

RESULTS

From **JIM ECHMAN (Yreka, CA)**

AAA BOYS TEAMS

1. Jersey (Portland) 68, 2. Aloha 130, 3. Lake Oswego 135.

AAA BOYS INDIVIDUALS

1. Tracy Garrison (Klamath Union) 15:36.5, 2. Eric Peterson (N Eugene) 15:40, 3. Tom Sera (Beaverton) 15:42, 4. Lou Lauman (West Linn) 15:44, 5. Lew Barnes (Aloha) 15:45, 6. Jim Grell (Wilson) 15:48, 7. Steve Hval (Jes) 15:52, 8. Wes Tilgner (Dal) 15:55, 9. Eric Martin (Mtn View) 15:59, 10. Ron Gilbert (Wilson) 16:00. Other Wilson: 18. Tom McKillop (Wilson) 16:17.

AA BOYS INDIVIDUALS

1. Jerred Gildehaus (Rogue River) 15:39, 2. Mike Donaghu (Madras) 15:53, 3. Willy Hewson (Estancia) 16:02.

AAA GIRLS INDIVIDUALS

1. Marnie Mason (Klamath Union) 10:39, 2. Cathy Wall (Molalla) 10:40, 3. Pat Monnie (Lakeridge) 10:51, 4. Kristin Peterson (Corvallis) 10:55, 5. Kim Bovis (Aloha) 10:57, 6. Melynda Davis (Bar) 10:58, 7. Traci Reid (Aloha) 10:59, 8. Becky Wilson (Springfield) 11:02, 9. Liz Becker (Sunset) 11:05, 10. Stacy Hughes (Lakeridge) 11:05.

AA GIRLS INDIVIDUALS

1. Tassie Norton (Philomath) 11:04.0, 2. Julie Link (St. Mary of Valley) 11:14.

Sac-Joaquin Sec. X-C Champs.

from Steve Fagundes

Sierra College, Rocklin, November 11.

Senior Joni Mooney (Vacaville) captured her third consecutive section crown racing to an impressive victory in the girls division. Davis senior Sally Pinkner finished a strong second despite falling in the early stages of the race and having to work her way up from the "back of the pack". Seniors Beth Wilson and Stacey McAfee led their Del Oro (Loomis) teammates to an overwhelming victory in the team competition. Champions in 1981 and runners-up in 1982, the Eagles left no doubt as to which team is the best in the Sac-Joaquin Section. In the boys division, another Del Oro standout Pete Vicencio captured his first section title and remained undefeated against section competition. Senior Rod Grieve (Jesuit, Carmichael) finished a close second in the individual race and led the Marauders to a convincing victory and their second consecutive team championship. Placing their top six runners in the top twenty individuals, the Jesuit harriers scored only 26 points in capturing one of the most impressive victories in recent memory.

Individual Results - Boys

- | | | |
|----|----------------------------|-------|
| 1 | Pete Vicencio, Del Oro | 15:23 |
| 2 | Rod Grieve, Jesuit | 15:27 |
| 3 | Rod Coker, Vacaville | 15:34 |
| 4 | Nick Sparks, Bella Vista | 15:36 |
| 5 | Mark Mastallir, Jesuit | 15:42 |
| 6 | Manuel Silveria, Calaveras | 15:45 |
| 7 | Ethan Palo, Sacramento | 15:46 |
| 8 | Dorin Slade, Valley | 15:48 |
| 9 | Chris Allen, Mira Loma | 15:53 |
| 10 | Danny Valdez, Merced | 15:54 |
| 11 | Ian MacArthur, Jesuit | 15:56 |
| 12 | Craig Sawyer, Grace Davis | 15:58 |
| 13 | James Price, Sacramento | 16:01 |
| 14 | Eric Smedburg, El Dorado | 16:03 |
| 15 | Vance Goss, Nevada Union | 16:04 |
| 16 | Eric Mastallir, Jesuit | 16:05 |
| 17 | Paul Thomas, Jesuit | 16:05 |
| 18 | Harold Navroth, Vanden | 16:12 |
| 19 | James Garrett, Vacaville | 16:12 |
| 20 | Jim Thomas, Jesuit | 16:14 |

Team Scores

1. Jesuit (Carmichael) 26, 2. Nevada Union (Grass Valley) 100, 3. El Dorado (Placerville) 110, 4. Cordova (Rancho Cordova) 110, 5. Merced 129, 6. Vacaville 129, 7. Modesto 172, 8. Lincoln (Stockton) 189, 9. Placer (Auburn) 195, 10. Bret Harte (Altaville) 276.

