

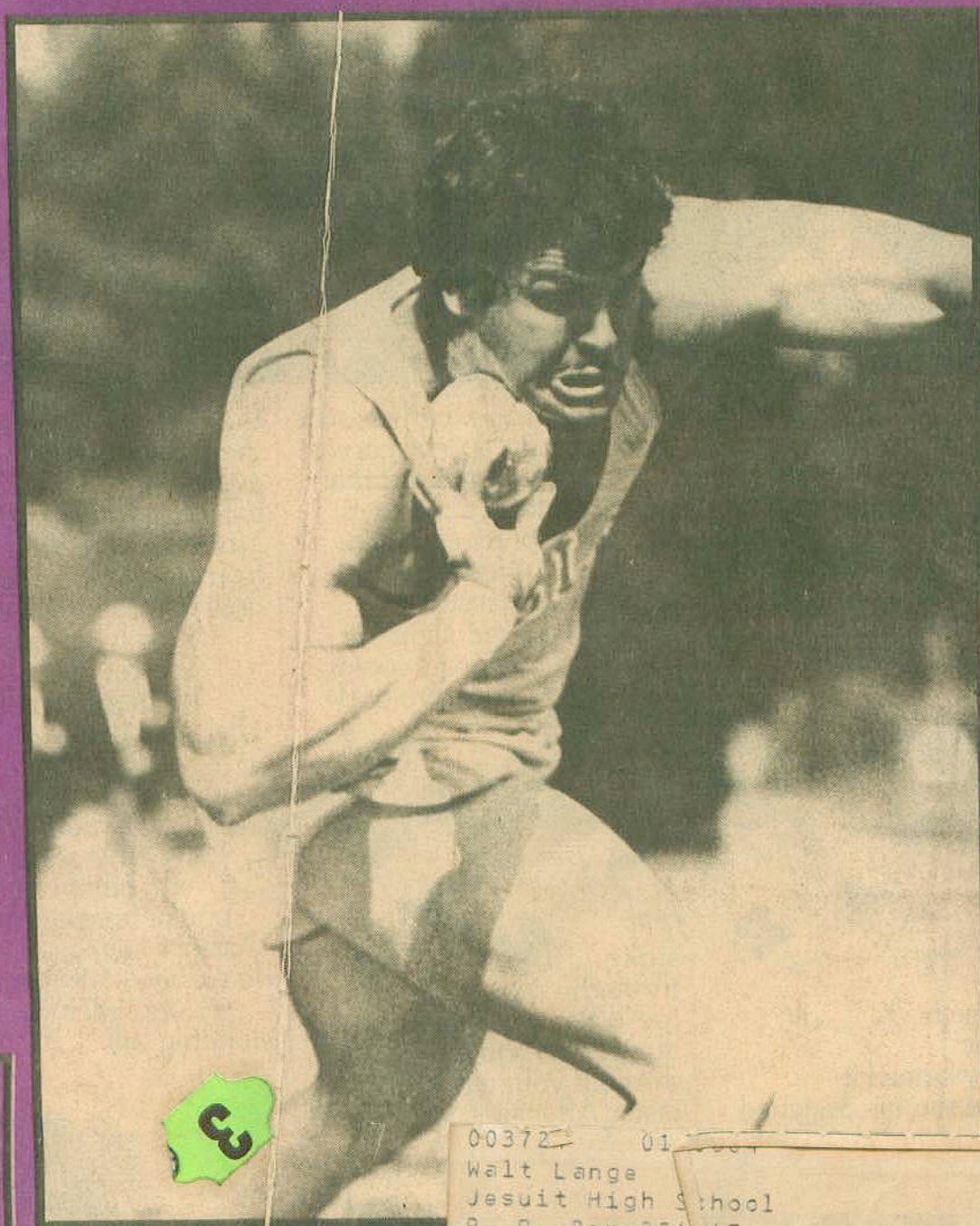
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# CALIFORNIA

## TRACK & RUNNING NEWS

MAY 1984

ISSUE NO. 91



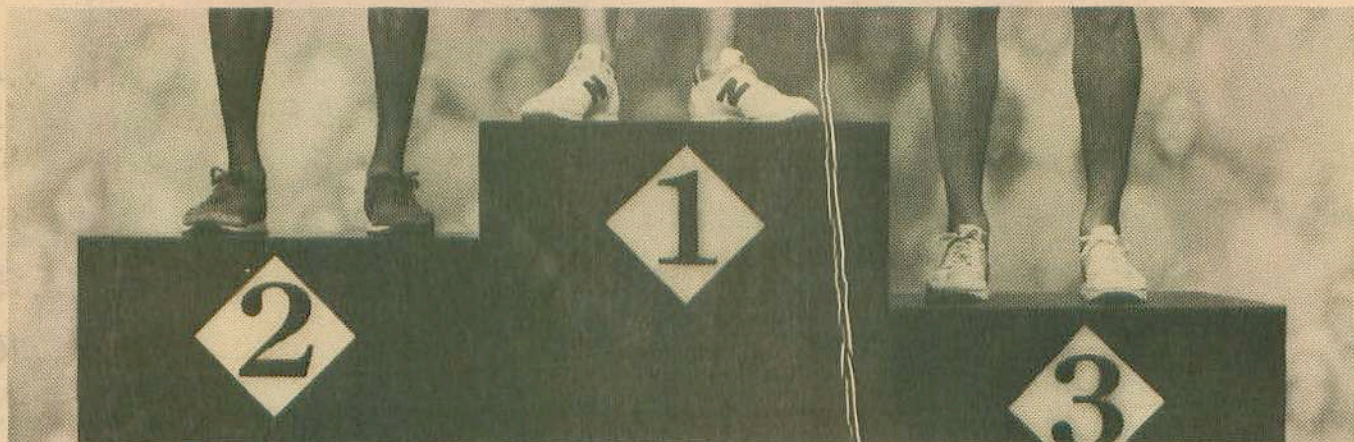
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technological expertise, and developing a special curved racing last. A last that results in a snugger, more precise fit than other lasts. And, because it's curved, it encourages your foot to roll from heel-

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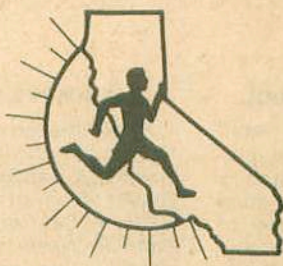
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California Track & Running News is published 12 times per year - one issue per month. Each issue is mailed about the first of the month.

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

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

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

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

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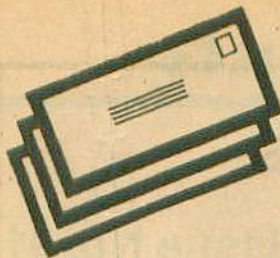
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**ON THE COVER:**

UCLA senior John Brenner is the latest in a line of Art Venegas coached weight stars. Brenner has put the shot 69-11 and tossed the discus 197-10 as well as earning points in the hammer throw.





# Mailbag

## CREDIT WHERE DUE

I would like to take issue with your selections for JC cross country athletes of the year.

I found it extremely disturbing that the selection committee based their AOY decision on the *overall* placement (based on time) in the state meet. Granted, the large school division winners ran faster times, but the AOY selections *DID NOT* take into account the *overall* win/loss record of the small school champions vs. the large school winners.

In the men's division, Peter Brett of Hancock merely ran to win, while Susan Radford of Monterey Peninsula won by almost 20 seconds. The large school competitors had the *Luxury* of having competition throughout their respective races.

Both Brett and Radford had *SUPERIOR* win/loss records against their large school

rivals, but were not even considered for AOY honors because their winning time did not match those of the large school winners. In addition, CTRN listed the state meet results as if there were only one race, thus depriving the small school champions credit due. Listing results in this manner would bring an outcry from coaches, athletes, and readers alike if you did the same with NCAA Division I, II, and III cross country results.

In closing, I would like to suggest that CTRN and their selection committee take into account the *OVERALL* win/loss record of small school runners vs. their large school rivals in their AOY selection, and list the results of *BOTH* large and small school divisions.

Give credit where credit is due!

Emil Magallanes  
Seaside, CA

## QUESTIONS CREDIT DUE

In the March and April issues we are asked to purchase a sprint book and a video coaching tape depicting the coaching techniques of Rob Hunter that caused Kipper Bell to improve his time in three months in the 100m from 10.40 to a rather rapid 9.83. In the April issue there is a report about this phenomenal feat with a picture of Bell winning a race that I can only assume is the final of "...the world's most famous sprint..."

We are told this race was run, "...in near zero degree temperatures." From the apparel of the athletes and spectators the temperature could well have been 5° centigrade. Since "...during his semi-final run three timers recorded him in 10.60..." it is most unlikely the time was electronic. One hopes that the "...large crowd during the preliminary and semi-finals" was larger than the few score people shown in the picture.

Many questions need to be answered. What were Bell's times in the other races he ran over the same course? What were the times of the other runners in these races? What was Bell's approximate margin of victory? What have the other runners and Bell done before and after the January 3rd race? Was the course remeasured after the "record"?

If *California Track and Running News* wishes to be the source of the sport in California they must check out any outlandish claims before publication.

Joel Nisenbaum  
Piedmont, CA

## CREDIT DUE OFFICIALS

I just finished reading the article "Olympic Marathon Course: A Bad Experience" by Gregor Robin in the April 1984 issue of *California Track and Running News* and am compelled to put my reaction on paper.

I am a slow marathon runner (3:50 marathon). Although I am no competition for the leaders, I work hard during the run and give it my all just to finish.

I pay a fair price to run in races and the people who put the races together go to a great effort to make the race enjoyable for those who run.

Three cheers for the police in Los Angeles and Culver City. When I am putting an effort into running 26 miles, I don't care to have to worry about bike riders weaving in and out of the pack.

Those guys (marathon runners, themselves) should appreciate a vehicle free course and stay off race courses during a race while on bikes. They may know what they're doing while on bikes, but the runners they plan on passing might not know.

Also if they allow two bikers on the course, then where do they stop. You could end up with more bikers than runners.

Again, thanks L.A. and Culver City police.

James Bentley  
Benicia, CA

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## COACHING POSITION OPEN

### Head Men's Track Coach & Physical Education Instructor

California State University Long Beach is seeking a full time permanent track & field coach and physical education lecturer by July 1, 1984.

Application deadline is May 18, 1984. Send letter of application and resume to: Corey VanFleet, Director of Sports, Athletics & Recreation, CSULB, 1250 Bellflower, Long Beach, CA 90840.

CSULB is an affirmative action employer.

**NOTE:** Current CSULB head coach, John Tansley, will be moving on to take over the head men's position at Cal State Los Angeles.



# REEBOK/LOS GATOS TRACK SERIES

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Admission fee \$2.00 for athletes and spectators alike. All proceeds to directly benefit the winning athletes of highlighted events through the PA-TAC Developmental Funds Program. Highlighted event winners guaranteed a minimum of \$100.00.

**May 5 & 12** Two meets to provide an opportunity for U.S. athletes to qualify and prepare for the LA Trials.

**July 7 & 21** Two additional meets for Americans and visiting internationalists to "tune-up" for the Summer Games. All four meets allow California's track enthusiasts to witness and compete with Track & Field's elite.

\* There will be no junior competition at the May meets due to conflicts with high school competition. Field events begin at noon. Running events at 1:00.

**For further information and pre-registration,  
call (408) 395-5825 or (415) 865-1417**

Presented by the Reebok Racing Club





# Schedule

By **JACK LEYDIG**  
Scheduling Editor

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.

## MAY

**MAY (Date TBA): Bagel Runs.** 5/10K, Tilden Park, Berkeley (Inspiration Point), 9 am. Nate Levine, Jewish Community Ctr., 1414 Walnut St., Berkeley 94709. (415) 848-0237.

**MAY 5: Maranatha Marathon & Half Marathon & 20K.** Sacramento (Goethe Park, nr. Rancho Cordova), 8 am. Art Baudendistel, 4718 Engle Rd., Suite A, Carmichael 95608. (916) 488-5241.

**MAY 5: Good Old Country 50K.** Folsom to Apple Hill, 7 am. Pete Schoener, 4221 No. Canyon Rd., Camino 95709. (916) 644-1002.

**MAY 5: Hill & Dale 10K.** Healdsburg (Field Stone Winery), 8:30 am. Debbie Ryan, 10075 Hiway 128, Healdsburg 95448. (707) 433-7266.

**MAY 5: El Molino 10K Vineyard Run & Walk.** 10K run & 2 mile walk, Forestville (Mark West Vineyard), 10 am. Nancy Estes, c/o El Molino High School, 7050 Covey Rd., Forestville 95436. (707) 887-1724, 8:30-9:30 am.

**MAY 5: Bedbug Challenge.** 10K(?), lone (Howard Park), 8 am. Amador County Wildlife Care Ass'n, Box 362, Jackson 95642. (209) 296-4218.

**MAY 5: Law Day Run.** (listed last issue as San Mateo County Bar Ass'n 5K). San Mateo (Mariners Island S.C.), 8 am. Carol Quinn, P.O. Box 913, San Mateo 94403. (415) 573-1092.

**MAY 5: Turlock Rotary Blathlon.** 10K run, 30 mile bike, Turlock (high school), 9 am. Darryl Crow, 2100 Geer Rd., Suite H, Turlock 95380. (209) 667-9224.

**MAY 5: Markees-Acorn Plaza 5 & 10K (& Jr. Mile).** Santa Maria, 9 am. Lydia Harney, 4811 Cherry, Santa Maria 93455. (805) 934-1568.

**MAY 5: Run for Health Cinco de Mayo 10K.** Nipomo (Community Medical Center), 9 am. NCMC, P.O. Box 430, Nipomo 93444. (805) 929-3647, Bill.

**MAY 5: Bess James Ramonaland Run.** 10K & 2 mile, Henet, time TBA. Bess James Run, c/o Mt. San Jacinto College, 1499 N. State St., San Jacinto 92383.

**MAY 5: Spring Tuneup 5 & 10K.** Newport Beach, 7:30 am. Ford Aerospace Spring Tune-Up, P.O. Box A, Ford Road, Newport Beach 92660. (714) 720-4113.

**MAY 5: Rotary River Run.** 3 & 6 mile (& children's 1 mile). Firebaugh, 8:30 am. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

**MAY 5: Corre Para Los Ninos.** 5 & 10 miles, San Francisco (Lake Merced), 10 am. J.A. Montes-Kolence, 1661 15th St., San Francisco 94103. (415) 864-5205.

**MAY 5: Palo Alto May Fete Olympic Mile Run.** Palo Alto (University & High Sts.), 9:40 am. Tom Osborne, Mitchell Park Community Center, 3800 Middlefield Rd., Palo Alto 94306. (415) 329-2261.

**MAY 5: "Pass It Along" Women's 8K.** San Francisco (Marina Green), 9 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 861-8232.

**MAY 5: Cinco de Mayo 5-Mile.** Stockton (St. Mary's Catholic Church), 9:15 am. Tarahumara R.C., P.O. Box 7723, Stockton 95207. (209) 467-3487 or 952-6950.

**MAY 5: The Legal-Run-Around.** 1/2-mile, 5/10K, Lake Folsom (Granite Bay), 8:30 am. Cathie Krouse, P.O. Box 13130, Sacramento 95813. (916) 481-9110, Ron Kloefer.

**MAY 5: Carrera Del-Ano.** 5/10K, Delano, 8 am. Jacinto S. Oroscio, P.O. Box 96, Delano 93216. (805) 725-4299.

**MAY 5: Our Lady of Victory Carnival Run.** 1 & 5 mile, Fresno, 8:30 am. Rod Olson, 1626 W. Princeton, Fresno 93705. (209) 298-6148.

**MAY 5: Sole Savers Run.** 20K, Corralitosf (near Watsonville), 8:15 am. Holy Eucharist Church, 527 Corralitos Rd., Watsonville 95076. (408) 722-5490.

**MAY 5: Wildflower Triathlon.** 2K swim, 80K bike, 18K run. Monterey County Park (Lake San Antonio), time TBA. Leisuretime Reservation Systems, P.P. Box 1010, Citrus Heights 95611. (408) 424-1971.

**MAY 5: Run with the Nurses 5 & 10K.** Listed last issue as USC Medical Center 10K. Pasadena (Rose Bowl), 8 am. Debbie Hoffman, LAC/USC Medical Center, P.O. Box 2071, Los Angeles 90033. (213) 226-4664.

**MAY 5: Summer Youth Employment Program 5/10K.** Montebello (Golf Course), 7 am/5K, 8 am/10K. Charles Gloria, Montebello Parks & Rec., 1600 W. Beverly Blvd., Montebello 90640. (213) 725-1200, x430.

**MAY 5: Cinco de Mayo Spring Tune Up.** 1K, 5K & 10K, Newport Beach (Ford Aerospace), 7:30 am/5K, 8:15 am. Sam Johnson, Ford Aerospace & Communications Corp., Aeronautics Div., Ford Rd., Newport Beach 92660. (714) 720-4113.

**MAY 5: Stinky Sneakers 5 & 10K.** Long Beach (El Dorado Park East), 8 am/5K, 8:45 am/10K. Ken or Larry Thrig, 9644 Cedar, Bellflower 90708. (213) 867-9094.

**MAY 5: Covina Rotary Run for Special Olympics 5 & 10K.** Walnut (Mt. San Antonio College), 8 am. Randy Gordon, Rotary Special Olympic Fund, 128 E. College Ave., Covina 91723. (818) 967-4191.

**MAY 5: Foothill Silver Series.** 10K, Alta Loma (19th & Archibald), 8 am. Info: (714) 989-6512.

**MAY 6: Devil Mountain Run (PA/TAC Sr. Men's Champs).** 10K, Danville (Town & Country Center), 9 am. Nancy Lewis, P.O. Box 727, Alamo 94507. (415) 837-9187.

**MAY 6: Avenue of the Giants Marathon.** Weott, 9 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-3136. Limited to approx. 2,000 entrants.

**MAY 6: Heart CAAN 10K & Marathon.** Ventura, 7 am. American Heart Ass'n, 1367 Del Norte, Camarillo 93010. (805) 485-4300.

**MAY 6: Wild, Wild West Cross-Country Marathon.** Lone Pine (Tuttle Creek Campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (619) 876-5671.

**MAY 6: Masters National Marathon Championships.** Lincoln, Nebraska. Jim Lewis, 2900 John Ave., Lincoln, NB 68502. (402) 489-4030.

**MAY 6: Run for the Dogs.** 5 mile, Santa Rosa (1215 Sebastopol Rd.), 10 am. CCI Office Staff, 1215 Sebastopol Rd., Santa Rosa 95401. (707) 528-0830.

**MAY 6: Boardwalk 8K.** Redwood City (Boardwalk VW), 9 am. Bob Kissick, c/p Boardwalk VW, 350 Convention Way, Redwood City 94063. (415) 364-0100.

**MAY 6: Inyokern 10 Mile.** Highway 395 at Old 395 (So. of Ridgecrest), 8 am. OTHTC 10-Miler, 1243 Wayne St., Ridgecrest 93555. (619) 446-2941, evenings.

**MAY 6: DSE Mt. Davidson Run.** 3 miles plus, San Francisco (Riordan High School), 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

**MAY 6: Mothers Day 5/10K Runs.** Oakland (Lake Merritt Sailboat House), 9 am. Evon Anderson, c/o Anderson & Assoc., P.O. Box 43285, Oakland 94603. (415) 562-5188.

**MAY 6: Charlots of Fire 5 & 10K.** Playa Del Rey (Dockweiler Beach), 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**MAY 6: Great Rockwell Reservoir Run.** 5 & 10K, Canoga Park, 8 am. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., Canoga Park 91304. (213) 710-5729.

**MAY 6: Sunland-Tujunga 5/10K Fun Runs.** Sunland/Tujunga, 8 am. Rotary Club, Box 366, Sunland 91040. Ted Mertz: (213) 353-4283.

**MAY 6: Marin YMCA May Day Race.** 1 mile & 10K, San Rafael (China Camp State Park), 8:30 am. Marin YMCA, P.O. Box 4308, San Rafael 94903. (415) 472-1301.



**MAY 6: Rapp's-Rinconada Triathlon.** 4 mile run, 7.4 mile bike, 3/4-mile swim. Palo Alto area, 8 am. *No Raceday Registration.* Cindy Baxter, 740 Clara Dr., Palo Alto 94303. (415) 326-6630.

**MAY 6: Run the One 10K.** Elk (south of Mendocino), 9 am. Elk Volunteer Fire Dept., P.O. Box 151, Elk 95432.

**MAY 6: Run for Life.** 5/10K, Los Angeles (Griffith Park), 8/8:45 am. Race Central (714) 874-5870.

**MAY 6: Cinco de Mayo 10K.** Hermosa Beach, 8 am. Hermosa Beach Rotary Club, 200 Pier Ave., #38, Hermosa Beach 90254. (213) 376-8849.

**MAY 6: Santa Anita Spring Classic.** 5/10K, Arcadia (Santa Anita Race Track), 8/8:30 am. Santa Anita Run, P.O. Box 522, Arcadia 91006. (818) 446-9658 or 445-8364.

**MAY 6: Youth Science Institute 10K Run.** Los Gatos (Vasona Lake), 8:30 am. Ron Becker, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

**MAY 6: Levi Women's Triathlon.** 1K swim, 30K bike, 10K run. Redwood City (Marine World Africa USA), 9 am. Levi Triathlon, 2410 "J" St., Sacramento 95816. (916) 442-8326.

**MAY 6: MAICA Family Day Nursery 5 & 10K.** Oakland (Lake Merritt Sailboat House), 8 am. Anderson & Associates, P.O. Box 43285, Oakland 94603. (415) 562-5188.

**MAY 6: Scenic Bay Run.** 3.95 miles, Sausalito (entrance to tunnel at Ft. Cronkite), 9 am. Sausalito Recreation Dept., P.O. Box 127, Sausalito 94966. (415) 332-4520.

**MAY 6: South Yuba Rotary 5 & 12K.** Marysville, 10 am. Jim Buchan, P.O. Box 1062, Marysville 95901. (916) 674-2991.

**MAY 6: Ramona Convent 5 & 10K.** Alhambra (Ramona Convent High School), 8 am/5K, 8:30 am/10K. Bob Brae, Ramona Convent H.S., 1700 S. Marengo Ave., Alhambra 91803. (818) 282-4151.

**MAY 6: Around the Bay in May.** 10K, Los Osos (South Bay Community Park), 9 am. Darn Yarn Shop, 2104 Ninth St., Los Osos 93402. (805) 528-2151.

**MAY 6: Pomona Valley Humane Society 3K, 5K & 10K.** Pomona (Mt. San Antonio College), 8 am/3K, 8:30. Bill Harford, c/o PVHS, 500 Humane Way, Pomona 91766. (714) 623-9777.

**MAY 6: Oralingua Run for Better Hearing.** 5/10K. Whittier (Michigan Park), 7:30 am/5K, 8:15 am/10K. Peter Syapin, Oralingua School, 7056 S. Washington Ave., Whittier 90602. (213) 573-9699.

**MAY 6: Titan Push 10K Run.** Fullerton, 8 am. Bob Messina, 800 No. State College, Fullerton 92634. (714) 545-5329.

**MAY 6: City of Las Vegas 10K & 2 Mile.** Las Vegas (Meadows Mall), 8 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.

**MAY 12: Women's US Olympic Marathon Trials.** Also Sr. Women's Nat'l TAC Marathon Championships. Olympia, Washington. Olympic Trials Marathon, 420 Wall St., #205, Seattle, WA 98121. (206) 682-8113.

**MAY 12: California 50-Mile Endurance Run.** Santa Rosa (Annadel State Parking Lot), 6 am. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661. Also listed in some sources as May 13 - verify date.

**MAY 12: Potrero Scenic Scamper.** 5.5 mile, San Francisco (Potrero Hill area), 9 am. Ruth Passen, 953 DeHaro St., San Francisco 94107. (415) 826-8080.

**MAY 12: Run for the Son.** 1 mile & 10K, Los Gatos (16845 Hicks Rd.), 8:30 am/9 am. Bill Meinhardt, 104 Smith Creek Dr., Los Gatos 95030. (408) 395-4268.

**MAY 12: Community Fiesta Run.** 5/10K, Pleasant Hill (College Park High School), 9 am. Dave Peters, 320 Civic Center, Pleasant Hill 94523. (415) 676-5200.

**MAY 12: The Human Race.** 10K, Marine World Africa USA (Belmont), 8:30 am. Volunteer Center, 450-B Peninsula Ave., San Mateo 94401. (415) 342-0801.

**MAY 12: The Human Race.** 10K, Mill Valley (Middle School), 8:30 am. Volunteer Center, Margaret Melsh, 70 Skyview Ter., San Rafael 94903. (415) 479-5660.

**MAY 12: The Human Race.** 10K, Napa (Robert Mondavi Winery), 9 am. Nan Grundland, 5137 Coombsville Rd., Napa 94558. (707) 255-1553.

**MAY 12: The Human Race.** 10K, San Francisco (Presidio, Crissy Field), 8:30 am. Deborah Genzer, 1090 Sansome St., San Francisco 94111. (415) 982-8999.

**MAY 12: Women Running For Women.** 10K & 2 mile, Stockton (Oak Grove Regional Park), 9 am/2 mile, 9:30 am/10K. Women's Center, 930 N. Commerce, Stockton 95202. (209) 941-2611.

**MAY 12: The Human Race.** 3/10K, Santa Rosa (Galvin Park), 9 am. Volunteer Center, 741 Fifth St., Santa Rosa 95404. (707) 544-9480.

**MAY 12: Fiesta Days 5/10K.** San Fernando, 8 am. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (818) 368-7889.

**MAY 12: Bakersfield Bud Light Triathlon.** 15K run, 40K bike, 2K swim. Lake Ming (near Bakersfield), 8 am. *Entries Close May 7.* Bakersfield A.C., 7304 Saddleback Dr., Bakersfield 93309. (805) 832-7474.

**MAY 12: CRRC Mothers Day 5/10 Mile.** Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5526.

**MAY 12: 5 & 10K Health Runs.** Monterey Park (E. Los Angeles College), 8:15 am. Frank Gutierrez, E. Los Angeles College, 1301 Brooklyn Ave., Monterey Park 91754. (213) 265-8751.

**MAY 12: Fontana Days Half-Marathon & 5K.** Fontana (Miller Park), 8 am. Kit Ledbetter, 8353 Sierra Ave., Fontana 92335. (714) 350-7635.

**MAY 12: Run For Life.** 2 & 6 mile, Fresno (Woodward Park), 7:00/2 mile, 7:30/6 mile. American Heart Association (209) 224-8215.

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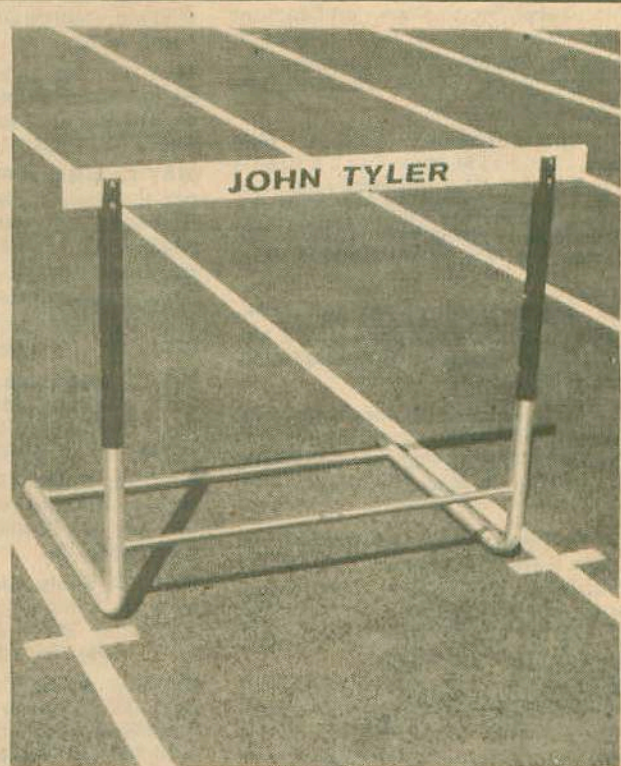
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## Schedule

**MAY 12: Colfax Record Run.** 3½ mile/8 am & 10K/9 am. Downtown Colfax. Colfax Record Run, P.O. Box 755, Colfax 95713. (916) 346-2232.

**MAY 12: Angel Island Fun Run.** 4.8 mile, Angel Island State Park, (S.F. Bay), 12:30 pm. K-101, Box 101, San Francisco 94101. (415) 956-5101.

**MAY 12: Horned Toad 6.7K.** Coalinga (City Hall), 8 am. Coalinga Area Chamber of Commerce, c/o Bob Semple, 284 Lincoln, Coalinga 93210. (209) 935-1531.

**MAY 12: Dixon May Fair Run.** 5K, 10K & Kids Half-Mile, Dixon (Northwest Park), 8 am/½-marathon, 8:15 am/5K, 8:30 am/kids. Dixon Sports Boosters Club, P.O. Box 610, Dixon 95620. (916) 678-4548.

**MAY 12: Sutter Buttes 10-Miler.** Sutter (Sutter Union H.S.), 9 am. Jog-in, 444 Gray Ave., Yuba City 95991. (916) 674-0574.

**MAY 12: San Leandro/Marina Fun Run.** 5 & 10K, San Leandro (Neptune Dr.), 9 am. Marge Fujikawa (415) 893-2724.

**MAY 12: MADD Dash.** 3 & 6 miles, Sacramento (CSUS Stadium), 8 am. Info: (916) 973-1313.

**MAY 12: The Good Earth Classic 100K.** San Jose, time TBA. Good Earth Classic, c/o Branham High School, 1570 Branham Ln., San Jose 95118. Fred Fisher (408) 265-8440, days.

**MAY 12: Morro Bay Pirate's Tide Stride.** 5 & 10K, Morro Bay (Morro Rock - on beach at low tide), 12:55 pm/1 pm. Morro Bay High School Cross Country, 235 Atascadero Rd., Morro Bay 93442. Dave Howell (805) 772-5566.

**MAY 12: Sports Runner 5 & 10K (& 1 Mile Kids Run.** Listed as Mothers Day 2 & 10 Mile in last issue? May be different race. See above. Irvine (Mason Park), 7:30 am/5K, 8 am/10K. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**MAY 12: YMCA Mothers' Day 10K & 3K.** Hawthorne (Hawthorne Plaza Mall), 8 am. YMCA, 12500 S. Ramona, Hawthorne 90250. (213) 879-1146.

**MAY 12: "Pass It Along" Women's 10K & 2K Fun Run.** Buena Park (Boys' Club), 7:30 am/2K, 8 am/10K. Boys' Club of Buena Park, 7758 Knott Ave., Buena Park 90620. (714) 522-7259.

**MAY 12: The Human Race 20K Walk-a-Thon & 10K Run-a-Thon.** Claremont (L.A. County Fairgrounds Open Air Market), 8:30 am/run, 8 am/walk. The Human Race, c/o Volunteer Center, 260 S. Garey Ave., Room 202, Pomona 91766. (714) 623-1284.

**MAY 12: Birthday Bi/Triathlon.** 8 mile run, 34 mile bike, 1K swim, San Diego (Mission Bay Park), 8 am. Jerry Stowe, 10594 Montego Dr., San Diego 92124. (619) 560-5984.

**MAY 12: Seal Beach 10K Run.** Seal Beach (Seal Beach Pier), 8 am. Seal Beach Recreation Dept., 211 8th St., Seal Beach 90740. (213) 431-2527, x228.

**MAY 12: Foothill Silver Series 5K.** Alta Loma (19th & Archibald), 8 am. Info: (714) 989-6512.

**MAY 12: Fort Irwin 10K.** Ft. Irwin, 9 am. Mike Taylor, Office of the SJA, Ft. Irwin 92310. (619) 386-3256.

**MAY 12: St. Patrick's Derby 5 & 10K Runs.** Rodeo, time TBA. Dick DeSanto, 943 Hawthorne Dr., Rodeo 94572. (415) 799-4672.

**MAY 13: SPA/TAC 50 Mile Championships.** Camarillo, 6 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (213) 986-8686.

**MAY 13: DSE Bay to Breakers Practice Run.** 7.8 miles, San Francisco (Spear & Howard), 8 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

**MAY 13: May Day Runs.** 5/10K, San Francisco (Golden Gate Park), 9 am. American Heart Ass'n., 421 Powell St., San Francisco 94102. (415) 433-2273.

**MAY 13: Run for Health.** 1 & 3.34 mile, Ukiah (General Hospital), 8 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 462-7047, Lois Cook.

**MAY 13: National Intercity Bank 5-Mile Run.** Santa Clara (3000 Lakeside Dr.), 8 am. Bonnie Newson, 3000 Lakeside Dr., Santa Clara 95054. (408) 980-0766.

**MAY 13: 49er Blathlon.** 6½ mile run, 27 mile bike, Cool (Hiway 49 & 193), 7 am. Dan Olmstead, 1440 Canal St., Auburn 95603. (916) 885-3861.

**MAY 13: Marin Youth Orchestra Run.** 8 mile, Tiburon (Trestle Glen Rd. & Blacky's Pasture), 8 am. Ann Batman, 4172 Redwood Hiway, San Rafael 94903. (415) 479-8100.

**MAY 13: Browns Valley Ribbon Runs.** 2, 4 & 8 miles, near Napa (Browns Valley School), 8:30 am. George Grammens, P.O. Box 2121, Napa 94558.

**MAY 13: Realtor's Spring Classic.** 5/10K, Santa Rosa (Spring Lake), 9 am. Sonoma County Board of Realtors, 465 Tesconi Cir., Santa Rosa 95401. (707) 542-1579.

**MAY 13: Mission Fiesta 10K & 2 Mile.** Lompoc (La Purissima Mission), time TBA. Todd Robinson, 133 North "M" St., Lompoc 93436. (805) 735-1901.

**MAY 13: Mothers Day 2 & 10 Mile.** Irvine (Mason Regional Park), 8 am. South Coast Runners, 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

**MAY 13: California 50 Mile Endurance Run.** Santa Rosa (Annadel State Park), 6 am. Tom Crawford, 1981 Silverado St., Santa Rosa 95405. (707) 526-0661.

**MAY 13: Aragon Memorial Run.** 5K, San Mateo (Aragon HS), time TBA. Gordon Strause, 231 Seville Dr., San Mateo 94402. (415) 345-8073.

**MAY 13: Santa Clarita Runners Pico Canyon 8K.** Valencia (Pico Canyon), 8 am. Sally Brollier, 25651 Avenita Jolita, Valencia 91355. (805) 254-2532.

**MAY 13: Aztlan Cass Maravilla Mother's Day 5K.** Monterey Park (Casa Maravilla Community Center), 8 am. Carlos Alfaro, 1000 No. Dos Robles Pl., Alhambra 91801. (818) 282-3977.

**MAY 13: Mother's Day 4-Mile.** Visalia, time TBA. Craig Newport, Box 3638, Visalia 92378.

**MAY 13: Keelhauler Classic 10K.** Vallejo (California Maritime Campus), 9 am. *Entry*

*Deadline May 11.* Harry Diavatis (race director), California Maritime Academy, P.O. Box 1392, Vallejo 94590.

**MAY 19: Run for the Roses 10K.** Santa Rosa (Veterans Memorial Bldg.), 8:30 am. Sharon Wright, c/o Santa Rosa Ave., #404, Santa Rosa 95404. (707) 545-3534.

**MAY 19: El Camino Track Club 5K Spring Run.** Woodland Hills (El Camino High), 8 am. Don Dunn, 23461 Hamlin, Canoga Park 91307. (213) 346-8160.

**MAY 19: Torrance Armed Forces Day 10K Run.** Torrance, 8 am. Allen Shall, 3031 Torrance Blvd., Torrance 90503. (213) 618-2949.

**MAY 19: Fiesta 10K Run.** Culver City, 8 am. Fiesta 10K Run, c/o Dept. of Recreation & Leisure Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689, Jack Nakanishi.

**MAY 19: Dala Horse Trot III.** 2 mile & 10K, Kingsburg (Memorial Park), 7:30 am. Kingsburg Recreation Commission, 5020 E. Ashlan, #109, Fresno 93727. (209) 291-6333, eves.

**MAY 19: Los Angeles Triathlon Championship Series.** 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), time TBA. Bill Fulton, c/o 2658 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

**MAY 19: 2 Person 8 Mile Relay.** Alternate 2 mile legs. Fresno (Roeding Park), 8 am. Evan Orme (209) 439-1647.

**MAY 19: Heart & Sole Classic.** 5 & 10K and 1 Mile. Stockton (Grupe Park), 8:30 am. June Robertson, 1111 W. Robinhood St., Suite B, Stockton 95207. (209) 477-2683.

**MAY 19: Visalia Triathlon.** 1 mile swim, 39 mile bike, 9 mile run. Porterville (Success Lake), time TBA. *Limited to 350, Entry Deadline May 7.* Paul Cislini, 4000 Robinwood Ct., Visalia 93291. (209) 733-9853.

**MAY 19: Charity Run.** 5 & 10K, Auburn (Old Auburn Court House), 9 am. Old Auburn Court House, 11558 "F" Ave., Auburn 95603. (916) 885-1964.

**MAY 19: Ridge Run.** 10K & 3 mile fun run, Paradise (Paradise Lake), 9 am. Runner's Paradise, 220 Pearson Rd., Paradise 95969. (916) 872-4111.

**MAY 19: Coffee Cup Race.** 4.4 mile, San Jose (Santa Teresa Church at Calahan & Calero), 10 am. No contact listed.

**MAY 19: Depot Days Footrace.** 5 & 10K and ½-mile. Rocklin (5480 Fifth St.), 8 am. Fleet Feet, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

**MAY 19: Renaissance Faire 5 & 10K.** Santa Maria (Righette High School), time TBA. Roger Hill (805) 937-2051, x224.

**MAY 19: La Fiesta S.L.O. Mile.** San Luis Obispo, 9 am. Jan Johnson, c/o 390 Buckley Rd., San Luis Obispo 93401. (805) 544-8555.

**MAY 19: Whiskeytown Mountain Madness Triathlon.** 12 mile bike, 7 mile run, 30 mile horse race. Near Redding, time TBA. *May 7 Deadline.* Sandi Hess, 1510 Hartnell Ave., Suite E, Redding 96002. (916) 222-8101.

**MAY 19: Festival of the People 10K.** Culver City (Veteran's Bldg.), 8 am. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689.



**MAY 19: Meadows 5K Roadrunner.** Manhattan Beach (M.B. Blvd. & Doolittle Dr.), 8 am. Meadows 5K, Meadows School, 1200 Meadows Ave., Manhattan Beach 90266. (213) 546-2602, Anita Rugh.

**MAY 19: Smile America 2 & 5 Mile Runs.** Long Beach (El Dorado Park), 8 am. Harbor Dental Society, 2240 Pacific Ave., Long Beach 90806. (213) 595-6301.

**MAY 19: Desert Classic 5 & 10K and Half-Marathon.** Barstow (Marine Corps Logistics Base), 7 am. Anthony Lopez, c/o Custodian Recr. Fund, Special Services Bldg. 44, MCLB, Barstow 92311. (619) 282-6898.

**MAY 19: Eagle Flight 5K.** Eagle Rock (Eagle Rock Park), 8 am. Francis Bygum, 5257 Lockhaven Ave., Los Angeles 90041. (213) 381-5661.

**MAY 20: We Care Benefit Run. Postponed until June.** . . . see next issue for listing.

**MAY 19-20: Sunkist Gold Rush (2-Day 100K).** 2x50's (one each day), Rescue to Rancho Murietta, time TBA. Limited to 50 entrants. Paul Reese, Box 585, Auburn 95603.

**MAY 20: Aptos Creek Marathon.** Aptos (The Forest of Nisene Marks), time TBA. Hans Albrecht, 25108-B Marguerite Pkwy, Suite 209, Mission Viejo 92692. (714) 859-8644.

**MAY 20: Examiner Bay to Breakers.** 12K, San Francisco (Howard & Spear Sts.), 8 am. Terri Robbins, c/o S.F. Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7770. Entries must be received by May 1.

**MAY 20: Oakland Spirit Run.** 5/10K, Oakland (Lake Merritt, New Boathouse), 10 am. Oakland Business Development Corp., 436 -14th St., Oakland 94612. (415) 763-4297.

**MAY 20: California Classic 8K.** Visalia (Mooney Grove Park), 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

**MAY 20: Atlanta's Victory Run.** 2 & 5.7 mile Women's Runs. Arcata (Arcata Plaza), 1 pm. Atlanta's Victory Run, P.O. Box 4191-B, Arcata 95521. (707) 822-6616.

**MAY 20: San Fernando Valley Dental Society 5/10K Runs.** Woodland Hills (Pierce College), 8 am. San Fernando Valley Dental Society, 21201 Victory Blvd., Canoga Park 91303. (213) 884-7395.

**MAY 20: Israel Solidarity 18K Fun Run for 50 Qualified Athletes.** Century City (Rancho Park), 8 am. Israel Runners Ass'n, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322. Reg. Deadline is April 30.

**MAY 20: CRRC Women's 10K & Half-Marathon.** Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5526.

**MAY 20: Young Triathletes Challenge.** 1 mile run, 4 mile bike, 125 yard swim. Whittier (E. Whittier YMCA), 9:30 am. (Open to ages 9-14 only). Rhonda Wood, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

**MAY 20: Olympic Torch 8K.** Newport Beach (Newport Center-Fashion Island), 8 am. Bob Hickey, c/o 2620 Temple Heights Dr., Oceanside 92054. (619) 941-2830.

**MAY 20: Westlake Florist 5 & 10K.** Westlake Village (Westlake Elem. School), 7:30 am/5K, 8:30 am/10K. Harry Pantelas, 31800 Langspur Dr., Westlake Village 91361. (818) 889-6408.

**MAY 26: Run for Excellence 5K.** Sunnyvale (Cupertino Jr. High School, Homestead & Bernardo), 9 am. Jean Babb, 937 The Dalles, Sunnyvale 94087. (408) 739-1034, eves.

**MAY 26: Topanga Canyon 10K.** Topanga State Park (Trippett Ranch), 8:30 am. Bob Freshman, c/o Topanga Canyon Women's Club, P.O. Box 590, Topanga 90290. (213) 455-2531.

**MAY 26: Bulldog 10K.** Ventura (Buena High School track), 8 am. Gabriel Gonzales, Buena High School, 5670 Telegraph Rd., Ventura 93003. (805) 644-3276 or (805) 642-2156.

**MAY 26: Sunrise 2K, 5K & 10K Runs.** Covina, 7:30 am. Sunrise Run, 539 E. Cienega Ave., Covina 91722. (818) 331-0559 or (714) 685-2125, eves.

**MAY 26: St. Patrick's/St. Therese's Benefit Run.** 2 & 5 miles, Fresno, 7 am. Robert Fain, 1590 N. Poplar, Fresno 93728. (209) 264-9042 or 846-7452.

**MAY 26: Men's US Olympic Marathon Trials.** Buffalo, New York. John Chew, 4 Symphony Circle, Buffalo, NY 14201. (716) 885-7223.

**MAY 26: Strawberry Canyon Run.** 5.5 mile, Berkeley (UCB, Edwards Stadium), 9 am. Lawrence Hall of Science, Univ. of California, Berkeley 94720. (415) 642-5133.

**MAY 26: Spring Into Summer.** 5/10K, Fountain Valley (Mile Square Park), 7:30 am/8:15 am. Spring Into Summer, 3941-B So. Bristol, #101, Santa Ana 92704. (714) 645-8710.

**MAY 26: Mt. Wilson Trail Race.** 8.6 mile, Sierra Madre, 7:30 am. Marty Ruggles, Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7874, eves. Limit - 250 entries.

**MAY 27: DSE Diamond Heights Run.** 3 mile, San Francisco (McAteer High School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAY 27: Lake Merritt Joggers & Striders 4th Sunday Runs.** 5/10/15K, Lake Merritt (Old Boathouse), Oakland, 9 am. Info: (415) 834-3110.

**MAY 27: Freedom Mile.** San Francisco (Golden Gate Park, Rainbow Falls down Kennedy Dr.), 8:50 am/women, 9 am/men. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

**MAY 27: Marlthon.** 10K, San Francisco (Golden Gate Park, No. side Polo Fields), 9:30 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

**MAY 27: Sunrise Relays.** 1.9, 4.1 & 3.5 mile legs, 3-person teams, Oakland (Merritt College), 9 am. Sunrise Runners, 1137 Shattuck Ave., Berkeley 94707. (415) 526-2780.

**MAY 27: Ass to Ass Run & Festival.** Half-marathon & 10K, Santa Rosa (Half), Cotati (10K), 9 am. Race Director, P.O. Box 4387, Santa Rosa 95402.

**MAY 27: Spring Relays.** (5, 3 & 2 mile, 3-person teams), Red Bluff (Ridgeway Park), 8 am. Kelly Avilla, P.O. Box 310, Red Bluff 96080. (916) 529-1221.

**MAY 27: Ruth Lake Relays.** Arcata/Eureka area, 9 am. Six Rivers R.C., Box 214, Arcata 95521. (707) 822-9435.

**MAY 27: Memorial Run.** Grass Valley (Memorial Park), 8:30 am. Annabelle Loucks, 116 High St., Grass Valley 95945. (916) 273-9268, eves.

**MAY 27: Nat'l Masters TAC 25K Championships.** Haines Point, Washington, DC, time TBA. Chuck Des-Jardins, 5428 Southport Ln., Fairfax, VA 22032. (703) 250-7955.

**MAY 27: All Women's Triathlon.** 1K swim, 30K bike, 10K run. Redwood Shores (nr. Marine World Africa USA), 8:30 am. Bay Area Triathlon Club, P.O. Box 5344, San Francisco 94101.

**MAY 27: BART to BART 10K.** Concord BART Station), 8 am. BART to BART, c/o Mt. Diablo Hospital Care Foundation, 2625 Park Ave., Concord 94520.

**MAY 27: Love Your Heart 10K Run.** Redondo Beach (south end of Esplanade), 7 am. Barry Pearce, 1142 Manhattan Ave., Suite CP6, Manhattan Beach 90266. (213) 536-2514.

**MAY 27: Brentwood 10K.** Brentwood (San Vicente & Barrington), 9 am. Valerie Johnson, P.O. Box 49913, Los Angeles 90049. (213) 820-7585.

**MAY 27: March of Dimes 10K & Half-Marathon.** San Luis Obispo (Meadow Park), 9 am. Steve Escobar, March of Dimes, 992 Monterey Dr., San Luis Obispo 93401. (805) 544-2567.

**MAY 27: Coyote Run.** 15K & 2 mile, Hoopa (Hoopa Valley Indian Reservation), 10 am. Hoopa Indian Child Welfare, P.O. Box 1129, Hoopa 95546. (916) 625-4647.

**MAY 27: Mushroom Mardi Gras 10K Run.** Morgan Hill (Live Oak High School), 9 am. Duane Asplund, 875 Claremont Dr., Morgan Hill 95037. (408) 779-9517.

**MAY 27: Banana Slug Classic 7.5 Mile.** Santa Cruz (U.C. Santa Cruz), time TBA. Phil Jones (408) 429-4524 or (408) 429-2531.

**MAY 28: Pacific Sun 10K (& PA/TAC Masters Championships), Kentfield (College of Marin), 8 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 479-3839.**

**MAY 28: Fiesta Days 1 Mile, 5 & 10K.** La Canada (Descanso Gardens), 7:30 am/1 mile, 8 am/5 & 10K. Rick Riehlman, Foothill YMCA, 1930 Foothill Blvd., La Canada 91011. (818) 790-0123.

**MAY 29: Orange County 24-Hour Solo or Team Run.** Orange (El Modena High School, 440 Yd. track), (2 to 10-person teams), 6 pm. Don Pycior, 17352 Grovemont, Santa Ana 92705. (714) 538-8338.

**MAY 31: Tulare Sundowner 3K Series.** Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Tulare Parks & Recr., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

## JUNE

**JUN 2: Windsor Festival 10K.** Windsor (Keiser Park), time TBA. Windsor Festival 10K, P.O. Box 755, Windsor 95492. (707) 838-2904.



## Schedule

**JUN 2: Mirassou/Mizuno Grape Run.** 3.5 mile, San Jose (Mirassou Winery, Aborn Rd.), 9 am. Ron Wayne, c/o The Grape Run, 25930 Kay Ave., #206, Hayward 94545. (408) 274-4000, Jan Reeder.

**JUN 2: Camp Coombs Cross-Country Run.** 10K, 1.5 mile & ½ mile. Napa (State Hospital), 9 am (first race). Camp Coombs Run, P.O. Box 7173, Napa 94558. (707) 253-5924.

**JUN 2: Maria Triathlon.** 1K swim, 20K bike, 5K run. San Anselmo, time TBA. Fleet Feet, 1608 Sir Francis Drake Blvd., San Anselmo 94960. (415) 456-8220.

**JUN 2: Body Run 10K.** Moraga (Campolindo High School), 9 am. Jay Piercy, 300 Moraga Rd., Moraga 94556. (415) 376-5986.

**JUN 2: 7K Benefit Beach Run.** Pacifica Pier, 9 am. David Martin, City of Pacifica, Parks & Rec. Dept., 170 Santa Maria Ave., Pacifica 94044. (415) 875-7304.

**JUN 2: Young Life Fun Run #1.** 10K, Pt. Pinole Regional Shoreline, 9 am. Young Life, 2655 Appian Way, Pinole 94564. (415) 223-4664.

**JUN 2: Nun Run.** 10K, San Mateo, 5:30 pm, St. Matthews School, Ninth Ave. & El Camino Real, San Mateo 94402. (415) 347-6064.

**JUN 2: St. Margaret's 5 & 10K Runs.** Chino (12686 Central Ave.), time TBA. Michael & Cathy Guzik, 12686 Central Ave., Chino 91710. (714) 597-4483.

**JUN 2: Sunshine Special 5/10K.** Anaheim (Yorba Regional Park), 7:30 am/5K, 8:15 am/10K. Sunshine Special, #6800-A-241, 1686 Tustin, Costa Mesa 92627. (714) 556-9611.

**JUN 2: Rosarito Beach Triathlon.** ½-mile swim, 12 mile bike, 3 mile run. Baja, California (City Park Rosarito Beach), 9 am. Dave Dickson, Bicycling West, Inc., P.O. Box 15128, San Diego 92115-9128. (619) 583-3001.

**JUN 2: Palos Verdes 10K Run.** Rancho Palos Verdes (Marineland), 8 am. Sgt. Reggie Cook, Lomita Sheriff's Sta., 26123 Narbonne Ave., Lomita 90717. (213) 539-1661.

**JUN 2: San Dimas 3K, 5K & 10K.** San Dimas (Civic Center), 8 am. Roland Siegl, San Dimas High School, 800 W. Covina Blvd., San Dimas 91773. (714) 599-6741.

**JUN 2: Apple Run.** Watsonville, 9 am. Jack Smith, P.O. Box 430, Watsonville 95076. (408) 728-8082.

**JUN 2: Run & Walk for United Cerebral Palsy.** 5 & 10K, Sacramento (William Land Park), 8 am. Frenchy Snyder, UCPA, 3102 "O" St., Sacramento 95816. (916) 454-4409.

**JUN 3: Russian River Run.** Marathon, Half-Marathon & 4.9 mile, near Ukiah, 6 am. Gail Gartner, 505 S. State St., Ukiah 95482. (707) 462-8879.

**JUN 3: Gold Country Marathon, Half Marathon & 10K.** Nevada City (Pioneer Park), 7 am/marathon, 7:30 am/½-marathon, 8 am/10K. George Hagel, P.O. Box 531, Grass Valley 95945. (916) 273-4682, evenings.

**JUN 3: Sri Chinmoy Marathon.** Foster City (Recreation Center), 7 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-2722.

**JUN 3: Triathlon Fed. USA Ultra Championships.** 2 mile swim, 100 mile bike, 20 mile run. Santa Monica Pier, 8 am. Conrad Will, 853 Camino Del Mar, Del Mar 92014.

**JUN 3: Nat'l TAC Women's 25K Championships.** Sudbury, Mass., time TBA. Cindy Hastling, 90 Hampshire St., Cambridge, MA 92139. (617) 876-0727.

**JUN 3: We Care Benefit Run.** 10K, Walnut Creek (Countrywood S.C.), 9 am. Marv Remmich, 1626 Newell Ave., Walnut Creek 94596. (415) 945-0403.

**JUN 3: DSE Dipsea Practrice Run.** 7.1 mile, Mille Valley (Lytton Square), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUN 3: Children's Shelter Center Fun Run.** 10K, San Jose (Kelly Park, 7th & Alma), 8:30 am. Children's Center Run, 1440 Roberts Ave., San Jose 95113. (408) 448-9079.

**JUN 3: San Leandro Shoreline Run.** 10K, San Leandro (Neptune & Fairway), 9 am. Ted Swenson, 835 E. 14th St., San Leandro 94577. (415) 577-3469.

**JUN 3: Berkeley Shakespeare Festival 5K.** Location TBA, time TBA. Lorna Kollmeyer, 3732 Sacramento St., San Francisco 94118. (415) 387-0866.

**JUN 3: Lamorinda Lions Run.** 5 & 10K, Moraga (Joaquin Moraga School, Camino Pablo), 9 am. Tom Sepe, Box 217, Rheem Valley 94570. (415) 631-0192.

**JUN 3: US Triathlon Series/Los Angeles (at Long Beach).** 1500m swim, 40K bike, 10K run. Time TBA. Jim Curl, c/o USTS, P.O. Box 1438, Davis 95616. (916) 758-9868.

**JUN 3: Hansen Dam 10 Mile Run.** Pacolma, 7:30 am. Basin Blues, 10831 Brookfield Rd., Chatsworth 91311. (818) 998-4135.

**JUN 3: St. John's Festival Old Town Run.** 5 mile, Napa (960 Caymus St.), 9 am. Lou Moore, 2274 Monticello Rd., Napa 94558. (707) 255-1615.

**JUN 3: Great Political Runaround 10K.** Brentwood (Jackie Robinson Stadium), 8:30 am. Ralph Ranalli, UCLA Expo Center, A-213A Ackerman Union, Los Angeles 90024. (213) 825-0831.

**JUN 3: Norwalk Alive 5 & 10K.** Norwalk (High School), 8 am. Kathy Hintz, Norwalk High School, 11356 Leffingwell Rd., Norwalk 90650. (213) 868-0431.

**JUN 3: Deacon Jones Run for Learning Disabilities.** 5 & 10K and 1 mile run for children, Woodland Hills (Pierce College), 8 am. Centers for Educational Therapy, 7041 Owensmouth Ave., #103, Canoga Park 91303. (818) 883-3500.

**JUN 3: Morro Bay to Cayucos 6 Mile Run.** Morro Bay (Morro Rock to Cayucos Pier), 8 am. Brian Waterbury, 234 Catalina, San Luis Obispo 93401.

**JUN 3: Totem Pole V Run.** Distance TBA, Arcata/Eureka area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**JUN 3: Capistrano Beach Chamber 10K & 2 Mile Fun Run.** Capistrano Beach Park, 8 am. Capistrano Beach Chamber of Commerce, P.O. Box 2335, Capistrano Beach 92624. (714) 496-1286.

**JUN 3: The Human Race.** 5 & 10K, Susanville (Lassen High School), 8 am. Judy Ernaga, P.O. Box 1701, Susanville 96130. (916) 257-4139.

**JUN 9: Robert DeCelle Jr. Memorial Tahoe Relays.** (7-person teams, 72 miles, approx. 10 miles each leg), South Shore, Lake Tahoe, 7 am. Bob DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

**JUN 9: Palos Verdes Marathon.** Palos Verdes Peninsula, time TBA. George Owens, P.O. Box 153, Palos Verdes Estates 90274. (213) 437-6774.

**JUN 10: Dipsea.** Mill Valley to Stinson Beach (tough hilly course over trails), 10 am. *Limited Registration.* Mill Valley Jaycees, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

**JUN 10: Union Unity Run.** 5 mile, Burlingame (1511 Rollins Rd.), 9 am. Bob Masters, 1511 Rollins Rd., Burlingame 94010. (415) 697-8716.

**JUN 10: Fleetsa Sun Run.** 5 mile, Fair Oaks (Calif. & Temescal), 8 am. Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-TEAM.

**JUN 10: Midsummer Mozart Orchestra Run.** 10K & 2 mile, Sonoma (Buena Vista Winery), 9 am. Martha McGettigan, 824 Freemont St., Menlo Park 94025. (415) 497-2554.

**JUN 10: Moscow Road Run.** 5 & 10K, Mente Rio (Post Office), 8:30 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

**JUN 10: United States Triathlon Series - San Francisco.** 1.5K swim, 40K bike, 10K run. San Francisco, time TBA. Jim Curl, P.O. Box 1438, Davis 95617. (916) 758-9868.

**JUN 10: San Francisco Ballet School 10K Fun Run.** San Francisco (Ft. Mason, Marina Green), 8 am. Kathleen Craig, 455 Franklin St., San Francisco 94102. (415) 861-5600.

**JUN 10: Bay Bridge Run.** 1801 Adeline St., #203, Oakland 94607. (415) 835-5010.

**JUN 10: Kiwanis Share Good Health Run.** 10K, Atherton (Menlo School & College), 8:30 am. Phil Wang, Kiwanis Run, P.O. Box 2745, Redwood City 94064. (415) 365-0796, eves.

**JUN 10: Jack Moore Race.** 5.7 & 2 miles, Arcata, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**JUN 10: Crime Alert Run.** 5 mile & ½-mile kids (under 12) run, 8:30 am. Chris Hadley, 625 "H" St., Sacramento 95814. (916) 449-5237.

**JUN 10: Triathlon Federation US Ultra-Distance Championship.** 2 mile swim, 100 mile bike, 20 mile run. Santa Monica Pier, 8 am. Conrad Will, 993 Lomas Sante Fe Dr., Suite D, Solana Beach 92075. (619) 755-1663.

**JUN 10: Conejo 20K Run.** Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

**JUN 10: Chihuahua Road Run.** 2 & 6 miles. Fresno (Fresno & E Streets). Chihuahua Road Run, P.O. Box 11312, Fresno 93772. (209) 266-9964.

**JUN 10: Celebration Run 5/10K.** Long Beach (El Dorado Park), 7:45 am/5K, 8:15 am/10K. South Coast Runners 3857 Birch #442, Newport Beach 92660. (714) 646-3452.

**JUN 10: Run so That Others May See 5 & 10K.** Sacramento (Rio Americano High School), 9 am. Dave Edmiston, c/o Rio Americano High School, 4540 American River Dr., Sacramento 95825. (916) 929-4883.



**JUN 10: Van Nuys Kiwanis/Valley Federal 5 & 10K.** Woodland Hills (Pierce College), 8 am. Sandy Hosford, Valley Federal Marketing Dept., 6842 Van Nuys Blvd., 6th Floor, Van Nuys 91045. (818) 989-2265.

**JUN 10: Century City Chamber of Commerce 10K Run.** Century City, 8 am. SPA/AAU, P.O. Box 6015, No. Hollywood 91603. (213) 877-0256.

**JUN 10: Otay Lakes Blathlon.** 6 mile run, 35 mile bike, San Diego (Lower Otay County Park), time TBA. *June 4 Deadline.* Bruce Norvell, P.O. Box 12172, San Diego 92112. (619) 296-7649.

**JUN 10: Round the Runway Footrace.** 9 am/5K, 9:45 am/10K. NAS Moffett Field, Mt. View. Athletic Dept., Round the Runway Recreational Serv., Bldg. 25, NAS Moffett Field 94035. (415) 966-5206.

**JUN 14: Tulare Sundowner 3K Series.** Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Tulare Parks & Recreation, 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUN 16: Sweat Don't Fret 5K, 10K & 20K Runs.** Fountain Valley (Mile Square Park), 7 am. Mental Health Ass'n, 2110 E. First St., #101, Santa Ana 92705. (714) 547-7559.

**JUN 16: Martin Luther Hospital 5 & 10K Runs.** Yorba Linda (Yorba Linda Regional Park), 8 am. Maureen Zehntner, Martin Luther Hospital, 1830 W. Romneya Dr., Anaheim 92714. (714) 520-5571.

**JUN 16: Tri/SCAR '84:** 4 mile run, 1/2-mile swim, 15 mile bike. Orange (SCAR Clinic), 8 am. John Thorsell or Ed Collins, 871 S. Tustin, Orange 92666. (714) 633-7227.

**JUN 16: Las Vegas Triathlon.** 1 mile swim, 36 mile bike, 8 mile run. Lake Mead, 6:30 am. J.B. Bonelli or Larry Miller, c/o U.S. Olympians Las Vegas Triathlon, 101 Convention Center Dr., Ste. 1200, Las Vegas, NV 89109. (702) 732-0814.

**JUN 17: Valley of the Flowers Marathon & Half-Marathon.** Lompoc, time TBA. Norm Yiskis, LVDC, P.O. Box 694, Lompoc 93438. (805) 733-3044.

**JUN 17: Bacardi Rum Run. 5 & 10K,** Oakland (Lake Merritt), 9 am. SCARE Foundation, 330 - 41st St., Oakland 94609. (415) 547-6965.

**JUN 17: The Great Cable Car Chase.** 4.9 mile, San Francisco (Hyde St. Cable Car turnaround), 8 am. David Horning, c/o Epilepsy Society, 3221 Pierce St., Room 6, San Francisco 94123. (415) 346-9075.

**JUN 17: DSE Daly City Scenic Run.** 6.2 mile, Daly City (Colma School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUN 17: Father's Day Runs. 5 & 10K,** St. Helena (Crane Park), 8:30 am. Silverado Track Club, 1267 Walnut, #C-66, Napa 94559.

**JUN 17: San Jose Triathlon.** 1K swim, 20K bike, 5K run. San Jose, time TBA. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223.

**JUN 17: Duck to Duck Run.** 10K, Palo Alto (Baylands Nature & Interpretive Ctr.), 9 am. Scott Metcalf, P.O. Box 51161, East Palo Alto 94303. (415) 328-7035.

**JUN 17: Woodminster Run.** 15K(?), Oakland (Joaquin Miller Park)(Handicap Race), 9 am. Gail Wetzork, 881 Cedar St., Alameda 94501. (415) 522-3724.

**JUN 17: Run for the Health of It.** 5 mile, Hollister (Hazel Hawkins Memorial Hospital), 9 am. Roy Cramblit, Dir. of Personnel, San Benito Hospital Dist., 911 Sunset Dr., Hollister 95023. (408) 637-5711, x258.

**JUN 17: The Slide Triathlon.** 2 mile swim, 13 mile bike, 5 mile run. Rio Dell (Eel River), time TBA. Deanna Tool, 2024 Shamrock Dr., Fortuna 95540. (707) 725-4605.

**JUN 17: Sacramento Triathlon.** 1.2 mile swim, 28 mile bike, 6.2 mile run or 2.4 swim, 58 bike, 12.4 run. Sacramento (Rancho Seco Park), 8 am. Ginny McConnell, 2410 "J" St., Sacramento 95816. (916) 442-8326. *June 9 Registration Deadline.*

**JUN 17: Father's Day Run.** 2 & 6 mile, Fresno, time TBA. Bob Fries, 1501 E. Browning, Fresno 93710.

**JUN 17: Dad's Day Dash to Benefit Big Brothers of L.A.** 10K, Hermosa Beach, time TBA. Big Brothers of Greater Los Angeles, 1486 Colorado Blvd., Los Angeles 90041. (213) 258-3333.

**JUN 17: Conejo Track Club Father's Day 10K.** Thousand Oaks, 8 am. Robert Radnoti, 577 Artisan Rd., Thousand Oaks 91360. (805) 499-4220.

**JUN 22: Aztlan Sunset Cross Country 5K Indian Run.** Los Angeles (Elysian Park), 6 pm. (1st run). Carlos Alfaro, 1000 N. Dos Robles, Alhambra 91801. (213) 282-3977.

**Jun 23: DSE Double Dipsea.** 14.2 mile, Stinson Beach to Mill Valley & Return, 9 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUN 23: Blood Run V. 5 & 10K,** Sacramento (Miller Park), 8 am. Will Curtis, 801 West Acres Rd., West Sacramento 95691. (916) 371-8795.

**JUN 23: Parade Route Road Race.** 3 mile, Lompoc, time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

**JUN 23: LaMirada Two-Person 14-Mile Relay.** (runners alternate 1.4 mile laps), La Mirada (La Mirada Park), 8 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. *Raceday Entry Only.*

**JUN 23: Jim Thorpe Memorial 5 & 10K Runs.** Lomita (City Hall), 7 am. Lomita Chamber of Commerce, Box 425, Lomita 90717. (213) 326-6378.

**JUN 23: Shape-Up 5/10K.** Irvine (Mason Regional Park), 7:30 am/5K, 8:15 am/10K. Shape-Up 5/10K, #101, P.O. Box 5370, Santa Ana 92704. (714) 645-8710.

**JUN 24: Tin Man Triath-A-Lung.** 1 mile swim, 18 mile bike, 6 mile run. Santa Rosa (Spring Lake Park), time TBA. Lynn Woznicki, P.O. Box 1482, Santa Rosa 95402. (707) 527-5864.

**JUN 24: Dumbarton Bridge Run.** 7.5 mile, Menlo Park (Willow Rd.) to Newark (Toll Plaza), 9 am. Dumbarton Bridge Run, P.O. Box 2501, Oakland 94614. (415) 568-8884.

**JUN 24: Lake Merritt Joggers & Striders 4th Sunday Runs.** 5/10/15K, Oakland (Old Boathouse, Lake Merritt), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

**JUN 24: Race Ipsa Loquatur.** 5 mile, Monterey (El Estero Park), 9 am. Sally Jo Workman, Monterey College of Law, 498 Pearl St., Monterey 93940. (408) 373-3301.

**JUN 24: Lake Tahoe Marathon.** Incline Village, Nevada, time TBA. *June 1 Entry Deadline.* Lake Tahoe Marathon, P.O. Box 7887, Incline Village, NV 89450. (800) 227-8522.

**JUN 24: Jacoby Streek.** 1.8 & 4.8 mile. Arcata/Eureka area, 1 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**JUN 24: Jewish Community Center Triathlon.** 1 mile swim, 10K run, 26 mile bike, Coronado, 8 am. Jerry O'Mara, c/o JCC, 4079 - 54th St., San Diego 92105. (619) 583-3300.

**JUN 24: Trudger's Prize Money Women's 8K.** San Pedro (Point Fermin Park), 8 am. Trudger's 8K, 4009 Pacific Coast Hwy, Torrance 90505. (213) 517-6974, days - Dick Price.

**JUN 24: Cascade Run Off.** 15K, Portland, Oregon, 9 am. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. (503) 226-0717. *April 27 Entry Deadline - 7500 Limit by Random Lottery.*

**Jun 24: Sand and Sage Runs.** Marathon, Half Marathon & 10K, Fallon, 6:30 am. Fallon Rotary Club, P.O. Box 93, Fallon, NV 89406. (702) 423-7708.

**JUN 27: Manufacturers Hanover Corporate Challenge.** 3.5 mile, San Francisco (Market St.), 6:30 pm. MHCC, P.O. Box 16131, San Francisco 94116. (415) 681-2322. *Open only to full-time employees of businesses.*

**JUN 28: Sepulveda Dam Evening 10K.** Encino, 6:30 pm. Connie Rodewald, 852 Sharon Park Dr., Camarillo 93010. (805) 482-5360.

