

# X-COUNTRY "UP-DATE"

NOV. 3, 1979.....

## DIVISION III

Cal State Hayward



# Champions

Rocklin, CA....An early morning rain coupled with race-time downpours made today's Western Regional AIAW Meet somewhat less than an enjoyable experience but the end results were just what had been expected....a CAL STATE HAYWARD VICTORY.

Hayward's main contender, Sac State, finished closer than a week before due mainly to the extra fine running of their Lisa Foy...but the Hornet's 4th and 5th runners are going to get them into trouble in any meet of greater magnitude. What really was impressive for the Pioneers today, was their fine bunching of the mid-portion of the squad....our 11-12-13-14 finish for our 4th thru 7th team members. That is what will win BIG MEETS.

NICHELE AUBUCHON was just super today....what a great effort...she knew what she wanted to attain and she went right out to get it and never stopped until she crossed the finish line. CONNIE HESTER demonstrated her strength and basic leg speed as she negotiated the muddy and rain-slicked in a most authoritative and successful manner for a stellar third place effort....and STEFANI STOUTT... what a "steady" and competitive runner...real class...yet another top notch effort. Despite not being up to par physically today, FRANIE CASTRO held on

after slipping from the top five at the 2 1/2 mile mark, while a rapidly recovering KAREY ROBINSON closed out our top 5. Two freshmen...DENISE BIGELOW and SHANE FELIX ran their DEFENITE BEST of the SEASONS today to finish in the charmed-TOP 15 while MARY RIEBOLDT just missed the brass ring with an 18th and fresh LONDA LARSON ran her best-ever 5000, for a 28 rd place finish. Out of the 76 finishers...Hayward put 7 in the top 14 and 9 in the top 23.

NOW IT IS ON TO THE NATIONALS.....

SCORING

HAYWARD.....	35
Sac. State....	58
Cal Luthrn....	100
Chico St....	100
UC Davis....	125
Pomona-Ptzr.	219
Humboldt....	227
Sonoma St....	233

(5 kilo)

	1.	2	3
	mi	mi	mi
1. Jill Symons (Chico)....	17:43.9		
2. MICHELE AUBUCHON.....	17:50.5	5:25-5:56-5:57	
3. CONNIE HESTER.....	18:03.8	5:36-6:03-6:04	
4. Lisa Foy (Sac).....	18:16.0		
5. Mary Ann Scannell (Sac).....	18:17.1		
6. Mary Tracy (Claremont).....	18:19.4		
7. STEFANI STOUTT.....	18:28.9	5:36-6:11-6:11	
8. Marilyn Brandt (UCD).....	18:40.7		
9. Dianna Pappas (Sac).....	18:45.1		
10. Cathy Fulkerson (Cal Lu).....	18:45.5		
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11. FRANIE CASTRO.....	18:47.1	5:36-6:01-6:39	
12. KAREY ROBINSON.....	18:55.2	5:42-6:18-6:25	
13. DENISE BIGELOW.....	18:59.7	5:41-6:25-6:21	
14. SHANE FELIX.....	19:00.7	5:36-6:26-6:27	
15. MARY RIEBOLDT.....	19:23.4	5:41-6:36-6:33	
23. LONDA LARSON.....	19:38.8	5:46-6:41-6:34	

OVER-ALL TIME RANKINGS

Team	Div.	Time
1. Cal	1	87:05.3
2. UCLA	1	87:37.2
3. Arizona	1	87:40.5
4. CP-SLO	1	89:22.2
5. Stanford	1	91:48.7
6. HAYWARD	3	92:05.5
7. Long Beach	1	93:31.5
8. Northridge	1	93:40.6
9. San Diego	1	94:09.4
10. Sacramento	3	94:35.0
11. Chico	3	97:38.2
12. Cal Luthern	3	98:10.7
13. UC Davis	3	99:49.3
14. Humboldt	3	100:22.4
15. Bakersfield	2	101:31.1
16. Nevada (R)	2	101:45.6
17. Hawaii	1	101:57.4
18. UC River.	2	103:12.4
19. Pomona-Ptzr.	3	104:42.1
20. Sonoma	3	107:42.8
21. CP-Pom.	2	109:40.1

# I think the scorers "boo-boosed" - Humboldt should be more like 1270

Rgn

RUNNERS OF THE WEEK..... Probably a lot of heroines... but I think we would all have agree that the great running on the part of MICHELE AUBUCHON AND CONNIE HESTER

merits their consideration.....so... "HATZ OFF" to MICHELE and CONNIE.....