

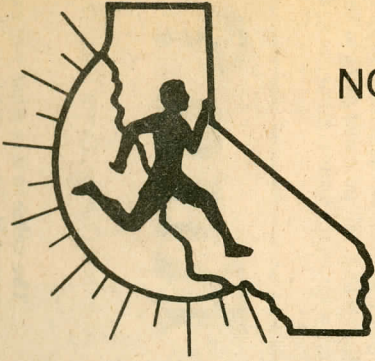
# CALIFORNIA

# TRACK NEWS

# ESTES

NOVEMBER—DECEMBER 1974

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NUMBER 2

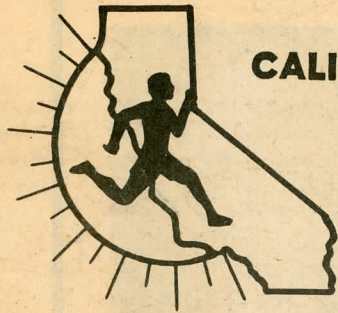
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Gene "Red" Estes  
Athletic Dept.  
Fresno State University  
Fresno, CA 93710







**CALIFORNIA TRACK NEWS**

1717 S. Chestnut Ave.  
Fresno, CA 93702

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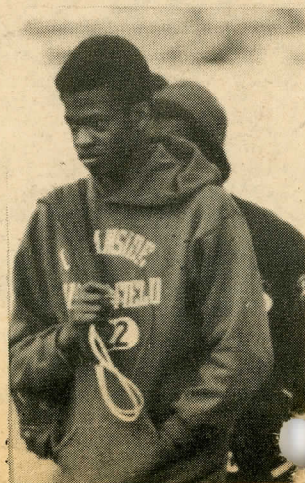
**OUT-OF-THE-BLOCKS**

The gun has sounded and California Track News is out of the blocks and off to a good start. The first issue has been very well accepted by those who were able to see it. We have been greatly encouraged by all of the supporting letters and comments over the past two months. The quality of California Track News will continue to improve as time goes on. Five new people in particular will be helping occasionally and have already made super contributions by way of their knowledge and efforts: (1) Calvin Brown has taken on the large, and much needed, task of girls and women's statistics (see his ranking in this issue - it's a start). (2 & 3) John Wenos and Chuck Skow have updated the California Top Marks listing and we now feel confident that it is very accurate. (4) Ted Brazil is covering Orange County news. (5) Noel Montrucchio is serving as San Diego area editor. Without this kind of help California Track News would not be possible. If others of you would like to get involved there are still several areas still lacking in proper coverage. Someone is desperately needed to do a better job with the Senior aspect of California track. Anybody interested? Area editors are also needed.

Every reader can help make California Track News better. You can help in two ways: (1) promote subscriptions, and (2) send in all information concerning any aspect of California track (pictures, results, schedules, stories, etc.) that you have access to. Credit is always given for material submitted.

We're off to a good start. With your continued help and support California Track News will continue to grow and expand and will be a real asset in the promotion of California track and field. We very much appreciate your comments and suggestions.

**SPOTLIGHT**  
**Willie Banks**



**WILLIE BANKS:** Oceanside High School (U.S.A.). Age 18; 6 feet, 2½ inches; 160 pounds. Born March 11, 1956, in Travis AFB, California.

**Best Marks:**

- 1971: 20-0
- 1972: 23-4½; 14.9
- 1973: 23-10½; 49-3(49-7w); 14.5
- 1974: 24-3; 51-2(53-3w); 14.1

Coached by Tom Shields, Ken Barnes and Eugene Lents (Tom Telez)

The triple jump event was officially added to the California State high school

junior year a new event entered the league. This was the triple jump. Coach asked me to try it and I did. In tennis shoes I did 37 feet. This was good because the farthest anyone on the team had done in spikes was 41 feet. My style was unorthodox, but I was doing fine. One day a teacher, Mr. Willard Christopher, came to watch me jump. I am a fairly tight

**Why Run?**

by JIM KLEIN, track coach, Westmont College, Santa Barbara

The question has come up a couple of times this year: "Why run?" "What am I doing this for?" "Why come out here every afternoon and beat my brains out?" "What's it prove?" Well, these are all good questions and they should be answered.

Running, in and of itself, probably doesn't prove much. The mere fact that a man ran a four minute mile probably won't mean much a hundred years from now or maybe even tomorrow. Running is possibly just as pointless as putting a man on the moon or constructing a monument or painting a picture or some of the other strange things that men do.

There are many valuable by-products to running and training and it's possible that the by-products are more significant than the product. First, there is physical

**The value in it is what you can learn about yourself.** The value is in the position that it puts you. You are placed naked before yourself and your fellows. You can give it all you've got or you can give yourself an excuse and not really try. You can make an excuse for not winning or you can admit that you weren't a better man on that day. In this sort of situation, all kinds of qualities come out; things that you may not have seen in yourself before and are hard to look at and accept as being you. You may see in yourself a tendency to loaf when the going really gets tough and your body is crying for a moment's rest. It is not fun to look at a quality like this, especially when you see it in yourself. You may find yourself talking a great race and yet not running one and see yourself as a part of a man of mind. You may be a



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The triple jump event was officially added to the California State high school program of events just in time for Oceanside High's William Augustus Banks III to monopolize it. In its short two year California State Meet history Willie has won it both times and, of course, holds the state meet record. Last season in addition to winning the state triple jump crown he also won the San Diego C.I.F. Section titles in the long jump, high hurdles as well as the triple jump; and then later the Golden West triple jump. Not only was Willie a leader in performance but also among his teammates as he was selected Varsity team captain his sophomore, junior and senior years. He was the **San Diego Evening Tribune's** 1974 "Athlete of the Year."

Willie is now enrolled at the triple jump capital of the United States—UCLA—and is already looking to the top, saying, "My immediate goal at this time is to win the Pac 8, and NCAA triple jump titles."

Just how did Willie Banks get where he's at in the triple jump? He relates it best, "I started out my track endeavors at age 8 by playing building blocks and then seeing how high I could build and jump over or how long and jump over. I also used to jump at the ceiling in our house just for fun. I had my first real encounters with track at the junior high level. Our physical education teacher tested everyone's high jump ability. The highest the bar went was 4-10 and I was the only one who could make it. The teacher promptly asked me to join the track team and I responded with school records for class B and C.

"When I got to high school, my coach, Tom Shields, asked me if I cared to long jump and I said, 'sure.' After Mr. Shields left my new coach, Ken Barnes, helped me to improve in all of my events; long jump, high jump, and high hurdles. During my



junior year a new event entered the league. This was the triple jump. Coach asked me to try it and I did. In tennis shoes I did 37 feet. This was good because the farthest anyone on the team had done in spikes was 41 feet. My style was unorthodox, but I was doing fine. One day a teacher, Mr. Willard Christopher, came to the track and saw me feebly trying to triple jump. He, being an ex-NCAA long jump champ and triple jumper, showed me the correct way. This really helped so I worked and worked at it till I am where I am at right now."\$

With all of his newfound success in the triple jump it's surprising to learn that his favorite event is still the long jump. He likes to compete at least once a week building a peak at the end of the season. As for competition strategy, "I try to display a calm and cool attitude while warming up. I try to pop my best jumps at first to psyche out opponents."

At UCLA Willie is studying to be a lawyer and hopes eventually to get into politics. He already has some ideas on what he feels track needs. "I think track is being handled foolishly. It is not getting the recognition it justly deserves. Track is a great sport and many people enjoy it. This is evident by the large number of participants and joffing enthusiasts. But where are these enthusiasts when it comes to track meets? If track is going to places it looks like it is the pro circuit. The professional track meets draw the large crowds because of the advertisement and great name performers. However, I don't agree completely with the pro circuit because it could easily turn into a money wheeling syndicate like football and basketball. I feel track should remain a fun sport for everyone, but unfortunately amateurs just don't draw the crowds."

**Typical Week's Workouts:** Monday—running and stretching warm-up, event work 4x220, 2x110. Tuesday—running and stretching warm-up, 1x440, 4x220. Wednesday—Same as Monday. Thursday—running and stretching warm-up, technique work, 4x110. Friday—competition.

The question is what you can learn about yourself. The value is in the position that it puts you. You are placed naked before yourself and your fellows. You can give it all you've got or you can give yourself an excuse and not really try. You can make an excuse for not winning or you can admit that your opponent was a better man on that day. In this sort of situation, all kinds of qualities come out; things that you may not have seen in yourself before and are hard to look at and accept as being you. You may see in yourself a tendency to loaf when the game really gets tough and your body is crying for a moment's rest. It is not fun to look at a quality like this, especially when you see it in yourself. You may find yourself talking a great race and yet not running one and see yourself as somewhat of a bag-of-wind. You may be a chronic excuse-maker, finding all sorts of fantastic reason for not really doing what you know you can do. There are dozens of other things that you might see, some pleasant, some unpleasant. The important thing is that these qualities are you, not just you as you relate to running, but you as you relate to your studies, to your schoolmates, your parents, your job, and all of life.

Running, in and of itself, probably doesn't prove much. The mere fact that a man ran a four minute mile probably won't mean much a hundred years from now or maybe even tomorrow. Running is possibly just as pointless as putting a man on the moon or constructing a monument or painting a picture or some of the other strange things that men do.

There are many valuable by-products to running and training and it's possible that the by-products are more significant than the product. First, there is physical fitness. You can arrive at a high state of physical fitness through running and exercising. Fitness is certainly in the limelight these days, and a sound body is certainly to be coveted. But fitness isn't a good enough excuse to come out and run yourself into the ground each evening. There must be a better reason than fitness because there are many easier and less painful ways of arriving at fitness. The fact is that some of the world's greatest men, men who have made tremendous contributions to our society, have been men who scorned exercise in any form.

Could the value in running be in defeating your opponent? Could setting yourself up as the champion and becoming confident and able to take on all comers be the thing to strive for? This breaks down pretty fast. Some of the men that get more out of competing than anyone else are those who run last or nearly last in every race they enter; and some of the men who lose more and are done more harm by competition are those who never taste defeat. A man cannot remain the champion long. Someone who is faster or stronger always comes along. Maybe it will take a while, but sooner or later that man will come along. Another interesting thing about being the champion is that once you reach the heights it doesn't seem as valuable anymore. It's just another of many little steps happening to be the top one.

Well, what is the sense of running? What is the logic of really punishing yourself each evening: of striving to become better, more efficient, tougher?

Through running, persevering, punishing, you get down to the real you as you can in few things. You get a rare glimpse of what you are really like. This is a privilege granted to a very few. Not many have the opportunity of taking themselves to the breaking point and then recognizing it and overcoming it. Each evening when you job down to the track, you should look upon it as another opportunity to find out something about yourself or to work on something that needs working on. This may sound like a high and mighty concept of what running is, but think about it: this is what it is all about.

On looking back upon these words, I see that they sound a little negative. I've left out one possibility. You may get down to the real you and discover a determined, relentless, free spirit who meets and accepts victory or defeat with the same modesty. You may be a person who gives everything he has every time out and accepts the consequences. If this is what you see, it is possible that running has nothing to offer you except fitness or championships. Maybe you should go to the moon or paint a picture.

**ON THE COVER:** Rialto Road Runners one-two-three punch at the Reedley Fiesta 12-13 2 mile. Corrine Nunez(L) was the winner with Penny Bridges (R) second and Suzanne Keith third. Trailing Marquita Belk of San Jose was fourth.



# College Cross Country



**Pac 8 - Southern Division:** Cal Berkeley appears to be the early team favorite. The Golden Bears won the All Cal Meet early in the season and the Stanford Invitational later. Stanford, however, has the individual favorite in Tony Sandoval who recently broke the school 6 mile cross country record. Stanford's group led by Sandoval and two other top returnees, Jack Bellah and Mark McConnell, could upset. On paper UCLA should have a contender teamwise, but appears to be following the Oregon low key cross country system. Mark Kushner has been pacing the Bruins, but Nitti, Innes, and Beck should come on.

**CCAA:** Cal State Northridge's 42 second one to seven spread at the Chapman Invitational should establish them as the

team to beat. Fullerton State doesn't have the grouping but Kent Norton and John Schmickehrath will be tough to beat.

**PCAA:** Even though they have the defending champion and home course advantage Fresno State will have a real battle to retain the league crown. Those hoping to dethrone are Long Beach State and Los Angeles State who have both beaten the Bulldogs earlier. Long Beach topped Los Angeles at the Long Beach Invitational and USTFF meets. Look for Mike Avers (SD), Dan Gruber (SJ), Sam Young (LA), Jim Sweeney (LB), and defending champ Guy Artherholt (F) to be up front.

**FWC:** Both Chico and Davis won their own invitationals and will put up a good

battle for team honors. Matt Yeo has been the Aggies standout while Pat Finn heads up Chico. Davis appears to have the most depth, however. With over fifty runners how can you not have depth?

**SCIAC:** Occidental all the way. Can you remember when the Tigers didn't win it?

**NAIA District III:** This should be a three way race between United States International University, Occidental and Southern California College. USIU beat defending champion Oxy in early season action. The USIU foreign legion will be headed up by Peter Fredriksson. Other top individuals are defending champion Joel Jamison of Oxy, Steve Brooks of Stanislaus State, and Bruce Johnson of Southern Cal College.

## running hills

Cross country, as the name implies, is running over the natural countryside. In contrast to track running cross country runners face a different set of circumstances each time they run on a different course. The typical cross country course will have at least a few hills on it. Actually, a course isn't really considered a "decent" cross country course unless its surface has some variations in degree of slope.

Since many courses have at least a hill or two it is important for cross country runners to be able to run hills efficiently. Races are often won or lost on the hills. If a runner knows how to run hills and trains to run hills he will have a distinct advantage over those who don't.

How does one run hills? First, let's see how not to run hills, which, by the way, is how most runners run hills; it is the way their coaches tell them to run hills. The way not to run hills is with the driving, big powerful strides and low arms pumping forcefully. This is the type of action coaches usually like to see; you can hear them yelling "dig" "drive" or "pump those arms." Running up a hill like this is similar to sprinting a 440 in the middle of a cross country race. It leaves the runner exhausted at the end (or half way up).

The idea in cross country is to budget or conserve ones energy so that it is evenly and economically distributed over the entire distance of the race, rather than exhausting yourself or having too much left at the end. The object in running a hill in a cross country race, then, is to get over the hill as economically as possible—without giving away too much energy or too much ground. Hill training will improve a runner's ability to run fast,



UC DAVIS VARSITY CROSS COUNTRY TEAM

## mailbag

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Robert Jolley shows how.

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Now that we know how not to run hills, what is the best way to run hills? The answer comes from the bicycle rider. What does he do when he comes to a hill? He down shifts; he uses a gear which allows him to pedal fast, yet easily and economically. If he were to shift to a high gear it would be like the way-not-to-run-hills discussed above, big powerful, but difficult strokes. It would be faster if one were strong enough to do it. Nobody is. How does one down shift when running? By taking shorter, but faster steps. The arms should come up and swing in a quick rhythmic tempo. The quicker the tempo of the arms the quicker the pace of the steps. This type of action should allow the runner to quickly move up the hill yet not be totally exhausted afterward. After reaching the top of the hill it is easy to move back into a normal stride.

The way to improve ones ability to run hills is to increase the length of stride going up the hill and be able to handle it efficiently. This is where training comes in. When running hills in workout one should use the "old" or "way-not-to-run hills" method, thus making use of the overload principle and building up the leg muscles (and cardiovascular system, necessary to run hills with a longer stride. Ideally, then, we are working toward running hills the "old" way, but few if any runners are trained (the total gain from time output isn't worth it) enough to do it. So the best way for most runners to run hills during a cross country race is with a shortened and quickened stride. The amount of shortening will depend on the strength of the runner, which can be improved with training.



UC DAVIS VARSITY CROSS COUNTRY TEAM

## mailbag

### BOB BEETEN (track coach Idaho State University)

As reported in the September-October edition, Steve Koenig of Mt. SAC is attending Idaho State, not Boise State. Other California J.C. ranked athletes here at Idaho State are: Ed Spolarich of Sacramento in the 880, Bill Ardary of Fullerton in the high hurdles, Steve Porter of Foothill in the triple jump, and Jeff Russell of Citrus in the Javelin.

### RICHARD G. BALLOU (track coach Righetti High School in Santa Maria)

California Track News should add Paul Cummings' performances to the list of top California marks. If the criteria is that the mark had to be set in a California meet, then his mark set in the Modesto Relays in beating Waldrop should be on the list. If the marks include performances by Californians in meets in other states then his 3:56.4 in the meet against USC and Arizona State at Tempe should be in the rankings.

*Editor - You are absolutely right! All Californians attending school out of state should be included in the rankings. The marks this year were restricted to those athletes representing California schools and clubs, or unattached athletes living in California. In the 1975 rankings we will include out of state Californians, as well.*

### GENE MORAN (southern California distance runner)

I have raced against Joey Gomez of Valencia High several times and feel,

besides David Cortez of Redwood City, that he is the top 14 year old distance runner in California.

### DON BAIKIE (track coach Menlo College)

You omitted Pete McMurrin in the junior college high jump ranking. Pete leaped 6-8 to win the Coast Conference finals.

### DON RUH (track coach Mt. SAC Junior College)

As a freshman last season, and in only his second year of jumping Steve Miller improved from 6-3 to 7-0.

### ANDREW MAC CONO (Walnut Festival Road Race Chairman)

We conduct what we think is the best managed race in Northern California, plus a NO ENTRY FEE, NO POST ENTRIES rule on what is the United States' shortest long distance race course—5920 feet per lap.

### BOB MCGUIRE (track coach Pleasant Hill High School)

The North Coast Section will find the top cross country teams to be (not necessarily in order): San Rafael (Marin Athletic League), San Ramon (East Bay League), Miramonte (Foothill League), Livermore (East Bay League), Alameda (Alameda League), and Del Valle (Foothill League). Other toughies: Newark (Mission Valley League), Redwood (Marin Athletic League), Castro Valley (Hayward League), Mt. Diablo (Diablo Valley League), Clayton Valley (Diablo Valley League), Pleasant Hill (Diablo Valley League), Washington (Mission Valley League), Irvington (Mission Valley League), and College Park (Diablo Valley League).



DECEMBER

# RECORD BOARD

# SCHEDULED

NOVEMBER

- 9 **LOS ANGELES ALL COMERS CROSS COUNTRY.** Hazard Recreation Center. Boys & Girls all ages. 9:30 am. Bill Peck, (213) 666-0546
- 9 **CALIF' STATE AAU GIRLS AND WOMEN'S CHAMPIONSHIPS.** LaJolla, Contact 3/4 Don Vynne, 1135 Garnet Ave., San Diego 92109.
- 9 **PA-AAU SR. XC CHAMPIONSHIPS.** Golden Gate Park, 10kilo. SF Olympic Club, 524 Post, SF 94102. Entries close Nov. 4!
- 9 **SPA-AAU SR. XC CHAMPIONSHIPS.** Fountain Valley, 10 kilo, 10:30 am. Bob Price, 1928 S. Flower, Santa Ana 92707
- 9 **FAR WESTERN CONFERENCE.** Humboldt State, 11:00 am.
- 9 **NAIA DISTRICT III.** La Mirada, 11:00 am
- 9 **SAN MIGUEL RACES.** Age-group & open, 10 am. Stan Elam, 102 Spring St., Paso Rob
- 10 **AAU BOYS STATE MEET.** Jerry Dunbar, 14892 Sabre Ln., Huntington Bch. 92647.
- 15 **N. CAL JC FINALS.** Monterey Peninsula College, 11:00 am.
- 16 **PA-AAU WOMEN'S 10 KILO CHAMPS.** Crystal Springs, Belmont, 11 am (Nov. 12 entry deadline). Peggy Lyman, 230 College Ave, Palo Alto 94306.
- 16 **WEST VALLEY NATL' AAU TUNEUP.** Crystal Springs, Belmont, 10 kilo, 11 am. (Nov. 12 entry deadline). Jack Leydig, P.O. Box 1551, San Mateo 94401.
- 16 **PAC-8 CHAMPIONSHIPS.** Stanford, 11 am
- 16 **S. CAL JC FINALS.** Mt. SAC, 10 am.
- 16 **CALIFORNIA CLUB CHAMPIONSHIPS** El Dorado Park, Long Beach, 10 kilo, 9 am. Jack Cory, 1915 Kenneth Rd., Glendale 91206 (May be on 17th)

- 16 **NATL' AAU MASTERS CHAMPIONSHIPS** El Dorado Park, Long Beach, 10 kilo, 10:30 Sam Nicholson, 4946 Frederick, La Crescenta 91214 (Nov. 10 entry deadline, may be on the 17th)
- 17 **ROSEBOWL HANDICAP.** 10.8 miles, Pasadena, 9 am. Bill Cotter, 108 Via Las Vegas, Palos Verdes 90274 (may be on 16th).
- 17 **DOGFOOD RUN.** 6 miles, Foothill College, 10:30 am (Handicap). J. Woodruff, 531 Benvenue, Los Altos 94022.
- 17 **CENTRAL CAL XC CHAMPIONSHIPS.** Hancock College, 5 miles, 11 am. Steve Harney, 953 E. Jones, 209A, Santa Maria 93454.
- 23 **SKUNK HOLLOW.** 10 miles, 9 am, Connie Rodewald, 852 Sharon, Camarillo 93010.
- 23 **STATE JC CHAMPIONSHIPS.** Mt. SAC, 10 am.
- 23 **NATL' AAU JR. WOMEN'S & REGION 13 AGE-GROUP INV.** Mills HS, Milbrae. Jim Hume, c/o Harmon Brown, 2335 David Ct., San Mateo 94403.
- 23 **NATL' AAU MASTERS 3000m TEAM RACE.** San Diego. Bill Gookin, 5946 Wenrich Dr., San Diego 92120.
- 23 **USTFF WESTERN REGIONALS.** Fresno, 10 am, Woodward Pk. Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.
- 24 **PICO RIVERA TURKEY TROT.** 10 miles, 9:30 am. Wes Alderson, 4070 Minerva Ave., LA 90066.
- 24 **PEPSI 20 MILER.** Sacramento, noon. Paul Reese, 2789 17th St., Sac. 95818.
- 24 **ROEDING PARK 5 MAN 15 MILE RELAY.** Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.
- 30 **NATL' AAU MEN'S XC CHAMPIONSHIPS.** Crystal Springs, Belmont, 10 kilo, 11 am. Jack Leydig, P.O. Box 1551, San Mateo 94401 (entries close Nov. 25).
- 30 **FRESNO ROAD RACE.** 6 miles. Fernie Montanez, 3053 W. Alamos, Fresno 93705.
- 30 **NEVADA CITY GOLD RUN.** 8.2 miles, Grass Valley, 11 am. Nick Vogt, Box 3, Ridgeview Dr., Grass Valley 95945.

- 1 **GOLDEN GATE PARK WEST END RUN.** 6 miles, 10 am. Frank Donahue, 4903-B Mission St., SF 94112.
- 1 **WESTERN HEMISPHERE MARATHON.** Culver City, 8 am. Carl Porter, P.O. Box 507, Culver City 90230 (pre-entries reqd).
- 7 **ROSEVILLE GAZELLES INV.** boys & girls. Gil Duran, 1325 Susan Cir., Roseville 95678.
- 7 **OCCIDENTAL DISTANCE CARNIVAL.** 3 miles, Oxy track.
- 7 **MT. TOM HILL CLIMB.** 4 miles, 9 am, Glendale College. Wes Alderson, 4070 Minerva Ave., LA 90066.
- 7 **LIVERMORE VALLEY MARATHON.** 10 am. Dan Moore, 663 Jefferson Ave., Livermore, CA 94550.
- 13 **ALL COMERS TRACK MEET.** Long Beach State, 3:15 pm.
- 14 **MADERA MARATHON & 1/2 MARATHON** Dee DeWitt, Madera HS, Madera 93637.
- 14 **WASCO ROAD RUNS.** Boys and Girls. Brad Tomasini, Box 840, Wasco 93280.
- 15 **CHRISTMAS RELAYS.** 50 miles. Half Moon Bay to Santa Cruz, 9 am. Jack Leydig, Box 1551, San Mateo 94401.
- 15 **APPLE VALLEY BLIND HANDICAP.** 6.3 miles, 11 am. Jim Gorrell, 14756 Hopi Rd., Apple Valley 92307.
- 21 **MEN'S JR. NATL. XC CHAMPIONSH.** 8 kilo, Alameda. Bob DeCelle, Box 1606, Alameda 94501 (entries close Dec. 18).
- 21 **NATL. AAU 25 KILO CHAMPIONSHIP'** Mission Bay, San Diego, 10 am. Kaj Johansen, 4285 Trias St., SD 92103.
- 21 **DEVIL TAKE THE HINDMOST.** 6 miles, Griffith Pk., 9 am. Paul Nitchman, 4608 Newton St., Torrance
- 31 **MIDNIGHT RUN.** 5.2 miles, Foothill College. Runner's World, P.O. Box 366, Mountain View

JANUARY

- 5 **GIRLS QUALIFYING FOR SUNKIST INDOOR.** UCLA. Phil Snyder, 27102 Woodbrook, Palos Verdes 90274.

UCLA

100	9.3	Warrne Edmonson(72)
220(t)	20.5	Reggie Robinson(70)
440	44.5	John Smith(71)
880	1:48.9	Andy Dunkell(61)
Mile	3:56.4	Bob Day(65)
2 Mile	8:35.4	Bob Day(65)
SteepL.	8:38.8	Gordon Innes(74)
3 Mile	13:20.2	Bob Day(66)
6 Mile	28:20.2	Geoff Pyne(66)
HH	13.5	Ron Copeland(67)
IH	49.0	Wayne Collett(70)
HJ	7-3	Dwight Stones(72)
LJ	27-0 1/2	James McAlister(73)
TJ	54-11 1/4	Clarence Taylor(74)
PV	17-9 3/4	Francois Tracanelli(73)
SP	64-1	Steve Marcus(69)
DT	194-10	Roger Freberg(73)
JT	253-8	Rory Kotinek(74)
HT	167-5 1/2	Mike Pringle(66)
Dec.	8089	C.K. Yang(63)
440 R	39.4	70
880 R	1:23.3	66
Mile R	3:03.4	69
2 Mile R	7:30.5	55
DMR	9:33.9	65
SMR	3:19.0	66

USC

100	9.2	Lennox Miller(67)
		Willie Deckard(71)
220	20.2	Mel Patton(49)
		John Quarrie(73)
440	45.4	Edesel Garrison(71 & 2)
880	1:47.7	Dennis Carr(67)
Mile	4:02.4	Bruce Bess(66)
2 Mile	8:44.6	Ole Oleson(68)
SteepL.	9:01.0	Artis Jones(70)
3 Mile	13:39.8	Neil Duggan(68)
HH	13.2	Earl McCullough(67)
IH	48.8	Geoff Vanderstock(68)
HJ	7-2 1/4	Dean Owens(73)

Hospital, yet finds time to squeeze in two



- 16 **PA-AAU WOMEN'S 10 KILO CHAMPS.** College, 11:00 am. Crystal Springs, Belmont, 11 am (Nov. 12 entry deadline). -Peggy Lyman, 230 College Ave, Palo Alto 94306.
- 16 **WEST VALLEY NATL' AAU TUNEUP.** Crystal Springs, Belmont, 10 kilo, 11 am. (Nov. 12 entry deadline). Jack Leydig, P.O. Box 1551, San Mateo 94401.
- 16 **PAC-8 CHAMPIONSHIPS.** Stanford, 11 am
- 16 **S. CAL JC FINALS.** Mt. SAC, 10 am.
- 16 **CALIFORNIA CLUB CHAMPIONSHIPS** Granada Park, Long Beach, 10 kilo, 9 am. Jack Cory, 1915 Kenneth Rd., Glendale 91206 (May be on 17th)

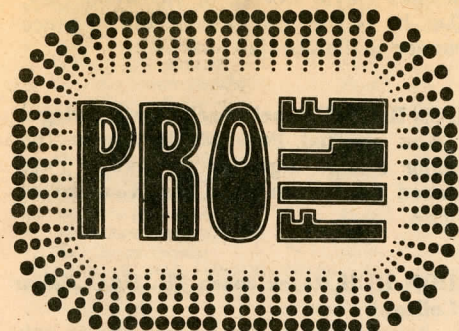
- 24 **PEPSI 20 MILER.** Sacramento, noon. Minerva Ave., LA 90066. Paul Reese, 2789 17th St., Sac. 95818.
- 24 **ROEDING PARK 5 MAN 15 MILE RELAY.** Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.
- 30 **NATL' AAU MEN'S XC CHAMPI SHIPS,** Crystal Springs, Belmont, 10 kilo, 11 am. Jack Leydig, P.O. Box 1551, San Mateo 94401 (entries close Nov. 25).
- 30 **FRESNO ROAD RACE.** 6 miles. Fernie Montanez, 3053 W. Alamos, Fresno 93705.
- 30 **NEVADA CITY GOLD RUN.** 8.2 miles, Grass Valley, 11 am. Nick Vogt, Box 3, Ridgeview Dr., Grass Valley 95945.

- 21 **NATL. AAU 25 KILO CHAMPS'** Mission Bay, San Diego, 10 am. Kaj Johansen, 4285 Trias St., SD 92103.
- 21 **DEVIL TAKE THE HINDMOST.** 6 miles, Griffith Pk., 9 am. Paul Nitchman, 4608 Newton St., Torrance
- 31 **MIDNIGHT RUN.** 5.2 miles, Foothill College. Runner's World, P.O. Box 366, Mountain View

## JANUARY

- 5 **GIRLS QUALIFYING FOR SUNKIST INDOOR.** UCLA. Phil Snyder, 27102 Woodbrook, Palos Verdes 90274.

SMR	3:19.0	66
		<b>USC</b>
100	9.2	Lennox Miller (67)
		Willie Deckard (71)
220	20.2	Mel Patton (49)
		Don Quarrie (73)
440	45.4	Edsel Garrison (71 & 2)
880	1:47.7	Dennis Carr (67)
Mile	4:02.4	Bruce Bess (66)
2 Mile	8:44.6	Ole Oleson (68)
Steeple.	9:01.0	Artis Jones (70)
3 Mile	13:39.8	Neil Duggan (68)
HM	13.2	Earl McCullouch (67)
IH	48.8	Geoff Vanderstock (68)
HJ	7-2 1/4	Dean Owens (73)
LJ	27-4 1/4	Randy Williams (72)
TJ	52-5	Mahoney Sanuels (65)
PV	17-9	Bob Seagren (68)
SP	66-11 1/4	Doug Lane (72)
DT	206-0	Gary Carlsen (67)
JT	267-3	Larry Stuart (63)
Dec.	7657	Bo Sterner (74)
440 R	38.6	67
880 R	1:20.7	72
Mile R	3:07.6	61 & 72
2 Mile R	7:17.4	66
DMR	9:40.5	67
SMR	3:18.0	63
4 Mile R	16:53.6	58

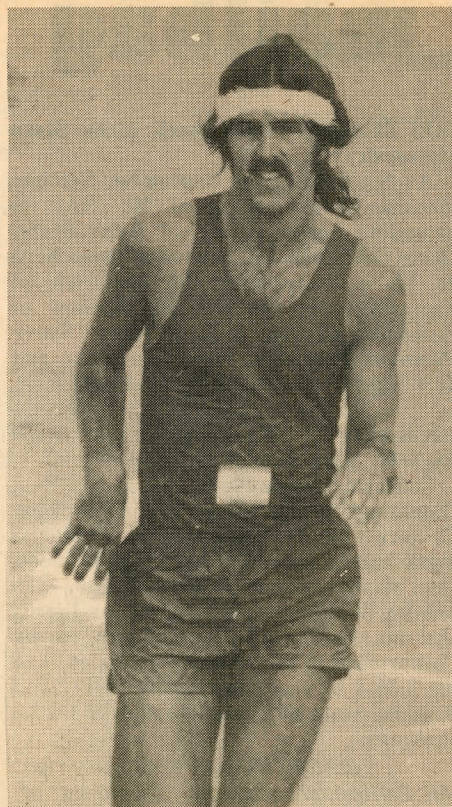


# Ron Kurrle

Beverly Hills Striders (formerly Cal State University Long Beach). Age 26; 5 feet, 10 inches; 145 pounds. Born May 13, 1948, in Los Angeles, California.

**Best Marks:** One Hour Run-11 miles, 878 yards; 20 kilo-1:01:28; 30 kilo-1:36:55; Marathon-2:19:36.2 Coached by Pete Petersen.

If you are actively involved as a participant in Southern California road racing you have, no doubt, often chased Ron Kurrle to the finish line as he's been running and placing high in long distance runs for almost a decade. It's been just the last year, however, that he has really blossomed into a "class" long distance runner. In 1973 he won the SPAAAU 10, 20, and 25 kilometer Championships and recorded the fastest time in the nation at 20 kilos for the year (1:01:28). In 1974 he competed in the Classical Greek Marathon and returned with the bronze medal.



Even though Ron has a 13:59 indoor three mile to his credit he prefers races of ten miles or more, with the 20 kilo probably his favorite racing distance. As for strategy, he says, "I simple like to go out hard at my own pace and if possible be in the lead." Adding, "I also try to peak for mid-spring since most of the important races are at this time."

Ron is currently a corrective therapist at Long Beach Veterans Administration

Hospital, yet finds time to squeeze in two workouts a day. He enjoys running and pushing himself in training to achieve his goals, believing, "The most important factor in being a successful distance runner is the desire to extend your limits to the point of becoming a winner. If you don't really enjoy running you will never develop this desire to its fullest potential." Ron's goals include a 2:15 marathon, winning a national championship, and trying for the Olympics in 1976.

