

# Nor-Cal Running Review

JULY 1973 (No. 42)



**CIF State Meet  
— Pictorial —  
60¢**





Walt Stack



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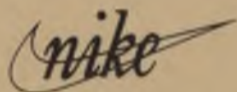
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# NORTHERN CALIFORNIA RUNNING REVIEW

A West Valley TC Publication  
P.O. Box 1551, San Mateo, Cal. 94401  
(342-3181)

## ON THE COVER

Wilson (San Francisco) High's 440 relay team won the CIF State Meet in a time of 41.5 after blitzing to a 41.0 in the trials for a best-ever California mark. From left to right: Duane Walker, Michael Kirtman, Ron Whitaker, and Mike Farmer. Whitaker won the 440 in a near-record 47.0 and is featured in this month's NorCal Portrait. Wilson went on to win the CIF title. /Marconi/

JULY 1973 (No. 42)

\$5.00 FOR 12 ISSUES

## STAFF

**EDITOR:** Jack Leydig; **PRINTER:** Frank Cunningham; **PHOTOGRAPHER:** John Marconi; **CARTOONIST:** Lee Holley; **NOR-CAL PORTRAIT:** Jon Hendershott; **COACH'S CORNER:** John Marconi; **WEST VALLEY PORTRAIT:** Harold DeMoss; **NORCAL POINT RACE:** Art Dudley; **WOMEN:** Roxy Andersen, Harmon Brown, Jim Hume, Vince Reel; **SENIORS:** John Hill, Emmett Smith, George Ker, Todd Ferguson, David Pain; **RACE WALKING:** Steve Lund; **COLLEGIATE:** John Sheehan, Jon Hendershott, Fred Baer; **HIGH SCHOOL:** Roy Kissin, Dave Stock, Mike Ruffatto; **AAU RESULTS:** Jack Leydig, John Brennand, Bill Cockerham. --- We always have room for more help on our staff, especially in the high school and collegiate areas. If you'd be interested in sending us results, photos, schedules, articles, etc., on a regular basis, then contact us right away. This is obviously not limited to WVTC members...so get in touch and make this a cooperative community effort by becoming one of our growing staff.

**THIS ISSUE'S CONTRIBUTORS:** Lurana Hoetger, Jon Hendershott, Phil & Fran Conley, Track Newsletter, Norman Bright, Joe Taxiera, Bob Darling, Ernie Marinoni, Roland Zechmeister, Wes Alderson, Walt Lange, Starting Line, Joe Carey, Grover Prowell, Tom Anderson, Brad Nave, Roger Duran, Bob DeCelle, Nick Vogt, Harry Young, Grace Ruth, Terry Record, Bob Malain, John Valentini, Charles MacMahon, Dick Cordone, Chuck Day, Ken Napier, Terry Pintane, Dave Stock, Mike Shaughnessy, Joan Ulliyot, Byron Lowry, Ralph Lee, George Beinhorn, Runner's World, Track & Field News, John Romero, Stuart McDougall, John Storey, Jeff Kroot.

## SUBSCRIPTION INFO.

The NorCal Running Review is published on a monthly basis by the West Valley Track Club. It is a communication medium for all Northern California track and field athletes...covering high school, collegiate, age-group, masters, AAU, and women's competitions in track & field, road running, and race walking. It is available at most local road races and most of the bigger track meets, or you can subscribe at a savings of \$1.00+ per year over the single copy rate...see below for our subscription rates.

**SUBSCRIPTIONS:** Normally \$5.00 per year, mailed bulk-rate, third class, from San Mateo. **Special savings** on multiple-year subscriptions: \$9.25 for 2 years, \$12.75 for 3 years, or \$20.00 for 5 years. Add \$2.50 per year for first class mailing within the U.S., Canada, and Mexico; add \$3.50 per year for airmail within the U.S. and Canada. Add \$1.00 per year for 3rd class mail to Canada and \$1.25 per year to all other foreign countries. Foreign airmail rates available on request. **Special rates** to schools, libraries, and newsmedia: only \$3.00 per year within the U.S. All yearly subscriptions include 12 issues, which will usually be published once every 5 weeks or so (so it may take more than a year to receive all 12 copies). Every third issue will feature a special 4-page pictorial insert. **Back issues** available for 65¢ each by mail (75¢ for pictorial issues). Be sure and keep us informed of your address changes...remember, the NCR is not forwardable.

**SPECIAL NOTE:** Thanks for the big response on the NCR Questionnaire that was inserted in last issue. Approximately 25% of our readers responded...and that is pretty good. It shows that you care about NCR. We are currently in the process of going through your suggestions and comments and should make a report on what our readers think by either the August or September issue. Most of the criticisms were very good and some of them we should have no problem in implementing in the near future. However, we should mention here that a few of your complaints we cannot do much about: (1) **Print size:** if we printed the NCR in regular sized type, the cost would double, and this is not feasible...to us or our readers; (2) **Depth of finishes:** again governed by space...we'll print as much as possible.

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## THIS & THAT

• **The 3rd Annual Redwood Marathon**, scheduled for July 7 at Arcata originally, has been moved to August 4 at 9 am. Because of the late change in dates of the Salmon Festival, the marathon was rescheduled for this date. Since this is the date of the Ocean-to-Bay Marathon also, the PA-AAU will not sanction the Redwood Empire race because the latter causes a schedule conflict with the former race. Thus, any runner competing in this race will jeopardize his amateur status since it does not have a sanction. While it is doubtful that this rule will be enforced, it should be mentioned here so that all runners have adequate warning. Compete at your own risk.

• **1973 A.A.U. Convention:** The dates for this year's annual meeting will be October 7-13, at West Yellowstone, Montana, of all places. Could be nice weather...could be lousy weather.

## ★ PHOTO QUIZ ★

Beginning with this issue, the NCR is starting a photo contest. **The rules:** (1) Submit your guess (only one per individual per month) on a postcard and mail it to: Photo Quiz, P.O. Box 1551, San Mateo, CA 94401; (2) Your card must be postmarked by **August 20, 1973**; (3) In the case of ties, which are expected, a winner will be drawn from all those cards with correct answers. **The prize:** A one-year subscription, or renewal, to the NCR, or some other prize, as determined and pre-announced by the editor. Readers are encouraged to submit photos for consideration in this contest.



WHO IS THE 1968 OLYMPIAN IN THIS PHOTO?



•**LOST & FOUND DEPT.**--Found, one Kodak Instamatic Camera after the DSE Stow Lake Relay on June 29. Contact Joan Ulyot if you think it's yours. Lost, one Kodak Instamatic Camera (seems to be a popular item for losing) at the AAU Marathon on June 17. Mark Williams (P.O. Box 8289, Stanford, CA 94305) would appreciate any information on this. He gave it to a woman at the race, but he couldn't locate her afterwards.

•Leaving the area for Maryland are two top class athletes. West Valley TC's Ritchie Geisel left in mid-June, but will still represent the club. He is a 2:26 marathoner. Race walker Bob Kitchen is also moving back east in what looks to be a permanent move. Bob is an ex-Athens AC star who holds numerous American records for race walking on the track at longer distances.

•The Petaluma Marathon will not be the PA-AAU Championships this year since the AAU Marathon served that purpose. However, the Pamakids are thinking about possibly putting on the race anyway. Nothing is definite yet, but as soon as anything is confirmed, we'll let you know.

•Two Bay Area athletes, attending college but living in the southland, struck gold at the Maccabiah Games in Israel in mid-July. Glenn Harmatz (Lakewood) of San Jose State garnered the top spot in the 800 meters with a 1:54 clocking, while Kenny Kring (Santa Maria) of Stanford picked up two golds, in the pole vault and the decathlon, however, we don't have Kenny's marks in either of these two events...we'd appreciate it if someone would send them to us for publication in next issue.

•A handy little reference book deserves special note here. The 1973 Starting Line Handbook contains all-time lists for age-group records (by year) thru seventeen...both boys and girls. It has many photos and also a directory of age-group clubs from all over the country, listing addresses and other pertinent information. I couldn't find a price on it anywhere, but further data may be obtained by writing Max Zucker, publisher, P.O. Box 878, Reseda, CA 91335.

•The First World Masters Track & Field Championships will be held in Toronto, Ontario, Canada, on August 11-17, 1975...only two years away, so it's almost here already. Entrants must have reached their 40th birthday by August 11, 1975 in order to be eligible to compete. Competition will be conducted in 5 year age groups. There will be qualifying standards, and there will even be an opportunity to qualify just before the meet at special time trials to be conducted in Toronto. Distances will be metric, 100 meters through the marathon, with at least two walking events, and...a 10 kilometer cross country (perhaps a step in the right direction for the Olympic Games?). Special charter jet transportation to and from Toronto, at reduced rates, will be arranged by the sponsors. Competition will be conducted on the certified all-weather 9-lane, 400 meter track located at the Canadian National Exhibition (CNE). For further information, contact Mr. David Pain, 1160 Via Espana, La Jolla, CA 92037, or Mr. Don Farquharson, 269 Ridgewood Rd., West Hill, Ontario, Canada M1C 2X3.

•Track & Field News announces two new locations: Administration Office will move to 365 First St., Los Altos (advertising, book editing, purchasing, receivables, payables, etc.)... Shipping & Receiving Office will move to 1010 Corporation Way, Palo Alto (includes all sales, books, etc.). Mailing address remains the same: P.O. Box 296, Los Altos, CA 94022. This change went into effect in mid-June.

•Touring Teams: The Bay Area had quite a few individuals who qualified for international touring teams this summer. They



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are as follows: International Dual Meet Team (Seniors) - 400m (Benny Brown), 20K Walk (Bill Ranney), Pole Vault (Vic Dias), Shot Put (Al Feuerbach), Discus (John Powell); International Dual Meet Team (Juniors) - 800m (Dale Scott & James Robinson as alternate), Mile (Mark Schilling), 3 Mile (Bob Grubbs), Long Jump (Gerald Hardeman), Shot Put (Terry Albritton); Pan-Pacific Team - Pole Vault (Vic Dias); Satellite Games Team - 200m (John Pettus), 800m (Rick Brown), 3000mSC (Jim Dare), 10,000m (Jon Anderson), Pole Vault (Dave Hamer)...both the Pan-Pacific Meet and the "Satellite Meets" have already been held. The only results of these meetings that we know of are that Jim Dare ran an 8:52 steeple in Ottawa (winning the race) and followed this up with an 8:39.2 in Victoria, B.C. behind Australia's Bob Hendy (8:29.0). John Pettus ran a 20.7 windy 200m in the same meet, although we don't know if it was a winning effort, and also anchored the winning relay team in 39.9.

•At the Junior Olympic Trials in Vallejo on June 9, Ray Burton of Vacaville set a new junior class standard of 195-1 in the discus.

•Humboldt State's Chuck Smead won the NCAA College Division 6 mile in a school record of 28:28.6 on June 1, beating the likes of Mark Covert and Dave White, among others.

•Two familiar faces on the Northern California distance running scene during the past year have moved to Australia. Ivan (a native Aussie) and Lily Boggis moved on to the land-down-under recently and are causing quite a stir it seems, as husband-wife teams in distance running seems to be fairly new in this part of the world. A recent article in a local newspaper gave them quite a writeup, and mentioned that Northern California has many such "family teams".

•Seattle's Norman Bright, who won the Dipsea just a few years back, has been zeroing in on quite a few age-63 records during the past few months. Up until the Masters Meet in San Diego (on which we have no results yet), Norm had set the following marks: 3000m (11:38.2), 3 Miles (18:19.4), 1 Mile (5:38), 6 Miles (37:18.2), 2 Miles (11:52.6), 5000m (19:18.0), 10000m (40:41.4), and 3000mSC (13:43.8). He last wrote me that he was planning on running the 1500m, 5000m, 10000m, and 3000mSC in the Masters Championships..."if I live."

•Dick Drake stepped down as managing editor of T&FN after 10 years. With his resignation, staff members Jon Hendershott and Garry Hill move up into this position.



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## NCRR POINT RATINGS

Below are this month's leaders in the NCRR Long Distance Point Race. To figure your point rating, merely divide your average placing in races by the number of races run. Count a tie as an average (tie for 2nd is worth 2.5, etc.). For example, if your average placing is 4th over a total of five races, then your rating is 4/5 or 0.8. For our totals we count only the top ten finishers in each race (top six in the senior division...must have reached his 40th birthday). The NCRR reserves the right to choose the races it counts (usually PA-AAU sanctioned road runs with a reasonable number of competitors or of sufficient difficulty). In most meets with multiple races, we count only the longer race, unless the shorter one has better competition. In some cases we count both. The year's scoring begins with the 1972 Lake Merritt Races, and the totals below include all races through the Felton Run with the following exceptions, which are not counted: Chico 10 Kilo, PA-AAU Hour Run, Vogt's Gold Run, Feb. 11 Age-Group Run, 7.5 Mile Pebble Beach Run, and 4 Mile Statuto (Seniors). \*\*\* This month we are omitting the usual table because of space limitations. Dan Anderson forged a wide lead in the open division over last month's leader, Bill Seaver, while Phil Camp and Darryl Beardall moved ahead of Jon Anderson and John Butterfield to take over third & fourth positions. Dave Garcia, on the basis of two wins against no losses, moved into seventh with only those two races, and Jim Nuccio did likewise. Both are non-PA runners. Ken Napier grabbed the lead away from Ross Smith in the over-40 division and moved to within 0.012 of Smith's 1972 record. Surprising Jim O'Neil made a big advance and closed to within striking distance of Ross Smith, as three runners are now under 0.100 for the first time ever. There were virtually no other changes to the top ten except for Gough Reinhardt displacing Jim Nicholson in tenth. Lee Adams has moved from off the chart into twelfth and is making a strong bid for the top ten. Ross Smith suffered his first defeat in senior competition this year, but to a non-PA athlete, Bill Gookin. The top open and senior runners follow:

**OPEN:** (Total races, Average place, Rating) -- (1) Dan Anderson (16, 3.625, 0.227), (2) Bill Seaver (10, 3.100, 0.310), (3) Phil Camp (7, 2.403, 0.347), (4) Darryl Beardall (13, 4.923, 0.379), (5) Jon Anderson (6, 2.667, 0.444), (6) John Butterfield (10, 4.600, 0.460), (7) Dave Garcia & Jim Nuccio (2, 1.000, 0.500), (9) Mike Buzbee (6, 3.167, 0.528), (10) Rich Kimball (8, 4.250, 0.531), (11) Ritchie Geisel (3, 1.667, 0.556), (12) Bob Darling, Steve Dean & George Stewart (4, 2.250, 0.563), (15) Mitch Kingery (4, 2.500, 0.625), (16) Pat Buzbee (5, 3.200, 0.640), (17) Ken Scalmanini (9, 5.944, 0.660), (18) Doug Butt & Ross Smith (7, 5.000, 0.714), (20) Duncan Macdonald (3, 2.167, 0.722), (21) Nick Vogt (7, 5.143, 0.735), (22) Vic Cary (3.800, 0.760), (23) Daryl Zapata (7, 5.643, 0.806), (24) Darren George (4, 3.500, 0.875), (25) Ron Zarate (3, 2.667, 0.889), (26) Jack Leydig (6, 5.333, 0.889), (27) Mike Conroy (6, 5.500, 0.917), (28) Angelo

Martinez (5, 4.600, 0.920), (29) Joe Taxiera (8, 7.375, 0.922), (30) John Sheehan (4, 3.750, 0.938), (31) Bill Johnson (4, 3.875, 0.969). -- **SENIORS:** (1) Ken Napier (18, 1.278, 0.071), (2) Ross Smith (12, 1.083, 0.090), (3) Jim O'Neil (19, 1.789, 0.094), (4) Dave Stevenson (13, 1.846, 0.142), (5) Gil Tarin (18, 3.056, 0.170), (6) Bob Malain (14, 2.714, 0.194), (7) Mike Healy (16, 3.500, 0.219), (8) Paul Reese (13, 3.154, 0.243), (9) Dennis Teegarden (8, 2.876, 0.359), (10) Gough Reinhardt (10, 4.450, 0.445), (11) Jim Allen (10, 4.600, 0.460), (12) Lee Adams (8, 3.750, 0.469) & Jim Nicholson (7, 3.286, 0.469), (14) John Perkins & Don Pickett (7, 4.000, 0.571), (16) Peter Wood (5, 3.400, 0.680), (17) Bill Snaveley (4, 3.250, 0.813), (18) Bill Kirchmier (4, 3.500, 0.875).



CURRENT LEADERS IN NCRR POINT RATINGS, DAN ANDERSON (LEFT) AND KEN NAPIER, ARE HOLDING BIG LEADS. /George Beinhorn & Marconi/

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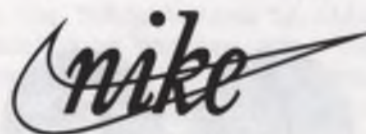
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## CLUB NEWS

This section of our publication is devoted to various clubs in the area. If your club would like to put in an announcement or other news, please send it in. Our circulation is now large enough to ensure that many of your members will probably see the notice. As long as the news is pertinent and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from your club! We've had complaints of "lack of club news" recently, but if we don't have anyone send us information we can't very well print it.

**NEW CLUBS:** We've heard that a new San Carlos club has started called Camino West, but don't have any details on who to contact or whether it is an official AAU club yet.

**ALAMEDA TRACK CLUB:** The club's trials for the Lake Tahoe 7-Man 72 Mile Relays will be on Saturday, July 28, at Chabot Gate, Oakland (same place as the 8 Mile Watermelon Race). Come to the trials even if you aren't planning on running the Tahoe Relay because this is a good chance to meet a lot of the members. New member Rich Kimball of De La Salle H.S. ran at the AAU Junior National Track & Field Championships and placed 6th in the 6 mile run with a new national record for high school juniors ...29:57. He also ran the 3 mile the following day and placed 8th with a 14:17. James Robinson of Laney College ran the 880 at this meet and placed 3rd with a 1:49.8.

**EXCELSIOR TRACK CLUB:** Bob Darling, the club's "leader", reports that the club now has 20 paid members (as of June 28). The club is having mild success so far and hopes to offer other area clubs more of a challenge in future road races. The new Club HQ is: Excelsior TC, 856 Dartmouth St., San Francisco, CA 94134. The club is open to anyone and the dues are \$1.00 per year (unless I read wrong, that's pretty low dues). If you supply a T-Shirt, it can be silk-screened with the club's emblem for free if enough want it done.

**WEST VALLEY TRACK CLUB:** Since last issue, the club has gained the following new members: Chris Berka, 19, of 354 San Luis Ave., Los Altos, CA 94022 (Ph. 948-7958) has best marks of 1:59 (880), 4:22 (mile), 9:26 (2 mile), and 31:01 (6 mile) on the track, and also owns a 2:29:21 marathon clocking. Ellen Clark,

TRACK - FOOTBALL - SOCCER - WRESTLING - TENNIS  
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(wife of member Bill Clark) has been competing regularly in the Runner's World Fun Runs and also completed the Bay-to-Breakers this year. She has a 7:40 (hilly) mile to her credit. Pete Dinno, 17, of 259 Old Adobe Rd., Los Gatos 95030 (Ph. 356-0896) has marks of 2:05.3 (880), 4:35.2 (mile), 9:55.8 (2 mile), and 15:44.1 (3 mile). Jim Fowler, 20, of 5118 Discovery Ave., San Jose 95111 (Ph. 227-0882) has times of 51.8 (440), 2:01 (880), and 4:34 (mile), and has also high jumped 5'10". Lary Hayden, 17, lives at 1902 Broderick St., San Francisco, 94115 (Ph. 922-7039) and has bests of 53.2 (440), 2:09.5 (880), and 4:54.5 (mile). Gerald Markle, 18, of 3256 Fitzgerald Circle, Marina 93933 (Ph. 408/384-9473) has bests of 60.4 (440), 2:22.5 (880), 4:55.6 (mile), 10:49.6 (2 mile), and 16:40 (3 mile). Rich McCandless, 17, 14285 Mulberry Dr., Los Gatos 95030 (Ph. 379-7153) has excellent marks of 4:20.9 (mile), 9:11.2 (2 mile), 14:21 (3 mile), and 30:07.2 (6 mile)...he will be a freshman at San Jose State next fall. John Moroney, 9, has two brothers on the club already (Brian and Bill), and already would like to try and complete a marathon (his first attempt was the Nationals in June, where he went about halfway). He has a 6:48 mile to his credit, run when he was only 8 years of age. Alan Polter, 23, just recently moved here from the east where he attended Miami of Ohio. His address will be changing quite a bit in the next few months as he attempts to get settled (he's staying with friends at present). He has bests of 4:17 (mile), 13:59 (3 mile), and 29:15 (6 mile). Kenneth Riley, 20, of 1539 Sayre St., San Leandro 94579 (Ph. 357-1683) has marks of 10.4 (100), 23.0 (220), 50.3 (440), 49.6R. Julio Rosa, 22, of 1019 South Hart Rd., Modesto 95351 (Ph. 209/523-4279) has bests of 53.5 (440), 2:00.5 (880), 4:26.5 (mile), and 30:24 (6 mile). Arturo Tello, 18, is a Mexican attending West Valley JC and currently resides at 2520 Malone Pl., Santa Clara, 95050 (Ph. 247-7691). His best marks include a 2:10 (880), 4:33 (mile), and 9:33 (2 mile). David Unger, 19, 769 Upton Way, San Jose, 95123 (Ph. 269-3317) attends Central College in Iowa and has a 2 mile best of 10:05. He has also done a 1:48+ for 30 kilometers on the roads. Gilbert Uresti, 1380 Leeward Dr., #49, San Jose 95122 (Ph. 251-6078) owns marks of 2:08 (880), 4:39 (mile), and 9:38 (2 mile). He has also run a 2:50 marathon.

•**Address Changes:** Lots of you guys are moving around out there without letting me know. As a result, I have to wait until the post office lets me know of your address change. In the meantime, your NCRR is late and we have to pay extra postage to send another (3rd class mail isn't forwardable). So... please let us know when you move. During the past month, the following guys shifted their pads: Chip Greendale to 16621 Wanderer Ln., Huntington Beach, CA 92649; Doug McLean to 373 Birchwood Dr., Moraga 94556 (Ph. 376-0410); Jost Schmitt to 74 Tuebingen, Sindelfinger Str. 73, West Germany; Loren Miller to 1043 Almanor, Menlo Park 94025; Ron Zarate to 1314 Clines Ave., Santa Maria, CA 93454; Dave Whiteing to 2101 Coal Ave. SE, Apt. 4, Albuquerque, N.M. 87106; Terry Chappell to 323 Willow Glen Ct., Healdsburg, CA 95448...also, the following new phone listings: Dave Himmelberger (327-7774) and Tim Chapman (584-4725), both area code 415. Does anyone know the whereabouts of Kevin Robinson? He moved without letting us know and left no forwarding address. George Stewart...got any ideas?

•**Club Uniforms:** The club is buying about 15 team sweat-suits that can be checked out for special occasions. They will be white with red & blue stripes and the club name on the back and WVTC on one leg and will cost \$20 each. There is a possibility that we may order navy instead of white...the only problem here is that it'll be more difficult to silkscreen on a dark material. At any rate, indicate if you'd like to order one for yourself on the enclosed club flier. The cost is \$20, including lettering and mailing. The sweats are Liberty Action and the material is nylon.

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•**Dues Changes:** Voting for the proposed constitution change affecting club dues was passed almost unanimously by those voting. In effect, the change eliminates the old club rule that used a member's participation in high school or college sports as a method of determining the dues he was to pay. Now, the dues are simply based on whether an individual is in high school, college, or beyond college age...without regard to his participation. All high school members now will pay \$6/year, and collegians will pay \$7/year. The member's scholastic status at the beginning of the calendar year determines his status for the remainder of the year. Thus, a high school senior remains a senior throughout the year for dues purposes. The change went into effect on July 1 and pertains only to new members until January, at which time all members will pay accordingly.

•**Club Directory:** The progress on the club directory is being delayed because a majority of the club's members haven't yet returned their "directory questionnaire". If it's still laying around the house somewhere, please mail it in today, otherwise your current personal bests and other information will not be reflected in the new directory. The very last date at which you may still turn in your questionnaire (that yellow-gold ditto sheet in the last issue) is August 10. Thanks for your help.

•Quite a few new club records have been set in the past few months. Carl Cruz ran a 9.9 for the 100 at the PA-AAU Championships for a new club best. At the same meet, a mile relay team composed of Gary John, Jon Hendershott, Frank Mercer, and Tom Jordan took the club best down to 3:27.0. The day following saw Brad Nave up his club discus best to 178'5" at Fairfield in an all-comers affair. Frank Mercer twice brought the 440 mark down at the San Jose City College all-comers series, finally recording a 48.6. At the Kennedy Games, Peter Duffy tipped Don Kardong's three-mile club standard by 1.8 seconds in recording a third place 13:18.0, ahead of Domingo Tibaduiza's fifth placing 13:22.2 which stands as third best all-time on the club. Brad Nave also set a club shot put mark of 45'6" in early July at Skyline College in an all-comers. John Bay, in what we believe to be his first decathlon attempt, notched a club best of 5348 in late June, and was closely followed by Jon Hendershott's 5193, both marks coming at San Jose CC. Other excellent marks and achievements by WVTC'ers include Jim Dare's 8:39.4 steeplechase, good for 5th (4th American) at the AAU Championships. As defending champion he had yet to break 9 minutes this season, but



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improved nearly 30 full seconds here. He followed this up with an 8:39.2 in Victoria, B.C. a month later, still some 5.6 seconds from his club standard. Jim McGinnity came close to his 6'8" club best in the Skyline all-comers series on July 14 with a 6'6" effort. Four good marks resulted at the PA-AAU 880, with Rich Hansen missing Luther Clary's record by two-tenths in 1:52.7. He was followed closely by Clary (1:53.6), John Bay (1:53.9), and Tom Jordan (1:54.6), with the latter two recording PR's. Bob Grubbs qualified for the US International Team (Juniors) by running a 13:47.4 for 3 miles behind Craig Virgin. Mike Pinocci and Mike Ruffatto competed in the 6 mile at the same meet (AAU Jr. Natl.) and came out with 7th (30:04.6) and 8th (30:10.6) respectively. Rich McCandless also competed in the 6 mile, but his mark is not known, although he won the PA-AAU 6 mile in a good 30:07.2. I'm sure that I have probably forgotten to mention some good marks, but these are off the top of my head. Consult the track & field results section for a complete rundown of top marks by club members.

•Duncan Macdonald, now touring Europe with Rick Tipton (or at least they started out together), has been competing fairly well in Scandinavia during the past month. Some of the marks that we know about (courtesy of Jon Hendershott) are: 3:46.4 for 1500m and 3rd behind Bayi (3:44.6) at Strangas, Sweden on June 6; 3:48.1 and 2nd at Malmo, Sweden on June 14 behind Mignon (Belgium); 3:44.1 and 6th at Stockholm on June 12 behind Bayi (3:37.9) & Mignon (3:40.0); 8:23.4 for 3000m at Soderhamn on June 24 with Arne Kvalheim winning in 7:55.4; 8:37.8 for 3000m again at Skelleftea on June 30 (winning effort?); and finally a 3:52.9 for 1500m (winning effort?) at Vindeln on July 1. Other marks will be listed in next issue as we get them.

•Alvaro Mejia and his wife Terri (& son Christopher) have returned to the U.S. and are currently touring the Western U.S. and Canada in a VW camper. They are planning on being on hand for the Tahoe Relays on August 18, but don't know if Alvaro is planning on running yet. They started their journey in Louisiana and plan on going through Albuquerque to visit the Harris'.

•**Travel Funds:** The Exec Council approved the following allotments in travel expenses during the last month...AAU Junior Nationals in Gainesville, Florida (\$150 to Bob Grubbs and \$100 each to Mike Pinocci and Mike Ruffatto)...Rich McCandless had not yet officially become a member and was not eligible for funding; Natl. AAU Marathon in San Mateo (\$50 to Charlie Harris--from Albuquerque, \$35 to Domingo Tibaduiza--from Reno via Bakersfield, \$15 to Skip Houk--from Reno for gas).



• Mike Ryan, now living in Ohio (Dayton), reports that the running scene is much better here than in Tennessee where he used to live...there are races, he has some time to train, and there are people to run with. He says he's been running for several months at 50-60 miles per week and hopes to increase this gradually over the summer, run road races, all-comers meets and the like.

• Jost Schmitt reports from Germany that he is gradually getting back into decent shape again. His first serious 800m was a 2:00.7 in terrible weather and track conditions. He feels from time trials that he's ready for a 1:57 and probably a sub-51 second 400m.

