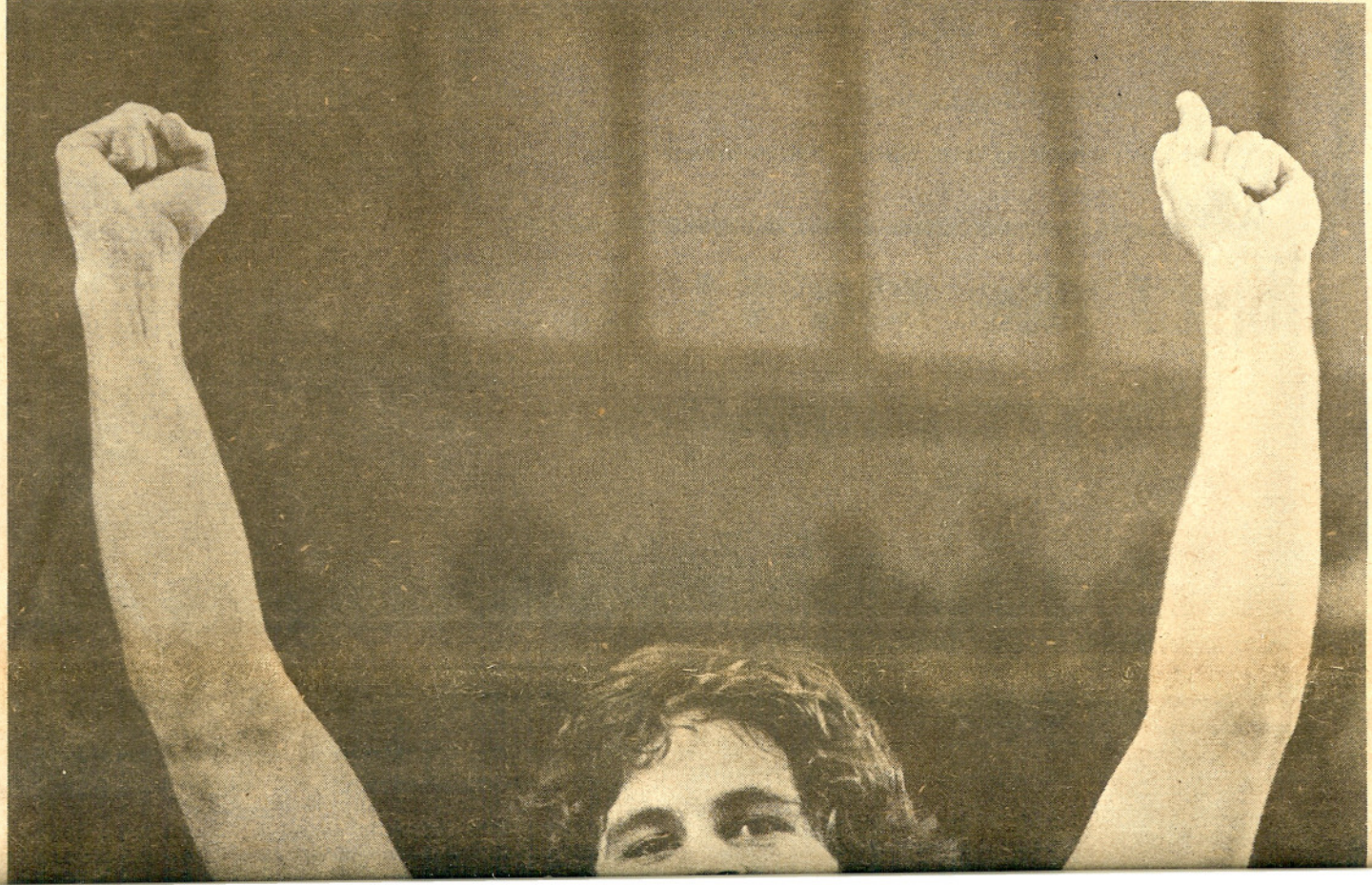


CALIFORNIA TRACK NEWS

February 1978

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Issue 22



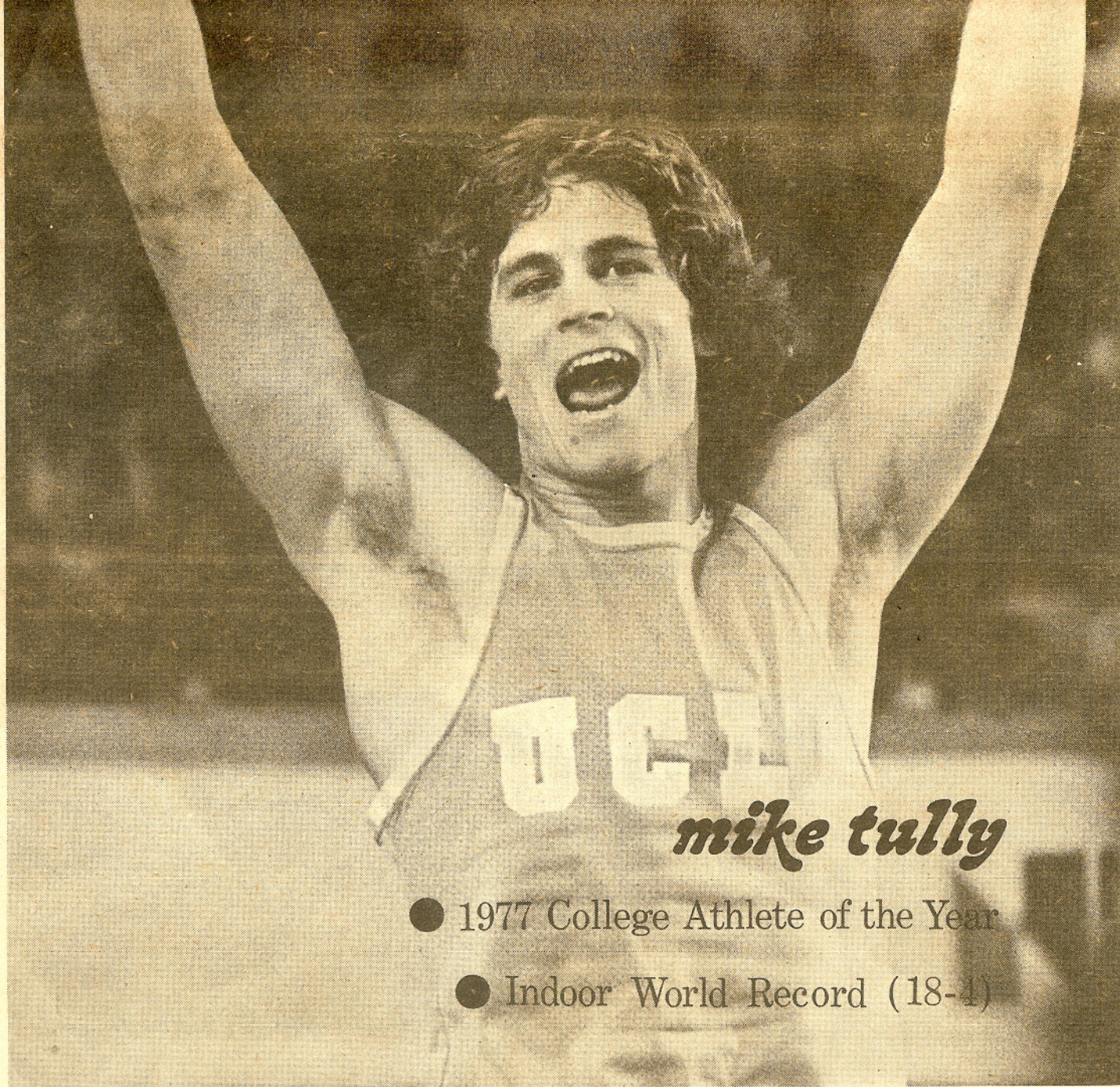
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mike tully

- 1977 College Athlete of the Year
- Indoor World Record (18-4)

The Only Publication Devoted to California Track



CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue
Fresno, CA 93702

EDITOR: *Bill Cockerham*
PRODUCTION MANAGER: *Judy Cockerham*

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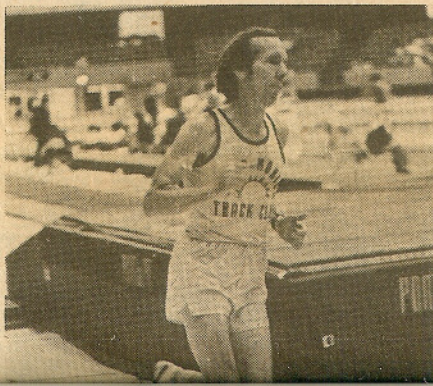
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meet the staff:

Peter Mundle

Peter Mundle has been very instrumental in the development of masters coverage in California Track News but even more than this he has been a leader in forging the way for the masters program for the whole nation.

Peter's work with California Track News has been primarily with masters statistics; such things as yearly rankings, all time lists and records. It is a very time consuming work, but one which is much



EDITORIAL

The California Athlete of the Year selections are always an highlight of the year for us. In some divisions we had a pretty good idea of who would be awarded the top honor — such as Miki Gorman in the Masters Women Cross Country/Road Racing catagorie. However other divisions weren't quite so obvious. That's where the real fun comes in — the panel of experts didn't always agree and the suspense mounted with each mail delivery.

Two of the toughest catagories to judge had to be the Men's 4 Year College Track and the Men's Open (out of school) Track. Consider these five collegians and see if you can pick a clear cut California collegiate athlete of the year: Mike Tully(winner of the PAC-8, AAU and World Cup, third best world mark in 1977); Clancy Edwards(winner of PAC-8 in 100 & 200, British 100 & 200 champ, World Cup winner, Number four mark in '77); James Owens(winner of PAC-8, NCAA, and AAU, number three mark in '77); Tom Andrews(winner of PAC-8, NCAA, British, and World University Games, number four world mark in 1977); Ron Livers(winner of PCAA, NCAA, and second in World University Games, number two mark in the world in 1977). And to further complicate the picture they all had fairly equal 1977 world rankings by Track & Field News magazine: Tully was number 2, Edwards & Livers 3, and Owens & Andrews 4.

In the final total Mike Tully just edged out Clancy Edwards. Had Clancy not been injured during the major U.S. championships it might have been a different story.

The Men's Open (out of school) Track catagorie was just about as tough. Try and separate Arnie Robinson(AAU and World Cup champ) and Fred Dixon (AAU and US/USSR/Canada champ). Both are rated number one in the world in 1977 in their event. We thought the voting would be closer but Arnie had a clear margin of victory. If the decathlon had more visibility in a non olympic

similar shot at a four year selection in the Senior Women's Cross Country running, but a late season injury ended her chances — she still finished second in the voting. Bill Fitzgerald had a similar chance in Masters Track but wasn't rated.

There are other areas that consistently prove difficult for our panel of voters to separate. One of the hardest is the high school cross country athlete selections. Since there is not a state meet most of the top runners in each C.I.F. section don't compete against the top runners in the other sections. When, oh when, are we going to have a state high school cross country meet.

The Open (out of school) Cross Country division is almost as tough. The National AAU Championships, however, was a prime factor here since it at least provided an opportunity for the top runners to negotiate head to head competition.

The closeness of several of the catagories will, no doubt, cause some controversy. Other gray areas have to do with who counts as a Californian. For instance: Guy Arbogast was red-shirting at Colorado while running for the Colorado Track Club. We always claim Californians running for an out of state college or those who move out of state but continue to compete for a California club. Once an athlete moves out of state and competes for a non-California club we don't consider them for current California ratings.

Another touchy situation was Jim Buell who ran for Kentucky all year and then joined Santa Monica Track Club in time for the National AAU Cross Country meet in which he placed an outstanding 17th. It would be hard to consider such an athlete as Athlete of the Year in California.

If picking the Athlete of the Year in each of the many catagories was not an easy task; you better believe determining the "All California" Honor Roll selections was even rougher.

We are sure some worthy athletes have been mistakenly overlooked. We

Peter Mundle has been very instrumental in the development of masters coverage in California Track News but even more than this he has been a leader in forging the way for the masters program for the whole nation.

Peter's work with California Track News has been primarily with masters statistics; such things as yearly rankings, all time lists and records. It is a very time consuming work, but one which is much appreciated by all those in the masters program.

We asked Peter to share a little bit about himself for the California Track News readers. His involvement in track goes much beyond statistics. Meet Peter Mundle.....

My track career started when the coach of our small Eugene, Oregon, high school made all of the boys in school run a mile course in order to find potential runners. After coming in last in my first try I was determined in my next try to make up for such an embarrassing performance. To my surprise in my next attempt I beat everyone easily. From then on I have been a track runner. I lettered in track, basketball, baseball and golf in high school and participated in city league play in these sports in Eugene.

My dad had me learning how to play golf when I was four years old. This was my best sport until college. I have competed in many golf tournaments winning a few now and then. I was selected for the all state golf team in my junior and senior years in high school (1945, 1946).

In college (University of Oregon, 1946 to 1950) I concentrated on track and in my last year under Bill Bowerman I won the Northern Division title in the two mile getting a University of Oregon two mile record. I also did my graduate work at Oregon (Masters degree in mathematics) and while doing this I helped Bowerman coach the track team



which, as it turned out, was the beginning of the great Oregon distance running era. My best time in high school was a 4:42 mile. In college my bests were 4:24 and 9:32.

After college I went to England for a year and was coached by their steeplechase coach gaining much experience training and racing with the best in England.

I was one of the charter members of the Southern California Striders and ran for them until 1960 at which time I became a dedicated Mike Igloi runner. Under Coach Igloi's superlative methods I improved all my distance racing times. I consider my best racing distance to be the one hour run and the marathon where I was ranked in the first five nationally for a few years and was a member of national championship teams in these events.

After turning 40, and still under Igloi I picked up American Masters records for all events from the mile to the one hour run. This was mainly due to the fact that I never stopped running and have trained every day since 1956.

Under Igloi my training was mostly hard interval work (which I love) and it

and Owens & Andrews 4.

In the final total Mike Tully just edged out Clancy Edwards. Had Clancy not been injured during the major U.S. championships it might have been a different story.

The Men's Open (out of school) Track categorie was just about as tough. Try and seperate Arnie Robinson (AAU and World Cup champ) and Fred Dixon (AAU and US/USSR/Canada champ). Both are rated number one in the world in 1977 in their event. We thought the voting would be closer but Arnie had a clear margin of victory. If the decathlon had more visibility in a non olympic year it might have been closer.

Five 1977 Athletes of the Year are repeat recipients of the honor: Miki Gorman, Gary Tuttle, Kate Schmidt, Tim Holmes, and Jim O'Neil. Only Gary Tuttle has been a selection all four years. California Track News has put together such an award. Gary has been top Long Distance/Road Racer in California for 11 years in a row. Julie Brown had a

became longer and harder as I got older and more 'mature.' I had some of my toughest workouts at age 39 (he really prepared me for the upcoming masters competition!). I still pursue the hard interval type training but not as often at my present age of 49.

I have always loved running. I especially love long fairly hard workouts where total concentration is riveted on obtaining good rhythm and total body coordination and the beautiful aesthetic feeling of tranquility that results. This feeling of being in complete harmony with mother nature is a fabulous experience and I never cease to be amazed at how powerful it is.

I also very much like to compete and I think this is because I still want to prove that one can run well at any age. I also like the pre and post race chatter and the lively fun loving spirit that prevails at every meet. I would love to coach but one can't train hard, coach and have a productive job without sacrificing ones potential somewhere.

for current California ratings.

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If picking the Athlete of the Year in each of the many categories was not an easy task; you better believe determining the "All California" Honor Roll selections was even rougher.

We are sure some worthy athletes have been mistakenly overlooked. We are sorry. Since the All California Honor Roll is such a gigantic task we are wondering about the credibility and worth of such an undertaking. If our readers enjoy it and want it we'll keep compiling it. Otherwise, we're considering either drastically modifying it or dropping it. It is a lot of work. Let us know what you think — please write today and tell us your preference on it.

Being a collector of statistics all my life it was only natural that I began compiling masters records when the opportunity came as it did in 1972. I really love to follow the improvement of athletes and watch new ones come into the masters scene. And, of course, it is enjoyable to write about the exploits of others, too.

I was working at UCLA until I was laid off in June of 1977. I came to UCLA in 1971 and have worked there as a creator and maintainer of statistical packaged computer programs. I hope to get a job in another department at UCLA as a statistical consultant where I would advise users of the best way to solve their problems.

Besides being a collector of records, I collect stamps and coins and I especially like to collect Olympic mementos.

My best marks are (pre age 40/post age 40): mile- 4:16/4:26; two mile- 9:11/9:28; 5000 meters- 15:01/15:12; 10,000 meters- 31:10/32:08; steeplechase 9:16/-; one hour- 11-730/11-626; and marathon- 2:24:45/2:36:57.

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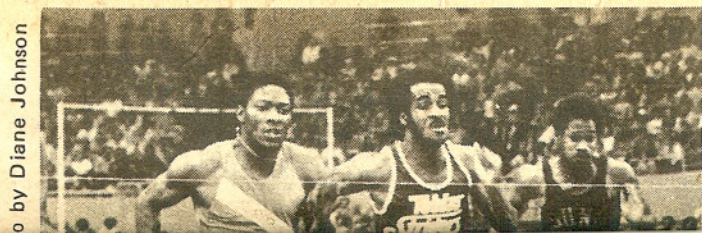


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OLYMPIANS
& OTHER STARS

James Robinson

Also featuring top California Junior College athletes as well as High School Boys & Girls competition.

