NOVEMBER/DECEMBER 1988 ISSUE NO. 142

CALIFORNIA
Track & Running News

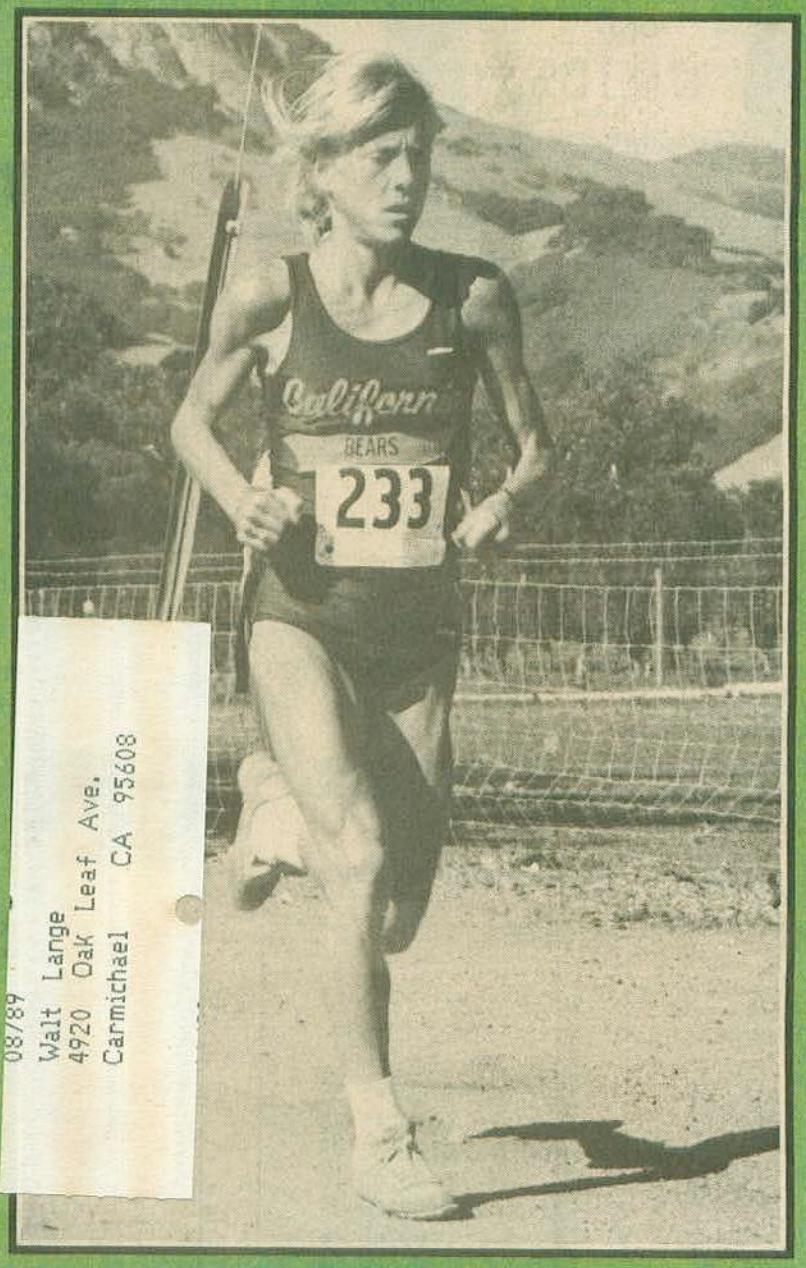
The Big Four Oh-Oh
by Mark Winitz

An Interview with Mark Conover
by Gregor Robin

All-Time California High School Girls List
by Bob Womack

Masters Sports Nutrition
by Nancy Clark

California's Olympic Medal Winners



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Prep Notes

Michelle Huesman (San Ramon) 14:31.
Coach's Race:
1. Brad Hawthorne (Monte Vista) 10:00, 2. Larry Meredith (Montgomery) 10:36, 3. Gerry Garaghty (San Ramon) 10:47, 4. Ramsay Thomas (Campolindo) 10:50, 5. Dean Eastman (Piner) 10:51, 6. Jeff Verhoek (Mt. Diablo) 10:57, 7. Ed Ellison (DeLaSalle) 11:43, 8. Ben Rosales (Montgomery) 11:52, 9. Ron Clark (Official) 12:02, 10. Bill Tillson (Official) 12:44, 11. Marv Reif (Las Lomas) 13:22, 12. Nakamoto (University) 13:26, 13. Jim Bruce (Concord) 13:46, 14. Bill O'Brien (Campolindo) 14:10, 15. Gus Pacheco (Ygnacio Valley) 14:15, 16. Sara Clifford (University) 14:16, 17. Mike Huntsman (Clayton Valley) 14:28, 18. Sara Gallagher (Alhambra) 14:33, 19. Michele Hillyer (Pittsburg) 14:59, 20. Terry Hughes (Official) 14:59.

Ram Invitational

Sept. 24. Westmoor High School, Daly City.
Boys Teams:
1. Half Moon Bay 41, 2. St. Francis (Mt. View) 88, 3. Gunn (Palo Alto) 109, 4. Independence (San Jose) 124, 5. Castro Valley 145, 6. Serra (San Mateo) 162, 7. Leland (San Jose) 185, 8. St. Ogmatois (San Francisco) 270, 9. Hayward 283, 10. Moreau (Hayward) 292, 11. Lowell (San Francisco) 313, 12. Sacred Heart/Cathedral (San Francisco) 325. Jefferson (Daly City), El Cerrito, Oceana (Pacifica), Terra Nova (Pacifica), Westmoor (Daly City), El Camnino (So. San Francisco), Aragon (San Mateo), McAteer (San Francisco) had incomplete teams.
Boys Individuals:
1. Kevin Berkowitz (Hayward) 12:32, 2. Danny Rhodes (Half Moon Bay) 12:52, 3. Stefan Wynn (St. Francis) 12:54, 4. Mike Cooks (Half Moon Bay) 12:55, 5. Mike Brown (Gunn) 12:57, 6. Ricky Woods (Independence) 13:02, 7. Paul Denzler (Castro Valley) 13:07, 8. Martin Smith (Half Moon Bay) 13:13, 9. Jesse Whiting (Half Moon Bay) 13:14, 10. Jason Atwood (Castro Valley) 13:15, 11. Adam Kemist (Aragon) 13:15, 12. Sean Murphy (Leland) 13:19, 13. Phil Kilbridge (Serra) 13:23, 14. Brian Tesfazghi (Gunn) 13:29, 15. Eric Perron (Independence) 13:32, 16. Ernie Lee (Gunn) 13:33, 17. Will Clark (St. Francis) 13:34, 18. Dan Donahoe (Half Moon Bay) 13:34, 19. Chester Labucay (Independence) 13:38, 20. Raj Krishnan (El Cerrito) 13:42.
Boys Frosh/Soph:
1. Mark Douglas (Moreau) 13:30.
Girls Teams:
1. Gunn (Palo Alto) 45, 2. Half Moon Bay 59, 3. Notre Dame (Belmont) 108, 4. Lowell (San Francisco) 108, 5. Castro Valley 113, 6. Independence (San Jose) 194, 7. Presentation (San Jose) 229. Westmoor (Daly City), Moreau (Hayward), El Cerrito, McAteer (San Francisco), El Camino had incomplete teams.
Gdirls Individuals:
1. Mugsie Kosek (Gunn) 15:43, 2. Suzanne Haas (Notre Dame) 16:28, 3. Erin Bellamy (Moreau) 16:54, 4. Beth Berghausen (Gunn) 16:57, 5. Jennifer Devine (Half Moon Bay) 16:58, 6. Jessica Buehring (El Cerrito) 17:00, 7. Jenny Philpps (Half Moon Bay) 17:01, 8. Tenaya Soderman (Gunn) 17:05, 9. Kelly Van Horbek (Half Moon Bay) 17:11, 10. Mai Tai (Lowell) 17:23, 11. Lisa Forbes (Half Moon Bay) 17:26, 12. Jennifer Brown (Lowell) 17:30.
Girls Frosh/Soph:
1. Michelle Wada (Westmoor) 17:02, 2. Alisha Lopez (El Cerrito) 17:19.

