

CALIFORNIA

Track & Running News





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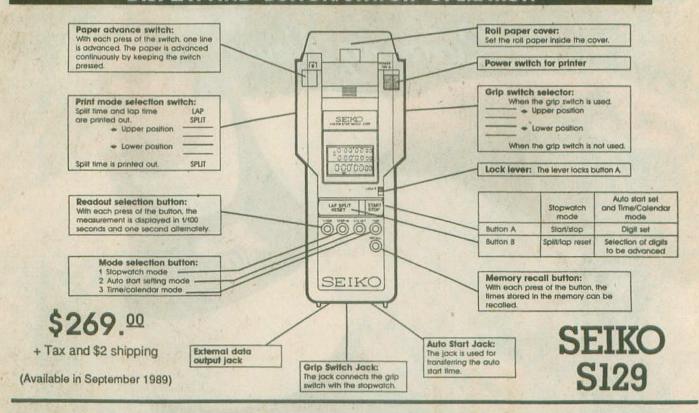
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HIGH SCHOOL STATE ME

California's Only Track & Running Publication

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION

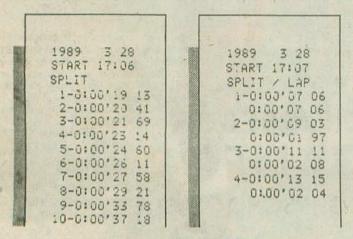


System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP



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Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held liming system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

Printout

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

Modes:

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

Temperature

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

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life). Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

CALIFORNIA Track & Running News



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TABLE OF CONTENTS

July 1989

Issue No. 149

Schedule 4	"An Improved State Track	20
	Meet"	30
Subscription Form 15		00
	Prep Notes	36
Keeping Pace16		
"Recover and Win"	Track Spotlight	
The second secon	Bruce Jenner	40
The Athlete's Kitchen 20	PAC-10	
"Cholesterol Confusion:		
Eggs and Your Health"	PA-TAC Notes	13
Eggs and Your Health	FA-TAC NOTES	
Medical Notes21	Results	44
"Achilles Tendinitis"	Pacific Sun	
Admines Teriamins	Russian River	
ASSOCIETATION OF THE PROPERTY	hussian hiver	00
1989 CIF/Reebok California		
High School State Meet 22	Road Racing Round Up	55

FROM THE EDITOR

It definitely lived up to expectations!
As always, the California High School
State Track and Field Championships was a
bang-up way to end the season.

The Reebok-sponsored event came off without a hitch; they do know how to put a quality meet on at Cerritos College.

What an exciting and grand climax to the season. Sure, there are other big meets after this weekend's competition, but the big marbles for the majority of California's athletes are at the State Championships!

As we've done for the past decade, we've tried to match the quality of the State Meet with that of our coverage of the champion-ship event. I think you'll find the State Meet feature by Keith Conning and Doug Speck to be the most comprehensive coverage of any such event by any publication—complete results, a write-up of the event and a photo of each winner!

I hope you enjoy this special issue. It was fun to be there on June 2 and 3 and, now, we've enjoyed bringing the event, in print, to you.

See you there next year.





For awhile, it looked like the meet officials had made an error when they disqualified SHELLEY TAYLOR (on the infield) in the 1600 for colliding with KAREN HECOX (prone and astonished in lane 2), but the TV production proved the officials were correct in their disqualification. BETH BARTHOLOMEW breezes by for second place. Hecox got up to finish third.

Fine Flicks by Don Gosney

ON THE COVER: Derrick Stevens (Bakersfield High School) -- winner of the discus throw at the CIF/Reebok California High School State Meet. Complete coverage begins on page 22. (Photo by Bill Cockerham)

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 1 (Saturday):

Walnut Creek: Station to Station 4.1 & 7.3 Mi., Sugarloaf Recreation area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Antloch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

San Rafael: Marin County Fair 10K & Kids' Mile, Marin County Civic Center, 8 a.m./1 Mi., 8:30 a.m. Lindsay Browne: (707) 792-1097. Folsom: Tri-For-Fun, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxburgh, c/o 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Los Angeles: Sri Chinmoy Peace Mile Race (a 4-Mile Run and 2-Mile Walk), Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

Brownsville: Mountain Run for American Cancer Society, 5/10/15K, Foothill Community Bank, 8 a.m. Mary Lovejoy, 159 Star Route, Brownsville 95919, (916) 675-2126.

July 2 (Sunday):

Hayward: Sertoma Classic 10K & Fun Run, Hayward Air Terminal (Golf Course & Hesperian), 9 a.m. Ned Pabst, 10344 W. Luyola Dr., Los Altos 94022. (408) 735-2960. So. El Monte: Legg Lake 5K Independence Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: Run/Walk for the Environment, 4.3 Mi. Run & 2 Mi. Walk, Presidio (Crissy Field), 8:30 a.m./2 Mi., 9 a.m. Valerie Stratta-Bolanos, c/o L.I.F.E., 450 Taraval St., #231, San Francisco 94116. (415) 751-4199

San Rafael: Marin County Fair 10K & Kids' Mile, Civic Center, 7:30 a.m./Mile, 8 a.m. Marin County Fair Run, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 499-6400.

Calistoga: Great Calistoga Footrace, 8K & 1.5 Mi. Fun Run, Napa County Fairgrounds, 1401 Oak St., 8:30 a.m. Silverado Striders R.C., 1325 Imola Ave., West, Napa 94559. (707) 255-8705.

North Fork: Chainsaw Ridge Run, 10K & 2 Mi., 7:30 a.m. John Somerville, 53963 Dogwood Dr., North Fork 93643, (209) 877-2882.

July 4 (Tuesday):

San Francisco: DSE Peak Busters Benefit, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. Phil Haber: (415) 668-2830. Redwood City: Fourth of July Parade Run, 5K, downtown, Time TBA. Bill Wooten, Redwood City Parks & Recreation Dept., 1400 Roosevelt Ave., Redwood City 94061. (415) 780-7256.

Milpitas: Firecracker 10,000 (10K), 8:30 a.m. Milpitas Parks & Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

San Ramon: Run San Rmaon Independence Classic, 5 & 10K, Central Park (Bollinger & Alcosta), 8 a.m./5K, 8:30 a.m. Rick Reed, Parks & Community Services, 2220 Camino Ramon, San Ramon 94583. (415) 866-1410.

Palo Alto: Great Palo Alto Chili Chase 5K, Mitchell Park Community Center, Time TBA. Contact: (415) 329-2380.

Kenwood: Kenwood Footrace, 10K & 3K Fun Run, White Church (off Warm Springs Rd.), 7:30 a.m. Kenwood Footrace, P.O. Box 237, Occidental 95465. (707) 829-9493.

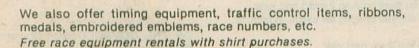
Tracy: Tracy 10K, 5K and 1 Mi. Run/Walk,

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Lincoln Park (East & Eaton), 8 a.m. Bob Milliom, 7759 W. Cabe Rd., Tracy 95376. (209) 832-1054.

Willits: Family Footrace, 2 Mi., 10 a.m. Jim Gibbons, P.O. Box 1262, Willits 95490. (707) 459-6142

Atwater: Run for Independence, 2 & 5 Mi., 8 a.m./2 Mi, 8:10 a.m. Ralston Park. Fourth of July Committee, P.O. Box 4, Atwater 95301. Ed Valla: (209) 726-2287 or 358-7235.

Mt. Shasta: Mt. Shasta 4th of July Run, Distance TBA, Time TBA. Dr. Jim Parker, 828 Pine St., Mt. Shasta 96067.

Newhall: Independence Day Classic, 5000 Meters, Newhall Park, 9 a.m. SCR's, P.O. Box 800298, Santa Clarita 91380. Greg Michaud (805) 296-6115, or SCR Hotline (805) 274-0400

Oxnard: 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercade, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

La Palma: La Palma ADP 5 & 10K Run/Walk Celebration, Central Park, 7:30 a.m. La Palma Recr. & Community Services, 7821 Walker St., La Palma 90623, (714) 522-6740.

Torrance: Spirit of America 5K and Kiddy K Run, Wilson Park at Jefferson, 8 a.m. Exchange Club of Torrance, P.O. Box 5102, Torrance 90510, (213) 214-1797.

Laguna Niguel: Taylor Woodrow 5 & 10K and 3K Walk in the Parks, Crown Valley Community Park, 7 a.m. Tom Ashen, South Coast YMCA, 29831 Crown Valley Pkwy., Laguna Niguel 92677. (714) 495-0453 or 831-9622.

So. El Monte: San Gabriel River 3 Mile Independence Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Coronado: Coronado Half-Marathon, and 2 Mi., 7th & G Sts., 6:30 a.m. Contact: Kathy Loper (619) 437-4667.

Fairfield: Fairfield 4th of July Run for Independence 5 & 10K, Laurel Creek Park, Cement Hill Rd., 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-81345.

Pacifica: Pier to Park 10K & 5K Fun Run, Roberts Rd. (5KO, Municipal Pier (10K), 8:45 a.m./5K, 9:15 a.m. Pacifica Recreation, 170 Santa Maria Ave., Pacifica 94044. (415) 875-7380.

Arcata: Northern California Fourth of July Jubilee Runs, 3K & 10K, Arcata Plaza, 9:30 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521.

Huntington Beach: Parade 8K Run, Civic

Center (Yorktown Ave. & Main St.), 8:30 a.m. Phil Beukema (714) 631-8700.

Santa Cruz: Firecracker 10K Race, Harvey West Park, 8:30 a.m. Santa Cruz Park & Recr. Dept., 307 Church St., Santa Cruz 95060, (408) 429-3477.

Pittsburg: Pittsburg Delta Festival Fun Run, 1 & 5 Mi., Buchanan Park (Harbor & Buchanan) 9 a.m. Info: 415/439-7756.

July 6 (Thursday):

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley: (818) 992-6219.

July 7 (Friday):

Los Angeles: Aztlan Sunset Indian Run, 5K, Elysian Park, 6 p.m. Aztlan Track Club, 1703 Laurel St., So. Pasadena 91030. (818) 799-5079.

July 8 (Saturday):

Rio Vista: Brannan Island "Out-Back" Triathlon, 900 Yd. Swim, 3.8 Mi. Run, 14 Mi. Bike, Brannan Island State Recr. area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803, (415) 841-1190.

Folsom: Tri For Fun Triathlon, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxbrugh, c/o 8128 Madison Ave., Fair Oaks 95628, (916) 965-8326.

Camarillo: High-Tech Trek, 5 & 10K and 1 1/4 Mi. Fun Run/Walk, Santa Rosa Rd. & Adolfo, 7:30 a.m. Rufo Quemuel, Hightech Development, 150 Camino Ruiz, Camarillo 93010. Gary Tuttle (805) 643-1104.

So. El Monte: Legg Lake Summer Morning 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394. Felton: Race Through the Redwoods, 10K &

Felton: Race Through the Redwoods, 10K & 2 Mi., downtown Felton, 9 a.m. Info: Carrie (408) 335-9193.

San Clemente: San Clemente Ocean Festival 5K, San Clemente Pier, 7:30 a.m. Info: George Gilbert (619) 275-5440.

July 9 (Sunday):

San Francisco: San Francisco Marathon, 7 a.m. City of San Francisco, Box 27557, San Francisco 94127. (415) 681-2323.

Castro Valley: Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina, 8 a.m. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546, (415) 881-8255, before 6 p.m.. Oakland: Oakland Double 10K Classic & 5K Express, 14th St. & Broadway, (PA-TAC 20K

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Information: (916) 488-6580

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Championships), 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118

Benicia: Benicia Swamp Run/Stride, 5 Mi., Benicia State Park (I-780, Columbus Pkwy. exit), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Rancho Cordova: American River Parkway Foundation Run, 5 & 10K, Kilgore Rd., 7:30 a.m. Rick Summers, P.O. Box 2501, Rancho Cordova 95741, (916) 635-8131.

Sacramento: Buffalo Chips Running Series. 5 & 10K. Information: (916) 488-6580.

Bakersfield: Bakersfield Track Club Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

Carlsbad: Carlsbad Triathlon, 1 Mi. Swim, 16 Mi. Bike, 10K Run, Tamarack State Beach (Tamarack & Pacific Coast Hwy.), 7 a.m. Sara Drapkin, city of Carlsbad, 1200 Elm St., Carlsbad 92008. (619) 434-2856.

San Diego: Great Earth Run & Walk, 10K &

2 Mi., Balboa Park, 7:30 a.m. Contact: Lyn Lacev (619) 236-0842.

So. El Monte: Legg Lake 5K Run for Life, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

L.A. Area: Star Festival 5K Run, Pacific Square Plaza, Time TBA. Contact: (213) 323-0163.

San Clemente: San Clemente Ocean Festival 10K Beach Run, San Clemente Pier, 7:30 a.m. Info: George Gilbert (619) 275-5440.

July 11 (Tuesday):

Bakersfield: NBRPD Summer Triathlon #3, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Recr. & Parks District, 405 Galaxy Ave., Bakersfield 93308. Paul Press or Melinda Duplantis: (805) 392-2000. San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Contact: Travis Burleson (619) 259-9442.

July 14 (Friday):

Ashford, WA: Washington Centennial Relay Marathon. Mt. Ranier to the Pacific. 163 miles, 11 person teams, 6-10 p.m. staggered starts. Jack Lawson, Box 17086, Seattle WA. 98107, (206) 782-6547.

July 15 (Saturday)

Sacramento: Eppie's Great Race, 5.8 mi. run, 12.5 mi. bike, 6.3 mi. paddle. William Pond Recreation Area, 8 a.m. Kathleen Barber, Parks & Recr., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

Santa Rosa: Wildman Biathlon, 10K Run, 800 Yd. Swim, 3.3 Mi. Run, Annadel State Park (Hiway 12), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190

San Luis Obispo: RRCA Women's Distance Festival 5K, Laguna Lake Park (Madonna Rd. between Hwy. 101 & Los Osos Valley

Track Capital REPORT

If you're interested in track and field or road-racing, then you're interested in what's happening in Eugene and the rest of Oregon. Track Capital REPORT is a monthly magazine full of recent results, coming events schedule, interviews with the big names in the sport, health tips, updates on the University of Oregon teams, Eugene T & F list ('88 included 35 men under 4:00 for 1500M), H.S. list. This year's subscription will include a special extra issue with TheWorld Veterans Game results.

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Rd.), 8:30 a.m. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

Camarillo: Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-

San Diego: Spirit of San Diego 8K & 1 Mi., Balboa Park, 7:30 a.m. Contact: Kathy Loper (619) 437-4556.

Fountain Valley: 2nd Annual Run for the Hills, 7K Nature Run/Racewalk & Stride, 7:50 a.m./Walk & Stride, 8 a.m. Mile Square Park. OCFED, P.O. Box 9118, Fountain Valley 92708, (714) 963-1430.

July 16 (Sunday):

Palo Alto: Bay to Breakfast 5 & 10K, Time TBA. Contact: (415) 329-2380.

Occidental: Occidental Country Run 10K and 3K Run/Walk, Harmony Union School (Bohemian Hwy & Graton Rd.), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465, (707) 829-9493.

Benicia: Benicia Swamp Run/Stride, 5 Mi., Benicia State Park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190

Newport Beach: Bastille Day 8K, Le Meridien Hotel, 8 a.m. United Cerebral Palsy Ass'n., 3020 W. Harvard, Santa Ana 92704. (714) 557-5100.

San Clemente: Fiesta 5000, c/o The Bank of San Clemente, 300 So. El Camino Real Blvd., San Clemente 92672. (714) 492-1131 or (619) 275-5440.

So. El Monte: Legg Lake 5K Run for Fresh Air, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Ontario: National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, 7 a.m. Info: (714) 989-6512.

Lake Tahoe: Tahoe Series 5 & 10K, Donner Ski Ranch, 9 a.m. Info: Mark Cardin. (916) 587-1192.

San Francisco: DSE Golden Gate Park Women's Festival 10K (men welcome), Golden Gate Park (South Side Polo Fields), 10 a.m. Info: (415) 668-2830.

Garberville: Benbow Lake Triathlon, 1.5K Swim, 27K Bike, 10K Run, Benbow Lake, Time TBA. David Banducci, College of the Redwoods, Eureka 95501. (707) 443-8411, x722.

July 18 (Tuesday):

Bakersfield: Bakersfield T.C. 5K Handicap

Run #3, 7 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

July 20 (Thursday):

So. El Monte: Legg Lake 5K Carrera de Noche, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 22 (Saturday):

San Francisco: Ocean Beach 5K, Balboa & Great Hwy., 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2012.

July 23 (Sunday):

Seattle: U.S. West Marathon. University of Washington, Husky Stadium. U.S. West Marathon, 101 Elliott Ave. West, Suite 430, Seattle, WA, 98119. (206) 285-0316.

Santa Cruz: Wharf to Wharf Run, 6 Mi., 8:30 a.m. (Limited to first 12,000 pre-reg.). Wharf to Wharf Run, Box 307, Capitola 95010.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Oxnard: Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Time TBA. Teresa Peters, Oxnard Parks & Recr., 325 South A St., Oxnard 93030, (805) 984-4643.

Blg Bear Lake: Big Bear Triathlon Series #2, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Meadow Park, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322

Mill Valley: Mill Valley 5K, Mill Valley Middle School (Camino Alto & Sycamore), 8 a.m./ Men, 8:45 a.m./Women. Tamalpa Runners, Jim Myers, P.O. Box 1713, Mill Valley 94942. (415) 383-3961. Raceday Reg. Only.

Marin City: Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, 2-Person Relay (one member does both 5K runs, one does 30K bike). Location & Time TBA. RhodyCo Productions, 2939 California St., San Francisco 94118. (415) 387-2178.

Reno, NV: Pyramid Lake Triathlon Relay, 1K Swim, 30K Bike, 10K Run, 9 a.m. Mark Coleman, Friends of Pyramid Lake, P.O. Box 8947, Reno, NV 89507. (702) 746-2649.

Truckee: Donnor Lake Triathlon, 1.5K Swim, 40K Bike, 10K Run, West End Beach, 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916)757-2012.

San Francisco: DSE Mission Rock Run, 3.5 Mi., Third & Mission Rock, 10 a.m. Info: (415) 668-2830.

Arcata: Mad River Race, 2 Mi. & 15K, Water District Park #4 (Warren Creek Rd. off West End Rd.), 10 a.m./2 Mi., 10:45 a.m.

Canyon Country: Running Wilde Downhill Mile, 8 a.m. College of the Canyons parking lot, corner of Valencia Blvd., & Rockwell Canyon. Running Wilde Sports, P.O. Box 1515, Canyon Country 91351. (805) 274-0400.

San Francisco: Summer of Love 50K, lowkey tour of San Francisco & Marin, 1632 Haight St., 7 a.m. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

July 25 (Tuesday):

Bakersfield: NBRPD Summer Triathlon #4, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Recr. & Parks District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000, Paul Press.

July 27 (Thursday):

Los Angeles: Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. Race Central, 245 S. Riverside Ave., P.O. Box 828, Rialto 92376. (714) 874-5870. So. El Monte: 1. Legg Lake 5K Good Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 949-0394.

July 29 (Saturday):

Johnsville: Gold Rush Ultra-Marathon, 50K (PA-TAC Championships), Plumas Eureka State Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Mammoth: Mammoth Snowcreek Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Rick Davis, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

Hayward: Bay Area Ultrarunners 24-Hour Track Run, Time TBA. Jim Skophammer (415) 994-6128(h), (415) 397-5000(wk).

So. El Monte: San Gabriel River 12K Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Coto de Caza: A Mid Summer Night's Dream, 5K Run/Stride, 12K Run, 1 Mi./Walk Trabuco Canyon, 5 p.m./5K, 5:45 p.m./12K, 7 p.m. Dream Run, Coto de Caza, One Coto de Caza Dr., Coto de Caza 92679. (714) 858-2600.

Gliroy: Gilroy Garlic Festival Runs, 5 & 10K,



Gavilan College, 7:30 a.m. Gilroy Garlic Festival Runs, P.O. Box 2311, Gilroy 95021.

July 30 (Sunday):

Ssn Francisco: Takara Cable Car Chase, 5 Mi., Aquatic Park (Fisherman's Wharf), 8 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Courtland: Pear Fair 5 & 10 Mile, Elementary School, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95960. (916) 776-1627.

Sparks, NV: Striders Fun Relay, 20K (3-person teams), Cottonwood Park, 7:30 a.m. Ski Pisarski, P.O. Box 21171, Reno, NV 89515. (702) 849-0419.

San Luis Obispo: San Luis Obispo Recreation Dept. Triathlon, 0.5 Mi. Swim, 15.3 Mi. Bike, 3.7 Mi. Run, Sinsheimer Park, Time TBA. John Rogers, c/o SLO Recreation Dept., 860 Pacific St., San Luis Obispo 93401. (805) 549-7300.

San Diego: Lions-Padres 10K & 2 Mi., J< Stadium, 7 a.m. Contact: Jim Reed (619) 239-7264.

Walnut Creek: The Seven C's 7K, Heather Farms (301 N. San Carlos Dr.), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry, 10 a.m. Info: (415) 668-2830.

August 1 (Tuesday):

Bakersfield: Summer Triathlon #5, 10 Mi. Bike, 5K Run, 400m Swim, 6 p.m. Paul Press, No. Bakersfield Recr. & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

August 2 (Wed.):

So. El Monte: Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 5 (Saturday):

San Rafael: Marin Triathlon, 600 Yd. Swim, 5K Run, 10 Mi. Bike, McNear's Beach City Park (off Pt. San Pedro Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Antioch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bikè, 3 Mi. Run, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-

6453.

Tracy: California Dry Bean Festival Fun Run, 5 & 10K, 1 Mi. Kids Run, 7:30 a.m./Kids 1 Mi., 8 a.m./5&10Km 9 a.m./1 Mi. Run-Walk. Bob Milliom, 2529 Tracy Blvd., Tracy 95376. (209) 832-0287.

Squaw Valley: Squaw Valley USA Mountain Run/Walk, 3.6 Mi., Tram Bldg., 9:15 a.m./Walk, 9:30 a.m./Run. Holly Beatle Far, Image Promotions, P.O. Box 2575, Olympic Valley 95730. (916) 758-8802.

Bakersfield: Hart Park Fun Run, 7 a.m. Contact: Randy Brown (805) 834-9130.

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run & 2 Mi. Walk, Willowbrook Park, 936 E. El Segundo Blvd., 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

So. El Monte: Legg Lake 099'ers 8K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Mammoth Lakes: Highest 5 & 10K Run in California. (elevation 7600' to 8000') 8 a.m. Mammoth Lakes Lions Club, PO Box 17, Mammoth Lakes 93546 or call Bill Rolls (619) 935-4512/home or (619) 934-8553/work.

San Diego: Ocean Beach 10K & 2K, Newport at Abbott, 7 a.m. Chris Veldekamp (619)

ALAMEDA RUN for the PARKS — 10K

SECOND ANNUAL 2 MILE WALK

Sunday, August 13, 1989 9:00 am

T.A.C. sanctioned and certified race to benefit the Alameda Recreation and Park Department

FEATURES:

- NEWLY DESIGNED T-shirt to all registered runners and walkers.
- · Two trips to Hawaii for two.
- Refreshments at the finish—Stroh's Beer, Safeway Fruit, Mothers Cookies, Pepsi, Pripps Plus, Kissle, Kashi.
- Flat, fast loop course with a beautiful view of the San Francisco skuline.
- · Split times each mile, big digital clock at the finish.
- Computerized race results. "Total Race Systems".
- "Jazzercise" warm-up and aid stations.
- Chili cook-off to follow awards ceremony.

AWARDS:

- Merchandise awards to every 10th finisher in 10K race.
- Merchandise awards to the top three finishers in each division in the 10K race.
- Team awards to City and Run Club with most entrants.
- Robert Crown Memorial Award to first male & female from Alameda in the 10K race.
- Team Award to winning military team.

DRAWINGS:

 Top three individual age division finishers in the 10K race eligible for drawing for one of two tickets to Hawaii for two. Must be present to win. Random drawing from among all other registered runners and walkers for the second trip. Must be present to win.

PRE-REGISTRATION:

- PLEASE PRE-REGISTER. Entries are limited to the first 3,000 runners. Entry fee \$10.00 to pre-registered entry postmarked before JULY 31. Please include a 4"x10" self-addressed stamped envelope for your race packet to be mailed to you.
- Mail entry before July 31, 1989, to Room 201, City Hall, Alameda, CA 94501. Make checks payable to Run for the Parks

RACE DAY REGISTRATION:

 Entry fee \$12.00 at South Shore Shopping Center between 7 a.m. and 8:15 a.m.

RACE RESULTS:

Race results will be mailed to all runners.

INFORMATION:

 Contact Alameda Recreation and Park Department, Room 201, City Hall, Alameda, CA 94501 (415) 748-4565.

AGE DIVISIONS:

 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over, and wheelchair. All divisions for men and women.

ALAMEDA RUN for the PARKS SEX DATE OF BIRTH Day Year ON RACE DAY	2 MILE WALK 10K RUN WHEELCHAIR (10K) For Official Use Only
LAST NAME	FIPST
STREET	
CITY	STATE ZIP
CLUB/TEAM CLUBS/TEAMS MUST PRE-REGISTER BY JULY 31st	PHONE THE PHONE
I AM EMPLOYED BY THE CITY OF:	
I WOULD LIKE TO RECEIVE INFORMATION ABOUT ISLAND CITY RUNNERS	

WAVER: In consideration of your accepting my entry, i, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against to persons and organizations affiliated with the race, TAC, the officials, Harsh Investments Corp., South Shore Merchants Council, South Shore APS, the City of Alameda, the Bureau of Electricity, the County of Alameda, the State of California, island City Flunners any and all sponsors of the race, volunteers and committee members while participating in or travelling to the Run for the Parks, August 13, 1989. I further attest that I am physically fit and sufficiently trained for this event.

Road Race Management Race Director's Meeting And Trade Exhibit November 10-12, 1989 Washington, DC

Road Race Management, the professional journal for race directors, is hosting its seventh widely-acclaimed race annual trade director's meeting and exhibit. This is the must-attend conference you've heard so much about. The conference is designed for directors of races of all sizes and individuals with a keen interest in the sport of long distance running.

A brochure listing the faculty and workshops for 1989 is available. Past panelists have included Fred Ollan Lebow. Cassell, Jane Dolley, Henley Gibble, Don Kardong, Harold Tinsley, Amby Burfoot, and many other luminaries in the sport.

Here's what attendees have said:

"I have returned to Colorado with many new ideas as well as clarification on many pressing issues in road racing."

Nancy Hobbs

Colorado Triple Crown of Racing Colorado Springs, CO

"I had a great time at your November conference. It was everything I imagined it would be--a small high-quality meeting of first-class people."

Amby Burfoot Editor, Runner's World Emmaus, PA

"Attending this event was more than I expected."

Valerie Johnson

Director, Wharf to Wharf Race Capitola, CA

If you wish to receive information on the 1989 Road Race Management Race Director's Meeting and Trade Exhibit, please fill out and return the form below. Remember, attendance is limited.

Please send me a brochure on the 1989 Road Race Management Race Director's Meeting on November 10-12, 1989 in Washington, DC.

Name (please print):

Organization/affiliation:

City/State/Zip:

Phone:

Check here if you would like to receive information on the Trade Exhibit. Mail to: Road Race Management, Race Director's Meeting, 1201 S. Eads St., Suite 2A, Arlington, VA 22202 RIT

SCHEDULE

226-RRRR

San Diego: Run for the Animals, 10K & 2 Mi., Seaport Village, 7:30 a.m. Mike McCarty (619) 531-6041

Irwindale: Bud Light L.A. Sprint Triathlon, 3 Mi Run 9 Mi Bike 200 Yd Swim Santa Fe Dam, Time TBA, Rob Hogan, P.O. Box 7000-287. Alta Loma 91701. (714) 989-6512.

El Cerrito: El Cerrito Hillside Run, 4 Mi., 7007 Moeser Ln., Time TBA. Info: Jack Coaklev (415) 530-1939.

August 6 (Sunday):

Larkspur: Asher Clinic Couples Relay, 2x2 Mi., Larkspur Landing Shopping Center, 10 a.m. Asher Clinic, 1601-A Larkspur Landing Circle, Larkspur 94939, (415) 461-8233,

San Francisco: Team San Francisco's Vancouverun, 5 & 10K and 5K Walk, Golden Gate Park (South side of Polo Fields), 8 a.m. Team San Francisco, Attn: Bob Puerzer, 2215-R Market St., #519, San Francisco 94114. (415) 552-1406.

Pacific Grove: YWCA's Women's 5K Walk & 10K Run, Ocean View Blvd., 9 a.m. (Women only), YWCA, 404 Camino El Estero, Monterey 93940. (408) 649-0834.

San Clemente: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA, USTS, c/o 5966 La Place Ct., #100, Carlsbad 92008. (619) 438-8080.

San Francisco: DSE Roller Coaster Run, 3 Mi. and Kids' 0.6 Mi., Mountain Lake Park (west end), Lake & 12th Ave., 10 a.m. Info: (415) 668-2830.

August 8 (Tuesday):

Bakersfield: Darryl Easter Memorial Summer Handicap 5K Series, Approx. 1/2 Mile east of Hart Park (on Alfred Harrell Hwy.), 7 p.m. Randy Brown: (805) 834-9130.

August 10 (Thursday):

So. El Monte: Legg Lake 5K Evening Cougar Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 12 (Saturday):

Asbury Park, NJ: National TAC Sr. Women's 10K Championships, Time TBA. Phil Benson, Box 2287, Ocean, NJ 07712. (201) 531-4156.

Petaluma: Stride for Life, 3 & 10K Run, 3K Walk, Walnut Park, 8 a.m. Petaluma Valley Hospital Foundation, Attn: Robert Brown,

P.O. Box 5124, Petaluma 94953. (707) 778-7441.

Folsom: Tri For Fun Triathlon, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

San Diego: MADD Run for Fiscal Fitness. 10K & 2Mi., Balboa Park, 7:30 a.m. Toni Deal

Green Valley Lake: "Hot August Days" Green Valley Lake Triathlon, 0.4K Swim, 10.5 Mi. Bike, 3.5 Mi. Run, Time TBA. Jim Allison, 33180 Green Valley Lake Rd., P.O. Box 422, Green Valley Lake 92341. (714) 867-7757.

August 13 (Sunday):

San Mateo: San Mateo County Fair Run, Distance TBA, County Fairgrounds (So. Delaware & E. 25th Ave.), Time TBA, Jaime Rupert. c/o San Mateo County Fairgrounds, 2495 S. Delaware St., San Mateo 94403. (415) 574-FAIR.

Alameda: Alameda Run for the Parks, 10K Run, 2 Mi, Walk, Southshore Shopping Center, 9 a.m. Alameda Recr. & Park Dept., Room 201, City Hall, Alameda 94501. (415) 522-4100, x227.

Healdsburg: River of No Return Pentath-Ion, 800 Yd. Swim, 10 Mi. Canoe, 0.3 Mi. Portage, 9.3 Mi. Run, 22 Mi. Bike, Vineyard Plaza Shopping Center, 8 a.m. (2-Person Teams). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Quincy: Feather River Classic Run, 5K & 10 Mi., Pioneer Park & Pool, 8:30 a.m. Roger Steward, Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

Covelo: Blackberry Festival Footrace, 5 & 10K, Commercial & Howard St., 7:45 a.m./ walkers, 8:15 a.m./runners, Covelo Community Library, P.O. Box 491, Covelo 95428. (707) 983-6594.

San Francisco: DSE Windmill Run, 6.5 Mi., Wilhelmina Windmill (JFK Drive, Golden Gate Park), 10 a.m. Info: (415) 668-2830.

Lake Tahoe: Tahoe Series 5 & 10K, Northstar (main parking lot), 9 a.m. Info: Mark Cardin (916) 587-1192.

Arcata Area: Freshwater Race, 2 Mi. & 10K, 2872 Freshwater Rd., 10 a.m. Info: Ellsworth Pence: (707) 445-9442.

Ventura: Ventura Triathlon, 0.5 Mi. Swim, 18 Mi. Bike, 4 Mi. Run, Ventura State Beach, Time TBA. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

August 15 (Tuesday):

Bakersfield: Summer Triathlon #6, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. Paul Press, No. Bakersfield Recr. & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Charles Freeman (619) 280-5000.

August 16 (Wed.):

San Francisco: Manufacturers Hanover Corporate Challenge, 3.5 Mi., 6 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127, (415) 681-2323.

August 18 (Friday):

Palo Alto: Pizza Hut TGIF 5 & 10K, 6:30 p.m. Contact: (415) 329-2380.

August 19 (Saturday):

Antioch: Golden Triangle Triathlon, 0.75 Mi. Swim, 18 Mi. Bike, 6 Mi. Run, Central Loma Regional Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. East Sacramento: Susan B. Anthony Women's 5K Run & 2K Walk, Glenn Hall Park, 8:30 a.m./2K, 9 a.m./5K. Contact: Dennis Grandy (916) 454-0198.

West Covins: Steamboat Tri-Al, 0.5 Mi. Swim, 15 Mi. Bike, 3 Mi. Run, Bonelli Park, Time TBA. John A. Mory, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Manitou Springs, CO: Pikes Peak Ascent 7 a.m. (1500 limit) See marathon listing below (Aug. 20).

Susanville: Susanville Main Street Mile, 1 Mi., 10 a.m. Jim Reichle, 105 Park, Susanville 96130. (916) 257-2294.

Tahachapi: Tehachapi 5 & 10K, Time TBA. Info: (805) 822-3370.

Grover City: The Dune Runs, 5 & 10K, 9 a.m. Info: (805) 481-0158.

August 20 (Sunday):

Manitou Springs, CO: Pikes Peak Marathon, 7 a.m. (1000 Limit) Note: Ascent Only race on Aug. 19. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

San Francisco: Presidio 10, 10 Mi., Presidio Parade Grounds, 9 a.m. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

San Francisco: Hook & Ladder 10K, Gold-

en Gate Park (Rainbow Falls/JFK Dr.), 9 a.m. Jim Gallagher, 1671 16th Ave., San Francisco 94122. (415) 753-0880.

Redwood Shores: Redwood Shores Biathlon, 4 Mi. Run, 400m Swim, 350 Marine World Pkwy., 10 a.m. Wayne Robson, Big Bros/Big Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

Hayward: Hayward Zucchini Run, 10K & 2 Mi., 9 a.m. Roxann Kasparian, Eden YMCA, 951, Palisade, Hayward 94542. (415) 582-9614.

Scotts Valley: Pioneer Days 10K, Kids' 1/2 Mi, King's Village Shopping Center (Mt. Hermon Rd.), 8:30 a.m./Kids' Run, 9 a.m. Pioneer Days 10K, P.O. Box 66928, Scotts Valley 95066. (408) 438-1010.

Sacramento: Rainbo Bread Ironkids Triathlon, (7-10) 100m Swim, 5K Bike, 1K Run, (11-14) 200m Swim, 10K Bike, 2K Run, Time TBA. Traksports Management Group Int'l., P.O. Box 69095, St. Louis, MO 63169. (314) 241-8100.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Location & Time TBA. Contact: Randy Brown (805) 834-9130.

Blgh Bear Lake: Big Bear Triathlon Series #3, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

San Diego: America's Finest City Half-Marathon, Pt. Loma, 7 a.m. Neil Finn, P.O. Box 3879, San Diego 92103. (619) 297-3901. San Francisco: DSE Lake Merced Run, 4.6 Mi., Sunset Blvd. Parking Lot, 10 a.m. Info: (415) 668-2830.

Bear Valley: Bear Foot Race 10K Fun Run, Bear Valley Ski Resort (7,000 Ft.), 9 a.m. Paul Peterson: (209) 753-2834.

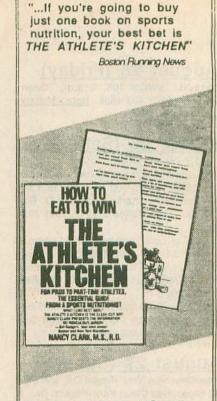
McKinleyville: Hammond Bridge Half-Marathon & 2 Mi., High School track, 9 a.m. Buzz Webb: (707) 839-3518.

August 22 (Tuesday):

Bakersfield: Darryl Easter Memorial Summer Handicap 5K Series, Approx. 1/2 Mile east of Hart Park (on Alfred Harrell Hwy.), 7 p.m. Randy Brown: (805) 834-9130.

August 24 (Thursday):

So. El Monte: Legg Lake Evening Turtle Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.



By Nancy Clark, MS, RD Sports Nutritionist Sports Medicine Brookline Boston, MA 02167

- * Practical suggestions for how to feed yourself healthfully, even when on the run.
- Sports nutrition tips on high energy snacks, protein, thirst quenchers, carbo-loading, vitamins and supplements.
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- Proven ways to lose, gain or maintain weight and fulfill athletic goals.
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Please send _ KITCHEN. End	copies The ATHLETE'S
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City:	
State:	Zip
Allow 4.	6 weeks for delivery

August 25 (Friday):

Coronado: SWOS 10K, 8 a.m. Sean O'Conner. (619) 437-4556. Note: Military Only.

August 26 (Saturday):

So. Lake Tahoe: World's Toughest Triathlon (National Ultra Course Masters Championship), 2.5 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (702) 782-

Lodi: City of Lodi Triathlon. (1000y swim, 5 mile bike, 3.1 mile run). Lodi Lake, Turner Road. 9 a.m. Lodi Triathlon, 801 S. Fairmont #5, Lodi 95240 or call Dr. William C. Henshaw (209) 334-2021.

Blshop: Mule Run Ultra 50K, 7 a.m. (300 limit). Bill & Cheri Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211.

August 27 (Sunday):

Foster City: Run Your Plaque Off, 10K Run & 5K Stride, Sea Cloud Park (Pitcaim Dr.), 9 a.m. San Mateo County Dental Society, 1941 O'Farrell St., San Mateo 94403, (415) 345-5714.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse at 14th & Lakeside), 9 a.m. Eivyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

San Francisco: Jazz Beat 5K, Golden Gate Park (So. Side of Polo Fields), 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Bodega Bay: Bodega Bay to Breakers 8K Run/Walk, Bodega Marine Laboratory, 9 a.m. Sherry Fitzsimmons, P.O. Box 247, Bodega Bay 94923, (707) 875-2065.

Merced: Watermelon Run, Distance TBA, Time TBA. Merced TC Newsletter, 221 East 19th, Merced 95340.

Pismo Beach: Pismo Beach-Sea Venture Triathlon, 1.5K Swim, 40 K Bike, 10K Run, Pismo Pier, Time TBA. Sea Venture Hotel, 100 Ocean Ave., Pismo Beach 93449. (805) 773-4994.

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona, 10 a.m. Info: (415) 668-2830.

August 31 (Thursday):

So. El Monte: Legg Lake 5K Evening Deer Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394. Huntington Beach: Sunset in the Park, 2.8 & 4.8 Mi. cross-country runs, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648, (714) 841-5417.

September 2 (Sat.):

Sausalito: Puffin Power, 4 & 7 Mi., Rodeo Lagoon (GGNRA, Ft. Cronkhite, Marin Headlands), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803, (415) 841-1190.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

Lompoc: Park to Park 8 Mile Run, Miguelito Park to La Purisima Mission State Park, 8 a.m. Russ & Lisa Norcutt: (805) 736-6168.

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run & 2 Mi. Walk, Willowbrook Park, 936 E. El Segundo Blvd., 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

So. El Monte: San Gabriel River 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: 4-Mile Cross-Country, Balboa Park, 7 a.m./women, 7:30 a.m./men. Keith Jeffers: (619) 452-7382.

September 3 (Sun.):

Livermore: Wente's Cellar to Cellar Run, 10K, Time TBA. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 668-2243.

Crescent City: Crescent City Triathlon, 0.5 Mi. Swim, 12 Mi. Bike, 4 Mi. Run, Time TBA. Mike Mathews, 1500 Dundas Rd., Crescent City 95531. (707) 464-3976, 464-5698. South El Monte: San Gabriel River 3 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane. Pico Rivera 90660. (213) 949-0394.

September 4 (Mon.):

PInole: Miniman Triathlon, 250 Yd. Swim, 2 Mi. Run, 10 Mi. Bike, Pinole City pool (Simas Ave. & Pinole Valley Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Lodi: Field & Fair Day Run, 10K, Time TBA. Info: (209) 333-6782.

Auburn: Average Joe Biathlon, 6.1 Mi. Run, 7.45 Mi. Bike, Bowman Elementary School, 8 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Sacramento: Doug Pope's Run for the Children, 5 Mi. Run & 3 Mi. Walk, & Kids' Half Mile,

Glen Hall Park, 8:30 a.m./Kids' Run, 9 a.m. Doug Pope or Steve Cippa, 50 Fullerton Ct., Sacramento 95825. (916) 446-6800.

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

September 8 (Friday):

Tahoe City: Pepsi of Reno-Tahoe 72-Miler, Commons Beach (1 lap on road around Lake Tahoe), 6 a.m. Toni Belaustegui, 75 Mt. Rose St., Reno, NV 89509, (702) 329-6697.

September 9 (Sat.):

Beryessa: Berryessa Biathlon, 1.25 Mi. Swim, 24 Mi. Bike, (Northern California Biathlon Championship), Putah Creek Resort, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803, (415) 841-1190.

Tracy: Tracy 5 & 10K and 1 Mi., Dr. Powers Park (Tracy Blvd. & Lowell), 8 a.m. Bob Million, 7759 W. Cabe Rd., Tracy 95376. (209) 832-1054.

Tahoe City: North Shore Challenge, 1/2-Mi. Swim (Lake Tahoe), 5 Mi. Run, 18 Mi. Bike, Skylandia Beach, 10 a.m. TCPUD Dept. of Parks & Recr., P.O. Box 33, Tahoe City 95730. (916) 546-7248.

South El Monte: Legg Lake 099'ers Road Runners 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Rd., Pico Rivera 90660. (213) 949-0394.

Irvine: Pridemark Realtors 5 & 10K and 1 Mile Fun Run/Walk, Airport Business Center (Sky Park Blvd. South & Main St.), 7:30 a.m./ 10K, 8:20 a.m./5K, 9:30 a.m./1 Mile. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

San Diego: Penasquitos Town Center 5K, near Mt. Carmel High School, 7:30 a.m. Dennis McClanahan: (619) 437-4667.

September 10 (Sun.):

San Francisco: Run for Hope 10K, Golden Gate Park (Polo Fields), 9 a.m. Run For Hope, Pacific Energy & Resources Center, Ft. Cronkhite, Bldg. 1055, Sausalito 94965. (415) 331-1942.

Oakland: Run/Walk for Friends, 5 & 10K, Lake Merritt (sailboat house, 568 Believue), 9 a.m. Friends of Oakland Parks & Recr., 1520 Lakeside Dr., Oakland 94612. (415) 273-

Los Gatos: YSI Vasona Park 10K Wildlife Run & 5K Stride, 8:30 a.m./10K, 8:45 a.m. Youth Science Institute, 296 Garden Hill Dr.,

Los Gatops 95030, (408) 356-4945.

Pleasanton: Heritage Days Run, 5 & 10K and 2 Mi. Walk, Hacienda Business Park, Time TBA. Fleet Feet, 4247 Rosewood Dr., Pleasanton 94566, (415) 847-9255.

Santa Rosa: Annadel Loop, 7 Mi., Cobblestone Trailhead (Channel Dr.), 8 a.m. Alec Isabeau, 2900 St. Paul Dr., #219, Santa Rosa 95405. (707) 525-1808.

San Diego: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. U.S.T.S., c/o 5966 La Place Ct., #100, Carlsbad 92008, (619) 438-8080.

Don Pedro Lake: Don Pedro Triathlon, 1.5K Swim, 35K Bike, 10K Run, Time TBA. Don Pedro Triathlon, c/o Pedro Recr. Agency, P.O. Box 160, LaGrange 95329. (209) 852-2396.

South El Monte: San Gabriel River 3 Mile Frog Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

September 15 (Fri.):

Palo Alto: Moonlight Run, 9 p.m. Info: (415) 329-2380. (Palo Alto Recr. Dept.)

September 16 (Sat.):

Squaw Valley: Pacific Crest Trail 50K, 25K & 25K Relay and 12K, Squaw Valley Inn to Donner Pass, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. Sausalito: The Great Headlands Race, 6 Mi., Fort Barry (rifle range), GGNRA, 10 a.m. Headlands Center for the Arts, 944 Fort Barry, Sausalito 94965. (415) 331-2799.

Bass Lake: Bass Lake Classic Triathlon, 1500m Swim, 40K Bike, 10K Run, Pines Resort, Time TBA. Bass Lake Chamber of Commerce, P.O. Box 126, Bass Lake 93604. (209) 642-3676.

Pico Rivera: Sunset 5 & 10K Run/Walk, 5 p.m./5K, 5:30 p.m. Info: Mike Collier (213) 949-5648.

September 17 (Sun.):

San Francisco: Hoy's Sports 10,000 Meter Classic, Golden Gate Park (JFK Dr. & Stow Lake Dr.), 9 a.m. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

Oakland: Aztec Run for Education, 5 & 10K, Lake Merritt (boathouse), 9 a.m. Rosario Flores, 1900 Fruitvale Ave., #1-B, Oakland 94601, (415) 261-7839.

Albany: People Chase 5 & 10K and Kid's 1 Mi., Golden Gate Fields racetrack, 9 a.m. Carolyn Pugh, 848 Stannage Ave., Albany 94706, (415) 527-6195.

Walnut Creek: Walnut Festival Runs, 5 & 10K, Heather Farms Park, 8:30 a.m. Walnut Festival, P.O. Box 3408, Walnut Creek 94598, (415) 938-6766.

San Jose: Willow Glen Founders Day 10K, Willow Glen Elem. School (Lincoln & Minnesota), 8:30 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155.

Pacific Grove: Monterey Bay 10K Run for the Beacon, Lover's Point Park, 9 a.m. Will Franke, c/o Beacon House, P.O. Box 301, Pacific Grove 93950. (408) 372-2334.

Sacramento: Buffalo Stampede 10 Miler, plus 3 Mi. & Kids' 1/2-Mi., Rio Americano High School, 8 a.m./10 Mi., 8:10 a.m./3 Mi., 9:45 a.m. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

Sacramento: Sacramento Triathlon, 1.5K Swim, 40K Bike, 10K Run, Capitol steps, Time TBA. Steve Cippa, c/o 2408 J Street, Sacramento 95816. (916) 442-3338.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

Mallbu: Bikesport Malibu Triathlon, 0.5 Mi. Swim, 18 Mi. Bike, 5 Mi. Run, Zuma Beach, Time TBA. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

South El Monte: Legg Lake 5K Spirit Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Philadelphia, PA: National TAC Masters Half-Marathon Championships, Time TBA. Mark Stewart, P.O. Box 43111, Philadelphia, PA 19129. (215) 636-4975.

September 23 (Sat.):

Pacifica: Fog Fest Five Run/Stride, 5 Mi., Sharp Park School, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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Camarillo: Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

South El Monte: Legg Lake 099'ers Chaparral 8K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Laguna Hills: Beach Games 8K, Time

TBA. Beach Games 8K, P.O. Box 795, Dana Point 92629. (714) 661-6062.

San Diego: Rancho San Diego 5K, Jamacha at Campo, 7:30 a.m. Info: Kathy Loper (619) 437-4556.

San Diego: Balboa 8-Mile (& 3 Mi), Balboa Park, 7 a.m. Info: Bill Gookin (619) 578-9456.

SCHEDULE

September 24 (Sun.):

Portland, OR: Portland Marathon, 5 Mi. & 2 Mi. Kids Run, 8 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR. 97076-4040. (503) 226-1111

San Francisco: Bridge to Bridge Run, 8 Mi. & 5K, Ferry Bldg., 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Santa Clara: Carousel to Coaster 10K Run (& 5K Stride), Great America Amusement Park, 9 a.m. City of Santa Clara Parks/Recr. Dept., 1500 Warburton Ave., Room 103, Santa Clara 95050, (408) 984-3223.

Rio Vista: Brannan Island Splash, Dash & Splash, 900 Yd. Swim, 4.1 Mi. Run, 450 Yd. Swim, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Merced: Gateway to Yosemite Triathlon, Distance TBA, Time TBA. Merced Track Club News, 221 E. 19th, Merced 95340.

Lake Isabella: Dam Tough Run, 38.6 Mi. (relay or ultra-marathon), 7 a.m. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240. (619) 379-5236, mornings.

South El Monte: Legg Lake 5K Indian Summer Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 494-0394

Bonita: Bonita Half-Marathon & 5K, Plaza Bonita, 7 a.m. Info: Lyle Cummings (619) 280-

Pittsburgh, PA: National TAC Masters 10K Road Championships, Time TBA. William Phelps, 73 Elmore Rd., Pittsburgh, PA 15221. (412) 647-3021.

September 30 (Sat.):

Newark: Run for Education 5 & 10K, Coyote Hills Regional Park, 8 a.m. Jeanne Brophy, 5465 Black Bird Dr., Pleasanton 94566. (415) 462-1600.

Grass Valley: Bear Fair Races & Quadrathlon, 100m, 400m, 1500m on track and 5K X-C, Bear River High School, 5 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Fountain Valley: West Coast University 50-Miler, Mile Square Park, 6:30 a.m. (Sept. 1 deadline; 12-Hour time limit). Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668. (714) 953-2700. (213) 532-5043/H.

October 1 (Sunday):

San Francisco: Alcatraz Challenge Triathlon, 1.5 Mi. Swim, 1 Mi. Run, 20 Mi. Bike, 14.8 Mi. Run, Alcatraz Island (Rocky Beach), Time TBA. Sally Bailey, 10 Camelford Ct., Moraga 94556, (415) 376-3468.

Danville: Primo's to Primo's Half-Marathon, 5 & 10K, 7:30 a.m. Janet Kinney, 643 San Ramon Valley Blvd., Danville 94526. (415) 837-1800

Palo Alto: Run for the Animals, 9 a.m. Info: (415) 329-2380, (Palo Alto Recr. Dept.).

Santa Cruz: Santa Cruz Sentinel Triathlon, 1 Mi. Swim, 23 Mi. Bike, 10K Run, Main Beach, 8 a.m. Alice Helmer, Santa Cruz Sentinel, Box 638, Santa Cruz 95061. (408) 423-4242 x301

South El Monte: San Gabriel River 10 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660, (213) 949-0394.

Coronado: Leukemia Coronado Bridge Run, 6.5 Mi. & 3 Mi. Walk, 7:45 a.m. In Motion, 2204 Garnet Ave., Suite 203, San Diego 92109. (619) 483-9501.

Esst Meadow, NY: National TAC Masters 25K Championships, Time TBA. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. (516) 579-7466.

Sacramento: Sacramento Triathlon, 1.5K Swim, 40K Bike, 10K Run, Capitol steps, Time TBA. Steve Cippa, c/o 2408 J Street, Sacramento 95816. (916) 442-3338.

Looking Ahead

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

Oct. 7 (Sat.): Santa Rosa: U.S. Individual Orienteering Championships, Annadel

State Park (Channel Dr. entrance), 10 a.m. Bruce Wolfe, 46 Craig, Piedmont 94611. (415) 652-7871.

Oct. 8 (Sun.): Weott: Humboldt Redwoods Marathon & Half-Marathon, Dyerville Bridge, 2 Mi. north of Weott in Humboldt Redwoods State Park, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226 for questions: (707) 442-6463 for info

Oct. 8 (Sun.): St. Paul, MN: Twin Cities Marathon (Nat'l TAC Masters Championships), Time TBA. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. (612) 291-1822.

Oct. 14 (Sat.): Wrightwood: Angeles Crest 100 Mile Endurance Run, 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

Oct. 22 (Sat.): Clayton: Mt. Diablo Relay, 47 Mi., 7-person teams (limit 100 teams), circle Mt. Diablo counterclockwise, Time TBA. John Mercurio, 2832 St. Joseph Dr., Concord 94518. (415) 685-6759.

Oct. 28 (Sat.): Folsom Lake: Sierra Nevada Endurance Run, 52.4 Mi., 7 a.m. Delmar Fralick, Box 5299, El Dorado 95630.

Nov. 4 (Sat.): Cancun Caribbean Run. 10K. Sports Am, PO Box 6069, Salt Lake City, UT 84106 (801) 583-6281.

Track Schedule

June 29-July 2: Region 14 TAC Junior Olympic Championships. Ratcliffe Stadium, Fresno. (Qualify to TAC Nationals in Spokane, WA.) For information call Diane Sperling (209) 434-1286 days, Andrew Canidate (209) 435-0368, after 6 p.m.

July 6: Los Gatos All-Comer Track Meets. 5:30 p.m. Los Gatos HS. Willie Harmatz (415) 354-5660, 395-4311, or 356-0453.

July 8: Sacramento: Western Regional Masters Championships. American River College. Michael Holzang, P.O. Box 255131, Sacramento, CA 95865. (916) 482-7881.

July 13: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 16-20: San Luis Obispo: Sky Jumpers Vaulting Camp. Jan Johnson, 3000 Colima, Atascadero 93422. (805) 466-8119. July 20: Los Gatos All-Comer Track Meets

(see July 6 entry above for information).

July 20-23: San Diego: TAC/USA National Masters Championships, San Diego

tional Masters Championships. San Diego State. Dave Pain (619) 582-3316.

July 27: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 27-Aug. 6: Eugene, OR: VIII World Veterans Championships <u>Masters</u> World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Tom Jordan (503) 687-1989.

August 3: Los Gatos All-Comer Track Meets. 5:30 p.m. Los Gatos HS. Willie Harmatz, (415) 354-5660, 395-4311 or 356-0453.

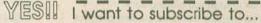
August 5: Santa Monica. Southern California TAC. Santa Monica Community College. Skip Stolley, 825 16th #B, Santa Monica, CA 90403 (213) 432-7655.

August 6: Westwood: Jack-in-the-Box Invitational (replaces Pepsi Invitational) Drake Stadium at UCLA. 3;30 p.m. Call for ticket information (213) 825-5368. Also available at all Ticketron locations.

August 10: Los Gatos All-Comer Track Meets (see August 3 entry above for information).

September 16: Northern California Seniors Track Classic (Submasters & Masters, ie. 30-plus). UC Berkeley. 8:30 a.m. Contact Jim Johnson, 1026 Murchison Dr., Millbrae 94030 (415) 697-1889.





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KEEPING PACE

By MARK WINITZ



Recover and Win

Conventional Wisdom
Says That What You Eat
Determines How You
Perform. But What You
Eat Also Dictates How
Well You Recover.

No doubt, you've heard it before. If you want to be a successful competitor, you have to put in the training. If your goal is an Olympic gold medal or to merely place high in your local championship—maybe, it's just keeping

higher level than their competitors or peers. They can compete more frequently, and pop back into their regular training regime after competing more quickly than others who don't recover so well. And they have more energy to do the other activities in their lives outside of their sport.

Recovery Factors

Many factors contribute to the ability to recover from hard physical activity. An individual's general fitness level, genetic makeup, age, training regime, mental outlook and nutritional habits all play a major role. Some factors, such as your age, are beyond your control. So, you accept that fact and, hope-

"...Supplementation of an athlete's regular diet with the proper nutrients can speed and enhance recovery after hard training bouts or competition."

active, fit, and healthy—you need to strike the right balance between activity (training) and non-activity (rest and recovery). If you're like most highly motivated athletes, you place greater emphasis on the active part: How many workouts did I get in this week? How many miles did I run or cycle? How much weight did I bench press? But a growing pool of knowledge among athletes, coaches, trainers, and researchers is telling us that the other part—rest and recovery—is of equal or greater importance in athletic excellence.

The athletes that can recover faster and more efficiently from hard competition or training, undoubtedly, have an advantage. They can train more consistently and at a

fully, allow more time for recovery between hard efforts as you grow older. Proper nutrition, however, is an area in which you are king or queen of your own castle. And if you want an edge in athletic recovery, you pay close attention to what you eat and drink.

Documented scientific studies conducted in sports laboratories throughout the world have demonstrated that supplementation of an athlete's regular diet with the proper nutrients can speed and enhance recovery after hard training bouts or competition. The supplements offered by a relatively new organization, Performance Nutrition Inc., are products based on these studies. For example, the drug-free and nutritionally balanced com-

position of Performance Nutrition's supplements places a premium on naturally occurring "foods" that have been scientifically proven to reduce lactic acid buildup in the muscles of endurance athletes, and thus reduce recovery time. During activity certain nutrients have been proven to spare lean muscle breakdown, thus reducing metabolic stress and making it that much easier it hit the road, track, weight room, gym, court, or field the next day.

Performance Nutrition has carefully added an array of proven, metabolically natural recovery-promoting elements to their formulas. And now a rapidly growing group of top athletes are discovering that they can safely and effectively boost their recovery abilities, and subsequently train and compete at a higher level, by adding these completely safe and non-steroidal supplements to a healthy diet

A Boon For Billy

Boston's Bill Rodgers is one such athlete who has recently started using Performance Nutrition's products as an adjunct to his nutritional regime. America's best known male distance runner is now a top-ranked masters (over 40 years old) competitor. He knows that as he gets a bit older, he can no longer get away with merely raiding the ice box for any combination of fast foods to fuel the 100-mile weeks that he still puts in.

