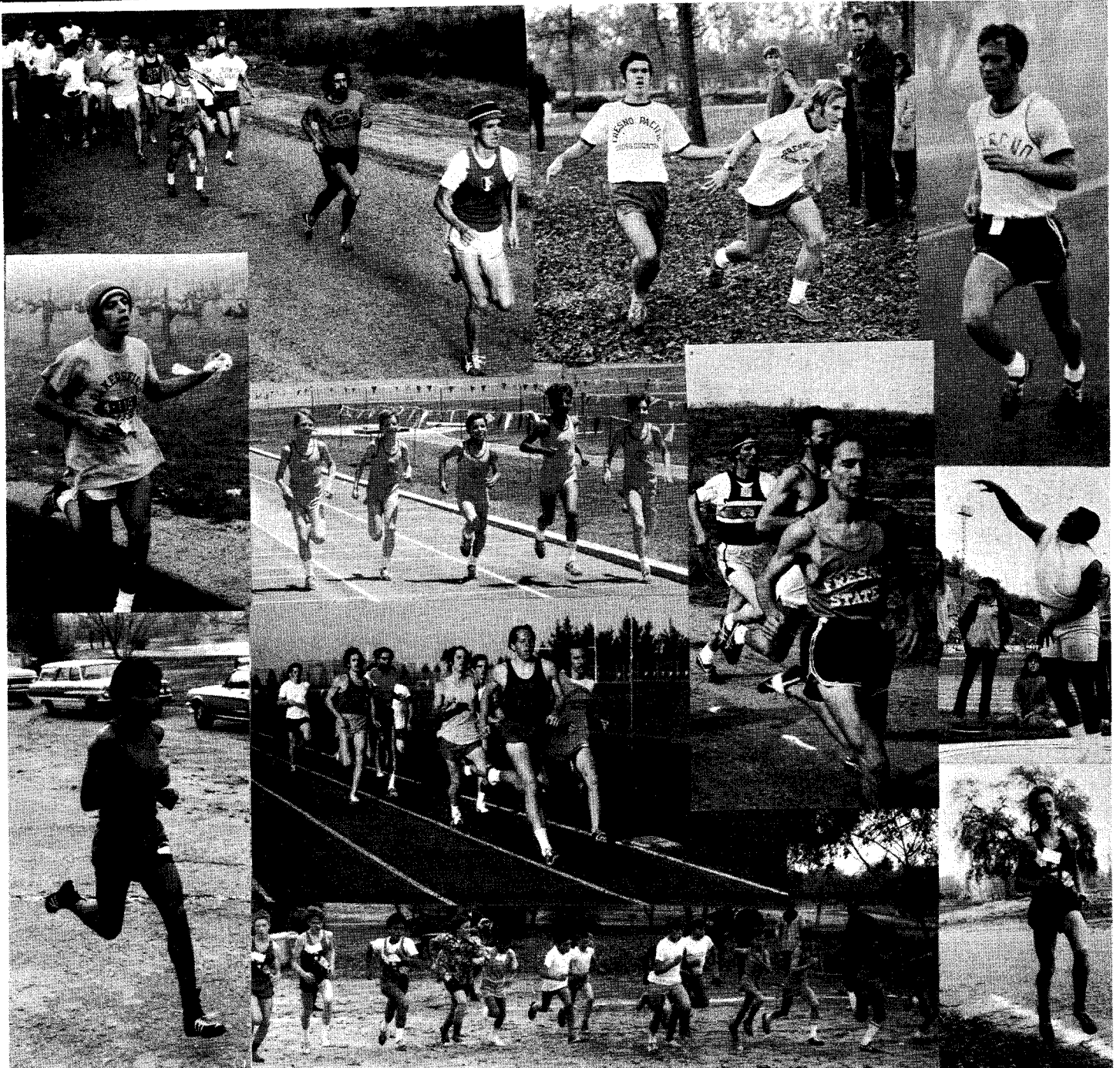


VALLEY TRACK AND FIELD



February , 1972 Vol.1, No. 5 35¢



VALLEY TRACK AND FIELD
1717 South Chestnut Avenue
Fresno, California 93702

WHAT IS VALLEY TRACK AND FIELD?

A Publication About and For The Valley
February, 1972 Vol. 1, No. 5

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VALLEY TRACK AND FIELD is a new monthly publication. It is devoted to the promotion of all areas of track and field in the San Joaquin Valley. It is about and for Valley track people. VALLEY TRACK AND FIELD will do several things: (1) provide in-depth results and news, (2) give recognition to outstanding Valley performances, (3) present an opportunity to become better acquainted with other Valley track people, (4) be a source of educational track and field articles.

As a track enthusiast, VALLEY TRACK AND FIELD will be a valuable tool for you, as well as an asset to track and field, in general, in the Valley. It will fill a long felt need.

The success of VALLEY TRACK AND FIELD will depend, to a great extent, on the support from you, the readers. You can help by always sending in all news and results (pictures too) about your team, yourself, others or any track news you have. Send to VALLEY TRACK AND FIELD 1717 South Chestnut, Fresno, California 93702. All pictures will be returned. Don't assume we will have your results or news already, if you have pertinent information, please, send it. In a sense, this is your publication; it is for you. Help make it a success.

VALLEY TRACK AND FIELD is dedicated to serving all Valley track people, athlete, coach, and fan, alike. We welcome any comments and suggestions. We would be happy to hear from you.

ON THE COVER

ON THE COVER:

1. top left-Cliff Clark leads Central Section AAU Cross Country Championship at Avocado Lake.
2. top middle-Don Gregory(3rd Mad. Marathon) hands to Rick Jensen(1st Big Dipper) at Mooney Grove 5 man 15 mile relay.
3. top right-Skip Houk at Madera Marathon. Featured in this months "Meet Valley Athlete".
4. middle left-Lupe Solis of Bakersfield College, second place at Madera Marathon.
5. center-5 Wasco Wildkaters, from right: Shawn Shambaugh, Todd Knox, Robert Nunez, Eddie Lujan, and Kevin Knox.
6. center right-Fresno State's outstanding distance runner, Kevin Dougherty.
7. middle right-Fresno Elans Track Club shot putter at Mt. SAC Relays.
8. Bottom left-John Avila, outstanding sophomore from Tranquility.
9. lower center-Fresno decathlon star, John Warkentin, leads the 880 at San Mateo.
10. bottom center-Start of the 11-14 year old race at the Cent. Sect. AAU Champs.
11. bottom right-third place in that 11-14 year old race, Brian White of Hamilton JHS.

MEET VALLEY ATHLETE

SKIP HOUK

MARTIN "SKIP" HOUK: Fresno, Calif., High Sierra Track Club. 5'9", 150 lbs. Born Feb. 26, 1942 at Oakland, Calif. Married, two children. Occupation: insurance claims adjuster. Began racing in 1960 at age 18.

BEST TIMES: Mile--4:18, 2 mile--9:00, 3 mile--14:10(68), 6 mile--29:45(69), 10 miles--50:10(68), 20 kms.--1:04:20(67), 25 kms.--1:25:55(69), 30 kms.--1:37:53, 20 miles--1:44:05, marathon--2:22:05(68), 50 miles--5:15:22(70). Racing frequency about once a month. Favorite distance is the marathon. Self coached.

Most everyone in the Valley is aware of the excellent running by Skip Houk. Not only is he an outstanding runner, but also quite an interesting person. We thought it best to let him tell his own story:

"My athletic career in my early years thru high school primarily involved baseball, swimming, and a little football. When I started college at the University of Nevada, Reno, I had full intention of just playing baseball (had played since little league). However, a close friend of mine persuaded me to try out for the boxing team. I did and made the team in the 147 pound division (welterweight). Then in the spring I ran in a track meet for the fun of it and ran a 10:25 2 mile, so the coach at Nevada asked me to run track. This is how my sports career at the U. of Nevada got started. I also ran cross country to make it a three sport affair. Cross country in the fall, boxing in the winter, and track in the spring.

"Boxing was my most successful college sport. I won 28 and lost 3. I won the collegiate title in 1964, was named to the All American Team and finished third that same year in the National AAU Boxing Championships. In the quarter finals I KO'd the Pan American Games champion in the 1st round.

"In cross country my best year was my senior year. I went undefeated in duel meets and won the Far Western Conference title (1964) and finishing up with a win at the NCAA Pacific Coast College Division Championships held at Fresno's Millerton Lake.

"All of this enthusiasm for running and competing kept me going after I finished school. The more I ran the longer the race became. In 1967 I ran my first real marathon at the PAAAU Championships at Pt. Reyes and won in 2:27. Then I tried my first fifty miler in February 1968 and won that with a new American record (5:38:16). Next came the Regional Olympic Marathon at Santa Rosa where I finished second to Eamon O'Rielly (2:22) and qualified for six weeks of high altitude training at Alamosa, Colorado to ready for the final trials. While there I won the National Jr. 15 Kilo title held in Denver.