Individual Results - Girls

- | | | |
|---|------------------------|-------|
| 1 | Joni Mooney, Vacaville | 17:40 |
| 2 | Sally Pinkner, Davis | 17:57 |
| 3 | Colleen Donovan, Lodi | 18:11 |
| 4 | Beth Wilson, Del Oro | 18:18 |
| 5 | Stacey McAfee, Del Oro | 18:18 |

- | | | |
|----|----------------------------|-------|
| 6 | Deonne Self, Del Campo | 18:47 |
| 7 | Robin Madell, Davis | 19:02 |
| 8 | Wendy Knox, Del Oro | 19:06 |
| 9 | Alix Tubman, Grace Davis | 19:11 |
| 10 | Kelly Donaldson, Merced | 19:18 |
| 11 | Laura Bushing, Yuba City | 19:24 |
| 12 | Kim Stark, Amador | 19:28 |
| 13 | Mary Robinson, St. Francis | 19:32 |
| 14 | Brenda Payton, El Dorado | 19:33 |
| 15 | Julie Verke, St. Francis | 19:33 |
| 16 | Londa Mobley, Tracy | 19:38 |
| 17 | Diane Shelgren, El Camino | 19:48 |
| 18 | Barb Crowley, Del Oro | 19:49 |
| 19 | Josette Lewis, Davis | 19:50 |
| 20 | Tammy Foster, El Dorado | 19:50 |

Team Scores

1. Del Oro (Loomis) 53, 2. St. Francis (Sacramento) 105, 3. Vacaville 108, 4. Del Campo (Fair Oaks) 122, 5. Davis 127, 6. El Dorado (Placerville) 130, 7. Bella Vista (Fair Oaks) 135, 8. Merced 153, 9. Tracy 185, 10. Amador 213.

Southern Section X-C Champs.

by Doug Speck

November 12 & 19: Mt. San Antonio College, Walnut.

On the Saturdays of November 12th and 19th the Southern Section moved itself and its four school-size divisions for the Men and Women out to Mt. SAC for its Prelims and Finals competition. The day of the 12th was marred by quite a bit of rain in the previous 24 hours which necessitated a switchover to an all-weather rain course. On a route that turned out to be 347 yards short of three miles there were few upsets in the form charts, as everyone counted on being a big part of the action made it to the Finals. The weather on November 19th broke beautifully, with the moisture during the previous week serving to keep the dust down and nicely pack the challenging Mt. SAC trails.

photo by Bob Berryman, Jr.



PETE VICENCIO

There were a number of record performances in the Finals. Palos Verdes' Kirsten O'Hara charged to an amazing 4A Women's individual win that put her name at the top of the record lists. Coach Don Braden's Barstow Men peaked in their usual super style to set another area record, and Pasadena's Jesus Gutierrez and Santa Barbara's Danny Holmes raced to an exciting individual duel in the Men's 4A. For all the details read on—

Women's 4A Division: Tustin had been ranked number one here from early in the season and had an amazing string of team successes along the way. A trio of squads, Palos Verdes, Irvine, and Edison (Huntington Beach), appeared able to step in should Coach Tom Coffey's Tillers falter. The upset was not to be, however, as the Tustin crew, led by Jenni Scott (2nd-18:32) put their five scorers in the top eighteen places to score 54 points (95:28, just behind their 95:20 at the Mt. SAC Invite marking them as the 6th best ever team at Mt. SAC.). Palos Verdes as 2nd (81-95:01 5th All Time), Irvine's awesome Course Record (all underclass (with the top 100 scorers) Buena (Ventura) team was third (121-97:28 16th All Time), as team leaders Laura Chapel (Irvine) and Nicole Riltchot (Edison) were non-finishers for their squads.

