

NEW JERSEY GROUP MEETS

November 12: Janet Smith (North Edison) left little doubt who was the class of the field as she absolutely demolished the Group IV field, winning by a minute and 24 seconds. In Group III, Toni Ann Angione (Bridgefield) defeated frosh Missy Duchini (Wine Valley) with North Hunterdon's Stacy Bilotta out with the flu.

RESULTS: Group IV, 1-Janet Smith (North Edison) 17:56, 2-Lori Watson (Cherry Hill) 19:18, 3-Suyong Jenrette (Pemberton - frosh) 19:44, 4-Milton (NE) 19:49, 5-Engle (Marlboro) 19:55; Scores, 1-Shawnee 120, 2-Kennedy 134.

Group III, 1-Toni Ann Angione (Bridgefield) 18:46, 2-Missy Duchini (Wine Valley - frosh) 19:03, 3-Jeanne LaPlaca (NH - frosh) 19:10, 4-O'Brien (South Brunswick) 19:27, 5-LeFrancis (West Morris) 19:28; Scores, 1-North Hunterdon 36, 2-Raritan 92.

Group II, 1-Madeline Nagy (Caldwell) 19:36; Scores, 1-Holmdel 86, 2-Somerville 110.

Group I, 1-Jenny Rahn (Bernards) 20:00; Scores, 1-Bernards 23, 2-Haddonfield 90.

Parochial 'A', Lesley Gale (St. John Vianney) 19:58; Scores, 1-SJV 58, 2-Paul VI 76.

Parochial 'B', Sue Ashmore (Mater Dei) 20:35; Team, Mater Dei.

CALIFORNIA SOUTHERN SECTION CHMPS

Walnut, Cal Nov. 19: Kirsten O'Hara (Palos Verdes) raced to a 75 second win at the California Interscholastic Federation Championships in the 4A Division, outpacing Tustin's Donna Scott over the hilly Mt. San Antonio College course. O'Hara's margin helped Palos Verdes to the fifth fastest team time ever at Mt. SAC (95:01), but Tustin's placings won the meet 54-81. Second best time of the day belonged to Sylvia Mosqueda (San Gabriel) running as an individual entry in the 3A race. Mosqueda's 17:53 was the only other sub-18 time. El Dorado claimed the 3A title with a 4-5-6 blanket finish in 18:39.

RESULTS: 4A, 1-Kristen O'Hara (PV) 17:17, 2-Donna Scott (Tustin) 18:32, 3-McCarty (Buena/Ventura) 18:38, 4-Morris (Newport Harbor) 18:47, 5-Donohue (Torrence) 18:47, 6-Cox (Foothill/Santa Ana) 18:59, 7-Fuess (Westlake) 19:00, 8-Snyders (Edison/Huntington Beach) 19:00. Scores, 1-Palos Verdes 54, 2-Tustin 81.

3A, 1-Sylvia Mosqueda (San Gabriel) 17:53, 2-Rizzo (Hart) 18:08, 3-Daly (Mission Viejo) 18:11, 4-Goode (Arlington/Riverside) 18:27, 5-Clair Fiet (Mater Dei/Santa Ana) 18:31, 6-Escobosa (El Dorado/Piacentia) 7-Cooper (El Dorado) 18:39, 8-Rosapajla (El Dorado) 18:39, 9-Hutchinson (Mission Viejo) 18:55, 10-Hays (Rowland) 19:00, 11-Maldonado (Bishop Amat/La Puente) 19:00. Scores, 1-El Dorado 67, 2-Mission Viejo 81.

2A, 1-Plante (Arroyo Grande) 18:32, 2-DeSantiago (Ontario) 18:45, 3-Oslonker (South

Hills) 18:46, 4-Loveall (Lompoc) 18:46. Scores, 1-Lompoc 85.

1A, 1-Almendariz (St. Monica/Santa Monica) 19:02. Scores, 1-Moro Bay 62.

CALIFORNIA SAN DIEGO SECTION CHMPS

Lakeside, Cal, Nov. 23: Mt. Carmel's section 400 meter champion Leslie Noll won the 3A race in 12:00 over Santana's Laura Cook (12:01), but Orange Glen's (Escondido) Pauline Stehly claimed the fastest 3000 of the day (11:50) as cross-town rival Sharon Lewis (San Pasqual) ran a 12 flat second place. This season was Noll's first cross country experience and Stehly is the only athlete to defeat her.