**Typical Week's Workouts:** Monday (12:00 noon) 24x165/jog 55, (4:30 pm) 8x110, 10-15 mile run. Tuesday (12 noon) 16x440/jog 110, (4:30 pm) 10-12 mile run. Wednesday (12 noon) 5x880/110 jog, (4:30 pm) 10-12 mile run. Thursday (12 noon) 20x220/110 jog, (4:30 pm) 8-10 mile run. Friday (12 noon) easy 4-5 miles. No evening workout. Saturday—Race. Sunday (9 am) 10-20 mile run easy.

## CALIFORNIANS IN HALL OF FAME

The following Californians were selected as charter members in the National Track and Field Hall of Fame in Charleston: (1) Harold "Hal" Davis—equaled world record for 100 meters in 1941, lost only one important race in career and was never beaten in 220. (2) Rafer L. Johnson—1960 Olympic Champion in the decathlon. Broke world record in 1955, regained it in 1960. Graduate of UCLA. Presently executive for Continental Telephone Company in Los Angeles. (3) Robert B. Mathias—1948 & 1952 Olympic Champion in the decathlon. Presently US Congressman living in Tulare. Stanford grad. (4) Parry O' Brien—1952 & 1956 Olympic shot put champion. First 60 footer. Graduate of

USC. Presently in banking business in Los Angeles. (5) Lester "Les" Steers—set world record in high jump (6-11). Graduate of University of Oregon. (6) Cornelius "Dutch" Warmerdam—first man to vault 15 feet. Set world record best of 15-7 3/4. Graduate of Fresno State where he is presently track coach. (7) Dean B. Cromwell—considered most successful track coach in history. Coached at USC from 1909-1948. Won 12 NCAA team championships. Coached 14 world record holders and 10 Olympic champions and was head coach of the 1948 Olympic team. Died in 1962 at the age of 82. (8) Brutus Hamilton—Placed second in the decathlon and fifth in the pentathlon in the 1920 Olympic games. UC Berkeley track coach for 33 years. 1952 Olympic coach.

Dr. Jack W. Rose of Long Beach has been selected as Director of the National Track and Field Hall of Fame. Rose, 45, has been a professor and coach of track and field at California State University at Long Beach, for the past 18 years.



FEATURED

# Jump To The Top

SOUTHERN CALIFORNIA COLLEGE

The California track scene has seen the emergence, in just the past year, of a new small college track power. Little (about 800 students) Southern California College in Costa Mesa has gone from no program in 1972 to a second place finish at the NAIA Outdoor National Championships in 1974 (plus third in the NAIA Indoor Nationals in 1973). This remarkable climb has been accomplished under the leadership of head coach Jim Crumpton. California Track News recently talked with Coach Crumpton in an effort to determine just what has happened at SCC to produce so much improvement in so little time.

**CTN:** Jim, What were you doing before coming to Southern California College in the fall of 1972? Do you know what your coaching record was?

**Crumpton:** I came here from the state of Oregon where I had coached for twelve years in the high schools and colleges (10 years in high school and two as assistant at Southern Oregon College). When I came to SCC I had a won-loss record in cross country of 84% and track 91% (190 wins to 17 losses). During that time I was also named Oregon High School Track Coach of the Year on five occasions.

**CTN:** What was Southern California College's track program like when you arrived?

**Crumpton:** When I arrived at SCC there had never been a formal track team that participated in a regular schedule. It was more of an intramural program where they participated among themselves and in an occasional meet with a small school.

**CTN:** Were there any school records of note?

**Crumpton:** In checking what records were left here, there were not too many quality performers over the years. Frankly, the records were such that a high school would be named of them.

**CTN:** What material did you have to work with upon arriving at Southern California College?

**Crumpton:** Jack Causey was on campus



SINGLETARY

place. We also had Walt Hitt who added a little spice to our program with a 14:33 for three miles, but otherwise we didn't really make a dent in anything.

**CTN:** What got the ball rolling at Southern California College?

**Crumpton:** While attention was on that 1973 track season, we had a lot of fun with a group of boys who had never run before. But I began thinking about the next year. When you are used to winning it is not easy to accept defeat, it gnaws on you all the time. I called Oregon and contacted

The coach at El Camino JC introduced me to one of his former distance runners who came to see me and eventually enrolled at SCC. He went out and began to find runners who had long ago quit school. An example of this is Roger Davis who had attended Santa Ana JC and then gone to Fresno State for one term and dropped out. Roger came to us at the age of 25 and wanted to run again. This season he ran 4:10 and 1:53 which was a good come back.

**CTN:** When did Southern California College break into the "big time"?

**Crumpton:** Our first venture into the "big time" was a trip to Kansas City to the indoor nationals last January. Texas Southern won it with 45 points with Jackson State second at 41 and SCC third with 40. It is always easy to look back and say "we could have won if" but there are certainly places like that... Singletary was knocked flying off the track and placed fourth in the 440 instead of first... there's six points... Rouse won his heat in the fastest time in the prelims in the 1000 but was boxed most of the way in the final and failed to place. Causey had a bad day in the high jump and finished in a tie for third.

Our next biggie was the outdoor nationals in Arkansas. We were leading with two events to go but Eastern New Mexico had too much strength in the six mile and we ended up second 67-58. Here again we missed a couple of chances to score... Ed Bouldin, our walker could not make the trip... he would have been at least second. Also, I scratched our mile relay team (3:11.8) which would have scored under the amount of scratches that

we also made all the big relay meets and did well in most of them. Our distance medley was undefeated all year with a best of 9:53.

**CTN:** Doesn't it take a considerable amount of money to compete on a high level?

**Crumpton:** We raise almost all of our own money to float our program. Last year the college gave us \$1,800 for scholarships and about \$1,700 for travel,

**CTN:** It seems a greater number of SCC track men are older, married, and dropouts than the average college student. Is this so?

**Crumpton:** For the most part, our team has been composed of older runners who are seasoned. The majority have run at other schools and dropped out, with a good number being married. I would say the average age is over 22 with Singletary the old man. Mike is 27 and still looking very good.

I would say we are a very close team, the majority of the team living in the dorms and being close friends. There is a special feeling when you are a small college taking on all the big guns. It has been a factor which has brought us together.

**CTN:** What is your immediate goal for next season?

**Crumpton:** Our immediate goal is to go ahead and stay ahead with our finances and run as tough a schedule as we can manage.

## Southern California College's best marks for 1974

**100 Yard Dash** 9.5 Mike Singletary, 9.9 Dan Prested, 10.0 Bob Heitman, 10.0 Steve Alexander. **220 Yard Dash:** 20.9 Mike Singletary, 21.9 Dan Prestad. **440 Yard Dash:** 46.2 Mike Singletary, 47.4 Dan Prested, 48.4 Bob Heitman, 49.4 Steve Alexander. **880 Yard Run:** 1:52.5 Glenn Rouse, 1:53.8 Roger Davis, 1:53.8 Steve Lassegard, 1:55.3 Dan Prestad, 1:56.0 Lew Patterson. **One Mile Run:** 4:06.8 Glenn Rouse, 4:10.3 Lew Patterson, 4:10.6 Roger Davis, 4:13.5 Steve Lassegard, 4:14.8 Randy Dunlevie. **Two Mile Run:** 9:07 Lew Patterson, 9:11 Randy Dunlevie. **Three Mile Run:** 14:11 Lew Patterson, 14:13 Randy Lunlevie. **Six Mile Run:** 30:20 Randy Dunlevie, 31:24 Gary Adams. **Steeplechase:** 9:25 Gary Adams, 9:30 Walt Hitt. **120 High Hurdles:** 15.6 Steve Alexander. **440 Intermediates:** 53.2 Bob Heitman, 56.5 Steve Alexander. **440 Relay:** 42.0. **Mile Relay:** 3:11.8. **Two Mile**



## SINGLETARY

College's track team like when you arrived?  
**Crumpton:** When I arrived at SCC there had never been a formal track team that participated in a regular schedule. It was more of an intramural program where they participated among themselves and in an occasional meet with a small school.

**CTN:** Were there any school records of note?

**Crumpton:** In checking what records were left here, there were not too many quality performers over the years. Frankly, the records were such that a high school would be ashamed of them.

**CTN:** What material did you have to work with upon arriving at Southern California College?

**Crumpton:** Jack Causey was on campus when I arrived having come the semester before to play basketball. Jack had attended Southwest Louisiana State University and had been NAIA Indoor Champion in the high jump in 1970 and NCAA College Division winner outdoors in 1971. At any rate, Jack was our only read stud in 1973 and the only point getter at the NAIA District III meet with a first

place. We also had Walt Hitt who added a little spice to our program with a 14:33 for three miles, but otherwise we didn't really make a dent in anything.

**CTN:** What got the ball rolling at Southern California College?

**Crumpton:** While attention was on that 1973 track season, we had a lot of fun with a group of boys who had never run before. But I began thinking about the next year. When you are used to winning it is not easy to accept defeat, it gnaws on you all the time. I called Oregon and contacted two guys I had known during my high school coaching. Steve Hopkins who had been the state 880 high school champion for me in 1970 and was not in school, and also, Garry Adams who had attended the University of Oregon and had quit school and working with no thought of ever running again. Both expressed a desire to try it again and enrolled at SCC.

mile and we ended up second 67-58. Then again we missed a couple of chances to score... Ed Bouldin, our walker could not make the trip... he would have been at least second. Also, I scratched our mile relay team (3:11.8) which would have scored under the amount of scratches that

we also made all the big relay meets and did well in most of them. Our distance medley was undefeated all year with a best of 9:53.

**CTN:** Doesn't it take a considerable amount of money to compete on a high level?

**Crumpton:** We raise almost all of our own money to float our program. Last year the college gave us \$1,800 for scholarships and about \$1,700 for travel, equipment, etc. The program cost almost \$30,000 for the year. Out of that we built a track including curbing from the ground up, provided scholarships for about twelve men and provided trips to both indoor and outdoor national championships. I think we have become experts at fund raising... so much so that we can go out and raise a fair amount on just a few days notice.

Mike Singletary, 21.9 Dan Prestad. **400 Yard Dash:** 46.2 Mike Singletary, 47.4 Dan Prestad, 48.4 Bob Heitman, 49.4 Steve Alexander. **880 Yard Run:** 1:52.5 Glenn Rouse, 1:53.8 Roger Davis, 1:53.8 Steve Lassegard, 1:55.3 Dan Prestad, 1:56.0 Lew Patterson. **One Mile Run:** 4:06.8 Glenn Rouse, 4:10.3 Lew Patterson, 4:10.6 Roger Davis, 4:13.5 Steve Lassegard, 4:14.8 Randy Dunlevie. **Two Mile Run:** 9:07 Lew Patterson, 9:11 Randy Dunlevie. **Three Mile Run:** 14:11 Lew Patterson, 14:13 Randy Lunlevie. **Six Mile Run:** 30:20 Randy Dunlevie, 30:24 Gary Adams. **Steeplechase:** 9:25 Gary Adams, 9:30 Walt Hitt. **120 High Hurdles:** 15.6 Steve Alexander. **440 Intermediates:** 53.2 Bob Heitman, 56.5 Steve Alexander. **440 Relay:** 42.0. **Mile Relay:** 3:11.8. **Two Mile Relay:** 7:38. **Distance Medley Relay:** 9:53. **High Jump:** 7-0 Jack Causey. **Pole Vault:** 14-6 Jim Feeney, 14-6 Steve Alexander. **Long Jump:** 22-5 Steve Alexander. **Triple Jump:** 43-3 Steve Alexander. **Shot Put:** 59-1 Don Turri, 50-2 Jeff Miller. **Discus:** 165-1 Don Turri, 156-1 Jeff Miller. **Javelin:** 236-10 Jim Feeney, 183-0 Jack Causey. **Hammer:** 161-0 Jeff Miller, 153-3.

# keeping track

Bruce Jenner is competing unattached, but living in Santa Barbara... Hollywood High's Ajim Baksh was headed for a new national junior marathon record at the Santa Monica Marathon but was forced to drop out at 21 miles with leg cramps... A track team composed of 21 men and women 15-19 years old represented Mt. SAC Junior College and the San Gabriel Valley this past summer at the Little Central American Track and Field Games in Mexico City. Both men's and women's teams were victors over the University of Mexico... It has been rumored that Bruce Hellebrand, Moorpark's 4:07 miler, did not go on to BYU as reported elsewhere.

Bud Hanson is putting out a booklet containing records, results and pictures from the important SPAAAU distance races. It will sell for about \$4.00. Contact H. F. Hanson, 4070 Wilkinson Ave., Studio City, CA 91604... Francie Larrieu sees a sub 4:00.0 1,500 meters in the not too distant future. "If not before 1976, it will definitely go at Montreal," she

says... Long distance runners looking for new challenges might try cycle-running. Contact Ed Granowitz at 2953 Avenue "W", Brooklyn, NY 11229... The following recently resigned from the San Diego Track Club: Arnie Robinson, James "Bouncy" Moore, Wes Williams, James King, James Redd, Don Robinson, and Phil Singleton.

Los Angeles not only recently lost its bid for the 1980 Olympics but also the 1975 men's AAU meet. The 1975 AAU Championships will be held in Eugene, Oregon, June 21 and 22. Los Angeles still has one of three strong bids for the 1976 Olympic trials. The others are Eugene and Seattle. Bakersfield lost its bid to host the 1975 Pan Am trials to Gainesville, Florida... Chi Cheng, along with husband Vince Reel and Mohinder Gill (of India), will be the co-coaches at the University of Redlands and will be conducting men's and women's programs simultaneously. Chi will coach sprinters and hurdlers, Vince distances and weights, Mohinder the jumps. All three are Olympic veterans... It is reported

that javelin ace Kathy Schmidt of the Los Angeles Track Club will be turning pro to compete in the Superwoman contest.

The San Diego Track Club recently challenged the Culver City AC to a 120 mile 10 man relay (two 6 mile legs per runner) starting in Long Beach and finishing in San Diego... 16 year old Mary Decker and her mother had a personality clash with Mary's original coach Don DeNoon, thus leaving Mary, for a time, without an official coach—other than a jillion "advisors" and a steady boy friend from the high school track team at Orange HS who works out with her... Some indoor meet dates: January 18 Sunkist Invitational at LA Sports Arena, January 24 San Francisco All American Games at the Cow Palace, February 7 Times Invitational at the Forum... Mary Gibbs of Lakewood International recently won the girl's 10-11 division of the Road Running Club of America National Postal Mile with a 5:22. The Rialto Road Runners won the division team title... Merced high school grad Richard Bega is currently running cross country for the US Military Academy at West Point.

Harry Young announces he will once again be conducting his series of Northern

California winter all comers meets. Contact him at 2120 Adeline Dr., Burlingame, CA 94010... The US Masters International Track Team will be traveling to Jamaica over the Christmas holidays... Bay-to-Breakers winner, Gary Tuttle, finished third in the Sydney "City-to-Surf" race which drew 5,700 starters and was won by John Farrington of Australia... John Wenos has put together his 1974 National Team Dual Meet Rankings (top 50). The final ranking of a team is based on winning percentage, margin of victory, schedule toughness, depth, actual performance, and hypothetical performance. UCLA ranked number one, USC number two, San Jose State 13, California 21, Northridge State 27, Long Beach State 38, Cal Poly (SLO) 40, Fresno State 45, and Los Angeles State 48. Receiving honorable mention: Occidental, Southern California College, Stanford, Cal Poly (Pomona), and San Diego State. A complete listing in all categories may be obtained for \$1.00 from John Wenos, P.O. Box 11605, Santa Ana, CA 92711... All comers track meets at Long Beach State: December 13, and January 10. Starting time is 3:15. Contact Ron Alice, track coach at Long Beach State for more information.



# CALIFORNIA'S TOP WOMEN - 1974

COMPILED BY CALVIN BROWN

## ABBREVIATIONS

m = converted from meter mark  
 \* = junior woman, born 1956 or later.

Send additions and corrections to:  
 Calvin L. Brown, 228 E. Artesia Blvd., Apt. A, N. Long Beach, CA 90805.

## 100 YARD DASH

10.4	Renaye Bowen (LI)
10.6	Mable Ferguson (WCJ)
10.7	Martha Watson (LI)
10.7	* Gail Douglas (LBC)
10.8	Debbie Byfield (BTC)
10.8	Janice Wiser (LJTC)
10.8	* Dollie Fleetwood (SCC)
10.8	* Creola Miller (RJ)
10.9	* Rosetta Birt (LI)
10.9	* Marie Nickson (BTC)
10.9	* Karen Elmore (ML)
11.0	* Ginger Lewis (ML)
11.0	Jarvis Scott (LAM)
11.0	* Gayle Butler (LATC)
11.0	* Annette Robinson (BTC)
11.1	Denise Julian (RJ)
11.1	Gwen Smith (CCTC)
11.1	* Maureen Abare (Un)
11.1	* Kim Leggett (MVS)
11.2	Elain Parker (ML)
11.2	* Lela Johnson (LBC)
11.2	Linda Morrison (LJTC)
11.2	Lori Huggard (LATC)
11.2	* Gilda Thompson (LAJ)
11.2	* Yolanda Rich (LAJ)
11.3	Francine Cronet (BTC)
11.3	Pam Jones (LAJ)
11.3	* Yvonne Johnson (MVS)
11.3	* P. Ng (Un)

## 200 YARD DASH

23.6	Renaye Bowen (LI)
23.8	Debbie Byfield (BTC)
24.2	* Rosetta Birt (LI)
24.2	Janice Wiser (LJTC)
24.5	* Marie Nickson (BTC)
24.7	* Gayle Butler (LATC)
24.8	Jarvis Scott (Un)
24.8	Pat Johnson (LJTC)
24.8	* Yolanda Rich (LAJ)
24.9	* Melinda Revere (SC)
24.9	* Chris Smallwood (ITC)
25.0	Willamae Ferferon (WCJ)
25.0	* Maureen Abare (LI)



Do these young ladies look like they are ready to embark upon a grueling 3 mile?

## 880 YARD RUN

10:44.5	Amy Haberman (SJC)
10:47.9	Marjorie Kaput (PTC)
10:49.1	* Kathy Adams (WS)
10:51.1	* Becky Wolfinbarger (SCC)
10:51.2	Val Eberly (SJC)
10:51.6	Jackie Hansen (Un)
10:52.0	Kathy Greer (LJTC)
10:53.8	* Dominique Carron (Un)
10:55.2	* Linda Heinmiller (RTC)
11:01.0	Lisa Greenburg (Un)
11:02.0	Kathy Jewell (LBC)
11:03.5	Cindy Poor (SJC)
11:03.9	* Laurie Jewell (LBC)
11:07.5	Teri Johnson (LATC)
11:10.5	* Doreen Assumma
11:11.0	* Colleen McManus (SJC)
11:16.5	Esther Marquez (RRR)
11:18.0	Estella Guina (SJC)
11:18.5	* Cathy Buhlert (SBS)
11:26.2	* V. Monrue (Lassen)
11:29.8	Marie Albert (RRR)
2:03.2m	* Mary Decker (BA)
2:04.6m	Kathy Weston (WS)
2:06.4m	Francie Larrieu (PCC)
2:08.4	* Lynn Hollins (RRR)
2:08.5	Tecla Chembawai (Chico)
2:10.4	* Kathy Costello (Pls. Hill)
2:10.5	Julie Brown (LATC)
2:10.9	Cindy Poor (SJC)
2:11.0	Debbie Heald (LMM)
2:11.3	* Kathy Haughey (SJC)
2:12.6	* Donna Schellhous (BA)
2:12.8	* Joyce Anderson (LBC)
2:13.0	Teri Anderson (SJC)
2:13.0	Christina Caldwell (WS)
2:13.4	* Teresa Caudillo (LBC)
2:13.7	* Alice Trumbly (Un)
2:14.5	* Carol Flournoy (SCC)
2:14.8	Amy Haberman (SJC)
2:14.9	* Linda Goff (SRR)
2:15.0	Lynn Hollins (RRR)
2:15.0	* Karen Alleccia (OCT)
2:15.0	Clydine Crowder (LMM)
2:15.5	* Suzanne DeCruir (LMM)
2:16.0	Linda Greene (Un)
2:16.1	* Ann Slivkoff (SJC)
2:16.2	* Roma Antoniewicz (LAT)
2:16.2	Pam Jewell (LBC)
2:16.8	* Amy Thompson (LBC)

## ONE MILE WALK

7:14.1	Susan Brodock (RRR)
7:45.3	* Esther Marquez (RRR)
7:49.6	* Linda Brodock (RRR)
7:49.6	* Chris Sakelarios (RCF)
7:56.0	* Sheila Thomsen (OTC)
8:04.0	* Cynthia Johnson (BA)
8:11.4	Becky Vallalvazo (RRR)
8:11.6	Diane Dimmick (SJC)
8:13.2	* Teri Teagarden (BA)
8:20.2	Linda Brodock (RRR)
8:20.3	* Joyce Wimer (WS)
8:22.9	Cindy Arbelbede (RRR)
8:24.7	Vicki Cook (RRR)
8:25.2	Georgia Sakelarios (RCF)
8:28.2	Lisa Metheny (RRR)
8:28.2	Paula Rose (BA)
8:30.4	* Sharon Gallivan (OCT)
8:31.8	Sue Young (SBS)
8:32.5	Joyce Brodock (RRR)
8:32.8	April Hickey (BA)
8:37.0	Mary Cortez (RCS)
8:38.4	Jane Janousek (SCC)
8:41.1	* Jay Dee Folkens (SBS)
8:42.0	Jessica Waskow (RRR)
8:42.8	Leslie Young (SBS)
8:43.4	Becky Gomez (RRR)
8:45.9	Clare Trotter (LJTC)
8:46.9	Lynn Holmbrook (BA)

64.5	Alberta Martin (LATC)
65.2	* Cynthia Snyder (WS)
65.2	* Amber Souza (WS)
65.5	Shelley South (PTC)
65.6	* Therese San Augustin (LBC)
65.7	Dale Raymond (LATC)
65.7	* Lori Anderson (SVTC)
66.0	* Jill Gercovich (WS)
66.8	* Becky Spencer (ITC)
67.3	* Johanna Hansen (SJC)
67.5	* Jenny Stary (SCC)
67.8	* Diane Dellinger (LBC)
68.0	* Zeppi Lnog (SJC)
68.2	* Tonya Little (LJTC)
69.0	* Lisa Loftis (ML)
69.0	* Karen Veda (LBC)

## HIGH JUMP

5-10¼	* Cindy Gilbert (LJTC)
5-8	* Pam Blackburn (Cubb. HS)
5-8	Deann Wilson (LATC)
5-8	* Chris Remmling (LJTC)
5-6	Sandy Goldsberry (LIT)
5-6	Kathy McQuillan (WS)
5-6	* Laurie Carmen (SBSP)
5-5	* Cindy Sandbery (SJC)
5-4½	Marilyn King (ML)
5-4	Beth McQuillan (WS)
5-4	Pam Farrell (Un)
5-4	Julie Rowe
5-4	* Brenda Little (LMM)
5-4	Chris Shawan (WS)
5-4	* Nancy Schallenberger (GBTC)
5-4	* Candise Zbleranek (LMM)
5-2	* Carol Dougherty (SJC)
5-2	Lesli Hamilton (Un)
5-2	Diane Stewart (OTC)
5-2	Kim Favorite (CS Hay)
5-2	Juanita Barnett (RRR)
5-2	* Virginia Oliver (LMM)
5-2	* Lisa Kinimaka (SJC)
5-1½	* Elaine Rogue (LATC)
5-1	* Janice (LI)
5-1	* B. (Arrow)
5-0¼	Michelle Morse (LJTC)
5-0	* Rosetta Birt (LI)
5-0	Cheryl Marietta (NS)
5-0	* Cindy Rathman (SDL)
5-0	* S. Goerss (ML)



## 220 YARD DASH

23.6	Renaye Bowen (LI)
23.8	Debbie Byfield (BTC)
24.2	* Rosetta Birt (LI)
24.2	Janice Wiser (LJTC)
24.5	* Marie Nickson (BTC)
24.7	* Gayle Butler (LATC)
24.8	Jarvis Scott (Un)
24.8	Pat Johnson (LJTC)
24.8	* Yolanda Rich (LAJ)
24.9	* Melinda Revere (SC)
24.9	* Chris Smallwood (ITC)
25.0	Willamae Ferferon (WCJ)
25.0	* Maureen Abare (LI)
25.0	* Pam Green (SCC)
25.1	* Kathy Price (PTC)
25.2	* Dollie Fleetwood (SCC)
25.3	Boone (EBTC)
25.3	Gwen Smith (CCTC)
25.3	* Viola Johnson (BTC)
25.4	* P. Ng (Un)
25.4	* Annette Robinson (BTC)
25.4	* Gayle Douglas (LBC)
25.4	Michelle Hopper (PTC)
25.4	* Linda Morrison (LJTC)
25.5	Debbie Roberson (LATC)
25.5	Dolores Banks (RRR)
25.5	* Vanessa Thompson (MVS)
25.6	* Julie Lake (LI)
25.7	* Judy Johnson (LBC)
25.7	* Robin Lynn (LATC)
25.7	* June Bonanich (SJC)

## 440 YARD DASH

53.4	Kathy Weston (WS)
53.6	Marilyn Neufville (LATC)
53.7	Janice Wiser (LJTC)
54.3	* Mary Decker (BA)
55.4	Debbie Byfield (BTC)
55.5	* Yolanda Rich (LAJ)
55.8	Jarvis Scott (Un)
55.9	* Pam Green (SCC)
55.9m	Ginger Lewis (NC)
55.9	Dee Banks (RRR)
56.2	Veronica Venezia (TLTC)
56.5	Julie Lake (LI)
56.5m	* June Bonarich (SJC)
56.5	Deanne Carlson (RCS)
56.8	Patty Cape (LBC)
56.9	* Barbara Moore (RRR)
57.0	* Melinda Revere (SC)
57.0	* Lauri Mullins (LATC)
57.2	Debbie Roberson (LATC)
57.3	Karen Aleccia (OCT)
57.4	* Judy Johnson (LI)
57.4	Gayle Butler (LATC)
57.4	* Kalua Bell (SCC)
57.5	* Therisa San Agustin (LBC)
57.5	Lezli Peterson (SC)
57.5	* Lilly Partida (WS)
57.6	Chris Caldwell (ML)
57.7	Michelle Hopper (PTC)
57.8	Robin Lynn (LATC)

2:10.2	Julie Brown (RTC)
2:10.9	Cindy Poor (SJC)
2:11.0	Debbie Heald (LMM)
2:11.3	* Kathy Haughey (SJC)
2:12.6	* Donna Schellhous (BA)
2:12.8	* Joyce Anderson (LBC)
2:13.0	Teri Anderson (SJC)
2:13.0	Christina Caldwell (WS)
2:13.4	* Teresa Caudillo (LBC)
2:13.7	* Alice Trumbly (Un)
2:14.5	* Carol Flournoy (SCC)
2:14.8	Amy Haberman (SJC)
2:14.9	* Linda Goff (SRR)
2:15.0	Lynn Hollins (RRR)
2:15.0	* Karen Alleccia (OCT)
2:15.0	Clydine Crowder (LMM)
2:15.5	* Suzanne DeCruir (LMM)
2:16.0	Linda Greene (Un)
2:16.1	* Ann Slivkoff (SJC)
2:16.2	* Roma Antoniewicz (LAT)
2:16.8	Pam Jewell (LBC)
2:17.2	* Amy Thompson (LBC)
2:17.7	* Patty Cape (LBC)
2:18.2	* Carolyn McDonald (LJTC)
2:18.6	* Meredith Mills (ML)
2:18.8	* Martha Brown (ML)

## ONE MILE RUN

4:32.4	Francie Larrieu (PCC)
4:44.4	Julie Brown (LATC)
4:44.9	Judy Graham (SJC)
4:46.1	Teri Anderson (SJC)
4:48.0	Cyndy Poor (SJC)
4:51.7	Debbie Heald (LMM)
4:54.6	Clare Choate (LATC)
4:54.7	* Carol Flournoy (SCC)
4:54.7	* Kathy Costello (OTC)
4:56.2	Eryn Forbes (PTC)
4:57.0	Pam Jewell (LBC)
4:57.0	* Jill Caldwell (LI)
4:57.8	* Debra Johnson (RRR)
4:58.3	* Jamie Bowen (LI)
4:58.5	* Ronell Powell (SJC)
4:58.7	* Kathy Schilly (SC)
4:59.0	Teri Johnson (LATC)
5:00.1	Amy Haberman (SJC)
5:00.4	* Kathy Jewell (LBC)
5:00.8	* Mary Decker (BA)
5:01.8	* Becky Wolfenbarger (SCC)
5:01.8	* Kathy Adams (WS)
5:02.8	Val Eberly (SJC)
5:02.9	* Linda Heinmiller (RTC)
5:04.8	Kate Keyes (Un)
5:05.1	Maria Sterns (LATC)
5:05.5	Kathy Greer (LJTC)
5:06.0	* Suzanne DeCuir (LMM)
5:06.1	Majorie Kaput (PTC)
5:07.5	Arleen Mears (SJC)
5:08.2	* Colleen McManus (SJC)

## TWO MILE RUN

10:10.2	Teri Anderson (SJC)
10:11.8	Clare Choate (LATC)
10:26.5	Marlene Harewicz (ML)
10:36.2	Nadia Garcia (SDTC)
10:38.8	Judy Graham (SJC)
10:38.8	Julie Brown (LATC)
10:40.3	* Debra Johnson (RRR)

10:55.2	Linda Heinmiller (RTC)
11:01.0	Lisa Greenburg (Un)
11:02.0	Kathy Jewell (LBC)
11:03.5	Cindy Poor (SJC)
11:03.9	* Laurie Jewell (LBC)
11:07.5	Teri Johnson (LATC)
11:10.5	* Doreen Assumma
11:11.0	* Colleen McManus (SJC)
11:16.5	Esther Marquez (RRR)
11:18.0	Estella Guina (SJC)
11:18.5	* Cathy Buhlert (SBS)
11:26.2	* V. Monrue (Lassen)
11:29.8	Marie Albert (RRR)



KATHY COSTELLO  
winning HS State Meet

8:11.4	Becky Vallavazo (RRR)
8:11.6	Diane Dimmick (SJC)
8:13.2	* Teri Teagarden (BA)
8:20.2	Linda Brodock (RRR)
8:20.3	* Joyce Wimer (WS)
8:22.9	Cindy Arbelbede (RRR)
8:24.7	Vicki Cook (RRR)
8:25.2	Georgia Sakelarios (RCF)
8:28.2	Lisa Metheny (RRR)
8:29.1	Paula Rose (BA)
8:30.4	* Sharon Gallivan (OCT)
8:31.8	Sue Young (SBS)
8:32.5	Joyce Brodock (RRR)
8:32.8	April Hickey (BA)
8:37.0	Mary Cortez (RCS)
8:38.4	Jane Janousek (SCC)
8:41.1	* Jay Dee Folkens (SBS)
8:42.0	Jessica Waskow (RRR)
8:42.8	Leslie Young (SBS)
8:43.4	Becky Gomez (RRR)
8:45.9	Clare Trotter (LJTC)
8:46.9	Lynn Holmbrook (BA)
8:54.0	Jill Steiner (RRR)
8:58.1	* Shauna Sewell (SVTC)

## 100 METER HURDLES (33 inch)

13.2	Patty Johnson (LJTC)
14.1	Pat Donnelly (LI)
14.2	Janice Lester (LBC)
14.2	Cherrie Sherrard (NCSTC)
14.3	Deanne Carlson (RCS)
14.5	Clydine Crowder (LMM)
14.6	Marilyn King (ML)
14.8	* Gayle Butler (LATC)
14.9	* Yvonne Boone (EB)
15.1	* Dana Davidson (CD)
15.2	* Bobbette Krug (LJTC)
15.3	* Lisa Kinimaka (SJC)
15.3	* Nancy Shallenberger (GBTC)
15.5	* Mary Lee Erickson (LMM)
15.6	Kim Burgess (BTC)
15.6	* S. White (BTC)
15.7	* Melinda Petersen (LI)
15.8	* Linda Wilson (ML)
15.8	* D. Rogers (ML)
16.0	* Linda Hightower (SCC)
16.2	* S. DeWitt (SV)
16.2	Cindy Sandberg (SJC)
16.4	* Chris O'Brien (LATC)
16.4	* Michelle Morse (LJTC)
16.6	* Lori Krug (LJTC)
17.0	* Jenny Stary (SCC)

## 400 METER HURDLES (30 inch)

59.5	Janice Lester (LBC)
59.8	Michelle Hopper (PTC)
60.0	Clydine Crowder (LMM)
63.3	Leslie Clark (SJC)
63.5	Betty Spencer (ITC)
63.6	* Carol Burkland (LMM)
63.7	Dalal Ahmad (PSF)
64.0	* Beth Howell (LJTC)
64.0	Patty Cape (LBC)
64.0	* Marylee Erickson (LMM)
64.4	* Sue Roehm (ML)
64.4	Estis Hunter (MVS)
64.5	Linda Dela Rue (SJC)
64.5	* Carolyn Bing (SJC)

5-4	* Candice Zboranek (LMM)
5-2	* Carol Dougherty (SJC)
5-2	Lesli Hamilton (Un)
5-2	Diane Stewart (OTC)
5-2	Kim Favorite (CS Hay)
5-2	Juanita Barnett (RRR)
5-2	* Virginia Oliver (LMM)
5-2	* Lisa Kinimaka (SJC)
5-1½	* Elaine Rogue (LATC)
5-1	* Jay Dee Folkens (LI)
5-1	* B. ... (Arow)
5-0½	Michelle Morse (LJTC)
5-0	* Rosetta Birt (LI)
5-0	Cheryl Marietta (NS)
5-0	* Cindy Rathman (SDL)
5-0	* S. Goerss (ML)



