Modesto, SD Mesa and Shasta 1.

Women

100—1. Johnson (Mt. Sac), 11.23 (wind 1.31 m.p.s.) (national JC and meet record, old national mark, 11.52, Ada Hey, Santa Monica, 1982; old meet mark, 11.70, Hay, 1982); 2. Riley (San Jose), 11.65; 3. Carpenter (Contra Costa), 11.65; 4. Mayberry (El Camino), 11.82; 5. Austin (Santa Monica), 11.81; 6. Ortiz (Cerritos), 12.10.

400—1. Cabell (El Camino), 53.72; 2. Storvick (Marin), 54.38; 3. Hammans (El Camino), 54.97; 4. Asbury (Fullerton), 55.04; 5. Saville (El Camino), 55.30; 6. Samuel (Contra Costa), 56.1.

800—1. Moss (American River), 2:10.64; 2. Johnson (El Camino), 2:11.51; 3. Baker (Orange Coast), 2:12.48; 4. Bogovich (Mt. Sac), 2:13.50; 5. Owen (Santa Barbara), 2:14.0; 6. Anderson (Modesto), 2:16.9.

1,500—1. Sote (Mt. Sac), 4:28.16; 2. Demmelmaier (West Valley), 4:30.58; 3. Sawright (El Camino), 4:33.36; 4. Hooke (Fresno), 4:33.99; 5. Lazdanas (MiraCosta), 4:36.8; 6. Halford (West Valley), 4:40.5.

5,000 (non-scoring)—1. Ferrari (Santa Rosa), 18:49.3; 2. Bowman (Taft), 18:57.6; 3. D'Outro (CCSF), 19:10.9; 4. McGinnis (Bak), 19:14.9; 5. Salene (De Anza), 19:39.3; 6. Fairman (Moorpark), 19:50.1.

100 HURDLES—1. White (El Camino), 14:06w (2.88 m.p.s.); 2. Maufas (Valley), 14:59; 3. Fields (Chabot), 14:70; 4. Herron (San Mateo), 14:74; 5. Moore (SD Mesa), 14:77; 6. Mazorra (American River), 14:83.

400 HURDLES—1. Hermans (El Camino), 58.96 (national JC and meet record, old national mark, 59.11, Li-Jiau Hendry, Desert, 1984; old meet mark, 60.8, Donna Huerflich, Butte, 1979); 2. Henry (Desert), 59.45; 3. Chavez (Modesto), 1:02.14; 4. Robinson (West LA), 1:02.39; 5. Cunningham (Chabot), 1:02.67; 6. Nix (Glendale), 1:02.8.

800 RELAY—1. Mt. San Antonio (Newton, Bogovich, Robinson, Johnson), 45.85 (meet record, old mark, 46.43, Mt. San Antonio, 1983); 2. Contra Costa, 46.93; 3. Cerritos, 47.89; 4. American River, 48.13; 5. Santa Monica, 48.71.

LONG JUMP—1. Frye (Cerritos), 19-2; 2. Franklin (Golden West), 19-1 1/4; 3. Pennie (Pasadena), 19-1 1/4; 4. Austin (Santa Monica), 19-0; 5. McKnight (El Camino), 18-7 1/4; 6. Whipper (Valley), 18-4w.

HEPTATHLON (final)—1. Li Jiau-tsai (Mt. Sac), 5,243 (meet record, old mark, 5,147, Kathy Raugust, Hartnell, 1981); 2. Young (Mt. Sac), 4,948; 3. Mills (Ventura), 4,911; 4. Ratliff (Modesto), 4,899; 5. Davis (MiraCosta), 4,775; 6. Mundt (Modesto), 4,734. Ind. event leaders: LJ—Li, 18-2 1/4. JT—Mills, 123-6. 800—McCard (Orange Coast), 2:19.0.

200—1. Johnson (Mt. Sac), 23.12 (wind 2.1 m.p.s. aiding) (National and meet record, old marks, 23.41, Gervase McCraw, Mt. San Antonio, 1983); 2. Riley (San Jose), 24.0 (hand time); 3. Saville (El Camino), 24.13; 4. Carpenter (Contra Costa), 24.46; 5. Mayberry (El Camino), 24.60; 6. Austin (Santa Monica), 24.71.

SHOTPUT—1. Jones (Modesto), 48-5 1/4; 2. Crisler (Foothill), 42-7 1/4; 3. Niko (Chabot), 42-5 1/4; 4. Williams (Cosumnes River), 41-9 1/4; 5. Woodard (Southwest LA), 41-4; 6. Leavens (Citrus), 40-0 1/4.

HIGH JUMP—1. Maufas (Valley), 6-9; 2. tie between Cooks (Mt. Sac) and VanGronod (Valley), 6-7; 4. Li-Jiau Tsai (Mt. Sac), 6-7; 5. tie between Smith (Pasadena) and Morford (Sacramento), 6-5.

DISCUS—1. Crisler (Foothill), 141-9; 2. Jones (Modesto), 135-5; 3. Bryant (SD Mesa), 133-8; 4. Bailey (West Valley), 129-8; 5. Romberger (Glendale), 126-5; 6. Bolton (Golden West), 123-8.

3,000—1. Zushi (Santa Ana), 9:45.98; 3. Blakeslee (MiraCosta), 10:00.26; 4. Aguirre (East LA), 10:00.30; 6. Demelmaier (West Valley), 10:03.8 (ht).

1,600 RELAY—1. El Camino (Saville, 55.0; Mayberry, 54.5; Hermans, 53.8; Cabell, 54.4), 3:37.75 (national and meet record, old national mark, 3:41.72, El Camino, 1984; old meet mark, 3:46.30, Cerritos, 1981); 2. Mt. San Antonio, 3:46.87; 3. Fullerton, 3:46.06; 4. American River, 3:49.82; 5. Marin, 3:53.6 (ht); 6. Chabot, no time.

FINAL TEAM SCORES—Mt. San Antonio 89; El Camino 76; Modesto 30; Valley 26; Foothill and West Valley 22; Contra Costa and American River 19; Cerritos and San Jose 17; Chabot 15; MiraCosta 14; Fullerton, Marin, Moorpark and Santa Ana 10; Santa Monica and Golden West 9; Desert and SD Mesa 8; Pasadena 7 1/2; Bakersfield, Orange Coast and Ventura 6; Consumers River, Fresno, San Mateo and West LA 4; Glendale 3; East LA, Southwest LA, Santa Barbara and Santa Rosa 2; Sacramento 1 1/2; Citrus and Shasta 1.

## San Diego TAC Championships

May 25 & 27: San Diego State:

MEN: 100—1. J. Sanford (Muzik), 10.44; 2. Jackson (S&S), 10.48; 200—1. J. Sanford (Muzik), 20.88; 2. Milner (San Diego St.), 21.04; 400—1. Mullins (Muzik), 46.03; 2. J. King (Maccabi), 46.38; 3. Atterberry (SDS), 46.38; 4. Hollis (Santa Monica TC), 46.39; 5. L. Brown (S&S), 46.59; 800—1. Webster (Nike), 1:46.35; 2. Garrett (SDS), 1:46.77; 3. Sargent (San Diego AA), 1:47.65; 4. Rojas (Air Force Academy TC), 1:48.51; 5. T. Scott (Arizona St.), 1:48.59; 1,600—1. Roberts (UCLA), 3:40.5; 2. Parkinson (UCLA), 3:42.1; 3. Langstaff (Air Force), 3:43.0; 400 HURDLES—1. Cooper (San Diego St.), 49.8; 2. Lenstrom (S&S), 49.9; 3. Murray (unat), 50.7; 4. Laicker (AIA), 60.9; 5. Crisman (USC), 51.2; 3,000 STEEPLECHASE—1. Hess (unat), 8:41.4; 2. Chopman (BYU),

8:59.0; 400 RELAY—San Diego St., 39.9. SP—1. Smith (S&S), 66-7 1/2; 2. Wilkily (Maccabi), 65-0 1/4; 3. Frazier (UCLA), 61-8 1/4. DT—1. Binley (S&S), 204-2; 2. McSevany (S&S), 199-11; 3. Axelson (unat), 185-9; 4. Banich (UCLA), 185-1.5; 5. Wilkily (Maccabi), 184-10; 6. Reilly (All American TC), 183-5. JT—J. Arnabile (Stars & Stripes), 243-4.

WOMEN: 100—Innis (unat), 11.78; 200—1. Belle (Puma), 23.92; 2. Ross (SDS), 24.31; 400—1. Dixon (Atoma), 52.18; 2. Debnay (Puma), 53.11; 3. Page (Puma), 53.71; 800—1. Wysocki (Brooks), 2:01.18; 2. Federspiel (LATC), 2:06.56; 3. Gutwein (West Germany), 2:07.08; 1,500—1. Ball (Los Angeles TC), 4:21.4; 2. Ralston (unat), 4:25.0; 3,000—M. Joyce (Ireland), 8:49.51; 100 HURDLES—1. Weekly (Atoma), 13.62; 2. Joyner (World Class), 13.86; 3. Smith (CA), 14.13; 400 HURDLES—1. Beck (CA), 57.3; 2. T. Brown (World Class), 58.0; 3. Board (Stanford), 59.5; 4. Nicholson (Oregon), 59.8; 5. King (UC Irvine), 60.0; HJ—1. Joyner (World Class), 5-10; 2. Bullard (CA), 5-10; LJ—Innis (unat), 20-10. SP—1. Page (SDS), 58-4 1/2; 2. Clements (adidas), 52-2; 3. DeSnoo (SDS), 51-3 1/4; 4. Norton (unat), 48-11 1/4; DT—1. DeSnoo (SDS), 188-7; 2. Page (SDS), 179-2; 3. Kayler (unat), 174-7; 4. Norton (unat), 171-6; 5. Westbrook (UC Irvine), 168-8; 6. Lavi (Arizona), 156-10; JT—Williams (CA), 162-10.

WOMEN: 100 METERS—Douglass (unat), 11.9; 100 HURDLES—Swan (Gardena HS), 15.3; LJ—Harper (unat), 20-9 1/4; Lay (CS Los Angeles), 19-11; TJ—C. Jones (unat), 39-5; SP—Clements (adidas), 49-4; DT—Clements (adidas), 142-3.

WOMEN: 100 METERS—Douglass (unat), 11.9; 100 HURDLES—Swan (Gardena HS), 15.3; LJ—Harper (unat), 20-9 1/4; Lay (CS Los Angeles), 19-11; TJ—C. Jones (unat), 39-5; SP—Clements (adidas), 49-4; DT—Clements (adidas), 142-3.

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## NCAA Division I

May 28-June 2, Eugene, OR.

California schools, once dominant in collegiate track and field, took a back seat to their Northwest PAC-10 rivals in the 64th annual NCAA championships at Eugene, Oregon.

While Oregon and Washington State fought it out for the men's team title (and Oregon upset the pre-meet favorite Cougars, 113-94 1/2), UCLA was the only California school in the first ten, finishing seventh with 50 1/2 points.

The state did fare somewhat better in women's scoring with Stanford placing third and San Diego State just missing the first ten. However, the Cardinal's 71-point total was far back of the 145 notched by Florida State, which scored points in carioad lots in the sprints and relays (48 in the 200 alone with a 1-2-3-6-9 finish).

UCLA did provide the meet's top male star in John Brenner, who upset a fine discus field on Friday, then doubled back on Saturday with a collegiate record to win a sizzling shot put duel with three-time winner Michael Carter of SMU.

The only other male California winner was hammer champ Matt Mileham of Fresno State although California exports won both hurdle races, Albert Lane of Missouri (once of Bakersfield College) taking the highs and Danny Harris, an Iowa State freshman from Perris, setting a world junior record in the intermediates.

Stanford's solid showing in women's events was sparked by a gritty distance double by Patli Sue Plumer and Allison Wiley, who finished 1-2 in the 5K in their

continued on next page...



# Results

photo by Bill Leung, Jr.



**Patti Sue Plumer**

fourth race in four days. Plumer had enough energy left at the finish to bounce (literally) her victory lap; it was her first national championship after three straight runner-up finishes in the 3K.

Another major contributor for the Cards was Carol Cady, who lost her shot put title to Ramona Pagel of San Diego State but avenged the defeat in the discus. San Diego got all of its points in the two weight events from Pagel and Laura DeSnoo.

Another California comebacker was UCLA's Tonya Alston, who failed to place in the heptathlon—for which she was one of the favorites—after taking a "no mark" in the shot, narrowly survived the qualifying in the high jump, and then dethroned two-time NCAA champ Dina Gisladdottir of Alabama in the final with a PR 6-1 1/4.

**Trivia Note:** California-oriented track buffs got one brief rush. Very brief. After two men's events, PCAA rivals Fresno State and San Jose State stood 1-2 with a bulge of points from the hammer.

## Men's Results

**100m:** 1. Darwin Cook (USC) dnc. **Heats:** II. 4. Cook 10.32w, 5. Kenny Robinson (Ariz St-ex Berkeley HS) 10.33 (T-9th overall), III. 3. Luis Morales (USC) 10.35.

**200m:** 6. Rod Barksdale (Ariz-ex-Compton HS) 20.67w. **Heats:** I. 3. Morales 20.87w. II. 1. Barksdale 20.84.

**400:** No California entries.

**800:** 3. Pete Richardson (Ariz St-ex-Berkeley HS) 1:47.64. **Heats:** II. 2. Richardson 1:48.33, 3. James Garrett (San Diego State) 1:48.45 (10th Overall), 4. Jack Preliman (UCLA) (11th Overall).

**1500:** 10. Mike Parkinson (UCLA) 3:41.04. **Heats:** I. 7. Parkinson 3:43.74, 9. Mike Ruelas (UCI) 3:47.46, 11. Jeff Atkinson (Stanford) 3:50.53, 12. Brian Pettengill (Stanford) 3:51.08, II. 10. Ron Roberts (UCLA) 3:48.47, 13. Marc Oleson (Stanford) 3:54.47.

**3000 SC:** 6. Harold Kuphaldt (Oregon-ex-Bella Vista HS) 8:34.86, 7. Robert Ingram (Ariz-ex-West Valley CC) 8:35.43. **Heats:** II. 2. Ingram 8:38.20, 4. Kuphaldt 8:40.48, 9. David Frank (Stanford) 8:49.37.

**5000:** 5. Tom Downs (Cal) 13:49.41, 13. Jon Butler (UCLA) 14:28.13. **Heats:** II. 3. Downs 14:00.06, 8. Butler 14:01.46.

**10,000:** 13. Rich Brownberger (UCLA) 29:24.9.

photo by Bill Leung, Jr.



**Sherri Howard**

**110m H:** 1. Albert Lane (Mo-ex-Bakersfield CC) 13.61, 2. Henry Andrade (SMU-ex-Hiram Johnson HS) 13.62, 6. John Johnson (Ariz-ex-Delta CC) 13.85. **Heats:** I. 8. Ronnie McCoy (Iowa-ex-Edison HS, Fresno) 14.05, II. 4. Elliott White (UCSB) 13.82w (12th overall), III. 1. Lane 13.38w, IV. 1. Johnson 13.47, 2. Andrade 13.48.

**400m H:** 1. Danny Harris (Iowa State-ex-Perris HS) 48.81. **Heats:** II. 1. Harris 50.62, 2. Don Ward (Ore-ex-St. Mary's HS) (11th overall) Jim Scannella (Cal) dnf (fell), III. 4. Ed Cooper (San Diego State) 51.17.

**400 Relay:** 3. Arizona (Includes Barksdale & Johnson) 39.51. USC dnc (Cook Inj). **Heats:** I. 1. USC (Terry Ivey, Morales, Cook, Antonio Manning) 39.67, 5. Iowa State (includes Harris) 40.07, II. 5. San Diego State (Hurvie Milner, Willie Atterberry, Austin Shanks, Aaron Thigpen) 40.61, III. 2. Arizona 39.64, 6. Arizona State (includes Robinson) 40.29.

**1600 Relay:** **Heats:** III. 6. San Diego State 3:13.01 (Atterberry 48.1, Garrett 48.1, Shanks 48.8, Keith James 48.1).

**High Jump:** 4. Jim Moran (Hayward) 7-4 1/4, T-5. Lee Balkin (UCLA) 7-4 1/4. **Qualifying:** Moran 7-3; Balkin 7-3; John Morris (Cal) 7-2; Ron Kamaka (Ariz St-ex-Santa Rosa JC) 7-2.

**Pole Vault:** 8. Steve Tully (Ariz St-ex-Millikan HS) 17-4 1/4, Felix Bohni (San Jose St) & Doug Fraley (Fresno St) nh. **Qualifying:** Bohni 17-2 1/4; Fraley 17-2 1/4; Tully 17-2 1/4, Greg Stull (UCLA) nh; Ralph Preliman (San Jose St) nh.

**Long Jump:** 4. Ed Tave (USC) 26-4 1/4w, 8. Kenny Frazier (Ariz St-ex-Mission HS) 25-10 1/4w, 10. George Gaffney (Fresno St) 25-5 1/4w. **Qualifying:** 7. Tave 25-4, 10. Gaffney 25-2 1/4, 13. Frazier 25-0 1/4.

**Triple Jump:** 7. Deon Mayfield (Ariz St-ex-Muri HS) 52-11, Frazier dnc. **Qualifying:** 5. Mayfield 53-7 1/4w, 8. Frazier 53-5 1/4w (51-9 1/4 ok), 20. Ken Williams (Cal) 51-0w.

**Shot Put:** 1. John Brenner (UCLA) 71-11 1/4, 6. Jim Doehring (San Jose St) 64-0 1/4, 7. Hank Kraychir (USC) 63-4, **Qualifying:** 1. Brenner 67-10, 3. Doehring 64-3 1/4, 10. Kraychir 60-7 1/4.

**Discus:** 1. Brenner 208-1, 9. Kraychir 198-7, 14. Todd Kaufman (Ariz-ex-San Jose CC) 185-2. **Qualifying:** 4. Brenner 199-7, 13. Kraychir 189-1, 14. Kaufman 185-2.

photo by Bill Leung, Jr.



**Danny Harris**

**Javelin:** 5. Jim Connolly (UCLA) 256-10. **Qualifying:** 10. Connolly 241-1, 15. Dave Stephens (Northridge) 227-9.

**Hammer:** 1. Matt Mileham (Fresno St) 241-11, 2. Kjell Bystedt (San Jose St) 240-5, 6. Fred Schumacher (San Jose St) 223-7, 8. Shaun Pickering (Stanford) 221-6, 12. John Wollitarsky (USC) 206-11. **Qualifying:** 1. Mileham 238-11, 6. Schumacher 213-9, 7. Pickering 213-4, 8. Bystedt 213-4, 9. Wollitarsky 209-11, 15. Jim Thiss (San Diego St) 197-6, 17. Brian Masterson (Stanford) 191-6, 18. Michael Fritchman (Bakersfield) 190-5, 23. Cameron Baxter (Fresno St) 182-8.

**Decathlon:** 3. Mike Gonzales (USC) 7,851, 6. Pete Mansur (Fresno St) 7,526, 15. Steve Odgers (UCI) dnf.

**Team Scores:**  
7. UCLA 50 1/2, 17. USC 30, 23. San Jose State 26, 24. Fresno State 25, 48. California 8, 59. Stanford 5, 70. San Diego State 3, 81. UC Santa Barbara 1.

## Women's Results

**100:** 6. Sherri Howard (LA St) 11.26w. **Heats:** I. 2. Sharon Ware (Ariz St-ex-Berkeley HS) 11.52 (10th overall), II. 8. Michelle Stewart (UNLV-ex-Dorsey HS) 12.00w, III. 2. Inger Peterson (UNLV-ex-Dorsey HS) 11.47 (9th overall), IV. 3. Howard 11.42w, 6. Andralette Gill (Bakersfield) 11.77.

**200:** 4. S. Howard 23.41. **Heats:** II. 4. Peterson 23.91, IV. 1. Howard 22.84.

**400:** **Heats:** I. 6. Kim White (Cal) 55.24, IV. 6. Dalphina Banks (Hayward) 54.80, 8. Andrea Ross (San Diego St) 56.11.

**800:** 5. Louise Romo (Cal) 2:04.07. **Heats:** I. 1. Romo 2:05.59, 4. Marcia Martin (Stanford) 2:08.14, 7. Denean Howard (LA St) 2:10.73, III. 7. Trascia Palmer (Cal) 2:13.48, V. 3. Donna Curtis (USC) 2:06.89 (9th overall), 6. Regina Jacobs (Stanford) 2:12.03.

**1500:** **Heats:** I. 10. Jacobs 4:26.7, **3000:** 2. Patti Sue Plumer (Stanford) 9:03.51, 8. Alison Wiley (Stanford) 9:14.19.

**Heats:** II. 3. Plumer 9:10.67, 4. Wiley 9:11.24, 11. Tania Fischer (UCLA) 9:29.38, 15. Lisa Gonzales (UCI) 9:44.5.

**5000:** 1. Plumer 15:39.08, 2. Wiley 15:45.62, 12. Renee Wyckoff (Fresno St) 16:40.27. **Heats:** I. 1. Wiley 16:06.13, II. 1. Plumer 16:03.31, 8. Wyckoff 16:50.13.

**10,000:** 16. Wyckoff 34:13.4.

**100 H:** **Heats:** II. 5. Valerie Flemmings (UNLV-ex-Northgate HS) 13.74w (11th

overall), III. 4. Sherifa Sanders (Oklahoma-ex-Berkeley HS) 13.72w (10th overall).

**400 H:** 2. Sandra Farmer (LA St) 58.70. **Heats:** III. 3. Gayle Kellon (UCLA) 59.34 (10th overall), IV. 1. Farmer 58.73.

**400 Relay:** No California entries.

**1800 Relay:** 5. Arizona 3:38.95 (Nedrea Rodgers, ex-Berkeley HS 56.7). **Heats:** I. 2. Arizona 3:40.99 (Rodgers 56.2), III. 4. Los Angeles State 3:41.38 (11th overall) (Tina Howard 55.9, So. Howard 52.4, Farmer 54.9, Vernita Adkins 58.1).

**High Jump:** 1. Tonya Alston (UCLA) 6-1 1/4, 7. Shelly Fehrman (Long Beach) 6-0 1/4, 14. Denise Gaztambide (Stanford) 5-10. **Qualifying:** Fehrman 5-10; Gaztambide 5-10; Alston 5-10; Lori Clark (San Diego St) nh.

**Long Jump:** 1. Gwen Loud (Hawaii-ex-Westchester HS) 22-5 1/4w (21-0 ok), 4. Sabrina Williams (USC) 21-2 1/4. **Qualifying:** 1. Loud 21-9 1/4w, 6. Williams 20-5 1/4w, 15. Shella Nicks (UNLV-ex-Sequoias CC) 19-7 1/4.

**Triple Jump:** 2. Robyne Johnson (Tex-ex-Berkeley HS) 41-4 1/4w (39-11 ok), 13. Chandra Roberts (Long Beach) 37-8w.

**Shot Put:** 1. Ramona Pagel (San Diego St) 56-8, 2. Carol Cady (Stanford) 54-5 1/4, 4. Natalie Kaalawahia (Ariz St-ex-Fullerton HS) 53-1 1/4, 8. Laura DeSnoo (San Diego St) 49-9. **Qualifying:** 1. Pagel 54-1 1/4, 2. Cady 53-6 1/4, 3. Kaalawahia 52-9 1/4, 10. DeSnoo 49-2 1/4, 16. Pam Dukas (Stanford) 47-2.

**Discus:** 1. Cady 198-5, 3. DeSnoo 183-1, 4. Pagel 178-10, 5. Kaalawahia 176-4, 8. Diane Oswalt (Hayward) 170-9, 9. Lacy Barnes (Fresno St) 170-1, 12. Kim Kessler (Cal) 161-6, 13. Toni Lutjens (UCLA) 161-1.

**Qualifying:** 1. Cady 206-6, 2. DeSnoo 184-8, 5. Pagel 178-7, 6. Oswalt 177-0, 7. Kaalawahia 176-6, 10. Barnes 167-6, 13. Lutjens 163-10, 14. Kessler 162-5, 16. Karen Nickerson (Stanford) 158-11.

**Javelin:** 8. Joanne Davis (UCSB) 157-7, 11. Faye Roblin (Fresno St) 153-4. **Qualifying:** 7. Davis 165-8, 10. Roblin 162-11, 20. Mary Osborne (Stanford) 147-10.

**Heptathlon:** 4. Sharon Hatfield (USC) 5,562, 13. Alston 5,011.

**Team Scoring:**  
3. Stanford 71, 11. San Diego State 39, 15. L.A. State 31, 23. USC 22, 29. UCLA 18, 39. California 9, 50. Fresno State 7, 58. Long Beach 5 1/2, 59. UC Santa Barbara 5.

photo by Bill Leung, Jr.



**Ramona Pagel**



# TAC Qualifier

June 3, Mt. San Antonio College:

## Men

100 (Race 1)—J. Sanford (Muzik), 10.29; 2. Egbunike (Azusa Pacific), 10.32; 3. Morales (USC), 10.39; 4. Krusee (Bud Light), 10.43; 5. Myricks (Bud Light), 10.51. (Race 2)—M. Sanford (unat), 10.33; 200 (Race 1)—1. McDonald (Stars & Stripes), 20.48w (3 m.p.s.); 2. G. Moore (Tiger), 20.80. (Race 2)—J. Sanford (Muzik), 20.79. (Race 3)—Page (Accusplit), 20.97; 400—1. Egbunike (Azusa Pacific), 45.41; 2. McDonald (Stars & Stripes), 45.71; 3. B. Green (unat), 45.76; 4. Jones (unat), 46.43; 800—1. Handelsman (Santa Monica TC), 1:48.80; 2. Theriot (adidas), 1:48.83; 3. Whitaker (AIA), 1:49.33; 1,500—1. Gray (Santa Monica TC), 3:43.98; 2. Schilling (Aggie), 3:44.55; 3. Assum (Oregon), 3:44.83; 5,000—1. S. Ortiz (Tiger), 13:52.0; 2. Donakowski (Converse West), 13:57.8; 3. Leetch (Kansas St.), 14:02.0; 10K—1. McCraney (unat), 13:55; 2. Page (Accusplit), 13:72; 3. Joyner (Bud Light), 13:91; 4. Ashford (unat), 13:96; 400H—1. Hamada (Bahrain), 50.81; 2. Linstrom (Stars & Stripes), 51.08; 3,000 STEEPCHASE—1. Behrmann (unat), 8:52.0; 2. Aranda (Nev. Las Vegas), 8:52.6; HJ—1. Stanton (unat), 7-1½; 2. James Frazier (unat), 7-1½; PV—1. Ripley (Pacific Coast Club), 18-3; Kavanaugh (unat), 17-3½; 3. D. Wicks (Bakersfield College), 16-9½; LJ—1. Taylor (Muzik), 26-6; 2. Powell (unat), 26-4w; 3. Wilson (Muzik), 25-5; 4. Hays (Muzik), 25-2w; TJ—1. Caldwell (unat), 54-9½w; 2. Gray (unat), 53-8½w; SP—1. Smith (Stars & Stripes), 67-9; 2. John Frazier (unat), 61-1; DT—1. P. Bender (unat), 208-9; 2. Binley (Stars & Stripes), 208-9; 3. Gordien (unat), 203-10; 4. Kovar (Wt. City), 199-2; HT—1. Murofushi (Japan), 238-8; 2. Rohovit (Converse West), 206-5; JT—1. Bender (Stars & Stripes), 249-0; 2. Lathrop (Wt. City), 236-11.

## Women

100—1. Brisco-Hooks (World Class), 11.02w (2.25 m.p.s.); 2. Inniss (Guyana), 11.24; 3. Williams (Puma Energizer), 11.25; 200 (Race 1)—1. Brisco-Hooks (World Class), 22.25w (2.8 m.p.s.); 2. Williams (Puma Energizer), 23.14 (Race 2)—1. Nedd (World Class), 23.16; 2. Hopkins (Puma Energizer), 23.32; 400—1. W. Page (Puma Energizer), 54.72; 2. Hancock (Colorado Flyers), 55.92; 800—1. Gallagher (Puma Energizer), 2:04.88; 2. Beate (West Germany), 2:07.69; 3. Li-Jiau (Faiwan), 2:07.98; 1,500—1. Gallagher (Puma Energizer), 4:20.3 (ht); 2. Ball (Los Angeles TC), 4:21.52; 3. Ralston (unat), 4:21.61; 3,000—1. Zutshi (unat) 9:40.86; 2. Gonzales (unat), 9:45.78; 500 HURDLES—1. P. Page (Puma Energizer), 13.18; 2. Smith (Coast Athletics), 13.35; 3. Watkins (Socac Cheeta), 13.46; 4. J. Washington (Puma Energizer), 13.53; 5. Jarald (World Class), 13.55; 400 HURDLES—1. Sheffield (unat) 58.12; 2. Hemmans (Muzik), 61.19; HJ—1. Patterson (Coast Athletics), 5-9½; 2. Mendonca (Fresno St.), 5-9½; LJ—1. Joyner (World Class), 22-1¼w; 2. Anderson (Puma Energizer), 20-7w; 3. Larsen (unat), 19-2¼; SP—1. Griffin (Athletics West), 57-9¼; 2. Stalman (adidas), 56-8; 3. Dasse (Coast Athletics), 54-6; DT—1. Stalman (adidas), 220-0; 2. Kaylor (unat), 174-2; 3. Norton (unat), 164-11; JT—1. Williams (Coast Athletics), 169-2; 2. Larsen (unat), 162-8.