RESULTS: 3A, 1-Leslie Noll (Mt. Carmel/Poway) 12:00, 2-Laura Cook (Santana/Santee) 12:01, 3-Eager (Vista) 12:03, 4-Nichols (Vista) 12:10, 5-Johnson (Helix/La Mesa) 12:21, 6-Moser (Helix) 12:22, 7-Fedorchak (Fallbrook) 12:23, 8-Sheflo (Poway) 12:26, 9-Bates (Mira Mesa) 12:27, 10-Arreola (Grossmont) 12:27. Scores, 1-Vista 64, 2-Mira Mesa 107.

2A, 1-Pauline Stehly (Orange Glen/Escondido) 11:50, 2-Sharon Lewis (San Pasqual/Escondido) 12:00, 3-Gorman (Bonita Vista) 12:04, 4-Riker (Escondido) 12:09, 5-Brooks (Bonita Vista) 12:11, 6-Nugent (Torrey Pines) 12:14, 7-Guevarra (Chula Vista) 12:21, 8-Eckstein (Valhalla) 12:23, 9-Krumweide (Val) 12:28. Scores, 1-Valhalla 72, 2-Bonita Vista 74, 3-San Pasqual 78, 4-Torrey Pines 83.

1A, 1-Katherine Riddle (Coronado) 12:21, 2-Tara McElhaney (Clairemont) 12:23. Scores, 1-El Camino 66, 2-Coronado 77, 3-Ramona 77.

JANET SMITH WINS REGION

Van Cortland Park, New York, Nov. 26: Janet Smith, three-time New Jersey all-group champion from J.P.Stvens in Edison, remained undefeated this season, clocking 17:08 over the 5000m course to win the Kinney Northeast Regional Meet.

Second was Cathy Schiro, a junior at Dover HS in New Hampshire who set a US age-16 record for the half-marathon last September.

Smith, a 17-year old senior, ran in the last two national finals, placing fifth both times. She was runner-up in the regional meet the last two years.

RESULTS: 1-Janet Smith (NJ) 17:08, 2-Cathy Schiro (NH) 17:39, 3-Missy Duchini (NJ) 18:11, 4-Stacy Bilotta (NJ) 18:17, 5-Renee Harbaugh (Pa) 18:21, 6-Tracy Bowers (Pa) 18:24, 7-Vanessa Thompson (Ct) 18:30, 8-Kris Ryan (NY) 18:30, 9-Carol Parietti (NY) 18:31, 10-Michele Eitapence (Vt) 18:38. (From 'Metrack').

KINNEY WESTERN REGIONAL

Fresno, California, Dec. 3: Kirsten O'Hara (Palos Verdes) proved her Southern Section CIF win no fluke as she demolished an excellent field over the scenic Woodward Park 5000m course. In the midst of a wet California weekend, the closest thing to a California State meet lived up to expectations. O'Hara ran 17:25 for a 26 second win.

RESULTS: 1-Kirsten O'Hara (Palos Verdes) 17:25, 2-Laura Finkner (Davis) 17:51, 3-Sylvia Mosqueda (San Gabriel) 17:56, 4-Sientz (Lewis & Clark, Spokane, Wa) 17:59, 5-Plante (Arroyo Grande) 18:00, 6-Clark (Mountain View) 18:01, 7-Mason (Klamath Falls, Ore) 18:02, 8-Jarvis (Havre, Mont) 18:07.

MISSOURI TWOSOME (Continued)

The extra-vigorous training has certainly helped Fischer, but has contributed to injuries, too. She was red-shirted last fall because of running related problems, the biggest one being tendinitis in her lower right leg.

While her teammate was plagued with medical problems, Dornhoefer worried about the departure of Coach Dick Weis. She says she almost considered not returning to Missouri. The arrival of Lou Duesing, Weis' replacement, alleviated those fears. "I was glad when Coach Duesing told us how he operates. I was afraid of bad coaching - how some of them will have you peaking too soon and falling when the big meets come."

Barring any injuries, the two plan to attend the Olympic Trials this spring, but with realistic goals. Each says she would like to qualify for the final heat in the 3000m run, (the longest distance race on the track for women), and possibly make the American team for the 1984 Games. Meanwhile they say their biggest goal is to secure a team win for Missouri at the District 5 Championships on November 12, enabling the entire team to compete in the NCAA Nationals on November 21.