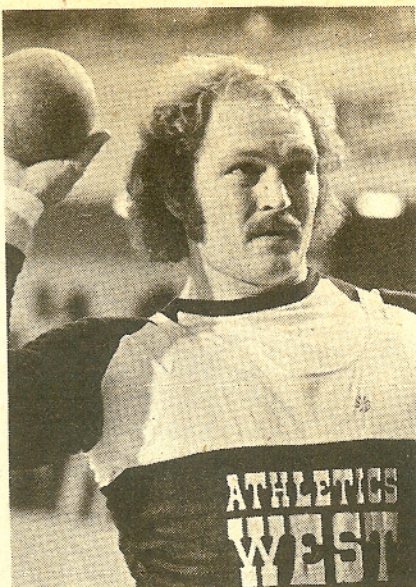
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HOUSTON McTEAR

DON QUARRIE

photo by Diane Johnson



AL FEUERBACH

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& OTHER STARS

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- John Powell
- Derrald Harris
- Rick Brown
- Houston McTear
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- Ken Staddel
- Paul Underwood
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CALIFORNIA TRACK NEWS

1977
ATHLETES
OF THE
YEAR

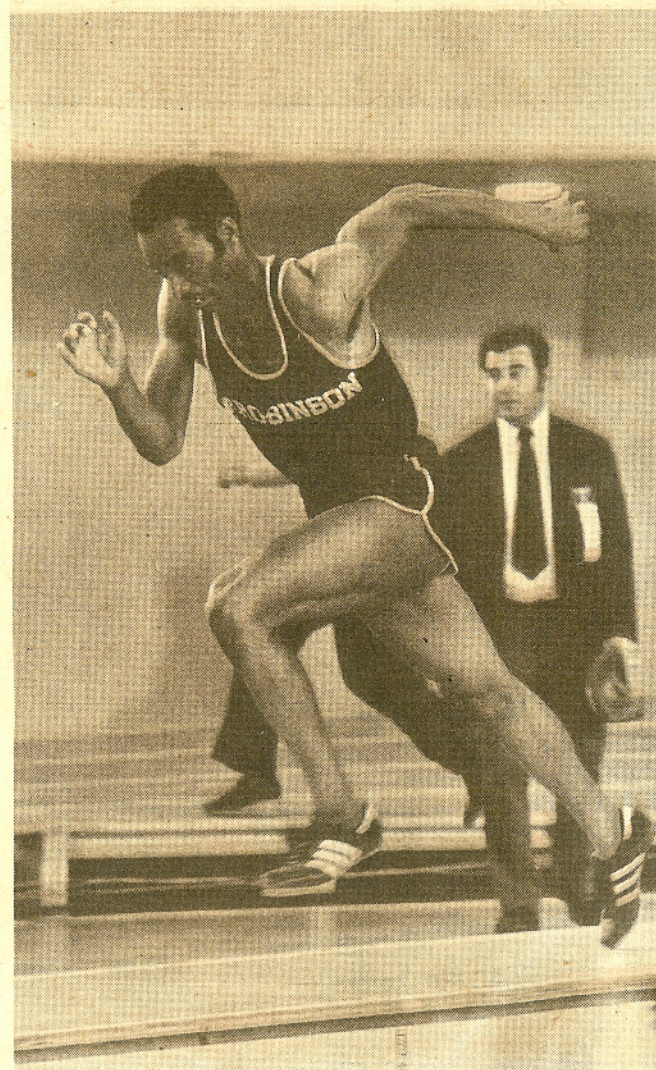


photo: by Diane Johnson

ARNIE ROBINSON

Now that 1977 is in the record book and the 1978 season is fast upon us it's time to honor the California Athlete of the Year selections by divisions. Ballots were mailed out to our pannel of experts and their choices are tabulated here. The most outstanding California athlete for each division is listed with the vote-points received.

OPEN MEN'S TRACK
(out of school)

ARNIE ROBINSON(44): Ranked number one in the world by Track & Field News. Won the two biggest meets of the year: the AAU Nationals and the World Cup.
Others: Fred Dixon(34), Mac Wilkins(28), Milan Tiff(5), Dwight Stones (5), Dan Ripley(2).
Previous selections: Bruce Jenner

SENIOR WOMEN'S TRACK

KATE SCHMIDT(53): Kate's 227-5 world record was what it took to swing the California Athlete of the Year over many of the nation's most outstanding women athletes.
Others: Jane Frederick(28), Julie Brown(19), Rosalyn Bryant(19), Jodi Anderson(18), Evelyn Ashford(17).

MEN'S 4 YEAR
COLLEGE TRACK

MIKE TULLY(36): Although taking second in the NCAA he won the other major championship meets: PAC-8, AAU and World Cup. Third best mark in the world in 1977.
Others: Clancy Edwards(34), Ron

OPEN MEN'S TRACK

(out of school)

Now that 1977 is in the record book and the 1978 season is fast upon us it's time to honor the California Athlete of the Year selections by divisions. Ballots were mailed out to our pannel of experts and their choices are tabulated here. The most outstanding California athlete for each division is listed with the vote-points received. The other athletes receiving votes and the number follow each selection. For further discussion of the selection process please refer to the editorial on page 2.

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Others: Fred Dixon(34), Mac Wilkins(28), Milan Tiff(5), Dwight Stones (5), Dan Ripley(2).

Previous selections: Bruce Jenner 1974, John Powell 1975, Bruce Jenner 1976.

SENIOR WOMEN'S TRACK

KATE SCHMIDT(53): Kate's 227-5 world record was what it took to swing the California Athlete of the Year over many of the nation's most outstanding women athletes.

Others: Jane Frederick(28), Julie Brown(19), Rosalyn Bryant(19), Jodi Anderson(18), Evelyn Ashford(17), Francie Larrieu(17), Andrea Lynch(3), Joni Huntly(2), Pat VanWolvelaere(1).

Previous selections: Francie Larrieu 1974, Jane Frederick 1975, Kate Schmidt 1976.

MEN'S 4 YEAR COLLEGE TRACK

MIKE TULLY(36): Although taking second in the NCAA he won the other major championship meets: PAC-8, AAU and World Cup. Third best mark in the world in 1977.

Others: Clancy Edwards(34), Ron Livers(17), James Owens(16), Tom Andrews(10), Steve Scott(5), Terry Albritton(2), Thom Hunt(1).

Previous selections: Dwight Stones 1976.



photo by Diane Johnson

HOUSTON McTEAR



photo by Diane Johnson

MIKE TULLY

JUNIOR COLLEGE MEN'S TRACK

HOUSTON MCTEAR(38): Not only won the California State Junior College Championship but set a string of records in JC track meets.

Others: Derald Harris(32), Charles Brown(24), Shannon Laird(11), Luc La-Pierre(10), Tom Harris(10), Steve Chepkwony(4), Billy Mullins(3), Ed Ramirez(3), Dave Laut(2), Dan Aldridge(1).

Previous selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976.

JUNIOR COLLEGE WOMEN'S TRACK

GAIL DOUGLAS(21): Put it together at the newly formed California Junior College Women's State Championships by winning three gold medals.

Others: Denise Cornell(20), Arlene Mears(6), Joyce Dendo(5), Yvonne Boone(5), Jame Voss(4), Melissa Quicke(2), Sue Munday(1).

HIGH SCHOOL BOY'S TRACK

JAMES SANFORD(50): Tops in the state in the 220 and 440 yard dashes. His 1977 marks rank him number one in the US in the 220 and number 3 in the 440.

Others: Anthony Curran(18), Mark Stilman(16), Dokie Williams(4), Jim Walters(4), Dennis Smith(4), Kurt Durham(4), Frank Assuma(4), Andre Phillips(1), Phil Jackson(1).

Previous selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubly 1976.

MASTERS DIV. II (50-59) TRACK

TOM PATSALIS(50): Three gold medals at the World Masters Championships. A top long and triple jumper plus a good sprinter and hurdler.

Others: Jim O'Neil(42), Mauro Hernandez(13), Bob Watanabe(12), Bob Hunt(10), Bob Sieben(9), George Ker(5), Avery Bryant(4), Jim Oleson(2), Sid Toabe(1).

Previous selections: Bill Fitzgerald 1975, Bill Fitzgerald 1976.

MASTERS DIV. III (60-69) TRACK

PAYTON JORDAN(60): Unbeatable in age 60 and over sprints. World records in 100 and 200.

Others: Bill Morales(26), Ray Mahannah(13), Jack Thatcher(8), Fritz Sjstrand(7), Jim Vernnon(5), Tony Castro(5), John Montoya(4).

Previous selections: Jack Thatcher 1976.

MASTERS DIV. IV (70+) TRACK

JOSIAH PACKARD(30): World bests at 100, 200 and 400 meters with such fantastic times as 13.9, 29.2, & 64.6.

Others: Monte Montgomery(22), Paul Spangler(22), Red Doms(20), Sing Lum(17), Winfield McFadden(3), Emery Curtice(1).

Previous selections: Paul Spangler 1976.



photo by Jeff Zimmerman

DAVE BABIRACKI



photo by Keith Conning

JUDY GRAHAM

OPEN MEN'S CROSS COUNTRY (out of school)

DAVE BABIRACKI(38): Came through in the "Big One." First California out of school athlete in the National AAU Cross Country Championships.

Others: Gary Romesser(23), Duncan Macdonald(23), Jim Buell(6), Tony

SENIOR WOMEN'S CROSS COUNTRY

JUDY GRAHAM(62): First Californian in 1977 National AAU Cross Country Championships with 5th. place.

Others: Julie Brown(24), Susie Sanchez(20), Sue Kinsey(15), Ann Wotherspoon(10), Ann Trupp(9), Chris Troffer

JAMES SANFORD(50): Tops in the state in the 220 and 440 yard dashes. His 1977 marks rank him number one in the US in the 220 and number 3 in the 440.

Others: Anthony Curran(18), Mark Stilman(16), Dokie Williams(4), Jim Walters(4), Dennis Smith(4), Kurt Durham(4), Frank Assuma(4), Andre Phillips(1), Phil Jackson(1).

Previous selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubley 1976.

JUNIOR WOMEN TRACK

(including high school)

ANN REGAN(56): Her 2:04 was tops in the United States for juniors. She placed second in AAU Junior Nationals and the USSR dual.

Others: Linda Goen(36), Kim Robinson(22), Cathy Sulinski(14), Jeanette Bolden(11), Kerry Zwart(11), Kris Costello(8), Gwen Loud(6), Christy Pyle(5), Valerie Brisco(4), Roxanne Bier(4), Marion Franklin(2), Lisa Gourdine(2), Karen Elmore(2), Vicky Bray(1).

Previous selections: Mary Decker 1974, Cathy Sulinski 1975, Frieda Cobbs 1976.

MASTERS DIV. I (40-49) TRACK

DAVE JACKSON(42): Winner of World Masters high hurdles. Near world record in the 40 and over triple jump with his 45-2¼. Also, top sprinter and long jumper

Others: Ken Dennis(33), Milton Newton(20), Jerry Smartt(20), Wilbur Williams(10), Bob Humphries(6), Peter Mundle(6), Pete Richardson(4), Hans Bruhner(2), Tom Sturak(2), Phil Conley(1).

Previous selections: Bill Fitzgerald 1974, Peter Mundle 1975, Shirley Davison 1976.

MASTERS DIV. IV (70+) TRACK

JOSIAH PACKARD(30): World bests at 100, 200 and 400 meters with such fantastic times as 13.9, 29.2, & 64.6.

Others: Monte Montgomery(22), Paul Spangler(22), Red Doms(20), Sing Lum(17), Winfield McFadden(3), Emery Curtice(1).

Previous selections: Paul Spangler 1976.

photo by Percy Knox



DAVE JACKSON

MASTERS WOMEN (40+) TRACK

IRENE OBERA(20): Won the Far Western AAU 100 & 200 and then the World Games 100.

Others: Donna Gookin(8), Almeda Parish(1).

DAVE BABIRACKI

OPEN MEN'S CROSS COUNTRY (out of school)

DAVE BABIRACKI(38): Came through in the "Big One." First California out of school athlete in the National AAU Cross Country Championships.

Others: Gary Romesser(23), Duncan Macdonald(23), Jim Buell(6), Tony Ramirez(2).

Previous selections: Bob Thomas 1976.

JUDY GRAHAM

SENIOR WOMEN'S CROSS COUNTRY

JUDY GRAHAM(62): First Californian in 1977 National AAU Cross Country Championships with 5th. place.

Others: Julie Brown(24), Susie Sanchez(20), Sue Kinsey(15), Ann Wotherspoon(10), Ann Trupp(9), Chris Troffer(3), Kate Keyes(1).

Previous selections: Julie Brown 1974, Julie Brown 1975, Julie Brown 1976.

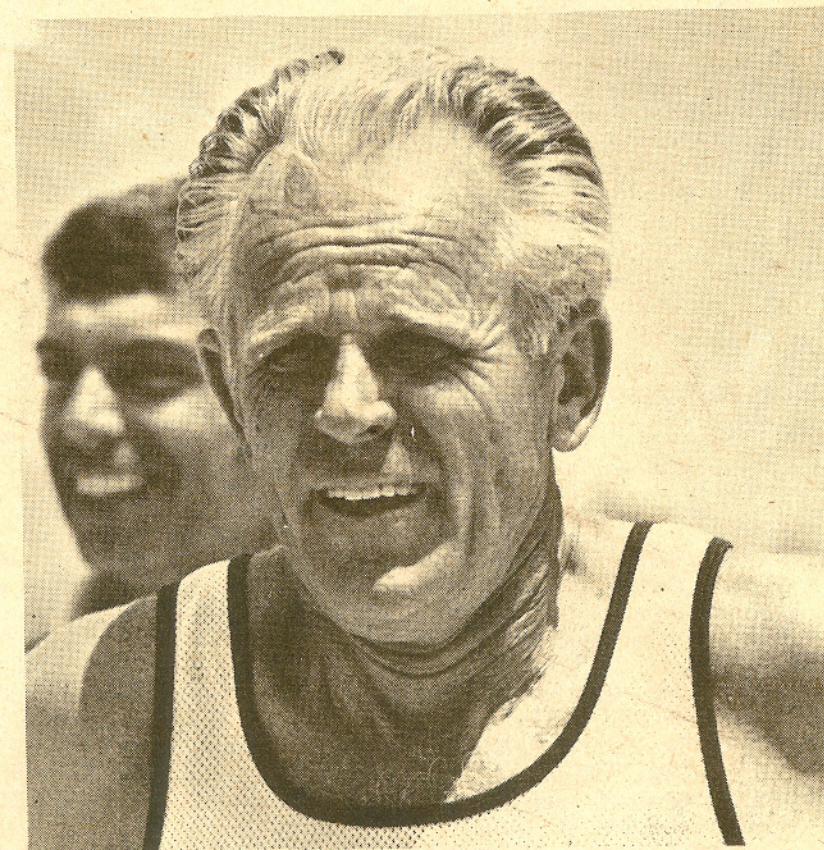


photo by Diane Johnson

PAYTON JORDAN

MEN'S 4 YEAR COLLEGE CROSS COUNTRY

THOM HUNT(50): 3rd. in the NCAA Dist 8, 8th. in NCAA Championships, and 4th. in the National AAU Cross Country Championships as first Californian.

Others: Benton Hart(24), Mark Spilsbury(16), Brian Hunsaker(7), Jim Schankel(2).

Previous selections: Dave Taylor 1974, Terry Williams 1975, Terry Cotton 1976.

JUNIOR COLLEGE MEN'S CROSS COUNTRY

TIM HOLMES(50): Beat many very good runners in an outstanding performance in winning the California Junior College State Cross Country Championships.

Others: Joe Ebner(34), Joaquin Leano(22), Kevin Burkin(14), Sal Godinez(3), Barry Boettcher(2), Mark Hilton(1), Chris Hughes(1).

Previous selections: Bob Thomas 1974, Henry Perez 1975, Bob Paulin 1976.

JUNIOR COLLEGE WOMEN'S CROSS COUNTRY

RUTH CALDWELL(30): Outstanding season topped off by winning the California Junior College State Championship.

Others: Sue Munday(18), Ann Wotherspoon(12), Tina Moran(3), April Powers(2), Darlene Love(1).



JUNIOR COLLEGE WOMEN'S CROSS COUNTRY

RUTH CALDWELL(30): Outstanding season topped off by winning the California Junior College State Championship.

Others: Sue Munday(18), Ann Wotherspoon(12), Tina Moran(3), April Powers(2), Darlene Love(1).

HIGH SCHOOL BOY'S CROSS COUNTRY

FRANK ASSUMMA(32): Even though he lost, while sick, early season meets he still put it all together in the end by winning the tough C.I.F. Southern Section Cross Country Finals.

Others: Chuck Assumma(23), Rick Rose(7), John Gerhardt(7), Dave Coulman(6), Rod Berry(6), Jon Stormo(6), Bob Love(2).

Previous selections: Ralph Serna 1974, Thom Hunt 1975, Tim Holmes 1976.

JUNIOR WOMEN CROSS COUNTRY

(including high school)

SUSAN SANCHEZ(56): Dominated the C.I.F. Southern Section and placed 11th in the Senior Women's National AAU Cross Country Championships as the second Californian.

Others: Linda Goen(22), Roxanne Bier(16), Marquite Belk(12), Irene Crowley(8), Carol Keller(7), Michelle Bush(6), Tami Darr(6), Cheri Williams(6), Laurie Crisp(2), Diane Barrett(1), Ann Regan(1).

Previous selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976.

MASTERS DIV. I (40-49) CROSS COUNTRY/ROAD RACING

KENT GUTHRIE(100): Won many races in his division. 1:51 for 20 miles and 3rd in the National Masters Cross Country Meet.

Others: Ralph Bowles(33), John Brennand(27), Truman Clark(21), Darryl Beardall(14), Ed Gookin(11), Darty Cronin(7), Jerry Smartt(6), Ray Menzie(4), Ross Smith(2), Roger Bryan(2), John Rudberg(2), Bill Crum(2), Len Efron(1).

