

OR HOW TO BEAT THE HIGH COST OF WINTER HEATING  
 000 Cons. FREEZE!

FEBRUARY...1981 "ICICLE"...the accounting of Winter Running..Cal St.U.Hayward

STOUTT shines in Bonne Belle.....  
 Feb.1...San Francisco...Stefani STOUTT  
 clocked a 36:10 Kilo over the Golden Gate Park course to snare 6th place in the 2000 plus women's race. U.Cal's Jan Oehm was the race winner with a 34:22 effort.

Denise BIGELOW completed the test in 8th place at 37:10, with Karey ROBINSON edging into 10th with a 37:22 effort. Colleen MORAN was 32nd at 39:05 as Teresa JACKSON nabbed 53rd in 40:10.



Stef STOUTT

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 CURTIS WALKS TO WITHIN 2 SECONDS OF P.R. in GOLDEN STATE SERIES 10 KILO. Feb.8...Sacramento...Kathy CURTIS walked to a resounding 3:49 victory in the Muir Park 10 Kilo as she logged a neat 54:01, just two seconds off of her P.R. This walk marks the first of a three race series to be staged in N.Calif. during this spring season.

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 BIGELOW wins GOLDEN STATE SERIES OPENER...37:14 for 10 Kilo Win.... Under the banners of the Aggie Running Club, our CSUH super-soph cruised home the winner of the first of a three race series. This race was run over the same course as the above mentioned race was contested on.

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 AUBUCHON wins SYR CHINMOY 10 MILER Feb. 8...Foster City...With almost a 3 minute bulge over the rest of the field, Michele AUBUCHON returned to the roadways following a 2½ month lay-off after her All-American performance in the National AIAW's. Her clocking of 57:10 was her own P.R.. At this time we have no details of time breakdowns, etc. Remember her 10 miler of last autumn ??? when she ran negative splits??? Michele's feet problems seem to be clearing up at this time. Look out San Jose Mercury 10 K.!!!!!!



Michel AUBUCHON

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 note: any "errors" or misprints are purely intentional.....ED.

AUBUCHON, STOUTT, BIGELOW all winners in Oakland Valentine's day Heart Run. Feb.14...Oakland, CA. Stefani STOUTT, the Lake Oshweeseegoh (some pronunciation eh?) flash from the land of Henri Reinhardt, was the first female finisher in the multi-thousand field of Valentine celebrants. Her time of 35:07 was a definite P.R.. Steff looks "TUFF".... Michele AUBUCHON went to the line for the second straight weekend and won both the Over-All and 20-29 titles for the once-around Lake Merritt 5000 meter test. Time?...Try 16:48 ! Additionally we have Denise BIGLOW winning the 19 and younger division with a 17:21. Karey ROBINSON logged the 4th best 20-29 performance with a time (unconfirmed as of yet..of 18:00. Teresa JACKSON's time and place are as of yet unconfirmed. It appears as though somewhere's between 19:30 and 20:00 (probably 19:49) will become the agreed upon and confirmed timing. Things were a little confused!!!

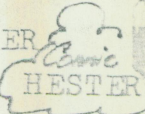
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 INDOOR MEET the first "biggee" and get-together-er. Feb. 20, Cow Palace, SF.. 15 Cal Staters will get into the fray of things when they participate in the LEVI Olympic Development Indoor Meet in Ye Ole Cow Palace. As for our entries

- 400....Evelyn BUCKLEY
- 800....Frannie CASTRO
- Colleen MORAN
- 1 Mi...Connie HESTER
- Julie HAYES
- Mary RIEBOLDT
- 2 Mi..Michele AUBUCHON
- Karey ROBINSON
- Teresa JACKSON



Frannie CASTRO

- 1500 Rel...Crystal PREISSER
- Delfina BANKS
- Evelyn BUCKLEY
- Frannie CASTRO
- 3000 Rel...Connie HESTER
- Colleen MORAN
- Evelyn KNOWLES
- Julie HAYES



Connie HESTER



Mary RIEBOLDT

Long Jmp..Dawn PETERS & Joy UPSHAW  
 High Jmp..Jennifer HOWARD  
 Shot.....Glenda FORD & Roxy KASPARIA  
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 The Next FEWWWW Weeks....  
 Sat.Feb.28...2/3 dist.mt. @ UC Bkly.  
 Sat.Mar. 7...Ore.St.U.Relays @Corval  
 Sat.Mar.14...UCD, Sonoma, etc.@S.F.St.



# CAL State HAYWARD WOMEN'S... TRACK & FIELD UPDATES

TRACK & FIELD BULLETIN #1....Feb. 20, 1981...CAL STATE U. HAYWARD..Women's T & Running in the Friday portion=of the S.F.Indoor Meet (sponsored by Levi Inc.), the Pioneers entered 17 athletes and all 17 looked good...particularly when one considers that this meet was looked upon as an "experience" or fun event at best. Rather than go into superlatives...and we could have done that quite easily in regards to some of our performers...we will simply wait until we get further into the season. I believe an overall evaluation of our effort would be to say that we are exactly where we want to be for this time of the season.

