

Peninsula Athletic Championships

Team scores:

1, Mills 122½; 2, Aragon 104½; 3, Burlingame 71; 4, Woodside 48; 5, Menlo-Atherton 42; Hillsdale 34; 7, San Mateo 33; 8, Cappuchino 22; 9, Carlmont 9; 10, Sequoias 6.

Individual results:

440 relay — 1, Menlo Atherton 43.76; 2, Aragon 43.86; 3, San Mateo 45.16; 2-mile — 1, Leong (M) 9:57.19; 2, Haddad (B) 10:09.19; 3, Vartanian (B) 10:29; Mile — 1, Farlow (B) 4:37.34; 2, Smith (M) 4:41.32; 3, Leong (M) 4:44.81; 880 — 1, Vartanian (B) 2:02.73; 2, Buelow (B) 2:02.86; 3, O'Ffeile (B) 2:04.19; 400 — 1, Weller (A) 50.88; 2, Veal (M) 52.55; 3, Fificil (SM) 52.60; 200 — 1, Vartan (MA) 22.25; 2, Jonsson (A) 23.20; 3, Stairwell (SM) 23.81; 100 — 1, Vartan (MA) 11.13; 2, Jonsson (A) 11.50; 3, Stairwell (SM) 11.70; 330 hurdles — 1, Pignataro (H) 40.29; 2, Belli (W) 40.78; 3, Aveling (M) 41.87; 110 hurdles — 1, Aveling (M) 15.75; 2, Belli (W) 15.77; 3, Brown (A) 15.92. 4x400 relay — 1, Menlo-Atherton 3:33.9; 2, Aragon 3:34.4; 3, San Mateo 3:34.86. D — 1, Frey (W) 153-6; Morgan (B) 136-7; 3, Godby (S) 116-4; SP — 1, Frey (W) 42-4; 2, Valencia (W) 42-0; 3, Hyndman (C) 41-9; PV — 1, Halbezoz (M) 13-6; 2, Lynn (M) 13-0; 3, Chen (M) 12-0; HJ — 1, Weller (A) 6-4; 2, Gunther (M) 6-4; 3, Osburg (B) 6-0; TJ — 1, Lynn (M) 43-3; 2, Herrera (C) 41-1; 3, Horn (M) 40-2; LJ — 1, Wolfe (A) 21-2; 2, Sanchez (B) 21-0; 3, Jonsson 20-11.

Vicci Fleming: real live wire

By SIMI LEE

Times Correspondent

SAN MATEO — Vicci Fleming is one of those runners with nerves of putty and the anxiety of an electric wire.

"Everybody knows the Fleming sisters," said Vicci Fleming, who also includes her twin sister Valerie Fleming. "We're always hyper on race days. At school, everybody says they can tell when we've got a meet that day, we're both nervous. Sometimes, I think I make myself sick."

Vicci Fleming, a Hillsdale High of San Mateo senior, uses her live-wire nerves to her advantage.

At the Peninsula Athletic League Finals last week, Vicci Fleming won both the 100 low hurdles (16.03) and the 300 hurdles (47.5) and also ran a leg in the winning 40-meter relay team to lead the Knights to a PAL team championship.

For her big day at the PAL Track Finals, Vicci Fleming is the Times' girls' prep Athlete of the Week.

"I think our nervousness helps us get up for races," described 5-7 Vicci Fleming, who is an inch and a half shorter than her sister Valerie.

"Once I get in the blocks,

gun goes off, then I calm right down.

"In practice without the excitement of a race, I feel almost a let down," she added.

Vicci Fleming had a record-setting week. She ran a personal best of 15.7 in the 100 hurdles in the PAL Trials and then raced to another personal record in the 300 hurdles in the Finals with a 47.5 clocking.

"In the 100 hurdles, I was worried about Melissa Meade (Carlmont High) and in the 300 hurdles, I was worried about Mandy Mazik (Capuchino High)," said Vicci. "In both cases, I tried to get out fast over that first hurdle. In the 100, I felt like I was going low over the hurdles.

"The races didn't feel that good, but I can never tell. Those were the best times I ever had."

Vicci and her sister Valerie tried every sport under the sun when they were kids. They went from ballet to soccer to softball before settling down to concentrate on track at Hillsdale. Valerie also plays on the varsity soccer team.

Unlike a lot of competitive sisters, the Fleming twins are close. The two will be going to UC Santa Barbara next fall and hope to eventually land on the track team.



Vicci Fleming

"We both have our separate events (Valerie was second in the 100 sprint at the Finals), but we're totally supportive of each other," said Vicci. "I push Valerie and Valerie pushes me. We talk together a lot."

The only thing that would make the season perfect is a quick recovery by their Dad, Victor Fleming, who is slowly recovering from a stroke. "Dad got sick in December, and it's been sometimes difficult to concentrate this season sometimes. He used to come to our races. Valerie and I just try to block it out and run the best that we can."