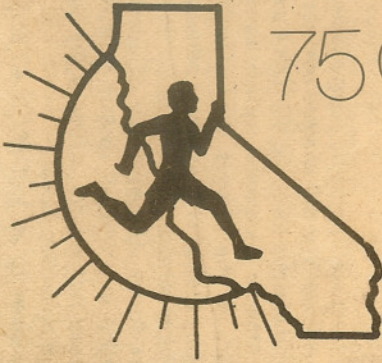


# CALIFORNIA TRACK NEWS

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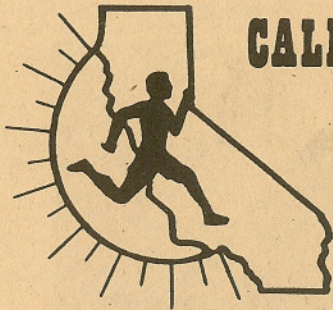
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## CALIFORNIA TRACK NEWS

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## meet the staff: Keith Conning

photo by Steve Ward



"My interest in track started in the early fifties," relates Keith of his birth as a "track nut." He goes on, "My father, who was a sprinter in England, took me to Cal track meets at Edwards Stadium. I remember seeing Wes Santee of Kansas run the mile in a dual meet against Cal in 1955, Lon Spurrier setting the 880

# GUEST EDITORIAL

by  
**Al Sheahen**

The barring of South Africans from world athletic competition is "a violation of the United Nations Declaration of Human Rights," charged athletes who were in Goteborg, Sweden to compete in the World Masters (over age 40) Track and Field Championships. The International Amateur Athletic Federation, which banned South Africans and ex-professionals from competing in the Masters Games, was called "a modern-day Attila the Hun, raping and pillaging the rights of innocent athletes."

The IAAF is a repressive, obsolete dinosaur out of touch with reality. We in no way support the inhumane, unjust South African policy of apartheid. But sport as an instrument of international policy is a spitball against a battleship. Show me a country which will change its internal policies for a first in the high jump and I will show you a country with very strange priorities, indeed.

Masters competition should be open to all individuals 40 and over. We welcome anyone — black, white, peace-lover, war-monger, liberal, conservative, racist, sexist, Christian, Jew, atheist.....ANYONE!

The American athletes, joined by competitors from other nations, also charged that the IAAF's refusal to allow Gunder Haag and Arne Andersson to compete in Goteborg because they were once "professionals" is a flagrant violation of justice and an insult to the Swedish spirit of fair play. Haag held the world mile record of 4:01.4 from 1945 through 1954. His mile duels with Andersson are legend. The athletes and the people of Goteborg would love to see Haag and Andersson run once more, but the heavy-handed IAAF says no. The IAAF rules are archaic. Some rules are enforced. Some are not.

According to Rule 53 of the IAAF code anyone who walks onto the field carrying a Nike or Puma travel bag is ineligible to compete. Anyone who competed in an all-comers meet is ineligible. It's ludicrous. If the IAAF enforced all its outdated rules, two-thirds of the athletes would be ineligible. Then we could find another track and have our own meet. The group said the IAAF must "change its rules and join the 20th century, or be replaced by people who will fairly represent the interests of the athletes and the public."

The athletes said they had come to Sweden to compete and to strongly protest the IAAF rules, and they would not compete in the next World Masters Games unless the IAAF is allowed to compete. "If the IAAF refuses to change its rules for the Masters,

# Keith Conning

photo by Steve Ward



Keith Conning is "Mr. Northern California Prep Track" for California Track News. Besides serving as prep expert Keith is an avid photographer and has had many of his photos grace the pages of CTN. He has also had photos appear in Track & Field News, Runner's World and Nor Cal Running Review.

Keith's involvement in track goes even beyond helping us with stats, pictures and results. He coached the Berkeley High School girl's cross country team in 1974. He's a certified AAU official and is a timer at all U.C. Berkeley and Berkeley High School home track meets. Keith is co-author of the book History of the California State Meet with Donn Kirk and Dave Cooper. He has attended the last two Olympic Games (Munich and Montreal) with the Runner's World tour group. On top of all of this he is a regular competitor in local road races and has run the Bay-to-Breakers and Dipsea races since 1958.

"My interest in track started in the early fifties," relates Keith of his birth as a "track nut." He goes on, "My father, who was a sprinter in England, took me to Cal track meets at Edwards Stadium. I remember seeing Wes Santee of Kansas run the mile in a dual meet against Cal in 1955, Lon Spurrier setting the 880 world record in a triangular meet among Cal, the San Francisco Olympic Club and the Santa Clara Youth Village in 1955, Bill Alley of Kansas throwing the javelin onto the cinder track in the 1956 NCAA, and Don Bowden running a 4:11 mile as a freshman in 1954."

Keith started running himself in 1953 as a seventh grader at Aptos Junior High School in San Francisco, where the longest race was the 75 yard dash. He then ran cross country and track at San Francisco Lincoln High School from February, 1956, to January, 1959. He followed that by earning the Outstanding Performer award at Naval Academy Preparatory School in Bainbridge, Maryland. In 1959 at the Air Force Academy he was the number two freshman cross country runner. Keith also had experience running one year at Cal under Coach Brutus Hamilton.

Keith is a teacher of consumer Economics at Berkeley High School. This past school year he received an outstanding teacher award from the Berkeleyans for academic excellence. He is married with three children (ages 5, 8 and 11). Wife, Marian, is a deacon at the First Congregational Church in Berkeley, and Keith is president of his neighborhood improvement committee. His hobbies are: following track, running road races, photography, reading newspapers, visiting library newspaper rooms, and playing with the children.

Goteborg because they were once "professionals" is a flagrant violation of justice and an insult to the Swedish spirit of fair play. Haag held the world mile record of 4:01.4 from 1945 through 1954. His mile duels with Andersson are legend. The athletes and the people of Goteborg would love to see Haag and Andersson run once more, but the heavy-handed IAAF says no. The IAAF rules are archaic. Some rules are enforced. Some are not.

According to Rule 53 of the IAAF code anyone who walks onto the field carrying a Nike or Puma travel bag is ineligible to compete. Anyone who competed in an all-comers meet is ineligible. It's ludicrous. If the IAAF enforced all its outdated rules, two-thirds of the athletes would be ineligible. Then we could find another track and have our own meet. The group said the IAAF must "change its rules and join the 20th century, or be replaced by people who will fairly represent the interests of the athletes and the public."

The athletes said they had come to Sweden to compete and to strongly protest the IAAF rules, and they would not compete in the next World Masters Games unless everyone is allowed to compete. "If the IAAF refuses to change its rules for the Masters, then we will look elsewhere for support in organizing future international meets," the athletes said.

The ban on South Africans clearly violates Article 2 of the UN Declaration of Human Rights which states: "Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status."

Banning Haag and Andersson violates Article 16 of the Swedish Instrument of Government of 1809, which is still in force: "The King shall...forbid iniquity and injustice; he shall not deprive anyone...of personal liberty or well-being."

The U.S. Masters athletes unanimously voted that Masters competition should be open to anyone over 40. "It should be conducted in a spirit of openness, friendship, helpfulness, sharing and understanding. No one should be banned....ever."



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Because of parking and traffic problems the 1978 Mission Bay Marathon will alter its course to start and finish on Fiesta Island. The Palos Verdes Marathon is another event suffering giant growing pains and is finding it necessary to make alterations. Both marathons are well known because of their emphasis on the runner.... Olympic silver medalist Milard Hampton didn't compete in the NCAA or AAU due to a pulled muscle. He has since made a few sub-par appearances in Europe. .... USC standout Joel Andrews hurt his foot in the AAU 100 heats which will prevent him from anticipated European tours.... Congratulations to Tom Sturak and Jacqueline Hansen who were recently married in Hawaii. Hansen was the women's marathon world record holder from October 1975 until May of this year. Sturak is one of the country's top masters runners and a frequent CTN contributor. Infact, Tom wrote to straighten out our report of a world masters record for the 4 mile relay, "4 mile relay times (according to Pete Mundle) should be listed as World Bests, not World Records (but this is trivial). More important, the winning team of Norton, Mundle, Portillo, and Kalchschmid were not an official club team (reported as SFVYC), but rather an unattached pickup team - Mundle is a member of the Santa Monica TC. Therefore, Mundle has listed their time only as an 'American All-Comers Best'; and the (in the same race, 2nd. place) Southern California Striders' 19:58.3 as the official American 40-49 Best (team of Jim Davis, Tom Sturak, Jerry Smartt, Bob Emmerling). By the way, there was even a previous pending 40-49 mark, tho we didn't know it at the time (20:11.9 by the WVJS at the Herbert Hoover Relays (4-2-77)).

According to the Associated Press O. J. Simpson has signed an agreement with NBC-TV to do 1980 Olympics commentary..... The San Diego Track Club has grown 50% in the past year and their total membership is now at the 1000 mark.... Ken Young of the National Running Data Center says there are more distance runners in California than any other state. 2918 Californian runners completed a distance race of 15 kilometers or longer in 1976. On a percapita basis, however, California is 14th. with 14.6 distance runners per 100,000 population.... The 1977 AAU Track Championships at UCLA had to be the best ever. With berths on the first ever USA World Cup team at stake here are the highlights in review: a world record by Edwin Moses, seven new American records, 13 1977 world bests, 17 meet records in the 38 events program - all in finals.

In a tragic accident at the recent PA-AAU Track & Field Championships

izing the Golden West Invitational, which annually serves as one of America's great 'prep classics' .... USC coach, Vern Wolfe, says, "If Tom Andrews had specialized in the flat 400, he would be the best in the world right now." Andrews has run 45.57 this year.... Two informative booklets are available free from the Road Runners Club of America. One Booklet describes the many programs of the RRC, while the other is a brief "how to" booklet which explains step by step "how to start a running club." The books can be obtained from the Western Regional Vice-Pres., Don Chaffee, 545 Kirkham St., San Francisco 94122.... A New timing device: Just watch the race and press the button. No need to read the time or write it down because the CHRONOMIX does it all for you. It automatically prints out places and times, and does it must faster than you possibly could. You can record the lap times of every runner in a 10,000 meter race or get the place and time of every finisher in a cross country or road race. Both cumulative or sequential splits are possible. From Track & Field News, Box 296, Los Altos 94022.

On Thursday, July 17th. the San Diego Track Club and San Diego State University sponsored a seminar dealing with "Problems of the Long Distance Runner - Causes and Cures.".... Northern California's Ron Wayne got a trip to Holland for the Amsterdam Marathon on May 21st, only a month after he won fourth place at Boston. Wayne placed sixth in 2:19:21 .... First UCLA's James Owens was declared winner of the AAU high hurdles, then it was ruled a tie with Charles Poster, now it is back to a clear win for the Bruin. After blowing up the photos of the finish it became clear that Owens won. .... The International Olympic Committee has rejected a proposal to include a 3,000 meter run for women in the 1980 Olympic Games. The decision means that the 1,500 meters, introduced at the 1972 Olympics, remains the longest event for female runners, while men will continue to compete in not only the 1,500 but also the 5,000 and 10,000

# KEEPING TRACK

Houston McTear has been running very well in Europe this summer. He along with Johnny Jones, Millard Hampton and Derald Harris are competing for what is called the Muhammad Ali Track Club.... "I didn't even know he was in the race until I heard on the loudspeaker that the leader's first lap was 59 seconds. Then I knew I was in the same race with a world class runner," said Ben Sawyer. The world class runner was Duncan MacDonald, who showed up at the all comers track meet at West Valley College and ran a 4:05 mile during the summer .... The Santa Barbara AC along with the local Adult UCSB Education Dept. will present a series of lectures on running beginning on November 15 with "The Physiological Aspects of Running" presented by Joan Ulyot, M.D., and will end on December 13 with a film entitled "The Marathon.".... Orange County will have a new track club, the Orange Flyers, under the direction of Bill Holt and Dave White.

Southern California has a race walking newsletter published quarterly Contact Race Walking Committee, 852 Sharon Drive, Camarillo, CA 93010.... Chris Adsit of Athletes in Action placed third in the National AAU Pentathlon Championships at Fort Collins, Colorado on July 16th. .... John Warkentin's second place AAU Decathlon was his 55th. lifetime decathlon. He has scored more total points in the decathlon than anyone else in history.... Chris Doble of Placentia placed 13th. in the National AAU Junior Olympic Decathlon Championships with 6153 on July 2/3, at Yakima, Washington.... W.H. Allen of Washington, D.C., set us straight on the answers to the last "Track Teaser." Les Steers, as Mr. Allen pointed out, is from Palo Alto and not Los Altos. And he was state high school champ three years ('35-'37) rather than just one year .... Buddy Kring of Santa Barbara won the high jump and Joe Gould of Los Angeles won the shot put in the recent Maccabiah Games in Tel Aviv.

Coaching changes: Bob Beamon is

ins (San Jose) discus, Maxie Parks (Los Angeles) 1600 meter relay. Evelyn Ashford (Los Angeles) 100 & 200 meters Francie Larrieu Lutz (Sunnyvale) 1500 meters, Patty van Wolvelaere (Los Angeles) 100 meter hurdles, Jodi Anderson (Northridge) long jump, Maren Seidler (Cupertino) shot put, Kate Schmidt (Pacific Palisades) javelin, Sandra Howard (Northridge) 400 meter relay, Rosalyn Bryant (Los Angeles) 1600 meter relay.

No results available yet but Al Sheahan reports on the highlights of the 10th. Annual National Masters Track and Field Championships in Chicago on July 2-4: Jack Greenwood 51, a Medicine Lodge, Kansas Savings and Loan Executive, set two world records. His records came in the 400 and 110 meter hurdles with a 53.5 and 15.1. Ted Cain 40, of Novato, California won 5 events with a new American over 40 mark in the 400 (50.6). Claude Hills of Flourtown, Pennsylvania, established a new standard in the 65-59 110 hurdles (30") with 18.7. Venerable Bud Deacon 65, of Honolulu ran the 400 hurdle race in 73.7 for another record. Other top performances included Australia's Bernie Hogan's 11.7 in the 55-59 100, and 24.2 in the 200; Hal Higdon, Michigan City, Indiana ran the 45-49 10K in 32:57; Alabama's Tom Chilton leaped 22-7 1/2 in the 40-44 long jump. Ocie Trimble of Iowa City, Iowa turned the 45-49 800 in a sparkling 2:01.4; Ole Oleson of the San Fernando Valley TC won 3 events in the 55-59 division. The 1978 U.S. Championships were tentatively set for Atlanta, Georgia.

The Pamakid San Francisco Marathon held recently was not the first ever marathon for San Francisco. John Weidinger of Daly City reports that on April 2, 1961, an Open Class and National Junior AAU Marathon Championship race was held in San Francisco. The race was just short of six laps around Lake Merced.... Bruce Jenner's book is now out. It's a recounting of the Olympic champion's best known talent, the decathlon. And through a unique format, another of Jenner's skills -

entary..... The San Diego Track Club has grown 50% in the past year and their total membership is now at the 1000 mark.....Ken Young of the National Running Data Center says there are more distance runners in California than any other state. 2918 Californian runners completed a distance race of 15 kilometers or longer in 1976. On a percapita basis, however, California is 14th. with 14.6 distance runners per 100,000 population....The 1977 AAU Track Championships at UCLA had to be the best ever. With berths on the first ever USA World Cup team at stake here are the highlignts in review: a world record by Edwin Moses, seven new American records, 13 1977 world bests, 17 meet records in the 38 events program - all in finals.

In a tragic accident at the recent PA-AAU Track & Field Championships at Diablo Valley College, longtime AAU official Maree Louise Rodebaugh of Sacramento was fatally injured when she was struck in the back by a 16 pound shot put during a warmup toss. Rodebaugh was instrumental in organ-

with "Problems of the Long Distance Runner - Causes and Cures.".....Northern California's Ron Wayne got a trip to Holland for the Amsterdam Marathon on May 21st, only a month after he won fourth place at Boston. Wayne placed sixth in 2:19:21 ..... First UCLA's James Owens was declared winner of the AAU high hurdles, then it was ruled a tie with Charles Foster, now it is back to a clear win for the Bruin. After blowing up the photos of the finish it became clear that Owens won. .... The International Olympic Committee has rejected a proposal to include a 3,000 meter run for women in the 1980 Olympic Games. The decision means that the 1,500 meters, introduced at the 1972 Olympics, remains the longest event for female runners, while men will continue to compete in not only the 1,500 but also the 5,000, 10,000 and marathon. So much for equality and progress ..... The first Pan American Masters Games were held on September 3 and 4, at UCLA with men and women athletes from nine countries participating by age groups.


athlon Championships at Fort Collins, Colorado on July 16th. .... John Warkentin's second place AAU Decathlon was his 55th. lifetime decathlon. He has scored more total points in the decathlon than anyone else in history..... Chris Doble of Placentia placed 13th. in the National AAU Junior Olympic Decathlon Championships with 6153 on July 2/3, at Yakima, Washington.... W.H. Allen of Washington, D.C., set us straight on the answers to the last "Track Teaser." Les Steers, as Mr. Allen pointed out, is from Palo Alto and not Los Altos. And he was state high school champ three years('35-'37) rather than just one year ..... Buddy Kring of Santa Barbara won the high jump and Joe Gould of Los Angeles won the shot put in the recent Maccabiah Games in Tel Aviv.

Coaching changes: Bob Beamon is head track coach at U.S. International University in San Diego, Marilyn King women's coach at Cal Berkeley, Jim Klein former Westmont coach not at Idaho State, and Arnie Robinson is an assistant at San Diego Mesa JC.....A number of Californians are among the elite group competing in the World Cup: Steve Williams(San Diego) 100 meters, Derald Harris (Pittsburg) 200 meters, Steve Scott(Upland) 1500 meters, Dwight Stones (Long Beach) high jump, Mike Tulley (Long Beach) pole vault, Arnie Robinson (San Diego) long jump, Milan Tiff(Westwood) triple jump, Terry Albrightton(Costa Mesa) shot put, Mac Wilk-

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## Cross Country



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### FRESNO STATE UNIVERSITY JOG-A-THON

*WHAT: A Jog-A-Thon to raise funds to complete the Fresno State Track and Field facility. Also, groups may participate and receive 50 percent of the money. WHEN: Saturday, September 17, 1977. Three separate one-hour Jog-A-Thons will be conducted. You can participate at 9:00, 10:00, or 11:00 a.m. WHERE: Fresno State Campus Track. HOW: Each entrant will walk, jog, or run as many laps around the track as possible in a one-hour time limit. Joggers will solicit friends, relatives, etc., to sponsor them at a specific amount per lap. COLLECTION: All collecting is done by computer, by mail. Once you have your sponsors and jog, your part is finished. PRIZES: A trip to the 1980 Moscow Olympic Games; one week in Hawaii; jogging shoes; many other prizes. WHO: Anyone may enter. MORE INFORMATION: write Jog-a-Thon, Athletic Dept., Fresno State University, Fresno 93740*

**ON THE COVER:** TOM STURAK(center) leads RAY ARCHIBALD(386) and BOB EMMERLING(387) in the 40-49 1500 meters at Mt. SAC. Emmerling won in 4:27.3  
photo by Diane Johnson

# spotlight on:

## Payton Jordan

Head Stanford University track coach, Payton Jordan, has been making quite a few dents in the world record book. We don't mean his Cardinal cinder squad (although at one time in 1977 two Stanford track athletes were ranked Number One in the world: Terry Albritton in the shot put and James Lofton in the long jump), but, rather, with his own athletic talents.

Payton over the past four years has continued to lower the master's division IIB (55-59) 100 meter dash record and leaves it at a quick 11.6. No sooner did Payt' turn 60 than what he broke the division IIIA world record with a 100 meters in 12.3 at the 1977 Mt. SAC Relays; and that he has since lowered to 12.0 at the Senior Olympics. This season Payton has also set the world record for 100 yard dash (11.4 at West Coast Relays), 220 yard dash (25.2 at West Valley Masters Meet), and 200 meter dash (24.9 at Far Western Master's AAU).

The name "Payton Jordan" is a household name in track and field circles.

In the past 30 years his name has been known for his coaching laurels. Now he is, once again, being known for his own leg speed as an athlete.

Jordan began his track and field career in junior high school at the age of 13. Then at Pasadena High School he did "a little of everything" — meaning sprints, hurdles, relays, long jump, high jump, pole vault and shot put. Some of his best high school marks were: 10.0, 22.0, 22-7, and 6-0.

At Santa Monica Cith College he set a national record of 21.2 for the 220 before moving to USC, where he captained the track team, played rugby, and was a halfback on the 1938 football team that beat Duke in the Rose Bowl.

"I tied the 9.7 Pacific Coast Conference record held by Charlie Paddock, and ran on the 440 year relay team that set a world record," He recalls proudly. "In 1941 I won the national AAU 100 meter championship in 10.3, unofficially equaling the record set by Jesse Owens."



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22.0, 22.7, and 8.0. At Santa Monica Cith College he set a national record of 21.2 for the 220 before moving to USC, where he captained the track team, played rugby, and was a halfback on the 1938 football team that beat Duke in the Rose Bowl.

"I tied the 9.7 Pacific Coast Conference record held by Charlie Paddock, and ran on the 440 year relay team that set a world record," He recalls proudly. "In 1941 I won the national AAU 100 meter championship in 10.3, unofficially equaling the record set by Jesse Owens."



Coincidentally, it was a Stanford quartet coached by Jordan that eventually bettered the relay mark.

The AAU crown meant a ticket to Jamaica, where he ran against the great Herb McKenley. There on a cricket grounds, he established world records of 9.5 and 21.1 for running on grass. The 100 yard mark lasted 27 years.

But Payton's running didn't last that long, because in 1942 he hung up competitive racing, and embarked on a new career — coaching. And he was extremely successful at it. He's coached NCAA Championship teams at Occidental and Stanford. During his 10 years at Oxy he coached 10 league championship squads and two national small college title winners. Among his top tigers was Bob Gutowski, a world record holder in the pole vault.

In his two decades at Stanford, Coach Jordan has produced several world class athletes, including Peter Boyce, Dave Weill, Larry Questad, Ernie Cunliff, Duncan McDonald, and Don Kardong, all recent Olympians.

At Stanford Payton has faced a unique situation in his coaching career, because his track teams in recent years have not been as laden with world-class talent as in most previous seasons. Admissions requirements and budgetary

problems prevent the track program from going out and recruiting every good high school athlete in the country.

Unfortunately, rivals USC and UCLA have been able to do so, and in competing with them Jordan has often faced the painful circumstances of looking forward to a meet knowing his team will not be able to win it.

But Coach Jordan explains that his philosophy at Stanford is somewhat different than it has been at other schools, or for other teams. "People win in a lot of ways. There are a lot of little victories taking place all the time—conquering a fear, realizing a goal, achieving more than what was expected.

"It takes a very strong character to go out on Saturday and know that you are going to be beaten by someone who has more latent talent to begin wit," Jordan said, praising the Stanford team as a group of "high quality" kids.

"We try to coach with the idea of helping our kids fulfill their potential. Our responsibility is to be the best we can be for the kids. We do a lot of things with our program, and some of the discipline and 'sticktoitiveness' developed here does play a key part in the future development of our athletes. We try to help our athletes get joy out of competing, become proficient and relatively successful in their respective events,

and to develop an overall attitude that will help them to forward in their life goals. We are teaching a man to face the challenge of his life in one moment. Hopefully he'll become a better person for that."

Payton Jordan can't categorize the rewards of his coaching — or even his entire track — career. "The rewards are multitudinous," he said. "I kid no one into thinking I like to lose. Nobody likes to lose. But there are other aspects of our program which make my job here an extremely challenging and rewarding one. I wouldn't stay if I didn't think so."

In 1972 Jim Terrell, a former Stanford athlete who coordinates the San Francisco Indoor Games, approached his former coach about running at the Cow Palace in the Indoor Games. Jordan was reluctant at first. "I told him I would if I could get into reasonably good shape," said Payton. That first victory in the Cow Palace after a 30 year layoff was the start of a new career.

"You view something like that with mixed emotions," he explained. "You don't know, when you haven't been running for a while, whether you'll still think, feel and react the same way to competition. "Surprisingly, nothing really changed for me as far as competition and emotions are concerned," he said, except that I was a great deal slower."

A conditioning expert, Jordan admits training for races now isn't easy. "It's a little more difficult to prepare. You don't have the time to devote to preparation that you had in college. On the other hand, it might be counterproductive to train as hard as I did as a kid at this point. There's a big difference between 20 and 60. You need a longer recovery time. I was pleased to find that my body muscles didn't suffer any over that period of layoff. I didn't really have any problems — I wasn't sore, I didn't get any cramps or pulls."

Jordan generally works out after track practice, about three times a week. In addition, he lifts weights and goes through a general conditioning program.

The Stanford track mentor thinks his running experience has helped him a little in his coaching career. "I don't think I ever forgot what it was to compete, what it takes to get where champions want to get and it doesn't really matter that I do it now, in that sense, because that feeling is something you don't forget. Once you acquire it, you keep it with you; I don't think you have to be constantly going to the line to prove yourself.

"But athletes do see me as an older man still willing to go to the line, and still capable to do something competitively against men my own age. Kids don't

really care what you did; they only care about right now. But I have had athletes come up to me," he explained, "and say 'hey it's really great to see you go out on the line, and compete, and prove that what you talk about is what you actually go out and do.'"

Jordan prides himself in conditioning and disciplining himself, and he says that he really doesn't expect his team to do much more than he is willing to do.

The coach says there's no secret formula to his success as a senior competitor. In fact, he wrote a pamphlet — "Running for Fun and Fitness for Everyone" — for the Tea Council of the USA that's available free by writing that organization, 230 Park Ave., New York 10017. It includes the basic concepts of conditioning for athletes, non-athletes, for those under 35 years, and for those over 35. "Actually, it's for everyone who wants to get more out of life," says Jordan. The booklet talks about how running efficiently and effortlessly is the best exercise for everyone. More than a million copies are in use, and the readers include the Baltimore Colts, Miami Dolphins and Kansas City Chiefs for pre-season conditioning.

In 1968 Payton Jordan served as head coach of the United States Olympic Team. His 1968 crew won more Olympic

medals (24 with 12 gold) and established more records than any other recent club. Jordan also directed and promoted the 1960 Olympic trials at Stanford and two years later staged the US-USSR meet, which attracted more than 150,000 fans in two days at Stanford. Before directing the Olympic team in the Mexico City Olympics, Payton coached US teams in the 1965 Maccabiah Games, the 1965 Deaf Olympics and the 1966 World Games. He was top assistant for the 1964 US Olympians and helped coach Yugoslavian and Greek National

coach Yugoslavian and Greek National teams. He has held many offices on national track committees and authored several books and articles on track and field.

The three-time grandfather, who looks like the father next door, has been inducted into several Halls of Fame as a coach and as an athlete to attest to his talents.

In gathering information for this article I had several opportunities to correspond with and telephone chat with Payton. I found him to be one of the most warm, open, and friendly track persons I have ever encountered. With his busy schedule as coach, administrator, athlete and speaker he always found time to help. It's easy to see why Payton is so well liked. He, certainly, rates high in our book.



# join us in HAWAII!

\*\* 5th. ANNUAL HONOLULU MARATHON, DECEMBER 11, 1977

\*\* AMERICAN MEDICAL JOGGERS ASSOCIATION SYMPOSIUM





# join us in HAWAII!

- \*\* 5th. ANNUAL HONOLULU MARATHON, DECEMBER 11, 1977
- \*\* AMERICAN MEDICAL JOGGERS ASSOCIATION SYMPOSIUM
- \*\* FIRST ANNUAL MARATHON RACE DIRECTORS MEETINGS

## 8 DAYS FOR \$319.<sup>00</sup>

**PACKAGE INCLUDES:** Air transportation, all transfers, first class hotel, tips and taxes.

**Departure:** December 5, 1977, from Los Angeles or San Francisco.

LIMITED SPACE

BOOK EARLY

### HONOLULU MARATHON

Run surrounded by the Verdant Beauty of Hawaii. Scenic 26 mile, 385 yard course certified by AAU starts at landmark Aloha Tower, winds through Waikiki Beach in the shadow of Diamond Head and ultimately finishes in Kapiolani Park in the heart of Waikiki. The course has 11 aid stations, each staffed by physicians and nurses. Certificates and T-shirts to all finishers. Every runner including the last will receive official times. More than 100 trophies to regular and special division winners including the world's only cardiovascular division. Share the Aloha Spirit with world-class fellow participants at a post race picnic.

### A.M.J.A SYMPOSIUM

Plan to attend the Fifth American Medical Joggers Association Annual Symposium "The Athletic Heart, Physiologic Adaption to Environmental Stress in a Normal and Disease State." Innumerable speakers will include Dr. David Costill, Director, Human Performance Laboratory, Ball State University and President, American College of Sports Medicine. Dr. Jack Wilmore, The University of Arizona; Dr. Ernest Jokl, Director, Human Performance Laboratory, Lexington, Kentucky; Otto Appenzeller, M.D., Ph.D.; Jack H. Scaff, Jr., M.D., Joan Ullyot, M.D. and more, many more dealing in topics directed primarily towards the runner.

### MARATHON DIRECTORS RACE DIRECTORS MEETING

Join us and many others like yourself as well as world-class marathoners as we exchange ideas in plenary sessions and workshops on staging marathons. Course layout, AAU sanctioning, liability, timing, fund raising, community involvement, medical facilities, crowd control, et., etc.

Ample time will be allowed to visit exhibitor's booths where there will be demonstrations of the latest in running equipment.

Guest celebrity runner, ED MENDOZA, will accompany the tour. Mendoza is a 1976 Montreal Olympics 10,000 meter runner and has a best marathon time of 2:14.

### FOR MORE INFORMATION CONTACT:

Torigian & Kelley  
 %Roos/Atkins World Travel Bureau  
 1949 East Shields Avenue  
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Arrangements may be made for extended stay.

Special add-on air fare from many cities.

Special rates for air transportation only are available.

100 METER DASH

- 10.12 Don Quarrie (Tobias)
- 10.18 Clancy Edwards (USC)
- 10.22 Guy Abrahams (Tobias)
- 10.29 Randy Williams (Tobias)
- 10.2 Mike Kirtman (SJS)
- 10.2 Mike Farmer (ICAC)
- 10.2 Joel Andrews (USC)
- 10.33 Millard Hampton (UCLA)
- 10.37 James Gilkes (Macc)
- 10.3 Mike Simmons (CSUH)
- 10.3 Jim Kemp (Macc)
- 10.3 James Owens (UCLA)
- 10.3 Paul Brown (Westmont)
- 10.3 Greg Foster (UCLA)
- 10.3 Bob Triplett (SJS)
- 10.48 Keith Taylor (Cal)
- 10.48 Marvin Holmes (Stan)
- 10.48 Marion McCoy (Macc)
- 10.49 Mike Simmons (USC)
- 10.4 Duke Ferguson (SDS)
- 10.4 Rick Wilmoth (CP-Pom)
- 10.4 Wes Walker (Cal)
- 10.4 Ron Livers (SJS)
- 10.4 Lavannes Rose (CLC)
- 10.4 Gordon Banks (Stan)
- 10.4 Holden Smith (Cal)
- 10.4 Sam Turner (CSULA)
- 10.55 Jeff Williams (CSULB)
- 10.59 John Pettus (BAS)
- 10.5 Tom Edwards (Oxy)
- 10.5 Ray Clark (CSUH)
- 10.5 Huey Long (CP-SLO)
- 10.5 Walt Walker (WVTC)
- 10.5 Larry Doubley (USC)
- 10.5 Cecil Overstreet (Houston)
- 10.5 Cliff West (BAS)
- 10.5 Mike Frierson (CP-Pom)

- 21.08 Mark Jenkins (UCLA)
- 21.0 Gordon Banks (Stan)
- 21.24 Bob Triplett (SJS)
- 21.25 Mardis (UCLA)
- 21.27 Leon Brown (Tobias)
- 21.2 Mark Carley (FSU)
- 21.3 Sam Turner (CSULA)
- 21.3 Ken Hinton (SDS)
- 21.3 Bart Williams (CP-SLO)
- 21.3 Jim Perry (SDS)
- 21.3 Everett Forrest (UCR)
- 21.3 Rich Greybehl (USC)
- 21.3 Paul Wallcae (Unat)
- 21.42 Larry Brown (Macc)
- 21.4 Lavannes Rose (CLC)
- 21.4 Rick Wilmoth (CP-Pom)
- 21.4 Mike Frierson (CP-Pom)
- 21.4 Bill Burrell (Cal)
- 21.4 Paul Brown (Westmont)
- 21.4 Holden Smith (Cal)
- 21.4 Darrel Smith (CSUS)
- 21.4 Jeff Williams (CSULB)
- 21.4 Huey Long (CP-SLO)
- 21.4 Randy Williams (Tobias)
- 21.4 Marvin Holmes (Stanford)
- 21.4 Xonie Lloyd (CP-SLO)

- 46.93 Vic Rempel (S-S)
- 46.9 Conway (Unat)
- 47.0 Bryan Saunders (CSULB)
- 47.1 James King (Macc)
- 47.1 Lloyd Johnson (USC)
- 47.1 Albert Shorts (Macc)
- 47.2 Cecil Fields (Ariz)
- 47.2 Marlin Rochee (SJS)
- 47.3 Jose Madruaga (CSULB)
- 47.3 Art Bell (CSB)
- 47.3 Bolton (CSUS)

800 METER RUN

- 1:45.9 James Robinson (ICAC)
- 1:46.5 Lloyd Johnson (USC)
- 1:46.8 Mark Schilling (SJS)
- 1:47.5 Brian Donohue (SDS)
- 1:48.0 Rob Cassleman (PCC)
- 1:48.1 Steve Scott (UCI)
- 1:48.5 David Omwansa (USC)
- 1:48.6 Rayfield Beaton (USC)
- 1:48.7 Rick Brown (Tobias)

# TOP MARKS 1977 4-YR

1500 METER RUN

- 3:37.3 Steve Scott (UCI)
- 3:39.6 Paul Cummings (Tobias)
- 3:41.0 Mark Schilling (SJS)
- 3:42.3 Ed Arriola (Ariz)
- 3:42.3 Andy Clifford (Cal)
- 3:43.2 Barrie Williams (UCLA)
- 3:44.7 Ralph Serna (Ariz)
- 3:44.7 Brian Russell (UCLA)
- 3:45.2 Steve Crowley (Stan)
- 3:45.3 Jon Armstrong (P-P)
- 3:46.0 Armando Cedejas (CSULB)
- 3:46.9 Tom Colley (Oxy)
- 3:47.1 Rich Kimball (SJS)
- 3:47.7 David Omwansa (USC)
- 3:47.7 Rudy Krause (CSULB)
- 3:47.8 Bob Dies (FSU)
- 3:48.4 Brad Duffey (Cal)
- 3:48.7 Dave Babiracki (Unat)
- 3:49.3 Acedo (Oxy)
- 3:49.5 Steve McCalley (SPVTC)
- 3:49.7 Russ Nahirry (SJS)
- 3:49.8 Allen Hazard (Macc)
- 3:49.9 Randy Smith (Northrdg)
- 3:50.1 Jerry Mounts (SMTC)
- 3:50.5 Loran Ringo (CP-SLO)
- 3:50.6 Tom Smith (SDS)
- 3:50.6 Bruce Hellebrand (CSUN)
- 3:50.9 Damon Wood (Cal)
- 3:50.9 Smith (Clb Northrdg)
- 3:51.0 Paul Neveu (SDS)
- 3:51.0 Gary Blume (Cal)
- 3:51.0 George Pullen (SDS)

photo by Diane Johnson



photo by Diane Johnson



5,000 METER RUN

- 13:43.8 Dave Taylor (Ore)
- 13:45.4 Paul Geis (Tobias)
- 13:48.3 Thom Hunt (Ariz)
- 13:49.9 Benton Hart (BYU)
- 13:50.4 Tom Lux (Jamul)
- 13:54.8 Vikken Simonian (UCLA)
- 13:59.9 Mark Spilsbury (Colo)
- 14:06.0 Terry Williams (Ore)
- 14:07.5 Gary Romesser (PPTC)
- 14:10.9 Bob Thomas (Unat)
- 14:11.2 Dan Gruber (SJS)
- 14:11.6 Brad Duffey (Cal)
- 14:12.0 Tom Bryant (SMTC)



Fresno Pacific Track Club's GARY ROMESSER has recorded life-time bests of 14:07.5 (5,000), and 29:30.0 (10,000).



UCLA's super high hurdlers, OWENS and FOSTER have plenty to smile about as the two top hurdlers in the state.

3:51.0 Gary Blume (Cal)  
3:51.0 George Pullen (SDS)

### 5,000 METER RUN

13:43.8	Dave Taylor (Ore)
13:45.4	Paul Geis (Tobias)
13:48.3	Thom Hunt (Ariz)
13:49.9	Benton Hart (BYU)
13:50.4	Tom Lux (Jamul)
13:54.8	Vikken Simonian (UCLA)
13:59.9	Mark Spilsbury (Colo)
14:06.0	Terry Williams (Ore)
14:07.5	Gary Romesser (FPTC)
14:10.9	Bob Thomas (Unat)
14:11.2	Dan Gruber (SJS)
14:11.6	Brad Duffly (Cal)
14:12.0	Tom Bryant (SMTC)
14:12.2	Colin McConnell (CSULB)
14:14.2	Eric Hulsy (UCI)
14:14.2	Ralph Serna (UCI)
14:14.8	Jim VanDine (Boise St)
14:17.6	Carey Simons (CSULA)
14:18.6	Tony Ramirez (FSU)
14:19.0	Jon Armstrong (P-P)
14:19.6	Jon Sutherland (SFVTC)
14:20.6	Bob Dies (FSU)
14:20.8	Anthony Reynoso (CP-SLO)
14:22.1	Mike Garcia (UCR)
14:22.2	Ted Quintana (WVTC)
14:22.8	Don Moses (UCI)
14:23.3	Jeff Parietti (Stan)
14:24.4	Terry Cotton (Ariz)
14:25.6	Rudi Krause (CSULB)
14:26.2	Dan Harvey (SJS)
14:26.2	George Pullen (SDS)

### 200 METER DASH

20.13	Clancy Edwards (USC)
20.30	Don Quarrie (Tobias)
20.43	Millard Hampton (UCLA)
20.53	Cliff West (BAS)
20.59	Jerry Jordan (OSU)
20.6	Joel Andrews (USC)
20.6	James Gilkes (Macc)
20.7	James Lofton (Stan)
20.81	Guy Abrahams (Tobias)
20.82	Keith Taylor (Cal)
20.87	Mike Simmons (USC)
20.8	Adrian Rodgers (Tobias)
20.90	Cecil Overstreet (Houston)
20.9	Chester Hart (CSULA)
20.9	Paul Wallace (Cal)
21.03	Wes Walker (Cal)
21.08	Gilbreath (Macc)

### 400 METER DASH

45.57	Tom Andrews (USC)
45.64	Maxie Parks (Macc)
45.80	Joel Andrews (USC)
46.03	Steve Campbell (FSU)
46.08	Alan Sheats (Stan)
46.39	Paul Wallace (Cal)
46.4	James Lofton (Stan)
46.4	Adrian Rodgers (Tobias)
46.50	Donn Thompson (UCLA)
46.53	Bennie Myles (UCLA)
46.5	Hubert Beasley (CSULB)
46.5	Curtis Byrd (OSU)
46.65	Cliff West (BAS)
46.67	Bennie Brown (Macc)
46.6	Xonie Lloyd (CP-SLO)
46.8	Millard Hampton (UCLA)
46.8	Rayfield Beaton (USC)

1:48.7	Rich Nichols (WVTC)
1:48.9	Jones (Macc)
1:49.0	Grant Niederhaus (UCLA)
1:49.2	Andy Clifford (Cal)
1:49.6	Rick Penner (AIA)
1:49.8	John Mijares (CSUS)
1:50.0	Malcolm Cleary (Oxy)
1:50.2	Gary McManus (FSU)
1:50.7	Dave Wells (Stan)
1:50.8	Bruce Hellebrand (CSUN)
1:50.8	John Bay (Cal)
1:50.9	Conrad Suhr (UCLA)
1:50.9	Steve Wolf (CSUN)
1:50.9	Brian Theriot (UCLA)
1:50.9	Dave Nolte (CSUH)
1:50.9	Dan Barry (Cal)
1:51.0	Karilla (SSC)
1:51.2	Hardig (Hum)
1:51.3	Richard Grout (UCI)
1:51.3	Partamanian (Oxy)
1:51.3	Ron Arnerich (CSUH)

### 3000 METER STEEPLECHASE

8:34.4	Don Timm ((AIA)
8:48.3	Gordon Innes (Hum)
8:48.4	Terry Williams (Ore)
8:52.9	Bill St. John (SDS)
8:54.0	Shawn James (UCLA)
8:56.8	Gary Blume (Cal)
8:58.9	Damon Wood (Cal)
9:00.4	Thom Hunt (Ariz)
9:01.3	Hal Schultz (Cal)
9:03.4	George Aguirre (FSU)
9:05.2	Wayne Hurst (SJS)
9:05.2	Sonnenfeldt (UCLA)
9:06.7	Bill Haldeman (Stanford)
9:06.8	Rich Langford (FSU)
9:07.4	Ed Ahlmeyer (UCI)
9:07.4	Steve Houseworth (West)
9:08.0	Heide (Hum)
9:08.8	Mike Cour (SDTC)
9:09.4	Bill Gail (Stanford)
9:09.7	Howard Burgess (CSULB)
9:11.6	Mike Mueller (UCR)
9:13.2	Mike Dyer (CSULB)
9:13.5	Hogland (UCD)
9:13.9	Mike Munoz (CSUN)

# COLLEGE & OPEN MEN

compiled by: **BILL & JUDY COCKERHAM**

- 9:14.0 Sweeney (Oxy)
- 9:14.2 Tim O'Regan (SDS)
- 9:14.4 Gil Brooks (Unat)
- 9:15.2 Carl Schaechterle (Chico)
- 9:15.8 Jack Reime (SJS)
- 9:16.1 Robert Slick (UCI)
- 9:16.7 Mike Garrett (CSUS)

photo by Diane Johnson



## 10,000 METER RUN

- 29:07.1 Terry Williams (Ore)
- 29:34.7 Mark Dulaney (AIA)
- 29:30.0 Gary Romesser (FPTC)
- 29:46.0 Rich Langford (FSU)
- 29:46.1 Gary Tuttle (Tobias)
- 30:00.8 Duane Waltmire (APC)
- 30:02.9 Benton Hart (BYU)
- 30:02.9 Juan Garcia (UTEP)
- 30:04.6 George Aguirre (FSU)
- 30:07.6 Ted Quintana (CSUH)
- 30:09.2 Jon Sutherland (Cl.North)
- 30:18.3 Don Moses (UCI)
- 30:18.6 Gordon Innes (Hum)
- 30:23.0 Eric Hulst (UCI)
- 30:23.6 Gerry Garcia (Army)
- 30:25.8 Tony Ramirez (FSU)
- 30:30.4 Dan Gruber (SJS)
- 30:33.0 Carey Simons (CSULA)
- 30:37.2 Thomas Rodrigues (CSULB)
- 30:40.4 David Haake (FSU)
- 30:42.4 Jim Warrick (CP-SLO)
- 30:49.0 Mark Odum (APC)
- 30:49.3 Mike Munoz (CSUN)
- 30:53.8 Grover Prowell (FPTC)
- 30:54.0 Mike VanHorn (CSUS)
- 30:54.2 Dan Esqueda (PLC)
- 30:57.0 Dave Taylor (Ore)
- 31:06.0 Felipe Brizuela (CSULA)
- 31:07.0 Jim White (CSUS)
- 31:08.5 Tony Reynoso (CP-SLO)
- 31:21.9 Anthony Sandoval (Unat)

photo by Diane Johnson



## 110 METER HIGH HURDLES

- 16-3 Steve Lawry (CSULB)
- 16-2 Bob Olsen (CSUH)
- 16-1 1/4 Don Davis (UCSB)

## LONG JUMP

- 27-0 1/2 Arnie Robinson (Macc)
- 26-11 3/4 Larry Doubley (USC)
- 26-9 James Lofton (Stan)
- 26-7 1/2 Randy Williams (Tobias)
- 26-2 1/4 Tommy Haynes (Army)
- 26-0 1/2 Anthony Carter (Army)
- 25-10 1/2 Willie Banks (UCLA)
- 25-3 1/4 Marvin Wamble (CSUH)
- 25-2 Greg Magee (CSULB)
- 25-1 1/4 Cecil Overstreet (Houston)
- 25-0 3/4 Stan Whitley ((CITT))
- 24-11 Stanford Brewer (Stan)
- 24-9 3/4 Ralph Dangerfield (Cal)
- 24-8 Marion Anderson (WVTC)
- 24-7 Don Finley (SJS)
- 24-6 Faruk (AATC)
- 24-4 Lancaster (UCLA)
- 24-3 Mike Marlow (WVTC)
- 24-1 3/4 Everett Forrest (UCR)
- 24-1 1/2 Joe Silva (WVTC)
- 24-1 1/4 Jerry Herndon (UCLA)
- 24-1 Thomas (AATC)
- 24-0 1/2 John Haynes (CSUN)
- 24-0 Ken Randall (SJS)
- 23-11 Kent Namikas (P-P)
- 23-10 1/2 John LeGrande (CSUH)
- 23-10 Newman Osebor (PLC)
- 23-8 John Turek (CSULA)
- 23-7 3/4 Jim Mitchell (UCI)
- 23-6 3/4 Rich Adams (CP-Pom)

## TRIPLE JUMP

- 56-4 3/4 Ron Livers (SJS)
- 55-4 1/2 Willie Banks (UCLA)
- 55-2 1/4 James Butts (Tobias)
- 55-2 Milan Tiff (Tobias)
- 54-10 1/2 Tommy Haynes (Army)
- 54-3 3/4 Rayfield Dupree (Unat)
- 53-7 3/4 Greg Caldwell (Houston)
- 53-2 1/4 Greg Magee (CSULB)
- 52-8 1/2 Mike Marlow (WVTC)
- 52-6 1/2 John Haynes (CSUN)
- 52-5 1/4 Freeman (Unat)
- 52-3 1/4 Tom Cochee (Tobias)
- 51-10 1/2 Fred Assef (USC)
- 51-7 1/4 Dan Jackson (USC)
- 50-10 John LeGrande (CSUH)
- 50-9 3/4 Ehricke Scott (CSULB)
- 50-7 1/2 Steve Rim (OSU)
- 50-2 Maurice Valentine (CSULB)
- 50-1 McCarthy (UCLA)

30:37.2 Thomas Rodriguez (CSULB)  
 30:40.4 David Haake (FSU)  
 30:42.4 Jim Warrick (CP-SLO)  
 30:49.0 Mark Odum (APC)  
 30:49.3 Mike Munoz (CSUN)  
 30:53.8 Grover Prowell (FPTC)  
 30:54.0 Mike VanHorn (CSUS)  
 30:54.2 Dan Esqueda (PLC)  
 30:57.0 Dave Taylor (Ore)  
 31:06.0 Felipe Brizuela (CSULA)  
 31:07.0 Jim White (CSUS)  
 31:08.5 Tony Reynoso (CP-SLO)  
 31:21.9 Anthony Sandoval (Unat)



## 110 METER HIGH HURDLES

13.4 Dedy Cooper (SJS)  
 13.49 James Owens (UCLA)  
 13.57 Greg Foster (UCLA)  
 13.66 Mike Johnson (USC)  
 13.6 Carl Florant (Cal)  
 13.61 Robert Gaines (Wash)  
 13.66 Mike Johnson (USC)  
 13.6 Carl Florant (Cal)  
 13.76 Tom Hill (Macc)  
 13.7 Whitfield (Macc)  
 13.95 Delario Robinson (AATC)  
 13.9 Mark Carley (FSU)  
 13.98 Peter Austin (SJS)  
 13.9 Chester Hart (CSULA)  
 13.9 George Carty (WVTC)  
 14.00 Ron Kennedy (Ariz)  
 14.01 Tom Andrews (USC)  
 14.05 Phil Bransom (OSU)  
 14.0 Copy Rillera (CSULA)  
 14.0 John Peterson (CSULB)  
 14.0 Mike Crittenden (Cal)  
 14.0 Paul White (CSULB)  
 14.1 Art Richardson (SDS)  
 14.2 Mike Mince (FSU)  
 14.2 Kennedy (CLC)  
 14.2 Larry David (Oxy)  
 14.2 Frank Roublick (SJS)  
 14.3 Scott Young (SDS)  
 14.3 Ted Knighten (Oxy)  
 14.3 Wilbur Gregory (UCI)  
 14.3 Jimmy Hampton (CSUN)  
 14.3 Tom Lee White (AATC)

## XONIE LLOYD

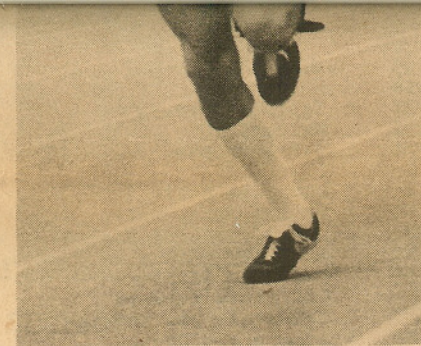
50.94 Lynnsey Guerrero (Unat)  
 51.0 Fisher (Macc)  
 51.1 Mike Mince (FSU)  
 51.2 Mike Bartlett (CP-SLO)  
 51.2 Tom Shellworth (Stan)  
 51.3 Bart Williams (CP-SLO)  
 51.4 Taylor (Unat)  
 51.7 Don Finley (SJS)  
 51.8 Ron Kennedy (Ariz)  
 51.8 Ron Whitney (Tobias)  
 52.04 Mike Johnson (USC)  
 52.0 Nelson (SSC)  
 52.0 David Lizardi (CSULB)  
 52.2 Swartzell (SFS)  
 52.4 Bob Casselman (Macc)  
 52.5 Phil Boucherau (CSULA)  
 52.6 Dave Johnson (CSUN)  
 52.8 Mark Uribe (Cal)  
 52.8 Chris Koko (CSUH)  
 52.8 Jim Wyatt (WVTC)  
 52.9 Pete Austin (SJS)

## HIGH JUMP

## 400 METER INTERMEDIATES

49.03 Tom Andrews (USC)  
 49.27 James King (Macc)  
 49.39 Quentin Wheeler (Macc)  
 49.44 Wes Williams (Macc)  
 49.94 Sam Turner (CSULA)  
 49.96 Rich Graybehl (USC)  
 49.9 Ralph Mann (Tobias)  
 50.35 Dede Cooper (SJS)  
 50.46 Phil Mills (UCLA)  
 50.60 Rhan Sheffield (SDS)

7-6 $\frac{1}{4}$  Dwight Stones (DO)  
 7-5  $\frac{3}{4}$  Rory Kotinek (PCC)  
 7-4 $\frac{1}{2}$  Tom Woods (PCC)  
 7-4 Dave Haber (CSUH)  
 7-2 Paul Underwood (Tobias)  
 7-2 Ron Livers (SJS)  
 7-1 $\frac{1}{2}$  John Meisler (UCLA)  
 7-1 $\frac{1}{2}$  Tim Walker (USC)  
 7-0 $\frac{1}{2}$  Dave Friday (WVTC)  
 7-0 $\frac{1}{4}$  Larry Flynn (UCR)  
 7-0 Michael Franz (CSULB)  
 7-0 Carl Miles (CSULB)  
 7-0 Reynaldo Brown (AATC)  
 6-11 Don Weeks (CLC)  
 6-11 Beaver (Oxy)



## ANDY CLIFFORD

6-11 Wyley (CSUH)  
 6-10 $\frac{1}{4}$  Hall (Oxy)  
 6-10 Owens (Jamul)  
 6-10 Charles Boyd (UCLA)  
 6-10 John Lane (Cal)  
 6-10 Jerry Coleman (WVTC)  
 6-10 Keith Nelson (SJS)  
 6-10 Steve LaRusch (CSULB)  
 6-9 Cheperdax (Amb)  
 6-9 Dave Fitzgerald (CP-Pom)  
 6-9 Sid Tevis (CSUS)  
 6-9 Coart Owens (CP-Pom)  
 6-9 Vic Churchill (CP-SLO)  
 6-9 Smith (Hum)  
 6-9 Scott Young (SDS)  
 6-9 John Littleboy (Stan)  
 6-9 Yttervick (Chico)

## POLE VAULT

18-4 Dan Ripley (PCC)  
 18-2 $\frac{1}{2}$  Mike Tulley (UCLA)  
 18-2 Don Baird (CSULB)  
 18-0  $\frac{3}{4}$  Larry Jesse (Macc)  
 17-8 $\frac{1}{2}$  Bob Pullard (Macc)  
 17-6 Greg Woepse (SJS)  
 17-5 $\frac{1}{2}$  Tom DiStanislao (USC)  
 17-1 $\frac{1}{2}$  Mike Sabatino (UCI)  
 17-1 Steve Hardison (AIA)  
 16-10 Tom Hintnaus (Ore)  
 16-8 Darryl Robinson (CSUH)  
 16-8 Larry Hintz (Cal)  
 16-7 Cliff Schnedar (PLC)  
 16-6 Jim Knaub (CSULB)  
 16-6 Williams (BAS)  
 16-6 Doug Bockmiller (SJS)  
 16-4 Mark Lizotte (SDS)

56-4  $\frac{3}{4}$  Ron Livers (SJS)  
 55-4 $\frac{1}{4}$  Willie Banks (UCLA)  
 55-2 $\frac{1}{4}$  James Butts (Tobias)  
 55-2 Milan Tiff (Tobias)  
 54-10 $\frac{1}{4}$  Tommy Haynes (Army)  
 54-3  $\frac{3}{4}$  Rayfield Dupree (Unat)  
 53-7  $\frac{3}{4}$  Greg Caldwell (Houston)  
 53-2 $\frac{1}{4}$  Greg Magee (CSULB)  
 52-8 $\frac{1}{4}$  Mike Marlow (WVTC)  
 52-6 $\frac{1}{4}$  John Haynes (CSUN)  
 52-5 $\frac{1}{4}$  Freeman (Unat)  
 52-3 $\frac{1}{4}$  Tom Cohee (Tobias)  
 51-10 $\frac{1}{2}$  Fred Assef (USC)  
 51-7 $\frac{1}{4}$  Dan Jackson (USC)  
 50-10 John LeGrande (CSUH)  
 50-9  $\frac{3}{4}$  Ehricke Scott (CSULB)  
 50-7 $\frac{1}{4}$  Steve Rim (OSU)  
 50-2 Maurice Valentine (CSULB)  
 50-1 McCarthy (UCLA)  
 50-1 Andre Jackson (CSH)  
 50-0 Mike Dobbins (Cal)  
 49-11 Taylor (Unat)  
 49-8 $\frac{1}{2}$  Dan Williams (Oxy)  
 49-6 $\frac{1}{2}$  Steve Smith (CP-Pom)  
 49-5  $\frac{3}{4}$  Mark Thorp (Cal)

## SHOT PUT

67-9 $\frac{1}{4}$  Terry Albritton (Stan)  
 67-9 $\frac{1}{4}$  Al Feuerbach (PCC)  
 67-0 $\frac{1}{2}$  Peter Schmock (Tobias)  
 65-10 $\frac{1}{2}$  Mac Wilkins (PCC)  
 65-10 $\frac{3}{4}$  Mike Weeks (Stars)  
 65-5 $\frac{1}{4}$  Brian Oldfield (Unat)  
 65-5 $\frac{1}{4}$  Ron Semkiw (SJS)  
 65-2 Sam Walker (Unat)  
 64-5  $\frac{3}{4}$  Mike Budinich (Tobias)  
 63-3 Richard Marks (WVTC)  
 62-9  $\frac{3}{4}$  Kent Pagel (Macc)  
 61-8 Bob Feuerbach (SJS)  
 61-3 $\frac{1}{4}$  Ralph Fruguglietti (USC)  
 60-3 Niedhart (Unat)  
 59-10 Bob Gummerson (SJS)  
 58-4 $\frac{1}{4}$  Jean Beudry (SDS)  
 58-4 John McKenzie (USC)  
 58-1 $\frac{1}{4}$  Paul Santiago (Cal)  
 58-1 Dave Kurrasch (Unat)  
 57-3 $\frac{1}{2}$  Marcus Gordien (CP-Pom)  
 56-7 $\frac{1}{2}$  Steve Montgomery (USC)  
 56-1 Lonnie Carr (CP-Pom)  
 55-9 $\frac{1}{2}$  Joe Tosti (UCLA)  
 55-2 Steve Brown (CSULB)  
 55-1 Scott Overton (Cal)  
 55-1 Ira Gorbet (CSUS)  
 54-9 $\frac{1}{4}$  Matt McNaughton (FSU)  
 54-9 $\frac{1}{4}$  Lou Iacopetti (CSUN)  
 54-2 $\frac{1}{4}$  Glenn Klein (UCI)  
 53-9 Lonnie Sizemore (UCSB)

College-Open Marks continued:

# CONGRATULATIONS!

## TO CALIFORNIA'S NATIONAL CHAMPIONS



TOM COLLEY



photo by Diane Johnson

MAREN SEIDLER



DUANE WALTIRE

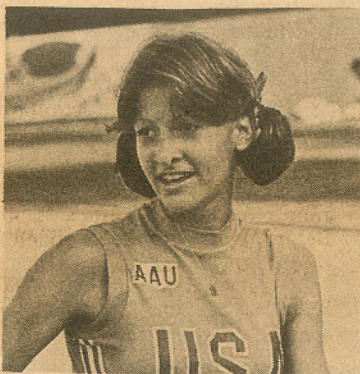


photo by Bill Leung, Jr.

