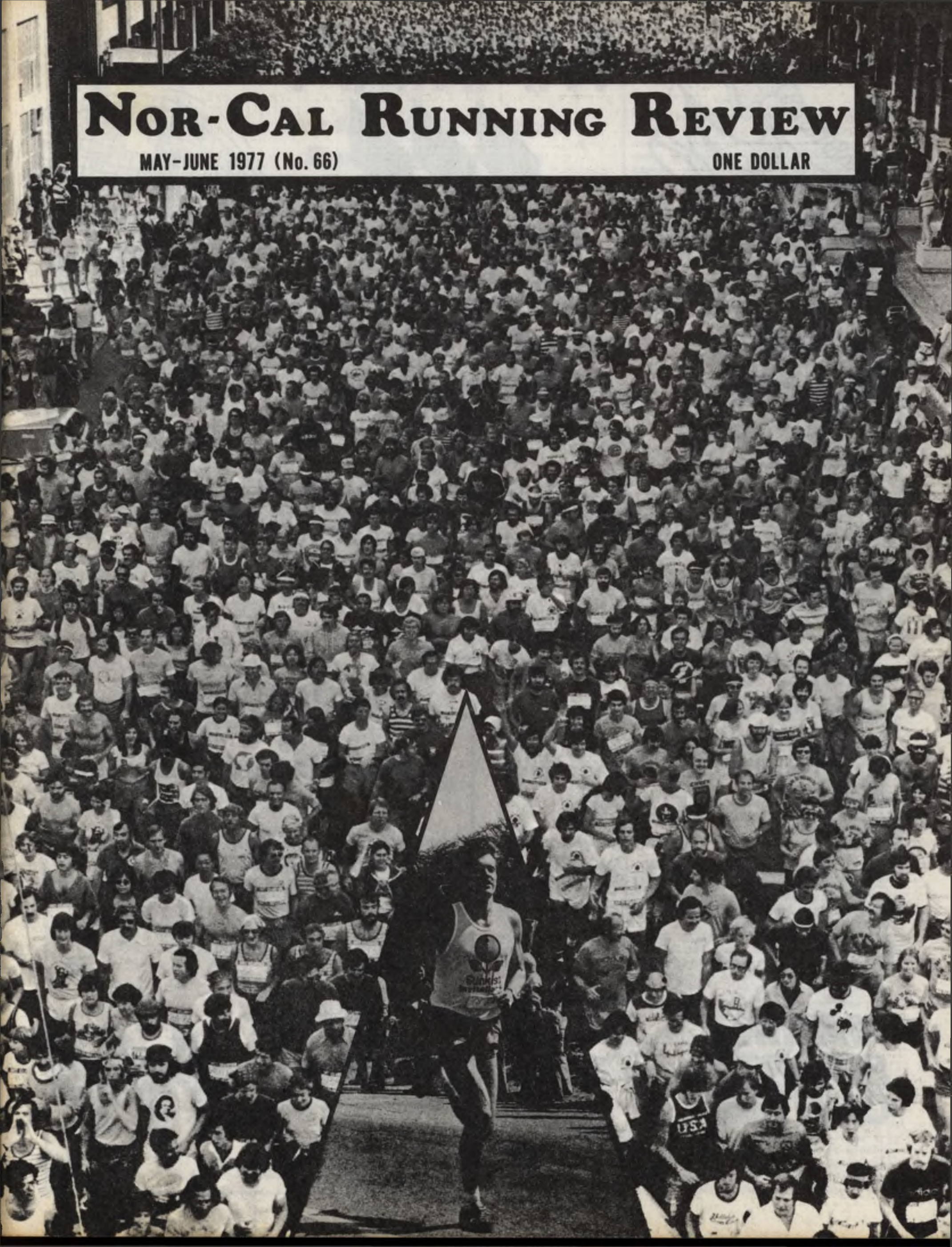


NOR-CAL RUNNING REVIEW

MAY-JUNE 1977 (No. 66)

ONE DOLLAR

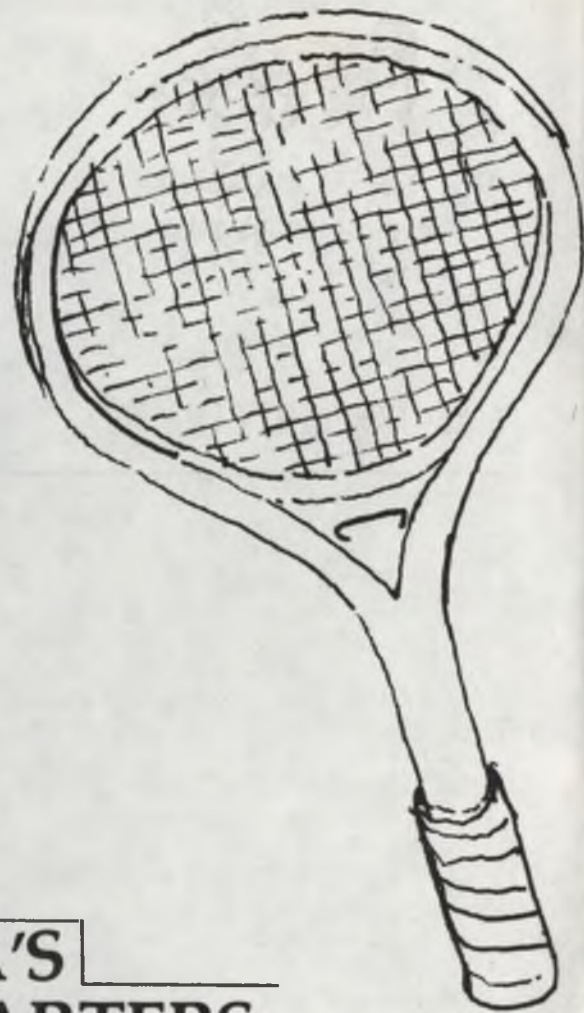


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UP FRONT

Start of this year's Bay-to-Breakers 'happening'...note the policecar that inadvertently got caught in the mob (a small portion is observable to right of inset). /John Gorman Photo/ Paul Geis (inset) was a runaway winner in 37:03, besting runnerup Jim Nuccio's 37:50... he was second last year too, and third the year before. Over 10,000 bodies participated. /Dennis O'Rorke Photo/

MAY-JUNE 1977 (No. 66)

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LDR POINT EDITORS: (NorCal) Art Dudley; (SoCal) We need one!

REGULAR CORRESPONDANTS: (NorCal) Fred Baer, Dr. Harmon Brown, Marshall Clark, Harold & Penny DeMoss, Wayne Glusker, Bill Mensing, Dick Meyer, Phyllis Olrich, Walt Stack, Len Wallach, Keith Conning, Tom & Louise Burns, Grover Prowell. (SoCal) John Bremmand, Bill Cockerham, Shirley Davisson, Dave Pain, Stan Rosenfield, Al Sheahan.

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Contributors

All news, articles, photos, etc., should be sent to the NCRP at the above address. Due to irregularity of mailing dates, all information should be mailed as soon as possible. Prospective photographers and volunteer correspondants should request details. Request permission for materials used from the NCRP other than scheduling & results (please give credits). We pay \$15.00 for cover photos (nothing for other photos used except credits). Readers are encouraged to submit results.

UNPAID STAFF: - All profits go to West Valley T.C. treasury.

MAILING DATES: - This issue mailed July 19 or 26 (late!)...the July/August issue mailed in mid-September sometime.

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EDITOR'S MESSAGE

● CROSS-COUNTRY SCHEDULES NEEDED: - Gads, it's that time of year again (sooner than you think)! Each year we ask that our readers send us X-C schedules so that we can compile a complete(?) list of meets in NorCal for the fall season. The usual pitiful response is about a half-dozen or so schedules, and then I have to spend many hours calling and writing people to get them myself. So this year, I hope that I can get more of you to help us out. It really isn't that much work (putting one in the mail)! If everyone would pitch in and do these little things it would certainly make my jog a lot easier. Thanks! We'll need any and all scheduling information by not later than Aug. 20th please. That's not to say we don't want them later than that, but we may not be able to use them for next issue after that date. In particular, we need anything & everything in the way of big meets (invitationals, championships, etc.)...high school, college, age-group, women, you name it!

● NEED NEW STAFF WRITER: - We're looking for a volunteer staff writer who is fairly knowledgeable in track & field and long distance running and who has a reasonable ability to write articles (without my having to spend a lot of time editing). Tom Jordan's hours are limited and we need a replacement, preferably immediately, so if you're interested in finding out more of what's required, give me a call. It requires probably an hour's work per issue!

● POSSIBLE PAYMENT FOR ALL PRINTED PHOTOS IN FUTURE? - We still aren't in a position where we can pay \$5/photo. This magazine nets very little profit anyway, and we like to help out needy athletes in their travels with what money we do make. But someone suggested that we might possibly get more response to our pleas for contributions if we'd pay a buck for each picture we printed. Now that isn't much, but if you get a couple in each issue, it's better than nothing. If we went to this method, we'd have to pay the same amount for the cover photo too (or at least lower it to \$5). Let me know your feelings on this proposal and hopefully we can implement our new plan by next issue if there is enough positive feedback...or would you still rather take a chance at winning \$15 for the cover and nothing for anything else?

● REGARDING LDR TRAVEL FUND: - Funds collected by various means to help local athletes attend national meets do not just 'happen to appear'. Thanks to those who volunteered to sell Bay-to-Breakers shirts at the race this year...there certainly wasn't a huge rush of people to help. Those that did help out were primarily those that will probably never win a free trip on LDR funds. Seems like those that have a crack at winning something should do more to help build the fund...don't wonder why no money is available otherwise. If you can offer your services and/or suggestions, contact Judy Leydig (above addr.).



PHOTO QUIZ

RULES: (1) Submit your guess to: Photo Quiz, P.O. Box 1551, San Mateo, CA 94401 (one guess per person please)...*all guesses must be post-marked by Aug. 20th.* (2) All ties will be broken by a drawing. The prize is a one-year subscription or renewal to the NCRR (or \$6 off dues for WVTC members). All of our readers are encouraged to submit photos for consideration. We need one for next time!

Who is this well-known NorCal runner (hint... it's not Lawrence of Arabia)?

****LAST MONTH**** The correct answer for last issue's quiz was ex-Cal sprinter, Eddie Hart, who was one of the sprinters at Munich who

missed his 100-meter heat because of time-schedule mixups. Eddie is now head coach at the College of Alameda. Only 7 correct answers were received, and Tom Castro was the winner by drawing. Two others guessed incorrectly (Steve Williams & Larry James, neither of whom were 1972 Olympians). As an extra bonus on this month's quiz---if the winner also guesses where the photo was taken (what event), a lifetime subscription will be given! That's NCRR lifetime (not yours)!

THIS & THAT

• **PEOPLE NEWS:** - In a tragic accident at the recent PA-AAU Track & Field Championships, at Diablo Valley College, longtime AAU official Maree Louise Rodebaugh of Sacramento was fatally injured when she was struck in the back area by a 16-pound shot-put during a warmup toss. Several other officials were narrowly missed as they stood near the edge of the shot sector, failing to see the approaching implement. Rodebaugh was instrumental in organizing the Golden West Invitational, which annually serves as one of America's great 'prep classics'. Proceeds raised from this meet are donated to youth-oriented charities in the metropolitan Sacramento area. As one of those persons who always got involved in helping our sport, she will not be easily replaced. As a friend to many of us in NorCal track circles, her loss will touch us deeply. It is hoped that her memory will serve as an inspiration for others to follow in her footsteps. --- Pablo Drobny, who used to live in Berkeley, and then Seattle, has now relocated in Southern California. He had occasion to visit Bermuda in early June on a business trip and reports he was inspired to see so many runners early in the morning. Perhaps one of the reasons that running is making such inroads on the island is because Bermuda is a runner's paradise...meandering roads, rolling hills, gorgeous beaches, flowers everywhere, and warm (but dry) weather. The only problem, he reports, is that one must keep reminding himself of the fact that traffic runs on the left, as in England. --- Ron Wayne got a trip to Holland for the Amsterdam Marathon on May 21st, only a month after he grabbed fourth place at Boston. He placed a good sixth in a field that included Will Rogers (2:12:46 winner), Dan McDaide (Ireland, 2:16:14), and Ian Thompson (England, 2:17+ in fourth). Ron's time was 2:19:21. He claims that we should have placed fifth in about 2:18, but 'hit the wall' with a mile to go. --- We made an error in reporting the results of the Inspiration Point Run in last issue...actually the error was in the results and we copied it. The second woman finisher was Mary Gaffield (reported as Mark) in 105th with a time of 53:19, not Judith Harte (reported as Narte last time). --- Payton Jordan, Stanford University's head track and field coach, set two world age-group records of 12.2 (100m) and 24.9 (200m) at the 3rd Annual Western Regional Masters Championships at Santa Ana College on June 18-19. Jordan, who turned 60 recently, had the old marks at 12.3 and 25.2, which he set last month (May). --- Ted Cain, 40, of Novato, established three American records in the 40-44 age-group at the same meet with times of 51.0 (400m), 56.4 (400mIH), and 15.1 (110mHH).

• **WORLD MASTERS CHAMPIONSHIPS:** - Over 3500 athletes from 40 nations are expected to compete in the second annual affair, to be held in Goteborg, Sweden, from August 8-13.

• **RACE INFORMATION:** - Note that the new 1977-78 PA-AAU Long Distance Schedule/Handbook, put together by Harold & Penny DeMoss, is now available, beginning and ending with Aug. 1st. See small display advertisement near the scheduling section for cost and mailing address. Also available from the DeMoss' or Jack Leydig at many road runs...all proceeds from sales go to the LDR Travel Fund. --- The New York City Marathon is limiting the entry field to the first 3000 this year, so if you're planning on

going (see NCRR Tour Information ad elsewhere in this issue), you had best get your entry in soon...see scheduling section for address (be sure to send a self-addressed, stamped envelope with your request). --- The Pamakid Relays, which were run around Lake Merced in June, featured legs that were a bit short (quite a bit) of the advertised 4.7 miles. Each loop around the lake measured out at 4.492 miles, according to our local 'Certification Chairman', Sheldon Gersh. --- The Tahoe Relays are on (13th annual) this year after all, but the Meet Director, Bob DeCelle, for whose son the race is named, is going to need help (at registration and on the course...timers and recorders). So if you're planning on making the trip up to watch (or are planning to run early and can help later on, or visa versa), you can be a big help by volunteering some of your time. All proceeds from the race go to the PA-AAU LDR Travel Fund. If you are willing to pitch in and give a hand on this one, please call Bob at work (415/523-2264), or drop him a note: P.O. Box 1606, Alameda, CA 94501. Thanks! --- The start of the Daly City 10-Kilo Run will not be at Gellert Park (as stated in the LDR Handbook), but will be at Westmoor High School instead. --- The National AAU Masters Marathon for Women will be held concurrently with the Women's Nationals in Minnesota in late October, not in New York City, as was previously thought. This word comes to us from Ruth Anderson. The Men's Masters National Marathon will be held concurrently with the Sr. Men's race on October 24 (New York City). --- The First Annual Pan-American Masters Track & Field Championships will be held on Sept. 3-4 in Los Angeles (includes sub-masters events). Entries will close several weeks in advance of the meet, so enter early. See scheduling section for meet contact. --- The popular Ft. Baker Handicap (15-miles) race has been cancelled. Originally scheduled for Aug. 7, meet director John Hutchinson informed me yesterday that Dale Peterson, District Ranger for the Park Service, felt that increased traffic on the route would make the run too dangerous. Granted there are some narrow stretches on the road, but if it's getting so bad we can't have runs in the boonies, where will we be able to have them? --- Nike/OTC Marathon date may be September this year, and the course might also be changed. The race is usually in the second week of October. Word has it that the Nike Company is investing some money in the event this year with the intention of bringing it up to the level of some of the bigger marathons in the U.S. and elsewhere. Top female and male marathoners with world-class reputations will be invited, and the September date is obviously being pondered so as not to interfere/conflict with the two big national marathon championships in late October. By the time our next issue goes to press, it may be too late to let our readers know the exact date, so if you wish more information, contact: Oregon T.C., P.O. Box 1107, Eugene, OR 97401.

Photo Contest!

So far we've only received a total of 7 entries (July 5th) in our photo contest, so we're extending the contest deadline to Sept. 1, 1977. We want to get at least enough entries to pay for the prizes (\$100 worth). The prize money will be distributed as follows: 1st (\$50); 2nd (\$25); 3rd (\$15); 4th & 5th (\$5 each).

RULES: - Limited to black & white prints only...photos are to be related to running or its affiliated activities...subject matter may be of a race, training, crowds, or any activity directly connected with running. Photos will be judged on composition, subject matter, print quality, and use of light and dark. Each photo should be 8x10, glossy, and accompanied by name, address & phone of entrant (also identify subject matter if possible). Entry Fee for each photo submitted will be \$2.00. Send all entries to: Photo Contest, c/o N.C.R.R., P.O. Box 1551, San Mateo, CA 94401 (checks payable to West Valley TC). If you send photos along with non-contest material, be sure to identify your 'contest photos'. We will have three judges: Linda Boyd, Lorraine Rorke, and John Marconi...see issue #65 for personal data on them.

Winning prints will be published in issue #68 (Sept./Oct.) of the NCRR. All prints become property of the NCRR. If we don't receive enough entries to cover contest prizes, we may proportion the prize money accordingly. Let's see some of our contributors get into the action (only two have done so to date!).



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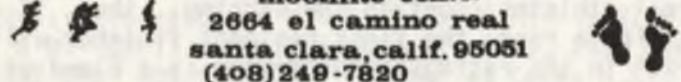
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● **DSE WOMEN MAKE GUINNESS BOOK OF RECORDS:** - As mentioned in the last issue, the DSE Women's 100 x 1-mile relay team set a new world record on April 3, 1977, by clocking 10:47:09.3 at the San Francisco State track. Sheldon Gersh, who applied for the recognition in the world-famous book, was informed a month later that their record was accepted and would appear in the next edition, assuming it is not overtaken in the meantime.

● **FIRST ANNUAL RUNNERS FILM FESTIVAL:** - Announcing two showings of this event: Aug. 20 (Sat.), at Cole Hall, UC Medical Center, 315 Parnassus, San Francisco; and Aug. 26 (Fri.), at Laney College Forum, 900 Fallon St., Oakland. Both showings will start at 7:30 pm and continue for approximately two hours. Admission is \$1.00 (free to those under 12). Films featured will be: (1) The film "Marathon", a 1976 Olympic Trials documentary; (2) The film "Sports for Life", a documentary on the masters program; (3) A film on Ruth Anderson, top NorCal masters marathoner; (4) "Fleeting Images", a sound and slide show on the 1977 Natl. AAU Track & Field Championships (men & women) in Los Angeles, presented by Lani Bader (many of the shots in the track & field results section of this issue are by Lani). For further information, contact Mike Wheeler (mornings--482-2398; evenings--530-9620).

● **WOULD YOU BELIEVE?** - That in 1961, there was a whopping total of 31 starters and finishers in the Bay-to-Breakers Run? In those days the race went up Turk Street (before that it went up Golden Gate Ave.). Jack Marden of the Santa Clara Valley Youth Village won it that year in 43:15, and the record in those days was 42:00 by Wilford King. SCVYV swept the top six places (the only six they entered!). Other familiar names to finish that year were: (8) James Jacobs/SFAC 45:39, (12) John Weidinger/MAC 48:09, (16) John Satti/SFAC 50:40, (22) Jack Kirk/MAC 53:54, (23) John Dick/Un 54:11, and (25) Tony Stratta/SFAC 56:02. Those years the field consisted entirely of seasoned runners, as the last finisher, Garfield Vigil/SFAC, was clocked in under an hour at 59:25. My how times have changed! The following year, the race was won in record time by Jim Shettler in 41:25.3 (a tenth of a second ahead of Darryl Beardall!).

● **NEW PA-AAU OFFICERS:** - On June 6 at the Lake Merced Boat-house, the Annual meeting of the Pacific Association of the AAU took place, with the following officers and committee members being elected: Pres.-George Shistar; Vice-Pres.-Roxanne Andersen; Secr.-Andrew Burke; Treas.-Bob DeCelle; Reg.Chrmn.-Mary Lou Shistar; Exec. Committee-Mel Augustine, Dean Dillingham, Jacquie Dillingham, Carolyn Finneran, Dave Murphy, and Adam Szmidt.

● **RRCA INFORMATION AVAILABLE:** - Two informative booklets are now available free from the Road Runners Club of America. The RRCA is a national organization of groups which conduct races and fun runs and are not 'competitive' clubs as such, as commonly thought of in the AAU sense. If you are thinking of starting a running program in your hometown, one of these booklets might be of interest to you. One booklet describes the many programs of the RRCA, while the other is a brief 'how to' booklet which explains step by step 'how to start a running club'. The pamphlet is designed for those interested in starting a club which will conduct running events in their area, as opposed to a competitive club. Locally, these two booklets may be obtained from the Western Regional Vice-Pres., Don Chaffee, 545 Kirkham St., San Francisco, CA 94122.

● **FITNESS EVALUATION CENTER:** - Announcing the opening of VITAL, Fitness Evaluation Center, located in San Francisco at One Embarcadero Center (Suite 1807). Five basic areas of physical fitness are considered in the evaluation: (1) Risk Factor Analysis, including cholesterol and triglyceride values; (2) Pulmonary Function; (3) Musculoskeletal strength, flexibility, and endurance; (4) Body Composition, including underwater weighing for percent body fat; and (5) Cardiovascular capacity, including direct measurement of oxygen uptake during a maximal treadmill test. VITAL is headed by Cardiologist, Charles M. Wunsch, M.D., who also has a cardiac rehabilitation program at Doctor's Hospital in San Leandro.

● **WHAT SCHOOL SUBJECT IS MOST USELESS?** - This question was asked various people on the street in the *S.F. Chronicle's* daily 'Question Man' column. One of the answers came from an obvious non-runner, Mark Sparks: "Physical Education is a big waste of time because nothing happens. You don't do anything. It's just a bunch of running around and some exercises. Exercise doesn't do you any good." Perhaps Mark is a bit misinformed on the subject?

● **RUNNER'S HOUSING LIST:** - I was pondering the idea of establishing regional co-ordinators throughout California for the purpose of supplying free 'crash space' for fellow athletes travelling to meets from out of town. Each co-ordinator would keep a list of 'available housing', and interested people would simply check with these co-ordinators for current availability if they were planning on competing in a given area. The co-ordinators would list the crashpads by location, maximum numbers accommodated, sleeping bags needed, etc. If anyone is interested in volunteering for this type of thing, I'd be happy to publicize it in the NCR and throughout local newsletters in California. If I don't get volunteers, I don't plan on going around asking for them...perhaps some areas may need several people doing the job. Write to the editor if you think you'd be interested or have ideas on the subject.

● **ADIDAS & HOLIDAY INN AIDING AAU PROGRAM:** - The Holiday Inn hotel chain has become a national sponsor for the AAU. Each night any AAU member occupies a Holiday Inn room, the sport or Association will receive 25¢ for their team funds. A contract with adidas, which will run through 1981, will: (1) Provide the AAU track & field program with a cash donation of \$40,000 annually; (2) Donate 250 uniforms, sweatsuits, and rainsuits for U.S. National teams...an estimated \$30,000 worth of merchandise. Evidently several other sportswear companies were interested in AAU track sponsorship, but adidas made the most solid offer. Another point brought out was that according to new IAAF rules adopted at the Montreal congress, an amateur athlete can now legally appear in a commercial for an organization that sponsors a national governing body. For example, any AAU athlete could appear in a commercial for Holiday Inns, which recently signed a contract as a national AAU sponsor.

● **NEEDED--MASTERS WOMEN'S STATISTICS:** - Katharine Brieger of Berkeley has recently been appointed as the statistician for the Women's Masters Track & Field Committee, and she has been directed to establish and maintain age-group records and national rankings. All women over 30 should submit their best marks, their exact birthdates, events, marks, and dates & locations of meets involved. Send them to: Katharine Brieger, 1211 Grizzly Peak Blvd., Berkeley, CA 94708. They will be reviewed and approved for national rankings. Records are also being compiled for our PA-AAU District. At a later date we will list marks, when the lists begin to 'fill out'.

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●DON HUFF turned out to be the second over-40 finisher at the Inspiration Point Run (results in last issue). The results did not indicate 'masters' runners, so we had to guess and inadvertently left Don out. Incidentally, Don is 52! Anyone else we missed noting as a master in the results last time?

●TO ALL MASTERS: "Should the Masters have separate committees for track & field and long distance running? Should there be just one masters athletic committee? Or should the Masters Long Distance Running Committee be placed under the jurisdiction of the open Long Distance Running Committee?" --- These questions are of prime importance to the Masters' movement and involve the question of jurisdiction within the AAU of over-40 athletes. These questions may seem unimportant to the athlete who may feel that all that has to be done is to show up for a race. However, these questions are important, as they determine who will direct the program, who will make the rules, and who will select the Championship sites. Towards a final determination of this question, which has been unresolved for the past four years, Robert Fine (Chairman, Masters Track & Field Comm. of the AAU) is requesting that all Masters competitors write back and vote on one of the three proposals. Some background: The Masters originally were only sub-committees of the four standing committees in athletics (Track & Field Men; T&F Women; Long Distance Running; Race Walking). In 1975, Masters T&F became a separate standing committee. Thereafter, the AAU Law Chairman interpreted the change to give Masters T&F jurisdiction over all Masters athletics. This was challenged by the LDR Chairman in 1976. A compromise was reached in which all parties agreed to the creation of a separate Masters LDR Committee with the understanding that Masters T&F and Masters LDR could, if they wished to do so, merge in the future. The purpose of this inquiry is to determine what the Masters would prefer: (1) Against merger: The integrity of the LDR movement can be better maintained. The majority of Masters compete in LDR and their dues (50¢) should stay in the LDR program. The program is so extensive that a separate committee is justified. (2) Returning the Masters to the Open LDR Committee: The Masters is really an age-group program, and as such, belongs under

LDR. There is no reason for a separate committee. (3) For merger: Separate committees serve to split the movement. Besides, many Masters compete in both T&F and LDR and it would be difficult to separate their interests. The dues checkoff system will be easier to maintain and potential national sponsors would more readily deal with one than with two committees. A unified committee is needed to deal with the IAAF. Since most of the active individuals and clubs are involved with both LDR and T&F, separate committees would inhibit development of the overall movement. (Ed. - One should ponder whether Masters would run into any problems different than the Open LDR Committee when they became autonomous. The above discussion is brief, but your discussion and feedback is instrumental. Please send your 'vote' to: Robert Fine, 77 Prospect Pl., Brooklyn, New York 11217. Be sure to include your name and address, your signature, and your age.)

NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: - Nobody has stepped forth to volunteer as 'chairman' for Southern California totals, so we have no other choice but to discontinue listing them. If at some future date someone wants to take up where Stan Rosenfield left off, we'll be happy to list the standings again. Thanks, Stan, for helping out for all the years you did. You're a rare breed!

PA-AAU STANDINGS: (Compiled by Art Dudley) - Rather than do a 'table listing' in this issue, we're eliminating that feature from this issue because we're cramped for space with many results. In the next issue we'll have a better representation anyway...right now we've got spotty results from June. By the next issue we'll hopefully have all results up through the Tahoe Relays (which we don't count, by the way). In case you're not familiar with our rating system, here is how it works: We count only top placings for a person's rating (top 10 for 'open', top 6 for masters, and top 4 for women), thus, a woman who places 5th in a race is not counted for our rating purposes, etc. We generally count all PA-AAU sanctioned races and some others if participation is high. Some races have very poor attendance (in a particular division or overall), and we may choose to omit them, but we generally count any race that is of marathon distance or longer on 'principle'. Only 'area' athletes count in the scoring...thus, if a non-resident wins a race, the first resident finisher will count for 'first' in the ratings. Our system is a blend of quality and quantity. To determine a person's rating, we take the average place (using only finishes in a 'countable' position) and divide that by the number of races. For example: a runner finishes 1st, 2nd, and 4th in three races and has a computed 'rating' of $(1+2+4)/3/3 = 0.778$. Simple, huh? This issue's standings run thru May, with the following exceptions: Results not received or waiting for confirmation of finish order on certain divisions: Inspiration Point Run, May Day Run, Avenue of the Giants Marathon, Angel Island Run, TRAC 10-Kilo, PA-AAU Hour Run (Note: some of the above races have results listed in the back of this issue, but we didn't receive them in time to send to Art for computation...he lives in Fresno). Races not counted: (Small or non-competitive fields)--Bidwell Classic 3-Miler (Masters); Bidwell Classic Half-Marathon (Women); Mt. Diablo Disturbance Run; Spring Ridge 10-Miler (Women); NorCal 3-Miler (in conjunction with Redding 10-Miler). Results not received or unknown: Los Altos Midnight Run; Valentine's Day Run. Unfair Start (not counted): Bay-to-Breakers.

Bill Clark has taken over the current lead in the "Open" race, with Bill Seaver and Brian Maxwell in hot pursuit. I'm sure that by the time you get this issue, the standings could easily have changed. Bill and Brian are tied with the most wins at three apiece...each has also run 5 races. Last year's winner, Jan Sershen, is currently lingering in fourth with seven races. Kent Guthrie is making a shambles of the masters race with twelve wins and no defeats thru May (at least), and a total of 0.083...he's a sure bet to set a new record, probably before half the year is over. Kent's also running tenth in the 'open' competition! Kent's nearest competition is in 2:38 marathoner, Roger Bryan, who's just ahead of Division II runner, Jim O'Neil. Last year's champ, Ralph Bowles, is another notch back--Darryl Beardall, with only three races to his credit, is in fifth and should move up with a few more runs. Judy Leydig continues to hold the women's lead with 0.245, and surprising Merrill Cray of Chico is next. Ruth Anderson rounds out the top three as the only masters runner to crack 1.00 in the women's field. Both Judy and Merrill have won four races apiece, and Penny DeMoss has three wins in four races.

WOMEN: (1) Judy Leydig/WVTC 0.245, (2) Merrill Cray/CRC 0.280, (3) Ruth Anderson/NCS 0.375, (4) Penny DeMoss/WVTC 0.438, (5) Sally Edwards/OPHIR 0.444, (6) Gail Campbell/WVJS 0.688, (7) Sharon Furtado/WVTC, Peggy Lyman/WVTC & Ann Thrupp/Stanford 0.750. OPEN: (1) Bill Clark/WVTC 0.320, (2) Bill Seaver/WVTC 0.333, (3) Brian Maxwell/B-A 0.380, (4) Jan Serhsen/ETC 0.531, (5) Pete Flores/AGRC 0.556, (6) Pat Buzbee 0.750, (7) Fritz Watson/WVTC 0.861, (8) Jim Nuccio/WVTC 0.875, (9) Mark Proteau/AGRC 0.969, (10) Kent Guthrie/WVJS 0.980. MASTERS: (1) Kent Guthrie/WVJS 0.083, (2) Roger Bryan/TRAC 0.327, (3) Jim O'Neil/SFOC 0.347, (4) Ralph Bowles/WVJS 0.360, (5) Darryl Beardall/MH 0.444, (6) Ray Menzie/WVTC 0.484, (7) Bob Malain/NCS 0.528, (8) Ross Smith/WVJS 0.556, (9) Paul Holmes/BC 0.677, (10) Ulrich Kaempf/TRAC 0.688, (11) Bill Flodberg/WVJS 0.750, (12) Mike Healy/DIRT 0.760, (13) Don MacDonald/PMK 0.875, (14) Jerome Lewis/NCS 0.889, (15) Gough Reinhardt/LVRC 0.920.

CLUB NEWS

This section of the NCCR is for various clubs in the area. If your club would like to put an announcement or other news in this section, please let us know. As long as the news is pertinent and kept to a reasonable length, we will print it...possibly in edited form. This section is not just for WVTC members. It's meant to be a service to all area clubs. --- If your club has a newsletter and would like to keep us informed via that method, please put us on your mailing list. Thanks!

WEST VALLEY T.C. - A total of 19 new members (and families) have signed up since last time...here are their vital statistics: --- Blaine Anderson (19), 7150 Chris Ln., Salt Lake City, UT 84121 (Ph. 801/943-4792); 1500m--3:52.0, Mile--4:09.0. Calvin Cazenave (20), 293 Tradewind Dr., #8, San Jose 95123 (Ph. 408/295-6367); 220--21.3, 440--47.8...Note: Calvin has moved back to Sacramento for the summer without leaving his forwarding address...can anyone send us his new address and/or phone number? Incidentally, Calvin will be a junior at San Jose State, and Blaine is a soph at Brigham Young Univ. Gary Guiliat (38), P.O. Box 176, Belmont 94002 (Ph. 952-1988 or 592-2277); airline pilot; Mara--3:36. Benton Hart (21), 2619 Maze Blvd., Modesto 95351 (Ph. 209/522-0379); senior at Brigham Young Univ.; Mile--4:08, 2 Mi--8:29.2i; 3 Mi--13:27.9; 5000m--13:49.9; 6 Mi--29:11. Craig Hassapakis (16), 2400 Mauna Kea, Ceres 95307 (Ph. 209/537-2782); junior at Ceres H.S.; 880--1:59.7. John Hellman (21), 20875 Valley Green Dr., #10, Cupertino 95014 (Ph. 408/257-5399); junior at San Jose St.; 880--2:11, Mile--4:43. Jim Langley (19), 14750 Live Oak Ln., Saratoga 95070 (Ph. 408/867-5929); soph at Oregon State; 6 Mi X-C--29:33. Dave Levitsky (24), 868 Rorke Wy., Palo Alto 94303 (Ph. ???); writer; Mile--4:34, Mara--3:12. Sara Sue Martin (23), 576 Crystalberry Terr., San Jose 95129 (Ph. 408/446-1586); Assistant Mgr. for "The Gap" stores; 440--59.8. Barbara Lynn Meihaus (24), 867 Park Dr., Mtn. View 94040 (Ph. 964-5622); teacher; 880--2:40. Thomas Peterson (20), 1062 Peralta Ave., Albany 94706 (Ph. 524-5628); soph at College of Alameda; 3 Mi--17:24, Mara--2:47. Bill Ranney (41), 1 Barker Ct., Fairfax 94930 (Ph. 456-2641); teacher(?); Walks --Mile--6:40, 2 Mi--14:12, 5 Km--22:10, 10 Km--45:40, 20 Km--1:33:14, 20 Mi--2:38:30, 50 Km--4:42+. George Sheehan (58), 79 W. Front St., Red Bank, New Jersey 07701 (Ph. 201/741-2077); M.D.; 1500m--4:41 (last year), Mara--3:01...WVTC welcomes you George! Hope you can make it out to the coast every now and then to compete. Tom Stewart (34), 531 Hawthorne Ct., Los Altos 94022 (Ph. 969-1954); accountant; has run many local road runs (averages 7-7:30/mile for 6-mile distances). Greg Valdez (17), 3 Hillcrest Ct., Oakland 94619 (Ph. 530-6602); senior at Skyline H.S.; 880--1:56.1, Mile--4:19.6, 2 Mi--9:17.7. Maj. James Van Vleck & Family, 201 Colmar Rd., Ft. Ord 93941 (Ph. 408/242-2542)...(Jim) 5K--19:54, 10K--40:35, Mara--3:37:42 (Jim will turn 40 in August)...(Maureen, 33) Mile --6:30, 2 Mi--13:42, 5K--22:17... (Katryna, 9) Mi--7:27, 2 Mi--16:07,



Benton Hart (shown winning Holy City Run) moved into 2nd on the club 5000m list with 13:49.9. /Mike Fenner/

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5K--29:00...(Kraig, 7) Mi--7:28, 2 Mi--16:08, 5K--27:43. Gerald Wagner (33), 9832 Heskett Rd., Oakland 94603 (Ph. 635-0271); machine operator; no marks listed but is training for the marathon. James Wilkins (34), 434 Superior Av., San Leandro 94577 (Ph. 635-6853); computer programmer; Mara--3:14. David Woodruff, Jr. (34), 643 Cragmont, Berkeley 94708 (Ph. 524-6544); physician; Mara--3:47.

●**CLUB RECORDS:** - The big news this past month or so has been the phenomenal race walking of last issue's West Valley Portrait, Neal Pyke. He started his record-setting at the National 20-Kilo in Seattle in early June with a third-place finish behind a Mexican and Todd Scully, clocking a super-fast 1:31:29, and leading WVTC to the team title. He and Todd were chosen for the US European Tour in the walks. Neal had some bad luck at the first meet vs. Italy with a DQ status, but he then came roaring back to a win vs. West Germany and an American record over 10K at 42:22.6 (on the track we presume). As if that wasn't enough, he proceeded to annihilate the Russian walkers with another US mark a week later over 20K (1:28:17.4). This was a new American record by almost two full minutes! The other walkers on the club haven't been sitting still either. Tom Dooley established a new 50K standard of 4:35:38 in March, and then stepped off a 1:34:09 for 20K a few months later, setting a short-lived mark. That time was then the fastest in the U.S. thru April as reported by *Track & Field News*. Another club record (we think) was set by Pyke over the hour run at 8 miles, 240 yards, sometime in May. Walkers--please send your best hour marks while members of WVTC so we may compile an all-time list (we don't seem to have them). Sally McPherson has been setting walk marks on the women's end...she stepped to a fine 57:29 for 10K on the track in March. She lowered her club record at half that distance to 26:18.4 (from 27:00) and took sixth at the AAU's with that time. A week later at the Natl. 10K at Stanford (track), she placed third, qualifying for the US World Championship team with a super time of 54:10.2...she will go to Sweden in August if she can get enough money together (donations are being accepted)...since women's walking is not an Olympic sport, the USOC is not funding any of our women walkers to the World Championships!

(Club Records...continued): All the other club standards that we know about since the middle and distance events. Rich Nichols, after many attempts, finally qualified for the National AAU Championships (barely) with a PR 1:48.7 for 800 meters. He did that at the Muhammad Ali Meet, taking a full second from one of the oldest records on the club's books...the 1:49.7 by Duncan Macdonald back in June of 1972. Rod Berry, a junior at Larkspur's Redwood High School, notched two club high school records with an 8:53.4 two-mile (2nd at the State Meet), and a 29:13+ (don't have the tenths yet) for six miles at the Lompoc Flower Festival (USTFF Jr. 10,000m Championships), also in second. Bob Grubbs' 8:54.6 and Roy Kissin's 29:21.2 were the previous bests by WVTC preps. Judy Leydig was on the record-books twice with a 37:42.8 qualifying time for 10,000 meters at S.F. State (June 2), and then with a 37:35.7 (rounded up to 37:35.8) over the same distance at the National AAU Championships at UCLA. No other WVTC woman has yet run a track 10K. Out in Hawaii, sub-master Jim Barker cranked off a 5:35:41 for 50 miles in April, the best in the U.S. to that date and some 24 minutes under Jim Bowles' old club standard, set way back in October of 1971!

● **OTHER GOOD MARKS:** - Benton Hart, who just joined the club in May, was second at the Cal Relays with a fine 13:54.0m. He lowered his PR to 13:49.9 at the Prefontaine Classic in mid-June and now moves into second spot on the all-time club list behind Domingo Tibaduiza's 13:43.4, set three years ago. Rich Nichols recorded a 1:50.1m for third at the Eugene Twilight Meet for a PR, prior to his club mark of 1:48.7. Judy Graham scored a second at the Cal Relays with her 4:20.2, with Phyllis Olrich clocking a 4:34.9 in fifth, just 0.2 off her PR. Judy did 9:39.9 at the Lompoc Festival over 3000m, while Phyllis was runnerup in 9:49.7. Phyllis was 9:49.9 at the AAU's while taking tenth place. Tim Holmes, who was off to a slow start because of injuries and illnesses, lowered his mile to 4:15.9 and then 4:13.9 in May. After having an unusually 'off day' at the California State Meet (9:15 or so), he came back impressively for a third place at the International Prep Meet in Illinois with a PR 8:55.3, moving into third on the all-time club prep list. Joe Green chopped about 17 seconds from his two-mile best by taking a very close second at the Central Coast Section Meet in 9:11.71 (0.38 behind the winner). Greg Valdez, a new member and junior from Skyline High in Oakland, dipped under 9:20 with a 9:17.7 CIF finish. Dave McKenzie got a seasonal best of 205-2 in the hammer to take the runnerup position at the prestigious West Coast Relays. Hal Schulz, a frosh at Cal-Berkeley, lowered his steeple PR to 9:01.3 while placing seventh in the Pacific-8 title meet. He then placed third in the AAU Jr. Championships with another good time of 9:02.0, while just missing a berth on the U.S. Junior Team. Skip Peterson capped off his first season at College of San Mateo with a 24-11 long jump (legal) at the State Championships (fourth place). Bill Ranney, our newest addition to the walking clan, will be setting new records in just about everything he does, as he is competing in the masters class (over-40). His 23:55.6 won the PA 5-Kilo Championships. Wayne Glusker (22:49.2) and Bill Ranney took 4th and 6th respectively in the AAU's at UCLA, with Bill lowering his club masters best to 23:19.4. Richard Marks recorded a seasonal best of 63-3 for eighth in the shot at the same meet. Dave McKenzie tacked another 2-inches on his 1977 best with 205-4 in the hammer, good enough for sixth place at the AAU's. Kenny Kring scored a good 7091 in the decathlon at the All-American Decathlon in Porterville in mid-June, but he had to take a backseat to Rex Harvey's winning 7451. Bill McClellon, who is now stationed at Vandenberg AFB, competed in only one meet this season, but scored super marks (for not having any previous background work) of 24-9½ (club PR) and 51-8½ in the two horizontal jumps at the Interservice Meet in Washington D.C. (June?). Those leaps netted him 4th and 2nd, respectively. Both marks were non-winded. Dave Himmelberger ventured down to an International Walking Week in Mexico in mid-April and got a 4:46:07 (7th) at 50K (96° and altitude!). In the shorter 20K event, held a week after the 50K, he finished 20th in 1:37:37 (actual distance was 19336m, so add about 3 minutes to that time). Temperatures were again warm (90°). Dave says, "If you think the altitude in Mexico is tough (at about 7500 feet), the Mexican team had just returned from Bolivia, where they had been training at 15,000 feet!"

● **WALKERS WIN NATIONAL 20K:** - Neal Pyke's club record of 1:31:29 led WVTC's super team (without Glusker) to their second US title this year (35K in April). Tom Dooley (1:36:48) and Dave Himmelberger (1:37:46) rounded out the scoring, as they downed Shore AC (30) and Club Northwest (56) with a low of 22 points. Bill Ranney (1:39:53) and Bryan Snazelle (1:40:41) were ahead of Shore's third man! See Walking Sect.