"Misfortune struck at the final trials as I got a severe case of stomach cramps and could not finish.

"After a brief rest and recovery I decided to continue running. In August, 1969, I went to Denver again, this time for the National AAU Sr. 25 Kilo Championship and won with a high altitude time (5500') of 1:25:55. After this race I sustained a severe hamstring injury (injuries were frequent with the hard training I was doing) and was out of commission for six months.

"I started up again in Jan of 1970 and was back in shape for the Bay to Breakers race in May and ran my fastest ever on that course. The following weekend I won the Golden Gate Marathon, and then in October was outkicked in the AAU 50 miler (2.8 sec.) but ran 5:15:22 - well under my now old American Record.

"While living in Fresno I have enjoyed much success in long distance running, both locally and nationally. This past year I finished 8th in the AAU Marathon in Oregon (2:23:05), and won the AAU 50 miler in 5:19.

"Why do I run? I enjoy the self satisfaction and rewards running offers. I love competition and hope to run and compete for the rest of my life -- at least 100. Running and athletics have been good to me (even though there's been no money) and I love to preach the values of running or jogging and the benefits anyone would receive if they participated. Even my wife jogs a mile or two a day for her health. She has also run a couple of five mile races "just for fun". Her next goal is to run in the Bay to Breakers race. Of course, my goal is Munich in '72. I hope to run well at the Boston Marathon in April and then the Olympic Trials this summer.

MEET VALLEY COACH

"I feel that the most important word that I can pass on to the readers of Valley Track and Field is to train hard, but Consistency is the key word. Also, they should train at a level where they are not going to be prone to injuries. If they are constantly having injury problems they are either training beyond their threshold or are training wrong. Also, a varied training program is important. Slow one day and fast the next and back to slow. Injuries are no fun so a well programed training schedule should be followed, along with a good diet.

"My training program is relatively simple. I usually train the way I feel. Normally two workouts a day seven days a week. About 100 miles a week.
Monday - Friday: 4 to 5 miles at noon at 6:00 minute pace or faster(how I feel), evenings 10 to 12 miles(how I feel) usually 5:30 - 6:30 pace.
Weekend: Race or overdistance, 15 to 25 miles, easy pace.
I train 12 months a year, take a day off only occassionally for illness or business. The key is Consistency."

Valley Track and Field would like to thank Skip for taking the time to write this article. Thanks and good luck in those important races coming up.

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Chic Fero of Clovis High School: It's one thing to develop a program of success over a period of years, but another to move into a new environment and immediatly achieve that same kind of success. After seven years and six Valley cross country championships (varsity & Frosh-Soph) at East Bakersfield High Coach Fero moved to Clovis High and immediately brought a second place finish to the Clovis Cougars.

Chic Fero was born in Colorado Springs, Colorado. He attended East Bakersfield High School where he participated in cross country and track. His senior year in cross country he was 5th in the State Meet (they had one then). In track he was 880 league champ, Divisional champ, and placed 10th in the State Meet. High school best times were: 50.6, 1:57.1, 4:27.9.

For college Chic chose Bakersfield College and then the University of Kansas. While at Kansas he was a member of the Big 8 cross country, indoor and outdoor track championship teams. Although missing his senior year due to illness he accomplished some pretty good college marks: 49.2, 1:52.4, 3:01r, and 4:10.

During eight years of coaching he not only had the cross country success mentioned above but also won several league championships and three Valley Championships (including co-champs) in track. Some of the outstanding runners he has worked with include: Eddie Granillo, Danny Villalovos, Frank Rodriguez, and Eddie Cadena. This year's cross country standouts were: Bruce Caputo, Jim Hartig, and Rick Fierro.

Coach Fero considers cross country the "noblest sport of all" because it's a sport where everyone can participate; as a result he never cuts his squads. He also feels that cross country teaches values that carry over into life. He stresses the fact that he is working with high school students and that training should not be overdemanding, and, infact, should be fun. Workouts generally alternate between hard - easy, covering no more than 75 miles per week. Typically, longer runs on easy days and continuous type relays on the hard days. Some days the runners make up their own workouts. Often the Tuesday-Thursday workouts are run in the morning, giving the runner-student a chance to go home early in the afternoon with the other students.

Chic Fero states he doesn't believe in pushing to win at all costs, but what ever it is he's doing it seems to work.

To be or Not to be.....a member

The backbone of extra-scholastic track participation in any area is, or should be, the track clubs of that area. For example, look at the way the road racing program has expanded as a result of the High Sierra Track Club. Since the inception of the HSTC (see feature article January Valley Track and Field) road racing here in the Valley has gone from almost non-existent to what is now the best extra-scholastic track program in the Valley. High Sierra sponsors and puts on over twenty different events throughout each year. Road runners of all ages and abilities can find competition in the Valley every month. That's great for the long distance runner, but what about the sprinter, or the miler, or the long jumper? After his school days what's left for him here in the Valley? If he's not "national class" there's nothing outside of an handful of all-comers meets during the summer. It's also, usually, the same few dedicated individuals that run these meets each summer. They are doing a good job but they can only do so much, and that just during the summer.

Why can't the clubs fill the void left by the schools for these competitors once they are out of school? One reason is the fact that right now there are not enough organized clubs in the Valley to do much. Why aren't there more clubs in the Valley? All it would take is a little initiative, organization and work on the part of a few track men, coaches, or any interested individuals to get a club going. The rewards and satisfaction of starting a club in your area would be great, and you would be doing a good thing for your community as well as for the sport.

Another reason the club structure in the Valley isn't very strong is because many competitors don't want to belong to a club for one reason or another. That's their option, but many of the reasons given show that they do not really understand the function and purpose of most track clubs. One reason commonly heard is that the individual likes the freedom of running unattached where and when he wants. They fail to realize that clubs are different than school teams - you still run where and when you want when you belong to a club. Another reason given for not joining a club is that it is cheaper to be unattached. The dues for nearly all clubs range from free to ten dollars a year (HSTC is \$3/year for example). However, this money is easily returned either directly (in the form of saving gas money when driving in groups to meets) or indirectly (in the form of enjoyment one would not have otherwise been able to get). Still another reason for not joining a club is a feeling of inadequacy and of not being good enough to help the club. But, the strength of the club lies in its diversity. Clubs provide a base whereby the entire family can become involved. Record holders and joggers should be equally welcome. The only requirement that most clubs have is that the prospective members have a desire to become active in some way, not necessarily by competing. The main thing is that everyone gets involved in one way or another, thus making for a closer, more efficient group.

Besides creating opportunities for participation, competition, and the promotion of track in a given area what are some of the reasons for clubs? Financial help is often made available to do things which otherwise could not be done (the Elks sponsor a club in Madera, and the AAU allocates funds to the larger clubs). And another reason for clubs is that they provide an opportunity whereby each individual can feel like he is a part of something. Even if he or she is the last runner on a team, he can still feel that he belongs. The key is not how good a runner is but how much of a participant he is. The strength of a club lies not in excellence, but in participation - and that doesn't have to be competing.

(continued: bottom of page 13)

CLUB NEWS

HIGH SIERRA T.C.

High Sierra members have been placing very well in local races - Skip Houk placed 3rd in the USTFF and won the Mini Marathon, Dave Bronzan won the Mooney Grove 3 mile and placed second at the Mini Marathon and won the open division of the Fresno Road Race, Len Thornton won the over 40 division at the Fresno Road Race and the Central Section AAU as well as place second at the Madera Marathon. Wayne VanDellen won the Cent. Sect 30-39 division. Harry Harder won the over 50 division at Mooney Grove and the Fresno RR. Fernie Montanez won the 30-39 division at the Fresno RR and Rich Peterson was second. In the open division of the Madera Marathon High Sierra members place 1st (Skip Houk), 3rd (Don Gregory), and 5th (Rick Jensen).

The next big race for High Sierra long runners will be the West Valley Marathon on February 13 in Burlingame, Where they hope to get in for one of the team awards.

The new team uniforms have arrived. If interested contact Dave Bronzan, PO Box 728, Threerivers, Ca 93277. If you want to join but haven't yet also contact Dave.

High Sierra is in the process of putting together a track schedule with 8-10 good track meets for members. If you are interested in competing in track this season contact Bill Cockerham, 1717 South Chestnut Ave., Fresno, Ca 93702.

FRESNO ELANS T. C.

Evening practise and workouts are in full swing at Einstein Playground.

It's not too late for interested girls to be a part of the Elans 1972 track and field program. Contact Blanche "Bib" Brenner 620 W. San Gabriel, Clovis, Ca 93612, 291-6500 after 8:00 pm.