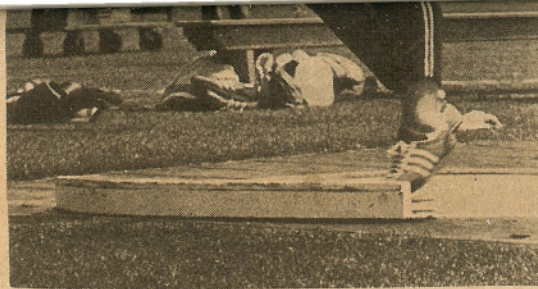
LINDA GOEN

photo by Bill Leung, Jr.



LINDA GOEN

photo by Diane Johnson



MAREN SEIDLER



DUANE WALTMIRE

TERRY ALBRITTON(Stanford) NCAA & AAU Shot Put  
 JODI ANDERSON(CSU Northridge) AIAW & AAU LJ  
 TOM ANDREWS(USC) NCAA 400 Meter Intermediates  
 EVELYN ASHFORD(UCLA) AIAW & AAU 100 & 200 Meters  
 RUDY BEAVER(Occidental) NCAA III High Jump  
 SUE BRODOCK(Rialto Road Runners) AAU 5000 Walk  
 JULIE BROWN(CSU Northridge) AIAW 800 & 3000  
 PAUL BROWN(Westmont) NCAA III 100 Meters  
 ROSALYN BRYANT(CSU Los Angeles) AIAW 400 Meters  
 TOM COLLEY(Occidental) NCAA III 1500 Meters  
 KATHY DEVINE(Emporia St.) AIAW & USTFF Shot Put  
 LARRY DOUBLEY(USC) NCAA & AAU Jr. Long Jump  
 SCOTT ENDLER(CSU Fresno) AAU Jr. Discus  
 AL FEUERBACH(Pacific Coast Club) USTFF Shot Put  
 MIKE GARCIA(UC Riverside) NCAA II 5000 Meters  
 THURLIS GIBBS(San Jose City) AAU Jr. High Jump  
 LINDA GOEN(N. Bakersfield HS) AAU Jr. 800 Meters  
 DAVE HABER(CSU Hayward) NCAA II High Jump  
 DERALD HARRIS(Los Medanos JC) AAU 200 Meters  
 CALIFORNIA STATE UNIVERSITY HAYWARD NCAA II Team  
 JONI HUNTLEY(Pacific Coast Club) AAU & USTFF HJ  
 GORDON INNES(Humboldt State) NCAA III Steeple  
 BRUCE KENNEDY(San Jose Stars) AAU Javelin  
 JOHN LEGRANDE(CSU Hayward) NCAA II Triple Jump  
 RON LIVERS(San Jose State) NCAA Triple Jump  
 ANDRIA LYNCH(CSU Long Beach) USTFF 100 & 200  
 L.A. MERCURETTES AAU Jr. 440 & 880 Relays  
 LOS ANGELES T.C. AAU 2 Mile Relay & Team Title  
 GWEN LOUD(L.A. Mercurettes) AAU Jr. Long Jump

FRANCIE LARRIEU LUTZ(PCC) AAU & USTFF 1500 Meters  
 JIM OWENS(UCLA) NCAA & AAU 110 Meter High Hurdles  
 TOM PETRANOFF(Palomar JC) AAU Jr. Javelin  
 DON QUARRIE(Tobias Striders) AAU 100 Meters  
 MARV REMPLE(Stanislaus State) NCAA III 400 Meters  
 DAN RIPLEY(Pacific Coast Club) USTFF Pole Vault  
 ARNIE ROBINSON(Maccabi TC) AAU Long Jump  
 KIM ROBINSON(LA Mercurettes) AAU Jr. 100 & 200  
 JEFF RUSSELL(Cal Poly Pomona) NCAA II Javelin  
 MIKE SABATINO (UC Irvine) NCAA II Pole Vault  
 KATHY SCHMIDT(PCC) AAU & USTFF Javelin  
 STEVE SCOTT(UC Irvine) NCAA II 800 & 1500, AAU 1500  
 MAREN SEIDLER (MDYF) AAU Shot Put  
 KARIN SMITH(UCLA) AIAW Javelin  
 STANISLAUS STATE NCAA III 1600 Meter Relay  
 DWIGHT STONES(Desert Oasis) AAU & USTFF High Jump  
 KATHY SULINSKI(CSU Hayward) AAU Jr. Javelin  
 COLIN SUTHERLAND(SCU Los Angeles) NCAA II Discus  
 MILAN TIFF(Tobias Striders) AAU Triple Jump  
 DON TIMM(Athletes in Action) USTFF Steeplechase  
 MIKE TULLEY(UCLA) AAU Pole Vault  
 SAM TURNER(CSU Los Angeles) NCAA II Intermediates  
 UCLA AIAW 880 Medley, 2 Mile Relays & Team Title  
 USC NCAA 400 & 1600 Relays  
 DUANE WALTMIRE(Azusa Pacific) NAIA 10,000 Meters  
 BILL WATERS(Pt. Loma) NAIA Decathlon  
 MAC WILKINS(Pacific Coast Club) AAU & USTFF Discus  
 DANNY WILLIAMS(Occidental) NCAA III Triple Jump  
 PATTY VANWOLVELAERE(USC) AIAW & AAU 100 Hurdles

# Schedule

**SEPTEMBER**

- 10 NATIONAL AAU 50 MILE TRACK CHAMPIONSHIPS. Santa Monica CC, 3 pm. Tom Sturak, 21643 Circle Tr., Topanga 90290.
- 10 MEXICAN INDEPENDENCE DAY 10 MILER. Los Angeles, 9 am. Carlos Alfaro, 1322½ S. Fremont, Alhambra 91803.
- 10 FRESNO WATERMELLON RUN. 2, 4 & 6 mile, Fresno State, 10 am. Red Estes, Cross Country Coach, Fresno State, Fresno 93740.
- 10 MARINE AIR RESERVE RUN. 3 & 6 miles, Naval Air Station, Alameda, 10 am. John Hausman, 3820 Enos Ave., Oakland 94619.
- 10 DOUBLE DIPSEA. 13.4 miles, Stinson Beach, 9 am. Walt Stack, 321 Collingwood St., San Francisco 94114.
- 10 LONG BEACH INVITATIONAL CROSS COUNTRY. Junior College, College, Open & Women. Ron Allice @Cal State Long Beach. (213) 498-4666.
- 10 GRIFFITH PARK CROSS COUNTRY RUNS. Many divisions, Los Angeles, 8 am. Fred Honda, Municipal Sports, City Hall E., 200 N. Main, Los Angeles 90012.
- 10 RAMONA RELAYS. San Diego Area. Contact Dave Fraitag, (714) 583-9439.
- 10 SAN JOSE CINDERGALS CROSS COUNTRY. Girls/Women, West Valley College, Saratoga. Augie Argabright, 18430 Baylor, Saratoga 95070.
- 10 UCCM LA FIESTA CROSS COUNTRY RACES. 4 miles, Grover City. Stan Rosenfield. 1561 Hill-

- Sports, Box 3693, San Francisco 94119.
- 18 BEVERLY HILLS 10 KILO RUN. 9 am. Ken Simpson, 450 N. Crescent, Beverly Hills 90210.
- 18 MAD RIVER RUN. Near Eureka area, time and distance to be established. Dick Meyer, Route 1, Box 153-A, Eureka 95501.
- 23 LAKE TAHOE-PEPSI 72 MILE RUN. Tahoe City, 6 am. Charles Mersereau, Box 7052, Sacramento 95826. Entries close Sept. 19.
- 24 SOUTH BAY STRIDERS INVITATIONAL. Girls/Women, Harbor Regional Park, Lomita. Jim Folkens (213) 534-3178.
- 24 LAS VEGAS INVITATIONAL. Al McDaniels @University of Nevada, Las Vegas (702) 739-6201.
- 24 SAN FRANCISCO JAYCEES 10 KILO CHARITY RACE. Golden Gate Park, 9 am. Jarva Petrovichich, SF Jaycees, 270 Sutter St., San Francisco 94104.
- 24 SPA-AAU 20 KILO CHAMPIONSHIPS. Griffith Park, Los Angeles, 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201.
- 24 SAN DIEGO ALL COMERS 4 MILE. 6th & Nutmeg, San Diego, 9 am. George Kezas (714) 449-5761.
- 25 WHISKEYTOWN LAKE RELAYS. 22.5 miles(4 man teams), near Redding, 9 am. Len Edholm, Box 1180, Redding 96001.
- 25 NAS LEMOORE 6.5 MILER. Carl Whitaker, Rec. Fund, NAS Lemoore 92345.

**OCTOBER**

- 8 BERKELEY WATERFRONT RUN. 5.09 miles, 9 am. Ron Wayne, 2114 Addison St., Berkeley 94704
- 8 EUROPEAN CROSS COUNTRY. San Diego State. Bill Gookin (714) 582-7752.
- 9 MILE SQUARE PARK CROSS COUNTRY. 10 kilo, Fountain Valley, 10 am. Joe Salicido, Box 2086, Huntington Beach 92649.
- 9 GARLAND RANCH 10 KILO. Carmel Valley, 11 am. Gary Goet-telmann, Story Rd., Carmel Valley 93924.
- 10 COLUMBUS DAY CROSS COUNTRY RELAYS. 12 miles(3 man teams), Santa Rosa, 9:30 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- 15 REEDLEY ROAD RUN. Lloyd Geist (209) 638-2604.
- 15 STANFORD INVITATIONAL CROSS COUNTRY. Marshall Clark, Cross Country Coach, Stanford University, Stanford, CA.
- 15 AZTEC INVITATIONAL. San Diego. Dick Hill, Track Coach, San Diego State University, San Diego.
- 15 LONG BEACH USTFF CROSS COUNTRY. Ron Allice (213) 498-4666.
- 16 BERKELEY TO MORAGA RIDGE RUN. 13.9 miles, 10 am. Charles McMahon, 154 Grover Ln., Walnut Creek 94596.
- 16 SANTA BARBARA MARATHON. 7:30 am. John Brennand, 4476 Meadowlark Lane, Santa Barbara 93010.
- 22 MORRO BAY USTFF CROSS COUNTRY. Eddie Cadena, Cross Country Coach, Cal Poly-SLO, San Luis Obispo, CA
- 22 SAN DIEGUITO 10 MILE HAND-ICAP. Dave Baxter (714) 775-

- 29 PACIFIC CROSS COUNTRY CARNIVAL. 2 mile women, 4 mile men, Fresno. Track Coach, Fresno Pacific College, 1717 South Chestnut Ave., Fresno 93702.
- 29 VENTURA INVITATIONAL. Girls & Women. John Corcoran (805) 644-3283.
- 29 MT. SAC INVITATIONAL. Mt. San Antonio Junior College, Walnut Cross Country Coach, Mt. SAC, Walnut, CA.
- 30 SONOMA STATE WRONG TURN MARATHON. 9 am. Bob Lynde, Track Coach, Sonoma State College Rohnert Park 94928.
- 30 HALLOWEEN RACE. 5 miles, Los Gatos, 10 am. Christine Baumgardner, 14195 S. Capri Drive, Los Gatos 95030.

**NOVEMBER**

- 5 FAR WESTERN CONFERENCE CHAMPIONSHIP. U.C. Davis, 11am
- 5 ALMOND BOWL RUN. 3 & 6 miles, Chico, 10 am. Frank Burk, Rt. 2, Box 142B, Chico 95926.
- 5 CCA-AAU 20 KILO CHAMPIONSHIP. Wayne VanDellen, 37149 Road 192, Woodlake 93286.
- 5 SOUTHERN CALIF. COLLEGIATE TRACK FEDERATION CHAMPIONSHIPS. Fresno.
- 6 EXCELSIOR WEST END RUN. 10 kilo, Golden Gate Park, 10 am. Bob Darling, 1403-41st Ave., San Francisco 94122.
- 6 SPA-AAU CHAMPIONSHIPS. Pomona. John Aguilar (714) 627-



- 10 **GRIFFITH PARK CROSS COUNTRY RUNS.** Many divisions, Los Angeles, 8 am. Fred Honda, Municipal Sports, City Hall E., 200 N. Main, Los Angeles 90012.
- 10 **RAMONA RELAYS.** San Diego Area. Contact Dave Fraitag, (714) 583-9439.
- 10 **SAN JOSE CINDERGALS CROSS COUNTRY.** Girls/Women, West Valley College, Saratoga. Augie Argabright, 18430 Baylor, Saratoga 95070.
- 10 **UCCM LA FIESTA CROSS COUNTRY RACES.** 4 miles, Grover City. Stan Rosenfield, 1561 Hillcrest, San Luis Obispo 93401.
- 11 **PA-AAU 25 KILO CHAMPIONSHIPS.** Golden Gate Park, SF, 9:30 am. Jack Leydig, Box 1551, San Mateo 94401.
- 11 **PEACH BOWL PACERS 5 MILER.** 13 miles east of Marysville on HWY 20, 11 am. Ed Williams, 835 Spica Ave., Yuba City 95991.
- 11 **NIKE MARATHON.** Eugene, Oregon. Geoff Hollister, Nike Sportshoes, 1177 Pearl, Eugene, OR 97401.
- 14 **LIVE OAK CROSS COUNTRY RUN.** 2.45 miles, Morgan Hill, 6 pm. Bill Flodberg, 12925 Foot-hill, San Martin 95076.
- 17 **LATON INVITATIONAL CROSS COUNTRY MEET.** Near Fresno, 6 miles. Rich Petersen, Box 206, Laton 93242.
- 17 **CENTRAL CALIFORNIA CROSS COUNTRY MEET.** 5 mile men, 3 mile women, Clovis, 7 pm. Fresno Pacific Track Club, 1717 S. Chestnut Ave., Fresno 93702.
- 17 **THUNDERBIRDS INVITATIONAL.** Girls/Women, Mt. SAC, Walnut. Dave Martinez (213) 3385973
- 17 **FITCH MOUNTAIN 3.5 & 9.2 KILO RUNS.** Healdsburg. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- 18 **WALNUT FESTIVAL RACES.** Many divisions, Walnut Creek, 9 am. Andrew MacCono, 1840 Geary Road, Walnut Ck. 94596. Entries close Sept. 10.
- 18 **BRIDGE TO BRIDGE RUN.** 7.3 miles, San Francisco, 10 am. City

- 24 **SAN DIEGO ALL COMERS 4 MILE.** 6th & Nutmeg, San Diego, 9 am. George Kezas (714) 449-5761.
- 25 **WHISKEYTOWN LAKE RELAYS.** 22.5 miles (4 man teams), near Redding, 9 am. Len Edholm, Box 1180, Redding 96001.
- 25 **NAS LEMOORE 6.5 MILER.** Carl Whitaker, Rec. Fund, NAS Lemoore 92345.

## OCTOBER

- 1 **BLUE ANGELS SPORTS FESTIVAL.** Many divisions, Mile Square Park, Fountain Valley. Gordon Fillett, 7125 Little Harbor, Huntington Beach 92648.
- 1 **FRESNO INVITATIONAL CROSS COUNTRY RUNS.** Many divisions. Red Estes, Cross Country Coach, Fresno State, Fresno 93740.
- 1 **SANTA BARBARA MASTERS MEET.** University of California.
- 2 **SACRAMENTO MARATHON.** Cal-State, Sacramento, 8 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821.
- 2 **PAMAKID LAKE MERCED RUN.** 7 miles, Westlake Park Clubhouse, Daly City, 9:30 am. Jim Scannell, 365 24th Ave. No 4, San Francisco 94121.
- 2 **TAPIA PARK TEAM RACE.** 10 Kilo, Near Los Angeles, 10 am. Culver City AC, 15232 Burton, Van Nuys 91400.
- 8 **SOUTHERN CALIFORNIA CHEETAH INVITATIONAL.** Mt. SAC, Walnut, Girls/Women. Ernie Gregoire (714) 623-0259.
- 8 **YOSEMITE PARK RUN.** Yosemite Valley-Curry Village, 3 & 5 mile, 11 am. Jim Martin, 2530 N. Barton Ave., Fresno 93703.
- 8 **SANTA MONICA ROAD RUN.** 15 miles, 9 am. Ray McKay, 2212 Ocean Park Blvd., Santa Monica 90405.
- 8 **CAL AGGIE INVITATIONAL.** 3 & 5 mile, U.C. Davis. Bill Adams, Cross Country Coach, U.C. Davis, Davis.

- 15 **LONG BEACH USTFF CROSS COUNTRY.** Ron Allice (213) 498-4666.
- 16 **BERKELEY TO MORAGA RIDGE RUN.** 13.9 miles, 10 am. Charles McMahon, 154 Grover Ln., Walnut Creek 94596.
- 16 **SANTA BARBARA MARATHON.** 7:30 am. John Brennand, 4476 Meadowlark Lane, Santa Barbara 93010.
- 22 **MORRO BAY USTFF CROSS COUNTRY.** Eddie Cadena, Cross Country Coach, Cal Poly-SLO, San Luis Obispo, CA
- 22 **SAN DIEGUITO 10 MILE HANDICAP.** Dave Baxter (714) 775-4259.
- 22 **MADERA INVITATIONAL CROSS COUNTRY.** 3 miles. Dee DeWitt, Madera High School, Madera, CA.
- 22 **GOLDEN GATE WOMEN'S RUN.** 10 kilo, Golden Gate Park, 10 am. Janis McCormick, 456 40th. St., No. 9, Oakland
- 22 **FOOTHILL COLLEGE 4 MILE CROSS COUNTRY.** Los Altos, 2 pm. Hank Ketels, Track Coach, Foothill College, Los Altos 94022
- 22 **RIALTO DISTANCE CARNIVAL.** San Bernardino. Dave Japs (714) 875-8047.
- 22 **PLEASANT HILL INVITATIONAL.** Pleasant Hill.
- 22 **CHAPMAN INVITATIONAL.** Orange. Bill Selvin, Chapman College, Orange, CA.
- 23 **PA-AAU MASTERS CROSS COUNTRY CHAMPIONSHIPS.** 10 kilo. Site undetermined. Contact PA-AAU, Suite 201, 942 Market St., San Francisco 94102.
- 23 **LONG BEACH RUNS.** 4.1 & 16.2 miles. 9 am. Frank Bole, 3325 Druid Lane, Rossmoor 90720
- 23 **NATIONAL AAU SENIOR & MASTERS MARATHON.** New York City. Fred Lebow, Box 881, FDR Station, New York, NY 10022. Entries close Sept. 23.
- 23 **NATIONAL AAU SENIOR & MASTERS WOMEN'S MARATHON.** St. Paul, Minn. Alexandra Boies, 6 Shadow Lane, North Oaks, MN 55110.
- 29 **BIOLA INVITATIONAL.** 5 miles, La Mirada. Collin McDougal, Track Coach, Biola College, La Mirada

- 5 **FAR WESTERN CONFERENCE CHAMPIONSHIP.** U.C. Davis, 11am
- 5 **ALMOND BOWL RUN.** 3 & 6 miles, Chico, 10 am. Frank Burk, Rt. 2, Box 142B, Chico 95926.
- 5 **CCA-AAU 20 KILO CHAMPIONSHIP.** Wayne VanDellen, 37149 Road 192, Woodlake 93286.
- 5 **SOUTHERN CALIF. COLLEGIATE TRACK FEDERATION CHAMPIONSHIPS.** Fresno.
- 6 **EXCELSIOR WEST END RUN.** 10 kilo, Golden Gate Park, 10 am. Bob Darling, 1403-41st Ave., San Francisco 94122.
- 6 **SPA-AAU CHAMPIONSHIPS.** Pomona. John Aguilar (714) 627-2239.
- 11 **USTFF NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIP.** Green Valley, Arizona. Steve Myers, Public Relations, Box 587, Green Valley, AZ 85614.
- 12 **NAIA DISTRICT III CHAMPIONSHIP.** Biola College, La Mirada.
- 12 **NCAA DIVISION II CHAMPIONSHIP.** Chicago, Illinois.
- 12 **PCAA-PAC 8 CHAMPIONSHIPS.** Stanford University.
- 13 **PA-AAU CROSS COUNTRY CHAMPIONSHIP.** 10 Kilo. Contact PA-AAU, Suite 201, 942 Market St., San Francisco 94102
- 13 **PA-AAU 30 KILO CHAMPIONSHIP.** Stockton area, 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207.
- 13 **HIGH SIERRA TRACK CLUB 6 MILE RUN.** Lee Thomas, 532 W. Rialto, Fresno 93705.
- 13 **CALIFORNIA STATE WOMEN'S CHAMPIONSHIPS.** San Bernardino Dave Japs (714) 875-8047.
- 19 **USTFF WESTERN REGIONAL CROSS COUNTRY CHAMPIONSHIP.** 3 mile junior & women, 6 mile men & masters. Track Coach, Fresno Pacific College, 1717 South Chestnut Ave., Fresno 93702.
- 19 **CALIFORNIA CLUB CROSS COUNTRY CHAMPIONSHIPS.** Fresno. Track Coach, Fresno Pacific College, 1717 South Chestnut Ave., Fresno 93702.

# AAU Junior Men



photo by Bill Leung, Jr.

**DENNIS MORLEY**(left)  
and **TOM PETRANOFF**

KNOXVILLE, Tenn., June 18, 1977--- Down came the Bell. . . . Then there was the long-jump mark that was Doubley impressive.

Field events, not the sprints for a change, stole the show at the Amateur Athletic Union's sixth annual National Junior Men's Track and Field Championships, June 17-18 at the University of Tennessee.

When Paul Pilla of Meramec Community College(St. Louis), cleared the bar at 16 feet, nine inches, down came Earl Bell's meet record of 16-8. It was one of five National AAU Junior Championship marks to topple. Three others also came in the field.

Larry Doubley (he pronounces it Doo-blay), NCAA long jump champion from Southern Cal, won his specialty a second straight year. He jumped 25-10 with a sore leg. Larry won with a 25-7 1/2 jump in 1976 but it was wind-aided -- costing him a record then. Larry Herndon

owing the legend of Steve Prefontaine. "Oregon may be the best place in America for distance runners," said Salazar. "Yes, the Prefontaine influence is still there. We are coached to have his kind of toughness, to run races the way Pre ran them."

University of Tennessee freshman Sam James created his own form of excitement - and without knowing it. He crossed the finish line with his right arm raised in victory fashion in the 1500 meter run. He was unaware that UCLA's Brian Russell was sprinting to the tape. James won by 100th of a second. James, winning at 3:37.77, ahd suffered a bruised knee while running the steeplechase the previous night.

The sprints were not impressive. One reason was that Dwayne Evans, who won the 200 and 100 dashes in 1976, passed up the meet due to leg injuries. Evans had set the 200 record of 20.4 and defeated hand-d

6th Edition

1977

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CALIFORNIA TRACK NEWS  
1717 South Chestnut Ave.  
Fresno, CA 93702

400m Dash:

- 1) Tony Tuffariello(LIAC) 46.09
- 2) Keith Brown(Villanova) 46.32
- 3) Walter McCoy(Fla.YMCA) 46.57
- 4) Dwight Jones(Arizona) 46.62
- 5) Derrek Harbour(Villan.) 46.83
- 6) Lillo Thomas (LeMansTC) 47.29

800m Dash:

- 1) Sam Summerville(NYAC) 1:47.62
- 2) Scott Clark(Missouri) 1:48.23
- 3) Scott Poehling(Nebras.) 1:48.53
- 4) Dave Ayoub(Peoria, Ill.) 1:49.68
- 5) Roger Jones(New Jersey) 1:50.27
- 6) Ken Staggs (Okla. State) 1:51.20

1500m:

- 1) Sam James (Tennessee) 3:47.77
- 2) Brian Russell(UCLA) 3:47.78

- 3) Larry Clapp (Knox.,Tenn)6-8
- Bob Neely (Fork Un.,Pa.)6-8 tie
- 5) Mike White(Phila.Pion) 6-8
- 6) Bret Bell(Saugus HS,CA) 6-8

Pole Vault:

- 1) Paul Pilla(St.Louis) 16-9
- 2) Bill Olson(AbileneChris)16-9
- 3) Tom Hintnaus (Oregon) 16-6
- 4) Jerry Mulligan(WestVly) 16-0
- 5) Jeff Buckingham(Kansas) 16-0
- 6) Bill Pierce(SaugusHS,Ca)15-6

Long Jump:

- 1) Larry Doubley(Maccabi) 25-10
- 2) Dannie Jackson(ArizSt) 25-6 1/2
- 3) Lamonte King(PhoenixTC) 25-5 3/4
- 4) Greg Artis (Wilson,NC) 24-5
- 5) Donnie Butler(L.A. TC) 24-2 1/2
- 6) Fred Bowen(DC Striders) 24-2 1/2

ran them." University of Tennessee freshman Sam James created his own form of excitement - and without knowing it. He crossed the finish line with his right arm raised in victory fashion in the 1500 meter run. He was unaware that UCLA's Brian Russell was sprinting to the tape. James won by 100th of a second. James, winning at 3:37.77, and suffered a bruised knee while running the steeplechase the previous night.

The sprints were not impressive. One reason was that Dwayne Evans, who won the 200 and 100 dashes in 1976, passed up the meet due to leg injuries. Evans had set the 200 record of 20.4 and defeated heralded Harvey Glance and Johnny Jones in the 100 a year ago. Michigan State's Randy Smith was the 100 winner (10.6) while Villanova's Derrek Harbour took the 200 in 21.27.

Although the high jump produced no record, competition was extremely keen. Thurlis Gibbs of San Jose, California won at 6-10 - the same height as runnerup Richard Carey of New York. There was a three-way tie for third at 6-8.

National high school decathlon champ, Vince Reilly of Metuchen, New Jersey, prevailed as expected. He scored 7070 points -- winning by 220 over Fresno State's Dennis Morley of California. Morley's Bulldog teammate, Scott Endler was the discus champion with at toss of 175-0.

The top two finishers in each event were to make up the U.S. junior team for the meet against the Russians.

June 17 & 18. Knoxville, Tennessee. National AAU Junior Men's Track & Field Championships at Tom Black Track, University of Tennessee

100m Dash:  
 1) Randy Smith(MichSt) 10.69  
 2) Stanley Young(Detroit) 10.80  
 3) Stevie Sly(Kansas City) 10.88  
 4) Gordon Banks(MaccabiTC) 10.85  
 5) Jason Grimes(PhilaPion) 10.91  
 6) Ricky Flowers(MichSt) 10.96

200m Dash:  
 1) Derrek Harbour(Villan.) 21.27  
 2) Brad McDonald(Baltimore) 21.32  
 3) Keith Taylor(Cal Berk.) 21.36  
 4) Randy Smith(MichSt) 21.38  
 5) Eugene Rachel(SanJoseCC) 21.39  
 6) Keith Brown(Villanova) 21.46

400m Dash:  
 1) Tony Tuffariello(LIAC) 46.09  
 2) Keith Brown(Villanova) 46.32  
 3) Walter McCoy(Fla. YMCA) 46.57  
 4) Dwight Jones(Arizona) 46.62  
 5) Derrek Harbour(Villan.) 46.83  
 6) Lillo Thomas (LeMansTC) 47.29

800m Dash:  
 1) Sam Summerville(NYAC) 1:47.62  
 2) Scott Clark(Missouri) 1:48.23  
 3) Scott Poehling(Nebras.) 1:48.53  
 4) Dave Ayoub(Peoria, Ill.) 1:49.68  
 5) Roger Jones(New Jersey) 1:50.27  
 6) Ken Staggs (Okla. State) 1:51.20

1500m:  
 1) Sam James (Tennessee) 3:47.77  
 2) Brian Russell(UCLA) 3:47.78  
 3) Kevin Byrne (New Jersey) 3:48.01  
 4) Theo Abston(Auburn) 3:51.69  
 5) David Felice (Penn St) 3:52.62  
 6) Mike Pricker(HemetHS, Ca) 3:53.76

3,000m Steeplechase:  
 1) Michael Friton(Ore.TC) 8:55.37  
 2) Ron Craker (Indiana TC) 8:57.70  
 3) Harold Schulz (WVTC) 9:02.00  
 4) Randy Jackson(Wiscon.) 9:06.80  
 5) Yukon Tomisato(Tx-ElPas) 9:07.47  
 6) Kirk Spangler (Wash.) 9:18.25

5,000m:  
 1) Alberto Salazar (Ore.) 14:16.18  
 2) Chris Fox (Char.TC, Va.) 14:21.93  
 3) Alan Scharsu(Arrow, Ohio) 14:26.78  
 4) Thom Hunt (Arizona) 14:26.90  
 5) David Felice(Penn St) 14:38.17  
 6) Larry Cuzzort(McNeese) 14:39.19

10,000m:  
 1) Alberto Salazar (Ore.) 30:17.94  
 2) Jim Stinzi (Wisconsin) 30:31.51  
 3) Chris Fox(Char. TC, Va.) 30:32.42  
 4) Mark Anderson(Highline) 31:35.19  
 5) Geoff Mearns (Ohio) 31:51.60  
 6) John Gregorek(NY) 31:53.54

110m Hurdles:  
 1) Renaldo Nehemiah(N.J.) 13.89  
 2) Dan Lavitt (Missouri) 14.29  
 3) Dannie Jackson(Ariz St) 14.36  
 4) Rod Chesley (Maryland) 14.52  
 5) Albert Sanford (Maccabi) 14.83  
 6) Andrew Walker(St. Peters) 14.92

400m Hurdles:  
 1) Paul Lankford(LongIslAC) 50.87  
 2) Karl Williams (Virginia) 51.02  
 3) Dennis Duckworth(ILL.St) 52.86  
 4) Bill Galbraith(Virginia) 52.88  
 5) Alvin Jackson(JacksonSt) 53.68  
 6) Brett Ferrari(Reno, Nev.) 54.18

10 Kilo Walk:  
 1) Michael Morris(NY) 53:21.2  
 2) Clifford Mimm (ShoreAC) 53.32  
 3) John McKeegan(NY) 54.05.5  
 4) Timothy Good (PVW) 54.11.7  
 5) Michael Fein(ColumTC, Ka) 55.27  
 6) Phillip Millard(ClubNW) 56.26

High Jump:  
 1) Thurlis Gibbs(SanJoseCC) 6-10  
 2) Richard Carey(NY) 6-10

3) Larry Clapp (Knox., Tenn) 6-8  
 Bob Neely (Fork Un., Pa.) 6-8 tie  
 5) Mike White(Phila.Pion) 6-8  
 6) Bret Bell(Saugus HS, CA) 6-8

Pole Vault:  
 1) Paul Pilla(St.Louis) 16-9  
 2) Bill Olson(AbileneChris) 16-9  
 3) Tom Hintnaus (Oregon) 16-6  
 4) Jerry Mulligan(WestVly) 16-0  
 5) Jeff Buckingham(Kansas) 16-0  
 6) Bill Pierce(SaugusHS, Ca) 15-6

Long Jump:  
 1) Larry Doubley(Maccabi) 25-10  
 2) Dannie Jackson(ArizSt) 25-6 1/2  
 3) Lamonte King(PhoenixTC) 25-5 3/4  
 4) Greg Artis (Wilson, NC) 24-5  
 5) Donnie Butler(L.A. TC) 24-2 1/2  
 6) Fred Bowen(DC Striders) 24-2 1/2

Triple Jump:  
 1) Larry Lowe(GeorgiaTech) 52-6 3/4  
 2) Robert Cannon(IndianaTC) 52-6 3/4  
 3) Greg Artis (Wilson, NC) 50-11 3/4  
 4) Dokie Williams(Oceanside) 50-6 3/4  
 5) Kevin Cranford(Conn) 49-9 1/2  
 6) Brian Stoddard(Wiscon.) 49-7

Shot Put:  
 1) Jeff Stover(Oregon TC) 57-1 1/2  
 2) John McKenzie(So. Calif.) 56-3  
 3) Carlos Tandron(Ga. Tech) 55-4 1/2  
 4) Ken Lanier(CapCityCom) 54-2  
 5) Joseph Maciejczyk(Pa) 54-2  
 6) John Sinnott(Mass) 53-4 1/2

Discus:  
 1) Scott Endler(FresnoSt) 175-0  
 2) Greg Martin(Alabama) 173-10  
 3) Jared Finley(Kansas) 171-6  
 4) Phil Vincenzes(Va.) 169-2  
 5) Matt Friedman(Kansas) 163-6  
 6) Ken Manahan(Drexel) 163-6

Hammer Throw:  
 1) Tom Lenz (Harvard) 190-0  
 2) Tim Bruno (NewYork AC) 177-3  
 3) Earl Minot(RhodeIs CTC) 154-11  
 4) Denis Padla (NJAA) 150-10  
 5) Jeff Stover(OregonTC) 148-8  
 6) Phil Vincenzes (Virgin.) 146-4

Javelin:  
 1) Tom Petranoff(Maccabi) 247-9  
 2) Steve Kreider(USMili.) 227-9  
 3) Dennis Morley(FresnoSt) 209-7  
 4) Tom Jadwin(BkfldColl, CA) 203-11  
 5) Doug Cooper(UC Berkeley) 203-0  
 6) John Rogalo (NJAA) 196-0

Decathlon:  
 1) Vince Reilly(MetuchenNJ) 7070  
 (11.75, 20-8 3/4, 40-5, 6-3 3/4, 52.06, 16.46, 125-6, 15-1 3/4, 184-4, 4:29)  
 2) Dennis Morley(FresnoSt) 6580  
 (11.98, 21-4, 41-6, 6-2 3/4, 53.34, 18.25, 118-7, 12-5 1/2, 196-0, 4:40.9)  
 3) Karl Burroughs(Ala) 6487  
 4) Floyd Scholz(Conn.) 6374  
 5) Gary Bruner(DesertDust) 6334  
 6) John Harris(SW College) 6133



photo by Dave Stock

JOHN WARKENTIN of Goleta came within a hair of winning his second National AAU Decathlon title July 9-10, at Bloomington, Indiana. Fred Dixon, a fellow Californian, won his first AAU title but Warkentin didn't let him get it easily.

Dixon, who competed in the '76 Olympics, ran an early heat of the 1500 meters, after holding a 32 point lead following the javelin. Dixon knew he need a tough performance in the 1500 and responded with a 4:33.2, nearly his PR, and good for a final point total of 8037 (life time best 8277).

Thus Warkentin knew he needed a 4:28.3(601 points) to win. The result? 4:29.3 and a six point deficit. But John did end up with a PR 8031 and a spot on the USA team to meet the USSR and Canada on August 13-14, also in Bloomington. Other Californians making the 8 member team were Roger George third with 7748 and Rex

by MIKE LENNEMANN

# Track

# Teaser

R S T R O H S D A B N E Y  
 N I R X K C A R T O E O C  
 K F U E R B P M S A P B E  
 I C E R Y N S R I L P R G  
 N Z H E L A E C A B E O B  
 G T B A L D R T H A L W I  
 A U R L N K T B L M A N R  
 I L O A E E M E R R I L L  
 L U D C R F V O L Y A D O  
 L E O R E L D I E S Z R T  
 I I C L O C K L H R A I P  
 M R K W T F T J B C F L O  
 C R N U T N H C S M I T H  
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 V L T H L B R Y A N T W G

Here is the latest California Track News "Track Teaser" from Mike Lennemann. See how many 1977 Women's National AAU Track & Field Outdoor Champions you can find hidden in the word scramble. The person sending us the most correct names located in the puzzle will receive a free one year renewal to California Track News and a surprise track related gift(book, poster, etc.). If there is a tie we will conduct a drawing of those with the most answers and award the subscription and prize on that basis. Entries must be received before October 15, 1977. Winner of the free one year renewal in last issue's contest was: Bill Rothschild of Tracy,

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In the USA-USSR-Canada team competition Dixon compiled a lifetime best of 8392 for the individual crown in leading the red-white-and-blue to the team victory. Warkentin was third and George eighth.

photo by

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# TRAINING & TECHNIQUE

by VERN GAMBETTA



## APPLYING THE PRINCIPLES OF LEARNING TO TRACK & FIELD

VERN GAMBETTA is CTN Technique and Training Editor. Each issue he writes a column dealing with various aspects of track and field technique and/or training. Vern has just left his position as head track and cross country coach at Santa Barbara High School to assume the duties of Head Women's Cross Country and Assistant Women's Track Coach at U.C. Berkeley. In track he will be working under Olympian Marilyn King.

Vern has been assistant track coach at Stanford while a graduate student. He has written a book on the hurdles and steeplechase and is currently writing one on the decathlon. He has spoken at a number of clinics and last summer led a junior track tour in Europe.

If readers have questions on track technique or training, or have some ideas for future articles please contact Vern in care of California Track News.

the landing. To the athlete, this is useless information. Try to determine the cause and get the athlete to change that aspect of technique.

Third, allow for individual differences in technique. No two individual techniques are exactly alike. This variation manifests itself as personal style. As long as the technique is mechanically sound, then allow for the differences.

Do not blindly copy the technique of the champion. Analyze it and adapt it to the athlete. Fit the technique to the athlete, not the athlete to the technique. Also, remember that you are not coaching an event, but the people who are performing that event. Keep this in mind, especially with younger athletes who, with a year of maturity, conditioning and strength training, can make tremendous improvement.

Fourth, technique applies to everything in track and field. Too many coaches and athletes think technique work is the exclusive domain of the field event athlete or the hurdler in the track events. That is absolutely untrue. Technique training is as important for the sprinter and distance runner as it is for the high jumper or pole vaulter. Running fast is as much motor learning as it is physiological or biomechanical.

Fifth, create an environment that is conducive to learning. Be positive and

out a certain foundation in strength, flexibility, neuromuscular coordination, and endurance, an athlete has difficulty performing specific events. If you do not feel the athlete is physically ready, you can modify it, where possible, as long as you keep the fundamental movement pattern. For example, a lighter weight shot, lower hurdles or a shorter distance to the pit in the long jump and triple jump would allow the athlete to perform the event. 3) Possibly the most important precondition for learning is making sure the student is motivated. Provide a pleasant and safe environment. Try to make the initial experience a successful one. Be realistic in setting goals. Above all, try to provide both intrinsic and extrinsic rewards. Temper criticism with praise.

### THE LEARNING CURVE

All learning, including motor learning, is characterized by a rapid initial improvement. After this, there is a leveling off or plateau. This plateau represents a time when new habits are formed and

and smaller. Also, at the beginning the plateaus are relatively short. As the athlete's career lengthens, the plateaus get longer. At a high skill level, it may be a year before there is any improvement.

The key in all of this is for the coach and athlete to recognize the intricacies of the learning curve. Plateaus of performance happen to the beginner as well as to the Olympic champion. Expecting to improve all the time is unreal and leads to much frustration. An athlete should keep his/her potential in mind and constantly strive for that. Don't let momentary lapses in performance hinder overall progress.

Plateaus can have three basic causes: 1) lack of motivation--- This I feel is more true with the outstanding athlete who is on top and doesn't have the challenges he/she once had; 2) Faulty training methods--- If training is poorly planned and not specific to the event, improvement will be minimal; 3) Poor technique--- This could be the most limiting factor. Make sure that the athlete's technique is mechanically sound and that he/she has mastered the basics. Athletes who have been successful with a particular technique often are reluctant to change. My advice to them is to not be satisfied. Experiment. Look at new ideas. If they don't work, then discard them. The old cliché in order to stay the same you

on the decathlon. He has spoken at a number of clinics and last summer led a junior track tour in Europe.

If readers have questions on track technique or training, or have some ideas for future articles please contact Vern in care of California Track News.

Most of the information presented since the start of this column has been concerned with training, the principles and methods of conditioning. I have written very little on technique. Before I present more material on technique, I feel it is important to discuss some of the underlying principles involved in teaching and learning technique as they apply to track and field events. Most of these can be found in any good text of motor learning or elementary track and field techniques.

Many principles have been isolated by experimental research. They cannot be stated as laws. Despite this, they can help in setting up a program for learning technique and improving the quality of performance.

To begin, I feel a few simple axioms for coaches should be restated. These could also be called coaching cliches. Although they lack some of the research background of the principles, my experience has shown that they make good common sense and should be kept in mind when learning or teaching technique.

First, when working with the beginner or an advanced athlete, start with the simple and proceed to the complex. Especially with the beginner, do not assume anything in the way of prior knowledge or technique. Even for the outstanding athlete, it never hurts to reaffirm some of the basic concepts of the event. Follow the KISS system: "Keep It Simple Stupid."

Second, when analyzing technique and making corrections, coach causes rather than symptoms. How often do we tell our athletes he/she has knocked the bar off with the feet or has fallen back on

with a year of maturity, conditioning and strength training, can make tremendous improvement.

Fourth, technique applies to everything in track and field. Too many coaches and athletes think technique work is the exclusive domain of the field event athlete or the hurdler in the track events. That is absolutely untrue. Technique training is as important for the sprinter and distance runner as it is for the high jumper or pole vaulter. Running fast is as much motor learning as it is physiological or biomechanical.

Fifth, create an environment that is conducive to learning. Be positive and reassuring to the beginner. Do not emphasize speed, distance, or height in the early learning stages. Try to stress patience and the results will come with practice.

Sixth, be aware of paralysis by analysis. It is possible for the coach or athlete to become so concerned with form that there are few positive results. Athletes---do not analyze while you are performing the action of the event. Do your thinking before you step in the ring or start down the runway. Feel the movement, let your body take over. After you have thrown or jumped, then analyze. Look at what you did right as well as wrong. Then go back and perform the action with those corrections and positive reinforcements in mind.

## LEARNING PRINCIPLES

In attempting to learn a motor skill there are three important conditions which must be present for learning to take place: 1) The athlete must have a complete understanding of what skill he/she is going to perform. Introduce the terminology of the event. For example, in the shot put, the learner should know basic terms such as glide, power position, and reverse. Give the athlete an overall feel for the event by showing a film of a shot putter throwing at normal speed. 2) Analyze the athlete's physical capabilities to perform the action. With-

an, try to provide both intrinsic and extrinsic rewards. Temper criticism with praise.

## THE LEARNING CURVE

All learning, including motor learning, is characterized by a rapid initial improvement. After this, there is a leveling off or plateau. This plateau represents a time when new habits are formed and a base is developed for further improvement. Sometimes the learner will find that there is a period of regression. The coach should make the learner aware of this possibility in order to avoid undue discouragement. Generally learning proceeds from one plateau to the next with an occasional regression in between.

The obvious question then is, how does this relate to the athlete who for instance, wants to be a better pole vaulter? The vaulter comes out and on the first day, with little knowledge of the event and few inhibitions, he clears 10'6". The coach's eyes light up at the potential this athlete has exhibited. The athlete is pleased. He has experienced success. The rest of the week he begins conditioning and training. He listens to the coach's advice and makes corrections in his run, plant, etc. At the end of the week he clears 11'. Success! The athlete starts to build up expectations of a six inch improvement each week. He is thinking that in three weeks he will have the school record.

The next week he trains harder. He begins to study the event, look at films, read, talk to other successful vaulters. By the first meet, two weeks hence, he is only able to clear 10'. He feels like he should be going higher but nothing seems to be happening. This is a crucial time. He must keep working and have confidence that he will improve again. He has reached a plateau. Learning and achievement will come in degrees. The chances are that in the next few years his improvement will be large, as much as a foot a year, but as he reaches a higher skill level, the progress will get smaller

1) lack of motivation--- This I feel is more true with the outstanding athlete who is on top and doesn't have the challenges he/she once had; 2) Faulty training methods--- If training is poorly planned and not specific to the event, improvement will be minimal; 3) Poor technique--- This could be the most limiting factor. Make sure that the athlete's technique is mechanically sound and that he/she has mastered the basics. Athletes who have been successful with a particular technique often are reluctant to change. My advice to them is to not be satisfied. Experiment. Look at new ideas. If they don't work, then discard them. The old cliché, in order to stay the same, you must continue to change, couldn't be more true.

Two other points should be made concerning learning curves. Firstly, in a complex skill, improvement is slight at first, then increases rapidly and finally increases gradually upon reaching higher levels of the skill. Secondly, learning curves are an individual matter. They can differ greatly from one individual to the next.

## WHOLE-PART-WHOLE LEARNING

One of the classic problems in the learning and teaching of technique is deciding what is better, the whole or the part method of learning skills. In the shot put, for instance, by the whole method, the learner practices the whole action. In the part method, shot putting is broken up into its component parts, the glide, power position and reverse, and learned part by part.

Traditionally, simple skills have been taught by the whole method and more complex skills, the part method. In the Track and Field Omnibook, Doherty makes an excellent case for the Whole-Phase-Whole method. According to this method, at the beginning of learning, the skill is a "vaguely grasped whole." Doherty states: "As a rule of thumb, coach the largest whole, in terms of the event action, as can be used effectively.

In most cases, this means the full action of the event performed at the highest usable speed." Use drills to work on the various phases of the whole action. Take special care to constantly relate these drills to the whole action of the particular event.

The three steps in the Whole-Phase-Whole method are:

- 1) Get the feeling for the whole action, no matter how rough. If possible use film or sequence drawings.
- 2) Once you have gotten the feel of the action start to refine the phases. In the shot put, for example, become aware of foot position in the middle of the ring. Ask someone to watch you and make corrections. Constantly relate these corrections of the various phases to the whole action.
- 3) Put it all together into one unified, whole action.

### KINESTHETIC SENSE

Kinesthesia or proprioception is the so-called muscle sense or feel. It is the awareness of the position and rate of movement of body parts. It is dependent on the sensory nerves in the muscles and joints.

Kinesthetic sense must be developed for each particular task. Essentially, the athlete gains an awareness of the finer points of movements as they are perfected.

### MENTAL PRACTICE

Mental practice or rehearsal has been found to be beneficial to the learning of physical skills. Studies show that improvement will more likely take place when mental practice is combined with

should be followed by praise. In a complex action you can always find something the athlete did correctly. Point that out as well as the correction.

In my experience, the best reinforcement comes from the individual athlete. When the athlete says, "I feel it" or "I've got it" it represents his/her internalization of the action.