Artichoke Invitational

Oct. 1. Half Moon Bay High School.
Large School Boys Teams:
1. Del Campo (Fair Oaks) 70, 2. Los Gatos 86, 3. Castro Valley 122, 4. Serra (San Mateo) 149, 5. Independence (San Jose) 165, 6. Berkeley 176, 7. Amador Valley (Pleasanton) 235, 8. Downey (Modesto) 288, 9. Monta Vista (Cupertino) 295, 10. Fremont (Sunnyvale) 310, 11. Logan (Union City) 311, 12. El Cerrito 325, 13. Oak Grove (San Jose) 326, 14. St. Ignatius (San Francisco) 327, 15. Lowell (San Francisco) 375, 16. Gunderson (San Jose) 390, 17. Westmoor (Daly City) 440.
Large School Boys Individuals:
1. Shumeye Mamo (Berkeley) 11:51, 2. Jason Atwood (Castro Valley) 11:52, 3. Ricky Woods (Independence) 11:55, 4. Paul Denzler (Castro Valley) 11:58, 5. Sean Lewis (Berkeley) 12:02, 6. Ted Cribari (Los Gatos) 12:04, 7. Jason Reese (Del Campo) 12:15, 8. James Metcalf (Los Gatos) 12:17, 9. Phil Kilbridge (Serra) 12:19, 10. Will Newman-Robinson (Serra) 12:26, 11. Dean Riedel (Del Campo) 12:27, 12. Doug Ballard (Del Campo) 12:28, 13. Jason Minnig (Amador Valley) 12:29, 14. Clint Pappadakis (Oak Grove) 12:31, 15. Gonzalo Espinoza (Logan) 12:31, 16. Mohamed Elsokkary (Monta Vista) 12:31, 17. Greg Fry (Los Gatos) 12:32, 18. Joe Di Salvo (Santa Teresa) 12:32, 19. Kevin Sadauskas (Del Campo) 12:32, 20. Erik Hyde (Amador Valley) 12:33.
Small School Boys Teams:
1. Half Moon Bay 48, 2. Manteca 120, 3. Carlmont (Belmont) 174, 4. Bishop Gorman (Las Vegas, NV) 180, 5. Gunn (Palo Alto) 201, 6. University (San Francisco) 269, 7. Westmont (Campbell) 297, 8. North Monterey County (Castroville) 318, 9. Lick (San Jose) 325, 10. Woodside 332, 11. Redwood (Larkspur) 338, 12. Hayward 379, 13. Burlingame 382, 14. Sacred Heart Cathedral 400, 15. Del Mar (San Jose) 455, 16. Granada (Livermore) 468, 17. Tamalpais (Mill Valley) 474, 18. Irvington (Fremont) 501, 19. Mitty (San Jose) 552, 20. Cardinal

BETH BARTHOLOMEW
Fine Flicks by Don Gosney

Newman (Santa Rosa) 564, 21. Saratoga 593.
Small School Boys Individuals:
1. Andy Bupp (Woodside) 11:28, 2. Kevin Berkowitz (Hayward) 11:34, 3. Mike Cooks (Half Moon Bay) 11:54, 4. John Hannon (Woodside) 11:54, 5. Derek Waxman (San Mateo) 11:58, 6. Mike Brown (Gunn) 12:00, 7. Henry Gutierrez (Bishop Gorman) 12:01, 8. Danny Rhodes (Half Moon Bay) 12:05, 9. Jesse Whiting (Half Moon Bay) 12:07, 10. Mike Regan (South City) 12:07.
Large School Girls Teams:
1. Los Gatos 43, 2. Leland (San Jose) 114, 3. Fremont (Sunnyvale) 130, 4. Del Campo (Fair Oaks) 152, 5. El Cerrito 157, 6. Castro Valley 170, 7. California (San Ramon) 190, 8. Lowell (San Francisco) 192, 9. Carondelet (Concord) 232, 10. Westmoor (Daly City) 317, 11. Independence (San Jose) 351.
Large School Girls Individuals:
1. Beth Bartholomew (Fremont) 14:04, 2. Reina Felix (Oak Grove) 14:09, 3. Dina Farage (Gunderson) 14:35, 4. Misty Kalomiros (Los Gatos) 14:36, 5. Heather Graesch (Los Gatos) 14:41, 6. Noel Crockett (Leland) 14:42, 7. Andrea Meinhardt (Los Gatos) 14:55, 8. Rachel Austin (Del Campo) 15:03, 9. Melissa Freeberg (California) 15:07, 10. Tegan Anderson (Leland) 15:13, 11. Phuong Sites (Fremont) 15:19, 12. Jenny Cathcart (Amador Valley) 15:25, 13. Imma Osterkamp (Los Gatos) 15:27, 14. Genevieve Farnady (Los Gatos) 15:27, 15. Alisha Lopez (El Cerrito) 15:28, 16. Philipa Amai (Los Gatos) 15:29, 17. Lisa Scott (El Cerrito) 15:36, 18. Elice Patterson (Castro Valley) 15:38, 19. Pat Korsono (Del Campo) 15:39, 20. Mai Tai (Lowell) 15:43.
Small School Girls Teams:
1. Redwood (Larkspur) 75, 2. Half Moon Bay 88, 3. Gunn (Palo Alto) 149, 4. Aptos 150, 5. Granada (Livermore) 213, 6. Notre Dame (Belmont) 223, 7. University (San Francisco) 238, 8. Ursuline (Santa Rosa) 241, 9. Moreau (Hayward) 242, 10. Tamalpais (Mill Valley) 376.
Small School Girls Individuals:
1. Amy McConnell (University) 14:07, 2. Mugsie Kosek (Gunn) 14:45, 3. Spike Jones (Redwood) 15:05, 4. Lorraine Fahres (Redwood) 15:15, 5. Suzanne Haas (Notre Dame) 15:17, 6. Laurie Durrette (Aptos) 15:20, 7. Britt Eilers (Granada) 15:21, 8. Kris Ash (North Monterey County) 15:24, 9. Jennifer

ASHLEY BLACK
photo by Bill Leung, Jr.

Devine (Half Moon Bay) 15:25, 10. Erin Bellamy (Moreau) 15:25.
Small School Girls Frosh/Soph Individual:
1. Kami Gardner (College Prep) 15:03.