**JUN 28: Tulare Sundowner 3K Series.** Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, c/o Tulare Parks & Rec., 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUN 29: Ultimate Endurance Triathlon.** swim 3.6 mile, bike 155 mile, run 31 mile (3 days, one event each day), Folsom Lake to San Francisco, 8 am. *June 15 Deadline.* Ginny McConnell, 2410 "J" St., Sacramento 95816. (916) 442-8326.

**JUN 29: East Bay Triathlon.** 1K, swim, 20K bike, 5K run, Pinole(?), time TBA. Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

**JUN 30: American Bi-Athon.** 10K run, 40K bike, Genoa, Nevada (Between Carson City & Minden), 9 am. Tahoe Sports Ltd. (916) 544-2284.

**JUN 30: Run in Wrightwood 5/10K.** Wrightwood (6000' altitude), 7:30 am. Loretta Hoffand, P.O. Box 248, Wrightwood 92397. (714) 249-3245.

**JUN 30: Meet of Miles.** (1 mile races), Santa Rosa (Jr. College track), 8:30 am. Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

**JUN 30: City of Rosemead 25th Anniversary 5/10K Runs.** Rosemead (Mission Park), 8 am. City of Rosemead 5/10K Runs, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6671.



**JUN 30: King of the Hill Triathlon.** 2.4 mile swim, 112 mile bike, 26.2 mile run or 1.2 mile swim, 56 mile bike, 13.1 mile run. San Bernardino Mountains (Big Bear Lake), time TBA. Don Frantz, P.O. Box M6-32, Big Bear Lake 92315. (714) 585-5650. *May 20 Deadline or 100 max. - Also listed as July 7 in some sources (check with director).*

## LOOKING AHEAD

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

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

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

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

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

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

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

**JUL 29: Wharf to Wharf Race.** 5.813 miles, Santa Cruz to Capitola, 8:30 am. Wharf to Wharf, P.O. Box 307, Capitola 95010. (408) 475-2196.

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

**AUG 12: America's Finest City Half-Marathon.** Pt. Loma (San Diego), time TBA. Jack Damson, 3861 Front St., San Diego 92103. (619) 297-3901.

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

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

## COLLEGE/OPEN TRACK & FIELD

**MAY 4: Johnny Mathis Tune Up Meet (Women).** San Francisco State. Harry Marra, Athletic Dept., SFSU, 1600 Holloway Ave., San Francisco 94132. (415) 469-1561.

**MAY 4: Western States Conf. Champs.** Junior College. Bakersfield.

**MAY 4: Golden Gate Conference Championships.** Junior College. Chabot College, Fremont.

**MAY 4: South Coast Conference Championships.** Junior College. Orange Coast College, 2:30 pm.

**MAY 4-5: WAC Championships.** Sportsman Track, San Diego State, all day. Dixon Farmer, Track Coach, San Diego State University, San Diego 92182. (619) 265-6569.

**MAY 4-5: Oregon Relays.** University of Oregon. John Gillespie, Athletic Dept., University of Oregon, Eugene, OR 97403. (503) 686-5438.

**MAY 5: Reebok-Los Gatos Twilight Olympic Qualifying Open Meet.** Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

**MAY 5: Johnny Mathis Tune Up Meet (Men).** San Francisco State. Harry Marra, Athletic Dept., SFSU, 1600 Holloway Ave., San Francisco 94132. (415) 469-1561.

**MAY 5: New Balance Southwest Invitational.** UC Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.

**MAY 5: UC Berkeley Invitational.** Erv Hunt, Track Coach, University of California, Berkeley 94720. (415) 642-3158.

**MAY 5: Arizona "Last Chance" Meet.** Tucson, AZ. Dave Murray, Track Coach, Univ. of Arizona, SUPO, Box 21106, Tucson, AZ 85720. (602) 621-4829.

**MAY 9-12: NCAC Conference Championships.** Chico State.

**MAY 10-12: NAIA District 3 Championships.** UC Santa Barbara. Russell Smelley, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

**MAY 11-12: PCAA Championships.** Fresno State University. Red Estes, Track Coach, Fresno State, Fresno 93740. (209) 294-4097.

**MAY 11-12: West Coast Athletic Conference Championship.** Stanford University. College women. Brooks Johnson, track coach, Stanford University, Stanford 94305. (415) 497-1051.

**MAY 11-12: CCAA Championships.** Cal State Bakersfield. Charles Craig, track coach, Cal State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2347.

**MAY 12: Olympic Qualifying-Reebok-Los Gatos Open Meet.** (408) 395-5825.

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

**MAY 12: Oxy Invitational.** Occidental College. Bill Harvey, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

**MAY 12: Oregon Twilight Meet.** John Gillespie, Athletic Dept. Univ. of Oregon, Eugene, OR 97403. (503) 886-5438.

**MAY 13: UCLA Pepsi Invitational.** UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**MAY 18: Southern Calif. J.C. Championships.** Cerritos College. Ed Conly, Citrus College, 18824 E. Foothill, Azusa 91702. (818) 335-0521.

**MAY 18: Northern Calif. J.C. Championships.** Modesto Jr. College. Jack Albani, track coach, Modesto College, College Ave., Modesto 95350. (209) 575-6269.

**MAY 18-19: PAC 10 Championships.** Pullman, Washington. John Chaplin, Washington St. Univ. Pullman, WA 99164. (509) 335-8819.

**MAY 18-19: NOR PAC Championships.** Fresno State University. Tom Pagani, Athletic Dept., Fresno State, Fresno 93740. (209) 294-4098.

**MAY 19-20: TAC Sr. Women's Heptathlon Chmps.** UCLA. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

**MAY 20: Long Beach Invitational.** John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAY 20: SPA Jr./Sr. Women's & Sr. Men's Championships.** UCLA, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**MAY 19-20: PA-TAC Open & Masters Championships.** Los Gatos. Los Gatos High School. (408) 395-5825.

**MAY 21-26: NCAA Div. II. S.E. Missouri St., Cape Girardeau, MO.** Bruce Drummond, Sacramento St. Univ., Sacramento 95819. (916) 454-6208.

**MAY 21-26: NCAA Div. III. Carlton College/St. Olaf, Northfield, Minnesota.** John Martin, Fisk Univ., Nashville, TN 37203. (615) 329-8782.

**MAY 24: Beaver Twilight Meet.** Oregon State University, Corvallis, OR. Chuck McNeil, track coach, Gill Coliseum, Oregon State Univ., Corvallis, OR 97331. (503) 754-2611.

**MAY 24-26: NAIA National Championships.** Charleston, WV. Wally Schwartz, NAIA, 1221 Baltimore, Kansas City, MO 64105.

**MAY 25: San Diego TAC Championships (Men).** Sportsman Track, San Diego State. Dixon Farmer, Track Coach, San Diego State University, San Diego 92182. (619) 265-6569.

**MAY 26: Jenner International.** San Jose City College, 12 noon. Bert Bonano, SJCC track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**MAY 26: California Junior College State Championships.** Bakersfield. Bob Covey, Bakersfield College, 1801 Panarama Dr., Bakersfield 93305. (805) 395-4011.

**MAY 27: Compton Invitational.** Compton College, 10 am. Wally Williams, 5242 Pendleton Ave., No. 26, Soputh Gate 90280. (213) 631-3416.

**MAY 27: San Diego TAC Championships (Women).** Sportsman Track, San Diego. Jim Cerveny, Women's Track Coach, San Diego State, San Diego 92182. (619) 265-5536.

**MAY 28-JUN 2: NCAA Div. I Championships.** University of Oregon. Tom Heinonen, McArthur Court, Eugene, OR 97401. (503) 686-3395.

**MAY 31: Tulare All Comers.** Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.



**JUN 2: TAC Nationals Qualifying Meet.** Mt. San Antonio College. Ernie Gregoire, 1100 N. Grand, Walnut 91789. (714) 594-5611, ext. 500.

**JUN 7-9: TAC Sr. National Championships.** San Jose City College. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 94128. (408) 288-3730.

**JUN 14: Tulare All Comers.** Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUN 16-24: U.S. Olympic Trials.** L.A. Coliseum. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771.

**JUN 16-17: TAC Jr. Women's Heptathlon Chmps.** L.A. Coliseum. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

**JUN 18-19: TAC Jr. Men's Decathlon Chmps.** L.A. Coliseum. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

**JUN 22-24: TAC Jr. Men/Women Championships.** L.A. Coliseum, 9 am. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

**JUN 28: Tulare All Comers.** Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUN 30: Los Gatos All Comers Meet.** Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

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

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

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

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

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

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

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

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

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

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

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

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

**JUL 29: International Pre-Olympic Invitational.** Mira Costa College, Oceanside. San Diego Athletic Assoc., 9369C Discovery Way, La Jolla, CA 92037. (619) 455-9422 (Robin Williams).

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

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

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

## MASTERS TRACK & FIELD

**MAY 4: TAC National Masters Pentathlon Championships.** Raleigh, North Carolina. Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.

**MAY 5: West Coast Masters Classic.** Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

**MAY 12: Redlands Evening Kiwanis Meet.** Howard "Buzz" Wagner, 1522 Margarita Dr., Redlands 92373.

**MAY 19-20: PA-TAC Masters Championships.** Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-7333.

**MAY 26: Anteaters Masters Meet.** UC Irvine. Dave Lewis, 505 Begonia Ave., Corona Del Mar 92625. (714) 673-2025.

**JUN 9: USC Masters Meet.** Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina 91790.

**JUN 30: Southern California Striders Relays.** Santa Ana College, 10:30 am. *Submasters, Masters, Corporate, Police & Fire Dept.* Lloyd Higgins, 629 Marie Ave., Los Angeles 90042. (213) 257-7865.

**JUN 30: SPA/TAC Masters Championships.** Occidental College, 3 pm. Woody Studenmund, 823 Milmada Dr., La Canada 91011. (213) 259-2775.

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

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

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

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

**OCT 6: Club West Masters.** Goleta. George Adams, P.O. Box K, Goleta 93116.

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

## TRACK & FIELD LOOKING AHEAD

### 1985

**FEB 22: USA/Mobil TAC Indoor Championships.** New York, New York.

**MAR 24: IAAF World Cross Country Championships.** Lisbon, Portugal.

**JUN 14-16: USA/Mobil TAC Outdoor T&F Championships.** Indianapolis, Indiana.

**JUN 29-30: USA-West Germany T&F Dual Meet.** West Germany.

**AUG 24-SEP 4: World University Games.** Kobe, Japan.

**AUG ? : Pacific Conference Games.** USA.

**SEP ? : USA-USSR-Japan Triangular.** Tokyo, Japan.

**OCT 5-7: IAAF World Cup T&F.** Canberra, Australia.

### 1986

**FEB 28: USA/Mobil TAC Indoor Championships.** New York, New York.

**MAR ? : IAAF World Cross Country Championship.** Neuchatel, Switzerland.

**JUN 29-30: USA-USSR Dual T&F Meet.** Tentative. USA.

**JUL 5-6: USA-East Germany Dual T&F Meet.** Tentative. East Germany.

**JUL 17-26: Commonwealth Games.** Edinburgh, Scotland.

**AUG 17-18: USA-West Germany Dual T&F Meet.** Tentative. Stuttgart, West Germany.





# SoCal Diary

By BILL MINARIK

## □ March 12.

Dual meet action at the college level saw the San Diego St. mens sprint strength overcome UC Irvin's distance strength 92-67, while in a womens meet running concurrently, the CPSLO thincads just edged San Diego St. 78-76 in a battle of two powerhouses.

In a Tri-Meet at UCLA, the Bruins were easy 108-52-26 winners over CS Long Beach and CS Bakersfield, as John Brenner competed in only two events, the discus and javelin, winning both while teammate Brian Muir posted PRs in both the shot and discus with efforts of 65-11 1/4 and 191-4.

Elsewhere, there were non-scoring meets at UCLA for female athletes, at CSLA for men and women, the Cal Poly Pomona Relays where Azusa-Pacific had 3 hammer throwers over 190 feet, the Long Beach Women's Relays where Lorna Griffin flipped the discus 194-8, and the Santa Monica CC Relays where relay teams from Pasadena, El Camino and Taft dominated the action.

It seems the U.S. has gotten off to an aggravating start in international dual meet competition. In an indoor dual meet against England where all four competitors score, the U.S. needed only a concession 3rd in the Pole Vault to win the meet. So what do you think happened? You guessed it. Both U.S. competitors passed on up to a tough opening height and then both no-heighted giving the meet to England 68-67.

## □ March 19.

Starting with Saturday's big meets, first in the prep ranks, we had the Northridge Relays being held at Cal State L.A. At that one, Henry Thomas of Hawthorne anchored the 800 relay team to a 1:26.3 clocking with a 20.2 leg and then lead off the sprint medley relay team with a 47.8 leg. Hawthorne's Sean Kelley anchored that team in 1:51.6 as the Cougars ran a 3:23.8 which is the third fastest prep time ever. That was it for the Hawthorne boys as they were DQed in the 400 and dropped the stick in the 1600. The Hawthorne girls kept things going, however, with wins in the 400-800-1600-3200, and sprint medley. Individually, Locke's Choo Choo Knighten had 3 firsts including a 14.24 low hurdle time. Another strong individual performance came from Pasadena's Joe Richardson who had an outstanding early season jump double of 24-7 1/4 and 50-7.

In 4-year college action, at a non-scoring meet at USC, Trojans' Darwin Cook 10.31 against a strong wind and Ed Tave 26-6 recorded some excellent marks. At Long Beach, the CSULB men turned back Cal Poly Pomona 82-79, while the CPP women prevailed 89-56 over the 49er gals. Elsewhere, the San Diego AA was an easy 95-38-18-18 winner over UCSD, USIV, and USD respectively.

Sunday, all eyes were focused toward Westwood where UCLA coasted to a comparatively easy 91-62 win over Texas. The big news there was the weightmen, as UCLA's Brian Muir upset teammate John Brenner in the shot, 67-6 to 65-3, and then came back to post a PR 192-11 in the discus behind Brenner's 194-8. In addition, Texas' Einar Vilhjalmsen upset guest competitor Tom Petranoff in the javelin 281-5 to 261-6 as Petranoff took a short run on all of his throws stating he was saving it for the big meets.

Other activity on Sunday, saw an Olympic Development Meet at Cal State L.A. and a Decathlon/Heptathlon Meet at Oxy which served to dedicate their new facility. At that meet there were 10 athletes over 7000 points in the Decathlon while Kerry Zwart Bell racked up 5603 points to win the women's competition.

## □ March 25.

There were invitationals everywhere last Saturday, so lets start with the Preps. First at the Mission Viejo Invitational for girls, Beverly Hills outran the host team 51-44, while at the Santa Barbara Relays, Glendale HS boys won their first invitational since 1954 with a 31-29-27 victory over Centennial and Cabrillo. In the girls division Thousand Oaks was a narrow 51 1/2-48 winner over Dos Pueblos.

In the Community College section of the Santa Barbara Relays, it was Mt. SAC with runaway wins in both sections as their men scored a 56-28 win over Mira Costa and Foothill, while the Mouny women outran Mesa (Arizona) 63-36.

In 4-year college action; first at the USC Invitational, Tony Campbell ran an excellent 13.77 high hurdles into a stiff wind and then came back to anchor a USC alumni 400 relay team in 39.7. Jacoby of Boise State also posted an excellent 7-6 high jump. At CSLA Keri Zaleski of Millikan HS posted an outstanding early season 800 time of 2:09.64. At the Cal Poly Pomona Invitational, Innocent Egbunike of Azusa-Pacific ran a strong 46.0 400 on the dirt track.

In major dual meets, first at the community college level, El Camino swept the sprints and both relays against powerful Long Beach CC, however, the Vikings won everything else except the high jump enroute to a 91-53 mens victory.

In 4-year college action, in a Tri-Meet, Fresno State turned back Cornell and UCSB 169-106-90 in the mens action, while the Bulldog women did likewise to UCSB and Cornell 127-110-87. Best mark there was a 70-2 1/2 shot put by guest competitor Dave Laut of Athletics West. At Cal State Long Beach, San Jose State used its field event superiority to get by the host 49ers 87-75 in mens competition, while at UC Irvine, the women from CS Northridge outran UCI and CSULB 65-54-50.

Finally Sunday at the Redlands Invitational, in the mens division Weber State destroyed the mens field with a 200-82-72 win over Redlands and CS Dominguez Hills, while the Redlands women ran away from CSUDH and Cal Lutheran 162-84-64.

In the World Cross-Country Championships at East Rutherford, N.J., the United States women coached by UCLA's Scott Chisam scored a 52-65 win over runner-up England despite the fact the highest U.S. finisher was Betty Jo Springs in 9th place. The U.S. senior and junior men came in 2nd and 4th respectively to the winner Ethiopia.

## □ April 2.

Invitationals were the order of the day in the Prep ranks Saturday, beginning with the Pasadena Games where Pasadena's Joe Richardson notched an excellent 23-9-49-9 jump double and then came back to anchor his mile relay team to victory with a 48-5 leg on the dirt oval. At the Laguna Beach Invitational, Blutreich of Capistrano Valley had a strong 64-3-172-2 weight double, while at the Rolling Hills Invitational, Carson High was a runaway 59 1/2-36 winner over the host team in boys action, and Long Beach Wilson was a narrow 41-37-36 winner over the Lynwood and Torrance girls. At the Glendale Relays, relay teams from Glendale and Beverly Hills battled it out in the boys relays, while Beverly Hills cleaned up in the girls relays. At the Ventura Relays, Fuller of Loyola posted the fastest 100 meter clocking of the day with a time of 10.5, while at the Eisenhower Invitational, Choo Choo Knighten of Locke won the 100, 400, and 100 hurdles.

In community college action, dual meets were the order of the day, with the Long Beach CC-Pasadena CC Meet being the highlight of the day. That meet, which by the way, was run as part of a double dual meet with USC and Arizona saw Pasadena capture the 3 sprints and 400 relay but Long Beach's field event strength again proved to be the difference as the Vikings won 83-61.

In 4-year college action, the biggie of the day was the UCLA-Cal Meet which saw the Bruins win the sprints, 400 relay and the weights as usual enroute to 91-72 victory. This meet marked the return of Bruin star Steve Kerho who placed 2nd and 3rd in the hurdles against Cal's rugged hurdle corp. In a womens meet, UCLA edged USC 76-74 as Gayle Kellon won the 400 hurdles and then anchored the 1600 relay team to victory for the winning margin. Tonya Alston was a 3-event winner for the Bruins.

At USC, Arizona used its overwhelming distance superiority to outrun the Trojans 93-68. The Trojans Hank Kraychir showed he was ready for the big meets with a 198-0 discus throw.

At CS Bakersfield, Cal State Northridge indicated it is a force to be reckoned with in Division II as both its men and women scored quad meet victories. The men turned

*continued on next page. . .*



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back Northern Arizona, CS Hayward, and CSB 69-58-32-24 while the women stopped Northern Arizona, CSB and UCSB 66-61-23-13.

In a meet at Cal Poly Pomona, Azusa Pacific's Innocent Egbunike notched an excellent 10.1-20.2 sprint double.

In a couple notes of interest, USC's Hank Kraychir set a record for an ambidextrous discus throw of 324-6 breaking the record of 305-10 set by Fortune Gordien in 1954. Hanks marks were 178-0 with the right hand and 146-6 with the left.

It seems a controversy has developed between women's Olympic Coach Brooks Johnson and SoCal women's coaches Chuck Debus and Bob Kersee over the training site for the U.S. Womens 400 meter relay team. Johnson has the camp scheduled for July 5-15 at Santa Barbara. However, Kersee and Debus feel the camp should be held in Los Angeles for the benefit of their

sprinters, Flo Griffith, Alice Brown, Jeanette Bolden and Denise Williams. The SoCal coaching duo says leaving Los Angeles for training purposes is to lose the homefield advantage as well as losing the L.A. Medical facilities in case of injury. Also they say the dates are too close to the Olympics themselves. Johnson countered by saying that Debus and Kersee are only interested in their runners being successful in their individual events. I have to go with Brooks Johnson on this one. Santa Barbara is only a 90 minute drive from L.A. and the runners selected for the team are going to have to have their stick work down perfect to beat the East Germans. Thus, the only way to keep the fine tuning is not to have too much time between practice and event. Hopefully, Kersee and Debus's threat to pull their runners off the tryout squad is only that.

# Eino's Notebook

By EINO

We are living in one of the most sports-minded countries of the world. Track and field is growing fast. Road running has reached epidemic proportions and all kinds of physical activities are becoming more and more important. But with all of this fantastic physical energy flowing around the country, we are also sitting in one of the most unfortunate and unavoidable areas of athletics. Well, I'm sure you already got it! I'm talking about injuries. Almost every athlete has at one time or another run through a red light and either crashed or gotten pulled over. (Occasionally someone gets away with it.) Normally we do this unconsciously. We over-train; or we forget, when we are playing basketball or volleyball for fun, that we are not merely riding in a station wagon, but are in the driver's seat of a finely tuned sports car. The engine must be warmed up before we rev it at high speed. An even more common mistake is to stuff McDonald's hamburgers into the gas tank when we are supposed to be fueling with high octane energy. But don't forget that injuries are part of the athletic progression. Sometimes I think that if there are no injuries, there is also no development.

I'm sure all of us have been armchair athletes at one time or another. We've watched professionals and when one of those bodies crashes, they are immediately pulled away for X-rays and a diagnosis. Rehabilitation is begun at once. But what happens for us track and field athletes and road runners? The first impulse is to wait; the second is to wait a little longer. The third impulse is to maybe do something, but

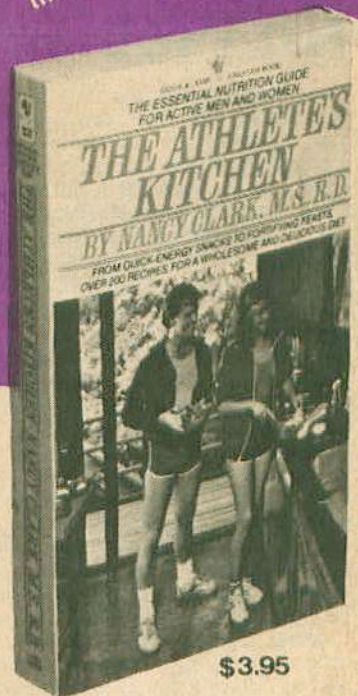
since we don't know exactly what, we usually wait some more. All this is just the beginning of the problem, which is that we have only one major athletic training center for our amateur athletes, namely the U.S. Olympic Committee's facility at Colorado Springs.

What happens if one of us poor unfortunate runners doesn't happen to live in Colorado? Often we search for one other person who earlier had the same problem as we do, rather than getting professional help right away (at one of the hypothetical major training centers that the TAC has opened up for us in LA, Boston, Atlanta, San Francisco, and so on.)

It's unbelievable that we don't have any of these TAC training centers. Luckily, some private corporations have centers for their own super-athletes. TAC does have an insurance policy. One of my runners got injured last September. She went to a doctor who billed her TAC coverage. Now in late April, she's still getting bills saying "Pay the bill or else". This isn't right for either the athlete or the doctor. We have to get a viable system that will encourage the athlete to seek immediate help, since our peak athletic span is relatively short. Even if we get the insurance to work, though, we'll still have a fundamental problem: where do we go to get the professional help needed for that particular injury?

So, my friends in Indianapolis, let's get your act together. Open TAC training centers across the country. I know you can do it.

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By Nancy Clark, M.S., R.D.,  
Nutritionist, Sports Medicine  
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# Athlete's Kitchen

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

## POTASSIUM? No Problem!

Your training partners—nice friends that they are—tell you that you sweat like a horse. Summertime workouts leave you dripping wet and feeling wasted. Along with all that sweat, you've lost not only water, but also potassium—an electrically charged particle (electrolyte) that helps maintain normal fluid balance and muscle functions. Perhaps you've wondered if you should eat special potassium-rich recovery foods after a strenuous workout?

Potassium is one of the most plentiful minerals in the body. The average 150 pound man may contain 115 to 130 grams of potassium. A well-muscled athlete has more—150 to 175 grams. Muscle and nerve cells are potassium-rich. Nerves need potassium to transmit impulses. Muscles need potassium to contract properly. Your heart, for example, which is a big muscle, may stop contracting during severe potassium deficiency. Potassium deficiency rarely results from excessive sweating but rather from excessive losses due to diarrhea, vomiting or certain medications (such as diuretics). Even athletes who sweat heavily and eat a low potassium diet are unlikely to become potassium deficient.

To prove this point, exercise physiologist David Costill asked eight trained runners to exercise at a moderate pace for two hours in a hot room (100°F) on four consecutive days. Each workout contributed to about a six pound sweat loss. During one four-day series, the runners ate a low potassium diet (1000 milligrams—that is, one gram potassium per day). In the second series, the runners consumed an average potassium intake (3000 milligrams per day). Costill measured their potassium levels before and after the trials. The subjects all maintained a normal potassium level regardless of their intake. When they ate a low potassium diet, they lost less potassium in their sweat than when they ate the higher intake. They responded to the reduced intake by conserving more potassium within their bodies. They lost significantly less potassium (40%) in their urine and about 5% less in their sweat. The amount of potassium in their muscles actually increased during both of the trials.

This study (American Journal of Clinical Nutrition 36:265, 1982) suggests that special potassium supplements are unnecessary for athletes. Although you may lose some potassium when you sweat (about 85 milligrams per pound of sweat loss), you do not totally deplete yourself. Your body responds to hot, sweaty exercise by conserving potassium. You need to more actively replace the water losses than the potassium losses.

You can easily replace the potassium by refreshing yourself with some orange juice after a hard workout. Eight ounces (1 cup) contains about 380 milligrams potassium—the amount you might lose in four pounds (that's the equivalent of two quarts) of sweat. Other potassium-rich fruits and vegetables include bananas, raisins, carrots and baked potato. You can also insure a high potassium intake by eating whole wheat breads and whole grain foods in-

stead of refined products such as white bread, white rice, white pasta, etc.. Eat potato more often than pasta or rice. Drink natural juices, such as orange juice rather than Tang, or lemonade rather than lemon-flavored powdered drinks. For a list of the potassium content of some common foods, you're welcome to send me a self-addressed stamped envelope at Sports Medicine Resource, Inc., 830 Boylston Street, Brookline, MA 02167.

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# Ironman Insights

By DEAN HARPER

## Typical Triathlon Training Week What It Should Include



A recent issue of a popular running magazine outlined Dave Scott's "typical" training regimen when he was in his peak training for the second of his three Ironman victories. Dave's week consisted of approximately 70 miles of running, 470 miles of cycling, over 30,000 yards of swimming and a couple hours of weight training. This is not a "typical training week", not even for Dave Scott. It is an extreme mileage week for an Ironman champion at the height of his training. It took him years to reach that level.

By comparison, my mileage when I won what was then called the USTS California Championship (fastest cumulative time for the 1982 San Diego, L.A. & San Francisco) was tucked around a fulltime job and two hour commute and consisted of approximately 175 miles of cycling, 60 miles of running and 14,000 yards of swimming. Thus, one need not do megamileage to be a successful triathlete. In fact, Mark Sisson finished fourth in the February 1982 Ironman on less mileage than what I was doing for the USTS races. And Sally Edwards insists that one can adequately prepare for the Ironman on a third of Dave Scott's mileage. The key to success as a triathlete lies more in the quality than in the quantity of miles.

As I prepared for last season my third year of law school allowed me more flexibility to train. I gradually increased my mileage to about 65 miles of running, 350 miles of cycling and 20,000 yards of swimming. On this program I had a couple of my best races last season.

Then, after law school graduation in May, I became a fulltime devotee and was out to match the Dave Scott training regimen. But as one increases his or her mileage, at some point the proverbial law of diminishing returns sets in. That is, at some point an increased workload provides no extra gain in condition. If one continues to increase the workload, the law of negative returns sets in. At this point, an increased workload actually decreases one's overall condition and performance. In a six week period prior to the Ironman last year, I averaged 90 miles of running, 450 miles of cycling and 28,000 yards of swimming. After a lackluster performance (12th place) in the Ironman I believe I'd probably entered the negative return phase in my training.

This year I plan to keep my non-race week mileage around 70 miles of running, 350 miles of cycling, 20,000 - 25,000 yards of swimming, plus 3 short weight sessions. I

hope my training regimen will lend me success this season. Since the sport of triathlon is so new, most full-time triathletes like myself are experimenting with our training programs in an attempt to maximize performance.

### MAXIMIZING PERFORMANCE

Just as in running, there is a lot more to maximizing performance than "putting in the miles". Based on my own experience as an athlete and former swim coach, from discussions with numerous triathletes, and from digesting various running, cycling, swimming and triathlon publications, I believe there are some basics which should be incorporated into most training programs, regardless of the amount of mileage. And most "professionals" do incorporate these fundamentals into their training programs.

This year in my running I'm trying to incorporate one long run, one interval workout, one hill run and one time trial or road race per week. My long run is 18 miles, but for someone training only for short triathlons your long run may be 8-10 miles. My interval workout is on the track and generally consists of quarter to one mile repeats at faster than road race pace. My hill workout is on trails in the East Bay hills and on weekends I try to find a 10K somewhere close to home.

I'm trying to incorporate these same elements into my cycling. I ride long one

day a week (90-100 miles), climb Mt. Diablo (3700 feet) once a week, do a weekly 10 mile time trial with a local cycling club and incorporate one 30 minute interval session mid-week.

Swimming workouts differ from cycling and running in that every workout contains some sort of interval session. Many runners make the mistake of approaching swimming like they do their running. You just can't develop speed in the water without incorporating a lot of interval work. The body is capable of handling a higher degree of stress in the water than on land. Thus, I swim intervals nearly every day ranging from 50 to 500 yard repeats. I also incorporate one 1000 yard time trial each week to gauge my condition.

So regardless of whether your goal is triple fitness and other commitments allow you to run 20 miles, cycle 75, and swim 8000 yards a week, or you want to become a contender in the major competitions and you have unlimited time, I believe the above are some of the basics that should be incorporated into most training programs in order to maximize performance.

### PERSONALIZED TRAINING PROGRAMS

If you feel the need for a personalized training program designed by a company that I am now working with, write *Triathletics West*, P.O. Box 8040-128, Walnut Creek, CA 94596, or call (415)945-7852.



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# Medical Notes for Runners

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

## Leg Pain In Runners Chronic Compartment Syndrome

The chronic compartment syndrome or exertional compartment syndrome is a technical name for shin splints. There are four muscular compartments in the leg, which have various muscles and tendons, as well as nerves, arteries, and veins. The most commonly involved with shin splint syndrome are the anterior, as well as the posterior deep compartment. The anterior compartment is in the front of the leg and from the shin to the outside of the leg. This compartment houses the muscles that move the foot up away from the ground. When you rock back on your heel, pulling your toes toward your knee, you are using the extensor tendons and anterior tibial tendons. These are the muscles of the anterior muscle group and are called the antigravity muscles. The flexor compartment, or deep posterior compartment, of the leg houses the muscles that hold up the arch and flex the toes. Thus, the posterior tibial muscle and flexors to the great toe and lesser toes are in this compartment.

The classic shin splint syndrome occurred in the front and outside of the leg over the anterior compartment. This occurred early in the track season and was secondary to running on hard surfaces in the out of shape athlete. There would be soreness after workouts and, at times, during

workouts. The soreness was of a soft tissue or muscular nature. The bone would be somewhat tender from the shin to the outside of the leg. When the problem persisted and there was pain during running with swelling and a hard woody tension, a chronic compartment syndrome existed. Another term for this is exertional compartment syndrome. Compartment syndrome means that the contents of a compartment swell and that the fluid puts pressure on the muscles and tendons causing pain. Because the sheath over the muscles is relatively inelastic, the muscles swell like a salami inside of a salami sheath; thus the chronic compartment syndrome. As too much pressure builds up, it is impossible for blood to get to the muscles, and they become oxygen deprived. This causes considerable pain, as well as lack of function. Some athletes develop a chronic compartment syndrome in any compartment in the leg, secondary to overdevelopment of the muscles, as they increase their training. This just may be a physiological or idiopathic characteristic that they can't do much about.

We have studied several athletes with anterior chronic compartment syndrome



who have pain only when running. They have a cramping like pain in the anterior compartment, which goes away immediately after rest. If they elevate their leg and foot and ice, the pain goes away sooner. These athletes had the pressure in their compartments measured, and the pressure was always high. It was high enough to constitute the diagnosis of a chronic compartment syndrome. At times, physical therapy and orthotics to balance the feet took care of the chronic compartment syndrome. Most of the time, however, a surgical procedure was necessary. This is a relatively simple procedure, which constitutes a splitting of the sheath over the muscles through a relatively small incision in the leg. The recovery is rapid, and most athletes return to running within three to six weeks. In our institution, this is an out patient surgical procedure.

The more common compartment syndrome, or shin splint syndrome, in runners is that of the flexor, or posterior deep, compartment. There is pain usually in the junction of the upper two-thirds to the lower two-thirds of the inside of the leg. The bone may be tender for four to six inches in length or for the whole length of the inner aspect of the tibia or leg bone. Lumpiness may be palpated. This type of shin splint is more truly called an enthesitis. An enthesitis is described as a pulling away of tissue from bone. Thus the muscles and tendons anchored to the inside of the leg bone are pulled away as the foot moves abnormally. This often occurs with pronation or excessive flattening of the foot. As the arch lowers, the muscles that help hold up the arch, the posterior tibial and, at times,

continued on next page...

### ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

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Name of Event \_\_\_\_\_

Type of Event: long distance run track meet cross country other \_\_\_\_\_

Starting Time \_\_\_\_\_ Distance if a running event \_\_\_\_\_

Other Important Info \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

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MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



continued from previous page...

the flexors, are overstretched and pulled obliquely from the bone. There is microbleeding and secondary scar tissue. The microtearing that takes place causes considerable pain. The scar tissue that is left over causes an inelastic compartment syndrome, and there is stiffness in the morning and pain at the beginning of workouts. After workouts, the pain may go away only to reoccur after the limb or leg cools down, two to three hours after a workout.

One must always rule out stress reaction of bone or stress fracture with any leg problem. Oftentimes, a stress fracture will cause pain when one uses the vibratory fork or tuning fork over the area of suspected stress fracture. This causes vibration of the bone at each side of the fracture, and pain is the end result. Also, if ultrasound is used over a stress fracture, there may be rather severe pain, one to two hours afterward, inasmuch as the ultrasound causes increased blood to move into the area of the fracture with secondary pain. The definitive diagnosis for stress fracture is to have a bone scan. X-rays are helpful but usually show the healing of a fracture, which starts taking place about three weeks after the fracture is present. The rule I use is "Leg pain is a stress fracture until proven otherwise if it is severe enough to prevent running comfortably."

Well, let's assume that you don't have a stress reaction of bone or stress fracture, but have a flexor or posterior tibial compartment syndrome. If you have used orthotics to balance the feet, have good shoes, have cut back on your training, and are running only every other day, instead of every day, and have had physical therapy, as well as

all other forms of conservative therapy, and still hurt; then you may be one of those few patients that needs a surgical decompression of the compartment. If a Wick catheter test is run on your compartment, most likely the pressure will not be elevated. This, of course, is in contradistinction to the anterior compartment. The surgical procedure is a decompression of the flexor compartment, as well as a stripping of the muscles away from the bone. This is carried out in a similar way as what is done with the anterior compartment; but, along with a splitting of the thick tight sheath of the posterior compartment, one also uses an instrument to gently move the muscles away from the bone and to break up the scar tissue that has formed. This is the type of surgery that runner, Mary Decker, had in the past. John Walker also had this surgery when, in New Zealand. The surgery is usually successful and has a three to six week recovery time. It can be done on an outpatient basis. The problem is that, if training errors are not avoided, the problem can reoccur within two to five years. Thus, if the athlete abuses his body, does too much too soon, or pushes himself too much; there may be excessive stresses and forces in the leg, and scar tissue can reform.

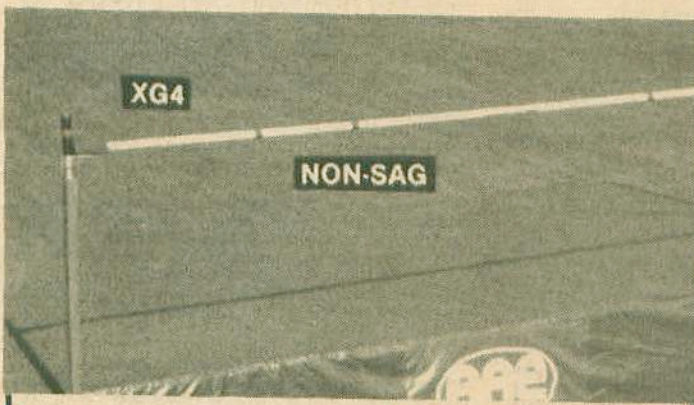
What about the other compartments? There can be chronic compartment syndrome of the calf muscles. The calf muscles can develop too quickly and become so large that they can swell within their sheaths. At times, there is cramping whenever running takes place, and a surgical release of the sheath may be necessary. I've also noted that some women have the muscles of their calves go

all the way down into the ankle. These women appear to be more prone to posterior compartment syndrome or compartment syndrome of the calves.

We've also had four cases of extremely good middle distance runners, who had compartment syndromes of the peroneal muscles. These are the muscles at the extreme outside of the leg. These responded well to surgical decompression.

So what's the bottom line? The bottom line is that, if you have leg problems that don't respond to common sense measures, such as decreasing mileage in regard to running, getting good shoes, balancing your feet if there are imbalances, biking, swimming, and taking two Aspirin three times a day; see a professional. Get an X-ray. If the X-ray is negative, this doesn't mean that you don't have a stress fracture. If there is rather severe pain, a bone scan may be indicated. A treadmill gait analysis should be carried out to make sure you are running properly and that you don't have excessive midstance or propulsive pronation. Orthoses must be utilized if this is taking place, and I suggest utilizing a temporary orthosis first. We have found that full length orthoses work best for leg problems. Physical therapy with ultrasound and electrogalvanic stimulation, three times a week, for three weeks may be necessary; and stopping running on hard surfaces and substituting running in a swimming pool is a good idea. If, however, none of this works, you may be a candidate for a surgical procedure to get you back on the road.

Let me know if you have any thoughts or suggestions. Keep on running. Stay healthy and happy.



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PLACE	California State University, Long Beach
DATES	Thursday - June 14 1:00 p.m. - 9:00 p.m. - Coaching Level 1 Friday - June 15 8:00 a.m. - 9:00 p.m. - Coaching Level 1 Saturday - June 16 - Olympic Trials Begins Sunday - June 24 - Olympic Trials Ends
COST	Registration Fee, Books and Notes \$50.00 (Total fee due May 31, 1984) (After May 31, 1984 - \$60.00)
GRADUATE CREDIT	Available through California State University, Long Beach

Significant financial support is provided by Three Stripe Sports Promotion Adidas



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**HOUSING FORM** (Clip and send to:) Ronald H. Buss, Athletic Department  
California State University, Long Beach  
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Long Beach, California 90840  
Phone: 714/893-3434

- TAC/USA TRACK & FIELD COACHING LEVEL 1
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3. DORM ROOM (2 twin beds, linen & towels) \$35.00 per day per person with breakfast and sack lunch. Checks payable to: *CNTR FOR YDATION*
- COACHING LEVEL 1 HOUSING RESERVATIONS WILL BE ACCEPTED UNTIL MAY 1 PROVIDED SPACE IS AVAILABLE.

**IMPORTANT:** Advance payment equal to two days' rate is required by May 1, 1984. Full payment required by June 10. Check-out time is 1:00 p.m. An additional charge will be made for late check-outs.



# News & Notes

## Olympic Trials Information

Berny Wagner, TAC's National Coach/Coordinator, has asked that we publicize the following information for athletes who reach the qualifying standards for the U.S. Olympic Trials:

Athletes who reach the Olympic Trials qualifying marks must enter the Trials as soon as possible.

The athletes should then make housing and transportation arrangements as soon as possible. In making the reservations, the athletes should use the information they will receive in the acceptance letter which will be sent to them on receipt of their entry forms.

Forms should be requested from:

Special Events Dept.  
Los Angeles Times  
Times-Mirror Square  
Los Angeles, CA 90053

Track & Field News  
Box 296  
Los Altos, CA 94022

## Stroh's Run for Liberty

On Saturday, October 13, 1984, the Stroh Brewery Company will sponsor the largest single-day running event ever held, the "Stroh's Run for Liberty."

Stroh's is one of the seven founding sponsors for the Statue of Liberty and Ellis Island Restoration. "Stroh's Run for Liberty" will allow people throughout the United States to participate and contribute, through their \$10 entry fee, to the renovation of America's greatest symbol of freedom, the Statue of Liberty. In this effort, Stroh will be supported by Brooks Shoe, Inc., a supplier of athletic footwear and apparel.

"Stroh's Run for Liberty" is an 8k run that will be held on certified courses in over 100 cities around the country. There will be at least one run in each of the 48 states of the continental United States.

For more information on Stroh's Run for Liberty, please write or call: J. David Murray, Hobson, Barnes & Associates, Inc., 6000 Lake Forrest Drive, Suite 109, Atlanta, Georgia 30328. (404) 255-9111.

Mark the date — Saturday, October 13, 1984 — as the day that you will join a half million runners across the United States and Run for Liberty.

## Bay to Breakers 1984

"100,000 runners, some serious, some not-so-serious, are expected in the 1984 Examiner Bay to Breakers Race," says Race Director Terri Robbins. "The crowd of fun runners just keeps growing, and the costumes keep getting crazier every year."

As the City gears up for the 73rd annual Examiner Bay to Breakers, Robbins emphasized that the \$8 entry fee is mostly a charitable donation. "\$5 of the entry fee goes to support the Golden Gate Chapter of the American Red Cross, the Guardsmen, and several other youth-oriented charities," she added. The 7.46 mile run from the Embarcadero to Ocean Beach will be held on Sunday, May 20 at 8:00 AM. The registration form and the entry fee will entitle the applicant to run the course, as well as receive a T-shirt commemorating the event.

Registration forms can be obtained by mailing a self-addressed stamped envelope to: Examiner Bay to Breakers, 110 Fifth St., San Francisco, CA 94103. Entry fees and forms must be received by the San Francisco Examiner no later than midnight, May 1, 1984.

One of Robbins' goals this year is to increase the runners' awareness that their registration fee means so much to so many local people. Nearly 25 percent of last year's runners were not registered, "and that translates into thousands of dollars in donations lost to the Bay Area charities," states Robbins. Registered runners will receive a confirmation packet of materials including a chest number prior to race day.

**The Race Course:** All competitors in this year's race will run the 12K TAC sanctioned course. Beginning at Howard and Spear streets, the course runs west down Howard to 9th Street, on up to the Hayes Street hill, down the Panhandle into Golden Gate Park on Kennedy Drive, to the finish line at the Great Highway, near the Cliff House.

**The Top Seeded Runners:** As in past years, the Examiner Bay to Breakers has attracted world-renowned runners who compete for a variety of personal reasons. According to two-time winner and defending champion Rod Dixon, "When I reached the top of Hayes Street hill two years ago, I looked back and saw all those people running behind me, I knew then that I'd return to San Francisco to run in this race every year for at least the next 25 years."

Defending women's champion Laurie Binder will return in May to try for her 5th championship. Binder set a record for women last year when she won her fourth Examiner Bay to Breakers title.

Along with New Zealand's Dixon and Oakland's Binder will be other world-class athletes, including Craig Virgin, Paul Cummings, and Nancy Ditz.

The front section of the race is reserved for 500 seeded athletes who qualify for this division by submitting their times from other races, including previous Examiner Bay to Breakers.

**The People's Race:** Celebrating its 73rd anniversary this year, the 12K race is the world's largest and most colorful footrace. Last year, over 85,000 runners from all over the world participated in the event, dubbed a "mobile Mardi Gras."

Among the thousands of costumed characters who joined in the Examiner Bay to Breakers last year were grandfathers in grass skirts, flying saucers, an Oreo cookie, a Redwood tree and four saplings, gorillas, and several San Francisco landmarks—the Transamerica Pyramid, Colt Tower, even the Golden Gate and Bay Bridges.

**World Centipede Championship:** This racing category originated in the Bay to Breakers race of 1978. Centipedes, groups of 13 antennae runners, run tethered together in a class by themselves. Judged for both speed and costume, all centipedes must adhere to outlandishly silly rules, written by the International Centipede Organization. For example, a "fenich" turn (360 degrees) must be executed at least once during the run.

In spite of all the fun, one group, the Aggie Running Club Centipede, has swept the speed title for six years now, even beating out women's champion Laurie Binder in 1983. Others, like the University of California's 132-foot long mechanical Bay Bridge, Santa Claus and his bell-jingling reindeer or the Running Bunnies from Los Gatos, couldn't possibly run without a sense of humor or a sense of accomplishment.

**Awards, Prizes, and Goodies:** And when they all cross the finish line on the beach near the Cliff House, each registered runner will receive the official commemorative T-shirt as proof that they ran the distance.

The first man and woman to cross the finish line will win trips on the Cunard Queen Elizabeth II to London, Apple Computer equipment, and the first place overall finisher will win the use of a brand new 1984 BMW for one year. The privilege of carrying the Olympic Torch will be awarded to the first male and female finishers from California. Other awards will go to the oldest runner, to the youngest runner, and to the first 100 finishers.

**Before, During and After: Other Race Activities:** The traditional pre-race party, the 1984 Hyattfest, will again be hosted by the Hyatt Regency San Francisco, the headquarters hotel for the Bay to Breakers. The weekend celebration for runners begins Saturday, May 19th. Featured will be free seminars ranging from such topics as "Prevention of Running Injuries" to "Nutrition for the Fitness Minded." The seminars, designed to accommodate question and answer sessions, will continue throughout the day.

Evening festivities will include the pre-race party, to be held outdoors in Justin Herman Plaza adjacent to the hotel. Live music, dancing, costume contests, and a Pasta Feed, so runners can "carbo cram" for the next day, will be held in the best spirit and tradition of the Examiner Bay to Breakers. Admission to the party is free.

Following the race, Sunday morning breakfast will not be ignored. Just a short walk from the finish line, on the lush lawn of the Golden Gate Park's Polo Field, will be the first annual Examiner Bay to Breakers Festival in the Park. There will be music, entertainment and the opportunity to trade "survival" stories from the race. Food and drink will be available for free and for sale and there will be hot air balloons, awards, prizes, souvenirs and sports exhibits to visit. Admission is free.

Covering the events for radio will be KSFO, 560 AM, providing live broadcasting of both the Hyattfest pre-race party and the post-race celebration in Golden Gate Park. Step-by-step reporting will be related by reporters stationed at points along the race course.

## New Books of Interest

**THE PART-TIME RUNNER**, by Reg Harris. 192 pages, \$7.95 from P.T.R. Publications, 606 Cabot Way, Napa, CA 94559.

If you're like most runners, you can't schedule your life to fit your running. You have to schedule your running around work, school, family, and other commitments. You are a "part-time" runner, and you must profit as much as possible from the time you have for running.

If you want maximum benefits from the miles you run—no matter what your relative level of performance—*The Part-Time Runner* is for you. The book explains and explores all aspects of the part-time runner's

training and racing life. Along with the clear, no-nonsense information presented, you'll find tables, diagrams, examples, illustrations, and sample programs offering practical suggestions to help you:

- Understand the principles of sound, efficient training.
- Plan a program to gain maximum benefits from the time you have available for running.
- Identify, treat, and prevent common injuries.
- Program your mind and body for "peak" performances when you want them.
- Counter the detrimental effects of aging to maintain fitness for life.

*The Part-Time Runner* covers all this and more. Whether you're an elite runner or jogger, this book will provide the practical advice and techniques to help you get maximum benefits from the miles you run.

**RUNNING: A Guide to the Literature**, by Bob Wischnia and Marty Post. 148 pages, \$18 from Garland Publishing, Inc., 136 Madison Ave., New York, NY 10016.

The popularity of running continues unabated. This volume is the first comprehensive and annotated bibliography on the subject ever compiled. It provides publication data and commentary on over 300 books on every aspect of the sport. Appendixes list running journals and organizations worldwide, Olympic gold medalists, world-record holders, and international running events. Photographs of runners and racers, and subject and title indexes enhance the usefulness of this unique reference source to both librarians and runners.

Bob Wischnia is senior editor and Marty Post is statistical editor of *Runner's World* magazine.

**THE BOWERMAN SYSTEM**, by Chris Walsh. 72 pages, \$7.50 from TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022.

*The Bowerman System* is a 72 page summary of the principles and practices that Bowerman used in training some of the world's best runners. Chris Walsh presents an overview of Bowerman's career as well as insights into the development of the coach's training philosophies and methodologies. Specific examples of the training processes are given through reflections from some of Bowerman's star pupils: Bill Dellinger, Wade Bell, Kenny Moore, Henry Marsh, Roscoe Divine, Archie San Romani, and others. And almost 30 pages of the 8½x11 book present middle and long distance training schedules to give a full picture of "The Bowerman System."

*The Bowerman System* is a work of value for every coach and runner.

**RUNNERS and Other Ghosts on the Trail**, by John L. Parker. 106 pages, \$7.95 from Cedarwinds Publishing Company, P.O. Box 13618, Tallahassee, FL 32317.

"There is a running path at the University of Florida in Gainesville that goes down from the track past the law school, through a growth of cool woods, down around the married student housing area, around by Lake Alice, back up through Beta Woods (an old necking spot), past fraternity row and back to the track..."

Thus begins "Other Ghosts on the Trail," the first chapter of this collection of haunting pieces by novelist John L. Parker, Jr. It is a path he knows well. During the late '60's/early '70's heyday of the Florida Track Club, Parker ran it daily with some of the most formidable runners the United States has ever produced, including Frank Shorter, Jack Baehner, Marty Liquori, Dick Buerkle, Barry Brown, and Sam Bair.

*Runners and Other Ghosts on the Trail* is a collection of true stories about runners, for runners, by a runner. John Parker, an attorney, knows running from the inside out and knows how to tell a story.

**THE PURPLE RUNNER**, by Paul Christman. 229 pages, \$5.95 from Highgate Lane Press, Box 1081, 1310 College Avenue, Boulder, CO 80302.

Paul Christman is a Boulder runner with a fanatic approach to running and life — he ran his first marathon a few years ago and now is into ultras like the Western States 100-Miler. This same approach has motivated his book *The Purple Runner*. He gave up his job in Los Angeles to move to England and New Zealand to run and write for this new novel.

Set in London, the plot involves five runners whose talents range from none to wasted to world-class. Three are American men, one is an old eccentric Englishman, and one is New Zealand's best woman marathoner.

As Lorraine Moller (rarily New Zealand's top marathoner) has said of the book, "This book is like a good race: it starts out easy, picks up in the middle, and finishes with a dazzling sprint. Runners everywhere will enjoy it..." Add comments by England's Wendy Sly, "All runners everywhere can identify with what each character is going through to achieve his or her running dream—an inspiring piece of work..."



## Track & Field Season Bests

Includes marks received through April 10

### 100 Meters

10.55	Terry Neely, FSU
10.59	George Gaffney, FSU
10.4	Sherman Jones, SJS
10.4	Eric Decatur, SJS
10.67	Don Frost, CSULB
10.73	Theodus Windham, USU
10.5	Selwyn Clark, UCI

### 200 Meters

21.01	Harold Todd, UCI
21.1	Sam Chance, FSU
21.38	Dimitri Fisher, CSULB
21.2	Harry Campbell, SJS
21.2	Bob Rust, UCI
21.50	Greg Peppers, CSULB
21.54	Theodus Windham, USU
21.3	Chris Duncan, SJS
21.3	Mark Wilson, SJS

### 400 Meters

47.43	Robin Johnson, FSU
47.73	Harry Campbell, SJS
47.7	Chris Prietto, UCI
48.14	Dimitri Fisher, CSULB
48.17	Rick Jones, FSU
48.20	Greg Peppers, CSULB
48.21	Larry Walker, FSU

### 800 Meters

1:50.81	Greg Long, USU
1:51:06	Jack Armour, FSU
1:52.21	Mark Ruelas, UCI
1:52.22	Pete Guinonez, FSU
1:52.85	Andy Cox, USU
1:52.90	James Polk, FSU
1:53.52	Bryan Griffin, USU

### 1500 Meters

3:43.00	Mark Ruelas, UCI
3:44.65	Greg Long, USU
3:51.99	Dave Lehrman, FSU
3:52.67	Steve Fairman, FSU
3:53.7	Jose Morales, UCSB
3:54.1	Sean Evans, UCI
3:54.3	Neal Harris, UCSB

### Steepchase

8:54.9	Glenn Lee, SJS
8:59.01	Danny Martinez, UCI
9:00.61	Mike Carlton, UCI
9:02.63	Barasa Thomas, FSU
9:09.90	Eric Rutherford, UCI
9:14.19	Tim Silva, UCSB
9:18.80	Cal Linam, CSULB

### 5000 Meters

14:17.6	Mark Ruelas, UCI
14:20.58	Sean Evans, UCI
14:22.15	Rick Dodson, UCI
14:26.1	Mike Carlton, UCI
14:28.26	Glenn Lee, SJS
14:29.2	Danny Martinez, UCI
14:31.08	Allen Just, CSULB

### 110 Hurdles

13.9w	Mark Wilson, SJS
14.39	Michael Chukes, SJS
14.40	Ed Riley, CSULB
14.40	Frank Williamson, FSU
14.2	Elliott White, UCSB
14.4	Mark Dunn, NMSU
14.4	Robert Thompson, UCSB

### 400 Hurdles

51.93	Frank Williamson, FSU
51.7	Michael Chukes, SJS
52.09	Ed Riley, CSULB
53.34	Kyle Jensen, USU
53.44	Roger Parenzee, FSU
53.5	Pat Nash, UCI
54.00	Bruce Mitchell, CSULB

### 400 Meter Relay

40.52	UC Irvine
40.4	Fresno State
41.02	San Jose State
41.17	CSU Long Beach
42.25	New Mexico State
42.4	UC Santa Barbara

### 1600 Meter Relay

3:09.35	Fresno State
3:18.1	UC Irvine
3:19.7	UC Santa Barbara
3:25.81	CSU Long Beach
3:27.70	New Mexico State

### Pole Vault

18-1	Felix Bohnl, SJS
17-4	Ralph Preiman, SJS
17-2	Doug Fraley, FSU
16-6	Mark Heppner, FSU
16-6	Kelly Rodriguez, FSU
16-8	John Reed, CSULB
15-6	Mike Worden, CSULB
15-6	Willie Thoms, UCI

### Long Jump

25-11	George Gaffney, FSU
25-7	Mike Powell, UCI
25-6 3/4	Kristjan Hardarson, SJS
25-1	Bob Rust, UCI
24-3 1/2	David Williams, FSU
24-3 1/2	Rickey Dobbins, SJS
24-2	Ronald Rivers, SJS

### Triple Jump

51-10 3/4	Clint Williams, FSU
51-8 1/2	Larry Weldon, SJS
50-9	Mike Powell, UCI
50-8 3/4	Willie Williams, CSULB
49-6 1/2	Cornell Archie, FSU
47-3 1/2	Ross Gunnell, CSULB
46-8 1/2	Mike Berry, UCSB

### Shot Put

63-2 1/4	Jim Doehring, SJS
62-2 1/4	Cameron Baxter, FSU
56-3 1/2	Bill Farr, CSULB
55-3	Eric Hudson, UCI
51-0 1/4	Dan Katches, SJS
51-0 1/2	Kevin Jefferies, CSULB
51-0	Alan Graves, FSU

### Discus

183-1	Jim Doehring, SJS
174-3	Brett Mickelson, USU
172-11	Steve Struble, SJS
172-11	Dan Katches, SJS
169-6	Cameron Baxter, FSU
168-9	Chris Hatch, USU
168-0	Kevin Jefferies, CSULB

### Hammer

244-10	Kjell Bystedt, SJS
244-8	Matt Mileham, FSU
215-8	Fred Schumacher, SJS
206-5	Cameron Baxter, FSU
191-9	Kevin Jefferies, CSULB
187-1	Brett Mickelson, USU
183-8	Chris Hatch, USU

### Javelin

224-7	Steve Odgers, UCI
222-8	Dan O'Donnell, CSULB
219-10	Chris Peterson, CSULB
214-9	Alan Graves, FSU
211-6	Tom McGraw, SJS
206-3	Pat Nash, UCI
194-6	Pete Mansur, FSU

### Decathlon

7611	Steve Odgers, UCI
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### 10,000 Meters

30:51.8	Eddie Fuel, FSU
31:12.0	Allen Just, CSULB
31:23.6	Tyrus Deminter, CSULB
31:48.10	Ralph Trujillo, NMSU
32:04.5	Ken Arriola, CSULB
32:17.5	Rick Santalan, CSULB
32:25.00	Art Souverein, USU



**FRANK WILLIAMSON**  
PCAA Intermediates Leader

### Mile Relay

3:13.0	San Jose State
3:14.59	CSU Long Beach
3:15.3	Fresno State
3:17.99	Utah State

### High Jump

7-0	Mike Powell, UCI
6-11	Mark Birch, USU
6-10	Jeff Armstrong, CSULB
6-10	Dan Illiff, FSU
6-10	Dwayne McCullough, SJS
6-10	Greg Norman, SJS
6-10	John Wagoner, UCI
6-10	Doug Dreifelbis, UCSB



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# Club News

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

## Dolphin South End

741 Kansas St. #2, San Francisco 94107

Heading for the Golden Gate Bridge in a few months will be Dolphin South End Runners June Crowley Wylder, Caroline Merrill, and Annabel Marsh. This doesn't sound so strange except that their starting point is Boston, Massachusetts.

Expecting to cover the 3,200 miles in 125 days, "The Trio," as they've been nicknamed, hope to reach the Golden Gate Bridge about August 18, provided that they haven't been overly-delayed by weather, physical breakdowns, or anything else that might occur.

Considering what these women plan to accomplish is astounding, probably even to hardened long-distance runners. While most runners figure 30 miles a week is a fairly demanding schedule, The Trio set 30 miles a DAY, six days a week, as their routine.

Since it's the first attempt of its kind in history, their efforts will not go unnoticed. The Greyhound Bus Company will pay all of their expenses (such as motel stays and food); television channels 5 & 7 will run some scenes of the run, and the San Francisco Examiner has published two stories. They will appear in Vogue Magazine in April, Ms. Magazine in May, Master Runner, and about 200 other newspapers and publications.

Annabel and Caroline created the whole idea a few years ago, originally figuring to run to Michigan and visit Caroline's parents. After some discussion, they concluded that a better idea would be to commemorate the first women's marathon in the 1984 Olympic Games with a "leisurely" jog across the United States. Competing in the Boston Marathon would highlight most runners' lives, but it's only the beginning for the Trio. They expect to arrive in Boston a few days before the April 16 race.

Annabel, obviously one of the liveliest 60-year-olds around, combines weight training with running. She has 49 marathons and four 50-milers to her credit. June, 48, is a native of San Francisco and trains at Skyline College. Caroline, the youngest at age 42, is a native of Mt. Pleasant, Michigan, and has been a San Francisco resident for 17 years. She has been running six years and has racked up 10 marathons.

## West Valley Joggers and Striders

1124 Kensington, Sunnyvale 94087

WVJS runners won one national team championship and finished a close second in another division in Sacramento March 25.

The 40-and-over men's team brought home the club's first national title in several years at the 20K distance. Scoring team members were Tim Rostege, 70:10; Bill Jenney, 70:43; Nick Winter, 70:49; Bill Meinhardt, 71:28; and Jake White, 74:50.

The 50-and-over team finished second, losing by 45 seconds to Fleet Feet of Southern California. Bob Farrington led the team with 75:44, handing teammate Ulrich Kaempf his first defeat as a 50-year-old. Kaempf had an off day with his 77:27; Glenn Unsicker ran 78:25; Ken Napier 78:58 and E.R. Silver 79:48.

Dave Garcia had the club's top time with a 69:57.

The WVJS 50-year-olds also starred at the Napa Marathon on March 11. Farrington, Unsicker and Silver took the top three places in their division with 2:47:00, 2:48:30 and 2:51:30 respectively. Sammy Castillo ran a 2:43 in the Napa race.

The club's other major race in March was the San Jose Mercury News 10K on March 18, which produced nine times under 34 minutes, 15 under 35 minutes and two division winners.

Gil Uresti and Dave Garcia led the club with 32:50 and 33:07. Rostege, Winter and Jenney were the 3rd through 5th masters finishers, all running under 33:30. Carol Stroud won the 40-and-over women's division in 40:28 and Kaempf ran 34:50 to win the men's over-50. Silver and Farrington took second and third behind Kaempf.

Personal records were set by Rick Kananen, 35:28; Tom Warfel, 35:18, and 41-year-old Ron Nelson, 33:46.

## Empire Runners

P.O. Box 1627, Santa Rosa 95402

On a warm, humid Sunday morning, 24 runners decided not to travel to the Whale Run or Bonne Bell. Instead they decided to run at Santa Rosa Junior College in the 1 Hour Track Run. It was a friendly atmosphere, with all participants running within a quarter mile of each other, and lap counters cheering in the stands.

Harold Nordvold took the early lead, his long strides carrying him through the first 3 miles in 17:33. But right behind, running very smooth, and gaining, was Craig Roland. After 30 minutes into the race, Craig took over the lead and went on to win, completing 10 miles 199 yards. Harold was second with 9 miles and 1351 yards, with John Muro 3rd covering 9 miles and 814 yards.

Joyce Bennett was the overall women's winner, running 7 miles 944 yards. Right behind, running together the entire way, were Chris Gray and Judy Welch, finishing with 7 miles, 667 yards.

At the Oakland Half Marathon Janet Buckendahl set a new national age-49 record with a time of 1:28:36. The previous record of 1:29:13 was held by Toshiko D-Ella, set in 1979. Janet also ran a 1:29:54 in the Parkside Half-Marathon.

## Fleet Feet Running Club

18232 Imperial Hwy., Yorba Linda 92686

On Sunday, March 25th, Fleet Feet-Yorba Linda's Men's 50-Plus Team finished in 1st place (50-59 age group) at the 20K National Championships in Sacramento. The team was led by Jim Brownfield with a time of 1:14:00. He was followed by Pat Devine (1:16:13), Wally Ingram (1:17:33), Jack Reah (1:19:44) and Curt Brownfield (1:21:33).

Pat Devine also captured 1st place in the men's 55-59 age group, while Curt Brownfield placed 3rd in the same division. Jim Brownfield's time gave him a 2nd place finish in the men's 50-54 age group.

## Christian Runners Assn.

1025 Grange Road, Meadow Vista 95722

People of all ages and athletic abilities have joined The Christian Runner's Association. Some are nationally competitive athletes. . . many others are runners of average athletic ability who enjoy participating in races, fun runs, and training runs. Whatever their abilities, CRA members enjoy using a portion of their time and their interest in running to improve their physical health potential, develop a practical yet deeply-rooted faith in Christ, and learn to communicate the "Good News" of Jesus Christ in unpressured situations.

CRA believes that a Christian Runner's testimony is more effective when his physical health and/or athletic ability is developed to his maximum potential.

All members receive "The Christian Runner" the official newsletter of CRA which is published 6 times a year. Each issue contains valuable information to help you achieve your goals and realize your potential through a balanced development of the physical, mental, social and spiritual areas of life.

Through the CRA National Office, other educational information may be ordered such as beginning and advanced running articles and booklets.

In addition, any member of CRA may receive quality coaching advice at any time and direct, personal coaching depending on logistics. The advisory coaching staff includes competing members of CRA who have experience in coaching high school, college and masters athletes, as well as those who work as physical therapists, nutritionists and doctors.

## Mizuno East Bay Striders

6006 Claremont Ave., #3, Oakland 94618

Dan Williams and Joe Schieffer began their training for Western States with a 1st and 3rd, respectively, at the Jedediah Smith 50 Miler in Sacramento on February 19. Dan wrested the lead from front-runner Joe at the beginning of the sixteenth and final 3 mile lap and never was threatened again to finish with a P.R. 6:03:15. Joe was not far behind in third place with a P.R. 6:07:31.

E.B.S. had good representation at the Oakland Marathon on February 5 with Steve Slawson finishing 20th (2:30:08), Joe Schieffer 28th (2:33:56), Dwight Hendrix 32nd (2:38:03) and Mark Dykhouse 76th (2:48:58). These five owed a debt of gratitude to EBS's Carl Wissner who was driving the pace car and clearing the course ahead of the lead pack.

Eric Williams qualified for the Devil-Take-The-Hindmost-Mile at the Foot Locker Meet with a 4:18.4 at the qualifying heats at Berkeley's Edwards Track Stadium on February 11, good enough for 5th place. Eric then surprised himself and the pursuing devil by winning this event at the Cow Palace on March 3 with a time of 4:18.2.

Dann Brown was briefly in first place at the twenty mile mark of the Napa Valley Marathon on March 11. Dann ran a steady 5:35 pace for most of the race and finished a strong second with a time of 2:26:26. Brown will be trying to better that time at the Boston Marathon on April 16 and will be competing there along with Thom Trimble and John Monteverdi who ran 2:39:48 and 2:47:11, respectively, on the rolling course along the Silverado Trail. Dann, Thom and John will be joined by Joe Schieffer, Steve Slawson, Dwight Hendrix and Mark Dykhouse, all of whom qualified for Boston at other races in the past few months.

## Tamalpa Runners

P.O. Box 701, Corte Madera 94925

Shaping up as perhaps the most exciting event in club history, the Women's Olympic Marathon Trials are fast approaching for four outstanding athletes who happen to be Tamalpas. Never before has a member of our friendly local club earned such an honor, and now, not one but four women find themselves among the elite of this vast nation. Each bettered a qualifying time set by the one-hundredth fastest woman marathoner last year. That time was 2:51:16 in the qualifying year from April '83 to April '84 - so far 208 women nationally have achieved the magic mark. The four club stars are: Pat English, age 31, of San Anselmo; Marion Irvine, the 54-year-old Dominican nun; Vicki Randall-Weisel, 26, a resident of Ross; and Peggy Smythe, 31, of San Anselmo.

No club members have qualified for the men's marathon trials, but Brian Igoe has come closest to the 2:19:04 cutoff with his 2:20:20 run in April of '83.

## Sierra Slowpokes

116 High St., Grass Valley 95945

The big run for the club last month was the Bidwell Classic Marathon and Half Marathon in Chico.

Club members in the marathon included: Barry Turner 2:56:21, Don Bradford 3:32:25, and Dorothy Peavy in her first marathon at 4:59:31.

Members in the half marathon included: Nick Vogt 1:19:28, Vance Goss 1:20:55, John Smallen 1:23:26, Cameron Mitchell 1:24:26, George Olive 1:25:48, Dan Christie 1:26:45, Adriaan Boer 1:32:43, Steve Linden 1:38:07, George Peavy 1:39:42, Bill Freeman 1:39:46, Casey Sheehan 1:39:51, Amy Hunter 1:45:00, Tim Kays 1:45:01, Hugh Healey 1:45:22, Kellie Quist 1:47:00, Joe Figueira 1:47:38, Gary Loucks 1:47:38, Dave Ferguson 1:50:21, Patricia Carey 1:50:45, Alan Casebler 1:51:10, John Bellavia 1:51:51, Georgia Jacobs 1:53:12, Connie Casebler 1:54:15, Marion Linden 1:57:58, David Ishoy 2:04:21, Katrina Marshall 2:05:03, Benjamin Hagel 2:26:14, George Hagel 2:26:15, Janna Boer 2:26:58, and Donna Uran 2:42:47.