### TRANSFER

Transfer means learning an action through relating it to a similar one. The learner must see a similarity for transfer to occur. Transfer does not automatically take place---it must be sought in the learning situation.

In the coaching situation, look for similarities and point these out to the athlete. If you have an athlete who does both long jump and flop high jump, then relate the rhythm of the run. One will help the other. Relate the action of the right side of the body in the shot and discus. Relate the high knee action of sprinting to the trail leg action in hurdling.

Two suggestions: 1) Avoid teaching similar new skills simultaneously, and 2) Teach the most difficult action first.

### PRACTICE

"Practice makes perfect." How many times have you heard that cliché? It should be stated "Correct practice makes perfect." Practicing the shot put for hours will not make you a better shot putter if your technique is poor. You are just ingraining the poor technique. In workouts this is a problem for many athletes. Make sure you are practicing

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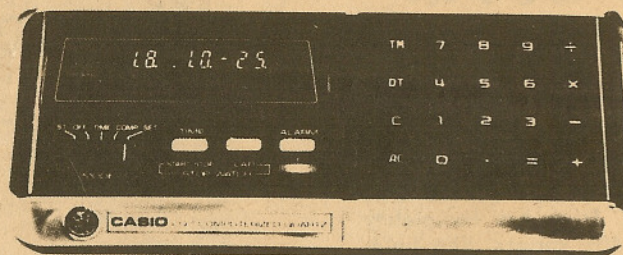
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athlete gains an awareness of the finer points of movements as they are perfected.

## PRACTICE

### MENTAL PRACTICE

Mental practice or rehearsal has been found to be beneficial to the learning of physical skills. Studies show that improvement will more likely take place when mental practice is combined with actual physical practice.

In my experience, I have found it especially helpful to mentally rehearse the whole action with the eyes closed in order to get a sense of the action. I usually try to pick a performer that I would like to model and use that person as the image. In the filed events, sequence pictures can greatly enhance mental practice. Review the technique before throwing, jumping, or running. Imprint the image, then perform the action.

### REINFORCEMENT

Knowledge of results is important for learning to take place. The athlete must get feedback. This information must be something the individual can use to check or confirm performance. How high the jump, how far the throw or how fast the run all are examples of feedback in track and field. This feedback can be positive or negative. A good athlete learns from both types of reinforcement.

In general, reinforcement is more effective the sooner it follows the action. The athlete must be told what he or she is doing wrong and how to correct it as soon as possible after the performance.

The athlete must be made to feel that he/she has done something well. I strongly feel that in coaching criticism

“Practice makes perfect.” How many times have you heard that cliché? It should be stated “Correct practice makes perfect.” Practicing the shot put for hours will not make you a better shot putter if your technique is poor. You are just ingraining the poor technique. In workouts this is a problem for many athletes. Make sure you are practicing the correct technique. If possible, have someone there to help you--- don't practice alone too often.

Some thoughts on practice: 1) Develop a set of mental cues to improve performance. These can be in the form of a word, a phrase, or an image that helps you picture the correct action; 2) You cannot be forced to learn. You must be ready to learn; 3) Overlearning is necessary to retain a skill. For example, once you have learned how to put the shot, then you must practice to retain the technique; 4) In learning a new skill, stress accuracy first then introduce speed of movement after a correct nerve pattern has been formed; 5) Once the overall movement has been mastered and speed of movement introduced then simulate the competitive situation as much as possible in practice; 6) Shorter periods of practice with short rests appear to be most effective in early learning. Most important is retaining a high quality of performance.

This discussion merely scratches the surface of a vast and fascinating area. All other things being equal, the athlete who has the best technique will be the champion. This brief synthesis should serve as a guideline for the coach and athlete. I will include more ideas on learning in specific discussions of various techniques.

### 3. Time-of-day watch

### 4. Alarm

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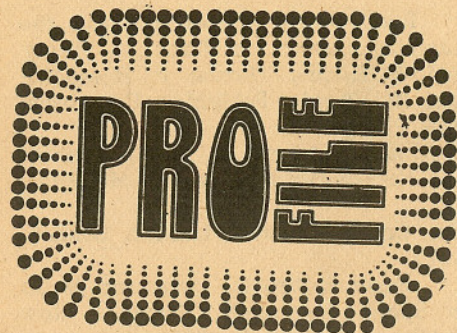
**FOR EXAMPLE:** - The cost of 24 dozen 3-color trim T-shirts would be as low as \$1.89 each (for white shirts), or \$2.15 for colored shirts! In addition, if you order from out-of-state, you save sales tax!

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by KATHARINE C. BRIEGER

# Irene Obera

The discus has it's Mac Wilkins and the high jump it's Dwight Stones. Well, in women's masters track and field it's Irene Obera. Irene has completely dominated the 40+ sprints. She holds national records in the 100 yard/100 meter, 220 yard/200 meter and 440 yard/400 meter dashes.

Not only does Ms. Obera hold records but she just won the Master's World Games 100 meter dash title in Gothenburg, Sweden. Also in Sweden she anchored the victorious women's 400 meter relay when she combined with fellow Californians Crystal Miller, Cherrie Sherrad and Almeta Parish.

The 43 year old Obera didn't start running track until she was 26 in 1959, but that didn't stop her from having a decent open division career. At age 29 she achieved lifetime best of: 10.7 for 100 yards and 24.1 for 220. Since turning 40 her best 40-49 national records are 11.4 for 100 yards, 26.04 for 200 meters and 59.9 for 400 meters.

Irene attended Chico State where she earned a Masters Degree in school



IRENE OBERA (3rd. from right) winning the World Masters 100 meter dash in 13.0 in Goteborg, Sweden

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Gothenburg, Sweden. Also in Sweden she anchored the victorious women's 400 meter relay when she combined with fellow Californians Crystal Miller, Cherrie Sherrad and Almeta Parish.

The 43 year old Obera didn't start running track until she was 26 in 1959, but that didn't stop her from having a decent open division career. At age 29 she achieved lifetime best of: 10.7 for 100 yards and 24.1 for 220. Since turning 40 her best 40-49 national records are 11.4 for 100 yards, 26.04 for 200 meters and 59.9 for 400 meters.

Irene attended Chico State where she earned a Masters Degree in school administration. She runs for the Laurel Track Club in San Francisco and is coached by Roxanne Anderson. Her immediate goal is the world masters 400 record and she plans to keep competing, "for as long as I'm breathing."

Even though Irene got somewhat of a late start in track she has gathered quite a few honors both as a competitor and administrator. She bagged many meet and Pacific Association records as an open division competitor.

She has been manager and coach of three U.S. teams; one of which was to the World Games in 1967. She was manager at the Pan African Games in Durham North Carolina in 1973 and took a U.S. team to Europe in '73. She also captained the Laurel Track Club which took the AAU Championships in 1965 at Denver, Colorado.

It's obvious that Irene is one who really enjoys track. She says, "I want to recommend track and field to others. It has done a lot for me. A lot needs to be done still for women's track. I urge many to participate." Not only has track done a lot for Irene Obera but she has done a lot for track.

Typical Mid-Season Workout Week:  
MONDAY— Two laps of wind sprints, 1X550, 1X440, 1X330, 1X220. TUESDAY— 8X440 repeats with 440 jog between. WEDNESDAY— 8X330, THURSDAY— 8X220, FRIDAY— 12-16X110. SATURDAY— race.

IRENE OBERA (3rd. from right) winning the World Masters 100 meter dash in 13.0 in Goteborg, Sweden

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### MISC.

ERG, Gatorade, Body Punch — 6 gallons— \$6.95, 12 gallons— \$11.95, 24 gallons— \$22.95. Boston, Nike, Tiger, New Balance, ERG, Body Punch — Tee shirts— \$3.75 or 3 for \$10.00. Running socks, Men's and Women's peds. "Marathon Runner" license plate frame— \$3.50 or bumper sticker— \$.95. Shoe Patch— \$2.75 per tube or 4 tubes for \$10.00.

### BOOKS

50 different books for runners: Zen for Running— \$3.95; Jog, Run, Race— \$3.30; Boston Marathon— \$9.95; Beyond Jogging— \$1.25; Sugar Blues— \$8.95; Dr. Sheehan on Running— \$3.30; Runner's World Shoe Issue— \$2.00; Runner's World subscriptions— \$7.50 for one year (new or renewal).

### WATCHES

Microma(LCD) Wristwatch (4) Function Stopwatch from \$89.95. Cronus Stopwatches: Olympian— \$28.95, 3T— \$64.95, 2D— \$144.95. 14 day, not obligation, trial on both stop and wrist watches — try one.

Write: MARK BAUMAN, 1704 Ridgecliff Dr., Flint, Michigan 48504.

Or call person-to-person COLLECT: (313) 234-9072.

# Master Men in Action

Corona Del Mar's crack sprint relay squad: left to right—  
Dave Segal, George Waterman, Percy Knox, Ken Dennis



photo by Diane Johnson

photo by Diane Johnson

photo by Diane Johnson



SING LUM

photo by Diane Johnson





photo by Diane Johnson

photo by Diane Johnson



GEORGE KER



VIRGIL McINTYRE



photo by Diane Johnson

BILL MORALES



DAN ALDRICH

# California Girls

## BEST MARKS

COMPILED BY CALVIN BROWN

## 1977

Send all additions and corrections to Calvin Brown, 228 E. Artesia, No. B, North Long Beach, CA 90805.

Send all meet results to California Track News, 1717 South Chestnut Ave., Fresno, CA 93702.

### 9u

#### 100 YARD DASH

-.24 hand time

- 12.62 (1) Raynechia Watkins(LBC)6/12
- 12.69 (3) Shelley Brown(8)SCC 6/12
- 12.75 (4) Roxanne Gross(PAS)6/12
- 12.6 (1) Madeline Tyrone(EVT)6/25
- 13.0 (3) Theresa Watterson(EVT)6/25
- 13.29 (3) Denesia Boner(1980TC)6/12
- 13.1 (4) Keisha Chapman (SS) 6/25
- 13.36 (3) Kelley Peacock (EVT)6/25
- 13.2 (3) Tracci Fearington(LBC)1/30
- 13.47 (4) Kim Walulik (BA) 5/28
- 13.3 (2) Lauren Miller (SD) 4/30

### 10-11

#### 100 YARD DASH

-.24 hand time

- 11.5 (1) Kysa Paul (LBC) 5/28
- 11.79 (3) Stacey Granger (WCJ) 6/12
- 11.8 (1) Diane Pullins (PAS) 6/25
- 11.8 (4) Audrey Amey (SB) 5/7
- 12.41 (4) Robbie Burnett (IngTC)5/28
- 12.2 (3) Kathy Lavering (AA) 6/25
- 12.50 (4) Erica Peterson (LBC) 6/12
- 12.3 (4) Vanessa Blake (SCC) 6/25
- 12.68 (1) Lisa Larson (SBG) 3/13
- 12.5 (1) Tracey Keeverline (RRR) 2/27
- 12.5 (3) Cole Turner (SB) 4/30

### 12-13

#### 100 YARD DASH

-.24 hand time

- 10.8 (1) Kim Turner (LATC) 5/7
- 10.8 (1) Sharon Ware (BETC) 6/12
- 10.9 (2) LaTanya Dawkins(LBC) 5/7
- 11.2 (3) Deborah James(LBC) 1/30
- 11.2 (1) Kati Peterson(BA) 6/25
- 11.3 (2) Zelda Johnson(QCC) 6/25
- 11.3 (3) Wynde Grey (PAS) 6/25
- 11.4 (4) Michelle Gilmore(LBC) 4/9
- 11.4 (2) Kim Snow (PAS) 4/30
- 11.5 (4) Monica Bednar(LV) 1/30
- 11.6 (4) Samira Ware (QCC) 6/25
- 11.7 (2) Patty Garcia (UR) 4/30
- 12.02 (1) Regina Jacobs (LATC) 4/9
- 11.8 (5) Cynthia Lucas(WCJ) 1/30
- 11.8 (6) Nicki Granger(WCJ) 1/30
- 11.8 (1) Rita Hairston(SDC) 2/26
- 11.8 (8) Iris Pippins(SDC) 3/20
- 11.8 (2) Jill Wallace (BA) 4/30
- 11.8 (4) Tina Scott (un) 4/30
- 12.0 (6) Jaimy Gentry (BLAZ)6/25

#### 220 YARD DASH

-.24 hand time

- 25.46 (2) Sharon Ware(BETC)6/12
- 25.3 (1) LaTanya Dawkins(LBC)3/20
- 25.75 (3) Deborah James(LBC) 6/12
- 25.77 (D-1) Sherifa Sanders(1980)6/12
- 25.7 (1) Kati Peterson(BA) 6/25
- 25.9 (1) Michelle Gilmore(LBC) 4/30
- 25.9 (2) Kim Snow (PAS) 4/30
- 26.0 Melanie Johnson(SCC)4/2
- 25.9m (2) Regina Jacobs(LATC)4/24
- 26.1 (3) Cynthia Newton(PAS)4/30
- 26.34 (3) Rita Hairston(SDC) 6/12
- 26.48 (4) Monica Bednar (LV) 6/12
- 26.5 (1) Kim Turner(LATC) 3/13
- 26.4m (5) Patty Garcia (UR) 4/24
- 26.7 (4) Donna Savage(SCC)6/25
- 27.0 (5) Marylin Kind(NPP)6/25
- 27.1 (4) Stephanie Thornton(PAS)4/30
- 27.1 (5) Sherry Mayo (LI) 4/30
- 27.1 (5) Sharon Alston (SDC)6/12
- 27.2 (1) Pam Miller (LBC) 1/8
- 27.2 (2) Tina Scott (WCJ) 1/8
- 27.2 (4) Karen Neblett (un) 2/13
- 27.2 (4) Cynthia Lucas(WCJ)3/13
- 27.2 (5) Lana Norris (SDC) 4/9
- 27.2 (1) Yvette Robinson(QCC)4/30

#### 440 YARD DASH

### 14-15

#### 100 YARD DASH

-.24 hand time

- 11.22 (1) Vanessa Denniston(PAT)6/25
- 11.27 (2) Janice Smith(LBC)6/12
- 11.30 (3) Judy Young(BETC)6/12
- 11.1 (1) Dawn Peters (un) 5/1
- 11.38 (4) Kim Young(LATC)6/12
- 11.51 (5) Roxanne Banks (TW)6/12
- 11.53 (2) Cheryl Thompson(LATC)6/25
- 11.55 (2) Lyndrel Downs(SCC)6/12
- 11.58 (3) Rachael Savage(BA)5/29
- 11.59 (1) Wanda Evans (LBC) 5/29
- 11.64 (3) Debbie Wilson(LBC)4/9
- 11.68 (5) Ulanda Cobbs(BETC)6/12
- 11.73 (2) Angela Kellen(Westlk)5/29
- 11.77 (3) Tonie Scott(PAS)5/29
- 11.78 (2) Veronica Bell(SCC)5/29
- 11.83 (4) Gissele Lewis(SCC)4/9
- 11.90 (5) Pam Newton(SCC) 4/9
- 11.93 (6) Cori Meyer(LATC)4/9
- 11.94 (7) Lola Olk (LATC) 4/9
- 12.04 (2) Brenda Cobb (un) 4/9

#### 100 METER DASH

-.24 hand time

- 12.1 (1) Dawn Peters(un)3/20
- 12.2 (2) Elaine McKenna(LATC)3/20
- 12.2 (1) Roxanne Banks(TW)4/17
- 12.4 (1) Janice Smith(LBC)2/13
- 12.5 (4) Lola Olk (LATC)2/13
- 12.5 (3) Gissele Lewis(SCC)3/19
- 12.80 (1) Tricia Lenning(AA)4/2
- 12.82 (2) Tonie Scott(PAS)5/15
- 12.7 (4) Rosario Ramos(AA)3/19
- 12.98 (2) Debbie Wilson(LBC)4/2
- 12.99 (3) Wanda Evans(LBC)4/24
- 12.8 (1) Lyndrel Downs(SCC)2/13
- 12.8 (2) Jenise Thompson(LBC)2/13
- 12.8 (4) Pam Newton(SCC)3/19
- 12.9 (5) Cori Meyer(LATC)2/13
- 12.9 (7) Marlene Harmon(LATC)2/13
- 13.18 (4) Dulce Reade(PAT)4/2
- 13.1 (6) Angela Sapp(SDC)3/19
- 13.33 (1) Denise Crunkleton(PAS)4/2
- 13.2 (5) Debbie Vaughan 2/13

#### 220 YARD DASH

-.24 hand time

- 25.36 (2) Janice Smith(LBC)6/12
- 25.4 Tracie McMurray(SCC)4/2
- 25.20 (3) Janet Bell (SCC)4/2

100 YARD DASH

-.24 hand time

- 12.62 (1) Raynechia Watkins(LBC)6/12
- 12.69 (3) Shelley Brown(8)SCC 6/12
- 12.75 (4) Roxanne Gross(PAS)6/12
- 12.6 (1) Madeline Tyrone(EVT)6/25
- 13.0 (3) Theresa Watterson(EVT)6/25
- 13.29 (3) Denesia Boner(1980TC)6/12
- 13.1 (4) Keisha Chapman (SS) 6/25
- 13.36 (3) Kelley Peacock (EVT)6/25
- 13.2 (3) Tracci Fearington(LBC)1/30
- 13.47 (4) Kim Walulik (BA) 5/28
- 13.3 (2) Lauren Mitler (RD) 4/30
- 13.61 (4) Loretta Acquistapace(SRS)
- 13.4 (5) Angela Munford (SCC)4/30
- 13.65 (6) Michele Chadeayne(QCC)5/28
- 13.85 (5) Tammy Polly (SRS) 6/12
- 13.97 (3) Kim Cipolla (Irvine) 4/2
- 14.03 (3) Marla Burney (LBC) 6/18
- 13.8 (3) Tawilonda Wilson (SDC)4/30
- 13.8 (7) Jana Johnson (LBC) 4/30
- 13.8 (6) Leah Phillips (EVT) 6/25
- 13.8 (6) Shannon Clements(PAS)5/7
- 13.8 (7) Lynette Johnson(PAS)5/7

220 YARD DASH

-.24 hand time

- 29.2 (1) Michelle Taylor(SCC)4/30
- 29.74 (1) Raynechia Watkins(LBC)6/12
- 29.6 (1) Kelley Peacock(EVT)6/25
- 29.6 (2) Lynetter Johnson(PAS)6/25
- 29.7 (3) Dyana Crabtree (BA) 6/25
- 30.0 (2) Shelley Brown(8)SCC 5/7
- 30.1 (2) Kim Walulik (BA) 4/30
- 30.2 (4) Keisha Chapman (SS) 6/25
- 30.4m (3) Roxanne Gross (PAS) 4/24
- 30.7 (3) Marla Burney (LBC) 5/28
- 31.2 (2) Tracci Fearington(LBC)4/30
- 31.3 (3) Angela Munford(SCC)4/30
- 31.5 (5) Secily Bason (SB) 6/25
- 31.82 (5) Teresa Moag(MPTC)6/12
- 31.97 (4) Kim Cipolla (Irv) 6/12
- 31.9 (2) Chanelle Harris(LBC)1/8
- 32.0 (1) Donna Brewer(PAS)6/25
- 32.1 (5) Tawilonda Wilson (SDC)4/30
- 32.3 (4) Karyn Bolger (SBS) 4/30
- 32.5 (1) Natalie Bennett(CCF)4/30

440 YARD DASH

-.14 hand time

- 66.3 (1) Michelle Taylor(SCC)5/7
- 67.5 (2) Dyana Crabtree(BA) 4/30
- 68.5 (1) Toni Everts (RRR) 6/5
- 70.1 (3) Marion Hedegard(SCC)5/28

100 YARD DASH

-.24 hand time

- 11.5 (1) Kysa Paul (LBC) 5/28
- 11.79 (3) Stacey Granger (WCJ) 6/12
- 11.8 (1) Diane Pullins (PAS) 6/25
- 11.8 (4) Audrey Amey (SB) 5/7
- 12.41 (4) Robbie Burnett (IngTC)5/28
- 12.2 (3) Kathy Laverling (AA) 6/25
- 12.50 (4) Erica Peterson (LBC) 6/12
- 12.3 (4) Vanessa Blake (SCC) 6/25
- 12.68 (1) Lisa Larson (SBG) 3/13
- 12.5 (1) Tracey Keverline (RRR) 2/27
- 12.5 (3) Cela Tarver (SB) 4/30
- 12.83 (4) Shelette Campbell (BETC)6/12
- 12.6 (2) Tonya Granger (WCJ) 5/7
- 12.84 (3) Laura Merovick (SB) 6/25
- 12.85 (4) Kenya Green(Irv)3/13
- 12.88 (4) Denise Rodall (SCC) 4/2
- 12.92 (2) Andrea Rolfe (LBC) 6/18
- 12.7 (5) Dusty Johnson (un) 6/25
- 13.01 (8) Charon Walker (LBC) 5/28
- 13.02 (6) Michele Dolder (RG) 6/12
- 13.03 (3) Shelly Oliver (LBC) 6/18
- 12.8 (2) Lynne Hitesman (LVTC)1/30

220 YARD DASH

-.24 hand time

- 26.4m (1) Stacey Granger(WCJ) 4/24
- 26.85 (1) Kysa Paul (LBC) 6/12
- 27.33 (2) Diane Pullins (PAS) 6/12
- 27.1 (2) Kathy Laverling(AA) 4/30
- 27.81 (4) Stephanie McGencey(BETC)
- 27.6 (3) Andrea Rolfe (LBC) 4/30
- 27.9 (2) Dusty Johnson (WCJ) 3/13
- 28.0 (3) Erica Peterson (LBC) 5/28
- 28.0 (1) Audrey Amey (SB) 6/25
- 28.0 (1) Vanessa Blake (SCC) 6/25
- 28.1 (5) Laura Merovick (SB) 5/28
- 28.1m (5) Lisa Larson (SBG) 4/24
- 28.57 (5) Marvice Lindsey(LBC) 6/12
- 28.6 (1) Lisa Ladiner (CCF) 4/30
- 29.01 (5) Celeste Friend (CY) 6/12
- 28.8 (1) Tracey Keverline(RRR)2/27
- 28.8m (7) Kim Scott (RRR) 4/17
- 29.0 (2) Rosalyn Jenkins (QCC) 4/30
- 29.0 (6) Krisida Taylor(BETC)6/12
- 29.29 (5) Shelette Campbell(BETC)6/12

440 YARD DASH

-.14 hand time

- 60.7 (1) Andrea Rolfe (LBC) 4/30
- 61.2 (2) Diane Pullins (PAS) 5/28
- 61.69 (1) Kenya Green (Irv) 6/12
- 61.8 (1) Jennie Cervantes(RRR)6/5

- 26.1 (3) Cynthia Newton(PAS)4/30
- 26.34 (3) Rita Hairston(SDC) 6/12
- 26.48 (4) Monica Bednar (LV) 6/12
- 26.5 (1) Kim Turner(LATC) 3/13
- 26.4m (5) Patty Garcia (UR) 4/24
- 26.7 (4) Donna Savage(SCC) 6/25
- 27.0 (5) Marylin Kind(NPP)6/25
- 27.1 (4) Stephanie Thornton(PAS)4/30
- 27.1 (5) Sherry Mayo (LI) 4/30
- 27.1 (5) Sharon Alston (SDC)6/12
- 27.2 (1) Pam Miller (LBC) 1/8
- 27.2 (2) Tina Scott (WCJ) 1/8
- 27.2 (4) Karen Neblett (un) 2/13
- 27.2 (4) Cynthia Lucas(WCJ)3/13
- 27.2 (5) Lana Norris (SDC) 4/9
- 27.2 (1) Yvette Robinson(QCC)4/30

440 YARD DASH

-.14 hand time

- 56.4 (1) LaTanya Dawkins(LBC) 4/30
- 56.7 (2) Regina Jacobs(LATC)4/30
- 58.86 (3) Sherrill Miller(CY) 6/12
- 58.91 (4) Lana Norris (SDC) 6/12
- 58.61m (2) Melanie Johnson(SCC)4/24
- 59.6 (3) Stefani Farley(PAT)5/28
- 60.21 (1) Sharon Cummings(SBS)6/12
- 60.2 (4) Monica Bednar(LV) 5/28
- 60.3 (2) Kathi Denz (PAT) 4/2
- 60.8 (1) Rita Hairston(SDC) 5/7
- 60.9 (1) Kim Lindbery(SB) 6/25
- 60.70m (1) Donna Savage (SCC) 4/24
- 60.85m (6) Jennifer Cottingham(SDC)
- 61.26 (3) Sharon Alston(SDC)6/12
- 61.5 (2) Julie Carper(SBS)2/26
- 61.5 (2) Jill Wallace (BA) 3/13
- 61.60m (7) Katrena Johnson(PAS)4/24
- 62.0 (2) Suzanne Flournoy(PAS)6/25
- 62.2 (3) Karen Haller(VGTC)5/7
- 62.0m (4) Rhonda Whitlow(TW)4/17
- 62.3 (5) Tippi Hall(LBC)6/12

880 YARD RUN

- 2:09.7 (1) Regina Jacobs(LATC)6/5
- 2:12.6 (1) Kathi Denz(PAT)5/28
- 2:17.9 (3) Vickie Cook(RRR)3/13
- 2:18.3 (4) Kiki Lantry(LATC)3/13
- 2:18.4 (4) Tracy Weber(SJC)6/12
- 2:19.3 (2) Karen Haller(VGTC)5/28
- 2:19.3 (1) Cathy Demmelmaier(SJC)6/12
- 2:20.1 (3) Andrea Kirkorn(un)5/28
- 2:20.5 (4) Debbie Gonzales(BA)5/28
- 2:20.8 (5) Carolyn Follett(BA)5/28
- 2:21.2 (6) Andrea Stone(BA)5/28
- 2:22.2 (4) Kelly Cerda(un)6/12
- 2:23.3 (4) Sheri Ball(TW)4/30
- 2:22.7m(5) Tracy Weber(SJC)4/24
- 2:24.0 (6) Doreen Stoiloff(VGTC)3/13
- 2:25.2 (1) Michelle Mason(VGTC)5/28
- 2:24.5m (5) Tammy Binggeli(IVS)4/17
- 2:25.5 (4) Chris Meeks(PAT)6/5
- 2:25.6 (7) Colleen Casey(SCC)3/13
- 2:26.0 (4) Stefani Farley(PAT)4/9

- 12.98 (7) Rosalia Ramos(PAS)3/13
- 12.98 (2) Debbie Wilson(LBC)4/2
- 12.99 (3) Wanda Evans(LBC)4/24
- 12.8 (1) Lyndrel Downs(SCC)2/13
- 12.8 (2) Jenise Thompson(LBC)2/13
- 12.8 (4) Pam Newton(SCC)3/19
- 12.9 (5) Cori Meyer(LATC)2/13
- 12.9 (7) Marlene Harmon(LATC)2/13
- 13.18 (4) Dulce Reade(PAT)4/2
- 13.1 (6) Angela Sapp(SDC)3/19
- 13.33 (1) Denise Crunkleton(PAS)4/2
- 13.2 (5) Debbie Vaughan 2/13

220 YARD DASH

-.24 hand time

- 25.36 (2) Janice Smith(LBC)6/12
- 25.4 Tracie McMurray(SCC)4/2
- 25.70 (3) Janet Ballard(SCC)6/12
- 25.90 (1) Debbie Wilson(LBC)6/12
- 25.7 (1) Wanda Evans(LBC)5/1
- 25.96 (6) Melva Norris(SDC)6/12
- 25.7 (4) Denise Crunkleton(PAS)5/29
- 26.07 (7) Roxanne Banks(TW)6/12
- 26.0 (3) Lori White(LBC)5/1
- 26.29 (5) Judy Young(BETC)6/12
- 26.31 (6) Rachael Savage(BA)5/29
- 26.33 (2) Jenise Thompson(LBC)5/29
- 26.1 (2) Lyndrel Downs(SCC)4/9
- 26.4 (2) Susan Washam(SDC)5/15
- 26.70 (3) Angela Kellen(Westlk)5/29
- 26.5 (2) Dawn Peters(un)4/9
- 26.5 (3) Cori Meyer(LATC)5/15
- 26.5 (2) Tricia Lenning(AA)5/1
- 26.6 (4) Laura Simone(SCC)5/15
- 26.8 (3) Pam Newton(SCC)4/9
- 26.8 (4) Gissele Lewis(SCC)4/9

200 METER DASH

-.24 hand time

- 24.5 (1) Vanessa Dennington(PAT)6/25
- 24.6 (2) Arlise Emerson(PAT)6/25
- 25.1 (1) Melva Norris(SDC)3/19
- 25.2 (3) Denise Smith(RRR)6/25
- 25.3 (2) Janet Ballard(SCC)3/20
- 25.3 (3) Elaine McKenna(LATC)3/20
- 25.4 (1) Debbie Wilson (LBC)3/19
- 25.4 (2) Susan Washam (SDC) 4/24
- 25.5 (2) Gissele Lewis(SCC)3/19
- 25.5 (1) Roxanne Banks(TW)4/24
- 25.6 (3) Lori White(LBC)3/19
- 25.8 (3) Lyndrel Downs(SCC)3/19
- 25.8 (5) Cori Meyer(LATC)4/24
- 25.9 (2) Pam Newton(SCC)3/19
- 25.9 (2) Tracie McMurray(SCC)4/24
- 25.9 (4) Denise Crunkleton(PAS)6/25
- 26.2 (3) Lola Oik (LATC) 2/13
- 26.2 (7) Lisa Peters (un) 3/20
- 26.3 (1) Tricia Lenning(AA) 4/2
- 26.3 (3) Wanda Evans (LBC) 4/24

# 9u

- 70.41 (2) Kim Becker (SVTC) 6/12
- 70.7 (3) Rayneia Watkins(LBC)5/7
- 71.5 (3) Marla Burney (LBC) 4/30
- 73.7 (5) Andrea McGowan(SDC)5/7
- 73.93 (5) Tanya French (BETC) 6/12
- 74.0 (1) Chanelle Harris (LBC) 2/13
- 74.4 (3) Tremeka Batiste (VC)6/25
- 74.5 (1) Margaret Bradley(QCC)4/30
- 74.9 (1) Heidi Byers (SB) 4/30
- 75.0 (4) Donna Brewer (PAS) 4/30
- 75.1 (5) Suzanne Miller (RRR)4/30
- 75.3 (1) Roxanne Gross (PAS) 4/2
- 75.3 (2) Kim Walulik (BA) 6/5
- 75.5 (3) Lori Charette (BA) 2/13
- 75.6 (2) Jana Johnson (LBC) 4/30
- 75.7 (1) Keisha Manns (BLAZ)3/13

## 880 YARD RUN

- 2:31.0 (1) Dyana Crabtree (BA) 5/28
- 2:32.8 (2) Lori Charette (BA) 5/28
- 2:32.9 (3) Marion Hedegard(SCC)5/28
- 2:33.5 (1) Toni Everts (un) 4/17
- 2:36.7 (1) Nanette Garcia (CY) 6/12
- 2:38.2 (3) Sally Cohenour(SCC) 3/13
- 2:38.8 (5) Sara Standley (BA) 5/28
- 2:44.3 (3) Amy Wulfig (1980TC)6/12
- 2:46.3 (3) Cindy Beul (PCP) 1/30
- 2:47.8 (6) Kim Jacobsen(BA) 6/12
- 2:48.3 (1) Leslie Wilson(MATM)6/5
- 2:49.6 (1) Valerie Tapia (SCC) 4/30
- 2:52.0 (4) Debbie Ball (NPP) 6/25
- 2:52.1 (1) Margaret Bradley(QCC)5/7
- 2:52.5 (7) Suzanne Miller(RRR)5/28
- 2:52.5 (8) Diane de Dianous(RRR)5/28
- 2:52.7 (9) Tammy Crouse (QCC) 5/28
- 2:53.0 (5) Tara Robbins (un) 1/30
- 2:53.9 (3) Janeene Vickers(QCC)2/13
- 2:54.6 (3) Jody Essig (BLAZ) 4/9

## 880 YARD WALK

- 3:54.1 (1) Sara Standley (BA) 5/28
- 4:03.0 (2) Toni Everts (RRR) 5/28
- 4:10.8 (3) Lori Charette (BA) 5/28
- 4:15.6 (3) Leslie Wilson (MATM) 6/12
- 4:15.6 (4) Jessica Alstatt (ATC)6/12
- 4:15.6 (5) Kerry Bratton(CY) 6/12
- 4:15.7 (6) Kay Schultz (Arrow) 6/12
- 4:26.9 (7) Donna Oetzel(ATC) 6/12
- 4:32.5 (9) Laurel Lee (CY) 6/12
- 5:02.2 (3) Krista Anderson (SB) 4/30
- 5:11.0 (3) Kimberly Harvey(SB)5/7
- 5:30.5 (6) Colleen Gullage(VGTC)5/28
- 5:54.3 (8) Chris Mendez (SBS) 5/28

# 10-11

- 61.9 (3) Leslie Pratt (PAT) 5/28
- 62.18 (4) Lynne Hitesman(LVTC)6/12
- 62.23 (2) Beth Landy (LVTC) 6/12
- 62.2 (2) Dusty Johnson (WCJ) 2/13
- 62.56 (3) Laura Carney (CY) 6/12
- 62.98 (5) Kim Scott (RRR) 6/12
- 63.2 (2) Stacey Granger (WCJ) 1/30
- 63.2 (2) Denise Rodall (SCC) 5/28
- 63.4 (R-CB) Sonja Cooper (RRR) 5/28
- 63.79 (7) Sheri Johnson (SDC) 6/12
- 63.7 (1) Rosanna Salcido (SCT)6/25
- 64.40 (7) Stephanie McGencey(BETC)
- 64.4 (8) Florence Evans(SDC) 6/12
- 64.6 (1) Paulette Willis (LBC) 5/28
- 64.7 (2) Tracie Howard (un) 5/28
- 64.8 (2) Kim Tanabe (BA) 6/25

## 880 YARD RUN

- 2:18.0 (2) Jennie Cervantes(RRR)6/12
- 2:20.7 (3) Marcy Anderson(RRR)6/12
- 2:22.6 (3) Leslie Pratt (PAT) 5/28
- 2:23.4 (4) Becky Engelman(BA) 5/28
- 2:24.0 (1) Rosanna Salcido(SCT)6/25
- 2:24.4 (5) Sonja Cooper (RRR)5/28
- 2:27.1 (7) Michelle Miller (CY)6/12
- 2:27.3 (2) Kenya Green (Irv) 5/28
- 2:27.4 (6) Christine Standley(BA)5/28
- 2:28.6 (10) Susanne Muschitz(RRR)6/12
- 2:28.9 (4) Sharon Yaninek (SJC) 6/12
- 2:30.4 (2) Connie Bennett (IVS)4/30
- 2:30.7 (5) Sharon O'Brien (IVS)3/13
- 2:30.8 (3) Samantha Rodella(RRR)4/9
- 2:31.4 (3) Andrea Wygle(VGTC)5/28
- 2:31.5 (6) Francisca Silva (IVS)3/13
- 2:30.5m (1) Tania Fischer (RRR) 4/24
- 2:30.9m (2) Meme Conn (RRR) 4/24
- 2:30.9m (3) Rosie Martinez(BLAZ)4/24
- 2:33.3 (5) Carina Quezada (SCC) 2/13

## ONE MILE RUN

- 5:02.6 (2) Jennie Cervantes(RRR)6/12
- 5:03.9 (1) Marcy Anderson(RRR)5/28
- 5:10.4 (3) Kathy Kiernan(BA) 6/12
- 5:10.7 (2) Sonja Cooper (RRR) 5/28
- 5:21.7 (4) Susanne Muschitz(RRR)5/28
- 5:22.6 (1) Tania Fischer(RRR) 6/25
- 5:25.6 (1) Rosie Martinez(BLAZ) 4/2
- 5:27.1 (6) Sharon O'Brien(IVS)3/13
- 5:31.9 (8) Rosanna Carrillo(IVS)3/13
- 5:32.6 (9) Jan Hale (RRR) 3/13
- 5:32.6 (6) Amy Hooker (RRR) 5/28
- 5:34.6 (12) Andrea Heimbecker(SJC)6/12
- 5:36.3 (4) Meme Conn (RRR) 1/30
- 5:36.6 (5) Kenya Green (Irvine)5/7
- 5:42.2 (4) Cathy Duarte (BA) 6/5

# 12-13

## 1500 METER RUN

- 4:35.4 (1) Kathi Denz(PAT)4/17
- 4:38.3 (2) Vickie Cook(RRR)4/17
- 4:45.9 (3) Tracy Weber(SJC)4/23
- 4:54.6 (6) Michele Mason(VGTC)4/23

## ONE MILE RUN

- 4:48.8 (1) Kathi Denz(PAT)6/12
- 4:54.7 (1) Kiki Lantry(LATC)4/30
- 4:55.1 (2) Vickie Cook(RRR)12 5/28
- 5:02.6 (4) Chris Manning(Orinda)6/12
- 5:03.0 (5) Michelle Mason(VGTC)6/12
- 5:07.0 (2) Andrea Kirkorn(un)4/30
- 5:08.0 (1) Kelly Cerda(un) 4/30
- 5:13.8 (6) Chris Meeks(PAT)5/28
- 5:14.0 (4) Michelle Gaiche(RRR)4/30
- 5:14.1 (2) Lisa Van Buskirk(Or)6/12
- 5:14.5 (7) Jane Wintermute(SCC)5/28
- 5:14.9 (8) Melanie Woodworth(TW)5/28
- 5:18.0 (6) Sandra Katzer(BA)4/30
- 5:19.1 (3) Diane Gorenburg(RRR)4/30
- 5:19.8 (1) Tracy Melvin(un) 6/5
- 5:20.2 (4) Angela Johnson(RRR)4/30
- 5:21.4 (8) Christy Wilson(PAT)6/12
- 5:22.0 (5) Paula Cobb (RRR)4/30
- 5:22.7 (1) Terianne Topp(RRR)1/22
- 5:24.0 (7) Carolyn Follett(BA)4/30

## ONE MILE WALK

- 7:50.1 (1) Vickie Cook(RRR)5/7
- 7:54.2 (1) Shelley Quintana(BA)4/30
- 7:54.4 (2) Chris Ramirez(SBS)4/30
- 7:59.5 (2) Lynn Holmbeck(PAT) 6/12
- 8:00.9 (2) Andrea Johnson(RRR)5/7
- 8:29.5 (5) Sue Dittman(Arrow)6/12
- 8:31.5 (4) Ingrid Nussle(SB)5/7
- 8:35.5 (5) Diane Gorenburg(RRR)4/30
- 8:42.7 (6) Jane Wintermute(SCC)6/12
- 8:53.3(D-4) Coleen Kelly (BA) 3/13
- 8:56.0 (5) Joanie Hedegard(SCC)5/28
- 9:09.9 (6) Sandra Katzer(BA)5/28
- 9:27.6 (4) Suzanne Bottlik(RRR)1/8
- 9:35.0 (D) Michelle Brouillaid(BA)5/7
- 9:39.7 (8) Portia Hodges(SBS)5/7
- 9:55.6 (5) Jackie Rubio(BA)1/30

## 80 METER HURDLES 30"

- 12.10 (1) Pam Miller(LBC)5/28
- 12.32 (3) Sheri Sanders(1980TC)6/12

# 14-15

## 440 YARD DASH

- .14 hand time

- 55.69 (3) Marquita Belk(SJC)6/12
- 56.7 (1) Barney Sue Carral(SCC)5/29
- 56.7 (2) Debbie Wilson(LBC)5/29
- 56.88 (1) Cheryl Griffin(WS)6/12
- 56.9 (5) Melva Norris(SDC)6/12
- 57.7 (1) Arlise Emerson(PAT)6/25
- 58.1 (3) Kerry Cerda(BA)5/29
- 58.7 (4) Della Equipilag(SCC)5/29
- 59.3 (2) Lisa Peters (LATC)6/25
- 59.45 (4) Kim White(BETC)6/12
- 59.4 (1) Nydette Henderson(LBC)5/1
- 59.6 (5) Lori White(LBC)5/29
- 59.7 (6) Pam Robison(BA)5/29
- 60.0 (4) Diane Harrell (LBC) 5/15
- 60.6 (1) Jennifer Jamesson(BA)6/5
- 61.0 (2) Jenise Thompson(LBC)5/1
- 61.1 (2) Rose Quezada(SCC)5/29
- 61.5 (4) Beatrice Denz(PAT)5/29
- 61.5 (5) Laura Simone(SCC)5/15

## 400 METER DASH

- .14 hand time

- 56.2 (1) Arlise Emerson(PAT)3/20
- 56.3 (2) Melva Norris(SDC)3/20
- 56.76 (1) Ann Regan(SJC)4/24
- 57.9 (1) Barney Sue Carral(SCC)3/19
- 58.6 (2) Della Equipilag(SCC)3/19
- 58.8 (1) Debbie Wilson(LBC) 3/19
- 59.0 (1) Tracie McMurray(SCC)1/30
- 59.2 (2) Lori White (LBC) 3/19
- 59.6 (2) Janet Ballard(SCC)1/30
- 59.8 (5) Kerry Cerda(BA)3/20
- 59.9 (3) Sharon Hulse(PAT)3/13
- 60.1 (3) Roxanne Banks(TW)3/19
- 60.3 (3) Jenise Thompson(LBC)3/19
- 60.43 (2) Pam Robison(BA)4/24
- 60.73 (3) Denise Crunkleton(PAS)4/24
- 60.8 (2) Laura Simone(SCC)2/13
- 61.9 (4) Lola Olk (LATC) 3/13
- 61.9 (2) Nydette Henderson(LBC)4/2
- 62.4 (3) Beatrice Denz(PAT)4/2

## 880

- 2:12.6 (1) Ann Regan(SJC)6/12
- 2:14.3 (3) Michelle Bush (BA)6/12
- 2:15.5 (1) Sandra Anderson(LATC)5/29
- 2:17.1 (1) Sharon Hulse(PAT)4/9
- 2:17.1 (6) Diane Figliomeni(SJC)6/12
- 2:17.8 (2) Diane Harrell(LBC)4/9
- 2:18.5 (3) Carol Czarnetski(RRR)5/29
- 2:18.6 (1) Kim McElay (CY) 6/12
- 2:18.7 (4) Susan Follett(BA)5/29
- 2:18.9 (5) Shelly Kaplan(RRR)5/29



### 880 YARD WALK

- 3:54.1 (1) Sara Standley (BA) 5/28
- 4:03.0 (2) Toni Everts (RRR) 5/28
- 4:10.8 (3) Lori Charette (BA) 5/28
- 4:15.6 (3) Leslie Wilson (MATM) 6/12
- 4:15.6 (4) Jessica Alstatt (ATC) 6/12
- 4:15.6 (5) Kerry Bratton (CY) 6/12
- 4:15.7 (6) Kay Schultz (Arrow) 6/12
- 4:26.9 (7) Donna Oetzel (ATC) 6/12
- 4:32.5 (9) Laurel Lee (CY) 6/12
- 5:02.2 (3) Krista Anderson (SB) 4/30
- 5:11.0 (3) Kimberly Harvey (SB) 5/7
- 5:30.5 (6) Colleen Gullage (VGTC) 5/28
- 5:54.3 (8) Chris Mendez (SBS) 5/28

### 440 YARD RELAY

- 58.37 (2) Pasadena Rosebuds 6/12
- 58.6m (2) East Valley Trojans 6/25
- 59.4 (2) Long Beach Comets 5/28
- 59.9 (2) So. Calif. Cheetahs 4/30
- 60.5 (3) Santa Barb. Sandpipers 5/28
- 61.10 (3) Salinas Valley TC 6/12
- 61.49 (4) 1980 TC 6/12
- 62.3 (1) San Diego Cougars 4/30
- 62.5 (4) Quad Cities Cobras 4/16
- 62.5 (2) Rancho Dashers 4/30
- 62.93 (1) Cupertino Yearlings 5/1
- 63.0 (4) Central City Flyers 4/30
- 63.90 (3) Monterey TC 5/1
- 65.0 (3) Faith Streakers 3/13
- 65.21 (6) SB Sandpipers-B 6/12
- 65.27 (7) SGV Blazers 6/12
- 65.4 (6) SCC-B 3/19
- 66.3 (4) Blue Angels 3/6
- 71.5 (6) SDC-B 4/9
- 71.80 (4) Woodside Striders-B 5/1

### 880 YARD RELAY (4x220)

- 2:04.7 (1) Pasadena Rosebuds 5/28
- 2:05.2 (2) So. Calif. Cheetahs 5/28
- 2:08.4 (1) Long Beach Comets 3/6
- 2:08.9 (2) Salinas Valley TC 6/12
- 2:09.5 (3) 1980 TC 6/12
- 2:10.2 (3) Santa Barb. Sandpipers
- 2:10.8 (5) Blue Angels 6/12
- 2:13.75 (1) Cupertino Yearlings 5/1
- 2:14.5 (1) Quad Cities Cobras 4/9
- 2:15.9 (6) San Diego Cougars 6/12
- 2:16.40 (3) Monterey TC 5/1
- 2:19.8 (5) SCC-B 3/6
- 2:22.0 (8) SGV Blazers 6/12
- 2:27.40 (4) Woodside Striders-B 5/1
- 2:35.30 (5) Woodside Striders-A 5/1
- 2:35.9 (5) SDC-B 4/9
- 2:40.1 (8) Ventura Girls TC 4/16
- 2:40.4 (9) SB Sandpipers-B 4/16

### ONE MILE RUN

- 5:02.6 (2) Jennie Cervantes (RRR) 6/12
- 5:03.9 (1) Marcy Anderson (RRR) 5/28
- 5:10.4 (3) Kathy Kiernan (BA) 6/12
- 5:10.7 (2) Sonja Cooper (RRR) 5/28
- 5:21.7 (4) Susanne Muschitz (RRR) 5/28
- 5:22.6 (1) Tania Fischer (RRR) 6/25
- 5:25.6 (1) Rosie Martinez (BLAZ) 4/2
- 5:27.1 (6) Sharon O'Brien (IVS) 3/13
- 5:31.9 (8) Rosanna Carrillo (IVS) 3/13
- 5:32.6 (9) Jan Hale (RRR) 3/13
- 5:32.6 (6) Amy Hooker (RRR) 5/28
- 5:34.6 (12) Andrea Heimbecker (SJC) 6/12
- 5:36.3 (4) Meme Conn (RRR) 1/30
- 5:36.6 (5) Kenya Green (Irvine) 5/7
- 5:42.2 (4) Cathy Duarte (BA) 6/5
- 5:42.6 (1) Rosanna Salcido (BLAZ) 2/27
- 5:42.7 (8) Cindy Roulter (RRR) 4/30
- 5:45.2 (11) Connie Bennett (IVS) 3/20
- 5:45.8 (9) Joann Harvey (RRR) 5/7
- 5:47.7 (6) Lisa Torres (RRR) 5/7

### ONE MILE WALK

- 8:07.2 (1) Kathy Kiernan (BA) 3/6
- 8:07.4 (2) Samantha Rodella (RRR) 4/30
- 8:13.5 (3) Meme Conn (RRR) 4/30
- 8:30.5 (2) Kim Salinas (CY) 6/12
- 8:31.7 (2) Trisha Ramirez (SBS) 3/13
- 8:44.9 (4) Shori Rivera (SBS) 6/12
- 8:46.2 (1) Sara Standley (10) BA 2/13
- 8:55.7 (1) Dana Crawford (RRR) 2/13
- 8:57.6 (7) Pauline Vasquez (CY) 6/12
- 8:57.9 (8) Andrea Lepley (CY) 6/12
- 8:59.1 (3) Suzanne Bottlik (RRR) 3/20
- 9:05.7 (6) Kim Stone (BA) 4/30
- 9:12.5 (6) Jackie Augustine (BA) 3/6
- 10:18.2 (7) Renee Villalvazo (RRR) 1/30
- 10:18.2 (8) Linda Gibbons (SBS) 5/7
- 10:25.1 (2) Kristy Jacobsen (BA) 6/25
- 11:23.3 (3) Toni Germon (SB) 6/25

### 50 YARD HURDLES

-.24 hand time

- 7.64 (1) Kathy Lavering (AA) 5/28
- 7.73 (2) Irene Schwartz (SB) 5/28
- 7.92 (4) Cherrice Morris (1980TC) 6/12
- 8.05 (5) Laura Carney (CY) 6/12
- 7.9 (3) Kim Tanabe (BA) 4/30
- 8.0 (4) Jeanie Faust (SB) 4/30
- 8.30 (6) Renay Schoenlin (CY) 6/12
- 8.4 (R-CB) Rosanna Salcido (BLAZ) 4/16
- 8.97 (5) Hilary Bray (ArrowTC) 6/12
- 8.99 (1) Kathy Wion (BLAZ) 6/5
- 9.19 (5) Karen Knight (BLAZ) 5/28
- 9.2 (T) Diane Pullins (PAS) 5/22
- 9.2 (3) Joanna Coss (SB) 6/25
- 9.49 (6) Marcy Parks (OV) 5/28
- 9.53 (7) Bea Romero (SB) 5/28

- 8:00.9 (2) Andrea Johnson (RRR) 5/7
- 8:29.5 (5) Sue Dittman (Arrow) 6/12
- 8:31.5 (4) Ingrid Nussle (SB) 5/7
- 8:35.5 (5) Diane Gorenburg (RRR) 4/30
- 8:42.7 (6) Jane Wintermute (SCC) 6/12
- 8:53.3 (D-4) Coleen Kelly (BA) 3/13
- 8:56.0 (5) Joanie Hedegard (SCC) 5/28
- 9:09.9 (6) Sandra Katzer (BA) 5/28
- 9:27.6 (4) Suzanne Bottlik (RRR) 1/8
- 9:35.0 (D) Michelle Brouillaid (MA) 5/7
- 9:39.7 (8) Portia Hodges (SBS) 5/7
- 9:55.6 (5) Jackie Rubio (BA) 1/30

### 80 METER HURDLES 30"

- 12.10 (1) Pam Miller (LBC) 5/28
- 12.32 (3) Sherifa Sanders (1980TC) 6/12
- 12.44 (4) Cari Venable (CY) 6/12
- 12.4 (2) Lisa Stary (LBC) 4/30
- 12.5 (3) Cindy Culberson (RRR) 4/30
- 12.6 (P) Laura Heizman (Arrow) 6/12
- 12.7 (1) Dana Dahlke (SB) 5/7
- 12.7 (1) Katrena Johnson (PAS) 6/25
- 12.96 (2) Rhonda Whitlow (TW) 5/28
- 13.19 (4) Cindy Newton (PAS) 6/12
- 13.0 (P) Karen Neblett (SCC) 6/12
- 13.0 (P) Jody Grob (SB) 6/12
- 13.0 (2) Nicki Granger (WCJ) 5/7
- 13.32 (4) Geri Golden (LBC) 5/28
- 13.2 (3) Toni Murray (PAS) 6/25
- 13.2 (5) Robin Stinson (PAS) 5/7
- 13.4 (P) Heidi Ellis (Orinda) 6/12
- 14.2 (2) Sherry Kidney (QCC) 4/30
- 14.3 (P) Michele Castille (un) 4/3
- 14.3 (3) Emily Bush (Irvine) 4/30