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● **NEWS FROM MEMBERS:** - Dave Romain, who we mentioned ran a great 1:53.6 for third at the SJ Invitational in April, happens to be *older* than we thought. Turns out he was 34 at the time, and fourth-placer Ramsay Thomas (1:54.7) was 33! We have word that Dave won something like four events at the Sr. Olympics in late June, after just turning 35. --- Kenny Kring has been chosen to compete at the Maccabiah Games in Tel Aviv, Israel, on July 12-20. He went in 1973 and is very excited about returning. His brother, Buddy, a 6'10" high jumper, was also selected. --- Fran Conley was featured in the June 13 issue of *People Magazine*. --- Judy Graham sadly reports that she's been fighting off some kind of virus over the past month or so and by the time of the Nationals her resistance had worn so thin that she was unable to even finish the race, despite having a seasonal best of 9:27m. She appears to be on the upswing now. Even though the Nationals are over, she hopes to run some good times this summer. Her 9:39 at the Lompoc Festival indicates that she's coming back at least. --- George Stewart is back in the area for a few months, training at Lake Tahoe this summer with teammates Roy Kissin & Mike Pinocci, among others. In early August he'll be headed to Houston, Texas, to work with the VISTA program for a couple of years...get in shape George (the AAU X-C Championships are there this fall)! The fact that George is now in Houston, along with ex-member Bob Bailey, means that the club can at least save money on housing for that meet.

● **FATHER'S FOOTSTEPS:** - Charles Michael Steffes enjoys going to track meets as he watched his father (Charles G. Steffes) triple jump 51'0" at the June 28 all-comers meet at West Valley College. For Charles Michael this makes it his third time that he's gone to a track meet to watch his father jump...nothing exceptional about that; however, Charles Michael is only 14 days old (21½ inches; 8-lbs., 1 oz.)! Sign him up!

● **BICYCLE TOUR:** - Just got a note from Jack Cover, who has an interesting idea for a new club activity. He's wondering if any club member has ever thought about a one-week bicycle tour for WVTC members. It could be called "The Bridge Tour"--to get from here to there...a running location for a day or two, then return. He's heard that you can cycle all the way up the California and Oregon coast, stay in hostels, and have a great time. Any volunteers for tour leaders? Interested club members could drop either me and/or Jack a line (Jack's address is: 292 Devon Dr., San Rafael 94903 (Ph. 415/479-8961).

● **PHONE COMMITTEE:** - Only got a few responses to my plea a few issues back. I'll have to start appointing soon probably.

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● **CLUB WARMUPS:** - Problems, problems...just got the word from Jelenk (the company that manufactures our spiffy orange warmups) that they have discontinued that particular color combination...seems as you'll recall that just last year they discontinued the original royal blue and orange combination that we had gone with, so we had to settle with the solid orange and blue stripes. There are some of you out there that have made deposits on the warmups & I can either hold onto it for awhile until I determine if we can get another company to make them 'custom', or I can return it to you. I'm in the process of getting a friend to make an estimate thru a company in Taiwan to see if they can duplicate the style (not necessarily the material) and color at a reasonable price (like \$40 or cheaper). If we can get them, I am sure we'll have to order a bunch at once and that the wait between orders will be lengthy. So if you think you might be interested in getting a warmup, let me know right away so I can get some kind of feel for demand...it could be important in the determination of wholesale price. I'm sure the company will either want a deposit or payment in full since it is a special order, so I'll probably hang onto the money I have for awhile (until I get a quote). If you don't want to wait and find out if we can get them and what they will cost, let me know.

● **TAHOE RELAYS:** - Be sure to check out the enclosed 'Club Insert' for Tahoe Relay signups. We'll try to let everyone compete who wants to run...7-man teams; but if we come up short, a few will either have to run for a 'pickup' team or not go. We have co-ordinators for various divisions (women, etc.) that are specified on the sheet...be sure to contact them right away if you're interested. Anyone on the club staying in a cabin at Tahoe for the weekend of the Relays? If so, would you be willing to let the club have their summer BBQ (after the race) there (we'll clean things up of course)? Let me know quick so I can get the information on the 'team sheets', which I'll mail out about 4-5 days before the Relays with the lineups for each team. The cabin (or other location) should be fairly close to the finish area (Southshore area).

● **ROAD RACE RESULTS:** - Following are listed members who ran in local AAU road races and finished too far back to be listed in the regular race-results section of the NCR. If you were missed, let us know (many results don't list club affiliations and I can't always pick them out from memory). Don't be shy! --- (Note: Some of the following race results may not be listed in this issue for lack of space, but we will include them in next issue.) Golden Gate Park 8-Miler: 116-Chris Hamer 51:01, 119-Gary Chan 51:08, 123-Don Lucero 51:25, 166-Larry Main 54:33, 208-Sam Thornton 57:13, 230-Phil Conley 58:48, 240-Fran Conley 59:09, 315-Len Wallach 63:40, 321-Jim Bowles 64:03, 380-Rick Skillman 71:22, 384-Tim Smith 72:41. Avenue of the Giants Marathon: 152-Harry Cross 2:55:47, 155-Jim Holben 2:56:02,...more listed next time (we only got the top 330 finishers by publication date.) Bay-to-Breakers: (of top 500, listed in paper) 177-Steve Nelson 45:54, 199-Santos Reynaga 46:23, 207-Larry Washington 46:31, 229-Tim Rostege 46:53, 233-Ralph Gowen 46:58, 315-Don Lucero 48:30. TRAC 10-Kilo: 187-Eryn Quinn 42:24, 205-Tim Smith 43:15, 231-Rudy Hansen 44:49. Woodminster Handicap: (actual running times listed) 94-Santos Reynaga 57:13, 102-Steve Simpson 57:52, 128-Gary Chan 59:30. Children's Hospital Charity Run: 69-Gary Chan 48:27, 87-Steve Subotnick 50:21. Holy City Run: 105-Santos Reynaga 59:00, 146-Don Lucero 61:59, 161-Tom Fodor 63:07, 297-Gail Dowling-Goettelmann 75:12.

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ASSOC. OF TRACK & FIELD STATISTICIANS ANNUAL (1977): - This is the eagerly-awaited statistical annual for track and field nuts. The ATFS is an international body of stat collectors, and the ATFS Annual is their authoritative wrap-up of the entire previous year in men's track. The heart of the annual is the 50-deep all-time world performers list, and the 100-deep 1976 world list. Other features in the '77 Annual are an index of all performers in the book (with birthdates, height, weight, best marks, age, etc.--of tremendous value to fans and writers), and a records section which gives IAAF, Olympic, Junior, Commonwealth, and all continental standards. Published by *Track & Field News* and edited by D.H. Potts, this booklet is a steal at \$3.50 (+ 6% Tax for Calif. residents and 30¢ for shipping). Order From: NCR, Box 1551, San Mateo, CA 94401.

THE MAGIC BUS: - Your editor will be hitting the races a bit more frequently this summer (I was in Montreal in 1976)...if you want a specific pair of shoes and would like to pick them up at the next race, give me a call so I can be sure to pick them up for you in time...it's best to call me about Tuesday (at latest) for shoes wanted the following weekend. I plan on being at (among others): Wharf-to-Wharf Run, Watermelon Run, Belmont Steaks Footrace, Tahoe Relays (limited selection here), Daly City 10-Kilo, Dammit Run, Dipsea, Alameda X-C Carnival, Times-9 Relays, Marine Air Reserve Run, PA-AAU 25-Kilo, Bridge-to-Bridge Run and the S.F. Jaycees 10-Kilo Charity Run (also selected DSE runs when not in conflict with the above).

GUEST EDITORIAL

The purpose of this column is to invite prominent people in running, especially those in the writing/publishing end of it, to express their opinions on various topics. If you have any suggestions for possible 'guest editors', please let us know by writing: "Guest Editorial", NCR, c/o Len Wallach, Box 1551, San Mateo, CA 94401.

Editor's Note: - Eva Seed Auchincloss is the Executive Director of the Women's Sports Foundation and editor of its "Frontiers" publication.

---See Page 12 for her 'Guest Editorial'---

"Whether we like it or not, women can no longer be passive, dependent, and fragile people. They must be and want to be active, capable and unafraid, and even competitive and aggressive, for they are now out there in the real world.

A woman and her family frequently must count on the support from her labors. Nearly half the women over sixteen want to be in the work force today, and it is anticipated that about 43 percent of the future pool will be women during the next fifteen years.

Attitudes will change as a result. Sports, which used to prepare the male to cope with the competitive society, will become a fertile training ground for women. The women's movement isn't just a phase which our nation is going through, but rather a new era, reflective of new needs. Women will need to learn to survive in our highly technical and competitive society. They will need to learn new levels of self-sufficiency, and sports can play a major role in teaching them this process.

In the past, and unfortunately even today, women have not competed extensively in athletics. They have not, as a group, been preoccupied with toning their bodies, sharpening their physical skills, or learning the tactics and strategies so familiar to sports. For this lack, they will pay dearly if they continue in this path, as self-dependence is an integral part of their future.

There continues to be resistance to change. Many still believe that sports activity, especially that which is competitive, is not appropriate for our lifestyle in America. This is particularly true when some view women in sweaty, muscle-building, and aggressive activities. Many believe that women can't take pain, stress and injury. For that matter, many of the public agencies consider highly competitive athletics counterproductive for anyone, particularly women.

In spite of the put-downs and perpetuation of false myths, women are turning in greater numbers to all kinds of sports activities. In New York alone, there were twice as many girls in interscholastic varsity teams last year than there were four years ago.

Women are looking for training, leadership, guidance, and opportunity. Schools, recreation departments, and agencies, with some notable exceptions, have been reluctant or at least lethargic in their initiative thus far.

In 1976, the President's Commission on Olympic Sports reported: 'Women continue to suffer from a lack of well-structured, varied programs, access to facilities, and proper representation in the decision and policy-making process in organizations conducting sports programs.' This indictment against those organizations is less than a year old.

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Each of us has to be involved in a process to change it if it is going to change. Women have the responsibility to become involved, and men have an equal responsibility to encourage and assist, but both must strive to make sure that the true values of sport activity are equally available to all and at every level of endeavor.

There is the danger of oversimplification or hawking a position of 'too little too late' or 'too much too soon' when attacking or defending those who have the responsibility to direct athletic programs. It is a vastly more complex issue, as the experiences and learning of the past are deeply ingrained into our culture. The need for affirmative action to assist women and girls into developing life-time goals and activities in sports is self-evident.

Change comes about not from the mere mouthing of platitudes but rather from specific action. Decide and act! The results are in direct relationship to effort."

LETTERS TO THE EDITOR

PHIL LENIHAN (*San Jose, CA*) - "I take violent exception to your editorial in NCRR #65 regarding unofficial runners. Unofficial runners do not have the right to just show up and run wherever they want. A race director sets the qualification as to who may register (this usually consists of the ability to submit an application with an AAU number and registration fee on time) and should not be burdened with non-registered runners.

Unofficial runners just screw it up for all registered participants and officials. There are plenty of fun runs and places to work out. An organized race is for registered participants ONLY. A race should not start until all unregistered runners leave the starting area... "If you don't have a number, please leave." They should also be ejected from the course and barred from the finish area by a marshall.

I had the finish screwed up at Paul Masson, you had your problems at your races, and I recently noted the San Jose 10K had numerous unregistered runners cross the finishline after repeated announcements at the start.

To sum up my views on unregistered runners---throw the bums out."

(Ed. - I'm afraid that it takes a race director to understand fully the reasons for Phil's wrath. His solution to "throw the bums out" is probably the simplest one, but can certainly create ill feelings. I still feel that as long as unofficial runners don't actually interfere with the other runners or take aid or cross the finishline, there is no particular reason to be against them. Unfortunately, a large number of runners who choose not to officially enter will invariably do just that...screw it up for others. Perhaps someone can come up with a simple solution to the problem, short of physically evicting them from the start and during the race itself. I feel that race directors do have the right to use force in stopping an unofficial runner from entering the finish area. If any of you have suggestions, please drop us a line. One other item: when you get the new PA-AAU LDR Handbook for the year beginning Aug. 1, 1977, please read over the introductory page on "Rules of the Road". Most of us know the rules, but it doesn't hurt to review them. It could make for much smoother officiating in local runs.)

THE HUMAN RACE



The legs of Forrest Owen Smith bulged like great undulating snakes as the muscles contracted, moving his body up the weed-lined trails of Belmont's cross-country course. The thick blood vessels which fed his calves made them look like vine-covered logs. His massive frame chugged easily up the steep grades as he made good use of his well-built arms, shaped by his previous toils as a Pennsylvania iron worker.

Aside from his sophisticated scientific jargon that was



Tim Smith (left) with Walt Stack at the DSE Women's 100-Mile Relay in April. /Len Wallach/

frequently laced with satirical asides, one would have assumed that he was still laboring on steel trestles and I-beams rather than attending his fellows with the mysteries of medicine.

The initials M.D. seemed a little out of place, as well as the name Forrest Owen. "Tim" Smith, runner, writer, and doctor just doesn't fit any of the standard patterns of expectations set by others, as he not only marches to his own drum beat but doesn't mind holding his own parade as well.

"I'm obsessed with running," Tim advised with uncontrolled exuberance. "I can think about it. I can write about it. But most of all I can do it," went the Smith simplistic formula for his primary basis for fun. The graduate from Duke Medical School was sweat-soaked as he gestured, making his wet T-shirt, with the emblazoned "TOTAL HEALTH", move up and down like the letters were individual puppets.

The Total Health shirt is the symbol of a recent cumulative effort of Dr. Smith, whose previous specialty was obstetrics and gynecology at South San Francisco's Kaiser Hospital. After spending a significant part of his medical life seeing patients in the traditional doctor-hospital relationship and having his emerging views tempered in the forges of his own involvement in athletics, he has broken away from the mainstream to try and pioneer a new practice aimed at total health.

"Health is not fragmented; it is a totality, with each segment interdependent on the other," he advised. "The approach of handling medical crisis after crisis, in my view, is a band-aid method," Dr. Smith explained. "It's like patching up an inertube, which is the basis for the crisis-orientation approach taken by American medicine," Tim elaborated. "Rather than sticking another band-aid on, giving a pill or two here and there for an illness, or repairing structure from damage, treatment should be basic to prevention. I want to be the doctor that patients call before they call for the resuscitation team," he concluded, adding... "about twenty years before!"

Tim's new practice brought him to the center of medicine in the city of San Mateo at 39 North San Mateo Drive, in the heart of the city's "Doctor's Row". His practice is unique in its communication technique, as his office phone is "FITTEST", unusual by itself, but when he's not there the tape-recorded message even gives you a home number to reach him. Who ever heard of a doctor giving out his home phone except in the early days of Americana when the country medico tended his small-town flock.

There's no medical secrecy about his approach. Standard techniques of examination, testing, vitamin therapy, exercise, and diet planning, weight control, and a lot of personal direction by Dr. Smith are used in the 12-week program. "Absolutely," he answered when asked if he would run with his patients as part of their individual programs. "But my goal is to make each as independent as I can," he added, in elaborating on his methods. "I try to explain the 'how-to' in order to develop self-reliance," he said. Then he used an old parable for a clincher: "Give a man a fish to feed him for one day, but teach him how to fish and you will feed him for a lifetime."

"The ancients defined 'doctor' as a teacher. A doctor gives instruction, provides specific procedures, and does things for his patients, but most of all he should provide them with an example," the doctor in Tim Smith described.

"Look, I used to weight 275 pounds and smoked two packages of cigarettes a day," he gestured. "The track became my thermometer; my progress was measured in yards, not miles. People have to have marks and models to follow." Follow they have, as Tim's role in Northern California running has been a good one.

Tim headed up the Dolphin South End Runners newsletter in

1976, cranking out the monthly editions that were filled with a wide range of information, data, and stories to encourage people and describe the local running scene. It was through the DSE epistle that he was able to fashion the gospel according to Saint Tim, as he sharpened his own writing skills into a wide range of humorous scribing and editorial commentary. "I'm prone to hyperbole," he explained, once again sending me to the dictionary to understand his vocabulary, which is a cross between the seminarian-governor Gerry Brown and a touch of volatile phrases of Walt Stack.

He is particularly adept in parody and has secretly threatened me with a satirical imitation of my journalistic style of innerman interviews. But like most writers would under similar circumstances, decided to wait to see how he would fare under the typewriter of another word-stringer.

An important contribution which he made was clouded by the achievements and media consciousness of others. With the fanfare of the world-record setting of the DSE women in the 100-mile relay came the natural reporting of the successes of the more obvious contributors and colorful personalities. Tim remained quietly in the background once the progress from concept to results began. He attended the affair, passed on his personal best wishes and congratulations to runners, timers, officials and all manner of husbands, boyfriends, fathers, and celebrities.

It was strictly a one-way street, however, as none were aware that the original idea came from the fertile promotion-oriented mind of Tim and his back issues of *Runner's World* magazine. Many people had read of the Manahawkin, New Jersey, high school team exploit of 100 women running a mile apiece relay style, but it took Tim to act and plant the seed in the DSE psyche.

His running exploits took him to Marysville in 1976 to face fifty miles of boring country road to the outskirts of Sacramento. We matched up for the first twenty miles, which consisted of a dogged pace interrupted by our individual versions of life stories, anecdotes, and stuffing our bodies with a variety of fluids.. At each rest stop, Tim's handler would take out a bathroom scale, upon which he would stand and once again be a scientist, recording for some yet unwritten paper, the weight progress of a fifty miler. There's no metaphor to illustrate Dr. Forrest Owen Smith standing in the middle of Hiway 99 on a bathroom scale looking over the vast unending fields of the Sacramento Valley. As a result of his running and weighing, Tim Smith became West Valley TC's 1976 50-mile champion with 10 hours, 2 minutes, and 40 seconds of effort.

Another one of those Tim Smitheroos is the 1977 PA-AAU's 30-kilo title race, which was plagued with sufficient police bureaucratic interference that some members of the event ceased in their efforts to reach the finish line. In fact, all of them except Tim who, no doubt, was mindful of the AAU's rule #65, admonishing, "all competitors must run the full distance of the race." Consequently, Tim put the rule to the test and went on solo to finish, thus becoming the official PA-AAU 30-kilo champion for 1977. Whether AAU officialdom eventually acknowledges the victory awaits the publication of the race results. But to those who vicariously would like to strike a blow for personal tenacity, Tim Smith becomes a new kind of Saturday hero.

Tim grew up in Pittsburg, Pennsylvania, the son of an iron worker and school teacher, his father and mother respectively. After high school, he tried the iron worker trade for awhile, but his adventurous spirit was fanned by his grandfather, James Thomas, who did what he wanted when he wanted. After years of independence and two years as an Army draftee at Walter Reed Hospital in Washington, D.C., Tim came to California for a pre-med program at San Francisco State.

His employment during this student period included being a barkeep, piano player, and bouncer at "Jacques", an Ellis Street bar of the early gay scene in San Francisco. Tim, definitely not of that discipline, none-the-less became captured by San Franciscana and returned to the City following his medical training and internship at Duke University.

He is probably the only doctor-runner-writer who is also a licensed Federal Firearm Dealer and one of the few who are authorized to deal in machine guns. If that wasn't enough distinction, he also is a herpetologist, a word returning me to the dictionary to make sure that he was interested in snakes and not fever blisters.

But whether it's Tim Smith the runner, Smitty the barkeep, Big Tim the iron worker, or Forrest Owen Smith, M.D., he's in life's mainstream with vigor and involvement. But to me, Tim Smith is the way I think my own family doctor should be.



(Left) Stanford's 26-9 long jumper, James Lofton. (Rt.) Redwood's Rod Berry did an 8:53.4 at State. /Conning/

NOR-CAL PORTRAIT

(Ed. - We're still looking for a volunteer to take over the job of "NorCal Portrait" editor. It involves only a few hours per issue of work. You should have a fair knowledge of track and field and be a fairly good writer too, although the latter is probably not quite as important. We need someone quick, so if you're at all interested, please contact the editor...I certainly don't need any more work.)

MEET JAMES LOFTON: (By Conrad Walker) - James David Lofton lists his occupation as 'student-athlete'. The student part is pretty well taken care of on the campus of Stanford University, where Lofton will be a senior this fall.

The athlete part takes a deeper breath to talk about. In the 21 years since James was born at Fort Ord, Calif., he has done it all in track and field: run the sprints, high jumped, triple jumped, and long jumped. It is this last event which has brought him the most fame, however.

A consistent improver, Lofton really broke through this year, when he took advantage of Mexico City's thin air during a track team trip south of the border to jump 26-9, a personal best by over a foot from his best mark of last year. He continued in his stride toward the world class by jumping over 26-feet a number of times (we won't know the exact number until James stops competing in Europe this summer), and by winning the Pac-8 long jump from Larry Doubley with a 26-4 3/4 legal jump. In the tough NCAA competition, Lofton finished a creditable fourth, with a 26-5 1/4 jump, confirming that he can make his presence felt in any competition.

Oddly, for his expertise in the long jump, it is not his favorite event. The 6-3/190-pounder likes the triple jump best. "It requires so many skills and so much training; done right it is a beautiful event. Also, I like the 400, because it is so mentally demanding to erase the fear and pain and sprint the whole way; impossible?"

Lofton has done a good erasure job. Along with his 46.4m best, he has a 45.1 relay leg, and many experts feel that if he concentrated on the long dash, he could make significant improvement. James, however, takes a more philosophical approach to his events and to sport. "I don't set goals for myself," is his surprising assertion. "I look more toward physical and mental improvement through sports. There are marks I would like to obtain, but I do not consider them as goals; such as: 45.0m and over 27-6." He continues, "Too often marks are dictated by conditions. I enjoy competing and coming away feeling that my mental frame of mind has not held me back from what my physical prowess enables me to accomplish."

Since he's involved in football in the fall, his training schedule varies. "My track training begins in late November, through to mid-January. In this period I am only concerned with getting into good condition with an early season program consisting of over-distance running, lots of interval workouts, and hills, with an emphasis on strength and running form. Also, in this first training stage, I begin my weight training, which is primarily a program to increase overall strength with an emphasis in keeping flexibility."

"In mid-January I begin my indoor season, consisting of a few indoor meets. Also during this time, I am consistently building my base for running the quarter during the outdoor

season, adding in sprint work to keep competitive during the indoor meets. The last week in February we begin our outdoor season, and throughout the rest of the season I follow the basic routine of: Mon.(breakdown 600-500-300-200 or something similar); Tue.(long jump work and 150's or 200's); Wed.(long sprinting--3x330 @ 33-35 secs, or 3x220 under 22 sec., etc.); Thur.(long jump & relay work); Fri.(rest); Sat.(compete); Sun.(rest)."

In order to compete well in the big meets in May and June, James makes April the hardest work month, with distance runs three times per week in the morning and heavy weight training but with Thursday's workout relaxed. "In mid-April I drop the weight training and don't resume again until after the season is over, when I also begin over-conditioning with runs of 5 to 7 kilometers."

"As far as obtaining long-lasting success in track and field--there is no other activity that I enjoy as much, but without the ability to make track my livelihood, sooner or later, I must bid it farewell to football."

Football? Oh yes, Lofton is good enough at his 'other' sport, played in the fall in front of one or two misguided fans, that he may be able to make the hard shift from college wide receiver to pro star. Certainly it is an option that James is aware of, and one which enters into his training plans for track, as noted above.

Progression

Year	Grade	100y	220	440	LJ
1972	10th	----	----	----	21-8 1/2
1973	11th	10.2w	22.9	53.4	24-0
1974	12th	10.1	22.3	50.3(47.9r)	24-4 3/4 (24-9 1/2 w)
1975	Fr	10.0	21.6	----(48.1r)	25-3 1/2
1976	So	9.7	21.3	48.4(46.7r)	25-8 1/2 (26-1 1/2 w)
1977	Jr	----	20.7m	46.4m(45.1rm)	26-9

PR's in triple jump (48'1") and high jump (6'4") came in 1973 as a junior in high school

WEST VALLEY PORTRAIT

MEET ROD BERRY: (By Bill Clark) - For this issue's featured athlete, we again turn to the talented junior segment of the club. Rod Berry's share of talent is indeed bountiful as evidenced by his PR's of 4:12.2, 8:53.4, 14:00.0, and 29:13, as well as his numerous cross-country and track victories, with perhaps the highlight being a second-place finish in the CIF State Meet 2-mile this year. And he's still got one more year at Redwood High School in Larkspur!

Talent is obviously an important factor in a young athlete's success, but at least as important is the establishment of a reasonable training program which will foster future improvement. Coaches Doug "Flash" Basham in cross-country and Don Zile and Morrie Shepherd in track have developed a sound program for Rod and his Redwood teammates, combining fartlek, hill training, and track workouts. Mileage is kept to reasonable levels...Rod's rarely exceeds 70 miles per week during the school year. This allows him adequate time to recover from the fairly high quality workouts. Rod and his coaches obviously feel that there will be plenty of time in college and later to experiment with high volume training. Many of the high volume high schoolers have found it difficult to maintain their high school mileage in college, let alone improve upon it, even though their strength and stamina are greater due to maturity.

Rod provided us with a detailed description of his yearly training cycle: Summer--"During the first of summer, I take it easy to recover from the long track season. Towards the end of July, I start my 'wild-man' workouts. They are usually done with one or two other people (Hal Schulz). I run for 8-10 miles of constant fartlek. All summer workouts are run at 3-5 o'clock. Afternoon workouts are also preceded by 3-4 miles as a morning workout. Fall--During fall I cut my mileage way back from 90 to 60 miles per week. Towards the peak part of the season I start one-mile and 2-minute intervals on dirt roads. During cross-country I never get near a track for training, because I know I'll see enough of it during track season. Winter--For the first two weeks after x-country, I just rest, with up to 20 miles per week. Then I start my building again by starting with long slow distance, and then increasing the intensity as track approaches. All during summer, fall and winter I run a lot of hills...it's kind of a Redwood tradition. I started speedwork about mid-January, but only once a week.

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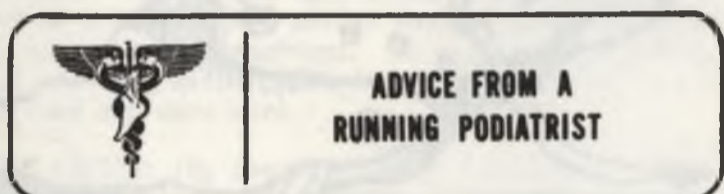
Spring-I cut my mileage per week from my winter rate of about 70 to 60. I do speedwork twice a week...one is an easy, basically speed-oriented workout; the other is usually more endurance-oriented and tends to hurt quite a bit (e.g. - 24 laps non-stop at alternating fast-slow pace: fast laps are 70, cutting down to 65, with an 88 second lap between each)."

Rod likes to race twice each week during cross-country and track, with three 'peak' races in cross-country and five in track. He also likes to run one indoor race each year. Rod's favorite distance is the 3-mile because he feels that he has more endurance than speed, and the shorter races seem like sprints. One could argue then that Rod is a fair sprinter based on his mile and 2-mile PR's.

His racing strategy is geared to the perceived leg speed of his competitors. In fast company, he will try to break away in the early stages of the race with sustained pickups, sometimes over several laps.

Rod is more social in his training runs, as he is often joined by runners from his school and others. Most of the summer and winter runs are low-keyed and enjoyable, however, once or twice each week he prefers to train alone because he is, as he puts it, "tougher on himself". Rod's future competitors will no doubt pay the price for this mental toughness.

As for the future, Rod's immediate goal is to make the Jr. International X-C Team next year, as well as win the State Meet 2-mile. If Rod's rate of improvement continues as it has, these goals should certainly be reachable.



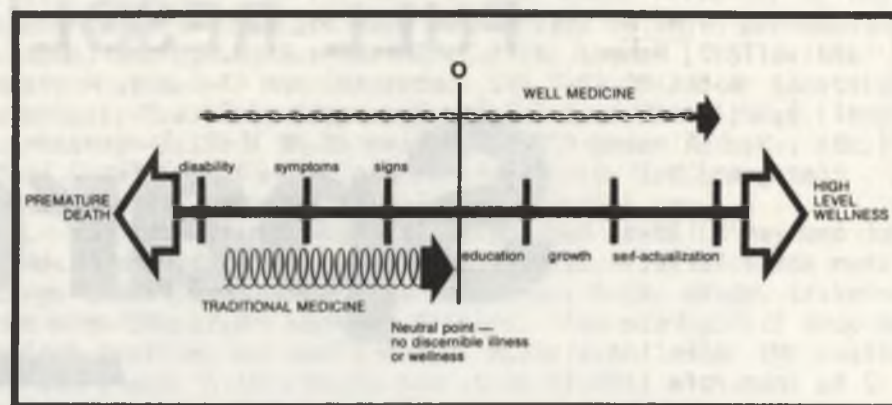
Harry F. Hlavac, D.P.M.

Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). Thanks for your support of this column!

WHEN/WHEN NOT TO GO TO THE FOOT DOCTOR: - I am delighted to report that all the 'running' Podiatrists and most members of the American Academy of Podiatric Sports Medicine who are sincerely interested in helping injured athletes are very busy with rapidly increasing numbers of patients. Through the work of *Runner's World Magazine's* Medical Editor, Dr. George Sheehan, and many involved Podiatrists, most runners are now aware of the types of foot and leg problems that can be helped by podiatric care. The athlete is too often faced with a dilemma on where and when to turn for medical care.

In previous articles I have answered runners' questions and given descriptions on how to diagnose and treat your own problems, and suggested when to go to the doctor. There is a need within traditional medicine and a trend among progressive practitioners to understand "good health". These practitioners are seeking an understanding of wellness rather than the treatment of disease states. Runners are good examples of the healthy (elite) people who are concerned with the maintenance of good health. They want to understand the best ways to develop strength, endurance, and flexibility, and to increase personal performance. Therefore, those doctors involved in their treatment are asked to be counselors and coaches on exercise physiology, nutrition, psychology, and psychiatry(!). Most forms of traditional medicine treat a person until he's free of discernible disease, but they do not concern themselves with wellness (fitness).

When an athlete is looking for a doctor, he must find one who is anxious to give advice on the achievement and maintenance of good health, rather than the treatment of disease. Traditional medicine dictates that if something hurts: (1) Stop doing it, (2) take medications, and (3) consider reconstructive surgery. The application of podiatric principles often allows the athlete to maintain fitness in the presence of a physical disorder. Podiatry includes the medical, mechanical, and surgical management and treatment of the human foot and ankle. In treating the foot, it is essential for a Podiatrist to understand the anatomical structures, the circulatory system, the nervous system, etc., as well as the bio-mechanics of the foot and leg during gait and in various sports. Likewise many knee, hip, and low back problems are related to improper foot strike and/or



Components of Well Medicine /*The New Physician*; June 1977/

abnormal foot structure. Movements and therefore compensations of the foot cause simultaneous movements of the entire lower extremity. It is sometimes difficult but always important to isolate those problems of the lower extremity which are primary in nature, secondary to foot imbalance, or a combination of the two. In review of the charts of athletes I have met, I find that about 30% have knee pains, and greater than 50% complained of non-foot problems. In many cases it is important to refer directly to an orthopedist for treatment. In any problem above the foot where there has been a direct injury with bone or soft tissue damage, it is out of the scope of practice for a Podiatrist to treat. State laws vary, and the trend is for Podiatrists to be licensed as physicians of the lower extremity, but this is not presently the case in all states, so it is essential that the injured athlete go to his personal physician, orthopedist, or emergency care physician for treatment. Podiatrists are licensed and qualified to treat all types of foot and ankle problems, but for injuries above the foot, especially to growing bones in children, possible bone or joint injuries to the knee, hip, or low back area, or any injuries which cause swelling, clicking, locking, or 'giving way' in joints where they should be considered an internal joint derangement and out of the scope of the Podiatrist. You should not go to a Podiatrist if you have these symptoms.

Our experience in private practice and at the Sports Medicine Clinic show us that we can help the athlete with all types of foot and ankle disorders and injuries, the overuse syndromes, and the acquired muscle imbalances of the lower extremity. The term overuse implies 'under condition' and produces symptoms at the weakest link in the biomechanical chain of events. It is especially common in those types of sports which require repeated stresses, such as long distance running on hard surfaces. The overuse syndrome in the lower leg may show up as 'shin splits', tendonitis, muscle cramps, or stress fractures of bone. In the knee, overuse syndromes usually develop around the sides of the knee joint or knee cap (patella) but not within the knee joint. "Runner's Knee" (Chondromalacia Patella) is a painful roughening of the back surface of the knee-cap, often associated with excessive side-to-side movement of the or pronation (flattening) of the foot, and therefore helped with biomechanical examination and functional orthotic control with custom foot supports. Our experience with treatment of problems around the knee-cap has been very gratifying. Problems above or below the knee-cap, often called "Jumper's Knee", do not respond as well, but sometimes they are helped by cushioned foot inserts, and physical therapy of the injured parts. Problems around the medial joint line of the knee are associated with excessive pronation of the foot, and those around the lateral joint line with impact shock, or lack of sufficient absorption of contact stresses; about 50% of these respond to foot support. Joint problems at the back of the knee do not respond to our treatment very well. Problems around the thigh, especially the muscles, respond well to our care, but problems around the hip and low back area have mixed, non-predictable results. Excessive pronation of the foot produces mobility in joints and is associated with internal rotation of the thigh, pain in front of the hip joint, and a forward tilt of the pelvis. Therefore, if sciatica or low back pain is associated with poor posture, it may be helped with functional foot control.

Particular sports produce acquired muscle imbalances, so it is essential to maintain strength and flexibility in opposing muscle groups. No matter what form of treatment, some injuries take time to heal; in general, soft tissue injuries heal within three weeks; injuries to bones and joints from six to eight weeks. We can learn from Walt Stack, who puts faith in "MA and PA"...Mother Nature and Father Time.

SPECIAL ARTICLE

AN ATHLETIC SERVICE CORPS TO SPUR PHYSICAL FITNESS: (By Jeffrey S. Darman) (Ed. - Jeff Darman is president of the Road Runners Club of America and a former assistant to the director of VIS-TA. He recently left his position as executive assistant-public affairs at the American Anthropological Association to become a freelance consultant.)

America has its Peace Corps and Vista, its National Endowment for the Arts and Humanities, its Corporation for Public Broadcasting. Why not an Athletic Service Corps?

A Service Corps, in my view, would solve the financial problems many American athletes face as they struggle for honors in national and international competition such as the Olympics.

Why not give these athletes two or three years of 'assisted' living in return for their aid in developing a truly national physical-fitness program? I'm not talking about an athletic slave system. The program I propose would leave athletes free to pursue their ambitions unfettered by ultranationalistic team obligations. For the most part, they would have the say when and where they wished to compete, within the parameters of finances, logistics, and their own desires--as long as they did the job they were being paid to do.

A variety of Contributors: - What would that job be? Basically, it would require the athletes to share their expertise with the masses through the required service. Such service might be a local community, a state or an appropriate national group, and it could involve the whole range of major and minor sports.

The athletes would receive modest remuneration from the Service Corps, a public corporation that could be funded by a combination of private, government and corporate donations. A board of governors, including active athletes and free from government control, would operate the Corps.

Three kinds of programs: - This approach should alleviate the need for under-the-table payments, which all but the totally naive realize exist. It should also satisfy the various ruling groups in international sports because America would be paying its athletes for legitimate service, but not solely with government funds.

Superior athletes would get a chance, through financial assistance, to train and compete adequately while at their peak. And society would be repaid for the opportunities it provided. The service could be current or future, depending on which plan best suited the athlete.

American citizens, of course, do not owe their athletes a living. By the same token, athletes aren't the property of the United States, and they do not owe it to their country to make the sacrifices many of them must make to compete at the international level. An Athletic Service Corps would be a balanced approach to the problem.

It would be an honest approach...far more honest than the kind of subsidization that takes place in many other countries. The Athletic Service Corps could offer three types of programs:

(1) Fellowships for participation in athletic projects funded by the Corps, such as clinics, community-center development programs or supplementary coaching. Athletes would work perhaps only four hours a day, with the rest of the work day available for their training.

(2) Full-time "training grants" for athletes in sports where even flexible work schedules would impair their programs. In return for the grants, or loans, the athletes would agree to serve one year in Service Corps projects for each six months of subsidization.

(3) Special grants to athletes who have physiology or medical degrees and who wish to pursue research into sports medicine. A fund would be set up for worthy projects of this nature.

The athletes would be paid adequately for housing, living expenses, and a life style free from the anxiety that many of them face now. Their mission would be that of community worker or resource person, rather than subsidized athlete or coach. The working athletes would benefit, and so would the community.

The mechanics of this program as outlined here are rudimentary at best. They are intended merely to set the framework for discussion. The key point is this: Our country is basically composed of physically unfit people, and at the same time we have a commodity of untapped and unchanneled athletic resources. Why not utilize these human resources to improve America's fitness, while aiding the athletes when they need our help the most?

All individuals, regardless of age, sex, or innate ability, would be reached by the physical-fitness development program. Athletic potential could be discovered in the process and superior talent developed.



NATIONAL A.A.U. SENIOR MEN'S 25 KILOMETER CHAMPIONSHIP* OAHU, HAWAII SUNDAY, OCTOBER 2, 1977 at 8:00 A.M.

Sponsored by Mid-Pacific Road Runners Club in cooperation with the Long Distance Running Committee, Hawaiian Association A.A.U. Fast, scenic course (certification pending), 1000 ft. average elevation. Course record 1:20:20, Duncan MacDonald — 1974. For further information write:

RACE DIRECTOR
44-122 KALENAKAI PLACE
KANEEOHE, HAWAII 96744
or call: (808) 737-2422

* In conjunction with H.A.A.U. 25 KM. championships all divisions.

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Scheduling

LONG DISTANCE (Also see "Late News")

NOTE: - ALWAYS check with the Meet Director to verify the date, time and location of races in the schedule...mistakes do occur, and races are sometimes (though rarely) cancelled. The AAU "District Contact" should be written in cases where no meet director is listed...this may or may not be the AAU LDR Chairman for that district. FUN RUNS are usually 'sign up on raceday' affairs and require no pre-entry...fees are usually minimal (if not free). These runs include DSE races listed below. DISTRICT CONTACTS: PACIFIC AAU: Harold & Penny DeMoss, 765 Campbell Ave., Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC AAU: (SPA) John Duhig, 1642 Trafalgar Pl., Westlake Village, CA 91361 (Ph. 805/497-2011); PACIFIC SOUTHWEST AAU: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; SOUTHERN NEVADA AAU: (SNA) Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101; OREGON AAU: (OA) Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201; DSE FUN-RUNS: (DSE) Walt Stack, 321 Collingwood St., San Francisco, CA 94114 (Ph. 415/647-9459 before 8 pm). --- PA-AAU DISTRICT OFFICE: 942 Market St., #201, San Francisco, CA 94102 (Ph. 415/986-6725)...AAU Cards may be purchased here. *** WHEN REQUESTING INFORMATION on any of the races or from anyone listed above, be sure to enclose a self-addressed, stamped envelope---otherwise, you may find your correspondence unanswered! *** Please let us know about any meets in your area so we can list them on the schedule. POLICY--The NCRR reserves the right not to print a race in our schedule if we feel that it conflicts with 'AAU-Scheduled' events. Generally, we will list any true 'fun run', but races that try to bypass the Bay Area's scheduling procedures and openly conflict with a pre-scheduled run, will not be listed unless the parties involved do not object. We would like to keep some semblance of order and not have 'racing chaos'. Two races may appear on the same day and not conflict if they are greater than 75-100 miles apart, or if they are of sufficiently different distances.

FUN-RUN SCHEDULES: (*Runner's World Format*) - These races usually have at least one short race (mile or less) and a longer run up to 6 miles. Contact meet directors for full information.

Foothill College (lower parking lot), Los Altos Hills, every Sunday at 10:30 am, contact Bob Anderson, Box 366, Mtn. View 94040. **Chico** (Hooker Oak Recreation Area in Bidwell Pk.), every Saturday at 9 am, contact Jim Remillard, Box 1417, Chico 95927. **Walnut Creek** (Heather Farm Park), every Sunday at 10 am, contact Rich Vasquez, 3 Barcelona Way, Clayton 94517. **Fresno** (Fresno High School, Roeding Park), every other Saturday at 7 am, contact Sid Toabe, 4566 N. Del Mar, Fresno 93704. **Stockton** (Fritz-Grupe Park), every Saturday at 9 am, contact Frank Hagerty, 3525 Benjamin Holt, #314, Stockton 95209. **Davis** (Main Quad at U.C. Davis), every other Saturday at 10 am (maybe 9 am?), contact Rich Harley (Ph. 916/758-2687). **Tracy** (Dr. Powers Park), every Sunday at 11 am, contact Kurt Schroers (Ph. 209/835-8525). **Bakersfield** (West High School and Beach Park, alternately), every other Saturday at 8 am, contact Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309. **Incline Village, Nevada** (Incline H.S., on Lake Tahoe), every Sunday at 10:30 am, contact Skip Youngdahl, Box 4745, Incline Village, Nev. 89450. **Rancho Cordova** (Cordova Park), every other Sat. at 9 am, contact Henry Rosendale, 2513 Augibi Wy, Rancho Cordova 95670. **Aptos** (Cabrillo College), near Santa Cruz, bi-monthly (Sun.) at 10 am, contact John Smead, Box 718, Soquel 95073. **Santa Rosa** (Spring Lake Pk.), every Sat. at 8 am, contact Bob Yee, 1200 Sonoma Ave., Santa Rosa 95405. **Huntington Beach** (Marina HS), every Sun. at 10 am, contact Rick Russ, 5582 Mussuale, Huntington Beach 92649. **Ventura** (Arroyo Verde Park), monthly (Sat.) at 9 am, contact "Inside Track", 1451 E. Main, Ventura 93001. **Pacifica** (Terra Nova HS), bi-weekly (Sun.) at 10:30 am, contact David Barry III, 170 Santa Maria Ave., Pacifica 94044. **Reno, Nev.** (Reno YMCA), monthly (Sat.) at 8 am, contact Cal Pettengill, 1670 Thomas Jefferson, Reno, NV 89509. **Belvedere** (Belvedere Town Pk.), weekly (Sat.) at 9 am, contact Jim Nuccio, 617 Meadowsweet Dr., Corte Madera 94925. **Loma Linda** (Loma Linda Univ.), last Sun. each month (8 am), contact Loma Linda Lepers, Box 495, Loma Linda 92354. **Solana Beach** (San Dieguito Pk.), bi-weekly (Sat.) at 9 am, contact Wayne Whiting, 244 Hillcrest, Leucadia 92024. **Modesto** (Legion Pk.), bi-weekly (even Sats.) at 10 am, contact Robert Gausman, 1810 Lucerne, Modesto 95350. **Colusa** (Colusa-Sacramento River State Pk.), 2nd & 4th Sats. (9 am), contact Paul Williamson, 813 Webster St., Colusa 95932. **Palm Desert** (College of the Desert), bi-weekly (Sun.) at 9 am, contact Tracy Schultz, 46-209 Oasis, Indio 92201. **Santa Barbara** (lagoon behind the UCEN @ UCSB), weekly (Sun.) at 10 am, contact Chuck Rundgren, 785 Camino Del Sur, #35, Isla Vista 93017. **San Francisco** (Embarcadero YMCA), weekly (Fri.) at 12:15 pm, contact Ralph Love, 74 Lloyd Dr., Atherton 94025.

Meet Directors!!!

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CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

N.Y.C. MARATHON TOUR

The 1977 Boston Marathon is now history...the NCRR took over 50 California runners to this year's race at a big savings in airfare. Plans are now complete for our new 1977 New York City Marathon group package. This year the race will also be the National AAU Sr. & Masters Marathon Championships. You can save 25% on airfare!!

If you are at all interested in finding out about our package, send a self-addressed stamped envelope to NCRR, P.O. Box 1551, San Mateo, CA 94401. We'll send complete details immediately. But HURRY...we have limited space on our flight, and the NYC Marathon race officials have said they plan on limiting entries to the first 3000 who enter this year.