(Ed. note: Missouri did not qualify for the NCAA Championships finishing third at the District V Meet in spite of the 1-2 finish of Dornhoefer and Fischer. At the NCAA Championships, Fischer finished 5th, Dornhoefer 6th. At the TAC Championships, Dornhoefer finished 4th, Fischer 5th, both runners making the US team for the forthcoming World Championships in March.)

CADY IS BEST ALL-AROUND THROWER

Stanford's Carol Cady came up with three all-time personal best during the 1983 season to become this nation's best All-Around Thrower. Cady's performances were 56'6 $\frac{3}{4}$ " in the shot, 207'8" in the disc and 159'11" in the javelin for a total of 424 feet and 3013 points on the International Scoring Table. Only two other athletes had combined marks beyond 400 feet. Denise Wood, Knoxville TC, who placed second in the point scoring with 2923 points had a total of 403 feet and Houston's Dana Olson, tied for 5th with 2796 points, totaled 407 feet - but 195'0" of that total came in the javelin where a foot means less than in the shot. Compiling these statistics has been done by Joan Stratton. If you or one of your athletes should be on this list, write to her at Department of Surgery, Dartmouth Hitchcock Medical Center, Hanover, NH 03755. Also send any additions or corrections to her.

Name & Affiliation	Shot	Discus	Javelin	Feet	Points
1-Carol Cady (Stanford)	56' 6 $\frac{3}{4}$ (83)	207' 8 (83)	159'11 (83)	424	3013
2-Denise Wood (Knox TC)	56' 8 $\frac{1}{2}$ (83)	189' 4 (83)	157' 4 (83)	403	2923
3-Cindy Crapper (Ky/Can)	53' 7 $\frac{1}{2}$ (83)	166'11 (83)	181'10 (82)	398	2873
4-Julie Jones (BYU)	50'11 $\frac{1}{2}$ (82)	177' 8 (83)	169' 4 (83)	397	2843
5-Dana Olson (Houston)	45' 6 (80)	166' 9 (82)	195' 0 (82)	407	2796
Pat Walsh (Tn/Ire)	51'11 $\frac{1}{2}$ (83)	187' 2 (82)	147'11 (82)	387	2796
7-Bonnie Dasse (Cal)	54' 7 $\frac{1}{4}$ (83)	156' 0 (83)	158' 7 (83)	369	2739
8-Susie Ray (UCLA)	49' 3 $\frac{1}{2}$ (81)	151' 8 (81)	179' 8 (83)	380	2717
9-Mary Hyden (Mo)	53' 4 (82)	169' 5 (83)	140'11 (82)	363	2704
10-Lorna Griffin (AW)	58' 5 $\frac{1}{4}$ (83)	207' 5 (80)	89'10 (83)	355	2697
11-Jacque Nelson (UCLA)	49' 3 (81)	151' 2 (81)	173'11 (80)	374	2690
12-Cecil Hansen (Ok/Nor)	53'10 $\frac{1}{2}$ (81)	152'11 (81)	152' 8 (81)	359	2684
13-Robin Small (Nb)	49'11 $\frac{3}{4}$ (?)	167' 7 (82)	141'11 (80)	359	2655
14-Peggy Pollock (CSLB)	57' 0 $\frac{3}{4}$ (83)	143' 5 (83)	141'10 (82)	342	2639
15-Kate Schmidt (PCC)	42' 7 (?)	116' 8 (82)	227' 5 (77)	386	2636
16-Victoria Gay (Tx Sth)	48' 2 $\frac{3}{4}$ (83)	181' 8 (83)	131' 1 (83)	360	2630
Marilyn Senz (Penn St)	47' 6 $\frac{3}{4}$ (?)	151' 5 (83)	166' 2 (83)	365	2630
18-Carla Garrett (NM HS)	50' 1 $\frac{3}{4}$ (83)	168' 2 (83)	133' 5 (82)	351	2610
19-Ramona Pagel (CSLB)	54' 9 $\frac{1}{2}$ (83)	165' 9 (81)	118' 7 (82)	339	2603
20-Sherry Calvert (Un)	40' 9 (?)	135' 0 (?)	207'11 (78)	383	2590
21-Darlene Ours (Hst)	45' 5 (79)	151' 9 (81)	158' 0 (81)	355	2560
22-Jodi Smith (W.Va)	47' 2 (82)	153' 5 (82)	145' 3 (82)	345	2542
23-Sue Doucette (Id,St)	48' 2 $\frac{1}{2}$ (82)	153' 7 (83)	140' 0 (80)	341	2537
24-Nini Davis (PAL)	53' 1 (83)	147' 8 (83)	127' 7 (?)	328	2530
25-Pia Iacovo (AI)	49'11 $\frac{3}{4}$ (83)	192' 1 (83)	95' 5 (?)	337	2523
26-Rena Antanellis (Rand TC)	43' 9 (81)	146' 6 (80)	162' 2 (81)	352	2521
27-Bonnie Tamis (Kent St)	48'10 (82)	165'10 (82)	118' 6 (81)	333	2504