Individually, Palos Verdes' O'Hara was superb. The individual champion here with Course Record (81-95:01 5th All Time), her performance here was nothing short of amazing. The young ladies had been racing miles for only three years now, but they have been some solid individuals who have raced here. To win your race by over a minute and take the Course Record (17:25 Katie Dunsmuir 1982) was by nine seconds was obviously the individual performance of the Meet. Kirsten V separated herself from the pack after a flatly flat first mile, and raced away with an effort that has to mark her as a national's best.

photo by E. Davis



FRANK RAMIREZ

Results: Tustin 54 (95:28), Palos Verdes 81 (95:01), Buena (Ventura) 121 (97:28), Irvine 147 (98:54), Foothill (Santa Ana) 164 (99:32), Newport Harbor 178 (98:58), Edison (Huntington Beach) 178 (100:10), El Toro 188 (100:09), Westlake 188 (100:23), Thousand Oaks 191 (101:49), Hawthorne 212 (101:11), Dos Pueblos 278 (103:56). **Individual:** K. O'Hara (PV) 17:16 (course record), Scott (Tust) 18:32, McCarty (Buena) 18:38, Morris (NH) 18:47, Donahue (Torrance) 18:47, Cox (FTHI) 18:59, Feuss (Westl) 19:00, Snyders (Edis) 19:00, Bessel (TO) 19:01, McCornick (Tust) 19:02, Schuster (Irv) 19:02.

Men's 4A Division: A very wide open division all season long, six teams were within 50 seconds (times of top five added up) in the Prelims. In the end it boiled down to the strength of Orange County's Seaview League. Annually providing a number of the top-ranked 4A teams in both the Men's and Women's divisions, five squads from this League graced the 1983 4A finals. In a study of real patience, as pointed out by Richard Dunn of the Orange County Daily Pilot, Corona Del Mar and El Toro had been in the same meet five times so far this season. In three of those meets in "head-on" competition, Corona Del Mar, led by 4:14 miler Dave Anderson, had been victorious. In the other two, where they did not directly meet, Corona Del Mar had the faster team time. The sixth time was a charm, as El Toro used a 35 second 1.5 gap from 8th place Spencer Allen (15:47) to 27th place Bryan Moreno (16:22) to score 95 points (80:50) and edge Corona Del Mar 104 (80:40).

Jesus Gutierrez (Pasadena) seemed capable of cruising through the individual race to a comfortable win, as he appeared to go through two and three-quarter miles. With a quarter of a mile to go on the flat into the finish it was Jesus with about eight yards over Dan Holmes (Santa Barbara), who had been six seconds back of the Pasadena the week before in the Prelims. Gradually picking away at the lead, Holmes was within five yards with a 110 to go, and from there he mounted a furious sprint that edged him past Gutierrez with thirty yards to go. This burst left the surprised Jesus with too little room to respond, and Holmes edged in just ahead at the chute 15:00-15:01. A star may have been born as Holmes' time ties him for No. 11 All-Time here, while Gutierrez (who has four clockings faster than 15:00 here) learned the kind of lesson his Coach Mark Evans stated you don't like to learn at this level of competition. Pat Watson (Palos Verdes) raced a fine 15:09 in third.

Results: El Toro 95 (80:50), Corona Del Mar 104 (80:40), Simi Valley 129 (81:42), Newbury Park 135 (81:24), Mater Del (Santa Ana) 148 (81:54), Buena (Ventura) 163 (82:10), Lakewood 164 (82:15), Dos Pueblos (Goleta) 186 (82:45), Villa Park 191 (82:40), Colton 204 (83:16), Westlake 205 (82:56), Palos Verdes 210 (84:58). **Individual:** Holmes (Santa Barbara) 15:00, Gutierrez (Pasadena) 15:01, Watson (PV) 15:09, Anderson (CDM) 15:19, Rice (NP) 15:25, Paima (Glendale) 15:27, Esparza (Santa Barb) 15:30, Quintana (Lakew) 15:34, Green (VP) 15:34, Perez (Colton) 15:41, Myers (Westl) 15:46, Allan (ET) 15:47, Valen (El Modena, Orange) 15:49.