Our package price is \$374, including roundtrip airfare from San Francisco, three nights of hotel accommodations at the Mayflower Hotel (right on Central Park), plus all baggage-handling, tips, transfers, etc. We will also be blocked in a non-smoking section of the plane. We will leave S.F. on Friday morning and return Monday morning (race is on Sunday, Oct. 23). For a small additional fee you may return via another routing.

1977-78 LDR HANDBOOK

RACE SCHEDULE

CLUB DIRECTORY

X-C SCHEDULE

TOP PA MARATHONERS

PA RECORDS

PA CHAMPIONSHIPS

65¢ by mail: PA-AAU, 942 Market, Suite 201, San Francisco, Cal. 94102

- Jul 30 - Oakland 8.4-Mile Watermelon Run, Chabot Regional Park, Oakland. (See PA-AAU LDR Handbook)
- Jul 30 - DSE Golden Gate Bridge Run, 4 Mi., (Meet at Fort Point), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jul 30 - SPA-AAU & Natl. AAU Postal One-Hour Run, UCSB, Santa Barbara, 3 pm. John Brennand, 4476 Meadowlark, Santa Barbara 93105.
- Jul 30 - Trout Creek X-C Race, 5 Miles, So. Tahoe Intermediate School, 11 am. Austin Angell, Box 1521, So. Lake Tahoe, CA 95705.
- Jul 30 - Bunion Derby, 8 Miles (also 1 & 2 Mi.), Fresno St., Fresno, 6 pm. Larry Lung, 784 Jana Way, Hanford 93230. (CCA)
- Jul 31 - DSE 6-Mile Ocean Beach Low-Tide Run (Meet at Balboa & Great Hiway), 9 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Aug 6 - Mt. Charleston Park Lodge Run & Picnic, near Las Vegas, 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Aug 6 - Cazadero Footraces (4.8 & 11.2 Kilos), Fun Runs, 6 pm. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- Aug 6 - Canadian Bacon American River Run, 10 Kilos, Lower Sunrise Pk., Rancho Cordova. (See PA-AAU LDR Handbook)
- Aug 6 - Belmont Steaks Footrace, 8.93 Miles, Ralston Intermediate School, Belmont. (See PA-AAU LDR Handbook)
- Aug 6 - Oregon AAU One-Hour Run, Willamette Univ., Salem, OR, 7 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Aug 6 - RTC Lookingglass Road Run, 4.8 Mi., Lookingglass, OR, 11 am. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470. (OA)
- Aug 6 - ORRC 24-Hour Relay, Duniway Park, Portland, OR, 7 pm. John Frey, 1450 Fir South, Salem, OR 97302. (OA)
- Aug 7 - (CANCELLED) Ft. Baker Handicap Run, 15.1 Miles, Ft. Baker (Marin County). (See PA-AAU LDR Handbook)
- Aug 7 - Irvine Park 5-Miler, 9 am. Bill Holt, 2733 Villa Vista Way, Orange 92665. (SPA)
- Aug 7 - Annie & Mary Days 5-Miler, Blue Lake (start at Post Office), noon. Dick Meyer, Route 1, Box 153-A, Eureka 95501.
- Aug 13 - Rim of Crater Lake Run (6.5, 13 & 26 Mi.), Ore., 10 am. Linkville Lopers, c/o Box 485, Chiloquin, OR 97624. (OA)
- Aug 13 - Plankton Festival 3-Miler, Avila Beach (pavement), time TBA. Stan Rosenfield, 1561 Hillcrest Pl., San Luis Obispo 93401.
- Aug 13 - Huntington Beach Distance Derby (10, 3 & 1.5 Mi.), 8 am. Bob Thrall, c/o P.O. Box 190, Huntington Beach 92648. (SPA)
- Aug 13 - 13th Annual Robt. E. DeCelle, Jr. Lake Tahoe Relays (7-man teams; 72 miles), Hiway 50 & 89 (Southshore). (See PA Hndbk.)
- Aug 13 - Astoria 4-Miler, Astoria, OR, noon. David Peterson, Route 3, Box 595, Ft. Clatsop Rd., Astoria, OR 97103. (OA)
- Aug 13 - ORRC Hagg Lake Runs (10.4, 2.3 & 1.3 Mi.), Scoggins Dam Pking. Lot, 9 am. Bob Carson, 2509 Mills Ln., Forest Gr., OR 97116
- Aug 14 - Redwood Shores Biathlon, 4 Mi. Run & 400m swim, Redwood Shores, Redwood City. (See PA-AAU LDR Handbook)
- Aug 14 - Freshwater Races (5.9 & 2.0 Mi.), Freshwater School, nr. Arcata, 1 pm. Dick Meyer, Route 1, Box 153-A, Eureka 95501.
- Aug 14 - Pikes Peak Marathon, Manitou Sprgs., Colo., 7 am. Rudy Fahl, 559-B Castle Rd., Colorado Sprgs., Colo. 80904.
- Aug 14 - SDTC Family Run, South Mission Beach, San Diego, 3 pm. Contact Harry Perry (714/284-7365). (PSA)
- Aug 14 - DSE Practice Dipsea Run, 6.8 Mi., Mill Valley (Bus Station) to Stinson Beach, 10 am. Walt Stack, 321 Collingwood, SF 94114
- Aug 20 - Top-of-the-State 7-Miler, College of the Siskiyous, Weed. (See PA-AAU LDR Handbook)
- Aug 20 - Daly City--Camino West 10-Kilo Run, Westmoor High School, Daly City (Note Location Change). (See PA-AAU LDR Handbook)
- Aug 20 - Seaside Beach Run, 7 Mi. (& shorter runs), Seaside, OR, 11 am. Ralph Davis, c/o P.O. Box 7, Seaside, OR 97138. (OA)
- Aug 20 - Black Mtn. 10-Kilo, San Diego, 7:30 am. Contact Frank White (714/455-1543). (PSA)
- Aug 20 - College of The Canyons 6-Miler, Valencia, 9 am. Monty Cartwright, 26455 N. Rockwell Canyon Rd., Valencia 91355. (SPA)
- Aug 20 - Mystery Relay, Univ. of Nevada, Las Vegas, (track), 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)

- Aug 20 - Salmon Creek Beach Runs (3 & 8 Km.), Fun Runs, nr. Bodega Bay, 11 am. Empire Runners, 335 Algiers Ct., Santa Rosa 95405. (Glenn McCarthy)
- Aug 20 - Bunion Derby (10, 3 & 1.5 Mi.), Fresno St. Univ., 6 pm. Larry Lung, 784 Jana Way, Hanford 93230.
- Aug 20 - Tehachapi 10-Kilo, time TBA. Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. (CCA)
- Aug 21 - DSE Practice Dipsea, 6.8 Miles, Mill Valley (meet at Bus Station) to Stinson Beach, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Aug 21 - Rio Beach Run, 6.86 Miles, Aptos, 10 am. Surf City Striders, 217 Baldwin Dr., Aptos 95003. (RRC)
- Aug 21 - Falmouth 7.1-Miler, Cape Cod, Mass. John Carol, Falmouth Rec. Dept., Main St., Falmouth, MA 02540.
- Aug 21 - ORRC Biathlon, (3 Mi. Run & 1/2 Mi. Swim), Coffenburg Lake (north of Seaside), OR, 11 am. Ken Weidkamp, 1430 S.W. Derby, Beaverton, OR 97005. (OA)
- Aug 21 - SCTC Coos County Fair Run (3 & 5 Mi.), Myrtle Pt. H.S., OR, 10:30 am. Contact Ron Wardman 572-2113.
- Aug 21 - Lafayette Rim Run, 6 Mi., Lafayette Reservoir, Lafayette. (See PA-AAU LDR Handbook)
- Aug 27 - Dammit Run, 5.593 Mi., Los Gatos High School, Los Gatos. (See PA-AAU LDR Handbook)
- Aug 27 - Golden Empire X-C Runs (Age-Groups), Penn Valley (nr. Grass Valley). (See PA-AAU LDR Handbook)
- Aug 27 - SOS 10-Miler, Bear Creek Pk., Medford, OR, 9 am. Medford Rec. Dept., City Hall, Medford, OR 97501.
- Aug 27 - Santa Monica Sports Festival 10-Kilo (north of the pier), 8:30 am. Mary Esposito, Santa Monica Rec. & Parks Dept., 1685 Main, Santa Monica 90401. (SPA)
- Aug 28 - ORRC Fairmont Council Crest Frolic, 4.2 Mi., Portland, OR, 2 pm. Contact Dale Robbins, 649-0351.
- Aug 28 - Timber Festival Road Runs (1, 3, & 7 Mi.), McIver State Pk. (nr. Estacada), OR, 10 am. Larry Gray, Rt. 3, Box 1835, Estacada, OR 97023. (OA)
- Aug 28 - 67th Annual Dipsea (handicap), 6.8 Mi., Mill Valley to Stinson Beach. (See PA-AAU LDR Handbook) **NOTE:** Race may be cancelled due to drought conditions... check with Mill Valley Jaycees first!
- Aug 28 - Santa Monica Marathon (Santa Monica City College), 7:30 am. Doug Carlot, Santa Monica Parks & Rec. Dept., 1685 Main, Santa Monica 90401. (SPA)
- Aug 28 - DSE Fort Point Run, 4 Mi. (meet at Presidio Gate), S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114.
- Aug 28 - City to Port Run (San Luis Obispo to Port San Luis), 12 Mi., time TBA. Stan Rosenfield, 1561 Hillcrest Pl., S.L.O. 93401.
- Sep 3 - DSE Biathlon (2.5 Mi. Run & 3/8 Mi. Swim), Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Sep 3 - Occidental College 4-Mile X-C, Los Angeles, 9 am. Steve Broten, 13512 E. Ramona, Whittier 90602. (SPA)
- Sep 3 - Lake Wildwood 10-Miler (near Grass Valley). (See PA-AAU LDR Handbook)
- Sep 3 - Alameda T.C. X-C Carnival, 6.6 Mi. (Sr., Masters & H.S.), 3.6 Mi. (Juniors & Women), Alameda. (See PA-AAU LDR Handbook)
- Sep 3 - Heart of the Valley Road Runs (3 & 7 Mi.), nr. Corvallis, OR, 11 am. Dan Eden, c/o 601 SW Washington, Corvallis, OR 97330
- Sep 3 - Spring Lake Jr. Olympic X-C (2 & 3 Mi.), Santa Rosa (Age-Group thru 18 Yrs.). (See PA-AAU LDR Handbook)
- Sep 3 - Bass Lake 13-Miler (nr. Oakhurst & Yosemite), time TBA. Bill Cockerham, 1717 S. Chesnut, Fresno 93702. (CCA)
- Sep 3 - Balboa Park 3 & 8 Milers, San Diego, 8 am. Contact John Salzman, 714/225-7472. (PSA)
- Sep 4 - Silver State Marathon, Washoe Lake (south or Reno, NV), 7 am. Marathon, 1324 Jones, Reno, NV 89503. (Entries Close 8/29)
- Sep 4 - SDTC Family Run, 28th & Beech, San Diego, 2 pm. Contact Hal Tyvoll, 714/234-3723.
- Sep 4 - Mariposa 10-Miler, Mariposa (near Yosemite), time TBA. Stewart Cramer, P.O. Box 444, Mariposa 95338. (CCA)
- Sep 4 - DSE Lake Merced Run (4.95 Mi.), (meet at Boathouse), S.F., 10 am. Walt Stack, 321 Collingwood St., San Francisco 94114.
- Sep 5 - Pre's Trail Run, (3K, 5K, 10K), Eugene, OR, 2:30 pm. Jon Anderson, 3550 Knob Hill Ln., Eugene, OR 97405. (OA)
- Sep 5 - RTC Diamond Lake Run, 11.5 Mi., Diamond Lake, OR, 11 am. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470. (OA)
- Sep 5 - Mt. Baldy Race to the Top, 8 Mi., L.A. area, 10 am. Gary Wilson, P.O. Box 666, Mt. Baldy 91759. (SPA)
- Sep 5 - Times-Nine Relay (9.99 Km.) and Individual races (many divisions), Crystal Sprgs. X-C Course, Belmont. (See PA LDR Hnbk.)
- Sep 10 - Marine Air Reserve Runs (3 & 6 Mi.), Alameda Naval Air Station. (See PA-AAU LDR Handbook)
- Sep 10 - Double Dipsea, 13.4 Mi., Stinson Beach to Mill Valley & return (handicap). (See PA-AAU LDR Handbook)
- Sep 10 - Mexican Independence Day 10-Miler, Los Angeles, 9 am. Carlos Alfaro, 1322 1/2 S. Fremont, Alhambra 91803. (SPA)
- Sep 10 - Natl. AAU (& SPA-AAU) 50-Mile Track Championships, Santa Monica C.C., 3 pm. Tom Sturak, 21643 Circle Tr., Topanga 90290.
- Sep 10 - Griffith Pk. X-C Runs (many div. & distances), L.A., 8 am. Fred Honda, Municipal Sprts, City Hall E., 200 N. Main 90012.
- Sep 10 - MHTC Road Run (1 & 5 Mi.), Gresham, OR, 11 am. Earl Gerber, 44 N.E. 188th, Portland, OR 97230. (OA)
- Sep 10 - Gladstone Jaycee 7-Miler, Gladstone, OR, 11 am. Mel Goodman, Gladstone Jaycees, Gladstone, OR 97027. (OA) (Reg. by 9/3)
- Sep 10 - SCTC Circle the Bay 18.13-Miler, Coos Bay, OR, 9 am. Bob Macy, 650 Anderson, Coos Bay, OR 97420. (OA)
- Sep 10 - Watermelon Scramble (2, 4 & 6 Mi.), Fresno State, Fresno, 10 am. Red Estes, Track Coach, Fresno St., Fresno 93740. (CCA)
- Sep 10 - San Jose Cindergals X-C (girls, women), West Valley Coll., Saratoga. Augie Argabright, 18430 Baylor, Saratoga 95070.
- Sep 10 - Ramona Relays, San Diego Area, 9 am. Contact Dave Fraitag, 714/583-9439. (PSA)
- Sep 10 - UCCM La Fiesta X-C Races, (4 Mi. Open, 2 Mi. Youth), Grover City, time TBA. Stan Rosenfield, 1561 Hillcrest, SLO 93401.
- Sep 10 - Sugarloaf Mtn. 3.7 & 7.5 Km. Runs (Fun Runs), time TBA. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- Sep 11 - PA-AAU 25-Kilo Championships, Golden Gate Park (Polo Fields), San Francisco. (See PA-AAU LDR Handbook)
- Sep 11 - Peach Bowl Pacers September 5-Miler, (13 Miles East of Marysville on Hwy. 20). (See PA-AAU LDR Handbook)
- Sep 11 - Nike Marathon, Eugene, OR, time TBA. Geoff Hollister, c/o Nike Sportshoes, 1177 Pearl, Eugene, OR 97401. (OA)
- Sep 14 - Live Oak X-C Run, 2.45 Mi., Morgan Hill (also 440, 880 & Mile on track), 6 pm. Bill Flodberg, 12925 Foothill, San Martin 95076. (RRC)
- Sep 17 - Laton Invit. X-C Meet, time TBA. Richard Peterson, P.O. Box 206, Laton 93242. (CCA)
- Sep 17 - So. Tahoe Steppers (Boys & Girls Age-Group) X-C, South Lake Tahoe. (See PA-AAU LDR Handbook)
- Sep 17 - Fitch Mtn. 3.5 & 9.2 Km. Runs, (Fun Runs), Healdsburg, time TBA. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Sep 17 - Sunriver Runs (3/4, 2-1/4 & 6-3/4 Mi.), nr. Bend, OR, noon. Terry Schukart, Central Ore. C.C., Bend, OR 97701. (OA)
- Sep 17 - Tualatin Hills 7-Miler, Portland, OR, 11 am. Robbie Rinehart, c/o P.O. Box 428, Beaverton, OR 97005. (OA)

SCREEN PRINTING

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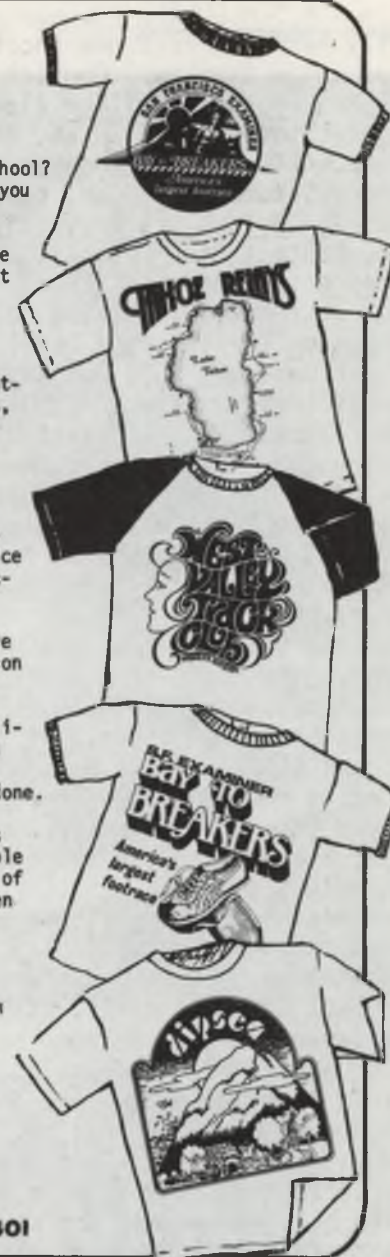
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- Sep 18 - Beverly Hills 10-Kilo, 9 am. Ken Simpson, 450 N. Crescent, Beverly Hills 90210. (SPA)
 Sep 18 - Walnut Festival Races (5.57 Mi. Open), many divisions, Walnut Creek. (See PA-AAU LDR Handbook) Girls: Enter raceday only. Men: Entries Close Sept. 10.
 Sep 18 - Bridge to Bridge Run (Ferry Bldg. to Ft. Point & back to Marina Green), 7 Miles+, S.F., 9 am(?). City Sports, P.O. Box 3693, San Francisco, CA 94119.
 Sep 18 - Mad River Run, near Arcata/Eureka area, time & distance TBA. Dick Meyer, Route 1, Box 153-A, Eureka 95501.
 Sep 23 - Lake Tahoe-Pepsi 72-Mile Run, Tahoe City (North Shore). (See PA-AAU LDR Handbook) NO POST ENTRIES...enter by 9/19
 Sep 24 - SPA-AAU 20-Kilo Championships, Griffith Pk., Los Angeles, 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201. (SPA)
 Sep 24 - S.F. Jaycees 10-Kilo Charity Run, Golden Gate Pk. (Polo Fields), San Francisco. (See PA-AAU LDR Handbook)
 Sep 24 - Monterey Peninsula TC Age-Group X-C Runs, Pebble Beach. (See PA-AAU LDR Handbook)
 Sep 24 - Capitol Park Run, 3 & 5 Km., Bush Pk., Salem, OR, 9 am. Ron Cross, 4492 Coloma Dr. S.E., Salem, OR 97302. (OA)
 Sep 24 - RTC X-C Run (Internat'l style), Winchester, OR, 4.6 Mi., 11 am. Ron Alexander, Umpqua Comm. College, Winchester, OR 97495
 Sep 24 - Natl. AAU Masters (Men & Women) 25-Kilo Champs, Medford, OR, 9 am. J. Swartsley, Box 1072, Phoenix, OR 97535. (By 9/14)
 Sep 24 - ORRC 2-Person 10-Mile Relay, Dunaway Pk., Portland, OR, 9 am. Dick Forbes, Ph. 644-3523. (OA)
 Sep 24 - San Diego St. & WVTC vs. Stanford @ Stanford, 4.2 Miles X-C, Stanford Golf Course, 10 am. Women's race at 9 am (2 Mi.?).
 Sep 24 - SDTC 4-Mile All-Comers X-C, 6th & Nutmeg, San Diego, 9 am. Contact George Kezas, Ph. 714/449-5761. (PSA)
 Sep 25 - Whiskeytown Lake Relays, 22.5 Miles (4-person teams), 8 miles west of Redding. (See PA-AAU LDR Handbook)
 Sep 25 - Huddart Park Hill Run (Age-Group Boys & Girls & Open Men & Women), 4 Miles, Woodside. (See PA-AAU LDR Handbook)
 Sep 25 - DSE Daly City Hill Run, 6.2 Miles, Daly City (Colma School), 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 Sep 25 - N.A.S. Lemoore 6.5-Miler, time TBA. Carl Whitker, c/o Rec. Fund, N.A.S. Lemoore 92345. (CCA)
 Oct 2 - Sacramento Marathon, Cal-State Sac'to. (See PA-AAU LDR Handbook)
 Oct 2 - Natl. AAU Sr. Men's 25-Kilo Champs, Oahu, Hawaii, 8 am. Natl. AAU 25-Kilo, 44-122 Kalenakai Pl., Kaneohe, HI 96744.
 Oct 16 - Santa Barbara Marathon, La Playa Stadium (S.B.C.C.), 7:30 am. John Brennand, 4476 Meadowlark, Santa Barbara 93105.
 Oct 16 - Natl. AAU Sr. Men's 15-Kilo Champs, Gardner, Mass. Henry Dernalowicz, City Hall, Gardner, MA 01440.
 Oct 23 - Natl. AAU Sr. & Masters Men's Marathon, New York City. Fred Lebow, Box 881, FDR Station, New York, NY 10022. (By 9/23)
 Oct 23 - Natl. AAU Sr. & Masters Women's Marathon, St. Paul, Minn. Alexandra Boies, 6 Shadow Ln., North Oaks, MN 55110.

TRACK & FIELD

- Aug 12 - Natl. AAU Jr. Olympic Championships, Lincoln, Nebr., 3 days, AAU House, 3400 W. 86th St., Indianapolis, IN 46268 (Boys & Girls, 16-17 Age-Group Only).
 Aug 14 - Chinese Little Olympics, DeAnza College, Cupertino, 9 am (open to persons of Chinese ancestry or married to one), contact: Little Olympics, 3065 Middlefield Rd., Palo Alto 94306...ENTRIES CLOSE AUG. 6.
 Sep 3 - Pan American Masters Games (1st Annual), Los Angeles (UCLA) (2 days), open to men 30-and-over & women 40-and-over only, contact: Bill Adler, 6151 W. Century Blvd., #1200, Los Angeles 90045...ENTRIES CLOSE AUG. 12.

ALL-COMERS MEETS: - We've heard of several other all-comers meets since last issue, but many of them have already passed because the information was sent too late. --- West Valley College (Saratoga) will have its last meet on July 26 (Tues.) at 5 pm (running events at 5:30). Tartan track...1/4" spikes are mandatory. Age divisions (11/Under, 12-14, 15-17, 18/Over. San Jose City College: nothing definite on these...we're not even sure they exist. Contact Bert Bonanno, Track Coach, San Jose C.C., 2100 Moorpark, San Jose 95114. Track is all-weather (1/4" spikes). Merced College has meets on July 26 and Aug. 2 (Tues.), beginning at 7 pm. Track is all-weather. No entry fee; age-groups, men & women. Not a complete schedule of events...two short (mile or less) races, one distance run, and a few field events. Aug. 2nd meet will be a pentathlon. Contact Grover Prowell, 856 Modoc, Merced 95340 (Ph. 209/723-9713). Diablo Valley College is having its track resurfaced, so the normal all-comers series is being shifted to nearby Pleasant Hill High School...however, by the time you get this, probably the only thing left will be the Annual Decathlon on July 26-27. Contact Bob McGuire (Ph. 415/798-6299) for more information. Chabot College (Hayward) has a series on Tues. nights thru Aug. 16 for boys & girls 15 & under, beginning at 6:30 pm (all events including 2-mile; relays if requested); on Thurs. nights thru Aug. 18 there will be meets for high school and open athletes, beginning at 6:30 pm...tartan track requires 1/4" spikes or flats. Yuba City High School has a series on Friday nights (reg. from 6 pm) thru Aug. 12, including a 5-Km. X-C run. Aug. 5 will be the qualifying meet for the Aug. 12 Championship (medals) Meet. For further info, contact Ed Williams, 835 Spiva, Yuba City 95991 (Ph. 916/674-0302). Hartnell J.C. (Salinas) will have meets on Thursdays thru Aug. 7th, beginning at 6 pm...come early and run any distance you want (5:30 pm) if there are two or more interested. Age-groups; full program of events. All-weather track...1/4" spikes req'd. Cal-State Sacramento will have meets on Tues. and Thurs. thru Aug. 11 (all-weather track) with no entry fees and events open to men and women (no age limits). Various schedules of events as follows: July 26 & Aug. 9--100m, LJ, 400m, 110mHH, TJ, 5,000m (starts at 6 pm); July 28 & Aug. 11--5,000m, 1500m, 3000mSC, 10,000m (starts at 7 pm); Aug. 2--100m, 110mHH, 400m, 200m, 400mIH, 5000m, 800m (starts at 6 pm); Aug. 4--100m, HT, SP, JT, 5000m, DT (starts at 6 pm).

IMPORTANT: - Track meets are scarce during fall, so if anyone knows of any meets, please let us know as soon as possible.

CROSS COUNTRY

Please send us your cross-country schedules for next issue by not later than Aug. 20th if possible (we'll still take them if they come later, but can't guarantee they'll appear in the next issue). We're primarily interested in larger meets such as invitationals, championships, etc., but we will consider major college dualmeets too. If possible, please include starting time, location, and any restrictions on entries (high school, women, etc.), as well as a person to contact if possible. All schedules for X-C meets in this issue are listed under the LDR Schedule above and on previous pages. Thanks for your help... remember that our schedule is only as good as the information we receive from our readers!

RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following individuals--(NorCal) Wayne Glusker, 20391 Stevens Creek Blvd., Cupertino 95014 (Ph. 408/996-1272); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010; (Pacific NW) Don Jacobs, Box 23146, Tigard, OR 97223.

- Aug 14 - Natl. AAU Sr. 50-Kilo Championships, Columbia, MO.
 Aug 27 - Natl. AAU Jr. & Sr. 15-Kilo Championships, Santa Monica. Contact: John Kelly, 1024 Third St., Santa Monica 90403 (Ph. 213/451-5231).



Bill Ranney, 41 years young, 6th at Natl. AAU 5-Km. /Lani Bader/

INTERNATIONAL 50-KILO (April 17, Mexico City): - (96°F @ 7500 feet!!) 1-Pablo Aroche/Mex 3:58:04, 2-Dan Bautista/Mex 4:01:19, 3-Vera/Mex 4:12:04... 7-Dave Himmelberger/WVTC 4:46:07 (22 starters, 10 finishers). /Himmelberger/

PA-AAU 15-KILO (April 17, San Francisco): - (S.F. State track) 1-Neal Pyke/WVTC 1:13:25, 2-Bob Henderson/WVTC 1:16:01, 3-Manny Adriano/WVTC 1:16:49, 4-Mark Price/WVTC 1:28:01. /W. Glusker/

INTERNATIONAL 20-KILO (April 24, Xalapa, Mexico): - (90°F @ 7000 feet+) - Note: Actual distance remeasured at 19,336m. 1-Dan Bautista/Mex 1:22:29.0, 2-Domingo Colin/Mex 1:22:29.2, 3-Vera/Mex 1:24:28, 4-Gonzales/Mex 1:24:41.6, 5-Damilano/Italy 1:25:45, 6-Aroche/Mex 1:26:28...20-Dave Himmelberger/WVTC 1:37:37, 22-Steve DiBernardo/USA 1:38:53 (35 starters). /D. Himmelberger/

PA-AAU 20-KILO (May 8, Palo Alto): - 1-Tom Dooley/WVTC 1:34:09, 2-Bill Ranney/WVTC 1:36:56, 3-Bryan Snazelle/WVTC 1:40:35, 4-Manny Adriano/WVTC 1:41:20; Wayne Glusker DQ'd at 18K (1:10:42 at 15K; Dooley was 1:09:05). /W. Glusker/

CALIFORNIA RELAYS (May 21, Modesto): - /2 Miles/ 80° (warm!)...
1-Steve DiBernardo 14:32.8, 2-Bob Henderson/WVTC 15:16.2, 3-Dennis O'Reilly 15:27.8. /Wayne Glusker/

PA-AAU ONE-HOUR CHAMPIONSHIPS (May 22, San Francisco): /S.F. State track...cool & overcast/ 1-Neal Pyke/WVTC 8 Mi., 240 Yd., 2-Glusker/WVTC 7-1516, 3-Himmelberger/WVTC 7-1412, 4-Adriano/WVTC 7-660, 5-Price/WVTC 6-922, 6-Duran/WVTC 6-270, 7-Smith 6-220, 8-Wade (11 yrs. old) 6-42, 9-Lund 5-949. /W. Glusker/

NATL. AAU 5-KILO (See T&F Results Section).

NEAL PYKE SETS TWO AMERICAN RECORDS: - While on his summer European Tour, WVTC's Neal Pyke was busy setting American records at both 10K and 20K...read full details in WVTC "Club News" section. It'll be interesting to see what he does at the Lugano Cup in October!

NATL. AAU 20-KILO TITLE GOES TO WVTC (June 5, Seattle, WA): - West Valley TC annexed its second National race-walking title for 1977 by putting three scorers in the top ten places at the prestigious 20-Kilo Championships, thus adding to the 35-Kilo title they won two months earlier. WVTC's 22 points easily outdistanced Shore AC's 30 and Club Northwest's 56. Mexican junior Marcos Castro bested Shore AC's Todd Scully, 1:30:04.8 vs. a near American record 1:30:35. Neal Pyke's 1:31:29 completed the top three finishers. 1-Castro/Mex 1:30:05, 2-Scully/Shore AC 1:30:35, 3-Neal Pyke/WVTC 1:31:29, 4-Reyes/Mex 1:33:28, 5-Canto/Mex 1:34:01, 6-O'Connor/NYAC 1:34:43, 7-DiBernardo/CNW 1:34:50, 8-Hiering/Wisc-Pksde 1:35:18, 9-Doooley/WVTC 1:36:48, 10-Himmelberger/WVTC 1:37:46, 11-Romansky/Shore AC 1:38:19, 12-Ranney/WVTC 1:39:53, 13-Snazelle/WVTC 1:40:41, 14-Daniel/NYAC 1:41:15, 15-Price/PVS 1:41:24...Felix Gomez/Mex 1:31:05 (DQ'd), John Knifton/NYAC (DQ'd)...(30 finishers). /Pete Cava/

Prep Ramblings

by Keith Conning

Please send interesting information on high school track, cross-country, etc., directly to Keith, along with additions & corrections to our "NorCal Prep Bests" on the following pages...2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

The time has come for a change in the way athletes advance to the State Meet. Athletes should advance according to best times and distances. That way, 8-lane tracks such as Cal's new tartan surface could be used, as the 24 best athletes in the state would attend. The present system discriminates against athletes living in the southern part of the state and also adversely affects some northern athletes. Nearly 60% of Californians live in the south, but they only get 11 of the 27 available spots in the State Meet. Karen Stampfli (Lassen Susanville) threw 43-1 in the Northern Section meet to take second, but only one girl advances from that section to the State Meet. Yet her section mark was the fourth best section mark in the entire state. Fortunately, Karen won the discus competition and so she got a chance to compete at UCLA anyway. Not so fortunate was Leslie Deniz (Gridley Union) who threw the discus 136-4 to place second in the Northern Section. She missed out on the trip to Los Angeles, even though hers was the third best section mark in the state.

To illustrate how unfair the present system is, let's see who did compete. Renee Davis (Skyline, Oakland) advanced to the State Meet with a throw of 33-3½ in the shot, almost ten feet less than Stampfli's! Glenda Thomas (Westchester, Los Angeles) advanced in the discus with 88-1, 48-3 less than Deniz!

Only marks set in competitions with five or more teams would be considered, so that phony dual meet times would not count. A windreading would be required for all sprinting and jumping marks to be eligible for State consideration.

I would like to see a continuation of the league, sub-section, and section competitions throughout the state, but only the best athletes would advance to the State Meet. Let me know what you think of the idea.

Downey senior, Tim Holmes, ran his fastest time ever in Evanston, Illinois, to finish third in the Sixth Annual International Prep Invitational two-mile race at Northwestern University. Holmes was timed at 8:55.3, making it his first time under 9 minutes. It was seven seconds better than his previous best, and some 10 seconds better than his seasonal best. Holmes had splits of: 67, 67, 67, 68, 68, 68, 67, 63.3.

Karen Nachbar (San Juan, Citrus Heights), competing for

Club North, was the AAU Women's 10,000 top prep finisher, placing ninth in a personal best of 36:01. Karen was fourth in the State Meet two-mile.

Chris Dailey (Kennedy, Sac'to), who placed fourth in the State 100 yard dash, said: "I'll be running for Sacramento City College next season. That's where all the speed is going to be next year."

Ann Regan (Camden, San Jose), who set a national record in the State 880, placed third in the 800 meters at the National AAU Women's Jr. Meet with a very fast 2:06.4, however, Linda Goen (North Bakersfield) avenged her State Meet defeat with a 2:05.4 meet record. Ann lowered her PR to 2:04.37m at the US-Soviet Jr. Meet, while placing second to the Russian winner by a half-second. And Ann is only a soph!!

Leslie Deniz (Gridley Union), representing the Peach Bowl Pacers, placed ninth in the discus at the AAU Jr. Meet with a fine toss of 136-5. Leslie would have placed second in the State Meet with that throw, if she had been allowed to compete. It was also farther than the old State Meet Record of 134-5 by Kathy Middleton (Poway) at the 1976 meet in Berkeley.

Imagine running 4:11.8 and not being able to compete in the State Meet mile final! That was the fate this year of Mike O'Reilly (San Rafael). However, Mike is a junior and will give it a go again next season.

Rod Berry (Redwood, Larkspur), second in the State two-mile, said: "I've been waiting for a race like this where I could get some good competition all year. I got caught up in the pack a little more than I wanted to, and I didn't get to the front until about the last 220 yards. If I was going to beat him (soph Frank Assumma of Eisenhower, Rialto), I had to do it on endurance. I would have like to win it, but there was nothing much I could have done." Berry's splits: 66.2, 66.3, 67.2, 67.5 (4:27.2), 67.5, 68.7, 67.8, 62.2 (8:53.4).

Sarah Sweeny (Marin Catholic, Kentfield), fourth in the State mile with her first sub-five minute performance, was glad she had third-place Cheryl Flowers (Valhalla, San Diego) to keep her pushing throughout. Sweeny said: "I was just trying to catch that girl. I was behind her the whole way saying to myself, 'Go on.'"

Reuben Edwards (Terra Linda, San Rafael) bowed out of the high jump at 6-11. He had cleared 6-10 on his final attempt at that height.

Lena Dilworth (Vallejo), sixth in the State 100, is tiny as sprinters go; at 5-2 she still manages to be among the best in the state. The senior, who has been running the sprints since she was a 10-year-old member of the Vallejo Police Activities squad, recently set school and Sac-Joaquin Section records in both the dashes. Her 11.2 and 25.2 marks qualified her for the State Meet. Lena has a career best of 10.9.

At the Golden West Invitational, Jim Burrell (Piner, Santa Rosa) finished second in the 100 yard dash in 9.7, just a tenth behind the winner, Jesse Williams of Virginia. Williams doubled by winning the 220 in 21.6 while Burrell finished seventh with a 21.9. Tired, but game, Burrell participated in an exhibition 880 relay just ten minutes after running the 220 and ran a split of 22.3 for the second-place North Coast Section team. The Oakland Section won the relay in 1:28.9, only a tenth of a second ahead of the NCS all-stars.

Success for Westmoor's half-miler Jeff Maxwell did not mean placing in the top five of the State's 880. Maxwell fulfilled his primary goal (despite finishing seventh) of breaking his school's record for the half-mile, a 1:53.2 by Dave Dunbar, which was set in the 1959 State Meet! Maxwell was clocked in 1:52.9.

Stan Ross (Serra, San Mateo), sixth in the State mile, said: "Two days in a row--whew--that's rough on your body. I knew Friday night that I wouldn't have enough left to make a strong showing. I tried to get it going on the third lap, but my legs felt like they were tied in bow knots. Most of these guys are just stronger physically than I am. Strength is what I am going to have to develop in college (San Jose State). I have the speed and stamina; I need more power. But what the heck--it's been a great season. Stillman ran a good race, and I'm glad to see that if I couldn't beat him that nobody else could either."

Lorens Leberz (Serramonte, Daly City), fourth in the State triple jump, was displeased with a foul call that prevented him from taking his final jump.

Vernon Sallaz (San Leandro), fifth in the State 880, missed a week of workouts during Easter vacation when his right ankle was in a cast. Sallaz was utterly delighted with his performance on the UCLA tartan surface, laughing, "I was happy just to make the finals, and since this was my last race I was going all out. An underdog like me has nothing to lose."



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The San Leandro senior, who ran 1:59.0 last year, carried a seasonal best of 1:54.3 into the State competition and then ran a 1:52.6 in the finals.

After qualifying for the finals in the 440 relay, Dublin sprinter Chuck Gangnuss joked, "We're the last of the great white hopes."

Frustrating and scorching 85-degree heat drained Humboldt-Del Norte League athletes Michelle Betham and Glen Borland as they failed to place among the top five at the State Meet.

"It's pretty outstanding for her to have been here (the State) for three years," Del Norte coach Brian Ferguson said of Betham. "She is disappointed she didn't throw further. Borland's disappointed he didn't run a little better, but this year the competition in the distances was a lot keener than it was last year. An 8:57.3 won the two-mile last year, and this year 8:57.7 was the fifth best time. Last year a 4:14 won the mile and that wouldn't have even placed in the top seven this year."

Kevin Messenger (Highlands), second in the State shot put, stands 6-2 and weighs 240 and is going to Oregon State.

Oakland senior Kurt Durham brought back two hunks of precious metal from the State Meet in the form of plaques won in the long jump competition, where he notched a 25-0 3/4 to win, and in the triple jump, where he placed fifth with a 48-7. Durham proved the 25-1 leap in the Oakland City meet was no wind-aided fluke. "That's all I wanted to prove, really--that I'm an authentic 25-foot jumper. That was my main reason for going down there." When not contemplating college offers (Cal and USC), Kurt can be found playing basketball.

Susie Boehner (Clayton Valley, Concord), fifth in the State high jump, said: "I've never done this before. It's just unbelievable." For Boehner, it was her third appearance in the prestigious meet. She leaped a personal best of 18-6 in the long jump in Friday's trials, but failed to make the cut for the finals. She has watched with a keen eye the increased interest in girls track over the years. "It's come a long way, baby!"

Linda Goen (North Bakersfield), runnerup in the State 880 and winner of the mile, said: "She (Ann Regan) pushed me. She told me, 'Watch it!' It kinda shocked me. Afterwards she apologized and I didn't think about it (filing a protest)."

Sacramento's Debra Thornton won the State shot put title on her last try. San Pedro's Kendis Warren was leading with a throw of 43-5 when Thornton stepped in for her final throw. "I'm not going to think about it," she told herself. "I was just ready to settle for second place." She didn't have to. Thornton hadn't thrown the shot since the ninth grade before this season. Earlier this year, she was state leader. "I really didn't think about competing in track again until I saw some Cordova girls running around with a lot of medals," Thornton confided. "Then I said to myself, I'm going to get me some too."

Lynbrook's Kris Costello and Independence's Roxanne Bier, like Ann Regan, members of the San Jose Cindergals, were among the record-setters at the State Meet. Costello, a junior, ran 13.97 over the hurdles after a poor start, while Bier, a frosh, cruised through the two-mile in 10:39.7. Costello has not practiced the low hurdles all year under instructions from Coach Jim Tisano. "When other girls are hurdling," he explained, "she's just sprinting. It seems like she doesn't even see the hurdles." Since her future appears to be in the highs, Tisano figures it's a waste of time for her to work out over the lows. Bier seemed rather calm about her triumph. "I would have been satisfied with around 10:30," said the 4-11, 86-pounder, who was almost invisible in the 26-girl start. "I knew somehow I would get around the people at the beginning." She did, and kept right on going.

The State Meet mile proved to be as exciting as expected with three runners under 4:08.8 and another three under 4:11.0. It was Mark Stillman of Willow Glen (headed for Stanford Univ.) who walked away the winner with a 4:06.9. Stillman, who ran third and fourth for most of the race, grabbed the lead in the final 110 yards. His time was just 1.5 seconds off the meet record set by Mark Schilling of Garden Grove in 1972.

William Stapleton (Lincoln, S.F.) was the only City athlete to place in the finals when he finished fourth in the 330 low hurdles with a 37.20 clocking.

All high schools in the Los Angeles City School District have been suspended from sports competition next year by the CIF for permitting girls on boys' teams.

Andre Phillips (Silver Creek, San Jose) won the 330 lows in 36.43 without having had a real workout the last two weeks. "I injured my ankle before our section meet, and I have not been able to workout, so I was worried about my conditioning," related the Silver Creek Streak.

Bill Hice (Oakland) kept his cool in the high jump and flopped to a 7-0 height for second place. "I had to get some

bandages for my knee after going 6-6," revealed Hice, who is headed for Cal. "My shin splints were acting up. Considering everything, I think I did well."

The most disappointed runner of the meet might have been Richmond's Mike White, who was under the weather in what might have been his day in the sun. The Richmond junior finished a distant third in his best race, the 880, and then couldn't hold down his lunch. "There goes my hamburger," he quipped, but it really wasn't a laughing matter. "I just couldn't sleep last night and finally dozed off at about five in the morning." White lost the race early, lagging far behind the blitzing pace set by Dave Kingsland of El Modena, who toured the first lap in a swift 52-flat. White came back an hour later and ran a credible 48.35 in the 440 for fifth place.

Anna Gabriel (Ells, Richmond) fell over the eighth hurdle in the first heat of the 110 lows hurdles. It was a shame, as she had the fastest qualifying time from the sections. She will be among the athletes who should challenge some records of the Cal women's track team next year.

For getting mileage out of its athletes, Kennedy (Richmond) was commendable. The Eagles prepared for the mile relay with a 42.45 in the 440 relay, though not scoring. And then the foursome of Reggie Brown, Jamie Richard, Ken Russell, and Paul Stewart ran 3:15.4, breaking the school record for the second time in two days while finishing fourth. Three of the team are juniors, including Stewart, who ran the anchor leg in 46.9!

Berkeley hurdler-high jumper Candy Ross had a disappointing end to her prep career. Arriving at Drake Stadium only a half-hour before her event began, she never did get her steps and nearly was out of the competition early. She stayed in with clearings of 5-6 and 5-7 on her final attempts.

Please send me clippings on prep track and cross-country from your area, as it is interesting to read about athletes from other parts of Northern California. I would like to thank the following people for sending me information: Wayne Moss of Weaverville, Chuck Sheley of Chico, Bruce Grant of Tamalpais High, Bill Mensing of Downey High (Modesto), Plato Yanicks of Menlo-Atherton High, and Don Kirk of Los Altos.

TRACK EQUIPMENT AT SAVINGS

Fiberglass Cross Bars (HJ & PV), new at \$50-60; priced at \$40-50 and below.

5-Part Event Forms (no carbons required); all events on one form (\$20 per box of 100).

Long-Jump Sighting Measure Device--no tape needed. Just sight to find the distance, ala Olympics. New for \$100; priced at \$80.

Numbers (1 to 100); \$5 per 100.

