

# Golden West Invitational

by Keith Conning

June 14, 1980. Hughes Stadium, Sacramento.

John Zishka (Lancaster, Ohio) outkicked Pedro Reyes (Jesuit, Carmichael) down the home stretch to win the mile in 4:03.85. Zishka becomes the seventh best high school miler of all-time behind Jim Ryun, Tim Danielson, Marty Liquori, Gerry Lindgren, Rich Kimball, Matt Centrowitz, and Tom Sullivan. It was also the fastest prep mile since Rich Kimball's 4:02.4 in 1974. Zishka broke Jim Ryun's 15-year-old record of 4:04.3. Reyes was times in 4:06.01 for second. Zishka led the field through splits of 60.72, 2:02.42 (61.70), 3:05.52 (63.10), 4:03.85 (58.33). Reyes passes Zishka at the beginning of the last lap, but Zishka came back in the final 110 yards to stride away from the struggling Reyes. Shawn O'Neal (Oceanside) was fourth in 4:09.17 and Mike Parkinson (South Pasadena) was sixth in 4:10.92.

Richard Perez (San Geronimo, San Bernardino) won the 3000 meters in 8:16.3, which equals Chuck Assumma for the sixth best of all-time. Only Steve Prefontaine, Craig Virgin, Thom Hunt, John Zishka, and Jeff Nelson have run faster. The splits and leader were: 66.09 (Jim Smith), 2:11.03 (64.94), 3:16.71 (65.68), 4:24.06 (67.35), 5:32.61 (68.55), 6:41.27 (68.66), 7:46.72 (65.45) (Perez). Jim Smith (Madonfield, New Jersey) and Donald Kerwin (Landon, Bethesda, Maryland) equalled the seventh best of all-time 8:18.3 by Jeff Hess.

Californians placed first and second in the triple jump. Freeman Miller (Fremont, Los Angeles) won with a jump of 49-7 $\frac{3}{4}$ . He was followed by Byron Criddle (El Cerrito) who jumped 49-0 $\frac{3}{4}$ .

Henry Andrade (Johnson, Sacramento) came back from a hamstring injury that kept him out of the State Meet, to win the 400 intermediate hurdles in 52.73 and place second in the 110 hurdles with 13.79.

Curtis Riddick (Virginia Beach, Virginia) and Clint Johnson (South, Shawnee Mission, Kansas) won two events each. Riddick took the 100 in 10.72 and the 200 in 21.14. Johnson won the shot put at 69-9 $\frac{1}{2}$  and the discus at 194-6.

## RESULTS

**Javelin Throw.** 1. Steve Stockton (Tioga, Louisiana) 235-3, 2. Jim Russell (St. Joseph, Shawnee, Kansas) 233-10, 3. Bobby Joe George (Pleasant Hill, Oregon) 217-8.

**Pole Vault.** 1. Steve Stubblefield (Wyandotte, Kansas City, Kansas) 16-9, 2. Doug Lytle (North, Shawnee Mission, Kansas) 16-9, 3. Mark Klee (Olathe, Kansas) 16-6, Others 6. Greg Stull (Troy, Fullerton) 15-6.

**Long Jump.** 1. Tim Williams (Peoria, Arizona) 24-3.

**Shot Put.** 1. Clint Johnson (South Shawnee Mission, Kansas) 64-9 $\frac{1}{2}$ , 2. Mike Shill (East Valley, Spokane, Washington) 64-8 $\frac{1}{4}$ , 3. Scott Garnett (Muir, Pasadena) 62-2 $\frac{3}{4}$ .

**110 Meter Hurdles.** 1. Cletus Clark (Denton, Texas) 13.70, 2. Henry Andrade (Johnson, Sacramento) 13.79, 3. Mossy Cade (Santa Cruze, Ely, Arizona) 13.82, 4. Dwayne Allen (Harris, Harrisburg, Pennsylvania) 13.86.

**100 Meter.** 1. Curtis Riddick (Virginia Beach, Virginia) 10.72, 2. Howard Hawkins (Warren, Downey) 10.75.

**High Jump.** 1. Jake Jacoby (Borah, Boise, Idaho) 6-10, 2. Ivan Morris (Johnson, Sacramento) 6-8.

**800 Meters.** 1. Bill Glower (Pinellas Park, Largo, Florida) 1:51.4, 2. Greg Rining (Hawthorne) 1:51.7, 3. Pete Quinonez (Tulare) 1:52.3.

**400 Meters.** 1. Michael Wade (North Chicago, Illinois) 47.01. Others 3. Mike Barber (Highlands, North Highlands) 47.96, 7. Tony Eddings (Sacramento) 48.1 (hand-timed), 8. Carl Bonner (Vallejo) 43.2, 9. Rod Barksdale (Compton) 49.0.