• Another recent addition to WVTC, so new in fact that we don't have address information for this issue, is Dedy Cooper of Harry Ells High School in Richmond. Dedy was 7th in the CIF State Meet and has a best time of 13.8 in the 120 yard highs. He also has a 49.0 for the 440. Dedy represented the club in winning both of these events at the sub-regional Junior Olympics in Reno (recording his 49.0 here) and thus qualified for the Regionals in San Diego. Late flash from his coach, Vic Cary, is that he won both events at San Diego and thus qualified for a paid trip to the National Jr. Olympics in Ann Arbor, Michigan next month. The times (14.4 and 49.9) at San Diego were not spectacular, but the conditions were very poor.

• Cross Country Schedule: Your president is currently working on setting up a good XC schedule for the fall. So far we have only one definite date set up...vs. Stanford, San Jose St., Univ. of California (Berkeley), and Club West at Stanford on Oct. 20. It will probably be a 4-miler. We are trying to set up a dual (or open) meet with Oregon TC for the latter part of October, as well as one at Cal-Poly (SLO) in early October or late September. The California Club Championships will probably be in early November as usual at Santa Barbara. As there will probably be no single qualifying meet for the AAU Championships in Florida (8 man team), it is important that members try and compete as often as possible to establish their condition so that a choice of team members can be made more easily. Those members competing for college teams (Grubbs, Bellah, etc.) must keep me abreast of their progress so that they can also be duly considered for the Nationals.

• Following are the WVTC finishers in road races that didn't place high enough to be listed in the regular results section of this issue: Statuto 4-Miler: (51) Jim Luke 28:00, (62) Ron Yuen 29:12, (77) Emil Magallanes 30:39; Statuto 8-Miler: (114) J. Burke 61:24...not on membership list but listed as WVTC in results; Woodminster: (place & actual running time) (72) Santos Reynaga 61:28, (88) Ted McRice 62:46; Holy City: (70) Jim Fowler 60:07, (82) Phil Groves 61:09, (173) Don Ramos 74:38; Oakland 8-Mile Watermelon Run: (67) Jairo Vargas 57:16; Hangtown Road Race: (88) Bill Lamb 35:27.

## CLASSIFIED ADS

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LOCAL SHOE SALESMAN AT ROAD RACES: Starting Line Sports now has Jack Leydig employed on a part-time basis, selling Tiger, Nike, Puma, and various other road shoes and spikes. All you have to do is show up at a local road race and chances are good that he'll have your size right there in the style you want...if not, it can be ordered quickly. In addition, Jack sells all other types of running equipment...shorts, books, insoles, ERG, warmups, stopwatches, you-name-it. If you're a coach or a member of a school team, get in touch and find out about our school quantity discount. Come cross country season and I'll be available to make personal calls to your school with a full stock of shoes. Save up to 10% in quantity! During the next month I plan on being at the following road races in the area: Ft. Baker, Ocean-to-Bay Marathon, Funky XC, Pierce Point, DSE Practice Dipsea (Aug. 12), Lake Tahoe Relay (probably limited stock), Dipsea, Emerald Hill Run, DSE Lake Merced Run. Thanks for helping a "poor" runner to stay alive between races. See our ad on the back cover.

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## LETTERS TO THE EDITOR

In response to last month's suggestion of a "reverse handicap" for the Dipsea. --- "The reason for the handicap on the trails is to give an opportunity to runners who are usually chasing the leaders a chance to lead or win a race. This is a race that the scratch men should not win. It should be someone that does not ordinarily win a race. If you feel that there should be less people on the trails, should we have two races...one for adults and one for boys and girls? I understand how the scratch men feel, but they can win the next race; the winner of the Dipsea cannot. Also, let's remember that if you change the rules you can never break the old record because the old record holders had to overcome the field of many runners. That's the name of the game." -- Ernie Marinoni

## EDITORIAL

You're probably wondering what the hell was the purpose of inserting the page on the amendment proposal to the Food, Drug, and Cosmetic Act...that is, if you haven't thrown it out already. It was enclosed as a public service by the NCRR since many of our readers regularly take vitamin and mineral supplements that may be restricted by the FDA's recently announced order. Granted, that certain so-called "vitamin supplements" that are advertised on TV and the like have no value or very little value...but, what about the large quantity of natural vitamin & mineral supplements that may be affected? How do you as a runner feel about it? If you feel that the FDA's restrictive order is out of line, or would like more information on the matter, then either send in the enclosed slip to your congressman or write to the address at the bottom of the sheet for more information. Above all, you should be concerned that the FDA might possibly be over-restricting the usage of supplements that affect your overall health and running condition.

## COACH'S CORNER

Meet Ernie Bullard: It was only some four years ago when San Jose State University captured the NCAA Championships at Knoxville, Tennessee. Led by Lee Evans, the Spartans captured a close duel over Kansas, and thus claimed the school's first-ever track & field NCAA crown. Not until recently has the school's track program shown signs of regaining the power it once had back in the "Bud Winter era". Ernie Bullard worked as an assistant coach under Winter that year. In 1971, Winter stepped down from his post with Bullard being his successor. After two mediocre years, State started putting it together this year, claiming the PCAA title with ease. Bullard now is looking at 1974 with much interest.

Ernie has been involved with track and field since his high school days. His favorite event was the pole vault, and he reached a personal best of 14-4 1/2 while attending USC.

But Bullard's coaching career started way back in 1961 at Tolleson High School in Arizona. He moved up to Orange Coast College in 1964, and then three years later joined the staff at Mesa Community College in Arizona. In 1969 he made his final move...to San Jose State.





SAN JOSE STATE'S ERNIE BULLARD IS FEATURED IN THIS MONTH'S COACH'S CORNER. /Miller Photo/

While coaching at San Jose, Ernie has worked mostly with the field events and sprints. One of his coaching highlights was working with Richard Marks during the 1969 season and helping him improve his shot PR from 50 feet to 63-10 1/2!!

This past season the sprint dominance that San Jose State used to claim has again come back into prominence with 9.3, 20.7 Vince Bredell at the helm. "All our sprinters work greatly on the Bud Winter 'Sprint Form Drill' in practice," comments Bullard. "We emphasize a very exaggerated, high knee lift which helps to lengthen the runner's stride." A typical week for San Jose's sprinters would be a series of 'breakdowns', beginning with 550's on Monday. Tuesday is devoted to starts and accelerated running over 100-200 yards. Wednesday consists of breakdowns again, only over shorter distances, beginning with 385's. Thursday would again be devoted to (light) starts and also 110's on the grass. Friday is a light pre-meet workout, with competition following the next day. Sunday consists of light jogging.

Ernie emphasizes, "I've learned most of my training theories or ideas from Bud Winter, whom I consider to be the best sprint coach in the world in respect to 'sprint mechanics'."

When questioned about what the role of a coach should be, Bullard replied, "In my judgment, you work with the athlete, not over him. However, you are assuming he is a young adult and can handle the responsibility. On lower levels of programming (high school and junior high school), the coach must assume a more authoritative approach."

Looking into the future, San Jose State could well bring itself another NCAA title with Bredell heading the sprints, Mark Schilling leading the middle distances, and newcomer Ron Whitaker adding all-around depth from the 100 to the 440. And, with the new NCAA ruling limiting the number of scholarships to 23, SJS should be able to compete well in most any company. Who knows, this may very well be the start of the 'Ernie Bullard era' at State.

### NOR-CAL PORTRAIT

**MEET RON WHITAKER:** It seems an almost annual happening that the California prep championships produce a flock of nation-leading efforts and a galaxy of bright young stars of tomorrow. Ron Whitaker fits the bill perfectly--only he is a full-fledged star of today after a super two days in 1973's edition of the CIF State Meet.

Whitaker merely achieved the following: (1) the senior at Wilson High in San Francisco dashed to the 440 title, sprinting 47.0 for the fastest time in the nation by a prep in 1973; (2) he ran the second leg on Wilson's victorious 440 relay team which ran a nation-pacing 41.0 in the heats (also an all-time California state prep mark) and copped the championship in 41.5; (3) he produced not one, but two 46.3 anchor quarters for Wilson's mile relay team...first to end a 2nd-place 3:19.4 heat effort, and then to cap a 3:18.8 final, good for 4th; (4) he led Wilson to the state title, its first in over a quarter of a century. As Wilson coach Adam Banks said after accepting the team trophy, "Whitaker proved what I've been saying all along, ever since I first saw him in my gym class three years ago--that he could be the greatest from the sprints to the mile that San

Francisco ever produced." Whitaker went a long way to proving his coach right at Woodland.

Ron suffered a mild setback at the International Prep Invitational a week later in Mt. Prospect, Illinois, as he ran 48.5 for third in the one-lapper, won by Noel Gray (Kingston, Jam.) at 47.9 from Glen Bogue (Ontario, Canada) at 48.1. But Ron was leading with less than 50 yards to go before a combination of 90-degree heat and high humidity hit him and caused him to falter. "Aw, I just got beat," Whitaker said later, seemingly making no excuses.

As Whitaker reveals about his approach to racing, "My outlook for every race is to run my best race. If I do, I'll win." And Whitaker has run some awfully good races in 1973. The 6-0, 160-lb. speedster has clocked a career best 9.5 for 100 yards this year at the West Coast Relays, as well as his 47.0 quarter PR at the State Meet. Relays seem to bring out the real tiger in Ron as he blazed a 45.9 burner during the year. On the other side of the coin, he also clocked a not-to-be-sniffed-at 1:59.9 half-mile. So versatility is another trademark of Ron Whitaker.

Of course, hard work and Ron Whitaker are no strangers to each other. Explains the reportedly San Jose State-bound sprinter: "I train 5-6 days a week from September through June and also do some running in the summer months. At Wilson, the quarter-milers basically run half-miler workouts. We run intervals 3 days a week during the fall and do 2 days of distance. Starting around December, we drop to one day of distance work but then start emphasizing sprint technique work--high knee drills, working on relaxation and good arm action."

One unique feature of Wilson's program is what Whitaker calls their "psych meeting". "We hold a psych meeting once a week before competition," he explains, "and we work on the mental aspects of racing. We usually have a small psych meeting before each training session too. These keep our minds together and what we want to achieve clear in our minds."

Obviously, Whitaker's mind and body have been together in 1973. And, as he says, "I just try to run my best in every race." He has shown that is pretty tough to beat.

Ronald Whitaker, San Francisco, CA (Wilson High School). Born Jan. 5, 1955, 6-0, 160-lbs. Best marks: 100y - 9.5 (73); 220y - 21.4 (72); 440y - 47.0 (73); 880y - 1:59.9 (73)... also 45.9 relay leg (440y).



(LEFT) WILSON HIGH'S STATE 440 CHAMP, RON WHITAKER, IS THE NOR-CAL PORTRAIT FOR JULY. (RIGHT) RUSTY NAHIRNY, 5TH IN THE STATE MEET MILE AS A JUNIOR AT WASHINGTON HIGH IN FREMONT, IS THIS MONTH'S WEST VALLEY PORTRAIT. /John Marconi/

### WEST VALLEY PORTRAIT

**Meet Rusty Nahirny:** Following the great tradition of long distance runners at Washington High in Fremont is senior-to-be, Rusty Nahirny. Following in the footsteps of runners like Chuck Mork, Bob Grubbs, Mike Pinocci, and Mike Ruffatto is certainly not an easy task, but Rusty seems to be taking to the act quite well...in fact, well enough to have set a school mile record as a junior, and in the process, smashing Morgan Groth's 10-year-plus-old NCS mark with a 4:13.7. In addition to being a good miler, Rusty is also a talented cross country runner, having taken 8th place in the NCS Finals in Lafayette last fall. This performance capped a 3rd place Division I finish.

Nahirny's performances throughout track season were very consistent, almost pointing the way for a birth in the State Meet. Beginning with a solid effort at the Oakland Invitational



in February, Rusty consistently disposed of many top-ranked milers from throughout Northern California. The 17-year-old junior showed his first signs of real greatness, however, in the Ceres Invitational on May 5 when he soundly defeated sub-9 minute two-miler Dave Taylor of Merced in a 4:16 effort. The corker came at the North Coast Section Meet at Cal-State Hayward when the strongly built NCS Division I Champ powered his way to a 4:13.7 clocking, far ahead of his nearest opposition, and a half-second under Morgan Groth's 12-year-old NCS record. A week later, he ran back-to-back 4:14's on successive days of the CIF State Meet, taking second in his heat at 4:14.5 and then finishing a solid fifth in the finals at 4:14.0, just a mere three-tenths out of fourth, and edging out 4:06 miler Barrie Williams. It should be mentioned that the two efforts at Woodland (CIF Meet) came on a slow dirt track. His consistency of good times at the end of track season indicate a good potential for going all the way in next year's State Meet.

Rusty considers his three most exciting moments in a so-far short competitive career to be his indoor 1500 meters in Oakland, his PR 4:13.7 at the NCS Meet, and of course, his fifth placing in the CIF Finals.

When asked about his training, he replied, "I do mostly distance work, although in no particular amounts. I run mostly as I feel with no previously set amounts very often. During the latter part of the season I throw in some speedwork." Rusty certainly seems to have adapted well to this loose-knit training program, but who is going to argue that it doesn't work. The fact that so young a runner can make such a flexible training regime work well says a lot for his future chances of being a great miler. Nahirny's immediate goals would be to get under the 4:10 barrier and to become the state mile champ next spring. In the more distant future, he would like to run well in college and 'hope for Montreal'.

With his present credentials and a good outlook on the future, Rusty certainly has the potential to be one of the country's outstanding young distance runners in the next few years. His team mates wish him the best of luck in attaining all his goals, both on and off the track.

## SPECIAL ARTICLE

The following article on endurance training was submitted to the NCR by Roland T. Zechmeister of Los Altos Hills. Any comments pertaining to this article should be sent to our P.O. Box. Please indicate if you'd like to have your letter published in our next issue. -- The NCR encourages our readers to submit articles (on almost anything pertinent to athletics). We can't pay for them, and we can't guarantee that we'll print them, but we would at least like to consider them for publication. We reserve the right to edit all materials.

"One of the primary necessities for successful participation in physical activities of any nature is the possession of endurance. Endurance is a particularly important necessity for physical activities that require extended expenditures of energy over relatively long durations of time.

Quite simply, endurance may be defined as: the ability to keep going, on and on. A sport requiring a great deal of endurance is that of long distance running, be it for jogging, marathon running, or high-quality track competition. Additionally, of course, track and marathon running require a far greater amount of endurance to maintain certain minimum speeds required to cross the finish line ahead of the competition. But, as any jogger or LSD runner can tell you, plenty of endurance is required just to keep going.

To acquire or increase one's endurance, endurance training is necessary. Endurance training for middle distance and long distance running, marathon running, and long slow distance running consists essentially of running long distances at a slow, steady pace, interspersed with occasional speed runs (combined with sufficient walking breaks during which the runner recovers or "gets his wind"). Total recovery is the hoped-for objective of the walking periods, and the goal sought after is a progressively shorter period of time needed to achieve total recovery; hence, the necessity for shorter and fewer walk breaks, and longer-duration (and with greater frequency) speed runs as training progresses.

For maximum effectiveness, endurance training should be practiced daily, regardless of prevailing weather conditions. The goal of endurance training (the above-described method of which was formulated by the German physician Dr. Ernst van Aaken, and which was described by Dr. van Aaken in the April 1970 issue of Condition) is to condition, or tune the body metabolism to absorb the maximum amount of oxygen possible from the smallest volume of air. The metabolic process involved here is known as

'aerobic' (with oxygen). The goal of endurance training is to increase aerobic metabolism by keeping stresses on the system at the point of optimal breathing efficiency, which occurs at a pulse rate of between 120 and 160, according to Dr. van Aaken. At the same time, it is sought to keep 'anaerobic' (without oxygen) functioning at an absolute minimum, that is, as close to zero as possible.

Formation of lactic acid, a prime agent in the cause of muscular fatigue, is also to be kept down to the lowest possible level. This is accomplished by keeping a balance between oxygen intake and oxygen consumption. Such a balance is best maintained through proper pacing.

The success of endurance training, and the degree to which an individual will accomplish his or her goals through such training, is dependent, to a large degree, upon how well that person has learned when, for how long, and how often to intersperse the long, slow, steady pace of the endurance run with the occasional speed runs and walk breaks. The number and duration of each, of course, will vary according to the individual...his physical and mental condition, as well as any particular goals. If a given training program is successful for a given trainee, the number and duration of the occasional speed runs will increase, and the need for walk breaks will decrease. If this is clearly not the case over a reasonable period of time, quite possibly, trainee and program have been mismatched.

Research has shown that two body enzymes are beneficial to activities requiring endurance (such as running). Due to their high levels of oxygen saturation, the enzymes myoglobin and cytochrome oxidase (the Warburg respiratory enzyme) help these types of bodily activities.

Basically, what happens, enzyme-wise, in endurance training is this: During steady-state maximal endurance running (an overall integration of stress sessions and recovery periods), the additional oxygen requirements necessitated by the stresses and exertions are regulated by the enzyme myoglobin, in what is known as the "Pasteur Effect". This extensively suppresses lactic acid formation, enabling a runner to maintain a given pace beyond given endurance performance limits. The more myoglobin an individual's body has stored in training, the greater the distance he or she can run at faster paces without anaerobic functioning and lactic acid formation. Dr. van Aaken believes that, had these facts been known before the 1968 Olympics, the course of training for them could have been drastically different, with the preparatory phase of training extended to one year, at an altitude of 4,000 meters, perhaps using a place like Colombia as a training ground.

Olympic training for long distance runners could, according to Dr. van Aaken, then have consisted of two phases: (1) endurance training at a slow pace for many miles with recuperative pauses, and also, (2) altitude training, enabling the athletes to raise their total myoglobin storage to a maximum level, and at the same time, increase bodily concentrations of the flavin enzymes of reduced nicotinic acid-adenin-dinucleotides, and the Warburg respiratory enzyme (which is completely saturated with oxygen at an even lower oxygen pressure--as in high altitudes, than myoglobin), all of which combine to increase the amount of stored oxygen in the body, thus, aiding to reduce the onset of fatigue by reducing the amount of anaerobic bodily functioning.

Dr. van Aaken credits endurance training as the prime contributing factor leading to the sensational performances and times turned in by present-day middle and long-distance runners, and even sprinters in some instances."



1972 AAU STEEPLE CHAMP JIM DARE TOOK 4TH THIS YEAR IN 8:39.4. SHOWN LEADING PA-AAU MILE WHICH HE WON IN 4:11.7. /Marconi/



# Scheduling

## LONG DISTANCE

Note: All runs listed below are sanctioned by the AAU except those specified as "Fun Runs" and DSE races, or unless otherwise noted...the "Fun-Runs" need no AAU sanction (as well as the DSE runs), but you should be very careful of entering a non-sanctioned race other than these, since your amateur status may be affected. No pre-registration is necessary for the DSE and Fun Run events...just show up on raceday. You should always check to see if there are pre-entry requirements, late entry fees, closing entry dates, etc. Check with the Meet Director or area contacts (listed below) if you have any doubt. Always check with the Meet Director to verify the dates and times of runs...mistakes are possible, and it could save you a long drive. The following schedule (next page) contains races from Oregon through Southern California and Nevada, as well as a few other popular out-of-area races. Non-Pacific Ass'n races are coded as follows: (where no Meet Director is noted on the next page, area contacts below are the best bet to find out information from.) - Southern Pacific Ass'n (\*SPA) John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105; Pacific Southwest Ass'n (\*PSWA) Tom Bache,

4920 Kane St., San Diego, CA 92110; Central California Ass'n (\*CCA) Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702; Southern Nevada Ass'n (\*SNA) John Romero, Hotel Sahara, Las Vegas, Nevada 89114; Oregon Ass'n (\*OA) Richard Raymond, 2575 NW Lovejoy, #37, Portland, Ore. 97210; DSE Runs (\*DSE) Walt Stack, 321 Collingwood, San Francisco, CA 94114. The PA-AAU Long Distance Running Chairman is Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 (Ph. 415/364-5599). The PA-AAU Office is 942 Market St., Suite 601, San Francisco, CA 94102 (Ph. 415-986-6725)...AAU applications are available from this address. \*\*\* When requesting information or entry blanks from anyone above or on the schedule, please enclose a self-addressed, stamped envelope. Let us know of any races in your area so we can be sure and list them...it's free!!

•ANNOUNCING: Runner's World sponsored Fun-Runs; no entry fees, no advance entry, no AAU cards required. Every Sunday at 10:30 am, Foothill College, Los Altos (off Interstate 280). A 1/2-mile race each week and following distances on successive weekends each month: 1 & 5 Mi.; 1 & 2 Mi.; 1 & 4 Mi.; 1 & 3 Mi. Contact RW, P.O. Box 366, Mtn. View, CA 94040 (Ph. 328-2911) for more information.

- Jul 28 - Natl. AAU One-Hour Run, S. Barbara, 4pm. J. Brennand, 4476 Meadowlark, Santa Barbara 93105 (Announced as 7/22 last time).
- Jul 28 - Capitola Wharf-to-Wharf 6-Miler, Santa Cruz Wharf, 9:30 am. City of Capitola, Capitola Ave., Capitola, CA 95010.
- Jul 28 - Sunrise Park 6-Mile Road Run, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)
- Jul 28 - Weber's Day 4.2 Miler, Stockton, 6 pm. Big Valley Harriers, Wayne Badgley, 330 Greenoch Wy., Apt. A, Stockton, 95207.
- Jul 29 - 15-Mile Ft. Baker Handicap Race, Ft. Baker, 8:30 am. NCSTC, John Hutchinson, 225 San Marcos, San Francisco, CA 94116.
- Aug 4 - 19th Huntington Beach Distance Derby, 8:30 am, 10 Miles Open. Gary Black (714-536-5486). (\*SPA)
- Aug 4 - Natl. AAU 15 Kilo Championships, Littleton, Colo., 9 am. Bob Schmitt, 5930 Broadway, Littleton, Colo. 80121.
- Aug 4 - Natl. AAU Masters 15 Kilo Championships, Michigan City, Ind. Hal Higdon, 2815 Lakeshore Dr., Michigan City, Ind. 46360.
- Aug 4 - Bunion Derby, Fresno, (divisions). Larry Lung, 3356 No. Monroe, Fresno, CA 93705. (\*CCA)
- Aug 4 - 3rd Resurrection Pass Trail Marathon, Hope, Alaska, 10 am. John Trent, 1700 Tudor Rd., Anchorage, Alaska 99507.
- Aug 4 - Tigard T&C Days Road Run, 8 Mi., Tigard, Ore., 7 pm. Norm Oyler, 5911 SW Carman Dr., Lake Oswego, Ore. 97034. (\*OA)
- Aug 4 - Ocean-to-Bay Marathon, (Register at Belmont Pk.), 7 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
- Aug 4 - Mt. Misery 7.5 Miler, Placerville, 10 am. Hangtown Harriers, Ernie Marinoni, 5101 Newtown Rd., Placerville 95667.
- Aug 4 - Redwood Empire Marathon, Arcata, 9 am (non-AAU sanctioned). Jim Hunt, Track Coach, Cal-State Humboldt, Arcata, CA 95521.
- Aug 5 - Funky Cross-Country, 7 Mile Road Run, Martinez, 9 am. John Vecchi, 2461 Leslie Ave., Martinez, CA 94553.
- Aug 11 - 19th Annual Balboa Park 8 Mile, San Diego, 5 pm. Bob Pippen, 4060 Loma Rivera Circle, San Diego, CA 92110. (\*PSWA)
- Aug 11 - Sunrise Park 4-Mile Road Run, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)
- Aug 11 - 8.5 Mile Pierce Point Run, Pt. Reyes Natl. Seashore, 12 noon. Marin AC, Dick Cordone, 918 Fifth Ave., San Rafael 94901.
- Aug 11 - Douglas City Road Run, 4.85 Miles, 11 am. Ron Hjort, 744 SE Rose St., Roseburg, Ore. 97470. (\*OA)
- Aug 11 - Big Meadows 10-Miler (tentative), Tahoe Relays Prep. Dave Bronzan, HSTC, P.O. Box 271, Fresno, CA 93708. (\*CCA)
- Aug 12 - 10th Walnut Sports Festival, 5 pm, 6 Miles Open. Don Ruh (213-339-7331). (\*SPA)
- Aug 12 - Potluck Run, 4.8 Miles, Eugene, Ore., 7 pm. Jeff Hollister, 855 Olive St., Eugene, Ore. 97401. (\*OA)
- Aug 12 - Pikes Peak Marathon, Colorado Springs, Colo. Rudy Fahl, 2400 West Colorado, Colorado Springs, Colo. 80904.
- Aug 12 - DSE Practice Dipsea Run, Mill Valley, 10 am (6.8 Miles). (\*DSE)
- Aug 18 - Mt. Whitney 21 Miler (Divisions). Wayne Van Dellen, 37149 Road 192, Woodlake, CA 93286. (\*CCA)
- Aug 18 - PA-AAU 7-Man 72-Mile Relay, Lake Tahoe, 9 am. Rich Perry, 3909 Peppertree Ct., Redwood City 94061.
- Aug 18 - Seaside Beach Run, 7.25 Miles Open, Seaside, Ore., 11:30 am. Ralph Davis, Seaside C of C, P.O. Box 7, Seaside, Ore. 97138.
- Aug 19 - Pacific N. Coast Biathlon Championships (3 Mile Run, 1/2 Mile Swim), Warrenton, Ore., 2 pm. Rick Raymond, see 8/25. (\*OA)
- Aug 19 - DSE Practice Dipsea Run, Mill Valley, 10 am (6.8 Miles). (\*DSE)
- Aug 19 - 10 Mile Hanson Dam Run, 8 am, Divisions. Marvin Rowley, 9725 Lev Ave., Arleta, CA 91331. (\*SPA)
- Aug 23 - College of Canyons 8 Miler, 6 pm, Divisions. Ed Jacoby (805-259-7800). (\*SPA)
- Aug 25 - 5TH Annual Golden Empire XC, Divisions, 4 Mi+ Open, 6 pm. Nick Vogt, Star Route, Smartville, CA 95977.
- Aug 25 - Masters (40+ Only) 6.5 Mile Road Run, 9:30 am. Rick Raymond, 2575 N.W. Lovejoy, Portland, Ore. 97210. (\*OA)
- Aug 25 - Bunion Derby, Fresno, (divisions). Larry Lung, 3356 N. Monroe, Fresno, CA 93705. (\*CCA)
- Aug 25 - Sunrise Park 3 Miler, Las Vegas, Nev., 8 am. John Romero, P.O. Box 14337, Las Vegas, Nev. 89114. (\*SNA)
- Aug 26 - Santa Monica Marathon (Santa Monica CC), 8am. Santa Monica Rec. & Parks Dept., 1685 Main St., Santa Monica, CA 90401.
- Aug 26 - 63rd Annual Dipsea Race, 6.8 Miles, Mill Valley, 10 am. Mill Valley Jaycees, Mill Valley, CA 94941.
- Sep 1 - Annual Hime Lake 10 Kilo, Divisions. Dave Bronzan, HSTC, P.O. Box 271, Fresno, CA 93708. (\*CCA)
- Sep 1 - Heart of the Valley 3 & 7 Milers, Corvallis, Ore., 11 am. Leo McAvoy, Parks & Rec. Dept., 501 Madison, Corvallis, Ore.
- Sep 1 - ORRC 2-Man 10-Mile Relay, Duniway Pk., Portland, Ore., 9:30 am. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)
- Sep 1 - 11th Annual Emerald Hill Run, Redwood City, 9:30 am. Mike Ipsen, Box 868, Redwood City, CA 94064. (TENTATIVE)
- Sep 1 - 2nd Annual Big Foot Day 6-Miler, Willow Creek, 9 am. Vern Wilkinson, 2341 Edgerton, Lemon Grove, CA 92045.
- Sep 2 - DSE Lake Merced 5 Miler, San Francisco, 10 am. (\*DSE)
- Sep 2 - Oceanside 10 Miler, 4 pm. Robert Johnson, 3788 Elliott St., #4, San Diego, CA 92106. (\*PSWA)
- Sep 2 - 11th Santa Monica Sports Festival 10 Kilo, 8:30 am. Santa Monica Park & Rec. Dept., Santa Monica, CA. (\*SPA)
- Sep 3 - Mt. Baldy (to the top) Run, 8 Miles, 10 am. Dick Richards (714-982-5167). (\*SPA)
- Sep 3 - Diamond Lake Run, 11.5 Miles, 11 am. Ron Hjort, 744 SE Rose St., Roseburg, Ore. 97470. (\*OA)
- Sep 8 - Spokane Marathon, 9 am (Certified). Ken Hendrix, 51621 McDonald, Opportunity, Wash. 99216.
- Sep 8 - Alameda XC Carnival (Age-Group), Alameda, 10 am. Alameda TC, P.O. Box 1606, Alameda, CA 94501.
- Sep 8 - 2nd Annual Bass Lake Half-Marathon, Divisions. Bill Cockerham, 1717 So. Chesnut Ave., Fresno, CA 93702. (\*CCA)
- Sep 8 - DSE Biathlon, (3 Mile Run, 1/4 Mile Swim), meet at Dolphin Club, S.F., 10 am. (\*DSE)
- Sep 8 - 2nd Will Rogers CCAC XC, 15 Kilo Open, 9 am. Wes Alderson, 4405 Ventura Canyon Ave., Apt. B, Sherman Oaks, CA 91403. (\*SPA)
- Sep 9 - Marathon Warmup, 5 or 13 Miles, Alton Baker Pk., Eugene, 7 pm. Jeff Hollister, 855 Olive St., Eugene, Ore. 97401. (\*OA)
- Sep 9 - Griffith Park XC, 3.6 Miles Open, Los Angeles, 8 am to noon. Larry Brenner, 3401 Riverside Dr., L.A. 90027. (\*SPA)
- Sep 9 - 4th Annual Double Dipsea, 13.6 Miles, Stinson Beach, 8:30 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- Sep 14 - Selma 4-Miler, Divisions. Gary Self, 2102 Hicks Dr., Selma, CA 93662. (\*CCA)
- Sep 15 - Fresno Watermelon Run, Fresno State (?). Red Estes, Cross Country Coach, P.E. Dept., Fresno State Univ., Fresno 93710.
- Sep 15 - Lake Wildwood XC, 10 Miles, nr. Grass Valley, 9:45 am. Nick Vogt, Star Route, Smartville, CA 94977.
- Sep 15 - Occidental XC, 4.2 Miles Open, 9:30 am, Occidental College. Steve Hans (255-5151). (\*SPA)
- Sep 15 - PA-AAU 25 Kilo Championships, Golden Gate Pk., S.F., 10 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061.
- Sep 16 - Wildwood Frolic Orienteering Meet, Portland, Ore., 2 pm. Rick Raymond, 2575 NW Lovejoy, Portland, Ore. 97210. (\*OA)



- Sep 22 - Mt. SAC Cross Country, 4 Miles, 9 am. Mt. SAC Athletic Dept., Cross Country Coach, Walnut, CA 91789. (\*SPA)  
 Sep 22 - Equinox Marathon, Fairbanks, Alaska, 8 am. Marathon Coordinator, Dept. of P.E., Univ. of Alaska, Fairbanks 99701.  
 Sep 22 - Sunriver 7 Miler (and shorter age-group runs), nr. Bend, Ore., noon. Pat Ross, 702 E. Norton, Bend, Ore. 97701. (\*OA)  
 Sep 23 - 29th Annual Walnut Festival 5.7 Miler, Walnut Crk., 10 am. NO POST ENTRIES. A. MacCono, 1840 Geary, Walnut Crk. 94596.  
 Sep 23 - Natl. AAU 30 Kilo (Sr., Jr., & Masters), Chicago, Ill. UCTC, Ted Haydon, 5640 University Ave., Chicago, Ill. 60637.  
 Sep 29 - NAS 6.5 Miler, Lemoore. Keith Westbay, Recreation Dept., Naval Air Station, Lemoore, CA 93245. (\*CCA)  
 Sep 29 - 3rd Annual Fremont Atalanta 8 Mile Women's Race, Fremont, 8 am. Pathfinder, Inc., Fremont C of C, 39737 Padre Parkway, Fremont, CA 94538.  
 Sep 30 - Napa (Champagne) Marathon, Napa, 9 am. Napa Valley Runners, Jim Engle, 1801 McKinley Rd., Napa, CA 94558.  
 Sep 30 - Natl. AAU Senior 20 Kilo Championships, Gloucester, Mass. Chamber of Commerce, Gloucester, Mass. 01930.