### 200 METER HURDLES 30"

- 28.8 (1) Pam Miller (LBC) 3/20
- 29.5 (2) Cindy Culberson (RRR) 5/28
- 29.7 (3) Geri Golden (LBC) 5/28
- 30.0 (1) Cari Venable (CY) 6/12
- 30.2 (4) Karen Neblett (BLAZ) 3/20
- 30.4 (4) Lisa Stary (LBC) 4/30
- 30.4 (2) Amy Lewis (Arrow) 6/12
- 30.5 (1) Camille Orr (SB) 6/25
- 31.2 (4) Nicki Granger (WCJ) 6/12
- 31.3 (4) Stephanie Thornton (PAS) 5/28
- 31.6 (3) Robin Every (PAS) 6/25
- 31.9 (4) Robin Stinson (PAS) 6/25
- 32.4 (4) Toni Murray (PAS) 6/12
- 32.6 (5) Ginny Gregurek (AA) 6/25
- 32.7 (5) Tracy Harris (1980TC) 6/12
- 33.1 (3) Dana Dahlke (SB) 2/13
- 33.1 (1) Sherry Kidney (QCC) 5/7
- 33.9 (2) Michele Castille (BLAZ) 3/13
- 34.1 (2) Renee Learned (RRR) 4/30
- 34.1 (3) Patricia Valverde (QCC) 5/7

### 440 YARD RELAY

- 48.86 (1) Long Beach Comets 6/12
- 49.47 (2) Cupertino Yearlings 6/12

- 60.43 (2) Pam Robison (BA) 4/24
- 60.73 (3) Denise Crunkleton (PAS) 4/24
- 60.8 (2) Laura Simone (SCC) 2/13
- 61.9 (4) Lola Olk (LATC) 3/13
- 61.9 (2) Nydette Henderson (LBC) 4/2
- 62.4 (3) Beatrice Denz (PAT) 4/2

### 880

- 2:12.6 (1) Ann Regan (SJC) 6/12
- 2:14.3 (3) Michelle Bush (BA) 6/12
- 2:15.5 (1) Sandra Anderson (LATC) 5/29
- 2:17.1 (1) Sharon Hulse (PAT) 4/9
- 2:17.1 (6) Diane Figliomeni (SJC) 6/12
- 2:17.8 (2) Diane Harrell (LBC) 4/9
- 2:18.5 (3) Carol Czarnetski (RRR) 5/29
- 2:18.6 (1) Kim Mcclay (CY) 6/12
- 2:18.7 (4) Susan Follett (HA) 5/29
- 2:18.9 (5) Shelly Kaplan (RRR) 5/29
- 2:19.5 (2) Angela Sapp (SDC) 6/12
- 2:19.6 (3) Barney Sue Carral (SCC) 4/9
- 2:20.6 (4) Karin Linn (WS) 6/12
- 2:21.1 (5) Chris Stoiloff (LATC) 6/12
- 2:21.7 (6) Pam Birkel (Arrow) 6/12
- 2:23.7 (8) Wendy Allums (BETC) 6/12
- 2:23.9 (1) Laurie Teague (un) 5/1
- 2:24.1 (5) Laureli Mazk (UR) 5/15
- 2:25.8 (1) Louise Lacona (LBC) 6/12
- 2:27.0 (2) Nydette Henderson (LBC) 5/1

### 800 METER RUN

- 2:11.4 (1) Sharon Hulse (PAT) 4/17
- 2:15.2 (1) Diane Harrell (LBC) 4/24
- 2:16.8 (3) Susan Follett (BA) 3/20
- 2:19.1 (4) Shelly Kaplan (RRR) 4/17
- 2:19.8 (4) Chris Stoiloff (LATC) 4/24
- 2:21.9 (7) Barney Sue Carral (SCC) 3/20
- 2:22.0 (5) Angela Sapp (SDC) 4/24
- 2:22.5 (3) Detra Washington (BA) 3/13
- 2:22.7 (6) Nydette Henderson (LBC) 4/24
- 2:23.6 (4) Carol Czarnetski (un) 3/13
- 2:26.0 (5) Kelly Ringer (BA) 2/13
- 2:26.1 (6) Janet Freriks (SCC) 2/13
- 2:26.3 (7) Susan Andrews (SFVTC) 2/13
- 2:29.1 (P) Kerry Zwart (LATC) 4/3
- 2:29.9 (3) Judy Schroeder (BA) 4/2
- 2:42.5 (P) Tonie Scott (PAS) 5/22
- 2:50.6 (P) Felicia Jones (PAS) 5/22
- 3:18.7 (P) Nancy Jordan (PAS) 5/22

### ONE MILE RUN

- 4:57.0 (3) Vicky Bray (SJC) 6/12
- 5:02.4 (4) Heike Shaden (WS) 6/12
- 5:05.4 (5) Paula Rose (BA) 6/12
- 5:05.5 (6) Mari Gibbs (LI) 6/12
- 5:06.9 (1) Sharon Hulse (PAT) 1/22
- 5:10.2 (8) Kerry Brogan (Arrow) 6/12
- 5:11.4 (1) Diane Harrell (LBC) 6/5
- 5:11.7 (2) Carol Czarnetski (un) 1/22
- 5:14.7 (1) Susan Andrews (SFVTC) 5/29
- 5:14.7 (2) Alicia Kirkorn (RRR) 6/5
- 5:18.9 (1) Shelly Kaplan (RRR) 4/2
- 5:19.1 (2) Chris Stoiloff (LATC) 5/15
- 5:19.2 (2) Kelly Ringer (BA) 4/2
- 5:20.0 (2) Alison Bettencourt (RRR) 5/29

## 9 &amp; Under continued

## MILE RELAY (4x440)

5:04.8 (1) Blue Angels 4/16  
 5:06.8 (2) So. Calif. Cheetahs 4/16  
 5:12.0 (3) Pasadena Rosebuds 4/16  
 5:15.1 (4) Santa Barb. Sandpipers 4/16  
 5:16.7 (5) Quad Cities Cobras 4/16  
 5:34.3 (6) Long Beach Comets 4/16  
 6:02.9 (7) Ventura Girls TC 4/16  
 6:09.6 (8) SGV Blazers 4/16  
 6:26.2 (9) Ojai Valley 4/16

## 2 MILE RELAY (4x880)

12:50.8 (1) Quad Cities Cobras 4/16  
 13:05.7 (2) SGV Blazers 4/16

## HIGH JUMP

4-2 (3) Felisia Thibodeaux ('80TC)  
 4-1 (1) Kim Walulik (BA) 6/5  
 4-0 (2) Isaline Mashburn (OV) 5/28  
 3-10 (8) Mindy Smith (CY) 6/12  
 3-10 (9) Christine Nelson (SB) 6/12  
 3-8 (1) Robin Copeland (RD) 4/30  
 3-8 (10) Tammy Polly (SRS) 6/12  
 3-6 (2) Kim Petrast (RD) 4/30  
 3-6 (14) Ronda Brooks (1980TC) 6/12  
 3-4 (T2) Heidi Byers (SBS) 2/13  
 3-4 (4) Jill Whinnery (SB) 4/30  
 3-4 (17) Julia Ryan (SV) 6/12  
 3-2 (T3) Krista Anderson (SR) 2/13  
 3-2 (T8) Jackie Grant (BLAZ) 5/7  
 3-2 (4) Leanne Moore (PAS) 5/28  
 3-2 (6) Kieran O'Leary (SB) 5/28  
 3-1 (T) Jody Essig (BLAZ) 5/22  
 3-1 (T) Brenda Granow (CCR)  
 3-0 (T4) Jessica Faust (SB) 2/13  
 2-11 3/4 (T) Roxanne Gross (PAS) 5/22

## LONG JUMP

14-8 1/2 (1) Kim Walulik (BA) 6/25  
 12-11 1/2 (1) Rayneia Watkins (LBC) 3/6  
 12-10 1/2 (2) Roxanne Gross (PAS) 6/25  
 12-6 3/4 (7) Loretta Acquistapace (SRS)  
 12-5 1/2 (2) Kim Cipolla (Irv) 3/13  
 12-4 1/2 (10) Michele Chadeayne (QCC) 6/12  
 12-3 (3) Jill Horst (SB) 6/25  
 12-0 1/2 (3) Dyana Crabtree (BA) 5/28  
 11-10 3/4 (7) Laurie Loveren (LBC) 3/19  
 11-10 (R) Shelley Brown (SCC) 4/16  
 11-10 (R) Jana Johnson (LBC) 4/16  
 11-10 (3) Lauren Miller (RD) 4/30  
 11-10 (13) Tanya French (BETC) 6/12  
 11-5 1/2 (6) Dana Brown (PAS) 6/12

## 10-11 continued

9.5 (CB) Barbara Wilson (un) 2/19  
 9.5 (3) Maria Martinez (SB) 3/13  
 9.7 (R-CB) Laurie Grant (BLAZ) 4/16  
 9.9 (T) Jennifer Fuller (OV) 4/3  
 10.0 (T) Mary McNally (OV) 4/3

## 440 YARD RELAY

53.0 (1) Santa Barb. Sandpipers 5/28  
 53.4 (D-2) Long Beach Comets 5/28  
 54.4 (5) 1980 TC 6/12  
 55.1 (D-6) Berkeley Eastbay TC 6/12  
 55.5 (3) So. Calif. Cheetahs 4/30  
 55.7 (1) Las Virgenes 3/13  
 55.7 (3) Inglewood TC 5/28  
 56.03 (1) Cupertino Yearlings 5/1  
 56.3 (4) SB - B 4/30  
 56.6 (1) West Coast Jets 2/13  
 56.4m (2) Central City Flyers 6/25  
 57.2 (5) San Diego Cougars 4/30  
 57.5 (4) SCC - B 3/20  
 58.5 (3) SGV Blazers 3/6  
 58.5 (4) Pasadena Rosebuds 3/6  
 58.7 (5) Blue Angels 6/12  
 58.8 (5) SB Sandpipers-B 5/28  
 61.5 (3) SCC - C 3/6  
 61.8 (3) South Bay Striders 2/13  
 66.07 (2) San Jose Cindergals 5/1

## 880 MEDLEY RELAY

220, 110, 110, 440

1:57.8 (1) Long Beach Comets 6/12  
 1:59.7 (1) Rialto Road Runners 4/30  
 2:00.0 (2) Las Virgenes TC 6/12  
 2:00.17 (1) Cupertino Yearlings 5/1  
 2:00.2 (2) Santa Barb. Sandpipers 5/2  
 2:01.24 (2) San Jose Cindergals 5/1  
 2:02.20 (3) Orinda Track Club 5/1  
 2:03.6 (3) So. Calif. Cheetahs 5/28  
 2:04.0 (3) San Diego Cougars 4/30  
 2:04.1 (4) Blue Angels 5/28  
 2:05.1 (2) 1980 TC 6/12  
 2:05.4 (4) Pasadena Rosebuds 4/24  
 2:05.6 (3) SGV Blazers 6/12  
 2:07.6 (4) SB - B 6/12  
 2:10.3 (2) SCC - B 3/6  
 2:10.4 (2) Quad Cities Cobras 5/28  
 2:10.5 (6) Central City Flyers 4/24  
 2:10.5 (3) Inglewood TC 5/28  
 2:11.3 (6) South Bay Striders 6/12  
 2:11.5 (2) RRR - B 3/13

## ONE MILE RELAY (4x440)

## 12-13 continued

49.93 (1) Berkeley East Bay TC 6/12  
 49.6m (1) Pasadena Rosebuds 6/25  
 51.4 (3) San Diego Cougars 4/30  
 51.71 (2) Quad Cities Cobras 6/12  
 51.73 (2) Millbrae Lions TC 5/1  
 52.4 (2) Blue Angels 5/28  
 52.78 (3) So. Calif. Cheetahs 6/12  
 52.8 (3) Santa Barbara Sandpipers  
 53.07 (5) Pasadena Rosebuds-B 6/12  
 53.0 (2) South Bay Striders 3/19  
 54.2 (2) Los Angeles Mercuertes 5/7  
 54.30 (3) San Jose Cindergals 5/1  
 54.9 (4) Santa Barbara-B 4/16  
 55.4 (4) SGV Blazers 3/6  
 55.5 (4) San Diego Cougars-B 3/19  
 55.9 (3) West Coast Jets 2/13  
 56.0 (4) Central City Flyers 4/30  
 57.4 (7) Mission Viejo Irvine 5/7

## 880 MEDLEY RELAY

220, 110, 110, 440

1:50.1 (1) Cupertino Yearlings 6/12  
 1:52.1 (1) Long Beach Comets 3/6  
 1:53.2 (1) Pasadena Rosebuds 5/28  
 1:53.4 (1) San Diego Cougars 4/30  
 1:54.2 (1) Blue Angels 6/12  
 1:54.5 (2) Ventura Girls TC 5/28  
 1:55.2 (3) Southern Cal Cheetahs 5/28  
 1:56.3 (3) Santa Barbara Sandpipers 5/7  
 1:58.1 (1) South Bay Striders 3/6  
 1:59.1 (5) Santa Barbara-B 5/28  
 1:59.8 (5) Pasadena Rosebuds 4/24  
 2:00.7 (6) Long Beach Comets-B 4/16  
 2:01.0 (6) SGV Blazers 3/6  
 2:01.6 (D-3) Lakewood Internat'l 3/6  
 2:02.3 (8) Quad Cities Cobras 4/16  
 2:05.1 (3) So. Calif. Cheetahs-B 3/6  
 2:12.1 (13) Blue Angels-B 4/16

## MILE RELAY (4x440)

3:59.3 (1) Orinda TC 6/12  
 4:04.9 (1) Pasadena Rosebuds 6/12  
 4:05.6 (1) San Diego Cougars 3/6  
 4:06.1 (2) So. Calif. Cheetahs 3/6  
 4:06.3 (1) Patriots USA 5/28  
 4:06.53 (2) Cupertino Yearlings 5/1  
 4:07.6 (2) San Jose Cindergals 6/12  
 4:09.8 (2) Blue Angels 5/28  
 4:10.1 (3) Long Beach Comets 3/6  
 4:15.5 (1) South Bay Striders 3/6  
 4:17.5 (4) Santa Barbara 5/28  
 4:19.00 (4) San Jose TC 5/1  
 4:20.4 (2) Blue Angels-B 3/6  
 4:20.4 (3) SGV Blazers 3/6  
 4:21.7 (1) Ventura Girls TC 5/28

## 14-15 continued

5:26.2 (11) Laurie Teague (un) 6/12  
 5:27.3 (3) Detra Washington (BA) 4/2  
 5:28.6 (2) Sue Broccoli (NPP) 6/25  
 5:28.7 (2) Donna Sanchez (RRR) 4/9  
 5:29.4 (4) Janet Freriks (SCC) 1/22  
 5:30.5 (3) Tracy Trisco (BA) 6/25

## 1500 METER RUN

4:34.0 (1) Sharon Hulse (PAT) 4/17  
 4:44.8 (1) Ann Regan (SJC) 4/24  
 4:50.5 (3) Carol Czarnetski (RRR) 4/24  
 4:54.6 (1) Susan Andrews (SFVTC) 2/13  
 4:55.3 (2) Kelly Ringer (BA) 2/13  
 4:56.2 (4) Donna Sanchez (RRR) 4/17  
 5:04.8 (3) Alison Bettencourt (RRR) 2/13  
 5:06.5 (4) Tracey Anderson (TW) 4/24  
 5:11.2 (5) Judy Schroeder (BA) 3/13  
 5:17.5 (5) Kit Pagan (SBS) 2/13  
 5:20.3 (8) Alicia Kirkorn (un) 3/13  
 5:20.5 (6) Julie Ramirez (SBS) 2/13  
 5:33.6 (6) Janet Freriks (SCC) 4/24  
 5:34.6 (7) Vicky Castro (Mont) 2/13  
 5:38.7 (9) Marleen Haverty (un) 3/13  
 5:45.3 (8) Lynn Christopher (SBS) 2/13

## 2 MILE WALK

10:47.5 (1) Roxanne Bier (SJC) 6/12  
 11:08.9 (3) Kerry Brogan (Arrow) 6/12  
 11:09.7 (4) Alicia Kirkorn (RRR) 6/12  
 11:15.8 (1) Tami Darr (BA) 5/29  
 11:35.3 (2) Tracy Anderson (TW) 5/15  
 11:42.7 (1) Donna Sanchez (RRR) 4/9  
 11:43.8 (2) Tracy Trisco (BA) 6/25  
 11:45.9 (7) Linda Bottlik (RRR) 6/12  
 11:49.9 (1) Kit Pagan (SBS) 5/1  
 11:56.3 (3) Kelly Ringer (BA) 5/15  
 11:56.5 (3) Janet Freriks (SCC) 5/29  
 12:21.7 (6) Autumn Bateson (un) 5/29  
 12:59.8 (5) June Wintermute (SCC) 5/15  
 13:00.4 (4) Lynn Christopher (SBS) 5/1  
 13:42.4 (6) Ruth Maclean (QCC) 5/15

## ONE MILE WALK

7:36.9 (1) Tracy Trisco (BA) 5/15  
 7:54.9 (2) Jessica Waskow (RRR) 6/12  
 8:02.5 (3) Sharlene McGinley (SBS) 6/12  
 8:04.1 (4) Linda Bottlik (RRR) 6/12  
 8:07 (6) Laura Spencer (CY) 6/12  
 8:22.9 (7) Joyce Brodock (RRR) 6/12  
 10:34.2 (1) Juanita Contreras (un) 6/25  
 12:21.9 (2) Carol Czarnetski (RRR) 5/15

## LONG JUMP

14-8½ (1)	Kim Walulik (BA)	6/25
12-11½ (1)	Rayneia Watkins(LBC)	3/6
12-10½ (2)	Roxanne Gross (PAS)	6/25
12-6 ¾ (7)	Loretta Acquistapace(SRS)	
12-5½ (2)	Kim Cipolla (Irv)	3/13
12-4½ (10)	Michele Chadeayne(QCC)	6/12
12-3 (3)	Jill Horst (SB)	6/25
12-0½ (3)	Dyana Crabtree (BA)	5/28
11-10 ¾ (7)	Laurie Loveren(LBC)	3/19
11-10 (R)	Shelley Brown (SCC)	4/16
11-10 (R)	Jana Johnson (LBC)	4/16
11-10 (3)	Lauren Miller (RD)	4/30
11-10 (13)	Tanya French (BETC)	6/12
11-5½ (6)	Donna Brewer (PAS)	5/7
11-5 (3)	Jody Essig (BLAZ)	3/13
11-4½ (R)	Krista Anderson (SB)	4/16
11-4½ (15)	Mindy Smith (CY)	6/12
11-3 (17)	Jana Johnson (LBC)	6/12
11-2 ¾ (6)	Kris Engleman (RD)	4/30
11-2½ (R)	Isaline Mashburn (OV)	4/16

## BASEBALL THROW

145-1 (1)	Karen Bolger (SBS)	5/28
127-5 (R)	Jill Whinnery (SB)	4/16
126-6 (2)	Shannon Clements (PAS)	4/30
126-0 (1)	Kim Walulik (BA)	6/25
119-3 (4)	Angela Munford (SCC)	6/12
111-6 (4)	Christine Nelson (SB)	5/28
109-3 (4)	Jody Essig (BLAZ)	5/7
108-0 (6)	Casey Rohkar (OV)	6/12
107-11 (2)	Renee Ortiz (BLAZ)	4/9
104-1 (1)	Jill Horst (SB)	2/13
102-2 (4)	Valerie Thompson (SS)	6/25
101-3 (T)	Roxanne Gross (PAS)	5/22
101-0 (6)	Keisha Chapman (SS)	6/25
100-5 (R)	Kieran O'Leary (SB)	4/16
94-10 (T)	Brenda Granzow (CCR)	5/22
91-0 (9)	Debbie Hampton (SV)	6/12
88-4 (9)	Rolanda Woods (SCC)	5/28
84-3 (1)	Susana Navarro(BLAZ)	1/30
82-0 (T)	Isaline Mashburn(OV)	4/3
81-5 (3)	Leslie Durham (OV)	2/13

## TRIATHLON

100 m, bbt, hj

1307 (1)	Kim Walulik (BA)	5/22
	(14.7, 122-8, 3-11½)	
992 (2)	Roxanne Gross (PAS)	5/22
	(14.0, 101-3, 2-11 ¾)	
906 (2)	Isaline Mashburn (OV)	4/3
	(17.3, 82-0, 3-11 ¾)	
814 (3)	Jody Essig (BLAZ)	5/22
	(15.8, 102-8, 3-1½)	
752 (4)	Karyn Bolger (SBS)	5/22
	(15.6, 139-7)	
639 (5)	Brenda Granzow (CCR)	5/22
	(17.2, 94-10, 3-1½)	
438 (6)	Renee Ortiz (BLAZ)	5/22
	(17.3, 95-8, 2-6)	

2:01.24 (2)	San Jose Cindergals	5/1
2:02.20 (3)	Orinda Track Club	5/1
2:03.6 (3)	So. Calif. Cheetahs	5/28
2:04.0 (3)	San Diego Cougars	4/30
2:04.1 (4)	Blue Angels	5/28
2:05.1 (2)	1980 TC	6/12
2:05.4 (4)	Pasadena Rosebuds	4/24
2:05.6 (3)	SGV Blazers	6/12
2:07.6 (4)	SB -B	6/12
2:10.3 (2)	SCC -B	3/6
2:10.4 (2)	Quad Cities Cobras	5/28
2:10.5 (6)	Central City Flyers	4/24
2:10.5 (3)	Inglewood TC	5/28
2:11.3 (6)	South Bay Striders	6/12
2:11.5 (2)	RRR -B	3/13

## ONE MILE RELAY (4x440)

4:38.1 (1)	Long Beach Comets	4/16
4:43.0 (2)	SGV Blazers	4/16
4:47.0 (3)	Blue Angels	4/16
4:53.5 (4)	Pasadena Rosebuds	4/16
4:57.6 (5)	Rialto Road Runners	4/16
5:07.9 (6)	Ventura Girls TC	4/16

## 2 MILE RELAY

10:43.2 (1)	Rialto Road Runners	4/16
10:56.0 (2)	Blue Angels	4/16
NT (3)	SGV Blazers	4/16
11:26.1 (4)	Pasadena Rosebuds	4/16
11:56.0 (5)	Ventura Girls TC	4/16
12:18.3 (6)	Blazers B	4/16

## HIGH JUMP

5-0 (1)	Jeanie Faust(SB)	4/30
4-11 (T)	Kim Tanabe (BA)	5/22
4-10 (3)	Laura Carney (CY)	6/12
4-10 (4)	Heidi Ried (LV)	6/12
4-9 (2)	Lynne Hitesman (LV)	5/7
4-8 (9)	Renay Schoenlin(CY)	6/12
4-8 (T10)	Beth Landy (LV)	6/12
4-4 (15)	Kelly Brogan(Arrow)	6/12
4-3½ (T)	Rosanna Salcido(BLAZ)	5/22
4-3 (4)	Irene Schwartz(SB)	4/9
4-3 (5)	Sylvia Smith (SB)	5/7
4-2 (T)	Mary McNally (OV)	4/3
4-2 (R)	Kelly Gould (SB)	4/16
4-2 (3)	Kathy Lavering(AA)	4/30
4-2 (T3)	Dori Tressler(SB)	5/28
4-1 (8)	Katie Rhymes (un)	5/7
4-0 (1)	Trisha Ramirez(SBS)	1/8
4-0 (1)	Michelle Simons(Mont)	3/6
4-0 (R)	Jennifer Fuller(OV)	4/16
4-0 (R)	Kathrina Evans (SB)	4/16
4-0 (5)	Laurie Grant(BLAZ)	5/28

## MILE RELAY (4x440)

3:59.3 (1)	Orinda TC	6/12
4:04.9 (1)	Pasadena Rosebuds	6/12
4:05.6 (1)	San Diego Cougars	3/6
4:06.1 (2)	So. Calif. Cheetahs	3/6
4:06.3 (1)	Patriots USA	5/28
4:06.53 (2)	Cupertino Yearlings	5/1
4:07.6 (2)	San Jose Cindergals	6/12
4:09.8 (2)	Blue Angels	5/28
4:10.1 (3)	Long Beach Comets	3/6
4:15.5 (1)	South Bay Striders	3/6
4:17.5 (4)	Santa Barbara	5/28
4:19.00 (4)	San Jose TC	5/1
4:20.4 (2)	Blue Angels-B	3/6
4:20.4 (3)	SGV Blazers	3/6
4:21.7 (1)	Ventura Girls TC	5/28
4:22.5 (6)	Quad City Cobras	5/28
4:24.7 (4)	SCC -B	3/6

## DISTANCE MEDLEY RELAY

440, 880, 1320, mile

13:01.1 (1)	Ventura Girls TC	4/16
13:11.0 (2)	Blue Angels	4/16
13:14.9 (3)	Rialto Road Runners	4/16
13:21.4 (4)	So. Calif. Cheetahs	4/16
13:40.9 (5)	Lakewood Internat'l	4/16
13:45.1 (6)	Blue Angels-B	4/16
13:47.7 (7)	Quad Cities Cobras	4/16
14:20.8 (8)	Pasadena Rosebuds	4/16
14:30.6 (9)	Quad Cities Cobras-B	4/16

## HIGH JUMP

5-8 (1)	Katrena Johnson(PAS)	6/12
5-5 (2)	Rena Wright (LATC)	6/12
5-2½ (P)	Dana Dahlke (SB)	6/12
5-2 (4)	Stacey Neuman (LV)	6/12
5-1 (3)	Lisa Stary (LBC)	4/9
5-1 (P)	Jody Grob (SB)	5/22
5-0 (2)	Jill Gillingham(un)	2/13
4-11 (P)	Laura Heizman(Arrow)	6/12
4-10 (6)	Lisa Strand(SB)	5/28
4-10 (P)	Karen Neblett(SCC)	6/12
4-10 (P)	Heidi Ellis (Orinda)	6/12
4-9 (P)	Rhonda Whitlow(TW)	5/22
4-8½ (P)	Wynde Grey (PAS)	4/3
4-8 (R)	Megan McAllister(OV)	4/16
4-8 (7)	Colleen Lindberg(SB)	5/28
4-8 (8)	Cindy Robbins(OR)	5/28
4-8 (9)	Kris Dietz (un)	5/28
4-6 (6)	Kelly Strand (SB)	4/24
4-4 (8)	Heth Goodman (SB)	2/13
4-4 (R)	Reid (SB)	4/16
4-4 (R)	Gould (SB)	4/16
4-4 (4)	Cynthia Harper (VGTC)	6/25

11:56.3 (3)	Kelly Ringer(BA)	5/15
11:56.5 (3)	Janet Freriks(SCC)	5/29
12:21.7 (6)	Autumn Bateson (un)	5/29
12:59.8 (5)	Jane Wintermute(SCC)	5/15
13:00.4 (4)	Lynn Christopher(SBS)	5/1
13:42.4 (6)	Ruth Maclean(QCC)	5/15

## ONE MILE WALK

7:36.9 (1)	Tracy Trisco(BA)	5/15
7:54.9 (2)	Jessica Waskow(RRR)	6/12
8:02.5 (3)	Sharlene McGinley(SBS)	6/12
8:04.1 (4)	Linda Bottlik(RRR)	6/12
8:07 (6)	Laura Spencer (CY)	6/12
8:22.9 (7)	Joyce Brodock (RRR)	6/12
10:34.2 (1)	Juanita Contreras(un)	6/25
12:21.9 (2)	Carol Czarnetski(RRR)	5/15

## 3,000 METER WALK

15:20.2 (1)	Tracy Trisco(BA)	3/20
15:31.6 (1)	Joyce Brodock(RRR)	5/1
15:31.9 (2)	Jessica Waskow(RRR)	5/1
16:12.3 (2)	Linda Bottlik(RRR)	3/20
16:18.8 (3)	Becky Villalvazo(RRR)	3/20

## 3,000 METER RUN

10:34.0 (1)	Donna Sanchez(RRR)	4/17
10:40.0 (1)	Alicia Kirkorn(RRR)	3/20
10:49.9 (1)	Sue Keith(RRR)	3/13
11:10.0 (10)	Sandra Katzer(BA)	2/13
11:13.8 (5)	Linda Bottlik(RRR)	3/20
11:17.2 (11)	Janet Freriks(SCC)	2/13
11:22.2 (6)	Kit Fagan(SBS)	3/20
11:22.3 (4)	Tracey Anderson(TW)	3/13
11:25.2 (12)	Maria Gonzalez(CSLA)	2/13
11:59.8 (6)	Lynn Christopher(SBS)	3/13
12:46.0 (7)	Hilda Mata(TW)	3/13

## 100 METER HURDLES 30"

14.37 (1)	Tricia Lenning(AA)	5/29
14.43 (1)	Marlene Harmon(LATC)	6/12
14.58 (3)	Kerry Zwart(LATC)	6/12
14.76 (1)	Susie Ray(BA)	6/12
14.91 (4)	Erin Pike(LATC)	5/29
14.91 (2)	Kris Sorrensen(SAL)	6/25
14.93 (5)	Dulce Reade(PAT)	6/12
14.97 (3)	Laurie Carroll(SB)	6/12
14.99 (1)	Kathy Bower(SBS)	6/12
15.07 (4)	Angela Kellen(Westlake)	5/29
15.08 (7)	Joy Upshaw(BETC)	6/12
15.14 (2)	Gigi Hurley(ML)	6/12
15.17 (3)	Michelle Jerald(LATC)	6/12
15.2 (4)	Jamie Anderson(SCC)	5/1
15.61 (4)	Carolyn Ruff(BETC)	6/12
15.64 (9)	Paula Weishoff(BA)	5/29

10-11 continued

LONG JUMP

- 15-4 (1) Tracey Keverline(RRR)3/13
- 15-2½ (2) Cheryl Lindberg(SB)5/28
- 15-0 3/4 (1) Diane Pullins(PAS)6/25
- 14-11 3/4 (4) Amy Perlstein(un) 5/28
- 14-11 (3) Shannon McGinnis (PCP)5/28
- 14-5½ (3) Paulette Willis(LBC)3/6
- 14-4 3/4 (1) Stacey Granger(WCJ)4/9
- 14-4 (2) Kathy Lavinger(AA) 6/25
- 14-3 (2) Kim Scott (RRR) 6/5
- 14-0 3/4 (4) Valerie McVicar (SCV)1/30
- 13-11½ (5) Irene Schwartz(SB)5/28
- 13-10 (8) Renay Schoenlin(CY)6/12
- 13-9½ (3) Cindy Thomas(IngTC)4/24
- 13-8 3/4 (6) Lisa Larson (SB) 5/28
- 13-8 (4) Marvice Lindsey(LBC) 2/13
- 13-7½ (7) Kelly Morse (PCP) 5/28
- 13-7 (4) Shannon Biszantz(RD)4/30
- 13-6½ (5) Dusty Johnson(un) 6/25
- 13-4 3/4 (5) Leslie Pratt(PAT)1/30
- 13-4½ (8) Rosalyn Jenkins(QCC)5/28

SHOT PUT (6 lb.)

- 28-3½ (1) Kim Tanabe(BA) 6/25
- 27-5 3/4 (4) Tina Currie(SB)5/7
- 27-2½ (1) Laura Merovick(SB)4/30
- 26-8½ (1) Diana Biats (OV) 2/13
- 26-4 (6) Suzanne Fiske(SB) 5/7
- 25-5½ (7) Kathrina Evans (SB) 6/12
- 25-0 (8) Regina Calloway(1980)6/12
- 24-8½ (2) Toni Germon(SB) 6/25
- 23-11 (3) Jeanie Faust (SB) 4/30
- 23-7½ (10) Darlene Morton(SStar)6/12
- 23-7 (2) Kathy Lavinger(AA) 3/6
- 23-4 3/4 (R) Mary McNally (OV) 4/16
- 23-2 (2) Marcy Parks (OV) 2/13
- 22-9 3/4 (T) Rosanna Salcido(BLAZ)5/22
- 21-8½ (4) Lora Bennett(SB) 5/7
- 21-7 3/4 (6) Samantha Rodella(RRR)5/28
- 21-7½ (R) Dianne Leslie(SB)4/16
- 20-6 (3) Mary Graham(SB) 4/24
- 20-2 3/4 (R) Brown (SB) 4/16
- 20-1 3/4 (1) Kim Stone (BA) 6/5

BASEBALL THROW

- 202-2 (1) Suzanne Fiske(SB) 5/7
- 196-4 (2) Anja Washington(SCC) 6/12
- 186-8 (3) Sheri Johnson(SDC) 5/7
- 178-4 (2) Marcy Parks (OV) 5/28
- 176-6 (4) Rosanna Salcido(BLAZ)5/7
- 175-6 (1) Sherry Oliver (LBC) 4/30
- 163-4 (10) Laura Merovick (SB) 6/12
- 162-11 (7) Evva Crowell(SCC) 5/7
- 160-7 (11) Dianne Leslie(SB) 6/12
- 151-7 (9) Rosalyn Jenkins(QCC)5/7

12-13 continued

LONG JUMP

- 18-0 (2) Sherifa Sanders(1980TC)6/12
- 17-9½ (1) Wynde Grey (PAS) 6/4
- 17-2½ (R) Katrena Johnson(PAS) 4/16
- 16-9½ (3) Rhonda Whitlow(TW)5/28
- 16-6½ (7) Lisa Filkowski(CY)6/12
- 16-6½ (8) Crystal Caldwell(CY)6/12
- 16-6 (P) Heidi Ellis(Orinda)6/12
- 16-5½ (2) Tina Scott(un) 4/30
- 16-5½ (9) Geri Golden(LBC) 6/12
- 16-3 3/4 (P) Dana Dahlke (SB) 6/12
- 16-3½ (2) Marilyn Kind (NPP)6/25
- 16-0 (2) Julie Carper(SBS)1/30
- 15-11 (P) Laura Heizman(Arrow)6/12
- 15-10 3/4 (R) Michelle Gilmore(LBC)4/16
- 15-9½ (4) Robin Stinson(PAS)5/7
- 15-7 3/4 (11) Danelle Hopkins(OTC)6/12
- 15-6½ (3) Jill Wallace(BA)3/13
- 15-6½ (R) Lisa Stary(LBC)4/16
- 15-6 (2) Karen Neblett(un)2/26
- 15-5 (5) Colleen Lindberg(SB) 5/7

SHOT PUT (6 lb.)

- 45-10 (1) Barry Greer (SCC) 5/7
- 43-8 (1) Jackie Sheffield(RRR)4/24
- 37-7½ (4) Alissa Weakley(CY) 6/12
- 37-6 (5) Gillian Delear(Arrow)6/12
- 37-2 (6) Kathy Martin (SRS)6/12
- 37-1 (7) Tami Frazer (SRS)6/12
- 36-2 (3) Diana Downey(BA) 4/24
- 32-7 (4) Michelle Hager (QCC)3/19
- 32-6 3/4 (P) Heidi Ellis (Orinda)6/12
- 31-11 3/4 (2) Regina Crawford(RRR)1/30
- 31-9½ (4) Dana Horn(SCC)4/24
- 31-8 3/4 (P) Karen Neblett (un) 5/22
- 31-7½ (P) Laura Heizman(Arrow)6/12
- 31-0½ (P) Rhonda Whitlow(TW)6/12
- 30-7 3/4 (1) Amy Johnson(BA)6/25
- 30-1 (1) Janet Chappell(SDC)2/26
- 29-11 (P) Wynde Grey (PAS) 5/22
- 29-5 (3) Adelle Acosta (Mont)4/30
- 29-4½ (R) Lisa Strand(SB)4/16
- 28-8½ (2) Linda Wilson(Mont)4/2

DISCUS

- 123-0 (1) Barrie Greer(SCC)4/9
- 107-8 (3) Gillian Delear(Arrow)6/12
- 94-0 (4) Alissa Weakley(CY) 6/12
- 92-11 (2) Alexandria Kriva(un)5/28
- 89-8 (5) Michelle Hager(QCC)6/12
- 88-2 (6) Stacey Wallis(MPTC)6/12
- 86-9 (3) Jackie Sheffield(RRR)5/7
- 78-11 (R) Michelle Cortez(QCC)4/16
- 76-10 (5) June Nursement(QCC)4/30
- 76-0 (6) Margaret Andrews(1980)4/30

12-13 continued

PENTATHLON

80 mh, sp 6 lb., hj, lj, 800

- 3269 (2) Laura Heizman(Arrow)6/12  
(12.6, 31-7½, 4-11, 15-11, 2:35.2)
- 3217 (3) Heidi Ellis(Orinda)6/12  
(13.4, 32-6 3/4, 4-10, 16-6, 2:34.3)
- 3134 (5) Dana Dahlke(SB)6/12  
(12.7, 26-8, 5-2½, 16-3 3/4, 2:50.2)
- 3117 (1) Jody Grob (SB)5/22  
(13.1, 28-5 3/4, 5-1, 15-4, 2:38.8)
- 3070 (3) Rhonda Whitlow(TW)5/22  
(13.0, 28-3½, 4-9, 15-3, 2:33.0)
- 3007 (3) Wynde Grey (PAS) 5/22  
(15.4, 29-11, 4-7½, 17-8 3/4, 2:32.2)
- 2918 (8) Karen Neblett(SCC)6/12  
(13.0, 27-8, 4-10, 14-4, 2:41.8)
- 2457 (5) Cindy Newton(PAS)5/22  
(13.9, 22-6½, 4-3½, 14-7 3/4, 2:48.9)
- 2331 (3) Michelle Castille(un)4/3  
(14.3, 22-1, 4-2½, 13-2, 2:40.9)
- 1955 (6) Dorothy Durr(BLAZ)5/22  
(15.8, 25-11, 3-11½, 11-11½, 2:55.9)

14-15 continued

- 15.5 (5) Beth Griffin(SCC)3/20
- 16.25 (6) Kathy Raugust(SV)6/12
- 16.32 (7) Judi Smith(OV)5/29
- 16.1 (4) Debbie Vaughan 2/13

300 METER HURDLES 30"

- 44.8 (1) Tricia Lenning(AA)5/29
- 45.4 (1) Susie Ray(BA)3/20
- 45.4 (2) Kathy Bower(SBS)6/12
- 45.5 (2) Tracie McMurray(SCC)5/29
- 45.9 (2) Marlene Harmon(LATC)3/20
- 46.4 (7) Laurie Carroll(SB)6/12
- 47.2 (2) Linda Elkins(RCF)6/12
- 48.3 (7) Jamie Anderson(SCC)3/20
- 48.9 (4) Carolyn Ruff(BETC)6/12

14-15 continued

ONE MILE RELAY (4x440)

- 3:49.6 (1) San Jose Cindergals 6/12
- 3:54.1 (1) So. Calif. Cheetahs 3/6
- 3:55.6 (3) Blue Angels 6/12
- 3:56.0 (4) Berkeley Eastbay TC 6/12
- 4:01.4 (2) Los Angeles TC 5/29
- 4:02.6 (2) Long Beach Comets 5/1
- 4:05.4 (2) SCC - B 6/12
- 4:06.8 (3) San Diego Cougars 5/1
- 4:07.3 (3) Orinda Track Club 6/12
- 4:08.8 (4) Pasadena Rosebuds 6/12
- 4:20.0 (5) SCC - B 3/20
- 5:07.3 (4) Sacred Heart Comets 5/29

2 MILE RELAY (4x880)

- 9:22.7 (1) San Jose Cindergals 6/12
- 9:23.8 (2) Blue Angels 6/12
- 9:43.4 (3) Rialto Road Runners 6/12
- 10:15.9 (2) South Bay Striders 3/6
- 10:53.3 (5) Pasadena Rosebuds 6/12
- 11:24.7 (1) Sacred Heart Comets 6/5

HIGH JUMP

- 5-8 (1) Lisa Peters (un) 3/13
- 5-5 (3) Ellen Fargo (RRR)3/20
- 5-4 (2) Liz Kern (OV) 1/8
- 5-4 (4) Gigi Hurley (ML) 6/12
- 5-4 (2) Kris Sorrensen (SAL) 6/25
- 5-3 (4) Kathy Bower(SBS)3/20
- 5-3 (3) Pam Robison (BA) 4/24
- 5-3 Joyce Bowie (SB)
- 5-3 (2) Cherie Beauregard(NPP)5/29
- 5-2½ (2)i Lucy Wardle(SBS)1/22
- 5-2½ (P) Kerry Zwart (LATC) 4/3
- 5-2 (3) Kelley Hoban (SBS) 3/13
- 5-2 (3) Anne Sterling(NPP)6/25
- 5-1 (T4) Paula Weishoff(BA)5/29
- 5-1 (2) Lori Smith(LAM)6/5
- 5-0 (3) Tricia Lenning(AA)2/26
- 5-0 (8) Kathy Raugust(SV)6/12
- 5-0 (9) Wendy Craig (CY) 6/12
- 4-11 (7) Jamie Anderson(SCC)3/20
- 4-10 (2) Jane Scott(SB)2/13
- 4-10 (10) Angela Phifer(CY) 6/12
- 4-10 (7) Lynne Wingle(un)6/25

LONG JUMP

- 19-2 3/4 (1) Veronica Bell(SCC)6/12
- 18-10 (3) Gigi Hurley (ML) 6/12
- 18-8 (4) Tracie McMurray(SCC)6/12
- 18-4 (1) Dawn Peters(SCC)3/6

21-8½ Lora Bennett(SB) 5/7  
 21-7 3/4(6) Samantha Rodella(RRR)5/28  
 21-7½ (R) Dianne Leslie(SB)4/16  
 20-6 (3) Mary Graham(BA) 4/24  
 20-2 3/4(R) Brown (SB) 4/16  
 20-1 3/4 (1)Kim Stone (BA) 6/5

### BASEBALL THROW

202-2 (1) Suzanne Fiske(SB) 5/7  
 196-4 (2) Anja Washington(SCC) 6/12  
 186-8 (3) Sheri Johnson(SDC) 5/7  
 178-4 (2) Marcy Parks (OV) 5/28  
 176-6 (4) Rosanna Salcido(BLAZ)5/7  
 175-6 (1) Sherry Oliver (LBC) 4/30  
 163-4 (10) Laura Merovick (SB) 6/12  
 162-11 (7) Evva Crowell(SCC) 5/7  
 160-7 (11) Dianne Leslie(SB) 6/12  
 151-7 (9) Rosalyn Jenkins(QCC)5/7  
 151-5 (4) Denise Rodall(SCC) 4/9  
 149-5 (R) Karen Knight(BLAZ)4/16  
 148-6 (R) Fuller (OV) 4/16  
 148-3 (7) Tina Currie (SB) 5/28  
 144-7 (R) Brown (SB) 4/16  
 142-8 (R) Toni Germon (SB) 4/16  
 140-5 (6) Dusty Johnson (un) 4/9  
 136-11 (4) Tina Anderson (BA) 4/2  
 134-1 (R) Laura Bamford(OV) 4/16  
 133-10 (11) Dawn Burroughs(VGTC)5/7

### TRIATHLON

50 yh, sp 6 lb., hj

1690 (1) Kim Tanabe (BA) 5/22  
 (8.4, 27-3¼, 4-11)  
 1635 (2) Jeanie Faust (SB) 5/22  
 (8.2, 23-6¼, 4-11)  
 1357 (3) Kathy Lavering(AA) 5/22  
 (7.8, 22-9¼, 4-0½)  
 1238 (4) Rosanna Salcido(BLAZ)  
 (9.1, 22-9 3/4, 4-3¼)  
 1069 (3) Mary McNally (OV)  
 (10.0, 22-4½, 4-2)  
 963 (4) Marcy Parks (OV)  
 (9.7, 22-9 3/4, 3-9 3/4)  
 930 (5) Diane Pullins(PAS) 5/22  
 (9.2, 16-10½, 3-11½)  
 734 (5) Karen Knight (BLAZ)  
 (9.8, 17-6 3/4, 3-7 3/4)  
 697 (6) Jennifer Fuller (OV)  
 (9.9, 16-8½, 3-7 3/4)  
 299 (6) Tracy Flock(BLAZ) 5/22  
 (11.5, 15-8¼, 3-1½)

30-7 3/4(1) Amy Johnson(BA)6/25  
 30-1 (1) Janet Chappell(SDC)2/26  
 29-11 (P) Wynde Grey (PAS) 5/22  
 29-5 (3) Adelle Acosta (Mont)4/30  
 29-4½ (R) Lisa Strand(SB)4/16  
 28-8½ (2) Linda Wilson(Mont)4/2

### DISCUS

123-0 (1) Barrie Greer(SCC)4/9  
 107-8 (3) Gillian Delear(Arrow)6/12  
 94-0 (4) Alissa Weakley(CY) 6/12  
 92-11 (2) Alexandria Kriva(un)5/28  
 89-8 (5) Michelle Hager(QCC)6/12  
 88-2 (6) Stacey Wallis(MPTC)6/12  
 86-9 (3) Jackie Sheffield(RRR)5/7  
 78-11 (R) Michelle Cortez(QCC)4/16  
 76-10 (5) June Nursement(QCC)4/30  
 76-0 (6) Margaret Andrews(AA)4/30  
 74-6 (R) Cindy Vasquez(QCC)4/16  
 64-7 (4) Robin Boone(QCC)2/13  
 60-9 (6) Dawna Frenchie (PAS)5/28  
 58-9 (3) Adelle Chavez (Mont)5/28  
 57-3 (8) Linda Wilson(Mont)5/28  
 56-6 (R) Tognazzini(OV)4/16  
 53-6 (2) Karin Casser(PAS)6/25  
 50-8 (R) Lisa Strand(SB)4/16  
 49-5 (R) Anderson (OV) 4/16  
 48-0 (R) K. Strand (SB) 4/16

### JAVELIN

144-8 (1) Melanie Johnson(SCC)6/12  
 135-6 (1) Deena Bernstein(BA)6/25  
 122-0 (4) Lisa Filkowski(CY)6/12  
 116-9 (2) Jackie Van Derpoel(LATC)6/25  
 101-11 (6) Gillian Delear(Arrow)6/12  
 96-0 (7) Tami Frazer (SRS)  
 93-4 (2) Michelle Hager(QCC)4/9  
 92-7 (3) Andrea Tapia (AA) 6/25  
 92-1 (4) Alexandria Kriva(un)6/25  
 88-3 (3) Margaret Andrews(AA)4/30  
 87-7 (3) Michelle Cortez(QCC)5/7  
 84-3 (5) Barrie Greer (SCC) 5/28  
 80-1 (6) Cindy Vasquez(QCC)5/28  
 77-8 (3) Robin Boone(QCC)2/13  
 75-5 (7) Donna Gajavada(PAS)5/28  
 69-8 (3) Stephanie Thornton(PAS)1/30  
 66-9 (3) Sandy Wilson (un) 1/8  
 64-0 (R) Ingrid Nussle (SB) 4/16  
 62-2 (8) Michelle Mason(VGTC)3/13  
 61-0 (8) Karin Casser(PAS)5/28

15.5 (5) Beth Griffin(SCC)3/20  
 16.25 (6) Kathy Raugust(SV)6/12  
 16.32 (7) Judi Smith(OV)5/29  
 16.1 (4) Debbie Vaughan 2/13

### 300 METER HURDLES 30"

44.8 (1) Tricia Lenning(AA)5/29  
 45.4 (1) Susie Ray(BA)3/20  
 45.4 (2) Kathy Bower(SBS)6/12  
 45.5 (2) Tracie McMurray(SCC)5/29  
 45.9 (2) Marlene Harmon(LATC)3/20  
 46.4 (7) Laurie Carroll(SB)6/12  
 47.2 (2) Linda Elkins(RCF)6/12  
 48.3 (7) Jamie Anderson(SCC)3/20  
 48.9 (4) Carolyn Ruff(BETC)6/12  
 49.2 (4) Denise Montoya (AA)3/19  
 51.5 (5) Felicia Jones(PAS)5/1  
 53.6 (7) Patra Johnson(BETC)6/12  
 56.4 (5) Marleen Zlaverty(un)3/13  
 58.9 (2) Judi Smith(OV)2/13

### 440 YARD RELAY

48.0 (1) So. Calif. Cheetahs 3/20  
 48.2 (1) Long Beach Comets 6/12  
 48.7 (1) Los Angeles TC 5/29  
 49.3 (3) Blue Angels 5/29  
 49.8 (4) SCC B Team 3/20  
 50.0 (2) Berkeley Eastbay TC 6/12  
 50.2 (5) Pasadena Rosebuds 5/29  
 50.7 (5) San Diego Cougars 6/12  
 52.4 (2) Anaheim Atoms 3/6  
 52.5 (6) Cupertino Yearlings 6/12  
 52.6 (6) Rancho Dashers 5/1  
 53.0 (5) Berkeley Eastbay TC 6/12  
 53.3 (3) SCC-C Team 3/6  
 56.5 (5) Santa Clarita Valley 2/13  
 57.7 (4) Southwest Stingrays 3/6

### 880 MEDLEY RELAY

220, 110, 110, 440

1:47.6 (1) So. Calif. Cheetahs 6/12  
 1:48.1 (1) Los Angeles TC 5/29  
 1:48.8 (D-2) Berkeley Eastbay TC 6/12  
 1:50.8 (3) Long Beach Comets 5/29  
 1:50.9 (1) So. Calif. Cheetahs-B 6/12  
 1:51.1 (1) San Diego Cougars 5/1  
 1:51.1 (2) Blue Angels 6/12  
 1:52.4 (D-4) Berkeley Eastbay TC 6/12  
 1:52.5 (5) Cupertino Yearlings 6/12  
 1:53.9 (6) Pasadena Rosebuds 6/12  
 1:55.5 (3) Anaheim Atoms 3/6  
 1:59.3 (4) Pasadena B 3/20  
 2:03.6 (4) Santa Clarita Valley 3/13  
 2:03.7 (2) Newbury Park Panthers 6/25

5-2½ (P) Kerry Zwart (LATC)4/3  
 5-2 (3) Kelley Hoban (SBS) 3/13  
 5-2 (3) Anne Sterling(NPP)6/25  
 5-1 (T4) Paula Weishoff(BA)5/29  
 5-1 (2) Lori Smith(LAM)6/5  
 5-0 (3) Tricia Lenning(AA)2/26  
 5-0 (8) Kathy Raugust(SV)6/12  
 5-0 (9) Wendy Craig (CY) 6/12  
 4-11 (7) Jamie Anderson(SCC)3/20  
 4-10 (2) Jane Scott(SB)2/13  
 4-10 (10) Angela Phifer(CY) 6/12  
 4-10 (7) Lynne Wingle(un)6/25

### LONG JUMP

19-2 3/4(1) Veronica Bell(SCC)6/12  
 18-10 (3) Gigi Hurley (ML) 6/12  
 18-8 (4) Tracie McMurray(SCC)6/12  
 18-4¼ (1) Dawn Peters(SCC)3/6  
 18-3 3/4 (1) Kerry Zwart (LATC)5/1  
 18-1 3/4(6) Erin Pike (LATC)6/12  
 18-0 3/4(4) Tonie Scott (PAS)3/20  
 17-11½ (1) Arnetta Robinson(LATC)2/13  
 17-7 (1) Kris Sorrensen(SAL)6/25  
 17-5 3/4 (2) Cheryl Light (LI)5/1  
 17-2¼ (3) Joyce Bowie(SB)4/24  
 17-2 (3) Cassandra Griffin(TW)4/17  
 17-2 Linda Ransom(LI)6/12  
 17-0½ (2) Janice Smith(LBC)1/22  
 17-0½ (4) Carla Bauman(un)4/9  
 17-0½ (6) Vicki Almeida(SCC)5/7  
 16-7¼ Karla Schweickardt(SJC)6/12  
 16-3½ (7) Roxanne Banks(TW)4/9  
 16-1¼ (4) Kelly Sturgeon(M.Milners)6/5  
 16-1 Patricia Mahoney(MPTC)6/12

### SHOT PUT (8 lb.)

48-8 (1) Susie Ray (BA)6/12  
 46-3 (2) Kerry Zwart(LATC)6/12  
 42-2½ (2) Debra Pryor(BETC)6/12  
 41-8 (5) Susan Springer(SV)6/12  
 40-10 (7) Rosario Ramos(AA)6/12  
 38-10½ (3) Jackie Nelson(BA)3/20  
 38-10¼ (2) Julie Green(BA)6/5  
 38-2 (2) Paula Weishoff(BA)5/29  
 36-8½ (3) Rose Gehres (un) 2/13  
 35-4½ (2)i Jamie Anderson(SCC)1/22  
 34-5½ (5) Michele Kipke(PAS)5/29  
 34-5 (6) Charm Bishop(SCC)5/29  
 31-10 3/4 Xena Kistler(VGTC)6/12  
 31-2 (3) Kathy Howard(SHS)1/30  
 30-3½ (3)i Gisele Lewis(SCC)1/22  
 30-3 (8) Laura Ybarra(NPP)5/29  
 29-2½ (6) Nancy Rowell(BA)3/6  
 28-7½ (3) Joni Cleveland (un) 6/25  
 26-10 3/4(5) Holly Gerson(QCC)3/13

California Girl's Marks continued: 14-15 continued

## DISCUS

141-3 (1)	Susan Springer(SV)6/12
118-4 (1)	Charm Bishop (SCC)4/24
117-8 (5)	Debra Pryor (BETC)6/12
112-2 (2)	Donna Hollingworth(QCC)5/15
111-10 (6)	Rose Gehres (un)6/12
108-8 (8)	Cyndie Cummins(LHC)6/12
106-3 (3)	Xena Kistler(VGTC)5/29
90-6 (3)	Lynne Wingle(un)6/25
83-9 (R)	Jamie Anderson(SCC)4/16
83-5 (3)	Holly Gerson(QCC)3/13
82-8 (R)	Newton (SCC) 4/16
76-9 (4)	Gissele Lewis(SCC)3/6
71-11 (6)	Felicia Jones(PAS)5/29
69-2 (2)	Kathy Howard(SBS)1/30
67-6 (4)	Lupe Marquez(Mont)3/13
63-8 (3)	Kim Johnson(OV)2/13
59-5 (6)	Linda Wilson 3/6
58-1 (R)	Bowie (SB)4/16
56-4 (R)	Hafner (SB) 4/16
53-7 (3)	June Wintermute(SCC)5/15

## JAVELIN

152-11 (1)	Charm Bishop(SCC)5/1
144-0 (1)	Jackie Nelson(BA)6/5
141-11 (2)	Debbie Dibb (TW) 6/5
132-4 (1)	Donna Hollingworth(QCC)6/25
128-3 (2)	Deena Bernstein(BA)6/25
125-8 (4)	Xena Kistler(VGTC)6/12
120-2 (5)	Kim Cox (RCF)6/12
112-4 (5)	June Wintermute(SCC)5/29
107-7 (8)	Wendy Ashton(RCF)6/12
101-6 (4)	Nancy Rowell(BA)3/13
90-7 (5)	Grace Wieting(VGTC)3/13
90-3 (R)	Jaime Anderson(SCC)4/16
86-7 (R)	Aquilae (OV) 4/16
76-11 (5)	Gissele Lewis(SCC)3/6
72-5 (6)	E. Vanglin Collice(SDC)
68-9 (3)	Traci Yancey(PAS)2/13
67-10 (3)	Tonie Scott(PAS)4/2
52-6 (R)	Duran (OV) 4/16
43-8 (R)	Barrett (OV) 4/16

## PENTATHLON

100 mh 30", sp 8 lb., hj, lj, 800

3723 (1)	Kerry Zwart(LATC)4/3 (15.5,42-2,5-2½,17-7, 2:29.1)
2434 (2)	Tonie Scott (PAS) (19.6,21-6,4-6,17-9, 2:57.0)
1889 (2)	Terri Yancey(PAS)5/22 (20.0,17-4 3/4,3-11½, 13-2,2:42.1)
1845 (3)	Nancy Jordan(PAS)5/22 (18.7,24-2½,3-11½, 12-10½,3:18.7)
1807 (4)	Felicia Jones(PAS)5/22 (24.2,23-8,4-1½, 12-10 3/4,2:50.6)

## PROFILE

## Julie Brown

**JULIE BROWN:** Cal State University—Northridge, junior. Age 22; 5 feet, 6 inches tall; 109 pounds. Born February 4, 1955, in Billings, Montana. Also competes for Los Angeles Naturite Track Club. Previously competed for UCLA.