"These products should be particularly useful for endurance athletes," notes Rodgers. "For a masters runner they might come in really handy since we don't recover as well as younger people."

Recovery is becoming an increasing top priority for the 4-time winner of the Boston and New York marathons who relies on weekly massages and easy swimming in the pool after hard workouts to avoid injury and loosen up muscles and tendons. His diet, too, is carefully monitored to replenish reserves that can easily be diminished by twice-daily work-

KEEPING PACE

outs. Although Bill has received some (perhaps over-exaggerated) notoriety as a junk food addict, he maintains that this image isn't the whole story.

"I eat a good diet," he points out. "I may eat some junk food, but I make sure that I eat a whole lot of good food too. There is no way that I could have done the type of training and racing that I've accomplished over the years on a terrible diet."

Now, amidst still-frequent racing, constant travel, professional appearances and commitments, television commentating, and the like, Rodgers believes his need for the right dietary supplement beyond his normal eating is more important than ever before. Especially since his 15 years of racing, including many marathons, have admittedly taken their toll in wear and tear.

"I've always looked at nutritional supplements asking the question what else can you do in terms of diet to help you recover." Bill relates. "But I felt that physiologists really hadn't gotten the word out to us, or really didn't know, what high-mileage, endurance athletes really needed. Was it enough to have just a high quality diet, or did you need a little extra iron, magnesium, and other things?"

Performance Nutrition has obviously provided Bill with enough promising, new evidence to prompt him to give their supplements a true test.

Rodgers' anticipation was exactly what distance runner Chris Fox had displayed two months before. Over those two months Fox's hopeful expectation turned to belief, as he turned new personal records (indeed, new American records) following his introduction to Performance Nutrition's Nitroplex. A big breakthrough came for Chris at the Nike Cherry Blossom 10-Mile race in Washington, D.C. last April 2nd. In a truly class field he captured 4th place. His time of 45:50 was seven seconds behind the winner, Brian Sheriff.

More significantly, it was a new American road record for 10 miles, and a 30-second personal best for the rapidly improving young runner. But his showing at Cherry Blossom wasn't the only thing that Fox was enthusiastic about.

"It was a really hard Sunday race, " he says, "yet I was working out hard again on Wednesday. And I wasn't doing it [returning to hard training] because I was making my do it. I just recovered so well...I didn't get sore."

Hastened Recovery

Traditional training wisdom in distance running dictates that a competitor should take at least one day of easy running or total rest for each mile run in the race before returning to hard training. That means Fox should have required 10 easy days following Cherry Blossom's 10 miles before jumping back into speed work. He bounced back into

continued next page...

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MARK WINITZ is a well-known running journalist. His many articles have appeared in local and national running publications.

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his normal training routine in two days. What made the difference? Fox was unequivocal in his answer.

"I have to feel that Nitroplex is responsible," he said. "That's the only real big change that I've made in my training. I just haven't been sore since I've started drinking it."

Both Fox, and his coach Greg Shank, agree that Chris has certainly been more consistent in both his training and racing since discovering Performance Nutrition's line.

"A year ago Chris was able to do three hard workouts in our 10-day training cycle," says Shank, who keeps impeccable records on each of his elite athlete's workouts. "Now he can do four hard workouts in 10 days. He's doing hard workouts two days apart now that he used to do three days apart with soreness."

Endurance athletes aren't the only ones who have reported rapid gains with these new products. For power weight lifters, recovery is a key factor in their ability to consistently do the kind of workouts necessary for building lean muscle mass. And muscle is what top lifters primarily rely upon to excel in their sport.

This year Jay Kreis, the strength coach at Middle Tennessee State University, helped produce two NCAA champions in the sport of power lifting: At the 1989 NCAA championships Middle Tennesse's Jonathon Gobbles topped the 123-pound division and Todd Suttels did the same in the 132-pound division. Suttels was also voted most valuable lifter in the lightweight category at the meet.

Performance Nutrition played a role since the lifters, both sophomores, relied on the supplements heavily during ten weeks of intensive training leading up to the NCAA Championships.

Safe, Legal and Effective

According to Kreis, who has participated in international weight lifting conferences and tours in Russia and Bulgaria as well as in the U.S., these lifters are able to gain very superior training advantages by using Nitroplex to reduce tissue damage and decrease recuper-

ation time. And they do it in a completely safe, legal, and nutritionally sound manner. For example, recovery between daily workouts is so profound that the lifters are able to intensively work the same muscle groups day after day with positive effects. They're able to go beyond traditional training wisdom and programs that limit the volume of muscular work simply because their muscles can tolerate more stress than previously thought possible. They directly attribute this higher training level to the lean muscle-building properties, enhanced recovery traits, and anti-oxidant protection provided by Performance Nutrition's supplements.

"I stress two things in my athletes' programs," remarks Kreis. "A well-prepared program, and an insider's view of restoration and recovery. If I have an insight on how I can get my athletes to train hard today and then come back tomorrow, then we're going to get stronger by the end of the week. And those weeks add into months, and months add into a period of time where we're very competitive. I think the longer we use these [Performance Nutrition] products, the more phenomenal our improvements are going to be.

"The benefits of Nitroplex as an ergogenic aid have been invaluable in the development of our athletes," Kreis summarizes. "I think it is going to be very valuable to other athletes who are involved in maximal performance, whether it be absolute strength, strength that requires repeated starting, or explosive, reaction-type strength."

Testimonials like these certainly provide promising evidence that the right nutritional supplement, used by motivated athletes who are on a sound training program, and who eat well-balanced meals, can indeed make a difference in performance. As athletes of all types become more sophisticated about the important significance of recovery in their athletic pursuits—whether at the the professional, collegiate, or recreational level—they will benefit all the more from nutritional formulations that are on the leading edge of athletic science. No doubt, as more studies are done,

additional information is gathered from athletes using these supplements, and the results applied to new and better nutritional formulations, we will see a dramatic rise in athletic potential and achievement.

According to Gary Lewellyn, one of Performance Nutrition's founders, the company intends to be right there in the forefront. Already they are enhancing their products, based on the latest scientific research and feedback from athletes who use the supplements.

"I don't know of anybody around who will have the product quality and efficiency of our supplementation program," says Lewellyn. "We're being contacted almost daily now from schools, professional athletes, and teams who are interested in our supplements and want to try them out. We're really excited about that."

This article originally appeared in Active America Magazine which premiered recently as the official publication of "Ben-Gay Active America Day." The 4-color, 64-page magazine features a variety of running and fitness related articles, including an additional feature article by Mark Winitz on Performance Nutrition's products. Copies of Active America are available by sending \$2 to cover postage and handling to Dean Reinke Publications, 400 N. New York Ave.-Suite 102, Winter Park, FL 32789, (407) 647-2918.

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

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In addition, research has shown that the 45% branch chain Amino Acid profile provided by Nitrobol is optimal for promoting positive Nitrogen balance, muscular growth and reduced metabolic stress.

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THE ATHLETE'S KITCHEN

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

Cholesterol Confusion: Eggs and Your Health

Eggstral Eggstral Read all about it! Eggs have less cholesterol than formerly thought!

Perhaps you read this nutrition news when the Egg Industry gleefully announced that eggs have 25% less cholesterol than previously reported: 210 milligrams cholesterol per large egg, as compared to 270. The lower cholesterol is due, in part, to new chicken feeds and breeding practices; part due to more precise analytical measures. The combined changes result in lower cholesterol eggs-news that may crack smiles on the faces of Egg-lovers Anonymous.

"...The concern over the cholesterol content of eggs...overshadows the good aspects--their excellent nutritional value."

What does this news mean to you, a healthconscious, but perhaps skeptical, consumer? Can eggs now fit into your heart-healthy diet? Or should they still be banned to the hen house? Let's look at the whole story.

*Many people erroneously believe that the cholesterol that we eat goes directly into the bloodstream and from there, directly into the artery walls. In actuality, the fate of dietary cholesterol is much more complicated. According to Dr. Donald McNamara, cholesterol researcher at the University of Arizona, the amount of cholesterol that you eat may have little bearing on the amount of cholesterol in your blood. About 80% of the cholesterol that's in your body is made by your body. The major determinant of that blood cholesterol level is the type of fat that you eat, rather than how much cholesterol you eat. Whereas the majority of our bodies can either produce less cholesterol or excrete more if we eat a high cholesterol diet, about one-third of the population are "non-compensators". That is,

their bodies lack a normal regulatory response to high dietary cholesterol intakes. If you're among that 1/3 of the population, then you should be careful about your dietary cholesterol intake. Otherwise, you might want to look at the bigger culprit—saturated fat.

*Saturated fat is found in animal foods such as greasy hamburgers, pepperoni, chicken skin, butter, cheese and other fatty animal products. It's also found in a few yeaetable sources, such as the coconut and palm oils commonly used in commercially baked goods, crackers and granolas. Whereas controversy exists as to the value of restricting dietary cholesterol, there's no doubt that restricting dietary fat-especially saturated fat-does lower blood cholesterol. If you reduce your intake of these saturated fats, or replace them with polyunsaturated fats (corn, safflower oils) and/or monounsaturated fats (olive, canola oils), you may actually lower your blood cholesterol.

*Dietary cholesterol is found only in foods of animal origin; it's a part of cell walls. In eggs, the cholesterol is found only in the yolk; egg whites are cholesterol-free. Traditionally, the American Heart Association has recommended that we limit our intake of eggs to three yolks per week, and our total dietary cholesterol intake to 300 mg, per day. Eggs have gotten a strict limit, because they are among the richest sources of dietary cholesterol; yet, they are low in saturated fat:

Food: Cholesterol / Saturated Fat

1 large egg: 210 mg / 2 gm 4 oz. roast chicken: 85 / 1.5 4 oz. roast beef: 95 / 3.5 1 c. whole milk or yogurt: 35 / 5 1 c. skim milk or yogurt: 0.5 / trace 1 c. gourmet ice cream: 90 / 15

Some health professionals question the value of this "across the board" recommendation to restrict eggs. They believe the statement should more appropriately focus upon

restricting saturated fat. Cholesterol compensators (i.e., the two-thirds of the population who metabolically adjust to high dietary cholesterol) may be able to thrive just fine on 300-500 milligrams cholesterol per day (like our grandfathers who bragged about eating two eggs for breakfast every day of their long and healthy lives). It's the noncompensators—with elevated blood cholesterol that stays high despite a lowfat diet—who should restrict their intake of 200-300 mg. per day.

*The concern over the cholesterol content of eggs generally overshadows their good aspects-their excellent nutritional value. Eggs are an inexpensive source of high quality protein with all the essential amino acids, as well as many vitamins and minerals. They are a nutrient-dense food that is appropriate for weight-conscious athletes, since eggs provide life-sustaining nutrients with minimal calories.

*When it comes to whether or not eggs can fit into your sports diet, the bottom line is: Know your number! If you are an egg lover with normal blood cholesterol (200 mg/dl), the chances are you can healthfully include lowfat egg-meals in your meal plan. Rather than having eggs for breakfast, I recommend that you make them a part of either lunch or dinner, as a replacement for chicken, fish or meat. That way, you can plan a high carbohydrate breakfast, such as cereal, that fuels your muscles better than would a protein-rich eggs. Plus, you'll be less tempted to eat the real health culprits that generally accompany egg-type breakfasts: bacon, sausage, buttered toast and hash-browns. Those foods are saturated with saturated fat and should be limited in everyone's diet!

Nancy Clark, MS, RD, is nutritionist at Bostonarea's Sports Medicine Brookline. Her popular book The Athlete's Kitchen is available by mail-order only: Send \$7 to New England Sports Publications, P.O. Box 252, Boston, MA 02113. ♦

MEDICAL NOTES FOR RUNNERS

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

Achilles Tendinitis

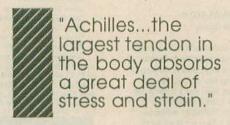
ACHILLES TENDINITIS is one of the most severe and disabling injuries an athlete can get. The Achilles tendon is the largest tendon in the body and, therefore, absorbs a great deal of stress and strain. The Achilles is attached to the massive calf muscles, the gastrocnemius and soleus, and inserts into the back of the heel bone, the calcaneus. The main muscle for the calf actually crosses two joints, that being the knee and the ankle. Technically, one could say it crosses three joints; the knee, the ankle, and the foot joint-the subtalar. That means that it can get injured easier or more likely because any abnormal motion in anyone of these joints could put additional strain on the muscle or tendon. Muscles both absorb and produce energy. The calf muscle absorbs a great deal of energy when running, especially when running on the ball of the foot. The tendon also absorbs the energy, and excessive energy absorption, along with vibration which takes place, causes the connective tissue in the tendon, the collagen tissue, to break down. Degeneration is the long term effect, and there may be actual death of a portion of the tendon-which is called necrosis. Scar tissue is the end result, and gristle forms in the tendon. Initially, there may be problems with the covering of the tendon itself, which is called the sheath. The sheath of the tendo Achilles is very vascular - has a great deal of circulation. Therefore any abuse to the tendon causes inflammation and swelling. The sheath is loose and fatty. However, with chronic overuse and stiffness, which is continually abused, the sheath becomes hard, fibrous, and gristly.

What to Do.

If you notice that you have stiffness in the tendo Achilles, start stretching. Strengthen the muscles in the front of the leg and stretch those in the back of the leg. You can take Aspirin and do a lot of ice massage. Change your shoes if the heel is too low, and take a look at your running shoe style. If the

problem persists or continues, and you have stiffness and pain after running, which eventually become stiffness and pain during running, you are in trouble. If there is mostly just a slight area of inflammation and discomfort, you probably have a problem in the sheath. If, however, the whole tendon is swollen and it seems to be that not only the covering of the tendon but the tendon itself is involved - you have a problem with the tendon. This could be central necrosis or a partial rupture.

Conservative treatment is that of physical therapy with ultrasounds and galvanic stimulation, as well as anti-inflammatory medication. Natural homeopathic medicines can be used, as well as stronger, nonsteroidal anti-inflammatory pills. Cortisone should not be used. The tendon sheath, however, can be injected with various biologic homeopathic preparations without any chance of degeneration of the tendon. Although Cortisone relieves the symptoms, Cortisone injections



into the tendon can cause necrosis or damage to the tendon. A judiciously placed Cortisone injection along the sheath, along with an enzyme called Wydase and some local anesthetic, may take care of the lesion but has to be done with great accuracy since, if the Cortisone goes into the tendon, once again, damage could be done. If you have had any injection, you should take it easy for two to three weeks to allow the tendon to heal.

Tendo Achilles that are caused by normal

motion, such as excessive pronation, might respond to an orthosis as part of the treatment. Tendons that are injured as a result of overuse will need to have reduced activity while healing takes place. Tendon problems which are secondary to excessive stress might respond to some form of a rubber heel, such as a Viscolas heel; and those tendons which fail to respond to any form of conservative treatment will need surgery. Simple surgery is that of releasing the tendon sheath itself and removing the abnormal tissue. More advanced surgery is that for necrosis or partial rupture of the tendon and involves taking out the bad tissue and repairing it.

What Are The Results

of Surgery?

I can recall no patient who had tendo Achilles surgery that did not go back to the sport. Some of them, however, went back to reduced levels of participation than prior to when they had any Achilles tendon problems at all. The most successful case I had was a well known Bay Area runner, who was involved in the Levi's Ride and Tie. About a year after he had surgery on both tendo Achilles, he took fifth place in the Ride and Tie and, the next year, won it. We have had other success stories. We have had those, however, who have had to give up running after a year or two since the problem came back again.

If you have a tendo Achilles problem, don't mess around with it - get a consultation and do preventative treatment. If the problem persists, you need help. I hope the above outline helps you make appropriate decisions. For further information, you can get a copy of the section on tendo Achilles injuries in my new textbook, Sports Medicine of the Lower Extremity.

Best of Luck.



1989 CIF / REEBOK CALIFORNIA HIGH SCHOOL STATE MEET

Complete with spills, thrills, and chills, there are few compettions in all of high school athletics that can quite compare with the California State High School Track & Field Championships! The overall level of competition in the sport in California is better than any other state in the Union, with the 1989 State Meet exceeding the expectations of most close followers of the sport. After sitting through some recent qualifying meets with waveafter-wave of races, one is left with the feeling after the Saturday Evening State Finals competition of somehow wanting more. There is always next year but for now, it was a great af-fair, the 1989 State Championships at Cerritos College.

MEN'S RESULTS

By DOUG SPECK

▲ 100 Meters:

The geographic diversity of good sprinters in Califyornia has never been quite so amazing. Seven sections were represented in the State Finals run! A curious mixture of the quick and strong would meet here. Jeff Laynes (Oakland) had come south and defeated the best at Arcadia with his Stateleading 10.56 (a mark that had stood until the fireworks this weekend). Barry Smith (Mission, San Francisco) was representing his City's section nicely with a 10.60 best, while James Stallworth (Tulare) had a 10.46w in defeating Laynes at the Fresno Relays. Leslie Haymon (Edison, Fresno) had rushed past Stallworth 10.64-10.65 when James leaped to celebrate near the end in the Central Section finals. Donovan Burks (Washington, LA) looked good in a 10.73 LA City win. The Hawthorne duo of Curtis Conway (10.44w) and Chris Alexander

(10.64) was also very dangerous, with Willie Clark (Wheatland) also an interesting commodity off his successes in the far north and a 10.4w best.



CURTIS CONWAY-100m Fine Flicks by Don Gosney

The smoking started early in this event on Friday. Hawthome had set the sprint tone for the weekend in the Prelims by cranking 40.24 (the #4 prep time ever) in the 400 meter relay event. Wind was a factor in the sprints on Friday. Clark bested Haymon in Heat 1 10.70w-10.77w (+2.81 meters per second). In Heat 2 Barry Smith fell flat to the ground out of his starting blocks at the firing of the gun and the race was eventually recalled. Barry took a heck of a spill as his blocks slipped and one wondered how he could come back. The Mission athlete is obviously a very, very tough young man, as he proved during the rerun, rocketing down the track (wind legal +1.81 mps) to pull away from Stallworth (10.51) and Alexander (10.56) (both lifetime bests), with a 1989 National High School leading 10.41. Conway showed he really meant business this week end with a 10.48 (wind +1.86) heat 3 win, with Jeff Laynes riding a 2.59 mps gust to a 10.43w heat 4 win over Burks (10.69w).

The Finals run at 6:55 p.m. on Saturday

featured all of the intensity that marks this meet. Hawthome had blown up in the 400 meter relay final and the Cougar cause needed a boost. All of the main actors discussed above were present and it was going to be a classic run. A real cooker it was, with Curis Conway's respectable start in Lane 4 probably deciding the outcome. In his 10.48 heat win Curtis gave a meter away to the field in the first 20 before charging to his comfortable win. In the finals Conway was out even with the field, and he, Laynes (lane. 6), and Barry Smith (lane 5) battled furiously down the track before the determined Cougar leaned in ahead with a 10 42-10 48 win over Laynes with Smith third at 10.55 (wind +1.94). Conway, the All-American quarterback, who is USC bound, showed tenacity in the tradition of Henry Thomas, Travis Hannah, and the other greats who have pulled it out when all seemed almost lost for Coach Kye Courtney's crew. Chris Alexander was 5th for the Cougars in the race here, assuming the favorite's role for next year as the highest finishing underclass athlete in the competition

rule and the same of the	
Curtis Conway (Hawthorne)	10.42
Jeff Laynes (Oakland)	10.48
Barry Smith (Mission)	10.55
James Stallworth (Tulare)	10.57
Chris Alexander (Hawthome)	10.68
Willie Clark (Wheatland)	10.70
Kiyoshi Moody (Castle Park)	10.75
Gien Reyes (Orange Gien)	10.76
Donovan Burks (Washington)	10.93

Heat #1: (Wind +2.81) 1. Willie Clark (Wheatland) 10.70, 2. Leelie Haymon (Edison) 10.77, 3. Erik Alen (Hawrhorne) 10.79, 4. Doug Boyd (Lincotn) 10.88, 5. Mark Ricks (Fairlar 10.94, 6. Anthony Austin (Los Banos) 11.01, 7. Eric Brandon (Oceans 11.28, Heat



BARRY SMITH-200m

Photo by Bill Cockerham

#2 (Wind +1.42) 1. Barry Smith (Mission) 10.41, 2. James Stailworth (Tulare) 10.51, 3. Chris Alexander (Hawhorne) 10.56, 4. Orland Birdsong (Benicia) 10.81, 5. Kevin Copeland (Dorsey) 10.90, 6. Terence Hill (Dak Grove) 10.94, 7. Marvin Semuels (Livermore) 10.97. Heat #3 (Wind +1.86) 1. Curbs Conway (Hawthorne) 10.48, 2. Glen Reyes (Orange Glen) 10.71, 3. Pete Hargraves (Bishop Montgomery) 10.80, 4. Rich Laccay (Moreau) 10.86, 5. Tory Bowen (Madera) 11.00, 6. Eric Richardson (Valley) 11.01. Heat #4 (Wind +2.59) 1. Jell Laynes (Oakland) 10.43, 2. Donovan Burks (Washington) 10.59, 3. Kiyoshi Moody (Casile Park) 10.70, 4. Tim Martin (San Clemente) 10.77, 5. Anthony Crouts (Yerba Buena) 10.96, 6. Courtrey Triggs (Clayton Valley) 11.08, 7. Jelf Hartow (Woodand) 11.15.

▲ 200 Meters

The 200 meters featured the same kind of intensity and quality running as the 100. Barry Smith (Mission), with a 21.22 best. had deleated all the state's top dashmen in a big Arcadia showdown, a meet in which Curtis Conway (21.04 later in the season) was held back with illness. Jeff Laynes (21.38). James Stailworth (21.2), Willie Clark (21.3), and a strong supporting cast would make this another super run. Friday's qualifying set up a great final. Conway (21.03w +2.14) took Heat 1 over Lesse Haymon (Edison, Fresno) (21.55w), fine Hawthome soph Erik Allen (21.59w +2.59) won Heat 2, Barry Smith rolled to a 21.17w Heat 3 win (+2.20), with Laynes (21.48w) outleaning Clark (21.49w) in heat 4 (+2.34). The finals run here was very important in the battle for individual and team glory. All-American spots would be decided in this race and the Hawthome hopes still sat on the shoulders of Mr. Conway, Haymon was in Lane 3, Laynes sat in Lane 4, Conway 5, Smith 6, with Allen in 7, Smith charged out like a man possessed, passing the 100 meter point off the turn in an amazing 10.71 Barry had a definite lead entering the straightaway, with Conway closest. The run over the final 100 was a classic, with the very strong and determined Conway edging ever so close to the equally powerful San Franciscan. The finish line finally came up with Smith less than a meter ahead. The 20.82 winning clocking by Smith (wind +1.73) is a 1989 National High School leader, and one of the fastest run in this competition. Conway finished in 20.89 for 2nd, Laynes

21.29 for 3rd, and Allen racing his finest ever, a 21.53 for 4th (and assuming the favonie's role for 1990 as the highest placing underclass athlete). With Keith Pouncey's third in the hurdles, the success here, and the always strong 1600 meter relay group still to step on the track, the situation had gone from tragedy to glory for Hawthorne once again.

Barry Smith (Mission)	20.82
Curtis Conway (Hawthorns)	20.89
Jeff Laynes (Oakland)	21.29
Erik Allen (Hawthrone)	21.53
Andre Green (Long Beach Poly)	21.55
Willie Clark (Wheatland)	21.62
Lesie Haymon (Edison)	21.76
Russell White (Crespi)	21.83
Napoleon Kaulman (Lompoc)	21.96

Heat #1 (Wind +2.14) 1, Curtis Conway (Haw-thorne) 21.03, 2. Leste Haymond (Edison) 21.55, 3. Donovan Burks (Washington) 21.83, 4. Jeff Fordan (University City) 22.16, 5. Orland Birdsong (Berica) 22.16, 6. Terence Hill (Oak Grove) 22.37, 7. Clint Primm (Vallejo) 22.50. Neet #2 (Wind +245) 1. Erik Alen (Hawthorne) 21.59, 2. Marvin Smauels (Livermore) 21.82, 3. Torn Cook (Merced) DO, 4. Eric Brandon (Oceana) 22.24, 5. Robert Anderson (Jordan) DO. Heat #3 (Wind +2.20) 1. Barry Smifn (Mission) 21.17, 2. Andre Green (Long Beach Poly) 21.67, 3. Glen Reyes (Orange Green) 21.75, 4. Smon Jones (Washington) 21.76, 5. Digone Mersen (Albany) 22.31, 6. Brian Adams (Bakersfield) 22.32. Heat #4 (Wind +2.34) 1. Jeff Laynes (Oakland) 21.48, 2. Willie Clark (Wheatland) 21.49, 3. Russed White (Crespi) 21.64, 4. Nepoleon Kaulman (Lompoc) 21.71, 5. Aaron Turner (Pitsburg) 21.92, 6. Eric Worrel (Monte) visal 92.50.

▲ 400 Meters

Beno Bryant (Dorsey, LA) had been the lirst Californian behind Albert Ransom (Montebello, Denver, CO) at Arcadia, and



BENO BRYANT-400 Meters
Fine Flicks by Don Gosney

had exploded to a fine 46.63 in the L.A. City

Finals, with Roosevelt Langston (Dominguez, Compton) 47.29, Simon Jones (Washington, LA) 47.51, Tony Borquez (Alemany, Mission Hills) 47.70, Jeff Ingalls (Agoura) 47.89, and David Stone (Arrovo Grande) 47.90 looking good during the latter part of the season. Lanoston (48.21), Bryant (48.40), Jones (48.74), and Borquez (48.60), were heat winners on Friday with it taking 49.03 to make the field of nine final Bryant continued his dominance of the event statewide in the finals, cruising comfortably through 11.5 and 11.2 first two 100 meter segments (22.7 at the 200), then separating himself from the pack around the south turn, racing by the 300 meter point in 34.7 (3rd 100 12.1). The University of Washington-bound tailback in football had moved to a five meter lead by the time he rolled through the homestretch 100 meters in 12.9 in recording a 47.52 clocking that had him win comfortably over Langston's 48.00.

100	
Beno Bryant (Dorsey)	47.52
Langston Roosevelt (Doming)	48.00
Jeff Ingalis (Agoura)	48.18
Tony Borguez (Alemany)	48.62
Scott Bruan (Placer)	48.82
Jerrald McClaudie (Centennial)	49.23
Simon Jones (Washington)	4926
Jerome Gross (Hoover)	4927
THE RESIDENCE OF THE PARTY OF T	

Heat #1: 1. Langston Roosevelt (Dominguez) 48.21, 2. Scott Bruan (Placer) 48.86, 3. Curtis Shearer (Silver Creek) 49.32, 4. Shon Ellerbe (Crenshaw) 49.34, 5. Digone Newson (Abany) 46.56, 6. Paul Scott (McAlser) 50.86. Heat #2: 1. Beno Bryant (Dorsey) 48.40, 2. Jeff Ingalis (Agoura) 48.56, 3. Jerome Gross (Hoover) 48.92, 4. Wallace Henry (James Logan) 49.35, 5. Larry Evans (Vallejo) 49.91, 6. Aarme Kola (Reedley) 51.14, 7. Jeff Speach (Riordan) 51.56. Heat #2: 1. Smon Jones (Washington) 48.74, 2. David Stone (Arroyo Grande) 49.12, 3. Marcus Jackson (Valley) 49.58, 4. Ryan Korri (Fortuna) 49.68, 5. Tomm Gross (Washington) 49.74, 6. Art Hernandez (Montgomery) 50.20, 7. Keith Jones (Edison) 51.51. Heat #4: 1. Tony Borguez (Alemany) 48.60, 5. Tomm Gross (Locke) 48.83, 3. Jerrald McCladdio (Centenrial) 49.03, 4. Glenn Tipton (Dalland) 49.31, 5. Chris Dodge (Redwood) 50.08, 8. Michael Zimmerman (Orland) 50.55, 7. Tom Brown (Caste Park) 53.84.

▲ 800 Meters

This event was the equal of any in the meet in quality. There was a fine crew back in the State from last year's championship run and some athletes had really developed over two laps this season. Amazing Carpinteris junior Coley Candaele had added 800 meter success to his 1600 meter running this campaign, racing past the Southern Section's best on the homestretch in a 1:51.58 State qualifying race win (after a 4:10.54 1600 earlier in the evening). Doug Nichols (Edison, Huntington Beach) picked up the event quickly this season, having a 1.51.94 best, with Morgan Bateman (Crescenta Valley, La Crescenta) 1:52.37, Francis O'Neill (San Pasqual, Escondido) 1:52.40, and Troy Collins (Hemet), at 1:52.54 looking good from the South. Returning State runner-up Gordon Johnson (Piedmont) had run 1:52.2 and

seemed totally recovered from the mono that held him back this winter, and Egan Titus (Clovis) looked strong in a Central Sec



GORDON JOHNSON-800m Fine Flicks by Don Gosney

tion 1:53.11 win.

Candaele took Friday's Heat 1 in 1:53.61, progressively building through a 55.7 final 400 with 28.2 and 27.5 200's. Ian Hunter (Prospect, San Jose) looked very good in a 1:53.82 Heat 2 win, Bateman took Heat 3 at 1:53.57 over Francis O'Neill's 1:53.82, with Gordon Johnson looking strong over the final half lap in an easy 1:54.31 final heat win.

Saturday's finals included two athletes who had run heats over 800 and 1600 meters on Friday and a very tough 1600 final some forty minutes before this race on Saturday. Francis O'Neill, the 1600 winner in 4:08.67 and Coley Candaele, 3rd in 4:09.01, both had good reason to be bushed before the 800 final started. Surprisingly, it was O'Neill who went out and did most of the pacework in this event. Taking the lead down the backstretch after the group cut for the pole on the one-turn stagger, O'Neill led through a 26.5 200 split, and had Gordon Johnson closest through the 400 at 54.7. Johnson and Doug Nichols were closest as O'Neill took the race through a 1 23.3 600, with few moves to affect the overall placings in the tight pack up that point. The San Diego Section star O'Neill amazingly still had a two meter lead as the group started the homestretch run. It was Johnson who had the most left down the final 100 meters. moving wide and powering past O'Neill about halfway through the final straightaway in moving to a 1:51.88 win. O'Neill had kept the pace going from 600 to 700 meters, covered in 14.5 around the south turn, but Johnson accelerated to 14.1 for the final 100 meters and left the San Diegan some three meters to the rear. Johnson's comeback from mono. which left him pretty zonked from the end of cross country (he was too ill to run in the State harrier meet) through the start of this

year, seemed obviously very complete.

Gardan Johnson (Pledmonā

151 28



FRANCIS O'NEILL-1600m
Fine Flicks by Don Gosney

Morgan Bateman (Creec Valley)	15279
Graig Magness (Santa Teress)	1:53.09
Doug Nichols (Edison)	1:53.14
Coley Candaele (Carpinteria)	1:93.81
Titus Egan (Clovis)	1:54.22
Dan Held (Santa Rosa)	1:54.28
Ian Hunter (Prospect)	ALT.
Ian Hunter (Prospect)	H.T.

Heat 91: 1. Coley Candaele (Carpinteria) 1:53.61, 2. Graig Magness (Santa Teresa) 1:54.57, 3. Jone-fram Stamber (Jeusei) 1:55.54, 4. Keir Scott (Hamitten) 1:55.30, 5. Leon Routhee (Bishop O'Dowd) 1:58.81, 6. Paul Scott (McAteer) 2:00.19. Heat 82: 1. Ian Hunter (Prospect) 1:59.82, 2. Titus Egan (Clovis) 1:53.92, 3. Doug Nichola (Edison) 1:54.11, 4. Den Held (Santa Rosa) 1:54.60, 5. Art Martin (El Capitan) 1:55.30, 6. James Warhover (Fairfield) 1:58.03, 7. Dan Glasband (North Hollywood) 2:09.34. Heat 83: 1. Morgan Bateman (Crecionita Valley) 1:53.57, 2. Francis O'Neill (San Pasquel) 1:53.52, 3. Jelf Holland (Sona) 1:55.44, 4. Garry Martin (Oroville) 1:56.57, 5. Derrin Tars (Clayton Valley) 1:57.86, 6. Paulos Yonas (Roosevell) 1:56.59, 7. Kongee Bostic (University) 2:01.28. Heat 84: 1. Gordon Johnson (Piedmorit) 1:54.31, 2. Troy Collins (Heme) 1:55.23, Chris Martey (Barrning) 1:56.52, 4. Carlos Sanchez (Madera) 1:57:59, 5. Jason Jackowski (Mira Mesa) 1:56.41, 6. Albert Morales (Independence) 2:00.46, 7. Tim Walker (Ostland Toch) 2:01.44.

▲ 1600 Meter

The four lap event would be another very hot one! Some fine milers had hooked up in some very good competitions thusfar this spring, with a big final showdown assured here. Carpinteria's Coley Candaeie, only a junior, had steadily improved, and took the Southern Section qualifying affair in 4:10.54 with a big 55.7 final 400. Todd Lewis (Burbank), 2nd in that race at 4:11.94, Mike Nielsen (Mater Dei, Santa Ana) 4:12.24, Louis Quintana (Arroyo Grande), the nation's best soph miler at 4:12.24, and Francis O'Neill (San Pasqual, Escondido)

4:12.89, also looking very good. Lewis had won the Arcadia showdown against all of the above runners in 4:11.20. O'Neill was noteworthy in that he won an 800-1600-3200 triple in the San Diego Section finals.

Candaele edged O'Neil 4:14.46-4:14.82 in Friday's Heat 1 with Eli Ricca (Arcata) looking good in 4:15 50 in 3rd, Lewis churned a 59.0 final 400 in his 4:12.66 Heat 2 win with Quintana (4:13.00) following closest.

Saturday evening's finals run was one of the first of the evening and drew a great deal of attention. Particular interest was drawn to Lewis's potential to take the big kick out of Candaele with a tough early pace. Todd was one of the section's top cross country athletes while Candaele toiled for the championship Carpinteria football team as a quarterback and defensive back (where he picked up All-State honors), it was Francis O'Neill who jumped to the front as the race headed around the first turn, as the prancing San Diegan (I do not think his heels ever touch the ground at any point in his stride) took the pack through 29.8-61.6 200 and 400 meter splits. Quintana was closest through a 1:33.3 600 with Candaele pulling up into second after Francis took the pack through a 2.05.7 800. Continuing the tempo of 31 and 32 second 200's O'Neill led through 1000 meters at 2:37.6 and 1200 in 3:09.3. The tempo really did not change much around the first turn of the last lap. with Lewis the first to make a big move, charging down the backstretch into the lead as the race headed into the final turn. Todd had charged the 200 from the 1200 to 1400 in 29.6. With 150 meters to go Lewis had a 2 meter lead over O'Neill, a margin Todd held until the San Pasqual start launched a furious sprint down the final stretch and collared the Burbank athlete before edging ahead to a 4:08.67 win. Candaele came on with a big rush right at the end, nipping Lewis 4:09.01-4:09.02 and taking a big spill after leaning at the tape.

AMED	
Francis O'Neil (San Pasqual)	4.08.67
Coley Candaele (Carpinteria)	4:09.01
Todd Lewis (Burbank)	4.09.02
Mike Nielsen (Mater Dei)	4:11.56
Louis Quintana (Arroyo Grands)	4:12.40
Jorge Rodriguez (Falibrook)	4.12.57
Eli Ricca (Arcata)	4:13.74
Danny Jordan (Venice)	4:15.48
John Mumm (Nevada Union)	426.72
feat #1: 1. Coley Candaele (Carpinteria)	
THE RESIDENCE OF THE PERSON OF	

2. Francis O'Neill (San Pasqual) 4:14.62, 3. Eli Rioca (Arcata) 4:15.50, 4. Danny Jordan (Verice) 4:16.46, 5. Matt Ringer (Homestead) 4:16.46, 6. Natividad Gaona (Belmont 4:18.82, 7. Max Guardiola (Tulare) 4:19.08, 8. Ed Lavelle (Corona del Mar) 4:20.56, 9. James Johnson (Jesuit) 4:20.95. Heat #2: 1. Todd Lewis (Burbank) 4:12.66, 2. Louis Quintana (Arroyo Grande) 4:13.00, 3. Mike Nielsen (Mater De) 4:15:05, 4. Jorge Rodriguez (Fallbrook) 4:16.15, 5. John Mumm (Nevada Union) 4:16.94, 6. Jose Padila (Rooseveit) 4:16.99, 7. Clay Biddle (Mt. Carmel) 4:18.07, 8. Brian Gastelum (Birmingham) 4:18.68, 9. Andy Price (Santa Rosa) 4:20.20, 10. Shon Wilson (Bullard) 4:23.37.

▲ 3200 Meter

Bryan Dameworth (Agoura), a fine junior runner, had handled the state's best at Arcadia, running 9:03:62, with David Welsh



DAVID WELSH-3200m Fine Flicks by Don Gosney

(Jesuit, Sacramento), 3rd in that race, coming back to record a nation-leading 8:23,11 3000 in winning handily at Mt. SAC. David has dangerous speed, recording a 1:53:90 800 along the way this season. The usual crew of sub-9:10 Southerners were along for

Mike Williamson (1000 Oaks), a steady strong 9:07.41 runner, moved right to the front here, towing a pack including Dameworth, Welsh, Jimmy Rodriguez (Santa Ana Valley), and Martin Morales (Wilson, LA) through 65.2-2:13.3-3:20.4-4:28.0-5:36.1 lap splits. After the six lap post (6:46.0) Williamson had Dameworth, Welsh, and Rodriguez catch up and set the contest up for a big final 400. At the bell in 7:57.6, Welsh was the first to make a move, edging away to a five meter lead as the group headed around the first turn on the final circuit. Dameworth tried to mount a big sprint with 300 meters to go, moving up to Welsh's shoulder with a half a lap to go, but Dave, the latest of Coach Walt Lange's Jesuit distance stars, powered away during a 28.5 final 200 (last 400 60.5) on his way to an 8:58.08 win. Dameworth finished 2nd to end a fine season in 9:00.27 with Williamson 3rd in 9:04.91

David Welsh (Jesuit)	858.08
Bryan Dameworth (Agoura)	900.27
Mike Williamson (Thous Oaks)	904.91

Jimmy Rodriguez (SantaAnaVly)	9.05.96
Kevin Berkowitz (Hayward)	908.58
Robert Nelson (Muir)	909.20
Abe Valdez (Camarillo)	9:12:27
Rob Scott (San Ramon)	9:12.83
Martin Morales (Wilson)	9:13.04
Craig Lawson (Granada Hilfs)	9:13.51
Jeff Hughey (Sentana)	9:14.36
Juan Romero (Arvin)	9:15.78
Jason Lindholm (Eureka)	9:17.89
Peter DeLeCerda (Granada Hills)	9.23.48
Obed Aguirre (San Fernando)	9:24.83
Hon Ames *Yreka)	9:25.35

A 110 Meter H H

John Prudenti (Justin-Siena, Napa) had put together a super senior year thusfar. He smoked the best in the rest of the state in a 14.09 Arcadia Invite win and had romped over all competition in the Sac-Joaquin Section with a 13.6w clocking along the way. William Henry (Arroyo Grande), 2nd in last year's State affair, looked like the best of the rest with a 14.29 best with Keith Pouncey capable of helping Hawthome's team cause mightily off his 14.19w-14.32 bests.

Prudenti (14.09 +1.91). Henry (14.14 +2.00), Pouncey (14.45 +1.45), and Ray Johnson (Vacaville) (14.44w +2.48) were heat winners. In the finals, Prudenti was out



WILLIAM HENRY-110HH Fine Flicks by Don Gosney

well and in control of the race through three flights of hurdles, but started tangling with the barriers over the fourth set and Henry and Pouncey moved ahead. Continuing to have all kinds of balance problems (he clipped hurdles, 4, 6, and 8 along the way), Prudenti was performing real magic in staying in the race as Henry and Pouncey were on the way to very solid efforts. Clearing the final barrier cleanly, Prudenti closed down on Henry and Pouncey right at the tape. Unless you were right on the finish it was a tough one to sort out, but Henry was very happy after the fin-ish, feeling he had won. The Arroyo Grande athlete was the winner, but by the narrowest of margins. The examination of the Accutrack photo had Henry 14.05 in 1st, Prudenti 14.06 in 2nd (we believe his first loss of the

outdoor season), and Pouncey 3rd in an excellent 14.07. The points earned here by Pouncey and later by Erik Allen in the 200 were the insurance the Coupars needed for the team championship after the 400 meter relay problems.

all the same of th	
William Henry (Arroyo Grande)	140
John Prudenti (Siena)	140
Keith Pouncey (Hawthorne)	14.0
Ray Johnson (Vacaville)	14.4
Greg Green (Garey)	14.4
Greg Rojas (Gilroy)	14.6
Eric Bell (Castle Park)	14.8
Anthony Jennings (Claremont)	14.9
Mario O'Connor (Escondido)	14.9
at #1 (Wind at 91) 1 John Produc	A 18 Lane

Heat. 14.09, 2. Greg Freen (Garey) 14.52, 3. Mark O'Connor (Escondido) 14.71, 4. Robert Huggins (Bakersfield) 14.98, 5, Jamai Bush (Wilson Long Beach) 15.02, 6, William Childs (Reseda) 15.32, 7, Irwin Lincoln (DeAnza) 15.48. Heat #2 (Wind +2.00) 1, William Henry (Arroyo Grande) 14.14, 2, Greg Rojas (Gilroy) 14.57, 3. Eric Bell (Caste Park) 14.65. 4. Tyronne Thompson (Modesto) 14.93. 5. Curtis Hawkins (Carson) 14.96. 6. Josh Fillion (East Nicolaus) 15.29, 7. Ken Jatt (St.Mary's) 15.66. Heat #3 (Wind +1.42) 1. Keith Pouncey (Hawhome) 14.45, 2. Pete Simmons (Oak Grov 14.82, 3. Jim Farmer (Clovis West) 14.90, 4. Carlo Celosia (Carson) 15.14, 5. Jeff Haines (Poward 15.35, 6. Eddie Wong (Lincoln) 15.59, 7, Jason Ruck teschier (Amader Valley) 15.65. Heat #4 (Wind +2.48) 1. Ray Johnson (Vacaville) 14.44, 2. Antho ny Jennings (Claremont) 14.47, 3. Keery Johns (San Fernando) 14.72, 4, Willie Parryman (Lemoore) 14.82, 5. Jim Zapien (Gilroy) 14.97, 6. Erick ston Grant (Oakland) 15.11, 7. Chris Antone (Monte Vista) 15.79.

▲ 300 Meter IH

John Prudenti (Justin Siena, Napa) led the field here also, having the state's fastest clocking of 37.38 in winning and defeating most of the too challengers in the Arcadia meet. William Henry (Arroyo Grande) 37.51, Charles Brown (Channel Islands, Oxnard) 37.72, Tom Cook (Merced) 37.75, and Rocky Morris (A. Hill, San Jose) 37.78 were witing challengers.

Henry (37.90), Prudenti (37.81), Brown (38.00), and Morris (37.76) took the heats on Friday. After the disappointment in the highs earlier in Saturday's finals, one would expect Prudenti to be racing like a man possessed. Showing real aplomb, the Siena senior kept his cool in the finals, racing a disciplined step pattern that had him a part of

ack during the three hurdles on the backstretch (6.1 seconds to the first barrier, 4.1 and 4.2 step down splits between the next two), with his 4.1 and 4.3 for the barriers around the turn putting he and the very loose-running Rocky Morris out ahead of the pack. Morris stayed even as the event started down the homestretch, with Prudenti only gaining a touch of momentum of hurdle #7 that he carried into the finish to win 37.28-37.50. For the record, Prudenti was 4.4-4.4-4.6 and 1.5 for the last three hurdles and the run-in. Charles Brown finished with a rush, as usual, moving up to 3rd in 37.60.



JOHN PRUDENTI-300m IH
Photo by Bill Cottles/Action Photo

Fireds

37.28
37.50
37.60
37.78
38.04
39.04
39.06
39.42
39.43

Heat #1: 1. William Henry (Arroyo Grande) 37.90, 2. Greg Rojas (Gilroy) 39.12, 3. Thomas Smith (Pittsburg) 39.17, 4. Louis Muniz (Woodbridge) 39.56, 5. Ignacio Sanchez (Lindsay) 40.25, 6. Philip Simpson (Dorsey) 40.66. Heat #2: 1. John Prudenti (Siena) 37.81, 2. Tom McGuirk (St. Ignatius) 38.37, 3. Walle Perryman (Lemoore) 39.31, 4. Mario O'Conner (Eacondido) 39.40, 5. Mail Sokol (Montgomery) 39.86, 6. Mike Fuhherty (Palmdale) 41.02. Heat #3: 1. Charles Brown (Channel Island) 38.00. 2. Christopher Roulier (Carson) 38.99, 3. Dexter Monroe (Patrick Henry) 39.11, 4. Erickston Grant (Oakland) 39.63, 5. Josh Fillion (East Nicolaus) 40.77, 5. Mike Pollard (Clovis West) 42.32, 7. Robert Scott (James Logan) 44.19. Heat #4: 1. Rocky Morris (Andrew Hill) 37.76. 2. Tom Cook (Merced) 38.11, 3. Edward Cabs (Long Beach Poly) 38.24, 4. Anderson Cranshaw (Fremont) 39.46, 5. Benny Leuris (Mira Mesa) 39.90, 6. Jason Silverek (Santa Ross) 40.44, 7, Eddie Wong (Lincoln) 40.82.

▲ 400 Meter Relay

This was really a strange one. The slowest time to get into the finals from Friday's heats was 41.95. That means nine teams ran that time or faster. In Saturday's finals only one team ran faster than that 41.95 clocking. You can almost cut the tension before this first running event in Saturday's finals with a knife, with the results obviously indicative of the nervousness associated with the athletes involved.

Hawthorne set the tone for the meet in Friday's heat 1, as Chris Alexander, Anthony Smith, Erik Allen, and Curtis Conway blazed a 40.24 twelve meter win over Oakland's 41.17. Good stick work, with the best thusfar this season bentween Alien and Conway, assisted the Cougars to the #4 prep clocking ever in the event. This clocking was .01 faster than the group's Southern Section 40.25 and established a new California State best (at 40.24-40.25-40.64-40.66 the Cougars have at least the four fastest clockings ever by a Golden State squad). Dominguez raced 41.90 to win heat 2, Dorsey (LA) (with a 41.1 seasonal best) 41.65 in heat 3, with Washington (LA) (41.22 season best) looking good in a 41.55 heat 4 run.

When the squads lined up for the 6:05 pm final, all eyes were, of course, on Hawthorne in lane 5. Chris Alexander who would later run fifth in the 100 meter finals, and had run 10.56 in Friday's prelims, runs a great leadoff, powering off the top of the turn and screaming past the other teams into the hand-off. Anthony Smith, a 24-4 1/2 long umper and 10.86 100 man runs a solid back-stretch, but today there was big trouble at the first exchange, as Smith appeared to take off too early and had to slow to receive the baton from Alexander and stay in the zone. It appeared that Conway could handle any anchor runner if close, but the second exchange was real tragedy. Soph Erik Allen, later 4th in the 200 at 21 53 and with a 10.71w 100 best, also left too early and the baton was exchanged out of the second zone. Conway brought the Cougars up to second behind Long Beach Poly's 41.82 wining time, but the Cougars were disqualified with the out of the zone second pass. A sure thing seemed lost and Hawthome would really have to buckle down from here in to take home another State Team Chempionship. The pressure really showed for all the teams in this event, with interestingly, only the Andre Green anchored winning Long Beach Poly squad (41.82) beating their time from the prelims.



LONG BEACH POLY-400m Relay
Fine Flicks by Don Gosney

3:18.29 heat 2 run, with Riordan (San Francisco) missing a spot in the finals when Damien Semien had the baton knocked out of

Dominguez N.T.
Heat #1: 1. Hawthorns 40.24, 2. Oakland 41.17, 3.
Lymenod 41.79, 4. Lincoln Prep 42.46, 5. Canaga
Park 42.62, 6. Richmond 42.98, 7. Merced 43.05,
Heat #2: 1. Dominguez 41.90, 2. Carson 42.19, 3.
Moras 42.39, 4. Balkersfeld 42.45, 5. Vallejo 43.14,
6. Pithibung 43.24. Heat #3: 1. Dorsey 41.65, 2. Muir
41.95, 3. Tulars 42.40, 4. Lincoln 43.15, 5. Valley
43.37, 6. James Logan 43.56. Heat #4: 1. Washington 41.55, 2. Long Beach Poly 41.92, 3. Edison
41.95, 4. Oak Grove 42.62, 5. Wheatland 42.75, 6.
Poway 43.06, 7. Moreau 43.63.

▲ 1600 Meter Relay

At the end of a long evening of action, a very good group lined up for this event. Hawthorne had battled back from the disaster in the 400 meter baton event to have won the team title once again. With six consecutive championships in this particular event, Coach Kye Courtney's crew seemed to be more than interested in just a high placing. Most of the Cougar main actors had been held back at least part of the season with minor ailments, but the 3:13.05 squad anchored by Curtis Conway had to be the event favorite. Pasadena (3:13.39), Washington (LA) (3:15.45) and others were waiting in the wings. LA Dorsey had run 3:14.38 in the City meet. The point to note in the 3:14:38 was that it was run without sophomore Lamore Warren, who won the Class B title in the LA Section at 48.07, and who would certainly aid the Don cause at State. Conway anchored a Hawthorne 3:16.34 heat 1 win with a comfortable 48.9 leg with Chris Alexander (2nd leg 47.6) and Ismael Delpino (48.9 3rd) looking good. Beno Bryant anchored Dorsey with a 48.6 in their

his hand by the 2nd place Muir team some 50 meters from the finish. Kevin Amey anchored Pasadena to a 3.16.70 heat 3 win with a 47.6 leg, with Simon Jones bringing the heat 4 winning LA Washington squad



DORSEY-1600m Relay
Fine Flicks by Don Goeney

home in 49.0 in their 3:17.78.

The men's 1600 meter relay was the final race of the evening on Saturday and put a great cap on the Meet. Hawthome switched the order for the finals, with Delpino leading off, His 49.6 put the Cougars in the front third of the nine team pack. Chris Alexander did his usual fine job on the second leg for the six time defending champions, furiously pumping his arms near the end of a 47.4 leg that pave his squad a narrow lead. It was on the third leg that Dorsey took over with twe assume) Warren moving away to an eight meter lead by the end of that segment with a 48.4 split to the 50.0 leg run by Kevin Gatlin for Hawthome. What a set up! The State champion in the 400, Beno Bryant, with a 46.63 best, against the State 100 meter champion, Curtis Conway, who had solit as fast as 45.8 this seeson in the one lapper. This was Conway's eighth race of the weekend, with this anchor effort Bryant's fourth 400 meter effort in two days. You would not have known that eigher had run a step before this in the last two days the way the two track and gridiron stars ran. Bryant kept Curtis at bay for the first 200 meters, with the Hawthorne flash edging up by the beginning of the final straightaway. About hallway down the homestretch one could sense that Curtis was not going to catch Bryant, and the

Dorsey anchor runner took his team to a three meter win 3:12:21-3:12.68. Conway had split 45.8 with Bryant 46.4. The two anchor runners embraced after the event's close in a show of respect that kind of symbolized for everyone what a magnificent evening of competition this had been for all in attendance.

THE PARTY OF THE P	
Dorsey	3:12:21
Hawthoms	3:1266
Pasadena	3:16.73
Fairfield	3:17.00
Edison	3:18.05
Washington	3:18.44
Mir	3:18.94
Patrick Henry	3:19.00
Oukland	3:19.80

Heat #1: 1. How/thorne 3:16.34, 2. Fairfield 3:17:30, 3. Henry 3:18.90, 4. Oaklard 3:19.00, 5. Cremsham 3:21:26, 6. Fortuna 3:21.61, 7. Santa Teresia 3:22.18. Heat #2: 1. Dorsey 3:16:29, 2. Mair 3:17:68, 3. Edison 3:23:35, 4. Mira Mess 3:28.35, 5. Wheellard 3:36:32. Heat #2: 1. Pasadena 3:18:70, 2. Edison 3:23:35, 3. Carson 3:20, 4. DeAnza 3:23:41, 5. Seaside 3:24:65, 6. Lemoore 3:25:46, 7. Valley 3:28:35, Heat #4: 1. Washington 3:17:78, 2. San Bernardino 3:19:33, 3. Morse 3:22:29, 4. Balversfield 3:27:84, 5. Vallejo 3:30:89, 6. Unsoin 3:33:89.

▲ High Jump

A good field of jumpers performed here. Southerner Mark Wilson (Charter Oak, Covina), despite jumping most of the season with a variety of leg ailments, had jumped 7-1, with Northerners Kevin Keane (DaLa-Salle, Concord) and Jim O'Sullivan (Drake, San Anselmo) bests of 7-0 1/4. Santa Rosa's Gabe Marrivils upset the Northern 7-looters in the North Coast Section finals at



MARK WILSON-High Jump Photo by Bill Cockerham

7-0. Big competitions this spring had seen Keane as the first Californian at Arcadia and O'Suillävan take Wilson at Mt. SAC.

Nine qualified at 6-8 for the finals, with the above foursome a part of that group. The jumping starsed at 6-4 with seven of the nine jumpers successful through 6-8, and only O'Sullivan of the "gang of four" needing two efforts at that height. Wilson took three

jumps to clear 6-7, with Keane, Manville, and Paul Majoney (St. Vincent, Petaluma) having clean records (no misses) through 6-8. All the seven-footers passed at 6-9 with Maloney clearing that height on his second trial (a clearance that would later be good for 4th place). At 6-10 Manville continued without a miss while Wilson also was over on his first attempt. Keane cleared on try number two while Majoney and surprisingly O'Sullivan missed three times. O'Sullivan slipped into a tie for 5th with Ruben Hendrix of South Bakersfield off his clearance at 6-8. The three athletes left, Keane, Manville. and Wilson, all passed 6-11 and tried again at 7-0. All missed their first attempt, with Wilson timing the kick up of his heels as they passed over the crosshar on his second trial perfectly to sneak over that height. Keane and Manville missed their next two tries. Wilson had the bar moved to 7-2 1/4, a height he thought would give him the national lead (he was mistaken, as the national leader is really 7-2 1/2), but the UCLA-bound Charter Oak athlete missed there twice and called it a night.

THE RESERVE THE PARTY OF THE PA	
Mark Wilson (Charter Oak)	70
Gabe Manville (Santa Rosa)	6-10
Kevin Keane (DeLaSalle)	6-10
Paul Maloney (St. Vincent)	64
Jim O'Sulivan (Sr. Francis Drake)	64
Ruben Hendrix (So Bakersheld)	68
Joe Buchanon (San Marcos)	68
Bobby Roitinson (Calxillo)	64
Kmani Haaziq (Las Plumas)	6-

Finalista: 1. (5e) Paul Maloney (St. Vincent), Jim O'Sullivan (Sir Francis Drake), Mark Wilson (Charter Oak) 6-8, 4. (1è) Ruben Hendrix (South Bakarsfeld), Bobby Robinson (Cabrillo), Kevin Keane (De-LaSalle), Gabe Marville (Santa Rosa) 6-8, 8. (5e) Joe Bucharson (San Marcos, Kimani Haaziq (Las Plumas) 6-6.

▲ Pole Vault

Anyone who can set a personal record at a respectable height at Cerritos College deserves to win a Championship competition. The gusting winds here can switch directions on a moment's notice and the westerlies wrap around the huge cement seating area opposite the vault runway and do some strange things. Flags 100 meters apart can blow the opposite direction, making exact timing in an event like the vault very interesting.

Anyway, in Friday's qualifying there were the usual number of frustrating performances. Fifteen-foot plus vaulters Brian Chase (Granite Hills, El Cajon) and Dan Wheeler (Nevada Union, Grass Valley) were non-qualifiers when all they could clear was 14-0, with 15-8 jumper Tim Post (Modesto) a scratch before the qualifying even started. Nine athletes cleared 14-4 to qualify for the finals.

The first three placers in the finals did some good vaulting. Everyone in the field, except for Brad Maberry (Bakerstield) who ended up 9th at 13-8, cleared 14-2, 15-4 performer Eric Whitcomb (Valencia, Piacentia) and Tim Camillo (Leuzinger, Lawridale) tied for 7th when they cleared 14-2 but could

not negotiate 14-8. Six remained in the competition as the bar moved from 14-8 to 15-2. Sean Rogan (Irvine), who improved vastly during the final part of the season.