## TRACK & FIELD

- Jul 26 - All-Comers Meet, Hayward Field, Eugene, Ore., 5:30 pm, Boys & Girls 6-12, Tom Ragsdale (503) 344-2770.  
 Jul 27 - Citrus College All-Comers, Azusa, CA, 4:30 pm, Boys & Girls 9 & Under and Up, Ed Conly, 18824 E. Foothill Blvd., Azusa, CA 91702; All-Comers Meet, Hayward Field, Eugene, Ore., 5:30 pm, Boys & Girls 13-18 and Open(?), Tom Ragsdale (503-344-2770); AAU Junior Women's Natl. Championship (2 days), Hastings, Nebr., Father Patrick O'Byrne, Hastings Reg. Ctr., Ingleside, Nebr. 68953.  
 Aug 2 - All-Comers Meet, Hayward Field, Eugene, Ore., 5:30 pm, Boys & Girls 6-12, Tom Ragsdale (503) 344-2770.  
 Aug 3 - All-Comers Meet, Hayward Field, Eugene, Ore., 6 pm, Boys & Girls 13-18 and Open(?), Tom Ragsdale (503) 344-2770; Natl. AAU Boys Age-Group Championships, Lakewood, Colo. (9 and Under to 15), Jerry Shaffer, P.O. Box 15035, Lakewood, Colo. 80215.  
 Aug 14 - Natl. Junior Olympics Championships (2 days), Ann Arbor, Mich. (Boys & Girls, 14-17), Tom Elrod, AAU House, 3400 W. 86th St., Indianapolis, Ind. 46268.

All-Comers Meets: The summer all-comers meets are almost over, but there are still a few you can get into. On many of the meets listed below, we aren't sure exactly how long they will run, so be sure and try to verify dates and times before going to any all-comers meets. It's too bad that many of the notices we received about a week late for the May-June issue since a lot of the meets are nearly over. In the future, we would appreciate notification a few months in advance if possible so we can let our readers know in time. --- Skyline College in San Bruno will be hosting the NorCal Track & Field Ass'n all-comers series, usually held at CSM (track is undergoing repairs there). Meets are every Saturday thru August 11 with pole vault and long jump commencing at 11 am and the first running event at noon. All competitors must wear 1/4" spikes or flats. High School & Open divisions...seniors are welcome to compete in the open division only. No special events will be considered. Events are the 100, 220, 440, 880, mile, 1200H, LJ, TJ, HJ, PV, SP, DT, and JT (open), 3 mile (open), 2 mile (HS). More information may be obtained from Harry Young (343-3778), 2120 Adeline Dr., Burlingame 94010. Chabot College in Hayward has meets going thru July 31 (all Tuesdays) beginning at 6:45 pm...we reported these dates as Saturdays in last issue by mistake. There will be competition for junior high, high school, and collegiate/open athletes. Spikes of 1/4" or less are required. Questions should be sent to Pat Pohl, Track Coach, Chabot College, Hayward, or phone 782-3000, ext. 452. Univ. of Nevada (Las Vegas) had a series going on Tuesday evenings, but we think they ended with July 17. Athletes must wear 1/4" spikes on the tartan track. American River College: last meet is July 25, at 8 pm...open, high school, senior, and women's divisions. For more information call Bob Jamieson at 483-1202. Bella Vista HS (Sacramento) hosts its last meet on July 25 at 5:30 pm, and El Camino HS (Sacramento) will have its last meet on July 26, also at 5:30 pm. Mt. Diablo HS (Concord) has its final meet on July 25 at 6 pm. Diablo Valley College (Concord) will stage its annual Elk-A-Lympics on July 31 and August 1, and as far as we can determine, this will be a two-day decathlon in the following age-groups (5 & Under, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, and open... both boys and girls)...whoops!, forget all that, just discovered that the 31st will be for boys and girls up to 13, and the 1st will be for 14 & Up. For more information, call 682-6600, ext. 245. -- The two-day meet is not a decathlon, but the above-mentioned age-groups do hold. Merced HS (East) will stage its final all-comers meet on July 31, starting at 7 pm...there are age-group competitions and the events to be contested are the 50, 440, 2 mile, and discus (plus any other 'special' events that want to be run). Cabrillo College has an all-comers series going on Thursday nights at 6 pm with age-group, high school, and open competition. We think they go into the first week or two of August, but you'd better check before going. This meet is one of the few in the area that has intermediate hurdles races. The following Oakland Schools are running all-comers

meets through July and possibly into August (check before going) on weeknights: Castlemont HS - Mondays at 6 pm, Oakland Tech - Wednesdays at 6 pm, McClymonds HS - Fridays at 6 pm. Cal-State Hayward: informal "sand-lot" track meets have been held during the past few weeks here, but we aren't sure how long they'll last, or if they will be every week. The "meets" are held on Sundays at 10 am...just show up and warm up, no time schedule. For more information on these meets, contact Joe Carey, whose address I just happened to misplace (I know that helps a lot!).

## RACE WALKING

Scheduling: For further information on scheduling, contact Steve Lund, 402 Via Hidalgo, Greenbrae, CA 94904 (Ph. 461-5492) for NorCal; Martin Rudow, 515 San Onofre Rd., Santa Barbara, CA 93105, for SoCal; Don Jacobs, Box 23146, Tigard, Oregon 97223, for Oregon and the Pacific Northwest.

- Aug 5 - First Annual Monterey "17 Mile Drive" Race Walk.  
 Aug 5 - Sr. Natl. AAU 40 Kilo Championships, Long Branch, NJ.  
 Sep 2 - Caledonian Games, Santa Rosa Fairgrounds, men & women, 5 Kilometers.  
 Sep 22 - Natl. AAU Sr. 35 Kilo Championships, Greenlake, Wash., 10 am.  
 Sep 23 - Fairfax Festival (7 miles for men, 2 miles for women).

Postal Competition for Women: The Natl. Women's Postal Race Walking Meet for individual and team championships will be held over 5 and 10 kilometers this fall. The site can be any 440 track in the U.S. All entries should be sent to Bruce MacDonald, 39 Fairview Ave., Port Washington, N.Y. 11050, or write him or Steve Lund for further information. The 5 kilometer must be contested between September 1st and 30th, while the 10 kilo distance must be done between October 7th and 14th. All marks must be submitted no later than one week following the last day of legal competition for that event. Age-group walkers, -- all the above information is the same except that the longest competitive walk is the 5 kilo, and that is Oct. 7-14. It is too late to enter any of the other competitions.



WAYNE GLUSKER COPPED THE PA-AAU ONE-HOUR WALK IN GOOD STYLE & GOT THIRD IN THE PA-AAU TWO MILE HERE. /John Marconi/



**Stockton 2 Mile Walk:** (April 29, Stockton) - Last month's issue reported this event, but many of the times were printed incorrectly. So here is the 'real thing': (Men) - Brian Snazelle & Art Smith 18:03; (Women) Sandy Briscoe 19:14, Susan Homick 20:08, Cindy Evans 20:26, Karen Bessey 20:43, Emi Nozuka 22:26.

**Bentley Brothers One-Two in Junior Natl. 15 Kilo:** (May 6, Portland, Ore.) - Weather overcast with slight mist of rain and a few gusts of wind; temperature 50 degrees. Jim Bentley, Jr. easily defended his Junior National 15 Kilometer title, but knocking some 5:38 from his winning time last year caused him to notch a record time, breaking Rich Bowman's 1:18:41 clocking (1965) by 15 seconds. Brother Brad held on to second place in a fine 1:20:23, while Brian Snazelle picked off fourth place in helping the Sierra Race Walkers to the national title with a perfect six points. (1) Jim Bentley, Jr. 1:18:26.2, (2) Brad Bentley 1:20:23, (3) Bob Rosencrants (Snohomish TC) 1:20:42.4, (4) Brian Snazelle 1:23:15, (5) Scott Messenger (Un) 1:24:29, (6) Al Schurman (N. Idaho TC) 1:25:33. /Steve Lund/

**PA-AAU One-Hour Walk Championships:** (July 8, SF State) - West Valley TC's much-improving Wayne Glusker didn't have much in the way of competition, but he certainly didn't lack a good mark. Only three walkers showed up for the event (or at least only three finished), but Glusker managed a solo 7 mile, 1090 yard performance that would have netted him a fifth place in the Nationals behind Ron Daniel's 7-1162 total, but ahead of Ron Kulik's 7-1020. Team mate Manny Adriano notched a 7-300 in second, while Phil Mooers rounded out the field at 5-1245. /Duran/

**Note:** All the track walks that have been held with track & field meets are listed along with the full results of those meets in the following section.

## TRACK & FIELD RESULTS

**San Francisco CC Wins State JC Title:** (May 26, Bakersfield) - PV: (3) Kearns (Mod) 15-6; LJ: (2) Davis (CCSF) 23-8 1/2, (6) Urmann (SRosa) 22-3; SP: (3) Daniels (Sac) 52-10 1/4, (4) Miller (Redw) 52-9 1/2, (6) Boyd (Fres) 52-4; HJ: (1) Johnson (Mod) 6-10 1/4, (3) Miller (DVC) 6-10 1/4, (4) Mackey (SJCC) 6-8; SC: (1) Phelan (AR) 9:15.3, (4) Chamness (Fthl) 9:30.1, (5) Immethun (Lan) nt, (6) Boyet (Sac) 9:48.3; 440R: (6) CCSF 41.5; Mile: (1) Buenrostro (Delta) 4:07.5, (5) Hayes (Lan) 4:11.5; 1200H: (2) Foster (Fthl) 14.4, (5) Ligons (Chab) 14.6, (6) Alexander (Fres) 14.7; 440: (3) Washington (CCSF) 48.0, (4) Cooper (SJCC) 48.9; 100: (3) Wilder (CCSF) 9.7, (6) Watson (CCC) 9.8; 880: Robinson (Lan) 1:51.5, (2) Morgan (CCSF) 1:52.1, (4) Bryan (AR) 1:52.9; 440IH: (3) Wyatt (Skyl) 53.0, (4) Roesky (DA) 53.2, (5) Fields (CCSF) 53.3; 220: (2) Wilder (CCSF) 21.5, (5) Watson (CCC) 21.9; 3 Mi: (2) Hall (Fres) 13:54.6, (4) Van Dine (CSM) 14:11.1; MileR: (2) Laney 3:13.4, (3) CCSF 3:14.1, (5) West Vly 3:16.4, (6) Modesto 3:16.6; DT: (1) Gardner (Chab) 168-0 1/2, (2) Cowel (Chab) 157-8, (3) Franklewich (Mer) 157-6, (4) Kirkham (DVC) 151-7 1/2; TJ: (1) Krebs (Fthl) 49-3, (2) Triplett (WV) 47-7 1/2, (3) Porter (Fthl) 47-2 3/4, (4) Reed (CCC) 46-11 3/4. /San Jose News/Mercury/

**California Relays:** (May 26, Modesto) - 100: Breddell (SJS) 9.4, Ligons (BAS) 9.5, Payton (BAS) 9.5; 100m: Washington (CI) 10.1; 220: Quarrie (USC) 20.5, Breddell 20.9, Pettus (BAS) 21.0, (5) Rodgers (BAS) 21.6; 440: Brown (UCLA) 46.6, (6) Dees (BAS) 48.9; 880: Smith (LSU) 1:50.7, Lowrey (OSU) 1:50.7; Mile: Puttemans (Belg) 4:03.6; 2 Mi: McLaren (Can) 8:36.4, Duffy (Nev/WVTC/Eng) 8:45.2, (4) Tibaduiza (Nev/WVTC/Col) 8:48.6, (5) Anderson (OTC) 8:49.8, (6) Garcia (FrSt) 8:54.8, (7) Dare (Navy/WVTC) 8:59.4; 1200H: (Heats) I - (3) Carty (BAS) 14.0, (4) Whitley (SJS) 14.1, (6) Bagshaw (Stan) 14.5, II(w) - (2) Tinnin (SJS) 13.8, (5) Pope (BAS) 14.2, (Finals)(w) Milburn (SnU) 13.3, (5) Tinnin 13.8; 440IH: (Sec.I) Petralia (Cal) 52.9, (3) Walls (BAS) 53.8, (4) Zulim (FrSt) 54.0, (Sec.II) Primeaux (Tex) 51.9; 2 Mi-Walk: Weigle (CTC) 14:06.6, Kitchen (Un) 14:11.8, Ranney (Un) 14:13.5, Glusker (WVTC) 15:11.6, Duran (WVTC) 15:27.4, Brodie (PHTFC) 15:36.2; HJ: Stones (PCC) 7-4; PV: Smith (PCC) 17-6 1/4, (4) Dias (BAS) 16-6, (5,tie) Lagerqvist (Swe) & Rock (SJS) 16-6, (?) Miguel (BAS) 16-0; LJ: McAlister (UCLA) 26-7 1/2, (6) M. Anderson (Un) 23-6; TJ: Tiff (UCLA) 53-5w, (3) Terry (UCDavis) 51-1 1/2w, (4) Cochee (USC) 50-2; SP: Feuerbach 70-10, (3) Wilhelm (NYAC) 65-11 1/2, (5) Marks (PCC) 62-5 1/2, (7) Born (BAS) 61-9 3/4, (8) LeDuc (Un) 59-11 1/4; DT: Powell (PCC) 218-8, (5) Penrose (BAS) 201-2, (13) Louisiana (BAS) 188-8, (17) Kennedy (BAS) 179-4, (19) Nelms (FrSt) 174-3, (20) McCollum (CSH) 171-9, (21) Davis (BAS) 164-8; HT: Farmer (UTEP) 219-1, (7) McCollum 187-1, (9) Tice (BHS) 185-5; JT: Luke (CNW) 270-7; 440R: (II) BAS 40.1; 880R: Phil.PC 1:22.9. /Hendershott/

**Von's Classic:** (May 27, Los Angeles) - SP: Feuerbach (PCC) 70-4 3/4, (3) B. Wilhelm (Un) 63-7 1/2; DT: Wilkins (Ore) 205-11, Powell (PCC) 203-1; 440IH: Williams (SDTC) 49.8, (4) Walls (Un) 52.8; Women's 880: Decker (BATC) 2:03.6, (4) Larriou (SJCG) 2:09.8; Women's 440: Fergerson (WCJ) 54.2, (3) Hammond (SRR) 55.2; 880: Wolhuter (UCTC) 1:44.6 WR.

**NCAA College Championships:** (May 31-June 2, Crawfordsville, Ind.) - (Partial results, some events not included) - Teams: Norfolk St. 54, (4) Cal-Fullerton 40, (5) Cal-Hayward 32, (6) Cal-Poly Pomona 29, (7) Cal-Northridge 25, (10, tie) Southern Univ. & Cal-Poly SLO 18. 440R: (1) Norfolk 40.0, (6) CP-SLO 41.3; 3000mSC: (3) Hobbs (UC Davis) 9:06.8, (5) Owens (Hum) 9:15.9, (6) Brown (Chico) 9:18.5; Mile: Foster (Ash) 4:06.4, Eashman (CSH) 4:07.4; PV: (3,tie) Haagen (CP-SLO) 15-6; DT: Hjeltnes (W.Md) 183-0, McCollum (CSH) 174-8, Yourek (Chico) 167-8; HJ: Brown (CP-SLO) 7-2, Schneider (CSH) 6-10; 440: Jones (NEMO) 46.1; 220: Riddick (Nor) 20.6, (6) Haley (CP-SLO) 21.3; 880: Lough (CP-Fm) 1:51.8, (6) Kahlke (CP-SLO) 1:52.5; TJ: Terry (UC Dav) 51-6, 3 Mi: Bentley (SDSt) 13:50.5, (3) White (Ful) 14:08.7, (6) Covert (Ful) 14:25.1; 6 Mi: Smead (Hum) 28:28.6, Covert (Ful) 28:30.8, White (Ful) 31:31.6; HT: (2) McCollum (CSH) 190-7.

**Kennedy Games:** (June 2, Berkeley) - W/JT: Schmidt (SCTC) 208-1, Cannon (SRR) 169-4, Pickel (CSH) 167-10, (6) Langford (MLTC) 153-1; 5K-Walk: Ranney (Un) 22:45.8, Kitchen (Un) 23:03.8, Glusker (WVTC) 23:07.8, Valle (WVTC) 23:21.2, DeWitt (Un) 23:25.8, Duran (WVTC) 23:27.0; 880: Malan (SAfr) 1:49.0, (3) Robinson (Lan) 1:51.2, (4) Morgan (CCSF) 1:51.8; 100: Williams (SDTC) 9.3, (3) Breddell (SJS) 9.5, (7) Payton (BAS) 9.6, (8) R. Williams (BAS) 9.7; Jav: Schmidt (PCC) 283-2, (3) Kennedy (Cal) 267-4; W/Mile: Larriou (SJCG) 4:44.3, (3) Claugus (WS) 4:46.1, (5) Haberman (SJCG) 4:59.0, (6) Anex (WS) 4:59.4; SP: Feuerbach (PCC) 71-1 1/2, (4) B. Wilhelm (NYAC) 62-0 1/4, (5) Marks (PCC) 60-10 1/2, (6) Born (BAS) 60-8, (8) Luka (Cal) 58-4 1/4; Mile: Fulton (TSU) 4:00.8, (3) Buenrostro (Delta) 4:13.3; 220: Williams (SDTC) 20.6, (3) Breddell (SJS) 21.0, (4) Pettus (BAS) 21.1, (5) Rodgers (BAS) 21.1; 3000mSC: Brown (FTC) 8:42.4, (3) Price (AIA) 8:52.2, (4) Dare (WVTC) 9:06.8, (6) Davis (Cal) 9:24.2; W/MileR: Sacto RR 3:45.9, SJCG 3:52.2, BTC 3:52.9, WS 3:57.4, MLTC 3:58.8, RavJull 4:04.8; HJ: Heikkila (Un) 7-0, (5,tie) Miller (DVC) 6-8, Crawford (SJS) 6-8; 440IH: Adsit (CSU) 50.8, (5) Petralia (Cal) 52.4, (6) Walls (Un) 54.6; PV: Pullard (USC) 16-6, Dias (BAS) 16-6, Miguel (BAS) & Otter (Cal) tied at 16-0; 440: Singletary (BHS) 46.7, Brown (Cal) 47.2; 1200H: Milburn (SnU) 13.4, (5) Tinnin (SJS) 13.9, (6) Carty (BAS) 14.0, (7) Whitfield (Ariz) 14.4, (8) Bagshaw (Stan) 14.5; W/100mHH: Johnson (CNW) 13.4, Lansky (SLO) 13.9, Carlsen (SRR) 14.1, Sherrard (SRR) 14.5, Benford (SLO) 14.5, G. Pickel (ITC) 15.6; DT: Vollmer (STC) 209-4, Powell (PCC) 208-9, Penrose (BAS) 204-9, (5) Kennedy (BAS) 187-7; 3 Mi: Minty (Un/EMU) 13:15.4, (3) Duffy (Nev/WVTC) 13:18.0, (4) Smith (AIA) 13:18.2, (5) Tibaduiza (Nev/WVTC) 13:22.2, (6) Anderson (OTC) 13:33.4, (7) Stewart (WVTC) 14:10.0; 440R: CITC 40.1, BAS 40.4, (4) Cal 41.5, (5) Contra Costa CC 42.1; W/440: Neufville (LATC) 55.1, (3) Hammond (SRR) 55.4, (4) Weston (WS) 55.6, (6) Poor (SJCG) 56.4, (8) Haughey (SJCG) 60.8; LJ: Phillips (SDS) 24-4 1/4; Sr/220: D. Smith 23.0, Lingel (BAS) 23.1, Andrews (BAS) 24.4, Frederickson (NCSTC) 24.4, Rademaker 24.5, Washington 24.5, Melgosa (NCSTC) 24.9, B. Jordan 25.0; HT: Farmer (UTEP) 219-2. -- Kathy Schmidt upped her American record from 207-10 to 208-1 in the javelin.



(LEFT) FRANCIE LARRIEU HAS SET AMERICAN RECORDS AT ONE MILE, 3000 METERS, & 2 MILES RECENTLY. /Marconi/ (RIGHT) MARGIE NO-REM RAN A 2:59:30 AT THE NATL. AAU MARATHON. /Lowry & Lee/



# CIF State Meet Pictorial

The following 5-page pictorial is the first in a new series of special articles that the NCCR will feature every third issue. Your comments on how we might make our feature articles better will be greatly appreciated.

**S.F. Wilson Takes State Title:** Amassing a total of twenty points in four events, Wilson High of San Francisco trounced second-place Lompoc (all of whose points came from two men in the long distance events) by a margin of eight and buoyed Northern California to its second straight State Meet victory, a feat that had never before been accomplished in the meet's 55-year history. In fact, northern teams have only won the prestigious title a total of seven times, three of those coming within the past four years (Los Altos in 1970, Sacramento in 1972, and now Wilson). This year defending champion Sacramento tied for tenth place in the scoring. Wilson's points were gained by victories in the 440 (Ron Whitaker - 47.0), high jump (Randy Turner - 6-6) and 440 relay (Whitaker, Mike Farmer, Duane Walker, Mike Kirtman), along with a fourth-place in the tight mile relay (3:18.4), with Whitaker, this month's NorCal Portrait (see page 9), anchoring in a blazing 45.9!

California preps turned in a total of six nation-leading marks (half of those by NorCal athletes) in the two-day affair at Woodland which saw an overflow crowd of 7800 on the final day. On Friday, Wilson's crack 440 relay team sped to a 41.0 clocking in winning their heat by seven-tenths. On the same day, Palo Alto's Carl Florant lost a heat to Tom Andrews (W. Bakersfield) in the high hurdles, but still managed the same time, a nation-leading 13.6. Then on the final day of the competition, Whitaker blitzed his 47.0 quarter-mile mark while three other marks were set by southland competitors: Randall Jeffrey of Los Angeles with an 18.4 in the 180-lows, Lonnie Shelton (Foothill, Bakersfield) 195-5 with the discus, and Tim Curran (Crespi, Encino) 16-2 3/4 in the pole vault.

All the marks came on a rather slowish dirt track, which makes all the good times even the more amazing. There were many upsets which are described on the following pages in the event summaries. Two track records were tied in the trials (Florant and Andrews tied the 120HH mark set by Johnson of Lompoc in 1971 and equaled last year by Jones of Palos Verdes, Blythe; Farmer of Wilson did a record-equaling 9.4 along with eventual winner Elijah Jefferson of San Diego's Crawford High in the 100 yards). Wilson clipped 4/10ths from El Cerrito's 440 relay mark in the trials before winning the finals on the following day. The field events had even more success, with three meet records coming in the finals. Curran broke Steve Smith's 16-foot vault record (1969), Jim Niedhart (Newport Harbor) clipped 1-1/4 inches from his ex-teammate Mark Stevens' shot standard with a heave of 67-3 1/4, and Jerry Herndon of Cajon tied Jerry Proctor's 1967 mark with a leap of 25-4 1/2 in the long jump. In addition, Willie Banks (Oceanside) set an automatic record in the newly-adoped triple jump with a leap of 49-7 1/4. In other action, the exhibition 330 intermediate hurdles went to Sacramento's Andrade in 39.0. This event should become part of the State Meet schedule within a few short years.



ELIJAH JEFFERSON (2ND FROM LEFT) WINS THE 100 FINAL IN 9.6 AS WILSON'S MIKE FARMER (RIGHT) GOES UNPLACED AT 9.7. /Marconi/

**100 YD. DASH:** After the fast times in the heats on Friday, it was thought that the finals might go as fast as 9.3, but for some unexplained reason they were two-tenths slower. Mike Farmer of Wilson and Elijah Jefferson of Crawford (San Diego) blitzed to 9.4's in the trials with two others going 9.5. However, in the

finals Farmer went 9.7 to go unplaced. The top three placers clocked 9.6, with ninth place being only one-tenth slower!!

(Heat 1) - 1. Farmer (Wilson) 9.4; 2. Redmond (Sacto) 9.5; 3. Shavers (Alb) 9.7; 4. Glass (Castl) 9.7; 5. Jackson (Ken/Rich) 9.8; 6. Tyler (Crenshaw) 9.8; 7. Rawles (Cent) 9.9; 8. Mucker (McLane) 10.0; 9. Key (Hayw) 10.0. (Heat 2) - 1. Edwards (Santa Ana) 9.5; 2. Hampton (Sil Crk) 9.6; 3. Morris (Linc/SD) 9.7; 4. Clements (LA) 9.7; 5. Hardamon (Hoover) 9.8; 6. Dantzler (Frmt/LA) 9.8; 7. Holmes (Monrovia) 9.9; 8. Straw (GdnGrv) 10.0; 9. Hill (LosAlt) 10.0. (Heat 3) - 1. Jefferson (Crawford/SD) 9.4; 2. Clark (Ells/Rich) 9.6; 3. Jones (Palis) 9.7; 4. Cranor (Monrovia) 9.7; 5. Anderson (Highlds) 9.7; 6. Sumpter (Mont) 9.7; 7. Dean (Frankl) 9.7; 8. Jones (TulWst) nt; 9. Parks (McCloud) 10.0. (FINALS) 1. Jefferson 9.6; 2. Edwards 9.6; 3. Redmond 9.6; 4. Clark 9.7; 5. Hampton 9.7; 6. Shavers 9.7; 7. Farmer 9.7; 8. Morris 9.7; 9. Jones 9.7.