**Triple Jump.** 1. Freeman Miller (Fremont, Los Angeles) 49-7 $\frac{3}{4}$ , 2. Byron Criddle (El Cerrito) 49-0 $\frac{3}{4}$ .

**Discus Throw.** 1. Clint Johnson (South, Shawnee Mission, Kansas) 194-6, 2. Paul Bender (Shafter) 185-7. Others 5. Scott Hudson (Mission Viejo) 175-5, 6. Jeff Budwig (Fresno) 173-9.

**400 Intermediate Hurdles.** 1. Henry Andrade (Johnson, Sacramento) 52.73, 2. Geoffrey Crawford (Dunbar, Lubbock, Texas) 53.35, 3. Mike Kinney (Ferris, Spokane, Washington) 53.55, 4. Jiles Smith (Compton) 54.20.

**3000 Meters.** 1. Richard Perez (San Geronimo, San Bernardino) 8:16.3, 2. Jim Smith (Haddonfield, New Jersey) 8:18.3, 3. Donald Kerwin (Landon, Bethesda,

Maryland) 8:18.3, 4. Ian Leavesley (Mahwah, New Jersey) 8:23.2, 5. Andy Almadova (Flowing Wells, Tucson, Arizona) 8:25.0, 6. Sean Evans (Henry, San Diego) 8:27.8.

**200 Meters.** 1. Curtis Riddick (1st Colonial, Virginia Beach, Virginia) 21.14. Others 4. Ron Barksdale (Compton) 21.64.

**Mile Run.** 1. John Zishka (Lancaster, Ohio) 4:03.85, 2. Pedro Reyes (Jesuit, Carmichael) 4:06.01, 3. Steve Smith (South Shawnee Mission, Kansas) 4:07.56, 4. Shawn O'Neal (Oceanside) 4:09.17, 5. Steve Krisl (Ft. Collins, Colorado) 4:10.26, 6. Mike Parkinson (South Pasadena) 4:10.92, 7. Basil Magee (Largo, Florida) 4:11.6 (hand-timed).

## TAC

June 15, 1980. Walnut, Calif.

Sherri Howard (Kennedy, Granada Hills) defeated a quality field of Sharon Dabney, Gwen Gardner, June Griffith and American record holder Rosalyn Bryant to win the 400 in 51.51. Her sister, Denean, was fourth in 52.35. Denean is a 16-year-old sophomore!

## Athletic Congress

# National Junior Track and Field Championships

by Keith Conning

June 16-17, 1980. University of Tennessee.

Sharon Ware (Berkeley East Bay TC) set a meet record of 11.34 in the 100. Ware, 16, easily pulled away from Michelle Glover (Pennsauken, New Jersey), to beat the old meet record of 11.50, set by Kim Robinson (Los Angeles Mercuresses) in 1977. "I could see Michelle out of the corner of my eye, but I maintained my relaxation and started moving away," said the 4-foot-11 Ware. "We've been battling each other ever since I was 12." The time was a personal record for Ware, who on June 7 qualified for the U.S. Olympic Trials in Eugene, Oregon with a winning time of 11.42 in the State Meet.

Ware's mark makes her the third fastest performer of all-time. Chandra Cheeseborough, a junior at Ribault, Jacksonville, Florida, set the national record of 11.13 in the Olympic Trials at Eugene in 1976. Margaret Bailes (South, Eugene, Oregon) ran 11.29 at altitude in 1968. Marbella Washington (L.A. Mercuresses/Centennial, Compton) was sixth in 12.05.

Don Ward (St. Mary's, Berkeley) won the 400-meter hurdles with a time of 51.84, to make Ward the eighth best performer in national history and third best in California. Only Bob Bornkessel, Paul Lankford, Chris Person, 1964 Olympic champion Rex Cawley, Jim Little, Charles White (San Fernando/USC football), and Richard Graybehl (Las Lomas, Walnut Creek/USC) have run faster. Ward also placed fifth in the 110-meter hurdles with a 14.71 clocking.

Ward also ran the college high hurdles—43 inches, compared to the 39-inch hurdles used in high school—for the first time ever, and finished sixth in 14.71. "He just needs more experience," said Berkeley East Bay TC coach Willie White. "He was running against guys who were used to them. He'll be in the 13s when he has a little more experience."

Defending champion Leslie Deniz (Gridley) hurled the discus 174-10 to break her own meet record of 166-8, set last year. Deniz, 17, is also the national junior record holder with a throw of 175-10 in Los Angeles in May 1979. She had a throw of 178-8 in May at a hometown meet, but it was disqualified as a national high school record because not enough officials were present. "I still want to hit it again before the summer is over." Deniz, an Arizona State signee, said of the throw. "Personally, I think it stinks. Any time you throw a record and it's measured with a steel tape, I think it should count."

Larry Clemons (Bakersfield College) won the long jump at 25-6. Alonzo