USA/Mobil  
OUTDOOR

# TRACK & FIELD CHAMPIONSHIPS

Fine Flicks by Don Gosney



Francie Larrieu-Smith

by Keith Conning

## June 8-9, San Jose.

Three American records and a world junior record were set at The Athletics Congress USA/Mobil Track and Field Championships.

Earl Bell (Arkansas State 1977/Pacific Coast Club) became the first American to clear 19 feet outdoors with a 19-¼ clearance. Bell was born on August 25, 1955, is 6-3 and 165. His best performance in 1983 was 18-5¼. He won the Pepsi Invitational on May 13th with a 18-8¼ jump, his career best. He won the National Championships once before in 1976 with a vault of 17-10¼. The old American record of 18-11 was set by Mike Tully (New York Athletic Club) on May 20th at Westwood.

"Mike Tully has had bad luck up here, because of the wind," said Bell. "He said, 'It might not be good for your confidence.' But I needed a meet."

Bell, who set an American record of 18-7¼ in 1976, said noted chiropractor Dr.

Fine Flicks by Don Gosney



Valerie Briscoe-Hooks

Leroy Perry "straightened me out."

"My left leg was numb. It was the same injury that ended my season last year.

"I've had 19 feet on my mind for awhile, but the main thing here was a tuneup for the Trials. Everything was going right today. The wind gods were with me. The only thing I concentrated on was my technique of getting upside down on the pole."

Valerie Briscoe-Hooks (Tiger World Class Track Club/Northridge State, Long Beach City College 1982) became the first American woman to run under 50 seconds in the 400 meters with 49.83. The old record of 50.52 was set by Chandra Cheeseborough (Athletics West) at Westwood on May 13th.

Hooks, on the outside in lane 8, took off and established a 5 meter lead by 200 meters. She continued to open the lead throughout as Florence Griffith (Tiger World Class TC/Northridge State, UCLA 1983), second most of the way began to fade in the stretch as the fast finishing Lillie Leatherwood (New Balance TC) came from the middle of the pack to nab second.

The old meet record of 50.87 was set by Denean Howard (LANTC/Los Angeles State 1985) at Knoxville, Tennessee on June 20, 1982.

The old stadium record of 51.08 was set by Evelyn Ashford (Puma & Energizer/UCLA 1978) in heat 3 in the trials.

"The quarter was a frightening event," Briscoe-Hooks said. "No one wanted to go out hard for fear of dying on the backstretch. It took Cheese to show me I could do a 23-second first 200."

"I came here wanting to run about 50.16, but I didn't realize I was going that fast."

Judi Brown (Nike TC/Michigan State 1983) set a new American record of 54.99 in the 400 meter hurdles. Leslie Maxie (Mills High School 1985/Millbrae Lions) set a world junior record of 55.20.

The old American record of 55.69 was set by Lori McCauley (Adidas/Rutgers 1983) at Colorado Springs on July 2, 1983.

The old world junior record of 55.61 was set by Radostina Shtereva (Bulgaria) earlier this year.

McCauley led early with Brown next. McCauley hit hurdle 7 and was out of contention. Maxie began to move up on the curve and started to close in on Brown on the straight. She gained on Brown in the final 100, but Brown held off on the run-in.

"I've never had a night like last night," said Brown. "I was nervous and I had trouble sleeping. I had a dream I'd run 54.8, but I had no idea I'd get near it. It's too bad the Russians aren't coming over (to the Olympics). I was aware of Leslie (Maxie) and knew that if I didn't run the race I was capable of, she would beat me. It was up to me not to make too many mistakes."

"I've been running close to that time in practice. I've been working hard on my technique and speed. I had technique problems last year and I've worked hard on that. But there has been a mental block running those times in races."

"It didn't seem that fast," said Maxie. "I was caught up in the competition. I had no choice but to run that fast. The time shocked me. I'm still learning so much. Every race is a new experience."

## Men's Results

100m: 1. Sam Graddy, adidas TC, 10.28, 2. Emmitt King, New Balance TC, 10.34, 3. Mel Lattany, Bud Light TA, 10.35, 4. Thomas Jefferson, Kent St., 10.45, 5. Ken Robinson, adidas TC, 10.52, 6. Jeremiah Wheeler, Fresno CC, 10.53.

200m: 1. Brady Crain, New York Pioneer Club, 20.09w, 2. Thomas Jefferson, Kent St., 20.26, 3. Larry Myricks, Bud Light, 20.34, 4. Elliott Quow, adidas TC, 20.40, 5. Luis Morales, S&S TC, 20.42, 6. Brad McDonald, S&S TC, 20.47.

400m: 1. Mark Rowe, Tiger Int'l TC, 45.34, 2. Walter McCoy, Bud Light, 45.37, 3. Bill Green, unat., 45.72, 4. Cedric Vaughans, New Balance TC, 45.85, 5. Clarence Daniels, Bud Light, 46.05, 6. Tony Darden, Puma Energizer, 46.25.

800m: 1. James Robinson, Inner City AC, 1:47.46, 2. Don Paige, Athletic Attic, 1:48.09, 3. Brian Theriot, Adidas TC, 1:48.38, 4. James Mays, Bud Light, 1:48.52, 5. Ken Wynn, Penn St., 1:48.91, 6. Randy Wilson, Athletics West, 1:48.98.

1500m: 1. Jim Spivey, Athletics West, 3:40.54, 2. Tim Hacker, Wisconsin United AC, 3:41.77, 3. Ross Donoghue, Adidas TC, 3:41.93, 4. Steve Lacy, New Balance TC, 3:42.14, 5. John Gregory, Adidas TC, 3:42.42, 6. Larry Mangan, Athletics West, 3:42.83.

3000m Steeplechase: 1. Henry Marsh, Athletics West, 8:26.7, 2. Bret Hyde, Bob Schul Racing Team, 8:30.0, 3. Tom Stevens, Nike TC, 8:30.5, 4. Carmello Rios, Converse TC, 8:35.7, 5. Ricky Pittman, Adidas TC, 8:46.2, 6. Rex Hornholt, Unat., 8:46.4.

5000m: 1. Sydney Maree, Reebok Racing Team, 13:51.31, 2. Steve Plasencia, Athletics West, 13:51.44, 3. Bill Krohn, Puma Energizer, 13:51.44, 4. Kelly Jensen, Athletics West, 13:52.81, 5. John Zishka, Oregon, 13:59.61, 6. Derrick Lakeman, Oregon Int'l TC, 14:12.89.

10,000m: 1. Jon Sinclair, Unat., 28:42.54, 2. Mark Stickley, Jock Shop Racing Team, 28:45.97, 3. Frank Shorter, Unat., 29:03.40, 4. Larry Greene, Bud Light, 29:10.80, 5. Lloyd Ness, Chicago TC, 29:15.06, 6. Paul Gorman, New Balance TC, 29:21.19.

110m HH: 1. Tonie Campbell, S&S TC, 13.26, 2. Roger Kingdom, Pittsburgh New Image, 13.62, 3. Henry Andrade, S&S TC, 13.67, 4. James McCraney, Maccabi, 13.70, 5. Larry Cowling, Accusplit, 13.72, 6. Milan Stewart, S&S TC, 13.88.

400m H: 1. David Patrick, adidas TC, 49.08, 2. Ray Smith, Golden Bear TC, 49.76, 3. Lee McKenzie, Bud Light, 49.85, 4. Tony Rambo, Bud Light, 50.07.

continued on next page...

## Address Change?

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# Results

**20K Walk:** 1. Raymond Funkhouser, Shore AC, 1:31:47.1, 2. Gary Morgan, Wolverine Pacers AC, 1:33:39.8, 3. Edwin Bouldin, Bauchet Street Walkers, 1:38:03.1, 4. Juan Santana, East Side TC, 1:41:18.5, 5. John Slavonic, East Side TC, 1:41:51.7, 6. Don Lawrence, Team Kangaroo, 1:42:36.3.

**High Jump:** 1. Jimmy Howard, Pacific Coast Club, 7-7 1/4, 2. Jerome Carter, Adidas TC, 7-5 1/4, 3. John Morris, Unat., 7-5 1/4, 4. Tyke Peacock, Puma Energizer, 7-4 1/4, 5. (tie) Dennis Lewis, New Balance TC, and Doug Nordquist, Tiger Int'l TC, 7-3.

**Pole Vault:** 1. Earl Bell, Pacific Coast Club, 19-0 1/4 AR, 2. Doug Lytle, Bud Light, 18-6 1/4, 3. Billy Olson, Pacific Coast Club, 18-0 1/4, 4. David Kenworthy, S&S TC, 18-0 1/4, 5. (tie) Steve Stubblefield, Bud Light, and Kory Tarpenning, Oregon U, 17-8 1/2.

**Long Jump:** 1. Michael McRae, Bay Area Striders, 27-1 1/4, 2. Michael Powell, Unat., 26-8 1/4, 3. Edward Tave, S&S TC, 26-5, 4. Nick Rahal, Bud Light, 26-1 1/4, 5. Keith Talley, SW Mich. Col., 25-11 1/2, 6. Leatha Stanley, AIA, 25-11 1/2 w.

**Triple Jump:** 1. Al Joyner, Bud Light, 55-6 1/4, 2. Ray Kimble, Adidas TC, 55-6 1/4, 3. Mike Marlow, S&S TC, 54-5 1/2, 4. Douglas Garner, SBTC, 54-4, 5. David McFadden, Accusplit, 53-9 1/4 w.

**Shot Put:** 1. Augie Wolf, Bud Light, 70-5 1/4, 2. Brian Oldfield, Chicago TC, 69-5 1/4, 3. Mike Leemann, Adidas, 68-2 1/4, 4. Gregg Taffralis, S&S TC, 67-11 1/4, 5. David Laut, Athletics West, 67-6 1/4, 6. Tony Harlin, New York AC, 66-8.

**Discus:** 1. John Powell, Bud Light, 233-9MR, 2. Mac Wilkins, Athletics West, 231-1, 3. Art Burns, Athletics West, 224-6, 4. Jim McGoibrick, Unat., 210-5, 5. Judd Dinley, S&S TC, 207-1, 6. Al Orter, NYAC, 206-4.

**Hammer:** 1. Jud Logan, Chicago TC, 240-6, 2. Bill Green, S&S, 235-11, 3. John McArdie, Oregon Int'l., 231-5, 4. Ed Burke, Accusplit, 231-1, 5. Al Schoterman, Chicago TC, 225-8, 6. Ken Flax, Oregon, 221-8.

**Javelin:** 1. Curt Ransford, Puma Energizer, 276-11, 2. Rod Ewalik, Athletics West, 276-0, 3. Tom Jadin, Tiger Int'l., 270-9, 4. Mickey Cutler, Weight City, 266-5, 5. Mike Barnett, Athletics West, 264-9, 6. Jason Bender, S&S, 258-7.

## Women's Results

**100m:** 1. Merlene Ottey, Unat., 11.12, 2. Alice Brown, Tieger World Class AC, 11.14, 3. Diane Williams, Puma Energizer, 11.42, 4. Wanda Vereen, Unat., 11.54, 5. Monica Taylor, Unat., 11.77, 6. Jennifer Innis, Pasadena Int'l SC, 11.79.

**200m:** 1. Merlene Ottey, Unat., 22.20, 2. Grace Jackson, Atoma TC, 22.33, 3. Pam Marshall, Coast Athletics, 22.67, 4. Diane Williams, Puma Energizer, 23.08, 5. Lori Smith, Adidas TC, 23.14, 6. Merry Johnson, Metroplex Striders, 23.34.

**400m:** 1. Valerie Brisco-Hooks, Tiger, 49.83AR, 2. Lillie Leatherwood, New Balance, 51.45, 3. Florence Griffith, Tiger, 51.56, 4. Diane Dixon, Atoma, 51.95, 5. Charmaine Crooks, Unat., 52.51, 6. Deane Howard, Puma Energizer, 52.73.

**800m:** 1. Kim Gallagher, Puma Energizer, 1:59.87, 2. Ruth Wysocki, Brooks RT, 2:01.54, 3. Doriane Lambelet, Athletics West, 2:05.88, 4. Radious Guess, Colorado Flyers, 2:05.74, 5. Florence Walker, Greater Austin TC, 2:06.62, 6. Riva Knight, Police Athletic League, 2:09.89.

**1500m:** 1. Kim Gallagher, Puma Energizer, 4:08.06, 2. Francie Larrieu-Smith, New Balance, 4:09.74, 3. Cindy Bremser, Wisconsin United AC, 4:09.94, 4. Cathy Branta, Wisconsin United AC, 4:11.72, 5. Mary Knales, Team Kangaroo, 4:12.00, 6. Deborah Pihl, Unat., 4:12.94.

**3000m:** 1. Jan Merrill, Age Grp. AA, 9:01.31, 2. Shelly Steely, Florida U, 9:07.56, 3. Suzanne Girard, Georgetown U,

9:17.22, 4. Paula Renzi, Penn State, 9:17.90, 5. Margaret Wynne, Yale U, 9:25.03, 6. Avril McClung, BYU, 9:25.03.

**5000m:** 1. Katie Ishmael, Wisconsin, 16:07.5, 2. Nan Doak, Hawkeye TC, 16:08.4, 3. Glenys Quick, Metroplex Striders, 16:11.5, 4. Marty Cooksey, Team Kangaroo, 16:14.8, 5. Carol Gleason, CPSLO, 16:43.8, 6. Peggy Grundham, Minnesota, 16:43.8.

**10,000m:** 1. Bonnie Sons, Iowa St.U, 35:03.36.

**100m H:** 1. Stephanie Hightower, Bud Light, 12.99, 2. Benita Fitzgerald-Brown, Adidas TC, 13.12, 3. Candy Young, Puma Energ., 13.14, 4. Kim Turner, Unat., 13.17, 5. Pamela Page, Puma Energ., 13.33, 6. Deby Smith, Coast Athletic, 13.56.

**400m H:** 1. Judi Brown, Nike TC, 54.99, 2. Leslie Maxie, Millbrae Lions TC, 55.20, 3. Angela Wright Scott, Bud Light, 56.24, 4. Colleen Cozzetto, Moscow USA TC, 57.41, 5. Sandra Farmer, Puma Energ., 57.54, 6. Sybil Perry, Team Kangaroo, 57.57.

photo by Richard Lee Slotkin



Leslie Maxie

**10,000m Walk:** 1. Debbie Lawrence, Team Kangaroo, 51:00.3, 2. Ester Lopez, SCRR, 51:16.1, 3. Susan Liers-Westerfield, Island TC, 53:19.8, 4. Chris Anderson, Liberty AC, 53:50.4, 5. Elizabeth Kemp, Unat., 55:03.7, 6. Karen Stoyanowski, WYTC, 55:55.1.

**High Jump:** 1. Pam Spencer, Puma Energ., 6-4, 2. Louise Ritter, PCC, 6-2 1/4, 3. Katrene Johnson, Nike, 6-1 1/4, 4. (tie) Frances Calcutt, Ohio TC, and Joni Huntley, PCC, 6-0 1/2, 6. Lisa Bernhagen, Puma Energ., 6-0 1/2.

**Long Jump:** 1. Shonel Ferguson, Bahamas/Unat., 22-0 1/4, 2. Jodi Anderson, Puma Energ., 21-6 1/4, 3. Jackie Joyner, Tiger, 21-4 1/4, 4. Sabrina Douglas, St. Augustine's College, 21-1 1/4, 5. Meledy Smith, Puma Energ., 21-0, 6. Sabrina Williams, Coast Athletics, 20-9 1/4.

**Shot Put:** 1. Ria Stalman, Adidas, 59-1 1/2, 2. Lorna Griffin, Athletics West, 58-3 1/4, 3. Regina Cavanagh, Puma Energ., 55-1, 4. Elaine Sobansky, Penn St., 53-1 1/4, 5. Peggy Pollock, Coast Athletics, 52-6, 6. Sandy Burke, Unat., 52-0 1/2.

**Discus:** 1. Ria Stalman, HOLA/adidas, 221-9, 2. Carol Cady, Unat., 206-3, 3. Kathy Picknell, Bud Light, 194-3, 4. Julie Hansen, Puma Energ., 182-6, 5. Lynne Anderson, Chicago TC, 177-5, 6. Francine Kaylor, Maccabi, 176-0.

**Javelin:** 1. Karin Smith, Athletics West, 198-11, 2. Lynda Sutfin, Unat., 191-11, 3. Kate Schmidt, Puma Energ., 186-6, 4. Susie Ray, Tiger, 184-4, 5. Debbie Williams, Coast Athletics, 177-3, 6. Kathy Calo, Unat., 177-3.

# Masters Track & Field

## Kiwanis Masters T & F

May 12. Redlands.

### Men's Results

**5000m Walk:** (40-44) 1. Bob Brewer 29:24.4. (50-54) 1. Ted Greiner 29:46.0. (60-64) 1. Jim Brewer 34:14.8.

**400m Relay:** (35-39) 1. Corona del Mar 45.5. (65-69) 1. Corona del Mar 1:02.7.

**1500m:** (30-34) 1. Nolan Smith 4:17. (35-39) 1. Jim Reilly 4:49.3. (40-44) 1. Steve Wyper 4:58.2. (50-54) 1. Jerry Withers 4:57.6. (55-59) 1. Louis Beadles 5:17.3. (60-64) 1. Karlis Smiltens 6:39.3. (65-69) 1. George Poloyinis 7:19.5.

**110m H:** (30-34) 1. Maurice Valentine 16.3. (40-44) 1. Walt Butler 14.8. (45-49) 1. Jerry Stanness 18.8. (50-54) 1. Fred Gallardo 18.6. (55-59) 1. Loren Noyes 25.0. (60-64) 1. Burl Gist 17.1. (65-69) 1. Al Guidet 18.2.

**400m:** (35-39) 1. Al Taylor 54.0. (40-44) 1. Fred Niedermeyer 55.4. (45-49) 1. Stan King 55.8. (50-54) 1. Charles Rice 1:00.5. (55-59) 1. Robert Watanabe 1:01.5. (60-64) 1. Karlis Smiltens 1:27.0. (65-69) 1. Clarence Killion 1:13.0.

**100m:** (30-34) 1. Warren Spikes 10.7. (35-39) 1. Rufus Morris 11.4. (40-44) 1. Walt Butler 11.1. (45-49) 1. B. Washington 12.2. (50-54) 1. Will Robinson 12.4. (55-59) 1. Robert Watanabe 12.46. (60-64) 1. Pete Fetter 13.3. (65-69) 1. Clarence Killion 13.5. (70-74) 1. Bert Morrow 15.2.

**800m:** (30-34) 1. Oscar Aguirre 1:59.7. (35-39) 1. Ronald Jensen 1:59.5. (40-44) 1. Mike Figueroa 2:12.8. (45-49) 1. Jesse Carrington 2:14.9. (50-54) 1. Jerry Withers 2:25.9. (55-59) 1. Lou Beadles 2:31.3. (60-64) 1. Karlis Smiltens 3:27.4. (65-69) 1. George Poloyinis 3:12.6.

**400m IH:** (30-34) 1. Kevin Speaks 1:06.0. (40-44) 1. Steve Wyper 1:13.5. (50-54) 1. Will Robinson 1:08.4. (55-59) 1. Loren Noyes 1:34.8. (65-69) 1. Paul Ganah 1:29.6.

**200m:** (30-34) 1. Warren Spikes 21.9. (35-39) 1. Curtis Roberson 23.4. (40-44) 1. Fred Niedermeyer 24.6. (45-49) 1. Stan King 24.6. (50-54) 1. Will Robinson 25.6. (55-59) 1. Robert Watanabe 25.7. (60-64) 1. Burl Gist 29.6. (65-69) 1. Clarence Killion 28.2.

**5000m:** (30-34) 1. Irwin Merzin 17:40.8. (35-39) 1. Jim Reilly 19:10.0. (40-44) 1. Wayne Marshall 24:42.4. (45-49) 1. Frank Ogawa 18:42.4. (50-54) 1. Ted Oviatt 21:52.6. (75-79) 1. Tony Perona 26:39.9.

**1600m Relay:** (65-69) 1. Corona del Mar (Miller, Collins, Polynis, Ganah) 6:17.3.

**Pole Vault:** (30-34) 1. C. Brazellon 10-6. (40-44) 1. M. Connelly 14-0. (45-49) 1. J. Stanners 9-6. (50-54) 1. F. Gallardo 10-0. (60-64) 1. Ralph Bezemeyer 10-0. (65-69) 1. Jim Vernon 9-6. (70-74) 1. A. Vesco 5-6. (75-79) 1. R. MacConaphy 7-6.

**High Jump:** (40-44) 1. Andy Collins 5-8. (45-49) 1. (tie) J. Stanners & Gary Miller 5-0. (50-54) 1. T. Oviatt 4-8. (60-64) 1. Burl Gist 5-0. (65-69) 1. B. Ogle 4-6. (70-74) 1. A. Vesco 3-6.

**Long Jump:** (30-34) 1. M. Valentine 20-4. (35-39) 1. S. Whitley 24-5. (40-44) 1. C. Collins 20-3. (45-49) 1. G. Miller 20-2. (50-54) 1. D. McClelland 16-6 1/2. (60-64) 1. C. Mercurio 12-5 1/2. (65-69) 1. H. Miller 13-8 1/2. (70-74) 1. J. Caruso 12-0.

**Triple Jump:** (30-34) 1. Valentine 42-1. (35-39) 1. R. Morris 44-3. (40-44) 1. R. Jones 33-1/2. (45-49) 1. Ray Fitzhugh 32-3. (60-64) 1. C. Mercurio 27-3 1/2. (65-69) 1. Herbert Miller 29-10. (70-74) 1. Joe Caruso 24-2 1/2.

**Hammer:** (30-34) 1. G. Kelmann 147-2. (35-39) 1. J. Roehr 135-1. (40-44) 1. A. Sheinker 92-3. (45-49) 1. C. Klehm 127-3. (55-59) 1. Loren Noyes 69-2. (60-64) 1. F. Zerega 104-8. (70-74) 1. A. Vesco 83-9.

**Discus:** (40-44) 1. C. McCormick 135-7. (45-49) 1. H. Smith 116-6. (50-54) 1. Kennerly 111-0. (60-64) 1. M. Castaneda 141-7. (65-69) 1. Dan Aldrich 161-8. (70-74) 1. A. Vesco 86-1. (80 & Over) 1. Stan Hermann 57-2.

**Javelin:** (30-34) 1. G. Kelmanson 133-2. (35-39) 1. S. Jarvis 182-3. (40-44) 1. C. McCormick 149-10. (45-49) 1. Larry Stuart 238-10. (50-54) 1. R. Hudson 154-10. (60-64) 1. E. Chynowith 181-10. (70-74) 1. Art Vesco 72-10. (75-79) 1. R. MacConaphy 97-6. (80&O) 1. Stan Hermann 44-1.

**Shot Put:** (30-34) 1. J. Klein 41-8. (35-39) 1. J. Roehr 52-9. (45-49) 1. R. Martin 40-9. (50-54) 1. R. Kennerly 34-8. (55-59) 1. R. Preciado 39-11. (60-64) 1. M. Castaneda 46-8. (65-69) 1. Dan Aldrich 45-7. (70-74) 1. Art Vesco 28-7. (80&O) 1. Stan Hermann 22-10.

### Women's Results

**1500m:** (35-39) 1. Marie Waters 6:08.3. **800m H:** (50-54) 1. Shirley Kinsey 17.6. **100m:** (35-39) 1. Sondra Schumacher 15.6. (50-54) 1. Magdalena Kuehne 15.6. **5000m:** (40-44) 1. Sharon Greiner 21:23.8.

**High Jump:** (50-54) 1. Shirley Kinsey 3-5. **Long Jump:** (35-39) 1. S. Schumacher 11-8 1/2. (50-54) 1. Shirley Kinsey 11-10 1/2. (70-74) 1. Edith Mendyka 7-5 1/2.

**Triple Jump:** (50-54) 1. Magdalena Kuehne 25-3. (70-74) 1. Edith Mendyka 16-5 1/2.

**Discus:** (50-54) 1. Shirley Kinsey 82-7. (70-74) 1. Edith Mendyka 58-2.

**Javelin:** (35-39) 1. S. Schumacher 64-6. (50-54) 1. D. Bowman 106-5. (70-74) 1. Edith Mendyka 73-10.

**Shot Put:** (35-39) 1. Sondra Schumacher 24-8. (50-54) 1. Shirley Kinsey 30-1. (70-74) 1. Edith Mendyka 25-8.

## PA-TAC Masters Championships

May 19. Los Gatos.

**100m Women:** (65-69) 1. Josephine Kolda 16.64. (80-84) 1. Marjorie Hunt 22.15. (55-59) 1. Shirley Dietderich 16.60. (50-54) 1. Gretchen Snyder 14.40. (45-49) 1. Cherrie Sherrard 13.98. (35-39) 1. Mary Lou Nicoletti 15.65. (30-34) 1. Maria Magana 15.67.

**100m Men:** (75-79) 1. A.J. Puglizovich 17.67. (70-74) 1. Harry Koppel 14.43, 2. Tony Castro 14.65. (65-69) 1. Clarence Killion 13.96, 2. Sam Hoover 16.89. (60-64) 1. Bob Hunt 13.73, 3. Tom Johnson 13.75, 3. Robert Garretto 14.55. (55-59) 1. Robert Watanabe 12.48, 2. Bernie Stevens 12.90. (50-54) 1. Nick Newton 12.39, 2. Richard Hansen 12.39, 3. Phil Presber 12.40. (45-49) 1. Gilbert LaTorre 11.93, 2. Dee DeWitt 12.34, 3. Dan Vermette 13.4th. (40-44) 1. Dan Fitzsimmons 11.41, 2. Sam Robinson 11.83, 3. Bob Simpson 11.96. (35-39) 1. Eddie Hart 10.95, 2. Tom Allen 11.60, 3. Larry Lettlier 11.83. (30-34) 1. Akin Lewis 11.04, 2. Steve Kemp 11.63, 3. Doug Chapman 11.66.

**200m Women:** (65-69) 1. Josephine Kolda 34.78. (55-59) 1. Shirley Dietderich 35.62. (50-54) 1. Gretchen Snyder 29.12. (45-49) 1. Almeta Parish 30.29. (35-39) 1. Mary Lou Nicoletti 32.38. (30-34) 1. Mary Lehner 29.03, 2. Maria Magana 32.39.

**200m Men:** (75-79) 1. A.J. Puglizovich 39.41. (70-74) 1. Tony Castro 30.42, 2. John Sattl 30.77. (65-69) 1. Clarence Killion 28.61. (60-64) 1. Bob Hunt 28.24, 2. Robert Garretto 28.65, 3. Charles Mercurio 29.38. (55-59) 1. Robert Watanabe 25.31, 2. Huel Washington 25.79, 3. Bernie Stevens 25.31. (50-54) 1. Bruce Springbett 24.65, 2. Phil Presber 26.15, 3. Enver Mehmedbasich 29.16. (45-49) 1. Gilbert LaTorre

continued on next page...



# Sacramento Masters Relays

23.88. (40-44) 1. Dan Fitzsimmons 23.13, 2. Mel Brooks 23.23, 3. Dennis Duffy 24.04. (35-39) 1. Tom Allen 23.39, 2. Greg Marshall 23.91, 3. Larry Lettieri 24.00. (30-34) 1. Akin Lewis 22.05, 2. John Redding 24.36, 3. Ernest Fuller 24.70.

**400m Women: (85-89)** 1. Josephine Kolda 84.6. (55-59) 1. Shirley Dietrich 91.0. (45-49) 1. Almeta Parish 71.2. (35-39) 1. Mary Lou Nicoletti 73.5. (30-34) 1. Mary Lehner 64.5.

**400m Men: (75-79)** 1. Mel Shine 79.27, 2. A.J. Puglizovich 1:51.27. (65-69) 1. Clarence Killion 72.52. (55-59) 1. Robert Watanabe 58.98, 2. Bernie Stevens 59.52, 3. Gene Harte 62.2. (50-54) 1. Enver Mehmedbasich 64.2. (45-49) 1. Dan Vermette 61.6, 2. Onomatopoeia E. Legend 63.1. (40-44) 1. John Krepick 55.9, 2. Ben Miller 58.1. (35-39) 1. Matt Pruitt 50.0, 2. Dave Pogue 52.6, 3. Dennis Duffy 52.8. (30-34) 1. Steve Kemp 50.7, 2. Ken Williams 52.1, 3. Ernest Fuller 54.9.

**800m Women: (80-84)** 1. Jaclyn Caselli 3:17.1. (55-59) 1. Kit Pickles 3:42.5. (50-54) 1. Gretchen Snyder 2:33.0. (45-49) 1. Marilyn Harbin 2:28.2. (35-39) 1. Janie Duff 2:26.5.

**800m Men: (75-79)** 1. Mel Shine 2:54.9. (60-64) 1. Sid Toabe 2:33.4, 2. Don Wilgus 2:54.2. (55-59) 1. Gilbert Duran 2:44.0. (45-49) 1. Pete Richardson 2:05.4. (40-44) 1. George Cohen 2:00.0, 2. Richard Wolters 2:02.1, 3. John Krepick 2:05.7. (35-39) 1. Bob Browne 2:03.4. (30-34) 1. Jim Bordoni 1:58.6, 2. Curt Duff 2:00.7, 3. R. Leslie 2:04.9.

