

# FORUM

### WORDS FOR THE WISE ....

In the Oct/Nov issue, we printed a letter by Mark Becker, coach of the Mound TC (Ohio), critical of AAU rules and restrictions. Our own editorial supported his point of view. On this page we present the response by two dedicated and influential individuals. Their message is important.

At the AAU convention which was held at Yellow Stone, Montana, I was elected Chairman for the National AAU Age Group Committee.

I would like at this time to respond to the Forum letter by Mark Becker, as well as your editorial of the Oct/Nov issue of this magazine.

I would like to advise all parties, that many changes have been made and more are in the coming. We have revised the national boys events and we have dropped all limitations. In other words, we are now leaving it up to the coaches and the meet directors to decide how many events an athlete may or may not run in his meet. As far as we are concerned, there are no longer any restriction as to the number of events, track or field.

In my meets, I allow all athletes, boys and girls, four events. At the next convention, in Washington, I will push for a change to four events. I feel if a girl 14-17 can run four events, why not a boy who certainly is not weaker than a girl.

In regard to specific questions in Mark's letter I would like to state: 9-unders can run the 880; there was a printing error in the AAU handbook and the 220 is a legal event in the 10-11 division; the mile has been added to the 10-11 group as well as various race walking events; in the 12-13 division, the mile is added and in regard to the 1320, this event went out with grandma's underwear. If a boy can go 3/4, he can go a quarter more; in the 14-15, we have the mile and the two mile, as well as the 330 Intermediate hurdles (36").

In regards to meets sanctioned by the AAU, if a meet director wishes to run some extra events, meaning some events or races not stated in the rules, he is free to do so. A majority of the events on the program must be those stated in the rules, so as to receive legal sanction. You may, however, add whatever event you see fit in order to give some flavor to your meet. We, of course, cannot accept records for those events not listed, but this is no reason not to run them, is it??

I agree with Mark's contention that the boys should take a clue from the girls. No reflection to hard working Joe Arrazola, our past chairman, but AAU meetings do get sidetracked occasionally. But let me assure everyone, that the meeting at Yellowstone did not get sidetracked. It was all business. We revised the age group events, dropped the restrictions and limitations, allowed once again tabulations for the 16-17 boys and added a compromise Senior level (16-19) which can be ran instead of the 16-17.

To Mr. Mark Becker and other coaches, I want to say this: If you coaches (and I am one too) would quit arguing among yourselves and forward your complaints and suggestions to those who have the power to try to make revisions in the program, we could have a boys age group program of the highest level. And so, with no remorse, I suggest to STARTING LINE and to all the coaches that in the next few months you evaluate your programs and send to me direct Certified Mail your suggestions and ideas, to up date the National age group program, and I assure you that at the next convention I will bring all these suggestions up and try to revise the program further. If we do not receive such information we cannot do much changing. In order to bring in new legislation, the vote of the committee must be 100% unanimous; and that's a problem. But if you men will state your cases, I will see to it that it gets on the floor of my committee.

I am for the youngster and for him only. I have been in AAU track for over 18 years and have put on more than 300 J.O. and age group meets in that time, and my objective has always been to make the kids happy, as I feel that's the name of the game (encouragement).

In conclusion, we are trying and we have made the steps forward during the week of Oct 6/13 at Montana. Now we must do more. So lets hear from you. I want to further the program, but I need more than my own ideas. I need other meet directors voicing their ideas, so that we may bring about the kind of progress that's good for the kids, the coaches and the boys age group program.

ROY J. SILVA Route 10, Box 330, Lenoir, North Carolina 28645 Chairman, National AAU Boys Track and Field Committee

Mark Becker's comments regarding AAU rule confusion are certainly well taken. A major problem with the AAU is that all major decisions and appointments are made at the National convention.

The average age group coach is unable to afford flying all over the country for conventions. Thus, although well meaning, most AAU officials are older individuals, financially comfortable, and often not intimately involved in present problems.

Major problems with the AAU boys distance running at present are: 1) no clearly defined distance guidelines, other than restrictions, 2) boys cannot race with girls, 3) no provisions regarding AAU cards for the financially disadvantaged, and 4) no committee comprised of people who are doing the work in age group distance running.

I will fill both the Road Runners Club and AAU age group (Distance Running) committees only with people who are coaching of putting on races for age group boys. There will be no exceptions.

I would encourage anyone active in age group distance running who would like to be on this committee to write to me requesting appointment. I would appreciate specific recommendations regarding rule changes to improve AG distance running.

Within a few months I will mail a complete constitution regarding Boys Age Group Distance Running to committee members for a vote and we will present the final draft to the AAU convention in Washington in 1974.

> GABE MIRKIN, M.D. 9900 Georgia Avenue, Silver Spring, Md 20902

Chairman, Boys Age Group Subcommittee Long Distance Running Committee, AAU CoChairman, Youth Development, RRCA

(MORE ON PAGE 4)

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## PHOTO CREDITS

- Photo of race at RRCA National by STEVE SUTTON
- Photo of race at AAU girls National by DOUG SCHWAB / S.L.

1) This Photo taken at the start of the 10-11 boys race at the RRCA National in New York's Van Cortland Park course is very indivative of the popularity of this annual event.

A total of 2587 runners (!) of all ages participated in what probably is the largest championship ever assembled in the United States. For all the details, turn to page 11 of this issue.

2) Another impressive start. That one was taken in New Mexico at the Girls National Cross Country Championships. The photo illustrates the 14-17 Girls division just taking off, with the outcome of the race still anyone's guess.

Not for long, however, as LYNN BJORKLUND of the Duke City Dashers of Albuquerque, took the lead after the first 880 and never looked back. Lynn is seen in the center of picture (959), moving up on the initial leaders, where we recognize the three VETTER sisters (131, 132 and 133) and MARY DECKER, the eventual runner-up. All about it on Pge 12.

THE EDITORS OF STARTING LINE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK OUR READERS FOR THEIR ENCOURAGEMENT AND SUPPORT. WE ALSO WANT TO WISH ALL OUR FRIENDS EVERYWHERE A HAPPY HOLLIDAY AND A VERY SUCCESSFUL YEAR.

# From the Editors

Now that the shortage of energy sources is finally forcing all of us to re-evaluate our wasteful modes of living, it may be the opportunity for those of us involved in junior track and field, to look for ways of getting more out of our local and regional programs.

One cannot help but notice that many of the meets that come under the heading of "national championships", are really only a little bit more than regional in scope, with a small out-ofthe-area representation. The recent cross country championships are typical examples of such a pattern. The RRCA meet, in New York, was primarily a gathering of athletes from the eastern states, and the Girls AAU, in New Mexico, was completely dominated by New Mexican and Californian clubs.

Especially for the younger age groups (e.g. under fourteen), the benefits of traveling 1000 to 3000 miles for competition are hardly worth the tremendous efforts expended in raising the funds for such trips, not to mention the toll taken on athletes and adults alike, in arranging for the logistics of the trip itself.

Although we believe that one of the more enjoyable aspect of track and field is taking trips to see new places and meet new people, there is, however, a need for moderation.

Most of the efforts mentioned above could be better served, we believe, in developing more extensive and better organized competition in your own community, county or state. For those who say you can't get adequate competition for the better athletes on the local level, we say that there are potential Wil-ma Rudolph's or Steve Prefontaine's in nearly every town or neighborhood or school in the country.

Turn the energy crisis to your advantage. Look inward. Develop your local and regional programs. National champions, not to mention a mentally and physically healthy youth, will spring forth from this effort.

# (CONTINUED FROM PAGE 2)

AAU rules are confusing to those who never read the Track & Field Rule Book, or do not wish to follow regulations that have been in practice for some time. It is true that these rules are adopted at National Conventions, but it is not true that they are iether presented or adopted by people unfamiliar with current problems.

It is my hope that Dr. Gabe Mirkin, whom I appointed to the age group Long Distance Chairmanship and those in the age group development will understand that age group swimming is what it is, because many people worked together to make a large program bigger.

Rules help make the game easier for all of us. When we all pull in the same direction, our own interests will be better served.

ROBERT De CELLE Chairman, L.D.Committee, AAU Alameda, California

## THANKS FOR TRYING DR. BROWN ...

In the years I served as AAU Girls Age Group Chairman (1967-73), we have tried to keep in touch with the publication of occasional newsletters and have printed a yearly tabulation of national rankings. Dr. Glenn Shaw volunteered his services as statistician from 1967 to 1972 and did an excellent job. Since then Mr. George Larrier has stepped in and continued this tradition of excellence. Until this year all expenses for printing and postage were borne out-of-pocket by the statistician and myself.

Our output must be considered good, considering the amount of input we receive (or don't receive). In 1966, twenty-one AAU associations reported their best girls age group performances to the Chairman. Despite repeated pleas, threats, phone calls and personal contact we have never received information from more than 20 associations, even though the program has grown enormously. This year we have heard from 17 associations. I wish my successor better luck!

> Harmon Brown, M.D. Outgoing Chairman AAU Girls Age Group Track

### EYE WITNESS REPORT...

Read your article on the boys nationals in Colorado and thought I would drop a few comments on what was possibly the worst national meet ever held. Below are some of the things I witnessed at the meet:

1. No curve or lane judges on the first day and only two the second day. Several runners in the 220 were bumped out of their lanes and several runners in the 440 ran one lane too wide around the curves (lane one was left open at the end of the race).

2. Timers had to pick places also (only one timer for each place) and some of the timers were cheering on the runners they knew first and timing second (two of the timers were girl runner with no experience timing).

3. Many runners were unable to finish their events as onlookers were permitted to congratulate winners.

4. The high jump bar looked to be several years old and the jumpers had to clear as much as two inches higher than the lowest point of the bar in order to clear the height.

I now know why boys age group track is so far behind girls age group track. John Greene **4** Thornton, Colorado

### INITIAL PREVIEW OF 1974

\*\*\* Junior athletes from the Soviet Union will be visiting the U.S. this summer for the third annual Junior Dual Meet between the two countries. The meet is to be held in Austin, Texas on July 5-6. Both Junior Men (born in 1955 or later) and Junior Women (born in 1956 or later) will be competing.

\*\*\* Qualifying for the junior men will take place in the National AAU Junior Championships, to be held once again in Gainesville, Florida on June 22 & 23.

\*\*\* Girls (14-17) National AAU Championships has been tentatively set for Bakersfield, California on either June 18-19 or June 25-26. Presumably, this will be one of the qualifying meets for the USSR-USA Dual. In typically confused fashion, however, there is a movement afoot at the National AAU Office to change the site (to Fort Lauderdale, Florida?) and date (to ??) and even the age limits (to 14-18?).

\*\*\* The third annual Boys National AAU Age Group Championships (14-15 division and below) has been awarded to Lenoir, North Carolina and will be run at Jeff Storie Memorial Stadium there. For information, contact Roy J. Silva, Route 10, Box 330, Lenoir, North Carolina 28645.



# TIME & SPAC

# STATISTICAL EDITOR - Bill Peck

DC

SCal

SCal

3) SCal

6/ 2

6/16

6/16

2/25 2/25

7/22 (63)Pa 6/ 2 6/ 2

The 1973 Best Performers Lists appearing on these pages show the best outdoor marks reported to the compilers. Marks reported in frag-mentary form are shown with the "questionable" or invalid marks at the end of the tabulated list of valid marks.

Only marks taken from detailed reports of complete meets are considered for the regular list, though additional information on "guestionable" marks would be greatly appreciated. Please submit additional results and/or corrections to the compilers in care of STARTING LINE, P.O. Box 878, Reseda, California 91335. Marks to be included in STARTING LINE's Outdoor Rankings must meet the following requirments:

1500 meter/One mile Run (m = 1500m)

- 1. Marks must be made on standard outdoor facilities (surveyed track, reasonably legal jumping pits, throwing rings, toe boards, etc...).
- 2. There must be at least three timed or measured competitors in the event, which is part of a regularly scheduled meet (hastily improvised record attempts are not acceptable).
- 3. In the sprints, hurdles, long jump and triple jump, the wind assistance should be reported (wind guage readings remove all doubts; wind <u>estimate</u> helps determine validity of mark).

- 4. The weight of the shot, discus, hammer and javelin must be reported (some indication that implements have been properly checked for weight and dimensions will help determine validity of mark).
- In hurdle races, note height and number of hurdles (if there might be a doubt) as well as the distance of the race.
- \* \* \* \* \* \* \* \* Data in the lists include (left to right): Time or distance, (2) Name of athlete,
   Birth year, if known, (4) Home state, (5) Date of best performance for the year.

# 73 Girls Best Performers List

## Compiled by Bill Peck

This is the final 9-under and 10-11 lists for the year. Additional 8 and 10 year-olds are added <u>below the dotted lines</u> at the end of each event. We still need birthdates for the purpose of compiling the most complete <u>Age List</u> in the up-coming 1974 STARTING LINE HANDBOOK.

## Girls 9-Under Division BORN IN 1963 OR LATER

100 vard Dash

Athletes marked with an asterisk (\*) are known to be 8 years-old on date of best performance. Those marked (\*\*) were seven.

12.5	Haves, Kans	6/23	13.1	Williams, NCal	5/27	
12.6	*LaTanya Dawkins (64)SCal	6/2	13.1	Evelyn Murray (63) Miss	6/30	
12.7	Lisa Nesbitt (63) SCal	6/2	13.1	Robin Wormsley, Pa	6/30	
12.8	Jiwa Lea (63) DC	5/26	13.2	Linda Ricardo, SCal	1/6	
13.0	Tina Scott, SCal	3/25	13.2	Michelle Smartt (63) Mch	5/19	
13.0	Vanessa Patrick, NCal	4/29	13.2	Charlene Massena, Pa	5/26	
13.0	Lisa Filkowski, NCal	5/27	13.2	Shantel Magsalay, NCal	5/27	
13.0	Rita Hairston (63) SCal	5/27	13.2	Deborah Smith, Fla	6/16	
13.0	Kim Mickens, Fla	6/16	13.2	Katherine Wallace, Fla	6/16	
13.1	Anna Harvey, CenCal	5/	13.2	Tracy Browning, Ohio	6/30	
13.1	Lolita Greene, Pa	5/26	13.4	*Michelle Doolittle (64)Ca	a 5/27	
			13.4	**Stacey Granger (65) SCal	6/2	

Wind-aided: 12.3-Jiwa Lea on 6/24; 13.1-Michelle Smartt on 5/5; 13.2-Kathy Robrs, Ohio on 4/29 & Tracee Hackett, Pa on 6/24; 13.3-\*Michelle Doolittle on 6/2 & \*\*Stacey Granger on 6/24; 13.4-\*Brenae Burton, Mich on 5/5; <u>More</u> <u>info needed</u> (incomplete results): 12.7-Vanessa Patrick, NCal on 7/7; 13.1-Diane Schneider, Ill on ?/?

220 y	ard Dash		30.6	Alana Capozzi, SCal	3/24
28.5	Hayes, Kans	6/23	30.6	Katherine Wallace, Fla	6/16
28.8	*LaTanya Dawkins (64)SCal	6/2	30.6	Deborah Smith, Fla	6/30
29.1	Monica Bodnar, SCal	6/30	30.8	Lana Norris, SCal	5/27
29.4	Kim Mickens, Fla	3/3	30.8	Rita Hairston, SCal	5/27
29.5	Tina Scott, SCal	3/25	30.8	Lynch, NCal	5/27
30.3	Jiwa Lea (63) DC	5/13	30.9	Tracee Hackett (63) Pa	4/1
30.3	Milledge, Kans	6/23	30.9	Paulette Hansell, La	6/16
30.3	*Frankie Baker (64) Miss	6/30	30.9	Sheila Scott, Fla	6/30
30.4	Lolita Greene, Pa	5/13	31.0	Stefani Farley (63) SCal	3/24
30.5	Chevelle Hartridge, NY	6/10	31.0	Ella Cloudin, La	6/30

Wind-aided: 29.2-Jiwa Lea on 6/24; 29.5-\*Brenae Burton, Mich on 7/7; 30.4-Latrice Hunter, Colo on 6/24; 30.5-Tracee Hackett on 6/24 & Michelle Smartt, Mich on 5/5; <u>More info needed</u> (wind, facilities): 29.5-Tracy Browning, Ohio on 6/2; 30.4-Lisa Filkowski, NCal on 7/8; 31.0-Robin Wormsley, Pa on 6/2 & Carol Bundy, Wash on 6/2

66.7         Veronica Gallashaw (63)Pa 8/4         71.3         Lana           69.1         Michelle Smartt (63) Mich 7/7         71.3         Trac           69.6         Jane Morgan (63) Ariz         6/3         71.4         Trac           69.6         Brenae Burton, Mich         7/7         71.5         Kim           69.8         Denise Sandoval, NCal         5/27         71.6         Tiff	Norris, SCal ee Hackett (63) Pa y Grant (63) DC	6/24
69.1         Michelle Smartt (63) Mich 7/7         71.3         Trac           69.6         Jane Morgan (63) Ariz         6/3         71.4         Trac           69.6         #Brenae Burton, Mich         7/7         71.5         Kim           69.8         Denise Sandoval, NCal         5/27         71.6         Tiff	ee Hackett (63) Pa y Grant (63) DC	6/.3 6/24 6/23
69.6         Jane Morgan (63) Ariz         6/3         71.4         Trac           69.6         *Brenae Burton, Mich         7/7         71.5         Kim           69.8         Denise Sandoval, NCal         5/27         71.6         Tiff	y Grant (63) DC	
69.6         *Brenae Burton, Mich         7/7         71.5         Kim           69.8         Denise Sandoval, NCal         5/27         71.6         Tiff		6/23
69.8 Denise Sandoval, NCal 5/27 71.6 Tiff	and the state of t	
	Shaffer (63) Ariz	5/19
70.0 LaDonna Omoni (63) NMy 3/25 71.6 Ange	any Choy, NCal	4/29
	la Johnson, SCal	6/24
70.1 Val Fisher, Pa 8/4 71.8 Patr	icia Collins, NMx	3/11
70.4 Dawnella Jones (63) Colo 6/24 72.0 Susa	n Cotner, Ohio	6/2
70.6 Cimi Ruderman (64) SCal 3/25 72.0 Trac	y Browning, Ohio	6/16

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2:30.7 Carol Lantry (63) SCal 6/24	2:42.0 Victoria Cook (64)SCal 6/24	
2:32.2 Kristina Wilson (63)SCal 6/30	2:42.0 Kelly Cerda (63) SCal 6/30	ŝ
2:33.2 Kim Gallagher (64) Pa 6/24	2:41.2 Veronica Gallashaw (63) Ra 8/4	
2:34.0 Andrea Kirkorn (64)SCal 6/ 2	2:42.2 Anne Vargo (63) Ohio 5/19	
2:37.2 Cimi Ruderman (64) SCal 6/ 2	2:42.4 Diana Hafen (64) SCal 6/24	
2:37.2 *Laura Craven (64) Ohio 6/9	2:42.9 Cindy Nunez (64) SCal 5/27	
2:37.4 Danielle Mojica (63)SCal 4/29	2:43.2 Sherry Grijalva, NCal 5/27	
2:40.5 Patricia Collins, NMx 3/25	2:43.5 Anne Berry (63) Mich 6/16	
2:40.7 Kelly McElroy (63) SCal 3/25	2:43.7 Kayla Skelly (63) Mich 7/7	
2:40.7 Lenell Waskow (63) SCal 4/28	2:52.0 *Debbie Graim (65) NY 7/7	
2:41.9 Michelle Smartt (63)Mch 5/19	2:53.8 *Frankie Waters, SCal 3/16	ł

71.3	Tracee Hackett (63) Pa	6/24	
71.4	Tracy Grant (63) DC	6/23	
71.5	Kim Shaffer (63) Ariz	5/19	
71.6	Tiffany Choy, NCal	4/29	
71.6	Angela Johnson, SCal	6/24	
71.8	Patricia Collins, NMx	3/11	
72.0	Susan Cotner, Ohio	6/2	
72.0	Tracy Browning, Ohio	6/16	
2:42.0	Victoria Cook (64)SCal	6/24	
2:42.0	Kelly Cerda (63) SCal	6/30	
2:41.2	Veronica Gallashaw (63)	Pa 8/4	
2:42.2	Anne Vargo (63) Ohio	5/19	
2:42.4	Diana Hafen (64) SCal	6/24	

5:33.2	Carol Lantry (63) SCal	6/16	6:03.9	Tracy Grant (63) I
5:43.1	Danielle Mojica (63)SCal	1. 2/25	6:03.9	Angela Johnson, SC
5:46.1	Cimi Ruderman (64) SCal	6/16	6:03.9	Tammy Frye, NCal
5:46.7	Maggie Stein, NCal	6/16	6:05.2	Kelly McElroy (63)
5:47.5	Anne Berry (63) Mich	6/2	6:06.3	*Frankie Waters, SC
5:52.4	Cindy Nunez (64) SCal	6/16	6:07.5	Donna Gray, Mich
5:54.1	Michelle Smartt (63)Mch	7/22	6:10.5	Tanya Richardson (
5:55.9	Victoria Cook (64) SCal	6/16	6:10.8	Nadine Dahm, Ohio

6:10.9 Karen Gamel, Ga 6/2 5:56.9 Lenell Waskow (63) SCal 6/16 5:43.4m Rachel Danduran, Ohio 6/30 6:02.9 Julianne Duran, NCal 6/16 More info needed (short distance): 5:37.1-\*Kim Gallagher (64) Pa on 5/20; (time, facilities): 5:14.?m-\*Laura Craven (64) Ohio on 6/30

