

NORTHERN CALIFORNIA RUNNING REVIEW



A WEST VALLEY TC PUBLICATION
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NCCR STAFF: Editor - Jack Leydig; Printer - Frank Cunningham; Chief Photographer - John Marconi; Cartoonist - Lee Holley; Coach's Corner - John Marconi; NorCal Portrait - Jon Hendershott; West Valley Portrait - Willie Cronin; Women - Roxy Anderson, Jim Hume, Dr. Harmon Brown; Seniors - John Hill, Emmett Smith, Willis Kleinsasser, George Ker; Editorials - Bill Clark; Race Walking - Steve Lund, Bill Ranney; AAU & Road Results - Jack Leydig; High School - Mike Ruffatto, Dave Stock, Roy Kissin; Collegiate - John Sheehan, Jon Hendershott, Jerry Kokesh, Fred Baer; --- anyone else wanting to help by sending us material regularly (especially need high school and collegiate results) can become one of our staff. You needn't be a club member obviously to help. This is a cooperative effort. Write and let us know if you're interested.

October's Contributors: Peter Mattei, Jon Hendershott, John Butterfield, Bob DeCelle, Jack Leydig, Norman Bright, John Trent, Lurana Hoetger, Joe Henderson, and Jim O'Neil.

The Northern California Running Review is published on a monthly basis by the West Valley Track Club. It is a communication medium for all Northern California track & field athletes, and it covers age group, high school, collegiate, senior, AAU, and women's events. The NCCR is available at many road races and track meets throughout the area for 25¢ an issue, or for \$3.50 a year for mailed subscription (usually third class unless it is an unusually thin issue...then we mail first class). All West Valley TC members receive their copies free by mail if their dues are paid up for the year.

This paper's success depends on you, the readers, so please send us any pertinent information on the NorCal running scene that you would like to see in print. This month we had a great number of contributors but it was disappointing to see the very poor response we had from coaches for scheduling. We sent out over 100 free August issues with requests for cross country meet information and had only about a 10% response. We can always use good photos for our publication. They should be good contrast and preferably black and white. All information should be sent to the editor, NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415-342-3181). Be sure and give photo credits, those competing, and the event being run. Any size print will do, but please don't send the negative if possible. We will return the prints afterwards if you want us to.

WHEN YOU MOVE---Please send us your address change immediately. The NCCR is not forwardable usually as it is third class. Many of our subscribers have not been getting their issues because of this mistake.

IN THIS ISSUE

NCCR Long Distance Point Race final standings; West Valley Portrait on Al Sanford; NorCal Portrait on Mitch Kingery; Long Distance Scheduling thru December; High School, Collegiate & Women's XC Scheduling; Dipsea; Double Dipsea; Lake Wildwood; AAU 50 Miler; Alameda XC Carnival; Napa Marathon; European Seniors Meet; WVTC-Cal Poly Duel; Special Report on Bill Clark's Sydney trip.

CLUB NEWS

This section of our publication is devoted to various clubs in the area. If your club would like to put in any announcements or other news, please send it in. Our circulation is not small anymore---about 500 mailed alone---so your message will be noticed. As long as news is pertinent to track & field or long distance running and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from your club for a change.

WEST VALLEY TC: We only picked up one new member, but have several inquiries. Bob Coe, formerly of Stanford is 22 and lives at 26397 Aric Lane in Los Altos Hills. He has some excellent track times and should place for WVTC at all distances. Bests: 880--1:54.2; Mile--4:07.6; 2Mile--9:05.0; 6Mile--29:33;-----

ADDRESS CHANGES: Paul Bateman to Lamoine Village, 2-411, Western Illinois University, Macomb, Ill. 61455 (Ph. (309) 833-5448) Allen Sanford to 304 Blossom Way, Hayward, Ca. 94541.

THIS AND THAT

It is felt by your new editorial group that Jack Leydig only went on vacation to Europe so everyone could see how much work is involved in putting together the NCCR. The time and effort spent on details, not to mention the typing is just fantastic. We wish Jack a safe and speedy return.---Bill Adler of Los Angeles and Master Striders Club is trying to put together a group of Seniors for a charter for the 1973 Hawaii Masters International; he doesn't know the exact date, but should be spring-time. His address is 1609 Westwood Blvd, Suite 201, Los Angeles, Ca. 90024.---Bob DeCelle writes that the National LDR Committee, although far below its goal of sending 3 people to the London-Brighton 52 miler, did, with the assistance of various service clubs and individual contributors, manage to send Skip Houk, National 50 Mile Champion. John Pagliano, the Jr. 50 Mile Champion suffered an injury prior and did not go. The travel fund for this race each year is a living, continuing fund, and we need help for next year and the next. The tax deductible contributions should be addressed to AAU Travel fund, c/o Robert E. DeCelle, P.O. Box 1606, Alameda, Ca. 94501. The selections of Houk and Pagliano were made by the National Foreign Relations Committee, H. Browning Ross, Chairman.---John Butterfield writes from Napa that the Napa Marathon course has been measured and certification is pending. He also wants to get the word out (navy talk) on "The Shoe Doctor" in Eugene. No "cut" for him, just a satisfied customer. They are Adidas specialist, full soles and bindings, \$8-10. Address 849 Olive St. ---John Trent of the Anchorage Alaska "Pulsators" running club writes that his wife Marcie (US oldest female Marathon runner at 54) ran in the 10th Annual Equinox Marathon at Fairbanks, Alaska, and finished in 4:21:14. This better the old Senior Womens record also held by her. This was also better than the previous Open Womens mark until someone else broke it this year.---The 3rd Annual Resurrection Pass Trail Marathon, at Hope, Alaska (Anchorage) will be held August 4, 1973, 10 AM.---Norman Bright just got back to the states from the European Seniors tour where he ran in 14 meets in 20 days. He won 15 medals, 4 gold and 4 silver. His best race was a 5000 in 18:06.4. He is running at Canton, Ohio; The Finger Lakes Marathon in NY, and then take a bus tour around the USA on his way home. Not bad for 64 years old.---Will's Spikettes of Sacramento is conducting their annual fund-raising drive to attend the 1972 National Women's Cross-Country Championships and the Winter National Indoor Championships. They are conducting a raffle with the winner receiving an 8-day all expense trip to Hawaii and return. Tickets are \$2.00 and the drawing will be held Nov. 19. Write Will Stephens, Encina High School, 1400 Bell St. Sacramento, Ca. 95825.---The 2nd Annual Masters 10K Cross-Country Championships will be held at Bloomfield Hills, Michigan, Saturday, November 18, at 2:00 PM. 10 year age groups starting at 40. Write Ernest B. Smith, Motor City Striders, 39500 Warren Road, lot 242, Plymouth, Mich. 48170---At Rome on 9/13; Duncan Macdonald ran 3:43.8, 2nd behind van Zijl's 3:39.7; Ryan ran 3:44.3---At Brussels on 9/20; Jon Anderson ran 13:55.8 for 4th behind Puttemans WR for 5K and 3Mile; 13:13.0 and 12:47.8---At Munich in the 10K heats, Jon got a PR of 28:34.2 in 8th, and Domingo Tibaduiza was 12th in 29:24.0. Neither got into the final.---In the Marathon, Herson Bareneche was 29th in 2:23:40.0; Alvaro Mejia 48th in 2:31:56.4; and Victor Mora was 52nd in 2:37:43.6---In the 20K Walk, Esteban Valle was 21st in 1:45:09.4---Tom Dooley was 15th in 1:34:58.8; and Goetz Klopfer was 19th in 1:45:09.4---