WASCO WILDKAT T. C.

Kevin Knox traveled to New York City to the National age group cross country championships and not only won the 10-11 year old division but shattered the VanCourtland Park 1½ mile record by 36 seconds. 110 youths from 20 states were in Kevin's race. Kevin and Gwen

SCHEDULE

CENTRAL CALIFORNIA AAU 1972 LONG DISTANCE RUNNING SCHEDULE

- | | |
|----------|---|
| Jan. 15 | Madera Marathon 9:00 am
Dee DeWitt 521 Willis, Madera |
| Feb. 12 | Reedley-Kings River Run 11:00 am
4 mile and age group
Bob Lehman 136 W. Myrtle, Reedley |
| Feb. 19 | Ivanhoe Road Run 1:00 pm
6 miles and age group
Jerry Hobbs 15616 Ave. 328, Ivanhoe |
| April 8 | Selma Sr. Six Mile Run
Gary Self 8471 S. Bethel, Selma |
| April 28 | Visalia Ten Mile Run - Mineral King Bowl. Dave Bronzan p.o. 385, Threerivers. |
| June 17 | Visalia One Hour Run 6:00 am
Age group
Jerry Hobbs 15616 Ave. 328, Ivanhoe |
| Sept. 2 | 6.5 Mile Hume Lake Run
Dave Bronzan p.o. 385, Threerivers |
| Sept. 17 | 13 Mile Bass Lake Run
Bill Cockerham 1717 S. Chestnut, Fresno |
| Oct. 25 | Woodlake 25 Kilo Run Age group
Wayne VanDellen 37149 Rd. 192, Woodlake |
| Nov. 25 | Mooney Grove 15 Mile Relay 11:00 am
5 man teams
Jerry Hobbs 15616 Ave. 328, Ivanhoe |
| Dec. 2 | Fresno Road Race 6 Mile
Fernie Montanez 3053 W. Alamos, Fresno |

This is a tentative schedule - be sure to check with the meet director before driving to a race. Send a self addressed, stamped envelope to meet director for more information and entries.

Dillingham, both 11 year old Wasco Wildkat members were honored by the Central Cal AAU as the outstanding boy and girl runners in Central Cal for 1971

RESULTS:**THIRD ANNUAL BIG DIPPER**

January 29, Millerton Lake: Rick Jensen of Madera and Pacific College came on strong at the end to win the 3rd Annual Big Dipper 12.5 mile run. This may be the toughest course in the Valley. Meet director Glen McCarthy stated, "there's no flat at all on the course - it's either up or down. Kevin Knox of the Wasco Wildkat Track Club was the only runner to break a meet record and that was his own set the year before in the Elementary Mile.

OPEN DIVISION: 12.5 miles

1. Rick Jensen(18)	Madera S.C.	1:17:06
2. Dave Donaldson(32)	Merced TC	1:18:20
3. Glenn McCarthy(22)	Otherways AC	1:21:38
4. Rich Peterson(34)	High Sierra	1:21:40
5. Bob Stoutt(44)	Unatt.	1:37:59

HIGH SCHOOL DIVISION: 12.5 miles

1. Joe Torres(17)	Madera S.C.	1:18:26
2. Ken Hendrick(15)	Highland	1:18:51
3. Greg Gonzales(17)	Highland	1:19:29
4. Paul Mendez(16)	Madera S.C.	1:22:43
5. Pat Neff(16)	Highland	1:29:40
6. Henry Raqueno(17)	Madera S.C.	1:38:49

JUNIOR HIGH SCHOOL DIVISION: 1 mile

1. George White(15)	Kings Canyon	5:02.3
2. Mike Fountaine(14)	Sierra	5:04
3. Randy White(12)	Wasco Wk.TC	5:07
4. Dennis Serano(14)	Hamilton	5:09
5. Brian White(13)	Hamilton	5:19
6. Mike Skow(15)	Kings Canyon	5:25
7. Dan Grigsby(14)	Hamilton	5:27
8. Brian Bowen(13)	Hamilton	5:32
9. Jimmy Dillingham(14)	Wasco Wk.TC	5:33
10. Mike Sadler(13)	Sierra	5:41
11. Leroy Ernst(13)	Hamilton	5:45
12. Joe Melendrey(14)	Hamilton	6:02
13. David Amick(12)	Wasco Wk.TC	6:02

ELEMENTARY DIVISION: 1 mile

1. Kevin Knox(12)	Wasco Wk.TC	5:07.5
2. Eddie Lujan(11)	Wasco Wk. TC	5:16
3. Mike Mosby(10)	Wasco Wk.TC	5:42
4. Robin Messick(10)	Wasco Wk.TC	5:46
5. Jackie Kent(9)	Wasco Wk.TC	5:56
6. Todd Knox(10)	Wasco Wk. TC	6:09
7. Frank Alv arado(12)	Laton	6:18
8. Jewel Brown(13)	Laton	6:31
9. Dan Burum(10)	Wasco Wk.TC	6:32
10. Dave Gonzales(12)	Laton	6:38
11. Eric Mosby(8)	Wasco Wk.TC	7:00
12. Brian Skow(10)	Turner	7:09

January 15, Madera: Skip Houk of the High Sierra Track Club blazed his way through the fog to not only win the Madera Marathon but set a course record in the process. Dave Bronzan appeared to be moving up on Skip at the 20 mile mark, but missed a turn at 21 miles and ran an extra 4 miles off the course.

OPEN DIVISION:

1. Skip Houk	High Sierra	2:26:11
2. Lupe Solis	Unatt.	2:44:39
3. Don Gregory	High Sierra	2:46:19
4. Walt Vanzant	West ValleyJ.	2:48:17
5. Rick Jensen	High Sierra	2:53:25
6. Mark Hemphill	KR Club	3:05:43
7. Galen Mays	Culver City	3:27:00
8. Richard Wood	Unatt.	3:30:27

HIGH SCHOOL DIVISION:

1. Paul Mendez	Madera	2:56:15
1. Joe Torres	Madera	2:56:15
3. Greg Gonzales	Highlands	3:09:00
4. Mike Fountain	Sierra JHS	3:24:07
5. Pat Neff	Highlands	3:26:30
6. Henry Raqueno	Delta	3:57:16
7. Mike Buss	North	4:01:13
8. Rick Fung	Sierra JHS	4:08:53
9. Tim Anderson	Bakersfield	4:16:35

SENIORS DIVISION:

1. Paul Reese	N.Cal Seniors	2:53:53
2. Len Thornton	High Sierra	3:00:09
3. Bill Snavelly	Unatt.	3:10:46
4. Sid Toabe	High Sierra	3:19:07
5. Leland Scott	High Sierra	3:58:39
6. Don Zarin	High Sierra	4:27:29

ANDERSON WINS NATIONAL TITLE

Dennis Anderson became Fresno Pacific's first national champion when he won the NAIA National Indoor Championship shot put with a life-time best of 56'7". Coach Jerry Huhn called it "the greatest moment in the history of Fresno Pacific track. Anderson was seeded fourth going into the competition, but pulled out the winning toss on his fourth put.

He now has his sights set on the outdoor title in Billings in June, which he states, "will take 60 feet to win." Dennis attributes his win to the fact that he is becoming much stronger. He has added 200 pounds to last year's squat, bench, and deadlift total of 1,255 pounds. "Right now we are working on bulk and strength," he said. "As the season progresses, we will go more to quickness and speed to be better able to use the strength we are building."

With the win Anderson was named to the All American Indoor Track Team.