SANDRA KATZNER  
wins Reedley 9 and under  
one mile



**LONG JUMP**

- 21-7½ Martha Watson (LI)
- 19-8 \*Jodi Anderson (PTC)
- 19-6½ \*Karen Elmore (ML)
- 19-5 Marilyn King (ML)
- 19-3½ Vicki Betts (LI)
- 19-1½ \*Lisa Kinimaka (SJC)
- 19-1 \*Toni Griffin (LJTC)
- 19-0½ Jeanette Smiley (LATC)
- 18-4 \*Kim Moran (LATC)
- 17-10 M. Tennett (RJ)
- 17-9 \*Kim Leggett (MVS)
- 17-9 \*Cindy Sandberg (SJC)
- 17-8½ \*Janice Morgan (WS)
- 17-7½ \*Dolly Fleetwood (SCC)
- 17-6½ \*Karen Taylor (MVS)
- 17-6 \*Andee Garcia (LBC)
- 17-5½ \*Nancy Shallenbarger (GB)
- 17-5½ \*Pam Curran (LR HS)
- 17-5½ \*Paula Ng (Un)
- 17-5 \*Chris O'Brien (LATC)
- 17-3½ \*Jackie Gay (MVS)
- 17-3½ \*Linda Buchanan(MVS)
- 17-3½ \*H. Hansen (SJC)
- 17-2½ \*Darla Crowell (LI)
- 16-10½ Karen Veda (LBC)
- 16-10½ Linda Morrison (LJTC)
- 16-9½ \*Vicki Raborn (LBC)
- 16-8 Alive Tolbert (LBC)
- 16-7½ Y. Arnold (BTC)
- 16-5½ \*Marla McQuarrie (LI)
- 16-5 \*Dana Davidson (CD)

**SHOT PUT (4 kilo)**

- 56-7 Maren Seidler (San Jose)
- 50-6½ Jan Svendsen (LJTC)
- 49-6½ \*Kathy Devine (SDL)
- 48-3½ \*Emily Dole (LTC)
- 46-3½ Cel Rutlege (ML)
- 43-8½ Iva Wright (FE)
- 43-3½ \*Vera Peco (LBC)
- 41-9½ Joan Pavelich (LJTC)
- 41-8 \*Denise Holloway (SJC)
- 41-8 \*Judy Lane (WS)
- 40-8½ \*Debra Haynes (FE)
- 40-2½ Lynn Cannon (RCS)
- 39-5 \*Nora Lee (LJ)
- 39-5 Tina Jones (SDL)
- 38-11½ \*Lisa Kinimaka (SJC)
- 38-10½ Marilyn King (ML)
- 37-11 \*Bea Hunt (RRR)
- 37-7½ \*Georgina (LBC)
- 37-4½ Marie (SC)
- 36-3½ \*Michelle (LJTC)
- 36-2 \*Elaine Rogue (LATC)
- 36-0½ \*Ginny Vines (OCT)
- 35-10 \*Heidi Kauti (CCS)
- 35-9½ Pam Valverde (FE)

- 35-1 \*Kathy Middleton (LJTC)
- 34-11½ \*Martha Quinn (FE)
- 34-5½ Vicky Vodon (PTC)

- 33-11¼ J. Schenck (Chico)
- 33-2½ DeAnne Wilson (LATC)
- 33-0 L. Keates (SL)



CYNDY POOR leads TERI ANDERSON

**DISCUS THROW (1.0 kilo)**

- 173-11 Joan Pavelich (LJTC)
- 167-11 Jan Svendsen (LJTC)
- 166-9 Monette Driscoll (LATC)
- 155-6 \*Teri Sabol (LATC)
- 146-1 Iva Wright (FE)
- 138-9 \*Judy Lane (WS)
- 123-2 \*Emily Dole (LTC)
- 121-6 \*Bea Hunt (RRR)
- 121-1 \*Betsy Hardaway (LATC)
- 120-0 \*Debra Haynes (FE)
- 118-0 \*Nora Lee (LJTC)
- 113-4 Margie Masser (LATC)
- 112-3 \*Ginny Vines (OCT)
- 111-9 \*M. Mitchell (HF)
- 103-8 \*L. O'Conner (FCF)
- 102-5 \*Kendra Bramblett (LI)
- 100-6 \*Kathy O'Brien (LJTC)
- 99-6 \*R. Sans (RCF)
- 96-10 \*Shelly Trabold (OCT)
- 93-0 \*L. Kaats (SL)
- 92-6 \*M. Kuehl (SV)
- 89-5 Chærrie Sherrard (Chico)
- 89-4 Pam Valverde (FE)
- 86-5 Janice Wiser (LJTC)
- 83-0 \*Lee Rowland (OCT)
- 69-7 N. Nelson (Un)
- 64-5 Bev Pauley (AIA)

**JAVELIN THROW**

- 203-2 Kathy Schmidt (LATC)
- 192-1 Lynn Cannon (Chico)
- 190-9 Sherry Calvert (LI)
- 183-8 Karin Smith (SC)
- 166-2 Barbara Whitfield (CS Hay)
- 165-6 \*Cathy Sulinski (ML)
- 163-0 \*Nadine Bowers (SJC)
- 160-8 Pickel (CS Hay)
- 148-3 \*Lisa Van Benthem (LJTC)
- 139-9 \*Connie Gassen(CCS)
- 137-10 \*Betsy Hardaway (LATC)
- 132-4 \*Raedean Rona (BA)
- 132-1 Carmen Scherich (ML)
- 130-7 \*Lorelei Van Benthem (LJTC)
- 128-4 Martha Hahn (Un)
- 127-3 \*Sandy Brodock (RRR)
- 126-11 \*Kelly Robertson (Un)
- 126-8 \*Lynn Van Benthem (LJTC)
- 101-4 \*J. Hansen (SJC)
- 99-7 \*Kendra Bramblett (LI)
- 97-4 \*M. Garcia (SC)
- 95-1 Michelle Mejia (USC)
- 91-5 \*S. Bartlett (RCF)
- 90-8 \*L. Kirk (Arrow)
- 81-10 \*Rosann Ohanesian (MTC)
- 75-11 \*Debbie Happersett (BA)
- 72-4 \*Susan Dunn (MM)
- 66-0 Pat Donnelly (LI)

**PENTATHLON**  
100mH, SP, HJ, LJ, 200m

- 4034 Marilyn King (ML)  
14.9, 38-10¼, 5-4¼, 19-5,25.4
- 3819 \*Lisa Kinimaka (SJC)
- 3411 \*Cindy Sandberg (SJC)
- 3336 \*Michelle Morse (LJTC)
- 3256 \*Elaine Roque (LATC)
- 3057 \*Jenny Stary (SCC)
- 3010 \*Chris O'Brien (LATC)

**440 RELAY**

- 46.4 Lakewood International
- 46.7 Berkeley Track Club)
- 47.4 La Jolla Track Club
- 47.7 Milbrae Lions Track Club
- 48.1 Los Angeles Track Club
- 48.1 Ravenswood Juliets
- 48.1 Long Beach Comets
- 48.2 Chico State
- 48.3 Mountain View Striders
- 48.4 Southern California Cheetas
- 48.4 Cal State Los Angeles
- 48.8 Los Angeles Jets
- 48.9 Premier Track Club
- 49.4 San Diego Cougars
- 49.4 San Jose Cindergals
- 49.7 Salinas Valley Track Club

**ONE MILE RELAY**

- 3:50.5 Rialto Road Runners
- 3:51.0 Los Angeles Track Club
- 3:51.0 San Jose Cindergals
- 3:51.6 Redwood City Striders
- 3:52.3 Orinda Track Club
- 3:52.5 Southern California Cheetas
- 3:53.7 Lakewood International
- 3:55.4 Will's Spikettes
- 3:55.8 Long Beach Comets
- 3:59.3 Milbrae Lions Track Club
- 4:01.6 La Mirada Meteors
- 4:06.7 Mickey's Missels

**TWO MILE RELAY**

- 8:49.1 San Jose Cindergals
- 9:01.7 Los Angeles Track Club
- 9:12.6 Blue Ribbon Track Club
- 9:16.5 Milbrae Lions Track Club
- 9:19.8 Long Beach Comets
- 9:21.4 Will's Spikettes
- 9:22.6 San Juan Striders
- 9:36.9 LaJolla Track Club
- 9:56.0 Blue Angels Track Club
- 9:57.6 Rialto Road Runners
- 9:57.6 Redondo Track Club

**PR**

She advanced to the National AAU finals at UC Irvine, qualifying both for the girl's and women's events. She finished

Reno and was alternate to compete in the Junior Olympics Finals.

Although Pam has excelled mainly in the high jump she has





- 41-8 \* Judy Lane (WS)
- 40-8¾ \* Debra Haynes (FE)
- 40-2½ Lynn Cannon (RCS)
- 39-5 \* Nora Lee (LJ)
- 39-5 Tina Jones (SDL)
- 38-11½ \* Lisa Kinimaka (SJC)
- 38-10¾ Marilyn King (ML)
- 37-11 \* Bea Hunt (RRR)
- 37-7½ \* Georgina (LBC)
- 37-4¾ Marie (SC)
- 36-3¾ \* Michelle (LJTC)
- 36-2 \* Elaine Rogus (LATC)
- 36-0¾ \* Ginny Viñes (OCT)
- 35-10 \* Heidi Kauti (CCS)
- 35-9¾ Pam Valva (FE)



CYNDY POOR leads TERI ANDERSON

- 128-4 \* Martha Hahn (Un)
- 127-3 \* Sandy Brodock (RRR)
- 126-11 \* Kelly Robertson (Un)
- 126-8 \* Lynn Van Benthem (LJTC)
- 101-4 \* J. Hansen (SJC)
- 99-7 \* Kendra Bramblett (LI)
- 97-4 \* M. Garcia (SC)
- 95-1 Michelle Mejia (USC)
- 91-5 \* S. Bartlett (RCF)
- 90-8 \* L. Kirk (Arrow)
- 81-10 \* Rosann Ohanesian (MTC)
- 75-11 \* Debbie Happersett (BA)
- 72-4 \* Susan Dunn (MM)
- 66-0 Pat Donnelly (LI)

4:06.7 Mickey's Missels

## TWO MILE RELAY

- 8:49.1 San Jose Cindergals
- 9:01.7 Los Angeles Track Club
- 9:12.6 Blue Ribbon Track Club
- 9:16.5 Milbrae Lions Track Club
- 9:19.8 Long Beach Comets
- 9:21.4 Willis Spiketees
- 9:22.6 San Juan Striders
- 9:36.9 LaJolla Track Club
- 9:56.0 Blue Angels Track Club
- 9:57.6 Rialto Road Runners
- 9:57.6 Redondo Track Club

# PROE

## pam blackburn

**PAM BLACKBURN:** Cubberley High School (Palo Alto). Age 16; 5 feet, 9 inches; 130 pounds. Born July 13, 1958 in Richmond, Indiana.

**Best Marks:** High jump 5-8 (1974); unofficial 5-10. Coached by Jay Vierra.

If you saw the 1974 C.I.F. State Championships in Bakersfield you wouldn't guess that the high jump winner with a respectable 5-8 was just a sophomore in just her second year of jumping. But then 15 year old Pam Blackburn had already become accustomed to success. At age 14, and in the 9th grade at Palo Alto's Wilbur Junior High School her potential was first observed by the boy's track and field coach, Bruce Hori, who suggested that since there was no girl's track and field competition within the schools at that time she enter the local AAU sponsored events. She joined the Palo Alto Track Club and under the training of Coach Hori for only two months took first place in almost all of the high jump events she entered.

She advanced to the National AAU finals at UC Irvine, qualifying both for the girl's and women's events. She finished fourth in both events. At the same meet, in a special event for 14-15 year olds, she captured first place with a jump of 5-7. As a result of the women's standing she was an alternate on the AAU team which competed in Europe. She was not, however, called upon to participate.

Upon entering Cubberley High School in the fall of 1973 Pam participated in the first ever girl's California high school track and field events under the supervision of Cubberley coach, Jay Vierra. Pam took first in all local competition, advanced to the Central Coast C.I.F. Championships at San Jose State, winning first with a leap of 5-5. She then went on to the C.I.F. State Championships at Bakersfield, where she took first with 5-8. This jump of 5-8 was a new Girl's High School National record—the old being 5-7.

Pam also competed unattached in the AAU meets this year. Consistently taking first (the only exception a loss to Joni Huntley in Oakland) she advanced to the AAU Nationals at Bakersfield. She placed fourth in the girl's high jump with a 5-6 and seventh in the women's with 5-8 (same as second place, but more misses).

Pam wound up the 1974 track season with the Junior Olympics. At this meet held at Millbrae, Pam took a first to qualify her for the regionals held in Reno, Nevada. She placed second at

Reno and was alternate to compete in the Junior Olympics Finals.

Although Pam has excelled mainly in the high jump she has also competed successfully in the long jump and the 80 yard hurdles. She placed second in the Central Coast Section qualifications in the long jump and was fifth in the 80 yard hurdles. Yes, she is considering the pentathlon for next year.

Pam participates in track because she says, "I enjoy track." But track doesn't monopolize her life: "My school functions take a lot of time and I spend my leisure with my horse, Bandelero, and lab., Kinisa; and, of course, there are always other interests—swimming, water skiing, parties, 'cruzing,' and boys, to mention just a few...."

Pam is undecided about next year. She wants to defend her high school title. She will, no doubt, compete again in the AAU events—either unattached or with a team. If she competes unattached she will need both a coach and a sponsor as travel expenses etc. sometimes prevent her accepting invitations to meets which take her out of the bay area. She has received invitations from three bay area clubs for next year, but finds most "teams" do not like their athletes competing both high school and AAU. Whatever she decides, she has her work cut out for her in the coming season. She is eyeing the Pan American Games, and later, with a lot of luck, proper coaching, a generous sponsor, and determination on her part, the Olympics.





# CALIFORNIA'S BEST 1974 MARKS

COMPILED BY JOHN WENOS AND CHUCK SKOW

m = converted from meter mark

## 100 YARD DASH

- 9.1 Williams (San Diego State) 9.9m
- 9.3 Quarrie (Beverly Hills Striders) 10.0m
- 9.4 Edwards (Cal Poly SLO)
- 9.4 Whitaker (San Jose State)
- 9.4 Jefferson (Crawford HS)
- 9.4 Jackson (Beverly Hills Striders)
- 9.4 Johnson (West LA College)
- 9.4 Wilmoth (Citrus JC)
- 9.5 Gloud (Long Beach State)
- 9.5 Payton (Beverly Hills Striders)
- 9.5 Hampton (Silver Creek HS)
- 9.5 Andrews (West Bakersfield HS)
- 9.5 Prince (Cal Poly SLO)
- 9.5 Abrahams (USC)
- 9.5 Fergerson (Ganesh HS)
- 9.5 Whitley (Cal State Bakersfield)
- 9.5 Williams (UC Irvine)
- 9.5 Pettus (San Francisco State)
- 9.5 Clark (Cal State Hayward)
- 9.5 Simmons (Carson HS)
- 9.5 Shavers (USC)
- 9.5 Brownstein (Cal State Northridge)
- 9.5 Brisco (Unattached)
- 9.5 Farmer (Wilson HS)
- 9.5 Breddell (San Jose State)

## 220 YARD DASH

- 20.2 Quarrie (Beverly Hills Striders)
- 20.3m S. Williams (San Diego State)
- 20.6 Edwards (Cal Poly SLO)
- 20.7 Breddell (San Jose State)
- 20.8 H. Williams (San Diego State)
- 20.8 Farmer (Wilson HS)
- 20.9 Hampton (Silver Creek HS)
- 20.9 Rogers (Bay Area Striders)
- 20.9 Pettus (San Francisco State)
- 21.0 Brown (UCLA)
- 21.0 Wilmoth (Citrus College)
- 21.0 Burns (Cal Berkeley)
- 21.0 Shavers (USC)
- 21.1 Whitaker (San Jose State)
- 21.1 Fergerson (Ganesh HS)
- 21.1 Thomas (USC)
- 21.1 Appars (UCLA)
- 21.1 Simmons (Carson HS)
- 21.2 Benson (Fullerton JC)
- 21.2 McGill (Cal Poly Pomona)
- 21.2 Brownstein (Cal State Northridge)
- 21.2 Abrahams (USC)



KARL FARMER

## ONE MILE RUN

- 3:56.7 Hilton (Pacific Coast Club)
- 3:59.2i Rose (Pacific Coast Club)
- 3:59.9 Halberstadt (Pacific Coast Club)
- 4:02.4 Kimball (De La Salle HS)
- 4:03.0 Beck (UCLA)
- 4:04.0 Schilling (San Jose State)
- 4:04.3 Gonzales (Cal State Northridge)

## THREE MILE RUN

- 13:22.8 Halberstadt (Pacific Coast Club)
- 13:25.4 Tuttle (Beverly Hills Striders)
- 13:30.6 Tibaduiza (West Valley TC)
- 13:35.2 Innes (UCLA)
- 13:38.8 Menet (West Valley TC)
- 13:41.8 Genet (San Jose State)
- 13:43.6 Kimball (De La Salle HS)
- 13:45.4 Sandoval (Stanford)
- 13:45.4 Serna (Loara HS)
- 13:46.0 Duffy (Cal Berkeley)
- 13:49.6 Richardson (USC)
- 13:50.0 Schimulewicz (Cal Berkeley)
- 13:50.6 Jameson (Occidental)
- 13:51.0 Macias (East LA TC)
- 13:53.4 Nuccio (West Valley TC)
- 13:54.2 Sweeney (Long Beach State)
- 13:55.2 Fredricksson (US International U)
- 13:55.6 Wheeler (San Diego State)
- 13:56.4 Kingery (San Carlos HS)
- 13:56.8 Lux (San Diego State)
- 13:57.2 Klovers (Santa Monica AC)
- 13:58.0 Brooks (San Jose CC)

## 5000 METER RUN

- 13:43.4 Tibaduiza (West Valley TC)
- 13:45.6 Hilton (Pacific Coast Club)
- 14:04.4 Tuttle (Beverly Hills Striders)
- 14:05.4 Fredricksson US International U
- 14:16.2 Serna (Loara HS)
- 14:22.0 Kimball (De La Salle HS)
- 14:30.2 Brown (Beverly Hills Striders)
- 14:30.5 Lux (San Diego State)
- 14:32.8 Hulst (Laguna Beach HS)
- 14:33.4 Schankel (Lompoc HS)
- 14:35.0 Hart (Modesto HS)
- 14:41.4 Baberacki (Beverly Hills Striders)
- 14:44.6 Covert (San Fernando Valley TC)
- 14:45.0 Arbogast (Crespi HS)
- 14:47.0 Stordahl (Chico State)
- 14:47.0 Wheeler (San Diego State)
- 14:47.8 Lucas (West Valley TC)
- 14:48.6 Kingery (San Carlos HS)
- 14:49.0 Lozano (Cal State Northridge)
- 14:50.0 Nuccio (West Valley TC)

## 10,000 METER RUN

- 28:35.2 Tuttle (Beverly Hills Striders)
- 29:20.6 Tibaduiza (West Valley TC)
- 29:31.2 Pryor (Beverly Hills Striders)
- 30:10.6 Williams (Beverly Hills Striders)
- 30:12.8 Hulst (Laguna Beach HS)
- 30:42.8 Arbogast (Crespi HS)

## 120 YARD HIGH HURDLES

- 13.3 Rich (Cal International)
- 13.4 Hill (Army)
- 13.5 White (Beverly Hills Striders)
- 13.6 Jackson (Beverly Hills Striders)
- 13.6 Wilson (Beverly Hills Striders)
- 13.7 Carty (Bay Area Striders)
- 13.8 Ligons (Chabot JC)
- 13.8 Mosley (Cal Berkeley)
- 13.8 Washington (USC)
- 13.8 Florant (Cal Berkeley)
- 14.0 Tinnin (San Jose State)
- 14.0 Cooper (Ells HS)
- 14.0 Whitfield (Bay Area Striders)
- 14.0 Johnson (USC)
- 14.0 Davie (Antelope Valley JC)
- 14.0 Williams (USC)
- 14.1 Foster (Foothill JC)
- 14.1 Alexander (Cal Berkeley)
- 14.1 Ellis (Sacramento State)
- 14.1 Andrews (USC)

## 440 YARD INTERMEDIATES

- 48.4m Bolding (Pacific Coast Club)
- 49.3 Mann (Beverly Hills Striders)
- 49.8 King (San Diego TC)
- 50.2 Williams (San Diego TC)
- 51.0 Patton (Cal State Northridge)
- 51.3 Andrews (UCLA)
- 51.3 Hogsett (Stanford)
- 51.6 Greene (San Diego State)
- 51.7 Ewing (Beverly Hills Striders)
- 51.7 McCullough (Cal State LA)
- 51.7 Guerrero (UCLA)
- 51.8 Kaster (San Jose State)
- 51.8 Whitney (Beverly Hills Striders)
- 51.8 Odell (Occidental)
- 52.0 Taylor (Occidental)
- 52.1 Steele (Glendale JC)
- 52.2 Bagshaw (Stanford)
- 52.5 Coffman (USC)



- 20.6 Edwards (Cal Poly SLO)
- 20.7 Breddell (San Jose State)
- 20.8 H. Williams (San Diego State)
- 20.8 Farmer (Wilson HS)
- 20.9 Hampton (Silver Creek HS)
- 20.9 Rogers (Bay Area Striders)
- 20.9 Pettus (San Francisco State)
- 21.0 Brown (UCLA)
- 21.0 Gilmoth (Citrus College)
- 21.0 Burns (Cal Berkeley)
- 21.0 Shavers (USC)
- 21.1 Whitaker (San Jose State)
- 21.1 Ferguson (Ganessa HS)
- 21.1 Thomas (USC)
- 21.1 Appars (UCLA)
- 21.1 Thomons (Carson JC)
- 21.2 Benson (Fullerton HS)
- 21.2 McGill (Cal Poly Pomona)
- 21.2 Brownstein (Cal State Northridge)
- 21.2 Abrahams (USC)



KARL FARMER

ONE MILE RUN

- 3:56.7 Hilton (Pacific Coast Club)
- 3:59.2i Rose (Pacific Coast Club)
- 3:59.9 Halberstadt (Pacific Coast Club)
- 4:02.4 Kimball (De La Salle HS)
- 4:03.0 Beck (UCLA)
- 4:04.0 Schilling (San Jose State)
- 4:04.3 Gonzales (Cal State Northridge)
- 4:05.0 Innes (UCLA)
- 4:06.0 Veney (UCLA)
- 4:06.3 Dare (West Valley TC)
- 4:06.6 Richardson (USC)
- 4:06.7 Cljfford (Sunny Hills HS)
- 4:06.7 Gilmore (UCLA)
- 4:06.8 Rouse (Southern Cal College)
- 4:07.0 Hellebrand (Moorpark JC)
- 4:07.2 Nitti (UCLA)
- 4:07.6 Camp (Navy)
- 4:07.6 Serna (Loara HS)
- 4:07.9 Lux (San Diego State)
- 4:08.2 Wicksell (West Covina HS)
- 4:08.8 Arriola (Gahr HS)
- 4:08.9 Musich (Burbank HS)

1500 METER RUN

- 3:36.4 Hilton (Pacific Coast Club)
- 3:43.0 Lawson (Unattached)
- 3:43.5 Beck (UCLA)
- 3:48.9 Kimball (De La Salle HS)
- 3:51.3 Arriola (East LA TC)

TWO MILE RUN

- 8:37.7 Tibaduza (West Valley TC)
- 8:42.5 Halberstadt (Pacific Coast Club)
- 8:46.0 Innes (UCLA)
- 8:46.5 Kimball (De La Salle HS)
- 8:50.5 Hulst (Laguna Beach HS)
- 8:52.8 Tuttle (Beverly Hills Striders)
- 8:52.8 Duffy (Cal Berkeley)
- 8:55.0 Nitti (UCLA)
- 8:55.0 Brown (USC)
- 8:55.2 Jameson (Occidental)
- 8:55.8 Schmulewicz (Cal Berkeley)
- 8:56.0 McConnel (Stanford)
- 8:56.2 Bellah (Stanford)
- 8:56.2 Sandoval (Stanford)
- 8:56.4 Maxwell (Cal Berkeley)
- 8:56.8 Genet (San Jose State)
- 8:57.0 Schankel (Lompoc HS)
- 8:57.5 Camp (Navy)
- 8:57.8 Hart (Modesto HS)
- 8:58.4 Lux (San Diego State)
- 8:58.6 Wheeler (San Diego State)
- 8:58.6 Richardson (USC)

- 14:05.4 Fredricksson US International U
- 14:16.2 Serna (Loara HS)
- 14:22.0 Kimball (De La Salle HS)
- 14:30.2 Brown (Beverly Hills Striders)
- 14:30.5 Lux (San Diego State)
- 14:32.8 Hulst (Laguna Beach HS)
- 14:33.4 Schankel (Lompoc HS)
- 14:35.0 Hart (Modesto HS)
- 14:41.4 Baberacki (Beverly Hills Striders)
- 14:44.6 Covert (San Fernando Valley TC)
- 14:45.0 Arbogast (Crespi HS)
- 14:47.0 Stordahl (Chico State)
- 14:47.0 Wheeler (San Diego State)
- 14:47.8 Lucas (West Valley TC)
- 14:48.6 Kingery (San Carlos HS)
- 14:49.0 Lozano (Cal State Northridge)
- 14:50.0 Nuccio (West Valley TC)



FREDRICKSSON

SIX MILE RUN

- 28:03.0 Williams (Beverly Hills Striders)
- 28:26.0 Fredricksson (US International U)
- 28:26.8 Pryor (Beverly Hills Striders)
- 28:58.0 Schankel (Lompoc HS)
- 28:59.6 Jameson (Occidental)
- 29:00.0 Richardson (USC)
- 29:03.2 Sandoval (Stanford)
- 29:10.6 Bellah (Stanford)
- 29:14.8 Smead (Humboldt State)
- 29:19.4 Hulst (Laguna Beach HS)
- 29:26.2 Smith (Cal State Northridge)
- 29:39.4 Reinsma (Westmont College)
- 29:40.0 Arbogast (Crespi HS)
- 30:00.6 Hartig (Fresno JC)
- 30:08.2 Loeschhorn (West Valley TC)
- 30:08.4 Razzeto (UC Santa Barbara)
- 30:09.0 Griffin (Cal Tech)
- 30:14.2 Huber (Long Beach State)
- 30:16.6 McMitchell (San Jose State)
- 30:20.0 Dunlevie (Southern Cal College)
- 30:22.0 Chavez (Fresno State)

440 YARD INTERMEDIATES

- 48.4m Bolding (Pacific Coast Club)
- 49.3 Mann (Beverly Hills Striders)
- 49.8 King (San Diego TC)
- 50.2 Williams (San Diego TC)
- 51.0 Patton (Cal State Northridge)
- 51.3 Andrews (UCLA)
- 51.3 Hogsett (Stanford)
- 51.6 Greene (San Diego State)
- 51.7 Ewing (Beverly Hills Striders)
- 51.7 McCullough (Cal State LA)
- 51.7 Guerrero (UCLA)
- 51.8 Kaster (San Jose State)
- 51.8 Whitney (Beverly Hills Striders)
- 51.8 Odell (Occidental)
- 52.0 Taylor (Occidental)
- 52.1 Steele (Glendale JC)
- 52.2 Bagshaw (Stanford)
- 52.5 Coffman (USC)
- 52.5 Fisher (Harbor JC)
- 52.8 Mosley (Cal Berkeley)
- 52.8 Von Iderstein (Fullerton JC)
- 52.9 Penner (Athletes in Action)
- 52.9 Wyatt (Skyline JC)

3,000 METER STEEPLECHASE

- 8:36.4 Timm (Athletes in Action)
- 8:38.8 Innes (UCLA)
- 8:47.6 Price (Athletes in Action)
- 8:48.0 Lucas (West Valley TC)
- 8:53.6 Dare (West Valley TC)
- 8:59.4 Haver (Athletes in Action)
- 9:01.0 Brown (Chico State)
- 9:04.0 Davis (Cal Berkeley)
- 9:06.6 Krause (San Jose State)
- 9:07.4 Luevano (UCLA)
- 9:11.0 Elijah (Humboldt State)
- 9:11.4 Owen (Unattached)
- 9:12.0 Sweeney (Long Beach State)
- 9:14.2 Magallenes (Monterey JC)
- 9:14.2 Pearson (Diablo Valley JC)
- 9:14.6 Hurst (San Jose State)
- 9:14.8 Johansen (Westmont College)
- 9:17.6 Davis (UC Davis)
- 9:17.6 Birnbaum (West Valley TC)
- 9:19.1 Schwitzer (UC Santa Barbara)

POLE VAULT

- 17-8 ½ Carrigan (Pacific Coast Club)
- 17-8 Dias (Beverly Hills Striders)
- 17-7 Isaksson (Beverly Hills Striders)
- 17-7 Slover (Beverly Hills Striders)
- 17-6 Tracanelli (UCLA)
- 17-4 ¾ Simpson (Beverly Hills Striders)
- 17-4 Jasse (Beverly Hills Striders)
- 17-1 ¾ Hamer (Cal Poly SLO)
- 17-0 Rock (Beverly Hills Striders)
- 17-0 Pullard (USC)
- 17-0 Mooers (UCLA)
- 17-0 Richards (Pacific Coast Club)
- 16-8 ¾ Tully (Milikan HS)
- 16-8 Aldrich (Fresno State)
- 16-6 ½ Miguel (Beverly Hills Striders)
- 16-6 ¾ Flint (Fresno City College)
- 16-6 ¾ Martin (West Valley JC)
- 16-6 Selzer (UCLA)
- 16-6 Anderson (Cal State Northridge)
- 16-4 Rogers (USC)
- 16-3 ¾ Johnson (Glendale JC)

440 YARD DASH

- 45.6m Bolding (Pacific Coast Club)
- 45.8 Brown (UCLA)
- 45.8 Parks (UCLA)
- 46.2 Schultz (Pacific Coast Club)
- 46.3 Singletary (Southern Cal College)
- 46.3 Farmer (Southwest LA JC)
- 46.4 Redd (San Diego State)
- 46.5m Byrd (Cal Poly SLO)
- 46.6 Campbell (USC)
- 46.8 Shorts (Long Beach CC)
- 46.8 Randle (USC)
- 46.8 Benson (Fullerton JC)
- 46.9 S. Williams (San Diego State)
- 47.0 Jones (USC)
- 47.1m Robinson (Laney JC)
- 47.3 Campbell (Fresno State)
- 47.4 Preston (Cal State Northridge)
- 47.5 Driver (Beverly Hills Striders)
- 47.5 Kemp (Beverly Hills Striders)
- 47.5 Brown (USC)
- 47.5 Gold (Cal Poly SLO)
- 47.5 Walters (UCLA)
- 47.6 Vanhöfwagen (Beverly Hills Striders)
- 47.6 Sheats (Muir HS)

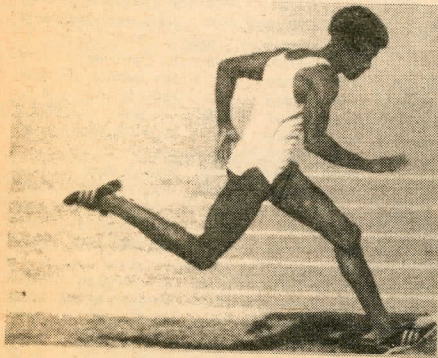
880 YARD RUN

- 1:46.4 Robinson (Laney JC)
- 1:47.9m Winzenried (Beverly Hills Striders)
- 1:48.1 Brown (Cal Berkeley)
- 1:48.7 Baxter (USC)
- 1:48.7 Veney (UCLA)
- 1:48.9 Bryan (American River JC)
- 1:49.2 Kovacich (UCLA)
- 1:50.0 Schilling (San Jose State)
- 1:50.0 Davenport (Westmont College)
- 1:50.0 Woodard (Cal State Fullerton)
- 1:50.1 Ramsey (Santa Rosa JC)
- 1:50.7 Haynes (Long Beach JC)
- 1:51.0 Musich (Burbank HS)
- 1:51.0 Lee (West Valley TC)
- 1:51.2 Giannolas (San Jose State)
- 1:51.2 McMamus (Diablo Valley JC)
- 1:51.2 Kleinsasser (Cal Tech)
- 1:51.2 Kern (USC)
- 1:51.4 Wulf (LA Pierce JC)
- 1:51.4 Beck (UCLA)
- 1:51.5 Lowry (Beverly Hills Striders)



**HIGH JUMP**

- 7-5 ¾ Stones (Pacific Coast Club)
- 7-3 Kotinek (UCLA)
- 7-2 ½ Brown (Pacific Coast Club)
- 7-2 Owens (USC)
- 7-2i Fletcher (Beverly Hills Striders)
- 7-1 ¾ Wilson (Monte Vista HS)
- 7-1 Culp (USC)
- 7-0 ½ Madau (Fullerton JC)
- 7-0 ½ Mackey (San Jose State)
- 7-0 ¼ Frazier (Cal State Northridge)
- 7-0 Miller (Mt. SAC JC)
- 7-0 Winston (Cal State LA)
- 7-0 Ridge (Merced HS)
- 7-0 Beedle (La Sierra HS)
- 7-0 Joseph (All American TC)
- 7-0 Hatch (Wilson HS)
- 6-10 ½ Hougan (Cal Poly SLO)
- 6-10 ¼ Livers (San Jose State)
- 6-10 ¼ Kraft (UC Santa Barbara)
- 6-10 ¼ Case (Laguna Beach HS)
- 6-10 ¼ Churchill (Alemany HS)
- 6-10 ¼ Peterie (Warren HS)
- 6-10 ¼ Haynes (Cal State LA)
- 6-10 ¼ Tinnin (San Jose State)