START OF THE 220 FINALS (LEFT TO RIGHT): ELIJAH JEFFERSON, MILLARD HAMPTON (TOP NORCAL FINISHER IN 2ND), AND MAURICE GLASS (2ND NORCAL FINISHER IN 4TH). /Marconi/

**220 YD. DASH:** Defending champ Mike Shavers of Albany was eliminated in the trials on Friday, with 1972 third-placer Millard Hampton, a junior at Silver Creek, and Clarence Edwards of Santa Ana leading all qualifiers with identical 21.2 clockings. Hundred-winner Jefferson took the other heat in a 21.4 (he had a windy 20.9 clocking going into the CIF Meet). In the finals, however, it was all Edwards, recording another 21.2, well ahead of Hampton (21.5) and Deveryle Jones (21.7), with Jefferson taking a disappointing fifth. Castlemont's Maurice Glass slipped in for fourth place at 21.7.

(Heat 1) - 1. Jefferson (Crawford/SD) 21.4; 2. Redmond (Sacto) 21.6; 3. Jackson (Kenn/Rich) 21.7; 4. Rohrig (Santa Ana Vly) 21.8; 5. Yates (Crenshaw) 22.1; 6. Harden (Burb) 22.1; 7. Mucker (McLane) 22.1; 8. McDonough (Canyon) 22.1; 9. Penny (Righetti) 22.1. (Heat 2) - 1. Hampton (SilCrk) 21.2; 2. Jones (Palis) 21.6; 3. Morris (Linc/SD) 21.7; 4. Lloyd (SI) 22.0; 5. Rawles (Cent) 22.2; 6. Williams (Hoover) 22.2; 7. Madruaga (IgnVly) 22.3; 8. Enos (Tul) 22.4; 9. Campbell (Kenn/LA) 23.3. (Heat 3) - Edwards (Santa Ana) 21.2; 2. Glass (Cstlmt) 21.7; 3. Smith (Cord) 21.7; 4. Jordan (Berk) nt; 5. Shavers (Alb) nt; 6. Pryor (LA) 22.0; 7. Ragland (Rav) 22.0; 8. Walker (Wilson) 22.0; 9. Parks (McCloud) 22.9. (FINALS) 1. Edwards 21.2; 2. Hampton 21.5; 3. Jones 21.7; 4. Glass 21.7; 5. Jefferson 21.8; 6. Jackson nt; 7. Redmond 21.9; 8. Smith nt; DQ - Morris.



(LEFT) MILLARD HAMPTON, 2ND PLACER IN THE 220. /Dave Stock/ (RIGHT) WILSON'S RON WHITAKER FINISHES HIS 47.0 WIN. /Marconi/



**440 YD. DASH:** This race was almost decided without even running the finals. In fact, Ron Whitaker's winning time in the trials (47.6) was good enough to have won the finals by seven-tenths. But the Wilson flash decided that his time wasn't good enough and proceeded to run 47.0 in the finals, only four-tenths of a second off the state record (CIF Meet Record). He won so convincingly (by 1.3 seconds) that he probably would have taken at least a few tenths more off his PR with someone to push him.

(Heat 1) - 1. Ron Whitaker (Wilson) 47.6; 2. Sanders (Fre/Oak) 49.1; 3. Andrews (W.Bak) 49.3; 4. Villarreal (MtVw) 50.0; 5. Pulley (St.Mary's/Berk) 50.5; 6. Hazelwood (Moreau) 50.5; 7. Henkle (SSF) 50.5; 8. Cazenave (NDeLRio) nt; 9. Nau (Chino) 50.9. (Heat 2) - 1. Christopher (Wash/LA) 49.3; 2. Robinson (Cent) 49.6; 3. Sheats (Muir) 49.7; 4. Campbell (Chowchilla) 50.0; 5. Moore (Morse) 50.5; 6. Cleghorn (Berk) 50.6; 7. Siirila (Buchs) 50.8; 8. Zander (ECR) 51.1; 9. Karr (Oroville) 52.0. (Heat 3) - 1. Leeds (BevHills) 48.7; 2. Connors (Cord) 48.7; 3. Byrd (CardNmn) 49.1; 4. McZeal (Fre/LA) 49.1; 5. Franklin (Crenshaw) 49.6; 6. Wingo (Mt.Whit) 50.3; 7. Higgins (Helix) 50.7; 8. Rees (Bonita) 50.7; 9. Moore (GrDavis) 51.4. (FINALS) 1. Whitaker 47.0; 2. Andrews 48.3; 3. Leeds 48.4; 4. Connors 48.5; 5. Christopher 48.6; 6. Sheats 48.7; 7. Robinson 49.3; 8. Byrd 49.3; 9. Sanders 50.2.



MILE FIELD AT THE HALF-WAY POINT (LEFT TO RIGHT): WINNER GILMORE, RAMER (9TH), CROWLEY (2ND), NAHIRNY (5TH), WILLIAMS (6TH), AND MALEC (8TH). /John Marconi/

**ONE MILE RUN:** Alvin Gilmore of distance-infested Lompoc High brought the second best mile time this year (in California) into the CIF Meet but came out the victor in convincing fashion. The three favorites were Gilmore (4:09.4), Barrie Williams (4:09.8 this year with a life best of 4:06.7), and Bob O'Brien (4:08.8). The smooth-striding Gilmore placed a conservative third in his heat at 4:14.8 before devastating the field in the third lap of the finals by pulling to a 15 yard lead with one circuit remaining. Not considering himself a "kicker", he figured this to be the best strategy, and it proved to be solid. Withstanding the strong finishing kicks of O'Brien and Steve Crowley (top NorCal finisher in third), Gilmore notched a mark of 4:11.4, one-half second up on his challengers. Williams placed a disappointing sixth, just behind NCS champ Rusty Nahirny, the only other northerner to qualify for the finals besides last-placer Dave Ramer.

(Heat 1) - 1. Crowley (Gunn) 4:14.1; 2. Nahirny (Wash/Fremont) 4:14.5; 3. Gilmore (Lompoc) 4:14.8; 4. Gruber (Aptos) 4:15.5; 5. Garcia (Redwood) 4:18.5; 6. Nance (Monroe) 4:22.5; 7. Martinez (Birm) 4:22.5; 8. Huebner (Bullard) 4:23.1; 9. Johnson (Skyl/Oakl) 4:24.8. (Heat 2) - 1. Williams (NTorr) 4:17.2; 2. Serna (Loara) 4:17.5; 3. Malec (Clairmont/SD) 4:17.7; 4. (missing from results) Burrough (DeAnza)??; 5. Ruggles (Las Plumas) 4:23.6; 6. Emfield (S.Tahoe) 4:25.4; 7. Tracy (Redw/Marin) 4:25.9; 8. Hadley (Vintage) 4:25.9; 9. Turner (Granada Hills) 4:35.0. (Heat 3) - 1. Ramer (DelCampo) 4:16.2; 2. O'Brien (Bellflower) 4:16.4; 3. Clifford (SunnyHills) 4:17.7; 4. Fotinas (SI) 4:19.7; 5. Van Slyke (Stagg) 4:21.0; 6. Fraga (Sylmar) 4:22.2; 7. Garcia (Balb) 4:22.5; 8. Pullen (Grossmt) 4:23.0; 9. Moreno (MtWhit) 4:29.4. (FINALS) 1. Gilmore 4:11.4; 2. Crowley 4:11.9; 3. O'Brien 4:11.9; 4. Clifford 4:13.7; 5. Nahirny 4:14.0; 6. Williams 4:14.0; 7. Serna 4:16.3; 8. Malec 4:16.5; 9. Ramer 4:20.0.



RANDY LOPEZ OF ALHAMBRA WHIPPED THE 880 FIELD IN CONVINCING FASHION WITH A 1:52.4, WITH GARY MCMANUS (YGNACIO VLY) THE TOP NOR-CAL FINISHER IN SECOND PLACE (HIDDEN BEHIND LOPEZ). /Marconi/

**880 YD. RUN:** Alhambra High's Randy Lopez had the fastest time coming into the CIF Meet (1:52.8) and managed to walk out the same way, only with a slightly faster time (1:52.4). After winning his heat in a good 1:54.5, he immediately took the lead in the finals and held off a tight trailing pack to win by 1.2 seconds over Gary McManus of the North Coast Section, who had only a 1:55.3 coming into the State Meet. He knocked almost two full seconds off that clocking. St. Francis' Mike Kasser had looked to be a good bet to finish in the top three with only 25 yards to go, but then he started to fall, lost momentum, and fell back to eighth before skidding across the line.

(Heat 1) - 1. McManus (YgVly) 1:55.7; 2. Cleary (Stev/SantaCrz) 1:56.2; 3. Lagorio (Taft) 1:56.8; 4. Cass (Arcadia) 1:56.7(?); 5. Hunter (S.Bak) 1:57.7; 6. Fields (BonVista) nt; 7. Eisenhart (Hoover) nt; 8. Ramsey (Mont/SanRosa) nt; 9. Stephenson (Hoover/SD) nt. (Heat 2) - 1. Wolman (Fairfax/LA) 1:54.8; 2. Robinson (ManArts) 1:56.2; 3. Johnson (Avia) 1:56.3; 4. Cagle (Novato) 1:56.4; 5. Ruppenstein (Wash/SF) 1:57.1; 6. Lopez (Davis) 1:58.2; 7. Hower (Mission Viejo) 1:59.0; 8. Whitehead (Eur) 2:01.0; 9. Fisher (SJoaquinMem) nt. (Heat 3) - 1. Lopez (Alh) 1:54.5; 2. Kasser (StFr) 1:55.1; 3. Marlow (San Marcos) 1:56.3; 4. Perez (Banning) 1:56.4; 5. Pabst (WGlen) 1:57.4; 6. Bolton (Kenn/Sac) 1:59.5; 7. Erb (Paradise) 2:02.0; 8. Roderick (OakTech) 2:02.6; 9. Coronado (SanJuan) nt. (FINALS) 1. Lopez 1:52.4; 2. McManus 1:53.6; 3. Lagorio 1:53.8; 4. Wolman 1:53.8; 5. Johnson 1:54.1; 6. Marlow 1:54.6; 7. Cleary 1:54.7; 8. Kasser 1:54.9; 9. Robinson 1:56.9.



(LEFT) ALVIN GILMORE IS ECSTATIC AS HE WINS THE MILE, PUTTING HIS TEAM IN SECOND PLACE TO STAY. (RIGHT) DAVE TAYLOR, RUNNER-UP IN THE TWO-MILE RUN IN 9:00.2. /John Marconi/





**TWO-MILE RUN:** It looked just like 1972, with the only four returnees (they took four of the top six places then as juniors) taking the top four places, but in slightly different order. A much-improved Terry Williams, who placed only sixth last year, blitzed an 8:54.8 clocking to win by 5.4 seconds over Merced's runnerup in 1972, Dave Taylor. Last year's time for Dave would have won this year. Williams and Steve Martin of Davis took the field through a 4:27.8 first mile, and it stayed that way thru the last part of the race until Williams took off with about a lap to go. Martin struggled through the last 220, being caught by Taylor and just hanging on to overcome Curtis Beck's last lap kick. Beck had won last year in 8:52.3 and was the only sub-8:50 man coming into the field (he ran 8:48 in his section meet in 1972). It was definitely Northern California's strength-event, as six of the top eight finishers were from Merced and northward. The finals were contested on Friday evening.

(FINALS) 1. Terry Williams (Lompoc) 8:54.8; 2. Dave Taylor (Merced) 9:00.2; 3. Steve Martin (Davis) 9:02.1; 4. Curtis Beck (Santa Monica) 9:02.8; 5. Gordon MacMitchell (Gunn) 9:07.4; 6. Rich Kimball (DeLaSalle) 9:08.7; 7. Mike Ruffatto (Wash/Frem) 9:12.4; 8. Mitch Kingery (San Carlos) 9:14.3; 9. Eric Hulst (frosch) (Laguna Beach) 9:16.1; 10. Gary Close (Monte Vista/SD) 9:19.1; 11. Mike Durham (Troy) 9:19.4...no other marks known.



(LEFT) LOMPOC'S TERRY WILLIAMS LEADS STEVE MARTIN AND CURTIS BECK (HIDDEN) DURING THE EARLY STAGES OF THE TWO MILE RUN. TERRY WENT ON TO WIN IN 8:54.8. (ABOVE) PALO ALTO'S CARL FLORANT SPED TO A 13.6 NATION-LEADING TIME IN THE HIGH HURDLES DURING FRIDAY'S HEATS AND IS SHOWN HERE TAKING SECOND PLACE IN THE FINALS WITH A 13.7. /John Marconi/

**120 YD. HIGH HURDLES:** Tom Andrews of West Bakersfield and Carl Florant of Palo Alto both ran 13.6 to lead the nation, but Florant was edged by a foot, as eventual winner Mike Johnson of Pasadena took third in the opening heat. Dedy Cooper, a soph at Richmond's Harry Ells, also broke 14-seconds with a life best 13.8 in heat three. In the finals, Johnson improved four-tenths to clock a 13.6, although wind-aided. Right behind was Florant at 13.7, but Andrews managed only a fifth in 14.0.

(Heat 1) - 1. Andrews (W.Bak) 13.6; 2. Florant (PaloAlto) 13.6; 3. Johnson (Pasad) 14.0; 4. Harris (Indio) 14.1; 5. Austin (Muir) 14.3; 6. Bennett (Berk) 14.4; 7. Soloman (Cabr) 14.4; 8. Kraft (PH) 14.5; 9. Mosley (Oceanside) 15.0. (Heat 2) - 1. Shaw (Muir) 14.1; 2. Allmond (Srmte) 14.1; 3. Parmer (Lemoore) 14.1; 4. Edwards (Kenn/Sac) 14.2; 5. Taylor (Oakl) 14.3; 6. Knighten (Fre/LA) 14.4; 7. White (Hoover/Fres) 14.5; 8. Watson (Crenshaw) 14.7. (Heat 3) - 1. Cooper (Ells) 13.8; 2. Owens (N.DelRio) 14.1; 3. Jeffrey (LA) 14.3; 4. Kirtman (Wilson) nt; 5. Morton (Whtld) 15.0; 6. Lamond (SanMateo) 15.2; 7. Barnes (Hayw) 15.9. (FINALS) 1. Johnson 13.6; 2. Florant 13.7; 3. Jeffrey (LA) 13.8; 4. Owens 13.9; 5. Andrews 14.0; 6. Shaw 14.2; 7. Cooper 14.3; 8. Allmond 14.5; 9. Parmer 14.9.

**180 YD. LOW HURDLES:** Los Angeles High's Randall Jeffrey sped to an 18.6 to win his trial heat, as Bill Parmer (Lemoore) and Fred Shaw (Muir) had identical clockings in another heat. But came the finals and the high hurdles' third-placer Jeffrey took command with a nation-leading 18.4, winning with ease over the rest of the field (18.7 was second). He, along with second-placer Shaw, will be back for more next year most likely as both are juniors!



RANDALL JEFFREY (CENTER) LEADS OVER THE 180-BARRIERS IN ROUTE TO AN 18.4 VICTORY. OAKLAND'S VERN TAYLOR WAS 8TH. /Marconi/

(Heat 1) - 1. Huey (Vallejo) 18.9; 2. Mosby (LA) 18.9; 3. Napier (Lynbrk) 19.2; 4. Andrews (WBak) 19.2; 5. Barnes (Hay) 19.4; 6. Allmond (Srmte) 19.6; 7. Lenga (MtnVly) 19.6; 8. Lohorn (Morse) 19.7. (Heat 2) - 1. Parmer (Lemoore) 18.6; 2. Shaw (Muir) 18.6; 3. Andrade (Sac) 18.9; 4. Kirtman (Wilson) 19.0; 5. Hinton (Gardena) 19.0; 6. Austin (Muir) 19.1; 7. Edwards (Kenn/Sac) 19.6; 8. Morton (Whtlnd) 19.8. (Heat 3) - 1. Jeffrey (LA) 18.6; 2. Taylor (Oakl) 18.8; 3. Walker (Apple Vly) 19.0; 4. Henry (Linc/SD) 19.0; 5. Martin (Upland) 19.2; 6. Woods (ElCerrito) 19.2; 7. Graybehl (Los Lomas) 19.2; 8. Florant (PA) 19.2; 9. Patterson (Fairfax/LA) 19.7. (FINALS) 1. Jeffrey 18.4; 2. Shaw 18.7; 3. Walker 18.8; 4. Parmer 18.9; 5. Mosby 19.1; 6. Huey 19.2; 7. Napier 19.3; 8. Taylor 19.3; 9. Andrade 19.4.

**330 YD. INTERMEDIATE HURDLES:** Since this was an exhibition event, most of the competitors were from the general area near Woodland. Perhaps this will become a regular event next year. Joe Andrade of Sacramento High completed the three-quarters of a lap barriers in 39.0, followed by Parker (Burbank) 39.4.

(FINALS) 1. Andrade (Sac) 39.0; 2. Parker (Burb) 39.4; 3. Robinson (Sac) 39.5; 4. Hull (Davis) 40.3; 5. Ketchum (Kenn/Sac) 40.3; 6. Bolden (Highlds) 40.9; 7. Collier (Highlds) 41.5; 8. Drake (Fairfld) 42.0; 9. Mann (Vaca) nt.



WILSON HIGH'S DUANE WALKER RAISES HIS ARMS IN VICTORY AS HIS TEAM WINS THE 440 RELAY FINALS. /Dave Stock/

**440 YARD RELAY:** Wilson High's foursome of Mike Farmer, Ron Whitaker, Mike Kirtman, and Duane Walker (running in that order) started things off right Friday night by nipping El Cerrito's 1971 state mark in a time of 41.0, seven-tenths ahead of the next best qualifying time. It was also good for the best time in the nation this year. However, in the finals, Farmer had a bad exchange with Whitaker and valuable time was lost. Kirtman made up the lost time and gave the lead to Walker who held off Edison of Fresno's anchor man by a tenth. Sacramento was another tenth back in third.

(Heat 1) - 1. Kennedy (Rich) 42.1; 2. Monrovia 42.2; 3. Sacramento 42.4; 4. Fremont (LA) 42.4; 5. Berkeley 42.5; 6. Garden Grove 42.6; 7. Silver Creek 42.6; 8. Skyline (Oakland) 42.6; 9. Burbank 43.9. (Heat 2) - 1. Lincoln (SD) 41.7; 2. Compton 41.9; 3. LA 42.0; 4. Dorsey (LA) 42.2; 5. Centennial 42.3; 6. Hoover (Fres) 42.3; 7. Pasadena 42.7; 8. Card.Nwmn. 42.8; 9. Cordova 43.2. (Heat 3) - 1. Wilson (SF) 41.0; 2. Edison (Fres) 41.7; 3. Morse (SD) 42.4; 4. Haywd 42.6; 5. Monterey 43.0; 6. W.Bak. 43.1; 7. Los Altos 43.3; 8. Ch 43.6.



(FINALS) 1. Wilson 41.5; 2. Edison 41.6; 3. Sacramento 41.7; 4. Compton 41.9; 5. Monrovia 42.0; 6. Kennedy 42.0; 7. Lincoln 42.0; 8. Los Angeles 42.0; 9. Morse 42.1.



CORDOVA'S ROD CONNORS ANCHORS THE UNDEFEATED LANCER MILE RELAY TEAM IN 47.8. RON WHITAKER'S 45.9 ANCHOR LEG FOR WILSON BROUGHT THE TEAM INTO FOURTH PLACE AS HERE HE GETS PAST BAKERSFIELD AT THE FINISH (WHITAKER HIDDEN BEHIND BERKELEY MAN). /Marconi/

**MILE RELAY:** "I like to enjoy it," said winning anchorman Rod Connors of Cordova High as he talked about his team's upset victory. The Lancers had not lost a mile relay all season against top competition, but only had a best mark of 3:21.5 coming into the meet, thirteenth best among the twenty-seven entered schools they were to compete against. In the trials on Friday they had to whip Crenshaw of LA in 3:18.7 (to 3:19.3), and then they came back with a winning 3:17.4 effort the following day. Anchorman Rod Connors had a 47.8 to go with his fourth place 48.5 in the open quarter. The best leg of the day was turned in by none other than Ron Whitaker, who blitzed an amazing 45.9 to bring his team from near last into fourth.

(Heat 1) - 1. Cordova 3:18.7; 2. Crenshaw (LA) 3:19.3; 3. Bakersfield 3:19.4; 4. El Cerrito 3:19.4; 5. E. Bakersfld 3:20.8; 6. Morse 3:22.0; 7. Highlands 3:22.8; 8. Oak Tech 3:24.1; 9. Pasadena 3:25.2. (Heat 2) - 1. Centennial 3:18.0; 2. Berkeley 3:18.5; 3. S. Bakersfld 3:20.0; 4. Buchser 3:20.2; 5. Dominguez 3:20.7; 6. Stagg 3:21.7; 7. Cardinal Newman 3:23.0; 8. Montgomery 3:23.2; 9. Westmont 3:26.8. (Heat 3) - 1. Muir 3:18.8; 2. Wilson (SF) 3:19.4; 3. Fremont (LA) 3:19.9; 4. Fairfax (LA) 3:20.1; 5. Gardena 3:20.3; 6. Arcadia 3:21.0; 7. Crawford (SD) 3:29.8; 8. Oroville 3:31.0. (FINALS) 1. Cordova 3:17.4; 2. Muir 3:18.0; 3. Berkeley 3:18.4; 4. Wilson 3:18.4; 5. Bakersfield 3:18.4; 6. Crenshaw 3:19.5; 7. Centennial 3:19.8; 8. S. Bakersfield 3:20.9.



(LEFT) ALBANY HIGH'S RALPH FRUGUGLIETTI WAS TOP NORCAL FINISHER IN THE SHOT (4TH) AND SECOND BEST IN THE DISC (3RD). (RIGHT) LONNIE SHELTON (BAKERSFIELD) WAS DISCUS WINNER. /John Marconi/



**SHOT PUT:** Newport Harbor's Jim Niedhart was just off his personal best, but it was still good enough to win the state title and set a new CIF meet record, knocking off ex-teammate Mark Stevens' standard with a heave of 67-3 1/4 (old mark was 67-2). That was enough to win by over a foot as Dave Doupe of Inglewood got second with 65-11 1/2. Discus winner Lonnie Shelton of Bakersfield Foothill got third with a good 65-2, and then it dropped way off as fourth was registered by the top NorCal placer, Ralph Fruguglietti, at 60-9 1/4.

(FINALS) 1. Niedhart (Newpt Hbr) 67-3 1/4; 2. Doupe (Inglewood) 65-11 1/2; 3. Shelton (Foothill) 65-2; 4. Fruguglietti (Alb) 60-9 1/4; 5. Rothschild (NHollywood) 59-9 1/2; 6. Hampton (Cajon) 59-3; 7. Cotten (Vista/SD) 57-10 1/2; 8. Kurrasch (SantaAna) 57-9 1/2; 9. Yarbough (Fremont/LA) 57-9; 10. Nomis (Grant/LA) 57-5; 11. Walters (Skyl/Oakl) 55-11 (57-6 1/4 in trials); 12. Voorhees (Tulelake) 55-3 1/2 (55-10 1/2 trials).

**DISCUS THROW:** Versatile weightman Lonnie Shelton unleashed a mighty 195-5 heave to easily best runnerup Ray Burton of Vacaville by almost seven feet. His nation-leading effort and third-place shot mark was the leading field-event double of the day and matched elsewhere (not counting relays) only by hurdler Randall Jeffrey. Junior Burton moved up to second best in the nation in his class behind missing Mark McNaughton of McLane (Fresno), who failed to qualify for the finals when he finished 13th Friday evening. The third through fifth places were filled by NorCal athletes as is normally the case in this event for some reason. Ralph Fruguglietti of Albany finished third to complete a good double (fourth in the shot). For some unknown reason, seven of the finalists had better marks in the qualifying rounds and they are listed below in parentheses following their marks in the finals.

(FINALS) 1. Shelton (Foothill) 195-5; 2. Burton (Vacaville) 188-10; 3. Fruguglietti (Alb) 184-9 (185-2 1/2); 4. Hickson (Leland/SJose) 183-1 (184-7 1/2); 5. McGowan (Fremont/Cupert) 181-5; 6. Harvey (Vista/SD) 181-2; 7. Owens (Inglewd) 176-0; 8. Otterstetter (Marina) 173-3 (174-0); 9. Gordien (Claremont) 173-3 (175-3 1/4); 10. Voorhees (Tulelake) 170-0 (179-5); 11. Cotten (Vista/SD) 161-1 (170-11 1/2); 12. Allen (Lynbrk) 157-8 (175-0 1/2)...non-qualifiers: 13. McNaughton (McLane/Fresno) 169-9 1/4; 14. Sharrick (El Camino/Sac) 159-9 1/2; 15. Faulk (Montgomery/SRosa) 158-1 1/2; 16. Palla (W.Bak) 155-8 3/4; 17. Just (??) 155-5 1/4; 18. Walker (Amador) 153-9 1/4; 19. Nevela (Balboa) 153-0 1/4; --3 fouls each: Binley (Laguna Bch), Engle (Hart), and Whited (Downey/Modesto).



RANDY TURNER OF WILSON CLINCHES ONE OF HIS TEAM'S THREE FIRST PLACES WITH A 6-6 EFFORT IN THE HIGH JUMP. /John Marconi/

**HIGH JUMP:** Only six jumpers qualified at 6-4 and ten more made 6-2; despite the fact that a total of twenty-three out of the twenty-seven man field had gone better than 6-4 this season, only four managed to do so in the finals!! Only three others scaled 6-4. Randy Turner of Wilson won the event since he had no misses leading into his winning leap. Of the next four spots, only third place went to a southern jumper, as second place went to Bryan Shaw of Pittsburg (tie).

(FINALS) 1. Turner (Wilson) 6-6; 2. (tie) Shaw (Pitt) and Geddes (LaJolla) 6-6; 4. Phillips (ElCamino/Sac) 6-6; 5. Kraft (MSJ)



6-4; 6. (tie) Robinson (Jordan) & Bernard (Chico) 6-4; 8. Thompson (Monache) 6-2; 9. Broom (Wasco) 6-2; 10. (tie) Knarr (Notre Dame) & Ridge (Merced) 6-2; 12. Howard (Locke) 6-2; 13. (tie) Insley (Cupertino), Collins (Monterey), & McClure (Vista/SD) 6-0; 16. Epps (Tulare Union) 6-0...did not clear opening height of 6-0: Duttera (Canoga Pk), Cummings (Irvington/Fremont).



(LEFT) TIM CURRAN OF CRESPI HIGH TAKES OFF ON HIS 16-2 3/4 VAULT THAT BROKE STEVE SMITH'S CIF RECORD OF 16-0. (RIGHT) TOP NORCAL PLACER WAS DEL MAR'S SCOTT TURNER, CLEARING 14-6 IN SECOND.

/John Marconi & Dave Stock/

**POLE VAULT:** This year it was all a one-man show, more than in any other event. Crespi's Tim Curran obliterated his competition by almost two full feet in setting a new CIF mark and taking the national lead for 1973. Only sixth at 14-feet in 1972, the powerfully built southlander has vastly improved, carrying a 16-2 best into the State Meet, a full 14-inches higher than any other competitor. Del Mar's Scott Turner was second at 14-6, and no one else made this height. The vertical jumps didn't have it this year, save Curran's tremendous effort.

(FINALS) 1. Curran (Crespi) 16-2 3/4; 2. Turner (DelMar) 14-6; 3. Hardison (McLane/Fresno) 14-0; 4. Stephens (Manuel Arts/LA) 14-0; 5. Jack Lennan (Carlmont) 14-0; 6. Byron Paton (San Mateo) 13-6; 7. Armstead (Fremont/LA) 13-6; 8. Sampson (Burbank) 13-6; 9. Clemmons (Azusa) 13-6...did not clear 13-6 opening height: Bell (Foothill), Dendaw (Roosevelt/Fresno), Distanislaio (Newport Hrbr), Killeen (Valencia), and Willigis (Acalanes).