**1500m Women: (50-54)** 1. Gretchen Snyder 5:28.4. (45-49) 1. Marilyn Harbin 5:05.4, 2. Vicki Bigelow 5:19.6, 3. Elvyn Blair 5:29.5. (35-39) 1. Janie Duff 5:21.6, 2. Remzy Huseny 6:50.8.

**1500m Men: (65-69)** 1. Bill Van Fleet 5:55.3. (60-64) 1. Sid Toabe 5:10.2, 2. Don Wilgus 6:13.3. (55-59) 1. Gilbert Duran 5:35.8. (50-54) 1. Steve Geraghty 6:27.2. (45-49) 1. Pete Richardson 4:58.5. (40-44) 1. Harvey Franklin 4:08.0, 2. Mike Holbrook 4:06.5, 3. Rich Wolters 4:15.7. (30-34) 1. Curt Duff 4:13.7, 2. Steve Kemp 4:20.6, 3. R. Leslie 4:29.2.

**5000m Women: (30-34)** 1. Marilyn Taylor-Allen 17:10.9, 2. Jane Sowersby 18:28.3.

**5000m Men: (65-69)** 1. Bill Van Fleet 23:40.0. (60-64) 1. Sid Toabe 19:03.8, 2. John Gilkey 20:20.1. (50-54) 1. Tom Walsh 18:06.6. (45-49) 1. Bill Cantanese 16:48.2. (40-44) 1. Bill Clark 15:54.5, 2. Tom Kirchner 16:16.7, 3. Tim Rostage 16:25.6. (35-39) 1. Daryl Zapata 15:57.5, 2. John O'Neill 16:36.3, 3. Doug Perez 16:45.4. (30-34) 1. Peter Freeman 15:23.7.

**10,000m Women: (55-59)** 1. Kit Pickles 51:42.5.

**10,000m Men: (75-79)** 1. John McGee 56:47.1. (60-64) 1. John Gilkey 43:32.9. (50-54) 1. Ray Vinyo 45:45.9. (45-49) 1. Larry Worth 34:43.6, 2. John Greenhill 47:11.3. (40-44) 1. Bill Meinhardt 34:24.3, 2. Gene Gilligan 35:14.1, 3. Mark Gallo 36:57.6.

**3000m Steeplechase: (40-44)** 1. Keith McConnell 13:08.1. (35-39) 1. John Kajiwara 11:20.3, 2. Gary Laine 11:37.0. (30-34) 1. Joe Rust 10:28.7, 2. Andrew Hacker 12:04.4.

**80m Hurdles Women: (45-49)** 1. Cherrie Sherrard 12.90.

**80m Hurdles Men: (70-74)** 1. John Satti 17.68.

**100m Hurdles Men: (60-64)** 1. Robert Hunt 18.47, 2. Jim Johnson 19.69.

**110m Hurdles Men: (55-59)** 1. Robert Higginbotham 18.9. (50-54) 1. Mal Andrews 18.40. (45-49) 1. Dee DeWitt 15.98. (40-44) 1. Ted Cain 16.49, 2. Dick Whitaker 29.93. (35-39) 1. Fred Johnston 15.80. (30-34) 1. Don Roberts 15.93, 2. Kevin Speaks 16.37, 3. Gary Schmidt 17.18.

**400m Hurdles Men: (60-64)** 1. Bob Hunt 77.2. (45-49) 1. Dick Hickman 64.09, 2. Onomatopoeia E. Legend 76.8. (40-44) 1. Ron Whitney 57.54, 2. Bill Knocke 58.14, 3. Phil Agostini 69.53. (35-39) 1. Gary Laine 57.92, 2. Jim Bail 68.5. (30-34) 1. Don Roberts 59.88, 2. Andrew Hacker 62.41, 3. Kevin Speaks 64.75.

**4X100 Relay Women: (40-49)** 1. NorCal Sentors TC 55.57.

**4X100 Relay Men: (50-59)** 1. West Valley TC 49.17.

**5000m Racewalk Women: (75-79)** 1. Elena Carola 49:39. (70-74) 1. Esther Dutton 44:15. (60-64) 1. Lorraine Actor 37:20. (50-54) 1. Barbara Johnson 33:57. (45-49) 1. Lori Maynard 27:41. (40-44) 1. Shelia Mullen 35:05. (35-39) 1. Diane Mendoza 32:24.

**5000m Racewalk Men: (75-79)** 1. Phil Dutton 39:34. (70-74) 1. Giulio de Petra 30:43, 2. Frank Saylor 35:15. (60-64) 1. Frank Kelly 32:22. (50-54) 1. Ted Grenier 28:31, 2. Justin Rockwell 34:31. (40-44) 1. Keith McConnell 28:26.

**Pole Vault: (65-69)** 1. Jim Vernon 10-1 1/4, 2. Ham Morningstar 8-1. (60-64) 1. Ralph Blesmeyer 9-7, 2. Jim Johnson 8-7. (55-59) 1. Hal Wallace 8-7. (45-49) 1. Dee DeWitt 11-6. (40-44) 1. James McCray 14-1 1/2, 2. Doug Chapman 13-5 1/2, 3. Bill Chew 13-5 1/2.

**High Jump Men: (75-79)** 1. A.J. Puglizovich 3-6. (65-69) 1. Ham Morningstar 4-5, 2. Jim Vernon 4-3. (60-64) 1. Jim Johnson 4-2. (50-54) 1. Herm Wyatt 5-8, 2. Nick Newton 5-8. (45-49) 1. Dee DeWitt 5-6, 2. Don Rose 5-2. (40-44) 1. Jim Brown 5-6, 2. Don Dvorak 5-2. (30-34) 1. Jerry Coleman 6-4, 2. Paul Sullivan 6-0.

**Long Jump Men: (70-74)** 1. John Satti 4.11. (65-69) 1. Ham Morningstar 3.34. (60-64) 1. Jim Johnson 4.72, 2. Chas. Mercurio 4.24, 3. Harry Huseny 3.88. (45-49) 1. Dee DeWitt 5.55, 2. Nomatopoeia E. Legend 5.00. (40-44) 1. Sammie Robinson 6.03, 2. Darrell Horn 5.99, 3. Don Dvorak 5.52. (35-39) 1. Rufus Morris 6.69, 2. Fred Johnston 5.72, 3. Tim Qulantang 5.36. (30-34) 1. Stan Urmann 6.48, 2. Richardo Qulantang 5.77, 3. Gary Schmidt 5.42.

**Triple Jump Men: (60-64)** 1. Chas. Mercurio 8.93, 2. Harry Huseny 7.95. (45-49) 1. Onomatopoeia E. Legend 9.37. (40-44) 1. Don Dvorak 10.74, 2. Richardo Luisen 9.65. (35-39) 1. Rufus Morris 12.90. (30-34) 1. Gary Schmidt 11.13.

**Discus Men: (75-79)** 1. A.J. Puglizovich 22.54. (70-74) 1. Jim York 31.44. (65-69) 1. Hy Booth 34.00, 2. Ham Morningstar 33.54, 3. Hal Cronkhitte 27.04. (60-64) 1. Mike Castaneda 41.60. (50-54) 1. Quinto Merlo 38.58, 2. Bob Stone 31.00, 3. Belton Wolf 29.94. (55-59) 1. Hal Wallace 37.10. (50-54) 1. Stewart Thomson 42.46. (45-49) 1. James Hart 43.94, 2. Onomatopoeia E. Legend 21.02. (35-39) 1. Fred Johnston 37.44. (30-34) 1. Doug Chapman 44.96, 2. Gary Schmidt 36.98, 3. Gary Kelmenson 35.94.

**Shot Put Women: (45-49)** 1. Cherrie Sherrard 10.38.

**Shot Put Men: (75-79)** 1. A. J. Puglizovich 9.77. (70-74) 1. Jim York 12.10. (65-69) 1. Ham Morningstar 11.91, 2. Hal Cronkhitte 11.60, 3. Hy Booth 11.09. (60-64) 1. Mike Castaneda 14.07, 2. Bob Stone 13.01, 3. Quinto Merlo 12.46. (55-59) 1. Hal Wallace 11.80. (50-54) 1. Stewart Thomson 12.77. (45-49) 1. James Hart 13.98, 2. Jim Cain 11.83. (35-39) 1. Fred Johnston 11.35. (30-34) 1. Doug Chapman 13.39, 2. Gary Schmidt 12.07, 3. Gary Kelmenson 11.44.

**Hammer Men: (75-79)** 1. Robert Ullsh 25.32. (70-74) 1. Jim York 32.36. (65-69) 1. Ham Morningstar 27.20. (60-64) 1. Bob Stone 29.40, 2. Belton Wolf 21.44. (50-54) 1. Stewart Thomson 47.14. (35-39) 1. James Hart 35.32, 2. Gary Dawson 28.38. (30-34) 1. Gary Kelmenson 43.36.

**Javelin Women: (40-44)** 1. Fran Conley 28.97.

**Javelin Men: (75-79)** 1. A.J. Puglizovich 25.68, 2. Emery Curtice 31.96. (70-74) 1. Frank Saylor 22.91. (65-69) 1. Ham Morningstar 26.16. (60-64) 1. Ed Chynoweth 53.67, 2. Boyd Porch 43.32, 3. Bob Stone 35.88. (50-54) 1. Ralph Sutton 44.44. (45-49) 1. James Hart 33.58. (40-44) 1. Barton Gale 53.67. (35-39) 1. Fred Johnston 49.74. (30-34) 1. Bob Buhl 53.81, 2. Gary Schmidt 45.29, 3. Gary Kelmenson 38.35.

## April 28. Sacramento.

Decathlete Al Brenda, 55, entered eight events and won six of them to take some of the spotlight away from octogenarian sprinter Josiah Packard in the ninth annual Sacramento Masters Relays.

Packard, 80, of San Francisco, sprinted the 100 meters in 15-flat and the 200 in 32.4. Only a fairly brisk tail wind eliminated him from record-book recognition. Reigning marks in the two events are 15.9 and 34.17, both by Dr. Herb Anderson, the Colorado Comet. Anderson's records were set in 1982.

Brenda, a health spa operator from Turlock and perennially one of the top decathlon and pentathlon athletes in the world, won the 110 meter high hurdles, long jump, triple jump, pole vault, discus and high jump. Even his second place — 117-3 in the javelin — and his third — 13 flat in the 100 meters — were quality performances.

Conducted under clear skies and temperatures in the high 60s, the meet was co-sponsored by the Northern California Seniors Track Club and California State University, Sacramento, with helping hands from Nike and Brenda's prodigious entry fee.

Other top showings included four victories by Marin County's Ted Cain, 40, coming back after five years on the sidelines. Cain won the hurdles in 15.8, 200 in 24.1, 400 in 53.7 and 400 intermediate hurdles in 60-flat.

Premier masters miler Mike Holbrook, 41, of Sacramento, turned in an impressive pair, winning the 800 meters in 2:05.6 and the 1500 in 4:12.

Representing the U.S. Army, John Roehr, 36, threw the shot 51-1, hammer 150-7, and discus 138-3.

Already the top javelin thrower in the 75-79 age category, Emery Curtice of Callistoga fired the spear 102 feet, 11 inches, best mark ever for a 77-year-old man. Herb Anderson again was the man displaced. Anderson set the previous record, 96-2, in 1979. In that same year, Curtice, then 72, recorded a 128-1 pitch.

The Sacramento meet produced a rare father-son race, both Vance Koerner, 57, and son Mike, 35, running in the same 800 meter heat. Mike beat his dad, 2:12.5 to 2:34.5.

**100m — M80:** Josiah Packard 15.0. **M70:** Harry Koppel 15.0. **M65:** Sam Hoover 15.0. **M60:** 1. Bob Cooper 13.2, 2. Carl Oates 14.2, 3. Jim Johnson 14.2. **M55:** 1. Vernon Regier 12.2, 2. Bob Roemer 13.0, 3. Al Brenda 13.0. **M50:** 1. Phil Presber 11.9, 2. Dick Marlin 12.4, 3. Tom Slaven 13.4. **M45:** 1. Bill Simmons 12.5, 2. Don Gray 14.3. **M40:** Bob McIntyre 11.8. **M35:** 1. Greg Marshall 11.1, 2. Tom Allen 11.4, 3. Bernard Turner 11.6. **M30:** 1. Earl Bryant 11.9, 2. Gary Schmidt 12.6.

**200m — W30:** Maria Magana 29.8. **M80:** Josiah Packard 32.4. **M70:** Harry Koppel 50.2. **M60:** 1. Carl Oates 31.4, 2. Willie Lopes 32.5. **M55:** 1. Bob Roemer 27.7, 2. Steve Peck 28.8, 3. Roy Wigginton 29.9. **M50:** 1. Phil Presber 26.0, 2. Enver Mehmedbasich 29.1, 3. Mark Reiss 29.7. **M45:** Bill Simmons 27.0. **M40:** 1. Ted Cain 24.1, 2. Bob McIntyre 25.0, 3. Don Parks 26.7. **M35:** 1. Greg Marshall 23.1, 2. Bernard Turner 24.7, 3. Jim Bussey 26.0. **M30:** 1. Ray Moody 23.7, 2. Charles Missouri 24.7, 3. James Noel 24.7.

**400m — M55:** 1. Bob Jordan 63.0, 2. Ted Rademacher 66.1, 3. Roy Wigginton 67.6. **M50:** 1. Enver Mehmedbasich 65.0, 2. Tom Slaven 65.6. **M40:** 1. Ted Cain 53.7, 2. Don Parks 62.4. **M35:** 1. Gary Laine 54.1, 2. Bernard Turner 54.8. **M30:** 1. Ray Moody 54.0, 2. Charles Missouri 55.7.

**800m — M55:** Vance Koerner 2:34.5. **M50:** Enver Mehmedbasich 2:34.5. **M45:** Pete Richardson 2:08.0. **M40:** Mike Holbrook 2:05.6. **M35:** 1. Mike Koerner 2:12.5, 2. Kenneth Grace 2:33.9, 3. Dave Edmiston 2:40.0. **M30:** 1. Curtis Duff 2:04.7, 2. Desmond Knuckey 2:07.3.

**1500m — W45:** Nancy Molitor 5:45.5. **M60:** Don Wilgus 6:21.8. **M40:** 1. Mike Holbrook 4:12.0, 2. Don Spickelmier 4:31.1. **M30:** 1. Desmond Knuckey 4:14.2, 2. Denny Lloyd 4:48.5.

**5 Kilometers — M40:** Frank Krebs 16:47.8. **M30:** Curtis Duff 15:29.8.

**110m Hurdles — M60:** Jim Johnson 20.0. **M55:** 1. Al Brenda 18.1, 2. Dick Nordquist 19.0, 3. Steve Peck 19.0. **M40:** Ted Cain 15.8. **M35:** Jim Hollister 15.8. **M30:** Gary Schmidt 16.5.

**400m Hurdles — M50:** Tom Slaven 78.9. **M40:** Ted Cain 60.0. **M35:** Gary Laine 59.5. **400m Relay — M50:** Northern California (Roemer, Melgosa, Regier, Wigginton) 53.2. **M40:** Southern Oregon (McIntyre, Nordquist, Gray, Forsyth) 53.7.

**1600m Relay — M50:** Buffalo Chips (Halvorson, Hall, Reiss, Stewart) 4:34.5. **M30:** 1. Sacramento TC (Moody, Missouri, Bussey, Parks) 3:44.2, 2. West Valley TC (Marshall, Weller, Noel, Simmons) 3:44.7.

**Long Jump — M75:** Homer Van Gelder 10-6. **M60:** Jim Johnson 16-0 1/4. **M55:** Al Brenda 16-9. **M45:** Don Gray 15-0. **M40:** 1. Lester Bond 21-2, 2. Bob McIntyre 20-10, 3. Gary Lemon 17-10. **M35:** Jim Hollister 19-4. **M30:** Gary Schmidt 19-0.

**Triple Jump — M75:** Homer Van Gelder 20-8. **M60:** Jim Johnson 30-11. **M55:** Al Brenda 34-6. **M35:** Jim Hollister 37-3. **M30:** Gary Schmidt 36-0.

**Javelin — M75:** Emery Curtice 102-11. **M60:** Bob Stone 116-9. **M55:** 1. Bob Roemer 124-0, 2. Al Brenda 117-3, 3. Roy Wigginton 114-3. **M45:** 1. Don Rose 146-7, 2. John Forsyth 119-6. **M40:** 1. Mike Harman 178-4, 2. Bart Gale 156-2. **M35:** Dick Stepp 129-4. **M30:** 1. Jim Lister 176-11, 2. Gary Schmidt 165-6, 3. Gary Kelmenson 127-7.

**Shot Put — M75:** Homer Van Gelder 26-4. **M70:** Jim York 39-8. **M65:** Hal Cronkhitte 37-2. **M60:** 1. Bob Stone 42-0, 2. Jim Budge 41-2, 3. Jerry Silsdorf 34-4. **M55:** 1. Dick Nordquist 33-7, 2. Roy Wigginton 32-0. **M35:** John Roehr 51-1. **M30:** 1. Jim Lister 42-3, 2. Gary Schmidt 42-1, 3. Gary Kelmenson 35-11.

**Discus — M75:** Ken Carnine 110-9. **M70:** Jim York 95-2. **M65:** 1. Hal Cronkhitte 101-11, 2. Jim McCarthy 98-0. **M60:** 1. Bob Stone 93-6, 2. Jerry Silsdorf 81-4. **M55:** 1. Al Brenda 103-10, 2. Dick Nordquist 99-10, 3. Roy Wigginton 89-11. **M50:** Ralph Sutton 103-2. **M45:** John Forsyth 96-11. **M40:** Bud Tollette 83-9. **M35:** John Roehr 138-3. **M30:** 1. Gary Schmidt 118-7, 2. Gary Kelmenson 114-9. **W30:** Sandra Stepp 106-4.

**Hammer — M70:** Jim York 119-3. **M60:** Bob Stone 99-8. **M35:** John Roehr 150-7. **M30:** Gary Kelmenson 147-3.

**High Jump — M75:** Homer Van Gelder 3-6. **M65:** Jim McCarthy 4-3. **M60:** Jim Johnson 4-3. **M55:** Al Brenda 4-7. **M45:** 1. Don Rose 5-1, 2. Millard Wilson 4-5. **M30:** Paul Sullivan 6-0.

**Pole Vault — M60:** Jim Johnson 8-6. **M55:** 1. Al Brenda 11-6, 2. Dick Nordquist 9-6. **M45:** 1. John Forsyth 10-0, 2. Don Gray 9-0. **M40:** 1. Bruce Hotaling 13-6, 2. Bob McIntyre 8-6. **M35:** Dick Stepp 11-6.





# Road Racing Results



## Whittier YMCA 5K

from Dave Hudson

### April 8. Legg Lake.

#### Overall Results

1	Raul Serratos (17)	15:18
2	Dan Partelow (23)	15:44
3	Enrique Serratos (31)	15:46
4	Sergio Valenzuela (19)	15:50
5	Eric Sawyer (19)	15:59
6	Dennis Forthoffer (26)	16:09
7	John David Sveen (25)	16:12
8	Henry Lange Jr. (35)	16:25
9	Javier Lara (26)	16:31
10	John Araujo (26)	16:38
11	Catalino Gonzalez (42)	16:45
12	Eugene Black (50)	17:30
44	Claudia Morales (33F)	20:11
45	Berenice Santoyo (9F)	20:13
53	Leonard Kulbacki (60)	20:41
62	Lisa Larrigan (9F)	21:07
114	Ruth Granobos (49F)	24:10

## Run For Daylight

### April 8. Walnut Creek. 10K.

#### Overall Men's Results

1	Tom Borschel	31:00
2	Rick Langford	32:09
3	William Seaver	32:28
4	Thom Trimble	32:41
5	Joe Schieffer	32:48
6	Grant Foster	32:53
7	Paul Gyorey	33:17
8	Mathew Dowling	33:24
9	Kent Thompson	33:26
10	Allan Smith	33:29
11	Dwight Hendrix	33:37
12	Peter Day	33:43
13	Dave Stallars	34:01
14	John Clary	34:12
15	David Perlman	34:17
16	William Jenny	34:35
17	Jerry Glover	34:52
18	Robert Williams	34:53
19	Steven Wight	35:19
20	Arturo Ramirez	35:19
21	Mike Hotton	35:26
22	M. Patten	35:42
23	John Thompson	35:50
24	Dave Osborn	35:52
25	Robert Chambers	35:53
26	Jeff Carver	35:56
27	George Greiner	36:10
28	Roberto Mendez	36:16
29	Lawrence Siskina	36:17
30	Don Ardell	36:40

#### Top 10 Women

1	Sue Munday	37:10
2	Vicki Bigelow	38:18
3	Wanda Bailey	39:59
4	Sally Wood	41:43
5	Barbara Shubert	42:07
6	Valerie Knafelc	42:16
7	Marl Kolb	42:18
8	Bonnie Miller	42:20
9	Cheryl Robinson	43:22
10	Carolyn Lane	43:49

#### Division Results - Men

13 & Under: 1. Scott Sutch 38:46, 2. Jeremy Seven 39:25, 3. S. Littlejohn 42:43. 13-17: 1. R. Williams 34:53, 2. M. Anthony 38:42, 3. Sam Bailey 36:45. 18-29: 1. Tom Borschel 31:00, 2. Thom Trimble 32:41, 3. Grant Foster 32:53. 30-39: 1. Rick Lanford 32:09, 2. W. Seaver 32:28, 3. J. Schieffer 32:48. 40-49: 1. W. Jenny 34:35, 2. Don Ardell 36:40, 3. R. Gormley 36:41. 50-59: 1. Gene Silver 37:02, 2. Tom Walsh 39:01, 3.

John Rouse 39:39. 60 & Over: 1. John Gilkey 42:42, 2. Mac Osborn 43:49, 3. Lyman Glenn 45:03.

#### Division Results - Women

13 & Under: 1. F. Fitzgerald 45:31, 2. Nicol LaCava 51:01, 3. Sarah Lewis 51:21. 13-17: 1. Wanda Bailey 39:59, 2. Sally Wood 41:43, 3. Robyn Sullins 44:23. 18-29: 1. Sue Munday 37:10, 2. Val Knafelc 42:16, 3. Ann Batley 44:59. 30-39: 1. Mari Kolb 42:18, 2. Bonnie Miller 42:20, 3. Cheryl Robinson 43:22. 40-49: 1. Vicki Bigelow 38:18, 2. Barbara Shubert 42:07, 3. Dolly Ackerman 46:52. 50 & Over: 1. Ruth Anderson 45:31, 2. Anita Levitch 51:29, 3. Kit Pickles 54:21.

#### Top 50 Men

1	Bob Macias, SMTC, (33)	30:06
2	Carey Simon, SMTC, (28)	30:22
3	David Babiracki, Sub-4(31)	30:28
4	Mark Junkerman, UCLA (18)	30:43
5	Tom Wheeler, SMTC, (30)	30:45
6	Mark Van Leeuwen, Run.Sol(23)	31:00
7	David Greifinger, SMTC, (27)	31:16
8	Ron Gee, SMTC, (32)	31:21
9	Lance Packard, SMTC, (25)	31:29
10	Vic Shelton (23)	31:37
11	Jerry Alcorn (23)	31:55
12	Ben Martinez (33)	32:00
13	Marco Garcia (20)	32:07
14	Anton Gonzales (28)	32:12
15	Greg Hauser (18)	32:15
16	Marshall Matve, BasinBlues(40)	32:18
17	James Press (35)	32:24
18	Ron Kurrie (36)	32:30
19	Steve Blocks (34)	32:33
20	Michael Mahler (41)	32:37
21	Steve LeBlanc (28)	32:47
22	Mario Hidalgo (20)	32:49
23	Paul Webb (23)	32:50
24	Mike Cooper (21)	32:50
25	Elliott Teaford (22)	32:52
26	Dan Davies (27)	32:55
27	Micahel Lawrence (24)	32:58
28	Richard Greifinger (24)	33:04
29	Tom Burns (41)	33:14
30	Marty Kibloski (24)	33:20
31	David Seborer (16)	33:21
32	John Merhaut (33)	33:24
33	Carlos Godoy (33)	33:27
34	Barry Weaver (27)	33:33
35	Bobby Bans (14)	33:34
36	Jeff Jacobs (17)	33:36
37	Craig Mead (31)	33:41
38	Eric Mokover (33)	33:43
39	Eugene Muslar (25)	33:46
40	Terry Mack (32)	33:51
41	Brian Pelta (24)	33:58
42	Ramon Bagby (37)	33:59
43	Irwin Merin (33)	34:01
44	Alvan Nava (40)	34:07
45	Alfredo Araujo (22)	34:11
46	Eddie Edwards (22)	34:12
47	Jose Lopez (20)	34:16
48	Giovanni Bartolini (38)	34:17
49	Richard Greene (42)	34:20
50	Rafael Sanguino (17)	34:28

#### Division Results - Men

12 & Under: 1. David Phinney 36:47, 2. Tad Morgan 36:49, 3. Shannon Horn 44:46. 13-18: 1. Bobby Bans 33:34, 2. Collin Wolfe 35:38, 3. Albert Ramirez 37:44. 18-18: 1. Mark Junkerman 30:43, 2. Greg Hauser 32:15, 3. David Seborer 33:21. 19-29: 1. Mark Van Leeuwen 31:00, 2. David Greifinger 31:16, 3. Lance Packard 31:29. 30-34: 1. Tom Wheeler 30:45, 2. Ron Gee 31:21, 3. Ben Martinez 32:00. 35-39: 1. James Press 32:24, 2. Ron Kurrie 32:30, 3. Ramon Bagby 33:59. 40-44: 1. Marshall Matve 32:18, 2. Michael Mahler 32:37, 3. Tom Burns 33:14. 45-49: 1. Brian Fernes 34:45, 2. Ray Hughes 34:52, 3. Ray Craig 36:48. 50-54: 1. Jim Knerr 35:17, 2. Jim Brownfield 35:43, 3. Patrick Taylor 37:00. 55-59: 1. Jim McMahon 39:31, 2. Bryant Thorne 42:14, 3. Blair Filler 42:58. 60-64: 1.

Larry Banuelos 39:16, 2. Bob Page 40:06, 3. Stanley Neufeld 44:50. 65-69: 1. Eddie Lewin 41:18, 2. Clyde Ailing 45:12, 3. Bill Horimoto 50:29. 70 & Over: 1. John Zentmyer 48:25, 2. Dean Scofield 49:45, 3. Jacob Bishin 1:11:43.

#### Top 30 Women

1	Jill Walker, CSUN, (22)	36:19
2	Shannon Stryker, JOVI, (19)	36:35
3	Tisha Whitney, Newport (36)	36:37
4	Mary Tracey, TM Kangaroo(24)	36:49
5	Pauline Brown (28)	37:20
6	Donna Chadwick, SMTC, (22)	37:47
7	Julie McKinney, Manhattan(28)	37:58
8	Evelyn Silvey (26)	38:04
9	Kim Filler (21)	38:56
10	Elise Vasta (31)	39:12
11	Terri Goodreau (34)	39:15
12	Jaynie Studenmund (29)	39:27
13	Cathy Bodie, Ca. Condors(20)	39:32
14	Christa Rompannen, 1stMtra(45)	39:34
15	Caroline Hard (18)	39:55
16	Judy Kewley (39)	40:07
17	Heleen Dick (59)	40:08
18	Lois Curl (33)	40:21
19	Cheryl Butchers (37)	40:21
20	Margaret Miller (58)	40:27
21	Victoria Erwin (30)	40:58
22	Amanda Marks (15)	41:05
23	Vicki Eyre (32)	41:05
24	Allison Baker (17)	41:24
25	Wendy Logsdon (15)	41:29
26	Holly Stevenson (21)	41:33
27	Lydia Russell (28)	42:07
28	Cathy Waltrip (23)	42:15
29	Mary Del Campo (34)	42:33
30	Anne McGreevy (30)	42:38

#### Division Results - Women

12 & Under: 1. Erica Collins 49:59, 2. Dora Gruner 1:00:12, 3. Mary Kahan 1:00:32. 13-15: 1. Amanda Marks 41:05, 2. Wendy Logsdon 41:29, 3. Shawne Ratay 42:49. 16-18: 1. Caroline Haro 39:55, 2. Allison Baker 41:24, 3. Sharon Feldman 44:16. 19-29: 1. Mary Tracey 36:49, 2. Pauline Brown 37:20, 3. Donna Chadwick 37:47. 30-34: 1. Elise Vasta 39:12, 2. Terri Goodreau 39:15, 3. Lois Curl 40:21. 35-39: 1. Judy Kewley 40:07, 2. Cheryl Butchers 40:21, 3. Betsy Colburn 43:01. 40-44: 1. Susan Stevens 44:35, 2. Rita Gilmore 45:12, 3. Lyn Henderson 47:02. 45-49: 1. Christa Rompannen 39:34, 2. Atsuko Fujimoto 46:33, 3. Bettye Hamonds 46:36. 50-54: 1. Nelly Williams 46:43, 2. Joey Hynes 50:20, 3. Dodie Filler 55:53. 55-59: 1. Heleen Dick 40:08, 2. Margaret Miller 40:27, 3. Phyllis Greifinger 1:00:08. 70 & Over: 1. Fenyia Crown 1:01:57.