JERRY PROCTOR



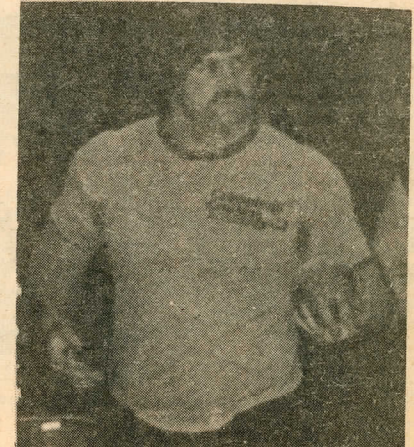
MAXIE PARKS (L), BENNY BROWN

**440 RELAY**

- 39.8 UCLA
- 39.8 Beverly Hills Striders
- 39.9 USC
- 40.0 San Diego State
- 40.0 Cal Berkeley
- 40.1 Bay Area Striders
- 40.2 Cal State Northridge
- 40.3 Cal Poly San Luis Obispo
- 40.3 San Jose State
- 40.3 Cal International

**ONE MILE RELAY**

- 3:06.6 UCLA
- 3:07.2 USC
- 3:08.2 San Diego State
- 3:09.0 Southwest LA JC
- 3:10.1 LA Harbor JC
- 3:10.2 Laney JC
- 3:10.3 Bay Area Striders
- 3:10.4 Cal Berkeley
- 3:10.6 Cal Poly San Luis Obispo
- 3:11.0 Fullerton JC



DON TURRI

**LONG JUMP**

- 27-2 ¾ Robert (San Diego TC)
- 26-10 ¾ Moore (Unattached)
- 26-7 ½ Herndon (UCLA)
- 26-6 ¾ Proctor (Beverly Hills Striders)
- 26-1 ½ Lanier (Army)
- 26-1 ¼ Jackson (Beverly Hills Striders)
- 26-0 ½ Williams (USC)
- 25-10 ¾ Whitley (International)
- 25-9 ½ Royster (Livermore AC)
- 25-8 ¾ Bapiste (Long Beach State)
- 25-7 Wright (San Jose State)
- 25-6 ½ Shaw (Foothill JC)
- 25-6 ¼ Hardeman (USC)
- 25-5 Kotinek (UCLA)

- 57-7 ½ Bouvier (USC)
- 57-5 Born (Bay Area Striders)
- 57-3 Noamis (LA Pierce JC)
- 57-1 ¾ Mannon (Cal Berkeley)
- 57-1 Giroux (Fresno State)
- 56-10 Gherardi (San Jose State)

**DISCUS THROW**

- 223-4 Powell (Unattached)
- 208-8 Kennedy (Bay Area Striders)
- 200-5 Ordway (Pacific Coast Club)
- 198-3 Tollefson (Beverly Hills Striders)
- 196-11 Lister (Beverly Hills Striders)
- 196-11 Keshmiri (Unattached)

- 209-3 Casey (Beverly Hills Striders)
- 204-4 Galle (Beverly Hills Striders)
- 203-8 Connolly (Beverly Hills Striders)
- 202-0 Giroux (Fresno State)
- 196-7 Acaro (Beverly Hills Striders)
- 194-9 McCollum (Bay Area Striders)
- 186-7 Murray (Fullerton JC)
- 183-11 Blankenship (Cal State Hayward)
- 176-0 Sorensen (Fresno State)
- 170-8 Venegas (Cal State Northridge)
- 167-2 Nelms (Fresno State)
- 167-10 Franson (Chico State)
- 163-0 Shank (Westmont College)
- 161-2 Sheard (Cal State Northridge)
- 160-0 Jordan (Westmont College)

**DECATHLON**

- 8308 Jenner (Unattached)
- 8033 Dixon (Beverly Hills Striders)
- 7969 Warkentin (Beverly Hills Striders)
- 7938 Evans (Beverly Hills Striders)
- 7839 George (Fresno State)
- 7657 Sterner (USC)
- 7623 Coffman (USC)
- 7508 Albanese (UCLA)
- 7333 Sobieszczyk (Club West)
- 7109 Kring (Stanford)
- 7067 Fink (Cal State Fullerton)
- 6936 Alexander (Southern Cal College)
- 6900



**LONG JUMP**

- 27-2 ¾ Robi (San Diego TC)
- 26-10 ¾ Moore (Unattached)
- 26-7 ¾ Herndon (UCLA)
- 26-6 ¾ Proctor (Beverly Hills Striders)
- 26-1 ½ Lanier (Army)
- 26-1 ¼ Jackson (Beverly Hills Striders)
- 26-0 ¼ Williams (USC)
- 25-10 ¼ Whitley (International)
- 25-9 ¼ Royster (Livermore AC)
- 25-8 ¾ Bapiste (Long Beach State)
- 25-7 Wright (San Jose State)
- 25-6 ½ Shaw (Foothill JC)
- 25-6 ½ Hardeman (USC)
- 25-5 Kotinek (UCLA)
- 25-1 Overstreet (San Jose JC)
- 25-1 Wilkinson (San Diego Mesa JC)
- 25-0 ¾ Ray (San Diego State)
- 24-11 Uraman (Chico State)
- 24-9 ½ Carter (El Camino JC)
- 24-9 Steffers (Bay Area Striders)
- 24-8 ½ Davis (San Jose State)
- 24-8 Anderson (Unattached)
- 24-8 Silva (Bay Area Striders)

**TRIPLE JUMP**

- 54-11 ¾ Taylor (UCLA)
- 54-10i Tiff (Beverly Hills Striders)
- 54-8 ¾ Gill (Cal International)
- 54-1 ¾ Butts (Beverly Hills Striders)
- 53-9 Washington (USC)
- 53-3 ¾ Dupree (Long Beach State)
- 53-3 ¾ Reader (Cal International)
- 53-0 Jackson (Beverly Hills Striders)
- 52-5 ¾ Terry (UC Davis)
- 52-2 ¾ Livers (San Jose State)
- 52-1 Cochee (USC)
- 51-10 Tucker (Long Beach State)
- 51-3 Banks (Oceanside HS)
- 50-8 McCarthy (UCLA)
- 50-6 Steffers (Bay Area Striders)
- 50-5 ¾ Fernandez (San Francisco State)
- 50-3 Krebs (Cal Berkeley)
- 50-2 ¾ Harrell (San Joaquin Delta JC)
- 50-2 ¾ Baldwin (Grossmont JC)
- 50-2 ¾ Bryson (Oakland HS)

**SHOT PUT**

- 72-2 ¾ Woods (Pacific Coast Club) 70-3 ¾
- 70-10 ½ Feuerbach (Pacific Coast Club)
- 69-0 ¾ Albritton (Unattached)
- 65-9 ¾ Shmock (Beverly Hills Striders)
- 63-7 ½ Neidhart (UCLA)
- 63-7 Marks (Unattached)
- 62-6 Schiller (UCLA)
- 61-6 ¾ Freberg (UCLA)
- 61-1 Pagel (Unattached)
- 59-11 ¾ Adams (San Diego Mesa JC)
- 59-0 ¾ Turri (Southern Cal College)
- 58-10 ¾ Fogg (Pomona-Pitzer)
- 58-7 ½ Keshmiri (Unattached)
- 58-1 Budincick (USC)

- 57-7 ½ Bouvier (USC)
- 57-5 Born (Bay Area Striders)
- 57-3 Noamis (LA Pierce JC)
- 57-1 ¾ Mannon (Cal Berkeley)
- 57-1 Giroux (Fresno State)
- 56-10 Gherardi (San Jose State)

**DISCUS THROW**

- 223-4 Powell (Unattached)
- 208-8 Kennedy (Bay Area Striders)
- 200-5 Ordway (Pacific Coast Club)
- 198-3 Tollefson (Beverly Hills Striders)
- 196-11 Lister (Beverly Hills Striders)
- 196-11 Keshmiri (Unattached)
- 192-5 McCollum (Bay Area Striders)
- 191-1 Weber (Pacific Coast Club)
- 189-6 Penrose (Bay Area Striders)
- 187-9 Freberg (UCLA)
- 182-4 Humphreys (Corona Del Mar TC)
- 180-11 Nave (Cal State Hayward)
- 178-9 Gunther (UCLA)
- 178-9 Kohler (Beverly Hills Striders)
- 177-4 Burton (Vacaville HS)
- 174-0 Frankiewish (Marin JC)
- 173-6 Nelms (Fresno State)
- 173-3 Fruglietti (USC)
- 173-2 Pushkin (Foothill JC)
- 171-11 Murray (Fullerton JC)
- 171-4 Coffman (Fullerton State)
- 170-3 Jenkins (Unattached)

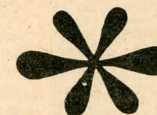
**JAVELIN THROW**

- 263-10 Schmidt (Pacific Coast Club)
- 258-8 Kennedy (Cal Berkeley)
- 253-8 Kotinek (UCLA)
- 251-2 Pearce (Beverly Hills Striders)
- 243-7 Goldie (Long Beach State)
- 242-11 Parker (San Francisco State)
- 239-6 Onphroy (Occidental)
- 236-2 Feeney (Southern Cal College)
- 236-0 Krough (MtSAC JC)
- 233-11 Orell (Pomona-Pitzer)
- 233-6 Helsby (USC)
- 230-5 Hopkins (Stanford)
- 228-3 Shively (Rio Hondo JC)
- 226-11 Jackson (Palomar JC)
- 225-6 Dixon (Beverly Hills Striders)
- 225-0 Ciarelli (Orange Coast JC)
- 223-7 Peter (Pomona-Pitzer)
- 223-7 Sterner (USC)
- 221-6 Garrity (San Jose State)?
- 221-1 Spoolstra (Cerritos JC)
- 220-8 Carpenter (Occidental)
- 220-5 Larson (Stanford)
- 220-5 Powell (Fresno State)

**HAMMER THROW**

- 230-6 Farmer (Beverly Hills Striders)
- 230-4 DeAutremont (Beverly Hills Striders)
- 218-7 Diehl (Army)
- 211-5 Frenn (Unattached)

- 209-3 Casey (Beverly Hills Striders)
- 209-4 Galle (Beverly Hills Striders)
- 208-8 Connolly (Beverly Hills Striders)
- 202-0 Giroux (Fresno State)
- 196-7 Acaro (Beverly Hills Striders)
- 194-9 McCollum (Bay Area Striders)
- 186-7 Murray (Fullerton JC)
- 183-11 Blankenship (Cal State Hayward)
- 183-0 Sorensen (Fresno State)
- 182-8 Venegas (Cal State Northridge)
- 180-2 Nelms (Fresno State)
- 167-10 Franson (Chico State)
- 163-0 Shank (Westmont College)
- 161-2 Sheard (Cal State Northridge)
- 160-0 Jordan (Westmont College)
- 159-0 Miller (Southern Cal College)



**DECATHLON**

- 8308 Jenner (Unattached)
- 8033 Dixon (Beverly Hills Striders)
- 7969 Warkentin (Beverly Hills Striders)
- 7938 Evans (Beverly Hills Striders)
- 7839 George (Fresno State)
- 7657 Sterner (USC)
- 7623 Coffman (USC)
- 7508 Albanese (UCLA)
- 7333 Sobieszczyk (Club West)
- 7109 Kring (Stanford)
- 7067 Fink (Cal State Fullerton)
- 6936 Alexander (Southern Cal College)
- 6893 Slover (Beverly Hills Striders)
- 6879 Hougan (Cal Poly SLO)
- 6872 Smith (Unattached)
- 6865 Foster (Fresno State)
- 6800 Bajema (Unattached)
- 6672 Bayless (Cal State Fullerton)
- 6650 Garcia (Glendale JC)
- 6611 Turek (Fullerton JC)



JOHN MUSICH (Burbank), HS State 880 Champion, is running cross country at San Jose State



San Diego, August 17 - Balboa Park Distance

**Runs - Three Mile Race:**

Bruce Johnson	14:57	Ray Archibald 1-407:23
Pete Koubek	16:53	Chuck Parker 17:37
Steve Brown	16:59	Manuel Cravo 17:39
Rich Buxton	17:06	Steve Hauser 17:40
Kirk Kahla	17:23	Mike Boyd 17:47

**8 mile race:**

Dale Fleet	40:36	Kirk Pfeffer 42:33
Dan Morris	40:52	Gary Close 42:41
David Harper	40:53	George Pullen 43:04
Bob Wilson	41:50	Jack Schroer 43:07
Mike McGrath	42:30	Dennis Wilson 43:24

137 participants /Bob Letson/

Lake Tahoe 7 Man 72 Mile Relay, August 17.

1. West Valley Track Club A	6:28:25
2. Marin/Humboldt All Stars	6:28:57
3. West Valley Track Club B	6:49:33
4. Golden West Track Club	6:55:52
5. West Valley Joggers and Striders	7:41:05
6. Alameda Track Club	6:56:35
7. Marin Athletic Club	7:01:37
8. Redwood City Striders	7:05:25
9. Fresno Pacific College	7:07:18
10. Camino West TC	7:11:06

56 teams finished /Jack Leydig/

Somis, Sept. 7 - Somis Cross Country 10 Mile.

**Open Division:**

1. Marv Rowley (Culver City AC)	57:30
2. Gary Dobrenz (Golden West AA)	58:13
3. Steve Broten (Seniors TC)	59:18
4. Thomas Howell (Santa Barbara AA)	59:19
5. Jim Perez (Azatlan)	59:47

**13-15 Age Division:**

1. John Benninghoff (Oxnard)	90:15
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**16-19 Age Division:**

1. Tom Edwards (Santa Barbara AA)	61:13
2. Henry Guevara (Oxnard)	62:18
3. Rod Neely (Ventura TC)	63:19

**40-49 Age Division:**

1. R. Garcia (Conejo Valley TC)	80:20
2. Bruce Lokway (Seniors TC)	81:02
3. John Corcoran (Unatt)	81:09
3. Tom Van Natta (San Luis DC)	81:09

**50-59 Age Division:**

1. Richard Davies (Unatt)	72:53
2. Bob Long (Beverly Hills Striders)	74:52
3. Bill Wick (Ventura TC)	91:50

**Women's Division:**

1. Patricia Garcia (Unatt)	88:29
2. Jean Wise (Unatt)	94:31

**Girl's Division:**

1. Jacque Autrey (Ventura Girls TC)	91:51
2. Kim Gonzales (Ventura Girls TC)	91:51

48 starters /Connie Rodewald/

Stinson Beach, September 8 - Double Dipsea

13.6 miles. Handicap places, actual times in parentheses.

1. Homer Latimer(35)(1:43:37)	1:34:37
2. Peter Mattel(50)(2:04:05)	1:39:05
3. Ralph Paffenbarger(51)(2:04:05)	1:39:05
4. Don Pickett(46)(2:03:10)	1:43:10
5. Debbie Rudolph(13)(2:13:52) 1-F	1:43:52
6. Jim Nicholson(43)(1:59:15)	1:44:15
7. Kent Guthrie(37)(1:59:20)	1:50:20
8. Hans Roenau(46)(2:10:27)	1:50:27
9. Dave Robertson(22)(1:51:04)	1:51:04
10. Fred Pracht(40)(2:06:06)	1:51:06
11. David Warren(33)(2:00:17)	1:51:17
12. Roderick Berry(14)(2:00:35)	1:51:35
13. Ray Batz(37)(2:02:55)	1:53:55
14. Jim Barker(27)(1:54:34)	1:54:34
15. Tommy Owen(11)(2:03:40)	1:54:40
16. Betsy White(36)(2:24:47) 2-F	1:54:47
17. Thomas Pierce(41)(2:10:31)	1:55:31
18. Lee Adams(45)(2:16:11)	1:56:11
19. Tom Pinckard(37)(2:07:02)	1:58:02
20. John Soubier(43)(2:14:03)	1:59:03
21. Kevin Searls(16)(1:59:07)	1:59:07
22. Gene White(40)(2:14:25)	1:59:25
23. Santos Reynaga(25)(2:00:27)	2:00:27
24. Jerry Barrack(33)(2:09:46)	2:00:46
25. Karl Marshall(49)(2:22:02)	2:02:02

157 finishers /Walt Stack/

# RESULTS--

Oceanside, September 6 - Oceanside 10-Mile

**Run**

1. Philip Camp (U.S. Navy)	50:23
2. Greg Beal (Unattached)	52:24
3. Duane Waltmire (Orange Coast Coll.)	53:04
4. Steve Georgis (U.S. Navy)	53:52
5. Art Brown (San Diego TC)	54:00
6. Bill Gookin (San Diego TC) 1--40+	54:25
7. Harry Renfro (Unattached)	54:38
8. Jim Mosher (U.S. Navy)	54:53
9. Skip Shaffer (Culver City AC)	55:28
10. Martin Nolasco (Unattached)	55:42
46. Nadia Garcia (San Diego TC) 1-Woman	64:57
77. Arne Dixner (San Diego TC) 1-50+	75:00

/San Diego Track Club/

Long Beach, September 14 - Comets Beach Run.

**Girl's 9 and under 1 mile:**

K. Kiernan(BA)	5:44	A. Rolfe(LBC)	6:13
S. Katzer(LBC)	5:55	C. Quezada(SCC)	14
L. Jewett(RRR)	6:05	K. Anno(OC)	6:15

**Girl's 10 & 11 1.5 mile:**

M. Gibbs(LD)	8:29	V. Cook(RRR)	8:47
A. Kirkorn(BA)	8:31	D. Mojica(SCC)	8:52
K. Wilson(BA)	8:36	T. Waterbury(OC)	8:52
K. Cerda(Un)	8:43	S. Kapiian(RRR)	8:55
T. Hughes(Un)	8:43	L. Stary(LBC)	8:57

RRR-A 51, BA 55, RRR-B 142, SCC 143, LBC 179, SBS 194.

**Girl's 12&13 2 miles:**

P. Rose(Un)	11:04	T. Darr(Un)	11:43
D. Esslinger(SCC)	11:13	L. Johnson(RRR)	11:45
C. Nunez(RRR)	11:19	B. Carol(SCC)	11:45
S. Keith(RRR)	11:21	B. Gomez(RRR)	11:49
Villalvazo(RRR)	11:23	P. Bridges(RRR)	11:50
D. Sanchez(RRR)	11:27	H. Hafen(SCC)	11:51
K. McMillian(RRR)	1:30	A. Kirkorn(BA)	11:53
M. Waters(SCC)	11:35	D. Harrell(LBC)	11:54

RRR-A 25, SCC-A 76, BA 109, SCC-B 153, RRR-B 158, LBC 200.

**Girl's 14-17 2.5 miles:**

M. Decker(Un)	14:24	D. Porter(RRR)	15:21
Wolfenbarger	14:49	L. Brodock(RRR)	15:30
D. Assumma(RRR)	14:53	A. Dandoy(SBS)	15:32
S. Decuir(LMM)	15:03	C. Troffer(GI)	15:47
C. Flournoy(SCC)	15:17	M. Gregoire(SCC)	15:53

RRR 40, SCC 46.

**Women 3 miles:**

D. Johnson(RRR)	17:42	B. Coursey(BA)	19:31
K. Jewell(LBC)	18:06	D. Banks(RRR)	19:38
L. Miller(Un)	18:44	C. Crowder(Un)	19:39
E. Marquez(LBC)	18:56	T. Teegarden(BA)	19:53
P. Cape (RRR)	19:25	S. Brodock(RRR)	19:59

RRR 34, LBC 48, BA 68.

292 entries. /Ken Karnes/

**Big Bear City Run, September 22. 10.0 miles.**

1. Phil Ryan (30, GWAA)	54:31
2. Bill Scobey (29, Unatt)	55:10
3. Joe Carlson	55:53
4. Marvin Rowley (34, CCAC)	56:03
5. Pat Miller	56:07
6. Carl Swift	57:22
7. Carey Simons	57:45
8. Bob Gordon	57:51
9. Skip Shaffer (36, CCAC)	58:27
10. Gary Dobrenz (28, CCAC)	59:09
11. Bill Curn	60:44
12. Jim Arquilla (23, Unatt)	60:58
13. Paul Cook	61:42
14. Tom Gleason (32, Unatt)	63:02

San Diego, September 21 - All-Comers Cross Country Race at Balboa Park

**4 Mile:**

1. Mike Avrea (SDSU)	20:47
2. Dennis Kasischke (San Diego TC)	21:21
3. Matt Berenda (SDSU)	21:26
4. Rick Lord (Jamul Toads)	21:30
5. Earl Robinson (SDSU)	22:00
6. Bill Gookin (San Diego TC)	22:25
7. Unattached Runner	22:27
8. Unattached Runner	22:34
9. Lloyd Apgar (San Diego TC)	22:45
10. Peter Papps (SDSU)	22:47
11. Alan Hazard (San Diego TC)	23:03
12. John Root (USIU)	23:08
13. Kaj Johansen (San Diego TC)	23:14
66. Nicki Hobson (1st woman)	28:44

/San Diego Track Club/

Los Angeles, September 28 - All Comers XC.

**Elementary Girls' 1 mile:**

Corrine Nunez	5:44	Kristy Wilson	6:11
Donna Sanchez	5:47	Cimi Ruderman	6:14
Dianne Harrell	6:04	Vickie Cook	6:15
Becky Gomez	6:06	Shelly Kaplan	6:16
Andrea Kirkorn	6:07	Shela Hammond	6:16

**Elementary Boys' 1 mile:**

Raymond Cook	5:44	B. Ruderman	6:01
Mike Assuma	5:47	Pat Quinlan	6:03
David Neidorf	5:48	Steve Mead	6:11
Paul Fishback	6:00	Mark Valentine	6:22

**Junior High School Boys 2 miles:**

Frank Assuma	13:32	Walt Bridges	14:18
Jose Casillas	13:36	Greg Edwards	14:23
Burt Shirley	13:37	Francisco Robles	14:27
Phil Shirley	13:43	Chris Watson	14:29
Duane La Cour	14:14	Art Rodriguez	14:36

**High School Boys 2 miles:**

Scott Blackburn	12:49	A. Rodriguez	13:28
Aj Jim Bakh	12:57	Ricardo Machon	13:34
Dave Tillery	13:17	Sal Godinez	13:35
Jim Arriola	13:25	Howard Keeley	13:36
William Galaviz	13:26	Randy Horner	13:36

**Junior College 3.6 miles:**

Bobby Thomas	18:27	Dave Contreras	20:09
Ruben Guillen	18:29	Tim Fitzsimmons	20:27
Vicken Simonian	19:10	Dave Vandervener	20:35
Greg Croad	19:47	Rog Schoonover	20:51
Mitch Thomas	19:53	Andy Gupton	21:07

**Girls 15 and under 1 mile:**

Paula Rose	5:28	Diane Esslinger	5:54
Suzanne Keith	5:34	Inda McGarrrie	5:58
Penny Bridges	5:48	Ly Villalvazo	6:16
Laurie Jewell	5:52	Johna Johnson	6:22
Kim McMillan	5:52	Marion Hulse	6:23

**Girls 15 and over 1 mile:**

Mary Decker	5:32	Chris Troffer	6:01
Pam Jewell	5:37	Debbey Porter	6:10
Debra Johnson	5:40	Inda Brodock	6:13
Kathy Jewell	5:49	B. Coursey	6:15
Doreen Assumma	5:51	San Brodock	6:30

**Seniors (40 and over) 1 mile:**

Nicholson	14:49	Jim Selby	16:19
Aurelio Camacho	15:06	Rick Scully	16:27
Denis Bracher	15:52	Norm Lumian	16:40
Del Linam	15:57	George Bruce	16:58
Jerry Hedges	16:04	Dick Marston	17:01



START: LAKE TAHOE 72 MILE RELAY

Lake Wildwood, September 14--4th Annual Lake Wildwood 10 Mile Run

1. Ronald Zarate (Nevada)	54:32
2. Pat Finn (Chico)	55:02
3. Greg Griffen (Chico)	55:42
4. Michael Buze (Gold Spike)	56:17
5. Timothy D. Jordan (Gold Spike)	56:47
6. Tom Brown	57:27
7. Patrick Buzze (Gold Spike)	57:28
8. George Raseas (Chico)	57:27
9. Tony Ruggel (Chico)	57:44
10. Hernandez	58:00
11. Jack West (Chico)	58:48
12. Nick Vogt (Gold Spike)	59:39
13. Tim Stone (Chico)	59:39
14. Mike Functciaki (Chico)	60:00
15. Gordon Vredenburg (Gldn West)	61:32
16. Mark Nygart 1-HS (Gold Spike)	62:05
17. Tony Webb (Chico)	62:13
18. Norman A. Simon (Unatt)	62:18
19. Doug Rennie (Buff Chp)	62:32
20. Dan Davinson (Gldn West)	63:38
21. Abe Underwood 1-40+ (Buff Chp)	63:51
22. Ralph Blount 2-40+ (Ophir)	64:59
23. Greg Tinloy (Gold Spike)	65:09
24. Robert Malain 3-40+ (NCSTC)	65:40
25. Pete Schoener (Buff Chp)	65:55
53. Darcy Bureson 1-F	85:00

/Nick Vogt/

Monterey, September 14 - Monterey Invitational Run--17 Mile D (Senior College)

**4 Mile:**

1. Emil Magallanes (Monterey)	19:55
2. Rich Barraza (Monterey)	20:06
3. Gil Brooks (San Jose)	20:13
4. Ken Shlmanino (Marin)	20:14
5. Tony Munoz (Diablo)	20:15
6. Mike Emry (Cabrillo)	20:18
7. Bruce Capriassen	20:19
8. Stacy Hancock (Marin)	20:23
9. James Ursulo (Mt. Sae)	20:24
10. Shawn James (San Jose)	20:25
11. Don Guillermo (San Jose)	20:26
12. Gary Sanchez (San Jose)	20:28
13. Jack Reime (Cabrillo)	20:30
14. Tony Ramirez (Fresno)	20:31
15. Tom Gleason (32, Unatt)	20:34

Santa Monica Sports Festival Masters, August

18. 6.1 miles.

1. Pete Mundle (46, SMAA)	33:45
2. Burt Shirley	34:15
3. Phillip Shirley	35:54
4. Sam Nicholson (45, STC)	35:59
5. Bill [redacted] (49, STC)	36:09
6. Rudy [redacted] (51, STC)	36:09
7. Hernal [redacted]	36:14
8. Aurelio Camacho (43, STC)	36:14
9. Jackie Hansen 1-Woman	36:42
10. Conrad Eroen (45, STC)	36:50
11. Dave Daly	36:53
12. Raymond Cook (11, SURR) 1-B	37:41
13. David Trusel	37:49
14. Gilbert [redacted] (STC)	38:07
15. Richard [redacted] (46, STC)	38:16
16. Laura Jewell 2-Woman	38:21
17. Paul Fischbeck	38:24
18. Del Linam (42, CCAC)	38:27
19. Jerry Hedges (42, STC)	38:51
20. Patrick Quinlan (12, SURR)	40:04
21. Louis E. Simms Jr. (41, STC)	40:09
22. John Garcia (46, JRG)	40:17

Hume Lake, August 31 - Annual Hume Lake Run.

5600 feet elevation

**Open 10,000 meters:**

1. Carl Swift (Phaethon TC)	33:07
2. Wayne VanDellen (High Sierra TC)	34:51
3. Bruce Pendleton (Phaethon TC)	35:01
4. Larry Lung (Phaethon TC)	36:07
5. Oswald White (High Sierra TC)	36:11
6. Len Thornton (High Sierra TC) 1-40+	36:44
7. Dave Albright (Unatt)	39:50
8. Rich Petersen (High Sierra TC)	40:09
9. Norm Hill (Unatt)	42:05
10. Joe Herzog (Unatt)	42:26
11. Bob Reynaga (High Sierra TC) 2-40+	42:29
12. Reg Harris (Unattached)	42:57
13. Ron Gates (Unattached) 3-40+	49:24
14. Dewey Jan (High Sierra TC) 4-40+	50:38

**High School 5,000 meters:**

1. Mike Thornton (High Sierra TC)	18:11
2. Vince Garza (Phaethon TC)	18:35
3. Scott Thornton (High Sierra TC)	19:05
4. Richard Reynaga (High Sierra TC)	19:13
5. Steve Wickland (Unattached)	19:25

/Dave Bronzan/



**Santa Monica Sports Festival Masters, August**

Table with 2 columns: Rank and Name/Time. Includes entries like Pete Mundie (46, SMAA) 33:45, Burt Shirley 34:15, Phillip Shirley 35:54, Sam Nicholson (45, STC) 35:59, Bill [redacted] (49, STC) 36:09, Rudy [redacted] (51, STC) 36:09, Hernandez [redacted] (51, STC) 36:14, Aurelio Camacho (43, STC) 36:14, Jackie Hansen (1-Woman) 36:42, Conrad Eroen (45, STC) 36:50, Dave Daly 36:53, Raymond Cook (11, SURR) 1-B 37:41, David Trusel 37:49, Gilber [redacted] (STC) 38:07, Richa [redacted] (46, STC) 38:16, Laura Jewell (2-Woman) 38:21, Paul Fischbeck 38:24, Del Linam (42, CCAC) 38:27, Jerry Hedges (42, STC) 38:51, Patrick Quinlan (12, SURR) 40:04, Louis E. Simms Jr. (41, STC) 40:09, John Garcia (56, Unatt) 40:17, Ed Halpin (56, STC) 40:20, Sam DeLuca (46, STC) 40:22, Paul Albright 40:44

/John Brennand/

**Santa Monica Sports Festival, August 18, 6.1 miles. Record: T. Smith 29:59 (72).**

Table with 2 columns: Rank and Name/Time. Includes entries like Terry Williams 30:32, Guy Arbogast 30:37, Ajim Baksh 30:46, Greg Beal (23) 30:49, Bob Macias 31:10, Mark Kushner (21, GWAA) 31:15, John Schmickrath (22, GWAA) 31:43, Marlin Kluever 31:55, Mike Chambliss (SBAA) 32:03, Unidentified 32:06, Raymond Hughes (35, SCS) 32:07, Michael Khouri 32:15, James Perez (27, GWAA) 32:29, Jose Guerrero 32:36, Kevin Gerace 32:39, Marvin Rowley (34, CCAC) 32:45, Howard Miller (ELATC) 32:53, Howard Keeley 32:57, Unidentified 33:04, David Griefinger 33:09, Mark Fish 33:11, Steve Broten (22, STC) 33:14, Gabriel Grosz (CCAC) 33:15, Ron Adams (19, unatt) 33:27, Steven McCalley 33:44

/John Brennand/

**Mt. Baldy Climb, September 2, 11.0 miles.**

Table with 2 columns: Rank and Name/Time. Includes entries like Kenneth Moffitt (22, GNG) 63:28, Raymond Hughes (35, SCS) 67:08, Steve Chase (20, Unatt) 68:22, Gary Dobrentz (28, CCAC) 72:00, Bill Crum (39, STC) 73:10, Garey Ardrey 73:25, Maury Greer 76:12, John Greenwood 76:53, Donald Jones (48, STC) 1-40+ 78:17, Bob Bell 79:06, Kip Wyss 79:57, Joe Ebnier 80:30, John Fetscho 81:00, Doug Sailors 81:33, David Glyer 82:00, Brian Stephenson 83:19, Ray Douglas 83:19, Rudiger Klein 83:47, Steve Durand (17, Unatt) 84:09, Skip Shaffer (36, CCAC) 92:35, Donna Gookin (1-Woman) 92:35

/John Brennand/

**Hume Lake, August 31 - Annual Hume Lake Run.**

Table with 2 columns: Rank and Name/Time. Includes entries like Carl Swift (Phaethon TC) 33:07, Wayne VanDellen (High Sierra TC) 34:51, Bruce Pendleton (Phaethon TC) 35:01, Larry Lung (Phaethon TC) 36:07, Oswald White (High Sierra TC) 36:11, Len Thornton (High Sierra TC) 1-40+ 36:44, Dave Albright (Unatt) 39:50, Rich Petersen (High Sierra TC) 40:09, Norm Hill (Unatt) 42:05, Joe Herzog (Unatt) 42:26, Bob Reynaga (High Sierra TC) 2-40+ 42:29, Reg Harris (Unattached) 42:57, Ron Gates (Unattached) 3-40+ 49:24, Dewey Jan (High Sierra TC) 4-40+ 50:38