Here is the "scoop": All events "Women's Collegiate" except where noted othrw

30 mtrs. 3.Delphina BANKS(04.6) 4.Dawn PETERS(04.7)

30 LH....3.Joy UPSHAW (06.1)

400 m....2.Evelyn BUCKLEY (63.3)

800 m....1.Frannie CASTRO (2:13.5) (2nd over-all Open/Coll. M.King 1st(2:13.3)

1500 m....1.Connie HESTER(4:48.0) 3.Julie HAYES(5:01.3) 4.Mary RIEBOLDT(5:10.6) (Open/Coll)

3000 m....1.Michele AUBUCHON(16:05.3) 2.Karey ROBINSON(10:26.0) (Open/Coll)

1600 Rel.1.CSUH (Castro-58.5, Preisser-61.8

time:4:09.0 Banks-63.5, Buckley-65.2)

*Aubuchon*



3200 Rel.1.CSUH (Hayes-2:30.1, Moran-2:22.2,

time:9:53.0 Knowles-2:35.2,Hester-2:25.5)

*Hester*



Shot: 3.Glenda FORD (39-11), 4.Roxanne KASPARIEN(39-2)

H.J.: 1.Jennifer HOWARD (5-2) (qual.for Sat.nite Open)

L.J.: 1.Dawn PETERS (17-5½) 3.Joy UPSHAW(16-10½)

*Castro*



\*\*\*\*\* Sat. Nite...2/21...

Mile Relay takes SECOND in Sat.Nite Invit. Womens Collegiate Mile Relay...

With Stanford overtaking the Pioneers with a lap remaining, the Pioneers recorded a second place finish with a 4:00.0 clocking. Breakdown of efforts (in order of running). Frannie CASTRO(57.5), Evelyn BUCKLEY(60.0), Delphina BANKS(61.3), Crystal PREISSER(61.2)

Not too shabby for indoor running this early in the year....

SAT. Feb.28...CSUH @ Cal Berkeley...non scoring underdistance meet....

LEAVE Cal State (BUS) @ 10:30 A.M.

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WHAT DO CSUH runners do on the weekends "off"?.....RUN(so it seems)RUN..RUN..

Stefani STOUTT and Denise BIGELOW participated in the Schlitz-Lite Half Mthn. series on Sunday (2/22) over a hilly sand-ridden course. The first 6 miles was on pvmnt. but after that--oh boy!!! STOUTT was first in 1:21:52 (35:00 for first 6 miles)...BIGELOW was second in 1:25:15 and CSUHer-to-be Kathy WAY was fourth in 1:29:56....Meanwhile...MICHELE AUBUCHON was winning the Excelsior 8.2 miler (time not available) and Connie HESTER was running a "fun-run" 10 Kilo out Livermore way in 39:00. \*\*\*\*\*



# CAL State HAYWARD WOMEN'S TRACK & FIELD UP-DATE

CAL STATE HAYWARD WOMEN'S TRACK & FIELD BULLETIN #2.....FEBRUARY 28th....1981 .....

★ Through a steady rain which plagued the afternoon competition but at the same time prevented any bother-some winds, the Pioneers opened their 1981 Outdoor Season with a non-scoring effort on the University of California's Edwards Stadium oval, picking up 6 firsts out of the 13 event fare.

All in all, this had to be the best-ever opening for the red and black as everyone demonstrated some good vibes in this meet. Again...it is far too early to begin dealing out "kuddes" to everyone but such performances as GLENDA FORD'S #2 all-time Pioneer effort in the discus(147-7), MARLA ROSENBLATT'S P.O. while at CSUH, in the javelin, DAWN PETERS winning long jump effort on the notorious U.C. rain-slicked runway, and COLLEEN MORAN'S gutsy and impressive win in the 600...these were just a few of the good things to be witnessed. What might have been more impressive in the eyes of the coaching staff was the relaxed but assertive efforts of such runners as Preisser, Rieboldt, Robinson, Knowles, Jackson, and Hicksen along with the excellent jump of Jennifer HOWARD over the relatively low winning height of 5-0 in the water plagued high jump arena. Despite the "lake"...Jennifer did not lose her "cool" or concentration. Wrapping up the afternoon's activities, our 1600 m. relay team ran a fine 4:00.9 winning effort in a manner which left no doubt that the foursome of CASTRO, BUCKLEY, PREISSER, and BANKS will eclipse the 3:50 mark quite easily this spring.

## RESULTS:

100m...1.Culbert(C)12.9 2.BANKS(12.9) 3.BUCKLEY(13.3)

300m...1.BUCKLEY(42.2) 2.Vigue(C)43.3

600m...1.MORAN(1:37.9) 2.Schmandt(C)1:37.9 3.PREISSER(1:42.0) also: 5.KNOWLES(1:42.1)

1000m...1.Schmandt(2:56.0) 2.Flowers(3:00.8) 3.Richter(3:03.0) 4.RIEBOLDT(3:04.9) 5.ROBINSON(3:08.0)  
7.HICKSON(3:17.5) 8.JACKSON(3:17.6)

2000m...1.Oehm(C)6:24.3 2.STOUTT(6:31.0) 3.AUBUCHON(6:32.8) 4.HESTER(6:40.3)