Women's 3A Division: Ever since the mid-season emergence of the super frosh duo of Julie Cooper and Beth Rosipajila to go along with the fine senior trio of Marcia Escobosa, Holly Bean, and Meg O'Neil, Coach Don Chadez's El Dorado (Placerville) Golden Hawks had been judged far and away this Division's best. The El Dorado group survived Bean's final week illness to cruise to a 67 point total win (95:59 No. 7 All-Time team) over a young Mission Viejo group (81-96:20 No. 8 All-Time). Mission Viejo features a top six of ninth and tenth graders.

Individually, San Gabriel senior Sylvia Mosqueda continued her fine season

continued on next page...

Prep Notes

with a well-paced 17:53 victory (No. 10 All-Time) over sophs Lisa Rizzo (Hart, Newhall) 18:08 (No. 17 All-Time) and Maura Daly (Mission Viejo) 18:12 (No. 19 All-Time). Claire Felt (Mater Dei, Santa Ana), famous for her "all-or-nothing" cross country strategies, once again this year went through all the agonies during a gradually fading final mile that had her fall from near the lead to fifth place.

Results: El Dorado (Placentia) 67 (95:59), Mission Viejo 81 (96:20), Rowland 116 (98:35), Mater Dei 133 (99:11), Esperanza (Anaheim) 151 (100:02), Norco 162 (100:43), Bishop Amat (La Puente) 164 (101:30), Saugus 169 (100:04), Hart (Newhall) 191 (101:53), El Rancho (Pico Rivera) 205 (103:26), Rubidoux (Riverside) 215 (103:34), Alta Loma 216 (103:01). **Individual:** Mosqueda (San Gabriel) 17:53, Rizzo (Hart) 18:08, Daly (MV) 18:12, Good (Arlington) 18:27, Felt (Mater Dei) 18:31, Escobosa (El Dor) 18:39, Cooper (El Dor) 18:39, Rospajta (El Dor) 18:52, Hutchinson (MV) 18:55, Hays (Rowland) 19:00, Maldonado (BA) 19:00, Moring (Hart) 19:01.

Men's 3A Division: Barstow was after its fifth consecutive trophy for a first or second place performance and Jim Ortiz of that school was out to be the first Section athlete to win three consecutive individual championships. The first goal was accomplished, but the second Barstow objective for the day was not fulfilled surprisingly due to the efforts of one of Ortiz's teammates.

The usual super peak of Coach Don Braden's desert group took a tight team race (the first seven teams within 1:07 in the Prelims) and turned it into a blowout to win by one and a half minutes 78:39-81:14 (59-104 points) over Dave Hoiland's Mira Costa (Manhattan Beach) group. Barstow's 78:39 is the top ever Southern Section time (only area team ever under 79:00 here), and third All-Time behind Helix of San Diego's great 78:08 from 1977. Henry Morton (Barstow), held back with dental problems for part of the year, went from 20th in the Prelims to 4th in the Finals (15:40) to help power Barstow way out in front.

Individually, the Barstow duo of Ed Toro (4:20.82 miler) and Jim Ortiz separated themselves from the pack after a mile and a half, and it appeared it was nice that they were working together, but that Ortiz would pull away, as usual, over the latter part of the race. But Mr. Toro was extra determined today and Ortiz looked to be definitely the more laboring of the two as they battled over Reservoir Hill a half mile from the finish. During the final quarter mile, and especially during the final 220 yards, Toro eased away from his teammate to the win. Eddie's 15:02 is No. 15 All-Time here, with Ortiz finishing out a brilliant prep career with his second at 15:09. Toro had never before beaten Ortiz in a major meet. Ortiz started his prep career back as a 9th grader at Kennedy Junior High in Barstow with a third at the IA level, and followed it with 2A and 3A individual victories the last two years.