San Ramon Valley Invitational

Oct. 1. San Ramon Valley High School.
Boys Teams:
1. Santa Rosa 46, 2. San Ramon Valley (Danville) 94, 3. Antioch 99, 4. De La Salle (Concord) 100, 5. Clayton Valley (Concord) 135.
Boys Individuals:
1. Rob Scott (San Ramon Valley) 9:46, 2. Jeff Buhl (San Ramon Valley) 9:59, 3. Dan Held (Santa Rosa) 10:06, 4. Steven Gurinni (Santa Rosa) 10:07, 5. Salvador Zabala (Santa Rosa) 10:07, 6. Mike Kuhl (DeLaSalle) 10:09, 7. Todd Coulston (DeLaSalle) 10:10, 8. Ian Phillips (Acalanes) N.T., 9. Jim Macken (Santa Rosa) 10:16, 10. Chris Knafelc (DeLaSalle) 10:18, 11. Mark Chyn (L) 10:19, 12. Jeff Aschbrenner (Clayton Valley) 10:19, 13. Buddy Puhl (Antioch) 10:19, 14. Brian White (Antioch) 10:21, 15. Keith Lewis (Montgomery) 10:21.
Girls Teams:
1. San Ramon Valley (Danville) 49, 2. Santa Rosa 104, 3. Antioch 106, 4. Ygnacio Valley (Concord) 118, 5. Montgomery (Santa Rosa) 127.
Girls Individuals:
1. Michelle Ferguson (Piner) 12:03, 2. Kristie McCall (Santa Rosa) 12:21, 3. Cheryl Vann (Santa Rosa) 12:35, 4. Beth Glaser (San Ramon Valley) 12:44, 5. Shilpa Patil (Ygnacio Valley) 12:27, 6. Elise Johnson (Ygnacio Valley) 12:28, 7. Laura Buhl (San Ramon Valley) 12:51, 8. Molly Stryker (Acalanes) 12:52, 9. Jennifer Sells (Antioch) 12:54, 10. Ana Fernandez-Perez (San Ramon Valley) 12:57, 11. Michelle Mayers (Montgomery) 13:07, 12. Allison Hallatt (San Ramon Valley) 13:11, 13. Julie Beer (Piner) 13:18, 14. Stacy Johnson (Antioch) 13:29, 15. Michelle Huresman (San Ramon Valley) N.T.

Stanford/Palo Alto HS X-C Invitational

Oct. 3. Stanford Golf Course.
Boys "A" Teams:
1. Camarillo 90, 2. Bend (Oregon) 133, 3. Corona del Mar (Newport Beach) 153, 4. Bellarmine (San Jose) 156, 5. Arroyo Grande 184, 6. Jesuit (Carmichael) 185, 7. Hart (Newhall) 238, 8. Madera 243, 9. DeLaSalle (Concord) 245, 10. Carson (Carson City, NV) 266, 11. Casa Roble (Orangevale) 296, 12. San Ramon Valley (Danville) 323, 13. Vacaville 329, 14. Homestead (Cupertino) 431, 15. Arroyo (El Monte) 432, 16. Bella Vista (Fair Oaks) 486, 17. Reed (Sparks, NV) 518, 18. Junipero Serra (San Mateo) 534, 19. Piner (Santa Rosa) 565, 20. San Luis Obispo 571, 21. Clovis West (Fresno) 593, 22. Red Bluff 619, 23. Woodside 643, 24. Leland (San Jose) 680, 25. Jesuit "B" 769, 26. Bullard (Fresno) 790, 27. Monta Vista (Cupertino) 851, 28. Novato 869. Central Valley, Novato "B", Menlo-Atherton (Atherton) had incomplete teams.
Boys "A" Individuals:
1. David Welsh (Jesuit) 15:47, 2. Kevin Holbrook (Vacaville) 15:51, 3. Eddie Lavelle (Corona del Mar) 15:55, 4. Luis Quintana (Arroyo Grande) 16:08, 5. Shawn Goetzinger (Camarillo) 16:10, 6. Rob Scott (San Ramon) 16:18, 7. Jeremy Seven (DeLaSalle) 16:21, 8. Abe Valdez (Camarillo) 16:22, 9. Andy Bupp (Woodside) 16:24, 10. Dave Drahein (Bend) 16:26, 11. Damon Chamberland (Casa Roble) 16:27, 12. Chad Malesich (Camarillo) 16:29, 13. Jim Robertson (Bend) 16:37, 14. Billy Dixon (Hart) 16:38, 15. Cory Davis (Vacaville) 16:49, 16. Steve Lepken (Hart) 16:53, 17. Sanchez (Madera) 16:53, 18. Jose Santiago (Madera) 16:54, 19. John Leder (Bella Vista) 16:54, 20. Greg Hines (Arroyo Grande) 16:59, 21. Steve Mills (Bellarmine) 17:01, 22. James Menon (SLO) 17:01, 23. Peter Fisher (Bellarmine) 17:04, 24. Mike Graves (Bellarmine) 17:05, 25. Jeff Buhl (San Ramon) 17:05, 26. Todd Coulston (DeLaSalle) 17:06, 27. Greg Shryock (Corona del Mar) 17:06, 28. Chris Flanders (Casa Roble) 17:07, 29. Brent Westfall (Bend) 17:07, 30. Bill Dilday (Bend) 17:08, 31. Steve Gaul (Jesuit) 17:09, 32. Shannon Brusca (Camarillo) 17:10, 33. John Schnell (Camarillo) 17:10, 34. Joel Gonzalez (Camarillo) 17:12, 35. Paul Scott (Corona del Mar) 17:13, 36. Erik Skaden (Jesuit) 17:13, 37. Peter Faeth (Monte Vista) 17:13, 38. John Hannon (Woodside) 17:14, 39. Hunter Pierce (Corona del Mar) 17:15, 40. Bob Ryser (Carson) 17:18.
Boys "B" Teams:
1. Ashland (Oregon) 70, 2. Sonora 175, 3. Encinal (Alameda) 176, 4. Manteca 177, 5. Lompoc 186, 6.

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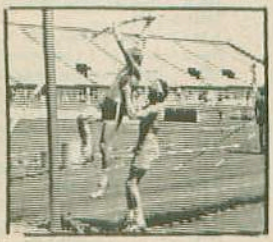

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HIND performance

Prep Notes

Castro Valley 188, 7. St. Francis (Mt. View) 238, 8. Nordhoff (Oaji) 256, 9. Prospect (Saratoga) 302, 10. Morro Bay 358, 11. Gunn (Palo Alto) 362, 12. Palo Alto 390, 13. Alhambra (Martinez) 393, 14. Acalanes (Lafayette) 404, 15. San Lorenzo Valley (Felton) 419, 16. Hayward 426, 17. Reno (Nevada) 464, 18. Del Oro (Loomis) 471, 19. Leigh (San Jose) 509, 20. Mountain View 512, 21. Foothill (Pleasanton) 526, 22. Rio Americano (Sacramento) 589, 23. Santa Cruz 593, 24. Dublin 600, 25. Irvington (Fremont) 605, 26. Alameda 719. Lassen (Susanville), Cupertino, San Mateo had incomplete teams.