## Northern California Reebok Racing Club

1405 Park Ave., Alameda 94501

The Northern California Reebok Racing Club is a division of the Reebok Racing Club International that originated in Great Britain as a direct outgrowth of that country's well developed club system. The RRC International includes members such as Sydney Maree and World Championships 10,000 meter finalist, Steve Jones.

Based in Alameda, the Nor-Cal RRC was formed in the summer of '83. Competitive success came quickly to the club as evidenced by their second place team finishes at the PA-TAC Cross Country Championship in October, the Christmas Relays and the PA-TAC 10 Mile Championship at Stockton's Cal 10 in January. Club members such as Tom Borachel, Henry Perez, Rich McCandless, Mike McQueeney, Sue Vinella-Brusher and Jim Van Dine have won numerous Nor-Cal road races in the last year.

Though the club has many fast runners, it is open to runners throughout Northern California of all abilities. Because the club is sponsored by Reebok, a major athletic shoe manufacturer, all members are entitled to Reebok racing equipment at greatly reduced prices.

For further information, call (415) 865-1417 or write to Reebok-West at the above address.

## Time Machine USA

Mission Viejo, CA 92691

The Time Machine USA opened their track season with a resounding victory in the Phoenix Invitational girls meet in March, when the bantam girls (9 and under) captured the team title.

Christie Engesser paced the bantam girls to the title with first places in the 800m (2:42.2) and 1500m (5:21.9) and anchored the winning mile relay team, which set a new meet record with an excellent 4:51.4. Cheri Smith won the bantam long jump at 12-10 and ran on the winning mile relay, as did Vanessa Lacy and Laura Roundy. Joining Lacy, Smith, and Roundy was Jamie Braun on the 3rd place finishing 400m relay team. Roundy also finished 3rd in the 400m run and Braun received a bronze medal in the long jump. Erika Stevenson high jumped 3-10 for a second place.

In the midget division (10-11) newcomer Melody Filinn outjumped the other girls in winning the long jump with a 13-11 1/2. Margaret Braun was third with a personal best of 13-2. The midget mile relay team of Allison Braun was third with a personal best of 13-2. The midget mile relay team of Allison Axtell, Tanisha Edwards, Becky Linhart, and Braun were third with a 4:44.5 clocking. The quartet of Axtell, Braun, Harper Maycock, and Lara Hill was 5th in the 400m relay. Edwards also cleared 4-1 in the high jump for a 6th place ribbon.

In the youth division, Sheri Bertell was 5th in the 200m final at 26.2 and anchored the 400m relay team to 5th place in 52.3. Michell Horner had an excellent 62.9 400m run and just missed qualifying for the finals. Other good early season results were turned in by Jill Linhart's 30.8 in the 200m hurdles and Mara Moore's dual 6th place finishes in the shot put and discus.

Time Machine's coach Vernon Smith was extremely pleased with these early season times and especially the good relay handoffs.

## Visalia Runners

2911 W. Caldwell Ave. #C, Visalia 93277

David Calderon is the 1984 president of the Visalia Runners, a club of nearly 100 runners who run both competitively and socially. David was this year's club representative at the Boston Marathon, having qualified earlier at the Central Coast Marathon and winning the drawing for the free trip to Boston.

Craig Newport placed second at the Bakersfield Marathon with a PR of 2:41:22. The club's masters team of Bob Kearney, Al Branco, J.D. Fischer, Frank Padilla, and Roger Sebert took first place team honors in their division.

Six of the top 14 places of the Porterville St. Patrick's Day Marathon were captured by club members, led by masters division winner Roger Sebert who placed fourth overall with a 2:54:13. Isaias Luna captured first place in the Tulare County Law Guild 10K with a 34:20. Frank Padilla was third overall and won the 45-49 division with a 36:33. Bob Perry captured first place overall and in the 40-44 age group in the 5K race. Debbie Mason captured first in the women's division. Lori Cook, Robert Hall and Cherie Stephenson were club division winners in the 18 and under, 50-59, and 30-39 groups respectively at the End of the Trail 15K.

Running the American River 50 Miller this year were Jeff Pierce, J.D. Fischer, and Rob Stephenson. Rob recently won the 30-39 age division at the Crime Crusher 4-miler with a 22:11. Bob Perry captured the masters division title with a 24:42.

## Southern Calif. Striders

8306 Wilshire Blvd., #316, Beverly Hills 90211

The Striders are making an early impact on competition throughout the state. Magdalena Kuehne (53), recipient of the Striders 1983 Outstanding Field Award, competed in the College of the Desert meet in Palm Springs, January 29, winning the 60m dash (10.33), long jump (9-1 1/2), discus (47-3), shot put (21-9), and javelin (65-2). Dave Douglass also heaved the hammer 127-2, threw the shot 36-6 1/2, pole vaulted 10-0, and tossed the javelin 116-6.

Fred Niedermeyer competed in a series of three Friday afternoon all-comers meets at Cal State Long Beach in January. Running against high school kids, he had 300 meter times of 40.2, 39.4, and 39.1. He also threw in an 11.7 100 meters.

Submaster Nolan Smith displayed early season form on January 21 at Cal State LA All-Comers by running a sizzling 1:54.7 800 meters, capturing 2nd place.

At the Mt. SAC all comers on January 14, our sub-master distance medley relay team, consisting of Ron Jensen, Ken Stuart, Nolan Smith, and William Sumner, ran a blazing 10:42, setting a new American record.

photo by Keith Conning



RALPH SERNZ, Sub-4 Track Club

## Sub-4 Track Club

2620 Temple Heights Dr., Oceanside 92054

Who'll be the first to run 100 sub-4 minute miles? Right now it's a tight battle with John Walker leading the friendly dual over teammate Steve Scott 85 to 81. But now, with John's injury and the availability of mile races in the U.S. as opposed to the more prevalent 1500 in Walker's homeland New Zealand, it looks as though Scott will get there first.

The past months have not been that good to Dave Babiracki. Suffering from a mysterious blood disorder, his training all but came to a halt. Fortunately, he is on the comeback trail as evidenced by a satisfying (though not particularly fast for him) 29:52 and 11th place finish in the Redondo Beach Superbowl 10K. Three weeks later Dave ran the China Cup 1/2 Marathon in Santa Ana as a workout finishing in 1:06:13, good for 16th. He is currently looking to qualify for the Trials in the 5K and 10K and may shoot for the marathon, as well. Dave is something of a TV personality of late. Have you seen that Canon commercial featuring Frank Shorter? Take a quick look over Frank's left shoulder in the opening running scene. There he is pretending to let Shorter beat him.

Another Sub-4 on the road to recovery, Ron Cornell suffered through a painful Achilles problem until January. Then, with three good weeks of training, he ran a course PR at the Superbowl 10K with a 29:43. But that's not the big news for Cornell - how about winning the Long Beach Marathon. What's this world coming to when a 3:57 miler decides to try the marathon. Ron's winning time was 2:17:45.

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By KEITH CONNING

## Northern Cal Notes

by Keith Conning

### ALL-COMERS MEET

Berkeley, February 25 — Senior Ken Henderson (Berkeley) finished second in the 200 meters in 21.1. Bill Green, the 1979 State Meet 100 meter champion, won in 20.8. Last year Henderson placed third in the State Meet 200 meters in 21.80.

### BERKELEY vs. SKYLINE (Oakland)

Merritt College, Oakland, March 15 — The Berkeley 4x100 team of Donald Davis, Ken Henderson, Andre Hunter, and Anthony Usher ran 41.5.

### ANTIOCH vs. CLAYTON VALLEY

March 23 — Gerald Gamble, the North Coast Section 3A winner, threw the discus 180-1.

### EL CERRITO vs. SKYLINE AND BISHOP O'DOWD (Oakland)

March 22 — Denise Ervin (El Cerrito), who placed eighth in the State Meet 200 in 24.84, won in 24.3.

### ANTIOCH vs. COLLEGE PARK

March 28 — Gerald Gamble (Antioch) improved his personal record in the discus to 182-3.

### FOOTHILL-ST. FRANCIS TRACK AND FIELD CARNIVAL

Foothill College, March 31 — Matt Guisto (San Mateo), the Kinney National Cross Country champion, won the 5000 in 15:09.7.

Rebecca Chamberlain (Leigh, San Jose) upset Shannon Clark (Mountain View) in the 3000 with a 10:09 effort.

Wendy Brown (Woodside) won three events: 100 hurdles in 14.15, the long jump in 20-1, and the triple jump 41-11½ wind-aided.

Leslie Maxie (Millis, Millbrae) won two events: the 330 hurdles in 41.7 and 200 in 23.9.

Nanette Garcia (Silver Creek, San Jose) won the 1500 in 4:38.4.

Karen Brown (Drake, San Anselmo) took second in the 330 hurdles in a very fast 44.7.

### PITTSBURG RELAYS

March 31 — Steve Jones (Burbank, Sacto), the State Meet 100 meter champion, edged Ken Henderson (Berkeley) 11.1 to 11.2. They were running into a strong wind.

The Berkeley 4x110 yard relay team of Donald Davis, Ken Henderson, Andre Hunter and Anthony Usher tied the meet record of 42.0 set by Richmond in 1979.

Yvette Bates (Berkeley) long jumped 19-0 into the wind to lead her team to a long jump relay record of 49-2. The old record of 48-6 was set by Valley of Sacramento in 1980.

Sabrina Han (Westmoor, Daly City) set a meet record in the mile of 5:13.9. The old record of 5:15.0 was set by Jennifer Ray (Oakland) in 1982.

Pam Qualls (Burbank, Sacto), fourth in the State Meet 100 meters, easily won in 12.2. She too was hindered by the wind.

### OAKLAND INVITATIONAL

Laney College, April 7 — Yvette Bates (Berkeley) won heat 2 of the 100 meter low hurdles in 14.33. She came back later to win the finals in 14.91 into a stiff wind.

George Bassett (Saratoga) set a new meet record of 15-0 in the pole vault. The old meet record of 14-0 was set by James McClanshan (Galileo, S.F.) in 1981.

## Southern Section Notes

by Doug Speck

### ERIC SCHERMERHORN — MULTI-TALENTED

After showing real promise for a couple of years, Eric Schermerhorn (Woodbridge, Irvine), has burst forth and will undoubtedly put together a fine senior year. With bests that range from close to 22.0 for a 200 to out over 21 feet in the long jump, and past efforts and successes over three miles in cross-country, Eric has a wide range of possibilities. Early 1984 season successes included the "Beach Cities Invitational," at Newport Beach HS, where Eric edged fellow Orange County stars Chip Rish (Marina, Huntington Beach) 48.8-48.9 in the 440, and David Anderson (Corona Del Mar) 1:56.1-1:56.5 in the 880.

### BATON FOR RENT

Did you hear the one about the visiting prep coach who loaned the home school a baton for the 440 relay, but when the meet came down to the Mile Relay he would not repeat the favor, and the home squad was disqualified for not having a legal baton.

### BIG IMPROVEMENT FOR BLUTREICH

Capistrano Valley's junior, Brian Blutreich, has given up the other sports for the weight events in Track, and under the watchful eye of Coach Dave Elecciri, the Orange County star has improved out to 63-3 in the shot already in 1984.

### SOCAL STARS SIDELINED

Southern California distance stars Jim Ortiz (Barstow) and Jesus Gutierrez (Pasadena) were the victims of between season woes. Ortiz came down with morib, and while the Barstow athlete never gave an excuse, the strange



photo by Burt Davis

**NANETTE GARCIA Wins Foothill-St. Francis 1500**

teenage illness may have been behind the desert star's races at the end of cross-country that did not seem quite up to par. Gutierrez came down with a stress fracture after the Sunkist Meet, and returned to easy running in early April.

### HIGH JUMP POTENTIAL

Joey Johnson (Banning, Wilmington), the brother of Milwaukee Bucks star Dennis Johnson, had the reputation of jumping right out of the gym during basketball season. Giving Track a try seemed a very good idea when Coach Don Mulligan's beginner sailed over 6-10½ in the high jump in early March.

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# California Interscholastic Federation

# High School Boys Season Leaders

by Keith Conning

Through April 8, 1984.

## 100 Meters (10.39)

10.2w	Thomas (Hawthorne)	10.4
10.2w	Jones (Burbank,Sacto)	10.7
10.54w	McCree (Madera)	10.6
10.61	Brown (Muir,Pasadena)	
10.66	Green (Gardena)	
10.67w	Scruggs (McLane,Fresno)	10.5
10.68w	Fortman (Milpitas)	10.8
10.5w	Hart (Locke,L.A.)	10.7
10.5w	Lloyd (Poly,SunValley)	10.7
10.5w	Fuller (Loyola,L.A.)	10.8
10.5w	Barba (Lick, SanJose)	10.8
10.5w	Hackett (Kennedy,Sacto)	

## 200 Meters (20.66)

20.7	Thomas (Hawthorne)	
21.1	Henderson (Berkeley)	
21.2	Jones (Burbank,Sacto)	
21.2w	Fortman (Milpitas)	
21.5c	Green (Gardena)	
21.5w	Brown (Muir,Pasadena)	
21.80w	McCree (Madera)	21.8
21.82w	Hernandez (Glendale)	22.1c
21.6	Dunning (Valley,SantaAna)	
21.6c	Norris (ElCamino,Oceanside)	
21.7	Smith (Rolling Hills)	

## 400 Meters (45.51)

46.9	Thomas (Hawthorne)	
48.13	Greene (Kennedy,GranadaHls)	
48.3	Lee (South Gate)	
48.4c	Myles (Fremont, L.A.)	
48.5	Henderson (Berkeley)	
48.68	Schermerhorn(Woodbridge,Iv)	
48.6	Hart (Locke, L.A.)	
48.79	Nesbitt (West Covina)	
48.7c	Roach, (Laguna Beach)	
48.7	Kelly (Hawthorne)	

## 800 Meters (1:47.31)

1:53.3	Kelly (Hawthorne)	
1:55.0	Allen (Bellarmine,SanJose)	
1:55.4c	Schermerhorn (Woodbridge)	
1:55.7	Groulx (ElCamino,Oceanside)	
1:55.8c	Green (VillaPark)	
1:55.8c	Anderson(CorDelMar,NptBch)	
1:55.90	Valdez (Belmont, L.A.)	
1:56.0	Crouch (DosPueblos, Goleta)	
1:56.2	Schall (DelMar, SanJose)	
1:56.4	Lostetter (San Marcos)	
1:56.4c	Lyle (Live Oak, Morgan Hill)	

## Mile (3:59.4)

4:18.3i	Gomez (Belmont, L.A.)	
4:18.3i	Gaziano (Castro Valley)	
4:18.9c	Higginbotham (Berkeley)	
4:19.1	Sandoval (MonteVista,SpVly)	
4:19.7	Fontalner (Serra, San Diego)	
4:19.7	Harberson(Orange Glen,Esc)	
4:20.1	Giusto (San Mateo)	
4:20.4	Gollifer (Saratoga)	
4:21.3c	Holmes (Santa Barbara)	
4:21.8i	Goff (Locke, L.A.)	

## Two Mile (8:36.3)

9:00.6	Gaziano (CastroValley)	
9:04.5i	Gomez (Belmont, L.A.)	
9:08.2i	Giusto (San Mateo)	
9:08.4i	Sandoval(MonteVista,SpVly)	
9:14.5i	Craig (Leigh, San Jose)	
9:18.9i	Goodlake (Fallbrook)	
9:19.9	Nitti (Loyola, L.A.)	
9:20.7	Holmes (Santa Barbara)	
9:23.4	Burroughs (Agoura)	
9:23.7i	Toro (Barstow)	

## 110m High Hurdles (13.41)

13.9	C. Reynolds (Fremont, L.A.)	
14.0	Johnson (Blair, Pasadena)	
14.0	Nicholson (Millikan,LongBch)	
14.4	Godinez (West Covina)	
14.4	Wynne (Valley, Sacto)	
14.4	Middleton (CasaRoble,OrVale)	
14.4w	Nobles(Independ.SanJose)	14.6

14.71	Flowers (Valley,SantaAna)	
14.5	R.Young (Hawthorne)	
14.5	Sorenson(MaterDel,SantaAna)	
14.5	Golliday(Fremont, L.A.)	
14.5	Anderson (San Fernando)	
14.5	Johnson (Washington, L.A.)	
14.5	Newsome (McLane,Fresno)	
14.5	Jett (Johnson, Sacto)	

## 300 Inter. Hurdles (36.2)

37.6c	Graham (Hawthorne)	
37.6c	R. Young (Hawthorne)	
37.7	Anderson (San Fernando)	
38.1	Bugg (West Covina)	
38.1c	Roach (Laguna Hills)	
38.40	Johnson (Blair,Pasadena)	
38.3c	C. Reynolds (Fremont, L.A.)	
38.6c	Shows (Banning,Wilmington)	
38.9c	Young (Jordan, L.A.)	
39.0	Lewis (Nevada Union,GrassV)	

## 4x100 (40.83)

41.30	Muir, Pasadena	
41.5	Berkeley	
41.8	Hawthorne	
42.21	Compton	
42.1	Crenshaw, L.A.	
42.50	Westchester, L.A.	
42.52	Pasadena	
42.5	Valley, Santa Ana	
42.5c	Morse, San Diego	
42.7	Edison, Fresno	
42.7c	Pittsburg	

## 4x400 (3:08.94)

3:15.7	Hawthorne	
3:19.0	Poly, Long Beach	
3:20.7	Muir, Pasadena	
3:21.2	West Covina	
3:22.0	Berkeley	
3:22.1c	Loyola, Los Angeles	
3:22.1	Fremont, Los Angeles	
3:22.8c	Madera	
3:23.79	Edison, Fresno	
3:24.34	Grant, Sacramento	

## High Jump (7-4 1/4)

6-11	Norman (Redwood, Visalia)	
6-11i	Clark (Valley, Sacramento)	
6-10 1/4	Johnson (Banning,Wilmington)	
6-10	Burke (Westlake, L.A.)	
6-9	Cody (Servite, Anaheim)	
6-9	Rogers (Overfelt, SanJose)	
6-8	Anderson (Burroughs,Burbank)	
6-8	Taylor (West, Bakersfield)	
6-8	Smith (ClovisWest,Fresno)	
6-8	Smith (St.Ignatius,S.F.)	
6-8	Hill (Bakersfield)	
6-8	Bader (Immanuel,Reedley)	
6-8	Puffer (Grant, Sacramento)	
6-8	Gavin (LiveOak, MorganHill)	

## Pole Vault (17-4 1/4)

15-6	Lee (Santa Monica)	
15-4	Moen (Los Gatos)	
15-3 1/4	Bassett (Saratoga)	
15-2 1/2	Houde (Simi Valley)	
15-2 1/2	Mulligan (San Diegoito,Enci)	
15-0	Coulter (Gunderson,SanJose)	
14-9	Mikula (Antioch)	
14-7	Diaz (Capuchino, SanBruno)	
14-7	Rodriguez (Arroyo,ElMonte)	
14-6	O'Connor (Crespi,Encino)	
14-6	Howser (NewportHarbor,N.B.)	
14-6	Parker (Los Gatos)	
14-6	Starkey (Logan, UnionCity)	

## Long Jump (26-2 1/4)

24-9 1/4w	Cleveland (Soquel)	23-7
24-7 1/4	Richardson (Pasadena)	
24-2w	Smith (University, L.A.)	23-2
23-10	Holmes (San Diego)	
23-8 1/4	Strong (Bakersfield)	
23-7	White (Valley,Sacto)	
23-6	Williams (Carson)	
23-5	Hale (Monrovia)	
23-5	Sawyer (El Modena, Orange)	
23-4w	Sanders (Bakersfield)	22-11

## Triple Jump (52-10 1/4)

50-11	Richardson (Pasadena)	
50-1	Strong (Bakersfield)	
49-3 1/2	Williams (Coalinga)	
48-2w	Sanders (Bakersfield)	46-8 1/4
47-10 1/2i	Puffer (Grant,Sacto)	
47-8	McKenzie (MonteVista,SpVly)	
47-7 1/4	Green (Inglewood)	
47-4	Turner (Jordan,LongBeach)	
47-2 1/4w	Tripuco(Marantha, Arcadia)	
47-2w	Hannon (Castlemont,Oakland)	

## Shot Put (69-3 1/4)

64-7 1/2	Aitkenhead(MissionViejo)	
64-3 1/4	Blutreich(CapistranoValley)	
63-3	Bender (Shafter)	
60-4	Houston(WillowGlen,SanJose)	
58-7 1/4	Willison (Burbank)	
58-4	Holden (Hart,Newhall)	
57-3	Jackson (Hawthorne)	
57-3	Sheets (DelMar, SanJose)	
56-2	Gamble (Antioch)	
56-1	Reynolds (Clovis)	

## Discus (209-6)

187-4	Richardson (Shafter)	
182-6	Wenj (FountainValley)	
182-3	Gamble (Antioch)	
181-1	Holden (Hart, Newhall)	
179-3	Winters (Valencia,Piacentia)	
174-11	Palham (Lindsey)	
174-10	Swenning (Kingsburg)	
174-1	Aitkenhead (MissionViejo)	
173-11	Blutreich (CapistranoValley)	
171-1	Bender (Shafter)	

## Key

w = wind-aided  
c = converted  
i = indoor

Please send additions or corrections to Keith Conning, Home: 2235 Browning Street, Berkeley, CA 94702. Work: Berkeley High School, 2246 Milvin Street, Berkeley, CA 94704.



photo by Burt Davis

JOHNNY LEE



photo by Burt Davis

ROMAN GOMEZ



photo by Barbara DeGroot

GREG AITKENHEAD



# HAWTHORNE:

## A LOOK AT THE PROGRAM

By MARTY HIGGINBOTHAM

### ★ COACHING STAFF ★

**HEAD COACH:** Kye Courtney (15 years at Hawthorne High School/7 years as head coach). **ASSISTANT COACHES:** Alex Bravo (head x-c coach/25 years); Archie Amy (sprint coach/3 years); Larry Reed (weight coach/3 years); James Brown (girls distance coach/3 years).

In addition to the coaches named above, there are periodic advisors for specific events, for example, Bill Blewitt (pole vault), Bill Toomey (jumping events), Len Miller, head coach at Arizona State, gives a lecture every year on the importance of grades, scholarships, financial aid, etc.

### ★ 1984 TEAM GOALS ★

- 1 Undefeated dual meet season
- 2 Winning Ocean League prelims and finals
- 3 Winning the Southern California Regional Championship
- 4 Winning the California State Championship
- 5 Placing as many people as possible on the 1984 All-American Team and the 1984 Best Performance list in *Track & Field News*
- 6 Establishing Hawthorne High School as a track power in Southern California as well as the nation
- 7 Coming together as a team and believing in the coaches, parents, teachers and teammates

### ★ ACTIVITIES ★

Coach Courtney has developed a support club called the "Spike Shoe Club". Everyone connected with Hawthorne's team stays informed of the team's progress and activities through a monthly newsletter. Club membership in the Spike Shoe costs ten dollars and pays for postage plus provides additional financial support for equipment needs. Over 500 newsletters are mailed out each month; the newsletter is 8-10 pages in length.

The Hawthorne Cougars are very active in fund-raising for their program. Every year the team runs a Jog-a-Thon. They also sponsor car washes, soda sales among other sales programs. Over the last four years the team has raised over \$20,000. The money pays for additional equipment, uniforms, seminars and coaches' salaries. In addition, as many athletes as possible are sent to technique camps to study their event. The funds also help provide audio-visual aids which Coach Courtney feels are very important.



photo by Burt Davis

SEAN KELLY

The Hawthorne Parks and Recreation Department and Hawthorne Kiwanis offer a great deal of support to the program as do the parents of the athletes.

Other activities for the Cougars include a team banquet, a special "senior breakfast" and fun trips. Examples of trips include team picnics, Disneyland trips, pizza feeds, camping, white water rafting trips, etc. Last year the team attended the UCLA-Texas-Tennessee track meet; the year before they attended the Nationals. The team usually travels to the L.A. Times Indoor Meet as well.

The program at Hawthorne High is a complete and structured program. Coach Courtney and his staff have put together a winning program that the school and community can be proud of. *California Track & Running News* salutes the Cougars and wishes them continued success.



photo by Burt Davis

KATERI AMY

### ★ 1983 ★ NATIONAL RANKINGS from TRACK & FIELD NEWS

Girls 400m Relay	46.15
(2nd in nation—Monique Burrell, Kim Grant, Tami Allen and Judy Hall)	
Boys 1600m Relay	3:10.11
(3rd in nation—Alonzo McGee, Miguel Torrente, Sean Kelly, Henry Thomas)	
Boys 100m	
Henry Thomas (9th in nation)	10.46
Boys 200m	
Henry Thomas (5th in nation)	21.02
Boys 4x100m Relay	40.87
(7th in nation—Roy Young, Alonzo McGee, Marlon Young, Henry Thomas)	
Boys 4x200m Relay	1:26:55
(8th in nation—Same as 4x100 Relay)	



**Boys 4x1500m Relay** 16:39.8  
(2nd in nation—Shawn Storie, Vicente Rubio, Steve Paterson, Sean Kelly)

**Girls 4x200m Relay** 1:39.80  
(10th in nation—Tami Allen, Judy Hall, Monique Burrell, Kim Grant)

**Girls Sprint Medley** 1:45.3  
(2nd in nation—Tami Allen 100m, Monique Burrell 100m, Kim Grant 200m, Judy Hall 400m.

800m	Kateri Amy	2:17.02	1982
Mile	Stacy Smullen	5:31.17	1983
2 Mile	Janet York	11:23.5	1979
100m LH	Felecia Price	14.71	1983
300m LH	Felecia Price	45.20	1982
400m Relay	Monique Burrell Kim Grant Tami Allen Judy Hall	46.15	1983
1600m Relay	Tami Allen Davida Freeman Kateri Amy Judy Hall	3:48.74	1983
Shot Put	Sulin Filita	36-5	1982
Long Jump	Gayle Wadsworth	18-7½	1982
Triple Jump	Gayle Wadsworth	38-7	1982
High Jump	Anne Fowler	5-4	1975
	Noemi Maldonado		1983

## ★ SCHOOL RECORDS ★

### VARSITY BOYS RECORDS:

Event	Record Holder	Mark	Year
100m	Henry Thomas	10.30	1983
220y	Henry Thomas	21.02	1983
400m	Henry Thomas	48.50	1982
880y	Greg Vining	1:50.91	1980
Mile	Greg Vining	4:17.9	1980
2 Mile	Kevin McCarthy	9:19.3	1972
110m HH	Marlon Young	14.29	1983
300m LH	Raymond Young	36.41	1983
400m Relay	Raymond Young Marlon Young Alonzo McGee Henry Thomas	40.87	1983
1600m Relay	Alonzo McGee Miguel Torrente Sean Kelly Henry Thomas	3:10.11	1983
Long Jump	Tom Tatasciore	22-11¼	1981
Triple Jump	Miguel Torrente	45-0½	1982
High Jump	Tony Duvall	6-6	1982
Pole Vault	Clark Millman	14-6	1977
Shot Put	Dan Dye	61-10½	1962

### VARSITY GIRLS RECORDS:

Event	Record Holder	Mark	Year
100m	Kim Grant	11.65	1983
200m	Kim Grant	24.48	1982
400m	Judy Hall	55.28	1983

## ★ TEAM POEM ★

Everyone memorizes this poem before they draw a uniform.

### FOR IT'S ALL IN THE STATE OF MIND

*If you think you're beaten, you are,  
If you think dare not, you don't  
If you think you can't win, and know you can't  
It's almost a cinch you won't*

*For out in the world you'll find  
Success begins in a fellow's will  
For it's all in the state of mind.*

*For many a race has been lost  
Nor even a step has been run  
And many a coward has fallen  
BEFORE HIS WORK'S BEGUN.*

*Think big, and your deeds will grow.  
Think small and you'll fall behind.  
Think that you can, and you will.*

*The race doesn't always go  
To the bigger or faster woman or man  
But the race sometimes goes  
To the woman or man who thinks she or he can.*



photo by Burt Davis

HENRY THOMAS

*Oregon  
Classic  
Cars*

PRESENTS

WOMEN'S  
*Prep* CLASSIC

2nd Annual  
INTERNATIONAL TRACK & FIELD CHAMPIONSHIP  
June 30, 1984

After only one effort the "WPC" has been acclaimed the best meet in the country for prep women.

Sponsors, OREGON CLASSIC CARS, NENDELS MOTOR INNS, GILL, and NIKE extend an invitation to the nation's finest graduating senior women. Those selected will compete along with featured foreign guests on Beaverton High School's superb all-weather facility in NIKE's corporate headquarters city, Beaverton, Oregon.

Accommodations, meals, and entertainment are provided at no cost to the more than 100 ladies selected to participate. Travel to and from Portland is the only expense to the athletes.

Any athlete who has met one of our "consideration standards" should contact us immediately for information concerning an invitation and other "WPC" details.

100 - 12.3	3000 - 10:25	HJ - 5'6
200 - 25.0	3200 - 11:06	LJ - 170
400 - 57.0	2 MILE - 11:10	SP - 42'0
800 - 2:15	HH - 15.0	DISC - 130'0
1500 - 4:50	300 LH - 46.0	JAV - 135'0
1600 - 5:10	400 LH - 65.0	
MILE - 5:12		

**CONTACT:** Wes Cook, Invitations Chairman  
Gladstone H.S.  
PO Box 165  
Gladstone, OR 97027  
PH-503-656-4596 (after 7:00 PM (PST))

**TICKET INFORMATION:**  
WPC  
9800 SW 135th  
Beaverton, OR 97005  
Bill White, Meet Director, Beaverton H.S.



*Nendels*  
MOTOR INNS



**GILL**  
TRACK AND FIELD EQUIPMENT





# Prep Track Results:

## Diamond Bar Cal Poly/Pomona Bronco Relays

Pomona, March 3.

Fine women's races involving athletes from Millikan (Long Beach), Esperanza (Anaheim), and El Dorado (Placentia) highlighted the second annual Diamond Bar-Bronco Relays, held on the fine Cal Poly/Pomona all-weather surface.

Tami Stiles of Millikan, a soph and the latest Ram star, nipped teammate, and state meet placer, Asia Boulware, over 100 meters 11.8-11.9. Esperanza's Mary Anne Bullard of Esperanza took on the Millikan duo of Janice Farwell and Michelle Hall, and the trio raced a super 300 meter barrier race. Bullard won at the tape 44.1 with Farwell at the same time and Hall a half second back. Bullard returned to solo a 2:18.1 800 meters. Michelle Banks (El Dorado) showed some real potential in the 400 with a 56.6 win over Trish Aubochon (57.5) of Esperanza. Amy Cox (Foothill, Santa Ana) had the other top female mark with a 5:03.4 solo 1600 meter run. Stiles also took the 200 in 25.1 and ran on the Millikan Mile Relay that raced 4:03.4.

San Diego's (Encinitas) Jeff Mulligan had the day's top Men's mark with his 14.6 pole vault win. Blair of Pasadena had Harry Johnson taking the 110 Highs in 14.5.

## Golden West Inv.

Visalia, March 17.

### Men's Results

3200: Nagel, MW, 9:50.3. 110 HH: Shirley, LM, 15.96. 300 LH: Jenkins, Cor, 41:02. 800: Rodriguez, Port, 2:00. 400m Relay: Tulare Union 43.81. Sprint Medley: Corcoran 3:42.59. 100: Edwards, TU, 11.13. 1600: Nagel, MW, 4:38.69. 1600m Relay: Tulare 3:29.05. Long Jump: Schlick, G.W., 21-8. Pole Vault: Norman, Fed, 13-0. High Jump: Norman, Red, 6-8 1/4. Discus: Bender, Sha, 171-1. Triple Jump: Williams, Coal, 46-4 1/4. Shot Put: Bender, Sha, 61-5 1/4.

### Team Scores:

1. Lemoore 83, 2. Tulare Union 81, 3. Mt. Whitney 56, 4. Shafter 43, 5. Golden West 33, 6. Hanford 32, 7. Redwood and Corcoran 31, 8. Wasco 25, 9. Porterville 20, 10. Coalinga 15, 11. Strathmore 7, 12. Dinuba 4, 13. Garces 2, 14. Exeter 0.

### Women's Results

100 LH: Crane, Lem, 16.17. 300m LH: Panas, Lem, 53.65. 3200: Cook, GW, 11:37. 800: Battles TU, 2:27.66. 400m Relay: Hanford 53.57. Sprint Medley: Lemoore #1 4:27.8. 100: Shepard, Lem, 13.08. 1600: Cook, GW, 5:27.15. 1600m Relay: Tulare Union 4:23.72. Triple Jump: Smith, Han, 34-3. Shot Put: W. Faemi, TU, 36-2 1/4. Discus: Rodriguez, GW 102-9. High Jump: Wilson, MW, 50. Long Jump: Smith, Han, 16-2 1/4.

Team Scores: 1. Lemoore 97, 2. Golden West 52, 3. Tulare Union 44, 4. Mt. Whitney 42, 5. Hanford 41, 6. Porterville 40, 7. Redwood 31, 8. Garces 20, 9. Corcoran 15, 10. Wasco 13, 11. Exeter 10, 12. Dinuba 9, 13. Delano 8, 14. Coalinga 4, 15. Shafter 4, 16. Strathmore 1.

## SLO County Meet

Arroyo Grande HS, March 17: San Luis Obispo County Track Meet.

GIRLS: MILE—Plante (Arroyo Grande), 5:25.9. TWO MILE—1. Plante (Arroyo Grande), 11:10.0; 2. Ogle (Morro Bay), 11:38.0. 330 LH—Moses (Arroyo Grande), 47.8. TJ—Stokes (San Luis Obispo), 34-6. SP—1. Garcia (San Luis Obispo), 38-6; 2. Villaran (Arroyo Grande), 36-2 1/4. DT—Garcia (San Luis Obispo), 119-10.

## Beach Cities Inv.

Newport Harbor HS, March 17.

100—Rish (Marina), 9.9. 220—Thompson (Huntington Beach), 22.7. 440—Schermerhorn (Woodbridge), 48.9; 2. Rish (Marina), 49.0; 3. Roach (Laguna Hills), 49.8. 880—1. Schermerhorn (Woodbridge), 1:56.1; 2. Anderson (Corona del Mar), 1:56.5; 3. Sims (Dana Hills), 1:58.1; 4. Simms (Irvine), 1:58.1. MILE—Anderson (Corona del Mar), 4:24.8. TWO-MILE—Hobbs (Corona del Mar), 9:43.9. 120 HH—1. Gregory (Mission Viejo), 15.1; 2. Shipero (Capistrano Valley), 15.2. 330 HH—1. Thompson (Huntington Beach), 39.0; 2. Roach (Laguna Hills), 39.8; 3. Gregory (Mission Viejo), 40.2.

MILE RELAY—1. Dana Hills, 3:27.9; 2. Corona del Mar, 3:31.2. HJ—1. Palmer (Corona del Mar), 6-4; 2. Wheelwright (Edison), 6-4. PV—1. Howser (Newport Harbor), 14-0; 2. Davis (San Diego), 14-0. TJ—1. Jen (University), 43-8; 2. Gregory (Mission Viejo), 43-7 1/4; 3. Wheelwright (Edison), 43-4 1/4. SP—1. Aitkenhead (Mission Viejo), 59-2 1/4; 2. Masangay (Huntington Beach), 53-5 1/4; 3. Page (Mater Dei), 52-5. DT—1. Wenj (Fountain Valley), 176-1; 2. Aitkenhead (Mission Viejo), 168-5; 3. Brazas (Newport Harbor), 146-1.

ATHLETE OF THE MEET—Eric Schermerhorn.

## Alemanly-Northridge Relays

Cal Poly, Pomona, March 17.

The first big meet on the prep outdoor circuit, the Alemanly-Northridge Relays, moved this year to Cal State LA because of problems with the all-weather surface at CS Northridge, were their usual hit. With just about all the Los Angeles area better schools in attendance this all-day meet featured a number of fireworks performances. The Hawthorne Cougars were as usual in the midst of the action, with some good match ups set up for later in the season in championship meets.

It was about all relay action for the Hawthorne stars, as they legitimately had a chance at one of prepdoms better sprint medleys ever with Henry Thomas and middle distance star Sean Kelly on each end of the foursome. Thomas led off with a 47.8, Michael Marsh and Raymond Young ran 22.7 and 21.7 for 200m segments, and Kelly anchored in an impressive 1:51.8 for a 3:23.82 win. This is the seventh fastest of all-time for preps and the third fastest (behind Berkeley's 3:21.1 from 1981, and Compton's 3:23.5 in 1980) for Californians. Berkeley's national record could fall to this team, because we must remember that Thomas and Kelly are both juniors. A trip to, say, the Penn Relays would be a nice senior year project to seriously go after that mark. The Sprint Medley came after a bit of frustration for Hawthorne in the Men's 400m Relay, as Thomas could not run down Muir's Ray Brown, and then to add insult to defeat, the Cougars were disqualified for an out-of-zone hand-off. Muir clocked a super 41.30. Henry did regain some revenge in the 800m relay race, as he received the baton some four meters down on Brown, but was able to get through all the gears over 200 meters, as his 20.2 ran Ray down to take the race in 1:26.39 (with Muir at 1:26.51).

All this is not to say that Hawthorne's distaff side was quiet, by any means. The Cougar girls took every invitational relay race, except for the two distance ones, and one can hardly fault them for plain running out of bodies to put places. Hawthorne edged an up and coming Muir 400m Relay group 47.28-47.34. Muir is bolstered by transfers Nikky Caddell and Carrie Franklin from cross-town Pasadena

HS. Hawthorne also took the Sprint Medley Relay (4:07.04), the 800m Relay (1:40.22), the 1600m Relay (3:53.8-Muir 3:54.6), and the 3200m Relay (9:54.11). At one point in the Meet the large crowd had the pleasure of watching Hawthorne run away from the pack in the Men's Soph-Fresh, Men's Varsity, and Women's Varsity 3200m Relays. That's about a half hour of Cougar red and gold out in front, where they usually are.

After three half mile legs on relays, Sean Kelly had the displeasure of being run off the track by Fremont during his third leg of the 1600m Relay. Fremont was disqualified, Hawthorne did not finish, and Muir was given the win at 3:20.7.

Pasaden's Joe Richardson was the day's individual event hero, as the senior seems to have shaken off his knee woes to sail out to 24-7 1/4 and 50-7 in the two horizontal jumps (both national leaders). Bakersfield's Terrance Strong pushed Joe with 23-8 1/4 and 50-1 efforts. Muir's Brown looked super in a 10.61 100 meter triumph. San Marino's David Baca brought his squad from back a ways to take the 6400m Relay with a 4:15.7 anchor, raced a 2:00 half in a sprint medley, then raced 4:20 on a distance medley anchor.

Choo-Choo Knighten (Locke) was the Women's individual star, with individual 100 meter wins (12.09), easy 100 meter lows victory (14.24), and ran down Michelle Taylor (Ganessa, Pomona) 54.77-55.12 in the 400m. A 57.2 400m leg in the 1600m Relay finished Knighten's day. Paula Ready (LB Poly) won the long jump with 18-6 1/4, and Renita Robinson (Manual Arts, LA) took the Triple Jump at 36-3.

Santa Monica's Johnny Lee took the Vault at 14-6, Hawthorne's Lance Jackson improved to 56-7 1/4 to take the Shot Put, and Westlake's Kenny Burke High Jumped 6-8 to finish out the field events.

Fremont's Anthony Reynolds was an easy 110 meter high jumper at 14.51. Benjamin Green (Kennedy, Granada Hills) took the 400m in 49.45. Dan Cote (Mira Costa, Manhattan Beach) moved up to 1500m from the half and raced a 62 second final lap to surprise the field in a 3:58.72 win.

Pam Thompson (Saugus) looked very strong in a 4:40.15 1500m win and Sylvia Mosqueda (San Gabriel) was an easy 3000m winner at 10:14.28.

## Katella Relays

Katella HS, March 17.

BOYS: HJ—Cody (Servite), 6-7; Purkop (Servite), 6-6; Bedell (Villa Park), 6-6; Fenton (Cypress), 6-4. PV—Ballard (Cypress), 13-6. TJ—Fenton (Cypress), 46-9w; Ballard (Cypress), 43-9w; De Vargas (Savanna), 43-7w. LJ—Fenton (Cypress), 23-2w; Donnelly (Katella), 22-0w; Johnson (Katella), 21-9 1/4w. TEAM WINNER—Villa Park, 77 points.

GIRLS: MILE RELAY—Canyon, 4:12.8. HJ—Gutierrez (El Modena), 5-2. SP—Van Bostel (Anaheim), 39-3 1/4. TEAM WINNER—Esperanza, 68 points.

## Northridge Rlys.

Cal State Los Angeles, March 17.

### Boys

100—1. Brown (Muir), 10.61 (wind 2 m.p.h. aiding); 2. Broussard (Manual Arts), 10.80; 3. Patterson (LB Poly), 11.01; 4. Hart (Locke soph), 11.18; 5. Davis (Inglewood), 11.19. 200—1. Hart (Locke soph), 22.73 (wind 3.2 m.p.h. against); 2. Hill (Santa Monica), 23.02. 400—1. Green (Kennedy, GH), 49.45; 2. Collins (Fremont), 50.35; 3. Hocker (Verbum Dei), 50.67. 800—1. Gonzalez (Montebello), 1:57.12; 2. McDaniel (Locke), 1:57.31. 1,500—1. Cote (Mira Costa), 3:58.27; 2. Hall (La Salle), 3:59.82; 3. Goff (Locke), 3:59.96; 4. Zeilinski (Notre Dame, SO), 4:02.80; 5. Espinoza (Montebello), 4:05.82; 6. Ramos (Fremont), 4:06.74. 3,000—1. Hall (La

Salle), 8:47.90; 2. Burroughs (Agoura), 8:50.95; 3. CeSoto (Canyon, Saugus), 8:54.45; 4. Ramos (Fremont), 9:02.14; 5. Crafton (Mira Costa), 9:04.44; 6. Zeilinski (Notre Dame, SO), 9:05.16. HJ—1. Burke (Westlake), 6-8; 2. Anderson (Burroughs, Burb.), 6-8; 3. Roberts (Glendora), 6-4; 4. Jones (LB Poly), 6-4; 5. Rogers (Santa Monica), 6-4; 6. Casper (Covina), 6-4; 7. Lawrence (Thousand Oaks), 6-4. PV—1. Lee (Santa Monica), 14-6; 2. Horvath (Chaminade), 14-0; 3. Rury (Redondo), 13-0. LJ—1. Richardson (Pasadena), 24-7 1/4; 2. Strong (Bakersfield), 23-8 1/4; 3. Goodson (Inglewood), 23-0 1/4; 4. Marsh (Hawthorne), 22-5 1/4; 5. Reynolds (Fremont), 22-3. TJ—1. Richardson (Pasadena), 50-7; 2. Strong (Bakersfield), 50-1; 3. Turner (LB Jordan), 47-4; 4. D. Young (Hawthorne), 45-6; 5. Wiggins (Thousand Oaks), 43-7 1/4. SP—1. Jackson (Hawthorne), 56-7 1/4; 2. Roebuck (Chaminade), 52-3 1/4.

RELAYS: 400 (Inv.)—1. Muir, 41.30; 2. Compton, 42.21; 3. Pasadena, 42.52; 4. LB Poly, 42.98; 5. Kennedy (GH), 43.02; 6. Santa Monica, 44.40. (Open, combined races)—1. Westchester and Fremont, 42.50; 3. Manual Arts, 42.52; 4. Crenshaw, 42.74; 5. LB Jordan, 43.06; 6. Morningside, 43.18; 7. Eisenhower, 43.40; 8. Ganessa, 43.42; 9. LA Banning, 43.46. 800 (Inv.)—1. Hawthorne, 1:26.39; 2. Muir, 1:26.51; 3. LB Poly, 1:29.52; 4. Fremont, 1:29.74; 5. Compton, 1:29.98. (Open)—1. Pasadena, 1:30.4 (hand time); 2. Crenshaw, 1:30.59; 3. Inglewood, 1:32.06. 1,600 (Inv.)—1. Muir, 3:20.7; 2. Compton, 3:27.5; 3. Ganessa, 3:28.9; 4. LB Poly, 3:30.1; Hawthorne, dropped baton; Fremont, disqualified. (Open)—1. Eisenhower, 3:22.5; 2. Crenshaw, 3:28.3; 3. Westchester, 3:28.4; 4. LB Jordan, 3:28.8; 5. La Canada, 3:29.4; 6. Locke, 3:29.6; 7. Temple City, 3:29.9. 3,200 RELAY—1. Hawthorne, 8:07.81; 2. Bakersfield, 8:16.69; 3. LB Jordan, 8:19.93; 4. Mira Costa, 8:20.40. 6,400 RELAY—1. San Marino, 18:06.8 (Baca, 4:15.7); 2. Buena, 18:12.0; 3. Newbury Park, 18:29.0. SPRINT MEDLEY (Inv.)—1. Hawthorne (Thomas, 47.8, Marsh, 22.7, R. Young, 21.7, Kelly, 1:51.6), 3:23.82; 2. Eisenhower, 3:32.77; 3. LA Banning, 3:34.34; 4. Compton, 3:34.86; 5. Bakersfield, 3:39.08. (Open)—1. Verbum Dei, 3:40.30; 2. Westchester, 3:40.94; 3. LB Jordan, 3:41.99. DISTANCE MEDLEY—1. Diamond Bar, 10:38.60; 2. San Marino, 10:39.60; 3. Hawthorne, 10:41.35; 4. Montebello, 10:45.90; 5. Westlake, 10:52.20.

### Girls

100—1. Knighten (Locke), 12.09 (wind 2 m.p.h. against); 2. Ready (LB Poly), 12.23; 3. Phillips (Kennedy, GH), 12.32; 4. Giddens (Locke), 12.33; 5. Parros (Santa Monica), 12.45; 6. Boulware (Millikan), 12.49. 200—1. Farwell (Millikan), 25.75 (wind 10.0 m.p.h. against); 2. Giddens (Locke), 25.78; 3. Parros (Santa Monica), 25.89; 4. Phillips (Locke), 26.06; 5. Stiles (Millikan), 26.30; 6. Vickers (Pomona), 26.31. 400—1. Knighten (Locke), 54.77; 2. Taylor (Ganessa), 55.12. 800—1. Villegas (Bell), 2:20.9; 2. Smith (Crenshaw), 2:21.11; 3. Moring (Hart), 2:21.58; 4. Jones (Fremont), 2:22.58; 5. Sims (Locke), 2:24.2 (hand time).

1,500—1. Thompson (Saugus), 4:40.15; 2. Rizzo (Hart), 4:44.27; 3. Moring (Hart), 4:47.33; 4. Hull (Compton), 4:50.62; 5. Ling (Mira Costa), 4:57.71; 6. Moorfoot (Millikan), 5:01.09. 3,000—1. Mosqueda (San Gabriel), 10:14.28; 2. Silva (Kennedy, GH), 10:20.63; 3. Rizzo (Hart), 10:34.06; 4. Delgado (Temple City), 10:50.02; 5. Brown (Hawthorne), 10:58.11. 100 LOW HURDLES—1. Knighten (Locke), 14.24 (wind 0); 2. Price (Hawthorne), 14.74; 3. Hall (Millikan), 14.76; 4. Kendrick (Fremont), 15.17; 5. Harris (LB Jordan), 15.54; 6. Vickers (Pomona), 15.82. HJ—1. Meadors (Newbury Park), 5-4; 2. Maldonado (Hawthorne), 5-2; 3. McMichael (LB Jordan), 5-2. LJ—1. Ready (LB Poly), 18-6 1/4; 2. Giddens (Locke), 18-0; 3. Robinson (Manual Arts), 17-9 1/4; 4. Sellers (Ganessa), 17-7; 5. Mitchell (Diamond Bar soph), 17-6 1/4; 6. Wadsworth (Locke), 17-1. TJ—1. Robinson (Manual Arts), 36-3; 2. White (Millikan), 34-1 1/4. SP—Hall (Muir), 35-1 1/4.

RELAYS: 400 (Inv.)—1. Hawthorne, 47.28; 2. Compton, 47.32; 3. Muir, 47.34; 4. Millikan, 47.4 (hand time). (Open)—1. Edman, 49.54; 2. Ganessa, 49.60; 3. West Jordan, 50.3 (ht); 4. Fremont, 50.47; 5. LB Jordan, 50.49; 6. Morningside, 51.15. 800—1. Hawthorne, 1:40.22; 2. Millikan,





First leg of Invitational 6400m relay at the Northridge (Alemany) Invitational. Left to right: David Larau (Hawthorne), Brian McKee (Buena), Chris Rice (Newbury Park). photo by Burt Davis

1:41.11; 3. Muir, 1:41.55; 4. Edison, 1:47.83. (Open)—1. Fremont, 1:45.8 (ht); 2. West Torrance, 1:46.7; 3. Manual Arts, 1:48.1; 4. Morningside, 1:48.4; 5. Santa Monica, 1:49.1; 6. Diamond Bar, 1:49.43; 6. Crescenta Valley, 1:49.6; 1,600 (Inv.)—1. Hawthorne, 3:53.8; 2. Muir, 3:54.6; 3. Locke, 3:58.6; 4. Compton, 4:04.8; 5. Crenshaw, 4:08.1; 6. Ganesha, 4:11.0; 7. Millikan, 4:13.1. (Open)—1. Edison, 4:10.4; 2. Fremont, 4:10.7; 3,200—1. Hawthorne, 9:54.11; 2. Newbury Park, 10:07.59.

6,400 RELAY—1. Buena, 21:39.26; 2. Hawthorne, 21:47.29; 3. Edison "A", 21:49.48; 4. Newbury Park, 22:17.52; 5. San Marino, 22:25.64; 6. Edison "B", 22:30.98; 7. Westlake, 22:40.57. SPRINT

MEDLEY (Inv.)—1. Hawthorne, 4:07.04; 2. Compton, 4:10.98; 3. Edison, 4:12.41; 4. Kennedy (GH), 4:27.37. (Open)—1. Muir, 4:09.06; 2. San Gabriel, 4:25.75; 3. San Marino, 4:27.62; 4. Redondo, 4:27.62; 5. Crenshaw, 4:29.24. DISTANCE MEDLEY—1. Edison, 12:39.04; 2. Buena, 12:54.57; 3. San Marino, 12:56.84; 4. Newbury Park, 13:04.50; 5. Burroughs (Burbank), 13:15.63; 6. Louisville, 13:18.75.

## Corcoran Inv.

Corcoran HS, March 24.

### BOYS

Yosemite Division  
100—Scruggs, McLane, 10.5; 3,200—Cibrian, GW, 10:07.8; 110 HH—Newsome, McLane, 14.5; 300 IH—Laney, Roos, 40.8; 400 rel—Edison, 4:27.1, 600 rel—Edison, 3:26.5; Sprint med rel—Edison, 3:37.5; Dis med rel—Roosevelt, 10:58.9; HJ—Berberia, Han, 6.5; PV—Norman, Red, 13.6; LJ—

Newsome, McL, 21.54; TJ—Laney, Roos, 45.11; SP—Pulnam, FHS, 48.8½; Dis—Pulnam, FHS, 150.8.

Team scores—Roosevelt 90, McLane 82, Edison 55, Hanford 52, Redwood 49, Golden West 42, Reedley 28, Fresno 26

Fresh-soph—Edison 72, Roosevelt 68; Redwood 52, Reedley 50½, Wasco 36, McLane 32, Hanford 31, Morro Bay 16, Golden West 13, Corcoran 8, Kingsburg 8, Fresno 8, Fowler 6, Memorial 1½, Washington 1, Immanuel 0

### Sequoia Division

100—Jenkins, Cor, 10.9; 3,200—Hoff, MB, 10:01.1; 110 HH—Jenkins, Cor, 15.5; 300 IH—Jenkins, Cor, 40.7; 400 rel—Wasco, 44.2; 1,600 rel—Corcoran, 3:34.1; Sprint med rel—Cor, 3:44.2; Dis med rel—Wasco, 11:14.1; HJ—Bader, Imman, 6.4; PV—Rockwood, Wasco, 10.0; LJ—Hardwig, SJM, 20.7½; TJ—Holly, Wash, 43.5; SP—Jo Swenning, Kings, 52.9½; Dis—Jo Swenning, 1:59.2.

Team scores—Corcoran 102, Wasco 86, Immanuel 56, Kingsburg 54, Fowler 50, Memorial 36, Morro Bay 24, Washington 20

### GIRLS

100—Watson, Ed, 12.1; 1,600—Ogle, MB, 5:15.38; 100 LH—Moshier, Imman, 15.2; 300 LH—Briggs, Roos, 47.4; 400 rel—Roosevelt, 49.5; 1,600 rel—Edison, 4:02.1; Sprint med rel—Edison, 4:26.6; HJ—Balch, Red, 4.8; LJ—Robertis, Wash, 17.9½; TJ—Robertis, Wash, 35.5; SP—McKinney, Reed, 37.10; Dis—McMurtry, Roos, 118.5

Team scores—Roosevelt 77½, Edison 45, Washington 44, Reedley 40½, Immanuel 33, Morro Bay 26, Redwood 20, Golden West 18, Corcoran 17, Memorial 15½, Hanford 12, Wasco 12, Fresno 11½, McLane 0, Kingsburg 0, Fowler 0

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## G. Olsen Inv.

Coalinga, March 24.

### BOYS

400 relay—1. Lemoore (Crews, Shirley, Loring, Bruce), 45.3; 2. Dos Palos, 45.9; 3. Central, 46.9

3200—1. Serna, McFarland, 9:44.5; 2. Romero, Lem, 10:15.5; 3. Herrera, McF, 10:18.3

110 HH—1. Walker, Cent, 16.5; 2. Fitzpatrick, Selma, 16.7; 3. Shirley, Lem, 16.9

800—1. Repp, Caruthers, 2:01.0; 2. Urive, Coalinga, 2:04.8; 3. Ramsey, Lem, 2:12.2

100—Loring, Lem, 11.4; 2. Betty, Sierra, 11.5; 3. Winburn, DP, 11.5

1600—1. Serna, McF, 4:33.7; 2. Celeeda, McF, 4:52.4; 3. Romero, Lem, 4:53.8

400—1. Ramsey, Lem, 54.0; 2. Crews, Lem, 54.5; 3. Slayton, DP, 56.5

200—1. Loring, Lem, 23.1; 2. Winburn, DP, 23.5; 3. Bruce, Lem, 23.8

300 IH—1. Walker, Cent, 42.2; 2. Ramsey, Lem, 42.9; 3. Reese, Rivdale, 43.6

1600 relay—1. Lemoore (Loring, Jones, Cooper, Crews), 3:42.3; 2. Selma, 3:45.7; 3. Coalinga, 3:48.9

TJ—1. Williams, Coal, 49.3½ (meet record; old record, Williams, Cent, 47-10, '82); 2. Oakley, Car, 45.7; 3. Goffin, Cent, 44-10

SP—1. Scott, Lem, 48-3; 2. Lamberl, Lem, 44-5; 3. Nunn, DP, 41-8

Discus—1. Colby, Lem, 132-2; 2. Scott, Lem, 129-8; 3. Herrick, Sel, 126-10  
PV—1. Rodriguez, Sie, 12-0; 2. Manriques, Coal, 10-0; 3. Cramer, Lem, 10-0

HJ—1. Campbell, McF, 6-3 (meet record; old record, Holmes, Chow, 6-2, '81); 2. Berry, Sie, 6-0; 3. Howard, Car, and Hooper, Lem, 5-9

LJ—1. Trask, Sel, 21-6; 2. Betty, Sie, 20-5; 3. Bruce, Lem, 20-2½

### GIRLS

400 relay—1. Lemoore (Shepard, Vagstad, Crane, Legarreta), 53.1; 2. Caruthers, 56.7; 3. Coalinga, 57.2

3200—1. Cole, Lem, 12:08.0; 2. Praher, Sie, 12:35.5; 3. Carier, McF, 13:03.3

100 LH—1. Crane, Lem, 16.8; 2. Karns, Sie, 16.4; 3. Legarreta, Lem, 17.9

800—1. Espinosa, Cent, 2:31.9; 2. Newton, Lem, 2:35.6; 3. Cole, Lem, 2:35.8

100—1. Lightfoot, Car, 13.4; 2. Tucker, Sel, 12.5; 3. Shepard, Lem, 13.5

1600—1. Bujanda, McF, 5:45.3; 2. Praher, Sie, 5:53.4; 3. Espinosa, Cent, 5:53.5

400—1. Panas, Lem, 1:05.8; 2. Newton, Lem, 1:07.5; 3. Rau, Car, 1:08.8

200—1. Shepard, Lem, 27.9; 2. Statler, Avenal, 28.5; 3. Jensen, Coal, 29.2

300 LH—1. Karns, Sie, 50.2; 2. Panas, Lem, 53.9; 3. Davis, Sie, 54.4

1600 relay—1. Lemoore (Cole, Panas, Shepard, Newton), 4:30.0; 2. Sierra, 4:35.9; 3. McFarland, 4:52.6

TJ—1. Shester, Sie, 33-10 (meet record; old record, Crane, Lem, 30-8½, '83); 2. Tucker, Sel, 32-5; 3. Crane, Lem, 32-0

Discus—1. Lundin, Sie, 102-4½; 2. King, Sel, 97-4½; 3. Williams, Coal, 92-11½

SP—1. King, Sel, 34-6; 2. Lundin, Sie, 31-2; 3. Kasparian, Sel, 30-6½  
HJ—1. Lee, Lem, 4-10; 2. Rau, Car, 4-10; 3. Morris, Lem, 4-10  
LJ—1. Crane, Lem, 17-7; 2. Vaughn, Lem, 15-4½; 3. Jensen, Coal, 14-7



## Prep Results, continued...

### Santa Barbara Rly

La Playa Stadium, March 24.

#### Boys

100 METER—Burkley (Oxnard), 11.3.  
 TWO-MILE—1. Holmes (Santa Barbara), 9:20.7; 2. Burroughs (Agoura), 9:23.4; 3. Palma (Glendale), 9:28.9; 4. DeSoto (Canyon, August), 9:30.1; 5. McKee (Buena), 9:30.3; 6. Serratos (Mountain View), 9:30.4; HJ—Burke (Westlake), 6-10.  
 PV—1. Mulligan (San Diego), 14-0; 2. Foss (Santa Ynez), 13-6; LJ—Calloway (Cabrillo), 21-4; TJ—1. Hooks (Lakewood), 44-8; 2. Smith (Verbum Dei), 43-2½.  
 SP—Holden (Hart), 67-8; DT—Holden (Hart), 160-8. RELAYS: 440—Centennial, 45.0; MILE—1. Cabrillo, 3:28.2; 2. Centennial, 3:28.4; 3. Glendale, 3:29.9. SPRINT MEDLEY—1. Lakewood, 3:45.4. DISTANCE MEDLEY—Santa Barbara, 10:44.1; 2. Dos Pueblos, 10:47.5; 3. Westlake, 10:50.2. SHUDDLE HURDLES—Ventura, 1:08.9. TEAM SCORES—Glendale 31, Centennial 29, Cabrillo 27.

men (Glendale), 16-7½. TJ—1. Hensen (Buena), 35-7; 2. Gasman (Glendale), 35-0½. SP—1. Driscoll (Simi Valley), 37-9½; 2. Baker (San Marcos), 37-2. DT—Gary (Cabrillo), 107-5. RELAYS: 440—Dos Pueblos, 52.0; MILE—1. Thousand Oaks, 4:08.0; 2. Dos Pueblos, 4:08.7; 880 MEDLEY—Dos Pueblos, 1:53.5. DISTANCE MEDLEY—1. Buena, 12:49.5; 2. Thousand Oaks, 12:49.5; 3. Dos Pueblos, 12:55.2; 4. Simi Valley, 13:01.9; 5. San Marcos, 13:10.8; 6. Marin Catholic, 13:13.0. TEAM SCORES—Thousand Oaks 51½, Dos Pueblos 48, Simi Valley 29.

### Mission Viejo Inv.

Mission Viejo HS, March 24:

GIRLS: 100—1. Banks (El Dorado), 12.34; 2. Boulware (Millikan), 12.59. 220—1. Banks (El Dorado), 25.03; 2. Farwell (Millikan), 25.11; 3. Boulware (Millikan), 26.21; 4. Felix (Mater Dei), 26.58. 440—1. Farwell (Millikan), 56.56; 2. Turner (Beverly Hills), 57.20; 3. Wilmont (Mission Viejo), 58.91; 4. Ransom (El Toro), 59.00. 880—1. Chapel (Irvine), 2:16.73; 2. Long (Mission Viejo), 2:19.48; 3. Escobedo (El Dorado), 2:21.92; 4. Farwell (Millikan),

11:17.16; 3. Fait (Mater Dei), 11:17.34; 4. Daly (Mission Viejo), 11:34.08; 5. Morfoot (Millikan), 11:39.34; 6. Ebner (Bishop Amat), 11:39.59. 110 LH—1. Helen (LB Jordan), 15.58; 2. Lamar (Indio), 15.59. 300 LH—Lamar (Indio), 47.63. 440 RELAY—1. LB Jordan, 50.73; 2. Mission Viejo, 50.84; 3. Beverly Hills, 50.90. MILE RELAY—1. Irvine, 4:07.10; 2. Mission Viejo, 4:07.65; 3. Beverly Hills, 4:08.19. HJ—1. Babcock (Artesia), 5-2; 2. Orr (Ocean View), 5-2. LJ—Ransom (El Toro), 17-6. TJ—Kirvan (Woodbridge), 35-5¼. SP—1. Dumas (Paradise), 37-6½; 2. Weenig (Laguna Beach), 37-5¼; 3. Wilson (Woodbridge), 36-5¼; 4. Schoder (Mission Viejo), 36-1¾. DT—1. Weenig (Laguna Beach), 124-0; 2. Williams (Saddleback), 110-3. TEAM SCORES—Beverly Hills 51, Mission Viejo 44, Millikan, 40. ATHLETE OF THE MEET—Laura Chapel.

### Eisenhower Inv.

Eisenhower HS, March 31.

BOYS: 100—1. Dixon (Eisenhower), 10.83w; 2. Austin (Centennial), 11.05; 3. Morse (Arcadia), 11.18; 4. Smith (Crenshaw), 11.19. 400—Hart (Locke soph), 50.48; Wooten (Eisenhower), 50.99. 110 HH—1. Johnson (Washington), 15.15w; 2. Wiley (Clark, Las Vegas), 15.22; 3. Gaskill (Arcadia), 15.24; 4. Dallas (Bonanza, Las Vegas), 15.39. 400 RELAY—Crenshaw, 43.2 (hand time); Eisenhower, 43.5; LB Jordan, 43.7; Centennial, 43.9; Cerritos, 44.4; Clark (LV), 44.5. TJ—Miller (Fremont), 44-3w; 2. Robinson (Valhalla, El Cajon), 44-1w.

GIRLS: 100—Knigheten (Locke), 11.96w; 2. Giddens (Locke), 12.22; 3. Craven (Centennial), 12.38. 400—Knigheten (Locke), 58.57. 1,500—1. Gorman (Bonita Vista, SD), 5:00.85; 2. Bisplinghoff (Clark, LV), 5:01.81. 3,000—Bisplinghoff (Clark, LV), 10:44.53. 100 HURDLES—Knigheten (Locke), 14.29w; 2. Ford (Gardena), 14.95; 3. Duffy (Mt. Carmel, SD), 15.79. LJ—Giddens (Locke), 17-5w. TJ—Blackwell (Gardena), 34-1½. SP—Alexander (Arlington), 44-0½.

### Laguna Beach Inv

Laguna Beach HS, March 31.

BOYS: 220—1. Baker (Saddleback), 22.0; 2. Williams (Foothill), 22.6. 440—1. Sims (Dana Hills), 49.9; 2. Williams (Foothill), 50.5. MILE—King (Pacific), 4:26.7. TWO MILE—1. Kelly (Dana Hills), 9:43.9; 2. Whitworth (Hawthorne), 9:44.6. 120 HH—1. Martinez (Claremont), 15.1; 2. Shapiro (Capistrano Valley), 15.2. 330 IH—1. Chavers (Katella), 40.8; 2. Pederson (Foothill), 40.9. MILE RELAY—1. South Pasadena, 3:28.8; 2. Foothill, 3:29.3; 3. Corona, 3:30.0. HJ—1. Wilson (Redlands), 6-6; 2. Ackendall (Walnut), 6-4. PV—1. Young (Coachella Valley), 13-6; 2. Schnug (Corona del Mar), 13-0. LJ—1. Jones (Saddleback), 22-7¼w; 2. Morris (Pasadena), 22-7w; 3. Young (Capistrano Valley), 21-9¼w; 4. Sharp (Hawthorne), 21-6¼w. TJ—1. Martinez (Claremont), 46-2¾w; 2. Gates (Foothill), 45-10¼w. SP—1. Blutreich (Capistrano Valley), 64-3¼; 2. Johnson (Pacific), 52-11½; 3. Walsh (Foothill), 52-4¼; DT—1. Blutreich (Capistrano Valley), 172-2; Flynn (Laguna Beach), 147-8.

GIRLS: 220—Lambert (Foothill), 26.4. MILE—1. Daly (Mission Viejo), 5:20.3; 2. Hutchinson (Mission Viejo), 5:23.6; 3. Van Dorn (Edison), 5:25.6; 4. Sanchez (Pasadena), 5:27.0. TWO MILE—1. Moure (Mission Viejo), 11:23.9; 2. Williams (Norco), 11:35.0; 3. Mazowieck (Tustin), 11:43.7; 4. Howse (Redlands), 11:49.0. 330 LH—Walker (Dana Hills), 47.9. MILE RELAY—Redlands, 4:14.0. HJ—Ray (Corona), 5-2; Holt (Norco), 5-2. TJ—1. Robertson (Redlands), 36-3¼w; 2. Parker (Mission Viejo), 34-3¼w; 3. Abate (Mission Viejo), 34-3¼. SP—Weenig (Laguna Beach), 37-7¼. DT—Weenig (Laguna Beach), 130-½.

### Rolling Hills Inv.

Rolling Hills HS, March 31.

BOYS: 110 HH—Franklin (Poling Hills), 15.15. 3,200 METERS—1. Watson (Palos Verdes), 9:34.62; 2. Houlgate (Bishop

Montgomery), 9:43.74. 400 RELAY—Carson, 43.47. 800 RELAY—Carson, 1:31.89. HJ—1. Spirin (Carson), 6-4; 2. Moeblus (Rolling Hills), 6-4. LJ—1. Schermerhorn (Woodbridge), 22-2½; 2. Horvath (Torrance), 21-10¼. PV—1. Lawler (Rolling Hills), 13-6; 2. Watt (Rolling Hills), 13-6; 3. Milton (Lynwood), 13-0; 4. Ryan (LB Wilson), 13-0. TEAM SCORES—Carson 59 points. Rolling Hills 36½. Torrance 30.