JIM LAWRENCE-Pole Vault
Photo by Bill Cockerham

ended up 6th at 14-8 on misses, as three of the six left could not negotiate 15-2. Jeremy Moore (Yreka) and Greg Sheets (Taft, Woodland Hills) tied for 4th at 14-8 on misses. At 15-2 Greg Wiler (Rolling Hills, RH Estates), was over on his second attempt, and on their final efforts. Wes Stephens (Orange Glen, Escondido) and Jim Lawrence (Del Mar, San Jose) were over 15-2. Stephens came into the meet with a 14-6 best, with Wiler 15-1, and Lawrence hopefully somewhere on the all-time too ten list of the state's most successful vaulting school (Del Mar) with his 15-3 pr. After requiring three trials at 14-8 and 15-2 Lawrence surprised with a first effort 15-6 clearance, enough to win when neither of the other two vaulters could negotiate that height

NO.	
Jim Laurence (Del Mar)	15-6
Grag Miler (Rolling Hills)	15-2
Was Stephens (Orange Gian)	15-2
(tis) Jeremy Mocre (Yreka)	14-8
(tie) Greg Sheets (Taft)	14-8
Sean Rogan (Irvine)	14-8
(fie) Eric Whitcomb (Valencia)	14-2
(tie)Tim Camilio (Lauzinger)	142
Brad Maberry (Bakersheld)	13-8
and the second s	O 151

Finalists: 1. (tie) Greg Sheets (Taft), Greg Miler (Rolling Hilfs), Tim Camillo (Leuzinger) 14-4, 4. (tie) Sean Rogan (trivine), Jeremy Moore (Yreka), Jim Lewence (Dal Mar) 14-4, 7. (tie) Wes Stephens (Orange Glen), Eric Whitcomb (Valencia) 14-4, 9. Brad Maberry (Bakersield) 14-4.

▲ Long Jump

This event was one of a group of field events that started at 5 p.m. on Saturday and one special performance here was very simply the best by a prep athlete during the outdoor season in the entire nation! The State had a good group of jumpers this year with six athletes over 24', some with and some without the benefit of aiding wind. Jerome Price (University, San Diego) had bested all the State's top jumpers behind Dion Bentley at Arcadia at 24-4 3/4, with the only top absentee from that affair, James Stallworth (Tulare) sitting back while recording a fine 24-7 3/4 win in the Central Section finals.

The jumpers always go slightly russ at this facility on Friday in the State prelims. The event starts before any of the running



JAMES STALLWORTH-Long Jump
Fine Flicks by Don Gosney

events and the jumpers have a lot of attention. Short Rague Belina of DeLaSalle in Concord started things off in flight #2 with a big legal personal best of 23-10 1/4 (wind +1.42 meters per second). Derrik White (Monroe, Van Nuys) improved about a foot and a half in that same flight with a 23-9 1/2 wind-aided third effort. Derrick Smith (Wheatland) cranked 23-11 1/2 (+.79) on his second effort, with Rich Laccay (Monsolate).

reau, Hayward) improving to a fine 24-6 3/4 (+.01). Tom Brown (Castle Park, San Diego) showed he is for real with a 23-10 (+.01). with Jerome Price (University City, San Diego) sailing 24-6 1/2 (+.00) in qualifying. A somewhat surprising result from this day's efforts came from James Stallworth (Tulare). The Central Section champion at 24-7 3/4, a legal jump in which he sat back. Stallworth tossed all the event form sheets out the window on his first effort here. With a wind of + 01 Stallworth sailed an amazing 25-5 1/2 and took down the oldest record on the State Meet books, Jerry Proctor's 25-4 1/2 from 1967. A very tall athlete. Stallworth is quick, powerful, and is capable of keeping his body airborne for a long time.

Saturday's weather did not break as the orestest. As one of a number of field events scheduled to begin at 5 p.m. athletes were faced with some substantial winds and temperatures below 70 degrees. The two horizontal jump runways on the west side of the Carritos facility are strangely protected from the winds that sail in from the west and wrap around the huge concrete west side bleachers. But this was a fine group of athletes and the time to sort out championships! Through most of the first round jumps were uneventful with Tom Brown leaping 23-10 1/4 (+.00) and Jerome Price edging into the lead at 24-0 1/4 (+1.45). With not much else happening in the meet before the running events spectator attention was naturally drawn to James Stallworth as he prepared for his first effort this day. James had pr'd over 100 meters at 10.51 the day previous and certainly has no shortage of speed. But no one was quite prepared for James' first effort here today. Good speed and take-off were followed by Stallworth's "hitch-kick" form and a lot of time in the air. The jump seemed very special and after landing. Stallworth let everyone know it was one of those efforts that you see only once in a great while, throwing his fist in the air as soon as he turned around and saw where he had landed. James really landed very close to end of the pit. Upon measurement, the distance was an amazing 26-4 3/4, aided by a wind of +1.31 meters per second, well under the allowable of 2.00 mps. This effort took down the old National Interscholastic Record of 25-9 1/2 set by Gerald Hardeman of Edison in Fresno from 1972 and a pending 26-1 effort by Dion Bentley of Penn Hills in Pittsburgh this season. Stallworth's mark is the #3 prep mark ever, behind Carl Lewis's 26-8 1/4 from 1979 and Charles Smith (Las Vegas, Nevada) 26-5 1/2 in 1984. Both Lewis and Smith achieved their marks in meets other than high school affairs, so Stallworth will be listed in the National Federation Rule Book.

It was neat here to not see the other jumpers fold up their tents because of Stallworth's Beamonesque effort. Bob Beamon had effectively destroyed the rest of the field mentally in the 1968 Olympics at Mexico City when he jumped 29-2. Anthony Smith (Hawthorne) jumped 23-11 1/2 (+1.43) on his second effort, a mark that

would hold up for 5th place. Stallworth amazingly came back on his second to jump 26-4 (+1.14). Jerome Price impoved to 24-7 3/4 (+.83) on his 3rd jump for 2nd. Stallworth sailed 25-2 1/2 (+1.68) on his 3rd jump, added a 22-10 1/2 (+.00) on his lourth, and called it an evening. Tom Brown improved to 24-6 1/4 (+1.32) for 3rd with Rich Laccay out to 24-2 1/2 (+1.03) for fourth.

It was a performance like Stallworth's that makes the effort worthwhile that one goes to attend such an affair as this

Finals

James Stallworth (Tulare)	26-4 3/4
Jerome Price (University City)	24-7 3/4
Tom Brown (Castle Park)	24-6 1/4
Rich Laccay (Moreau)	24-21/2
Anthony Smith (Hawthorne)	23-11 1/2
Derril White (Monroe)	23-4
Rague Belina (DeLaSalle)	23-2 3/4
Derrick Smith (Wheatland)	23-1 1/2
Russell White (Crespi)	23-1 1/4

Finalists: 1. James Stathworth (Tutare) 25-5 1/2. 2. Rich Laccey (Moresu): 24-6 3/4, 3. Jerome Price (University City): 24-6 1/2, 4. Anthony Smith (Hawthorne): 23-11 3/4, 5. Derrick Smith (Wheetland): 23-11 1/2, 6. Rague Belins (DeLaSale): 23-10 1/4, 7. Tom Brown (Castle Park): 23-10, 8. Derri White (Morros): 23-9 1/2, 9. Russel White (Crespi): 23-4 1/4.



LENNY McGILL-Triple Jump
Photo by 8il Cockerham

▲ Triple Jump

A very, very line group competed here. Six came into the meet with bests of over 49'. Some great jumping tool place in Friday's qualifying, where 6th place was 49-1 1/2. Interestingly, there were some switches in order, but the athletes with the best nine marks from Section competition were the nine who qualified for Saturday's finals. The State best marks list underwent quite a revision in Friday's jumping. DeAndre Roberson (West Bakerstield) salied out to 50-9 1/4 (wind +1.54 mps) on his first jump in the second to last flight to take the state load away from Lenny McGill (Orange Glien, Es-

condido) (50'4"). Russell White (Crespi, Encino) was out over 50' for the first time in his long and successful track career on his first effort in the final flight, jumping 50-6 (+1.11). behind the San Diego Section athlets, with Joe Bailey (Wilson, Long Beach) 62-11 1/2, Joe Hicks (San Bruno, Hollister) 62-1, and Matt Wiley (Hernet) 60-2 our beyond 60'.



BRENT NOON-Shot Put
Fine Flicks by Don Gosney

McGill put them all away in the qualifying with a 51-2 (+.62) jump on his second effort in the trials. Poupet Singbandith (Magnolia, Anaheim), a native of Laos, in his second year of jumping, was 4th at 49-7 3/4 (+.01), and he had jumped 50-3 earlier in the sea-

Action in Saturday's finals did not heat up until the second round, where Roberson jumped 50-4 (+1,31). McGill answered on the very next jump with a 51-1 1/4 (+1,40). Third place in the finals ended up at 48-7 (Russell White). Roberson threw a little bit of a scare into McGill on his last effort with a personal best of 50-11 1/4 (+.00). McGill seemed to take an interesting approach to the event. After his 50-6 lead-off on Friday, he passed his last two efforts. On Saturday, Lenny had a foul, a 51-1 1/4 eventual winning effort, and four fouls. The winner's weekend consisted of two fair efforts!

Lenny McGill (Orange Gien)

DeAndre Hoberson (YYBekersed)	50-11 1/4
Russeă White (Crespi)	48-7
Mario Fisher (Bakersfield)	48-6 1/2
Patrick Scott (Wilson Long Boh)	48-3 3/4
Carl Mack (Davis)	47-9 3/4
Phouphet Singbendith (Magnolia)	47-2 1/4
Higa Gabe (Quartz Hill)	46-11 1/4
James Bush (Wilson Long Beach)	44-6 1/4
Finalists: 1, Lurry McGill (Orange Gler	1 51-2 2 De-
Andre Roberson (West Bakersfield)	50-9 1/4, 3.
Russell Whits (Crespi) 50-8, 4. Phoup	het Singban-
dish (Magnolia) 49-7 3/4, 5. Mario Fil	shor (Bakers-
field) 49-4 1/2, 6, Jamel Bush (Wilson	Long Beach)
49-1 1/2, 7, Carl Mack (Davis) 48-3	1/4, 8. Higa
Gabe (Quartz Hill) 48-0, 9. Patrick 5	Scott (Wilson
Long Beach) 47-10 1/4.	

▲ Shot Put

Brent Noon (Falibrook) is one of the great elementh graders ever in the event, recording a 68-9 1/4 that easily led the nation for the season. A respectable group had developed The placement of the shot ring at Centess on the south end of the main field is a nice step, giving many more than just the "die-hard" weight fans a chance to view the great athletes that come through this competition. Brent led off Friday's qualifying at 62-8, had someone within two leet (for once) when Joe Bailey threw 60-10 1/4 on his second toss, and responded with a 68-7 1/2 second effort to lead qualifying. Hicks threw 60-1 and Wiley 59-10 on Friday.

Noon wandered over to the shot ring on Saturday probably a little disappointed with his 5th place in the discus. A 65-0 1/2 leadoff throw by Noon effectively ended the competition as Bailey opened up at 57-3 3/ 4 for second through one effort for the finalists. Brent sailed them out to 65-8 1/2, 64-0 1/2, foul, 66-1 1/2, and 65-8 1/2 on the rest of his throws to win easily. Bailey improved to 62-6 1/2 on his final tosa for 2nd as the Long Beach Wilson completed an interesting year athletically in which he was also awarded All-Section honors in water polo. Noon left the 68-4 State Meet record by Brian Blutreich (Capistrano Valley) from 1985 for the next year here. For the record Brian also has the All-Time Golden State best of 69-6 1/2. Yes, the challenges are there for Brent's senior year.

Brent Hoon (Fallbrook)	88-1 1/2
Joe Balley (Wilson Long Beach)	82-6 1/2
Joe Hicks (Holfister)	60-3 3/4
Mut Wiley (Homet)	58-4 1/2
- Mare Harisay (Piedmont Hills)	57-21/2
Greg Thurston (Edison)	56-10 1/2
Finalists: 1. Brent Hoon (Fallbrook) 68-7	1/2, 2 Jae
Bailey (Wilson Long Beach) 60-10 1/2, 3	. Jos Histor
(Hollister) 60-1, 4. Matt Wiley (Hernet	50-10, 5.
Marc Harisay (Piedmont Hills) 57-9, 6. F	loger Jehn-
son (Atwater) 57-7 3/4, 7, Keith Jone	e (Hasser)
57-0 1/2, 8. Jason Ford (Casa Roble) 5	7-0, 9. Greg
Thurston (Edison) 56-3 3/4.	

continued on page 31...



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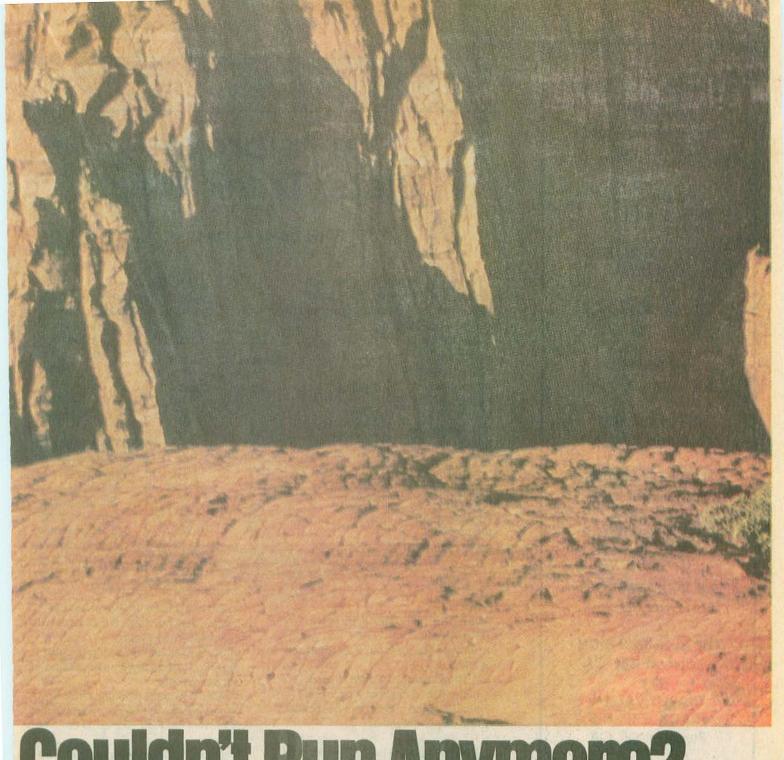
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An Improved State Track Meet

by DONN B. KIRK

In my opinion, the California High School State Track and Field Meet ranks behind only the Olympics and the

U.S. Olympic Trials. However, it could become an even better meet by minor modifications in WHO qualifies for the meet.

The adjacent box outlines the current qualifying system by Section, and the proposed new system.

THAT ARISE:

	Number of Qualifiers per Event	
Section		Proposed
Northern	1	1
Sac-Joaquin North Coast	3	2 2
Oakland Oakland	1	i
San Francisco	1	1
Central Coast Central	3	2 2 2 2 2 2
Los Angeles	4	2
Southern San Diego	5	2
Other	0	10.
	28	27

*10 best marks in each event in Section Meets after filling 17 automatic qualifiers; limit of 9 total qualifiers from any Section in each event; ties (if any) for 10th qualifier settled by coin flip.

STATE Meet.

-Weather conditions vary greatly from one Section Meet to the

next.
-Wind conditions can be drastically different in various Section Meets.

3. What advantage does the proposed system have?

A: A lot...
-Statewide competition is maintained while coming a lot closer to having the best athletes in every event



1. Why 27 qualifiers per event instead of 28?

A: Three heats of 9 each is much better than 4 heats of 7 because it shortens and makes less-hectic the first day of the meet.

2. Why not take the best 27 marks from the Section Meets?

A: Three reasons...

-It is important for every Section to be represented to keep this a

-Small Sections are not penalized when they have 2 or 3 outstanding athletes in an event.

 -Some Sections excel in particular events, and deserve more athletes in those events.

-A lot of athletes who don't belong in the Meet are left home, and the better athletes get their chance to compete.

The most important thing to do is to elevate the California State Meet to the highest level possible.

▲ Discus

A good group of nine throwers with bests of over 180 feet gathered for the State competition. Derrick Stevens (Bakersfield), a UCLA-bound All-State tackle in football, had won the big Arcadia showdown here with a mark that still led the state, 199-10, with John Gallagher (Palm Desert) 2nd there at 189-8. John Hurley (Rio Linda) had thrown 188-4 up north, with Jamie Presser (Cupertino) 186-2. Brent Noon (Falbrook) 185-4.



DERRICK STEVENS—Discus
Fine Flicks by Don Gosney

James Nevelle (Palmdale) 184-3, John Fowler (Los Altos) 182-1, Robert Clarke (Walnut) 181-5, and Matt Karsevar (Clovis) 181-2 having fine seasons. In qualifying, Clarke put the first throw out over 180 and 180-11 on his second toss in flight five. Noon threw 181-2 on his first throw in the last light, with Gallagher answering with an impressive 190-4 on his second throw with that group. Stevens threw 182-8 on his third toss in the final flight, with Gallagher improving to 190-10 on his final throw on Friday. Nevelle, Fowler, Presser, and Hurley were non-qualifiers.

On Saturday Matt Karsevar started the show with a 179-2 first throw with amazing Robert Clarke (he's only 5-10 and 175 pounds) improving his best out to 183-1 on his first effort. Noon was 175-8, Stevens 173-1, and Gallagher 178-9 to finish out a relatively quiet first round. Clarke was 181-1 on his second toss with Stevens powering 188-2 in that same round to take the lead. Gallagher could only answer on the very next toss with a 173-7. Clarke threw 180-3 on his fifth toss with Noon 178-5 in that same round. Those and a178-4 by Stevens on his fifth throw were the only efforts by anyone over 175' during the final four rounds. Stevens ended up the winner at 188-2. Clarke 2nd at 183-1 with Karsevar and Gallagher's opening efforts good for 3rd and 4th.

Finals Derrick Stevens (Bakersfield) 1882 Robert Clark (Walnut) 183-1 Matt Karsever (Clovis) 179-2 John Gallagher (Palm Desert) 1769 Brent Noon (Falfbrock) 178-5 Grey Hodel (Dan Lugo) 170-6 Jason Ford (Clasa Roble) 170-6 Jason Steneros (James Logan) 167-2 Jon Frank (Bakersfield) 1656 Finalistat: 1John Gallagher (Palm Desert) 190-10, 2

Finalistic 1.John Gellagher (Palm Desert) 190-10, 2.
Derrick Stevens (Bakersfeld) 182-8, 3. Brent Noon (Falbrock) 181-2, 4. Robert Clark (Walnut) 180-11, 5. Greg Hodel (Don Lugo) 171-0, 6. Jason Ford (Casa Roble) 169-0, 7. Jon Frank (Bakersfield) 168-9, 8. Matt Karsevar (Clovis) 168-4, 9. Jason Sisneros (James Logan) 167-11.

▲ Team Scoring

One of high school athletics most amazing dynasties continued here this weekend. Hawthome High School, under coach Kye Courtney and staff, has won six of the last seven California State Men's High School Track & Field Championships. The only year they missed on the men's side since 1982, in 1986, they made up for it by taking the women's title. Prime Ticket announcer Vic Holchak indicated that during his travels in Europe last summer, while covering the Grand Prix track circuit, he was grilled by the East German National Coaches for information on the sprint coach at Hawthorne High in California and his program. In case you have not been keeping track of things. the Commies do their homework in this sport. It is interesting to note that, to our knowledge, Coach Courtney has never been involved in any national level coaching assignments, or the like, but he is well-known behind the Iron Curtain. Anyway, here it was apparent who the best team was this weekend. The Cougars continue to have enough depth to really goof up in a spot or two and still come out on top. Last year, it was a 400 meter relay group that false-started in League action, a few years ago it was Henry Thomas out with an appendectomy, and this year, it was a short relay group that was going to win by 10 meters that could not get the stick around. The story of this year's success is told in the event summaries above, but just keep in mind that athletes such as Chris Alexander, Anthony Smith, and Eric Allen will be back to lead the Cougar crew in 1990. I am sure many of us will be at' Cerritos College the first week in June to watch the next edition of the Coupar dynas-

Town Scores:

 Hewthorne 40, 2. Dorsey 26, 3. Oakland 22, 4. San Pasqual and Justin Stena 18, 5. Orange Glen and Mession 16, 8. Bakersfield, Tulare and Agoura 14.

WOMEN'S RESULTS

By KEITH CONNING

▼ 100 METERS

Five state meet finalists returned from last year—senior Angela Burnham (Rio Mesa, Oxnard) won the 1986 state meet in 11.78, had a hamstring injury in 1987, and won in 1988 in 11.52. Also returning were junior loger Miller (Muir, Pasadena), second



ANGELA BURNHAM - 100 & 200 Fine Flicks by Don Gosney

in 11.71; senior Chris Williams (Vallejo), fith in 12.22; senior Annette Coleman (Carlmont, Belmort), eighth in 12.40; and senior Dera Hamilton (Locke, Los Angeles), ninth in 12.50

Burnham (11.52) and Miller (11.53), entered the meet with the top times in the nation. Senior Charlotte Vines (San Marcos, Santa Barbara) had the eighth best time of 11.89.

The state meet record of 11.42 was set by Sharon Ware (Berkeley) in 1980.

In the trials for running events, there were four heats in each event (except the 1600 and 3200). The heat winners in each heat advanced to the finals along with the five non-winning runners with the fastest times.

Burnham, the Southern Section champion

at 11.52, won the first heat in 11.41. The wind reading was +5.73, which is over the allowable limit of 2.0 meters per second. Thus, Ware's record still stands.

Miller, second in the Southern Section at 11.53, won heat two in 11.38 (+5.61 mps). Williams, third in the Sac-Joaquin Section at 12.41, who has been bothered by a knee injury, failed to qualify.

Vines, third in the Southern Section at 11.89, won heat three in 11.88 (+3.82 mps). Hamilton, third in the Los Angeles Section at 12.31 was second in 12.06.

Coleman, the Central Coast Section champion at 11.92, won heat four in 11.82 (+3.33 mps).

in the final Burnham defeated Miller by .15–11.31 (+3.66 mps) to .11.46. Burnham became the first three time winner. Ware won twice in 1980 and 1981. Coleman placed third in 11.66 and Vines was fourth in 11.71

"I was most worried about the 100," said Burnham to Lonnie White (Los Angeles Times). "I knew that it was important to get out of the blocks well."

Finals (Wind +3.68) Angela Burnham (Rio Mess) 11.51 Inger Miller (Muir) 11.48 Annette Coleman (Carlmont) 11.86 Charolette Vines (San Marcos) 11.71 Joslyn Mack (St. Francis) 1201 Felios Lipsoomb (Santa More 12.04 Deedee Small (Dorsey) 12.15 Debra Hamilton (Looke) 12.20

Tami Gray (Compton)

12.22

Heat 81 (Wind +8.73) 1. Angele Burnham (Rio Mesa) 11.41, 2. Tami Gray (Compton) 12.04, 3. Learn Tinkshell (Locke) 12.12, 4. Mitra Young (Tulare) 12.27, 5. Miyoshi Williamson (Merosod) 12.39, 4. Joy Polk (Ositiand) 12.43, 7. Amey Mitchell (Rencho Cotale) 12.85, Heat 82 (Wind +8.61) 1. Inger Miller (Muir) 11.38, 2. Joseph Mack (St. Francis) 11.98, 3. Desdee Small (Dorsey) 12.06, 4. Chris Williams (Vallejo) 12.25, 5. Angele Sullivan (Serra) 12.22, 6. Chivahne Tanner (Holy Names) 12.24. Heat 83 (Wind +3.82) T. Charlotte Vines (Sam Marcos) 11.85, 2. Debra Hamition (Locke) 12.06, 3. Kwani Stewart (Yuba City) 12.07, 4. Francise Wada (Hillop) 12.13, 5. Kesha Criseval (Francis Valle) 12.29, 6. Advisorne Hopper (Brishop Crowel) 12.51, 7. Kristen Burnett (Branham) 12.52. Heat 84 (Wind +3.33) 1. Arnette Coleman (Carlmont) 11.82, 2. Federa Lipscomb (Santa Monico) 12.07, 3. Angele Kimmey (University City) 12.00, 4. Felicia Howard (San Fernando) 12.20, 5. Tike Jackson (Bakersold) 12.26, 6. Leas Parter (Birhop O'Dowd) 12.50, 7. Delia Jones (Lincoln) 12.08.

▼ 200 Meters

Three state meet finalists returned from last year: senior Angels Burnham first in 23.45, junior Inger Miller third in 23.73, and senior Chris Williams (Vallejo), fourth in 24.48.

Burnham (23.49), Miller (23.62), and senior Annette Coleman (Carlmont, Belmont) (24.15) entered the meet with the first, second and fourth best times in the nation.

The state meet record of 23.19 was set by Sherri Howard (Kennedy, Granada Hills) in 1980.

Burnham, the Southern Section champion at 23.49, won the first heat in 23.76

(+2,52)

Miller, second in the Southern Section at 23.84, won the second heat in 23.71 (+2.78). Williams, third in the Sac-Joaquin Section at 25.09, failed to qualify.

Junior Tanya Dooley (Bret Harte, Altaville), the Sac-Joaquin Section champion at 24.17, who failed to qualify for the final last year, won the third heat in 24.37 (44.39).

Coleman, the Central Coast Section champion at 24.15, won heat four in 24.45

In the final, Burnham defeated Miller by 30-23.56 to 23.86.

Finale

THE RESERVE TO SERVE THE PROPERTY OF THE PROPE	
Angela Burnham (Rio Mesa)	23.56
Inger Miller (Muir)	23.86
Annette Coleman (Carlmont)	24.15
Angela Rolle (Dorsey)	24.45
Taminika Terry (Muir)	24.61
Tanya Dooley (Bret Harte)	24.75
	24.84
Lania Brice (Tokay)	24.90
Cela Taylor (Enginal)	25.07
at 41 /Wind +9 59) 1 Annals Durcham	ini-

Heat #1 (Wind +2.52) 1, Angela Burnham (Rio Mesa) 23.76, 2, Lania Brice (Tokay) 24.83, 3, Linda Williams (Blair) 24.92, 4, Leann Tinkshell (Locke) 25.18, 5, Less Parker (Bishop O'Dowd) 25.51, 6, Mia Latuvitz (San Diego) 25.69, 7, Shamone Chisom (Edison) 26.09, Heat #2 (Wind +2.78) 1, Inger Miller (Muir) 23.71, 2, Angela Rolfe (Dorsey) 24.32, 3, Chris Williams (Vallejo) 24.91, 4, Michelle Barga (Fremon) 24.97, 5, Angela Kimmey (University Gily) 25.26, 6, Chivanne Tanner (Hoty Names) 25.41, 7, Tracey Smith (West Valley) 26.02, Heat #3 (Wind +4.39) 1, Tanaya Docley (Bret Harle) 24.37, 2, Taminia Terry (Muir) 24.82, 3, Janice Nichols (Bakersheld) 25.12, 4, Nicole Johnson (Antoch) 25.62, 5, Marsha Domingo (Los Angeles) 25.72, Heat #4 (Wind +2.72) 1, Ancette Ccleman (Carlmont) 24.45, 2, Tamika Bradford (Dominguez) 24.73, 3, Cela Taylor (Encinal) 24.82, 4, Tike Jackson (Bakersheld) 25.00, 5, Angela Sullivan (Serra) 25.01, 6, Joy Polk (Oakland) 25.77.

▼ 400 Meters

Five State meet finalists returned from last year-senior Angela Rolle (Dorsey, Los Angeles) first in 54.26; junior Tariya Dooley (Bret Harre, Altaville) second in 54.72; senior Roshyn Mack (St. Francis, Mountain View) fourth in 55.68; senior Kesha Marvin (Hawthorne) fifth in 55.92; and senior Jeanie Stewart (Duarte) seventh in 56.35.

Rolle had also won in 1987 in 53.55. Five Californians are among the national leaders: senior Angela Burnham (Rio Mesa, Oxnard) first in 54.09, Rolle second in 54.39, freshman Janice Nichols (Bakersfield) third in 54.47, Stewart sixth in 54.89, and Dooley eighth in 55.02.

The state meet record of 52.39 was set by Denean Howard (Kennedy, Granada Hills) in 1982

Nichols, the Central Section champion at 54.47, won the first heat in 55.37.

Stewart, the Southern Section champion at 54.99, won the second heat in 55.89.

Rolfe, the Los Angeles Section champion at 54.53, won the third heat in 55.71. Marvin, second in the Southern Section at 55.25, was second in 56.30.

Dooley, the Sac-Joaquin Section champion at 55.02, won the fourth heat in 55.94.

In the final, Rolfe won for the third straight time in 53.97, the fastest time in the nation this season. Rolfe is the first three-time winner of this event. Choo Choo Knighten (Locke, Los Angeles) won in 1984 and 1985. Denean Howard (Kennedy, Granada Hills) won in 1980 and 1982.



ANGELA ROLFE-400 Meters
Photo by Bill Cottles/Action Photo

Firmio

THE RESERVE OF THE PARTY OF THE	
Angela Rolfe (Dorsey)	53.97
Tanya Docley (Bret Harte)	55.12
Jeanine Stewart (Duarte)	55.15
Shani Freeman (Crawford)	55.77
Shelly Tochluk (Westminster)	55.81
Cela Taylor (Encinel)	55.93
Keisha Marvin (Hawthome)	58.12
Kim McAlfister (Locks)	55.19
Janica Nichols (Bakersfield)	57.43
and dir i Innian Michala (Dalamatic	LA FE AT A

Heat #1: 1. Janice Nichols (Bakersfield) 55.37, 2. Krm McAllieter (Locke) 56.07, 3. Cela Taylor (Endnal) 56.10, 4. Rachel Doug (Ganesha) 57.96, 5. Meisha Stevenson (Point Loma) 59.36, 6. Maryam Clark (Galileo) 60.34. Heat #2: 1. Jeanine Stevart (Duarte) 55.89, 2. Roslym MacK (St. Francis) 56.68, 3. Kerrie Peguse (St. Bernard) 57.04, 4. Melanie Clarke (El Camino Real) 58.11, 5. Shirley Terrall (Vallejo) 58.69, 6. Melissa Marnion (San Leandro) 60.55. Heat #3: 1. Angela Rolfe (Dorsey) 55.71, 2. Keisha Marvin (Hawthorne) 56.30, 3. Michalle Barga (Fremont) 57.16, 4. Alfison Dring (Mt. Carmel) 57.64, 5. Tiffany Johnson (Kennedy, Richmond) 59.08, 8. Keelbe Brown (Merced) 59.36, 7. Melissa Plynn (Clovis) 62.55. Heat #4: 1. Tanya Dooley (Bret Harte) 55.94, 2. Shani Freeman (Crawford) 56.24, 3. Shelly Tochluk (Westminster) 56.34, 4. Carrille Mayo (Los Angeles) 57.26, 5. Lemecia Strom (Silver Creek) 57.76, 6. Stacey Johnson (Antioch) 57.99, 7. Christine Royal (Chester) 58.42.

▼ 800 Meters

Two state meet finalists returned from



KIM TONEY-800 Meters
Fine Flicks by Don Gosney

last year: senior Kathy Roldan (Mt. Whitney, Visalia) first in 2:12.11 and senior Tarsha Handy (Archbishop Mitty, San Jose) second in 2:12.60.

Junior Kim Toney (Atascadero) (2:11.23), sophomore Becky Spies (Livermore) (2:11.6), and Roldan (2:12.16), entered the meet with the fourth, fifth, and seventh fastest times in the nation. The national leader was senior Trina Edmond (Central, Aurora, CO) at 2:10.3.

The state meet record of 2:04.91 was set by Trena Hull (Compton) in 1984.

Toney, the Southern Section champion at 2:11.23 won heat 1 in 2:15.65.

Spies, the North Coast Section champion at 2:13.91, defeated fellow sophomore Nicole Teter (West Valley, Cottonwood), the Northern Section champion at 2:20.0, in heat 2 by .01 - 2:11.14 to 2:11.15. Handy, second in the Central Coast Section at 2:14.73, was fourth in 2:15.78, the seventh

best time in the heats.

Roldan, the Central Section champion at 2:16.79, won heat 3 in 2:15.11.

Senior Persephone (in Greek mythology, the daughter of Zeus and Demeter, abducted by Hades (Pluto) and made his wife) Lowery (Norco), fourth in the Southern Section at 2:14.49, won heat 4 in 2:16.43.

In the final, Toney won in 2:09.33, the second fastest time in the nation this season.

The new national leader is senior Sandra Burke (Boys & Girls, Brooklyn, NY) at 2:09.2.

Kim Toney (Atascadero)	209.33
Kathi Rolden (Mt. Whitney)	211.18
Becky Spies (Livermore)	211.86
Nicolo Teter (West Valley)	211.85
Tarsha Handy (Archbishop Mitty)	214.90
Persephone Lowery (Noroc)	215.49
Sheria Moses (Ramone)	216.18
Laurinda Muthalpt (Capis Valley)	21622
Gina Westby (Torrey Pines)	220.09
46 May 4 1/2 7	

Heat #1: 1. Km Toney (Atascadero) 2:15.65, 2 Dina Moore (Harbor) 2:17.09, 3. Michaele Rodda (Vacaville) 2:17.79, 4. Lori Miller (North Balkersfield) 2:18.46, 5. Kerri Wootheater (Casa Granda) 2:22.55, 6. Gretchen Scheibel (Orange Glan) 2:23.32, 7. Christine Frasuto (Franklin) 2:27.98. Heat #2: 1. Becky Spise (Uremmore) 2:11.14, 2. Micole Teter (West Valley) 2:11.15, 3. Sharia Miosee (Ramona) 2:15.19, 4. Taraha Handy (Archbisidhop Mitty) 2:15.78, 5. Ramona Pena (Washington) 2:19.87, 6. Norma Cuelar (Redwood) 2:24.00, 7. Mie-

lissa Guidi (El Camino Real) 232.24. Heat #th: 1. Kathi Roldan (Mt. Whitney) 2:15.11, 2. Laurinda Mulhalpt (Capistrano Valley) 2:15.38, 5. Gina Weathy (Torrey Pinea) 2:16.44, 4. Emily Chilton (Codden Sierra) 2:17.39, 5. Jeanine Crain (Carondelet) 2:17.54, 6. Janette Read (Foothill) 2:21.81, 7. Joy Preston (North Hollywood) 2:37.59. Heat e4: 1. Perseptone Lowery (Norco) 2:16.43, 2. Trisha Philips (Locke) 2:18.27, 3. Natalis Gage (Oatdalet) 2:19.84, 4. Adria Ibarra (Etehop O'Dowd) 2:21.03, 5. Charity Stowell (Mt. Carmel) 2:21.36, 6. Katrina Jacobe (Oatdalet) 2:21.00 (Oatdalet) 2

▼ 1600 Meters

Two state meet finalists returned from last year-senior Kira Jorgensen (Rancho Buena Vista, Vista) first in 4:49.54 and senior Beth Bartholomew (Fremont, Sunny-vale) fifth in 4:59.84.

Jorgensen had also won in 1987 in 4:45.98.

Jorgensen (4:53.66), junior Karen Hecox (South Hills, West Covina) (4:53.90), and senior Rayna Cervantes (Montebello) (4:55.60) entered the meet with the third, fourth, and sixth best times in the nation. Cervantes was not entered in this evera. The national leader was junior Megan Thompson (Hazelwood Central, St. Louis, MO) at 4:47.27.

In the 1600 there were two heats. The top three finishers in each heat along with the three non-placing runners with the fastest times advanced to the finals.

The state meet record of 4:39.92 was set by Polly Plumer (University, Irvine) in 1982.

Bartholomew, the Central Coast Section champion at 4:57.4 won heat one in 4:55.36. Hecox, second in the Southern Section at 5:01.45, was second in 4:55.59.



KIRA JORGENSEN-1600 Meters Fine Flicks by Don Gosney

Jorgensen, the San Diego Section champion at 4:58.26, won heat two in 4:55.44.

In the final, Jorgensen won for the third straight year in 4:49.55, the second fastest time in the nation this season. Jorgensen becomes the second three-time winner. Plumer won in 1980, 1981, and 1982. Megan Thompson (Hazelwood, Central, St. Louis, MO) is the national leader at 4:47.58. Bartholomew was second in 4:51.59, the third fastest time in the nation. Hecox was third in 4:55.48. Freshman Shelley Taylor (Edison), the Southern Section champion at 4:59.25, was disqualified for colliding with Hecox near the finish.

Said Taylor to Barbie Ludovise (Los Angeles Times): "I know I didn't do anything cause I was in front of her. I remember seeing her fall out of the corner of my eye. I do remember her hitting me. I don't really care about [not getting] the medal or the recognition, it's knowing that I didn't do anything that's so upsetting."

Said Hecox: "I'm not even sure what happened. She just came from behind me, she hit me from behind it all hann

THE THE PERSON IN THE PERSON INC.	50 TEST
it's hard to say."	less the service of
Finals	
Kira Jorgensen (Rancho Buena Vista)	4:49.55
Beth Bartholomew (Fremont)	451.50
Karen Hecox (South Hills)	455.48
Rosetta Hunter (Locke)	458.28
Sarah Riley (Capolindo)	THE PERSON NAMED IN
Evie Berry (Santa Teresa)	4.58.80
Lori Miller (North Bakersfeld)	500.77
Lisa Loper (Balboa)	5:07.98
Heat #1: 1. Both Bartholomew (Fremont	51534
2. Karan Hacox (South Hits) 4:55.59, 3, E	4:00.36,
(Santa Tereea) 4:58.83, 4. Lies Lopez	: VIO ESERTY
5:08:20, 5. Janette Vollmer (Ft. Bragg) 5:	(Darcon)
Mire Version (D. d. P. L. Brapg) 5:	U0.80, B.
Mira Hombscher (Rancho Buena Vista) 5:	07.50, 7.
Nicole Robbins (Hesperie) 5:09.96, 8, Meli	san Free-
berg (California) 5:10.74, 9. Jenrefer Heuri	lson (Bel-
la Vista) 5:11.53. Heat #2: 1. Kira Jorgans	en (Ran-
cho Buena Vista) 4:55.44, 2. Shelley	Taylor

(Edison) 4:58.77, 3. Lori Miller (North Bakersfield)

5:04:25, 4, Sarah Riley (Campolindo) 5:05 16, 5, Rosetta Hunter (Locke) 5:06 43 6 Bernice Santovo (Mt. View) 5:09.94, 7. Michele Ferguson (Piner) 5:11.55, 8. Nikki Shaw (Filmore) 5:11.88, 9, Maria-Solorio (Overfelt) 5:13.24,

3200 Meters

Four of the too ten finalists from last year returned-senior Rayna Cervantes (Montebello) second in 10:18.80, senior Kira Jorgensen (Rancho Buena Vista, Vista) fourth in 1025.55, senior Jamie Park (Santa Barbara) sixth in 10:48.77, and senior Rachel Lewis (Santa Catalina, Monterey) tenth in 11:01 96

Cervantes (10:32.89), Park (10:34.71). and Jorgensen (10:34.7+) entered the meet



RAYNA CERVANTES-3200 Meters Fine Flicks by Don Goaney

with the fourth, fifth, and sixth best times in the nation.

The state meet record of 10:08.14 was set by Cory Schubert (Del Mar, San Jose) in 1983

There were no heats in the 3200. The finais were held on Saturday, June 3.

Cervantes, third in the Southern Section at 10:44.18, won in 10:32.95. Lewis, the Central Coast Section champion at 11:00.3, was second in 10:36.18. Sophomore Deena Drossin (Agoura), second in the Southern Section at 10:41:37, was third in 10:36.67. Park, fourth in the Southern Section at 10:48.32, was fourth in 10:40.74. Jorgensen, the San Diego Section champion at 10:55.59, was fifth in 10:42.34.

Rayna Cervantes (Montebello)

10:3205

Rachel Lewis (Santa Catalina) 10:36.18 Desna Drossin (Agoura) Jamie Parka (Santa Barbara) 1000 67 10:40.74 Kira Jorgenson (Ran Buena Vista) 10:42:34 Mira Hornbacher (Ran Buena Vist) 10:43 18 Martina Pinto (Katella) 10:58.13 Alva Dancel (Mis) 10-58 53 Sarah Riley (Campolindo) 110426 Michele Ferguson (Piner) 11:04:25 Eva Belt (El Dorado) 11:07.66 Tina Gorbet (Lassen) 11/00/41 Malee Ferguson (LaJolla) 11-13 RO Barbie Sittman (Placer) 11:18.89 Maryann Martinez (Footbill) 11:19.46



FELICE LIPSCOMB-100mHH Fine Flicks by Don Gosney

▼100m Low Hurdles

Four state meet finalists from last year returned: sophomore Keri Sanchez (Santa Teresa. San Jose) second in 13.99, junior Felice Lipscomb (Santa Monica) third in 14.04, senior Latanya Davenport (Locke, Los Angeles) fifth in 14.33, and senior Andrea Swift (Benicia) eighth in 14.82.

Lipscomb (13.84), junior Kwani Stewart (Yuba City) (13.93), Davenport (14.09), senior Kim Young (Madera) (14.14+), and senior Aldora George (Upland) (14.21) entered the meet with the second, third, sixth. seventh, and ninth best times in the nation.

The state meet record of 13.34 was set by Janeene Vickers (Pomona) in 1987.

Swift, the North Coast Section champion at 14.38, won the first heat in 14.35 (+2.21 mps). Young, the Central Section champion at 14.58, scratched. George, second in the Southern Section at 14.24, did not run.

Davenport, the Los Angeles Section champion at 14.1, won heat two in 13.95 (+1.33 mps), her seasonal best. Sanchez, the Central Coast Section champion at 14.15, was second in 14.17.

Stewart, the Sac-Joaquin Section champion at 13.80, won heat three in 14.00 (+2.93 mps).

Lipscomb, the Southern Section champion

at 13.88, won heat four in 13.94 (+3.57

In the final, Lipscomb won in 13.69 (+1.16 mps), the fastest time in the nation this season Stewart was second in 13.76, and Sanchez was third in 14.07.

Finale	
Felice Lipscomb (Santa Monica)	13.6
Kwani Stewart (Yuba City)	13.70
Keri Sanchez (Santa Teresa)	14.0
Kim Dill (Poway)	14.3
Nicole Redmond (Hogan)	14.33
Andrea Swift (Benica)	14.6
Dedi Stuart (Long Beach Poly)	14.5
Latanya Davenport (Locke)	14.5
least are placed in order to the	100

Heat 61 (Wind +2.21) 1. Andrea Swift (Benicia) 14.35, 2. Erin Blunt (San Pasquel) 14.77, 3. Britt Anderson (Palo Alto) 14.79, 4. Traci Giapponi (Chico) 15.25, 5. Christal Lewis (Dorsey) 15.89. Heat #2 (Wind +1.33) 1. Latanya Devenport (Locks) 13.95, 2. Keri Sanchez (Santa Teress) 14.17, 3. Dedi Stuart (Long Beach Poly) 14.40, 4. Kam Warner (West Bakerskeld) 14.84, 5. Cathy Stark (San Pasquel) 14.98, 6. Keya Allen (James Logan) 15.86, 7. Michelle Silva (Valley) 16.75. Heat 83 (Wind +2.93) 1. Kwani Stewart (Yuba City) 14.00, 2. Kim Dill (Poway) 14.36, 3, Jackie Foreman (Locke) 14.78, 4. Kristi Passo (Los Altos) 14.81, 5. Lawarna Adams (Oukland) 15.84, 6. Julie Tingle (Agoura) 16.31, 7. Ashley Scharff (San Ramon) 17.63. Heat #4 (Wind +3.57) 1, Felica Lipscomb (Santa Monica) 13.94, 2. Nicole Redmand (Hogan) 14.38, 3. Julita Patil (Ygnacio Valley) 14.52, 4. Latice House (Riverside Poly) 14.58, 5. Tashs Turner (Narbonne) 14.62, 6. Shelly Dutterer (Clovis) 15.51, 7, Michelle Anderson (McAlser)

▼300m Low Hurdles

One state meet finalist returned from last year: sophomore Keri Sanchez (Santa Teresa. San Jose) second in 43 15

Sanchez (42.88), senior Michelle Dodson (Cajon, San Bernardino) (42.89), junior Shanequa Campbell (Alta Lorna) (43.18), and senior Kristi Paaso (Los Altos) (43.23) entered the meet with the third, fourth, eighth, and ninth best times in the nation. Campbell did not qualivi.

The state meet record of 40.26 was set by Janeene Vickers (Pomona) in 1987.

Dodson, the southern Section champion at 43.02, won the first heat in 43.64.

Sanchez, the Central Coast Section champion at 42.88, won heat two in 44.44, Stewart, third in the Sac-Joaquin Section at 44.63, was second in 45.39.

Freshman Twila Sims (Lompoc), third in the Southern Section at 43.84, won heat three in 43.88. Paaso, second in the Central Coast Section at 43.23, was third in 44.82. Sophomore Tanya Smith (Cordova, Rancho Cordova), the Sac-Joaquin Section

champion at 43.80, won hear four in 44.18. In the final, Sims won in 42.54, the fastest time in the nation this year. Sanchez was second in 42.60, which ties Tonia Bullord (Meadowdale, Dayton, OH) for the second fastest time in the nation. Dodson was third in 43.50, and Smith was fourth in 43.60.

Twila Sims (Lampac) Keri Sanchez (Santa Teresa) 42.60 Michelle Dodson (Cajon) 43.50 Tanya Smith (Cordova) 43.80

Kwani Stewart (Yuba City) 43.86 Kristi Paaso (Los Altos) 44.24 Shannon Wiebsihaus (Rio Mesa) 44.32 Britt Anderson (Palo Alto) 44.99 Edwina Ammonds (Roossvett) 46.96



TWILA SIMS-300 Low Hurdles
Photo by Bill Cockerham

Heat 81: 1. Michelle Dodson (Cajon) 43:64, 2. Britt.
Anderson (Palo Alb), 44.52, 3. Edwiss Ammonds.
(Roosevel), 44.76, 4. Debra Hamilton (Locke)
45:66, 5. Michelle Silva (Valley), 45:80, 6. Glens
Whipple (Elna) 47:05, 7. Nanoy Romwelser (Piedmont) 47:56. Heat 82: 1. Keri Sanchez (Santa Tecesa), 44.44, 2. Kwari Stewert (Yubs City) 45:30,
3. Shannon Bryant (Sonora), 45:81, 4. Christy
Boyd (Foothill), 45:90, 5. Kim Dill (Poway), 47:13, 6.
Christal Leeris (Dorsey), 47:69, Heat 83: 1. Twils
Sire (Lompos), 43:82, 2. Shannon Wisebhaus (Rio
Mesa), 44:68, 3. Kristi Passo (Los Altos), 44:82, 4.
Kathy Hannon (Granada), 46:16, 5. Erin Blunt (San
Pasqual), 46:23, 6. Feltina Mesans (Van Nuys),
47:03, 7. Alicia Dougherty (Lowell), 40:33.

▼ 400 Relay

Hawthorne won last year in 47.10. They had won five of the six state meets. Hawthorne (46.46), Muir (Pasadena)

(44.46), Rio Mesa (Oxnard) 47.03, Bakersfield (47.04+), and Locke (Los Angeles) (47.34+) entered the meet with the second, seventh, eighth, and tenth best times in the nation.

The state meet record of 45.13 was set by Berkeley in 1981.

St. Bernard (Playa Del Ray), fourth in the Southern Section at 47.74, won heat one in 48.28

Muir (Pasadena), second in the Southern Section at 46.46, won heat two in 46.78. St. Francis (Mountain View), the Central Coast Section champion at 47.86, was second in 47.27. Bakersfield, the Central Section champion at 47.37, was third in 47.94.

Rio Mesa (Oxnard), third in the Southern

Section at 47.03, won heat three in 47.47.

Hawthorne, the Southern Section champion at 46.46 won heat four in 47.37. Locke, the Los Angeles Section champion at 47.2, was second in 47.51.

In the final, Muir (Pasadena) won in 46.46, which tied their season best.

"We came through tonight and it started with our sprint relay victory" said Inger Miller (Mulr) to Lonnie White. "That really gave us the push we needed to the end."

St. Francis was second in 47.27, Hawthorne was third in 47.42, and Rio Mesa was fourth in 47.53.

WHITE HE TE OU.	
Finals	
Mir	45.4
St. Francis	472
Hawthorne	47.4
Pio Mesa	47.5
Dorsey	47.7
Locke	47.B
St. Bernard	47.8
Bakersfield	48.2
Santa Monica	48.3
Unat 44. 4 Dt Damed 40 00	O Canto Manie



MUIR 400 Relay Handolf
Photo by Bill Cockerham

48.32, 3. Bishop O'Dowd 48.38, 4. Morse 48.57, 5. Caldand 49.76, 6. Washington 50.05, Heat \$2: 1. Muir 46.78, 2. St. Francis 47.65, 3. Bekersfield 47.94, 4. Cordove 49.13, 5. Holy Names 49.37, 6. San Padro 50.19, 7. Chico 51.56, Heat #2: 1. Flo Mesa 47.47, 2. Dorsey 47.56, 3. Mt. Carmel 48.81, 4. Clovid 48.93, 5. Valleje 49.28, 6. Mount Fleesant 49.35, 7. Clayton Valley 50.54, Heat #4: 1. Hewthorne 47.37, 2. Locke 47.51, 3. Edison 48.75, 4. Patrick Henry 48.77, 5. Independence 49.28, 6. Merced 49.76, 7. Sen Ramon 50.45.

▼ 1600m Relay

Hawthome won last year in 3:47.32. Muir (Pasadena) (3:47.47), Hawthome

(3:47.78), Rio Mesa (Oxnard) (3:48.66), and St. Francis (Mountain View) (3:49.83) entered the meet with the third, fourth, fifth and ninth best times in the country.

The state meet record of 3:37.71 was set by Kennedy (Granada Hills) in 1981.

St. Francis, the Central Coast Section champion at 3:50:33, won heat one in 3:51:07.

Archbishop Mitty (San Jose), second in the Central Coast Section at 3:53.42, won heat three in 3:53.73. Rio Mesa, the Southern Section champion at 3:48.66, was second in 3:54.73.

Locke (Los Angeles), the Los Angeles Section champion at 3:56.99, defeated Hawthome, third in the Southern Section at 3:50.65, by .01 in heat four-3:49.83 to 3:49.84

In the final, Hawthorne won in 3:46.59, the third fastest time in the nation this season.

"It feels good to be done and to finish the season in such a fitting way," said Angela Burnham (Rio Mesa) to Lonnie White.

"My ultimate goal here tonight was to delend my state titles and to run my race and not worry about the other runner."

ols	
Hawthorns	3:48.50
Muir	3:47.04
St. Francis	3:48.59
Locke	3:51.51
Flio Mesa	3.52.14
Archbishop Mitty	352.32
Ganasha	3:53.22
Mt. Carmel	3:56.05
Duarte	3:58.44
D. P D. P. MT D	Committee OFF OF

Heat #1: 1. St. Francis 3:51.07, 2. Ganesha 3:55.36, 3. San Pasqual 3:56.44, 4. Del Campo 3:59.53, 5.



HAWTHORNE 1600m Relay Team
Fine Flicks by Don Gosney

Northgate 4:06.78, 6. Oaldand 4:10.88, Heat #2: 1. Muir 3:53.19, 2. Duarte 3:54.81, 3. Mt. Carmel 3:55.28, 4. Carmelest 5:59.65, Edison 4:00.08, 8. Fremont 4:01.00, 7. Hamilton 4:18.15, Heat #2: 1. Archbishop Mitty 3:53.73, 2. Rio Mesa 3:54.73, 3. Vallejo 3:57.04, 4. Kernedy, Richmond 3:57.31, 5. Clovid 3:58.82, 6. West Yalley 4:04.82, 7. Washington 4:12.13, Heat #4: 1. Locke 3:49.83, 2. Hawforms 3:48.84, 3. Balkersfield 3:57.81, 4. Bishop O'Dowd 4:02.41, 5. Morced 4:02.42, 6. Hoover 4:04.85, 7. Washington 4:15.22



CRISSY MILLS-High Jump
Photo by Bill Cockerham

▼ High Jump

Three state meet finalists returned from last year: junior Crissy Mills (Campbell Hall, North Hollywood) first 5-10, senior Marilyn Cragin (Miraleste, Rancho Palos Verdea) third 5-8, and senior Melanie Clarke (El Camino Real, Woodland Hills) ninth 5-4.

Julie Ann Broughton (Woodland) (6-2 1/4), Mills (5-10 3/4), senior Lori Svoboda (El Dorado, Placentia) (5-10 3/4), and junior Lori Menes (Chatsworth) entered the meet with the first, eighth, and tenth best jumps in the nation.

The state meet record of 6-2 was set by Latrese Johnson (Clovis) in 1985.

Mills, the Southern Section champion at 5-8, won with a jump of 6-0. Mills jumps (o=clearance, x=miss): 5-2 pass, 5-4 o, 5-6 0, 5-7 pass, 5-8 o, 5-9 pass, 5-10 o, 5-11 xxo, 6-0 xo, 6-2 1/4 xxx.

Broughton, the Sac-Joaquin Section champion at 6-0, placed second at 5-11. She missed three times at 6-0. Svoboda, second in the Southern Section at 5-6, was third at 5-10.

Finals
Crissy Mills (Campbell Hall) 60
J.C. Broughten (Woodsand) 5-11
Lori Sveboda (El Dorado) 5-10
Cindy Harmon (Oak Ridge) 58
Lori Mertes (Chatsworth) 5-8
Karis Gardner (Sierra) is 58
Melaris Clarke (El CamRi) is 58
Jackie Hurt (Analy) 59
Jackie Hurt (Analy) 54
Hariym Cragin (Mraideals) 5-4
Finaliets: 1. (tie) Lori Mertes (Chatsworth), Lori

Finalista: 1. (te) Lori Merios (Chataworth), Lori Svelboda (El Dorado), Crissy Milis (Camball Hall) 5-6, 4. (tie) Cindy Harmon (Oak Ridge), JC Broughton (Woodland) 5-6, 6. (se) Mariyn Cragin (Miraleste), Melanis Clarke (El Camino Reel) 5-6, 8. Karis Gardner (Sierra) 5-6, 9. Jackie Hart (Ansly) 5-5.

▼ Long Jump

One state meet finalist returned from last year; senior Annette Coleman (Carl-

Coleman (20-0) and sophomore Juliana Yendork (Walnut) (19-9) entered the meet



JULIANA YENDORK-Long Jump and Triple Jump

Photo by Bill Cockerham

with the second and fourth best jumps in the nation.

Yendork had competed for Ghana in the Secul Olympics. She placed 27th at 17-8 1/ 2 in the long jump qualifying on September 28, 1988.

The state meet record of 20-9 3/4 was set by Wendy Brown (Woodside) in 1984.

In the trials, Coleman, the Central Coast Section champion at 19-10, jumped 20-7, the longest jump in the nation this season. Yendork, the Southern Section champion at 19-9, was second at 20-6 1/2, the second best jump in the nation.

In the final, Yendork won with a leap of 20-2 1/2 (+2.5 mps), Yendork's series: 20-2 1/ 2 (+2.5 mps), 19-7 3/4 (+1.0 mps), pass, 19-1 1/2 (+2.2 mps), pass, 19-8 1/4 (+0.5 mps). Coleman placed second at 19-3 1/2 (+3.00), and had a best legal jump of 18-5 (+1.5 mps). Marieke Vettman (Leiand, San Jose), third in the Central Coast Section at 18-10 1/2, was third at 18-10.

Juliana Yendork (Walnut)	20-2 1/2
Annette Coleman (Carlmont)	19-3 1/2
M Veltman (Leland)	18-10
Keri Sanchez (Sante Teresa)	180
Arrey Mitchell (Rencho Cotate)	18-5 1/4
Rochelle Johnson (Patrick Henry)	18-2 1/2
Yolanda Burton (McAteer)	17-5 3/4

Nedra Dillon (Mission Bay) 17-5 3/ Tannel House (Hoover) 17inalists: 1. Annelse Coleman (Carlmont) 20-7, 2

Finalista: 1. Anneits Coleman (Carlmont) 20-7, 2. Juliana Yandork (Wahrut) 20-6, 3. Nedra Dillon (Mission Bay) 18-10 3/4, 4. Rochelle Johnson (Patrick Henry) 18-10, 5. Yolanda Burton (McAtser) 18-9 3/4, 5. Kari Sanchez (Santa Teresa) 18-8 3/4, 7. M Veltman (Leland) 18-8, 8. Tannel House (Hoover) 18-6, 9. Amey Mitchell (Rancho Cotate) 18-5.

▼ Triple Jump

Two state meet finalists returned from last year: sophomore Keri Sanchez (Santa Teresa, San Jose) third at 39-9 1/2, and senior Rochelle Johnson (Patrick Henry, San Diego) fifth at 38-7.