100m Hh...1.Bensrud(Ua)14.7, 2.Meinbress(C)16.4, 3.Hamilton(C)16.3 5.UPSHAW(17.6) 6.EDDENS(18.3)  
7.JURADO(19.0)

300m Hh...1.Meinbress(C)47.5 2.ZWICK(51.1) 3.JURADO(52.8) 4.MANNING(54.2)

Jav...1.Eagle(C)157-10 2.Hayakawa(C) 117-11 3.ROSENBLATT(113-2)

Disc...1.FORD(147-7) 2.Springer(C)144-1 3.KASPARIAN(133-11)

Shot...1.Springer(C)42-9 2.KASPARIAN(38-0) 3.FORD(37-9½) also: 6.ROSENBLATT(26-5)

H.J....1.HOWARD (5-0) 2.Hamilton(C)5-0, 3.Craig(C) 4-10

L.J....1.PETERS (18-0) 2.Overfield(C)17-1; 3.Graug(C)16-7 also: 4.UPSHAW(15-1)

1600m Rel. 1.CSUH"A" (Castro:57.9, Buckley:62.1, Preisser:61.1, Banks:59.8)....4:00.9  
2.CSUH"B" (Upshaw:62.8, Moran:63.0, Hester:61.3, Zwick:67.4).....4:14.5  
3.CSUH"C" (Knowles:61.0, Eddens:71.0, Manning:67.3, Jurado:68.6)....4:26.5

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Next Meet...ORIGON STATE U. PREVIEW RELAYS.....Sat. Mar.7th at Corvallis, OR.



# CAL STATE U. HAYWARD TRACK UPDATE

WOMENS TRACK and FIELD BULLETIN no. 3.....CAL STATE U. HAYWARD.....MAR. 7, 1981.....

Despite the traditional rain(light)..gusts of wind(cold)..and cloudiness(got brighter through the day)..this had to be the best-ever season opener for the Pioneers. Although we lost our meet and OSU stadium record in the 4 mile relay of 20:38, we ran 8 seconds faster and carded a new school record..a feat we equalled two more time on the day. Hats off to Stefani STOUTT, Frannie CASTRO, Karey ROBINSON, Colleen MORAN, Mary RIEBOLDT, Connie HESTER, and Evelyn KNOWLES...all for being a part of 3 new school records. The greatest thrill of the day came in the final event when the hosting Beavers of OSU and the Ducks of Oregon matched strides with our tired and young but very aggressive quarter milers in the 1600 meter relay. Evelyn BUCKLEY's charging to the front in her second leg propelled us into a lead that we never did relinquish. Although the time was not what it could have been...the victory was definite. Our discus team of FORD, KASPARIAN, and SUNDBY came through with a real solid effort to notch a 2nd in that event.

## 4 x 400m

1. HAYWARD 3:59.4 (Castro-59.6: Buckley-61.0: Preisser-60.5: Banks-58.3)
2. OSU 4:01.5
3. Ore 4:06.0
4. W. Wash 4:11.6
5. Willmtt 4:11.6
6. Fox 4:14.9

## L.J.

1. OSU 54-7
2. Ore 53-5
3. HAYWARD 49-7 (Peters-17-7: Davis-16-7: Upshaw-15-5)
4. W. Wash 46-10

## H.J.

1. OSU 16-5
2. Ore 15-9
3. HAYWARD 14-4 (Howard 5-1: Davis 4-9: Upshaw 4-6)
4. Willmtt 9-7
5. W. Wash 5-1

## 4 x 1600m

1. Ore 20:20.5 (mt. rec)
2. HAYWARD 20:30.3 (Stout-5:04.4: Castro-4:58.6, K. Robinson-5:15.6, Hester-5:11.8) School record
3. OSU 20:41.1
4. Titan TC 22:15.0
5. W. Wash 22:56.8

## Discus

1. Ore 410-4
2. HAYWARD 392-2 (Ford-142-3: Kasparian-134-3: Sundby-115-6)
3. OSU 381-2
4. Clark CC 334-3
5. Linfield 244-1

## 4 x 200m

1. OSU 1:44.1
2. Ore 1:44.5
3. HAYWARD 1:44.8 (Peters 26.0: Buckley 26.3: Preisser 26.6: Banks 25.9)
4. Fox 1:50.1
5. Titan TC 1:52.5
6. W. Wash 1:52.9

## 4 x 800m

1. Ore 9:16.4
2. HAYWARD 9:23.0 (Moran-2:17.3, Castro-2:16.1, Rieboldt-2:25.8, Hester-2:23.8) School record
3. W. Wash 9:40.8
4. OSU 9:52.4

## Shot

1. Ore 128-3
2. OSU 120-1
3. HAYWARD 109-6 (Kasparian-38-7: Ford 38-0: Sundby 32-11)
4. Fox 99-1
5. Linfield 85-8

## Sprtn Medley

1. Ore 1:51.5
2. OSU 1:53.5
3. W. Wash 1:55.8
4. HAYWARD 1:56.4 (Upshaw 13.9: Jurado 13.0: Preisser 26.9: Knowles 62.6)
5. Fox 1:56.8
6. Linfield 2:05.8

