

# '84 CALIFORNIA

## 1984 SCHEDULE

DATE	DAY	OPPONENT & PLACE	TIME
9/15	Sat	UC DAVIS at Joaquin Miller Park, Oakland	11:00 am
9/22	Sat	at Garrie Franklin Invitational, Eugene, OR	11:00 am
10/6	Sat	at Stanford	10:30 am
10/13	Sat	CAL-NIKE INVITATIONAL at Golden Gate Fields, Albany	11:00 am
10/20	Sat	at Santa Clara Invitational, San Jose	11:00 am
10/27	Sat	at NorPac Conference Championship, Fresno State	11:00 am
11/3	Sat	at St. Mary's Invitational, Moraga	11:00 am
11/10	Sat	NCAA District 8 Championship, Tuscon, AZ	10:30 am
11/19	Mon	NCAA National Championship at Penn State	11:00 am

MARILYN  
DAVIS





# 1984 CAL CROSS COUNTRY SEASON OUTLOOK

If Head Coach Tony Sandoval is accurate in his appraisal of this season's women's cross country team, 1984 could be the year the Bears return to a spot among the leaders in the sport, and the kind of national recognition they enjoyed not so long ago. Sandoval has watched his program improve since he took over as head coach two years ago, and he believes the Bears will make great strides this season.

Experience, from veterans like Louise Romo and Marilyn Davis, outstanding new talent in the person of Kirsten O'Hara, and the depth provided by 10 other promising runners should prove to be a winning combination for Cal this season. Romo, one of three seniors on the team, starts the season with increased confidence after an outstanding showing in the 1984 Olympic Trials where she finished seventh in the 1500 in a school record time of 4:09.23. She is also more fit and healthy this season than last, and based on her experience, should be the number one runner on the team.

Romo will get plenty of competition for the top spot, however, from sophomore Marilyn Davis and freshman Kirsten O'Hara. "One of these three will emerge as the leader," Sandoval said, "but we should have a very strong top three." Davis was Cal's best cross country runner a year ago, and she was the only Golden Bear to compete in the NCAA championship in 1983. O'Hara is a highly touted freshman from Southern California who was the Kinney Western Regional champion and was fifth in the Kinney National Meet last year. She was the state champion in the two mile in 1983 and '84. O'Hara was one of the top distance recruits in the country last season, and "will be a great college runner," according to Sandoval.

The balance of the team will be fighting to make the top seven (traveling squad). "Any of a number of runners could fill those four spots," Sandoval said. "We definitely have the depth this year, and the competition for the top seven places will make us a better team."

Senior Julie Thomas may be Cal's number four, if she can make up for the training she's missed since March due to a foot injury. Thomas was in the top two last season, and she could be a key performer this year.

Other candidates for the top five include freshmen Chantel Plante and Lanette Davis, 1983 redshirts Laura Starrett, Kerry Martinson, and Laurie Hollingworth, and transfer Tracy Weber. Plante is a talented but relatively inexperienced distance runner who was fourth in the Kinney Regional meet last year, and "will push the veterans," says Sandoval. Davis is a strong middle distance runner with good potential for cross country. Starrett, Martinson, and Hollingworth have all been in Cal's top five in the past, and are eager to return, while Weber, a former US Junior National team member, also has the potential to be in the top five.

Rounding out the Bears' squad are veterans Missy Moore and Shelly McClelland, and newcomer Teresa Ogle.

"Our program is looking very strong," Sandoval said. "We have made some breakthroughs in recruiting. We should make some in competition. It's great for us to be able to attract the kind of talent we did this year."

The goal for the team this season is to reach the NCAA National Championship at Penn State. Vastly improved though the Bears may be, that will still be a difficult task given the strength of the region. Defending national champion Oregon and 1983 runner-up Stanford will probably duplicate their performances this season. Other strong teams from the region include Washington State, UC Irvine, and UCLA, all of which will be battling Cal for an at-large berth at the championship.