**Alameda, September 7 - 5th Alameda Cross Country Carnival**

Table with 2 columns: Rank and Name/Time. Includes entries like Mike Thornton (High Sierra TC) 18:11, Vince Garza (Phaethon TC) 18:35, Scott Thornton (High Sierra TC) 19:05, Richard Reynaga (High Sierra TC) 19:13, Steve Wickland (Unattached) 19:25, Bill Clark (30, WVTC) course record 31:45, Daryl Zapata (29, WVTC) 32:05, Charles Harris (34, WVTC) 32:25, David Himmelberger (28, WVTC) 32:44, Angelo Martinez (19, Alameda TC) 32:51, Jack Leydig (30, WVTC) 33:03, Bob Darling (25, Excelsior TC) 33:20, Doug Butt (29, Marin AC) 33:30, Jim Freeman (17, San Juan Str.) 1-HS 33:32, Humberto Hernandez (27, WVTC) 33:50, Lyn Walker (17, WVTC) 2-HS 34:18, Dennis Tracy (28, WVTC) 34:30, Tim Swezey (24, Alameda TC) 34:31, Clark Rosen (25, Pamakids) 34:37, Dan Woodward (22, Alameda TC) 35:04, David Cortez (16, Redwood CS) 3-HS 35:12, Dan Harvey (16, Camino West) 4-HS 35:12, Frank Santos (18, Unatt.) 35:17, Unofficial runner 35:32, Unknown runner 35:36, Mike Williamson (17, Alameda) 5-HS 35:37, Elenes Feliciano (16, Alameda) 6-HS 35:39, Dennis Teegarden (43, NCSTC) 1-S 35:40, Chr's Otis (15, San Juan St.) 7-HS 35:41, Marty Conway (17, WVTC) 8-HS 35:42, Ruth Anderson (45, NCSTC) 1-SW 43:52

Table with 2 columns: Rank and Name/Time. Includes entries like Danny Martinez (14, Redwood CS) 18:16, Rich Vasquez (14, Pleasant Hill TC) 18:32, Ray Eddy (12, San Juan St.) 18:38, Scotty Thornton (13, High Sierra TC) 18:44, Bob Kadie (13, San Juan St.) 18:56, Tom Graycar (14, Redwood CS) 19:05, Jim Hartinger (14, Pleasant Hill TC) 19:06, Chuck Huneries (14, Redwood CS) 19:10, Pat Scannell (14, Unatt.) 19:13, Kevin Reynolds (13, Pleasant Hill TC) 19:18, Bruce MacMahon (13, Dolphin Club) 19:18, Victor Aguayo (14, Livermore) 19:36, Tommy Owen (11, Redwood City S.) 19:53, Jon Valerga (14, Pleasant Hill TC) 20:29, Robert Martinez (12, Redwood CS) 20:31, Sue Meary (16, Santa Cruzers) 1-F 20:31, Ken Harvey (13, San Juan St.) 20:44, Tim Sutherland (13, San Juan St.) 20:46, Phil Chaney (14, Pleasant Hill TC) 20:57, Mary Cortez (Redwood City St.) 2-F 21:09, John Latting (9, Pleasant Hill TC) 21:10, Eric Strahl (13, Livermore) 21:11, Peter Foster (13, Pleasant Hill TC) 21:30, Nancy Severance (25, Redwood CS) 3-F 21:35, Debbie Finn (19, Redwood City St.) 4-F 21:39, Betsy White (36, WVTC) 5-F 21:41, Kathy Himmelberger (27, WVTC) 6-F 21:45

/Len Thornton/

Table with 2 columns: Rank and Name/Time. Includes entries like Abe Underwood (1-40+ (Buff Chp) 63:51, Ralph Blount 2-40+ (Ophir) 64:59, Greg Tinloy (Gold Spike) 65:09, Robert Malain 3-40+ (NCSTC) 65:40, Pete Schoener (Buff Chp) 65:55, Darcy Burleson 1-F 85:00

/Nick Vogt/

**Monterey, September 14 - Monterey Invitational Run--17 Mile Junior College)**

Table with 2 columns: Rank and Name/Time. Includes entries like Emil Magallanes (Monterey) 19:55, Rich Barraza (Monterey) 20:06, Gil Brooks (San Jose) 20:13, Ken Shlmanino (Marin) 20:14, Tony Munoz (Diablo) 20:15, Mike Emry (Cabrillo) 20:18, Bruce Capri (San Jose) 20:19, Stacy Hanon (San Jose) 20:23, James Ursulo (Mt. Sac) 20:24, Shawn James (San Jose) 20:25, Don Guillario (San Jose) 20:26, Gary Sanchez (San Jose) 20:28, Jack Reime (Cabrillo) 20:30, Tony Ramirez (Fresno) 20:31, Bob Powell (Skyline) 20:34, Art Eddy (Mt. Sac) 20:36, Kian McCarthy (Marin) 20:39, Dave Hoake (Santa Barbara) 20:39, San Jose 55, Monterey 103, Mt. Sac 110, Marin 142, Fresno 144, Skyline 167, Cabrillo 172, Diablo Valley 186, Gavelin 225, Lassen 238, Santa Barbara 259, Porterville 306, Readley 334 (120 Finishers) /Bob Fries/

**Occidental College Cross Country Run, September 14, 4.2 miles. Record: 21:49 Rudd (74)**

Table with 2 columns: Rank and Name/Time. Includes entries like Alan Rudd 21:49, Kenneth Moffitt (22, GNG) 21:58, Maury Greer 22:35, Carlos Alfaro (34, Aztl) 22:59, Gary Dobrentz (28, CCAC) 23:04, Jeff Rawlings 23:09, John Sheehan (West Valley) 23:14, Les Caldera (22, Unatt) 23:20, James Perez (28, GWAA) 23:21, Dave Vendermeer 23:32, Ken Kendall (24 Oxy) 23:34, Keith Stripsky (26, Unatt) 23:36, Jim Bean 23:53, Thomas Cory (27, GPAC) 24:31, Mark Newton 24:32, Sam Nicholson (45, STC) 1-40+ 25:47, Rudy J. Ceja (51, STC) 1-50+ 26:51, R. Takahashi 1-Woman 32:24, 87 finishers /John Brennand/

**Long Beach, September 14 - Long Beach Invitational, 5 miles.**

Table with 2 columns: Rank and Name/Time. Includes entries like Dale Fleet (Jamul Toads) 24:25, Dave Babaracke (San Ferna do TC) 24:26, Dave Harper (Jamul Toads) 24:27, Ron Pryor (Beverly Hills Striders) 24:28, Carl Smith (San Ferna do TC) 24:35, Mike Budler (East LA TC) 24:40, John Schmickrath (Fullerton State) 24:43, Robert Slick (Unattached) 24:45, Joe Carlson (East LA TC) 24:47, Jim Sweeney (Long Beach State) 24:49, Sam Young (Diablo TC) 24:50, Lee Dick (Long Beach State) 24:51, Kent Norton (Fullerton State) 24:56, Mike Avrea (San Diego State) 24:57, Bob Macias (East LA TC) 24:51, Lee Dick (Long Beach State) 24:56, Kent Norton (Fullerton State) 24:56, Mike Avrea (San Diego State) 24:57, Bob Macias (East LA TC) 24:51, Lee Dick (Long Beach State) 24:56, Kent Norton (Fullerton State) 24:56, Mike Avrea (San Diego State) 24:57, East L.A. Track Club 60, Cal State Fullerton 95, Long Beach State 77, Jamul Toads 97, San Fernando Valley 103, Diablo Track 113, San Diego State 161, 49er Track 236, Ron Allice/

Table with 2 columns: Rank and Name/Time. Includes entries like S. Decur (LMM) 13:03, C. Flounoy (SCC) 15:17, M. Gregoire (SCC) 15:53, RRR 40, SCC 46., Women 3 miles: D. Johnson (RRR) 17:42, E. Coursey (BA) 19:31, K. Jewell (LBC) 18:06, D. Banks (RRR) 19:38, L. Miller (Un) 18:44, C. Crowder (Un) 19:39, E. Marquez (RRR) 18:56, T. Teegarden (BA) 19:53, P. Cape (LBC) 19:25, S. Brodock (RRR) 19:59, RRR 34, LBC 48, BA 68, 292 entries. /Ken Karnes/

**Big Bear City Run, September 22, 10.0 miles.**

Table with 2 columns: Rank and Name/Time. Includes entries like Phil Ryan (30, GWAA) 54:31, Bill Scobey (29, Unatt) 55:10, Joe Carlson 55:53, Marvin Rowley (34, CCAC) 56:03, Pat Miller 56:07, Carl Swift 57:22, Carey Simons 57:45, Bob Gordon 57:51, Skip S. Shaffer (36, CCAC) 58:27, Gary Dobrentz (28, CCAC) 59:09, Bill Crum 60:44, Jim Arquilla (23, Unatt) 60:58, Paul Cook 61:42, Tom Gleason (32, Unatt) 63:02, Stewart Boden 63:07, Sam Nicholson (45, STC) 1-40+ 63:52, Ed Almeida 1-50+ 65:28, Siga Albrecht 1-Woman 75:49, Schoolboy 5.0 mile: Phil Shirley 30:15, Raymond Cook (12, SURR) 31:15, Jeff Steinhart 31:27, Becky Villavazo 1-Girl 32:43, Brian Robins 32:50, 67 finishers /pat miller/

**Walnut, September 22 - Walnut Festival Races.**

Table with 2 columns: Rank and Name/Time. Includes entries like Bill Clark (West Valley) 28:21, Ed Schelegle (Aggies) 28:36, Matt Yeo (Aggies) 28:51, John Sheehan (West Valley) 29:04, Mike Emery (Diablo Valley College) 29:14, Pete Sweeney (Aggies) 29:16, Mike McGrath 29:25, Pat Stordahl (Chico) 29:27, Joe Taxiera (Alameda) 29:29, John Ladd (Aggies) 29:37, David Himmelberger (West Valley) 29:44, Jim Emme (Aggies) 29:49, Dale Young (San Diego) 29:50, Dan Anderson (West Valley) 29:57, John Leeper 29:58, Jim Barker 30:03, Lon Berquist (Aggies) 30:04, Jack Leydig (West Valley) 30:08, Rich Chitwood (Aggies) 30:13, Bill Kipp (Sacramento CC) 30:16, Robert Davis (Aggies) 30:18, Earth Janke (Sacramento CC) 30:21, Bob Giles (Aggies) 30:24, Lee Hotchkin 30:28, Dennis Teegarden (NCSTC) 1-40+ 31:39, Phyllis Olrich 1-Woman 35:11, Frank Cuzylo (NCSTC) 1-50+ 36:14, Aggies 45, West Valley 48/SCC 133, DVC 183, 194 entries /Andrew MacCono/, Boys 13-18 race, 3.36 miles: Kevin Searls 17:13, J. Zimmermar 8:07, Bruce Hamilton 17:34, Ed Price 18:08, Matt Dowling 17:58, Dan Harvey 18:32, Girl's 9 and under 1 mile: Meridith Smith (Salinas) 6:35, Girl's 10 & 11 1 mile: Mary Boitano (South End Rowing) 5:43, Colleen Scannell (Walnut Creek) 6:04, Girl's 12 & 13 1 mile: Holly Himenes (Redwood City) 5:34, Debbie Rudolph (Westwood) 5:37, Women's 2.12 mile: Pam Allen (San Juan Striders) 11:56, Sue Munday (San Francisco) 12:06

**William Galaviz 13:26 Randy Horner 13:36 Junior College 3.6 miles:**

Table with 2 columns: Rank and Name/Time. Includes entries like Bobby Thomas 18:27, Dave Contreras 20:09, Ruben Guillen 18:29, Tim Fitzsimmons 20:27, Vicken Simonian 19:10, Dave Vanderveen 20:35, Greg Croad 19:47, Rog Schoonover 20:51, Mitch Thomas 19:53, Andy Gupton 20:07, Girls 15 and under 1 mile: Paula Rose 5:28, Diane Esslinger 5:54, Suzanne Keith 5:34, Linda McGuarrie 5:58, Penny Bridges 5:49, Rocky Villavazo 6:16, Laurie Jewell 5:54, Mike Johnson 6:22, Kim McMillan 5:52, Sharon Hulse 6:23, Girls 15 and over 1 mile: Mary Decker 5:32, Chris Troffer 6:01, Pam Jewell 5:37, Debby Porter 6:10, Debra Johnson 5:40, Linda Brodock 6:13, Kathy Jewell 5:49, Mt. Coursey 6:15, Doreen Assumma 5:49, Susan Brodock 6:30, Seniors (40 and over) races: Nicholson 14:49, Jim Selby 16:19, Aurelio Camacho 15:06, Rich Scully 16:27, Denis Bracher 15:52, Norm Lumian 16:40, Del Linam 15:57, George Bruce 16:58, Jerry Hedges 16:04, Dick Marston 17:01, Open 3.6 miles: Eric Hulst 18:14, Walt Hitt 19:39, Mark Covert 18:22, Carlos Alfaro 19:42, Bill Scobey 19:03, Garry Adams 19:46, Phil Ryan 19:16, Carey Sims 19:48, Roger Davis 19:18, Maury Greer 19:50

**Palo Alto, September 29 - Palo Alto 10 Mile.**

Table with 2 columns: Rank and Name/Time. Includes entries like Dennis Tracy 55:56, G. Putallaz 63:35, Bill Benz 56:41, E. Bergmingham 63:35, John Hangy 58:57, A. Callegos 64:09, Senior Division: Ed Dally 60:19, Rich Goen 71:00, Peter Wood 64:01, JD Whetstone 71:10, Ken Moore 70:35, Phil Conley 72:08, 26 competitors /JA Banich/

**Lawndale, September 29 - Four-Man 10 Mile Medley Relay. Alondra Park.**

Table with 2 columns: Rank and Name/Time. Includes entries like 1. Gothard Street Gang (Davis 4:54, 50:38, Patterson 9:43, Lassegard 15:37, Johnson 20:24), 2. Santa Monica TC "A" 51:53 (Dubus, Ruesse, Harter, Kluever), 3. Moran's Team 55:54 (Moran, Donaldson, Paul, Weilega), 4. Santa Monica TC "B" 58:03, 5. Griffith Park AC 58:04, 6. Beverly Hills Striders "B" 59:20, Over 30 Division: 1. Beverly Hills Striders "A" 54:34 (McKenney 5:01, Larrieu 11:06, Emmerling 16:30, Smartt 21:57), 2. Santa Monica TC 30+ 55:30, 3. Ad Hoc Harriers 66:13, Over 40 Division: 1. Santa Monica TC 40+ 56:26 (Glasser 5:42, Oleson 12:04, Hernandez 17:10, Mundle 21:30), Over 50 Division: 1. Seniors TC 50+ 61:49 (Lowell 6:10, Bryant 11:52, Halpin 18:54, Ceja 24:53), Women's Division: 1. Santa Monica TC (Rona 6:52, 76:09, Smallwood 16:15, Sapriel 23:26, McIntyre 29:36), Under 15 Division: 1. Golden Bears (Steinhart 5:58, 62:04, Low 12:30, Steinhart 17:41, Stafford 25:55), Under 12 Division: 1. Rialto Road Runners "B" 58:56 (Neidorf 5:30, Quinlan 11:55, Trusel 17:27, Cook 24:04), Blind Draw Team Division: 1. Team Number Four (Gimbel 4:55, 53:34, Hedges 12:30, Haas 15:52, P. Ryan 20:17), 30 teams finished /Wes Alderson/



San Diego, September 23 - South Bay Invitational First Division

Hilltop 41, San Marcos 67, Chula Vista 69, University 72, Torrey Pines 121, Lincoln 128.

Winner: Laird (San Marcos) 12:30

Second Division

Fallbrook 29, Bonita Vista 61, Sweetwater 92, Castle Park 93, Mar Vista 117, Carlsbad 126.

Winner: Serrato (Fallbrook) 12:17

Third Division

Crawford 31, Patrick Henry 55, Granite Hills 62, Morse 101, Escondido 113.

Winner: Glenn Best (Crawford) 11:56

Griffith Park, September 28 - SPA 20 Kilo Championships. 9.30 miles.

- 1. Gary Tuttle 61:14
2. Dave Babiraki 62:06
3. Mark Covert 64:47
4. Raymond Hughes (35, SCS) 65:03
5. Pat Miller 65:26
6. Mike Chambliss (SBAA) 65:43
7. Bob Branch (CCAC) 66:24
8. Todd Ferguson 66:24
9. Ronald Kurrle (26, PCC) 67:12
10. Marvin Rowley (34, CCAA) 67:20
11. Carlos Alfaro (34, Aztl) 67:36
12. Skip Shaffer (36, CCAC) 67:41
13. Jerry Smart 1-40+ 68:04
14. Ken Kendall (24, Oxy) 69:35
15. Gary Dobrenz (28, CCAC) 70:37
16. Keith Stripsky (26, Unatt) 70:46
17. Richard Hughes (37, CCAC) 71:21
18. Paul Cook 72:16
19. Charles Barone (GPAC) 72:40
20. Jon Brower (29, CCAC) 73:03
21. William McDermott 73:27
22. Ralph Howard 73:57
23. Irwin Merem (24, CCAC) 73:59
24. Thomas Cory (28, GPAC) 75:04
25. Aurelio Camacho (43, STC) 2-40 75:09
32. Ray Gil (50, STC) 1-50+ 77:14
97 finishers /John Brennan/

Lemoore NAS, September 28 - 1974 NAS Lemoore Cross Country Championship Race

6.5 Mile:

Open Division

- 1. Wayne VanDellen (High Sierra TC) 35:20
2. Bruce Tharp (High Sierra TC) 35:37
3. Rich Petersen (High Sierra TC) 38:46

Military Division

- 1. Phillip Holder (USN) 40:08
2. Roy Halt (USMC) 41:18
3. Wayne Humphreys (USN) 41:36

Jogger Division

- 1. Len Thornton (High Sierra TC) 36:16
2. Marvin Loper (Atwater) 41:32
3. Dale Opp (Corcoran) 39:49

/Keith Westbay/

Pacific Palisades, October 6 - Will Rogers Run.

9.3 miles. Record: 48:53 Chuck Smead (73)

- 1. Phil Ryan (30, GWAA) 49:20
2. Raymond Hughes 35, SCS) 50:55
3. Marvin Rowley (34, CCAC) 51:06
4. Bob Branch (CCAC) 51:21
5. Kaj Johansen 52:32
6. Jeff Rawlings 52:43
7. Carlos Alfaro (34, Aztl) 52:51
8. Keith Stripsky (26, Unatt) 52:55
9. James Perez (28, GWAA) 53:07
10. Alan Haas (27, GWAA) 53:23
11. Bob Arce 53:32
12. John Brennan (39, SBAA) 53:41
13. Bill Entz 53:45
14. Pete Mundle (46, SMAA) 1-40 53:53
15. Frank Bozanich 54:24
16. Skip Shaffer (36, CCAC) 54:55
17. Bill McDermott 55:23
18. Steve Broten 55:23
19. Bob Emmerling (39, MSCS) 56:24
20. John Pagliano (35, GWAA) 56:45
21. Ron Wise 56:45
22. Joe Livesay 57:05
23. Ronald Larrieu (37, Beverly HS) 57:13
24. Enrique Ortega 57:23
25. Mark Judge 57:38
CCAC 58, Aztlan 62, Beverly Hills Striders 62, Golden West AA 71, Seniors TC 75.

Davis, October 5--University of California Cross Country Meet

5 Mile:

- 1. Duffey-----Berkeley----- 24:28
2. Schmuleinicz--Berkeley----- 25:12
3. Yeo-----Davis----- 25:16
4. Sheehan-----Davis----- 25:20
5. Maxwell-----Berkeley----- 25:26
6. Blume-----Berkeley----- 25:32
7. Dean-----Berkeley----- 25:34
8. McGrath-----Davis----- 25:36
9. Martinez-----Davis----- 25:38
10. Clifford-----Berkeley----- 25:40
11. Taxisera-----Davis----- 25:43
12. Scott-----Irvine----- 25:45
13. Howell-----Santa Barbara----- 25:45
14. Sweeney-----Davis----- 25:48
15. Knapp-----Irvine----- 25:50
16. Campbell-----Irvine----- 25:52
17. Schelegle-----Davis----- 25:58
18. Staunton-----Irvine----- 26:17
19. Bernstein-----Irvine----- 26:19
20. Ahlmeyer-----Irvine----- 26:28
21. Schweitzer-----Santa Barbara----- 26:32
22. Reho-----Santa Barbara----- 26:44
23. Betschart-----Berkeley----- 27:00
24. Wojcik-----Santa Barbara----- 27:15
25. Boyet-----Santa Barbara----- 27:24
Berkeley 21, Davis 35, Irvine 80, Santa Barbara 105

San Jose, September 7 - San Jose Cinderellas Invitational

Open Division (2.5 mile):

- 1. Phyllis Olrich (Unattached) 12:12
2. Trason (MPTC) 12:43
3. Chris Sakelarios (RCF) 12:48
4. Pam Bowers (SJC) 12:51
5. Ann Slivkoff (SJC) 12:58
12 & 13 (2.0 mile):
1. Marquite Belk (SJC) 10:32
2. Roxanne Bier (APP) 10:41
10 & 11 (1.5 mile):
1. Tammie Frye (SJS) 8:21
9 & Under (1.5 mile):
1. Jeani Fuller (SJS) 7:58
# of Entries = 128

La Mirada, September 21 - La Mirada Invitational (3 Mile)

Women's 3.0 mile:

- 1. Debbie Johnson (RRR) 17:43
2. Miller (Unattached) 18:44
3. Esther Marquez (RRR) 19:08
4. P. Coursey (BA) 19:12
5. Sue Brodcock (RRR) 20:15
Rialto Road Runners 26, Blue Angels 47.
14-17 2.5 Mile:
1. Kathy Jewell (LBC) 14:39
2. Laura Jewell (LBC) 14:41
3. Linda McQuarrie (LBC) 14:45
4. Doreen Assuma (RRR) 14:59
5. Becky Wolfenbarger (SCC) 15:12
Long Beach Comets 27, Rialto Road Runners 51.
14 & 15 2.5 Mile:
1. J. Waterbury (Orange Coast T-bolts) 15:18
12 & 13 2.0 Mile:
1. P. Rose (Unattached) 11:44
10 & 11 1.5 Mile:
1. Mari Gibbs (Lakewood Internat) 8:23
9 & Under 1.0 Mile:
1. L. Jewitt (RRR) 6:05

La Palma, October 5 - Anaheim District Meet.

Glover Park, 2 miles.

- 1. Ralph Serna (Loara) 9:28
2. Bob Gallagher (Loara) 9:50
3. Mike Welter (Los Alamitos) 10:01
4. Mike Murray (Cypress) 10:03
5. Steve Blemer (Western) 10:05
6. Paul French (Loara) 10:11
7. Jim Brannon (Western) 10:14
8. Moses Johnson (Western) 10:16
9. Gregg Lundberg (Los Alamitos) 10:17
10. Jim Rupp (Kennedy) 10:19
11. Kevin Livengood (Cypress) 10:20
12. David Dahl (Kennedy) 10:26
13. Doug Obriagawith (Loara) 10:33
14. Tony Valentino (Kennedy) 10:34
15. Mark Miller (Western) 10:35
Loara 41, Western 56, Los Alamitos 63, Cypress 107, Kennedy 117, Savannah 147, La Palma 171, Magnolia 211, Anaheim 222. /Brazil/

Wasco, October 5--17th Annual Wasco Invitational Cross Country Meet

Varsity 3 mile:

- 1. Bobbie Bray (North, Bkfld.) 14:51
2. Robert Jolley (Mt. Whitney) 14:59
3. Don Lohse (Hanford) 15:04
4. Luis Arreolia (San Luis) 15:10
5. Sammy Garcia (Wasco) 15:14
6. Randy White (Shafter) 15:19
7. Ed Taylor (Tulare) 15:26
8. Dan Oliver (San Luis) 15:29
9. Ed Thoma (San Luis) 15:30

Fresno(Woodward Park), October 5- 10th Annual Fresno Invitational

7th Grade Girls - 1.0 mile

- 1. Terri Clark(P.C. Pacers) 5:42
2. Jennifer Heaton(Clark) 5:57
3. Colleen Davidson(PC Pacers) 5:57
4. Rosie Cervantes(Clark) 6:01
5. Chris Grieco (Ahwahnee) 6:16
Clark Intermediate 15, Washington(Sanger) 40.
21 finishers

8th & 9th Grade Girls - 2.0 miles

- 1. Tammy Glaspie (PC Pacers) 12:37
2. Isabel Jaramillo (Clark) 12:48
3. Lore Tone (Sierra) 12:58
4. Becky Kamps (Hamilton) 13:06
5. Huebner (Wawona) 13:27
Washington(Sanger) 25, Clark Intermediate 34.
32 finishers

7th Grade Boys - 2.0 miles

- 1. Guillermo Salcido (Tenaya, Merced) 11:20
2. Manuel Flores (Coalinga) 11:30
3. Felipe Rodriguez (Wawona) 11:35
4. Robert Salcido (Tenaya, Merced) 11:36
5. Frank Solis (Tenaya, Merced) 11:38
Tenaya(Merced) 29, Clark 80, Hamilton 82, Tioga 105, P.W. Engvall 135, Kings Canyon 139, Ahwahnee 142, Ft. Miller 185. 93 finishers

8th Grade Boys - 2.0 miles

- 1. Scott Thornton (Ahwahnee) 10:35
2. Russell Riddell (Ft. Miller) 10:46
3. Ramon Ramirez (John Muir) 11:02
4. Ken Beatty (Ahwahnee) 11:11
5. Jesse Garcia (Clark) 11:12
Tenaya(Merced) 45, Clark 57, Coalinga 57, Sierra 87, Washington(Sanger) 109, Hamilton 141.
75 finishers

9th Grade Boys - 2.0 miles

- 1. Mike Castillo (Tioga) 10:35
2. Steve McDonald (Ahwahnee) 10:40
3. Eric Little (Ahwahnee) 10:42
4. John Hunter (Irwin) 10:50
5. Neil Stockton (Ahwahnee) 10:52
Ahwahnee 35, Tenaya 38, Hamilton 79, Tioga 80.
38 finishers

High School Girls - 2.0 miles

- 1. Carmen Alderete (S. Bakersfield) 12:40
2. Connie Hester (Chowchilla) 13:03
3. Cindy Estrada (S. Bakersfield) 13:05
4. Stephanie Duran (Bakersfield) 13:14
5. Sharon Halper (Hoover) 13:19
S. Bakersfield 33, Clovis 44, Bakersfield 49.
33 finishers

High School #1 Man Race 2.0 miles

- 1. Alfred Lara (Hoover) 9:41
2. Manuel Perez (Corcoran) 10:01
3. J. Martinez (Madera) 10:02
4. Burt Ellison (Bakersfield) 10:03
5. Hector Garcia (Redwood) 10:12

High School #2 Man Race - 2.0 miles

- 1. Bryan Foley (Hoover) 9:44
2. Lawrence Carranza (Madera) 10:00
3. Richard Vrsin (Bakersfield) 10:12
4. George White (Rosevelt) 10:17
5. Jon Weinmann (E. Bakersfield) 10:23

High School #3 Man Race - 2.0 miles

- 1. David Cordes (Bakersfield) 10:19
2. Jose Renteria (Madera) 10:19
3. Gary Estrada (S. Bakersfield) 10:34
4. Brian White (Bullard) 10:34
5. Rus Pickett (Clovis) 10:34

High School #4 Man Race - 2.0 miles

- 1. Frank Frausto (Madera) 10:10
2. Mike Thornton (Hoover) 10:24
3. Keith Cowan (Bullard) 10:31
4. Jimmy Solario (Corcoran) 10:33
5. Tim Wilson (Lemoore) 10:37

High School #5 Man Race - 2.0 miles

- 1. Bob Hostmyer (Hoover) 10:13
2. Ray Rubio (Madera) 10:19

Large Schools: Hoover 50:49, Madera 50:50, Bakersfield 52:04, East Bakersfield 53:10, Clovis 53:23, Redwood 53:33, Fresno 54:27, Roosevelt 54:32, Bullard 54:40, Sanger 59:21. Small Schools Corcoran 52:47, Selma 53:25, Lemoore 54:05, Dos Palos 55:01, Central 56:40, Sierra 57:16, Tranquillity 57:23, Riverdale 60:15, Chowchilla 64:23.

College - Open Race - 6.0 miles

- 1. Domingo Tibaduiza (Nevada) 30:11
2. Hans Menet (Nevada) 30:15
3. Ron Zarate (Nevada Track Club) 30:16
4. Wayne Badgley (Big Valley Harriers) 30:22
5. Tony Sandoval (Stanford) 30:33
6. Jack Bellah (Stanford) 30:45
7. Ben DeLaGarza (Nevada) 31:01
8. Guy Artherholt (Fresno State) 31:08
9. Mark McConnell (Stanford) 31:12
10. Greg Hall (Unattached) 31:27
11. Mike Jurkovich (Fresno State) 31:39
12. Art Brown (Stanford) 31:42
13. Don Gregory (Fresno Pacific) 31:42
14. Gil Gonzales (Unattached) 31:53
15. Tom Wysocid (Nevada) 31:56
16. Bill Scooby (Beverly Hills Striders) 31:58
17. Chris Berka (Stanford) 32:02
18. Tom Chavez (Fresno State) 32:03
19. Frank Boutin (Stanford) 32:07
20. Jairo Vargas (Nevada) 32:07
21. Pat Phelan (Fresno State) 32:17
22. Terry Ybarra (Nevada) 32:19
23. Jim Hartig (Fresno Pacific) 32:20
24. Dave Ingraham (Stanford) 32:24
25. Alex Fierros (High Sierra TC) 32:32
Nevada(Reno) 34, Stanford 35, Fresno State 64, Fresno Pacific 103, High Sierra TC 133.
64 finishers /Red Estes/

Costa Mesa, October 5 - Costa Mesa Invitational 2 miles.

Top Individuals:

- Kolar(CM): 9:52 St. John(MD) 10:11
Hawkinson(CM) 10:16
Dowling (MD) 10:01 Fritz(PV) 10:18
Zaragoza(L) 10:05 Alvarado(L) 10:21
Dulaney(PV) 10:06 Keating(MD) 10:23
Jury(PV) 10:06 Wyman(PV) 10:24
Young(CM) 10:07 Lester(CM) 10:24
Thompson(CM) 10:09 Ellis(CM) 10:10

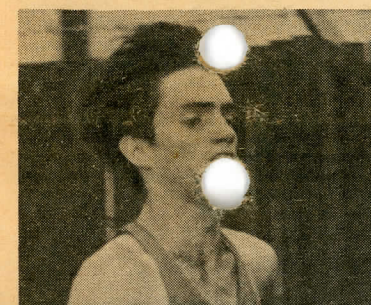
Top Team Times:

- Costa Mesa 50:34, Palos Verdes 51:25, Mater Dei 52:03, Lakewood 52:34. /Ted Brazil/

San Francisco, October 5 - Golden Gate Invitational (Junior College)

4.2 Mile:

- 1. Jim van Dine (San Mateo) 20:51
2. Rich van Slyke (Delta) 21:00
3. Ted Quintana (Chabot) 21:01
4. Roger Casillas (Delta) 21:02
5. Gary Sanchez (San Jose) 21:10
6. Matt Somner (West Valley) 21:11
7. Shawn James (San Jose) 21:15
8. Gary Singer (Delta) 21:19
9. Tony Ramirez (Fresno) 21:19
10. Gil Brooks (San Jose) 21:21
11. Bill Kipp (Sacramento) 21:22
12. Actie (West Valley) 21:23
13. Mike Payne (American River) 21:29
14. Mike Dayton (D.V.C.) 21:31
15. Gary Green (American River) 21:33
16. Perez (Delta) 21:34
17. Rich McCandless (West Valley) 21:38
18. Tony Muniz (Cabrillo) 21:39
19. Ned Baird (Fresno) 21:40
20. Lynn Ryan (San Jose) 21:40
Delta 1:46:51, San Jose 1:47:00, West Valley 1:48:08, American River 1:50:30, San Mateo 1:51:48, Fresno City 1:51:55, DeAnza 1:52:52, Sacramento 1:52:54, Modesto 1:54:30, Marin





6. Guy Artherholt (Fresno) 31:43
  7. Greg Hall (Unattached, Fresno) 31:48
  8. Larry Greer (Long Beach) 31:49
  9. Ken Phelps (Long Beach) 31:58
  10. Jim Schankel (Cal Poly) 31:58
- /Red Estes/



LASSEN COLLEGE STANDOUT: BRUCE CAPUTO

3. Yeo----- Davis----- 25:16
4. Sheehan----- Davis----- 25:20
5. Maxwell----- Berkeley----- 25:26
6. Blume----- Berkeley----- 25:32
7. Dean----- Berkeley----- 25:34
8. McGrath----- Davis----- 25:36
9. Martinez----- Davis----- 25:38
10. Clifford----- Berkeley----- 25:40
11. Taxiera----- Davis----- 25:43
12. Scott----- Irvine----- 25:45
13. Howell----- Santa Barbara----- 25:45
14. Sweeney----- Davis----- 25:48
15. Knapp----- Irvine----- 25:50
16. Campbell----- Irvine----- 25:52
17. Schelegle----- Davis----- 25:58
18. Staunton----- Irvine----- 26:17
19. Bernstein----- Irvine----- 26:19
20. Ahlmeyer----- Irvine----- 26:28
21. Schweitzer----- Santa Barbara----- 26:32
22. Reho----- Santa Barbara----- 26:44
23. Betschart----- Berkeley----- 27:00
24. Wojcik----- Santa Barbara----- 27:15
25. Boyet----- Santa Barbara----- 27:24

Berkeley 21, Davis 35, Irvine 80, Santa Barbara 105  
(28 Finishers) /Bill Adams/

La Crescenta Park, October 5 - **Kenny Staub**  
Invitational, 2 miles.