## Dist. Medley

1. OSU 12:07.2
2. HAYWARD 12:21.0 (Knowles-62.3, Rieboldt-2:26.3, Moran-3:48.2, Stoutt-5:04.1) School record
3. Ore 12:29.2
4. Titan TD 12:51.5
5. W. Wash 13:09.1
6. Linfield 13:56.8

## Javelin

1. Ore 409-1
2. OSU 390-10
3. Clark CC 373-10
4. HAYWARD 307-0 (Sundby-129-3: Rosenblatt-103-4: Howard-74-6)
5. Fox 269-11
6. Linfield 262-8

## 4 x 100 HH Shuttle

1. Ore 1:01.7
- OSU 1:01.3 DQ
2. Fox 1:08.0
- HAYWARD 1:09.5 DQ (Davis 16.7, Upshaw 17.8, Jurado 18.0, Bucley 17.0)

## SCORING (1) Oregon-116 (2) Ore. St.-96

- (3) HAYWARD-74 (Div. II/III team chps)
- (4) West Washington-31, (5) George Fox-29, (6) Titan TC-10, (7) Linfield-8
- (7) Willamette-8 (9) Clark CC-6, Lewis/Clark, Ore. Coll

## 4 x 100m

1. Ore 47.7 HAYWARD
2. OSU 48.5 dropped
3. Fox 51.3 baton...



# Cal State Hayward Women's TRACK FIELD UPDATE...

APRIL 18, 1981..... PIONEERS "COP" WOODY WILSON

HAYWARD...124: Montana St...68: U.C. Davis...59: Chico St...36: S.F. State...35:  
American River CC...33: Humboldt St...27: U. Nevada Reno...15:  
Southern Oregon...12: Los Medanos...10:  
Coll. Sequoias...6: Lassen CC...1

After what seemed to be weeks of early summer-like weather...the Ides of March or some reasonable facsimile of the same, dumped itself on the door-steps of the WOODY WILSON Relays in the form of WIND and eventually, light RAIN. These two forces of nature are not particularly the choice ingredients for a successful track and field extravaganza, and when one considers the veteran earthen (DIRT) track at hosting U.C. Davis as the receptacle for Mother Natures delights...well one can see why times and distances took on some strange looking proportions. What started as a whisper of wind at 8 AM, with the discs turned into gusting 20 mph head winds at 10:30 for the 5K, and an hour later, the 3000 meter runners had the opportunity to test their tenacity and concentration in preventing themselves from becoming air-borne or going into orbit. The gurlishness and intensity of the front simmered down by 2:30 with the advent of light and intermittent rains soe that from the Distance Medley on, only the tackiness of damp soil proved to be a hinderance. A special tribute should be extended to our 100 High hurdlers, who managed to negotiate the entire ten hurdle race without going into a 4 or 5 step cadance. Wheter skill or luck...it was a near miracle.

Rather than concentrating on quality of effort through analysis of time or distance...better that we note the results of head-to-head competition. We did not do too badly. The fact that we broke two meet records is practically mistifying...the fact that we won our 5th straight team title WAS NOT.....WELL DONE GANG!

Scoring: 10-8-6-4-2-1

DISC: 1. Glenda FORD (146-5) 4. Linda READ (134-7) (Kasparian out..sep. shldr.)

5000: 1. Michele AUBUCHON (17:16.4 mt. rec) 3. Mary RIEBOLDT (18:22.4 Div. III qual)  
4. Denise BIGELOW (18:34.7)

100 HH: 2. Cynthia DAVIS (16.4) 5. Joy UPSHAW (16.8)

3000: 2. Connie HESTER (10:17.3 first mile of 5:13 cooked Connie) 5. Karey ROBINSON (10:35.7) also: Julie HAYES (11:00.5) Teresa JACKSON (11:15)

Spt. Med: 1. HAYWARD (Louise JURADO-13.8, Evy BUCKLEY-12.8, Delphina BANKS-24.1, Crystal PREISSER -59.2)...1:49.6 (Meet record)

Dist. Med: 1. HAYWARD (Colleen MORAN-2:19.1, Evelyn KNOWLES-64.0, Connie HESTER-3:43.3, Frannie CASTRO-4:58.4)...12:04.0 (Mt. Record)

Long Jmp: 1. Dawn PETERS (17-7) 2. Cynthia DAVIS (17-0) also UPSHAW-15-11

100 LH: 4. Evelyn BUCKLEY (1:06.6..first-ever race) also: UPSHAW (70.7) ZWICK (75.4)

2 Mi. Rel: 1. HAYWARD (Evelyn KNOWLES-2:28.8, Colleen MORAN-2:27.2, Mary RIEBOLDT 2:31.8, Julie HAYES-2:32.2)...10:00.0

Jav: no scorers Marla ROSENBLATT (106-0)

High Jump: no scorers Jennifer HOWARD (4-10)

4 x 100: 2. HAYWARD (Dawn PETERS, Delphina BANKS, Crystal PREISSER, Evy BUCKLEY) (49.4)

Shot: 6. Linda READ (39-3)

4 x 440: 1. HAYWARD (Crystal PREISSER-60.6, Frannie CASTRO-57.9, Evy BUCKLEY (62.0, Delphina BANKS-56.5)...3:57.0

SEE BACK SIDE FOR LIST OF NATIONAL AND CONFERENCE QUALIFIERS TO DATE!