The London to Brighton Race (52-1/2 miles) was held on Oct 1st. The winner, Alastair Wood of Scotland ran 5:11:02, breaking the old record of 5:21:45 set last year. P. Barner of Harrisburg, Pa. was 12th in 5:56:58; Bob Bruner of Los Angeles was 19th in 6:34:19; Skip Houk was running in 5th at 40 miles under WR pace for 50, when he got severe leg cramps and dropped at 45 miles. 59 runners started and 39 finished. (8:00 hr time limit.)---Peter Mattei, Chairman, PA Long Distance Committee is resigning and an election will take place soon for his successor. Rich Perry of Belmont Recreation Department has indicated interest. Anyone interested in entering his name in nomination should contact Bob DeCelle.---

The final scoring in the NCRR point race totals is here. This year there will be two perpetual trophies for the winners in the open and senior divisions. Below are listed the top 15 open and the top 10 senior runners. The number of times each runner finished 1st, 2nd, 3rd, etc. in PA-AAU road and cross-country races is listed to the right of each individual. The next to last column is the average place that each runner finished (excluding races when an open runner finished out of the top 10 and when a senior runner finished out of the top 6). The last column is a general rating based on the number of races ran and the average placing. The rating is determined by taking the average place and dividing it by the number of races. The lower this number, the better the rating.

This year the open division winner is Jack Leydig, who had an excellent rating of 0.1600. In 1970 the open winner was Rich Delgado, who had the record-setting rating of 0.119. Rich was a repeat winner in 1971 with a rating of 0.143. As for the 1972 competition, going into the last month three men had a chance to catch Jack Leydig. Jack, as many of you know, is presently in Europe and wasn't around the last month of the competition to defend his first place position. Because of this, or in spite of this, Darryl Beardall, Tom Hale, and Dan Anderson were able to zero in on first place. Darryl's bid really never got started since he only ran one race in the last month. Tom was able to compile two firsts and this moved him into third with a fine rating of 0.1944. But Dan Anderson competed in 6 races and lowered his rating down to 0.1644. That was only 0.0044 behind Jack Leydig. With that kind of performance Jack will have a tough time defending his championship over this coming year. In fact Dan Anderson has started the year off right by winning the first race of the new season at Lake Merritt in Oakland.

In 1970 Peter Wood won the senior division with a rating of 0.107 and last year Bill Mackey won with the fantastic rating of 0.0796. By these standards this year's winner, Ross Smith, has an "out of this world" rating of 0.0590.

At the Annual Columbus Day Races at Lake Merritt in Oakland the All-Northern California Team was voted upon. This year's highest vote getter and also outstanding runner in the Association was none other than the editor of NCRR, "Bonus" Jack Leydig. The top vote getters in order are: Dan Anderson and John Butterfield tying for the second spot, Darryl Beardall in fourth, Victor Mora in fifth, and Tom Hale and Jose Cortez tying for sixth. The top senior vote getter was Ross Smith.

Below are the FINAL RATING TOTALS. (*) Indicates that a runner was involved in a two-way tie. (o) Indicates that a runner was involved in a three-way tie.

"OPEN"

Runner/Club (# of races ran)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Jack Leydig/West Valley TC (20)	8*o	3	1	1	3	2	2	0	0	0	3.2000	0.1600
Dan Anderson/West Valley TC (31)	2	5	4	2	0	9	5	1	1	2	5.0968	0.1644
Tom Hale/Unatt. (6)	5	1	0	0	0	0	0	0	0	0	1.1667	0.1944
Darryl Beardall/Marin AC (20)	3*	5	0	3	3	3	1	2	0	0	4.0750	0.2038
Pat Stordahl/Chico St. AC (4)	3	1	0	0	0	0	0	0	0	0	1.2500	0.3125
Victor Mora/West Valley TC (4)	3	1	0	0	0	0	0	0	0	0	1.2500	0.3125
John Butterfield/Boston AA (16)	2	0	4	0	3	1	1	1	1	3	5.5625	0.3477
Byron Lowry/SF Olympic Club (7)	3	0	1	2	0	0	1	0	0	0	3.0000	0.4286
John Weidinger/Unatt. (12)	0	1	3	2	1	0	1	1	3	0	5.5000	0.4583
Greg Chapman/Solano TC (11)	2	0	1	1	1	3	1	1	1	0	5.0909	0.4628
Jon Anderson/Oregon TC (7)	3	1	1	0	0	1	0	0	0	0	3.2857	0.4694
Darren George/Napa Valley RC (8)	1	2	1	0	2	1	1	0	0	0	3.8750	0.4844
Jose Cortez/RC Striders (7)	1	2	0	2	0	1	1	0	0	0	3.7143	0.5306
Doug Butt/Marin AC (12)	0	1	1	0	2	3	0	2	2	1	6.4167	0.5347
Rich Delgado/West Valley TC (8)	0	2	1	2	0	2	0	1	0	0	4.3750	0.5469

"SENIORS"

Runner/Club (# of races ran)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Ross Smith/West Valley J&S (21)	18	1	2	0	0	0	1.2381	0.0590
Bob Malain/NCSTC (25)	8	6	5	5	0	1	2.4500	0.0980
Dave Stevenson/Stanford RC (16)	9	5	1	1	0	0	1.6250	0.1016
Jim O'Neil/SF Olympic Club (16)	7	7	2	0	0	0	1.6875	0.1055
Jim Nicholson/NCSTC (25)	3	6	4	5	2	5	3.4800	0.1392
Paul Reese/NCSTC (23)	2	6	5	3	5	2	3.3913	0.1474
Peter Mattei/NCSTC (17)	1	4	4	4	4	0	3.3529	0.1972
Dennis Teegarden/NCSTC (9)	4	2	2	1	0	0	2.0000	0.2222
Gil Tarin/NCSTC (15)	1	1	6	4	2	1	3.5333	0.2356
Ralph Paffenbarger/NCSTC (11)	3	0	1	4	3	0	3.3636	0.3058

SPECIAL ARTICLE

After 17 hours on a half-full Qantas 747, our groggy group finally arrived in Sydney. The group numbered 6 2/3 (six and two-thirds): Tommie Owen and his mother, Gloria, the San Francisco Examiner's Walt Daley, Frank Geis of the PAAAU, my six-month pregnant wife, Ellen, and myself. Our reception at the airport was not exactly the standard for distance runners: T.V. interview, press conference, etc. Perhaps we should have anticipated this attention because our host, the Sydney Sun Newspaper, does a full blown promotional job on the City-to-Surf run. They really laid it on for us, even an interview with the Lord-Mayor, Sir Emmett McDermott, who asked that he be remembered to "Joe". The accommodations were first class: Ellen and I stayed in a suite atop the Town House Hotel in the Kings Cross area, an area that is known for its night-life and shopping districts, as well as pretty parks. Although there were a number of organized events, plenty of time was left for our own sight-seeing and shopping.

The two things that impressed us most were the cordiality of the Australian people and the beauty of their country. The cordiality was overwhelming as exemplified by Allan Forsythe, the promotional director for six newspapers, spending a Saturday driving us around to the various beautiful beach areas. Another generous gesture was made by Albie Thomas, the former world record holder at 2 and 3 miles. Albie invited Ellen and myself to visit with his family after our stay at the Town House ended. These are only two of the highlights of our trip. Moreover, the many person-to-person contacts with track and newspaper officials, and even our contacts with the man in the street, left us with no feelings of bewilderment or estrangement that one usually gets in a foreign country.