Previous selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976.

the remarkable ASSUMMA brothers

photo by Bill Leung, Jr.

MASTERS DIV. II (50-59) CROSS COUNTRY/ROAD RACING

JIM O'NEIL(100): Far out in front in both cross country and roads. 2:35 marathon in 1977.

Others: Ed Almeida(50), Dan Sheeran(22), Ray Gil(18), Fred Nagelschmidt(12), Sid Toabe(5), Bob Malain(4), Jim Oleson(4), Dick Davis(2).

Previous selections: Jim O'Neil 1975, Jim O'Neil 1976.

NEW Subscribers !

Recently we made a major change in our operation by increasing the number of issues published from 6 to 10 issues per year. The current yearly subscription rate is \$7.00. If you paid \$3.50 for your subscription, you will receive the number of issues you paid for under the old system, that is 6 issues. The date on the right hand side of your address label indicates the date of the last issue you will receive prior to renewal

MASTERS DIV. III (60-69) CROSS COUNTRY/ROAD RACING

CHARLES SEEKINS(66): Won many road races and recorded a 3:13 marathon. SPA 10 & 30 kilo champion, as well as the National AAU 15 Kilo Masters Cross Country meet.

Others: John Montoya(28), Paul Reese(20), Jim Bole(6), Clyde Alling(6), Wayne Zook(3), Al Clark(2), Chick Daulsten(2), Ed Lowell(1).

Previous selections: John Montoya 1976.

MASTERS DIV. IV (70+) CROSS COUNTRY/ROAD RACING

MONTY MONTGOMERY(70): World best age 70 and over marathon of 3:07.

Others: Paul Spangler(48), Jim Bole 16, Walt Stack(10), Willard Benton(4).

Previous selections: Paul Spangler 1976.

MASTERS WOMEN (40+) CROSS COUNTRY/ROAD RACING

MIKI GORMAN(80): Who else? No one comes close. Also California Athlete of the Year in the Female Long Distance/Road Racing category for all women.

Others: Ruth Anderson(30), Niki Hobson(18), Donna Gookin(8), Dorothy Stock(5), Carol Honeywell(2), Carol Cartwright(1).

FEMALE LONG DISTANCE & ROAD RACING

MIKI GORMAN(90): Won two "Biggies," Boston and New York marathons plus winner of many, many local road runs. Although she is over 40 she is still the best of any age. 2:43:10 clocking in the New York Marathon.

Others: Lean-Ann Rinehart(64), Judy Gumbs Leydig(37), Diane Barrett(16), Jacqueline Hansen(11), Penny DeMoss(8), Sue Peterson(8), Tina Anex(5), Judy Ikenberry(4), Kathy Martin(4), Susie Sanchez(4), Sue Kinsey(4), Roxanne Bier(3), Kathy Jewell(2), Barbara Patterson(2).

Previous selections: Jacki Hansen 1974, Jacki Hansen 1975, Miki Gorman 1976.

MALE LONG DISTANCE & ROAD RACING

GARY TUTTLE(52): Won the prestigious Gran Prix and the big money Beverly Hills 10 Kilo; plus the SPA 15 Kilo and the National AAU 20 Kilo Championship.

Others: Jim Nuccio(44), Duncan Macdonald(32), Brian Maxwell(27½), Chuck Smead(13), Ron Wayne(12½), Paul Geis(6), Dave Babiracki(6), Gary Romesser(5), Kevin Heaton(4), Mike Cour(2), Joe Carlson(2), Frank Bozanich(1), Tom Lee(1), Ed Schlegle(1).

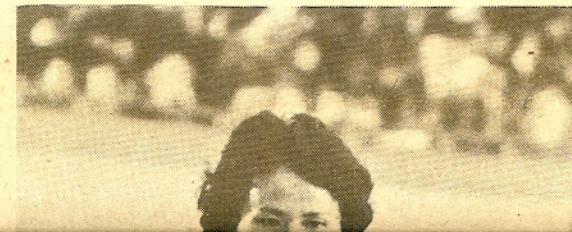
Previous selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976.



SUSIE SANCHEZ

photo by Bill Leung, Jr.

photo by Diane Johnson



comes close. Also California Athlete of the Year in the Female Long Distance/Road Racing category for all women.

Others: Ruth Anderson(30), Niki Hobson(18), Donna Gookin(8), Dorothy Stock(5), Carol Honeywell(2), Carol Cartwright(1).

1974, Gary Tuttle 1975, Gary Tuttle 1976.

photo by Bill Leung, Jr.

photo by Diane Johnson



MONTY MONTGOMERY



GARY TUTTLE



SUSIE SANCHEZ

MIKE GORMAN

HONOR ROLL 1977

Each year CALIFORNIA TRACK NEWS attempts to select the most outstanding California athletes in the various divisions of our sport and award them "All California" standing. In determining "All California" status performance at the national and state level was taken into account and then quality of performance and consistency were also considered. The abbreviations used for the various divisions are: SWXC = Senior Women(18+) Cross Country, OMXC = Open Men (out of school) Cross Country, M4CT = Men 4 Year College Track, MMT = Masters Men Track, OMT = Open (out of school) Men Track, MWT = Masters Women Track, MMLD = Masters Men Cross Country/Road Racing, MWLD = Masters Women Cross Country/Road Racing, MLD = Male Long Distance/Road Racing, FLD = Female Long Distance/Road Racing, JCWXC = Junior College Women Cross Country, JCMXC = Junior College Men Cross Country, M4CXC = Mens 4 Year College Cross Country, JCWT = Junior College Women Track, JCMT = Junior College Men Track, HSBT = High School Boys Track, HSBXC = High School Boys Cross Country, JWXC = Junior Women (including high school) Cross Country, JWT = Junior Women (including high school) Track, SWT = Senior Women (18+) Track.

Doreen Assumma SWXC
 Marie Albert SWXC
 Frank Assumma HSBT, HSBXC
 Frank Alvarez HSBT
 Willie Alexander HSBT
 Ed Almeida MMLD
 Clyde Alling MMLD
 Guy Abrahams OMT
 Ed Arcara OMT
 Wayne Ambrose MMT
 Mal Andrews MMT
 Ed Austin MMT
 Earl Archer MMT
 Dan Aldrich MMT
 Joel Andrews M4CT
 Ed Arriola M4CT
 Jon Armstrong M4CT
 Ed Ahlmeyer M4CT
 Keith Adams M4CT
 Terry Albritton M4CT
 Ruth Anderson MMLD
 Tena Anex FLD
 Guy Arbogast M4CXC
 Dan Aldridge JCMT

Mike Bisbee JCMT
 Scott Blackburn JCMT
 Mike Brown JCMT
 John Brenneman JCMT
 Glen Best JCMT
 Robbie Bray JCMT
 Bob Burch JCMT
 Bob Boller JCMT
 Charles Brown JCMT
 Black JCMT
 Mark Booth JCMT
 Renaye Bowen SWT
 Rosalyn Bryant SWT
 Kathy Bryant SWT
 Valerie Brisco SWT,JWT
 Janet Benford SWT
 Sue Brodock SWT
 Joyce Brodock SWT
 Linda Bottlik SWT
 Vicki Betts SWT
 Monnette Branson SWT
 Jeanette Bolden JWT
 Vicki Belser JWT
 Marquita Belk JWT, JWXC

Vickey Cook SWT
 Frieda Cobbs JWT
 Deandra Carney JWT
 Kim Costello JWT
 Chandler JWT
 Dave Coulman HSBXC
 Laurie Crisp JWXC
 Irene Crowley JWXC

Grey Dean JCMXC
 Chris Dailey HSBT
 Kurt Durham HSBT
 Steve Deforest HSBT
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 Chick Daulsten MMLD
 Shirley Dietderich MWT
 Larry Doubley OMT, M4CT
 Fred Dixon OMT
 Ken Dennis MMT
 Ozzie Dawkins MMT
 John Dick MMT
 Shirley Davisson MMT
 John Damski MMT
 W. Davider MMT
 Jerry Donley MMT
 Redmond Doms MMT
 Mark Dulaney OMXC, OMT

Greg Foster M4CT
 Joe Fabris JCMXC
 Tim Farrell JCMXC
 Mark Fricker HSBT
 James Fraizier HSBT
 Ricky Fairman HSBT
 Mike Farmer OMT
 Dave Friday OMT
 Al Feuerbach OMT
 Peter Farmer OMT
 George Frenn OMT
 Peter Fetter MMT
 Bill Frederickson MMT
 Bill Fitzgerald MMT
 C. Frauendorfer MMT
 Carl Florant M4CT
 Larry Flynn M4CT
 Bob Feuerbach M4CT
 Ralph Fruguglietti M4CT
 Dave Fuller JCMT
 Paul Fuller JCMT
 Marian Franklin SWT
 Jane Frederick SWT
 Marian Franklin JWT
 Cheryl Flowers JWT, JWXC

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 Clyde Alling MMLD
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 Ed Arcara OMT
 Wayne Ambrose MMT
 Mal Andrews MMT
 Ed Austin MMT
 Earl Archer MMT
 Dan Aldrich MMT
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 Ed Arriola M4CT
 Jon Armstrong M4CT
 Ed Ahlmeyer M4CT
 Keith Adams M4CT
 Terry Albritton M4CT
 Ruth Anderson MMLD
 Tena Anex FLD
 Guy Arbogast M4CXC
 Dan Aldridge JCMT
 Jon Albrecht JCMT
 Ned Armour JCMT
 Evelyn Ashford SWT
 Teri Anderson SWT
 Jodi Anderson SWT
 Tonya Alston SWT,JWT
 Kathy Adams JWT
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 Appell HSBXC
 Dave Avila HSBXC

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 Dave Babiracki OMXC,MLD
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 Kevin Burkin JCMXC
 Barry Boettcher JCMXC
 Brian Blue JCMXC
 Nick Breuer JCMXC
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 Gilbreath OMT
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 Marcus Gordien M4CT
 Juan Garcia M4CXC
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 Thurlis Gibbs JCMT
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 Calvert Jones JCMT
 Dwayne Joseph JCMT
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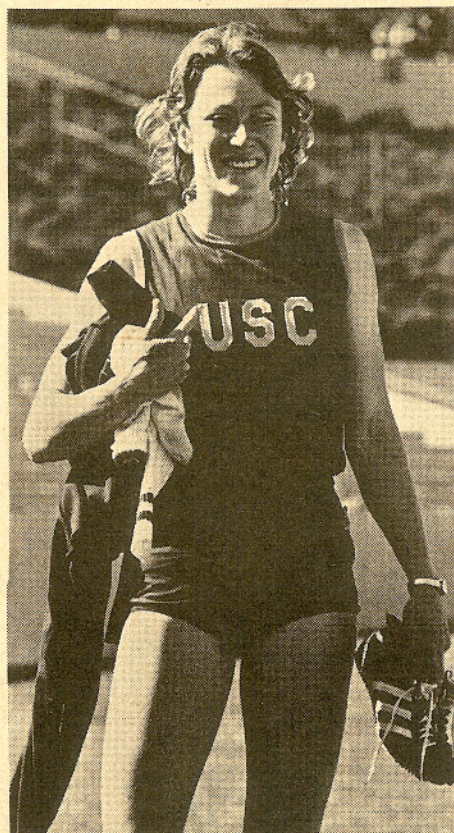
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ROSALYN BRYANT

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 Monty Montgomery MMLD, MMT
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 Mike Marlow OMT
 Jim McGoldrick OMT
 S. Madden MMT
 Bill Morales MMT
 Winfield McFadden MMT
 Peter Mundle MMT
 Robert McConaghy MMT
 Tom Montgomery MMT
 Phil Mills M4CT
 John Meisler M4CT
 Greg Magee M4CT

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 Rick Pincambe JCMXC
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 Curtis Perry HSBT
 Billy Pierce HSBT
 Craig Polley HSBT
 Dave Porath HSBT
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 Bob Pullard OMT
 John Powell OMT
 Tom Patsalis MMT
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 Vern Parish MMT
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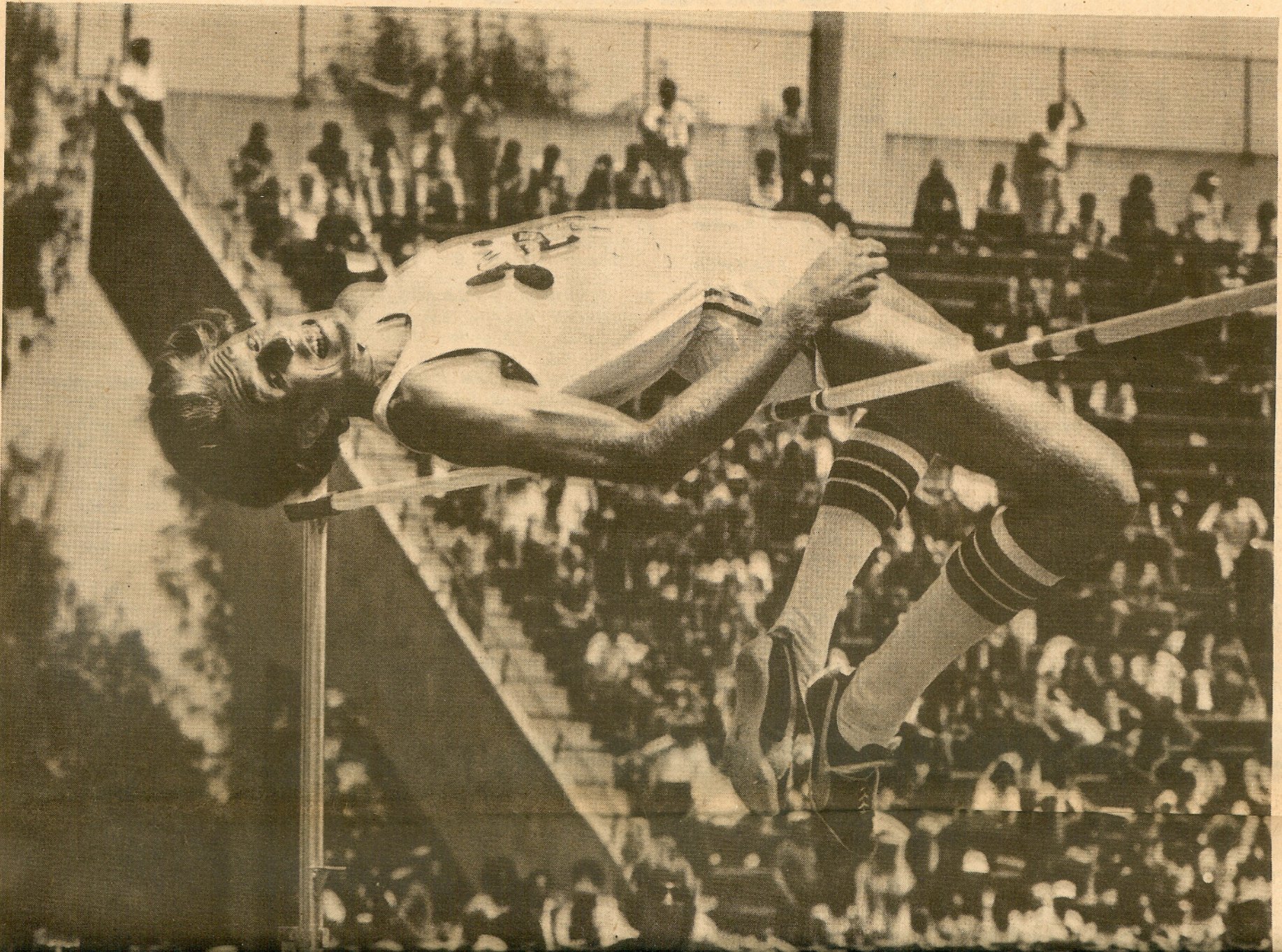
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SUE KINSEY (left), JULIE BROWN (center), & CHRIS TROFFER





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Tom Turner JCMT
Charlie Thomas JCMT
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Mike White HSBT
Jim Walters HSBT
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Tom Woods OMT
Mac Wilkins OMT
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John Warkentin OMT

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W. Westbrook MMT
Alan Waterman MMT
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Terry Williams M4CT
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Bart Williams M4CT
Tim Walker M4CT
Weaver M4CT
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John Ware JCMT
Eddie Wright JCMT
Bill Weed JCMT
Steve Watkins JCMT
Mark Wilson JCMT
Leo Williams JCMT
Todd Ward JCMT
John Warner JCMT
Kathy Weston SWT
Martha Watson SWT
Kim Webster JWT
Cynthia Warner JWT
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Kendis Warren JWT
Cheri Williams JWXC

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Kerry Zwart SWT, JWT
Carolyn Zeller JWT
Gale Zaphiropoulos JWT

UNITED STATES FEMALE BEST (BY AGE) LIST

A listing by event of the United States female age record for each age.

One year old Rene Lyst has recorded a two year old mark of 38.7 in the 100 yard dash; and 43 year old Irene Obera has clocked a 12.6.

compiled by
CALVIN BROWN

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ON THE COVER: MIKE TULLY won a close contest for 1977 California Collegiate Athlete of the Year. He has already started 1978 off with a bang by setting a new World Indoor Record of 18-4.

photo by Bill Leung, Jr.