# CAL State HAWARD TRACK FIELD UPDATE

APRIL, 25, 1981.....CAL STATE HAYWARD WOMEN'S TRACK and FIELD BULLETIN no.10

HAYWARD..218 Southern Oregon..116 San Francisco St..103 Humboldt St..73

ROBINSON shines! MORAN-RIEBOLDT sparkie! BANKS-CASTRO cruise!

Under threatening skies, the Pioneers played a lot of "games" today on the Lumberjack's oval as they managed 8 new AIAW National qualifying times as well as 9 P.R.s...all in all..a trip well worth the time and inconvenience. As for the forth-coming weeks.....things are definitely looking UP....It appears that Stefani STOUTT is healing real well as is Tammie SULLIVAN. Roxanne KASPAR- IANS shoulder seems to be mending well and some of our other gimpy people appear to be coming along pretty well. Now for the results.

- 10,000 1.Adame(H)38:26 2.Goodrea(SO)40:43
- Jav 1.Lowe(H) 115-5 2.Allen(H)114-0, Winterbtm(SO)112-4, Joseph(SO)108-1, ROSEN- BLATT 104-1
- 5000 1.ROBINSON 17:49.0(Natl.Qual. PR by 25sec.) 2.Claiborne(H) 17:53.2  
3.JACKSON(18:46.1 PR by 7 sec) 4.SMITH 21:06
- 4 x 100 1.SFS 48.0 2.HAYWARD 48.1(PETERS, BANKS, PREISSER, BUCKLEY)
- H. JUMP 1.Faulkner(SF)5-2, 2.Winterbtm(SO)5-0, 3.HOWARD 5-0, 4.Witherspoon(SO)4-10
- 1500 1.MORAN(4:41.7 Natl.Qual. PR by 6 sec) 2.RIEBOLDT(4:42.7 Natl.Qual. PR by 1  
3.HAYES 4:51.6(PR) 4.Brazil(SFS)5:25.3
- 400 1.BANKS(56.2 Natl.Qual. PR) 2.CASTRO(56.9 Natl.Qual. PR) 3.Webster(SF)58.4  
4.Guild(H)59.9 5.Adams(SF)60.0
- DISC 1.FORD 144-9 2.Czmowski(SO)123-7 3.Betham(H)123-1 4.Joseph(SO)115-9
- 100 1.Bell(SF)12.1 2.(Woodson(SF)12.5 3.Mendenhall(SO)13.4 4.Chavez(SO)13.6
- 800 1.Tuttle(SO)2:19.5 2.KNOWLES(2:20.9 sns.best)3.PREISSER(2:21.7 first eff)  
4.Williams(SF)2:24.2 6.HICKSON 2:33.6
- 400 LH 1.BUCKLEY (1:04.6 Natl.Qual. PR) Read(SO)1:05.8 3.UPSHAW 1:07.0 4.ORourke  
(SF)1:09.0 5.ZWICK 1:12.6(PR)
- 200 1.Bell(SF)24.7 2.BANKS(25.0) 3.Webster(SF)25.6 4.Woodson(SF)25.8  
5.CASTRO (26.8)
- 100 HH 1.Read(SO)15.4 2.ORourke(SF)15.7 3.UPSHAW(16.2) 4.Mendenhall(SO)17.5  
5.HOWARD(17.5)
- L. JUMP 1.DAVIS 17-1 2.UPSHAW 16-9.5 3.PETERS 16-5 4.BUCKLEY 15-9.5 6.MORAN 13-1
- SHOT 1.Betham(H) 42-1 2.FORD (38-3) 3.Czmowski(SO)37-3 4.Allen(H)36-5  
5.DAVIS 33-6(PR)
- 3000 1.HESTER(10:02.3 Natl.Qual) 2.RIEBOLDT(10:20.1 Natl.Qual. PR) 3.Claib- orne(H)11:23.3 4.BIGELOW(10:49.9) 5.Ng(SF)10:51.8
- 4 x 400 1.SFS 4:02.6 3.CSUH A. 4:13.1  
2.SO 4:12.5

QUICKIE HIGHLIGHTS....Top races of the day...the MORAN/RIEBOLDT race was a thriller with the lead being exchanged over the final lap. KAREY ROBINSON's steady advance on Humboldt's Claiborne to emerge the victor with a snappy PR. Our 400 mtr. runners locked strong and BUCKLEY's 400 H effort (her 2nd) was impressive.....



# CAL STATE HAWARD TRACK FIELD UPDATE

TRACK and FIELD BULLETIN no. 11... MAY 2, 1981... WOMEN'S TRACK and FIELD... CSUH

## SPRINT MED. "ZZZZZ" - HALF MILERS - SHINE...

HAYWARD STATE wound up their Golden State Conference dual-three way-four way meet season with an unblemished record as they logged wins over visiting Chico, Sonoma, and San Francisco States.