## American River 50 Mile

### April 15. Sacramento.

#### Overall Results

1	Jim Howard (18-29) Foresthill	5:54:01
2	Jeffrey Wall (40-49) DalyCity	6:22:30
3	Rod Christensen(30-39)SanJose	6:23:28
4	Rae Clark (30-39) San Jose	6:25:26
5	Doug Latimar(40-49)RedwoodCy	6:28:19
6	Richard Provost(30-39)SanPed	6:31:14
7	Bob Bunnell (30-39) Kentfield	6:34:46
8	Bruce vonBorstel(30-39)Novato	6:37:09
9	Jeff Collins (30-39) Vallejo	6:45:03
10	Gary Seeger (30-39) Verdi	6:45:52
11	Don Duggdale (30-39) SanJose	6:46:13
12	Chris Delgado(40-49)CitrusHgt	6:49:01
13	Dana Gard(30-39)CitrusHgt	6:49:01
14	Robert Sobsey (30-39) Reno	6:52:41
15	Kenneth Drew(30-39)SanJose	6:58:06
16	E.R. Silver (50&O) SanJose	6:56:13
17	Roger Daniels(40-49)Novato	6:59:12
18	Patrick Shaughnessy(30-39)Val	7:08:32
19	Daniel Hollis(30-39)SanLandro	7:08:47

20	Martin Jones(40-49)Sonoma	7:11:14
21	Alfred Solish(30-39)St.Louis	7:13:12
22	Bill Finkbeiner(18-29)RchCord	7:16:38
23	Dan Houchell(18-29)Auburn	7:17:10
24	Barry Hawley(40-49)MissionV	7:18:46
25	Gard Leighton(40-49)Napa	7:18:50
26	Butch Alexander(30-39)Sonom	7:20:48
27	Ephraim Romesberg(50&O)SJ	7:21:42
28	Alfred Bogenhuber(40-49)SMto	7:22:02
29	Bob Dalton(18-29)SanJose	7:22:05
30	Timothy Twietmeyer(20-29)C.H	7:23:00
44	Kathy Donofrio(18-29)Sacto	7:37:56
67	Debbie Sierra(30-39)Tiburon	8:00:01
94	Jan Levet(30-39)Camino	8:25:50
101	Linda Lee(18-29)Capitola	8:30:15
107	Jean Wilkinson(18-29)VanNuy	8:33:50

## CRRC 10K

### April 21. Griffith Park.

#### Overall Results

1	Ian Gilmour (32)	31:25
2	Robert Proctor (25)	32:10
3	Eugene Cruz (18)	33:15
4	Andy Ligeti (29)	33:16
5	Kim Reedy (27)	33:17
6	Jeff Jacobs (16)	33:30
7	Daniel Friessen (24)	34:25
8	John Rubio (24)	35:02
9	Catarino Gonzales (42)	35:42
10	David Guss (23)	35:46
11	Roy Burleson (40)	35:49
12	Efrain Vargas (16)	36:02
13	William Heiden (31)	36:13
14	Nick Trozzi (23)	36:15
15	Steve Carona (23)	36:18
16	Jim Knerr (50)	36:22
18	Robert Newman (40)	36:30
23	Pat Devine (55)	36:49
38	Aurelino Camacho (53)	38:35
51	Joyce Rankin (36)	40:16
65	Patricia Gordon (26)	42:17
76	Shiela Hasham (41)	43:25
146	Ann Priddy (55F)	50:20
170	Fred Bruecker (67)	52:51
193	Esther Tapelband (62F)	1:00:42

## Freedom 5K&10K

### April 22. Simi Valley.

Over 600 runners braved the 93 degree heat at the second annual Simi Valley Freedom 5K and 10K.

The challenging course was not enough to deter all the over-all winners from establishing new course records. Scott Kistner of Simi Valley defended his 5K championship with a 15:33 clocking which knocked more than 30 seconds off his time of last year.

Ron Ysals of Oxnard clipped more than one minute off the course record with a fine 31:34 clocking in the 10K.

The dazzling Gayle Olinekova of Westlake came in at 36:42 with another minute off last years time.

Judy Kewley of Simi was the first woman across the line in the 5K with a 20:00 and a new course record.

The happiest person was Bob Stotz of the Simi Adventist Hospital who received \$1,000.00 for Lifeline.

#### Division Results - Men's 5K

12 & Under: 1. Michael Stoussia 22:43, 2. Todd Malesich 23:14, 3. Graham Haynes 24:32. 13-19: 1. Benito Cruz 15:44, 2. Paul Myera 16:04, 3. Donald Young 16:37. 20-29: 1. Scott Kistner 15:26, 2. Steven Leblanc 15:33, 3. Casey Jones 16:38. 30-39: 1. Arthur Ting 17:02, 2. David Lopez 17:21, 3. Micks Puell 17:26. 40-49: 1. Joe Jacobsen 18:15, 2. Jack Kewley 19:34, 3.



Terry Fortin 19:36. 50-59: 1. Larry Banuelos 19:37, 2. Michael Shea 19:69, 3. Mike Winter 20:21. 60-61: 1. Jack Britton 22:07, 2. Larry Kelbley 34:11.

**Division Results - Women's 5K**  
**12 & Under:** 1. Karen Kelley 23:13, 2. Shannon Maben 23:28, 3. Jillayne Hill 23:58.  
**13-19:** 1. Holly Briggs 21:03, 2. Karin Kingsley 22:04, 3. Shelley Larson 22:23.  
**20-29:** 1. Terri Ingram 21:43, 2. Daniele Womack 22:27, 3. Carla Lautman 23:47.  
**30-39:** 1. Judy Kewley 20:00, 2. Trina Nagele 21:34, 3. Linda Monroe 22:11.  
**40-49:** 1. Chris Peterson 24:23, 2. Sally Fletcher 25:36, 3. Connie Owens 25:44.  
**50-59:** 1. Margaret Miller 20:44, 2. Doris Gordon 26:15.

**Division Results - Men's 10K**  
**12 & Under:** 1. Hector Sandoval 46:56, 2. Albert Little 52:53. **13-19:** 1. Dan Delany 36:02, 2. Adrian Ruiz 36:38, 3. Chris Pressman 36:53. **20-29:** 1. Ron Yeais 31:34, 2. Robert Radnoti 33:15, 3. Jon Black 33:31. **30-39:** 1. Steve Glocke 33:33, 2. Ed Ramiriz 34:54, 3. Mike Greenfield 35:17.  
**40-49:** 1. Edward Lujan 37:37, 2. John Duhig 39:51, 3. Charles McTaggart 39:58.  
**50-59:** 1. Ted Blumberg 43:31, 2. Andy Meckonian 43:54, 3. Francis Petracek 44:46. **60-69:** 1. Jack Mehlman 53:21, 2. Russ Halton 58:04, 3. Bill Wick 60:40.

**Division Results - Women's 10K**  
**12 & Under:** 1. Aydee Sandoval 57:54. **13-19:** 1. Denise Ball 38:57, 2. Trenny Parchment 42:54, 3. Kim Dunbar 48:48. **20-29:** 1. Joyce Klausmeyer 40:13, 2. Luann Brodler 42:48, 3. Elizabeth Gauer 42:56.  
**30-39:** 1. Gayle Olinekova 36:42, 2. Maureen Little 43:28, 3. Trina Nagele 48:30. **40-49:** 1. Barbara Shields 46:17, 2. Maria Fribourg 51:37, 3. Susan Murphy 58:16. **50-59:** 1. Marjorie West 54:06.



Colleen Cannon

With a 36:10 personal best on the 10K, however, Cannon looked to be unbeatable. She caught up with Crowell and Moss (who took sick on the course and ended up walking a good portion of the last run leg) and then passed Bell for second place.

Cannon, who now trains in Encinitas, Calif., took the lead from Hallick at the four-mile mark and cranked to put in a 41:02 10K for the run, making up just about four minutes on Hallick.

Allen was a force to reckon with right from the beginning in a tough field that featured five of the top-10 1983 Ironman finishers and included Scott Molina, Scott Tinley, Robert Roller, Dale Basescu, Bob Curtis, Charlie Graves, Marc Surprenant, Dean Harper, Bill Ruth, Marc Thompson and a host of other talented athletes.

Graves and Surprenant, the super swimmers of the field, took the lead out of the water with Allen in third place only seconds behind at 18:50. Tinley, who won the Tampa race last year, finished the swim at 20:39 and looked to have a fighting chance at the lead, despite the new shorter distance on the run. A flat tire in the transition area, however, dashed those hopes and more or less put an end to any chance Tinley might have had for catching up with the leaders—not with Allen, Molina, and Roller to pursue.

Surprenant took the bike lead from Graves early on, though Allen prevailed over the 23-year-old from Cape Cod at mile two. With Tinley's demise with the flat, Molina was the only serious competition that Allen still faced for the win. Molina, the 1983 Bud Light USTS champ, had hoped to catch up on the bike, edge into the lead and then hold fast for the win. Allen, however, put in an excellent bike and managed not only to hold Molina off completely, but did it to the tune of almost two minutes.

Allen was first out on the run and pushed a 5:30 mile pace to finish at 1:49:39, about 10 minutes under the two-hour mark that everyone had guessed would be the time to beat for the new distances.

Molina, who has hung up his J. David togs and now runs for another sponsor, finished in second place at 1:53:17, followed by Roller who with every race looks tougher and tougher to beat. Tinley



Mark Allen

made up good time on the run to wrap up fifth-place behind Basescu.

Though virtually a stranger to the Bud Light USTS circuit, Allen's short-course talents were evidenced by the fact that his individual finish time beat out the top four combined team times in the relay division.

California's divisional placers included: Lloyd Peters of Davis, third in 30:34 at 2:09:40; Tim Lemucchi of Bakersfield, first in the 45-49 group at 2:23:44; and Davey Norton, first in 60 & Over at 2:53:34. Total attendance in Tampa was 826, with more than 80 registered pros sporting Speedo's new gold pro caps and competing for the \$10,000 prize purse in the first heat of the staggered start.

**Top 7 Men**  
 1. Mark Allen (26) Rancho Santa Fe 1:49:39  
 2. Scott Molina (24) Del Mar 1:53:17  
 3. Robert Roller (25) Columbus 1:54:10  
 4. Dale Basescu (27) Encinitas 1:55:54  
 5. Scott Tinley (27) San Diego 1:56:55  
 6. Marc Surprenant (22) Centerville 1:58:35  
 7. Dean Harper (31) Lafayette 1:58:41

**Top 3 Women**  
 1. Colleen Cannon (23) Encinitas 2:09:24  
 2. Lill Hallick (25) Wilton Manors 2:10:57  
 3. Barbie Bell (22) Phoenix 2:12:14

## Granite Bay Runs

from Dawn Larson Jeske

Roseville, April 28.  
**Overall Results - 10K**

1. Mark Hicks 34:27  
 2. Vince Mathews 35:28  
 3. Robert Bardwil 36:50  
 4. Dennis Scott 37:11  
 5. Herschel Folkes 37:42  
 6. Tim Beversdorf 38:00  
 7. Don Koberlein 38:06  
 8. Tom Browning 38:17  
 9. Kevin Contry 38:37  
 10. Steve Watson 39:00

**Division Results - Men's 10K**  
**14 & Under:** 1. Jon Hamel 45:11. **15-18:** 1. Herschel Folkes 37:42. **19-29:** 1. Mark Hicks 34:27. **30-39:** 1. Dennis Scott 37:11. **40-49:** 1. Tom Browning 38:17. **50-59:** 1. Jim Kidder 44:44.

**Division Results - Women's 10K**  
**19-29:** 1. Kimberly Hamer 44:32. **30-39:** 1. Jan Levst 45:50. **40-49:** 1. Barbara Rowland 65:01.

**Overall Results - 5K**  
 1. Christopher Hamer 16:49  
 2. Glenn Bailey 17:04  
 3. Mike Brown 17:16  
 4. Paul Howard 17:42  
 5. Mark Colgan, 18:43  
 6. Paul Mitchell 19:29  
 7. Eric Keller 19:40  
 8. Doug Healey 19:42  
 9. Mike Lambert 19:52  
 10. Charles Johnson 20:02

**Division Results - Men's 5K**  
**Under 10:** 1. Christopher Cademarti 24:46. **10-14:** 1. Eric Keller 19:40. **15-18:** 1. Mark Colgan 18:43. **19-29:** 1. Christopher Hamer 16:49. **30-39:** 1. Glenn Bailey 17:04. **40-49:** 1. Paul Mitchell 19:29. **50-59:** 1. Gilbert Duran 20:50. **60 & Over:** 1. E.V. Woodrell 35:08.

**Division Results - Women's 5K**  
**Under 10:** 1. Autumn Rowland 26:39. **10-14:** 1. Theresa Meza 21:27. **15-18:** 1. Laura DuMoulin 26:08. **19-29:** 1. LaDonna Washington 20:08. **30-39:** 1. Cindy Etzel 24:56. **40-49:** 1. Joanne Davis 23:42.

## Pena Adobe Run

Fairfield, April 28.

The local area's largest ever footrace Saturday saw over 300 runners enjoying the third annual Pena Adobe Run in Lagoon Valley Park. Under beautiful weather, 39-year-old Doug Butt of Fairfield won the men's 10K in 33:36. Carol Ferrari, Petaluma, captured the women's crown in 39:17. Each was awarded a glider ride. The 5K had Vacaville's Larry Pugh in front with a 16:57 clocking. Liz Norris, Napa, was the first woman in 21:38.

**Overall Results - 10K**  
 1. D. Butt 33:36  
 2. Denis Bauke 34:10  
 3. Daniel Rubio 34:35  
 4. Robert Goodwin 34:39  
 5. Ken Mattson 34:50  
 6. Mike Hotton 35:23  
 7. Arturo Delacruz 36:14  
 8. M. Myers 36:18  
 9. G. Licari 36:32  
 10. Ed Eitel 36:47  
 11. Frank Anderson 37:30  
 12. Michael Tyler 37:33  
 13. Matthew Larson 37:45  
 14. Rey Ordonio 37:51  
 15. Lynn Bobby 37:52  
 16. Mike Beezley 38:04  
 17. Christopher Kistner 38:31  
 18. Christopher Jackson 38:38  
 19. Jim Lynch 38:42  
 20. Brad Ehrman 38:51

**Division Results - Men's 10K**  
**17 & Under:** 1. M. Myers 36:18. **18-29:** 1. Denis Bauke 34:10. **30-39:** 1. Art DeLaCruz 36:14. **40-49:** 1. Frank Anderson 37:30. **50 & Over:** 1. Hank Fragoza 39:53.

**Division Results - Women's 10K**  
**17 & Under:** 1. Wanda Bailey 41:14. **18-29:** 1. Consuelo Vargas 49:41. **30-39:** 1. Karen Houston 46:04. **40-49:** 1. Linda Morrison 52:57. **50 & Over:** 1. Mayrene Bates 50:12.

## Steamroller Ultra 100K

April 28, Castaic Lake.

**Overall Results**  
 1. William Davis (38) S.F. 10:43:08  
 2. Dan Williams (35) Lafayette 10:47:28  
 3. Richard Glueckler (34) L.A. 10:53:06  
 4. Gill Cornell (34) Ridgecrest 11:19:30  
 5. Richard Provost (37) San Pedro 11:37:58  
 6. Rae Clark (32) San Jose 11:46:34  
 7. Berno Leopold (41) Van Nuys 11:50:03  
 8. Kathy Martin-Skefich (33) S. Ped. 11:54  
 9. Judy Milkie (34) Anaheim 12:26:20  
 10. Ian Maddison (41) Topanga 12:34:33  
 16. Hal Winton (52) Harbor City 13:29:28  
 33. Barbara Spahr (40) RedonBoh 14:33:41

## Bud Light U.S. Triathlon Series

from Cathy Urquhart-Hoy

April 28, St. Petersburg, Fla.

The man who won Nice and Big Bear, finished third at the 1983 Ironman, and is ranked #1 for ultra-distance races, simply walked into Tampa last week and ran away with the first prize money of the 1984 Bud Light U.S. Triathlon Series.

For 26-year-old Mark Allen, Tampa's warm water, flat course, and excellent race logistics paid off. He took the season opener by storm for his first win ever on the Bud Light USTS circuit.

Allen shared the spotlight with Colleen Cannon who starts out the 1984 series with the edge on the money rankings. Added to her 1983 winnings, 23-year-old Cannon has raked in a total of \$6,150 on the combined '83 and '84 circuits, with four wins and a total of eight top-five finishes.

Though Cannon's swim was not as fast as she had hoped it might be at 22:05, she put in an excellent swim/bike transition that set the pace for the race. Cannon clocked in a respectable bike that netted a fifth-place positioning for the run start, with more than two minutes still to make up on the leader, 25-year-old Lill Hallick of Ft. Lauderdale, Fla.

Hallick, a swim instructor and coach, had been rumored as the dark-horse favorite to steal the win from the big guns, with an impressive record of nearly a dozen consecutive local wins. She was third on the swim for the women at 20:47 and took over the lead on the bike, with 22-year-old Barbie Bell of Phoenix, Ariz., only seconds behind.

But Cannon's cross-country background at Auburn University pulled through for the win on the hot course. In fifth place at the start of the run, Cannon was not only behind Hallick and Bell, but also had Karleen Crowell and Julie Moss to contend with. Crowell recently won the Bahamas Diamond Triathlon, and Moss has been in prime condition of late. Behind the top five were Elaine Alrutz, Julie Olson and Lyn Brooks who all had a shot at the top.



# Results

## Open Space Race

from Rick Jahn

Santa Cruz, April 29, 10K.

The third annual Open Space Race was again a success for the Land Trust of Santa Cruz County. The morning of April 29th was clear and sunny with a breeze blowing off the ocean. This 10K race started near Antonelli's Pond by Natural Bridges State Park, along the ocean to the Lighthouse turn around, and back to the finish at the Pond.

This annual event helps fund the non-profit Land Trust, an organization that acquires and maintains lands that have ecological, agricultural, historical or recreational value for the public benefit. Race Director, Dr. Rick Jahn, who is also a founding member of the Trust, sees the race as a perfect way to serve the growing numbers of runners while also providing support to one of his favorite community organizations.

Trophies were awarded for the top three times for men and for women. Prizes were awarded for the top three runners in six age divisions for both women and men. Some of the fabulous prizes included \$50 gift certificates, two nights at a Sierra Mountain resort, gift certificates from local merchants and merchandise. Sponsorship of the race was by Blas, Goldstein & Company, Certified Public Accountants.

The '85 Open Space Race looks to be even bigger and better than this year's successful event.

### Division Results - Men

12 & Under: 1. Ray Vinyo 45:16, 2. Robert Christiansen 47:24, 13-19: 1. Dave Rouse 34:35, 2. Ben Yates 34:40, 3. J. H. Stout 36:00, 20-29: 1. Mike Krieger 31:49, 2. Gary Riley 32:12, 3. Torin Rotstein 33:15, 30-39: 1. Gregory Brock 31:34, 2. Terry Rusboldt 32:16, 3. James Cunningham 33:17, 40-49: 1. Mike Hicks 35:13, 2. Anthony Kopacz 35:26, 3. Benjamin Sawyer 36:50, 50 & Over: 1. Mel Elliott 40:48, 2. Tom Reynolds 40:59, 3. C.J. Ochoa 43:11.

### Division Results - Women

13-19: 1. Nancy Graves 48:48, 2. Lynn Watanabe 49:06, 3. Elizabeth Parks 56:01, 20-29: 1. Barbara Myers-Acosta 36:45, 2. Eileen Bidard 38:22, 3. Tina Ebrahimi 38:37, 30-39: 1. Linda Strong 41:52, 2. Diane McKewey 41:57, 3. Betty Albritton 43:34, 40-49: 1. Doris Burgess 45:48, 2. Sandy Rexford 49:51, 3. Rainy Bassano 50:24, 50 & Over: 1. Rita Mookuy 47:29, 2. Katherine Belers 47:33, 3. Sylvia Lianides 58:21

## Central Park Race

Santa Clara, April 29, 3.4 Miles.

### Overall Results

1 Alex Gonzalez 17:08  
2 Marty Dobbins 17:27  
3 Bill Dunn 17:46  
4 Tony O'Halloran 17:53  
5 Gerhard Benrens 17:59  
6 Fred McCasland 18:06  
7 Gary Matuzak 18:18  
8 Rich Riordan 18:35  
9 David Barry 18:40  
10 Jeff Press 18:41  
11 James Gorman 19:01  
12 Mark Nenkise 19:08  
13 Chris Nunez 19:17  
14 Greg Burke 19:37  
15 Francisco Lara 19:42

### Division Results - Men

11 & Under: 1. Marc Boulland 23:13, 12-18: 1. Fred McCasland 18:06, 19-29: 1. Alex Gonzalez 17:08, 30-39: 1. Bill Dunn 17:46, 40-49: 1. Sidney Ely 21:37, 50 & Over: 1. James Matthews 24:45.

### Division Results - Women

11 & Under: 1. Tina Miks 23:21, 12-18: 1. Terra Kennedy 23:29, 19-29: 1. Janet Smith 21:13, 30-39: 1. Christian Evans 24:42, 40-49: 1. Ronnie Griese 23:44, 50 & Over: 1. Jaclyn Caselli 25:36.

photo by Keith Conning



Pat English

## Lafayette Loop

from Barbara Chaconas

Lafayette, April 29, 10K.

### Overall Results - Men

1 Domingo Tibaduiza (33) 30:16  
2 Miguel Tibaduiza (26) 30:20  
3 Michael Pinocci (29) 30:22  
4 Gian Starinieri (26) 30:34  
5 Rick Gentry (28) 30:42  
6 Harold Schulz (25) 30:52  
7 Daniel Buntman (26) 30:54  
8 Rich Langford (31) 31:11  
9 Jeffrey Adkins (23) 31:13  
10 Kevin Ostenberg (23) 31:21  
11 Sal Vasquez (44) 31:31  
12 Mark Graves (34) 31:45  
13 Paul Kinny (27) 31:58  
14 Dann Brown (30) 32:02  
15 Thom Trimble (24) 32:08  
16 Grant Foster (19) 32:11  
17 Ed Lanzarin (31) 32:37  
18 Daniel Gurry (20) 32:42  
19 Paul French (26) 32:46  
20 David Vigil (27) 33:14  
21 Hersh Jenkins (32) 33:24  
22 David Garcia (33) 33:25  
23 Matthew Dowling (25) 33:32  
24 Davo Perlman (22) 33:41  
25 Robert Clay (36) 33:42

### Division Results - Men

16 & Under: 1. Brian Vaughan 33:45, 2. Michael O'Connor 35:44, 3. Jerry Morucci 35:47, 17-29: 1. Miquel Tibaduiza 30:20, 2. Mike Pinocci 30:22, 3. Gian Starinieri 30:34, 30-39: 1. Domingo Tibaduiza 30:16, 2. Rich Langford 31:11, 3. Mark Graves 31:45, 40-49: 1. Sal Vasquez 31:31, 2. Tim Rostege 34:12, 3. Don Ardell 35:37, 50-59: 1. Tom Walstil 38:22, 2. Fred Nielson 40:06, 3. Jim MacFee 40:10, 60 & Over: 1. Flory Rodd 41:16, 2. Robert Dechene 42:34, 3. Charles Hansen 48:41.

### Overall Results - Women

1 Patricia English (31) 35:01  
2 Janine Aiello (24) 35:19  
3 Cathryn Way (23) 36:09  
4 Angela Tibaduiza (27) 36:36  
5 Sue Vanella-Brusher (27) 37:39  
6 Rossy Tibaduiza (21) 38:02  
7 Bridget Goodwin (26) 38:23  
8 Beckie Simmie (32) 38:52

9 Barbara Zimmer (31) 38:55  
10 Cathy Hodgdon (25) 39:26  
11 Peggy Izzett (32) 39:38  
12 Sarah Tabbutt (24) 40:05  
13 Birthe Kirsch (45) 40:13  
14 Dawn Thomas (17) 40:56  
15 Kathleen Doyle (30) 41:00  
16 Debbie Shumaker (29) 41:02  
17 Honor Fetherston (29) 41:06  
18 Susan Locke (24) 41:22  
19 Martie Behrens (35) 41:54  
20 Maureen Luca (33) 42:26  
21 Gail Rodd (41) 42:32  
22 Teresa Poy (16) 42:39  
23 Libby Muller (25) 42:56  
24 Barbara Shubert (42) 42:58  
25 Teddi Swanson (36) 42:59

### Division Results - Women

16 & Under: 1. Teresa Poy 42:39, 2. Franziska Fitzgerald 43:58, 3. Katie Ryan 44:16, 17-29: 1. Janine Aiello 35:18, 2. Kathryn Way 36:07, 3. Angela Tibaduiza 36:35, 30-39: 1. Pat English 34:59, 2. Beckie Simmie 38:51, 3. Barbara Zimmer 38:55, 40-49: 1. Birthe Kirsch 40:13, 2. Gail Rodd 42:32, 3. Barbara Shubert 42:59, 50-59: 1. Hisae Reichel 47:54, 2. Anita Leylitch 51:29, 3. Kit Pickles 52:35, 60 & Over: 1. June Thompson 59:46, 2. Arline Fitzgerald 65:37.

## Mt. SAC Relays Runs

Walnut, April 29.

### Division Results - Men's 5K

17 & Under: 1. Danny Valdez 17:02, 2. Vincent Thompson 17:12, 3. Scott Briggs 17:15, 18-29: 1. Dave Webb 15:14, 2. Terry Gibson 15:21, 3. Vernon Morris 15:51, 30-34: 1. Hal Hays 15:44, 2. Julian Ford 16:41, 3. F. Loakes 17:47, 35-39: 1. Patrick Riley 19:49, 2. John Pulley 21:01, 3. Pete Johnson 21:07, 40-44: 1. Joe Jacobsen 18:19, 2. Barry Franco 19:58, 3. Al Singbusch 20:03, 45-49: 1. Ray Hughes 17:34, 2. Frank Smith 19:16, 3. Joseph Umbro 20:22, 50-59: 1. Tom Sturak 19:06, 2. Lee Brunner 23:07, 3. Bob Shillinglaw 23:49, 60 & Over: 1. Al Scarzo 23:53, 2. Leo Fregoso 24:30, 3. Charles Tracy 27:07.

### Division Results - Women's 5K

17 & Under: 1. Heather Roberts 30:18, 2. Amy Roberts 31:30, 3. Sabrina Schnual 17:52, 18-29: 1. Ann Gladue 18:30, 2. Evelyn Silvey 19:11, 3. Helen Lopez 19:38, 30-34: 1. Kathy Epping 20:28, 2. Victoria Erwin 21:14, 3. Maria Rodriguez 24:57, 35-39: 1. Tisha Whitney 18:11, 2. Mary Jane Mitchell 20:20, 3. Diane Thom 25:58, 45-49: 1. Leola Lange 24:33, 2. Dee Elam 29:30, 3. Ellery Patrique 40:14, 50-59: 1. Trudy Wadman 25:54.

### Division Results - Men's 10K

12 & Under: 1. Chad Elder 37:12, 2. Egan Titus 38:29, 3. Steve Sumner 42:56, 13-18: 1. Aaron Mascarro 34:55, 2. Richard Zeller 35:55, 3. Andy Elam 39:30, 17 & Under: 1. Aaron Mascarro 34:55, 2. Ethon Estey 35:36, 3. Rich Zeller 35:55, 18-29: 1. Brad Honthorne 31:04, 2. Victor Shelton 31:28, 3. Dave Greiffinger 31:31, 30-34: 1. Dave White 32:26, 2. Irwin Merain 34:18, 3. James Curry 35:03, 35-39: 1. Ron Kurrie 33:06, 2. Harry Hartley 34:47, 3. Patrick Cady 36:34, 40-44: 1. Marshall Matye 33:26, 2. Bill Elam 35:58, 3. Joe Jacobson 38:46, 45-49: 1. Ray Hughes 36:39, 2. Dave Arntson 37:14, 3. Jerry VanMeks 37:41, 50-59: 1. John Richards 35:43, 2. Eugene Black 37:19, 3. Aurelio Camacho 38:15, 60 & Over: 1. Jack Davidson 52:15, 2. Robert Deines 53:51, 3. Ed Ruben 57:15.

### Division Results - Women's 10K

17 & Under: 1. Bridg Frayne 42:25, 2. Brenda Krueger 46:06, 3. Debbie Bullock 57:32, 18-29: 1. Katie Cunningham 39:37, 2. Jennifer Henderson 39:55, 3. Cathy Bodle 39:55, 30-34: 1. Elaine Campo-Triplett 36:30, 2. Linda Lawrence 46:40, 3. Margaret Wieser 57:17, 35-39: 1. Tisha Whitney N.T., 2. Margo Koss 49:14, 3. Donna Hammer 49:57, 40-44: 1. Shiela Hasham 42:23, 2. Kathy Rose Adams 48:49, 3. Ruth Carter 58:31, 45-49: 1. Diana Chronert 46:22, 2. Carole Pinkner 49:07, 3. Adrienne Knute 53:33, 50-59: 1. Sally Richards 49:16, 2. Esther Millich 51:07, 3. Stephanie Delyon 52:01.

## Run For Excellence

Hayward, April 29, 10K.