In the NorPac Conference, Oregon will continue to dominate, while the Bears hope to improve on their third place finish of 1983. With the kind of experience and depth on the team this year, Cal should be able to do that, and more.



M. DAVIS



HOLLINGWORTH



MARTINSON



ROMO



STARRETT



THOMAS

# ATHLETE PROFILES

**LANETTE DAVIS** ... freshman from Del Mar ... was fifth in the State meet in the 800 with a best of 2:10.8 in 1983. ... has also run 4:57.2 in the mile ... was a sprinter first two years in high school and is relatively new to distance running ... age 18 ... mathematics major.

**MARILYN DAVIS** ... sophomore from Orinda ... was Cal's top runner last season ... named to All NorPac Conference team in cross country after finishing eleven in NCAA District 8 Meet ... only Cal runner to compete in the NCAA Championship in 1983, finishing 62nd ... won Conference 1500 meter title on the track in 1984 ... her bests of 2:09.3 in the 800, 4:23.1 (1500), and 10:19.6 (two miles) ... economics major ... age 20.

**LAURIE HOLLINGWORTH** ... sophomore from Santa Rosa ... was Cal's number five in 1982 ... took a year off from running in '83 ... has bests of 2:13.3 in the 800 and 4:39.55 in the 1500 ... age 20 ... undeclared major.

**KERRY MARTINSON** ... senior from Beaverton, OR ... competed at Cal in 1980 in cross country ... transferred to University of Portland and was an NAIA All American in cross country in 1982 ... expected to be in Cal's top seven this year ... nutrition major ... best times of 10:04.1 (two miles) and 17:34.1 (5000 m) ... age 22.

**SHELLY McCLELLAND** ... sophomore from San Marino ... improved last season in cross country and track and field ... should have a fine year ... has a best of 10:18.5 for 3000 meters ... physiology major ... age 20.

**MISSY MOORE** ... sophomore from Piedmont ... competed successfully for the Bears as a freshman ... best time of 2:10.4 in the 800 ... political science major ... age 19.

**TERESA OGLE** ... freshman from Morro Bay ... was Cal's "A" champion in the two mile in 1984 ... will add depth to the team ... age 18 ... undeclared major.

**KIRSTEN O'HARA** ... top freshman recruit ... from Rancho Palos Verdes ... was fifth in Kinney National Cross Country Meet a year ago ... won 1983 Kinney Western Invitational title ... CIF 4A champion in the two mile in 1983 and '84, enjoying an undefeated 1984 season ... also won CIF 4A cross country title the last two years ... bests of 4:58.55 in mile and 10:11.62 in the two mile ... one of the most sought after distance recruits in the country last year ... has only been running long distance two years ... "will be a great one" according to Coach Sandoval ... age 18 ... pre-med student.

**CHANTEL PLANTE** ... freshman from Arroyo Grande ... very talented recruit who has a best of 10:50 in the two mile ... has only been running long distance two years ... should develop into an excellent cross country runner ... was fourth in 1983 Kinney Western Meet ... has run 36:00 for 10,000 meters ... pre-med major ... age 18.

**LOUISE ROMO** ... senior from Torrance ... top middle distance runner in Cal history ... set school records of 2:01.59 in the 800 and 4:09.23 in the 1500 at the 1984 Olympic Trials ... finished seventh in the 1500 at the Trials ... All Conference performer in cross country and track the last two seasons ... finished twelfth in NCAA District 8 Meet last year ... competed in 1982 NCAA cross country championships ... has been in Cal's top five three years ... talent, experience, and leadership make her Cal's probable number one this year ... NCAA All American in track (800 meters) last year ... sociology major ... will be 21 years old October 11.

**LAURA STARRETT** ... sophomore from Kentfield ... Cal's top five in cross country two years ago ... missed 1983 season with injury ... has run 9:57.7 in the 3000 and 17:02.3 in the 5K ... should be fighting for a spot in the top five this year ... psychology major ... age 20.