Our visit was perfectly timed to see the beauty of Sydney. Late winter was giving way to early spring and the air had a delicious freshness that only a distance runner can really appreciate. The vegetation, which was more tropical than we expected, was just beginning to show its spring colors. We spent one whole day in the botanical gardens admiring early-blooming flowers and bushes. Adjacent to the gardens was the futuristic Sydney opera house. Photographs cannot capture the excitement of this multi-roofed structure, which is nearing completion at a cost of \$100 million. What a contrast the opera house presents to the mostly red brick homes with terra-cotta roofs.

The race day weather was similar to all the other days of our stay, sunny and warm. Around 2800 people waited behind the starting line for the Lord-Mayor to fire the gun. Most started out conservatively because the 9.4 mile course is quite challenging for a mass participation event. Four rolling hills in the first three miles serve to spread-eagle the field. I committed a cardinal sin on the fourth: I made a decision while running uphill. The decision to let John Farrington go bothers me in retrospect, but at the time it seemed like the prudent thing to do. John was exceptionally fit and in most observers' opinions should have been in Munich. However, a freak foot injury, experienced shortly before the Australian team left for Germany, caused John to withdraw himself from the Olympic team. Fortunately for him, but unfortunately for the rest of us, the injury disappeared within two weeks. John had little difficulty in winning the City-to-Surf race in 45:15. I had considerable difficulty holding on to third place (46:32), behind New Zealander Jeff Julian (46:16).

Ellen and I stayed on for a few days after the meet and took tours to Canberra, a sheep station, and the Blue Mountains. Then we spent three days relaxing on tropic Fiji, an emerald which civilization has not yet ruined. Obviously, we had a tremendous vacation. We hope that many others will be able to experience this trip in the future. The Examiner and Sun should be applauded for their efforts in promoting the races. It's good publicity for the papers, as well as a boost to distance running. It's a shame other commercial concerns don't emulate them. /Written by Bill Clark/

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THE ATHLETIC DEPT. IS NOW OPEN: If you'd like to help West Valley TC send a team to Chicago this November in an attempt to take the AAU Cross Country title away from Florida TC...you can help. The Athletic Dept., 2114 Addison, Berkeley (Ph. 843-7767) is now stocking the new Nike line and is offering to help WVTC send a team to Chicago if you will help them. By purchasing a pair of shoes you can help the PA-AAU have a chance at a National Championship team. The Athletic Dept. will give \$1.00 to help our cause for each pair of shoes you buy from them. But you must mention that you heard about the Athletic Dept. through the NorCal Running Review when you purchase your shoes. Club members especially...here's your chance to buy shoes at an already low cost and help your team too. Thanks.

NORTHERN CALIFORNIA PORTRAIT

Meet Mitch Kingery: Mitch Kingery likes to spread himself around--and the 16-year-old distance whiz has plenty of talent to spread around. "I like any distance from 880-yards to the marathon", says the San Carlos High runner from Redwood city. While his performances have been notable at lesser distances, it has been along the marathon route that Kingery has performed in regal style.

Already holder of the world age-15 marathon record when this year began (2:34:36 set in late-December of 1971), Mitch didn't mess around in 1972, clocking 2:41 and 2:35 within six weeks of his record. But the crusher came in the West Valley Marathon when he stormed to a super 2:29:11, to blast over five minutes from his own record and to qualify for the US Olympic Trials to boot. He acquitted himself admirably in the sweltering Eugene race, finishing a fine 35th in 2:31:01.2-- his second fastest ever, but a global age-16 record-- to leave such "name" marathoners as Jose Cortez, Duncan McDonald, Bruce Mortenson, John Vitale, Gary Tuttle, Russ Pate, Tom Heinonen, and Mike Mittelstaedt in his wake. In between those two stellar efforts, Kingery clocked such track times as a US age-15 three-mile record of 14:50.8, a 32:19 six-mile and a 33:21 10 kilometer, the latter missing the US age best by just eight-tenths. Kingery isn't awed by the ultra-distances, having ran a 50-miler during his two-year running career.

The self-coached Kingery logs between 70 and 100 miles a week in twice-a-day sessions six days a week. "I usually train at a good, hard pace, with quite a bit of hill work mixed in," he says. "For cross country, I do some speed work and about 75% hill and road work. I use some weights for my arms and upper body. I really don't have any race and compete pretty much as I like. But when I run competitively, I run as hard as I can to do the best I can. I like to feel after finishing a race on the track or on the road I have run my hardest and tried my best."

Mitch Kingery, Redwood City, California; 5-7, 120-lbs. Born July 3, 1956, Salt Lake City. Began competing in 1970. Bests: Mile--4:30.5; 2Mile--9:39.6; 3Mile--14:50.8; 6Mile--32:19; 10K--33:21.8; 20K--1:07:51 30K--1:46:13; Marathon--2:29:11 (world age-15 record).

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WEST VALLEY PORTRAIT

Meet Al Sanford: Allen Sanford of Palo Alto is the West Valley Portrait for Oct. Allen, a former Stanford runner believes in fartlek road runs, hill running, and interval training on the grass or track, totaling about 70 miles a week in hard and easy day alternates. A typical road work-out is a 14 mile run from Stanford golf course to Woodside and back pushing the hills, and relaxing on the down-hills and flats. He has a flexible training schedule which allows him to go hard when physically up, and easy when he's down. He does not exhaust himself in training but uses the early season races as hard work-outs. He believes a runner can only peak for a 4 to 6 week period and should plan his conditioning accordingly.

"When running interval on the grass or on the track, I believe a runner should jog between repetitions and have a relatively short recovery period and large number of repetitions in the early season. As the big races near, a runner should shorten the number of repeats, speed up the time, and lengthen the interval of rest. I ran twice a day in college, but lately have had time for only one work-out a day. I am presently coming back from a 2 1/2 year layoff. It's a long road back.

Allen Sanford, Palo Alto, Ca.; Born Feb. 12, 1947; Stanford graduate, A.B. Poli. Sci. & History 1969. Bests: 440--51.5; 880--1:54.5; 1320--2:55.9; Mile--4:03.8; 2 Mile--9:03.6; Stanford 6 Mile X-C--29:55; Stanford 4 Mile X-C--20:05; Van Cortland Park 6 Mile--30:15, NCAA 1968, 28th pl.; Bay to Breakers--40:49.

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LONG DISTANCE

SCHEDULING

Note: All runs listed below are sanctioned by the AAU except those specified as DSE races, or otherwise noted. These are strictly run-for-fun races that are sponsored by the Dolphin/South End Runners of San Francisco. Some of the races listed below are out of the PA-AAU and are noted as follows: Southern Pacific (*SPA), Pacific Southwest (*PSWA), Southern Nevada (*SNA), Central California (*CCA). All other out-of-state races are also out-of-Association. All requests for entries should be made to addresses listed (if noted). More information on other associations can be obtained from: SPA-AAU (John Brennan, 4476 Meadowlark Ln., Santa Barbara, CA 93105); PSWA-AAU (Tom Bache, 4920 Kane St., San Diego, CA 92110); CCA-AAU (Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702); SNA-AAU (John Romero, Hotel Sahara, Las Vegas, Nev. 89114); DSE (Walt Stack, 321 Collingwood, S.F., 94114). Pacific Association of the AAU is located at 942 Market St., Suite 601, S.F., CA 94102. --- Please enclose self-addressed stamped envelopes when requesting information from the above individuals or asking for entry blanks.

