

Oct. 27, 1979

# Cal State Hayward

GOLDEN STATE CONFERENCE CHAMPIONSHIPS ..... Sacramento State Coll-Campus

For a complete and solid team effort, today's running on the part of CSUH had to be just about the "best-ever" in the relatively short history of Pioneer harricordom.

Seemingly....every-one simply appeared to be running their "BEST-EVER" or ~~best~~ if not their best ...then darn close to it.

MICHELE AUBUCHON looked tremendous, the entire way...despite Jill Symons pulling away over the final 200 mtrs. This had to be one of MICHELE'S real fine races!!!! FRANIE CASTRO gave us her season's BEST and CONNIE HESTER rather yet another superlative strong run.....STEFANI STOUTT get out a little too slowly this time...yet she picked up her act and as has been the case all year long...she simply get better as the race progressed. KAREY ROBINSON returned to the "vars" after a three week hiatus and stunned herself with her "control" run....she will be saving herself and her legs until the NATIONALS. Freshman SHANE FELIX provided one of the most impressive improvements of the season as she finished right behind veteran MARY RIEBOLDT, who had a very fine race today. Freshman DENISE BIGELOW and LONDA LARSON, although possibly not at their very peak...never-the-less ran what had to be at least their "next to best" effort of the season...while TERESA JACKSON and SANDY KUTULAS left absolutely no doubts as to their competitiveness and impressive improvement.

The PIONEERS placed 7 in the top 12, 9 in the top 18, 11 in the top 28.

Not too shabby.....

Now it's on to the Dist.8 ALAN Regionals at Sierra College in Redlin next Saturday...race time at 12 noon...Div. III.....

## GOLDEN STATE CONFERENCE... '79

\*\*\*\*\*

- HAYWARD.....24
- SACRAMENTO...70
- CHICO.....95
- HUMBOLDT....104
- DAVIS.....109
- SONOMA.....182
- SAN FRANCISCO.216

### 5000 mtrs.

1. Jill Symons.....Chico.....	17:48	
2. MICHELE AUBUCHON.....	17:47	5:29-5:46-5:57
3. FRANIE CASTRO.....	18:08	5:37-5:45-6:12
4. CONNIE HESTER.....	18:19	5:35-5:51-6:17
5. Mary Ann Scannell.Sac.....	18:24	
6. Marilyn Brandt.....Davis...	18:28	
7. STEFANI STOUTT.....	18:32	5:45-5:54-6:19
8. KAREY ROBINSON.....	18:47	5:48-6:12-6:12
9. Cathy ODDONE.....Chico...	18:51	
10. Diana PAPPAS.....Sac.....	19:53	
11. MARY RIEBOLDT.....	19:04	5:48-6:12-6:24
12. SHANE FELIX.....	19:07	5:38-6:22-6:33
14. DENISE BIGELOW.....	19:12	5:46-6:16-6:30
16. LONDA LARSON.....	19:40	5:48-6:28-6:49
26. TERESA JACKSON.....	20:25	6:14-6:40-6:57
28. SANDY KUTULAS.....	20:29	6:12-6:55-6:47

58 finishers.....

CONGRATULATIONS to MICHELE AUBUCHON Miller Athlete of the Week for CSUH ...last week...

Our "Runner of the Week" award to 2 real fine improvements.....SHANE FELIX and SANDY KUTULAS