Tump	1			
Jane Morgan (63) Ariz	6/7	3-10	Havens (63) DC	5/29
Ladonna Omori (63) NMx	6/9	3-10	Tracey Brewer, NMx	6/2
Cezanne Fritz, NMx	6/24	3-10	Tina Brown (63) SCal	6/24
Rena Wright, SCal	3/3	3-10	Arlene McLain, Ill	7/8
Debra Gerard, NCal	3/31	3- 91	Susie Dillion, NCal	5/13
Jill Gillingham (63)SCal	6/24	3- 91	Rayna Lackman, Ariz	6/7
Cheryl Siefert, Ohio	6/16	3- 91	Elena Smith, Ariz	6/7
Barbara Dale, Ariz	5/19	3-9	Nadine Dahm, Ohio	6/9
Sheryl Shook, NCal	3/17	3-9	Kayla Skelly (63) Mich	6/16
Glenda Padilla, NMx	4/14	3-9	Dawn Hess, Ill	7/8
Tricia Hill, Colo	5/27	3-8	*Rhonda Weddle, Ariz	6/7
Crystal Reese (63) SCal	5/27	3-6	*Lisa Braman (65) Mich	6/16
	Ladonna Omori (63) NMx Cezanne Fritz, NMx Rena Wright, SCal Debra Gerard, NCal Jill Gillingham (63)SCal Cheryl Siefert, Ohio Barbara Dale, Ariz Sheryl Shook, NCal Glenda Padilla, NMx Tricia Hill, Colo	Jane Morgan (63) Ariz 6/7 Ladonna Omori (63) NNx 6/9 Cezanne Fritz, NMx 6/24 Rena Wright, SCal 3/3 Debra Gerard, NCal 3/31 Jill Gillingham (63)SCal 6/24 Cheryl Siefert, Ohio 6/16 Barbara Dale, Ariz 5/19 Sheryl Shook, NCal 3/17 Glenda Padilla, NMx 4/14 Tricia Hill, Colo 5/27	Jane Morgan (63) Ariz         6/7         3-10           Ladonna Omori (63) NMx         6/9         3-10           Cezanne Fritz, NMx         6/24         3-10           Rena Wright, SCal         3/31         3-10           Jebera Gerard, NCal         3/31         3-91           Jill Gillingham (63)SCal         6/24         3-91           Cheryl Siefert, Ohio         6/16         3-91           Barbara Dale, Ariz         5/19         3-9           Glenda Fadilla, NMx         4/14         3-92           Tricia Hill, Colo         5/27         3-8	Jane Morgan (63) Ariz $6/7$ $3-10$ Havens (63) DCLadonna Omori (63) NMx $6/9$ $3-10$ Tracey Brewer, NMxCezanne Fritz, NMx $6/24$ $3-10$ Tina Brown (63) SCalRena Wright, SCal $3/3$ $3-10$ Arlene McLain, IllDebra Gerard, NCal $3/31$ $3-9\frac{1}{2}$ Rayna Lackman, ArizJill Gillingham (63)SCal $6/24$ $3-9\frac{1}{2}$ Rayna Lackman, ArizGcheryl Siefert, Ohio $6/16$ $3-9\frac{1}{2}$ Elena Smith, ArizBarbara Dale, Ariz $5/19$ $3-9$ Nadine Dahm, OhioSheryl Shock, NCal $3/17$ $3-9$ Kayla Skelly (63) MichGlenda Padilla, NMx $4/14$ $3-9$ Dawn Hess, 111Tricia Hill, Colo $5/27$ $3-8$ *Rhonda Weddle, Ariz

Long J	ump				
14-01	Lisa Nesbitt (63) SCal	6/24	12-47	Romine, Mo	6/23
13-44	Signe Thompson, Ariz	5/19	12-24	Tina Brown (63) SCal	5/13
$12 - 9\frac{1}{2}$	Brenda Wagner (64) NCal	5/27	12-2	Sally Meyers, Colo	5/13
12-63	Laura Nida (63) Ariz	4/21	12-13	Chevelle Hartridge, NY	7/22
$12-6\frac{1}{2}$	Jeannine Marks, NMx	3/11	12-11	Sheila Scott, Fla	6/30
$12 - 6\frac{1}{2}$	Shantel Magsalay, NCal	5/27	12-14	Monica Zepeda, Ariz	5/13
12-6	Jiwa Lea (63) DC	6/24	12-1	Kelly Cerda (63) SCal	6/24
12-51	Jody Marks, NCal	5/27	$12 - 0\frac{1}{2}$	Tiffany Choy, NCal	4/29

Wind-aided: 12'71/2-Laura Nida on 6/3; 12'42/2-Janice Bowie, SCal on 6/2; 12'1 <u>Wind-aided</u>: 12'12'-Laura Nida on 6/3; 12'42-Janice Bowie, SCal on 6/2; 12'1 -Karen Crookston, Ariz on 6/3; <u>More info needed</u> (wind, questionable measure-ment): 14'5-Jiwa Lea on 5/26; 13'6-Kathy Rackard, Fla on 6/16; 12'6-Sheila Scott on 6/16; (wind, questionable facilities): 12'104-Laurie Call, Mich on 7/7; 12'10-Kelly Cerda on 6/30; 12'72-Myra Henderson, Ohio on 6/9; 12'62-Cheryl Geier, Ill on 5/13; 12'34-Sandy Geier, Ill on 5/13; 12'34-Monica Bodnar, SCal on 6/30; 12'24-Kim Bacon, Ill on 7/8; (wind, questionable fa-cilities & measurement): 12'6-Carol Lewis (63) Pa? on 8/4; <u>Illegal facili</u>-tiert, 13'64 Neary Lence ties: 12'61-Nancy Jones, Pa on 7/14

Baseball	Throw				
148- 3	Rayna Lackman, Ariz	6/7	132-0	Tami Frazer, NCal	5/27
1.43- 4	Lisa Filkowski, NCal	5/13	131-9	Jody Marks, NCal	5/27
136-4	Sheri Ball, SCal	5/13	126-9	Rena Wright, SCal	3/3
135-9	Robbie Tedder, Ariz	3/16	126-3	Laurie Bangert, NCal	3/31
135-7	Denise Sandoval, NCal	5/27	124-5	Cheryl Seifert, Ohio	6/16
134-11	Monica Johnson, Ariz	4/21	124-0	Armstrong, Mo	6/23
133- 5	Lori Daigle, La?	6/30	123-6	Renee Brown, Mo	6/9

#### BEST MARKS IN OTHER EVENTS

50 yard D	ash		Triathlon /100
7.6 *Kat 7.6 *Fra	a <u>Harvey, CenCal</u> hy Aria, SCal nkie Waters, SCal nkie Baker (64) Miss	$-\frac{5}{2/25}$ 2/25 2/25 6/30	848 Rayna La (17.1,
50 yard H	urdles (30 inch) Arildsen, Md	5/26	More info need ing): 894-Jod 839-Renee Brow
10.1	Splendove, Pa Griffin, Md	5/26	

Om, High Jump, 6# Shot/ ackman, Ariz  $3-9\frac{1}{2}$ , 148-3) Weddle, Ariz 6/ 7 6/7 3-8, 101-3) ded (questionable scor-

dy Marks, NCal on 5/5; wn, Mo on 5/10

## **GRLS 10-11** Division BORN IN 1961 OR LATER

(\*) are known to be 10 years-old on the date of best performance.

Athletes marked with an asterisk

100 ya	ard Dash				
11.4	Gorham, Mo	6/23	12.0	Kimberly White (61) NCal	
11.5	Nedra Simpson (62) Tex	3/17	12.0	Bentley, Kans	6/23
11.6	Donna Corley (61) NMx	5/13	12.0	Cora Sherman, Miss	6/30
11.8	Stephens, Kans	6/23	12.1	Felicia Dupuch, Colo	3/25
11.8	Karen Young (61) NJ	8/4	12.1	Karen Williams (61) SCal	5/27
11.9	Vickie Gunn (61) Ohio	5/13	12.1	Tanya Willis (62) SCal	6/2
11.9	Angela Williams, Md	5/26	12.1	Gwen Brown, Ill	6/9
11.9	Cheryl Wallace, Fla	6/16	12.1	Lana Zimmerman, La	6/30
11.9	Debra Wilson (61) SCal	6/2	12.2	*Joyce Bowie (62) SCal	6/2
12.0	Marquita Belk, NCal	3/31	12.4	*Tanya Willis (62) SCal	1/6
12.0	Leticia Morales, CenCal	5/	12.4	*Cynthia Rhodes (62) Ariz	3/25
1	Levicia infacto, sensur	-1	12.4	*Pat McFall (62) SCal	4/8

Wind-aided: 11.7-Debra Wilson on 6/2, Vickie Gunn on 6/24; 11.9-Joyce Bowie on 6/24; 12.0-Denise Morrow, Mich on 5/5; 12.3-\*Jiwa Lea (63) DC on 6/24

220 ya	rd Dash		27.6	Ann Regan (61) NCal	5/27
26.1	Nedra Simpson (62) Tex	6/2	27.6	Farah Brown, Fla	6/16
26.3	Gorham, Mo	6/23	27.6	Jones, Kans	6/23
26.5	Bentley, Kans	6/23	27.7	Debbie Kainz (61) SCal	5/27
26.6	Lisa Sherrill (61) NY	5/13	27.7	Teresa Barr, Fla	6/16
26.7	Vickie Gunn (61) Ohio	6/24	27.7	Tanya Willis (62) SCal	6/30
26.9	Donna Corley (61) NMx	3/25	27.8	Joanne Erb, SCal	1/6
27.0	Karen Williams (61) SCal	5/27	27.8	Kathy Weiss (61) Colo	3/25
27.2	Debra Wilson (61) SCal	6/2	27.8	Janet Ballard (62) SCal	5/13
27.4	Crickett Cupid, Pa	5/13	28.6	*Corinne Numez (62) SCal	3/24
27.4	Cheryl Wallace, Fla	6/16	28.6	*Susan Ray (62) SCal	5/27
27.5	Denise Gowdy (61) Ariz	3/25	28.7	*Cynthia Rhodes (62) Ariz	5/19

Wind-aided: 27.7-Stephanie Clemons, Mich on 7/7; 27.8-Erin Pike (61) SCal Simpson on 5/12; 26.4-Karen Young, NJ on 8/4; 27.4-Marquita Belk, Ca on 7/8

400 m	eter/440 yd Dash (m = 400m	time)			
59.2	Lisa Sherrill (61) NY	6/24	63.5 G	ardenhire, Kans	6/23
61.0	Pan Dutton (61) Pa	8/4	63.5 Kathy W	eiss (61) Colo	3/25
61,2	Ann Regan (61) NCal	6/24	63.6 Krista	Roberts, NCal	5/13
61.3	Gorham, Mo	6/23	63.8 Elnora	Dixon, Ind	5/19
61.5	Marquita Belk, NCal	5/13	64.1 Penny B	ridges (61) SCal	5/5
61.8	Joanne Erb, SCal	6/2	64.0m Laura S	calzo, Wash	6/24
62.0	Nedra Simpson (62) Tex	6/2	64.4 Annette	Secchiari (61)Ar	z 1/6
63.0	Farah Brown, Fla	6/30	64.4 Lisa Er	ickson, SCal	5/27
63.1	Debbie Kainz (61) SCal	6/24	64.9 *Lisa Pe	ters (62) SCal	6/24
63.2	Josephine Riley (61)SCal	6/24	65.1 *Corinne	Nunez (62) SCal	4/29
63.3	Donna Campbell (61) DC	5/13	65.9 *Susan R	ay (62) SCal	5/27
63.4	Bonnie Hughes, NJ	5/13	66.6 *Cynthia	Rhodes (62) Ariz	2/17
More :	info needed (questionable	time):	61.?-Marquita Be	lk on 3/31; 63.?	_

Nanette Rianda, NCal on 4/29

880 yard Run

2:21.2 Paula Rose (61) SCal	6/10	2:27.5	Ruth Anderson (61) NMx	6/24	
2:22.9 Penny Bridges (61) SCal	5/27	2:27.9	Nanette Rianda, NCal	5/13	
2:23.2 Chris Stoiloff (61)SCal	3/25	2:28.3	Pam Dutton (61) Pa	5/13	
2:23.6 Kristine Taylor (61)NCal		2:30.9	Katie Ross, SCal	5/13	
2:23.9 *Corinne Nunez (62) SCal	3/25	2:30.9	*Tracey Hughes (62) SCal	6/2	
	6/24	2:31.1	Joanne Erb, SCal	3/3	
2:26.0 Leslie Rose (61) Mich	7/7	2:31.6	Donna Sanchez (62) SCal	3/16	
2:26.0 Laura Katzer (61) SCal	6/10	2:31.8	*Sandra Beach (62) NMx	6/2	
2:26.8 Bernice Moore (61) Ariz	3/25	2:32.2	Josephine Riley (61)SCa	14/28	
2:27.0 Sherri Duden, SCal	6/2		*Terri Clark (62) SCal	3/3	
2:27.4 Patricia Lujan (61) NMx	6/24	2:35.9	*Dawn Freeman (62) Ariz	6/24	
0 13 P					
One mile Run	1.100	5:23.9	Deanna Coleman (61)Wash	6/24	
5:13.1 Chris Stoiloff (61)SCal					
5:13.7 Lisa Gilliland (61) NMx		5:25.0	Monica Sherwin, DC	6/ 2	
5:14.1 Eryn Forbes (61) Ore	6/9	5:25.5	Susan Sanchez (61) SCal	6/2	
5:14.7 *Sandra Beach (62) NMx	3/25	5:26.3	*Lisa Matthews (62) NMx	3/25	
5:15.3 Cathy Gill (61) NMx	6/24	5:26.5	Kim MacMillan (61) SCal	4/29	
5:18.8 Michelle Waters (61)SCal		5:26.9	Marian Franklin, NCal	5/13	
5:19.5 *Mari Gibbs (62) SCal	4/29	5:27.0	Patricia Paul, Ariz	5/13	
5:20 7 *Corinne Nunez (62) SCal	5/27	5:28.0	Katie Ross, SCal	6/2	

## 5:20.8 Donna Sanchez (62) SCal 4/29 5:21.2 Penny Bridges (61) SCal 6/16 5:22.9 Karen Bain (61) SCal 6/24 5:29.0 Laurie Johnson, SCal 5:29.5 \*Terri Clark (62) SCal 5:37.7 \*Dawn Freeman (62) Ariz 4/21 More info needed (questionable time): 5:15.0-\*Corinne Nunez on 5/5; 5:19.1-Kim MacMillan on 6/2

50 y	ard Hurdles (30 inch)		
7.7	Erin Pike (61) SCal	5/13	8.4 Susan Phillips, NCal 4/29
7.9	Lori Anderson (61) Ariz	5/13	8.5 *Cynthia Rhodes (62) Ariz 4/21
7.9	Kathy Bower, SCal	6/2	8.5 Lisa Oliveri, NCal 5/13
8.0	Tawny Singleton, CenCal	3/3	8.5 Katherine Conrad, La 6/30
8.0	Barbara Davis (62) Md	5/26	8.6 Terri Smithey (61) SCal 6/24
8.1	Laurie Carroll (62) SCal	6/24	8.6 Deb Yohn (61) Wyo 6/24
8.2	Kelly Gentry, Colo	5/27	8.7 *Tracy Hanlon (62) SCal 4/29
8.3	*Wanda Sapp (62) SCal	4/14	8.8 *Roslyn Clapp (62) Ariz 5/19

Wind-aided: 8.6-#Tracy Hanlon on 6/2

High Jump 4-11 Cindy Cooper, SCal 4-11 Mary Sedall (61) NMx 1.6 Linda Janicki, Ohio 6/9 6/30 8/3 5/ Gwen Nielson, Ohio N. Palakiko, Haw 6/9 4-6 4/14 Lori Anderson (61) Ariz 4-6 4-10 4- 8 Rose Sweeney (61) SCal 5/12 4-5 Kathy Ashford, CenCal Terri Smithey (61) SCal 6/24 Pam Passerello (61) SCal 6/24 4-5 Ranette Freeman, Colo Leslie Rose (61) Mich 5/13 1-8 4-5 5/19 6/ 9 4- 8 4- 74 \*Dawn Freeman (62) Ariz 5/19 4-5 Sally Slocum, Ohio 4-43 Sandra Tatum (62) NMx 4-4 \*Sue McNeal (62) SCal 4-4 \*Jamey Harp (62) NMx 5/19 4-7 Kelly Hoban, SCal 5/27 Candy Acres, SCal Pam Stewart, NCal 4/29 4-6 6/2 6/7 4-6 5/27 4-3 \*Jane Morgan (63) Ariz \*Lisa Peters (62) SCal 6/ 6/2 4-1 \*Bambi Foulkes, Ore 4- 6 Sally Layman, Wash 5/26

More info needed (questionable competition): 4'5-\*Sue McNeal on 4/28; (incomplete results): 4'5-Beasley, NCal on 7/7

Long Jump	15-2 Denise Morrow (61) Mich 6/2
15-10 Erin Pike (61) SCal 6/24	14-113 Debra Wilson (61) SCal 6/2
15-8 Roxanne Keating (61)Arz 3/28	14- 94 Stephens, Kans 6/23
15- 71 *Cynthia Rhodes (62) Arz 6/24	14- 71 Ward, Mo 6/23
15- 61 Janette Windle (61)SCal 5/13	14- 51 Sandra Tatum (62) NMx 3/25
15- 4 *Joyce Bowie (62) SCal 5/13	14- 51 Lori Anderson (61) Ariz 5/13
15-4 Cassandra Griffin (61)Ca 6/24	14- 54 Watts, NCal 5/27

Alison Mims, Ariz on 6/3; <u>More info needed</u> (wind, facilities): 15'7-Gwen Brown, Ill on 6/9;  $15'3\frac{1}{2}$ -Angela Williams, Md & 15'3-Terry Baind, Tx, on 8/24; 15'2-Cynthia Banks, Mch on 6/16;  $14'8\frac{3}{4}$ -Beasley, NCal on 7/8; 14'7-5.0'Reilly, CenCal on <math>5/?;  $14'6\frac{3}{4}$ -Tracy Day; Wsh on 6/24; 14'6-Susie Dukes, Fla on 6/2

38- 9	t (6 pound) Susan Springer (61)NCal	5/27	20 111	*Susan Ray (62) SCal	6/30
and the second second		added for the second states of			
35- 9	Dorcas Williams, SCal	6/2	28-11	Diane Kinney (61) NCal	6/24
35- 4불	Jackie Nelson (61) SCal	6/24	28-9	Cathy Cano, SCal	5/13
32-4	Teresa Warne, SCal	6/2	28- 5	Lisa Stark, Ariz	5/14
32- 04	Kim Wykoff, Ariz	6/24	28- 34	Theresa Smithart (61)NM	3/25
29-10	Lori Thomas, SCal	1/6	27-10	Kathy Yuhas, NCal	5/13
29-7	Carol Kent, SCal	5/13	27- 81	Sheree Matthews, SCal	6/3
29- 21/2	Laura Yeager, Wash	5/26	27-8	Kathy Travers, Pa	6/24
29- 01	Christina Ault, Colo	6/24	27-6	Diana Bishop, NCal	5/13

27'8-Vickie Powell, Colo on 6/16

Triathlon /100 meter D Sandra Tatum (62) NMex	1485 points	/13.5wind	/ 4-43	/ 22-81	5/2
Susan Springer (61) NCal	1477 points	/ 14.7	/ 4-11	/ 35-81	5/
Tanya Willis (62) SCal	1386 points	/ 14.0	/ 4-2	/ 25-8	5/1
*Lisa Peters (62) SCal	1348 points	/ 13.9	/ 4-41	/ 20-5	5/1
*Susan Ray (62) SCal	1330 points	/ 13.8	/ 3-10	/ 27-31	5/1
Erin Pike (61) SCal	1305 points	/ 13.8	/ 4-0	/ 23-91	5/1
Kim Crookston, Ariz	1264 points	/ 14.6	/ 4-3	/ 23-0	6/
Carolyn Scott, NCal	1249 points	/ 14.5	/ 4-14	/ 23-11	5/
Janise Brown, Ariz	1236 points	/ 14.4	/ 4-11/4	/ 22-10	5/
Rose Sweeney (61)_SCal	1230 points	/ 15.3	1 4-7	/ 20-61	5/1
*Pat McFall (62) SCal	1164 points	7 14.0	7 3-10	/ 22-31	5/1
*Jane Morgan (63) Ariz	1114 points	/ 14.9	/ 4-3	/ 18-10	6/

More info needed (facilities, implement): 1259-Christina Ault, Colo on 6/16; (questionable scoring): 1142-\*Dawn Freeman (62) Ariz on 6/7

#### BEST MARKS IN OTHER EVENTS:

5/13

Baseba	11 Throw	1.		
188-2	Janet Ballard (62) SCal	5/13	180-2 Charm Bishop (61) SCal	3/16
187-5	Teresa Warne, SCal	4/14	180-0 Jackie Nelson (61) SCal	5/5
183-8	Diane Kinney (61) NCal	5/27	176-0 *Debra Edens (62) Ariz	5/19
181-4	Becky Howell (61) SCal	5/27	170-9 *Susan Ray (62) SCa1	5/5

# ADDITIONAL LATE MARKS & CHANGES FOR GIRLS 12-13 DIVISION

Athletes marked with an asterisk (\*) are known to be 12 years-old on the date of best performance.