Schedule

FEBRUARY

- 11 CHAPMAN INVITATIONAL. Chapman College, Orange. Coach Rex Ressler @ Chapman College.
- 11 BERKELEY ALL COMERS.
- 11 GLEN ELLEN RUNS. 3 & 11.5 kilos. Glenn McCarthy, Empire Runners, 335 Algiers Ct., Santa Rosa 95405.
- 11 SAN MATEO ALL COMERS.
- 11 IVANHOE ROAD RACE. 6 mile David Bronzan, 1173 W. Eymann, Reedley 93654.
- 12 WEST VALLEY MARATHON. San Mateo, 9 am. Jack Leydig, P.O. Box 1551, San Mateo 94401 (408) 341-3119.
- 12 HIDDEN VALLEY MARATHON Newbury Park, 8 am. Larry Ballew, 180 Academy Dr., Newbury Park 91320.
- 12 HANFORD TO CORCORAN 16 MILE RUN. 1 pm. Jess Arriaga, John Muir School, Letts & Bell Aves, Corcoran 93212.
- 12 EAST RIDGE-STREAM TRAIL 15 KILO. Skyline Gate, Oakland, 9 am. John Notch (415) 444-2602.
- 12 WINTER SUN RUN. 2 mile & 10 kilo. Folsom-South Canal Recreation Trail, 12:15 pm. David Island, 2717 Cottage Way, No. 6, Sacramento 95825.
- 12 SPA-AAU WOMEN'S ALL COMERS. U.C. Santa Barbara, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 17 SAN DIEGO INDOOR MEET. San Diego Sports Arena. Al Franken (213) 879-9210.
- 18 SAN FRANCISCO EXAMINER INDOOR GAMES. Cow Palac Jim Terrill (415) 965-2433.
- 18 BAKERSFIELD ALL COMERS. Memorial Stadium, 11:30 am. Charles Craig (805) 833-2347.
- 19 EXCELSIOR EAST END RUN 7.87 miles, Golden Gate Park, 10 am. Bob Darling, 1403 - 41st Ave., San Francisco 94122. 566-2491.
- 19 TULARE ROAD RACE. 6 mile, 2 pm. Tulare Youth Services, PO Box 202, Tulare 93274.
- 19 SPA-AAU 30 KILO CHAMPION-SHIPS. Culver City, 8 am. Culver City A.C., 4070 Minerva Ave., Los Angeles 90066.
- 20 WASHINGTON BIRTHDAY RUN Woodward Park, Fresno. Jim Martin, 2530 N. Barton, Fresno 93703.
- 25 WASHINGTON BIRTHDAY 8 MILE RUN. Ridgecrest, 10:30 am Frank Freyne, 201-A Blue Ridge Rd., China Lake 93555. (714) 446-3643.
- 25 MARTINEZ TO PORT COSTA BRICK YARD RUN. 8.4 miles, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. 685-5185.
- 25 TRAIL'S END MARATHON. Seaside, Oregon, 11:30 am. Ralph Davis, Seaside Chamber of Commerce, Box 7, Seaside, OR 97138. Must enter by February 18!
- 25 LONG BEACH INVITATIONAL TRACK MEET. Cal State Long Beach. Contact Ron Allice at CSU-Long Beach.
- 25 SENIOR WOMEN'S & AGE GROUP RELAYS. San Jose City College. E. Argabright, 1640 Tiffany Way, San Jose 95125.
- 25 ANDERSON DAM RUNS. 1.2 & 10 miles. Near Gilroy, 9:30 am. Bill Flodberg, 12925 Foothill, San Martin 95046.
- 25 WASHINGTON'S BIRTHDAY 8 MILE. Handicap, Ridgecrest, 10:30 am. Frank Freyne, 201-A Blue Ridge Rd., China Lake 93555.
- 25 TRAILS END MARATHON. Seaside, Oregon, 11:30 am. Enter by Feb. 18. Ralph Davis, Box 7, Seaside, OR 97138.
- 26 SPA-AAU WOMEN'S ALL COMERS. Cal State Northridge, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 26 RRC POSTAL 10 MILE RUN (roads). Armstrong Grove Park, Guerneville, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- 26 ADIDAS-A-THON. 10 kilo. Evergreen Valley College, 10 am. Office of Community Services, 2100 Moor park Ave., San Jose 95128.
- 26 PA-AAU 50 MILE CHAMPION-SHIPS. Marysville to Sacramento, 8 am. Mike Ipsen, P.O. Box 868, Redwood City 94061.
- 26 L.A.P.D. 6.1 MILE ROAD RUN
- 5 WINTER GAMES. Women & age group. College of Alameda. Willie White, 1551 Madison No. 112, Oakland 94612.
- 5 LONG BEACH RELAYS. Women & Masters. Cal State Long Beach. Ron Allice, CSULB Athletic Dept., 6101 7th. St., Long Beach.
- 11 KINGSMAN RELAYS. Small colleges. Cal Lutheran College.
- 11 LOS ALAMITOS MARATHON. 7:30 am. Mitch Lansdale, Los Alamitos Recreation Dept., 10911 Oak St., Los Alamitos 90720.
- 12 LAKE MERCED RELAYS. 5 person teams, 4.7 miles per leg. 10 am. Jim Scannell, 365 24th. Ave. No. 4, San Francisco 94121.
- 12 NATIONAL AAU 25 KILO. Senior & Masters & Women. Palos Verdes (Lunada Bay), 9 am. Carl Paulson, 1707 Pacific Coast Hwy, No. 315, Hermosa Beach 90254.
- 12 SPA-AAU WOMEN'S SEASON OPENER. Mt. SAC, Walnut, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 17 USTFF DECATHLON. Cal State Hayward, 9 am. 2 days.
- 18 LOS ANGELES MARATHON. Elysian Park, 8 am. Fred Honda, LA Dept. of Rec., 200 N. Main St. 13th. Floor, Los Angeles 90012.
- 18 BIG CREEK 15 KILO. Rich Petersen, Box 206, Laton 93242.
- 18 STANFORD RELAYS.
- 18 NORTHRIDGE RELAYS.
- 19 MARIN RED CROSS RUN. 6.5 mile. Kentfield, 10 am. Lee Strauss, 712 Fifth Ave., San Rafael 94901.
- 19 BROTHERHOOD GAMES. UC Berkeley (men & women). Nate

kilo. Folsom-South Canal Recreation Trail, 12:15 pm. David Island, 2717 Cottage Way, No. 6, Sacramento 95825.

25 MARTINEZ TO PORT COSTA BRICK YARD RUN. 8.4 miles, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. 685-5185.

PRE!

THE CAREER—IN WORDS AND PICTURES—OF AMERICA'S GREATEST DISTANCE RUNNER.

By Tom Jordan

Occasionally, in the history of a sport, an athlete appears who captures the imagination and affection of the fans, an affection which lasts through success and failure, controversy and congratulation. Steve Prefontaine was such an athlete, and PRE! is the story of his exceptional career.

From Pre's athletic start as a 9th-grader in the small town of Coos Bay, Oregon, to his last race in front of "his people" in Eugene, Track & Field News writer Tom Jordan chronicles the rise of this running prodigy who, before his death, came to hold every American record from 2000 to 10,000 meters.

Relying greatly on those who knew Pre the athlete best—his friends, running rivals, and fans—PRE! captures as well something of the personal qualities of a runner who was idolized by some and dismissed as arrogant by others. Detailed, too, through reminiscence and 65 photos from throughout his career, is Prefontaine's unique relationship with the people of his adopted town of Eugene.

PRE! is a book for them, and for anyone who marvelled, during that special era, at the accomplishments of this magnificent athlete.

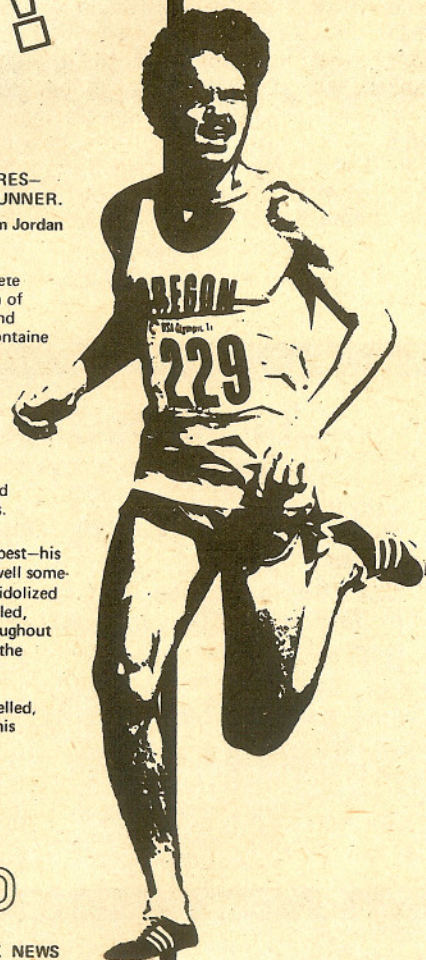
65 photos. Statistical appendix. 128 pages.



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- 26 RRC POSTAL 10 MILE RUN (roads). Armstrong Grove Park, Guerneville, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- 26 ADIDAS—A—THON. 10 kilo. Evergreen Valley College, 10 am. Office of Community Services, 2100 Moor park Ave., San Jose 95128.
- 26 PA—AAU 50 MILE CHAMPION—SHIPS. Marysville to Sacramento, 8 am. Mike Ipsen, P.O. Box 868, Redwood City 94061.
- 26 L.A.P.D. 6.1 MILE ROAD RUN Elysian Park, 9 am. Steve Broten, 13512 E. Ramona, Whittier 90602.
- 27 PORTERVILLE MARATHON Don Kavadas, 283 N. South, Porterville.

MARCH

- 3 LONG BEACH RELAYS. High School Frosh/Soph. Cal State Long Beach.
- 4 LONG BEACH RELAYS. High School Varsity. Cal State Long Beach.
- 4 RUN FOR MUSCULAR DYSTROPHY. 4 miles. Cal State Fresno 10 am. JoEllen Howard, 702 W. Harvard, Fresno 93705.
- 4 BIDWELL MARATHON & RACES Bidwell Park, Chico, 9 am. Walt Schafer, 1413 Salem St., Chico 95926.
- 4 SAN FERNANDO 6 MILE HANDICAP. 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 5 CHANNEL—TO—LAKE 10 MILE. Vallejo, 10 am. Wendy Musladine, Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590.
- 5 OJAI VALLEY 10 KILO ROAD RUN. 10 am. Tom Waller, 909 Grand, Ojai 93023.
- 18 LOS ANGELES MARATHON. Elysian Park, 8 am. Fred Honda, LA Dept. of Rec., 200 N. Main St. 13th. Floor, Los Angeles 90012.
- 18 BIG CREEK 15 KILO. Rich Petersen, Box 206, Laton 93242.
- 18 STANFORD RELAYS.
- 18 NORTHRIDGE RELAYS.
- 19 MARIN RED CROSS RUN. 6.5 mile. Kentfield, 10 am. Lee Strauss, 712 Fifth Ave., San Rafael 94901.
- 19 BROTHERHOOD GAMES. UC Berkeley (men & women). Nate Slaughter, 2525 Jacobs St., Hayward 94541.
- 23 SOUTHERN CAL J.C. RELAYS. Cerritos Junior College.
- 24 U.C. SANTA BARBARA INVITATIONAL. UCSB.
- 25 LAKE IL SAN JOE 10 MILE. Howarth Park, Santa Rosa, 10 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- 25 OXNARD TO L.A. 5 PERSON 50 MILE RELAY. 7 am. C.C.A.C. 4070 Minerva Ave., Los Angeles 90066.
- 25 SANTA BARBARA RELAYS. Women. La Playa Stadium, 9 am. Laurel Treon, Women's Athletic Dept., UCSB, Goleta.
- 25 SAN JOSE RELAYS. San Jose City College. Bert Bonnanno, Athletic Dept., San Jose CC, 2100 Moorpark Ave., San Jose 95128.
- 26 LAKE MERCED MASTERS RACE 4.95 miles, 11 am. Jack Betten-court, 136 Dundee Dr., South San Francisco 94080.
- 26 MEET OF CHAMPIONS. UC Irvine
- 26 EASTER SUNRISE CELEBRATION RUNS. 1, 3 & 6 miles. Fresno. Harry Harder, 761 W. Palm, Reedley 93654.
- 26 LAKE MERRITT RUNS. 5, 10 & 15 kilos. 9 am. John Notch 415 444-0602.

The Running Shoe Hoax

There's no such thing as a number one shoe for everyone.

By Jacob Steinman

reprinted with permission from CITY SPORTS of San Francisco

Since *Runner's World* magazine began rating running shoes three years ago, the entire complexion of the running industry has changed dramatically. Through its articles, columns and advertisements, the Mountain View-based publication has nurtured a band of sophisticated consumers whose buying patterns now set trends in the marketplace. The shoe rating survey, which annually appears in the magazine's October issue, has become the athletic shoe industry's answer to the Irish Sweepstakes.

In addition to the ratings, the issue contains a 60-page section which provides useful information on how shoes are made, how they should be maintained, and even how they can be repaired as well as other general information that, used wisely, should help the consumer make a more intelligent choice in selecting shoes. It is the ratings, however, that are causing a furor heretofore unknown in the athletic shoe industry.

Last year *Runner's World* rated the New Balance 320 the top overall training flat which, according to published esti-

they'll have to keep introducing new and better shoes to get back on top." Other manufacturers accepted their rankings less graciously, calling attention to the potential conflicts of interest that exist between *Runner's World*, their shoe survey, and Starting Line Sports, their retail mail-order outlet.

Enter Neil Rothenberg, who's burning mad. Mad because, as co-owner and proprietor of Voisen's Tennis and Sports, a running and tennis specialty store in Berkeley, he feels his business has been adversely affected by the *Runner's World* survey. Normal trade in the marketplace, he says, has been restrained.

In a recent letter to the State's Attorney General's office — in which Neil inquired as to his options for redress — Rothenberg noted that *Runner's World's* position as the country's most widely-read running publication carries tremendous weight when it declares certain shoes to be superior to others. He continues:

Unfortunately for retailers handling running shoes, *Runner's World* owns a retail out-

let place to buy the Brooks Vantage by press time happened to be through *Runner's World* magazine.

In a recent article in *Footwear News*, a trade journal for the shoe industry, a reporter spoke to various athletic shoe manufacturers — none of whom cared to have their names mentioned — about the results of the survey. Pony, a large Canadian-based shoe manufacturer, held a press conference in New York announcing that they intentionally submitted two shoes to be rated that were alike in every characteristic but color. The shoes were, of course, given different names. They then were tested by the biomechanics lab at Penn State who rated one of the shoes number two, and didn't even rate the other in the top twenty five. Anderson denied that the shoes were the same saying that different materials were used.

A similar case involved Adidas. Two shoes were submitted that were similar except for color and lacing types — the SL 72 and SL 76. Even though the company states that the same

mechanical engineer and consultant at Pony, likened the lab/panel technique to "asking NASA to construct a spacecraft and asking witch doctors to launch it.

"You can't use cost accounting systems to rate shoes," he told *Sporting Goods Business* magazine. "If I went into *Runner's World's* lab and used their equipment, I would always get the same results. If I took 100 panels, I'd get 100 different results. It's unfair..."

This survey's objectivity seemed impugned from the start — beginning with *Runner's World* asking the shoe companies to submit shoes for testing rather than locating samples directly from store shelves. This would have assured that all shoes they would be testing were already available to the public. And it would have also protected against shoe companies sending in "specially made" samples or prototypes for evaluation. Also, the fact that Starting Line Sports, the retail mail-order wing of *Runner's World*, ran full page ads in the October shoe issue offering the top-rat-

ed by the lab, was tenth in the minds of the "Panel of Experts." And the Brooks Vantage, the number one ranked shoe overall, was rated fifth by the panel and ninth by the lab. Not enough resoundingly conclusive evidence of superiority to warrant the imminent rewards the top rated shoe shall doubtless reap.

In our quest for shoe industry experts, we were referred to Naomi Muzik of Redondo Beach, who with her husband, has been involved in the retail athletic shoe business for over 30 years. She was asked to sit on the "Panel of Experts" this year but declined, she says, because she didn't believe in shoe surveys. She found the results of this year's survey "laughable." She remarked, "There's no such thing as a number one shoe for everybody. What I don't understand is how they can rate shoes without running in them."

She decided that with her husband and the help of a running podiatrist friend of theirs, they would conduct their own "mini survey" in which they would test 20 pairs of shoes using their own money and resources.

which provides information on how shoes are made, how they should be maintained, and even how they can be repaired as well as other general information that, used wisely, should help the consumer make a more intelligent choice in selecting shoes. It is the ratings, however, that are causing a furor heretofore unknown in the athletic shoe industry.

Last year *Runner's World* rated the New Balance 320 the top overall training flat which, according to published estimates, was worth at least \$4 million in additional sales to the once-obscure, tiny shoe company based in Boston.

This year's beneficiaries of top honors (for training flats) are the Brooks Vantage, Adidas Runner, and the Nike Waffle Trainer, first through third respectively. The Nike Elite was selected as the top racing flat, and the Adidas Adistar 2000 was rated the top overall sprint spike and top distance spike.

Due to the phenomenal impact last year's survey had on the fortunes of New Balance, shoe manufacturers invested millions in researching, developing, updating and improving their product lines in hopes of competing for higher rankings in the survey. While low rankings may not spell doom for a shoe company with an established share of the market, it sometimes causes a painful, but realistic re-evaluation. A representative from Tiger, whose training flats didn't even make the top 25, stated that although he feels his company's shoes weren't rated fairly, the survey would probably make the company more innovative. "It's going to send them back to the drawing boards," he said. "And it'll be best for this company in the long run because

In a recent letter to the State's Attorney General's office — in which Neil inquired as to his options for redress — Rothenberg noted that *Runner's World's* position as the country's most widely-read running publication carries tremendous weight when it declares certain shoes to be superior to others. He continues:

Unfortunately for retailers handling running shoes, Runner's World owns a retail outlet, Starting Line Sports, which specializes in running gear. Since the magazine is in a position to dictate the market, Starting Line Sports is able to procure shoes that will be highly rated well in advance of other retailers... Runner's World is thereby creating a demand for certain shoes that only their store, Starting Line Sports, can fulfill...