Sophomore Juliana Yendork (Walnut) (41-9 1/2), Johnson (40-6 3/4), Sanchez (40-1 1/2), junior Lisa Fager (Mission Viejo) (39-11), and Krystal Kirkland (Hesperia) (39-11 1/2) entered the meet with the first, filth, seventh and ninth best jumps in the nation. Fager did not qualify for the meet.

The state meet record of 42-10 1/2 was set by Wendy Brown (Woodside) in 1984.

Yendork, the Southern Section champion at 41-4, jumped 42-6 3/4 in the trials, the longest jump in the nation this season. She became the No. 3 all-time high school performer.

In the finals, Yendork won with a hop, step and jump of 41-10. Yendork's series: foul, foul, 41-6 3/4 (+0.5 mps), 41-10 (+1.0 mps), 38-6 3/4 (+1.0 mps), 41-1 (+1.8 mps). Kirkland second in the Southern Section at 39-10, was second. Sanchez, the Central Coast Section champion at 38-7 1/2, was third at 38-11 1/2 (+1.9 mps). Johnson, the San Diego Section champion at 39-8 1/4, was fourth at 38-7 1/2 (+1.5 mps).

The second secon	
Juliana Yendork (Walnut)	41-10
Krystal Kirkland (Hesperia)	39-5 1/4
Keri Sanchez (Santa Teresa)	38-11 1/2
Rochelle Johnson (Pat. Henry)	38-71/2
Angel Carver (Washington)	38-5 3/4
Heidi Brooks (Atascadero)	38-1
Kristi Paaso (Los Altos)	37-7 3/4
Stefanie Hanf (Ygnacio Valley)	37-7 3/4
Lisa Leslie (Morningside)	36-5 3/4

Pinaliette: 1. Juliana Yendork (Walnut) 42-6 3/4, 2. Stefanie Hanf (Ygnacio Valley) 39-3 1/2, 3. Krystall Krikland (Hesperia) 38-10, 4. Lisa Leslie (Morningaide) 38-8 3/4, 5. Keri Sanchez (Santa Teresa) 38-4 1/4, 6. Rochelle Johnson (Patrick Henry) 38-3 3/4, 7. Hedi Brooks (Attacadero) 38-2, 6. Krist Passo (Los Altos) 37-0, 9. Angel Carver (Washington) 37-9 1/4.

▼ Shot Put

Two state meet finalists returned from last year; junior Angela Arrington (Palmdale) sixth at 42-1, and sophomore Tanisha Huddleston (Merced) eighth at 40-11 1/4.

Junior Dawn Dumble (Bakersfield) (48-9) and junior Melisa Weis (Bakersfield) (47-10 1/2) entered the meet with the first and third best throws in the nation. Dumble did not qualify this year, because she injured her knee earlier in the season.

The state meet record of 52-7 1/2 was set by Natalie Kaaiawahia (Fullerton) in 1983.

Arrington, the Southern Section champion at 43-5 1/2, failed to qualify for the finals.

In the final, Weis, the Central Section champion at 47-10 1/2 won with a throw of 44-1. Senior Jennifer Via Via (Madison, San Diego), the San Diego Section champion at 42-8 1/2, placed second at 41-6 1/2. Senior Shannon Parker (St. Francis, Mountain View), the Central Coast Section champion at 42-2, was third at 41-4 1/2. Huddleston, third in the Sac-Joaquin Section at 39-8, was fourth at 40-3 1/4.

Melisa Weis (Bakerskeld)	44-1
Jenniler Visvia (Madison)	41-6 1/2
Shannon Parker (St. Francis)	41-4 1/2
Tanisha Huddleston (Merced)	40-3 1/4
Beverly Oden (Irvine)	40-0 1/2
Christy Bruno (North Monterey)	39-9 3/4
nalista: 1 Malies Wais (Bakarafiald) 4	ACCESSION OF THE

Christy Bruno (North Monisrey) 39-9 3/4
Finellists: 1. Melisa Weis (Bakersfeld) 43-3 1/2, 2.
Christy Bruno (North Monisrey) 42-3 3/4, 3. Danyl Mitchell (Vallejo) 41-6 1/2, 4. Shannon Parker (St. Francis) 41-6 1/4, 5. Tanisha Huddleston (Marcad) 41-3, 6. Mary Guinan (Heapenia) 40-10 1/4, 7. Janniler Vlavia (Madison) 40-9 1/2, 8. Beverly Oden (Irvine) 40-9, 8. Makis Toei (Morcel 39-10 3/4.



MELISSA WEIS-Shot Put and Discus Fine Flicks by Don Gosney

▼ Discus

Four state meet finalists returned from tast year: junior Melissa Weis (Bakersfield) first 159-7, senior Jenny Peters (Gunn, Palo Aho) third at 154-8, senior Alison Franke (Carryon) sixth at 145-6, and senior Debbie Cembellin (Amador Valley, Pleasanton) eighth at 139-6.

Junior Dawn Dumble (Bakersfield) (170-11), the No. 6 all-lime high school performer, senior Candy Roberts (Don Lugo, Chino) (167-6), Weis (165-4), and Franke (160-6) entered the meet with the first, third, fourth, and sixth best throws in the nation. Dumble, the 1987 state meet champion and second in 1988, did not qualify this year because of an injury.

The state meet record of 172-11 was set by Leslie Deniz (Gridley) in 1980.

Weis, the Central Section champion at 159-7, won for the second straight year with a throw of 168-0, the third best throw in the nation this season. Weis' series: 162-4-150-1, foul 152-0, 165-8, and 168-0.

Roberts, second in the Southern Section at 152-2, finished second at 161-2. Franke, the Southern Section champion at 153-11, was third at 158-1. Cembellin, the North Coast Section champion at 155-6, was fourth at 150-8. Peters, the Central Coast Section champion at 152-0, was lifth at 148-1

"I'm happy that I was consistent," said Franke to Barbie Ludovise (Los Angeles Times). "I mean, I'd like to have won of course, but I'm satisfied."

valo .	
Molisa Weis (Bakersheld)	168
Candy Roberts (Don Lugo)	161-
Allison Franke (Cyn, Anaheim)	158
Debbie Cembelin (AmadValley)	150
Jenny Peters (Gunn)	148-
Julie DeJarlais (Las Lomes)	142-1
Christine Olekson (Monte Vista)	140
Katio McCandiess (Watsonville)	139
Suzy Jost (Immanuel)	127-

Finalista: 1. Molica Weis (Balvarsfield) 163-9, 2. Candy Roberts (Don Lugo) 155-6, 3. Debbie Cembelin (Amador Valley) 154-7, 4. Allison Franks (Caryon, Ansheim) 151-10, 5. Julio Dalariais (Las Lomes) 145-9, 6. Christine Oleksow (Monte Vista) 144-4, 7. Kate McCandlese (Walsonville) 143-2, 8. Junny Peters (Gurn) 142-4, 9. Suzy Jost (Immanal) 140-0.

▼ Team Scoring

Muir (Pasadena) won their second team competition with 38 points. They also won in 1985 in Sacramento. Muir was led by sprinter Inger Miller, who contributed points in four events. Second place went to Rio Mesa (Oxnard) with 26 points, including 20 by Burnham. Santa Teresa (San Jose) was third with 25 points, including 24 by Sanchez

1. Muir (Pasadena) 38 points—16 Miller (2nd in 100, 2nd in 200), 2 Terry (5th in 200), 10 (1st in 400 relay), 8 (2nd in 1600 relay).

2. Rio Mesa (Oxnard) 26 points-20 Burnham (1st in 100, 1st in 200), 4 (4th in 400 relay), 2 (5th in 1600 relay).

Santa Teresa (San Jose) 25 points—
 Sanchez (3rd in 100LH, 2nd in 300LH,
 In 100LH, 3rd in TJ), 1 Barry (6th in 1600).

35

PREP NOTES

By KEITH CONNING

Central Section Central Area

May 11. Hanford HS--James Stallworth (Tulare) won the 200

Kathi Roldan (Mt. Whitney, Visalia), who is bound for UCLA. ran her 400 leg on the 1600 relay in 55.7.

Sac-Joaquin Section Subsection II

May 19. American River College, Sacramento-Senior David Welsh (Jesuit, Carmichael) won the 1600 in 4:13.89 with his usual finishing kick.

"I think they're starting to figure out my strategy," Welsh said to Don Bosley (Sacramento Bee). "But I don't think I'll ever lose the kick. The kick's a mental thing with me."

"It's an obvious tactic to use against him, going out early and trying to wear him down," Jesuit coach Walt Lange said. "I think you might see the people down south try that (at the state meet).

Sac-Joaquin Section Subsection III

May 19. Vallejo-Senior John Prudenti (Justin-Siena, Napa) won the 110 high hurdles in 13.6.

Carl Mack (Davis) triple jumped 48-6.

Kwani Stewart (Yuba City) defeated Nicole Redmon (Hogan, Vallejo) in the 100 low hurdles--13.8 to 14.1. Michelle Silva (Valley, Sacramento) placed third in 14.2.

Stewart also won the 300 low hurdles in 43.9



J. C. BROUGHTON

Fine Flicks by Don Gosney

Senior J.C. Broughton (Woodland) high jumped 6-2 1/4, equal to the second best jump in California high school history.

Latrese Johnson (Clovis) set the California high school record of 6-2 3/4 in 1985. Wendy Brown (Woodside) cleared 6-2 1/4 in

Central Section

May 19. Bakersfield-Leslie Heyman (Edison, Fresno) won the 100 in 10.64

Tulare won the 4x100 in 41.6.

James Stallworth (Tulare) long jumped 24-7 3/4.

Roberson (West, Bakersfield) defeated Fischer (Bakersfield) in the triple jump-48-11 1/4 to 48-4 3/4.

Stevens (Bakersfield) threw the discus 185-2.

Freshman Janice Nichols (Bakersfield) set a new meet record of 54.47 in the 400 meters. The old meet record of 56.17 was set by Mitchell (Bakersfield) in 1986.

The Bakersfield girls' 400 relay team of Nichols, freshman Tike Jackson, sophomores Kawana Caddell and Takisha Thomas set a new meet record of 47.37. The old meet record of 47.71 was set by Edison (Fresno) in 1986. Edison placed second in 48 07

The Bakersfield girls' 1600 relay team of Caddell, Thomas, Jackson, and Nichols set a new meet and section record of 3:51.83. The old meet record of 3:54.45 was set by Madera in 1984. The old section record was 3:53.44.

Melissa Weis (Bakersfield) set a new meet record of 47-10 1/ 2 in the shot put. The old meet record of 46-7 3/4 was set by Dawn Dumble (Bakersfield) in 1988. Dumble was unable to compete this year because of a knee injury.

Weis threw the discus 159-7.

Boys Teams: 1. Bakersfield 72, 2. Tulare 58, 3. Clovis West 46, 4. Edison 42, 5. Lemoore 39, 6. Madera 29. (The top three advance to State Meet).

100: 1. Haymon (Edison) 10.64, 2. Stallworth (Tulare) 10.65, 3. Bowen (Madera) 10.94. 200: 1. Haymon (Edison) 21.70, 2. Stallworth (Tulare) 21.71, 3. Adams (Bakersfield) 22.21. 400: 1. Wilson (Redwood) 49.57, 2. Kela (Reedley) 49.74, 3. Jones (Edison) 49.77. 800: 1. Titus (Clovis) 1:53.11, 2. Yonas (Roosevelt) 1:54.71, 3. Sanchez (Madera) 1:55.40.

1600: 1. Guardiola (Tutare) 4:15.71, 2. Wilson (Bullard) 4:22.09, 3. Sama-Todor 1. 30/27/00/24 (10/27/2-24/26) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) (2008/24) 39.05, 3. Pollard (Clovis West) 39.87.

400R: 1. Tulare 41.61, 2. Bakersfield 41.99, 3. Edison 42.4. 1600R: 1. Edison 3:20.56, 2. Lemoore 3:21.02, 3. Bakersfield 3:21.47. HJ: 1. Barrowman (North) 6-8, 2. Hendrix (South) 6-6, 3. Beasley (Clovis West) 6-6. PV: 1 Garcia (Coalinga) 14-3, 2. Serton (Clovis) 14-0, 3. Mayberry (Bakers-

LJ: 1. Stalworth (Tulare) 24-7 3/4, 2. Bailey (Foothill) 22-10 1/2, 3. Chapman (Tulare) 22-10. TJ: 1. Roberson (West) 48-11 1/4, 2. Fischer (Bakersfield) 48-4 3/4, 3, Lawanson (Clovis West) 46-1 1/4, SP; 1, Jones (Hoover) 56-3 1/2, 2, Smith (Clovis West) 56-0, 3, Falcon (Reedley) 55-3, DT; 1, Stevens (Bakersfield) 185-2, 2, Frank (Bakersfield) 172-7. 3. Carsever (Clovis) 171-5.

Girla Teams: 1. Bakersfield 89, 2. Hoover 39, 3. Clovis 38, 4. Roosevelt 31, 5. North 28, 6. Madera 23. (The top three advance to the State Meet).

(The top firee advance to the State Meet).

100: 1. Jackson (Bakersfield) (12.6; 2. Young (Tulare) 12.41, 3. Criswell (Fresno) 12.43, 200: 1. Nichols (Bakersfield) 24.94, 2. Jackson (Bakersfield) 55.10, 3. Chisom (Edison) 26.06, 400: 1. Richols (Bakersfield) 54.47, 2. Anmonds (Roosevel) 57.24, 3. Phyn (Clovis) 57.50, 800: 1. Riddan (Mt. Whitney) 216.79, 2. Cuellar (Rodwood) 2.17.41, 3. Miller (North) 2.19.90. 1600: 1. Roldan (M.Whitney) 5:06:20; 2. Miler (North) 5:06:66; 3. Cuellar (Redwood) 5:07:08, 3200; 1. Martinez (Foothill) 11:30:0, 2. DeLatorre (Roosevelt) 11:42:6; 3. Calabrese (Clovis West) 11:46:0, 110 LH: 1. Young (Madera) 14:58; 2. Warner (West) 15:16; 3. Duttarer (Clovia) 15:16; 300 LH: 1. Sperling (Clovis West) 46.14, 2. Duttarer (Clovis) 46.22, 3. Am-

monds (Roosevelt) 47.35. 400R: 1, Bakersfield 47.37, 2, Edison 48.07, 3, Clovis 48.56, 1600: 1, Bar

kersfield 3:51.83, 2. Clovis 3:57.63, 3. Edison 4:02.3. HJ: 1. Lowndes (Hoover) 5-5, 2. Gardner (Sierra) 5-5, 3. McKeigher (Sierra) 5-3, LJ: 1. Young (Tulare) 17-9 1/4, 2. House (Hoover) 17-9, 3. Young (Madera) 17-8 3/4. TJ: 1. Caddell (Bakersfield) 38-2 1/4MR, 2. House (Hoover) 37-11, 3. Armonds (Roosevelt) 37-4 172. SP: 1. Weis (Bakersfield) 47-10 1/2, 2. Carmora (McFarland) 37-3 1/2, 3. Lovett (Sanger) 36-0. DT: 1. Weis (Bakersfield) 159-7, 2. Jost (Immanuel) 127-11, 3. Phodes (Readley) 127-0.



EDWINA AMMONDS

Photo by Bill Cockerham

North Coast Section 3A

May 19, 20. Bailey Field, Santa Rosa JC--Julita Patil (Ygnacio Valley, Concord) won her 100 low hurdle heat in 14.2.

Amey Mitcehil (Rancho Cotate, Rohnert Park) set a new meet record of 19-0 (legal) in the long jump. The old meet record of 18-10 1/2 was set by Robyne Johnson (Berkeley) in 1981.

Debbie Cembellin (Amador Valley, Pleasanton) threw the dis-

cus 144-7 in the trials and 142-6 in the finals.

North Coast Section 2A

May 19,20. Sonoma State University, Rohnert Park--Gordon Johnson (Piedmont) won the 800 in 1:52.7

Eli Ricca (Arcata) won the 1600 in 4:15.2

Julie DeJarlais (Las Lomas, Walnut Creek) threw the discus 141-6 1/2 in the trials, which is a new school record

"I'm pretty excited," DeJarlais said to Darrell Moody (Contra Costa Times). "I threw with only one full spin instead of three. I felt really good. I could tell it was going to be my day. It was the best set I've had ever.

"This gives me a really good feeling. I thought if I didn't get 140 this week that I wouldn't get it.

"I hope she (Debbie Cembellin) (Amador Valley, Pleasanton)) sees this and realizes I'm right there. She may have the coaching, but I have the the power."

PREP NOTES

San Francisco Section

May 20. Laney College, Oakland-The field event trials were held at McAteer on May 18, but the running events were held across the bay in Oakland because the McAteer track was not usable.

Boys Teams: 1, McAteer 125, 2, Lowell 120, 3, Lincoln 95, 4, Galileo 73 1/ 2, 5. Mission 45, 6. Washington 28 1/2, 7. Balboa 7, 8. Wilson 1.

(The winner qualifies for the State Meet).

100: 1. Smith (Mission) 11.3 (Note: the race was 10 meters long), 200: 1. Smith (Mission) 21.66, 400: 1. Scott (McAteer) 49.45, 2. Cagle (Lincoln) 50.15.800: 1. Scott (McAteer) 2:01.38.

1600: 1. Mitchell (Gailleo) 4:34.97. 3200: 1. Donohoe (Lowell) 10:26.3. 110HH: 1. Wong (Lincoln) 15.44. 300H: 1. Wong (Lincoln) 39.15MR. 400R: 1. Lincoln 42.8 ht, 2. Mission 43.4 ht, 1600R: 1. Lincoln 3:31.67. HJ:

1. Lewis (Lincoln) 6-2, PV: 1. Lyons (McAteer) 10-0.

LUI: 1, Rutherford (McAlteer) 21-7 1/2, TJ: 1, Leung (Washington) 42-11 1/4, SP: 1, Aissa (Washington) 44-1, DT: 1, Villar (Galfeo) 141-5 1/4, Girls Teams: 1, Lowell 125, 2, McAlteer 115, 3, Washington 88, 4, Lincoln 66, 5. Galileo 37, 6. Balboa 26.

100: 1. Burton (McAtser) 13.4 (Race was 10 meters long), 200: 1. Burion (McAlser) 25.56. 400: 1. Clark (Gailleo) 1:01.92, 800: 1. Pena (Washing-

1600: 1, Lopez (Balboa) 5:14.78MR, 2. Pena (Washington) 5:15.41. 3200: 1. Pena (Washington) 11:54.7. 100LH: 1. Anderson (McAteer) 16.63. 300LH: 1. Dougherty (Lowell) 47.64. 400R: 1. Washington 52.58, 1600R: 1. Lowell 4:55.71 HJ: 1. Jules (MAA).

ee/j S-I. Lij I. Burton (McAteer) 18-8 i 1/2w (breats City Meet record held by Gigi Hutley, Lincoln, 18-5, 1979); 2. Cariver (Washington) 17-0. TJ: 1. Carver (Washington) 37-11 1/4MR, 2. Burton (McAteer) 37-2. SP: 1. Cikrer (Lincoln) 32-1 1/4. DT: 1. Byrde (Galileo) 99-11.

Central Coast Section Region II

May 20. San Jose City College-The St. Francis (Mt. View) girls' 400 relay team won in 48.14 and the 1600 relay team won 3:53.69.

M. Veltman (Leland, San Jose) long jumped 18-11 1/2. Jenny Peters (Gunn, Palo Alto) threw the discus 140-6 1/4.

Central Coast Section Region III

May 20. Independence High School, San Jose-Pete Simmons (Oak Grove, San Jose) won the 110 high hurdles in 14.03.

Kerri Sanchez (Santa Teresa, San Jose) won the 100 low hurdles in 14.17, the long jump at 19-9, and the triple jump at 39-3 1/4.

Central Coast Section Region IV

May 20. Soquel-Katie McCandless (Watsonville) threw the discus 144-7.

Oakland Section

May 25. Laney College.

Boys Teams: 1. Oakland 199, 2. Castlemont 101, 3. Skyline 67, 4. Fremont 20, 5. Oakland Tech 16, 6. McClymonds 14. (Winners advance to State Meet).

100: 1. Laynes (Oakland) 10.88. 200: 1. Laynes (Oakland) 21.84. 400: 1. Tipton (Oakland) 50.05. 800: 1. Walker (Oakland Tach) 2:01.73.

1600: 1. Perez (Oakland) 4:28.00. 3200: 1. Perez (Oakland) 10:13.32. 110HH: 1. Grant (Oakland) 15:55. 300H: 1. Grant (Oakland) 38.93.

400R: 1. Oaldand 41.64. Mille: 1. Oaldand 3:23.35. HJ: 1. Hawkins (Oakland) 5-10. PV: (not contested).

LLJ: 1. Grant (Oakland) 21-2 1/2 TJ: 1. Hawkins (Oakland) 42-5 1/2. SP: 1. Cooper (Castlemont) 47-3 1/2. DT: (Not Contested). Girts Teams: 1. Oakland 207, 2. Skyline 100, 3. Oakland Tech 51, 4. Fre-

mont 35, 5. Castlemont 23, 6. McClymonds 6.

(Winners advance to State Meet). 100: 1. Polk (Oakland) 12.7 ht. 200: 1. Polk (Oakland) 26.50. 400: 1. Lewis (Oakland) 58.15. 800: 1. Jacobs (Oakland) 2.29.39.

1600: 1. Asefaha (Oakland) 5:47.06. 3200: 1. Said (Oakland) 13:02.99. 100LH: 1. Adams (Oakland) 15:94. 300LH: 1. Crockett (Oakland) 48:59. 400R: 1. Oakland 49:21. Mile: 1. Oakland 4:12.11. HJ: 1. Shavies (Oakland Tech) 5-2. LJ: 1. Cleary (Skyline) 15-10 3/4.

TJ: 1. Cleary (Skyline) 33-9 3/4. SP: 1. Gammon (Skyline) 36-5. DT: (not contested).

Central Coast Section

May 25. San Jose City College-Joe Hicks (San Benito, Hol-

lister), a senior, threw the shot put 62-1.

John Fowler (Los Altos), a senior, defeated Jamie Presser (Cupertino), also a senior, in the discus-182-1 to 181-0.

Annette Coleman (Carlmont, Belmont), a senior, won the 100 in 11.92 wind-aided and the 200 in 24.15 (legal).

Roslyn Mack (St. Francis, Mt. View) ran the 400 meters in 55.63



ANNETTE COLEMAN

Photo by Bill Cockerham

Beth Bartholomew (Fremont, Sunnyvale) defeated Evie Barry (Santa Teresa, San Jose) in the 1600 meters-4:57.4 to 5:00.38

Keri Sanchez (Santa Teresa, San Jose) won the 100 low hurdles in 14.15.

Sanchez set a new meet record of 42.88 in the 300 low hurdles. The old meet record of 43.5 was set by Roberta Eccles (Gunderson, San Jose) in 1983. Kristi Paaso (Los Altos) placed second in 43.23.

St. Francis (Mt. View) won the 400 relay in 47.86.

St. Francis set a new meet record of 3:50.33 in the 1600 relay. The old meet record of 3:54.6 was set by Carlmont (Belmont) in 1981. Mitty (San Jose) placed second in 3:53.42.

Coleman defeated Sanchez in the long jump--19-10 windaided to 19-5 wind-aided.

Sanchez triple jumped 38-7 1/2.

Jenny Peters (Gunn, Palo Alto) set a new meet record of 152-0 in the discus. The old meet record of 149-0 was set by Durschlag (San Carlos) in 1982.

Boys Teams: 1. Riordan 45, 2. Oak Grove 43, 3. Los Altos 34, 4. Bellarmine and Gilroy 24, 6. Gunn 21, 7. Monte Vista, Santa Cruz, and Santa Teresa 18, 10. Fremont 16.

(The top three advance to the State Meet).

100: 1. Hill (Oak Grove) 10.86, 2. Crouts (Yerba Buena) 10.95, 3. Brandon (Oceana) 11.06. 200: 1. Hill (Oak Grove) 21.93, 2. Worrell (Monte Vista) 22.16, 3. Brandon (Oceana) 22.32. 400: 1. Shearer (Silver Creek) 48.74, 2. Griffin (Los Altos) 49.14, 3. Speech (Riordan) 49.36, 800: 1 Magness (Santa Teresa) 1:53.33, 2. Hunter (Prospect) 1:53.39, 3. Engler (Bellarmine) 1:55.49.

1600: 1. Ringer (Homestead) 4:18.83, 2. Engler (Bellarmine) 4:22.71, 3. Wynn (St. Francis) 4:25.05, 3200: 1, Brown (Gunn) 9:26.3, 2, Waxman (San Mateo) 9:27.9, 3, Rodriguez (San Lorenzo Valley) 9:28.1, 110HH: 1, Simmons (Oak Grove) 14:60, 2, Zapieni (Gitroy) 14:77, 3, Rojas (Gitroy) 14.82. 300H: 1. Morris (Hill) 37.78, 2. McGuirk (St. Ignatius) 38.37, 3. Ro-

jas (Gilroy) 38.38, 400R: 1. Riordan 42.28, 2. Oak Grove 42.41, 3. Santa Cruz 42.72, 1600: 1. Riordan 3:19.90, 2. Santa Teresa 3:20.79, 3. Seaside 3:22.00, HJ: 1. Days (Palo Alto) 6-8, 2. LeVain (Gurn) 6-7, 3. Gabriel (Mt. View) 6-7 PV: 1. Lawrence (Del Mar) 15-0, 2. Kappen (Los Gatos) 14-4, 3. Lasquette (Mt. Pleasant) 14-0.

LJ: 1. Jones (Santa Cruz) 22-9, 2 Bush (Willow Glen) 22-8, 3. Nguyen (Fremont) 22-7 1/2. TJ: 1. Nguyen (Fremont) 47-1 1/2, 2. Rucker (Riordan) 46-9, 3. Hill (Riordan) 45-10. SP: 1. Hicks (Hollister) 62-1, 2. Harisay (Piedmont Hills) 59-2 3 Fowler (Los Altos) 56-0 DT: 1 Fowler (Los Altos) 182-1, 2. Presser (Cupertino) 181-0, 3. Gonzales (Gunderson) 176.7

Girls Teams: 1. St. Francis 62, 2. Santa Teresa 52, 3. Fremont 38, 4. Carlmont 34, 5. Los Altos 24, 6. Mitty 19, 7. Santa Catalina 16, 8. Branham and Mt. Pleasant 14, 10. Palo Alto

(The top three advance to the State Meet).

100: 1. Coleman (Carlmont) 11.92w, 2. J. Mack (St. Francis) 12.20, 3. Burnett (Branham) 12.52. 200: 1. Coleman (Carlmont) 24.15, 2. R. Mack (St. Francis) 24.94, 3. J. Mack (St. Francis) 24.99. 400: 1. R. Mack (St. Francis) 55.63, 2. Barga (Fremont) 56.84, 3. Strom (Silver Creek) 58.31. 800: 1. Bartholomew (Fremont) 2:14.27, 2. Handy (Mitty) 2:14.73, 3. Moore (Harbor) 2:16.03.

1600: 1. Bartholomew (Fremont) 4:57.4, 2. Barry (Santa Teresa) 5:00.38, 3. Lewis (Santa Catalina) 5:02.10. 3200: 1. Lewis (Santa Catalina) 11:00.3, 2. Kaiser (Seaside) 11:13.6, 3. Dancel (Mills) 11:16.3. 100LH: 1. Sanchez (Santa Teresa) 14.15, 2. Paaso (Los Altos) 14.87, 3. Anderson (Palo Alto) 14.91. 300LH: 1. Sanchez (Santa Teresa) 42.88. 2. Paaso (Los Altos) 43.23, 3. Anderson (Palo Alto) 44.53.

400R: 1. St. Francis 47.86, 2. Independence 49.49, 3. Mt. Pleasant 49.50. 1600R: 1. St. Francis 3:50.33, 2. Mitty 3:53.42, 3. Fremont 3:59.01. HJ: 1. Campagna (Mt. View) 5-6, 2. Johnson (Menlo-Atherton) 5-5, 3. Raquinio (King City) 5-5. LJ: 1. Coleman (Carlmont) 19-10, 2. Sanchez (Santa Teresa) 19-5, 3. Veltman (Leland) 18-10 1/2.

TJ: 1. Sanchez (Santa Teresa) 38-7 1/2, 2. Paaso (Los Altos) 37-2, 3. Baird (Monte Vista) 36-7 1/4. SP: 1. Parker (St. francis) 42-2, 2. Bruno (North Monterey Co) 41-10, 3. Latu (San Mateo) 39-9. DT: 1. Peters (Gunn) 152-0, 2. McCandless (Watsonville) 138-3, 3. Rush (Milpitas) 134-1.

Sac-Joaquin Section

May 26. Modesto Junior College, Modesto-Senior John Prudenti (Justin-Siena, Napa) won the 110 high hurdles in 14.16 and the 300 intermediate hurdles in 37.60.

Carl Mack (Davis) triple jumped 48-11 1/4.

Tanya Dooley (Bret Harte, Altaville) defeated LaNia Brice (Tokay, Lodi) in the 200-24.17 to 24.70.

Dooley also won the 400 in 55.02.

Kwani Stewart (Yuba City) defeated Nicole Redmon (Hogan, Vallejo) in the 100 low hurdles--13.80 to 14.00. Michelle Silva (Valley, Sacramento) placed third in 14.08.

Tanya Smith (Cordova, Rancho Cordova) won the 300 low hurdles in 43.80.

Senior J.C. Broughton (Woodland) high jumped 6-0.

Connie Spesert (Vintage, Napa) threw the discus 140-0 1/4. Boys (top three advance to State Meet).

100: 1. Austin (Los Banos) 10.93, 2. Harlow (Woodland) 10.97, 3. Richardson (Valley) 11.06. 200: 1. Cook (Merced) 21.86, 2. Bryan (Placer) 22.07, 3. Primm (Vallejo) 22.23. 400: 1. Bryan (Placer) 48.40, 2. Jackson (Valley) 48.79, 3. Evans (Valleio) 48.87, 800; 1. Holland (Justin-Siena) 1:53.86, 2. Warhover (Fairfield) 1:55.23, 3. Stember (Jesuit) 1:56.00.

1600: 1. Welsh (Jesuit) 4:19.40, 2. Mumm (Nevada Union) 4:20.15, 3. Joshua (Jesuit) 4:20.17, 3200: 1. Leader (Bella Vista) 9:28.61. 110HH: 1. Prudenti (Justin-Siena) 14.16, 2. Johnson (Vacaville) 14.40, 3. Thompson (Modesto) 14.65. 3001H: 1. Prudenti (Justin-Siena) 37.60, 2. Cook (Merced) 37.75, 3. Parham (Hogan) 38.43.

400R: 1. Valley 42.42, 2. Merced 42.65, 3. Vallejo 42.87. 1600R: 1. Fairfield 3:18.60, 2. Valley 3:19.01, 3. Vallejo 3:21.26. HJ: 1. Miller (Fairfield) 6-8, 2. Donaldson (Ceres) 6-6.

3. Brown (Fairfield) 6-6.

PV: 1. Wheeler (Nevada Union) 15-2 1/2, 2. Post (Modesto) 15-0, 3. Burnett (Manteca) 14-9, LJ: 1. Johnson (Grant) 23-1, 2. Satcher (Hogan) 22-11 3/4, 3. Archer (Center) 22-11, TJ: 1. Mack (Davis) 48-11 1/4, 2. McCann (Tokay) 47-9, 3. Smith (Fairfield) 47-2 1/2. SP: 1. Johnson (Atwater) 57-3 1/4, 2. Ford (Casa Roble) 57-0, 3. LaRock (Oak Ridge) 54-7 1/4.

continued next page...

PRFP NOTES

DT: 1. Ford (Casa Roble) 169-5, 2. Hurley (Rio Linda) 169-2, 3. Herron

Girls (top 3 advance to State Meet).

Title (100 3 advance to State Meed). 100: 1. Stewart (Yuba City) 12.0, 2. Williamson (Merced) 12.40, 3. Williams (Vallejo) 12.41, 200: 1. Dooley (Bret Harte) 24.17, 2. Brice (Tokay) 24.70, 3. Williams (Vallejo) 25.09. 400: 1. Dooley (Bret Harte) 55.02, 2. Terrel (Vallejo) 56.93, 3. Brown (Merced) 57.84, 800: 1. Chilton (Golden Sierra) 2:14.54, 2. Rodda (Vacaville) 2:14.79, 3. Gage (Oakdale) 2:15.17, 1600: 1. Holman (Nevada Union) 5:10.1, 2. Davidson (Bret Harte) 5:10.3,

16007 I. Horman (Nevada Union) 5:10.1, 2. Davidson (tree Harley 5:10.3, 3. Hudson (Bella Vista) 5:10.83, 32002 1. Bellt (El Dorado) 11:26.5, 2. Sitteman (Placov) 11:27.9, 3. Prichard (Vacaville) 11:28.61, 110LH: 1. Stewart (Yuba City) 13.80, 2. Redmon (Hogan) 14.00, 3. Sitva (Valley) 14.08, 300LH: 1. Smith (Cordova) 43.80, 2. Sitva (Valley) 44.50, 3. Stewart (Yuba City) 44,63.

400R: 1. Cordovii 48.50, 2. Vallejo 49.3, 3. Merced 49.37. 1600R: 1. Val-lejo 3.56.38, 2. Del Campo 3.58.19, 3. Merced 4:00.12. HJ; 1. Broughton (Woodland) 6-0, 2. (6e) Harmon (Oak Ridge) and Barker (Coflax) 5-6. LJ; 1. Scott (Cordova) 18-9, 2. Lewis (Mesa Verde) 17-6 1/2, 3. Aktinson (Napa) 17-4 1/4.

SP: 1. Michell (Vallejo) 41-6 3/4, 2. Taylor (Burbnk) 41-1 1/2, 3. Huddleston (Morced) 39-8. DT: 1. Spessert (Vintage) 140-0 1/4, 2. Halcrow (Vintage) 132-5 1/4, 3. Kaišhiwa (Loretto) 131-2.

Northern Section

May 26, Chico State-Willie Clark (Wheatland), which is located outside Beale Air Force Base, won the 200 in 21.3.



NICOLE TETER

Photo by Bill Cockerham

Nicole Teter (West Valley, Cottonwood) won the 400 in 55.6. She decided to concentrate on the 800 in the State Meet. Boys (winner advances to the State Meet).

100: 1. Clark (Wheatland) 10.6: 200: 1. Clark (Wheatland) 21.3. 400: 1. Zimmerman (Orland) 48.4. 800: 1. Martin (Oroville) 1:56.2. 1600: 1. Luna (Corning) 4:23.6. 3200: 1. Ames (Yreka) 9:18.6. 110HH: 1. Fillion (East Nicolaus) 14.9. 300H: 1. Fillion (East Nicolaus) 38.6. 400R: 1, Wheatland 42.4, 1600R: 1, Wheatland 3:22.6, HJ: 1, Haazik (Las

Plumas) 6-8. PV: 1. Moore (Yreka) 14-6. LJ: 1. Smith (Wheatland) 23-1. TJ: 1. Perkins (Biggs) 45-3 1/4. SP: 1.

Stegal (Enterprise) 52-7 1/2 DT: 1. Rogers (Paradise) 151-1.

Girls (winner advances to the State Meet). 100: 1. Smith (West Valley) 12.5. 200: 1. Smith (West Valley) 25.8. 400: 1. Teter (West Valley) 55.6, 2. Royal (Chester) 57.6. 800: 1. Teter (West Valey) 2:20.0.

1600: 1. Look (Nova) 5:06.2, 3200: 1. Gorbet (Lassen) 11:08.0, 100LH: 1. Ciapponi (Chico) 15.2, 300LH: 1. Whipple (Etna) 46.6.

400R: 1. Chico 50.3. Mile: 1. West Valley 4:03.6. HJ: 1. Oxford (West Valley) 5-4. LJ: 1. Massina (Modoc) 18-6 1/2.

TJ: 1. Jackson (Chico) 36-5 3/4. SP: 1. Woolery (West Valley) 34-8 1/2. DT: 1. Mello (Enterprise) 124-6.

North Coast Section Meet of Champions

May 28, 29. Edwards Stadium, Univ. of Calif .- Senior Gabe Manville (Santa Rosa) set a new meet record of 7-0 in the high jump. The old meet record of 6-10 1/4 was set by David Swanson (Analy, Sebastopol) in 1982. Manville became the third high jumper in the North Coast Section to clear 7-0 this season. This is the first time that there has been more than one 7 foot high jumper in a season.

Senior Cela Taylor (Encinal, Alameda), bound for Cal State Northridge, won the 400 meters in 55,73.

"The wind killed me," said Taylor to Eldredge McCready (Oakland Tribune). "Coming into the curve, there was a strong cross wind." The wind readings were as high as -6 meters per second.

Senior Andrea Swift (Benicia) won the 100 low hurdles in 14.38 with a +1.2 meter per second wind. She had run 14.28 in the trials into a -1 meter per second wind.

"I wanted to win so bad," said Swift to Darrell Moody (Contra Costa Times). "I want to medal in both events (hurdles and 100) this year."

"I hit a couple of hurdles again in the 100s, but I kept on going. I wish I could have run a 14.0. Im going to break that at state There will be more competition, and I may be chasing somebody. I think I can run in the 43's if I get things straightened out. I'm still stuttering sometimes (before the hurdles)."

Sophomore Amey Mitchell (Rancho Cotate, Rohnert Park) long jumped 19-1 3/4 with a +1.8 meter per second wind. Mitchell had attended her grandmother's funeral in Atlanta, Georgia on Thursday and had arrived at San Francisco Airport on Friday morning. Her long jump trial took place on Friday afternoon

Senior Debbie Cembellin (Amador Valley, Pleasanton) defeated senior Julie DeJarlais (Las Lomas, Walnut Creek) in the discus--155-6 to 140-5

"What's nice about what I did today is that it placed me where I want to be for next week," said Cembellin to Dennis Miller (The Herald)

"It gives me a lot of confidence for next week," said Cembellin. Boys (Top four qualify for the State Meet). 100: (-2.5mps) 1. Laccay (Moreau) 10.91, 2. Birdsong (Benicia) 10.91, 3.

Aaron Turner (Pittsburg) 11.15, 4. Marvin Samuels (Livermore) 11.26. 200: (-5.2) I. Birdsong (Benicia) 22.35; 2. Turner (Pitsburg) 22.48, 3. Samuels (Livermore) 22.63; 4. Newson (Albany) 22.83, 400: 1. Katri (Fortuna) 48.58; 2. Newson (Albany) 48.64; 3. Henry (Logan) 48.66; 4. Dodge (Redwood) 49.12, 800; 1. Johnson (Piedmont) 1:53.16, 2. Held (Santa Rosa) 1:54:95, 3. Rountree (O'Dowd) 1:55.14, 4. Tara (Clayton Valley)

1600: 1. Ricca (Arcata) 4:20.96, 2. Price (Santa Rosa) 4:21.73, 3. Atwood (Castro Valley) 4:21.89, 4. Mamo (Berkeley) 4:23.56, 3200: 1, Ber kowitz (Hayward) 9:18.14, 2. Lindholm (Eureka) 9:21.62, 3. Nelson (Foothill) 9:22.82, 4. Scott (San Ramon) 9:29.07, 110HH; 1. Ruckteschler (Amador Valley) 15:00, 2. Jett (St. Marys) 15:11, 3. Antone (Monte Vista) 15.13, 4. Lincoln (De Anza) 15.14. 300H; 1. Scott (Logan) 39.51, 2. nith (Pittsburg) 39.65, 3. Sokol (Montgomery) 39.93, 4. Silverek (Santa Rosa) 40.46.

400R: 1. Pitisburg 42.3, 2. Richmond 42.7, 3. Logan 42.7, 4. Moreau 43.0. 1600R: 1. Logan 3:20.68, 2. Pitisburg 3:20.80, 3. De Anza 3:21.75, 4. Fortuna 3.22.07. HJ: 1. Marwite (Santa Rosa) 7-0, 2. O'Sultivan (Drake) 6-10 1/ 2, 3. Keane (DeLaSalle) 6-8, 4. Maloney (St. Vincent) 6-7. PV: 1. Daily (Ygnacio Valley) 14-6, 2. Freeman (DeLaSalle) 14-3, 3. Betts (Fortuna) 14-0, 4. Lenzen (Logan) 13-9.

19-0, 4, Leccary (Moreau) 23-2 1/2w. 2. Wright (Hayward) 22-3 3/4w, 3. Simon (Newman) 22-5 1/2w, 4. Wright (Hayward) 22-3 3/4w, TJ: 1. Thornton (Encinal) 47-8 1/4w, 2. Brown (De Anza) 46-0 1/4, 3. Keane (DeLaSalle) 45-4 1/4w, 4. Kermoian (Campolindo) 44-9 1/2. SP: 1. Gomes (Montgomery) 55-9 1/2, 2. Sciences (Logan) 53-7 1/2, 3. Loggins (Moreau) 53-3 1/2, 4. Younger (Éennyson) 52-6 1/2. DT: 1. Sisneros (Logan) 170-5, 2. Krieger (Northgate) 169-4, 3. Truehill (Tennyson) 158-8, 4. Greer (Concord) 155-4.

Girls (The top four advance to the State Meet). 100: (-1.5) 1. Parker (O'Dowd) 12.49, 2. Tarrier (Holy Names) 12.74, 3.

Mitchell (Rancho Cotate) 12.77, 4. Hopper (O'Dowd) 12.92, 200: (-4.1) 1. Names; 26.49, 4. N. Johnson (Antioch) 25.83, 2. Parker (O'Dowd) 25.83, 3. Tanner (Holy Names; 26.49, 4. N. Johnson (Antioch) 26.65, 400: 1. Taylor (Encinal) 55.73, 2. S. Johnson (Antioch) 57.39, 3. Mannion (San Leandro) 58.13, 4. T. Johnson (Kennedy-R) 58.17. 800: 1. Spies (Livermore) 2.13.91, 2. Wood-heater (Casa Grande) 2.17.13, 3. Crain (Carondelet) 2.17.67, 4. Ibarra 100 Card 2 18 00

1600; 1. Riley (Campolindo) 5:05.05, 2. Freeberg (California) 5:07.24, 3. Vollmer (Ft. Bragg) 5:09.48, 4: Ferguson (Piner) 5:09.85, 3200; 1. Riller Vollmer (Ft. Bragg): 519-48, 4, Fedguson (Finel): 5039-63, 2002. 1, Finel (Campolindo): 11:13.40, 2, Zwagerman (Tamaþais): 11:28.21, 1, 3, Wedum (San Leandro): 11:21.05, 4, Ferguson (Piner): 11:30.43, 100LH; (+1:2): 1, Swift (Benicia): 14.38, 2, Alen (Logan): 14.89, 3, Patil (Ygnacio: Valley): 15.14, 4, Scharff (San Ramon): 15:29, 300LH; 1, Swift (Benicia): 44.76, 2, Romweber (Ffedmont): 45:76, 3, Boyd (Footh®): 45:84, 4, Hannon (Gransda) 46.05

400R: 1, O'Dowd 48.87, 2, Holy Names 49.27, 3, San Ramon 50.09, 4, Clayton Valley 50.28, 1600R; 1, Carondelet 4:00.23, 2, Kennedy-R 4:00.75, 3. O'Dowd 4:01.51, 4. Eureka 4:04.91, HJ: 1. Hurt (Analy) 5-7, 2. Bindell (Eureka) 5-6, 3, Sandbeerg (Amador Valley) 5-5, 4, Dial (College Park) 5-4, LJ: 1, Milchell (Rancho Cotate) 19-7 3-4, 2, Hanf (Ygnado Valley) 18-2w, 3, Horn (Acalanes) 18-1 1/2w, 4, Romweber (Piedmont) 17-0 1/

Hant (Yganico Valley) 37-5 1/4w, 2. Hannon (Granada) 36-9 1/4,
 Mitoehil (Rancho Cotato) 36-5 1/4w, 4. Didyk (California) 36-3w, SP:
 DoJarlais (Las Lomas) 39-1, 2. Homberger (Del Norte) 37-4 1/4,
 Leatham (Logan) 37-0 1/4, 4. Hilarie (Pittsburg) 36-9 1/2. DT: 1. Cembellin (Amador Valley) 155-6, 2. DeJarlais (Las Lomas) 140-5,
 Leatham (Logan) 135-1,
 Garcia (Amador Valley) 132-3.

Prep Notes

From Doug Speck

"Great Southwest"

The 1989 "Great Southwest" Track & Field Classic was held on May 27th at Arizona State University's fine track facility. The Meet annually gathers top athletes from Arizona, West Texas, New Mexico, Colorado, Utah, Nevada, and Southern Californians who have had their season and prior to the Meet date. A number of very fine athletes competed in the 1989 affair and a few Southern Californians were able to make the competition. Mike Terry (El Modena, Orange), the fine sophomore, was 7th in the 800 Meters at 1:56.8 behind the winning 1:53.3 of Stanford-bound Mark Hochstetler (Payson, Arizona). Mike Tansley (Dana Hills) was 4th in the 3200 at 9:32.7 behind the winning 9:15.6 of Brandon Rhoads (Timpview, Provo, Utah), Joretha Williams (Pomona) was 2nd over 400 meters at 57.5, with Lenell Miller (Northglenn, Colorado) the winner at

Oakland's Coach Dave Ponas

Coach Dave Ponas, who has run one of the nation's most successful prep Track and Field programs at Oakland High School, is being laid off due to big budget cutbacks in the Bay area school district. The Oakland program has had a number of the State's top athletes in a wide range of events in recent years, with the success of the team, which includes eight of the last nine Oakland Athletic League Championships, a tribute to the efforts of Ponas and his coaching staff. Coach Ponas is credentialed to teach in the area of Physical Education and is working on a minor in Science. Anyone with knowledge of a position or opening that one of the State's finer Coaches in the sport could fill can get in touch with Dave at 3727 14th Ave. Oakland, CA 94602 or at home at (415) 530-4544.

Southern Section Masters Meet

May 26. Cerritos College.

Boys Results:

100: 1. Conway (Hawthorne) 10.66, 2. Alexander (Hawthorne) 10.78, 3. Martin (San Clemente) 10.91, 200: 1. Conway (Hawthorne) 21.04, 2. White (Cresp) 21.62, 3.

Allen (Hawthome) 21.69.400; 1. Langston (Dominguez) 47.29, 2. Borquez

continued next page...

PREP NOTES

(Alemany) 47.70, 3. Ingalis (Agoura) 47.89, 800: 1. Candaele (Carpinteria) 1:51.58, 2. Nichols (Edison) 1:51.94, 3. Colins (Hemel) 1:52.53, 1800: 1. Candaele (Carpinteria) 4:10.54, 2. Lewis (Burbank) 4:10.77, 3. Nielson (Mater Dei) 4:12.44, 3200: 1. Dameworth (Agoura) 9:07.24, 2. Wil liamson (Thousand Oaks) 9:07.41, 3. Rodriguez (Santa Ana Valley)



BRYAN DAMEWORTH (left) & JIMMY RODRIGUEZ Fine Flicks by Don Gosney

9:08.16. 110HH: 1. Henry (Aroyo Grande) 14.29, 2. Pouncy (Hawfhorne) 14.32, 3. Greene (Garey) 14.44, 300H: 1. Henry (Aroyo Grande) 37.51, 2. Brown (Channel Island) 37.72, 3. Cabs (LB Poly) 38.69.

400R: 1. Hawthorne (Alexander, Smith, Allen, Conway) 40.25, 2. Long Beach Poly 41.45, 3. Dominguez 41.63. 1600R: 1. Hawthorne 3:13.43, 2. Pasadena 3:15.26, 3. San Bernardino 3:15.26, HJ: 1. Wilson (Charter Oak) 7-0, 2. Anderson 9Riverside North) 6-8, 3. Garcia (St. Anthony) 6-8. PV: 1. Whitcomb (Valencia) 15-4, 2. Camillo (Leuzinger) 14-8, 3. Wiler (Rolling

ransj 14-4. LJ: 1. Duff (Etiwanda) 23-7 1/2, 2. Smith (Hawthorne) 23-5 1/4, 3. White (Crespi) 23-4 1/4, TJ: 1. White (Crespi) 49-7, 2. Higa (Quartz Hill) 48-9 1/4, 3. Bush (LB Wilson) 48-9. SP: 1. Baley (LB Wilson) 62-11 1/2, 2. Wiley (Hemet) 58-9 1/2, 3. Bustamonte (Schurr) 57-4 1/4. DT: 1. Gallacher (Palm Desert) 189-3, 2. Nevelle (Palmdale) 184-3, 3. Clark (Wal-

100; 1. Burnham (Rio Mesa) 11.52, 2. Miller (Muir) 11.53, 3. Vinnes (San Marcos) 11.89, 2001. 1. Burnham (Rio Mesa) 23.49, 2. Miller (Muir) 23.84, 3. Terry (Muir) 24.84. 400: 1. Stewart (Duarte) 54.99, 2. Marvin (Hawthorne) 55.25, 3. Tochluk (Wesminster) 55.77, 800: 1. Toney (Atascadero) 2:11.23, 2. Taylor (Edison) 2:13:10, 3. Mulhaupt (Capistrano Valley)

1600: 1. Taylor (Edison) 4:59.25, 2. Hecox (South Hills) 5:01.45, 3. Shaw (Fillmore) 5:01.93. 3200: 1. Hecox (South Hills) 10:41.23, 2. Drossin (Agoura) 10:41.37, 3. Cervantes (Montebello) 10:44.18. 100LH; 1. Lipscomb (Santa Monica) 13.88, 2. George (Upland) 14.24, 3. Tingle (Agoura) 14.43. 300LH; 1. Dodson (Cajon) 32.02, 2. George (Upland) 43.50, 3. Sims (Lompoc) 43.84.

State Meet Scoring by Section

Donn Kirk, the author of the California State Track Meet, has calculated the points scored by each section and the points per qualifier in the boy's competition. The Southern Section again dominated in scoring points.

Section	Pts	Section	Pts/Qual
Southern	205	Southern	41
San Diego	61	Oakland	22
Central	43.5	San Diego	20.3
Sac-Joaquin	43	San Francisco	16
North Coast	35.5	Central	14.5
Central Coast	33	Sac-Joaquin	14.3
Los Angeles	32	Central Coast	11
Oakland	22	North Coast	8.9
San Francisco	16	Los Angeles	8
Northern	5	Northern	5
	496		

400R: 1. Hawthorne 46.46, 2. Muir 46.46, 3. Rio Mesa 47.03, 1600R: 1. Rio Mesa 3:48.66, 2. Muir 3:48.93, 3. Hawfrome 3:50.65. HJ: 1. Mills (Campbell Hall) 5-8, 2. Svoboda (El Dorado) 5-6, 3. Bauer (Foothill) 5-4, LJ: 1. Yendork (Walnut) 19-9, 2. Leslie (Morningside) 18-1 1/4, 3. McDonald (Mater Del) 17-10 1/4.



INGER MILLER

Photo by Bill Cottles/Action Photo

SP: 1. Arrington (Palmdale) 43-5 1/2, 2. Oden (Irvine) 41-3 3/4, 3. Briggs (Edison) 41-2 1/2, DT: 1. Franke (Anaheim Canyon) 153-11, 2. Roberts (Don Lugo) 152-2, 3. Meadors (Kern Valley) 144-6, TJ: 1. Yendork (Walnut) 41-4, 2. Kirkland (Hesperia) 39-11w, 3. Leslie (Morningside)

Los Angeles City Section

May 26. Los Angeles.

Team Scores: 1. Dorsey 66, 2. Carson and Washington 59, 4. University 27, 5. Banning 26, 6. El Camino Real 22, 7. Eagle Rock 20 1/2, 8. Chat-

sworth, Locke, Los Angeles and Van Nuys 20. Boys Individuals:

100: 1. Burks (Washington) 10.73, 2. Bryant (Dorsey) 10.87, 3. Copeland (Dorsey) 11.01, 200: 1, Burks (Washington) 21.72, 2, Jones (Washington) 21.89, 3. Anderson (Jordan) 22.08. 400: 1. Bryant (Dorsey) 46.64, 2. Jones (Washington) 47.61, 3. Ellerbe (Crenshaw) 48.47. 800: 1. Mantey (Banning) 1:54.35, 2. Scott (Hamilton) 1:55.19, 3. Bestic (University)

1600: 1. Jordan (Verice) 4:16.43, 2. Gastelum (Birmingham) 4:17.29, 3. Gaona (Belmont) 4:17.78, 3200; 1. Lawson (Granada Hills) 9:11.63, 2. Morales (Wilson) 9:12.91, 3. Aguirre (San Fernando) 9:17.87. 110 HH: 1. Hawkins (Carson) 14.7, 2. Johns (San Fernando) 14.8, 3. Childs (Reseda) 14.9. 300 IH: 1. Roulier (Carson) 38.53, 2. Crenshaw (Fremont) 39.23, 3. Calosia (Carson) 39.68.

400R: 1, Dorsey 41.1, 2. Washington 41.3, 3. Carson 41.8. 1600R: 1. Dor sey 33:14.36, 2. Washington 3:15.46, 3. Carson 3:20.75. HJ: 1. Alexander (University) 6-6, 2. Anthony (Carson) 6-5, 3. Bowling (Canoga Park) 6-4. PV: 1. Hernandez (Poly) 14-3, 2. Sheets (Taft) 14-0, 3. Chauhan (Taft) 13-9.

Li: 1. Shah (Dorsey) 22-6 1/2, 2. White (Monroe) 22-4, 3. Routier (Carson) 22-1, TJ: 1. Alexander (University) 45-11, 2. Anderson (Jordan) 45-7, 3. Morris (Banning) 44-10. SP: 1. Whitfield (Banning) 62-3 3/4, 2. Bernard (Taft) 52-0 1/2, 3. Brown (Washington) 51-9 1/2.

Girl'a Reautte:

Team Scores: 1. Locke 102, 2. Dorsey 62, 3, El Camino Real 27, 4. Van Nuys 22, 5. Washington 20, 6. Chatsworth 16, 7. Los Angeles 12, 8. Belmont 10, 9. Grant 9, 10. Crenshaw, Franklin and Wilson 8.

Too: 1, Rolle (Dorsey) 12.09, 2. Tirkshell (Locke) 12.18, 3. Hamilton (Locke) 12.13, 200: 1. Rolle (Dorsey) 24.81, 2. Tirkshell (Locke) 25.21, 3. Small (Dorsey) 25.68, 400: 1. Rolle (Dorsey) 54.53, 2. McAllister (Locke) 56.4, 3. Mayo (Loc Angeles) 56.69, 800: 1. Phillips (Locke) 219.17, 2. Frausto 2.22.54, 3. M. Guidi (El Camino Real) 2:24.57.

1600: 1. Hunter (Locke) 5:04, 2. Trujilio (Balmont) 5:19.18, 3, Ortega (Garfield) 5:22.29, 3200: 1. Hunter (Locke) 11:17,7, 2. Gomez (Wilson) 11:32.1, 3. Segura (Lincoln) 11:46.24, 100LH: 1. Davenport (Locke) 14.1. 2. Turner (Narbonne) 14.4, 3. Foreman (Locke) 14.9. 300LH: 1. Hamilton (Locke) 45.19, 2. Davenport (Locke) 45.98, 3. Means (Van Nuys) 46.18. 400R: 1. Locke 47.2, 2. Dorsey 47.4, 3. Washington 49.1. 1600R: 1. Locke 3:56.99, 2. Crenshaw 4:00.78, 3. Washington 4:06.37. HJ: 1. Clarke (El Camino Real) 5-6, 2. Mertes (Chatsworth 5-6, 3. Beauchamp (Grant) 5-5. LJ: 1. Christian (Dorsey) 18-3 1/4, 2. Noel (Washington) 17-7 1/4, 3. Means (Van Nuys) 17-7. SP: 1. McConshey (Van Nuys) 37-10 3/4, 2. Mertes (Chatsworth) 36-9 1/4, 3. Bryant (Bell) 36-0.

TRACK SPOTLIGHT

BRUCE JENNER BUD LIGHT CLASSIC

by MARK WINITZ

May 27. San Jose City College.

Before long the Bruce Jenner Classic will have to be renamed the Bruce Jenner-Steve Scott Classic. Inthe 11-year history of the meet, Scott has dominated the they head off to other environs: TAC Nationals , followed by the European circuit, and the World Cup in Barcelona, Spain come September for the fortunate ones.

Although only half a dozen individual middle and long distance events were on the 26-event schedule—none longer than 3,000 meters—the action gave us an early



Laft to right: JEFF ATKINSON, TIM HACKER & STEVE SCOTT. Fine Flicks by Don Gosney

men's mile and metric mile. Under mostly sunny, mild, breezy conditions, the man from Leucadia, CA who has accumulated close to 125 sub-4s was gunning for his eighth consecutive 4-lap victory in San Jose. And about 300 athletes, including three dozen Seoul Olympians, were gathered for the first stop (and only U.S. stop) on this year's IAAF Mobil Grand Prix track and field tour. An estimated 8,500 spectators turned out at the typically windy San Jose City College track to watch their favorite stars before

glimpse at what and who to watch in the coming months:

Men's 1.500. Although Scott, now 33, has decided to move up in distance to the 5,000, he's not quite ready to give up his present specialty. Why should he? A tight pack at the half (1.59.7) had Scott and Jeff Atkinson running in their usual spots near the back, before patiently moving up, and jamming the last 200. This time, it was Scott's edge—10.339.33 to Atkinson's 3:39.7. Both looked in excellent form, with Atkinson just a little off in sharpness

"I couldn't bring it around," said Jeff.
"Out of the turn I thought I could close on

him, but just gave him a little too much. It's just a matter of getting a little more strength and a little more speed. Steve runs the last 200 better than anyone."