VALLEY ALL-TIME TOP TEN

CLASS B by Ron Blackwood

100 Yard Dash

9.7	Gary Schaaf	Orosi	56
9.8	Darrell Newman	Selma	60
	Alvin Mann	Edison	62
	Ray Wilson	Lemoore	62
9.9	Leo Henderson	Porterville	40
	Bill Noli	Madera	51
	Ruby Hill	Delano	56
	Bob Miller	Bakersfield	59
	Dennis Brooks	Garces	59
	Rich Osborn	Porterville	61
	Willie Mills	South	62
	Paul Bayes	Mt. Whitney	62
	Lester Jones	Delano	63
	Jim Farmer	Lemoore	63
	W C Parmer	Lemoore	66
	Lonnie Harris	Lemoore	67
	Leo Webb	Tulare West.	68
	Leman Childress	Hoover	68
	Gerald Ludd	East	68
	Hammonds	Bakersfield	68
	Rudy Smith	Lemoore	69

220 Yard Dash (turn)

22.1	Lee Callahan	Wasco	65
22.3	Lonnie Harris	Lemoore	67
22.4	Hime Bunting	Shafter	71
22.5	John Bay	Hoover	68
	John Atherton	Woodlake	69
	Rudy Smith	Lemoore	69
	Bob Smith	Memorial	70
	Steve Cottongim	Avenal	71
	Mike Jackson	Edison	71
22.6	Randy Riggins	Porterville	68
	Leo Webb	Tulare West.	68
	Chris Martin	Bullard	69
	Vic Giordano	McLane	69
	Doug Enos	Tulare	70
	Greg Jones	Lemoore	70
	Roland Kelly	Bakersfield	70
	John Prandini	Memorial	71

220 Yard Dash (straight)

21.7	Mark Rodgers	Taft	64
	Jim Foster	Madera	68
21.8	Ray Wilson	Lemoore	62
21.9	W C Parmer	Lemoore	66
22.0	Vince Ludd	East	67
	Paul Myers	Roosevelt	66
22.1	Lester Jones	Delano	62
	Harold Alexander	Edison	64
	Del Gullett	Corcoran	64
	Lee Callahan	Wasco	65
	Mike Richardson	Memorial	65
	Eddie Ogawa	Sanger	66

440 Yard Dash

49.0	Steve Pixler	Porterville	65
	Larance Jones	Lemoore	67
49.4	Pat Weddle	Garces	63
50.0	Paul Wise	Edison	63
50.1	Angelo Haddad	East	59
	Oscar Haynes	Edison	60
	Jim Foster	Madera	68
50.3	Raul Rios	Dos Palos	58
	Bob Newton	Lemoore	66
	Tommie Garcia	East	68

880 Yard Run

1:56.1	Tom Nichols	Taft	64
1:56.2	Bob Newton	Lemoore	66
1:56.9	Alan Jones	Foothill	65
1:57.0	Tommie Garcia	East	68
1:57.1	Paul Kinon	Roosevelt	65
1:57.4	Pete Romero	Reedley	65
1:57.6	Joe Bergfalk	Monache	71
1:57.7	Bob Hensley	East	64
	Bob Hopkins	Tulare West.	71

One Mile Run

4:31.1	Mark Clark	Reedley	71
4:32.3	Mike Mendieta	Sanger	71
4:32.4	Ralph Baeza	Porterville	71
4:32.9	Ray Cavazos	Dinuba	71
4:33.4	Greg Gonzales	Highland	71
4:33.5	Dale Campbell	Tulare West.	71
4:34.0	Steve Garcia	Porterville	71
4:34.1	Jim Hartig	Clovis	71
4:35.1	Jesse Torez	Monache	71
4:36.0	Ernie Moreno	Redwood	71
	Valenzuela	Orosi	71

70 Yard High Hurdles

8.5	Mitch Forte	Coalinga	70
8.6	Greg Zulim	Dinuba	67
	Chuck Gill	Riverdale	70
	Larry Parker	Bakersfield	70
8.7	Tom Woodruff	Fresno	57
	Tom Marsella	Fresno	58
	Jack Hamilton	Dinuba	61
	Calvin Norris	Washington	65
	Bill Miguel	Lemoore	66
	Steve Gill	Riverdale	70
	Roger Jones	East	70

160 Yard Low Hurdles

17.0	Dave Douglass	East	57
17.1	Bill Miguel	Lemoore	66
	Larance Jones	Lemoore	67
17.3	Fred Teixeira	Washington	61
	Lennell Earl	Edison	64
	Steve Reimer	Wasco	70

17.4	Mike Lane	Shafter	63
	Jess Parmer	Lemoore	67
	Henry Shipes	East	67
	Mitch Forte	Coalinga	70
	Roger Jones	East	70

High Jump

6'6"	Rick Fletcher	Hoover	68
6'5 $\frac{1}{2}$ "	Otis Hailey	Wasco	66
6'4 $\frac{1}{2}$ "	Ch. Mackey	Bakersfield	69
6'3 $\frac{1}{2}$ "	Jim Claypool	Fowler	54
6'3 $\frac{1}{4}$ "	Swell Simmons	McLane	62
	Larry Young	Lemoore	68
6'3"	Gene Johnson	Edison	58
	Bob Channell	McLane	61
	Wilbert Terrill	Bakersfield	65
	Wes Demery	Wasco	66

Pole Vault

14'3"	Steve Hardison	Roosevelt	68
14'0 $\frac{1}{2}$ "	Mike Ray	Lemoore	68
13'8 $\frac{1}{2}$ "	Brian Dolton	Hoover	67
13'6 $\frac{1}{2}$ "	Mark Rodgers	Taft	64
	Bob Flint	Sanger	71
13'6 $\frac{1}{4}$ "	Ken Smith	Hanford	71
13'6"	John Couch	Taft	65
13'4"	Steve Story	Foothill	69
	Tom Henderson	Hoover	70
	Keith Harold	Madera	71
13'3 $\frac{1}{4}$ "	Bob Bibb	Roosevelt	67

Long Jump

24'10"	Randy Williams	Edison	70
23'2 $\frac{1}{2}$ "	Norman Wood	Madera	60
23'0 $\frac{1}{2}$ "	Sid Ferrell	Edison	55
23'0"	Mike Freeman	Delano	68
22'11 $\frac{1}{2}$ "	Lloyd McCoy	Bakersfield	57
22'11 $\frac{1}{4}$ "	Gary Daulong	Foothill	70
22'10"	Phil Reaves	Edison	62
22'9 $\frac{1}{2}$ "	Bob Barner	Madera	69
22'9"	Ruby Hill	Delano	56
22'6 $\frac{1}{4}$ "	Del Thompson	Edison	63

Triple Jump

47'10 $\frac{1}{2}$ "	Tony Rotella	Central	71
47'0"	Bruce Alldredge	Sierra	70
46'8 $\frac{1}{4}$ "	Steve Rimm	Clovis	70
46'7"	John Meadows	Tulare West.	71
46'1 $\frac{1}{2}$ "	Steve Gill	Riverdale	70
45'11"	Chester Roberts	Riverdale	70
45'10"	Mike Freeman	Delano	67
45'9 $\frac{1}{2}$ "	Ernie Lopez	Central	68
45'9"	Greg Greenman	Kerman	70
45'7 $\frac{1}{4}$ "	Andre Jackson	Bakersfield	70

Shot Put

58'1 $\frac{1}{4}$ "	Roger Cobb	Merced	56
57'4"	Claude Shelton	Edison	63
56'8 $\frac{1}{4}$ "	Leahman Westrick	Sanger	61
56'8"	Bob Barnett	Porterville	66
56'1 $\frac{1}{4}$ "	Jim Miller	Tulare	65
56'0"	Jim Beagle	Monache	70
55'8 $\frac{1}{4}$ "	Paul Manuel	Madera	58
55'8"	Mike Garrett	Taft	63
55'5 $\frac{1}{4}$ "	Dave Acosta	Merced	66
55'3 $\frac{1}{4}$ "	Bill Hansen	Exeter	65
	Mark Batson	Taft	68

Discus

161'3 $\frac{1}{2}$ "	Greg Art	East	65
160'3"	Stan Glaspey	McLane	64
156'6"	Frank Fiorentino	Memorial	53
154'3"	Pete Ross	Lemoore	63
150'11 $\frac{1}{2}$ "	Leahman Westrick	Sanger	61
150'2 $\frac{1}{4}$ "	Mike Hailey	Foothill	69
150'0"	Lyle Crow	Porterville	51
149'7"	Tom Murray	Lemoore	68
149'6 $\frac{3}{4}$ "	Roger Cobb	Merced	56
149'5 $\frac{1}{2}$ "	Harold Shephard	Wasco	67

440 Yard Relay

43.0	FOOTHILL (BAKERSFIELD)	65
43.1	NORTH (BAKERSFIELD)	65
43.2	LEMOORE	67
	EAST (BAKERSFIELD)	68
43.5	BAKERSFIELD	57
	EDISON (FRESNO)	64
	Bakersfield	68
43.6	MT. WHITNEY (VISALIA)	46
	HOOVER (FRESNO)	65
	Edison	71
43.7	TAFT	64
	WASHINGTON (EASTON)	67
	SOUTH (BAKERSFIELD)	68
	MEMORIAL (FRESNO)	70
	Lemoore	70

1971 CENTRAL SECTION TOP MARKS

KEY: n non-winning, w wind-aided, *** frosh, ** soph, * junior.