Early in April, manufacturers participating in the survey were sent a letter from Bob Anderson, Publisher of *Runner's World*, explaining the ground rules. They were told to submit three pairs of shoes, all size nine, which would be evaluated by a biomechanics testing lab at Penn State University and by a panel of ten experts chosen by *Runner's World*. Also, to insure that no prototypes would be submitted, all shoes had to be available for general distribution in the stores by August 15, 1977, or forfeit the right to be evaluated. On December 1, 1977, three months after the deadline set by *Runner's World* for the shoes to be in the stores City Sports contacted 19 sporting goods retailers in Northern California attempting to locate the number one shoe, the Brooks Vantage. None of the shops that had the shoes on order had received any delivery. The only

They then were tested by a biomechanics lab at Penn State who rated one of the shoes number two, and didn't even rate the other in the top twenty five. Anderson denied that the shoes were the same saying that different materials were used.

A similar case involved Adidas. Two shoes were submitted that were similar except for color and lacing types — the SL 72 and SL 76. Even though the company states that the same bottom was used for both shoes, the *Runner's World* lab test found the SL 72 had greater sole flexibility and ranked the shoes 11th and 18th respectively, leading one manufacturer to quip, "Of course, we all know that blue nylon flexes better than green nylon." The article also contended that many manufacturers objected to the magazine's changing criteria for evaluation.

A representative for Converse said the company designed a lightweight shoe based on last year's criteria which favored light weight. However, the representative complained, this year light weight was not important and as a result Converse was not ranked highly.

Others question not only the fairness of the testing methodology, but also the entire idea of a magazine, whose advertising is based on the support of shoe companies, objectively trying to rate the very hands that feed them. As a matter of fact, it doesn't take extensive study in the fields of industrial research and statistics to see that not all elements of possible bias have been summarily removed from this survey. Would *Consumer Reports*, the testing division for the Consumer's Union, have handled it differently?

Dr. Gideon Ariel, a biome-

samples directly from store shelves. This would have assured that all shoes they would be testing were already available to the public. And it would have also protected against shoe companies sending in "specially made" samples or prototypes for evaluation. Also, the fact that Starting Line Sports, the retail mail-order wing of *Runner's World*, ran full page ads in the October shoe issue offering the top-rated shoes, blatantly indicates that they were privy to advance shipment of some of the top models. Such actions raise not only Rothenberg's question of restraint of trade, but also places the survey's credibility in further jeopardy by creating yet another possibility for conflict of interest.

Even the "Panel of Experts," most of whom were well-known in the running shoe business, raised doubts about their own objectivity. It was noted that six of the ten panel members were either associated with *Runner's World*, Starting Line Sports, or operated as a consultant to one of the shoe manufacturers. (This was fully disclosed in brief biographical sketches on each of the panel members, and although they were disqualified from rating those shoes with which they were associated, they can still affect the overall outcome of the ratings by ranking competing shoes lower) And, what seems to render this entire rigamarole futile, the "panel of experts" and the biomechanics lab couldn't come close to agreeing on the final results.

The shoe that was rated number one by the "Panel of Experts," the Adidas Runner, was rated 14th by the lab. The Nike LD 1000V, which was rated first

of this year's survey "laughable." She remarked, "There's no such thing as a number one shoe for everybody. What I don't understand is how they can rate shoes without running in them."

She decided that with her husband and the help of a running podiatrist friend of theirs, they would conduct their own "mini survey" in which they would test 20 pairs of shoes using their own money and resources. "This way," she said, "at least I will show my customers the truth." Mrs. Muzik also emphatically stated that all of the shoes they sample will be rated by runners who have actually run in the shoes. "After all," she declared, "as a merchant, I can't recall ever having sold a pair of shoes to a computer."

Also in the planning stages is another shoe study, underwritten by a shoe manufacturer, to be conducted by the University of Oregon biomechanics lab. Pony commissioned a shoe study done by Dr. Gideon Ariel, of the biomechanics lab at Princeton, New Jersey, and finally, the athletic shoe industry will soon establish a sub-committee to set objective criteria by which shoes shall be measured in future studies.

The situation could become quite confusing. *Runner's World* may have spawned so many imitations of its own survey, that consumers will not know which ratings they should follow. Perhaps, by then they might be able to find someone to rate the different surveys and... ●

TRAINING & TECHNIQUE

by VERN GAMBETTA

Weight Training for Track & Field

Why Weight Train?

Weight training is a method of developing strength. Strength is one of the most important aspects of athletic performance. If you are stronger, you will be a better athlete.

Increased strength will not just happen. You must spend many hours of hard work in the weight room developing strength in all areas of the body. There are no secrets or shortcuts to greater strength. The key to success is a well-planned program with a great deal of hard work.

Weight training will help you if you are a runner, jumper, or thrower. Increased strength will enable field event athletes to learn new techniques that they formerly were unable to master. Increased strength will help runners improve running form, knee lift, and stride length.

Examples of Track and Field Athletes Who Have Benefited from Weight Training

Bruce Jenner increased his decathlon score by over 700 points from 1972 to 1976. He did a tremendous amount of strength training. At 195 lbs. body weight he could clean and jerk over 300 lbs.

Harvey Gance, a sprinter from Auburn who competed in the 1976 Olympics for the U.S., could bench press 305 lbs. He weighed 165 lbs.

Lynn Davies, 1964 Olympic champion in the long jump, attributed a great deal of his success to weight training. Through a program of heavy squats and step-ups he

their training program for years. Results of the Olympics and a number of world record holders demonstrate this.

Marianne Adam (East Germany), world record holder in the shot put, is a very tall young lady (6'3") but not of the bulky, overweight stereotype school of female shot-putters.

Faina Melnik (USSR), world record holder in the discus is very small for a world-class discus thrower (5'7¼"). Her power increased due to an amazing weight program. She throws over 230 feet and bench presses over 250 pounds!

The vast depth of East German female sprinters is due to their developing power not only by running but also by a weight training program.

There are many more examples, but these suffice to prove the point. If you hope to be successful in track and field, you must make weight training an important part of your training program. You must believe that you will be better if you are stronger. A properly designed program of weight training will not make you muscle bound or slow you down. The strength you gain will enable you to run faster, jump higher, and throw farther.

Definition of Strength

Strength is defined as the ability of the muscle to exert force against resistance. More important than a strict definition of strength is understanding the term "power." Power = speed + strength.

Training Principles

1) All heavy lifting programs should be preceded by a three to four week conditioning program. This conditioning period is necessary to strengthen the muscles, tendons, connective tissue, and ligaments needed to withstand the stress of heavy training. Another reason is to learn the correct technique for each specific exercise.

2) Basic strength training should emphasize the big muscles of the torso, legs, and arms. Track and field involves whole body movements; therefore the program is based on certain basic exercises.

3) After an initial conditioning period, the weight should be increased, and the repetitions reduced. It is recommended that you perform 4-6 sets of 5-6 reps for maximum strength development.

4) Be consistent in your workouts.

5) Warm up thoroughly before lifting. Include running and stretching in these warmups.

6) Proper rest and diet are very important if you hope to make good progress.

7) Constantly try to lift as much weight as possible without straining. For 4 sets of 6 reps, 85% of maximum is the general rule. Fifth and sixth reps should be almost too difficult to do.

8) Learn and practice proper form in the exercises. Incorrect form will lead to injury and will slow your progress. Lower

Training Organization

Safety--Safety comes first.

Strength training can be dangerous. Don't try too much too soon. Don't be in a hurry. Progress gradually. Always have good spotters when you lift.

Starting Weights

Because of individual differences, starting weights should be selected by trial and error. It is impossible to give an absolute starting weight for everyone. Be conservative--start with a low weight and move up.

Sets and Repetitions

Early in the season, at the start of the training period, pick a weight that you can lift for ten reps. Perform 3-4 sets. Later in the season, sets should be 3-4 of 6-8 reps.

No. of Reps	Category	Developmental Significance
1-4	Low	Explosive Strength
5-12	Medium	Muscular Development (Hypertrophy)
12 and above	High	Local Muscular Endurance

Progression

Once a particular weight becomes easy to lift and you are able to get the full four sets of six reps without straining, then you should add weight. Generally you should add 5-10 pounds for upper body exercises and 15-20 pounds for lower body exercises. To gain greater strength, resistance must be progressively increased.

Breathing During Lifting

Proper breathing is essential during lifting in order to ensure a good oxygen supply to enable the muscles to do the work. According to O'Shea: (9, p. 39)

In weightlifting, the proper technique of breathing is to inhale on the up-stroke and exhale on the down-stroke of each repetition. The most important aspect of breathing to bear in mind is that no matter where the starting position for an exercise, inhalation takes place here. The breath should be held until near completion of the repetition.

Examples of Track and Field Athletes Who Have Benefited from Weight Training

Bruce Jenner increased his decathlon score by over 700 points from 1972 to 1976. He did a tremendous amount of strength training. At 195 lbs. body weight he could clean and jerk over 300 lbs.

Harvey Glance, a sprinter from Auburn who competed in the 1976 Olympics for the U.S., could bench press 305 lbs. He weighed 165 lbs.

Lynn Davies, 1964 Olympic champion in the long jump, attributed a great deal of his success to weight training. Through a program of heavy squats and step-ups he was able to increase his speed from 10.2 in 100 yds. to 9.5 in a two-year period.

Russ Hodge, former world record holder in the decathlon, spent a great amount of time weight training. He was able to put the shot over 60 feet and run the 100 in 9.4. He could bench press over 400 lbs. and squat over 60 lbs.

Klaus Wolferman, former javelin world record holder and 1972 Olympic champion, underwent a rigid weight training program the two years prior to the Olympic Games. He would lift a total of 27,700 pounds in various exercises during a week of training.

Mac Wilkens, current discus world record holder and Olympic champion, increased his body weight from 200 lbs. to 260 lbs. with a heavy lifting program. He increased his shot put 15 feet and his discus over 40 feet in a four-year period.

Bill Toomey, 1968 Olympic decathlon champion and former world record holder, increased his body weight from 165 pounds to 195 pounds with a rigorous weight program. He could run the 100 in 9.3 and long jump over 25 feet.

Al Oerter, former world record holder in the discus and the only man to win four consecutive gold medals in the Olympics, weight trained three days a week throughout his entire career.

Female athletes have not been forgotten. To be honest, there are very few American women who have benefited from weight training because so few have taken advantage of it. This is best indicated by past Olympic results and other top class competition (Pan-American Games, USSR versus USA). But, on the other hand, European women have been using weights as a vital part of

hope to be successful in track and field, you must make weight training an important part of your training program. You must believe that you will be better if you are stronger. A properly designed program of weight training will not make you muscle bound or slow you down. The strength you gain will enable you to run faster, jump higher, and throw farther.

Definition of Strength

Strength is defined as the ability of the muscle to exert force against resistance. More important than a strict definition of strength is understanding the term "power." Power = speed + strength. Power is the application of the strength acquired in weight training and the speed of the movement itself. Another way of defining power is the ability to apply the maximum amount of force in the shortest amount of time. Strength is only concerned with force, not time or distance. Obviously in track and field we are most concerned with power development.

Physiological Principles Related to Strength

1) Weight training has proven to be the quickest way to develop strength in athletes. Strength, local muscle endurance, flexibility, and power increase as a result of regular training with weights.

2) To increase muscle strength there has to be an overload beyond what is normal for that muscle. Thus the "overload principle."

3) Muscle fibers grow larger with increased strength, but there is no increase in the number of fibers.

4) There is an increase in lean body weight and a decrease in body fat with weight training.

5) It is not wise to concentrate on developing one single muscle or muscle group. This will cause muscle imbalance and increase the chance of a muscle strain or tear.

6) The development of muscular strength through weight training is done with the use of near maximum weights with few repetitions.

7) There is a strong relationship between a gain in strength and a gain in speed when the training is directed toward developing this.

8) Once strength training is stopped, strength can be lost at a rate of as much as 5% a week.

4) Be consistent in your workouts.

5) Warm up thoroughly before lifting. Include running and stretching in these warmups.

6) Proper rest and diet are very important if you hope to make good progress.

7) Constantly try to lift as much weight as possible without straining. For 4 sets of 6 reps, 85% of maximum is the general rule. Fifth and sixth reps should be almost too difficult to do.

8) Learn and practice proper form in the exercises. Incorrect form will lead to injury and will slow your progress. Lower back and knee areas are more prone to injury if proper technique is not used.

9) You get out of training what you put into it. You will get results only if you train hard and regularly.

Types of Muscle Contractions

ISOTONIC--Those muscular contractions involving movement. There are two types of isotonic contractions: 1) concentric or shortening contractions, and 2) eccentric or lengthening contractions.

ISOMETRIC--Muscular contraction involving no movement. The muscle does not change length during contraction.

All muscle movement involves a mixture of concentric, eccentric and isometric muscular contraction.

Approaching Weight Training

As an athlete or a coach you should evaluate the specific needs and goals that you expect from weight training. Are you a runner who has form defects that can be corrected by strengthening certain muscles? Are you a weight person that needs to add bulk and strength? Are you a sprinter who needs the power and not the bulk? What is your body type? How much time do you have to train? What are your expectations of a weight program and are they realistic?

Every individual is different and the weight program should be set up with this in mind. It is important to remember the reason that you are weight training is to become a better athlete. Weight training is a means to an end not an end in itself.

Proper breathing is essential during lifting in order to ensure a good oxygen supply to enable the muscles to do the work. According to O'Shea: (9, p. 39)

In weightlifting, the proper technique of breathing is to inhale on the up-stroke and exhale on the down-stroke of each repetition. The most important aspect of breathing to bear in mind is that no matter where the starting position for an exercise, inhalation takes place here. The breath should be held until near completion of the repetition.

It is important to remember not to hold the breath during the whole exercise. Doing this could result in blacking out.

Rest Between Sets

Generally, rest between one to one and a half minutes between sets. Take more rest if you are lifting heavy and less if lifting lighter.

Maximum Lifts

Attempt maximum lifts (how much you can lift for one rep) as a test to see how strong you are. Attempt one every seventh or eighth workout--with supervision of a coach and good spotters.

Intensity--Percentage of maximum at which lifts are performed. Less than 50% would indicate low intensity, 70-75%, medium intensity and 90-95%, high intensity. The intensity should vary with the state of conditioning and the time of the year.

Plateaus

Frequently, athletes get stuck at a certain weight and can't seem to make improvement. In order to break out of this, an effective technique seems to be to reduce the weight and increase the reps. Do this for three to six workouts; then return to heavy lifting.

Sticking Point

That point in an exercise where motion becomes the most difficult.

Some Notes of Caution

Weight training should generally not be started before an athlete reaches 13-14 years of age. Obviously, this will vary according to the physical development of the individual boy or girl. A beginning program for the young athlete should emphasize general strength training. Attention should be directed to develop-

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ment of the muscles which stabilize the spine—abdominal and back muscles—and the rotators of the spine. Proper technique should be strenuously practiced. Building a proper base at this time will reduce the risk of injury.

Training for maximum strength can have a high injury potential under the following conditions: a) a disproportion of strength between the prime mover and antagonistic muscle. For example, a quadricep stronger than a hamstring, tricep stronger than a bicep; b) insufficient warm-up; c) when the athlete is extremely fatigued, and d) improper lifting technique.

Proper Lifting Technique

When lifting a weight from the floor, the importance of proper lifting technique cannot be overemphasized. The correct starting position is to stand with the feet close to the bar and on the same line. The hips should be lowered, and the knees bent with the head up and the back straight. The arms should hang outside the knees and, when in contact with the bar, the position should be checked to make certain the back is flat. The lift is started with the legs and then is accelerated by the back and the arms. Be sure to keep the weight close to the body

weight should be added.

2) **Pyramid System**—This consists of decreasing the number of repetitions with each set while increasing the weight. For example: 10 reps 8 reps 6 reps 4 reps, starting with 60% maximum and increasing 10% each set. This is probably the most common lifting routine.

3) **Burn Out or Work Down**—After a light warmup, start at 90% max and work down 10% of maximum each set. Add repetitions with each set.

4) **Near Max-Half Max**—Perform one rep at 90% maximum and follow it immediately with 10 reps of the same exercise but at 50% maximum. That would constitute one set. Do 4-5 sets for a complete workout on one particular exercise.

5) **Pyramiding**—This is an especially good workout for muscular endurance. Ideally, it should be done with a partner. Each person does one rep followed by a partner doing one, then two reps and on up to the desired number, and back down again with no rest. In order to determine the total number of reps, square the top number worked up to. Use 50%-60% of max.

6) **Split Routine**—This means alternating upper and lower body exercises every other day. Lift five times a week.

muscle group. It involves a brief amount of training time of very high intensity. Only one set of each exercise is performed for 12 repetitions. The training is done three times a week for one half hour each training session. It emphasizes a variable resistance through a full range of motion. The muscles are also worked during the eccentric or negative work phase.

12) **PHA Training: Peripheral Heart Action Training**—The exercise sequence involves one exercise followed by another one using muscles totally unrelated to the last group. Do: 10-15 reps for arms and shoulders; 15-25 reps for the legs; 10-15 reps, lower and upper back; and use 60-70% maximum weight. Go through the whole program without resting between exercises. Begin by doing it once and then strive to repeat up to 6-8 sets!

13) **PTA Program: Pain, Torture and Agony System**—This is based on high reps with heavy weights and a small amount of rest. Use 60-70% of maximum. Choose approximately 6-8 exercises. The objective is to do one set of as many reps as possible with each exercise. The beginner is advised not to do this program. This system develops improved stamina and muscular endurance. Cardiovascular endurance can also be increased. The program can also serve as a confidence builder.

Next month — Specific exercises and workout routines.