BERKELEY HIGH'S MARK CLEGHORN WAS THIRD IN THE LONG JUMP, ONLY 4 INCHES BEHIND THE WINNER WITH A 25-0 1/4 LEAP. /Marconi/

**LONG JUMP:** The competition in the long jump was probably the fiercest of any event in the meet as only 1/4 inch separated the top two placers, with third another 4 inches back. National leader Ted Hammond of Compton (25-6 1/4) had his hands full as Jerry Herndon (Cajon) improved his previous best by 2-3/4 inches to edge out his rival by a mere 1/4 inch. Gerald Hardeman of Edison (Fresno) had a 25-2 3/4 leap in Friday's trials, but could not do that well in the finals, placing only fourth with 24-9 after having the best mark in the qualifying round. All marks were wind-aided (at least of those mentioned above), but we don't know by how much (probably not a large amount). A total of nine out of the thirteen finalists had better qualifying jumps, and they are listed in parentheses below where applicable. The top three at this meet currently (as of July 9, T&FN) rank third, second, and fifth nationally, with fourth-placer Hardeman leading at 26-0 1/4. At the time of the meet, the top three were ranked 2-1-3 among preps.

(FINALS) 1. Herndon (Cajon) 25-4 1/2 (ties CIF Record by Proctor, 1967); 2. Hammond (Compton) 25-4 1/4; 3. Cleghorn (Berk) 25-0 1/4; 4. Hardeman (Edison/Fresno) 24-9 (25-2 3/4); 5. Shaffer (Berk) 23-9 1/4 (24-0 1/4); 6. Lofton (Wash/LA) 23-4 1/2 (23-7); 7. Huey (Vallejo) 23-3 1/2; 8. Cole (Gardena) 22-7 3/4 (22-11); 9. Andrews (W.Bakersfld) 22-4 1/4 (22-11 1/2); 10. McRae (Skyl/Oakl) 22-3 3/4 (23-4 1/4); 11. Jobson (ElDorado) 21-11 3/4 (22-7 1/2); 12. LeGrande (Wstmt) 21-10 1/4 (22-10); 13. Durham (Sacto) 21-1 3/4 (22-11)...non-qualifiers in trials: 14. Mosley (Oceanside) 22-7 1/2; 15. Ludy (Hueneme) 22-5 3/4; 16. Wilkinson (Claremont/SD) 22-4; 17. Hollis (Verbum Dei) 22-3 3/4; 18. Johnson (Wash) 22-3; 19. Hollmer (San Ramon) 21-11 1/2; 20. Jones (Gardena) 21-10 1/2; 21. Robinson (Silver Crk) 21-10; 22. Grayson (Balboa) 21-9 3/4; 23. Harrell (Edison/Stkn) 21-7 3/4; 24. Thorp (Cupertino) 21-6 1/2; 25. Spillane (Palos Verdes) 20-6 1/2; 26. Brown (Mt. Shasta) foul.

**TRIPLE JUMP:** This was the first year that the CIF Meet has installed the triple jump as an official scoring event, although most schools in the state have employed it in their dual meet schedule for several years. It's about time!! Willie Banks of Oceanside easily outdistanced Lewis Tucker's (Washington/Easton) effort by seven inches as the winner recorded a PR 49-7 1/4. After second place, the marks dropped off considerably, with Clint Harrell of Edison (Stockton) taking third (48-3) as the top NorCal placer. Hayward's Adrian Smith, who had a leap of 47-5 1/4 in the trials for second best behind Banks' 49-1, was not a factor in the finals as he did a poor 43-1 1/4. His mark in the trials was a personal best by 1/4 inch. Banks is a jr.

(FINALS) 1. Banks (Oceanside) 49-7 1/4; 2. Tucker (Wash/Estn) 49-0 1/4 (best mark of 49-9 coming into meet); 3. Harrell (Edison/Stkn) 48-3; 4. Wells (Balboa) 48-0 1/4; 5. Thorp (Cupertino) 47-7 1/2; 6. Shaffer (Berk) 47-3 3/4; 7. Porter (Gan-asha) 46-10 1/4 (47-3 1/4); 8. Torrance (Tulare W) 46-2 1/4 (47-0); 9. McCarthy (Cupertino) 44-7 3/4 (46-11 1/4); 10. Lofton (Wash/LA) 44-6 (46-4 3/4); 11. Smith (Hayward) 43-1 3/4 (47-5 1/4); 12. Williams (Hoover/Fresno) 3 fouls.

\*\*\*SPECIAL THANKS goes to the Woodland Daily Democrat which furnished us with a complete set of results and other important information. Also, without photographer John Marconi, who did a terrific job of getting most all the events (Dave Stock got the others), this pictorial wouldn't have been possible. Let us know how you like our first full-length feature pictorial so we can do a better job next time. Thanks.\*\*\*

PA-AAU Women's Championships: (June 3, Hayward) - HJ: K. Mc-Quillan (WS) 5-6, Carlsen (SRR) 5-4, (tie) Favorite (CSH) and Stuart (Orinda) 5-2; 2 Mi: Larrieu (SJCG) 10:02.8 (Amer.Red.), Anex (WS) 10:34.0, Haberman (SJCG) 10:39.2; 44OR: BTC 47.4, MLTC 48.4, RJ 49.0; JT: Cannon (SRR) 164-11, Pickel (CSH) 162-4 1/2, Langford (MLTC) 147-8 1/2; 440: Hammond (SRR) 54.7, Weston (WS) 55.3, Poor (SJCG) 55.7; 100mHH: Carlsen (SRR) 14.1 (14.0 trials), Sherrard (SRR) 14.2, Rogers (MLTC) 15.5 (14.8 trials); 220: Robinson (BTC) 25.1, Julian (RJ) 25.4, Winlock (CD) 25.9 (25.6); DT: Langford (MLTC) 153-4, Kletchka (MLTC) 138-9, Lane (WS) 137-1; SP: Lane (WS) 42-5 1/4, Garcia (Santa Cruz) 35-2 1/2, Mills (MLTC) 31-10 1/4,...non-scoring competitor, Seidler (MDYF) 49-10 3/4; LJ: Tenette (RJ) 17-6 1/2, Elmore (MLTC) 17-4 1/4, Hamel (RJ) 16-8; 100: Byfield (BTC) 10.9, Miller (RJ) 11.2 (10.9), Robinson (BTC) 11.2 (11.0); 2 MiR: SJCG "A" 9:28.2, SJCG "B" 9:43.2, MLTC "A" 9:47.9; 880: Claugus (WS) 2:15.0, Haughey (SJCG) 2:15.7, Spence (Santa Cruzers) 2:17.9,...non-scoring, Wright (BC,Canada) 2:09.4; 400mH: Clark (SRR) 63.9, Phillips (SRR) 65.0, Snyder (WS) 66.8; Mile: Claugus (WS) 4:55.4, Vicki Eberly (SJCG) 5:07.0, Adams (WS) 5:12.7; 880MR: SRR 1:43.2, BTC 1:45.4, SJCG 1:51.1; MileWalk: Dimmick (SJCG) 8:45.5, Cortez (RCF) 8:51.7, Weimer (WS) 9:06.3; MileR: MLTC 3:51.8, SJCG 3:54.0, Orinda TC 4:00.4. /Harmon Brown/

NCAA Championships: (June 5-9, Baton Rouge, La.) - Listing of winners & NorCal finishers. 100: Hammonds (Memphis); Heats-(III) 6. Curl (Stan) 9.6, 7. Jefferies (FresSt) 9.8; (IV) 1. Breddell (SJS) 9.5; Semis- (I) 5. Breddell 9.6; 220: Dill (MSU) 20.9, 4. Bredell 21.4; Heats- (I) 1. Breddell 21.0, 6. Curl 21.5; Semis- (II) 4. Breddell 20.8; 440: Peoples (ASU) 45.0, 2. Brown (UCLA) 45.6; Heats- (III) Brown 45.9; 880: Kent (Wisc) 1:47.2, 5. Brown (Cal) 1:48.3, 8. Scott (WSU) 1:49.4; Heats- (I) 2. Scott 1:47.9 PR; (II) 5. Lowrey (OSU) 1:49.8; (III) Brown 1:47.8; Mi: Wottle (BG) 3:57.1, 6. Schilling (SJS) 3:58.6 PR (frosch), 11. Mittelstaedt (Stan) nt; Heats- (II) 4. Schilling 4:03.1; (III) 3. Eashman (CSH) 4:04.4, 4. Mittelstaedt 4:04.4; 3000mSC:



1. Brown (Tenn) 8:28.2; 3 Mi: Prefontaine (Ore) 13:05.4, 10. Duffy (Nev/WVTC) 13:48.6; Heats- (I) 13. Barnard (UOP) 14:16.8, 14. Mork (NTEXSt) 14:37.4; (II) 13. Garcia (FresSt) 14:01.6; (III) 5. Duffy 13:44.0, 6. Grubbs (Ore/WVTC) 13:44.4; 6 Mi: Maguire (PennSt) 28:19.4, dnf-Covert (FullSt); 120HH: Milburn (SnU) 13.1; Heats- (I) 7. Whitley (SJS) 14.5; (III) 3. Tinnin (SJS) 13.7; Semis- (II) 5. Tinnin 13.7; HJ: Brown (CPSLO) 7-4, non-qual. - Crawford (SJS) 6-6; PV: Roberts (Rice) 17-4, 5(tie). Kleiger (Harv) & Rock (SJS) 16-0; LJ: Bendixen (UCLA) 25-10 1/2; TJ: Tiff (UCLA) 54-2 3/4, non-qual. - Terry (Davis) 50-6 1/4, Cochee (USC) 47-10, Lopez (Cal) 47-4 3/4; SP: Hoglund (UTEP) 64-6 3/4, 14. Albritton (Stan) 57-7; DT: Wilkins (Ore) 203-11, non-qual. - McCollum (CSH) 173-5, Yourek (Chico) 159-5; HT: Accambray (KentSt) 221-6, 10. McCollum 181-7; JT: Colson (Kan) 279-9, 2. Kennedy (Cal/Rho) 266-5; Dec: Pihl (BYU) 7782, 2. George (FresSt) 7777 (11.1, 23-8 3/4, 42-1 1/4, 6-2 7/8, 48.7, 15.0, 121-5 1/2, 14-9 1/2, 190-2, 4:15.0), 9. Kring (Stan) 7129 (11.2, 21-11, 36-6 3/4, 6-4, 49.9, 15.3, 106-7 1/2, 14-5 1/4, 157-5, 4:26.3); 44OR: Memphis St. 39.6; Heats- (I) 6. Cal 40.5; MileR: UCLA 3:04.3 (Brown 44.8); Heats- (I) 4. Cal 3:13.3 (Andrew 49.0, Bonner 47.5, Alexander 49.0, Petralia 48.3); Teams: 1. UCLA 52, 2. Oregon 31, ...19. (tie) Cal, Conn, WSU, Bowl Grn, Wisc 10, 25. (tie) Fresno St, SMU, Ind, Flor, Penn, Ill, Manh, Mid-Tenn 8, 34. San Jose St. 6-1/2. /Track Newsletter/

San Jose CC All-Comers: (June 6, San Jose) - PV: Dias (BAS) 17-0, Lee (SJCC) 15-0; HJ: Ross (SJCC) 6-8, Haltin (Princeton) 6-8; SP: Leduc (Kan) 61-6, Born (Un) 60-1 1/2; DT: Kennedy (BAS) 181-8; JT: Kaveny (CTC) 238-3; LJ: Thibault (SJCC) 22-1 1/2; TJ: Tamagni (Palma) 44-1 1/2; 44OR: Ayer HS 44.1; 60: Cravin (SJCC) 6.3, Winfield (Ayer) 6.3; Mile: Sanchez (SJCC) 4:31.5; 2 Mi: Geisel (WVTC) 9:15.8; 60HH: Carty (BAS) 7.3; 440: Willis (Un) 52.0; 880: Hansen (WVTC) 1:55.8; 220: Cravin 22.6.

International Prep Invit: (June 9, Mt. Prospect, Ill.) - Mile: 1. Reinhart (SDak) 4:09.2, 2. Sandridge (Md) 4:11.1, 3. Crowley (Gunn/Palo Alto) 4:11.3 PR; 440: 1. Gray (Jam) 47.9, 3. Whitaker (Wilson/SF) 48.5; 2 Mi: 1. Virgin (Ill) 8:41.0 (high school recd), 5. Taylor (Merced) 9:10.6; LJ: 1. Hardeman (Edison/Fresno) 26-0 1/4; DT: 1. Hickson (Leland/SJ) 192-0, 2. Shelton (Foothill/Bak) 190-0. /Track Newsletter/

All-American Invit: (June 9, Des Moines, Ia) - 120HH: 1. Johnson (Pasad) 14.0; LJ: 1. Herndon (Cajon) 25-4w; SP: 1. Neidhart (NwptHbr) 64-1 1/2. /Track Newsletter/

PA-AAU Championships: (June 9, Hayward) - 100: Pettus (BAS) 9.6, Payton (BAS) 9.7, Rodgers (BAS) 9.8, Ragland (RCS) 9.9, Cruz (WVTC) 9.9; Sr100: Guidet (NCS) 10.8, Rademaker (NCS) 10.9, Fredrickson (NCS) 11.1; 220: Rodgers 21.2, Pettus 21.3; Sr220: Guidet 24.0 (WR-55), Rademaker 24.2, Fredrickson 24.3, Maiocco (BAS) 24.5, Mahany (NCS) 25.3; 440: Gonzales (BAS) 49.0, Pettus 49.3, Bell (WVTC) 51.5, Johnson (WVTC) 52.6; HS-440: Jones 51.3; Sr440: Lingle (BAS) 54.2, Andrews (BAS) 55.3; 880: Robinson (BAS) 1:52.1, Hansen (WVTC) 1:52.7, Clary (WVTC) 1:53.6, Bay (WVTC) 1:53.9, Jordan (WVTC) 1:54.6; HS-880: Kasser (RCS) 1:53.7; Sr-880: Waterman (NCS) 2:20.5; Mile: Dare (WVTC) 4:11.7, Kelly (Un) 4:14.0, Lee (WVTC) 4:16.3, Geisel (WVTC) 4:18.2, Johnson (WVTC) 4:18.9, Martinez (ATC) 4:20.2; HS-Mile: Nahirny (WVTC) 4:24.6; Sr-Mile: Teegarden (NCS) 4:44.7, Wood (NCS) 4:49.5, Koerner (NCS) 4:58.1, Snavelly (NCS) 5:10.3; 3000MSC: Price (AIA) 9:30.2, Kingery (RCF) 9:49.0 (HS-soph); 6 Mi: Anderson (WVTC) 31:02.8, Zapata (WVTC) 32:15.0, Menzie (MAC) 34:31.0; HS-6 Mi: McCandless (Un/Wstmt) 30:07.2, Ruffatto (Wash-Fre/WVTC) 30:23.8, Kissin (San Ramon/WVTC)(soph) 30:25.6, Locos (MAC) 31:28.2...add Pinocci (WVTC) 30:24.0 (1st open); 2 MiWalk: Ranney (Un) 14:32, Kitchen (Un) 14:32, Glusker (WVTC) 14:55.8, Duran (WVTC) 15:52.2, Adriano (WVTC) 16:25.2, Swift (WVTC) 16:46.4; 120HH: Carty (BAS) 14.0, Ligans (BAS) 14.3, Pierce (Un) 14.8, Kirkpatrick (Un) 15.4, Hendershott (WVTC) 15.5; HS-120HH: (College highs) Johnk (Un) 14.8; 440IH: Walls (Un) 55.0, Wyatt (Un) 55.3, Mercer (WVTC) 55.5, Cain (Un) 55.5, Kirkpatrick (Un) 57.4, Hendershott (WVTC) 58.7; HS-440IH: Veal (RCS) 57.0, Murphy (RCS) 59.9; MileR: WVTC (Mercer, John, Hendershott, Jordan) 3:27.0, Mixed WVTC/BAS 3:27.2; LJ: M. Anderson (Un) 23-9, Johnston(ETC) 22-6, Thibault (Un) 21-10; HS-LJ: Veal (RCS) 21-3 1/2, Priest (Un) 20-1 1/4, Haber (ATC) 20-0 1/2; Sr-LJ: Andrews (BAS) 21-5, Mahany (NCS) 18-6 3/4, Yonge (NCS) 18-4 1/2; TJ: Utley (Stan) 50-4 1/2, Stefes (BAS) 49-5 1/4, Toliver (Stan) 47-1 1/2, Johnston (ETC) 45-3; HS-TJ: Haber (ATC) 42-10; HJ: Halton (NJSA) 6-11, Schneider (BAS) 6-11; HS-HJ: Kraft (MSJ) 6-9, Peterson (Sparks/WVTC) 6-8, Littleboy (Un) 6-4; PV: Lee (Un) 14-6, Dixon (Un/HS) 13-6; SP: Leduc (Un/Kans) 60-7 1/2, Born (BAS) 60-1 1/2, Guevara (Sac) 59-9 1/2, Luka (Cal) 59-4 1/2; Sr-SP: Steele (NCS) 35-2 3/4 (WR-59), Betschart (NCS) 30-10 1/4, York (NCS) 29-7 1/2, Hill

(NCS) 29-3 1/2; DT: Powell (PCC) 206-9, Penrose (BAS) 194-2, L. Kennedy (BAS) 187-11, LeDuc (Un) 177-1, Nave (WVTC) 172-1, Ross (Un) 151-5; HT: Tice (BHS) 177-7, Carlsen (Un) 156-1, Sorenson (Un) 149-2; JT: Burns (BAS) 213-8, Trujillo (RCS) 185-11, Valdez (WVTC) 136-2. /Bob DeCelle/

Jr. Olympics Trials: (June 9, Vacaville) - DT: Burton (Vacaville) 195-1 (Jr. class record). /Track Newsletter/

All-Comers Meet: (June 10, Fairfield) - DT: Louisiana (BAS) 197-6 PR, L. Kennedy (BAS) 184-1, Harrington (Un) 179-9, Nave (WVTC) 178-5 PR, Burton (Vacaville HS/Jr) 168-8 PR, Maco (Un) 160-4, Pal (Jr.HS) 115-5 PR. /Brad Nave/

AAU Championships: (June 14-16, Bakersfield) - 100: S. Williams (SDTC) 9.4; Heats- (II) 3. Payton (BAS) 9.9; Semis- (I) Payton 9.5; 220: S. Williams 20.4, 7. Pettus (BAS) 21.1; Heats- (II) 4. Pettus 21.6; (III) 4. Rodgers (BAS) 21.6; (IV) 5. Hampton (SilverCrkHS) 21.5; Semis- (I) 4. Pettus 21.4; (II) 8. Rodgers nt; 440: Peoples (ASU) 45.2, 3. B. Brown (UCLA) 45.9; Heats- (II) Brown 46.7; 880: Wohlhuter (UCTC) 1:45.6, 4. Brown (Cal) 1:46.8, 9. Lowrey (OSU) 1:53.9; Heats- (II) 3. Lowrey 1:49.3; (III) 2. Brown 1:48.3; Mile: Hilton (PCC) 3:55.9; 3000MSC: D. Brown (Tenn) 8:26.8 PR, 5. Dare (WVTC) 8:39.4, 10. C. Clark (USAF) 8:48.2; 3 Mi: Prefontaine (Ore) 12:53.4, 8. Tuttle (LackAFB) 13:21.0; Heats- (I) 8. Duffy (Nev/WVTC) 13:38.2, 13. Garcia (FresSt) 14:39.0; (II) 6. Tuttle 13:26.2; 6 Mi: Minty (EnMich/GB) 27:20.8 PR, 8. Anderson (OTC) 27:40.2 PR, 11. Fredricksson (USIU/Swe) 28:13.8 PR, dnf-Covert (FullSt), Tibaduiza (Nev/WVTC); 120HH: Hill (Ft.Mac) 13.2; Heats- (I) 6. tie, Carty (BAS) & Gipson (Lamar) 13.9; 440IH: Bolding (PCC) 49.2 PR; 3 MiWalk: Knifton (NYAC) 21:36.4, 3. Ranney (Unat) 21:49.0, disq-Glusker (WVTC) & Duran (WVTC); HJ: Stones (PCC) 7-5 PR, 3. tie, Brown (CPSLO) & Dunn (Colg) 7-2, 10. tie, Halton (ShoreAC), Bernard (SIU) & Schneider (CSH) 6-9; PV: Cotton (Fla) 17-4, 2. Dias (BAS) 17-0, 3. tie, Hamer (CPSLO), Porter (Kan), Mooers (UCLA), Pullard (USC), & Rock (SJS) 16-6; LJ: Williams (USC) 26-1, 8. Rainwater (USAF) 24-5, 13. Anderson (BAS) 22-11; TJ: Craft (UCTC) 55-8 3/4 PR; Qual- Gill (EPTC/India) 50-8 1/4; Non-Qual- Fraser (BAS) 49-9, Terry (Davis) 48-9 3/4; SP: Feuerbach (PCC) 68-1, 5. B. Wilhelm (NYAC) 62-8, 7. Marks (PCC) 62-0, 10. Born (BAS) 59-7; DT: Wilkins (Ore) 211-11 (212-6 qual.), 7. Kennedy (BAS) 193-6, 8. Penrose (BAS) 192-6; Non-Qual- Louisiana (BAS) 174-6, McCollum (CSH) 165-4; HT: Bregar (Navy) 215-4; Non-Qual- McCave (FrPacific) 179-5; JT: Feldmann (CNW) 265-3. /Track Newsletter/

Golden West Invit: (June 16, Sac'to) - 100: Forbes (Fla) 9.5w, 2. Edwards (Santa Ana) 9.6, 4. Redmond (Sac) 9.6; 220: Edwards 20.8w, 4. Redmond 21.5; 440: Tolen (Ill) 48.6; 880: Masback (NY) 1:54.1, Lopez (Alhambra) 1:54.9; Mile: Centrowitz (NY) 4:08.4, 4. Crowley (Gunn/PA) 4:13.1, 6. Williams (N. Torr) 4:30.9; 2 Mi: Braun (Wash) 8:53.2, McChesney (Ore) 8:53.2; 120HH: Florant (Palo Alto) 13.6w, Johnson (Pasadena) 13.6; 180LH: Parmer (Lemoore) 18.6w, Baptiste (Pasadena) 18.8, 4. Andrade (Sacto) 19.2; 330IH: Baker (Tex) 37.4w, 4. Johnson 37.7, 7. Andrade 39.5; JT: Wilcox (La) 223-0; LJ: Ray (Tex) 24-11 1/4, Hardeman (Fresno) 24-3 1/2 (both wind-aided); PV: Scott (Wisc) 15-3; SP: Neidhart (NwptHbr) 69-3 3/4, Doupe (Inglewood) 66-2 1/4, 5. Frugulietti (Alb) 60-9 1/2; TJ: (w) Livers (Pa) 50-6 1/4, 3. LeGrande (Westmont) 49-1 1/4, 4. Andrews (Bakersfld) 47-7 1/4, 6. Miller (Sacto) 46-10 1/2; DT: Voorhees (Tulelake) 198-6, 4. Frugulietti 187-7, 6. Hickson (Leland,SJose) 181-2, 7. Pushkin (Los Altos) 178-10; HJ: Brown (Ga) 6-10, 5. Fries (San Bernardino) 6-6.

Girls' AAU Championships: (June 20-21, Irvine) - 400mH: Crowder (LaMirada) 62.3; Mile: Quatier (Un) 4:53.7, 3. Anex (WS) 4:55.6, 4. Val Eberly (SJCG) 5:00.3, 8. Mears (SJCG) 5:11.6, 11. Guina (SJCG) 5:16.3, 12. Adams (WS) 5:26.1; 440: Weston (WS) 55.0; 100: Randolph (SI) 10.7, 4. Miller (RJ) 10.9; 100mHH: Krug (LaJolla) 13.9; 880: Campbell (SI) 2:08.3, 8. Haughy (SJCG) 2:22.2; 220: Abare (MM) 24.2, 7. Miller (RJ) 24.9; MileWalk: Teegarden (KS) 8:51.7, 4. Zweig (SJCG) 9:10.8 (first flight)---Brodock (SURR) 7:59.8, 6. Dimick (SJCG) 8:32, 10. Wiemer (WS) 9:01.0; 880MR: NYC-PAL 1:46.6; 2MR: BRTC 9:16.4, SJCG "A" 9:20.6, 6. SJCG "B" 9:47.2; 2 Mi: Hart (Un) 11:02.4, 8. Green (SLO) 12:07.6 (1st fit)---Ihrman (PhnxTC) 10:41.6, Anex (WS) 10:55.6, 7. Allen (Lassen) 11:37.6, 10. Adams (WS) 11:49.8; 44OR: MHYF 47.0, 4. RJ 47.8, 5. MLTC 48.2; MileR: AlBOC 3:49.2, 7. MLTC "A" 3:59.9, 9. MLTC "B" 4:14.3; SP: Snider (RobinsonHS) 47-3 1/2, 4. Lane (WS) 44-3; LJ: Schofield (PeoriaTC) 19-2 1/2, 4. Elmore (MLTC) 18-11 3/4; JT: Smith (Un) 177-0, 4. Sulinski (MLTC) 144-0; HJ: Gilbert (Un) 5-10, 4. tie, K. McQuillan (WS) & Blackburn (PA) (8 others) 5-5;



DT: Rivera (SCTC) 145-5, 3. Lane (WS) 135-2. /Harmon Brown/

Women's AAU Championships: (June 22-23, Irvine) - 400mH: Fitzgerald (AdamsTC) 61.1; Mile: Larrieu (SJCG) 4:40.3, 3. Claugus (WS) 4:40.7; 440: Ferguson (WCJ) 54.1, 3. Hammond (SRR) 54.9, 5. Weston (WS) 55.4; 100: R. Davis (TennSt) 10.3w; 100mHH: Johnson (CNW) 12.9, Lansky (SLO) 13.5, Donnelly (SLO) 13.8, Carlsen (SRR) 13.9; 880: Koenig (CGTC) 2:04.7; 220: Ferguson 23.4w (Sighting ran a 23.2 American record in the semis); MileWalk: Marquez (SRR) 7:54.6, 4. Robinson (Xanadu) 8:10.8; 880MR: WCJ 1:43.2; LJ: Watson (LATC) 21-4 3/4w; SP: Seidler (MDYF) 51-8 1/4, 4. Svensen (SLO) 47-4 1/2, 5. Pavelich (SLO) 47-0 1/2; 2 Mi: Claugus (WS) 10:19.4, 3. Anex (WS) 10:34.0; 2 MiR: SJCG (Haughey, Eberly, Poor, Larrieu) 9:08.0, 6. WS 9:17.8; 440R: TennSt 45.5, 6. BerkTC 46.9; MileR: AlbOlymp 3:47.0; HJ: Wilson (SCTC) 5-9, 4. tie, Huntley (Un) & Blackburn (Palo Alto) 5-7; JT: Schmidt (SCTC) 194-6, 3. Cannon (SRR) 170-11, 5. Pickel (CSH) 163-3; DT: Roberts (DelSpts) 173-3; Teams: LATC 44, 7. WS 25, 9. tie, SJCG, SLOTC, & Kettering Striders 20.

Senior Olympics: (June 23-24, Los Angeles) - Only listings of NorCal finishers. Since affiliations were not noted in the results, I may have missed quite a few as I only went by recognition of names. Let me know if I missed anyone and I'll get it printed in next issue. Age groups started at 25-29 and went up in five-year intervals. Number in parentheses following event indicates lower limit of age group. -- 100m: (25) Marshall 10.8; (40) 2. Lingle (BAS) 11.3; (55) Jordan (Stan) 11.6, Guidet (NCS) 11.7; (65) Carnine (NCS) 13.4, Puglizevich (NCS) 13.7; 110mHH: (30) Livers (BAS) 14.7; (35) 2. Andrews (BAS) 15.3; (45) 2. Rademaker (NCS) 16.4; (55) Guidet 19.2; 200m: (40) 2. Lingle 22.8; (55) Guidet 23.6, Jordan 24.3; (65) Puglizevich 28.4; 400m: (65) Carnine 65.6; 400mIH: (35) 2. Andrews 64.6; (45) 2. Rademaker 62.5; (55) Guidet 63.6; 800m: (30) 2. Reade (WVTC) 2:00.5; (40) Lloyd (Stan) 2:00.9; (50) Smith (NCS) 2:26.3; 1500m: (40) 2. Lloyd 4:11.1, 3. Napier (WVJS) 4:16.6; (50) 3. Smith 5:07.6; (55) Preston (NCS) 4:50.5; (60) Bright (Snoh) 5:27.5; 3000mSC: (60) Bright 13:43.8; 5000m: (35) 2. Menzie (MAC) 17:24.0; (45) O'Neil (SFOC) 16:14.0; (60) Bright 19:18.2; 10000m: (35) Menzie 35:30.0; (45) O'Neil 33:47.7; (60) Bright 41:04.6; 5000mWalk: (55) Mooers (Un) 30:55.6; 400mR: (30) 2. BAS 46.9, 3. NCS 48.3; (40) 2. BAS 45.7, 3. NCS 45.7; 1600mR: (25) 2. NCS (time??); (35) BAS 3:35.1; DT: (65) Carnine 132-8, Puglizevich 114-5; HT: (40) 2. Steele (NCS) 108-1 3/4; HJ: (30) Livers 5-10; (40) M. Sanchez (BAS) 5-8; JT: (65) 2. Carnine 109-3; LJ: (30) Livers 20-7; (35) 3. Andrews 21-0; SP: (65) 2. Puglizevich 41-11 1/2; TJ: (35) 2. Andrews 42-6 3/4.