- Oct 28 - 25 Kilo Run, Woodlake, Age Groups, no time listed. Wayne Van Dellen, 37149 Road 192, Woodlake, CA. (*CCA)
- Oct 28 - 5 Mile SNA-AAU Championships, Sunset Park, Las Vegas, Nev., 9 am. (*SNA)
- Oct 28 - 23rd Mt. SAC Invit. & SPA Veterans XC Champs, 6 Kilo, 12:30 pm. (*SPA)
- Oct 29 - Seventh Annual Berkeley to Moraga Run, 14 Miles, 10 am. Bay Area Road Runners, Chas. MacMahon, 855 Glendome Circle, Oakland.
- Oct 29 - 10th Long Beach Marathon Prep, 16.2 Miles (& 4.1 miler), Cal-State Long Beach, 8 am. (*SPA)
- Nov 4 - Turkey Trot Races, 10 Miles Open & Age Groups, Oakland, no time listed. Peter Mattei, 1000 North Point, San Francisco 94109.
- Nov 4 - SNA-AAU One Hour Run Championships, Univ. of Nevada, Las Vegas, Nev., 9 am. (*SNA)
- Nov 5 - DSE Practice Daly City Hill Run, Colma Intermediate School, Daly City, 6.25 Miles, 10 am.
- Nov 5 - 10th Annual Phelan Blind Handicap, 15 Miles Open & 5 Miler, 10 am. (*SPA)
- Nov 11 - PA-AAU XC Championships, Golden Gate Park, 10 Kilos, 10 am. SF Olympic Club, Jim Stephenson, 132 Del Casa Dr., Mill Valley, CA.
- Nov 11 - 10 Mile Handicap, Sunset Park, Las Vegas, Nev., 9 am. (*SNA)
- Nov 11 - SPA-AAU XC Championships, 10 Kilos, Mt. SAC, 10 am. (*SPA)
- Nov 12 - PA-AAU 50 Kilometer Championships (formerly 32 miles), Location to be selected, 10 am. Peter Mattei, 1000 North Point, SF.
- Nov 12 - DSE 4.7 Miler, Golden Gate Park (Polo Fields), S.F., 10 am.
- Nov 18 - SNA-AAU 15 Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. (*SNA)
- Nov 18 - Daly City Hill Run, 6.25 Miles, Daly City, 11 am. Daly City Recreation Dept., Daly City, CA 94014.
- Nov 18 - Colfax Carnival Age-Group XC Races, 10 Miles Open Class, Colfax, 10 am. Ian Whitman, Rt. 1, Box 2699, Colfax, CA 95713.
- Nov 18 - PSWA-AAU XC Championships, 10 Kilos, no time available. Tom Bache, 4920 Kane St., San Diego, CA 92110. (*PSWA)
- Nov 19 - 4th Pico Rivera Turkey Trot, 8.2 Miles, El Rancho H.S., 9:30 am. (*SPA)
- Nov 19 - DSE Golden Gate Bridge Run, 3 Miles, Meet at Toll Plaza, 10 am.
- Nov 19 - Seattle Invitational Marathon, Seattle, Wash. Contact Univ. of Wash. RC, Intramural Activities Bldg., Rm 208, Seattle, Wa 98105.
- Nov 25 - Mooney Grove 15 Mile-5 Man Relay, 11:00 AM, Jerry Hobbs, 15616 Ave.#328, Ivanhoe, CA (*CCA)
- Nov 25 - North Las Vegas Turkey Day Races, 7 miles senior, 3 miles junior, no time available, (*SNA)
- Nov 25 - Island Marathon, Portland, Ore., Contact: Oregon Road Runners Club, 6242 Southwest 50th, Portland, Oregon 97221
- Nov 26 - 7th-Annual Pepsi 20 Mile Run, Sacramento, Ca. (NOON); Sacramento Roadrunners, 2789 - 17th St., Sacramento, Ca. 95818
- Nov 26 - 21st Rosebowl Handicap, 10.08 miles, 9:00 AM, in park south of the Rosebowl(*SPA)
- Dec 2 - Fresno Road Race, 6 miles, no time available, Fernie Montanez 3053 W. Alamos, Fresno, CA (*CCA)
- Dec 2 - 20 Kilometers, scratch race, Sunset Park, Las Vegas, Nev., 9:00 AM (*SNA)
- Dec 3 - 8.5 Mile Race, Livermore, CA, David Fried, Granada Roadrunners, 2651 Kelly, Livermore, CA 94550, 10:00 AM
- Dec 3 - Western Hemisphere Marathon, Culver City, CA, Carl Porter, P.O. Box 507, Culver City, CA 90230, 8:00 AM (*SPA)
- Dec 9 - 5 mile handicap, Sunset Park, Las Vegas, Nev., 9:00 AM, (*SNA)
- Dec 10 - PA-AAU Championship Marathon, Petaluma, CA, Peter Mattei, 1000 North Point St., San Francisco, CA, 10:00 AM
- Dec 10 - 2nd Saddleback Exchange Club Run, Age Group runs start at 1:00 PM (1 & 2 miles, 3 people to a team); 10 kilometer Open Division starts at 2:45 PM, location is at Mission Viejo in San Diego area, contract: Warren Wielser, Director, 802 Camino de Los Mares, San Clemente, CA 92672 (*SPA) (Mission Viejo High School).
- Dec 16 - NATIONAL AAU 25 Kilometer Championships, Belmont Park in Mission Bay, San Diego, CA, 10:00 AM, Cal Garrett, 6047 Tanglewood Rd., San Diego, CA 92111 (*SPA)

- Dec 16 - 20 Kilometer, SNAAU District Championship, Sunset Park, Las Vegas, Nev. 9:00 AM (*SNA)
 Dec 16 - First Annual Holiday Marathon Run, Pueblo, CO, Don McMahill, Club Secretary, Box 214, Pueblo, Colorado 81002
 Dec 17 - 11th Apple Valley Blind Handicap, 6.3 miles, 11:00 AM; 3.2 miles, 12:00 noon, Barstow Freeway to Apple Valley turnoff, check in at Apple Valley Inn, (*SPA)
 Dec 23 - 15 mile scratch race, Sunset Park, Las Vegas, Nev, 9:00 AM (*SNA)
 Dec 27 - Fiesta Bowl Marathon, Caree Creek, Ariz., Tom Harris, Phoenix YMCA, 350 N. First Ave., Phoenix, Ariz. 85003
 Dec 30 - 5 mile handicap, Sunset Park, Las Vegas, Nev., 9:00 AM (*SNA)
 Dec 30 - 3rd Devil-Take-the-Hindmost Run, 12 miles, (0.963 miles per lap); Griffith Park, Los Angeles, CA, 9:00 AM (*SPA)
 Dec 31 - 13th Annual Midnight Run, 10 kilometers, Los Altos, CA, Foothill Junior College; Runners World Magazine, P.O. Box 366, Mt. View, CA 94040, Midnight