**JULIE THOMAS** ... senior from San Ramon ... was Cal's first or second finisher in every race last year ... illness toward end of season prevented her from performing well in championship meets ... value to team this year will depend on how quickly she can recover from missed training and surgery to remove bone chip from her ankle ... was an outstanding junior college athlete at Bellvue (Washington) Community College ... has bests of 4:33.1 (1500), 9:44 (3000) and 17:10 (5000) ... nutritional sciences major ... age 21.

**TRACY WEBER** ... junior from Saratoga ... transfer from the University of Arizona where she competed in cross country and track one season ... former member of the Junior National Team (in 1500) ... four time Central Coast Section champion in the mile in high school ... has not competed in two years due to foot injury ... English major ... age 21.

## 1984 CAL WOMEN'S CROSS COUNTRY ROSTER

NAME	YR	HT/WT	EXP	HOMETOWN/HIGH SCHOOL
Lanette Davis	Fr	5-8/121	HS	Del Mar/Del Mar
Marilyn Davis	So	5-7/115	1V	Orinda/Miramonte
Laurie Hollingworth	So	5-4/116	1V	Santa Rosa/Piner
Kerry Martinson	Sr	5-7/120	1V	Beaverton, OR/Sunset
Shelly McClelland	So	5-5/118	1V	San Marino/San Marino
Missy Moore	So	5-10/124	1V	Piedmont/Piedmont
Teresa Ogle	Fr	5-4/112	HS	Morro Bay/Morro Bay
Kirsten O'Hara	Fr	5-8/125	HS	Rancho Palos Verdes/Palos Verdes
Chantel Plante	Fr	5-5/113	HS	Arroyo Grande/Ventura
Louise Romo	Sr	5-6/120	3V	Torrance/North Torrance
Laura Starrett	So	5-8/116	1V	Kentfield/Redwood
Julie Thomas	Sr	5-6/121	1V	San Ramon/Curtis (WA)
Tracy Weber	Jr	5-9/128	Tr	Saratoga/Lynbrook

HEAD COACH: Tony Sandoval

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Tony Sandoval enters his third year as the Cal women's cross country coach intent on continuing the improvement which has characterized his teams the last two seasons. Successful recruiting and a comprehensive physical and mental training program are some of the reasons the Golden Bear program has taken a turn for the better.





Experience, from veterans like Louise Romo and Marilyn Davis, outstanding new talent in the person of Kirsten O'Hara, and the depth provided by 10 other promising runners should prove to be a winning combination for Cal this season. Romo, one of three seniors on the team, starts the season with increased confidence after an outstanding showing in the 1984 Olympic Trials where she finished seventh in the 1500 in a school record time of 4:09.23. She is also more fit and healthy this season than last, and based on her experience, should be the number one runner on the team.

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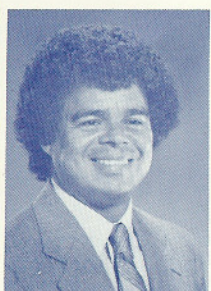
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Sandoval has bachelor's and master's degrees from the University of New Mexico, and he is pursuing a doctorate in sports psychology from that institution. He made his college coaching debut with the UNM women's team after several years of successful age group coaching in Albuquerque. While at New Mexico, Sandoval's track team finished as high as ninth nationally, and he produced 10 All Americans while there.

Currently a member of the NCAA Track and Field Committee, Sandoval is also The Athletics Congress national event coordinator in women's distances. He has travelled abroad as a US national team coach in cross country.

Sandoval's interest in sports psychology and his technical expertise in the sport make him the ideal person to mold Cal women's cross country into a winner.



This flyer was produced by Chris Dawson, Cal Women's Sports Information Director. For more information, contact her at (415) 642-9410. Coach Sandoval may be reached by calling (415) 642-9447. Front photo of Marilyn Davis by Ron Delany. Other photos by Wayne Salvato.