Photo by Bill Leung, Jr.

Following the USA—USSR dual it was back to West Germany for the Koblenz Invitational where Julie won the 1500 meter run in 4:13.1.

As for goals: Julie says, "Right now I just want to run in the low 4's for the 1500. No special long range goals other than to be the best that I can be." She continues, "Barring injury, I'll probably always run."

When not wearing the Northridge or USA colors Julie competes for the Los Angeles Naturite Track Club. "I take Naturite vitamins," she says, "Coach also wants us below 10% body fat." Julie's coach is Chuck Debus. Coach Debus was women's coach at UCLA when Julie was a student there. But when Debus left UCLA amid controversy, the young pre-med student followed him to Northridge where he is acting distance coach.

As for a typical week of training: "There is no typical week. Our coach uses what he calls 'progressive cardio

# Julie Brown

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**BEST MARKS:** 800— 2:00.7(77), 1500— 4:11.7(77), 5000— 16:12.0(77), 10,000— 34:19.5(77), marathon— 2:45 (76). Coached by Chuck Debus.

Ten races in one meet. Yes, ten, and we're talking about a national championship meet. Sure, a sprinter could negotiate ten races including heats and relays. But we are speaking about a middle distance/distance runner. At the 1977 AIAW Championships, Julie Brown won the 800 and 3000 meter runs and placed fourth in the 1500 and 5000, besides helping out with legs on the mile and two mile relays which placed sixth.

"I just tried to score as many points for the team as possible," Julie said of her efforts. "It was more fatiguing mentally than physically. I took each race one at a time. Actually it wasn't too bad — I had ten races but they were spread out over three days." Julie's team, Cal State Northridge, was a major contender in the AIAW team race, but despite Julie's valient efforts the Matadors fell short and wound up in second to a stronger UCLA squad.

Running a lot of races is not new to the Northridge junior. In both the 1974 and 1975 AIAW Championships she ran seven races. Her career total for points scored in the AIAW National Championship is 78, and if you count the relay points she helped earn it goes to 94 points, and she'll be back for another year.

Julie has been very busy winning national events the past few years. In 1974 she started with the AIAW mile run championship. In 1975 she won the World Cross Country Championship at

Rabat, Morocco; the AIAW one mile and two mile; and the AAU 1500 meters. In 1976 she added the National AAU Marathon title; the AIAW Cross Country Championship and AAU two mile relay. Then 1977 brought the AIAW championships in the 800 and 3000. All total she has won 10 national AIAW and AAU championships and has been on 10 USA international teams.

This summer Julie is spending in Europe competing for the USA team. Reports filtering back from overseas indicate she is doing quite well and has recorded several life-time bests. On June 19 she ran with the 3200 meter relay at the Jacques Cover Relays in Bourges, France—the American quartet placed second to the USSR and recorded an American record 8:21.1. On June 20/21 she was off to Turin, Italy for the USA—Italy—England contest. Here she pulled in two first places with a 2:03.6 in the 800 and 4:19.0 in the 1500.

The US competed against West Germany on June 25/26 in Gelsenkirchen. Julie placed second in the 800 (2:03.3) and third in the 1500(4:23.3). July 1/2 it was the USA vs USSR dual meet in Sochi, USSR. At Sochi Julie was involved in the most exciting race of the meet when she almost beat the great Tatyana Kazankina as both clocked 2:00.7. This was Julie's PR and makes



photo by Bill Leung, Jr.

her fourth best American ever. Not only that but the day before in Sochi she won the 1500 meter in life time best style with 4:11.7 which makes her fifth best American ever.



photo by Bill Leung, Jr.

JODI ANDERSON passes the baton to JULIE BROWN

than to be the best that I can be. She continues, "Barring injury, I'll probably always run."

When not wearing the Northridge or USA colors Julie competes for the Los Angeles Naturite Track Club. "I take Naturite vitamins," she says, "Coach also wants us below 10% body fat." Julie's coach is Chuck Debus. Coach Debus was women's coach at UCLA when Julie was a student there. But when Debus left UCLA amid controversy, the young pre-med student followed him to Northridge where he is acting distance coach.

As for a typical week of training: "There is no typical week. Our coach uses what he calls 'progressive cardio vascular respiratory development thru a system of specific speed-endurance levels.' Which means that throughout the year our workouts become progressively more stressful on the cardiovascular respiratory systems, specific to our race distance. We never do the same workout (or part of a workout) twice in the whole year except for LSD on Monday and Friday and LFD on Wednesday and Sunday. The interval levels are run on Tuesday, Thursday and Saturday, usually.

# CONGRATULATIONS!

## TO CALIFORNIA'S NATIONAL CHAMPIONS



TOM COLLEY



photo by Diane Johnson

MAREN SEIDLER



DUANE WALTMIRE

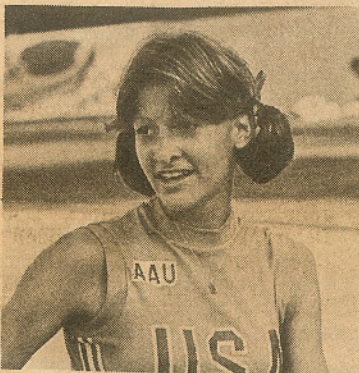


photo by Bill Leung, Jr.

LINDA GOEN



# CONGRATULATIONS!

## TO CALIFORNIA'S NATIONAL CHAMPIONS



TOM COLLEY



photo by Diane Johnson

MAREN SEIDLER



DUANE WALTMIRE

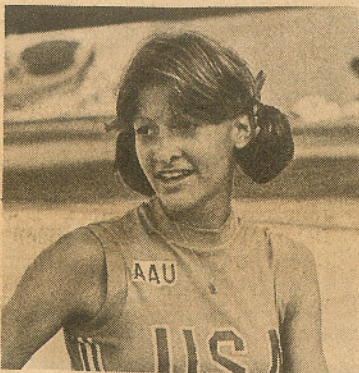


photo by Bill Leung, Jr.

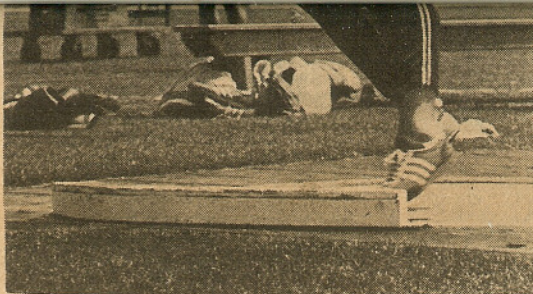
LINDA GOEN

photo by Bill Leung, Jr.



LINDA GOEN

photo by Diane Johnson



MAREN SEIDLER



DUANE WALTMIRE

TERRY ALBRITTON(Stanford) NCAA & AAU Shot Put  
 JODI ANDERSON(CSU Northridge) AIAW & AAU LJ  
 TOM ANDREWS(USC) NCAA 400 Meter Intermediates  
 EVELYN ASHFORD(UCLA) AIAW & AAU 100 & 200 Meters  
 RUDY BEAVER(Occidental) NCAA III High Jump  
 SUE BRODOCK(Rialto Road Runners) AAU 5000 Walk  
 JULIE BROWN(CSU Northridge) AIAW 800 & 3000  
 PAUL BROWN(Westmont) NCAA III 100 Meters  
 ROSALYN BRYANT(CSU Los Angeles) AIAW 400 Meters  
 TOM COLLEY(Occidental) NCAA III 1500 Meters  
 KATHY DEVINE(Emporia St.) AIAW & USTFF Shot Put  
 LARRY DOUBLEY(USC) NCAA & AAU Jr. Long Jump  
 SCOTT ENDLER(CSU Fresno) AAU Jr. Discus  
 AL FEUERBACH(Pacific Coast Club) USTFF Shot Put  
 MIKE GARCIA(UC Riverside) NCAA II 5000 Meters  
 THURLIS GIBBS(San Jose City) AAU Jr. High Jump  
 LINDA GOEN(N. Bakersfield HS) AAU Jr. 800 Meters  
 DAVE HABER(CSU Hayward) NCAA II High Jump  
 DERALD HARRIS(Los Medanos JC) AAU 200 Meters  
 CALIFORNIA STATE UNIVERSITY HAYWARD NCAA II Team  
 JONI HUNTLEY(Pacific Coast Club) AAU & USTFF HJ  
 GORDON INNES(Humboldt State) NCAA III Steeple  
 BRUCE KENNEDY(San Jose Stars) AAU Javelin  
 JOHN LEGRANDE(CSU Hayward) NCAA II Triple Jump  
 RON LIVERS(San Jose State) NCAA Triple Jump  
 ANDRIA LYNCH(CSU Long Beach) USTFF 100 & 200  
 L.A. MERCURETTES AAU Jr. 440 & 880 Relays  
 LOS ANGELES T.C. AAU 2 Mile Relay & Team Title  
 GWEN LOUD(L.A. Mercurettes) AAU Jr. Long Jump

FRANCIE LARRIEU LUTZ(PCC) AAU & USTFF 1500 Meters  
 JIM OWENS(UCLA) NCAA & AAU 110 Meter High Hurdles  
 TOM PETRANOFF(Palomar JC) AAU Jr. Javelin  
 DON QUARRIE(Tobias Striders) AAU 100 Meters  
 MARV REMPLE(Stanislaus State) NCAA III 400 Meters  
 DAN RIPLEY(Pacific Coast Club) USTFF Pole Vault  
 ARNIE ROBINSON(Maccabi TC) AAU Long Jump  
 KIM ROBINSON(LA Mercurettes) AAU Jr. 100 & 200  
 JEFF RUSSELL(Cal Poly Pomona) NCAA II Javelin  
 MIKE SABATINO (UC Irvine) NCAA II Pole Vault  
 KATHY SCHMIDT(PCC) AAU & USTFF Javelin  
 STEVE SCOTT(UC Irvine) NCAA II 800 & 1500, AAU 1500  
 MAREN SEIDLER (MDYF) AAU Shot Put  
 KARIN SMITH(UCLA) AIAW Javelin  
 STANISLAUS STATE NCAA III 1600 Meter Relay  
 DWIGHT STONES(Desert Oasis) AAU & USTFF High Jump  
 KATHY SULINSKI(CSU Hayward) AAU Jr. Javelin  
 COLIN SUTHERLAND(SCU Los Angeles) NCAA II Discus  
 MILAN TIFF(Tobias Striders) AAU Triple Jump  
 DON TIMM(Athletes in Action) USTFF Steeplechase  
 MIKE TULLEY(UCLA) AAU Pole Vault  
 SAM TURNER(CSU Los Angeles) NCAA II Intermediates  
 UCLA AIAW 880 Medley, 2 Mile Relays & Team Title  
 USC NCAA 400 & 1600 Relays  
 DUANE WALTMIRE(Azusa Pacific) NAIA 10,000 Meters  
 BILL WATERS(Pt. Loma) NAIA Decathlon  
 MAC WILKINS(Pacific Coast Club) AAU & USTFF Discus  
 DANNY WILLIAMS(Occidental) NCAA III Triple Jump  
 PATTY VANWOLVELAERE(USC) AIAW & AAU 100 Hurdles

# LTS..RESULTS..RESU

Team scoring — Edison 40, Sanger 37, Madera 35, North 33, Clovis 29, South 25, Reedley 19, Bakersfield 18, Coalinga 18, West 17, Delano 16, McLane 11, Hoover 10, Highland 10, Riverdale 10, Mt. Whitney 8, Taft 7, Redwood 7, Lemoore 7, Tulare Western 6, Foothill 6, Wasco 4, Chowchilla 4, Garces 4, Exeter 2, Fresno 1, Corcoran 1.

/Ron Blackwood/

May 26, Lemoore: CIF  
Central Section.

**Boys**

440 relay — 1. Edison (Thompson, Haynes, Williams, Bradley) 42.1; 2. Roosevelt 42.3; 3. Bakersfield 42.5; 4. McLane 42.8; 5. Lemoore 42.9; 6. Delano 43.0.

880 — 1. Gonzales, Ex, 1:55.4; 2. Grey, King, 1:55.6; 3. Hislop, West, 1:55.7; 4. Gutierrez, Foot, 1:56.9; 5. Wlasichak, Mt. Whitney, 1:57.4; 6. White, Shaft, 1:57.5.

100 — 1. Thomas, Hanf, 9.8; 2. Wharry, Hanf, 9.9; 3. Love, Delano, 10.0; 4. Bradley, Ed, 10.1; 5. Thorne, Roos, 10.1; 6. Cox, Bak, 10.1.

120 HH — 1. Washington, Fresno, 14.4; 2. Rodriguez, TW, 14.5; 3. Perkins, Bak, 14.5; 4. Jones, Roos, 14.6; 5. Coffee, Mad, 14.7; 6. Russell, Bak, 14.7.

2 Mile — 1. Elieff, High, 9:19.1; 2. Ursin, Bak, 9:31.4; 3. Elming, Sierra, 9:34.0; 4. Martinez, Mad, 9:40.5; 5. Lewis, East, 9:49.1; 5. Ramos, Roos, 9:50.1.

440 — 1. Poulter, McL, 48.5; 2. Jones, Roos, 49.1; 3. Smith, Hanf, 49.3; 4. Orado, Foot, 49.5; 5. Foster, Mad, 50.5; 6. Lonsinger, High, 50.6.

HJ — 1. Bell, Sang, 6-10 (meet record); 2. Christianson, Bak, 6-8; 3. Rosendahl, Wash, 6-6; 4. Campbell, Fres, 6-6; 5. Tawilks, Sanger 6-4; 6. Gooch, Fresno, 6-2.

LJ — 1. Walker, Roos, 23-8 1/2; 2. Alexander, Roos, 23-6 1/4; 3. Eddings, Roos, 22-10 1/2; 4. Perkins, Bak, 22-2 3/4; 5. Goodson, Monache, 21-8; 6. Laws, Bak, 21-4 1/2.

PV — 1. Pierce, Sang, 15-0 1/4 (meet record); 2. Sula, Lem, 14-6 3/4; 3. Padilla, Wasco, 14-0; 4. Pollard, High, 13-0; 5. Schneider, Clovis, 13-0; 6. Balderas, Reed, 13-0.

220 — 1. Newsome, Bak, 21.9; 2. Bradley, Edison, 22.0; 3. Wharry, Hanf, 22.1; 4. Thomas, Hanf, 22.2; 5. Arrington, Roos, 22.4; 6. Cox, Bak, 22.5.

330 LH — 1. Lowe, McL, 38.1; ties meet mark. 2. Gonzales, Exeter, 38.3; 3. Perkins, Bak, 38.4; 4. J. Smith, Hanf, 39.0; 5. Russell, Bak, 39.6; 6. Crosby, Hoov, 39.7.

Mile — 1. Thompson, East, 4:23.7; 2. Diabayan, Bull, 4:24.6; 3. Van Matre, Coalinga, 4:25.6; 4. Wren, West, 4:26.3; 5. Guardiola, Tulare, 4:26.7; 6. Knox, Wasco, 4:30.2.

Discus — 1. Bennett, Kings, 174-2; 2. Torosian, Sang, 166-11; 3. Perigo, Delano, 160-6; 4. Frazier, Edison, 156-0; 5. Crow, Mon, 154-6; 6. Huckaby, Fresno, 153-11.

TJ — 1. Goodson, Monache, 46-1 3/4; 2. R. Smith, Hanford, 45-1 3/4; 3. Alexander, Roos, 45-1; 4. Lewis, Lem, 44-11 3/4; 5. Haynes, High, 44-2 3/4; 6. Rayford, Avenal, 43-10 3/4.

SP — 1. Larson, West, 53-11; 2. Merlo, Sang, 53-4; 3. Twilth, Taft, 52-2; 4. Jensen, South, 52-4 1/2; 5. Pendleton,

May 28, East Los Angeles: L.A.  
City Championship

**BOYS**  
Varsity

100 — 1. Williams (Chatsworth), 9.9; 2. Stalon (University), 9.9; 3. Butler (Fremont), 10.0; 4. Torrence (Gardena), 10.1; 5. Anderson (Monroe), 10.1; 6. Mills (Locke), 10.1.

220 — 1. Williams (Chatsworth), 21.1; 2. Smith (Fremont), 21.4; 3. Stalon (University), 21.4; 4. Drinkard (Fremont), 21.7; 5. Lewis (Banning), 21.9; 6. Winans (Carson), 21.9.

440 — 1. Williams (Chatsworth), 47.4; 2. Smith (Fremont), 48.2; 3. Bradley (Fremont), 48.9; 4. Forest (Los Angeles), 49.3; 5. Medina (Narbonne), 49.9; 6. Johnson (Kennedy), 50.1.

880 — 1. Williams (Jefferson), 1:55.7; 2. Crawford (Fresno), 1:55.7; 3. Calderon (Kennedy), 1:55.9; 4. Bockert (Chatsworth), 1:57.7; 5. Fournier (North Hollywood), 1:57.4; 6. Bilbrew (Taft), 1:57.4.

MILE — 1. Cornell (San Pedro), 4:14.4; 2. Medvin (University), 4:19.1; 3. Curley (South Gate), 4:21.7; 4. Lugo (San Fernando), 4:23.7; 5. Goethals (Granada Hills), 4:24.8; 6. Baker (Westchester), 4:25.4.

TWO MILE — 1. Cornell (San Pedro), 9:18.4; 2. Packer (Chatsworth), 9:21.0; 3. Lewis (Eagle Rock), 9:40.4; 4. Traba (Kennedy), 9:44.1; 5. Lugo (San Fernando), 9:50.2; 6. Haro (University), 9:53.2.

120HH — 1. Johnson (Gardena), 14.1; 2. Perry (Banning), 14.4; 3. Corley (Cleveland), 14.5; 4. Campbell (Banning), 14.5; 5. Williams (South Gate), 14.6; 6. Love (Birmingham), 14.7.

330LH — 1. Perry (Banning), 36.6; 2. Hohmann (Taft), 36.9; 3. Moore (San Fernando), 37.8; 4. Simmons (Taft), 37.8; 5. Wycoff (Monroe), 38.3; 6. Bor-

**Class B**

100 — 1. Schneck (Jordan), 10.0; 2. McCloy (Washington), 10.1; 3. Hughes (North Hollywood), 10.2.

220 — 1. Schenck (Jordan), 22.0 (meet record, old mark, 22.1, Williams, Huntington Park, 1974); 2. McCloy (Washington), 22.1; 3. Guidrey (Gardena), 22.3.

880 — 1. Mack (Locke), 1:59.4; 3. Antuna (Wilson), 1:59.9.

MILE — 1. Eller (Marshall), 4:28.3 (meet record, old mark, 4:28.7, Ignart, Narbonne, 1976); 2. Pascal (Birmingham), 4:31.2; 3. Rivero (Belmont), 4:32.6.

70HH — 1. Glover (Fairfax), 8.7; 2. Stapler (El Camino Real), 8.8; 3. Morales (Monroe), 9.0.

120LH — 1. McCray (Gardena), 13.3; 2. Collins (Banning), 13.4; 3. Glover (Fairfax), 13.4.

440 RELAY — 1. Jordan (Phillips, Brown, Taylor, Schenck), 43.4; 2. Washington, 43.4; 3. Gardena, 43.5.

HIGH JUMP — 1. Cines (Poly), 6-6; 2. Stapler (El Camino Real), 6-6; 3. Mitchell (Manual Arts), 6-3.

LONG JUMP — 1. Fong (Marshall), 12-10 3/4; 2. Baxter (Manual Arts), 21-3/2; 3. Litrov (Taft), 21-1 3/4.

SHOTPUT — 1. Markham (Canoga Park) Park), 53-0 1/2; 2. Albert (North Hollywood), 52-6; 3. Jefferson (Washington), 52-0 1/2.

POLE VAULT — 1. Greene (Birmingham), 13-9 (meet record, 13-7 3/4, Roberts, Eagle Rock, 1974); 2. Talbot (Cleveland), 13-0; 3. tie between Vallez (Carson) and Jepsen (Narbonne), 12-9.

FINAL TEAM SCORES — Jordan 34; Washington 32; Gardena 25; Marshall 24; Locke and Birmingham 18; Fairfax and El Camino Real 16; Manual Arts and San Pedro 14; Carson 13; Monroe and Narbonne 12; Palisades 10; Hollywood, Cleveland and Banning 8; Taft and North Hollywood 7; Belmont and Wilson 6; Sylmar 5; Westchester and Granada Hills 4; Van Nuys, Eagle Rock and Hamilton 2; Bell, Canoga Park, South Gate, San Fernando and Venice 1.

**Class C**

100 — 1. Norris (Fremont), 10.2; 2. Pryor (Bell), 10.3; 3. Graham (Carson), 10.3.

220 — 1. Barnett (Narbonne), 22.3 (meet record, old mark, 22.4, Barnett and Winn, Birmingham, 1977); 2. Rosales (Huntington Park), 22.5; 3. Winn (Birmingham), 22.5.

880 — 1. Walters (Estancia), 1:52.0; 2. Kingsland (El Modena), 1:53.1; 3. Maccauley (Notre Dame), 1:53.5; 4. Bouillon (Simi), 1:53.8; 5. Cunningham (Blair), 1:55.5.

MILE — 1. Fricker (Hemet), 4:10.7; 2. Stormo (Agoura), 4:11.2; 3. Christensen (Edison), 4:12.5; 4. Gerhart (Costa Mesa), 4:15.0; 5. Mitchell (Arroyo Grande), 4:15.0.

TWO MILE — 1. Ortiz (Kennedy, Barstow), 8:55.4; 2. C. Assumma (Eisenhower), 8:55.4; 3. Alvarez (Coachella, Valley), 8:57.5; 4. Daniels (San Geronimo), 8:58.8; 5. F. Assumma (Eisenhower), 9:00.5.

120HH — 1. Margerum (Fountain Valley), 14.1; 2. Stewart (West Covina), 14.1; 3. Stone (Perris), 14.3; 4. Sanders (Muir), 14.4; 5. Ledermann (Apple Valley), 14.5.

330LH — 1. Snyder (Ventura), 37.4; 2. Grady (Kennedy, Barstow), 37.4; 3. Perkins (Muir), 37.6; 4. Grubbs (Blair), 37.6; 5. Moore (Muir), 37.9.

440 RELAY — 1. Pasadena (Cleveland, Hill, Milloy, J. Sanford), 41.8; 2. L.B. Poly, 42.5; 3. Santa Ana Valley, 42.7; 4. Duarte, 42.8; 5. Kennedy, Barstow, 42.9.

MILE RELAY — 1. Pasadena (Cleveland 50.1, Dancer 50.9, M. Sanford 50.1, J. Sanford 47.6), 3:18.7; 2. Muir, 3:10.3; 3. San Bernardino, 3:20.0; 4. Pomona, 3:20.1; 5. Newport Harbor, 3:21.8.

LONG JUMP — 1. Jones (Kennedy, Barstow), 23-7 1/2; 2. Benson (LA Lutheran), 23-6 1/4; 3. Berger (Canoga, Anaheim), 22-11 3/4 (22-9 3/4 legal); 4. Williams (Muir), 22-10 1/2; 5. Nelson (Plus X), 22-10 1/4; Pitts (SA Valley), 3 fouts.

SHOTPUT — 1. Polley (Sunny Hills), 63-6 1/2; 2. Defforrest (Katella), 60-4 1/2; 3. Fuentes (Servite), 58-7; 4. Fairman (Pomona), 58-6 1/2; 5. Fujitima (Hueneme), 58-1 1/2.

HIGH JUMP — 1. Smith (Santa Monica), 6-10; 2. Gordien (Claremont), 6-10; 3. Nordquist (Sonora), 6-8; 4. White (Marina), 6-8; 5. Lawrence (Thousand Oaks), 6-8.

TRIPLE JUMP — 1. Benson (LA Lutheran), 48-2; 2. Grubbs (Blair), 48-0 1/2; 3. Williams (Muir), 46-9; 4. Jones (Pasadena), 46-7 1/4; 5. Margerum (Fountain Valley), 45-8 3/4.

POLE VAULT — 1. A. Curran (Crespi), 16-1; 2. Rakhshani (Edison), 15-6; 3. tie between Ernst (El Dorado) and Foss (Santa Ynez), 14-6; 5. Thilken (Millikan), 14-6.

DISCUS — 1. Bryant (Antelope Valley), 185-2; 2. Thomson (Santa Ynez), 180-11; 3. Orr (Canoga, Saugus), 164-7; 4. Bolton (Rancho Alamitos), 162-1; 5. Greenough (Laguna Beach), 160-3.

STATE MEET QUALIFIERS — Muir and Pasadena 7; Kennedy (Barstow) 5; Blair 3; LA Lutheran, Plus X, Santa Monica, Fountain Valley, Eisenhower

MILE RELAY — 1. Santa Barbara (Miller, Hogan, Byron, Hobbs), 3:58.4; 2. Rolling Hills, 3:58.6; 3. West Torrance, 3:59.1; 4. Dos Pueblos, 3:59.3; 5. Beverly Hills, 4:00.4.

DISCUS — 1. Dasse (Costa Mesa), 135-4; 2. Wingle (Camarillo), 117-8; 3. Drye (Central), 116-10; 4. Gehres (Nordhoff), 114-8; 5. Girard (Antelope Valley), 112-2.

HIGH JUMP — 1. Gossweiler (Upland), 5-8 (equals CIF record, Erpenbeck, Huntington Beach, 1977); 2. Erpenbeck (Huntington Beach), 5-6; 3. Griswold (Paso Robles), 5-6; 4. tie between Wardle (Miraleste) and Redican (Simi), 5-4.

SHOTPUT — 1. Dasse (Costa Mesa), 40-10 3/4; 2. Lynch (Camarillo), 39-4 3/4; 3. Green (Fountain Valley), 39-4 1/2; 4. White (Villa Park), 38-8; 5. Bullock (Edison), 37-3 1/4.

LONG JUMP — 1. Gourdine (El Toro), 19-0 1/2 (CIF record, old mark, 19-0, Gourdine, 1976); 2. Loud (LA Lutheran), 18-6; 3. Williams (Channel Islands), 18-3; 4. Bell (Garey), 18-1 1/4; 5. Cooper (Dominguez), 17-2.

STATE MEET QUALIFIERS — Centennial 5; Camarillo, El Toro, Santa Barbara, Beverly Hills, LA Lutheran and West Torrance 3; Costa Mesa, Huntington Beach, Marina, Edison, Thousand Oaks and Rolling Hills 2; Central, Nordhoff, Antelope Valley, Upland, Paso Robles, Miraleste, Simi, El Toro, Ventura, Kennedy (Barstow), Newport Harbor, Bishop Diego, Quartz Hill, Hemet, Fontana, Antelope Valley, Foothill, Pomona, Santa Maria, Muir, Westminster, Temple City, Santa Ana Valley, Crescenta Valley, Fountain Valley, Canyon (Anaheim); Villa Park, Channel Islands, Garey, Dominguez and Dos Pueblos 1.

/Vern Gambetta/

May 30, Norwalk:  
Muhammad Ali Inv.

**MEN'S EVENTS**

100 METERS — 1. Houston McTear (Santa Monica City College), 10:14; 2. Hasely Crawford (Trinidad), 10:32; 3. Steve Williams (Florida TC), 10:32; 4. Tie between Johnny Jones (Texas) and Don Quarrie (Tobias Striders-Jamaica), 10:35; 6. Steve Riddick (Philadelphia Pioneers), 10:38.

200 — 1. Steve Riddick (Philadelphia Pioneers), 21:2; 2. James Gilkes (Guyana-Maccabi TC), 21:2; 3. Derald Harris (Les Medanos JC), 21:4; 4. Steve Williams (Florida TC) 21.5.

Goodson, Monache, 18-0; 2. Laws, Berk, 21-4 1/2.  
PV — 1. Pierce, Sang, 15-0 1/4 (meet record); 2. Sula, Lem, 14-6 3/4; 3. Padilla, Wasco, 14-0; 4. Pollard, High, 13-0; 5. Schneider, Clovis, 13-0; 6. Balderas, Reed, 13-0.

220 — 1. Newsome, Bak, 21-9; 2. Bradley, Edison, 22-0; 3. Wharry, Hanf, 22-1; 4. Thomas, Hanf, 22-2; 5. Arrington, Roos, 22-4; 6. Cox, Bak, 22-5.

330 LH — 1. Lowe, McL, 38-1; ties meet mark. 2. Gonzales, Exeter, 38-3; 3. Perkins, Bak, 38-4; 4. J. Smith, Hanf, 39-0; 5. Russell, Bak, 39-6; 6. Crosby, Hoov, 39-7.

1 mile — 1. Thompson, East, 4:23.7; 2. Diabayan, Bull, 4:24.6; 3. Van Matre, Coalinga, 4:25.6; 4. Wren, West, 4:26.3; 5. Guardiola, Tulare, 4:26.7; 6. Knox, Wasco, 4:30.2.

Discus — 1. Bennett, Kings, 174-2; 2. Torosian, Sang, 166-11; 3. Perrigo, Delano, 160-6; 4. Frazier, Edison, 156-0; 5. Crow, Mon, 154-6; 6. Huckaby, Fresno, 153-11.

TJ — 1. Goodson, Monache, 46-1 3/4; 2. R. Smith, Hanford, 45-1 3/4; 3. Alexander, Roos, 45-1; 4. Lewis, Lem, 44-11 3/4; 5. Haynes, High, 44-2 3/4; 6. Rayford, Avenal, 43-10 3/4.

SP — 1. Larson, West, 53-11; 2. Merlo, Sang, 53-4; 3. Twitty, Taft, 53-2; 4. Jensen, South, 52-4 1/2; 5. Pendleton, Tulare, 52-3 1/2; 6. Winter, Madera, 52-0 1/4.

1 mile relay — 1. Bakersfield (Thomas, Russell, Cox, Newsome) 3:19.4; 2. Edison 3:22.4; 3. Foothill 3:23.3; 4. McLane 3:25.5; 5. Hanford 3:26.5; 6. Delano 3:36.9.

Team scoring — Bakersfield 44, Roosevelt 55, Hanford 48, Sanger 38, Edison 34, Kingsburg 28, McLane 28, West 20, Exeter 18, Fresno 16, Delano 14, Lemoore 14, Foothill 14, Monache 14, East 12, Madera 9, Tulare Western 8.

Bullard 8, Highland 7, Wasco 7, Coalinga 6, Sierra 6, South 6, Taft 6, Washington 6, Tulare 4, Clovis 2, Mt. Whitney 2, Avenal 1, Hoover 1, Reedley 1, Shafter 1.

#### Girls

110 LH — 1. Macias, Sang, 14-8; 2. Haynes, Madera, 14-9; 3. Kincaid, Foot, 15-1; 4. Yarbrough, Clovis, 15-2; 5. Wong, South, 15-3; 6. Sanchez, Redw, 15-4.

2 mile — 1. Barreft, Hoov, 11:06.6; 2. Avedono, Reed, 11:21.2; 3. Stafford, Mad, 11:30.0; 4. Templeton, West, 11:50.0; 5. Ortiz, TW, 12:19.2; 6. Villanueva, Mad, 12:29.7.

400 relay — 1. Edison (Battle, Wright, McArn, Yates) 48.6; 2. Bakersfield 48.7; 3. Madera 49.2; 4. Wasco 49.3; 5. South 49.3; 6. Lemoore 49.3.

800 — 1. Goen, North, 2:10.4; meet mark. 2. Trumbly, Coalinga, 2:16.9; 3. McPherson, Clovis, 2:22.3; 4. Cox, Clovis, 2:24.8; 5. Vener, Exeter, 2:25.9; 6. Mueller, West, 2:27.3.

100 — 1. Ward, South 11-1; 2. Wright, Edison, 11-2; 3. Yates, Edison, 11-2; 4. Arnold, Chow, 11-3; 5. Perrish, Bak, 11-3; 6. Macias, Sang, 11-4.

440 — 1. Seay, West, 59-1; 2. Macias, Sang, 59-3; 3. Vohnout, Taft, 59-3; 4. Johans, Clovis, 59-5; 5. Jackson, McLane, 60-0; 6. Girard, Mt. Whit, 60-8.

220 — 1. Ward, South, 25.4 (meet record); 2. Yates, Edison, 25.5; 3. Fallis, Mt. Whitney, 25.8; 4. Wright, Edison, 26.0; 5. Edmunds, McL, 26.0; 6. Bramen, Mt. Whitt, 26.2.

1 mile — 1. Goen, North, 5:01.1; (meet record) 2. Trumbly, Coalinga, 5:04.3; 3. Lopez, Delano, 5:22.7; 4. Ortiz, TW, 5:27.3; 5. McCarthy, Bak, 5:31.4. 6. Teska, Fresno, 5:31.4.

Discus — 1. Kasparian, Selma, 119-8; 2. Miller, Sanger, 114-9; 3. Beurmann, Bak, 113-10; 4. Stearns, Sang, 112-9; 5. Williams, High, 105-2; 6. Wade, McL, 104-6.

HJ — 1. Jones, River, 5-4; 2. Gobby, Reed, 5-2; 3. Russell, Redwood, 5-2; 4. (tie): Haskins, Clovis, Kaizer, North, 5-0; 6. Scott, Taft, 5-0.

LJ — 1. Smith, Delano, 17-11 1/4; 2. Haynes, Mad, 17-9 3/4; 3. Gaffney, Lem, 17-7 1/4; 4. Wright, Edison, 17-2 1/2; 5. Stephens, Coal, 17-0 1/4; 6. Poppo, Corc, 17-0 1/4.

SP — 1. Hansen, Reed, 39-9 1/4; 2. Kasparian, Selma, 38-8 1/2; 3. Martin, Sang, 4. Patterson, Garces, 37-6 1/2; 5. Crump, Mad, 37-0; 6. Nelson, South, 36-0.

1 mile relay — 1. North (Cookson, L. Wilson, K. Wilson, Goen) 4:01.3; meet record. 2. Clovis 4:03.6; 3. McLane 4:05.2; 4. Madera 4:05.5; 5. West 4:07.5; 6. Reedley 4:09.2.

(North) 4:05.2; 5. West 4:07.5; 6. Reedley 4:09.2.

MILE-1. Cornell (San Pedro), 4:14.4; 2. Medvin (University), 4:19.1; 3. Gurley (South Gate), 4:21.7; 4. Luvo (San Fernando), 4:23.0; 5. Goethals (Granada Hills), 4:24.8; 6. Baker (Westchester), 4:25.4.

TWO MILE-1. Cornell (San Pedro), 9:18.4; 2. Packer (Chatsworth), 9:21.0; 3. Lewis (Eagle Rock), 9:40.4; 4. Traba (Kennedy), 9:44.1; 5. Lugo (San Fernando), 9:50.2; 6. Haro (University), 9:53.2.

1200H-1. Johnson (Gardena), 14-1; 2. Perry (Banning), 14-3; 3. Corley (Cleveland), 14-5; 4. Campbell (Banning), 14-5; 5. Williams (South Gate), 14-6; 6. Love (Birmingham), 14-7.

330LH-1. Perry (Banning), 36.6; 2. Hohmann (Taft), 36.9; 3. Moore (San Fernando), 37.8; 4. Simmons (Taft), 37.8; 5. Wycoff (Monroe), 38.3; 6. Borden (Belmont), 38.6.

440 RELAY-1. Fremont (Butler, Smith, Roberts, Drinkard), 42.0; 2. Dorsey, 42.4; 3. San Fernando, 42.5; 4. Gardena, 42.7; 5. Locke, 42.9; 6. Westchester, 43.1.

MILE RELAY-1. Fremont (Roberts, Crawford, Rhoden, Bradley), 3:17.0; 2. Banning, 3:19.3; 3. Westchester, 3:19.3; 4. Washington, 3:20.6; 5. Kennedy, 3:21.6; 6. Taft, 3:21.7.

SHOTPUT-1. Gary (Washington), 56-0 1/2; 2. Brandon (Marshall), 56-0; 3. Gottfried (Palisades), 52-8; 4. Svasitis (Cleveland), 52-6; 5. Caldwell (Westchester), 52-2 1/2; 6. Graczyk (Gardena), 51-8.

LONG JUMP-1. Butler (Fremont), 24-4 1/4; 2. Scott (Los Angeles), 23-2 1/2; 3. Ackerman (Van Nuys), 23-2 1/2; 4. Bryant (Washington), 22-6 1/4; Daniels (Wilson), 22-1 3/4; 6. Curtis (Jordan), 22-0 1/2.

HIGH JUMP-1. Olson (El Camino Real), 7-1 (meet record, old mark, 6-10, Washington, Fremont, 1975); 2. Frazier (Fremont), 6-11; 3. Christian (Locke), 6-8; 4. Quicette (Fremont), 6-7; 5. Alarrick (San Pedro), 6-5; 6. tie between Young (Westchester) and Briscoe (Belmont), 6-4.

POLE VAULT-1. Johnson (Gardena), 14-9; 2. tie between Newton (Canoga Park) and Bradley (Birmingham), 14-3; 4. Polzin (Cleveland), 13-0; 5. Hooper (Birmingham), 12-6; no sixth.

TRIPLE JUMP-1. Tyler (Washington), 49-2 1/4 (meet record, old mark, 47-9, Frazier, Fremont, 1977); 2. Frazier (Fremont), 48-5; 3. Zarders (Hamilton), 47-10 1/4; 4. Hardison (Granada Hills), 45-8 1/2; 5. Seeley (San Fernando), 45-6 3/4; 6. Johnson (Fairfax), 45-3 1/4.

FINAL TEAM SCORES—Fremont 90; Chatsworth 42; Banning 32; Gardena 29; Washington 28; University 23; San Pedro 22; San Fernando 20; Taft and Cleveland 14; Kennedy 13; Los Angeles 12; Westchester 10 1/2; Birmingham, Jefferson and El Camino Real; Locke 9; Dorsey, South Gate and Marshall 8; Canoga Park 7; Eagle Rock, Van Nuys, Palisades, Hamilton and Granada Hills 6; Monroe 4; Narbonne, Wilson and North Hollywood 2; Jordan, Carson and Fairfax 1.

STATE MEET QUALIFIERS—Fremont 12; Chatsworth and Washington 5; Banning and Gardena 4; Cleveland, University and San Fernando 3; Kennedy, Los Angeles, San Pedro and Taft 2; Birmingham, Canoga Park, Dorsey, Eagle Rock, El Camino Real, Granada Hills, Hamilton, Jefferson, Locke, Marshall, Palisades, South Gate, Van Nuys and Westchester 1.

12-9.

FINAL TEAM SCORES—Jordan 34; Washington 32; Gardena 25; Marshall 24; Locke and Birmingham 18; Fairfax and El Camino Real 16; Manual Arts and San Pedro 14; Carson 13; Monroe and Narbonne 12; Palisades 10; Hollywood, Cleveland and Banning 8; Taft and North Hollywood 7; Belmont and Wilson 6; Sylmar 5; Westchester and Granada Hills 4; Van Nuys, Eagle Rock and Hamilton 2; Bell, Canoga Park, South Gate, San Fernando and Venice 1.

#### Class C

100-1. Norris (Fremont), 10.2; 2. Pryor (Bell), 10.3; 3. Graham (Carson), 10.3.

220-1. Barnett (Narbonne), 22.3 (meet record, old mark, 22.4, Barnett and Winn, Birmingham, 1975); 2. Rosales (Huntington Park), 22.5; 3. Winn (Birmingham), 22.5.

800-1. Gucciardi (North Hollywood), 1:59.8; 2. Castro (Wilson), 2:00.0; 3. Brown (Carson), 2:00.4.

MILE-1. Low (Kennedy), 4:30.6; 2. Hanna (Poly), 4:31.6; 3. Saenz (San Pedro), 4:31.6.

1200H-1. Rosales (Huntington Park), 13.8; 2. Fisk (Dorsey), 14.0; 3. O'Connor (El Camino Real), 14.1.

440 RELAY-1. Narbonne (Kurata, Dibbs, Taylor, Barnett), 44.0; 2. Palisades, 45.0; 3. San Pedro, 45.0.

LONG JUMP-1. Johnson (Banning), 21-10; 2. Taylor (Narbonne), 21-1; 3. Chow (Belmont), 20-3 1/4.

SHOTPUT-1. Nelson (Jefferson), 50-10 1/2; 2. Vaifana (Carson), 50-9 1/2; 3. Ortega (North Hollywood), 49-10 1/4.

POLE VAULT-1. Gilner (Eagle Rock), 12-0; 2. Flowers (Cleveland), 11-9; 3. Erosa (Banning), 11-9.

HIGH JUMP-1. Albers (Granada Hills), 6-0; 2. Chow (Belmont), 5-11; 3. Weinstein (Granada Hills), 5-9.

FINAL TEAM SCORES—Narbonne 32; Banning 24; Huntington Park 23; Belmont and Carson 20; Granada Hills 18; North Hollywood 16; Kennedy 14 1/2; San Pedro 14; Palisades 11; Bell, Eagle Rock, Fremont and Jefferson 10; Cleveland 9 1/2; Poly, Wilson and Dorsey 8; Birmingham, Chatsworth, Locke, Washington and El Camino Real 6; San Fernando 5; Fairfax 3; Canoga Park 2; Van Nuys, Roosevelt and South Gate 1.

/Vern Gambetta/

## May 28, Cerritos: CIF Southern Sect. State Qualifying Meet.

#### BOYS

100-1. Cleveland (Pasadena), 9.8; 2. Mays (Santa Monica), 9.9; 3. Eddings (Ganessa), 9.9; 4. Hill (Kennedy, Barstow), 10.0; 5. Nelson (Plus X), 10.0.

220-1. J. Sanford (Pasadena), 21.1; 2. Cleveland (Pasadena), 21.6; 3. Kruthers (San Clemente), 21.8; 4. Sidney (LB Jordan), 21.8; 5. Thomas (Centennial), 21.9.

440-1. J. Sanford (Pasadena), 47.5; 2. Bethany (Fontana), 48.7; 3. Jones (Mission Viejo), 48.9; 4. Mendez (Mountain View), 49.6; 5. Bowie (Muir), 50.1.

HIGH JUMP-1. Smith (Santa Monica), 6-10; 2. Gordien (Claremont), 6-10; 3. Nordquist (Sonora), 6-8; 4. White (Marina), 6-8; 5. Lawrence (Thousand Oaks), 6-8.

TRIPLE JUMP-1. Benson (LA Lutheran), 48-2; 2. Grubbs (Blair), 48-0 1/2; 3. Williams (Muir), 46-9; 4. Jones (Pasadena), 46-7 1/4; 5. Margerum (Fountain Valley), 45-8 1/4.

POLE VAULT-1. A. Curran (Crespi), 16-1; 2. Rakhshani (Edison), 15-6; 3. tie between Ernst (El Dorado) and Foss (Santa Ynez), 14-6; 5. Thilken (Millikan), 14-6.

DISCUS-1. Bryant (Antelope Valley), 185-2; 2. Thomas (Santa Ynez), 180-1; 3. Orr (Canyon, Saugus), 164-7; 4. Bolton (Rancho Alamitos), 162-1; 5. Greenough (Laguna Beach), 160-3.

STATE MEET QUALIFIERS—Muir and Pasadena 7; Kennedy (Barstow) 5; Blair 3; LA Lutheran, Plus X, Santa Monica, Fountain Valley, Eisenhower, Santa Ynez and Edison 2; Canyon (Anaheim), Sunny Hills, Katella, Servite, Pomona, Hueneme, LB Poly, Santa Ana Valley, Duarte, Estancia, El Modena, Notre Dame, Simi, Ganessa, West Covina, Perris, Apple Valley, Laguna Beach, Rancho Alamitos, Coachella Valley, Canyon (Saugus), San Geronimo, Antelope Valley, Fontana, Newport Harbor, Mission Viejo, Pomona, Mountain View, San Bernardino, San Clemente, Millikan, LB Jordan, Centennial, El Dorado, Claremont, Crespi, Sonora, Arroyo Grande, Marina, Costa Mesa, Thousand Oaks, Ventura, Hemet and Agoura 1.

#### GIRLS

100-1. Bolden (Centennial), 10.7 (CIF record, old mark, 10.9, Loud, LA Lutheran, 1976); 2. Loud (LA Lutheran), 11.1; 3. Sanders (Centennial), 11.3; 4. Johnson (Santa Maria), 11.3; 5. Brown (Muir), 11.4.

220-1. Bolden (Centennial), 24.7 (CIF record, old mark, 25.0, Ballard, Ganessa, 1977); 2. Loud (LA Lutheran), 25.1; 3. Johnson (Centennial), 25.1; 4. Denniston (Huntington Beach), 25.3; 5. Poppen (Thousand Oaks), 25.6.

440-1. Cassidy (West Torrance), 57.2; 2. Miller (Santa Barbara), 57.2; 3. Emerson (Westminster), 57.8; 4. Law (Santa Ana Valley), 58.0; 5. Carral (Pomona), 58.9.

800-1. Bush (Rolling Hills), 2:15.0; 2. Kneeshaw (Foothill), 2:15.0; 3. Anderson (Beverly Hills), 2:15.0; 4. Carral (Pomona), 2:15.4; 5. Warner (Beverly Hills), 2:15.5. Note: Carral will scratch to concentrate on 440; sixth place finisher was Ross (West Torrance), 2:15.8.

MILE-1. Ashmore (Temple City), 5:07.6; 2. Wells (Quartz Hill), 5:08.5; 3. Gibbs (Marina), 5:08.6; 4. Rouse (Crescenta Valley), 5:10.9; 5. Cregut (Camarillo), 5:13.0. Note: Wells will scratch to concentrate on two mile; sixth place finisher was Vollmer (Canyon, Anaheim), 5:18.1.

TWO MILE-1. Wells (Quartz Hill), 11:05.7 (CIF record, old mark, 11:11.2, Keith, Fontana, 1977); 2. Hobbs (Santa Barbara), 11:07.3; 3. Gibbs (Marina), 11:11.6; 4. Kelley (Hemet), 11:12.1; 5. Keith (Fontana), 11:15.2.

110LH-1. Gourdine (El Toro), 14.4 (meet record, old mark, 14.5, Attlesley, Newport Harbor, 1977); 2. Haynes (Ventura), 14.5; 3. Mann (Kennedy, Barstow), 14.7; 4. Attlesley (Newport Harbor), 14.7; 5. Winnewisser (Bishop Diego), 15.1; Glazier (El Toro) fell.

440 RELAY-1. Centennial (Sanders, Johnson, Gaines, Bolden), 47.3 (CIF record, old mark, 47.9, Centennial, 1976); 2. Edison, 48.8; 3. El Toro, 49.4; 4. Antelope Valley, 49.4; 5. Thousand Oaks, 49.6.

## May 30, Norwalk: Muhammad Ali Inv.

#### MEN'S EVENTS

100 METERS-1. Houston McTeer (Santa Monica City College), 10.14; 2. Haseby Crawford (Trinidad), 10.32; 3. Steve Williams (Florida TC), 10.32; 4. Tie between Johnny Jones (Texas) and Don Quarrle (Tobias Striders-Jamaica), 10.35; 6. Steve Riddick (Philadelphia Pioneers), 10.38.

200-1. Steve Riddick (Philadelphia Pioneers), 21.2; 2. James Gilkes (Guyana-Maccabi TC), 21.2; 3. Derald Harris (Los Medanos JC), 21.4; 4. Steve Williams (Florida TC), 21.5.

400-1. Charles Joseph (Philadelphia Pioneers-Trinidad), 46.32; 2. Adrian Rogers (Tobias Striders), 46.67; 3. Robert Taylor (Philadelphia Pioneers), 46.77; 4. Fred Sowerby (DC Striders-Antilles), 46.83.

800-1. Mike Boit (PCC-Kenya), 1:45.7; 2. Seymour Newman (Jamaica), 1:46.0; 3. James Robinson (Inner City AC), 1:46.1; 4. Gerald Masterson (Quichita Baptist), 1:46.8.