University of California Berkeley's Dave Ottaway's 3:42.73 just missed the NCAA Championships qualifying standard of 3:42.20

Man's 3.000. Olympic steepler Brian Abshire (Sacramento, CA) looks healthy and fit, as he employed his favorite front running tactics to rapidly gain an advantage on the pack, pulling Matt Giusto (Foster City, CA) with him through a windy 4:12 mile.

"When he (Giusto) went around me with a lap to go I was quite happy because I figured that I'd let him work this lap, "Abshire commented. "He seemed to let up a little on the last turn and with 100 to go I just dug."

Final results showed a very strong all-CA top three: Abshire (7.52.72), Giusto (7.52.93), and ex-Stanford All-American Marc Clesen (7.57.2) who ran a superb final 800 in his second track race following pre-Olympics injury (both Giusto and Olesen are concentrating on the 5,000). Scott came back 30 minutes after his 1,500 win to place 6th in 8.02.5.

Men's Masters Mile, Mission Viejo's Wilson Waigwa followed his 4:05 at Modesto S&W with a unchallenged 4:11.6 here in a race that had him removing his spikes minutes before the start due to a last-minute officials' declaration that the race would be a 1,500 (the track is marked metrically). But a mile it was, and ex-Stanford star Duncan MacDonald (2nd, 4:17.99) demonstrated he's in shape in his first mile as a master. MacDonald, now practicing medicine as an anesthesiologist in Hawaii, indicated that he would be back for the World Veterans Games in Eugene next month. "But getting here is expensive," he stated. "Right now, there's not enough money available on the (masters) circuit to pay expenses.*

As for Waigwa, who ran a 58-second initial ap before being slowed by wind, quietly remarked that he hopes to go sub-4 this summer.

Women's 800. Cuba's Ana Quirot showed why she is ranked #1 in the world as her 2:00.43 thumped Diana Richburg (2:00.97) and Essie Washington (2:01.62) in a fast field. CA's multi-distance talent Sylvia Mosqueda (2:04.25) was 7th and Rose Monday (NT) was 10th.

Women's 3,000. After Canada's Lynn Williams stepped off the track with several laps remaining having twisted her ankle slightly on the rail, PattiSue Plumer was left to solo the lead.

"I was really tired today because last night was my very last final in (Stanford's) law school forever," related Plumer, who won handily in 8:58.34. Brenda Webb (9:12.57) was a distant second. "I wanted someone to work with today," said PattiSue. "I knew I would have a hard time running alone because my head's just not here right now."

With law school pressure behind her, look for Plumer to do well this summer.

Women's PA-TAC Grand Prix 3,000. Robyn Root jettsoried out the front from the start, building a comfortable margin, leaving Patti Gray, and ex-University of Oregon teammates Alson Orifino and Rosa Guitierrez to work on each other for second with two laps remaining. A battle ensued over the last 75 meters among the three-some.

Behind Root's 9:40.61, Orofino clocked 9:42.6, Gray 9:42.64, and Guitlerrez 9:43.62

"I decided that I might as well ease back with a commanding lead," Root admitted, who won the Pacific Sun 10K two days later. "But when I looked back they were close. I figured that being all together, they would be pulling each other on and closing with me, which they did."

RESULTS

200: 1. Henry Thomas 20.42, 2. Butch Reynolds 20.46, 3. Lucious Miller 20.55, 400: 1. Mark Rowe 45.21, 2. Antorio Petityrew 45.48, 3. Roberto Hernandsz. 1500: 1. Stove Scott 3:39.33, 2. Jeff Albinson 3:39.70, 3. Tim Hacker 3:39.79, 4. Richie Marsinez 3:41.06, 5. Maurios Smith 3:41.43, 3000: 1. Brian Abshire 7:52.72, 2. Matt Giusto 7:52.93, 3. Mark Olesen 7:57.43, 4. Angelo Carosi 7:56.97, 5. Brian Diemer 7:58.97.

110 HH: 1. Jack Pierce 13.36, 2. Courtney Hawkins 13.42.3, 3. Robert Reading 13.45. Shot Put: 1, Randy Barnes 70-2 172, 2. Gregg Tafralis 68-5, 3. Augie Wolf 68-2 1/4. Discuss 1. Mike Buncis 222-3, 2. Wollgang Schmidt 220-0, 3. Luis Dalis 218-0.

Javelin: 1. Kashuro Mizoguchi 287-5 (meet record, old record 275-7, Mizoguchi, 1967), 2. Rould Bradsock 255-3, 3. Duncan Abood 251-11, Long Jamps 1, Mike Powell 28-0 3/4w, 2. Larry Myricks 27-7 1/4, 3. Kevin Sniifs 25-1 1/4. Pole Vault: 1. Kory Tarpenning 18-8 1/4, 2. Doug Fraley 18-8 1/4, 2. Greg Duplanis 18-4 1/2.

WOMEN

100: 1. Dawn Sowell 10:90w, 2. Esther Jones 11:09, 3. Tina Insageran 11:19, 800: Ana Quirot 20:04.3, 2. Guara Richburg 20:09, 7. Sesie Washington 2:01:62, 3000: 1. Pati Sue Plumer 8:58:34, 2. Brenda Webb 9:12:57, 3. Lesh Pells 9:16:47, 100 Hurdlee: 1. Linda Tobert 12:79, 2. Jackie Humphrey 13:01, 3. Lavonne Martin 13:05.

400 Hurdise: 1. Jackie Joyner-Karsse 57.15, 2. Victoria Futcher 57.55, 3. Kathy Freeman 57.79. High Jumpt: 1. Yolanda Herry 6-2 3/4, 2. (tie) Christina Firik and Jan Wohlschlag 6-0 3/4, 4. Beth Vidakovits 6-0 3/4. Long Jumpt: 1. Shella Hudson 21-11 1/2, 2. Terri Tumer 21-4 1/4, 3. Jennifer Innis 21-2

continued next page...

OTHER EVENTS Men's PA-TAC A00: 1. Bernard Chalman 47:39. Women's PA-TAC 3000: 1. Robyn Rock 9:40.61, 2. Alison Orolina 9:42.60, 3. Palif Gray 9:42.64, 4. Rosa Guitieres 9:43.62, 5. Nancy Bernard 9:53.64, 6. Wason Scholts 10:03:07, 7. Laura Sanchez 10:05:17, 8. Susan Puhey NT, Man's 404-400: 1. San Whidey 50:38, Men's 504-200: 1. Martyn Adamson 24:22. Man's 60+100: 1, Barris Slevens



GREGG TAFRALIS
Fine Flicks by Don Gosney

12.98. Men's 65+ 100: 1. Paylon Jordan 13.06. Master's Mile: 1. Wison Waigers 4:11.7. Corporate Releys: 1. Lockheed 6:01.24. Special Olympics 100: 1. Mark Relyse: 14.73.



BRIAN ABSHIRE (left) & MATT GIUSTO
Photo by Mark Winks

PAC-10 Championships

by MARK WINITZ

May 27. Stanford University.

The distance rinning events played a secondary role in the final outcome as both UCLA's men's and women's teams won their third straight Pac-10 Conference titles—mainly on their strengths in the sprints, hurdles, relays, and weight events. However, the Bruins' Laura Chapel assisted her squad by placing 3rd in both the 800 and 1,500.

Slow times in the distances were routine. The University of Arizona's sophomore Marc Davis, who won the men; 5,000 in 13:56 and ran a world-leading 13:32 at Mt. SAC seems to be the shining light on the distance end. The former Kinney cross country high school champion from San Diego, at 19 years old, could have a promising future.

Futures, however, are unpredictable in the young collegiate distance ranks, particularly among the women. Here-today-gone-tomorrow is becoming a major concern in the track and cross country departments of major universities. That's why some, such as Stanford, are encouraging distance running walk ons and cutting automatic scholarships. If you want financial help at Stanford—where academic costs can run to \$20,000 per year—you have to earn it by performing consistently in big meets.

Men's Results

100: 1. K. Williams (UCLA) 10.65, 2. Brooks (UCLA) 10.67, 3. (tie) Olivier (A) and Knox (A) 10.70, 5. Dyer (A) 10.71, 200: 1. Olivier (A) 21.32, 2. Knox (A) 21.33, 3. Brooks (UCLA) 21.62, 4. Dyer (A) 21.74, 5. Half (W) 21.91, 400: 1. S. Lewis (UCLA) 45.87, 2. Marsh (UCLA) 46.41, 3. Hannah (USC) 46.48, 4. Weigaldt (O) 46.90, 5. Stevenson (UCLA) 47.38, 800: 1. Okash (USC) 1.46.72, 2. Strang (S) 1:49.91, 3. Herron (A) 1:49.93, 4. Jamerson (W) 1:51.99, 5. Webh (O) 1:52.9.

1500: 1. Ouade (A) 3:50.22, 2. Foster (O) 3:50.98, 3. Dalton (O) 3:51.10, 4. Ottaway (S) 3:51.81, 5. Cushing-Murray (UCLA) 3:52.30, 3:000 Steeple-chase: 1. Stroschein (WSU) 8:37.07, 2. Lopez (O) 8:39.73, 3. Naesheim (W) 8:40.24, 4. Price (WSU) 8:46.33, 5. Miller (S) 8:48.52, 5:000: 1. Davis (A) 15:56.19, 2. McDowel (W) 13:57.85, 3. Guo (WSU) 14:14.01, 4. Hjort (W) 14:18.19, 5. Ortiz (UCLA) 14:20.13, 10,000: 1. Guo (WSU) 29:45.56, 2. Mayiek (USC) 29:47.43, 3. Morgan (A) 29:58.14, 4. Hudson (O) 29:57.87, 5. Santa-Marie (UCLA) 30:04.35.

110HH: 1. Reading (USC) 13.65, 2[®]Li (WSU) 13.79, 3. Kolotoures (S) 14.15, 4. Gray (O) 14.19, 5. Hall (W) 14.23, 400 Ht: 1. Porter (USC) 49.55, 2. Wright (O) 51.00, 3. MacDonald (WSU) 51.21, 4. Ballou (A) 52.22, 5. Hale (W) 54.36, 400R: 1. USC (Fulter, Holmes, Harmath, Hentley) 40.44, 2. Washington 40.48, 3. California 40.87, 4. Washington State 40.88, 5. Oregon DQ. 1600R: 1. UCLA (Shevenson, Marsh, Brooks, Lewis) 3.08.12, 2. Oregon 3.12.02, 3. Arizona 3.12.17, 4. Stanlord 3.12.38, 5. Washington 3.15.50.

HJ: 1. Young (O) 7-3 1/4, 2. Harris (C) 7-3 1/4, 3. Hopkins (S) 6-10 3/4, 4. Young (A) 6-10 3/4, 5. (%) Thomas (W) and Allen (W) 6-8 3/4. TJr. 1. Harris (C) 54-0, 2. Berry (O) 53-10 1/4, 3. Williams (O) 53-2 1/4, 4. Anderson (UCLA) 52-6. 5. Harper (USC) 51-11. PV: 1. Bums (C) 17-6 1/4, 2. Johans

Johnson (UCLA) 2:08.50, 3. Chapel (UCLA) 2:09.69, 4. Hackett (A) 2:10.74, 5. Holmen (O) 2:12.32.

1500: 1. Not (USC) 4:26.56, 2. Smyth (A) 4:27.26, 3. Chapel (UCLA) 4:29.05, 4. Johansen (O) 4:29.18, 5. DoNascimento (WSU) 4:30.16. 3000: 1. Robertson



MONICA TAYLOR (left) and TONYA SEDWICK

Fine Flicks by Don Gosney

son (WSU) 17-0 3/4, 3. Bettinger (UCLA) 17-0 3/4, 4. Lehman (USC) 16-4 3/4, 5. O'Connor (UCLA) 16-0 3/4, L.J. 1. Berry (O) 26-4 1/4, 2. Anderson (UCLA) 25-11 1/2, 3. Bakar (UCLA) 25-8, 4. Hickerson (S) 25-0 3/4, 5. Smith (C) 25-0.

JT: 1. Roberson (W) 238-4, 2. Skipper (O) 222-8, 3. Burnevarz (UCLA) 220-11, 4. Hulf (A) 218-2, 5. Wikstom (WSU) 214-10. HT: 1. Wilson (UCLA) 224-8, 2. Billingsley (WSU) 223-0, 3. Finch (O) 213-5, 4. McGee (O) 213-5, 5. Unland (WSU) 204-3, SP: 1. Trahan (A) 64-10, 2. Wilson (UCLA) 64-0 1/2, 3. Bergreen (UCLA) 62-5 3/4, 4. Blutreich (UCLA) 61-4, 5. Boggess (S) 59-8 1/2, DT: 1. Blutreich (UCLA) 194-9, 2. Thompson (UCLA) 192-7, 3. Wilson (UCLA) 194-9, 2. Thompson (UCLA) 193-6, 5. deSouza (O) 183-7.

Team Scoree: 1, UCLA 153, 2, Oregon 118, 3, Arizona 108, 4, Washington State 72, 5, USC 62, 6, Washington 55, 7, California 41, 8, Stanford 37,

Women's Results

100: 1. C. Smith (UCLA) 11.69, 2. R. Williams (O) 11.74, 3. Gaines (S) 11.77, 4. Stapleton (W) 12.20, 5. Rogers (C) 12.30, 200: 1. Williams (O) 23.61, 2. Sedwick (UCLA) 23.78, 3. Taylor (USC) 23.89, 4. C. Smith (UCLA) 24.50, 5. Alvarenga (C) 24.74, 400: 1. NDin (WSU) 53.01, 2. Sedwick (UCLA) 54.09, 3. Alvarenga (C) 54.24, 4. Setterholm (O) 55.42, 5. Church (O) 55.83, 800: 1. Bannon (WSU) 2:07.47, 2.



JENNIFER ASHE

Fine Flicks by Don Gosney

(WSU) 9.26.79, 2. Smyth (A) 9.27.48, 3. Wilson (O) 9.30.01, 4. Styor (C) 9.30.80, 5. Evans (W) 9.39.65, 5000: 1. Robertson (WSU) 16:34.14, 2. Wilson (O) 16:37.86, 3. Wessell (O) 16:38.66, 4. Han (C) 16:42.17, 5. Droughon (W) 16:47.73, 10,000; 1. Ashe (UCLA) 35:42.02, 2. Saraoseno (O) 35:57.03, 3. Buresh (W) 36:06.44, 4. Schwerz (WSU) 36:07.56, 5. Reese (W) 37:23.14.

100LH: 1. Vickers (UCLA) 13.66, 2. N. Thompson (UCLA) 14.02, 3. T. Smith (UCLA) 14.09, 4. N. Williams (UCLA) 14.16, 5. Deatz (USC) 14.38. 400LH: 1. Vickers (UCLA) 55.89, 2. Mazie (USC) 59.66, 5. Decoux (USC) 59.66, 5. Schweim (W) 59.89, 400E: 1. UCLA (Smith, Vickers, Sedwick, C. Smith) 45.05, 2. USC (Mazie, Brooks, Chapin, Taylor) 45.21, 3. Washington 45.72, 4. California 46.08, 5. Oregon 46.34, 1600Rt. 1. USC (Mazie, Koeliner, Chapin, Taylor) 3:35.54, 2. UCLA (C. Smith, J. Johnson, Sedwick, Vickers) 3:37.33, 3. Washington State 3:41.56, 4. Oregon 3:42.73, 5. California 3:40,55.

LJ: 1. Sedwick (UCLA) 20-7 3/4, 2. McKinney (O) 20-3, 3. Edwards (S) 20-0 1/2, 4. Schwarz (A) 19-10 3/4, 5. Mischell (C) 19-10 1/4. HJ: 1. Vidakovits (C) 5-10 3/4, 2. Lockhart (A) 5-8 3/4, 3. (te) Roberts (O) and Kinsela (A) 5-8 3/4, 5. Carrasco (USC) 5-8 3/4, JT: 1. Selman (USC) 176-10, 2. Sanford (W) 176-4, 3. Perreault (A) 166-4, 4. Wheeler (S) 165-6, 5. Alson (O) 164-1. TJ: 1. McKin-



MIKE HARRIS

Fine Flicks by Don Gosney



ney (O) 41-4 1/4, 2. Tasker (W) 40-6 1/4, 3. Henlon (S) 39-7 1/4, 4. McKendree (A) 39-1 1/4, 5. Ed-

SP: 1. Garrett (A) 53-4 1/2, 2. Purpur (S) 51-0 3/4, 3. Larson (UCLA) 50-1 1/4, 4. Brotherbon (A) 49-6 1/4, 5. Millet (UCLA) 49-4 1/2, DT: 1. Garrett (A) 198-4, 2. Larson (UCLA) 180-6, 3, Millett (UCLA) 176-3, 4. Brotherbon (A) 187-5, 5.

Team Scores: 1. UCLA 161, 2. Oregon 100, 3. Anzona 79, 4. USC 57, 5. Washington State 52 1/3, 6. Washington 44, 7. Stanford 42 2/3, 8. California

trards (S) 39-0 1/2

JANEENE VICKERS

Fine Flicks by Don Gosney

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PA-TAC NOTES

By JOHN MANSOOR

UPCOMING CHAMPIONSHIPS Divisions Oakland Double 10K All Divisions July 9 Gold Rush 50K July 29 All Divisions Susan B. Anthony 5K All Women Aug. 19 Hoy's Sports 10K Classic Sept. 17 Open Women Silver State 15K Oct. 8 All Divisions Examiner Cross Country Oct. 28 All Divisions Foundation 30K All Divisions Nov. 12 Davis Turkey Tret Nov. 1B All Mon Cal International Dec. 3 All Divisions

40 Linda Mantynen

Listed below are the updated standings for the Pacific Grand Prix through the Russian River 8K. There has been some outstanding competition in all the championships thus far, particularily though, in the masters event at the Pacific Sun 10K. Look for more excellent performances in the upcoming Championships.

Grand Prix Standings

Open Women Name/ Club/ Total Terry Puckett Flyers 60 Bev Marx Flyers 41 Rossy Cardenas Flyers 40 Joan Colman WVTC 36 Chris Iwahashi Chips Hilary Naylor Impalas 29 Robyn Root Nike Coast 2 Barbara Acosta Ryans 23 Peggy Smyth Flyers 23 Rosa Gutierrez Ryans 22 Laura Sanchez Flyers 22 Barbara Frank Flyers Nan Hall GSFTC Susan Putney Aggies 15 Lorena Ferreira Woodside Karen Scholte Ryans 18 Irene McLaughlin Sue Vaneila-Brusher Debbi Waldeer 15 Donna McKennon Woodside Donna Hinshaw Impalas Janina Aiello Impalas 12 Christine Nall 12 Elean Brannan Impalas Sandy Sup Ryans 10 Peggy Lavelle Impalas Juana Stavolone WVTC Vicki Bigelow Highland 9 Linda VanHousen Woodside Susan Horstmeyer W Vicki Chase WVTC Waadaide Backie Simee Chips 6 Impalas Pat Falsone Melanie Gilbertson 5 Gail Rodd WVTC 5 Connie Kondo Chips 4 Birthe Kirsch Impalas Ramona Lopez Tina Toona

40	Heidi Skaden Flyers 2
42	Nelly Wright Flyers 1
2	Mary Matteson 1
	Onon Man
	Name/ Club/ Total Alan Dehinger Flyers 70 Juan Rameriz Reebok 61 Josephin Lisano Flyers 57 Tom Borschel Reebok 55 Jose Aispuro Aggies 52 Tim Gruber Aggies 52 Tim Gruber Aggies 52 Miguel Tibaduiza Flyers 48 Domingo Tibaduiza Flyers 47 Marly Higgonbotham Flyers 47 Rob Anex Aggies 40 Jon Ninkman Flyers 37
1	Also Dahlinger Chase 30
2	Nam Damaria Danhah Ct
3	Main Hemeric Moscock of
3 4 5 5	Ton Described Probabilities
	form borsoner resource do
9	Jose Aspuro Aggres 32
7	Him Gruber Aggies 32
,	Meguer I soadulzer Priyers 48
8 9	Domingo Tibaduiza Flyers 47
9	Marty Higgonbotham Flyers 46
10	HOD Anex Aggres 40
11	Jon Kinkman Flyers 37
- 11	Lynn Mentzer Flyers 37
13	Mark Hoefer F Feet 35
14	Denris Rinde Flyers 33
15	John Hancock Reebok 30
15	Hob Anex Aggies 4) Jon Klinkman Flyers 37 Lynn Menitzer Flyers 37 Mark Hoefer F Feet 35 Dennis Rinde Flyers 33 John Hancock Reebok 30 Carmelo Rios Aggies 30 Jeff Shaver Aggies 30 Jeff Shaver Aggies 27 Thomas Schmitt Real-
17	Jeff Shaver Aggies 28
18	
19	Charles Alexander Appies 23
20	
21	Mike McMarus Flyers 21
22	Rich Langford 14
22	Dan Stefanisko Reebck 14
24	Bill Sevald Excelsion 13
35	David Frank Apples 10
25	Robert Herndon Reabolt 10
25	Carl Stempel Reebolk 10
28	Luiz Coulinho 9
28	Steve Haase Restock 9
30	Steve Haase Reebok 9 Steve Ferraz Excelsion 8
30	Kevin Ostenberg Aggies 8
30	Kevin Ostenberg Aggies 8 Scott Steinmaus Reabok 8
33	Richard McCarm Flyers 6
34	Rick Brusss 4
35	Richard McCann Flyers 6 Rick Bruess 4 Mark Graves 3 Antonio Scardina 3
35	Antonio Scardina 3
35	
38	
38	Danis O'Harroran Agoins 2
40	
40	Stave Zirkelbach 1
1	Master Men
	Name/ Club/ Total
1	Bill Sevald Excelsion 54
2	David Furst WVJ&S 35

Jerry Jobski Excelsion 34

Jim Gibbons Tamaloa 27

Excelsion

Steve Ferraz

5	James Press Excelsion 27
7	Robert McLennan Tamalpa 25 Jon MacPherson Tamalpa 22
8	Jon MacPherson Tamaloa 22
9	Tamaipa 22 Chris Thomas Tamaipa 20 Chris Thomas Tamaipa 17 Sal Vasquez WVJ8S 14 Ann Stainbridge Excelsion 13 Robert Lindsey Flyers 12 Wayne Whiting Flyers 10 Wayne Whiting Flyers 10
10	Chris Thomas Tamalou 17
- 11	Sal Vancuna WV.IRS 14
12	Nan Stainbridge Excelsion 13
19	Polant Lindon Chara 12
14	Misses Whites Character to
15	Jim Minami Golden Bay 6
100	PALIT MARKETH CHYCOCH DISA O.
16	George Mason WVTC 5
16	Jim Reitz 5 Dete Kraus WVJ&S 4
18	Dete Kraus WVJ&S 4
18	Gabriel Sandoval WVJ&S 4
18	Tim Rostege WVJ&S 4 Tom Robinson Excelsior 4 Daryl Beardall Tamalpa 1
18	Tom Robinson Excelsion 4
22	Daryl Beardall Tamaipa 1
	Master Women
	Name/ Club/ Total
1	Jaon Colman WVTC 54
2	
3	Hitary Naylor Impalas 41
	Juana Stavolone WVTC 25 Linda Mantynen 23
4	Linda Mantynen 23
5	Pat Faisons Impalas 22 Laurie Birder Impalas 22 Laurie Birder Impalas 20 Kathy Kennedy Highland Striders 18 Nelly Wright Flyers 17 Vicki Chase WVTC 17
6	Laurie Binder Impalas 20
7	Kathy Kennedy Highland Striders 18
8	Nelly Wright Flyers 17
8	Vicki Chase WVTC 17
10	Margie Lindsey Flyers 16
10	Vicki Bigelow Highland Striders 16
12	Heidi Skaden Flyers 12
13	Birthe Kirsch Impalas 11
14	Margie Lindsey Flyers 16 Vicki Bigelow Highland Striders 16 Heid Skaden Flyers 12 Birthe Kirsch Impalas 11 Cynci Calvin 10 Barbara Miller Unat 10
14	Barbara Miller Unat 10
14	Gail Rodd WVTC 10 Eve Pell Tamalpa 9
17	Fue Pell Tamaina 0
18	Karen Scannel Impalas 7
19	Karen Scannel Impaias 7 Tori Belaustegui 6
19	
19	Alice Rose Nor Cal 6 Joan Ullyot WYTC 5 Laury Fisher WYTC 4
22	form Liferat WVTC E
23	Joan Okyot WVIC 5
23	Manufact Original
	Mary Lou Quinto 4
25	Byyn Blair Nor Cal 3
26	Jackie Casselli Nor Cal 2
27	Kit Pickles Nor Cal 1
	Senior Women
	Name Club/ Total
1	Heidi Skaden Flyers 18
2	Vicki Beigelow Highland Striders 16
3	Vicki Beigelow Highland Striders 16 Birthe Kirsch Impalas 12
4	Eve Pell Tamaipa 10
5	Rich Anderson March
0	Ruth Anderson NorCal 4
0	Elvyn Blair NorCal 2 Marion Irvine Tamalpa 2
0	Marion Irvine Tamalpa 2 Karen Scannell Impalas 2 Jackie Caselli NorCal 1
0	Naven Scannel Impalas 2
9	
9	Kay Willoughby Tamalpa 1
9	Alios Rose NorCal 1
	Senior Men
	Name/ Club/ Total
1	Hame/ Club/ Total Daryl Beardall Tamalpa 30
2	Frederick Matton Fivers 8
- 9	Em Daving E
	Jim Bevins 5
3	Roger Bryan WVJ&S 6 Torn Mota WVJ&S 6
3	Tom Mota WYJ&S 6
3.0	Everatt Biodia Chico BC 6
7	Ken Noel WVJ&S 2 Carlos Saloiver 2 Bernard Hollander Tamalpa 1
7	Carlos Saloiver 2
9	Bernard Hollander Tamalpa 1
. 9	LANG Hagsdale CNps
9	Dave Bauer WVJ&S 1

Supersenior Men Name/ Club/ Total 1 Dave Stevenson 1 1 Ray Stewart 1 1 Boyos Jacques 1 Supersenior Women Name/ Club/ Total 1 Jackie Caselii NorCal 3

PA-TAC Open Track and Field Championships

by KAREN LOCKE

June 2-3. Diablo Valley College, Pleasanton.

This meet served as the Western Regional Open Track and Field Championships. The winner of each event qualified for the 1989 Regional Track and Field Championships to be held July 22, 1989 in Chicago, Illinois.

Here are the highlights of the middle and long distance running events:

Women's 3,000m Grand Prix Final.
Going into the race, Robyn Root was leading the T&F Grand Prix after her victory at Jenner the week before (see related article). Alison Orolino took second at Jenner, Patti Gray third.

Root, again, led through most of the race here, pushing the pace with Cal-Berkeley sophomore Sabrina Han. Gray and Orolino went with her. Robyn and Sabrina pulled ahead with one half mile to go. With 200 meters left, Sabrina outkicked Robyn, 9:36.96 to 9:37.67. Gray came in third to tie for overall Grand Prix points with Orolino. Former University of Oregon standout Rosa Guitierrez followed for 5th. Final Grand Prix standings: 1-Sabrina Han (not eligible for Grand Prix): 2-Robyn Root (\$400), 3-Patti Gray and Alison Orolino (tie, each \$150), 5-Nancy Benson (\$50).

• Men's 1,500m. Stanford's Bill Crowley left the field behind at 1,000 meters. Steve Schadler and Steve Pradere battled for 2nd place but couldn't reel in Crowley (3:48,84). Schadler (3:50.78) second, Pradere (3:51.25) third. Prize money had to be split between Schadler and Pradere. They tied with 14 G.P. points each. Although Crowley was not eligible for prize money, he is eligible for the Western Regional squad. Final Grand Prix standings: 1-Schadler and Pradere (\$300), 3-Gary Lewis (\$100), 4-Leonard Sperandeo and Paul Thomas (\$50 each).

3,000 Steeplechase. Carmelo Rios, Dan Aldridge, and David Frank looked easy the first 1,200 meters. Carmelo pulled away, Frank and Aldridge running second and third. Frank began to tade. Rios, running

continued on page 54...

TRACK FIELD

UCLA - USC **Dual Meet**

Men's Results

100: 1. Brooks (UCLA) 10.41w, 2. Holmes (USC) 10.57, 3. Fuller (USC) 10.64, 200: 1, Watts (UCLA) 20.67, 2. Brooks (UCLA) 20.76, 3. Fuller (USC) 22.23. 400: 1. Lewis (UCLA) 45.1, 2. Hannah (USC) 45.4, 3. Stevenson (UCLA) 47.5, 800: 1. Okash (USC) 1:49.85, 2. Wisnofsky (UCLA) 1:51.24, 3. Ashbrook (USC) 1:52.12, 1500: 1. Cu-1.51.24, 3. Ashkrosk (USC) 1:52.12, 1500: 1. Cu-shubg-Murray (UCLA) 3:51.2, 2. Griffin (USC) 3:51.4, 3. Meyer (UCLA) 3:52.8. 5000: 1. Griffin (USC) 14:41.34, 2. Maylok (USC) 14:48.77, 3. O'Cadtz (UCLA) 14:56.1, 110m HH: 1. Reading C.



ROBERT READING Fine Flicks by Don Gosney

(USC) 13.74, 2. Copeland (USC) 14.63, 3. Gildersleave (UCLA) 14.82, 400H; 1. Porter (USC) 50.45, 2. Moura (UCLA) 54.69, 3. Gâderaleave S0.53, 2, Moura (OCCA) 54.59, 3, Gardenerez (UCLA) 56.89, 3000m Steeplechane: 1, Oriz (UCLA) 8:50.31, 2, Mayiek (USC) 9:00.42, 3, Am-mann (UCLA) 9:02.75, 400R: 1, USC (Fuller, Holmes, Hannah, Watts) 39.50, 2, UCLA (Dirkins, Brooks, Baker, Marsh) 40.07. 1600R: 1. USC (Hannah, Okash, Porter, Watts) 3:06.90, 2. UCLA (Stevenson, Baker, Dinkins, Brooks) 3:09.14. HJ: 1, La-Quay (UCLA) 6-8 3/4, 2. Duarte (UCLA) 6-8 3/4, Chay (UCLA) 6-8 3/4, 2. Duars (UCLA) 6-8 3/4, 3. Prince (UCLA) 6-4 3/4. PY: 1. Betringer (UCLA) 15-6, 2. Norris (USC) 15-0. Lž. 1. Ander-son (UCLA) 24-4 1/4w, 2. Baker (UCLA) 24-1 3/ 4, 3. Harper (USC) 23-10. TJ: 1. Harper (USC) 52-6 3/4, 2. Anderson (UCLA) 52-1. SP: 1. Wilson (UCLA) 64-0 1/4, 2. Blutreich (UCLA) 60-11 1/4, 3. Bergreen (UCLA) 59-1 3/4. DT: 1. Thompson (UCLA) 191-7, 2. Wilson (UCLA) 187-5, 3. Blutreich (UCLA) 183-5. Hammer: 1. Wilson (UCLA) 215-10, 2. Knight (UCLA) 202-8, 3. Bergreen (UCLA) 187-2. JT: 1. Bunevacz (UCLA) 209-10, 2. Ges (USC) 195-6, 3. Nieland (UCLA) 194-7. Final Score: 1. UCLA 93, 2. USC 69.

Women's Results 100: 1. C. Smith (UCLA) 11.69, 2. N. Williams (UCLA) 12.32 200: 1. Sedwick (UCLA) 23.48, 2. Taylor (USC) 23.85, 3. C. Smith (UCLA) 23.90. 400: 1. Taylor (USC) 51.85, 2. Knighten (UCLA) 55.05. 3. L. Smith (UCLA) 58.20. 800; 1. Noll (USC) 205.4, 2. Johnson (UCLA) 209.2, 3. G. Smith (UCLA) 2:10.8. 1500: 1. Chapel (UCLA) 4:25.05, 2. Clark (USC) 4:27.98, 3. Brown (UCLA) 4:28.67. 3000: 1. D. Williams (UCLA) 10:06.18, 2. Ashe



CARYL SMITH

photo by Bill Leung, Jr.

(UCLA) 10:10.74, 3. P. Thompson (UCLA) 10:24.58.100H: 1. T. Smith (UCLA) 13.65, 2. N. Wi-Eams (UCLA) 13.78, 3. N. Thompson (UCLA) 13.94, 400H; 1. Maxie (USC) 56.43, 2. Koeline (USC) 57.96, 3. Vickers (UCLA) 60.8. 1600R: 1. UCLA (Knighten, Johnson, G. Smith, Vickers) 3:46.69. HJ: 1. Wootten (UCLA) 5-7, 2. Sedwick (UCLA) 5-7, 3. (6e) Colman (UCLA) and Carras-co (USC) 5-5. LJ: 1. Sedwick (UCLA) 20-5 1/4, 2. Figueras (UCLA) 15-9 1/4w, 3. Bartholomew (UCLA) 51-1w. TJ: 1. G. Prince (UCLA) 36-10 1/4. 2. Bartholomew (UCLA) 36-2 1/4w, 3. Ramey (UCLA) 33-7 1/2 SP: 1, Larson (UCLA) 49-7 3/4, 2. Millett (UCLA) 48-2, 3, Ward (UCLA) 45-9 3/4, DT: 1. Millett (UCLA) 175-1, 2, Larson (UCLA) 175-0, 3. Paris (USC) 161-8. JT: 1. Millett (UCLA) 172-11, 2. Seiman (USC) 171-5, 3. Larsen (UCLA)

Final Server 1 LICI & 101 1/2 2 USC 26 1/2.

SCIAC Championships

May 1. Pomona Pitzer.

100: 1 Sunguist (O) 10.85, 200: 1, Sunguist (O) 21.85.400: 1. Gnecco (CM) 48.46.800: 1. Shaw (O) 1:54.31, 1500: 1, Shaw (O) 3:58.49, 5000: 1, Berg (CM) 15:20.96, 110HH: 1, Fulton (CM) 15:31, 400H: 1. Jones (PP) 53.24. 3000 Steeplechase: 1. Berg (CM) 923 94 400R: 1. Occidental 31.89, 1600R: 1. Pomona-Pitzer 3:20,46. HJ: 1. Sjoberg (R) 6-8 1/4. PV: 1. Bain (R) 14-5 1/4. LJ: 1. White (O) 23-6 3/4. TJ: 1, White (O) 47-10 3/4, SP: 1, Dargen (O) 49-3 3/4. DT: 1. Opp (R) 157-10. HT: 1. O'Keefe (CM) 188-8. JT: 1. Lujan (A) 201-3.

Final Scores: 1. Occidental 198, 2. Claremont-Mudd 171, 3. Pomona-Pitzer 114, 4. Rediands 84, 5. Caltech and Whittier 6, 7, LaVerne 6

Women's Rounits 100: 1. Odogwu (CM) 12.58. 200: 1. Rhodes (W) 25.85. 400: 1. Mitchell (O) 58.16. 800: 1. Haack (O) 2:20.5, 1500: 1. Trimble (O) 4:44.51, 3000: 1. Trimble (O) 10:50.45, 100H; 1, Mitchell (O) 15.44, 400H; 1. (O) 1030-35, 10041; 1. Mitchell (O) 153-45, 10041; 1. Mitchell (O) 63.82, 400R; 1. Occidental 50.69, 1600R; 1. Occidental 402-51, HJ; 1. Chism (CM) 5-5 1/2, LJ; 1. Christiansen (CM) 17-3, TJ; 1. Odogwu (CM) 38-3, SP; 1. Coulter (O) 42-8 1/4, DT; 1. Coulter (O) 132-10. JT: 1. Wright (LV) 138-2. Final Scores: 1. Occidental 191, 2. Claremont-Mudd 99, 3. Whittier 64, 4. Redlands 53, 5. Pomona-Pitzer

Aztec Last Chance

Open

May 6. San Diago State. Man's Results

41. 6. Caltech 32. 7. LaVerne 18.

100: 1. Peter Stahl (PLNC) 11.11, 2. Peter Johans 100: 1. Pelier State (PLPC) 11:11, 2. Pelier Scharld son (PLNC) 11:22, 200: 1. Ronnie Skoeld (Sweden) 22:52, 2. Tim Kyser (UCSD) 22:94, 3. Chris Brisco (SDTC) 23:41, 600: 1. Seth Serriano (SDTC) 1:52:24, 2. Bryan Henderson (Unat.) 1:59:31, 1500: 1. Ken Fint (SDSU) 3:56.47, 2. Martin Padget (Chart-Ken Fint (SDSU) 3:56.47, 2. Martin Padget (Charthouse) 3:56.21, 3. Bill Possidento (FWCTO) 4:06.43. 3000 Steeplechause: 1. Christ Waight (SDSU) 9:41.7. 100H: 1. Osmond Swansgan (SDSU) 15:21. 400H: 1. Jos Pollard (USMC) 49:26, 2. Kevin Smith (Unat.) 52:91. 400H: 1. Osmond Swansgan (SDSU) 52:04. 2. Anthony Hale (SDTC) 52:83, 3. Matthew Fizza (UCSD) 57:19. HT: 1. Tom Meyer (UCTC) 184-6. 2. Rick Engebretson (SDSU) 180-2, 3. Scott Sergent (UCSD) 168-4. SP: 1. Dave Smith (Unat.) 50-5 12, 2. Sigh Renue (SDSU) 48:01. 30, 43, 3. Tim 1/2, 2. Rich Brown (SDSU) 48-10 3/4, 3. Tim Boerum (SDSU) 45-6 1/2. LJ: 1. Tommy Anderberg (PLNC) 22-3 1/2, 2. Cary Evans (SDSU) 22-0 1/4. Deodrick Baker (USMC) 21-9 1/2. PV: 1. Greg Mchēliam (DDTC) 16-1, 2 Wellington Pendell (SDSU) 15-6, 3, Jeff Holds (SDSU) 15-0, DT; 1. Rich Brown (SDSU) 156-7, 2. Fred Morgan (SDSU) High grown (SDSU) 142-5, Tal: 1, WI 150-1, 3, Steve Weiner (SDSU) 142-5, Tal: 1, WI Foster (SDSU) 50-6, 2, Tony Rossi (SDSU) 45-1, HJ: 1, Jim Cody (SDSU) 7-1 1/2, 2, Joe Nealy (Unat.) 7-1 1/2, 3, Leo Williams (Unat.) 7-1 1/2.

Women's Results
200: 1. Jennifer Kurdi (USMC) 22.55, 2. Andrea Kouremets (UCSD) 25.82, 3. Sheloida Allen (CPM) 26.53. 480: 1. Jennifer Kurdi (USMC) 58.06, 2. Yvella Marzulio (UCSD) 1:00.85, 800; 1, Cyndi Sulivan (SDSU) 2:19.51, 2. Gisele English (UCSD)

2:22.62, 1500: 1. Patty Blunck (AIA) 4:40.83, 2 Chrystee Perkins (SDSU) 5:01.12, 3, Lan Chideator (SDSU) 5:10.12. 3000: 1. Sabrina Jensen (UCSD) 10:30.4. 2. Michelle Conlay (UCSD) 10:41.40, 3. Kelly Humm (SDSU) 11:37.57. 400H; 1. Victo Duncidey (UCSD) 1:09.46. JT: 1. Dione Collier (SDSU) 152-3, 2. Elaine Bergman (Unat.) 130-8, 3. Bobbi Octava (UCSD) 120-0. HJ: 1. Maria Runyan (SDSI) 5-8 2 Shawndel Reddic (Unat.) 5-4, 3. Ellean Williams (SDSU) 5-2. LJ: 1. Yvette Marzullo (UCSD) 16-3 1/4, 2. Vicki Dunckley (UCSD) 15-7 1/4, 3. Robyn Bellamy (UCSD) 15-0 1/4. TJ: 1. Sharon Green (Unat.) 39-5 1/2, 2. Gaylen Ames (SDTC) 39-0 1/4, 3. Vicki Dunckley (UCSD) 32-10 1/2 SP: 1. Carcity Peters (SDSU) 43-4 1/4, 2. Louise Joubert (SDSU) 42-7, 3. Elaine Bergman (Unat) 42-6 3/4. DT: 1. Shannon Quiggley (UCSD) 142-4, 2. Shelly Squibb (SDSU) 141-5, 3. Carolyn Peters (SDSU) 135-2

Arizona Last Chance Meet

May 6. Tucson, AZ. Men's Results

100m: 1. Gabriel Okon (Nig) 10.45, 2. Kirk Dyer (AZ) 10.51, 3. David Lockhart (AZ) 10.61. 200m: 1. Percy Knox (AZ) 20.76MR, 2. Gabriel Okon (Nig) 20.88, 3. Marc Okvier (AZ) 21.16. 400m; 1. Chance Foreman (AZ) 47.39, 2. Mark Senior (AZ) 47.85, 3. Raymond Freeland (CAC) 48.71, 800m: 1. Tony Hernandez (CAC) 1:52.61, 2. Mike Parker (AZ) Hernandez. (CAC) 1:52.51, 2. Mike Parker (AZ) 1:53.71, 3. Bernie Semler (AZ) 1:55.61, 1500m; 1. Gary Cobb (S&S TC) 3:45.55, 2. Marc Davis (AZ) 3:48.14, 3. Treg Scott (ASUTC) 3:48.45, 3000m Staeptechase: 1. Paul Scannell (ASUTC) 8:55.95, 2. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:48.55, 49.52, 49.52, 49.52, 51.52, 52.52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52.52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James Maxwell (Unat) 9:02.51, 3. Charles (ASUTC) 4:52, 52. James (ASUTC) 4:52 lie David (AZ) 9:08:19, 3000m; 1, Malt Giusto (Nike TC) 8:11.35, 2. John Quade (AZ) 8:37.31. 5000m: 1. Mick Testa (Nosotros TC) 15:09:35, 2. Robert Lo-pez (Unat.) 15:15:15, 3. Jeff Currier (AZ) 15:18:94. 110m HH: 1. Brent Haugen (Glendale CC) 14.56, 2. John Montgomery (Central AZ) 14.58, 3. William Timan (Unat) 14.98, 400m H: 1. John Montgomery (CAC) 51.01, 2. Yki Vallery (CAC) 52.61, 3. Brian Ballou (AZ) 53.14, 4x100mR: 1. Arizona (Olivier, Knox, Lockhart, Dyer) 39.68MR. 4x400mR: 1. Arizona "A" (Arron Retterer, Foreman, Herron, Sen-200a A (Arton Holstell, Towns, Towns, Towns, 10) 3:09.49, 2. Arizona *B' (Jones, Ballou, Boves, Parker) 3:13:05. HT: 1. Slavey Whyte (Unat.) 60.54, 2. Kim Johansson (Central AZ) 59.46, 3. Scott Biberthall (AZ) 59.05. Lt.: 1, Janet Harvey (Nike Cst) 20-11 1/4, 2, Jana Charleston (AZ) 20-5 1/4, 3, Mareen Bookstrom (AZ) 19-3 1/2, SP: 1. Paul Edwards (United Kingdom) 59-1 1/4, 2. Dwight Johnson (Central AZ) 57-11 3/4, 3. Stewey Whyte (Unat.) 57-8 1/2, Ld: 1. Percy Knox (AZ) 25-9 1/2, 2. Derek Huff (AZ) 23-9, 3. John Burrell (Central AZ) 23-1 3/4, JT: 1. Ronald Bradstock (GB) 244-10, 2. Jim Lotwop (Unat.) 226-0, 3. Craig Gelfound (Unat.) 212-4. HJ: 1. Kelly Young (AZ) 6-8 3/4. 2 Dave Murray (Unat.) 6-6 3/4, 3. Derek Netions (AZ) 6-6 3/4. DT: 1. Dwight Johnson (CAC) 176-10, 2. Paul Edwards (United Kingdom) 165-2, 3. Doug Hulf (AZ) 161-9. PV: 1. Russ MacDonald (Metro Phoenix TC) 15-7, 2. Derek Huff (AZ) 15-1, 3. Dallas Berentis (CAC) 15-1.

Wamen's Results 100m: 1. Toni Stoker (Glandale CC) 12.16, 2. Km Busidoni (AZ) 12.84. 200m: 1. Jana Charleston (AZ) 25.29, 2. Km Gualdoni (AZ) 26.30, 3. Sabine Schwarz (AZ) 26.31. 1500m: 1. Laura Goodwin (AZ) 4:37.04, 2. Tracy Kennedy (AZ) 4:39.88.

3000m: 1. Lisa Christiansen (AZ) 10:38.94, 2. Carla Figueroa (Chapman College) 10:48.6, 3, Nancy Bird (Phoenix College) 11:07.49, 100mH: 1, Janet Harvey (Unat.) 13.58, 2. Jessica Johnson (Unat.) 14.47, 3. Jackie McKendree (AZ) 14.65. 400mH: 1. Julia Apiera (Phoenix College) 65.77, 2. Cheryl Adams (Glandals CC) 66.94, JT: 1. Louise Perreault (AZ) 154-0, 2. Jenniter McEldowney (AZ) 138-9, 3. Sharon Manship (Unat.) 97-0. SP: 1. Michelle Brotherton 47-3. HJ: 1. Cristina Fink-Sisniega (Unat.) 6-1 1/4, 2. Dahlia Lockhart (AZ) 6-0, 3. Jennifer McBdowney (AZ) 5-7. DT: 1. Karen Pugh (AZ) 166-9, 2. Michele Brotherton (AZ) 159-6.

Northridge Open

May 6. Northridge

400mR: 1, Oxy 42.09. 110m HH: 1. Chris Floyd (CPP) 14.63, 2. Eddie Carbin (AP) 14.73, 3. Dave Burton (CSUN) 15.13. 400m: 1. Paul Dennis (AP) 47.28, 2. Brian Jones (Unat.) 47.68, 3. Tyrone Jef hies (CSUN) 48.10, 100m: 1. Jeff Williams (Pabiots) 10.35, 2. Tides Dove Edwin (Unat.) 10.69, 3. Chris Pippins (CSUN) 10.83. 800m: 1. Rich Gustin (UCR) 1.51.16, 2. Chris Treglis 1.51.77, 3. Slave Myers (UCR) 1.51.96, 400mH: 1. Mike McGee (CSUM) 53:19, 2. Chris Floyd (CPP) 53.53, 3. Rob Jones (Pomona Pit) 54.85. 200m: 1. Kevin Hendrix 21.46MR, 2. Darryl Hentley (USC) 22.08, 3. Ty-rone Jeffries (CSUN) 21.57. 1500m; 1. Chris Jimines (Biola) 3:50.73, 2. Shanon Winkleman (UCR) 3:53.19, 3. Sasha Vujic (CSUN) 3:53.73. Mile Re-ley: 1. CLU 3:20.88, 2. UCR 3:23.12, 3. Pomona Pil-3:23:72. 5000m: 1. Jon Butler (Run.Exp) 14:32.55, 2 Mike Bennett (Unat.) 14:43.02, 3. Grover Proveil (Unat) 15:29.97. PV: 1. Rapp (CSUN) 16-3 1/2, 2. Tie-Jell La Monica (Unat.) 15-9, 3. Jay Burica (Unat.) 15-9. Hammer: 1. R. McCan Say Date (Units, 15-9), reammer; 1, H. McCan (AP) 184-10, 2. P. Albers (CSUN) 180-2, 3, Daniel (AP) 178-8, LJ: 1. White (Oxy) 24-3 1/2, 2. Krk-man (Pom-Pil) 23-4 3/4, 3, Rogers, II (Units) 23-4 1/2, SP; 1. Bivens (CSLA) 51-3, 2. Dargon (Oxy) 48-2 3/4, 3, Steven Cannon (CLU) 47-11 1/4, Javelin: 1. Connolly (Unit) 216-4, 2. Noel (CSUN) 000-7, 1. 209-7, 3. Lujan (Redlands) 197-0, DT: 1. F. Rielly (All Am) 50.24, 2. Jenkins (CSUN) 157-1, 3. Ryan McCarn (AP) 151-9, HJ: 1. David Swanson (Unat.) 6-10 1/4, 2. Burke (CSIUN) 6-10 1/4, 3. Sjoberg (Redlands) 6-8 1/4. TJ: 1. Pullins (Unat.) 49-10 1/2. 2. Perez (CSLA) 49-6 1/4, 3. Rogers (Unat) 48-8.

Women's Results 400R: 1. CSUN 47.5. 100mH: 1. Effe Daetz (USC) 14.31, 2. Michelle Decoux 14.34, 3. Glenda Mitchel (Oxy) 15.42. 400m: 1. Maria Akraka (Unat) 54.90, 2. Noel Chapin (USC) 55.92, 3. Becky Valentine (AIA) 56.51. 100m: 1. Andrea Rolfe (CSLA) 11.96. Sasida Washington 12.66, 3. Aficia Bell (CSUN) 12.78. 800m: 1. Regina Jacobs (NewBal) 205.01, 2.
 Kristen Harkins (CPP) 2:11.5, 3. Sandra Rodriquez (CSLA) 212.57. 400mH: 1. Michelie DeCoux (USC) 1:01.53, 2. Jenny Lawrence (Oxy) 1:03.79, 3. Julie Miller (UCR) 1:08.84, 200m: 1. Andrea Rolfe (CSLA) 24:02, 2. Losta Pile (CSUN) 24.87, 3. Laural leles (CSUN) 24.91. 200m: 1. Darcy Arreola (CSUN) 4:16.55, 2. Leslie Noll (USC) 4:20.63, 3. Shela Raiston (L.Track Weet) 4:23.73. Mile Relay: 1. Oxy 3:57.68, 2. Claremont 4:04.02, 3. UCR 4:18.36, 3000m: 1. Darcie Bowden (Track West) 10:11.52 2. Jeanise Eiseman (Oxy) 10:33.07, 3. Emily Hiddlikn (Unat.) 10:39.26. 5000m: 1. Kalhy Smith (Nike Cst) 15:45.44, 2. Beth McGrann (UCI) 16:52:36, 3. Pati Almendariz (SLO) 16:54:01, JT: 1. Seiman (USC) 159-2, 2. Schroeder (Redlands) 127-5, 3. Noel (Unat.) 125-10. LJ: 1. Ana Raiph (CSLA) 18-11 1/2. 2. Lolita Pile (CSUN) 18-4 1/2, 3. Gill 18-1 1/4, DT: 1. Paris (USC) 158-11, 2. Simon (CSB) 137-4, 3. Claussen (AP) 133-9, HJ: 1. Mäls (Unst.) 5-8 3/4, 2. Wooten (UCLA) 5-6 1/2, 3. Carrasco (USC) 5-6 1/2, TJ: 1. Whitney (Redlands) 35-1, 2. Beach (Oxy) 37-2 1/4, 3. Munoz (AP) 37-1 1/4. SP: 1. Whelcher (Westwood TC)

43-10 3/4, 2. McAlee (CSB) 43-8, 3. Hill (CSUN)

Big West Conference Championships

Mon's Results

100m: 1. Anthony Earnes (FSU) 10.70, 2. Anthony Ford (LBSU) 10.76, 3. Byron Stovall (LBSU) 10.76. 200m: 1. Terrance Filey (LBSU) 21.22, 2. Anthony Ford (LBSU) 21.57, 3. Harlan South (FSU) 21.76 400m; 1, Terrance Riley (LBSU) 47.15, 2, Otis Dix-on (LBSU) 47.39, 3, Harfan South (FSU) 48.28. 800m; 1. Marc Goulet (UCI) 1:50.67, 2. Scott Baker (UCSB) 1:50.80, 3. John Neubert (UCSB) 1:51.78. 1500m: 1. Marc Goulet (UCI) 3:47.40, 2. Ernie Frees (FSU) 3:47.90, 3. Jason Lienau (FSU) 3:48.58. es: 1. Pete Vicencio (UCI)



Blg West 1500 Runners (left to right): JASON LIENAU (3rd), ERNE FREER (2nd), JM ZIMMER (6th) and ROD HESKETT (4th) all from Fresno State

Photo by Red Estes

9:02.26, 2. David Naranjo (FSU) 9:04.05, 3. Brett Hill (USU) 9:05.14. 5000m: 1. Pete Vicencio (UCI) 14:31:34, 2. Emie Freer (FSU) 14:43:45, 3. Aaron Mascorro (UCI) 14:43:32. 18,000m; 1. Eric Ree (LBSU) 31:02:29, 2. David Naranjo (FSU) 31:04:96, 3. Ben Ayers (UCI) 31:05.40. 110mHH; 1. Jason Munoz (UCSB) 14.41, 2. Richard Holmes (FSU) 14.50, 3. Cecil Lynn (NMSU) 15.05. 400miH: 1. Kyle Jensen (USU) 51.61, 2. Raymond Brooks (FSU) 51.72. 3. Jim Sarabia (NMSU) 52:36. 400m Relay: 1. LBSU 40.63, 2, FSU 41.21, 3, UCI 41.68, 1600m Relay: 1, LBSU 3:13,46, 2, UCSB 3:13.92, 3, FSU 3:15,41, TJ: 1. Reggie Jackson (FSU) 51-6 1/2, 2. Ryan GE-· lette (UCI) 48-5 1/4, 3, Jesse Henderson (CSF) 48-3 1/4. JT: 1. Roy Seidmeyer (FSU) 226-9, 2. John Kelly (USU) 226-6, 3. Brent Smith (USU) 199-8. HJ: 1. Derrick Moore (FSU) 6-11 3/4, 2. Colman Contoy (UCSB) 6-11 3/4, 3. Ryan Gillette (UCI) 6-10 3/4, SP: 1, Mike Morales (UCI) 55-10 1/4, 2. Craig Carter (USU) 53-10 1/2, 3, Donnie Laut (LBSU) 51-8 1/4, PV: 1, Derek Oliver (FSU) 16-6 1/2, 2 Jeff Muligan (LBSU) 16-6 1/2, 3, Adam Stratton (FSU) 16-2 1/2, LJ: 1, Billy Coleman (FSU) 23-11 34, 2, Erin Sullivan (USU) 23-9 1/2, 3, Lawrence Nelson (FSU) 22-11 1/4, DT: 1. Craig Carter (USU) 168-9, 2. Jeff Budwig (FSU) 164-9, 3. Andy Sheafler (UCSB) 161-10, HT: 1. Craig Carter (USU) 201-8, 2. Ken Putnam (FSU) 196-9, 3. Mike Morales (UCI) 194-3. Decethlon: 1. Jeff Williams (UCI) 7236, 2. Bump Novacek (FSU) 7033, 3, Tim Baker (FSU) 6743.

Final Scores: 1. Freeno State 207, 2. UC Irvine 122, 3. Long Beach State 120, 4. Utah State 94, 5. UC Santa Barbara 76, 6. New Mexico State 20, 7. Cal State Fullerton 11.

Women's Results

100m: 1. Carrie Franklin (UNLV) 11.76, 2. April Freow (FSU) 12.02, 3. Trish Pachiano (CSF) 12.10. 200: 1. Carrie Franklin (UNLV) 23.86, 2. Cheryl Cheeks (UNLV) 24.11, 3. Gretchen Jiles (UNLV) 24.15. 400m: 1. Julie Harrison (UNLV) 53.15, 2. Cheryl Cheeks (UNLV) 54.16, 3. Karen Nison (SDSU) 54.82, 800m; 1. Shannon Lieder (FSU) 2:09.49, 2. Jennifer Nanista (SDSU) 2:11.83, 3, Andrea Sansom (UCI) 2:12.08. 1500m: 1. Brigid Stirling (UCI) 4:25.24, 2. Chris Morgan (LBSU) 4:33.89, 3. Kelli Lewis (UCI) 4:35.44, 3000m; 1. Brigid Sörling (UCI) 9:39.54, 2. Mary Kenney (CSF) 9:55.56, 3. Wendy Petersen (SDSU) 9:56.81, 5000m; 1. Beth McGram (UCI) 16:38.19, 2. Jenni Bessel (LBSU) 17:16.30, 3. Shama Factor (UCI) 17:30.60.