### Overall Results

1 Craig Blockhus (16) Los Altos 31:30  
2 Bill Seaver (34) Byron 32:11  
3 Ruddy Cornielle (23) Davis 32:21  
4 Dale Ball (21) Fremont 33:23  
5 Stephan Leffers (23) S.F. 33:30  
6 Keith Duncon (30) San Leandro 34:04  
7 Jack Robison (27) Broomfield 34:18  
8 Steven Naiman (27) Fremont 34:21  
9 Andy Takaha (28) Eugene 34:53  
10 David Laha (27) Hayward 34:56  
11 Mike Holtton (29) Antioch 35:01  
12 Lon Kincannon (33) S.F. 35:03  
13 Ray Pietrzak (28) Novato 35:08  
14 John Vegas (33) Fremont 35:14  
15 David Vandenberg (23) Fremont 35:42  
16 David Ripp (32) Richmond 35:46  
17 Miguel Burgos (29) Union City 35:56  
18 Ernie Fong (39) S.F. 36:02  
19 Ralph Duckett (40) Hayward 36:10  
20 Jack Wheeler (41) Milpitas 36:16  
21 Raymond Sisson (27) Hayward 36:33  
22 Miguel Solario (40) S.F. 36:36  
23 Michael Plummer (25) Newark 36:55  
24 Sid Naiman (35) Fremont 36:57  
25 Ron Kiyono (36) Fremont 37:02  
26 Roger Zoldan (37) Fremont 37:17  
27 Erich Ackerman (15) CastroVly 37:24  
28 David Klein (38) Berkeley 37:36  
29 David Souza (29) Fremont 37:41  
30 Thomas Woo (25) Oakland 37:43  
31 Michael Fisher (32) Alameda 37:59  
32 Joseph Ryan (19) San Lorenzo 38:01  
33 Donald Jedlovac (29) Fremont 38:05  
34 Paul Ficken (38) Union City 38:10  
35 Terry Johnson (25) Fremont 38:13  
36 John Rouse (57) San Leandro 38:41  
37 Eric Andres (39) Union City 38:47  
38 Anthony Rodriguez (40) Hayward 38:56  
39 Kevin Burgess (26) Hayward 39:05  
40 James Courtney (25) Hayward 39:07  
42 John Lamke (53) South S.F. 39:15  
49 Debbie Norton (29F) Novato 39:57  
67 Susan Guild (36F) Hayward 41:15  
68 John Gilkey (62) Los Altos 41:22  
71 Jerome Daniels (10) Union City 41:35  
74 Susan Babcock (29) Fremont 41:55  
78 Bob Ontiveros (50) Hayward 42:17  
84 Jona Smith (25) Fremont 42:46  
85 Sue Goddard (37) Pleasanton 43:04  
98 Doerte Murray (43) S.F. 43:57

## S & W Fun Run

Modesto, April 29.

### Overall Winner - Men's 2 Mile

Jamie Plasencia 10:17.8.  
Division Results - Men's 2 Mile  
12 & Under: 1. Travis Coley 12:33.6, 13-18: 1. Jamie Plasencia 10:17.8, 19-29: 1. Ray Bettencourt 10:29.6, 30-39: 1. Robert Chambers 10:32.5, 40-49: 1. Gerry Holmes 11:14.5, 50-59: 1. Ron Sawyer 13:40.9, 60 & Over: 1. Roy Mahannah 14:59.1.

### Overall Winner - Women's 2 Mile

Maureen Heggs 12:58.2.  
Division Results - Women's 2 Mile  
12 & Under: 1. Jodie Smith 13:32.6, 13-18: 1. Maureen Heggs 12:58.2, 19-29: 1. Rhonda Ellis 14:15.3, 30-39: 1. DeeDee Grafius 13:34.1, 40-49: 1. Val Smart 14:06.3, 50-59: 1. Clara Azevedo 15:55.8, 60 & Over: 1. Eunice Thompson 26:24.7.

### Overall Winner - Men's 10K

Dan Murray 31:29.2.  
Division Results - Men's 10K  
12 & Under: 1. Tracy Vooheers 43:58, 13-18: 1. Shane Farmer 34:08, 19-29: 1. Bob Loux 34:14, 30-39: 1. Dan Murray 31:29, 40-49: 1. Don Trout 36:27, 50-59: 1. John Griffin 43:38, 60 & Over: 1. Larry Thompson 49:25.

### Overall Winner - Women's 10K

Cindy Williams 39:08.  
Division Results - Women's 10K  
12 & Under: 1. Katie Dorham 57:45, 13-18: 1. Rebecca Jones 45:47, 19-29: 1. Cindy Williams 39:08, 30-39: 1. Mary Cole 47:25, 40-49: 1. Ginger Burola 43:28, 50-59: 1. Ethel Kerr 51:13.



# Run For Summer Fun

Encino, April 29.

## Overall Results - 10K

1	Danny Bustos (21)	31:31
2	Jerry Alexander (30)	31:58
3	Ron Russell (27)	31:59
4	Jeff Harbell (21)	32:46
5	Ted Davis (32)	33:41
6	Herman Rodriguez (32)	34:02
7	Enrique Flores (33)	34:55
8	Charles McClung (43)	35:09
9	Bruce Van Acorn (23)	35:12
10	Saul Lopes (22)	35:14
11	Mark Roberts (17)	35:15
12	Michael Higgins (22)	35:17
13	Ramon Bagby (36)	35:27
14	Mickey DePalto (37)	35:29
15	Timothy Loabs (18)	35:38
16	Derek Furukawa (23)	35:47
17	Mario Dominguez (25)	35:57
18	Joan Bacon (29F)	36:18
19	Roy Pellerin (47)	36:33
20	Randall Voltz (33)	36:45

## Division Results - Men's 10K

**12 & Under:** 1. Ivan Hindshaw 43:29, 2. Michael Stern 43:34, 3. Eric Stone 45:48.  
**13-18:** 1. Mark Roberts 35:15, 2. Timothy Loabs 35:38, 3. Carlos Munguia 37:24.  
**19-24:** 1. Danny Bustos 31:31, 2. Jeff Harbell 32:46, 3. Bruce Van Horn 35:12.  
**25-29:** 1. Ron Russell 31:59, 2. Mario Dominguez 35:57, 3. Doug Hoppe 36:54.  
**30-39:** 1. Jerry Alexander 31:58, 2. Ted Davis 33:41, 3. Herman Rodriguez 34:02.  
**40-49:** 1. Charles McClung 35:09, 2. Roy Pellerin 36:33, 3. Ken Hickman 36:46.  
**50-59:** 1. Clayton Steffensen 37:57, 2. Armando Macias 41:25, 3. Mike Hawk 44:21.  
**60 & Over:** 1. Abe Stein 43:14, 2. Leroy Wherley 46:05, 3. Melvin Schewe 48:04.

## Division Results - Women's 10K

**13-18:** 1. Angie Stempel 43:44, 2. Donna Jackson 44:26, 3. Kim Gluckman 47:39.  
**19-24:** 1. Elizabeth Gauer 39:53, 2. Julie Sherma 43:58, 3. Kathy Ireland 44:01.  
**25-29:** 1. Joan Bacon 36:18, 2. Pauline Brown 38:42, 3. Anne Bennett 39:07.  
**30-39:** 1. Bonnie Emmett 43:59, 2. Jeannie Block 44:21, 3. Joyce Parkel 45:47.  
**40-49:** 1. Christa Romppanen 40:13, 2. Ruth Hemming 42:24, 3. Barbara Shields 42:38.  
**50-59:** 1. Luis Figueroa 45:47, 2. Brenda Houghton 52:17, 3. Vivian Lauffer 59:15.

## Overall Results - 5K

1	Steven LeBlanc (28)	15:30
2	Victor Fonseca (22)	15:55
3	Mark Cote (24)	16:03
4	Salvador Panlagua (32)	16:25
5	Eino Romppanen (44)	16:47
6	Henry Lange, Jr. (35)	16:48
7	Bill Entz (29)	17:18
8	Sean Meister (24)	17:20
9	Roger Evans (35)	17:21
10	Ignacio Fonseca (18)	17:23
11	Salvador Torres (40)	17:44
12	Doug Farmer (16)	17:54
13	Joe Gould (23)	18:05
14	Florence Robles (33)	18:07
15	Mark Sprague (15)	18:09
16	Brian Kitchin (23)	18:13
17	Beth Weber (25)	18:17
18	Edward Voll (36)	18:22
19	Skardon Baker (13)	18:34
20	Vicente Gonzalez (35)	18:34

## Division Results - Men's 5K

**12 & Under:** 1. Kipp Ortenburger 18:56, 2. Will Olsen 19:10, 3. Shawn Brown 21:41.  
**13-18:** 1. Ignacio Fonseca 17:23, 2. Doug Farmer 17:54, 3. Mark Sprague 18:09.  
**19-24:** 1. Victor Fonseca 15:55, 2. Mark Cote 16:03, 3. Sean Meister 17:20.  
**25-29:** 1. Steven LeBlanc 15:30, 2. Bill Entz 17:18, 3. Alan Wolken 18:55.  
**30-39:** 1. Salvador Panlagua 16:25, 2. Henry Lange Jr. 16:48, 3. Roger Evans 17:21.  
**40-49:** 1. Eino Romppanen 16:47, 2. Salvador Torres 17:44, 3. Bill Soli 19:56.  
**50-59:** 1. Gunnar Bricker 19:01, 2. John Vanegmond 19:23, 3. Ray Swartz 19:53.  
**60 & Over:** 1. Hershel Fogelson 26:55, 2. Thomas Smith 27:36, 3. Merle Allison 28:22.

## Division Results - Women's 5K

**12 & Under:** 1. Nicole Kennerly 21:38, 2. Jill Hill 23:43, 3. Nikki Hindshaw 23:55.  
**13-18:** 1. Shannon Solway 22:37, 2. Christine Arnessen 23:10, 3. Adrienne Garcia 23:12.  
**19-24:** 1. Marian Mallory 19:05, 2. Debbie Herman 21:20, 3. Lydia Salinas 22:31.  
**25-29:** 1. Beth Weber 18:17,

2. Dianne Bush 22:53, 3. Yumiko Tomimori 23:38.  
**30-39:** 1. Florence Robles 18:07, 2. Sarah Huleis 21:39, 3. Kathy Wagenbach 23:40.  
**40-49:** 1. Susan Stevens 21:22, 2. Elizabeth Bjork 22:43, 3. Arynna Tannberg 23:43.  
**50-59:** 1. Anita Silver 25:27, 2. Peggy Arnold 26:31, 3. Lois Bergman 28:52.

# Hill & Dale 10K

May 5, Healdsburg.

## Top 8 - Men

1	Dan McCullough (27)	Sonoma	35:58
2	Jim Gibbons (39)	Willits	36:40
3	Roy Castro (18)	Healdsburg	37:47
4	Steve Hoots (40)	Mill Valley	39:59
5	Phillip Widener (37)	Santa Rosa	40:57
6	Gwin Stumbaugh (31)	Santa Rosa	41:39

## Division Results - Men

**14-19:** 1. Roy Castro 37:47, 2. Brad Petersen 44:5, 3. Tracy Lozinto 51:42.  
**20-29:** 1. Dan McCullough 35:58, 2. Myron Burr 44:33, 3. Anthony Lozinto 46:38.  
**30-39:** 1. Jim Gibbons 36:40, 2. Phillip Widener 40:57, 3. Gwin Stumbaugh 41:39.  
**40-49:** 1. Steve Hoots 39:59, 2. Richard Frampton 42:07, 3. Ernst Bohn 43:44.  
**50-59:** 1. Howard Young 50:22, 2. William Waring 50:37, 3. Robin Jackson 51:54.  
**60 & Over:** 1. Jim Feeley 49:10, 2. Bill Lingafelter 1:00:56, 3. Charles Mayhew 1:06:01.

## Top 8 Women

1	Kimberly Bricker (33)	Healdsburg	47:02
2	Robin Stovall (25)	Sonoma	47:18
3	JoAnn Windhorst (34)	Santa Rosa	47:49
4	Kathy Hamon (26)	Novato	49:52
5	Nancy Herring (22)	Sebastopol	50:47
6	Laura Cinolli (28)	Geyserville	50:49

## Division Results - Women

**14-19:** 1. Kelley Miltzer 55:46, 2. Connie Von Arx 1:02:56.  
**20-29:** 1. Robin Stovall 47:18, 2. Kathy Hamon 49:52, 3. Nancy Herring 50:47.  
**30-39:** 1. Kimberly Bricker 47:02, 2. JoAnn Windhorst 47:49, 3. Charlene Dunning 51:37.  
**40-49:** 1. Roberta Hoots 53:43, 2. Joan Bailard 54:11.  
**60 & Over:** 1. Maria Carlsen 1:03:19.

# Marantha Runs

May 5, Sacramento.

## Top Ten - Marathon

1	Ted Anderson (40)	2:43:06
2	Mark Kaiser (31)	2:49:57
3	John Wendler (25)	2:52:28
4	Tim Twistmeyer (25)	2:55:32
5	Leonard Iventosh (28)	2:55:45
6	Mark Kullraoka (24)	3:04:34
7	Randy Jones (25)	3:07:14
8	Andrew Finn (32)	3:07:44
9	Hershel Folkes (17)	3:08:41
10	Robert D. Archabald (26)	3:09:36
38	Robin Williams (23F)	3:42:22
43	Patty Redbery (37F)	3:51:06

## Top Ten - Half Marathon

1	George Hernandez (30)	1:06:53
2	Ron Fritzsche (27)	1:07:30
3	Gary Ferof (32)	1:12:16
4	Dan Alarid (41)	1:16:02
5	Don P. Chavez (24)	1:16:03
6	Tom Pearlmien (22)	1:16:19
7	Dave Waterman (26)	1:17:23
8	Dick Pine (39)	1:18:02
9	Tom Jones (34)	1:19:01
10	David Beal (27)	1:19:57
42	Susan Cordon (40F)	1:36:59
63	Joy Halsel (38F)	1:43:46

## Top Ten - 10K

1	Bill Knapp (34)	31:49
2	Robert Lane (27)	34:13
3	Steve Jones (24)	35:03
4	Paul Thomas (15)	35:23
5	Jim Thomas (16)	36:08
6	Sammy Trujillo (37)	36:24
7	James Bossier (41)	37:55
8	Chuck Conway (43)	37:56
9	Mike Miller (42)	37:58
10	Brod Ilg (22)	38:21
40	Alice Hastings (44F)	48:31

# Rotary River Run

Firebaugh, May 5.

## Division Results - 3 Mile

**Open:** 1. Hector Sepulveda 17:33.  
**High School:** 1. Gilbert Delgado 16:26.  
**Women Under 30:** 1. Celia Felix 23:06.  
**Women Over 30:** 1. Jan Alcock 20:32.

## Division Results - 6 Mile

**Open:** 1. Jose Renteria 32:16.  
**Senior Men:** 1. Mike Brooks 34:44.  
**Masters:** 1. Mike Tomblason 44:06.  
**Women:** 1. Pam Linsey 52:12.

## Division Results - 1 Mile

**12 & Under Boys:** 1. Brad Butler (Run Record) 5:41.  
**12 & Under Girls:** 1. Lisa Casteneda N.T.

# Spring Tune Up

May 5, Newport Beach, 5/10K.

## Division Results - Men's 5K

**12 & Under:** 1. Julian Devaney 20:33, 2. David Pohl 20:36, 3. Sean Schodt 20:45.  
**13-14:** 1. Bobby Menzhuber 17:43, 2. David Uri 17:44, 3. Pablo Guzman 18:35.  
**15-18:** 1. Jeff Brock 16:08, 2. Jim Brenner 17:10, 3. Robert Belo 17:20.  
**19-24:** 1. Tim Flanigan 15:33, 2. Derek Turner 15:59, 3. Gary Carlin 16:32.  
**25-29:** 1. Rich Medallin 15:16, 2. William Earley 16:17, 3. Adrian Hohr 16:34.  
**30-34:** 1. Hal Hays 15:10, 2. Walter Hitt 15:55, 3. Al Siddons 15:58.  
**35-39:** 1. Geoff Zehnder 15:29, 2. Cliff Kruthers 16:30, 3. Bob Hill 16:42.  
**40-44:** 1. Steven Waltner 17:54, 2. Dan Thomas 17:58, 3. Thomas Smith 18:07.  
**45-49:** 1. Ray Schmidt 18:02, 2. Dick Vosburgh 18:16, 3. Jerry Brandewile 18:59.  
**60 & Over:** 1. Delmar Gourlay 20:20, 2. Leonard Kulbacki 20:58, 3. Tom Brown 21:12.

## Division Results - Women's 5K

**12 & Under:** 1. Monica Jaimes 21:18, 2. Amy Shaw 22:22, 3. Brandi Ehlers 22:40.  
**13-14:** 1. Kat Prince 18:41, 2. Liane Gonzalez 25:21, 3. Chrysa Schlaeter 25:31.  
**15-18:** 1. Mary Yost 19:16, 2. Karen Croteau 21:43, 3. Julie Yost 22:08.  
**19-24:** 1. Sue Corea 19:44, 2. Sue Foote 20:27, 3. Joanne Pridomirski 21:38.  
**25-29:** 1. Colleen Mills 19:48, 2. Katie Hobson 20:59, 3. Sheree Acosta 21:55.  
**30-34:** 1. Debby Pierce 21:08, 2. J. Blacher 21:24, 3. Jane Blair 21:53.  
**35-39:** 1. Tisha Whitney 17:39, 2. Dalva Justonis 19:07, 3. Josta Santos 19:35.  
**40-49:** 1. Elaine Havens 21:06, 2. Patricia Del Turco 22:59, 3. Airynga Tannberg 23:30.  
**50-59:** 1. Joan Miller 25:22, 2. Dorothy Griggs 25:46, 3. Phyllis Bricker 26:19.  
**60 & Over:** 1. Lucile Adney 31:36.

## Division Results - Men's 10K

**12 & Under:** 1. Brandon Keller 47:12, 2. Ben Clark 49:08, 3. Andrew Sutherland 57:05.  
**13-14:** 1. Bobby Menzhuber 38:30, 2. Barry Bramer 46:02, 3. Curt Newport 47:23.  
**15-18:** 1. Jeff Brock 35:15, 2. Adam Devito 35:51, 3. William Wright 37:31.  
**19-24:** 1. Jerry Alcorn 32:00, 2. Scott Yave 32:24, 3. Paul Klein 34:27.  
**25-29:** 1. Dave Parsel 32:22, 2. Michael Fero 32:56, 3. Steve Schumacher 33:01.  
**30-34:** 1. Aryeh Goldstein 33:58, 2. Jeff Kinzel 34:31, 3. Robert Lopez 35:12.  
**35-39:** 1. Ron Kurrie 32:51, 2. David Strange 36:16, 3. V.D. Turner 36:44.  
**40-44:** 1. Tommy Martin 35:27, 2. Maurice Bousquet 37:41, 3. Tom Davis 37:50.  
**45-49:** 1. Ray Schmidt 37:27, 2. Stan Price 37:30, 3. Harvey Peterson 37:57.  
**50-59:** 1. George McGaffigan 39:14, 2. Marvin Warren 39:22, 3. Bert Ekstrom 40:03.  
**60 & Over:** 1. Casey Poole 43:29, 2. Frank Torode 43:48, 3. Bill Willits 47:36.

## Division Results - Women's 10K

**12 & Under:** 1. Tanya Leneys 1:01:49, 2. Karie Small 1:02:26.  
**13-14:** 1. Martha Manzo 48:53.  
**15-18:** 1. Brenda Krueger 50:00.  
**19-24:** 1. Annette Isom 38:16, 2. Brianne Carrier 39:46, 3. Kerri Draper 40:14.  
**25-29:** 1. Alma Bennett 42:26, 2. Felicie Ridley 42:56, 3. Deanna Suder 43:44.  
**30-34:** 1. Candy Clark 40:14, 2. Jennifer Weiss 40:29, 3. Claudia Morales 41:31.  
**35-39:** 1. Anita Patterson 43:51, 2. Cheryl Jay Baughn 44:50, 3. Dale Werner 49:48.  
**40-49:** 1. Cathy Adams 44:26, 2. Elaine Havens 44:34, 3. Chris Trevarthen 45:27.  
**50-59:** 1. Trava Tilden 46:25, 2. Jeanne Carrier 54:19, 3. Bettie Adrian 54:41.  
**60 & Over:** 1. Lois Edds 50:28, 2. Lucile Adney 1:03:37.

# Turlock Biathlon

May 5, Turlock High School, 10K Run, 30 Mile Bike.

## Overall Results

1	Brett Van Natta	1:56:57
2	Al Celio	2:00:44
3	Robert Stevens	2:01:14
4	K. Jason Dennis	2:02:08
5	Ken Gurley	2:02:48
6	Bryan Price	2:03:06
7	Tim Huber	2:03:32
8	Tom Saunders	2:04:35
9	James W. Hatfield	2:04:36
10	David A. Preszler	2:04:38

## Division Results - Men

**Under 20:** 1. Steven Beverman 2:13:02.  
**20-29:** 1. Brett Vannatta 1:56:57.  
**30-39:** 1. Al Celio 2:00:44.  
**40-49:** 1. Harry Morton 2:05:11.  
**50-59:** 1. Chris Denny 2:19:08.

## Overall Results - Women

1	Jean Chinn	2:17:41
2	Tammy Sherman	2:18:16
3	Leigh Ann Foster	2:29:09
4	Jan Gullickson	2:32:50
5	Onju Roy	2:38:30
6	Barbara Miller	2:39:32
7	Vickie Belton	2:40:14
8	Laurie Dawn McAlan	2:40:43
9	Beverly Marquardt	2:42:31
10	Jo Ann Marquardt	2:42:51

## Division Results - Women

**Under 20:** 1. Amy Janzen 2:50:44.  
**20-29:** 1. Jean Chinn 2:17:41.  
**30-39:** 1. Jan Gullickson 2:32:50.  
**40-49:** 1. Barbara Miller 2:39:42.  
**50-59:** 1. Ethel Kerr 3:12:40.

# Bedbug Challenge

from Nancy Legnard

May 5, Ione, 10K.

## Overall Results

1	Bill Stanbrook (30-39)	32:55
2	Don Spickelmier (40-49)	33:05
3	Mark Gregor (20-29)	33:45
4	Glenn Bailey (30-39)	34:25
5	Jackson Campbell (30-39)	34:35
6	Rick Cushman (20-29)	34:44
7	Larry Kuykendall (40-49)	35:34
8	Ken Kurtz (20-29)	35:44
9	Gordon Long (13-19)	36:21
10	Paul Holmes (40-49)	36:43
11	Gary Davis (40-49)	37:09
12	Les Fredrickson (40-49)	37:17
13	Denny Lloyd (30-39)	37:26
14	Egan Walker (20-29)	37:58
15	Kevin LaGrandeur (20-29)	38:02
16	Dick Heinrich (30-39)	38:17
17	Jim Baker (40-49)	38:20
18	Nay Grant (20-29)	38:30
19	Michael Nasiatka (20-29)	38:31
20	Rich Petersen (40-49)	39:05
29	LaDonna Washington (20-29F)	40:11
32	Walt Betschart (50&O)	40:27
34	Betsy Gray (20-29F)	40:33
40	Sandy Fitzwalter (30-39F)	41:09
49	Vance Koerner (50&O)	41:48
91	Kerry Neubaum (13-19F)	45:56
123	Celis Wildin (40-49F)	48:21
203	Jan Sutherland (50&OF)	1:01:32

# Run With The Nurses

May 5, Pasadena Rose Bowl, 10K.

## Overall Results

1	Marco Garcia (22)	32:03
2	Mario Hidalgo (25)	33:18
3	Barry Kelly (25)	33:36
4	John Frankman (26)	34:01
5	Art Ting (31)	34:33
6	Steve Ecklund (25)	36:01
7		



# Results

## Carrera Del-Ano

May 5. Deiano. 5/10K.

### Division Results - Men's 5K

13 & Under: 1. Eliseo Ochoa 19:03, 2. Chris Torres 22:52, 3. John Olivarez 25:14. 14-20: 1. Jaime Pimentel 18:09, 2. Ruben Ozuna 18:21, 3. Martin Ramos 17:21. 21-29: 1. Tony Zuniga 18:47, 2. Fernando Gomez 17:18, 3. Norman Burwell 18:32. 30-39: 1. Jimmy Aguilar 16:49, 2. David Alaniz 19:08, 3. Joe Martinez 19:42. 40-49: 1. Arnold Buchanan 17:19, 2. Glenn Angkahan 18:57, 3. Don White 19:02. 50-59: 1. Bill May 22:13, 2. Tom Davis 22:38, 3. Alfred Rutlaga 31:10. 60 & Over: 1. Joseph Gonzales 57:51.

### Division Results - Women's 5K

13 & Under: 1. Angela Olivarez 29:06, 2. Kristen Espinoza 31:29. 21-29: 1. Marlene O'Rourke 26:50, 2. Aurora Cruz 29:53, 3. Ann Rotella 34:29. 30-39: 1. Eloisa Hernandez 23:29, 2. Eleanor Espinosa 23:35, 3. Maria Avina 24:37. 40-49: 1. Susan McCreery 23:44, 2. Ola Buchanan 25:38.

### Division Results - Men's 10K

14-20: 1. Amador Ayon 39:24, 2. Armando Gutierrez 41:00. 21-29: 1. Adrian Huerta 33:36, 2. Tony Rotella 41:27, 3. Barry Biggs 41:44. 30-39: 1. Harry Maloney 36:17, 2. Robert Rodriguez 36:18, 3. Alex Orasco 37:21. 40-49: 1. Neil Wilcox 38:09, 2. George Medina 43:01, 3. Luis Velosa 44:02. 50-59: 1. Richard Ramirez 36:29, 2. Carlos Gutierrez 41:34, 3. Gabriel Olmos 48:52. 60 & Over: 1. Harry Harder 46:03.

### Division Results - Women's 10K

21-29: 1. M. Lyn Eisentrout 54:23. 30-39: 1. Rosa Carrillo 58:34, 2. Wanda Barrera 1:01.

annual Tarahumara Running Club event. One entry covered both races and 25 five mile entrants turned around and ran the 1 miler two hours after the start of the five miler. Needless to say, there weren't many PRs set in the 1 miler, but it did allow the gutsier people to win some medals. Awards were given in 7 divisions for the five miler and the first 15 male and first 10 female finishers in the mile race were handed medals and ribbons as they crossed the finish line.

Appropriately, in keeping with the Cinco De Mayo Celebration theme, a 23 year old Mexican college student from the land of the legendary running Tarahumara Indians, Chihuahua Mexico, won both races. The Stockton Club was elated to see David Ruiz Erivez, after burning the first mile under 4:40, hang on to win in 27:13 over local runner Ricky Buck who held to a 5:35 pace to finish second in 27:53. A tired David sucked it up and won the 1 miler in 4:51. Local favorite Karen Sanguinetti was first female in the 5 miler, getting her time down to a rock steady 6:30 pace, finished in 32:43. She was 34 seconds ahead of Tracyle Consuelo Garcia who finished at 33:17. Consuelo was first female in the 1 mile at 6:06 and Sanguinetti was second at 6:16.

The races were the kick off events for the Stockton Cinco De Mayo Celebration. A 3 1/2 hour parade and day long celebration followed. An estimated 16,000 people attended the event at the race site in downtown Stockton. Stockton police did a great job of traffic control and went out of their way to accommodate a last minute change in the one mile course due to local uptown merchant uprising over street closure times. A good time was had by all, and after a bandstand awards presentation the Tarahumara Running Club operated a food booth decorated with race flyers and T-shirts from road races.

### Overall Results - Five Miles

1	David Ruiz Erivez (23)	27:13
2	Ricky Buck (30)	27:53
3	Robert Chambers (31)	28:52
4	Guy Terra (15)	29:02
5	Frank Garcia (26)	29:27
6	Todd Lytle (15)	29:31
7	Mark Sandoval (15)	30:15
8	Jess Muniz (39)	31:30
9	John Hymes (38)	31:31
10	Bruce Inlow (37)	32:27

### Division Results - Men's 5 Miles

12 & Under: 1. Danny Drozhenko 53:12. 13-17: 1. Guy Terra 29:02. 18-29: 1. David Ruiz Erivez 27:13. 30-39: 1. Ricky Buck 27:53. 40-49: 1. Ron Gross 32:57. 50-59: 1. Chuck Holmes 35:34. 60 & Over: 1. James Tomlinaga 53:18.

### Division Results - Women's 5 Miles

13-17: 1. Regina Borrero 44:56. 18-29: 1. Consuelo Garcia 33:17. 30-39: 1. Karen Sanguinetti 32:43. 40-49: 1. Ginger Burrolia 35:24. 50-59: 1. Virginia LaFever 45:22.

### Overall Results - 1 Mile

1	David Ruiz Erivez (23)	4:51
2	Robert Chambers (31)	5:10
3	Frank Garcia (26)	5:24
14	Consuelo Garcia (24)	6:06
15	Karen Sanguinetti (37)	6:16
16	Marquez	6:19

## Devil Mountain Run

from Deborah Fortune

Danville, May 6.

PA TAC Open Men's Team Champs.