GEORGE MASON 'LID LIFTER'

Fairfax, Virginia, Dec. 4: 1984 is going to be a fantastic year for women's track and field if the results from the George Mason "Lid Lifter" Meet mean anything. Some outstanding early season marks were turned in including a 38.5 300 meter by Morgan State's Janet Dodson, a 55.7 clocking for 400 meters by Michelle Collins of Delaware State, a 1:32.9 over 600 meters by Lorraine Dortch (Delaware State) and Jeannette Palmer (Hampton) and a swift 1500 led by Villanova's Mary Ellen McGowan in 4:26.5.

55m, 1-Eldece Clark (Hampton) 6.9, 2-Sherri Funn (Ms Int) 6.9, 3-Ramona Riley (Morgan St) 6.9, 4-Renita Dingle (Ms Int) 7.0; 55mH, 1-Thomasina Busch (Hampton) 8.0, 2-Santa Williams (Hampton) 8.2 (8.1h), 3-Sharnet Rowlan (JM) 8.2; 300m, 1-Janet Dodson (MS) 38.5, 2-Sherri Funn (Ms) 39.0, 3-Terri Dandy (GM) 39.7, 4-Ramona Riley (MS) 40.1.

400m, 1-Michelle Collins (Del St) 55.7, 2-Zanderland Dixon (MS) 56.6, 3-Veronica McIntosh (VII) 57.1; 600m, 1-Lorraine Dortch (Del St) 1:32.9, 2-Jeannette Palmer (Hamp) 1:32.9, 3-Debbie Grant (VII) 1:33.3, 4-Joanne Kehs (VII) 1:33.6; 800, 1-Wanda Trent (Ms)

2:12.0, 2-Mary Ellen McGowan (VII) 2:12.6, 3-Patty Bradley (VII) 2:13.4, 4-Katy O'Hern (Penn) 2:14.4, 5-Beth Lyons (VII) 2:14.6.

1500, 1-Mary Ellen McGowan (VII) 4:26.5, 2-Debbi Roberson (Ms) 4:36.9, 3-Marya Small (Gtn) 4:39.6, 4-Sue Eckel (Penn) 4:40.2, 5-Patty McClusky (Penn) 4:40.5; 3000, 1-Melissa Grubb (VII) 10:02.3, 2-Lauren Searby (VII) 10:02.4, 3-Colleen Gallagher (VII) 10:14.0.

4x400, 1-Morgan State 3:47.0, 2-Delaware State 3:47.5, 3-Howard 3:48.0, 4-Villanova 3:50.2; HJ, 1-Wanda Johnson (MS) 5'8, 2-Michelle Payne (Penn) 5'6, 3-Lynn Henry (MS) 5'6; LJ, 1-Brenda Bailey (Howard) 19'8 $\frac{3}{4}$, 2-Lisa Diggs (JM) 18'8 $\frac{1}{4}$, 3-Teresa Allen (Howard) 18'6 $\frac{1}{2}$; SP, Sherry Green (MS) 42'5; TJ, 1-Gibson (Howard) 34'6 $\frac{3}{4}$.

SETON HALL INDOOR

South Orange, New Jersey, Nov. 19: Seton Hall University staged its 12th Annual Indoor Invitational to kick off the 1983-4 season with Zonya Cross' 8.2 clocking for the 55m hurdles the best mark of the competition.

RESULTS: 55mH, 1-Zonya Cross (South Jersey Tech) 8.2, 2-Beryl Roman (Un) 8.9; Mile, 1-Diedra Best (BOHAA) 5:33, 2-Doreen Best (BOHAA) 5:33; 440y, Doreen Best 60.8; 880, Diedra Best 2:25.9.