10,000m: 1. Beth McGrann (UCI) 35:51.72, 2. Janine Ogas (FSU) 36:39.97, 3. Caroline Plier (UCI) 37:35.21. 100mH: 1. Carris Frankin (UNLV) 13.98, 2 Tanya Davis (UNLV) 14.23, 3. Ami Ice (LBSU) 14.31. 400mH: 1. Julie Harrison (UNLV) 58.28. 2 Trevala Williams (UNLV) 59,86, 3. Km McRae (FSU) 1:02.18. 400m Relay: 1. UNLV 44.66, 2. FSU 46.46, 3, UCI 47.31, 1600m Reiny: 1, UNLV 3:37.44, 2, FSU 3:43.37, 3, UCI 3:50.00 HJ: 1, Tara Fairfield (UCSB) 5-9 3/4, 2. Simone Subek (FSU) 5-8 1/2 3. Trevaia Williams (UNLV) 5-6 SP: 1. Joyos Frem-stad (FSU) 44-1 1/2, 2. Vickis Trask (FSU) 42-7 1/2, 3. Carolyn Peters (SDSU) 41-9 1/4, 13-1 lie Buter (UNLV) 40-5, 2. Gretchen Jiles (UNLV) 38-7 1/2, 3. Stacey Lyles (FSU) 37-10 1/2, JT; 1. Karen Weitz (UNLV) 151-9, 2. Chris Harris (FSU) 147-1, 3. Diane Collier (SDSU) 142-9. Ll; 1. Greichen Jiles (UNLV) 19-9 1/2, 2. Maddette Smith (UNLV) 19-7 1/2, 3. Billie Butler (UNLV) 19-1 1/ 2w. DT: 1. Donna McKinnon (FSU) 155-9, 2. Joyce Fremstad (FSU) 150-5, 3. Violue Trask (FSU) 147-4 Heptathion: 1. Ami Ice (LBSU) 5312, 2. Deanne Moyle (UNLV) 4637, 3. Kristi Kaulmann (UCI) 4587.

Team Scores: 1. UNLV 178 1/2, 2. Fresno State 147, 3. UC Irvine 107 1/2, 4. San diego State 56, 5. Long Beach State 49, 6. Cal State Fullerton 27, 7 UC Santa Barbara 24.

NCAC Track & Field Championships

May 12, 13. UC Davia

Friday's Finals: Hammer: 1. Steve Adelman (UCD) 182-6, 2. Tarn Vieira (UCD) 167-9, 3. Erik Horn (UCD) 166-6. Long Jump: 1. Darren Zabel (UCD) 24-2 1/2, 2. Tim Young (SON 23-6 3/4, 3. Bill Primbs (UCD) 23-5 172. 10,000m; 1. Mike Spencer (HAY) 30:28.76, 2. Roger Dix (Chico) 30:42.5, 3. Mika Jekabsons (HUM) 30:45.5. Javetin: 1. Bart Goodell (SFSU) 200-6, 2. Chris Gergen (STA) 196-9, 3. Dan Gallego (SFSU) 194-6. Decathion: 1. John Wissmath (CHI) 6924, 2. Erik King (CHI) 6791, 3. Erik Stunes (SFSU) 6618. Pole Vault: 1. Metvin Hempsted (UCD) 16-6 3/4, 2. Gilbert Pelayo (UCD) 15-1, 3. Rick Neugebaser (STA) 14-7 1/4. Shot Put: 1. Tarn Vieira (UCD) 50-2 3/4, 2. Bart Goodell (SFSU) 49-9 3/4, 3. Steve Adelman (UCD) 49-3 3/4. Saturday Finals:

4x100m Relay: 1. Stanisluas 41.40, 2. Hayward 41.84, 3. Chico 41.90. 3000m Steeplechase: 1, Dan Valdez (Hay) 9:10.45, 2. Kevin Filey (Hum) 9:15.79, 3. Bret Kimple (UCD) 9:19.80. 1500m: 1. Mike Stone (Son) 3:49.16, 2. Pedram Aram (Hay) 3:51.44, 3. Greg Rivera (Hay) 3:51.75, 110m HH: 1, Jamie Reeves (Hay) 14.27, 2, Bart Goodell (SFSU) 14.47 3. Earl Butler (Hay) 14.53. Discus: 1. Bart Goodel (SFSU) 165-3, 2. Paul Troppy (Son) 149-10, 3. Joey Taylor (UCD) 137-11, 400m; 1. Randy Gilbert

(Hay) 48.15, 2. Cholsye Jenkins (Chi) 48.71, 3. Mark Jacobs (Hay) 48.85. High Jump: 1. John White (Hay) 6-9 3/4, 2. Mark Mongomerie (Hum) 6-9 3/4, 3. Chris Hammer (Hum) 6-8 3/4, 100m; 1. Waiter Cranford (UCD) 10.77, 2. Tunji Adebayo (Chi) 11.03, 3. Eric Williams (Hum) 11.04. 800m: 1. Ted Goyette (UCD) 1:51.76, 2. Craig Olson (Hum) 1:52.28, 3. Eric Cooper (Hay) 1:53.23. 400mH: 1. Chelsys Jenkins (Chi) 52.51, 2 Carl Thomas (Sta) 52.93, 3. Bart Goodelf (SFSU) 54.36. 200m: 1, Walter Cranford (UCD) 21.46, 2. Boris Gurarie (Sta) 22.01, 3. Brent Erickson (Sta) 22.21.5000m: 1. De nis Pfeifer (Hum) 14:41.25, 2. Mike Spencer (Hay) 14:42:00, 3. Roger Dix (Chi) 14:45,38. Triple Jumps 1. Chip Pollock (UCD) 47-10 1/2, 2. Tim Young (Son) 46-6 3/4, 3. Danen Zabel (UCD) 46-2 3/4 4x400: 1, Hayward (Jacobs, Cooper, Reeves, Gilbert 3:16:13, 2. Stanislaus 3:16:29, 3. Humboldt

Team Scores: 1, UC Davis 168 1/2, 2, Cal State Hayward 134, 3, Cal State Chico 96 1/2, 4, San Francisco State 78, 5. Humboldt State 74, 5. Cal State Starislaus 65, 7. Sonoma State 45. Women's Results

Friday's Finals:

Javelin: 1. Holly Heggli (Chi) 136-5, 2. Sharmon Hartnett (Son) 131-5, 3. Staci Raine (SFSU) 130-8. Long Jump: 1. Jenniler Haws (Chi) 18-3 1/4, 2 Kristy White (Chi) 16-0 172, 3. Lisa Harper (Humi 17-9, 10,000; 1. Valerie Jensen (Hay) 36:48, 2. Jenny Walsh (Hay) 38:21, 3. Kelly Berg (Hum) 39:59.2

5000m: 1. Jolly Earle (Son) 17:30.60, 2. Val Burett (UCD) 17:38:37, 3. Caroline Grawford 18:13.41. 4x100 Relay: 1. CSU Hayward (Littell, Colvin. Ford, Guyse) 47.24, 2. Sonoma State 48,45, 3. Cal State Chico 49.61, 1500m; 1. Pam Bragg (UCD) 4:33.41, 2. Beth Wilson (UCD) 4:40.13, 3. Maura Digiesi (SFSU) 4:41.30. Shot Put: 1. Shannon Hartnett (Son) 43-2 1/2, 2. Terri Hunt (Hum) 41-3 3/ Kathy Neuberger (UCD) 40-1 1/2 Triple Jump: 1. Jan's Diggs (Chi) 38-7 1/2, 2. Mary Williamson (UCD) 36-9 1/2, 3. Kristy White (Chi) 36-4 1/ 4. 100mH; 1. Rhonda Voicin (Hay) 14.21, 2. Armete Spear (Son) 14:30, 3. Monique Perez (SFSU) 14:33, 400m; 1. Romy Guyee (Hay) 56:00, 2. Loran Lewis (Chi) 57.70, 3. Jennifer Gifiland (Chi) 57.75. 100m: 1. Cherie Ford (Hay) 12.58, 2. Sheron Jones (Sta) 12.63, 3. Jenniter Parker (Son) 12.72. 800m; 1. Shannon Phares (UCD) 214.56, 2. Lettie Villavi-cencio (SFSU) 218.58, 3. Dana Bjørnsen (Chi) 2:18.81. Discus: 1. Ginger Verneuil (UCD); 145-3, 2. Karen Koenig (Sta) 140-7, 3. Terri Huni (Hum) 125-0. 400mH: 1. Annette Spear (Son) 1:00.91, 2. Lisa Littrell (Hay) 1:00.94, 3. Courtney Harold (UCD) 1:03:39: 200m: 1. Romy Guyse (Hay) 24:84 2. Cherie Ford (Hay) 25:71, 3. Michelie Duyer (UCD) 25.85. 3000m: 1. Pam Bragg (UCD) 9:47.00. 2. Val Bluett (UCD) 10:05.61, 3. Valerie Jensen (Hay) 10:11.47. High Jump: 1. Kirsten Hertzog (UCD) 5-5 3/4, 2. Kristy White (Chi) 5-4 1/2, 3 Km Becker (Sta) 5-2 1/4, 4x400R: 1, Hayward (Littrell, Colvin, Blunden, Guyse) 3:50.64, 2. Sonoma 3:54.31, 3. UCO 3:55.76. Hepts thiete: 1. Shannon Hartnett (Sonoma) 4474, 2. Kristi White (Chico) 4433, 3. Gina Crews (Chico) 4355.

Team Scores: 1. UC Davis 156, 2. Cal State Chi-co 122, 3. Cal State Hayward 116, 4. Sonome State 95, 5. Humboldt State 43, 6. Cal State Sta nislaus 38, 7. San Francisco State 35.

Northern California Junior College Track & Field Finals

Mon's Regulas

1500m: 1. Kersh (Tall) 3:49.43, 2. White (Hancock) 3:51.19, 3. Smoot (ARC) 3:53.65.3000m: 1. Myers (ARC) 9:13.0, 2. Cuellar (COS) 9:20.4, 3. Dykstra

(Sisk) 9:21 0. 5000m: 1. White (Harvoock) 15:05.05.2. Trask (Santa Rosa) 15:09.90, 3, Jowell (COS) 15:12.35. 10,000m: 1. Soaly (West Vity) 31:08.2.2. White (Hancock) 31:31.9, 3, Ferrel (Sacto) 31:33.5. 110HH: 1. Pride (Sacto) 14.08, 2. Sanders (Taft) 14.47, 3, Greer (San Jose) 14.51, 400H: 1. Cox (Taft) 50.48, 2. Pride (Sacto) 50.65, 3. Sample (Di-ablo) 52.18, 400R: 1. Taft 40.60, 2. Sacramento 40.62. 1600R: 1. Talt 3:10.43, 2. Contra Costa 3:13.19, 3. Diablo 3:13.64. TJ: 1. Weliman (Taft) 53-11 1/2, 2. Smith (Sacto) 51-03 1/2, 3. Davis (Sacto) 49-6 1/2 HJ: 1. Asch (Diablo) 7-0, 2 Spraifing (Hartnell) S-6, 3, Grant (Freeno) 6-6, PV: 1. Juhala (Diablo) 16-0, 2, Heley (Chabot) 15-6, 3, Johnson (Foohill) 15-6, LJ: 1, Smith (Skyfne) 24-8 1/2, 2. Smith (Sacto) 24-6 1/2, 3. Pride (Sacto) 24-1 1/2. SP: 1. Marke (San Mateo) 58-3, 2. Weddell (Sacto) 54-6, 3. Thornhill (Shasla) 51-0 1/2. DT: 1. Marks (San Mateo) 166-5, 2. Vierra (Modesto) 161-4, 3. Weddell (Sacto) 160-3. Jav: 1. Langsion (Shasta) 219-8, 2 Jackson (ARC) 192-0, 3. Armstrong (Fresno) 184-4. Ham: 1. Weddell (Sacto) 171-11, 2. Vierra (Modesto) 163-10, 3. Niel (Modesto) 157-0. Decathlon: 1. Langston (Shasta) 6776, 2. Aimgren (Shasta) 6541, 3. McAllister (ARC) 5021.

Team Scores: 1. Talt College 122, 2. Sacramento City 120, 3. Diablo Valley 43, 4. Shasta 41 1/2, 5. merican River 34, 6. Contra Costa 30, 7. Allan San Ame Cay 23, 11. College of San Maleo 20. 11. College of the Sequoias 20, 13. West Valley 17, 14. San Joaquin Delta 14, 15. Chabot 12, 16. Santa Rosa JC 11, 17, Harmell 10, 18, Skyline 10, 19, Collegs of the Siskiyous 8, 20. City College of San Francisco 7 1/2, 21. Foothill 6, 22. Deanza 4, 22. Cabrillo 4, 24, West Hills 3, 25, Sierra College 2, 25. Pervisula College 2, 25. Merced College 2, 28. Butte

Woman's Results

100: 1. Grisby (Kings River) 11.84, 2 Winn (Redwoods) 11.90, 3. Taylor (Modesto) 11.91, 200: 1. Whatey (Redwoods) 25.02w, 2. White (West Val ley) 25.28, 3. Grisby (Kings Rivers) 25.3. 400: 1. Dawrson (San Joaquin) 57.65, 2. Hodge (Skyline) 58.31, 3. Olden (Contra Costa) 58.73, 800: 1. Shel-don (Siskiyous) 2:13.30, 2. Olivera (Shasta) 219.75, 3. McNully (Hancock) 2:20.17, 1500; 1. Ran-son (Hancock) 4:43.82, 2. Manasswitsch (Diablo) 4:46.18, 3. McNulty (Hancock) 4:47.23; 3000: 1. Alfenby (ARC) 10:28.43, 2. Loveall (Hancock) 10:29.53, 3. Dyson (ARC) 10:35.75, 5000; 1. Hanson (Hancock) 17:54.50, 2. Collens (Shasta) 18:01.03 3. Evans (Porterville) 18:03:14: 100H: 1. Algor (San Matso) 14:75, 2. Dichi (San Matso) 15:35, 3. Bross-sard (Sacto) 15:41: 400H: 1. Alger (San Matso) 1:34:45, 2. Lawson (Diablo) 1:05:07, 3. Holgersen (Redwoods) 1:06.50, HJ: 1, Diehl (San Mateo) 5-4, 2 Cole (Solano) 5-2, 3. DePorcel (Foothill) 5-0. 400R: 1. Modesto 49.24, 2. Redwoods 49.34, 3. American River 50.14, 1600R: 1, Redwoods 3:59.60, 2, Sierra 3:59.90, 3. Modesto 4:01.65, TJ: 1. Clark (West Val ley) 38-5 1/2, 2. Diehi (San Mateo) 37-6 1/4, 3. Deorcel (Foothill) 35-0 1/4. LJ: 1. Taylor (Modesto) 18-3 3/4, 2. Broussard (Sacto) 17-5 1/2, 3. Holger sen (Redwoods) 17-4 3/4. SP: 1, Wilson (Yuba) 44-5, 2. Giguiero (Sierra) 44-2, 3. Ruff (San Matso) 41-3 1/4. Discus: 1, Ruff (San Mateo) 156-7, 2 Seller (Sierra) 146-4, 3. Taylor (Sacto) 144-3. Jav: 1. Bishel (Kings River) 134-0, 2. Busto (San Francisco) 132-2, 3. Felemi (COS) 133-0. Hepths-Ion: 1. Diehl (San Mateo) N.S. Team Scores: 1. Gollege of San Mateo 85, 2. College of the Redwoods 59, 3. American River 43, 4. Allan Hancock 42, 5. Sierra College 39, 6. Shasta College 34, 7. Modes to JC 28, 7. Kings River CC 28, 9, West Valley 21, 10. Foothill College 17, 11. Diablo Valley 16, 12. Collegs of the Siskiyous 14, 12. San Joaquin Doits College 14, 12. Skyline College 14, 15. Yuba College 10, 16. Sciano CC 9, 16. College of the Sequoias 9, 18. City College of San Francisco 8, 19. Conra Costa 7, 20. Monterey Peninsula College 6, 20. Parterville B. 72, Lassen Callege 4, 22, Deans College 4, 24, Santa Rosa JC 3, 25, San Jose CC 2, 25. Hartnell College 2, 25. Fresno City College 2.

NAIA District 3 Championships

May 12 13 Pt Loma

100m: 1. Nwanko (APU) 10.68, 2. J. Tora (PLNC) 11.02, 3, P. Stahl (PLNC) 11.12, 200m; 1, P. Nwan-ko (APU) 21.26, 2, P. Johansson (PLNC) 21.80, 3, D. Bernard (CLU) 21.99. 400m: 1. Felix Sandy (APU) 46.96, 2. P. Johansson (PLNC) 47.41, 3. D. Bernard (CLU) 47.64, 800: 1, C. Jimenez (BU)



ADE OLUKOJU

Fine Flicks by Don Gosney

1:49.52, 2, P. Dennis (APU) 1:50.97, 3, J. K. Strandberg (PL) 1:52.12. 1500m; 1. Curtis Jimenez (BU) 3:51.40, 2. M. Maynard (PLNC) 3:54.61, 3. R. Jones (WC) 3:56.05, 3000 Steeptechase: 1. R. Jones (WC) 921.2, 2. P. Bryne (CLU) 924.1, 3. R. Perman (PLNC) 9:35.1, 5000m: 1. Norina (CLU) 15:18, 2. Griffen (CLU) 15:27, 3. Classen (TMC) 15:31. 10,000m: 1. Griffen (CLU) 31:41.6, 2. Penman (PLNC) 31:50.8, 3. Aros (PLNC) 31:52.2, 110mHH; 1. Moore (PLNC) 14:66, 2. Carbin (APU) 14:76, 3. Chapman (APU) 14:99, 400H; 1. Chapman (APU) 52.78, 2. Carbin (APU) 53.79, 3. Reid (APU) 53.77. 400m Relay: 1. PLNC 41.55, 2. APU 41.56, 3. WC 43.23. 1600 Retay: 1. Azusa Pacific 3:15.72. 2. Cal Lutheran 3:16.50, 3. Westmont 3:16.73. HJ: 1. Rastjes (PLNC) 7-2 3/4, 2. Tapley (CLU) 6-4, 3. Chapman (APU) 6-4. Discus: 1. Okikoju (APU) 195-2, 2. McCann (APU) 156-11, 3. Mair (APU) 154-5. LJ: 1 Carbin (APU) 23-2, 2. Samuda (PLNC) 23-0 3/4. 3. Anderberg (PUNC) 22-5 1/2. Pole Vault; 1. Bixler (WC) 14-6, 2. Verbal (APU) 14-6, 3. Gonzales (PUNC) 13-5. Hammer: 1. Daniel (APU) 183-4, 2. Bowden (APU) 170-7, 3. Olukoju (APU) 165-9. Shot Put: 1. Olukoju (APU) 59-5 3/4, 2. Cannon (CLU) 48-0 3/4, 3. Anderberg (PLNC) 47-8 1/2. Javelin: 1. Anderberg (PLNC) 201-6, 2. Gertenrich (APU) 188-Anderberg (PLNC) 201-6, Z. Germannen (APU) 165-5, 3. Taylor (APU) 185-8, TJ; 1. Andreasesch (PLNC) 47-3 1/2, Z. Samuda (PLNC) 45-9, 3. Ellis (FPC) 43-9 1/2. Decathlon: 1. Dangleis (APU) 6690, 2. Taylor (APU) 6494, 3. Werner (CLU) 5766. Team Scores: 1. Azusa Pacific 211, 2. Point Loma 168, 3. Cai Lutheran 102, 4. Westmont 54, 5. Biola 38, 8. Freeno Pacific 17, 7. Master's 10.

mon's Require 100m: 1. Pelway (APU) 12.56, 2. Navarro (PLNC) 12.63, 3. Horistano (APU) 12.69. 200m: 1. Horistano (APU) 25.17, 2. Blohm (CLU) 25.69, 3. Plowman

(WC) 25.95, 400m: 1. Blulm (CLU) 56.85, 2. Rico CLU) 57.97, 3. Ronnerman (PLNC) 58.77. 800m; 1. Ronnerman (PLNC) 2:11.50, 2. Larsen (WC) 219.41, 3. Elis (APU) 2:19.0. 1500m: 1. Romerman (PLNC) 4:44.80, 2. Ellis (APU) 4:46.13, 3, Couch (PLNC) 4:54:20, 3000m: 1, Lubinsky (WC) 10:37.19 2. Ellis (APU) 10:48:38. 3. Grimsley (BU) 10:52:17. 5000m: 1. Lubinsky (WC) 18:18:52, 2. Grimsley (BU) 18:25.75, 3. Strling (BU) 18:42.51. 10,000m; 1. Hall (SCC) 36:16:26, 2. Strling (BU) 41:37:26, 3. Bryne (CLU) 42:15:12. 100mH: 1. Rosemond (WC) 14:93, 2 Young (PLNC) 15:30, 3. Navarro (PLNC) 15:41 400mH: 1. Pelway (APU) 1:03:04, 2. Rosemond (WC) 1:05.10, 3. Pinard (PLNC) 1:05.20, 400m Relay: 1. APU 48.98, 2. CLU 50.19, 3. WC 54.83 1600m Reley: 1. Azusa Pacific 3:54.61, 2. Ca Luheran 3,59.94, 3. Point Loma 4:03.02. LJ: 1. Navarro (PLNC) 18-4 3/4, 2. Munoz (APU) 18-1, 3 Stokes (FP) 17-7. Discus: 1. Classen (APU) 134-10. 2. VanLewen (APU) 132-10, 3. Haines (PLNC) 121-6. Jawelin: 1. Navarro (PLNC) 135-10, 2. Harasy (PLNC) 126-3, 3. Dafem (APU) 123-11, HJ: 1. Johnson (APU) 6-0, 2. Sharp (FPC) 5-2, 3. Armijo (PLNC) 5-0. TJ: 1. Munoz (APU) 37-11 3/4, 2 Stokes (FP) 37-4, 3, Young (PLNC) 34-8 3/4, SP: 1. Classen (APU) 42-0 3/4, 2, Haines (PLNC) 37-1, 3. King (WC) 36-0 3/4. Decathlon: 1. Navarro (PLNC) 4580, 2. Butz (FPC) 4244, 3. Emberly (APU) 4122

Team Scores: 1. Azusa Pacific 177, 2. Point Loma 169, 3. Westmont 79, 4. Cal Lutheran 63, 5. Fresno Pacific 48, 6. Biola 39, 7. S.C.C. 10, 8. Christ Col-

Junior College State Championships

May 19, 20. Raiciffe Stadium, Freeno Mon's Results

HT: 1. Weddell (Sacto) 187-5, 2. McNair (Citrus) 173-6. 3. Moulton (Bakersfield) 160-4, 4. Michelson (DeAnza) 159-0, 5. Kellogg (San Diego Mesa) 155-8. JT: 1. Doering (Riverside) 221-6MR, 2. Vasquez (Saddeback) 211-8, 3. Barnett (Glendale) 203-6, 4 Jackson (Am River) 195-4, 5. Langston (Shasta) 190-9, SP: 1. Marks (San Mateo) 57-5 1/4, 2. Dougherty (Saddleback) 55-7, 3. Weddell 54-4 1/2, 4. James (Shasta) 51-9, 5. Thornhill (Shasta) 50-9 3 4. DT: 1. Marks (San Mateo) 169-4, 2. Wedell (Sacto) 156-9, 3. Rederick (San Joaquin) 153-10, 4 Vierra (Modesto) 149-3, 5. James (Shasta) 148-7. LJ: 1. Todd (San Diego Mesa) 25-4 1/2, 2. Smith (Sacto) 24-10 1/4, 3. Kahadia (Riverside) 24-5 1/ 2, 4, Boyd (San Jose) 23-8, 5, Davis (Sacto) 23-5. TJ: 1, Kahadia (Riverside) 54-4 1/4, 2, Weilman (Taft) 53-9 3/4, 3. Smith (Sacto) 50-9 3/4, 4. Mo Iuli (Riverside) 50-3 1/4, 5. Howlett (El Camino) 48 2 3/4, PV: 1. Perrin (Long Beach) 16-6, 2. Juhala (Diablo) 16-0, 3. Hanes (Riverside) 15-5, 4. Besme (San Jose) 15-0, 5, Adamick (Cuesta) 15-0, HJ: 1, Wooten (Pasadena) 7-2, 2, Belton (Ventura) 7-2, 3 McCleery (Saddleback) 7-2, 4. McCurdy (Riverside) 7-0, 5. Cox (MLSAC) 7-0, 3000m SC; 1. Myers (Am River) 9:16.03, 2. O'Hara (San Diego Mesa) 9:23.85, 3. MacMilan (Santa Barbara) 9:28.52, 4. Carbajal (El Camino) 9:31.44, 5. Kepler (San Diego Mesa) 9:36.13. 400mR: 1. Riverside 39.83, 2. Long Beach 40.08, 3. Talt 40.25, 4. Pa-sadena 40.33, 5. Sacramento 40.42, 1500m; 1. Mcrcelli (Riverside) 3:41.76MR, 2. Kersh (Talt) 3:46.70, 3. White (Hancock) 3:54.00, 4. Oliver (San Diego Mesa) 3:54.29, 5. Ward (El Camino) 3:54.40. 110HH: Morris (Long Beach) 13.85, 2. Pride (Sacto) 13.99, 3. Crear (Mt SAC) 14.08, 4. Sanders (Talt) 1420, 5. Smith (Riverside) 14.34, 400m; 1 Drake (Riverside) 46.36, 2. Cannady (Long Beach) 47.02, 3. Roberts (Bakersheld) 47.10, 4. Merritt (Contra Costa) 47.57, 5. Echols (Santa Monica) 47.74, 100m; 1. Andrews (Riverside) 10.21, 2. Ethridge (Pasadena) 10.33, 3. Bacon (Talt) 10.38, 4. King (Sacto) 10.52, 5. Love (Long Beach) 10.54. 800m; 1. Horton (Long Beach) 1:49.33, 2. Kersh

(Tah) 1:50.21, 3. Thibodeaux (Riverside) 1:50.90, 4. Amendt (San Jose) 1:51.71, 5. Joshua (Sacto) 1:51.94, 400lH: 1. Cox (Taft) 51.10, 2. Williams (Long Beach) 51.67, 3. Pride (Sacto) 51.95, 4. Dallas (Pasadena) 52.12, 5. Sanders (Talt) 52.50, 200: Andrews (Riverside) 20.81, 2. Bridgewater (Long Beach) 20.87, 3. Ethridge (Pasadens) 21.12, 4. Love (Long Beach) 21.59, 5. Jones (Freeno) 21.60. 5000: 1. Mcrcelli (Riverside) 14:33.50, 2. Miranda (LA Trade Tech) 14:47.64, 3. Trask (Santa Rosa) 14:54.01, 4. Sierra (ELAC) 15:00.01, 5. White (Hancock) 15:00.95, 1600mR: 1. Taft College 3:08.61, 2. Contra Costa College 3:12:93, 3. Sacramento City College 3:13.11, 4. Bakersfield College 3:15.46, 5. Sante Monica City College 3:15.60. 10,000: 1. Rivera (Long Beach) 31:01.75, 2. Sealy (West Valley) 31:02.54, 3. Bertran (Fullerton) 31:06.16, 4. Ferrel (Sacto) 31:13.45, 5. Hernandez (LA Trade Tech) 31:18.03. Decathlon: 1. Bryant (Ventura) 7111, 2. Langston (Shasta) 6916, 3. Almgren (Shasta) 6707, 4. Shelton (Long Beach) 6592, 5. Shelton (Long Beach) 6592, 6. Helferan (Golden West) 6195.

Team Scores: 1. Riverside City Callege 114, 2 Long Beach City College 93, 3. Sacramento City College 85, 4. Taft Collegbe 70, 5. Pasadena City

Women's Reausts

DT; 1. Ruff (San Mateo) 141-6, 2. Selfer (Sierra) 146-0, 3. Kouns (San Jose City) 137-7, 4. Longwell (Grossmont) 136-10, 5. Bermudes (DeAnza) 136-4. SP: 1. Ahu (Mira Costa) 46-6 1/2, 2. Sperling (El Camino) 44-9 3/4, 3. Giguisre (Sierra) 44-8, 4. Jones (Long Beach) 43-6 1/2, 5. Puff (San Masso) 42-10. HJ: 1. Diehl (San Mateo) 5-6, 2. Datney (Santa Monica) 5-5, 3. Markling (Fullerton) 5-6, 4. Vance (El Camino) 5-6, 5. Valentino (Santa Monica) 5-4. JT: 1. Carroll (San Matso) 139-5, 2. Busto (San Francisco) 138-11, 3. Bishel (Kings River) 138-7, 4. Felemi (COS) 130-4, 5. Bell (Lassen) 128-4. 400mR: 1. El Camino 47.00, 2. San Diego Mesa 47.60, 3. Riverside 48.43, 4. Modesto 48.69, 5. Redwoods 49.41. LJ: 1. Simmons (Mt.SAC) 20-6, 2. Taylor (Modesto) 19-9, 3, Hale (Riverside) 19-4, 4. Anderson 18-7, 5. Lynch (Riverside) 18-6 3/4, TJ: 1. Anderson (San Diego Mesa) 41-61/4, 2. Lynch 39-3 1/4, 3. Kulow (Saddleback) 39-1, 4. Clark (West Vly) 38-8 3/4, 5. Poole (San Diego Mesa) 38-7, 1500m: 1. Krieger (Cuesta) 4:22.91, 2. Garcia (El Camino) 4:38.44, 3. Hanson (Hancock) 4:47.37. 4. Manasewilsch (Diablo) 4:51.00, 5. McNulty (Hancock) 4:51.03. 100mH: 1. Simmons (Mt.SAC) 13.66MR, 2. Hale (Riverside) 14.28, 3. Alger (San Mateo) 14.68, 4. Wilson (Am River) 15.21, 5. Whitley (Antelope) 15.22, 400: 1. Aineworth (El Camino) 53.56, 2. Irving (Long Beach) 54.64, 3. Mills (El Ca mino) 56.45, 4. Henderson (Mt. SAC) 57.12, 5. Dawson (San Joaquin Delta) 57.74, 100: 1. Simmons (Mt.SAC) 11.54, 2 Frevost (LA Valley) 12.02, 3. Grisby (Kings River) 12.12, 4. Thomas (El Camino) 12.17, 5. Taylor (Modesto) 12.21, 800: 1. Garcia (El Camino) 2:11.94, 2. Kock (Cuesta) 2:12.89, 3. Sheldon (Siskiyous) 2:16.32, 4. Margowitz (Santa Monica) 2:17.75. 400: 1. Ainsworth (El Camino) 60.55, 2. Alger (San Mateo) 63.15, 3. Guterac (Cerritos) 63.63, 4. Thiebaud (Fullerton) 64.51, 5. Lawson (Diablo) 65.88. 200: 1. Frevost J. Lawach (Liebto) 5-26. 2001. Provisit (LA Valley) 92.58, 2. Vance (El Camino) 25.15, 3. Grisby (Kings River) 25.48, 4. Dawson (San Joa-quin) 25.57, 5. Whatley (Redwoods) 25.60, 3000: 1. Krieger (Grossmont) 10.13.90, 2. Rosebach (Ventura) 10:25.90, 3. Boyles (Bakersfield) 10:29.73, 4. Hanson (Hanoock) 10:33.91, 5 Loveal (Hanoock) 10:41.49, 1600mR: 1, El Camino 3:49.81, 2, Redwoods 3:58.59, 3, Modesto 3:59.14, 4, Sierra 4:00.11, 5. Fullerton 4:04.16. 5000: 1. Aláns (San Die go Masa) 17:00.81, 2. Rossbach (Ventura) 17:55.93, 3. Howden (MtSAC) 18:13.24, 4. Allamby (Am Riv-3. nosoer (m.c.n.c.) 16.13.24, 4. Americy (AM Hiv-er) 18.14.88, 5. Boyles (Bakersteld) 18.19.97. Hep-tathion: 1. Diehl (San Mateo) 4962, 2. Wison (Am River) 4584, 3. Markingki (Fullerton) 4311, 4. Twist (Bakersfield) 4179, 5. Gilles (Glendale)

ROAD RACING

Crescent City Classic

April 15. New Orleans, 10,000 Road Race.

Arturo Barrios returned to New Orleans April 15 to win his second Crescent City Classic 10,000 Meter Road Race in a fast 27:50, defeating one of the strongest men's 10K fields ever to meet on the American roads. The Mexican champion had won at Crescent City in 1986 but had to settle for secand last year.

Warm temperatures and near 100% humidity prevented any serious challenge of Mark Nenow's stillstanding 27:22 point-to-point world best set in New Orleans in 1984

Sylvia Mosqueda of California won a decisive 3232 victory over a talent-packed women's field which included two-time Crescent City champion Wendy Siy of Great Britain and Russian Olympic medalists Olga Bondarenko and Yelena Zhugiyeya.



ARTURO BARRIOS

Photo by Spielman

Joseph Nzau of Kenya shallered the world record for masters men (40 & Over) with an incredible 28:09 seventh place overall Inish. Having turned 40 only the day before the Classic, Nzau wasted no time in knocking 55 seconds off the previous masters 10K world best

Arturo Barrios was satisfied to lead the seconday pack through the early miles of the 6.2 mile route from Jackson Square in the New Orleans French Quarter to Audubon Park in the garden disrick. John Halvorsen of Norway and Keith Branty from Gainesville, Florida, did the front running.

If think everybody waited for the right time to

make a move," explained Barrios after the victory Making his move at 4 1/2 miles proved to be the correct call as he pulled away and maintained a comfortable margin to the first fine. The way netled Barrios a smooth \$6,000.

Australia's Andrew Lloyd emerged from the rest of the pack to take second in 28:00, just one second ahead of Halvorsen who claimed third in 28.01. Fourteen men finished under 29 minutes descrite the lough conditions

The outcome of the women's race was in serious doubt at the four-mile mark as Sylvia Mosqueda, the 1988 NCAA 10,000 meter champion, considered dropping out of the race.

"I looked back and saw Wendy Sty breathing really hard. She looked like she was in pain, and I didn't see anybody behind her, so I kept going," Mosqueda said after claiming her first Crescent City win and a check for six grand.

Sly, the 1984 Olympic 3,000 meter silver medalist, suffered a calf sprain in mid-race causing her to strupple through the final miles to the park. Siv sall holds the course record of 31:29 set in 1983. It was world best at the time. This year Wendy would finish second in 32:50, followed by New Zealand Olympian Christine Pfitzinger in 32:59.

Olga Bondarenko, the Russian Olympic 10,000 me-ter gold medalist at Seoul, was fifth in 33:11 behind Nashville's Diane Brewer (33:07). It was Olga's third 10K race in two weeks in which she finished fifth to close out a U.S. tour with her fellow teammates Yelena Zhupiveva and Natalya Artyomova. Gabriele Andersen won the women's masters divi-

sion in a solid 35:20. Andersen is from Switzerland and resides in Sun Valley, Idaho. Barbara Filutza of Erie, Pennsylvania, was second in 35:46.

A record 31,000 plus runners and walkers participated in the 11th annual Crescent City Classic sponsored by The Times-Picayune. The race has grown by leaps and bounds since the first Classic in 1979 drew 912 nanows

The world-lamous Crescent City Classic postrace party along the Mississippi River behind the Audubon Zoo provided the backdrop and more than 30,000 wedding guests for the marriage of Paul Au-orin and Judi Ford from Thibodaux, Louisiana. Aucoin, who had just run 37:15, and Ford, 47:30, were pronounced man and wife by Judge Dennis Waldron, who had no 4234

"Tell me." said Aucoin, "how many people can claim they had 30,000 at their wedding reception and didn't have to pay for it! The march down the aisle covered almost seven miles." That included the walk to the awards stage from the firish line. It was a great beginning.

Overall Mon's Results

1. Arturo Barrios 27:50, 2. Andrew Lloyd 28:00, 3. John Halvorsen 28:01, 4. Steve Binns 28:02, 5. Mar-fin Pitayo 28:05, 6. Keith Branthy 28:07, 7. Joe Nzau 28:09, 8. Dionicio Seron 28:13, 9. Yobes Ondielo 28:15, 10 Jim Cooper 28:18.

11. John Dohorty 28:25, 12. Patrick Sang 28:44, 13. Leonardo Reyes 28:54, 14. John Gregorek 28:59, 15. Francisco Pacheo 29:02, 16. John Bowden 29:13, 17. Martin Mongradon 29:14, 18. Carl Thachery 29:15, 19. Sammy Ngatia 29:15, 20. John Sherban 2924

atere Men: 1, Joe Nzau 28:09, 2, Wilson Wiagwa 30:33, 3. John Custy 31:14.

Oversill Women's Results
1. Sylvia Mosqueda 32:32, 2. Wendy Sly 32:50, 3. Christine Pfitzinger 32:59, 4. Diane Brewer 33:07, 5. Olga Bondarenko 33:11, 6. Marie Trujillo 33:14, 7. Carolyn Schuwalow 33:34, 6, Lisa Reed 33:49, 9. Natalya Artyomova 33:50, 10. Yelena Zhupiyeva

11. Naureen Roben 34:12, 12. Ulla Marquette 34:17, 13. Joy Smith 34:46, 14. Cyndis Welte 34:48, 15. Marta Jimenez 35:09.

Masters Women: 1, Gabriele Anderson 35:20, 2. Barbara Fikitze 35:46, 3. Kathy Hardy 40:26.

Run for Fitness

April 15. Duarta 5K & 10K

Division Results - Men's SK 13 & Under: 1. Alex Castaneda 19:37, 2. By Estrada 22:08, 3. Chris Nielsen 23:17, 14-17; 1. Marcus Van Doren 18:07, 2. Aron Miler 18:12, 3. Paul Wilson 19:09, 18-24; 1. Xavier Vega 18:24, 2. Aaron Rodriguaz 19:19, 3. Leonard Sheneberger 20:15, 25-29: 1. Art Molina 16:19, 2. Filemon Rojas 17:27, 3. Carl Fa-bian 18:15, 30-34: 1. Dan Flores 17:58, 2. Fran De-lach 18:55, 3. Christopher Garcia 19:19, 35-39: 1. Walt Hitt 17:39, 2. Steve Tarbell 18:40, 3. Darvill Fisher 19:51, 40-44: 1. Glenn Gorelick 18:37, 2. Addto Padita 19.07, 3. Ty Gaffney 19:42, 45-49: 1. Phil. Ryan 16:47, 2. Rich Cooper 18:11, 3. George Anderson 18:49, 50-54: 1. Joseph Umbro 19:14, 2. Pele Savitz 19:21, 3. Sam Muller 20:41, 55-59: 1, Jerry Wifters 20:19, 2. George Burnett 21:02, 3. P. Alexander 21:07. 60 & Over: 1. Larry Banualos 20:38. 2. Dan Lujan 21:57, 3. Ray Thorne 22:15.

Division Results - Women's 5K 13 & Under: 1. Lea Ann Roach 38:59, 2. Jennifer Bernatow 39:55, 3. Kelli Nielsen 41:12, 14-17: 1. Jeannette Dover 25:57, 2. Patty Gallego 26:08. 3. Dania Kuczmierczyr 27:13. 18-24: 1. Carolyn Richards 19:01, 2. Elizabeth Jaime 20:27, 3. Maria Loera 23:15, 25-29: 1. Frances Hart 20:17, 2. Lynette Olson 23:39, 3. Carol Kozlovich 24:33, 30-34; 1, Kathy Hart 21:32, 2. Carole Corella 22:20, 3. Anne Brown 27:17, 35-39: 1. Margaret Finlay 21:28, 2. Christ Sutherland 24:04, 3. Delores Marrique 24:59. 40-44: 1. Eszabeth Bair 20:54, 2. Barbara Reukema 23:07, 3. Eva Gural 23:23, 45-49: 1. Nancy Gough 26:57, 2. Sylvia Trowbridge 27:11, 3. Linda Fernandez 28:49, 50-54; 1. Murial Cipov 24:43, 2. Mary Seinas 28:49, 3. Delores Vega 29:12, 55-59: 1. Ann Drury 30:33, 2. Lupe Castaneda 32:02, 3. Ellen Olivas 33:44, 60 & Over: 1. Lucy Byers 35:15.

Division Results - Men's 10K 14-17: 1. Bil Kidder 37:20, 2. John Kauffman 38:12. 3. Mark Howlett 39:00, 18-24: 1. Teddy Contreras 39:50, 2. Jesse Villa 41:42, 3. Jeff Emanuelli 43:25. 25:29: 1. Dan Burton 35:45, 2. Chris Lephrich 39:21. 3. John Caro 39:45, 30-34: 1. Vince Macias 35:36, 2. Bob Wilder 36:16, 3. Juan Oxintana 37:27, 35-39: 1 Gary Foltz 33:24, 2. Takashi Yagisawa 35:16, 3. Enrique Serratos 35:29, 40-44; 1, Wayne Mitchell 38:02, 2. Fred Doubel 38:26, 3, Jose Estrada 40:28. 45-49: 1. Fred Grewen 38:42, 2. Joseph Scalzo 40:56, 3. Bill Costello 43:32, 50-54: 1. Carlos Valle 38:11, 2. Kurt Trieselmann 44:18, 3. Baldomero Pe-draza 45:44, 55-59; 1. Sam Mayo 39:54, 2. Bob Strobel 45:16, 3. Emilio Chavez 46:29, 60 & Over: 1. Bob Koch 45:32, 2, Leo Prado 47:40, 3, James Adama 51:15

Division Results - Women's 10K 14-17; 1. Franka Boras 42:34, 25-29; 1. Sandra Dettmann 45:47, 2. Nancy Lares 48:14, 3. Mary Taylor 55:31:30-34: 1. Heather Dibdin 41:19, 2. Coleen Fitz-gerald 42:53, 3. Laurie Land 44:49, 35-39: 1. Rochelle Turner 57:15, 2. Elizabeth MacKey 58:02, 3. Sand Pulhz 1:08:43, 40-44; 1, Adell Williams 46:05, 2. Rossmary Baldazo 50:54, 3. Shirley Konya 54:19. 45-49: 1. Cecily Parke 44:02, 2. Ronda Garcia 50:05, 3. Raquel Magana 52:04, 50-54: 1, C.T. Kinman 1:16:27, 2. Audrey Molfat 1:21:24, 55:59; 1. Elaine Herfert 52:15, 2. Shirley Lawrence 1:00:04. 60 & Over: 1. Mildred Swinder 1:04:30.

Schoolpower 10K Classic

April 15. Laguna Beach. Overall Results - Man

1. Jeff Dottmer (28) Anaheim 30:47, 2. Chris Hobson (20) 31:50.9, 3. Gus Quinonez (23) 31:52.9.

Overall Results - Women 1. Mariha Merz (26) San Diego 36:01, 2. Elizabeth Vitaiis (24) 37:49, 3, Harolane Walters (46) 38:20. Division Results - Man

10 & Under: 1. Jarrod Garritosn 37:22, 11-14: 1.

James Garrison 35:00, 15-18: 1, Philip Demontony 33:24. 19-29; 1. Jell Detimer 30:47, 30-34; 1. George Mason 32:35, 35-39; 1, Enrique Alvarez 32:05. 40-44: 1. Ron Ogilvie 35:37. 45-49: 1. Tom Burns 32:59. 50-59: 1. Pablo Prietto 33:02. 60-69: 1. Richard Langelle 45:37, 70 & Over: 1, Walt Kuetzing 52-44

Division Results - Women

10 & Under: 1. Heather Garritson 40:13, 11-14; 1. Angle Hansen 42:36, 15-18; 1, kins Diaz 45:58, 19-29; Martha Merz 36:01. 30-34: 1. Elaine Rutkowski 1:31.35-39: 1. Trish Pierson 39:18. 40-44: 1. Sandy Carter 41:07. 45-49: 1. Harolene Walters 38:20. 50-59: 1. Judy Demenno 52:21, 60-69: 1. Lois Edds

Crespi Celt Classic

April 16. Woodland Hills. 5K & 10K Division Results - Mon's 5K

12 & Under: 1. Dan Keele 23:51, 2. Sean Lalley 23:57, 3. John Mare 24:41, 13-15: 1. Bryan Meloyer 19:55, 2. Mike Robinson 21:32, 3. Jim Olguin 23:02. 16-20: 1. Colin Pratt 17:14, 2. Arturo Quesada 18:12, 21-30: 1. Nick Trozzi 18:18, 2. Mike Wood 1820, 3, Joe Gould 19:07, 31-40; 1, Michael Guidarelii 22:34, 2. Michael Alexander 22:50, 3. Howard Peck 24:03, 41-50; 1, David Marder 15:03, 2, Fred DeFinney 26:38, 3. Dwight Hunt 26:53: 51-60: 1. Da-vid Martin 27:59, 2. John Burns 29:27, 81 & Over: 1. Robert Albin 33:28, 2. Robert Romain 34:16.

Division Results - Women's 5K 12 & Under: 1. Cristina Quesada 26:17, 2. Florence Lim 26:28, 13-15: 1. Meessa Parker 27:03, 2. Maureen Keele 32:50, 3. Christine Votting 32:55. 18-20: 1. Esperanza Marinez 26:10, 21-30: 1, Tami Forsyst 20:34, 2. Senone Van Egmond 29:07, 31:40; 1. Jil Mallery 27:31, 2. Mary Raymond 28:01, 41:50; 1. Leslie Stephan 26:03, 2. Susan Davis 33:28, 3. Brenda Martin 34:55.

Division Results - Man's 1000 13-15; 1. John Lim 42:41, 2. Mike Buck 43:28, 3. Sean Burns 43:34, 16-20; 1, Kenneth Schuberg 34:48, 2. Stelen Montag 35:08. 21-30: 1. Luis Suarez 43:48, 2. James Bononi 44:58, 3. Brian Whitten 45:35, 41-50; 1. Tom Sumner 45:38, 2. Paul Davis 47:15, 3. Leonard Olguin 47:24. 51-60: 1. John Van Egmand 50:28, 2. Berry Boston 50:59, 3. Doug West 52:33, 61 & Over: 1. Robert Albin 52:35.

Division Feaults - Women's 10K 21-30: 1. Daten Bovingdon 45:36, 31-40: 1. Suann Maier 47:08, 41-50: 1. Suann Porter 47:19, 2. Lillian Tallman 53:04, 51-60: 1. Darlers Pelersion 57:08.

Earthquake Day 10K

April 16. San Mateo.

Everyone knows that in April of 1906, "The Big One" occured. Annually, San Mateo County and San Mateo County Employee Credit Union host



RICK BRUESS Photo by Gene Cohn Productions

Pacific Sun 10K (PA-TAC Masters LDR Championships)

BY MARK WINITZ

May 29. College of Marin, Kentfield.

In its 12th year this popular road race through the flat suburban neighborhoods of Kentfield, Larkspur, and Ross in Marin County took a giant leap toward the top of looming Mt. Tamalpais, It's amazing what a hard-working race organization and over \$5,500 in prize money plus performance bonuses can do for a race. This version produced exemplary competition in both the open and masters categories. and gave everyone lots of reasons for

Run in almost ideal, temperate-butsunny conditions, the race produced a depth of fast times that brought back memories of Northern California's Penotin 10K, which we can only wistfully recall.

For the past several years, race director Kees Tuinzing has concentrated on making Pacific Sun one of the top masters roads races in the country. By offering over \$3,100 in prize money in the masters divisions, once again securing the bid for the race to serve as PA-TAC's Masters 10K Championship, and then by adding masters course record incentives-Tuinzing got the race he had counted on in the older ranks. But he also got more than he had bargained for, as more than a flurry of top younger competitors (particularly on the men's side) decided it was time to go head-to-head in the shadow of Mr. Tam.

But it was, ostensibly, the masters' day, so that's where we'll begin, 1988's master multi-award winner, Laurie Binder, was on the starting line despite a strep throat and a heavy racing schedule Well-traveled, Laurie was determined to continue her support of racing on the local scene by participating. The prospect of her inside shot at some duel earnings in both the women's masters and open categories was virtually undisputed. But the defending PA-TAC Masters Champion (secured in this same race last year) would have a bit of a challenge. A certain New Zealander named Heather Matthews, age 42, a 1978 Olympic silver medalist in the 3,000 and a former student of coach Arthur Lydiard was in town on a U.S. tour, visiting her friend Joan Ullyot. The Auckland interior designer was in shape, as demonstrated by a 34:35 performance a week before at the Revco-Cleveland 10K.

Following the gun for the women's start (5 minutes after the men's), the master twosome stuck like alue for 3 miles behind front runner Robyn Root and defending champion April Powers. "I didn't think Laurie was going particularly well, so I decided that I'd make a break at that stage," related Matthews. "I managed to pick up April at 4 miles, which really helped. She tried to get away but I stuck with her."

It wasn't until the last 300 meters finishing on the College of Marin track, that Powers broke the Kiwi. Final results: 1-Root (33:35; 9-seconds off Powers CR set last year), 2-Powers (34:23), 3-Matthews (34:30), and 4-Binder (35:12), 3rd place 40+ woman, Joan Colman (36:49) finished 10th overall

Matthews had a nice pay day (\$600). picking up \$200 for topping the 40-49 age group, another \$150 for 3rd overall, \$50 for a sub-36, and an additional \$200 for breaking Binder's master's CR of 34:57 set last year. Laurie received \$200 in PA-TAC prize funds for 1st PA-TAC master, plus \$100 for 4th overall. Root and Powers received \$500 and \$200 respectively.

The men's masters race was decided early on-by a shoelace. Less than a mile into course, the shoe of defending masters champ Steve Ferraz came untied. He stopped, momentarily, to tie it, but the pause let co-leaders Bill Sevald and Sall Vasquez get away, Jerry Jobski, James Press, and David Furst, also, came roaring

"I ran the next mile in about 4:50 trying to catch them, but it just killed me." Ferraz said. "It took everything out of me.

A half mile later Sevald took control and passed 5K in 15:38, followed by 49-year-old Vasquez, and newly turned master Press. That order was retained through the tape: Sevald (31:45, \$200), Vasquez (32:08, \$100), Press (32:43, \$75). Ferraz (32:56, \$50) caught Jobski (33:01, \$25) on the track and swept by him, wrapping up 4th

"I was kind of surprised," said new masters champ Sevald, "because I've had a cold the past of couple of days. But I can't argue (the outcome). The race went fine. ran very evenly."

In the other masters divisions, Darryl Beardall (34:50) continued his domination of the 50-54 ranks. Pennsylvania's master phenom Norm Green (33:22) tied Alex Ratelle's M56-59 AR, Ironman triathlete Dave Stevenson (38:34) topped the 60-64 proup, Gary Toii (44:43) the 65-69ers, and Don Lundberg (46:58) the over 70s. 80year old Mel Shine took 2nd in the 70+ OWN

Soon-to-be Dipsea winner, Eve Pell (39:48) thumped the 50-54 women, indefatigable Marion Irvine (42.25) did the same among the 55-59 competitors (look that one up. Marionil). Kit Pickles (51:36) headed age 60-64 women on no speedwork, and Jackyn Caselli (49:15) topped the currently listed TAC F68 AR in the 65-69 group.

Among the open men, the race was a burner. The best crop of California men seen in the same field for some time showed up to duke it out. Track man Jay Marden, getting in some road racing prior to a 10,000 bid at the upcoming Track & Field Nationals, used a series of surges mid-race to break last year's winner Danny Aldridge, Carmelo Rios, Kenya/Van Nuy's Sam Obwocha, and Ivan Huff-as 16 men went sub-31 and 9 sub-30. Marden's winning 29:09 broke the course record, earning him \$700 all told.

"We came through 5K in a pretty slow 14:42," recalled the former Cal-Berkeley miler. *I was feeling pretty good. Heck, in another month (at TAC Nationals) fm ooing to have to go out in 13:50. But when put in a surge and then looked over my shoulder, I couldn't believe it. There was Danny (Aldridge), it's great that he's coming back. I'm happy for him. Carmelo (Rios) went with us, too. At 4 miles I put in another surge, and Carmelo started to drop off then. At 4-1/2 I made another move and that got me home free."

Aldridge (2nd, 29:02) even surprised himself with his performance. The owner of a 3:38 1,500 and 13:30 5,000, and now 33. he has revised his training and suddenly popped back into top placings. This was a truly stellar field," admitted Danny. "I got here and I said just let me get in the top ten. What's happening is that I've eased off on my training mileage and I'm just racing. It looks like it's paying off."

The PA-TAC team competition among masters had race host Tamalpa (who were providing race volunteers) taking 1st in both men's and women's Senior divisions and 2nd in the men's 40+. (Additional team and individual results are shown below.)

With a total increase in the overall field (1,331 finishers), and renewed credentials as an excellently organized race that produces fast times and royal treatment for every runner-Marin's Pacific Sun looks like its days in the springtime pacific sun are just beginning.

RESULTS

Overall - Men

1. Jay Marden 29:09, 2. Dan Akhidge 29:22, 3. Carmelo Rios 29:30, 4. Sam Obwocha 29:38, 5 Ivan Huff 29:17 6 Derrick May 29:40 7 Rich McCandless 29:46. 8. Alan Dehlinger 29:50, 9. John Moreno 29:52, 10. Tyrus Daminter 30:06

Division Day sto, Man

5-18; 1. Peter Johnson 36:05, 2. Bruce Lin 37:02, 3. Sylvester Coons 37:27, 19-29; 1. Jay Mardan 29:09, 2. Carmelo Rice 29:30, 3. Sam Obwocha 29:36.30-34: 1. Dan Aldridge 29:22. 2. Derrick May 29:40, 3. Rich McCandless 29:46, 35-39: 1. Mke Lundblad 31:21, 2. Don Paul 32:02, 3. Robert Nexander 32:23. 40-44: 1. Bill Sevald 31:45, 2. James Press 32:43, 3. Steve Ferraz 32:56, 45-49: 1, Sal Vasquez 32:08, 2 Jon MacPherson 33:46, 3. George Mason 34:05, 50-54: 1. Darryl Beardall 34:50, 2. Tom Mota 35:31, 3. Carlos Acuirre Salzzar 36:10. 55-59: 1. Norm Green 33:22, 2. Everett Riggle 37:42, 3. Morton Gray 37:54. 60-64: 1. Dave Stevenson 38:34, 2. Boyos Jacques 38:53, 3. Joe King 39:19. 85-89: 1. Gary Toji 44:32, 2. Robert De Chene 45:25, 1. Flory Rodd 50:02, 70 & Over: 1. Don Lundberg 46:56, 2. Mei Shine 51:04, 3. Ted Flagg 54:03. Oversil-Women

1. Robyn Root 33:35, 2. April Powers 34:23, 3. Heather Matthews 34:30, 4. Lauris Binder

35:12, 5. Bev Marx 36:16, 6. Nan Hall 36:29, 7. Elsa Pizarro 36:30, 8. Robyn MacSwain 36:39, 9. Susan Putney 36:41, 10. Joan Colman 38-49

Division Results - Women

5-18: 1. Wendy Beardal 44:57, 2. Sherinah Underhill 53:56, 3. Jennifer Haddon 57:08. 19-29: 1. Robyn Root 33:35, 2. Elsa Pizarro 36:30, 3. Robyn MacSwain 36:39, 30-34: 1. April Powers 34:23, 2. Nan Hall 36:32, 3. Pauline Brown 37.52. 35-39: 1. Bov Marx 36:16, 2. Wink Lu-skin 36:03, 3. Bockie Simmie Kesecker 39:05. 40-44: 1. Heather Matthews 34:30, 2. Laurie Binder 35:12, 3. Janet Jordan 37:06, 45-49; 1, Joan Colman 36:49, 2. Barbara Miller 38:39, 3. Margie Lindsey 39:59. 50-54; 1. Eve Pell 39:46, 2. Vichi Bigelow 41:15, 3. Heidi Skaden 41:57, 55-59; 1. Marion Irvine 42:25, 2. Marty Maride 46:57, 3. Daris Aranson 47:13, 60-64: 1. Kit Pickles 51:36, 2. Liese Rapozo 56:42, 3. Pat Hale 58:48, 65-60: 1. Jackyn Caselli 49:15. 2. Els Tuiruring 54:59.

Team Results-Men

Masters: 1, Excelsior, 2, Tamaips, 3, West Valley Joggers & Striders, Senters (50+): 1. Tamalpa, 2, WVJ&S, 3. Lake Merritt Joggers & Striders. Super Seniore (60+): 1. Lake Merri

Team Results-Women

Masters: 1. Impala, 2. West Valley TC, 1 Highland Striders, Seniors (50+): 1, Tamelor 2. Impalas, 3. NorCal Seniors. Super Senior (60+): No team scored.

Earthquake Day as a means of awareness and rememberance. Earthquake Day consists of a 10K Race, a 12 mile recreational bike ride, a 6 mile or 3 mile skide and an Earthquake Awarness Expo.



LINDA RACINE Photo by Gene Cohn Productions

arthquate Day participants come to enjoy one or ampliance tay paracipants come to enjoy one or one of the times activities on beautiful Sawyer amp Trail (which crosses the San Andreas autime) and has explore the expo. All proceeds he want, go to the main lanence and upkeep of the want, go to the main lanence and upkeep of the want, go to t PG & E. Almambra Water, Pacific Bell, K101 lio, San Maleo Police Dept., San Maleo County riff's Dept. Red Cross and many others proexhibitions and free information on Earthquake

is the stride and the bike events are recreathe 10K race offers compession. The winthis year's race were Rich Bruess with a 12:02 and Linda Racine with a 36:29.