CROSS COUNTRY

- Oct 24 - Crestmoor @ Aragon, 3 pm;
 Oct 25 - South ACAL Finals, site and time to be determined.
 Oct 26 - Center Meet, Sunset Beach or Hallmark Hills, 3 pm; Branham & Leigh @ DelMar, 3:30 pm.
 Oct 27 - CSM, Diablo Valley & Chabot @ Crystal Sprgs (Belmont), 3 pm.
 Oct 28 - Leigh Blossom Hill Challenge, 10 am; Terra Nova Invit., 9 am; Southern Div. Pac-8 Meet @ Stanford, 10 am; Richard Knox Memorial (Relay Meet), Rusch Park, contact Mira Loma HS, Bob King; Cal-State Long Beach @ UOP, 11 am; Sonoma St. & Chico St. @ Humboldt St., noon; UC Davis @ Cal-State Hayward; SFS @ Sac'to St.; Fresno St. @ UCSB, 6 miles, 11 am.
 Oct 31 - Aragon @ Hillsdale, 3 pm.
 Nov 1 - ACAL Championships, DeAnza, 3 pm.
 Nov 2 - Leigh & Camden @ Navitate, 3:30 pm.
 Nov 3 - CSM & San Jose City @ Foothill, 3 pm; Chabot, CCSF & Merritt @ Foothill, 3:30 pm; Laney, Stanford JV's & Diablo Vly @ Foothill.
 Nov 4 - Fresno Pacific @ UOP, 11 am; Far West Conf. Championships @ Sac'to CC; California Club Championships, Santa Barbara; Two Mile High School Postal Race @ San Jose CC, 10 am.
 Nov 5 - PA-AAU Women's XC Championships. Sacramento, contact Will Stephens, 6349 Dorchester Ct., Carmichael, CA, Ph. 944-1662.
 Nov 7 - League Finals (Leigh High, etc.), site to be arranged, 3:30 pm.
 Nov 9 - Mid-Peninsula League Finals, Hallmark Course, 3:00 pm; NCS Division I Meet @ Cal-State Hayward, 3:30 pm.
 Nov 10 - Golden Gate Conference Meet @ College of San Mateo, 3 pm (Crystal Sprgs, Belmont).
 Nov 11 - Mills Freshman Invitational, 10 am; PCAA Championships @ UOP, 6 miles, 11 am; Pac-8 Championships @ Univ. of Wash., Seattle, 11 am; PA-AAU XC Championships @ Golden Gate Park, 10 Km., 10 am; NCAA College Division Championships.
 Nov 12 - Women's California Conf. XC Championships @ San Luis Obispo, contact Jim Hume, 351 Hazel Ave., Millbrae (Ph. 697-4814).
 Nov 15 - North Coast Section Finals @ Lafayette Reservoir, 3:30 pm.
 Nov 16 - Region III CCS Finals @ Soquel, 3:30 pm; North Area Meet, Hallmark Course, 3 pm.
 Nov 17 - NorCal JC Cross Country Finals @ Crystal Sprgs, Belmont, 1 pm.
 Nov 18 - San Joaquin Section Meet @ Gibson Ranch; USTFF Western Regionals @ Woodward Park, Fresno, 6 miles, 11:30 am (Coll, Open), also individual HS (no team) competition at 3 miles.
 Nov 20 - NCAA Championships, Houston, Texas, 11 am.
 Nov 22 - Central Coast Section Finals @ Sunset Beach (near Aptos), 3 pm.
 Nov 25 - AAU Championships at Washington Park, Chicago, 10 Kilos, noon; Cal. State JC Championships @ College of the Canyons, Valencia, 1 pm; Women's National AAU Championships at Long Beach, Jim Hume (See Nov. 12); NorCal HS Champs (very tentative) @ Gibson Ranch, contact Dick Seward, Rio Linda HS.
 Dec 2 - 3 Mile HS Postal Race @ San Jose CC, 10 am.

1972 Women's X-Country Schedule

WOMEN

- Oct 28 - United San Juan Invitational, 11:00 AM
 Nov 5 - Pacific Association Championship; Gibson Ranch 1:00 PM
 Note: Pacific Association meeting that morning from 9:00 AM to 11:00 PM
 Nov 12 - State Meet, San Luis Obispo
 Nov 25 - NATIONALS MEET, Long Beach
 *** For more information contact Roxy Anderson, 76 Carver St., San Francisco, CA 94110

RACE WALKING

- Nov 5 - Senior Natl. AAU 50 Kilo Championships @ Golden Gate Park (tennis courts), 9:00PM
 Nov 26 - 20 Mile Road Championships; held in conjunction with the Pepsi 20 Mile Run, Sacramento, CA (Noon)
 Dec 10 - 25 Mile Road Championships; held in conjunction with the PA-AAU Championship Marathon, Petaluma, CA (10:00 AM)
 ***Details on the above races any other pertinent information on race walking can be obtained from one of these three outstanding race-walking individuals: Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 456-2641); Steve Lund, 402 Via Hidalgo, Greenbrae, CA 94904 (Ph. 461-5492); Frank Hagerty, 616 Hillsborough, Oakland, CA (Ph. 832-5918).

Results:

- Oct 8 - 5 Kilometer Walk at Lake Merritt; 1. Bill Ranney (Athens TC) 22:40
 No Date - 5 Kilometer Walk, Invitational in Reno, Nev.; 1. Gotez Klopfer (Athens TC) 23:30
 Oct 15 - World Championship Race Walking Relay; Lugano Switzerland
 There were five men on each national team and the total distance covered was 106 kilometers (or about 66 miles plus). Twenty-two (22) teams entered the race and the USA team finished second. Walking the first leg for the USA was Bob Kitchen of Athens TC. Bob was the fourth fastest man on his leg. Walking the second leg was Todd Scully of New Jersey and he was the second fastest man on his leg. Walking the third leg was Bob Bowman from Pasadena, Calif., and he was the fourth fastest walker on his leg. Walking the fourth leg was Bill Ranney (Athens TC). Bill was the second fastest walker on his leg. Bringing the team home on the fifth leg was Olympic medal winner Larry Young. Larry is from Columbus, Missouri, and he was the second fastest walker on the final leg. The first place team was from Italy and the winning time was 9 hours and 9 minutes. Second place was the USA team with the time of 9 hours and 22 minutes. Third place went to the English team in the time of 9 hours and 33 minutes.

LONG DISTANCE RESULTS

BILL CLARK AND GEORGE STEWART TIE AT CAL-POLY

(October 7, San Luis Obispo) - WVTC was able to muster only 3 runners for the meet with Cal Poly, but this was 3 more than Club West or Santa Barbara AA could produce. Two-thirds of the West Valley contingent, Bill Clark and new club member George Stewart, did manage to tie for 1st place, after finally evading Dale Horton of the host school. Coach Larry Bridges did an excellent job in arranging the meet: accommodations were available for a full team and a buffet with enough food to satisfy WVTC's normal horde was set up after the race. The 8.2 mile course was real cross-country: lots of tough hills, 8 cattle-fences, and a few cattle-guards. Perhaps the best form of the day was shown by Cheryl Bridges, of Bay to Breakers and Marathon fame, and wife of Coach Larry, who finished with a respectable 52:03. The Cal Poly team showed cause for a little anxiety on the part of their league rivals, as they clustered 4 men within a minute, and five within 90 secs. Let's hope this meet will be an annual affair, and also that WVTC can get more of its horses to negotiate the cattle-guards. /Reported by Bill Clark/

1. - (tie) Bill Clark (WVTC)	43:38.8	7 - Rich Walline (C-P)	45:08	13 - Mike Brisbane (C-P)	51:41
George Stewart (WVTC)		8 - Russ Walline (C-P)	45:41	14 - Bob Nanning (WVTC)	51:46
3 - Dale Horton (Cal-Poly)	44:13	9 - John Burns (C-P)	46:06	15 - Russ Brabenac (C-P)	54:36
4 - Terry Umstead (C-P)	44:44	10 - Don Carlson (C-P)	46:58	16 - Eric Olson (C-P)	55:46
5 - Jeff Niland (C-P)	44:51	11 - Terry Lamb (C-P)	47:52	Women - Cheryl Bridges (UA)	52:03
6 - Vince Engel (UA)	45:01	12 - Bob Just (UA)	49:55	Denise Green (Cuesta)	66:22