Boys "B" Individuals:

1. Kevin Berkowitz (Hayward) 16:31, 2. Blair Venables (Encinal) 16:42, 3. Derek Waxm an (San Mateo) 16:47, 4. Donnie Nelson (Foothill) 16:52, 5. Yared Berhane (Sonora) 16:57, 6. Pete Julian (Ashland) 16:59, 7. Stefan Wynn (St. Francis) 17:02, 8. Andy Oviatt (Nordhoff) 17:03, 9. Iain Hunter (Prospect) 17:04, 10. Paul Denzler (Castro Valley) 17:08, 11. Jason Atwood (Castro Valley) 17:09, 12. Ian Solof (Ashland) 17:13, 13. Brown (Ashland) 17:14, 14. Matt Boone (Encinal) 17:19, 15. Ed McCormack (Prospect) 17:25, 16. Ron Mandel (Palo Alto) 17:28, 17. Justin Loftus (Ashland) 17:34, 18. Brian Blakeley (Sonora) 17:35, 19. Mike Brown (Gunn) 17:38, 20. Ian Phillips (Acalanes) 17:39, 21. Joe Rodriguez (San Lorenzo Valley) 17:42, 22. Sean McCleary (Ashland) 17:42, 23. Alex Reich (Palo Alto) 17:43, 24. Ryan Miller (Ashland) 17:45, 25. Chris Honn (Manteca) 17:46, 26. Fu Ming Young (Mt. View) 17:49, 27. Scott Sutch (Acalanes) 17:51, 28. Paul Lawler (Lompoc) 17:53, 29. Aaron (San Lorenzo Valley) 17:54, 30. Clyde Trent (Manteca) 17:54.

Boys "C" Teams:

1. Phoenix (Oregon) 35, 2. Piedmont 64, 3. Branson (Ross) 110, 4. St. Augustine (San Diego) 143, 5. North Tahoe (Tahoe City) 147, 6. Calaveras (San Andreas) 205, 7. Patterson 214, 8. Justin Siena (Napa) 217, 9. Bret Harte (Altaville) 246, 10. Folsom 252, 11. Palma (Salinas) 269, 12. Salem Academy (Salem, Oregon) 363, 14. Head-Royce (Oakland) 366, 15. Albany 420, 16. Bret Harte "B" 434.

Boys "C" Individuals:

1. Gordon Johnson (Piedmont) 16:59, 2. Paul Mankin (Branson) 17:17, 3. Kurt Neddenrip (Manogue) 17:30, 4. Ron Geiszler (Phoenix) 17:33, 5. Brian Turner (Phoenix) 17:34, 6. Javier Lopez (Phoenix) 17:48, 7. Brian Singleton (Bret Harte) 17:52, 8. Scott (Phoenix) 17:53, 9. Chris Alvarez (St. Augustine) 17:54, 10. Tony Gallegos (St. Helena) 17:55, 11. David Wasserman (Piedmont) 18:04, 12. Bennet (Phoenix) 18:06, 13. Anderson (North Tahoe) 18:06, 14. Bill Morse (Piedmont) 18:09, 15. Mills (North Tahoe) 18:10, 16. Bob Swingle (Phoenix) 18:13, 17. Tony Chan (Piedmont) 18:15, 18. Art Roulac (Branson) 18:21, 19. Allen Moses (Calveras) 18:26, 20. Brad Meyer (Manogue) 18:28.

Girls "A" Teams:

1. Bend (Oregon) 42, 2. Clovis West (Fresno) 98, 3. Vacaville 190, 4. Hart (Newhall) 199, 5. Madera 206, 6. Reed (Sparks, NV) 207, 7. Arroyo Grande 223, 8. San Ramon (Danville) 237, 9. Carson (Carson City, NV) 256, 10. San Luis Obispo 277, 11. Casa Roble (Orangevale) 338, 12. Red Bluff 364, 13. Piner (Santa Rosa) 385, 14. Monte Vista (Danville) 420, 15. Not Available 524, 16. Newark Memorial (Newark) 529. Novato, Central Valley, Watsonville, Santa Clara had incomplete teams.

Girls "A" Individuals:

1. Tiki Wilcox (Santa Clara) 19:48, 2. Shea Abby (Bend) 19:51, 3. Angela Orefice (Arroyo Grande) 19:53, 4. Kim Neighbor (Bend) 20:09, 5. Kimberly Orlando (Carson) 20:20, 6. Mary Ann Barrientos (Madera) 20:29, 7. Chantell Calabrese (Clovis West) 20:32, 8. Anne Wedum (San Leandro) 20:38, 9. Millie Hogan (Bend) 20:40, 10. Amber Young (Reed) 20:45, 11. Olivia Sanchez (Bend) 20:47, 12. Jessica Leal (Clovis West) 20:51, 13. Brooke Prichard (Vacaville) 20:51, 14. Martha Luna (Watsonville) 20:55, 15. Michelle Ferguson (Piner) 20:58, 16. Sherri Jacques (Bend) 20:58, 17. Josie Damasio (Madera) 21:02, 18. Laura Hunter (Hart) 21:11, 19. Heather Kelley (Arroyo Grande) 21:19, 20. Lauren Jefferson (SLO) 21:36, 21. Beth Glaser (San Ramon) 21:39, 22. Jennifer Bovee (Clovis West) 21:41, 23. Heather Trout (Casa Roble) 21:41, 24. Anjenette Dionne (Hart) 21:43, 25. Audra Brinkerhoff (Carson) 21:43, 26. Stephanie Goud (Vacaville) 21:45, 27. Jennifer Sperling (Clovis West) 21:46, 28. Anna Zirker (Bend) 21:49, 29. Tammy Yenney (Bend) 21:49, 30. Heather Reid (Clovis West) 21:52.

Girls "B" Teams:

1. Mitty (San Jose) 110, 2. South Hills (West Covina) 114, 3. Morro Bay 136, 4. Nordhoff (Oaji) 195, 5. Lompoc 222, 6. Mountain View 225, 7. Ashland (Oregon) 256, 8. St. Francis "A" (Mt. View) 266, 9. Sonora 281, 10. Analy (Sebastopol) 302, 11. Carlmont (Belmont) 308, 12. Palo Alto 351, 13. Del Oro (Loomis) 355, 14. Castro Valley 357, 15. Alameda 377, 16. Alhambra (Martinez) 412, 16. Campolindo (Moraga) 412, 18. Encinal (Alameda) 465, 19. Acalanes (Lafayette) 507, 20. Santa Cruz 522, 21. Foothill (Pleasanton) 573, 22. St. Francis "B" (Mt. View) 599, 23. Westmont (Campbell) 611. Lassen (Susanville), Glencoe (Hillsborough, OR), Cupertino had incomplete teams.