Results: Barstow 59 (78:39), Mira Costa (Manhattan Beach) 104 (81:14), Norco 114 (81:40), Mission Viejo 130 (81:46), Dana Hills 139 (82:10), Saugus 158 (82:43), Temple City 159 (82:33), South Hills 190 (83:24), Rowland 209 (83:30), Montebello 209 (83:39), Buena Park 213 (83:33), Hawthorne 230 (84:17). **Individual:** Toro (Barst) 15:02, Ortiz (Barst) 15:09, Wright (Sunny Hills, Fullerton) 15:26, Morton (Barst) 15:40, Nelson (La Sierra soph) 15:41, Christie (MV) 15:41, Fetters (Upland) 15:42, Crafton (Mira Costa) 15:42, Rubio (Hawthorne) 15:47, Scardino (Bu Pk) 15:52.

Women's 2A Division: Defending champion Lompoc survived another tough Northern League season and Coach Sara Malmstrom's young group (One senior) cruised through good Prelims and Finals

efforts to a repeat championship effort. The Braves scored 85 (101:19) to take League rival Arroyo Grande (102:102:44), and with only one senior, fine leader Sally Rich, the Women's Lompoc group appears to be building a dynasty similar to that built up on the Men's side of the program in the late 1960's and early 1970's. Chantal Plante (Arroyo Grande) finished out a fine regular season with a comfortable 18:32 individual victory here.

Results: Lompoc 85 (101:19), Arroyo Grande 102 (102:49), La Quinta (Garden Grove) 104 (103:32), Chino 116 (105:04), Diamond Bar 135 (105:35), Louisville (Woodland Hills) 136 (105:23), South Hills (Covina) 161 (105:36), Cabrillo (Lompoc) 180 (107:30), Agoura 193 (107:59), Indio 198 (106:39), Yucaipa 202 (108:46), Rosemead 276 (211:33). **Individual:** Plante (AG) 18:32, DeSantiago (Ontario) 18:45, Oslinker (South Hills) 18:46, Loveall (Lompoc) 18:46, Harkins (La Quinta) 19:18, Williams (Mt. View, El Monte) 19:28, Rich (Lompoc) 19:35, Unruhe (Nordhoff, Ojai) 19:37.

photo by Burt Davis



CHANTAL PLANTE

Men's 2A Division: The team championship here was a foregone conclusion, as Coach Tim O'Rourke's Arroyo (El Monte) Knights had the fastest Prelim Team Time by three and a half minutes. Their Finals effort let no one down as the Knights put seven in the top seventeen for 30 points (79:16) to successfully defend their 2A title. Arroyo's super 1984 class led them to the No. 9 Team Time ever here. Perris peaked nicely for 2nd (93:82-14), led by Allen Carlton (8th-15:55) and super soph Sal Gonzaga (13th-16:05). Individually, Lompoc's Frank Ramirez controlled the race through the final mile to win over Agoura's Paul Burroughs 15:24-15:27. Brock Reagan (15:31) and Mike Perez (15:40) led the Arroyo charge in the next two spots.

Results: Arroyo (El Monte) 30 (79:16), Perris 93 (82:14), Rancho Alamitos (Garden Grove) 128 (83:20), Brawley 132 (83:21), Mountain View (El Monte) 153 (84:17), Lompoc 176 (84:33), Righetti (Santa Maria) 180 (85:14), Arroyo Grande 183 (85:34), Loyola (LA) 185 (85:35), Nordhoff (Ojai) 190 (85:31), Garden Grove 201 (86:13). **Individual:** Ramirez (Lomp) 15:24, Burroughs (Agoura) 15:27, Reagan (Arr) 15:31, Perez (Arr) 15:41, Moscarro (Rosemead frosh) 15:53, Quinones (Righetti) 15:50, Hoffman (St. Bernard, Playa Del Rey) 15:54, Carlton (Perris) 15:55, Fest (Arr) 15:58, Block (Lomp) 16:00, Trejo (Arr) 16:00.