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Proper Lifting Technique

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In other weight training exercises the weight should be lifted without any swinging motions or using any other muscle groups other than those specific to the particular exercise. When lowering the weight, lower it under control, do not just drop it. Also, remember to carry the exercise through a full range of motion for maximum development.

Master the exercises with a light weight before attempting them with a heavier one. Control all the movements done with weights. Make sure the hands are properly spaced on the bar or the load will be unbalanced. Lift in a smooth manner at a slow pace when doing pure strength exercises. When using speed or explosive movements, pause between each repetition to maintain control and body position for the next repetition.

Systems or Methods of Weight Training

The system or method of weight training is up to each individual depending on his or her event and the time of the training year. This will be discussed further in the next issue when I cover actual training programs for the specific events.

1) **3 x 10 System**--This simply means three sets of ten repetitions. This is a good program for the beginner in weight training and for the first weeks of the training year. Progression is when the athlete can perform ten reps with a particular weight. When this happens,

would constitute one set. Do 4-5 sets for a complete workout on one particular exercise.

5) **Pyramiding**--This is an especially good workout for muscular endurance. Ideally, it should be done with a partner. Each person does one rep followed by a partner doing one, then two reps and on up to the desired number, and back down again with no rest. In order to determine the total number of reps, square the top number worked up to. Use 50%-60% of max.

6) **Split Routine**--This means alternating upper and lower body exercises every other day. Lift five or six days a week, one day upper and the next day lower, and so on. This is a good routine to save time.

7) **Super Sets**--A super set is two different exercises combined to make one set. Select an exercise for a muscle group and then choose an exercise for its opposing muscle group. Do one immediately followed by the other. Rest 1½ minutes and do another set until you have done four sets. This is a very exhausting workout. Examples of opposing muscle groups are: biceps-triceps; quadriceps-hamstrings; chest-upper back, etc. Super sets are a good break in the routine.

8) **Circuit Training**--Circuit training is a blend of local muscle endurance and cardiovascular endurance. Essentially it consists of five to ten exercises performed in sequence with very little rest between each exercise. It is a flexible method of training that can be adapted to any situation. It is excellent for the beginner. Circuit training can be set up to adapt to each individual's specific needs.

9) **Isometrics**--This does not involve movement. Essentially it involves holding a maximum contraction for eight to ten seconds. It does not build strength throughout the whole range of motion but only at that angle at which the resistance is applied.

10) **Isokinetics**--This is based on the fact that as force is increased or decreased so does the amount of resistance. Isokinetic exercises, done on a mini-gym, ensure this fact. They consist of only concentric contractions, thus creating a pause which allows the blood to carry lactic acid out of the muscle.

11) **Nautilus**--This is the newest system of weight training available. A specific machine is used for each muscle or

Advanced Students and Athletes, second ed., Bergan and Scoles, 1976.

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TEAM SPOTLIGHT

West Valley Track Club



JACK LEYDIG

West Valley Track Club is a most familiar name in California club circles. It has been a powerful force in California for the past half dozen years; first in distance running and now in all areas of track. Try these club records on for size:

100 meters	10.5	Walker(76)
200 meters	21.6	Marshall(76)
400 meters	47.4	Rochee(76)
800 meters	1:48.7	Nichols(77)
1500 meters	3:40.9	McDonald(72)
5000 meters	13:43.4	Tibaduiza(74)
10,000 meters	29:04.2	Duffy(72)
Marathon	2:15:21	Scobey(71)
1 hour run	12- 527	Clark(71)
Steeplechase	8:33.6	Dare(72)
110 hurdles	13.6	Cooper(76)
400 hurdles	49.5	Cooper(76)
High Jump	7-0½	Friday(77)
Pole Vault	16-0½	Eaton(74)
Long Jump	25-9	Davis(76)
Triple Jump	54-9¾	Terry(75)
Shot Put	65-2½	Marks(76)
Discus	203-11	Louisiana(75)
Javelin	246-11	Johnson(76)
Hammer	214-3	McKenzie(76)

The above is a pretty impressive list of marks that would make many college programs envious. Behind every outstanding track club there is an equally

CTN: When and how was the West Valley Track Club started?

Leydig: The club was initially started in about 1963 or so by Bill Mackey, Frank Cunningham, and a few other runners in the San Jose - Campbell - Los Gatos area.

CTN: How did it get it's name, West Valley Track Club?

Leydig: It kinda began near West Valley College, and also there is a high school league in the area called "West Valley." The "West" is for the western portion of the Santa Clara Valley. That's where the club got its start, but now we are spread out all over Northern Cal. We still hold onto the original name because of the fact that everyone knows the name now and to change it would create a temporary identity problem most likely.

It was started as a group of individuals in a local area, rather than drawing from individuals over a wider area.

CTN: What are some of the club's major achievements, so far?

Leydig: Second place in the National AAU Cross Country meet in San Diego in 1971, just 13 points behind the Florida Track Club; first in the men's AAU Marathon in Culver City in 1976; won the women's AAU Marathon in St. Paul in 1977; won four AAU Walk titles in 1977(15K, 20K, 35K, and One Hour); we have won the

CTN: What about leadership? Who makes the decisions and who does the organization work?

Leydig: The club has an Executive Council that does the policy making, voting on funding, etc. It is composed of officers and various representatives from different factions of the club. The President does the majority of the work(mail processing, etc.), but there is an increasing amount of work done by various 'reps' and officers. The *Nor Cal Running Review* and club newsletter are also done by the President(typing, layout, etc.), while Penny & Harold DeMoss are in charge of actual negative layout and getting copy to printers, etc. We have no 'coach' as such. Guys just get together in groups to train on their won.

CTN: How does the club support itself? Where does the money come from and how is it spent?

Leydig: Money for activities is generated mostly through club dues, *NCCR* sales and subscriptions, selling advertisements, and putting on races. We have no commercial sponsor. Major expenditures of the club are the *NCCR*, meets, and travel. The amount of money raised last year was roughly \$15,000 and we spent about \$12,000.

CTN: Are there any special events or projects that the club puts on? Does the club get together for club activities?

Leydig: The team gets together at meets and has special socials at the Lake Tahoe Relays, the Christmas Party, and other social events from time to time.

photo by Dennis O'Rourke



400 Hurdles	7-0 1/2	Cooper(77)
High Jump	7-0 1/2	Friday(77)
Pole Vault	16-0 1/2	Eaton(74)
Long Jump	25-9	Davis(76)
Triple Jump	54-9 3/4	Terry(75)
Shot Put	65-2 1/2	Marks(76)
Discus	203-11	Louisiana(75)
Javelin	246-11	Johnson(76)
Hammer	214-3	McKenzie(76)

The above is a pretty impressive list of marks that would make many college programs envious. Behind every outstanding track club there is an equally outstanding individual in charge — someone must be there to do the organizing and the directing and the just plain old work. For the West Valley Track Club that person has been and is Jack Leydig.

Jack Leydig wears many hats in Northern California running and track circles. Jack is a quality road racer, he is meet director of several major long distance races, he is editor of the Nor Cal Running Review, and he is president of the West Valley Track Club.

Jack is a human dynamo when it comes to getting things done. He's a "work-aholic" and can drive those around him insane with his constant push to get more done. His hard work has paid off. It's led to the development of a top quality track club, several national championships being hosted in Northern Cal, the creation of a full scale local running magazine, and a well organized and efficient long distance running program in the Bay Area. Jack has had a hand, either directly or indirectly, in the establishment of all of these things. He is not only "Mr. West Valley Track Club" but "Mr. Running" in Northern California.

Jack has recently married (sneaky way to get some help with all of his projects) one of the top female distance runners in Northern California, Judy Gumbs. Together they make quite a quality distance tandem.

California Track News has asked Jack to tell our readers a little bit about the West Valley Track Club. We think that you will agree that he has a good thing going.

most likely.

It was started as a group of individuals in a local area, rather than drawing from individuals over a wider area.

CTN: What are some of the club's major achievements, so far?

Leydig: Second place in the National AAU Cross Country meet in San Diego in 1971, just 13 points behind the Florida Track Club; first in the men's AAU Marathon in Culver City in 1976; won the women's AAU Marathon in St. Paul in 1977; won four AAU Walk titles in 1977(15K, 20K, 35K, and One Hour); we have won the team title at the Boston Marathon in 1972 and have taken second several times; Anthony Terry won the AAU Triple Jump in 1975 with 54-9 3/4; Phil Conley has won numerous AAU Masters titles in a variety of events; and we have had numerous qualifiers on international teams.

CTN: How many members are in the West Valley Track Club? And, can you give us a break down as to age, sex, and events?

Leydig: Currently there are 350 members of which probably 250 are active. There is approximately 85% men and 15% women; 2% junior high level, 10% high school level, 10% college, 70% would be open division(to age 39) and about 8% masters competitors. The breakdown by events would go something like: 50% distance runners, 5% walkers, 15% middle distance runners, 10% sprinters, 10% jumpers, and 10% weights. These figures are very rough.

CTN: Can anyone join and how does one go about joining?

Leydig: The club is open to anyone Interested prospects can send for an information sheet and application by writing the West Valley Track Club, P.O. Box 1551, San Mateo, CA 94401.

CTN: Who are some current outstanding members?

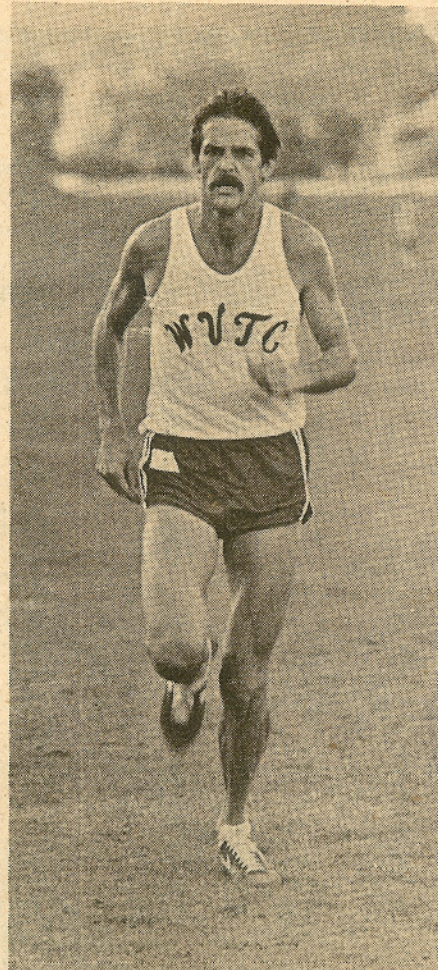
Leydig: Duncan McDonald, Jim Nuccio, Judy Graham, Neal Pyke, Tom Dooley, Judy Leydig, Joan Ulliyot, Benton Hart, Dave McKenzie, Ken Swenson, Richard Marks, Rich Nichols, etc.

photo by Dennis O'Rourke



JUDY GUMBS LEYDIG

photo by Lois Engle



DUNCAN MACDONALD

The club puts on numerous meets during the year: the West Valley Marathon, the Christmas Relays, and numerous Pacific Association Championships.

We also, as a club, put out the *Northern Cal Running Review* which is published every two months. The club newsletter is also published at least every two months.

CTN: What would you say is the overall purpose of the club?

Leydig: Provide a basis whereby out-of-school athletes can have a competitive schedule in both cross country and track. Other purposes as outlined in the club constitution are: to promote the interests of track and long distance running in the PA-AAU, improve the physical fitness of the members, encourage competition, aid deserving athletes in attending meaningful competitions, and promote proper race administration.

CTN: Do you have any immediate or long range goals for the club?

Leydig: Nothing specific. We just drift along and slowly improve and our main goal is to become self sufficient enough to probably hire a full-time secretary so I won't have to spend so much time processing the mail, etc. We have lots of helpers, but someone has to be in charge of getting all the stuff headed in the right direction(s) for processing, etc.

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Track ?

T

A N E Q V I M E T R I C M P L
O O S I S M N W P X R U R A

Below is the new puzzle for this issue. How many outdoor world record holders in the pole vault can you find hidden in the letter scramble? The record holders cover a period of 1912 to the

by MIKE LENNEMANN

Track ?

T e a s e r

Below is the new puzzle for this issue. How many outdoor world record holders in the pole vault can you find hidden in the letter scramble? The record holders cover a period of 1912 to the present. The reader submitting the most correctly circled names will receive a one year free subscription or renewal plus another track related gift. In case of a tie a drawing will decide the winner.

A N E Q V I M E T R I C M P L
 O O O S I S M N W P X R U R A
 R S G S E E G R O E G U E V I
 S R R I S W E L U F B T P J H
 K E B T B R A G E N S S M E A
 C D A S M B E L L I O T T R R
 O O O E S M S D N E Y K W E N
 L O K N U R B N N Z M S K K R
 E W W O S E A Y A A H S T L Z
 V S D J L B C J H O A A Y A B
 O A R T A A O G S N E L L W S
 L B I A D T N A G I Y C I T R
 T Q A Z E I N D E E C Y O N E
 B C H I N N E R Y E A L X A T
 A P N N O S T O B B I H B S E
 C N U Y R T T X L S R E L I M
 K C F A S T A N D F A S T E R

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 G A T O P P O L E L A M A O E
 R R H W T E J P E N N E L Z N
 E E G M A F I K S W O T U G O
 B T I G L A E E V P J O K N S
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 S A M A L A I L H B B I O T I
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 R L R K A U V M R K C E D L C
 I T D P I G E G E R B B W L T
 A I A J H T I M S O A D I Y P
 B P M O N K C A R T T E G I F

Above are the circled answers to last issue's puzzle. The 26 one-mile run world record holders were successfully located by 15 California Track News readers. Several others came close with 25 correct names. Those finding them all were: Mike Westley of Cerritos, Israel Orais of San Jose, Joe Garcia of San Jose, Brian Stansauk of Reseda, Louis Grieco of Fresno, Michael C. Smith of El Cerrito, Paul Cross of Oildale, Carol Smead of Santa Paula, Marty Dobbins of Baton Rouge, Rick Vasquez of Pico Rivera, Bruce Boettner of Full-

erton, Thomas F. Stam of San Diego, Van Allen of Reedley, Donn Kirk of Eureka, and Peter Eby of Manhattan Beach. Congratulations to each of you. A couple of you qualify as real "track nuts" as you have gotten them all every time. Based on a drawing of these names the winner of the free one year subscrip-

tion/renewal and the track related gift is BRIAN STANSAUK.

The puzzle this last time was especially tricky since one of the names was misspelled. Connett should have been spelled Conneff - it was incorrectly spelled in the Readers Digest Almanac.

California Masters Records

compiled by PETER MUNDLE

AGE GROUP CATAGORIES

O-B	35-39
I-A	40-44
I-B	45-49
II-A	50-54
II-B	55-59
III-A	60-64
III-B	65-69
IV	70+

100 YARD DASH

O-B	9.9	Percy Knox (Edwards)(37) 8/12/71
O-B	9.9	Percy Knox (Edwards)(38) 7/6/72
O-B	9.9	Percy Knox (Edwards)(38) 6/28/72
O-B	9.9	Dean Smith (Woodland Hills)(39) 7/21/71
O-B	9.9	Dean Smith (Woodland Hills)(39) 7/30/71
I-A	9.8	Percy Knox (Edwards)(41) 7/11/75
I-B	10.4	Robert Watanabe (Santa Monica)(45) 5/29/71
I-B	10.4	Robert Watanabe (Santa Monica)(45) 5/22/72
II-A	10.5	Alphonse Julliland (Stanford)(50) 8/18/73

800 METER/880 YARDS

O-B	1:49.2	George Scott (Long Beach)(35) 5/12/72
I-A	1:57.6	David Pratt (Davis)(41) 7/6/73
I-B	1:58.1	Bill Fitzgerald (Palos Verdes)(48) 7/6/73
II-A	2:01.1	Bill Fitzgerald (Palos Verdes)(50) 6/29/75
II-B	2:18.0	Robert McDonald (El Cajon)(55) 6/23/74
III-A	2:33	Fritiof Sjostrand (LA)(64) 3/12/77
III-B	2:29.1	Monty Montgomery (Sherman Oaks)(65) 4/8/72
IV	2:34.5	Monty Montgomery (Sherman Oaks)(71) 9/4/77

1500 METER RUN

O-B	4:05.5	Larry Wray (LA)(36) 6/17/72
I-A	4:05.9	Wilbur Williams (LA)(40) 6/23/73
I-A	4:05.9	Wilbur Williams (LA)(40) 7/7/73
I-B	4:10.4	Bill Fitzgerald (Palos Verdes)(47) 9/14/72
II-A	4:18.5	Bill Fitzgerald (Palos Verdes)(50) 6/28/75
II-A	4:18.5	Bill Fitzgerald (Palos Verdes)(51) 7/4/76
II-B	4:29.7	Mauro Hernandes (Santa Monica)(55) 8/11/77
III-A	5:15.0	Ray Williams (Santa Barbara)(63) 6/21/71
III-B	5:09.6	Sydney Madden (Santa Monica)(65) 7/7/73
IV	6:28.3	Paul Spangler (San Luis Obispo)(77) 7/4/76

ONE MILE RUN

O-B	4:03.7	George Scott (Long Beach)(35) 4/22/72
I-A	4:24.3	Wilbur Williams (LA)(40) 6/2/73
I-B	4:29.5	Bill Fitzgerald (Palos Verdes)(46) 4/23/72
II-A	4:32.2	Bill Fitzgerald (Palos Verdes)(50) 7/13/75
II-B	5:13	Alan Waterman (San Francisco)(56) 10/19/74
III-A	5:33.8	Albert Clark (Orange)(61) 5/4/75
III-B	5:22	Monty Montgomery (Sherman Oaks)(65) 4/8/72
IV	5:42.2	Monty Montgomery (Sherman Oaks)(70) 7/9/77