CONTACT: - Jim Terrill, Business Manager, Track & Field News, P.O. Box 296, Los Altos, CA 94022...415/965-2433



(Left to Right) Larry Greer, 4:10.7 miler from Paradise High of the Northern Section; Palma High's (Salinas) John Sup, who has a 4:12.1 mile best & did 9:12.0 last fall; John Porter, a 48.8 quarter-miler from Highlands. /Keith Conning Photos/

Top Nor-Cal Prep Marks

(COMPILED BY KEITH CONNING) - The following marks are the final 1977 NorCal high school bests thru June...all corrections & additions should be sent directly to Keith Conning (see address on page 22). Note: Times listed in 100ths are fully automatic times and are placed at a spot of corresponding value on the hand-timed list (0.24 differential for 220 and below; 0.14 differential for other marks). *=Junior; **=Soph; ***=Frosh; m=Metric distance. Not all class notations may be correct; please let Keith know if any underclassmen have been missed.

- BOYS -

100 YARDS

9.5 Willie Jackson (Franklin, Stockton)
9.5 Chris Dailey (Kennedy, Sacramento)
9.6 Ken Bradley (Johnson, Sacramento)
9.6 James Burrell (Piner, Santa Rosa)
9.6 Vic Trapps (Pittsburg)
9.6 Andre Wilkes (Santa Cruz)
9.90 Mark Stewart (Camden, San Jose)

220 YARDS

21.2 Dwayne Green (Ayer, Milpitas)
21.45 James Burrell (Piner, Santa Rosa)
21.46 Mike Washington (Burbank, Sac'to)
21.3 Andre Phillips (Silver Crk, San Jose)
21.3 Duane Taylor (Overfelt, San Jose)
21.63 Mark Stewart (Camden, San Jose)
21.4 Willie Jackson (Franklin, Stockton)
21.72 Andre Wilkes (Santa Cruz)
21.5 Vic Trapps (Pittsburg)
21.89 Chris Dailey (Kennedy, Sacramento)

440 YARDS

48.1 *Mike White (Richmond)
48.3 Phylester Jones (Grant, Sacramento)
48.5 Mark Campbell (Castlemont, Oakland)
48.8 Asa Hilliard (So. San Francisco)
48.8 John Porter (Highlands, N. Hglds)
48.9 Ben Grant (Grant, Sacramento)
49.0 Pat Croft (Pleasant Hill)
49.0 *Paul Stewart (Kennedy, Richmond)
49.18 *William Stapleton (Lincoln, S.F.)
49.1 Pat Holcombe (Hill, San Jose)

880 YARDS

1:51.8 *Mike White (Richmond)
1:51.9 Dan Navarro (Oakmont, Roseville)
1:52.46 Mark Stillman (Willow Glen, San Jose)
1:52.6 Vernon Sallaz (San Leandro)
1:52.9 Bruce Jensen (Buchser, Santa Clara)
1:52.9 Jeff Maxwell (Westmoor, Daly City)
1:53.9 Stan Ross (Serra, San Mateo)
1:54.14 Jack Foster (San Mateo)
1:54.2 Antoine Shired (Casa Grande, Petaluma)
1:54.4 *Mike O'Reilly (San Rafael)

ONE MILE

4:06.87 Mark Stillman (Willow Glen, San Jose)
4:08.2 Stan Ross (Serra, San Mateo)
4:10.7 Larry Greer (Paradise)
4:11.8 *Mike O'Reilly (San Rafael)
4:12.1 John Sup (Palma, Salinas)
4:12.19 *Rod Berry (Redwood, Larkspur)
4:13.7 Tom Hussey (Washington, Fremont)
4:13.9 Tim Holmes (Downey, Modesto)
4:14.0 Dan Navarro (Oakmont, Roseville)
4:15.8 Mike Gallagan (Marysville)

TWO MILES

8:53.4 *Rod Berry (Redwood, Larkspur)
8:55.3 Tim Holmes (Downey, Modesto)
9:05.8 Tom O'Neil (Jesusit, Carmichael)
9:09.0 Nick Breuer (Mira Loma, Sacramento)
9:10.4 **Carlos Carrasco (Mt. Pleasant, S. Jose)
9:11.33 Ken Holladay (Gilroy)
9:11.71 Joe Green (Aragon, San Mateo)
9:11.6 Doug Avrit (Chico)
9:12.83 *Bob Love (Carlmont, Belmont)
9:15.0 Dave Coulman (San Marin, Novato)

120 YARD HURDLES (39")

14.28 Andre Phillips (Silver Crk, San Jose)
14.1 Richard Clark (Menlo-Atherton, Atherton)
14.1 Chuck Gangnuss (Dublin)
14.1 Rick Hicks (Marysville)
14.1 Greg Marjama (Paradise)
14.1 Will Patterson (DeAnza, Richmond)
14.2 Tony Amerson (Pittsburg)
14.2 Malcom Dixon (Sequoia, Redwood City)
14.2 Tony Barton (Piner, Santa Rosa)
14.2 Curt Terry (LaSierra, Carmichael)
14.2 Byron Hawkins (Burlingame)

330 YARD LOW HURDLES

36.2 Andre Phillips (Silver Crk, San Jose)
36.83 Chuck Gangnuss (Dublin)
37.04 Mark Chapman (Yerba Buena, San Jose)
37.14 *William Stapleton (Lincoln, S.F.)
37.35 Brian Matooka (Gunn, Palo Alto)
37.37 Harold Ross (Hillsdale, San Mateo)
37.3 Will Patterson (DeAnza, Richmond)
37.60 Larry Cowling (Sacramento)
37.5 Tony Barton (Piner, Santa Rosa)
37.6 Mike McNives (Prospect, Saratoga)

HIGH JUMP

7-0½ Roy Hice (Oakland)
7-0 Steve Link (Kennedy, Sacramento)
6-11 *Reuben Edwards (Terra Linda, S.Rafael)
6-10 Broussard (Johnson, Sacramento)
6-10 Robert Churchill (Livermore)
6-9½ Bill Graber (Los Altos)
6-9½ Dave Sheltraw (Mission San Jose, Frmt)
6-9 Taylor (Cordova, Rancho Cordova)
6-8 3/4 Steve Hickey (Mt. Shasta)
6-8 3/4 Imperial (St. Ignatius, San Francisco)

POLE VAULT

15-6 Blake Fearnside (Del Mar, San Jose)
15-3½ Bert Tardieu (Del Mar, San Jose)
15-3 Jim Westlund (Fremont, San Jose)
15-0 Jeff Kitts (Monta Vista, Cupertino)
15-0 Ross McAlexander (Monta Vista, Cupertino)
15-0 Kevin McElveny (Lynbrook, Sunnyvale)
15-0 *George Rodriguez (Del Mar, San Jose)
14-8½ Don Beede (College Park, Pleasant Hill)
14-6 Barnett (Camden, San Jose)
14-6 Schreiner (Saratoga)

LONG JUMP

25-0 3/4 Kurt Durham (Oakland)
24-4 3/4 Paul Bates (Menlo-Atherton, Atherton)
24-4 Rex White (Camden, San Jose)
23-10½ Bret Woods (Los Gatos)
23-9 Joel Warren (Edison, Stockton)
23-7½ *Dave Fernandez (Castro Valley)
23-6 Lyndell Hawkins (Tracy)
23-5 Ron Austin (Vallejo)
23-4 Gerald Wilhite (Cordova, Rancho Cord.)
23-3½ Tony Wells (Overfelt, San Jose)

TRIPLE JUMP

49-3 Paul Bates (Menlo-Atherton, Atherton)
49-2 Kurt Durham (Oakland)
49-0 3/4 Lorens Leberherz (Serramonte, Daly City)
48-10 Mark Robinson (Berkeley)
48-5 Leo Sacramento (Logan, Union City)
48-0 3/4 Newsome (Castlemont, Oakland)
48-0 Rex White (Camden, San Jose)
47-11 Marvin Colter (Piner, Santa Rosa)
47-10 Greg Woodard (Silver Creek, San Jose)
47-9 Lonnie Sanders (Grant, Sacramento)

SHOT PUT (12-1b.)

64-2½ Kevin Messenger (Highlands, N. Hglds)
62-9 Pat Graham (Leland, San Jose)
62-5½ *Dave Porath (Atwater)
59-9 John Balletto (Analy, Sebastopol)
59-7½ Jeff Haile (Piedmont)
58-4½ *Jeff Van Paris (Napa)
58-1½ Rob Sueflorn (Woodside)
58-0 3/4 Don Brown (Camden, San Jose)
57-10½ Rick Mohr (Analy, Sebastopol)
57-10½ *Bruce Parker (St. Ignatius, S.F.)

DISCUS THROW (3-1b., 9-oz.)

189-7 *Dave Porath (Atwater)
183-4 Ray Franklin (Los Altos)
180-0 Mike Songer (Cordova, Rancho Cordova)
178-2 Pat Graham (Leland, San Jose)
177-8 John Souza (Piedmont Hills, San Jose)
176-3 Paul Merdinger (St. Mary's, Stockton)
174-8 Steve Schartz (Homestead, Sunnyvale)
174-0 Tom Peterson (North Salinas, Salinas)
174-0 Kevin Messenger (Highlands, N. Hglds)
172-7 Dave Powell (Vacaville)

440 YARD RELAY

42.03 Kennedy, Richmond
42.0 Johnson, Sacramento
42.0 Oakland
42.2 Silver Creek, San Jose
42.41 Overfelt, San Jose
42.3 Burbank, Sacramento
42.59 Sequoia, Redwood City
42.5 LaSierra, Carmichael
42.5 Pittsburg
42.5 Mt. Pleasant, San Jose

MILE RELAY

3:15.4 Kennedy, Richmond
3:17.8 Richmond
3:18.6 Highlands, North Highlands
3:18.6 Johnson, Sacramento
3:19.8 Castlemont, Oakland
3:20.3 Mission San Jose, Fremont
3:20.5 San Carlos
3:21.2 Overfelt, San Jose
3:21.4 Silver Creek, San Jose
3:21.5 Menlo-Atherton, Atherton

- GIRLS -

100 YARDS

10.4 *Freida Cobbs (Berkeley)
10.9 Lena Delworth (Vallejo)
10.9 Cynthia Highley (Vallejo)
10.9 **Kim White (Berkeley)
11.0 **Allison Durnell (Redwood, Larkspur)
11.0 **Tracey Franklin (Richmond)
11.0 *Eloise Mallory (Silver Creek, San Jose)
11.0 ***Kim Webster (DeAnza, Richmond)
11.0 ***Judy Young (El Cerrito)

220 YARDS

23.9 *Freida Cobbs (Berkeley)
24.3 *Kris Costello (Lynbrook, Sunnyvale)
24.7 *Eloise Mallory (Silver Creek, San Jose)
25.04 ***Kim Webster (DeAnza, Richmond)
25.0 Marquita Belk (Silver Creek, San Jose)
25.30 **Allison Durnell (Redwood, Larkspur)
25.2 Lena Dilworth (Vallejo)
25.2 *Michelle Hawthorne (El Cerrito)
25.2 Leticia Sherill (Milpitas)
25.2 Arlene Van Warmerdam (Galt)

440 YARDS

56.12 **Marquita Belk (Silver Creek, San Jose)
56.4 Lezli Peterson (Harbor, Santa Cruz)
57.1 Janet Scott (El Dorado, Placerville)
57.4 ***Alesia Sweeny (Tamalpais, Mill Valley)
57.5 *Michelle Hawthorne (El Cerrito)
57.7 **Ann Regan (Camden, San Jose)
57.9 Paula Phillips (Newark)
58.0 Acquistapace (Rio Americano, Sac'to)
58.0 Arlene Van Warmerdam (Galt)

880 YARDS

2:04.37m, 2:08.0 **Ann Regan (Camden, S. Jose)
2:13.7 ***Nancy Huyck (Aptos)
2:15.56 Diana Figliomeni (Saratoga)
2:15.56 Rachel Ervin (Santa Clara)
2:16.3 Dìamè Pappas (Yuba City)
2:17.8 Pam Bowers (American, Fremont)
2:17.9 **Diane Kenny (Novato)
2:18.1 Vicky Bray (Los Altos)
2:18.1 Patty Voss (Lassen, Susanville)
2:18.2 *Sarah Sweeny (Marin Catholic, Kentfld)

ONE MILE

4:52.8 Vicky Bray (Los Altos)
4:55.8 *Sarah Sweeny (Marin Catholic, Kentfld)
4:57.57 ***Nancy Huyck (Aptos)
4:57.8 Kathy Adams (San Juan, Citrus Heights)
5:01.7 **Darcy Burleson (Chico)
5:04.0 Stacey Kearns (Yuba City)
5:04.0 Karen Nachbar (San Juan, Citrus Hgts)
5:05.0 Cheri Williams (Livermore)
5:05.9 ***Roxanne Bier (Independence, San Jose)
5:10.2 Kady Wannamaker (Summerville, Tuolumne)

TWO MILES

10:39.7 ***Roxanne Bier (Independence, San Jose)
10:42.0 Kathy Adams (San Juan, Citrus Heights)
10:46.6 Karen Nachbar (San Juan, Citrus Hgts)
10:51.5 Cheri Williams (Livermore)
11:04.0 Vicky Bray (Los Altos)
11:11.0 **Laurie Crisp (Downey, Modesto)
11:15.7 Arlene Daley (Granada, Livermore)
11:17.06 **Becky Schmidt (Half Moon Bay)
11:17.6 Irene Crowley (Overfelt, San Jose)
11:19.0 Peggy Bier (Independence, San Jose)

110 YARD HURDLES

13.97 *Kris Costello (Lynbrook, Sunnyvale)
14.21 Kim Costello (El Camino, S. San Francisco)
14.0 Anna Gabriel (Ellis, Richmond)
14.0 Annette Richardson (El Molino, Forestville)
14.3 **Tonya Alston (Chico)
14.3 Candy Ross (Berkeley)
14.4 Karen Kendall (Colfax)
14.5 Kim Burgess (Berkeley)
14.6 *Michelle Hawthorne (El Cerrito)
14.6 Cathy Yuhis (Independence, San Jose)

HIGH JUMP

5-9 **Tonya Alston (Chico)
5-8 Candy Ross (Berkeley)
5-8 Chris Shawhan (LaSierra, Carmichael)
5-7 Susie Boehner (Clayton Valley, Concord)
5-7 Sonya Harrigfeld (Beyer, Modesto)
5-6 Melinda Ellis (Summerville, Tuolumne)
5-6 Carrie McLaughlin (Grace Davis, Modesto)
5-5½ Barb Korkendorfer (South Lake Tahoe)
5-5 Deann Neff (Montgomery, Santa Rosa)
5-5 Kathy Raugust (Salinas)
5-5 Daphne Schuler (McKinleyville)

LONG JUMP

18-11½ Carrie McLaughlin (Grace Davis, Modesto)
18-11 Becky Rohrer (Red Bluff)
18-8 Paula Ng (Livermore)
18-6 Susie Boehner (Clayton Valley, Concord)
18-4½ Kim McDonald (St. Francis, Mtn. View)
18-3 3/4 Connie Paul (Leland, San Jose)
18-3 Kim Jessup (Tamalpais, Mill Valley)
18-1½ Kathy Honour (Granada, Livermore)
18-0 Loretta McCoy (Santa Rosa)
17-10½ Janet Scott (El Dorado, Placerville)

SHOT PUT

44-3 Donna Erickson (Mt. Shasta)
43-9 Debra Thorntona (Sacramento)
43-7 Karen Stampfli (Lassen, Susanville)
43-6 Joy Burgan (Sonora Union, Sonora)
43-5 **Susan Springer (Salinas)
43-4 3/4 Michelle Betham (Arcata)
43-4 Deborah Pryor (Holy Names, Oakland)
43-3 Debbie Munsell (Elk Grove)
42-5 Carol Dolsby (Monte Vista, Danville)
42-5 Gale Zaphiropoulos (Homestead, Syvie)

DISCUS THROW

143-5 Karen Stampfli (Lassen, Susanville)
139-2 Leslie Deniz (Gridley Union, Gridley)
136-7 **Susan Springer (Salinas)
136-2 Jill Ridenour (Yuba City)
133-2 Carol Dolsby (Monte Vista, Danville)
131-8 Cecilia Sandoval (Riverbank)
131-8 Gale Zaphiropoulos (Homestead, Syvie)
129-2 Debra Davis (Berkeley)
128-0 Joy Burgan (Sonora Union, Sonora)
127-1 Marta Kuehl (North Salinas, Salinas)

440 YARD RELAY

48.29 Silver Creek, San Jose
48.3 El Cerrito
48.5 Vallejo
48.8 Berkeley
48.8 Castlemont, Oakland
48.8 Tamalpais, Mill Valley
49.1 Ayer, Milpitas
49.1 Sacramento
49.2 Terra Linda, San Rafael
49.3 Chico
49.3 Lynbrook, Sunnyvale

MILE RELAY

3:55.6 Tamalpais, Mill Valley
3:55.8 El Cerrito
3:57.4 Terra Linda, San Rafael
3:59.7 Saratoga
4:00.0 Berkeley
4:00.42 Harbor, Santa Cruz
4:00.7 Moreau, Hayward
4:01.2 El Dorado, Placerville
4:01.3 Summerville, Tuolumne
4:01.83 Silver Creek, San Jose

TRACK & FIELD RESULTS

NOTE: - Due to limited space, we are only listing major meets and top results for the most part...in top level national competition we will follow the policy of usually listing all Nor-Cal placers and the event winner, with more in-depth placings when space permits. Sorry, but our budget can't let us print more than that unless we raise our cover and/or subscription prices...something we don't want to do!

CAL-STATE HAYWARD USTFF DECATHLON (Mar. 21-22, Hayward): 1-Tom Swartzell/SFS 6716, 2-Johnk/Stan 6247, 3-Scruggs/UCD 6113, 4-McNab/Ore 6101, 5-Umpingo/Sac 5966. /Jim Santos/

MT. SAC RELAYS (Apr. 23-25, Walnut): /INVIT./ 100m: Collins/HTC 10:22w; 400m: (I) 3-Chepkwony/Fthl 47.65, (II) West/BAS 46.66; 800m: Boit/Kenya 1:47.2, Robinson/ICAC 1:51.1, Nichols/WVTC 1:51.6, 5-Kasser/SJS 1:52.3; 1500m: Arriola/Az 3:45.7, 3-Nahiry/SJS 3:49.7; 5000m: Gomez/Mex 14:08.4, 3-Parietti/Stanford 14:23.3, 4-Hart/BYU 14:24.2; 10,000m: Hart/BYU 30:35.8, 4-Sandoval/Un 31:21.9; 110mHH: (I)w Cooper/SJS 13.70, 3-Gaines/Wash 13.82, (II)w 2-Carty/WVTC 14.2; 400IH: 4-Wheeler/Macc 52.1, 5-Whitney/TS 52.4; 400mR: PhilPion 39.33, 3-SJS 40.18, 4-Stanford 40.23, 5-SJCC 40.55; 800mR: TS 1:22.3, 4-Stanford 1:23.9, 5-SJCC 1:25.5; MileR: MaccTC 3:09.6, 4-WVTC 3:17.0; TJ: Tiff/TS 55-2, 2-Livers/SJS 54-4 1/2w; SP: Feuerbach/PCC 66-2 3/4, 3-Albritton/Stan 65-3 1/2, 4-Weeks/SJSts 64-6 3/4; HT: Farmer/Aus 219-0, 4-McKenzie/WVTC 204-4; JT: Ewaliko/CNW 245-0, 3-Kennedy/SJSts 236-10; LJ: Magee/LBS 25-1 1/4w, 5-Marlow/WVTC 23-10 1/4; DT: Powell/SJSts 219-2, 3-Stadel/TS 213-11, 4-Weeks/SJSts 199-5. /OPEN/ 100m: (I)w 2-McIntyre/Nev-R 10.58, (II) 2-Farmer/ICAC 10.63; PV: 2-Bockmiller/SJS 16-9, 3-Williams/BAS 16-3, 4-Oravetz/WVJC 15-9. /WOMEN/ 1500m: Heald/SFVTC 4:20.8, Graham/WVTC 4:22.3, 4-Wotherspoon/SJC 4:30.6; 800m: (Under 18) Regan/SJC 2:10.1; 5000mWalk: S.Brodock/RRR 24:47.1, 3-Briscoe/Stan 27:40.6, 4-McPherson/WVTC 28:10.7; JT: Smith/UCLA 178-1, 3-Sulinski/ML 168-7, 4-Cannon/ML 164-5. /COLL-UNIV/ 400IH: Sheffield/SDS 51.9, Finley/SJS 52.1; 400mR: CPSLO 40.9, 4-NevR 41.2; JT: Packer/SDS 228-0, Milkaelson/NevR 227-1; HT: Fuller/LBCC 179-7, Congi/SJS 179-4. /JC-INVIT./ 110mHH: 5-Hatch/CCSF 15.0; 880R: 4-Laney 1:28.4; 4MR: 3-Skyline 17:57.3; HJ: Turner/CCSF 6-10; SP: 3-Chew/Mesa 56-4; DT: 4-John/Sky 158-9. /JC-OPEN/ 880R: Alameda 1:27.5. /MASTERS/ 100m:(40-49) 2-Cain 11.5, 6-Parish/NCS 11.7; (60+) 1-Jordan/Stan 12.3. /Cockerham/

SAN JOSE STATE INVIT. (Apr. 30, San Jose): *Note: Open Div. results listed in NCCR #65.* -- /WOMEN/ 100mH: Banford/CSH 14.99; 440R: MLTC 46.84; 1500m: Graham/WVTC 4:24.29, Brogan/ArrowTC 4:47.36; 2MR: Cal 9:33.67; HJ: Blackburn/Un 5-8, Cornell/SVTC 5-8; 4MR: WDS 23:24.7; 200m: Parker/ML 24.02, Nickson/CSH 24.30, Bolton/ML 24.60; SP: Seidler/MDYF 51-10 1/2, Winbigler/OTC 51-5 1/2; LJ: King/ML 19-7 1/2, Walker/Un 19-5, Elmore/ML 19-0, Cornell/SVTC 18-11 1/4; 3000m: Olrich/WVTC 9:42.26, Thrupp/Stan 10:03.54, Brogan/Arrow 10:20.06; JT: Schmidt/PCC 204-6, Sulinski/ML 195-1; 400m: Franklin/ML 55.20, Winlock/Un 55.70, Griffin/WS 57.80; 100m: Bolton/ML 11.71; DT: Winbigler/OTC 174-9, Langford/ML 157-8; 800m: Graham/WVTC 2:08.32, Roemesser/FPTC 2:11.2, Regan/CamdenHS 2:11.40, Wotherspoon/SJC 2:12.70; 440LH: Winlock/Un 63.74. /HIGH SCHOOL/ DT: Angelopolus/Hom 167-7; HJ: Hice/Okld 6-10, Wyrick/MPT 6-9; PV: Kitts/MV 15-0, Tardieu/DM 15-0, Fearnside/DM 15-0; LJ: White/Cam 24-4; DMR: Wstrm 10:28.6, Leigh 10:34.1, Cupertino 10:34.4; SMR: SCRk 1:33.07; 440R: Okld 42.51, Camden 42.60; Mile: Ross/Serra 4:10.83, Hussey/Wash 4:15.54, Sup/Palma 4:17.20; 100y: Stewart/Cam 9.87, Forgatsch/Blk 9.92; 880: Stillman/WG 1:52.46, Foster/SM 1:55.72, Owyang/Okld 1:55.83; MileR: Okld 3:25.91.

WEST VALLEY MASTERS MEET (May 1, Saratoga): *Note: Standard abbreviations used for Masters divisions...1A=40-44, etc.* --- /MEN/ 10,000m: (1A) Bowles/WVJ 33:26.1, Beardall/MH 33:30.0, Healy/DIRT 35:33.2; (2A) Campbell/WVJ 39:06; (2B) Elliot/WVJ 40:10.8; 440R: (1A) NCS 48.3; 110mHH: (SM) Cain/BHS 15.9; (1A) Andrews/BAS 16.2; 400m: (1A) Cain/BHS 52.3, Bruhner/NCS 53.5, Greene 54.0; (1B) Napier/WVJ 57.5; (2A) Clayton/CDM 59.7; (2B) Kilpatrick 66.5; (3A) Fairbanks 64.3; (4A) Packard 73.0; 100m: (SM) Christensen 12.1; (1A) Parish/NCS 11.9; (1B) Marlin/NCS 12.4; (2A) Zumwalt/NCS 13.2; (2B) Husney 14.1; (3A) Jordan/SRC 12.3; (3B) Carnine/NCS 14.5; (4A) Thomassen 17.0; 800m: (1A) Richardson/WVTC 2:03.5, Pratt/AGRC 2:04.0, Orme/WVJ 2:08.4; (1B) Woodward 2:16.2; (2A) Martin/WVJ 2:23.6, Dale 2:24.2; (2B) Waterman 2:25.6; (3A) Mahannah/NCS 2:33.0, Preston 2:34.1; (3B) Bierlin 3:06.0; 200m: (1A) Bruhner/NCS 24.9, Hickman 24.9, Springbett/NCS 25.0, Mendenhall 25.1; (1B) Mahany/NCS 26.1, Marlin/NCS 26.2; (2A) Zumwalt/NCS 28.4; (3A) Jordan/SRC 25.2; (3B) Carnine/NCS 29.9; (4A) Packard 31.6; 400mH: (1A) Hickman 64.0;



Ralph Bowles leads Ross Smith on way to 2-mile victory at West Valley Masters Meet in a time of 10:14.5. /L. Wallach/

Dick 111-7; (4B) Mumby 65-5; SP: (1A) Wassam 44-7; (1B) Debra 32-7 1/2; (2A) Nonne 35-0; (2B) Stone 34-9 1/2; (3A) Archer 28-2; (3B) Peresenyi 35-7; (4A) Curtice 33-9 1/2; (4B) Mumby 23-3 1/4; JT: (1A) Wilkinson 175-9; (1B) Letcher 177-0; (2A) Mumby 132-9; (2B) Kilbuck 115-3; (3A) Archer 86-9; (3B) Carnine 114-6; (4A) Curtice 121-1; (4B) Mumby 41-0. /WOMEN/ 10,000m: (1A) Brieger/NCS 42:57; 400m: (1A) Obera/NCS 64.4; (2A) Dietderich/NCS 84.0; 100m: (1A) Obera 13.4, Parish 13.9; (1B) Monson 19.8; (2A) Dietderich 16.6; (2B) Kolda 17.8; Mile: (1A) Eberly/WVJ 5:58.5, Smith 6:58.7. /Bruce Springbett/

WEST COAST RELAYS (May 6-7, Fresno): /HIGH SCHOOL/ DMR: Leigh 10:26.8, 3-Skyline 10:28.6, 4-Northgate 10:30.4, 5-Westmoor 10:32.2; SMR: Richmond 3:32.1, Serra 3:36.5; 120HH: Phillips/SCRk 14.32, 3-Amerson/Pitt 14.51; 2 Mi: Holladay/Gil 9:16.13, Elieff/H-Bak 9:19.6, Sup/Palma 9:22.1, 5-Valdez/Sky 9:23.7; 100y: Jackson/Frnkln 10.08, Green/Ayer 10.23; 440R: Edison/Fr 42.21, Okld 42.60, H-Johnson/Sac 42.67; Girls-440R: Edison/Fr 48.3, SilCrk 48.8; Girls-Mile: Goen/NBak 4:54.0; MileR: HJ/Sac 3:24.0, Richmond 3:24.1, SilCrk 3:24.4, Pitt 3:24.5; PV: Pierce/Sang 15-0, 3-Tardieu/DM 14-6; DT: Porath/Atw 187-2, 3-Peterson/NSal 162-9; HJ: Hice/Okld 6-10, Bell/Sang 6-10; LJ: Durham/Okld 23-0 3/4; SP: Messenger/Hgld 62-7, Balletto/AnaLy 58-9 1/2, Bilotti/O'Dowd 56-1; Teams: Hiram Johnson/Sacto 21, Oakland 20, Bakfld 17, Roos/Fr 14, SilCrk 13. /COLLEGE/ 120HH: Carley/FSU 14.33; 100m: 2-McIntyre/Nev-R 10.8, 3-Lewis/Nev-R 10.8, Clark/CSH 10.9; 5000m: Ramirez/FSU 14:18.6; 440R: FSU 40.6, 4-CSH 40.9; LJ: Wamble/CSH 24-0 1/2; TJ: McGee/CSLB 50-10, 5-LeGrande/CSH 48-10 1/2; PV: Robinson/CSH 16-6, Olsen/CSH 16-0; DT: Sutherland/CSLA 181-10; HJ: Owens/CP 6-10, 3-Haber/CSH 6-8; SP: Beaudry/SDS 57-8, 3-Gorbet/Sac 55-1; 440IH: Sheffield/SDS 52.67; JT: Packer/SDS 231-4, Mikaelsson/Nev-R 230-7; HT: Blankenship/CSH 188-1, Sawyer/CSH 177-10, Smith/Chico 175-0; Teams: CSLB 68-1/2, FSU 36, CSH 34. Masters 100: Hicks 11.1, Mendenhall 11.2, Marlin 11.3; /OPEN, UNIV. & INVIT./ 440IH: King/Macc 51.03, 3-Whitney/TS 51.95, 5-Finley/SJS 52.92; JT: Gould/Macc 255-6, Kennedy/Stars 254-10; DT: Powell/Stars 201-9, Weeks/Un 201-0, Stadel/Un 200-7, 5-Overton/Cal 183-11; HT: Gage/NYAC 212-0, McKenzie/WVTC 205-2, 4-Congi/SJS 180-11, 7-Shelton/WVTC 177-3; 120HH: Foster/UCLA 13.54, Cooper/SJS 13.58, Owens/UCLA 13.81, Florant/Cal 14.06, Gaines/Wash 14.11; Masters 100(55+): Jordan/Un 11.57, Killion/Un 12.34; 400m: Campbell/FSU 46.27, West/BAS 46.65, 4-Brown/Macc 48.09; 2MR: Cal 7:30.8, 3-Stanford 7:37.6, 7-WVTC 7:47.8; 100m: Edwards/USC 10.38, 5-Pettus/BAS 10.64, 6-Hampton/UCLA 10.70; 5000m: Lux/JT 13:58.9, Hart/BYU 14:02.3, Wysocki/Nev-R 14:03.9; 3000mSC: Trapp/NAU 8:46.2, 3-Blume/Cal 9:00.3, 4-Innes/Hum 9:12.0, 5-G.Brooks/Un 9:14.5, 6-Schulz/Cal 9:14.6; Mile: Scott/UCI 3:59.6, 3-Aldridge/SRJC 4:07.2, 4-Duffey/Cal 4:08.7; 440R: TS 39.75, 3-Cal 39.99; 800m: Robinson/ICAC 1:47.8, Enyeart/US 1:47.9, 5-Brown/Un 1:50.2; MileR: USC 3:08.35; PV: Ripley/PCC 17-6; LJ: Lofton/Stan 25-6 1/2; SP: Feuerbach/PCC 67-0 1/2, 3-Albritton/Stan 65-11, 4-Weeks/Un 63-11 3/4, 7-Marks/WVTC 58-8 1/2; HJ: Kotinek/PCC 7-0, Brown/AATC & Haber/CSH 7-0, 5-Friday/WVTC 7-0, 6-Boyd/UCLA & Coleman/WVTC 6-10; TJ: Banks/UCLA 53-6 1/2, Livers/SJS 53-0, MORE----

(West Coast Relays...continued)...Marlow/WVTC 52-8, 7-Freeman/Stars 51-7. /JR.COLLEGE/ 440R: 2-CosRvr 41.15, 4-SJCC 41.17, 5-LosMed 41.49; 2 Mi: Tipton/Pal 9:01.7, 3-Mebust/AmR 9:06.2, 4-McMeans/CCC 9:07.0, 6-Farrell/AmR 9:07.9, 7-Baudendistel/AmR 9:08.4, 8-Lagomarsino/AmR 9:08.9, 9-Sutherland/AmR 9:11.9; DMR: Fullerton 10:00.4, 6-AmRvr 10:10.0; 880R: 2-LosMed 1:27.19, 3-CosRvr 1:27.36, 4-Chabot 1:28.35; 440IH: Pratt/Bak 52.27, Richardson/SR 53.16; JT: Laperriere/Pal 267-10; LJ: Jones/ELA 24-8 3/4, 7-Peterson/CSM 23-0; PV: Brown/EC 15-9, 3-Oravetz/WV 15-9; DT: Fuller/LB 167-7, 3-Trafalis/CSM 160-0, 5-John/Sky 154-10; TJ: McRae/Chab 50-8 3/4, 3-Frazier/CR 49-2, 4-Cook/AR 48-7 3/4; 120HH: Siai Siai/Pal 14.14, Turner/CCC 14.31, Hatch/CCSF 14.36, Smith/Sky 14.38; 3000mSC: Leano/Port 9:07.4, 4-Ama-ble/Sky 9:33.6, 5-Martinelli/Sky 9:34.2; 2MR: Fullerton 7:38.7, 3-Chabot 7:43.6, 4-SJCC 7:45.3; 100m: Harris/LM 10.30, McRea/Ch 10.65, Lewis/DV 10.66, Jones/SJCC 10.73, Walker/Laney 10.74; MileR: Alameda 3:14.85, 3-Fthl 3:16.4, 4-CSM 3:16.7, 5-SRJC 3:17.3; HJ: Turner/CCSF 6-10, 3(tie)-Peterson/Ch & Williams/A1 6-8; SP: Laut/SJCC 61-9 1/2, 4-Johnston/CR 54-2 1/4, 6-Stuart/DA 53-5 1/2. /WOMEN/ Larrieu-Lutz/PCC 2:04.2, Poor/AIA 2:05.2, 6-Graham/WVTC 2:08.9, 7-Keyes/Macc 2:12.1. /Warmerdam; Kane/

EUGENE TWILIGHT MEET (May 7, Eugene, Ore.): - 800m: Boit/Kenya 1:45.87, 3-Nichols/WVTC 1:50.13; 3000m: Geis/Un 7:59.8, Taylor/UO 8:01.5, Salazar/UO 8:03.6. /Tom Heinonen/

NORCAL WOMEN'S ICAC (May 7, Arcata): - 220y: Nickson/CSH 24.9, Lewis/Cal 25.6; 3 Mi: Anex/UCD 16:47.5, Metteer/Cal 17:11.2; 440R: Cal 49.0; Mile: Grigsby/Hum 5:19.7; 100mH: Herigstad/UCD 15.7; 440: Winlock/CSH 57.0; 100y: Nickson/CSH 10.9; 880: Stohr/CSH 2:18.1, Morr/Sac 2:18.6, Grigsby/Hum 2:20.0; 400mH: Winlock/CSH 63.3; 2 Mi: Anex/UCD 11:15.9, Metteer/Cal 11:30.6; 2MR: UCD 10:03.8; MileR: Chico 4:03.3; SP: Wagstaff/Cal 42-7 1/2, Sulinski/CSH 40-10 1/2, Trimble/UCD 40-7; LJ: Mc-Daniels/UCD 17-8 1/2, Blackburn/CSH 17-7 1/2; JT: Sulinski/CSH 149-3; HJ: Blackburn/CSH 5-8; DT: Wagstaff/Cal 130-9; Teams: CSH 148, UCD 129, Chico 123, Cal 115. /Joli Sandoz/

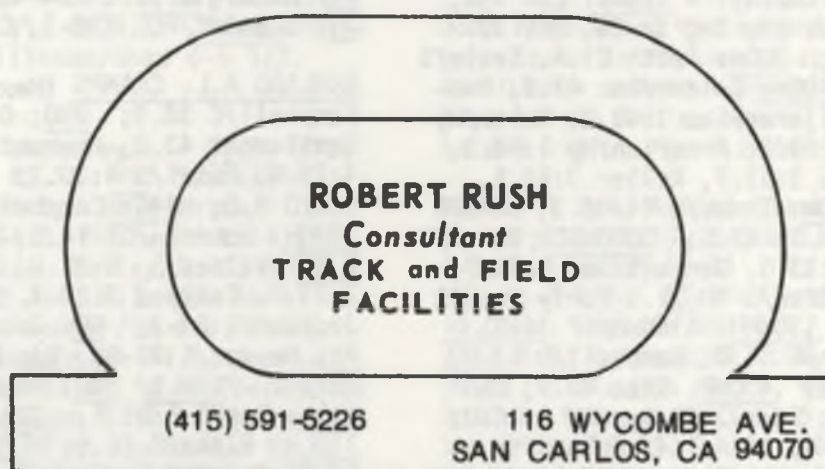
CERES INVIT. (May 7, Ceres): - /OPEN VAR./ 800m: Hassapakis/Cer 2:00.7; 2 Mi: Holmes/D 9:25.2, Downs/Sky 9:34.0; DT: Porath/At 179-5, Powell/CCath 166-6 1/2; MileR: Skyl 3:31.2; TJ: Rossi/

Pal 44-5; Mile: Holmes/D 4:15.9, Hussey/Wash 4:16.0, Sup/Pal 4:18.0, Valdez/Sky 4:20.7; /LARGE-VAR./ SP: Porath/At 57-0, Pittman/D 54-9; HJ: Branch/Am 6-8, Feliz/Mod 6-6; LJ: Hawkins/Tr 23-2; /MED.-VAR./ 100m: Adkison/Cer 10.9. /Berryhill/

ORINDA INVIT. (May 7-8, Lafayette): - /WOMEN/ 100m: Parker/ML 11.8; 200m: Kirsch/SC 27.4; 400m: Franklin/ML 56.5, Griffin/WS 57.5, Douglas/SJC 58.3; 800m: Maclay/CY 2:18.4, Skaden/WS 2:20.0; 1500m: Wotherspoon/SJC 4:36.3, Olrich/WVTC 4:37.9, Hagerty/SUND 4:40.2, Skaden/WS 4:43.0; 3000m: Thrupp/Stan 9:58.8, Trason/MP 9:59.8, Brogan/Ar 10:22.7; 100mH: Gilmore/SC 15.6; 400mH: Souza/WS 65.2; 5K-Walk: C.Sakelarios/RCF 27:14.3, Briscoe/Stan 27:19.4, Vaughn/RCF 27:56.2, Spencer/CY 27:57.3; 440R: MLTC 48.0; MileR: MLTC 4:02.0; HJ: Baross/WDS 5-0; LJ: Elmore/ML 17-8; SP: Kutchka/SV 43-5 1/4; DT: Langford/ML 160-8; JT: Cannon/ML 169-2; Teams: MLTC 121, SJC 75. /YOUTH/ 100y: Ware/B 11.2; 220: Ware/B 26.6, Robinson/CY 27.0; 440: Miller/CY 58.6; 880: Manning/Or 2:19.7; Mile: Manning/Or 5:03.7, Denison/CN 5:09.6; 80mH: Sanders/1980 12.6; 200mH: Harris/1980 31.0, Gilreath/ML 31.2; Mile-Walk: Dittman/Ar 8:33.9; MileR: Orinda 4:11.8; HJ: Gleason/CY 4-10; LJ: Hopkins/Or 15-9; DT: Delear/Ar 115-3; SP: Delear/Ar 42-0 3/4; JT: Delear/Ar 103-6; Teams: CY 108, Orinda 97, Arrow 85. /MIDGET/ 100y: Hill/H 12.6, Bradford/EH 12.6; 220: Friend/CY 28.1; 440: Cervantes/RRR 62.4; 880: Anderson/RRR 2:25.0; 50yH: Schoenlein/CY 8.0, Shumake/H 8.0; Mile-Walk: Rodella/RRR 8:24.0; Mile: Anderson/RRR 5:13.0; 440R: Hilltop 54.1; HJ: Carney/CY 4-8, Schoenlein/CY 4-8; LJ: Keverline/RRR 15-0; SP: Estassi/SV 30-0 1/2; Teams: RRR 119, CY 91. /BANTAM/ 100y: Mason/H 13.0, Devers/H 13.1; 220: Parks/CY 32.4; 440: Brown/ML 69.1; 880: Everts/RRR 2:39.5; 440R: Hilltop 61.3; 880-Walk: Everts/RRR 4:01.9; LJ: Devers/H 12-11; HJ: Becker/SV 3-10; Teams: SVTC 47, Hilltop 38. /WOMEN'S PENTATHLON/ Cornell/SVTC 3751; /YOUTH PENTATHLON/ Heizman/Ar 3275, Ellis/Or 3164. /Don Bailes/

PCAA CHAMPIONSHIPS (May 13-14, Santa Barbara): - HT: 2-Congi/SJ 174-3; PV: 2-Woepse/SJ 16-6, 3-Bockmiller/SJ 16-6; DT: 3-Gummerson/SJ 168-2; TJ: Livers/SJ 53-10 1/4; 3000mSC: 4-Hurst/SJ 9:13.6, 5-Reime/SJ 9:15.8; 10,000m: Gruber/SJ 30:30.4; Dec: Young/SD 7215; 400mR: LBS 40.2, SJS 40.3; MORE----

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(PCAA Cont'd...) 1500m: Schilling/SJ 3:45.8, 3-Kimball/SJ 3:47.1, 4-Deis/F 3:47.8, 5-Krause/LB 3:48.3; 110mHH: Cooper/SJ 13.9; SP: Semkiw/SJ 62-5, Feuerbach/SJ 59-1 1/2, Gummerson/SJ 58-11; JT: DeJak/SJ 248-0, 5-Staengel/SJ 213-0; LJ: Magee/LB 24-6 1/2, Finley/SJ 23-7 1/2; 400m: Campbell/F 46.0, 4-Rochee/SJ 47.2; 100m: 4-Triplett/SJ 10.7; 800m: Schilling/SJ 1:46.8, Enyeart/US 1:46.8; 400mIH: 3-Finley/SJ 51.7, 4-Cooper/SJ 51.7; HJ: Livers/SJ 6-10, 2(tie)-Nelson/SJ 6-10; 200m: 4-Triplett/SJ 21.4; 5000m: Gruber/SJ 14:11.2, 3-Deis/F 14:20.6, 5-Harvey/SJ 14:25.6; MileR: LBS 3:08.7, SJS 3:10.5; Teams: SJS 114.5, LBS 95.5, SDS 54, FSU 49, US 16, UCSB 7. /Frank Wascoe/