Women's IA Division: Season long favorite Morro Bay was another defending champion that made good, as they sailed away from the pack to win by 55 points and an even more amazing six and a half minutes time-wise (62 points-100:43). Kathy Lewis (4th), Teresa Ogle (8th), and frosh Ashley Orton (11th) led Coach Cary Nerelli's snappy group that is probably the State's best female squad from a coed school with less than a thousand students. Los Padres League rival Atascadero was second (117-107:01).

Up front individually, Patty Almedariz (St. Monicas, Santa Monica), who had made no invitational appearances in 1983 after her 10:49.08 two mile last track season, was an easy winner in 19:02. Patty may be the first ever Sectional Cross Country divisional winner who walked up part of each hill.

Results: Morro Bay 62 (100:43), Atascadero 117 (107:01), Marantha (Sierra Madre) 123 (108:20), La Reina (1000 Oaks) 158 (110:39), Sherman Indian (Riverside) 159 (110:55), Paraclete (Lancaster) 165 (110:53), 29 Palms 173 (111:04), Bishop 178 (111:33), Carpinteria 184 (111:59), Westlake Academy (LA) 201 (111:48), St. Monica (Santa Monica) 215 (113:57), Azusa 273 (118:43). **Individual:** Almedariz (St. Mon.) 19:02, McKrell (Atasc) 19:21, Olson (Pasadena) Poly) 19:32, Lewis (MorBay) 19:45, Lagsdon (St. Mon) 19:52, Doody (Webb, Claremont) 19:56, Robbins (29 Palms) 20:02.

Men's 1A Division: Sherman Indian (Riverside) and LaSalle (Pasadena) battled again, just as they have for so many years. After a pretty close Prelims team time battle in different races LS 74:35-SI 74:36 (LaSalle without its second man), Sherman ran away, literally, with the Finals. Scoring a minuscule 27 points (81:49), Coach Ken Taylor's Sherman group picked up their seventh team title in the past ten years. LaSalle, led by the cruising individual win of J.P. Hall (15:16), raced an excellent 82:20 with 64 points in second.

This division should be tough next year, as Sherman returns five of its top seven, LaSalle six of seven, and third placer Atascadero all seven of its Varsity. **Results:** Sherman Indian (Riverside) 27 (81:49), LaSalle (Pasadena) 64 (82:20), Atascadero 114 (84:58), Marantha (Sierra Madre) 145 (85:51), Cathedral (LA) 170 (86:47), Morro Bay 173 (86:45), Brentwood 183 (87:09), Fillmore 187 (86:14), Whittier Christian 196 (87:22), Bell-Jeff (Burbank) 225 (88:57), 29 Palms 278 (90:40), Lutheran (Orange) 294 (90:40). **Individual:** Hall (LS) 15:16, Mawhorter (LaVerne Lutheran) 15:43, Trujillo (SI) 16:06, Francisco (SI) 16:14, Koinva (SI) 16:19, S. Grijalva (Atasc) 16:24, Mutschler (LV Lutheran) 16:26, Hoff (MorBay) 16:31.

New Mexico State Meet

By KEITH CONNING

November 12. Albuquerque, New Mexico.

Simon Gutierrez (Del Norte, Albuquerque), who placed third in the '83 Kinney National Championship in San Diego, set a new course record in winning the AAAA race in 15:04.1.

The 1983 season couldn't have ended up on a happier note for Gutierrez. The Knight completed the high school season undefeated, and helped Del Norte to a second place in the AAAA at state.

"It's over," Gutierrez said to Martin Frenz of the *Albuquerque Journal*. "It's a big relief." Gutierrez trained with marathon runners this season in addition to his high school workouts, "...and put in a lot of work, a lot of miles. I was training every weekend."

Glenn Morgan (Del Norte), fifth in the Kinney Western Regional in Fresno, placed second in the AAAA behind Gutierrez.

Washington State Meet

By KEITH CONNING

November 12. Hangman Valley Golf Course, Spokane, 3 Miles.

Brent Felt (Blanchet) defeated Kurt Messersmith (Mead, Spokane), 60th at the Kinney Western Regional, by 1.1 seconds—15:25.4 to 15:26.5—to win the Class AAA.