### Division Results - Men

Wheelchair: 1. Troy Durham 31:07. 16 & Under: 1. Jon Basinger 33:49, 2. Andy Davis 33:55, 3. Robert Grove 34:24. 17-29: 1. Ivan Huff 29:06, 2. John Moreno 29:31, 3. Doug Avril 29:34. 30-39: 1. Brian Maxwell 30:12, 2. Denise O'Halloran 30:54, 3. Marc Genet 31:02. 40-49: 1. Sai Vasquez 30:49, 2. Nick Winter 33:09, 3. Tim

Rostage 33:42. 50-59: 1. Bob Farrington 35:57, 2. E. R. Silver 36:46, 3. Ken Allen 37:18. 60 & Over: 1. Hory Kodd 40:37, 2. John Gilkey 41:37, 3. Robert DeChene 42:46.

### Division Results - Women

16 & Under: 1. Wanda Bailey 39:13, 2. Lori Hill 43:08, 3. Amy Byers 43:10. 17-29: 1. Eileen Kraemer 35:10, 2. Helke Skaden 35:41, 3. Angela Tibadulza 37:24. 30-49: 1. Shariet Gilbert 35:33, 2. Laurie Blinder 35:50, 3. Karen Lanterman 38:21. 40-49: 1. Shirley Matson 37:21, 2. Barbara Shubert 41:18, 3. Carolyn Poteat 46:33. 50-59: 1. Eileen Kiatsky 47:39, 2. Margaret Houston 49:53, 3. Marlys Green 50:02. 60 & Over: 1. June Thompson 59:03, 2. Arline Fitzgerald 65:05.

## Oralingua Run For Better Hearing

Whittier, May 6.

### Division Results - Men's 5K

12 & Under: 1. T. Norberg 25:53. 13-15: 1. D. Fisk 19:54. 19-29: 1. F. Garcia 18:24, 2. T. Snavelly 18:58, 3. P. Gomez 18:18. 30-34: 1. J. Englebrecht 18:10, 2. E. Sanchez 19:25, 3. L. Johnson 25:23. 35-39: 1. J. Englehardt 20:27, 2. T. Maloney 25:18, 3. N. Shirley 25:36. 40-44: 1. R. Shelley 18:50, 2. C. Laine 20:14, 3. L. Hall 22:45. 45-49: 1. C. Aldas 27:26. 50-54: 1. W. Ferrel 20:22, 2. R. Olvera 21:14, 3. V. Aposhian 22:00. 55-59: 1. B. Landry 19:14, 2. J. Sutton 29:24. 60 & Over: 1. T. Smith 28:46, 2. N. Pisciotta 30:14, 3. L. Kelbley 33:35.

### Division Results - Women's 5K

12 & Under: 1. C. Chavez 22:31. 19-29: 1. C. Apodaca 27:40, 2. C. Von Meter 28:46. 30-34: 1. M. West 26:16, 2. T. Norberg 27:17. 40-44: 1. S. Weld 53:26, 2. S. Bruce 53:55. 45-49: 1. J. Sutton 29:23. 55-59: 1. E. Durbin 31:49.

### Division Results - Men's 10K

12 & Under: 1. D. Katchum 49:59. 19-29: 1. J. Mills 36:40, 2. A. Ellwanger 36:53, 3. D. Meyer 39:02. 30-34: 1. J. Jurado 34:16, 2. R. West 37:14, 3. D. Veff 40:01. 35-39: 1. B. Marks 40:14, 2. M. Mason 42:24, 3. J. Marty 42:35. 40-44: 1. C. Nall 41:20, 2. A. Villanueva 41:32, 3. L. Hall 47:21. 50-54: 1. E. Burton 41:06, 2. P. Robles 45:20. 55-59: 1. B. Stowell 42:38, 2. J. Sutton 50:31. 60 & Over: 1. B. Hodowski 54:07, 2. N. Pisciotta N.T.

### Division Results - Women's 10K

19-29: 1. K. Luciano 45:51, 2. D. Mason 48:00, 3. B. Linn 51:08. 35-39: 1. C. Barlow 53:36, 2. C. Marks 63:51. 40-44: 1. D. Robson 53:36, 2. G. Nall 53:26. 45-49: 1. D. Fomy 68:02.

## Levi's Women's Challenge Triath.

Redwood City, May 6.

### Overall Results

1	Joanne Ernst	1:51:17
2	Julie Moss	1:53:35
3	Colleen Cannon	1:54:20
4	Jennifer Hinshaw	1:55:07
5	Karen Chequer	1:56:46
6	Jacqueline Shaw	1:57:04
7	Susan Banfield	2:00:03
8	Kathie Rivers	2:01:13
9	Patti Scott-Baler	2:01:57
10	Anne Dandy	2:02:53
11	Susan McMurray	2:05:10
12	Lisa Templeman	2:05:35
13	Joann Dahlkoetter	2:05:44
14	Deirdra Beckus	2:06:53
15	Suzanne Wilson	2:06:58
16	Susan Griffin	2:07:40
17	Teresa Jackson	2:08:53
18	Elizabeth Davis	2:10:01
19	Nathalie Van Hamealryck	2:10:14
20	Stacey Nichol	2:10:29
21	Sally Burton	2:10:31
22	Cathi Bing	2:10:44
23	Helen Casabona	2:10:55
24	Audrey Abang	2:11:45
25	Renee Arst	2:11:59

## Avenue of the Giants Marathon

Arcata/Weott, May 6.

### Overall Results

1	Howard Labrie (33) Arcata	2:27:07
2	Andrew Kaplan (27) Berkeley	2:28:57
3	John Watts (28) Medford	2:29:09
4	Syl Pascale (35) SanCarlos	2:29:57
5	Edward Bomber (24) Casper	2:30:46
6	Randall Crist (23) ElCerrito	2:31:34
7	Mitchell Greenberg (32) Oakland	2:32:29
8	Robert Rasmussen (35) Provo	2:33:27
9	James Lawson (30) SanCarlos	2:35:10
10	Dave Carlsen (31) Carson	2:35:38
11	Charles Freeman (33) Mt.View	2:38:23
12	Ferol Kimble (31) CoronaDelMar	2:37:13
13	Gene Sykes (26) Woodside	2:37:34
14	Ma Grimbolt-Inoihar (30) S.F.	2:38:39
15	Brian Connon (37) Canada	2:38:48
16	Richard Sinner (32) Moraga	2:38:52
17	James Washington (29) Arcata	2:39:11
18	Bill Doremus (26) SanDiego	2:39:25
19	David Vigil (24) S.F.	2:42:02
20	Bill Sullivan (25) SanJose	2:42:34
21	Gregory Zentner (24) BaySide	2:43:24
22	Steve Dornish (39) Leucadia	2:43:32
23	John McIntosh (37) Redding	2:44:11
24	Larry Tonzi (37) Klamath Falls	2:44:57
25	Timothy O'Rourke (26) PaloAlto	2:45:03

### Division Results - Men

19 & Under: 1. Rooney Leitman 3:05:56, 2. Jay C. Nelson 3:16:46, 3. Dmitri Katz 3:23:49. 20-34: 1. Howard Labrie 2:27:07, 2. Andrew Kaplan 2:28:57, 3. John Watts 2:29:09. 35-39: 1. Syl Pascale 2:29:57, 2. Robert Rasmussen 2:33:27, 3. Brian Connon 2:38:48. 40-44: 1. Robert Yates 2:45:37, 2. Bill Carlo 2:48:27, 3. Thomas Barthold 2:48:28. 45-49: 1. George Felker 2:50:31, 2. Gayle Hess 2:51:35, 3. Joseph Wilson 2:53:08. 50-54: 1. George Davall 2:54:54, 2. Patrick Taylor 2:57:38, 3. George Grandell 2:58:00. 55-59: 1. Wally Strauss 3:03:23, 2. William Welgie 3:17:42, 3. Bill Casteel 3:19:59. 60-64: 1. Gus Hanneck 3:17:34, 2. Art Schneider 3:22:50, 3. Don England 3:51:24. 65 & Over: 1. Al Horanzy 4:08:51, 2. Bob Manly 4:13:52, 3. Paul Perrine 4:18:28.

### Division Results - Women

19 & Under: 1. Margaret Moffitt 4:05:37. 20-34: 1. Ioma Mbanugo 3:01:48, 2. Carol Ferrar 3:03:21, 3. Pamela Burkes 3:11:04. 35-39: 1. Nelly Wright 2:49:16, 2. Cynthia Ashley 3:12:29, 3. Hannelore Ondrusek 3:24:11. 40-44: 1. Anitra Seltamo 3:34:24, 2. Rosemary Parrish 3:37:19, 3. Nancy Thweatt 3:41:07. 45-49: 1. Alice Rose 3:20:38, 2. Sue Stipe 3:26:58, 3. Libby Marks 3:29:19. 50-54: 1. Patricia Johnson 3:28:59, 2. Ann Enman 3:39:31, 3. Nancy Gardner 4:21:39. 55-59: 1. Joan Rudig 4:01:57, 2. Bernice Carter 4:18:27, 3. Etta Palmer 4:22:01.

## Santa Anita Spring Classic

from Irma Hutton

May 6. Arcadia. 5/10K.

More than 2400 participants were on hand for the 5th running of "The Classic" at world-famous Santa Anita Racetrack in Arcadia, California. The weather was cool and conditions close to ideal for the 5 and 10K runs on the fast, scenic course that started and finished in the racetrack parking lot. The race was held on a primarily flat, tree-lined route that wound past Arcadia High School, County Park, Golf Course, and Fashion Park, and took a gradual upgrade near the lush Arboretum. Overall winners in the 10K were Joel Hope (30:33) and Marie Rollins (37:24), while Enrique Serratos (15:31) and Liz Carman (17:59) had winning times in the 5K event. All runners were eligible for a special drawing that entitles the winner to carry the Olympic torch for one kilometer in the 1984 Olympic Torch Relay. Steve McNamara of Mission Hills



David Ruiz Erivez

## Cinco De Mayo Races

by Rudy Rodriguez

Stockton, May 5.

Eighty-four runners lined up for the 5 mile race and 46 for the 1 miler in this 1st



won the honors. Proceeds from "The Classic" will benefit recreational facilities in Arcadia. Santa Anita will host the 8th Annual Spring Classic in the spring of '85, but in the meantime The Great Race Place will play host to the 1984 Olympic equestrian events.

**Division Results - Men's 5K**  
**15 & Under:** 1. Richard Erbes 16:18. 16-20: 1. Thomas Watkins 15:51. 21-29: 1. Raul Gonzales 15:58. 30-39: 1. Enrique Serratos 15:31. 40-49: 1. Ray Hughes 16:31. 50-59: 1. Jim Knerr 16:35. **60 & Over:** 1. Larry Banvelos 18:59.

**Division Results - Women's 5K**  
**15 & Under:** 1. Eva Calderon 19:06. 16-20: 1. Kim Ojeda 18:35. 21-29: 1. Liz Carman 17:59. 30-39: 1. Lois Curl 18:41. 40-49: 1. Minette Scard 21:13. 50-59: 1. Elaine Herfert 24:47. **60 & Over:** 1. Sean Floryan 29:49.

**Division Results - Men's 10K**  
**15 & Under:** 1. Aaron Mascorro 34:48. 16-20: 1. Sergio Valenzuela 31:52. 21-29: 1. Joel Hope 30:33. 30-39: 1. Ben Wilson 31:25. 40-49: 1. Phil Ryan 32:40. 50-59: 1. Aurelio Camacho 37:18. **60 & Over:** 1. Bob Page 39:28.

**Division Results - Women's 10K**  
**15 & Under:** 1. Amy Bryer 49:11. 16-20: 1. Debbie Morosic 41:22. 21-29: 1. Marie Rollins 37:24. 30-39: 1. Michele Fuller 39:22. 40-49: 1. Carmen Connolly 43:06. 50-59: 1. Helen Dick 41:24. **60 & Over:** 1. Mildred Swalder 67:32.

## Around The Bay In May

May 6. Los Osos. 10K.

**Division Results - Men**  
**12 & Under:** 1. Mike Jones 46:24. 2. Luke Randy 52:06. 3. Justin Tool 55:33. 13-18: 1. Ted Brown 37:55. 2. Tim Berger 42:05. 3. Andy Heystee 42:13. 19-29: 1. John Ernatt 36:29. 1. Paul Lee 36:29. 1. John Henlay 38:29.(tie). 30-39: 1. Tim O'Hara 37:56. 2. Lee Broshear 38:02. 3. Patrick Jenkins 38:31. 40-49: 1. Clem Michael 38:01. 2. Larry Jamison 38:47. 3. Dave Howell 41:09. **50 & Over:** 1. Harry Heystee 51:32. 2. Dick Benley 51:36.

**Division Results - Women**  
**13-18:** 1. Ashley Orton 49:22. 2. Patti Glimski 60:58. 19-29: 1. Diane Dixon 39:30. 30-39: 1. Mary Beth Smith 48:23. 2. Loretta Towne 49:00. 3. Jane Broshears 52:08. 40-49: 1. Yvonne Abbott 50:28. 2. Cil Boughton 59:16. 3. Jean Brown 64:50. **50 & Over:** 1. Mary Haworth 64:48.

## Ramona Convent 5K/10K Runs

from Margie Hultron

May 6. Alhambra.

Thank you for your interest in the results of our 2nd Annual Ramona Convent 5K/10K Run. We are happy to report that after a slow start in the sign-ups we ended up with 300 runners. The first place man was Eric Smith, a 17 year old high school student for Temple City. His time was 16:53.7. The first woman in the 5K was Penny Fleming, timed in 23:39.3. The first place man in the 10K was Antonio Herrera, 38:40.5. He was our first place finisher in the 5K last year. We were happy to have him back. First place woman in the 10K was Patty Hager, 40:38.9.

Please send us a copy of the next issue of your news. God bless you and all your work.

## Mother's Day Four Mile Run

from Cherie Stephenson

May 12. Visalia.

This year the heat played a major role in the annual Mother's Day event held in Mooney Grove Park. 76 runners took part in the 4 mile run held on May 13.

Robert Ricker and Marty Higginbotham took the lead early in the race. They ran together for the first 3 miles when Ricker pulled away and won the race in 20:38. Higginbotham was second in 21:05. Loretta Cruz was the first woman finisher in 25:12. Valley 1600 and 3200 meter champ Lori Cook was second in 25:46. First Mother was Nancy Coombs in 27:59. First Grandmother was Elaine Clark in 43:40.

**Division Results - Men**  
**14 & Under:** 1. Pat Doyle 28:22. 2. Shane Powell 28:29. 15-18: 1. Brett Lizotte 22:05. 2. Jack Patino 22:32. 19-29: 1. Robert Ricker 20:38. 2. Marty Higginbotham 21:05. 3. Adrian Huerta 21:28. 30-39: 1. Larry Nava 22:46. 2. Bob Terhaar 23:10. 3. Pete Renteria 23:16. 40-49: 1. Frank Padilla 22:19. 2. Bob Blakeley 25:03. 3. J. D. Fischer 25:35. 50-59: 1. Bob Hall 30:37. 2. S.L. Miller 32:46. **60 & Over:** 1. Ed Preston 26:54.

**Division Results - Women**  
**14 & Under:** 1. Jennifer Tracy 32:55. 15-18: 1. Loretta Cruz 25:12. 2. Lori Cook 25:46. 19-29: 1. Debbie Mason 28:36. 2. Carol Lindberg 29:39. 3. Laurel Calcote 35:07. 30-39: 1. Nancy Coombs 27:59. 2. Jacque Randolph 28:47. 3. Philinda Stillwell 31:03. 40-49: 1. JoAnne Branco 28:43. 2. Andrea Geiger 44:17. 50-59: 1. Elaine Clark 43:40.

## Sutter Buttes 10 Miler

May 12. Sutter.

**Overall Results**  
 1. Mike Buzbee (30-34) 58:12  
 2. James Ballantyne (40-44) 59:06  
 3. Rick Torres (18-24) 59:49  
 4. Mike Wetzel (25-29) 60:05  
 5. Bob Haugen (25-29) 61:03  
 7. Jamie Siller (13-17) 63:38  
 9. Kent Draper (35-39) 65:57  
 10. David Ragsdale (45-49) 66:28  
 14. Elden Sylva (50-59) 70:04  
 18. Jackie Walker (35-39) 71:58  
 29. Susan Condon (40-44) 77:15  
 39. Kimberly Bird (18-24) 86:20

## Community Fiesta Run

from Dave Peters

May 12. Pleasant Hill. 5K/10K.

**Overall Results - 10K**  
 1. Eric Williams (34) Oakland 32:04  
 2. Dave Brown (39) PleasantHill 32:37  
 3. David Perlman (20) WalnutCk 33:47  
 4. Joe Cavanaugh (40) Lafayette 34:35  
 5. Bryan Holmes (49) Concord 35:52  
 6. Steven Lewis (19) Livermore 36:14  
 7. Fred Blick (20) S.F. 36:27  
 8. Charles Frown (23) Moraga 36:29  
 9. David Terra-Mon (34) Concord 36:57  
 10. Dave Eherhardt (13) Pleas.HI 37:57

**Division Results - Men's 10K**  
**13 & Under:** 1. Dave Eherhardt 37:57. 14-18: 1. Mike Eseltine 44:03. 19-29: 1. David Perlman 33:47. 30-39: 1. Eric Williams 32:04. 40-49: 1. Joe Cavanaugh 34:35. 50-59: 1. Don Hilderbrand 41:03. **60 & Over:** 1. Charles Hansen 47:19.

**Division Results - Women's 10K**  
**13 & Under:** 1. Amanda Seven 52:54. 14-18: 1. Londa Mobley 46:15. 19-29: 1. Grace

Pierson 40:04. 30-39: 1. Bonnie Blaschek-Miller 40:56. **60 & Over:** 1. Olivia Luxemburg 55:19.

**Overall Result - 5K**  
 1. Eddie Lanzarin (31) S.F. 15:44  
 2. Matthew Dowling (22) Pacheco 16:17  
 3. John Taico (37) Oakland 16:25  
 4. George Greiner (24) WalnutCk 16:30  
 5. Wayne Cottrell (21) Oakland 17:09  
 6. John Lee (22) WalnutCk 18:18  
 7. Roger Goatcher (16) Tracy 18:59  
 8. Marilyn Harbin (48) Martinez 19:12  
 9. Steve Tydall (28) WalnutCk 19:16  
 10. Ed Sias (37) Lafayette 19:21

**Division Results - Men's 5K**  
**13 & Under:** 1. Dan Goldstone 23:24. 14-18: 1. Roger Goatcher 18:59. 19-29: 1. Matthew Dowling 16:17. 30-39: 1. Eddie Lanzarin 15:44. 40-49: 1. Mike Dixon 22:10. 50-59: 1. Richard Hanna 21:14. **60 & Over:** 1. John Gilkey 20:36.

**Division Results - Women's 5K**  
**13 & Under:** 1. Lucrecia Sandoval 39:19. 14-18: 1. Kathy Bower 24:41. 19-29: 1. Carolyn Luback 25:00. 30-39: 1. Marsha Sias 21:22. 40-49: 1. Ann Little 28:10. 50-59: 1. Rose Bower 34:45.

## Horned Toad Derby

from Bob Sempie

May 12. Coalinga. 6.7K.

**Overall Results**  
 1. Patrick L. Dunning (30-39) 23:40  
 2. Anthony Uribe (18) 24:32  
 3. Larry Martin (18-29) 24:38  
 4. Tom Van Matre (18-29) 25:24  
 5. Tim Love (18-29) 25:40  
 6. Steven Whitwill (30-39) 25:44  
 7. Matt McLaughlin (18-29) 26:08  
 8. Don Kamps (30-39) 26:14  
 9. Roly Hutchinson (30-39) 26:26  
 10. Ronald Robillard (30-39) 26:46  
 11. David Raygoza (18-29) 27:02  
 12. Tommy Upton (40-49) 27:21  
 20. John Uharriet (50 & O) 28:35  
 27. Terra Kennedy (30F) 29:32  
 32. Olga Oldham (30F) 30:28

## Pirates' Tide Stride

May 12. Morro Bay.

**Overall Results - 10K**  
 1. Peter Puchek(24)Vanden.AFB 35:48  
 2. Craig Barbehenn(30)SanClemant 39:14  
 3. Hakem Kawy(37)SLO 40:31  
 4. Leo Estes (48)ArroyoGrd 42:05  
 6. Marci Snodgrass (30) MorroB 42:53  
 10. Buzz Hinckley (50) Atasc. 45:37  
 15. MaryBeth Smith (31) SLO 52:22  
 17. Joe Graham (66) SLO 54:18  
 21. Harriet Lord (40) LosOsos 60:10  
 22. Elizabeth Baker(58)MorroB 66:54

**Overall Results - 5K**  
 1. Paul Brenninger(30)SLO 19:22  
 2. Gary McCallum (16) LosOsos 20:32  
 3. Jim Lindholm (40) LosOsos 21:07  
 6. Lin Snyder (32) Cayucos 23:44  
 9. Heather Mills (11) Atasc. 25:19  
 13. Jean Brown (44) Los Osos 30:46

## Pass It Along Women's Runs

from Paul A. Marsh

May 12. Buena Park.

**Division Results**  
**15-18:** 1. Catherine Roberts 38:26. 19-29: 1. Rhonda Davidson 39:26. 30-39: 1. Lois Curl 39:46. Kathy Adams 50:12. 50-59: 1. Dell Metzler 1:08:42.

## Rites of Spring Run

from John Medinger

May 12. San Francisco. 5 Miles.

Sal Vasquez doesn't seem to get any older. He just gets faster. After being pushed during the early part of the race by Eddie Lanzarin, Sal pulled away on an uphill stretch at 4 miles to set a new course record in the 12th Annual Pamakids Rites of Spring Run.

Elsa Ruff pulled away from defending champion Danelle Leong and Vicki Blankenship to win the women's race by a comfortable 400 yards.

The race features trophies to all 10-and-under finishers. There were 12 children finishers, and 11 of them were girls! Six-year-old George Ellis did his best to hold up the boys side, though, as he was the first under-10 in with a fine 41:16 clocking.

**Overall Results**  
 1. Sal Vasquez (1st 40-44) 24:54  
 2. Eddie Lanzarin (1st 30-34) 25:31  
 3. Armen Khachadourian 28:11  
 4. Dennis Dillie (1st 20-29) 28:32  
 5. Pat Cunneen, Jr. (1st 16-20) 29:01  
 6. Wayne Plymale 29:06  
 7. John Galletta (2nd 40-44) 29:36  
 8. James Janakes 29:59  
 9. Chris Jefferson 30:02  
 10. Tim Lloyd 30:03  
 11. Paul Weggenman (1st 45-49) 30:39  
 12. Bob Bailew 31:07  
 13. Pat Cunneen, Sr. (1st 50-54) 31:16  
 14. Elsa Ruff (1stF 30-34) 31:23  
 15. Bob Gehl (1st 55-59) 31:42  
 16. John Blankenship (1st 35-39) 32:09  
 17. Jim Enfield 32:15  
 18. Brian Toolajian 32:29  
 19. Jim Nicholson 32:31  
 20. Danelle Leong (1stF 20-29) 32:47  
 21. Herb Vanek 32:55  
 22. Vicki Blankenship (1stF 35-39) 33:11  
 23. Tony Rossmann (3rd 40-44) 33:48  
 24. Kenn Lee 33:47  
 25. Pat Magee 34:01  
 38. Margaret Curtis (1stF 40-44) 36:42  
 43. Otto Sommerauer (1st 60&O) 39:14  
 44. Nicole Ellis (1stF 11-15) 39:28  
 48. George Ellis (1st 10&U) 41:16  
 50. Vivian Rodriguez (1stF 45-49) 41:33  
 54. Carrie Spring (1stF 10&U) 45:09

## Human Race 10K

from Lenore Jacoby

May 12. Pomona. 10K.

**Overall Results**  
 1. Randy Brown 38:03  
 2. John Greenwood 38:16  
 3. Abel Sedillo, Jr 39:04  
 4. Mike Mazurek 39:28  
 5. Dan Burton 39:46

## Potrero 5.5 Scenic Scamper

from Enola D. Maxwell

May 12. San Francisco.

**Overall Results**  
 1. Roberto Mendez (30-39) 30:57  
 2. Lateef Shahid (30-39) 33:29  
 3. Dale Freeman (40-49) 33:52  
 4. Mike Arbunich (18-29) 34:09  
 5. Iven Milton (30-39) 34:46  
 6. James Mace (30-39) 34:55  
 7. Vincent Kobelt (14) 36:08  
 8. Richard Radovich (40-49) 38:11  
 9. Brian Fitzmaurice (30-39) 38:34  
 10. David Kobelt (11) 37:05  
 12. Denise Dunbar (18-29) 37:48  
 14. Neil Mahoney (50-59) 38:48  
 18. Kristen Makita (30-39) 41:32  
 25. Kate Parun (18-29) 46:02  
 28. Nichole Ellis (11) 46:59  
 42. Robert Hartman (60&O) 51:45



## Run for the Money

from Ed Crouch

### May 13. Santa Clara. 5 Miler.

Alex Gonzales, 22, of San Jose won the National InterCity Bank "Run for the Money" five-mile race today. His winning time was 26:09. Tammi Teichgraeber, 26, Santa Clara, was the first woman across the finish line with a time of 34:39.

More than 300 runners wove through streets in Santa Clara and Sunnyvale following a Loomis armored truck, which served as the pace car for the race. The five-mile certified race began and finished at the bank's new headquarters at 3000 Lakeside Drive in Santa Clara.

The run was sponsored by National InterCity Bank, Santa Clara, and proceeds of some \$2,500 went to the City Center Ballet Company, San Jose.

Frank Dicker, NIB president, announced that the race would be an annual fund raising event for local non-profit organizations. NIB opened in September 1983.

#### Division Results - Men

15 & Under: 1. Jorg Kukies 28:38, 2. Louis Ortiz, 3. Jerome Daniels. 16-24: 1. Alex Gonzales 26:09, 2. Rory O'Flaherty, 3. Scott Marion. 25-34: 1. Paul French 26:51, 2. Jeff Nakasone, 3. Greg Johnson. 35-44: 1. Jim Owen 27:21, 2. Bill Dunn, 3. Sammy Castillo. 45-54: 1. David Augustine 29:44, 2. Tony Fraser-Smith, 3. Glenn Unsicker. 55 & Over: 1. Joe King 34:52, 2. Howard Powers, 3. Charles Hall.

#### Division Results - Women

15 & Under: 1. Nicole Holler 40:50, 2. Tammi Reback, 3. Michelle Rapkin. 16-24: 1. Kathryn Burrola 36:38, 2. Barbara Scott, 3. Jolynn Mignano. 25-34: 1. Tammy Teichgraeber 34:39, 2. Bernadette Mulholland, 3. Susan Feyrer. 35-44: 1. Margaret Hillier 42:54, 2. Georgina Marlon, 3. Kathleen Long. 45-54: 1. Ginger Burrola 35:35, 2. Donna Dicker, 3. Elaine Peterman. 55 & Over: 1. Penny Hall 46:06.

## Mission Fiesta Run

from Todd Robinson

### May 13. Lompoc. 10K.

#### Overall Results

1 Ron Ysaia (22)	32:22
2 Peter Puhak (24)	36:51
3 William Graham (43)	38:16
4 Dennis Grossini (36)	38:31
5 Mike Uema (41)	39:59
6 Dan St. John (17)	40:07
7 Joe Padilla (22)	40:56
8 Charles Sepko (39)	41:22
9 John Kelley (21)	41:23
10 Kerry Austreng (18)	41:45
16 Ray Gill (59)	43:35
19 John Holoubek (67)	44:30
31 Tricia Sepko (34F)	49:03
34 Trina Nagele (39F)	51:12
35 Gudrun Fink (40F)	51:18

## Law Day Run

### May 12. Ft. Irwin. 10K.

#### Overall Male

1 Morris Vernon	32:36
2 Michael Jone	34:29
3 Christopher Pagdilao	37:07

#### Division Results - Male

Youth Male: 1. C. Henthorne 37:38. Under 10: 1. Matt McQueen 61:01. 18-26: 1. Rick Baillergeon 40:24. 27-36: 1. Walter Paikovitch 38:38.

#### Overall Female

1 Becky Palmer	46:51
2 Lori Tippats	50:11
3 Novella Taylor	52:46
37+:	
1. Londa Sevier 52:48. 18-26:	
1. Marla Vasquez 62:33. 27-36:	
1. Gloria Saiz 53:25.	

## Run For The Sun

from Bill Meinhardt

### May 12. Los Gatos. 10K.

#### Division Results - Men

13 & Under: 1. David Christiansen 46:57, 2. Pete Darby 48:18, 3. Richard Crellin 48:29. 14-18: 1. Jamie Pimentel 34:51, 2. Bob McLaughlin 35:17, 3. Scott Robinson 37:19. 19-29: 1. Sal Beruman 33:14, 2. Tony O'Halloran 33:56, 3. Matt Sommer 34:59. 30-39: 1. James Cunningham 33:41, 2. Roberto Gomez 34:33, 3. R.D. Tompkins 35:32. 40-49: 1. Tim Rostege 34:00, 2. Bill Meinhardt 34:18, 3. R. J. Nelson 35:00. 50 & Over: 1. Bob Farrington 36:39, 2. E.R. (Gene) Silver 37:07, 3. Ken Napier 38:07.