Girls "B" Individuals:

1. Karen Hecox (South Hills) 18:43, 2. Tina Gorbet (Lassen) 19:13, 3. Sarah Riley (Campolindo) 20:09, 4. Karen Stiner (South Hills) 20:12, 5. Janet Roller (Mt. View) 20:34, 6. Kim Nemanic (Del Oro) 20:39. 7. Suzanne Jones (Carlmont) 20:40, 8. Jennifer Lacava (Morro Bay) 20:44, 9. Libby Moore (Glencoe) 20:45, 10. Donna Rabin (Palo Alto) 20:46, 11. Jennie Dempsey (Analy) 20:48, 12. Thea Roberts (Mitty) 21:15, 13. Ingrid Graeve (Mt. View) 21:20, 14. Tarsha Handy (Mitty) 21:22, 15. Karlie Graham (Lompoc) 21:23, 16. Meg George (Morro Bay) 21:26, 17. Zsofia Koondor (Alameda) 21:28, 18. Bonnie Oglesby (South Hills) 21:31, 19. Molly Strykek (Acalanes) 21:32, 20. Cindy Mahaffey (Carlmont) 21:33, 21. Erin Hayes (Mitty) 21:38, 22. LaTanya Johnson (Mitty) 21:40, 23. Pascha Spellman (Nordhoff) 21:49, 24. Alice Atkinson (Nordhoff) 21:58, 25. Roslyn Mack (St. Francis A) 22:00.

Girls "C" Teams:

1. Bret Harte "A" (Altaville) 30, 2. North Tahoe (Tahoe City) 64, 3. Phoenix (Oregon) 83, 4. Head-Royce (Oakland) 135, 5. Branson (Ross) 153, 6. Bret Harte "B" 163, 7. Salem Academy (Salem, OR) 170, 8. Folson 222, 9. Jusstin Siena (Napa) 234, 10. Albany 299. Summerville (Tuolumne) incomplete team.

Girls "C" Individuals:

1. Tanya Dooley (Bret Harte) 21:19, 2. Amy Davidsoth (Bret Harte) 21:40, 3. Cindy Keene (Phoenix) 21:44, 4. Maya Hites (Head-Royce) 21:59, 5. Michelle Brown (Brete Harte) 22:12, 6. Stephanie Sheets (Justin Siena) 22:16, 7. Casey Leary (Branson) 22:24, 8. Neriah Davis (Bret Harte) 22:27, 9. Walker (North Tahoe) 22:47, 10. Johnson (North Tahoe) 22:59.

Bob McGuire Relays

Oct. 8. Newhall Community Park, Concord.

Boys Teams:

1. San Ramon (Danville) 55:21, 2. DeLaSalle (Concord) 55:38, 3. Berkeley 56:51, 4. Clayton Valley (concord) 57:37, 5. College Park (Pleasant Hill) 59:21, 6. El Cerrito, 7. Ygnacio Valley (Concord), 8. Northgate (Walnut Creek), 9. Pinole Valley.

Best Relay Splits:

1. Rob Scott (San Ramon) 10:17, 2. Jeremy Seven (DeLaSalle) 10:32, 3. Shumeye Mamo (Berkeley) 10:41, 4. Jeff Buhl (San Ramon) 10:54, 5. Todd Bell (San Ramon) 11:01, 6. Sean Lewis (Berkeley) 11:05.

Girls Teams:

1. San Ramon (Danville) 1:10:47, 2. El Cerrito 1:12:16, 3. Northgate (Walnut Creek) 1:14:31, 4. College Park (Pleasant Hill) 1:14:46, 5. Carondelet (Concord) 1:15:25.

RESULTS

Sunbird Cross Country Invitational

October 1. Woodward Park, Fresno.

Women's Results

1. Lisa Askins (CL) 12:14, 2. Nicole Navarro (PF) 12:30, 3. Kim Coyne (FP) 12:37, 4. Kristin Henden (CL) 12:47, 5. Lisa Bennett (FP) 13:03, 6. J'Ne Furrow (CL) 13:13, 7. Pam Beaver (CL) 13:25, 8. Tennie Lewis (CL) 13:29, 9. Michelle Travis (CL) 13:30, 10. Becky Beltran (FP) 13:32, 11. Lori Rocker (FP) 13:43, 12. Bonnie Knowles (FP) 13:49, 13. Anna Butz (FP) 14:04, 14. Lorraine Lewis (CL) 15:51, 15. Dana Breuner (CB) 16:30, 16. Dell Rollings (CB) 17:44.

Team Scores:

1. Cal Lutheran 26, 2. Fresno Pacific 31, CB No Team Score.

Men's Results

1. Marc Lea (FP) 23:19, 2. Henry Tofella (FP) 23:24, 3. Lance Wright (FP) 23:58, 4. Subrey Harness (CHC) 24:47, 5. Jamie Costen (CBC) 25:16, 6. Ron Gardner (FP) 25:29, 7. Raul Torres (CHC) 25:49, 8. Mark Berry (FP) 26:22, 9. Carl Rozier (FP) 26:29, 10. Chris Ramirez (FP) 27:08, 11. Min Kim (CB) 31:50, 12. Gregory Hendricks (CB) 31:50, 13. Michael Woodall (CB) 31:50.

Team Scores:

1. Fresno Pacific 20, CHC and CB, No Team Scores.

Stanford/Holiday Inn Cross Country Invitational

October 1. Stanford University Gold Course.

Men's Results

1. Calvin Gaziano (Cal) 30:57, 2. Mark Dani (UCLA) 30:58, 3. Eric Mastalir (Stanford) 31:19, 4. James Alborough (Stanford) 31:21, 5. Steve Miller (Stanford) 31:25, 6. Jesus Gutierrez (CSLA) 31:30, 7. Mark Mastalir (Stanford) 31:31, 8. Dave Scudamore (Stanford) 31:37, 9. Tim Swinford (Arizona) 31:43, 10. Chris Craig (CPSLO) 31:45.

11. Lennie Clark (Arizona) 31:47, 12. Martin Sandoval (CSLA) 31:47, 13. Ray Griffin (USC) 31:48, 14. Fredson Mayiek (USC) 31:49, 15. Richard Erves (UCLA) 31:50, 16. Adam McAboy (Cal) 31:51, 17. Benny Cruz (CSLA) 31:51, 18. Jason Lienau (FSU) 31:55, 19. Ernie Freer (FSU) 31:58, 20. Craig Blockhus (Cal) 32:00.

21. Pete Vicencio (UC Irvine) 32:03, 22. Jim Ortiz (UCLA) 32:04, 23. Rick Wilhelm (UC Irvine) 32:05, 24. Jeff Currier (Arizona) 32:08, 25. Adolfo Garcia (USC) 32:11, 26. Dave Herron (Arizona) 32:13, 27. Eddie Toro (CPP) 32:13, 28. Marc Davis (Arizona) 32:14, 29. Stephanie Franke (CPP) 32:14, 30. Ken Flint (SDSU) 32:14.

31. Scott LaForce (UC Irvine) 32:15, 32. Beat Amman (UCLA) 32:16, 33. Victor Santamaria (UC Irvine) 32:21, 34. Aaron Mascorro (UC Irvine) 32:21, 35. Timp Campbell (CPSLO) 32:23, 36. Mitchell Sloan (USC) 32:24, 37. Dave Walsh (CPSLO) 32:25, 38. Dredix Valenti (USC) 32:27, 39. Gilbert Delgado (FSU) 32:28, 40. Jim Sorenson (CPSLO) 32:33.

Team Scores:

1. Stanford 27, 2. University of Arizona 98, 3. University of California-Los Angeles 104, 4. University of Southern California 126, 5. University of California-Berkeley "A" 148, 6. University of California-Irvine 155, 7. California State University-Los Angeles 162, 8. Cal Poly-San Luis Obispo 165, 9. Fresno State University 166, 10. Cal Poly-Pomona 219, 11. University of California-Riverside 340, 12. San Diego State University 343, 13. Arizona State University 390.