Eric Hruschka (Lynwood, Bothell), 56th in the Kinney, won the Class AA title in 15:34.0.

Junior Chris Sientz (Lewis & Clark, Spokane), fourth in the Kinney Western, defeated Randy Taruscio (Walla Walla), the only runner to defeat her before the State Meet, by 4.9 seconds—18:13 to 18:17.9 to win the Class AAA.

"I felt like a shark—it was wet enough," said Sientz to Kevin Taylor of *The Spokesman Review*. "This is my first year of cross country. I was just going to run it to be a better track runner."

RESULTS

AAA BOYS

1. Brent Felt (Blanchet) 15:25.4, 2. Kurt Messersmith (Mead) 15:26, 3. Matt Donnelly (Renton) 15:36, 4. Bruce McDowell (Columbia River) 15:43, 5. Brad Jones (Kennewick) 15:49.

AA BOYS

1. Eric Hruschka (Lynwood) 15:34.0, 2. John Hogan (Gig Harbor) 15:36, 3. Buck Jones (Ellensburg) 15:37, 4. Chris Morton (Eastmont) 15:40, 5. Travis Perry (Shorecrest) 15:41, 6. Scott Smith (Kelso) 15:43, 7. Dan Hardebeck (Eastside Catholic) 15:48.

A BOYS

1. Robert Price (Carroll) 15:49.2.

AAA GIRLS

1. Chris Sientz (Lewis & Clark) 18:13.3, 2. Randi Taruscio (Walla Walla) 18:17, 3. Michelle Swanson (Auburn) 18:34, 4. Libby Tyson (Walla Walla) 18:36, 5. Terry Esser (Wilson) 18:40, 6. Monica Campbell (Bellevue) 18:45.

AA GIRLS

1. Genevieve Pfueller (Sehome) 18:15.2, 2. Karen McMurray (Shorewood) 18:31, 3. Stacy Larsen (Edmonds) 18:44, 4. Amy Williams (Edmonds) 18:45, 5. Lia Shirek (Gig Harbor) 18:49.

A GIRLS

1. Heather Maple (Tonasket) 18:40.7.

Central Coast Section Region I

From KEITH CONNING

November 15. Crystal Springs, Belmont. 2.93 miles.

BOYS TEAMS

(Top 4 advance to CCS) 1. Bellarmine 47, 2. Carlmont 95, Menlo-Atherton 111, 4. St. Francis 140, 5. Serra 154, 6. Half Moon Bay 158, 7. South San Francisco 187, 8. San Mateo 201, 9. Aragon 230, 10. Capuchino 229, 11. St. Ignatius 244, 12. Jefferson 264, 13. Westmoor 279, 14. Westside 349.

BOYS INDIVIDUALS

(Top 9 advance to CCS) 1. Matt Giusto (San Mateo) 14:56.1, 2. Chris Becerra 15:01, 3. Rob Wickstrom (Serra) 15:22, 4. Paul Ghidossi (Capuchino) 15:28, 5. Paul Leonard (St. Francis) 15:34, 6. Shawn Ayers (Bellarmine) 15:36, 7. Fernando Ramirez (So San Francisco) 15:40, 8. Shane O'Flaherty (Bellarmine) 15:42, 9. Jim Thompson (Half Moon Bay) 15:45, 10. John Dye (Half Moon Bay) 15:48, 11. Keith Allen (Bellarmine) 15:52.

GIRLS TEAMS

(Top 4 advance to CCS) 1. Half Moon Bay 55, 2. Menlo-Atherton 80, 3. Terra Nova 103, 4. San Mateo 114, 5. Mills 119, 6. Aragon 128, 7. Burlingame 144, 8. Westmoor 151, 9. Sacred Heart (Menlo Park) 181, 10. Carlmont 222.

GIRLS INDIVIDUALS

(Top 7 advance to CCS) 1. Sabrina Han (Westmoor) 17:51.6, 2. Lori Wilson (Terra

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-McCarthy (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/Placentia) 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-Eidece 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 Mallouli (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.