#### Division Results - Women

13 & Under: 1. Priscilla Quistian 62:08, 2. Brandy Hale 89:28. 14-18: 1. Elizabeth Farnsworth 46:36, 2. Melany Miners 48:42, 3. Nydra Hernandez 48:43. 19-29: 1. Zoe Davies 40:47, 2. Ann Dallin 41:22, 3. Noreen Kelley 41:37. 30-39: 1. Sue Francis 42:56, 2. Carol Colbeck 46:54. 40-49: 1. Carol Stroud 40:37, 2. Shirley Church 42:48, 3. Diane Bromstead 45:09. 50 & Over: 1. Darlene Dyer 50:02.

Wheelchair Division: Gert Kerr 28:45.

## Sportsrunners 5/10K

### May 12. Newport Beach.

#### Division Results - Men's 5K

14 & Under: 1. Eddie Lovelle 17:00, 2. Joel Bender 18:01, 3. Rene Bentley 18:23. 15-18: 1. Jose Alcaraz 15:45, 2. Thomas Leong 16:39, 3. James Tyner 16:51. 19-24: 1. John Elders 16:33, 2. Ted Snavely 16:38, 3. Alan Estrada 16:46, 4. Larry Hand 17:09. 25-29: 1. Jon Horowitz 16:37, 2. Herb Massinger 16:55, 3. Kevin Janus 17:00. 30-34: 1. Dan Thomas 15:49, 2. Bruce Fast 16:50, 3. Bob Babbitt 17:24. 35-39: 1. Geoff Zehnder 15:20, 2. Jarrett Williams 17:20, 3. Dale Fairchild 17:24. 40-44: 1. Harry Hunt 17:53, 2. Tom Burns 18:01, 3. Pete Ganulin 18:41. 45-49: 1. Bob Hyman 18:35, 2. Gerald Tyner 19:05, 3. Pete Raiz 19:30. 50-59: 1. Hu Goldstein 20:25, 2. Sal Chaldez 20:41, 3. George Hara 21:10. 60 & Over: 1. Jack King 25:30, 2. Thomas Smith 27:48. 60+: 1. Jack Bishin 31:42.

#### Division Results - Women's 5K

14 & Under: 1. Heather Burton 26:58, 2. Debbie Bullock 29:52, 3. Kelli Keys 30:24. 15-18: 1. Angie Carlevato 25:47. 19-24: 1. Chris Dobak 23:38, 2. Victoria Jaremenko 24:32, 3. Shari Newman 24:55. 25-29: 1. Karin Mack 22:29, 2. Christine Serrano 23:15, 3. Carol Charon 24:18. 30-34: 1. Lin Aspel 21:11, 2. Wendy Bull 22:56, 3. Susanne Gilmore 23:55. 35-39: 1. Cheryl Searcy 25:41, 2. Linda Clegg 26:33, 3. Linda Phillips 26:43. 40-49: 1. Jacklyn Faris 23:35, 2. Marilyn Patten 23:50, 3. Pat Johnson 25:09. 50-59: 1. Amy Goldstein 23:40, 2. Sherri Harmon 29:26.

#### Division Results - Men's 10K

14 & Under: 1. Albert Paredes 40:10, 2. Scott Bramble 56:55. 15-18: 1. Bob Arnold 32:43, 2. Sean Combs 34:20, 3. Todd Thibedeau 35:37. 19-24: 1. Gilbert Cortez 30:20, 2. Dave Jackson 31:44, 3. Clyde Matsumura 32:18, 4. Richard Greifinger 32:49, 5. Scott Katzman 33:05, 6. Steven Shapiro 34:11, 7. Bruce Thomson 34:51, 8. Lee Berg 35:28. 25-29: 1. Thom Vernon 30:24, 2. Holland Bunz 31:11, 3. Papa Medellin 31:41, 4. David Parsel 31:59, 5. Steve Schumacher 32:50, 6. Steve Boaz 33:45, 7. David O'Brian 33:52, 8. Gary Carlin 33:57. 30-34: 1. Dick Leatherman 37:50, 2. Michael Salazar 37:52, 3. John McClay 39:59. 35-39: 1. Mike Sayward 33:06, 2. Bill Sumner 36:21, 3. Chris Larsen 36:43. 40-44: 1. Tommy Martin 35:30, 2. Tom Burns 35:45, 3. Jack Kittrell 38:12. 45-49: 1. Ron Grant 37:09, 2. Ray Schmidt 37:15, 3. Bill Bealer 39:36. 50-59: 1. Marvin Warren 38:43, 2. Norm Dickinson 40:57, 3. Robert Coburn 41:35. 60 &

Over: 1. Bob Rohrer 52:03, 2. Marion Magnuson 54:35, 3. Igor Jaremenko 1:00:07.

#### Division Results - Women's 10K

14 & Under: 1. Sonia Ch 42:23. 15-18: 1. Susie Mulvania 1:00:09. 19-24: 1. Annette Isom 38:02, 2. Julie Doering 38:10, 3. Carol carrigan 38:52. 25-29: 1. Jennifer Buckley 44:25, 2. Saucy Tabor 44:36, 3. Lei Naum 44:53. 30-34: 1. Sheri Ross 46:45, 2. Adrienne Reynolds 56:44, 3. Catherine Cliford 57:18. 35-39: 1. Tisha Whitney 35:44, 2. Renee Russell 52:28, 3. Claudia Smith 59:22. 40-49: 1. Ida Hendrick 45:45, 2. Charlene Madrig 50:31, 3. Marilyn Whisenand 50:48. 50 & Over: 1. Treva Tilden 47:50, 2. Bette Adrian 53:02.

## Aztlan Health Run

### May 12. East Los Angeles College. 10K/5K.

Several hundred spectators and friends cheered the 400 runners at the 2nd Annual Aztlan Health Run held on Saturday, May, 12, at East Los Angeles College.

The runners were greeted by a pre-race performance of exciting Azteca dancers and drummers that have become the trade mark of the runs coordinated and sponsored by the Aztlan Athletic Congress and Track Club.

The start and finish located at the College's stair entrance provided an ideal "theatre setting" for viewing the race and the awards ceremony which followed.

74 trophies were awarded to the rhythm of an eight piece Mexican Mariachi band that kept the large crowd entertained. As each winner was presented the Mariachi played a "Diana", the exciting traditional Mexican victory song. The biggest cheer and double "Diana" was given as 79 year old B.L. Vlaski was presented with his trophy.

First place in the 10K run went to UCLA running star Steve Alvarez 24, who covered the challenging course in a fine time of 31:43. The 5K winner was 20 year old George Marquez, former LA City mile champ in the time of 15:27.

#### Overall Results - Men's 10K

1 Steve Alvarez (24)	31:43
2 Victor Shelton (27)	31:52
3 Enrique Castro (27)	33:08
4 Kevin Bagley (19)	34:10
5 Angel Leon (19)	34:45

#### Overall Results - Women's 10K

1 Catherine Molina (26)	41:20
2 Rosa Aceves (26)	46:44
3 Ramona Gonzales (23)	48:02
4 Esperanza Magallanes (31)	48:22

#### Overall Results - Men's 5K

1 George Marquez (20)	15:27
2 Sergio Valenzuela (19)	15:53
3 Henry Nunez (19)	16:03
4 Ricardo Sanchez (20)	16:06
5 Francisco Garcia (27)	16:22

#### Division Results - Women's 5K

1 Grace Sandovar (24)	N.T.
2 Lisa Larrigan (9)	N.T.
3 Adrian Santana (40)	N.T.
4 Susan Barber	N.T.

## 1984 Women's Olympic Marathon Trials

### Olympia, WA. May 12.

#### Overall Results

1 Joan Benoit (26) ME	2:31:04
2 Julie Brown (29) OR	2:31:41
3 Julie Isphording (22) OH	2:32:26
4 Lisa Larsen (22) MI	2:33:10
5 Margaret Groos (24) OR	2:33:38
6 Janice Ettle (25) MN	2:33:41
7 Nancy Ditz (29) CA	2:33:52
8 Martha White (24) MA	2:34:09
9 Cathy Schiro (16) NH	2:34:24
10 Sue King (25) AL	2:34:29

11 Ellen Hart (25) CO	2:35:04
12 Carol Urish-McLatchie (32) TX	2:35:09
13 Martha Cooksey (29) OR	2:35:42
14 Jane Welzel (29) MA	2:35:53
15 Debbie Eide (28) OR	2:36:06
16 Patti Catalano (31) MA	2:36:13
17 Debby Mueller (24) MA	2:36:14
18 Beth Farmer (20) FL	2:36:22
19 Ford Madeira (39) MA	2:36:35
20 Sarah Quinn (25) NY	2:36:54
21 Jane Buch (35) OH	2:37:23
22 Sue Schneider (27) MN	2:37:58
23 Deborah Butterfield (32) Bermuda	2:38:44
24 Kelly Spatz (25) OH	2:38:45
25 Kim Burns (25) TN	2:38:45
26 Janis Klecker (23) MN	2:38:56
27 Donna Burge-Roark (31) TX	2:39:11
28 Ann Peisch (28) MA	2:39:25
29 Karen Cosgrove (28) OH	2:39:45
30 Deborah Raunig (28) MT	2:39:51
31 Marilyn Hulak (25) NY	2:39:55
32 Sherry Simmons (26) CA	2:40:09
33 Jenny Spangler (20) IA	2:40:18
34 Marian Teitsch (21) NY	2:40:32
35 Ellen Weglarz-Mindel (26) NY	2:40:42
36 Karen Bukowski (28) IL	2:40:51
37 Nancy Mieszcza (35) NY	2:40:57
38 Mary Hynes (28) NY	2:40:59
39 Kim Trupp (25) AL	2:41:07
40 Gail Volk-Kingma (23) WA	2:41:09
41 Charlene O'Brien (26) CA	2:41:44
42 Elizabeth Baker (26) CA	2:42:01
43 Patricia McGovern (22) DC	2:42:18
44 Leslie McMullin (33) CA	2:42:30
45 Cynthia Lorenzoni (25) VA	2:42:42
46 Katy Schilly (27) GA	2:42:45
47 Roxanne Polo (19) VA	2:42:55
48 Linda Zeman (23) MN	2:42:57
49 Sarah Linsley (27) IL	2:43:00
50 Suzanne Carden (23) PA	2:43:01
51 Susan Henderson (37) CO	2:43:05
52 Kathy Pfeiffer (24) NM	2:43:15
53 Kim Merritt (28) WI	2:43:31
54 Cindy Cockroft (27) TX	2:43:33
55 Patti Laliberte (30) NH	2:43:42
56 Michelle Rupe (24) OH	2:43:43
57 Laurie Crisp (23) CA	2:43:47
58 Barbara Filutze (37) PA	2:43:48
59 Mary Bange (31) WI	2:44:00
60 Rita Denniston (26) HI	2:44:15
61 Madeline Harmeling (39) NY	2:44:32
62 Laura Dewald (26) MI	2:44:36
63 Juleann Quigley (24) NJ	2:44:52
64 Ann Danzer (33) MT	2:44:54
65 Judy Leydig (26) CA	2:45:12
66 Jennifer Colgrove (22) NY	2:45:19
67 Sally Zimmer (25) CT	2:45:30
68 Beverly Docherty (25) MN	2:45:33
69 Bridget Cooke (22) OR	2:45:39
70 Millicent Thweatt (21) OR	2:45:41
71 Marilyn Taylor-Allen (31) CA	2:46:05
72 Karen Dunn (21) NH	2:46:06
73 Colleen Casey (23) NJ	2:46:07
74 Kathy Heckman (28) MD	2:46:16
75 Kellie Cathey (22) CO	2:46:22
76 Bonnie Dwyer (27) CA	2:46:25
77 Jane Millapaugh (36) FL	2:46:31
78 Elaine Kirchen (41) NY	2:46:43
79 Lucia Geraci (31) GA	2:46:44
80 Rachel Porter (30) HI	2:46:51
81 Karen Hubbard (33) MI	2:46:51
82 Dawn Welch (36) OR	2:46:57
83 Kathy Molitor (30)	2:46:58
84 Debbie Warner (34) TX	2:47:06
85 Lisa Pfuhl (22) AZ	2:47:09
86 Mary Shea (23) NC	2:47:30
87 Beth Dillinger (28) VA	2:47:45
88 Cheryl Konkol (23) WI	2:47:48
89 Tina Gandy (30) MN	2:47:54
90 Jeanne Lavin (27) CA	2:47:59
91 Carol Chilcoat (29) WA	2:48:02
92 Linda Edgar (32) WA	2:48:12
93 Pier Culbreth (30) NV	2:48:14
94 Genny Kaufmann (33) WA	2:48:14
95 Cindy Utes (24) IL	2:48:28
96 Beth Milewski (26) CA	2:48:40
97 Missy Iatauro (26) NY	2:48:46
98 Nancy Breimann (25) NJ	2:48:54
99 Susan Lupica (30) MA	2:48:56
100 Wendy Norberg (24) MN	2:49:16
111 Kathryn Way (23) CA	2:50:08
119 Melinda Ireland (32) CA	2:51:00
122 Pamela Morris (26) CA	2:51:13
128 Sharlet Gilbert (33) CA	2:51:39
131 Marion Irvine (54) CA	2:52:02
134 April Powers (26) CA	2:52:30
142 Sue Vinella-Brusher (29) CA	2:53:32

continued on next page...



# Results

## The Human Race

May 12. Mill Valley. 10K.

### Division Results - Men

19 & Under: 1. Brian Forsyth 41:36, 2. Arnold Larsen 42:11, 3. Jed Putterman 42:33.  
20-29: 1. Cliff Pieters 33:34, 2. Peter O'Reilly 33:43, 3. Jim Reichle 34:33, 30-39: 1. Daniel Moynihan 34:43, 2. Steve Hopkins 34:54, 3. Buzz Potts 35:38, 40-49: 1. Bill Cantanese 34:56, 2. John Swyers 36:05, 3. Michael Hoy 36:36, 50 & Over: 1. Joseph Sparrowhawk 44:35, 2. Gerald Misner 45:34, 3. Brian Harlow 46:53.

### Division Results - Women

19 & Under: 1. Dianne Tuttle 1:01:00, 2. Mary Toney 1:07:46, 3. Marie Arago 1:22:00, 20-29: 1. Heidi Schar 38:22, 2. Eileen Brennan 40:26, 3. Patricia Dee 45:35, 30-39: 1. Wink Luskin 39:00, 2. Susan Simons 42:44, 3. Joan Murphy 43:21, 40-49: 1. Tommie Farina 42:32, 2. Lani Medeiros 44:31, 3. Patricia Intemann 49:25, 50 & Over: 1. Els Tuinzing 54:50, 2. Barbara Wein 58:11, 3. Mimi Calpestri 1:17:00.

## Human Race

from Patty Bing-Yoo

May 12. San Mateo. 10K.

### Overall Results

1 Jim Harris	34:59
2 James Gorman	35:03
3 Robert Plant	35:22
4 Greg Bronstein	36:56
5 Leif Peterson	37:09
6 Piva	37:20
7 Tim Chenette	37:57
8 Tom Smith	38:05
9 Mark Levenson	38:07
10 Rich Renaud	38:14
21 Roxanne Bler	39:44
31 Albert Carvana	41:23
45 Dawn Rossi	42:44
46 Barbara Rotz	42:45

## Seal Beach 10K

Seal Beach Pier, May 12.

### Division Results - Men

14 & Under:	
1 Hector Navarro	N.T.
2 David Lyon	41:32
3 Daniel Bright	N.T.
15-19:	
1 Mark Junkermann	30:28
2 Abel Ramos	34:40
3 David Perez	N.T.
20-24:	
1 Jack Morden	31:09
2 George Luna	32:26
3 Jim Kelly	32:46
25-29:	
1 Mark McKinzie	34:22
2 Robert Kessler	35:02
3 Timothy Gerachty	35:05
30-34:	
1 Bob Dillman	34:20
2 John Balon	35:12
3 Raymond Morabito	35:17
35-39:	
1 Ron Kurris	33:27
2 Thomas Sneddon	35:05
3 Jerry Lavertz	35:18
40-44:	
1 Jim Chenoweth	34:21
2 Steve Russell	35:29
3 John Lawson	N.T.
45-49:	
1 Ben Waldron	N.T.
2 Nash Rivera	N.T.
3 Gordi Fritz	N.T.
50-59:	
1 Tracy Brown	N.T.
2 Dennis Bracher	N.T.
3 Hugh McHugh	N.T.

60 & Over:	
1 Bernie Hodowski	N.T.
2 A.J. Clor	N.T.
3 Dean Troxel	N.T.

### Division Results - Women

14 & Under:	
1 Lorraine Castro	48:10
2 Melissa Malony	52:54
3 Puanani Pereira	54:13
15-19:	
1 Julie Caracol	46:50
2 Danielle Bryant	50:04
3 Elisa Freligh	56:14
20-24:	
1 Kristi Kucera	40:07
2 Jayne Lewis	43:13
3 Jeidi Fish	44:53
25-29:	
1 Maureen Niahokoa	44:21
2 Martha Arneson	44:26
3 Karen Benson	44:45
30-34:	
1 Robin Kirby	40:51
2 Chris Baston	42:54
3 Buffy Ellis	44:21
35-39:	
1 Diane Ito	41:07
2 Debby Barton	44:27
3 Sara Megargee	44:47
40-44:	
1 Evelyn Egger	45:02
2 Marianne Welsh	46:26
3 Janette Magarity	50:13
45-49:	
1 Irene Berregard	47:44
2 Florence Jeong	50:57
3 Carmen Rolle	51:15
50-59:	
1 Audrey Hauth	50:18
2 Yukie Mochida	51:04
3 Irene Bracher	52:16
60 & Over:	
1 Lucile Adney	1:06:25

## Fontana Days Run

May 12. Fontana. 1/2 Marathon & 5K.

This year's 29th annual Fontana Days 1/2 Marathon and 5K was held on Saturday, May 12, during a week of unseasonable 90 degree weather. A 5K run was also held for the 3rd year and it has proved to be a very popular race for P.R.'s. The record-breaking times and many personal best times by many runners dispelled the myth that 70 degree weather at race time would slow the runners down. Even this year's long-sleeve tri-color t-shirt, which was designed by Rialto artist, Pam Densmore, proved to be a highly sought after commodity as over 900 race shirts were bought and many more "training for '85" shirts are being ordered. It is one of the best looking shirts ever designed and Pam has truly shown her expertise.

This year's run was the largest ever with a field of 351 finishers in the 1/2 and 309 finishers in the 5K. The 1/2 marathon classic is run along a downhill-straightaway, point to point route from Lytle Creek in the San Gabriel mountains to Fontana, California; and, it is one of the fastest and oldest races in California. This year's May scheduling did provide some problems but as always the Run Committee composed of Fontana runners kept pace with a rapidly growing run.

Six wheelchair competitors provided the many spectators along the 13.1 mile route with a tremendous opening show as Budd Harris, 51; and Michael Smith, 38, from Rialto provided the spectators with a hair-raising finish as both of them came around the 13 mile turn together and sprinted to the finish line. The first three finishers all eclipsed last year's course record by at least 9 1/2 minutes. Harris won the hard-fought race in 44:04; Smith, was second in 44:06; and, John Riley, 42, was third in 45:33 shaving 9 1/2 minutes off his last year's record time. These well fit athletes deserve a lot of praise for the strides they have made in physical rehabilitation, fitness and wheelchair

engineering. For that reason all six entries were awarded a trophy for their terrific efforts which tell the story.

This year Ben Wilson returned to Fontana to set a new course record in the 1/2 as he blazed to a 1:05:06 time. Ben shaved 38 seconds off of last year's mark and led the race all the way with splits of 29:03 - 6 Mile; 43:54 - 9 mile; and 59:27 - 12 mile. Ben is a former Kaiser Steel worker and has run a sub 4 minute mile before. At the age of 30 he is a world-class sub-masters runner running for the Sub-4 Track Club from Santa Monica.

A cool trailing mountain breeze kept the runners cool for 7 miles, as the times of 2nd place Steve Glocke, 1:08:24; and Doug Scarth in 3rd overall, 1:10:20 show. Glocke bettered his last year's time by 2 min. 38 secs.

The women were equally impressive with Pauline Brown catching Liz Gorman at the tape, which provided more drama to an already crowd-pleasing event. The crowds were cheering and applauding so much that their body heat reportedly raised the temperature another 5 degrees at the finish line. Brown clocked 1:19:55 to Gorman's 1:19:56 and who cares that they missed the course record by 1 min. and 37 secs. Josta Santos was the 3rd woman overall in 1:28:17.

Bob Morrison, 30, another sub-masters runner from Redlands, lowered the 5K course standard to 14:37 after dueling with 2nd place finisher Ron Davis, 24, and 3rd place Tony Black, 24, who finished in 14:48 and 14:54 respectively. The trio went through the 1 mile split in 4:25 before tactical surges by all of them kept them close together. A final surge at 2 1/4 miles by Morrison proved to be the difference as he opened up a 10 second lead.

Denise Contreras of Riverside blistered the 5K course in a record time of 16:51 enroute to a run-away victory in the women's 3.1 miler. Denise stepped down to the shorter event this year to work on her speed and she showed her stuff. Kat Prince, 13, was second in 17:13 and Pat Escamilla was 3rd in 18:35. Both of these women shaved at least 30 seconds off of their last year's marks.

### Division Results - 1/2 Mara-Men

13-19: 1. Rodrigo Christl 1:18:04, 2. Tim Mulhall 1:23:06, 3. James Boydd 1:27:07.  
20-24: 1. Robert Turner 1:18:40, 2. Ian Hall 1:19:06, 3. Allan Reyes 1:19:38, 25-29: 1. Douglas Scarth 1:10:20, 2. Steve Ecklund 1:14:03, 3. John Mills 1:14:23, 30-34: 1. Steve Glocke 1:08:24, 2. Salvador Cervantes 1:13:08, 3. Robert Lopez 1:13:40, 35-39: 1. Ben Wilson 1:05:06, 2. Daniel Contreras 1:10:44, 3. Bruce Geddes 1:15:14, 40-44: 1. Bill Elam 1:14:57, 2. Joaquin Granado 1:15:55, 3. Manouch Lankarani 1:18:10, 45-49: 1. Bud Lackle 1:21:36, 2. Dick Vosburgh 1:22:22, 3. Vic O'Bryan 1:25:00, 50-59: 1. Dick Bellias 1:23:09, 2. Frank Ramos 1:28:22, 3. Bryant Thorne 1:28:31, 60 & Over: 1. Casey Poole 1:37:58, 2. Walter Meyer 1:42:32, 3. Edward Valencia 1:46:49.

### Division Results - 1/2 Mara-Women

13-19: 1. Kim Butler 1:45:07, 2. Cathy King 1:55:52, 20-24: 1. Liz Garman 1:19:56, 2. Theresa Silvers 1:33:27, 3. Terry Moore 1:38:24, 25-29: 1. Pauline E. Brown 1:19:55, 2. Lisa McCready 1:33:24, 3. Debra Furimsky 1:39:20, 30-34: 1. Karen Pinkerton 1:30:17, 2. Lydia Ramos 1:32:53, 3. Neva Ingersoll 1:35:36, 35-39: 1. Josta Santos 1:28:17, 2. Kathy Story 1:30:34, 3. Loretta Rodgers 1:45:18, 40-49: 1. Nancy Buchanan 1:37:49, 2. Missy Jennings 1:38:22, 3. Carolyn Ploowman 1:48:22, 50 & Over: 1. Wilma Maddock 1:31:30, 2. Eliz. McClellan 1:56:59, 3. Elisabeth Remanick 1:59:55.

### Division Results - Men's 5K

12 & Under: 1. Terrell Reyes 17:59, 13-19: 1. Michael Madrigal 15:43, 20-24: 1. Ron Davis 14:48, 25-29: 1. Vincent Viola 16:44, 30-34: 1. Bob Morrison 14:37, 35-39: 1. Fred Doubell 15:47, 40-44: 1. Noble Hill 17:23, 45-49: 1. Bob Windver 18:27, 50-59: 1. Robert Culling 19:39, 60 & Over: 1. Rodolfo Silva 19:09.

Division Results - Women's 5K  
12 & Under: 1. Lucinda Reyes 19:19, 13-19: 1. Kat Prince 17:08, 20-24: 1. Virginia Abarca 19:46, 25-29: 1. Denise Contreras 16:51, 30-34: 1. Nancy Kummel-Baird 18:44, 35-39: 1. Julie Lloyd 19:36, 40-49: 1. Diane Kalervo 22:09, 50 & Over: 1. Reina Hart 19:28.

## Human Race

May 12, Spring Lake Park, Santa Rosa

Men's 10K best time—Tony Burke 34:28.2

Women's 10K best time—Karen Eberhardt 48:32.2

Men's 5.5K best time—Mark Vollmes 11:58

Women's 10K best time—Michelle Anderson 13:28

### MEN'S 10K RESULTS

12-under—Steven Craig, Andy Bisbee, Matt Palleschi.  
13-18—David Phillips, Todd Wilson, Paul Graf.  
19-24—Tony Burke 34:28.2, Don Stewart 38:26.5, Mitchell Castleberry 38:47.2.  
25-29—Mike Pena 38:05.4, Keith Maurer 38:19.7, Patrick McEachern 39:42.1.  
30-34—Tom Zechlin, Robert Ackers, Richard Parry-Jones.  
35-39—Larry Lanamom 38:26.4, Dennis Doris 38:56.6, Barry Graham 39:25.4.  
40-44—Richard Frampton, John Gilmore, Manfred Kuester.  
45-49—Richard Bauhaus, Bruce Denner, Colin Hermans.  
50-59—Tom DuBay, Bob Young, Norm Schupbach.  
60-plus—Don Zimmerman, Robert Harris.

### WOMEN'S 10K RESULTS

12-under—Kate Hannahan, Amy Adams, Kristen Adams.  
13-18—Kristie McCall 46:01.5, Stacy Grange 49:45.1, Laura King.  
19-24—Cindy Hollingsworth 50:08.0, Chris Buckley 52:06.9, Laurette Ruppert.  
25-29—Kim Dweley 57:09.0, Teri Roche Drabnick 52:07.6, Kim Coleman.  
30-34—Deborah Jones 50:04.3, Jan Smith 51:25.9, Barbara Coleman.  
35-39—Liz Van Voornis 51:36.1, Pam Topolewsky, Ginny Helm.  
40-44—Karen Eberhardt 46:32.2, Sharon Mocherkoff, Susan Clarke.  
45-49—Linda Ronchelli, Judy Dieter, Jan Shaw.

### MEN'S 5.5K RESULTS

12-under—Jeremy Ecks, David Trowbridge, Brian Campbell.  
13-18—Clint Harris 14:41, John Kniffen 15:54, Leland Dibble.  
19-24—Mark Vollmes 11:58, Chris Benthon 15:56, Shawn Flores.  
25-29—Barry Perill 12:30, Kirk Hylan, Don Gaston.  
30-34—Jeffrey Bell, Bill North, David Chappell.  
35-39—Joe Phaby 14:03, Mike Nearing 14:59, Bill Stephens 15:08.  
40-44—Dale Trowbridge 13:27, Neal Conner, Harry Richardson.  
45-49—Ralph Harms 14:40, John Molner, Phil Becnel.

### 50-plus—Domenic Marinuzzi, Fred Mercer, Paul Perry.

### WOMEN'S 5.5K RESULTS

12-under—Janessa Flynn 19:13, Katie Trowbridge 19:52, Barb Hagenbaugh.  
13-18—Donna Moschetti, Katie Kiehofer, Michelle Berg.  
19-24—Michelle Anderson 13:28, JoAnn Vanderstopp, Cindy Macler.  
25-29—Mary Johnson 18:47, Peggy Jacobson, Patrice Fitzpatrick.  
30-34—Becky Simmie 13:32, Joyce Orsochia 17:45, Linda Mannion 19:00.  
35-39—Elaine Trowbridge, Dianna Evans, Cathy Young.  
40-44—Dorothy Mercer, Carolyn Conner, Myrtle Edmiston.  
50-59—Peg Perry, Betty Lewis, Marcia Shinsky.

Other top times—Barb Agapian 19:34 (7th overall), Bernadette Buckley 19:36 (8th overall), Patricia Langsath 19:38 (9th overall).



## Results

145Peggy Smythe (32) CA	2:54:01
147Barbara Zimmer (31) CA	3:01:17
150Elaine Campo-Triplett(33)CA	2:54:33
151Janice Frickel (28) CA	2:54:39
153Ellen Turkel (29) CA	2:55:12
166Jacqueline Hansen (35) CA	3:00:28
170Debbie Heaton (35) CA	3:01:17
171Kathleen Kinane (25) CA	3:01:20
174Sally Edwards (36) CA	3:02:09
178Loretta Polsdorfer (36) CA	3:02:58
184Luanne Park (23) CA	3:04:46
186Robyn Root (24) CA	3:05:37
189Mary Burns (26) CA	3:07:18
194Evelyn Tribola (24) CA	3:12:48

## Casa Maravilla Aztlan Mother's Day 5K

from Alfonso Orozco

May 13. Monterey Park.

### Division Results - Boys

7 & Under: 1. Alejandro Mendoza 24:38.  
8-9: 1. Brian Axup 22:20. 10-11: 1. Peter Paez 20:51. 12-13: 1. Eduardo Gonzales 21:15. 14-15: 1. Erick Couto 23:04. 16 & Over: 1. Erick Gonzales 16:40.

### Division Results - Girls

7 & Under: 1. Yolanda Mendoza 28:07. 8-9: 1. Natalia Elias 27:49. 10-11: 1. Angelica Chaldez 32:13. 12-13: 1. Cindy Perez 19:55. 16 & Over: 1. Linda Carmona 23:22.