Silver State 15K -- PA-TAC Championships

By Mark Winitz

October 9, Sparks-Reno, Nevada

Rich McCandless had something to prove after taking a wrong turn and finishing fourth at Reno's Gazette-Journal Jog the week before. He had been training in the altitude around Reno since moving there 6 months ago, and it was about time for it to start paying off. It didn't take more than 2 miles down the bike-pedestrian path along the banks of the Truckee River for McCandless to prove his point.

Following a conservative opening mile of 4:55, he accelerated to a 4:43 in mile 2, opening up 10 yards on training partner Miguel Tibaduiza and Tom Wood. 50 yards back a small group that included Reno's Alan Dehlinger and Domingo Tibaduiza, UNR trackman Robert Truhalla (sp?), and Juan Ramirez could only hope that McCandless' pace would falter. It didn't.

"At four I put in a hard mile and broke open a pretty good lead, " said McCandless. "After that I maintained 4:50 pace and got through the last miles pretty good" So good that his 45:47 CR was almost a minute up on last year's winner Domingo Tibaduiza's (46:49) second place. Dehlinger (47-flat) grabbed third as Miguel Tibaduiza followed (47:07).

On the women's side, Terry Schmidt-Puckett was a little concerned going into the race. She had strained a hamstring following her Journal Jog win and it was still tight.

"With the tender ham, I thought is all I have to do now is get through this race and stay healthy for the next few weeks, do one more long run, and hopefully break 2:40 in the (Chicago Old Style) Marathon in a few weeks," Terry commented later. Indeed, she "got through" the race fine, coming up first in 52:20. Two rapidly improving women followed: Davis, CA's Linda Sommers (53:30) and marathon trials competitor Laura Sanchez (54:50).

48-year old Sal Vasquez is back from injuries and still beating younger masters runners, although this time not by much. "I felt pretty bad," said Sal, "and I was worried about these guys here." He was referring to Steve Ferraz and South Lake Tahoe's Jerry Jobski. Although Vasquez passed Ferraz at 6.5 miles, a mile later Jobski came flying by the latter with the masters leader in his sights. But Jobski couldn't quite catch Sal, finishing 7 seconds behind Vasquez' 49:49 (13th overall). In, perhaps, the most noteworthy performance of the race, the aforementioned Shirley Matson, 47, broke her own age group AR with a 55:50 (5th overall).

On the bright morning with temps in the 50's to low 60's, both Heidi Skaden (1:04:51) and Jim Bevins (55:59) set new course records in the 50-54 age group. $2,000 in PA-TAC Grand Prix prize funds were awarded.

Overall Results

1. Rich McCandless (32) 45:47, 2. Domingo Tibaduiza (38) 46:49, 3. Alan Dehlinger (27) 47:00, 4. Miguel Tibaduiza (32) 47:07, 5. Thomas Wood (25) 47:29, 6. Juan Ramirez (23) 47:40, 7. John Barrett (24) 47:51, 8. Mark Hoefer (26) 48:34, 9. David Minter (27) 48:54, 10. Craig Stenmaus (26) 48:58, 11. Dan Stefanisko (26) 49:10, 12. Jose Aispuro (26) 49:24, 13. Sal Vasquez (48) 49:49, 14. Jerry Jobski (44) 49:57, 15. Craig Moore (34) 50:01.

Division Results - Men

15-19: 1. Ken Gibson 54:16, 2. Robert Johnson 59:36. **20-24:** 1. Juan Ramirez 47:40, 2. John Barrett 47:51. **25-29:** 1. Alan Dehlinger 47:00, 2. Thomas Wood 47:29, 3. Mark Hoefer 48:34. **30-34:** 1. Rich McCandless 45:47, 2. Miguel Tibaduiza 47:07, 3. Craig Moore 50:01. **35-39:** 1. Domingo Tibaduiza 46:49, 2. Pete Simone 59:44, 3. Stephen Chavez 1:00:06. **40-44:** 1. Jerry Jobski 43:57, 2. Steve Ferraz 50:14, 3. Gregory Brock 51:15. **45-49:** 1. Sal Vasquez 49:49, 2. Dave Rivera 51:55, 3. Ken Adams 52:17. **50-54:** 1. Jim Bevins 55:54, 2. A.J. Underwood 57:31, 3. Peter Todd 59:12. **55-59:** 1. Ron Ogilvie 1:02:23, 2. Don Hilderbrand 1:03:29, 3. Bill Brown 1:10:50. **60-64:** 1. Ross Smith 59:24, 2. Boyce Jacques 1:02:07, 3. Bob Gehl 1:06:06. **65-69:** 1. Flory Rodd 1:13:16, 2. Jim Nicholson 1:40:57, 3. John Durham 1:51:10.

Division Results - Women

20-24: 1. Kathy D'Onofrio-Wood 57:56, 2. Linda Van Housen 1:00:43, 3. Susan Horstmeyer 1:01:16. **25-29:** 1. Linda Somers 53:30, 2. Laura Sanchez 54:50, 3. Rossy Tibaduiza-Cardenas 57:26. **30-34:** 1. Terry Puckett 52:20, 2. Bev Marx 56:24, 3. Christine Iwahashi 58:31. **35-39:** 1. Peggy Smyth 55:17, 2. Irene Herman 1:08:16, 3. Alison Harris 1:12:01. **40-44:** 1. Hilary Naylor 58:37, 2. Joan Colman 59:03, 3. Karen Lanterman 1:01:53. **45-49:** 1. Shirley Matson 55:50, 2. Joan Ullyot 1:00:33, 3. Margie Timberlake 1:02:10. **50-54:** 1. Heidi Skaden 1:04:51, 2. Kitty Brown 1:14:06, 3. Marjorie Macris 1:26:14. **55-59:** 1. Ruth Anderson 1:17:06, 2. Doree Stapp 1:20:45, 3. Barbara Durham 1:32:49. **60-64:** 1. Carola Hutcherson 1:23:59, 2. Kit Pickles 1:24:40.

RESULTS

Women's Results

1. Carol Gray (Stanford) 17:21, 2. Aisling Ryan (Arkansas) 17:25, 3. Ellen Ellig (Texas) 17:32, 4. Brigid Stirling (UC Irvine) 17:34, 5. Sally Wood (Cal) 17:35, 6. Laurie Chapman (UCLA) 17:37, 7. Sally Ramsdale (Arkansas) 17:38, 8. Sheila Quigley (Texas) 17:40, 9. Jackie Moto (Arkansas) 17:42, 10. Carmen Maldonaldo (Houston) 17:43.

11. Kirsten O'Hara (Cal) 17:47, 12. Sabrina Han (Cal) 17:49, 13. Teresa Barrios (Arizona State) 17:51, 14. Kim Stewart (UCLA) 17:55, 15. Stacey McAlee (FSU) 17:59, 16. Tracy Laughlin (Texas) 18:00, 17. Leslie Sanderson (Arkansas) 18:02, 18. Erin Keogh (Texas) 18:03, 19. Melissa Sutton (UCLA) 18:13, 20. Kara Olsen (Cal) 18:15.

21. Debbie Williams (UCLA) 18:20, 22. Kelli Lewis (UC Irvine) 18:21, 23. Gabriella Pohlmann (Texas) 18:24, 24. Nanette Garcia (Houston) 18:26, 25. Janine Ogas (FSU) 18:27.