Natl. AAU Junior Championships: (June 22-23, Gainesville, Fla.) (Top two in each event qualified for International Team, with competitions against juniors from Poland, West Germany and Russia this summer). - 100: Suggs (NoCar-HS) 9.5, 5. Farmer (Wilson SF) 9.7; 220: Gilbreath (NMJC) 20.8; 440: Farmer (LASWJC) 46.7; 880: Francis (BostC) 1:48.5, 2. Scott (WSU/ElCerrito) 1:48.5, 3. Robinson (Laney) 1:49.8; Mile: Schilling (SJS) 3:59.2, 6. Gilmore (Lompoc) 4:08.2; 3000mSC: Innes (UCLA) 9:01.6, 6. Hurst (SJS) 9:22.2; 3 Mi: Virgin (Ill-HS) 13:36.8, 2. Grubbs (Ore/WVTC) 13:47.4, 7. Sandoval (Stan) 14:11.6, 8. Kimball (DeLaSalle) 14:14.0; 6 Mi: Williams (Lompoc) 28:45.2, 4. Sandoval 29:25.0, 6. Kimball 29:57.0 (Jr. class record), 7. Pinnocci (WVTC/NoTexSt) 30:04.6, 8. Ruffatto (WVTC/Wash-Fremont) 30:10.6; 120HH: Shipp (LSU) 13.6; 440IH: Schwab (Penn) 51.9; 10KWalk: Mimm (PennAC) 51:45.2, 3. Snazelle (SRW) 52:18.4, 4. Bentley (SRW) 52:25.0; HJ: Miles (LBCC) 7-0, 3. tie, Schneider (CSH) and 5 others at 6-10; PV: Freeman (Fla) 16-0; LJ: Thompson (Bayl) 24-10 1/4, 2. Hardeman (Edison/Fresno) 24-9 3/4; TJ: Lennex (St. Joseph's) 50-11, 5. Tucker (Wash/Easton) 48-8 1/2; SP: Semkiw (ASU) 64-1 1/4 PR, 2. Albritton (Stan) 58-9 1/2; DT: Plucknett (Mo) 171-11, 4. Hickson (Leland/SJose) 167-1; HT: Jackson (PennSt) 202-1; JT: Ewaliko (Wash) 243-11 PR. /TN/

AAU Decathlon: (June 22-23, Porterville) - 1. Bennett (Eagle TC) 8121, 14. Miller (DVC) 6988 (11.2, 21-11 3/4, 41-0 3/4, 6-10 1/4, 51.2, 15.2, 121-1 1/2, 12-1 3/4, 151-9, 5:02.6). Juniors: 1. Brigham (Ore) 7357, 3. Swartzell (SkylineJC) 6144 (11.7, 19-2, 42-11 3/4, 5-6 1/8, 51.4, 15.9, 124-8, 8-6 1/2, 158-10 1/2, 4:41.0). /Track Newsletter/

All-Comers: (June 23, San Bruno) - (OPEN) LJ: Johnston (ETC) 22-7 1/4; 120HH: Allmond (Srmte) 15.0; TJ: Utley (Stan) 49-8, Johnston 45-4; Mile: Dare (WVTC) 4:24.6, Johnson (WVTC) 4:31.5, Hansen (WVTC) 4:36.0; PV: Graham (LBS) 12-6; SP: Blake (Utah) 52-2 1/4, McCollum (CSH) 50-3; 440: Hammond (Un) 51.9, Henkle (SSF) 52.4, Hansen (WVTC) 52.9; DT: Wolf (Ore) 190-10, Blake

161-7, Nave (WVTC) 161-0, McCollum 151-4; 3 Mi: Hogan (WVTC) 14:48.4, Darling (ETC) 14:52.2, Johnson (WVTC) 14:53.2, Schug (Skyl) 15:12.4; 220: Craven (CamWst) 23.6, Freitas (Ch) 23.8; 880: Ryan 2:08.5; HJ: Malveaux (CamWst) 5-10, Giavia (Mills) 5-10, Patos (SM) 5-8; 880: (line above is HS) McCullough (WVTC) 2:02.8; HJ: (line above is HS) Robinson (BAS) 6-4, Ker-mabon (Sky) 6-4, McGinnity (WVTC) 6-2; (HS) LJ: Malveaux 20-3, Gold 19-10 1/2; 120HH: Kennedy (Srmte) 15.2; TJ: Malveaux 43-5; PV: Glaser 10-6; Mile: Powell (Oc) 4:40.2, Young (Cam Wst) 4:50.3, Manriquez (CamWst) 4:53.8; 440: Murphy (CamWst) 53.8, Jones (SE) 54.7; DT: Walker (Amad) 157-11; 2 Mi: John (SRosa) 10:25.6; 220: Westfall (Oc) 24.7. /Harry Young/



(LEFT) OREGON'S AND WVTC'S BOB GRUBBS QUALIFIED FOR A EUROPEAN TOUR WITH A 13:47.4 IN THE U.S. JUNIOR MEET (SHOWN LEADING THE INTERNAT'L PREP INVIT. 2 MILE LAST YEAR) /T&F/ (RIGHT) DAVE HICKSON OF SAN JOSE'S LELAND HIGH TOSSED THE DISCUS 167-1 FOR A PR AT THE SAME MEET. /John Marconi/

All-Comers: (June 27, San Jose) - SP: Marks (PCC) 61-4; DT: Kennedy (BAS) 183-0. /Track Newsletter/

SJCC Decathlon: (June 28-29, San Jose) - (OPEN) Slover (BAS) 6548 (11.4, 20-2 3/4, 40-0 1/2, 6-4, 53.0, 16.3, 103-10, 14-0, 174-11, 5:15.0) - first ever decathlon, Swartzell (Skyline JC) 6458, Johnston (ETC) 6037, Johnk (M-A HS) 5857, Bay (WVTC) 5348, Hendershott (WVTC) 5193, Hecker (Un) 4189, Geer (WCATC) 2761 for 8 events. (15/UNDER) Dumais (Ayer) 5181 (world age-15 mark breaks 4835 by Lindwall of Sweden in 1962), Haniger 3559, Rose 2824, Karbowski 2666, Adams 1603. /Jon Hendershott/

All-Comers: (June 30, San Bruno) - (OPEN) 440R: CCSF 45.7; LJ: Davis (CCSF) 21-1 3/4, Stavish (Skyl) 20-8 1/4, DeRosans (CCSF) 20-6; 120HH: Allmond (CP) 14.6, Pierce (Skyl) 14.6, Swartzell (Skyl) 15.3; Mile: Conroy (ETC) 4:44.0, McCullough (WVTC) 4:50.9, Parson (Un) 4:51.2; SP: Blake (UtahSt) 51-2 1/2, McCollum (CSH) 50-6 1/2, Nave (WVTC) 45-1; PV: Paton (SMHS) 12-0, Hubbard (Stan) 12-0; 100: Pierce 10.2, Shields (Un) 10.2, Orlich (Cal) 10.3; 440: Rubin (Un) 51.8, Hammond (Un) 52.4, Howard (Un) 52.6; TJ: DeRosans 41-9 1/4; 3 Mi: Rios (CSM) 15:41.2, Ryan (Irv) 16:47.0, Shrock (WVTC/Serra) 16:51.0; DT: Wolf (OTC) 186-7, McCollum 169-0, Nave 162-4, Blake 156-10; 220: Pierce 24.0, Marshall (Un) 24.1, Rubin 24.1; HJ: McGinnity (WVTC) 6-2, Bruce (Un) 6-0, Dilley (Un) 6-0; 880: Marohn (Ill) 2:10.0, Hodges (WVTC) 2:14.4, Wright (Un) 2:15.7; (HIGH SCHOOL) 440R: Encinal 46.6; LJ: Fawl (TN) 20-11 1/2, Jones (Logan) 19-7 1/2, Gogan (Serra) 18-10 1/4; 120HH: Johnk (RCS) 15.3, Kennedy (Srmte) 15.4, Hanfield (CamWst) 16.7; Mile: Manriquez (CamWst) 4:48.3, Palladino (Serra) 4:50.4, Moroney (Ara/WVTC) 4:56.7; SP: Schram (Oc) 49-7 1/2; 100: Westfall (Oc) 10.6, Jones (TCTC) 10.8, Lay (SM) 10.9; 440: Murphy (CamWst) 54.2, Allen (Srmte) 55.1, Redmont (TCTC) 57.6; TJ: Buckley (CamWst) 40-10; 2 Mi: Miller (Wstmr) 10:40.4, Palladino 10:47.2; DT: Kehr (Oc) 97-6; 220: Murphy 25.2, Lax (SM) 25.7, Davis (Un) 26.3; HJ: Giavia (Mills) 6-2, Lane (Un) 6-0, Caruso (CamWst) 5-8; 880: Liston (Wstmr) 2:08.8, Young (CamWst) 2:16.2, Shrock 2:32; MileR: Mixed team - 4:22.4. /Harry Young/

Pan-Pacific Satellite Games: (July 1, Ottawa, Canada) - 3000mSC: 1. Dare (WVTC) 8:52.4; 3000m: 1. Quax (NZ) 8:04.4, 6. Anderson (OTC) 8:09.6; PV: no height - Hamer (CPSLO). /Track Newsletter/

Pan-Pacific Satellite Games: (July 7, Victoria, B.C.) - 200m: Pettus (BAS) 20.7w; 3000mSC: 1. Hedy (Aus) 8:29.0 PR, 2. Dare (WVTC) 8:39.2; 400mR: US (Black, Pettus, Deckard, Bond) 39.9. /Track Newsletter/

All-Comers: (July 7, San Bruno) - (OPEN) LJ: Johnston (ETC) 22-5, Banks (Army) 20-8 1/4, Swartzell (Skyl) 18-8 1/4; 440R: CCSF 45.0; 120HH: Allmond (Srmte) 14.5, Pierce (Sky) 14.7, Swartzell



14.9, Dilley (UCSB) 15.2; Mile: Johnson (WVTC) 4:30.2, Zapata (WVTC) 4:36.8, Fiamengo (Columbia U) 4:46.2; TJ: Johnston 45-5 3/4, Martinelli (Skyl) 43-3, Banks 41-4 1/4; SP: McCollum (CSH) 50-8, Nave (WVTC) 45-6, Swartzell 42-2 3/4; 100: Kirtman (WilsonSF) 9.9, Ford (CSULB) 10.0, Shields (CamWst) 10.0, Marshall (Whittier) 10.2; 440: Thomas (CCSF) 52.5, Henkle (SSF) 53.3, Hammond (Un) 54.4; DT: McCollum 164-0, Nave 157-3, Swartzell 121-10; 3 Mi: Zapata 15:08.0, Johnson 15:08.0, Fiamengo 15:49.6; 220: Kirtman 23.2, Marshall 23.4, Shields 23.5; HJ: Johnston 6-2, Dilley(Un) 6-0, McGinnity (WVTC) 5-10; 880: Reade (WVTC) 2:09.0, Wright (CamWst) 2:14.4, Roberts (SF) 2:15.1; (HIGH SCHOOL) LJ: Gilmore (SI) 20-2 1/4, Canfield (Dublin) 20-1, Fraysse (SSF) 19-7 1/4; 440R: Mixed Team 45.2; 120HH: Johnk (M-A) 15.0, Wright (VicVly) 15.8, Humfeld (CamWst) 16.3; TJ: Buckley (CamWst) 41-2 3/4, Fraysse 40-3 1/4; SP: Kremer (Un) 41-3 1/2; Mile: Powell (Oc) 4:40, Young (CamWst) 4:46.8, Woodhouse (SRaf) 5:02.4; 100: Johnk 10.3, Saufley (CamWst) 10.4, Parkinson (M-A) 10.7; 440: Carroll (CamWst) 54.5, Nathanson (Low) 55.6, Johnk 56.2; 2 Mi: Moroney (Ara/WVTC) 10:30.0, Shrock (Serra/WVTC) 10:47.8, Radcliffe (SFChuc) 11:06.8; 220: Johnk 24.7, Parlsman (M-A) 24.9, Soufley 24.9; HJ: Caruso (Cam Wst) 5-7, Kleppe (Hills) 5-7, Miller (Bak) 5-7; 880: Murphy (CamWst) 2:09.9, Nathanson 2:09.9, Carroll 2:15.0. /H. Young/

International Meet: (July 4, Koblenz, WG) - 100m: 1. Ehl (WG) 10.5, 6. Tipton (WVTC) 10.9; 400m: 1. Newhouse (PhilPC) 45.7, 3. B. Brown (UCLA) 47.1. /Jon Hendershott, Track Newsletter/

US-West Germany-Switzerland: (July 11, Munich, WG) - PV: Cotton (Fla) 17-0 3/4, 5. Dias (BAS) 16-5; SP: Feuerbach (PCC) 68-11 1/4; DT: Powell (PCC) 203-7. /Track Newsletter/

US Juniors 132, West Germany Juniors 80: (July 14, Heidenheim, WG) - 800m: 1. Francis (BostC) 1:49.8, 2. Scott (WSU/ElCerrito) 1:50.0; 1500m: 1. Centowitz (PowMem/NYC) 3:49.5, 2. Schilling (SJS) 3:54.1; 3000m: 1. Orthmann (WG) 8:08.8, 3. Virgin (Leb/Ill) 8:16.4, 4. Grubbs (Ore/WVTC) 8:31.4; LJ: Hardeman (Edis/Fresno) 24-3; SP: Albritton (Stan) 59-5 3/4. /Track News1./

All-Comers: (July 14, San Bruno) - (OPEN) 440R: Skyline JC 45.8, CCSF 46.0; LJ: Davis (CCSF) 22-9 1/2, DeRosans (CCSF) 20-1 1/2, Malveaux (CamWst) 19-11 1/2; Mile: Light (Mass) 4:29.1, Shaw (BerkTC) 4:31.4, Bordoni (Stan) 4:32.9, Darling (ETC) 4:34.4; 120HH: Pierce (Skyl) 14.9, Swartzell (Skyl) 15.0, Streeter (WVTC/Chile) 15.5, Walls (SJS) 15.5; SP: Mannon (Cal) 52-7 3/4, McCollum (CSH) 51-4 1/4, Nave (WVTC) 45-0 3/4; PV: Trueman (Skyl) 13-0, Hubbard (Stan) 13-0, Pratt (BYU) 13-0; 100: Kirtman (WilsonSF) 10.2 & Orlich (Cal) 10.2 (tie), Rubin (Wash) 10.3; DT: McCollum 175-5, Nave 168-1, Mannon 135-1; TJ: DeRosans 45-4 1/4, Walls 45-3, Buckley (CamWst) 41-5 1/2; HJ: McGinnity (WVTC) 6-6; Kermabon (Un) 6-2, Lee (WVTC) 5-10; 440: Henkle (SSF) 52.0, Pierce (Skyl) 52.5, Swartzell 53.8; 3 Mi: O'Hara (GB/Masters) 14:42.0, Higdon (IndStr) 14:54.0, Darling 15:02.6, Schug (Skyl) 15:11.4; 220: Shields (CamWst) 23.6, Freitas (Chab) 23.8, Rubin 24.1; 880: Harris (UCD) 2:08.5, Miller (VOMTC) 2:14.7, Evans (MLTC) 2:18.6; (HIGH SCHOOL) 440R: SSF 46.2; LJ: Allen (Srmte) 21-4 1/2, Gilmore (SI) 20-5 1/4, Adams (Srmte) 19-9 1/2; Mile: John (VOMTC) 4:55.5, Krichko (CamWst) 4:57.7, Lee (Chuckers) 5:04.6; PV: Garrison (TN) 11-0; 100: Henkle (SSF) 10.4, Allen (Srmte) 10.5, Preston (SSF) 10.8; 120HH: Kennedy (Srmte) 15.4, Wright (VicVly) 16.1, Humfeld (Cam Wst) 16.4; DT: (none); TJ: Malveaux (CamWst) 40-0 1/2, Adams (Srmte) 38-7 1/4; HJ: Wright (RCS) 6-0, Malveaux 5-10, Leach (Carl) 5-8; 440: Nathanson (SFChuc) 55.4, Ford (Enc) 58.5; 2 Mi: John 10:23.0, Martin (Drake TC) 10:46.4, Yaniechi (Wstmr) 10:57.2; 220: Kennedy (Srmte) 24.4, Allen (Srmte) 24.8, Adams (Srmte) 25.6; 880: Nathanson 2:15.1, Chen (SFChuc) 2:22.2, Johnson (SFChuc) 2:50; (MASTERS) LJ: Dick 14-3 1/2; SP: Georg (WG) 34-6, York (NCS) 29-11 (Age 60 WR), Hill (NCS) 28-4 3/4, Dick (Un) 25-4 (Age 62 WR); Mile: Dellar (GB) 4:53.5, Kimber (GB) 4:53.7, Dean (GB) 5:10.2; 120HH: Cain (NCS) 15.5, Rademaker (SFCC) nt; TJ: Dick 28-4; 100: Cain 10.5, Anderson (NCS) 10.6, Marlin (NCS) 10.7, Guidet (NCS) 10.7, Rademaker 11.0; 440: Cain 55.3, Duran (NCS) 56.7, Fields (GB) 57.0, Anderson 57.1, Hughes (GB) 58.2; DT: Dick 102-4, Georg 93-11, York 92-4; 3 Mi: Hall (GB) 16:24.6, Andrews (GB) 16:40, Snavelly (NCS) 17:00.8; 220: Guidet 24.8, Rademaker 24.9, Duran 25.5; 880: Hughes 2:11.0, Nachbar (NCS) 2:13.1, Hutchinson (NCS) 2:31.7, Smith (NCS) 2:32.2. -- Masters events were a special series for international guests from England. /Harry Young/

US 143-Italy 78: (July 17, Turin, Italy) - 10,000mWalk: Visini (I) 44:15.2, 3. Brown (ColTC) 45:47.4, 4. Ranney (Un) 46:07.0; PV: Cotton (Fla) 17-4 3/4, 2. Dias (BAS) 16-8 3/4; SP: Feuerbach (PCC) 67-11 1/2; DT: Powell (PCC) 210-11 1/2. /Track Nws1/

US vs. Poland, Juniors: (July 20, Warsaw, Poland) - SP: Albritton (Stan) 59-2; 3000m: 1. Virgin (Leb/Ill) 8:16.0, 2. Grubbs (Ore/WVTC) 8:20.2; Women's-400m: Weston (WS) 54.3.

## ROAD RACE RESULTS

Masters Natl. AAU 25 Kilo Run: (April 7, Shawnee Mission, Kans.) 1. Higdon (Ind.Str.) 1:22:33, 2. Goldberg (Ill.TC) 1:30:58, 3. Dave Waco (Culver City AC) 1:34:04. /AAU News/

Junior Natl. AAU 25 Kilo Run: (April 7, Shawnee Mission, Kans.) 1. Brown (Summit AC) 1:23:45, 2. Katzor (Un) 1:34:06, 3. Mowry (Un) 1:35:21, 4. Ray Cerankowski (Castle AFB, CA) 1:35:40. /AAU/

Lakewood Spring Sports Festival: (May 6, Lakewood) - 1. Kurrle (PCC) 29:50, 2. Griffin (Un) 30:38, 3. Anderson (SBAA) 31:52, 4. Chambliss (SBAA) 32:00, 5. Beal (Un) 32:15, 6. Young (Un) 32:25, 7. Rubino (Un) 32:26, 8. Theriault (STC) 32:35, 9. Wampler (GTC) 32:48, 10. Swain (Un) 33:18...12. Gorman (STC) (40 33:24...(6.1 miles, 190 finishers, new course record by 38 seconds) /John Brennand/

SPA-AAU 20 Kilo Championships: (May 12, Griffith Park, LA) - 1. Kurrle (BHS) 1:01:28, 2. Cox (Un) 1:04:11, 3. Kushner (GWAA) 1:04:27, 4. George (Un) 1:04:37, 5. Schmenk (ELATC) 1:04:59, 6. Toledo (STC) 1:05:42, 7. Schofield (SBAA) 1:05:42, 8. Ferguson (AIA) 1:06:38, 9. Anderson (SBAA) 1:06:50, 10. Chambliss (SBAA) 1:07:11, 11. Alfaro (GWAA) 1:07:25, 12. Dobrenz (GWAA) 1:07:38, 13. Donovan (SBAA) 1:07:45, 14. Sybert (AIA) 1:08:04, 15. Theriault (STC) 1:08:08...21. Smartt (BHS,40+) 1:09:07, 23. Gorman (STC,43) 1:09:18. (142 finishers) /John Brennand/

Mt. Wilson Trail Race: (May 26, So.Cal.) - (9.5 miles) 1. Kurrle (BHS) 56:29 (new recd., old recd. Tracy Smith--56:58 in 1967), 2. Ryan (GWAA) 59:17, 3. Schmenk (ELATC) 59:22, 4. Lambert (Un) 59:25, 5. Ting (Un) 59:39, 6. Moffitt (GNG) 59:52, 7. Arguilla (Un) 61:57, 8. Rubino (Un) 62:13 (1st HS), 9. Ursulo (Un) 62:26 (2nd HS), 10. Young (Un) 62:36. (216 finishers) /J.Brennand/

DSE Golden Gate Vista Run: (May 27, S.F.) - (5+ miles) 1. Fitzgerald 29:27, 2. Smith (WVJS) 29:46, 3. Tracy (WVTC) 30:26, 4. Vargas (WVTC) 31:12, 5. MacMahon 31:43, 6. Stagliano (DSE) 31:49, 7. Jensen (DSE) 31:56, 8. Moore (DSE) 32:32, 9. Benarroch (DSE) 33:18, 10. ???, 11. Cunneen (PAMA) 34:03, 12. Abad (DSE) 34:23, 13. ???, 14. Plymale (PAMA) 34:47, 15. Campbell (WVJS) 34:51. (125 finishers) /Grace Ruth/

Fontana Days Handicap Run: (June 2, So.Cal.) - (13.5 miles) - 1. Kurrle (PCC) 1:02:18 (new recd., old recd. Mark Covert 64:56), 2. Scobey (Un) 1:03:42, 3. Harter (SMAA) 1:06:32, 4. Griffin (Un) 1:08:40, 5. P. Miller (Un) 1:08:59, 6. L. Ryan (GWAA) 1:09:30, 7. Angel (Un) 1:11:26 (1st HS), 8. Colley (Un) 1:11:26 (2nd HS), 9. Herley (Un) 1:11:49 (3rd HS), 10. Foltz (Un) 1:11:50. (100 finishers) /John Brennand/

7th Palos Verdes Marathon: (June 9, Palos Verdes) - 1. T. Howell (Un) 2:35:00, 2. Ting (Un) 2:36:46, 3. Young (Un) 2:36:49, 4. Williams (SRC) 2:39:16, 5. Burgasser (Un) 2:40:28, 6. Jensen (Un) 2:43:04, 7. Carlson (Un) 2:43:46, 8. Sasuga (Un) 2:45:38 (1st HS), 9. Rubino (Un) 2:45:40 (2nd HS), 10. Bartek (SBAA) 2:46:14 (1st 40+),...34. Paul Reese (NCSTC) 2:59:24 (2nd 40+). (892 starters, 499 finishers) /John Brennand/

Stagecoach Run: (June 16, Jacksonville, Ore.) - (13.5 miles) 1. Wolfe (Ore) 1:13:51, 2. Crockett (Eugene) 1:14:53, 3. Labrie (SRRC) 1:15:42, 4. Frantz (Grants Pass) 1:16:26, 5. Johnson (Medford) 1:16:37, 6. Meyer (SRRC) 1:20:49 (1st 30-39),...8. Escarda (SRRC) 1:21:40 (1st 40-49), 9. Tarin (WVJS) 1:22:26 (2nd 40-49), 10. Gilchrist (SRRC) 1:22:45 (3rd 30-39),...18. Anderson (SRRC) 1:30:57 (1st 50+), 20. Frederick (SRRC) 1:33:47, 22. B. Tarin (WVJS) 1:35:50 (2nd 15-19), 24. Nagle (San Ramon) 1:37:46 (1st 14/U), 25. Kirby (SRRC) 1:37:53, 29. Conner (McKinleyville) 1:41:53, 30. Hazen (Livermore) 1:43:59. (33 finishers) /Dick Gilchrist & Dick Meyer/

Griffith Park 13 Kilo: (June 24, LA) - 1. Scobey (Un) 44:53 (record), 2. Kushner (Un) 45:29, 3. Chaidez (Un) 45:39, 4. Rodriguez (Un) 46:30, 5. Hanson (Un) 47:51...9. Gorman (STC) 49:38 (1st Sr). (82 finishers) /John Brennand/

Scobey Wins Five Races in Fireman's Olympics: (June ??-23, LA) Ex-West Valley ace Bill Scobey, forced out of the AAU Marathon because of flu on June 17, won the 880, mile, 2 mile, 6 mile, and marathon (2:40) here. No other times available. /Brennand/



Morro Bay to Cayucos Fun Run: (June 24, Morro Bay) - (6 mile, low-tide beach run) - 1. Ed Cadena (AIA) 32:38 & Vince Engel (SLO) 32:38 (tie), 3. Beaten (CCAC) 33:00, 4. Nanninga (WVTC) 33:17, 5. Schmickrath (LB) 33:59, 6. White (Vand) 34:05, 7. Harney (CCAC) 34:10, 8. Lopez (Goleta) 34:11, 9. Hatchner (FGTC) 34:45, 10. Freyne (CCAC) 35:26, 11. Thornton (HSTC) 35:48, 12. Martinez (HSTC) 35:48, 13. Southwick (FGTC) 35:51, 14. R. Reynaga (HSTC) 35:59, 15. Fertig (FGTC) 36:13, 16. Lopez (Bak) 36:19, 17. Costa (Lompoc) 36:24, 18. Flanigan (PacPal) 36:47, 19. Wingerid (SYnez) 36:50, 20. Gates (HSTC) 36:55, 21. Carman (STC) 37:15, 22. Peterson (MorroBay) 37:17, 23. Bullfinch (CCAC) 37:20, 24. M. Thornton (HSTC) 37:29, 25. Davis (SBarb) 37:42...39. Mendoza (Porterville) 39:39, 76. Spangler (Belmont) 45:35, 91. Wilkie (SJose) 48:24, 97. Bertolone (Haywd) 49:47, 101. Emer (Concord) 50:36, 108. Branning (SF) 51:31, 111. Venuto (SF) 51:39, 120. Marcum (Davis) 52:52, 133. Strong (SCLara) 59:04. (157 finishers) /Terry Record/

\*\*\*\*\* **HELP!** \*\*\*\*\*

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★NOR-CAL RUNNING REVIEW★

Pat Finn Leads Chico State Sweep at Sacramento River Run: (June 3, Redding) - Chico State runners dominated the open division of the Fourth Annual Sacramento River Run, with four in the first five finishers. Pat Finn won the race in 40:45, some two-and-a-half minutes off Bill Scobey's 1970 course record of 38:14. Last year's winner, Pat Stordahl, was a rather distant second today in 41:21. Peter Hanson, 31 years of age, from Colfax, ran a greatly improved race and finished sixth at 43:06. The amazing Jim O'Neil (all 48 years of him) was seventh place overall and first senior finisher at 43:17. He lowered the previous best senior time (44:46), set last year by Ross Smith. Deborah Finn took the trophy for first woman finisher (she's 18) with a very creditable time of 50:48 in 25th place, ahead of almost one-half the finishing field. /Bob Malain/ --8 Miles, paved and dirt roads.