GIRLS: 1,600 METERS—1. Painter (LB Wilson), 5:21.06; 2. Ling (Mira Costa), 5:24.05; 3. Donahue (Torrance), 5:27.0. 3,200 METERS—1. Donahue (Torrance), 11:35.35; 2. Lawler (Bishop Montgomery), 11:57.59. 800 RELAY—Lynwood, 1:49.65. LJ—1. Johnson (Torrance), 17-2½; 2. Kato (North Torrance), 17-1½. SP—1. Barnes (Narbonne), 37-9¼; 2. Roy (South Torrance), 37-8; 3. Wilson (Woodbridge), 36-1½. TEAM SCORES—LB Wilson 41 points. Lynwood 37. Torrance 36.



Two mile run at the Santa Barbara Easter Relays. Left to right: Dan Holmes (Santa Barbara), Dan Palma (Glendale), Robin DeSoto (Canyon). photo by Burt Davis

#### Girls

100—Craven (Centennial), 13.0. TWO-MILE—1. McCarty (Buena), 11:29.3; 2. Bessel (Thousand Oaks), 11:38.0; 3. Farrell (Thousand Oaks), 11:38.1; 4. Welington (Simi Valley), 11:39.6; 5. Allebeck (Cate), 11:44.8; 6. Fuess (Westlake), 11:49.7. HJ—1. Bringard (Santa Ynez), 5-2; 2. Baker (San Marcos), 5-2. LJ—Gas-

2:22.18. MILE—1. Chapel (Irvine), 5:18.10; 2. Henson (Newport Harbor), 5:18.15; 3. Helm (Laguna Hills), 5:18.01; 4. Escobedo (El Dorado), 5:19.14; 5. Naujokas (Irvine), 5:21.98; 6. Fait (Mater Dei), 5:23.11.

TWO-MILE—1. Hensen (Newport Harbor), 11:11.60; 2. Helm (Laguna Hills),



CARRIE FRANKLIN Pasadena Games MVP

### Pasadena Games

Pasadena City College, March 31.

BOYS: 100—1. Dunning (Santa Ana Valley), 11.03; 2. Davis (Inglewood), 11.17; 3. Rich (Marina), 11.20. 200—1. Dunning (SA Valley), 23.45. 400—Greene (Kennedy, GH), 48.13; 2. Thomas (Pasadena), 49.77; 3. Terry (Inglewood), 50.44. 800—Valdez (Belmont), 1:55.90. 1,500—1. Fithen (Serra, San Diego), 4:03.63; 2. Fontaine (Serra, SD), 4:03.80; 3. Hall (La Salle), 4:05.50. 3,000—1. Hall (La Salle), 8:40.61; 2. Fithen (Serra, SD), 8:46.83; 3. Carmona (Belmont), 8:52.53; 4. Vargas (SA Valley), 8:58.93. 110 HH—1. Johnson (Blair), 14.26; 2. Flowers (SA Valley), 14.71; 3. Goodson (Inglewood), 14.91; 4. Hazzard (Inglewood), 15.02; 5. Thomas (Pasadena), 15.03. 300 IH—1. Johnson (Blair), 38.40; 2. Oatis (Muir), 38.51; 3. Flowers (SA Valley), 39.72; 4. Doud (Marina), 40.46. 400 RELAY—1. Henry (San Diego), 42.59; 2. Blair, 43.12; 3. Inglewood, 43.17. MILE RELAY—1. Pasadena, 3:24.08 (Richardson, 48.5); 2. Inglewood, 3:31.57. HJ—1. Eckert (Koppel), 6-4; 2. Malone (Marina), 6-4; 3. Roberts (Glendora), 6-4. PV—1. Johnson (Huntington Park), 13-0. LJ—1. Richardson (Pasadena), 23-9¼ (wind 2.5 m.p.s. against); 2. Green (Inglewood), 23-2¼; 3. Johnson (Blair), 21-8; 4. Pringle (Kennedy, GH), 21-7. TJ—1. Richardson (Pasadena), 49-9 (wind 1.88 m.p.s. aiding); 2. Green (Inglewood), 47-7¼; 3. Summers (Pasadena), 45-11¼. ATHLETE OF THE MEET—Joe Richardson.

GIRLS: 100—1. Cantrell (Muir), 11.96; 2. Philips (Kennedy), 12.24; 3. Amaral (Blair), 12.35; 4. Bryant (Muir), 12.55. 200—Cantrell (Muir), 26.66. 400—Wilson (Muir), 56.25; 2. Harman (SA Valley), 59.03; 3. Anthony (South, Bakers.), 59.14. 800—1. Watkins (Poway), 2:21.20. 2. Agular (Pasadena), 2:21.82. 1,500—1.

photo by Burt Davis



Sheffo (Poway), 4:48.15; 2. Dyer (Henry, SD), 4:52.34; 3. Silva (Kennedy, GH), 4:52.48; 4. Nugent (Torrey Pines), 4:54.41. 3,000—1. Winner (Torrey Pines), 10:28.54; 2. Basora (Pasadena frosh), 10:59.62. 100 LH—1. Franklin (Muir), 14.46. 300 LH—1. Franklin (Muir), 45.33; 1. Rodriguez (Huntington Park), 48.17; 3. Javotte (Belmont), 48.25. 400 RELAY—1. Muir, 47.10; 2. Kennedy (GH), 48.34; 3. Blair, 50.52. MILE RELAY—1. Muir, 4:00.46; 2. Poway, 4:11.60. HJ—1. Claussen (Sunny Hills), 5-6. TJ—Bowers (SA Valley), 34-2/4. ATHLETE OF THE MEET—Carrie Franklin.



JOE RICHARDSON  
Pasadena Games MVP

photo by Burt Davis

## Ventura Relays

Ventura HS, March 31.

BOYS: 100—1. Fuller (Loyola), 10.5w; 2. Collins (Antelope Valley), 10.6; 3. Burkley (Oxnard), 10.8. TWO-MILE—Serratos (Mountain View), 9:40.4. HJ—1. Cody (Servite), 6-4; 2. Wagner (Notre Dame), 6-4. PV—1. O'Connor (Crespi), 14-0; 2. Houde (Simi Valley), 13-6; 3. Erickson (Newbury Park), 13-0. LJ—L. Nelsor (Simi), 23-3w. TJ—Perez (Santa Barbara), 44-8/4w. 3. SP—1. Laut (Channel Islands), 54-8/4; 2. Guerrero (Oxnard), 52-9. DT—1. White (Antelope Valley), 152-6. RELAYS: MILE—Loyola, 3:30.4. TEAM CHAMPION—Loyola.

GIRLS: HJ—Meadors (Newbury Park soph), 5-2. LJ—Castillo (Simi Valley), 17-2w. TJ—1. Espinoza (Ventura), 34-6w. SP—1. Adams (Antelope Valley), 41-4/4. DT—1. Simon (Antelope Valley), 111-7. TEAM CHAMPION—Simi Valley.

## Foothill/St. Fran.

Foothill College, March 31: Foothill/St. Francis Invitational.

BOYS

400 relay — Independence 43.3; 2. Seaside 43.4; 3. Saratoga 43.1. 100 — Fortman (Milpitas) 10.7; 2. Crosby (Seaside) 10.8; 3. Riley (Independence) 10.9. 200 — Riley (Independence) 22.6; 2. Fortman (Milpitas) 22.6; 3. Zieff (Drake) 22.7. 400 — Davidson (St. Francis) 49.3; 2. Coles (Seaside) 49.8; 3. Jackson (Independence) 50.3. 800 — Allen (Belarmine) 1:55.0; 2. Schall (Del Mar) 1:56.2; 3. Becerra (Mills) 1:56.7.

1500 — Becerra (Mills) 3:58.0; 2. Mastali (Jesus) 3:58.7; 3. Goulet (Soquel) 4:03.3. 5000 — Gusto (San Mateo) 15:09.7; 2. Craig (Leigh) 15:10.5; 3. Green (Gunderson) no time. 109 HM — Nobles (Independence) 14.9; 2. Houston (Logan) 15.0; 3. Chandler (Del Mar) 15.1. 400 IH — Nobles (Independence) 57.6; 2. Roberts (Hill Moon Bay) 57.8; 3. Wilmore (Mitty) 58.0. Mile relay — Independence 3:25.7; 2. La Canada 3:27.4; 3. Drake 3:30.5. Distance medley — Leigh 10:57.4; 2. Jesus 10:45.5; 3. Enchil 10:51.8.

Shot put — Houston (Willow Glen) 56-11; 2. Sheets (Del Mar) 56-11/4; 3. Mohr (Los Altos) 51-0. Discus — Talostora (Belarmine) 136-3; 2. Houston (Willow Glen) 135-0; 3. Sheets (Del Mar) 153-9. High jump — Roper (Overfell) 6-9; 2. Nikula (Lynbrook) 6-7. Long jump — Cleveland (Soquel) 23-4; 2. Fischer (Saratoga) 22-9/4; 3. Willis (Seaside) 22-7. Triple jump — Wadden (Jesus) 45-6; 2. Webster (Homestead) 45-5/4; 3. Zachary (Seaside) 44-5/4. Pole vault — Moen (Los Gatos) 14-6; 2. Parker (Los Gatos) 14-0; 3. Bassell (Saratoga) 14-0.

GIRLS

400 relay — Woodside 48.8; 2. St. Francis 49.6; 3. Independence 50.3. 100 — Lawson (St. Francis) 12.0; 2. Clayton (Lynbrook) 12.0; 3. Peters (Woodside) 12.1. 200 — Maxie (Mills) 23.9; 2. Peters (Woodside) 25.6; 3. Clayton (Lynbrook) 25.6. 400 — Ka. Dowell (Santa Teresa) 58.9; 2. Kistler (Mitty) 59.3; 3. Davis (St. Francis) 59.5. 800 — Kr. Dowell (Santa Teresa) 2:12.5; 2. Fischer (Los Gatos) 2:19.8; 3. Bynoe (Gunn) 2:20.7.

1500 — Garcia (Silver Creek) 4:35.4; 2. Davis (Del Mar) 4:41.9; 3. Chapman (Gunderson) 4:45.0. 3000 — Chamberlain (Leigh) 10:09.0; 2. Clark (Mtn. View) 10:15.4; 3. Seck (Lynbrook) 10:27.6. 109 LH — Brown (Woodside) 14:15; 2. Ruden (Homestead) 14:55; 3. Bray (Los Altos) 15.4. 300 LH — Maxie (Mills) 41.7; 2. Brown (Drake) 44.7; 3. Bray (Los Altos) 47.1. Mile relay — St. Francis 4:08.2; 2. La Canada 4:04.6; 3. Drake 4:08.2. Distance medley — Los Gatos 12:49.3; 2. Leigh 13:02.7; 3. Maria Catholic 13:12.4.

Shot put — Floyd (Oak Grove) 41-0/4; 2. Lei (Overfell) 39-1/4; 3. Vercher (Gunn) 36-11/4. Discus — Rice (Leland) 118-9; 2. Lei (Overfell) 109-0; 3. Brown (Mtn. View) 106-3. High jump — Vidakovits (St. Francis) 5-9; 2. Bray (Los Altos) 5-3; 3. Cummins (Los Gatos) 5-3; 4. Fairfield (Fremont) 5-3. Long jump — Brown (Woodside) 29-1/2; 2. Lawson (St. Francis)

18-4/4; 3. Cerkel (Redwood) 18-1. Triple jump — Brown (Woodside) 41-11/4; 2. Robinson (Woodside) 37-4/4; 3. Olson (Gunderson) 36-6.

## Tustin Relays

Tustin HS, April 7.

RELAYS: 440—1. Loyola, 43.2; 2. Marina, 43.6; 3. Millikan, 43.7; 4. Rolling Hills, 43.9. 5. Saddleback, 44.0. 880—1. Loyola, 1:30.4; 2. tie between Anaheim and Saddleback, 1:32.9. MILE—1. Loyola, 3:23.2; 2. Corona del Mar, 3:26.1; 3. Millikan, 3:27.0. TWO-MILE—1. Rancho Alamitos, 8:06.1; 2. Loyola, 8:17.3; 3. Mission Viejo, 8:19.8. FOUR-MILE—1. Tustin, 18:18.4; 2. University, 18:22.9; 3. Mater Dei, 18:26.1; 4. Mission Viejo, 18:40.7; 5. El Toro, 18:41.0; 6. Millikan, 18:49.3. SPRINT MEDLEY—1. Marina, 2:28.4; 2. Loyola, 2:27.8; 3. Santa Ana, 2:30.0. DISTANCE MEDLEY—1. Corona del Mar, 10:37.4; 2. Edison, 10:45.2; 3. Loyola, 10:49.2; 4. Estancia, 10:55.0; 5. Oceanview, 10:58.5. SHUDDLE HI-LO HURDLES—1. Hawthorne, 58.2; 2. Santa Ana, 59.5; 3. tie between Mission Viejo and Laguna Hills, 59.6.

HIGH JUMP—Boake (Corona del Mar), 6-4. PV—1. Lawler (Rolling Hills), 14-0; 2. Watt (Rolling Hills), 13-6; 3. Schnug (Corona del Mar), 13-6; 4. Roniou (Rolling Hills), 13-0. LJ—1. Lee (Hawthorne), 23-1; 2. Jones (Saddleback), 23-0/4; 3. K. Young (Hawthorne), 22-8/4; 4. Shields (Loyola), 22-6/4; 5. Barrett (Santa Ana), 21-7/4. TJ—1. Jen (University), 45-2; 2. Shields (Loyola), 44-5/4; 3. Phillips (Foothill), 44-2/4; 4. Jones (Saddleback), 43-11; 5. Tommy (Saddleback), 43-3; 6. K. Young (Hawthorne), 43-2/4. SP—1. Aitkenhead (Mission Viejo), 64-7/4; 2. Blutreich (Capistrano Valley), 60-8; 3. Jackson (Hawthorne), 57-3; 4. Thornton (Loyola), 56-3/4; 5. Wenj (Fountain Valley), 55-4; 6. Page (Mater Dei), 53-1. DT—1. Wenj (Fountain Valley), 182-6; 2. Blutreich (Capistrano Valley), 173-11; 3. Aitkenhead (Mission Viejo), 172-8; 4. Osborne (Rancho Alamitos), 161-4; 5. Timo (El Toro), 149-10; 6. Zarneski (Saddleback), 147-6.

FIELD MVP—Tambi Wenj. TRACK MVP—Burt Fuller.

TEAM SCORES—Loyola, 6 1/2; Mission Viejo, 36; Hawthorne and Corona del Mar, 32. SWEEPSTAKES—Loyola.

photo by Barbara DeGroot



BRIAN BLUTREICH  
Tustin Relays (two 2nds)

## Fresno Bee Gms.

Fresno State, April 6: Fresno Bee Games, High School Division.

Boys

3,000m steeplechase — 1. Garcia, Shafter, 10:14.9; 2. Knaeble, Roosevelt, 10:15.8; 3. Legen, Merced, 10:34.85; 4. Buehner, Atwater, 10:37.67; 5. Thompson, West, 10:46.80.

400 relay (small schools) — 1. Grant 43.22; 2. Pittsburg 43.60; 3. Tulare 44.33; 4. Chowchilla 45.55; 5. Dinuba 45.83.

400 relay (large schools) — Hiram Johnson 43.13; 2. Edison 43.25; 3. Merced 43.40; 4. McLane 43.41; 5. Bakersfield 43.500 — 1. Langer, Bakersfield, 1:57.4; 2. Sullivan, Hoover, 1:59.53; 3. Schall, Del Mar, 1:57.86; 4. Porter, Clovis, 1:58.56; 5. Garrett, Vacaville, 1:58.92.

100 — 1. McCree, Madera, 10.54w; 2. Scruggs, McLane, 10.67; 3. Smith, Highland, 11.04; 4. Henry, Merced, 11.04; 5. Green, Bakersfield, 11.06.

110 HH — 1. Jeff, Hiram Johnson, 14.5; 2. Coffee, Roosevelt, 14.5; 3. McPherson, Mt. Pleasant, 14.7; 4. Newsome, McLane, 14.8; 5. Lanev, Roosevelt, 14.8.

200 — 1. Jauregui, Clovis, 9:33.33; 2. Leal, Sanger, 9:33.66; 3. Hurlbald, Sanger, 9:42.19; 4. Coker, Vacaville, 9:51.60; 5. Trevino, Madera, 9:53.11.

400 — 1. Tinsley, Merced, 49.96; 2. Persons, Grant, 50.36; 3. Highower, Tulare, 50.97; 4. Springer, Clovis, 52.26; 5. Rosey, Fremont, 52.76.

200 — 1. McCree, Madera, 21.8; 2. Cleveland, Soquel, 22.12; 3. Scruggs, McLane, 22.34; 4. Green, Bakersfield, 22.57; 5. Beals, 22.74.

300 IH — 1. Jeff, Hiram Johnson, 40.19; 2. Langer, Bakersfield, 40.88; 3. Lanev, Roosevelt, 40.98; 4. Lamick, Del Mar, 41.15; 5. Coets, Pittsburg, 41.30.

1,600 — 1. Naranjo, Sanger, 4:28.77; 2. Goulet, Soquel, 4:21.66; 3. Valdez, Merced, 4:25.26; 4. Garrett, Vacaville, 4:26.54; 5. Crawford, Merced, 4:27.47.

1,600 relay (small schools) — 1. Pittsburg 3:24.32; 2. Grant 3:25.34; 3. Hoov 3:33.22; 4. Chowchilla 3:36.77; 5. Selma 3:38.97.

1,600 relay (large schools) — 1. Edison 3:23.29; 2. Bakersfield 3:24.96; 3. Tulare 3:26.50; 4. McLane 3:27.66; 5. Madera 3:28.10.

LJ — 1. Cleveland, Soquel, 24-9/4w; 2. Sanders, Bakersfield, 23-4w; 3. Siron, Bakersfield, 23-2/4; 4. Galan, Bakersfield, 22-9/4; 5. Harrison, Mount Whitney, 22-6.

SP — 1. Bender, Shafter, 61-10; 2. Sheets, Del Mar, 56-10; 3. Richardson, Shafter, 53-4/4; 4. Reynolds, Clovis, 50-0/4; 5. Neug, Homestead, 52-1.

HJ — 1. Clark, Valley High, 6-10; 2. Ho Taylor, West; Puffer, Grant, 6-8; 4. Bader, Immanuel, 6-8; 5. Mitchell, Tulare, 6-6.

PV — 1. Moen, Los Gatos, 15-3; 2. Allison, Clovis West, 13-6; 3. Wicks, Bakersfield, 13-6; 4. Duncan, 13-6; 5. Basmor, Del Mar, 13-0.

TJ — 1. Strong, Bakersfield, 49-0w; 2. Sanders, Bakersfield, 48-2; 3. Williams, Coalinga, 47-3; 4. Jones, Grant, 45-7/4; 5. Webster, Homestead, 45-4/4.

Discus — 1. Richardson, Shafter, 187-4; 2. Swearingn, Kingsburg, 174-10; 3. Putnam, Fresno High, 164-9; 4. Polham, Lindsay, 164-8; 5. Valladao, Atwater, 157-1.

Girls

400 relay (small schools) — 1. Grant 49.70; 2. Washington 50.95; 3. Chowchilla 51.86; 4. Immanuel 52.92; 5. Tulare 55.16.

400 relay (large schools) — 1. Roosevelt 49.86; 2. Edison 49.39; 3. Merced 50.70; 4. Bakersfield 51.38; 5. West 51.37.

800 — 1. Davis, Del Mar, 2:18.9; 2. Henry, Los Gatos, 2:19.7; 3. Donaldson, Merced, 2:22.3; 4. Saravia, Madera, 2:23.7; 5. Pentz, Homestead, 2:23.8.

100 — 1. Hawkins, Grant, 12.28w; 2. Weaton, Edison, 12.25; 3. Reed, Roosevelt, 12.31; 4. Taplec, Immanuel, 12.40; 5. Davis, Merced, 12.47.

109 LH — 1. Bafes, Bakersfield, 13.65; 2. Budwig, Clovis West, 13.87; 3. Knac, Vacaville, 14.43; 4. Mosher, Immanuel, 15.04; 5. Mosby, East Bakersfield, 15.15.

300 — 1. Mooney, Vacaville, 11:15.43; 2. Jungwirth, Redwood, 11:45.59; 3. Lewis, Clovis, 11:46.76; 4. Chavez, West, 11:51.18; 5. Loeb, Clovis West, 12:02.50.

400 — 1. Dudley, Grant, 59.25; 2. White, Grant, 60.21; 3. Nelson, Merced,

continued on next page..



## Prep Results, continued...

60.57; 4. Dentons, Edison, 60.62; 5. Anthony, South Bakersfield, 61.66  
 300 — 1. Watson, Edison, 25.29w; 2. Hawkins, Grant, 26.04; 3. Reed, Roseville, 26.33; 4. Davis, Merced, 26.79  
 200 LH — 1. Budwig, Clovis West, 58.09; 2. Bates, Berkeley, 65.17; 3. Briggs, Roosevelt, 66.99; 4. Kuchin, Los Altos, 47.20; 5. Saravia, Madara, 47.65  
 1,000 — 1. Mooney, Vacaville, 5:14.9; 2. Cook, Golden West, 5:14.66; 3. Condon, Merced, 5:15.71; 4. Henry, Los Gatos, 5:19.07; 5. Davis, Del Mar, 5:23.66

1,600 relay (small schools) — 1. Grant, 4:04.57; 2. East Bakersfield, 4:12.33; 3. Washington, 4:16.82; 4. Immanuel, 4:21.97; 5. Tulare, 4:23.27

1,600 relay (large schools) — 1. Edison, 4:08.99; 2. El Cerrito, 4:01.09; 3. Los Gatos, 4:16.01; 4. West, 4:13.16; 5. Clovis West, 4:15.20

LJ — 1. Roberts, Washington, 19-9w; 2. Smith, Grant, 17-7w; 3. Williams, Bakersfield, 17-5w; 4. Briggs, Roosevelt, 17-3w; 5. Rogers, Hiram Johnson, 17-0w

HJ — 1. Johnson, Clovis, 5-0w; 2. Fairfield, Fremont, 5-4; 3. Mariscal, Merced, 3-4; 4. Taylor, Vacaville, 5-4; 5. Brewer, Madara, 5-4

SP — 1. Marancia, Parlier, 39-10w; 2. Brown, Vacaville, 36-6; 3. Davis, Hiram Johnson, 36-4w; 4. Reason, Roseville, 36-4; 5. Classen, Clovis, 36-19

TJ — 1. Bates, Berkeley, 41-10w (national record); 2. Roberts, Washington, 39-0w; 3. Skewis, Sequoia, 36-3w; 4. McAllister, Madara, 36-0; 5. Jackson, Washington, 35-6

Discus — 1. Classen, Clovis, 140-1; 2. McKinstry, Roseville, 128-1; 3. Williamson, Madara, 124-5; 4. Brown, Vacaville, 119-6; 5. Williams, Arvin, 115-0

## Bishop Amat Inv.

Mt. San Antonio College, April 7.

### BOYS

100 (Inv.) — Green (Gardena), 10.66; 2. Hale (Monrovia), 10.82; 3. Patterson (LB Poly), 10.86; 4. Ward (LB Poly), 10.98; 5. Delson (Nogales), 11.00 (Open, combined races) — 1. Moore (Gardena), 11.07; 2. Adams (Bishop Amat), 11.10; 3. Koukas (Damian), 11.14; 4. 200 (Inv.) — 1. Hernandez (Gardena), 21.82w; 2. Roberts (LB Poly), 21.86; 3. Hale (Monrovia), 22.16; 4. Moore (Gardena), 22.64 (Open) — 1. Delson (Nogales), 22.37w; 2. Ephraim (Bassett), 22.42w; 3. Jones (Edgewood), 22.48w; 4. Adams (Bishop Amat), 22.55w; 5. Koukas (Murphy), 22.58w

400 (Inv.) — 1. G. Nesbitt (West Covina), 48.79; 2. Young (LB Poly), 49.39; 3. Rosales (Glendale), 49.59; 4. Galvin (El Dorado), 50.16; 5. Smith (La Canada), 50.71 (Open) — Quiroa (Gardena), 50.26; 2. Manzanares (Schurr), 50.49; 3. Rigall (Temple City), 50.50; 3. Snow (HH Wilson), 51.01; 4. Urias (Arroyo), 51.04; 800 — 1. R. Nesbitt (West Covina), 1:56.3; 2. Johnson (Verbum Dei), 1:56.7; 3. Johnson (Gardena), 1:58.3; 1,000 — 1. Palma (Glendale), 4:01.9; 2. Cortez (Arroyo), 4:04.6; 3,000 — 1. Baca (San Marino), 8:40.74; 2. Palma (Glendale), 8:42.26; 3. Emley (Temple City), 8:52.9; 4. Mitchell (St. Francis), 8:53.1; 5. Reagan (Arroyo), 8:53.5; 6. Hoffman (St. Bernard), 8:56.6

110 HH (Inv.) — 1. Godinez (West Covina), 14.92w; 2. Adams (Bishop Amat), 15.23; 3. Wanstreet (HH Wilson), 15.34 (Open) — 1. Johnson (Kattella), 15.20w; 2. Dayton (San Marino), 15.33w; 300 HH (Inv.) — 1. Bugg (West Covina), 38.1 (hand time); 2. Lumpkin (HH Wilson), 38.6; 3. Dodd (West Covina), 40.2; 4. Taylor (Bishop Amat), 40.5 (Open) — 1. Grant (Santa Fe), 39.4; 2. Walker (South Pasadena), 40.0; 3. Chavers (Kattella), 40.4; 4. Inadorn (South Pasadena), 40.6; 5. Wanstreet (HH Wilson), 40.8

400 RELAY (Inv.) — 1. West Covina, 42.85; 2. LB Poly, 43.17; 3. Glendale, 43.28; 4. Monrovia, 43.52 (Open) — 1. Bishop Amat, 43.49; 2. HH Wilson, 43.68; 3. Kattella, 43.83; 4. Temple City, 43.84; 5. San Dimas, 44.58; 880 RELAY — 1. West

Covina, 1:30.4; 2. Glendale, 1:30.9; 3. HH Wilson, 1:31.3; 1,600 RELAY — 1. LB Poly, 3:19.0; 2. West Covina, 3:21.3; 3. Glendale, 3:23.1; 4. Temple City, 3:23.1; 5. South Pasadena, 3:28.9; DISTANCE MEDLEY — 1. San Marino, 10:32.5; 2. Temple City, 10:46.7; 3. Burroughs (Burb.), 10:50.7; 4. West Covina, 10:54.7; 5. La Puente, 10:59.0

HJ — 1. McKendall (Walnut), 6-6; 2. Stallworth (LB Poly), 6-6; 3. Anderson (Burroughs, Burb.), 6-6; 4. Smith (HH Wilson), 6-6; 5. Mulcahey (Glendale), 6-4; PV — 1. Rodriguez (Arroyo), 14-6; 2. McAlpine (Temple City), 13-6; 3. Luizzi (Burroughs, Burb.), 13-0; 4. Hale (Monrovia), 22-1w; 5. Cruz (Workman), 46-2w; 2. Morris (South Pasadena), 43-1w; 3. Smith (Verbum Dei), 43-1w; SP — 1. Doukenick (LB Poly), 55-2w; 2. Reep (Arroyo), 53-3w

### GIRLS

100 — 1. Ready (LB Poly), 11.78; 2. Robinson (La Puente), 12.19; 3. Cano (Crescenta Valley), 12.57; 200 (Inv.) — 1. Robinson (La Puente), 24.62w; 2. Banks (El Dorado), 24.86; 3. Hill (LB Poly), 25.42; 4. Cano (Crescenta Valley), 26.00; 5. Ramus (LB Poly), 26.0 (ht); 6. Kopka (Bishop Amat), 26.5; 400 — 1. Banks (El Dorado), 56.93; 2. Frye (LB Poly), 59.4 (ht); 800 — 1. Escobedo (El Dorado), 2:17.3; 2. Riebling (La Canada), 2:18.4; 3. Nichols (Walnut), 2:19.3; 4. Vanderburg (Walnut), 2:21.8; 5. Schjelderup (San Marino), 2:22.4; 6. Delaney (Crescenta Valley), 2:23.3

1,500 — 1. Cooper (El Dorado), 4:51.8; 2. A. Acosta (Walnut), 4:54.3; 3. Nichols (Walnut), 4:55.3; 4. Maldonado (La Puente), 4:57.8; 4. Bean (El Dorado), 5:01.9; 6. Maldonado (Bishop Amat), 5:06.5; 3,000 — 1. A. Acosta (Walnut), 10:39.1; 2. E. Ebner (Bishop Amat), 10:41.8; 3. Delgado (Temple City), 10:44.8; 4. Maldonado (La Puente), 10:45.6; 5. Rosipal (El Dorado), 10:54.8; 6. Wales (South Pasadena), 10:57.2; 100 HH — Gasmen (Glendale), 15.42w; 300 LH — Gasmen (Glendale), 46.9

400 RELAY — 1. LB Poly, 48.42; 2. Crescenta Valley, 51.02; 1,600 RELAY — 1. LB Poly, 4:05.2; 2. Crescenta Valley, 4:11.1; 3. South Pasadena, 4:13.2; 4. Burroughs (Burb.), 4:13.9; 5. Walnut, 4:14.0; HJ — 1. Salka (Crescenta Valley), 5-2; 2. Mendoza (Walnut), 5-2; 3. Garrett (Nogales), 17-11w; 2. Ready (LB Poly), 17-6; TJ — Gasmen (Glendale), 38-2; SP — Valdivia (Schurr), 37-7w; DT — 1. Ni (Nogales), 119-11; 2. Valdivia (Schurr), 118-9

## King City Inv.

King City, April 7.

GIRLS: 200 — Howard (Arroyo Grande), 26.2; 800 — Jones (Arroyo Grande), 2:20.1; 300 LH — Moses (Arroyo Grande), 47.9; 400 RELAY — Arroyo Grande, 50.3; MILE — Plant (Arroyo Grande), 5:21.7; TWO MILE — Plant (Arroyo Grande), 11:27.3; MILE RELAY — Arroyo Grande, 4:04.7

## Norco Relays

Norco HS, April 7.

### Boys

SMALL SCHOOLS: SHUTTLE HURDLES — TWO-MILE RELAY — Barstow, 8:17.1; 440 RELAY — Chaffey, 44.5; SPRINT MEDLEY — 1. Arlington, 3:40.1; 2. Cajon, 3:41.4; TEAM SCORES — Cajon, 85; Hemet, 82; Norco, 78

LARGE SCHOOLS: 440 RELAY — 1. Indio, 43.7; 2. Moreno Valley, 44.2; 3. Palm Springs, 44.4; EIGHT-MAN 880 — Indio, 1:31.9; MILE RELAY — Riverside Poly, 3:31.3; TEAM SCORES — Corona, 100; Indio, 90; Moreno Valley and Irvine, 62

### Girls

SMALL SCHOOLS: TWO MILE RELAY — Norco, 10:13.7; 440 RELAY — Cajon, 50.7; SPRINT MEDLEY — Norco, 4:27.3; 880 RELAY — Cajon, 1:51.2; TEAM SCORES — Norco, 104; Cajon, 88; Victor Valley, 50

LARGE SCHOOLS: SPRINT MEDLEY — Indio, 4:26.6; 880 RELAY — Indio, 1:50.2; Riverside Poly, 1:52.8; TEAM SCORES — Indio, 118; Corona, 86; Riverside, Poly, 66

## Oakland Relays

Laney College, April 7.

### Boys

300 LH — Usher (Berkeley), 39.10; Sprint medley — Berkeley, 3:36.7; 1000 — Higginbotham

am (Berk) 4:17.3; 600 relay — Kennedy-Pennford, 43.13; 3. St. Mary's, 43.34; 880 relay — Etnich, 8:11.2; 400 — Henderson (Berk), 48.78; 800 — Tung (Saratoa), 9:38.4; 110 HH — Jeff (Hiram Johnson), 15.16; (Proff, Ken-Rich, 14.86; Viala; Reading, St. Mary's, 14.91); 160 — Henderson (Berk), 11.21 (10.92 trials); 600 — DeRosa (Casa Grande), 2:01.7; 800 relay — Berkeley, 1:28.4; Distance medley — Saratoga, 10:52.5; 1000 relay — Grant, 3:28.63; LJ — Fisher (Saratoa), 22-7w; 2. Reading (St. Mary's), 22-7; 4. Houston (Logan), 21-11w; TJ — Harrison (Castlemont), 47-2; 4. Blake (Logan), 44-8; HJ — Clark (Valley), 6-8; SP — Gilliam (Kennedy-Rich), 61-4; PV — Bassett (Saratoa), 15-0; Delgado (Monrovia), 13-0

### GIRLS

300 LH — Roberts (Arroyo), 45.2; Dist. Med. — Etnich, 13:10.4; 800 relay — Arroyo, 10:08.5; Sprint med. — Berkeley, 1:48.3; 400 relay — Berkeley, 48.14; 2. El Cerrito, 48.81; 400 — Alexander (Oakland), 58.29; 1000 — Cathcart (Amador), 5:59.3; 4. Thatcher (Etnich), 5:30.1; 100 LH — Bates (Berkeley), 14.01 (14.33 trials); 160 — Arroyo (Arroyo), 15.57; 100 — Brewer (Hogan), 12.91; 800 — Brown (Lower), 2:20.6; 2. Cathcart (Amador), 2:22.1; 3. Johnson (Berkeley), 2:23.9; 800 relay — Berkeley, 1:43.2; 2000 — Wood (Piedmont), 11:48.3; 1000 relay — Grant, 4:05.53; LJ — Ostelt (Etnich), 17-5w; TJ — Bent (Janice Logan), 37-6 (wind-aided); 3. Barba (Arroyo), 34-4w; 4. Williams (Arroyo), 34-1w; HJ — Peoples (Hiram Johnson), 6-2; 2. West (Logan), 6-2; SP — Davis (Hiram Johnson), 36-11w

## Boys Orange Co. Championships

Mission Viejo HS, April 14.

100 METERS — Dunning (Santa Ana Valley), 10.66; Baker (Saddleback), 10.82; 200 — Baker (Saddleback), 21.68; Thompson (Huntington Beach), 22.15; Moss (Santa Ana Valley), 22.63; 400 — Sperle (Fountain Valley), 49.45; Williams (Foothill), 50.26; Barrett (Santa Ana), 50.46; Henderson (Canyon), 50.48; Simms (Irvine), 50.56; Chesley (Mission Viejo), 50.76; 800 — Mieslahn (Garden Grove), 1:58.23; Kingwothy (Edison), 1:58.53; 1,600 — Kingwothy (Pacific), 4:24.72; Alexander (Huntington Beach), 4:25.40; Christie (Mission Viejo), 4:27.72; 3,200 — Ree (Kennedy), 9:38.43; Feliciano (Cypress), 9:37.72; Verages (Sevan), 9:39.26; Whitely (University), 9:39.32; Kelly (Dana Hills), 9:42.94; 110 HH — Gregory (Mission Viejo), 14.45; Sorenson (Mater Dei), 14.76; Flores (Santa Ana Valley), 14.98; Shapiro (Capistrano Valley), 14.99; 300 LH — Akuna (Garden Grove), 40.37; Felix (Estancia), 40.38; Gregory (Mission Viejo), 40.60; Valenzula (St. Paul), 40.60

400 RELAY — Santa Ana Valley, 42.41; Saddleback, 42.98; Capistrano Valley, 44.27; 1,600 RELAY — Santa Ana Valley, 3:29.37; Edison, 3:30.21; Orangs, 3:31.37; HJ — Badell (Villa Park), 6-4; PV — Solomon (Saddleback), 13-0; Slocum (Foothill), 13-0; LJ — Jones (Saddleback), 22-7w; Dunning (Santa Ana Valley), 22-6w; Fenton (Cypress), 22-1w; Ballard (Cypress), 21-9w; TJ — Fenton (Cypress), 46-7w; Phillips (Foothill), 46-8w; Jones (Saddleback), 43-10; Phisayoung (Saddleback), 43-8w; Desiano (Mission Viejo), 43-8; Ballard (Cypress), 43-1; SP — Johnson (Pacific), 57-7; Califano (Canyon), 53-11; Vasquez (Corona del Mar), 52-9w; Allen (Villa Park), 52-5w; Hipp (Edison), 52-2; DT — Rosa (Villa Park), 156-6; Timo (El Toro), 151-3w; Osborn (Rancho Alamitos), 149-3; Vasquez (Corona del Mar), 147-3; Belsito (Western), 147-1w; Khozam (El Modena), 145-8; TEAM SCORES — Saddleback, 58; Santa Ana Valley, 57; Villa Park, 39; Cypress, 35; ATHLETE OF THE MEET — Eliot Dunning (Santa Ana Valley)

## Russell Cup

Carpinteria HS, April 14.

BOYS: 880 — Mawhorter (La Verne Lutheran), 1:58.8; 330 IH — Knowlton (LA Baptist), 40.8; HJ — Martinez (Santa Clara), 6-5; Wade (Santa Ynez), 6-4; Elliott (Whittier Christian), 6-4; LJ — Haynie (Morro Bay), 21-8w; TJ — Trypucko (Meranda), 45-10w; PV — Inga (Bishop), 13-6; Tankless (B), 13-0; SP — Knight (Oak Park), 52-8w; TEAM SCORES — Bishop, 117; Nordhoff, 58; LA Lutheran, 52; LA Baptist, 46; tie between Morro Bay and Whittier Christian, 26

GIRLS: 880 — Garnett (Marymount), 2:21.7; Zimmerman (Nordhoff), 2:21.8; MILE — Peapples (Thacher), 5:24.3; TWO

MILE — Altaback (Casta), 11:38.1; Urufo (IN), 11:59.0; 110 LH — Rowbottom (Bishop), 15.5; 440 RELAY — Valley Christian, 50.8; HJ — Kr. Bringard (Santa Ynez), 5-3; TJ — Williams (VC), 34-10; Lazeretto (Bell-Jeff), 34-4; Aston (Boron), 34-0w; Kd. Bringard (SY), 33-2w; SP — Sorenson (VC), 36-1w; TEAM SCORES — Valley Christian, 67; Santa Ynez, 64; St. Joseph (SMI), 45; Bishop Diego, 33; Bell-Jeff, 32

## Sanger Metric Mt.

Sanger HS, April 14.

### Boys

Discus — 1. Jo. Swanning, King, 141-9; 2. Jo. Swanning, King, 154-9; 3. Scott, Lam, 139-11

Sprint medley relay — 1. Sanger, 3:36.4; 2. Corcoran, 3:38.7; 3. Lamore, 3:45.5

300 IH — 1. Jenkins, Corc, 37.4; 2. Schlick, GW, 48.1; 3. Haynes, MCL, 48.6

HJ — 1. Badar, Imm, 6-6; 2. Mitchell, Tul, 6-4; 3. Fitzpatrick, Sel, 6-2

400 relay — 1. McLane, 49.3; 2. Tulare Union, 43.8; 3. Sanger, 44.2

PV — 1. Rodriguez, Sla, 13-2; 2. Pisco, Lam, 12-6; 3. Hiderer, MW, 12-4

SP — 1. Jo. Swanning, King, 51-4; 2. Jo. Swanning, King, 50-9; 3. Topolich, Reed, 49.4

2,500 — 1. Loel, San, 9:26; 2. Hurlburt, San, 9:27.4; 3. Haranto, San, 9:31.1

TJ — 1. Williams, Coal, 46-10.34; 2. Herdnick, SJA, 43-7w; 3. Jackson, Tul, 43-6w

110 HH — 1. Newsome, MCL, 15.67; 2. Shirley, Lam, 15.1; 3. Anzaldua, 13.3

800 — 1. Valdez, Corc, 1:58.8; 2. Reese, Car, 1:59.1; 3. Bernal, San, 2:01.6

100 — 1. Scraggs, MCL, 16.9; 2. Jenkins, Corc, 11.1; 3. Edwards, Tul, 11.3

400 — 1. Washington, Corc, 58.8; 2. Gonzalez, San, 51.2; 3. Schlick, GW, 51.6

1,600 — 1. Haranto, San, 4:27.7; 2. Hurlburt, San, 4:29.1; 3. Loel, San, 4:29.3

LJ — 1. Badar, Imm, 209; 2. Sprague, San, 20-5.5; 3. Herdnick, SJA, 20-4.5

Weightman 400 relay — 1. Sanger, 47.2; 2. Tulare Western, 47.3; 3. Kingsburg, 48.4

1,600 relay — 1. Tulare Western, 3:25.8; 2. McLane, 3:26.1; 3. Corcoran, 3:31.9

Team scores — 1. Sanger, 93; 2. Tulare Western, 64; 3. Corcoran, 61; 4. McLane, 55; 5. Lamore, 52

Freshman — 1. Lamore, 152; 2. McWhitney, 78; 3. Reedley, 52; 4. Dinujba, 34; 5. Sierra, 30

GIRLS

SP — 1. McKinley, Reed, 36-7.5; 2. King, Sel, 36-7.5; 3. Ybarra, Reed, 34-7w

Sprint medley — 1. Reedley, 4:28.4; 2. Tulare Western, 4:28.5; 3. Sanger, 4:29.4

300 IH — 1. Karna, Sla, 47.6; 2. Marigan, Sel, 49.4; 3. Panas, Lam, 49.6

LJ — 1. Roberts, Wash, 18-7.34; 2. Crone, Lam, 16-7; 3. Biggs, Coal, 15.4

400 relay — 1. Washington, 58.8; 2. Lamore, 51.5; 3. Immanuel, 52.3

Discus — 1. Phelps, Corc, 119-11; 2. Rodriguez, GW, 109-3.5; 3. Lindin, Sla, 100-5

100 LH — 1. Crana, Lam, 15-0; 2. Karna, Sla, 15-1; 3. Moshier, Imm, 15-0

3,200 — 1. Jungwirth, Reed, 11:31.9; 2. Cruz, Ex, 11:50.3; 3. Martinez, Reed, 11:55.1

800 — 1. Saenz, Reed, 2:22.2; 2. Drew, Lam, 2:22.2; 3. Shields, GW, 2:22.3

110 — 1. Toploc, Imm, 12.8; 2. Vaughn, Lam, 13.2; 3. Shepard, Lam, 13.4

400 — 1. Drew, Lam, 1:01.5; 2. Washington, Wash, 1:02.2; 3. Noels, MCL, 1:02.3

TJ — 1. Roberts, Wash, 37-9; 2. Jackson, Wash, 35-1; 3. Sharp, MW, 33-10

1,600 — 1. Martinez, Reed, 3:27.7; 2. Espinosa, Cen, 3:28.8; 3. Jungwirth, Reed, 3:30.6

1,600 relay — 1. Washington, 4:15.8; 2. Reedley, 4:16.3; 3. Lamore, 4:16.2

HJ — 1. Olson, Sla, 5-2; 2. Rempel, Reed, 5-0; 3. Wilson, MW, 5-0

Team scores — 1. Lamore, 92; 2. Reedley, 87; 3. Washington Union, 58; 4. Sierra, 41; 5. Immanuel, 29





## Arcadia Invit.

from Doug Speck

### Arcadia, April 14.

With the cream of well over two hundred schools in attendance, California's most broadly supported high school sponsored prep sports activity, the Arcadia High School Track and Field Invitational, took place on Saturday evening, April 14th. With summer-like weather and hundreds of athletes just waiting to break loose, no one was let down in the excitement department. Six nation-leading efforts for the 1984 prep outdoor season, ten California 1984 bests, and five excellent Meet Records fell during the evening before the usual packed house.

The stars and performances were generally of such a nature that it is difficult to figure out where to start. While there are arguments for a number of others, the spot to start might be with the two athletes of the meet, Ray Brown (Muir, Pasadena) and Choo Choo Knighten (Locke, L.A.).

The evening's activities on the track started with the 400m relay, where the Men's middle lanes were filled with Hawthorne, Muir, and Berkeley. After a screaming three legs it boiled down to a dual between Muir's Brown and Hawthorne's Henry Thomas, with Berkeley right in there. Brown showed his real class with an effort that had him edge past Thomas near the end for a meter victory for his squad in a Meet Record 41.18 (to Hawthorne's 41.28 and Berkeley's 41.46). Later, over 100m Mr. Thomas had a chance for revenge. But once again Ray Brown showed his abilities with a 10.54-10.58 win over Henry. Brown took down the Meet Record of the last great Pasadena area sprinter, Michael Sanford (10.57 in 1978). Thomas put together two other fine performances in the Meet, stomping a good 200m field (and just missing his own Meet Record) at 21.38, and anchoring his 1600m relay group to a win at 3:16.38.

Crowd favorite, Choo Choo Knighten, was all over the place, as usual. The Locke flash started her evening with a 100m Low Hurdle 13.93 Meet Record (lowering the old by .24), returned twenty minutes later for third in the 100m (12.07), looked very fluid in a 53.85 400m win, and ran a fine anchor on her 1600m relay squad (that ran 3:53.81 for fifth). Symbolic of Knighten's effort was the fact that teammates had to assist her off the field after the long relay to pick up her Athlete of the Meet award.

A number of others were not far behind the above duo in the quality department. Efforts from the Men's 400 on up can be best summarized through two people. Eric Schermerhorn (Woodbridge, Irvine) has run some fine doubles this season over the 400-800 distances, but his stock took a real rise off his efforts here. In the Men's 800m Eric charged away from a good field down the homestretch on the way to a nation leading 1:51.74 win. Later in the evening, he went from fourth to first over the last 40m in the 400m to win over a top field in 48.14. Only Santa Ana's great Robert Harrell in 1974 has won this

tough double here. Belmont's junior, Roman Gomez, is just recovering from kidney problems, but it looks like he's back healthy. In the 1600m he joined a big pack through three laps at 3:10, then blasted a 59 final circuit to edge away from Dan Holmes (Santa Barbara) to win in a nation leading 4:09.77. Holmes (4:11.09) led a pack that had tenth place at 4:16.46. Later, in the Distance Medley, Gomez started his 1600 leg in seventh place, and with a 4:13.2 effort steadily moved up past some excellent runners to lead his team to a 10:19.34 win. Roman had to be the meet's guttural athlete.

California's latest national record-setter, Yvette Bates (Berkeley), at 41-10 1/4 in the Triple Jump, came very close to that mark here. After a 41-7 1/4 to start the finals, the pretty Yellowjacket star stretched out to 41-9 1/4 before retiring for the evening. Kirsten O'Hara (Palos Verdes) was awesome over 3200m, as she left her early company, Sylvia Mosqueda (San Gabriel), behind after a couple of laps, and moved away to a solo 10:18.41 Meet Record. She lowered the great Vicki Cook's former Meet Record by ten seconds. Long Beach Millikan dropped their nation-leading 1600m Women's relay time by a tick with an exciting 3:49.21 win over Moore League rival, Compton (3:50.04). Arlington's Pam Alexander extended her 1984 nation-leading outdoor shot put best to 44-8 1/2, with Antelope Valley's Dana Simon improving out to 42-5 1/2 in second. Michelle Taylor (Ganesh, Pomona) has had success over 400m and 800m, and added some over the 300m lows here, as she put together a smooth effort that had her win at 42.3 (very close to Gail Kellon's electronic 42.32 Meet Record). Muir's Lana Cantrell continues to improve, with a fine 42.8 for second.

Shot Put and Vault competitions of real note highlighted the Men's Field events. California's big trio in the Shot, John Bender (Shafter), Brian Blutreich (Capistrano Valley), and Greg Aitkenhead (Mission Viejo), have all been out over 64' this spring. Bender opened the first round with a 63-4 1/4, which led until the third go-round, where Aitkenhead improved to 64-6 1/4. Blutreich, meanwhile, tossed 62-6 on his third put and improved to 62-8 1/4 in the first round of the finals. No one else improved during the final three puts, so Aitkenhead was the winner in his first clash of champions in this event. Burbank's Gary Willison improved to 60-6 1/4 for fourth. Six Pole Vaulters were still in the competition at 15-0, having all cleared 14-6. Foreign exchange student, Ivan Moen (Los Gatos) came close to his state-leading 15-8 1/2 with a final attempt clearance of 15-6 for the win over the 15-0 vaults of Chris O'Connor (Crespi) and Johnny Lee (Santa Monica). Eleventh place in the event was 14-0.

Hawthorne's Raymond Young took an exciting 300m Intermediate Hurdle race in a state-leading 37.2. Fremont's Anthony Reynolds was the High Hurdle winner in a fine 14.19. Improving Mike Anderson (Burroughs, Burbank) upset Kenny Burke (Westlake, Westlake Village) on misses in the High Jump at 6-10. Terrence Strong (Bakersfield) stretched out to a fine 50-11 1/4 to take the Triple Jump.

Millikan's Kerri Zaleski, the country's top prep half-miler, came close to the Meet Record here over 800m with an unpressed 2:10.87 win. Hawthorne edged nemesis Muir of Pasadena in the Women's 400m Relay with fine 46.8-46.9 clockings. Sweetwater's Gail Devers took the 100m at 11.98, and La Puente's Faye Robinson continues to round into shape with her fine 24.72 win over 200m. Latrese Johnson (Clovis) took the high jump with a fine 5-8 clearance. Del Oro (Loomis) used a fine anchor leg by Liz McDowell to take the Distance Medley Relay for women in a state-leading 12:14.68. Celeste Paquette (Rancho Alamitos, Garden Grove) handled a competitive Discus field with a 135-6 best.

Lompoc's Frank Ramirez became the

latest in a long line from his school to take Arcadia distance races, when he edged away from the pack over the final lap to win the 3200m in 9:09.42. Cross-Country star Pat Watson (Palos Verdes) improved to 9:11.14 in second, with eleventh place here 9:18.5. Anthony Smith, a transfer from Serra (Gardena) to University High in LA this year, took the Long Jump at 23-9. Kurt Holden (Hart, Newhall) defended his Discus title here at 179-9.

Amy Cox (Foothill, Santa Ana) went out and handled the pace-setting chores on her way to a 4:58.21 1600m win. Renita Robinson (Manual Arts) took the Long Jump at 18-10 1/2.

### Results

-times in hundredths are Accutrack Timed; wind was not a factor in any running event or field event as determined by gauges. Distances metric.

### Women's Events

**100m:** 1. Devers (Sweetwater, Nat'l City) 11.98, 2. Ready (Poly, LB) 12.06, 3. Knighten (Locke, LA) 12.07, 4. Giddens (Locke, LA), 5. Blalock (Compton) 12.33, 6. Parros (Santa Monica) 12.35, 7. Grant (Hawthorne) 12.49, 8. Stiles (Millikan) 12.55.

**200m:** 1. Robinson (La Puente) 24.72, 2. Roberts (Cerritos) 24.78, 3. Giddens (Locke) 24.94, 4. Grant (Hawthorne) 25.08, 5. Parros (Santa Monica) 25.15, 6. Stiles (Millikan) 25.36, 7. Banks (El Dorado, Placentia) 25.51, 8. Henderson (Fountain Valley) 25.63, 9. Vaughn (Wilson, Long Beach) 25.79.

**400m:** 1. Knighten (Locke) 53.85, 2. Farwell (Millikan) 55.09, 3. Robinson (La Puente) 55.82, 4. Banks (El Dorado) 56.72, 5. Wilson (Muir, Pasadena) 56.95, 6. Nilson (Valhalla, El Cajon) 58.32, 7. Turner (Beverly Hills) 58.63, 8. Ransom (El Toro) 58.70.

**800m:** 1. Zaleski (Millikan) 2:10.87, 2. Garcia (Silver Creek, San Jose) 2:11.83, 3.

Quezada (St. Lucy's, Glendora) 2:13.71, 4. Chapel (Irvine) 2:13.98, 5. Henry (Los Gatos) 2:14.97, 6. Baker (Monte Vista, Spring Valley) 2:16.09, 7. Dulin (Hawthorne) 2:16.13, 8. Pentz (Homestead, Cupertino) 2:16.59, 9. Kenney (Valencia) 2:17.0m 10. Riebling (La Canada) 2:18.6.

**1600m:** 1. Cox (Foothill, Santa Ana) 4:58.21, 2. Thompson (Saugus) 5:01.88, 3. de Beittencourt (Carondelet, Concord) 5:02.00, 4. Cattivera (Mira Costa, Manhattan Beach) 5:03.01, 5. Snyders (Edison, Huntington Beach) 5:04.72, 6. Hull (Compton) 5:06.53, 7. McCarty (Buena, Ventura) 5:09.97, 8. Morfoot (Millikan) 5:10.34, 9. Escobosa (El Dorado, Placentia) 5:11.57, 10. Moring (Hart, Newhall) 5:12.11, 11. Cook (Golden West, Visalia) 5:13.1, 12. Ogle (Morro Bay) 5:13.8.

**3200m:** 1. O'Hara (Palos Verdes) 10:18.41MR, 2. Clark (Mountain View) 10:44.68, 3. Silva (Kennedy, Granada Hills) 10:50.52, 4. Helm (Laguna Hills) 10:51.02, 5. Mosqueda (San Gabriel) 10:53.59, 6. Rizo (Hart, Newhall) 11:03.00, 7. Ritchart (Edison, Huntington Beach) 11:05.55, 8. Scott (Tustin) 11:09.82, 9. Brown (Hawthorne) 11:10.44, 10. Blasinghoff (Clark, Las Vegas, Nev) 11:16.8, 11. Feit (Mater Dei, Santa Ana) 11:24.5, 12. Brookes (Bonita Vista, Chula Vista) 11:27.2.

**100m LH:** 1. Knighten (Locke) 13.93MR, 2. Franklin (Muir) 14.06, 3. Cantrell (Muir) 14.34, 4. Price (Hawthorne) 14.45, 5. Kendrick (Fremont, LA) 15.12, 6. Munford (Ganesh) 15.23, 7. Kelley (Canyon, Anaheim) 15.29.

**300m LH:** 1. Taylor (Ganesh) 42.3, 2. Cantrell (Muir) 42.8, 3. Devers (Sweetwater) 43.3, 4. Brown (Drake, San Anselmo) 43.3, 5. Franklin (Muir) 44.2.

**400m Relay:** 1. Fremont 49.15, 2. Beverly Hills 49.70, 3. Lynwood 49.93, 4.

continued on next page...

## Jan Johnson - HIND VAULTING CAMP Cal Poly San Luis Obispo June 25-29, 1984

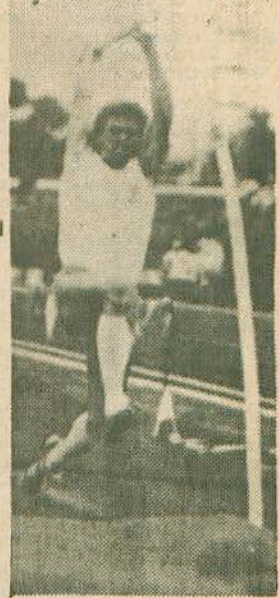
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1972 Olympic Bronze Medalist  
Former World Record holder  
M.S. Biomechanics  
Researcher

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# HIND





## Arcadia, continued...



Ray Brown (Muir), right, and Henry Thomas (Hawthorne) have been battling it out all season in the sprints. Brown was awarded the boys "Athlete of the Meet" at Arcadia. photo by Burt Davis

Gardena 50.37, 5. Manual Arts 50.42, 6. Jordan (LB) 50.65, 7. Crenshaw 50.78, 8. Los Gatos 50.83. **Invitational:** 1. Hawthorne 46.8, 2. Muir 46.9, 3. Compton 48.5, 4. Poly (LB) 49.4, 5. Kennedy (GH) 49.9.

**1600m Relay:** 1. Beverly Hills 4:01.34, 2. Irvine 4:02.74, 3. Dos Pueblos (Goleta) 4:03.53, 4. Fremont 4:03.62, 5. Crenshaw 4:04.52, 6. La Canada 4:04.61, 7. Los Gatos 4:05.50. **Invitational:** 1. Millikan 3:49.21, 2. Compton 3:50.04, 3. Muir 3:51.57, 4. Hawthorne 3:52.70, 5. Locke 3:53.81, 6. Ganesha 4:01.80, 7. Poly (LB) 4:03.12.

**Dist. Med. Relay:** 1. Del Oro (Loomis) 12:14.68, 2. Hawthorne 12:23.57, 3. Irvine 12:25.30, 4. Edison (HB) 12:29.01, 5. San Marino 12:30.79, 6. Newport Harbor 12:33.49, 7. Dos Pueblos 12:41.01, 8. Wilson (Long Beach) 12:49.56, 9. Corona Del Mar 12:57.57.

**High Jump:** 1. Johnson (Clovis) 5-8, 2. Carrasco (Anaheim) 5-6, (tie) 3. Claussen (Sunny Hills, Fullerton) and Reed (Valhalla) 5-4, (tie) 5. Orr (Ocean View, Huntington Beach and Lovely (Kennedy, La Palma) 5-4, (tie) 7. Cummins (Los Gatos) and Dimitrijevic (Temple City) 5-2, 9. Bedell (Villa Park) 5-2, (tie) 10. Meadors (Newbury Park) and Ray (Corona).

**Long Jump:** 1. Robinson (Manual Arts) 18-10½, 2. Devers (Sweetwater) 18-6, 3. Henderson (Fountain Valley) 18-4½, 4. Sims (Mt. Eden, Hayward) 18-3½, 5. Roberts (Cerritos) 17-8¼, 6. Edwards (So. Pasadena) 17-2½, 7. Brown (Saugus) 17-1½, 8. Ready (Poly, LB) 17-1, 9. Walulik (Edison, HB) 16-9¼, 10. Giddens (Locke) 16-8¼.

**Shot Put:** 1. Alexander (Arlington, Riverside) 44-8¼, 2. Simon (Antelope Valley, Lancaster) 42-5½, 3. Garcia (San Luis Obispo) 40-4½, 4. Brandt (Rowland) 39-4½, 5. Baker (San Marcos, Santa Barbara) 39-3¼, 6. Day (Beverly Hills) 38-8¼, 7. Smith (Yreka) 38-3½, 8. Jones (Kennedy, GH) 38-½, 9. Niko (Mt. Eden, Hayward) 37-9½, 10. Goudlock (Montclair) 37-5, 11. Williams (Fremont) 36-8¼ (better second mark), 12. Hull (La Jolla)

36-8¼, 13. Weenig (Laguna Beach) 36-4¼, 14. Yeager (South Hills, Covina) 36-1.

**Triple Jump:** 1. Bates (Berkeley) 41-9¼MR, 2. Robinson (Manual Arts, LA) 38-7½, 3. Robertson (Redlands) 38-6½, 4. Ames (El Modena, Orange) 37-6½, 5. Kirven (Woodbridge, Irvine) 36-11¼, 6. Taylor (Valencia, Placentia) 36-8½ (better second mark), 7. Stokes (San Luis Obispo) 36-8½, 8. McAllister (Madera) 36-7½, 9. Roberts (Cerritos) 36-5, 10. Orr (Ocean View, HB) 36-¼.

**Discus:** 1. Paquette (Rancho Alamitos, Garden Grove) 135-6, 2. Garcia (SLO) 135-1, 3. Smith (Yreka) 132-5, 4. Hall (La Jolla) 131-10, 5. Claassen (Clovis) 130-0, 6. Weenig (Laguna Beach) 128-5, 7. Nike (Mt. Eden, Hayward) 128-4, 8. Lashonkohl (Valhalla, El Cajon) 123-2.

**Athlete of the Meet:** Choo Choo Knighten (Locke, LA).

### Men's Events

**100m:** 1. Brown (Muir, Pasadena) 10.54MR, 2. Thomas (Hawthorne) 10.58, 3. Henderson (Berkeley) 10.98, 4. McCree (Madera) 11.02, 5. Martinez (Compton) 11.04, 6. Broussard (Manual Arts) 11.06, 7. Dixon (Eisenhower, Rialto) 11.08. **Open:** 1. Davis (Berkeley) 10.96, 2. Fuller (Loyola, LA) 10.97, 3. Tillis (Valley, Sacto) 11.02, 4. Davis (Inglewood) 11.05, 5. Hale (Monrovia) 11.12, 6. Bowyer (Monrovia) 11.14, 7. Patterson (Poly, LB) 11.18.

**200m:** 1. Thomas (Hawthorne) 21.38, 2. Hernandez (Glendale) 22.15, 3. Ford (Compton) 22.16, 4. Roberts (Crenshaw) 22.37, 5. McCree (Madera) 22.48, 6. Johnson (Eisenhower, Rialto) 22.58, 7. Tillis (Valley, Sacto) 22.64, 8. Marsh (Hawthorne) 22.69.

**400m:** 1. Schermerhorn (Woodbridge, Irvine) 48.14, 2. Green (Kennedy, GH) 48.15, 3. Witherspoon (Manual Arts, LA) 48.48, 4. Hunter (Berkeley) 48.65, 5. Henderson (Berkeley) 48.75, 6. Hart (Locke) 49.90, 7. Lee (South Gate) 50.12.

**800m:** 1. Schermerhorn (Woodbridge, Irvine) 1:51.74, 2. Anderson (Corona Del Mar) 1:52.99, 3. Sims (Dana Hills) 1:53.57, 4. Shields (Loyola, LA) 1:54.58, 5. Valdez

(Belmont, LA) 1:55.02, 6. Crouch (Dos Pueblos, Goleta) 1:55.18, 7. McDaniel (Locke, LA) 1:56.2, 8. Nesbitt (West Covina) 1:56.4, 9. Gonzalez (Montebello) 1:56.7, 10. Kelly (Hawthorne) 2nd 1:52.80 dq'd for interference.

**1600m:** 1. Gomez (Belmont, LA) 4:09.77, 2. Holmes (Santa Barbara) 4:11.09, 3. Palma (Glendale) 4:13.08, 4. Vargas (South Hills, Covina) 4:13.27, 5. Fithen (Serra, San Diego) 4:13.37, 6. Flice (Newbury Park) 4:14.45, 7. Zelinski (Notre Dame, Sherman Oaks) 4:14.55, 8. Baca (San Marino) 4:14.76, 9. Carter (Alhambra) 4:16.20, 10. Clark (Mountain View) 4:16.46, 11. Fontaine (Serra, San Diego) 4:17.68, 12. Goff (Locke, LA) 4:17.85.

**3200m:** 1. Ramirez (Lompoc) 9:09.42, 2. Watson (Palos Verdes) 9:11.14, 3. Nitti (Loyola LA) 9:11.96, 4. Hall (LaSalle, Pasadena) 9:12.53, 5. Carmona (Belmont, LA) 9:12.74, 6. Burroughs (Agoura) 9:13.38, 7. DeSota (Canyon, Canyon Country) 9:14.82, 8. Green (La Jolla) 9:15.81, 9. Sandoval (Southwest) 9:16.69, 10. Houlgate (Bishop Montgomery, Torrance) 9:18.21, 11. Goodlake (Fallbrook) 9:18.5, 12. Sandoval (Monte Vista, Spring Valley) 9:22.7.

**400m Relay:** 1. Eisenhower, Rialto 42.11, 2. Loyola, LA 42.59, 3. Carson 42.66, 4. Bakersfield 43.05. **Invitational:** 1. Muir, Pasadena 41.18MR, 2. Hawthorne 41.28, 3. Berkeley 41.46, 4. Manual Arts 41.90, 5. Fremont 42.46, 6. Westchester 42.52, 7. Compton 42.64, 8. Crenshaw 42.67, 9. Morse, San Diego 42.73.

**1600m Relay:** 1. Compton 3:22.54, 2. Kennedy, GH 3:22.93, 3. Morse, SD 3:22.96, 4. Carson 3:23.48, 5. Dana Hills 3:23.88, 6. Glendale 3:24.25, 7. La Canada 3:24.58. **Invitational:** 1. Hawthorne 3:18.38, 2. Fremont 3:17.62, 3. Muir 3:18.60, 4. Berkeley 3:19.09, 5. Eisenhower, Rialto 3:19.23, 6. West Covina 3:24.49.

**Dist. Med. Relay:** 1. Belmont, LA 10:19.34, 2. El Modena, Orange 10:19.87, 3. Corona Del Mar 10:22.68, 4. Barstow 10:24.56, 5. Clovis 10:26.51, 6. Serra, San Diego 10:30.17, 7. Santa Barbara 10:31.13, 8. San Marcos, SB 10:32.01, 9. San Marino 10:34.86, 10. Dos Pueblos 10:36.09.

**110m High Hurdles:** 1. Reynolds (Fremont, LA) 14.19, 2. Johnson (Blair, Pasadena) 14.28, 3. Nicholson (Millikan, LB) 14.46, 4. Byrne (Greenway, Phoenix, Ariz) 14.47, 5. Young (Hawthorne) 14.60, 6. Amos (Fremont, LA) 14.61, 7. Godinez (West Covina) 14.80.

**300m Intermediate Hurdles:** 1. Young (Hawthorne) 37.2, 2. Reynolds (Fremont,

LA) 37.5, 3. Roach (Laguna Hills) 37.5, 4. Porter (Cabrillo, Lompoc) 37.6, 5. Graharn (Hawthorne) 37.7, 6. Byrne (Greenway, Phoenix, Ariz) 38.0 (First year of event-Record Set)

**High Jump:** 1. Anderson (Burroughs, Burbank) 6-10 (fewer misses), 2. Burke (Westlake, Westlake Village) 6-10, 3. Cody (Servite) 6-8, 4. Clark (Valley, Sacto) 6-8, 5. Taylor (West Bakersfield) 6-8, (tie) 6. Palmer (Corona Del Mar) and Smith (University, LA) 6-6, 8. Golliday (Fremont, LA) 6-6, 9. Mills (Fallbrook) 6-6.

**Long Jump:** 1. Smith (University, LA) 23-9, 2. Lee (Hawthorne) 23-5½, 3. Hale (Monrovia) 23-3½, 4. Johnson (Blair, Pas) 22-11½, 5. Green (Inglewood) 22-9½, 6. Davis (Berkeley) 22-7¼, 7. Sanders (Bakersfield) 22-6½, 8. Gaines (Bakersfield) 22-6½, 9. Reynolds (Fremont) 22-2¼.

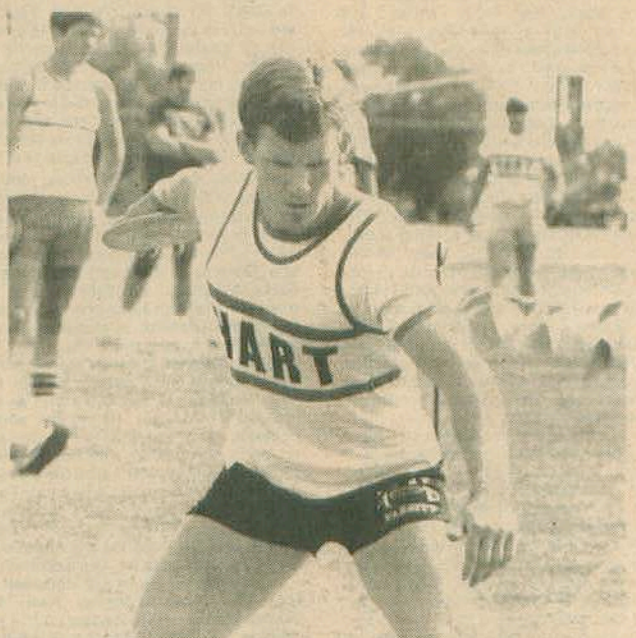
**Pole Vault:** 1. Moen (Los Gatos) 15-6, 2. Lee (Santa Monica) 15-0, 3. O'Connor (Crespi) 15-0, 4. Rodriguez (Arroyo, El Monte) 14-6, 5. Mulligan (San Dieguito) 14-6, 6. Foss (Santa Ynez) 14-6, 7. Johnson (Huntington Park) 14-0, 8. Howser (Newport Harbor) 14-0, 9. Johnston (Mt. Carmel, San Diego) 14-0, 10. Houde (Simi) and Parker (Los Gatos) 14-0, 12. Rowland (Rowland) 13-6.