100 Yard Dash

9.7	*Greg Jones	Lemoore
	Barry Phipps	Hoover
	McKenley Mosley	Bakersfield
w	John Alexander	Hoover
w	Randy Williams	Edison
9.8	Henry Bailey	Bullard
	Morris Owens	Chowchilla
9.9	Chris Glover	West
	Russell Shelton	Caruthers
	**Earl Charles	Hanford
	**James Jackson	Edison
	***Hime Bunting	Shafter
w	*Brian Sturz	Highland
10.0	***Jim Whitfield	Corcoran
	**Steve Cottongim	Avenal
	**Jeff Beck	Delano
	**S. Abraham	Washington
	*Mike Jackson	Edison
	*Steve Nunley	McLane
	*Brent Hopper	Sanger
	Rod Perry	Hoover
	Jerry Robertson	Bakersfield
	Alan Tackett	South
	Aram Darmaian	Sanger
	Jose Garcia	Porterville
	Dwight Stone	McLane
	Tom Adams	Caruthers

220 Yard Dash (turn)

21.7	Randy Williams	Edison
22.1	**Scott Wingo	Mt. Whitney
	*Steve Nunley	McLane
22.2	Mark Drennan	North
w	John Alexander	Hoover
22.3	*Greg Jones	Lemoore
	Morris Owens	Chowchilla
22.4	Chris Glover	West
	**Terry Woods	Edison
	**Earl Charles	Hanford
	***Hime Bunting	Shafter
22.5	*Mike Jackson	Edison
	**Doug Enos	Tulare
	**Steve Cottongim	Avenal
	Russell Shelton	Caruthers
	Henry Bailey	Bullard
22.6	*John Prandini	Memorial
	Terry Hylton	Bakersfield
22.7	**James Jackson	Edison
	Robert Law	Clovis
	Dwight Stone	McLane
22.8	**Jeff Beck	Delano
	Gary Ray	South
	**Dwight Amey	Bakersfield
	Dave Kendall	Mt. Whitney

440 Yard Dash

47.3	*Greg Jones	Lemoore
48.4n	*Larry Boaen	West
49.1n	*Sam Young	Bakersfield
49.2n	Ed Swillis	Central
	Morris Owens	Chowchilla
49.7n	*Theo Bell	Bakersfield
	Nelson Schwamb.	Selma
50.0	Al Buller	Corcoran
50.2	*Jim Turner	Coalinga
	Jim Anderson	Edison
50.5	Darrid Duerksen	Bullard
	Harry Nicholas	Reedley
	Dave Kendall	Mt. Whitney
	Darrell Cox	Foothill
	Johnson	Madera
50.6	*LaVern Coleman	Riverdale
	Larry Echols	Madera
50.7	Eddie Williams	Edison
	Henry Page	South
50.8	**Scott Wingo	Mt. Whitney
	Steve Wheat	Lemoore
	Moore	Bullard
50.9	*Doug Hall	Lemoore
	*Steve Reimer	Wasco

880 Yard Run

1:55.0	Phil Foster	West
1:56.2	Harry Nicholas	Reedley
1:56.6	Eugene Harding	Edison
	Dave Tomerlin	Bullard
1:57.2n	*Joe Gonzales	Exeter
	n *Larry Boaen	West
1:57.6	Joe Bergfalk	Monache
1:57.7n	Bob Hopkins	Tulare West.
1:58.0n	Darrell Cox	Foothill
	n *Steve Wheat	Lemoore
	n Tony Garza	Dinuba
1:58.1n	*Buddy Pinneo	East
1:58.3n	Dave Blalock	Madera
1:58.4n	**Lynn Eichorn	Roosevelt
1:58.6n	Jon Crary	Redwood
1:59.0	Danny Villalovos	East
	n *Doug Hall	Lemoore
	Mike Castro	Memorial
1:59.1n	Bob Salazar	Corcoran
1:59.4	***John Beck	Delano
1:59.5n	*Nigel Keep	Bullard

One Mile Run

4:13.3	Harry Nicholas	Reedley
4:18.8	Greg Hall	McLane
4:21.2n	Richard Williams	South
4:22.6	*Carl Rhodes	North
4:23.3n	Carlos Bravo	Reedley

4:24.1n	*Alex Basurto	Dos Palos
4:26.2n	Tom Barnett	Bullard
4:26.4	Rito Fuentes	Roosevelt
4:29.6	Mark Clark	Reedley
	Danny Villalovos	East
4:31.2	Kasto Lopez	Sanger
4:31.6	***Tom Elieff	Garces
4:31.9	**Mike Montoya	Reedley
4:32.3	*Mike Mendieta	Sanger
4:32.4n	*Ralph Baeza	Porterville
4:32.8	Jim Sweeney	Bullard
4:32.9n	***Ray Cavazos	Dinuba
4:33.4n	*Greg Gonzales	Highland
4:33.5n	Dale Campbell	Tulare West.
4:33.7n	**Dan Salas	Sanger
	n John Quiroz	Mt. Whitney
	Ernie Moreno	Redwood

Two Mile Run

9:16.2	Greg Hall	McLane
9:25.8	*Jon Virden	Lemoore
9:28.7	Jim Sweeney	Bullard
9:29.3	Danny Villalovos	East
9:34.8	Carlos Bravo	Reedley
9:37.5	Kasto Lopez	Sanger
9:37.9	Juan Garza	Hanford
9:38.1	*Ron Vogt	McLane
9:39.5	Harry Nicholas	Reedley
9:42.1	Mark Clark	Reedley
9:31.8	Bruce Caputo	Clovis
9:46.4	**Ned Baird	Fresno
9:49.7	Sam Sapein	Hoover
9:50.0	**Mike Montoya	Reedley
9:50.9	*Sergio Rodriguez	Arvin
9:53.4	*Manuel Hernandez	Sanger
9:54.8	Raul Sanchez	Monache
9:55.7	Phil Foster	West
9:59.1	*Gabe Montoya	Reedley

120 Yard High Hurdles

13.8	McKenley Mosley	Bakersfield
14.0w	John Alexander	Hoover(14.1)
14.1n	Ron Cox	Fresno
14.2	Mitch Forte	Coalinga
	n *Jose Rivas	Tulare
14.3n	Mike Lyons	Fresno
14.4	Don Lane	Exeter
	*Steve Reimer	Wasco
14.5	Norm Ward	Clovis
	w Bert Marlow	Hoover
14.6n	John Detrick	Selma
	n Ed Swillis	Central
14.7	Chuck Gill	Riverdale
	n *LaVern Coleman	Riverdale
	n Gary Ellis	Hoover
	n *Ron Parker	Bakersfield
14.8n	Kerry Elders	Fresno
14.9	**Bill Parmer	Lemoore
	n Bob Bragg	North

180 Yard Low Hurdles (straight)

18.5	McKenley Mosley	Bakersfield
18.6w	John Alexander	Hoover
19.1	*Jose Rivas	Tulare
	n Kerry Elders	Fresno
19.2	Don Lane	Exeter
	n Ron Cox	Fresno
	*Steve Reimer	Wasco
19.3n	**Scott Wingo	Mt. Whitney
19.5	Jose Garcia	Porterville
	Bart Marlow	Hoover
	n **Bill Parmer	Lemoore
19.6	Eugene Smith	Lemoore
	n *Ron Parker	Bakersfield
19.7	Ed Swillis	Central
	n *LaVern Coleman	Riverdale
	Mike Lyons	Fresno
	Norm Ward	Clovis

High Jump

6'10"	Kerry Elders	Fresno
6'7½"	Charles Mackey	Bakersfield
6'6¾"	Troy Hvass	McFarland
6'4½"	Luther Felton	Tulare West.
6'3 "	*Morris Kauffman	Fresno
6'3½"	**Ray Roberts	Riverdale
	Jim Bennett	McLane
6'3"	*Steve Stafford	Hoover
	Mike Mathias	Foothill
6'2¼"	*Louie Torres	McLane
6'2"	**Gary Broom	Wasco
	**Dana Smith	Corcoran
	**Mike Thompson	Monache
	*Dave Wenig	Memorial
	*Keith Swanson	Arvin
	*Steve Bogard	Hanford
	Leon Anderson	Foothill
	Eugene Smith	Lemoore
	Bob Kleyn	Mt. Whitney
	Howard Bonner	Delano
	Jerry Unfried	Porterville
	John Fowler	West
	Bruce Mogland	Hanford
	Briones	Lindsey
	Smith	Madera
	Paulson	Bullard

Pole Vault

14'9½"	Jeff Baker	McLane
14'7½"	Tom Henderson	Hoover
14'4½"	Jerry Moffett	Hoover
14'0"	*George Sula	Lemoore
	*John Baker	McLane
13'7"	Tom Bastista	Lemoore
	*John Meadows	Tulare West.
	Pat Aldrich	Mt. Whitney
13'6½"	*Bob Flint	Sanger

13'6 $\frac{1}{4}$ " Ken Smith
 13'6" Pat Teter
 *Fernando Huerta
 13'4" *Keith Herold
 13'3" *Mike Red
 13'2 $\frac{1}{2}$ " *Bob Schoendube
 13'2" *Steve Gill
 Frank Yap
 13'1" Richard Gaeta
 Fred Zeller
 13'0" Rick Tipton
 Phil Ganong
 Valentine
 Barton