PACIFIC-8 CHAMPIONSHIPS (May 13-14, Westwood): - Teams: USC 146, WSU 132, UCLA 99, Ore 70.5, Wash 69, Cal 64, Stanford 45, OSU 22.5. 3000mSC: 4-James/U 8:54.0, 5-Blume/C 8:56.8, 6-Williams/O 8:59.4, 7-Schulz/C 9:01.3; HT: Neilson/W 213-11; PV: 3-Hintz/C 16-8, 5-Paton/C 16-0; 100m:(Heats)(I) 5-Smith/C 10.75, 6-Taylor/C 10.79, (II) Hampton/U 10.49, 6-Walker/C 10.65, 8-Holmes/S 10.86, (Final) 4-Owens/U 10.50, 6-Hampton 10.56; JT: 6-Cooper/C 218-7; 800m:(Heats)(I) 4(tie)-Barry/C 1:50.4, (II) 6-Bay/C 1:52.5, (Final) Brewster/WS 1:48.5; LJ: Lofton/S 26-4 3/4, 8-Dangerfield/C 24-4; SP: Albritton/S 65-6 1/4, 4-Fruguglietti/SC 58-4, 6-Santiago/C 58-1 1/4; 400IH: (Heats)(II) Greybehl/SC 50.52, (Final) Andrews/SC 50.34, Greybehl 50.51, Shellworth/S 51.2; 200m: (Heats)(I) 4-Taylor/C 20.88, 5-Banks/S 21.19, (II) Hampton/UCLA 20.47, 4-Walker/C 21.03, (Final) 5-Walker 21.25, 7-Taylor 21.54, Hampton (dnf); 10,000m: Kimombwa/WS 28:13.4, 6-Taylor/O 30:57.0; 400mR: USC 39.24, 3-Cal 40.00, 4-Stanford 40.11; 1500m: Clifford/C 3:42.3, 6-Crowley/S 3:45.6; 110mHH: Owens/U 13.60, 3-Gaines/W 13.72, 7-Florant/C 14.6; 400m: T. Andrews/SC 45.57, 3-Sheats/S 46.08, 5-Wallace/C 46.39; HJ: Walker/SC 7-1 1/4; DT: Overton/C 195-8, Fruguglietti/SC 192-3, Burton/O 188-9, 5-Santiago/C 183-2, 6-Elder/SC 179-8, 9-Busse/S 165-10; TJ: Banks/U 55-3 1/4, 4-Jackson/SC 50-3, 5-Dobbins/C 50-0w; 5000m: Kimombwa/WS 13:35.4, 7-Taylor/O 14:00.6; MileR: UCLA 3:07.8, Cal 3:08.4, Stanford 3:08.5; Dec: 3-Lewis/C 6922, 4-Canfield/C 6806, 5-Johnk/S 6588. /Jim Bush/



Andy Clifford, Cal's surprising Pac-8 1500m champ at 3:42.3. /Lani Bader/

FAR WEST CONFERENCE CHAMPS (May 14, Chico): - Teams: CSH 156, UCD 101, HSU 95, Chico 93, Stanislaus 88, Sac'to 86, SFS 32. 100m: Clark/Hy 10.7, Smith/Sac 10.8; 200m: Smith 21.4, Seale/S 21.5, Clark 21.6, Harvey/SF 21.6; 400m: Bolton/Sac 47.3, Rempel/S 47.3, Porter/C 48.0; 800m: Mijares/Sac 1:49.8, Nolte/Hy 1:50.9, Karila/S 1:51.0, Hardig/H 1:51.2, Arnerich/Hy 1:51.3, Pratt/D 1:51.7; 1500m: Richardson/S 3:51.7, Keller 3:52.5, Hamer/H 3:53.3, Ryan/C 3:54.0; 5000m: Innes/H 14:36.3, Cole/H 14:38.7, Britten/S 14:42.0, Peters/H 14:42.5; 3000mSC: Innes/H 9:00.0, Heide/H 9:08.0, Hoglund/D 9:13.5, Garrett/Sac 9:16.7; 10,000m: Britten/S 30:31.5 (only result available); 110mHH: Almond/SF 14.6; 400IH: Nelson/S 52.0, Campbell/D 53.0, Giblin/D 53.5; 400mR: Stan 40.9, CSH 40.9; 1600mR: Stan 3:15.1, CSH 3:16.0; PV: Robinson/Hy 16-4 1/4, Nelson/Hy 15-11, Olsen/Hy 15-11; HJ: Haber/Hy 7-2 3/4, Tevis/Sac 6-9; TJ: LeGrande/Hy 50-2; LJ: Wamble/Hy 24-9; DT: Smith/C 156-1 1/2; SP: Gorbet/Sac 54-8 1/4; JT: Schwall/D 219-8, Gall/Hy 215-9; HT: Blankenship/Hy 187-8, Sawyer/Hy 184-5; Dec: Myers/C 6994. /T&FN; CTN/



Humboldt's Gordon Innes won steeple & 5K at FWC Meet. /Bader/

GRANDFATHER GAMES (May 14, Van Nuys): - /MEN/ (Div.I) 100y: (III) 1-Andrews/Un 11.17; 440: Bruhner/NCS 53.7; 120HH: Cain/TS 15.8, 3-Andrews/Un 15.9; 330IH: Cain/TS 41.3, Andrews/Un 44.9; MileR: NCSTC 3:50.1; JT: Conley/WVTC 203-8, Letcher/NCS 184-10; TJ: 3-Andrews/Un 37-9; HJ: 2-Conley/WVTC 5-6; /WOMEN/ (Div.I) 100y: Obera/NCS 12.6, Parish/NCS 13.8; 220: Obera/NCS 28.1, Parish/NCS 29.1; 440: Obera/NCS 64.5, Parish/NCS 65.2; SP: Parish/NCS 28-8. /Al Sheahan & Kathy Brieger/

NORCAL JC CHAMPS (May 20, Pleasant Hill): - Teams: SJCC 78, Alameda 63, CSM 50, Skyline 38, AmerRvr 33. JT: Fritzmeier/Sac 202-9; DT: Tafralis/CSM 174-4, Johns/Sky 172-0; 3000mSC: Weed/AR 9:13.8, Leano/P 9:26.6, Watkins/MP 9:27.8; 440R: SJCC 40.1, Alameda 40.76; 1500m: Aldridge/SR 3:50.3, Wright/Sol 3:52.6, Brown/AR 3:52.4, McMeans/CCC 3:53.3; LJ:(w) McRae/Ch 25-7 1/4, Taylor/Mod 24-11, Peterson/CSM 24-2 1/2, Turner/Ala 24-2; 110mHH: Jones/CR 14.3, Smith/Sky 14.3, Washington/Fr 14.4; 400m: Chepkwony/Fthl 46.86, Mickens/Ala 46.87, Mayweather/Ala 47.82, Harvey/SJ 48.07; SP: Laut/SJ 60-5, Tafralis/CSM 53-8, Turton/P 53-5, Stuart/DA 53-1; HJ: Gibbs/SJ 6-10, Dimes/Sol 6-10, Williams/Ala 6-10; PV: Oravetz/WV 17-0, Black/CSM 16-0, Reyes/F 15-6, Mulligan/WV 15-6; 100m: McRae/Ch 10.35, Walker/L 10.42, Jones/SJ 10.47, Berry/SJ 10.49 (all marks windy in 100m); 800m: Bisbee/Cuesta 152.8, Aldridge/SR 1:53.1, Emery/Ch 1:53.8, Martin/AV 1:54.2; 400mIH: Richardson/SR 52.24, Hicks/Sky 53.08, Smith/Sky 53.20, Dorvall/Butte 53.49; 200m: Ware/CR 21.78, Jackson/Ala 21.93, Rachal/SJ 21.99; 5000m: Leano/P 14:48.4, Lara/Fr 14:49.2, Baudendistel/AR 14:51.4, Kingery/CSM 14:52.2; MileR: Alameda 3:14.6, Skyline 3:15.5, Foothill 3:15.6, SJCC 3:16.5; TJ: Nicks/Ala 50-7 1/4w, Moreno/SJ 50-6, Johnson/MP 50-2w, Tate/F 50-0w. /Diablo Valley Coll./

CALIFORNIA RELAYS (May 21, Modesto): - /MEN/ 100m: Abrahams/TS 10.22w; 200: 2-Taylor/Cal 21.08; 400: Campbell/FS 46.75, West/BAS 46.85, 4-Rodgers/BAS 47.12; 800: Enyeart/US 1:48.2, Robinson/ICAC 1:48.2, 4-Brown/Un 1:48.9; Mile: Scott/UCI 4:00.5; 3000mSC: Marsh/BYU 8:37.2, 3-Blume/Cal 8:57.8; 5000m: Kimombwa/WS 13:39.2, Hart/BYU-WVTC 13:54.0; 2 Mi-Walk: 2-Henderson/WV 15:16.2; 110mHH:(w) Owens/UCLA 13.58, Gaines/W 13.61, 5-Florant/Cal 14.02; 400mIH: 3-Whitney/TS 52.5; HJ: Stones/DO 7-4 1/2, 4(tie)-Haber/CSH 7-0, 9-Livers/SJS 7-0; PV: Oravetz/WVJS 17-1 1/2, 5-Woepse/SJS 16-6; LJ: Lofton/St 26-7; TJ: Tiff/TS 54-10w, 4-Livers/SJS 53-4 1/4w, 6-Freeman/Stars 51-11 3/4w; SP: Feuerbach/PCC 67-9 1/4, 4-Weeks/Stars 64-5 3/4, 7-Semkiw/SJS 62-6, 8-B.Feuerbach/SJS 61-8, 10-Marks/WVTC 60-0, 11-Gummerson/SJS 59-10; DT: Powell/Stars 223-0, Stadel/TS 222-9, 5-Weeks/Stars 203-8, 11-Overton/Cal 193-3, 12-Fruguglietti/SC 190-5, 14-Burton/Ore 188-11, 16-Louisiana/OTC 183-10, 17-Santiago/Cal 179-7, 18-Pushkin/ASU 170-10; HT: Farmer/Macc 223-5, 7-McKenzie/WVTC 202-8; JT: Ewaliko/CNW 273-7; 400mR: PPC 39.05, 6-Cal 40.45; 800mR: Maccabi 1:22.2, 4-Cal 1:23.4; MileR: ASU 3:07.6; /WOMEN/ 100m: Howard/Prem 11.51, 3-Parker/ML 11.76; 400: Franklin/ML 54.94; 800: Poor/AIA 2:07.9; 1500m: Lutz/PCC 4:13.1, Graham/WVTC 4:20.2, 4-Witherspoon/SJC 4:33.8, 5-Olrich/WVTC 4:34.9; HJ: Huntley/PCC 6-0; LJ: Elmore/ML 18-10 3/4w, King/ML 18-6 1/4; SP: Seidler/MDYF 52-3 3/4, 3-Langford/ML 44-9 1/2; DT: Winbigler/OTC 184-4, Svendsen/Q 180-8, Langford/ML 170-4; JT: Schmidt/PCC 196-1, Cannon/ML 183-0. /T&FN, S.F. Examiner/

OAKLAND A.L. CHAMPS (May 27, Oakland): - 330LH: Wilken/O 38.9, Campbell/C 38.9; 880: Owyang/O 1:55.4, Valdez/S 1:56.7; 440R: Castlemont 43.0, Fremont 43.3; Mile: Busby/S 4:29.0, Johnson/S 4:29.4, Pearl/S 4:30.7; 100: Durham/O 9.8, McNeal/O 9.8, Lester/O 9.8; 440: Campbell/C 48.5, Owyang/O 49.9, Foster/S 49.9; 120HH: Johnson/OT 14.5, Lester/O 14.6; 220: Campbell/C 22.1; 2 Mi: Valdez/S 9:31.2, Downs/S 9:32.2; MileR: Castlemont 3:21.7, Oakland 3:22.4, Skyline 3:22.4; LJ: Durham/O 25-1w, Jackson/O 23-2; SP: Johnson/OT 48-4 1/2; HJ: Hice/O 7-0 1/4; PV: Mawson/S 12-6; TJ: Durham/O 49-2; DT: (results not available). /GIRLS/ 880: Hubbard/OT 2:24.0; 440R: Castlemont 49.1; Mile: Bee/S 5:51.5, 100: Cobbs/OT 11.3, 440: Hubbard/OT 59.4; 110LH: Blake/F 15.9; 220: Turner/F 26.2; 2 Mi: Thomas/OT 13:03.5; MileR: Tech 4:11.1; SP: Davis/S 33-3 1/2; HJ: Gates/OT 5-0; LJ: Smith/OT 16-11. Boys Teams: Skyline 147, Oakland 128, Castlemont 114, Oakland Tech. 30, Fremont 25. /K. Conning/

CENTRAL COAST SECTION CHAMPS (May 27, San Jose): - /VARSITY/ SP: Graham/L 59-7, Schartz/H 57-7 1/2, Parker/SI 55-4, McKee/Cam 55-3 1/4; LJ: Bates/MA 23-5 1/4, Wells/Ov 23-3 1/2, Jordan/G 22-11 1/4, Woodard/Scrk 22-7 1/2; 120HH: Hawkins/B 14.37, Phillips/Scrk 14.40, Clark/MA 14.45, Guthrie/Cup 14.57; DT: Souza/PdH 177-8, Peterson/NS 169-5, Graham/L 168-9, Sheehan/Pr 166-8; 440: Holcomb/Hill 49.19, Schindler/Ap 49.48, Sealy/Lyn 49.51, Thompson/Wd 49.98; HJ: Wyrick/MP1 6-8, Wright/LO 6-6, Graber/LA 6-6, Viscovitch/Cup 6-6; 440R: Scrk 42.40, Ovfl 42.41, Seq 42.59, Carlmont 42.77; 880: Jensen/Buch 1:53.3, Maxwell/W 1:54.0, Foster/SM 1:54.1, Dove/DM 1:54.8; 100: Green/Ay 10.03, Price/Carl 10.05, Stewart/Cam 10.06, Wilkes/Scz 10.09; 2 Mi: Holladay/Gil 9:11.3, Green/Ar 9:11.7, Love/Carl 9:12.8, Sechrist/PdH 9:21.5, Mandanis/Carl 9:21.9, Bruns/Sar 9:21.9; 330LH: Phillips/Scrk 36.50, Chapman/YB 37.13, Matooka/G 37.35, Ross/Hills 37.37, Hall/MVs 37.60; 220: Stewart/Cam 21.63, Green/Ay 21.67, Taylor/Ov 21.70, Wilkes/Scz 21.72; MORE

(CCS...cont'd) - Mile: Stillman/WG 4:08.66, Ross/Serra 4:09.77, Sup/Palma 4:12.0, Maher/L 4:16.3, Smith/Aw 4:18.6, Norris/Carl 4:19.1; TJ: Bates/MA 49-2 1/2, Leberz/Srmta 49-0 3/4, Woodard/SCrk 47-10, Wilson/Gil 46-7 1/2; PV: Westlund/Frmt 15-3, Fearnside/DM 15-0, McAlexander/MVs & McEtvny/Lyn 15-0, Tardieu/DM 15-0, Rodriguez/DM 15-0; MileR: SanCarlos 3:20.5, Ovflit 3:21.2, SilCrk 3:21.5, Ayer 3:22.0; /GIRLS/ DT: Springer/Sal 136-7, Zaphiropoulas/H 128-5, Kuehl/NSal 127-T, Michelli/Gund 125-6, Williams/Hill 121-2, Woodbeck/Cup 119-10; 440R: SilCrk 48.44, Ayer 49.11, Mt.Pl. 49.49, Lynbrook 49.54, Monterey 49.63; 440: Belk/SCrk 56.12, Peterson/Har 57.19, Brew/LA 58.61, McKean/Ayer 59.47; 2 Mi: Bier/Ind 11:08.6, Crowley/Ov 11:20.9, Schmidt/HMB 11:30.4, Schnurpfeil/SM 11:36.3; LJ: McDonald/SFr 18-3, Paul/L 18-0 1/2, Hudson/LO 17-7, Sanders/YB 17-6; 110H: Costello/Lyn 14.25, Costello/EC 14.41, Yugas/Ind 14.83, Crevelt/SFr 15.26; 880: Regan/Cam 2:11.5, Huyck/Ap 2:14.7, Figliomeni/Sar 2:15.6, Ervin/SC1 2:15.6, Bing/Lyn 2:21.4; 100: Mallory/SCrk 11.18, Costello/Lyn 11.25, Woods/Jeff 11.37, Sherill/Mil & Black/SCrk 11.64; SP: Springer/Sal 43-4, Beacom/Wat 41-3 3/4, Kuehl/NSal 40-1 1/2, Michelli/Gund 39-9; 220: Costello/Lyn 24.79, Mallory/SCrk 25.20, Belk/SCrk 25.61, Sullivan/Ay 25.89; HJ: Broussard/Ind 5-4, Martin/SLV & King/MA 5-4, Sparks/Ay 5-3, Kauquist/Sal 5-3; MileR: Harbor 4:00.4, SilCrk 4:01.8, Saratoga 4:02.9, Camden 4:04.1; Mile: Bray/LA 4:52.97, Huyck/Ap 5:06.6, Moen/SM 5:18.0, Crowley/Ov 5:22.6; /FROSH-SOPH/ (selected marks only) DT: Weyers/Aw 151-1, Mauga/Ov 150-8; 70HH: McPherson/MP1 9.09; PV: Worthge/Carl 14-0, Dodds/Cam 13-6; SP: Morton/MA 58-8; 880: Herrera/Carl 1:58.3, Emery/SM 1:59.4, Marshall/Mil 2:00.2, Ross/Buch 2:00.7, Narlesky/DM 2:00.9; TJ: Porter/WG 44-10 1/4; 440R: MP1 44.49, Cup 44.66; 100: Green/Cub 10.33, Nunn/Ar 10.46; HJ: Ward/Hill 6-4, Bernardo/OG 6-3; LJ: Porter/WG 21-8, Lebertz/Gil 21-7, Woodson/MA 21-4 1/2; 2 Mi: Avila/Cup 9:27.9, Mellquist/Carl 9:39.1, Trujillo/Gil 9:39.6, Nickell/Lei 9:42.7; 330LH: Magno/Wat 39.66, Moss/Cub 39.72; Mile: Marshall/Mil 4:25.5, Avila/Cup 4:27.3, Ifland/Soq 4:28.1, Vavuris/Cub 4:28.1, Olives/Palma 4:28.2, Wimmer/MA 4:28.4; 440: East/Soq 50.76, Emery/SM 50.94, Cooke/Cub 51.57, Ellis/Mitty 51.63; 220: Green/Cub 22.40, Campbell/Ind 23.10; MileR: Cub 3:25.96, San Mateo 3:31.0.

NORTHERN SECTION FINALS (BOYS) (May 27, Yreka): - SP: Hoff/Shas 56-5; HJ: Hickey/MtSh 6-8 1/4, Pickett/Ch 6-6; DT: Sino/Ent 155-10, Osborn/Wil 154-6; 120HH: Marjama/Par 14.1, Antone/Ch 14.5; 100: Blackman/Wil 9.9; PV: Swanson/CenVly 14-0; LJ: Tuler/PV 21-7 3/4; 440R: Enterprise 43.7, Chico 43.8; Mile: Greer/Par 4:21.5, Schmidt/And 4:30.5; 440: Rohrer/RB 49.9; TJ: Tyler/PV 45-7; 330LH: Marjama/Par 38.68; 880: Taft/Wstwd 1:57.0, Myers/Oro 1:58.9; 220: Drake/Yr 21.9; 2 Mi: Avrit/Ch 9:24.8; MileR: Chico 3:24.3, Pleasant Vly 3:24.7. Teams: Chico 43, Enterprise 38. /JR.VAR./ HJ: Milleman/Shas 6-5 1/2. /FROSH/ HJ: Cox/RB 6-1 1/8. /Tom Broce/

NORTH COAST SECTION FINALS (Mar 27-28, Berkeley): - 440R: Pitt 42.5, Kenn-R 42.5, Dublin 42.8, Novato 43.1; PV: Beede/CPK 14-8 1/4, Pleis/DV 14-0, Cortessis/Ac 14-0; 880: White/Rich 1:53.2, Shired/CG 1:54.2, Sallaz/SL 1:54.3, Moore/PH 1:54.6; LJ: Taylor/Pd 22-6, Fernandez/CV 22-4 3/4, Bailey/TL 22-3 1/4; SP: Haile/Pd 59-7 1/4, Balletto/An 58-2 3/4, Allen/Bk 56-11; 100: Burrell/Pin 9.7, Jackson/Pitt 9.9, Venker/SR 9.9, Perry/Kenn-R 9.9, Dozier/En 9.9; 120HH: Patterson/DA 14.1, Amerson/Pitt 14.3, Gangnuss/Dub 14.3, White/Rich 14.4; 2 Mi: Berry/Rdw 9:05.3, Coulman/SMar 9:18.2, Romiguere/Cnyn 9:19.3, Borland/DN 9:22.9; 440: White/Rich 48.2, Croft/PH 49.0, Lewis/Hyw 49.3, Maiocco/Lib 49.3; DT: Reid/SL 168-10, Murdock/CIV 162-1, Perry/Ant 158-6, Kilpatrick/NG 157-3; 220: Burrell/Pin 21.8, Lang/Ant 21.9, Venker/SR 22.4, Dauria/Nov 22.4, Dozier/Enc 22.4; HJ: Churchill/Liv 6-8, Sullivan/Son 6-6, Low/Tam 6-6, Edwards/TL 6-6, Hyde/Camp 6-6; 330LH: Patterson/DA 37.3, Gangnuss/Dub 37.6, Amerson/Pitt 37.7, Beigel/AV 37.9, White/Rich 38.2; Mile: Hussey/Wash 4:14.9, O'Reilly/SRAF 4:15.3, Burke/DLS 4:19.6, Harbaugh/Pd 4:20.6; TJ: Sacramento/Log 48-5, Colter/Pin 47-11, Asberry/Pitt 46-7 1/4, Marchbanks/SROsa 46-4; MileR: Kenn-R 3:17.7, Richmond 3:18.0, MSJ 3:21.2, Liberty 3:22.1. /GIRLS/ DT: Dolsby/MV 129-7, Gregory/Enc 122-5, Read/Ala 121-11, Mitchell/TL 121-10, Davis/Brk 121-5; SP: Betham/Arc 43-4 3/4, Pryor/HN 42-2 3/4, Dolsby/MV 42-1 1/2, Otis/EC 39-2 3/4; HJ: Ross/Brk 5-8, Bohner/CIV 5-4, Stevens/Grnda 5-4, Schuler/McVle 5-3; 110LH: Gabriel/Ells 14.0, Ross/Brk 14.5, Burgess/Brk 14.7, Carlos/AV 14.7; 2 Mi: Williams/Liv 10:59.2, Daley/Grnda 11:19.4, Aubuchon/Liv 11:27.0, Hayes/Dub 11:32.0; 440R: ElCerr 48.6, TerLinda 49.2, Berk 49.2, Newark 49.8; 880: Bowers/Am 2:17.8, Kenny/Nov 2:17.9, Saia/SFD 2:18.4, Allums/Pl 2:18.5; 100: Durnell/Rdw 11.5, Young/EC 11.5, McCree/Pitt 11.5, Walker/Pitt 11.6; 440: Sweeney/Tam 57.4, Miles/Mor 58.1, Phillips/Nwk 58.2, Hawthorne/EC 58.3; 220: Durnell/Rdw 25.2, McCree/Pitt 25.4, more..

Webster/DA 25.4, Young/EC 25.6; LJ: Bohner/CIV 18-4 1/4, McCoy/SRos 17-9, Gabriel/Ells 17-8, Honour/Grnda 17-7; Mile: Sweeny/MC 5:01.9, Williams/Liv 5:07.3, Lyons/Grnda 5:18.5, Bujanja/Pd 5:20.6; MileR: TerLinda 3:57.4, ElCerr 3:57.8, Tam 3:58.8, Berkeley 4:00.0, Moreau 4:01.0, Marin Catholic 4:02.5. /Keith Conning/

NCAA DIVISION II (May 24-28, Fargo, N.D.): - Teams: Hayward St. 66, UCI 58, LA State 51, Adelphi 46. 100: 3-Clark/Hyd 10.68; 400mR: 3-Hywd St. 41.16; HJ: Haber/Hyd 7-2 1/4; PV: 2-Robinson/Hyd 16-0, 4-Olsen/Hyd 16-0; HT: 2-Sawyer/Hyd 192-19, 3-Blankenship/Hyd 184-4; JT: Myers/Chico 243-0; TJ: LeGrande/Hyd 50-4 3/4; LJ: Wamble/Hyd 25-3 1/4; Dec: 4-Swartzell/SFS 7000. /S.F. Examiner; T&FN/

NCAA DIVISION III (May 25-28, Grand Rapids, Mich.): - Teams: Southern U. 50, Oxy 47, Stanislaus 32, 6-Humboldt 20 (tie w/ Lowell). 400: Rempel/Stan 46.93; 3000mSC: Innes/Hum 8:48.3; 400R: Southern 40.71, Stanislaus 40.82; 1600mR: Stanislaus 3:10.7...only results available. /Track & Field News/



John Powell has the second best throw in the world at 223-0 this season...shown here at the AAU's, where he did 215-6. /Lani Bader/

SAN FRANCISCO CITY MEET (May 28, San Francisco): - Teams: Galileo 114, Lincoln 96, Balboa 91, Lowell 81, Washington 60. (Note: only winning times listed in results). 440R: Balboa 43.3; 880: Stanford/W 59.1; 100: Bernard/G 9.9; 120HH: Crossley/B 14.6; 2 Mi: Musgrove/G 10:04.4; 440: Stapleton/L 49.3; 220: David/L 22.2; 330LH: Stapleton/L 38.1; Mile: Millar/McA 4:32.4; MileR: Lincoln 3:29.1; SP: Cooper/W 55-6; DT: Abendroth/Lo 158-0; PV: Fong/G 12-6; HJ: Domino/Lo 6-4; LJ: Wells/W 22-7; TJ: Moore/L 47-8 1/4. /SOPHS/ Only selected marks listed...100: Harris/B 9.8; 220: Harris/B 22.3; MileR: Lowell 3:36.3; 440R: Washington 44.9. /Herb Blanchard/

CALIFORNIA JC CHAMPIONSHIPS (May 28, Bakersfield): - Teams: Palomar 48, Grossmont 42, SJCC 42... 9-CSM 22-1/3, 11-Alameda 21, 13-Skyline 18, 14-Foothill 16, 15-Santa Rosa 15, 20-Am.River 11. LJ: Jennings/Chaf 25-9 1/4, 4-Peterson/CSM 24-11; JT: Laperriere/Pal 266-8, 5-Hart/SJC 201-7; PV: Brown/EC 16-11 3/4, Oravetz/WV 16-11 3/4, 4(tie)-Black/CSM 15-6; HJ: Ward/Bak 7-0, 2(tie)-Turner/CCSF 6-10, 5-Gibbs/SJC 6-10; SP: Laut/SJC 60-10 3/4, 5-Tafralis/CSM 52-11 1/4; TJ: Riley/Pas 50-8 3/4, 5-Moreno/SJC 48-7 1/2; DT: Fuller/LB 169-1, 5-Tafralis/CSM 156-2; 10,000m: Best/Gr 30:59.4, 3-Mello/CSM 31:12.0; 3000mSC: Laird/Pal 8:53.2, Weed/AR 9:04.4, 5-Watkins/MP 9:14.2; 440R: SJCC 39.81, 3-Alameda 40.78, 4-DVC 41.14; 1500m: Aldridge/SR 3:50.2, 5-Brown/AR 3:52.5; 110mHH: Siai/Sai/Pal 14.18, 3-Smith/Sky 14.40, 5-Jones/CR 14.54; 400m: Chepkwony/Fthl 46.76, Mayweather/Ala 46.97, Michens/Ala 47.05, 6-Harvey/SJC 47.3; 100m: McTear/SM 10.18, 4-Berry/SJC 10.56, 5-Jones/SJC 10.58; 800m: Costa/Full 1:48.2, 6-Aldridge/SR 1:51.0; 400mIH: Strong/Pas 51.3, 4-Richardson/SR 51.8, 5-Hicks/Sky 52.2; 200m: Mullins/WLA 20.80, Walker/Lan 21.28, Ware/CR 21.36, Rachel/SJC 21.46; 5000m: Ramirez/Ox 14:21.0, 3-Kingery/CSM 14:38.4, 6-Baudendistel/AR 14:55.4; MileR: Grossmont 3:11.8, Skyline 3:12.1, Foothill 3:12.5, SJCC 3:12.7. /Bakersfield J.C./

PA-AAU CHAMPIONSHIPS (May 29, Pleasant Hill): - /MEN/ 10,000m: Hamilton/ETC 32:13.6, Zapata/WVTC 32:58.4, Jordan/BC 33:25.8; 110mHH: Roublick/SJS 14.5; 800m: Barry/Cal 1:53.6, Lyons/Un 1:53.8, Sweeney/AGRC 1:54.8; 5K-Walk: Ranney/WVTC 23:55.6, Snazelle/WVTC 24:08.0; HT: Shuff/NYAC 195-6, Congi/SJS 178-10; 400mIH: Whitney/TS 51.6, Finley/SJS 52.1, Starmer/Butte 53.4; 1500m: Manke/Un 3:44.8, Clifford/Cal 3:52.3, Ryan/Un 3:53.3, Pratt/AGRC 3:58.2; LJ: Anderson/WVTC 23-3; SP: Weeks/Un 65-10 3/4, Stadel/TS 61-6, Santiago/Cal 54-9 1/4; 400m: Wallace/Cal 47.7, Ward/Un 48.3, Clark/Un 49.7, Harris/WVTC 49.7; HJ: Nelson/SJS 6-10, Friday/WVTC 6-10, Picarella/AGRC 6-6, Coleman/WVTC 6-6; 100m: Farmer/ICAC 10.2, Lewis/DVC 10.3, Krulee/Un 10.5, Kent/Laney 10.5, Trapps/BAS 10.6 (H.S.);

...MORE next page...

(PA-AAU Champs...oont'd)...TJ: Woods/BAS 48-0, Johnson/WVTC 46-2 1/2, Fendyan/WVTC 46-2; 200m: Wallace/Cal 21.1, Farmer/ICAC 21.2, Lewis/DVC 21.4, Krulee/Un 21.5; 3000mSC: Blume/Cal 8:58.0, Schulz/Cal-WVTC 9:15.0, Wood/Cal 9:34.2; JT: Kennedy/Stars 243-11, Ciarelli/HTC 216-4, Conley/WVTC 214-11; 5000m: Sweeney/AGRC 14:59.0, Thomas/HTC 15:01.6, Emry/AGRC 15:09.8; PV: Williams/BAS 16-6, Martin/Un 16-0, Hintz/Cal 16-0, Olsen/CSH 15-6, Lizotte/SD 15-6, Oravetz/WVJC 15-6; MileR: WVTC 3:25.7; DT: Weeks/Un 199-2, Davis/Un 164-6; /WOMEN/ 10,000m: Thrupp/Stan 35:46.2, Anex/AGRC 38:21.8, Swannack/WDS 40:34.6; 800m: Falash/SVTC 2:16.3, Snyder/CN 2:21.2; 5K-Walk: McPherson/WVTC 26:51.0, C.Sakelarios/RCF 27:15.4, Briscoe/Stan 27:51; 400mH: Wynlock/Un 64.4; 440R: MLTC 47.1; 1500m: Trason/MPAC 4:42.4, Falash/SVTC 4:49.9; JT: Cannon/ML 189-7, Sulinski/ML 177-4; 400m: Franklin/ML 55.7, Bolton/ML 56.5, Douglas/SJC 57.3; 100m: Parker/ML 11.6, Franklin/ML 11.8; LJ: King/ML 18-9 3/4, Elmore/ML 18-9; DT: Winbigler/OTC 173-9, Langford/ML 154-7; 100mH: Sherrard/NCS 15.0, Williams/SVTC 15.0, Bourn/WS 15.5; 200m: Parker/ML 25.4, Kirsch/SC 27.1; SP: Winbigler/OTC 47-9 3/4, Langford/ML 45-8 1/4; HJ: King/ML 5-9, McQuillian/Un 5-4; 3000m: Graham/WVTC 9:38.8, Witherspoon/SJC 9:56.8, Hagerly/SUND 10:15.0, Olrich/WVTC 10:17.8, Trason/MPAC 10:35.8; MileR: Woodside Str. 4:24.6. /Dave Shrock/

ALI CLASSIC (May 30, Cerritos): - 800m: Boit/Un 1:45.7, 3-Robinson/ICAC 1:46.1, 6-Brown/Un 1:48.7, 7-Nichols/WVTC 1:48.7; 5000m: Rose/MDAC 13:37.3, Liguori/FAA 14:07.2, 4-Quax/NZ 14:15.0, 5-Macdonald/MPRR 14:18.5; 110mHH: Owens/UCLA 13.72, 5-Cooper/SJS 14.12; HJ: Woods/PCC 7-3, 6-Livers/SJS 6-10; LJ: Haynes/Army 26-2 1/4; TJ: Haynes/Army 55-5 1/2w, 5-Livers/SJS 53-9 1/4w; SP: Shmock/TS 65-7 1/4, Feuerback/PCC 65-6 1/2, 4-Weeks/Stars 63-9; DT: Powell/Stars 217-6, Wilkins/PCC 216-5, Stadel/TS 213-8, 5-Weeks/Stars 197-11; /WOMEN/ 200m: Lynch/LBS 23.64, Nickson/CSH 24.16; 800m: Merrill/MJC 2:05.2, Poor/AIA 2:06.2; 1500m: Lutz/PCC 4:14.2, 4-Anderson/AIA 4:23.8. /T&FN/

NCAA DIVISION I (May 31-June 4, Champaign, Ill.): - Teams: ASU 64, UTEP 50, USC 48, WSU 46, UCLA 35, BYU 31...10-Stanford 16, 12-SJS 14, 28(tie)-Fresno St. 6, 42(tie)-Cal Berkeley & CSLB 2, 55(tie)-SDS 1. -- Dec: Steiner/BYU 7659, 11-Hippensteel/Fresno 6971; LJ: Doubly/USC 26-11 3/4, 3-Lofton/Stan 26-5 1/4w, 8-Overstreet/Houston 25-2w (25-5 1/4 Qual.); 400mR: USC 39.56, 5-Cal 40.05 (39.91 Qual.); 3000mSC: Munyala/UTEP 8:29.5, (Trials: (III) 7-James/UCLA 8:54.95); HJ: Arney/ASU 7-6, 5-Haber/CSH 7-3, 9-Livers/SJS 7-0; 1500m: Waigwa/UTEP 3:39.89, (Trials: (I) 7-Schilling/SJS 3:48.2, 8-Clifford/Cal 3:48.5, (III) 7-Crowley/Stan 3:47.3); 110mHH: Owens/UCLA 13.49, 6-Gaines/Wash 13.85, (Semis: (II) 1-Gaines 13.62, 7-Cooper/SJS 14.04; Trials: (I) 6-Carley/Fresno 14.36, (III) Florant/Cal DQ'd, (VI) 6-Kennedy/Az 14.61); 400m: Frazier/ASU 45.57, 3-Campbell/Fresno 46.03, (Trials: (IV) 5-Sheats/Stan 47.55); 100m: Glance/Aub 10.22; 800m: Eneyart/US 1:45.16; 200m: Snoddy/Okla 20.48, (Semis: (I) 5-Overstreet/Hous 20.90); 400mR: Andrews/USC 49.48, (Semis: (II) 5-Greybeh1/USC 50.88; Heats: (III) 7-Shellworth/Stan 54.74, (V) 4-Mince/Fresno 52.66); 5000m: Kimeto/WS 13:38.1, 5-Taylor/UO 13:43.8, (Trials: (II) 8-Van Dine/BSU 14:14.8, 9-Hart/BYU 14:23.3, 16-Gruber/SJS 14:45.1); 1600mR: USC 3:04.5, (Semis: (II) 5-Cal 3:07.5; Trials: (III) 4-SJS 3:11.6); HT: Nielson/Wash 228-4; SP: Albritton/Stan 67-3 1/2, 4-Semkiw/SJS 62-1, 7-Feuerbach/SJS 61-0, (Trials: 13-Gummerson/SJS 58-9 1/4, 14-Fruguglietti/USC 58-2 1/2); DT: Walvik/UTEP 198-11, Fruguglietti/USC 198-2, Burton/UO 197-11, (Trials: 10-Overton/Cal 180-11, 11-Pushkin/ASU 179-11; Qual: 5-Pushkin 185-6, 10-Overton 182-3, 17-Santiago/Cal 175-9, 30-Elder/USC Fouled Out); TJ: Livers/SJS 55-3 3/4; 10,000m: Kimombwa/WSU 28:10.3. /U. of Illinois/

CALIFORNIA STATE HIGH SCHOOL MEET (June 3-4, Westwood): /BOYS/ 100: Russell/PHry 9.61, Cleveland/Pas 9.74, Jackson/FrklN 9.74, Dailey/Kenn-Sac 9.78, Hill/Kenn 9.79, Burrell/Piner 9.86, Stewart/Camden 9.90; Heats: (I) 7-Bernard/Gal 10.21, (II) 4-Jackson/Pitt 10.03, 5-Wright/HJ 10.04, 7-Perry/JFK-R 10.08, 8-Blackman/Willows 10.10; 220: Russell/PHry 20.97, Sanford/Pas 21.22, Burrell/Pin 21.45, Washington/Burb-Sac 21.46, Kruthers/SClem 21.75, Jackson/FrklN 21.89, Dailey/Kenn-Sac 21.98; Heats: (I) 3-Jackson 21.4, Lang/Ant 21.7, Stewart/Cam nt, (II) 2-Dailey 21.89, 6-Green/Ayer 22.24, 7-Venker/SRam 22.40, 9-Drake/Yreka 23.00, (III) 6-Taylor/Ov 21.89, 7-Dozier/Enc 22.1, 8-David/Linc nt; 440: Sanford/Pas 46.60, Williams/Chat 47.06, Bethany/Font 47.90, Bradley/Frmt-LA 48.32, White/Rich 48.35, Stewart/SD 48.77, Jones/MViejo 48.88, Campbell/Cstlmt 49.45, Forest/LA 50.1; Heats: (I) 2-Campbell 48.65, 5-Holcomb/Hill 49.36, 6-Rohrer/RB 50.2, 7-Croft/PH 50.3, 8-Maiocco/Lib 50.6, 9-Heard/Sac 50.8, (II) 4-Stapleton/Linc-SF 49.18, 7-Grant/Grant-Sac 49.9, 8-Schindler/Apt nt, (III) 3-White 48.08, 5-Seely/Lyn 49.3,



Greg Woepse, San Jose State's 17-6 vaulter. /Lani Bader/

7-Delfatti/StM 50.8(h), 8-Lewis/Hywd 50.73; 880: Walters/Est 1:49.4, Kingsland/EM 1:50.0, White/Rich 1:51.8, Navarro/Okmt 1:51.9, Sallaz/SL 1:52.6, Jensen/Buch 1:52.9, Maxwell/Wst 1:52.9; Heats: (I) 4-Niederberger/Encina-Sac 1:54.6, 5-Owyang/Okd 1:55.8, 6-Moore/PH 1:56.5, (II) 6-Taft/Wstwd 1:58.5, 8-House/BV 2:02.7, 9-Foster/SM 2:03.4, (III) 6-Shired/CG 1:55.7, 9-Stanford/Wash-SF 2:05.1; Mile: Stillman/WG 4:06.87, Fricker/Hemet 4:07.9, Christensen/Ed 4:08.5, Cornell/SPed 4:10.0, Greer/Par 4:10.7, Ross/Serra 4:12.9, Stormo/Ag 4:13.9, Mitchell/AG 4:17.3, Galligan/Mryvle 4:17.3, Sup/Pal 4:17.7;

Heats: (I) 1-Sup 4:13.9, 5-Galligan 4:15.8, 6-Burke/DLS 4:16.4, 9-Harbaugh/Pd 4:20.4, (II) 1-Ross 4:10.2, 3-Greer 4:10.7, 6-O'Reilly/SRaf 4:11.8, 7-Hussey/Wash-Fre 4:13.7, 8-Baker/Stagg 4:17.6, 10-Millar/Mca 4:23.6, 12-Busby/Sky 4:23.6; 2 Mi: F. Assumma/Eis 8:52.9, Berry/Rdwd 8:53.4, Elieff/Hgld-Bak 8:55.7, Alvarez/CoachVly 8:56.4, Ortiz/Kenn-Bar 8:57.8, C. Assumma/Eis 9:01.6, Daniels/SGorg 9:04.0, Perez/K-SD 9:10.7, Holladay/Gil 9:11.6, Avrit/Chico 9:11.6, Love/Carl 9:14.0, Holmes/Down 9:15(?), Coulman/SMar 9:15.0, Breuer/ML nt, Valdez/Sky 9:17.7, Green/Ar 9:18(?), 20-Borland/DN 9:34.0, 21-Romiguere/Cyn 9:39; 120HH: Johnson/Gard 13.66, Margerum/FV 13.78, Perry/Ban 14.00, Gangnuss/Dub 14.40, Stewart/WC 14.41, Marjama/Par 14.51, Patterson/DA 14.60, Corley/Clev 14.68, Amerson/Pitt 15.01; Heats: (I) 2-Gangnuss 14.34, 3-Amerson 14.50, 4-Phillips/SCrk 14.52, 6-Hicks/Mryvle 14.98, 8-Johnson/OT 15.72, (II) 3-Patterson 14.37, 4-Clark/M-A 14.42, 7-Edwards/Bur-Sac 14.94, 9-Crossley/Bal 15.41, (III) 2-Marjama 14.46, 4-Hawkins/B'game 14.51, 6-White/Rich 14.60, 8-Valentine/Cord 14.77; 330LH: Phillips/SCrk 36.43, Perry/Ban 36.79, Grubbs/Blair 37.17, Stapleton/Linc-SF 37.20, Gangnuss/Dub 37.40, Patterson/DA 37.42, Cowling/Sac 37.60; Heats: (I) 5-Amerson/Pitt 38.3, 6-Marjama/Par nt, (II) 3-Stapleton 37.14, 5-Matooka/Gunn 38.35, 7-LaRue/SJuan 39.5, (III) 1-Gangnuss 36.83, 4-Chapman/YB 37.04, 6-Beigel/AV 38.02, 7-Terry/LS 39.48, 8-Wilken/Okld 39.66; 440R: Pasadena 41.61, Gardena 41.63, Edison-Fr 41.90, Fremont-LA 41.95, SantaAnaVly 42.0, Kennedy-Rich 42.03, LB-Poly 42.03, Dublin 42.74; Heats: 4-SilverCrk 42.2, 6-LaSierra 42.5, 8-Castlemont 42.8, 9-Novato 42.9, (II) 4-Sequoia 43.1, 6-Enterprise 43.8, 7-Pittsburg 43.8; HJ: Smith/SMonica 7-2, Hice/Okld 7-0, (tie) Nordquist/Son, Gordien/Clar, Olson/ECR 6-10, Frazier/Fre-LA 6-10, (??)Edwards/TL, 9-Churchill/Liv 6-8, 10-Link/Kenn-Sac 6-8; Trials: (6-9 to finals) Low/Tam 6-8, Sullivan/Son, Wright/LO, Wyrick/MP1, Bjornsson/Enc, Edwards/Merc & Hickey/Mt.Shasta 6-6, Graber/LA & Domino/Lowell 6-2; PV: Curran/Crespi 16-0, Pierce/Sang 15-6, Johnson/Gard 15-6, Foss/SY 15-2, Ernst/ED 15-2, Fearnside/DM 15-2, Newton/CanPk & Rakhshani/Edison 14-10, Westlund/Fre-Svyle 14-6; Trials: Cortessis/Acal, Pleis/DV, & Swanson/CenVly 13-9, Hanshaw/Hugh & Hyatt/Vint 13-3; LJ: Durham/Okld 25-0 3/4, Butler/Fre-LA 24-11 3/4, Alexander/Roos-Fr 24-4, Scott/LA 24-2, Jones/Kenn-Bar 24-0 1/2, Benson/Luth-LA 23-10 1/2, Nelson/PX 23-3 1/2, Williams/EC-Oc 22-9, Bates/M-A 22-8 1/4; Trials: 7-Bates 23-7 3/4, 12-Clark/Hglds 22-10 1/2, 13-Johnson/Bur-Sac 22-9 3/4, 14-Taylor/Pdmt 22-7 1/2, 15-Bailey/TL 22-6 1/2, 18-Tyler/PVly 21-11 1/2w, 19-Wells/Wash-SF 21-10 3/4...MORE---