100 yard Dash: 11.2-Yolanda Allen, NCal on 5/27; 11.4-\*Patsy James (60) NY on 5/19 and Cynthia Smith, NCal on 5/27; 220 yard Dash: 25.3-Estelle Perry (59) and 25.4-Esther Perry (59) and 26.0 Nnemdi Aroh & Leslie Cordy, all NY, all 7/28; 25.7-Chris Smallwood (59) and 26.1-Walker and 26.2-Heidi Hansen, all NCal, all 5/27; 440 yard Dash: 59.9-Christine Brockhoff (60) NM on 6/9

880 yard Run: 2:23.5-Nancy Crane, NCal on 5/27; 80 meter Hurdles (30 in): 12.9-Marietta Brown and 13.0-Sandra Dewitt, both NCal, both 5/27; 200 meter Hurdles (30 inch): 30.2-Marietta Brown, NCal on 5/27; more info needed (wind, questionable competition): 29.9-Denise Bailey and 30.4-Christine Brockhoff, both NMex, both on 6/9

High Jump: 5'l-Piper, Kans on 6/23; 5'0<sup>1</sup>/<sub>2</sub>-Sandra Dewitt, NCal on 5/27; 5'0 -Sisson, Kans on 6/23; 4'11<sup>2</sup>/<sub>2</sub>-April Harper, Wash on 6/24; 4'11-Fuller, Kans on 5/27; Long Jump: 16'8<sup>1</sup>/<sub>2</sub>-Robbins, Kans on 6/23; more info needed (wind, facilities): 16'11<sup>1</sup>/<sub>2</sub>-Lynne Marchi and 16'3<sup>1</sup>/<sub>2</sub>-Roberta Hodges (60) and 16'0<sup>1</sup>/<sub>2</sub>-Manougian, all NCal, all 5/27; 16'14-Tanya Stewart, Ala on 8/19

Shot Put (6 pound):  $38'9_2^4$ -Darlene Ourso and  $37'4_2^4$ -Dianie James, both La, on  $6/30; 35'8_2^4$ -Willians, Kans and  $35'5_2^4$ -Martin, Kans and 35'2-Connor, Mo, all on  $6/2: 34'11_2^4$ -Margaret LaCroix, La on  $6/30; more info needed (implement, facil <math>\Rightarrow$ s):  $37'0_2^4$ -Debbie Yeager, Wash on 6/24; Discus Throw (1.0 kg): 101'0-Liz 0'Connor (59) NCal on <math>5/27; 85'4-Margaret LaCroix, La on 6/30; more info needed (arplements, facilities): <math>96'4-Debbie Yeager and Carbedia Bruce, both Wash, both on  $6/24; Javelin Throw (600 gram): <math>97'9_2^4$ -Debbie Leeper (59) and 94'1-Eileen Blog, both NMex, both on 6/24;

The 12-13 Girls year-end list appeared in the Oct/Nov issue of S.L.

880 yard Run	2:29.6 *Jon Lantry (62) SCal 6/ 2
2:23.8 Scott Dahm, Ohio 5/	26 2:29.8 Gregg Woolever (61)SCal 3/18
2:24.0 Glenn Potts (61) SCal 5/	26 2:30.0 Artie Stebbins (62)NCal 5/20
2:24.1 Jim Hudson, NCal 5/	20 2:30.5 Charles Ratcliff, CnCal 5/12
2:25.5 Keith Yarwood, SCal 6/	23 2:30.5 Mark Matranga, NCal 6/2
2:27.0 Roger Phillips (61)SCal 6/	23 2:30.7 Bart Clark, CenCal 5/12
2:27.2 Ray Eddie, NCal 4/	28 2:30.7 Philip Shirley (61)SCal 6/ 9
2:27.3 Todd Knox (61) CenCal 4/	14 2:31.0 Steve Feeley (62) NCal 6/ 2
2:28.2 *Lester Lyles (62) DC 5/	27 2:31.6 Bob Kadie, NCal 3/24
2:29.4 Brian O'Connor (61) NJ 6/	20 2:31.6 Bobby Rogers, Fla 5/19
2:29.4 Dan Bauer (62) SCal 4/	14 2:35.0 *Steve Burke (62) NCal 5/12
More info needed (incomplete result	ts): 2:30.5-Leslie Parrette (61)Kns on 7/11
One mile Run	5:20.4 Bob Kadie, NCal 5/20
5:06.6 John Singer (61) Mich 6/	
5:10.9 Richard Moore (61) NY 4/	
5:11.5 Lynn Couch (61) Ore 6/	
5:11.7 *Steve Burke (62) NCa1 6/	
5:12.2 Todd Knox (61) CenCal 6/	
5:13.4 Brian O'Connor (61) NJ 6/	
5:15.1 Jon Lantry (62) SCal 6/	2 5:24.5 *Gene Mirkin (62) Md 6/ 2
5:16.8 John Alexander, Fla 6/	16 5:25.0 Robert Martinez, NCal 6/2
5:17.6 Wayne Williams, Fla 5/	19 5:31.3 *Jackie Kent, CenCal 3/31
5:19.3 Keith Yarwood (61) SCal 6/	2 5:31.8 *Harold Tinsley (63) Ala 6/ 2
5:19.9 George Cotter (61) DC 6/	2 5:33.2 *Chris Sherwin (63) Md 6/ 2
High Jump	4-8 *Jack Johnson, Mich 5/26
4-114 Edward Jacoby (61) SCal 6/	9 4-8 Piehler, Kans 6/23
4-10 Dan Rohrs (61) Ohio 5/	26 4-8 Carmichael, Kans 6/23
4-10 Mark Biasucci, Fla 6/	16 4-7 Greg Capestany, NCal 6/1
	/16 4-7 Paul Trousil (61) Colo 8/4
4-10 Blake Burns (61) NCal 6/	27 4-6 Kevin McNeal, Wash 5/19
	4 4-6 Wayne Williams, Fla 6/16
	9 <u>4-6</u> Thiessen, Kans <u>6/23</u>
4-9 Chris McPhearson, SCal 7/	21 4-3 *Steve Burke (62) NCal 5/12
More info needed (unknown faciliti	ies): 4'9-Ron Gross, Neb on 6/9; 4'81/2-
	Neb on 6/9; 4'6-Wayne Roby, Ill in 6/30;
(incomplete results): *Steve Brown	(62) Kans on 7/11; (questionable age):

Long Ju	קיתנ				
17- 0	0.J. Waddell (61) SCal	5/12	15-73	Kriss Rudd, Mo	5/26
16-11	Deron Linsacum, SCal	5/26	15-7	John Teachout, Iowa	6/ 9
16-8	Steve Bruce (61) NCal	3/24	15-5	Dan Rohrs (61) Ohio	7/14
15-11	John Flannery (62) NCal	6/2	15-44	Reggie Ashley, Mich	5/26
15-10	Piehler, Kans	6/23	15-34	Bob Rieden, SCal	5/12
15-9	Mark Biasucci, Fla	6/16	15-34	Hoover, Mo	6/23
15-9	Kastens, Kans	6/23	15-3	John Teixeira (61) NCal	4/14
15-9	Anthony Gibson (62)SCal	7/8	15-3	Bobby Rogers, Fla	6/16
15-8	Wayne Williams, Fla	6/16	14-11	*Scott Friend (62) NCal	3/24
15- 8	Ferrell Johnson, SCal	7/8	14-7	*Jack Johnson, Mich	6/2

<u>More info needed</u> (wind, unknown facilities): 16'10-Rodrick Washington and Scott Schoettger, both Neb, both on 6/9:  $15'3\frac{1}{2}$ -Tony Jones, Ill on 6/30

# Boys 14-15 Division

BORN IN 1957 OR LATER Compiled by MARK ZUCKER & MIKE KENNEDY

Jeff Orosz, Colo on 8/4

Athletes marked with an asterisk (\*) were known to be 14 years-old on the date of best performance.

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15.2

Cliff Broussard, Tex

100 va	ard Dash		10.1	*Dwayne Evans (58) Ariz	7/21
9.9	Fred Dugard, NY	5/16	10.2	Dana Geary, CenCal	5/
10.0	John Carlson (57)	5/4	10.2	Andre Hardamon, CenCal	5/
10.0	Kevin Williams, SCal	5/26	10.2	Alfred Walker, SCal	5/12
10.0	Garland Watkins, Wash	6/3	10.2	Breiner, Kans	6/23
10.0	Efren Neal, Tex	7/10	10.2	Jayson Law, SCal	6/23
10.1	Ivan De Anda, NMex	6/2	10.2	Charles Haggerty, Tex	7/10

Wind-aided: 9.9-Myron White (57) SCal on 6/2; 10.0-Ed Tanner (57) SCal on 4/26; More info needed (incomplete results, questionable competition): 10.0-Clyde Burgon (57) SCal on 3/23, White on 4/25 & Mark Desalvo, Wash on 6/12

220 yi	ard Dash		22.4		6/23
21.9	Fred Dugard, NY	5/19	22.5	Ferrell Mack, SCal	4/14
22.3	Tony Brown (57) SCal	5/26	22.5	*Dwayne Evans (58) Ariz	7/21
22.3	Walter Reed, NJ	6/10	22.7	Wayne Herron (57) SCal	5/18
22.4	Jayson Law, SCal	5/19	22.7	James Yizer (57) SCal	5/26
22.4	Garland Watkins, Wash	6/3	22.7	Dyrk Dahl (57) Colo	8/4

Wind-aided: 22.6-Michael Flippen (57) SCal on 5/18; More info needed (ques-<u>Wind-aided</u>: 22.6-Michael Flippen (57) SCal on 5/18; <u>More into needed</u> (questionable competition & facilities, incomplete results): 22.2-Darryl Brown (57) SCal on 3/23; 22.3-Mark Desalvo, Wash on 5/18; 22.6-Jim Cucarelli (57) SCal on 3/23 and John Carlson (57) SCal on 4/25; (wind, questionable facilities): 22.5-Alfred Walker & Rodd Scott, both SCal, both on 5/26

440 va	ard Dash		51.9	Hinshaw, Kans	6/23
50.0	Tom Lloy (57) SCal	3/17	52.1	Rick Dees, Mo	6/9
50.1	Albert Johnson, NY	4/16	52.2	Michael Maxzeal, Tex	7/10
50.4	Briener, Kans	6/23	52.3	Duane Ostler, Wash	6/23
50.9	Irby Winston, Tex	7/10	52.5	Eric Richter, Fla	5/26
51.5	Brian Therlot, SCal	7/21	52.8	Mike McGinnis, Fla	5/26
51.5	Derek Best, NY	8/4	52.8	Tim Gabriel, Tex	7/10
51.8	Willy Washington, Ohio	5/26	52.9	Leonard Johnson, Tex	7/10

More info needed (questionable competition & facilities, incomplete results): 50.9-Charles Pacheco (57) SCal on 4/6; 52.3-Mark Desalvo, Wash on 6/27 8

33-14	Randy Persons, Mo	6/9	$30-4\frac{1}{2}$	John Teixeira (61) NCal	4/14
32-41	Bryan, Kans	6/23	30-41	Tom Miller, Mo	6/9
31-3	Don Dreher (61) Kans	6/23	30-01	Robby Penn, Mo	6/9
31-01/4	Kevin Keefe, NCal	5/20	$28 - 9\frac{1}{2}$	Scott Milstead, NCal	5/12
30-84	Benny Sells, NCal	5/20	$28-7\frac{1}{2}$	John Flannery (62) NCal	5/12
30-71	Hoover, Mo	6/23	28-7	Bill Casper, NCal	5/20
Shot Pu	t (6 pound)				
$41 - 7\frac{3}{4}$	Richard Giessen, Kans	6/23	32- 5	Dan Sullivan, NMex	6/30
40- 41	Anthony Gibson (62)SCal	7/21	32-2	Jeff Welch, Ohio	5/ 5
38- 31	Ron Giessen, Kans	6/23	$32 - 1\frac{1}{2}$	Alan Ursery, Mo	6/ 9
37-10	John Maguire, NCal	6/1	31-111	W. Holland, SCal	6/23
37- 44	Scott Dahm, Ohio	5/26	31-7	Adam See (61) NCal	5/12
37-1	Mike Kennedy, SCal	7/21	31-7	Tim Ritchey, CenCal	6/1
$35 - 10\frac{1}{2}$	Jon Favrow (61) Kans	6/16	$31 - 6\frac{1}{2}$	Ron Walker (62) SCal	7/21
35- 41	Jeff Fannin, Ohio	5/26	31- 14	Neville Duvall (61)SCal	6/30
33- 9½	James Fansett (61) SCal	6/9	31- 14	Steve Williams, Mo	6/ 9
33- 5	Wm. Schroeder (61) Colo	8/4	$31 - 1\frac{1}{4}$	Dick Crabb, Wash	6/23
32- 9	Jon DeJong, Wash	6/23	30-11	Eric Marenin (61) SCal	6/30
32- 51	Paul Trousil (61) Colo	8/4	25- 63	*Todd Tschantz (63) Colo	8/4

# ADDITIONAL LATE MARKS & CHANGES FOR BOYS 12-13 DIVISION

Athletes marked with an asterisk (\*) are known to be 12 years-old on the date of best performance. .

100 yard Dash: 10.6-Hammond & Switzer, both Kans, both on 6/23; 10.8-Abel, Kans, on 6/23 and Deryl Tyler, SCal on 7/21; <u>Wind-aided</u>: 10.9-Ricky Romero & Ron Easterly, both NM, both on 6/30: <u>220 yard Dash</u>: 23.8-Abel and 23.9-Greg Vermillion and 24.1-Switzer, all Kans, all on 6/23; 24.6-Ron Easterly, NMex on 6/2; 24.8-Daryl Tyler, SCal on 7/21; 25.0-Ricky Romero, NM on 6,23

440 yard Dash: 54.4-Greg Vermillion and 55.0-Cusenberry and 55.1-Peppiatt, all Kans, all on 6/23; 56.2-Marty White, Wash on 6/24; 56.8-Ron Easterly, NMex on 6/2; <u>880 yard Run</u>: 2:11.0-\*Dean Christian, Colo on 7/21; 2:14.2-Stan Hughes (60) SCal on 7/21; 2:16.5-Price, Kans on 6/23

One mile Run: 4:56.5-Herb Wills (60) Fla on 7/7; <u>Two mile Run</u>: 10:40.2-Herb Wills on 8/2; 10:41.3-Matthew Rauch (59) and <u>10:42.5-Burt</u> Shirley, both SCal, both on 7/21; 10:53.5-Mike Thurston (60) Fla on 10/2; <u>70 yard High</u> <u>Hurdles (39 inch)</u>: 9.4-Smidt & Bergsten and 9.9-Dutchan, all Kans, all 6/23

High Jump: 5'8-Walsh and 5'6-Hesse, both Kans, both on 6/23; 5'2½-Hughes, Mo on 6/23; Long Jump: 19'0¼-Howic and 17'10-Jensen and 17'9-Hardens, all Kans, all on 6/23; more info needed (wind, facilities): 18'5-Mike Murphy & Alan Bravender, both SCal, both on 7/21; 18'2½-Ricky Romero, NMex on 6/30

Triple Jump: 35'4-Harvey, Kans on 6/23; Pole Vault: 10'0-Emerson & Angelone, both Kans, both on 6/23; <u>Shot Put (8 pound)</u>: 59'3-Jim Favrow(59) Kans on 6/2; 46'4<sup>1</sup>/<sub>2</sub>-Mike Aguilar (59) SCal on 7/21; <u>Discus Throw (1.6 kg)</u>: 172'7-Jim Favrow on 5/28; 113'6-Mike Aguilar on 7/21; <u>more info needed</u> (implement, facilities): 159'4-Chris Friday (59) Wash

4x110 yard Relay: 48.6-Los Angeles Jets and 49.0-Aurora TC, both SCal, 7/21

The 12-13 Boys year-list appeared in the Oct/Nov issue of STARTING LINE

880	rd/800 meter Run (m=800m	time)			
1:53.0	Dvrk Dahl (57) Okla	5/16	2:00.0	Tom Lloy (57) SCal	3/31
1:55.3	Bill Delatorre (57)SCal	5/19	2:01.1	Hardwick, Kans	6/23
1:56.7	Ralph Serna (57) SCal	3/12	2:01.4	Ken Staggs, Ill	6/30
1:57.1	Mark Butler (57) Ohio	5/12		n Larry Weber, Wash	6/24
1:58.4	Jon Cook (57) SCal	4/7	2:03.2	Tim Keil, Neb	6/ 9
1:59.0	Mark Mahler (57) SCal	3/17	2:03.2	Mike Haizlip, Md	6/23
1:59.1	Mark Romero (58) NMex	8/4	2:03.3	Orrin Scott, Fla	7/7
1:59.6	Brad Hutson (57) SCal	3/31	2:03.4	Steve Edgecomb, Fla	7/7
One mi	le Run		4:29.2	Jamie Nunez (57) SCal	3/17
4:13.2	Ralph Serna (57) SCal	5/25	4:30.2	George Aguirre, SCal	6/16
4:18.1	Jon Cook (57) SCal	5/27	4:31.5	Terry Huddleston, SCal	4/5
4:20.5	Robert Angel, SCal	3/17	4:31.8	Brian Penn (58) NJ	5/20
4:22.8	Tim Riley (57) Wash	8/11	4:33.8	*Rob Amitrani (58) NJ	5/20
4:24.3	Eric Hulst (57) SCal	5/4	4:34.4	Lathrop, Kans	6/23
4:25.6	Chris Hallinen, NJ	6/2	4:36.9	*Brian Clancy (58) NJ	5/20
4:28.8	Ajim Baksh (57) SCal	7/27	4:37.4	*Brian Russell (58) SCal	7/8
4:29.2	Jamie Nunez (57) SCal	3/17	4:37.4	*Bill McChesney, Ore	7/13
More in	nfo needed (incomplete re	sults):	4:26.0-	Brian Russell on 7/14	
	and meeded (meenprove re-				
Two mi.		= 105	0.00.0	a long tent on a	
9:04.4	Eric Hulst (57) SCal	5/25	9:35.2	Jon Cook (57) SCal	4/25
9:17.7	Ralph Serna (57) SCal	3/17	9:41.2	0	5/12
9:20.9		1/13	9:42.0	Mark Sorenson (57) SCal	4/14
9:21.4			9:43.6		5/4
9:25.2		5/4	9:47.4	Barch Linsley (57) SCal	
9:27.6		3/31	9:47.8	Collin McConnell (58)Ca	4/13
9:30.6		5/19	9:49.6		5/_4
9:30.8	Tim Riley (57) Wash	5/26	9:54.1	*Bill McChesney, Ore	7/6
120 yan	rd High Hurdles (39 inch)				
14.9	David Shattuck (57) Ill	8/4	15.2	Mark Carara (57) Colo	8/4
15.0	Mike Quintla, Tex	7/10	15.3	Yassussi, Kans	6/23
15.0	Bruce Parsons (58) NY	8/4	15.3	Coetting, Kans	6/23
15.1	Gabe McCurtis (58) SCal	4/7	15.4	*Jon Hardesty (58) Kans	8/4
15.1	Kenneth Smith, SCal	7/21	15.5	Kevin Williams, Va	6/16
15.1	Ron Knight (57) Colo	8/4	15.5	Gardner, Kans	6/23

7/10

15.6

6/16

Karl Williams, Va

High Jump         6-4         Jerry Flowers (57) SCal         5/26           6-9         Greg Lambdin (57) Tex         3/24         6-4         John Washington (57) SCal         5/21           6-8         Matt Barney (58) Ariz         5/11         6-3 <sup>1</sup> / <sub>4</sub> Johnny Smith, Tex         7/10           6-6 <sup>3</sup> / <sub>4</sub> Dave Shattuck (57) Ill         8/4         6-2         Doug Stewart (57) SCal         5/5           6-6         Ed Mann (57) Wash         8/4         6-2         Dave Christie (57) SCal         5/5	Pole Vault         14-9         Brian Goodman (57) SCal 5/19         13-0         Dan Thomas (57) SCal 5/19           13-10         Tim Vahlstrom (57) SCal 6/9         13-0         Brian Worden (57) SCal 5/25           13-6         Tom Curran (57) SCal 5/19         13-0         James Hamman (57) SCal 5/25           13-0         Keith Schimmel (57) SCal 5/18         13-0         Jierre Gamache (58) Colo 8/4
6-4 <sup>1</sup> / <sub>2</sub> Tracy Edington, Mo 6/9 6-2 Patterson, Kans 6/23 6-4 <sup>1</sup> / <sub>4</sub> Dwayne Joseph (57) SCal 5/26 6-1 <sup>1</sup> / <sub>2</sub> Mark McNeal, Wash 6/23 6-4 Jay Keesling, SCal 4/27 6-0 <sup>1</sup> / <sub>2</sub> Mark Mattison, Ohio 6/9 <u>More info needed</u> (questionable competition, incomplete results): 6'7 <sup>4</sup> / <sub>4</sub> -John Washington on 7/27; 6'4-Joe Fahey, SCal on 4/12 and Bill Hurlbut, SCal on 6/ 28; 6'3-Chris Mussack (57) SCal on 3/29; (unknown facilities, incomplete results): 6'4 <sup>4</sup> / <sub>2</sub> -Mark Hoenig (57) Kans on 6/3	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
Long Junp         Long Junp           21-112         Ray Kelly (57) SCal $5/25$ $21-1\frac{1}{2}$ Chris Jurgenson, NMex $6/2$ 21-72         Ron Bisceglis (57) SCal 4/10 $21-1\frac{1}{2}$ Yassussi, Kans $6/23$ 21-4 $\frac{1}{2}$ Dave Shattuck (57) Ill $8/4$ $20-7$ Dave Worthey (58) NMex $8/4$	More info needed (questionable competition & facilities, incomplete results): 55'4 <sup>1</sup> <sub>2</sub> -Dan Lindquester (57) SCal on 8/1; 54'2 <sup>1</sup> <sub>2</sub> -Scott Thomas (57) SCal on 3/2; (unknown implement): 58'2 <sup>1</sup> <sub>2</sub> -Pill and 48'0 <sup>1</sup> <sub>2</sub> -Wayne Carpenter, Wash, both on 6/24
More info needed(wind, questionable facilities): $22'1-Jin Runner and 20'10\frac{1}{2}-Andrew Wicks, both Pa, both on 7/14; (questionable facilities & competition,incomplete results): 21'10-John Carlson (57) SCal on 2/?Triple Jump44-8Vincent Parrette (57)Ks 6/2342-444-7J. Duebendorfer, SCal 7/2142-242-03Erve Townsell, Mo6/943-34Barry David, Mo6/942-03C. Taylor, NCal6/241-23Dave Morland (58) Colo 8/442-9*Kyle Jones (58) Wash5/2741-041-0Pierre Gamache (58) Colo 8/4$	Discus Throw (1.6 kilogram)         142-9         Crownover, Kans         6/23           153-10         Tom Gouffon (57) Tenn         7/14         141-1         Brad Blodgette, Wash         6/24           152-1         Jeff Pill (57) Wash         6/24         140-9         Ken Talton, Pa         7/14           147-10         *Jack Wall(58) Pa         8/1         140-2         Garrison, Kans         6/23           144-7         Scott Endler, CenCal         4/         140-1         Scott Harrell, Mo         6/9           144-7         Bishop Brown, CenCal         4/         139-7         Mark McNaughton, CenCal         4/           143-9         Lee Atkins, Tex         4/8         138-1         Billy Higgins, Tex         4/8           143-2         Remmers, Kans         6/23         137-9         Mark Allen, Tex         4/8
More info needed (incomplete results): 45'94-Vincent Parrette on 6/24	More info needed (questionable implement, facilities & competition): 155'2- Richard Steward (57) Stal on 4/5: 14210 Koris Combett Stal on 4/35

Richard Steward (57) SCal on 4/5; 142'0-Kevin Corbett, SCal on 4/25

# ARTING LINE CALEN

On this page STARTING LINE presents the Calendar of forthcoming track & field, long distance running, race walking and other related events of any organzation catering to athletes 17 years and younger. While this is by no means a complete listing, it is intended to provide data for coaches, parents and schedule planners.