1 - Pat Finn (Chico St)	40:45	11 - Mike Larsen	45:10	21 - Lee Adams (Solano TC)	49:00
2 - Pat Stordahl (Chico St)	41:21	12 - Mickey Brodie	45:37	22 - Lee Leonard	50:04
3 - Kim Ellison (Chico St)	41:46	13 - Rodney Smith	46:14	23 - Gordon Bertoglio	50:06
4 - Mark Elias (Humboldt St)	42:13	14 - Dan Chapman (Chico St)	46:28	24 - Bob Waters (40+)	50:07
5 - Jim Price (Chico St)	42:55	15 - Richard Gilchrist (SRRC)	46:51	25 - Deborah Finn (1st woman)	50:48
6 - Peter Hanson (Colfax RC)	43:06	16 - Don Feser	47:41	26 - Melvin Anderson (SRRC)	51:00
7 - Jim O'Neil (SF Olympic Club)	43:17	17 - Richard Scott (Alameda TC)	48:17	27 - Mike Slater	51:30
8 - Mark Burch (1st junior)	44:19	18 - Bob Turner	48:35	28 - Rocky Waters	51:51
9 - Richard Meyer (Six Rivers RC)	44:41	19 - Don Smith	48:35+	29 - Billy Marinell	51:57
10 - Dennis Butler	45:09	20 - John Mansueto	48:54	30 - Scotty Hepburn	52:19

Ruffatto and Camp Take Statuto Titles: (June 3, San Francisco) - This year the S.F. Athletic Club-sponsored events (4 and 8 miles, both a little long, but no one really knows how much...probably about 1/4 mile per 4-mile loop) were both started at the same time (different than in previous years when two races have been held, except that only the 8-miler has been held in recent years). With this in mind, it was a real psychological affair, with everyone wondering if he was competing against a 'shortie' or a 'longie'. Runners in each race had differently marked numbers, but that didn't really help too much since they were worn on the front. West Valley TC's Mike Ruffatto jumped out right away to pace the field with Phil Camp right on his heels. The two came through the finish line together (except that Mike only went one lap and Phil had yet another to run)...21:18. Nearest competitor in the short race was Bob Darling of Excelsior TC, over 40 seconds back. Alameda TC's Angelo Martinez hung up a good clocking of 44:34, enough to break Jack Leydig & Bob Darling's 1972 course record by 20 seconds...but not good enough to best Phil Camp in the 8-miler, as the Alameda-based Navy runner knocked a full minute from the previous course best with his 43:54. The team battle was much closer than the individual race in the 4-miler, with West Valley TC edging out a strong Excelsior TC squad, 40-50. The longer race was not nearly as close as WVTC registered a 31-78 margin over Alameda TC. All the senior competitors decided to have a go at the 'eight', whereas the open fields were both quality. Ken Napier powered to his usual strong overall finish (14th) in 48:31, some three-and-a-half minutes up on second-place Peter Wood. Peter Mattei, just returning to road racing after a long absence, picked off the third spot. We're not sure about the top women finishers since the results listed merely first-name initials and no divisions, however, as best as we can determine, Jean Maier pulled off a close victory over Skip Swannack in the 8-miler (61:06 to 61:25), 110th to 115th. Lucy Bunz of the UC Med-Center was an even closer third with her 61:30 in 118th. Approximately 150 finished each race. Following are the 4-mile results, with the 8 miler on the next page. /John Valentini/

1 - Mike Ruffatto (West Valley TC)	21:18	13 - Bob Powell (Oceana HS)	24:01
2 - Bob Darling (Excelsior TC)	22:00	14 - Bob Cooper (FRC)	24:03
3 - Roy Kissin (West Valley TC)	22:12	15 - Michael Garrett (Un)	24:08
4 - Pete Sweeney (Un)	22:13	16 - Joe Mangan (FRC)	24:27
5 - Bill Kelly (Un)	22:55	17 - Dennis Tracy (WVTC)	24:28
6 - Mike Conroy (Excelsior TC)	23:04	18 - Dave Cantrell (PHIFC)	24:30
7 - Eugene Fitzgerald (Pamakid)	23:06	19 - Dan Preston (Un)	24:36
8 - Bill Light (Un)	23:12	20 - Dean Williams (ETC)	24:36
9 - Vic Cary (West Valley TC)	23:14	21 - Walter L. Byrd (Police AL)	24:38
10 - Frank Donohue (Excelsior TC)	23:16	22 - Thomas Gallagher (BARE)	24:46
11 - Dave Himmelberger (WVTC)	23:56	23 - Gus Cano (Excelsior TC)	24:54
12 - Mike Eash (Excelsior TC)	23:57	24 - Pat McVeigh (Police AL)	24:59



Mike Ruffatto, winner of the Statuto 4-mile by over 40 seconds. /John Marconi/



25 - Bill Flint (Cal-St Stanislaus) 25:00	32 - D. O'Leary (Police AL) 25:51	39 - Unknown runner (Unregistered) 26:48
26 - Steve Locy (Un) 25:04	33 - D. Clemens (PHIFC) 26:06	40 - J. Morrissey (Police AL) 26:49
27 - Mike Timmerman (Un) 25:06	34 - D. Keller (RC Striders) 26:10	41 - M. Orozco (Un) 26:50
28 - R. Slicker (PHIFC) 25:38	35 - G. Eger (FHS) 26:15	42 - W. Allen (CBAC) 26:54
29 - J.C. Lee (Un) 25:39	36 - R. Amador (Un) 26:31	43 - H. Schmulewicz (Police AL) 27:00
30 - R. Haugen (Alameda TC) 25:40	37 - Jeff Knox (Alameda TC) 26:32	44 - F. Leoni (Un) 27:05
31 - Don Choi (Un) 25:43	38 - Ted McRice (West Valley TC) 26:35	45 - J. Simons (Un) 27:30
1 - Phil Camp (US Navy) 43:54	21 - Kent Guthrie (Un) 49:58	41 - R. Criner (Pleasant Hill T&FC) 53:18
2 - Angelo Martinez (Alameda TC) 44:34	22 - Wes Hildreth (Un) 50:04	42 - Richard Kell (Pamakids) 53:27
3 - Mike Pinocci (West Valley TC) 45:11	23 - John Toki (Alameda TC) 50:16	43 - M. Sigmun (Alameda TC) 53:32
4 - Dan Anderson (West Valley TC) 45:39	24 - Wayne Gulsher (Un) 50:30	44 - Dave Chatterton (Pamakids) 53:41
5 - Ken Scalmanini (Pamakids) 46:03	25 - Darrell Jeong (Pamakids) 50:39	45 - D. Kroll (Un) 53:44
6 - Rich Delgado (West Valley TC) 46:23	26 - C. Hovick (Alameda TC) 50:51	46 - Peter Mattei (NCSTC) 53:54
7 - Tim Howard (Un) 46:44	27 - Mike Duncan (West Valley TC) 51:09	47 - V. Moreno (Un) 53:57
8 - Bill Seaver (West Valley TC) 46:45	28 - B. Jensen (Un) 51:14	48 - C. Hurlburt (US Navy) 53:58
9 - Leonard Suarez (Un/Arizona) 47:43	29 - John Comisky (Pamakids) 51:17	49 - J. Lunde (CSS) 54:14
10 - Alex Aguilar (West Valley TC) 47:44	30 - Peter Wood (NCSTC) 52:04	50 - D. Dong (Un) 54:28
11 - Jack Leydig (West Valley TC) 48:19	31 - O. Bastin (Napa Valley RC) 52:06	51 - J. Leavitt (Dolphin/South End) 54:30
12 - Tom Chavez (Pleasant Hill T&FC) 48:21	32 - Bernie Sullivan (Pamakids) 52:09	52 - R. Main (Un) 54:43
13 - Rudolfo Narvaez (Un) 48:24	33 - Unregistered runner 52:18	53 - H. Branchili (Un) 54:45
14 - Ken Napier (West Valley J&S) 48:31	34 - Orval Osborne (West Vly J&S) 52:26	54 - S. Cittarella (Un) 55:13
15 - Doug McLean (West Valley TC) 48:49	35 - Ron Peck (CSP) 52:27	55 - Alex Monterossa (Pamakids) 55:18
16 - Joe Taxiera (Alameda TC) 49:04	36 - Bill Long (Pamakids) 52:52	56 - L. Pulroy (Un) 55:32
17 - Tim Jordan (Golden West TC) 49:23	37 - M. Millward (Un) 52:59	57 - Vic Weber (West Valley J&S) 55:35
18 - Bob Immethun (Alameda TC) 49:41	38 - M. Coke (Un) 53:04	58 - A. Huey (Un) 55:42
19 - Lester Mina (Alameda TC) 49:48	39 - J. Dunn (Pamakids) 53:15	59 - S. Smith (Alameda TC) 55:45
20 - Clark Rosen (Pamakids) 49:58	40 - Jim Allen (Alum Rock RA) 53:16	60 - G. Roach (Un) 55:51

Steve Dean Returns to Action...Wins Newtown XC Race: (June 9, Placerville) - Golden West TC's and ex-Sacramento Stater Steve Dean returned to form in fine fashion, setting a course record over the hilly (listed 5 mile?) terrain near this Sierra foothill town. Dean, now 23 years old and 2:20 marathoner at Boston last year, bested teammate Ron Plemons by well over a minute, with 18-year-old David Boyel taking third spot in an excellent 37:05. Always-tough senior Jim O'Neil of Sacramento won his category by over two minutes, as fast-improving John Perkins of the Gold Spike Runners ran a strong second in that division, well ahead of third-placer Gough Reinhardt. Christine Edwards, only one of two women finishers, clocked 61:13 in 37th, while Gloria Miller, the other distaff competitor, trailed by nearly 14 minutes (75:08) in 39th spot. Ex-Dipsea winner, Ernie Marinoni of Placerville, now a ripe old 68, hung up an excellent 56:15 for 32nd overall in a field of 40 finishers. The top 30 are listed here. /Ernie Marinoni/

1 - Steve Dean (Golden West TC) 35:37	11 - Jim O'Neil (SF Olympic Club) 40:42	21 - Lee Adams (Solano TC) 49:07
2 - Ron Plemons (Golden West TC) 36:58	12 - Dan McFall (Un) 41:02	22 - Larry Sharp (Un) 51:16
3 - David Boyel (Un) 37:05	13 - George Rogers (Un) 42:13	23 - Garth Williams (Un) 51:19
4 - Mike Larson (Un) 37:36	14 - Pat Shiavo (Un) 42:13	24 - Mike O'Neil (Un) 51:33
5 - Frank Krebs (Golden West TC) 38:12	15 - Jim Eastman (Del Oro HS) 42:24	25 - Dennis Letl (Un) 52:55
6 - Sammy Trujillo (Un) 38:27	16 - John Perkins (Gold Spike R) 42:51	26 - Pat Bunds (San Juan Striders) 53:17
7 - Jim McFall (Un) 39:02	17 - Gough Reinhardt (NCSTC) 45:34	27 - Larry Deckard (Un) 53:30
8 - Richard Ellis (Un) 39:32	18 - Pete Schoner (RRC) 45:40	28 - Al Wiggins (NCSTC, 51) 53:39
9 - Kevin Furey (Golden West TC) 40:27	19 - Al White (Un) 45:51	29 - Ernest McQueen (Un) 53:57
10 - Henry Morales (Gold Spike R) 40:28	20 - Lindy Valdez (Un) 46:03	30 - Luka Sekulich (NCSTC) 55:08

Beardall Wins Woodminster Handicap; Dan Anderson Has Fast Scratch Time: (June 9, Oakland Hills) - Marin AC's Darryl Beardall, having one of his best races in a long time, got past little R.A. Martinez (12 & under division) in the last 600 yards to win the annual Woodminster handicap event in a corrected time of 52:38, good for the third best scratch time, and 1:35 better than his time in 1972 when he won by 20 seconds. However, the course was changed slightly (no one knows how much) and so times really can't be compared. Dan Anderson edged Rich Kimball in a slight upset and was top scratch finisher in 49:06. Jim Shettler easily bested teammate Gil Tarin for senior honors (54:56 to 56:50), with Bill Kirchmier a surprise third-placer at 58:09. Debbie Rudolph ran a fantastic race (65:37) to trounce Skip Swannack by over five minutes in the women's division, with Fran Conley, admittedly out of shape, another 1:20 back. Actual times (handicap in parentheses) are given below for the top 60...subtract handicap to get finish time. (185 finishers, approx. 9.3 miles) /Charles MacMahon/

1 - Darryl Beardall (MAC) (4) 52:38	21 - S. Lyons 54:48	41 - Chuck Stagliano (DSE) 57:57
2 - R.A. Martinez (12) 60:48	22 - R. Buxton (4) 59:10	42 - M. Dowling 58:17
3 - Dan Anderson (West Valley TC) 49:06	23 - W.H. Jensen (4) 59:15	43 - Charles MacMahon (RRC) (8) 66:20
4 - Rich Kimball (Un) 49:18	24 - T. Smith 55:17	44 - C. Morgan 58:21
5 - Harry Cordellos (DSE) (Blind,30) 79:29	25 - Derl Crowder (NCSTC) (8) 63:18	45 - D. Larson (4) 62:31
6 - Wayne Plymale (ran with Harry) 79:29	26 - D. Skram 55:21	46 - H. Banford 58:44
7 - Debbie Rudolph (15) 65:37	27 - Ralph Paffenbarger(NCSTC)(8) 63:24	47 - D. Basley 58:49
8 - Jim Shettler (WVJS) (4) 54:56	28 - Don Lucero (NCSTC) (8) 63:52	48 - Chuck Benarroch (DSE) 58:50
9 - J. Finch (4) 55:23	29 - Skip Swannack (DSE) (15) 70:56	49 - F. Svensson (8) 66:51
10 - Peter Mattei (NCSTC) (8) 59:35	30 - Dennis Tracy (WVTC) 55:59	50 - Vito D'Aloia (Joggers)(8) 67:03
11 - Harold DeMoss (West Valley) (4) 56:35	31 - Tom Pinckard (NCSTC) (4) 60:01	51 - Gough Reinhardt (NCSTC) (4) 63:13
12 - Gil Tarin (West Vly J&S) (4) 56:50	32 - Jim Allen (DSE) (8) 64:04	52 - S. Smith 59:14
13 - Wes Hildreth (Un) 53:20	33 - Lynn Walker 56:23	53 - W. Bigelow (12) 71:21
14 - Chris Hovick (Alameda TC) 53:20	34 - Jack Kirk (Un) (15) 71:28	54 - Ernst L. Hayman (Un)(4) 63:24
15 - Clark Rosen (Pamakids) 54:09	35 - J. Thomas 56:38	55 - J. Helton 59:26
16 - Bill Kirchmier (NCSTC) (4) 58:09	36 - Bernie Sullivan (Pamakids) 56:51	56 - B. Smith 59:33
17 - Mike Coke (4) 58:09	37 - T. Plant 57:11	57 - D. MacMahon 59:40
18 - Harold Roth (4) 58:14	38 - Fran Conley (Stanford RC)(15) 72:16	58 - T.K. McManus (4) 63:52
19 - Peter Wood (NCSTC) (4) 58:18	39 - K. Jearls 57:30	59 - D. Kroll 59:54
20 - Tom Cathcart (LVRC) 54:42	40 - Ron Peck (Un) 57:44	60 - R. Anderson (Woman,15) 75:03



(LEFT) STEVE DEAN (#90) WON THE NEWTOWN XC RUN AND GOT SECOND AT NOVATO. /John Marconi/ (RIGHT) MARIN'S DARRYL BEARDALL WON THE WOODMINSTER HANDICAP RUN. /Jeff Kroot/



Joe McDevitt Surprises at Novato Ridge Run: (June 16, Novato) - Not known for the quantity of races he runs, West Valley TC's Joe McDevitt certainly doesn't mess around when he does compete. After finishing 24th in last year's Boston Marathon with a 2:25:28 clocking, Joe hadn't been heard from much. Today was a different story, however, as he upended Golden West TC's Steve Dean by a margin of 16 seconds. Steve has also been on the comeback trail lately. Overall, the race was a close one throughout, and the battle for the top six spots was only a 28-second margin. Mike Conroy and Ken Scalmanini just got nipped by Dean, and Jim Shettler, who will turn 40 this month (August), nipped Darryl Beardall in fifth and sixth respectively. Golden West easily won the team title. Shettler had one of his best days ever in defeating senior rival Ken Napier by some two minutes!! No one else was even close in that division. Lille Koski ran a very commendable 56:59 (135th) as the first distaffer. We think Elaine Pedersen was second woman (176th, 61:38), but if not, someone please let us know. Dave Ramer took top high school honors in 11th spot. Ron Elijah's 1972 course mark of 39:35 was not endangered, and despite the AAU Marathon being the next day, a crowd of 209 managed to complete the 6.5 mile (?) hilly course. /Dick Cordone/

1 - Joe McDevitt (West Valley TC)	41:18	21 - Rich Alexander (VOMTC)	44:12	41 - Albert Miller (VOMTC)	46:29
2 - Steve Dean (Golden West TC)	41:34	22 - Gary Lathrop (Un)	44:14	42 - Wes Hildreth (Marin AC)	46:31
3 - Mike Conroy (Excelsior TC)	41:35	23 - Fred Kenyon (VOMTC)	44:17	43 - Pat Schiavo (Golden West TC)	46:35
4 - Ken Scalmanini (Pamakids)	41:38	24 - Unidentified Runner	44:28	44 - Pete Dinno (Un)	46:39
5 - Jim Shettler (West Valley J&S)	41:45	25 - John Noonan (High Sierra TC)	44:50	45 - Frank Donohue (Excelsior TC)	46:46
6 - Darryl Beardall (Marin AC)	41:46	26 - George Rogers (Golden West TC)	44:58	46 - Tom Plant (Un)	46:58
7 - Mike Tulley (Golden West TC)	42:01	27 - Dave Boyet (Golden West TC)	45:05	47 - Jim Engle (Napa Valley RC)	46:59
8 - Terry Pintane (VOMTC)	42:09	28 - Doug Butt (Marin AC)	45:05	48 - Fred Leoni (Un)	47:06
9 - Greg Griffin (Un)	42:13	29 - Jim Freeman (San Juan Str)	45:16	49 - William Kelly (Golden West TC)	47:10
10 - Brett Barham (Un)	42:40	30 - David Warren (Excelsior TC)	45:17	50 - Donal Mahon (Golden West TC)	47:23
11 - Dave Ramer (Golden West TC)	42:59	31 - Mark Norman (Golden West TC)	45:20	51 - Barajos	47:33
12 - Mike Eash (Excelsior TC)	42:59	32 - Mike Duncan (West Valley TC)	45:30	52 - Unidentified Runner	47:40
13 - Kevin Furey (Golden West TC)	43:00	33 - John Thomas (Hayward HS)	45:38	53 - Robert Main	47:50
14 - Mark Dawson (VOMTC)	43:33	34 - Rick Midstokke (Un)	45:41	54 - C. Rivera	47:56
15 - John Silva (Solano TC)	43:38	35 - Dan Preston (Un)	45:43	55 - D. Mathews (Solano TC)	48:05
16 - Ken Napier (West Valley J&S)	43:50	36 - Greg Reyes (Un)	46:00	56 - Alan Harkness (Un)	48:08
17 - Clark Rosen (Pamakids)	43:55	37 - Craig MacMahon (Un)	46:02	57 - H. Banford	48:09
18 - George Koch (Golden West TC)	44:00	38 - Rod Read (Golden West TC)	46:07	58 - Steve Gray	48:10
19 - Paul Koski (Excelsior TC)	44:03	39 - John Comisky (Pamakids)	46:09	59 - Ron Criner	48:16
20 - Greg Chapman (Solano TC)	44:06	40 - Jeff John (VOMTC)	46:22	60 - Furey	48:18

Doug Schmenk Streaks to AAU Marathon Title in Course Record Time: (June 17, San Mateo) - Assuming his position from the starter's gun, East Los Angeles TC's Doug Schmenk clicked off super-consistent 5-mile splits of (25:45, 25:42, 26:10, 25:49, 25:55) in route to a runaway victory of 2:15:48 in the 1973 National AAU Marathon, held in San Mateo and sponsored by West Valley Track Club and the San Mateo Recreation Dept. His time, seventh best ever by an American (only Shorter, Moore, Burfoot, Edelen, Scobey and O'Reilly have run faster), clipped 2:17 from Don Kardong's 1972 course mark, and was a full four minutes ahead of second spot. A total of 413 actually started the race, with 304 making it the entire route. At the five-mile checkpoint, the lead group of about 10 runners had already formed. This bunch dwindled to about six or seven at ten miles, and by the 3-lap marker Schmenk had dropped everyone but John Vitale (last year's runnerup) and Englishman Bernard Allen (1:17:37 split). A few miles later, the LA math teacher began his pullaway, throwing in little bursts now and then to demoralize his opponents. Vitale hung onto second while Allen faded to an eighth place finish. Big surprier Don Kennedy of the North Carolina TC (previous best was 2:27) had run a bit off the pace of the lead group, but picked off most everyone to close within six seconds of Vitale at the finish, recording a sub-2:20 clocking of 2:19:58. Fourth-placer Phil Camp (2:20:27) also closed fast at the finish and led his Beverly Hills Striders team to the National title with a perfect 6 points (White 5th, Kurrle 9th). Host West Valley TC's "A" team scored 24 points for runnerup position, while newly formed Big Valley Harriers tallied 35 for third. Next two spots were taken by West Valley's "B" team with 50 and Fresno Pacific College at 51. The PA-AAU teams finished in the same order with scores of 12, 21, and 34. Top PA finisher was Excelsior TC's Bob Darling in 2:29:16 (14th), followed closely by Chris Berka (15th, 2:29:21) in his first marathon attempt, and Wayne Badgley (16th, 2:29:31). The two special divisions (women and seniors) also brought some spectacular results. Margie Norem of the Phoenix TC (Arizona) produced a sub-three hour effort by knocking 13 minutes from her previous best (2:59:30), and four more women bested 3:30, with first-timer Joan Ulyot going 3:17:46, Donna Gookin (San Diego TC) at 3:19:01, Irene Rudolf (3:25:17), and little 10-year-old Maryetta Boitano with a 3:26:15, a personal best. Her mark was a world age-10 mark by over a minute... for women that is! Local senior hero Ross Smith of Reno took his first defeat to another senior this year by losing to 2:25'er Bill Gookin of the San Diego TC, who hung up a 2:31:52 clocking today (new U.S. 40-year-old mark), besting Ross' still credible time of 2:36:17. Bill's brother Ed picked off the third over-40 award with 2:43:14. Dave Stevenson & Jim O'Neil also dipped under the 2:50 mark with 2:47:06 and 2:49:21. Quality, as well as quantity, was certainly an evident factor, as 17 dipped under 2:30 and 31% of the finishers broke 3 hours (despite the warm mid-70 degree weather). The sponsors had hoped this wouldn't be a "paper" championships and it certainly wasn't as runners from 19 states and two foreign countries participated (Cal, Mass, Conn, NC, Fla, Mich, Iowa, Ill, Mo, Kans, Nebr, Okla, Utah, Ariz, NM, Nev, Haw, Ore, Wash...England & Colombia). All in all, it was the most successful National Championships in quite some time. Runners were treated to a free banquet afterwards. \*\*\* Complete sets of results are available by writing the editor and sending 25¢ for copying and mailing costs (splits for all participants included, even those who didn't finish the entire distance). The top 120 finishers are listed in the following page, without splits. \*\*\* We still have some A.A.U. Marathon T-Shirts left since we made a second order. Mail orders are \$3.25 (specify size) by writing to the editor...\$2.75 each when ordered in quantities of two or more. /Jack Leydig/



(LEFT TO RIGHT) (1) NOVATO WINNER JOE MCDEVITT /Marconi/, (2) TOP WOMEN AT AAU MARATHON, ULLYOT, NOREM, & GOOKIN, (3) TOP FIVE FINISHERS AT AAU MARATHON, CAMP (4TH), JOHN VITALE (2ND), SCHMENK (1ST), KENNEDY (3RD), & WHITE (5TH) /McDougall/, AND (4) FIRST PA-AAU FINISHER AT AAU MARATHON, BOB DARLING. /Lee & Lowry/



1 - Doug Schmenk (ELATC)	2:15:48	41 - Ed Gookin (San Diego TC)	2:43:14	81 - Tom Jordan (Un)	2:56:52
2 - John Vitale (New Haven TC)	2:19:52	42 - Harvey Ferrill (BV Harriers)	2:43:20	82 - Charles Benarroch (DSE)	2:57:04
3 - Don Kennedy (NorCarolina TC)	2:19:58	43 - Glen Berwick (Un)	2:43:30	83 - Charles Shippee (StrategicAC)	2:57:22
4 - Phil Camp (BevHills Striders)	2:20:27	44 - Emil Magallanes (WVTC-B)	2:43:51	84 - Jim Holl (WVTC-C)	2:57:25
5 - Dave White (BevHills Strid)	2:21:52	45 - Tom Pelton (Un)	2:43:52	85 - Brian Moroney (WVTC-C)	2:57:34
6 - Terry Ziegler (Tulsa RC)	2:22:27	46 - Jim Howell (WVTC-B)	2:44:30	86 - Stuart Ruth (Pamakids)	2:58:10
7 - Ron Wayne (Oregon TC)	2:23:49	47 - Gary Singer (BV Harriers)	2:45:25	87 - Walt Van Zant (WVJS)	2:58:28
8 - Bernard Allen (England/PAC)	2:24:43	48 - Martin Urias (Fresno Pacif)	2:45:49	88 - Don Bennette (Un)	2:58:51
9 - Ron Kurrle (BevHills Strid)	2:25:59	49 - Dave Zumwalt (Un)	2:46:23	89 - Len Thornton (High SierraTC)	2:58:53
10 - Russ Pate (Oregon TC)	2:26:16	50 - Randy Buob (Un)	2:46:43	90 - Gordon Haller (US Navy)	2:59:02
11 - Reid Harter (Santa Monica TC)	2:28:16	51 - Pablo Drobny (Un)	2:46:47	91 - Pete Hanson (Colfax RC)	2:59:15
12 - Darren George (Un)	2:28:58	52 - Dave Stevenson (StanRC)	2:47:06	92 - Margie Norem (Phoenix TC)	2:50:30
13 - Bob Waugh (Un/Ariz)	2:29:10	53 - Steve Broten (California TC)	2:47:26	93 - Don Roth (SF Olympic Club)	2:59:45
14 - Bob Darling (Excelsior TC)	2:29:16	54 - Tom Mann (Marin AC)	2:47:52	94 - Mike Larsen (Un)	2:59:52
15 - Chris Berka (Un)	2:29:21	55 - Tim Wright (Redwood City F)	2:49:06	95 - Art Meyer (RC Flyers)	3:00:08
16 - Wayne Badgley (BV Harriers)	2:29:31	56 - Gilbert Uresti (Un)	2:49:20	96 - Mike Healy (NCSTC)	3:00:42
17 - Reuben Dias (US Navy)	2:29:37	57 - Jim O'Neil (SF Olympic Club)	2:49:21	97 - Joe Scarborough (Un)	3:00:52
18 - Joe Toledo (Seniors TC/LA)	2:30:26	58 - Phil Groves (WVTC-B)	2:49:44	98 - Michael Coke (Un)	3:01:00
19 - Bill Gookin (SDTC)	2:31:52	59 - Robert Branch (CCAC)	2:49:50	99 - Rich Reynaga (High Sierra TC)	3:01:23
20 - Michael Buzbee (NewWays AC)	2:32:22	60 - Dan Anderson (WVTC)	2:50:01	100 - Rich Petersen (HSTC)	3:01:23
21 - Charlie Harris (WVTC)	2:32:43	61 - Barry Buob (Fresno Pacific)	2:50:13	101 - Peter Wood (NCSTC)	3:01:51
22 - Domingo Tibaduiza (WVTC/Col)	2:33:51	62 - Doug Gates (High Sierra TC)	2:50:15	102 - Rich Mantooth (USAF)	3:03:22
23 - Pat Buzbee (NewWays AC)	2:34:02	63 - Jerry Ockerman (Un)	2:50:20	103 - Ralph Paffenbarger (NCSTC)	3:03:37
24 - Pat Miller (Un)	2:34:15	64 - Doug McLean (WVTC-B)	2:50:24	104 - Charles Day (MPAC)	3:03:52
25 - Skip Houk (WVTC)	2:34:56	65 - Frank Freyne (CCAC)	2:50:40	105 - Schuyler Horn (SFOC)	3:04:35
26 - Ed Strabel (Ft. Benning OT)	2:35:52	66 - Carlos Mora (US Marines/Hi)	2:51:11	106 - Ed Hannigan (DSE)	3:04:55
27 - Alex Aguliar (WVTC)	2:36:02	67 - Nick Hoogenraad (WVTC-B)	2:51:20	107 - Mike Boitano (DSE)	3:05:22
28 - Ross Smith (West Valley J&S)	2:36:17	68 - Louis Daugherty (Un)	2:51:23	108 - Don Fernandez (Un)	3:05:22
29 - Dennis Kasischke (Plains TC)	2:37:26	69 - Ross Cardinali (BVH-B)	2:52:56	109 - Darryl Downey (SMTC)	3:05:43
30 - Dave Robertson (Un)	2:38:06	70 - T.A. de Lusignan (Un)	2:53:42	110 - Charles Clausen (Un)	3:05:50
31 - Doward Miller (Un)	2:39:23	71 - Peter Mattei (NCSTC)	2:54:17	111 - Bill Lamb (WVTC-C)	3:06:00
32 - Stephen Norris (Kalamazoo Col)	2:39:27	72 - Bill Snavely (NCSTC)	2:54:28	112 - W.M. Esser (US Marines)	3:06:04
33 - David Cortez (Red City Strid)	2:39:39	73 - Dieter Diekmeyer (BVH-B)	2:54:59	113 - Jim Waters (SDTC-B)	3:06:09
34 - Dave Russell (BevHills Strid)	2:40:02	74 - Vic Weber (West Valley J&S)	2:55:04	114 - Bennet Lundkvist (BH Strid)	3:06:13
35 - Frank Hagerty (Un)	2:40:10	75 - Edward Norberg (Un)	2:55:05	115 - Peter Collins (BV Harriers)	3:06:37
36 - Roberto Lopez (Un)	2:40:11	76 - Bill Long (Pamakids)	2:55:25	116 - Carl Peterson (PAMA-B)	3:06:39
37 - Don Gregory (Fresno Pacific)	2:40:59	77 - Brian Jeffs (Strategic AC)	2:55:35	117 - Darrell Jeong (Pamakids)	3:06:49
38 - Mark Williams (Stanford RC)	2:41:44	78 - Thomas Cory (Culver City AC)	2:56:06	118 - Jack Knebel (DSE)	3:07:36
39 - Dan Kacprowicz (Un)	2:42:23	79 - John Routh (Menlo TC)	2:56:10	119 - Jim Allen (DSE)	3:07:38
40 - Frank Krebs (Golden West TC)	2:43:01	80 - Fernie Montanez (Phaethon)	2:56:20	120 - Sal Citarella (Un)	3:07:40