Overall Results

Mon: 1 Rick Bruses 3202, 2 Fady Maik 1. Dan Hartmaz 3241.

omer: I. Linda Racine 34:29, 2. Katherine 44.1. Laure Bruese 36:53. 11. Gabriel Sandoval 33:40, 2. Dave

911 Dunn 34:32. 1. Judith Russo 4257, 2. Patricia

Yole Mawson 45:33. State of the 15:37, 3, 5:42, 5

Women Stateman

Marina Run Principle library 1 there the bound of the b

Control of Control 24 A 3 Control 24

Cherrington 19:06, 3. Tom Davis 20:30. 55-58: 1. Chemington 19:06, 3. Tom Davis 20:30, 55-58: 1. Dete Alexander 19:33, 2. Ed Petiteier 19:48, 3. Bob Gerlach 21:47, 60-69: 1. Gunnar Brickner 18:29, 2. Oxincy Honaker 26:40, 3. George Rhett 27:50, 70-70: 1. Fred Shanley 26:17, 80 & Over: 1. Jacob Bishin 35:57

Overall Results - Women

 Nancy Bowman Results - Women
 Nancy Bowman 16:21, 2, O'Brien 17:27, 3, Karen Cadahan 17:57, 4, Teri Godea 18:45, 5, Tammy Batterton 18:53, 6, Shery Earler 19:22, 7, Alice Ramirez 19:39, 8, Tra Vae 19:55, 9, Lynne Plamback 20:19, 10, Bend Lans 20:44. back 20:12, 10. Bacci Lane 20:44. Ohision Results - Women

10 & Under: 1. Morica Prelle 21:05, 2. Stephany Lotinan 21:26, 3. Adriana Contraras 21:54, 11-14: 1. Elizabath Poduska 21:10, 2. Marisa Bueno 21:58. 3. Krissy Schranz 22:00. 15-18: 1. Robin Heidt 20:45. 2. Annellarie Donfilo 24:33. 19-24: 1. Nancy Bow-man 16:21, 2. Inez Richards 21:06, 3. Plar Castano 22.32 25.20: 1. Tra Vae 19:55; 2. Beod Lane 20:44, 3. Km Jones 21:31, 30:34; 1. Karen Calishan 17:57, 3. Km Jones 21:31, 30:34; 1. Karen Calishan 17:57 S. han vorse 21:31, 30:381 1. Raren Catahan 17:57.
 Z. Tannny Batterton 18:53, 3. Loretta McCarney 22:13, 35-38; 1. Ten Godes 18:45, 2. Lyrne Plambeck 20:12, 3. Deborah Bether 20:55, 40-44:1. Cornect 20:12, 3. Deborah Bether 20:12, 3. Deborah Bether 20:13, 30:381. line Solvatz 21:01, 2. Julie Andolsek 22:26, 3. Lynne Wright 23:17. 45-49: 1. Patricia Koller 25:07. 2. Su-San Cross 25:43, 3. Susan Smith 26:17, 50-54: 1. Alice Ramiraz 19:39, 55-59: 1. Betty Crosby 25:20.

Indian Valley X-C April 16. Hovato.

Overall Results

1. Leon Shordon (20-29) 26:37, 2. Pelar O'Reilly (30-34) 27:00, 3. Tory Scardina (20-29) 27:41, 4. Greg Johnson (20-29) 28:24, 5. Butch Alexander (35-39) 28:30, 6. Doug Butt (40-49) 28:55, 7. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-34) 29:05, 8. Darry Bardal (50-50, 20-15, 6. Michael Lopez (30-50, 20-15, 6. Michael Lo 59) 29:15, 9. Ken Rhodes (13-15) 29:28, 10. Ranald Brown (30-34) 29:36.

11. Bradford Bryon (30-34) 29:38, 12. Slaphen 11. Brailrot Bryon (30-34) 20:36, 12. Stephen Stafford (20-29) 29:54, 13. Bruce King (30-34) 29:59, 14. Dino Daniels (13-15) 30:00, 15. Ron Sy-mores (20-29) 30:07, 16. Dos Scial (35-39) 30:22, 17. Masashi Myojo (16-19 31:01, 18. Clay Taylor (30-34) 31:05, 19. Mike Taylor (20-29) 31:06, 20. Tama-ra Gonzalez (20-29) 31:08.

Santa Monica Pier Runs April 16. Santa Monica. SK & 10K.

Overse Results - 5K

Overal Results - SK

1. Harold Kelling (35) 15:20, 2. Tony Berbino (24) 16:05, 3. Donald Cioer (23) 16:16, 4. Dror Ben Ami (18) 16:20, 5. Kamel Guerbaou (30) 16:30, 6. Shophen Keyea (39) 16:35, 7. Erick McBride (18) 16:36, 8. Gabriel Sanchez (19) 16:37, 9. Gianni Carpani (41) 16:40, 10. Lix Astanada (23) 16:40.

Division Results - Men's SK 17 & Under: 1. Sean Scruggs 17:01, 2. Justin Malino Sky 18:56, 3. Benjamin Nagin 19:44, 18:20; 1. Tony Gerbino 16:05, 2. Donald Cicari 16:16, 3. Dror Ben

Gerbino 16:05, 2. Donald Ciceri 16:16, 3. Dror Ben Ami 16:20, 30-34: 1. Kamal Gusrbacui 16:30, 2. Anii 16:20. 30-34: 1. namer Guerbacor 10:30, c. Gary Rodgers 16:49, 3. Roberto Rivas 17:22, 35:30: 1. Harold Ketting 15:20, 2. Stephen Keyes 16:36, 3. David Looks 17:54, 40-44: 1. Gianni Carpani 16:40. 2. Kenneth Perry 18:57, 3. Ernest Aguirre 19:07. 45 49: 1. Neil Doherty 16:46. 2. Larry Templeman 20:33, 3. Barni Schoentag 22:00. 50:59:1. Sonny Monioz 19:00, 2. Pete Savitz 19:28, 3. Peter Lewis 21:04. 60 & Over: 1. Leonard Walts 20:03, 2. Fred Goldman 21:47, 3. Norman Pel 25:18.

Division Results - Women's 5K & Under: 1. Heather Busby 20:38, 2. Cynthia

n 23:13, 3, Geneviewe Debose 23:27, 18-29: 1, nen Cardenas 17:30, 2, Holly Addey 19:09. n 21:07. 30-34: 1. Debbie Cobb 20:52, 2

1 22:40, 3. Piper Pool 23:14, 35-39: 1 117:56, 2. Janice Bermann 22:19, 3. 239. 40-48: 1. Nela Zundel 22:12, 2 1.3. Joanne Kendrick 26:44. 45-22:00, 2. Hannelore Fowler

24:49, 3, Maria Hargett 25:42, 50-59; 1, Carole Davis 22:24, 2. June Ruggles 25:47, 3. Polly Benson

Overall Results - 10K

1. David Olds (27) 31:18, 2. Robert Rendon (28) 32:33, 3. Salvador Vargas (24) 33:18, 4. Chris 32:33, 3. Salvador Vargas (24) 33:18, 4. Chris Pesaman (21) 33:21, 5. Harry Harris (33) 33:26, 6. Barry Motony (38) 33:29, 7. Tiappa Jose (29) 33:42, 8. Stores Schuman (26) 33:46, 9. Mark Division Results—Man's 10K 17 & Under: 1. Paul Kiers 36:57, 2. Kovin Greenberg 39:52, 3. Cus Harper 40:14, 18-20; 1. David Okla

39.52, 3. Gus Harper 40:14, 18-29; 1. David Olds 35:18, 2. Robert Rendon 32:33, 3. Salvador Vargas 31:18, 2. Robert Rendon 32:33, 3. Salvador Vargas 33:18, 30:34:P 1. Harry Harris 33:28, 2. Rob Farley 34:33, 3. Paul Carr 34:37, 35:39; 1. Barry Molony 34:39, 3. Paul Carr 34:37, 35:39; 1. Barry Molony 33.29 2. Mark Hempfell 34:24, 3. Takashi Yagi-33:28 Z. Mark Frempres 34:24, 3, Takasin Fagin Sawa 35:13, 40-44; 1, John Mossbacher 37:11, 2 Bruce Geddes 37:56, 3, Juan Cueva 38:17, 45-40; 1, Bruco George 37.50, 3. Start Copya 36:17, 40-46:1. Philip Wright 35:18, 2. George Kingsley 36:15, 3. J.P. Theveny 40:52, 50-59: 1. Harry Panteles 39:03, 2. Jerone Dobson 41:46 3. Jerome Dobson 41:49, 60 A Over: 1. Larry Banuelos 42:46, 2. Ellis Revness 45:31, 3. Martin Prok 51:26.

Division Results - Women's 10K 17 & Under: 1. Carrie Ognibene 45:26, 2. Janie Cap-17 a Uniter: 1. Carne Opinione 45:26, 2. Jane Cap-pard 47:11, 18-29; 1. Cornelia Berthold 39:15, 2. Ann Shephardson 40:25, 3. Sheri Olson 40:54, 30-34; 1. Sneptiar duzi 40.20, 3, Snept Cascal 40.04, 30.04: 1 Karon Carpani 37:29, 2, Kate Wiley 43:21, 3, Hole-Naron Carpani 37 24 2 Nase Wiley 43 21 3 11666-na Hardre 44:02 35-39: 1. Ariene Ucinski 41:30, 2. Share Reeves 45:06, 3. Beverly Webman 47:26, 40-44; 1. Marygai Brauner 41:01, 2. Joy Blevins 46:17. 44: 1. Maryoar brauner 41:01, 2 Joy crevers 40:17.
3. Magdalena Ludwig 47:12, 45-49: 1. Karin Hand-sakar 45:24, 2, C. Digiambatista 47:07, 3, Lynne Anderson 47:43, 50-50: 1. Mariyn Clark 48:46, 2, Abuko Fujimoto 50:19, 3, Joan Keppel 55:23, 60 & Over: 1. Helen Dick 46:34.

MBA Challenge for Charity

April 22. Starrford University. 10K & 5K. Oversit Results - Man's 10K

. Bob Brennard (27) Los Angeles 31:51, 2. Brian Bob Brennard (27) Los Angeles 31:51, 2. Brian McGuire (30) Berkeley 32:09, 3. Crispin Hetherington (28) Berkeley 33:18, 4. Jay Johannesen (26) Berkeley 33:28, 5. Per Lindberg (27) Palo Alto 33:28, 6. Mark Depae (26) Los Angeles 33:41, 7. Rohan Zaveri (23) Stanford 33:42, 8. Daniel Fernandez (22) Stanford 33:45, 9. Bill Clements (33) San Jose Seattle 33:50, 10, Dan Johnson (33) San Jose

Overall Results - Women's 10K

1. Joanne Ernst (30) Palo Alto 36:29, 2. Shellie
Onstead (27) Berkeley 39-07, 3. Lorena Ferreira (21) Belmont 39:09. 4. Donna McKennon (20) Bel-(21) demois 39:00, 9. Demois Microenter (20) demois 39:16, 5. Karen Chequer (31) 39:37, 6. Susan Bear (25) Menlo Park 39:37, 7. Susan Horsimeyer isaer (co) Mento Park 39:37, 7, Susan Horstmeyer (20) Mento Park 40:21, 8, Kathisen Schoenfelder (26) Mento Park 40:57, 9, Katie Scott (36) Santa Cruz 40:59, 10. Nancy Howe (34) Phoenix, AZ.

Division Results - Men's 10K

5-18: 1. Jeffrey Cole 37:32 2. Eric Pihl 42:36, 3. Chem Ear 44:59, 19-29: 1. Bob Brennand 31:51, 2. Crispin Hetherington 33:18, 3, Jay Johannessen 33:26, 30-39: 1. Brian McGuire 32:09, 2. Bil Cle-33:50, 3. Dan Johnson 33:52, 40-49: 1. Michael Herness 35.28, 2. Jm Minami 36:12, 3. Robert Chaer Permess JS-20, 2. Jm nenami 36-12, 3. Hobert Sakai 36-21, 50 & Overt 1. Roger Bryan 36-47, 2. Dave Steverson 39:37, 3. Ron Kowacs 41-43.

Division Results. Women's 10K 18-29: 1. Shelfe Onstead 39:07, 2. Lorena Ferreira 39:09, 3. Donna McKennon 39:16, 30-39: 1. Joanne Ernet 36:29, 2, Karen Chaquer 39:37, 3, Kaše Scott crinet 30-29, 2. Karen Chequer 39-37, 3. Kabe Scott 40-59, 40-49; 1. Bonnie Harvey 49-36, 2. Sarah Nor-ton 49-38, 3. Marie Doalrain 50:57, 50 & Over: 1. Mariyn Elmer 50:55, 2. Halle Heurit 51:16, 3. Susan

Overall Results - Men's SK 1. John Hornbrook (25) Stanford 15:35, 2. John Hoch (26) Palo Alto 15:49, 3. Chris Marselli (26)

Stanford 15.52, 4, Tim Grussclose (24) Palo Alto Stanton 15.5c. 4. (int Grusschasse (ed.) Fisc. A. (15.56, 5. Doug Peck (34) Palo Alio 16:13, 6. Chris Spain (32) Palo Alio 16:15, 7. Michael Sabre (29) Spain (32) Palo Alio 16:15, 7. Michael Sabre (29)
Los Angeles 16:21, 8. Don Hogue (23) Menio Park
16:34, 9. Jim Gorman (40) Palo Alio 16:45, 10. Les
Owg (39) San Francisco 16:52
Overall Fleutite: Women's SK
1. Long Many (34) Menio Park 18:51, 2. Marcia

1 Lynn Macy (34) Menlo Park 18:51, 2 Marcia Gilman (24) Berkeley 19:02 3. Date Filman (33) San Francisco 19:16, 4. Gina Rohrez (27) Berkeley 19:02 (28) Gran Company (10:14) Berkeley 19:02 (28) Gran Company (10:14) Gran Company (10:14) Gran Company (10:14) Gran Comp San Handsoo Isrib, s. Lana Horsez (27) Derksey Joseph J. S. Doriann Rosa (29) San Bruno 19:54. 6. Mary Jo Wien (18) Stanford 20:09, 7. Judith Russey Mary Jo Wien (18) Stanford 20:09, 7. Judith Russey Mary Joseph Joseph Many Jo vine (10) Surriero cuctor (20) (45) Manlo Park 20:35, 8, Pearl Richardson (20) Los Allos 20:46, 9. Stacy Hurd (20) 20:52, 10. Sue Charette (22) Stanford 21:21.

Ohrision Results - Man's SK 5-18: 1. Javier Avia 16:00, 2. Andy Bougeny 19:10. 5-16: 1. Jamer Avia 18:00, Z. Andy Bougany 19:10, 3. Paul Burgess 19:52, 19:28: 1. John Hornbrook 15:35, 2. John Hoch 15:49, 3. Chris Marselli 15:52. 15:35, 2. John Hoch 15:49, 3. Unis Marsem 15:32, 30-38; 1. Doug Peck 16:13, 2. Chris Spain 16:15, 3. Leo Ovg 16:40-49; 1. Jim Gorman 16:45, 2. Dernis Widdogel 18:56, 3. Jim Spaukling 19:39, 50 & Over: 1. Finit Mike 22:00, 2. Richard Wester 22:18, 3. Rick Thomas 21:00.

Division Results - Women's SK 5-18: 1. Mary Jo Wien 20:09, 2. Maria Tuchinsky 28:56, 3, Holy Carlson 30:50, 19-29: 1, Marcia Gil-Za:Sc, 3, Holly Carlson 30:50, 19-29; 1, Marcia Gill-man 19:02, 2, Gina Richrez 19:51, 3, Diciara Rosa 19:54, 30-39; 1, Lynn Macy 18:51, 2, Dale Pitman 19:16, 3, Patricia Vaughn 22:59, 40:49; 1, Judith Russo 20:35, 2, Rira Almgren 24:46, 3, Robin Dean 26:51, 50 & Over: 1, Barbara Barclay 27:59, 2, Vi-

Morro Bay 10K April 22. Morro Buy.

Overall Results 1. Paul Lee (24-29) 33:26, 2. Frank Hutchinson (30.39) 34.56, 3. Brook Clabourne (18-24) 38.16, 4. Km Hipsher (30.39) 36.46, 5. John Blair (30.39) Am Rippiner (30-39) 36:46, 5, John Sair (30-39) 37:01, 6, Rick Rüve (30-39) 37:06, 7. Kevin Cooper (25-29) 37:22, 8, Ell Erickson (30-39) 37:51, 9, John Rupp (40-49) 38:10, 10, Jay Carroll (30-39) 38:15.

Mt. SAC 10K

April 22 Welnut 10,000 Melors Overall Require

(Plus Californians) 1. Ed Eyestone (Resbok) 28:15, 2. Pat Porter (Athletics West) 28:15, 3. Jay Marden (Crossing Lines-Calif.) 28:16, 4. Harry Green (Univ of Tex-Linea-Gast, J. 20.1b, a. marry Green (Univ Or Lex-as) 28.19, 5. Tony Niemczak (Adams St. IC) 28.21, 6. Randy Reina (Team Nike) 28.21, 7. Daniel Gonzales (Resbok-Casil) 28.26, 8. Rafael Zepeda (Mexico) 28.29, 9. Matt Ebiner (Gardens VI) Plunners-Cail.) 28:54, 10. Rob Pierce (Club Northwest) (California):

(Camerorias):
11. Carmeto Rios (Resbok Aggies) 28:56, 14. Bill
11. Carmeto Rios (Resbok Aggies) 28:56, 14. Bill
McGraft (Taam Nike) 29:02, 19. Matt Clayton
(Unat.) 29:17, 24. Victor Santamaria (UCLA)
29:35, 26. David Walsh (CPSLD) 29:38, 29. Rene
Pages / Adams St.1, 29:45, 31, Chris Crain 29.35, 26. Uawo waren (CPSLU) 29.36, 24. Hene Perez (Adams SL) 29:45, 31. Chris Craig (CPSLU) 29:48, 36. Fredson Maylek (USC) 30:13, 37. Martin Sandoval (CSLA) 30:15, 42. Marcial Beitran (Fullerton College) 30:45.

Run for Education April 22. Madera. 5K.

Division Results - Man

12 & Under: 1. Noah Dye 19:45, 2. Ryan Luckin 21.04, 3. Michael Adea 21:39, 13-18: 1. Jesse Torres 17.22. 2. Edwardo Puertas 18:16. 3. Jed Savereasig 19:26. 19-29: 1. Ray Garcia 15:42, 2. Nostor Ayala 18:56, 3. Artemio Villegas 16:36, 30:39: 1. Jose Pier-toria 16:50, 2. Frank Miranda 18:00, 3. John Miranda 18:08, 40-49: 1. Gary Hall 18:53, 2. Bill Schwartz 18:55, 3. Earl Bradford 19:45, 50:59: 1. Kenneth Schwisow 18:43, 2 Ed Thomasson 19:34, 3. Ralph

Rodriguez 21 43, 60 & Over: 1, Ken Sager 25:50. Walkers: I Paul Tapes 35:39, 2. Patrick Waterman 42:20, 3. Pat Waterman 42:27.

Cancer Buster Run

April 23. Loma Linda, SK, 10K, 15K. Division Results - Men's 5K

12 & Under: 1. Cueller Mando 22:23, 2. Danny Flank gan 23:08, 3. Kevin Smith 25:43, 13-19: 1. Carrey 15:57, 2, Lance Batch 19:07, 3, Todd Sable 19:26: 20-29: 1. Steven Kovisto 15:37, 2. Alan Anza 15:56, 3. Don Sparkman 15:57, 30-39: 1. Michael Wetzel 16:47, 2. John Leman 17:22, 3, Will Douglass 17.43.40.49: 1 Elber Comacho 18.09, 2 Carol Conb Pierre 2020, 3, Roger Invn 21 28, 50-50; 1, Anlony Gomez 19:47, 2, Lyle Deem 20:27, 3, Allan MacKen-11e 20:40, 60 & Over; 1, J.R. Smith 29:25, 2, Dean Gavey 32:17, 3. Ti Foreman 35:47.

Division Results - Women's SK 12 & Under: 1. Heather Plicher 26:11, 2. Stephanie 29:00, 3. Jennifer Matiko 29:23, 13-19: 1. Afissa 2930, 3, Jenniter Matko 2923, 13-19; 1, Assa, Clapper 2324, 2 Card Sigdestad 2349, 3, Maissa, Lip 2504, 20-28; 1, Tresa Downey 21:49, 2, Karen Aress 24:18, 3, Caren Ware 24:27, 30-39: 1, Lynd Philips 21:05. 2. Audetta Philips 21:10, 3. Sue Har ns 21:57, 40-49: 1. Diane Helson 27:56, 2. Listan

Gross 2802, 3. Dara Pompa 29.15, 50-59; 1. Nancy Goggin 37:35, 2. Julin White 38:48, 60 & Over: 1 Beverly Arnott 40:44, 2, kis Wise 45:27

Division Results - Men's 10K 12 & Under: 1. Brad Jones 49:05: 13-19: 1, Ken Staberl 39:58: 20-29; z1. Todd Nott 34:54, 2. Thomas Sherwin 38:08, 3, Scott Henning 38:48, 30-39; 1, John Ninnis 37:00, 2, David Roche 38:56, 3, Craig Banta 39:08: 40-49: 1 Bolz ar McGecusgh 36:00, 2. Fred Corner 37:19: 3 Darny Contreras 39:19: 50-Free Coner 3/119, 3. Darny Conteras 39:19, 50-59: 1. Phil Reswig 42:49, 2. Don Moore 45:19, 3. Ge-rad Moon 47:15, 60 & Over 1. Robert Roger 50:45, 2. Robert Partier 53:24, 3. William Williams 57:07.

Division Remails - Women's 10K 13-19: 1. Amy Jean Horsine 45-47, 2. Julie Busek 47:18. 20-29: 1, Ali Bernard 45-40, 2. Sandee Tatango 47:05, 3. Karla Klein 49:11:30:39: 1. Parida Conteres 40.57, 2 Teressa Mikesell 49.55, 3. Nancy Comes 50:59, 40-49; 1. Anne Coy 47:54, 2. Herrle English 53:03, 3. Ralla Campbell 53:03, 50-50: 1. Annatto Hollenberg 51:05, 2. DeeAnn Palmer 1:06:24, 60 & Over: 1. Lilian Miller 55:45, 2. Nyla

Cook 1:17:00. Division Results - Men's 15K 13-19: 1 Bradley Anderson 1:32:36, 20-29: 1 James Marquez 55:00, 2 Tom Zappas 1:00:92, 3. Ralph Brown 1:05:29, 30-39:1, John Tulte 49:58, 2, Kent Wordin 50:47, 3. Paul Wielenga 1:00:29, 40:40: 1, Joa quin Granado 58.41, 2. Jim Goshorn 1:00:26, 3. Steven Sabb 1:01:04:50-59: 1. Fred Glover 1:05:47, 2 David Wilbur 1:05:47, 3. Carl Schwenk 1:06:22, 50 & Over; 1. Bob Koch 1:09:17, 2. Al Hull 1:14:52, 3.

Clarence Carnahan 1:16:46.

Division Results - Women's 15K 20-29: 1. Card Carrigan 1:00:25. 2. Shelly Bancroft 1:06:22. 3. Ange Wift 1:12:17. 30-39: 1. Linda Heliany 1:08:41. 2. Monica Pratt 1:12:13. 3. Debbie Moz gan 1:18:07, 40-49: 1, Judy Bronstein 1:10:21, 2, Portia Cornell 1:14:55, 3, Janice Aldendiler 1:25:10:50-56; 1, Carde Pinker 1:19:17, 2, Ruth Moore 1:33:50.

Division Results - Men's Rece-Walk 20-39: 1. Richard Nester 55:51, 2. Jon Rosnes 127:30, 3. Joseph Pompan 127:50, 40:59: 1. Eugene Hampton 1:03:36, 2. Paul Sutherland 1:04:40, 3. Charles Bouger 1:05:09, 60 & Over: 1, Joseph Hearn 49:00, 2. Ralph Nannibal 1:07:33, 3. Kartis Smittens

Christian Results - Women's Rece-Walk 19 & Under: 1. Kristy Jones 1:32:14, 20-39; 1. Cathy Rehage 1:03:32, 2, Anna Britton 1:05:21, 3, Isabelle Rosing 1:03:32: 2 Arina pricch 1:05:21; 3, 5:30:06 Rosing 1:22:29, 40-59; 1, Eleanor Algúre 1:06:25; 2, Barbara Johnson 1:13:41, 3, Aida Padila 1:14:17, 50 & Over: 1, Mary Gerwing 1:20:40.

Los Angeles 12K

April 23. Los Angeles. Oversili Results - Men. 1. William Musykoi (22) 34:23, 2. Ivan Huff (29) 34:50, 3. Slave Scott (32) 35:17.

34:50, 3, Stave Scott (32) 30:17.
Overall Results: Women
1. Sylvia Mosqueda (23) 38:38, 2, Gali Kingma
(28) 40:49, 3, Kathy Pfeler (28) 40:58.

Lafayette Loop

April 23. Lafayette. 10K & 2 Mile. Division Results - Men's 10K 1-18: 1. Sylvester Coons 36:13, 2. Sleve Smith 37:40, 3. Peter Johnson 38:11, 19-28: 1. Rod Berry 31:05, 2. Kevin Osteriberg 31:46, 3. Thorn Trimble 31:59: 30-39: 1, Edde Lanzarin 32:24, 2. Bil Seaver 33:04, 3. Dan Anderson 33:12, 40-49: 1. Jm Reitz 34:41, Z. Dan Williams 34:45, 3. John Gaherty 35.20, 50-59: 1, Tom Mota 36:15, 2, Dave Bauer 38:40, 3. Bob Shuck 40:04, 50 & Over: 1, Fred Nielsen 42.12, 2. Joe Trent 42.28, 3. Bruce Oliver

Division Results - Women's 10K

5-18: 1. Masgan Warehouse 44:06, 2. Shanda Young 44 06, 3, Irma Ramirez 45:06, 19-29; 1, Trisha Arbo gast 38:08, 2. Marcia White 40:26, 3. Stephanie Danzig 41:06:30-39: 1. O. Powers 36:12, 2. Honor Fehrerston 37:39, 3. Sue Vinella Brusher 38:17, 40-49: 1. Mariyn Acquistapace 41:33, 2. Laurel Strand 42:29, 3. Nouria Harris 43:00, 50-59: 1. Aice Rose 44:25, 2. Pat Kennedry 53:06, 3. Eleen Klastsky

Division Results - Men's 2 Mile

5-12: 1. Brian Zirkeibach 12:39, 2. David Gordon 13:13, 3. Jamie Kissinger 13:20, 13-17;P I. lan Philips 9:56, 2. Paul Ward 10:26, 3. David Sandles 10:37, 18:49: 1. Crispin Romero 9:03, 2. Steve Zirkelbach 931, 3. Joseph Sheader 9:37,50 & Over: 1, Ed Mooney 11:58, 2. George Constanting 12:34, 3. Jack Daniel 12:37.

Division Results - Women's 2 Mile 5-12: 1. Melanie Melara 12:19, 2. Emily Nichols 13:38. 3. Monique Melaza 13:46, 13-17: 1. Sarah Riley Monique Meraza 13:46, 13-17; 1, 3arah 1uley
 11:19, 2, Michelle Cherry 12:25, 3, Meg Roche 12:27
 18-49; 1, Susan Puthey 10:42, 2, Robyn MacSwari
 10:55, 3, Catherine Isham 11:33, 50 & Over; 1, Pavida Kriegier 18:23.

Laura Stegman Memorial 5K

April 23. Lompos. Overell Results

1. Diane Dixon (34) 18:31, 2. Amber Nisby (25) 19:34, 3. Gae McClehathen (26) 19:43, 4. Mini Baranowski (41) 20:15, 5, Sandy Knowlton (44) 20:19. 6. Belsy Bigley (31) 20:26, 7. Belty Jory (45) 20:29. 8. April Brown (14) 20:44, 9. Elin Jamison (28) 20.52, 10. Maxen Cacider (30), 21:59.

11. Lynette Hinman (34) 22:01, 12. Dawn Bonner

11. Lynette Hinman (34) 22:01, 12. Dawn Bonner (16) 22:02, 13. Terri Morgan (24) 22:13, 14. Kareth Karl (31) 22:50, 15. Andrea Robb (11) 22:51, 16. Lin da Darriel (27) 23:21, 17. Catherine Arkosy (21) 23:33, 18. Diane Carlson (28) 23:41, 19. Renes Roeming (9) 23:42, 20. Ginger McKim (33) 23:45.

1. Alice Duges 33:19, 2. Nancy Jacobs 37:14, 3. Linda Newberty 37:29, 4. Sonia Culmer 37:54, 5. Afcia Baumarri 39:34, 5. Debbis Tinney 39:35, 7. Fran Silva 39:38, 8. Cheryl Sailer 40:05, 9. Ethel Johnson 40:08, 10, Roberta Freeman 40:17.

Spring Run-Off

April 23. Devis. TAC Certified 10K.

Men: 1. Dennis Finde 31:39,15 Women; 1. Darcy Phyme 4219:02

Volunteer Tri '89

April 23. Fresto. LIOK Run, 20 Mil. Bike, 400 yd. Swim).

1. Jelf Moffit (24) Fresno 1:31:24, 2. Luke Merril (25) Lindsay 1:35:07, 3. Robert Rainwater (39) (25) Lindsay 1:35:07, 3. Robert Harrwater (39) Fresno 1:38:57, 4. Eddie Kololer (39) Gonzales 1:39:08, 5. Fred Frausto (23) Fresno 1:39:27, 6. Rafael Peralta (20) Visalia 1:40:01, 7, Jim Reynolds (44) Bakersfield 1:40:33, 8. Randy Drace (19) Clovis 1:40:54, 9. Ryan Huckabay (19) Kingsburg 1:40:55, 10. Poter Gallup (38) Claremont 1:41:23.

Division Results - Men 14-19: 1. Randy Drace 1:40:54, 2. Ryan Huckabay 1:40:55, 3, Mike Pevyhouse 1:42:53, 20-24; 1. Jeff Moffit 1:31:24, 2. Fred Frausto 1:39:27, 3. Rafael Peralta 1:40:01. 25-29: 1, 1:35:07, 2, Chuck Ishii 42-22, 3, Troy Turner 1:43:30, 30-35; 1, William Harris 1:41:57, 2. July Press 1:44:21, 3. Chris Ham or 1:46:00, 35-39; 1. Robert Ramerater 1:38:57, 2. Eddie Kololer 1:39:08, 3. Peier Gallup 1:41:23. 40-44: 1. Jim Reynolds 1:40:33, 2. Tom DeCew 1:43:59, 3. Stephen Worthy 1:48:36. 45:49: 1. Dan Montague 1:48:33, 2. Paul Bissomette 1:49:16; 34. Larry Ow ens 1:51:34, 50-54; 1, 1:55:13; 2, Jim Harrist:57:58, 3 John Browning 2:02:05, 55-59; 1. Chris Denny 1:58:39. 60 & Over: 1. John Bergey 2:06:03, 2. Chuck Freuder

Division Results - Women.

Jane Solano1:57:54, 2. Leslie Rivers 1:59:17, 3. Susan Bertelsen 2:02:09, 25-29: 1. Sarah Napolio 1:54:17, 2. Kari Fike 1:54:39, 3. Sandra Bertrand 1:55:26: 30-35: 1. Ann Phillips 1:48:36, 2. Rachelle Roberts 1:51:41, 3, Kalle Mulholland 1:54:11. 35-39: 1. Judith Evans 203-30, 2. Jean Roberts 2 06:01, 3. Mariyn McDaniel N.T. 40-44: 1. Karen Lynch 1:55:04, 2. Convie Smith 2:01:32, 3. Mary Lou Hicks 2:05:15, 45-49; 1. Mary Becker 2:20:10.

Division Results - Relays

Men - Under 90: 1, Swim, Ride & Run 129:08, 2. Dis ciples of Jesus 1:33:54, 3. Tri Jesus 1:45:33. Women Under 90: 1. Taskkros 2:11:29. Mixed Under 90: 1. Pany Express 1:30:54, 2, TNT 1:47:13, 3, K.C. Racing 1:48:07, Men - Over 90: 1. Ouidie II 1:31:05, 2. Manfredo Chadwic 1:37:15, 3, BAMF 1:58:41, Wom Manifedo Chadwid 137:15, 3, BANN 113031, Viden-en - Over 90: 1, Tri-Try Again 201:19, 2, L.L. Tade 2:04:37, 3, Cindy-Omega-Faith 2:18:28, Mixed -Over 90: 1, Class Act 1:40:10, 2, Condor Designs

Tortoise & Hare 10K

Over 3000 runners and walkers stepped up to the April 23 San Jose. starting line of the 5th annual Tortoise & Hare 10 Run and SK Wak in San Jose. The enthusiastic support of the participants and the sponsors made it possible for this event to raise over \$50,000 for Good Samaritan Hospital.

The course is flat and last and times of the top

runners reflected this fact. Jack Marden took first place with a 31:00, followed by Tom Carney, 31:46 and Robert Tapia grabbed 3rd place with a 31:49. On the women's side, first place was Becki Van-zane 36:39, 2nd place was Norsen Kelly with a 36:48 and 3rd place was Krista Whelan, 37:37.

On the non-competitive side, To take and Hare offered a SK walk and to those under the age of 6 the ever popular Burny Hop'. The Burny Hop is as much fun to watch as it is to paracipate in. The children must complete a bunny type obsicie course to claim their prize - a t-shirt and a stuffed

Division Results - Men's 10K

13 & Under: 1. Cameron Dryg 43:47, 2. Jose Perez 43:57, 3, Arron Jones 46:08, 14-18; 1, Ed McCormide 34:16, 2. Kevin Breit 37:06, 3. Javier Avia 37:41. 19-29: 1. Jack Marden 31:00, 2. Torn Carney 31:46, 3. Robert Herndon 32:57, 30-39: 1. Robert Tapia Robert Herndon 32:57. 30-59: 1. Hobert 1-spis 31:49, 2 Lupe Vargas 33:25, 3. Jim Lawson 35:02, 40-44: 1. Nick Yray 33:09, 2. Danny Moon 36:10, 3. Jim Howe 36:39, 45-49: 1. Tim Rossege 35:28, 2. Bit

Meinhardt 36:01, 3, Richard Chiment 37:36, 50-59. Myron Nevraumont 38:29, 2. James Cochrane 39:10, 3. Bob Farrington 39:49, 60 & Over: 1, Res. Morton 44:53, 2. Ken Hash 45:27, 3, Joe Hombrook Morton 44:53, Z. Ken Nash 45:21, 3, Joe Homorook 46:59, Wheelchair: 1, Bert Egley 30:46, 2, Rod Wil-liams 32:39, 3, Robert Withered 35:07.

Division Results - Women's 10K 14-18: 1. Syda Kosotsky 43:55, 2. Rebecca Olsen 47:31, 3. Heidi Swartz 52:29, 19-29: 1. Becki Var-Zani 36:39, 2 Krista Whelan 37:37, 3, Ms. Alexan der 38:37, 30-39: 1. Norean Kelly 36:48, 2. Conne Kondo 39:17, 3, Gail Allen 41:02, 40-44: 1, Erica Springstead 46:23, 2. Phonda Dyer 46:56, 3. Janel Benass 47:04, 45-49; 1, Madelyn Moon 43:45, 2, Judith Russo 44:04, 3. Susan Brown 47:45, 50-59: 1. Pal Adams 48:27, 2. Diane Bromstead 48:51, 3. Marjorie Mikael 50:28. 80 & Over: 1. Jackyn Cassill 50:46, 2. Joy Johnson 53:09, 3. Carmen Maddock

Toughest Northcoast Triathlon

April 23. Arcala. 1000 Vd. Swim, 21.5 Ml. Bike, 5 ME. Run. (Blise cancelled due to conditions)

19 & Under: 1. Dan Jones S3-07, 2. James Brus 57:20. 20-35: 1. Blake Barrilleaux S2:00, 2. Da Erbnan 53:10, 3. Jason Hardi 54:27, 36 & Over Division Results - Formen John King 48:20, 2, George Spinas 57:42, 3, d'Ussaiu 1:00:14. Tag Team: 1. AT Team man, Sommer) 49:49, 2. (Heinrich, Shunk, Br 49:50, 3. No Wimps (Dunn, Truillo, Morrow) 1: Mixed Tag Team: 1. Andrew Donelson, Line mentier, Steve Smith, 47:04.

Tag Team: 1. Stud Mulfins (Young, McHale) 1:03:07.

Slice 100

April 29, 30. Georgetown, 100 K. For the third consecutive year, Bruce stel, 43, of Georgetown, won the tro 100K hilly run in California's grid country ered the Georgetown Saturday, April 3.55.48 and the Sunday, April 30, Iowa Jim log in 4:22.18 for a cumulative time of Linda Elam, 43, ol Modesto, was the finisher. Her cumulative time was 10 5:24:31 and 5:19:08 spins. In mid March miles in 19:08:30 at the Redwood Empir

The race, known for its plethora of of flat terrain, had only two dropout record in its eight year history. And in 1989 was rain for the first time in

Division Results - Mar Open; 1. Bruce van Borstel 8:18:06 Stevenson 8:28:10, 40-44: 1, Bill 49: 1. Jim Drake 9:38:53, 50-54 8:45:46, 55-59: 1. Dan Baglione Clint Burdick 17:19:15. 65-60: 1

13:19:19.70-74: 1. Paul Reson Division Resulty Open: 1. Linda Elam 10:43 Kelley 12:05:50, 50-54: 1. J The 1990 Sãos 100K ra the Nevada City and M

Brisbane April 29. Brisbane, S Divis

15 & Under: 1. En n 19:27, 2. Rober 40 & Over: 1. 8 19:05, 3. Ken Pr

15 & Under: Rammer 22

rinne Moya 26:35, 40 & Over: 1, Sandy McGinnis 23:53, 2. Elaine Kogo 27:45, 3. Madeline Dancel

Castle Airshow Run

April 29. Castle AFB. 10K.

Overall Results

1. Fred Villegas 32:12, 2. Nester Ayala 33:48, 3. Gilbert Gonalez 34:39, 4. Chris Knaletc 35:55, 5. Pat Valenzuela 36:00, 6, Robert Mazzei 36:04, 7, Nick Rutterfield 36:16, 8. Fred Arroyo 36:21, 9. Louis Phillips 36:28, 10, Tom Dish! 36:36.

Division Floaults - Men

15 & Under: 1. Salnam Singh 41:28. 2. Michael Azevedo 44:32, 3. Tynell Harville 44:38, 16-18: 1, Chris Knalele 35:55, 2. John Aselton 51:42, 19-29: 1. Nest er Avaia 33:48. 2. Gilbert Gonzalez 34:39. 3. Robort Hazel 36:04. 30-34: 1. Fred Villegas 32:12. 2. Pat Valenzuela 36:00, 3, Nick Butterfield 36:16, 35 30: 1. Louise Philip 36:28, Z. Curt Royer 36:54, 3. Sargon Nona 38:28, 40-44; 1, Bruno Rinaldi 37:05, 2, Roger Zolldan 37:18, 3. Dick Domant 38:24, 45-49: 1. Lester Bobil 42:36, 2. Jim Brown 44:21, 3. Jerry Haywood 44:32. 50-54: 1. Peter Doherty 37:51, ;2. neth Schwison 39:04, 3. Lamar Dodson 47:57. 55-59: 1. Ed Thompson 40:57, 2. Richard Fosse 44:30, 3. Curtis Tom 46:51, 60 & Over: 1, Don Lundberg 46:29, 2, Payson Taylor 52:01, 3, John Hannah 52-54

Division Results - Women

16-18: 1. Terry Craft 51:57. 19-29: 1. Mary Ann Alvarez 41:03, 2. Michelle Krause 46:01, 3. Heidi Ryan 48:08. 30-34; 1. Lisa Hunter 42:33, 2. Barbara Naughton 45:55, 3. Judy Ricks 48:35, 35-39: 1. Becky Faruzz 45:29, 2. Marsha Korose 1:03:13, 40-44: 1. Dee Dee Grafius 40:28, 2. Barbara Zolidan 45:15, 3. Barbara Dunes 47:28, 45-49: 1, Jean Adv wison 48:56, 2. Jackie Ryle 52:22, 3. Jan Knalelo 58:11. 50-54: 1. Patricia Kaulman 53:46, 2. Sylvia Ovellette 59:55, 55-59: 1. Marvelle Taylor 1:14:51. 50 & Over: 1, Pat Loring 58:17.

Law Day Run

April 29. Sente Barbara, 15K. Overell Results

1. Sleve McCormack (28) San Diego 45:34, 2. Gordon Christie (27) Santa Barbara 45:37, 3, Philip Brock (29) Santa Barbara 50:56, 4. Gragg Horner (35) Santa Barbara 51:28, 5. Jim Kornell (37) Santa Barbara 52:56, 6. David Larson (29) Santa Barbera 53:03, 7. Donald Faith (34) Carpinteria 53:38, 8. Peter Guberrez (20) Santa Barbara 54.04, 9 Damon Lyman (26) Thousand Oaks 54:19, 10. Jani Johnson (33F) Atascadero 54:39.

Division Results - Man

19-29: 1. Steve McCormack 45:34, 2. Gordon Christie 45:37, 3. Philip Brook 50:56, 30-34: 1. Donald Faith 53:38, 2. John Hanley 56:40, 3. Rick Thompson 57:35, 35:39; 1. Gregg Horner 51:28, 2. im Kornell 52:58, 3. Tony Moreno 58:22, 40-44: 1. Jim Hughes 54:45, 2. Joseph Banach 57:33, 3. Ed ward Rodriguez 1:00:16, 45-49; 1. Vic Birtalan 58:54, 2. Larry Pontinen 1:00:29, 3. David Whiting 1:01:03. 50-54: 1. Dave Bean 1:05:36, 2. Bill Dodson 1:07:13, 3. Elmer Sanborn 1:09:50. 55-59: 1. Ray Laub 1:02:28, 2. Jim Mathieson 1:12:17, 3. Howard Leupp 1:15:34. 60-69: 1. Jim Rows 1:15:07, 2. Marty Clausen 1:23:29. 70 & Over: 1. Frank Dawson 127:19, 2. Paul Gilbert 1:41:39.

Division Results - Woman

18-29: 1. Erika Cobie 1:03:49, 2. Marilynn Mayo 1:04:10, 3. Kristen Battles 1:05:02, 30-34: 1. Jani Johnson 54:39, 2. Catharine Manset 1:15:11, 3 Debbie Cabugos 1:15:18. 35-39: 1. Paulette Posch 1:14:24; 2. Cindy Torres 1:18:46, 3. Majorie Lipanovich 1:18.56. 40-44: 1. Stephanie Welch 1:08:28, 2. Gretchen Folks 1:16:51, 3. Tara Brown 1:21:01.

Overall Results - Relay Teams

1. Team Avia (Madden, Howell, Hermes) 48:10, 2 GOI (Lockman, Mosks, Radnoti) 53:32, 3, Ball Busters (Hayden, Da Vall, Ryzner) 57:28, 4. #1

Men (Gonzales, Baron, Holmberg) 57:54, 5, Raytheon I (Arellano, McDonald, Brogna) 58:11, 6. Dako Corp. (Spaulding, Wiles, Powers) 58:31, 7. Santa Barbara AC Women (Russell, Doyle, Rockenbach) 59:10, 8, VRS (Fusco, Luftin, Dungan) 1:00:28, 9. Able Engineering (Griffin, Jones, Kraughi) 1:00:33. 10. The Real McCaupheys (Battle, Pinsker, Depen)

Palos Verdes Library Runs

April 29 Palos Verdes, 10K & 12K Division Results - Man's 10K

12 & Under: 1. Jarrod Garrison 39:08, 2. Alex Dederer 40:39, 3. Kenny Goodrich 43:31, 13-18: 1 Steve Gonzales 34:15, 2. Joel Mayong 34:47, 3. Robert Kamppia 36:53, 19-24; 1, Benny Cruz 31:07. 2. Tommy Leon 31:22, 3. Matt Clayton 31:33, 25-29: 1. Samson Obwacha 30:35, 2. Tyrus Deminter 30:36, 3, Jon Butler 30:47, 30-34: 1, Sam Evans 34:20, 2. Tom Ohern 34:43, 3. Javier Lara 35:12. 35-39: 1. Harold Ketting 32:17, 2. Leonard Aguilar 34:03, 3. Mark Gross 35:51, 40-44: 1. Jerry Tighe 33:01, 2. Mark Hemphill 34:55, 3. Richard Kueo 37:36. 45-49: 1. Don McCarthy 34:23, 2. John Pagiano 36:37, 3, Harry Hunt 37:32, 50-54: 1, Andre Tocco 37:27, 2. Peter Faust 38:53, 3. John Rudberg 39:01, 55-59: 1. John McIntyre 42:12, 2. Ke Elmaian 42:51, 3. Ken Bohney 43:37, 60-65; 1. John Feyk 41:30, 2. Gunnar Brickner 42:43, 3. Milo Sather 44:49, 66 & Over: 1. Noe Reyes 49:45, 2. Dutch Reportetti 50:20 3 Jack Mehlman 55:12

Division Results - Women's 10K 12 & Under: 1. Carrie Garritson 36:28, 2. Heather Garritson 42:340, 3, Cynthia Condon 48:15, 13-18: 1. Faye Henry 47:59, 2, Joanna Della Gatta 49:43 Yoko Senga 49:44, 19-24; 1, Nanoy Bowman 36:29, 2. Elizabeth Vitalis 39:46, 3. Robyn Vannort 46:27, 25-29: 1. Alejandra Aguirre 40:50, 2. Linda Salafia 43:16, 3. Karen Tokashiki 43:57, 30-34: 1. Leslie Lewis 35:098, 2. Bernadette Duffy 36:06, 3. Barb Burg 42:58, 35-39; 1. Marie Heimberg 41:35, 2. Barbara Varon 42:56, 3. Terry Hom 43:07, 40-44: 1. Sue Reinhardt 43:20, 2. Margaret Hourigan 45:53, 3. Anne Dumke 47:09, 45-49: 1. Haroline Walters 39:24, 2. Carol Dougherty 45:57, 3. Karin Handsaker 46:26, 50-54: 1. Gina Faust 40:57, 2. Shir ley Blush 47:58, 3. Brita Grover 55:22, 55-59: 1. Audrey Krauss 49:40, 2. Kathleen Vento 56:53, 3. Nelly Williams 57:10. 60-65: 1. Ruth Bloland 52:49. 2. Myoko O'Hara 59:41, 3. Babs Woodcock 1:04:44.

Division Results - Man's 12K 15 & Under: 1. Valentin Pingarron 45:20, 2. Chip. English 50:10.. 3. Edgar Ruiz 50:41. 16-19: 1. Everardo Gomez 43:07, 2. Eddie Castro 48:42, 3. Felipe Munoz 50:34, 20:24: 1. William Musykoi 34:23, 2. Alredo Vallejo 36:14, 3. Martin Rodriguez 38:37. 25-29: 1. Ivan Huff 34:50, 2. Sam Obwacha 35:40, 3. Mark Smith 35:43. 30-34: 1. Steve Scott 35:17, 2 Derrick May 35:59, 3, Sam Sitonik 36:14, 35-39: 1 Harold Ketting 37:36, 2, Ron Gee 37:57, 3, Paul Cook 39:50, 40-44: 1. Mark Hemphill 40:54, 2. Mickey Depalo 41:41, 3. Jack McDowell 44:17. 45-49: 1. Ramon Cuevas 44:37, 2. Sal Torres 46:35, 3. Byron Melendy 46:36, 50-54: 1. Peter Faust 46:38, 2. Sonny Monioz 47:46, 3. Philip Campbell 50:40. 55-50: 1. George Burnett 53:34, 2. Jose Segura 55:41, 3. T.C. Chung 57:09. 60-64: 1, Patrick Devine 44:40, 2 Milo Sather 53:06, 3. Robert Albin 1:06:47, 65 & Over: 1. Murray Cohen 55:18, 2. Stanley Newfeld 56:14, 3. Jack Mehiman 1:02:39. Division Results-Women's 1:3% 15 & Under: 1. Carrie Garritson 44:09, 2. Jennifer

Wong 56:54, 3. Cindi Condon 59:44, 16-19: 1, Rosa Cazares 49:29, 2. Luzmaria Adon 1:09:11, 3. Elizabeth Mahour 1:09:46, 20-24: 1. Sylvia Mosqueda 38:38, 2. Patricia Molina 44:53, 3, Candica Kutrosky 53:27, 25-29: 1. Gail Kingma 40:49, 2. Kathy Pfiefer 40:58, 3. Gretchen Cruz 43:04, 30-34: 1 Lorraine Moller 41:30, 2. Marie Rolllins 44:08, 3. Jane Monteague 50:50, 35-39: 1. Claudia Morales

49:24, 2. Terri Goodreau 50:34, 3. Ann Alexander 54:35, 40-44; 1. Carolyn Mather 50:02, 2. Carol Ann. Carles 57:10, 3, Sharon Brauner 57:17, 45-49: 1 Rita Gilmore 54:19, 2. Kathy Kusner 56:21, 3. Barb Hutchinson 59:02, 50-54; 1. Gina Faust 47:17, 2. Joan Potter 1:21:02, 3. Violet Bokermann 1:32:15. 55-59: 1. Nelly Williams 1:07:31, 2. Fileen Kosik 2:07:41 60:64: 1. Helen Dick 56:02, 2. Seima Mehlman 1:23:42.

Larkspur Madrone Canvon Race

April 29. Larspur, SK. (No Times Available) Race Weyners Men: 1. Ross Bonert (43) Larksmur Women: 1. Km Robertson (29) Novato.

> South Pasadena/ San Marino YMCA

Road Runner Classic

April 29. South Passidens. 5K & 10K Osserall Flooralts - SK

1. Gus Aros 15:46, 2. Larry Beach 16:26, 3. Robert Coriew 16:45, 4. Dan Burton 16:55, 5. Greichen Lohr Cruz 16:59, 6. John Howard 17:25, 7. Greg Hart 17:40, 8. Rupert Aylon 17:47, 9. Frank Meza

17:50, 10. Jerry Lawrence 17:52. 11. Juan Yega 17:53, 12. Larry Main 18:03, 13. Agustin Medina 18:06, 14. Galen Morton 18:08, 15. Michael Gallegos 18:24, 16. Bill Roche 18:36, 17. Mark Perez 18:43, 18. Michael Ternm 18:44, 19. Caz Sinoiaicz 18:47, 20. Chip English 18:54.

Overall Results - 10K

1. Matthew Mesoner 32-45, 2, Phil Ryan 34:21, 3.
Alfonse Hernandez 34:57, 4, Phil Imlay 35:12, 5. Takashi Yagisawa 35:28, 6. Robbie Stover 35:51. 7. Bill Darby 36:09, 8. Juan Quintana 36:33. 9. Hen-

ry Loo 36:37, 10. Hoang Chung 37:12. 11. Wayne Milchell 37:24, 12. Johnny Camacho 37:50, 13. Rene Agilero 38:07, 14. Steve Sobczyk 38:07, 15. Bruce Geddes 38:10, 16. John Mazzacano 38:14, 17. David Hansen 38:19, 18. John Caro 38:29, 19. John Osgood 38:34, 20. Perry Petschar 38:35

New Jersey Marathon April 30. Jersey City, NJ.

Overall Results - Mon (Plus Californians)

 Salvador Garcia (25) Tampa, FL 2:10:47, 2.
 Antoni Niemczak (33) Tampa, FL 2:11:56, 3. Bill Reifanyder (27) Williamsport, PA. 2:12:09, 4. Darrell General (23) Temple Hills, MD, 2:14:42, 5. Don Janicki (29) Tucson, AZ. 2:15:07, 6. Jeff Scuttins (26) Hagerstown, MD. 2:15:15, 7. Ivan Huff (29) Paso Robles, CA. 2:16:04, 8. Paul Gompers (25) Oxford 2.16:32, 9. John Moreno (34) Pacifica, CA. 2:17:28. 10 Dava Kurtis (36) Northville MI 2:17-42

11. Craig Young (32) Rocklord, IL, 2:18:12, 12. Rich McCandless (33) Reno. NV. 218:23, 13. Budd Coales (32) Emmaus, PA. 220:14, 14. Disudorne Lamothe (34) Purt-Au-Princ 2:20:33, 15. Ken Hunter (36) Eugene, OR. 2-20-45, 16, Isaias Roman (26) Tampa, FL. 2:21:39, 17 Daniel Grimes (30) Cloverdale, CA. 2-23:19, 18. Carlos Orez (27) CD. Juarez 2:25:35, 19. Daniel Cusson (26) Troy, NY. 2-26:14, 20. Ron Gee (38) Los Angeles, CA. 2-27:00.

50. Kevin Jones (28) San Luis Obispo 2:45:50, 240. Glenn Gorelick (44) Sterra Madre 3:08:41, 415. Martin Kasindorf (49) Los Angeles 3:22:35. Overall Results - Women

1. Gillian Beschloss (30) New York, NY. 2:40:44, 2. Jeenne Pare (28) Gainesville, FL. 2:44:04, 3. Christne Gibbons (27) Elmwood Park, NJ, 2:53:28, 4. Jean Chodnicki (29) Union City, NJ. 2:56:39, 5. Lorraine Gereitz (34) Franklin Park, NJ. 3:01:40, 6. Susan Cooper (22) Darien, CT. 3:04:02, 7. Fernanda Brunet (24) Edo Do Mex. 3:04:38, 8. Tracy Spaan (20) Norwalk, CT. 3:05:23, 9. Cardyn Math-

er (40) Binghamton, NY, 3:05:46, 10, Kim Evans (31) Pt. Pleasant NJ 3 07:24

11. Joyce Jaworowski (27) Jorsey City, NJ 3:09:17, 12. Carol Johnston (45) New York, NY 3:10:16, 13. Atsuko Imamura (35) Brooklyn, NY 3:11:15, 14, Kit Ager (25) Princeton, NJ, 3:11:26, 15, Nancy Egerton (29) Guiderland, NY, 3:12:45, 16. Libby Greaney (26) Concord, NH. 3:13:26, 17. Bar-bara Philips (38) Seattle, WA 3:14:07, 18. Gelschen Cohen (29) Hackensack, NJ, 3:14:45, 19. Sheda Storrs (33) Bridgeport, PA. 3:15:32, 20. Lindsey Folsom (36) New York, NY, 3:16:15

50. Alicia Ruydo (18) Palo Alto 3:32:56

Blue Devil Classic

Division Results - Men's 5K 12 & Under: 1. Tyler Prichard 22:10, 2. Will Johnson 22:39, 3. Collin Jensen 25:08, 13-18: 1. David Neal 17:45, 2. Scott Pfiefer 20:09, 3. Brett Sieg 21:43. 19-24: 1. Steve Otto 17:49, 2. Mario Reinaguerra 19:33, 3, Ken Cicinelli 19:43, 25-29; 1, James Heady 16:11, 2. Greg Williams 16:29, 3. Crain Buttrum 18:41, 30-34: 1, Bob Randel 17:18, 2, Mark Romalia 18:06. 35-39: 1. Tim Shannon 16:38, 2. Mark Helmus 18:37, 3. Scott Prosuch 19:29, 40-44; 1. Tom Pettey 19:04, 2. Sammy Trujillo 19:09, 3. Bill Rodda 20:41, 45-49; 1, Aim Jordan 16:55, 2, Don Bryan 18:47, 3. Dan Scheel 22:46, 55-59: 1. Carl Jackson 20:25, 2. Bill Won 22:55, 3. Roy Dci 29:11. 60 & Over: Rick Thomas 23:43, 2. Don Webb 24:33, 3. Charles Lewis 26:18.

Division Results - Women's 5K 19-24: 1. Patricia Renova 22:39, 2. Tina Galley 23:25, 3. Carolyn Sian 24:37, 25-29: 1. Patty Smith 19:21, 2. Kerry Krueger 23:17, 3. Kay Killy 24:11. 30-34: 1. Vicky Boyd 22:01, 2. Julie Silva 23:38, 3. Heidi Adamski 25:39, 35-39; 1, Vinceena Iroena 26:25, 2. Michele Parker 26:52, 3. Terry Wallinder 26:19, 40-44: 1. Linda Mantynen 19:37, 2. Bobbie TIton 24:35, 3. Sharon Cheechov 29:03, 45-40: 1. Patricia Hecht 29:12, 2. Masako Dolan 30:29, 3. Cyntria Cilonsek 32:45, 50-54: 1. Nova Polt 28:46, 55-

59: 1. Ardy Belden 36:01. Division Results - Men's 16K

13-18: 1. Michael Janzen 46:02: 19-24: 1. Michael Collins 32.46, 2, Vincent Fong 34.34, 3, Mark Os-kand 37:10, 25-29: 1, Craig Welch 36.04, 2, John Landeza 36:07, 3, Jim Marán 37:22, 30-34: 1, David Emery 37:23, 2. Ron Morian 39:35, 3. John Stenzel 40:04, 35-39: 1. Randy Marx 33:41, 2. Chris Enfants 35:02, 3. Raul Piedrahita 37:33, 40-44: 1. Ron Vogel 34:54, 2. Edward Feldman 39:56, 3. Fred Crows 40:26, 45:49; 1, Dan Alario 38:04, 2, Phil Gaines 43:33, 3. Paul Martin 44:53. 50-54: 1 Michael McGie 37:01, 2. Joe Gitt 44:49, 3. Doug Waterman 48.06. 55-50: 1. Paul Brady 44:14.