STARTING LINE is not responsible for late changes, of which the editors have not been notified. Send additional information and corrections to STARTING LINE, P. O. Box 878, Reseda, California 91335. Include name and address of meet director or other source of info.

This Calendar is a good way to publicize the acti-vities sponsored by your group. When submitting information, please include complete details, along the lines of the material presented on this page.

Groups wishing more space may inquire about special low rates for advertising track meets or other activities in STARTING LINE.

#### JANUARY

5

ARIZONA AAU "ALL-COMERS", Phoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Ariz 85016 (602)265-3796 SOUTHERN FACIFIC AAU "ALL-COMERS", so California (Girls, 9-U & up, T & F) Phil Snyder, 27102 Woodbrook Rd, Palos Verdes, Calif 90274 (213)377-3133 NEW JERSEY AAU ONE MILE RUNS, St Josephs HS, Metuchen, NJ (Boys, 11-U to 14-15, Track, 12:00n) George Miller, 38 Autumn Ave, Clark NJ 07066 (201)388-3443 METROPOLITAN AAU DEVELOPMENTAL MEET, West Point, New York (Girls) Ramona Massey, 112-36 2030 Place, Hollis, New York 11412 5

METROPOLITAN AAU DEVELOPMENTAL MEET, Columbia University, New York (Girls, Age Group & up) Ramona Massey, 112-36 2030 Place, Hollis, New York 11412 USTFF RELAYS, Schoonmaker Hall, South Park, Pennsylvania (Boys, 9-U to 12-13/Girls, 9-U to 12-13) John Harwick, 467 Beverly Road, Mt Lebanon, Pa 15216 12

18-20 GILL NATIONAL TRACK & FIELD CLINIC, Sheraton Universal Hotel, N Hollywood, Calif....Jim Santos, Calif State Univ, Hayward, Ca 94542 (415)846-7287
 ARIZONA AAU "ALL-COMERS", Phoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Arizona 85016 (602)265-3796
 NEW JERSEY AAU DISTANCE RUNS, Cranford (NJ) HS (Boys, 11-Under to 14-15, Track, 12:00n) George Miller, 38 Autumn Avenue, Clark, NJ 07066 (201)388-3443

25-27 GILL NATIONAL TRACK & FIELD CLINIC, Sheraton-O'Hare Hotel, Rosemont, Illinois....Joe Rodriguez, PO Box 415, Mokena, Illinois 60448 (312)479-5169
 26 SOUTHERN PACIFIC AAU "ALL-COMERS", so California (Girls, 9-U & up, T & F) Bob Seaman, 648 S Pamela Kay Lane, La Puente, California 91746 (213)333-3395
 27 UNION COUNTY PARKS CROSS COUNTRY, Warinanco Park, Elizabeth, New Jersey (Boys, 11-Under to 14-15, 11:00am) George Miller, 38 Autumn Ave, Clark, NJ

27

#### FEBRUARY

- NEW JERSEY AAU HALF-MILE RUNS, Peddie Prep Sch, Hightstown (Boys, 11-U to 14-15, Track, 2:30pm) George Miller, 38 Autumn Ave, Clark, New Jersey 07066 METROPOLITAN AAU DEVELOPMENTAL MEET, West Point, New York (Girls) Ramona Massey, 112-36 2030 Place, Hollis, New York 11412 ALBUQUERQUE (New Mexico) OLYMPETTE INDOOR "INVITATIONAL", Tingley Coliseum (Girls, 9-U & up, T & F) Floyd Highfill, 1516 Hoffman NE, Albuquerque, NM 87110 3

PITTSBURGH INDOOR TRACK CLASSIC, Schoonmaker Hall, South Park, Penna (Boys & Girls, 9-U to 12-13) John Harwick, 467 Beverly Road, Mount Lebanon, Pa 15216 ATOMS "INVITATIONAL", Princenton, New Jersey (Girls) Fred Thompson, 309 Lafayette Avenue, Brooklyn, New York 11258 NEW JERSEY AAU DISTANCE RUNS, St Josephs HS, Metuchen, NJ (Boys, 11-U to 14-15, Track, 12:00n) George Miller, 38 Autumn Ave, Clark, New Jersey 07066 9 10

10

16 ARIZONA AAU "ALL-COMERS", Fhoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Fhoenix, Arizona 85016 (602)265-3796 17 NEW JERSEY AAU DISTANCE RUNS, Peddie Prep School, Hightstown (Boys, 11-U to 14-15, Track, 2:30pm) George Miller, 38 Autumn Ave, Clark, New Jersey 07066 17 SOUTHERN PACIFIC AAU "ALL-COMERS", so California (Girls, 9-U & up, T & F) Bob Seaman, 648 S. Pamela Kay Lane, La Puente, California 91746 (213)333-3395 24 UNION COUNTY PARKS CROSS COUNTRY, Warinanco Park, Elizabeth, New Jersey (Boys, 11-Under to 14-15, 11:00am) George Miller, 38 Autumn Ave, Clark, NJ 07066

#### MARCH

NEW JERSEY AAU DISTANCE RUNS, St Josephs HS, Metuchen (Boys, 11-U to 14-15, Track, 12:00n) George Miller, 38 Autumn Ave, Clark, NJ 07066 (201)388-3443 PITTSBURGH TRACK & FIELD CLINIC, Schoonmaker Hall, South Park, Pennsylvania....John Harwick, 467 Beverly Road, Mount Lebanon, Pennsylvania 15216 3

ARIZONA AAU "ALL-COMERS", Fhoenix College (Girls, 9-Under & up, Track & Field) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Arizona 85016 (602)265-3796
 SOUTHEN PACIFIC AAU SEASON OPENER, so California (Girls, 9-Under & up, T & F) Bob Seaman, 648 S Pamela Kay Lane, La Puente, Calif 91646 (213)333-3395
 NEW JERSEY AAU ONE MILE RUN, Feddie Prep School, Hightstown (Boys, 11-U to 14-15, Track, 2:30pm) George Miller, 38 Autumn Ave, Clark, New Jersey 07066

MICKEY'S MISSILES "INVITATIONAL", Balboa Stadium, San Diego, Calif (Girls, 9-U & up, T & F) Mickey Tyler, 5526 Mira Flores Dr, San Diego, Calif 92114 23-24 PHOENIX "INVITATIONAL", Phoenix (Arizona) College (Girls, 9-U & up, T & F) Sue Humphrey, 1902 E Meadowbrook, Phoenix, Arizona 85016 (602)265-3796 24 NEW JERSEY AAU DISTANCE RUNS, Cranford (NJ) HS (Boys, 11-Under to 14-15, Track, 12:00n) George Miler, 38 Autumn Ave, Clark, NJ 07066 (201)388-3443

SUBMIT MATERIAL FOR CALENDAR PAGE AT LEAST TWO MONTHS PRIOR TO THE DATE OF THE EVENT

THIS WILL GUARANTEE THAT YOUR EVENT WILL BE INCLUDED IN TIME FOR READERS TO TAKE ADVANTAGE OF YOUR INFORMATION.

# NATIONAL MEETS

RRCA NATIONAL AGE GROUP CROSS COUNTRY CHAMPIONSHIPS BRONX, NY - November 4

### FROM KURT STEINER & BARRY GEISLER

In near ideal conditions for cross country, a total of 2587 runners of all ages performed in one of the largest championship meet ever assembled anywhere in the USA. Innumerable RRC volunteer officials opened the day's acti-vities by presenting the 1972-73 Outstanding Age Group Tro-phy to ROBIN CAMPBELL of Washington, DC. Then the record -

On the standard and oft-used Van Cortland Park course, the leading runners in the four age group races bettered former

leading runners in the four age group races bettered former meet records. Marlow Heights, Maryland's CRAIG HALL, 9, com-pleted a clean sweep of major boys meets and topped Frank As-summa's three year-old meet 9-under best by 8.6 seconds. KALEIGH BALDWIN led the girls race in the same age group, leading her Ambler (PA) Olympic Club teammates, as she bettered the meet record by 12 seconds. Thomas Stringfellow's 12-13 record, set in 1971, was broken by no less than five runners, with MICHAEL DEES barly edging out ERIC AHTI from Massachusetts. Mike's DC neighbor DAVIDA JACKSON accounted for the other meet best, in taking the girls 6 & 7 race. 6 & 7 race.

OACKSON accounted for the other meet best, in taking the girls 6 & 7 race. The boys 10-11 race was a hotly disputed affair, with LOU MCCLENDON (Detroit) beating Sports International's GENE MIRKIN by a whisker and half a dozen other boys by just seconds. JANET and MICHELLE SMARTT (Michigan) had only JUDY SCHAFFER (PA) in between them, stopping a 1-2 sister act. In the 14-15 boys division, only KEITH HENDERSON (Michigan) was able to give Shore AC's MATT LEDDY any trouble. In the girls race, ROBIN HOLLIDAYOKE (Sports International) won confortably over Pennsylvania's ROBIN PERRY. The leading young competitors in the Open (2.5 mile) races were Internationalist DOREEN ENNIS, 16, who won the Women's race by 21 seconds (14:46.1) and former RRCA age group champ RICK BUCKSTAD, who finished minth (12:59) in the Men's race. Both are 16 year-olds from New Jersey. Among runners in the top 25 in all races, were representatives of 14 states - from as far away as Oregon and Florida. Leading the "clan" representation were KELLY, TIM, KIERHAN,

Leading the "clan" representation were KELLY, TIM, KIERHAN, THERESA and SHAWNEE O'TOOLE of Valley Stream, Long Island, all of whom placed in the top ten in their races. Most successful, however, were two youngsters from Fitchburg,Mass; ERIC AHTI, the near winner in the 12-13 boys race and Eric's pry 40 year-young dad, RAIMO, who ran away with the veterans

(40 and over) race. In contrast to most cross country programs, the Road Run-ners Championships follow the Olympic idea of awarding only individuals (not teams).

The leading age group runners are listed below / Weatherwindy, 600; Sponsors- Benjamin Electrical Engineering Inc. of N.Y. and the National Road Runners Club of America/

#### PHOTO COVERAGE BY STEVE SUTTON

On top we see the very dynamic start of the girls 9-under race.

- 1) Girls 6-7 winner DAVIDA JACKSON
- Boys 6-7 winner JOSEPH O'CONNOR 2)
- Boys 8-9 winner CRAIG HALL 3)
- Girls 14-15 winner ROBIN 4) HOLLIDAYOKE
- Boys 12-13 winner MICHAEL DEES 5)
- 6) Boys 14-15 winner MATT LEDDY



Boys 6-7 (1.50 miles) Joe O'Connor, NJ 10:37.8 Tod Gibbons, NJ 10:40 Mike Catalnello, NJ :41 Dan Hansen, Md 10:59 Joe Bove, NY 11:18 James O'Hara, NY 11:33 Henry Wilson, DC 11:49 Chris Drausfeld,NJ Stephen Macri, NY 11:58 Paul Schrader, NJ 12:12 Warren Manners, NY 12:16 Matthew Donovan.NJ :17

Boys 8-9 (1.50 miles) Craig Hall, Md 9:16.4 Robert Rverson.Md 9:41 Chas. Jackson(8)DC 9:52 Dan Perkins (8) NY 9:55 Scott Keifer, Oh 10:02 Bruce Montigny.Md 10:07 Matthew Buzzard, NY :09 Jim Huber, Md 10:11 Thomas Manley, NY 10:16 Mark Shea, NC 10:16

Boys 10-11 (1.50 miles) Lou McClendonMch 9:15.7 Gene Mirkin, DC 9:16 Mike McCracken, Oh 9:17 Lester Lyles, DC 9:18 Peter Durning, NJ 9:19 Michael Moran, NY 9:20 Tim O'Toole, NY 9:21 Chris Sherwin, DC 9:22 William Reggio 9:23 Craig Bartsch, NJ 9:24 Reginald Dees, DC 9:25 Mike Cleary, NY 9:26 Kevin Edmonson, Va 9:27 Maurice Coverdale.Dl 31 Jeff Montigny, Md 9:34 David Pharr, Pa 9:35 Ken Reichner, NY 9:36

Boys 12-13 (1.50 miles) Michael Dees, NY 8:31.2 8:32 Eric Ahti, Mass Mark Whitney, NY 8:33 Lincoln Johnson, Mch 35 8:33 Scott Dahm, Oh 8:37 Chris Wakeford, Oh 8:46 Elis Colton, NY 8:53 Tom Noel, DC 8:54 Ben Bisco, Va 8:56 Neil Comody, NY 8:57 Brain Bent, NC 8:58 Richard Moore, NY 8:59 Vincent Hogan, NY 9:02 Jon Buzzard, NY 9:09 Brian Durning, NJ 9:10 Mark Soltis, Pa 9:11 Ray Gibbons, NJ 9:14

Chris Andrews, NY 9:15 Ed Reynolds, NY 9:16 David Parker, NY 9:17

Boys 14-15 (1.50 miles) Matt Leddy, NJ 7:57.2 Keith HendersonMch 8:04 Tom Stringfellow, DC 22 Dan Shepard, NY 8:28 Dan McFarland, NY 8:31 Bill Kovach, Md 8:32 Craig Staffeldt.Ct 8:33 Jeffrey Harris, NY 8:34 Ken Slaton, Oh 8:35 Guy Gordon, NJ 8:41 Tom Grimes, NY Tim O'Dowd, NY 8:42 8:43 Mike Randolph, DC 8:44 Anthony Desir, DC 8:4 Garv Schouten, NY 8:46 Keith Smith, Mich 8:47 Toby Meyer, NY 8:48 Walter Lagarnne, NY 8:49 Martin Lake, NY 8:50 Douglas Beck, Pa 8:51 David Kroupa, Fla 8.52 Paul Standinger, NJ 8:53 Glen Merkle, Ct 8:54 Tim Good DC Tim Good, DC 8:55 John Spinney, Mass 8:56

Boys/Girls 5-U (200 yd) Shawnee O'Toole, NY :57 Kerry Crowell, NY 1:01 Theresa O'Toole,NY 1:02 Ken Ryerson (4) Md 1:06 Pat Reynolds, NY 1:14 John Souza (4) NY 1:16 Lona DiTommaso(4)NY 18

Girls 6-7 (1.50 miles) Davida Jackson 11:00.7 Wendy Freeman, DC 11:15 Denise Sauge, Pa 12:15 Maureen Conroy, DC 12:28 Carolyn CompatelloNY 33 Juli Willard, Ore 12:40 Kathleen Cohan,NJ 13:03

Girls 8-9 (1.50 miles) Kaleigh Baldwin 9:57.2 Kim Gallagher, Pa 10:03 Donna Gray, Mch 10:09 Tracy Wilson, Pa 10:15 Sherrilynn Graham, Va 28 Nisi Davis, Pa 10:35 Lori Vultaggio, Mch 41 Sharon Cuttman. Pa 10:44 Nadine Dahm, Oh 10:50 Jan Mirkin, DC 10:53 Fran Dorsey, Mch 11:01

Robin Schaefer, DC 11:04 Alma Leak, Pa 11:06 Nisi Blount, Pa 11:07 Cynthia Zich, DC 11:19

Girls 10-11 (1.50 mi) Janet Smartt, Mch 9:41.4 Judy Schaffer, Pa 9:47 Michelle Smartt, Mch 49 Tanya Richardson, Pa 50 Lori Willard, Ore 9:57 Sue Johnson, Pa 9:59 Caryn Kennedy, Pa 10:02 Robin Powell, DC 10:03 Tito Lewis, DC 10:04 Marissa Schmidt, Pa 07 Tarin Harrar, Pa 10:09 Rose Richardson, Pa 09 Val Hollidayoke, DC 13 Marge Hartman, Pa 10:15 Kris Baldwin, Pa 10:15 Cheryl Delore, DC 10:19 Tracy Grant, DC 10:20 Val Fisher, DC 10:22

Girls 12-13 (1.50 mi) Stephanie Clemens 9:13 Michele Collins, Mch 14 Pamela Dutton, Pa 9:17 Donna Campbell, DC 9:24 Nancy Frank, NY 9:27 Kelly O'Toole, NY 9:30 Aileen O'Connor, DC 9:38 Gail Hafley, NC 9:40 Monica Sherwin, DC 9:58 Jill Haworth, DC 9:59 Beckie Algeier, DC 9:59 Elaine vandeZande 10:00 Cathy Anderson, NY 10:04 Donna Draycott, NJ 10:07 Samantha McCarthy, Ct 08 Jennifer Martin, Md 11 Sue Suhr, NY Linda Nash, NY 10.11 10:11

Girls 14-15 (1.50 mi) Robin Hollidayoke Robin Perry, Pa 9.17 9:22 Carol Conlan, NJ 9:26 Debra Hall, Md 9:28 Mandy Caiazza, NY 9:34 Jaso Bchakjian, NJ 9:37 Cathy Green, NY 9:39 Delores Jackson, Pa 9:44 Lynn Boucher, Mass 9:48 Rhonda Ross, NY 9:53 Gwen Robinson, Pa 9:55 Anna Trotta, NY 9:57 Missy Stratton, NY 10:00 Gina Caiazza, NY 10:05 Cindy Sanchuk, NY 10:06

NATIONAL AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS ALBUQUERQUE, New Mexico - November 24

#### BY DOUG SCHWAB AND BRICE HAMMERSTEIN

Yearly, this meet has threatened to become an exclusive romp for runners from the far west. In 1973, this threat be-came a reality, as only two junior girls from other regions managed to place among the first fifteen individuals in any divisions.

Furthermore, ALL of the top five teams in each division came from the Rocky Moun-tains or Far West.

Easterners and midwestern contenders, either stayed home (due to the expenses and/or fear of the effect of the 5000+ foot altitude) or were generally out-run.

Leading the onslaught were the Albu-Leading the onslaught were the Albu-querque based team of the Duke City Da-shers, who took no less than three team titles and contributed the most notable individual performer of the meet with LYNN BJORKLUND. Lynn, who lives and trains at the atomic research center com-munity of Los Alamos (7000+ altitude), completely decimated the 14-17 field, which included MARY DECKER and the lone defending champion DEBRA JOHNSON. Summary of each division follows.

defending champion DEBKA JUHNSON. Summary of each division follows. /Weather-60°, slight breeze; course mos-tly grass with some sand and dirt, down-hill drop of 70 feet in first half of course, with corresponding rise uphill in second half/



ALL PHOTOS BY DOUG SCHWAB

(Top) Near the start of 10-11 race; MARI GIBBS (307) eventual winner.

(Right) LYNN BJORKLUND great 14-17 victor.

(Bot.Right) Light -footed SUSIE SANCHEZ had no opposition.

(Bot. Left) Angel's (RISTI WILSON, the very best 9-under.

#### NINE & UNDER RACE:

KRISTI WILSON and CAROL LANTRY of the Blue Angels fourth and second in 1972) quickly separated from the pack at the start. Only CIMI RUDERMAN (15th last year) was with them as they passed the half mile in 2:53, some five seconds ahead of Cimi's Rialto Road Runner teammate VICKI COOK and San

Juan Strider's TAMMY FRYE. The one-two finish of Kristi and Carol enabled their team to win the division title, as two of their teammates (SHARON HATFIELD and ANDREA KIR-KORN) were also in the top ten. Though the two Road Runners were passed by Miss

Frye, their team was an easy second, ahead of the Albuquerque TC, led by 6th placer BOBBY GALLEGOS.

#### Girls 9-Under (1.0 mile) Kristi Wilson, BA 5:58

Carol Lantry, BA 6:01 Tammy Frye, SJS 6:12 Victoria Cook, RRR 6:14 6:12 Cimi Ruderman, RRR 6:17 Bobby Gallegos, AlbTC 21 Jeanni Fuller, SJS 6:22 Sharon Hatfield, BA 6:23 Andrea Kirkorn, BA 6:24 Pat Brockwell, AlbTC :24 Sue Martinez, WS 6:25 Angela Johnson, RRR 6:26 Kelli Cerda,OrngCst :30 Maggie Stein, CupYr :30 Holly Haskew, AlbTC 6:31 Cindy Nunez, RRR 6:31 Diedra Barker, AlbTC :31 Jennifer Weber, DCD 6:34 Crystal Wolfe, CP 6:34

Paula Cobb, RRR 6:35	
Wendy Bigham, RRR 6:35	
Jenny Lauck, BA 6:35	
Holly Hickey, BA 6:37	
Diana Jones, PsnSpdrs 38	
Sherry Higgins, DCD 6:39	
Lisa Anetsberger, Arz 41	
Monica Johnson, PrsPch 1	
Georgia Martin, AlbTC 42	
Tracy Meeks, BA 6:44	
Lisa Stary, LBC 6:44	
(77 Finishers)	
Leading Teams	
Blue Angela 42	

Blue Angels	42
Rialto Rd Runners	57
Albuquerque TC	76
Duke City Dashers	156
San Juan Striders	169
Colorado Pacers	171
(8 Teams Finished	1)



TEN-ELEVEN RACE:

Rialto's CORINNE NUNEZ took a five second lead in the first 880 (2:43), followed by last year's runner-up MARI GIBBS of Lakewood (Cal) Interna-

runner-up MARI GIBBS of Lakewood (Cal) Interna-tional and the hometown favorite, '72 nine & under champ SANDRA BEACH. Before the mile (5:47), Mari took the lead for good, while Sandy came up in a hurry to nip the early pacesetter for second place. The Duke City Dashers came with a late rush to easily outpace Rialto for the team title placing THERESE DORWART, DENISE FALZONE, LAURELI MAZIK and PATRICLA COLLINS in the top ten.

and PATRICIA COLLINS in the top ten.