**Shot Put:** 1. Aitkenhead (Mission Viejo) 64-6¼, 2. Bender (Shafter) 63-4¼, 3. Blutrich (Capistrano Valley) 62-8¼, 4. Willison (Burbank) 60-6¼, 5. Holden (Hart, Newhall) 58-6¼, 6. Walshe (Foothill, Santa Ana) 58-5½, 7. Jackson (Hawthorne) 55-3½, 8. Laut (Channel Islands, Oxnard) 54-5, 9. Bryant (Birmingham, Van Nuys) 54-1, 10. Richardson (Shafter) 53-7½, 11. Morrow (Crescenta Valley, La Crescenta) 53-4¼, 12. Wen (Fountain Valley) 52-6.

**Discus:** 1. Holden (Hart) 179-9, 2. Richardson (Shafter) 177-3, 3. Wen (Fountain Valley) 173-0, 4. Blutrich (Capistrano Valley) 172-2, 5. Winters (Valencia, Placentia) 169-4, 6. Pelham (Lindsay) 163-0, 7. Bender (Shafter) 159-11.

**Triple Jump:** 1. Strong (Bakersfield) 50-11¼, 2. Sanders (Bakersfield) 48-3, 3. Green (Inglewood) 48-1¼, 4. Young (Jordan, LA) 47-7, 5. Butler (Lynwood) 47-4¼, 6. Turner (Jordan, LB) 45-9, 7. Young (Hawthorne) 45-7, 8. Bell (Muir) 45-7, 9. Martinez (Claremont) 45-7, (placed on second jumps).

**Athlete of the Meet:** Ray Brown (Muir).



Kurt Holden (Hart, Newhall) upset state Leader Kevin Richardson in winning Arcadia. photo by Burt Davis



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# Long Distance Log

By RICHARD LEE SLOTKIN

## Points of Interest

Wouldn't it be nice if just this once they waived the requirements for the women's marathon trials? After all, it's the first one and it's for our own Olympics. Under the current requirements, there will be a lot of ladies missing who ought to be there: the ones who pioneered women's distance running in this country, and without whom, there would still be no women's marathon in the Olympic Games.

If completely waiving the 2:51:19 standard is too drastic, how about this for a compromise: Any female who has ever run at or below that would be invited to the Trials. And, to gather in a few more who deserve to be at the first ever U.S. Olympic Marathon Trials, invite anyone who has ever won any of several-to-be-designated major marathons, regardless of the time. I mean, what harm would it do? It wouldn't add enough women to cause a logistics problem. What it would do is give long overdue recognition to a lot of deserving people who's day may just about be gone, as far as making the Trials.

Micki Gorman, for example. I suppose if Micki really wanted to, she could get in to shape and qualify. But Micki is nearly 50 now and she's about had it with train-

ing. Even if invited, she probably wouldn't go, but her name belongs on the list of qualifiers. It wasn't that long ago when hardly any girls were breaking 3 hours and Micki, in her 40's, was running in the 2:30's. Jacqueline Hansen is another. Like Micki, she was a former world record holder. Jacqueline might yet qualify on her own, but then again, she might not. So? So what? She's proven herself. Without the likes of her and Micki to show the way, the Olympic Women's Marathon would still be on hold. Jacqueline belongs.

Nina Kuscak, Joan Ulyot, Roberta Gibbs, Judy Ikenberry, Cheryl Bridges Flanagan, first woman to break 2:50, Mary Etta Boltano who ran a 3:05 or so at age 10... The list isn't that big. Maybe a hundred. In a marathon, 100 more or less makes very little difference.

As I said, some of the people whose names I would put on the list will qualify legitimately. Some can't do it anymore; some never could. But they all were out there paving the way, proving that women could handle any distance men could. Ironically, it was American women who were doing most of the work, and the first Olympic Women's Marathon will be run on American soil.

What a nice touch it would be to gather the pioneers and say to them, "If anyone is qualified to run this trail, you are! We'll see you at the starting line!"

## Race Roundup

by Richard Lee Slotkin

For the past few months, I have been busier than the guy who had the band-aid concession at the Charge of the Light Brigade. Something had to give and it finally did: Me.

So, last month there was no coverage of the races I've gone to this year and no P.R. list. There were too many good events in January and February to ignore, so, ready or not, here they come. Way back on January 15th, there was the Mission Bay Marathon. The following week we had the Sunkist Indoor Meet and Super Bowl Sunday, the state's biggest 10K. The following week, on January 29, was the Runner's Den 10K over in Phoenix in which 46 guys broke a half-hour. A lot of Californians were in town for that one, so we think it's worth talking about. Things quieted down for a week, and then perked up again with the Times Indoor Games and the updated Long Beach Marathon. The next weekend saw the third double of the season: the Michelob Invitational in San Diego on Friday night and the Los Angeles International Marathon on Sunday morning.

That's quite a schedule and I am taking advantage of the temporary - always temporary - lull in the activity by catching up. That, too, will prove to be only temporary, I fear.

Mission Bay has been around a long time, like 20 years. This year's version was especially interesting for a couple of things that happened and for me that didn't. The one that didn't happen was at least one male Olympic Trials Qualifier. Winner Joe League missed it by 44 seconds and he was the closest. On the other hand three women made it, including 43 year old Shirley Matson. The other thing was the case of the missing leaders. Jeff Dettmer got off to his usual fast start, only this time he had company. Tom Lux and Robert Lusitana went with him and stayed with him. Soon, they were out of sight. By the half-marathon, Lux and Lusitana were in the lead, Dettmer was starting to fall back, being run down by two guys whose P.R.'s are nowhere near his 2:14. Worse yet, League and Rusty Gorman were in sight and gaining. At about 16 1/2 miles, League was in the lead, Dettmer way back and Lux and Lusitana, still side by side, but now in second. For the past several miles, the "L" boys had looked as they weren't taking the whole thing very seriously, although you couldn't have told by Dettmer. Suddenly, they were gone. Disappeared. Why, those rascals never intended to run the whole thing. They just wanted a 15 mile workout. Some said their plan was to burn Dettmer out and set up a win for League. Are you kidding? No one burns Dettmer out except Dettmer. Unfortunately, he does it to himself all too often and he did again at Mission Bay.

Anyway, from about 16 miles on, it was League and Garman, League finally getting some breathing room by 22 miles. Garman was still in it though until the last 2 miles when stomach cramps and blisters wore him down.

Judy Vivian was told by her coach to go just exactly fast enough to qualify for the Trials. In following his orders, she saw Sue Peterson take off and leave her. But Vivian's plan turned out to work better. Peterson DNF'd and Vivian won; and qualified by over 4 minutes. Shirley Mat-

son had her doubts in the late miles, but she was holding second place by then, and was in reach of qualifying: Urged on by her boyfriend she hung in but at about 25 miles, Mary Burns blew by her to take 2nd and become an O.T.Q. Burns had gotten off to a slow start, even had to stop for a few seconds. She made it up, though, finishing with a flourish.

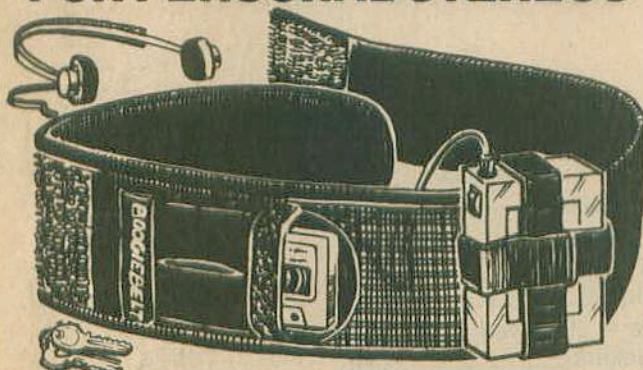
League was disappointed, but he didn't cry about it. He took some consolation in the fact that he did win, his second one here. He figured he'd make it next time, which was the Long Beach Marathon, not quite a month later. He had tough luck there, too, falling back to a 2:21:17 as Ron Cornell finally put it all together and got himself a big win, plus a Trials qualifying time.

Cornell has taken a lot of flack for questionable race strategy. That means, mostly, setting a fast early pace and getting blown out later. He admits it but claims that he has finally seen the light and is maturing considerably. Looking at his last three races, you would have to agree. He ran well at the Super Bowl Sunday 10K, finishing 4th in 29:43. A week later, he ran another sub-30 at the prestigious Runner's Den 10K over in Phoenix. Then, at about the 7 1/2 mile mark at Long Beach, Cornell found that warm spot in the sun. That's where he moved out in front of Rick Sayre, last year's winner, and never looked back. He didn't look side ways either, going the whole 26 miles without a water stop. At the 18 mile aid station, his pal and sometimes coach "Marathon" Lacey ran alongside him with a water bottle. Cornell took a sip or two, but he was ok. Lacey, a 2:30's marathoner himself but at the moment half dead from a bad bout with the flu, managed to hang on for a little over a quarter mile. But it was a well-spent quarter. Telling Cornell he had a big lead (he did) and was running well (he was), he supplied Cornell with a priceless, if brief, pep-talk that helped carry him the rest of the way to his 2:17:45 win. Afterwards, Cornell said, "... that was a real good boost, to come up at 18 miles and have some friendly advice there for you... It really pumped me up!"

For Sayre, it was a bit rougher. With a win here last year and a 2nd two years ago, Sayre was going for a course record, not to mention a win. But, it didn't work out. Feeling pretty good at about 4 to 5 miles, Sayre tried a surge. It got him a small lead and he felt that he could push it the rest of the way. Instead, Cornell threw in a surge of his own, and then he pushed it the rest of the way. Both Sayre and Cornell claimed that they "felt apart" late in the race, Sayre more so than Cornell. Somebody apparently familiar with the old Cornell had called out to Sayre, after Cornell had opened up a pretty good lead, "Don't worry about him. He'll die!" Cornell finally did, at about 22 miles, but "... I died a little more than he did, I think." Not to worry, though. Sayre has already qualified for the Trials, and Cornell, ironically, doesn't intend to go. Still considering himself a miler, Ron is shooting for the 1500 and 3000.

With Cornell the only male qualifier and the clock reading 2:47:00 and counting, and not a soul in sight in the women's finish chute, it looked as though there might not be any more O.T.Q.'s. Susan Berendo had been running as 1st female for most of the race, but she hadn't been seen lately. In fact, she had dropped out at 23 miles. Never much ahead of a pack that been dogging her all the way, she had given way to Sherry Simmons by the time she pulled out.

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Meanwhile, the clock at the finish line was clicking off the seconds and had just flipped to 2:48:00. Suddenly, there she was; the 1st female. Swinging round the corner about a short block away, Donna Chin of San Diego flew toward the finish line, crossing it in 2:48:27. That broke the ice. Within two and a half minutes seven females came in, all of them under the qualifying limit of 2:51:26. Chin had overhauled Simmons with no more than a mile and maybe a quarter to go, getting the win, a course record and a PR to go with her O.T.Q. Following Simmons, there came Kathleen Kinane, Liz Baker, Beth Milewski, Janice Frickel and Debbie



photo by Richard Lee Slotkin

### JOE LEAGUE, leads the Mission Bay Marathon at 15 miles.

Heaton. Lita Whiteman finished 8th in 2:51:34, missing by a frustrating 8 seconds.

Chin was quite surprised to win. Her race plan was to run a consistent 6:25 pace all the way and qualify. Anything else would be icing on the cake. Running with Kinane, whom she knew from their days at UCSB, where Chin was a distance runner and Kinane was track coach, she decided to go after Simmons just after Berendo dropped out. Apparently, it didn't change things much because her average was 6:25. Well, actually, 6:25.8. Kinane didn't mind being left behind, though. Running only her second marathon, she PR'd... and O.T.Q.ed.

Liz Baker, former star at SDSU, was feeling quite sick at the start of the race. On top of that, she ran a 7:30 first mile. She must have regained her health soon after that because by 9 miles she was on a 6:30 pace. And that was good enough to carry her to a 4th place in a very competitive race.

In his first year as race director, Joe Carlson ought to be given a grade of A. This was a well run and managed affair. One of the more impressive sights occurred just after the wheelchairs were sent off. A convoy of tandem bicycles headed out onto the course. Each bike had two medical help people, doctors,

paramedics, nurses, whatever, plus a couple of baskets full of medical supplies. It had to be reassuring to know that wherever you were on the course, professional help was no more than a minute or two away. This could become the best grass roots marathon in Southern California.

Getting back to Cornell, he said that he hadn't planned to run this one. Then, the Wednesday before the race, he called Carlson and asked him if he could have a number. Carlson complied, and Cornell entered, figuring that if he felt good at 15 miles he'd go the whole way. If not, he'd drop out there.

Obviously, the young man is on a roll. And, he's been showing well against some really good competition. For example, at Super Bowl Sunday, he was 4th overall in a field that had about a dozen sub-30:00 finishers. And, the following week, on January 29th, though he finished only 21st at the Runner's Den 10K in Phoenix, he was 9 seconds faster and in a field that had forty-six guys crack a half hour, and nine of them were under 29 minutes.

There were a lot of Californians in that fast company. Converse Aggie Ivan Huff was the first of them, and the only Golden Stater to break 29:00. Huff ran all the way in an ever dwindling lead pack that ultimately ended up with eight. That may not sound like very many, but this was at the 6 mile mark. A quarter mile to go and you've still got eight guys fighting it out.

Part of the reason for that was a slow pace up until then. They were averaging around 4:37 a mile. When you've got guys like Craig Virgin, Markus Ryffel, Robbie Perkins, Dave Gordon and Huff in there, that's not all that fast. Especially on a pancake-flat course.

Anyway, Bruce Bickford was the one responsible for finally breaking the pack up. He had tried to make a break earlier, at about 4 1/2 miles. It was, by his own admission, half-hearted. He just couldn't seem to get to where he felt well. Then, at 5 1/2 miles, he gave it another go, but his heart still wasn't in it. This time, though, the pack did string out. Ryffel, a Swiss with 3:54 speed, and Virgin moved out in front, side by side. Neither wanted to go for it yet. It was going to be a kicker's classic. Except... except that Robbie Perkins, who had been left behind when Bickford made his last move, suddenly took off. Trying to get back into the middle of the string, his momentum carried him past Virgin and Ryffel. Ryffel reacted first and went for it. He caught Perkins with less than 200 yards to go and pulled away for a one second win in 28:32. Perkins held on for second. Virgin got third but he had to fight off a challenge from Don Janicki, who had gotten just about even with him with maybe 20 yards to go. Virgin had one last kick in him, though, and he used it well, gaining a couple of steps on Janicki. Then, in very short order, came Dave Gordon, Perkins' At West teammate, followed by Huff, Tom Ansberry, Bickford and Bickford's New Balance teammate, Marc Curp, with a time of 28:43, was the last of the sub-29's, all eight of them. Those were the eight who ran together for the whole race except for the last quarter mile.

After Curp came the first real gap, some 20 seconds. Then, there was the procession of 38 runners in a 56 second span. These were the guys who ran 29 something. Is that a quality field, or is that a quality field?

Some of the fast Californians were: John Moreno, 29:14, Carmelo Rios, that man Cornell, Kirk Pfeffer, Steve Ortiz, Dan Harvey, John Koningh, Frank Plasso and Brian Russell, all of them under a half hour.

There were some pretty good girls too. Debbie Eide, from Oregon was an easy winner, leading just about the whole way, except for the first mile, when Kellie Cathey showed her usual fast start. After that, it was all Eide who finished in 33:35, almost a minute ahead of Amy Avrit, up until recently better known as Amy Harper of Cal Poly San Luis Obispo, was the first of 4 Californians who were in the

top 6. Following her were Liz Baker, then Cathey, who was run into 10 yards from the finish by the lone wheelchair entry. Cathey was already in bad shape, and the collision not only jolted her, but it got her so disoriented that she couldn't find the finish line. She finally was set right and got across, having lost at least ten seconds. Luckily, Eileen Clausus, who finished 5th, was way back, so Cathey didn't lose any places. Following Clausus came the 4th Californian, Robyn Root, who also runs for CPSLO. Root's time was 35:52. All together, there were 17 females who made it under 40 minutes. In fact they were all under 39 minutes.

That's a pretty good women's field for an open race, but it didn't have anything in the Super Bowl Sunday 10K held one week earlier, on January 22nd in Redondo Beach. Despite the increasing popularity of an already popular event... they claimed 20,000 ran this year; that's doubtful, but there were probably between 12,000 and 15,000... they still have a few rough edges to smooth out. One of them is results. I don't know how many females were under 40 minutes. The official results show 12. Considering that the 12th one finished in 38:35, you'd have to expect that there are at least a few more in there, and, in fact there were. Unfortunately, results go only down to the top ten overall and only three deep in the age groups. If you're going to claim 20,000 people in your race, you ought to be willing to list the top hundred finishers overall, at the very least, and maybe 10 deep in the age groups, so that some of the good times don't get lost. With 12 to 15 thousand official entries, there ought to be enough money just on entry fees to cover that expense.

Anyway, of the dozen gals who broke 40, 10 were under 37:00, compared to 6 at the Runner's Den. Leading them all was Monica Joyce with a time of 33:24, 11 seconds better than Eide's win in Phoenix. You know, the Phoenix race was loaded up with imported runners, while the Redondo Beach thing was all volunteers, so to speak. So the women's times are that much more impressive.

By winning, Joyce received a pair of round trip tickets to London. Her only reason for entering the race was those tickets. She hopes to use them in reverse. Her parents live in London, and if the tickets can be set up as London-LA-London, rather than LA-London-LA, then her folks can use them for visit here.

Pam Morris was kind of hoping to get those tickets herself, and when she shot by Pat English with 150 yards to go, she

thought the trip was hers. What she didn't know was that Joyce had already won a minute and a half ago. Morris had never seen Joyce, didn't know she was even in the race. English, on the other hand, was kind of glad that Joyce had won because "... I'm just happy that I wasn't outkicked and lost the trip." She then laughed, knowing that the tickets had been gone long before she got there. Still, English was impressed with Morris's kick. "She came by me like I was standing still, and I thought I was going all out!" Said Morris, "When I decide to pass someone, I like to do it in a hurry and not give them a chance to react."

In fact, except for Joyce, the girls were pretty darned competitive. Pat English always starts out conservatively and manages to pick up speed and places all along the way. Pat Story likes to get out pretty quickly and get on with it. Story was in second at 4 miles. Leslie McMullen was 3rd, with Morris holding 4th, thinking she was 3rd.

Then, English passed her and soon overtook McMullen. Morris tried to stay close to English, and at about 5 miles, they both passed Story. Part of the last mile and a half of this race is on the Redondo Beach Pier. It's very difficult to pass anyone on the pier because of the tight turns and the narrow passage. So, Morris just stayed close on the pier, figuring that she could call upon her track speed to outkick English once they got off the pier for the final 150 yard straight. She knew the course, having won here in 1982. That part worked out just right. Now if only Joyce hadn't been there.

Meanwhile, Ruth Wysocki made a late move, also calling on her track background, and she too got by Story. Story is training very hard for the marathon trials, so her 10K speed has dropped off some. Plus, she didn't want to risk injury by getting into any dog fights. She's saving it all for the trials. In any case, she wound up two seconds behind Wysocki with a time of 35:02. McMullen was next three seconds later, and in 7th place with a time of 35:17 came Sheila Raiston. Raiston had gone out with Joyce for the first mile, so she knew Joyce was there all along. That jaunt probably cost her a minute off her finish. A minute that would have meant second place instead of 7th. But, sometimes, you just have to go for it. Why not?

Still, that shows the strength of the women's field at this race. A 35:19 in an

continued on next page...



photo by Richard Lee Slotkin

Runner's Den 10K at 5 miles. From left: Bruce Bickford, Craig Virgin (3), Ivan Huff (44), Don Janicki, Markus Ryffel (4), Tom Ansberry, Dave Gordon (47), and Robbie Perkins (64).



## Long Distance Log



Photo by Richard Lee Stoklin

### AMY AVRIT, 2nd female, 1st Californian at Runner's Den.

open race with no prize money and no imported elites, and all you get is 7th. The men's race was even better. Again, inadequate results preclude our knowing just how good, but we do know that there were at least eleven under 30 minutes.

It turned out to be a two man race with Steve Bishop and Tom Wysocki as the principals. Bishop did not want to get into a race that would come down to a kick; not with milers like Ron Cornell and Brian Russell around. And not with kickers like Wysocki, Dave Babrack and Jon Butler around. So, just after a mile, going up the first hill, he moved up and took the lead. Two miles in 9:24 and Bishop has moved out to a 5 or 6 yard lead, followed by Gary Gregory and Carmelo Rios, two more guys that Bishop doesn't want to have to kick with. Eleven minutes into the race, Bish had a 10 yard lead, but now it was Wysocki in 2nd. Cornell, Rios and Gregory are still in it, hanging close to Wysocki. After that, there's a gap of 20 to 30 yards. In the group back there is Tim Varley, another yet that Bish doesn't want any part of in the last quarter mile.

Well, Bishop kept up the pressure, moving further and further out until he had built up a five second lead on Wysocki at the 4 mile mark, which he passed in 18:47. Rios was just behind Wysocki. And that was it. No one else was in it now.

Wysocki then made the move that he was either going to make right then and there or not at all. Leaving Rios, who was beginning to fade anyway, he began to close the gap and just after 5 miles he caught Bishop and moved a step into the lead. Normally, when the pattern goes like that, you can expect the guy who's been leading to give it up and fall back. Bishop didn't do that. He did exactly the very thing he had desperately hoped NOT to do: He got into a dogfight that was go-

ing to come down to a kick. And with Wysocki, of all people. I mean, like, this is no 30 minute 10K racer. Here's a guy that can go under 29.

So, they traded the lead a couple of times, went through 5 miles in 23:30, switched leads a couple more times, and then came to the pier. At that point Wysocki had a two step lead. And he looked tough. Bishop looked pretty good too, for that matter, but he appeared to be more like trying to hang on than contend any more. A classic case of looks being deceiving. For, while they were on the pier, tight turns, narrow passages and all, Bishop slipped by a surprised Wysocki. "He passed me going out on the boardwalk," Wysocki recalled. "He was really hitting those turns."

While this was going on, Rios, who was now on the pier also, but being reeled in by the surging Varley, Cornell, Gregory and Nick Carr, Aggie Rios made a wrong turn. He was feeling so badly by then that he probably did it on purpose thinking that he saw a sign on a door that said "Men." When he recovered, having been called to by the four who passed him, he had lost all those places and had to struggle with a miler type by name of Brian Russell the rest of the way.

And speaking of the rest of the way, Wysocki and Bishop were still at it. Wysocki grabbed the lead back right after they got off the pier, but Bish was still right there. Then, with both of them going all out, Wysocki proved to have just a little bit more reserve; at that point you couldn't call it speed. Bishop must have been down to empty because he eased off just ever so slightly and Wysocki pulled ahead two seconds worth. He crossed the line at 29 minutes flat, breaking Martti Kiliholma's course record by 33 seconds. Bishop was 31 seconds under it. Then came Varley, in 29:41, followed closely by Cornell, Gregory, Carr, Rios, Russell, Dan Brady and Jon Butler. It took exactly 10 seconds for all eight to come in once Varley hit the finish. Gregory and Carr were timed the same as were Rios and Russell. By far, the most competitive and exciting finish of this six year old race.

And that brings us to the grand finale: The Los Angeles International Marathon. Unlike Super Bowl Sunday VI, this one didn't have the numbers. No 20,000 here. Well, neither did SSVI as far as I would estimate. In fact, the L.A.I.M. didn't have much over 500 starters, if even that. But, what a field. There was some gold in them that 500. Especially the Africans. Kenya had designated this race as its Olympic marathon trials. It might just as well have because all their best runners were already in the USA attending college. And, this being the Olympic Marathon course, the race would provide invaluable experience, to be called upon in August. Mexico also designated it as its trials despite the no-show status of its top two marathoners, Rodolfo and Jose Gomez whom, we learn, are disqualified from the team because they didn't show up. In addition, several other foreigners stood to make a good case for inclusion on their country's Olympic team, in cases in which teams are formed by selection rather than trials. The British were in this situation.

It was somewhat cool at starting time, so it was not surprise to see Gidamus Shahanga bundled up in a T-shirt under his racing singlet. Anything under 90 degrees, this guy says it's cold. The Tanzanian started no time warming up. From the starting line, just behind Santa Monica College, he took off fast and by 3 miles he was 50 yards in front of everybody in town. As I watched him running up Bundy Drive, heading for San Vicente Blvd., I was struck with a surge of *deja vu*. Last May, running over almost the same course, Julie Brown had done the same thing to her competition. But Shahanga can be very temperamental when he wants to be. Besides this being an Olympic qualifier for him also, there

was the matter of \$100,000 worth of prize money, \$25,000 of it going to each of the first male and female finishers. As it turned out, Shahanga decided to turn down the money so as to retain his NCAA eligibility. Nonetheless, at this point, it irked him that with all that was at stake, no one else was going out with him. He was doing all the work. "I don't want to be a pace maker," he told himself. So, incredibly, he not only let himself be reeled in, but he dropped back some 50 yards, or more, from the new leaders. He said later that he didn't feel that he was that far back. "I just decided to let them go and see how the race would go before I would have to decide what to do."

By five miles, Shahanga was back with the boys. This group, which had long separated itself from the rest of the crowd, was quite a luminous aggregation. Joseph Nzau, Simeon Kigen, Gabriel Kamau, Sam Sitonik, all from Kenya, the great Gerard Nijboer from Holland, John Graham and Hugh Jones from England, Ron Tabb, the lone American in that group, and a guy who turned out to be a real sleeper, Jesus Herera from Mexico, running his first marathon. There was a lot of shifting in the pack as they got onto the 2 1/4 mile downslope on San Vicente, but Tabb was giving it a shot at taking command. He never did convince anyone, though. He went through the 10K in 30:40, trying to assert himself. Everyone stayed close. Except Shahanga. He had dropped to the back of the pack and was slowly giving ground. By the 8 mile mark, Shahanga was way back, maybe 30 yards, and Nijboer was back there, too, just ahead of him. Tabb had slipped back into the middle of the pack and it was Graham's turn to try something. Then Jones went in front.

This sort of thing continued, with Shahanga and Nijboer giving more ground until they were close to 50 yards behind. But suddenly, Nijboer began to move up to the pack, and Shahanga followed, not as quickly. At just past nine miles, in the Ocean Park section of Santa Monica, Nijboer was back in the pack and Shahanga was about 15 yards behind, looking, now, as though he could move up anytime he wanted to. Less than a minute later, Nijboer had taken the lead, and he was to stay there until about the 35K.

They went through ten miles in 48:50, a very fast pace. Just after that, they came to an aid station and in the scramble for water cups, Jones found himself hemmed in by Herera and ran into one of the station volunteers. He went down, and it looked as though it was pretty hard. He got up quickly, rejoined the pack, but now he was in the back instead of up front. From there on until the very late stages, Jones slowly lost ground on the leaders. A few minutes later, Tabb began to falter, and soon was keeping Jones company. Not for long, though. He kept fading until finally he dropped out at 20 miles. He named dehydration as the culprit.

Meanwhile, Shahanga was still playing his waiting game, about 25 yards back, farther than either Tabb or Jones.

By 12 miles, things had taken the shape that they were going to be for most of the rest of the way. Shahanga was now in the pack, which was slowly separating into two packs. A group of six were in front while the two Brits, Jones and Graham, were slipping away. Up front, it was still Nijboer, and with him were Herera, Nzau, Kigen, Sitonik and Shahanga. In no particular order.

Through the half marathon in 64:05, Nijboer still in the lead, but that was just a matter of position. They were all pretty close. They had been in the Marina Del Rey area for the past couple of miles, and soon they would leave and get onto the 3 1/2 mile stretch of the Marina Freeway. This is a section that no one liked. The girls at the Avon last May didn't like it much either.

Anyway, the pack of six continued their trip, continuously changing positions, except for Nijboer, while Jones began to look pretty lonely as he struggled along

well to the rear. Graham and Tabb were both out of sight. Graham would also DNF.

After the 35K, there were some challenges for the lead, mostly Shahanga and Herera, who is looking very well for a first timer, and in against this kind of company. Leaving the freeway and coming into Culver City, Nijboer finally relinquished his claim on the lead and he then began a slow fade. As far as the win was concerned, he was out of it, but he was far from out of the race. He'd be heard from yet. In fact, hard to believe as it was, Jones, who was over 200 yards behind the group, was also going to be heard from before it was over. Anyway, as they passed my house at 19 miles plus about 100 yards, the real race was beginning to take shape. Shahanga was beginning to assert himself again. Herera hung on to him, though, and Nzau and Kigen were still in contact. Sitonik, who was also running his first marathon, was paying the price and fading badly. He was some 35 yards behind Nijboer and would soon drop out.

Meanwhile, Shahanga was pressing. He didn't seem to mind being the pace maker now. At 21 miles Shahanga had opened up a 25 yard lead on Nzau and Kigen. First-timers Herera was now fully aware of what kind of company he was keeping. He wasn't keeping it quite so well anymore, having fallen behind Nzau and Kigen.

It appeared that it was Shahanga's race. A big lead, running well, Nzau and Kigen, though not out of it, not looking as though they had enough left to do any damage.

Somewhere around 22 miles, the final challenge came. Nzau and Kigen, about 30 yards behind Shahanga, both moved out. They began to close the gap, but Kigen couldn't hold that pace. Nzau, however, seemed to be jet-powered. Taking very long strides, he soon caught Shahanga and then passed him by a step or two. Now, this is not vintage Nzau. What Nzau likes to do is get on someone's shoulder and sort of tippy toe behind them until the last 100 yards... and then set off his explosive kick. Nzau said, afterward, that he wasn't trying anything, just holding his pace. It didn't look like it, not after the surge he put on to overhaul Shahanga. Anyway, he began to have stomach cramps or a stitch, or maybe both and that gave him trouble. He still held on, but at the last water stop, just before 25 miles, he pulled in, Shahanga didn't and that was the race. Nzau couldn't catch up after that and Shahanga went on to a 2:10:19 win. Nzau was second in 2:10:40. Third went to Nijboer who must have thrown the biggest surge of the decade out there on the course. He was only 13 seconds behind Nzau. Herera proved to be for real, and he took 4th in 2:11 flat. Then came the gamecock Jones, who outlegged the fading Kigen by almost a minute. Still, Kigen's 6th place was under 2:13, so it wasn't a bad effort. These guys made a shambles out of the former state record and it was unquestionably the best marathon ever run in California. Possibly a preview of what's coming in August. Chris Schallert of North Hollywood was a surprise as the first U.S. finisher. Schallert was 8th overall, P.R.'d and with a 2:16:15 he became a Trials Qualifier.

The women's field wasn't as deep as the men's and it turned out to be a two woman race. Jacqueline Gareau and Ann Audain were pretty much it. Audain was in her second marathon and wanted to avoid the crash that befell her in Chicago. She also wanted to show well to get her spot on the Kiwi Olympic team. Gareau, on the other hand, wanted 25 grand, so she kept testing Audain with surges. Audain stayed with all of them except the last, which came at 25 miles. Knowing that she could stand anything for 7 minutes, Gareau let loose with one more surge, and that did it. She got a ten second lead and a \$25,000 paycheck. Asked if she was worried about Audain's track speed if it came down to a kick, she said,



"I know she doesn't have that kick after 20 miles . . . and I'm kind of a good miler after 20 miles."

That she was.

Next after Audain was another Kiwi, Mary O'Connor. Then came the two very pretty Russians, Polima Grigorenko, who looks more like someone's 14 year old sister than a world class marathoner, and Zoya Ivanova, who looks more like someone's big sister.

Hard luck story of the day was Kyle Heffner's 2:19:07. Three lousy seconds! And Heffner is the guy who was 3rd at the 1980 trials. Some days, it doesn't pay to get out of bed.

Gunter Mielke, of West Germany, gave the masters something to think about. At age 40, he was 10th overall in 2:17:59. If he were a U.S. citizen, he'd be qualified for our trials. As it was, only Schallert and Frank Richardson from North Carolina were qualifiers for our men's trials, and there were no women qualifiers.

Another hard luck story happened to John Scrofano. Someone went to a lot of trouble to dig his jacket out from under a pile of beer cartons and make off with the valuables. Scrofano had put it there while he worked the finish line, assisting runners through the chute, many of whom needed it. He was doing a truly magnificent job, the best I've ever seen, urging the limpers down that last 20 yards, and then, as soon as they crossed the line, sweeping them up in his arms and carrying them through the chute.

When John discovered the theft, which culminated a week in which both his apartment and car had been broken into, he went nearly berserk. He received a lot of help in this from some bone-headed broad who, apparently at the race to watch her husband or someone, kept reassuring him that it was his own fault for leaving the jacket there and he deserved what happened, and so on. Several witnesses told me that she was so obnoxious that she came close to being assaulted - by the witnesses!

Well, a certain master, may, senior, whose name will not be mentioned but whose initials are Flory Rodd - this guy Rodd goes up to Scrofano and says not to worry. He, Flory Rodd, is holding a check for \$100, his reward for winning the 60 & Over division. "How much money did you lose?" he asks. "I just won this hundred dollars and you can have whatever you lost out of my check." Big John, and he is big, was still so ticked off that he just pushed Flory out of his way.

Later, a calmed down Scrofano saw Rodd and he went up to him. He was very apologetic and very touched. Rodd whipped out the check and repeated the offer. Big John wouldn't accept and Rodd wouldn't accept the refusal. So, we had a standoff. Well, you're not going to beat ol' Flory in that kind of match. Putting aside the check, Rodd went into his wallet, pulled out a bill, a big one, jammed it into Scrofano's huge fist and pointed to the two girls who were with Scrofano. They had also been working the finish line and Rodd said, ordered, would be more accurate, that Scrofano should take them to breakfast at the best place in Santa Monica because they did such a great job. And while he was there, he could eat too. Just make sure it's a good restaurant.

Ol' Flory won. Boy, did he win. When the two girls, whose names and initials will go unmentioned, heard what he had done, they ran over and pulled him out of my car and they each gave him a big hug and . . . well, you know. That sly son-of-a-gun! It's a good thing he didn't win the \$25,000. He'd have probably bought them all cars.

I don't think I could name two other guys in the state who would have done what Flory did. This was no grandstand gesture. There were no witnesses the second time. He's just that way.

And, because he was such a nice guy, we won't mention his time. He'd prefer it that way. (Besides, it's in the results.)

photo by Richard Lee Slotkin



CHRIS SCHALLERT  
P.R.'d at L.A.I.M.

# PR's

Well, we're back, finally! And we have a lot of P.R.'s this time, too.

P.R. of the month goes to:

1. All the O.T.Q.s, and best of luck to you in the trials.
2. Chris Schallert at the L.A.I.M. First U.S. finisher, and . . . O.T.Q.!
3. Mei Shine: Mei ran a 78:51 ten mile and a month later he knocked seven minutes from his half marathon P.R. Mei was 74 years old. He is now 75. Keep going, ol' buddy!
4. Angela Hernandez: Running her 1st 10K at mere 10 years old (hey Mei! How do you like that?). Angela ran a 41:08 and won the 16 & under division, and got a course record for the division.

John Alvarez (New Horizon TC) A Run to Remember 5K	20:33.8
Liz Baker (Phoenix Vitamins) L.B. Marathon, O.T.Q.!	2:50:03
Lee Berg (Hack) Up the Estuary In February Half Marathon	1:15:52
Dolores Bezenah (Lopers Marathon Clinic) Loesshorn's 5K	*25:04
Ann Boyd (SCR) Bakersfield Half Marathon	1:40:47
Mike Brindley (Cov) Mt. SAC All-Comers 800m	*2:18
Sally Broilier (SCR) Ed Jerome Memorial 5K	23:31
Kathy Browning (SCR) Super Bowl Sunday 10K	*68:00
Linda Burch (HRR) Super Bowl Sunday 10K	*75:48
Mary Burns (Chart) Mission Bay Marathon, O.T.Q. 2nd F	2:49:39
Vito Canzoneri (HDR) Bakersfield Half Marathon	1:45:15
Ramona Caouette (SCRR) Up the Estuary In February, Kid's Cup 1 Mile, 1st F(9)	*6:45
Donna Chadwick (UCLA) Non scoring meet at UCLA, 3000m	10:29.6
Dennis Chernoff (HA) Olympic Torch 10K, 1st Mended Heart	51:33
Dennis Chernoff (HA) Mazoia/YMCA 5K	23:52
Donna Chin (Saucony) L.B. Marathon, 1st F, O.T.Q.!	2:48:27
Don Clark (SCRR) Up the Estuary In February, Kids Cup 1 Mile	*6:39
Club Hack, Up the Estuary In February Half Marathon (Team PR) 1st Team	56 pts.
Robert Corlew (HDR) Bakersfield Half Marathon	*1:14:44
Ron Cornell (SUB-4) L.B. Marathon, 1st, O.T.Q.!	2:17:45
Val Cunliffe (SCR) Ed Jerome Memorial 5K	33:42
Val Cunliffe (SCR) Super Bowl Sunday 10K	65:43
Glenn Deines (SCR) Long Beach Marathon	*3:06
Patrick Devine (STC) Los Angeles Int'l Marathon	2:48:45
Vicky DeVita (SCR) Ed Jerome Memorial Half Marathon	1:45:22
Julie Doering (SCRR) Up the Estuary In February Half Marathon	*1:23:22
Julie Doering (SCRR) Spring Games 10K, 1st F	37:18

continued on next page . . .



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# P.R.'s, continued . . .

Laura Doering (Cerro Villa JHS) Orange Unified Sch. Dist. Relays (2nd leg)	2:28
Scott Duval (HDR) Bakersfield Half Marathon	1:18:18
Patricia English (TR) Stockton 10 Mile	56:56
Steve Flynn (SCR) Reach For The Stars 10K, 2nd	30:10
Ron Gag (SMT) Phoenix Marathon	2:22:03
Chuck Gormley (Paramount HS) Paramount 10K	37:05
Chuck Gormley (Paramount HS) El Rancho Relays 4x1 Mile	5:01
Sue Hampton (SCR) Reach for the Stars 10K	35:03
Bernie Heinze (SCR) Reach for the Stars 10K	39:43
Jeff Heile (Cov) Mt. Sac All-Comers, 800m	2:17
Angela Hernandez (Soie Burners RC) Gilroy Garlic Festival 10K, 1stF 18&U	*41:08
Chuck Hernandez (New Horizon TC) A Run To Remember 5K	23:03.1
Jim Hogue (HACK) West Covina Downhill Mile Classic	4:13.4
Jim Hogue (HACK) West Covina Downhill Mile Classic, 880 en route	1:58.0
Jim Hogue (HACK) Up the Estuary In February Half Marathon	1:12:43
Rocky Hudson (PFF) L.B. Marathon	3:47:25
Helen Husted (SCR) Harbor Lite Half Marathon	*2:10
Jeffrey Husted (SCR) Harbor Lite Half Marathon	*1:41:09
Jeffrey Husted (SCR) Long Beach Marathon	*3:55
Diana Johnson (HA) CRRC 8K, 3rd F	32:37
Edward Johnstone (Loesch) Emerald City Marathon	*3:51:07
Edward Johnstone (Loesch) Heart of San Diego Marathon	3:49:02
Edward Johnstone (Loesch) San Francisco Marathon	3:45:20
Mark Junkerman (UCLA) vs. Texas, Steeplechase	9:10.0
Nicole Kennfray (Simi Vikings) Winter Green 5K	21:58
Glenda Kimmerly (SCR) Bakersfield Half Marathon	1:44:46
Kathleen Kinane (Chart) L.B. Marathon, 3rd F, O.T.Q.!	2:49:48
Karen Kirch (CRTC) Tom Sullivan 10K	44:59
John Krinkle (SCR) Ed Jerome Memorial Half Marathon	1:30:28
Charles LaMarr (Lockheed Empl. RC) Startest 10K	48:06
Charles LaMarr (Lockheed Empl. RC) Los Alamitos Marathon	*4:27:25
Shannon Lavelle (Mater Dei HS) Pop Marty 5K	*20:18
Fred Leahy (SDTC) So. Cal. Masters Championships, 800m	2:16.2
Fred Lehr (SDTC) San Diego Half Marathon	1:20:55
Fred Lehr (SDTC) Smile San Diego 10K	36:18
Fred Lehr (SDTC) Orange Spring Games, 1500m	4:32.4
Fred Lehr (SDTC) Mission Bay 15K	55:50
Thomas Leong (SCRR) Paramount 10K	35:02
Thomas Leong (SCRR) Up the Estuary In February Half Marathon, 2nd(15-18)	1:17:27
Thomas Leong (Villa Park HS) vs. Loara, 2Mi., 2nd	10:22.5
Thomas Leong (Villa Park HS) vs. Newport Harbor, Mile	4:51
Karen Longyear (Cerro Villa JHS) Orange Unified Sch Dist. Relays, 1320	4:20
Karen Longyear (Cerro Villa JHS) vs. Portola & Vista, Mile, 1st	5:50.9
Karen Longyear (SCRR) Downhill Mile Classic, 1st F, 12&U	5:40
Mike Lozoya (CRTC) Tom Sullivan 10K	32:00
Steve Mangun (HDR) Griffith Park 10K	37:57
Steve Mangun (HDR) CRRC 8K	30:02
Steve Mangun (HDR) Hidden Valley Half Marathon	1:27:56
Shirley Matson (SDTC) Mission Bay Marathon, O.T.Q.!, 3rdF	2:50:03
Don McGeorge (SCR) Ed Jerome Memorial 5K	19:19
Bill Meyer (Villa Park HS) vs. Loara, Mile, 1st	4:38.7
Bill Meyer (Villa Park HS) vs. Newport Harbor, 880y, 1st	2:02.5
Bill Meyer (Villa Park HS) vs. Orange, 1600m, 1st	*4:31.4
Bill Meyer (Villa Park HS) Katella Relays, 3200, 1st	*10:00.0
Bill Meyer (Villa Park HS) Katella Relays, 2 mi. Relay, 880 leg	2:00.7
Bill Meyer (Villa Park HS) Katella Relays, Dist. Med., 1320 Leg	*3:23.0
Jim Munson (HDR) Bakersfield Half Marathon	1:25:09
Doug Nelson (HDR) Bakersfield Half Marathon	1:29:48

Jerry Ratti (RR) Valentine Day Run 5K	17:56
Jerry Ratti (RR) Hyattfest 10K	38:05
Jerry Ratti (RR) El Camino Derby 10K	38:55
Jerry Ratti (RR) Oakland Marathon	3:01:40
Julios Ratti (RR) California 10 M	56:08
Julios Ratti (RR) Willy's 5 Miler	26:49
Julios Ratti (RR) Hyattfest 10K	33:53
Julios Ratti (RR) Sacramento Mile	4:37
Julios Ratti (RR) Valentine Day Run 5K	16:14
Meridith Ratti (RR) Willy's 1 Mile	7:15
Nicholas Ratti (RR) Willy's 1 Mile	6:55
Nicholas Ratti (RR) Sacramento Mile	6:42
Ulysses Ratti (RR) El Camino Derby 10K	47:12
Ulysses Ratti (RR) Oakland Half Marathon	1:44:20
Ulysses Ratti (RR) Mission 10 Mile	1:17:56
Darlene Savage (SCR) Ed Jerome Memorial Half Marathon	1:56:15
Darlene Savage (SCR) Bakersfield Half Marathon	1:49:04
Chris Schaller (CSUN) L.A. Int'l. Marathon, O.T.Q.!	2:16:15
Joe Schiefer (Mizebs) California Ten	51:37
Robin Schmidt (HA) Sweetin' Sweethearts 10 M	81:24
Mel Shine, Stockton 10 Mile	78:51
Mel Shine, Oakland Half Marathon	1:46:01
Russ Sidles (SCR) Ed Jerome Memorial 5K	19:26
Sheryl Snyder (Jovi) L.A. Int'l. Marathon	2:54:02
Barry Spitz, Marin College Track Run 10K	38:24
Howard Sundberg (HDR) Bakersfield Half Marathon	1:19:22
John Swallow (SCR) Bakersfield Half Marathon	1:27:34
Herb Tanzer (HA) California Int'l. Marathon (Sacto)	2:33:17
Bill Tosetti (SCR) Reach For The Stars 5K	17:41
Mary Tracey (Jovi) L.A. Int'l. Marathon	3:05:19
Eric Wain (Glendale CC) Santa Monica Relays, 10,000m, 1st	31:24
Lita Whiteman (Jamul Toads) Long Beach Marathon	2:51:34
Ed Willard, Willy's Road Race 5 Miler	29:25
Ed Willard, SRI Chimney 5K	17:58
Ed Willard, Oakland Half Marathon	1:24:13
Ed Willard, California 10 Miler	61:11
Winton Winslow (SCR) Bakersfield Half Marathon	*1:53:30
Bill Yanez (CRTC) Tom Sullivan 10K	37:09

\* — first time at distance  
O.T.Q. — Olympic Trials Qualifiers

## SPRINTS

Kirk Baptiste (SMT) TAC Indoor Championship, 60y (heat)	6:21
Ron Brown (SST) Dallas Times-Herald Indoor Games, 60m, 1st	6:06
Shawn Collins (Enterprise HS) 110 Hurdles	16:02
Shawn Collins (Enterprise HS) Decathlon	5841 pts.
John Costanzo (UCLA) vs. CSULB & CSUBakersfield, 100m	10:60
John Costanzo (UCLA) vs. Texas, 200m	21:33
Carl Lewis (SMT) Michelob Inv., 50m	5:72
Bill Meyer (VPHS) vs. Santa Ana, 440y, 1st	54.1

## FIELD EVENTS

Jim Banich (UCLA) vs. Texas, Discus	186-6
John Brenner (UCLA) vs. UCI and Fresno St. at UCLA, Javelin	226-9
Shawn Collins (Enterprise HS) P.V.	12-0
Greg Holt (Villa Park HS) vs. Loara, H.J., 2nd	6-2
Carol Lewis (SMT) Dallas Times-Herald Indoor Games, L.J., AR	22-2 1/4 (6.76m)
Brian Muir (UCLA) vs. CSULB & CSUBakersfield, S.P.	65-11 1/4
Brian Muir (UCLA) vs. CSULB & CSUBakersfield, Discus	191-4
Brian Muir (UCLA) vs. Texas, S.P.	67-6 1/4
Brian Muir (UCLA) vs. Texas, Discus	192-11

## Club Abbreviations

Adi - Adidas Regional Team	MIZEBS - Mizuno-East Bay Striders
AW - Athletics West	MTC - Merced Track Club
BHS - Berkeley H.S.	NHTC - New Horizon T.C.
BOLT - Lightning Bolt T.C.	PFF - Point Fermin Flyers
C.C. - California Condors	RR - Ratti Runners
CCF - Capital City Flyers	SCR - Santa Clarita Runners
COV - Covina H.S.	SCRR - Southern California Road Runners
CRTC - Complete Runner Track Club	SDTC - San Diego T.C.
GH - Grenada Hills H.S.	SMT - Santa Monica T.C.
HA - Hughes Aircraft R.C.	SSP - Sierra Slowpokes
HACK - Club Hack	TR - Tamaipa Runners
HARC - Hughes Aircraft Running Club	USN - U.S. Navy
LAS - Los Angeles Saints T.C.	VPHS - Villa Park H.S.
LOESCH - Loeschhorn Running Club	WAC - Will's A.C.

photo by Richard Lee Slotkin



**DONNA CHIN**  
P.R. & Trials Qualifier



**RON CORNELL**  
P.R. & Trials Qualifier

Rick O'Brien (SCR) Reach For The Stars 10K	32:59
John O'Dwyer (SCR) Ed Jerome Memorial Half Marathon	1:56:00
Mike Parkinson (UCLA) vs. Texas, 1500m	3:48:36
Dick Patterson (CRTC) Tom Sullivan 10K	48:24
Joe Posadas (HA) CRRC 8K	36:59
Joe Posadas (HA) Sweetin' Sweethearts 10 Mile	85:45
Glades Prieur (CPSLO) vs. UCSB, 800m, 1st	2:11
Glades Prieur (CPSLO) Aztec Inv., 1500m, 1st	4:23:12
Christopher Ratti (RR) Willy's 1 Mile	8:02
Jerry Ratti (RR) California 10 M	63:46
Jerry Ratti (RR) Willy's 5 Miler	30:46

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name \_\_\_\_\_

Event \_\_\_\_\_

Mark \_\_\_\_\_ Club/School \_\_\_\_\_

Check if first time





# INDEPENDENCE DAY FOUR MILE RUN

Wednesday, July 4, 1984

★ FEATURING ADIDAS RUNNERS ★

Place: Mooney Grove Park, Visalia Race Time: 7:30 a.m. sharp  
Mooney Grove Park is located on South Mooney Blvd., 3 miles south of Highway 198 in Visalia.  
Check In Time: 6:30 - 7:15

Course: Asphalt, Accurate, Flat & Fast. Splits given at every mile mark.

Three trophies to be awarded in each of the following divisions:

Men: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 & over.

Women: 14 & under, 15-19, 20-29, 30-39, 40 & over.

(Adidas Runners will compete in a separate invitational division)

## Copeland's Sports Furnishing Many Outstanding Merchandise Prizes in a Post Race Drawing

- ★ Adidas shoes to first male and female finisher overall
- ★ T-shirts to first 150 pre registration ONLY!
- ★ Plenty of refreshments after the race.

Entry Fee: \$7.00 Make checks payable to Independence Day Run.  
Mail to: Independence Day Run, 1026 W. Princeton, Visalia, CA 93277

### ENTRY BLANK -- INDEPENDENCE DAY RUN -- ENTRY BLANK

**WAIVER:** In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, waive and release forever any and all rights and claims or damages I may accrue against the Independence Day Run, County of Tulare, the race director, Bud Light Beer, Lucky Distributors and any and all donors and sponsors of this race for any injury suffered by me while traveling to and from, or competing in the Independence Day Run on Wednesday, July 4, 1984 at Mooney Grove Park in Visalia, California.

Signed: (parent or guardian if a minor) \_\_\_\_\_

Print name clearly \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Division \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

(First 150 only) 41



# Results

## Track & Field

### On Track Inv. Decathlon

From Ron Morris

#### January 29-30, Cal State Los Angeles.

- Ken Terry (All Amer.) 7756  
(10.8, 726, 1301, 199, 50.1)  
(14.9, 3924, 490, 4634, 4:32.2)
- Dave Johnson (Azusa Pac.) 7571
- Mike Gonzales (USC) 7424
- Darren Hall (Unatt, L.B.) 7360
- Doug Porter (Oxy) 7218
- Steve Roberts (CSUN) 7163
- Mark Sanders (Unatt, UCLA) 7071
- Steve Klassen (Unatt, USC) 7047
- Tim Payne (Azusa Pac.) 6971
- Loren Diaz (CPSLO) 6887
- Shane Paynter (Azusa Pac.) 6886
- John Wotawa (CSUN) 6794
- Richard Maher (Unatt) 6588
- Bill Martinez (Claremont HS) 6043  
(11.4, 610, 1064, 188, 54.0)  
(15.9, 3056, 335, 4.90, 4:58.6)

### Northern Calif. Athletic Conf. Relays

Sacramento, March 3.  
4x200: 1. Fresno/Johnson, Wright, Rossi, Nobles) 1:45.8, 2. Chico 1:47.6, 3.

Sacramento 1:49.2. **Javelin:** 1. Fresno (Wilson, Healy, Lawanson) 380-2, 2. UC Davis 347-7, 3. Chico 324-11. **Distance Medley:** 1. Fresno (Lemmons, Adams, Nichols, Wyckoff) 12:23.7, 2. UC Davis 12:25, 3. Chico 12:30.3. **Long Jump:** 1. Fresno (Johnson, Jackson, Healy) 50-10 1/2, 2. Sacramento 47-11 1/4, 3. UC Davis 46-0 1/2. **4x100 Relay:** 1. Fresno (Kirkiand, Aragon, Jackson, Klope) 49.0, 2. Chico 51.1, 3. Sacramento 51.2. **4x800 Relay:** 1. UC Davis (Lantsberger, Beste, Hoppe, Tully) 9:51.8, 2. Fresno 9:52.6, 3. Sacramento 10:29.3. **Shot Put:** 1. Fresno (Lawanson, Edmonston, Brooks) 120-4, 2. Humboldt 113-9, 3. Chico 109-11. **800 Sprint Medley:** 1. Fresno (Kirkiand, Klope, Jackson, Wilson) 1:50.1, 2. Chico 1:54.3, 3. UC Davis 1:54.6. **High Jump:** 1. Chico (Baumgardner, Green, Miller) 15-6, 2. Fresno 14-10, 3. Sacramento 10-4. **4x1500 Relay:** 1. UC Davis (Perry, Pappas, Hoerber, Ride) 20:33.0, 2. Sacramento 20:59.6, 3. Chico 21:04.8. **Discus:** 1. Fresno (Moseley, Edmonston, Barnes) 421-7, 2. Sacramento 322-9, 3. Humboldt 362-8. **4x400 Relay:** 1. Fresno (Adams, Johnson, Winder, Klope) 3:57.9, 2. Sacramento 4:04.6, 3. Chico 4:04.9. **Team Results:** 1. Fresno 108, 2. UC Davis 72, 3. Chico 68.

### Cal Poly Pomona Relays

#### Pomona, March 10.

**Men's Results**  
**10,000:** 1. K. Cook (Westmont) 31:49, 2. S. Katsman (UCSD) 32:25, 3. D. Dix (S.Utah) 32:33.  
**4x100:** 1. Azusa Pacific 40.9, 2. Cal Poly Pomona 41.7, 3. Southern Utah 42.3.  
**Distance Medley:** 1. Cal Poly Pomona 9:52.6, 2. USC 9:56.6, 3. UC Riverside 10:17.4.  
**Hammer:** 1. Phil Mann (Azusa) 198-6, 2. C. Okoye (Azusa) 194-8, 3. E. LeMaster (Azusa) 193-10.  
**4x220:** 1. Azusa Pacific 1:25.6, 2. Cal Poly Pomona 1:27.3, 3. Southern Utah 1:31.3.  
**Shot Put:** 1. D. Loisel (Azusa) 47-8 1/2, 2. M. Deller (Occidental) 46-6 1/2, 3. D. Gocka (UC Riverside) 42-10.  
**3000:** 1. Dainiels (Azusa) 9:33.7, 2. R. Scott (Westmont) 9:34.5, 3. D. Loud (CCP) 9:37.6.  
**Javelin:** 1. Paynter (Azusa) 204- 1/2, 2. Fradalla (Azusa) 119-3 1/2, 3. L. Biggs (S.Utah) 182-6.  
**110 High Hurdles:** 1. Webb (Azusa) 14.3, 2. Johnson (Azusa) 14.3, 3. E. Tave (USC) 14.36.  
**Sprint Medley:** 1. CCP 3:30.1, 2. Azusa Pacific 3:33.2, 3. CS Fullerton 3:38.7.  
**4x800:** 1. USC 7:43.4, 2. Cal Poly Pomona 7:49.2, 3. UC Riverside 7:51.3.  
**High Jump:** 1. A. Caire (USC) 7-0, 2. Konig (CCP) 6-6, 3. Paynter (Azusa) 6-2.  
**Long Jump:** 1. A. Sampson (S.Utah) 23-4 1/2, 2. S. Brooks (Unat.) 23-3, 3. Cook (CPP) 22-4 1/2.  
**Pole Vault:** 1. S. Slassen (USC) 16-0, 2. Lomheim (Azusa) 15-0, 3. S. Rangel (CPP) 14-6.  
**3000:** 1. T. Reyes (CPP) 8:21.8, 2. J. Gomez (CS Fullerton) 8:26.9, 3. Brenneman (UC Riverside) 8:27.9.  
**Discus:** 1. Okoye (Azusa) 188-11, 2. R. Luiten (USC) 185-0, 3. J. Prokop (Unat.) 145-10.  
**4xMile:** 1. UC Riverside 17:44.3, 2. Azusa Pacific 17:55.3, 3. Cal Poly Pomona 18:22.8.  
**Mile Relay:** 1. Azusa Pacific-A 3:13.9, 2. USC 3:17.4, 3. Westmont 3:28.1.  
**Triple Jump:** 1. E. Tave (USC) 50-0 1/2, 2. J. Sweet (USC) 46-2, 3. R. Countryman (USC) 46- 1/4.  
**Women's Results**  
**10,000:** 1. McMillion (Westmont) 40:30.7,

**Shot Put:** 1. S. Early (Azusa) 42-4, 2. S. Lawson (Occidental) 40-6 1/2, 3. G. Hawkins (S.Utah) 40-3 1/2.  
**Long Jump:** 1. Bates (Azusa) 17-7 1/2, 2. S. Lawson (Occidental) 16-6 1/4, 3. Thomas (Claremont) 15-3 1/4.  
**4x220:** 1. Azusa Pacific 1:49.3, 2. Southern Utah 1:54.8, 3. Whittier 1:59.7.  
**High Jump:** 1. Schwartz (Azusa) 5-8, 2. M. Hibbard (S.Utah) 5-6, 3. Rodd (Azusa) 4-10.  
**Mile Relay:** 1. Azusa Pacific 4:06.9, 2. Southern Utah 4:43.4.  
**4x100(2 turn stagger):** 1. Azusa Pacific 50.3.  
**Distance Medley:** 1. CS Fullerton 12:39.7, 2. Azusa Pacific 13:07.7.  
**100 Hurdles:** 1. Frickle (Azusa) 14.9, 2. Lawson (Occidental) 15.87.  
**Discus:** 1. S. Earley (Azusa) 139-1, 2. D. McDonna (Azusa) 125-5, 3. J. Reynolds (S.Utah) 112-4 1/2.  
**Sprint Medley:** 1. Azusa Pacific 1:57.0, 2. Southern Utah 2:01.84, 3. Claremont 2:03.06.  
**Javelin:** 1. D. McDonna (Azusa) 138-9, 2. S. Stearns (Azusa) 126-4, 3. A. Cluff (Westmont) 125-2 1/2.  
**Triple Jump:** 1. Thomas (Claremont) 30-8 1/2, 2. L. Campa (Whittier) 28-11 1/2.

### Misc. Meets

#### March 10:

#### NONSCORING MEETS

##### At Cal St. Los Angeles

**MEN:** 100—Holmes (Stars & Stripes), 10.78w, 200—1. Brodi (unat), 21.39w, 2. Holmes (S.S.), 21.44, 3. Parr (Muzik) 21.72, 110 HH—1. McCraney (CSLA TC), 13.8w, 2. Smith (USMC), 14.07 (FAT); 3. Booker (Puma Energizer), 14.13, 400 IH—Youngblood (Umoja), 53.22, HJ—Stanton (unat), 6-10 1/2, PV—Suey (unat), 17-4 1/2, LJ—Mitchell (unat), 24-0 1/4w.

**WOMEN:** 100—D. Howard (CSLA), 11.83w, 200—D. Howard (CSLA), 23.85w, 400—Ashford (PE), 52.55, 800—S. Howard (CSLA), 2:09.6, 1,500—Monday (PE), 4:29.14, 100 HURDLES—Felton (PE), 14.54w, Edwards (Redlands), 14.68, 1,600 RELAY—CS Los Angeles, 3:39.9.

#### LONG BEACH WOMEN'S RELAYS

##### At Cal St. Long Beach

3,000—Bergeron (Coast Athletics), 9:38.7, HJ—1. Wright (CS Dominguez Hills), 5-8 1/2, 2. Arrivey (USC), 5-8, TJ—Roberts (CSLB), 39-4, SP—1. Griffin (Athletics West), 52-3; 2. McElroy (unat), 49-10 1/2, DT—1. Griffin (AW), 194-8; 2. Kaylor (unat), 163-2, RELAYS: MILE—USC, 3:54.1, 3,200—LA Mercurettes, 8:58.2.

#### San Diego St. (92) at UC Irvine (67)

**MEN:** 100—Milner (SDS), 10.71, 200—1. Milner (SDS), 21.28; 2. Shields (SDS), 21.40; 3. Todd (UCI), 21.64, 400—1. Atterberry (SDS), 47.95; 2. Stockdale (SDS), 48.14, 800—1. Garrett (SDS), 1:52.3; 2. Ruelas (UCI), 1:52.54, 1,600—Ruelas (UCI), 3:47.78, 5,000—1. Evans (UCI), 14:20.58; 2. Harold (SDS), 14:28.13; 3. Martinez (UCI), 14:29.44, 3,000—1. Martinez (UCI), 9:03.97; 2. Carlton (UCI), 9:07.51; 3. Rutherford (UCI), 9:11.97, 110HH—1. Shanks (SDS), 14.47; 2. Cooper (SDS), 14.53; 3. Funk (UDI), 4.75, 400 IH—Cooper (SDS), 52.46, 400 RELAY—1. San Diego St., 40.63; 2. UC Irvine, 40.91, HJ—Wagoner (UCI), 6-10, LJ—1. Powell (UCI), 25-2 1/2; 2. Countryman (SDS), 24-4; 3. Rust (UCI), 24-3 1/4, TJ—Powell (UCI), 49-11, SP—Cremen (SDS), 56-5 1/2, HT—Thiss (SDS), 196-8, JT—Young (SDS), 212-9.

#### Cal Poly SLO (78), San Diego St. (76) at UC Irvine (27)

**WOMEN:** 100—Moon (SDS), 12.00, 200—1. Ross (SDS), 24.51; 2. Moon (SDS), 24.56, 400—Ross (SDS), 55.17, 800—Yaninek (SDS), 2:12.1, 1,500—1. Prieur (CPSLO), 4:25.52; 2. Elligson (CPSLO), 4:25.62; 3. Abraham (UCI),

4:28.3; 4. Yaninek (SDS), 4:34.48, 5,000—1. Gleason (CPSLO), 16:57.72; 2. Mercado (UCI), 17:07.81, 100 HURDLES—Chandler (CPSLO), 14.23, 400 HURDLES—King (UCI), 62.19, 400 RELAY—San Diego St., 47.12, 1,600 RELAY—1. San Diego St., 3:51.59; 2. Cal Poly SLO, 3:51.96, HJ—1. McNeil (CPSLO), 5-11 1/2; 2. Clark (SDS), 5-11 1/2, TJ—1. Chandler (CPSLO), 39-4 1/4; 2. Farnum (CPSLO), 37-5 1/4, SP—Pagel (SDS), 55-2 1/4, DT—1. Pagel (SDS), 176-11; 2. Westbrook (UCI), 164-8, JT—1. Pagel (SDS), 150-2; 2. Rock (SDS), 146-7.

photo by Burt Davis



GLADYS PRIEUR: wins 1500 in CPSLO vs. SDS vs. UCI tri-meet

### Ariz. Decathlon

#### March 11-12, University of Arizona.

- Shannon Sullivan (Troutdale, OR) 7777  
(11.05, 6.77, 15.22, 1.95, 49.51)  
(15.30, 43.42, 4.70, 55.32, 4:41.02)
- Gary Geffe (Southwest Stars) 7718
- Wes Harbst (Reno, NV) 7701
- Marty Neibauer (Albq., NM) 7315
- Jeff Qualle (UNR, Reno) 7225
- Tim O'Neill (UNR, Reno) 7085
- Joe Farinella (Reno, NV) 6783

### Westmont Warrior Relays

Santa Barbara, March 17.  
**Men's Result**  
Hammer: Phil Mann, APU, 197-11. Pole

**Safety Pins**

**FOR RUNNERS RACE NUMBERS**

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Vault: Clint Hunt, APU, 14-0. High Jump: Dan Long, Biola, 6-2. Long Jump: Jim Gorzo, CS Fullerton, 21-5/8. Javelin: Ernie Fradella, APU, 179-9. Triple Jump: Jim Gorzo, CS Fullerton, 43-4/8. Shot Put: Christian Okoye, APU, 49-9. Discus: Okoye, APU, 186-5. Steeplechase: Robert Scott, Westmont, 10:11.8. 4x100 Relay: Azusa Pacific 43.7. Distance Medley: Azusa Pacific 10:28.2. High Hurdles: Paul Webb, APU, 15.0. Sprint Medley: Azusa Pacific 3:35.4. 1500: Chris Erdman, APU, 4:10.2. 100m, Heat 1: Donnie Harris, APU, 11.0. Heat 2: Ihem Blackman, APU, 11.3. 100m Final: Blackman, APU, 11.1. 4x800 Relay: Azusa Pacific 8:11.8. 4x200 Relay: Biola 1:34.9. 5000: Cook, Westmont, 15:20.2. Weight Men's Relay, 4x100: Azusa Pacific 46.8. 4x400 Relay: Azusa Pacific 3:30.3.

**Women's Results**  
High Jump: Jennifer Schwartz, APU, 5-4. Discus: Sandy Early, APU, 138-0. Shot Put: Sandy Early, APU, 43-2. Long Jump: Blaire Bates, APU, 17-1/4. Javelin: Donna McDonough, APU, 138-8. 4x100 Relay: Azusa Pacific 51.5. Distance Medley: Azusa Pacific 12:56.5. 100m Low Hurdles: Edwards, Redlands, 15.3. Sprint Medley: Azusa Pacific 1:56.3. 1500: Annette Cooper, CSF, 4:56.7. 3000: Kathy McMillion, Westmont, 11:26.0. 100: Margo Edwards, Redlands, 13.0. 4x800 Relay: Azusa Pacific 10:12.8. 4x400 Relay: Redlands University 4:32.2.