Division Results - Women's 10K 19-24: 1. Ellen Wallace 46:10, 2. Charlotte Trebra 48:13, 3. Mary Clark 48:32, 25:29: 1. Suzy Kowal-ski 42:39, 2. Kathy Matera 44:09, 3. Frances Homans 45:25, 30-34: 1. Patty Leiferman 45:47, 2 Kathy Foster 46:15, 3. Jude Scremore 48:15, 35-39: 1. Sheryl Flocchini 46:53, 2. Stephanie Chaloff 53:00, 3. Sheila Vassey 55:21, 40-44: 1. Susan Tzareff 48:10, 2. Marsha Feldman 49:52, 3. Nancy Morgan 54:12, 45:49: 1, Virginia Matthews 54:20, 2, Jo Ann Wampler 55:49, 50-54: 1, Joyce Doi 50:04.

Crime Fair Runs April 30, Loci. SK & 10K.

Division Results - Man's 10K

16 & Under: 1. Anthony Izzo 36:01, 2. Robert Tol-land 39:00, 3. Todd Trambie 41:08. 17-29: 1. Lucio Perez 31:58, 2. Don Hicks 34:48, 3. Robert Mariinez 36:28. 30-39: 1. Charles Locke 35:11, 2. Mike Hotton 35:22, 3. Doug Yost 36:11. 40-49: 1. Chuck Carleton 39:42, 2. Michael Shaw 41:12, 3. Sly Jones 41:38. 50-59: 1. Jim Cross 40:18, 2. Frank Myashiro 45:15, 3. Ron Fugazi 45:52. 60 & Over: 1. Joe Hombrook 49:54, 2. Chuck Holmes 52:52, 3. Vic

Division Results - Women's 10K 16 & Under: 1. Christine Castelanelli 23:50, 2. Lynett Mize 25:02, 17:39: 1. A de Libror 21:21, 2. Dubbie Allon 2428, 3. Margaret Leggett 27:15, 30-39: 1. Louise Castelanelli 22:58, 2. Judio Snider 25:05, 3. Christine Martinez 31:11, 40-49: 1, Kellen Yogum 24:26, 2 Donns Garton 36:30, 3. Esther Burnett 39:18: 50-50: 1. Janes McFadden 31:03.

Division Results - Men's 5K

16 & Under: 1. David Braciett 21:48, 2. Jusan Smith 22:40, 3. Tony Rosiles 25:44, 17-29: 1. Alfredo Za-mora 22:04, 2. Casey Orndorf 44:48, 30-39: 1. Duane Walsh 24:27, 2. James Jordon 25:03, 40-49: 1. Louis Moreno 25:04, 2. William Agopsoiz 29:47, 3. Russ Sturdyvin 31:25, 50-59: 1, Jerry Glenn 26:19, 2, Alan Crumb 32:04, 60 & Over: 1, Hugh Melcalf 12:08

Division Results - Women's 5K

16 & Under: 1. JoAnn Boyd 55:40, 17-29: 1. Eizabeth Hatch 50:00, 2. Shelley Bandoni 51:30, 3. Delores Valls 55:47, 30-30: 1, Pam Rozzi 49:06, 2, Kathy Barnec 52:22, 3. Tamra Miller 60:05, 40-49: 1. JoAnn Shannon 54:16, 2. Pat Segura 55:20, 3. Georgiana Campbell 59:45, 50:59: 1. Martena Kinsar

M.A.S.H. Run in Cameron Park

April 30. Placerville. 5K & 10K.

With a swirl of dust and wind, the "chopper" from 126th Company of the Army National Guard provided a litting opening and close for the Marshall M.A.S.H. Run in Cameron Park, while over the loudspeaker the sounds of the M.A.S.H. television show played.

The activities began at the site of the new outpatient facilities which Marshall is building in Cameron Park on Palmer Drive. More than 150 children partripated in the kids half-mile race which was the first of the day. Then almost 800 jogged, raced or strided the 5K or 10K.

David Amster of Carson City won the 5K in 16:08. Allison Orofino was right behind, worning the women's division in 17:54 (the day before Orofino had won both the 800 and 1500 meter races at CSUS

In the 10K, Ty Nickel won in 34:07, and Gwen Gallanly took the women's division in 41:35.

There were 11 categories for both the 5K and

Division Results - Man's SK 15 & Under; 1, Greg Sloan 17:58, 16-19: 1, Brandon Rose 17:15, 20-24: 1, Donald Goff 21:18, 25-29: 1, Vince Martinez 18:32. 30-34: 1. Armando Moreno 16:39. 35-39: 1. David Amster 16:08. 40-44: 1 Wayne Miles 17:36. 45-49: 1. Armando Fiores 18:51. 50-54: 1. David Ragadale 19:02. 55-59: 1. Mort Ward 19:26, 60 & Over: 1. Cal Heningson 24:05.

Division Results - Women's SK 15 & Under: 1. Heid McGlauphin 22:22. 16-19: 1. Joel Berry 25:39, 20-24: 1, Tonya Killeen 21:55, 25-29: 1, Allison Orofino 17:54, 30-34: 1. Anne Diers 21:09. 35-30: 1. Patricia Smith 23:19. 40-44: 1. Dawn Schurmer 22:02, 45-49: 1. Ariene Hoagland 23:22. 50-54: 1. Anne Mae Stuckney 31:57. Division Results - Men's 10K

15 & Under: 1. David Pike 42:05. 16-19: 1. Ty Nickel 34:07, 20-24; 1. Eric Johnson 48:59, 2. Nan Harmon 48:40, 25-29; 1. Thom Pearman 37:40, 30-34; 1. Shaun Alon 36:58. 35-39: 1. Rae Clark 36:57. 40-44: 1. Lawrence Harvey 42-40, 45-49; 1. Larry Sumner 43-26, 50-54; 1. Don Russ 42-42, 55-59; 1. Joe Orlando 45:30, 60 & Over: 1, Mike O'Heil 54:41.

Division Results - Women's 100 20-34: 1. Nan Harmon 48:40. 25-29: 1. Deball 45:18. 30-34: 1. Gwen Gallanty 41:35. 35-36: 1. Ann Gerhardt 43:06. 40-44: 1. Donna Brown 49:48. 45-49: 1. Carolyn Ward 55:11. 50-54: 1. Frances Rutz

Pinole Marathon

April 30. Pinole. Marathon/Half & High Five 5K. Oversil Results - Morathon

1. G. Hilliard (34) 2:57, 2. Steve Tietz (33) 3:01, 3. Darlene Wallach (38) 3:17, 4. Digby Horner (32) 3:21, 5. Tony Capasso (32) 3:24, 6. Bob O'Connor (39) 3:31, 7. Jim Fisher (35) 3:37, 8. Jim Pommier (56) 3:42, 9. David Rogers (28) 3:45, 10. Bob Sancher 3:56

Overall Results - Half Marathon

1. Tim Souza (29) 1:18:58, 2. Frank Ruona (43) 1:18:59, 3. Chris Larsen (42) 1:20:45, 4. Daniel Rosenthal (23) 1:22:03, 5. Nikos Moutos (31) 1:22:42. 6. Kent Haake (33) 1:23:29, 7. Mark Gouge (29) 1:24:11, 8, Alan Steeples (32) 1:26:54, 9. Jo Maiora-no (41) 1:26:55, 10, Noah Rollins (39) 1:28:14.

High Five 5K Allen Smith (28) 14:57, 2. Ted Bowe (39) 18:10,
 Dan Read (35) 19:19, 4. Lorse Lee (31) 19:55, 5. Jason Ysip (14) 20:19, 6. Barbara Gilmore (38) 20:53, 7. Leah Todd 21:51, 8. Robert Perales (36) 22:00, 9. David Guartney (24) 22:15, 10. Barbara Robben (55) 22-43

Legg Lake Runs

Legg Lake Easter April 1, So. El Monte.

Overall Regults

1. Vicente Rivera (29) 17:20, 2. David Nunez (26) 17:40, 3. Tiburdo Contreras (33) 17:59, 4. Jim Perez (26) 18:07, 5. Leslie Caldera (37) 18:09, 6. Nati Carrasco (29) 18:26, 7. Dan Serna (20) 18:31, 8. Victor Gomez (25) 19:05, 9. George Anderson (45) 19:11. 10. Diagne Taylor (21F) 19:27.

11. Wally Ingram (55) 19:40, 12. Lupe Casillas (19F) 20:15, 13. Bob Landry (60) 20:35, 14. Every Fong (29) 21:06, 15. Barry Hamilton (44) 22:06.

San Gabriel River 3 Mile Carrera de Pascua

April 2 So. El Monte

Overall Requite

1. Leonard Aquilar (36) 16:34, 2. Santiago Duarte (25) 17:12, 3. Hal Hanna (42) 18:20, 4. Booker Washington (51) 19:38, 5. Darryl Fisher (36) 19:46, 6. Paul Dalton (49) 20:50, 7. Julian Jara (13) 20:56, 8. Gerald Tyner (49) 21:00, 9. Bruce Odou (61) 21:11, 10. Barry Hamitton (44) 21:11.

11. Thereas Crepeau (37F) 21:13, 12. Irene Olberz (55F) 21:29, 13. Jose Becerra (29) 21:32, 14. Paul Torres (40) 21:46, 15. Juan Fonseca (13) 22:02.

Legg Lake 5K Sport Run April 22 So. El Monte.

Owerall Results

1. Vicente Rivera (29) 17:12 2 Kent Wedin (35) 18:55, 3. James Zarrillo (37) 19:07, 4. Galen Morton (28) 19:14, 5. Joe Englebrecht (39) 19:31, 6. Rauf Ramirez (13) 19:34, 7. Leonard Walts (60) 19:55, 8. Frank Jones (29) 20:11, 9. Ignacio Mariscal (57) 21:45, 10. Bob Strobel (58) 22:08.

11. Mike Lalum (44) 22:16, 12. Chris Nielsen (10) 23:02, 13. Ed Nielsen 23:03, 14. David Cohen (69) 21-05, 15, Paul Faber (56) 23:15.

Legg Lake 5K Run April 30. So. El Monte.

Overall Results

1. Doug McKee (28) 16:34, 2. John Lemar (30) 16:51, 3. Daniel Lacour (29) 17:24, 4. Jim Flanagen (39) 17:43, 5. Mark Newton (39) 18:26, 6. Adollo Padila (40) 18:57, 7. Pete Savitz (50) 19:11, 8. Cliff Stolbe (53) 19:19, 9. Wally ingram (56) 19:24, 10. Josue Ruvalcaba (40) 19:24.

11. Juan Aroos (44) 19:37, 12. Frank Vasquez (53) 19:51, 13. Henry Avalos (17) 20:00, 14. Mario Munoz (36) 20:03, 15 David Schilke (26) 20:17.

San Gabriel River 3 Mile Run

May 6, So. Fl Monte

Overall Results

1. Catarino Gonzalez (47) 16:12, 2. Vicente Rivera (29) 16:17, 3. Marcelo Vizuete (16) 16:43, 4. Manuel Perez (17) 17:15, 5. Salvador Gonzalez (41) 17:32, 6. Fabio Banda Jr. (26) 17:37, 7. Tony Del Castillo (16) 18:14, 8. Chip English (15) 18:34, 9. Sonny Monioz (53) 18:34, 10. Ricky Barba (20) 18-35

11, Leo Palacios (31) 18:36, 12, Henry Perez (48) 18:56, 13. Christopher Garcia (32) 19:01, 14. Bruce Odou (61) 20:11, 15. Mike Lajum (44) 20:51.

Legg Lake Garritsons' Run May 7. So. El Monte. BK.

Overall Results

1. Vicente Rivera (29) 28:31, 2. Bob McGeough (47) 28:53, 3. James Garritson (13) 30:33, 4. Jarod Garritson (10) 30:54, 5. Heather Garritson (8) 30:56, 6. Raul Orozco (42) 31:15, 7. Tony Del Castillo (16) 31:40, 8. Carrie Garritson (12F) 31:42, 9. Christopher Garcia (32) 31:46, 10. Sonny Monioz 153) 32-24

11. Wally Ingram (56) 32:50, 12: Bill Sci (51) 35:00, 13. Craig Brumbaugh (23) 35:28, 14. Barry Hamilton (44) 35:34, 15. Dwight Smith (43) 35:59.

St. Patrick's Day Run March 11. So. El Monte. 5K.

Overall Results
1. Joseph Orlega (30) 17:04, 2. Noe Magana (28) 18:02, 3. Pete Tolt (40) 18:18, 4. Timothy Staab (26) 18:26, 5. Dean Longo (29) 16:41, 6. David Brown (25) 19:10, 7, Juan Nunez (26) 19:30, 8, Paul Wilson (14) 20:01, 9. Jose Becerra (29) 20:33, 10. Robert Ramuel (35) 20:53

11. Dawn Staab (25F) 21:26, 12. Barry Hamilton (44) 21:49, 13. Bruce Odou (61) 22:28, 14. Ryan Adams (12) 23:10, 15. Aaron Saldivar (14) 23:52.

San Gabriel River Run March 18. So. El Monte. 10 Mile.

Overall Results

1. Filemon Roias (29) 59:45. 2. Bil Darby (41) 61:52, 3. Jose Rosales (33) 62:46, 4. Mike Shriver (29) 63:49, 5. Mike Louie (41) 64:49, 6. Eddie Alar con (11) 65:30, 7. Peter Hineso (21) 65:57, B. Lesãe Caldera (37) 67:22, 9. Chris Garcia (32) 67:53, 10. Jim Generazzo (45) 69:17.

Legg Lake Fitness Run March 19. So. El Monte. 5K.

Overall Results

1. Nati Carrasco (29) 18:20, 2. Tiburcio Contreras (33) 18:36, 3. Don Peterson (39) 18:46, 4. Robert Statey (42) 18:48, 5. Jerry Tompkins (25) 19:14, 6. Michael Schutt (29) 19:21, 7. Booker Washington (51) 19:38, 8. Adolfo Padilia (42) 19:39, 9. William Wall (56) 20:14, 10. Gregory Gomez (42) 29:29.

San Gabriel River Spring Classic March 26 So. Fl Monta 3 Mila

Overall Results

1. Ivan Loza (18) 15:21, 2. Derek Furukawa (28) 16:21, 3. Vioente Rivera (29) 16:26, 4. Charles Gallegos (18) 17:11, 5. Edgar Leiva (23) 17:13, 6. Fabio Banda (26) 17:14, 7. Leslie Caldera (37) 17:21, 8. Randall Shelley (45) 18:01, 9. Antonio Quintero (31) 18:14, 10. Christopher Garcia (32) 18:25.

11. Robert Culling (57) 18:37, 12. Kent Wedin (35) 18:40, 13. Booker Washington (51) 18:49, 14. Leonard Walts (60) 19:06, 15. Chris Acton (27) 19:14.

Franklin Field Fun Run

May 6. Tatt. 10K

Division Results - Man's 10K

15-19: 1. Alex Chance 44:01. 20-29: 1. David Flory 40:32, 2. Danny Moreno 40:55, 3. Domingo Senta maria 44:57, 30-39: 1. Rick Hixon 39:29, 2. Mike Lewis 43:10, 3. Dwight Hatfield 47:53, 40-49: 1. Larry Garcia 38:40, 2. Mike Spensko 40:43, 3. Roper Trautman 43:52.

Division Results - Women's 10K 15-19: 1. Kristen Gorman 51:57, 30-39: 1. Jacqua Talley 44:58, 2. Paula Lambdin 46:47, 3. Kris Sim-

onson 49-52, 40-48: 1. Vidii Wison 54-23. Division Results - Nen's SK 14 & Under: 1. John Orosco Jr. 18:50, 2. Jason Dodson 21:43, 3. Kyle Kinney 23:20, 15-19: 1. Michael Farmer 19:49, 2. Tom Lester 26:31, 3. Dennis Galhinos Jr. 29:01, 20:29; 1. Norman Knowles 19:43 2. Hilario Cavazos 20:11, 3. Marty Chirrick 22:40. 30-39: 1. Kathy Sharum 21:54, 2. Steve Moehlman 21:20, 3. Vincent Barulich 21:28, 40-49: 1. Norm Wykoff 20:15, 2. Richard Dyer 25:21, 3. Wayne Campbell 25:24, 50 & Over: 1. Thomas Almberg 22:03, 2. Bill May 25:36.

Division Results - Women's 5K

14 & Under: 1. Jennie Gonzalez 24:44, 2. Julie Minor 25:37, 3. Krisse Gonzales 26:17, 20-29; 1. Donna Jackson 19:55, 2, Jan Vontz 24:07, 3, Carol Foster 24:48, 30-39: 1. Kathy Sharum 21:54, 2. Teresa Ro dart 25:26, 3. Susan Skabekind 25:55, 40-49: 1. Jo Ann Martin 26:02, 2. Jeaneene Campbell 27:07, 3 Susan McCreery 29:18. 50 & Over: 1. Verla Phillips

Owned Reserving 15 billion

Boys: 1. Larry Lambdin 8:44, 2. Trevor DeShaw 9:24, 3. Ryan Dyer 10:40. Giris: 1. Erin McDonald 10:53, 2. Tabitha Halcomb

12:10, 3. Summer Talley 12:16. Welk: Women: 1. Maria Sweeney 15:22, 2. Therence Bjerke 16:30, 3. Norma Diaz 16:37.

Great Rockwell Reservoir Run

May 6. Canoga Park, 5K & 10K

Overell Results - 10K 1. Tommy Leon (22) 32:42, 2. Jess Perez (28) 34:19, 3. John Quin (32) 34:30, 4. Sleve Bitterty (33) 35:21, 5. James Stephan (36) 35:49, 6. John Narargo (24) 35:50, 7. Ruben Hedes (26) 36:15, 8. Craig Mead (36) 36:29, 9. Larry Stein (32) 37:13 10. Joe Toledo (41) 38:29.

11. Brian Stansauk (37) 38:32, 12. Bob Milam (37) 38:37, 13. Roger Weingsertner (41) 38:45, 14. Nick Trozzi (28) 39:00, 15. Gary Schnittgrand (41) 39:06, 16. Michael Smith (36) 39:08, 17. Skip Witt (21) 39:10, 18. Charles Lai (34) 39:47, 19. Tracy Haynes (29) 39:48, 20. Jerry Fox (37) 39:48.

Overall Results - 5K

1. Tommy Leon (22) 16:21, 2. Ignacia Fonseca (23) 16:57, 3. John Quinn (31) 17:02, 4. The Bullet Wildy (19) 17:14, 5. James Brennan (30) 17:39, 6. John Hanley (34) 17:40, 7, Jim Ranigan (39) 17:47, 8. Craig Moad (36) 17:59, 9. James Monahan (33) 18:00, 10. John Narando (24) 18:08.

11, Chris Jensen (25) 18:10, 12, Michael Mutek (37) 18:12, 13. Ted Oviatt (27) 18:18, 14. Mike Hash (41) 18:18, 15, Robert Barraza (31) 18:19, 16. Bob Hendrix (38) 18:36, 17. Kelly Current (31) 18:40, 18. Roger Weingaarther (41) 18:48, 19. Brian Smallen (36) 18:54, 20. Mike Marnell (17) 19:00.

Edgewood Run-Wildflower Series

May 6. Redwood City, 8.2 M. & 3.5 M. Overall Results - 8.2 Miss

1. Jim Moyles (37) 46:15, 2. Rich Homstra (3 46:40, 3. Craig Welch (27) 49:52, 4. Patrick Welg

Russian River Marathon, Half & 8K (PA-TAC 8K LDR Championship)

By MARK WINITZ

June 4 Ukiah.

You can't please everyone all of the time, the old saying advises. That may, indeed, be true-with the world of road racing no exception. But the Russian River Run tries darn hard to do just that. And with races at three distances, a traditional carbo-loading party the evening before, an idyllic rural setting, and honest courses that challenge but also offer possibilities for fast times, they come pretty close. The events also have a built-in spectator/participant appeal for those runners who enjoy competing and doing a little watching besides. With a 6 AM start for the marathon and half marathon and 8 AM for the 8K, it's possible to get in some racing action and watch a lot of it too.

Race morning dawned with the unfamiliar peal of thunder and flashes of lightening in the distance. Overnight, the usual moderate-but-warm early June climate of the Russian River-Alexander Valley region was replaced by a surprise Mid-Western style cloud spitter. The eventual winner of the 26.2-miler, Placerville's Craig Moore (2:41:40) and his family were pulled out of flooded sleeping bags at 4:30 AM having camped overnight at nearby Cape Mendocino. Moore never really dried off until he crossed the finish line several hours later, 22 seconds ahead of 2nd-placer George Staub. *I was just out for a training run," said Dr. Moore, a family practice physician and sub-2:20 marathoner.

The Pacific Association 8Kers, out for yet another LDR Grand Prix Championship—this one contested in all divisions—watched half marathon overall winners Jerold Drew (1:14:23) and Kimberly Shaffer (1:22:04) emerge from the wet grape vineyards. Drew had finished a full eight minutes off his own course

record of 1:06:22. Then some waiting racers ducked for cover as another spiller passed through, while others began their warmups. Runners in the masters ranks prepared for their second Grand Prix race in a week, having competed at Pacific Sun on Memorial Day. Some top open division runners were also making a quick comeback, returning to the line from Bolder Bolder six days earlier.

By the 8K gun, the conditions were perlect for racing. The rain had quit, little wind, under gray skies. The runners had the rural, mostly gently sloping loop all for themsphere.

"I pushed it from the word go and kept on pushing," said Reno's Alan Dehlinger, who had emerged from a bit of a racing slump at Pacific Sun, placing only 8th, but running 29:50. "Nothing really happened until about 2-1/2 miles when we rumed the corner. I looked back and there were about thirty guys behind me. I couldn't believe it because I was running hard."

Heading the stalkers were the Tibaduiza brothers and Jose Aispuro. Mile 3 saw 14:30 on the watch. At 3-1/2 Miguel Tibaduiza took the point and Dehlinger fell in behind. But forcing the pace up a short brisk hill a half mile later, Dehlinger reached the apex, and started to turn right at the last turn. The certified course went to the left. However, after receiving correct directives, Dehlinger pushed it home in 23:34, gapping Miguel T. by 10 seconds. Domingo T. (who had run 30:39 at Bolder Boulder to Miguets 30:52) battled Aispuro for the final spot in the prize money, as the Columbian's 23:53 edged Jose by 2 seconds. Rob Anex (24:01) emerged 5th, moving up from 10th place midway through

Danny Grimes' CR of 23:18 remains intact. Some men were obviously thankful that Grimes—a resident of nearby Cloverdale—elected to stay home.

Bill Sevald (24:59) comfortably picked up his second masters 40+ title in as many weeks, followed by Jim Press (25:59) and Jerry Jobski (26:06). Familiar names Darryl Beardall (28:12) and Boyce Jacques (31:10) secured the 50+ and 60+ titles respectively.

Sevald, now 43, left more than a few masters thinking. Last year, PA-TAC Grand Prix masters champ Steve Ferraz, at 40, won this race outright in a time 24 seconds slower than Bill's present mark.

Terry Puckett continued her domination among open woman on the 1989 PA-TAC Grand Prix circuit by running an excellent solo 26:44 after running a disappointing race in altitude and heat at Boulder. Terry tumbled her own previous Russian River 8K record of 27:18. She also owns the half marathon CR at 1:16:52 which will probably stand for awhile.

Rossy Tibaduiza-Cardenas (28:37) completed the cleanup by Reno runners, as her strong 2nd place indicated that she's back on track. Peggy Smyth (28:41), returning from a voluntary two-month hiatus from serious training and racing, ran a challenging 3rd after she and Tibaduiza-Cardenas passed a fading Laura Sanchez (4th, 29:03) in the last mile.

Joan Colman (29:21) continued to accumulate masters points on the women's side as Hilary Naylor (31:05) earned 2nd in that category, followed by Senior (50+) competitor Vicki Bigelow whose superb 31:56 was good for 3rd master overall. Bigelow's effort topped the currently listed F53 single age American 8K record.

PA-TAC prize money in the 8K went \$125/\$75/\$50 for open men and women; \$100/\$50/\$25 for masters, and \$75 for top seniors (50+) and super seniors (60+). Team prize money was also awarded, although team results were not available as of this writeup.

If you missed Russian River this year, please consider it on next year's race calendar. The beautiful Russian River-Mendocino area provides a relaxing getaway, ample accommodations are available in nearby. Ukiah, and good weather and a diversity of race distances are guaranteed.

RESULTS - 8K Overall

1. Alan Dehlinger 23:34.7, 2. Miguel Tibaduiza
23:44.1, 3. Domingo Tibaduiza 23:53.4, 4, Jose Aispuro 23:55.6, 5. Robert Anex 24:01.8, 6. Mark Hoel-

er 24:08.8, 7, Tom Borschel 24:10.1, 8, Juan Ramirez 24:14.5, 9, Craig Steinmaus 24:20.7, 10, Josquin Leano 24:23.6, 35, Terry Puckett (1stF) 26:44.3.

8K Division Winners Women 20-28: 1. Rossy Tibaduiza-Cardenas 28:37.4, 2. Laura Sanchez 29:03.4, 3. Donna McKennon 31:13.5. Women 30-39: 1. Terry Puckett 25:44.3, 2. Peggy Smyth 28:41.4, 3. Barbara Frank 29:04.1. Women 40-49: 1. Joan Colman 29:21.9, 2. Hilary Naylor 31:00.5, 3. Vicki Chase 33:01.0. Women 50-50: 1. Vicki Big-elow 31:56.5, 2. Birthe Kirsch 34:00.7, 3. Heidi Skaden 34:22.8. Men 13-19: 1. Gabriel Mildose 27:42.9. Men 20:28: 1. Alan Dehlinger 23:34.7, 2. Jose Aisouro 23:55.6. 3. Mark Hoeler 24:08.8. Men 30-39: 1. Miquel Tibaduiza 23:44.1, 2. Domingo Tibaduiza 23:53,4, 3. Robert Anex 24:01.8. Men 40-49: 1, Bill Sevald 24:59.4, 2. James Press 25:59.9, 3. Jerry Jobski 26:06.5, Men 50-59: 1. Darryl Beardal 28:12.9, 2. Everett Riggle 29:48.6, 3, Frederick Mattos 30:06.3. Men 60-59: 1. Boyce Jacques 31:10.8, 2. Alan Bellon 32:35.6, 3. Don Pickett 33:23.4.

RESULTS --Raff Marathon Overall
1. Jureold Drew 1:14:23, 2. Joe T. Woods
1:16:15, 3. Gabriel 1:16:54, 4. Steven Naiman
1:17:33, 5. Tim Souza 1:19:05, 6. Steve Naiman
1:17:33, 5. Tim Souza 1:19:05, 6. Steve Noil
1:19:22, 7. Charles Crompton 1:19:42, 6. Joseph
Sayles 1:21:46, 9. Jaime Sandoval 1:22:00, 10.
Kimborly Shaffer (1:st-F) 1:22:04, 6. 19. Lura
Damiano (2nd-F) 1:25:06, 34. Mary Céley (3rd-

Sayles 1:21:46, 9, Jaime Sandoval 1:22:00; 10. Kmberly Shaffer (1st-F) 1:22:04.6, 19. Lura Damiano (2nd-F) 1:25:06, 34. Mary Cěley (3rd F) 1:31:06. Half Marathon Division Winners Women 13-18: 1. Brand Flodowel 1:40:09. Wow en 20-29: 1. Kimberly Shaffer 1:22:04, 2. Colet Swim 1:34:52, 3. Annette Shearer 1:37:10. Women 9:30: 11. Lira Damigne 1:25:06, 2. Mar

Women 13-19: 1. Brandi Rodowell 1:40:09. Wom en 20-29: 1. Kimberly Shaffer 1:22:04, 2. Colette Women 30-39: 1, Lura Damiano 1:25:06, 2, Mary Cilley 1:31:06, 3, Toni Lovoi 1:34:27, Women 40-49: 1. Nouria Harris 1:36:06, 2. Diana Rebar 1:42:47, 3. Nancy Pelayo 1:42:47. Women 50:50: Ceis Wildin 1:53:45. 2. Hisase Reichel 1:55:03. 3. Lois Cock 2:13:14. Women 60-69: 1. Liena Rapazo 2:10:06, 2. Joy Scott 2:51:24. Men 13-19: 1. Hector Delgado 1:27:35. Mon 20-29: 1. Tim Souza 1:19:05, 2. Steve Noll 1:19:22, 3. Joseph Sayles 1:21:46. Men 30-30: 1. Jereold Drew 1:14:23, 2, Joe Woods 1:16:15, 3, Steven Naman 1:17:33, Man 40-49; 1, Gabriel Sandoval 1:16:54, 2. Charles Crompton 1:19:42, 3. George Forman 1:24:25, Men 50-59: 1. Robert Rarber 1:23 02: 2 David Reichel 1:35:25:3 Mike Callahan 1:43:57, Men 60-69: 1, Robert Belote 1:44:49, 2 Tony Kelly 2:06:37, 3. Wally Rapozo 2:06:44.

RESULTS-Marathon
1. Craig Moore (30-39) 2:41:40, 2. George
Staub (30-39) 2:42:02, 3. Timothy Martin (40-49) 2:58:49.

no (33) 50:04, 5. Nikos Moutros (31) 51:27, 6. Daniel Labrecque (33) 51:45, 7. Thomas Staff (27) 51:59, 8. Walter Bortz (29) 52:11, 9. Gien Bewrick (44) 52:15, 10. Michael Powell (46) 52:31.

11. Betsy Fraser-Smith (50) 53:39, 12. Anne Hamilton (27) 54:00, 13. Richard Laine (59) 54:41, 14. Bill Walface (56) 56:02, 15. Tony Fraser-Smith (50) 56:28, 16. Bonnie Storm (43) 56:43, 17. Sten Mawson (47) 57:00, 18. Tom Schmidhauser (32) 57:49, 19. Steve Haddock (30) 58:10, 20. Andre Borgman (28) 56:18.

Overall Results - 3.5 Miles

1. Eduardo Corvera (29) 30:29, 2. John Panne (31) 32:33, 3. A.J. Guaspari (23) 35:16, 4. Mark Huffman (31) 35:30, 5. Nelson Kersey (24) 35:56, 6. Judith Russo (45) 36:09, 7. John Zicker (32) 37:22, 8. Jon Carman (33) 37:51, 9. Doug Smith (44) 38:54, 10. John Dogosáno (28) 40:18.

Banner Run IV

May 7. San Jose. 10K

Overall Winners - Men
1. John Marden 31:18, 2. Robert Tapia 32:12, 3.
Charles Townsend 34:50.

Charles Townsend 34:50.

Overall Winners - Women

1. Laura Sanchez 35:22, 2. Susan Putney 36:23,
3. Km Scholts 36:28.

Scenic Bay Run

May 7. Seussiito, 3.95 Mile. Overall Results

1. G. Green 2018, 2. K. Johnson 21:49, 3. E. Supnet 22:16, 4. J. Swyers 22:26, 5. S. Deschler 22:42, 6. Archer 22:59, 7. C. Bailey 23:19, 8. E. Frezer 23:24, 9. R. Sharp 23:45, 10, T. Winglow 24:04.

Division Results - Men

15 & Under: 1, Supret 22:16, 2, Campbell 24:26, 3, Mongan 34:31, 16:25: 1, McDowd 30:22, 26:35: 1, Bailey 23:19, 2, Winglow 24:04, 3, Stenberg 24:23, 36:39: 1, Green 20:16, 2, Deschler 22:42, 3, Archer

22:59, 40 & Over: 1, Johnson 21:49, 2, Swyer 22:26, 3, Frezer 23:24,

Division Results - Women 15 & Under: 1. Fisher 43.07. 16-25: 1. Camera 25:40, 2. Larsen 30:6.3. Leggale 22:15, 26-36: 1. Geringer 24:09, 2. Calmels 24:37, 3. Karhowski 27:27, 36-39: 1. Mociom 31:37, 2. Reynolds 38:41, 3. Bermingern 43:22, 40 & Over: 1. Pell 24:38, 2. Brines 27:32, 3. Ašans 29:52.

Division results - Walkers 26-35: 1. Balderelli, 2. Crank. 40 & Over: 1. Walschlaeger 51:18. 2. Gergus 51:25, 3. Oksen 53:28.

San Bruno Mountain Run

May 7. Daly City, 10K & 5K.

Overall Results - 10K 1. Jim Moyles (37) 37:42, 2. Rich Hornstra (32)

40:07, 3. Lucio Perez (27) 40:51, 4. Nikos Mourtos (31) 4214, 5. Patrick Wingand (33) 4248, 6. Craig Welch (26) 43:20, 7. Marc Spadaro (25) 43:26, 8. Richard Laine (59) 44:19, 9. John Bell (42) 44:20, 10. Thomas Staff (27) 44:28.

11. Hal Feeney (45) 44:43, 12. Michael kPowell (46) 46:28, 13: Einar Acuna (27) 46:28, 14. Ray Young (50) 46:35, 15. Steven Mauson (47) 46:40, 16. Anne Hamilton (27) 46:47, 17. R. Siciliano (43) 47:09, 18. B. Fraser-Smith (50) 47:22, 19. Judith Russo (45) 47:33, 20. Bernard Malfroy (36) 48:07.

Overall Results - 5K 1. Marty Beene (27) 17:26, 2. Jerry Beougher (31) 19:17, 3. Jim Hatfield (44) 19:30, 4. Adrian Watson (29) 21:48, 5. Thomas Vrhel (30) 21:49, 6. Jone Vrhel (31) 23:29, 7. Nick Lederer (46) 23:47, 8. Gregory Osika (38) 24:04, 9. Nick Baum (46) 24:36, 10. Lucia Sleške (25) 24:39.

Wild Wild West Runs

May 7, Lone Pine. Marathon & 10 Mile. Overall Results - Marathon

1. Gary Walecke (29) Crowley Lake 3:28:03, 2. Robert Beach (44) Bishop 3:29:39, 3, Jim Pelion (38) Westlake 3:33:16, 4, Jim Gensichen (40) Woodland Hills 3:34:42, 5, Fred Shufflebarger (40) Laguna Beach 3:38:50, 6. Mark Samuelson (35) Stockton 3:41:07, 7. Kenneth Price (46) Redando Beach 3:45:11, 8. Steve Corona (28) Harbor City 3:48:30, 9. Gill Cornell (39) Ridgecrest 3:551:29, 10.

Jeff Parker (30) Carson City 3:53:41 Oversil Results - 10 Mile

1. Jeff Press (33) Sherman Oaks 1:08:50, 2. Francisco Garcia (32) Whittier 1:09:22, 3. Stephen Anthony Whitmore (33) Lake Elizabeth 1:10:15, 4. Michael Naylor (40) Las Vegas 1:13:50, 5. Larry Ford (46) Lee Vining 1:15:39, 6. Bob Siefken (35) Bishop 1:16:33, 7. Mark Hodges (36) Bishop 1:17:04, 8. Nick Riesz (50) Lancaster 1:20:43, 9. Dennis Jensen (41) Las Vegas 1:21:41, 10, Joe Profits (36) Bio Pine 122:50

11. Tom Alnes (37) Rancho Palos Verdes 1:23:08. 12. Robert Frickel (44) Lone Pine 1:23:33, 13. Dave Arntson (50) Diamond Bar 1:23:38, 14. Jeff Wright (25) Anahem 1:24:51, 15, Jack Clark (45) Ridge-creat 1:25:41, 16, Pete Kirchner (30) Mammoth Lakes 1:26:21, 17, Melvin Rowley (55) Orem 1:26:29, 18, James Douglas (37) San Pedro 1:27:56, 19. Bill Carter (45) Bishop 1:28:00, 20. Don Haas (47) Mammoth Lakes 1:28:32.

Wildflower Triathlon

May 7. Lake San Antonio, California (Long Course: 1.2 ME. Swim, 56 ME. Bike, 13.1 ME.

(International: .5 ML Swim, 20 ME. Bike, 4.5 ME. Flun)

Overall Results - Long Course
1. Huddle (Encinitas) 4:17:22, 2. Rustad, Gross,
Boaz (SLO) 4:23:18, 3. Fahrenbach (Clovis) 4:23:47, 4. Montgomery (Encinities) 4:25:31, 5. Sul-tan, Hast, Raccosin (Capitola) 4:28:43, 6. Kupferachmid (Switzerland) 4:29:10, 7. Lundgren (Encinitas) 4:29:23, 8. Devere (Clovis) 4:31:33, 9. Garcia (Menio Park) 4:32:05, 10. Davies III (Chico) 43218

Division Results - Men's Long Course Elite: 1. Paul Huddle 4:17:22, 2. Bryan Fahrenbach 4:23:47, 3. Mark Montgomery 4:25:31, 15-19: 1. Ben Travis 4:58:18, 2. Rex Johnson 5:11:11, 3. Francis Gangle 5:14:42, 20-24: 1. Tom Davies III 4:32:18, 2. Greg Clarke 4:44:05, 3, Bradford Scherick 4:54:05 25-29: 1. Thomas Lane 4:53:53, 2. Mark Curtis

4:54:00, 3. Bruce Balch 4:54:28. 30-34: 1. Bruce Mace 4:41:20, 2. Dan Rock 4:43:55, 3. Mark Stoner 4:45:30. 35-39: 1. Marc Sisson 4:49:51, 2. Jamie Wil lams 4:54:00, 3. Scott Davis 4:56:22, 40-44: 1. Monty Holding 5:01:22, 2. John Murphy 5:01:41, 3. Andrew Losb 5:11:26, 45:49; 1. Forrest Bond 5:07:42, 2. Larry Warren 5:26:14, 3. Thomas Barthold 5:29:37 50-54; 1. Hans Dieben 5:01:38, 2. Bob Tarozzi 5:29:02, 3. Gary McCain 5:58:59, 55-59; 1. Jim Demetriou 5:52:15, 2. Joseph Russell 7:04:50, 3, Cy Weagle 7:10:50, 60-64: 1, David Stevenson 6:18:44 65 & Over: 1. Bit Bell 8:35:18.

Division Results - Women's Long Course Elite: 1. Nancy Vallance 5:01:55, 2. Janine Daley 5:05:44, 3. Terry Schneider 5:06:35, 15-18: 1. Syda Kosofsky 7:25:28. 20-24; 1. Krista Whelan 5:16:25, 2. Tamar Fidelman 5:47:44, 3. Stephanie Danzig 6:21:40, 25-29: 1. Cathy Owen 5:15:44, 2. Vivian Poer 5:28:12, 3, Lauren Alexander 5:37:30, 30-34: 1. Janet Atwood 5:24:30, 2. Holly Potter 5:31:07, 3. Debbie Ingram 5:53:46. 35-39: 1, Susan Shafer 5:22:35, 2. Missy Le Strange 5:30:38, 3. Nancy Huber 5:49:02, 40-44; 1. Jane Granskog 6:15:17, 2. Noelle Waddel 6:23:07, 3. Jeanett Sullivan 6:27:59. 45-49: 1. Mardi Briggs 6:19:27, 2. Mary Ann Buxton 6:41:24, 3. Nadine Krebs 7:36:17, 50-54; 1. Harriet

Anderson 7:05:52. Division Results - Teams

Youth Boys: 1. Santell, Keller, Carrillo 4:54:20. Youth Mixed: 1. Williams, Gardner, Dunn 5:38:08. Open Men: 1. Sultan, Nast, Recognin 4:28:43, 2. Auburn, Hennesey, Peters 4:38:01, 3. Goldschmidt, Klawans, Schmitz 4:40:11. Open Women: 1. Foster, Goughnour, Hall 5:03:40, 2. Bryant, Strangio, Henderson 5:08:17, 3. Arndt, Grypma, Menz 5:10:33.

Open Nixed: 1. Rustad, Gross, Boaz 4:23:18, 2. Haber, Ryan, Trettin 4:37:35, 3. Crystal, Ross, Rowland 4:50:22. Masters Man: 1. Dowling, Adams, Dove 5:03:17, 2. Godley, Deetz, Haiduk 5:11:32, 3. Aiello. Amato, Aleshire 5:16:49. Mastere Mixed: 1. Kelley. Burnette, Lopez 5:31:24.

Outrall Gassida - International

1, Da Sears-Koliko (Morro Bay) 1:34:09, 2. Mike Fillipow (Long Beach) 1:34:59, 3, Graves, Lacey, Lopez (Bakersfield) 1:36:19, 4. Jell Molfit (Fresno) 1:37:06, 5. Jeffre Jacobs 1:38:05, 6. Andre Koijane (Truckee) 1:38:06, 7. Bill Carlson (San Jose) 1:38:35, 8. Marcel Villan (Davis) 1:38:53, 9. Brien Seymour (Isla Vista) 1:39:04, 10. Preben Nielson (Chico) 1:39:34.

11. David Klawans (Montecito) 1:39:53, 12. Weide, Packer, Holstine (Paso Robles) 1:39:56, 13. Charl Racoosin (Monterey) 1:40:10, 14. Derick Scovel (Davis) 1:40:19, 15. Rich Polli (Fair Oaks) 1:40:43, 16. Aaron King (Berkeley) 1:41:16, 17. Greg Ward (Oakland) 1:41:18, 18. Jason Middleton (Bakersfeld) 1:42:17, 19. Pe Lewandowski (San Francisco) 1:42:28, 20. Peter Park (Santa Barbara) 1:42:34.

Division Results - Men's International 15-19: 1. Marcel Vilian 1:38:53, 2. Jason Middleton 1:42:17, 3. Ryan Huckabay 1:43:32, 20:24: 1. Jelf Molfit 1:37:06, 2. Jeffrey Jacobs 1:38:05, 3. Brian Seymour 1:39:04: 25:29: 1. Mike Filipow 1:34:59, 2. Andrew Koijane 1:38:06, 3. Bill Carlson 1:38:35, 30-34: 1. Davi Sears-Koltko 1:34:09, 2. Charles Raccosin 1:40:10, 3. Greg Ward 1:41:18, 35-30: 1. Michael Orendorff 1:47:04, 2. Doug MacKinnon 1:47:22, 3. Norm Gould 1:48:52, 40-44: 1. Kent Robison 1:48:27. 2. Walter Radioff 1 52:13, 3. Dan McHatton 1:54:05. 45-49: 1. Robert Plant 1:44:42, 2. Mike Giers 1:56:51, 3. Larry Owens 1:56:42, 50-54; 1. Larry Wells 2:17:29, 2. Thomas Conn 2:22:09, 3. Donald Bradbury 2:23:06, 55-59; 1. Peter Krichman 2:32:00. 60-64: 1. David Stevenson 2:02:10.

Division Results - Women's International 15-19: 1. Kristi Emanuels 2:06:07, 2. Albie Ashbrook 2:11:25, 3. Ameret Reed 2:15:16, 20-24: 1. April Wagner 1:59:39, 2. Chrissy Benham 1:59:59, 3. Les-

ley Chequer 2:01:34, 25-29; 1, Joan Smith 1:50:11, 2. Lori Elwood 1:53:57, 3: Malea Castle-Chaffee 1:54:33, 30-34; 1. Kar Chequer-Pfeiffer 1:47:44, 2. Kari Logwood 2:02:39, 3. Ann Phillips 2:04:33, 35:38; 1. Jean Toth 2:05:12, 2. Penny Ricklels 2:11:28, 3.

Hoc Harrif-Hoch 2:14:03, 40-44: 1. Ramona Bohlander 2:17:45, 2. Mary Lou 2:23:49, 3. Pamela Lightfoot 2:30:49. 45-49; 1. Julia Carpenter 2:14:19, 2. Kathryn Kettler 2:18:03, 3, Nancy Johnson 2:51:24, 55-59: 1. Elizabeth Ross 2:48:48.

Division Results - Teams

Youth Boys: 1. Weide, Packer, Holstine (Paso Robles) 1:39:56, 2. Wolff, Marti, Kelly (Paso Robles) 1:49:05, 3. Bjork, Franzia, Goss 1:49:24.

Youth Mixed: 1. Wittchow, Ketchum, McNulty 1:56:46, 2. Razbi, Keak, Swenor 2:32:11, 3. Kennedy, Millikin, French 2:41:05.

Open Mon: 1. Graves, Lacey, Lopez 1:36:19, 2. Chapman, Chamberlain, Kirsch 1:454:22, 3. Clairborne, Webster, Sava 1:46:02.

Open Women: 1. Bryant, Landers, Moon 1:52:27, 2. Markiewicz, Boxall, Miller 2:08:41, 3. Phillips, Tomaesacci, Cocke 2:09:23.

Open Mixed: 1. Harding, Wentz, Maxwell 1:43:35, 2. Dediminicantario, Gross, Newport 1:51:44, 3. Smith, Harwood, Gallagher 1:54:20.

Masters Men: 1. Godley, Deetz, Hajduk 1:47:15, 2. Cottle, Pogue, Little 2:17:45.

San Bernardino Rotary Club Tinman Triathlon

May 11. San Bernardino.

Overall Results

1. Larry Rhoads (30-34) 41:32, 2. Tom Mee (25-29) 43:05, 3. Mark Williamson (20-24) 43:11, 4, Michael Hansen (20-24) 44:14, 5. Robert Wiegand (30-34) 44:31, 6. Todd Nott (25-29) 44:40, 7. Devin Corcoran (30-34) 45:00, 8. Jim Berklite (Relay) 45:04, 9. John Ninnis (35-39) 45:08, 10. Tony Black (Relay) 45:09.

11. Tom Woodburry (30-34) 45:21, 12. Peter Gall-up (35-39) 45:21, 13. Eddie Marks (20-24) 45:24, 14. Dave Stevens (30-34) 45:24, 15. Brian Cork (25-29) 45:27, 16. Louis Pedroza (20-24) 45:34, 17. Bill Fraser (30-34) 45:35, 18. Corey Lohman (15-19) 45:50, 19. James Runyan (Relay) 46:26, 20. Dan Cockrell (15-19) 46:57.

21. Chris Hansen (25-29) 47:01, 22. David Sing (30-

34) 47:09, 23. Thomas Giambruno (25-29) 47:16, 24. Guy LaRocque (30-34) 47:25, 25. Richard Rush (20-24) 47:26

Guardsman Angel Island Run

May 13. Angel Island, 4.8 Mile. Overell Regulte

1. Jon Klinkman (19-29) 23:55, 2. Michael Burton (19-29) 24:50, 3. Nathan Smith III (30-39) 25:18, 4 Mitch Powers (30-39) 26:20, 5. Jim Hampton (40-49) 26:27, 6. Bill Coteron (30-39) 26:35, 7. April Powers (30-39) 26:40, 8. David Nelson (30-39) 27:21, 9. Nan Hall (30-39) 27:22, 10. Jost Schmitt 40-49) 27:30.

Division Results - Men

5-11: 1. Lionel Haisey 34:55, 2. Ted Kane 1:16:35. 12-14: 1. El Lindberg 33:30, 2. Virgil Caselli 34:24, 3, Paul Race 38:16, 15-18; 1. Eddie Freyer 29:18, 2. Michael O'Connor 30:34, 3. Jason Morgan 33:35. 19-29: 1. Jon Klinkman 23:55, 2. Michael Burton 24:50, 3. Marty Beene 27:54, 30-39: 1. Nathan Smith III 25:18, 2. Mitch Powers 26:20, 3. BH Coluron 26:35, 40-49: 1, Jim Hampton 26:27, 2, Jost Schmitt 27:30, 3. Preston Sitterly 27:35, 50 & Over: 1. John Galaski 31:15, 2. James Nason 32:26. 3. D.G. Mitchell 33:37.

Division Results - Women

5-11: 1. Melina Melisaner 36:02, 2. Jackie Sylle 41:22, 3. Celine Lester 1:16:38, 12-14: 1. Pamela Wright 1:00:51, 15-18: 1. Malia Castro 55:22, 19-29: 1. Laura Sanchez 28:04, 2. Tessa Chambers 31:20, Moana Appleyard 31:35: 30:39: 1. April Powers 26:40, 2. Nan Hall 27:22, 3. Deidre Paris 32:01, 40-49: 1. Joan Johnston Smith 34:04, 2. Katherine Singer 35:29, 3. Bobbie Freschi 36:11. 50 & Over: 1 Frances Rutz 41:03, 2. Barbara Neyene 45:08, 3. Lori Marinelly 46:00.

PA-TAC NOTES

Continued from page 43

strong and hitting the barriers well, ran 8:47 to win a trip to Chicago to represent the West in the TAC Regional Championships. However, the National TAC office was examining Carm's qualification status since he is a Puerto Rican citizen.

 Men's 5,000m. Brazilian Ivo Rodrigues led the pack through mile 2. Rice surged past Ivo and Aldridge held down third—as both runners were doubling back from the steeple the previous evening. Then Aldridgs (14:13.82) ran a 57-second last lap to outkick Rios (14:19.19) for the win. Men's Results:

200: 1. Bernard Chalman 21.60, 2. Neil Gaddison 21.84, 3, Walter Cranford 21.94, 4, Garrett Moore 22.48, 5. Michael Jordan 22.56. 400m H; 1. Leon Kennin 53.24, 2. Andy Sample 53.29, 3. James Weems 56.31, 4. Tim Banks 63.08, 1500; 1. Bill Crowley 3:48.84, 2. Stephen Schadler 3:50.78, 3. Sleve Pradere 3:51.25, 4. Gary Lewis 3:54.50, 5.

Paul Thomas 3:55.08. 3000 Steeplechase: 1. Carmelo Rios 8:47.8, 2. Dan Aldridge 9:01.8, 3. David Frank 9:08.1, 4. Mason Myers 9:13.1, 5. Bob Johnstan 9:38.8. 5000: 1. Dan Aktridge 14:13.82, 2. Carmela Rios 14:19.19, 3, Ivo Rodrigues 14:33.76, 4. Crispen Romero 14:47.59, 5. Mke Spenoer 14-50 85

Women's Results: 100: 1, Marcie Shain 12.88, 2, Irene Herman 16.25. 200: 1. Romy Guse 26.11, 2. Marcie Shain 27.73, 1. Elizabeth Rizzo 29.13, 400; 1, Maudeva Jackson 56.69, 2. Elizabeth Rizzo 63.27, 800: 1. Debbie Roche 2:15.24, 2. Courtney Clark 2:18.35, 3. Lisa Boyle 219.37, 4. Angela Sterans 219.74, 5. Kim Keeton 222.56. 1500: 1. Martha Escamilla 4:40.56. 2. Nora Doyle 4:46.41, 3. Kat Krauce 4:56.46, 4. Kim Keeton 5:01.14, 5. J. Manasewitsch 5:02.91. 3000: 1. Sabrina Han 9:36.96, 2. Robyn Root 9:37.67, 3. Pati Gray 9:42.64, 4. Alison Orofino 9:44.21, 5. Rosa Gutierrez 9:50.46. 100m H: 1. Rhonda Cohin 14.28, 2. Maudeve Jackson 15.62.



Road Running Round Up

By PHIL STEWART National Columnist, Running Intrnational

What's left for a name?: A decade after running came of age, I had a hard time coming up with a name for a new running column for Running International which hasn't appeared somewhere else. Running Times Magazine has "Running Shorts," Runner's World has "Warm Ups," the Road Runners Club of America publishes "Foolnotes," Joe Henderson has "Running Commentation of the Running Commentation o lary," Paul Christman uses "Running Stats," regional publications have laid claim to "Inside Running," " (Washington) Running Report," and "Running Journal." rejected, as I imagine others have before me, names like "Running on Empty" (I'm not), "The Aid Station," "Timely Topics," "Street Feats, " "Keeping Track" (this is road running) and "Keeping Up" because they didn't seem to express what I hope to do. I liked "Heard on the Streets," but I figured it wouldn't be too long before I got a call from a running-lawyer from the Wall Street Journal or the Dow Jones Company.

So in the end, I decided on the modest, unpretentious "Road Running Round Up." This quarterly column will cover news from inside the sport of long distance running personalities, event management, sources as they

ning-personalities, event management, governance,

politics, trends, and issues facing the sport.

Children's Running Booklet available from Road Runners Club of America: Everyone seems to talk about the problem of the lack of fitness in the rising generation, but the Road Runners Club of America is actually doing something—in fact several things. Working with the support of Nike, the RRCA has just awarded grants totaling over \$13,000 for children's running programs operated by RRCA clubs. One of the grants, awarded to the Association of Road Racing Athletes, is for printing of camera-ready copy for a series of "Children's Running Tips." Ideal for distributing at schools and through running clubs, each "slick" contains a tip for youngsters from running stars such as Alberto Salazar, Anne Audain, Pat Porter, Lynn Jennings and others. Originals are available at no charge from ARRA, 807 Paulsen Bldg., Spokane, WA 99201. Finally, the RRCA is distributing a Children's Running booklet, written by runners and parents Don Kardong and Jim Ferstle, loaded with practical advice for both kids and parents. Copies are available for \$1,50 from the RRCA Office, 629 S. Washington St., Alexandria, VA

State Programs for the Ekiden Relay: Basking in the success of the second Ekiden Relay held in New York

City on April 9, The Athletics Congress is considering developing the selection processes used to select the teams from all 50 states, Washington, D.C. and New York City. For the 1989 event, selections were made by a coach/manager from each state during the month of February. With more advance notice, each state could develop a customized selection process involving a single race, a state grand prix circuit, or a state Ekiden race. This year California took top state honors, followed by Arizona and Colorado. The bottom three states were West Virginia, Delaware and Wyoming. The United States national team placed second to Ire-

The facts about drug testing at road races: If you're a member of the 3 hour marathon or 40 minute 10K sets, you don't have to be worried about getting drug tested at your local road race. The Athletics Congress (TAC) is targeting elite competitors at major road races for its in-competition testing program. Approximately 12-15 road races wind up being selected from a pool of the country's most competitive races. Then only top athletes are selected at these events. The testing covers "performance enhancing" drugs such as steroids and ephedrines. The problem for elite runners is that many over-the-counter medications such as Sudafed contain banned substances, so they need to be careful.

TAC recently authorized an "Out of competition testing" program under which runners ranked among the top 25 in their event are given 48 hours to report for a drug test at any time.

How much is too much downhill? A debate is raging among members of TAC's Road Running Technical Committee (RRTC) over what to do about records set on downhill courses. Currently TAC considers courses "loops," and eligible for "fully recognized" records, if the total drop is less than 2 meters per kilometer and the start and finish are not more than 10% of the race distance apart (1 mile for a 10-mile race, etc.). All other courses such as the Boston Marathon, the Pittsburgh Great Race and the Fontana Days Half Marathon fall into the point-to-point category. Records set on these courses are accepted, but are given lower status as "point-to-point" aided marks. Some RRTC members want to place further limits on point-to-point courses by excluding those courses with excessive elevation losses from eligibility for any records whatsoever. The debate is over where to draw the line. Interestingly, the running community has set some informal

standards of its own. In general, the 2:22:43 run by Joan Samuelson in the 1983 Boston marathon, which drops about 450 feet, is widely accepted as the American record; while the 59:42 run by Terry Cotton at Fontana Days, which drops 3500 feet, is not (even though TAC accepts both as point-to-point marks).

The Clydesdales Are Here: Heavyweight runners now have their own organization--the Clydesdale Runners Association. The non-profit group provides information on the relationship between weight and performance, lobbies for inclusion of weight divisions in races, and publishes a newsletter, "Clydesdale News," which contains a calendar of races with weight divisions. Membership is \$10, payable to Clydesdale Runners Association, and mailed to 1809 Goldmine Rd., Brookville, MD 20833.

Quotable: Herb Wills, the top American finisher at the Boston Marathon, speaking on the lack of success of Americans on the international marathon scene: "If anything's wrong, (it's that) we're not doing enough distance right now. It's a sport-wide problem. You pickup a running magazine and see some idiotic thing on the front cover that says 'train less and run faster.

Parting Thought: Runners are not invincible. The terrible reality we learned when Jim Fixx died five year ago this summer happened again in Maine this spring.
On April 9, 37-year-old Bruce Ellis, who clocked
2:17:54 in the 1986 Twin Cities Marathon, ran 30:08 in the Boston Milk Run. Six days later he died of a heart

Address comments or items for consideration in this column to Phil Stewart, c/o Road Race Management, 1201 S. Eads St., Suite 2, Arlington, VA 22202.

Phil Stewart is Editor of Road Race Management, a monthly newsletter for race directors and individuals involved in race administration and sponsorship. Running International is a network of regional running publications in the U.S., Canada, and Europe including California Track & Running News.

THE SCIENCE OF GATORAD

Endurance Physiology

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