

OPEN/CLUB/COLLEGIATE MEN - BEST MARKS LIST
for
CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE

(present 2.95 mile and 4.195 mile courses established 1972)

(present 8,000 meters course established 1980)

(present 10,000 meters course established 1976)

(present 12,000 meters course established 1976)

(entries current through 1995)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>	<u>Meet</u>
12,000 meters					
Gary Tuttle	Beverly Hills Striders	37:24	5:01	1976	SrInt
(only 12,000 meters race ever held at Crystal Springs)					
10,000 meters					
Jim Schankel	Cal Poly/San Luis Obispo	30:46	4:58	1978	D2WR
<u>Matt Giusto</u>	<i>Mizuno</i>	<i>30:52</i>	<i>4:59</i>	<i>1990</i>	<i>PA-TAC</i>
Daniel Gonzalez	Reebok Aggies	31:02	5:00	1990	PA-TAC
Jim White	Sacramento State University	31:08	5:01	1978	D2WR
<u>Mark Conover</u>	<i>Humbolt State University</i>	<i>31:12</i>	<i>5:02</i>	<i>1981</i>	<i>FWC</i>
Conover	Humbolt State University	31:13	5:02	1981	D2WR
Frank Assumma	UC Riverside	31:16	5:02	1981	D2WR
Steve Alvarez	UC Riverside	31:31	5:05	1978	D2WR
Jim Sapienza	Hoy's Sports	31:34	5:05	1991	PA-TAC
Steve Pybus	Eastern Washington Univ.	31:35	5:05	1981	D2WR
Mike Stone	Hoy's Sports	31:35	5:05	1991	PA-TAC
David Frank	Reebok Aggies	31:48	5:08	1990	PA-TAC
Jay Rubino	Cal State/Los Angeles	31:48	5:08	1978	D2WR
Mitch Kingery	Cal Poly/San Luis Obispo	31:50	5:08	1978	D2WR
Ivan Huff	Reebok Aggies	31:59	5:09	1990	PA-TAC
Miguel Tibaduiza	Pacific Flyers	32:00	5:09	1990	PA-TAC

(16 entries/performances, 15 runners/performers)

8,000 meters

Tom Downs	West Valley Track Club	24:36	4:57	1980	NatJr
<u>Ed Eyestone</u>	<i>Brigham Young University</i>	<i>24:41</i>	<i>4:58</i>	<i>1980</i>	<i>NatJr</i>
Uli Steidl	University of Portland	24:58	5:02	1994	WCC

<u>Name</u>	<u>Affiliation</u>	<u>Mile</u> <u>Time</u>	<u>Pace</u>	<u>Year</u>	<u>Meet</u>
Dan Caprioglio	Santa Barbara Ath. Assoc.	25:01	5:02	1980	Nat Jr
Eric Sappenfield	Santa Barbara Ath. Assoc.	25:05	5:03	1980	NatJr
Bill Graham	Stanford University	25:07	5:04	1980	NatJr
Kelly Lambert	University of Portland	25:09	5:04	1994	WCC
Farron Fields	UCLA	25:20	5:06	1980	NatJr
Lambert	University of Portland	25:21	5:06	1995	WCC
Steidl	University of Portland	25:21	5:06	1995	WCC

(10 entries/performances, 8 runners/performers)

4.195 miles

Bret Kimple	Reebok Aggies	20:37	4:55	1995	CSC
Ray Cook	Silver State Striders	20:47	4:58	1994	CSC
Russell Hill	Reebok Aggies	20:50	4:58	1995	CSC
Ryan McCalmon	Stanford University	20:53	4:59	1995	CSC
Jamey Harris	Reebok Aggies	20:53	4:59	1995	CSC
David Frank	Reebok Aggies	20:55	5:00	1994	CSC
Rod Heskett	Reebok Aggies	20:55	5:00	1995	CSC
Victor Santamaria	Reebok Aggies	20:56	5:00	1994	CSC
David Dyer	Stanford University	20:56	5:00	1994	CSC
Erik Spayde	Stanford University	20:57	5:00	1994	CSC

(10 entries/performances, 10 runners/performers)

2.95 miles

Matt Giusto *unattached/U of Arizona* 14:14 4:50 1987 TTrot

(only known performance at/under 15:00)

Bold face: most recent entries

Historical Notes: Major meets held at Crystal Springs:

- 1976 Senior International Trials (for World Championships) (12,000 meters, including log jumps)
- 1980 AAU National Junior Championships/Jr International Trials (8,000 meters, including log jumps)
- West Coast Conference (collegiate) Championships: 10,000 meters 1985-1992, 8,000 meters since 1993
- 1974 AAU National Championships (10,000 meters, old course):