Girls 10-11 (1.5 miles) Mari Gibbs, LkwdInt 9:06 Sandy Beach, AlbTC 9:19 Corinne Nunez, RRR 9:20 Theresa Dorwart, DCD : 27 Sally Marquez, A0 9:28 Lori Keel, AlbTC 9:28 9:28 Denise Falzone, DCD 9:31 Laureli Mazik, DCD 9:36 Janice Quintana, AlbTC 7 Patricia Collins, DCD 38 Becky Gomez, RRR 9:39 Alicia Kirkorn, BA 9:39 Jeanette Allred, SJS :43 Judy Schaffer, Jets 9:43 Dawn Craven, DCD 9:46 Tami Darr, BA 9:46 Lorrie Coffield, DCD :46 Linda Lindsay, PrsPch 47 Becky Smatana, DCD 9:48 Teddi White, DCD 9:49 Susan Johnson, Jets 9:50 Rechelle Pool, Brgprt 50 Donna Sanchez, RRR 9:51 Danielle Mojica, SCC :54 Christine Silva, DCD :54

Lori Oliver, DCD 9:55 Ana Strathman, BA 9:55 Karen Russell, DCD 10:01 Amy Van Tassel, SJS :01 Lenelle Waskow, RRR :02 Lisa Matthews, DCD 10:02 Shelly Kaplan, RRR 10:02 Tammy Reneau, Brgport 02 Laura Ortiz, DCD 10:03 Brenda Hoskins, RG 10:03 Teresa Catsimanes, PSp 3 Robin Rosemeier, GA :04 Mary LeMaster, AlbTC :04 Lenora Hrivnak, DCD :05 Sandra Beauchamp, RG :06 (137 Finishers)

Leading Teams Duke City Dashers Rialto Rd Runners 99 Albuquerque TC 101 DC Dashers "B" Tm 111 Blue Angels 168 Roseville Gazelles 289 So Calif Cheetahs 305 (13 Teams Finished)

## TWELVE-THIRTEEN RACE:

The first four placers were twelve year-olds. SUSIE SANCHEZ of Rialto came from far off the early pace to outrun SHANNON CLINE of Ohio's Golden Angels, the meet's only high placer from west of the Mississippi. Susie was 22nd after the first half-mile (led

at 2:42) and Shannon was only 17th. By the mile, both had moved to the front with the Buck-eye lass leading (5:40), but Susie soon opened up a lead of fifty yards and won going away. Duke City's CINDA MCDADE closed fast to barely miss second place, just ahead of teammate CATHIE GILL, who had stayed with leader's pace through the mile.

PAM BOWERS (San Jose Cindergals) and SUZANNE KEITH of Rialto closed fast and almost caught Cinda and Cathie. They were barely ahead of the winning Dasher's DIANE SCHNEIDER and Portland's ERYN FORBES. Rialto drew its third runner-up team trophy.

Girls 12-13 (2.0 miles) Susie Sanchez, RRR 11:41 Shannon Cline, GA 11:56 Cinda McDade, DCD 11:57 Cathie Gill, DCD 11:59 Pam Bowers, SJC 12:00 Suzanne Keith.RRR 12:00 Diane Schneider, DCD :01 Eryn Forbes, Prtland :02 Julie Andrews, DCD 12:08 Suzi Greenberg, SJC :09 Lesa Gilliland, DCD :11 Cynthia Lackey, DCD :12 Tracy Bear, DCD 12:18 Beverly Evetts, DCD :21 Karen Bain, BrgportRR 23 Jamie Mitchell, Prtld 23 Shari Cassin, ArzTC :24 Laurie Jewell, LBC 11:25 Rhonda Holland, RRR :25 Tracy Miller, SJC 11:26 Debra Rudolph, W'wood 29 Robin Castor, CP 11:29 Jill Linebarger, SCC :31 Sandy Hoffman, GA 11:32 Paula Rose, OrngCoast 35 LaDonna Phillips, SCC 36 Michelle Smithart, DCD 6

Becky Villalvazo, RRR 39 Diane Esslinger, SCC :40 Michelle Waters, SCC :45 Mary Bolton, AlbTC 12:46 Janelle Miller, AlbTC 46 Marsha Pierce, IMMetrs 6 Beverly Jarvis, KS 12:46 Vicki Secrest, A0 12:46 Beth Day, DCD 12:50 Regis Waters, SCC 12:52 Tammy Mahoney, KS 12:55 Melissa Steinle, SJC :56 Teri Beamish, LMMeteor 7 Tina Campbell, SJC 12:57 (137 Finishers)

Leading Teams Duke City Dashers 34 Rialto Rd Runners 101 S Jose Cindergals 115 So Calif Cheetahs 145 DC Dashers "B" Tm 211 Golden Angels 280 Alb'que Olympettes 308 Kettering Striders 315 Arizona TC Arizona TC 336 Albuquerque TC 391 (15 Teams Finished)

#### FOURTEEN-SEVENTEEN RACE:

Duke City won its third team championship as easily their leader, LYNN BJORKLUND won the in-dividual run. Early on, MARY DECKER led Lynn (2:32 at the 880), but the Los Alamos miss took over soon after and opened up a lead of as much as 300 yards (5:24 at the mile, 8:38 for the

As solv yards (or at the mile, of other and a solv yards (or at the mile). Mary managed to hold on to second place, out-kicking VAL EBERLY of the second place San Jose Cindergals team. LINDA STECKER of DCD and DEB-RA JOHNSON also threatened to overtake Decker late in the race.

Girls 14-17 (2.5 miles) Lynn Bjorklund, DC 14:38 Mary Decker, BA 15:16 Val Eberly, SJC 15:18 Linda Stecker, DCD 15:20 Debbie Johnson, RRR :30 Stephanie McDade, DCD 36 Doreen Assumma, RRR : 36 Debbie Brundige, OreTC 7 Estella Guina, SJC 15:42 Linda McQuarrie, LBC :43 Vicky Monroe, Lassen :44 Chrishelle Speller, DC 8 Penny Reneau, Brgport 49 Susan Vigil, DCD 15:55 Arlene Mears, SJC 16:00 Esther Marquez, RRR :04 Karen Parish 16:05 Amy Lucero, DCD 16:06 Kathy Jewell, LBC 16:08 Dabbie Debbie Vetter,BlueRbn 9 Janet Burns, SJC 16:09 Linda Broddock,RRR :09 Lisa Greenberg, SJC :11

Sonia Gerth, RRR 16:13 Debbie Derr, ArzTC 16:19 Ruth Benavidez, DCD :21 Amy Welch, SyracuseCh 26 Carrie Gilliland, DCD 31 Lou McKaye, Ojai Vly :38 Pat Reed, PortlandTC 39 Victoria Jones,SJC :39 Colleen McManus,SJC :40 Lynn Hollins, RRR 12:41 Lynne Miller 12:42 Anne Gilliland, DCD :43 Donna Schellhous, BA :44 (112 Finishers)

Leading Teams Duke City Dashers 37 S Jose Cindergals 71 Rialto Rd Runners 74 Long Beach Comets 204 Blue Angels 228 So Calif Cheetahs 327 San Juan Striders 330 (10 Teams Finished)

Girls 14-Over (3.0 miles): 3-Julie Brown (UCLA) 17:50, 4-Debbie Quatier (Falcons) 17:57, 9-Tena Anex (Will's Spikettes) 18:22, 12-Kathy Adams(WS) 18:37, 14-Wendy Koenig (The Colorado Gold) 18:44, 16-Charlotte Lettis (Sugarloaf Mt AC) 18:46, 20-Cindy Rice (Albuquerque Olympettes) 18:55, 21-Cindy Ashby (AO), 23-Nancy Ihrman (Phoenix TC) 19:01, 26-Debbie Heald (La Mirada Meteors) 19:18, 27-Debbie Kirchoffer (Colorado Pacers) 19:22, 29-Teri Seippel (Kettering Striders) 19:26, 30-Karen Cramond (AO) 19:29, 31-Kathy Slattery (AO) 19:31, 32-Catherine Schrader (Electric City AC) 19:36, 34-Anne Gallaher (Phx TC), 36-Doreen Ennis (Nutley TC) 19:41...94 Finishers



### BOYS AAU "NATIONAL" CROSS COUNTRY CHAMPIONSHIPS and RIALTO GIRLS CROSS COUNTRY MEET San Bernardino, CA - October 27

Though the quantity was limited to 111 finishers, the quality certain-ly was not lacking in this first attempt at an AAU Boys age group National championships in Cross Country.

Most of the quantity was provided by talented lads from northern and Southern California, with some flavor added by top athletes from Oregon (Portland Track Club), New Mexico (Duke City Dashers) and Maryland (CRAIG NALL of the Cavaliers).

The latter was the most convincing individual winner, adding to his triumphs at Kettering and the Road Runners Club's National in New York. Craig's 9 and under runaway was at the unusually long 2.3 miles (over roads with some steep winding hills), as all age divisions were run at the same distance.

Team battles were extra-close in the two youngest divisions. The Red-wood City Flyers (Northern Cal) edged the Dashers in the 9 & under group, while Dashers squeaked by the Flyers and Rialto Road Runners in the 10-11 contest. This division was the strongest overall, with Salinas' STEVE

BURKE confirming his leadership in that group. Rialto swept the top three places in the 12-13, with the ASSUMMA bro-thers and BIRT SHIRLEY. CHUCK and FRANK had the top times of the day, including the 14-15 race. Most commendable was the fourth place stand-ing of Portland's MIKE BERGMAN.

In the 14-15 group, DAVID CORTEZ led his Redwood City Strider team to victory, winning a close one with Rialto's WALTER BRIDGES. The Boys meet was designated "National" in the absence of a country-wide AAU meet elsewhere. /Weather-hot & dry; Course-dirt & hills/

Boys 9-Under (2.3 miles) Craig Hall, Cav 15:07 Frank Morgan, DCD 15:27 Dean Aviles, RCF 15:28 Jiggs Stein, CupY 15:42 Don Aviles, RCF 15:58 John Simpson, Brdgpt :01 Gordon Rabing, Por 16:13 Eric Carlson, CupY 16:17 Ralph Salcido, BA 16:29 Bob Camaron, RCF 16:58 John Webster, DCD 17:05 David Gates, CY 17:08 Mike McIlran, DCD 17:09 Chip McGinnis, DCD 17:11 Dennis Moody, RRR 17:12 (27 Finishers)

Leading Teams Redwood Cty Flyers 53 Duke City Dashers 56 Blue Angels 109

Boys 10-11 (2.3 miles) 14:33 Steve Burke, SV Rav Cook. RRR Jon Lantry 14:54 Tim Sanchez, DCD 15:03

Nick Sakelarios, RCF :06 Robert Martinez, RCF :12 Tom Owen, RCS 15:13 Eric Padilla, DCD 15:33 Ken Thomas, RCF 15:49 Mike Assumma, RRR 15:50 Doug Bergmann, Por 15:53 Eddie Garcia, DCD 15:57 Darwin Davis, BA 15:57 Greg Jones, CY 15:58 Bim Barry, OC 16:03 Barry Ruderman, RRR :17 George Vasquez, SV 16:26 Randy Meyenberg, SV :29 Pete Newhausen, OC 16:33 Keith Hedlund, SV 16:38 (41 Finishers)

Leading Teams Duke City Dashers 70 Redwood Cty Flyers 72 Rialto Rd Runners 77 Salinas Valley TC 95

Boys 12-13 (2.3 miles)

Frank Assumma, RRR 13:30

Birt Shirley, RRR 14:25

Boys 14-15 (2.3 miles) David Cortez, RCS 13:46 Walter Bridges, RRR :50 Andre Rodriguez, R 14:07 David Gilmer, RRR 14:38 Dan Farwell, RCS 14:55 (13 Finishers) Chuck Assumma, RRR 13:15

Leading Teams

Blue Angels

Portland TC

Leading Teams Redwood C Striders 27 Rialto Rd Runners 31

Mike Bergman, Por 14:40

Tom Graycar, RCS 14:48 David Avila, CY David Daly, BA

Keith Yarwood, BA 15:06

Danny Martinez, RCS :06 Rob Arkes, Por 15:10

Robert Aragon, RRR 15:13 Norm Adkins, Por 15:13 Paul Fishbeck, BA 15:15

Phil Shirley, RRR 15:17 (30 Finishers)

Rialto Rd Runners 31

Redwood C Striders 62

15:00

15:02

71

78

The Girls section of the meet turned out to be largely a preview of the National age group meet in Albuquerque. Visitors from New Mexico's Duke City Dashers tangled with southern Californian's (mainly Road Run-ners and Blue Angels) in a battle of the top female age groupers in the land.

DCD emerged triumphant in the 10-11 thru 14-17 groups, all in tough team battles. Most surprising individual was Rialto's SUZANNE KEITH, whose 12-13 time nearly equalled the clocking turned in by MARY DECKER in the 14-17 race.

Leading Teams

Girls 9-Under (1.0 mile) Kristi Wilson, BA 6:01 Carol Lantry, BA Vicki Cook, RRR 6:02 6:06 Jenny Lauck, BA 6:10 Cindy Nunez, RRR 6:14 6:18 Andrea Kirkorn Cimi Ruderman, RRR 6:26 Tracy Waterbury, OC 6:27 Sandra Katzer, LBC 6:27 Paula Cobb, RRR 6:27 (41 Finishers)

Leading Teams Rialto Rd Runners 36 Blue Angels 45

Girls 10-11 (1.5 miles) Corinne Nunez, RRR 9:25 Becky Gomez, RRR 9:32 Donna Sanchez, RRR 9:40 Teddi White, DCD 9:46 Theresa Dorwat, DCD 9:53 Christine Silva, DCD :55 Denise Falzone, DCD 9:55 Becky Smatana, DCD 9:56 Pat Collins, DCD 10:03 Lori Oliver, DCD 10:09 Lenelle Waskow, RRR :12 Terri Lorenz, RRR 10:14 June Wintermute, SCC :17 Anielle Mojica, SCC :17

(77 Finishers)

Leading Teams	
Duke City Dashers	39
Rialto Rd Runners	45
So Calif Cheetahs	78
Long Beach Comets	107

Girls 14-15 (2.5 miles) Lynne Miller 16:05 Roberta Gomez, RRR 17:09 Laurie Blanco, LMM 17:23 Teri Teegarden 17:25 (13 Finishers)

Girls 14-17 (2.3 miles) Mary Decker, BA 14:41 Doreen Assumma, RRR :53 Chris Speller, DCD 15:06 Marie Albert, RRR 15:11 Susan Vigil, DCD 15:17 Carrie Gilliland, DC :18 Stephanie McDade, DC :19 Esther Marquez, RRR :23 Amy Lucero, DCD 15:28 B. Wolfinbarger, SCC :29 Linda Stecker, DCD 15:32 Ruth Benavidez, DCD :36 Kathy Jewell, LBC 15:50 Lynn Hollins, RRR 15:55 Linda Brodock, RRR 15:56 Donna Schellhous, BA :59

(4) Finishers)	
Leading Teams	
Duke City Dashers	30
Rialto Rd Runners	43
Blue Angels	97
So Calif Cheetahs	.105
Long Beach Comets	116

#### PHOTOGRAPHIC COVERAGE BY DOUG SCHWAB









 Sensational running by the leaders FRANK and CHARLES ASSUMMA whose times in the 12-13 divisions were the best overall.
 Very good shot of the 10-11 group near the start. RAY COOK (at left), was the eventual runner-up in that division. 3) Salinas Valley's STEVE BURKE, who has been outstanding all year, does it again, winning it all in the 10-11 race.
4) DAVID CORTEZ came south to take a break from his habitual marathons and proved that 2.3 miles was not too short for him.
5) After winning every big meet this year, CRAIG HALL came all the way from Maryland to show that he was the best 9-under.

# THE FINISH LINE

# A Summary of Results

# **Cross-Country Results**

COLORADO GIRLS CROSS COUNTRY & DISTANCE CARNIVAL COLORADO SPRINGS & BOULDER, Colo - October 6 & 7

From LYLE KNUDSON

This was a most interesting weekend for girls in the Rockies and helped break the tedium of the usual cross country schedule. On Saturday, gals from New Mexico and Wyoming, as well as the host state traveled to Colorado Springs for the normal cross country run. As expected

traveled to Colorado Springs for the normal cross country run. As expected the visiting Duke City Dashers of Albuquerque were dominant (they swept the first 11 places of 10-11 race!). Their top new star was LYNN BJORKLUND of Los Alamos, NM, who ran away with the open (14-over) three mile in 17:59s. Overcoming the DCD tide were the individual efforts of Colorado Pacer's ROBIN CASTOR (a major national threat in the 12-13 division) and 9-under DONNA BOFFEY. /Weather - fair, 68°; Course - grass, sand/ Under-14 Results:

Girls 9-Under (1.0 mi) Donna Boffey, CP 6:43 Kristal Wolfe, CP 6:51 Jennifer Weber, DCD 6:53 Diana Jones, PS 7:02 Yvette Yepa, DCD 7:08 Linda Burinek, DCD 7:10 Anita McElyea, CP 7:11 Sherri Higgins, DCD 7:11 Kathy Benson, BC 7:17 Judy Blackshere, CP 7:17 Ann McGinnis, BC 7:17 Janet Lee, CG 7:20 Laurie Catsimanez, PS 20 7:20 Robin Dill, BC (32 Finishers)

Leading Teams Colorado Pacers 36 Duke City Dashers 37 Poison Spider TC 78 Girls 10-11 (1.50 miles) Therese Dorwart,DC 9:44 Denise Falzone, DCD 9:45 Teddi White, DCD 9:45 Patricia Collins, DCD 46 Christine Silva, DCD :50 Becky Smatalia, DCD 9:51 Lori Oliver, DCD 9:54 Lorrie Coffield, DCD :55 Dawn Craven, DCD 10:00 Lisa Matthews, DCD 10:04 Allison Weber, DCD 10:05 Tammy Avis, CG Pam Bonnett, BC 10:06 10:07 Pam Bonnett, BC 10:07 Nancy Rogowski,BC 10:14 Lauri Mazik, DCD 10:20 Liz Golden, CG 10:22 Julie Kautz, CG 10:22 (43 Finishers) Leading Teams Duke C Dashers "A" 20 Duke C Dashers "B" 36 Boulder Cinderb'ls 100

Girls 12-13 (2.0 miles) Robin Castor, CF 12:23 Cynthia Lackey, DCD :25 Tracy Bear, DCD 12:26 Cathy Gill, DCD 12:29 Diane Schneider, DCD : 30 Lisa Gilliland, DCD :37 Beth Day, DCD 12:40 Vickie Secrest.A0 12:50 Beverly Evetts, DCD :52 Alisa Zucht, DCD 12:59 Marlene Maloy,DCD 13:01 Sandra Pargas,DCD 13:02 Kathy Weiss, CG 13:11 Tena Miranda, AO 13:18 (40 Finishers)

Leading Teams Duke C Dashers "B" 27 Colorado Pacers 31 Duke C Dashers "A" 46 Alb'que Olympettes 79

The Colorado Gold 109

On Sunday, most of the harriers trekked to the University of Colorado rubberized asphalt track for a series of seldom run distance contests. Included in all age groups were (1) a run for distance, in which the competitors cover as much ground as they can within a specific time, (2) alternating 440 relays, which required a team of two girls to pass the relay baton alternately for one lap apiece, until the team completes a pre-determined number of laps and (3) a time prediction run, where the actual time for individual runners in their race is compared with the time they predicted for the distance before the race began. RESULTS:

G 9-U alternate 8x440 Girls 9-U 10 minute Run Donna Boffey Kristal Wolfe CP 12:01 Jennifer Weber 1m837y Sherri Higgins 1m794v 1m783y Linda Burinek Janet Lee, CG 1m747y 10-11 alternate 10x440 Tammy Avis Julie Kautz CG 12:27.8 Leading Team Weber & Higgins, DCD Kammy Bishop CG 15:01.7 Girls 10-11 15 min Run Theresa Dorwart 2m523y Teddi White 2m523y 12-13 alternate 12x440 Tena Miranda A0 16:36.4 Johanna Anderson 2m522y Denise Falzone Patricia Collins 2m517y Kathy Weiss CG 16:51.9 Stacy Arterburn Christine Silva 2m498v Lori Oliver 2m477y Leading Team Dorwart & White, DCD 14+ alternate 16x440 Jan Fox Wendy Koenig CG 20:38.9 Girls 12-13 20 min Run Karen Cramond 21:51.4 Kathy Gill Diana Schneider <sup>12m945y</sup> 2m945y Donna Argo Cynthia Lackey tie Tracy Bear tie 2m944y

2m896y

2m863v

Vickie Secrest, A0 830y Leading Team Schneider & Gill, DCD

Sandra Pargas

Lisa Zucht

9-U Time Prediction .5m Rhonda Thornton, CP 3:24 (Predicted Time: 3:25, (Difference: 1 second) 10-11 Time Pred. (1.0 mi) Barbara Boffey, CP (PT-7:42, Diff-4sec) Debbie Wilson, CP 7:15 (PT-7:05, Diff-10sec) Pam Deming, CG 7:08 (PT-7:20, Diff-12sec) Debbie Taylor, CP 7:27 (PT-7:15, Diff-12sec) Sally Marquez, A0 6:05 (PT-5:52, Diff-13sec)

# Leading Team Boffey & Wilson 14 sec

12-13 Time Pred (1.5mi) Kelly Kloeppel, A0 10:00 (PT-9:45, Diff-15sec) Brenda Jesser, CP 11:15 (PT-11:35, Diff-20sec) Paula Romine, CP 11:08 (PT-11:40, Diff-32sec)

7:46

7:08

Leading Team Jesser & Romine 52sec

#### GOLDEN TRIANGLE CROSS COUNTRY INVITATIONAL YPSILANTI, MICH - September 30 - from BOB PARKS

More than 360 girls, boys, men and women were attracted by this early Sunday meet, in the heart of "cross country country". While Michigan and Ohio teams were predominant, squads from Pennsyl-

vania, Missouri and Illinois also figured in the scoring. LYNN LOVAT of Lincoln Park, Michigan was the leading junior in the Open (14-over) competition, taking third (18:04 for 3 miles) in the Women's race, ahead of the Michigammes ANN FORSHEE (sixth at 18:27). Age group results: /Weather - cloudy, cool; course - medium hills/

Boys 9-Under (1.0 mi) Chris Caudell, DS 6:07 Darryl Bernard, KS 6:10 Scott Keifer, KS 6:11 Jav Porter, Mound 6:18 Kevin Slaton, Mnd 6:26 Bobby Reily, KS 6:29 Barry Bemis, KS (20 Finishers) 6:32

Leading Team, 4 boys Kettering Striders 18

Boys 10-11 (1.50 mi) Louie McClendon,DS 9:00 Dennis Harden, Sag'w 09 Emory Callaway, DS 9:40 Bryan Kiernan, Wolv 9:41 Rod King, Mound 9:42 Matt Tice, Gold Tr 9:42 Johnny Pierce, DS 9:44 (17 Finishers)

Leading Team, 3 boys Detroit Striders 11

Boys 12-13 (2.0 miles) Mike Singer, Sag'w 11:23 John Singer, Sag'w 11:24 Scott Dahm, KS 11:40 Lyndon Johnson, DS 11:41 Keith Smith, DS 12:02 Terry Dogan, GT 12:07 Tim Kenny, Mot Cty :12 Mark Henry, KS 12:21 Andy Hawk, KS 12:25 Matt Harris 12:26 Brian Hull, KS 12:32 (31 Finishers)

Leading Teams, 5 boys Kettering Striders 51 Motor City PAL 86

Girls 9-Under (1.0 mi) Kayla Skelly, FF 6:14 Paula Jeannet, Kwd 6:18 Donna Gray, DS 6:19 Brenae Burton, DS 6:21 Leslie Duckwall,Bky :24 Kathy Riggs, Kwd 6:32 Lori Vultaggio, Lpk 6:36 Linda Porter, Mnd 6:37

#### SKEETERS GIRLS CROSS COUNTRY INVITATIONAL PARAMUS, N.J. - October 6 - from JOCK BROWN

193 girls from Pennsylvania, New Jersey, New York and Connecticut took part in the first Skeeters "Invitational", at Van Saun Park. New Jersey's tough DOREEN ENNIS (Nutley Track Club) ran away with the women's (14-over) race, outdistancing the field by 37 seconds at 2.2 miles (12:14.3).