There were some excellent marks considering the low-key approach to this affair. Our A team in the sprint medley ran what is at this time the nation's top Div. III time of 1:45.7 with Frannie Castro anchoring with a 400 timed at between 54.1 and 54.7 (depends on whose watch you rely on). Our two mile relay team of KNOWLES, HAYES, HESTER, and MORAN logged a new school record with a 9:20.0 effort as both HESTER and CASTRO (of the B team) slicked off identical 2:10.0 legs over the 880 distances.

Cathy LISLE of Chico State set a new Conference mark of 47-7.75 in the shot. MARY RIEBOLDT ran to a PR in the 5000 with 18:09.2 and TERESA JACKSON recorded a PR in the 1500 prior to copping the 3000. CRYSTAL PREISSER equalled her season's best in the 400 and GLENDA FORD eclipsed 140 in the discus again in spite of a bothersome series of back pains.

RESULTS: HAYWARD-85 Chico-59 San Francisco-38 Sonoma-9

10 K: Chase (C) 44:43.3

5 K: RIEBOLDT (18:09.2), Bolach (C) (19:06.2)

AND...AND...AND... KATHY CURTIS... our resident "heel and toer" won the Heart Fund 10Kilo walk in SF, Sunday

Spt. Med: HAYWARD (Peters, Buckley, Banks, Castro) 1:45.7, SFS (1:46.7), HAYWARD B's (Jurado, Davis, Preisser, Moran) 1:53.2, Chico (1:59.8)

1500: HAYES (4:55.8), JACKSON (5:05), Lombard (C) (5:12.7) Brazil (SF) (5:21.2)

1000H: ORourke (SF) (15.6) DAVIS (16.5) UPSHAW (16.6), Kacharos (Son) (17.6) also: HOWARD (17.6)

400: PREISSER (58.4), Geissman (Son) 58.5, HESTER (58.9) Adams (SF) (59.3)

100: Bell (SF) (11.8), BANKS (11.9) Woodsen (SF) (12.0), Maul (Ch) (13.1)

400 Rel: HAYWARD (Peters, Banks, Preisser, Buckley) 48.8, Chico 50.4

800: Rebello (Ch) (2:20.9) Williams (SF) (2:24.5), HICKSON (2:34.5) Brazil (SF) 2:47.5

400LH: BUCKLEY (65.6), UPSHAW (67.9) ORourke (SF) (71.2), ZWICK (73.9)

200: Bell (24.8) Woodsen (SF) (25.2) Sizemore (Ch) (25.8) PETERS (26.7)

3000: JACKSON (10:57.6) Ng (SF) (11:04) Orri (Ch) (11:14.9) Shearrer (Son) 11:17.3

4 x 880: HAYWARD (Hayes, Hester, Knowles, Moran) 9:20.0 (schl. record), HAYWARD B's 9:51.2, Chico 10:58.4

4 x 400: Chico (4:03.6), HAYWARD (Jurado, Hester (60.4), Howard, Zwick) 4:19.5, S.F.S. (4:28.1)

Shot: Lisle (Ch) 114.52 Blankenship (Ch) 119.99 FORD (11.57) Slight (Ch) 9.47

Disc: FORD (43.52) Lisle (Ch) 38.01 Blankenship (Ch) 33.23 Slight (Ch) 27.12

Jav: Blankenship (Ch) 120-4, Lowe (Humb) 114-9 Gordon (Son) 106-3 ROSENBLATT 101-3

H&J: HOWARD 5-0, Faulkner (SF) 4-10, Carlton (Ch) 4-10, Kacharos (Son) 4-10

L&J: DAVIS 16-9 UPSHAW 16-8, Maul (Chi) 16-4

CURTIS WALKS (cont.)... in the fine time (her PR) of 51:22 as she bested her nemesis Bonnie ~~Bolton~~...

GOLDEN STATE CONFERENCE MEET... SAT/MAY 9, 1981... at U.C. DAVIS



# Cal State Hayward TRACK & FIELD UPDATE

WOMEN'S TRACK and FIELD BULLETIN no. 12... May 5th, 1981

## DAVIS WINS! GSC HEPTATHLON Upshaw/Howard excel.

An improvement of 349 points coupled with the early exit of co-favorite Stacia Allen of Humboldt, spelled VICTORY for the Cal State Hayward soph... CYNTHIA DAVIS. It spelled out a lot more too... JOY UPSHAW improved some 223 points to eclipse the 4000 pt. mark and nail down 3rd place while freshman JENNIFER HOWARD claimed 4th. Results.. HAYWARD 20 pts. to Sac's ZERO... we can use all of it