Steve Alvarez leads Steve Ortiz during the second mile of the CIF 2-mile. NorCal runners are Rod Berry (8:53.4) and Tim Holmes (nt), 2nd & 3rd from left respectively. /Jim Engle/



(Left) Start of the CIF Girls' mile run, heat 2. (Center) State 440 Champ, Jim Sanford of Pasadena, who tied the meet record with a 46.60 clocking. (Right) Roxanne Bier won the girls' 2-mile in 10:39.7 (fifth from the left). /Jim Engle Photos/

(CIF Results...cont'd) - LJ: 21-Helms/NG 21-6 1/2 & Wilhite/Cord 21-6 1/2, 25-Wells/Ovflt 21-1 3/4, 26-Fernandez/CasVly 21-1 1/4; TJ: Williams/EC-SD 51-0 1/2, Tyler/Wash-LA 49-5 3/4, Benson/LA-Luth 48-11 3/4, Leberhz/Srmte 48-7, Durham/Okld 48-7, Frazier/Fre-LA 48-2 1/2, ??-Moore/Linc-SF; Trials: 1-Durham 48-11 3/4, 8-Moore 46-11 1/2, 12-Sacramento/Log 46-7 1/4, 15-Colter/Piner 45-8 3/4, 16-Sanders/Grant-Sac 45-6 1/4, 17-Tyler/PIVly 45-1 1/2, 18-Woodward/SCrk 44-10 3/4, 19-Bates/M-A 44-10 1/4, 20-Lambertson/Frflld 44-5 3/4, 21-Marchbanks/SRosa 43-11 3/4; SP: Polley/SH 62-4 1/4, Messenger/Hgld 62-4, Graham/Leland 62-1 1/4, DeForest/Kat 60-4, Fairman/Pom 60-2 3/4, Balleto/Analy ??, Porath/Atw ??, Pole/ElCap 58-4 1/2, Parker/SI-SF 53-8; Trials: 1-Graham 62-6, 5-Porath/Atw 57-8 1/4, 8-Balleto 57-4 1/4, 9-Parker 56-11 3/4, 14-Van Paris/Napa 55-5, 15-Hoff/Shas 55-4 1/2, 16-Allen/Berk 55-0 1/2, 17-Schartz/Hom 54-10 3/4, 20-Mohr/Analy 54-5, 25-Cooper/Wash-SF 49-0 1/2, 26-Johnson/OakTech 47-0; DT: Thomson/SY 190-0, Porath/Atw 189-7, Bryant/AV 185-8, Graham/Leland 178-2, Merdinger/StM 176-3, Songer/Cord 173-2, Peterson/NSal 164-4, Souza/PdH 150-7; Trials: 5-Peterson 167-5, 9-Souza 161-3, 15-Reid/SL 156-4, 16-Terry/Ant 154-7, 18-Silno/Ent 153-11, 19-Kilpatrick/NG 148-1, 20-Murdock/CIVly 147-4, 21-Abendroth/Low 143-0. /GIRLS/ 100:(w) Bolden/Cent 10.48, Robinson/Wstchstr 10.56, Carney/SFern 10.77, Loud/Luth-LA 10.80, Young/Craw 10.84, Dillworth/Vall 10.86, Brisco/Locke 10.89, Reed/Craw 10.97, Sanders/Cent 10.98; Trials: (I) 6-Durnell/Rdw 11.38, 7-McCree/Pitt 11.44, Sherill/Milp 11.60, (II) 5-Alston/Chico 11.45, Cobbs/OKTch 11.46, Woods/Jeff 11.47, Young/EC 11.48, Thomas/EG 11.56, (III) 6-McDaniel/Sac 11.42, 7-Mallory/SCrk 11.43, 8-Walker/Pitt 11.66; 220: Robinson/Wstch 23.97, McKinley/Pal 24.26, Loud/Luth-LA 24.44, Bolden/Cent 24.66, Belser/Vst 24.67, Carney/SFern 24.97, Webster/DA 25.04; Heats: (I) 6-Van Warmerdam/Galt 25.83, 7-Young/EC 25.84, 8-Costello/Lyn 26.01, 9-Turner/McCly 27.0, (II) 5-Mallory/SCrk 25.46, 6-Dilworth/Vall 25.60, 8-Rohrer/RB 26.01, (III) 4-Durnell/Rdw 25.30, 6-McCree/Pitt 25.66, 7-McDaniel/Sac 25.6(h); 440: Brisco/Locke 55.14, Emerson/Wstmin 55.20, Gardner/Cren 56.04, Belk/SCrk 56.21, Law/SAV 56.51, Miller/SBarb 57.05, Carral/Pom 57.5, Peterson/Harb 57.5, Scott/ED 59.2, Heats: (I) 4-Sweeney/Tam 58.26, 5-Van Warmerdam/Galt 58.71, 7-Brew/LA 59.6, 8-Miles/Mord 60.0, (II) 5-Hawthorne/EC 58.36, 7-Jones/Hog 60.0, 9-Hubbard/OT 60.5, (III) 2-Peterson/Harb 56.4, 3-Scott/ED 57.1, 5-Phillips/Nwk 58.0, 6-Kesterson/Whtld 59.2; 880: Regan/Cam 2:08.0, Goen/NB 2:08.3, Bush/RH 2:12.4, Mullins/Chat 2:12.5, Warner/BH 2:12.5, Anderson/BH 2:15.0, 8-Figliomeni/Sar 2:25.7, Huyck/Apt DQ'd; Trials: (I) 5-Christopherson/ED 2:21.9, 6-Bowers/Amer 2:23.7, (II) 2-Pappas/YC 2:16.3, 3-Figliomeni/Sar 2:17.9, 6-Kenny/Nov 2:21.3, 9-Hoose/Shasta 2:26.5, (III) 3-Huyck/Apt 2:13.7, 5-Saia/SFD 2:21.5, 7-Allums/Pleas 2:21.8; Mile: Goen/NB 4:47.8, Bray/LA 4:52.8, Flowers/Valh 4:55.7, Sweeny/MCath 4:55.8, Ralston/Poly-LA 5:03.7, Kearns/YC 5:09.2, Ashmore/TC 5:09.5, Burleson/Chico 5:12.0, Adams/SJuan 5:19.8, Williams/Liv 5:23.1; Heats: (I) 5-Burleson 5:01.7, 11-Moen/SM ??, 12-Bubanja/Pdmt 5:30.4, (II) 2-Adams 5:03.3, 3-Kearns 5:04.5, 5-Williams 5:05.0, 9-Wannamaker/Summvle 5:19.8, 10-Lyons/Gran 5:32.2, 11-Bee/Skyl nt; 2 Mi: Bier/Ind 10:39.7, Adams/SJuan 10:42.0, Keller/Helix-SD 10:44.6, Nachbar/SJuan 10:46.6, Hobson/CanPk 10:46.8, Williams/Liv 10:51.5, Wells/QH 10:51.5, Gibbs/Mar 10:59.2, 12-Daley/Gran 11:15.7, 13-Aubuchon/Liv 11:20.0 (no other places/times avail.); 110LH: Costello/Lyn 13.97, Gourdine/ET 14.09, Costello/EC-SSF 14.21, Mann/Kenn-Bar 14.45, Haynes/Ven 14.47, 8-Ross/Berk 15.05, 9-Yugas/Ind 16.26; Heats: (I) 2-Yugas 14.6, 5-Burgess/Berk nt, ??-Terrell/Vall 15.5, (II) 2-Ross/Berk 14.45, 8-Blake/Fre-Okld ??, (III) 2-Alston/Chico 14.3, 4-Carlos/AV 14.8; 440R: Crawford 46.14, Cent-LA 46.42, Morse-SD 47.88, Locke-LA 48.23, SilCrk 48.29, ??-Vallejo nt; Trials: (I) 2-Vallejo 48.5, 5-ElCerrito 48.8, 7-Chico 49.3, 8-Mt.Pleas 49.4, 9-Berkeley 50.3, (II)

5-Cordova 49.5, 6-Castlemont 49.8, 7-TerraLinda 50.0, (III) 5-Ayer 49.0, 6-Sac'to 49.1, 8-Newark 49.8; MileR: Locke 3:52.1, Crawford 3:53.6, North-Bak 3:54.4, RollHills 3:55.0, SantaBarb 3:55.3, DosPueb 3:55.3, Tam 3:55.6, ElCerrito 3:55.8, BevHills 3:59.7; Heats: (I) 4-Saratoga 3:59.7, 7-Cordova nt, 8-OakTech 4:07.9, (II) 5-Berk 4:01.3, 6-Chico 4:03.8, 7-Summervle 4:04.1, (III) 4-TerraLinda 3:57.7, 5-ElDorado 4:01.2, 7-SilverCrk nt; HJ: Gosswiler/Up 5-9, Erpenbeck/HB 5-9, Alston/Chico 5-7, Harriqfelt/Beyer 5-7, Boehner/CIVly 5-7, McNeal/Carls 5-7, ??-Ellis/Summvle ??, Trials: (5-5 Qual.) Ross/Berk, Ellis; Broussard/Ind 5-4, Korkendorfer/SLT 5-3, Schyler/McKinlyvle, King/M-A, Stevens/Gran, Martin/SLV 5-2, Gates/OT 4-10; LJ: Gourdine/ET 19-9, Gaffney/Lem 19-2 3/4, Haynes/Mad 19-1 3/4, Loud/Luth-LA 19-0, Moran/Monroe-LA 18-8 1/4, Wilford/CasPk 18-6 3/4, Rohrer/RB 18-6 3/4, Robinson/LA 18-2 1/2, Williams/CI 18-0 1/4; Trials: 6-Rohrer 18-10, 10-Boehner/CIVly 18-6, 11-Paul/Leland 18-3 3/4, 15-Scott/ED 17-10, 17-Honour/Gran 17-8 3/4, 18-Hudson/LOak 17-7 3/4, 20-McCoy/SRosa 17-6 1/4, 21-McDonald/SFr 17-5 1/4, 22-Squier/Justin 17-4 3/4, 23-McLaughlin/GD 17-4 1/2, 24-Smith/OT 16-9 1/2, 25-Gabriel/Ells 16-5 1/4; SP: Thorntona/Sac 43-9, Warren/SPed 43-5, Dasse/CM 42-4, Springer/Sal 41-11, Erickson/MtShas 41-8, Betham/Arc 41-2 1/2, Otis/EC 40-2 1/4, Pryor/HN 39-0; Trials: 1-Betham 42-9 1/4, 6-Pryor 41-4, 8-Otis 40-5 3/4, 10-Munsell/EG 40-0 3/4, 13-Dolsby/MVis 39-10, 14-Beacon/Wat 39-9 1/2, 18-Burgan/Son 38-7 3/4, 20-Kuehl/NSal 36-7 1/2, 26-Davis/Sky 32-4 1/2; DT: Stampfli/Las 137-8, Springer/Sal 133-11, Zaphiropoulas/Hom 131-8, Dasse/CM 130-4, Sandoval/Rvbk 128-11, 8-Gregory/Encl 120-3, 9-Dolsby/MVis 117-5; Trials: 3-Dolsby 133-2, 14-Ridenhour/YC 114-10, 15-Munsell/EG 114-6, 16-Kuehl/NSal 111-4, 17-Mitchell/TL 110-3, 19-Read/Ala 107-5. Boys' Teams: Pasadena 26, Gardena 13, PatHnry 12, Oakland 11... 7(tie)-SilverCrk & Willow Glen 6. Girls' Teams: Locke-LA 14, N.Bakfld 13, Centen 12, Crawford 11... 8(tie)-Lassen, Salinas, Independence, San Juan, Camden, Sac'to 6. /Keith Conning/

NATIONAL AAU CHAMPS (June 9-11, Westwood): - /MEN/ Teams: All scores withheld pending investigation of registrations...100m: Quarrie/TS 10.12, (Semis: (I) 7-Farmer/ICAC 10.55), (Heats: (I) 5-Kent/ICAC 10.94, (IV) 4-Walker/ICAC 10.64, (VI) 5-McRae/BAS 10.80, (VII) 3-Pettus/BAS 10.59); 200m: Harris/LMC 20.6, 8-Overstreet/Hous nt, (Semis: (I) Harris 20.78, 8-Ware/CRC 22.07, (II) 4-Overstreet 21.2), (Heats: (I) 4-Farmer/ICAC 21.77, (II) Harris 20.74, 4-Pettus/BAS 21.50, 7-Walker/ICAC 21.91, (V) 3-Ware 21.69, 6-Kent/ICAC 22.31); 400m: Taylor/PPC 45.44, (Semis: (I) 5-West/BAS 46.89, 6-Wallace/Cal 47.12, (III) 4-Campbell/FSU 46.76, 5-Rodgers/TS 46.80); 800m: Belger/PPC 1:45.8, 3-Robinson/ICAC 1:46.0, (Semis: (II) 7-Nichols/WVTC 1:50.7); MORE----



Mark Belger wins a tight AAU 800m race by 7/100ths of a second; James Robinson (left) was third. /Lani Bader/



(Left) Jan Merrill leads AAU 3000m, which she went on to win in 9:00.2; locals are Judy Graham (dnf, 5th from right), Phyllis Olrich (9:49.9) and Ann Wotherspoon (9:44.2), 3rd & 4th from left, respectively. (Right) Peg Neppel (#376) set a world best of 33:15.1 in the AAU 10,000m, bettering the 33:34.2 set by Olofsson of Denmark earlier this year. /Lani Bader Photos/

(Natl. AAU's...cont'd) - 1500m: Scott/UCI 3:37.3, 7-Boit/Kenya 3:41.5; Semis: (II) Boit 3:41.7, 10-Schilling/Macc nt, 11-Clifford/BAS-Cal nt; 5000m: Liquori/FAA 13:41.6, 5-Geis/Un 13:45.4, 10-Hart/WVTC-BYU 13:59.1, 13-Taylor/OTC 14:20.3, 14-Romesser/FPTC 14:20.3; 10,000m: Shorter/CTC 28:19.8, 15-Romesser/FPTC 30:23.0; 3000mSC: Munyala/PPC-UTEP 8:21.6; Semis: (II) 7-Innes/Hum 9:03.1; 110mHH: (tie) Owens/UCLA & Foster/PPC 13.49, 5-Gaines/BAS-Wash 13.74; Semis: (I) 4-Florant/Cal 14.00, (II) 7-Carley/FSU 14.56, (III) 7-Whitfield/Macc 14.24; 400mIH: Moses/AtIP 47.45 (WR), 7-Wheeler/Macc 50.0, 8-Graybeh1/TS 50.3; 5,000mWalk: Scully/Shore 21:30.1, 3-DiBernardo/Army 22:30.7, 4-Glusker/WVTC 22:49.2, 6-Ranney/WVTC 23:19.4; HJ: Stones/DOTC 7-6 1/4, 14(tie)-Haber/CSH 6-10; PV: Tully/PCC 18-2, Ripley/PCC 17-10, 9-Woepse/SJS 16-6, (no hgt.) Oravetz/WVJC, Robinson/CSH, Bockmiller/SJS; LJ: Robinson/Macc 27-0 1/2, 4-Lofton/Stan 26-7 1/2, 15-Overstreet/Hous 23-4 1/4; TJ: Tiff/TS 57-0 1/4w, 3-Livers/PPC-SJS 55-6 1/2w, 5-Haynes/NYPC 54-10 1/4, 8-Freeman/Stars 52-5 1/4; SP: Albritton/Stan-PCC 67-3 1/4, Feuerbach/PCC 67-2, 8-Marks/WVTC 63-3, 9-Weeks/Stars 63-2, 12-Semkiw/SJS 61-6 3/4; DT: Wilkins/PCC 227-0, Stadel/Stars 217-11, Powell/Stars 215-6, 8-Fruguglietti/Macc 196-6, 12-Weeks/Stars 191-3, 15-Overton/Cal 178-10; HT: Berry/Macc 222-7, 6-McKenzie/WVTC 205-4; JT: Kennedy/Stars 262-3. /WOMEN/ Teams: LATC 72, Tenn. St. TC 64, Maccabi 35, DCS 27, Atoms 26, TSU 23. 100m: Ashford/Macc 11.14w; 200m: Ashford/Macc 22.62; 400m: Dabney/ClipTC 51.55, 8-Weston/WS 54.1; 800m: Latter/MichSt 2:03.75, 4-Poor/AIA 2:04.7, Semis: (II) 6-Romesser/FPTC dnf; 1500m: Larrieu-Lutz/PCC 4:08.2, 6-Keyes/Macc 4:18.7; 3000m: Merrill/AGAA 9:00.2, 3-Larrieu-Lutz/PCC 9:16.7, 9-Wotherspoon/SJC 9:44.2, 10-Olrich/WVTC 9:49.9, Graham/WVTC dnf; 10,000m: Neppel/ISU 33:15.1 (WR), 3-Thrupp/Stan 34:40.5, 4-Anderson/AIA 34:54.7, 10-Nachbar/CN 36:01.6, 14-Trason/MPTC 36:51.8, 17-Leydig/WVTC 37:35.7; 100mH: Van Wolvelaere/LATC 13.15w, Semis: (II) 5-Boone/AIaJC 14.31, (III) 7-Costello/SJC 14.68; 400mH: Ayers/PVAM 56.61 (AR); 5,000mWalk: S.Brodock/RRR 24:10.1 (AR), 6-McPherson/WVTC 26:18.4, 7-C.Sakelarios/RCF 26:39.7, 8-Briscoe/Stan 27:12.2, 11-Vaughan/RCF 28:07.5, 13-Spangler/Arrow 28:34.4; 440R: TennSt. 45.44; MileR: Atoms 3:37.3; 880R: TennSt. 1:39.3; HJ: Huntley/PCC 6-1, (others) Cornell/SVTC & King/MLTC 5-9; LJ: Anderson/LATC 21-9 1/4; SP: Seidler/MDYF 54-1 1/4, Frederick/LATC 51-0 1/4, 12-Langford/ML 43-0 3/4, Kutcka/SVTC 37-9 1/2; DT: Haist/Can 193-6, 3-Svendsen/QC 175-10, 10-Langford/ML 152-11; JT: Schmidt/PCC 200-7, 3-Cannon/ML 188-5, 5-Sulinski/ML 168-10. /Will Kern, Pete Cava/

INTERNATIONAL PREP INVIT. (June 11, Evanston, Ill.): - (NorCal marks only) LJ: Bell/Ohio 24-3, Bates/M-A 24-0; TJ: Davis/Mo. 49-3 1/4, Bates/M-A 49-2 3/4; 330IH: Nehemiah/NJ 35.9, 4-Philips/SCRk 37.7; 2 Mi: Weidenbach/Mich 8:53.0, Hoffman/Fla 8:53.0, Holmes/WVTC-Downey 8:55.3. /Keith Conning/

GOLDEN WEST PREP INVIT. (June 11, Sacramento): - (NorCal marks only & winners of those events) DT: Finley/KS 193-10, 3-Cutler/Reno 186-5, 7-Songer/Cord 173-3, 9-Graham/Le 163-10, 10-Franklin/LA 162-9; PV: Sidler/VPk 16-0, 4-Westlund/Syvl 15-0; SP: Warren/Ala 64-7, Messenger/NHgl 63-11, 4-Graham/Le 62-9; 100: Williams/Va 9.6, Burrell/Piner 9.7, 4-Dailey/Kenn-Sac 9.8, 8-Trapps/Pitt 10.1; HJ: Hice/Okld 6-10, 5(tie)-Link/Kenn-Sac 6-6; 880: Harbour/Tex 1:50.1, 3-Stillman/WG 1:53.9, 6-Navarro/Okmt 1:54.8, 7-Jensen/Buch 1:57.2, 8-Niederberger/Enc 1:58.0; 2 Mi: Ortiz/Kenn-Bar 8:57.8, 6-O'Neil/Jes 9:15.0, 9-Breuer/ML 9:20.1; 220: Williams/Va 21.6, 7-Burrell/Piner 21.9; MORE...

Mile: Jones/NJ 4:08.1, 4-Ross/Serra 4:11.0, 6-Greer/Par 4:12.2. /Keith Conning/

NATL. AAU JR. WOMEN'S CHAMPS (June 13-14, Westwood): - Teams: LA Merc. 80, Memphis STF 44, MLTC 26, Atoms 24, LATC 23.5. 100m: Robinson/LAM 11.50, Semis: (I) 6-Parker/ML 11.89; Heats: (I) 2-Parker 11.83; 200m: Robinson/LAM 24.21, 7-Bolton/ML 25.04, Semis: (I) Bolton 24.84, (II) 5-Parker/ML 24.54; Heats: (IV) 2-Bolton 24.66; 400m: Gorham/KCNS 52.73, 5-Franklin/ML 53.73, Semis: (I) 5-Belk/SJC 57.76; 800m: Goen/NBak 2:05.4, 3-Regan/SJC 2:06.4; 1500m: Jennings/Lib 4:18.1, 8-Broderick/Macc 4:31.4; 3000m: Schaeffer/CCHS 9:28.8, 4-Bray/SJC 9:43.3, 11-Bier/SJC 10:01.1, 13-Adams/CN 10:02.8, 18-Trason/MPTC 10:13, 20-Brogan/Arrow 10:17.6; 100mH: Brady/MHYF 13.69w, 4-Costello/SJC 14.17w, Semis: (I) 3-Costello 14.11, 5-Gabriel/BETC 14.68, (II) 6-Pemberton/LATC 14.98, 8-Bourne/WS 15.32; Heats: (I) 2-Pemberton 14.82, 6-Hawthorne/BETC 15.61, (II) 5-Ross/BETC 15.31, (III) 5-Cornell/SVTC 15.16, Burgess/BETC dnf, (IV) 3-Bourne 14.89, 5-Burgess/BETC 15.16; 400mH: Farmer/Flash 58.90, 6-Hawthorne/BETC 61.52, 8-Ross/BETC 69.42, Semis: (I) 3-Ross 64.07, (II) 4-Hawthorne 62.26, 6-Hohmann/CY 64.94; 3000mWalk: Liers/ITC 14:50.97, 6-C.Sakelarios/RCF 15:45.1, 8-Spencer/CY 16:05.7, Vaughan/RCF DQ'd; 440R: LAM 46.51, 4-MLTC 46.87, Semis: (I) MLTC 46.27, 6-BETC 48.77; 880MR: LAM 1:43.20, Semis: (I) 7-BETC nt, (II) 8-BETC 1:49.3; MileR: Atoms 3:43.6, 7-BETC 3:54.3; 2MR: Lib-AC 8:52.8, 3-SJC 8:56.0; HJ: Garrison/CNW 5-11, 9-Alston/BETC 5-7, (non-qual. @ 5-4) Cornell/SVTC, Ross/BETC; LJ: Laud/LAM 19-7 3/4w (19-4 3/4), Elmore/ML 19-7 3/4 (19-4 1/2), 16-Rohrer/RBHS 18-3, 20-Cornell/SVTC 17-11 3/4; SP: Patrick/KBD 46-10 1/2, 11-Stampfli/LassenTC 39-0 (40-11 3/4 trials), 12-Kutcka/SVTC 40-5 1/4, 24-Pryor/BETC 37-10 1/2; DT: Cornell/ACC 159-4, 4-Stampfli/Lassen 143-0, 9-Deniz/PBP 136-5, 18-Ridenour/PBP 123-9; JT: Sulinski/ML 162-4. /Bob Seaman, Keith Conning, Pete Cava/

PREFONTAINE CLASSIC (June 14, Eugene, Ore.): - /MEN/ 110mHH: Owens/UCLA 13.58; LJ: Robinson/Macc 24-8, McRae/Chab 23-8 1/2; DT: Vorhees/OTC 200-11, Burton/OTC 189-1, Louisiana/OTC 180-8; 5000m: Centrowitz/NYAC 13:42.7, 7-Hart/WVTC 13:49.9, 8-Kardong/CNW 13:52.0, 13-Williams/OTC 14:34.7. /WOMEN/ 5000m: Kinsey/LATC 16:43.5, 3-Thrupp/Stan 17:02.2. /Tom Heinonen/

NATL. AAU JR. MEN'S CHAMPS (June 17-18, Knoxville, Tenn.): - 100m: Smith/MichSt 10.69, 8-Walker/Laney 10.99, Heats: (II) 3-Walker 10.75(?), 4-Lewis/DVC 10.76, 5-Jones/SJCC 10.78; 200m: Harbour/Vill 21.27, 3-Taylor/Cal 21.36, 5-Rachel/SJCC 21.39, 9-Lewis/DVC 21.82, Heats: (II) 4-Walker/Laney 21.62, 8-Kent/Laney 23.43, (III) 3-Lewis 21.75; 400m: Tuffariello/LIAC 46.09, Heats: (II) 6-Harvey/SJCC 48.17; 800m: Summerville/NYAC 1:47.6; 1500m: James/Tenn 3:47.8; 3000mSC: Friton/OTC 8:55.4, 3-Schulz/WVTC-Cal 9:02.0, 7-Watkins/MPC 9:22.8; 5000m: Salazar/Ore 14:16.2, 8-Berry/WVTC 15:05.1; 10,000m: Salazar/Ore 30:17.9; 110mHH: Nehemiah/FHS-NJ 13.89; 400mH: Lankford/LIAC 50.87, 6-Ferrari/WoosterHS 54.18, Heats: (II) 4-Ferrari 53.74; 10K-Walk: Morris/LLHS-NY 53:21.2; HJ: Gibbs/SJCC 6-10; PV: Pilla/MerCC 16-9, 4-Mulligan/WVJC 16-0; LJ: Doubly/Macc 25-10; TJ: Lowe/GeoTech 52-6 3/4; SP: Stover/OTC 57-1 1/2; DT: Endler/Fresno 175-0; HT: Lenz/Harv 190-0, 5-Stover/OTC 148-8; JT: Petranoff/Macc 247-9, 5-Cooper/Cal 203-0; Dec: Reilly/SJHS 7070, 2-Morley/Fresno 6580 (11.98, 21-4, 41-6, 6-2 3/4, 53.34, 18.25, 118-7, 12-5 1/4, 196-0, 4:40.9)...top two in each event compete in US-Soviet Jr. Meet. /Billy Maxwell, Pete Cava/

ALL-AMERICAN DECATHLON (June 19-20, Porterville): - Harvey/USAF 7451, Kring/WVTC 7091, Myers/Chico 6991, Reilly/AATC 6812, Wells/AATC 6746, Johnk/Stanford 6451. /Kenny Kring/

USA-USSR JR. MEET (July 2-3, Richmond, Va.): /MEN/ HJ: Yashchenko/SU 7-7 3/4 (WR), Gibbs/SJCC 7-0; SP: Stepankov/SU 60-2 1/2, Stover/OTC 58-4 1/2; DT: Dumchev/SU 191-4, 3-Endler/FSU 167-6; Dec: Reilly/NJ 7139, 3-Morley/FSU 6654; /WOMEN/ 400m: Brown/Phil 54.65, Franklin/ML 54.91; 800m: Chichkina/SU 2:03.85, Regan/SJC 2:04.37; LJ: Apollonova/SU 20-5 3/4w, E1more/ML 20-1 3/4w...Teams: (Men) US 135, SU 96; (Women) US 79, SU 67; (Overall) US 214, SU 163. /Pete Cava/

NATL. AAU DECATHLON (July 9-10, Bloomington, Ind.): - Dixon/TS 8037 (11.10, 23-1 1/4, 48-11 1/2, 6-6, 49.07, 14.98, 155-7, 14-1 1/4, 215-3, 4:33.2), Warkentin/Un 8031 (11.21, 23-8 1/4, 48-11 1/2, 6-4 3/4, 49.52, 14.97, 160-5, 14-5 1/4, 201-9, 4:29.3), George/TS 7748...8-Harvey/USAF 7213, 12-Samara/NYAC 6831, Reilly/Cal dnf (5 events). /Pete Cava/

WHEW!--That's the T&F for this issue...next time we'll have the top results from the Sr. Olympics, Masters Western Regionals, Natl. AAU Masters, Jr. Olympics, etc. Please send us results from all-comers meets...newsclippings are fine! Thanks!

LONG DISTANCE RESULTS

MISSION BAY 15-KILO (Apr. 16, San Diego): 1-Romesser/FPTC 47:16, 2-Clark/WVTC 47:44, 3-Heaton 48:41, 4-Langer 48:59, 5-Kelley 49:44, 6-Mosher 49:53, 7-Akiyama 50:46, 8-Williams/50:54, 9-Rupp 51:04, 10-Shanahan/SDTC 51:25, 11-Kaiser 51:33, 12-Kasische/SDTC 51:37, 13-Kempf 51:44, 14-Downs 51:46, 15-Moody 52:14... (Masters) Evans 55:16, Stock 55:26, Berkouf 56:17; (Women) Garcia/SDTC 59:02, Bache/SDTC 61:24, Dean 63:40; (Masters Women) Stock/SDTC 60:52, Hobson/SDTC 62:00. /SDTC Newsletter/

PEAR BLOSSOM RUN (Apr. 16, Medford, Ore.): /13.00 Mi./ 1-Frank Shorter/CTC 63:42, 2-Nuccio/WVTC 64:20, 3-Anderson/OTC 65:21, 4-Koch/OTC 68:09, 5-Campbell 68:38, 6-Ristau 68:55, 7-Zapata/WVTC 69:59, 8-Bonney 1:10:11, 9-Hill 1:11:42, 10-Carlson 1:12:04, 11-Ellison 1:12:13, 12-Zitselsberger 1:12:25, 13-Pagel 1:12:36, 14-Manley/OTC 1:12:58, 15-Peterson 1:13:19... 21-Look/Redding 1:14:36, 24-Underwood/BC 1:15:48, 27-Beckwith(40+) 1:16:17, 29-Rocha 1:16:30, 33-Rowley/BC 1:17:24, 40-Rockwell/ETC 1:18:13, 47-Callander/Lafayette 1:19:03, 61-S. Daniels/Redding 1:21:20, 63-Brewer/Chico 1:21:32, 64-Swartsley/SOS(Meet Director) 1:21:35, 68-McCarthy/Arcata 1:21:44, 69-Forbes/CenVly 1:21:45, 72-Tolford(Woman)/OTC 1:22:00, 76-Jenkins/SCz 1:22:22, 93-Nelson/Reno 1:23:41, 109-Gillespie/Bysde 1:24:44, 122-Aase/Redding 1:25:46, 128-Jacobsen/HBch 1:26:10, 132-Krohn/SRRC 1:26:26, 136-Gee/WCrk 1:26:41, 139-Merill Cray(Woman)/CRC 1:26:56, 143-Petras/Redding 1:27:12, 147-Larko/Redding 1:27:18, 149-Elefant/Redding 1:27:24, 163-Adams/Stkn 1:28:19, 165-Brink/Pac 1:28:24, 167-Yocum/Reno 1:28:39, 168-Smith/SWEAT 1:28:45, 174-Meyer/SJ 1:29:05, 175-Panzer/Arc 1:29:06, 177-Schultz/Redding 1:29:10, 178-Feuerwerker/Arc 1:29:13, 179-Bissell/Hyd 1:29:21, 182-Bray/WCrk 1:29:24, 184-Mooney/Arc 1:29:35.../546 finished/ /Swartsley/



Jim Nuccio taking second at the successful Pear Blossom Run in Medford, Oregon, which was won by Frank Shorter in 63:42 for 13 miles. /John Lowry/

NIKE-CATALINA 10-KILO (Apr. 19, Santa Catalina Is.): 1-Moffitt/AZTL 31:17, 2-Scobey/Un 31:32, 3-McDermott 32:32, 4-Bozanich/USMC 33:00, 5-Ocana/CCAC 33:09, 6-Blaty(15) 33:15, 7-Foose/SFV 33:35, 8-Lacie/STC 33:49, 9-Ridley/CCAC 33:57, 10-Branch/CCAC 34:03... 20-Gookin(40+)/SDTC 35:45, 25-Winton(40+)/STC 36:01, 56-Judy Ikenberry/RRR 39:29, 84-Kathy Martin/STC 41:16...378 finishers. /John Duhig, John Brennan/

SPA-AAU 50-KILO (Apr. 24, Los Posas Hills): 1-Ken Moffitt/AZTL 3:03:33, 2-Burgasser/STC 3:18:58, 3-Cohen/AZTL 3:21:00, 4-Pontinen/SBAA 3:22:17, 5-Alfaro/AZTL 3:22:37, 6-Heulings/BB 3:23:30, 7-Rudberg(40+)/STC 3:24:43...54 finishers. /Connie Rodewald/

SURF CITY STRIDERS BEACH RUN (Apr. 24, Rio Del Mar/Aptos): - /4.85 Mi./ 1-Fritz Watson/WVTC 24:45, 2-Macallair 26:35, 3-Solen 26:40, 4-Carruth 26:54, 5-Adams 27:28, 6-Sawyer 27:35, 7-Kee 27:46, 8-Marlowe 28:37, 9-Murray 28:38, 10-Miller 28:40, ...30-Kim Baer 32:54...70 finishers. /Don Amini/

MT. DIABLO DISTURBANCE HANDICAP (Apr. 24, Mt. Diablo): /6.6 Mi./ (Note: Actual times listed...add handicap for finish time, listed following name): 1-Frank Evans(17) 58:51, 2-Williams(21) 54:57, 3-Chew(0) 77:05, 4-Coleman(2) 75:13, 5-Ball(27) 51:15, 6-Ross Rowley(31) 47:17 (fast-time), 7-Burke(18) 60:27, 8-Facer(19) 59:36, 9-Mellmer(18) 61:22, 10-Mott(25) 54:25...24 finishers. /Jack Kirk/

CINCO DE MAYO RUN (May 1, Monterey Park): /10.94 Mi./ 1-Jim Cappezuto 56:38, 2-Moffitt/AZTL 56:44, 3-Garcia 57:00, 4-Perez/AZTL 57:07, 5-Kurrle/SFV 58:25, 6-Covert 59:35, 7-T. Clark/MS(40+) 60:35, 8-Hunter(HS) 61:07, 9-Duarte 61:13, 10-Ferguson 61:18, 11-Hitt 61:38, 12-Foose/SFV 61:50, 13-Lorden 62:05, 14-Sayward/AATC 62:11, 15-Dimas/RRR 62:30...84-Margaret Miller/STC(40+) 1:18:40...90 finishers. /Roberto Ortiz, J. Brennan/

HANSON DAM RACE (May 7, L.A. Area): /10.0 Mi./ 1-Dave Babiracki/SFV 50:47, 2-Brown/BB 51:28, 3-Cook/AIA 52:22, 4-McCauley/SFV 52:28, 5-Fricke/SFV 53:05, 6-Brotten/Un 53:11, 7-Avol/BB 53:54, 8-Blakley/BB 54:06, 9-Weeks/BB 54:16, 10-Rowley/CCAC 54:19, 11-Donovan/SBAA 54:32, 12-Adams/BB 54:46, 13-Alexander/ELATC 54:47, 14-T.Clark/MS(40+) 54:49, 15-Kurrle/SFV 55:11... 48-Miki Gorman/SFV(40+) 60:25, 57-Reinhart/SFV 62:06...200 finishers. /John Brennan/

DSE PRACTICE BAY-TO-BREAKERS (May 8, San Francisco): /7.63 Mi./ 1-Joe McDevitt/WVTC 41:20, 2-Corona 41:46, 3-Miller/CCAC 41:58, 4-Sweezy/PMK 42:00, 5-O'Brien 42:10, 6-Bashiruddin 42:49, 7-Nowak 42:59, 8-Wheeler 43:04, 9-Lavelle 43:07, 10-Smith 43:13, 11-Helms 43:22, 12-Wall 43:34, 13-Plymale/PMK 43:38, 14-Danielson 43:40, 15-Spangler/WVTC 43:47, 16-Knebel/WVTC 43:51, 17-Berwick 44:07, 18-Tristant 44:10, 19-Martin/PMK 44:13, 20-Rowley/BC 44:17...107-Peggy Lyman/WVTC 50:22, 145-Pat Whittingslow 51:58, 170-Nancy Mohowich 52:56, 174-Vicki Randall 53:02, 183-Skip Swannack/WDS 53:17...682 finished!

SENIOR OLYMPICS MARATHON (May 15, Irvine): /25-29/ Sayward 2:36:54; /30-34/ Ferguson 2:31:58, Shanahan/SDTC 2:34:12, Anderson 2:41:32; /35-39/ Duarte 2:38:46, Coventry 2:42:00, Holland 2:46:34, Bird 2:46:58; /40-44/ Clark/MS 2:46:06, Alarcon 2:52:50, Piper 2:54:56; /45-49/ Parker/STC 2:52:35, Winton 2:58:23, Brown 2:59:56; /50-54/ Nagelschmidt 2:57:33, Monk 3:15:32; /55-59/ Gonzales 3:41:13; /60-64/ Seekins/STC 3:17:52; /WOMEN/ /25-29/ Milkie/SFV 3:20:01; /30-34/ Peterson 2:58:31; /35-39/ Nordaas 3:36:44; /40-44/ Metz/no time; /45-49/ Smith 3:47:34; /50-54/ Miller 3:23:59...176 finishers in all divisions.

GLACIER MARATHON (May 15, Girdwood, Alaska): 1-Roy Reisinger 2:49:04, 2-Bell 2:54:17, 3-Hablutzel 2:55:11, 4-Johnston 2:56:50, 5(tie)-Kelley & Lemay 3:01:46...Marcie Trent(59) 3:34:22...28 finishers. /John Trent/

MOONSTONE BEACH DRIVE 4-MILER (May 21, Cambria): 1-Beaton/SLDC 20:32, 2-Lavelle/SFOC 20:32, 3-Campbell/SBTC 21:05, 4-Nanninga/WVTC 21:10, 5-Funk/CPSLO 21:38, 6-Alvidrez 21:45, 7-Karen Bridges/TTC 22:04, 8-Larry Bridges/SLDC 22:04, 9-Hutchinson/CPSLO 22:10, 10-Rosenfield/SLDC 22:57, 11-Webb/SLDC(40+) 23:00...44 finishers. /Stan Rosenfield/

LOS POSAS HILLS HANDICAP (May 22, L.A. Area): /10.00 Mi./ 1-Bitt Scobey/Un 55:03, 2-Aquilla/AIA 55:17, 3-Wise/SBAA 57:02, 4-Durand/STC 57:10, 5-Ridley/CCAC 57:32, 6-Pontinen/SBAA 57:48, 7-Hemphill/SBAA 59:00, 8-Burgasser/STC 60:22, 9-Stansauk/SFV 60:38, 10-Mineau 61:18...16-Durand/STC(40+) 64:45, 20-Gil/STC(50+) & Nagelschmidt/Un(50+) 66:18...53-T.Takahashi 74:06...96 finishers. /Connie Rodewald, John Brennan/

MOUNT WILSON TRAIL RUN (May 28, L.A. Area): /11.00 Mi./ 1-Louis Silva/GP 57:06, 2-P.Ryan/GWAA 57:38, 3-Stephenson 57:45, 4-Kurrle/SFV 58:12, 5-Jamenez 58:36, 6-Ebner 58:48, 7-Ruice 59:06, 8-Moffitt/AZTL 59:34, 9-Arce 59:55, 10-Mawly 60:47... 13-Crum/STC(40+) 62:13...169 finishers. /John Brennan/

DSE GOLDEN GATE VISTA RUN (May 29, S.F.): /5.5 Mi./ 1-Niemiec/WVTC 27:31, 2-Myers/PMK 28:37, 3-O'Brien 28:39, 4-Fitzgerald/PMK 28:42, 5-Casey/ETC 28:45, 6-Sweezy/PMK 28:56...96-Louise Burns 35:55, 105-Elaine Miller 36:16, 124-Janet Calmels 37:09...362 finishers.

MAYOR'S MARATHON (June 18, Anchorage, Alaska): 1-Nat Goodhue(36) 2:35:45, 2-Denkewalter 2:39:52, 3-Brewster(16) 2:43:14, 4-Johansen 2:43:54, 5-Nyboer 2:45:56, 6-Langdon 2:47:33, 7-Yazzie 2:48:15, 8-Galea(15) 2:49:50, 9-Hablutzel 2:50:29, 10-Bryden 2:50:51, 11-Burkhart 2:50:54, 12-Bell 2:51:00, 13-Haley(45) 2:52:59...173 finishers. /Kiwaniis Club of Anchorage/

PAJARO DUNES BEACH RUN (June 5, Manresa Beach): /10.07 Miles/ 1-Watkins/MPC 55:48, 2-Watson/WVTC 55:51, 3-Nickols 60:03, 4-Adams 60:44, 5-Williams 61:08, 6-Sawyer 62:00...29-Kim Baer 77:53...47 finishers. /Don Amini/

OCEAN TO CREEK RUN (June 5, Carpinteria): /7.20 Mi./ 1-Chuck Smead/AIA 37:11, 2-Hayes/AIA 38:10, 3-Brown/BB 38:24, 4-Ebner 38:24, 5-Alexander/BB 38:28, 6-Scobey/Un 38:30, 7-Lee/CCAC 38:47, 8-Weeks/BB 39:19, 9-Perez/AZTL 39:22, 10-Entz/BB 39:40, 11-Santizo 39:53, 12-Fisanotti 40:05, 13-Simons 40:08, 14-Askren /AZTL 40:26, 15-Wise/SBAA 40:36...43-Vasquez/AZTL 44:35 (1st 40+), 93-Vicki Cook/RRR 51:02, 103-Beth Milewski/VCTC 52:21... 215 finishers. /John Brennan/

DEANZA CUP X-C RACE (June 6, Cupertino): /2 Mi.+/ 1-Hildenbrand/GE 10:23, 2-Avila/REI 10:24, 3-Meinhardt/GE 10:25, 4-Galloway/GE 10:39, 5-Latterty/TD 10:46, 6-Specker/GE 10:54 (these are results of the growing 'Industrial League' races). /Norm Shaskey/

CENTRAL CALIF. A.A.U. ONE-HOUR RUN (June 11, Visalia): 1-Steve Kelley/FPTC 11-630, 2-Bronzan/HSTC 11-494, 3-Hartig/FPTC 11-425, 4-Meyer/HSTC 11-324, 5-Garza/HSTC 11-311, 6-Cox/FPTC 11-208, 7-Lyon/FPTC 10-1380, 8-Campbell/Un 10-1223, 9-Van Dellen/HSTC(40+) 10-1161...Renee Ortiz/Un 8-953, Heller/HSTC 8-930...39 finished.