Team Scores:

1. University of Arkansas 67, 2. University of Texas-Austin 68, 3. Cal 78, 4. UCLA 88, 5. Fresno State University 136, 6. UC Irvine 141, 7. University of Houston 170, 8. Arizona State University 218, 9. Stanford 219.

Open Men's Results

1. Dave Schumacher (Long Beach) 31:59, 2. Jeff Jacobs (Santa Barbara) 32:06, 3. Bill Schipper (Humboldt State) 32:08, 4. Pat Green (Long Beach) 32:15, 5. Gothu Tadese (Pt. Loma) 32:19, 6. Tim Corbin (Santa Barbara) 32:20, 7. Jedd Koen (UCLA) 32:23, 8. Roger Dix (Chico) 32:26, 9. Ricky Martinez (UC Irvine) 32:27, 10. Andy McCutcheon (Chico) 32:28.

11. Darin Slade (Sacto St) 32:32, 12. Pedram Aram (Hayward) 32:33, 13. Eric Rae (Long Beach) 32:35, 14. Mike Goralka (UC Davis) 32:36, 15. Jeff Wood (UCLA) 32:36, 16. Erich Ackerman (CPSLO) 32:37, 17. Paul Cummings (UC Davis) 32:39, 18. Steve Imlay (UC Irvine) 32:41, 19. Steve (Not Available) 32:42, 20. Dave Seborer (Santa Barbara) 32:48.

Team Scores:

1. Long Beach State 108, 2. UCLA "B" 133, 3. UC Santa Barbara 136, 4. CSU Hayward 164, 5. UC Davis 183, 6. Humboldt State 199, 7. Cal Poly Pomona B 209, 8. Cal Poly San Luis Obispo B 214, 9. CSU Chico 224, 10. Point Loma College 242, 11. Occidental 249, 12. Fresno State University B 307, 13. Cal-remont/Mudd/Scripps 341, 14. Stanford Unviersity B 377, 15. Southern Oregon University 425, 16. Fresno Pacific College 456, 17. Cal B 539, 18. Ventura College 585, 19. Univ. of Santa Clara 621, 20. University of Redlands 629, 21. St. Mary's College 683, 22. UC Santa Cruz 685.

Open Women's Results

1. Kathy Smith (UC Irvine) 17:39, 2. Joyce Cheruiyot (Reno) 17:51, 3. Beth McGrann (UC Irvine) 18:05, 4. Suzy Lehmkuhl (UC Davis) 18:30, 5. Stacey Wainwright (UC Davis) 18:36, 6. Chris Morgon (Long Beach) 18:36, 7. Sue Hansen (Chico) 18:37, 8. Pauline Stehly (Cal Poly SLO, B 18:37, 9. Jennifer Ashe (UCLA) 18:38, 10. Kristen Hanson (Cal) 18:38.

11. Tammy Snyders (UCLA) 18:40, 12. Sydney Thatcher (CPSLO, B) 18:43, 13. Jennifer Feller (UC Davis) 18:46, 14. Wendy Becker (Humboldt St) 18:54, 15. Patricia Meling (Pomona) 18:55, 16. Sherri Minkler (Cal Poly SLO) B 18:56, 17. C'za Azcueto (UCLA) 18:59, 18. Melissa Pardini (UC Riverside) 19:00, 19. Tracy Lichter (CPSLO, B) 19:00, 20. JoAnne Kelley (Cal) 19:03.

Team Scores:

1. Cal Poly San Luis Obispo B 76, 2. UCLA B 85, 3. UC Davis A 95, 4. University of Nevada-Reno 114, 5. Cal B 147, 6. Long Beach State 170, 7. Cal Poly Pomona 225, 8. CSU Chico 260, 9. USIU 282, 10. Cal-remont/Mudd/Scripps 293, 11. UC Davis, B 311, 12. Point Loma College 360, 13. UC Riverside 366, 14. Humboldt State 372, 15. Ventura College 402, 16. Mills College 492.

Cal Poly SLO Cross Country Invitational

October 16, San Luis Obispo.

Men's Results - Invitational 8000m

1. Jacques Van Renburg (Nebraska) 24:25CR, 2. Mark Junkermann (Running Expreience) 24:34, 3. Danny Gonzales (Reebok Aggies) 24:36, 4. Mark Dani (UCLA) 24:41, 5. Jim Ortiz (UCLA) 24:45, 6. Joe Kirby (Nebraska) 24:51, 7. Dave Frank (Reebok Aggies) 24:58, 8. Carmelo Rios (Reebok Aggies) 24:59, 9. Ray Griffen (USC) 25:04, 10. Eddie Toro (CP Pomona) 25:07.

CAROL KELLER

photo by Bill Leung, Jr.

11. Steve Neubaum (SLO) 25:07, 12. Bob Leetch (Running Experience) 25:09, 13. Fredson Mayiek (USC) 25:10, 14. Pat Hessini (Kansas St) 25:14, 15. Pete Vicencio (Irvine) 25:15, 16. Will James (Running Experience) 25:16, 17. Leston Blackburn (Nebraska) 25:16, 18. Jason Lienau (Fresno St) 25:17, 19. Ernie Freer (Fresno St) 25:17, 20. Dave Keller (Kansas St) 25:17.

21. Dave Warders (Kansas St) 25:21, 22. Rod Coker (Fresno St) 25:22, 23. Joe Rubio (Reebok Aggies) 25:23, 24. Tim Campbell (SLO) 25:24, 25. Hugo Cibrian (Fresno St) 25:24, 26. Jesus Gutierrez (CSLA) 25:25, 27. Aaron Mascoro (Irvine) 25:26, 28. Shannon Winkelman (Riverside) (1st F) 25:27, 29. Rob Arsenault (Running Experience) 25:27, 30. Rick Wilhelm (Irvine) 25:30.

Team Scores:

1. Reebok Aggies 83, 2. Nebraska 105, 3. Kansas State 126, 4. Fresno State 133, 5. Cal Poly SLO 147, 6. Running Experience 153, 7. UCLA 155, 8. UC Irvine 166, 9. USC 183, 10. Cal Poly Pomona 264, 11. Cal State Los Angeles 327, 12. UC Riverside 363, 13. Cal State Hayward 412, 14. Occidental 490.

Men's Results - Open 8000m

1. Dorin Slade (Sacto St) 25:24, 2. Tim Ketron (Sacto St) 25:24, 3. Jeff Jacobs (UCSB) 25:28, 4. Ken Flint (SDSU) 25:33, 5. Mike Goralka (UC Davis) 25:38, 6. Merrell Hora (UCSD) 26:17, 7. Brandon Smith (UC Davis) 26:22, 8. Paul Cummings (UC Davis) 26:23, 9. Steve Miller (UC Davis) 26:25, 10. Chris Richards (UC Davis) 26:26.

11. Dave Seborer (UCSB) 26:28, 12. Pete Oviatt (Humboldt St) 26:31, 13. Luis Pinon (Marathom's) 26:31, 14. Dale Richard (Sonoma St) 26:32, 15. Tim Borbin (UCSB) 26:34.