**Large Schools:**

Moses(CV) 10:06	Malleren(SM) 10:29
Sorenson(Up) 10:08	Silva(B) 10:30
Van Fleet(SM) 10:17	Bleeker(SM) 10:31
Chillingworth(SM) 10:20	Prince(Wstm) 10:34
Miller(G) 10:26	Richardson(CV) 0:38

San Marino 33, Upland 91, Hoover 127, Glendale, Burbank, Westminster, Crescenta Valley,

**Small Schools:**

Hulst(LB) 10:04	Bechman(LC) 10:36
Hovland(LC) 10:27	Lusche(LC) 10:37
Schultz(SP) 10:30	Marple(LB) 10:48
Frame(LC) 10:31	Villeneuve(SB) 10:52
Martin(Rdo) 10:32	Speker(LC) 10:56

La Canada 29, Laguna Beach 55, South Pasadena 60, Redondo, St. Bernard. /Ted Brazil/

Fountain Valley, October 5 - Blue Angels Sports Festival, Mile Square Park, 4laps with 3 water jumps and two fences per lap. Total distance 10,128 meters.

Lou Patterson 32:32	Ed Haver 34:41
Harvey Kluevns 32:50	Jerry Smartt 34:53
Greg Beal 32:51	Glen Leckman 35:02
Darren George 33:02	M. Kelly 35:08
Phil Wingard 33:25	C. Boatwright 35:13
Jose Saavedra 33:26	Bill McDormott :21
Steve Kent 33:29	S. Gallegds 35:29
Howard Burgess 33:54	Eric Hudson 35:31
A. Sendejas 33:54	Steve Broten 35:35
J. McAndrew 34:06	Mike Maron 35:50

142 finishers /Wes Alderson/

**Porterville Invitational**, October 5. Bartlett Park.

1. Emil Magallanes (Monterey Pen) 20:32
  2. Steve Galbraith (Hancock) 20:34
  3. Stacy Hanoum (Gavilan) 21:05
  4. Richard Barraza (Monterey Pen) 21:07
  5. Tom Beck (Monterey Pen) 21:12
  6. Tim Hampton (Antelope Valley) 21:17
  7. Bob Powell (Skyline) 21:20
  8. Roger Fabing (Hancock) 21:30
  9. Rich Maher (Merced) 21:33
  10. John Moreno (Skyline) 21:36
  11. Mike Martin (Hancock) 21:44
  12. Berry Dyer (Monterey Pen) 21:45
  13. John Avila (West Hills) 21:50
  14. Collins Gaisie (Porterville) 21:52
  15. Lupe Vargas (Merced) 21:55
- 4.0 miles: Monterey Peninsula 46, Hancock 73, Skyline 107, Antelope Valley 126, West Hills 131, Gavilan College 151, Porterville 161, Reedley 170, Merced 185, Hartnell 202. /A. Nelson/

8. Moses Johnson (Western) 10:16
  9. Gregg Lundberg (Los Alamitos) 10:17
  10. Jim Rupp (Kennedy) 10:19
  11. Kevin Livengood (Cypress) 10:20
  12. David Dahl (Kennedy) 10:26
  13. Doug Obrigawitch (Loara) 10:33
  14. Tony Valentino (Kennedy) 10:34
  15. Mark Miller (Western) 10:35
- Loara 41, Western 56, Los Alamitos 63, Cypress 107, Kennedy 117, Savannah 147, La 171, Magnolia 211, Anaheim 222. /Brazil/

Wasco, October 5--17th Annual Wasco Invitational Cross Country Meet

- Varsity 3 mile:**
1. Bobbie Bray (North, Bkfld.) 14:51
  2. Robert Jolley (Mt. Whitney) 14:59
  3. Don Lohse (Hanford) 15:04
  4. Luis Arreolia (San Luis) 15:10
  5. Sammy Garcia (Wasco) 15:14
  6. Randy White (Shafter) 15:19
  7. Ed Taylor (Tulare) 15:26
  8. Dan Oliver (San Luis) 15:29
  9. Ed Thoma (San Luis) 15:30
  10. Lupe Arguello (Wasco) 15:33
  11. David Reil (West, Bkfld.) 15:34
  12. Ed Weaver (San Luis) 15:35
  13. Dave Morledge (West, Bkfld.) 15:39
  14. Jon Wegener (Coalinga) 15:50
  15. Aaron Grumbles (North, Bkfld.) 15:52
  16. Harian Shanklin (Foothill, Bkfld.) 15:56
  17. Greg Bozzo (Mt. Whitney) 16:01
  18. Vimenz (Foothill, Bkfld.) 16:02
  19. Reggie Medina (Arvin) 16:02
  20. Billy Santillan (Wasco) 16:03
  21. Joe Armendariz (Foothill, Bkfld.) 16:05
  22. Jon McDowell (Hanford) 16:09
  23. Al Meyer (Shafter) 16:13
  24. Wayne Millar (San Luis) 16:15
  25. Kevin Kelly (West, Bkfld.) 16:15
- San Luis 53, Wasco 119, Foothill 119, West 122, Hanford 130, North 131, Arvin 148, Shafter 185, Coalinga 193, Mt. Whitney 209, Highland 265, (84 Finishers) /Andy Darby/

Santa Rosa, October 5 - **Cal State Sonoma** Invitational Cross Country Run --5 Mile:


- Open Division**
1. Tie: Jim Nuccio (WVTC) 26:16
  - George Stewart (WVTC)
  3. Skyler Jones (WVTC) 27:03
  4. Darryl Beardall (Marin AC) 27:59
- Women's Division**
1. Debbie Finn (Redwood City Striders) 32:59
  2. Mary Cortez (Redwood City Striders) 35:12
  3. Caron Schaumborg (Sonoma) 39:27
  4. Kim Daniels (Sonoma) 41:21

San Francisco, October 6 - **Lake Merced** Run

- 7.1 Mile:**
1. Tim Peterson 35:06
  2. Bill Clark 35:14
  3. Jim Dare 35:29
  4. Daryl Zapata 35:53
  5. John Hayes 35:57
  6. Doug McLean 36:07
  7. John Loeschorn 36:15
  8. Bobby Darling 36:27
  9. Mike Conroy 36:43
  10. Dennis Tracey 37:07
  11. Dave Himmelberger 37:18
  12. Joe Lucas 37:23
  13. Jack Leydig 37:28
  14. Jim Shettler (#1 40+) 37:41
  15. William Benz 38:09
  16. Dick Schupbach 38:11
  17. Clark Rosen 38:15
  18. Ross Smith 38:17
  19. Kent Guthrie 38:49
  20. Wayne Plymale 38:59
  48. Joan Ulyot (#1 W) 44:31
- (179 Finishers) /Alex Monterrosa/

1. Manuel Perez (Corcoran) 10:41
  2. J. Martinez (Madera) 10:42
  3. Burt Ellison (Bakersfield) 10:43
  5. Hector Garcia (Redwood) 10:12
- High School #2 Man Race - 2.0 miles**
1. Bryan Foley (Hoover) 9:44
  2. Lawrence Carranza (Madera) 10:00
  3. Richard Vrsin (Bakersfield) 10:12
  4. George White (Roosevelt) 10:17
  5. Jon Weimann (E. Bakersfield) 10:23
- High School #3 Man Race - 2.0 miles**
1. David Cordes (Bakersfield) 10:19
  2. Jose Renteria (Madera) 10:19
  3. Gary Estrada (S. Bakersfield) 10:34
  4. Brian White (Bullard) 10:34
  5. Rus Pickett (Clovis) 10:34
- High School #4 Man Race - 2.0 miles**
1. Frank Frausto (Madera) 10:10
  2. Mike Thornton (Hoover) 10:24
  3. Keith Cowan (Bullard) 10:31
  4. Jimmy Solaric (Corcoran) 10:33
  5. Tim Wilson (Lemoore) 10:37
- High School #5 Man Race - 2.0 miles**
1. Bob Hostmyer (Hoover) 10:13
  2. Ray Rubio (Madera) 10:19
  3. Paul Giesbracht (Bakersfield) 10:49
  4. Dennis Morley (Clovis) 10:49
  5. John Blumberg (Fresno) 10:52

- 4.2 Mile:**
1. Jim van Dine (San Mateo) 20:51
  2. Rich van Slyke (Delta) 21:00
  3. Ted Quintana (Chabot) 21:01
  4. Roger Casillas (Delta) 21:02
  5. Gary Sanchez (San Jose) 21:10
  6. Matt Somner (West Valley) 21:11
  7. Shawn James (San Jose) 21:15
  8. Gary Singer (Delta) 21:19
  9. Tony Ramirez (Fresno) 21:19
  10. Gil Brooks (San Jose) 21:21
  11. Bill Kipp (Sacramento) 21:22
  12. Actie (West Valley) 21:23
  13. Mike Payne (American River) 21:29
  14. Mike Dayton (D. V. C.) 21:31
  15. Gary Green (American River) 21:33
  16. Perez (Delta) 21:34
  17. Rich Mc Candless (West Valley) 21:38
  18. Tony Muziz (Cabrillo) 21:39
  19. Ned Baird (Fresno) 21:40
  20. Lynn Ryan (San Jose) 21:40
- Delta 1:46:51, San Jose 1:47:00, West Valley 1:48:08, American River 1:50:30, San Mateo 1:51:48, Fresno City 1:51:55, DeAnza 1:52:52, Sacramento 1:52:54, Modesto 1:54:30, Marin 1:56:01, Chabot 1:57:00, Foothill 2:00:15, Cabrillo 2:02:40, Contra Costa 2:05:50, C. O. S. 2:06:15, Canada 2:07:38  
(160 Finishers) /Bob Fries/



STATE CENTER

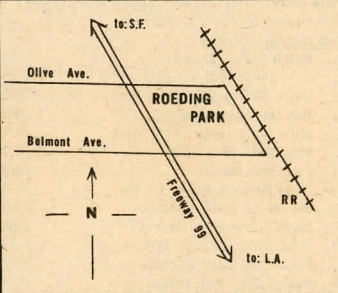
# FIVE MAN

# 15 MILE RELAY

NOVEMBER 24  
2:00 PM


UNATTACHED ATHLETES COME AND JOIN A PICK UP TEAM

For more information and entry blanks write 15 Mile Relay, 1936 South Hazelwood, Fresno, California 93702.



ROEDING PARK  
FRESNO

NOTE: Change of date and time. Formerly scheduled for November 23, 11:00 am.



- DIVISIONS**
- OPEN: Colleges and Clubs
- HIGH SCHOOL: From same school
- JUNIOR HIGH: From same school
- MASTERS: All members over 40.
- WOMENS: All members female
- PICK-UP: Any combination
- AWARDS**
- ENGRAVED WATCHES to each member of the first team to cross the finish line regardless of division.
- PLAQUES to each member of the first place teams in each division.
- RIBBONS to each member of 2nd, 3rd, 4th, and 5th place teams in each division.



Fountain Valley, October 5 - Blue Angel Sports Festival

- 9-Under Girl's 1 Mile:**
- Sandra Katzer (LBC) 6:32
  - Kathy Kiernan (BA) 6:37
  - Lisa Jewitt (RRR) 6:45
  - Regina Crawford (RRR) 6:58
  - Corina Quezada (SCC) 6:58
  - Kerry Vanderschuit (BA) 6:59
  - Kim Tanabe (BA) 7:00
  - Paulette Willis (LBC) 7:06
  - Andrea Rolfe (LBC) 7:09
  - Tina Houston (RRR) 7:10

Rialto Road Runners (A) 42, Blue Angels 59, Long Beach Comets 61, So. Calif. Cheetahs 83, Rialto Road Runners (B) 143.

- 10-11 Girl's 1.5 Mile:**
- Kristi Wilson (BA) 8:35
  - Andrea Kirkhorn (BA) 8:42
  - Danielle Mojica (SCC) 8:44
  - Kelly Cerda (Unattached) 8:46
  - Tracy Hughes (Unattached) 9:00
  - Sharon Hatfield (BA) 9:02
  - Lenell Waskow (RRR) 9:07
  - Vickie Cook (RRR) 9:10
  - Shelly Kaplan (RRR) 9:11
  - Tracy Melvin (BA) 9:13

Blue Angels 35, Rialto Road Runners (A) 47, So. Calif. Cheetahs 108, Rialto Road Runners (B) 112, Long Beach Comets 189, VGTC 216, Santa Barbara Sandpipers 288.

- 14-15 Girls:**
- Marsha Pierce (LMM) 15:51
  - Ann Mandoy (SBS) 16:04
  - Marie Albert (RRR) 16:12
  - Penny Reneau (BRR) 16:20

- 14-17 Girls:**
- Laurie Jewell (LBC) 15:13
  - Carol Flournoy (SCC) 15:21
  - Becky Wolfenbarger (SCC) 15:41
  - Janet Waterbury (SCC) 15:46
  - Teresa Caudillo (LBC) 15:53
  - Donna Schellhaus (BA) 15:58

Long Beach Comets 40, Blue Angels 59

- Women's Division:**
- Kathy Jewell (LBC) 17:30
  - Debra Johnson (RRR) 17:51
  - Marjorie Kaput (PTC) 18:16
  - Doreen Assumma (RRR) 18:28
  - Patty Cape (LBC) 19:06
  - Sandy Brodock (RRR) 19:52
  - Olores Banks (RRR) 19:56
  - Marilyn Pierce (LBC) 20:04
  - Linda Green (BA) 20:07
  - Janet Herzfeld (LBC) 20:23

Rialto Road Runners 31, Long Beach Comets 35, Blue Angels 91.

- Men's 10,000 Meter Racewalk:**
- Rudy Haluza 48:28
  - Bob Hickey 48:29
  - Stan Bernardo 49:14
  - Mike Hickey 51:49
  - Bob Wehinger 58:44
  - Leonard Burkhead 59:28

- Girl's 5,000 Meter Racewalk:**
- Esther Marquez (RRR) 26:08
  - Susan Brodock (RRR) 26:44
  - Linda Brodock (RRR) 28:04
  - Joy Brodock (RRR) 28:25
  - Christina Johnson (BA) 28:56
  - Debra Kelly Villavazso (RRR) 29:10
  - Lisa Metheny (RRR) 29:10

Half Moon Bay, October 5 - Artichoke Invitational

- Ken McBride (Half Moon Bay) 12:20
- Rich Hill (Half Moon Bay) 12:29
- David Colburn (R. L. Stevenson) 12:33



LONG BEACH STATE RUNNERS GET OFF TO A FAST START

Long Beach, October 12 - U.S.T.F.F. 10,000 meter.

- Dave Babiracki (San Fernando TC) 31:03
- Micheal Burke (US International U.) 31:11
- Carl Smith (San Fernando TC) 31:19
- Gordon Innes (UCLA) 31:21
- Jim Sweeney (Long Beach State) 31:22
- Kent Norton (Fullerton State) 31:30
- Lewis Patterson (East LA TC) 31:30
- John Schictall (Fullerton) 31:31
- Mark Kushner (UCLA) 31:34
- Bob Wilson (Long Beach State) 31:34
- Jerry Swartz (Santa Monica TC) 31:55
- Mike Dyer (Long Beach State) 32:00
- Garry Nitti (UCLA) 32:03
- Larry Greer (Long Beach State) 32:04
- Tomas Rodriguez (Long Beach State) 32:06

Long Beach State 60, UCLA 83, Fullerton State 91, Santa Monica Track Club 94, East L.A. TC 127, USIU Track Club 164. /Ron Alice/

Morro Bay, October 12--Morro Bay Invitational Varsity 3 mile:

- Eric Huff (Dago Robles) 14:37

Folsom, October 12 - Maria Duncan Invitational Large Schools Varsity:

- Jim Mebist (BV) 16:56
- Feenstra (Jesuit) 17:03
- Don Thomas (BV) 17:08
- Sutherland (Cordova) 17:24
- Wulff (Jesuit) 17:30
- Read (Jesuit) 17:34
- Smith (Cordova) 17:37
- Stackey (Cordova) 17:42
- Sagomas (Jesuit) 17:42
- Tim Halpern (Sierra) 17:43
- Tim Farrell (La Sierra) 17:52
- Bill Mumma (Del Camp) 17:59
- Art Baudegdistel (Highlands) 18:04
- Freeman (La Sierra) 18:09
- Tom Getcheel (BV) 18:13

Small Schools Varsity:

- Kent Folsom (South Tahoe) 17:46
- Rick L... (Oro) 18:04
- Greg Hitchcock (South Tahoe) 18:17
- Tom Hurst (Rio Linda) 18:20
- Mike Wright (Vandenberg) 18:24
- Jack Belyea (South Tahoe) 18:32
- Mike Sophie (Vandenberg) 18:37
- Mickey McAviney (South Tahoe) 18:38

Concord, October 12 - Orinda Invitational Cross Country Run

- Women's Division (2.5 miles):**
- Teri Anderson (SJC) 13:24
  - Judy Graham (SJC) 13:25
  - Cyndy Poor (SJC) 13:43
  - Amy Haberman (SJC) 13:51
  - Phyllis Orlrich (Unattached) 14:01
  - Estella Guina (SJC) 14:08
  - Val Eberly (SJC) 14:21
  - Arleen Mears (SJC) 14:25
  - Diane Dimmick (SJC) 14:27
  - Val Cooper (SJC) 14:29

- 14-15 Girl's Division (2.5 miles):**
- Lisa Greenberg (SJC) 13:48
  - Kathy Adams (WS) 13:49
  - Pam Bowers (SJC) 14:09
  - Ann Trason (S) 14:28
  - Janet Burns (SJC) 14:31
  - Chris Sakelarios (RCF) 14:38
  - Karen Van Tassel (SJS) 14:49
  - Reany Wolfe (RCF) 15:07
  - Karen Nachbar (WS) 15:13
  - Dee Dee Eddy (SJS) 15:18

- 12-13 Girl's Division (2.0 miles):**
- Marquite Belk (SJC) 10:47
  - Karen Bain (WS) 10:58
  - Roxanne Bier (APP) 10:59
  - Jody Cobb (S) 11:20
  - Caron Choy (S) 11:23
  - Brenda Hoskins (WS) 11:33
  - Michelle McKeen (SJS) 11:36
  - Tracy Miller (SJC) 11:37
  - Jeanett Allred (SJS) 11:39
  - Nanette Rianda (S) 11:54

10-11 Girl's Division (1.5 miles): (No times available)

- Sherry Grijalua (S)
- Sandy Beauchamp (WS)
- Carol Gleason (C)
- Georgette Harris (APP)
- Tammie Frye (SJS)
- Sue Martinez (Unattached)
- Suzette McKeen (SJS)
- Lorna West (C)
- Tiffany Choy (S)
- Tammy Reneau (BRR)

9-Under Girl's Division (1.0 mile):

- Jeani Fuller (SJS) 5:43
- Michele Miller (APP) 5:57
- Meredith Smith (S) 6:00
- Kim Salinas (APP) 6:01
- Gina Miller (S) 6:06
- Cindy Krieg (RCF) 6:12
- Laura Carnes (C) 6:17
- Diana Barwell (R) 6:18
- Janice Bain (WS) 6:21
- Tina Kruse (SC) 6:23

12-13 Boy's Division (2.0 miles):

- Ray Eddy (SJS) 10:29
- Bob Kadie (SJS) 10:46
- Benny Sells (S) 10:55
- Tim Sutherland (SJS) 11:00
- Tom Krause (PH) 11:08
- Ronnie Mattson (VM) 11:09
- Steve Burke (S) 11:10
- Peter Foster (PH) 11:10
- Ken Harvy (SJS) 11:10
- John Wright (STC) 11:21

10-11 Boy's Division (1.5 mile):

- Wendell Sells (S) 8:03
- Jim Scattini (S) 8:04
- Nick Sakelarios (RCF) 8:14
- Don Aviles (RCF) 8:16
- Dezi Bunting (RCF) 8:17
- Joe Olvera (S) 8:22
- Gary Lekander (S) 8:24



DAN GRUBER (SAN JOSE STATE)

Belmont, October 12 - San Mateo Invitational. Hallmark course, 4.2 miles.

Large College Division:

- Henry Perez (Delta) 20:50
- Roger Cassilas (Delta) 20:53
- Rich McCandless (West Valley) 21:01
- Matt Somer (West Valley) 21:03
- Tony Ramirez (Fresno) 21:11
- Mark Payne (American River) 21:19
- Ted Quintana (Chabot) 21:23
- Gary Tucker (Delta) 21:30
- Gary Green (American River)
- Artie Rios (West Valley) 21:39
- Mike Emery (Diablo Valley) 21:41
- Ned Baird (Fresno) 21:44
- Martin Qualle (Modesto) 21:45
- Joe Cardova (Delta) 21:47
- Jerry Tucker (Delta) 21:52

San Joaquin Delta 66, West Valley College 66, American River 117, Diablo Valley 162, College of San Mateo 167, College of Marin 178, Santa Rosa 186, Chabot 192, Modesto 192, San Francisco 276.

Small College Division:

- Paul Frederickson (DeAnza) 21:14
- Jack Reime (Cabrillo) 21:28
- Michael Gar... (Consummes) 21:36
- Richard Bar... (Monterey) 21:47
- Greg Eger (DeAnza) 21:51
- Tom Beck (Monterey) 21:58
- Tony Munoz (Cabrillo) 22:02
- Jim Howard (Consummes) 22:03
- Bob Powell (Skyline) 22:06
- Marty Higgenbotham (Sequoias) 22:15



8. Marilyn Pierce (LBC)	20:07
9. Linda Green (BA)	20:07
10. Janet Herzfeld (LBC)	20:23
Rialto Road Runners 31, Long Beach Comets 35, Blue Angels 91.	
<b>Men's 10,000 Meter Racewalk:</b>	
1. Rudy Haluza	48:28
2. Bob Hickey	48:29
3. Steve Bernardo	49:14
4. M. [redacted]	51:49
5. [redacted]	58:44
6. Leonard Burkhead	59:28
<b>Girls's 5,000 Meter Racewalk:</b>	
1. Esther Marquez (RRR)	26:08
2. Susan Brodock (RRR)	26:44
3. Linda Brodock (RRR)	28:04
4. Jo [redacted] Brodock (RRR)	28:25
5. [redacted] (BA)	28:56
6. [redacted] Villavazso (RRR)	29:10
[redacted] Lisa Metheny (RRR)	29:10

**Half Moon Bay, October 5 - Artichoke Invitational**

1. Ken McBride (Half Moon Bay)	12:20
2. Rich Hill (Half Moon Bay)	12:29
3. David Colburn (R. L. Stevenson)	12:33
4. Terry Lomax (Albany)	12:37
5. Randy Remilong (Half Moon Bay)	12:54
6. Dave Lopez (St. Mary's)	12:56
7. Eric Lindsey (San Lorenzo Valley)	13:01
8. Jerry Fitch (St. Mary's)	13:02
9. Chuck Arnold (Half Moon Bay)	13:03
10. Karl Mendliols (Half Moon Bay)	13:10
11. Joe Shelby (Albany)	13:13
12. John Fugazi (St. Mary's)	13:16
13. Chris Avalos (St. Joseph's)	13:16
14. Elliott Brubaker (Los Banos)	13:23
Half Moon Bay 27, St. Mary's 63, Los Banos 93, Stevenson 112, St. Joseph's 137, Boys Ranch 188, /Dick Calvin/	

**Danville, October 12 - San Ramon Invitational.**

**Large Schools Varsity:**

Johnson(Sky)	8:18	Dowling(CP)	8:42
Crimer(Mt D)	8:29	Rudy(CV)	8:42
Searls(CP)	8:30	Horuig(CV)	8:45
Schulz(Red)	8:32	Weed(Eur)	8:46
Smith(MSJ)	8:37	Steferson(CV)	8:47
Castro Valley 71, Skyline 81, Redwood 107, Ygnacio Valley 115, College Park 118, Mt. Diablo 138, Eureka 141, Mission San Jose 228, Berkeley 250, Irvington 259, Antioch 271, Pin. Valley 299, Oakland 328, Napa 344.			

**Medium Schools Varsity:**

Kissin(SRam)	8:22	Baze(T)	8:49
Sanchez(K)	8:36	Lauge(TN)	8:52
Green(SRaf)	8:40	Vincent(W)	8:57
Lacey(T)	8:47	Sabo(Al)	8:57
Harvey(Dub)	8:48	Acosta(Al)	8:58
San Rafael 73, San Ramon 86, Alameda 110, Amador 115, Tamalpais 118, Terra Nova 139, Kennedy 144, Tennyson 162, Washington 190, DeAnza 219, Ukiah 223, Dublin Inc.			

**Small Schools Varsity:**

Patterson(DV)	8:25	Burke(DLS)	8:54
Aldridge(Pet)	8:26	Thibodeau(Mir)	8:55
Conway(DLS)	8:50	Brander(Pet)	8:57
Haas(Mir)	8:51	Herzog(DV)	8:58
Havegen(Enc)	8:52	Tutino(MV)	8:59
Del Valle 82, Miramonte 88, Encinal 90, Pet-aluma 93, Pleasant Hill 107, Monte Vista 165, San Lorenzo 187, Bishop O'Dowd 216, St. Joseph 260, St. Helena 266.			

**Girls Varsity:**

Broderic(Tam)	8:25	Stevenson(CV)	8:47
Hebbmawn(LL)	8:30	Hill(LL)	8:49
Keys(Tam)	8:40	Scanell(B'O)	8:54
Searls(CP)	8:41	Bertolino(Tam)	8:56
Dennis(Tam)	8:45	Robinson(PH)	8:56
Tamalpais 33, Pleasant Hill 81, Las Lomas 90, Redwood 166, Antioch 177, Bishop O'Dowd 179, Ukiah 203, San Rafael 206, Castro Valley 222, Holy Names 270, others incomplete.			
770 participants		/Bob Vincent/	

**meter.**

1. Dave Babiracki (San Fernando TC)	31:03
2. Micheal Burke (US International U.)	31:11
3. Carl Smith (San Fernando TC)	31:19
4. Gordon Innes (UCLA)	31:21
5. Jim Sweeney (Long Beach State)	31:22
6. Kent Norton (Fullerton State)	31:30
7. Lewis Patterson (East LA TC)	31:30
8. John Schictall (Fullerton)	31:31
9. Mark Kushner (UCLA)	31:34
10. Bob Wilson (Long Beach State)	31:34
11. Jerry Swartz (Santa Monica TC)	31:55
12. Mike Dyer (Long Beach State)	32:00
13. Garry Nitti (UCLA)	32:03
14. Larry Greer (Long Beach State)	32:04
15. Tomas Rodriguez (Long Beach State)	32:06
Long Beach State 60, UCLA 83, Fullerton State 91, Santa Monica Track Club 94, East L.A. TC 127, USIU Track Club 164. /Ron Alice/	

**Morro Bay, October 12--Morro Bay Invitational Varsity 3 mile:**

1. Eric Huff (Paso Robles)	14:37
2. Sammy Garcia (Wasco)	15:01
3. Randy White (Shafter)	15:03
4. Manuel Perez (Corcoran)	15:09
5. Steve Johnson (Paso Robles)	15:15
6. Jon Wegener (Coalinga)	15:17
7. Ivan Huff (Paso Robles)	15:30
8. Mark Keeley (Shafter)	15:36
9. Lupe Arguello (Wasco)	15:37
10. Manuel Aguirre (Corcoran)	15:38
11. Ricky Baldwin (Paso Robles)	15:39
12. Rich Welch (Atascadero)	15:43
13. Peter Lane (St. Joseph)	15:44
14. Fred Vangderden (Carpinteria)	15:47
15. Jimmy Solario (Corcoran)	15:51
16. Al Meyer (Shafter)	15:53
17. Jon Holley (Fillmore)	15:55
18. Billy Santillan (Wasco)	15:58
19. Luis Huerta (Fillmore)	15:59
20. Ray Baynham (Morro Bay)	16:00
21. Lino Morales (Fillmore)	16:03
22. Roy Ingram (Paso Robles)	16:05
23. Steve Peters (Bishop)	16:06
24. Mike Pina (Coalinga)	16:07
25. Lawrence Rolden (Exeter)	16:12
Paso Robles 44, Corcoran 85, Shafter 97, Wasco 98, Fillmore 112, Coalinga 161, Bishop 164, Morro Bay 186, Carpinteria 208, Exeter 211, Atascadero N.S., St. Joseph N.S. (71 Finishers) /Andy Darby/	

**Villa Park, October 12 - Villa Park Classic.**

Eisenhower Park, 2 miles.

**Top Individual Times:**

1. Ralph Serna (Loara)	9:48
2. Eric Hulst (Laguna Beach)	9:51
3. Colin McConnell (Edison)	10:19
4. Bob Gallagher (Loara)	10:23
5. Mike Walterhouse (Mission)	10:25
6. Matt Bell (Foothill)	10:26
7. Jon Cook (Mission)	10:29
8. Fred Springe (Villa Park)	10:30
9. Joe Kolar (Costa Mesa)	10:30
10. Mark Fassenden (Lowell)	10:32
11. Walt Elliott (Costa Mesa)	10:37
12. Paul O'Neil (El Dorado)	10:37
13. Frank Diaz (San Dimas)	10:37
14. Mike McGarry (Lowell)	10:39
15. Joe Young (Costa Mesa)	10:39
<b>Team Scores:</b> Mission Viejo 22, Costa Mesa 23, Lowell 26, Villa Park 35, Edison 42, Loara and El Dorado 54, Laguna Beach 59, San Dimas and Fountain Valley 67, Fullerton 91, La Habra 95, Troy 97, Estancia 108, Artesia 109, Santa Ana 122, Foothill, Pacifica, Sonora, and Sunny Hills no score. /Ted Brazil/	

**Large Schools Varsity:**

1. Jim Mebist (BV)	16:56
2. Feenstra (Jesusit)	17:03
3. Don Thomas (BV)	17:08
4. Sutherland (Cordova)	17:24
5. Wulff (Jesusit)	17:30
6. Read (Jesusit)	17:34
7. Smith (Cordova)	17:36
8. Stackey (Cordova)	17:37
9. Sagoma (Jesusit)	17:42
10. Tim Haba (Sierra)	17:43
11. Tim Farrell (La Sierra)	17:52
12. Bill Mumma (Del Camp)	17:59
13. Art Baudendistel (Highlands)	18:04
14. Jim Freeman (La Sierra)	18:09
15. Tom Getcheel (BV)	18:13
<b>Small Schools Varsity:</b>	
1. Kent [redacted] (South Tahoe)	17:46
2. Rick [redacted] (El Oro)	18:04
3. Greg Hitchcock (South Tahoe)	18:17
4. Tom Hurst (Rio Linda)	18:20
5. Mike Wright (Vandenberg)	18:24
6. Jack Belyea (South Tahoe)	18:32
7. Mike Sophie (Vandenberg)	18:37
8. Mickey McAviney (South Tahoe)	18:38
9. Ed Nicholson (El Dorado)	18:40
10. Jim Eastman (Del Oro)	18:48

**Girls's Race (7-12):**

1. Lisa Foy (El Dorado)	16:13
2. Cindy Jorgensen (Reed)	16:24
3. Kathy Palmer (Elk Grove)	16:59
4. Toni Jorgensen (Reed)	17:07
5. Korri Clark (Mills Jr. High)	17:12
6. Jane Fagundes (Turlock)	17:13
7. Diane Miller (Turlock)	17:24
8. Jeannie Lyon (Casa Roble)	17:32
9. Angie Cuevas (McClatchy)	17:40
10. Vrsula Bruenner (Casa Roble)	17:43
/Mickey Brodie/	

**Madera, October 12 - Madera Invitational**

**7th Grade One Mile**

1. G. Salcido (Tenaya, Merced)	5:52
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**8th Grade One Mile**

1. J. Garcia (Clark, Clovis)	5:40
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**Freshman Two Mile**

1. J. Chandler (Clovis)	10:50
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Clovis 30, Madera 41, Merced 53.

**Frosh-Soph Two Mile**

1. Villegas (Merced)	10:20
2. Eamora (Madera)	10:27
3. Stork (Clovis)	10:28

Clovis 50, Bullard 59, Merced 60, Madera 95, Sierra 117, Selma 138, Chowchilla 196

**Varsity Three Mile**

1. Carranza (Madera)	14:54
2. Cauazos (Merced)	14:57
3. Fraustro (Madera)	15:03
4. Martinez (Madera)	15:13
5. Rodriguez (Merced)	15:15
6. Renteria (Madera)	15:17
7. Zapata (Selma)	15:18
8. Galeazzi (Merced)	15:19
9. Garza (Clovis)	15:28
10. Fraustro (Madera)	15:29
11. Miller (Atwater)	15:36
12. Pishione (Clovis)	15:39
13. Edwards (Bullard)	15:39
14. Rubio (Madera)	15:44
15. Kinsey Bullard)	15:47

Madera 23, Merced 53, Atwater 100, Selma 102, Clovis 105, Bullard 113.