STAGECOACH RUN (June 18, Jacksonville, Ore.): /13.5 Mi./ 1-Smead /AIA 1:13:30, 2-Hill 1:16:41, 3-Cole/HSU 1:18:00, 4-Brown/HSU 1:18:09, 5-Farley 1:18:38, 6-Elias/HSU 1:19:37, 7-Pentland 1:20:52, 8-Davy 1:22:15, 9-Pietrzak 1:23:07, 10-Glidden 1:23:36 ...48-Jennifer Daniell 1:39:19...119 finishers. /Dick Meyer/

PA-AAU MASTERS TWO-HOUR RUN (June 18, San Mateo J.C.): /Nat'l. Postal/ 1-Aaron Goldman(45) 19-224, 2-McAbee 18-1373, 3-Houston (55) 18-892, 4-Lucero/WVTC 17-1476, 5-Ruth Anderson/NCS 17-324, 6-Walker 17-240, 7-Ketterer 17-102, 8-Campbell/LVRC 16-1372, 9-Paul/WVTC 16-1126, 10-Collins 16-969...13-Carroll O'Conner/NCS 14-1726, 16-Kay Atkinson(60)/NCS 12-110...17 finishers. /Ruth Anderson/

SPA-AAU TWO-HOUR RUN (COASTAL SECTION) (June 18, San Luis Obispo): 1-Dave Askren/AZTL 21-101, 2-Alfaro/AZTL 20-703, 3-Brizuela /AZTL 19-900, 4-Casper/SLDC 18-646, 5-Rosenfield/SLDC 18-573, ...12-Spangler(78)/SLDC 15-211...19 finishers. /S. Rosenfield/

RON WAYNE TROUNCES GOOD FIELD AT GOLDEN GATE PARK 8-MILER (April 10, San Francisco): - Known more for his marathon exploits, Nike TC's Ron Wayne showed he was very competitive over a shorter distance too, as he warmed up for his fourth place Boston Marathon finish (next week) with a solid 40:08 victory over Gerry Garcia & Jim Nuccio, who tied for second. Although he missed Nuccio's and Wayne Badgley's 39:50 course standard (1975), he helped pull along a fast field, with the first four places being the next fastest times (besides the record) ever on this course. Kent Guthrie wiped out another masters record with a superb 43:39 (Ross Smith's 1973 time of 44:37 was the old one), exactly a minute ahead of teammate Ralph Bowles, the next over-forty finisher. Amazing Ann Thrupp of Stanford demolished the women's field with a very fast 48:14 standard, almost two minutes below Sharon Furtado's 50:03 of 1976, and three minutes ahead of Judy Leydig (51:12). Ruth Anderson (55:08) was top masters woman...430 finished. /Leydig/

1-Ronald Wayne/NTC	40:08	25-Jim O'Neil/SFOC	44:48*	49-Rick Rockwell/ETC	46:43	73-Norm McAbee/Un	48:33*
2-Gerry Garcia/Army-WVTC	40:21	26-Mike Smith/Chab	44:54	50-Gerard Honore/Un	46:45	74-Stan Anderson/Un	48:46
3-Jim Nuccio/WVTC	40:21	27-John Notch/Un	44:54	51-Jeff Farmer/Chabot	46:54	75-Ralph Gowen/WVTC	48:59
4-Bill Seaver/WVTC	40:29	28-Bryan Gieser/WDS	44:55	52-Mike Wheeler/PMK	46:58	76-David Morning/Un	49:04
5-Jan Sershen/ETC	41:44	29-Mitch Wasterlain/WVTC	44:55	53-Mike Healy/DIRT	46:59*	77-Yoram Hanfling/Un	49:05
6-Mike Niemiec/WVTC	41:49	30-Tim Swezey/PMK	44:58	54-Ross Rowley/SUND	47:01	78-Dan Hintz/WVTC	49:09
7-John Sheehan/WVTC	41:51	31-Steve O'Brien/PMK	45:03	55-Doug Peck/AGRC	47:02	79-Bryan Holmes/WVJS	49:13*
8-Steve Dean/Un	42:14	32-David Callnon/Un	45:25	56-Adrian Wong/Un	47:15	80-John Hawkes/Un	49:16
9-Bill Spence/WVTC	42:31	33-Wayne Plymale/PMK	45:27	57-Mike Fanelli/Un	47:21	81-Joe Camisa/Un	49:17
10-Jack Leydig/WVTC	42:45	34-Doug Butt/WVTC	45:31	58-Keith Whittingslow/OC	47:23	82-Gordon Stewart/TAM	49:36
11-Roland Watson/WVTC	42:58	35-Chris Turney/Un	45:33	59-George Ridout/TAM	47:28	***WOMEN***	
12-Tad Woliczko/PMK	43:14	36-Raymond Randolph/PMK	45:35	60-Edward Lee/LVRC	47:36	70-Ann Thrupp/Stanford	48:14
13-Ernie Rivas/PMK	43:18	37-George Green/PMK	45:39	61-William Jenney/Un	47:39	122-Judy Leydig/WVTC	51:12
14-Mike Plummer/Chab-WVTC	43:21	38-Tim Lavelle/Un	45:40	62-Doug Essary/Army	47:51	133-Kathy Himmelberger/WV	52:05
15-Bob Darling/ETC	42:28	39-Tom Adams/Un	45:44	63-Tom Robinson/PMK	47:55	151-Joan Ulyot/WVTC	53:10
16-John Aguilar/SJD	43:33	40-Don Roth/Un	45:57	64-Frank Nolan/Un	47:58	152-Sanora Gadwood/UOP	53:14
17-Tom Burns/Un	43:36	41-Bob Myers/PMK	45:58	65-Alex Aguilar/Un	47:59	167-Gail Campbell/WVJS	54:37
18-Daryl Zapata/WVTC	43:37	42-Rich Govi/TAM	45:59	66-Dan Lavelle/SFOC	48:01	175-Ruth Anderson/NCS	55:08*
19-Kent Guthrie/WVJS	43:39*	43-Tim Rostege/WVTC	46:01	67-Ivar Sisniega/Un	48:04	184-Peggy Lyman/WVTC	55:37
20-Paul Thompson/Un	44:07	44-Marc Driscoll/Un	46:05	68-William Lovelace/PMK	48:05	193-Karen Diekmeyer/SUND	56:07
21-Tim Donovan/SBAA	44:15	45-Jeffrey Wall/PMK	46:28	69-Jim Logan/SUND	48:13	195-Gail Gustafson/Un	56:15
22-Boyd Tarin/WVTC	44:34	46-Homer Latimer/Un	46:33	70-Ann Thrupp/Stanford	48:14	200-Peggy Lavelle/MLTC	56:31
23-Ralph Bowles/WVJS	44:39*	47-Ed Jerome/TRAC	46:34	71-Peter Stein/TRAC	48:29	204-Pat Whittingslow/PMK	56:51
24-Joe Day/Shrevpt TC	44:47	48-Ray Menzie/WVTC	46:35*	72-Wm. DeMartin/UCSF	48:30	214-Kathy Armbruster	57:47

HOWARTH PARK-SPRING LAKE RUN (June 18, Santa Rosa): /4.3 Mi./ 1-Pete Flores/AGRC 24:02.5, 2-Kesecker 24:44, 3-Kenyon/VMTC 25:02, 4-Hackmann/VMTC 25:13, 5-Miller 25:30, 6-Judson 25:36, 7-Leoni 26:16, 8-Ealey 26:42, 9-Hoyt 27:27, 10-Chan/WVTC 27:55, ...18-J. Dana(40+) 29:39, 26-R. Simmie 31:55 (1st woman)... 35 finishers. /Darryl Beardall/

USTFF NATL. JR. INVIT. 6-MILE (TRACK) (June 25, Lompoc): 1-Steve Alvarez/CoachellaVly 29:10.2, 2-Rod Berry/WVTC 29:13.2, 3-Ortiz/Kenn-Bar 29:15.3, 4-O'Neil/Jesuit-BC 29:39.6, 5-Holmes /WVTC-Downey 29:41.0, 6-Creer/SLC 29:52.0, 7-Weston/Fla 29:53, 8-Rios/LennoxHS 29:58.0, 9-Gaul/Jesuit-BC 29:59.0, 10-Farrell /ARJC 30:06, 11-Love/CWTC-Carlmont 30:27.0, 12-Gookin/PHry-SD 30:40.0, 13-Young/CosMesa 30:46.0, 14-Ebner/BA 30:55, 15-Devery/Salem,Ore. 31:03. /Joe Sciame/

LOMPOC DISTANCE CARNIVAL (June 25-26, Lompoc): /4.9 Mi. Road Race/ 1-Schankel/MTC 22:04, 2-Williams/MTC 22:08, 3-Hansen/MTC 22:48, 4-Meyer/HSTC 22:54, 5-Nanninga/WVTC 23:37, 6-Tracy/CP 24:20, 7-Weston/FlaHS 24:29, 8-Casper/SLDC 24:50, 9-Lange/BC 25:17, 10-Alarcon/Un(40+) 25:19...14-Lynch/HSTC(40+) 26:11; /Women's Invit. 3000m/ 1-Graham/WVTC 9:39.9, 2-Olrich/WVTC 9:49.7, 3-Trason/MPTC 10:05.3. /Joe Sciame/

MARIN COUNTY 100 x 1-MILE RELAY (June 25, Larkspur): The race was sponsored by the Dipsea Indian Racing Team (DIRT) & the Pacific Sun, with Mike & Mary Healy doing the organization. A new record of 9:38:14 for a mixed team was the result...the fastest mile was Colin Chapman's 4:40, while Sara Sweeny did a 5:25 to top the women (21 of them). /Mike & Mary Healy/

PIONEER STAMPEDE (July 4, Pioneer): /4.4 Mi./ 1-Frank Custino 24:55, 2-Lambie 25:10, 3-Chalmers 25:42.../Jr. Men, 13-18/ Schultz 33:12.../Women/ Altman 36:40.../Boys & Girls, 12-Under/ Kelly Davenport 57:29...21 entrants. /Tom Lambie/



Early stages of the USTFF Jr. 6-Mile that saw nine runners go under 30 minutes (Steve Alvarez leads here). /Joe Sciame/



Leaders at half-way in the G.G. Park 8-Miler, left to right: Gerry Garcia, Jim Nuccio, Ron Wayne, and Bill Seaver. Wayne won in 40:08. /Lois Gowen/



(Left) Ann Thrupp clipped nearly two minutes from the old course record at the Golden Gate Park 8-Miler with a quick 48:14. /Lois Gowen/ (Above) Start of the same race. /Lani Bader/

PINOCCI AND SERSHEN IN EASY SPRING RIDGE VICTORIES (Apr. 17, Milpitas): /6.07 and 10.76 Mi./ - Mike Pinocci and Jan Sershen repeated as victors in the Cupertino Yearlings' Spring Ridge Run, both winning by over 10-seconds per mile, but neither approached their 1976 course marks of 31:57 and 62:48. Kent Guthrie meanwhile seemed intent on obliterating every masters record on the book

this year by dumping Jim Simpson's 37:09 standard with a super 35:15, good enough for sixth overall. Karen Nachbar did likewise to Ann Trason's 41:29 with her 39:13. Other records were hard to come by, as only Kerry Brogan's 88:41 (14-17 girls) and Louis Stojanovich's 97:15 (9/under boys) were faster than previous times, both coming on the long course. Ralph Bowles got within 17 seconds of Ulrich Kaempf's 70:48 to cop the masters title in the 10-miler. Actually, Vicky Bray holds the fastest female time for the 6-miler at 39:00 (set in 1976), but Karen's 39:13 did set a new 'women's' division standard. This race's popularity seems to be growing, even with it's steep hill (on the longer run). A total of 109 finished the short run, while 49 ran 10 miles. /Landrum/

1-Mike Pinocci/WVTC	33:00	9-Don MacDonald/PMK	37:52*	17-Myron Neuraumont	40:12*	25-Dave Harbour	42:01
2-Steve Brooks/Stan.St.	34:10	10-Robert Welck	38:07	18-Carl Martin/WVJS	40:19*	26-Richard Adler	42:15
3-Bruce Rider/WVJS	34:20	11-Richard O'Dell	38:22	19-Jim Myers/PMK	40:30	***WOMEN***	
4-Roland Watson/WVTC	34:32	12-Steve Fuller	38:28	20-Derl Crowder	40:41*	14-Karen Nachbar/CN	39:13
5-Tad Woliczko/PMK	34:41	13-Evencio Hurtado	38:53	21-David Collins	41:00	33-Rosemarie Lagunas	43:15
6-Kent Guthrie/WVJS	35:15*	14-Karen Nachbar/CN	39:13	22-Don MacIntosh	41:02	42-Cathy Demmelmaier	44:02
7-Bob Myers/PMK	36:50	15-Manny Mahon	39:38	23-Steve Simpson/WVTC	41:22	51-Skip Swannack/WDS	45:00
8-Jerome Lewis/NCS	37:06*	16-Timothy Olson	39:43	24-Cliff Collins	41:33	62-Michelle Miller	46:15
1-Jan Sershen/ETC	64:12	5-Ray Menzie/WVTC	72:25*	9-Richard Scott	77:13	13-Jeffrey Tindall	81:20
2-Pat Buzbee	66:29	6-Jesus Garza	74:47	10-Gough Reinhardt/LVRC	79:39	***WOMEN***	
3-Keith Crowder/WVJS	69:01	7-William Lovelace/PMK	75:22	11-Charles Bannan	80:35	21-Kerry Brogan/Arrow	88:41
4-Ralph Bowles/WVJS	71:05*	8-Joe Salazar	75:23	12-Bob Malain/NCS	81:05*	45-Carol Gleason	114:22

RIVAS AND TAYLOR GRAB 'AVENUE' VICTORIES (May 1, Weott): - After being down by 1:45 at twenty miles (to Michael Merrell's 1:47:20), Ernie Rivas worked his way up from fourth to pull off another victory at this every-growing marathon (over 1000 entries this year...still awaiting full results at this time, July 17). His 2:23:35 was only a few seconds off his 1976 winning time of 2:23:17, but his margin of victory was a bit bigger this time (13 seconds, vs. 9 last year!), besting Ed Strabel of Colorado in the process. Third-placer, Daryl Zapata, set a big PR of 2:24:18 while moving up from fifth at 20 miles. Third NorCal finisher was Bob Cooper, whose 2:26:11 was also a personal best. Marilyn Taylor lowered her best time also in winning the women's division at 3:01:15, about a half-mile ahead of Sue Krenn of San Diego, who clocked 3:04:58. Ruth Anderson didn't match her best time, but a 3:09:44 for a 47-year-old woman is super in anyone's books. In between Krenn and Anderson was newcomer Karen Rosenblatt (3:05:18) of Davis. The masters competition was fierce, although the finishers weren't all that close. Three broke 2:40, led by Canada's Stewart Fall, who did 2:33:54, besting LaJolla's Dave Worthen, who notched a quick 2:36:11. Amazing 54-year-old Ed Almeida started out swiftly (57:35 at 10 miles), faltered to 1:59:25 at 20 miles, but held on to notch a great 2:39:02 for 34th overall. Ray Menzie was top NorCal master with a 2:41:28, indicating he is well on his way to a full comeback after his disabling bike accident last summer. Depth was noticeably present in this year's run, with 205 under three hours. /Dick Meyer/

1-Ernie Rivas/PMK	2:23:35	25-Dick Ratliff/S.F.	2:36:55	49-Roger Scott/Cotati	2:43:07
2-Ed Strabel/Colorado	2:23:48	26-Frank Krebs/BC	2:37:13	50-Rodney Mowbray/SRosa	2:43:19
3-Daryl Zapata/WVTC	2:24:18	27-Tom Lunne/Berk	2:37:43	51-Jerry Tucker/Arcata	2:43:27
4-Alan Kerr/B.C.	2:24:44	28-Kim Schaurer/TAM	2:37:45	52-Robt. Lawrence/M.V.	2:43:36
5-Robert Cooper/WDS	2:26:11	29-David Mineau/Chico	2:37:47	53-Rod Smith/Redding	2:43:54
6-Tom Lee/Pasadena	2:27:32	30-Thomas Robt. Kempf	2:37:48	54-John Popoff/Ariz	2:44:08
7-Michael Merrell/Ore	2:27:45	31-Atkins Chun/S.F.	2:38:13	55-Randy Belzer/Syn	2:44:30
8-Ron Nabers/Colorado	2:28:39	32-Doug Rennie	2:38:50	56-Gary Alderman/WCrk	2:44:36
9-Pat Buzbee/Turlock	2:28:43	33-Bryan Gieser/WDS	2:38:56	57-Wm. Dunlop/Livmre	2:44:51
10-Mark Proteau/AGRC	2:28:58	34-Ed Almeida/SDTC	2:39:02*	58-William Jenney/Berk	2:45:07
11-Chris Cole/HSU	2:29:05	35-Joe Maher/TAM	2:39:13	59-Joseph Day/ShrevTC	2:45:09
12-Kevin Heaton/SD	2:30:43	36-Audun Endestad/M.L.	2:39:25	60-Ted Wilson/KJ	2:45:10
13-Keith Forman/Wash	2:30:54	37-Ed Stromberg/Sacto	2:39:38	61-Jerry Hall/Stanford	2:45:18
14-Joe Burgasser/CCAC	2:31:08	38-Bundy Phillips/Arc.	2:39:47	62-Walt Basinger/S.F.	2:45:21
15-Brian Bonner/LVRC	2:31:17	39-Howard Moody/S.D.	2:39:48	63-Michael McKeown/SD	2:45:22
16-Jack Case/Porterville	2:32:29	40-Bruce Rider/WVJS	2:39:51	64-Bill Peck/Wasco	2:45:36
17-Keith Crowder	2:33:01	41-Scott Claypoole	2:41:02	65-Larry Dzelusta/Pac	2:45:54
18-Mike Buzbee/Y.C.	2:33:01	42-Ray Menzie/WVTC	2:41:28*	66-John Botke/SBarbara	2:46:11
19-Stewart Fall/B.C.	2:33:54*	43-James Harper/Arcata	2:41:35	67-Bert Johnson/Syvle	2:46:12
20-Geoff Pietsch/Miami	2:34:17	44-Rick Brown/Arcata	2:41:45	68-Terry Casey/ETC	2:46:33
21-David Worthen/L.J.	2:36:11*	45-Ron Medel/Eureka	2:41:47	69-Jesus Garza/SRosa	2:46:43
22-David Fuller/S.F.	2:36:29	46-Fred Forsberg/Sacto	2:42:38	70-Marc Lund/WVTC	2:46:47
23-Bob Coleman/Berk	2:36:33	47-Steve Cole/Wash	2:42:42	71-Russ Kiernan/M.V.	2:46:51
24-Greg Jewett/PMK	2:36:47	48-Dick Look/Redding	2:42:48	72-John Dressler/Lvrme	2:47:01



Ernie Rivas defended his 1976 Avenue of the Giants Marathon title in 2:23:35. /D. O'Rourke/

73-Mike Souza/RLinda 2:47:05
74-Tom Rothhaar/S.D. 2:47:07
75-Joe Kattenhorn/O'vle 2:47:09
76-Jack Hackmann/VMTc 2:47:13

...More on next page...

77-Dave Prokop/SanJose	2:47:23	100-Don MacIntosh/NCS	2:50:22*	123-Edward Greub/Lafay	2:53:03*	146-Jonathan Brown/Sac	2:54:59
78-Gene Schaumberg/ER	2:47:34	101-Bill Hanselman/Ore	2:50:30	124-Thomas Palmer/Okld	2:53:06	147-Richard Buxton/Laf	2:55:15
79-Richard Welch/Arcata	2:47:51	102-Mike Dibos/S.Diego	2:50:34	125-Theo Jones/PMK	2:53:16	148-Tom Purkiss/M.L.	2:55:22
80-Pete Savitz/S.D.	2:47:54	103-Rudy Dressendorfer	2:50:46	126-Bill McCarthy/Arc	2:53:21	149-Bryan Haupt/Bakfld	2:55:29
81-Howard Will/Ill.	2:47:55	104-Rob Bates/Arcata	2:50:47	127-Aaron Goldman/Davis	2:53:23*	150-Dieter Diekmeyer	2:55:31*
82-Ross Rowley/SUND	2:47:59	105-Rick Edson/Davis	2:50:51	128-Mike Conroy/ETC	2:53:26	151-Timothy Treacy/OC	2:55:44*
83-Karl Maxon/Eureka	2:48:14	106-Dan Williams/Berk	2:50:59	129-Torrence Parsons	2:53:27	152-Harry Cross/WVTC	2:55:47
84-Thomas Bowen/Fresno	2:48:19	107-Chuck Daniels/Reno	2:51:00	130-Roy Scellato/Syvle	2:53:28	153-Ivan Rarick/Sacto	2:55:57
85-Wil Sale/Albany	2:48:25	108-Greg Hubbard/Frfr	2:51:11	131-Ray Fletcher/Stfd	2:53:29	154-Werner Brandt/Arc	2:55:58
86-Zeke Mazur/S.D.	2:48:41	109-Robert Wellck/Sal	2:51:11	132-Mark Burch/Chico	2:53:31	155-Jim Holben/WVTC	2:56:02
87-Tom Hayes/Redding	2:48:45	110-Terry Noyes/SLean	2:51:12	133-Robt. Frederick	2:53:49	156-Gary Martin/Stnfrd	2:56:03
88-Robt. Anderson/Stan.	2:48:46	111-Michael Wheeler/WCrk	2:51:33	134-Fraser Rasmussen	2:53:54	157-Raney Hall/Watsvle	2:56:05
89-George Crandell/SRRC	2:48:51*	112-Tom Mota/Oakland	2:51:34	135-Ron Kesecker/SRosa	2:54:00	***WOMEN***	
90-Wm. Daniel/Arcata	2:48:54	113-Craig Roland/ER	2:51:35*	136-Mark Hines/S.F.	2:54:04	214-Marilyn Taylor/Arc	3:01:15
91-Marc Hoschler/Sacto	2:49:16	114-Paul Holmes/BC	2:51:43*	137-Bob Darling/ETC	2:54:30	237-Sue Krenn/SDTC	3:04:58
92-Mike Bregante/Stktn	2:49:34	115-Walt Van Zant/WVJS	2:51:49	138-Lorenzo Chambliss	2:54:32	242-Karen Rosenblatt	3:05:18
93-Rick Dewey/Arcata	2:49:35	116-Hans Roenau/TAM	2:51:57*	139-Bob King/Glendale	2:54:34	288-Ruth Anderson/NCS	3:09:44*
94-Fred Kenyon/VMTC	2:49:45	117-Hoyt Walker/LVRC	2:52:18	140-Gary McIntosh/Ore	2:54:39	323-Karen Diekmeyer	3:13:11
95-Phil Sanfilippo/WVJS	2:49:46	118-Jon Blasingame/Sac	2:52:38	141-Marvin Winer/WVTC	2:54:40	358-Vicki Blankenship	3:15:18
96-Jerry Berkouf/LaMesa	2:49:47*	119-Jim Carr/Concord	2:52:52	142-Fred Millard/S.D.	2:54:42	389-Sandy Gadwood/E.C.	3:18:18
97-Cowman/Olym. Vly.	2:49:52	120-Tom Robinson/S.F.	2:52:56	143-Orin Dahl/Berkeley	2:54:44*	409-Arleen Mears/SJC	3:19:53
98-Robt. Hedges/Sacto	2:49:53	121-Harry Cottrell/McKv	2:52:57	144-Jack Zarkarian	2:54:49	426-Donna Gookin/SDTC	3:21:36*
99-James Logan/Stktn	2:50:10	122-Greg Nelson/Reno	2:53:02	145-Michael Fenner/Syv	2:54:59	449-Linda Data/Fresno	3:23:17

MAXWELL EDGES SEAVER AT ANGEL ISLAND; GUTHRIE AND GUMBS-LEYDIG SET RECORDS (May 7, Angel Island):

Cal's distance coach, Brian Maxwell, just a few weeks off a third-place Boston Marathon finish, had his hands (feet?) full on this one with Bill Seaver making a determined bid to close a one-second gap. Brian's 23:43 clocking was way off Ron Wayne's 1976 course mark of 23:07 for the 4.78-mile loop of the island. It was basically a two-man race, as Englishman Pete Hamilton was a distant 24:32 in third. Kent Guthrie had his work cut out for him in setting a new masters record, as his 25:36 was only 8 seconds under Jim Shettler's 1975 time. However, he left his nearest competition, Mike Healy (27:12), more than a quarter-mile back to fight it out with Bill Jensen, who did 27:14. Judy Gumbs-Leydig also bested the course mark (for women), with a good 29:13, twelve seconds better than Diane Williams' 1974 winning pace. Judy likewise had little competition, as teammate Kathy Himmelberger was runnerup in 30:00+. For some unknown reason, the race results have only about ten percent (or less) of the times listed, so we don't know her exact time. Seems like a little better job could have been done!! You'll have to interpolate to get as close as you can to your actual time (it gets worse further down the line). /The Guardsmen/



(Above) Start of the Angel Island Run, with more than 1300 finishers! /Sharon Gowen/
(Right) Brian Maxwell winning the same race, just a second in front of Bill Seaver. /Perry/



1-Brian Maxwell/NTC	23:43	29-Ross Rowley/SUND	-----	57-G. Chapman	27:55	148-Kathy Himmelberger/WV	-----
2-Bill Seaver/WVTC	23:44	30-Kees Tuinzing/TAM	27:04	58-R. Greenwald	-----	156-Pam Bast	30:17
3-Pete Hamilton/ETC	24:32	31-R. DeGlymee	-----	59-J. Sourr	-----	189-Carolyn Tiernan/WVTC	30:47
4-Bob Bunnell/TAM	24:58	32-Ted Wilson/KJ	-----	60-T. Smith	-----	256-Vicki Blankenship	-----
5-C. Flaten	25:15	33-B. Linsott	-----	61-M. Coode	-----	339-Chris Fox	-----
6-Dave Himmelberger/WVTC	-----	34-L. Sandson	-----	62-D. Lyon	-----	347-Kathy Brieger/NCS	34:45*
7-E. Everend	-----	35-Mike Healy/DIRT	27:12*	63-E. Wenan	-----	348-Marty Maricle/NCS	34:46*
8-Kent Guthrie/WVJS	25:36*	36-T. Lunne	-----	64-E. Richardson	28:10		
9-Frank Boutin/Stanford	-----	37-Bill Jensen/PMK	27:14*	65-H. Rosen	-----		
10-C. Otis	-----	38-Bruce Carradine/DIRT	-----*	66-Dennis Kroll	-----		
11-F. Forsberg	-----	39-Larry Sumner	-----	67-J. Bossell	-----		
12-T. Hughes	26:01	40-M. Feise	-----	68-Gordon Stewart/TAM	-----		
13-Don Chaffee/ETC	26:10	41-R. Doubell	-----	69-Strause	-----		
14-R. Herzog	-----	42-Cardiasmanos(sp?)	27:21	70-S. Vukajlovich	-----		
15-Ray Orwig/WVTC	-----	43-Craig Roland/ER	-----*	71-D. O'Regan	-----		
16-C. Poynter	-----	44-Nick Vogt/GSTC	-----	72-D. White	28:26*		
17-C. Hinds	26:18	45-T. Mullen	-----	73-B. Hastings	-----		
18-D. Hersh	-----	46-J. Vicory	-----	74-K. Krause	-----		
19-B. Lawrence	-----	47-Bob Malain/NCS	27:30*	75-C. Niehoff	-----		
20-Tim Rostege/WVTC	-----	48-N. Berg	-----	76-J. Martin	-----		
21-Dick Cordone	26:26	49-Steve Deschler/PMK	27:38	77-R. Fragnlis	28:34		
22-P. Reese	-----	50-K. Mayne	-----	78-S. Botta	-----		
23-D. Kraus	26:35	51-J. Moore	27:44	79-M. Stubblefield	-----		
24-J. Coburn	-----	52-D. McCormack	-----	80-R. Hoffman	-----		
25-D. Zielke	-----	53-J. Miller	-----	81-O. Mulford	28:43		
26-Unknown Runner	26:45	54-Harry Skandura	-----	82-A. Standridge	-----		
27-J. Enscoe	-----	55-R. Sova	-----	***WOMEN***			
28-E. Krogh	26:52	56-J. Cook	-----	106-Judy Gumbs-Leydig/WVTC	29:13		

GEIS & LEYDIG ARE BAY-TO-BREAKERS VICTORS (May 15, San Francisco): /7.63 Mi./ - Anticipating the crowd's false start, many of the top runners got fairly decent starts this year...actually, most were caught unawares, warming up a block or so ahead of the crowd. When the mob broke about eight minutes prematurely, Paul Geis, Jim Nuccio, and a good number of others, took off to keep from being trampled by the 12,000+ warm bodies that composed, officially and otherwise, this year's Bay-to-Breakers 'happening'. Judy Leydig was the top official woman entry in 47:38, with teammate Kathy Himmelberger an even minute back in a near rerun of the previous week's battle. Darryl Beardall, running his best race here in some time, grabbed 39th spot for the top masters' position (41:20). Geis' 37:03 was a new course record, but doesn't mean much since no one knows how far he ran. (See top of next page for more...)

West Valley defended its team title by placing five runners in the top 25 places. Below are listed some of the top finishers, although there are many discrepancies in times (including my own). So, for what they're worth, here they are, reprinted from the *S.F. Examiner*, the sponsoring newspaper. Although it gets more and more discouraging to battle the crowd each year, it's still a lot of fun...as long as you don't take it too seriously!!

1-Paul Geis/Un	37:03	36-Lou Patterson/AIA	41:02
2-Jim Nuccio/WVTC	37:50	37-Roland Watson/WVTC	41:13
3-Jon Sutherland/C.Nrthr	38:37	38-Homer Latimer/Un	41:14
4-Gary Tuttle/TS	38:47	39-Darryl Beardall/MH	41:20*
5-Bill Moran/Un	38:53	40-Jack Lawson/Modesto	41:23
6-Brian Maxwell/BodyAmmo	38:58	41-Joe Ballard/Un	41:35
7-Darren George/AIA	38:59	42-Henry Perez/SUND	41:41
8-Dave Smith/AIA	39:01	43-Chuck Harris/Un	41:42
9-Pat Tyson/CNW	39:07	44-Don Ocana/CCAC	41:43
10-Bill Clark/WVTC	39:09	45-Harold Celms/Stanford	41:44
11-Jerry Garcia/Army-WVTC	39:11	46-Jose Renteria/PTC	41:45
12-Bill Seaver/WVTC	39:18	47-Lester Mina/AGRC	41:51
13-Steve Palladino/CWTC	39:22	48-Tom Wheeler/Un	41:55
14-Dennis Dierckman/TTC	39:24	49-Paul Gaetano/HMC	41:56
15-Pete Sweeney/AGRC	39:24	50-Rudy Dressendorfer/AGRC	42:00
16-Mike Niemiec/WVTC	39:28	51-David Fuller/Un	42:06
17-Cliff Rees/Army	39:29	52-Ed Avol/BB	42:07
18-Pete Hamilton/England	39:34	53-Bill Meinhardt/WVJS	42:08
19-Angelo Martinez/AGRC	39:52	54-Dick Ratliff/Un	42:09
20-John Moreno/CWTC	39:59	55-Mike Lennemann/FPTC	42:15
21-Paul Cook/AIA	40:05	56-Wayne Plymale/PMK	42:16
22-Czerwony Capri/AGRC	40:06	57-Atkins Chun/Cal	42:17
23-Pete Flores/AGRC	40:11	58-Jon Beaton/SLDC	42:18
24-Daryl Zapata/WVTC	40:12	59-Dave Muela/ETC	42:19
25-Ken Scalmanini/SFPC	40:13	60-Craig Corey/WVTC-Stfrd	42:28
26-John Currie/Kajaks-BC	40:14	61-Jack Leydig/WVTC	42:29
27-Jim Scorgie/Kajaks-BC	40:23	62-Doug McLean/WVTC	42:37
28-Dennis Tracy/WVTC	40:32	63-Tim Swezey/PMK	42:38
29-Mark Proteau/AGRC	40:39	64-Wolf Mashohn/LGRR	42:39
30-Gary Goettelmann/WVTC	40:44	65-Bryan Gieser/WDS	42:40
31-Dick Weeks/BB	40:46	66-Keith Strod/Un	42:41
32-Phil English/WSU	40:52	67-Mike Conroy/ETC	42:42
33-Bill Spence/WVTC	40:53	68-Mike Eash/ETC	42:56
34-Bob Lange/CWTC	40:54	69-Steve Barr/BC	42:57
35-Paul Fletscher/LIAC	40:55	70-Dennis Trujillo/Army	42:58



The top of the Hayes Street Hill at Bay-to-Breakers...note the stranded buses along with a couple of runners. /Lloyd Gowen/

71-Rick Woods/Kajaks-BC	43:01	90-Alan Swenson/Un	43:37
72-Tom Coniglio/Army	43:01	91-Steve Adams/BB	43:45
73-Kim Schaurer/TAM	43:02	92-Gary Galloway/Un	43:47
74-Jim Lee/RFD	43:03	93-Jon Enscoe/Un	43:48
75-Jim Dinaría/Un	43:04	94-Steve Specker/Un	43:55
76-Dick Cordone/Un	43:10	95-Brian Baumruk/Un	43:56
77-Doug Peck/WDS	43:11	96-Cedric Sutton/Un	43:57
78-Philip Kay/Un	43:12	97-Ray Bonner/Un	43:58
79-Jim Langley/Un	43:13	98-Joe Taxiera/AGRC	44:00
80-Dean McComb/Un	43:14	99-Marty Bernstein/Un	44:01
81-Richard Lenon/Un	43:15	100-Rob Laxson/Woodland	44:02
82-John Geer/WC	43:16	101-Ross Rowley/SUND	44:03
83-Clark Danielson/DSE	43:24	102-Jim Hadder/Florida TC	44:09
84-Bob Nanninga/WVTC	43:28	103-Terry Casey/ETC	44:10
85-Mike Eck/Un	43:29	***WOMEN***	
86-Glen Pruitt/Un	43:30	269-Judy Gumbs-Leydig/WV	47:38
87-Raymond Randolph/PMK	43:31	324-Kathy Himmelberger/WV	48:39
88-Greg Jewett/PMK	43:32	333-Judy Camerlengo/Un	48:49
89-Greg Szanto/SAS	43:36	443-Carol Urish/CTC-Texas	50:41

BROOKS WINS ARMED FORCES DAY 5-MILER (May 21, Sharpe Army Depot, Stockton): - Stanislaus State's Steve Brooks took a 15-second margin of victory over come-backing Henry Perez of Sundance TC, who has only raced a few times in the past year. Steve's 24:46 goes as a record for this first annual affair. The little-publicized race drew a good-sized field that saw 137 finishers. Roger Bryan came from San Jose to grab the masters prize from San Francisco's Don MacDonald, 27:49 to 28:16. Debbie Hickman of the sponsoring club clocked 32:17 in downing top masters runner, Ruth Anderson, who had 32:51. The Tax Reducers AC placed their five scorers in the top 18 places to take the team title, even though Sundance's fifth man was in 17th spot. I take that back, after refiguring, I get a tie score, 54-54, with Sundance coming out the winner with a higher fifth-placer. But, by adding total team time, TRAC comes out on top by one second: 2:14:59 to 2:15:00!!! Now that's what I call a close battle. On a dual meet basis, Sundance comes out on top, 27-28. You decide who won! /Bruce Adams/

1-Steve Brooks/Un	24:46	22-Arthur Felix/SUND	28:43
2-Henry Perez/SUND	25:01	23-Ross Rowley/SUND	28:43
3-Ken Danz/Un	25:20	24-Sergio Aguilar/Un	29:09
4-Bradley Brown/SUND	26:05	25-Ken Lehman/Un	29:11
5-Bruce Rider/Un	26:08	26-Raoul Perez/Un	29:12
6-Claus Pedersen/TRAC	26:11	27-Richard Cooper/Navy	29:21
7-Jake White/TRAC	26:17	28-Max Perez/SUND	29:48
8-John Swift/Un	26:28	29-Dieter Diekmeyer/SUND	29:53*
9-Rich Stiller/TRAC	26:29	30-Mike Rowerdink/SUND	29:54
10-Carl Swift/AIA	26:45	31-Kerry Kilgore/SUND	30:00
11-David Sullivan/Navy	27:02	32-Gonzalo Aguilar/Un	30:01
12-Steve Thompson/Un	27:07	33-Derl Crowder/SUND	30:01*
13-Brent Cushenbery/BC	27:16	34-Pete Richardson/WVTC	30:10*
14-Roger Bryan/TRAC	27:49*	35-Ronald Prior/OPHIR	30:11
15-Mike Bregante/SUND	27:52	36-Tony Chan/SUND	30:20
16-Keith Crowder/SUND	27:52	37-Michael Corbholz/DSE	30:37*
17-Rick Buck/SUND	28:10	***WOMEN***	
18-Terry Mullen/TRAC	28:13	53-Debbie Hickman/SUND	32:17
19-Don MacDonald/PMK	28:16*	57-Ruth Anderson/NCS	32:51*
20-Tim Nicks/AngelsCamp	28:22	64-Karen Diekmeyer/SUND	34:21
21-Jim Logan/SUND	28:36	73-Sue Anderson/SUND	35:32

Photos From Races Past and Present



Susan Perry
Photography

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LATE GNUS

SCHEDULING: - Got the following too late for our scheduling section: (July 31 - Pear Fair 2 & 10 Miles, Courtland (nr. Sacramento), 9 am...contact Jeff Bogle, Fleet Feet, 2408 "J" St., Sac'to 95816, Ph. 916/442-3338). **Alameda All-Comers T&F Meets:** July 30 & Aug. 6 only...must have competed in two previous meets to compete in final meet on 8/6; Age-Groups; starts at 11 am (approx.) at College of Alameda. --- **PHOTO DISPLAY:** Local road race pics by Sue Perry at Home Federal Savings in Sausalito (on Bridgeway) thru Aug. 15. She also has 15 rolls from S.F. Marathon...contact at above phone if interested in seeing. --- **SPONSORS NEEDED:** Still need a club or individual to put on PA-AAU Sr. & Masters X-C (see LDR Hndbk. for dates)...call Harold DeMoss (415/941-8975)...two separate dates!