1. John Ngeno	Washington State	29:59	4:50
2. <u>Neil Cusack</u>	New York AC	30:15	4:53
3. Ted Castaneda	Colorado TC	30:33	4:55

Italics: *Matt Giusto, 1996 USA Olympian, 5000 meters*
Mark Conover, 1988 USA Olympian, marathon
Ed Eyestone, 1988 & 1992 USA Olympian, marathon
Neil Cusack, 1972 Ireland Olympian, 10,000 meters

Please report additions or corrections to: Bob Rush @ 415/595-3619 or Mike Elsesser @ 408/257-7216

OPEN/CLUB/COLLEGIATE WOMEN - BEST MARKS LIST
for
CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE

(present 2.95 mile course established 1972)
 (present 5,000 meters course established 1986)
 (present 6,000 meters course established 1991)
 (present 10,000 meters course established 1976)

(entries current through 1995)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>	<u>Meet</u>
10,000 meters					
<u>Linda Somers</u>	<i>Pacific Flyers</i>	37:55	6:07	1990	PA-TAC

(only 10,000 meters women's race ever held at Crystal Springs)

6,000 meters					
Sabrina Han	Pacific Flyers	21:29	5:46	1991	PA-TAC

(only 6,000 meters women's race ever held at Crystal Springs)

5,000 meters					
Nicole Karr	University of Portland	17:43	5:43	1994	WCC
Hilary Simmons	University of Portland	18:18	5:54	1994	WCC
Ann Manning	University of Portland	18:20	5:55	1987	WCC
Jennie Boyd	University of Portland	18:28	5:57	1995	WCC
Boyd	University of Portland	18:29	5:57	1994	WCC
Anne Wedum	Saint Mary's College	18:33	5:59	1990	WCC

1986 WCC course 80 meters short:

Patty Young	University of Nevada-Reno	17:47	5:50		
Lori Morgan	University of San Diego	18:09	5:57		
Liz Lehenbauer	US International U. (closed)	18:26	6:02		
Molly Jackson	US International U. (closed)	18:31	6:04		

(10 entries/performances, 9 runners/performers)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>	<u>Meet</u>
2.95 miles					
Roxanne Bier	San Jose Cindergals	17:01	5:47	1978	CA-AAU
Jeanne Sapienza	Reebok Aggies	17:17	5:52	1994	CSC
Bigna Samuel	Reebok Aggies	17:21	5:53	1995	CSC
Melissa Martel-Acosta	unattached	17:22	5:53	1995	CSC
Rae Henderson	unattached	17:23	5:54	1995	CSC
Kris Luckin	Impala Racing Team	17:24	5:54	1994	CSC
Phyllis Olrich	San Jose Cindergals	17:25	5:55	1978	CA-AAU
Maria Ravazza	unattached	17:26	5:55	1995	CSC
Olrich	unattached	17:29	5:56	1979	PA-AAU
Michele Trimble	Occidental College	17:29	5:56	1987	D3WR
(10,9)					
Cathy Demmelmaier	San Jose Cindergals	17:34	5:58	1979	PA-AAU
Maria King	San Jose Cindergals	17:36	5:58	1979	PA-AAU
Kathy D'Onofrio-Wood	Reebok Aggies	17:36	5:58	1994	CSC
Amy MacArthur	Stanford University	17:40	6:00	1995	CSC
Andrea Garner	Stanford University	17:44	6:01	1994	CSC
Liane Kivela	Claremont Mudd	17:46	6:02	1987	D3WR
Vivian Soderholm-Difatte	West Valley Track Club	17:51	6:04	1979	PA-AAU
Cara Aley	Stanford University	17:51	6:04	1995	CSC
Brigid Stirling	Claremont Mudd	17:54	6:05	1987	D3WR
Staci Brunton	Reebok Aggies	17:55	6:05	1995	CSC
(20,19)					
Kay Luo	Stanford University	17:57	6:06	1994	CSC
Judy Graham	Aggie Running Club	17:58	6:06	1979	PA-AAU
Marcia West	Impala Racing Team	17:59	6:06	1994	CSC
Domitilla Torrens	Stanford University	18:00	6:07	1994	CSC
Teressa DiPerna	unattached	18:00	6:07	1995	CSC

(25 entries/performances, 24 runners/performers)

Bold face: most recent entries

Historical Notes: California-AAU Championships (2.95 miles) held in 1978.
Pacific Association-AAU Championships (2.95 miles) held in 1979.
Pacific Association-TAC Championships (10,000 meters) held in 1990.
Pacific Association-TAC Championships (6,000 meters) held in 1991.
West Coast Conference Championships (5,000 meters) held 1986-present.