**Open Three Mile**

1. Mike Lennemann (Pacific TC)	15:26
2. Len Thornton (High Sierra TC) 1-40+	15:40
3. Larry Lung (Phaethon TC)	15:43
4. Dave Bronzan (High Sierra TC)	16:02
5. Bruce Pendleton (Phaethon TC)	16:05
13. Linda Dellicker (Pacific TC) 1-W	22:13
212 participants	/Dee DeWitt/

5. Gina Miller (S)	6:06
6. Cindy Krieg (RCF)	6:12
7. Laura Carney (C)	6:17
8. Diana Braswell (R)	6:18
9. Janice Bain (WS)	6:21
10. Tina Kruse (SC)	6:23
<b>12-13 Boy's Division (2.0 miles):</b>	
1. Ray Eddy (SJS)	10:29
2. Bob Kadie (SJS)	10:46
3. Benny Sells (S)	10:55
4. Tim Sutherland (SJS)	11:00
5. Tom Krause (PH)	11:08
6. Ronnie Mattson (VM)	11:09
7. Steve Burke (S)	11:10
8. Peter Foster (PH)	11:10
9. Ken Harvy (SJS)	11:10
10. John Wright (STC)	11:21
<b>10-11 Boy's Division (1.5 mile):</b>	
1. Wendell Sells (S)	8:03
2. Jim Scattini (S)	8:04
3. Nick Sakelarios (RCF)	8:14
4. Don Aviles (RCF)	8:16
5. Dezi Bunting (RCF)	8:17
6. Joe Olvera (S)	8:22
7. Gary Lekander (S)	8:24
8. Britt Brewer (S)	8:25
9. Jeff Apperson (C)	8:25
10. Ken Graham (S)	8:29

**9-Under Boy's Division (1.0 mile):**

1. John Laiting (PH)	5:40
2. Gannon Myall (SC)	5:48
3. David Lekander (S)	5:50
4. Bill Taylor (S)	5:53
5. Steve Edgar (SJS)	5:54
6. Joe Sordi (C)	5:55
7. Glen Frye (SJS)	5:56
8. Jim Chaney (PH)	5:58
9. Mike Carpenter (S)	6:00
10. Pat Collins (S)	6:08
/Don Bailes/	



STEVE BROOKS (STANISLAUS STATE)

7. Ted Quintana (Chabot)	21:23
8. Gary Singer (Delta)	21:30
9. Gary Green (American River)	21:39
10. Artie Rios (West Valley)	21:41
11. Mike Emery (Diablo Valley)	21:44
12. Ned Baird (Fresno)	21:45
13. Martin Qualle (Modesto)	21:45
14. Joe Cardova (Delta)	21:47
15. Jerry Tucker (Delta)	21:52
San Joaquin Delta, West Valley College 66, American River, Fresno 117, Diablo Valley 162, College of San Jose 167, College of Marin 178, Santa Rosa 186, Chabot 192, Modesto 192, San Francisco 276.	

**Small College Division:**

1. Paul Fredericksen (DeAnza)	21:14
2. Jack Reime (Cabrillo)	21:28
3. Michael Garcia (Consummes)	21:36
4. Richard Bar [redacted] (Monterey)	21:47
5. Greg Eger (DeAnza)	21:51
6. Tom Beck (Monterey)	21:58
7. Tony Munoz (Cabrillo)	22:02
8. Jim Howard (Consummes)	22:03
9. Bob Powell (Skyline)	22:06
10. Marty Higgenbotham (Sequoias)	22:15
11. Genaro Venegas (Consummes)	22:21
12. Barry Dyer (Monterey)	22:32
13. Bob Brownlee (Foothill)	22:39
14. Emil Magallanes (Monterey)	22:55
15. Bob Miller (Skyline)	22:57
De Anza 59, Monterey Peninsula 59, Consummes River 100, Skyline 104, College of Sequoias 156, Cabrillo 184, Solano 217, Reedley 224, Lassen 232, Shasta 237, Merritt 247, Canada 250, yuba 220 participants /Bob Rush/	

**Davis, October 12 - Davis Invitational, 5.0 Mile:**

1. Steve Brooks (Stanislaus)	24:42
2. Matt Yeo (Davis)	25:03
3. Mark Genet (San Jose State)	25:04
4. Ron Elijah (Unattached)	25:31
5. Dan Gruber (San Jose State)	25:34
6. Sweeney (Davis)	25:39
7. Jim Hartig (Fresno Pacific)	25:42
8. John Sheehan (Davis)	25:43
9. Lowry (Humboldt State)	25:45
10. Elias (Humboldt State)	25:46
11. Vian Collier (Humboldt State)	25:47
12. Joe Taxiera (Davis)	25:48
13. Schelecle (Davis)	25:49
14. Emme (Davis)	25:50
15. Dean (Unattached)	26:02
16. Don Gregory (Fresno Pacific)	26:04
17. Martinez (Davis)	26:05
18. West (Chico)	26:11
19. Jenkins (Unattached)	26:17
20. Geiser (Davis)	26:18
21. Bonnell (Humboldt State)	26:19
22. Leeper (Davis)	26:20
23. Webb (Chico)	26:21
24. Pick (Chico)	26:22
25. Darryl Cox (Fresno Pacific)	26:23
U. C. Davis "A" 37, Humboldt State 67, Fresno Pacific 100, San Jose State 114, U. C. Davis "B" 118, Chico 141, Stanislaus State 170, San Francisco State 224, Hayward State 278.	

Santa Barbara, October 13 - Santa Barbara Marathon. Carl Swift (Azusa) 2:27:55.



# SCHEDULED

## NOVEMBER

- 9 **LOS ANGELES ALL COMERS CROSS COUNTRY.** Hazard Recreation Center. Boys & Girls all ages. 9:30 am. Bill Peck, (213) 666-0546
- 9 **CALIF' STATE AAU GIRLS AND WOMEN'S CHAMPIONSHIPS.** LaJolla, Contact: Don Vynne, 1135 Garnet Ave., San Diego 92109.
- 9 **PA-AAU SR. XC CHAMPIONSHIPS.** Golden Gate Park, 10kilo. SF Olympic Club, 524 Post, SF 94102. Entries close Nov. 4!
- 9 **SPA-AAU SR. XC CHAMPIONSHIPS.** Fountain Valley, 10 kilo, 10:30 am. Bob Price, 1928 S. Flower, Santa Ana 92707
- 9 **FAR WESTERN CONFERENCE.** Humboldt State, 11:00 am.
- 9 **NAIA DISTRICT III.** La Mirada, 11:00 am
- 9 **SAN MIGUEL RACES.** Age-group & open, 10 am. Stan Elam, 102 Spring St., Paso Rob
- 10 **AAU BOYS STATE MEET.** Jerry Dunbar, 14892 Sabre Ln., Huntington Bch. 92647.
- 15 **N. CAL JC FINALS.** Monterey Peninsula College, 11:00 am.
- 16 **PA-AAU WOMEN'S 10 KILO CHAMPS.** Crystal Springs, Belmont, 11 am (Nov. 12 entry deadline). Peggy Lyman, 230 College Ave, Palo Alto 94306.
- 16 **WEST VALLEY NATL' AAU TUNEUP.** Crystal Springs, Belmont, 10 kilo, 11 am. (Nov. 12 entry deadline). Jack Leydig, P.O. Box 1551, San Mateo 94401.
- 16 **PAC-8 CHAMPIONSHIPS.** Stanford, 11 am
- 16 **S. CAL JC FINALS.** Mt. SAC, 10 am.
- 16 **CALIFORNIA CLUB CHAMPIONSHIPS** El Dorado Park, Long Beach, 10 kilo, 9 am. Bill Peck, 1915 Kenneth Rd., Glendale 91206 (May be on 17th)

- 16 **NATL' AAU MASTERS CHAMPIONSHIPS** El Dorado Park, Long Beach, 10 kilo, 10:30 Sam Nicholson, 4946 Frederick, La Crescenta 91214 (Nov. 10 entry deadline, may be on the 17th)
- 17 **ROSEBOWL HANDICAP.** 10.8 miles, Pasadena, 9 am. Bill Cotter, 108 Via Las Vegas, Palos Verdes 90274 (may be on 16th).
- 17 **DOGFOOD RUN.** 6 miles, Foothill College, 10:30 am (Handicap). J. Woodruff, 531 Benvenue, Los Altos 94022.
- 17 **CENTRAL CAL XC CHAMPIONSHIPS.** Hancock College, 5 miles, 11 am. Steve Harnay, 953 E. Jones, 209A, Santa Maria 93454.
- 23 **SKUNK HOLLOW.** 10 miles, 9 am, Connie Rodewald, 852 Sharon, Camarillo 93010.
- 23 **STATE JC CHAMPIONSHIPS.** Mt. SAC, 10 am.
- 23 **NATL' AAU JR. WOMEN'S & REGION 13 AGE-GROUP INV.** Mills HS, Milbrae. Jim Hume, c/o Harmon Brown, 2335 David Ct., San Mateo 94403.
- 23 **NATL' AAU MASTERS 3000m TEAM RACE.** San Diego. Bill Gookin, 5946 Wenrich Dr., San Diego 92120.
- 23 **USTFF WESTERN REGIONALS.** Fresno, 10 am, Woodward Pk. Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.
- 24 **PICO RIVERA TURKEY TROT.** 10 miles, 9:30 am. Wes Alderson, 4070 Minerva Ave., LA 90066.
- 24 **PEPSI 20 MILER.** Sacramento, noon. Paul Reese, 2789 17th St., Sac. 95818.
- 24 **ROEDING PARK 5 MAN 15 MILE RELAY.** Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.
- 30 **NATL' AAU MEN'S XC CHAMPIONSHIPS.** Crystal Springs, Belmont, 10 kilo, 11 am. Jack Leydig, P.O. Box 1551, San Mateo 94401 (entries close Nov. 25).
- 30 **FRESNO ROAD RACE.** 6 miles. Fernie Montanez, 3053 W. Alamos, Fresno 93705.
- 30 **NEVADA CITY GOLD RUN.** 8.2 miles, Grass Valley, 11 am. Nick Vogt, Box 3, Ridgeview Dr., Grass Valley 95945.

## DECEMBER

- 1 **GOLDEN GATE PARK WEST END RUN.** 6 miles, 10 am. Frank Donahue, 4903-B Mission St., SF 94112.
  - 1 **WESTERN HEMISPHERE MARATHON.** Culver City, 8 am. Carl Porter, P.O. Box 507, Culver City 90230 (pre-entries reqd).
  - 7 **ROSEVILLE GAZELLES INV.** boys & girls. Gil Duran, 1325 Susan Cir., Roseville 95678.
  - 7 **OCCIDENTAL DISTANCE CARNIVAL.** 3 miles, Oxy track.
  - 7 **MT. TOM HILL CLIMB.** 4 miles, 9 am, Glendale College. Wes Alderson, 4070 Minerva Ave., LA 90066.
  - 7 **LIVERMORE VALLEY MARATHON.** 10 am. Dan Moore, 663 Jefferson Ave., Livermore, CA 94550.
  - 13 **ALL COMERS TRACK MEET.** Long Beach State, 3:15 pm.
  - 14 **MADERA MARATHON & 1/2 MARATHON** Dee DeWitt, Madera HS, Madera 93637.
  - 14 **WASCO ROAD RUNS.** Boys and Girls. Brad Tomasini, Box 840, Wasco 93280.
  - 15 **CHRISTMAS RELAYS.** 50 miles. Half Moon Bay to Santa Cruz, 9 am. Jack Leydig, Box 1551, San Mateo 94401.
  - 15 **APPLE VALLEY BLIND HANDICAP.** 6.3 miles, 11 am. Jim Gorrell, 14756 Hopi Rd., Apple Valley 92307.
  - 21 **MEN'S JR. NATL. XC CHAMPIONSH.** 8 kilo, Alameda. Bob DeCelle, Box 1606, Alameda 94501 (entries close Dec. 18).
  - 21 **NATL. AAU 25 KILO CHAMPIONSHIP** Mission Bay, San Diego, 10 am. Kaj Johansen, 4285 Trias St., SD 92103.
  - 21 **DEVIL TAKE THE HINDMOST.** 6 miles, Griffith Pk., 9 am. Paul Nitchman, 4608 Newton St., Torrance
  - 31 **MIDNIGHT RUN.** 5.2 miles, Foothill College. Runner's World, P.O. Box 366, Mountain View
- JANUARY**
- 5 **GIRLS QUALIFYING FOR SUNKIST INDOOR.** UCLA. Phil Snyder, 27102 Woodbrook, Palos Verdes 90274.

# RECORD BOARD

## UCLA

100	9.3	Warrne Edmonson(72)
220(t)	20.5	Reggie Robinson(70)
440	44.5	John Smith(71)
880	1:48.9	Andy Dunkell(61)
Mile	3:56.4	Bob Day(65)
2 Mile	8:35.4	Bob Day(65)
Steepl.	8:38.8	Gordon Innes(74)
3 Mile	13:20.2	Bob Day(66)
6 Mile	28:20.2	Geoff Pyne(66)
HH	13.5	Ron Copeland(67)
IH	49.0	Wayne Collett(70)
HJ	7-3	Dwight Stones(72)
LJ	27-0 1/2	James McAlister(73)
TJ	54-11 3/4	Clarence Taylor(74)
PV	17-9 3/4	Francois Tracanelli(73)
SP	64-1	Steve Marcus(69)
DT	194-10	Roger Freberg(73)
JT	253-8	Rory Kotinek(74)
HT	167-5 1/2	Mike Pringle(66)
Dec.	8089	C.K. Yang(63)
440 R	39.4	70
880 R	1:23.3	66
Mile R	3:03.4	69
2 Mile R	7:30.5	55
DMR	9:33.9	65
SMR	3:19.0	66

## USC

100	9.2	Lennox Miller(67)
		Willie Deckard(71)
220	20.2	Mel Patton(49)
		Don Quarrie(73)
440	45.4	Edesel Garrison(71 & 2)
880	1:47.7	Dennis Carr(67)
Mile	4:02.4	Bruce Bess(66)
2 Mile	8:44.6	Ole Oleson(68)
Steepl.	9:01.0	Artis Jones(70)
3 Mile	13:39.8	Neil Duggan(68)
HH	13.2	Earl McCullouch(67)
IH	48.8	Geoff Vanderstock(68)
HJ	7-2 1/4	Dean Owens(73)

Hospital, yet finds time to squeeze in two



- 16 PA-AAU WOMEN'S 10 KILO CHAMPS. *College, 11:00 am.*  
*Crystal Springs, Belmont, 11 am (Nov. 12 entry deadline).* -Peggy Lyman, 230 College Ave, Palo Alto 94306.
- 16 WEST VALLEY NATL' AAU TUNEUP. *Crystal Springs, Belmont, 10 kilo, 11 am.*  
*Nov. 12 entry deadline.* Jack Leydig, P.O. Box 1551, San Mateo 94401.
- 16 PAC-8 CHAMPIONSHIPS. *Stanford, 11 am*
- 16 S. CAL JC FINALS. *Mt. SAC, 10 am.*
- 16 CALIFORNIA CLUB CHAMPIONSHIPS *Marino Park, Long Beach, 10 kilo, 9 am.*  
*Marino Park, Long Beach, 10 kilo, 9 am.* -Peggy Lyman, 230 College Ave, Palo Alto 94306.

- 24 PEPSI 20 MILER. *Sacramento, noon.*  
*Minerva Ave., LA 90066.*
- 24 ROEDING PARK 5 MAN 15 MILE RELAY. *Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.*
- 30 NATL' AAU MEN'S XC CHAMPIONSHIPS, *Crystal Springs, Belmont, 10 kilo, 11 am.* Jack Leydig, P.O. Box 1551, San Mateo 94401 (entries close Nov. 25).
- 30 FRESNO RAOD RACE. *6 miles. Fernie Montanez, 3053 W. Alamos, Fresno 93705.*
- 30 NEVADA CITY GOLD RUN. *8.2 miles, Grass Valley, 11 am.* Nick Vogt, Box 3, Ridgeview Dr., Grass Valley 95945.

- 21 NATL. AAU 25 KILO CHAMPIONSHIPS' *Mission Bay, San Diego, 10 am.* Kaj Johansen, 4285 Trias St., SD 92103.
- 21 DEVIL TAKE THE HINDMOST. *6 miles, Griffith Pk., 9 am.* Paul Nitchman, 4608 Newton St., Torrance
- 31 MIDNIGHT RUN. *5.2 miles, Foothill College. Runner's World, P.O. Box 366, Mountain View*

SMR	3:19.0	USC
100	9.2	Lennox Miller (67) Willie Deckard (71)
220	20.2	Mel Patton (49) Ron Quarrie (73)
440	45.4	Edsel Garrison (71 & 2)
880	1:47.7	Dennis Carr (67)
Mile	4:02.4	Bruce Bess (66)
2 Mile	8:44.6	Ole Oleson (68)
Steeple	9:01.0	Artis Jones (70)
3 Mile	13:39.8	Neil Duggan (68)
HM	13.2	Earl McCullouch (67)
IH	48.8	Geoff Vanderstock (68)
HJ	7-2 1/4	Dean Owens (73)
LJ	27-4 1/4	Randy Williams (72)
TJ	52-5	Mahoney Snuuels (65)
PV	17-9	Bob Seagren (68)
SP	66-11 1/4	Doug Lane (72)
DT	206-0	Gary Carlsen (67)
JT	267-3	Larry Stuart (63)
Dec.	7657	Bo Sterner (74)
440 R	38.6	67
880 R	1:20.7	72
Mile R	3:07.6	61 & 72
2 Mile R	7:17.4	66
DMR	9:40.5	67
SMR	3:18.0	63
4 Mile R	16:53.6	58

- JANUARY
- 5 GIRLS QUALIFYING FOR SUNKIST INDOOR. *UCLA. Phil Snyder, 27102 Woodbrook, Palos Verdes 90274.*

Hospital, yet finds time to squeeze in two workouts a day. He enjoys running and pushing himself in training to achieve his goals, believing, "The most important factor in being a successful distance runner is the desire to extend your limits to the point of becoming a winner. If you don't really enjoy running you will never develop this desire to its fullest potential." Ron's goals include a 2:15 marathon, winning a national championship, and trying for the Olympics in 1976.

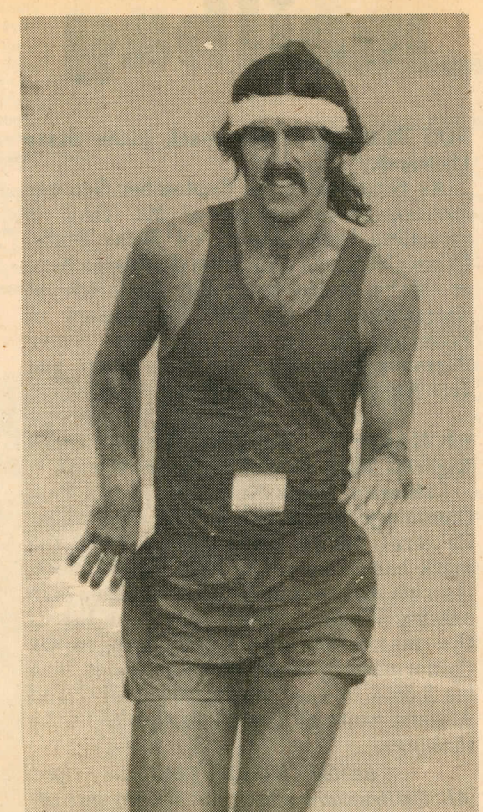
**Typical Week's Workouts:** Monday (12:00 noon) 24x165/jog 55, (4:30 pm) 8x110, 10-15 mile run. Tuesday (12 noon) 16x440/jog 110, (4:30 pm) 10-12 mile run. Wednesday (12 noon) 5x880/110 jog, (4:30 pm) 10-12 mile run. Thursday (12 noon) 20x220/110 jog, (4:30 pm) 8-10 mile run. Friday (12 noon) easy 4-5 miles. No evening workout. Saturday—Race. Sunday (9 am) 10-20 mile run easy.



# Ron Kurrle

Beverly Hills Striders (formerly Cal State University Long Beach). Age 26; 5 feet, 10 inches; 145 pounds. Born May 13, 1948, in Los Angeles, California.  
**Best Marks:** One Hour Run—11 miles, 878 yards; 20 kilo—1:01:28; 30 kilo—1:36:55; Marathon—2:19:36.2 Coached by Pete Petersen.

If you are actively involved as a participant in Southern California road racing you have, no doubt, often chased Ron Kurrle to the finish line as he's been running and placing high in long distance runs for almost a decade. It's been just the last year, however, that he has really blossomed into a "class" long distance runner. In 1973 he won the SPAAAU 10, 20, and 25 kilometer Championships and recorded the fastest time in the nation at 20 kilos for the year (1:01:28). In 1974 he competed in the Classical Greek Marathon and returned with the bronze medal.



Even though Ron has a 13:59 indoor three mile to his credit he prefers races of ten miles or more, with the 20 kilo probably his favorite racing distance. As for strategy, he says, "I simple like to go out hard at my own pace and if possible be in the lead." Adding, "I also try to peak for mid-spring since most of the important races are at this time."  
Ron is currently a corrective therapist at Long Beach Veterans Administration

## CALIFORNIANS IN HALL OF FAME

The following Californians were selected as charter members in the National Track and Field Hall of Fame in Charleston: (1) Harold "Hal" Davis—equaled world record for 100 meters in 1941, lost only one important race in career and was never beaten in 220. (2) Rafer L. Johnson—1960 Olympic Champion in the decathlon. Broke world record in 1955, regained it in 1960. Graduate of UCLA. Presently executive for Continental Telephone Company in Los Angeles. (3) Robert B. Mathias—1948 & 1952 Olympic Champion in the decathlon. Presently US Congressman living in Tulare. Stanford grad. (4) Parry O' Brien—1952 & 1956 Olympic shot put champion. First 60 footer. Graduate of

USC. Presently in banking business in Los Angeles. (5) Lester "Les" Steers—set world record in high jump (6-11). Graduate of University of Oregon. (6) Cornelius "Dutch" Warmerdam—first man to vault 15 feet. Set world record best of 15-7 3/4. Graduate of Fresno State where he is presently track coach. (7) Dean B. Cromwell—considered most successful track coach in history. Coached at USC from 1909-1948. Won 12 NCAA team championships. Coached 14 world record holders and 10 Olympic champions and was head coach of the 1948 Olympic team. Died in 1962 at the age of 82. (8) Brutus Hamilton—Placed second in the decathlon and fifth in the pentathlon in the 1920 Olympic games. UC Berkeley track coach for 33 years. 1952 Olympic coach.

Dr. Jack W. Rose of Long Beach has been selected as Director of the National Track and Field Hall of Fame. Rose, 45, has been a professor and coach of track and field at California State University at Long Beach, for the past 18 years.



Irvine, October 19 - Orange County Championships. 2+ miles.

**Top Individuals:**

Serna(Loara) 9:10	Bakkia (Uni) 9:52
Hulst (LagBch) 9:11	Heinig (LQ) 9:53
Hunsaker (CDM) 9:36	Alacron (DH) 9:54
Angel (HuntBch) 9:42	Young (CM) 9:54
McCannell (Ed) 9:44	Gallagher (Lo) 9:56
Walterhouse (MV)9:44	McBroom (Low):56
J. Kolar ((CM) 9:44	Navarate(Val) 9:57
Dowling (MD) 9:46	Spilsbury(Foot)9:57
Fessenden(Low) 9:50	Thompson(CM)9:57
Hollenbeck(Tus) 9:51	Hawkinson(CM)9:58
Bell (Foot) 9:51	Ellis (CM) 9:58
Mooney (EM) 9:51	Welter(LosAl) 9:59
St. John (MD) 9:52	

**Composite Team Times:**

Costa Mesa 49:31(record, old 50:04, Loara 1973), Lowell 50:20, Loara 50:36, Mater Dei 50:43, Corona Del Mar 50:44, Edison 50:52, Villa Park 50:55, Mission Viejo 50:59, Foothill 51:04, Laguna Beach and Huntington Beach 51:06, El Modena 51:10, El Dorado 51:12, Valencia 51:34, Costa Mesa JV 51:34, Buena Park 51:52, University 52:10, Fountain Valley 52:38, Garden Grove 53:00, Santa Ana Valley 53:09./Ted Brazil/

Sacramento, October 20 - P.A. A.A.U. 50

**Kilometer Run**

1. Jim Birnbaum (WVTC/USA) 3:09:10
2. Ross Smith (WVJ&S) 3:15:27
3. Bill Snavely (Big Valley) 3:45:37
4. Don Choi (Excelsior) 3:49:17
5. Paul Holmes (Buffalo Chips) 4:24:55
6. Vic Crosetti (Tax Reducers) 4:32:56
7. Yvette Cotté (R. C. Flyers) 4:45:15
8. James Powell (DSE) 6:47:57

/Walt Betschart/

Atascadero, September 22 - Atascadero Colony

**Days Distance Run (4 Miles)**

1. Gordon Rado (Cal Poly) 20:22
2. Jim Warrick (Cal Poly) 20:29
3. Ron Genschmer (Vandenberg AFB) 20:32
4. Allen Schofield (Goleta - SBAA) 20:47
5. Martin Nolasco (San Luis Obispo) 20:55
6. John Beaton (Grover City - Poly) 21:11
7. Brad Armstrong (Cal Poly) 21:15
8. Anthony Reynoso (Cal Poly) 21:15
9. Stan Hockerson (Cal Poly) 21:20
10. Bob Nanninga (WVTC) 21:24
11. Randy Mysliviec (Cal Poly) 21:26
12. Dave Marlow (Cal Poly) 21:30
13. Bob Lyons (Cal Poly) 21:33
14. Shawn Lyons (Cal Poly) 21:46
15. Stan Lee (Cal Poly) 22:06
16. Eric Olson (Cal Poly) 22:09
17. Bryan Tracy (Cal Poly) 22:24
18. Gary Carnes (Atascadero H.S.) 22:43
19. Bob Welch (Atascadero H.S.) 22:43
20. Mark Anderson (Atascadero) 23:11
21. Rudy Linke (Cal Poly) 23:16
22. Ray Gil (Lompoc-STC) 23:17
23. Dave Pickett (SLOJHS) 23:37
24. Jim Casper (Arroyo Grande) 23:42
25. Stan Rosenfield (SLDC) 24:19

/Stan Rosenfield/

**CAL**

Stanislaus, October 5 - Northern California

**Invitational -- 5 Miles:**

1. Steve Brooks (Stanislaus) 24:28
2. Kevin Furey (Sacramento) 25:56
3. Chuck Harris (Cal Berkeley) 26:03
4. Gary Green (Sacramento) 26:04

Walnut, October 13 - Southern California Cheetahs Cross Country Meet at Mt. San Antonio College

<b>9 &amp; Under - 6,245 Feet:</b>	
1. Kathy Kiernan (BA) 6:31	
2. Sandra Katzer (LBC) 6:38	
3. Andrea Roife (LBC) 6:55	
4. Regina Crawford (RRR) 6:55	
5. Kim Tanabe (BA) 7:00	
6. Carina Quezada (SCC) 7:08	
7. Tina Houston (RRR) 7:11	
8. Kerri Bell Vandershuit (BA) 7:15	
9. Kendy Anno (OCT) 7:18	
10. Ki Ki Santiago (RRR) 7:21	
<b>10 &amp; 11 -- 8,988 Feet:</b>	
1. Tracy Hughes (Unattached) 9:45	
2. Vicki Cook (RRR-A) 9:49	
3. Andrea Krikorn (BA) 9:54	
4. Cimi Ruderman (RRR-A) 9:56	
5. Kelly Cerda (Unattached) 9:58	
6. Paula Cobb (RRR-B) 9:59	
7. Danielle Mojica (SCC) 10:01	
8. Lenell Waskow (RRR-A) 10:02	
9. Cindy Nunez (RRR-A) 10:02	
10. Jane Wintermute (SCC) 10:04	
<b>12 &amp; 13 -- 11,363 Feet:</b>	
1. Paula Rose (BA-A) 12:11	
2. Suzanne Keith (RRR-A) 12:36	
3. Diane Esslinger (SCC-A) 12:44	
4. Michelle Waters (SCC-A) 12:58	
5. Donna Sanchez (RRR-A) 13:06	
6. Kim McMillian (RRR-A) 13:10	
7. Corrinne Nunez (RRR-A) 13:10	
8. Becky Villalvazo (RRR-A) 13:12	
9. Barney Carral (SCC-A) 13:12	
10. Sheila Hammond (RRR-B) 13:23	

**14 - 17 -- 13,268 Feet:**

1. Debra Johnson (RRR) 14:55
2. Linda McQuarrie (LBC) 14:57
3. Kathy Jewell (LBC) 15:12
4. Doreen Assumma (RRR) 15:13
5. Marie Albert (RRR) 15:24
6. Linda Brodock (RRR) 15:34
7. Laurie Jewell (LBC) 15:38
8. Janet Waterbury (OCT) 16:07
9. Marsha Pierce (LMM) 16:12
10. Karen Parish (BA) 16:15


**Women -- 15,798 Feet:**

1. Julie Brown (UCLA) 17:09
2. Kate Keyes (UCLA) 17:49
3. Linda Heinmiller (UCLA) 18:21
4. Teri Johnson (UCLA) 18:49
5. Susan Brodock (RRR) 18:59
6. Chiu-Shia Lee (U-RTC) 19:34
7. Marilyn Pierce (LBC) 19:42
8. Dale Raymond (UCLA) 19:47
9. Esther Marquez (RRR) 19:54
10. Patty Cape (LBC) 20:12

Aptos, September 15 - Rio Beach Run 6.9 Miles


**Men:**

1. Dan Gruber ----- 35:33
2. Mark McConnell ----- 35:33
3. Marc Genet ----- 35:33
4. Wayne Marg ----- 36:52
5. Jack Reime ----- 37:56
6. Butch Alexander ----- 37:57
7. Greg Brock ----- 37:59
8. Dave Ingraham ----- 38:06
9. Jeff John ----- 38:13
10. Ed Price ----- 38:27
11. Joe Salazar ----- 38:42
12. Ben Sawyer ----- 39:24
13. Dan Escamilla ----- 39:27
14. Don Lee ----- 39:31



# THE UNITED STATES


## TRACK and FIELD FEDERATION




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# WESTERN CROSS COUNTRY

# CHAMPIONSHIP

**NEW DATE** 

**november 23, 1974** 

**fresno**

NOTE NEW DATE - ORIGINALLY SCHEDULED FOR NOVEMBER 16, 1974

JUNIOR      OPEN      SENIOR

**For Entries Write**

TRACK COACH  
PACIFIC COLLEGE  
1717 SOUTH CHESTNUT  
FRESNO, CA 93702

Entries Close November 16, 1974



9. Stan Rockerson (Cal Poly)	21:24	2. Kate Reyes (UCLA)	17:49
10. Bob Nanninga (WVTC)	21:24	3. Linda Heinmiller (UCLA)	18:21
11. Randy Mysliviec (Cal Poly)	21:26	4. Teri Johnson (UCLA)	18:49
12. Dave Marlow (Cal Poly)	21:30	5. Susan Brodock (RRR)	18:59
13. Bob Lyons (Cal Poly)	21:33	6. Chiu-Shia Lee (U-TRC)	19:34
14. Shawn Lyons (Cal Poly)	21:46	7. Marilyn Pierce (LBC)	19:42
15. Stan Lee (Cal Poly)	22:06	8. Dale Raymond (UCLA)	19:47
16. Eric Olson (Cal Poly)	22:09	9. Esther Marquez (RRR)	19:54
17. Bryan Tracy (Cal Poly)	22:24	10. Patty Cape (LBC)	20:12
18. Gary Carnes (Atascadero H.S.)	22:43		
19. Rick Welch (Atascadero H.S.)	22:43		
20. Mark Johnson (Atascadero)	23:11		
21. Rudi Linke (Cal Poly)	23:16		
22. Ray Gil (Lompoc-STC)	23:17		
23. Dave Pickett (SLOJHS)	23:37		
24. Jim Casper (Arroyo Grande)	23:42		
25. Stan Rosenfield (SLDC)	24:19		

CAL /Stan Rosenfield/

Stanislaus, October 5 - Northern California

Invitational -- 5 Miles:

1. Steve Brooks (Stanislaus)	24:28
2. Kevin Furey (Sacramento)	25:56
3. Chuck Harris (Cal Berkeley)	26:03
4. Gary Green (Sacramento)	26:04
5. Delmar Kelly (Nevada)	26:13
6. Terrance Imbert (Nevada)	26:18
7. John Mijares (Sacramento)	26:21
8. Bob Cooper (Sacramento)	26:25
9. Rodolfo Narvaez (Unattached)	26:32
10. Pete Jones (Cal Berkeley)	26:37
11. Jose Guerrero (Stanislaus)	26:39
12. George Hernandez (Nevada)	26:45
13. Bill Flint (Stanislaus)	26:46
14. Kevin Christiansen (Nevada)	26:50
15. Rick Bowen (Nevada)	26:53

Sacramento 42; Reno, Nevada 49; Stanislaus 58; Cal Berkeley 85; Hayward 184; San Francisco & Columbia --no score.

/Bill Morris/

Aptos, September 15 - Rio Beach Run 6.9 Miles

Men:

1. Dan Gruber	35:33
2. Mark McConnell	35:33
3. Marc Genet	35:33
4. Wayne Marg	36:52
5. Jack Reime	37:56
6. Butch Alexander	37:57
7. Greg Brock	37:59
8. Dave Ingraham	38:06
9. Jeff John	38:13
10. Ed Price	38:27
11. Joe Salazar	38:42
12. Ben Sawyer	39:24
13. Dan Escamilla	39:27
14. Don Lee	39:31
15. John Lynde	39:42
16. Adolfo Alvarado	39:44
17. Jim Flanigan	39:58
18. Jay Marlowe	40:04
19. Santos Reynaga	40:12
20. Wolfgang Norwick	40:36

Women:

1. Sue Neary	43:13
2. Ann Trason	45:17
3. Sharon Furtado	45:56
4. Marian Green	47:39
5. Kathy Himmelberger	47:48
6. Teresa Relyea	53:58

/Bill Flodberg/



CENTRAL CALIFORNIA VETERANS: JOE DELGADO(left) AND SID TOABE

Santa Barbara Masters T & F Meet, October 19.