FLASH! JANET SMITH WINS KINNEY NATIONALS

San Diego, California, Nov. 9: Janet Smith of Stevens High School in Edison, New Jersey, destroyed the field at the Kinney National High School Cross Country Championships winning the race in 16:43, 34 seconds in front of the runner-up Straza.

Teams scores found the Northeast winning and the West finishing last. Complete results in next month's issue.

RESULTS: 1-Janet Smith (NJ) 16:43, 2-Straza (Ill) 17:17, 3-Kathy Schiro (NH) 17:25, 4-Smith (Tx) 17:34, 5-Kristen O'Hara (Cal) 17:38, 6-Thompson (Ct) 17:45, 7-Robertson (Va) 17:46, 8-Harbaugh (Pa) 17:46, 9-Moore (Tx) 17:47, 10-Driscoll (Ill-fresh) 17:48. Stacey Zartler (Tx) did not finish. Scores, 1-Northeast 30, 2-Midwest 52, 3-South 62, 4-West 74.

ARAB RESULTS

Amman, Jordan, Aug. 20/22: In a rare gathering of Arab female athletes, Algeria and Tunisia each won six events to dominate the festivities. Seven nations took part including Iraq, Syria, Lebanon, Morocco and host Jordan. Morocco athletes captured all three weight events. There were three double winners. Algeria's Raschida Ferdjaoui won both sprints, Sara Touibi of Tunisia took the 400 and 800 and countrywoman Sabah Ben Nasr won the 1500 and 3000 as well as picking up a third in the 800.

RESULTS: 100 (+2.72), 1-Raschida Ferdjaoui (Alg) 12.16, 2-Fatima Mefti (Alg) 12.52, 3-Intisar al Khafagi (Iraq) 12.65; 200, 1-Raschida Ferdjaoui (Alg) 25.14, 2-Salma Anan (Tun) 25.74, 3-Souad Shouder (Alg) 25.79. 400, 1-Sara Touibi (Tun) 56.3, 2-Dallia Harek (Alg) 57.6, 3-Wisal Mahmoud (Iraq) 60.1; 800, 1-Sara Touibi (Tun) 2:09.05, 2-Dallia Harek (Alg) 2:11.41, 3-Sabah Ben Nasser (Tun) 2:12.24.

1500, 1-Sabah Ben Nasser (Tun) 4:34.92, 2-S. Jaloul (Alg) 4:40.37, 3-Hala Moughrabi (Syr) 4:45.74; 3000, 1-Sabah Ben Nasser (Tun) 10:31.51, 2-Hala Moughrabi (Syr) 10:40.64, 3-Amina Odeh (Jor) 10:46.19.

400H, 1-Basma Gharbi (Tun) 63.63, 2-Karima Henni (Alg) 66.84, 3-Rana Fada (Jor) 74.68.

HJ, 1-Kawther Akreml (Tun) 5'7 $\frac{1}{4}$, 2-Nassera Aschir (Alg) 5'5, 3-Mobarka Hititou (Mor) 5'3; LJ, 1-Dallia Talbel (Alg) 19'5, 2-Kawther Akreml (Tun) 19'0 $\frac{3}{4}$, 3-Basma Gharbi (Tun) 18'5 $\frac{1}{4}$.

SP, 1-Souad Malloussi (Mor) 50'9, 2-Aicha Dahmou (Alg) 44'9 $\frac{1}{2}$, 3-Fatiha Larab (Alg) 43'4 $\frac{1}{2}$; DT, 1-Zubelda Layouni (Mor) 156'11, 2-Aicha Dahmou (Alg) 140'7, 3-Jamila Ait Dib (Alg) 135'0; JT, 1-Fatiha Beimgagher (Mor) 151'0, 2-S. Djemaa (Alg) 144'5, 3-Noura Kedideh (Alg) 138'5.

Heptathlon, 1-Nassera Aschir (Alg) 5075, 2-Z. Mina (Leb) 4577, 3-Rana Fedah (Jor) 2787.

4x100, 1-Algeria 47.65, 2-Tunisia 48.89, 3-Iraq 49.02; 4x400, 1-Algeria 3:49.66, 2-Tunisia 3:49.76, 3-Iraq 4:04.32.