Long Jump

26'3 $\frac{3}{4}$ "w Randy Williams
 24'4" **Gerald Hardeman
 24'0 $\frac{1}{2}$ " David Tucker
 23'9" Ed Swillis
 22'11 $\frac{1}{2}$ " Luther Felton
 22'6 $\frac{1}{2}$ " *Greg Jones
 22'4 $\frac{1}{2}$ " Bill Hibner
 22'4" Gary Daulong
 22'3" Alvin Bryant
 *John Ward
 S. Abraham
 22'1 $\frac{1}{2}$ " **Charles Harris
 22'0 $\frac{1}{2}$ " Rod Perry
 22'0" Mike Ross
 21'11 $\frac{1}{2}$ " **Willie Jenkins
 21'11" Steve Whetstone
 Ruth
 21'10 $\frac{1}{2}$ " Bob Davis

Triple Jump

52'3 $\frac{1}{2}$ " Randy Williams
 52'1 $\frac{3}{4}$ " David Tucker
 48'4 $\frac{1}{4}$ " *Steve Rim
 47'10 $\frac{1}{2}$ " *Tony Rotella
 47'2 " Greg Greenman
 47'2" **Lonnie Shelton
 w *Willie Rucker
 46'8 $\frac{1}{2}$ " Ron Simril
 46'7" *John Meadows
 46'5 $\frac{1}{4}$ " Steve Whetstone
 46'5" Luther Felton
 46'1" Rod Lee
 45'11" Mark Drennan
 45'9 $\frac{1}{2}$ " Andre Jackson
 45'6 $\frac{1}{2}$ " Johnson
 45'6" Page Smith
 45'3 $\frac{1}{2}$ " Porter
 45'3" Bill Hibner
 45'2" *Steve Gill

Hanford
 Lemoore
 Reedley
 Madera
 Hanford
 Roosevelt
 Riverdale
 Delano
 Shafter
 Taft
 Hanford
 Bakersfield
 Roosevelt
 Clovis

Edison(25'4 $\frac{1}{2}$ ")
 Edison
 Memorial
 Central
 Tulare West.
 Lemoore
 McLane
 Foothill
 Shafter
 Edison
 Washington
 Lemoore
 Hoover
 Foothill
 Delano
 Hoover
 Fresno
 Tulare West.

Edison
 Memorial
 Clovis
 Central
 Kerman
 Foothill
 Fresno(47'1")
 South
 Tulare West.
 Hoover
 Tulare West.
 Bakersfield
 North
 Foothill
 Madera
 South
 Hoover
 McLane
 Riverdale

Shot Put

59'10 $\frac{1}{2}$ " Bob Otto Porterville
 57'10 $\frac{1}{4}$ " Sylvester Taylor Fresno
 57'2 $\frac{1}{2}$ " *Steve Carlock Selma
 56'4 $\frac{1}{2}$ " Steve Belmont McLane
 56'1" Brad Hatch Madera
 55'10" *Terry Bough Monache
 55'2 $\frac{1}{2}$ " Scott Leonard McLane
 55'0 $\frac{1}{2}$ " Gene Johnson Lemoore
 54'11 " *John Beagle Monache
 54'7" Mike Baker North
 52'10" *Sylthell Thompson Selma
 52'4 $\frac{1}{2}$ " Mike LaFave Bakersfield
 52'2" Carl Smith Redwood
 52'1 $\frac{1}{2}$ " **Lonnie Shelton Foothill
 51'8" Rudy Bergtold Reedley
 Jan Meyers Porterville
 51'6" Ron Bough Monache
 John Gates Mt. Whitney
 51'5" Robert Howell Edison

Discus

184'9" Bob Otto Porterville
 180'8" Mike Hailey Foothill
 172'2" Ron Bough Monache
 169'9" Mike LaFave Bakersfield
 164'3" Robert Warkentine McLane
 163'1" Dennis Heinricks Wasco
 162'9" Mike Jackson Fresno
 162'2" *Richard Merlo Sanger
 161'8" Steve Saldivar Orosi
 159'3" *Dennis Pierotte Lemoore
 159'2" *Bob Simmerman Fresno
 159'0" *Skip Sargenti Roosevelt
 158'7" Rim Richert Reedley
 158'2" Kevin Biswell Mt. Whitney
 158'0" *Steve Carlock Selma
 157'5" Dave Erlewine Taft
 155'8" Willy Harris Foothill
 153'11" **Mark DeWeese Delano
 153'10" *Terry Bough Monache

BETTER LIFE FOODS

Supplements to aid in
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 track and field athletes

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**Bill McDonald 4785 E. Olive
 Fresno, Calif.**

440 Yard Relay

42.4	Hoover	(Keck, Perry, Alexander, Phipps)
42.5	Bakersfield	(Robertson, Hylton, Harper, Mosley)
42.6	Lemoore	(Barber, Gaffney, Parmer, Jones)
	Edison	(Jackson, E. Williams, Woods, R. Williams)
43.0	West	(Andrews, Meyers, Glover, Boaen)
43.4	Exeter	(Smith, Barlow, Routen, Lane)
	Fresno	(Lyons, Cox, Elders, Rucker)
43.5	Redwood	(Jimmez, Adams, Nava, Williams)
	McLane	(Brooks, Powell, Nunley, Stone)
43.6	Delano	(Tomate, Dunn, Jenkins, Beck)
43.7	North	(Drennen, Lange, Rich, Johns)
43.8	Caruthers	(Adams, Ash, Phillips, Shelton)
	Bullard	(Sears, Moore, Duerksen, Bailey)

Mile Relay

3:14.9	West	(Andrews, Glover, Foster, Boaen)
3:20.6	Bakersfield	(Bell, Young, Hylton, Mosley)
3:21.4	Lemoore	(Hall, Wheat, Barber, Jones)
3:22.4	Coalinga	(Lopez, Forte, Jefferies, Turner)
3:22.5	Edison	(R. Williams, Harding, E. Williams, Anderson)
3:24.0	Bullard	(Duerkson, Moore, Jaeckel, Sears)
3:24.5	Mt. Whitney	(Kendall, Turner, Hamlin, Wingo)
3:25.4	Fresno	(Cobell, Lyons, Goodall, Larsen)
3:25.9	North	(Bragg, Quick, Shanholtzer, Rhodes)
3:26.9	Redwood	(Jimenez, Nava, Williams, Crary)
3:27.6	Clovis	(Law, Gaffney, Obermann, Oliver)
3:28.7	McLane	(Condit, Brooks, Raines, Stone)
	Madera	

Two Mile Relay

7:55.6	Lemoore	(Wheat, Bengston, Hobb, Hall)
8:10.4	Redwood	(Thurlow, Moreno, Ruiz, Crary)
8:13.1	Memorial	

Four Mile Relay

18:56.6	Bullard	(Duerkson, Barnett, Tomerlin, Sweeney)
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Sprint Medley Relay

3:33.7	West	(Boaen, Whitten, Gunn, Foster)
3:34.1	Delano	
3:36.6	Corcoran	
3:36.9	Exeter	
3:40.8	Lemoore	

So, during the summer or when your school days are over join a track club. There are great advantages for you as well as the good you would be doing for the sport in your area, which will eventually help you more. If there's not a club in your area start one and watch it grow.

VALLEY TRACK AND FIELD is in the process of compiling a list of all of the clubs in the Valley. If you already have a club let us know about it. Also we are setting up a column for club news (first time in this issue). Send us your club news and we will gladly print it.

Many of the ideas in this article came from the 1970 Northern California Distance Running Annual - a West Valley Track Club publication.