Age 40-44:

120 HH: J. Coss	16.1	100: P. Knox	10.7
220: P. Knox	24.3	440 Coss	54.0
880: Herrmann	2:28.0	mile: Bartek	4:45.0
10,000: Smart	32:45	440 R: CDM	46.5
HJ: E. Austin	5-6	LJ: Jackson	20-4
TJ: Jackson	43-1	SP: Coss	31-6
JT: P. Conley	227	DT: Coss	98-6
HT: D. Douglas	114-5	PV: D. Dittmar	10-6

Age 45-49:

120 HH: Greenwood	14.9	100: Greenwood	10.9
220: Greenwood	24.4	440: Dawkins	58.5
880: Puterbaugh	2:11.1	mile: Fitzgerald	4:37.7
10,000: Mundle	33:32	LJ: Greenwood	17-8
SP: J. Laut	38-3	JT: H. Wallace	141-2
DT: Wallace	96-2	PV: Wallace	9-6

Ages 50-54:

120 HH: Hunter	20.6	100: P. Fetter	11.7
220: Fetter	27.5	440: F. Rems	64.3
880: A. Bryant	2:19.5	mile: Hernandez	5:01.0
10,000: Hernandez	36:43	440R: CDM	54.5
HJ: Fetter	4-6	LJ: Fetter	15-9
SP: Fetter	35-7	DT: Becotte	113-10
JT: Hunter	146-2		

Ages 55-59:

120 HH: Morales	20.3	100: Morales	12.5
440: E. Halpin	63.5	880: Waterman	2:22
mile: Waterman	5:13	10,000: Oleson	40:34
LJ: Morales	16-5	TJ: Gross	29-2
SP: Tatcher	42-8	JT: Morales	161-4
DT: Aldrich	130-9	HT: Aldrich	117-11
PV: Vernon	10-0	HJ: B. Ogle	4-10

Ages 60-64:

120 HH: Hatlen	21.9	100: Major	12.4
220: Major	28.1	440: Hicks	81.7
880: N. Bright	2:35.2	mile: Bright	5:38.7
LJ: Damski	14-11	SP: Chendle	15-9
DT: Chendle	138-10	HT: Vesco	90-3
HJ: Damski	4-6	TJ: Damski	29-3
JT: E. Both	127-8		

Ages 65-69:

120 HH: McConaghy	21.5	100: Kl Carnine	12.9
220: Hargreaves	31.0	440: Hargreaves	74.7
880: Madden	2:36	mile: Madden	5:52
HJ: Frederick	4-0	LJ: McFadden	14-1
TJ: McFadden	29-6	SP: R. Doms	42-5
JT: K. Carnine	121-7	DT: Carnine	124-8
HT: R. Hubbell	109-11		

Ages 70 and over:

120 HH: Mowrer	34.0	100: S. Lum	13.7
220: Lum	32.5	10,000: H. Dowler	
HJ: Whittemore	3-7	LJ: Lum	11-8
TJ: Whittemore	17-4	SP: Herrmann	40-7
DT: Herrmann	102-8	HT: Herrmann	90-5

NOTE NEW DATE - ORIGINALLY SCHEDULED FOR NOVEMBER 16, 1974

JUNIOR OPEN SENIOR

# For Entries Write

TRACK COACH  
PACIFIC COLLEGE  
1717 SOUTH CHESTNUT  
FRESNO, CA 93702

Entries Close November 16, 1974

Reedley, October 19 - Reedley Fiesta Road Race

Open 6 mile:

1. Hans Menet (Nevada)	28:04
2. Alex Fierros (Fresno State TC)	28:55
3. Ben DeLaGarza (Nevada)	28:57
4. Randy Spots (U. of Redlands)	29:08
5. Bruce Caputo (Lassen)	29:13
6. Jim Hartig (Fresno Pacific)	29:16
7. Tom Wysocki (Nevada)	29:20
8. Jaro Vargas (Nevada)	29:21
9. Don Gregory (Fresno Pacific)	29:28
10. Curt Elia (Fresno State TC)	29:34
11. Mike Dagg (Nevada)	29:46
12. Steve Ward (Fresno Pacific)	29:57
13. Helmar Kelley (Nevada)	30:02
14. David Salcido (Fresno Pacific)	30:04
15. George Hernandez (Nevada)	30:07
16. Gilbert Gonzales (Fresno State TC)	30:18
17. Rick Ellis (Nevada)	30:21
18. Robert Estrada (Reedley)	30:29
19. Craig Elia (Fresno State TC)	30:31
20. Darrel Cox (Fresno Pacific)	30:34
21. Dave Bronzan (High Sierra TC)	30:46
22. Terry Yberra (Nevada)	30:53
23. Wayne VanDellen (High Sierra TC)	30:58
24. Jim Darby (Rialto Road Runners)	31:06
25. Leroy Shepard (Univ. of Redlands)	31:07

Senior (40+) 6 mile:

1. Len Thornton (High Sierra TC)	31:04
2. Joe Delgado (High Sierra TC)	32:34
3. Don Thomas (Fresno)	35:17
4. Gene Lynch (Fresno)	35:29
5. Sid Toabe (Fresno)	35:40
6. John Cook (Rialto Road Runners)	37:36
7. Bob Lehman (Reedley)	41:55
8. Harry Harder (Reedley)	42:42
9. Dewey Jan (Fresno)	43:59
10. Ron Gates (Fresno)	44:05

6th Grade Boys 1 mile:

1. Greg Jones (Cupertino)	5:36
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7th & 8th Grade Boys 2 mile:

1. Chuck Assumma (Rialto)	10:23
2. Frank Assumma (Rialto)	10:31
3. Scott Thornton (Ahwahnee)	10:52
4. Ramon Ramirez (John Muir)	11:17
5. Jess Garcia (Clark)	11:29

Frsh-Soph Boys 2 mile:

1. Felix Elieff (Highland)	10:23
2. Larry Brown (Foothill)	10:46
3. Jeff Brenner (Clovis)	10:48
4. Kevin Stark (Clovis)	10:51
5. Eddie Lujan (Highland)	10:51

64 finishers

Freshman 2 mile:

1. Mike Castillo (Tenaya)	10:54
46 finishers	
Junior Varsity 2 mile:	
1. M. Fernandez (Foothill)	10:52
2. Jim Saunders (Bakersfield)	10:54
3. Gary Gerlick (East)	10:57
4. E. Ramirez (East)	11:07
5. William Veillette (Foothill)	11:07
Varsity: Bakersfield 71, East 71, Clovis 96, Roosevelt 103, Foothill 118, Reedley 140, South 166, Sanger 223, Tulare Western 228, Mt. Whitney 252, Highland 294.	
/Cameron Ostrand/	

El Camino Invitational:

Large School:

1. Van Meter (Torrance)	9:39
2. Sasuga (Torrance)	9:41
3. Stephens (Hawthorne)	9:42
4. Fish (Mira Costa)	9:45
5. Pyles (Torrance)	9:46

Torrance 37, West Torrance 65, N. Torrance 83

Small Schools:

1. Tilford (Morningside)	9:41
2. Martin (R)	10:03
3. Green (Lawndale)	10:08

San Jose, August 31 to September 1 - Runners

World 24 Hour Relay.

1. Sand Piper Express	261 - 1565
2. East Side Grease	258 - 850
3. Dirt Eaters II	251 - 1184
4. Atwater Track Club	249 - 930
5. Santa Clara Pak	238 - 740
6. Tax Reducers Track Club	235 - 0
7. Ralston Track Club	230 - 670
8. People's Choice	229 - 1112
9. Redwood City Fliers	211 - 150
10. Pamakids Father & Son	210 - 790

50 Mile Relay:

1. Menlo Mileage	4:28:08
Jim Guff, Bean Willis, Bruce Dodley, John Roath, George Kirk. (9:55 average)	
2. Gilroy Track Club	4:31:21
3. West Valley Joggers "A"	4:39:35
4. Los Gatos Pacers	4:51:00
5. West Valley Joggers "B"	5:01:02

/Joe Henderson/



Walnut, October 25 - Mt. San Antonio Invitational, 4 Miles -- Junior College

Large Schools:

1. Morton (Valley)	19:52
2. John Olswang (Orange Coast)	19:54
3. Simonian (LACC)	19:55
4. Saavedra (Fullerton)	20:13
5. Cendelas (Fullerton)	20:24

Fullerton 58, American River 89, Valley 112, Fresno City 115, Mt. San Antonio 116.

Medium Schools:

1. Close (Grossmont)	19:59
2. Esparza (Moorpark)	20:01
3. Roger Casillas (SJ Delta)	20:10
4. McCandless (West Valley)	20:15
5. Rich Van Slyke (SJ Delta)	20:21

Grossmont 42, SJ Delta 74, West Valley 81, Moorpark 91, San Jose 108.

Small Schools:

1. Thomas (Glendale)	19:33
2. Reime (Cabrillo)	20:26
3. Frederickson (DeAnza)	20:31
4. Galbraith (Hancock)	20:33
5. Magallanes (Peninsula)	20:46

DeAnza 90, Hancock 93, Glendale 96.

Walnut, October 26 - Mt. San Antonio Invitational, 2 Miles -- High School

Team Sweepstakes Race:

1. Hendrick (Crawford)	10:11
2. Best (Crawford)	10:19
3. Davis (Monte Vista, SD)	10:19
4. Cook (Mission Viejo)	10:24
5. Godinez (Salesian)	10:26
6. Austin (Monte Vista, SD)	10:27
7. Weaver (San Luis Obispo)	10:27
8. Starinierl (Canyon, Saugus)	10:27
9. Hethmon (Canyon, Saugus)	10:30
10. Walterhouse (Mission Viejo)	10:31

Monte Vista (SD) 58, Crawford (SD) 84, Lowell 108, San Geronio 116, Mission Viejo 135, L B Wilson 162, Canyon (Saugus) 165, Villa Park 187, San Luis Obispo 197, Salesian 205.

Special Individual Race:

1. Hulst (Laguna Beach)	9:52
2. Woods (Vista, SD)	10:15
3. Blackburn (Royal)	10:15
4. Baksh (Hollywood)	10:17
5. R. Aguirre (Santa Barbara)	10:19
6. Hunt (Patrick Henry, SD)	10:21
7. Arriola (Gahr)	10:25
8. Tillford (Morningside)	10:27
9. G. Aguirre (Santa Barbara)	10:29
10. Macho (Loyola)	10:34

Patrick Henry (SD) 82, Granite Hills 109, Santa Barbara 138

Other Top Times:

Helgeson (Mt. Miguel, SD)	10:16
Newberger (Pt. Loma)	10:25
Mattison (Chaffey)	10:26
Serrato (Fallbrook)	10:27
Hernandez (Mission)	10:28
Dowling (Mater Dei)	10:29
St. John (Mater Dei)	10:30
Green (La Salle)	10:31



HOOVER HIGH'S (Fresno) DYNAMIC DUO: BRIAN FOLLEY(left) AND ALFRED LARA

Crystal Springs, October 17 - Carlmont Invitational, 3.0 miles.

1. Jeff Curran (Los Altos)	15:06
2. Mitch Kingery (San Carlos)	15:44
3. Mark Fonda (Awalt)	16:10
4. Andy Maloney (St. Francis)	16:20
5. Dan Barsi (St. Francis)	16:23
6. Greg Mandanis (Carlmont)	16:26
7. John Daley (Carlmont)	16:30
8. Pat O'Malley (Carlmont)	16:35
9. Ed Young (Carlmont)	16:37
10. Brian Hurdal (Carlmont)	16:43
11. Jim Harris (Mt. View)	16:50
12. Glen Hurdal (Carlmont)	16:52
13. Ilan Neillands (Carlmont)	16:52
14. Dan Levelle (St. Ignatius)	16:56
15. Cassara (Mt. View)	17:01

Carlmont 82:51, Los Altos 84:16, St. Ignatius 86:25, San Carlos 86:00, Mt. View 87:26, St. Francis 88:55, Awalt 90:13, Woodside 93:35.

Pleasant Hill Invitational, October 26, 5.0 miles

1. Domingo Tibadiuza (Nevada)	24:30
2. Hans Menet (Nevada)	24:31
3. Ron Zarate (Unattached)	24:32
4. Steve Brooks (Stanislaus State)	24:42
5. Jim Nuccio (West Valley TC)	24:48
6. Ken McConnel (Stanford)	24:51
7. Jim Birnbaum (West Valley TC)	25:01
8. Guy Artherholt (Fresno State)	25:03
9. Jim Dare (West Valley TC)	25:08
10. Ron Elija (Unattached)	25:10
11. Ken Peterson (West Valley TC)	25:11
12. Tom Wysocki (Nevada)	25:14
13. Ron Elias (Humboldt)	25:14
14. Mike Jurkovich (Fresno State)	25:17
15. Ben DeLaGarza (Nevada)	25:21
16. Bill Lowry (Humboldt)	25:22
17. Anderson (Humboldt)	25:24
18. Dave Cords (West Valley TC)	25:27
19. Doug McLean (Stanford)	25:31
20. Collier (Humboldt)	25:33

West Valley TC 50, Nevada 65, Humboldt 89, Fresno State 97, Stanford 120, Aggie TC 177, Stanislaus State 263, Westmont 331, UC Riverside 302, U. Nevada "B" 304, Stanford "B" 331, Fresno State "B" 378, Ohlone JC 452, Cal State Hayward 458.

Merced Invitational, October 19, 3+ miles.

1. Holmes (Downey)	16:54
2. Cavazos (Merced)	16:57
3. Foley (Hoover)	16:58
4. Arroyo (Beyer)	17:12
5. Lawrence (Madera)	17:15
6. Martinez (Madera)	17:18
7. Rodriguez (Merced)	17:20
8. Costa (Beyer)	17:29
9. Rubio (Madera)	17:31
10. Fraust (Madera)	17:32
11. Renteria (Madera)	17:36
12. Miller (Atwater)	17:37
13. Galeazzi (Merced)	17:39
14. Swift (Downey)	17:41
15. Frausto (Madera)	17:43

Madera 36, Merced 67, Hoover 101, Atwater 102, Turlock 103, Downey 104.

High School Girl's Race:

1. Halper (Hoover)	8:34
2. Lopez (Delano)	8:40
3. Noss (Beyer)	9:04
4. Gonzales (Turlock)	9:27
5. Brazil (Downey)	9:41



MIKE SCHAECHER: former West Valley College

Central California Conference Center Meet,

October 16 - Turlock, 3 miles, Turlock.

1. Cavozos (Merced)	15:23
2. Starn (Turlock)	15:24
3. Rodriguez (Merced)	15:34
4. Miller (Atwater)	15:38
5. Soto (Downey)	15:41
6. Mirza (Turlock)	15:42
7. Arroyo (Beyer)	15:47
8. Galeatzi (Merced)	15:50
9. Morris (Turlock)	15:51
10. Valenzuela (Merced)	16:07
11. Wedor (Turlock)	16:14
12. Morris (Atwater)	16:19
13. McGinn (Downey)	16:23
14. Lombrana (Modesto)	16:26
15. Fucillo (Atwater)	16:28

Merced 31, Turlock 38, Atwater 53.

Orange, October 26 - Chapman Invitational, 5 miles.

College Division:

1. Johnson (Southern Cal College)	24:27
2. Dunlevie (Southern Cal College)	24:33
3. Hartig (Fresno Pacific)	24:34
4. Odum (Azusa Pacific)	24:37
5. Davis (Southern Cal College)	24:45
6. Webster (Cal Lutheran)	24:46
7. Hitt (Southern Cal College)	24:53
8. Adams (Southern Cal College)	24:56
9. Palcio (Cal Lutheran)	25:02
10. Balfour (Biola College)	25:10
11. Swift (Azusa Pacific)	25:13
12. Caldwell (Azusa Pacific)	25:15
13. Ward (Fresno Pacific)	25:19
14. Salcido (Fresno Pacific)	25:26
15. Lassegard (Southern Cal College)	25:32

Santa Maria, October 19 - Hancock Invitational.

Girls 1.1 mile:

Treffler (CV)	6:18	Grounds (PR)	6:59
Fisanotti (CV)	6:36	Strait (AV)	7:01

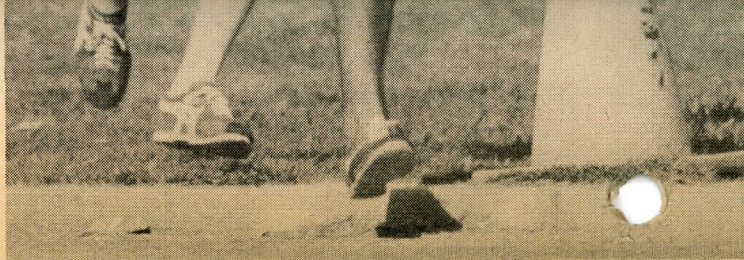
Palos Verdes Invitational, October 19-2.2 miles

Number One Man:

1. Davies (Monte Vista)	10:57
2. Blackburn (Royal)	11:03



7. Arriola (Gahr)	10:25
8. Tillford (Morningside)	10:27
9. G. Aguirre (Santa Barbara)	10:29
10. Macho (Loyola)	10:34
Patrick Henry (SD) 82, Granite Hills 109, Santa Barbara 138	
<b>Other Top Times:</b>	
Helgeson (Mt. Miguel, SD)	10:16
Newberger (Pt. Loma)	10:25
Mattison (Chaffey)	10:26
Serrato (Fallbrook)	10:27
Hernandez (Mission)	10:28
Dowling (Mater Dei)	10:29
St. John (Mater Dei)	10:30
Green (La Salle)	10:31



HOOVER HIGH's (Fresno) DYNAMIC DUO: BRIAN FOLLEY(left) AND ALFRED LARA

2. Cavazos (Merced)	16:57
3. Foley (Hoover)	16:58
4. Arroyo (Beyer)	17:12
5. Lawrence (Madera)	17:15
6. Martinez (Madera)	17:18
7. Rodriguez (Merced)	17:20
8. Costa (Beyer)	17:29
9. Rubio (Madera)	17:31
10. Fraust (Madera)	17:32
11. Renteria (Madera)	17:36
12. Miller (Atwater)	17:37
13. Galeazzi (Merced)	17:39
14. Swift (Downey)	17:41
15. Frausto (Madera)	17:43
Madera 36, Merced 87, Hoover 101, Atwater	

102, Turlock 103, Downey 104.  
**High School Girl's Race:**

1. Halper (Hoover)	8:34
2. Lopez (Delano)	8:40
3. Noss (Beyer)	9:04
4. Gonzales (Turlock)	9:27
5. Brazil (Downey)	9:41

Orange, October 26 - Chapman Invitational, 5 miles.  
**College Division:**

1. Johnson (Southern Cal College)	24:27
2. Dunlevie (Southern Cal College)	24:33
3. Bartig (Fresno Pacific)	24:34
4. Odum (Azusa Pacific)	24:37
5. Davis (Southern Cal College)	24:45
6. Webster (Cal Lutheran)	24:46
7. Hitt (Southern Cal College)	24:53
8. Adams (Southern Cal College)	24:56
9. Palcic (Cal Lutheran)	25:02
10. Balfour (Biola College)	25:10
11. Swift (Azusa Pacific)	25:13
12. Caldwell (Azusa Pacific)	25:15
13. Ward (Fresno Pacific)	25:19
14. Salcido (Fresno Pacific)	25:26
15. Lassegard (Southern Cal College)	25:32
16. Cox (Fresno Pacific)	25:41
17. Gregory (Fresno Pacific)	25:49
18. Grieco (Fresno Pacific)	25:54
19. Rust (Azusa Pacific)	25:56
20. Buchanan (Azusa Pacific)	25:57
Southern California College 23, Fresno Pacific 63, Azusa Pacific 66, Cal Lutheran 85, Biola 132, Cal State Dominguez Hills 180, Chapman 182.	



RON ELLJAH

Santa Maria, October 19 - Hancock Invitational.

**Girls 1.1 mile:**

Treffer (CV)	6:18	Grounds (PR)	6:59
Fisanotti (CV)	6:36	Straitt (AV)	7:01
Moran (CV)	6:39	Barber (SBHS)	7:04
Hobbs (LC)	6:47	LeBerg (SBHS)	7:10
Arreola (SL-JHS)	6:49	Simonds (SBHS)	7:15
Santa Barbara HS 40, Crescenta Valley HS 41, Vandenberg JHS 60, San Miguel Elementary 110.			

**Junior High Boys 1.1 mile:**

Nunez (Lom)	5:57	Hobbs (LaC)	6:14
Parker (Gol)	6:01	Karamitsos (Or)	6:15
Mactavish (VanJHS):06		Tupper (VanJHS)	6:16
Ball (Orcutt)	6:08	Garcia (Jud)	6:18
Rettler (Judkns)	6:11	Steele (Van)	6:19
Vandenberg JHS 35, Judkins JHS, Lompoc 60, La Cumbre JHS, 79, San Miguel Elementary 152.			

**Small High School Varsity 2.0 miles:**

Huff (PR)	10:17	Hales (Carl)	10:42
Harrison (Nord)	10:27	Newland (MB)	10:46
Tracy (Nord)	10:39	Huff (PR)	10:47
Nelson (Nord)	10:40	Baldwin (PR)	10:51
Lundgren (St. J)	10:42	Johnson (PR)	10:53
Nordhoff 42, Paso Robles 44, Carlmont 73, Saint Joseph 75, Morro Bay 130, Santa Ynez 136.			

**Large High School Varsity 2.0 miles:**

Moses (CV)	9:57	Zorich (Cab)	10:18
G. Aguirre (SB)	10:03	Coffman (DP)	10:18
R. Aguirre (SB)	10:08	Shields (DP)	10:19
O'Hara (SMcos)	10:15	Martinez (QH)	10:22
Hollister (SMcos)	10:17	Young (Carl)	10:23
Dos Pueblos 67, Carlmont 74, Santa Barbara 81, San Marcos 112, Cabrillo 128, Lompoc 150, Crescenta Valley 180, Quartz Hill 203, Righetti 215, Santa Maria 218, Arroyo Grande 281.			

**Small Junior College 4.0 mile:**

Galbraith (AH)	21:07	Martinez (COC)	21:39
Fabing (AH)	21:15	Judy (AH)	21:43
Avila (WH)	21:29	Burns (COC)	21:58
Cusick (COC)	21:37	Snoddy (AH)	21:58
Hampton (AV)	21:38	Martin (AH)	21:59
Allan Hancock 29, College of the Canyons 52, West Hills 87, Antelope Valley 90, Porterville 122, Hartnell 155, Canada 159.			

**Large Junior College 4.0 mile:**

Thomas (G)	20:21	Padilla (Ch)	21:24
Quintana (Ch)	20:56	Croad (G)	21:29
Rabino (G)	21:07	Maher (M)	21:33
Croad (G)	21:19	Vanderveen (G)	21:34
Haake (SB)	21:23	Reiter (Ch)	21:43
Glendale 24, Chabot 50, Merced 94, Santa Barbara 100, Ventura 111, Cuesta 174.			

**Open 4.0 mile:**

Cole (Westmont)	20:59	Brennand (SBAA)	22:17
Harney (CCAC)	21:45	Nunez (Un)	22:35
Koss (Westmont)	22:01	Fick (Cal Poly)	22:54
Nolasco (SLDC)	22:02	Linke (Cal Poly)	23:07
Throckmorton (W)	22:08	Reyes (SDTC)	23:08
Westmont 36, Cal Poly 38, Chabot JV 64, Hancock Striders 83.			

Palos Verdes Invitational, October 19-2. 2 miles

**Number One Man:**

1. Davies (Monte Vista)	10:57
2. Blackburn (Royal)	11:03
3. Jury (Palos Verdes)	11:04
4. Sorenson (Upland)	11:13
5. Van Meter (Torrance)	11:16
6. Tillford (Morningside)	11:21
7. Delatore (Banning)	11:23
8. Guerra (North Torrance)	11:28
9. Smith (Agoura)	11:28
10. Fish (Mira Costa)	11:31

**Number Two Man:**

1. Dulaney (Palos Verdes)	11:20
2. Pyles (Torrance)	11:25
3. Sandoval (Monte Vista)	11:32
4. Oliver (San Luis Obispo)	11:41
5. Goetsch (Upland)	11:50
6. Lawrowe (Millikan)	11:51
7. Skinner (West Torrance)	11:52
8. Ardrey (Claremont)	11:54
9. Alvarado (Lakewood)	11:59
10. Williams (South Torrance)	12:02

**Number Three Man:**

1. Hughes (Monte Vista)	11:25
2. Sasuga (Torrance)	11:31
3. Fritz (Palos Verdes)	11:35
4. Weaver (San Luis Obispo)	11:42
5. Schor (West Torrance)	11:52
6. Liebowitz (Lakewood)	11:53
7. Sitqueiros (Watsonville)	12:01
8. Raustead (Claremont)	12:07
9. Burnati (Gahr)	12:14
10. Studer (Thousand Oaks)	12:22

**Number Four Man:**

1. Austin (Monte Vista)	11:32
2. Wyman (Palos Verdes)	11:39
3. Arreola (San Luis Obispo)	11:53
4. Garcia (Watsonville)	11:58
5. Stroad (Lakewood)	11:59
6. Janisch (West Torrance)	12:08
7. Steps (Millikan)	12:14
8. Wood (Claremont)	12:16
9. Fleming (Torrance)	12:20
10. Donaldson (Redwood, Visalia)	12:22

**Number Five Man:**

1. T. Hughes (Monte Vista)	11:51
2. Stevenson (Palos Verdes)	11:59
3. Millar (San Luis Obispo)	12:12
4. Proust (Lakewood)	12:15
5. Pard (Royal)	12:17
6. Harris (Claremont)	12:18
7. Rodriguez (Torrance)	12:21
8. House (West Torrance)	12:22
9. Gonsales (Redwood, Visalia)	12:26
10. Cordova (Watsonville)	12:30

Team Times (Seven times): Monte Vista (San Diego) 80:58, Palos Verdes 81:49, Torrance 83:30, San Luis Obispo 84:05, Lakewood 84:48, West Torrance 85:22, Claremont & Royal 86:08, Watsonville 86:33, Millikan 86:40.



WAYNE BADGLEY (Big Valley Harriers)

**University Division:**

1. Fredricksson (USIU)	24:04
2. Norton (Fullerton)	24:12
3. Schmickrath (Fullerton)	24:16
4. Chadiz (Northridge)	24:29
5. Villalovous (Northridge)	24:37
6. Larnark (USIU)	24:38
7. Gonzales (Northridge)	24:44
8. Surman (Fullerton)	24:46
9. Cassanova (Northridge)	24:49
10. Slick (Fullerton)	24:54
11. Large (Northridge)	25:07
12. Lozano (Northridge)	25:10
13. Curran (Northridge)	25:11
14. Wright (Northridge)	25:17
15. Jones (USIU)	25:19
16. Whalen (Fullerton)	25:20
17. Bell (Fullerton)	25:21
18. Downs (USIU)	25:40
19. McDivett (Northridge)	25:54
20. Ashcraft (Cal Poly)	25:55

**Moorpark Invitational, September 22. 4 miles.**

1. Close (Grossmont)	20:28
2. Pfeffer (Grossmont)	20:33
3. Somonian (Los Angeles City)	20:43
4. Burgess (Fullerton)	20:55
5. Breen (Grossmont)	21:01
Grossmont 26, Fullerton 52, Los Angeles Valley 112	

**Small Schools:**

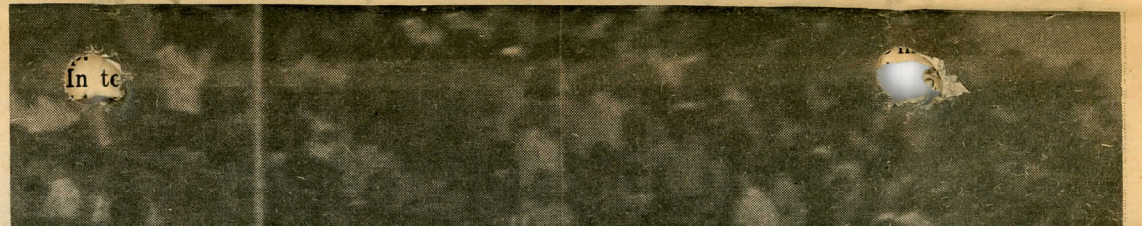
1. Thomas (Glendale)	20:22
2. Esparza (Moorpark)	21:09
3. Aguilar (Santa Ana)	21:24
4. Kroad (Glendale)	21:31
5. Brizuela (Citrus)	21:33
6. Priest (Golden West)	21:35
Glendale 59, Moorpark 63, College of the Canyons 104, Citrus 114, Golden West 144, Santa Ana 157. /Ted Brazil/	







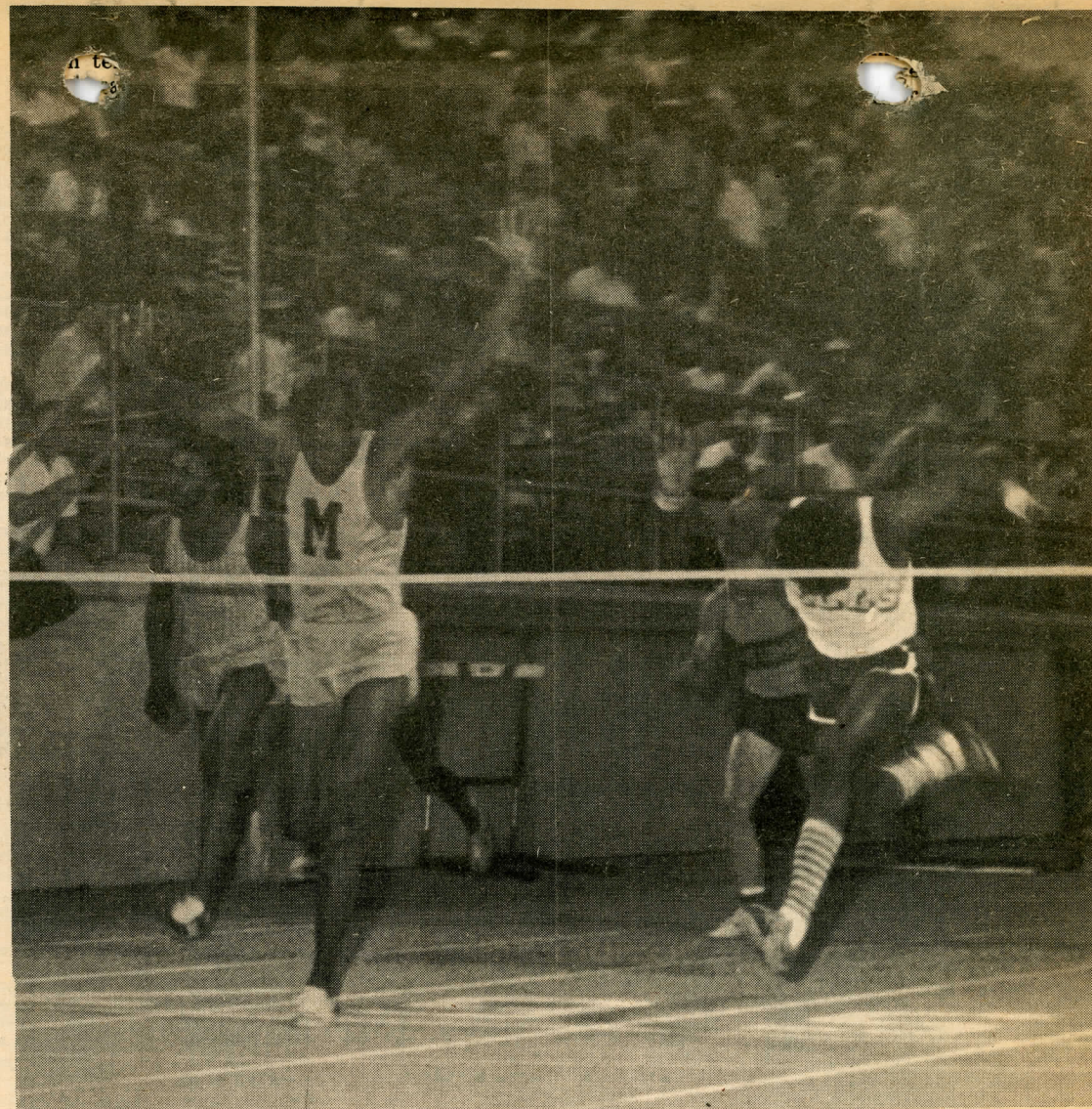
THEY ARE OFF AND RUNNING AT THE SOUTHERN CALIFORNIA WALNUT RACE







SAM NICHOLSON leads fellow senior runner GEORGE DAVALL



FRED SHAW (Muir) nips DEDDY COOPER (Ells) at HIGH SCHOOL STATE MEET high hurdles. Fred will be topping the timbers for Stanford next season, while Diddy has another year at Ells.



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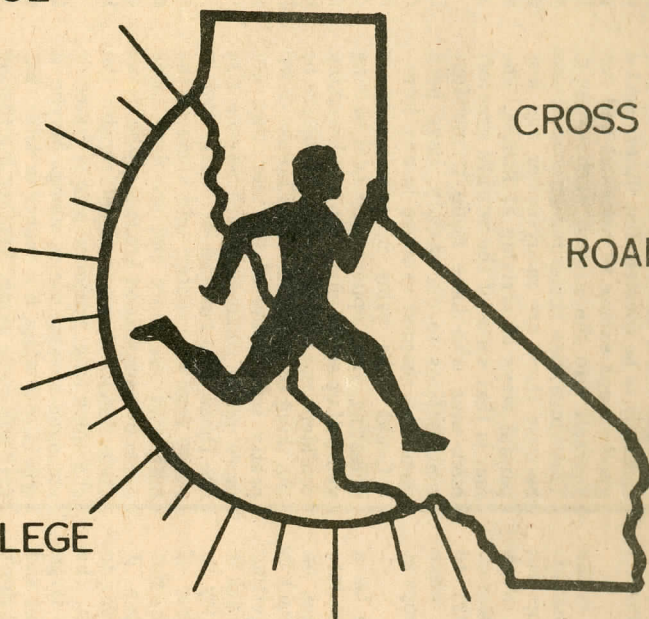
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