## Marin Youth Orchestra Run

8 Miles Around the Tiburon Peninsula.  
May 13.

### Division Results - Men

17 & Under:	
1 Greg Martin	50:33
2 Ethan Ford	58:46
3 Justin Herwick	59:02
18-29:	
1 William Hughes	47:46
2 William Cassou	49:31
3 Mark Belker	49:39
30-39:	
1 Chris Thomas	43:21
2 Chris Johnson	44:03
3 Ronald Kubokawa	44:47
40-49:	
1 Michael How	48:15
2 Ron Rahmer	48:53
3 Santiago Ojeda	50:00
50 & Over:	
1 Phil Phythian	58:01
2 Gough Reinhardt	58:15
3 Jack Dewitt	58:46

### Division Results - Women

17 & Under:	
1 Monika Zech	1:09:24
2 Barb Zink	1:32:21
18-29:	
1 Anne Hamilton	49:40
2 Debbie Norton	52:06
3 Jull Sheils	54:38
30-39:	
1 Bonny Lawrence	55:58
2 Julia Smetana	56:39
3 Dianne Johnston	57:24
40-49:	
1 Kay Marin	1:01:07
2 Brigitta Stefandl	1:01:17
3 Laura Stage	1:02:37
50 & Over:	
1 Linda Stanley	1:07:24

## Run for Health

May 13. Ukiah. 1 Mi. & 3.34 Mi.

### Division Results - Men's 1 Mile

5-9: 1. Kevin Crew 8:54. 10-14: 1. Michael O'Hare 8:56. 14-18: 1. Vincent Cole 5:02.

20-29: 1. Larry Morton 5:06. 30-39: 1. Michael O'Conner 5:30. 40-49: 1. Richard Whitewater 5:07. 50 & Over: 1. Chuck Devine 8:37.

### Division Results - Women's 1 Mile

5-9: 1. Dawn Marie Weldon 7:28. 10-14: 1. Kirstin Ann Weldon 8:34. 14-19: 1. Lisa Zeppagno 8:08. 20-29: 1. Jill Scott 7:14. 30-39: 1. Juana Penland 8:50. 40-49: 1. Chris Speake 9:34.

### Division Results - Men's 3.34 Mile

5-9: 1. Nate Furman 28:46. 10-13: 1. Steve Kirsch 22:27. 2. Joshua Rosenberg 24:53. 3. Rodney Sellers 30:03. 14-19: 1. Geoff Howard 18:03. 2. Kendah Yazzie 19:18. 3. Arthur Wotruba 21:38. 20-29: 1. Jerold Drew 16:26. 2. Mike Whitehead 20:23. 3. Ray Hahne 20:30. 30-39: 1. Jim Gibbons 17:50. 2. Martin Daily 19:04. 3. Bob McWilliams 19:40. 40-49: 1. Paul Jepson 20:14. 2. Ross Ritter 20:22. 3. Robert Dinsmore 23:08. 50 & Over: 1. Lawrence Maxson 28:42.

### Division Results - Women's 3.34 Miles

10-13: 1. Arianna Vermillion 31:45. 20-29: 1. Terri Trumbull 21:07. 2. Katy Weaver 25:40. 3. Cindy Crofoot 28:39. 30-39: 1. Gail Zettel 25:10. 2. Mo Jenkins 27:32. 3. Gail Smith 28:12. 40-49: 1. Rose Collins 26:36. 2. Francis Massey 28:04. 3. Carol Barringer 31:52. 50 & Over: 1. Lois Davis 28:31. 2. Naomi Kerwin 35:21.

## May Day Runs

from Linda Bine

May 13. San Francisco. 5K/10K.

### Division Results - Men's 5K

Under 40: 1. Peter Lewandowski 15:23. 2. Michael Graves 15:43. 3. Stephan Leffers 16:10. Over 40: 1. Larry Martin 17:24. 2. Steve Donovan 18:13. 3. Mike Murphy 18:30.

### Division Results - Women's 5K

Under 40: 1. Cynthia Mlk 21:06. 2. Karen Simontacchi 22:08. 3. Diane Tomhave 22:38. Over 40: 1. Leisa Heath 25:48. 2. Dulce Murphy 26:13. 3. Irene McKeever 26:45.

### Division Results - Men's 10K

Under 40: 1. David Vigil 32:51. 2. Steve O'Brien 32:55. 3. David Whitney 33:14. Over 40: 1. Chris Steer 33:21. 2. Will Spiegelman 35:59. 3. Derek Eastwood 36:33.

### Division Results - Women's 10K

Under 40: 1. Kim Rupert 39:27. 2. Kate Blakeslee 41:18. 3. Kathy Cox 41:57. Over 40: 1. Karen Gudiksen 47:16. 2. Eileen Klatsky 47:42. 3. Ingrid Simking 50:29.

## Sunkist Gold Rush

May 19-20. Rescue to Rancho Murietta.  
100Km.

Bob Bunnell, 33, of Kentfield, Ca., handily won the third annual Sunkist Gold Rush 100 Km Race by slightly over 20 minutes May 19-20.

The race is run over two days, at 50 km per day, in California's gold country. The first day's course was in the Iron Mt/Emigrant Trail area and the second day in the Coloma area. Both courses are point-to-point and hilly.

Bruce von Brostel, 36, of Novato, Ca., was runner-up in 7:39:28, followed by Jeff Collins, 30, of Vallejo, Ca., in 7:52:00.

The women's division was won by Jan Levet, 33, of Camino, Ca., in 10:01:43. Marty Maricle, 51, of San Francisco, finished second in 10:28:04 and Alexandria Ennik, 44, of Stockton, was third in 12:09:01.

The first day's course was run on roads, some paved but mostly dirt, in Forest Service property with only one structure along the 50 kilometers. Commenting on it, Dr. Ralph Paffenbarger, a veteran ultra runner, said, "Except for Western States, I've never run a long race out of contact with civilization with so much magnificent scenery." The second day, beginning in Georgetown and ending

at Coloma, the site of gold discovery in California, is over back country roads, the last of which is a perilous descent down Mt. Murphy, the historic stagecoach approach into Coloma.

"This race," said one runner, "has all the ingredients - excellent management, beautiful scenery, and super people. It's only shortcoming is that it is limited to 50 people."

Race directors are Hal Stainbrook, Ray Mahannah, and Paul Reese.

### Top 10 Finishers

1 Bob Bunnell (33)	7:18:39
2 Bruce von Brostel (38)	7:39:28
3 Jeff Collins (30)	7:52:00
4 Roger Daniels (48)	8:07:43
5 Gard Leighton (49)	8:19:05
6 Robert Sobsey (32)	8:28:37
7 Bill Gardner (41)	8:50:18
8 David Manske (36)	8:50:46
9 Roger Sobsey (32)	8:57:29
10 Jeremiah Russell (48)	9:03:18

## Ridge Run

Paradise Lake. May 19.

### 3 Mile Run Winners

1 Tom Davies	16:21
1 Sonia Dillenbeck	24:11

### Division Results - Men's 10K

18 & Under: 1. Jeff McGrath 38:28. 2. Brian Teter 39:22. 19-29: 1. Greg Williams 34:44. 2. Rick Tweed 37:30. 3. Jeff Maguire 38:07. 4. Alan Woodard 38:38. 5. Mark Wood 39:31. 30-39: 1. Tom Cushman 34:24. 2. Rick Brown 35:41. 3. Phil Nemir 39:16. 40-49: 1. James Ballantyne 36:41. 2. Less Fredrickson 40:04. 3. Bob Thomas 42:57. 50 & Over: 1. Grant Eldridge 52:54. 2. Lucian Vandegriff 60:19.

### Division Results - Women's 10K

18 & Under: 1. Beth Thomas 50:46. 19-29: 1. Dale Darrow 47:29. 2. Joan Black 49:52. 3. Cynthia Graves 50:47. 4. Tami Pieper 51:03. 5. Sue Dalzell 52:31. 30-39: 1. Maria Banta 46:27. 2. Marja Wren 48:08. 3. Carol Serrano 48:43. 40-49: 1. Ginny Heumann 47:40. 2. Delight Brown 49:18. 3. Anabelle Loucks 64:26. 50 & Over: 1. Elaine Perron 1:43:01.

## Run for the Roses

May 19, Santa Rosa.

### Open Mens

Jim Bowers, S.R. 32:12; Toney Burke, S.R. 33:06; Dan McCullough, Sonoma 33:14; Rory Ingalls, S.R. 33:34; Steven Miller S.R., 33:46; Jim Noonan, S.R. 34:14; Darryl Beardall, S.R. 34:34; Jim Chaffin, Penngrove 34:49; Scott Cavallo, Cloverdale 34:59; Tadese GeBre Hawariat, S.R. 35:01

### Open Womens

Becky Simmie, S.R. 37:35; Jannet Cassady, S.R. 38:22; Carol Ferrari, Petaluma 38:30; Julie Moss, Rohnert Park 38:59; Merry Humphreys, S.R. 39:46; Kristie McCall, S.R. 39:52 (under 13); Tess Kampmann, Sebastopol 41:21; Kimberly Bricker, Healdsburg 41:25; Janet Buckendahl, Petaluma 41:30; Caron Schaumberg, S.R. 42:03

### MEN'S DIVISIONS

13 and under Evan Esau, Sebastopol; Todd Stevens, S.R.; Robert Newlin, S.R. 14-18—Steven Miller, S.R.; Sean O'Leary, S.R.; Sean Jones, S.R.

19-29—Tomy Burke, S.R.; Dan McCullough, Sonoma; Jim Noonan S.R.

30-34—Rory Ingalls, S.R.; Jim Chaffin, Penngrove; Don D'Azanzo, Sebastopol

35-39—Tadese GeBre Hawariat, S.R.; Dennis Doris, S.R.; Harold Nordyold, S.R.

40-44—Brendon Hutchinson, S.R.; John Muro, S.R.; Ron Crawford, Napa

45-49—Jim Bowers, S.R.; Darryl Beardall, S.R.; Bob Buckendahl, Petaluma

50-59—Morton Grey, S.R.; Gough Reinhardt, San Leandro; Sam Ferral, Bakersfield

60-over—Jim Feeley, S.R.; Roy Mikalson, S.R.; Arnold Scott, Petaluma

### WOMEN'S DIVISIONS

13 and under—Kristie McCall, S.R.; Nika Horn, S.R.; Karin McCall, S.R.

14-18—Kim Whiting, S.R.; Linda Getman, Rohnert Park; Suzi Dickinson, S.R.

19-29—Julie Moss, Rohnert Park; Merry Humphreys, S.R.; Tess Kampmann, Sebastopol

30-34—Becky Simmie, S.R.; Janet Cassady, S.R.; Carol Verrari, Petaluma

35-39—Judy Watch, S.R.; Johanna Garcia, Healdsburg; Liz VanVoorst, S.R.

40-44—Caron Schaumberg, S.R.; Karen Eberhardt, Sebastopol; Sharon Janulaw, Penngrove

45-49—Linda Ronchelli, S.R.; Ernestine Ward, S.R.; Patricia Davis, Petaluma

50-59—Janet Buckendahl, Petaluma; Bernice Verrari, S.R.; Jean Whitesell, S.R.

60-over—Maria Carleen, Sebastopol

## Depot Days

Rocklin. May 19.

### Division Results - Men's 5K

14 & Under: 1. David Leslie 18:33. 15-19: 1. Phil Green 17:05. 20-29: 1. Paul Howard 17:11. 30-39: 1. Wayne Miles 17:01. 40-49: 1. Larry Kuykendall 16:47. 50-59: 1. W. R. Buchanan 27:44.

### Division Results - Women's 5K

14 & Under: 1. Alicia Johnson 25:06. 15-19: 1. Kathy Crespillo 25:51. 20-29: 1. Susan Colley 20:57. 30-39: 1. Nancy Ustaszelski 21:39. 40-49: 1. Judith North 26:04. 50-59: 1. Ann Tassel 29:27.

### Division Results - Men's 10K

14 & Under: 1. Kevin Lewis 46:18. 20-29: 1. Chris Hamer 34:56. 30-39: 1. Herb Fernandez 36:46. 40-49: 1. Gery Anderson 40:00. 50-59: 1. Joseph Segarra 40:46.

### Division Results - Women's 10K

14 & Under: 1. Renee Siltman 67:54. 15-19: 1. Leslie Kaxk 56:34. 20-29: 1. Kim Hamer 43:06. 30-39: 1. Emille Fisher 48:40. 40-49: 1. Carol Egeroff 47:00. 50-59: 1. Mary Ureiz 50:08.

## Charity Run

Auburn. May 19.

This year's Charity was for the restoration of the Auburn Courthouse, a historical landmark in downtown Auburn. There were 71 runners.

### Division Results - Men's 5K

Overall Winner: Jim Bess 19:44.  
14 & Under: 1. Jeremy Cayton, 15-19: 1. Warren Mundt, 20-29: 1. Mark Jones, 30-39: 1. Bob Wright, 40-49: 1. Jim Bess, 50-59: 1. Robert Casey, 60 & Over: 1. Joe Vintze.

### Division Results - Women's 5K

Overall Winner: Denise Stein 23:55.  
14 & Under: 1. Natalie Brown, 20-29: 1. Dawn Decamp, 30-39: 1. Carol Lorany, 40-49: 1. Denise Stein.

### Division Results - Men's 10K

Overall Winner: Joe O'Flaherty 67:50.  
20-29: 1. Hank Beal, 30-39: 1. Joe O'Flaherty, 40-49: 1. Wayne Ferguson, 50-59: 1. Jerry Lamson.

### Division Results - Women's 10K

Overall Winner: Kathy Perkins 46:40.  
20-29: 1. Kathy Perkins, 30-39: 1. Karen Prucha, 40-49: 1. Tammy Lamair.





photo by Richard Lee Slotkin

photo by Richard Lee Slotkin



Ron Cornell



Laura McCracken

## Olympic Torch

by Richard Lee Slotkin

### May 20. Newport Beach. 10K.

Big names are getting harder to come by as the Trials and the Games get closer. Last year, they had the likes of Steve Scott and Tom Wysocki and the women's field was beefed up with names like Nancy Ditz and Ruth Wysocki. This year the pickings were slimmer. Even the crowd was smaller. Only 1600 pre-registered. But, race day registrations filled the ranks to close to 3000.

The race directors did manage to bring in Domingo Tibaduiza, who felt the race could serve as a speedwork session in his preparation as a Columbian Olympian.

And, there was Juan Zetina who finished 4th(?) at Boston. Marathon entry Ron Cornell was back, having run this thing last year... not too well either. But, Cornell has been on a roll of late, and what with a deceptively hilly course and with Domingo probably not in his best 10K shape... well, who knows? The weather was even on his side. What had been something of a heat wave suddenly decided to break. The morning opened cool and cloudy.

The women's field had nobody. That is, nobody who would be likely to run in the thirty-threes or even thirty-fours. The whole pack, male and female, was divided into groups; elite and open. The men ran pretty much as expected, but the women didn't. First two were open. The 1st elite was almost a minute behind the 2nd open. But more on that later.

Running over the same course used last December for the Sub-4 8K, a disturbingly similar event occurred: a pile-up at the start. A little one, one of several who shouldn't have been that far up front in the first place, apparently caused Ben Wilson to go down and several went with him.

Meanwhile, oblivious to the carnage behind them, Cornell, Domingo, John Koningh, Ron Ysais, Juan Zetina and Joey Gomez moved ahead. There was about 12 altogether. By three minutes, Cornell had taken the lead. Not quite vintage Cornell, but close. Normally, he'd have led after 200 yards. But, the pace was slowish and the lead pack was already stringing out. A 4:35 mile. Cornell in first, Domingo in second and Ysais just a step behind him. At 6 minutes, Ysais was falling back and Domingo was right on Cornell's tail. Third was 8 seconds back.

Two miles in 9:10; not much improvement in the pace. For Cornell, that is. For everyone else, including Domingo, the pace was too fast, because Cornell had opened up a 15 to 20 yard lead.

And that's pretty much the story. Cornell kept opening up his lead until it was 100 yards. The only problem he had from there on was concentration. He lost it to the point where he accidentally ran up the curb of the island divider. He was lucky he didn't go down, but he didn't. What he did do was run another in a string of good races, and finished in 29:51, the only one to go under 30 minutes. Domingo was 2nd in 30:10, followed by a surging John Koningh just one second later.

Afterwards, Cornell admitted that he didn't expect to get away so early and so easily. He thought that Domingo and, probably Koningh would go with him. In any case, the pace was just too slow, so he picked it up. Surprisingly, to Cornell, no one responded.

Marilyn Nichols finished in 38:58, first of the invited females. She was almost 2 1/2 minutes behind Laura McCracken, though and almost two minutes behind second placing Sue Peterson, an oldie but still goodie.

The only other mishap of the race occurred at about the 5 1/4 mile mark. Ron Gee was leading a small group of four,

when they took a wrong turn. They were too far behind the frontrunners to have seen them, especially with all the turns, but what really riled the usually calm Gee was that no one, like NOBODY, said anything. "There were people at the corner, but nobody said anything. If it weren't for a police officer we'd have been headed down to the beach." They had gone about 200 yards off course when the cop called them back. Naturally, when they turned around, their respective positions were all reversed, and now Gee was in the back of the group. Gee lost some of his enthusiasm at that point. "...are you kidding me? Four places! Four places I lost, man!" He was laughing, but it wasn't so funny at the time. Gee never got any of those places back.

### Division Results - Men

10 & Under: 1. Raul Baltazar 44:23. 11-15: 1. Mark Butala 34:27. 16-19: 1. Michael Coe 33:16, 2. Greg Whiteley 33:56, 3. Frank Vallelunga 34:54. 20-24: 1. Jack Marden 32:14, 2. Ronald Bliss 34:00, 3. Steven Shapiro 34:37, 4. Alan Venable 34:38, 5. Rick Galbis 34:40, 6. Arnold Magana 36:01, 7. Antonio Tapia 36:02, 8. John Bertch 36:28, 9. Brad Freeman 36:35, 10. Richard Bruggeman 36:52. 25-29: 1. Holland Bunz 32:26, 2. Tom Cheese 32:51, 3. Mark McKinzie 33:50, 4. Jose Gonzalez 34:24, 5. Rafael Moran 34:50, 6. Bill Earley 34:53, 7. Russell Schlager 35:04, 8. David Urbina 35:11, 9. Wesley Miller 35:55, 10. Michael Hernandez 36:07. 30-34: 1. Ron Bee 32:18, 2. Jerry Willis 34:39, 3. William McCarthy 35:07, 4. William McCarthy 36:12, 5. Fred Pichay 36:20. 35-39: 1. Geoff Zehnder 32:54, 2. Ron Kurrie 33:20, 3. Mikey Sayward 33:53, 4. Bruce Geddes 35:57, 5. Thomas Nelson 36:19, 6. Chris Neilson 36:32. 40-44: 1. Alvan Nava 35:17, 2. Michael Woods 35:42, 3. Steve Russell 36:42. 45-49: 1. Ray Hughes 35:01, 2. Roy Pellerin 36:49, 3. Ron Pattinson 38:28. 50-54: 1. Wally Evertz 38:23, 2. Jose Vigil 37:19, 3. Aurelio Camacho 38:10, 4. George McGaffigan 38:50. 55-59: 1. Patrick Devine 36:14, 2. Leo Prado 41:40, 3. Bryant Thorne 42:40. 60 & Over: 1. Larry Banuelos 40:10, 2. Donald Dilworth 41:33, 3. Frank Monteleone 44:36.

### Division Results - Women's 10K

10 & Under: 1. Christie Engesser 43:42. 11-15: 1. Erin Case 46:09. 16-19: 1. Laura McCracken 38:32, 2. Jill Harrington 40:13, 3. Kirstin Friend 40:35. 20-24: 1. Beth Newbro 39:58, 2. Sue Corea 41:22, 3. Victoria Garcia 41:48, 4. Shelley McClelland 41:59, 5. Jennifer Warner 45:23, 6. Cynthia Pressimone 45:45, 7. Julie Stammer 45:58, 8. Tamra Murray 48:08, 9. Beverly Mannon 48:24, 10. Kimberly Kingsbury 48:25. 25-29: 1. Felicie Ridley 43:30, 2. Marilee Varker 44:50, 3. Brenda Bellanger 45:48, 4. Jeanne Peters 47:24, 5. Donna Stewart 47:50, 6. Monica Saxton 48:08, 7. Debbie Miller 48:10, 8. Patty Townsend 48:20, 9. Rebecca Waldron 48:39, 10. Carol Arigo 49:02. 30-34: 1. Retha Evans 42:59, 2. Michele Fuller 45:54, 3. Kathy Appleby 46:39. 35-39: 1. Elizabeth Marsden 40:20, 2. Dinny Shryock 42:32, 3. Anita Patterson 45:23. 40-44: 1. Judy Rhodes 45:23, 2. Lucy Harrison 46:40, 3. Connie Burroughs 47:11. 45-49: 1. Christa Romppanen 40:24, 2. Cherrie Lightburne 45:17, 3. Marcia Martyn 46:11. 50-54: 1. Yuki Mochida 50:43, 2. Patricia Pruitt 54:03, 3. Shirley Reid 54:37. 55-59: 1. Sylvia Dade 58:14, 2. Betty Walker 1:00:11, 3. Darlene Gerken 1:05:22. 60 & Over: 1. Mary Storey 46:08, 2. Lois Edds 51:13, 3. Lucile Adney 1:09:03.

4 Dave Gordon, Mass.	2:11:59
5 Dean Matthews, OR	2:12:25
6 Tony Sandoval, NM	2:12:41
7 Greg Meyer, Mass.	2:13:29
8 Bill Rogers, Mass.	2:13:20
9 Sai Vega, NJ	2:14:18
10 Tom Raunig, OR	2:16:02
11 Duncan MacDonald, Hawaii	2:16:56
12 Dave Hinz, Mich.	2:17:18
13 Doug Aurit, CA	2:17:45
14 Bill Weidenbach, Mich.	2:17:45
15 Herb Willis, Fla.	2:17:54
16 Roland Davide, R.I.	2:17:55
17 Bob Hodge, Mass.	2:18:10
18 John Rogers, NC	2:18:20
19 Mark Stickley, Pa.	2:18:35
20 Tom Ratcliffe, Mass.	2:18:40
21 Richard Sayre, OR	2:18:45
22 Kyle Heffner, CA	2:18:51
23 Gary Fanelli, Pa.	2:18:53
24 Budd Coates, Pa.	2:18:54
25 Bryan Pownall, Ohio	2:18:59
26 Ken Hunter, Wyo.	2:19:06
27 Bobby Doyle, Mass.	2:19:27
28 Jerrold Wynia, Minn.	2:19:27
29 James Miller, Vt.	2:19:28
30 Robert Yara, Tx.	2:19:33
31 David McDonald, Va.	2:19:36
32 Bob Hensley, Conn.	2:19:39
33 Larry Barthlow, Mass.	2:19:42
34 Herm Atkins, Wash.	2:19:45
35 Robert Johnson, Mass.	2:19:55
36 Craig Holm, NY	2:20:47
37 Kenneth Judson, Pa.	2:20:47
38 Jon Eggers, Neb.	2:21:09
39 Paul Friedman, NY	2:21:20
40 Steven Stonecipher-Fisher, Mo.	2:21:34
41 Richard Ferguson, Mass.	2:21:46
42 Michael Matteson, Ill.	2:21:47
43 Robert Clifford, Mass.	2:22:01
44 Greg Gawlik, CA	2:22:09
45 John Lodwick, OR	2:22:23
46 David Branch, SC	2:22:35
47 Rob Greer, Wash.	2:22:50
48 Donald Freedline, Pa.	2:23:34
49 Carlton Law, NC	2:23:42
50 Daniel Cunkelman, Pa.	2:23:55
51 Daniel Rechner, NY	2:24:05
52 Lim Whatcott, Utah	2:24:13
53 David Olds, Mich.	2:24:13
54 Jack Kruse, NJ	2:24:26
55 Craig Fuller, Mich.	2:24:34
56 Edward Merkler, Ky.	2:24:45
57 Joe Metcalf, Okla.	2:24:46
58 Neil Wood, Conn.	2:25:13
59 Thom Vernon, CA	2:25:14
60 William Glad, Okla.	2:25:32
61 Fredrick Klinge, Mo.	2:25:38
62 Andrew Ferguson, CA	2:25:45
63 Paul Oparowski, Mass.	2:25:51
64 David Rinehart, Mo.	2:26:03
65 Alan Dehlinger, Nv.	2:26:23
66 Alan Trefflinger, Pa.	2:26:30
67 Ron Fritze, CA	2:27:20
68 Robert Hagemann, Tx.	2:27:44
69 Garry Bjorklund, Col.	2:27:51
70 Paul Mausling, Minn.	2:27:59
71 Andy Palmer, Mass.	2:28:07
72 Thomas Antczak, Wisc.	2:28:20
73 Jeffery Sharp, Mich.	2:28:30
74 Mark Finucane, Tenn.	2:28:38
75 David Miller, Pa.	2:28:43
76 Joel Hope, CA	2:29:01
77 Albert Grimme, Col.	2:29:35
78 Ron Harmon, Col.	2:29:45
79 Ben Wilson, CA	2:29:55
80 Joseph Broze, Minn.	2:29:58
81 Michael Patterson, Pa.	2:30:06
82 Daniel Ryberg, NC	2:30:40
83 Robert Schiau, SC	2:30:54
84 George Hernandez, Nv.	2:31:13
85 Matthew Hellerer, NY	2:31:52
86 Frank Plasso, Nv.	2:32:13
87 Mike Buhmann, OR	2:32:46
88 Bill McClement, Wash.	2:33:04
89 Christopher Schallert, CA	2:33:13
90 Stuart Jenkins, Neb.	2:33:22
91 Armando Cendejas, CA	2:34:21
92 Mark Skinkel, RI	2:34:38
93 Tom Rachubinski, Col.	2:35:06
94 Leonard Hill, OR	2:35:44
95 Virgil Tjeerdsma, SD	2:36:01
96 Anthony Schiller, Minn.	2:36:04
97 John Roscoe, Ind.	2:36:04
98 Christopher Prior, Ohio	2:38:00
99 Alan Knoop, OR	2:38:00
100 James Dill, NC	2:38:41

## Men's Marathon Trials

May 28. Buffalo, New York.

### Overall Results

1 Pete Pflitzinger, Mass.	2:11:43
2 Alberto Salazar, OR	2:11:44
3 John Tuttle, Ala.	2:11:50





13th Annual  
HALF MARATHON



# BASS LAKE RUN THRU THE PINES

August 18, 1984 • 8:00 a.m.



**DISTANCE:** 13.3 miles. **AID STATIONS:** Approximately 5, 7½, & 10 miles. **SPLIT TIMES:** 5 mile & 10 mile splits. **ENTRY FEE:** \$5.00 pre-registration, if received by August 11. \$10.00 after August 11 and on race day. No refunds. **REGISTRATION/CHECK-IN:** 7:00 a.m. at the Pines Village. **DESCRIPTION:** Once around the lake, starting and finishing at the Pines Village. Mostly paved, some dirt roads. Many rolling hills first eight miles, several longer hills last five miles. Some shade. **CAUTION:** Runners should be well conditioned because of the difficulty of this course. Run on left hand side of road, facing traffic. **AWARDS LUNCH:** 11:30 at the Pines Restaurant patio: hamburger, potato salad, relishes, soft drink - \$3.25. **MEET DIRECTOR:** Bill Cockerham (209) 264-5847.

**DIVISIONS:**

**MEN:** Junior (under 19), Open (19-29), 30-39, 40-49, 50-59, 60 & Over.  
**WOMEN:** Junior (under 19), Open (19-29), 30-39, 40-49, 50 & Over.

**AWARDS:**

First place plaque to winner of each division. Additional plaques will be given if pre-entries warrant. One award for every 5 pre-entries per division (example: 30 pre-entries in Men's 40-49 means 6 awards will be given in Men's 40-49). Headbands to the first 200 to cross the finish line.

**T-SHIRTS:**

Race T-shirts to all *finishers*. Limited number for sale after race: \$6.00.

**MERCHANDISE AWARDS:**

First overall male & female: two nights for two at The Pines Chalets. Random drawing for other merchandise awards at the Awards Lunch.

**SITE SPONSOR:**

Bass Lake Chamber of Commerce.

**TITLE SPONSOR:**

7-Up Bottling Co. of Fresno

**HOSTED BY:**

Fresno Track Club

**REFRESHMENTS:**

7-Up for all runners after race.

ENTRY BLANK

ENTRY BLANK

Mall with \$5.00 entry fee to: Fresno Track Club, P.O. Box 6103, Fresno, CA 93703

NAME \_\_\_\_\_ AGE: \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SCHOOL OR CLUB \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

CIRCLE DIVISION: Men- junior (under 19) open 30-39 40-49 50-59 60 & Over  Check if planning to attend the Awards Lunch.

Women- junior (under 19) open 30-39 40-49 50 & Over

Number in Party? \_\_\_\_\_

**WAIVER (must sign):** I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the Bass Lake Chamber of Commerce, Fresno Track Club, 7-up Bottling Co. of Fresno, the U.S. Forest Service, the PG&E Company, and any and all sponsors, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Bass Lake Run Thru the Pines Half Marathon on August 18, 1984.

Signature (parent if under 18) \_\_\_\_\_