CLARK NIPS SEAVER IN EXCITING GOLDEN GATE CHARITY RACE
 (May 22, Pt. Baker to S.F.): /6 Miles?/ - In one of the most exciting finishes this year, Bill Clark outkicked teammate Bill Seaver to win by less than a second over a somewhat lengthened course (long?) in 30:41. The proceeds benefited the Big Brothers & Big Sisters organizations, and from the 1000+ entrants, it was a super success...except for the mess at the finishline, where runners came through so fast that quite a lot of backup occurred. In addition, a large number of unofficial runners made things more difficult on the timers as many unregistered runners got their times recorded but then walked away without taking a finish-stick, thus throwing times out of order. Brian Maxwell was in the race with less than a few hundred yards to go, but he evidently misjudged the finish and dropped back, thinking he had a longer distance to go. Clark and Seaver got a quick jump on him that he couldn't close, and he finished some six seconds back. Kent Guthrie was his usual self in grabbing his umpteenth masters title this year without a loss, recording a fine 32:49 in eighteenth. Ever-improving Ulrich Kaempf was slightly less than a minute back, defeating an off-form Jim O'Neil, 33:41 to 34:14, for the runnerup slot in that division. Judy Leydig got a terrible start and didn't get into first until the bridge, but won the women's division going away, 38:59 to 39:42 for runnerup Kathy Himmelberger. Pax Beale had his usual assortment of special divisions, based on 'invitations' from the previous year's NCRR Point Total standings, thus giving some good runners a chance to prove the validity of the 'rankings'. The runners mentioned above were considered without consideration to these 'special divisions'. Following are only about the first half of the finishers due to lack of space. As promised (our donation to the race, so results wouldn't have to be mailed out), we will still list all finishers, but lack of space in this issue has forced us to wait until next time for the rest of them...sorry about that! - **Note:** We did not mark all masters runners with our customary '*' because they were not noted in the results. We did mark those that came to mind. Those who did not turn in their sticks/tags were omitted from the list below, along with obvious errors in placings that your editor caught. Hope you can read the small print! /Pax Beale, Carl Jensen/

1-Bill Clark/WVTC	30:41	27-Dan Hersch	34:14
2-Bill Seaver/WVTC	30:42	28-Jim O'Neil/SFOC	34:14*
3-Brian Maxwell/BA	30:47	29-Jeff Wall	34:15
4-Pete Hamilton/ETC	30:54	30-Clyde Helms	34:16
5-Steve Palladino/CW31	31:21	31-Ray Randolph	34:17
6-Jan Sershen/ETC	31:22	32-Don Chaffee/ETC	34:18
7-Mike Niemiec/WVTC	31:56	33-Ray Bonner	34:19
8-Steve Kelley/FPTC	32:01	34-Jim Hadder	34:26
9-Bob Bunnell/TAM	32:02	35-Lawrence	34:31
10-Bob Lange/CW	32:03	36-Lloyd Sampson	34:32
11-Jack Leydig/WVTC	32:19	37-Cliff Stewart	34:49
12-Tom Preston	32:23	38-Rob Ripplinger	34:50
13-Ron Elijah	32:29	39-Bill Sevald	34:51
14-Doug McLean/WVTC	32:29	40-Bill Jensen/PMK	34:54*
15-Kim Schaurer/TAM	32:37	41-Mike Buckingham	35:01
16-Bill Spence/WVTC	32:42	42-De Blymes	35:02
17-Bob Darling/ETC	32:48	43-Ray Menzie/WVTC	35:03*
18-Kent Guthrie/WVJS	32:49*	44-Egil Krough	35:04
19-Corona	33:03	45-Hoyt Walker	35:05
20-Mike Plummer/WVTC	33:18	46-Jeff Farmer	35:10
21-Ulrich Kaempf/TRAC	33:47*	47-George Ridout	35:11
22-Joe Maher/TAM	34:00	48-Russ Kiernan	35:12
23-Terry Hughes	34:05	49-Rich Matthews	35:14
24-Tom Coniglio	34:10	50-Bob Myers/PMK	35:18
25-Michael Hagen	34:11	51-Mike Fanelli	35:19
26-Terry Casey/ETC	34:13	52-I. deVilliers	35:20



With a 440 to go in the Golden Gate Charity Run: (l-r) Brian Maxwell, Bill Clark, & Bill Seaver. /Lota Gowen/

53-Ross Rowley/SUND	35:22	166-John Hirsch	39:12	279-Weil	42:13	392-Dave Weill	45:12
54-Pat Palmer	35:23	167-Harry Jones	39:13	280-Stephen Hill	42:14	393-Bob Siebenhaar	45:13
55-Kesecker	35:26	168-Mike Murphy	39:14	281-Terry Clarke	42:15	394-Bob Whitlock	45:14
56-Rich Greenwald	35:31	169-Paul Orgeron	39:15	282-Chad Breshears	42:21	395-Kevin Kelley	45:15
57-Chapman	35:32	170-Jonathan Colby	39:16	283-Lonnie Cason	42:21	396-Nick Ninos	45:16
58-Mike Giordano	35:33	171-Mayers	39:17	284-Thomas Burns	42:21	397-Kaer	45:16
59-Bob Malain/NCS	35:36*	172-Roy Eisenhardt	39:18	285-Jim Carney	42:22	398-Guy Wulfling	45:19
60-Ted Wilson/KJ	35:39	173-Bryan Kovacs	39:19	286-Peter Morris	42:22	399-Bob Rolston	45:20
61-Hoffman	35:40	174-Mark Zembach	39:20	287-Allen Franklin	42:25	400-Pebler	45:21
62-Gene Spake	35:43	175-Paul Micenheimer	39:20	288-Ken Southworth	42:25	401-Skip Swannack	45:22
63-Ed Jerome/TRAC	35:47	176-Kerry Nelson	39:21	289-W.P. Biggs	42:25	402-Joe Davis	45:23
64-Bob Wharton	35:49	177-Gustafson	39:23	290-Gary Carleton	42:26	403-Phil Conley/WVTC	45:24
65-Sonny Reynaga/WV	35:50	178-Clifford	39:26	291-Eugene Young	42:30	404-Michael Nurre	45:25
66-Kurt Mayne	35:53	179-Butchart	39:30	292-K. Bollinger	42:30	405-William Smith	45:26
67-Dennis Teegarden	35:57*	180-Francis Torigian	39:32	293-Frans Hager	42:30	406-Owen	45:27
68-Frank Lemus	35:59	181-Morgan Chu	39:34	294-Chuck Birdsall	42:31	407-Gail Gustafson	45:29
69-Dave Larson	36:01	182-John Nakahata	39:35	295-Mike Thompson	42:31	408-Narvaez	45:30
70-Welch	36:02	183-Walt Thomason	39:40	296-Tim Goode	42:33	409-Arthur Fulton	45:33
71-James Jacobs/NCS	36:05*	184-K. Himmelberger	39:42	297-N. Epanchin	42:35	410-Foo Kennedy	45:35
72-Wong	36:06	185-Jim McRae	39:43	298-Terry Finnigan	42:37	411-Greg Sherwin	45:36
73-Mike Noonan	36:08	186-Tom Mulkeen	39:45	299-Paul Kellman	42:39	412-Peter Stewart	45:37
74-Paul Armstrong/WV	36:12	187-Pfeiffer	39:47	300-Sheldon Gersh	42:41	413-Anderson	45:38
75-Gene Fitzgerald/PK	36:14	188-Smith	39:48	301-Horan	42:44	414-Ron McAllister	45:39
76-Maynard Hersher	36:19	189-Wong	39:49	302-Sam Thomas	42:45	415-Allen	45:40
77-Laurie Watson	36:20	190-Bob Sands	39:58	303-Shannon Denos	42:46	416-Robert McAllister	45:41
78-Edward Greub	36:21*	191-Ed Donahue	39:59	304-Bill Zigmant/WV	42:48*	417-Jim Hickman	45:43
79-G. McD Thomas	36:25	192-Moran	40:00	305-Stan Hayden	42:50	418-Jim Dower	45:49
80-Brian McCurdy	36:26	193-Michael Kennedy	40:02	306-Thurman Cheatham	42:50	419-Elaine Miller	45:50
81-Roy Scellato	36:28	194-Tom Everett	40:04	307-Phelan	42:51	420-Ray Skjelbred	45:51
82-Gerard Meyers	36:29	195-Jack Byrd	40:06	308-Michelle Miller	42:58	421-Bill James	45:53
83-Joe Camisa	36:35	196-Jim Scannell/PMK	40:09*	309-Jay Miner	42:59	422-Woodie Hoffman	45:53
84-Gary Grellman	36:36	197-Wm. Gregory	40:10	310-Dave Corporandy	43:00	423-Lu Gonzalez	45:53
85-John Carleton	36:36	198-Steve O'Neil	40:11	311-Walter Ebrecht	43:00	424-Joseph Campi	45:54
86-Hurley	36:37	199-Serrano	40:15	312-Paul Heidt	43:01	425-Allen Armstrong	45:54
87-Joe Ortiz	36:38	200-Chris Boome	40:19	313-Gerry March	43:02	426-Lorenzo Casados	45:55
88-Jack Gioglio	36:45	201-Paul Reese/BC	40:20*	314-Robert Binder	43:03	427-Scott Neely	45:56
89-Lyon	36:46	202-Jay Jacobsen	40:20	315-Joel Walton	43:10	428-Sheldon Hartz	45:57
90-John Laue	36:49	203-Gerald Flynn	40:21	316-Jim Oleyar	43:17	429-Lawrence	45:59
91-Dennis Kroll	36:54	204-Joe Dana	40:27	317-Ron Schroth	43:21	430-Reid	46:01
92-David Avery	36:54	205-Mike Griffith	40:28	318-John Blankenship	43:23	431-Bill Reinka/WVTC	46:03
93-Raoul Kennedy	36:54	206-Jack Simonton	40:31	319-Robert Faberman	43:25	432-Cunningham	46:04
94-Richard Craig	36:54	207-David Berkedal	40:32	320-Ray Mahannah	43:26*	433-Martin	46:05
95-Jim Carr	36:55	208-Harry Genant	40:33	321-William Helm	43:27	434-Greg Friedel	46:06
96-Raul Mendel	36:55	209-Robt. Pringle	40:34	322-Perry Burr	43:28	435-Greg Gabor	46:07
97-Roger Major	36:55	210-Brendan Cottrell	40:35	323-Schopman	43:29	436-Tom Stewart	46:09
98-Bryan Haupt	37:00	211-Hugh Fulmer	40:39	324-Donald Cohon	43:30	437-Nelson	46:10
99-S.A. Richardson	37:01	212-Pete Alexander/PK	40:40	325-Mark Betzina	43:31	438-Dan Barki	46:11
100-Tim Warner	37:02	213-Richard Adler	40:41	326-Chris Caul	43:32	439-Harry Silsby	46:12
101-Tim Chavez	37:09	214-Mike Lohnberg	40:43	327-Dennis Woodruff	43:33	440-Benjie Medina	46:14
102-Mike Mraz	37:11	215-Paul Bragstad	40:44	328-Pat Whittingslow	43:34	441-Talbot Peterson	46:15
103-John Foley	37:17	216-Flores	40:45	329-K. Whittingslow	43:37	442-Jack Meylink	46:18
104-Dave Gratton	37:19	217-Jim Cross	40:47	330-Steve West	43:38	443-Russ Pillard	46:19
105-Leventon	37:26	218-Walt Schorno	40:48	331-Peter Dahl	43:39*	444-Ivans Laversons	46:20
106-Hernandez	37:27	219-Tom Harries	40:49	332-Jerry Hopponen	43:40	445-T.J. Egans	46:21
107-Roy Gonzales	37:28	220-Chip Conradi	40:51	333-Paul Bush	43:41	446-Jerome Tarmann	46:21
108-Nicholson	37:28	221-Dixon	40:55	334-Zack Caldwell	43:43	447-Houghton	46:22
109-Carlos Jacobo	37:29	222-Sullivan	40:57	335-Bevier	43:44	448-Shelly Sack	46:23
110-Tim Treacy/OC	37:32*	223-Lucker	40:59	336-Otto Sommerauer	43:45*	449-Dana Tryde	46:24
111-Dick White	37:34	224-David Hansen	41:00	337-Tim Drescher	43:46	450-Alex Bangert	46:25
112-Orin Dahl	37:36*	225-Sharlip	41:01	338-Tom Cote	43:47	451-Neck	46:26
113-Dave Rodriguez	37:37	226-Therrien	41:03	339-Gove	43:48	452-Yamada	46:27
114-Tom Martuscelli	37:39	227-David Renaker	41:04	340-Jeff Wallach	43:49	453-Steve Cheatham	46:28
115-Richard Diderson	37:39	228-Peter Fisher	41:06	341-Rich Condon	43:50	454-Mario Sanchez	46:29
116-Phil Gonzales	37:42	229-Rick Holderness	41:08	342-Mike Horst	43:51	455-Richard Hayden	46:30
117-Jim Doran	37:44	230-Marty Foster	41:10	343-Michael Smith	43:51	456-Chris Knipp	46:31
118-Thomas Knight	37:45	231-Ray Gatchalin	41:11	344-Gray	43:52	457-Harry Cordellos	46:32
119-Nelson Nugent	37:46	232-Van Allen	41:12	345-Stan Dittman	43:54	458-Theo Jones	46:33
120-Mike Timberling	37:47	233-Doug Fischer	41:13	346-Coggan	43:55	459-Don O'Connell	46:34
121-Jim Myers	37:48	234-Mike Henderson	41:14	347-Elliott Henderson	43:56	460-Mike Kelly	46:35
122-Greg Thomas	37:49	235-Mike McClure	41:15	348-Polanco	43:57	461-Rich Shorkey	46:36
123-Lorenzo Chambliss	37:55	236-Gail Campbell/WV	41:16	349-Gerrans	43:59	462-Jack Pike	46:37
124-Thomas Reed	37:57	237-R.D. Caughron	41:17	350-Malcolm McLorg	44:05	463-Brian Mulholland	46:38
125-Ron Treabess	37:58	238-Mike Korholz	41:18*	351-Irene Rudolf/WVTC	44:06	464-Don Sarver	46:39
126-Shane	38:01	239-Ronald Shaheen	41:19	352-Teasdale	44:07	465-Earl Norgard	46:47
127-Michael O'Donnell	38:02	240-McAllister	41:20	353-Bruce Dingwall/PK44	44:08*	466-Bricker	46:49
128-Dave Mulford	38:03	241-George Gibson	41:21	354-Holloway	44:09	467-Fred Flowers	46:50
129-Dan Dierken	38:06	242-Mark Ashizawa	41:28	355-Stephen Ley	44:10	468-John Franck	46:50
130-Ralph Gowen/WVTC	38:07	243-Shirley Matson	41:29	356-Paul Friant	44:12	469-Maidlow	46:50
131-Paul Gatens	38:08	244-Sue Miller/WVTC	41:30	357-Steve McKinney	44:14	470-Gawronski	46:51
132-Glen Jacoby	38:09	245-Burney Matthews	41:32	358-John Glover	44:16	471-Duncan Newell	46:51
133-Gustafson	38:09	246-Kevin Bench	41:33	359-Jess Chavez	44:18	472-Mike Kissingour	46:51
134-Tim Wehrjamp	38:12	247-Eric Peterson	41:34	360-Pauline Vasquez	44:20	473-Bill Shanahan	46:52
135-Mike Mackenzie	38:18	248-Ron Kovacs	41:35*	361-Inaki O'Kelly	44:22	474-Ed Kuczmariski	47:01
136-Leo Ruiz	38:19	249-Alan Kornhauser	41:35	362-Terry Chavez	44:24	475-Maurice Hamilton	47:04
137-Alan Swartz	38:20	250-Daryl Coon	41:35	363-James Fyffe	44:25	476-Lefty Conover	47:04
138-Zechlin	38:25	251-Finne	41:39	364-Fred Dunn	44:27	477-Moore	47:04
139-Dave Tovar	38:26	252-Bob Donnell	41:41	365-Norman Geimer	44:28	478-Tom Culligan	47:05
140-David Black	38:27	253-James Burke	41:41	366-Art Edelman	44:30	479-Charles O'Neil	47:05
141-Steve Lyons	38:36	254-Brian McBride	41:42	367-Mike Fogel	44:31	480-Jim Richwie	47:06
142-Jeff Hayes	38:39	255-Peter Strotz	41:42	368-Jose Manoat	44:31	481-Brock Settlemyer	47:08
143-Jeff Tindall	38:40	256-John Price	41:43	369-Bill Poore	44:32	482-Frank Trette	47:09
144-Dave Branning	38:40	257-Ward	41:44	370-Bob Epstein	44:35	483-Elaine Pedersen	47:10
145-Rob Alemany	38:43	258-Craig Bucy	41:45	371-Jeff Forman	44:37	484-Bob Peterson	47:10
146-Montenegro	38:44	259-Gregg Aronson	41:46	372-Frank Schleifer	44:38	485-Jim Platt	47:10
147-Doughty	38:45	260-Jerry Wendt	41:49	373-Clayton	44:39	486-Anthony Plares	47:11
148-Gordon Stewart	38:46	261-Norm Shaskey	41:50	374-Bob Zembach	44:40	487-Gary Burns	47:12
149-Mark Jensen	38:47	262-Caroline Walker	41:51	375-J. Waterbury	44:41	488-Lane	47:15
150-Gary Chan/WVTC	38:49	263-Tom Zavortink	41:51	376-Ken Cole	44:43	489-Simmie	47:16
151-Mike Brown	38:51	264-Loren Black	41:55	377-Mary Gaffield	44:46	490-Jenny Ray	47:17
152-De Urloo	38:52	265-Walfgang Zech	41:57	378-Pan McCarrrie	44:50	491-Allan Power	47:18
153-Tom Dresser	38:53	266-Dave Fraser	41:58	379-J. Ciani	44:53	492-Richard Jones	47:19
154-Daniel Zocchi	38:55	267-Paul Nadeje	41:58	380-Rick Hague	44:54	493-Dave Pepper	47:19
155-Judy Leydig/WV	38:59	268-Jim Collins	41:59	381-A. Dela Rosa	44:55	494-Eva Casey	47:20
156-Brian Healy	39:00	269-Joseph Bracken	42:01	382-John Darling	44:56	495-Sue Schnell	47:21
157-Don Huff	39:01	270-John Hartman	42:02	383-Brad Jacobs	44:57	496-Ralph Uttke	47:21
158-Ed Healy	39:04	271-Paul Turnbull	42:03	384-Frank Babcock	44:59	497-Fred Stark	47:22
159-Bob Gehl	39:05*	272-Chris Blum	42:04	385-Stark	45:00	498-Stielan	47:23
160-John Dugan	39:06	273-Peter Cooney	42:05	386-A.M. Fletcher	45:01	499-Rick Cohen	47:26
161-Dave Steindorf	39:07	274-R.H. Bernstein	42:06	387-William Hewes	45:06	500-Jennifer Estes	47:28
162-Thomas Chuey	39:08	275-Tom Sheehan	42:07	388-Bill Oesterling	45:07		
163-Tom Martz, Jr.	39:09	276-T.K. McManus, Jr.	42:09	389-M. Anic	45:08		
164-Wettencourt	39:10	277-Stan Mor					

MONTECITO-SEQUOIA RUNNING CAMP

AUGUST 15-29, 1977

Montecito-Sequoia Lodge — Near Sequoia National Park in the California Sierra — Altitude 7200 feet.

RUN AMONG THE GIANTS — Montecito-Sequoia Lodge is located in the middle of Giant Sequoia country (the Sequoias are the world's largest trees). The US Chamber of Commerce recently declared this area one of the Seven Scenic Wonders of the United States. Now, here's an opportunity for you to spend two weeks in the land of these giant trees at a running camp with a truly first-rate instructional staff, including:

- Peter Snell, one of the all-time greats of middle-distance running.
- Ian Jackson, runner, teacher and author of *Yoga and the Athlete*.
- Dr. Joan Ulliyot, one of the world's best female marathoners and author of *Women's Running*.
- Don Kardong, fourth-place finisher, 1976 Olympic marathon.
- Dr. Steve Subotnick, runner and podiatrist, author of *The Running Foot Doctor*.
- Dave Prokop, runner, coach and editorial staff member, *Runner's World Magazine*.

Whether you'd like to become a better runner or coach, get more enjoyment and benefit out of your running or jogging, or whether you'd simply like to spend two weeks in a beautiful area, running, relaxing and socializing with others who run, this camp should be of great interest to you.

A Partial List of Subjects to be Covered: The Lydiard Training System (Used by the Top Runners of New Zealand and Finland) ● Organizing a Training Program ● Yoga, Feldenkrais and Stretching for Running ● Speed Training ● Women's Running ● Diet, Nutrition and Fasting ● Becoming a Better Marathoner ● Running Injuries ● Body Awareness ● Stress Reduction ● Weight and Strength Training for Running ● Advice for Joggers ● Getting Started in Running ● Running Style ● Abdominal breathing ● Running, Vitality and Longevity ● Masters Running ● Altitude Training.

There will also be discussion groups, films, question-and-answer periods, group runs and training sessions, and special trips to some of the area's scenic spots, including Crystal Caves, an impressive walk-through water-carved limestone, and the General Sherman Tree, the world's largest living thing.

Who Can Attend? The Montecito-Sequoia program is designed to accommodate everyone from beginning jogger to prospective Olympian. Even non-runners are welcome (as long as they're not afraid to catch the running bug while they're at the camp). Since we'd like to see entire families attend, too, we're even setting up recreational (non-running) programs for young children.

Cost? The cost of attending the camp will be \$136-\$225 per week, depending on accommodation (all inclusive).

For a free brochure on the camp and a registration blank, fill out the section below and mail to:

Montecito-Sequoia Running Camp,
C/O Montecito-Sequoia,
1485 Redwood Drive,
Los Altos, Calif. 94022

Name _____ Address _____
City _____ State _____ Zip Code _____

PRICE WINS NORCAL 10-MILER...NO CONTEST (May 28, Redding): Jim Price of Redding and S.W.E.A.T. led the field of 72 runners from start to finish in establishing the course record for this first annual event in 55:32 (this race took the place of the Lake Redding Run (7.62 miles), which had been held for seven years previously). Temperatures were moderate (low 70's) for the area, much to the liking of the participants. Runnerup Mark Burch of Chico was a distant (59:19) second in the race. Bob Malain, just turned 50 this year, copped the masters overall title with 62:58 and eighth overall. Bill Flodberg, who came all the way from San Martin (near San Jose) to run, was next at 65:59. Merrill Cray of the Chico Running Club was the unopposed winner in the women's division, clocking a slowish 73:07, some four-and-a-half minutes ahead of Laurie Bagley of Redding. In a companion three-mile cross-country race, Lee Ferrero of Weed started slowly but then went by everyone to finish in 15:32 (top five in that race were: 2-Tom Hayes 16:19, 3-Wayne Moss 16:33, 4-Steve Daniels 16:35, 5-Britt Brewer 16:41). A good group of 44 completed the short circuit. /Len Edholm/ P.S. - Phil Harder was 2nd master!!

1-Jim Price/SWEAT	55:32	19-Giles Marion/Un	67:46
2-Mark Burch/CRC	59:19	20-Martin Cote/Ore	68:30
3-Rick Martinez/SWEAT	60:00	21-Dean Irvin/Ore	68:57
4-Greg Nelson/Un	60:21	22-Jerry Ardnt/SWEAT	69:05
5-Gary Alderman/PMK	61:57	23-Lynn Aase/SWEAT	69:12
6-Bob Felsch/Un	62:08	24-Gus Petras/SWEAT	69:12
7-Tom Olson/SWEAT	62:09	25-Milt Shultz/SWEAT	69:27*
8-Bob Malain/NCS	62:58*	26-Mark Stinson/Un	69:39
9-V.I. Wexner/SWEAT	64:22	27-Bob Milton/SWEAT	70:21*
10-Phil Harder/Ore	65:28*	28-Ken Stanley/Un	71:00
11-Glenn Reed/SWEAT	65:43	29-Lee Leonard/SWEAT	71:05*
12-Bill Flodberg/WVJS	65:59*	30-Don Snow/Ore	71:19*
13-Harry Daniel/SWEAT	66:13*	31-Glen Shook/Un	71:26
14-Rick Elefant/Un	66:18	***WOMEN***	
15-John Howard/Un	66:18	39-Merill Cray/CRC	73:07
16-Mike Andrews/CRC	66:39	51-Laurie Badley/Un	77:40
17-Jim Jackson/Ore	67:01	52-Jean Irvin/Ore	78:38*
18-Dave Cargill/Un	67:18	56-Christiane Jackson/OR79:57	

NUCCIO, GUTHRIE & GUMBS-LEYDIG OUTCLASS COMPETITION (May 29, San Jose): - The TRAC 10-Kilo proved to be an outstanding success with 360 finishers as this year's race was lengthened to the metric distance from the previous 6-miles. Thus, records were set in every class, and some classy ones were established throughout them. Jim Nuccio's 30:10 was unpressed, as Mike Chambliss of the Basin Blues (Southern Cal) came in a quarter-mile back. Likewise, Kent Guthrie's 32:52 was far ahead of runnerup Ben Sawyer's 35:27 in the masters category. Judy Gumbs-Leydig came within just a couple of seconds of her 10K PR by running a very quick 37:39, almost a full three minutes ahead of teammate Penny DeMoss, who was nursing a sore achilles tendon and decided to play it safe. Ruth Anderson's 42:09 was tops for women over forty. Another super performance came in the men's 35-39 division, where come-backing Tom Laris hit 31:44 for fourth overall. Despite fairly warm weather, overall times seemed to be quite fast. The LDR Scheduling Meeting took place following the race (Handbooks available for 50¢ from AAU Office...add 15¢ for postage), with many new races popping up, and many familiar ones failing to appear. /Ray Smith/

1-Jim Nuccio/WVTC	30:10	27-Tim Rostege/WVTC	34:25	53-Robert Bates/Un	35:56	79-Paul Armstrong/WVTC	37:17
2-Michael Chambliss/BB	31:23	28-Scott Ruffing/WVTC	34:29	54-Sonny Reynaga/WVTC	36:00	80-Cal Perry/JLHS	37:20
3-Mark Proteau/AGRC	31:28	29-Robert Wellck/MPAC	34:35	55-Paul Marquez/Un	36:13	81-Jim Scott/WVJS	37:22
4-Tom Laris/WVTC	31:44	30-Steven Specker/Un	34:36	56-Phil Sanfilippo/WVJS	36:14	82-Joe Mangan/WVTC	37:23
5-Gary Goettelmann/WVTC	32:00	31-Dete Kraus/WVJS	34:43	57-Jeff Farmer/Chabot	36:20	83-Gary Crangle/Un	37:25
6-Steve Palladino/CWTC	32:20	32-Chris Kadoch/JLHS	34:46	58-Tom Callander/Un	36:21	84-Nelson Nugent/Un	37:27
7-Henry Lawson/SDS	32:26	33-Jaime Altamirano/JLHS	34:50	59-Myron Nevraumont/Un	36:24*	85-Bill Catanese/DIRT	37:27
8-Homer Latimer/Un	32:37	34-Larry Washington/WVTC	34:53	60-George Gilbert/SJCC	36:24	86-Jim Doran/WVJS	37:30
9-Gonzalo Aguilar/WVJS	32:43	35-Lyle Freeman/Un	34:54	61-Bob Ernst/Un	36:24	87-Steve Simpson/WVTC	37:31
10-Mike Plummer/WVTC	32:47	36-Nicholas Winter/LVRC	34:59	62-Jim Wurm/DSE	36:24	88-Harold DeMoss/WVTC	37:33*
11-Kent Guthrie/WVJS	32:52*	37-Steven DeCarlo/PetHS	35:00	63-Malcolm Stewart/Un	36:28	89-Gough Reinhardt/LVRC	37:34*
12-Bill Meinhardt/WVJS	33:12	38-David Zumwalt/Un	35:02	64-Carl Martin/WVJS	36:29*	90-Larry Duke/Un	37:39
13-Claus Pedersen/RodAC	33:20	39-Gerald Slibsager/Un	35:06	65-Dick Croteau/WVJS	36:32	91-Judy Leydig/WVTC	37:39
14-Paul Swinney/Un	33:20	40-Gary Grellmann/Un	35:06	66-Allan Hulgán/PetHS	36:34	92-Jon Norr/PMK	37:44
15-Joe Salazar/SJCC	33:25	41-George Ridout/Un	35:08	67-Timothy Olson/Un	36:46	93-David Zermer/Un	37:46
16-Danny Grimes/MVHS	33:27	42-Bert Johnson/LVRC	35:10	68-Dave Unger/Un	36:52	***WOMEN***	
17-Ted Pawlak/Un	33:28	43-Glenn Pruitt/PMK	35:10	69-Manny Mahon/WVJS	36:53	91-Judy Leydig/WVTC	37:39
18-Javier Barragan/Un	33:36	44-Fred Acosta/Un	35:18	70-Rob Ripplinger/MVHS	36:54	150-Penny DeMoss/WVTC	40:34
19-Alan Honma/Un	33:40	45-Chris Cummings/Un	35:19	71-Maynard Orme/WVJS	36:56*	179-Nancy Alleman/Un	41:51
20-Pat Shaughnessy/WVTC	33:44	46-Mike Chastaine/WVTC	35:20	72-Alan Welch/LinHS	37:00	181-Karen Diekmeyer/SUND	41:58
21-Keith Kruse/Un	33:46	47-Ben Sawyer/SoqRC	35:27*	73-Paul Holmes/BC	37:00*	184-Ruth Anderson/NCS	42:09*
22-Jeff Nicklin/MVHS	33:51	48-Andrew Lewis/WVJS	35:28	74-Rudy Escobedo/Un	37:03	193-Lindy Hayes/SJC	42:40
23-James Howe/Un	33:56	49-Ken Napier/WVJS	35:33*	75-Richard Craig/MVS	37:07	227-Carroll O'Conner/NCS	44:38*
24-Jim Bailey/Un	33:59	50-Sheldon Larson/CWTC	35:37	76-Jesus A. Garza/Un	37:09	238-Myrrha Eberly/WVJS	45:00*
25-Gary Singer/Un	34:08	51-Phil Darnall/Un	35:43	77-John Hawkes/Un	37:14	247-Ellen Clark/WVTC	45:36
26-Ray Russell/Un	34:24	52-Michael Healy/DIRT	35:45*	78-Larry Guinec/AA	37:15	253-Karen Scannell/PMK	45:57

MORE LATE NEWS: - Kees Tuinzing will be showing the 1976 Olympic Trials Marathon film (from *Runner's World*) at Skyline College on July 26 at 7:30 pm in the auditorium; it will be shown again at the College of Marin on July 29th at Olney Hall, also 7:30 pm... only \$1.00 admission per person. It's a super film...certainly worth a buck. See 'This & That' for "Film Festival" information.

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BOYET AND REESE TAKE HONORS AT MT. MISERY 10-KILO (June 4, Placerville): - Paul Reese, a youthful 60, took advantage of a 15-minute handicap to grab handicap honors at this rugged cross-country run in the hills surrounding Placerville with an actual time of 43:07. Aggie RC's Dave Boyet was almost exactly nine minutes quicker (34:05) to grab fast-time honors, ahead of Carl Lagomarsino, who did 34:47. This year's turnout numbered over 100, making it probably the most successful race yet. Since the results were listed by handicap time within division, I didn't want to take the time to merge everything into actual finish positions, so below are listed the 'actual' running times of top finishers in each division...simply add the 'handicap time' (listed in column headings) to the actual time to get elapsed time from the gun, which was fired at 10 am. For example, the handicap (in minutes) for the 50-59 men's division was 5 minutes...the actual time of 40:29 for winner Bob Malain converts to a 45:29 handicap-placing time (add 5 minutes). Handicaps are actually the 'minutes after 10 am' that any particular group started running. Understand? All entry fees were turned over to the American Heart Association. /Ernie Marinoni/ (Note: Course records not known.)

*****OPEN*** (15 Min.)**

1-Dave Boyet/AGRC	34:05
2-Carl Lagomarsino	34:47
3-Jim Bowles/WVTC	34:56
4-Adam Ferreira	35:32
5-Dean Woods	36:11
6-Ross Rowley/SUND	36:40
7-Randy Hansen	37:03
8-Mike McCallain	37:04
9-Ed Nicholson	37:30
10-Robert Felsch	37:38
11-Thomas Lambie	37:45
12-Jim Holben/WVTC	37:58
13-John Betschart	38:00
14-Tim Hicks	38:05

15-Marv Hasler	38:06
16-Steve Fuller	38:08
17-Ed Jerome/TRAC	38:19
18-Robert Wharton	38:21
19-Tom Beck	38:54
20-Lyle Freeman	39:24
40-49 MEN (10 Min.)	
1-Bob Cox	41:27
2-Ben Smith	46:14
3-Ted Stinson	46:36
4-Berry Boyle	47:59
5-John Giniel	48:52
50-59 MEN (5 Min.)	
1-Bob Malain/NCS	40:29

2-Harrison Smith	46:31
60 & OVER MEN (0 Min.)	
1-Paul Reese/BC	43:07
OPEN WOMEN (10 Min.)	
1-Stephanie Atwood	53:56
2-Natalie Rocha	54:50
3-Candia Smith	64:07
40 & OVER WOMEN (5 Min.)	
1-Maryls Hayden	56:05
8TH GRADE BOYS (0 MIN.)	
1-Stan Hay	47:07
9TH/10TH GRADE BOYS (10)	
1-Van Hooser/10th	43:34
2-Greg Talboat/10th	44:52

11TH/12TH GR. BOYS (15)	
1-Bob Coulson/12th	36:07
2-Frank Turner/11th	36:53
3-Honner Pineiro/12th	40:20

NOTE: - Noticed in looking at the results that Steve Dean & Art Baudendistel, normally top runners, finished way back in the pack (49th & 50th) in very slow (for them) times. Anyone know if they got lost on the course? Or were they just working out?

SEAVER AND FLORES WIN STATUTO RUNS (June 5, San Francisco): - This race was again plagued by lack of course guides, and as a result, most everyone cut the course about 2 blocks short (30 seconds?). The motorcycle escort was not acting as a guide but only to serve notice of approaching runners at the many intersections which the race crossed. The second time around (for the ones that went 8.59 miles) the error was corrected. As a result, the fast times can't go down as 'course records'. Bill Seaver's 21:00 bested Pete Hamilton's 21:23 in the shorter race, while Pete Flores made short work of Steve Palladino and Jan Sershen on the two-loop course...seems that Flores' margin of victory wasn't nearly the 40 seconds listed, so perhaps the times were called out wrong? Anyone know? Undefeated Kent Guthrie chose the 4-miler, while rival Darryl Beardall ran his usual 8-miler, with both winning the over-40 divisions respectively: 22:34 and 47:05. Both would probably have set course standards for that division on the regular course. The women's competition was in the short race, as Terry Hagerty (25:34) and Judy Leydig (25:39) were far ahead of the other female entries. Peggy Lyman had the 8-miler to herself with a 57:46. NOTE: - The sponsors never bother to list first names and/or divisions on the results, so we can never tell for sure who the top masters and women were. Readers: please tell us your time (masters & women) if you placed in the top six & four, respectively, of either race, or if you know the top placers. We need this information to count the results for our LDR Point Totals. Most masters are not noted. /S.F.A.C./

1-Bill Seaver/WVTC	21:00
2-Pete Hamilton/ETC	21:23
3-Mike Niemiec/WVTC	21:38
4-S. Anderson/SCTC	22:11
5-Jim Tracy/ETC	22:12
6-Bob Darling/ETC	22:23
7-Kent Guthrie/WVJS	22:34*
8-R. Corona	22:56
9-Dan Anderson/WVTC	22:57
10-Dave Muela/ETC	22:58
11-Harry Cross/WVTC	23:01
12-T. Hughes/CS	23:02
13-R. Castro/WDS	23:03
14-Mike Conroy/ETC	23:06
15-G. McGreen/PMK	23:26

16-Terry Casey/ETC	23:45
17-M. Skiff/SCS	23:54
18-H. Bashiruddin/Un	24:03
19-D. Skoufas/SCS	24:04
20-B. Millar/MCHS	24:10
21-G. Scott/Un	24:16
22-D. Larson/Un	24:21
23-J. Smith/Un	24:23
24-George Gilbert/SJCC	24:25
25-Mike Gulli/AHS	24:45
26-R. Worthington/Un	24:46
27-J. Moore/ETC	24:59
28-L. Anderson/Un	25:19
29-Bill Catanese/DIRT	25:26*
30-M. Mraz/Un	25:27

31-T. Watkins/DSE	25:28
32-Jeff Houston/UC	25:29
33-C. Crangle/Un	25:33
34-Terry Hagerty/SUND	25:34
35-M. Kimberling/MVS	25:35
36-Judy Leydig/WVTC	25:39
37-M. McCleary/MVS	25:42
38-M. Murphy/ESC	25:43
39-M. Nastari/SFAC	25:44
40-G. Flynn/DSE	25:45
WOMEN	
34-Terry Hagerty/SUND	25:34
36-Judy Leydig/WVTC	25:39
63-Gail Campbell/WVJS	27:36
87-Pat Whittingslow/PMK	28:38

1-Pete Flores/AGRC	43:18
2-Steve Palladino/CWTC	43:58
3-Jan Sershen/ETC	44:31
4-Tom Laris/WVTC	45:23
5-Dennis Tracy/WVTC	45:33
6-Ken Scalmanini/PMK	45:40

7-Clark Rosen/PMK	46:11
8-Mike Duncan/WVTC	46:19
9-Mike Timmerman/Un	46:30
10-Darryl Beardall/MH	47:05*
11-Mike Spino/ESC	47:48
12-J. Farmer/Un	48:26

13-M. Fanelli/Un	49:35
14-Bill Sevald/Un	49:47
15-Ray Bonner/TSRC	50:13
16-Tim Rostege/WVTC	50:17
17-Mike Plummer/WVTC	50:18
...MORE ON NEXT PAGE...	



(Above) Start of Statuto Races. (Right) Pete Flores winning the 8-Mile Statuto Race in 43:18 (8.59 miles actually). /D. O'Rourke/

18-L. Sampson/Un	50:25	26-Orin Dahl/Un	52:07*	34-Keith Whittingslow/OC	53:19	42-B. Williams/UC	54:36
19-Ross Rowley/SUND	50:34	27-D. Moon/TSRC	52:23	35-D. Nelson/DSE	53:22	43-Evan McBride/BC	54:43
20-Ted Wilson/Un	50:58	28-Peter Wood/NCS	52:30*	36-Rick Lyman/Un	53:25	44-Ralph Gowen/WVTC	54:50
21-Dennis Kroll/Un	51:04	29-M. O'Connell/DSE	52:42	37-W. Hubert/Un	53:52	45-Dave McDonald/WVTC	54:58
22-Myron Nevraumont/Un	51:34*	30-Alan Stanbridge/PMK	52:52	38-Leo Ruiz/Un	53:56	46-William Helm/Un	55:02
23-A. Wong/DSE	51:42	31-R. Kell/Un	53:03	39-P. Orgeron/Un	53:58	47-Gary Chan/WVTC	55:07
24-J. Camisa/DSE	51:53	32-Jim Nicholson/Un	53:10*	40-A. Anderson/DSE	54:33	***WOMEN*** (results unknown)	
25-E. Peterson/Un	51:54	33-T. Bennett/PMK	53:12	41-Robert Gehl/DSE	54:35*	70-Peggy Lyman/WVTC	57:46



Homer Latimer winning Woodminster Handicap with the second fastest scratch time (48:48).
/Don Melandry Photo/

1-Homer Latimer(4)	48:48
2-Harry Cordellos(20)	65:02
3-Ulrich Kaempf/TRAC(8)	54:33*
4-Mike McManus(15)	61:40
5-Bob Stone(15)	61:43
6-Darryl Beardall/MH(4)	51:07*
7-Bob Gormley(4)	51:26
8-Bill Seaver/WVTC(0)	48:27
9-Richard Houston(12)	60:32*

LATIMER ROMPS TO WOODMINSTER VICTORY AS SEAVER & BEARDALL SET COURSE MARKS (June 12, Oakland): Using a 4-minute handicap to the best of its advantage, 38-year-old Homer Latimer hauled in Harry Cordellos in the final quarter-mile to capture the 12th annual running of the popular Woodminster Handicap (otherwise known as the masochist's delight) through the scenic but trying Oakland hills. His 48:48 was quick enough to take second in the 'fast time' standings, as Homer seems to excel in the roller-coaster runs (he's the only person to ever win both the Dipsea and Double Dipsea). Bill Seaver's 48:27 (no headstart) got him as far as eighth, and he chopped five seconds from Ted Quintana's 1975 mark in so doing. Darryl Beardall, running for the first time as a 'master' on this course, obliterated the late Jim Shettler's 1973 masters record of 54:56 with a superlative 51:07, good enough for the fourth fastest scratch time. Ulrich Kaempf (54:33) was also under the old mark. Ruth Anderson (47) shows that age is no obstacle as she came within less than a minute of Joan Ulyot's 1975 time (63:19), besting all other women in the process. Irene Rudolf (65:32) was a distant runnerup. Following are listed the top finishers by 'handicap' placing, although their 'actual' time is listed, along with the handicap, in minutes (in parentheses following the name/club). Subtract the handicap from the actual time (listed) to get the finish ('watch') time.../9.25 Miles; 389 finished/. /Chas. MacMahon/

10-Jim Chaney(15)	63:37	35-Mike Plummer/WV(0)	52:12	60-Kevin Coulter(0)	54:40
11-Jeff Mihm(15)	63:39	36-Scott Molina(0)	52:13	61-Terrance Noyes(0)	54:41
12-Rico Balatti(15)	63:48	37-Dan Anderson/WVTC(0)	52:27	62-Frank Evans(8)	62:46*
13-Jim Myers/PMK(15)	63:52	38-Robert Paredes(0)	52:31	63-Joe Maher/TAM(0)	54:52
14-Bob Malain/NCS(8)	56:59*	39-Keith Whittingslow(4)	56:38	64-J. McRae(8)	62:54*
15-Wes Hildreth(4)	53:27	40-James Jacobs(4)	56:53*	65-John McGreevy(0)	54:58
16-Don Chaffee/ETC(4)	53:35	41-Myron Nevraumont(4)	57:16*	66-Edward Lee(0)	54:59
17-Jim Nicholson/NCS(8)	57:47*	42-Mike Wheeler(0)	53:22	67-David Zumwalt(0)	55:06
18-Paul Burke/DLS(0)	49:52	43-Bill Flodberg/WVJS(4)	57:33*	68-Bert Johnson(0)	55:12
19-Don Pickett/TAM(8)	58:26*	44-Pete Hamilton/ETC	53:34	69-Emmet Keefe(4)	59:18
20-S. Karp(8)	58:43*	45-Kurt Vineyard(0)	53:40	70-Rick Carmona(0)	55:18
21-Tom O'Neil/BC(0)	51:13	46-D. Colter(0)	53:41	71-Bill Sevald(0)	55:18
22-R. Bawcom(8)	59:20*	47-Terry Hughes(0)	53:46	72-Mike Gulli(0)	55:20
23-Keith Kruse/Un(0)	51:22	48-Frank Lemus(0)	53:52	73-Jim Schneider(0)	55:31
24-Emmons(8)	59:32*	49-Conor O'Kelly(15)	68:54	***WOMEN***	
25-Michael Coke/GP(4)	55:42	50-John Notch(0)	53:58	32-Ruth Anderson/NCS(12)	63:56*
26-Glen Pruitt/PMK(4)	55:42	51-Ed Peterson(4)	57:59	98-Irene Rudolf/WVTC(8)	65:32
27-Greg Jewett/PMK(0)	51:45	52-Don Huff(8)	62:00*	139-Skip Swannack/WDS(8)	68:22
28-Ted Wilson/KJ(4)	55:47	53-Keene(4)	58:03	142-Pat Whittingslow(8)	68:29
29-Hans Roenau/TAM(8)	59:49*	54-Bryan Holmes/WVJS(4)	58:20*	143-Louise Burns/NCS(8)	68:40
30-Bob Myers/PMK(4)	55:50	55-Dave Nelson(0)	54:27	167-Barbara Carlson/NCS(4)	65:37*
31-F. Nagelschmidt(8)	59:53*	56-Bettencourt(0)	54:29	179-Kathy Way(4)	65:57
32-Ruth Anderson/NCS(12)	63:56*	57-Dennis Kroll(0)	54:34	181-Ann Richard(8)	70:02
33-Tom Mota(4)	55:57	58-Fregolia(4)	58:36	186-Marty Maricle/NCS(4)	66:31*
34-Orin Dahl(4)	56:07*	59-Lloyd Samson(0)	54:36	187-Gail Gustafson/Un(4)	66:33

SEAVER AND GUTHRIE SET RECORDS AT CHILDREN'S HOSPITAL CHARITY RUN (June 19, Castro Valley): - Bill Seaver and Kent Guthrie took 13 and 14 seconds respectively off the open and masters records at this second annual event that saw 226 finish. Bill's 37:39 broke his own mark, while Kent broke what was Jim Shettler's last race record before he died last year (we think). Cheri Williams, a top-ranked prep miler and two-miler (she went to the CIF State Meet this year), missed Sharon Furtado's course mark by only 18 seconds and looked easy doing it (see photo at right). DeLaSalle High School senior, Paul Burke, was runnerup to Seaver with a fine 37:54 (Paul is only 17). Anyone know if Lynne Bachand is a girl? We've listed her as third woman finisher, but women weren't indicated on the finish sheet, other than by name. /Dennis Tracy/

1-Bill Seaver/WVTC	37:39	23-Dennis Kroll	42:19	45-Keith Kruse/Un	45:23
2-Paul Burke/DLS	37:54	24-Leonard Sheehan	42:52	46-Jesus Garza	45:24
3-Steve Palladino/CWTC	37:55	25-Ted Wilson/KJ	42:57	47-Marvin Winer/WVTC	45:30
4-Tom O'Neil/BC-Jesuits	38:14	26-Lloyd Hampson	43:08	48-Russell Glough	45:41
5-Homer Latimer/Un	38:30	27-Thomas Beck	43:09	49-Wesley Hurlburt	45:49
6-Boyd Tarin/WVTC	39:11	28-Peter Jensen	43:15	50-Cheri Williams/SJC	45:58
7-Michael Duncan/WVTC	39:52	29-Jeff Smith	43:25	51-Pat Scannell	46:09
8-Kent Guthrie/WVJS	39:56*	30-Terrance Noyes	43:31	52-Lawrence Searcy	46:26
9-Jeff Cowling	40:10	31-Kurt Mayne	43:35	53-Steven Gray	46:35
10-Mike Plummer/WVTC	40:20	32-James Willis	43:39	54-Jack Vicory	46:45
11-E. Hurtado	40:26	33-Jeff Porto	43:56	55-Tom Dresser	46:49
12-Dan Anderson/WVTC	40:56	34-Richard Frandlin	43:58	56-Keith Whittingslow/OC	46:58
13-Ralph Bowles/WVJS	41:07*	35-Myron Nevraumont/Un	44:23*	57-Tom Nelson	47:01
14-Scott Molina	41:15	36-Bob Malain/NCS	44:38*	58-Jeff Houston/Cal	47:07
15-John Sheehan/WVTC	41:18	37-Bart Simmons	44:40	59-Gil Tarin/WVJS	47:10*
16-Richard Lenon	41:27	38-Graham Mc-Thomas	44:41	***WOMEN***	
17-Mark Molina	41:39	39-David Rodrigues	44:42	50-Cheri Williams/SJC	45:58
18-John Notch	41:50	40-Santos Reynaga/WVTC	44:49	106-Ruth Anderson/NCS	51:49*
19-Tim Rostege/WVTC	42:06	41-Louis Fields	45:02	107-Mary Gaffield	51:55
20-Jim O'Neil/SFOC	42:08*	42-Don Richey/ChicoRC	45:08	134-Lynne Bachand	53:58
21-Ross Rowley/SUND	42:09	43-Brian Williams	45:15	145-Pat Whittingslow/PMK	54:42
22-Roger Bryan/TRAC	42:10*	44-Mike Mraz	45:17	152-Sue Schneel	55:18



Cheri Williams of Livermore High School, top woman in the Hospital Charity Run. /Perry/

155-Sue Scarborough	55:50
160-Linda Dodds	56:19
161-Barbara Carlson/NCS	56:20*
163-Jane Fields	56:26

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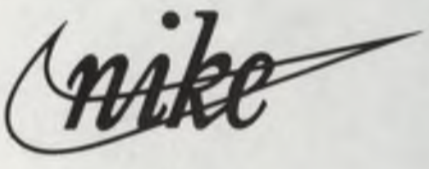
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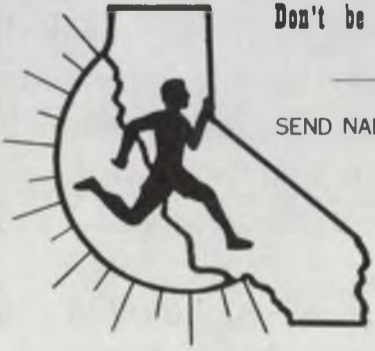
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