## Misc. Meets

March 17:

### Texas (62) at UCLA (81)

100—1. Costanzo (UCLA), 10.47w (2.3 m.p.s.); 2. White (UCLA), 10.53; 3. Roberson (TI), 10.70; 4. Tillman (TI), 10.80. 200—1. White (UCLA), 21.16; 2. Costanzo (UCLA), 21.33; 3. Roberson (TI), 21.56. 400—1. Biggers (UCLA), 46.4 (hand time); 2. Sigurdsson (TI), 46.6; 3. Patterson (TI), 47.1. INV. 400—1. John Smith (unat), 46.89; 2. Niederhaus (unat), 47.23. 800—1. Prejara (UCLA), 1:49.8; 2. Phillips (UCLA), 1:50.5; 3. Collins (TI), 1:51.0; 4. Roberts (UCLA), 1:52.3. 1,500—1. Cheleigo (TI), 3:46.26; 2. Roberts (UCLA), 3:48.06; 3. Parkinson (UCLA), 3:48.36; 4. Whitcomb (UCLA), 3:50.50. 5,000—1. Brownberger (UCLA), 14:21.51; 2. Butler (UCLA), 14:39.16; 3. Sang (TI), 14:4.60; 4. Ayred (UCLA), 14:42.67. 110 HURDLES—Lott (TI), 14.59w (3.5 m.p.s.). 3,000 STEEPLCHASE—1. Sang (TI), 8:45.5; 2. Junkermann (UCLA), 9:10.0; 3. Wallace (TI), 9:14.5.

photo by Jim Heynolds



**DWAYNE BIGGERS: wins 400 in UCLA vs. Texas (46.4).**

400 RELAY—UCLA (Coburn, Biggers, Costanzo, White), 40.7. 1,600 RELAY—Texas (Sigurdsson, Kimble, Patterson, Roberson), 3:11.2. UCLA, could not finish. HJ—1. Balkin (UCLA), 7-3/4; 2. Lott (TI), 7-0. PV—1. Tully (unat), 18-4/4; 2. Curran

(unat), 17-0; 3. Jones (TI), 16-6; 4. Long (TI), 16-0; 5. Stull (UCLA), 15-6. LJ—Taylor (UCLA), 24-2/4w. TJ—1. Taylor (UCLA), 50-10/4w (8.6 m.p.s.). SP—1. Muir (UCLA), 87-8/4; 2. Brenner (UCLA), 85-3; 3. Frazier (unat), 80-0/4; 4. Banich (UCLA), 59-2/4. DT—1. Binley (unat), 198-3; 2. Brenner (UCLA), 194-6; 3. Muir, 192-11; 4. Banich (UCLA), 188-6; 5. Lowell (TI), 172-5. JT—1. Vihlalmsson (T/Iceland), 281-5; 2. Petranoff (unat), 261-6; 3. Connolly (UCLA), 241-10; 4. Borglund (TI), 239-2; 5. Bullion (TI), 231-8.

### OLYMPIC DEVELOPMENT MEET

#### At Cal St. Los Angeles

MEN: 100—1. Lehtinen (Finland), 10.65w (4.5 m.p.s.); 2. Ferguson (All-American), 10.67; 3. M. McCoy (Maccabi), 10.68; 4. Combs (Second Sole), 10.70; 5. Holmes (Stars & Stripes), 10.72. 200—1. Lehtinen (Finland), 21.41w; 2. Brodi (unat), 21.49; 3. McCraney (CSLA TC), 21.55; 4. C. McCullough (unat), 21.67. 400—Byas (Maccabi), 47.7 (hand time); 1,500—1. Clifford (AIA), 3:46.72; 2. Cleary (Santa Monica TC), 3:51.51. 110 HURDLES—1. McCraney (CSLA TC), 13.6 (11.8 m.p.s. aiding); 2. Robinson (unat), 14.4. 400 HURDLES—Loughridge (AATC), 52.8. HJ—1. Stanton (unat), 7-2/4; 2. Valentine (AATC), 16-6; 2. Sney (unat), 16-6. DT—1. Binder (unat), 184-1; 2. Reilly (AATC), 180-6. JT—1. Carpenter (AIA), 216-5; 2. Brown (Wyoming), 212-6.

WOMEN: 100—1. San. Howard (Puma Energizer), 11.77 (wind 1.1 m.p.s. aiding); 2. Boothe (PE), 11.88; 3. Watkins (Socal Cheetahs), 12.15. 200—1. Boothe (PE), 23.78w; 2. San. Howard (PE), 23.97; 3. Pusey Perry (PE), 24.39; 4. Cumbess (LA Mercurettes), 24.64. 800—1. Bush (Kangaroo), 2:09.8; 2. Ward (LA Mercurettes), 2:13.2. 1,500—Bush (Kangaroo), 4:21.5. 100 HURDLES—1. Hunter (LA Mercurettes), 14.36; 2. Kern (Socal Cheetahs), 14.68. 400 RELAY—Socal Cheetahs, 48.88. LJ—Bell (Socal Cheetahs), 20-0. DT—Griffin (Athletics West), 194-7. JT—Carpenter (AIA), 169-11.

### NONSCORING MEET

#### At USC

100 (Race 1)—1. Cook (USC), 10.31 (wind 2.2 m.p.s. against); 2. C. Edwards (unat), 10.52; 3. Morales (USC), 10.54; 4. Bradford (Muzik), 10.63. (Race 2)—1. Turner (adidas), 10.66 (wind 2.5 m.p.s. against); 2. R. Williams (USMC), 10.94. 200 (Race 2)—Bradford (Muzik), 21.88 (wind 7.5 m.p.s. against). (Race 3)—1. Turner (adidas), 21.67 (wind 7.6 m.p.s. against); 2. C. Edwards (unat), 21.98; 3. Evans (SS), 22.06. 400 (Race 1)—1. Ivey (USC), 47.68; 2. Simon (unat), 47.69; 3. Copeland (CS Northridge), 47.85. (Race 2)—J. King (Maccabi), 47.50. 800—1. Fisher (USC), 1:52.04; 2. Taylor (Santa Monica TC), 1:52.52; 3. H. Reed (unat), 1:52.57; 4. Young (USC), 1:52.98. 1,500—Long (Utah St.), 3:51.4. 5,000—Drumwright (unat), 14:41.6. 110 HH (Race 1)—F. Smith (USMC), 14.36 (3.9 m.p.s. against). 400 (Race 1)—1. Chappelle (CSLA), 52.71; 2. Crisman (USC), 53.16. (Race 2)—Lailacker (unat), 52.91. 400 RELAY—1. Stars & Stripes (Jones, Jackson, Evans, Miller), 40.3; 2. CS Northridge, 40.7. 1,600 RELAY—1. Stars & Stripes (Jones, Jackson, Williams, Trimble), 3:08.1; 2. USC "A", 3:13.3; 3. Muzik, 3:14.1. CS Northridge, 3:15.3. HJ—1. Caire (USC), 7-2/4; 2. Stanton (unat), 7-2/4; 3. Nordquist (Tiger), 7-0/4; 4. Denby (ISS), 7-0/4. PV—1. Kenworthy (ISS), 17-9; 2. Mulligan (ISS), 17-9; 3. Pullard (LAPD), 16-7; 4. Guilano (CSN), 16-0. LJ—1. Tave (USC), 26-6w; 2. Wilson (Muzik), 26-0/4w; 3. A. Robinson (unat), 24-9/4w; 4. Stewart (unat), 24-9/4w; 5. Whitley (unat), 24-8w; 6. Bell (Pima CC), 24-4/4w. TJ—1. Gray (unat), 51-11/4; 2. Tave (USC), 51-3w. SP—Kraychir (USC), 59-11/4. DT—1. Weyers (CSN), 187-5; 2. Luten (USC), 176-9. HT—Wolitzsky (USC), 198-11. JT—1. Denton (CSN), 233-4; 2. Stephens (CSN), 222-11; 3. M. Brown (unat), 222-7; 4. Lang (unat), 219-4; 5. Waldera (unat), 219-3.

### CP Pom. (79) at CS Long Beach (82)

MEN: 200—1. Windham (Utah St.), 21.3; 2. Fisher (CSLB), 21.5. 400—Cook (CPP), 47.8. 1,500—1. Blaty (CPP), 3:47.0; 2. Williams (CPP), 3:47.2; 3. Reyes (CPP), 3:48.7. 400 H—Harris (Iowa St.), 51.4. 400 RELAY—1. CS Long Beach, 41.8. 2. Cal Poly Pomona, 42.0. HJ—Armstrong (CSLB), 6-10. SP—Farr (CSLB), 55-5/4. HT—1. Murofushi (Japan), 234-7; 2. Rohovit (Converse), 190-11. JT—Yoshida (Japan), 248-11.

### CP Pomona (89) at CS Long Beach (68)

WOMEN: 1,500—Buss (Kangaroo), 4:38.8. HJ—Fehrman (CSLB), 5-8. TJ—Roberts (CSLB), 39-7. DT—1. Saylor (CSLB), 155-8; 2. Nelson (CPP), 143-6. JT—Nelson (CPP), 163-8.

### QUADRANGULAR MEET

#### At UC San Diego

MEN: 100—1. Bell (San Diego AA), 10.17w; 2. Snoddy (SDAA), 10.38. 200—Snoddy (SDAA), 20.84w; 2. Bell (SDAA), 21.56. 110HH—Frazier (SDAA), 14.45w.

FINAL TEAM SCORES—San Diego AA, 95; UC San Diego, 38; USIU, 18; U. San Diego, 18.

Fine Flicks by Don Gosney



**ED TAVE: USC long jump star.**

## Occidental Decathlon & Heptathlon

### Eagle Rock, March 17-18.

Top 5 Heptathletes	
1	Diona Bakhos 5603
2	Hilary Bray 5419
3	Mary Anne Miller 5355
4	Diane Orr 5212
5	Susan Brownwell 4970
Top 10 Decathletes	
1	Scott Daniels 7922
2	Joe Schneider 7806
3	Stan Vegar 7763
4	Jeff Montpas 7617
5	Steve Odgers 7611
6	Dave Johnson 7546
7	Erie Lammi 7450
8	Mike Hill 7354
9	Joseph Prokop 7314
10	Shane Paynter 7092

## Willie Williams In

Tucson, Arizona, March 24: Willie Williams invitational.

MEN: 100—Johnson (Arizona), 10.46. 200—Miller (A), 20.98. 400—Howard (California), 46.86. 800—Ingram (A), 1:49.94. 1,500—1. DiConti (BYU), 3:44.09; 2. Oldfield (Oregon St.), 3:44.15; 3. Downs (C), 3:45.14. 110 HH—1. Johnson (A), 13.84; 2. Scarella (C), 14.11. 3,000 STEEPLCHASE—1. Dobler (A), 8:39.04; 2. Ngatia (UTE), 8:47.78. LJ—Johnson (A), 25-10/4. SP—Tallher (BYU), 63-4/4. DT—1. Fehrholm (BYU), 203-2; 2. Sundin (BYU), 188-7.

WOMEN: 100—Lim (A), 11.80; 2. Welsh (A), 11.87; 3. Greene (Texas El Paso), 11.89. 200—1. Welsh (A), 24.13; 2. Greene (UTE), 24.23. 1,500—Eder (Minnesota), 4:24.82. 100HURDLES—1. Livermore-Simpson (Britain), 13.55; 2. Lim (A), 13.72. 400 HURDLES—Lane (KC Blazers), 60.00; 2. Goracki (M), 60.30. 400 RELAY—1. Arizona, 45.19; 2. Texas El Paso, 45.58. 1,600 RELAY—Arizona, 3:43.32. HJ—Livermore-Simpson (Britain), 5-11/4. LJ—Matke (unat), 20-9w; 2. Henry (UTE), 20-7w. SP—1. Ritchie (adidas), 57-1/4; 2. Norton (BYU), 49-7/4; 3. Jones (BYU), 48-6/4; 4. Fetting (M), 47-9/4; 5. Johnson (OS), 47-6/4. DT—1. Ritchie (adidas), 197-5; 2. Norton (BYU), 168-3; 3. Jones (BYU), 164-0. JT—1. Anderson (M), 168-6; 2. Hart (A), 166-1. HEPTATHLON—1. Livermore-Simpson (Britain), 5,940; 2. Harding (A), 5,402.

## Golden Bear/Nike Meet of Champs.

by Keith Conning

### Berkeley, March 24.

Cathy Sulinski (Millbrae Lions) and Julie Hansen (Puma and Energizer) qualified for the Olympic Trials.

Sulinski, the meet record holder in the javelin at 194-9, threw the spear 180-5 to surpass the qualifying standard of 172-3.

Hansen, ranked 8th in the U.S. last year at 184-3, threw the discus 180-10 to exceed the qualifying standard of 177-2.

Freshman Meleidy Smith (Washington), a high school All-American last year at 21-1/2, set a new meet record in the long jump of 21-0. The old meet record of 19-2 1/2 was set by Pam Donald (Stanford) in 1982. She also surpassed the NCAA qualifying standard of 20-4.

Others surpassing the NCAA qualifying standards were: Patsy Sharples (Idaho) 34:03.8, Jill Molen-Koeven (Utah) 34:15.5, and Carol Gleason (Cal Poly SLO) 34:39.3 in the 10,000; Pam Dukes (Stanford) 50-10 1/2 in the shot put, Lisa Torrison (Washington) 167-11 in the javelin, Louise Romo (California) 4:20.76 in the 1500, and Diane Oswald (Hayward) 170-0 in the discus.

### Results

10,000: 1. Patsy Sharples, Idaho, 34:03.8, 2. Jill Molen-Koeven, Utah, 34:15.5, 3. Carol Gleason, Cal Poly SLO, 34:39.3, 4. Kathy Koudela, Hayward, 35:01.1, 5. Francie Negri, UC Davis, 37:02.5, 6. Robyn Root, CPSLO, 37:07.8.

5000: 1. Gretchen Nelson, Oregon, 16:59.1, 2. Lynn Creek, Montana St., 17:16.2; 3. Kim Ryan, Oregon, 17:23.5, 4. Shane Felix, Hayward, 17:45.6.

Shot Put: 1. Marcia Mecklenburg, BTC, 51-1/4, 2. Pam Dukes, Stanford, 50-10 1/2, 3. Jennifer Ponath, Wash., 48-3/4, 4. Cindi Durchslag, Cal, 47-5/4, 5. Diana Clements, Adidas, 47-3, 6. Dawn DeHart, Montana, 46-4/4.

4x100 Relay Final: 1. Washington 45.59, 2. Oregon 46.7ht, 3. Hayward 47.2ht, 4. Cal 47.5ht.

Javelin: 1. Cathy Sulinski, Millbrae Lions, 180-5, 2. Lisa Torrison, Washington, 167-11, 3. Kristen Engle, Unat, 156-4, 4. Lorna Martinsen, Unat, 155-1, 5. Mary Hyder, Unat, 148-0.

High Jump: 1. Sue McNeal, CPSLO, 5-8, 2. Jeanne Borchardt, Brooks, 5-6, and Michal Miller, Chico St, 5-6, 4. Kelli Barber, Sac St, 5-6, 5. Lol Brumley, Oregon, 5-6 and Ailra Johnson, Montana, 5-6.

1500: 1. Louise Romo, Cal, 4:20.76, 2. Sandra Gregg, Club Northwest, 4:23.80, 3. Diana Figliomeni, Sac St, 4:25.3ht, 4. Marilyn Davis, Cal, 4:27.5ht, 5. Margaret Spotts, Cal, 4:28.0ht, 6. Chris Manning, Hayward, 4:28.1ht.

1600: 1. Brad Rowe, Aggie, 3:46.60, 2. John Sump, Ryan's, 3:47.11, 3. Rod Berry, Puma, 3:49.90, 4. Roy Kissin, Aggie, 3:51.0ht.

continued on next page...



# Results

**100m Hurdles Finals:** 1. Kay Garnett, Oregon, 13.8, 2. Cece Chandler, CPSLO, 13.8, 3. Rolanne Byrd, Hayward, 14.1, 4. Toni Forward, Puma, 14.1.

**400 (Flight 1):** 1. Jeannie Arnold, Cal, 56.82, 2. Gwynne Schwartz, Chico St, 57.44, 3. Gina Cole, Cal, 58.2ht. (Flight 2): 1. Freida Cobbs, unat. 55.19. (Flight 3): 1. Kim White, Cal, 54.43, 2. Deiphina Banks, Hayward, 54.48, 3. Arlene van Warmerdam, Unat. 55.41.

**Long Jump:** 1. Meleidy Smith, Washington 21-0, 2. Karen Elmore, Millbrae Lions, 19-1/4, 3. Kendra Keller, Washington, 18-7/4, 4. Jakk Davis, Washington, 18-4/4, 5. Terri Givens, Stanford, 18-3.

**100m Finals:** 1. Donna Dennis, Washington, 11.65, 2. Janet Yarbrough, unat. 12.07, 3. Cam Talton, Oregon, 12.39, 4. Brenda Bertillon, Cal, 12.49, 5. Wanda Smith, Cal, 12.52.

**800m:** 1. Claudette Groenendaal, Oregon, 2:04.16, 2. Jill Ellingson, CPSLO, 2:07.26, 3. Trescia Palmer, Cal, 2:07.44, 4. Chris Klausman, Seattle Pac., 2:08.7ht, 5. Brenda Bushnell, Oregon, 2:09.9ht, 6. Ann Phillips, unat. 2:10.8ht.

**Men's 800m:** 1. Robert Webster, Club Nike, 1:50.1, 2. Dale Gem, Aggie, 1:51.7, 3. Jay Witherspoon, Aggie, 1:53.0, 4. Rich Nichols, Inner City, 1:53.6.

**400m Hurdles (Flight 1):** 1. Debra Carson, GBTC, 60.67. (Flight 2): 1. Stella Edwinton, Unat. 59.33, 2. Pam Board, Stanford, 1:01.12, 3. Mary Bradford, Idaho, 1:01.85.

**200m:** 1. Frieda Cobbs, Unat. 24.1, 2. Arlene van Warmerdam, Unat. 24.4, 3. Janet Yarbrough, Unat. 24.6, 4. Bobbie Gilmore, Unat. 24.8.

**3000m (Flight 1):** 1. Lisa Johnson, Oregon 9:50.64, 2. Vicky Bray, CPSLO, 9:50.99, 3. Laura Sanchez, Chico St, 9:58.93, 4. Michele Phipps, Hayward, 9:59.61, 5. Nancy Riedel, UC Davis, 10:04.36, 6. Kerry Martinson, Cal, 10:05.5ht. (Flight 2): 1. Deb Phil, Kansas St, 9:16.7, 2. Sherrie Crang, Idaho, 9:27.9, 3. Gideaes Preur, CPSLO, 9:31.5, 4. Ingrid Hemenway, Greater SFTC, 9:41.0, 5. Birgit Petersen, Oregon, 9:45.9.

**Men's 5000m:** 1. Tom Smith, Athletics West, 14:03.34, 2. Jeff Adkins, Aggie, 14:31.55, 3. Peter Churney, GBTC, 14:45.92, 4. Sam Adams, UCB, 14:58.49.

**Discus:** 1. Julie Hansen, Puma, 180-10, 2. Glenda Ford, CTC, 174-6, 3. Diane Oswald, Hayward, 170-0, 4. Kim Kessler, Cal, 159-8, 5. Lindy Toman, CTC, 159-8, 6. Cindi Durchslag, Cal, 157-3, 7. Glenda Ford, CTC, 156-2, 8. Gale Zaphirooulos, Weight City, 155-3.

**400m Relay:** 1. California 3:42.16, 2. Utah St, 3:45.7ht, 3. Washington "A", 3:45.8ht, 4. Stanford, 3:45.8ht, 5. Oregon, 3:49.97, 6. Cal Poly, SLO, 3:53.4ht.

## Bronco Inv.

Cal Poly Pomona, March 24.

**MEN:** 100—1. Clark (UC Irvine), 10.5; 2. Hardy (Occidental), 10.5; 3. Jones (N. Arizona), 10.5; 4. Holmb (Azusa Pacific), 10.5; 5. Pelley (Cal Poly Pomona), 10.5. (Open)—Thompson (unat), 10.1. 200—1. Avery (CS Bakersfield), 21.2; 2. Rust (UCI), 21.2; 3. Robinson (CPP), 21.5. (Open)—Dexter (All-American), 20.5. 400—1. Egbunike (AP), 46.0; 2. Prietto (UCI), 47.7. 800—1. D. Cook (CPP), 1:50.4; 2. Williams (CPP), 1:51.9; 3. Trujillo (CS Northridge), 1:52.3; 1,500—1. Long (Utah St.), 3:47.9; 2. Johnson (UC Riverside), 3:50.4; 3. Cruz (NA), 3:51.3; 5,000—1. Carlton (UCI), 14:26.1; 2. Martinez (UCI), 14:29.2; 3. Brennenman (UCR), 14:43.1; 10,000—1. Borbon (CPP), 30:33.1; 2. Vanetta (UCR), 30:46.8. 3,000 STEEPLECHASE—Reyes (CPP), 9:01.9; Steward (NA), 9:08.2. 110 HH—1. Avery (UCSB), 14.0; 2. Williams (NA), 3. Webb (AP), 14.1. 400 RELAY—1. Azusa Pacific, 40.8; 2. Northern Arizona, 40.9; 3. Cal Poly Pomona, 41.7; 4. Cal Lutheran, 41.7. MILE RELAY—Azusa Pacific, 3:14.2.

**HJ—1. Arnwine (CP), 7-2; 2. Urias (NA), 7-0. (Open)—Brown (AATC), 7-2. LJ—1. Rust (UCI), 25-1; 2. Taylor (UCLA), 24-2/4. TJ—1. Taylor (UCLA), 49-9/4w. 2.**

**Kent (AP), 49-0w. (Open)—1. Tyler (AIA), 52-3/4; 2. Kelly (unat), 51-0/4. DT—1. Okoya (AP), 185-2; 2. Thomas (CSB), 176-2. (Open)—Kovar (unat), 194-11. HT—1. Mann (AP), 200-5; 2. Thomas (CSB), 190-11; 3. LeMaster (AP), 190-10/4; 4. Okoya (AP), 184-0/4; 5. Buchholz (CSN), 178-4; 6. Jackson (AP), 176-9. JT—Johnson (AP), 213-10/4. (Open)—Barnett (unat), 263-0.**

**WOMEN:** 100—Gill (CSB), 11.7. 200—Gill (CSB), 24.0. (Open)—Cumbars (LA Mercurettes), 24.2. 400 (Open)—Cumbars (LAM), 54.9. 800—Arzu (UCR), 2:11.9. (Open)—Warner (LAM), 2:06.1. 1,500—1. Chalmers (NA), 4:23.0; 2. McCracken (NA), 4:35.0. (Open)—Ward (LAM), 4:23.7. MILE RELAY—Cal Poly Pomona, 3:53.7. HJ—Nicholls (CPP), 6-0/4. LJ—1. Benzoor (NA), 19-10/4; 2. Holt (NA), 19-7/4. SP—Corley (CSB), 45-8. JT—Nelson (CPP), 187-4/4.

## Misc. Meets

March 24:

### NONSCORING MEETS AT USC

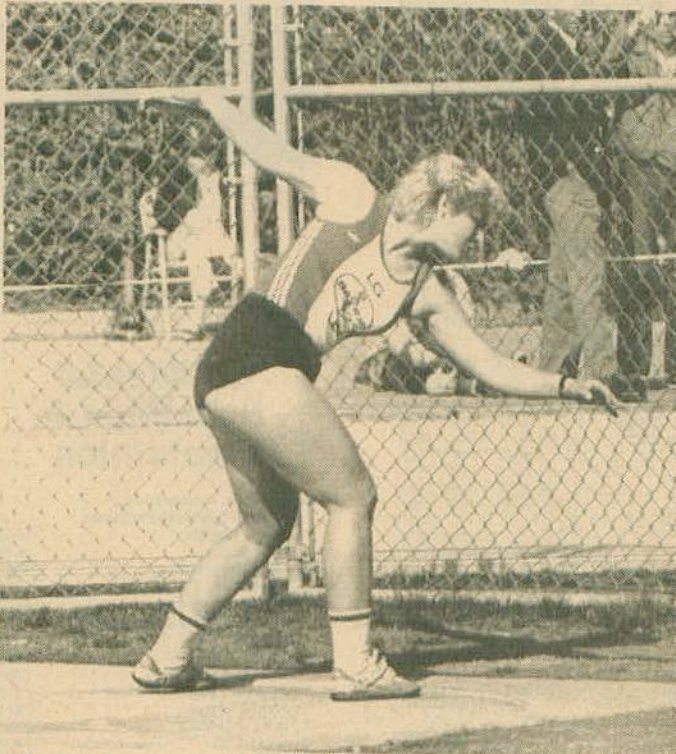
#### Men

100 (Race 1)—Greer (Iowa), 10.82. (Race 2)—1. Turner (adidas), 10.48 (wind 3.2 m.p.s. against); 2. A. Miller (unat), 10.50; 3. Morales (USC), 10.56; 4. Milner (San Diego St.), 10.63; 5. L. King (unat), 10.64; 6. K. Ball (unat), 10.77. 200 (Race 1)—Thigpen (SDS), 21.78. (Race 2)—1.

(USC), 4:07.27; 5. Gray (SMTC), 4:07.64; 6. Oaxaca (El Paso TC), 4:08.72; 7. Rafferty (SMTC), 4:10.00; 5,000—1. Jones (SMTC), 14:08.5; 2. Ewing (SMTC), 14:10.9; 3. Carr (Second Sole), 14:15.4; 4. Alexander (Stanford), 14:21.3; 5. Lawson (SMTC), 14:24.8; 6. McCullough (SMTC), 14:25.9; 7. Bryant (SMTC), 14:33.3; 8. Woodland (SDS), 14:38.2. 110 HH (Race 1)—1. Thorson (Stanford), 14.3; 2. Tave (USC), 14.3; 3. D. Jones (I), 14.4; 4. Harrison (SDS), 14.5. (Race 2)—1. Campbell (SS), 13.77 (wind 1.9 m.p.s. against); 2. F. Smith (USMC), 14.06; 3. McCraney (unat), 14.09; 4. Cooper (SDS), 14.35. 400 HURDLES (Race 1)—Shumway (unat), 51.64. (Race 2)—1. J. King (unat), 50.36; 2. Cooper (SDS), 50.96; 3. Shanks (SDS), 52.32; 4. P. Chepkwoy (I), 52.36; 5. Crisman (USC), 53.23.

**3,000 STEEPLECHASE—Gregory (SMTC), 8:47.3. 400 RELAY—1. USC Alumni (Turner, King, Quarrie, Campbell), 39.7; 2. Iowa, 40.4; 3. San Diego St., 40.9. 1,800 RELAY—1. San Diego St. James, Garrett, Cooper, Atterberry, 3:09.55; 2. Iowa, 3:10.80; 3. Santa Monica TC, 3:15.18. HJ—1. Jacoby (Boise St.), 7-6. 2. Stanton (unat), 7-2; 3. Nordquist (Tiger), 7-2; 4. M. Baker (unat), 7-0; 5. J. Sanders (unat), 7-0; 6. Kotinek (unat), 7-0; 7. tie between Burnett (unat) and Lillard (Boise St.), 6-10; 9. Cunningham (Iowa), 6-10. PV—1. Kenworthy (SS), 17-0; 2. Wigginton (I), 16-8; 3. Klassan (USC), 15-6. TJ—Lacy (I), 49-11/4w. SP—1. Kraychir (USC), 61-6/4; 2. Elor (Boise St.), 56-1. DT—1. Kraychir (USC), 178-0; 2. Luiten (USC), 173-4. JT—Kotinek (unat), 218-4.**

photo by Barbara DeGroot



RAMONA PAGEL: San Diego State shot put & discus specialist.

Turner (adidas), 20.75; 2. Morales (USC), 21.07; 3. Cook (USC), 21.22; 4. Milner (SDS), 21.26; 5. L. King (unat), 21.39; 6. Greer (Iowa), 21.40. 400 (Race 1)—James (SDS), 47.99. (Race 2)—1. Myricks (Bud Light), 46.74; 2. Hollis (Santa Monica TC), 47.23; 3. K. Williams (Iowa), 47.34; 4. West (SMTC), 48.12. 800 (Race 1)—1. Young (USC), 1:50.87; 2. Weiss (Iowa), 1:51.69; 3. Fisher (USC), 1:52.47. (Race 2)—1. Taliefferro (SMTC), 1:48.0; 2. Haldelsman (SMTC), 1:48.5; 3. Garrett (SDS), 1:48.8; 4. Rider (SMTC), 1:49.0; 5. Cleary (SMTC), 1:50.2; 6. Schakelford (SMTC), 1:51.3; 7. Smith (Iowa), 1:52.4.

**MILE—1. J. Smith (Stanford), 4:04.07; 2. Russell (Stars & Stripes), 4:05.13; 3. Pettinill (Stanford), 4:05.19; 4. Theault**

#### Women

100—1. Peterson (UNLV), 11.93 (wind 2.9 m.p.s. against); 2. Moon (SDS), 12.16; 3. Loud (Hawaii), 12.19. 200 (Race 1)—1. Stewart (UNLV), 24.56; 2. Ross (SDS), 24.67. (Race 2)—1. L. Smith (unat), 23.87; 2. Boothe (Britain), 23.90. 800—1. Curtis (USC), 2:07.47; 2. Yaninak (SDS), 2:09.69; 3. Duboux (I), 2:10.45; 4. Hansel (UNLV), 2:11.2. 1,500—Katterheinrich (H), 4:37.4. 100 HURDLES (Race 1)—1. Fleming (UNLV), 14.64 (wind 6 m.p.s. against); 2. Brewer (SDS), 14.70. (Race 2)—1. L. Smith (adidas), 13.68 (wind 7 m.p.s. against); 2. Boothe (Britain), 13.70.

**400 HURDLES—Sheffield (adidas), 59.4. 400 RELAY—1. Nevada Las Vegas, 46.15; 2. San Diego St., 48.54; 3. Hawaii,**

46.68; 4. Social Cheats, 46.70; 5. Boise St., 47.41. 1,600 RELAY—1. Nevada Las Vegas, 3:47.27; 2. USC, 3:47.50. HJ—1. L. Clark (Coast Athletics), 5-10; 2. D. Johnson (SDS), 5-8. LJ—1. Ball (Social Cheats), 20-3; 2. Nicks (UNLV), 20-1/4; 3. Williams (USC), 19-5/4. SP—1. Pagel (SDS), 58-3/4 (second best performer all-time U.S.); 2. Pollock (CA), 53-6/4; 3. Griffin (CA), 51-11/4. DT—1. Griffin (CA), 190-9; 2. Pagel (SDS), 183-1; 3. DeSnoo (SDS), 183-1. JT—Mueller (CA), 156-11.

### At Cal St. Los Angeles

**MEN:** 100—1. McCoy (unat), 10.54w (3.42 m.p.s.); 2. E. Williams (unat), 10.54; 3. Saia Saia (Maccabi), 10.66; 4. J. Smith (Maccabi), 10.79. 200 (Race 1)—1. E. Williams (unat), 21.09 (wind 1.76 m.p.s. aiding); 2. Brodi (unat), 21.37; 3. Booker (Puma Energizer), 21.49; 4. Murray (PE), 21.54; 5. McCullough (unat), 21.56; 6. Sanders (Maccabi), 21.71. (Race 2)—1. Byas (Maccabi), 21.68w (2.64 m.p.s.); 2. Biglow (CSLA), 21.83. 400—1. Hinds (PE), 47.52; 2. D. Patrick (adidas), 47.74; 3. Edmondson (unat), 47.85. 800—Clifford (AIA), 1:52.11. 110 HH—Booker (PE), 14.18 (wind 58 m.p.s. aiding). 400 RELAY—Maccabi, 41.09. HJ—Embry (Coast Athletics), 6-10/4. JT—Carpenter (AIA), 220-6.

**WOMEN:** 100—1. Hopkins (unat), 11.59w (2.36 m.p.s.); 2. Hodges (PE), 11.85; 3. Cannon (CA), 11.87. 400—Monday (PE), 55.62. 800—1. Zaleski (unat, Milikan HS), 2:09.84; 2. Farmer (CSLA), 2:10.94. 1,500—Scherzinger (CA), 4:35.41. 100 HURDLES—1. Harrorn (PE), 13.97 (wind 1.28 m.p.s. aiding); 2. Farmer (CSLA), 14.24. 1,800 RELAY—Puma Energizer (E. Ashford, Sa. Howard, Harmon, Pusey), 3:40.18; 2. CSLA, 3:42.89.

### At Moscow, Ida.

**MEN:** 5,000—J. Korir (Washington St.), 13:50.2. SP—Koutsoukis (WS), 64-0/4.

### DUAL-TRIANGULAR MEETS

#### At UC Santa Barbara

**MEN:** 200—Johnson (FS), 21.77. 400—Johnson (FS), 47.43. 800—Polk (FS), 1:52.90. 5,000—Ingraham (UCSB), 14:43.51. 110 HH—1. Williamson (FS), 14.45; 2. White (UCSB), 14.47; 3. Hampstead (C), 14.76. 400 IH—Williamson (FS), 52.11. 3,000 STEEPLECHASE—1. Thomas (FS), 9:02.63; 2. McConnel (C), 9:07.32; 3. Silva (UCSB), 9:14.19. 400 RELAY—Fresno St, 41.78. PV—Fraley (FS), 17-2. SP—1. Laut (Athletics West), 70-2/4; 2. Baxter (FS), 60-9. TEAM SCORES—Fresno St. 189, Cornell 106, UC Santa Barbara 90.

**WOMEN:** 1,500—Canoe (UCSB), 4:39.03. 5,000—1. Wycoff (FS), 16:26.40; 2. Tietzsch (C), 17:06.64. MILE RELAY—UC Santa Barbara, 3:54.69. TJ—Kulik (C), 38-0/4. DT—Barnes (FS), 166-2. JT—1. Davis (UCSB), 174-9; 2. Robin (FS), 154-5. TEAM SCORES—Fresno St. 127, UC Santa Barbara 110, Cornell 87.

### At Cal St. Long Beach

**MEN:** 100—1. Frost (LB), 10.67; 2. Jones (SJ), 10.72; 3. McVea (SJ), 10.78. 200—1. Fischer (LB), 21.38; 2. Campbell (SJ), 21.58; 3. Fros (LB), 21.56; 4. Peppers (LB), 21.63. 400—Campbell (SJ), 47.73. 5,000—1. Le (SJ), 14:28.26; 2. Just (LB), 14:31.08; 3. Deminter (LB), 14:31.20. 110 HH—1. Chukes (SJ), 14.39; 2. Wilson (SJ), 14.40. 400 IH—Chukes (SJ), 52.22. 3,000 STEEPLECHASE—Lee (SJ), 9:00.5. 400 RELAY—CSLB, 41.17. MILE RELAY—CSLB, 3:14.59. PV—1. Bohni (SJ), 17-0; 2. Preiman (SJ), 16-0; 3. Worden (LB), 15-6. LJ—1. Dobbins (SJ), 24-2; 2. Nails (SJ), 24-0/4. TJ—1. Weldon (SJ), 51-1; 2. Williams (LB), 60-8/4. SP—1. M. Smith (unat), 67-9; 2. M. Weeks (unat), 63-6; 3. Doehring (SJ), 67-2; 4. Farr (LB), 56-0/4. DT—1. tie between Struble (SJ) and Katches (SJ), 172-11; 3. Doehring (SJ), 172-8. HJ—1. Bystad (SJ), 238-1; 2. Schumacher (SJ), 211-9; 3. Jefferies (LB), 179-1. TEAM SCORES—San Jose St. 87, Cal St. Long Beach 75.

### At UC Irvine

**WOMEN:** 800—1. Dube (UCI), 2:13.6; 2. Abraham (UCI), 2:14.0. 1,500—1. Buss (unat), 4:34.5; 2. Gonzales (UCI), 4:36.2; 3. Allred (CSN), 4:38.4; 4. McLaughlin (UCI), 4:38.9. 5. Ringer (UCI), 4:39.1. DT—Westbrook (UCI), 157-3. TEAM SCORES—CS Northridge 65, UC Irvine 54, Cal St. Long Beach 50; USN 83, UC Irvine 51; UC Irvine 76, CSLB 40; CSN 73, CSLB 53.



**At Fresno State University**

**MEN**

**FSU 169, Cornell 166, UCSB 190**  
 Ham — 1. Milleham, F, 241-6; 2. Baxter, F, 201-3; 3. Roffi, F, 160-2  
 PV — 1. Fraley, F, 17-2; 2. Kerr, SB, 15-8; 3. Hursh, C, 14-4  
 LJ — 1. Williams, F, 23-7; 2. Chrysothomov, C, 23-1; 3. Roach, C, 22-1  
 SP — 1. Baxter, F, 60-9; 2. Passalacqua, C, 51-10  
 Jav — 1. Bernstein, C, 208-5; 2. Graves, F, 197-10; 3. Ploeman, SB, 191-1  
 400 rel — 1. FSU (Johnson, Gandolfo, Sanders, Williams), 41.78; 2. UCSB, 43.12  
 Steeple — 1. Thomas, F, 9:02.63; 2. McCormel, C, 9:07.32; 3. Silva, SB, 9:14.19  
 1,500 — 1. F. Basting, C, 3:52.59; 2. Fairman, F, 3:52.67; 3. Goldstein, C, 3:54.82

110 HH — 1. Williamson, F, 14.45; 2. White, SB, 14.47; 3. Hampstead, C, 14.76  
 400 — 1. Johnson, F, 47.43; 2. Jones, F, 48.24; 3. Harice, F, 49.49  
 100 — 1. Williams, F, 18.86; 2. Lem, C, 11.00; 3. Sanders, F, 11.01  
 800 — 1. Polk, F, 1:52.90; 2. Quinonez, F, 1:53.08; 3. Channon, SB, 1:54.56  
 HJ — 1. Tribble, C, 6-8; 2. Welsh, SB, 6-8; 3. (tie) Ellis, F, Dreibels, C, 6-6  
 400 IH — 1. Williamson, F, 52.11; 2. Parenze, F, 53.82; 3. Hampstead, C, 54.14

200 — 1. Johnson, F, 21.77; 2. Sanders, F, 22.16; 3. Lem, C, 22.17  
 Dis — 1. Wilmer, SB, 160-4; 2. Negropost, F, 151-10; 3. Baxter, F, 150-10  
 TJ — 1. Chrysothomov, C, 46-6 1/4; 2. Roach, C, 45-11; 3. Berry, SB, 45-0 1/4  
 5,000 — 1. Ingraham, SB, 14:40.51; 2. Lehrman, F, 14:43.91; 3. Graves, C, 14:45.74

Mile rel — 1. FSU (Harice, Polk, Sellard, Quinonez), 3:19.44; 2. UCSB, 3:24.18; 3. Cornell, 3:24.54

**WOMEN**

**FSU 124, UCSB 165, Cornell 161**  
 LJ — 1. Taylor, SB, 18-8 1/4; 2. Jackson, FSU, 18-6 1/4; 3. Kulick, C, 18-6 1/4  
 SP — 1. Brooks, F, 42-3 1/2; 2. M. Lawanson, F, 40-7; 3. Edmonston, F, 40-5 1/2

Jav — 1. Davis, SB, 174-0; 2. Robin, F, 154-5; 3. Wilson, F, 127-4  
 HJ — 1. Mendonca, F, 5-6; 2. Rhoades, F, 5-0; 3. R. Lawanson, 5-0  
 1,500 — 1. Gange, SB, 4:39.0; 2. Schmidt, C, 4:43.46; 3. Jones, C, 4:50.15  
 400 rel — 1. FSU (Johnson, Klope, Jackson, Aragon), 48.44; 2. UCSB, 48.59; 3. Cornell, 49.44

100 LH — 1. Rossi, F, 15.70; 2. Healy, F, 16.00; 3. Read, SB, 16.16  
 400 — 1. Arthur, SB, 57.42; 2. Klope, F, 57.90; 3. Johnson, C, 58.40  
 100 — 1. Taylor, SB, 12.45; 2. Wilson, F, 12.73; 3. Stewart, SB, 12.75  
 800 — 1. Carter, C, 2:15.79; 2. Bakinger, SB, 2:17.46; 3. Lehman, SB, 2:19.58

Dis — 1. Barnes, F, 165-2; 2. Edmonston, F, 132-11; 3. Mosley, F, 123-8  
 400 LH — 1. Bragdon, C, 1:03.74; Giff, C, 1:05.99; 3. Rossi, F, 1:06.00  
 TJ — 1. Kulick, C, 38-0 1/2; 2. R. Lawanson, F, 36-4 1/2; 3. Lebrilla, SB, 37-10 1/2

200 — 1. Stewart, SB, 25.55; 2. Borchell, C, 25.81; 3. Saroeni, C, 25.99  
 5,000 — 1. Wycloff, F, 16:26.40; 2. Tefsch, C, 17:06.54; 3. Day, C, 17:35.41  
 Mile relay — 1. UCSB, 3:54.65; 2. FSU, 3:56.44; 3. Cornell, 3:58.61

**Santa Barbara R.**

**La Playa Stadium, March 24.**

**MEN: 100—1. McCoy (Cerritos), 10.5; 2. Demetrius (Citrus), 10.6; 3. Cheeks (Mt. Sac), 10.7. TWO-MILE—1. Brett (Hancock), 9:06.1; 2. Grewe (Santa Barbara), 9:15.1. HJ—1. Eatmon (LA Trade Tech), 6-11; 2. Patchett (Glendale), 6-9; 3. Jones (Riverside), 6-9; 4. Hallinger (Saddleback), 6-7; 5. Coughay (Santa Barbara), 6-7. PV—1. Wicks (Bakersfield), 16-7; 2. Nelson (Golden West), 15-9; 3. Ortiz (Mt. Sac), 15-3; 4. White (Mt. Sac), 14-9; 5. Milford (San Diego), 14-9. LJ—McAllister (Saddleback), 23-4 1/4; TJ—1. Oprowski (Moorpark), 50-6; 2. Cobbs (Cerritos), 48-11 1/4; 3. Willis (Mt. Sac), 47-5; 4. Coughay (Santa Barbara), 47-1 1/4; 5. Blockberger (Orange Coast), 46-9. SP—1. Sweeney (Saddleback), 53-3 1/4; 2. Wingeron (Saddleback), 51-1; 3. Crow (Citrus), 50-3 1/4; 4. Moore (Bakersfield), 50-1 1/4. JT—Pote (Glendale), 215-4; 2. Tatum (Riverside), 214-5; 3. Venger (Golden West), 192-0. RELAYS: 880—Skyline, 1:28.2. SPRINT MEDLEY—Foothill, 3:31.6. TWO-MILE—1. MiraCosta, 7:52.7; 2. Foothill, 7:53.5. DISTANCE MEDLEY—MiraCosta, 10:25.5. SHUDDLE HURDLES—Mt. San Antonio, 62.8. TEAM SCORES—Mt. San Antonio 56; Foothill and MiraCosta 28.**

**WOMEN: 100—Astbury (Fullerton), 12.7. TWO-MILE—1. Demmelmeier (West Valley), 10:55.7; 2. Lazardns (MiraCosta), 11:00.0; 3. Aguirre (East LA), 11:07.1; 4. Torrez (Mt. Sac), 11:13.6. LJ—1. Frye (Cerritos), 19-0; 2. Jones (Mesa, Ariz.), 18-5 1/2; 3. Tsai (Mt. Sac), 18-5. SP—1. Kristler (Foothill), 44-10 1/4; 2. Niko (Chabot), 42-8 1/4; 3. McNeally (Mesa, Ariz.), 41-7. DT—1. Romberger (Glendale), 137-2; 2. Crisler (Foothill), 136-4; 3. McNeely (Mesa, Ariz.), 131-7; 4. Moorston (Mesa, Ariz.), 131-0; 5. Johnson (Bakersfield), 130-11. JT—1. Johnson (Bakersfield), 149-0; 2. Gaivey (Moorpark), 141-1; 3. Bailey (West Valley), 140-8; 4. Masteron (MiraCosta), 134-1. TEAM SCORES—Mt. San Antonio 63, Mesa (Ariz) 36, Fullerton 33.**

**J.C. Dual Meet**

**March 24. (Men)**

**Long Beach 91, El Camino 83 at CS Long Beach**

**TOP MARKS**

**100 METERS—A. Freeman (El Camino), 10.39; Brown (Long Beach), 10.53; Moore (EC), 10.61; D. Freeman (EC), 10.71; Jefferson (LB), 10.78; Reed (LB), 10.84; Torrez (LB), 10.86. 200—A. Freeman (EC), 21.05; Brantley (LB), 21.24; Brown (LB), 21.33; Moore (EC), 21.51; D. Freeman (EC), 21.70. 400—Schmidt (EC), 48.20; Hawkins (EC), 48.60; Lee (EC), 48.76; Rivera (LB), 48.90. 800—McCullough (LB), 1:51.07; Lizardi (LB), 1:51.47; Daily (EC), 1:52.30. 1,500—Roman (LB), 3:48.80; Harbell (EC), 3:52.16; Chambers (EC), 3:59.33. 5,000—Huggins (LB), 14:59.90; Acosta (LB), 15:01.02; Staalberg (EC), 15:10.35. 110 HH—Brantley (LB), 14.08; White (LB), 14.24; Rodriguez (LB), 14.55; Jackson (EC), 14.85. 400 IH—Zee (LB), 50.85; Ferreira (EC), 52.08; Coulson (EC), 52.93; Christman (EC), 52.99; Davis (LB), 53.10. 400 RELAY—El Camino, 40.58; Long Beach, 40.77. MILE RELAY—El Camino, 3:12.95; Long Beach, 3:14.42. HJ—Nuchols (EC), 6-8. PV—**

**Tomlinson (LB), 16-1. White (LB), 24-5 1/4; Jefferson (LB), 24-4 1/4; Jackson (EC), 23-5; Cadogan (LB), 23-3 1/4. TJ—Parramore (LB), 48-9; White (LB), 48-7 1/4. SP—Turco (LB), 55-2 1/4; DT—Fernandez (LB), 165-1; Turco (LB), 151-6. JT—Fernandez (LB), 215-7.**



**Bakersfield's Johnson put the javelin out to a win in the Santa Barbara Relays JC Division.**

**S. F. State Heptathlon & Decathlon**

**San Francisco, March 30-31.**

**Top 5 Women Heptathletes**

1	Carmen Morrison, SFSU	4750
2	Kelli Barbor, CSU Sacto	4627
3	Natalie Day, CSU Sacto	4484
4	Monica Bednar, UC Davis	4134
5	Julia Philyaw, CSU Sacto	3990

**Top 10 Men Decathletes**

1	Jay Thorson, Stanford	7404
2	Ron Jenkins, Wildcat TC	6879
3	Bob Fournier, Unatt.	6875
4	Steve Kemp, Unatt.	6868
5	Mark Kibort, Converse TC	6814
6	Steve Deener, Golden Bear TC	6807
7	John Pauley, SFSU	6803
8	Paul Berensmeyer, SFSU	6619
9	Don Lawson, Hayward	6368
10	Mark Hazel, Unatt.	6177

**Misc. Meets**

**March 31: DUAL-TRIANGULAR MEETS**

**At UCLA**  
**Men**  
 100—1. Costanzo (UCLA), 10.56 (wind 1.23 m p.s. aiding); 2. White (UCLA), 10.64; 3. J. Williams (C), 10.71; 4. Coburn (UCLA), 10.81. 200—1. White (UCLA), 21.40; 2. Howard (C), 21.56; 3. Williams (C), 21.59; 4. Savage (UCLA), 21.83. 400—Howard (C), 47.40. 800—1. Prejers (UCLA), 1:50.40; 2. Phillips (UCLA), 1:50.81. 1,500—1. Downs (C), 3:46.7; 2. Maiden (C), 3:47.2; 3. Roberts (UCLA), 3:48.3. 5,000—1. Downs (C), 14:03.2; 2. Butler (UCLA), 14:03.64; 3. Brownberger (UCLA), 14:10.95; 4. Marston (C), 14:15.21; 5. McCollum (C), 14:39.1. 6. Ayvad (UCLA), 14:44.22. 110 HUR

**DLES—1. Robinson (C), 13.98 (wind 1.5 m p.s. aiding); 2. Kerho (UCLA), 14.04; 3. Scannella (C), 14.63. 400 HURDLES—1. Robinson (C), 49.83; 2. Scannella (C), 51.45; 3. Kerho (UCLA), 52.15.**

**3,000 STEEPLECHASE—1. Skinner (C), 9:06.49; 2. Junkermann (UCLA), 9:08.31; 3. Valen (C), 9:08.71. 400 RELAY—1. UCLA (Coburn, White, Costanzo, Savage), 41.13; 2. California, 41.13. 1,600 RELAY—California (Kelly, Goodman, Bonner, Howard), 3:13.37. HJ—1. Balkin (UCLA), 7-2; 2. Morris (C), 7-2; 3. Haines (UCLA), 7-0; 4. Glatte (C), 6-10. PV—1. Stull (UCLA), 16-6; 2. Kibort (UCLA), 16-0. LJ—Smith (C), 24-2 1/4; TJ—Williams (C), 53-8 1/4; 2. Banich (UCLA), 58-8 1/4; 3. Muir (UCLA), 57-2 1/4; 4. Rosati (C), 55-6 1/4. DT—1. Brenner (UCLA), 190-8; 2. Banich (UCLA), 174-3. HT—1. Brenner (UCLA), 197-4; 2. Banich (UCLA), 164-4. JT—1. Connolly (UCLA), 238-2; 2. Richardson (C), 229-3; 3. Brenner (UCLA), 216-9.**

**TEAM SCORES—UCLA 91, California, 72.**

**Women**

100—1. Simmons (UCS), 11.73; 2. Williams (USC), 12.12; 3. Kellon (UCLA), 12.22. 200—Simmons (USC), 24.3; 2. Williams (USC), 24.3; 3. Curtis (USC), 24.3. 400—Curtis (USC), 1:00.0; 2. Breesnan (UCLA), 1:00.0; 3. Fischer (UCLA), 1:00.0. 800—Curtis (USC), 2:12.90; 2. Breesnan (UCLA), 2:12.90; 3. Fischer (UCLA), 2:12.90. 1,600—Curtis (USC), 4:33.47; 2. Breesnan (UCLA), 4:34.07; 3. Fischer (UCLA), 4:37.3. 100 HURDLES—1. Alston (UCLA), 14.69; 2. Hatfield (USC), 14.77; 3. Carter (USC), 14.87. 400 HURDLES—Kollon (UCLA), 60.12. 400 RELAY—1. USC (Curtis, Simmons, Freeman, Williams), 47.98; 2. UCLA, 48.33. 1,600 RELAY—1. UCLA (Threadgill, Norman, Lowe, Kellon), 3:47.06; 2. USC, 3:50.16. HJ—Alston (UCLA), 5-9. LJ—1. Williams (USC), 19-10 1/4; 2. Hatfield (USC), 19-0 1/4. SP—Alston (UCLA), 42-3 1/4; DT—1. Lujans (UCLA), 164-2; 2. Torman (unatt), 159-8. TEAM SCORE—UCLA 76, USC 74.

**At USC**

**Men**  
 100 (Race 1)—1. Cook (USC), 10.50; 2. Morales (USC), 10.70; 3. Johnson (A), 10.89. (Race 2)—1. R. Brown (Stars & Stripes), 10.37; 2. Evans (SS), 10.49; 3. B. Jackson (SS), 10.57; 4. Bradford (Muzik), 10.81. 200 (Race 1)—1. Cook (USC), 20.82; 2. Barksdale (A), 20.91; 3. Morales (USC), 20.99; 4. Todd (UC Irvine), 21.41. (Race 2)—1. Jackson (SS), 21.25; 2. Bradford (Muzik), 21.27; 3. C. Edwards (Muzik), 21.50. 400 (Race 1)—Tribble (SS), 48.18; 800—1. Ingram (A), 1:50.98; 2. Woods (A), 1:51.28; 3. Fisher (USC), 1:52.11; 4. Young (USC), 1:52.63. (Race 2)—1. Cunningham (unatt), 1:50.48; 2. L. Johnson (Runners World), 1:50.49; 3. B. Brown (SS), 1:50.97. 1,500—1. Woods (A), 3:50.58; 2. Dohler (A), 3:51.52; 3. Thebault (USC), 3:51.54.

photo by Dave Stock



**LEONARD ROBINSON: Cal Berkeley hurdler.**

continued on next page.

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# Results

5,000—1. Anaberry (A), 13:57.6; 2. Shimojo (Japan), 14:01.9; 3. Yonechige (Japan), 14:14.3; 4. Shibutani (Japan), 14:14.8; 5. Dotson (UCI), 14:32.5; 6. Morrison (A), 14:33.4. 110 HURDLES—1. McCraney (unat), 14.58 (wind 6.6 m.p.s. against); 2. Stewart (SS), 14.59. 400 HURDLES—1. Lindstrom (SS), 52.33; 2. Craman (USC), 52.77. 3,000 STEEPLECHASE—1. Ingram (A), 3:47.8; 2. Martinez (UCI), 9:03.5; 3. Carlton (UCI), 9:08.8. 400 RELAY—Stars & Stripes (Holmes, Jackson, Evans, R. Brown), 39.51; 2. Arizona, 39.70; 3. USC, 40.14; 4. UC Irvine, 40.90. 1,600 RELAY—1. Muzik (Wilson, Bradford, Solomon, Paul), 3:09.30; 2. Arizona, 3:09.84; 3. USC, 3:12.87; 4. Stars & Stripes, 3:13.07.

HJ—1. Caire (USC), 7-0; 2. Crumby (A), 7-0; 3. Buznatz (unat), 7-0. PV—1. Klassen (USC), 19'0" 2. B. between Williams (A) and Johnson (A), 15-8. LJ—1. Johnson (A), 26-5 1/2; 2. Tava (USC), 26-1 1/4; 3. Powell (UCI), 25-7. TJ—1. Iregami (Japan), 53-5 1/2; 2. Caldwell (unat), 53-0 1/2; 3. Hays (Muzik), 51-7 1/4; 4. Anderson (A), 51-5 1/2. SP—1. Kraychir (USC), 61-2; 2. Kaufman (A), 60-8 1/4. DT—1. Kraychir (USC), 198-0; 2. Kaufman (A), 192-10; 3. Luitan (USC), 170-8. HT—Wiliarsky (USC), 201-6.

TEAM SCORES—Arizona 93, USC 68.

photo by Jim Reynolds



**GAYLE KELLON: UCLA frosh. 400 hurdle sensation.**

## At Eugene, Ore.

MEN: 400—1. Tacch (WS), 46.42; 2. Durr (WS), 46.49. 800—1. Myers (O), 1:48.70; 2. Moutsanas (WS), 1:49.00. 1,500—1. Cruz (O), 3:38.43; 2. Ortega (WS), 3:41.15; 3. Bergeson (O), 3:43.24. 5,000—1. Hill (O), 13:53.77; 2. Koeh (WS), 13:54.92; 3. Blackmore (O), 13:59.49. 3,000 STEEPLECHASE—1. J. Korir (WS), 8:37.5; 2. Tuwei (WS), 8:55.0. HJ—1. Harken (WS), 7-3. SP—1. Koutsoukis (WS), 65-1. TJ—Taiwo (WS), 52-2. HT—1. Flex (O), 222-5; 2. Jonason (WS), 196-3. JT—1. B. Crouser (O), 278-5; 2. Johanson (WS), 265-0; 3. Stormy (O), 234-2. TEAM SCORES—Washington St 94, Oregon 69.

WOMEN: 800—Rivard (WS), 2:07.64. 1,500—Groener-Jaal (O), 4:21.93. 3,000—1. Forbes (O), 9:29.2; 2. Livingston (WS), 9:31.7; 3. Nelson (O), 9:36.8. 100 HURDLES—Garnett (O), 14.10. 400

RELAY—1. Oregon, 48:82; 2. Washington St., 47:08. HJ—Moore (WS), 5-11. TEAM SCORES—Oregon 82, Washington St. 44.

## At Corvallis, Ore.

MEN: PV—Davis (OS), 17-0. DT—Schmidt (OS), 180-9. JT—1. Rockett (W), 262.5; 2. Pedersen (W), 255-7; 3. Pedersen (OS), 241-10. TEAM SCORES—Washington 87, Oregon St. 75.

WOMEN: 200—Dennis (W), 24.24. 400 RELAY—Washington, 48.49. SP—1. Ponath (W), 50-0; 2. Johnson (OS), 49-4. HJ—Westover (OS), 5-11. TEAM SCORES—Washington 71, Oregon St. 64.

## At Nevada Las Vegas

WOMEN: 100—Ware (Arizona St.), 11.46; Peterson (Nevada Las Vegas), 11.48. 200—Peterson (UNLV), 23.0. Ware (ASU), 23.3. 400 RELAY—Arizona St., 45.3; San Diego St., 46.1.

## QUADRANGULAR MEET

### At CS Bakersfield

MEN: 100 METERS—1. Allen (CS Northridge), 10.6; 2. Jackson (CSN), 10.7; 3. Johnson (CS Hayward), 10.8; 4. Jonat (Northern Arizona), 10.8; 5. Brass (NA), 10.8; 6. Bell (CS Bakersfield), 10.8. 400—1. Copeland (CSN), 47.9; 2. Lietz (CSN), 48.0; 3. Green (CSH), 48.0. 110 HH—1. Avery (CSB), 14.1; 2. Williams (NA), 14.2. 400 RELAY—1. CS Northridge, 40.6; 2. Northern Arizona, 41.6; 3. CS Hayward, 41.6. HJ—1. Moran (CSH), 7-0; Stephens (CSN), 6-10. SP—1. Thomas (CSB), 68-1; 2. Debres (CSH), 57-2. DT—1. Thomas (CSB), 172-8. HAMMER—1. Fritchman (CSB), 204-3; 2. Thomas (CSB), 190-8; 3. Weyers (CSM), 180-10; 4. Buckholtz (CSN), 178-9. JT—1. Stephens (CSN), 233-4; 2. Denton (CSN), 225-10; 3. Walker (CSH), 224-4. TEAM SCORES—CS Northridge 69, Northern Arizona 58, CS Hayward 32 1/2, CS Bakersfield 24 1/2.

WOMEN: 100 METERS—1. Mariano (CSB), 11.8; 2. Middleton (CSN), 12.1; 3. Miller (CSB), 12.1. 1,500—1. McCracken (NA), 4:32.1; 2. Pratt (CSN), 4:33.5. TJ—Benvoor (NA), 41-0 1/4. JT—J. Davis (UCSB), 172-10; 2. Yanez (CSN), 142-3. TEAM SCORES—CS Northridge 66, Northern Arizona 61, CS Bakersfield 23, UC Santa Barbara 13.

## NONSCORING MEETS

### At UC Irvine

WOMEN: 100—Loud (Hawaii), 11.84. 200—Loud (H), 24.26. 400—1. Marshall (unat), 55.6; 2. Williams (H), 56.6. 1,500—1. Ringer (UCI), 4:38.9; 2. Gonzales (UCI), 4:37.2. 100 HURDLES—Smith (unat), 13.9. 400 HURDLES—1. Sheffield (unat), 59.44; 2. King (UCI), 1:01.3. LJ—1. Loud (H), 20-9 1/2; 2. Kawahara (H), 19-0 1/4. TJ—Napoleon (H), 37-1 1/4. DT—1. Westbrook (UCI), 161-10.

### At Cal Poly Pomona

MEN: 100 METERS—1. Egbunike (Azusa Pacific), 10.1w; 2. Harris (AP), 10.5. 200—Egbunike (AP), 20.2w. MILE—Reyes (Cal Poly Pomona), 4:08.2. 110 HH—1. Johnson (AP), 14.2w; 2. Webb (AP), 14.5; 3. Hampstead (Cornell), 14.5. 400 H—Webb (AP), 52.7. 400 RELAY—Azusa Pacific, 41.6. HJ—Arnwine (CPP), 7-0. DT—Okoye (AP), 193-0. HT—1. Mann (AP), 199-8; 2. Okoye (AP), 192-7; 3. LeMaster (AP), 176-11.

WOMEN: 3,000—Mazik (Air Force), 9:59.8. 5,000—Teitsch (Cornell), 17:23.5. HJ—Swartz (AP), 5-8. TJ—Kulick (Cornell), 37-1.

## Fresno Bee Gms.

Fresno State, April 7, Fresno Bee Games, J.C., College & Open Divisions.

### COLLEGE DIVISION

MEN  
Hammer  
1. Baxter, FSU, 208-5; 2. Wyers, CSUN, 163-8; Jefferies, LBS, 162-1; 4. Buckholtz, CSUN, 179-10; 5. Alafara, UCI, 169-11; 6. Roth, FSU, 168-8.

400 Relay  
1. UC Irvine, 48:52; 2. Nevada-Reno, 48:58; 3. Fresno State A, 48:82; 4. Cal State Northridge, 41:85; 5. Cal State Hayward, 41:44; 6. Cal Poly-SLO.

### 3000 Steeplechase

1. Leano, Unaff., 8:57.62; 2. Martinez, UCI, 8:59.01; 3. Carlton, UCI, 9:00.61; 4. Rutherford, UCI, 9:09.90; 5. Vaughn, Cal Poly-Pom, 9:23.55; 6. Thomas, FSU, 9:26.65.

### High Jump

1. Moran, Hay, 7-0; 2. III, FSU, 6-10; 3. Wagner, UCI, 6-8; 4. Hutchinson, FSU, 6-8.

### 1500 Meters

1. Ruelas, UC, 3:43.80; 2. Reyes, Cal Poly-Pom, 3:46.09; 3. Pradeno, UNR, 3:46.47; 4. Menker, UNR, 3:49.08; 5. Blafv, Cal Poly-Pom, 3:49.44; 6. Trujillo, CSUN, 3:49.79.

### 100 High Hurdles

1. Williamson, FSU, 14.45; 2. Funk, UCI, 14.44; 3. O'Neal, UNR, 14.81; 4. Budwig, FSU, 14.92; 5. Ellison, Son State, 14.97; 6. Mansur, FSU, 15.23.

### Javelin

1. Walker, Hay, 221-3; 2. Odgers, UCI, 206-2; 3. Graves, FSU, 205-0; 4. O'Connor, UNR, 204-3; 5. Kinder, Hum State, 203-10; 6. O'Neill, UNR, 203-1.

### 400 Meters

1. Walker, FSU, 47.88; 2. Johnson, FSU, 47.53; 3. Armour, FSU, 47.84; 4. Monaco, UNR, 48.02; 5. Odgers, UCI, 48.42; 6. Eddings, Hum State, 48.44.

### Invitational Hammer

1. Milleham, FSU, 244-8; 2. Aurofushi, Japan, 237-2; 3. Liffelton, FSTC, 206-5.

### Shot Put

1. Baxter, FSU, 62-2 1/2; 2. Eddings, UNR, 61-10 1/4; 3. Debus, Hay, 57-5 1/4; 4. Crow, Unaff., 55-11 1/2; 5. Davidson, 55-1; 6. Hudson, UCI, 54-8.

### 100 Meters

1. Allipoe, UNR, 16.48; 2. Neely, FSU, 16.72; 3. Idun, UNR, 16.73; 4. Dexter, Unaff., 16.75; 5. Jackson, CSUN, 16.79; 6. Josephson, Cal Poly-SLO, 16.80.

### 800 Meters

1. Cook, Cal Poly-Pom, 1:58.79; 2. Armour, FSU, 1:51.05; 3. Quinonez, FSU, 1:52.22; 4. Lewis, Hay, 1:52.72; 5. Polk, FSU, 1:53.54; 6. Cole, UC River, 1:53.71.

### 400 Hurdles

1. Williamson, FSU, 51.93; 2. Kellum, UNR, 52.98; 3. Underwood, Cal Poly-SLO, 53.59; 4. Dice, Cal Poly-SLO, 53.98; 5. Reddick, CSUN, 54.25; 6. Muller, Cal Poly-SLO, 54.65.

### Long Jump

1. Gaffney, FSU, 25-11; 2. Williams, USAC, 25-5 1/4; 3. D. Williams, FSU, 24-3; 4. Henry, CSB, 23-7 1/4; 5. C. Williams, FSU, 23-7; 6. West, CSUN, 23-1 1/4.

### Discus

1. Bender, Unaff., 192-9; 2. Wyers, CSUN, 172-10; 3. Lawrence, UNR, 170-0; 4. Debus, Hay, 169-5; 5. Eddings, UNR, 169-2; 6. Jefferies, LBS, 169-6.

### 200 Meters

1. Dexter, Unaff., 28.92; 2. Allipoe, UNR, 28.95; 3. Todd, UCI, 21.81; 4. Idun, UNR, 21.37; 5. Copland, CSUN, 21.45; 6. Johnson, Hay, 21.56.

### Invitational High Jump

1. Peacock, Unaff., 7-4 1/2; 2. Valentina, Unaff., 7-2; 3. Moran, Hay, 7-2; 4. McHamara, Alt. Alt., 7-0; 5. Arwine, Cal Poly-Pom, 6-10; 6. Cannon, Unaff., 6-10.

### Pole Vault

1. Fraley, FSU, 16-7; 2. Rodrigues, FSU, 16-0; 3. Hassapakis, CSUN, 16-0; 4. Thomas, Cal Poly SLO, 16-0; 5. Quelle, UNR, 16-0; 6. Heppner, 16-0.

### 500 Meters

1. May, UNR, 14:04.79; 2. Vanette, UC River, 14:01.18; 3. Evans, UCI, 14:21.19; 4. Dodson, UCI, 14:22.15; 5. Breneman, UC River, 14:23.42; 6. Watson, UC River, 14:25.01.

### Triple Jump

1. Henry, CSB, 51-7; 2. Trammel, Hay, 51-1; 3. Williams, FSU, 51-8; 4. Torres, Cal Poly-SLO, 49-4 1/4; 5. Cook, Cal Poly-Pom, 47-1; 6. Mosley, CSUN, 47-0 1/2.

### Invitational Javelin

1. Roller, CSUN, 275-5; 2. Jadin, Tiger, 253-3; Markus, Finland, 250-9; 4. Morley, Unaff., 213-9; 5. Jones, WCTC, 237-10; 6. Peterson, Unaff., 237-10.

### 1600 Relay

1. Fresno State, 3:09.25; 2. Cal State

Northridge, 3:10.61; 3. Cal State Hayward, 3:16.56; 4. Cal Poly A, 3:18.08; 5. UC Irvine, 3:18.42; 6. Sonoma State, 3:19.56. Morley, Unaff., 213-9; 5. Jones, WCTC, 237-10; 6. Peterson, Unaff., 237-10.

### 1600 Relay

1. Fresno State, 3:09.25; 2. Cal State Northridge, 3:10.

### WOMEN

#### Shot Put

1. Mitchell, Sac State, 44-6; 2. Oswell, Hay, 42-11; 3. Edmonston, FSU, 41-10; 4. Shromeyer, CSB, 41-1 1/4; 5. Platzler, SAATC, 39-2 1/4; 6. Lawson, FSU, 39- 1/4.

### 400 Relay

1. Cal State Hayward 46.58; 2. Fresno State A, 47.50; 3. Fresno State B, 48.78.

### 1500 Meters

1. Dunn, Cal Poly-SLO, 4:27.99; 2. Figliomeni, Sac State, 4:28.80; 3. Abraham, UCI, 4:29.10; 4. Manning, Hay, 4:30.19; 5. Wyckoff, FSU, 4:31.85; 6. Ringler, UC, 4:34.98.

### 100 Hurdles

1. Byrd, Hay, 14-68; 2. Reimann, Cal Poly-SLO, 14.88; 3. Barber, Sac State, 14.92; 4. Simon, Hay, 15.25; 5. Miller, CSB, 15.34; 6. Murray, Sac State, 15.64.

### Discus

1. Lundholm, Finland, 206-9; 2. Oswell, Hay, 164-2; 3. Westbrook, UCI, 161-9; 4. Robinson, Unaff., 159-11; 5. Denfeger, Sac State, 157-2; 6. Edmonston, FSU, 141-10.

### High Jump

1. Kraemer, Cal Poly-SLO, 5-9; 2. Mendonca, FSU, 5-9; 3. Malvina, Son State, 5-7 1/4; 4. Weigmann, Cal Poly-SLO, 5-7 1/4; 5. McCall, Hay, 5-7 1/4; 6. Philter, CSB, 5-5.