THIRD ANNUAL DOUBLE DIPSEA

Winners based on 20 min. handicap: Ralph Paffenbarger 1:54:51, Bob Malain 1:56:35, Peter Mattei 1:59:42. Three Fastest times from scratch: Greg Chapman 1:46:41, Jesse A. Smith 1:49:05, Dan Anderson 1:49:36. First Three Femals (30 min. Handicap) Chris Sakelarios 2:30:56, Skip Swanneck 2:31:42, Joan Ulliyott 2:39:30. First Place 40-49 Yrs: Ken Napier (40) 1:58:53. First Place 50-57 Yrs: Larry Fox (50) 2:27:27. First Place 58 & Over: John Satti (58) 2:38:45. Oldest Finisher under 4 hrs: Jess Chapman (59) 3:23:19. Youngest Finisher under 4 hrs: Angelo Sakelarios (8) 2:45:11. First Finisher over 190 lbs: Bill Shavely (40) 2:19:25. Following times are Clock Times:

1 Ralph Paffenbarger (NCSTC)	2:04:51	16 George Stewart (WVTC)	2:25:31	31 Larry Fox (NCSTC)	2:32:27
2 Bob Malain (NCSTC)	2:06:35	17 Frank Cortez (RCS)	2:25:57	32 Ed Norberg (Un)	2:32:51
3 Peter Mattei (NCSTC)	2:09:42	18 Mike Corne (Un)	2:26:12	33 Don Arundell (Un)	2:33:10
4 John Butterfield (USN, Boston AC)	2:10:41	19 Dave Zumwalt (Un)	2:26:55	34 Karl Marschall (DSE)	2:33:14
5 David Cortez (RCS)	2:11:42	20 John Brennan (SERC)	2:27:14	35 Ern Hayman (Un)	2:33:18
6 Peter Demarais (Un)	2:12:17	21 T.A. DeLusignan (MAC)	2:27:43	36 Doug Maxlox (Un)	2:33:57
7 Ken Napier (WVJS)	2:13:53	22 Randy Fillpot (RCS)	2:27:47	37 Dave Williams (Boston AC)	2:34:18
8 Daryl Beardall (MAC)	2:15:12	23 Cito D'Aloia (J)	2:28:34	38 Bill Shavely (Un)	2:34:25
9 Greg Chapman (STC)	2:16:41	24 Bill Forge (Un)	2:29:33	39 Homer Lattimer (Un)	2:34:37
10 Ron Kinney (Un)	2:16:49	25 Dave Dunbar (DSE)	2:30:42	40 Jose Garcia (LVTC)	2:34:39
11 Jim Nicholson (NCSTC)	2:16:53	26 Armand Castro (Un)	2:30:49	41 Kevin Searls (Un)	2:35:47
12 L.E. Hoyt (NCSTC)	2:18:42	27 Lloyd Peterson (un)	2:30:52	42 T.R. Larson (MPTC)	2:35:58
13 Jesse A. Smith (Un)	2:19:05	28 Chris Sakelarios (RCS)	2:30:56	43 Chas. J. Day (MPTC)	2:36:10
14 Dan Anderson (WVTC)	2:19:36	29 W.G. Oldham (Un)	2:31:08	44 Harry Limbert (SERC)	2:36:10
15 Mitch Kingery (Un)	2:19:39	30 Skip Swannach (RCS)	2:31:42	45 James Grant (MAC)	2:36:11

62ND ANNUAL DIPSEA RACE

Aug. 27 - Scratch Times

1 Boitano (SER)	56:37	38 Kelly (DC)	58:30	75 Payaw (Un)	54:04
2 Rudolph (LTC)	60:56	39 Beck (MAC)	54:33	76 Ernst (Un)	61:08
3 Reese (NCS)	59:12	40 Kirk (Un)	66:35	77 Zumwalt (Un)	54:22
4 Hale (Un)	46:47	41 Kinney (Un)	58:39	78 Jekins (Un)	54:27
5 Butterfield (Un)	51:53	42 Black (Un)	51:47	79 Eberly (STC)	60:31
6 Delgado (WVTC)	49:59	43 Stewart (WC)	51:51	80 Allen (Un)	64:36
7 Finch (NCS)	52:01	44 Bunnell (MAC)	51:52	81 Aguilar (ARC)	54:38
8 Mattei (Un)	55:02	45 Chapman (STC)	51:56	82 Griffin (Un)	54:42
9 Beardall (MAC)	52:14	46 Sommer (Un)	52:13	83 Tico (WVJS)	60:45
10 Hildreth (MAC)	51:17	47 Byrd (SF-PAL)	58:21	84 Quintana (ATC)	54:47
11 Malain (NCS)	55:19	48 Clark (WVTC)	56:22	85 Willis (Un)	58:51
12 Teeguarden (NCS)	54:26	49 Dunbar (Un)	52:23	86 Macintosh (NCS)	61:53
13 Killeen (Un)	53:31	50 Bergkamd (WVTC)	52:24	87 Meinychuk (Un)	59:02
14 Martinez (SJY)	55:36	51 Martinez (SJY)	58:26	88 Garcia (Un)	55:03
15 Conlan (TOC)	54:50	52 Castro Armand (Un)	60:26	89 Satti (NCS)	70:04
16 Nicholson (NCS)	55:06	53 Fitzgerald (Un)	54:30	90 Ryon (Un)	58:05
17 Napier (WVJS)	55:18	54 Skram (ATC)	52:31	91 Jackson (WVYC)	57:16
18 La Forge (Un)	52:21	55 Tracey (Un)	62:36	92 Ulliyot (Un)	70:20
19 Pickett (NCS)	55:26	56 Arnold (WVTC)	52:42	93 Dawson (Un)	55:28
20 Edwards (Un)	48:28	57 Boitano (SER)	67:44	94 Chandler (Un)	70:34
21 Biancalana (MAC)	56:31	58 Jaeger (NVR)	60:50	95 Fuller (LTC)	55:39
22 DeMarais (Un)	52:38	59 Brennan (SER)	59:55	96 Lawson (Un)	55:43
23 Beardall (MAC)	52:47	60 Tarin (Un)	59:11	97 Pierce (Un)	60:51
24 Orr (WVTC)	52:52	61 Henry (Un)	53:13	98 Moroney (WVTC)	59:53
25 Tarin (NCS)	55:53	62 Wright (Un)	59:17	99 McCandless (Un)	55:59
26 Leydig (WVTC)	51:04	63 Lucero (NCS)	61:19	100 Chavez (Un)	56:01
27 Holst (Un)	55:22	64 Stagliand (DC)	56:23	101 Moretto (TOC)	63:02
28 Stock (WVTC)	53:33	65 Rodd (Un)	61:24	102 Phillips (Un)	66:03
29 Hoyt (NCS)	58:08	66 Evans (NCS)	60:26	103 Allen (LTC)	66:04
30 Kirchmier (NCS)	57:09	67 Smith (Un)	53:27	104 Ellis (STC)	66:05
31 Wolford (C.R.T&T)	54:15	68 Boitano (SER)	63:37	105 White (Un)	63:06
32 Harrison (NCS)	58:23	69 Jaeger (NVR)	60:39	106 Thaning (MAC)	57:07
33 Curtis (Un)	50:41	70 Clever (Un)	58:41	107 Benarroch (Un)	59:10
34 Bellah (WVTC)	51:11	71 Pinckard (NCS)	58:44	108 Roenau (Un)	63:13
35 Noonan (MAC)	52:23	72 Healy (NVR)	58:48	109 Taylor (ARRC)	56:14
36 Lattmer (Un)	55:26	73 Ruth, Jr. (PR)	58:50	110 Pengra (Un)	58:15
37 Flodberg (STC)	56:28	74 Hammond (NCS)	61:59	111 Killeen (NCS)	63:16