The high school race drew the greatest number of competitors and was dominated (except for first place) by the active Red Bank Catholic High. The top spot was taken by KATHY CLANCEY from Bayard Ellard High, who covered the same 2.2 mile distance in an outstanding 12:46.1 time. Age group individual races were shared by gals from the Padukies, Am-

bler and Jets clubs of Pennsylvania. High School and Under-fourteen results:

Val Fisher, Padukies :18

Tanya Richardson, Pad 19 Sharon Handy, Amb 6:21

Tracee Hackett, Amb 6:26

Wanda Trottie, Pad 6:29

Beth Howley,Gateway :30 Kathy Quick,Suffolk :31 (33 Finishers)

Girls 12-13 (1.0 mile) Pam Dutton, Pad 5:45.8 Diana Cerazza, Suf 6:00 Regina Felix,NY PAL :12

Leslie Cordy, Atoms 6:25

Renee Dean, Ambler 6:26

Nnemdi Aroh, Atoms 6:35 (16 Finishers)

Girls 9-Under (1.0 mi) Kim Gallagher, Am 5:55.8 Kaleigh Baldwin, Am 6:10 Adele Robinson, Amb 6:17 Sherie Sharpe, Pad 6:21 Tracey Wilson, Amb 6:24 (13 Finishers)

Girls 10-11 (1.0 mile) Judy Schaffer,J 5:47.2 Caryn Kennedy,Amb 6:00 Marge Hartman, Jets 6:04 Martha Mingues, Atoms 07 Tarin Harrar, Ambler :09 Sue Johnson, Jets 6:10 Chris Baldwin, Amb 6:13 Rosie Richardson, Pad 16

Leeann Yanik, Lpk 6:38 Cathy Berry, FF 6:42 Kathy Regan, Kwd 6:43 Beth Chamberlin, FF 6:44 Cindy Allen, GrFalc :45 Leslie Hearnes, Kwd 6:46 (44 Finishers)

Leading Teams, 5 girl Kirkwood TC (Mo) 48 Fleet Feet 62 Lipke TC 99

Girls 10-11 (1.50 mi) Janet Smartt, DS 9:22 Deanna Macreno, Lpk 9:30 Lori Schafer, Wolv 9:31 Michelle Smartt, DS 9:40 Heather Hearnes, Kwd :46 Ann Berry, FF 9:53 Ann Henry, PeoPac'ts 57 Judy Cychol, PP 10:04 Mary Lou Porter, Mnd :06 Brenda Isenburg,FF :07 Shela Taylor, DS 10:09 Patti Connors, Bky 10:14 Beverlee Williams,K :15 (51 Finishers)

Leading Teams Fleet Feet Detroit Striders 75 Kirkwood TC 86

Girls 12-13 (2.00 mi) Mary Palmore, DS 11:51 Mary Ann Opalewski :57 Diane Simon, Wolv 12:11 Stephanie Clemons, DS 25 Rochelle Collins, MC :28 Kathy Grimm, PS 12:51 Mandi Lipinski, PH 12:52 Michelle Owens, PS 12:53 Carol Guardiola, Wolv 54 Sally Slocum, Bky 12:57 Stacie Porter, Wlv 13:00 Pat Chelenyak, Wlv 13:04 Kelly Jo Yesmunt, FF:07 Tamara Ehrentreau, PP 08 Ruth Sixkiller,Kwd :09 Cindy Kressler,FF 13:10 Wendy Kellog, FF 13:12 Rhea Murphy, PH 13:13 Cheryl McKettrick,GT 15 Mary Ann Fetterolf,FF 16 Pat Kubisiak, FF 13:17 (66 Finishers)



JANET SMARTT (D.S.)

Leading Teams, 5 girl Wolverines TC 67 Fleet Feet 87 Palos Hills TC (II) 136 Penna Striders 156 Buckeye TC (Ohio) 159 Kirkwood TC 159

Girls 14-15 (2.50 mi) Sylvia Moore, DS 16:27 Barb Laux, PH 16:38 16:38 Tracy Baker, Wolv 16:49 Pat Jackson, BurbStr :59 Cathy Martin, FF 17:12 (21 Finishers)

Leading Team, 4 girls Fleet Feet

High Sch Girls (2.2 mi)

Kathy Clancey, El& 12:46 Monica Loncola, RB 13:16

Betsy Cangialasi, RB :19

Cathy DoRan, Red Bank 20 Susan Frentz, RBC 13:22

Ida Meehan, Paramus C 27

Holly O'Hern, RBC 13:28

Monica Lorenz, Pasc'k 29

Mary Anne Meehan, RBC 31

Leading School Teams

Red Bank Catholic Pascock Hills

(71 Finishers)

86

## KETTERING STRIDERS INVITATIONAL CROSS COUNTRY MEET

BELLBROOK, Ohio - October 6 - from STEVE PRICE

Without any doubt this has become the top affair for age group leather lungers in the Midwest and SL believes the top age group meet in the country, all things considered. This year 516 finishers from 11 states and Ontario (Canada) provided terrific individual and team competition.

Teamwise it was the CYO of Washington, DC, who almost completely do-minated the under-fourteen boys competition. On the distaff side, the Fleet Feet of Midland, Michigan, outran the host Kettering Stiders and Latrobe (PA) Track Club in the three girls age group races. Easiest individual winners were in the nine and under races: CRAIG

HALL, from the Cavaliers of Maryland, outpaced the boys field by more

Boys 9-Under (1.04 mi) Craig Hall, Cav 6:14.4 Jay Porter, Mound 6:38 Charles Jackson, DCY 42 Scott Kiefer, KS 6:44 Teddy Good, SpIntl 6:44 Darryl Bernard, KS 6:44 Bob Reilly, KS 6:55 Kevin Slaton, Mound 56 Chris Nabors, ML 7:00 Will Loftis, ML 7:04 Richard Blong, ML 7:06 Bret Kesteven, DCY 7:10 Barry Bemis, KS 7:11 Steve Shanton, Oh 7:15 Jim Jordan, GrFalcons 18 Mike Todd, Ohio TC 7:23 Rick Scialo, Burbank 24 Jeff Jordan, GrFal 7:24 Shawn Mullen, Vilas 7:24 (50 Finishers)

Leading Teams Kettering Striders 50 Washington(DC)CYO 101 Mt Lebanon TC(Pa) 102

Boys 10-11 (1.44 miles) Gene Mirkin, DCY 8:43.2 Lou McClendon(10)DS 50 Mike McCracken, NCH 8:51 Kevin Mullen, Vilas 8:57 Rod King, Mound 9:03 Lester Lyles, DCY 9:11 Chris Sherwin, DCY 9:16 Brian Kiernan, Wolv 9:19 Emory Callaway, DS 9:19 Reginald Dees, DCY 9:21 Nelson Lyles, DCY 9:22 John Gailey, ML 9:23 Chris Bucciani,NCH 9:25 (37 Finishers)

Leading Team Washington(DC) CYO 35 Mt Lebanon TC 137

Boys 12-13 (1.86 miles) Scott Dahm(12)KS 10:37.3 Mike Dees, DCY 10:40 Tim Murray, DCY 10:57 Mike Singer, Saginaw 05 Tom Rhodes, ML 11:05 John Singer, Sag 11:10 Tom Noel, DCY 11:22 Jim McCracken, NoColH 37 11:22 Mark Henry(12) KS 11:39 Andy Hawk (12) KS 11:44 Tim Visosky, DCY 11:45 Brian Hull(12) KS 11:51 Mark Mazewski, ML 11:53 Jeff Jenkins, Mnd 11:55 Mark Allen, GrFalcon 57 Bill Clark, OSL 11:58 Frank Lozupone, DCY :59 (41 Finishers)

GENE MIRKIN & LOU MCCLENDON

> OUTSTANDING TEN-ELEVEN AGE-GROUP RUNNERS

felt.

12-13 .

with gravel road hill at start/

6:45

43

Girls 9-Under (1.0 mi)

Andrea Collins, Bur 6:34

Tracy Fagan (8) PH 6:37

Andrea Mollenbach, WS 49

Pam Cripps, Bur 6:53 Margaret Manion, WS 6:59

(21 Finishers)

West Suburban TC 49

Leading Teams Burbank Striders

Ann Henry, Peo 14

Susan Rebsamen

than 23 seconds, while the Ohio Track Club's LAURA CRAVEN, only 8 years old, ran away with the girls race by 15 seconds. MARY OPALEWSKI, now with the Fleet Feet, fleet footed her way to a confortable 16 second victory in the girls 12-13 contest. Among the many family groups present at this meet, the more prominent were Kettering's SCOTT DAHM (who won the boys 12-13 race), sister NADINE who was fifteen in the girls 9-under race and mom GINNY who finished 5th in the senior women's (30 and over) race. Most numerous was the Wiscon-sin's MULLEN clan, which consisted of SHANNON (15th in women's open race), LAURTE (3rd in 12-13 girls), KEVIN (4th in boys 10-11) and SHAWN who came in 19th in the boys 9-under. The quality of the meet was distinguished by the win of former NCAA champ Mike Ryan in the men's open race, while in the women's race MARLENE HAREWICZ established herself as the top female junior in the area, in finishing second to BRENDA WEB8. Age group results: /Weather - mild, slight wind; Terrain - hilly, withtwo creek jumps per lap; Sponsors - Kettering Striders and Bellbrook Boosters/

Boosters/

Michelle Smartt. DS 9:29

Leading Teams Washington(DC) CYO 40 Kettering Striders 57

Owen Sound Legion No

Stars (Ont, Can) 107 Girls 9-Under (1.04 mi) Laura Craven(8)0h 6:35.8 Donna Gray, DS 6:51 Anne Vargo, CHC Kayla Skelly, FF 6.54 6:54 Lori Lenz, Lat 7:02 Paula Jeannot, Kwd 7:07 Kathy Riggs, Kwd 7:10 Leslie Duckwall, Bky 13 Lori Stouffer, Lat 7:15 Lori Vultaggio, Lpk 7:16 Beth Chamberlain, FF 19 Andria Collins, Bur 7:20 Cathy Berry, FF 7:22 Le Ann Yanik, Lpk 7:23 Nadine Dahm, KS Lisa Burnett, ML 7:26 7:27 Jackie Cudahy, FF 7:30 Jan Mirkin, SpIntl 7:32 Kathleen Regan, Kwd 7:35 Rachel Danduran, Oh 7:36 Jody Helzer, Ohio 7:38 Susan Rebsamen 7:38 Robin Schaefer, DCY 7:39 Lori Splendore, Lat 7:40 Melody Evans, Kwd 7:42 Cindy Allen, GrFalc 44 Leigh Mann, B Ribbon 44 Trisha Wilson 7:44 Davida Jackson, DCY 7:45 Christy Skinner, KS 7:45 Dannie Hays, FF 7:46 (83 Finishers)

Leading Teams Fleet Feet (Mch) Kirkwood TC (Mo) 99 Latrobe TC (Pa) 150

Girls 10-11 (1.44 mi) Doreen Sanderson,L 9:176 Margaret LaPorte, WS 19 Janet Smartt, DS 9:26 Nancy Thurston, FF 9:27

Lori Shaffer, Wolv 9:29 Juanita Vetter, BR 9:33 Robin Rosemeier, GA 9:35 Joann Wood, NoColH 9:37 Mary Davis, Lat 9:39 Ann Berry, FF 9:40 Mary Porter, Mound 9:44 Terri Albright, Lat 9:45 Sue Ritt, CHC 9:47 Robin Powell, SpInt 9:49 Beth Huff, FF 9:50 Patti Connors, Bky 9:53 Tita Lewis, DCY 9:54 Joanna Skaates, Bky 9:55 Judy Cychol, PP 9:57 Tracy Grant, DCY 9:59 Rita Hammer, CHC 10:02 Diane Hays, FF 10:08 Joan Luebben, KS 10:08 Regina Hutchins, GA :10 Lexis DeVries, KS 10:10 Chrissy Janoch, CHC :12 Jan Gatwood, GroveCty 14 Deanna Macreno,Lpk :15 Tammy Tripp, KS 10:16 (86 Finishers)

Leading Teams 99 Fleet Feet Latrobe TC 109 Kettering Strider 177 Clv Hts Comets(Oh)177

Girls 12-13 (1.86 mi) Mary Opalewski 11:31.2 Diane Simon, Wolv 11:47 Laurie Mullen, Bdgrts 49 Mary Palmore, DS 11:52 Stephanie Clemons.DS 57 Aileen O'Connor, SpIn 57 Carrie Craven, Oh 12:04 Carrie Shuster, BR 12:06 Bev Jarvis, KS 12:10 Marsha Neurohr, Lat :13 Tammy Mahorney, KS 12:14 Patty Buckeye, BR 12:15 Annette Cotner, Oh 12:17 Kelly Yesmunt, FF 12:22 Stacie Porter, Wolv :22 Denise Wheeler (12) KS :22 Beth Gailey, ML 12:27 Amy Reichard, Kwd 12:29 Joan Sapovich, Lat 12:29 Sue Kovazik, Lat 12:31 Ruth Sixkiller, Kwd :32 Tara Coon, GA 12:34 Mary Fetterolf, FF 12:34 Lisa Loftis, ML 12:35 Peggy Fitzgerald,WS :37 Liz Eickholt, GA 12:37 Sandy Hoffman, GA 12:37 Sally Slocum, Bky 12:38 Tamara Ehrentreau, PP 39 Carol Guardiola, Wolv 40 Pat Kubisiak, FF 12:41 Wendy Kellog, FF 12:42 Jackie Mason, GA 12:46 Cindy Kressler, FF 12:51 Cindy Theim, KS 12:55 Debby Porter, Mnd 12:58 (103 Finishers)

Leading Teams Fleet Feet 100 Kettering Strider 126 Latrobe TC 133 Wolverines TC(Mch)144 Golden Angels(Oh) 152 Kirkwood TC 228 Buckeye TC (Ohio) 260 Peoria Pac'ts (Ill) 304 W Suburban TC (Ill) 317

Girls 14-Over (3.09 mi) \*\*juniors only listed\* places 2 thru 11

Marlene HarewiczM 19:20 Lynn Lovat, Wolv 19:50 Janis Vetter, BR 19:58 Melody Miller, WS 20:03 Gail Hornack, Lat 20:07 Bev Roland, PP 20:09 Ella Willis, Lpk 20:21 Teri Seippel, KS 20:30 Diane Vetter, BR Lisa Hamity, WS 20.39 20:43

ARIZONA AAU GIRLS STATE CROSS COUNTRY CHAMPIONSHIPS PHOENIX, Arizona - November 10 - from SUE HUMPHREY

A total of 152 girls completed El Dorado Park's grass courses in the

A total of 152 girls completed El Uorado Park's grass Courses in the usual warm weather, with major honors being split between girls from Pear's Peaches, Scottsdale and Arizona Track Clubs. Easiest team champ was Scottsdale's 10-11 crew, while MONICA JOHNSON took the 9-under mile by a whopping sixteen seconds for the top individual triumph. DEBBIE DERR was the best junior finisher in the open three mile jaunt, recording 17:32 in third place. Best under-fourteen results: /Meet Director - Bob Snider/

Girls 9-Under (1.0 mi) Monica JohnsonPP 6:33.4 Lisa AnetsbergerAz 6:49 Kim Gruenwald, VOS 6:56 Lynn Flowers, Arz 7:09 Sharon Smith, PP 7:13 JoAnn Chatterton. PP :16 Karen Bradshaw, Arz 7:19 Rhonda Weddle, Crt 7:20 (29 Finishers)

Leading Teams	
Pear's Peaches	35
Arizona TC	44
Creighton TC	81

Girls 10-11 (1.25 mi) Linda Lindsey, PP 8:44.2 Sara Ericson, PageS 8:50

Patsy Navaro 8.52 Robin Crozier, Sct 8:55 Karen Hooper, Crt 8:57 Jennie Stevens, Crt 8:58 Theresa Smith, PP 9:00 Angie Frazier, Arz 9:07 Joyce Schmall, PP 9:07 Sandy Pollock, Sct 9:10 Rebecca Juvasa. Sct 9:15 Marlou Heiland, Arz 9:19 Judy Anderson, Sct 9:20 Monica Zepeda, Sct 9:22 Dawn Freeman, VOS 9:23 (53 Finishers)

Leading Teams Scottsdale TC 45 Pear's Peaches 66 Arizona TC 80

Girls 12-13 (2.0 mi) Shari Cassin, Az 11:13.4 Pat Paul, Sct 11:26 Cheryl Symons, Arz 11:47 Diane Barrett, Arz 11:53 Krista Holmes, Sct 12:08 Marie Jorgenson, Arz :10 Sandy Cuevas, Arz 12:12 Sloan Thompson, Sct :14 Vickie Bradshaw, Arz :15 Kim Crookston, Sct 12:20 Annette Secchiari, Sc 34 Vicki Murray, VOS 12:38 (44 Finishers)

Leading Teams	
Arizona TC	21
Scottsdale TC	36

Girls 10-11 (1.56 mi) Girls 12-13 (2.0 mi) 10:07 Tamara Ehrentreau 13:14

Dawn Hess, Bur

Leading Teams

West Suburban TC Burbank Striders

CENTRAL AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS PALOS HILLS, Illinois - October 20 - from MICHAEL BEARD

Cross Country is developing very nicely in Illinois AAU circles. This year 106 girls from nine teams took part, including two new squads, the Burbank Striders and the West Suburban TC, who made their presence

felt. These two traded wins in the ll-under divisions and the Suburbanites won the 14-over championship as well. In that last race, they were led by high schooler LISA HAMITY (18:51) and MELODY MILLER (18:59), who fi-nished second and third respectively in the three miler. BEV ROLAND of Peoria won the race (18:37) and two of her clubmates won age group races. The Pacette's TAMARA EHRENTREAU took advantage of a spill by Palos Hill's MANDI LIPINSKI (who fell while leading in the last 75 yards), to win the

Age group Results: /Weather - 72°; Course - tall grass and hilly,

(25 Finishers)

53

63

Margaret LaPorte 10:10 Mandi Lipinski, PH 13:15 Donna Hess, Bur 13:17 Kelli Fagan, PH 13:21 Tracy Weber, FoxVly :20 Valerie Eaton, PH 10:23 Judy Cychol, Peo 10:26 Laura Storer, PH 13:23 Laura Marinier, Bur :29 Tammy Kurtz, FoxVly :36 Laura Pastorello, Bur 38 Maureen Manion, WS 10:42 Carol Cychol, Peo 13:41 10:51 Rhea Murphy, PH 13:42 Peggy Fitzgerald, Ws :53 (36 Finishers)

Leading Teams Palos Hills TC 37 Peoria Pacettes 57 West Suburban TC

#### PACIFIC AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS SALINAS, CA - October 27 - from LOREN GREEN

Girls from 16 teams tangled on a very hot day at Toro Park, and at the end, the host Salinas Valley Track Club was the only team to emerge with a double win (taking the 10-11 and 12-13 team titles). TENA ANEX and ESTELLA GUINA ran a virtual dead-heat in the 14-17 race,

with Estella's San Jose Cindergals teammates sweeping to an overwelming

team win. Other individual winners were KAREN BAIN of the Bridgeport Road Runners in the remote high Sierras, ROXANNE BIER of the new Appaloosa TC in the San Francisco Bay area and TAMMY FRYE of the Sacramento Valley's San Juan Striders. The Roseville Gazelles from the northern San Joaquin Valley, won the 9-under team title and barely lost the 10-11 race. Results:

#### Girls 9-Under

Tammy Frye, SJS 7:49 Sherri Grijalva,SV 7:55 Maggie Stein, CY 8:01 Jeani Fuller, SJS 8:02 Sue Martinez, WS 8:11 Suzette McKeen,USJ 8:24 Shelly West, CY 8:34 Holli Brashearer,RG :36 Michelle Miller, App :41 Julie Anderson, RG 8:43 Tonya Butler, RG 8:45 Sherrie Avedissian, Ap 7 Suzette Harris, App 8:48 Debbie Dunean, SJS 8:49 Molly Myall, StCruzer 50 Betsy Thompson, LAltos O Rachelle Tafolla, RG :50 Lorie Cutsforth, CY 8:50 Michelle Monty, RG 8:52 Linn Wolcott, Tahoe 8:56 (56 Finishers)

Leading Teams Roseville Gazelles 65 Cupertino Y'rlings 83 Appaloosa TC 84 San Juan Striders 85

Girls 10-11 Roxanne Bier, App 10:09 Roxanne Bier, App 10:09 Jeanette Allred,SJS :14 Marian Franklin, ML :34 Tiffany Choy, SV 10:45 Evenda Hoskins,RG 11:02 Beth Carother, SV 11:02 Beth Carother, SV 11:02 Michelle McKeen, USJ :06 Lorraine Vasquez, App 07 Sandy Beauchamp, RG :09 Mary Crevelt, RCF 11:10 Carol Gleason, CY 11:16 Cindy Vaughan, RCF 11:16 Thyra Ladyman, WS 11:18 Nancy Bingley, RCF 11:21 Nanette Rianda, SV 11:26 Tammy Reneau, Brdgprt 27 Holly Himeniz, RCF 11:28 Alison Adams. Orinda :28 Rechelle Pool, Brdgpt 28 Georgette Harris, App 29 Kelly Neel, StCruzers 36 (72 Finishers)

/DOUG Phot ESTELLA GUINA (SAN JOSE CINDERGALS)

Leading Teams Salinas Valley TC 89 Roseville Gazelles 90 Appaloosa TC Redwood Cty Flyers

Girls 12-13 Karen Bain,Brdgpt 12 Ann Trayson, SV 12 Jody Cobb, SV 12 Renay Wolfe, RCF 12 Shaun Seibel, USJ 13 Alison Hansen, SV 13 Ann Drake, SV 13 13 Kris Taylor, SLeandro Charlene Allred, SJS Georgia Sakelarios,RC Anne Hamilton, ML 13 Laurie Green, Orinda Lezli Peterson, SCruz Kelly Hintz, CY 13:38 Jeannette Cotte, RCF :44 Chris Pool, Bridgprt :46 Julie Sans, RCF 13:47 Terry Scheider, SCruz 48 (56 Finishers)

Kathy Haughey, SJC 15:38 Robbie Reneau, Brdgpt 43 (56 Finishers)

Leading Teams Sn Jose Cindergals 29

#### MICHIGAN AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS MOUNT PLEASANT - October 20 - from EILEEN SKELLY

Three team and one individual championshipsfor the Fleet Feet; three individual and one team win for the Detroit Striders was the way the age group results went at Central Michigan University's Riverwood Golf Course. The Striders SYLVIA MOORE, STEPHANIE CLEMONS and JANET SMARTT, plus the Fleet Footer's KAYLA SKELLY were the individual champions.

Top junior in the open race was LYNN LOVAT of the Wolverines, who was

Girls 9-Under (1.12	2 mi)
Kayla Skelly, FF	6:35
Donna Gray, DS	6:39
Lori Vultaggio, Lpk	6:56
Cathy Berry, FF	7:03
Jackie Cudahy, FF	7:08
Ann Smith, FF	7:09
Beth Yesmunt, FF	7:13
Tracy Huebner, FF	7:15
Fran Dorsey, MC	7:17
(18 Finishers)	)
Londing Tooms	

Leading Teams		
Fleet	Feet	23
Lipke	TC	6

Girls 10-11 (1.5 miles) Janet Smartt, DS 9:13 Lori Schafer, Wolv 9:21 Deanna Macreno, Lpk 9:22 Michelle Smartt, DS 9:23

24	Girls 14-17
99	Tena Anex, WS 14:26
	Estella Guina, SJC 14:26
	Kathy Adams, WS 14:43
:44	Arleen Mears, SJC 14:46
:47	Val Eberly, SJC 14:50
:57	Dominique Carron, ML :51
:58	Colleen McManus, SJC :54
:13	Janet Burns, SJC 14:57
:25	Penny Reneau, Brdgtpt 59
:26	Ronell Powell, SJC 15:09
27	Lisa Greenberg, SJC :23
:28	Diane Dimmick, SJC 15:27
F 5	Chris Sakelarios, RCF 29
:36	Cynthia Gentry, WS 15:30
:37	Karen Nachbar, SJS 15:33
38	Dee Dee Eddy, SJS 15:36

Leading Teams

Salinas Valley TC 50

Redwood Cty Flyers 83

Wills Spikettes 68

third at 18:10 for three miles. The top ten runners in each division compose the Michigan State team which competed in the Champion of Cham-pions meet in Cincinnati on October 27. /Weather - 49<sup>0</sup> and cloudy/ Results of 15 and Under:

Anne Berry, FF 9:33 Shela Taylor, DS 9:34 Nancy Thurston, FF 9:40 Beth Huff, FF 9:42 Lois Robinson, DS 9:58 (29 Finishers) Leading Teams 36 Detroit Striders Fleet Feet 49 Lipke TC 77 G Girls 12-13 (2.0 miles) Stephanie Clemons 11:58 Mary Palmore, DS 11:59 Diane Simon, Wolv 12:07 Rochelle Collins, MC :15 Stacie Porter, Wol 12:23 Kelly Jo Yesmunt, FF :38 Mary Ann Fetterolf, F 49

Cindy Kressler, FF 12:51

Sarah Peterson, Mcl	h :52
Pat Kubisiak, FF	12:53
Vendy Kellog, FF	12:57
(28 Finishers)	)
Leading Teams	
Fleet Feet	42
Wolverines	55
Motor City PAL	96
irls 14-15 (2.5 m	
Sylvia Moore, DS	16:11
racy Baker, Wolv	16:32
iane Wymore, FF	
athy Martin, FF	
Carrie Robinson, DS	
athy Sabczyk, Wol	16:59

Sue Adcock, FF 17:05 (16 Finishers) Leading Team Fleet Feet 36

#### UNION COUNTY PARKS BOYS CROSS COUNTRY CHAMPIONSHIP ELIZABETH, NJ - November 11 from GEORGE MILLER

Despite excellent weather (partly cloudy, 34°) the turnout of 68 athletes was 41 short of last year's first meet. However, there were several outstanding battles in the three age group divisions. This was the final race in the high point series. In the 10-under race, Nutley's CRAIG BARTSCH got tired of the runner-

up role, so he turned the tables on previously undefeated PETER DURNING (Cranford) who was the high point trophy winner for the division. Craig and Peter were the first runners in the division to break 8 minutes for the course.

the course. MIKE CATALNELLO, age 6, finished twelfth to take the novice award. JOHN LYNCH was the third high point scorer for the division. The Irish brigade of MIKE O'BRIAN, BOB O'LEARY and BRIAN MURPHY finished in that order in the 12-13 race, though winner O'Brian was 11 seconds off his best of 7:04 for the 1.4 mile course. Murphy of Cranston was the se-ries high point winner over BRIAN DURNING, who finished 5th in this race. Manahawkin's JEFF FLOCK took the 14-15 final race in a narrow win over the series high point winner JEROLD LAMBERT (Cranford). Jerold's fellow townsman DOUG STEHLIN was the series high scorer runner-up, though he was a distant fifth in the final race. Results: a distant fifth in the final race. Results:

Boys 11-Under (1.4 mi) Craig Bartsch, Nut 7:50 Peter Durning, Cran 7:53 Jeff Knowles, Spr'd 8:16 John Lynch, Metuchen 17 Jon Steel, Nutley 8:19 Pat Doherty, Met 8:36 Joe O'Connor, Met 8:42 Bob Catalnello, Met 8:43 Kevin Mulkerin, Met 8:46 Doug Massey, W'field :50 Todd Gibbons, Met 8:58 (24 Finishers) Boys 12-13 (1.4 miles) Mike O'Brien,W'fld 7:15 Bob O'Leary, Linden 7:21 Brian Murphy, Cranf 7:23 Colin Kerwin, W'fld 7:34 Brian Durning, Cranf :39 Frank Prial,S Orange 41 Brian O'Connor, Met 7:55 Ray Gibbons, Met 7:57 Ned Hallinan, Bernard 58 John Lagarenne, Ber 7:58 (10 Finishers)

Boys 14-15 (2.0 miles) Jeff Flock, Man'kin10:23 Jerold Lambert, Cran :25 Mike Aquinas, Ramsey :26 Paul Timony, TomsR 10:27 Doug Stehlin, Cran 10:45 Ed Schnell, Ramsey 10:59 Phil Jones, Ramsey 11:00 Jeff Nelson, W'fld 11:08 Rob French, Cranford :11 Steve Triantafyllou :13 Terry Brady, W'fld 11:14 (23 Finishers)

#### RAELETTS GIRLS CROSS COUNTRY INVITATIONAL BRONX, New York - October 21 - from RAY JENKINS

A smashing triumph by CATHY SHRADER from Albany's Electric City TC was the highlight of the second Raeletts "Invitational". Cathy ran away from internationalist DOREEN ENNIS to capture the 14-over race by 14 secs, as the top five places (at least) were filled by juniors. All told, there were 211 finishers, with the honors in the 13 and un-der races being shared by runners from metropolitan Philadelphia and New York

York.

Most interesting division was the 10-11, which resulted in a close team race between the Padukies and Ambler Olympic Club, and a convincing win by JUDY SCHAFFER of the Jets (of Pennsylvania, not to be confused with the Staten Island Jets and the numerous other Jets around the country). /Weather - fair/ Results:



Girls 9-Under Kaleigh BaldwinA 6:42.7

Adele Robinson, Amb 6:47

Kim Gallagher, Amb 6:59 Sherie Sharpe, Pad 7:06

Tracey Wilson, Amb 7:12

Denise Davis, Pad 7:14 Emma Leale, LIGS 7:15 Denise Blount, Pad 7:41

(24 Finishers)

7:42

Alma Leak, Pad

Leading Teams Ambler OC (Pa)

KALEIGH BALDWIN (AMBLER OC

Girls 10-11 Judy Schaffer, Jt 7:05.4 Tanya Richardson, P 7:17 Rosie Richardson, P 7:20 Carolyn Kennedy, Am 7:22 Susan Johnson, Jets 7:25 Marisse Schmidt, Am 7:34 Kris Baldwin, Amb 7:35 Margie Hartman, Jets :37 Val Fisher, Pad 7:40 Wanda Trottie, Pad 7:41 Veronica Gallashaw, P 42 Tracee Hackett, Amb 7:45 Sharon Handy, Amb 7:51

L. Kornberger, LIGS 7:52 Laura Quinn, LIGS 7:54 Beth Fisher, Jets 8:01 Beth Howley, Gateway 03 Kathy Quick, Suffolk 04 Martha Minques, Amb 8:07 Teddy Moris, NYP 8:11 Karen Spear, Suf 8:15 Lynn Kelly, Nutley 8:16 (56 Finishers)

Padukies (Pa)	35
Ambler OC (Pa)	42
Suffolk AC (NY)	111
New York PAL	135
LI Golden Spikes	137

#### Girls 12-13

Pam Dutton, Pad 8:42.5 Nancy Frank, LIGS 8:45.2 Kelly O'Toole, LIGS 8:50 Rhonda Ross, Suf 9:05 Diana Caizza, Suf 9:22 Samantha McCarthy, AG 24 Jane McKay, LIGS 9:29 Vanessa Landis 9:34 Kathy Corrigan, BrkSt 35 Regina Felix, NYP 9:39 Cathy Anderson, LIGS :41 Vickie Reardon, LIGS :43 Rosemary Giampalmo,SIJ 6 Marianne Mickay, LIGS 47 Leslie Cordy, Atoms 9:48 Kim Chavis, NYP (42 Finishers) 9:51

LI (	Golden	Spikes	37
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Girls 14-over Cathy ShradenEC 12:17.9 Doreen Ennis, Nut 12:34 Judy Fontaine, AG 13:00 Betty Cuthbert, Pad :10 Robin Perry, Amb 13:11 15

## CENTRAL USA CROSS COUNTRY CHAMPIONSHIPS

ST. LOUIS, Mo - November 3 - from BOB HYTEN

Although the tenth annual Central USA meet did not have the longest entry list, it did attract most of areas' best runners as usual. Run-mers from Ohio, Illinois, Missouri and Tennessee numbered 281 all told. It seemed to be family day on the Planetarium Course at Forest Park. Ohio Track Club's LAURA and CARRIE CRAVEN each won their races impres-sively (9-under and 12-13, respectively), while Blue Ribbon's TC's JANIS, DIANE and DEBBIE VETTER took third thru fifth in the Open (Women's) three mile race, behind 16 year-old BEV ROLAND of the Peoria Pacettes, the most improved distance runner in the midwest this season. Bey was clocked in improved distance runner in the midwest this season. Bev was clocked in 18:03 for the distance, just six seconds ahead of Janis. The Vetter's 1ittle sister JUANITA was fifth in the 10-11 race. Just as impressive was the easy 1-2 finish of the McCALLISTER twins,

SI .S

Just as impressive was the easy 1-2 timism of the MCGALLSIER twins, MARK and TODD in the 12-13 group for boys. They were just ahead of  $\iota^*$  if DENNIS ZURWELLER from Florissant TC, whose sisters KAREN and DIANE fi-nished first and sixth in the 10-11 race. Nashville, Tennessee's COCKE family had three outstanding contenders as well. BRIAN was a strong third in the 11 and under contest for boys, DEBBIE took a solid fifth in the girls 12-13 and CATHY, just 14, was the youngest finisher in the top ten in the Women's race (she ran 18:51 for the three miles) the three miles).

Under-fourteen results follow /Weather - clear, 500):



PART OF THE KIRKWOOD TRACK TEAM OF ILLINOIS

Boys 11-Under (1.50 mi) Paul Vandersteen, Bl 8:43 Eugene Albes, Mol 8:52 Brian Cocke, NW 8.58 Tom Woodley, Bl Tim Gilliland, Bl 9:00 9:02 Chris Crewell, Bl 9:11 David Schroeder, B1 9:16 Tom Albes, MA 9:25 Dennis Farkas, Bl 9:27 Vincent Mosley, SLB 9:30 Don Kuda, Mol 9:34 Kevin Zurweiler, Fl 9:35 Larry Gerst, Fl 9:37 (35 Finishers)

Leading Teams Bloomington TC (111) 23 Moline TC (Ill) Florissant TC 89

Boys 12-13 (2.00 miles) Mark McCallister 11:06 Todd McCallister 11:07 Dennis Zurweller, Fl 16 Rich Renshaw, Fl 11:33 Kip Pabst, BG 11:49 (18 Finishers)

Leading Teams 49 Florissant TC Bloomington TC 52 Girls 9-Under (1.0 mi) Laura Craven, Oh 6:08 Kathrine Riggs, Kwd 28 Paula Jeannot, Kwd 6:29 Tracy Fagan, PH 6:36 Kathleen Regan,Kwd 6:37 Leslie Hearnes, Kwd 6:39 Rachel Danduran.Oh 6:41 Kristy Cassmeyer, Kwd 47 Andria Collins, Bur 6:47 (21 Finishers)

Leading Teams Kirkwood TC (Mo) Burbank TC (I11)

Girls 10-11 (1.50 mi) Karen Zurweller, Fl 9:02 Sloan Burton, NW 9:10 Heather Hearnes, Kwd 11 Ann Henry, PP 9:13 Juanita Vetter, BR 9:18 Diane Zurweller, Fl 9:24 Valerie Eaton, PH 9:34 Beverlee Williams, Kwd 6 Joanna Skaates, Bky 9:37 Barbara Peterson, Kwd 39 Judy Cychol, EP 9:43 Patty Conners, Bky 9:47 Laura Gerst, Fl 9:52 (37 Finishers)

Kirkwood TC	50
Florissant TC	68
Buckeye TC (Oh)	80

Girls 12-13 (2.0 miles) Carrie Craven, Oh 12:09 Bev Jarvis, KS 12:12 Carrie Shuster, BR 12:22 Amy Reichard, Kwd 12:35 Debbie Cocke, NW 12:39 Tamara Ehrentreau, PP 41 Tammy Mahorney, KS 12:43 Carol Smith, NW 12:44 Jean Bieser, Kwd 12:46 Denise Wheeler, KS 12:53 Laura Storer, PH 12:54 Patty Buckeye, BR 12:55 Ruth Sixkiller, Kwd 57 Sally Slocum, Bky 12:58 Mandi Lipinski, PH 13:02 Kelli Fagan, PH 13:07 Louise Graf, NW 13:09 Cindy Thiem, KS 13:11 (52 Finishers)

Leading Teams Kettering Striders 65 Nashville Whippets 89 Palos Hills TC (III) 91 Kirkwood TC 95

SCHWAB

Photo/DOUG

#### CURRIE CREEK RUN MIDLAND, Mich - October 13 - From NORM SKELLY

A steady rain greeted the 120 runners that competed in nine divisions. SUE PARKS, 17, of the Golden Triangle TC, won the open women's division (3 miles in 17:40), while a daughter/father combination of LORI and GOR-DON SCHAFER was respectively third in the girls 10-11 and the men's open. /Weather-62°, rain; Course-mostly flat, with 3-5 40 foot hills/ Age group results:

Boys 9-Under (1.0 mile): Chris Caudell (Detroit Striders) 6:54; Boys 10-11 <u>1.5 miles</u>): Lou McClendon (DS) 8:44, Brian McKiernan (Volverines) 8:49; Boys 12-13 (2.0 mi): Lyndon Johnson (DS) 13:37, Tim Kenney (Motor C) 13:52;

Girls 9-Under (1.0 mile): Kayla Skelly (Fleet Feet) 6:42, Donna Gray (DS) 6:43, Cathy Berry (FF) 6:44...13 Finishers; Girls 10-11 (1.5 miles): Janet martt (DS) 8:50, Anne Berry (FF) 8:57, Lori Schafer (Wol) 8:59, Michelle Smartt (DS) 9:18, Nancy Thurston (FF) 9:19...23 Finishers; Girls 12-13 (2.0 miles): Rochelle Collins (Motor City PAL) 13:13, Mary Palmore (DS) 13:16, Diane Simon (Wol) 13:34, Stephanie Clemons (DS) 13:58, Kelly Jo Yesmunt (FF) Cindy Kressler (FF) 14:02...25 Finishers; Girls 14-15 (2.5 miles): Sylvia Moore (DS) 16:42, Tracy Baker (Wol) 17:11, Cathy Martin (FF) 17:25...14 Fin. **16** 

#### ALLEGHENY MOUNTAIN AAU AGE GROUP CROSS COUNTRY MT LEBANON, PA - October 27 - From JOHN HARWICK

The usual large fields (245 finishers) graced this Association

meet at Mt Lebanon Park. RESULTS: Boys 9-Under (1.0 mile): Will Loftis (Mt Lebanon TC), Chris Nabors (MLTC), Thomas Deis (Churchill), Roy Swintek (Bethel Park), Mark Escott (MLTC), Earnie Fagnelli (Ch)...33 finishers...Teams: MLTC 25, Mt Lebanon AA 64; Boys 10-11 (1.50 miles): Shawn Ross, John Gailey (MLTC), Mike Hughes (Penn-sylvania Striders), Mark Gourley (PS), Jim Olson (MLTC), Glenn McKenzie (ML TC), Mike Gregos (PS), Steven Maag...34 Finishers...<u>Teams:</u> MLTC 34, MLAA 84;

Boys 12-13 (2.0 miles): Tom Rhodes (MLTC), Jack Toolin (Ch), Rusty Froats Soys 12-15 (2.0 miles): fom Andres (mile), data form (only, nasy fracts) (Burgettstown), Ron Froats (Bur), Mike Rencheck (Bur), Lee Shackelford (FS), Larry Rizzo (Mt Lebanon AA)...25 Finishers...<u>Teams</u>: Bur 45, MLTC 59, FS 69; Boys 14-15 (2.5 miles): Joe Mulqueen, John Mulqueen, Shaun Campbell (MLTC), Aaron Winburh (Ringgold), John Stiehm (Rin), Jeff Moores...16 Finishers;

<u>Girls 9-Under (1.0 mile)</u>: Robin Wormsley (New Image), Terry Williams (Dor-mont TC), Molly Murphy (Dor), Lisa Burnett (MLTC), Janine Wurtzer(Dor), Lori Stouffer (Latrobe TC), Lori Lenz (Lat)...35 Finishers...<u>Teams</u>: Dor 31, L 68; Girls 10-11 (1.50 miles): Doreen Sanderson (Lat), Mary Jo Davis(Lat), Bunny Gilkeson (Dor), Faye Wilson (NI), Joanne Hazlip (NI), Lynn Dissen (Dor), Terri Albright (Lat), Amy Massena (Lat)...41 Finishers...<u>Teams</u>: L 32, D 39;

Girls 12-13 (2.0 miles): Joan Sapovich (Lat), Marsha Neurohr (Lat), Joann Hall (Dor), Beth Gailey (MLTC)...46 Finishers...<u>Teams</u>: Lat 40, Dor 61; Girls 14-15 (2.5 miles): Marlene Harewicz (MLTC), Susan Gailey (MLTC), Pat Hall (Dor), Sue Roehm (MLTC), Cheryl Brown (Tri-State TC)...15 Finishers

#### CALIFORNIA STATE BOYS AAU AGE-GROUP CHAMPIONSHIPS SALINAS, CA - November 10 - from LOREN GREEN & DOROTHY COBB

The quality of performances was excellent in this hastily convened state meet, although only one team from southern California was able to attend. However, the Rialto Road Runners (the team that came) is one of the strongest group in the southern section of the state and demonstra-

the strongest group in the southern section of the state and demonstrated their talent by dominating the two older divisions. The many-talented SELLS brothers of Salinas rivaled Rialto's three ASSUMMA's, especially WENDELL, the nine & under winner. During the track season, Wendell is better known for his high jumping skills, an event in which he leads in his age group with a great 4-8 1/4. Another pair of brothers to watch is DON and DEAN AVILES of the Pedwood City Flyers. Redwood City Flyers.