3000 METER RUN

O-B	8:58	Peter Mundle (Santa Monica)(39) 4/20/68
I-A	8:55.8	Jerry Smartt (Westminster)(42) 8/17/74
I-B	9:14.2	Peter Mundle (Venice)(46) 1/18/75
II-A	9:44.6	Mauro Hernandes (Santa Monica)(53) 8/13/75
II-B	10:50	Ed Halpin (Riverside)(55) 12/29/73
III-A	10:58	No Marks
III-B	11:47.0	Walter Frederick (Pico Rivera)(67) 8/13/75
IV	14:25	Paul Spangler (San Luis Obispo)(77) 6/12/76

Photo by Percy Knox



photo by Percy Knox



100 YARD DASH

O-B	9.9	Percy Knox (Edwards)(37)	8/12/71
O-B	9.9	Percy Knox (Edwards)(38)	7/6/72
O-B	9.9	Percy Knox (Edwards)(38)	6/28/72
O-B	9.9	Dean Smith (Woodland Hills)(39)	7/21/71
O-B	9.9	Dean Smith (Woodland Hills)(39)	7/30/71
I-A	9.8	Percy Knox (Edwards)(41)	7/11/75
I-B	10.4	Robert Watanabe(Santa Monica)(45)	5/29/71
I-B	10.4	Robert Watanabe(Santa Monica)(45)	5/22/72
II-A	10.5	Alphonse Juilland (Stanford)(50)	8/18/73
II-B	10.7	Payton Jordan (Los Altos)(55)	3/25/72
II-B	10.7	Payton Jordan (Los Altos)(56)	5/26/73
II-B	10.7	Payton Jordan (Los Altos)(57)	4/27/74
II-B	10.7	Alfred Guidet (Petaluma)(55)	7/14/73
III-A	11.1	Payton Jordan (Los Altos)(60)	5/21/77
III-B	12.3	Ken Carnine (Sacramento) (65)	5/6/73
III-B	12.3	Ken Carnine (Sacramento) (66)	5/4/74
IV	13.6	Sing Lum (Bakersfield)(70)	4/19/75

100 METER DASH

O-B	10.8	Kenneth Dennis (LA)(38)	6/28/75
I-A	11.0	Dean Smith (Woodland Hills)(41)	6/23/73
I-B	11.1	George Rhoden (San Diego)(45)	6/17/72
II-A	11.4	Alphonse Juilland (Stanford)(50)	8/18/73
II-B	11.6	Payton Jordan (Los Altos)(56)	6/23/73
II-B	11.6	Alfred Guidet (Calif City)(56)	6/22/74
II-B	11.6	Payton Jordan (Los Altos)(57)	6/22/74
III-A	12.0	Payton Jordan (Los Altos)(60)	6/25/77
III-B	13.4	Ken Carnine (Sacramento)(65)	6/23/73
IV	13.9	Josiah Packard (San Francisco)(73)	8/9/77

200 METER/220 YARDS

O-B	21.8	Dave Segal (Tustin)(37)	6/23/74
I-A	22.4	Dean Smith (Woodland Hills)(40)	3/4/72
I-B	22.3	George Rhoden (San Diego)(45)	7/2/72
II-A	23.6	Payton Jordan (Los Altos)(54)	2/19/72
II-A	23.7	Alphonse Juilland (Stanford)(50)	8/18/73
II-B	23.6	Alfred Guidet (Petaluma)(55)	6/24/73
III-A	24.2	Payton Jordan (Los Altos)(60)	6/19/77
III-B	28.1	Ken Carnine (Sacramento)(68)	6/27/76
IV	29.2	Josiah Packard (San Francisco)(73)	8/10/77

400 METER/440 YARDS

O-B	48.8	David Romain (Albany)(35)	6/26/77
I-A	51.4	James Lingel (Lafayette)(40)	4/1/72
I-B	52.2	Bill Fitzgerald (Palos Verdes)(46)	6/20/71
II-A	56.5	William Knuppel (Vista)(51)	7/4/70
II-B	56.4	Alfred Guidet (Calif. City)(57)	5/17/75
III-A	59.7	Fritiof Sjostrand (LA)(62)	8/8/75
III-B	65.6	Ken Carnine (Sacramento)(65)	6/23/73
IV	64.6	Josiah Packard (San Francisco)(73)	8/10/77

Photo by Percy Knox



DEAN SMITH

photo by Percy Knox



GEORGE RHODEN

TWO MILE RUN

O-B	9:24.0	Peter Mundle (Culver City)(37)	7/14/65
I-A	9:28.0	Peter Mundle (Venice)(42)	7/1/72
I-B	9:44.6	Peter Mundle (Venice)(46)	8/2/74
II-A	10:31.2	Mauro Hernandez (Santa Monica)(54)	4/2/77
II-B	11:07.4	James Oleson (Santa Monica)(55)	3/25/73
III-A	12:12	John Montoya (Golton)(60)	5/20/72
III-B	11:30.0	Monty Montgomery (Sherman Oaks)(66)	3/25/73
IV	14:41	Paul Spangler (San Luis Obispo)(77)	6/12/76

THREE MILE RUN

O-B	14:38.4	Peter Mundle (Culver City)(37)	3/19/66
I-A	14:48.6	Peter Mundle (Venice)(43)	7/14/71
I-B	15:07	Peter Mundle (Venice)(46)	7/7/74
II-A	15:37.8	James O'Neil (Sacramento)(50)	1/10/76
II-B	17:24	Paul Reese (Sacramento)(55)	4/23/72
III-A	18:25.2	Albert Clark (Orange)(60)	4/28/74
III-B		No Marks	
IV	22:25	Paul Spangler (San Luis Obispo)(77)	6/12/76

5000 METER RUN

O-B	15:04.0	Peter Mundle (Culver City)(35) 9/5/63
I-A	15:12.6	Peter Mundle (Venice)(44) 8/25/72
I-B	15:36.8	Peter Mundle (Venice)(46) 7/7/74
II-A	16:14	James O'Neil (Sacramento)(51) 7/4/76
II-B	17:03	Mauro Hernandez (Santa Monica)(55) 9/4/77
III-A	17:07.8	Ed Preston (San Francisco) 6/18/77
III-B	20:32.8	Walter Frederick (Pico Rivera)(65) 6/24/73
IV	22:16	Paul Spangler (San Luis Obispo)(77) 10/2/76

SIX MILE RUN

O-B	30:42	Ray Hughes (Mt. Baldy)(37) 3/6/76
I-A	31:01.0	Jerry Smartt (Garden Grove)(40) 5/20/72
I-B	31:29	Peter Mundle (Venice)(46) 7/5/74
II-A	32:56.4	James O'Neil (Sacramento)(50) 5/9/76
II-B	35:48	James Oleson (Santa Monica)(56) 7/5/74
III-A	38:00	Albert Clark (Orange)(60) 5/5/74
III-B	42:40	Ray Williams (Santa Barbara)(67) 5/4/75
IV	42:38.0	Fred Grace (LA)(73) 5/29/71

10,000 METER RUN

O-B	30:44.4	Ray Hughes (Mt. Baldy)(35) 4/27/74
I-A	32:08.4	Peter Mundle (Venice)(44) 9/16/72
I-B	32:30.8	Peter Mundle (Venice)(46) 7/5/74
II-A	33:30	James O'Neil (Sacramento)(51) 7/2/76
II-B	36:19	John Lafferty (San Diego)(56) 7/5/74
III-A	38:08	Ed Preston (San Francisco) 6/25/77
III-B	43:56	Walter Frederick (Pico Rivera)(65) 7/6/73
IV	47:30	Paul Spangler (San Luis Obispo)(77) 7/2/76

ONE HOUR RUN

O-B	11M720Y	Dave Waco (Granada Hills)(37) 7/25/70
I-A	11M626Y	Peter Mundle (Santa Monica)(41) 7/26/69
I-B	10M1520Y	Peter Mundle (Venice)(46) 7/27/74
II-A	10M273Y	Ed Keysar (Sherman Oaks)(51) 7/28/73
II-B	9M1272Y	James Oleson (Santa Monica)(55) 7/28/73
III-A	9M392Y	John Montoya (Colton)(63) 7/19/75
III-B	8M1508Y	Ray Williams (Santa Barbara)(66) 7/28/73
IV	7M962Y	Paul Spangler (San Luis Obispo)(74) 11/8/73

MARATHON

O-B	2:21:45	Ray Hughes (Mt. Baldy)(35) 4/15/74
I-A	2:31:01	Bill Gookin (San Diego)(41) 8/25/74
I-B	2:38:31	Brian Freeman (San Diego)(49) 4/21/75
II-A	2:35:48	James O'Neil (Sacramento)(51) 2/13/77
II-B	2:45:15	Ed Almeida (San Diego)(55) 10/2/77
III-A	2:54:56	Monty Montgomery (Sherman Oaks)(63) 12/7/69
III-B	2:53:03	Monty Montgomery (Sherman Oaks)(65) 12/5/71
IV	3:07:13	Monty Montgomery (Sherman Oaks)(71) 10/16/77

photo by Percy Knox



110/120 HURDLES

35-39 = 42" 40-49 = 39" 50-59 = 36"
60+ = 30"

O-B	15.2	Hugh Adams (Reedley)(35) 6/11/75
I-A	15.0	Dave Jackson (Carson)(40) 7/2/72
I-B	15.9	Ted Rademaker (Fresno)(47) 7/2/72
II-A	17.7	Tom Patsalis (LA)(54) 6/26/76
II-B	17.9	Burl Gist (San Marcos)(55) 6/7/75
III-A	19.6	Dutch Warmerdam (Fresno)(60) 12/7/75
III-B	19.6	Ted Hatlen (NCSTC)(65) 7/4/76
IV	22.7	Ralph Higgins (Ft. MacArthur)(71) 6/23/73

HIGH JUMP

O-B	6-7½	John Dobroth (Ventura)(35) 7/76
I-A	6-0	J. Razzetto (San Diego) (40) 7/4/70
I-B	5-10	Ed Austin (Redondo Beach)(45) 6/7/75
II-A	5-7	Orval Gillett (Porterville)(53) 6/23/73
II-B	5-6	Burl Gist (San Marcos)(55) 6/7/75
III-A	5-0	Dutch Warmerdam (Fresno)(60) 12/6/75
III-B	4-3	Winfield McFadden (San Diego)(66) 3/10/72
IV	4-2½	Homer Vangelider (Santa Rosa)(72) 6/25/77

POLE VAULT

O-B	15-0	Ron Morris (LA)(36) 6/20/71
I-A	15- 3/4	Kenneth Hiob (Aptos)(42) 7/14/73
I-B	12-0	Roger French (Hacienda Heights)(45) 6/29/75
II-A	11-6	Orval Gillett (Porterville)(53) 7/1/72
II-B	11-7	Jim Vernon (West Covina)(58) 7/5/75
III-A	12-0	Jim Vernon (West Covina)(60) 7/14/77
III-B	9-7	Bob MacConnaghy (Redondo Beach)(68) 6/12/76
IV	7-0	Walt Westbrook (Ca)(73) 6/20/71

LONG JUMP

O-B	23-4	Dave Jackson (Carson)(36) 3/30/68
I-A	22-9½	Dave Jackson (Carson)(40) 9/11/71
I-B	21-11	Shirley Davisson (Victorville)(45) 10/4/75
II-A	19-2½	Tom Patsalis (LA)(53) 5/4/75
II-B	19-9½	Tom Patsalis (LA)(55) 3/12/77
III-A	16-6½	Mike Andors (La Jolla)(61) 4/21/73
III-B	15-4½	Russel Hargreaves (Santa Barbara)(66) 12/6/75
IV	13-10½	Winfield McFadden (San Diego)(70) 4/5/75

TRIPLE JUMP

O-B	49-11½	Dave Jackson (Carson)(36) 5/16/68
I-A	46-11	Dave Jackson (Carson)(41) 7/7/73
I-B	45-2½	Dave Jackson (Carson)(45) 8/11/77
II-A	40-9	Tom Patsalis (LA)(53) 6/29/75
II-B	41-5	Gordon Farrell (Van Nuys)(57) 1/18/75
III-A	36-11	Gordon Farrell (Van Nuys)(60) 12/9/77
III-B	30-9	Winfield McFadden (San Diego)(67) 6/18/72
IV	29-5	Winfield McFadden (San Diego)(70) 6/29/75

SHOT PUT

35-49 = 16 lb. 50-59 = 12 lb. 60+ = 8 lb.

O-B	60-2	Perry O'Brien (Encino)(35) 6/14/67
I-A	52-9 3/4	Perry O'Brien (Encino)(43) 5/17/75
I-B	49-1½	George Ker (Granada Hills)(49) 5/20/72
II-A	54-6½	George Ker (Granada Hills)(51) 6/10/74
II-B	45-10½	Jack Thatcher (Manhattan Beach)(55) 7/31/71
III-A	50-0	Jack Thatcher (Manhattan Beach)(60) 5/31/77
III-B	44-3½	Vernon Cheedle (Calif)(65) 10/4/75
IV	42-½	Ron Drummond (Capistrano Beach)(70) 9/3/77

DISCUS THROW

35-49 = 2kg 50-59 = 1.6kg 60+ = 1kg

I-A	2:31:01	Bill Gookin (San Diego)(41)	8/25/74
I-B	2:38:31	Brian Freeman (San Diego)(49)	4/21/75
II-A	2:35:48	James O'Neil (Sacramento)(51)	2/13/77
II-B	2:45:15	Ed Almeida (San Diego)(55)	10/2/77
III-A	2:54:56	Monty Montgomery (Sherman Oaks)(63)	12/7/69
III-B	2:53:03	Monty Montgomery (Sherman Oaks)(65)	12/5/71
IV	3:07:13	Monty Montgomery (Sherman Oaks)(71)	10/16/77



JOHN DOBROTH



AL GUIDET

photo by Percy Knox

3000 METER STEEPLECHASE

O-B	12:42.0	John Tansley (Norwalk)(36)	6/18/72
I-A	9:45.6	James Shettler (Pleasant Hill)(42)	8/9/75
I-B	10:40	Lewis Roberts (San Bernardino)(47)	7/6/74
II-A	11:13	John Noble (So. Pasadena)(50)	6/27/76
II-B	11:39.2	Alan Waterman (San Francisco)(59)	8/11/77
III-A	13:15.2	Wayne Zook (San Diego)(60)	8/13/77
III-B	15:01.6	Wilfred Bigelow (Berkeley)(65)	7/3/76
IV		No Marks	

400/440 HURDLES

O-B	55.9	Hugh Adams (Reedley)(35)	7/6/75
I-A	60.6	Ed Dowell (Woodland)(44)	7/1/72
I-B	60.5	Ted Rademaker (Fresno)(48)	7/6/73
II-A	65.4	Bob Roemer (El Dorado Hills)(51)	7/3/76
II-B	65.4	Bob Roemer (El Dorado Hills)(51)	6/27/76
III-A	63.7	Robert Hunt (Anaheim)(56)	7/3/76
III-B	74.5	Vincent Godfrey (LA Mesa)(60)	6/23/74
IV	86.7	Wilfred Bigelow (Berkeley)(65)	7/3/76
		No Marks	

35-39= 36" 50-59 = 33" 60+ = 30"

I-A	40-11
I-B	45-2 1/2
II-A	40-9
II-B	41-5
III-A	36-11
III-B	30-9
IV	29-5

SHOT PUT

O-B	60-2
I-A	52-9 3/4
I-B	49-1 1/2
II-A	54-6 1/2
II-B	45-10 1/2
III-A	50-0
III-B	44-3 1/2
IV	42- 1/2

Dave Jackson (Carson)(41)	8/11/77
Dave Jackson (Carson)(45)	8/11/77
Tom Patsalis (LA)(53)	6/29/75
Gordon Farrell (Van Nuys)(57)	1/18/75
Gordon Farrell (Van Nuys)(60)	12/9/77
Winfield McFadden (San Diego)(67)	6/18/72
Winfield McFadden (San Diego)(70)	6/29/75

35-49 = 16 lb. 50-59 = 12 lb. 60+ = 8 lb.

Perry O'Brien (Encino)(35)	6/14/67
Perry O'Brien (Encino)(43)	5/17/75
George Ker (Granada Hills)(49)	5/20/72
George Ker (Granada Hills)(51)	6/10/74
Jack Thatcher (Manhattan Beach)(55)	7/31/71
Jack Thatcher (Manhattan Beach)(60)	5/31/77
Vernon Cheadle (Calif)(65)	10/4/75
Ron Drummond (Capistrano Beach)(70)	9/3/77

DISCUS THROW

O-B	191-1
I-A	179-2
I-B	147-0
II-A	177-9
II-B	142-7
III-A	149-4
III-B	141-10
IV	121-7

Perry O'Brien (Encino)(36)	3/17/68
Bob Humphreys (Van Nuys)(40)	7/11/76
Fortune Gordien (San Bernardino)(48)	7/2/71
Fortune Gordien (San Bernardino)(50)	4/28/73
Daniel Aldrich (Newport Beach)(55)	4/6/74
Jack Thatcher (Manhattan Beach)(61)	6/26/77
Ken Carnine (Sacramento)(65)	6/3/73
A. Redmond Doms (Culver City)(70)	9/4/77

35-49 = 2kg 50-59 = 1.6kg 60+ = 1kg

HAMMER THROW

O-B	232-5
I-A	224-1
I-B	189-9
II-A	116-1
II-B	133-0
III-A	126-6
III-B	112-5
IV	104-1

Harold Connolly (Santa Monica)(37)	7/20/69
Harold Connolly (Santa Monica)(40)	5/7/72
Harold Connolly (Santa Monica)(45)	5/1/77
Gene Rochambeau (San Diego)(54)	7/6/73
Gene Rochambeau (San Diego)(55)	6/10/74
Tom Montgomery (Ontario)(61)	8/16/75
Randolph Hubbell (Alhambra)(67)	6/12/76
Stanley Herrmann (Santa Barbara)(71)	10/4/75

35-59 = 16 lb. 60+ = 12 lb.