LAKE WILDWOOD 10 MILE RUN

Sept. 16

1 Pat Stordahl (IMAA)	56:24	16 Unk. (IMAA)	62:11	31 La Benz (SLT)	72:31
2 Mike Leonard (IMAA)	56:36	17 Greg Chapman (STC)	63:09	32 Ed Collins (GS)	73:03
3 Nick Vogt (GS)	56:41	18 John Aldrich (IMAA)	63:33	33 Andy Betschart (Un)	73:24
4 Walt Churchill (MFYC)	57:55	19 Pete Hanson (Un)	64:01	34 Jeff Schnell (Un)	74:41
5 Ed Silva (IMAA)	57:58	20 Dave Cortez (RCS)	64:05	35 Brian Parker (Un)	74:42
6 Mike Fornaciari (CS)	58:01	21 Stacy Geiken (RCS)	64:07	36 Lee Fox (STC)	74:43
7 Dan Chapman (IMAA)	58:14	22 Robert Malain (NC)	64:50	37 John Perkins (GS)	75:01
8 Neil Glenesh (IMAA)	58:26	23 Ed Jones (BAS)	65:23	38 Brian Lodge (GS)	75:08
9 Doug Butt (MAC)	59:25	24 Frank Cortez (RCS)	65:41	39 Bruce Wheatley (GS)	75:29
10 Pat Finn (IMAA)	60:26	25 Greg Tinloy (GS)	66:05	40 Phillip Wilder (MAFB)	75:36
11 Ross Smith (WVTS)	61:05	26 Paul Reese (NCS)	68:35	41 Jeff MacDermott (MAFB)	78:12
12 Steve Ruth (GS)	61:45	27 Bill Rice (Un)	68:48	42 Augie Grisel (LVRC)	78:17
13 Darryl Beardall (MAC)	61:50	28 Greg Young (Un)	68:52	43 Bruce Robinson (MAFB)	79:13
14 E. Torres (IMAA)	62:05	29 Ty Hadley (Un)	69:05	44 Mark Shuma (IMAA)	79:24
15 Unk. (IMAA)	62:10	30 Shawn Summers (GS)	71:38	45 Tom Graycar (RCS)	79:26

The National AAU 50 Mile Championship was held at Rocklin, Calif. on Oct. 15, 1972. Ross Smith of the West Valley Joggers and Striders, fresh off his 2:34 Napa Marathon, ran 6:01:45 in winning his first 50 miler. Darryl Beardall was 2nd in 6:10:03, after running with the leader Skip Houk to 25 miles, with Frank Krebs and Ross 2-3 minutes behind. Skip dropped at 30, and Ross took the lead over a fading Darryl. David Cortez was first high school, and Ralph Paffenbarger was first senior. The weather was warm and partially cloudy. 26 Started and 19 finished. /Reported by Harold DeMoss/

1 - Ross Smith (WVJS)	6:01:45	7 - Frank Cortez (RCS)	6:49:30	13 - Michael Longwich (DS)	8:09:21
2 - Darryl Beardall (MAC)	6:10:03	8 - R. Paffenbarger (NCS)	7:13:07	14 - LeRoy Rosing (RCS-B)	8:10:40
3 - Frank Krebs (SAC TC)	6:20:14	9 - Paul Reese (NCS)	7:34:16	15 - Bill McCray (SAC TC)	8:12:50
4 - David Cortez (RCS)	6:26:12	10 - Michael Basham (RCS)	7:39:15	16 - David Wilson (RCS-B)	8:24:32
5 - Clayton Bristol (BB)	6:27:22	11 - Dennis Letl (STC)	7:41:07	17 - George Waxham (NCS)	8:41:25
6 - Peter Hanson (UA)	6:39:31	12 - Eileen Waters (SDTC)	8:07:10	18 - Dave Crevelt (RCS-B)	9:28:01

TOM HALE TAKES HONORS AT ALAMEDA

(September 9, Alameda) This year at the Alameda X-Country Carnival Tom Hale won the 7.4 mile "open" race with a good time of 37:10. The 3.7 mile "short" race was won by 13 year old Edward Tico of the West Valley J&S in the fine time of 22:13. A field of 82 runners toed the starting line in the open race while 55 runners finished in the second race. Behind Tom was 18 year old Don Curtis at 37:58. Next came four runners from WVTC; Rich Delgado, Vic Cary, Dan Anderson, William Kelly. Forgive me William but you did come in third. It should be noted that because of this strong showing WVTC walked away with another team title. This month's NorCal portrait looks at Mitch Kingery and this fine 16 year old runner finished 10th in this race. But that was not good enough for top honors in the high school division. That division was won by Matt Yeo of the Redwood City Striders. Matt had a time of 39:21. The first senior runner was Bill Mackey who finished more than 2 minutes in front of the second place senior. This latter runner was Flory Rodd in 46:26. Seymour Collins was the third place senior at 49:06 and fourth was Vito D'Aloia at 49:35. The winning high school team was the Redwood City Striders. As has already been noted the "junior" event was won by Edward Tico. Moreover, his two sisters competed in the same race with Linda finishing 36th and Marcie finishing 39th. In looking over the results I forgot to mention that Edward Tico has still another sister (poor guy??) who competed in the race and that was 8 year old Pam. Though Pam finished 55th out of fifty-five runners, I just wonder how many of us at 8 years of age would have competed in a race like this. The first woman to finish the on the shorter course was Holly Morr of the Will's Spiketees. She lead her team (which also included Debbie Deckard, Kathy Knowlton, Vera Davis, and Joyce Wimer) to victory in the women's division.

7.4 Mile Course:

1 - Tom Hale (Unat.)	37:10	16 - Rudy Snyder (Unat.)	40:51	31 - Chris Hovick (Alameda TC)	43:13
2 - Don Curtis (Unat.)	37:58	17 - Mike Kassen (RCS)	40:53	32 - Frank Cortez (RCS)	43:28
3 - William Kelly (WVTC)	38:12	18 - Robin Clark (RCS)	40:54	33 - John Toki (Alameda TC)	43:32
4 - Rich Delgado (WVTC)	38:17	19 - William Fairwell (Sac. TC)	41:25	34 - Dean Allen (WVTC)	44:05
5 - Vic Cary (WVTC)	38:37	20 - Frank Krebs (Sac. TC)	41:43	35 - Jeff Knox (Unat.)	44:13
6 - Dan Anderson (WVTC)	38:53	21 - Jeff Arnold (WVTC)	41:43	36 - Bill Mackey, Jr. (WV J&S)	44:13
7 - Bill Hansen (Aggie TC)	39:10	22 - Joe Seaver (Unat.)	41:47	37 - Bob Hart (RCS)	44:35
8 - Matt Yeo (RCS)	39:21	23 - Lee Shoop (RCS)	42:03	38 - Ken White (RCS)	44:42
9 - Robert Brunkan (Unat.)	39:49	24 - Stacy Geiken (RCS)	42:12	39 - Randy Fillpot (RCS)	44:49
10 - Mitch Kingery (Unat.)	39:52	25 - Ed Jaynes (Bay Area Str.)	42:19	40 - Phillip Holder (US Navy)	44:49
11 - Wayne Smith (Millbrae TC)	40:16	26 - Forrest Wimer (Gold Spike)	42:23	41 Bruce Kaufman (WVTC)	44:53
12 - John Butterfield (US Navy)	40:29	27 - Ron Cartmell (RCS)	42:31	42 - Walter Lee Byrd (Unat.)	45:14
13 - David Cortez (RCS)	40:44	28 - David Marsh (Pamakid)	42:39	43 - Peter Voelker (JMTC)	45:27
14 - William Seaver (Unat.)	40:47	29 - Rudy Hernandez (Unat.)	42:43	44 - Bill Jensen (Unat.)	45:32
15 - Art Meyer (RCS)	40:47	30 - Bruce Johnson (Alameda TC)	42:56	45 - Mark Hausler (Unat.)	45:42