### 400 Meters

1. Banks, Hay, 53.69; 2. VanWarmerdam, Cal Poly-SLO, 54.63; 3. Noyd, Hay, 56.89; 4. Wilson, FSU, 58.14; 5. Winder, FSU, 59.11; 6. Thompson, Sac State, 59.71.

### 100 Meters

1. Corley, Puma, 11.91; 2. Marino, CSB, 12.18; 3. Byrd, Hay, 12.31; 4. Klope, FSU, 12.46; 5. Jackson, FSU, 12.48; 6. Miller, CSB, 12.69.

### Long Jump

1. Yarbrough, Hind TC, 20-4 1/4; 2. Lovelady, CSB, 19-9; 3. Philter, CSB, 19-4; 4. Jackson, FSU, 18-8 1/4; 5. Day, Sac State, 18-3 1/4; 6. Reimann, Cal Poly-SLO, 18-1 1/2.

### 800 Meters

1. Figliomeni, Sac State, 2:11.30; 2. Manning, Hay, 2:12.58; 3. Fodor, Cal Poly-SLO, 2:12.61; 4. Dice, UCI, 2:12.63; 5. Manning, Cal Poly-SLO, 2:13.75; 6. Gibbs, Cal Poly-SLO, 2:14.34.

### 400 Hurdles

1. King, UCI, 1:02.85; 2. Halpin, Hay, 1:04.20; 3. Malvina, Son State, 1:05.17; 4. Friedman, Son State, 1:05.72; 5. Hagan, Cal Poly-SLO, 1:05.96; 6. Rossi, FSU, 1:05.4.

### 200 Meters

1. Corley, Puma, 24.11; 2. VanWarmerdam, Cal Poly-SLO, 24.31; 3. Bryd, Hay, 24.64; 4. Marino, CSB, 24.94; 5. Klope, FSU, 25.05; 6. Bradley, Hay, 25.24.

### Javelin

1. Lilek, Finland, 243-7; 2. Rubin, FSU, 164-7; 3. Miller, Sac State, 146-7; 4. Obera, CSB, 129-3; 5. Bublak, Stanford, 124-10; 6. O'Dink, Stanford, 122-9.

### 3000 Meters

1. Wyckoff, FSU, 9:29.75; 2. Gonzalez, UCI, 9:30.22; Lopez, Cal Poly-SLO, 9:45.92; 4. Mercado, UCI, 9:51.87; 5. Avri, Cal Poly-SLO, 9:55.82; 6. Brey, Cal Poly-SLO, 10:01.05.

### 1600 Relay

1. Cal State Hayward, 3:48.58; 2. Cal Poly-SLO, 3:50.77; 3. UC Irvine, 3:55.22; 4. Fresno State B, 4:07.09; 5. Fresno State A, 3:54.69.

### Triple Jump

1. Lovelady, Cal State Bak, 37-11 1/4; 2. Fernum, Cal Poly-SLO, 37-4; 3. Philter, Cal State Bak, 37-2 1/4; 4. Lawson, FSU, 35-8; 5. Reimann, Cal Poly-SLO, 35-4 1/4; 6. McCall, Hay, 34-10.



## JUNIOR COLLEGE

### Men

**100 Meters**  
1. Wheeler, Fresno CC, 10.43; 2. Williams, Taff, 10.64; 3. Cowings, Fresno CC, 10.89; 4. Jones, Delta, 10.93; 5. Hurd, Fresno CC, 11.08; 6. Ward, Mod, 11.13 (combined placings).

**200 Meters**  
1. Williams, Taff, 21.50; 2. Chesarek, WV, 21.52; 3. Wheeler, Fresno CC, 21.60; 4. Adams, Mer, 22.32; 5. Walkins, Bak, 22.41; 6. Harris, Mer, 22.65 (combined placings).

**400 Meters**  
1. Chesarek, WV, 47.10; 2. McCullom, Bak, 48.85; 3. McKinney, Fresno CC, 49.21; 4. Benson, WV, 49.79; 5. Zumada, AR, 49.95; 6. Rogan, Taff, 50.05 (combined placings).

**800 Meters**  
1. Roberson, Taff, 1:58.20; 2. Bunch, Taff, 1:58.90; 3. Hall, Bak, 1:52.86; 4. Poppa, Bak, 1:53.77; 5. Biggs, WV, 1:54.85; 6. Nunez, COS, 1:55.11 (combined placings).

**1,600 Meters**  
1. Dixon, Taff, 4:00.90; 2. McCale, Fresno CC, 4:01.65; 3. Martin, Mod, 4:01.95; 4. Peterson, KR, 4:02.87; 5. Nunez, COS, 4:06.04; 6. Austin, DV, 4:06.68.

**3,200 Steeplechase**  
1. Smith, Mod, 9:13.77; 2. Miner, Taff, 9:19.24; 3. Biggs, WV, 9:29.41; 4. Rivera, Fresno CC, 9:31.79; 5. Torres, Fresno CC, 9:56.71; 6. Velasquez, WV, 10:00.20.

**5,000 Meters**  
1. Kunene, Port, 14:40.37; 2. Knowles, AR, 14:45.25; 3. Dixon, WV, 15:04.95; 4. Livingston, WV, 15:08.28; 5. King, Taff, 15:09.35; 6. Garcia, WV, 15:17.51.

**100 High Hurdles**  
1. Sears, Fresno CC, 14.46; 2. Limbrick, Taff, 14.84; 3. Popoola, Fresno CC, 14.90; 4. McDaniel, Mer, 15.08; 5. Simmons, Bak, 15.40; 6. Cheri, Mer, 15.97 (combined placings).

**400 Intermediates**  
1. Culbreath, Bak, 52.51; 2. Limbrick, Taff, 54.34; 3. Ruiz, Fresno CC, 54.50; 4. Popoola, Fresno CC, 55.58; 5. Williams, Mod, 56.55; 6. McDaniel, Mer, 56.61 (combined placings).

**800 Relay**  
1. Fresno CC (Hurd, Sears, Cowings, Wheeler) 41.41; 2. Bakersfield 42.35; 3. Taff 42.41; 4. Delta 42.66; 5. Merced 43.19; 6. Modesto 43.32.

**1,600 Relay**  
1. Taff (Bunch, Roberson, Earl, Williams) 3:11.61; 2. Bakersfield 3:12.64; 3. West Valley 3:19.66; 4. Fresno CC 3:20.74; 5. Diablo Valley 3:23.21; 6. Modesto JC 3:26.31.

**Long Jump**  
1. Sears, Fresno CC, 24-4 1/2; 2. Farrister, Mod, 22-9 1/2; 3. Conway, Mod, 22-6 1/2; 4. McCullom, Bak, 22-4 1/2; 5. Simpson, Mer, 21-7; 6. Sasaki, Mer, 21-0 1/2.

**Triple Jump**  
1. McArr, Fresno CC, 46-9 1/2; 2. McCullom, Bak, 46-6; 3. Smith, Delta, 46-4 1/2; 4. Stewart, 45-8; 5. Earl, Taff, 45-4; 6. Simpson, Merced, 44-6.

**High Jump**  
1. Conway, DV, 6-4; 2. Tie, Wright, DV, and Stewart, Mer, 6-4; 4. Lundborg, DV, 6-4.

**Pole Vault**  
1. Wicks, Bak, 16-11 1/2; 2. Hudson, Delta, 16-4; 3. Sheppard, Fresno CC, 15-6; 4. Besmer, WV, 15-0; 5. Frazier, Delta, 15-0; 6. Anderson, WV, 14-6.

**Shot Put**  
1. Moore, Bak, 50-3; 2. Lampkins, Delta, 49-9; 3. Malden, Bak, 49-7 1/2; 4. Silva, WV, 47-1 1/2; 5. McThorn, Mod, 47-10.

**Discus**  
1. Garza, Fresno CC, 156-6; 2. McThorn, Mod, 153-4; 3. Ostrom, WV, 150-4; 4. Marshall, Taff, 144-3; 5. Harle, AR, 143-9; 6. Malden, Bakersfield.

**Javelin**  
1. Ostrom, DV, 202-9; 2. Lampkins, Delta, 195-7; 3. Nikaido, Fresno CC, 193-10; 4. Driskill, Bak, 185-0; 5. Francis, Taff, 179-4; 6. Clark, Taff, 175-7.

### Hammer

1. Missio, Bak, 175-10; 2. Norton, AR, 159-1; 3. Garza, Fresno CC, 148-3; 4. Von Rafibor, Fresno CC, 139-2; 5. Harl, Fresno CC, 119-4; 6. McGregor, Fresno CC, 104-2.

### WOMEN

#### 100 Meters

1. Jeremiah, Delta, 12.49; 2. Taylor, DV, 12.80; 3. Plutchak, WV, 13.29; 4. Marlin, Mod, 13.40; 5. D. Alexander, WV, 13.79.

#### 200 Meters

1. Jeremiah, Delta, 25.72; 2. Taylor, DV, 26.36; 3. Mundt, Mod, 26.55; 4. Plutchak, WV, 27.24; 5. A. Raffin, Mod, 27.38; 6. L. Alexander, Mod, 27.50.

#### 400 Meters

1. Moss, AR, 57.90; 2. Carr, Mod, 1:00.99; 3. Schroeder, Mod, 1:01.24; 4. Smith, Fresno CC, 1:01.45; 5. L. Alexander, Mod, 1:02.72; 6. McLauren, Delta, 1:04.09.

#### 800 Meters

1. Anderson, Mod, 2:13.70; 2. Dammelaier, WV, 2:13.73; 3. Halford, WV, 2:19.32; 4. Hooke, Fresno CC, 2:22.28; 5. Aja, Mod, 2:22.81; 6. Casev, Mod, 2:26.49.

#### 1,600 Meters

1. Halford, WV, 4:41.84; 2. Anderson, Mod, 4:43.95; 3. Hooke, Fresno CC, 4:51.08; 4. Canales, COS, 5:01.28; 5. Medina, Fresno CC, 5:10.86; 6. Baiffes, COS, 5:15.26.

#### 3,200 Meters

1. Dammelaier, WV, 10:16.50; 2. Canales, COS, 10:32.97; 3. Medina, Fresno CC, 10:40.52; 4. LaFranco, WV, 10:44.19; 5. DeVine, WV, 10:44.44; 6. Bowman, Taff, 10:53.98.

#### 100 High Hurdles

1. Mazorra, AR, 15.30; 2. E. Raffin, Mod, 15.65; 3. Wright, KR, 15.88; 4. Schoenlein, WV, 16.26; 5. Bibbens, Mod, 17.71; 6. Coleya, KR, 17.87.

#### 400 Low Hurdles

1. Chavez, Mod, 1:05.19; 2. Schoenlein, WV, 1:07.00; 3. Bibbens, Mod, 1:10.13; 4. Donovan, WV, 1:10.15; 5. Ambacher, DV, 1:10.33.

#### 800 Relay

1. American River (Murray, Moss, Mazorra, Linderman) 49.39; 2. Modesto JC 50.26; 3. Delta 51.26; 4. West Valley 51.68.

#### 1,600 Relay

1. American River (Gallegher, Mazorra, Murray, Moss) 3:56.27; 2. Modesto JC 4:02.77; 3. West Valley 4:02.77; 4. Fresno CC 4:20.92.

#### Long Jump

1. Wright, KR, 17-1 1/2; 2. Gallegher, AR, 16-6 1/2; 3. Murray, AR, 16-5; 4. Carr, Mer, 16-3; 5. Mundt, Mod, 16-2 1/2; 6. Baglietta, Delta, 16-2 1/4.

#### High Jump

1. E. Raffin, Mod, 5-8; 2. Linderman, AR, 5-6; 3. Bateman, DV, 5-4; 4. Schoenlein, WV, 5-0; 5. Dyer, WV, 5-0.

#### Shot Put

1. Jones, Mod, 40-10; 2. Bailey, WV, 40-11 1/2; 3. Robles, COS, 39-1 1/2; 4. Fenton, Mod, 35-6; 5. Harris, Delta, 31-1; 6. Sanchez, AR, 30-4 1/2.

#### Discus

1. Bailey, WV, 144-7; 2. Jones, Mod, 137-5; 3. Robles, COS, 118-9; 4. Wilson, Fresno CC, 112-8; 5. Harris, Delta, 108-2; 6. Fenton, Mod, 107-10.

#### Javelin

1. Bailey, WV, 147-9; 2. Harris, Delta, 128-6; 3. Hall, AR, 122-5; 4. Mosby, Mer, 120-3; 5. Hopper, Mod, 107-1; 6. Sanchez, AR, 97-9.

## Sun Angel Inv.

Arizona State, April 7.

### Men

100—1. R. Brown (S&S), 10.17 (wind 1 m.p.s. aiding); 2. E. King (New Balance), 10.27; 3. B. Jackson (S&S), 10.37.  
1,500—1. Arizon (Athletics West), 3:40.88; 2. Fricker (AccuSplit), 3:41.51; 3. Clifford (AIA), 3:41.95; 4. Kennigan (Converse West), 3:42.41; 5. Lacy (New Balance), 3:42.78.

5,000—1. S. Scott (Sub 4), 13:48.66; 2. Byers (Sub 4), 13:48.72; 3. Jones (Santa Monica TC), 13:49.25; 4. Kiuna (New Mexico), 13:49.84; 5. Kessin (Puma Energizer), 13:53.31.

110 HURDLES—1. Pierce (Morgan St.), 13.82; 2. McCraney (Maccabi), 13.92; 3. Andrade (SMU), 13.95; 4. Cooper (New Balance), 13.98; 5. Lehnstrom (Stars & Stripes), 14.03.

400 HURDLES—1. B. Williams (S&S), 49.59; 2. D. Lee (Bud Light), 49.94; 3. J. King (Maccabi), 50.40; 4. Mercer (S&S), 50.68; 5. Newhouse (Canada), 51.18.

3,000 STEEPLECHASE—1. Korosco (Converse West), 8:41.20; 2. Ngatia (UTEP), 8:42.35; 3. Gregory (Santa Monica TC), 8:43.47; 4. Ewing (Santa Monica TC), 8:45.57; 5. Beardsley (Sub 4), 8:45.79; 6. Sousa (Northern Arizona), 8:53.78.

DISCUS—1. Binley (unat), 199-6; 2. Weir (SMU), 185-0; 3. Williky (S&S), 184-9; 4. Carter (SMU), 180-11.

400 RELAY—1. Bud Light (Butler, Myricks, C. Smith, Lattany), 38.48; 2. Santa Monica TC, 38.98; 3. Tiger, 39.24.

1,600 RELAY—1. Bud Light (McCoy, 45.7; C. Smith, 45.2; Rolle, 46.0; Babers, 45.2), 3:02.20; 2. AccuSplit (Wiley, 45.4; Henley, 45.7; Whitlock, 46.4; Hassen, 44.6), 3:02.20; 3. Tiger (Moore, 46.2; Paul, 45.1; Bradley, 46.6; Rowe, 44.8), 3:02.63; 4. Stars & Stripes (Carey, 46.0; B. Jackson, 47.2; Trimble, 45.9; W. Jones, 45.6), 3:04.66; 5. Morgan St., 3:05.70; 6. SMU, 3:06.61; 7. Texas El Paso, 3:07.92; 8. Arizona St., 3:08.4; 9. Santa Monica TC, 3:09.2.

3,200 RELAY—1. Arizona St. (Richardson, 1:47.1; Davis, 1:48.2; Scott, 1:48.2; Stahr, 1:45.5), 7:08.96 (Collegiate record, old mark, 7:12.29, Villanova, 1982); 2. Santa Monica TC (Taliaferro, 1:50.1; Rider, 1:48.0; Handelsman, 1:46.2; West, 1:45.7), 7:10.03; 3. Bud Light (C. Williams, 1:48.9; Stephens, 1:48.3; McIntosh, 1:47.2; Mays, 1:45.6), 7:10.14; 4. Wyoming, 7:24.37.

SPRINT MEDLEY RELAY—1. Santa Monica TC (McNeil, Lewis, McCoy, 46.5; Gray, 1:45.1), 3:11.72; 2. Bud Light (Lattany, Myricks, McCoy, 46.5; Mays, 1:46.0); 3. Puma Energizer, 3:16.67.

DISTANCE MEDLEY RELAY—1. adidas (Byers, 2:53.6; J. Smith, 46.6; M. Patrick, 1:51.0; Theriot, 4:08.0), 9:38.12; 2. SMU, 9:39.48; 3. Sub 4 TC, 9:46.68 (Scott, 3:59.9).

HIGH JUMP—1. J. Frazier (unat), 7-4 1/4; 2. Kamaka (Arizona St.), 7-3 1/2; 3. Puvoget (UTEP), 7-3 1/2; 4. Lewis (New Balance), 7-3 1/2; 5. Goode (New Balance), 7-1 1/2.

POLE VAULT—1. Woosep (S&S), 17-9; 2. Durham (AIA), 17-4; 3. Kavanaugh (Maccabi), 17-4; 4. Denworthy (S&S), 17-0; 5. Lontner (Nebraska), 17-0.

LONG JUMP—1. Spry (New Balance), 26-7 1/2; 2. Frazier (Arizona St.), 25-8 1/2; 3. Wilhoite (S&S), 25-6 1/2; 4. Jackson (S&S), 25-4.

TRIPLE JUMP—1. Elliott (UTEP), 53-3 1/2; 2. Garner (South Bay), 53-1 1/2; 3. Frazier (Arizona St.), 53-1; 4. Marlow (S&S), 52-11 1/2; 5. Ikegami (Japan), 52-2 1/2.

SHOTPUT—1. Carter (SMU), 67-4 1/2; 2. Oldfield (adidas), 67-0 1/2; 3. Hubbard (unat), 64-10 1/2; 4. Williky (Maccabi), 64-2 1/2; 5. Thomas (CS Bakersfield), 58-10.

DISCUS—1. Binley (unat), 199-6; 2. Weir (SMU), 185-0; 3. Williky (S&S), 184-9; 4. Carter (SMU), 180-11.

HAMMER—1. Weir (SMU), 224-6; 2. Maynard (AIA), 220-5; 3. Bateson (SMU), 212-1; 4. Frictichman (CS Bakersfield), 207-8; 5. Crouch (New Mexico), 190-10.

JAVELIN—1. Atwood (Nike), 268-8; 2. Arnabile (Stars & Stripes), 249-5; 3. Colliat (CS Bakersfield), 236-10.

### Women

100—1. Ware (Arizona St.), 11.55 (wind 2 m.p.s. aiding); 2. Johnson (Social Cheetahs), 11.62; 3. Sa. Howard (Puma Energizer), 11.71; 4. Bell (New Mexico), 11.74; 5. Taylor (Phoenix College), 11.79; 6. Chapple-Sheppard (Arizona St.), 11.91; 7. Ottey (Jamaica), 11.93.

1,500—1. Malloy (BYU), 4:24.11; 2. Prieur (CP SLO), 4:25.00; 3. Vetter (Kangaroo), 4:25.00; 4. Curtis (USC), 4:26.28.  
3,000—1. M. Joyce (Ireland), 9:14.64; 2. Hansen (Athletics West), 9:25.81; 3. McClung (BYU), 9:27.86; 4. Chalmers (Northern Arizona), 9:33.58; 5. Wysocki (Brooks), 9:35.56; 6. Risan (UTEP), 9:37.48; 7. Sote (Social Cheetahs/Mt. San Antonio JC), 9:39.96.

5,000—1. Nelson (Arizona St.), 16:25.05; 2. Gleason (Cal Poly SLO), 16:28.48; 3. Neelov (BYU), 16:40.46; 4. Lyons (Santa Monica TC), 16:44.62.

100 HURDLES—1. Turner (UTEP), 13.46; 2. L. Smith (unat), 13.51; 3. Watkins (Social Cheetahs), 13.72; 4. Booth (Puma Energizer), 13.78; 5. Blanford (Nebraska), 13.79; 6. Weekly (Atoms), 14.08.

400 HURDLES—1. E. Brown (Atoms), 56.42; 2. Farmer (CS Los Angeles), 56.57; 3. Wright (Bud Light), 56.80; 4. Masey (Millbrae Lions), 57.52 (Mills HS, Millbrae), 57.52 (national high school and American Junior record, fully automatic timing, old mark, 57.60, Gayle Keillon, Walnut, 1983); 5. Williams-Corzetto (Moscow USA), 59.02; 6. Ali (Nebraska), 59.84.

400 RELAY—1. Nebraska (Blanford, Powell, Badami, Thacker), 44.23; 2. Atoms TC, 44.42; 3. Puma Energizer, 44.68; 4. Social Cheetahs, 45.01; 5. Arizona St., 45.57; 6. San Diego St., 45.77.

1,600 RELAY—1. Atoms TC (McIntosh, 54.3; E. Brown, 53.3; G. Jackson, 54.6; Dixon, 53.4), 3:35.67; 2. LA Mercurettes, 3:40.45; 3. Muzik, 3:40.64.

3,200 RELAY—1. LA Mercurettes, 8:44.40; 2. Atoms TC, 8:52.55; 3. Arizona St., 8:59.11.

800 MEDLEY RELAY—1. Atoms TC, 1:37.88; 2. Nebraska, 1:38.78; 3. San Diego St., 1:40.10; 4. Puma Energizer, 1:40.11; 5. Arizona St., 1:41.69.

HIGH JUMP—1. Blunson (adidas), 5-11 1/4; 2. tie between CP SLO and Harding (Arizona), 5-11 1/4.

LONG JUMP—1. Thacker (Nebraska), 21-9 1/4; 2. Scott (Atoms), 20-4 1/2; 3. Williams (USC), 20-3 1/4; 4. Van (Arizona St.), 20-3 1/4.

SHOTPUT—1. Losch (West Germany), 63-5 1/2; 2. Pagel (San Diego St.), 57-4 1/4; 3. Daese (Coast Athletics), 56-2 1/2; 4. Pollack (CA), 54-11 1/4; 5. Kaaiavaha (Arizona St.), 53-3 1/2; 6. Hamilton (CS Bakersfield), 49-11; 7. DeSnoo (SDS), 48-3 1/4; 8. Clemons (adidas), 48-2.

DISCUS—1. Deniz (unat), 213-11 (American record, old mark, 231-1; Deniz, Arizona St., 1983); 2. Maneke (West Germany), 208-2; 3. Ritchie (unat), 196-1; 4. Pagel (San Diego St.), 179-6; 5. Losch (West Germany), 178-5; 6. Hansen (PE), 174-2; 7. DeSnoo (San Diego St.), 174-2.

JAVELIN—1. Carr (PE), 177-4; 2. Wilkinson (unat), 172-8; 3. Campbell (Arizona St.), 171-5; 4. Mueller (CA), 162-5; 5. Bernstein (CP SLO), 158-9.

# Race Clocks

**SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS** — We have several customers that are interested in selling their digital display clocks for \$895 (the original retail price was \$1295), so they can purchase the newer CC-601 (1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 595-2249. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.



# Results

## Road Racing

### Super Race 10K

Monterey, January 29.

#### Overall Results

1 Brad Hawthorne	30:26
2 J. C. Christensen	30:39
3 Mike Pinocci	30:46
4 Ray Garcia	32:27
5 Arturo Rodriguez	32:52
6 James Nelson	33:02
7 Tony Ramirez	33:03
8 William Lybeer	33:06
9 Jim Scattini	33:22
10 Troy Currah	33:30
11 Mark Nozales	33:41
12 Richard Stillier	34:07
13 Dan Rueckert	34:35
14 Lari Dunlap	34:37
15 Carol Gleason	34:40
16 Glynn Wood	34:52
17 Emile Allen	35:02
18 Kevin White	35:06
19 Willie Fraire	35:21
20 Eric Olson	35:30
21 Vernon Easley	35:38
22 Tom Wilkinson	35:41
23 Gladees Prieur	35:53
24 Luke Bellmar	35:59
25 Gregory Hayes	36:01

#### Division Results - Men

**13 & Under:** 1. Jesse Santana 40:44, 2. Nate Stiles 58:37, 3. Adam Stiles 60:19.  
**14-18:** 1. Troy Currah 33:30, 2. Kevin White 35:06, 3. James Myers 39:03. **19-29:** 1. Brad Hawthorne 30:26, 2. J.C. Christensen 30:39, 3. Mike Pinocci 30:46. **30-39:** 1. Arturo Rodriguez 32:52, 2. Richard Stillier 34:07, 3. Lari Dunlap 34:37. **40-49:** 1. Glynn Wood 34:52, 2. Gary Baxel 36:59, 3. John Brazinsky 36:01. **50-59:** 1. Jose LaFayette 39:00, 2. William Foldberg 40:11, 3. Ed Daly 41:17. **60 & Over:** 1. John Gilroy 41:58, 2. John Popper 46:58, 3. Robert Schubert 48:04.

#### Division Results - Women

**13 & Under:** 1. Leticia Anчета 42:26, 2. Nicole Green 64:22. **14-18:** 1. Katy Manning 36:10, 2. Mona Lopez 43:30, 3. Kerry Rohan 44:02. **19-29:** 1. Carol Gleason 34:40, 2. Gladees Prieur 35:53, 3. Jill Ellingson 36:27. **30-39:** 1. Nelly Wright 37:12, 2. Gall Bernardi 41:54, 3. Linda Strong 42:30. **40-49:** 1. Cynthia Hutcherson 43:23, 2. Anne Goode 45:59, 3. Cynthia Bieber 49:04. **50-59:** 1. Dolly Hedderman 54:36, 2. Kay O'Neill 58:25, 3. Lois Foyt 75:52.

## Long Beach Marathon

Long Beach, February 12.

#### Top 100 Men

1 Ron Cornell (1/19-24)	2:17:45
2 Ric Sayre (1/30-34)	2:19:07
3 Leonard Hill (2/30-34)	2:19:35
4 Joe League (1/25-29)	2:21:17
5 Dave Frickel (2/25-29)	2:23:07
6 Ed Avol (3/30-34)	2:30:19
7 Benny Martinez (4/30-34)	2:32:20
8 Ron Navarrette (1/40-44)	2:32:52
9 Matthew Dehart (2/19-24)	2:33:39
10 Jim Arquilla (5/30-34)	2:34:15
11 Dick Kenworthy (1/35-39)	2:35:09
12 Tom Carras (2/35-39)	2:35:54
13 Ricky Medina (3/25-29)	2:36:29
14 Charlie Hoover (3/35-39)	2:36:50
15 Salvador Cervantes	2:38:07
16 Robert Conklin (4/25-29)	2:38:54
17 Pablo Drobny (4/35-39)	2:39:10
18 Fred Kiddy (1/50-54)	2:39:24
19 Derek Furukawa (3/15-24)	2:39:30
20 Ed Wehan (5/35-39)	2:39:33
21 Randy Kinder (5/25-29)	2:39:52



DONNA CHIN at the Long Beach Marathon, 10 yards away from a win, PR and Olympic Trials qualifying time.

22 Dennis Forthoffer	2:40:02	75 Jesus Morales	2:49:29
23 Steve Alvarez (4/19-24)	2:40:18	76 Thomas Valente	2:49:29
24 Marcos Gutierrez	2:40:28	77 Buzz Bennetts (1/45-49)	2:49:34
25 Alex Nedleman (5/19-24)	2:41:09	78 Isaac McLemore	2:49:39
26 Ron Stangeland	2:41:09	79 Victor Gonzalez	2:49:42
27 Alex Meranda	2:41:13	80 Gregory Reavis	2:49:48
28 Donald Thornhill	2:41:27	81 Bob Haberman	2:49:49
29 Ron Aiper	2:41:42	82 Joseph Peterson	2:49:51
30 Arden Fick	2:41:48	83 Stephen Harvey	2:50:14
31 Daniel Hollis	2:41:53	84 Frank Ferrone (2/50-54)	2:50:17
32 David Carter	2:41:56	85 Jose Virgil (3/50-54)	2:50:21
33 Peter Markey	2:41:56	86 Steve Russell	2:50:38
34 Dave Mitchell	2:41:57	87 Carlos Lopez (2/15-18)	2:50:41
35 Richard Davis	2:42:16	88 Michael Fritz	2:50:48
36 Allan Johnson (2/40-44)	2:42:29	89 Rene Diaz	2:51:09
37 Mike Orr	2:42:29	90 David Hernandez	2:51:10
38 Dale Fairchild	2:42:31	91 Terry Copeland	2:51:13
39 Keith Strodi	2:42:50	92 Lorenzo Herrera	2:51:15
40 Larry Mendoza	2:42:59	93 David Adjemian	2:51:19
41 Jon Effler	2:43:16	94 James Brusstar (2/45-49)	2:51:21
42 Jon Horowitz	2:43:58	95 Richard Glueckler	2:51:27
43 Adam Madveno	2:44:10	96 Rex Ellis	2:51:30
44 Michael Schutten	2:44:25	97 Roy Fussell	2:51:33
45 Rodolfo Reyes (1/55-59)	2:44:29	98 Ian Macinnes (3/45-49)	2:51:40
46 Jeffery Hooker	2:44:40	99 Alex Gould	2:51:41
47 Fernando Ramirez	2:44:45	100 Gary Williams	2:51:50
48 Thomas Gallagher	2:44:50		
49 Les Hollander	2:44:59		
50 Bill Doremus	2:45:02		
51 Kemp Aabers (3/40-44)	2:45:08		
52 Stuart Calderwood	2:45:54		
53 Manny Burrula	2:46:04		
54 Danny Zinar	2:46:24		
55 Jerry Skinner	2:46:48		
56 Adam White	2:47:26		
57 Bruce Fast	2:47:36		
58 Paul Garnett	2:47:36		
59 Takafumi Hamabata	2:47:50		
60 Lothar Zindric	2:47:52		
61 Simon Rubin (4/40-44)	2:47:59		
62 Aaron Agosto	2:48:00		
63 David Evans	2:48:02		
64 Kamel Buerbaoul	2:48:11		
65 Alfonso Falson	2:48:25		
66 Abe Witteles (5/40-44)	2:48:34		
67 Juan Garcia	2:48:35		
68 Aaron Cenicerros (1/15-18)	2:48:50		
69 Aaron Cenicerros	2:48:50		
70 Michael Miller	2:49:04		
71 William McMorran	2:49:04		
72 Mark Rickard	2:49:07		
73 Frank Sumi	2:49:09		
74 Sterling Foreman	2:49:11		
75 William Lovelace	2:49:24		

#### Top 50 Women

1 Donna Chin (1/19-24)	2:48:27
2 Sherry Simmons (1/25-29)	2:49:07
3 Kathleen Kinane (2/25-29)	2:49:58
4 Elizabeth Baker (3/25-29)	2:50:03
5 Beth Milewski (4/25-29)	2:50:16
6 Janice Frickel (5/25-29)	2:50:34
7 Debbie Heaton (1/35-39)	2:50:47
8 Lita Whiteman (2/19-24)	2:51:34
9 Sue Peterson (2/35-39)	2:53:29
10 Susan G. Berenda (3/19-24)	2:53:59
11 Sandra Kiddy (1/45-49)	2:54:56
12 Katherine Kanes (4/19-24)	2:54:58
13 Donna Stocker (5/19-24)	2:58:25
14 Sherrie Roach	2:59:56
15 Denise Ball	3:00:16
16 Mary Blish	3:01:48
17 Mary Horwatt	3:03:20
18 Kathy Skefich (1/30-34)	3:07:57
19 Debbie Wilkingson (3/35-39)	3:08:14
20 Doreen Assumma	3:09:36
21 Cheryl Butchers (4/35-39)	3:09:57
22 Susan Gimble (5/35-39)	3:10:34
23 Joanne Stillwell	3:12:04
24 Carolyn Doty (1/40-44)	3:12:09
25 Janice Dunlap (2/30-34)	3:15:16
26 Sue Corea	3:15:35
27 Mariana McMullen (2/45-49)	3:15:48

28 N. Kummen-Daird (3/30-34)	3:15:50
29 Leslie Skow (4/30-34)	3:17:11
30 Angela Jenkins (5/30-34)	3:17:11
31 Neva Ingersoll	3:17:26
32 Cherie Topper	3:17:39
33 Rene Townsend (2/40-44)	3:20:42
34 Suzanne Morris	3:21:59
35 Becky Miller	3:22:37
36 Lisa Hesse	3:22:40
37 Kathy Pycior	3:22:45
38 Cindy Scott	3:22:56
39 Saralie L. Jigamian	3:23:16
40 Barbara Terhuna (3/40-44)	3:23:51
41 Diane Bagwell	3:23:59
42 Darleen Sams	3:24:36
43 Julie Trisco	3:25:18
44 Brenda Bellanger	3:26:29
45 Carol Johnson	3:26:33
46 Terry Goodreau	3:26:06
47 Abbie Rockwell	3:28:59
48 Dodie Traugot	3:29:15
49 Debra Furimsky	3:39:33
50 Josta Santos	3:29:48

#### Top 5 Wheelchair

1 Jim Knaub	2:08:38
2 Marty Ball	2:09:35
3 Errol Marklein	2:25:38
4 Chip Parmally	2:25:46
5 Ray Stewart	2:28:13

#### Top 5 Walkers

1 Timothy Lewis	3:29:35
2 Vincent O'Sullivan	3:31:11
3 Samuel Shick	3:34:54
4 Dale Sutton	4:02:00
5 Jim Coats	4:02:50

photo by Richard Lee Slotkin



RON CORNELL has the Long Beach Marathon lead through Naples.

## Willits 10 Mile Classic

from Vic Cozzetti

Willits, February 19.

This year's Willits 10 Mile Classic was another class event. Course records were shattered in both races for men and women. In the 10 miler Fiosale Morgan of Arcata and Tom Berschel of Richmond bettered the old marks by 2 minutes 19 seconds and 1 minute 6 seconds respectively. Ukiah's Jereld Drew and Liz Black set new standards at 15:28 and 21:19 for the 5K run.

The post race cherry pie was a big hit as usual and the long sleeve T-shirts got a lot of favorable comments.

#### Overall Results - 10 Mile

1 Tom Berschel, Richmond	51:38
2 Ed Bember, Casper, WY	54:08



3	Sal D'Acquiste, Ft.Bragg	55:00
4	Jim Gibbons, Willits	56:53
5	Larry Morten, Tal.	58:30
6	Greg Durbin, SantaRosa	59:17
7	Tim Souza, San Jose	59:29
8	Ryan Gilliam, Sebast.	1:00:22
9	Rick Blackman, Cloverdale	1:01:36
10	Darold Turner, Sebast.	1:02:36

**Division Results - Men's 10 Miles**  
**13-19:** Sal D'Acquiste 55:00. **20-29:** Tom Berschel 51:38. **30-34:** Roger Sebsey 1:03:04. **35-39:** Jim Gibbons 56:53. **40-49:** Rich Doty 1:02:39. **AI Bellen** 1:04:35.

**Division Results - Women**  
**20-29:** Carleen Kretchner 1:19:56. **30-39:** Flossie Morgan 1:05:34. **40-49:** April Tweddell 1:12:32.

**Overall Results - 5K**

1	Jereid Drew, Ukiah	15:28
2	Michael Cannon, Ukiah	17:13
3	Michael Dinehart, Ukiah	17:15
4	Bob McWilliams, Hopland	17:28
5	Tim Beversderf, Ukiah	17:45

**Division Results - Men's 5K**  
**12 & Under:** Eli Gibbons 21:49. **13-19:** Bubba Doughty 18:19. **20-29:** Jereid Drew 15:28. **30-39:** Bob McWilliams 17:28. **40-49:** Marvin Pattersen 19:43. **50-59:** Jim Weicher 28:09.

**Division Results - Women's 5K**  
**13-19:** Kelly Gilliam 23:04. **20-29:** Liz Black 21:19. **30-39:** Lynn Sutherland 22:07. **40-49:** Sue Ann Matinezze 21:52. **50-59:** Lois Cook 27:29.

## Santa Monica Mountains 50 Mi.

from Connie Rodewald

Santa Monica, February 19, 50.8 Mi.

**Overall Results**

1	Brian Stansauk (32) Reseda	6:46:39
2	Jon Root (29) PasoRobles	7:12:29
3	Juan Martinez (29) Mesa, AZ	7:29:07
4	Albert Freese (36) SealBeach	8:19:01
5	Speedy Ortiz (28) Saticoy	8:27:30
6	R. C. Pruitt (31) Anaheim	8:58:19
6	Jack Resh (52) Orange	8:58:19

## L.A.I.M.

Los Angeles, February 19, Men's Results

**24 & Under:**

1	Jesus Herrera, Mexico	2:11:00
2	Simeon Kigen, Kenya	2:12:50
3	Chris Schaller, N.Hollywood	2:16:15
4	Martin Pitayo, Mexico	2:16:49
5	Daniel Nzioka, Kenya	2:18:24

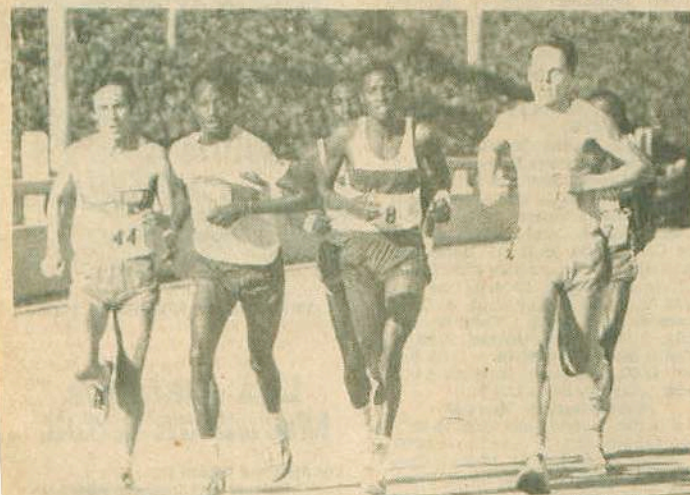


photo by Richard Lee Slotkin

L.A. Int'l Marathon near end of Marina Freeway (about 17 miles). Left to right: Jesus Herera (44), Gidamus Shananga, Sam Sitonik, Simeon Kigen (8), Gerard Nijboer (2), Joseph Nzau (7).

6	Mohamed Rutiginga, Tanzania	2:18:26
7	Mitsuo Akieda, Japan	2:21:58
8	Erik Vedeler, LasCruces, NM	2:23:19
9	Luis Nemer, PacificPlds	2:24:19
10	Melvin Alvarez, Minn.MN	2:24:37
11	John Mullins, Ft.Sill, OK	2:27:13
12	Eneterio Nava, Mexico	2:30:02
13	Sammy Mogere, Kenya	2:30:38
14	David Harding, Eugene	2:30:38
15	Jay Johnson, CarnelianBay	2:32:33
16	Norman Hammond, LaMesa	2:34:27
17	Guzman Aguilar, Ensenada	2:37:32
18	Vernon Morris, Daggett	2:38:20
19	John McGovern, CanogaPark	2:38:26
20	David Chairez, FairOaks	2:40:10

25-29:	1	Gidamis Shahanga, Tanzania	2:10:19
	2	Gerard Nijboer, Netherlands	2:10:53
	3	Hugh Jones, England	2:11:54
	4	Miguel Angel Cruz, Mexico	2:14:12
	5	Porfirio Huerta, Mexico	2:18:02
	6	Ben Moturi, Kenya	2:18:09
	7	Frank Richardson, Durhan, NC	2:18:36
	8	Rafael Parra, Bogota	2:18:49
	9	Kyle Heffner, The Colony, TX	2:19:07
	10	Robert Yara, SanAntonio, TX	2:19:23
	11	Arturo Acevedo, Albuquerque, NM	2:19:56
	12	Nicholas Manciu, RushCity, MN	2:20:02
	13	Juan Zetina, Dallas, TX	2:20:07
	14	David Segura, Alburqu, NM	2:22:12
	15	Euclides Fajardo, Brasil	2:22:55
	16	Noe De Leon, Robstown, TX	2:26:03
	17	Art Boileau, Monrovia	2:27:21
	18	Gilberto Alvarez, LaMesa	2:28:00
	19	Matthew Segura, Albuquerque, NM	2:32:21
	20	Jim Masterson, Gardena	2:33:10
	21	Thomas Burns, HermosaBch	2:35:52
	22	Anton Gonzales, LakeViewTerr	2:39:56

30-34:	1	Joseph Nzau, Kenya	2:10:40
	2	Peter Kanfer, NewYorkCity	2:20:25
	3	Greg Gawlik, PVE	2:21:59
	4	Charles Walker, Prescott, AZ	2:23:14
	5	Bill Tippets, SanDiego	2:27:46
	6	Billy Aragon, GrandJunct.CO	2:30:52
	7	Carlos Godoy, Columbia	2:31:51
	8	Donald Ocana, Anaheim	2:32:21
	9	George Guerrero, HaciendaHgt	2:36:57
	10	Enrique Serratos, BaldwinPk	2:37:15

35-39:	1	Athol Barton, SanDiego	2:21:25
	2	Hector Chavez, Mexico	2:24:20
	3	Greg Tibbetts, Anchorage	2:30:13
	4	Gerry Garcia, LasVegas, NM	2:32:45
	5	Robert Franklin, Jr, Riga, MI	2:35:06
	6	James Hughes, SimiValley	2:38:02
	7	Michael Zimmerman, Tarzana	2:38:46

40-44:	1	Gunter Mielke, WestGerm	2:17:59
	2	Joseph Gassman, Hawthorne	2:44:46
	3	James Murphy, Burbank	2:46:00
	4	William Kaye, NewYork, NY	2:48:07
	5	Daniel Ashimine, Torrance	2:48:10

45-49:	1	Jim Knerr, SimiValley	2:37:57
	2	John Bohnet, Calgary, Alberta	2:57:59
	3	George Hirsch, NewYork	2:58:21
	4	Warren Moorman, CulverCity	2:59:12
	5	Art Sylvester, Goleta	3:02:09

50-54:	1	John Richards, Ventura	2:49:37
	2	John Sadioukos, Tucson, AZ	2:58:47
	3	Warren Osborn, LaMesa	3:00:04
	4	Jim Yamanaka, Gainesville, GA	3:00:17
	5	Dick Robinson, Bonita	3:01:58

55-59:	1	Patrick Devlne, SanPedro	2:48:45
	2	Fred Nagelschmidt, Ventura	2:56:53
	3	Don Lucero, Belmont	3:09:28

60-64:	1	Fiory Rodd, S.F.	3:09:31
	2	Jack Kettler, P.V.E.	3:16:43

**Women's Results**

24 & Under:	1	Maricarmen Cardenas, Mex	2:44:48
	2	Maricela Huertado, Mex	2:52:20

25-29:	1	Anne Audain, N.Zealand	2:32:07
	2	Mary O'Connor, N.Zealand	2:33:44
	3	Polina Grigorenko, USSR	2:38:41
	4	Barbara Moore, N.Zealand	2:48:18

30-34:	1	Jacqueline Gareau, Canada	2:31:57
	2	Zoyalvanova, USSR	2:39:40
	3	Sheryl Snyder, WoodlandHls	2:54:02

35-39:	1	Jacqueline Hansen, LA	3:04:34
	2	Christina Farrell, Canada	3:13:59

40-44:	1	Nancy Buchanan, FountainV	3:50:50
	2	Marsha Schanke, Scottsdale	3:50:56

45-49:	1	Margret Betz, Conklin, NY	3:00:49
	2	Atsuko Fujimoto, PacificPlds	3:36:05

## Almond Blossom

from Larry Hall

Ripon, February 25, 8K.

It was like the day a plan was planned out especially for this particular race. The sun was shining, and the air was crisp and clean. A total of 225 runners took off at the sound of the gun, and began covering ground on the new course. Being one of the first races in the year, and one with the reputation of being fast, there were several top valley runners present to compete for the special edition belt buckles which were the overall awards for male and female. It was a two man race from the beginning as Bill Seaver and Dan Murray ran step for step through the first miles at an easy pace. Last years' winner and record holder, Jack Lawson, was back in the pack, behind a young Stockton man name Steve Kovisto. Watch out for this guy! With only a quarter mile to go the leaders were still neck and neck, but Seaver put himself in overdrive and kicked to a six second win. In the womens' race there wasn't the close finish as the men's race, but nonetheless, Grace Pierson of Livermore blazed to the finish in record time. With the Almond blossoms out and everyone in good spirits, the race was a great success.

**Division Results - Men**

**12 & Under:** 1. Steve Fitelgeorge 31:55, 2. Kurt Porter 32:08, 3. James Taylor 33:35.  
**13-19:** 1. Richard Johnson 27:25, 2. Jeff Cardwell 29:55, 3. Brian Mahneke 30:27.  
**20-29:** 1. Steve Kovisto 25:54, 2. Roger Verse 26:50, 3. James Taylor 28:11. **30-39:** 1. Bill Seaver 25:24, 2. Dan Murray 25:30, 3. Ricky Burke 26:46. **40-49:** 1. Phil Fenley 29:11, 2. James Erbes 29:23, 3. Gerry Holmes 29:44. **50 & Over:** 1. Mort Ward 31:23, 2. Don Lundberg 34:54, 3. Jim Hurst 36:58.

**Division Results - Women**

**13-19:** 1. LeAnn Ojakanges 44:22, 2. Laura Miller 46:36. **20-29:** 1. Grace Pierson 32:22, 2. Consuelo Garcia 32:46, 3. Maureen Robello-Boynton 33:15. **30-39:** 1. Janet Kimbley 36:11, 2. Elena Dennis 38:14, 3.

Susan Dodd 38:41. **40-49:** 1. Ginger Burroia 35:17, 2. Barbara Miller 36:15, 3. Jean Taraber 36:49. **50 & Over:** 1. Angie Girven 41:53, 2. Clara Azevedo 43:48, 3. Betty VanWordhizen N.T.

## End of the Trail

from Jesse Rodriguez

Visalia, March 3.

**Division Results - Men's 15K**  
**18 & Under:** 1. Miguel Hurtado 50:10, 2. Ryan Sullivan 57:56. **19-29:** 1. Juan Garcia 48:36, 2. Juan Molina 48:38, 3. Isaias Luna 53:00, 4. Ron Schafer 57:38. **30-34:** 1. Garry Byrd 62:35, 2. Richard Bailey 67:19, 3. David Pinuelas 72:00. **35-39:** 1. Steven Levy 54:13, 2. Rob Stevenson 55:43, 3. Mike Comerford 61:15. **40-44:** 1. Frank Ortega 52:35, 2. Roger Schert 55:53, 3. Don Trout 56:12. **45-49:** 1. Frank Delgado 56:03, 2. Frank Padilla 56:58, 3. Arnold Buchanan 60:55. **50-59:** 1. Robert Hall 67:47, 2. Curtis Tom 71:38, 3. Not Available, 4. Arturo Gaitan 80:08. **60 & Over:** 1. Woody Cape 73:45, 2. Lee Thomas 74:58.

**Division Results - Women's 15K**  
**18 & Under:** 1. Lori Cook 67:38. **19-29:** 1. Kris Bartsch 66:26, 2. Leslie Reap 72:46. **30-39:** 1. Cherie Stephenson 69:23, 2. Randy Robinson 77:48. **40-49:** 1. Judy Tom 83:38, 2. Nena Gillen 84:55. **50 & Over:** 1. Dorothy Thomas 75:08.

## Bidwell Classic

Chico, March 3.

**Overall Results - Marathon**

1	Gary Kerr, Campbell	2:17:23
2	George Hernandez, Sparks, NV	2:24:57
3	Bill Knapp, Reno, NV	2:27:59
4	Daniel Hollis, SanLeandro	2:37:54
5	Joe O'Flaherty, Auburn	2:39:48
6	Robert Clay, Kelseyville	2:41:02
7	John Veylupek, Orangevale	2:41:19
8	Walter Hahn, Oakland	2:44:53
9	Bill Baty, San Diego	2:46:12
10	Jack Cochran, PalosVerdes	2:46:26
11	John McIntosh, Redding	2:46:34
12	Robert Eberle, SantaCruz	2:47:26
13	Alan Sudeyko, Chico	2:48:45
14	Michael McGie, Chico	2:49:58
15	Bev Marx, Sacramento	2:58:11
16	Stuart Corliss, SanFrancisco	2:51:30
17	Eric Ianacone, RanchoCordova	2:52:02
18	David Ragsdale, Sacramento	2:52:10
19	Alfred Bogenhuber, SanMateo	2:52:18
20	Ann Wallack, Phoenix, AZ	2:54:14

**Division Results - Men's Marathon**  
**Wheelchair:** Gary Kerr 2:17:23. **14-17:** Michael Sessler 3:39:55. **18-29:** John Veylupek 2:41:19. **30-34:** George Hernandez 2:24:57. **35-39:** Joe O'Flaherty 2:39:48. **40-44:** Alfred Bogenhuber 2:52:18. **45-49:** Michael McGie 2:49:58. **50-54:** John Kalberg 3:20:48. **55-59:** Gus Hannickel 3:11:28. **60-69:** Bill Wallace 3:38:37.

**Division Results - Women's Marathon**  
**14-17:** Melody Quenzer 4:27:54. **18-29:** Sheryl Rafferty 2:56:28. **30-34:** Bev Marx 2:50:11. **35-39:** Kathleen Kaiser 3:12:02. **40-44:** June Watson 3:41:32. **45-49:** Rita Allen 3:53:35. **50-54:** Georgia Strausbaugh 4:44:46. **60-69:** Helen Klein 4:44:44.

**Overall Results - Half Marathon**

1	Adrian Royle, Reno	1:05:15
2	Brian Maxwell, Berkeley	1:06:31
3	Dennis Rinde, Sacramento	1:07:15
4	Tim Ball, Oakland	1:07:40
5	Matt Yeo, Sacramento	1:08:03
6	Jim Bowers, Santa Rosa	1:08:47
7	Dave Collins, SanFrancisco	1:09:31
8	John Mansoor, FairOaks	1:10:54
9	Steve Kovisto, Stockton	1:11:15
10	Rudy Mondragon, Hayward	1:11:32
11	Jim Hartlig, Clovis	1:11:56
12	David McKinnon, Chico	1:12:14
13	Martin Rizzo, Portola	1:12:31

continued on next page...



# Results

14	Michael Buzbee, YubaCity	1:12:46
15	Mark Hicks, RanchoCordova	1:12:59
16	Gary Feroe, Reno	1:13:03
17	Jack West, Sacramento	1:14:08
18	Allan Stanbridge, Burlingame	1:14:27
19	Michael Kelly, Loomis	1:14:37
20	Jim Walker, Chico	1:14:41
21	Joe Becerra, Burlingame	1:14:59
22	Frank Krebs, Sacramento	1:15:10
23	Kevin Barry, Chico	1:15:16
24	Bjil Sullivan, SanJose	1:15:20
25	Glenn Bailey, Sacramento	1:15:30
26	Grant Boswell, Chico	1:15:34
27	James Barry, Chico	1:15:50
28	Noel Lincicome, Sparks	1:16:29
29	Ben Chatoff, Davis	1:16:38
30	Neilsen Cobb, Chico	1:16:58
31	James Ballantyne, Paradise	1:17:05
32	Chuck Harris, Davis	1:17:19
33	Tom Ross, Los Gatos	1:17:23
34	Rob Trumbull, Chico	1:17:32
35	Ed Stromberg, Sacramento	1:17:34
36	Ronald Souza, Sacramento	1:17:36
37	Walt Schafer, Chico	1:17:39
38	David Amater, CarsonCity	1:17:47
39	J.K. Pedrotti, Sacto	1:17:48
40	David Wood, Chico	1:17:49
41	Arthur Terzakis, Sacto	1:17:56
42	Michael McGuire, SantaRosa	1:17:58
43	Robert Haugen, Marysville	1:18:01
44	Dave Osborn, Danville	1:18:15
45	Art Sanchez, SantaBarbara	1:18:20
46	Richard Bily, CarsonCity	1:18:24
47	Joshua Strong, Chico	1:18:31
48	Michael Daigle, Carmichael	1:18:37
49	Ken Osborne, Berkeley	1:18:51
50	Jericho Martin, Oroville	1:19:00
51	Douglas Stevens, PaloAlto	1:19:02
52	Heike Skaden, Fair Oaks	1:19:05
53	Brian Shea, Reno	1:19:16
54	Robert Crum, San Mateo	1:19:20
55	Craig VanSickel, Reno	1:19:21
56	Nick Vogt, Meadow Vista	1:19:28
57	Greg Durbin, Santa Rosa	1:20:04
58	Steven Crescenti, Cupertino	1:20:08
59	Pete Simone, Reno	1:20:09
60	Steve Whitehead, Redding	1:20:44
61	Mike Ercolini, Chico	1:20:49
62	Scott Cavallo, Cloverdale	1:20:51
63	Vance Goss, NevadaCity	1:20:55
64	Christopher Hadley, Sacto	1:21:00
65	Jim Penrack, Chico	1:21:04
66	Bill Weich, Elko	1:21:09
67	Doug Govan, Chico	1:21:17
68	Thaddeus Cline, Davis	1:21:31
69	Scott Collins, SanRafael	1:21:31
70	Jeff Steppat, Oroville	1:21:39
71	Frank Stottler, Pittsburg	1:21:48
72	Scott Smith, Orland	1:21:51
73	Warren Coleman, Chico	1:21:52
74	William Baxter, Sonora	1:21:53
75	Don Barber, San Jose	1:21:56
76	Charles Preble, Chico	1:21:58
77	Hans Kramer, Saratoga	1:22:12
78	Charles Locke, Stockton	1:22:15
79	Richard Doty, Stockton	1:22:25
80	Thomas Kim, Fair Oaks	1:22:26
81	Chip Lambert, Chester	1:22:30
82	Bill Schmidt, Chico	1:22:32
83	Paul Ainslie, Mill Valley	1:22:50
84	Kim Isham, CitrusHeights	1:22:53
85	Bob Malain, Redding	1:23:00
86	Hal Jackson, Arcata	1:23:04
87	Heather Hollahan, Redding	1:23:14
88	Timothy Smith, Sacto	1:23:22
89	John Smullen, Nevada City	1:23:26
90	Robert Ueltzen, Carmichael	1:23:28
91	Steven Zicker, Davis	1:23:39
92	David Hanley, Chico	1:23:43
93	Chris Cartano, Chico	1:23:53
94	Anthony Johnson, Redding	1:23:57
95	Thomas Morrison, Chico	1:23:58
96	Brian Peterson, Roseville	1:23:58
97	Ronald Prior, Redding	1:24:04
98	Michael Molling, Klamath Falls	1:24:08
99	Patrick Bushey, Klamath Falls	1:24:13
100	Steven Miller, Chico	1:24:22

**Division Results - Men's Half Mara.**  
Wheelchair: 1. Richard Fields 1:41:09, 2. Dave Spencer 1:56:12. **13 & Under:** 1. Jamie Payne 1:41:28, 2. Jason Orozco 1:43:17, 3. Steve Allen 1:44:28. **14-17:** 1. Jericho Martin 1:19:00, 2. Vance Goss 1:20:55, 3. Cameron Mitchell 1:24:26. **18-29:** 1. Adrian Royle 1:05:15, 2. Dennis Rinde 1:07:15, 3. Tim Ball 1:07:40. **30-34:** 1. Brian Maxwell 1:06:31, 2. Dave Collins

1:09:31, 3. Michael Buzbee 1:12:46. 35-39:	
1. Allan Stanbridge 1:14:27, 2. Michael Kelly 1:14:37, 3. Glenn Bailey 1:15:30.	
<b>40-44:</b> 1. Rudy Mondragon 1:11:32, 2. Joe Becerra 1:14:59, 3. Frank Krebs 1:15:10. <b>45-49:</b> 1. Jim Bowers 1:08:47, 2. Frederick Mattos 1:24:52, 3. Glenn Reed 1:24:59. <b>50-54:</b> 1. Hal Jackson 1:23:04, 2. Lee Bunnell 1:27:21, 3. Lloyd Cope 1:32:48. <b>55-59:</b> 1. Bob Malain 1:23:00, 2. Joseph King 1:26:24, 3. Harry Daniell 1:27:24. <b>60-69:</b> 1. Dan Seamount 1:35:28, 2. Grant Eldridge 1:53:20, 3. George Bischof 2:31:04. <b>70 &amp; Over:</b> 1. Mac Osborn 1:32:39, 2. Kenny King 2:13:15.	
<b>Division Results - Women's Half Mara.</b>	
<b>13 &amp; Under:</b> 1. Aysha Head 1:48:03, 2. Lucia Wade 2:00:21, 3. Cheryl Taddel 2:09:19. <b>14-17:</b> 1. Heather Hollahan 1:23:14, 2. Karen Bushey 1:41:02, 3. Ellen Stigall 1:42:20. <b>18-29:</b> 1. Heike Skaden 1:19:05, 2. Cathy Hodgdon 1:27:02, 3. Julie Knorr 1:28:40. <b>30-34:</b> 1. Leslie King 1:35:58, 2. Gladys Recce 1:38:10, 3. Carol Trullitt 1:38:26. <b>35-39:</b> 1. Jackie Walker 1:33:19, 2. Nancy Ruffner 1:36:07, 3. Andrea Matthews 1:36:22. <b>40-44:</b> 1. Carolyn Mason-Tharsing 1:28:37, 2. Marijke Valencia 1:35:38, 3. Margie Timberlake 1:37:04. <b>45-49:</b> 1. Diane Bromstead 1:42:17, 2. Mary Tupen 1:43:38, 3. Carolyn Wolsey 1:47:24. <b>50-54:</b> 1. Theresa Henneman 1:44:53, 2. Liz Demonte 1:46:04, 3. Elizabeth Ross 1:48:10. <b>55-59:</b> 1. Barbara Vanderlip 2:11:01, 2. Marcia Worden 2:15:32, 3. Ann Tassel 2:26:44. <b>60-69:</b> 1. Louise Barnes 2:40:56.	

## Foggy Bottoms Milk Run

### Ferndale, March 4.

#### Overall Results - 10 Miles

1	Ram Morales-Sanchez	53:24
2	Howard Labrie	53:41
3	Stuart Scholl	55:59
4	Mike Holt	56:19
5	Lawrence Jordan	56:21
6	Bill Morris	1:00:55
7	Wayne Arrison	1:01:25
8	Brian Presson	1:01:47
9	Richard Will	1:02:15
10	Frank Jacques	1:02:32
11	Paul Morgan	1:02:45
12	Bill Daniel	1:02:48
13	Dale Grandon	1:02:53
14	Dale Maples	1:03:59
15	Robert Fisher	1:04:15
16	Flossie Horgan	1:04:59
17	Jack Holcomb	1:05:00
18	Gregory Nelson	1:05:09
19	Bill Etter	1:05:36
20	Steve Short	1:06:03
21	Jeff Nissen	1:06:08
22	Paul Frangos	1:06:10
23	Mac McClary	1:06:17
24	Thomas Phillips	1:06:38
25	Rob Britt	1:06:59
41	Jane Wooten	1:09:57
45	Heather Houston	1:10:24
49	Mignonne Blvin	1:10:49
59	Karen Angel	1:11:36

#### Overall Results - 4 Miles

1	Tim Becker	20:29
2	Thomas Eric Greene	21:03
3	Greg Helstuma	21:15
4	John Zinselmeir	21:31
5	John Slavin	21:36
6	Stephen B. Win	21:41
7	Dennis Pfeifer	21:44
8	Patrick Brady	21:52
9	Chris Amaral	21:52
10	Jim Gibbons	21:53
11	Scott Yerby	22:16
12	Randy Carrico	22:30
13	Kris Klingner	22:49
14	Grae Vanhooser	22:54
15	Marty Taylor	22:59
16	Jeff Johnson	23:00
17	Patrick Hylano	23:40
18	Dale Beesmer	23:45
19	Ron Flenner	23:55
20	Rick Alexander	24:11
21	Gene Livingston	24:14
22	Rick Mayberry	24:17
23	Evan Nelson	24:20
24	George Spinias	24:21

25	John Fletcher	24:41
29	Judy Peltier	24:48
34	Sharon Van Laan	25:03
44	Lori A. Ramirez	25:32
75	Muneca Williams	27:23
80	Suzanne Shaw	27:36

## Gold Trail Half Marathon

### Snelling, March 4.

#### Overall Results

1	Bob Loux, MRA	70:54
2	Jose Renteria, MAD	71:19
3	Mark Huschle	73:07
4	Fred Villegas, MTC	73:52
5	Roger Vorse	74:02
6	Rafael Trevino, MAD	74:53
7	Jim Barker	75:22
8	Eric Peterson, CSUS	75:55
9	Doug Barbena	76:18
10	David Parrish	77:26
11	Curt Royer, MTC	77:43
12	Roger Zoldan, FF	79:04
13	Tommy Bachicha	79:35
14	Jerry Martinez	80:13
15	Joe Day, MTC	81:17
16	Gary Hayward, SCH	81:47
17	Randy Allen, MTC	81:51
18	Len Thornton(1/50) HS	82:21
19	Ken Schwisow(1/40) MTC	82:38
20	Leon Casas, Jr.	82:55
21	Robert Chambers, QS	83:18
22	Gary Davis, MTC	83:29
23	John Volkman, MTC	83:56
24	Rick Dahlgren(2/40) MTC	84:04
25	John Plus, FJ	84:41
41	John Norberg(2/50), EZR	87:49
57	Nancy Galarneau(1F)	93:31
63	Reva Collier(1F/40), MTC	94:32
77	Jo Beltram(2F/40)	96:00
90	Jo Sullivan(1F/50)	98:59

## Loeschhorns 5K & 10K

### Fontain Valley, March 10.

#### Division Results - Men's 10K

**14 & Under:** 1. Robble Hefner 42:21. **15-18:** 1. Steven Fradin 35:32. **19-24:** 1. Phil Peterson 31:25, 2. Gilbert Cortez 31:30, 3. Alan Overholt 32:25, 4. Arne Anfinger 33:17, 5. Bryan Wilkins 33:36, 6. Alan Venable 34:21, 7. Richard Greflinger 34:41, 8. Bruce Thompson 34:44. **25-29:** 1. Thom Vernon 30:18, 2. Henry Perez 30:39, 3. Holland Bunz 32:18, 4. Tom Hackley 32:36, 5. David Parsel 32:49, 6. Bob Arnold 33:44, 7. Jon Horowitz 34:08, 8. Russell Schlager 34:08. **30-34:** 1. Steve Thompson 34:20, 2. Bill Lukasik 36:17, 3. Fred Bosley 37:20. **35-39:** 1. Michael Sayward 32:59, 2. Robert Williams 35:25, 3. Richard Williams 36:01. **40-44:** 1. Bill Elam 35:34, 2. Sterling Foreman 36:08, 3. Tommy Martin 36:40. **45-49:** 1. Ray Hughes 35:08, 2. Martin Price 37:26, 3. Ray Schmidt 38:01. **50-59:** 1. Wally Ingram 37:14, 2. Jerry Withers 38:13, 3. Dennis Bracher 39:13. **60 & Over:** 1. Casey Poole 42:50.

#### Division Results - Women's 10K

**14 & Under:** 1. Roberta Moroney 39:09, 2. Veronica Chavez 39:45. **15-18:** 1. Sylvia DeSantiago 39:30, 2. Gail Cover 43:49. **19-24:** 1. Donna Stocker 38:24, 2. Julie Doering 38:35, 3. Carol Carrigan 38:55, 4. Sue Corea 41:30. **25-29:** 1. Connie Garbarini 39:26, 2. Barbara Shur 43:30, 3. Patty Cimmarusti 44:06. **30-34:** 1. Lois Curl 39:23, 2. Jeana Schorr 42:55, 3. Linda Lawrence 45:47. **35-39:** 1. Tisha Whitney 36:04, 2. Mary Jane Mitchell 39:59, 3. Carolyn Slada 44:44. **40-49:** 1. Dixie Barnard 45:00, 2. Carolyn Slayback 51:10. **50-59:** 1. Dorothy Evers 1:01:31.

#### Division Results - Men's 5K

**14 & Under:** 1. John Soto 16:06. **15-18:** 1. John Valverde 16:11, 2. Jose Torres 16:20, 3. Charlie VanWye 16:31. **19-24:** 1. Greg Gonzales 15:06, 2. John David Sveen 18:00, 3. Ted Snavely 16:17. **25-29:** 1. Rick Horn 15:54, 2. Dave Cook 15:55, 3. Vincent Campos 18:19. **30-34:** 1. Walt Hitt 15:38, 2. Al Siddons 15:43, 3. Irv Ray 15:45, 4. Skyler Jones 15:46. **35-39:** 1. Geoff Zehnder 15:22, 2. Henry Lange 16:18, 3.

Jim Reilly 16:21. **40-44:** 1. Joe Jacobsen 17:04, 2. Pete Ganulin 17:55, 3. Randall Shelley 18:01. **45-49:** 1. Juvenal Herrera 17:05, 2. Gerald Tyler 18:26, 3. Bill Bealer 18:38. **50-59:** 1. Wally Ingram 17:25, 2. Walt Atcheson 18:30. **60 & Over:** 1. Delmar Gourley 19:27.

#### Division Results - Women's 5K

**14 & Under:** 1. Kat Prins 22:58, 2. Christie Engesser 18:20, 3. Tanya Smith 20:12. **15-18:** 1. Cheryl Oslinker 19:59. **19-24:** 1. Karen Harris 18:55, 2. Catherine Benedict 20:47, 3. Kelly Johnson 21:02, 4. Joanne Prodomivski 22:43, 5. Kom Ten Pas 22:58. **25-29:** 1. Donna Tarnausras 24:33, 2. Deb Mader 24:39, 3. Shannon Helms 24:39. **30-34:** 1. Lin Aspel 20:40, 2. Susanne Gilmore 24:50, 3. Jenny Stets 24:50. **35-39:** 1. Cheryl Butchers 19:05, 2. Daiva Jusionis 19:20. **40-49:** 1. Carolyn Doty 19:39, 2. Dianne Simpson 22:58, 3. Marilyn Paten 23:02. **50-59:** 1. Treva Tilden 22:56. **60 & Over:** 1. Leona Vinson 40:51.



JEFF DETTMER  
Los Alamitos Marathon winner

## Los Alamitos Marathon & 10K

### Los Alamitos, March 10.

Jeff Dettmer and Darsie Bowden both did it all at the ninth running of the Los Alamitos Marathon. Both participants qualified for the U.S. Olympic Trials in Niagara Falls.

Dettmer, 23 year old graduate of Cypress, led from the start and ran a 5:14



pace throughout the race. Jeff's time of 2:17:13 broke his previous course record of 2:19:09 that he set in 1962.

Darsie Bowden, 33 year old from Santa Monica, ran a 6:31 per mile pace to win the women's division. Darsie's time of 2:50:46 qualified her the trials.

Four hundred seventeen runners started the race with 346 finishing.

The 10K run was won by Ron Gee with a time of 31:09. Ron is 33 and from Los Angeles. Judi Vivian, 32 year old from Torrance, won the Women's Division with a new course record time of 35:41.

Nine hundred and fifteen participants competed in the 10K Run.

In addition to the runners, over 200 Los Alamitos Girl's Softball players (ages 5 years to 16) participated by running, jogging, or walking the 10K route to generate funds for their leagues.

The running of the 10th Annual Los Alamitos Marathon & 10K Run is set for Saturday, March 9, in conjunction with



**RON GEE**  
Los Alamitos 10K winner

the City of Los Alamitos' Silver Anniversary Celebration.