1,500-1. Ray Flynn (East Tennessee State-Ireland), 3:40.9; 2. Paul Craig (Texas-Canada), 3:42.3; 3. Paul Cummings (Tobias Striders), 3:42.8; 4. Erwin Hartal (Great Britain), 3:43.01.

5,000-1. Nick Rose (Great Britain), 13:37.3; 2. Marty Liquori (Florida AA), 14:07.2; 3. Ed Laddy (Ireland), 14:08.1; 4. Dick Quax (New Zealand), 14:15.

110 HURDLES-1. James Owens (UCLA), 13:72; 2. Charles Foster (Philadelphia Pioneers), 13:97; 3. Pat Fogerty (Austin Peay-Canada), 14:06; 4. Thomas Hill (Maccabi Union TC), 14:10.

400 HURDLES-1. Edwin Moses (Morehouse College), 48.68; 2. James King (Maccabi TC), 49.94; 3. Wes Williams (Tobias Striders), 50.30; 4. Dennis Otono (Mississippi State-Nigeria), 51.22.

SHOTPUT-1. Pete Shmeck (Tobias Striders), 57.2; 2. Al Feuerbach (PCC), 65-6 1/2; 3. Sam Walker (Hurricane TC), 65-5 1/4; 4. Mike Weeks (San Jose Stars), 63-9.

DISCUS-1. John Powell (San Jose Stars), 217-6; 2. Mac Wilkins (PCC), 216-5; 3. Ken Stadel (Tobias Striders), 213-8; 4. Jim McGoldrick (Maccabi Union TC), 203-1.

HIGH JUMP-1. Tom Woods (PCC), 7-3; 2. Rory Kotinak (PCC), 7-3; 3. Dwight Stones (Desert Oasis TC), 7-3; 4. Ben Fields (Hurricane TC), 7-10.

LONG JUMP-1. Tommy Haynes (U.S. Army), 26-2 1/4; 2. Arnie Robinson (Maccabi Union TC), 26-0 1/4; 3. Anthony Carter (Army), 25-5; 4. Randy Williams (Tobias Striders), 25-4 1/4.

POLE VAULT-1. Roland Carter (unattached), 16-6; nobody else cleared opening height.

#### WOMEN'S EVENTS

100-1. Andrea Lynch (Long Beach State-Great Britain), 11.58; 2. Evelyn Ashford (UCLA), 11.64; 3. Sandra Howard (Premier TC), 11.69; 4. Deborah Jones (Tennessee State-Trinidad), 11.83.

200-1. Andrea Lynch (Long Beach State-Great Britain), 23.64; 2. Maria Nixon (LA Mercurettes), 24.16; 3. Marjorie Bailey (Canada), 24.19; 4. Sandra Howard (Premier TC), 24.53.

400-1. Lora Ford (Atoms TC-Bahamas), 52-4; 2. Pam Jiles (New Orleans Superdames), 53.3; 3. Rosalyn Bryant (LA Mercurettes), 53.5; 4. Joyce Yakubowich (Canada) 54.3.

800-1. Jan Merrill (Connecticut Age Group AA), 2:05.2; 2. Cynidy Poor (Athletes In Action), 2:06.2; 3. Tecla Chemabua (Maccabi TC) 2:06.3; 4. Debbie Roberson (UCLA), 2:06.9.  
 1,500-1. Francie Larrieu Lutz (Pacific Coast Club), 4:14.2; 2. Debbie Scott (Canada), 4:17.7; 3. Julie Brown (Los Angeles TC), 4:21.2; 4. Teri Anderson (Athletes In Action) 4:23.8.  
 100 HURDLES-1. Pattie Van Wolvelaers (USC) 13.40; 2. Moudupe Oshikoya (UCLA-Nigeria), 13.86; 3. Jeanne McLeod (Canada), 14.08. 4. Janet Benford (LA Mercurettes), 14.09.  
 LONG JUMP-1. Jodi Anderson (Cal State Northridge), 21-3; 2. Kathy McMillan (Tennessee State), 21-0½; 3. Sheila Pettit (Prairie View A&M), 19-10¼; 4. Debra Carson (Arizona State), 19-9½.

/Vern Gambetta/

May 28. Irvine. Don Palmer Memorial/Corona del Mar Relays at UC Irvine

**Hammer**  
 40-49:  
 1) Stu Thomson 166-5  
 2) Gordon Bobell 152-8  
 50-59:  
 1) Dal Aldrich 115-10  
 2) Tom DeVaughn 107-8  
 60-69:  
 1) Tom Montgomery 120-6  
 2) Randy Hubbell 109-8  
 70-79:  
 1) Red Doms 74-0  
 2) G. T. Mowrer 44-1  
**10,000m**  
**Women:**  
 1) Jackie Hansen 37:44  
 30-39:  
 1) John Rupp 33:24  
 40-49:  
 1) Jerry Smartt 33:53  
 2) Jim Davis 34:41  
 60-69:  
 1) Ray Mahannah 34:11.85  
**Javelin**  
 30-39:  
 1) Sam West 200-10  
 2) Dave Kuhn 159-1  
 40-49:  
 1) Harry Hawke 153-6  
 2) Hal Wallace 148-10  
 50-59:  
 1) Pete Fetter 157-2  
 2) Dan Aldrich 140-1  
 60-69:  
 1) Bill Morales 166-8  
 2) Chuck McMahon 119-3  
 70-79:  
 1) Red Doms 102-7  
 2) G. T. Mowrer 61-3  
**Long Jump**  
**Women:**  
 1) Gayle Keffer 13-9  
 30-39:  
 1) Doug Ford 21-4  
 2) Al Henry 20-1  
 40-49:  
 1) Shirley Davisson 20-7  
 2) Dave Jackson 20-4  
 50-59:  
 1) Tom Patsalis 19-1 3/4  
 2) Dave Brown 16-3 3/4  
 60-69:  
 1) Bill Morales 16-3 3/4  
 2) Joe Caruso 13-10  
 70-79:  
 1) Win McPadden 12-4 1/2  
 2) Red Doms 9-7 1/2  
**Pole Vault**  
 30-39:  
 1) Tony Endres 12-6

70-79:  
 1) Red Doms 112-9  
 2) Win McPadden 83-6  
**Triple Jump**  
 30-39:  
 1) Doug Ford 45  
 2) Al Henry 43-11  
 40-49:  
 1) Dave Jackson 43-1 3/4  
 2) Tony Nasralla 38  
 50-59:  
 1) Tom Patsalis 38-1 1/2  
 2) D. Vroom 34-3 1/2  
 60-69:  
 1) John Dick 28-9 1/2  
 2) Joe Caruso 26-1 3/4  
 70-79:  
 1) Win McPadden 27-1  
 2) Red Doms 20-5 3/4  
**3 Mile Walk**  
 1) Ray Archibald (45) 28:18.2  
 2) John Friesen (49) 32:41  
**High Hurdle Relay**  
 1) Corona del Mar 36.7  
**40 Yd Dash**  
**Girls:**  
 1) Robin Simmons (11) 5.7  
 2) Susan Clark (12) 7.3  
**Boys:**  
 1) Michael Dennis (15) 4.7  
 2) M. Roberson (15) 4.8  
**100 Yd Dash-Women**  
 1) Ellen Rose 13.3  
 2) Gayle Keffer 13.3  
**Distance Medley Relay**  
 30-39:  
 1) Corona del Mar 11:23.9  
 40-49:  
 1) San Fern Vly TC 11:59.0  
 50-59:  
 1) Seniors TC 12:43.2  
 2) San Fern Vly TC 12:53.4  
**880 Relay**  
 30-39:  
 1) Corona del Mar 1:33.4  
 2) UNA 1:43.6  
 40-49:  
 1) Corona del Mar 1:32.9  
 2) So. Calif Seniors 1:37.6  
 50-59:  
 1) Corona del Mar 1:46.3  
**2 Mile Relay**  
 30-39:  
 1) Corona del Mar 8:39.2  
 2) San Fern Vly TC 9:30.2  
**440 Relay**  
 30-39:  
 1) Corona del Mar 43.5  
 50-59:  
 1) Corona del Mar 49.4  
**400m Relay**  
 40-49:  
 1) Corona del Mar 43.5  
 2) So Calif Seniors 45.9  
**Sprint Medley Relay**  
 30-39:  
 1) Corona del Mar 3:49.2  
 2) San Fern Vly TC 4:37.6  
 40-49:  
 1) Corona del Mar 3:52.5  
 2) So Calif Srs 4:19.5  
 50-59:  
 1) Corona del Mar 4:34.5  
**1 Mile Relay**  
 30-39:  
 1) Corona del Mar 3:39.2  
 40-49:  
 1) Srs TC 3:47.1  
 2) San Diego TC 4:01.6  
 50-59:  
 1) Corona del Mar 4:37.7  
 /Dave Jackson/

LAS POSAS HILLS 10 mile HANDICAP  
 May 22, 1977 Southern Pacific Assn. AAU

**Girls' State Meet Qualifiers:**  
 100 - Cobbs, OT, 11.3; 220 - Turner, M, 26.2; 440 - Hubbard, OT, 59.4; 880 - Hubbard, OT, 2:24.0; Mile - Bee, S, 5:51.5; Two Mile - Thomas, OT, 13:03.5; 440 Relay - Castlemont (Brian, Clark, Peterson, Porter) 49.1; Mile Relay - Oakland Tech (Smith, Cox, Jenkins, Hubbard) 4:10.0; 110 LH - Blake, F, 15.9; HJ - Gates, OT, 5-0; LJ - Smith, OT, 16-11; SP - Davis, S, 33-0 1/2

/Keith Conning/

May 28, Woodland: Sac-Joaquin Sect. CIF Championships.

VARSITY BOYS TEAM SCORES (Unofficial) - Burbank, 39; Grant, 30; Franklin, 29; Cordova, 28 1/2; Johnson, 27; Highlands, 26; Oakmont, 20; Sacramento, 20; La Sierra, 19; Kennedy, 18; Marysville, 16; Stagg, 15.  
 GIRLS TEAM SCORES - (Unofficial) - Vallejo, 36; San Juan, 36; Yuba City, 32; Sacramento, 30; Summerville, 30; El Dorado, 30; Cordova, 26; Bever, 24; Elk Grove, 22.

VARSITY BOYS INDIVIDUAL RESULTS - Discus - 1, Porath, Atwater, 181-10; 2, Songer, Cordova, 167-11; 3, Merdinger, St. Mary's, 162-0. 120 HH - 1, Hicks, Marysville, 14.6; 2, Edwards, Burbank, 14.7; 3, Valentine, Cordova, 14.8. Triple jump - 1, Wafer, Burbank, 46-7/2; 2, Sanders, Grant, 46-5/4; 3, Lambertson, Fairfield, 46-4/4. Mile - 1, Holmes, Downey, 4:13.9; 2, Navarro, Oakmont, 4:14.0; 3, Galligan, Marysville, 4:17.5. 440 relay - 1, Johnson, 42.4; 2, Franklin, 42.7; 3, La Sierra, 42.7. Shot put - 1, Messenger, Highlands, 64-2/4; 2, Porath, Atwater, 60-9/4; 3, Van Paris, Napa, 58-4/2. 440 - 1, Grant, Grant, 49.7; 2, Heard, Sacramento, 50.1; 3, Delfatti, St. Mary's, 50.2. 100 - 1, Jackson, Franklin, 9.9; 2, Dailey, Kennedy, 9.9; 3, Wright, Johnson, 10.0. Pole vault - 1, Brandenburg, Ceres 14-3; 2, Hyatt, Vintage, 14-3; 3, Hanshaw, Hughson, 13-9. 330 low hurdles - 1, Terry, La Sierra, 38.4; 2, Cowlings, Sacramento, 38.5; 3, LaRue, San Juan, 38.5. 220 - 1, Jackson, Franklin, 21.8; 2, Washington, Burbank, 22.0; 3, Dailey, Kennedy, 22.2. 880 - 1, Navarro, Oakmont, 1:54.0; 2, House, Bella Vista, 1:55.4; 3, Neiderberger, Encina, 1:56.4. Two-mile - 1, Holmes, Downey, 9:05.3; 2, O'Neil, Jesuit, 9:05.8; 3, Breuer, Mira Loma, 9:09.0. High jump - 1, Link, Kennedy, 6-8/4; 2, Edwards, Merced, 6-6/4; 3, Bjornsson, Encina, 6-6/4. Long jump - 1, Wilhite, Cordova, 23-4; 2, Clark, Highlands, 23-1/2; 3, Johnson, Burbank, 23-1/4. Mile relay - 1, Johnson, 3:20.5; 2, Highlands, 3:21.1; 3, Atwater, 3:23.3.

GIRLS INDIVIDUAL RESULTS - 440 relay - 1, Vallejo, 49.2; 2, Sacramento, 49.3; 3, Cordova, 50.4. 440 - 1, Scott, El Dorado, 57.8; 2, Jones, Hogan, 58.1; 3, VanWarmerdam, Galt, 58.3. 100 - 1, Dilworth, Vallejo, 11.2; 2, McDaniel, Sacramento, 11.5; 3, Thomas, Elk Grove, 11.6. 220 - 1, Dilworth, Vallejo, 25.2; 2, McDaniel, Sacramento, 25.7; 3, VanWarmerdam, Galt, 25.8. Mile Relay - 1, Summerville, 4:01.3; 2, Cordova, 4:02.2; 3, El Dorado, 4:04.0. Long jump - 1, McLaughlin, Grace Davis, 18-2/2; 2, Scott, El Dorado, 17-10/4; 3, Squier, Justin, 17-9/2. Two-mile - 1, Nachbar, San Juan, 10:54.3; 2, Adams, San Juan, 11:07.5; 3, Crisp, Downey, 11:11.0. 880 - 1, Pappas, Yuba City, 2:18.6; 2, Harrigfield, Bever, 2:19.0; 3, Christopherson, El Dorado, 2:20.2. Mile - 1, Adams, San Juan, 5:05.6; 2, Kearns, Yuba City, 5:09.3; 3, Wannamaker, Summerville, 5:10.2. 110 low hurdles - 1, Scott, Vanden, 15.5; 2, Hamilton, Bever, 15.8; 3, Terrell, Vallejo, 15.8. Shot put - 1, Burgan, Sonora, 43-3/2; 2, Munsell, Elk Grove, 43-8/4; 3, Thornton, Sacramento, 42-5/4. Discus - 1, Ridenour, Yuba City, 131-3; 2, Santoval, Riverbank, 128-0; 3, Munsell, Elk Grove, 120-0.

/John Brennan/

42 MIKE SHRIVER JUHS 1:02:57  
 43 TOM MCMINN 1:03:18  
 44 STUART PURNELL 1:03:22  
 45 FRED LARA CMHS 1:03:32  
 46 JOSEPH MARINO 97 STC 1:03:32  
 47 RICK ATHERTON 1:03:40  
 48 SKIP SHAFFER 39 CCAC 1:03:40  
 49 ROBERTO ORTIZ 36 AZTL 1:03:46  
 50 LOU DOSTI SFVT 1:03:51  
 112 HALEL 1:04:10  
 117 KATHY MARTIN 26 STC 1:04:42  
 130 ANN BENSCH STC 1:10:00

SEA KING BACK BAY RUN/CORONA DEL MAR  
 DISTANCE-- 9.000 MILES DATE--060577  
 FAST TIME  
 PLC 1 BRIAN HUNSAKER 19 COM 44:48  
 2 RONALD KURRLE 29 SFVT 46:00  
 3 BOB ARCE 46:37  
 4 PAUL COOK AIA 46:38  
 5 JEAN ELLIS 46:53 1 30  
 6 ROB ALEXANDER CCAC 47:31  
 7 DENNIS CALDWELL AIA 48:05  
 8 KEN KENDALL 27 OXY 48:09  
 9 MIKE CALVANO NRHS 48:53  
 10 JOE DOWLING 49:14  
 11 JOHN PAGLIANO 37 GWAA 49:23 1 35  
 12 TODD FERGUSON 49:26 2 30  
 13 GARRY GREENBERG 49:28 2 HS  
 14 JOE BURGASSER 38 STC 49:56 2 35  
 15 DARTY CRONIN 50:11 1 45  
 16 JAMES BRANSON 50:20  
 17 KIRK RÜHLER 50:24 3 HS  
 18 STEVE JONES CDM 51:05 4 HS  
 19 NICK AGOSTINELLI 36 CCAC 51:16 3 35  
 20 JOHN RUDBERG 43 STC 51:24 1 40  
 21 DAVE DALY 51:27 5 HS  
 22 STEVE HROTEN 25 UNAT 51:30  
 23 ED VALDEZ 51:33  
 24 STEVE CASSARO 51:35  
 25 SKIP SHAFFER 39 CCAC 51:47 4 35  
 26 HOWARD GUISO 51:48  
 27 TOM RICHARDS CDM 52:04 5 35  
 28 GARRY SEEGER 52:07 3 30  
 29 FRANK FRY HB 52:14 2 40  
 30 DAVID EDDS 52:18  
 31 ANDY GERKIN CDM 52:39 1 JH  
 32 JOHN POTTER 53:00 4 30  
 33 MARTIN HERNANDEZ 53:04  
 34 GARY SACKS 53:07  
 35 DAN THOMAS 53:15  
 36 JERRY SMARTT SCS 53:16 2 45  
 37 MIKE WALTERHOUSE MV 53:20  
 38 JOHN WHISENAND 53:20  
 39 MIKE SERNA 53:21 2 JH  
 40 ALAN DIRKIN 53:25  
 41 BOB MONZINGO 38 TRTP 53:29  
 42 JIM TOOMEY 53:32 5 30  
 43 ROBERTO ORTIZ 36 AZTL 53:40  
 44 DENNIS DUDDY 53:52  
 45 DICK VANBERKERKER 29 CM 53:56  
 46 GIRTS OZOLINS 54:02 3 40  
 47 MIKE SCULL 54:15  
 48 RANDY MOLER SA 54:18  
 49 BOB KING 35 STC 54:26  
 50 ANDY REYES 54:42 3 44  
 72 RUTH CALDWELL 56:52 1 WM  
 94 SAM BILICH 58:59 1 50  
 103 LORRY BLANCO 59:27 1 6  
 106 KATHY MARTIN 27 STC 59:35 2 WM

/John Brennan/

1ST OCEAN TO CREEK RUN-CARPINTERIA  
 DISTANCE-- 7.200 MILES DATE--060577  
 FAST TIME  
 PLC 1 CHARLES SMEAD 26 AIA 37:11  
 2 BOB HAYES 22 AIA 38:10  
 3 STEVE BROWN 24 B B 38:24  
 4 FRANK EHRNER 17

1) Bill Morales	166-8
2) Chuck McMahon	119-3
70-79:	
1) Red Doms	102-7
2) G. T. Mowrer	61-3
Long Jump	
Women:	
1) Gayle Keffer	13-9
30-39:	
1) Doug Ford	21-4
2) Al Henry	20-9
40-49:	
1) Shirley Davisson	20-7
2) Dave Jackson	20-4
50-59:	
1) Tom Patsalis	19-1 3/4
2) Dave Brown	16-3 3/4
60-69:	
1) Bill Morales	16-3 3/4
2) Joe Caruso	13-10
70-79:	
1) Win McPadden	12-4 1/2
2) Red Doms	9-7 1/2
Pole Vault	
30-39:	
1) Tony Endres	12-6
40-49:	
1) K. C. Keffer	11-6
2) Carlos Cota	11-6
50-59:	
1) Don Grosh	10-6
2) Dave Brown	10-6
60-69:	
1) Jim Vernon	11-0
2) Bob MacConaghy	9-0
Shot Put	
30-39:	
1) Doug Wells	53-8
2) Jim Clark	23-1
40-49:	
1) Stu Thomson	43-11 1/2
2) Hal Smith	43-9 1/2
50-59:	
1) George Ker	43-9
2) Dan Aldrich	39-5 1/2
60-69:	
1) Jack Thatcher	50-0
2) Hugo DeGroot	45-11
70-79:	
1) Red Doms	39-4
2) G. T. Mowrer	24-10
4 Mile Relay	
30-39:	
1) Corona del Mar	19:19.2
2) San Fern Vly TC	20:35.3
40-49:	
1) San Fern Vly TC	19:54.4
2) So Cal Seniors	19:58.3
50-59:	
1) Seniors TC	22:35.9
High Jump	
30-39:	
1) John Dobroth	6-6
2) Larry Sallinger	5-6
40-49:	
1) Nick Newton	5-6
2) Ray Fitzhugh	5-0
50-59:	
1) Simmons	5-0
2) Orv Gillett	4-10
60-69:	
1) Jim Vernon	4-8
2) John Dick	4-2
70-79:	
1) Win McPadden	3-8
Discus	
30-39:	
1) Doug Wells	167
2) Stu Thomson	157-7
40-49:	
1) Bob Humphreys	164-8
2) Stu Thomson	157-7
50-59:	
1) George Ker	132-8
2) Dan Aldrich	130-2
60-69:	
1) Jack Thatcher	138-7
2) John Dick	126-0

1) Corona del Mar	43.5
2) So Calif Seniors	45.9
Sprint Medley Relay	
30-39:	
1) Corona del Mar	3:49.2
2) San Fern Vly TC	4:37.6
40-49:	
1) Corona del Mar	3:52.5
2) So Calif Srs	4:19.5
50-59:	
1) Corona del Mar	4:34.5
Mile Relay	
30-39:	
1) Corona del Mar	3:39.2
40-49:	
1) Srs TC	3:47.1
2) San Diego TC	4:01.6
50-59:	
1) Corona del Mar	4:37.7
	/Dave Jackson/

**LAS POSAS HILLS 10 mile HANDICAP**  
May 22, 1977 Southern Pacific Assn. AAU

1 Bill Seobey	SPVTC	55:03
2 Jim Arquilla	AIA	55:17
3 Ron Wise	SBAA	57:02 1 SM
4 Steve Busard	STC	57:10
5 Bob Ridley	CCAC	57:32
6 Larry Fontana	SBAA	57:48 2 SM
7 Mark Humphill	SBAA	59:00
8 Joe Bargasser	STC	60:22 3 SM
9 Dennis Stansauk	SPVTC	60:36
10 David Minosa	CBC	61:18
11 Robert Eutson	un	61:57
12 Joseph Marino	STC	63:14 4 SM
13 Jose Garcia	un	63:35
14 Peter Mason	un	63:50
15 Tom Haller	OVER	64:37
16 Dick Durand	STC	64:45 1 40
17 Mark White	un	65:13 1 18
18 Mike Ross	un	65:45 1 15
19 David Stasel	un	65:54
20 Ray Gil	STC	66:18 1 50
21 Fred Nagelschmidt	STC	66:18 1 50
22 James Corraline	un	67:10 2 40
23 Roberts Takahashi	un	74:06 1 W
29 Gayle Proebstel	un	76:14 1 W
66 Andrew Metzger	un	78:09 1 12
74 Kit Falga	SB	81:30 1 0

**May 27, Oakland:  
Oakland CIF Meet  
of Champions.**

**OAKLAND MEET OF CHAMPIONS**  
At Laney College

Team Scoring: Skyline 147, Oakland 128, Castlemont 114, Oakland Tech 30, Fremont 25, McClymonds 7.

Men's State Meet Qualifiers:  
100 — Durham, O. 9.8; 220 — Campbell, C. 22.1; 440 — Campbell, C. 48.5; 880 — Owyang, O. 1:55.4; Mile — Busby, S. 4:29.0; Two Mile — Valdez, S. 9:31.2; 440 Relay — Castlemont (Smith, Barber, Wright, Coleman) 42.8; Mile Relay — Castlemont (Bull, Gadsden, Campbell, Clark) 3:21.7; 1200M — Johnson, OT. 14.5; 330LH — Wilken, O. 38.8; HJ — Hice, O. 7-0 1/2; LJ — Durham, O. 25-1; TJ — Durham, O. 49-2; SP — Johnson, OT. 46-0; PV — Mawson, S. 12-6.

Encina, 5:4 1/2. Long jump — 1, White, Cordova, 23-4; 2, Clark, Highlands, 23 1/2; 3, Johnson, Burbank, 23 1/4. Mile relay — 1, Johnson, 3:20.5; 2, Highlands, 3:21.1; 3, Atwater, 3:23.3.

**GIRLS INDIVIDUAL RESULTS — 440 relay — 1, Vallejo, 49.2; 2, Sacramento, 49.3; 3, Cordova, 50.4. 440 — 1, Scott, El Dorado, 57.8; 2, Jones, Hogan, 58.1; 3, VanWarmerdam, Galt, 58.3. 100 — 1, Dilworth, Vallejo, 11.2; 2, McDaniel, Sacramento, 11.5; 3, Thomas, Elk Grove, 11.6. 220 — 1, Dilworth, Vallejo, 25.2; 2, McDaniel, Sacramento, 25.7; 3, VanWarmerdam, Galt, 25.8. Mile Relay — 1, Summerville, 4:01.3; 2, Cordova, 4:02.2; 3, El Dorado, 4:04.0. Long jump — 1, McLaughlin, Grace Davis, 18-2 1/2; 2, Scott, El Dorado, 17-10 1/4; 3, Squier, Justin, 17-9 1/2. Two-mile — 1, Nachbar, San Juan, 10:54.3; 2, Adams, San Juan, 11:07.5; 3, Crisp, Downey, 11:11.0. 880 — 1, Pappas, Yuba City, 2:18.6; 2, Hargisfeld, Beyer, 2:19.0; 3, Christopherson, El Dorado, 2:20.2. Mile — 1, Adams, San Juan, 5:05.6; 2, Kearns, Yuba City, 5:09.3; 3, Wannamaker, Summerville, 5:10.2. 110 low hurdles — 1, Scott, Vanden, 15.5; 2, Hamilton, Beyer, 15.8; 3, Terrell, Vallejo, 15.8. Shot put — 1, Burgan, Sonora, 43-3 1/2; 2, Munsell, Elk Grove, 43-8 3/4; 3, Thorntona, Sacramento, 42-5 1/4. Discus — 1, Ridenour, Yuba City, 131-3; 2, Sandoval, Riverbank, 128-0; 3, Munsell, Elk Grove, 120-5. High jump — 1, Ellis, Summerville, 5-5 1/2; 2, Hargisfeld, Beyer, 5-5 1/2; 3, Kochendorfer, South Tahoe, 5-5 1/2.**

**/Bruce Orvis/**

**AROUND THE BAY IN MAY/COSTA MESA**

DISTANCE--10,000 MILES DATE--052877

PLC					FAST TIME
1	BRIAN HUNSAKER	19	CDM	52:29	
2	ROBERT RUGER			52:59	
3	JOE CARLSON	6V		53:56	
4	DON OCAÑA		CCAC	54:15	
5	BILL EILER			55:33	
6	JOHN FISANOTTI	21		55:41	
7	MICHAEL SAYWARD	28	AATA	55:51	
8	FRANK DUARTE			56:02	
9	LEONARD SANDOVAL		VHS	56:11	
10	GARY GREENBERG			56:13	
11	MIKE WALTERHOUSE		MVHS	56:38	
12	TODD FERGUSON		AIA	56:50	
13	HOB ALEXANDER		CCAC	56:52	
14	ART VANWIE		ETHS	56:53	
15	FRANCISCO FLORES			57:02	
16	KEN KENDALL	26	OXY	57:15	
17	JOHN PAGLIANO	37	GWAA	57:16	
18	STEVE BOAZ		CCAC	57:33	
19	BRIAN THOMPSON		CM	57:41	
20	CALVANO		HBHS	57:57	
21	GORDON DUFF		HBHS	59:01	
22	HORN		WHS	59:03	
23	TOM GLEASON	34	UNAT	59:11	
24	CHARLES SMITH			1:00:05	
25	RICK JOHNSON			1:00:18	
26	TED ALARCON			1:00:25	
27	MIKE ANDERSON		CDM	1:00:33	
28	ERIC PIPER		CDM	1:00:34	
29	DENNIS STANSAUK	20	SFVT	1:00:50	
30	WAYNE WALKER			1:00:51	
31	FRANK FRY		HB	1:01:11	
32	TY STRANGE		CDM	1:01:13	
33	MARTIN HERNANDEZ		HB	1:01:18	
34	MIKE TRAUNOT		LH	1:01:45	
35	ARMONDO RIVERA		VHS	1:01:52	
36	DAVE HIKES		OCTC	1:02:24	
37	SCOTT LECKI		NB	1:02:32	
38	MIKE SHEEDY		EL	1:02:32	
39	REN VALDEZ	33	UNAT	1:02:47	
40	RICK VASQUEZ	40	AZTL	1:02:48	
41	BOB MONZINGO	38	TRTR	1:02:53	

ALAN BIRKEN				53:25
BOB MONZINGO	38	TRTR		53:29
JIM TOOOMEY				53:32 5 30
ROBERTO ORTIZ	36	AZTL		53:40
DENNIS DUDDY				53:52
DICK VANBERKERECER	29	CM		53:56
GIRTS OZOLINS				54:02 3 40
MIKE SCULL				54:15
RANDY MOLER		SA		54:18
BOB KING	35	STC		54:26
ANDY REYES				54:42 3 W
RUTH CALDWELL				56:52 1 WM
SAM BILICH				58:59 1 50
LORPY PLANCO				59:27 1 G
KATHY MARTIN	27	STC		59:35 2 WM

**/John Brennan/**

**1ST OCEAN TO CREEK RUN-CARPINTERIA**  
DISTANCE-- 7,200 MILES DATE--060577

PLC					FAST TIME
1	CHARLES SMEAD	26	AIA	37:11	
2	HOB HAYES	22	AIA	38:10	
3	STEVE BROWN	24	B B	38:24	
4	FRANK EBINER	17		38:24 1 JR	
5	JERRY ALEXANDER	23	B B	38:28	
6	BILL SCOBAY	32	UNAT	38:30	
7	TOM LEE	28	CCAC	38:47	
8	RICHARD WEEKS	34	B B	39:19	
9	JAMES PEREZ	30	AZTL	39:22	
10	BILL ENTZ	22	B B	39:40	
11	MIGUEL SANTIZO	21		39:53	
12	JOHN FISANOTTI	21		40:05	
13	CAREY SIMONS	21		40:08	
14	DAVE ASKREN	22	AZTL	40:26	
15	RON WISE	38	SBAA	40:36 1 SM	
16	TERRY GIHSON	18		40:38	
17	STEVE DURAND	20	STC	40:39	
18	GARY TUTTLE	29	BHS	40:42	
19	STEVE BROTEN	25	UNAT	40:47	
20	MATT EBINER	16		41:12 2 JR	
21	TIM DONOVAN	27	SRAA	41:17	
22	STEVE ADAMS	27	B B	41:36	
23	PHIL ALVIDREZ	19		41:45	
24	WALT HITT	26	AIA	41:50	
25	DEAN MCCOMB	23		42:04	
26	STEVE CLOSE	34	STC	42:11	
27	MARK HIMPHILL	28	SBAA	42:26	
28	BOB BRANCH	31	CCAC	42:36	
29	UNIDENTIFIED			42:39	
30	GILBERT ESPARZA	15	RRR	42:50 3 JR	
31	JOE BURGASSER	38	STC	43:00 2 SM	
32	JOHN BOTKE	33		43:00	
33	STEVE SMITH	16	NPP	43:23 4 JR	
34	DAN CAPRIOGGIO	15		43:25 5 JR	
35	STEVEN BRADLEY	16		43:33 6 JR	
36	ROGER SCHOONOVER	20		43:35	
37	EPIGMENTO TORRES	26		43:41	
38	RAY HARRIS	16	RRR	44:05 7 JR	
39	PATRICK EARLEY	35	UNAT	44:11 3 SM	
40	TOM FITZGERALD	18		44:24	
41	RON STEPHENSON	16		44:32	
42	DENNIS STANSAUK	20	SFVT	44:34	
43	RICK VASQUEZ	40	AZTL	44:35 1 40	
44	DANIEL CONTRERAS	28	UNAT	44:48	
45	PETER JOHNSON	37		44:52 4 SM	
46	JIM GILL	19		44:57	
47	ROBERT HUTTON	31		45:20	
48	PETER MOGG	22		45:35	
49	GILBERT CORTEZ	16	AZTL	45:36	
50	DAVID NUNES	17		45:52	
51	JOHN PATTERSON	35	SBMR	45:54 5 SM	
52	STEVE REYES	21		45:54	
53	HILL FLYNN	23		45:54	
54	DOUGLAS HENNING	17		45:55	
55	RAY GIL	52	STC	46:05 1 50	
56	JAMES ROBERTSON	40	SBAA	47:10 2 40	
57	RICHARD DURAND	48	STC	47:16 3 40	
58	VICTORIA COOK	13	SURR	51:02 1 61	
59	BETH MILEWSKI	19	VCTC	52:21 1 62	
60	MARGARET MILLER	50	STC	54:16 1 WM	
61	KELLY COLLINS	16	B B	56:30 2 62	

**/John Brennan/**

June 3 & 4. Santa Maria, California State JC Decathlon Championships at Allan Hancock College:

Table with 2 columns: Rank and Name/Time. Includes entries for Tom Harris, Tom Turner, Todd Kaberline, Greg Veatch, Wayne Gray, Bob McCurdy, Paul Locher, Tom Giles, Jeff Harmon, K C Connell, Steve Scott, John Young, Ed Brown, Mitchell Gordien, Ken Lockey.

Division II 100:

Table with 2 columns: Rank and Name/Time. Includes entries for B. Watanabe, T. Patsalis, B. Watanabe, P. Fetter, D. Waggnner, G. Harte, R. Gil, Sarzo, A. Bryant, D. Lewis, M. Bryant, A. Bryant, T. Patsalis, G. Guidet, D. Brown, D. Grosh, O. Gillett, B. Ogle, T. Patsalis, D. Brown, T. Patsalis, G. Farrell, T. DeVaughn, P. Evans, G. Ker, Scott Molina, Dan Anderson, Robert Paredes, Keith Whittingslow, Jacobs, Myron Neuraumont, Mike Wheeler, Bill Flobberg, Hamilton, Kurt Vineyard, D. Colter, Terry Hughes, Frank Lemus, Conor O'Kelly, Notch, finishers.

June 12. Oakland. 12th Annual Woodminster Handicap Race (9.25 mile):

Table with 2 columns: Rank and Name/Time. Includes entries for Homer Latimer, Harry Cordelos, Ulrich Kaempff, Mike McManus, Bob Stone, Darryl Beardall, Robert Gormley, Bill Seaver, Richard Houston, Jim Chaney, Jeff Mihm, Rico Balatti, Jim Myers, Robert Malain, Edward Hildreth, Donald Chaffee, James Nicholson, Paul Burke, Don Pickett, S. Karp, Tom O'Neil, R. Bawcom, Keith Kruse, Emmons, Michael Coke, Pruitt, G. Jewett, Ted Wilson, Hans Roenau, Bob Myers, P. Nagelschmidt, Ruth Anderson, Tom Mota, Dahl, Mike Plummer, Scott Molina, Dan Anderson, Robert Paredes, Keith Whittingslow, Jacobs, Myron Neuraumont, Mike Wheeler, Bill Flobberg, Hamilton, Kurt Vineyard, D. Colter, Terry Hughes, Frank Lemus, Conor O'Kelly, Notch, finishers.

80m Hurdles:

Table with 2 columns: Rank and Name/Time. Includes entries for Pam Miller, Mila Amerine, Sherifa Sanders, Pam Miller, Laurie Gray, Cari Venable, Sharon Ware, Michele Glover, Kim Turner, Sharon Ware, Dawnella Jones, Sherrill Miller, Kathi Denz, Sloan Burton, Regina Jacobs, Kathi Denz, Vicki Cook, Kiki Lantry, Chris Ramirez, Lynn Holmbeck, Shelly Quintana, Long Beach Comets, Cupertino Yearlings, S.W. Athletic Found., Cupertino Yearlings, San Diego Cougars, Blue Angels, Orinda TC, Pasadena Rosebuds, Colorado Flyers, Katrena Johnson, Rena Wright, Melanie Fox, Robin Jackson, Sherifa Sanders, Wynne Grey, Barrie Greer, Gayle Kirby, DeAnn Phillips, Barrie Greer, Gayle Kirby, Gillian DeLear, Melanie Johnson, Bonnie Lund, Deena Bernstein, Long Beach Comets, Cupertino Yearlings, Pasadena Rosebuds, Patriots, Willingboro, Valley of the Sun, Berkeley East Bay, Orinda TC.

LAS POSAS HILLS 10 km RACEMARK May 22, 1977 Southern Pacific Assn. AAU

Table with 2 columns: Rank and Name/Time. Includes entries for Jim Hanley, Sharlene McGinley, Christiana Ramirez, Triaba Ramirez, Cynthia Pedrosa, Shori Rivera, David Plocus.

/Connie Rodenwald/

May 31. Visalia. CCA-AAU Championships at Mineral King Bowl

Table with 2 columns: Rank and Name/Time. Includes entries for John Taplac, Doug Wells, Corcoran TC, Darrel Cox, Greg Flenory, Dennis Esquivel, Ed Taylor, Fred Lara, Bruce Orvis, Doug Wells, Dennis Esquivel, David Pott, Scott Endler, Dennis Morley, John Taplac, Ken Smith, Fresno Pacific TC, Peggy Simmons, Terri Mulligan, Lillian Cordova, Bird Anderson, Jocelyn Sisson, Terri Mulligan, Lillian Cordova, Terri Mulligan, Grace Robles, Terri Mulligan, Kathy Russell.

/Bill Kwakendell/

June 10. Reedley. Reedley College Women's Pentathlon

Table with 2 columns: Rank and Name/Time. Includes entries for Terri Mulligan, T. Patsalis, G. Farrell, Diana Macias, Lillian Cordova.

June 11. San Luis Obispo. RRC Meet of Miles

Table with 2 columns: Rank and Name/Time. Includes entries for Steve Denneen, John Beaton, Bob Nanninga, Bill Denneen, Jan Nanninga.

June 11. Northridge. SFAAU District Masters Track & Field Meet

Table with 2 columns: Rank and Name/Time. Includes entries for Walt Butler, Hilliard Sumner, Terri Mulligan, Lillian Cordova, W. Studenmund, D. Howard, J. Hackett, G. Miller, So Calif Srs, Corona del Mar, W. Sallinger, Grace Robles, Fritzgerald, Corona del Mar, So Calif Srs, T. Endres.

Division III 100 Yd:

Table with 2 columns: Rank and Name/Time. Includes entries for J. Caruso, A. Castro, F. Sjostrand, J. Sjostrand, J. Dick, J. Vernon, H. DeGroot, Rhonda Brady, J. Vernon, J. Caruso, J. Vernon, J. Dick, J. Thatcher, H. DeGroot, J. Thatcher, H. DeGroot, Kim Robinson, Val Boyer, Rhonda Brady, Kim Robinson, Gwen Loud, Deann Gutowski, Jennie Gorham, Edna Brown, Robin Campbell, Linda Ceen, Karel Jensen.

June 13 & 14. Los Angeles. Jr. Women National AAU Championship at Drake Stadium, UCLA

Table with 2 columns: Rank and Name/Time. Includes entries for Rhonda Brady, Lori Dinelle, Karen Weschler, Sandra Farmer, Teri Wierson, Nancy Robinson, Kim Robinson, Val Boyer, Rhonda Brady, Kim Robinson, Gwen Loud, Deann Gutowski, Jennie Gorham, Edna Brown, Robin Campbell, Linda Ceen, Karel Jensen.

14-15 Div. 100m Hurdles:

Table with 2 columns: Rank and Name/Time. Includes entries for Marlene Harmon, Sandra Farmer, Kerry Zwart, Sorya Henderson, Kathy Bower, Tricia Lenning, Jennie Gorham, Janice Smith, Judy Young, Jennie Gorham.

Mile Relay:	
1) Fresno Pacific TC	3:24.1
Women	
Mile Run:	
1) Peggy Simmons (Visalia)	6:04.5
High Jump:	
1) Terri Mulligan (Reedley)	5-2
220:	
1) Lillian Cordova (Reed)	26.4
880 Yd Run:	
1) Bird Anderson (Bak)	2:19.4
2 Mile:	
1) Jocelyn Sisson (Vis)	14:16.3
440 Yd Dash:	
1) Terri Mulligan (Reedley)	60.1
100 Yd Dash:	
1) Lillian Cordova (Reedley)	11.8
110 Yd LH:	
1) Terri Mulligan (Reedley)	17.9
Shot Put:	
1) Grace Robles (Selma)	37-11 3/4
Long Jump:	
1) Terri Mulligan (Reed)	16-11 1/2
Discus:	
1) Kathy Russell (Vis)	103-4

/Bill Kuykendell/

June 4. Placerville. Mt. Misery 10,000 Meter

Open:	
1) Dave Boyet	49:05
2) Carl Lagmarino	49:47
3) Jim Bowles	49:56
4) Adam Ferreira	50:32
5) Dean Woods	51:11
6) Ross Rowley	51:40
7) Randy Hansen	52:03
8) Mike McCallain	52:04
9) Ed Nicholson	52:30
10) Robert Erlech	52:38
11) Thomas Lambia	52:45
12) Jim Hollen	52:58
13) John Batschart	53:00
14) Tim Hicks	53:05
15) Marc Hester	53:06
40-49:	
1) Bob Cox	51:27
2) Ben F. Smith	56:14
3) Ted Stinson	56:36
4) Berry Boyle	57:59
5) John Ginie	58:52
50-59:	
1) Robert Malain	45:29
2) Harrison Smith	51:31
3) Gus Hannichel	52:25
4) Bill Lundstord	54:29
Ladies Open:	
1) Stephanie Atwood	63:56
2) Natalie Rocha	64:50
3) Candia Smith	74:07
Women 40+:	
1) Marlyn Hayden	61:05
2) Sharon Jarrett	71:39
3) Lorna Perpall	77:46

/Ernest Marinoni/

June 4. San Luis Obispo. Laguna Lake Park Four Mile Relay

1) Eric Huff/Ivan Huff	21:56
2) Jim Casper/Walt Thompson	22:05
3) Amber Papp/Tony Reynoso	22:08
4) Barbara Mannon/Jon Root	23:00
5) Darrell Rich/Jim Hurley	23:29
6) John B. Coffey/ John F. Coffey	23:34
7) Gary McCusker/Rory Cooper	23:34
8) Liz Bradley/Roy Pena	23:48
9) Lynne Wohlers/ Joe Burgasser	24:07
10) Jan Nanninga/Bob Nanninga	24:09
14) Rita Keosky/Carrie Walters 1-W	27:28
18) Paul Spangler/ Primo Ramos	28:28 1M

/Stan Rosenfield/

Sub-Staters Competition	
100:	
1) Walt Butler	9.8
2) Hilliard Sumner	9.9
220 Yd:	
1) Hilliard Sumner	21.7
2) Walt Butler	22.4
440 Yd:	
1) W. Studermond	51.7
2) D. Howard	51.9
880 Yd:	
1) J. Hackett	1:59.5
2) G. Miller	2:00.1
440 Yd Relay:	
1) So Calif Srs	44.4
2) Corona del Mar	44.7
120 Yd Hurdles:	
1) W. Butler	14.3
2) L. Sallinger	14.7
Mile:	
1) J. Murphy	4:32.0
2) D. Fritzgerald	4:34.9
Mile Relay:	
1) Corona del Mar	3:37.4
2) So Calif Srs	3:41.4
Pole Vault:	
1) T. Endres	12-6
2) D. Grimes	12-0
High Jump:	
1) S. Loera	5-2
2) D. Howard	4-6
Long Jump:	
1) A. Henry	20-10
2) L. Sallinger	20-3
Triple Jump:	
1) A. Henry	42-2 3/4
2) S. Loera	40-7 1/2
Javelin:	
1) R. Selby	146-9
2) N. Sett	86-5

Division I	
100 Yd:	
1) D. Segal	10.3
2) K. Dennis	10.3
220 Yd:	
1) K. Dennis	23.4
2) N. Newton	23.9
440 Yd:	
1) T. Cain	51.2
2) T. Nasralla	54.4
880 Yd:	
1) E. Portillo	2:07.7
2) G. Kalchschmid	2:08.4
Mile:	
1) E. Fields	4:56.0
2) H. Norton	5:00.7
2 Mile:	
1) W. Williams	10:23.0
2) J. Davis	11:03.0
120 Yd Hurdles:	
1) T. Cain	15.1
2) H. Smith	15.5
440 Yd Relay:	
1) Corona del Mar	44.6
2) So Calif Srs	44.7
Mile Relay:	
1) Srs Track Club	3:50.5
Pole Vault:	
1) K. C. Keffer	11-7
2) H. Wallace	11-1
High Jump:	
1) N. Newton	5-8
2) E. Austin	5-6
Triple Jump:	
1) S. Davison	39-3
2) T. Nasralla	36-11
Long Jump:	
1) D. Jackson	20-11
2) S. Davison	20-1 3/4
Hammer:	
1) G. Boblew	164-2
2) H. Humphreys	127-8
Shot Put:	
1) B. Humphreys	44-5 1/2
2) H. Smith	43-3 1/2
Discus:	
1) B. Humphreys	148-0
2) E. Van Pelt	135-7
Javelin:	
1) H. Wallace	147-5
2) N. Smith	145-8

B. MacCoughy	
H. DeGroot	
High Jump:	
1) J. Vernon	4-10
2) H. DeGroot	4-6
Long Jump:	
1) J. Vernon	15-7 1/2
2) J. Caruso	13-9 1/2
Triple Jump:	
1) J. Vernon	30-10 3/4
2) J. Dick	27-5 1/2
Shot Put:	
1) J. Thatcher	48-10
2) H. DeGroot	43-9
Discus:	
1) J. Thatcher	141-7
2) H. DeGroot	123-10
Javelin:	
1) H. DeGroot	143-11
2) B. MacCoughy	117-5
Women's Division	
100:	
1) C. Miller	12.5
Javelin:	
1) C. Miller	101-6
Long Jump:	
1) C. Miller	14-7 3/4
Division IV	
100 Yd:	
1) B. Blakely	15.5
220 Yd:	
1) B. Blakely	37.7
Long Jump:	
1) B. Blakely	9-8
Shot Put:	
1) B. DeGroot	31-10
Javelin:	
1) B. DeGroot	67-7

June 11. Visalia. Central California AAU One Hour Run at College of the

Sequoias:	
Senior Division (19-39)	
1) Steve Kelley (FPFC)	11 630
2) David Bronzan (HSTC)	11 494
3) Jim Hartig (FPFC)	11 425
4) Art Meyer (HSTC)	11 324
5) Juan Garza (HSTC)	11 311
6) Darrel Cox (FPFC)	11 208
7) Greg Lyon (FPFC)	10 1380
8) Gary Campbell (un)	10 1223
9) Joe Dunbar (un)	10 857
10) Robert Stephenson (un)	10 709
11) Larry Lung (RPTC)	10 527
12) Dave Donaldson (MTC)	9 1680
Masters Division (40+)	
1) Wayne Van Dellen (HSTC)	10 1161
2) Frank Delgado (un)	10 152
3) Gene Lynch (un)	9 1360
4) Sid Toabe (HSTC)	9 1325
Women's Division	
1) Renee Ortiz (un)	8 953
2) Sandra Heller (HSTC)	8 930
3) Sara Washman (FPFC)	7 1468
4) Rachel Harder (HSTC)	5 510

/Dave Bronzan/

June 13 & 14. Santa Maria. 2nd Annual High School Decathlon Championships at Allan Hancock College:

1) William Rosecrance (SBHS)	5361
12.4, 18-10, 31-2, 5-6 1/2, 57.1, 17.9, 106 1/2, 13-1 1/2, 129-8, 5:05.4	
2) David Sawyer (IHS)	4979
11.3, 19-11 1/2, 27-6 1/2, 5-6 1/2, 54.2, 15.5, 65-6 3/4, 8-2 1/2, 81-5 1/2, 5:00.9	
3) John Locher (SanMarcos)	4599
11.9, 18-6 3/4, 34-5 1/2, 5-8 1/2, 58.3, 17.1, 89-4 1/2, 7-8 1/2, 127-1/2, 6:37.9	
4) Steve May (ERHS)	4510
11.8, 17-4, 27-6 3/4, 5-2 5/8, 56.8, 20.8, 64-4 1/2, 12-7 1/2, 108-8 1/2, 5:15.9	

/Ray Kring/

June 13 & 14. Los Angeles. Jr. Women National AAU Championship at Drake Stadium, UCLA

100m Hurdles:	
1) Rhonda Brady (MHYP)	13.69
2) Lori Dinelle (WSTC)	13.78
3) Karen Weschler (IC)	13.94
400m Hurdles:	
1) Sandra Farmer (FTC)	58.90
2) Teri Wierson (PTC)	59.95
3) Nancy Robinson (FTC)	59.97
100m Dash:	
1) Kim Robinson (LAM)	11.50
2) Val Boyer (ATC)	11.56
3) Rhonda Brady (MHYP)	11.63
200m Dash:	
1) Kim Robinson (LAM)	24.21
2) Gawn Loud (LAM)	24.33
3) Deann Gutowski (WSTC)	24.50
400m Dash:	
1) Jennie Gorham (KCNS)	52.73
2) Edna Brown (CK)	52.76
3) Robin Campbell (FTC)	53.45
800m Run:	
1) Linda Ceen (un)	2:05.43
2) Karel Jones (ATC)	2:06.27
3) Ann Regan (SJC)	2:06.40
1500m Run:	
1) Lynn Jennings (LAC)	4:18.06
2) Margaret Gress (MW)	4:18.55
3) Tania Wells (MSTC)	4:22.1
3000m Run:	
1) Susan Schaeffer (CCPS)	9:28.77
2) Aileen O'Connor (CYO)	9:29.08
3) Lynn Lashley (MSTC)	9:30.23
3000m Walk:	
1) Susan Liers (ITC)	14:50.97
2) Tracy Trisco (BA)	15:04.13
3) Joyce Brodock (RRR)	15:19.53
440 Yd Relay:	
1) Los Angeles Mercurettes	46.51
2) Memphis Shelby Track	46.72
3) LA Mercurettes "B"	46.84
880 Medley Relay:	
1) LA Mercurettes "A"	1:43.20
2) Memphis Shelby	1:43.77
3) Los Angeles TC	1:44.65
Mile Relay:	
1) Atoms Track Club	3:43.64
2) LA Mercurettes	3:47.08
3) Memphis Shelby	3:48.97
2 Mile Relay:	
1) Liberty	8:52.8
2) Los Angeles Track Club	8:54.51
3) San Jose Cindergals	8:55.99
High Jump:	
1) Maggie Garrison (CN)	5-11
2) Anne Gilliland (AO)	5-10
3) Sally Lyman (SK)	5-9
Long Jump:	
1) Gwen Loud (LAM)	19-7 3/4
2) Karen Elmore (MLTC)	19-7 3/4
3) Brenda Johnson (LVS)	19-7 1/2
Shot Put:	
1) Deanna Patrick (KBD)	46-10 1/2
2) Cary Van Pelt (CN)	46-0
3) Susan Thornton (MSTP)	44-6
Discus:	
1) Helene Connell (ACTC)	159-4
2) Christi Pyle (LATC)	146-8
3) Mary Ann Stevenson (JTC)	144-4
Javelin:	
1) Cathy Sulinski (MLTC)	162-4
2) Keri Camerigg (SAC)	156-11
3) Debbie Dibb (TW)	141-9
LA Mercurettes 80, Memphis Shelby 44, Milbrae Lions TC 26, Atoms TC 24, LA Naturite 23, Liberty AC 20, San Jose Cindergals 20, Blue Angels 20, Mayor Hatcher YF 19, Club Northwest 18.	