	100m HH	SHOT	HIGH JUMP	200m	LONG JUMP	JAV.	800m	TOTAL	
DAVIS, Cynthia HAYWARD	<del>685</del> :15.6 pr <del>685</del>	<del>629</del> 34-9½ pr <del>629</del>	<del>834</del> 5-3 pr <del>834</del>	<del>655</del> 27.4 <del>655</del>	<del>643</del> 16-0¼ <del>643</del>	<del>679</del> 113-7 pr <del>679</del>	<del>515</del> 2:45.8 pr <del>515</del>	4645 Natl. 9	
KACHAROS, Sandy SONOMA	:16.8 572	8.89 512	5-3 834	28.3 571	4.65 591	29.98 598	2:38.5 581	4282 Natl. 9	
UPSHAW, Joy HAYWARD	:16.4 608	21-8 334	4-6½ 588	27.9 619	16-11¼ 715	77-6 pr 477	2:27.4 701	4042	
HOWARD, Jennifer HAYWARD	493 :17.8	344 22-0	513 5-2¼	484 30.0	481 13-10	379 62-7	648 2:32.2	3642	
HUGHES, Diane STANISLAUS	505 :17.6	631 10.63	726 1.50	545 29.0	551 4.49	<del>0</del> so	510 2:46.3	3468	
KENDALL, Kim U.C. DAVIS	:17.8 473	7.60 415	1.28 462	30.0 484	4:03 331	36.16 705	2:39.5 574	3464	
GRAFFWEG, Stacy U.C. DAVIS	:18.6 433	7.86 435	1.35 551	29.7 500	4.37 520	16.90 329	2:34.4 625	3393	
ALLEN, Stacia HUMBOLDT	:15.7 675	10.78 641	1.41 624	withdrew... re-occurring injury to foot					

Well done in fact in "Great!"

RJ



# "4 for 4" PIONEERS WIN "IT DOESN'T GET ANY EASIER"...

The site was set. U.Cal of Davis's dirt track. A tired and beleaguered track... One that should be retired. The day was going to be a warm one..possibly HOT... A bothersome north-east wind promised to bring discomfort and frustration to the early morning contestants in the 10,000 meters and the discus...aside from that..the FOURTH ANNUAL GOLDEN STATE CONFERENCE CHAMPIONSHIPS were ready to get under way and Cal State HAYWARD was getting ready to make their bid for a FOURTH CONSECUTIVE GOLDEN STATE CONFERENCE CHAMPIONSHIP TITLE.

All was not well with the Pioneers: A last minute review of STEFANI STOUTT'S stress fracture precluded her attempting a comeback for this year: ROKANNE KAS-PARIAN'S dislocated shoulder was improving...but slowly: KAREY ROBINSON'S achilles tendon problem wasn't responding to treatment as quickly as hoped for:TAMMY SULLIVEN was at least a week away from getting back to any kind of sprinting or jumping. GLENDA FORD'S lower back pains were not going away either. DAWN PETERS was still nursing a sinus-bronchial infection that would necessitate withdrawal from the sprinting events. What else??????

During the meet...things got even better?????? CYNTHIA DAVIS (Heptathlon champ) never got to the blocks in the finals of the 100 HH (this cost us valuable pts.), KAREY ROBINSON could not double back in the 3000 (achilles problems), MICHELE AUBUCHON'S blister got so bad that she could not complete her attempt of a triple by making it in the 3K: DELPHINA BANKS, the mornings fastest qualifier in the 200 (:24.9) had to be withdrawn from competition from the 200 and the Mile Relay after a twinge was felt at the conclusion of the 100m brought on by running in the vary unstable rut of lane 1 of the 100 finals: the heat and so-so running surface made CONNIE HESTER'S chances of pulling off the 1500-800 double within a span of 40 minutes a little on the shakey side.....so...what else was new????

Despite all of these little distractions....our strength, experience, confidence, and LUCK...pulled us through and unlike last year when we edged Sacramento by a mere point...we rolled over them by the commanding margin of 4 and 1/2 points. Like the old saying...an inch is as good as a mile...a win is a win...and this one was a hard earned and deeply appreciated victory...A TRIBUTE TO A VERY GOOD TEAM.....WELL DONE... (RP)

HAYWARD..194.5 SACRAMENTO..194 SAN FRANCISCO...77.5 U.C.DAVIS...67  
CHICO...56 SONOMA...17 HUMBOLDT...12 STANISLAUS...2

HEP: Contested on Tue. (see sep. coverage) this was the PIVOTAL event. A plus 20.

10 K: 9 a.m. felt like noon and it looked like it. MICHELE AUBUCHON successfully defended her title to claim her 5th GSC individual championship. Slow time but it was a slow track. Her blister was developing problems. DENISE BIGELOW looked solid for 9 laps, but then slid off of the pace. She picked up a valuable 4th however.  
1-AUBUCHON 36:14.2 2-Pfifer(Sac)37:04.7 3-Tracey(Sac)39:08 4-BIGELOW 39:30

DISC: A pesky north-east wind simply shoved good efforts into the ground prematurely. GLENDA FORD's back held up as did ROCKY'S shoulder and with LINDA READ rounding out the field, we bagged a 1-3-4 finish. Solid.  
1-FORD 142-10.5 2-Lisle(Chi)131-10.5 3-KASPARIAN 129-0 4-READ 126-4.5

L. JUMP: Things ent pretty much to form except that Sacramento's Calhoun get off a seasonal best and hosting Davis's Serrano got her best day ever.  
1-Serrano(D)18-9.5 2-PETERS 17-10 4-DAVIS 17-2 5 UPSHAW 16-9.5

EXHIB 1mi.WALK Hayward's KATHY CURTIS in a walk? A 7:57.8 effort to runner-up McCracken of Humboldt 8:38.2.