AAU Women's National Championships (3.02 miles) held in 1975:

1. Lynn Bjorklund	New Mexico International Track Club	16:33	5:29
2. <u>Julie Brown</u>	Los Angeles Track Club	16:44	5:33
3. Sue Kinsey	San Fernando Valley Track Club	16:52	5:36

Italics: Linda Somers, 1996 USA Olympian, marathon
Julie Brown, 1980 USA Olympian, 800 meters & 1500 meters; 1984 USA Olympian, marathon

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**JUNIOR/COMMUNITY COLLEGE WOMEN
BEST MARKS LIST
for
CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE**

2.95 miles (present course established 1972, first races 1977)

College of San Mateo - Home Course

(entries current through 1995)

<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>
Renee Ortiz-Wykoff	College of the Sequoias	16:51	5:43	1979
Ann Regan	West Valley College	17:10	5:50	1979
Dina Farage*	West Valley College	17:11		1990
Kathy Perkins	West Valley College	17:13	5:51	1978
Ann Wotherspoon	West Valley College	17:14		1978
Perkins	West Valley College	17:18	5:52	1978
Irene Crowley	San Jose City College	17:19	5:53	1979
Leslie Hawkins	Monterey Peninsula College	17:29	5:56	1984
Maria Hartz	Foothill College	17:29		1992
Laurie Crisp	Modesto Junior College	17:30		1980
(10,9)				
Teresa Barrios	Mira Costa College	17:33	5:57	1986
Wotherspoon	West Valley College	17:34	5:58	1978
Carrie Tacheira*	Modesto Junior College	17:36		1992
Yosie Shimizu	Shasta College	17:37	5:59	1985
Farage	West Valley College	17:37		1990
Lita Whiteman	Grossmont College	17:41	6:00	1979
Lucia Rodriguez	Grossmont College	17:41		1979
Roxanne Bier	West Valley College	17:41		1985
Diana Davis	West Valley College	17:42		1979
Jeanie Weber	El Camino College	17:43	6:01	1979
Peggy Smith	Santa Rosa Junior College	17:43		1982
Ann Kendrick	Foothill College	17:43		1984
(22,19)				
Serena Domingues	Fresno City College	17:44		1979
Linda Jungsten	Canada College	17:44		1981
Stacy McAfee	Sierra College	17:45	6:02	1985
Robin Tracy	Antelope Valley College	17:46		1978
Loretta Cruz	College of the Sequoias	17:46		1987
Tina Cheney	Mira Costa College	17:47		1984
Deena Adams	San Jose City College	17:47		1987
Tacheira	Modesto Junior College	17:47		1992
Heidi Hanson	Allan Hancock College	17:49	6:03	1988
Sherry Simmons	Los Angeles Harbor College	17:50		1979
(31,28)				

<u>Name</u>	<u>College</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>
Jackie Brasted	Foothill College	17:51	6:04	1985
Tacheira	Modesto Junior College	17:53		1993
<i>Maria Trujillo</i>	<i>Hartnell College</i>	<i>17:54</i>	<i>6:05</i>	<i>1980</i>
Becky Collins	Shasta College	17:55		1988
Rachel Hawtin	City College of San Francisco	17:55		1993
Shelly Loveall	Allan Hancock College	17:56		1988
Natalie Fernandez	Orange Coast College	17:58	6:06	1979
Carla Halford	West Valley College	17:58		1983
Pam Allenby	American River College	17:58		1988
Honor Fetherston	City College of San Francisco	17:58		1992
Hartz	Foothill College	17:58		1992

(43,37)

Susan Radford	Monterey Peninsula College	17:59		1983
Karen Talamantes	Mt. San Antonio College	17:59		1989
McAfee	Sierra College	18:00	6:07	1984
Diana David	Butte College	18:01		1980
Jeanette Allred	American River College	18:01		1981
Val Eberly	West Valley College	18:02		1979
Bonnie Dwyer	City College of San Francisco	18:02		1982
Farage	West Valley College	18:02		1989
Pauline Stehley	Mira Costa College	18:03	6:08	1984
Brenda Payton	American River College	18:03		1985

(53,45)

Sharon Hehner	De Anza College	18:04		1977
Tata Slattom	Grossmont College	18:04		1979
Maricela Benavidez	Orange Coast College	18:04		1989

(56, 48)

Ran slightly modified rain course:

Sabrina Peters	Monterey Peninsula College	17:23	x	1979
Beth Milewski	Ventura College	17:45	x	1979
Trujillo	Hartnell College	17:52	x	1979

(59 entries/performance, 50 runners/performers)

* List leaders: 3 entries each

Bold face: most recent entries

Italics: 1994 Mexico Olympian, marathon