Every race was highly contested. Two of the finest youngsters in the 10-11 division this year, STEVE BURKE and JONATHAN LANTRY battled it out to the wire, with Steve gaining a narrow victory. TOM WILLIAMS of the San Juan Striders just couldn't stay with the ASSUMMA twins, who just ran away from the whole 12-13 pack; by the time Tom passed the finish line CHUCK and FRANK were already putting on their sweat suits! Rialto's WALTER BRIDGES had to work really hard to shake off Duster's JIM SANE who was only 1 second behind as they came in the chute. Top placers and teams included:



#### THE AVILES TWINS - REDWOOD CITY FLYERS (DON AND DEAN OR IS IT DEAN AND DON)

Boys 9-Under Wendell Sells, SV Don Aviles, RCF 7:27 Eric Carlson, CY Dean Aviles, RCF 7:29 7:30 John Simpson, Brdgprt 32 John Latting, PH 7:42 Jiggs Stein, CY 7:46 Angelo SakelariosRCF 48 Bob Cambron, RCF 7:56 David Gates, CY 8:00 Dennis Moody, RRR 8:03 David LeKander, SV 8:04 Donny Galang, Ap'loosa 6 Mike Warrington, PH 8:07 Jamie Cunningham, SJS 08 Gordon Mueller, RCF 8:11 Michael Green, RCF 8:15 Paul Stebens, PH 8:16 Richard Vasquez, SV 8:17

(47 Finishers)

Leading Teams Redwood Cty Flyers 39 Cupertino Y'rlings 73 Salinas Valley TC 75 Pleasant Hill TC 83

Boys 10-11 Steve Burke, SV Jon Lantry Ray Cook, RRR 9:29 9:43 Tommy Owen, RCS 9:45 Jim Scattini, SV 9:46 Mike Assumma, RRR 9:48 T. O'Donnell, SJS 9:58 Nick Sakelarios, RCF 00 10:05 Bill Casper, SV Benny Sells, SV 10:13 Mike Bunds, SJS 10:13 Tom Cunningham, SJS 16 Robert Martinez, RCF 22 10:24 Greg Jones, CY Joe Olvera, SV 10:30

George Vasquez, SV 10:31 Keith Hedlund, SV 10:33 Gary LeKander, SV 10:33 Pat Quinlan, RRR 10:36 David Oliver, RCF 10:38 Robert Landrum, RRR 40 (51 Finishers)

Leading Teams Salinas Valley TC 40 San Juan Striders 79 Redwood Cty Flyers 89 Rialto Rd Runners 96

Boys 12-13 Chuck Assumna, RRR 10:37

Frank Assumma, RRR 10:41 Tom Williams, SJS 11:17 Kevin Reymolds, PH 11:24 Bert Shirley, RRR 11:28 Tom Graycar, RCS 11:34 Danny Martinez, RCS 38 Bobbie Kadie, SJS 11:40 Phil Shirley, RRR 11:44 Rich Vasquez, PH 11:44 Ray Eddy, SJS 11:45 David Avila, CY 11:48 Scott Porter, SJS 11:50 Bobby SanquinetteRCS 52 Jim Lowmiller, SV 11:56 Phil Chaney, PH 11:59 (43 Finishers)

Leading Teams Rialto Rd Runners 34 San Juan Striders 53 Pleasant Hill TC 73

Boys 14-15 Walter Bridges, RR 10:55 Jim Sane, Dusters 10:56 Andre Rodriguez,RR 11:17 Mike Bernstein, RRR :18 Curtis Sells, SV 11:30 Dan Farwell, RCS 11:49 (21 Finishers)

Leading Teams Rialto Rd Runners 36 Redw'd Cty Strider 50

#### JOHN F KENNEDY MEMORIAL THREE MILE RUNS PITTSBURGH, PA - November 11 - from JOHN HARWICK

Increasingly gaining in popularity, the eleventh annual memorial to the late president had a total of 281 finishers in five divisions, from 13 and under to seniors. They included entrants from Ohio, Ontario (Ca-nada), West Virginia and New York. Latrobe (PA) Track Club took the girls 13-under team race and Mount Lebanon made off with the two boys age group runs (the 14-17 division by a narrow 2 point margin over Central TC of Pittsburgh). The fastest time among juniors for the common three mile distance was BOB LEE of Central. Fastest junior women's time was by MARLENE HAREWICZ of Mt Lebanon in the 14-over race, as she bested Latrobe's GAIL HORNACK 20:21:34. 20:21 to 21:34.

An exciting three-way battle developed in the boys 13-under group, with TOM RHODES eventually running away from STEVE GALLAGHER of Gateway (PA) who outleaned SCOTT DAHM from Kettering (Ohio). Junior Results:

Boys 13-Under Tom Rhodes, ML 19:56.4 Steve Gallagher 20:09.5 Scott Dahn, KS 20:09 Jim McCracken, NCHill 49 Matt Schuerger, ML 20:50 George Fox, Mann Sch :51 Mark Mazesky, ML 20:54 Mike McCracken, NCH :55 Russell Froats, Bur :56 Jack Toolin, Chur'11 :59 Shawn Ross, Salem 21:04 Jeff Jenkins, Mound :15 Mike Rencheck, Bur 21:16	Tim Mackey, OS 23:06 Bob Brock, Mound 23:07 (112 Finishers) <u>Leading Teams</u> Mt Lebanon TC 44 Burgettstown TC 93 Mound TC (Ohio) 121 Oven Sound (Ont,C)136 Salem TC 185 <u>Boys 14-17</u> Bob Lee, Central 17:25 John Pardy, ML 17:33 Mike Survey ML 17:33	Girls 13-Under Pam Dutton, Pad Marsha Neuhrohr Beth Gailey, ML Joan Sapovich,L Mary Jo Davis,L Tanya Richardsoo Doreen Sandersoo Lisa Loftis, ML Sarena Birkhime Sue Kovalik, La Rose Richardson Val Fisher, Pad Dawn Foreman, P
	John Pardy, ML 17:33 Mike Sprys, ML 17:47 Damon Clark 17:47 David McDonald,Ce 17:51 Mark Studnicki,Ce 17:52 Brett McKenzie,ML 17:59 John Lewardowski,Ce 111 Steve Carveris,ML 18:13 John Rhodes, ML 18:15 Dan Shriver,Wayn'brg 18 Joe Malqueen, CXI 18:19 (91 Finishers) <u>Leading Teams</u> Mt Lebanon TC 31 Central TC (Pgh,Pa) 33 CXI TC (Pgh, Pa) 118	

m Dutton, Pad 21:36 ursha Neuhrohr, Lat :40 th Gailey, ML 21:43 an Sapovich, Lat 21:46 ry Jo Davis, Lat 22:03 nya Richardson, Pad 10 reen Sanderson, Lat 11 isa Loftis, ML 22:22 Arena Birkhimer,Ch 24 e Kovalik, Lat 22:39 se Richardson, P 23:00 I Fisher, Pad 23:04 wn Foreman, Pad 23:14 nna Price, Lat 23:25 tty Buckeye 23:26 mone Grillo 23:48 erri Albright,Lat :54 andy Wallace, ML 23:55 ebbie Porter,Mnd 24:12

(60 Finishers)

Leading Teams	
Latrobe TC	28
Padukies	43
Mt Lebanon TC	78
Mound TC	133

SCHWAB

Dnod,

#### HAMILTON JR HIGH SCHOOL CROSS COUNTRY INVITATIONAL FRESNO, CA - November 2 - from JOE HERZOG

In five years this meet for boys and girls has grown from 88 runners to this year's 386 finishers. Fresno city schools now have a city wide junior high cross country program with thirteen of fourteen schools participating.

ticipating. In this encounter, Fresno County boys ran slightly faster over the common 1.35 mile course at crowded Roeding Park. The top overall team, however, was the eight grade group from Fresno City's Ahwahnee Jr High, which swept their race with a perfect team score of 15. Clark Intermediate School took three team titles in the county boys and combined city/county girls races. TOP DEFUERS.

TOP RESULTS:

City 7th Grade Boys S. Thornton, Ahw 7:20 R. Dobbs, Hamilton 7:38 Morgan, Tenaya 7:40 R. Walker, Ham M. Klein, Ham 7:41 7:46 J. Doherty, FtMiller 48 C. Gomez, Ham 7:51 J. Rodriguez, JA 7:52 S. Garcia, Sierra 7:56 M. Towne, Si (67 Finishers) 7:57

#### Leading Schools Hamilton JHS 26 Tenaya JHS 64 Ahwahnee JHS 78

County 7th Grade Bo	oys		
R. Ramirez, J Muir	7:33		
D. Rhoan, Tenaya-M	7:36		
J. Ashman, T-M	7:37		
G. Rivera, Clark	7:39		
M. Blair, Cl	7:42		
J. Gonzales, T-M	7:47		
A. Sotelo, Cl	7:49		
N. Ferguson, Cl	7:50		
(62 Finishers)			
Leading Schools			
Clark	29		
Tenaya, Merced	31		
McCabe, Mendota	74		
City 8th Grade Boys			
M. Castillo, Tioga	7:01		

E. Little, Ahwahne	e :05
S. McDannald, Ahw	7:10
B. Rowen, Wawona	7:17
N. Stockton, Ahw	7:21
D. Adney, Ahw	7:27
A. Verdugo, Waw	7:30
A. Marez, Yosemite	7:31
J. Clark, Waw	7:33
J. Guarnerro, Ahw	7:34
(65 Finishers)	
Leading Schools	
Ahwahnee JHS	15
Sierra JHS	75
Hamilton JHS	87
Kings Canvon JHS	96
Kings canyon ono	30
County 8th Grade B	ovs
M. Perez, J Muir	7:02
A. Gonzales, T-M	7:18
K. Stork, Clark	7:18
G. Salcido, Planada	a :21
G. Franquez, JM	7:23
J. Criado, McCabe	7:23
M. Aguirre, JM	7:27
(48 Finishers)	
Leading Schools John Muir	43
Planada	53
Clark	56
City 9th Grade Boy	s
M. Sadler, Sierra	
P. Rodriguez, Waw	
M. Oicotti, Tioga	
The orgonation troba	

St. Barnett. Ti 7:10 J. Grieco, Ahwahnee :11 D. Allen, Kings Cyn :11 D. Allen, Kings oyn ... B. Bean, Ft Miller 7:14 D. Goerzen, FtM 7:16 J. Huebner, Waw 7:18 R. Fuentes, Sequoia :18 (61 Finishers)

#### 7th Grade Girls I. Jaramillo, Cl 8:26 L. Adcox, Hamilton 8:47 E. Cano, Washington :47 C. Dow, J Muir 8:48 M. Toabe, Wash 8:48 S. Peterson, Clark 8:49 R. Crawley, JM (48 Finishers) 8:52 Leading Teams Clark 42 John Muir 55

	h/9th Grade Laslo, Cla		
	Escamilla,		
	McPherson,		
с.	Garza, Gen	Grant	:45
D.	Baker, Clas	rk	8:54
R.	Flores, JM		8:56
	(35 Finish	ners)	
L	eading Teams	5	
C	lark	1	24

Washington, Sanger 85

#### AAU REGION TWO GIRLS CROSS COUNTRY CHAMPIONSHIPS MT LEBANON, PA - November 10 - from JOHN HARWICK

Ambler Olympic Club and Sports International each won two team titles, with the Pennsylvania club taking the youngest divisions and the DC squad running off with the oldest.

running off with the oldest. SI easily took the open (14-over) team race, despite a smashing indi-vidual win by Mount Lebanon's vastly improved MARLENE HAREWICZ, who ran 18:05.5 for three miles. The team champs were led by youngsters ROBIN HOLLIDAYOKE (second in 19:47) and ROBIN CAMPBELL (sixth in 20:29). Though the race certainly was not for the birds, yet another ROBIN... Ambler's PERRY...ran 20:29 for fourth place, ahead of GAIL HORNACK from Latrobe Track Club.

Ambler held off Latrobe in the 10-11 race, though the Jets of Pa., provided the individual champ in JUDY SCHAFFER. ROBIN WORMSLEY of the New Image TC, from western Pa., proved herself to be the top nine-and-under as she ran away from a trio of tough Amblerites in what may have been the most noteworthy triumph at Mount Lebanon Park. Age Group Results:

Girls 9-Under (1.25 mi) Robin WormsleyNI 7:38.2 Kim Gallagher,Amb 7:44.5 Kaleigh Baldwin,Amb 7:54 Tracey Wilson, Amb 8:02 Terry Williams, Dor 8:05 Sherie Sharpe, Pad 8:11 Lisa Burnett, ML 8:19 Janine Wurtzer, Dor 8:20 Nisi Davis, Pad 8:22 Lori Lenz, Lat 8:25 Jan Mirkin, SpIntl 8:38 Nisi Blount, Pad 8:41 Caryn Smart, Amb 8:43 (33 Finishers)

Leading Teams 40 Ambler OC Padukies 57 Dormont TC 76

Girls 10-11 (1.75 mi) Judy Schaffer,J 10:50.2 Doreen Sanderson,L 02.3 Caryn Kennedy, Amb 11:08 Tanya Richardson, Pad 13 Mary Jo Davis, Lat 11:20 Adele Robinson, Amb :23 Rose Richardson, Pad :25 Tarin Harrar, Amb 11:27 Marisa Schmitt, Am 11:32 Sue Johnson, Jets 11:34 Kris Baldwin, Amb 11:39 Marge Hartman, J 11:41

Bunny Gilkeson, Dor :46 Sheila Dallo, Pad 11:49 Wanda Truttle, Pad 11:54 Molly Murphy, Dor 11:58 Lori Stouffer, Lat 11:59 Lynn Dissen, Dor 12:01 (49 Finishers) Leading Teams 37 Ambler OC Latrobe TC 56 Padukies 62

Girls 12-13 (2.25 mi) Pam Dutton, Pad 14:09.0 Aileen O'Connor, SI 16.1 Lisa Loftis, ML 14:21 Joan Sapovich, Lat 14:30 Donna Campbell, SI 14:41 Jill Haworth, SI 14:46 Joann Hall, Dor 14:53 Monica Sherwin, SI 14:58 Sue Kovalik, Lat 15:00 Becky Algeier, SI 15:08 Marsha Neurohr, Lat :19 Simone Grillo 15:22 Donna Price, Lat 15:32 Michelle Owens, PaStr 40 (32 Finishers)

Leading Teams Sports Internat'l Latrobe TC 56 Dormont TC 95

JUDY SCHAFFER (JETS, PA)

#### BATH JUNIOR HIGH CROSS COUNTRY INVITATIONAL BATH, Maine - November 6 - From PETER KENNEY

For the fourth time in six years, ninth graders from Cheverus High of Portland won the team title as they compiled a score of 57 to edge Mahoney Junior High of South Portland by only eight points. In third place was Medomac Valley (106), followed by the host Bath team (117), Wiscasset and Brunswick (118 each). MARK ROGUS from the latter school was clocked in 7:39 to win by six seconds over PETER CAMERON of Mahoney who was another 6 seconds ahead of WALK CORCETER CAMERON of Mahoney who was another 6 seconds ahead

of WALK CROCKETT from Cheverus. There were 67 finishers from ten teams.

#### VIRGINIA STATE JUNIOR OLYMPICS CROSS COUNTRY CHARLOTTESVILLE, VA - November 17 - From GEORGE MANCINI

Virginia's top distance runners met on the grounds of the beautiful University of Virginia. Twenty schools and track clubs sent their boys and girls to this annual event. The first ten in each age group qua-lified for the Eastern Regional Junior Olympic meet on the same course. Richmond's MARK PALMER edged BOBBY BRYANT of Blacksburg in the boys

14-15 two mile, in the tightest finish of the day. Former RRCA champ SHERRI GRAHAM (girls 9-under) was the most convin-cing winner. Results of top placers:

Boys 9-Under (1.0 mile)-Ronnie Saacke (Blacksburg) 7:10, Delwin Basham (Stewartsville) 7:21, Ray Hormon (St) 7:22, John Booker (Richmond TFC) 7:58; Boys 10-11 (1.25 miles)-Don Mancini (Virginia Comets) 7:07, William Barr (Ri) 7:20, Roger Neel (Auburn) 7:21, Danny Moose (Aub) 7:34, Kenneth Davis (Stew) 7:36, Kevin Barnes (Stew) 7:39, Eric Wolfe (Bl) 7:44, Guy Sublette (St) 7:45; Boys 12-13 (1.50 miles)-Scott Ross (Rich) 8:15, Randy Dow (St Christopher) 8:30, Paul Webb (Rich) 8:32, Gary Lylton (Bl) 8:35, Willie Cooper(Aub) 8:47; William Henderson (LA TFC) 8:49, Ken Holder (Ri) 8:51, Ken Richei (Bl) 8:55; Boys 14-15 (2.0 miles)-Mark Falmer (Ri) 10:23, Bobby Bryant(Bl) 10:24, Gregg Thomas (VC) 10:27, Mark Walker (Ri) 10:34, Rich Moore 10:39, Stu McKinney 42 Boys 16-17 (3.0 miles)-Mike Jennings (Marshall) 16:17, Lee Zarn (Ben) 17:02

Girls 9-Under (1.0 mile)-Sherri Graham (Salem) 6:38, Jinx Mancini (VC) 7:58; Girls 10-11 (1.25 miles)-Joanne Alston (Ri) 7:52, Kristeen Saacke (Bl) 8:06; Girls 12-13 (1.50 miles)-Marie Beth Falls (Ri) 9:45, Jackie Fore (Bl) 10:32; Girls 14-15 (2.0 miles)-Anna Goldstein (Lane) 13:49, Kim Davis (Ri) 14:51; Girls 16-17 (3+ miles)-Millie Moseley (Liberty), Donna Caffalee (Auburn)

# NEWS FROM HERE AND THERE

\*\*\* ALEX FERENCZY, coach of the U.S. Girls Junior International team in 1973, is compiling a Who's Who in Women's Track & Field in the United States, which will be available to the public.

He intends to include information on female track and field athletes of all age divisions, plus coaches and officials involved in the sport.

If you are interested in being included contact Alex at P.O. Box 1965, Cleveland, Ohio 44106

\*\*\* The Clayton (New Jersey) Recreation Commission is another of the local organizations beginning a cross country program for youth.

In a series of three meets in October and November, KARL FRITZ (age9) was the lone triple winner in the five age group divisions for both boys and girls.

\*\*\* In upstate New York, the Syracuse Chargers and a local radio station, WEBL, sponsor age group cross country meets.

The first meet drew 48 girls and boys in six age divisions. Most impressive were MATT (9) and JON (12) BUZZARD.

\*\*\* Calais, Maine, grade school (grade 6-8), from the eastern-most town in the U.S., competes in regular cross country dual meets with neighboring schools. The undefeated Calais team has 22 girls and 18 bys members.

\*\*\* Indian Island was host to the North American Indian Cross Country Championship races, in gusty winds and 30<sup>0</sup> temperature, on November 18. Native Americans from Maine, New Brunswick and Nova Scotia were represented in the three age divisions.

The program is promoted by enthusiastic MICHAEL RANCO of the Penobscot Indians. Boys and girls competed for prizes including the Andrew Sockalexis Memorial Trophy, in honor of the famous Indian runner who was fourth in the marathon in the 1912 Olympic Games.



CHAMPION RUNNERS RONALD PAUL [LEFT] AND LORI NELSON [RIGHT]

# HOUSE CALL

# by DR. GABE MIRKIN

# OVER-MILEAGE

QUESTION: I am a 4:30 miler and every time I run real well, I get injured. I read all the books on running and try to keep my mileage over eighty miles a week.

DR. MIRKIN: You may be answering your own question. When I think of Dave Bedford running 200 miles per week and Gerry Lindgren writing off 300 miles per week. I see uncountable young high school runners headed for sheer disaster. Most kids do not realize that it takes years to build up to that kind of mileage.

Most top runners never run hard workouts on successive days. They use some modification of alternate hard-easy days. (Remember that Frank Shorter can have an easy day on 20 miles).

I would suggest that you not be so obsessed with mileage, to the point of driving yourself when you are severely dead-legged.

Heavy mileage is fine if you know when to back off.

## STRETCHING ..

QUESTION: I think stretching is a waste of time. Can you defend it?

.... outstanding Maryland HS runner.

DR. MIRKIN: Both animal and human studies have shown that optimal training is basically a process of overextending and cutting back.

Another way of putting it is that training is a process of breaking down and healing muscles. When the muscle heals, it shortens. The runner recognizes the shortening as tightness and soreness, especially the day after a hard run.

With shortening comes increased tension on the muscles, making them unusually susceptible to injury. Stretching the shortened muscle helps release some of the tightness.

The principle of healing with shortening would explain the success of training methods that alternate hard-easy days. You spend the day after a hard workout stretching and not putting great tension on the muscles.

# WEEKLY LONG RUN ...

QUESTION: I am a half miler. Why does my coach make me go out on weekly ten mile runs?

DR. MIRKIN: Sprinters can compete in races up to 600 yards on speed training alone. However, when you race at distances over 800 yards, endurance becomes a necessary factor.

Training for endurance requires at least a weekly long run of ten or more miles or multiple repeats of a certain distance, so that the quantity of work will be rather considerable. (e.g. 20 quarters not at full speed with a short rest of less than a minute).

Therefore, your coach is on sound ground with his weekly long runs.

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