June 12. 1977 AAU Girls Age Group Invitational Track & Field Classic

Pentathlon:	
1) Carol Lewis (WTC)	3349
2) Laura Heizman (Arrow)	3269
3) Heidi Ellis (OTC)	3217

3) Gillian DeBar (Arrow) 107-8

1) Melanie Johnson (SCC)	144-8
2) Bonnie Lund (STC)	130-4
3) Deena Bernstein (BA)	127-8
Long Beach Comets 52, Cupertino Yearlings 46, So. Calif. Cheetahs 36, Pasadena Rosebuds 34, Los Angeles TC 28, Patriots 28, Willingboro 28, Valley of the Sun 25, Berkeley East Bay 22, Orinda TC 20.	

14-15 Div.

100m Hurdles:	
1) Marlene Harmon (LATC)	14.43
2) Sandra Farmer (Flash.)	14.54
3) Kerry Zwart (LATC)	14.58
300m Hurdles:	
1) Sonya Henderson (Flash.)	43.9
2) Kathy Bower (SBS)	45.4
3) Tricia Lenning (AA)	45.4
100 Yds:	
1) Jennie Gorham (KCWS)	11.26
2) Janice Smith (LBC)	11.27
3) Judy Young (Berkeley)	11.30
220 Yds:	
1) Jennie Gorham (KCNS)	24.87
2) Sandra Farmer (Flash.)	25.22
3) Janet Ballard (SCC)	25.70
440 Yds:	
1) Jennie Gorham (KCNS)	54.43
2) Sandra Farmer (Flash.)	55.32
3) Marquita Belk (SJC)	55.69
880 Yds:	
1) Ann Regan (SJC)	2:12.8
2) Jill Haworth (CYO)	2:12.8
3) Michelle Bush (BA)	2:14.3
Mile:	
1) Jill Haworth (CYO)	4:51.1
2) Darlene Beckford (LAC)	4:51.2
3) Vicky Bray (SJC)	4:57.0

Two Mile:	
1) Roxanne Bier (SJC)	10:47.5
2) Lauri Shanby (SCC)	10:52.3
3) Kerry Brogan (Arrow)	11:08.9
Mile Walk:	
1) Tracy Trisco (BA)	7:43.4
2) Jessica Waskow (RRR)	7:54.9
3) Sharlene McGinley (SBS)	8:02.5
440 Relay:	
1) Long Beach Comets	48.2
2) So. Calif. Cheetahs A	48.6
3) Los Angeles TC	49.0
880 Medley Relay:	
1) So. Calif. Cheetahs A	1:47.6
2) Valley of the Sun	1:49.8
3) Mayor Hatcher's Youth	1:51.4
Mile Relay:	
1) San Jose Cindergals	3:49.6
2) So. Calif. Cheetahs A	3:52.4
3) Blue Angels	3:55.6
2 Mile Relay:	
1) San Jose Cindergals	9:22.7
2) Blue Angels	9:23.8
3) Rialto Road Runners	9:43.4
High Jump:	
1) Sally Layman (SKTC)	5-8
2) Lisa Peters (LATC)	5-4
3) Peggy Stewart (LAC)	5-4
Long Jump:	
1) Veronica Bell (SCC)	19-2 3/4
2) Jennie Gorham (KCNS)	18-11 1/2
3) Gigi Hurley (MLTC)	18-10
Shot Put:	
1) Susie Ray (BA)	48-8
2) Kerry Zwart (LATC)	46-3
3) Jackie Henry (Cheetah)	45-8 1/2
Discus:	
1) Susan Springer (SAL)	141-3
2) Pia Iacovo (un)	139-7
3) Vicki Powell (BC)	124-8
Javelin:	
1) Debbie Dibb (TW)	140-6
2) Charm Bishop (SCC)	139-5
3) Jackie Nelson (BA)	138-10

So. Calif. Cheetahs 73, Blue Angels 60, San Jose Cindergals 53, Los Angeles TC 44, KC North Stars 38, Flashette TC 36, Rialto Roadrunners 24, Long Beach Comets 18, CYO Wash. DC 18, So. Bay Striders 18.	
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1ST BASIN BLUES 15 KM RUN

Table with columns: PLC, NAME, DISTANCE, DATE, FAST TIME. Lists race results for 15 km run.

1ST BASIN BLUES 5 KM RUN

Table with columns: PLC, NAME, DISTANCE, DATE, FAST TIME. Lists race results for 5 km run.

June 18. San Luis Obispo. Coastal Section AAU Two-Hour Run

Table with columns: NAME, TIME. Lists race results for Coastal Section AAU Two-Hour Run.

FATHER'S DAY RUN, SIX MILES

June 19, 1977

- List of race results for Father's Day Run, Six Miles, including names and times.

Hidden Valley 12 mile Hasticp June 19, 1977 Southern Pacific Asm. AAU

Table with columns: NAME, TIME. Lists race results for Hidden Valley 12 mile Hasticp.

June 21. Porterville. All-American Track Club Decathlon at Porterville College:

- List of decathlon results for June 21, Porterville.

June 25. Irvine. Senior Olympics at UC Irvine

Table with columns: NAME, TIME. Lists race results for Senior Olympics at UC Irvine.

400 meters:

Table with columns: NAME, TIME. Lists 400 meter race results.

50-54 Corona del Mar TC 48.7, 45-49 Corona del Mar TC 48.0, 40-44 Corona del Mar TC 44.9, 35-39 Corona del Mar TC 45.3, 30-34 So Calif Striders 42.6.

50-54 Corona del Mar TC 4:37.7, 45-49 Corona del Mar TC 4:08.1, 40-44 So. Calif. Striders 4:12.4, 35-39 Corona del Mar TC 3:35.0, 30-34 Corona del Mar TC 3:33.1

Table with columns: NAME, TIME. Lists various race results including Mile Relay, Discus, Hammer, and Javelin.

Table with columns: NAME, TIME. Lists race results for June 26, Holy City Race (9.1 Mile).

Table with columns: NAME, TIME. Lists race results for June 26, Holy City Race (9.1 Mile).

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Table with columns: NAME, TIME. Lists race results for June 26, Holy City Race (9.1 Mile).

65-69 Dorothy Herrmann 38-9, 45-49 Shirley Kinsey 70-7, 35-39 Cherrie Sherrard 85-5 1/2

High Jump: 50-54 Ruth Christian 3-9, 35-39 Cherrie Sherrard 4-5

Javelin: 65-69 Edith Mendyka 72-0, 40-44 Christel Miller 108-4

Long Jump: 50-54 Ruth Christian 12-5 1/2, 40-44 Christel Miller 14-8 1/2, 35-39 Cherrie Sherrard 15-10 1/2

Shot Put: 65-69 Edith Mendyka 27-2 1/2, 55-59 Ernestine Yeomans 20-5 1/2, 45-49 Shirley Kinsey 21-5 1/2, 40-44 Almeta Parish 27-6 1/2, 35-39 Cherrie Sherrard 38-8 1/2

Hammer: 75-79 John Whittemore 66-11, 70-74 Stanley Herrmann 87-5, 65-69 Randolph Hubbell 100-4, 60-64 Thomas Montgomery 120-10, 55-59 Daniel Aldrich 117-4, 50-54 Thomas DeVaughn 111-5, 45-49 David Douglas 106-2, 40-44 Stewart Thompson 162-4, 35-39 Fred Fate 117-10 1/2, 30-34 Alex Cordova 115-2 1/2

Javelin: 75-79 John Whittemore 79-5, 70-74 Emery Curtis 120-3, 65-69 Robert MacConaghy 126-10, 60-64 William Morales 169-7, 55-59 Peter Petter 157-11, 50-54 Roy Wigginton 109-10, 45-49 Richard Straub 151-1, 40-44 Philip Conley 202-10, 35-39 Lawrence Tucker 138-7, 30-34 Samuel West 206-9

Long Jump: 80-84 Charles Backus 8-4 3/4, 75-79 Walter Wesbrook 10-10 1/2, 70-74 Winfield McPadden 12-7 1/2, 65-69 Michael Andors 14-11 1/2, 60-64 John Satti 16- 1/2, 55-59 Thomas Patsalis 19-7 1/2, 50-54 James Johnson 16-7, 45-49 Shirley Davison 20-8 1/2, 40-44 David Jackson 21-1 1/2, 35-39 John Lewis 14-5, 30-34 Craig Vaughan 22-3

Pole Vault: 75-79 Walter Wesbrook 6-0, 65-69 Robert MacConaghy 8-6, 60-64 James Vernon 11-0, 55-59 Orval Gillett 9-6, 50-54 Donald Grosh 10-9, 45-49 Victor Cook 11-6, 40-44 Carlos Cota 12-0, 35-39 Ronald Fleming 12-0, 30-34 John Fielder 12-6

Shot Put: 75-79 John Whittemore 28-2 1/2, 70-74 Redmond Doms 39-6 1/2, 65-69 Vernon Cheadle 42-8 1/2, 60-64 Jack Thatcher 49-5, 55-59 Daniel Aldrich 40-3, 50-54 George Ker 51-5 1/2, 45-49 Carlos Fraundorfer 41-3, 40-44 Stewart Thomson 43-10, 35-39 Lawrence Tucker 37-11, 30-34 Douglas Wells 51-8 1/2

Triple Jump: 75-79 Walter Wesbrook 24-0, 70-74 Winfield McPadden 27-3, 65-69 Michael Andors 29-3, 60-64 Morris Gleimer 31-11, 55-59 Thomas Patsalis 40-5, 50-54 James Johnson 33-5, 45-49

Shot Put: 75-79 John Whittemore 28-2 1/2, 70-74 Redmond Doms 39-6 1/2, 65-69 Vernon Cheadle 42-8 1/2, 60-64 Jack Thatcher 49-5, 55-59 Daniel Aldrich 40-3, 50-54 George Ker 51-5 1/2, 45-49 Carlos Fraundorfer 41-3, 40-44 Stewart Thomson 43-10, 35-39 Lawrence Tucker 37-11, 30-34 Douglas Wells 51-8 1/2

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/John Brennan/

June 16, Porterville: Region 13 Jr. Olympics

20	MERRAN CEDILLO	19	18:10
21	JOHN STAFFORD	15	MCTC 18:32 2 B2
22	CHRIS SMITH	16	18:39 7 B3
23	WILL GIDDINGS	19	18:41
24	JOHN RAMIFFZ	33	19:08
25	GREG HEDGECOCK	17	19:15 8 B3
26	BOB ARELLANES	19	19:20
27	JIM HENRY	26	AZTL 19:30
28	DANNY DOYLE	13	19:33 3 B2
29	MARK LARSON	25	STC 19:45
30	TONY ORTEGA	16	19:48 9 B3
31	GILBERT PEREZ	44	STC 19:52 1 40
32	DANIEL E. MADRID	12	20:03 1 B1
33	CATHY FULKERSON	17	PV 20:16 1 WOM
34	BECKY VILLALVAZO	16	RRR 20:27 2 WOM
35	JEFF DIETRICH	31	20:35
36	CAROL FLOURNOY	19	20:39 3 WOM
43	MARCIA ROMESSER	21	FPTC 21:21 4 WOM

/John Brennand/

June 16, Porterville:  
Region 13 Jr. Olympics

/Ron Blackwood/

Boys

120 HH — Rodriguez, Tulare, 14.6; 2. Lowe, Fresno, 14.8; 3. Wilker, Fresno, 16.0.  
330 LH — Lowe, Fresno, 41.5; 2. Wilker, Fresno, 43.8; 3. Cassinero, Fresno, 43.8.  
100 — Bradley, Fresno, 9.9; 2. Goodson, Porterville, 10.6; Graf, Ridgecrest, 10.8.  
220 — Bradley, Fresno, 22.6; Lowe, Fresno, 23.9; 3. Graf, Ridgecrest, 23.9.  
440 — Poulter, Fresno, 50.4; 2. Hendricks, Fresno, 52.3; 3. Grey, Kingsburg, 52.6.  
880 — Meeks, Lemoore, 2:06.1; 2. Hendricks, Fresno, 2:07.2; 3. Foster, Reedley, 2:10.2.  
1 mile — Djabayan, Fresno, 4:36.6; 2. Condos, Ridgecrest, 4:36.9; 3. Rainey, Fresno, 4:44.6.  
2-mile — Condos, Ridgecrest, 10:07.3; 2. Jones, Visalia, 10:07.9; 3. Taylor, Visalia, 10:34.7.  
HJ — McClanahan, Clovis, 6-2; 2. Dattke, Fresno, 6-0; 3. McKinney, Porterville 5-10.  
LJ — Goodson, Porterville, 21-1 3/4; 2. Johnson, China Lake, 20-6 1/2; 3. Bradley, Fresno, 20-0 1/2.  
PV — Riding, Fresno, 13-0; 2. Andreotti, Fresno, 13-0; 3. Fast, Visalia, 12-6.  
TJ — Goodson, Porterville, 42-10 1/2; 2. McClanahan, Clovis, 39-10; 3. Mohn, Fresno, 38-11.  
SP — Nielson, Tulare, 50-11; 2. Mosebar, Visalia, 49-2 3/4; 3. Pendelton, Tulare, 48-11.  
Discus — Crow, Terra Bella, 154-11; 2. Mosebar, Visalia, 145-5 1/2; 3. Williams, Reedley 140-3 1/2.  
Javelin — Mosebar, Visalia, 145-9; 2. Nielson, Tulare, 129-6; 3. Crow, Terra Bella, 127-7.  
  
100 LH (meters) — Kobliska, Bakersfield, 15.0; 2. Belen, Tulare, 17.2; 3. Conners, Porterville, 18.3.  
100 — Yates, Fresno, 11.1; 2. Wright, Fresno, 11.3; 3. Sturgeon, Ridgecrest, 12.0.  
220 — Yates, Fresno, 25.7; 2. Wright, Fresno, 26.4; 3. Sturgeon, Ridgecrest, 27.4.  
880 — Shanteler, Ridgecrest, 2:38.0.  
440 — Conners, Porterville, 1:12.1.  
1 mile — Ortiz, Tulare, 5:29.6; 2. Shanteler, Ridgecrest, 5:32.5; 3. Templeton, Bakersfield, 5:33.9.  
2-mile — Killilea, China Lake, 12:10.0; 2. Templeton, Bakersfield, 12:10.0; 3. Ortiz, Tulare, 12:14.2.  
1 mile walk — Killilea, China Lake, 9:20.0.  
HJ — Sconiers, Fresno, 5-2; 2. McClanahan, Clovis, 4-8; 3. House, Fresno, 4-6.  
LJ — Gaffney, Lemoore, 18-5 1/2; 2. Wright, Fresno, 17-9 1/2; 3. House, Fresno, 16-7 1/4.  
SP — Hansen, Reedley, 39-10; 2. Greer, Visalia, 37-1; 3. Patterson, Bakersfield, 37-0 1/2.  
Discus — Belen, Tulare, 105-4; 2. Patterson, Bakersfield, 99-11 1/2; 3. Roberts, Fresno, 96-9.  
Javelin — Wong, Fresno, 86-2 1/2; 2. Yates, Fresno, 83-2 1/2; 3. Martin, Sanger, 83-0 1/2.

30. 33:32 Rene Ortiz 20  
31. 33:40 \*Len Thornton 46  
32. 34:02 Aggie Contreras 20  
33. 34:08 \*Frank Delgado  
34. 34:10 Scott Swenson —  
35. 34:24 \*Donald Sage 30  
36. 34:24 Elmer McPhail 21 —  
37. 34:31 Bob Fries 47 —  
38. 34:47 Greg Weinman 21 —  
39. 34:51 Robert Lohse 14.  
40. 35:14 \*Sid Toabe 53  
41. 35:14 Ken Lehman 27  
42. 35:21 Jerry Shaw 15  
43. 35:28 Bob Lindsay 32  
44. 35:37 Larry Arota 32  
45. 35:38 David McGarry 27  
46. 35:39 Chris Houllings 31  
47. 35:43 Gene Lynch 44  
48. 36:12 Ron Hall 23  
49. 36:32 Nerme Cisneros 24  
50. 36:33 Terry Hollar 31  
59. 38:00 \*Diane Barrett 16

June 19. Castro Valley. Children's Hospital Charity Run (6.95 Mile):

1)	Bill Seaver	37:39
2)	Paul Burke	37:54
3)	Steve Palladino	37:55
4)	Tom O'Neill	38:14
5)	Homer Latimer	38:30
6)	Boyd Tarin	39:11
7)	Michael Duncan	39:52
8)	Kent Guthrie	39:56
9)	Jeff Cowling	40:10
10)	Mike Plummer	40:20
11)	E. Hurtado	40:26
12)	Dan Anderson	40:56
13)	Ralph Bowles	41:07
14)	Scott Molina	41:13
15)	John Sheehan	41:18
16)	Richard Lenon	41:27
17)	Mark Molina	41:39
18)	John Notch	41:50
19)	Tim Rostege	42:06
20)	Jim O'Neil	42:08
21)	Ross Rowley	42:09
22)	Roger Bryan	42:10
23)	Dennis Kroll	42:19
24)	Leonard Sheehan	42:52
25)	Ted Wilson	42:57
26)	Lloyd Hampson	43:08
27)	Thomas Beck	43:09
28)	Peter Jensen	43:15
29)	Jeff Smith	43:25
30)	Terrance Noyes	43:31
31)	Kurt Wayne	43:33
32)	James Willis	43:39
33)	Jeff Porto	43:56
34)	Richard Prandlin	43:58
35)	Myron Nevraumont	44:23
36)	Robert Malain	44:38
37)	Bart Simmons	44:40
38)	Graham McThomas	44:41
39)	David Rodrigues	44:42
40)	Santos Reynaga	44:49
60)	Cheri Williams	45:58
106)	Ruth Anderson	51:49
107)	Mary Gaffield	51:55

/Dennis Tracy/

Hidden Valley 10km Walk

June 19, 1977 Southern Pacific Assn. AAU

1	Jim Coots	un	53:34
2	David Hall	VCTC	54:08
3	Joe Hampton	un	55:18
4	James Hanley	VCTC	57:02
5	David Butler	un	58:24

/Bonnie Rodwald/

Joseph Packard 55:1. 65-69 Boyd Stout 1:27.7, 60-64 Fritler 5:28.1, 55-59 Robert Hunt 62.3, 50-54 George Puterbaugh 58.2, 45-49 Oswald Dawkins 56.1, 40-44 Ted Cain 51.0, 35-39 David Romain 48.7, 30-34 Hilliard Sumner 49.3  
800 meters:  
90-94 Robert Willis 8:54.2, 80-84 Charles Backus 5:53.0, 70-74 Harold Chapson 2:39.2, 65-69 Sidney Madden 2:57.1, 60-64 Raymond Mahannah 2:27.5, 55-59 Frank Rens 2:22.6, 50-54 William Fitzgerald 2:15.2, 45-49 Thomas Sturak 2:13.1, 40-44 Edward Cleats 2:06.3, 35-39 David Romain 1:56.9, 30-34 Richard Harris 2:01.3  
1500 meters:  
70-74 Harold Chapson 5:26.3, 65-69 Chester Beach 5:45.4, 60-64 Raymond Mahannah 4:58.6, 55-59 James Gorrell 5:01.7, 50-54 George Puterbaugh 4:35.0, 45-49 Thomas Sturak 4:33.2, 40-44 Gaylord Kalchschmid 4:22.8, 35-39 Thomas Richards 4:13.3, 30-34 Michael Eck 4:03.7  
5000 meters:  
75-79 Paul Spangler 23:35.4, 70-74 Lou Gregory 23:26.8, 65-69 John Montoya 21:06.5, 60-64 Edward Preston 18:19.5, 55-59 James Oleson 18:41.8, 50-54 James O'Neil 16:42.9, 45-49 Jerry Smartt 16:04.5, 40-44 Wilbur Williams 16:37.0, 35-39 John Mulholland 15:49.4, 30-34 Dennis Fridly 15:56.8  
10,000 meters:  
75-79 Paul Spangler 48:54.0, 70-74 Lou Gregory 46:15.0, 65-69 John Montoya 39:29.0, 60-64 Edward Preston 38:08.7, 55-59 James Oleson 38:48.8, 50-54 James O'Neil 34:17.3, 45-49 Jerry Smartt 35:12.9, 40-44 Henry Nortom 37:06.0, 35-39 John Mulholland 33:15.0, 30-34 Dennis Fridly 32:23.8  
5000 meter walk:  
70-74 Chesley Unruh 30:33.4, 65-69 Mickey Blakesley 32:15.0, 60-64 Otto Wenk 29:24.5, 55-59 Robert Long 30:42.0, 50-54 John Allen 26:15.7, 45-49 John Kelly 24:55.0, 40-44 Richard Van Krevelen 31:04.0  
10,000 meter walk:  
70-74 Chesley Unruh 1:05:22.5, 65-69 Mickey Blakesley 1:08:02.5, 60-64 Harold McWilliams 1:01:46, 50-54 John Allen 59:00, 45-49 James Fields 1:05:19, 40-44 Richard Van Krevelen 1:08:02.1  
3000 meter steeplechase:  
65-69 Robert MacTarnahan 15:19.4, 55-59 Alan Waterman 11:47.9, 50-54 Lew Roberts 11:21.0, 45-49 David Stevenson 11:12.9, 35-39 James Bevins 10:28, 30-34 John Rupp 10:16.2  
110 meters hurdles:  
70-74 (30") Winfield McPadden 23.3, 65-69 Virgil McIntyre 22.6, 60-64 William Morales 19.5, 55-59 (33") Thomas Patsalis 16.7, 50-54 Freeman Marr 18.4, 45-49 David Jackson 15.5, 40-44 Ted Cain 15.0, 35-39 Walter Butler 14.2, 30-34 Lawrence Sallinger 14.5  
400 meters hurdles:  
65-69 (30") Walter Frederick 1:40.9, 55-59 (33") Robert Hunt 1:10.4, 50-54 Wayne Ambrose 1:11.8, 45-49 Edward Dowell 1:04.5, 40-44 Ted Cain 57.2, 35-39 Jack Burke 63.8

Pole Vault:  
75-79 Walter Wesbrook 6-0, 65-69 Robert MacConaghy 8-6, 60-64 James Vernon 11-0, 55-59 Orval Gillett 9-6, 50-54 Donald Grosh 10-9, 45-49 Victor Cook 11-6, 40-44 Carlos Cota 12-0, 35-39 Ronald Fleming 12-0, 30-34 John Fielder 12-6  
Shot Put:  
75-79 John Whittemore 28-2 1/2, 70-74 Redmond Doms 39-6 1/2, 65-69 Vernon Cheadle 42-8 1/2, 60-64 Jack Thatcher 49-5, 55-59 Daniel Aldrich 40-3, 50-54 George Ker 51-5 1/2, 45-49 Carlos Fraundorfer 41-3, 40-44 Stewart David Jackson 41-10 1/2, 35-39 Alvin Henry Andrews 38-2 1/2, 35-39 Lawrence Tucker 37-11, 30-34 Douglas Wells 51-8 1/2  
Triple Jump:  
75-79 Walter Wesbrook 24-0, 70-74 Winfield McPadden 27-3, 65-69 Michael Andors 29-3, 60-64 Morris Gleimer 31-11, 55-59 Thomas Patsalis 40-5, 50-54 James Johnson 33-5, 45-49 David Jackson 41-10 1/2, 40-44 Wal Andrews 38-2 1/2, 35-39 Alvin Henry 44-3, 30-34 Lawrence Loveridge 45-1  
Decathlon:  
60-64 Fay Steele 3048, 45-49 Alfred Brenda 4382, 40-44 Charles Young 4588, 35-39 John Dobroth 5730, 30-34 Harold Serkin 4889  
WOMEN  
100 meters:  
55-59 Josephine Kolda 17.0, 50-54 Ruth Christian 14.8, 45-49 Ellen Rose 15.0, 40-44 Almeta Parish 13.2, 35-39 Cherrie Sherrard 12.8  
200 meters:  
55-59 Josephine Kolda 39.0, 50-54 Shirley Dieterck 34.5, 45-49 Shirley Kinsey 31.2, 40-44 Almeta Parish 27.7, 35-39 Susan Hartman 28.7  
400 meters:  
55-59 Josephine Kolda 1:29.2, 45-49 Ellen Rose 1:11.7, 40-44 Irene Obara 1:04.6  
800 meters:  
85-89 Eula Weaver 7:28.6, 55-59 Ernestine Yeomans 3:45.0, 45-49 Ellen Rose 2:54.4, 40-44 Katharine Brieger 2:57.5  
1500 meters:  
85-89 Eula Weaver 16:34.6, 55-59 Edith Carlisle 6:05.2, 50-54 Diana Smith 8:34.0, 45-49 Jerri Pattee 8:15.0, 40-44 Katharine Brieger 6:05.0, 35-39 Sandra Palais 7:25.0, 30-34 Laurie Olson 5:22.4  
5000 meters:  
60-64 Alice Werbel 26:08.2, 55-59 Edith Carlisle 26:30.0, 45-49 Jessie Smith 23:50.2, 40-44 Yvonne Livett 23:00.7, 30-34 Janet Ledder 21:00.1  
10,000 meters:  
60-64 Alice Werbel 53:33, 55-59 Edith Carlisle 53:24, 45-49 Jessie Smith 50:34, 30-34 Janet Ledder 44:26  
5000 meters walk:  
55-59 Ernestine Yeomans 34:04.4, 30-34 Victoria Jones 28:41.0  
10,000 meters walk:  
80-84 Hulda Crooks 1:38:37.5  
400 meters relay:  
35-39 No. Calif. Seniors 57.7  
Discus:

35	Gerald Silveager	53:03
36	John Hellman (WVTC)	53:04
37	Greg Lyon (PFCTC)	53:15
38	Greg Jewett (Pam)	53:16
39	Tom Gleason	53:19
40	Jeff Winkler HS	53:20
41	Phil Sanfilippo (WVJS)	53:30
42	Robert E. Welck (MPAC)	53:31
43	Ross Smith (WVJS) 40+	53:35
44	Drew Paulin (WVJS)	53:35
45	J. Dave Castro (LGP) HS	53:40
46	Rich Antal	54:27
47	Roger Bryan (TRAC) 40+	54:37
48	Steve E. Fuller (WdS)	54:40
49	Joe Salazar	54:50
50	Sheldon Larson (CmW) HS	54:57
80	Bob Malain 50+	57:33
86	Vick Bray (Cin) W	57:59
97	Judy Gumbs-Leydig (WVTC)	58:37 w
106	Penny DeMoss (WVTC) W	59:05
143	Vic Crosetti (TRAC) 50+	61:55
145	Marilyn Taylor W	61:57
146	Don Lucero (WVTC) 50+	61:59

/Ken Napier/

June 25 & 26. Lompoc. Lompoc Distance Carnival--USTPF National Invitational Junior Six Mile Run (on the track):

1)	Steve Alvarez (Coachella)	29:10.2
2)	Rod Berry (Redwood HS)	29:13.2
3)	Steve Ortiz (Kennedy HS)	29:15.3
4)	Tom O'Neil (Jesusit HS)	29:39.6
5)	Tim Holmes (Downey HS)	29:41.0
6)	Jeff Creer (East HS, Utah)	29:52.0
7)	Joe Weston (S.Plantation)	29:53.0
8)	Carmelo Rios (Lennox HS)	29:58.0
9)	Pete Gaul (Jesusit HS)	29:59.0
10)	Tim Farrell (Amer Riv JC)	30:06.0
11)	Bob Love (Carlmont HS)	30:27.0
12)	Mark Gookin (P. Henry HS)	30:40.0
13)	Joe Young (Costa Mesa HS)	30:46.0
14)	Frank Ebner (Bshp. Amat HS)	30:55.0
15)	Clancy Devery (S.Salem HS)	31:03.0

/Joe Sciamé/

June 25 & 26. Lompoc. Lompoc Distance Carnival--USTPF 4 Mile Relay:

Open Division

1)	Lompoc Alumni (Hansen, Warrick, Williams, Schankel)	17:47.7
2)	Paso Robles Renegades	18:17.7
3)	Orange County TC	18:47.6

Junior Division

1)	Righetti High School (Bueker, Onaga, Kendrick, Flint)	19:12.6
2)	Lompoc High TC	19:18.9

Women's Division

1)	Renski's Purracells (Rense, Jackson, Cooper, Burke)	23:10.4
2)	Summerschool Squirrels	27:30.0

/Joe Sciamé/

June 25 & 26. Lompoc. Lompoc Distance Carnival--USTPF Parade Route Road Race (4.9 miles):

1)	Jim Schankel (MTC)	22:04
2)	Terry Williams (MTC)	22:08
3)	Roger Hansen (MTC)	22:48
4)	Art Meyer (HSTC)	22:54
5)	Bob Nanninga (WVTC)	23:37
6)	Bryan Tracy (SLOTC)	24:20
7)	Bill Weston (SP1)	24:29
8)	Jim Casper (SLDC)	24:50
9)	Walt Lange (Buf Ch)	25:17
10)	Ted Alarcon	25:19
11)	Bill Grimes	25:45
12)	Stan Rosenfield (SLDC)	25:52
13)	Gordon Keller (YMCA)	26:09
14)	Gene Lynch (un)	26:11
15)	Bill Everding (un)	26:12
16)	Rey Pena (CDM)	26:15

- 17) Jack Stuart (un) 26:17
- 18) Mike Bacca (ODC) 26:22
- 19) Gilbert Torres (ODC) 26:23
- 20) John Perkins (LVDC) 26:23

/Joe Sciamé/

June 25 & 26, Lompoc. Lompoc Distance  
 Carnival-Women's Invitational 3000  
 Meter Run:

- 1) Judy Graham (WVTC) 9:39.9
- 2) Phyllis Orlch (WVTC) 9:49.7
- 3) Ann Trason (Mont.Penn TC) 10:05.3
- 4) Tami Darr (BATIC) 10:54.5
- 5) Francie Castro (LVDC) 11:19.9
- 6) Debbie Zirkle (LakeCoRR) 12:00.2

/Joe Sciamé/

June 26, Lompoc. Valley of the Flowers  
 Marathon

- 1) Michael Sayward (ATC) 2:34:31
- 2) Steve Watkins (PacificG) 2:36:14
- 3) Andrew Levinson(LBCh) 2:45:17
- 4) Gary Seeger (Ptn Vly) 2:45:37
- 5) R. Ortiz 2:45:38
- 6) John Botke (StaBarb) 2:45:40
- 7) Mike Ellis (Long Bch) 2:46:00
- 8) Gary Johanson(Lompoc) 2:46:22
- 9) Mike Williams(SRC) 2:47:11
- 10) Boyd Hartley 2:49:33
- 11) Daniel Hurt 2:49:45
- 12) Robert Cormeley (EC) 2:50:18
- 13) Jay Cook (USA) 2:50:18
- 14) Kathy Jewell 1st-W 2:50:34
- 15) George McAllister(WTC) 2:50:39
- 16) Ross Rowley (STC) 2:51:36
- 17) Randy Thwing 2:53:04
- 18) Dennis Stansauk (SFVTC) 2:53:20
- 19) Rick Delanty (SCS) 2:55:43
- 20) Steve Doken (CSULB) 2:55:53
- 21) Ted Alarcon 2:56:20
- 22) Bob King (STC) 2:56:30
- 23) Pete Peterson 2:56:30
- 24) Susan Peterson 2nd-W 2:56:30
- 25) Robert Hollister (SBAA) 2:57:18
- 26) Sherman Schapiro 2:57:53
- 27) Steve Shewalter (STC) 2:59:41
- 28) Ben Baldez (IC) 3:00:12
- 29) Robert Johnson (GPAC) 3:00:56
- 30) Ed Jerome (TRAC) 3:00:58

/Joe Sciamé/

June 26, Lompoc. Valley of the  
 Flowers Half Marathon

- 1) Steve Kelley (FPFC) 1:09:24
- 2) Dirk Peenstra 1:10:23
- 3) Dave White (OP) 1:10:38
- 4) Dean McComb 1:11:23
- 5) Bob Nunez (LVOC) 1:11:56
- 6) Mark Hemphill (SBAA) 1:12:38
- 7) Jim King (OCTC) 1:13:14
- 8) Byrle Smullen 1:14:13
- 9) Peter McCarray 1:14:15
- 10) Steve Cioso (LBSTC) 1:14:46
- 11) Joe Burgasser (TSTC) 1:15:08
- 12) Vernon Jackson (LVS) 1:15:11
- 13) Tom Trimble (SMRHS) 1:15:39
- 14) David Garcia 1:16:13
- 15) Robert Ridley (CCAC) 1:16:50
- 16) Stu Sutherland (CN) 1:17:11
- 17) Bob Rich 1:17:34
- 18) David Kurtze 1:17:50
- 19) Jim Casper (SLDC) 1:18:00
- 20) Walt Lange (BC) 1:18:18
- 21) Dave Holland (STC) 1:18:36
- 22) Tim Woodward (OP) 1:18:56
- 23) Joe Ramos 1:19:02
- 24) Jeff Jones (OCTC) 1:19:08
- 25) Dave Ramirez 1:19:27
- 26) Roger Sorensen (OP) 1:19:27
- 27) John Whisenand (STC) 1:19:45
- 28) Stan Rosenfield (SLDC) 1:19:54
- 29) David Mineau (CRC) 1:19:56
- 30) Dave Stasel 1:20:15
- 31) Ann Trason (MPTC) 1-W 1:21:41

- High Jump:  
 1) Lisa Peters (LATC) 5-6
- Long Jump:  
 1) Kris Sorrenson (SAL) 17-7
- Shot Put:  
 1) Rosarie Ramos (AA) 38-1 1/2
- Discus:  
 1) Donna Hollingworth(QCC) 110-4
- Javelin:  
 1) Donna Hollingworth(QCC) 132-4

16-17 Division

- 100 Meter Hurdles:  
 1) Lisa Gouridine (PAT) 14.57
- 100 Yds:  
 1) Linda Cassidy (BA) 11.75
- 220 Yds:  
 1) Linda Cassidy (BA) 25.3w
- 440 Yds:  
 1) Linda Cassidy (BA) 60.5
- 880 Yds:  
 1) Roma Antoniewicz(LATC) 2:19.7
- Mile:  
 1) Eugenia Zorich (MPP) 6:08.2
- High Jump:  
 1) Kerry Zwart (LATC) 5-6
- Long Jump:  
 1) Lisa Gouridine (PAT) 17-10 1/2
- Discus:  
 1) Lisa Cravitz (LATC) 115-11
- Javelin:  
 1) Raedean Rona (PAT) 118-0

/Bob Seaman/

SEMANA NAUTICA/SPA 15 K SANTA BARBARA

PLC	DISTANCE-- 9.300 MILES	DATE--070477	FAST TIME
1	GARY TUTTLE	29 BHS	46:42
2	GARY ROMESSER	26 FPTC	46:52
3	EDDY CADENA	29 SLDC	47:05
4	CHUCK SMEAD	25 AIA	47:33
5	JOE CARLSON	25 CCAC	47:34
6	BOB HAYES	22 AIA	47:38
7	JERRY ALEXANDER	23 ELAT	47:51
8	GEORGE AGUIRRE	19 SBAA	47:52
9	MICHAEL CHAMBLISS	28 B B	47:59
10	GERARDO CANCHOLA	21 SFVT	48:12
11	LARRY HANSON	22 CCAC	48:36
12	RONALD KURRLE	29 SFVT	48:39
13	TOM LEE	28 CCAC	48:42
14	BEN MARTINEZ	26 AIA	49:01
15	PAUL COOK	25 AIA	49:04
16	MARK DULANEY	23 AIA	49:11
17	ED CHAIDEZ	25 C N	49:16
18	BILL ENTZ	22 B B	49:26
19	BOB ALEXANDER	24 CCAC	49:31
20	TOM KOPPES	22	49:52
21	DON OCANA	CCAC	49:55
22	TIM DONOVAN	27 SBAA	50:03
23	TOM COLLEY	21 SUPP	50:09
24	MIGUEL SANTIZO	21	50:19
25	RICK CISNEROS	17 PTC	50:35 1 B3
26	JOEY GOMEZ	17 PTC	51:03 2 B3
27	LOUIS RIVERA	18 PTC	51:12 3 B3
28	STEVE DURAND	20 STC	51:16
29	RANDY THWING	23 SHAA	51:28
30	FRANCISCO FLORES	18 PTC	51:29 4 B3
31	JOHN MADVIG	21 H B	51:33
32	RICK TORRES	18	51:38 5 B3
33	STEVE BOAZ	20 CCAC	51:39
34	RAUL GIL	18 SBAA	51:41 6 B3
35	JOHN JONES	28 SBAA	51:43
36	STEVE ADAMS	27 B B	51:51
37	DAVID HAAKE	20 SBAA	52:06
38	MICHAEL EDWARDS	23	52:26

July 4, San Diego:  
 Coronado 1/2 Marathon

- 1 THOM HUNT 19 M 65:54.2
- 2 GEORGE PULLEN 23 M 67:24
- 3 PHIL CAMP 29 M 67:32
- 4 LES MYERS 22 M 68:49
- 5 IAN CUMMING 25 M 69:19
- 6 THOMAS C. KELLEY 24 M 69:21
- 7 ROBERT BURCH 20 M 69:49
- 8 JIM MOSHER 27 M 69:54
- 9 WALLY BUCKINGHAM 24 M 69:57
- 10 J. MARTEN NOLASCO 28 M 70:14
- 11 BRAD ROY 23 M 70:28
- 12 TIM VARLEY 16 M 71:05
- 13 JEFF RIGDON 24 M 71:25
- 14 MIKE COUR 27 M 71:32
- 15 WAYNE AKYAMA 25 M 71:42
- 16 BRIAN GRUNLOH 17 M 71:51
- 17 BRIAN WILLIAMS 21 M 72:01
- 18 J. O'FLAHERTY 30 M 72:09
- 19 DON SHANAHAN 34 M 72:18

- 20 LLOYD GEGGATT 28 M 72:23
- 21 DENNIS KASISCHKE 31 M 72:30
- 22 KAJ JOHANSEN 32 M 72:59
- 23 FRANKLIN HARALSON 18 M 73:07
- 24 DENNIS HABELIN 16 M 73:09
- 25 MATT THORNSBERRY 18 M 73:20
- 26 TOM BACHE 34 M 73:32
- 27 HOWARD MOODY 36 M 73:37
- 28 KENT HEERINGA 25 M 73:47
- 29 DAVID VARLEY 18 M 73:52
- 30 MAC LARSON 29 M 74:07
- 31 MICHAEL LEBOLD 19 M 74:10
- 32 JOHN DUNEAR 23 M 74:19
- 33 TIM MARENO 22 M 74:37
- 34 RICKY HAYES 18 M 74:46
- 35 -- 74:50
- 36 JOHN COPELAND 27 M 74:54
- 37 LARRY ZAMBRANO 16 M 74:58
- 38 DOUG SADLER 17 M 75:06
- 39 BOB DAY 32 M 75:09
- 40 JIM THOMPSON 33 M 75:18
- 41 RICK SATTERLEE 17 M 75:19
- 42 BILL JOHNSON 25 M 75:20
- 43 BOB MACKEL 34 M 75:24
- 44 JOHN RUSINKO 28 M 75:25
- 45 ED ALMEIDA 55 M 75:26
- 46 ROBERT BAIRD 26 M 75:33
- 47 STEVE BROWN 20 M 75:41
- 48 LARRY WOOLF 23 M 75:44
- 49 BOB HENKE 17 M 75:47
- 50 WAYNE MARTIN 18 M 75:57

- Discus:  
 1) Hal Smith 106
- 45-49 Division  
 100 Yd Dash:  
 1) Ted Vick 11.4  
 220 Yd Dash:  
 1) Ted Vick 25.8  
 440 Yd Dash:  
 1) Doug Kirkmeyer 69.1  
 880 Yd Run:  
 1) Lloyd McGuire 2:19.3
- Mile:  
 1) Ray Archibald 5:04.6  
 6 Mile:  
 1) Newton Ball 43:40
- Long Jump:  
 1) Shirley Davisson 18-8 1/2
- High Jump:  
 1) Ed Austin 5-6
- Triple Jump:  
 1) Shirley Davisson 35-8 1/2
- Pole Vault:  
 1) J. Blakesley 9-6
- Javelin:  
 1) Dick Straub 137-4 1/2
- Discus:  
 1) Dick Straub 113-11  
 2) Mile Walk:  
 1) James Field 18:59

GRIFFITH PARK AC 13KM TEAM RUN

PLC	DISTANCE-- 8.084 MILES DATE--070977	FAST TIME
1	GERARDO CANCHOLA	43:38
2	JOE CARLSON	43:47
3	CHUCK SMEAD	44:00
4	LOU SILVA	44:43
5	DAVE FRICKEL	45:19
6	GREG PARKS	45:31
7	PAUL COOK	45:40
8	KENNETH MOFFITT	24 AZTL 45:44
9	ART MEYER	45:48
10	TOM LEE	46:08
11	BOB HAYES	46:20
12	RANON ESTRADA	46:49
13	ROGER SCHNOOVER	47:09
14	TOM COLLEY	47:09
15	ANDY LEVINSON	47:23
16	CARLOS ALFARO	36 AZTL 47:25
17	WALT HITT	47:45
18	CARHILLO RIOS	47:48 1 B3
19	TOOD FERGUSON	47:54
20	BRYAN STEVENSON	47:54 2 B3
21	MARVIN ROMLEY	37 CCAC 47:55
22	HART J COVENTRY	36 STC 48:25
23	GIL SCHALLER	48:28
24	GREG GONZALES	48:34
25	TERRY GIBSON	48:35 3 B3
26	HARRY ALVAREZ	48:50
27	IGLESIAS DIMAS	48:57
28	GARY GUNDBERG	20 RRR 48:57 4 B3
29	BOB BRANCH	31 CCAC 49:21
30	JIM FLANIGAN	27 BMS 49:28
31	DARTY CRONIN	49:30 1 40
32	CHUCK CATHEY	49:38 5 B3
33	JOHN MORINO	49:40 6 B3
34	LEONARD EFRON	49:50 2 40
35	BEN GOMEZ	49:54 1 B3
36	LAZARO GARCIA	49:57 8 B3
37	DOUG HUMPHRIES	21 UNAT 50:02
38	LOUIE HERNANDEZ	50:10 9 B3
39	JOHN RUDBERG	43 STC 50:13 3 40
40	DAVID RARA	50:14 10 B3
41	STEPHEN KELLOG	50:15
42	NICK AGOSTINELLI	36 CCAC 50:29
43	STEVE TYLER	50:43
44	GLEN HATTORI	50:45
45	PHIL ALVIREZ	50:52
46	JIM MINAMI	51:01
47	JULIUS KAHABEL	51:12
48	TED ALERCON	51:12 4 40
49	JOE BURGASSER	39 STC 51:18
50	SKIP SHAFER	39 CCAC 51:51
51	RICHARD DAVIES	55 CCAC 52:17 1 50
52	MIKI GORMAN	53:27 1 MV
53	PAM FIRESTONE	56:39 1 GRL
54	KATHY MARTIN	58:03 1 WOH
55	YVETTE M IRONS	58:07 2 GRL

- 50-54 Division  
 100 Yd Dash:  
 1) Don Watt 11.9  
 220 Yd Dash:  
 1) Don Watt 26.6  
 440 Yd Dash:  
 1) Delaino Wagner 63.6
- 880 Yd Run:  
 1) Bill Fitzgerald 2:12.0
- Long Jump:  
 1) Dave Brown 16-3
- High Jump:  
 1) Tom DeV Vaughn 3-10
- Triple Jump:  
 1) Tom DeV Vaughn 28-8 1/2
- Pole Vault:  
 1) Don Grosh 10-6
- Shot:  
 1) George Ker 49-6
- Discus:  
 1) George Ker 143-3
- 55-59 Division  
 100 Yd Dash:  
 1) Tom Patsalis 11.2
- 220 Yd Dash:  
 1) Clarence Killion 27.6
- 440 Yd Dash:  
 1) Bob Hunt 68.8
- 880 Yd Run:  
 1) Dave Lewis 2:37.4
- Mile:  
 1) James Oleson 5:27.5
- 6 Mile:  
 1) Earl Rippee 39:18.8
- 120 LH:  
 1) Tom Patsalis 17.1
- Long Jump:  
 1) Tom Patsalis 18-10
- High Jump:  
 1) Bill Burke 3-10
- Triple Jump:  
 1) Tom Patsalis 36-8
- Shot:  
 1) Pete Fetter 35-7
- Javelin:  
 1) Pete Fetter 151
- Discus:  
 1) Eric Jordan 99-11
- 2 Mile Walk:  
 1) Bob Long 18:51.3

/John Brennan/

27	800 Nines (LVCV)	1:11:30	18	MARK DULANEY	23	PTC	49:16
6)	Mark Hemphill (SBAA)	1:13:14	25	C N	25	C N	49:16
7)	Jim King (OCTC)	1:14:13	18	BILL ENTZ	22	B B	49:26
8)	Byrle Smullen	1:14:15	19	BOB ALEXANDER	24	CCAC	49:31
9)	Peter McCarray	1:14:46	20	TOM KOPPE	22		49:52
10)	Steve Cioso (LBSTC)	1:15:08	21	DON OCANA		CCAC	49:55
11)	Joe Burgasser (TSTC)	1:15:11	22	TIM DONOVAN	27	SBAA	50:03
12)	Vernon Jackson (LVS)	1:15:39	23	TOM COLLEY	21	SURR	50:09
13)	Tom Trimble (SMRHS)	1:16:13	24	MIGUEL SANTIZO	21		50:19
14)	David Garcia	1:16:50	25	RICK CISNEROS	17	PTC	50:35 1 B3
15)	Robert Ridley (CCAC)	1:17:11	26	JOEY GOMEZ	17	PTC	51:03 2 B3
16)	Stu Sutherland (CN)	1:17:34	27	LOUIS RIVERA	18	PTC	51:12 3 B3
17)	Bob Rich	1:17:50	28	STEVE DURAND	20	STC	51:16
18)	David Kurtze	1:18:00	29	RANDY THWING	23	SHAA	51:28
19)	Jim Casper (SLDC)	1:18:18	30	FRANCISCO FLORES	18	PTC	51:29 4 B3
20)	Walt Lange (BC)	1:18:36	31	JOHN MADVIG	21	H B	51:33
21)	Dave Holland (STC)	1:18:56	32	RICK TORRES	18		51:38 5 B3
22)	Tim Woodward (OF)	1:19:02	33	STEVE BOAZ	20	CCAC	51:39
23)	Joe Ramos	1:19:08	34	RAUL GIL	18	SBAA	51:41 6 B3
24)	Jeff Jones (OCTC)	1:19:27	35	JOHN JONES	28	SBAA	51:43
25)	Dave Ramirez	1:19:45	36	STEVE ADAMS	27	B B	51:51
26)	Roger Sorensen (OF)	1:19:54	37	DAVID HAAKE	20	SBAA	52:06
27)	John Whisenand (STC)	1:20:15	38	MICHAEL EDWARDS	23		52:26
28)	Stan Rosenfield (SLDC)	1:20:56	39	BILL ANDERSON	34	SBAA	52:34
29)	David Mineau (CRC)	1:21:41	40	ANDREW LEVINSON	29	STC	52:38
30)	Dave Stasel	1:21:41	41	STAN HEINRICHS	17	SBAA	52:43 7 B3
40)	Ann Trason (MPTC) 1-W /Joe Sciame/		42	LARRY TAFF	19	RRR	52:45 8 B3

June 25. Santa Ana. 1977 Southern Pacific AAU Women's Junior Olympic Track & Field Championships-- Qualifying Meet at Santa Ana College

12-13 Division

80 Meter Hurdles:	
1) Katrena Johnson (PAS)	12.7
200 Meter Hurdles:	
1) Camille Orr (SBSF)	30.5w
100 Yds:	
1) Kati Peterson (BA)	11.2
220 Yds:	
1) Kati Peterson (BA)	25.7w
440 Yds:	
1) Kim Lindbery (SBSF)	60.9
880 Yds:	
1) Regina Jacobs (LATC)	2:13.2
Mile:	
1) Denise Ball (NPP)	5:35.3
Mile Walk:	
1) Shelley Quintana (BA)	8:20.7
880 Medley Relay:	
1) Pasadena Rosebuds A	1:56.2
Mile Relay:	
1) Pasadena Rosebuds A	4:26.1
High Jump:	
1) Rena Wright (LATC)	5-4
Long Jump:	
1) Wynde Grey (PAS)	17-3 1/2
Shot Put:	
1) Amy Johnson (BA)	30-7 3/4
Discus:	
1) Alexandria Kriva (un)	84-1
Javelin:	
1) Deena Bernstein (BA)	135-6

14-15 Division

100 Meter Hurdles:	
1) Marlana Harmon (LATC)	14.83w
100 Yds:	
1) Vanessa Denniston (PAT)	11.22
220 Yds:	
1) Vanessa Denniston (PAT)	24.5w
440 Yds:	
1) Arlise Emerson (PAT)	57.7
880 Yds:	
1) Sandra Anderson (LATC)	2:19.2
Mile:	
1) Kelly Ringer (BA)	5:25.6
Mile Walk:	
1) Juanita Contreras (un)	10:34.2
Two Mile:	
1) Deleria Bobson (LATC)	11:29.0
440 Relay:	
1) Pasadena Rosebuds	50.25
Mile Relay:	
1) Blue Angels	4:25.0
Two Mile Relay:	
1) Sacred Heart Comets	11:31.3

23	PTC	49:16
25	C N	49:16
22	B B	49:26
24	CCAC	49:31
22		49:52
	CCAC	49:55
27	SBAA	50:03
21	SURR	50:09
21		50:19
17	PTC	50:35 1 B3
17	PTC	51:03 2 B3
18	PTC	51:12 3 B3
20	STC	51:16
23	SHAA	51:28
18	PTC	51:29 4 B3
21	H B	51:33
18		51:38 5 B3
20	CCAC	51:39
18	SBAA	51:41 6 B3
28	SBAA	51:43
27	B B	51:51
20	SBAA	52:06
23		52:26
34	SBAA	52:34
29	STC	52:38
17	SBAA	52:43 7 B3
19	RRR	52:45 8 B3
16	SMT	52:48 9 B3
18	SLDC	53:02 10 B3
18	STC	53:09 11 B3
23		53:13
16	PTC	53:17 12 B3
38	STC	53:18 1 SM
15	RRR	53:26 1 B2
28	SHAA	53:27
39	CCAC	53:28
33	CCAC	53:29
46	SCS	53:35 1 40
15		53:40 2 B2
34	SHAA	53:41
31	CCAC	53:44
20	RRR	53:53
44	SBAA	54:10 2 40
17	STC	54:15 13 B3
20	SBAA	54:17
19		54:18
27	BHS	54:19
28	UNAT	54:20
34	C C	54:23
43	STC	54:25 3 40
16	SBAA	54:25 14 B3
17		54:45 15 B3
49	STC	54:53 4 40
22		54:56
41	CCAC	55:00 5 40
39	SLD	55:03
24	STC	55:05
17	PTC	55:10 16 B3
36	UNAT	55:13 3 SM
35		55:15 4 SM
55	CCAC	57:10 1 50
13	RRR	1:01:00 1 GPL
16	SBAA	1:02:58 1 WOM
16	SBAA	1:03:28 2 WOM
20	SFVT	1:04:00 3 WOM
16	SBAA	1:04:29 4 WOM