**Division Results - Men's Marathon**  
18 & Under: 1. Dave La Pole 3:29:05, 19-34: 1. Jeff Dettmer 2:17:13, 2. Steve Flynn 2:28:58, 3. Carl Smith 2:29:34, 4. Jim Scott 2:31:43, 5. Tom Cheese 2:34:07, 6. Stephen McGhee 2:38:48, 7. Brad Drake 2:38:56, 8. Ted Stacheson 2:39:42, 9. Dan Wilder 2:41:30, 10. Bill Silverman 2:42:51, 35-39: 1. John Loeschhorn 2:27:31, 2. Michael Turley 2:52:18, 3. Nahum Gat 2:54:42, 40-49: Dan Ashimine 2:45:09, 2. Neil Doherty 46:36, 3. Gene Mote 2:57:43, 50-59: 1.

Charles Hanson 2:52:02, 2. Fred Nagelschmidt 2:57:59, 3. Rodolfo Reyes 3:00:16, 60 & Over: 1. Sam Simon 3:45:51, 2. Reese Walton 3:54:36.

**Division Results - Women's Marathon**  
19-29: 1. Jaynie Studemund 2:59:41, 2. Suzy Beugen 3:02:40, 3. Suzy Da Vall 3:22:16, 30-39: 1. Darsie Bowden 2:50:46, 2. Jacquelline Hansen 2:53:18, 3. Trish Benninger 3:11:17, 40-49: 1. Marcia Martyn 3:44:21, 2. Rene Townsend 3:45:34, 3. Terri Hayes 3:56:41.

**Division Results - Men's 10K**  
12 & Under: 1. Steven Sumner 41:26, 13-15: 1. Terrence Mahon 37:19, 2. Zachary Loomer 37:20, 3. Tommy Poe 39:11, 16-18: 1. John Burkett 34:47, 2. Randy Work 36:54, 3. Stephen Trapani 37:39, 19-34: 1. Ron Gee 31:09, 2. Steve Lee McCalley 32:01, 3. Alex Miranda 32:41, 4. Peter Puhek 33:08, 5. Kent Mulkey 33:19, 6. Marcos Gutierrez 33:53, 7. Roland Verastegui 34:08, 8. Craig Gully 34:10, 9. Les Hollander 34:15, 10. Tony Hirschman 34:15, 11. Morris Rehn 34:20, 12. Elgin Smith 34:45, 13. Jon Hiroshima 35:15, 14. Jeffrey Vice 35:51, 15. Brian Jones 35:53, 35-39: 1. Ron Kurrie 32:52, 2. Bob Hill 33:47, 3. Tom Carras 34:14, 4. Bob Fulton 34:21, 5. Jim Minami 34:33, 6. Manny Burroia 35:17, 7. John Scribner 35:29, 8. Bob Asada 35:49, 40-49: 1. Jim Chenoweth 35:07, 2. Gary Schwager 35:33, 3. James Akers 36:13, 4. John Rudberg 36:25, 5. Benjamin Waldron 36:29, 50-59: 1. Wally Evertz 36:26, 2. Sam Mayo 36:30, 3. Dwight Moberg 39:52, 60 & Over: 1. Art Ferguson 41:39, 2. Frank Torode 43:05.

**Division Results - Women's 10K**  
18 & Under: 1. Lisa Padilla 40:20, 19-34: 1. Judi Vivian 35:41, 2. Debra Chaddock 36:24, 3. Sherrie Roach 37:07, 4. Alison Hollington 37:17, 5. Terri Goodreau 39:14, 6. Jeanne Kawashima 39:23, 7. Sue Simms 40:01, 8. Patricia Perschel 40:20, 35-39: 1. Patti Hurl 38:12, 2. Patti Hellerud 41:28, 3. Corrine Schratz 42:31, 40-49: 1. Diane Eastman 42:26, 2. Annie Quinonez 45:00, 50-59: 1. Audrey Hauth 48:17, 2. Nelly Williams 48:18, 60 & Over: 1. Lucile Adney 1:05:48.

## Blue Devil Classic

from Don Winters

Davis, March 11.

**Division Results - Men's Half Mara.**  
18 & U: 1. John Hill 1:22:38, 2. Pramod Sah 1:24:20, 3. Michael Adreani 1:35:47, 19-29: 1. John Mansoor 1:09:56, 2. Bill Stolp 1:10:17, 3. John Barrett 1:15:44, 30-39: 1. Pete Flores 1:09:48, 2. Denis O'Halloran 1:11:50, 3. Tim Williams 1:12:23, 40-49: 1. Michael McGie 1:20:32, 2. Dick Malkin 1:20:44, 3. Ken Goal 1:22:24, 50 & Over: 1. Jimmy Low 1:36:54, 2. Dietrich Samuel 1:40:22, 3. Hugh Mills 1:54:04.

**Division Results - Women's Half Mara.**  
19-29: 1. Patty Gray 1:15:48, 2. Rainey Kay Stolp 1:18:38, 3. Sylvie Cadle 1:29:52, 30-39: 1. Shariet Gilbert 1:22:21, 2. Lauren Syda 1:36:57, 3. Jackie Walker 1:37:18, 40-49: 1. Susan Condon 1:41:03, 2. Susan Munn 1:47:10, 3. Margot Loschke 1:51:07.

**Men's Results - 5K**  
1. Rick Gentry 14:57.  
**Women's Results - 5K**  
1. Heike Skaden 17:00.

## Shamrock Run

from John Figueroa

Lake Cunningham Park, San Jose, March 11.

**Top 3 - 1 Mile - Men**  
1. Jim LaFuenta 4:42  
2. Jose Soto 5:05  
3. Eric Wendling 5:06  
**Top 3 - 1 Mile - Women**  
1. Kristina Powell 7:41  
2. Sheila Aguilar 7:56  
3. Michelle Beil 7:57  
**Top 10 - 10K - Men**  
1. Kenneth Drew 32:34  
2. Sal Bermen 34:11  
3. Tony O'Halloran 34:44  
4. Fred McCasland 35:27  
5. Fred Rios 35:52

6. Daniel Garcia 36:01  
7. Dick Jones 36:52  
8. John Bulash 36:58  
9. Raul Rodriguez 36:59  
10. Dave Smith 37:03  
**Top 10 - 10K - Women**  
1. Lillian Leanos 43:42  
2. Crystal Mike 44:51  
3. Diane Bromstead 45:04  
4. Julia Yaffey 45:40  
5. Rosa Diaz 45:45  
6. Grace Gippett 45:47  
7. Irene Bueno 46:02  
8. Mary Dooley 47:08  
9. Kim Scott 47:16  
10. Michelle Shearon 47:46

## Dick Durand 8K Trail Run

Westlake Village, March 11, Overall Results

1. Henry Lopez (1 19-29) 28:39  
2. Michael Durkin (2 19-29) 29:25  
3. Steve Durand (3 19-29) 29:57  
4. Peter Puhek (4 19-29) 31:09  
5. Mike Smith 31:10  
6. Stephen Whitmore 32:56  
7. Rick Holblom (1 30-39) 33:18  
8. Gilbert Guevara (1 16-18) 33:27  
9. Neb Radoikovich 33:40  
10. Henry Lange (2 30-39) 33:45  
11. George Glendenning 33:58  
12. Robert McGeough (1 40-49) 34:08  
13. Tom Sardo 34:14  
14. Wayne Bateman 34:35  
15. Brian Flick 34:41  
19. Wally Ingram (1 50-59) 35:29  
31. Marijane Mitchell (1F 30-39) 37:16  
48. Lisa Vocris (1F 19-29) 42:24  
71. Jane Dobs (1F 40&O) 48:22

## Soccer City Runs

Pleasanton, March 11.

**Overall Results - 10K**  
1. Sal Vasquez, Alameda 31:30  
2. Dale Ball, Fremont 32:49  
3. Jack Dixon, Pleasanton 33:17  
4. Peter Buhl, Danville 34:23  
5. Michael Hotton, Antioch 34:31  
6. J. Patrick McCarthy, Pleas 35:13  
7. Joe Cavanaugh, Lafayette 35:21  
8. Dan Anderson, UnionCity 35:35  
9. Glen Walder, Dublin 36:01  
10. Dan Fragoza, Hayward 36:04  
11. Rob Ward, Pleasanton 36:18  
12. Joe Mercado, Livermore 36:39  
13. Phil Murphy, Oakley 36:54  
14. Robert Solorio, Hayward 36:55  
15. Miguel Solorio, S.F. 36:58  
16. Michael Milton, Pleasanton 36:59  
17. Larry Mateo, UnionCity 37:00  
18. Charles Squires, Pleasanton 37:01  
19. Edward Cummings, San Ramon 37:12  
20. Barney Eredia, Turlock 37:25  
21. John Campbell, Livermore 37:26  
22. Bob Hunt, Oakland 37:29  
23. Michael Fisher, Alameda 37:33  
24. Dean Ruddell, Moraga 37:37  
25. Ralph Dorward, Livermore 37:38  
31. Amanda Goldner, Pleas.(1stF) 38:09  
47. Laura Carter, Danville(2ndF) 39:20  
54. Peggy Smith, Pleas.(3rdF) 39:54  
55. Bobbi Fyten, Fairburn(4thF) 40:01  
58. Monya Lane, Livermore(5thF) 40:08  
59. Jean Shuler, Livermore(F) 40:25  
72. Loren Lindo, (F) 41:44  
75. Alice Rose, Orinda (F) 41:54  
76. Francesca Fitzgerald, WalnutC 41:55

**Overall Results - 5K**  
1. Kent Thompson, Elsobrook 15:19  
2. John Lego 15:28  
3. Steve Wight, Walnut Creek 16:01  
4. Donald Hickman, Richmond 16:07  
5. Michael Green, Walnut Creek 16:14  
6. Ed Eitel, Pleasanton 16:34  
7. Michael Rodriguez, S.F. 16:34  
8. Rich Mendelowitz, Sunnyvale 16:40  
9. Robert King, Concord 16:45  
10. Grant Furnberg, Livermore 17:21  
11. Dan Vargas, Pleasanton 17:31  
12. James Erbes, San Jose 17:37  
13. Tim Merrigan, Pleasanton 17:39  
14. Louis Ruggiere, Sunnyvale 17:51

15. Mike Dojan, Pleasanton 18:09  
16. Derik Anderson, Fremont 18:24  
17. Barry Bolden, Livermore 18:32  
18. Chris Rodrigues, Chico 18:35  
19. Jerry Walker, Pleasanton 18:35  
20. Michael Raasch, Pleasanton 18:36  
21. Ronald Rivett, Concord 18:37  
22. Jim Elicker, Mtn. View 18:39  
23. Arnold DeLaRosa, Hayward 18:57  
24. Jeff Wiley, Fremont 18:58  
25. David Gein, Cupertino 18:59  
29. Lori Hill, Fremont(F) 19:39  
48. Jessica Bagley, SanJose(F) 21:10  
57. Gretchen Hill, Fremont(F) 21:30  
58. Chris Wulferdingen, Pleas.(F) 21:31  
62. Linda Doyle, Pleas.(F) 21:53  
65. Anne Webster, Sunnyvale(F) 21:59  
75. Kathryn Barron, Danville(F) 22:36  
76. Linda Winter, ElMacero(F) 22:36  
78. Ginny Nacamu, Pleasanton(F) 22:39

## Nike-Catalina 10K

Avalon, March 17.

**Division Results - Men**  
13 & Under: 1. Jay Lightburne 46:23, 2. Joe Rheim 56:04, 3. Joseph Krasno 1:00:09, 14-18: 1. Ethan Palo 35:39, 2. Barney Naughton 38:34, 3. Gary Bertoni 40:44, 19-24: 1. James Marquez 36:29, 2. Richard Gabis 38:25, 3. Colin Brown 39:24, 25-29: 1. George Mason 33:29, 2. Holland Bunz 34:37, 3. Tom Burns 35:25, 30-34: 1. Steven Hill 34:09, 2. Donald Ocana 37:31, 3. Wayne Taylor 40:07, 35-39: 1. Michael Sayward 36:38, 2. John Gunn 41:43, 3. James Miller 42:25, 40-44: 1. Chad Ehlers 40:39, 2. John Lawson 40:53, 3. Bob Payne 42:53, 45-49: 1. Jim Woulfe 41:28, 2. Michael Fenton 46:09, 3. Bud Greenleaf 47:27, 50-59: 1. Wally Ingram 40:04, 2. Edwin Gookin 41:21, 3. George Berg 41:39, 60 & Over: 1. Jim Dacolis 52:33, 2. Russ Stumpus 56:03, 3. Walton Harris 56:11.

**Division Results - Women**  
13 & Under: 1. Tamie Robinson 56:18, 2. Sarah Simonds 58:58, 3. Jackie Thomas 1:01:01, 14-18: 1. Susan Woulfe 52:42, 2. Jill Ross 1:07:24, 3. Damaris Wirth 1:07:24, 19-24: 1. Patricia Puntous 39:55, 2. Sylviane Puntous 39:55, 3. Laura Weigand 49:23, 25-29: 1. Ellen Turkel 42:19, 2. Catherine Molina 45:31, 3. Joni Donnelly 46:18, 30-34: 1. Karen Pinkerton 47:05, 2. Pam Martinez 52:32, 3. Celia Cunningham 53:18, 35-39: 1. Patricia Robinson 45:00, 2. Kathleen Major 51:40, 3. Susan Wilson 52:52, 40-44: 1. Sharon Hettig 49:50, 2. Cherrie Lightburne 49:53, 3. Linda Carriger 51:01, 45-49: 1. Donna Gookin 52:38, 2. Carole Pinkner 54:27, 3. Sylvia Crise 54:53, 50-59: 1. Dorothy Stock 48:30, 2. Shirley Tobin 1:00:40, 3. Iris Sellers 1:07:06, 60 & Over: 1. Els Tuinzing 1:02:47, 2. Bess James 1:12:03, 3. Mary Ann Brown 1:45:57.

## Shamrock 10K

City of Pacifica, March 17, Overall Results

1. Rick Baldocchi (19-29) 32:52  
2. Mark Hines (30-39) 33:27  
3. Frank German (19-29) 33:42  
4. Glenn MacDougall (19-29) 33:44  
5. Neil DeNatale (19-29) 34:34  
6. Michael Heim (19-29) 35:34  
7. David Tigert (14-18) 36:12  
8. James Feldman (30-39) 36:19  
9. Charlie Brown (30-39) 36:33  
10. Andy Takaha (19-29) 36:50  
11. John McMullin (30-39) 36:50  
12. Tim Chenette (19-29) 36:51  
13. John Ansgarius (30-39) 37:02  
14. John Galletta (40-49) 37:32  
15. Ken Hargrave (30-39) 37:37  
16. Rick Parfitt (30-39) 37:47  
17. Ray Piva (50-59) 38:08  
18. James Hatfield (30-39) 38:10  
19. Paul D'Anna (30-39) 38:18  
20. James Ellison (30-39) 39:55  
34. Lori Wilson (14-18F) 42:26  
38. Grey Johnson (19-29F) 44:15  
41. Denise Dunbar (19-29F) 44:54  
44. Melita Blucher (30-39F) 45:02



# Results

## St. Patrick's Day Mini Marathon

Porterville, March 17. 13.1 Miles.

**Overall Results**

1	Leon Jackson (19-29)	1:11:07.3
2	Albert Reimer (19-29)	1:11:38.7
3	Steve Gloecke (30-39)	1:12:55.6
4	Harry Maloney (30-39)	1:15:24.9
5	Mickey Gayton (18 & U)	1:18:20.4
6	Ted S. Uhler (30-39)	1:18:26.7
7	David Williams (30-39)	1:18:30.3
8	David McCreary (19-29)	1:20:38.5
9	Sharlet Gilbert (30-39)	1:20:42.7
10	John Forenti (30-39)	1:20:53.7
11	Robert Johnson (19-29)	1:21:30.7
12	Neil Wilcox (40-49)	1:21:53.9
13	Richard Reynaga (19-29)	1:22:38.2
14	James Finley (30-39)	1:24:21.5
15	Richard Wright (19-29)	1:24:40.1
16	Roger Tsuruda (30-39)	1:24:44.8
17	Steve Johnson (40-49)	1:25:18.7
18	Fred Mendoza (40-49)	1:25:22.1
19	Don Schappman (30-39)	1:25:40.6
20	Robert Arballo (30-39)	1:26:20.9

**Division Results - Men**

**18 & Under:** Mickey Gayton 1:18:20.4, 19-29: Leon Jackson 1:11:07.3, 30-39: Steve Gloecke 1:12:55.6, 40-49: Neil Wilcox 1:21:53.9, 50 & Over: Mel Elliott 1:34:37.

**Division Results - Women**

19-29: Brenda Villanueva 1:28:21, 30-39: Sharlet Gilbert 1:20:42.7, 40-49: Jackie Ryle 1:49:28, 50 & Over: Liz DeMonte 1:48:36.

## St. Patrick's 20K Great Race

Arroyo Grande, March 17.

**Overall Results**

1	Rory Cooper	58:59.7
2	Leo Lenting	1:01:26
3	Rudy Hernandez	1:01:59
4	Tim Davis	1:03:32
5	Thomas O'Becker	1:06:50
6	Mike Krieger	1:07:15
7	Jon Root	1:07:44
8	Michael O'White	1:08:51
9	Gregor O'Robin	1:09:18
10	Jim Hurley	1:10:00
11	Brad Rhodes	1:11:39
12	Robert E. Wilson	1:11:51
13	Tom Jefferis	1:12:35
14	Richard Quintero	1:12:41
15	Robyn Root	1:12:59
16	Habib Boozari	1:14:22
17	Kirk Spry	1:14:32
18	Keith Handley	1:14:48
19	Mary Ryzner	1:17:10
20	Charles Sepko	1:17:24

**Division Results - Men**

**Under 12:** 1. Jonathon Ziegler 1:46:56, 2. Ryan Sebastian 1:52:40, 3. David Schmidt 1:59:31, 12-14: 1. Josh Ellingwood 1:25:36, 2. Brad Beck 1:38:03, 3. Butch Allen 1:39:53, 15-17: 1. Mike Endert 1:20:21, 2. John Reid 1:36:54, **Open:** 1. Leo Lenting 1:01:26, 2. Thomas O'Becker 1:06:50, 3. Mike Krieger 1:07:15, 30-39: 1. Rudy Hernandez 1:01:59, 2. Tom Jefferis 1:12:35, 3. Richard Quintero 1:12:41, 40-49: 1. Keith Handley 1:14:48, 2. James Lipford 1:18:05, 3. Jack Long 1:19:45, 50-59: 1. Jack Cline 1:18:10, 2. Bob Small 1:19:38, 3. John Perkins 1:21:53, **60 & Over:** 1. John Holoubek 1:22:10, 2. Walt Erickson 1:31:35, 3. Joe Grahday 1:43:11, **Wheelchair:** 1. Rory Cooper 58:59.7, 2. Tim Davis 1:03:32.

**Division Results - Women**

**Under 12:** 1. Jennifer Toomey 1:50:42, 2. Shannon Felix 1:52:41, 3. Angelina Casano 1:52:41, 12-14: 1. Monica Casano 2:46, 15-17: 1. B. J. Jones 2:18:53, 2. Gina Casano 2:46, **Open:** 1. Robyn Root 1:12:59, 2. Dian Dixon 1:18:22, 3. Catherine Hennesly 1:19:04, 30-39: 1. Mary Ryzner 1:17:10, 2. Trina Nagels 1:29:06, 3. Gail Hoffenstein 1:33:43, 40-49: 1. Gaby McQuitty 1:23:45, 2. Gudrun Fink 1:34:57, 3. Terri Hayes 1:41:36, 50-59: 1. Jean Spiering 1:47:15, 2. Sarah McGehee 1:48:36, 3. Phyllis Rodenbeker 1:51:28.

# Feet Meet

Piedmont, March 17.

The Sixth Annual Piedmont Middle School Feet Meet on March 17 was a "runaway success" thanks to the 1100 who registered for the race, the many people who helped, and the efforts of Chairman Dee Iglehart. The weather, the successful raffle, and the large crowd made it a day of fun and profit for Piedmont Middle School.

Allan Smith, entered in the 19-29 division, had the fastest time in the 5K: 15:43. Joe Schieffer, who entered in the 30-39 division, had the fastest time in the 10K: 32:48. Julie Rivers, entered in the 15-18 division was the fastest woman in the 5K: 18:50, and Cynthia Nagle who entered in the 19-29 10K division was the fastest woman: 36:01.

**Division Results - Men's 5K**  
**10 & Under:** 1. Jerome Daniels 19:50, 2. Nathaniel Nackley 21:01, 3. Jess Zanzinger 23:03, 11-14: 1. Brian Rivers 17:30, 2. Julian Bond 18:52, 3. Jesse Malkin 19:30, 15-18: 1. Aaron Cuthbertson 17:20, 2. Darryl May 18:47, 3. Russell Young 18:54, 19-29: 1. Allan Smith 15:43, 2. Chris Walsh 16:05, 3. Tim O'Rourke 16:14, 30-39: 1. John Clary 16:38, 2. Mark Dykhouse 17:28, 3. Steve Fredian 18:15, 40-49: 1. James Erbes 17:58, 2. Leigh Forsberg 18:06, 3. Ron Peck 18:23, 50 & Over: 1. Jim MacFee 19:36, 2. Arnold De La Rosa 19:43, 3. Carl Jackson 19:54.

**Division Results - Women's 5K**  
**10 & Under:** 1. Erin Brightwell 22:44, 2. Jessica McCool 24:14, 3. Ann Jeronimus 24:16, 11-14: 1. Karen Grant 20:51, 2. Mimi Moultrie 21:16, 3. Cynthia Bascara 23:13, 15-18: 1. Julie Rivers 18:50, 2. Nancy Benson 19:38, 3. Paulette Clark 25:25, 19-29: 1. Laura Amos 21:49, 2. Thirmy Mocketter 22:24, 3. Nancy Cagliaro 23:55, 30-39: 1. Ruth Grimes 22:22, 2. Cynthia Chiles 22:37, 3. Marjie Nash 24:36, 40-49: 1. Eldrith Gosney 22:47, 2. Kayri Chow 24:17, 3. Mary Hamadas 25:20, 50 & Over: 1. Sally Wolff 20:40, 2. Hisae Reichel 23:29, 3. Kay Yamamoto 26:45.

**Division Results - Men's 10K**  
 11-14: 1. Kevin Holbrook 36:01, 2. Ryan Clary 37:38, 3. Jeff Sussman 41:02, 15-18: 1. Aaron Hermes 36:01, 2. Jose Camberos 36:03, 3. Bernardo Castillo 36:20, 19-29: 1. Dale Ball 33:17, 2. Randy Washburn 34:28, 3. Doug Valenski 35:07, 30-39: 1. Joe Schieffer 32:48, 2. Julios Ratti 34:15, 3. Sheldon Clark 34:19, 40-49: 1. Dick Malkin 36:01, 2. Steve Harper 36:01, 3. Peter Todd 36:02, 50 & Over: 1. Hank Fragoza 36:22, 2. Dick Miller 37:13, 3. Bruce Oliver 38:40.

**Division Results - Women's 10K**  
 15-18: 1. Sally Wood 38:10, 2. Cathy Crebs 57:35, 19-29: 1. Cynthia Nagle 36:01, 2. Paulette Lloyd 45:40, 3. Charlene Alexander 46:20, 30-39: 1. Patricia Peterson 45:02, 2. Suzanne Hubbard 47:07, 3. Ruta Benkis 50:48, 40-49: 1. Carol Malkin 50:53, 2. Sue Lippman 52:36, 3. Sonja Skyles 53:28, 50 & Over: 1. Eileen Klatsky 46:05.

# Boontling Classic

from Vic Crossetti

Boonville, March 18.

The Second Annual Boontling Classic enjoyed clear skies and cool temperatures. Jerald Drew of Ukiah, taking advantage of the ideal weather, streaked to a record setting 25:20 for the 8K distance. Terry Anne Trumbell, also of Ukiah, was timed in 33:39, besting the 1983 women's record by a whopping 7 plus minutes.

Participation was up 40 percent over last year and this race is fast becoming one of the most popular races on the North Coast Striders running schedule.

**Overall Results**

1	Jerald Drew, Ukiah (1/19-29)	25:20
2	Jim Gibbons, Willits (1/30-39)	27:36
3	Tim Henke, (2/19-29)	28:45
4	Bob McWilliams, Hopid (2/30-39)	29:21
5	Mike Cannon, Ukiah (3/19-29)	30:06
6	Skyhorse Powers, Ukiah (3/30-39)	30:23
7	Aaron O'Brien, Philo (1/14-18)	31:02
8	Glenn Stark, Ukiah (2/14-18)	31:07

9	Bill Davis, Ukiah (4/19-29)	31:18
10	Michael O'Conner, Philo (5/19-29)	31:24
11	Alan Bellon, Ukiah (1/50+)	31:33
13	Broc, Leggett (1/40-49)	32:50
17	Terry Trumbell, Ukiah (1/19-29F)	33:39
26	Eli Gibbons, Willits (1/13&U)	36:37
30	Sandi Pickering, Ft. Brg (1/14-18F)	37:46
35	Nika Horn, Sata Rosa (1/13&U)	39:11
49	Roxanne Hedges, Bonvil (1/30-39F)	43:16
55	Nancy Schell, Sata Rosa (1/40-49F)	45:51
83	Lois Cook, Albion (4/40-49F)	52:29

# Tom Sullivan 10K

Torrance, March 16.

**MEN'S**  
**Elite:** 1. John Bowden (27) 29:07, 2. Ron Cornell (24) 29:11, 3. Steve Bishop (24) 29:14, 4. Ralph Serna (27) 29:20, 5. Dr. John Koningh (27) 29:45, 6. John Stolla 30:02.

**13 & Under:** 1. James Brown 35:34, 2. Eddie Lavelle 36:58, 3. Patrick King 37:57, 4. Victor Franco 38:47, 5. Shawn Hodges 39:15.

**14-18:** 1. Raul Serratos 31:14, 2. Craig Ingram 31:58, 3. James Macon 32:17, 4. Greg Houlgate 32:21, 5. Mike Crafton 33:07.

**19-24:** 1. Greg Beardsley 30:01, 2. Allen Just 30:08, 3. Brent Griffiths 30:28, 4. Brian Appell 30:37, 5. Bob Leetch 31:04.

**25-29:** 1. Ron Russell 31:52, 2. Robert Radnoti 31:57, 3. Richard Hornish 32:16, 4. Gerardo Canchoia 32:21, 5. Dan Davies 32:22.

**30-34:** 1. R. Kilpatrick 31:14, 2. Jerry Alexander 31:23, 3. Ron Gee 31:41, 4. Mike Loyzoa 32:00, 5. Enrique Serratos 32:04, 35-39: 1. Jim Press 32:37, 2. Ronald Jensen 33:06, 3. E. Gonzalez 33:13, 4. Henry Lange Jr. 33:25, 5. Stanley Dutton 33:54.

**40-44:** 1. Tom Burns 33:10, 2. Michael Mahier 33:16, 3. Marshall Mkatye 33:30, 4. Alan Johnson 33:48, 5. Djim Chenoweth 34:27.

**45-49:** 1. Andre Tocco 33:06, 2. James Clifton 35:36, 3. Roger Murray 36:03, 4. Chris Bourke 36:07, 5. John Rudberg 36:14.

**50-59:** 1. Jim Brownfield 34:37, 2. Wally Evertz 36:10, 3. Patrick Devline 36:15, 4. Fred Lehr 36:52, 5. Aurelio Camacho 37:12.

**60 & Over:** 1. Bennett Long 38:56, 2. Bob Page 40:27, 3. Eddie Lewin 40:50, 4. John Nino 44:46, 5. Paul Jernstrom 44:49.

**WOMEN'S**  
**Elite:** 1. Jan Merrill (27) 33:40, 2. Susan Berenda (23) 34:48, 3. L. McMullin (33) 34:53, 4. Elaine C-Triplett (33) 36:25, 5. Evelyn Tribolo (24) 36:53.

**13 & Under:** 1. Darlene Flores 41:02, 2. Heather Killeen 42:38, 3. Patricia Montes 44:37, 4. Anne Mary Ordway 44:55, 5. Sandy Tregarthen 45:41.

**14-18:** 1. Karen Donohue 38:42, 2. Kirsten O'Hara 39:29, 3. Nina McMahon 41:24, 4. Marie Santisteban 42:59, 5. Marcia Larios 43:03.

**19-24:** 1. Katherine Kanes 36:09, 2. Alexandra Aguirre 37:36, 3. Marie Rollins 38:07, 4. Therese Kozlowski 39:04, 5. Olivia Padilla 39:35.

**25-29:** 1. Michele Hopper 35:59, 2. Tammy Sargeant 37:55, 3. Julie McKinney 38:10, 4. Anne Dandy 38:52, 5. Anne Bennett 39:04.

**30-34:** 1. Terri Goodreau 39:09, 2. Jo Stiles 40:09, 3. Star Jefferson 41:15, 4. Claudia Morales 41:17, 5. Becky Miller 42:01.

**35-39:** 1. Patti Hurl 37:43, 2. Lisa Allen 39:28, 3. Mary Campbell 40:44, 4. Cheryl Butchers 41:12, 5. Dalva Jusonis 42:08.

**40-44:** 1. Harolene McLean 39:15, 2. Carolyn Doty 39:25, 3. Wendy Watson 40:59, 4. Linda King 42:22, 5. Roberta Lamping 42:56.

**45-49:** 1. Christa Rompanen 39:20, 2. Dobi McDougall 40:53, 3. Mariana McMullen 42:45, 4. Joyce Momita 43:11, 5. Adrienne Fowler 44:31.

**50-59:** 1. Margaret Miller 40:49, 2. Helen Dick 41:01, 3. Pinkie Fisher 45:30, 4. Betty Flood 45:54, 5. Yokie Mochida 48:10.

**60 & Over:** 1. Norma Bernardi 49:08, 2. Edith Carlisle 55:09, 3. Elma Beck 55:12, 4. Joan Koch 1:01:21, 5. Diana Grant 1:03:37.

# Mercury News 10K

San Jose, March 18.

**Men's Overall Results**

1	Duncan MacDonald	29:22
2	Armando Siqueiros	29:25
3	Tim Gruber	29:25
4	Rich McCandless	30:08
5	Daniel Buntman	30:13
6	Dan Gruber	30:17
7	Brad Hawthorne	30:18
8	Pat Sullivan	30:21
9	Michael Pinocci	30:29
10	Dennis Kurtis	30:31
11	Christopher Craig	30:39
12	Jeffrey Shaver	30:47
13	Gian Starinleri	30:49
14	Tim Ball	30:49
15	Mike Clusserath	30:58
16	James Tracy	31:01
17	Mike Porter	31:05
18	Rudy Chavez	31:07
19	Christopher Dacey	31:11
20	Jim Bowers	31:14
21	Bill Sevald	31:23
22	Ernie Rivas	31:24
23	Mark Graves	31:25
24	Richard Govi	31:29
25	Sal Vasquez	31:31
26	Rene Perez	31:33
27	Kyle Kessler	31:37
28	Alex Gonzalez	31:38
29	Marc Genet	31:44
30	Matthews Bruni	31:45
31	Christopher Stuart	31:46
32	John L. Dixon	31:47
33	Tad Beach	31:49
34	Rodolfo Vega	31:54
35	Mike Ernst	31:54
36	Steven Mills	31:56
37	Gregg Szanto	31:59
38	Allen Neel	32:03
39	Kurt Karbo	32:04
40	Gerardo Vargas	32:07
41	Ken Grace	32:20
42	Hank Lawson	32:22
43	Brian Bergstrom	32:23
44	Glenn Sullinger	32:25
45	Arturo Rodriguez	32:27
46	Nick Yray	32:37
47	Fred Villegas	32:46
48	Hugh Stahl	32:47
49	Gilbert Uresti	32:50
50	Marty Dobbins	32:51
51	Gary Riley	32:51
52	Gerhard Behrens	32:56
53	Mark Piccillo	33:00
54	Allen Ellison	33:00
55	David Garcia	33:07
56	Matt Dowling	33:10
57	Christopher Jagers	33:10
58	Tim Rostage	33:10
59	Spyros Barres	33:15
60	Brad Jordan	33:16
61	Jim Flannery	33:18
62	Bill Dunn	33:20
63	Frank Jewett	33:24
64	Gunnar Joakimsson	33:26
65	Nicholas Winter	33:26
66	Ricky Buck	33:27
67	William Jenney	33:27
68	Kenneth Drew	33:28
69	Ray Wleand	33:35
70	Jack Leydig	33:36
71	Michael Johnson	33:40
72	Bill Sullivan	33:42
73	Chad Pratt	33:47
74	Chris Richards	33:48
75	Sammy Castillo	33:49
76	Michael Bozornick	33:50
77	Jim Bordon	33:50
78	Jim Owen	33:50
79	Kevin McCusker	33:52
80	T. Shannon	33:56
81	Ronald Nelson	33:56
82	Andy Davis	33:58
83	Desmond Knuckey	33:58
84	Steve Rickhold	33:56
85	Charles Jackson	34:03
86	Jay Kassaban	34:04
87	Aian Swanson	34:04
88	Larry Eder	34:11
89	Charles Freeman	34:11
90	Bob McLaughlin	34:11
91	Scott Marlon	34:11
92	Bob Eberle	34:2
93	Bill Meinhardt	34:2



94 William Miles	34:25
95 Jim Angelopoulos	34:27
96 John Hjeit	34:28
97 Mark Callon	34:32
98 Paul Medeiros	34:32
99 Jim West	34:32
100 Steve Selbrede	34:33

#### Division Results - Men

**15 & Under:** 1. Andy Davis 33:58, 2. Mark Callon 34:32, 3. Scott McKean 34:47, 4. Yoerg Kukies 35:11, 5. Russell Hill 35:30.  
**16-39:** 1. Duncan MacDonald 29:22, 2. Armando Siqueiros 29:25, 3. Tim Gruber 29:55, 4. Rich McCandless 30:08, 5. Daniel Buntman 30:13. **40-49:** 1. Jim Bowers 31:14, 2. Sal Vasquez 31:31, 3. Tim Rostege 33:10, 4. Nicholas Winter 33:26, 5. William Jenny 33:27. **50 & Over:** 1. Ulrich Kaempff 34:52, 2. E.R. Silver 35:58, 3. Bob Farrington 36:17, 4. Buck Levy 36:56, 5. Carter Squires 37:04. **Wheelchair:** 1. Gary Kerr 30:10, 2. Bert Egly 39:33, 3. Ken Hawkins 46:29.

#### Overall Results - Women

1 Charlene O'Brien	35:22
2 R. Chamberlain	35:34
3 Sharlet Gilbert	35:47
4 Marilyn Taylor-Allen	36:42
5 Angela Tibaduiza	36:46
6 Mary Tracey	36:48
7 Rosaiba Tibaduiza	36:52
8 Judy Leydig	37:04
9 Sue Munday	37:20
10 Nanette Garcia	38:13
11 Judi Shade	38:38
12 Marie Earl	38:41
13 Debbie Feinman	38:50
14 Laurie Chapman	39:06
15 Deirdre Kelly	39:26
16 Janet Smith	39:44
17 Sandra Woods	39:57
18 Zoe Davies	40:27
19 Carol Stroud	40:28
20 Gigi Luhtala	40:47
21 Barbara Keehner	41:08
22 Flora Burke	41:40
23 Monica Kitayama	41:58
24 Sue Francis	42:05
25 Angela Stearns	42:07
26 S. I. Church	42:11
27 Ann Bell	42:12
28 Becky McGrath	42:17
29 Angela Hernandez	42:39
30 Susan Brown	42:46
31 Dede Dodds	42:49
32 Stephanie Welch	42:54
33 Susan Swigart	43:01
34 Ann C. Wimmer	43:04
35 Susie Hansen	43:04
36 Kavr Harpreet	43:10
37 Claudia Thibault	43:20
38 Carol Tefft	43:30
39 Diana Pappas	43:35
40 Cathy Casey	43:38
41 Barbara Secola	43:39
42 Susan Brewer	43:46
43 Judy Mays	43:46
44 Ann Mott	43:50
45 Mary Kay Estopare	43:55
46 June VonRotz	44:00
47 Jackie Rhodes	44:05
48 Lori Hill	44:07
49 Joyce Bradley	44:10
50 Dorothy Bang	44:12

#### Division Results - Women

**15 & Under:** 1. Deirdre Kelly 39:26, 2. Angela Stearns 42:07, 3. Ann Hernandez 42:39, 4. Ann Wimmer 43:04, 5. Kavr Harpreet 43:10. **16-39:** 1. Charlene O'Brien 35:22, 2. Rebecca Chamberlain 35:34, 3. Sharlet Gilbert 35:47, 4. Marilyn Taylor-Allen 36:42, 5. Angela Tibaduiza 36:46. **40-49:** 1. Carol Stroud 40:28, 2. Gigi Luhtala 40:37, 3. S.I. Church 42:11, 4. Susan Brown 42:46, 5. Jackie Rhoades 44:05. **50 & Over:** 1. Jaclyn Casselli 48:14, 2. Darlene Dyer 51:30, 3. Georgia Abrams 53:04, 4. Annette Totton 53:34, 5. Pat Hale 54:05. **Wheelchair:** 1. Kathrynne Carlton 42:51.

## Delano Fool's Run

from Joanie Hawkins

Delano, March 24.

#### Division Results - Men's 5K

**13 & Under:** 1. Jacob Cadena 19:36, 2. Tommy Soto 19:50, 3. Raymond Garza 19:56. **14-20:** 1. Thomas Valles 16:07, 2. Felix Gonzales 16:32, 3. Tony Lopez 18:50. **21-29:** 1. Ron Lessley 17:35, 2. Fernando Gomez 17:55, 3. Jeff Lessley 18:11. **30-39:** 1. John Forrenti 17:29, 2. Tom Whygle 18:11, 3. David Alaniz 20:44. **40-49:** 1. Arnold Buchanan 17:31, 2. Bob Perry 19:23, 3. Glen Angkahan 19:34. **50-59:** 1. Bill May 22:51, 2. Gabriel Olmos 23:49, 3. Don Dyr 28:21. **60 & Over:** 1. Donato DeCastro 54:18.

#### Division Results - Women's 5K

**13 & Under:** 1. Debble Carter 24:10, 2. Dina Castillo 26:39, 3. Angela Olivarez 27:42. **14-20:** 1. Tammy Carter 22:01, 2. Becky Soto 22:16, 3. Sabina Rolan 22:50. **21-29:** 1. Brenda Villanera 19:47, 2. Jeanne Tirado 24:21, 3. Judi Herrick 24:23. **30-39:** 1. Deanna McDaniel 19:59, 2. Lupe Eberly 22:50, 3. Socorro Zavala 24:29. **40-49:** 1. Susan McCreery 25:00, 2. Ola Buchanan 25:42, 3. Veda Ince 29:43. **60 & Over:** 1. Anita Foose 32:16, 2. Eva Fipps 54:14.

#### Division Results - Men's 10K

**13 & Under:** 1. Marcus Gonzalez 41:48, 2. Daniacio Diaz 42:08, 3. Jose Gonzalez 42:26. **14-20:** 1. Clint Pearson 33:31, 2. Ruben Ozuna 34:49, 3. Amador Ayon 39:55. **21-29:** 1. Adrian Huerta 33:34, 2. Richard Rodriguez 34:55, 3. Gary Barnett 38:02. **30-39:** 1. Jimmy Aguilar 34:21, 2. Larry Lung 34:30, 3. Harry Maloney 35:05. **40-49:** 1. Bill Loughry 35:42, 2. Edward Lujan 36:07, 3. Fred Mendoza 37:06. **50-59:** 1. Richard Rameriz 37:07, 2. Carlos Gutierrez 40:19, 3. Jack Eberly 40:25. **60 & Over:** 1. Harry Harder 46:13, 2. Jim Nagatani 49:55, 3. Jim Martin 1:08:03.

#### Division Results - Women's 10K

**14-20:** 1. Elvira Madregal 57:10. **21-29:** 1. Alice Rodriguez 52:25, 2. Patty Breuen 58:23. **30-39:** 1. Martha Miller 49:44, 2. Anne Steffy 52:11, 3. Lupe Menta 54:05. **40-49:** 1. Susan Lucas 48:39, 2. Verla Phillips 50:57, 3. Nena Guillen 54:08. **50-59:** 1. Aurora Perez 54:39. **60 & Over:** 1. Virginia Martin 1:08:03.

## Spring 24 Hour Run

from Connie Rodewald

Ventura, March 24-25.

#### Top Five

1 Ruben Alarcon (39) Ventura	111 1/4
2 Ahmed Abdul Bari (49) L.A.	106 1/4
3 Chet Blanton (25) Bakersfield	103 1/2
4 Ken Hamada (44) Arcadia	90
5 Kari Johnsen (23) Ventura	90

## 10 Mile Waller Park Relay

Santa Maria, March 24. (4x2.5 miles).

#### INDIVIDUAL SPLITS

1 Brad Rhodes (19)	12:49
2 John Trump (28)	12:58
3 Pete Puhek (24)	13:05
4 Gregor Robin (27)	13:16
5 Hernando Cardenas (24)	13:39
6 Danilo Perez (23)	13:52
7 Rich Holloway (23)	13:57
8 Brian Waterbury (35)	13:58
9 Richard Quintero (30)	14:15
10 Al Helm (23)	14:19
22 Art Schickram (55)	14:58
24 Jerry Hill (43)	14:59
27 Diane Dixon (29)	15:19
32 Patricia Graham-Lewis (25)	16:02
37 Gaby McQuitty (46)	16:43

## IAAF World X-C Champs.

by Mike Duff

Running USA

East Rutherford, N.J., March 25.

Four hundred and twenty five runners from 41 countries, most of the world's best middle-distance, long-distance and marathon competitors gathered here on March 25 for the 12th International Amateur Athletic Federation World Cross Country Championships. Prior to this year, only once has the world championships site been anywhere but Europe, this year marked the first time in the 81-year history of the event that it was held in the Western Hemisphere. Fred Lebow, president of the New York Road Runners Club, spear-headed the campaign to bring the championships to the United States. Xerox was the title sponsor, adidas the official supplier and NBC the host broadcaster.

A crowd of 17,418 cheered from the glass-enclosed and winterized grandstand of the Meadowlands, usually the site of four-legged animals. Cross country, normally staged in parks and on trails where athletes start in the open and then disappear into the woods, has yet to enjoy massive spectator interest. Yet for major events such as the World Cross-Country Championships, the traditional course, as established in Europe, has been race tracks and visible paths to insure accessibility for the media and spectators alike. The Meadowlands racetrack was ideally suited for this competition and met the criteria established by the IAAF. Specially designed man-made hills, jumps and barriers were constructed to approximate the hill and dale terrain of the classic cross country course at a cost of \$100,000.

Three title divisions make up the competition: Seniors (Men)—16 years or older; Juniors (Men)—19 years or younger; and Women—15 years or older. The senior men's course was 12,000 meters (7.4 miles), while the juniors' course was 8,000 meters (5 miles) and the women's 5,000 meters (3.1 miles).

Cross country is primarily a team event with the winning team accumulating the least points.

The United States women's team defended its 1983 title by posting 52 points with superb efforts by Betty Jo Springs of North Carolina State (9th), Cathy Branta of University of Wisconsin (10th), Sabrina Dornhoefer of University of Missouri (16th) and Cathie Twomey (17th). The American team was followed by England and New Zealand.

Marcica Puica, age 33, of Romania, won the women's 5K run out-kicking Galina Zakharova of the Soviet Union and Norway's Grete Waitz, the favorite. Waitz was running in defense of the title she won for the fifth time last year at Gateshead, England. A sixth victory would have put her in the forefront of the 81-year old event as the only individual, male or female, ever to win that many times. Pedro Casacuberta of Spain took the junior men's 8K competition in a time of 21:32. Casacuberta made a desperate surge just before the wire to pass Doju Tessema of Ethiopia.

The men's team from the United States finished second behind Ethiopia. Pat Porter, age 24, USA, national cross country champion at 10,000 meters (1982, 83), finished fourth overall and led a strong American team of Ed Eyestone (6th), Craig Virgin (17), John Easher (28), Jeff Drenth (41) and Mark Stickley (65). Porter, who led most of the way turning in splits of 4:19 (1 mile) and 22:30 at the 5 mile mark, was then passed by the eventual winner Carlos Lopes, 37, of Portugal. Lopes took the lead with over a mile to go finishing in 33:25 to win his second world cross country championships. Porter, of

Alamosa, Colorado commented later that, "I wanted to stay in the lead. I tried to do that but they came at me a lot." Lopes, of whom Porter spoke very highly, stated "he is older and has more maturity than me. I did my best, I got the 'Atta Boy' award, fourth place." Porter finished in 33:34.

Next year's championships will be held in Lisbon, Portugal. Carlos Lopes, this year's senior men's winner, will have a chance to defend his title on his home turf in front of his hometown fans, although many of his fans came to the US and wildly waved the Portuguese flag and chanted victory cheers. Unlike the European sites where spectators are allowed on the course, the Meadowlands limited their spectators to the enclosed grandstand area. A number of athletes felt this was a disadvantage because the emotional surge they usually receive from the cheering fans was not present.

#### Junior Men - 8K Results

1 Pere Casacuberta, Spain	21:32
2 Doju Tessema, Ethiopia	21:34
3 Giovanni Castellano, Canada	21:37
4 Belaye Teshome, Ethiopia	21:42
5 Antonio Perez, Spain	21:48
6 Paul Roden, England	21:49
7 Kaicha Abcha, Ethiopia	21:49
8 W/Silasse Milkesa, Ethiopia	21:50
9 Bob Rice, Canada	21:53
10 David Miles, England	22:00
12 Patrick Piper, U.S.A.	22:04
16 Simon Gutierrez, U.S.A.	22:07
21 Ronald Harris, U.S.A.	22:16
23 Dan Foley, U.S.A.	22:17
29 Dennis Cullinane, U.S.A.	22:23
48 William Mangan, U.S.A.	22:44

#### Team Scores:

1. Ethiopia 21, 2. Spain 34, 3. England 68, 4. United States 72, 5. Canada 101.

#### Women - 5K Results

1 Marcica Puica, Romania	15:56
2 Galina Zakharova, USSR	15:58
3 Grete Waitz, Norway	15:58
4 Ingrid Kristiansen, Norway	16:04
5 Jane Furniss, England	16:10
6 Christine Benning, Sweden	16:15
7 Marie Louise Hamrin, Sweden	16:16
8 Angela Rosemary Tooby, Wales	16:18
9 Betty Springs, U.S.A.	16:20
10 Cathy Branta, U.S.A.	16:21
16 Sabrina Dornhoefer, U.S.A.	16:30
17 Cathie Twomey, U.S.A.	16:31
25 Brenda Webb, U.S.A.	16:38
32 Nan Doak, U.S.A.	16:48

#### Team Scores:

1. United States 52, 2. England 65, 3. New Zealand 91, 4. Ireland 105, 5. Sweden 122.

#### Senior Men - 12K Results

1 Carlos Lopes, Portugal	33:25
2 Tim Hutchings, England	33:30
3 Stephen Jones, Wales	33:32
4 Pat Porter, U.S.A.	33:34
5 Wilson Walgwa, Kenya	33:41
6 Ed Eyestone, U.S.A.	33:46
7 Pierre Levisse, France	33:51
8 Bekele Debele, Ethiopia	33:52
9 Adugna Lema, Ethiopia	33:52
10 Francesco Panetta, Italy	33:54
17 Craig Virgin, U.S.A.	34:07
28 John Easher, U.S.A.	34:15
41 Jeffrey Drenth, U.S.A.	34:29
65 Mark Stickley, U.S.A.	34:45
92 John Idstrom, U.S.A.	35:08
94 Dan Dillon, U.S.A.	35:10

#### Team Scores:

1. Ethiopia 134, 2. United States 161, 3. Portugal 223, 4. Kenya 233, 5. Italy 258.

## SPATAC 5K

Westlake Village, March 25.

#### Men's Results

1 Martti Kiihola (1/30 +)	14:22
2 Chris Schallert (1/19 +)	14:35
3 Fielos Farron (2/19 +)	14:40
4 Jim Scott (1/35 +)	14:46
5 Mark VonLeven (3/19 +)	14:47
6 Robert Proctor (4/19 +)	14:51
7 Tim Hampton (5/19 +)	14:53
8 Steve Flynn (6/19 +)	14:56
9 Tim Mann (7/19 +)	14:57

continued on next page...



# Results

10 Jerry Alexander (2/30 +)	15:00
11 Ed Chaldez (3/30 +)	15:01
12 Jim Barbaruolo	15:03
13 Cleveland Whalen	15:07
14 Luis Pinon, Jr.	15:09
15 Robert Radnoti	15:14
16 Ray Knerr	15:20
17 Andy Lieell	15:23
18 Anton Gonzales	15:31
19 Marco Garcia	15:31
20 Carlos Godoy	15:32
26 Tom Burns (1/40 +)	15:40
32 Neil Doherty (2/40 +)	15:52
36 Marshall Matye (3/40 +)	15:58
37 Michael Sayward (2/35 +)	15:58
39 Steve Close (4/40 +)	16:02
43 John Brennan (1/45 +)	16:10
44 Michael Mahler (5/40 +)	16:10

### Women's Results

1 Gayle Olinekova (1/30 +)	17:08
2 Katherine Kanes (1/19 +)	17:15
3 Jacqueline Hansen (1/35 +)	17:44
4 Mary Tracey (2/19 +)	17:51
5 Theresa Kozlowski (3/19 +)	17:58
6 Karla Frederspiel	18:08
7 Sue Peterson (2/35 +)	18:17
8 Not Available	18:18
9 Julie McKinney	18:30
10 Katie Gruber	18:42
12 Susan Harmon (2/30 +)	19:00
13 Sue Simms (3/30 +)	19:07
16 Lisa Allen (3/35 +)	19:21
25 Shiela Hasham (1/40 +)	20:25
30 Ruth Hemming (1/45 +)	20:49
39 Dianne Chronert (2/45 +)	22:04
44 Peggy Leahy (2/40 +)	22:39
45 Oleta Dellasoate (3/45 +)	22:43
59 Spencer (1/50 +)	28:36
66 Dorothy Stotsenberg (2/60 +)	32:43

## TAC/USA 20K Nationals

Sacramento, March 25.

### Overall Results - Open Men

1 Ivan Huff	1:00:35
2 Derrick May	1:00:42
3 Bill McClement	1:01:54
4 Dan Harvey	1:02:13
5 Scott Mayfield	1:02:49
6 Dan Gruber	1:03:04
7 Brad Hawthorne	1:03:18
8 Gian Starinieri	1:03:33
9 Tim Ball	1:03:44
10 Rudy Munoz	1:04:47

photo by Jeff Burkholder



IVAN HUFF  
TAC 20K Champion

### Overall Results - Masters Men

1 Sai Vasquez	1:08:35
2 Ray Hatton	1:08:03
3 Jim Bowers	1:08:10

4 Bill Clark	1:08:23
5 Tim Rostege	1:10:12

### Division Results - Men

**18 & Under:** 1. Martin Ruiz 1:12:57, 2. Paul Verhe 1:16:58, 3. Mike Dreani 1:25:00.  
**19-24:** 1. Ivan Huff 1:00:35, 2. Scott Mayfield 1:02:49, 3. Stuart Jenkins 1:04:54, 25-29: 1. Derrick May 1:00:42, 2. Bill McClement 1:01:54, 3. Dan Harvey 1:02:13, 30-34: 1. Mark Graves 1:05:14, 2. George Hernandez 1:05:35, 3. Rich Govi 1:05:58, 35-39: 1. Jim Gibbons 1:12:30, 2. James Barker 1:12:33, 3. Daryl Zapata 1:13:08, 40-44: 1. Sai Vasquez 1:06:35, 2. Bill Clark 1:08:23, 3. Tim Rostege 1:10:12.  
**45-49:** 1. Jim Bowers 1:08:10, 2. Daryl Beardall 1:10:55, 3. Bill Catanese 1:12:34, 50-54: 1. Ray Hatton 1:08:03, 2. Jim Brownfield 1:14:01, 3. Bob Farrington 1:15:35, 55-59: 1. Pat Devine 1:18:13, 2. Ross Smith 1:17:54, 3. Curt Brownfield 1:21:32, 60-64: 1. Flory Rodd 1:25:21, 2. Dan Voorhees 1:48:19, 3. Don Wilgus 1:48:42, 65-69: 1. John Holoubek 1:26:14, 70-74: 1. Mac Osborn 1:31:01, 2. Kenny King 2:00:22, 85-89: 1. Paul Spangler 2:07:49.

### Team Scores:

1 Converse Aggies	5:13:53
2 C. C. Flyers	5:32:01
3 Greater S.F.	5:44:32

### Masters Teams:

40-49:	
1 West Valley J&S	5:58:06
2 C.C. Flyers	6:06:29

### 50-59:

1 Fleet Feet-Yorba Linda	6:29:11
2 West Valley J&S	6:30:17

### Overall Results - Open Women

1 Patti Gray	1:10:49
2 Gabriele Anderson	1:11:37
3 Kimball Dryden	1:13:56
4 Janine Aiello	1:14:25
5 Heike Skaden	1:14:46
6 Rainey Kay-Stolpe	1:15:07
7 Kathy Way	1:15:39
8 Marilyn Taylor	1:15:57
9 Rosy Tibaduiza	1:16:48
10 Angela Tibaduiza	1:17:10

### Masters Woman

1 Bette Poppers	1:19:09
2 Shirley Matson	1:20:15
3 Karen Scannell	1:21:16
4 Christa Romppanen	1:21:33
5 Marilyn Harbin	1:22:40

### Division Results - Women

**18 & Under:** 1. Nancy Novak 2:08:56, 2. Cynthia Novak 2:10:50, 19-24: 1. Patti Gray 1:10:49, 2. Janine Aiello 1:14:25, 3. Heike Skaden 1:14:46, 25-29: 1. Kimball Dryden 1:13:56, 2. Rainey Kay-Stolpe 1:15:07, 3. Angela Tibaduiza 1:17:10, 30-34: 1. Marilyn Allen 1:15:57, 2. Judy Leyda 1:18:57, 3. Rita Fagundes 1:20:01, 35-39: 1. Gabriele Anderson 1:11:37, 2. Sally Edwards 1:19:20, 3. Hilary Naylor 1:23:10, 40-44: 1. Bette Poppers 1:19:09, 2. Shirley Matson 1:20:15, 3. Pat Whittingslow 1:26:21, 45-49: 1. Karen Scannell 1:21:16, 2. Christa Romppanen 1:21:33, 3. Marilyn Harbin 1:22:40, 50-54: 1. Ruth Anderson 1:31:42, 2. Marty Marlowe 1:34:40, 3. Ruth Waters 1:34:45, 55-59: 1. Margaret Miller 1:29:22.

### Team Scores:

1 C. C. Flyers	3:45:36
2 West Valley TC	3:49:05
3 Impala TC	3:59:46

### Masters Teams:

40-49:	
1 West Valley TC	4:26:30
2 Nor Cal Seniors	4:54:51
50-59:	
1 Nor Cal Seniors	4:41:07

## Black Sheep 5K

San Luis Obispo, March 25.

### Overall Results

1 Kevin Jones (24) SLO	15:15
2 Matthew Armbruster(20)LosOs	15:48
3 Russell Bellamy (27) SLO	17:02
4 Granville White (42) SLO	17:15
5 Scott Asire (19) SLO	17:24
6 Gregor Robin (27) SLO	17:37
7 Matt Huckaby (14) Atasc	18:02
8 Sam Richards (14) Atasc	18:34
9 Jose Ramos (21) SLO	18:47
10 Chris Testerman (14) SLO	19:07
11 William Fisher (25) MorroB	19:14

12 Richard Grinnell (24) SLO	19:15
13 Les Beck (39) SLO	19:16
14 P. Brenninger (29) SLO	19:18
15 Andrew Hecher (29) SntaMra	19:21
16 Craig Purdy (22) Lompoc	19:25
17 Roy Rosales (42) SntaBarb	19:29
18 Steven Sharp (14) SLO	19:39
19 Stephen Macartney(35)SMarg	19:48
20 John Fourcroy (30)LosOsos	20:03
21 Josh Eillingwood (12)StaMar	20:10
22 Mark Endert (13)ArroyoG	20:24
23 Neil Knudsen (19) GrovCity	20:30
24 Thom Dimmitt (36) SLO	20:30
25 Bob Keefe (38) ShellBch	20:31
29 Shannon Dial (24F)SLO	20:45
34 Lisa Barber (14F) SLO	21:19
41 Tim Davis(34)1WVCOceano	21:47
48 Christy Blins (17F) SLO	22:17
51 Mary Lopez (37F) SLO	22:27
54 Carrie Barber (12F) SLO	22:29

4 Rick Garrison (30-39)	34:45.8
5 Robert Lopez (30-39)	35:09.9
6 Bob Fulton (30-39)	35:23.0
7 Arthur Pasillas (20-29)	35:24.7
8 Tadesse Gabre-Hawariat (30-39)	35:30.9
9 Dick Pallies (40-49)	35:32.5
10 Gerry Robb (40-49)	35:36.7
11 Joaquin Granado (40-49)	35:38.1
12 Robert Williams (30-39)	35:46.4
13 Robert McGeough (40-49)	35:55.7
14 Sterling Foreman (40-49)	36:13.5
15 Ronald Johnson (30-39)	36:24.6

### Division Results - Men's 10K

13-19: 1. Jim Mulhall 36:27, 2. Jon Asper 37:52, 3. Ralph Contreras 46:28, 20-29: 1. Dave Frickel 31:54, 2. Gary Caton 33:49, 3. Arthur Pasillas 35:24, 30-39: 1. Stan Stauble 34:28, 2. Rick Garrison 34:45, 3. Robert Lopez 35:09, 40-49: 1. Dick Pallies 35:32, 2. Jerry Robb 35:36, 3. Joaquin Granado 35:38, 50-59: 1. Tracy Brow 38:12, 2. Sam Mayo 40:39, 3. Frank Ramos 41:34, 60 & Over: 1. Robert Korger 43:01, 2. Casey Poole 43:52, 3. John Goodyear 44:33.

### Division Results - Women's 10K

13-19: 1. Bridg Freyne 41:53, 2. Britany Calhoun 51:37, 3. Lisa Chowanec 53:02, 20-29: 1. Marie Albert 40:40, 2. Alice Coppers 50:40, 3. Lisa Winkleplick 52:37, 30-39: 1. Costa Santos 40:43, 2. Ellen Coleman 40:52, 3. Sue Harwell 43:35, 40-49: 1. Patricia Del Turco 47:28, 2. Jeanne Lescord 52:53, 50-59: 1. Barbara Innes 53:58, 60 & Over: 1. Lucie Arday 65:37.

### Overall Results - 5K

1 Geoff Zehnder (30-39)	15:52
2 Thomas Robbins (20-29)	16:01
3 Paul Chavez (30-39)	16:08
4 Stan Stauble (30-39)	16:20
5 Arthur Pasillas (20-29)	16:28
6 Mark Newton (30-39)	16:31
7 Bob Fulton (30-39)	16:32
8 Robert Williams (30-39)	16:33
9 Keith James (20-29)	16:35
10 Jay Hughes (40-49)	16:36
11 Rick Garrison (30-39)	16:36
12 Robert Lopez (30-39)	16:52
13 Cliff Kurthers (30-39)	16:53
14 Francis Delach (20-29)	16:54
15 Rick Pallies (40-49)	16:59

### Division Results - Men's 5K

13-19: 1. Dean Cromwell 17:31, 2. Tony Perez 18:56, 3. Bo-Alan Beatty 19:19, 20-29: 1. Thomas Robbins 16:01, 2. Arthur Pasillas 16:28, 3. Keith James 16:35, 30-39: 1. Geoff Zehnder 15:52, 2. Raul Chavez 16:08, 3. Stan Stauble 16:20, 40-49: 1. Ray Hughes 16:36, 2. Dick Pallies 16:59, 3. Sterling Foreman 17:22, 50-59: 1. Sam Mayo 17:34, 2. Richard Roberts 19:25, 3. Jason Harris 19:31, 60 & Over: 1. Dalmar Gourley 19:48, 2. Robert Kroger 20:24, 3. Casey Poole 21:08.

### Division Results - Women's 5K

30-39: 1. Sue Harwell 20:46, 2. Julie Lloyd 21:25, 3. Solange Stramler 21:56, 40-49: 1. Diane Kaiervo 23:29, 2. Linda Ewart 24:55, 3. Brenda Lumsford 26:52, 50-59: 1. Dolores Bezenah 27:08, 60 & Over: 1. Leona Vinson 43:55.

## Run for Relief

from Harry Harder

Fresno Pacific College, April 7: Menonite Central Committee Run for Relief 10K.

### MEN'S DIVISIONS

**18 & Under:** 1. Ryan Sullivan 35:43, 19-29: 1. Albert Reimer 32:46; 2. John Henry 36:20; 3. Steve Hotaling 37:34, 30-34: 1. A.J. Bone 35:52, 35-39: 1. Wayne Campbell 37:35, 40-44: 1. Dave Duerksen 38:46, 45-49: 1. John Penner 44:17, 50-59: 1. Jess Rivera 38:24, 60-64: 1. George Leavitt 45:39, 65-69: 1. Harry Harder 45:27, 70 & Over: None.

### WOMEN'S DIVISIONS

**18 & Under:** None, 19-29: 1. Diane Yartanian 40:37; 2. Kris Bartsch 44:25; 3. Cindy Schull 47:36, 30-34: 1. Sandy Jacob 45:52, 35-39: 1. Leslie Moradian 47:54, 40-44: 1. None, 45-49: 1. Mary Hooper 52:15, 50-54: None, 55-59: None, 60-64: 1. Virginia Martin 65:18, 65-69: None, 70 & Over: None.

## Roeding Park Run

From Joe Delgado

March 25, Fresno, 6 miles.

Place	Name (Age/Club)	Place/Div.	Time
1	Tony Ramirez (29/FFR)	1 20-29	29:47
2	Jim Hartig (29/FTC)	2 20-29	30:44
3	Pat Moss (29/un)	3 20-29	31:10
4	Jose Renteria (26/MTC)	4 20-29	31:26
5	Al Lomeli (32/FTC)	1 30-39	31:34
6	Eric Little (23/FTC)	5 20-29	32:20
7	Bob Lindsey (39/FTC)	2 30-39	32:22
8	David Perez (19/CHI)	1 19&U	32:47
9	Richard Mead (27/AEC)	8 20-29	32:48
10	Frank E. Ortega (40/CHI)	1 40-49	*32:49
11	Jeff Merrow (25/ARC)	7 20-29	33:18
12	Adam Barron (21/CHI)	8 20-29	33:45
13	Gordon Keller (37/FTC)	3 30-39	33:46
14	Michael Taylor (24/un)	9 20-29	34:18
15	Efran Castellanos(20/un)	10 20-29	34:24
16	Patrick Dunning(31/un)	4 30-39	34:30
17	David Williams (31/un)	5 30-39	34:40
18	Mark Freeman (28/FTC)	11 20-29	34:51
19	Andrew Bone (32/un)	6 30-39	35:02
20	Eric Christensen (29/un)	12 20-29	35:04
21	Bob Fries (53/FTC)	1 50-59	35:31
22	Pat Phelan (31/un)	7 30-39	35:55
23	John Blanchette (16/FTC)	2 19&U	36:13
24	Ken Lehman (34/FTC)	8 30-39	36:23
25	Lawrence Alderete(34/un)	9 30-39	36:25
26	Dick Cain (51/FTC)	2 50-59	36:27
27	Tony Perez (31/un)	10 30-39	36:34
28	Obed Fernandez(35/FTC)	11 30-39	37:06
29	Robt Rainwater(34/un)	12 30-39	37:28
30	Mark Haymond (39/FJ)	13 30-39	37:36
31	Rosa Medina (33/FTC)	1 30-39W	37:40
32	W. Campbell(35/FTC)	14 30-39	37:54
33	Joe Martinez (37/un)	15 30-39	37:57
34	Ron Quitoriano (42/un)	2 40-49	38:08
35	Ryan Sullivan (16/SS)	3 19&U	38:18
36	Mike Comerford(37/CHI)	16 30-39	38:27
37	Fred Keenom (44/un)	3 40-49	38:40
38	Sid Toabe (60/FTC)	1 60&O	*38:57
39	Jack Gillis (29/un)	13 20-29	39:00
40	Paula Ramirez (26/un)	1 20-29W	39:05
41	Richard Ramirez(30/un)	17 30-39	39:07
42	Cliff Rees (32/un)	18 30-39	39:25
43	Syl. Santistevan(20/un)	2 20-29W	39:33
44	Mike Freeman (41/un)	4 40-49	39:38
45	Bill McCarthy (34/un)	19 30-39	40:01
46	Chris Denny (51/FJ)	3 50-59	40:06
47	Steve Walker (37/YMCA)	20 30-39	40:15
48	Dian Vartanian(23/FTC)	3 20-29W	40:28
49	Jean. Arakelian(41/FTC)	1 40-49W	40:56
50	David Hammond (30/un)	21 30-39	41:00
58	M. Timberlake(41/FTC)	2 40-49W	41:33
59	Mary A. Barros(39/FJ)	2 30-39W	43:12
76	Leland Scott (62/un)	2 60&O	44:24
85	Becky Dieter (31/FJ)	3 30-39W	45:48
90	George Leavitt (61/un)	3 60&O	46:15
97	Faye Leonard(45/YMCA)	3 40-49W	47:18
104	Dorothy Thomas(59/FJ)	1 50-59W	47:48
106	Liz DeMonte (53/FJ)	2 50-59W	48:50

\* division record

## Run Thru Redlands

from Randy Galloway

Redlands, March 25.

Overall Results - 10K	Time
1 Dave Frickel (20-29)	31:54.8
2 Gary Caton (20-29)	33:49.2
3 Stan Stauble (30-39)	34:28.3



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photo by Jim Reynolds



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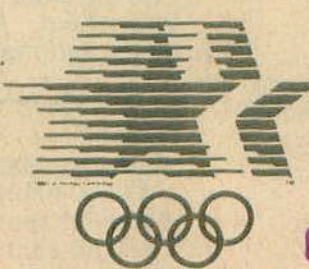
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QUESTIONS	Select one box in each row and record the point rating in right-hand column				Points
1. In worn down running shoes, what degree does your foot "break" or roll over the inside edge of the heel counter (shoes with at least 50 miles)?	A None (0)	B Somewhat (12)	C Moderately (24)	D Extremely (36)	
2. When you run, which area of your foot strikes the ground first?	A Forefoot (-36)	B Midfoot (8)	C Rearfoot (16)		
3. What is your approximate weight?	A 140 lbs or less (0)	B 141 to 150 lbs (4)	C 151 to 165 lbs (24)	D 166 to 180 lbs (40)	E Over 180 lbs (136)
4. Which of the footprint descriptions to the right best matches yours?	A High arch (0)	B Normal arch (12)	C Flat-footed (24)		
5. How would you describe your running injury history?	A None (0)	B Somewhat injury prone (8)	C Moderately injury prone (16)	D Extremely injury prone (32)	
Now total up your points and see which Converse Stabilizer-Bar shoe you should be wearing by using the ratings below					TOTAL POINTS

100 or more points—The Converse Force 5  
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Less than 60—The Converse Laser



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