(See back side when finished)

SPRT. MEDLEY We ran well although a little lethargic at the onset of each leg.  
 1.S.F. 1:45.3 (mt.rec) 2.Sac 1:49.0 3.HAY(Peters, Jurado, Preisser, Castro) 1:49.8

5,000m: For 3 laps it was a button-button who has the button game...as no one would take the lead...and then PRESTO...MICHELE AUBUCHON got tired of the shell game and took off. This would be Michele's final GSC championship effort of her career...her 6th. KAREY ROBINSON hung on gamely to snare an all important 5th.  
 1.AUBUCHON 17:38.1 2.Pfifer(Sac) 17:48.1 3.Calborne(Hum) 18:15 4.ROBINSON 18:44

4 x 100 m Hand offs were excellent and we led all the way up to the final yards. This team has been a most consistant and dependable outfit all year.  
 1.SF :47.9 2.HAY(Peters, Banks, Preisser, Buckley) :48.3 3.Sac :48.7 4.Davis :49.2

1500m This was going to be gang-war. Hayward had withdrawn GSC record holder Frannie Castro(4:29.1) in deference to the time schedule. Sac's Mary Ann Scannell had hit 4:30 during the season...Sac's Pappas had hit 2:10.5 in the 800 just a week before. But...Hayward's defending GSC 1500 champ, CONNIE HESTER, was enjoying a great last half season in her own rights...this was going to be a battle. It was...stride for stride...all of the way...with Hester never relinquishing the lead and over the final 120 mtrs. inching away from Scannell, as Pappas sagged off over the final 400. COLLEEN MORAN and Davis's Gray had a battle royal for 4th and frosh JULIE HAYES nailed the 6th as MARY RIEBOLDT was boxed in the first lap and never really got untracked for this race. Too bad this was run on the Davis track. On the Cal-Bkly. track this would have been a 4:25 effort.  
 1.HESTER 4:32.2 2.Scannell 4:33.2 3.Pappas 4:40.6 4.Gray 4:43.2 5.MORAN 4:43.2 6.HAYES 4:51.2

SHOT: Glenda FORD hit her pr. and Net's 1. Qual. mark to give us new life and LINDA READ snared a point as well.

1.Lisle(Ch) 47-9.25 Mt.Red. 2.FORD 41-10.75 3.Kennedy(Sac) 41-1 6.READ 38-3

JAV: MARLA ROSENBLATT had a 4th going into the finals, but couldn't get off that big one that she needed...so Marla just missed scoring, with a 100-2 mark.  
 1.Blankenship(Ch) 130-1 2.Allen(Sac) 129-10.. etc. etc. 6.Ponticelli(Ch) 108-9

100 HH: CYNTHIA DAVIS arrived at the start from her high jumping just in time to gain the wrath of the starter and watch the train leave the station.  
 1.O'Rourke(SF):15.6 2.Calhoun(Sac):15.7 3.UPSHAW :16.2

100 m: Bell of SF bagged one of her two wins. DELPHINABANKS ran well for pulling lane one but it was going to cost her...as time would tell.  
 1.Bell(SF) 12.2 2.BANKS :12.4 3.Sizemore(Ch):12.4 ...etc. etc. 12.6, 12.6, 12.6

400 m: CRYSTAL PREISSER started off way too slowly (29.9) and was lucky to pull a tie for 5th as Sacramento got a big 1-2-3- finish.

1.Gilmore(Sac) 55.6 2.Thompson(Sac) 58.1 3.White(Sac) 58.7 5(t).PREISSER 59.5

800 m: FRANNIE CASTRO had run only a 400 in the spt.med.so was in good fettle. Ripping off of furlongs of 32.0, 36.8, 34.1, and 33.0, she set a new meet record of 2:09.9. Running conservatively over the first 400, CONNIE HESTER stormed past Sac's Pappas to nail down an ESSENTIAL 2nd..while KNOWLES faded out of 6th.  
 1.CASTRO 2:09.9 (mt.rec) 2.HESTER 2:14.5 3.Pappas(Sac) 2:16.1 4.Rebello(Ch) 2:19.1

400 Hdls. A great event for US. JOY UPSHAW was out to retain her GSC crown and run she did. She didn't win but she gave it her "all" and she was in the hunt until the final yards. Joy qual. for nationals and all in all JOY had her very BEST DAY of the SEASON. Evv BUCKLY looked ominous. At-a-way....  
 1.Wallace(Sac) 1:03.8 2.BUCKLEY 1:04.0 3.USPHAW 1:04.8 4.Boriolo(D) 1:05.2

200m: With BANKS being derrickd out of competition it was an all SFS show.  
 1.Bell (SF) 24.9, 2.Webster(SF) 25.3 3.Woodson(SF) 26.1, etc. etc. etc.

3000m: AUBUCHON couldn't progress past the first lap. So...MARY REIBOLDT and TERESA JACKSON saved the bacon..the day...the meet. RIEBOLDT ran a courageous race (sec.or third most of the way) while JACKSON dug down deep...real deep. Times were outrageous...so was the track....  
 6.JACKSON 11:07.9  
 1.Scannell(Sac) 10:16.5 2.Gray(D) 10:28.8 3.Pappas 10:29.2 4.RIEBOLDT 10:31.0