1971 VALLEY AGE GROUP NATIONAL RANKERS

BOYS

The latest tabulation by Starting Line Magazine shows the following Central California boys ranked in the top ten for their event in the U.S. for 1971:

9 & UNDER BOYS:

<u>EVENT</u>	<u>NAME</u>	<u>FROM</u>	<u>TIME OR DISTANCE</u>	<u>RANKING</u>
50 Yd Dash	Colby Churchman	Bakersfield	6.7	Tie 2nd
50 Yd Dash	Robert Radcliff	Bakersfield	6.7	Tie 2nd
50 Yd Dash	Maurice Brown	Madera	6.7	Tie 2nd
50 Yd Dash	Lance Fulton	Merced	6.8	Tie 6th
100 Yd Dash	Sam Palmer	Bakersfield	12.5	1st
100 Yd Dash	Lance Freeman	Fresno	12.5	2nd
100 Yd Dash	Stanley Wright	Bakersfield	12.9	Tie 4th
100 Yd Dash	Lance Fulton	Merced	12.9	Tie 4th
220 Yd Dash	Robin Messick	Wasco	30.4	4th
440 Yd Dash	Lance Freeman	Fresno	66.3	1st
440 Yd Dash	Colby Churchman	Bakersfield	66.7	2nd
440 Yd Dash	Todd Knox	Wasco	66.8	3rd
440 Yd Dash	Robin Messick	Wasco	68.8	6th
440 Yd Dash	Jeff Bailey	Bakersfield	69.0	8th
440 Yd Dash	Fred Evans	Fresno	69.4	9th
660 Yd Dash	Todd Knox	Wasco	1:49.8	1st
660 Yd Dash	Tony Kinsinger	Bakersfield	1:53.6	2nd
660 Yd Dash	Vacellie Mendrin	Madera	1:55.7	3rd
660 Yd Dash	Anthony Dawkins	Tulare	1:57.6	6th
880	Todd Knox	Wasco	2:29.6	1st
880	Robin Messick	Wasco	2:41.6	4th
1 Mile	Todd Knox	Wasco	5:27.9	Tie 3rd
Long Jump	John Shoaks	Fresno	14' 1 $\frac{1}{2}$ "	2nd
Long Jump	Kevin McNeece	Merced	13' 7 $\frac{1}{2}$ "	6th
Long Jump	Stan Otake	Fresno	13' 6"	7th
Long Jump	James Lewis	Madera	13' 4"	Tie 8th
Long Jump	Robin Messick	Wasco	13' 4"	Tie 8th
Triple Jump	Lyce Witten	Riverdale	28' 3"	1st
Triple Jump	Mike Huerta	Taft	28' $\frac{1}{2}$ "	2nd
Triple Jump	John Shoaks	Fresno	27' 10 $\frac{1}{2}$ "	3rd
Triple Jump	B. Bulmar	Bakersfield	27' 8-3/4"	4th
Triple Jump	D. Meadows	Tulare	27' 3/4"	6th
High Jump	Marty Milburn	Gakersfield	4' 4"	2nd
High Jump	G. Swanson	Fresno	4' 0"	8th
High Jump	Tim Wade	Taft	3' 11"	10th

10 & 11 BOYS:

<u>EVENT</u>	<u>NAME</u>	<u>FROM</u>	<u>TIME OR DISTANCE</u>	<u>RANKING</u>
50 Yd Dash	Bobby McIntosh	Buttonwillow	6.3	Tie 3rd
50 Yd Dash	Dewayne Martin	Fresno	6.3	Tie 3rd
50 Yd Dash	Stevin Woods	Fresno	6.4	Tie 9th
50 Yd Dash	Darrell Gardner	Bakersfield	6.4	Tie 9th

100 Yd Dash	Bobby McIntosh	Buttonwillow	11.7	Tie 4th
100 Yd Dash	Dewayne Martin	Fresno	11.8	Tie 6th
100 Yd Dash	Steve Woods	Fresno	11.9	8th
440 Yd Dash	Kevin Knox	Wasco	60.7	1st
440 Yd Dash	Terry Anderson	Bakersfield	62.4	4th
440 Yd Dash	Shawn Shambaugh	Wasco	62.7	Tie 6th
440 Yd Dash	Eddie Lujon	Wasco	62.7	Tie 6th
880 Yd Run	Kevin Knox	Wasco	2:17.3	1st
880 Yd Run	Randy White	Wasco	2:21.4	2nd
880 Yd Run	Eddie Lujon	Wasco	2:26.3	4th
880 Yd Run	Robert Nunez	Wasco	2:27.5	5th
880 Yd Run	David Jones	Lemoore	2:28.1	6th
1 Mile	Kevin Knox	Wasco	5:00.3	1st
1 Mile	Eddie Lujon	Wasco	5:07.6	3rd
1 Mile	Randy White	Wasco	5:11.6	4th
1 Mile	Robert Nunez	Wasco	5:20.0	8th
Long Jump	Greg Jackson	?	16' 7 $\frac{1}{2}$ "	2nd
Long Jump	Mike Carter	Bakersfield	16' 4"	3rd
Long Jump	Van Tate	Riverdale	16' 2 $\frac{1}{2}$ "	4th
Long Jump	David Thompson	Fresno	15' 9 $\frac{1}{2}$ "	10th
Triple Jump	Jeff Zimmerman	Coalingo	34' 5"	1st
Triple Jump	Mike Carter	Bakersfield	34' 3"	2nd
Triple Jump	Mark Nichols	Bakersfield	33' 3/4"	4th
Triple Jump	Reggie Smith	Fresno	31' 8"	8th
High Jump	Kirk Moore	Bakersfield	4' 10 $\frac{1}{4}$ "	1st
High Jump	Van Tate	Riverdale	4' 8"	Tie 3rd
High Jump	Bart Mitchell	Lemoore	4' 8"	Tie 3rd
High Jump	Mike Cobral	Riverdale	4' 7"	Tie 8th

12 & 13 BOYS:

<u>EVENT</u>	<u>NAME</u>	<u>FROM</u>	<u>TIME OR DISTANCE</u>	<u>RANKING</u>
100 Yd Dash	Larry Johnson	Fresno	10.5	Tie 1st
100 Yd Dash	Eric Singleton	Fresno	10.6	Tie 6th
220 Yd Dash	Larry Johnson	Fresno	23.9	1st
220 Yd Dash	Eric Singleton	Fresno	24.3	4th
220 Yd Dash	Steve Schaeffer	Bakersfield	24.5	10th
440 Yd Dash	Wayne Shillings	Fresno	54.2	1st
440 Yd Dash	Joe Garcia	Fresno	54.6	2nd
880 Yd Run	John Esqueda	Fresno	2:12.2	8th
880 Yd Run	Horacio Galven	Mojave	2:13.6	Tie 9th
880 Yd Run	A. Alvarez	Clovis	2:13.6	Tie 9th
1 Mile	Jessie Garcia	Bakersfield	4:56.2	3rd
1 Mile	Robert Wolbert	Lemoore	4:56.6	4th
1 Mile	Vincent Garza	Fresno	5:04.2	7th
1 Mile	Ruben Rodriquez	Earlimart	5:04.4	8th
Long Jump	Larry Johnson	Fresno	22' 1"	1st
Long Jump	Kenny Souers	Greenfield	19' 0"	Tie 5th
Long Jump	Mando Garcia	Del Rey	18' 9 $\frac{1}{4}$ "	7th
Long Jump	Gino Simpson	Tenaya	18' 9"	8th

Triple Jump	Dave Knight	Riverdale	39' 9-3/4"	1st
Triple Jump	Marcus Daniels	Bakersfield	38' 9 1/2"	3rd
Triple Jump	Jeff Islas	General Grant	37' 9"	6th
Triple Jump	Mike Herbert	Tulare	37' 1"	7th
Triple Jump	Ken Souers	Greenfield	37' 1/2"	8th
High Jump	Jeff Jones	Bakersfield	5' 8"	Tie 1st
High Jump	Monte Lysdale	Big Creek	5' 8"	Tie 1st
High Jump	Steve Schaeffer	Bakersfield	5' 6 1/2"	3rd
High Jump	Jeff Houghton	Bakersfield	5' 6"	Tie 4th
Pole Vault	Dave Knight	Riverdale	10' 3"	5th

VALLEY VIEWS

Many Valley athletes have been participating in indoor track. Fresno City College won the sprint medley and placed fourth in the two mile relay at the San Francisco Examiner Meet. In that same meet Fresno Pacific placed third in the College Division mile relay. Also at the San Francisco meet Capt. Cliff Clark and Dave Donaldson from Merced placed well in the Devil-Hindmost mile, and from Merced High Dave Taylor placed second in the high school two mile run followed closely by teammate Hal Luna. We've heard that Bakersfield College was well represented at the LA Sunkist Meet but don't have the particulars.

Some additions to the All Time Valley Top Ten list printed in the last issue of Valley Track and Field: 120 HH, 14.1 Ron Cox-Fresno, John Alexander-Hoover (71); TJ, 47'10" Ernie Pearce-Corcoran (69). We've like to thank Ron Blackwood for the excellent job he's done in keeping these all time lists and other Valley stats....With the publication of the All Time Valley lists it should probably be necessary to defign "the Valley" -something we've avoided in the past and have let any area that wanted to consider themselves part of the Valley and give them coverage as such in VTF. The east, west, and south boundries of the Valley are quite clear, but how far north? Certainly at least to Sacramento. VTF will not give a definite northern boundry but will continue to leave it up to the individual areas wheather or not they want to be part of "the Valley" covered by VTF. Therefore, since the Valley All Time Top Ten list only includes Central Section school it should technically be the All Time Central Section Top Ten. If any of our readers know of an all time list for the northern valley CIF section let us know so as we can print it and maybe even combine the two on occasion.