27	BHS	49:28	1) James Oleson	5:27.5
31	DARTY CRONIN	49:38 1 40	6 Mile:	
32	CHUCK CATHEY	49:38 5 B3	1) Earl Rippee	39:18.8
33	JOHN MORINO	49:40 6 B3	120 LH:	
34	LEONARD EFRON	49:50 2 40	1) Tom Patsalis	17.1
35	HEN GOMEZ	49:56 1 B3	Long Jump:	
36	LAZARO GARCIA	49:57 8 B3	1) Tom Patsalis	18-10
37	DOUG HUMPHRIES	50:02	High Jump:	
38	LOUIE HERNANDEZ	50:10 9 B3	1) Bill Burke	3-10
39	JOHN RUDBERG	50:13 3 40	Triple Jump:	
40	DAVID RARA	50:14 10 B3	1) Tom Patsalis	36-8
41	STEPHEN KELLOG	50:15	Shot:	
42	NICK AGOSTINELLI	50:29	1) Pete Fetter	35-7
43	STEVE TYLER	50:43	Javelin:	
44	GLEN HATTORI	50:45	1) Pete Fetter	151
45	PHIL ALVIREZ	50:52	Discus:	
46	JIM MINAMI	51:01	1) Eric Jordan	99-11
47	JULIUS KARABEL	51:12	2 Mile Walk:	
48	TED ALERCON	51:12 4 40	1) Bob Long	18:51.3
49	JOE BURGASSER	51:18		
50	SKIP SHAFFER	51:51		
68	RICHARD DAVIES	53:17 1 50		
69	MIKI GORMAN	53:27 1 WVL		
119	PAM FIRESTONE	56:39 1 WVL		
138	KATHY MARTIN	58:03 1 WVM		
139	YVETTE M IRONS	58:07 2 GPL		

/John Brennan/

July 9. Orange. Chapman College  
Masters Meet

30-34 Division

Mile:

1) Ron Hansen	4:50.8
6 Mile:	
1) Dennis Fitzgerald	33:15
Long Jump:	
1) John MacMurray	14-8
High Jump:	
1) John MacMurray	4-2
Pole Vault:	
1) Tony Endres	11-6
Shot:	
1) John MacMurray	29-5
Discus:	
1) Chuck Russell	113-11

35-39 Division

100 Yd Dash:

1) Larry Sallinger	11.0
220 Yd Dash:	
1) Larry Sallinger	24.7
440 Yd Dash:	
1) Tom Richards	61.4
880 Yd Run:	
1) Norm Towers	2:10.3
Mile:	
1) Tom Richards	4:41
120 HH:	
1) Larry Sallinger	14.8
High Jump:	
1) Jim Clark	4-4
Long Jump:	
1) Al Henry	19-10 1/2
Triple Jump:	
1) Al Henry	41-11
Pole Vault:	
1) Ron Fleming	11-6
Shot:	
1) Ed Kohler	50-10
Javelin:	
1) Larry Tucker	138-1
Discus:	
1) Ed Kohler	166-10

40-44 Division

100 Yd Dash:

1) Ken Dennis	10.4
220 Yd Dash:	
1) Ken Dennis	23.3
880 Yd Run:	
1) Ed Bell	2:11.2
6 Mile:	
1) Hank Norton	36:48
Long Jump:	
1) Hal Smith	15-11
Javelin:	
High Jump:	
1) Hal Smith	5-0
Pole Vault:	
1) Carlos Cota	12-0
Shot:	
1) Hal Smith	41-8
Javelin:	
1) Dick Smith	136-1/2

60-64 Division

440 Yd Dash:

1) Paul Ganahl	71.3
880 Yd Run:	
1) George Fitzgerell	3:19
Mile:	
1) Ed Stotsenberg	5:40
6 Mile:	
1) Charles Seekins	40:26.2
120 LH:	
1) Herb Miller	22.5
Long Jump:	
1) Bill Morales	16-1 1/2
High Jump:	
1) Paul Ganahl	4-4
Triple Jump:	
1) Herb Miller	26-8
Pole Vault:	
1) Jim Vernon	11
Shot:	
1) Hugo DeGroot	41-11
Javelin:	
1) Bill Morales (WR)	177-5
Discus:	
1) Neal Buell	125-2

65-69 Division

100 Yd Dash:

1) Joe Castro	13.3
440 Yd Dash:	
1) Chick Dahlsten	75.0
880 Yd Run:	
1) Chick Dahlsten	2:50.2
Mile:	
1) Chick Dahlsten	5:46
6 Mile:	
1) Walt Fredericks	52:53
120 LH:	
1) Walt Fredericks	31.5
Long Jump:	
1) Joe Caruso	13-9
High Jump:	
1) Walt Fredericks	3-10
Triple Jump:	
1) Joe Caruso	26-8
Pole Vault:	
1) Bob MacConaghy	9
Javelin:	
1) Bob MacConaghy	116-2
2 Mile Walk:	
1) Al Guth	23:13.8
Discus:	
1) Mickey Blakesley	98-8

70-74 Division

Mile:

1) Monty Montgomery (WR)	5:42.2
Triple Jump:	
1) R. Doms	22-5
6 Mile:	
1) R. Doms	36-11 1/2
Shot:	
1) R. Doms	101-10
Javelin:	
High Jump:	
1) R. Doms	5-0
Discus:	
1) R. Doms	110-4
2 Mile Walk:	
1) Chesley Unruh	20:19.8
Javelin (800 gr)	
1) R. Doms	87

/Shirley Davisson/

July 2. Fresno. First Union Derby at Cal State Univ Fresno

Jr. High Division (1.0 Miles):	
1) Rick Hernandez (HSTC)	5:14.0
2) Jerry Grieco (Ahwahnee)	5:18
3) Kevin Elder (PPTC)	5:53

Female Division (0.5 Miles):	
1) Sandy McPherson (Clovis)	2:38.2
2) Jo Ellen Howard (PPTC)	2:54
3) Sara Washman (PPTC)	2:55

Female Division (3.0 Miles):	
1) Marcia Romesser (PPTC)	19:12
2) Michelle Beveridge (PPTC)	20:00
3) Eileen Jackson (Bloom.TC)	20:28

Masters II (3.0 Miles):	
1) Harry Harder (HSTC)	20:44
2) Howard Buchenberger (FJ)	21:13

Masters I (3.0 Miles):	
1) Len Thornton (HSTC)	16:31
2) Rich Peterson (HSTC)	17:58
3) Lonnie Barnes (FJ)	22:17

Sub Masters (3.0 Miles):	
1) Dave Bronzan (HSTC)	16:06
2) Bob Lyndsey (FJ)	17:49
3) Bill Cockerham (PPTC)	18:12

High School Division (3.0 Miles):	
1) Tony Diyabidian (HSTC)	15:52
2) Scott Thornton (HSTC)	15:52
3) Steve Hulce (PPTC)	16:04

Open Division (3.0 Miles):	
1) Alfred Lara (PPTC)	14:59.0
2) Darrel Cox (PPTC)	15:11
3) Baldemar Bettencourt	15:28
4) Art Meyer (HSTC)	15:39
5) Keith Jacobson	15:44
6) Rene Ortiz (Parlier TC)	16:06
7) Albert Lomeli (PPTC)	16:12
8) Bruce Sharp	16:14
9) Jeff Morrow	16:15
10) Elmer McPhail (PPTC)	16:30

/Larry Lung/		
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July 4, San Diego Area, Carlsbad Firecracker 10Kilo

Name	Age	Time
1. Shannon Laird	20	33:19
2. Russell Bushaba	17	33:25
3. Frank Rosanish	28	33:28
4. Rick Hagin	28	34:10
5. Vince Hernandez	17	34:29
6. Joe Stinson	17	35:36
7. Steve Laird	23	35:36
8. Mike Felix	33	36:31
9. Loren McKnight	33	37:01
10. Ray Archibald	45	37:17
11. Jim Buskley	27	37:38
12. Randy Johnson	18	37:53
13. John Bushory	33	37:57
14. LeRoy Fleischer	16	37:58
15. Al Kahn	28	38:09
16. Keith Reed	34	38:37
17. Bob Hamer	27	39:22
18. Dean Gang	18	39:44
19. Bill Clark	51	39:58
20. Al Urthwein	16	40:02
21. Jerry Cruz	18	40:04
22. David Flanders	18	40:08
23. Les Conklin	36	40:11
24. Rod Fropet	26	40:22
25. Frank Walker	34	41:34

July 10. Felton. Felton Race to the Redwoods

1) Benton Hart (WVTC)	36:31.6
2) J. Moreno (Camino West)	37:03
3) Bob Arce	37:32
4) D. George (AIA)	37:52
5) M. Sommer	37:52
6) S. Palladino (Cam West)	38:21
7) D. Hull (Camino West)	39:21
8) Unknown	
9) L. Hidalgo	39:26
10) P. Swinney (CaminoWest)	39:27
11) J. Barragan(LosGatos)	39:28
12) P. Dolan	39:37
13) Bob Love (CaminoWest)	39:38
14) Phil McCarty (Maranon)	39:45
15) John Marden	39:47
16) Michael Miller(CamWest)	39:55
17) Mike Williams (Soquel)	40:03
18) M. Chastaine (Quest)	40:15
19) G. Slibsager	40:16
20) P. Lemus	40:20
21) P. Churney	40:23
22) Gilbert Dean (CamWest)	40:40
23) Bob Miller (CamWest)	40:42
24) Barry Newton(CalCross)	40:42
25) Michael Macallair	40:42
26) Jack Reime	40:47
27) J. D. Castro(LosGatosPr)	40:48
28) Keith Kruse	41:07
29) D. DeWhitt	41:17
30) Ben Sawyer(Soquel RC)	40+40:18
31) Fred Acosta	40:28
32) Glenn Dean (CamWest)	40:42
33) Patrick Shane	40:45
34) Tim Rostage (WVTC)	41:50
35) Alex Bonner	42:56
46) M. Nevrantont	42:10
54) Bill Floodberg(WVJ&S)	43:32
89) Marilyn Taylor	47:00
135) Skip Swannack (Woodsde)	50:02

July 9 & 10. National AAU Decathlon Championships -- Billy Hayes Track at Indiana University:

1) Fred Dixon (Tobias Striders)	8037
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65-69:	
1) Mickey Blakessley	35:52.5

70+:	
1) Chesley Unruh	32:33.7

3000m Steeplechase

30-39:	
1) Dave Shannon	11:11.5
50-54:	
1) John Friesen	19:34.3

55-59:	
1) Robert Long	14:42.5

440 Relay

30-39:	
1) So. Calif. Striders	43.1

40-44:	
1) Dennis-Kimm-Jackson-Knox	46.5

50-54:	
1) Nor Cal Seniors	49.1

500m

50-54 Women:	
1) Dorothy Thomas	6:26.3

30-39:	
1) Thomas Richards	4:23.5

40-44:	
1) Frank Delgado	4:33.6

45-49:	
1) Tom Sturak	4:31.1

50-54:	
1) Avery Bryant	4:52.1

55-59:	
1) James Oleson	5:11.3

60-64:	
1) Ray Mahannah	4:58.6

110m Hurdles

30-39:	
1) Walt Butler	14.2

40-44:	
1) Dave Jackson	15.8

50-54:	
1) Robert Roemer	19.0

55-59:	
1) Robert Hunt	17.7

60-64:	
1) Bill Morales	20.2

65-70:	
1) Robert MacConaghy	24.4

400 meters

40-44 women:	
1) Beverly Neilson	1:40.5

30-39:	
1) Gary Miller	51.4

40-44:	
1) Hans Bruhner	53.1

45-49:	
1) Al Sheahan	57.6

50-54:	
1) Delaine Wagner	60.0

55-59:	
1) Cal Boyd	60.3

100 Meters	
40-44 Women:	
1) Christel Miller	13.9

30-39:	
1) Hilliard Sumner	10.5

40-44:	
1) Ken Dennis	11.1

45-49:	
1) Dick Marlin	11.7

50-54:	
1) Bob Cooper	12.3

45-49:	
1) Dave Jackson	19-9

50-54:	
1) Dave Brown	15-10

55-59:	
1) Bill Burke	11-11 1/2

30-39 Women:	
1) Katie Burke	9-2 1/2

40-44 Women:	
1) Christy Miller	13-4 3/4

Triple Jump

30-39:	
1) Al Henry	43-5 1/2

40-44:	
1) Phil Conley	36-7

45-49:	
1) Dave Jackson	36-5 1/2

50-54:	
1) Dave Brown	31-9 1/2

60-64:	
1) Jim Vernon	29-1

65-69:	
1) Robert MacConaghy	22-1

Shot Put

30-39:	
1) Doug Wells	54- 1/2

40-44:	
1) Bob Humphreys	43-10 1/2

45-49:	
1) Butch Nielsen	31-4 1/2

50-54:	
1) George Ker	49-3

55-59:	
1) Quinto Merlo	36-11 1/2

60-64:	
1) Jack Thatcher	46-10 1/2

30-39 Women:

1) Katie Burke	19-6 1/2
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Hammer

30-39:	
1) Alex Cordova	112-0

40-44:	
1) Bob Humphreys	136-0

45-49:	
1) Jerry Wojcik	85-3

50-54:	
1) Paul Evans	96-5

Pole Vault

30-39:	
1) Dave Loera	9-0

40-44:	
1) Hal Smith	10-0

45-49:	
1) Vic Cook	11-0

50-54:	
1) Donald Grosh	10-6

55-59:	
1) Orv Gillette	9-6

60-64:	
1) Jim Vernon	11-0

65-69:	
1) Robert MacConaghy	8-0

Discus

30-39:	
1) Doug Wells	157-0

40-44:	
1) Bob Humphreys	154-11

45-49:	
1) Butch Nielson	89-4 1/2

50-54:	
1) George Ker	145-5

55-59:	
1) Bob Stone	111-7

60-64:	
1) Jack Thatcher	137-3

65-69:	
1) Robert MacConaghy	96-11

Javelin

40-44 Women:	
1) Cristel Miller	104-9

30-39:	
1) Doug Wells	197-2

40-44:	
1) Phil Conley	205-0

45-49:	
1) Jerry Wojcik	121-7

50-54:	
1) Roy Wigginton	109-11

55-59:	
1) Bob Stone	

July 10, Pamakid San Francisco Marathon

1) Athol Barton	0	2:24:59	Un./Reno, Nevada
2) Les Myers	0	2:27:46	Charthouse T.C.
3) Bob Cooper	0	2:28:29	Woodside Striders
4) Daryl Zapata	0	2:28:54	West Valley T.C.
5) Bill Clark	0	2:29:14	West Valley T.C.
6) Pete Flores	0	2:30:12	Aggie T.C.
7) Wayne Badgley	0	2:30:44	Sundance T.C.
8) Gary Goettelmann	0	2:31:34	West Valley T.C.
9)			
10) Homer Latimer	0	2:34:53	Un./Redwood City
11) Ted Pawlak	0	2:35:45	Los Gatos Pacers
12) Jeff Hall	0	2:36:00	Pamakid
13) Bob Bunnell	0	2:37:21	Tamapa
14) Jim Howell	0	2:38:40	Un./Mt. View
15) Mike Conroy	0	2:39:26	Excelsior T.C.
16) Larry Sellers	0	2:40:01	Tamapa
17) Kerry Kilgore	0	2:40:03	Sundance T.C.
18) Ray Bonner	0	2:40:58	Turk Street T.C.
19) Christopher Little	j	2:41:12	Un./Sacramento
20) Jerry Petersen	0	2:41:36	Oregon Roadrunners
21) Greg Jewett	0	2:42:28	Pamakids

32	Gordon Gane	o	2:47:17	Livermore Valley R.C.
33	Dave Mueia	o	2:48:05	Excelsior T.C.
34	John Colson	o	2:48:09	Cal. Col. Podiatric Med.
35	Kevin Coulter	o	2:48:18	Un./Oakland
36	John Notch	o	2:48:23	Un./Oakland
37	Don Ramirez	o	2:48:29	Synanon
38	George Green	o	2:48:42	Pamakids
39	Ed Stromberg	o	2:49:00	Buffalo Chips
40	Marc Hoschler	o	2:49:16	Buffalo Chips
41	Andrew Lewis	o	2:49:21	W. Vly. Joggers & Striders
42	David Avery	o	2:49:30	Un./Mountain View
43	Ross Smith	mm	2:49:42	W.Vly. Joggers & Striders
44	Michael Miles	o	2:50:14	Un./Monterey
45	Ross Rowley	o	2:50:35	Sundance T.C.
46	Iain Mickle	j	2:50:45	Un./Ross
47	Edward Cohn	o	2:50:54	Un./Eugene, Oregon
48	Roger Major	o	2:50:56	South End
49	Marty Post	o	2:51:48	Un./Oakland
50	Jim Yaniglos	o	2:51:50	Buffalo Chips
51	Mark T. Hines	o	2:52:06	D.S.E.
52	Kim Schaurer	o	2:52:13	Tamalpa
53	Keith Whittingslow	o	2:52:20	Olympic Club
54	Ted Wilson	o	2:52:45	Un./Oakland
55	Peter Demaris	o	2:52:55	World College West
56	Gene Schaumberg	o	2:53:00	Empire Runners
57	Tom Moya	o	2:53:03	Pamakids
58	Bruce Jones	o	2:53:04	Un./Lakeport
59	Michael Garrett	o	2:53:07	Un./Sacramento
61	Tena Annex	ow	2:53:20	Aggie T.C.
62	Fraser Rasmussen	o	2:53:35	Buffalo Chips
63	Bart P. Simmons	o	2:53:38	Un./Walnut Creek
64	Kevin Brown	o	2:53:49	Un./San Francisco
65	Ralph L. Caballero, Jr.	o	2:53:51	U.S. Marine Corps
66	David Zumwalt	o	2:53:57	Un./Antioch
67	Edwin Jerome	o	2:54:37	Tax Reducers A.C.
68	Glenn Pruitt	o	2:54:44	Pamakids
69	Robert B. Hoffman	o	2:54:45	U.S. Navy
70	Mike Catlin	o	2:55:00	Aggie T.C.
71				
72	Bill Sevald	o	2:55:13	Pamakids
73	John Routn, Jr.	o	2:55:23	Un./Menlo Park
74	Mike Souza	o	2:55:28	Buffalo Chips
75	Joe Maher	o	2:55:29	Tamalpa
76	Gary Nielsen	mm	2:55:31	Un./Portola Valley
77	Dennis Kroll	o	2:55:43	Un./Berkeley
78	Don Chaffee	o	2:55:46	Excelsior T. C.
79	Gordon Stewart	c	2:55:52	Tamalpa
80	Kees Tuinzing	o	2:55:53	Tamalpa
81	Frank Ruona	o	2:56:00	Un./San Jose
82	Tom Pierce	mm	2:56:07	Pamakids
83	Michael O'Dannell	o	2:56:13	
84	Laurence Cabral	o	2:56:31	Un./Lafayette
85	Thad Smith	o	2:56:34	Un./Berkeley
86	Pete Schoener	o	2:56:41	Buffalo Chips
87	Fred Wellman	o	2:56:47	Un./Berkeley
88	Dave Mulford	o	2:56:52	D.S.E.
89	Art Riggs	o	2:57:20	Un./Carmel
90	James DeMartini	o	2:57:39	Un./San Francisco
91	Penny DeMoss	ow	2:57:53	West Valley T.C.
92	Donald Hill	o	2:58:03	Un./San Francisco
93	Michael Brown	o	2:58:10	Un./Walnut Creek
94	Andy Coe	o	2:58:12	Un./San Francisco
95	Joe Camisa	o	2:58:26	Pamakids
96	Fred Coleman	o	2:58:30	Un./Carmel Valley
97	Vic Weber	mm	2:58:39	Un./Sunnyvale
98	B. Oren Fletcher	o	2:58:47	Un./Mountain View
99	Walt Basinger	o	2:58:49	Pamakids
100	Edward Peterson	mm	2:58:52	Energy Savers
101	Bob Bekes	o	2:59:08	North Medford Club
102	Philip Storrer	o	2:59:10	Un./Livermore
103	Jay Helgeson	o	2:59:14	Missouri Valley Assn.
104	Brad Gallup	o	2:59:19	Warren T.C.
105	Harry Braaksma	o	2:59:19	Un./Toronto, Canada
106	Ronald Johnson	o	2:59:19	U.S. Marine Corps
107	Kevin Hanson	o	2:59:21	Heineken Harriers
108	James Howard	o	2:59:27	Golden West T.C.
109	Karl Ludwig	o	2:59:30	D.S.E.
110	Orin Dahl	mm	2:59:33	Un./Berkeley
111	Hans Roenau	mm	2:59:35	Tamalpa
112	Mack Forbes	o	2:59:36	SWEAT
113	Don Lucero	mm	2:59:55	West Valley T.C.
114	Jeff Richman	o	2:59:56	Un./Menlo Park
115	Marcus Jones	j	2:59:57	Un./Atherton
116	Art Waggoner	mm	2:59:58	Buffalo Chips
117	Phillip Sanfilippo	o	3:00:10	W.Vly. Joggers & Striders
118	Michael Cain	o	3:00:13	Mickey Mouse
119	Harold Rosen	o	3:00:18	Un./Kensington
120	Roy Scallato	o	3:00:22	Tax Reducers A. C.
185	Patricia Cutler	ow	3:09:15	Un.
212	Karon Schaumberg	ow	3:13:16	Empire Runners

22	Gilbert Dean (CamWest)	40:40
23	Bob Miller (CamWest)	40:42
24	Barry Newton (CalCross)	40:42
25	Michael Macallair	40:42
26	Jack Reime	40:47
27	J. D. Castro (LosGatosPr)	40:48
28	Keith Kruse	41:07
29	D. DeWhitt	41:17
30	Ben Sawyer (Soquel RC)	40+40:18
31	Fred Acosta	40:28
32	Glenn Dean (CamWest)	40:42
33	Patrick Shane	40:45
34	Tim Rostage (NVTC)	41:50
35	Alex Bonner	42:56
46	M. Nevrumont	42:10
54	Bill Floodberg (WVJ&S)	43:32
89	Marilyn Taylor	47:00
135	Skip Swannack (Woodside)	50:02
	/Bruce Jones/	

July 9 & 10. National AAU Decathlon Championships -- Billy Hayes Track at Indiana University:

1)	Fred Dixon (Tobias Striders)	8037
	(48-11 $\frac{1}{2}$ , 6-6, 49.07, 14.98, 155-7, 14-1 $\frac{1}{2}$ , 215-3, 4:33.2)	
2)	John Warkentin (un)	8031
	(48-11 $\frac{1}{2}$ , 6-4 3/4, 49.52, 14.97, 160-5, 14-5 $\frac{1}{2}$ , 201-9, 4:29.32)	
3)	Roger George (Tobias Str)	7748
	(43-1, 6-6, 49.81, 15.75, 138-10, 15-9, 191-3, 4:30.7)	
4)	Craig Brigham (un)	7635
5)	Bob Coffman (Hurr.TC)	7511
6)	John Whitson (Duke City)	7458
7)	Jeff Bennett (un)	7415
8)	Rex Harvey (USAP)	7213
	(45-1 3/4, 6-0, 49.85, 16.28, 131-2, 14-9 $\frac{1}{2}$ , 173-9, 4:38.59)	
9)	Mark Lineweaver (un)	7213
10)	Tom Harris (Coll of Cyn)	6948
	(37-4 $\frac{1}{2}$ , 6-6, 49.11, 15.73, 109-0, 12-5 3/4, 135-0, 4:24.0)	
	/Pete Cava/	

July 17. Lake Tahoe. Lake Tahoe Marathon

1)	John Paulson (SLTTC)	2:38:04
2)	Russell Jones (USN)	2:40:55
3)	Gary Dobrenz (CCAA)	2:50:15
4)	Ronald Wayne (BASC)	2:51:27
5)	Jim Bowles (WVTC)	2:51:45
6)	John Lacy (SAZRR)	2:54:29
7)	Abe Underwood (BuffCh)	2:58:33
8)	Chris Hamer (WVTC)	2:59:48
9)	John Notch (LMJ)	3:00:32
10)	Robert Hedges (BuffCh)	3:01:57
11)	Frank Custino (Sund)	3:03:16
12)	Noel Lincicome	3:05:26
13)	Ed Jerome (TRAC)	3:06:53
14)	Austin Angell (SLTTC)	3:07:10
15)	David Engberg (BRR)	3:07:51
16)	Patrick Newberry (USMC)	3:08:04
17)	Robert Coulson (HH)	3:08:50
18)	Tim Hicks (BuffCh)	3:09:59
19)	Thomas Walsh	3:10:28
20)	Brent Cushenbery (BC)	3:12:43
	Marc Hoschler (BC) tie	3:12:43
30)	Art Waggoner (BC) M	3:26:12
74)	Maureen Johnson W	4:25:51

July 16. Porterville. Golden State Masters Track & Field Championships 1977

5,000m Walk		
40-44 Women:		
1)	Lori Maynard	30:00.1
	50-54:	
1)	John Priesen	31:03.3
	55-59:	
1)	Bob Long	30:50.1

10.9	Doug Wells	157-0
40-44:		
1)	Ken Dennis	11.1
45-49:		
1)	Dick Marlin	11.7
50-54:		
1)	Bob Cooper	12.3
55-59:		
1)	Clarence Killion	12.9
60-64:		
1)	Anthony Castro	14.0
70+:		
1)	Sing Lum	14.9
800 Meters		
30-39:		
1)	Bob Lindsey	2:20.0
40-44:		
1)	James Parks	2:11.3
45-49:		
1)	Tom Sturak	2:12.2
50-54:		
1)	Avery Bryant	2:19.1
55-59:		
1)	Dave Lewis	2:31.3
400 Meter Hurdles		
30-39:		
1)	C. McCormick	57.0
40-44:		
1)	Hal Smith	67.1
45-49:		
1)	Al Sheahan	63.3
50-54:		
1)	Robert Roemer	1:08.01
55-59:		
1)	Robert Hunt	1:13.05
200 Meters		
30-39:		
1)	Hilliard Sumner	21.7
40-44:		
1)	Ken Dennis	22.6
45-49:		
1)	Jesse Powell	31.1
50-54:		
1)	Robert Roemer	25.9
55-59:		
1)	Cal Boyd	26.6
60-64:		
1)	Anthony Castro	29.8
70+:		
1)	Sing Lum	32.0
5000 Meters		
30-39:		
1)	Tom Richards	17:21.1
40-44:		
1)	Frank Delgado	17:27.1
45-49:		
1)	Peter Mundle	17:54.6
55-59:		
1)	James Oleson	19:57.8
50-54:		
1)	Sid Toabe	17:57.7
60-64:		
1)	Harry Harder	21:37.0
40-44 Women:		
1)	Lori Maynard	23:13.0
50-54:		
1)	Dorothy Thomas	23:52.0
55-59 Women:		
1)	Virginia Martin	31:59.0
High Jump		
30-39:		
1)	Dave Loera	5-6
40-44:		
1)	Phil Conley	5-2
45-49:		
1)	Ed Austin	5-9
50-54:		
1)	Dave Brown	4-6
55-59:		
1)	Orv Gillette	5-0
60-64:		
1)	Jim Vernon	4-8
70+:		
1)	Homer Van Gelder	3-9
Long Jump		
30-39:		
1)	Al Henry	21-3
40-44:		
1)	Phil Conley	19-0

July 23. 2nd Annual Marin Headlands Run, 5.6 Miles:

1)	Peter Sweeney	31:27
2)	Wayne Badgley (1-30+)	31:48
3)	Richard Govi	32:29
4)	Michael Niemiec	32:43
5)	Bob Miller	32:59
6)	Michael Sweeney	33:28
7)	Frank Hagerty	34:42
8)	Rich Matthews	34:52
9)	Joe Salazar	34:54
10)	Kees Tuinzing	35:16
11)	David Horning	35:31
12)	Bob Govi	35:37
13)	Ross Rowley	35:38
14)	Edil Krogh (2-30+)	35:52
15)	Don Chaffee (3-30+)	36:06
16)	Russ Kiernan	36:08
17)	Ken Takao	36:38
18)	Mike Rowerdink	36:39
19)	Robert Malain (1-50+)	36:56
20)	George Gilbert	37:05
21)	Gordon Stewart	37:06
22)	B. Carradine (1-40+)	37:18
23)	Mike McEntire	37:37
24)	Don Pickett (2-40+)	37:44
25)	Michael Swanson	37:52
26)	Jim Lenechan	37:53
27)	Harry Scandera	38:03
28)	Bill Catanese	38:17
29)	David Barni	38:29
30)	Jesus Garza	38:30
31)	Ron Treabess	38:39
32)	Dieter Dirkmeyer (3-40+)	38:40
33)	Grady Wright	38:46
34)	Keith Whittingslow	38:49
35)	Geoff Reinhard	38:51
36)	John Gilbert	38:53
37)	Penny DeMoss (1st-W)	39:05
38)	Ken Phelps	39:08
39)	Gary Chan	39:09
40)	Joe Camisa	39:11
41)	Bruce Adams	39:14
42)	Robert Tramball	39:18
43)	Bob Butchart	39:21
44)	Steve Lyons	39:36
45)	Harold DeMoss	39:48
46)	Brad Stasek	39:54
47)	James Dean	39:57
48)	Robert Cummings	40:15
49)	Tuvya Zaretsky	40:20
50)	Rich Cooper	40:25
71)	Teri Hagerty (2nd W)	41:41
79)	Ruth Anderson (1W 40+)	42:23
82)	Joan Ulyot (1W 30+)	43:02
85)	Peggy Lyman (2W 30+)	43:09
	Kees Tuinzing/	

July 16. Fresno. Second Bunion Derby at Cal State Univ Fresno

- Jr. High Division (1.5 miles): 1) Jerry Shaw 8:18 2) Jerry Grieco (Ahwahnee) 8:22 3) Kevin Elder (FPFC) 9:24

- Female Division (.75 Miles): 1) Jennifer Heaton (ClovisW) 4:05 2) Sandy McPherson (ClovisW) 4:14 3) Sara Washman (FPFC) 4:48

- High School Division (6.0 Miles): 1) Scott Thornton (HSTC) 32:24 2) Tony Diyabjian (HSTC) 33:21 3) Jeff Chandler (HSTC) 33:46

- Sub Masters Division (6.0 Miles): 1) Dave Bronzan (HSTC) 32:58 2) Bill Cockerham (FPFC) 38:10 3) Ken Washman (FPFC) 40:19

- Master I (6.0 Miles): 1) Len Thornton (HSTC) 34:47 2) Rich Peterson (HSTC) 37:17 3) Lonnie Barnes (FJ) 44:51

- Master II (6.0 Miles): 1) Dewey Jan (FJ) 47:44

- Open Division (6.0 Miles): 1) Gary Romesser (FPFC) 30:11.4 2) Alfred Lara (FPFC) 30:59 3) Richard Lozano (FPFC) 31:48 4) Art Meyer (HSTC) 32:15 5) Jeff Morrow (FPFC) 33:29 6) Michael McLain 33:51 7) Rene Ortiz (Parlier) 33:51 8) Bruce Tharp 34:35 9) Elmer McPhail (FPFC) 35:21 10) Rafael Garcia (HSTC) 35:40 /Larry Lung/

July 23. Morro Bay. 8th Annual Morro Bay to Cayucos Fun Run (6 Mi.)

- 1) Ed Cadena (SLDC) 30:44 2) Jim Hartig (FPFC) 31:12 3) Dave White (OP) 31:16 4) Ben Martinez (AIA) 31:27 5) Bob Arce 31:36 6) Miguel Santizo (SBAA) 31:59 7) Jim Arquilla (AIA) 32:07 8) Mike Butler (Long Bch) 32:10 9) Eric Huff (SEDC) 32:14 10) Joaquin Leano 32:34 11) David Haake (SBAA) 32:38 12) Scott Thornton (HSTC) 32:52 13) Bob Nanninga (WVTC) 32:53 14) Tony Djabayan (HSTC) 33:00 15) Dennis Caldwell (AIA) 33:02 16) Stan Heinrichs 33:04 17) Steve Durand (STC) 33:04 18) Sal Lozano 33:04 19) Mark Hemphill (SBAA) 33:04 20) Bob Nunez 33:04 21) John Jones (SBAA) 33:14 22) Bryan Tracy (CalPoly) 33:21 23) Tom Lohse 33:24 24) Ron Wise (SBAA) 33:27 25) Rick Atherton 33:30 26) Mark Bradley 33:32 27) Ivan Huff (SLDC) 33:36

- 28) Mike Nelson 33:43 29) David Edds (CP-Pomona) 33:44 30) Dennis Coyle 33:49 31) Doug Haake (SBAA) 33:53 32) John Rupp (STC) 33:55 33) Jeff Chandler (HSTC) 33:57 34) Marvin Rowley (CCAC) 34:03 35) Charles Cathey 34:13 36) Richard Ursin 34:14 37) Kevin Smith 34:23 38) Mike Raynes (CalPoly) 34:25 39) Marty Higginbotham (FPFC) 34:26 40) Greg Baxter 34:31 41) Randy White (BTC) 34:32 42) Jim Flanigan (CCAC) 34:37 43) Bob Montgomery 34:38 44) Jim Hiserman 34:41 45) Rich Rodriguez 34:44 46) Steve Smith 34:45 47) Doug Schmenk 34:48 48) Tim Cornell 34:49 49) Robert Lohse 34:53 50) Stephen McMahan (SBAA) 34:55 138) Ruth Caldwell 37:51 143) Kathy Jewell (CTC) 38:00 188) Tammy Ragan 39:13 /Brian Waterbury/

Huntington Beach. City of Huntington Beach 23rd Distance Derby

- 3 Mile Girls 1) Laurie Jewell 18:12 2) Lorraine Bianco 19:21 3) Barbara Rubio 20:16 3 Miles Boys 1) Brad Kester 15:12 2) Joe Avila 15:48 3) Gilbert Esparza 16:18

- 10 Mile 1) Ralph Serna 50:10 2) Thomas Colley 51:20 3) J. Martin Noloso 51:46 4) Perry Forrester 52:29 5) Ron Kurrie 52:38 6) David Greifinger 53:13 7) Richard Crowell 54:12 8) Billy Jones 54:40 9) Bud Willis 54:45 10) Franklin Haralson 55:01 11) Dennis Caldwell 55:18 12) Chad Kester 55:19 13) Carlos Alfaro 55:20 14) Frank Gerson 55:24 15) Andrew Levingson 55:40 16) Don Demetriacles 55:54 17) Jim King 55:59 18) Aurelio A. Camacho 56:11 19) Enrique Serratos 56:25 20) Dennis Fitzgerald 56:30 21) Bart Coventry 56:32 22) John Schmickrath 56:38 23) Thom Lacie 56:40 24) Joe Burgasser 56:40 26)

- 27) Stephen Kellogg 56:53 28) John Merhant 57:04 29) Joe Williams 57:12 30) Darty Cronin 57:19 31) David Olson 57:22 32) Link Snyder 57:27 33) Danny Contreras 57:29 34) John Paguano 57:34 35) John Rudberg 57:41 36) Bob Bourret 57:43 37) Craig Lowrie 57:49 38) Jim Flanigan 57:53 39) Preston Drake 57:58 40) Kenneth Ganezer 58:12 41) Jon Bryant 58:22 42) David Edds 58:30 43) Sue Sanchez (1st W) 58:35 44) Terry Schmitz 58:36 45) Dave Holland 58:43 46) Mark Winig 58:53 47) Ray Gil 59:04 48) Frank Fry 59:12 49) Kathy Jewell (2nd W) 63:33 50) Sue Peterson (3rd W) 63:54 /Bob Thrall/

PA-AAU 15 Kilo

- 1) Jim Nuccio (WVTC) 45:40 2) John Halberstadt 46:16 3) Bernard Rose 46:16 4) Duncan Macdonald (WVTC) 46:44 5) Brian Maxwell (BodyAmmo) 47:13 6) John Moreno (Cam West) 48:00 7) Jan Serhen (ExcelTC) 48:18 8) Peter Hamilton (ETC) 48:24 9) Rick Brown (6 Rivers) 48:26 10) Tom Laris (WVTC) 48:51 11) Michael Niemiec (WVTC) 48:56 12) Christopher Hughes (JT) 49:18 13) Al Hernandez (WVTC) 50:22 14) Kirk Duncan (KansasCty) 50:43 15) Roland Watson (WVTC) 50:54 16) Steven Slawson (BodyAmmo) 51:01 17) Dennis Tracy (WVTC) 51:05 18) Dave Hull (Cam West) 51:05 19) Mitch Kingery (CamWest) 51:08 20) David Vellette (UCB) 51:33 21) Kevin Parey (CamWest) 51:40 22) Paul Mello (Cam West) 51:51 23) Mike Plummer (WVTC) 52:01 24) Kent Guthrie (WVJS) 52:22 25) Randy Hale (SundanceTC) 52:34 26) Steve O'Brien (Pamkids) 52:43 27) Jack Dixon (SundanceTC) 53:21 28) Edward L. Tico (WVJS) 53:36 29) Dave Stern (WVTC) 53:40 30) Ulrich Kaempff (TRAC) 53:49 31) Ann Wotherspoon (SJC) 58:03 32) Penny DeMoss (WVTC) 58:58 33) Judy Gumbs-Leydig (WVTC) 59:04 34) Vicky Bray (SJC) 60:15 /Ellen Clark/

July 30. Alameda Track Club's 5th Annual 8.4 Mile Watermelon Run

- 1) Bill Clark (WVTC) 46:42 2) Craig Hochhaus 48:49 3) Pete Flores 49:04 4) Kent Guthrie (1-M) 49:59 5) D. Tracy 50:24 6) Ray Kindle 50:28 7) Rich Mathews 51:10 8) Dick Butts 53:12 9) Ralph Bowles (2-M) 53:44 10) Bob Miller 54:15 11) Jerry Lewis (3-M) 54:40 12) Dennis Kroll 55:05 13) Jim Barkovick 57:44 14) Hashim Bashiraddin 58:04 15) L. Arata 58:09 16) L. Samlon 58:30 17) B. Lovelace (Pama) 58:35 18) Dean Harper 59:58 19) M. Coke 59:41 20) K. Glen 59:49 22) Laurie Crisp (1-W) 60:27 /Bob DeCelle/

August 6. Rancho Cordova. 3rd Annual Canadian Bacon American River Run 10 Kilo:

- 1) Benton Hart (WVTC) 32:06 2) Wayne Badgley (Sundance) 32:35 3) Pete Flores (Aggies) 32:43 4) Eric Wolfe (un) 32:56 5) Gary Sutherland (CanB) 33:28 6) Gary Dobrenz (un) 33:59 7) Jim Bowles (WVTC) 34:01 8) Frank Turner (GoldRun) 34:07 9) Arthur Baudendistel (un) 34:12 10) Eric Winje (un) 34:16 11) Tim Jordan (BuffChps) 34:26 12) George Valuska (USacto) 34:28 13) Bill Hurst (un) 34:34 14) Nick Kantar Jr. (un) 34:37 15) William Fairwell (un) 34:44 16) Jerald Chun (HunkyBunch) 35:13 17) Chris Hamer (WVTC) 35:16 18) Walt Lange (BuffChps) 35:18 19) Doug Rennie (BuffChps) 35:22 20) Kerry Kilgore (un) 35:26 21) Paul Holmes (BuffChps) 35:33 22) Brent Cushenberry (BC) 35:38 23) Roger Bryan (TRAC) 35:40 24) Bob Hedges (BuffChps) 35:42 25) Jim Holban (WVTC) 35:45 26) Abe Underwood (BuffChps) 35:53 27) Peter McCarry (un) 36:07 28) Lyle Freeman (un) 36:15 29) Tom Arnez (Canadian B) 36:15 30) Ed Stromberg (BuffChps) 36:18 31) Laurie Crisp (un) 40:13 32) Judy Leydig (WVTC) 40:56 33) June Chun (Hunky Bunch) 41:03 34) Patty Kuphaldt (Ophir) 43:26 35) Sally Edwards (Ophir) 43:58 /Alan Withers/

August 13. Lake Tahoe. 13th Annual Robert DeCelle, Jr. Memorial Relay Race (72 Miles)

- 1) Fresno Pacific TC #1 6:45:33 2) Aggie Running Club-A 6:47:28 3) West Valley TC - A 6:48:12 4) Camino West - A 6:53:30 5) Aggie RC "Earthing" 7:06:31 6) High Sierra TC 7:16:12 7) West Valley TC B 7:17:13 8) Heinicken Harriers 7:18:50 9) Woodside Striders 7:24:30 10) Fresno Pacific TC #2 7:25:05 11) Camino West B 7:25:40 12) Buffalo Chips A 7:30:22 13) Lake Merritt Joggers 7:30:25 14) No Name 7:30:28 15) Aggie Running Club #3 7:33:10 16) Humboldt 7:43:44 17) Tamalpa Eagles A 7:44:18 18) North Nevada AC 7:49:17 19) Cal Sq Rt Sundevils 7:51:15 20) Sundance 3 PO's 7:55:45 21) West Valley Masters 8:03:38 22) Aggie Women 1-W 9:24:50 23) Ophir Women "1" 2-W 9:25:10 24) WVTC-Women 3-W 9:29:05 /Robert DeCelle/

August 21. Lafayette. 5th Annual Lafayette Rim Race

- 1) Paul Burke 37:30 2) Jeff Cowling 38:44 3) Tom O'Neil 39:06 4) Kent Guthrie (1-M) 39:08 5) Ralph Bowles (2-M) 39:22 6) Mark Conover 39:30 7) Gordy Vredenburg 39:56 8) Michael Graf 40:28 9) Mike Plummer 40:52 10) James Sterbentz 41:04 11) Doug Rennie 41:25 12) Ross Rowley 41:31 13) David Zumwalt 41:34 14) Lloyd Sampson 42:01 15) Bruce Wolfe 42:05 16) Dennis Killian tie 42:20 17) Craig MacMahon 42:20 18) Ted Wilson (3-M) 42:53 19) Raynold Wieand 42:53 20) Paul Holmes 43:09 21) Michael Coke 43:14 22) Dean Harper 43:20 23) Anthony Deichler 43:24 24) Ed Grueb 43:28 25) Myron Neuramont 43:33 26) Robert Sorenson 43:37 27) James Engle 44:03 28) Larry Arata 44:04 29) Bryan Holmes 44:20 30) Rudy Petri 44:31 31) Nancy Pannell (1-W) 51:17 32) Kathy Way (2-W) 52:43 33) Brooke Myers (3-W) 54:21 /Charles McMahan/

July 31. Fresno. Bunion Derby #3

- Elementary Division (1.0 Mile): 1) Matthew Lara (FPFC) 6:57.2 Junior High Division (2.0 Mile): 1) Jerry Shaw (FPFC) 11:19.8 Female Division (1.0 Mile): 1) Sara Washman (FPFC) 6:12.6 Female Division (8.0 Mile): 1) Michelle Beveridge (FPFC) 58:56

Masters I (10.0 Mile):

- 1) Len Thornton (HSTC) 61:16 2) Gene Lynch (FPFC) 62:21 3) Frank Delgado (FJ) 63:59

Masters II (10.0 Mile):

- 1) Harry Harder (HSTC) 79:25

Female Division (10.0 Mile):

- 1) Jennifer Heaton (ClovisW) 81:03 /Larry Lung/

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3 New 1976 Olympic Super-Films: men's and women's... show virtually all field event medalists from Montreal and other

19) Mark Hemphill (SBAA)	33:04	18) Jim King	56:27	28) Edward L. Pico (WVJS)	53:30	29) Tom Arnez (Canadian B)	36:15	27) Robert Robinson	44:31
20) Bob Nunez	33:04	19) Aurelio A. Camacho	56:25	29) Dave Stern (WVTC)	53:40	30) Ed Stromberg (BuffChps)	36:18	28) James Engle	44:03
21) John Jones (SBAA)	33:14	20) Enrique Serratos	56:25	30) Ulrich Kaempfer (TRAC)	53:49	83) Laurie Crisp (un)	40:13	29) Larry Arata	44:04
22) Bryan Tracy (CalPoly)	33:21	21) Dennis Fitzgerald	56:30	69) Ann Wotherspoon (SJC)	58:03	90) Judy Leydig (WVTC)	40:56	30) Bryan Holmes	44:20
23) Tom Lohse	33:24	22) Bart Coventry	56:32	77) Penny DeMoss (WVTC)	58:58	91) June Chun (Hunky Bunch)	41:03	30) Rudy Petri	44:31
24) Ron Wise (SBAA)	33:27	23) John Schmickrath	56:38	78) Judy Gumbs-Leydig (WVTC)	59:04	114) Patty Kuphaldt (Ophir)	43:26	71) Nancy Pannell (1-W)	51:17
25) Rick Atherton	33:30	24) Thom Lacie	56:40	87) Vicky Bray (SJC)	60:15	121) Sally Edwards (Ophir)	43:58	80) Kathy Way (2-W)	52:43
26) Mark Bradley	33:32	25) Joe Burgasser	56:40					88) Brooke Myers (3-W)	54:21
27) Ivan Huff (SLDC)	33:36	26)				/Ellen Clark/		/Alan Withers/	

July 31. Fresno. **Bunion Derby #3**

Elementary Division (1.0 Mile):  
 1) Matthew Lara (PPTC) 6:57.2

Junior High Division (2.0 Mile):  
 1) Jerry Shaw (PPTC) 11:19.8

Female Division (1.0 Mile):  
 1) Sara Washman (PPTC) 6:12.6

Female Division (8.0 Mile):  
 1) Michelle Beveridge (PPTC) 58:56

High School Division (8.0 Mile):  
 1) Scott Thornton (HSTC) 44:28  
 2) Steve Hulce (PPTC) 45:20  
 3) Steve McDanald (PPTC) 46:30

Masters I (8.0 Mile):  
 1) Len Thornton (HSTC) 48:40  
 2) Gene Lynch (PPTC) 50:18  
 3) Rich Peterson (HSTC) 55:58

Masters II (8.0 Mile):  
 1) Dewey Jan (FJ) 66:46

Sub Masters (8.0 Mile):  
 1) Dave Bronzan (HSTC) 44:54  
 2) Bill Cockerham (PPTC) 52:12  
 3) Gordon Keller (FJ) 52:28

Open Division (8.0 Mile):  
 1) Art Meyer (HSTC) 43:21  
 2) Jeff Merrow (PPTC) 45:03  
 3) Greg Lyon (PPTC) 46:52  
 4) Gary Campbell 47:06  
 5) Al Lomeli (PPTC) 47:30

August 20. Fresno. **Bunion Derby #4**

Elementary Division (1.5 Mile):  
 1) Matthew Lara (PPTC) 10:44

Junior High Division (3.0 Mile):  
 1) Jerry Grieco (Ahwahnee) 20:32  
 2) Jerry Shaw (PPTC) 20:34

Female Division (1.5 Mile):  
 1) Sandy McPherson (Clovis) 9:28  
 2) Sara Washman (PPTC) 10:35

Open Division (10.0 Mile):  
 1) Darrel Cox (PPTC) 54:45.2  
 2) Art Meyer (HSTC) 54:54  
 3) Greg Lyon (PPTC) 58:35  
 4) Jeff Merrow (PPTC) 59:10  
 5) Al Lomeli (PPTC) 60:56

High School Division (10.0 Mile):  
 1) Tony Djabayan (HSTC) 57:10  
 2) Steve Hulce (PPTC) 57:15  
 3) Scott Thornton (HSTC) 57:45  
 4) Steve McDannald (PPTC) 57:49  
 5) Eric Little (PPTC) 59:15

Sub Masters Division (10.0 Mile):  
 1) Dave Bronzan (HSTC) 58:11  
 2) Gordon Keller (FJ) 63:03  
 3) Bill Cockerham (PPTC) 64:19

Masters I (10.0 Mile):  
 1) Len Thornton (HSTC) 61:16  
 2) Gene Lynch (PPTC) 62:21  
 3) Frank Delgado (FJ) 63:59

Masters II (10.0 Mile):  
 1) Harry Harder (HSTC) 79:25

Female Division (10.0 Mile):  
 1) Jennifer Heaton (Clovis W) 81:03  
 /Larry Lung/

IRVINE 15KM TEAM RACE  
 DISTANCE-- 9.300 MILES DATE--072477

PLC	NAME	TIME	TEAM
1	GARY ROMESSER	26:47:23	
2	JOE CARLSON	26:47:41	
3	DAVE FRICKEL	26:48:45	
4	TOM LEE	26:49:37	
5	PAUL COOK	26:50:18	
6	BOB ALEXANDER	26:50:26	
7	HARK REEDER	26:51:26	1 B3
8	B APPELL	26:51:43	2 B3
9	J KING	26:52:01	
10	ANDY LEVINSON	26:52:17	
11	JIM WILLIAMS	26:52:50	
12	D GARCIA	26:53:00	
13	JERRY SMARTT	26:53:18	1 40
14	TOM GLEASON	26:53:26	1 SM
15	ENRIQUES SERRATOS 21	26:53:35	
16	A RAMEREZ	26:53:42	
17	JOE BURGASSER	26:54:13	2 SM
18	F METCALF	26:54:17	
19	DARTY CRONIN	26:54:24	2 40
20	B KOLAR	26:54:26	
21	TOM LACIE	26:54:29	
22	CAA M MC	26:54:43	3 B3
23	DAVE HOLLAND	26:55:13	3 SM
24	THOMAS CORY	26:55:26	
25	R DELANTY	26:55:34	
26	JAY WHITE	26:55:37	
27	K BUHLER	26:55:39	
28	FRANK DUARTE	26:55:42	
29	GLENN HATTORI	26:55:43	
30	JOHN WHISENAND	26:55:44	
31	D SMYTHE	26:55:48	
32	DENNIS R PARRISH	26:55:49	STC
33	E LOPEZ	26:56:03	
34	RICK VASQUEZ	26:56:22	3 40
35	FRANK FRY	26:56:26	4 40
36	R JOHNSON	26:56:41	
37	BILL LEUNG, JR	26:56:46	
38	MIKE TERHINE	26:56:50	
39	DAVE HEIKE	26:56:53	5 40
40	J RIRD	26:56:55	
41	AURELIO CAMACHO	26:56:58	STC
42	DAVID GANEZER	26:56:59	
43	MINN TOM MC	26:57:00	
44	GEORGE DAVALL	26:57:11	UNAT
45	SKIP SHAFFER	26:57:17	CCAC
46	D SPICER	26:57:38	
47	ROBERT A SMITH	26:57:44	UNAT
48	E VELA	26:57:47	
49	T BECKER	26:57:47	
50	A DIRKIN	26:57:56	
51	DON COUSINS	26:58:00	
52	JIM TRENTON	26:58:04	
53	BOB KING	26:58:13	STC
54	RANDY SPOTTS	26:58:21	
55	TRACEY BROWN	26:58:26	
56	STEVE BROTEN	26:58:31	UNAT
57	JOSEPH MARINO	26:58:32	STC
58	T RICHARDS	26:58:52	
59	RON MAY	26:58:54	
60	DAN SHEERAN	26:1:00:13	1 50
61	SUE PETERSON	26:1:01:24	1 WV
62	VICTORIA COOK	26:1:03:17	1 GRL
63	N COLEMAN	26:1:03:34	1 WOM
64	KATHY MARTIN	26:1:05:14	2 WOM

/John Brennan/

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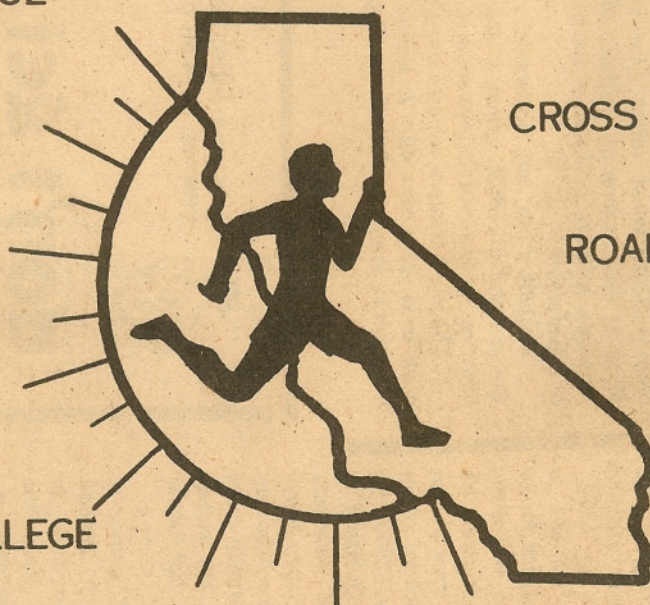
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