Nuccio & Berwick Nab Del Monte Forest Runs: (June 23, Pebble Beach) - The Army's Jim Nuccio ran off with the 7.5 mile race, and Glen Berwick, running unattached, likewise established a comfortable margin in winning the longer, 14.3 miler, both of which were contested in the Del Monte Forest backroads at Pebble Beach. Both courses were new this year because of problems in obtaining permission to run on the regular 17-mile scenic drive. So both marks will go into the books as course records. In the shorter run, Monterey Peninsula JC's Tom Pelton took second, over a minute behind the speedy Nuccio. Glen Berwick recorded a 1:23:50 time in the 14.3 miler, besting runnerup John Finch by 1:24. Dave Stevenson came in a fairly close third, just 14 seconds back of Finch, and won the senior title by over five minutes from Vic Weber. Bill Kirchmier was next in that category. In the women's race (no one competed in the longer run), newcomer Pam Weigle showed definite signs of greatness as she placed 18th in a field of 42 finishers, clocking a very respectable 50:32. Virginia Collins was far back in 29th (57:58), followed by Barbara Kirchmier (38th) in 67:44. Pam, by the way, is the wife of US Olympic walker Bill Weigle...it must run in the family. /Chuck Day/

1 - Jim Nuccio (US Army)	38:50	7 - Sean Flavin (Pacheco Club)	46:43	13 - Paul Nocero (Pamakids)	49:15
2 - Tom Pelton (Monterey Pen. JC)	40:02	8 - Steve Clifton (Un)	47:01	14 - Bruce Neunzig (Un)	49:36
3 - Kent Nedderman (US Army)	40:45	9 - Seymour Collins (WVJS)	47:19	15 - Jeff Perkins (Un)	49:40
4 - Dave Wright (MPAC)	43:31	10 - Fred Coleman (Un)	47:47	16 - Len Edholm (WVJS)	49:47
5 - Walt Van Zant (WVJS)	44:16	11 - Dick Villafuerte (DSE)	48:03	17 - Gary Meyer (DLI)	50:04
6 - Hans Brauchli (Un)	46:13	12 - Skip Marquard (Un)	48:44	18 - Pam Weigle (Un)	50:32
1 - Gary Berwick (Un)	1:23:30	11 - Dan Moore (Livermore Vly RC)	1:27:59	21 - Hap Stemm (Un)	1:34:29
2 - John Finch (NCSTC)	1:24:54	12 - Dave Chatterton (DSE)	1:30:15	22 - Jim Knipe (Excelsior TC)	1:34:39
3 - Dave Stevenson (Stanford RC)	1:25:08	13 - Phil Groves (West Valley TC)	1:30:28	23 - Unknown Runner	1:36:21
4 - Darrell Fitzgerald (Cabrillo)	1:25:28?	14 - Vic Weber (West Valley J&S)	1:30:33	24 - Bill Kell (Pamakids)	1:36:46
5 - Chuck Stagliano (DSE)	1:25:43	15 - Kevin Donovan (Un)	1:31:16	25 - Dan MacIntosh (Stanford RC)	1:37:04
6 - Emil Magallanes (WVTC)	1:25:48	16 - Stan Rosenfield (CCAC)	1:31:17	26 - Pete Larson (MPAC)	1:38:34
7 - Clark Rosen (Pamakids)	1:26:15	17 - Bill Kirchmier (NCSTC)	1:31:37	27 - Aaron Krohn (Un)	1:39:45
8 - Jake Wechselberger (Navy)	1:26:26	18 - Rich Stiller (BARE)	1:31:37	28 - Steve Totten (Palo Alto Y)	1:39:55
9 - John Comisky (Pamakids)	1:26:44	19 - Rex Dietderich (NCSTC)	1:33:16	29 - Ron Andris (Un)	1:40:29
10 - Tom Mann (Marin AC)	1:27:27	20 - Alex Monterrosa (Pamakids)	1:33:40	30 - Bill Flodberg (Solano TC)	1:41:35

Fresno State's Dave Garcia Runs to Quick Win at Holy City: (June 24, Holy City) - Bob Waldon's fantastic 47:38 course record was not endangered, but Dave Garcia, Fresno State's sub-14 minute three miler, managed to hang up the second fastest clocking ever over the hilly course in the Santa Cruz Mountains. He edged ahead of Cliff Clark's 48:35 with his 48:32 mark. Angelo Martinez registered a minute-and-a-half improvement over 1972 to take second in 48:59 and become one of the elite sub-49 minute group...only seven, including Martinez, have ever broken that mark. West Valley TC squeezed three men in the next four places to get a good start on the team title which they have won for the past umpteen years. This year they scored 43 to beat a fired-up Alameda TC squad which came close with 69. The next team was more than 300 points back! All the super-seniors stayed away from this one for some reason, leaving Carl Martin as the unexpected victor in that division. His 68th (59:56) was only eight places up on John Sobier (60:32) and Lee Adams was next (60:34). Jim Allen, 51 years of age, was 60:46 and fourth-place senior. Martinez, just graduated from high school in early June, was first in his division, knocking over a half-minute off Tom Hale's prep record for the course. Alex Aguliar was next, although somewhat slower than last year and two places worse. Stacy Geiken rounded out the top three in that category. Brian Ritchie finished 94th in 62:17 to take top honors in the pre-high school competition, some six minutes ahead of Tommy Owen and Robert Martinez. Only two women competed, with Betty Adams registering her first road race victory over Marilyne Aviles (85:13 to 87:28). Attendance was down somewhat, but still 196 finished the 9.1 mile race. /Ken Napier/





BANG! --413 RUNNERS ARE OFF IN THE 1973 NATIONAL A.A.U. MARATHON. /John Storey/

1 - Dave Garcia (Fresno St.)	48:32	21 - Doug McLean (West Valley TC)	53:28	41 - Mike Pick	56:54
2 - Angelo Martinez (Alameda TC)	48:59	22 - Dean Chesnut (Alum Rock RA)	53:34	42 - John Bay (West Valley TC)	56:59
3 - Jack Bellah (West Valley TC)	49:27	23 - Chris Hovick (Alameda TC)	53:41	43 - Robert Haugen (Alameda TC)	57:02
4 - Bill Seaver (West Valley TC)	49:34	24 - Salvador Bernmen	53:55	44 - Ray White (Stanford RC)	57:03
5 - Bob Immethun (Alameda TC)	49:46	25 - Mike Duncan (West Valley TC)	53:58	45 - Dave Unger (Un)	57:05
6 - Alex Aguilar (West Valley TC)	50:32	26 - Joe Mangan	54:53	46 - Robbie Bates	57:05
7 - Brett Barham (Un)	50:40	27 - Kent Guthrie	54:56	47 - Richard Scott (Alameda TC)	57:26
8 - Stuart Hobbs (Aggie TC)	50:45	28 - John Thomas	55:08	48 - Larry Pacheco	57:36
9 - Chris Carey (TTC)	50:53	29 - Mike Millward	55:16	49 - Mike Bergkamp (West Valley TC)	57:48
10 - Steve Flynn	51:05	30 - Pete Dinno (Un)	55:30	50 - Steve Niedrauer	57:50
11 - Steve Brooks (San Jose CC)	51:21	31 - Rick Midstokke (Los Gatos P)	55:31	51 - John Routh (Menlo TC)	58:14
12 - Steve Fiamengo (Columbia Univ.)	51:25	32 - John Hunsaker (CTC)	55:34	52 - Alan Harkness (Los Gatos P)	58:16
13 - Stacy Geiken (RC Flyers)	51:28	33 - Steve Fuller	55:37	53 - Glen Vanderwerth (ARRA)	58:26
14 - Emil Magallanes (West Vly TC)	52:33	34 - Greg Reyes	55:39	54 - Santos Reynaga (West Vly TC)	58:31
15 - John Silva (Solano TC)	52:35	35 - Homer Latimer (Leigh HS Coach)	55:44	55 - Tom Neuman	58:33
16 - Wayne Glusker (West Valley TC)	52:41	36 - Jeff Brody (West Valley TC)	55:51	56 - Steve Hatik	58:46
17 - Scott Mackenzie	53:08	37 - Arne Nelson (RC Flyers)	56:05	57 - Don Westbrook	58:51
18 - Dave Stock (West Valley TC)	53:15	38 - Luis Sanchez	56:18	58 - Tom Plant (Un)	58:57
19 - Joe Taxiera (Alameda TC)	53:17	39 - Jim Sena	56:42	59 - Tony Rollis	58:58
20 - Lester Mina (Alameda TC)	53:20	40 - Gary Cisneros	56:44	60 - Don Choi (Un)	59:10

**Nuccio Still Hot...Sets Course Record at Watermelon Run:** (June 30, Oakland) - The Army's Jim Nuccio won his second straight race in two weekends over a much stronger field than at Pebble Beach as he set a new course record of 44:40 over the dusty backroads of the Oakland hills. His nearest competition, Bill Johnson of the West Valley TC, was left almost a half-minute arrears. Ex-Missouri distance star Kerry Hogan, now running for WVTC, took third, another ten seconds back. Ken Napier took a 20-second victory over teammate Jim Shettler in their continual over-40 battles. They finished a strong 12th and 15th respectively in the field that saw 164 finish. Don Lucero was next senior, over seven minutes back of Shettler!! Angelo Martinez repeated his previous week's victory in the high school division, finishing a strong fourth overall, with Alameda TC teammate Richard Kimball 24 seconds back. Mike DeBarr in 11th was third in that division. Keith Van Sickle, 14 years old, was tops in the junior boys class, and Joan Ulliyot, who had run a 3:17 marathon just two weeks earlier, was tops among eight women with a 64:49 and 118th, well ahead of Ruth Anderson (127th, 66:20) and Sara Ripp (143rd, 69:55). Rounding out the divisions was Kelly Fergusson (162nd, 95:23), the best but only junior girl (14-and-under). West Valley TC nipped Alameda TC, the host club, for the second weekend in a row, 31-73, with Kennedy High in Fremont next at 253. /Joe Taxiera/ (8 miles+, watermelons for prizes and refreshments!!)

1 - Jim Nuccio (US Army)	44:40	21 - Dean Chesnut (ARRA)	49:34	41 - Steve Gray (Hayward HS)	53:07
2 - Bill Johnson (West Valley TC)	45:16	22 - Jeff Brody (West Valley TC)	50:01	42 - Steve Pangborn (Kennedy HS)	53:21
3 - Kerry Hogan (West Valley TC)	45:26	23 - Tommy Beck (Un)	50:01	43 - Dennis Kroll (Un)	53:24
4 - Angelo Martinez (Alameda TC)	45:34	24 - Kent Guthrie (Un)	50:18	44 - Unknown Runner	53:27
5 - Jim Anderson (Un)	45:45	25 - Rick Midstokke (Un)	50:28	45 - Dan Mills (Alameda TC)	53:32
6 - Richard Kimball (Alameda TC)	45:58	26 - Chris Hovick (Alameda TC)	50:34	46 - Howard Banford (Hayward HS)	53:49
7 - Daryl Zapata (West Valley TC)	46:17	27 - Mike Hargens (Un)	50:37	47 - Keith Van Sickle (Alameda TC)	54:06
8 - Dwayne Harms (Aggie TC)	46:42	28 - Joe Salazar (Kennedy HS)	50:59	48 - Pierre Romero (St. Mary's HS)	54:19
9 - John Sheehan (West Valley TC)	47:02	29 - Dan Preston (Un)	51:08	49 - Alex Monterrosa (Pamakids)	54:27
10 - Dave Himmelberger (WVTC)	47:28	30 - Alan Harkness (Un)	51:26	50 - Santos Reynaga (WVTC)	54:35
11 - Mike DeBarr (Kennedy HS)	47:43	31 - Robert Haugen (Alameda TC)	51:37	51 - Dan Richards (Un)	55:10
12 - Ken Napier (West Valley J&S)	48:16	32 - William Long (Pamakids)	51:46	52 - Tim Swezey (Un)	55:21
13 - Tom Pelton (Mont. Pen. JC)	48:23	33 - Dan Moore (Livermore Vly RC)	51:58	53 - Ian McClure (Un)	55:42
14 - Emil Magallanes (West Vly TC)	48:28	34 - Tom Plant (Un)	52:06	54 - Dave Chatterton (Pamakids)	55:45
15 - Jim Shettler (West Valley J&S)	48:36	35 - John Thomas (Hayward HS)	52:21	55 - Jim Heinz (Riordan HS)	55:48
16 - Clark Rosen (Pamakids)	48:44	36 - Steve Hajik (Un)	52:28	56 - Dean Allen (West Valley TC)	55:55
17 - Mark Payne (Pinole Vly HS)	48:50	37 - David Unger (Un)	52:44	57 - Don Lucero (NCSTC)	55:58
18 - Joe Taxiera (Alameda TC)	49:01	38 - Mike Pick (ARRA)	52:56	58 - Jim Allen (DSE)	56:07
19 - Johnny Campbell (Alameda TC)	49:08	39 - Kent Mulkey (Alameda TC)	53:00	59 - Dave Skram (Alameda TC)	56:17
20 - Bob Paulin (Camden HS)	49:16	40 - Brian Lodge (Alameda TC)	53:02	60 - Brett Hill (Tennyson HS)	56:20

**Dave Garcia Nips Steve Dean at Hangtown Road Race:** (July 1, Placerville) - Fresno State distance ace Dave Garcia, a transfer from San Joaquin Delta College, racked up his second road win of the summer in PA-AAU competition with a 14 second victory over Golden West TC's Steve Dean. His time was some 22 seconds off of Pat Stordahl's 1972 course mark, however. Third-place Kevin Furey was GWTC's second man, and their top five added up to 38 points, easily besting Valley of the Moon TC's 71 as no one else was even close. Jim O'Neil ran his usual strong race to take senior honors with a 29th place and 30:45 clocking, well ahead of OPHIR's Ralph Blount (48th, 32:15) and Lee Adams of the Solano TC (66th, 33:40). The fast-improving Adams nipped Paul Reese by nearly a half-minute. Bob Powell of Oceana High clipped visiting Dick Fenstra of the Oregon TC (30:06 to 30:11) in a tight battle for the first high-schooler. Greg Sullivan of the San Juan Striders was next. Soph Jim Freeman was fifth overall in his division at 30:25. In the junior division, Tom Williams of the San Juan Striders won by over a minute from teammate Bobby Kadie (61st & 33:10 to 76th & 34:26). Deidre Eddy and Renee Nelson had a spirited duel in the women's competition, with Deidre coming out on top, 37:34 to 37:56. Vera Davis of the Wills Spikettes was next at 38:41. New records were set in the H.S. soph division, as well as in the junior, senior, and women's categories. A total of 162 completed the 5 mile+ race under clear, but not too warm skies (78°), and the sponsoring Placerville Parks and Recreation Dept. had another successful race in their fourth annual affair.

## ★ AWARDS ★

Looking for unique awards to give at your road race or track meet? Hesitant about giving trophies and medals again this year? Runners like merchandise awards for a change of pace. **SPECIAL:** If you are having a meet in the future, why not give NCRR subscriptions? Buy 5 to 9 subscriptions and save \$1.00 each...**SAVE 40% ON 10 OR MORE!** If interested, write NCRR, P.O. Box 1551, San Mateo, CA 94401 or call Jack Leydig at 415-342-3181.



1 - Dave Garcia (Fresno State)	27:43	16 - Jim Bredy (Golden West TC)	29:19	31 - Tom Chavez (Pleasant Hill T&FC)	30:53
2 - Steve Dean (Golden West TC)	27:57	17 - Mike Duncan (West Valley TC)	29:58	32 - Bill Mumma (Un)	30:54
3 - Kevin Furey (Golden West TC)	28:22	18 - Bob Powell (Oceana HS)	30:06	33 - Mickey Brodie (PHITFC)	31:01
4 - Donald Gregory (High Sierra TC)	28:25	19 - Dick Fenstra (Oregon TC)	30:11	34 - David Boyet (Golden West TC)	31:05
5 - Pat Stordahl (Intermountain AA)	28:27	20 - Frank Krebs (Golden West TC)	30:14	35 - Ron Hyatt (Indiana Univ.)	31:07
6 - Terry Pintane (VOMTC)	28:29	21 - David Zumwalt (Un)	30:15	36 - Gary Cook (OPHIR)	31:08
7 - Mike Conroy (Excelsior TC)	28:30	22 - Greg Sullivan (San Juan Str)	30:19	37 - George Rodgers (Golden West TC)	31:17
8 - Nick Vogt (Gold Spike Runners)	28:33	23 - Casey Culbertson (Un)	30:20	38 - Walt Lange (Golden West TC)	31:18
9 - Curt Duff (Golden West TC)	28:39	24 - Rudy Dressendorfer (HawMstrs)	30:21	39 - Art Baudenistel (GWTC)	31:19
10 - Butch Alexander (VOMTC)	28:41	25 - Jim Freeman (San Juan Str)	30:25	40 - Tim Gagen (El Camino Harr/Un)	31:20
11 - Mike Tulley (Golden West TC)	28:46	26 - Roger Stordahl (Intermtn AA)	30:32	41 - Pat Schiavo (Un)	31:21
12 - Romero Mendoza (VOMTC)	28:49	27 - Bob Loux (Un)	30:34	42 - Frank Ropkiquez (Un)	31:30
13 - Timothy Jordan (GWTC)	28:55	28 - Jeff Jahn (Valley of Moon TC)	30:41	43 - David Bruhn (Intermountain AA)	31:38
14 - Jim Howard (Golden West TC)	29:01	29 - Jim O'Neil (SF Olympic Club)	30:45	44 - Mark Burch (Intermountain AA)	31:39
15 - Mark Dawson (Valley of Moon TC)	29:09	30 - Rod Read (Golden West TC)	30:50	45 - Richard Ellis (Un)	31:53

**Jim Nuccio Keeps on Truckin' With Third Win in Twelve Days:** (July 4, Kenwood) - Former Portland University student Jim Nuccio, now stationed at the S.F. Presidio, made off with his third victory in twelve days since moving into the area. The 6.2 mile course he covered in 33:45, traversing rolling hills and scenic countryside. Although 80-degree temperatures made it rough on the runners, Nuccio managed a course record, breaking Doug Rustad's 34:14...today Rustad finished third, about one minute slower than his record, and Bob Darling was second, almost a half-minute back of the leader. Mike Healy easily won the senior title in 40:20 (22nd) by over seven minutes from Ken Van Sycoc and Phil Jaeger. Pete Sweeney (4th overall) was top high schooler, followed at a distance by Jeff Jahn and Bryan Tracy. Toni Fitzpatrick's 61:55 was good enough to win the women's race, just ahead of Barbara Easterling's 62:18. Betty Adams was next in 64:18. A total of 88 out of the 92 starters completed the run. No entry fees were charged since the residents of Kenwood donated the awards!! The top 30 finishers are listed below. /Terry Pintane/

1 - Jim Nuccio (Army)	33:45	11 - Butch Alexander (VOMTC)	37:30	21 - Gus Cano (Excelsior TC)	39:57
2 - Bob Darling (Excelsior TC)	34:12	12 - Joe Taxierra (Alameda TC)	37:31	22 - Mike Healy (NCSTC)	40:20
3 - Doug Rustad (West Valley TC)	35:08	13 - Jeff Jahn	37:32	23 - Tim Swezey (Un)	40:35
4 - Pete Sweeney	35:59	14 - Jack Hackmann	37:41	24 - Fred Leoni	40:46
5 - Jim Anderson (Un)	36:12	15 - Jerry Haslam	37:51	25 - Phil Bailey	41:21
6 - Ray Menzie (Marin AC)	36:28	16 - Mike Collier	37:55	26 - Robert Barr	41:33
7 - Darryl Beardall (Marin AC)	36:33	17 - Jim Engle (Napa Valley RC)	38:16	27 - Amador Garcia	41:36
8 - Mike Sweeney	37:01	18 - Bryan Tracy	38:40	28 - Richard Ellis	41:41
9 - Dave Zumwalt (Un)	37:06	19 - Tad Woliczko	39:02	29 - Tony Betancourt	41:50
10 - Doug McLean (West Valley TC)	37:24	20 - Fred Kenyon (VOMTC)	39:11	30 - Joe Maher	41:59

**Mountain Goat Bellah Annexes Felton 9-Miler:** (July 8, Felton) - Stanford freshman Jack Bellah, competing for West Valley TC, ran through the first lap of the tough Felton Run with teammate Dan Anderson and then decided to take off on his own, chopping about a half-minute from last year's second-place time. Anderson dropped a minute on the second loop, but still had a 30 second margin over teammate Alex Aguilar. West Valley put its other two scorers in the top seven to record a near perfect 18 points. San Jose City College was a distant second. Ken Napier ran exceptionally well on the hills (for him) to record a 58:15, more than five minutes ahead of Peter Wood (63:40) and Paul Reese (64:25). The big surprise of the race, however, was Teri Anderson from Kansas who finished 48th overall in 62:39, some 11 minutes ahead of second place woman Estella Guina of the Cindergals (73:43) and Arleen Mears (74:24). Teri has run a sub-3 hour marathon and near 4:40 mile. /John Marconi & Jack Leydig/

1 - Jack Bellah (West Valley TC)	52:32	21 - Jim Fowler (SJCC/WVTC)	58:40	41 - Gary Cisneros (San Jose CC)	61:32
2 - Dan Anderson (West Valley TC)	53:29	22 - Allen Landretti	58:42	42 - Larry Lung	61:51
3 - Alex Aguilar (West Valley TC)	53:59	23 - Jim Sena (San Jose CC)	58:54	43 - Keith Maurer	62:06
4 - Doug Butt (Marin AC)	54:41	24 - Homer Latimer (Leigh HS Coach)	59:--	44 - Pete Maurer	62:--
5 - Rich McCandless (WVTC)	54:58	25 - Mike DeBarr (Kennedy HS)	59:40	45 - Tim Swezey	62:14
6 - Dean Chesnut (San Jose CC)	54:59	26 - Tom Laris (ITA)	59:48	46 - John Thomas (Hayward HS)	62:34
7 - Dave Stock (West Valley TC)	55:16	27 - Robert Branch (Culver City AC)	59:33	47 - Walt Van Zant (West Vly J&S)	62:35
8 - Carl Swift	55:56	28 - J. Salazar (Kennedy HS)	60:13	48 - Teri Anderson (Kansas/woman)	62:39
9 - Grover Prowell (San Jose St)	55:59	29 - Don Schwartz (Cabrillo Coll)	60:17	49 - Michael Coke (Un)	62:54
10 - Joe Taxierra (Alameda TC)	56:06	30 - G. Reyes	60:18	50 - Steven Hajik	62:57
11 - Dave Himmelberger (WVTC)	56:13	31 - Dan Preston	60:19	51 - Ian McClure (Un)	63:15
12 - Harvey Sandoval (West Vly TC)	56:18	32 - Bill Flint	60:20	52 - K. Mulkey (Alameda TC)	63:20
13 - Jim Howell (West Valley TC)	56:48	33 - Dick Croteau (West Vly J&S)	60:21	53 - Peter Wood (NCSTC)	63:40
14 - Michael Millward (SJCC)	57:58	34 - Pete Dinno (Un)	60:37	54 - Santos Reynaga (West Vly TC)	63:48
15 - Gilbert Uresti (San Jose CC)	58:00	35 - S. Pangborn (Kennedy HS)	60:48	55 - Rick Fierro (Phaethon TC)	63:50
16 - Bruce Pendelton	58:11	36 - Steve Gray	60:51	56 - Andy Ecanodia (Tennyson HS)	63:57
17 - Rick Midstokke (Un)	58:12	37 - Dave Unger (Un)	60:54	57 - Mark Hemphill (Phaethon TC)	63:58
18 - J. Araujo	58:14	38 - Unidentified Runner	-----	58 - Scott Bulfinch (CCAC)	64:20
19 - Ken Napier (West Valley J&S)	58:15	39 - Salvador Berumer (SJCC)	61:31	59 - Paul Reese (NCSTC)	64:25
20 - Luis Sanchez (San Jose CC)	58:38	40 - Richard Scott (Alameda TC)	61:32	60 - Bob Paulin (Un)	64:34

**LATE NEWS:** Scheduling: (9/22) Clear Lake Biathlon (7 mile run, 3 mile swim, climb 3000 foot Mt. Konocti and descend, 3 mile swim), write Lake County Chamber of Commerce, P.O. Box 517, Lakeport, CA 95453. (9/2) Caledonian Games (Santa Rosa Fairgrounds), a few track events on horse-racing track (mile, 440, race walk, maybe a few others), a few field events, including caber toss, etc. San Diego Area Meets for August: (8/9) All-Comers Meet, SDSU, 5 pm; (8/11) Balboa Park 8 Miler, Municipal Gym, 5 pm; (8/19) Fun Run, 4 pm (contact Tom Bache...see scheduling section of this issue); (8/25) All-Comers Meet, SDSU, call Jim Ferstle (223-7647); (8/25) YMCA Fun Run, La Jolla Shores Beach, 8:30 am.

Meet Results: We didn't get complete results on these runs yet so they'll be in next time. 24-Hour Relay: West Valley TC set a new U.S. Club Record of 284 miles, 224 yards at the Runner's World sponsored event. West Valley's "B" Team was second with 268 miles, 285 yards. Tulsa RC had the old U.S. mark of 275 miles, 959 yards. Jim Dare averaged around 4:45-47 per mile with a 4:35.8 final mile. Lafayette Run: Jim Nuccio whipped Dave Garcia in a course record...no other info available yet. Tiburon 8.5 Miler: Nuccio again!! This time besting Wayne Badgley by 15 seconds with Jack Bellah in third, about the same distance back...time was 41 minutes and something, possibly near Victor Mora's 41:20 record. **\*\*\* Girl's AAU Championships (Team Scores):** - Complete NorCal results in this issue. (1) Will's Spikettes 34.7, (2) SURR 30, (12,tie) SJCG 14, (22) MLTC, (24,tie) Ravenswood Jul., (48,tie) Palo Alto TC 0.7. **\*\*\* Additional AAU Marathon Patches** available to finishers only for 50¢ each...write editor.



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