Team Scores:

1. UC Davis 39, 2. UCSB 76, 3. Sacramento State 112, 4. Humboldt State 127, 5. San Diego State 167, 6. Marathom's 181, 7. CS Fullerton 196, 8. UCSB 215, 9. Pomona-Pitzer 262, 10. Northridge 292, 11. USIU 348, 12. Alaska-Anchorage 416, 13. SLDC 466.

Women's Results - Invitational 5000m

1. Sammie Resh (Nebraska) 17:28CR, 2. Carol Keller (Running Experience) 17:29, 3. Janet Haskin (Kansas St) 17:36, 4. Sally Wood (UC Berkely) 17:42, 5. Kathy Smith (Unat) 17:42, 6. Laurie Chapman (UCLA) 17:47, 7. Sabrina Han (UC Berkeley) 17:53, 8. Beth McGrann (Running Experience) 18:01, 9. Melissa Sulton (UCLA) 18:03, 10. Kirsten Aure (Rice U) 18:04.

11. Jani Johnson (Reebok Aggies) 18:08, 12. Brigid Stirling (UC Irvine) 18:11, 13. Yvonne Van der Kolk (Nebraska) 18:12, 14. Kirsten O'Hara (UC Berkeley) 18:12, 15. Gladees Prisur (Unat) 18:14, 16. Stacy McAlee (Fresno St) 18:15, 17. Annie Seawright (Running Experience) 18:16, 18. Angie Barry (Kansas St) 18:16, 19. Patti Almenlariz (SLO) 18:17, 20. Janet Treiber (Kansas St) 18:17.

21. Noreen deBettencourt (SLO) 18:18, 22. Juliet Prowse (Nebraska) 18:20, 23. Kristie Bache (UCLA) 18:22, 24. Jennifer Ashe (UCLA) 18:22, 25. Michele Marthaler (Nebraska) 18:23, 26. Sandra Rodriguez (CSLA) 18:24, 27. Michelle Trimble (Oxy) 18:25, 28. Pauline Stehley (SLO) 18:27, 29. Kelli Lewis (UC Irvine) 18:28, 30. Melanie Hiatt (SLO) 18:31.

MARK JUNKERMANN & DAN GONZALEZ

photo by Bill Leung, Jr.

Team Scores:

1. UCLA "A" 93, 2. Nebraska 94, 3. Cal Berkeley 106, 4. Cal Poly-SLO 137, 5. Kansas State 149, 6. Fresno State 205, 7. Running Experience 207, 8. Reebok Aggies 246, 9. Rice University 255, 10. UC Irvine 260, 11. UCLA "B" 319, 12. Cal State LA 329, 13. UC Davis 343, 14. Occidental 419, 15. CS Northridge 425, 16. San Diego State 477.

Women's Results - Open 5000m

1. Trisha Moina (CP Pomona) 18:51, 2. Jolly Earle (Sonoma St) 18:59, 3. Wendy Becker (Humboldt St) 19:04, 4. Denise McFeyden (UCSD) 19:07, 5. Beth Rosipalja (CSUF) 19:12, 6. Valerie Jenese (Cal St Hayward) 19:17, 7. Barbara Crowley (Sac St) 19:30, 8. Melissa Pardini (UC Riverside) 19:33, 9. Stephanie Fedorchak (CS Hayward) 19:35, 10. Tessie Hartmann (UCSD) 19:36.

11. Molly Jackson (USIU) 19:40, 12. Kris Kochel (SLO) 19:49, 13. Maria Mendoza (CP Pomona) 19:50, 14. Antoinette Hartlaub (UCSB) 19:51, 15. Megan Riker (UCSB) 19:55.

Team Scores:

1. CS Hayward 110, 2. UCSB 122, 3. Cal Poly Pomona 129, 4. Cal Poly SLO "B" 135, 5. UC San Diego 145, 6. UCLA 160, 7. Cal State Fullerton 174, 8. USIU 177, 9. Sonoma 262, 10. Humboldt State 270, 11. Cal State Bakersfield 322.

PAC-10 Conference Cross Country Championships

October 31. Stanford University Golf Course.

Overall Results - Men

1. Brad Hudson (U of Oregon) 30:47, 2. Mark Dani (UCLA 30:56, 3. Steve Miller (Stanford) 31:03, 4. Bruce McDowell (U of WA) 31:08, 5. Danny Lopez (U of OR) 31:26, 6. Steve Richards (U of OR) 31:29, 7. Peter Fonseca (U of OR) 31:33, 8. Eric Mastalir (Stanford) 31:36, 9. Stormy Shouman (U of WA) 31:37, 10. Craig Blockhus (U of Cal) 31:40.

11. Adam McAboy (Cal) 31:44, 12. Colin Dalton (U of OR) 31:45, 13. Jim Ortiz (UCLA) 31:48, 14. Robert Price (Washington St.) 31:50, 15. James Alborough (Stanford) 31:51, 16. Mark Mastalir (Stanford) 31:53, 17. Matt Donnelly (U of WA) 31:55, 18. Tim Swinford (U of AZ) 32:00, 19. Dave Scudamore (Stanford) 32:03, 20. Richard Erbes (UCLA) 32:07.

21. Mitch Sloan (USC) 32:10, 22. Robin Card (U of OR) 32:16, 23. E. J. Guo (Washington St.) 32:18, 24. Lenny Clark (U of AZ) 32:20, 25. Mike Kramer (Washington St.) 32:24, 26. Marc Davis (U of AZ) 32:30, 27. Dreux Valenti (USC) 32:31, 28. Ray Griffin (USC) 32:35, 29. Doug Herron (U of AZ) 32:37, 30. Eric Peterson (U of OR) 32:38.

Team Scores:

1. University of Oregon 31, 2. Stanford 61, 3. UCLA 104, 4. University of Washington 106, 5. University of Arizona 133, 6. Washington State University 144, 7. University of California 156, 8. Southern California 184, 9. Arizona State University 237, 10. Oregon State University 259.

Overall Results - Women

1. Liz Wilson (U of OR) 17:06, 2. Penny Graves (U of OR) 17:12, 3. Sally Wood (U of Cal) 17:16, 4. Thersa Barrios (AZ St.) 17:21, 5. Jennifer Robertson (Washington St) 17:22, 6. Carol Gray (Stanford) 17:25, 7. Bridget Smyth (U of AZ) 17:26, 8. Sabrina Han (U of Cal) 17:28, 9. Laurie Chapman (UCLA) 17:33, 10. Zenny Koehler (Washington St) 17:38.

11. Kathy Tracy (U of OR) 17:40, 12. Kirsten O'Hara (Cal) 17:43, 13. Melissa Sutton (UCLA) 17:47, 14. Karen Rayle (U of OR) 17:49, 15. Stephanie Wessell (U of OR) 17:59, 16. Kim Stewart (UCLA) 18:01, 17. Laura Goodwin (U of AZ) 18:04, 18. Jennifer Ashe (UCLA) 18:08, 19. Kristi Bache (UCLA) 18:11, 20. Kara Olsen (Cal) 18:13.

21. Francie Faure (U of OR) 18:16, 22. Melanie Bloch (Stanford) 18:19, 23. Brandi Evans (U of WA) 18:21, 24. Janicka Petersen (U of WA) 18:23, 25. Magdalena Thorsell (U of AZ) 18:23, 26. Debbie