3.7 Mile Course:

1 - Edward Tico (WV J&S)	22:13	11 - Daniel Sullivan (RCS)	24:43	21 - Andrew Butterfield (Napa)	26:21
2 - Tom Graycar (RCS)	22:57	12 - Barbara Beck (RCS)	25:03	22 - Peggy Stok (RCS)	26:24
3 - Holly Morr (Will's Sp.)	23:05	13 - Greg Griffin (JMTC)	25:07	23 - Dean Aviles (RCS)	26:34
4 - Mike Sullivan (RCS)	23:46	14 - David Anderson (JMTC)	25:10	24 - Georgia Sakelarios (RCS)	26:37
5 - Kevin Reynolds (Plea. H.)	23:49	15 - Kathy O'Conner (RCS)	25:12	25 - Joyce Wimer (Will's)	27:02
6 - Christine Sakelarios (RCS)	23:56	16 - Virginia Dimminger (RCS)	25:43	26 - Derek Weir (Unat.)	27:10
7 - Debbie Deckard (Will's)	24:00	17 - Phil Chaney (Plea. H.)	25:44	27 - Julie Sans (RCS)	27:16
8 - Kathy Knowlton (Will's)	24:03	18 - Don Aviles (RCS)	25:49	28 - Mary Crevelt (RCS)	27:16
9 - Ted Fuller (Plea. H.)	24:20	19 - Mary Le Blanc (RCS)	26:12	29 - Nancy Bingley (RCS)	27:45
10 - Vera Davis (Will's)	24:22	20 - Chris Sherwood (DSE)	26:18	30 - Virginia Collins (WV J&S)	27:59

(September 13-16, Cologne, West Germany) The Over-40 Olympics were held and times were excellent in all divisions at all distances. The age-groups A-40 to 49; B-50 to 59; C-60 to 69; D-70 up. The winners and USA- Calif, are listed along with other well-known seniors. 400M: A 1. Withaker, Engl. 52.8,..9. Peter Wood 56.3; B- 1. Halpin (US) 59.1...4. Emmitt Smith 63.4; C- 1. Bud Deacon (US) 66.8...D- 1. David Fowler.....800M: A 1. Piet Mayoor (HOLL) 1:59.7...12. Peter Wood 2:12.0...B- 1. Wally Sheppard (Aus) 2:07.3... 3. David Pain 2:19.9; 4. Al Waterman 2:20.2; C- 1. Bud Deacon (US) 2:29.3;.....1500M: A- 1. T. Kilmartin (Eng) 4:03.3...3. Bill Gookin 4:07.0; 5. Bill Fitzgerald 4:10.4; 7. Peter Mundle 4:10.4; 14. Peter Wood 4:25.0; 20. Owen Gorman 4:34.4; 23. Vance Koerner 4:43.8; 24. Virgil Yehnert 4:47.7. (B-C-D not available).....5000m: A- 1. Laurie O'Hara (Eng) 15:02.4...7. Jim O'Neil 16:02.6; 10. Vergil Yehnert 16:21.8; 14. Scott Hamilton 17:06.0; 24. Vance Koerner 18:26.0; B- 1. John Gilmour (Aust) 16:05.8; C- 1. Erich Kruzycki (WG) 17:43.6; 2. William Andberg 17:58.8; 3. Norman Bright 18:06.4; Norman Tamanaha 20:42.0.....Steeplechase: A- 1. Tom Kelly (Aus) 9:43.4...5. Bill Stock 10:37; 6. Richard Packard 10:45.0; B- 1. Al Waterman (US) 11:42.2; C- 1. Norman Bright 14:12.0; 16 Kilo-walk: A- 1. Lennard Simu (Swe) 48:19.4; B- 1. Helmut Seifert (WG) 50:09.2; C- 1. Larry O'Neil (US) 1:06:06.6; 3. David Fowler 1:19:53.0.....Marathon: A- 1. Arthur Walsham (Eng) 2:24:59...15. Virgil Yehnert 2:36:31; 27. Jim O'Neil 2:40:29; B- 1. Erik Ostbye (SWE) 2:25:19; C- 1. Tedde Jenssen(Swe) 3:02:25; D- 1. Friedrich Tempel (WG) 3:19:25.....Individual times and distances from other meets: Bill Andberg-1500m -5:00.4; 5 mile XC- 31:29...Bill Fitzgerald-800-2:00.5...Peter Mundle-5000-15:12.6...Bill Fitzgerald-1500-4:17.0; Bill Andberg-1500m -4:57.6...Norman Bright-10K-39:25...Larry O'Neil-20K walk-2:18;01...Bill Fitzgerald-800-2:04.3;1500-4:15.5; Andberg-4:58.8...Steeple-Bill Stock 10:37.2...8K XC- Bill Gookin 26:32; Andberg 30:42.

BUTTERFIELD BETTERS PR BY 3 MINUTES AT NAPA

(October 1, Napa) - John Butterfield of the BAA ran away with the Napa Marathon race, winning by over 8 minutes in lowering his PR to 2:25:26. Ross Smith of WVJS was top Senior with a PR 2:34:57 in 3rd, which is an age 44 World Record. Paul Reese, 2nd Senior, also recorded a PR and an age 55 WR in running 2:45:30. David Cortez in 8th broke the age 14 WR with a PR 2:41:45. 3rd Senior, Ralph "Red Baron" Paffenbarger got a PR of 2:47:41. Conditions were perfect, flat course, with over-cast skies. The full finish list will be published next month. /Reported by John Butterfield/

1 - John Butterfield (BAA)	2:25:26	6 - John Finch (UA)	2:38:56	<u>SENIORS</u>	
2 - Dan Anderson (WVTC)	2:33:50	7 - Steve Williams (UA)	2:41:43	Paul Reese (NCS)	2:45:30
3 - Ross Smith (WVJS)	2:34:57	8 - Dave Cortez (RCS)	2:41:45	Ralph Paffenbarger (NCS)	2:47:41
4 - Ian Jackson (WVTC)	2:35:37	9 - Gary Chilton (SRC)	2:41:48	Jim Nicholson (NCS)	2:53:33
5 - Leo Morgan	2:35:42	10 - Frank Krebs (SAC TC)	2:42:54	Don MacIntosh (Maranon)	2:54:36
				Bill Snavelly (NCS)	2:57:26



Redwood City Striders and San Carlos High runner Mitch Kingery, Norcal Portrait for October



WVTC's Bill Clark and George Stewart tying at WVTC vs Cal-Poly duel



West Valley Portrait of October and former Stanford runner Allen Sanford



PA-AAU Athlete of the year, WVTC President, Jack Leydig



Senior Paul Reese who ran a PR and WR age 55 2:45:30 at Napa



RC Strider Dave Cortez who ran a PR and WR 2:41:45



SERC Mike Boitano won his 2nd Dipsea race.



John Butterfield set a PR of 2:25:26 at Napa



Tom Hale- Alameda XC Carnival winner and Arvid Kretz-Stanford