Fresno's John Warkentin, the 1970 AAU decathlon champion, finished second in the UC-Santa Barbara Holiday Decathlon, January 8&9, with a score of 7,229. He was just 25 points behind first place Jim Sobrieszczyk of Club West. Warkentin had the best time in the high hurdles at 14.9....Clovis high senior, Bruce Caputo demonstrated he is fully recover from his december operation by placing 12th in the open division of the World Masters Marathon, January 29, in Orange, Calif. His time was an outstanding 2:46:57.

Some good marks from various pre-season meets include: At San Mateo Fresno City runner Cliff Reese ran the 880 in 1:55.4, Pacific College's Dennis Anderson put the shot 56'5"and the Pacific mile relay turned 3:21.3. At the Cow Palace trials Merced's Dave Taylor ran a 9:13.6 two mile. At the Athens indoor trials the following qualified from Fresno City: 60 yd dash- Ed Jefferies 6.3, Maxie Parks 6.4, Rod Perry 6.5; 2 mile run- Greg Hall 9:42.9; as well as the sprint medley run- the fastest qualifying time, 3:34.2. At Fullerton Frank St. Martin of Pacific got off a life time best throw in the hammer with 145'7"....Fresno State again sponsored an all time great track clinic (speakers, movies, displays, discussions, food, credit)-if you missed it you missed a good thing....Coach Dee DeWitt, the meet director for the Madera Marathon has a unique situation in that the streets in the Madera country side are all one mile apart. By starting at an intersection the runners always know how far they've gone.

Valley Track and Field is in the process of composing a master track schedule for the entire Valley, all age-groups, both sexes. If you would like to have your meets included on this schedule which will be printed each month please send a copy of it to Valley Track and Field.

VALLEY GIRLS TOP MARKS 1971

Name	School or City or Club	County	Time or Distance
<u>9 & Under</u>			
<u>50 yard dash</u>			
Cynthia Mosley	Fremont/Bakersfield Saints	Kern	6.8
Michele Roberts	Wasco Wildkats	Kern	6.9
Leticia Morales	Taft/Sanger	Fresno	6.9
<u>100 yard dash</u>			
Michele Roberts	Wasco Wildkats	Kern	12.7
Regina Robinson	McKinley/Bakersfield	Kern	12.8
Leticia Morales	Taft/Sanger	Fresno	13.1
<u>440 yard run</u>			
Sharon Miller	Potomac/Bakersfield	Kern	72.2
Katie Norman	Jefferson/Clovis	Fresno	76.2
Terry Lorta	Richgrove/Earlimart	Tulare	76.4
<u>660 yard run</u>			
Maria Madina	Haven Drive/Bakersfield	Kern	2:06.7
Wendy Friesen	Weldon/Clovis	Fresno	2:09.5
Yolanda Lopez	Lincoln	Tulare	2:09.5
<u>440 yard relay</u>			
Bakersfield Saints	Bakersfield	Kern	60.00
<u>High Jump</u>			
Pam Allen	Lemoore	Kings	3' 11"
Barbara Beavers	Earlimart	Tulare	3' 11"
Stacy Doll	Panama	Kern	3' 10"
<u>Running Long Jump</u>			
Michelle Loflin	Porterville	Tulare	12' 6 3/4"
Christie Fahy	Munsey/Bakersfield	Kern	12' 5"
Laurie Brummell	Panama/ Bakersfield	Kern	12' 4 3/4"
<u>10 & 11 Years</u>			
<u>50 yard dash</u>			
Terri Frye	Wasco Wildkats	Kern	6.5
Rita Herring	Lemoore/Lemoore	Kings	6.6
Diana Macias	Sanger	Fresno	6.8

Name	School or City or Club	County	Time or Distance
<u>100 yard dash</u>			
Terri Frye	Wasco Wildkats	Kern	11.9
Rita Herrine	Lemoore	Kings	12.2
Diana Marcias	Sanger	Fresno	12.3
<u>440 yard run</u>			
Tammi Randall	Fremont	Kern	65.9
Patty Dillingham	Wasco Wildkats	Kern	66.2
Maria Serrano	Madera	Madera	69.8
<u>880 yard run</u>			
Gwen Dillingham	Wasco Wildkats	Kern	2:28.1
Connie Vasquez	Haven Drive/ Bakersfield	Kern	2:32.3
Shirley Roldan	Orosi/Tulare	Tulare	2:32.5
<u>440 yard relay</u>			
Bakersfield Saints	Bakersfield	Kern	53.5
<u>High Jump</u>			
Janice Jones	Riverdale	Fresno	4' 9"
Paulett Venus	Fremont	Kern	4' 6"
Tammy Fraley	Lemoore	Kings	4' 4"
<u>Running Long Jump</u>			
Susan Staley	Coalinga	Fresno	14' 11"
Lula Jenkins	Earlimart	Tulare	14' 8½"
Mary Howard	Fremont, Bakersfield	Kern	14' 5"
<u>12 & 13 years</u>			
<u>100 yard dash</u>			
Sherry Hughes	Lincoln/Bakersfield	Kern	11.2
Dolores Lee	Tanaya/ Merced	Merced	11.5
Dorthea Gaffney	Lemoore	Kings	11.8
<u>220 yard dash</u>			
Wilma Similton	Lincoln/ Bakersfield Saints	Kern	25.7
Sherry Hughes	Lincoln/ Bakersfield Saints	Kern	26.2
Dorothea Gaffney	Lemoore	Kings	26.6
<u>440 yard dash</u>			
Marilyn Moore	Fresno	Fresno	61.5
Jo Ann Foster	Emerson/Bakersfield	Kern	61.5
Becky Harvick	Standard/Bakersfield	Kern	62.1

Name	School or City or Club	County	Time or Distance
<u>880 yard run</u>			
Sindi Steinbeck	Wasco Wildkats	Kern	2:21.8
Betty Burns	Wasco Wildkats	Kern	2:22.4
Patty Anderson	Clovis	Fresno	2:24.4
<u>440 yard relay</u>			
Bakersfield Saints	Bakersfield	Kern	50.6
<u>High Jump</u>			
Jill Towery	Wasco Wildkats	Kern	4' 11"
Francis Bunn	Riverdale	Fresno	4' 9"
Nellie Young	Riverdale	Fresno	4' 9"
<u>Running Long Jump</u>			
Goldie Beavers	Earlimart	Tulare	16' 2"
Linda Hewitt	El Nido	Merced	15' 9 3/4"
Emma Bunn	Riverdale	Fresno	15' 8"
<u>6 lb. shot put</u>			
Debra Haynes	Fresno	Fresno	43' 4"
Lezlie Chapman	Lindsay	Tulare	33' 8"
Pat Tarver	Mountain View/Bakersfield	Kern	33' 5 1/2"
<u>14 - 17 years</u>			
<u>100 yard dash</u>			
Ginny Hendricks	Kern	Kern	11.2
Suzie Taylor	Fresno	Fresno	11.3
Carolyn Dunbar	Fresno	Fresno	11.4
<u>220 yard dash</u>			
Ginny Hendricks	Kern	Kern	25.2
Suzie Taylor	Fresno	Fresno	26.1
Rita Carter	Fresno	Fresno	26.5
<u>440 yard dash</u>			
Rita Carter	Fresno	Fresno	58.6
Leslie Samson	Corcoran	Kings	61.3
Lisa Giorgetti	Sanger	Fresno	62.6
<u>880 yard run</u>			
Christine Froelich	Corcoran	Kings	2:27.9
Mindy Sipin	Reedley	Fresno	2:30.2
Cathy Scatena	Washington	Kern	2:32.5

One mile run

Mindy Sipin	Reedley	Fresno	5:27.7
Rosa Madina	Haven Drive/ Arvin	Kern	5:38.9
Christine Froelich	Corcoran	Kings	5:47.1

80 yard low hurdles

Linda Sharp	Sanger	Fresno	11.3
Jan Muskrige	Hanford	Kings	11.3
Linda Loya	Hanford	Kings	11.5

High Jump

Charlotte Cimintal	Fairfax	Kern	5' 2"
Ellen McLaughlin	Wasco Wildkats	Kern	5' 2"
Debra Harvey	Fresno	Fresno	4' 9"

Running long jump

Doralee Roberts	Riverdale	Fresno	20' 7"
Linda Loya	Hanford	Kings	18' 4"
Anna Cole	Fresno	Fresno	17' 6"

8 lb. shot put

Iva Wright	Fresno	Fresno	44' 0"
Yvette Brownlee	Fresno	Fresno	41' 9½"
Lenora Allen	Reedley	Fresno	39' 10"

Discus throw

Iva Wright	Fresno	Fresno	150' 5½"
Carol Conrad	Reedley	Fresno	111' 10½"
Yvette Brownlee	Fresno	Fresno	107' 4½"

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