JAVELIN THROW

O-B	267-4
I-A	229-3
I-B	201-6
II-A	173-9
II-B	180-9
III-A	177-5
III-B	135-10
IV	123-6

Frank Covelli (Calif)(35)	4/3/71
Bud Held (San Diego)(42)	7/3/70
Bud Held (San Diego)(45)	7/7/73
Bill Morales (Santa Ana)(51)	7/3/68
Bill Morales (Santa Ana)(56)	4/19/73
Bill Morales (Santa Ana)(60)	7/9/77
Bob MacConnaghy (Redondo Beach)(68)	1/8/77
Emery Curtice (Calistoga)(70)	9/4/77

35-59 = 800 gram 60+ = 600 gram

DECATHLON

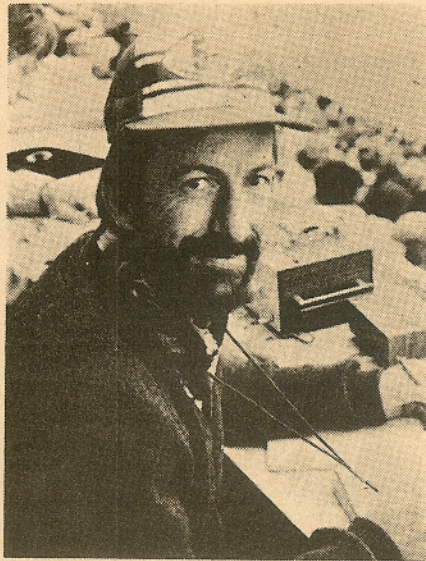
O-B	5736
I-A	5729
I-B	5084
II-A	4399
II-B	3607
III-A	4328
III-B	2263
IV	1306

John Dobroth (Ventura)(35)	1/29/77
Harvey Schellenberg (Reedley)(41)	8/2/74
Harry Hawke (San Diego)(46)	7/4/75
Orval Gillett (Porterville)(54)	12/8/73
Peter Fetter (Redondo Beach)(55)	6/4/76
Dutch Warmerdam (Fresno)(60)	12/6/75
Russel Hargreaves (Santa Barbara)(66)	12/6/75
Stanley Herrmann (Santa Barbara)(70)	12/7/74

PENTATHLON

O-B	2824
I-A	2812
I-B	2454
II-A	2007
II-B	1959
III-A	2016
III-B	1266
IV	1833

Hugh Adams (Reedley)(36)	6/6/76
Brayton Norton (Laguna Beach)(42)	7/1/72
Harry Hawke (San Diego)(45)	7/6/74
Bob Roemer (El Dorado Hills)(50)	8/12/75
Bill Morales (Santa Ana)(55)	7/1/72
Bill Morales (Santa Ana)(60)	8/12/77
Ken Carnine (Sacramento)(67)	8/10/75
Winfield McFadden (San Diego)(70)	4/4/75



KEITH CONNING

HIGH SCHOOL CROSS COUNTRY WRAP-UP 1978

by KEITH CONNING

If we had had a state cross country meet this fall, and if sections qualified as they do in track, then these teams and individuals would have competed. There are ten sections, but the Los Angeles Section did not compete in cross country. Girls do not have a championship meet in Oakland.

I have also included results from other meets where available. This is not to be construed as a ranking of the best performers in the state, as that task is extremely difficult without a state meet.

California should have a state meet in cross country like the neighboring states of Nevada, Oregon, and Washington do. Talk to your high school principals and athletic directors and let's make it happen.

NORTHERN SECTION

Boys Individual

- *FRANK TURNER (Colfax)
 - 9/24 1) Marysville Invit. 14:13
 - 9/30 1) N. Tahoe Invitational
 - 10/1 1) Colfax Invit. 15:09
 - 10/8 1) Bella Vista Invit.
 - 10/15 1) Rio Linda Invitational
 - 10/22 1) Matador Relays Individ.
 - 1) League
 - 11/5 1) Northern Section 16:42
 - 11/19 2) USTFF Fresno

Girls Individual

- SUZANNE RICHTER (Chico)
 - 9/24 2) Chico Invit. 11:07
 - 10/1 3) Nevada Union Inv. 13:05
 - 10/8 1) San Ramon Invit. 7:55
 - 10/15 3) Rio Linda Invit. 11:31
 - 10/22 1) Matador Relays 9:53
 - 10/27 1) Eastern Athletic Lg. 11:39
 - 11/5 1) Northern Section 13:29

Boys Team

- PLEASANT VALLEY
 - 10/8 1) Enterpr-Centr Vly Inv 47

Girls Individuals

- ARLENE DALEY (Granada)
 - 9/15 2) vs. Piedmont 12:48
 - 10/1 4) Artichoke Invit. 14:13
 - 10/8 4) San Ramon Invit. 8:01
 - 11/3 1) East Bay League 11:38
 - 11/12 1) Central Area 11:42
 - 11/19 1) No. Coast Section 13:50
- DIANE KENNY (Novato)
 - 9/24 3) Stinson Beh Relays 9:53
 - 10/8 2) San Ramon Invit. 7:52
 - 10/22 1) McAteer Invit. 12:43
 - 11/4 2) Marin Co. Ath. 13:57
 - 11/12 1) Redwood Empire 12:20
 - 11/19 2) No. Coast Section 13:54
- LISA VAN BUSKIRK (Pleasant Hill)
 - 10/22 2) Pleasant Hill Invit. 11:33
 - 11/2 1) Diablo Vly. Ath. 12:14
 - 11/12 3) Central Area 11:56
 - 11/19 3) No. Coast Section 13:58
- COLLEEN SCANNELL (Bishop O'Dowd)
 - 9/22 1) vs. Alam./CastroVly 14:45
 - 10/15 2) Hayward Invit. 12:28
 - 11/3 2) Catholic Ath. Lg. 12:24
 - 11/12 2) Southern Area 13:26
 - 11/19 4) No. Coast Section 13:58

2. REDWOOD

- 9/24 1) Stinson Beh X-C Rly. 41:47
- 10/1 3) Livermore Invit. 93
- 10/15 3) Soquel Invit. 122
- 11/4 1) Marin Co. Ath. Lg. 35
- 11/12 1) Redwood Empire Area 54
- 11/19 2) No. Coast Section 101
- 11/28 3) 3-mile Postal 80:49.5

3. CLAYTON VALLEY

- 10/8 3) San Ramon Invit. 154
- 11/2 2) Diablo Vly. Ath. 35
- 11/12 1) Central Area 70
- 11/19 3) No. Coast Section 112

4. CASTRO VALLEY

- 9/22 1) CV 36, Alam. 37, O'Dwd 49
- 9/28 2) Mission SJ 15, CV 40
- 10/1 2) Livermore 93
- 10/15 3) Hayward Invit. 61
- 11/2 1) Hayward Ath. Lg. 17
- 11/12 2) Southern Area 84
- 11/19 4) No. Coast Section 126

2. MIRAMONTE

- 10/8 3) San Ramon Invit. 112
- 10/22 1) Pleasant Hill Invit. 96
- 11/3 1) Foothill Ath. Lg. 26
- 11/12 2) Central Area 67
- 11/19 2) N. Coast Section 110

3. PLEASANT HILL

- 10/1 2) Oakland Ath. Lg. 75
- 10/8 5) San Ramon Invit. 144
- 10/22 3) Pleasant Hill Invit. 125
- 11/2 1) Diablo Vly. Ath. 38
- 11/12 1) Central Area 63
- 11/19 3) No. Coast Section 121

4. TAMALPAIS

- 9/24 3) Stinson Beh Relays 53:56
- 10/1 3) Livermore Invit. 96
- 10/15 3) Soquel Invit. 82
- 11/4 2) Marin Co. Ath. 53
- 11/12 3) Redwood Empire 104
- 11/19 4) No. Coast Section 134

SAC-JOQUIN SECTION

- 11/5 1) League
- 11/19 2) Northern Section 16:42
- 11/19 2) USTFF Fresno

Girls Individual

1. SUZANNE RICHTER (Chico)
 - 9/24 2) Chico Invt. 11:07
 - 10/1 3) Nevada Union Inv. 13:05
 - 10/8 1) San Ramon Invt. 7:55
 - 10/15 3) Rio Linda Invt. 11:31
 - 10/22 1) Matador Relays 9:53
 - 10/27 1) Eastern Athletic Lg. 11:39
 - 11/5 1) Northern Section 13:29

Boys Team

1. PLEASANT VALLEY
 - 10/8 1) Enterpr-Centr Vly Inv 47
 - 10/27 2) Eastern Athletic Lg 44
 - 11/5 1) Northern Section 48

Girls Team

1. CHICO
 - 9/ 1) Chico 20, at Shasta 35
 - 9/24 1) Chico Invt. 22
 - 10/1 1) Nevada Un. Invt. 20
 - 10/8 1) San Ramon Invt. 40
 - 10/15 2) Rio Linda Invt. 55
 - 10/22 1) Matador Relays 52:36
 - 10/27 1) Eastern Ath. Lg. 38
 - 11/5 1) Northern Section 39

NORTH COAST SECTION

Boys Individuals

1. DAVE COULMAN (San Marin)
 - 10/8 1) San Ramon Invt. 8:14
 - 10/15 1) Soquel Invt. 13:20
 - 10/22 1) Pleasant Hill Invt. 9:13.6
 - 11/4 1) Marin Co. Ath. Lg. 15:30
 - 11/12 1) Redwood Empire Area 12:33
 - 11/19 1) No. Coast Section 15:12
2. ROD BERRY (Redwood)
 - 11/4 3) Marin Co. Ath. Lg. 15:41
 - 11/12 2) Redwood Emp. Area 12:34
 - 11/19 2) No. Coast Section 15:13
3. CRAIG HOCHHAUS (Clayton Valley)
 - 9/18 2) Walnut Fest. (13-18) 17:33
 - 10/8 9) San Ramon Invt. 8:31
 - 10/22 15) Pleas. Hill Invt. 9:46
 - 11/2 1) Diablo Vly. Ath. Lg. 16:04
 - 11/12 3) Central Area 14:24
 - 11/19 3) No. Coast Section 15:20
4. KEN ROMIGUIERE (Castro Valley)
 - 9/22 1) vs. Alam/B.O'Dowd 16:25
 - 10/1 1) Livermore Invt. 13:59
 - 10/15 4) Hayward Invt. 15:36
 - 10/22 5) Pleasant Hill Invt. 9:27
 - 11/2 1) Hayward Area Ath. 15:31
 - 11/12 2) Southern Area 15:34
 - 11/19 4) N. Coast Section 15:22

- 10/8 2) San Ramon Invt. 7:52
- 10/22 1) McAteer Invt. 12:43
- 11/4 2) Marin Co. Ath. 13:57
- 11/12 1) Redwood Empire 12:20
- 11/19 2) No. Coast Section 13:54

3. LISA VAN BUSKIRK (Pleasant Hill)
 - 10/22 2) Pleasant Hill Invt. 11:33
 - 11/2 1) Diablo Vly. Ath. 12:14
 - 11/12 3) Central Area 11:56
 - 11/19 3) No. Coast Section 13:58
4. COLLEEN SCANNELL (Bishop O'Dowd)
 - 9/22 1) vs. Alam./CastroVly 14:45
 - 10/15 2) Hayward Invt. 12:28
 - 11/3 2) Catholic Ath. Lg. 12:24
 - 11/12 2) Southern Area 13:26
 - 11/19 4) No. Coast Section 13:58

- 10/8 3) San Ramon Invt. 154
- 11/2 2) Diablo Vly. Ath. 35
- 11/12 1) Central Area 70
- 11/19 3) No. Coast Section 112

4. CASTRO VALLEY
 - 9/22 1) CV 36, Alam. 37, O'Dwd 49
 - 9/28 2) Mission SJ 15, CV 40
 - 10/1 2) Livermore 93
 - 10/15 3) Hayward Invt. 61
 - 11/2 1) Hayward Ath. Lg. 17
 - 11/12 2) Southern Area 84
 - 11/19 4) No. Coast Section 126

- 10/22 3) Pleasant Hill Invt. 125
- 11/2 1) Diablo Vly. Ath. 38
- 11/12 1) Central Area 63
- 11/19 3) No. Coast Section 121

4. TAMALPAIS
 - 9/24 3) Stinson Bch Relays 53:56
 - 10/1 3) Livermore Invt. 96
 - 10/15 3) Soquel Invt. 82
 - 11/4 2) Marin Co. Ath. 53
 - 11/12 3) Redwood Empire 104
 - 11/19 4) No. Coast Section 134

photo by Keith Conning



MISSION SAN JOSE HIGH SCHOOL— North Coast Section Champions. Top (left to right): Steve Strangio(junior), Kevin Coon(senior), John Marden(junior), Bottom: Rich Reed(sophomore), Mike Chastaine(senior), Scott Ruffing(senior). Coach is Jack Marden. Not pictured is Jay Marden(freshman).

Boys Teams

1. MISSION SAN JOSE
 - 9/24 2) Alum Rock Invt. 79
 - 10/1 1) Livermore Invt. 85
 - 10/8 1) San Ramon Invt. 43
 - 10/15 1) Hayward Invt. 48
 - 10/22 2) Pleasant Hill Invt. 70
 - 10/29 1) 2-mile Postal 47:39.0
 - 11/3 1) Miss. Vly. Ath. 21
 - 11/12 1) Southern Area 24
 - 11/19 1) No. Coast Section 36
 - 11/28 1) 3-mile Postal 76:34.0

Girls Teams

1. MISSION SAN JOSE
 - 9/24 1) Alum Rock Invt. 60
 - 10/1 1) Livermore Invt. 67
 - 10/15 1) Hayward Invt. 32
 - 10/22 4) Pleasant Hill Invt. 167
 - 11/3 1) Miss. Vly. Ath. Lg. 23
 - 11/12 1) Southern Area 60
 - 11/19 1) No. Coast Section 108

SAC—JOAQUIN SECTION

Boys Individuals

1. CHRIS OTIS (Mira Loma)
 - 9/24 13) Alum Rock Invitational
 - 10/1 3) Nevada Union Invt. 15:59
 - 10/15 6) Soquel Invt. 13:41
 - 1) League
 - 11/5 1) District 3, 15:08
 - 11/12 1) Sac-Joaquin Sec. 15:05
2. DAVE RADICAN (Mira Loma)
 - 9/24 Alum Rock Invitational
 - 10/1 7) Nevada Union Invt. 16:12
 - 10/15 9) Soquel Invt. 13:50
 - 11/5 3) District 3, 15:20
 - 11/12 2) Sac-Joaquin Section 15:09
3. MIKE DICKENSON (Bella Vista)
 - 9/23 3) Cordova Invt. 16:20
 - 10/8 4) Bella Vista Invt. 15:31
 - 10/15 4) Rio Linda Invt. 15:57
 - 10/26 1) Capital Vly Lg. 15:37.1
 - 11/12 3) Sac-Joaquin Section 15:21

Girls Individuals

1. *LAURIE CRISP (Downey)
 - 9/23 1) Cordova Invt. 13:03
 - 10/8 1) Bella Vista Invt. 11:59
 - 10/15 1) Rio Linda Invt. 11:25
 - 10/26 1) Central Calif. Conf. 11:40
 - 10/29 2) 2-mile Postal 11:01.5
 - 11/4 1) District IV, 11:04.4
 - 11/12 1) Sac-Joaquin Section 12:36
2. ***STACEY DENNISON (El Camino)
 - 9/23 2) Cordova Invt. 13:17
 - 1) League
 - 11/5 1) District 3, 12:42
 - 11/12 2) Sac-Joaquin Section 12:52
 - 11/20 1) Nor-Cal Jr. Olyms. 11:21
3. ***SHELLY NIETO (Merced)
 - 9/24 1) Frogtown Invt. 11:38
 - 10/1 2) Nevada Union Invt. 12:58
 - 10/15 5) Rio Linda Invt. 11:48
 - 10/26 2) Central Calif. Conf. 12:07
 - 10/29 1) 2-mile Postal 11:11.2
 - 11/4 2) District IV, 11:22
 - 11/12 3) Sac-Joaquin Section 12:54

Boys Teams

1. MIRA LOMA
 - 9/24 3) Alum Rock Invit. 82
 - 10/1 1) Nevada Union Invit. 37
 - 10/15 1) Soquel Invit. 43
 - 11/5 1) District 3, 23
 - 11/12 1) Sac-Joaquin Section 36
2. CORDOVA
 - 9/23 1) Cordova Invit. 58
 - 10/1 3) Nevada Union Invit. 123
 - 10/8 2) Bella Vista Invit. 108
 - 11/5 2) District 3, 51
 - 11/12 2) Sac-Joaquin Section 101
3. JESUIT
 - 10/1 2) Nevada Union Invit. 67
 - 10/8 1) Bella Vista Invit. 91
 - 10/22 3) Pleasant Hill Invit. 100
 - 10/29 1) Delta League 37
 - 11/12 3) Sac-Joaquin Section 127

Girls Teams

1. RIO AMERICANO
 - 9/24 1) Frogtown Invit. 21
 - 10/8 1) Bella Vista Invit. 31
 - 10/15 1) Rio Linda Invit. 41
 - 11/5 1) District 3, 24
 - 11/12 1) Sac-Joaquin Section 53
2. SOUTH TAHOE
 - 9/23 1) Cordova Invit. 56
 - 9/30 1) So. Lake Tahoe Invit. 29
 - 10/8 2) Bella Vista Invit. 75
 - 10/22 2) Matador Relays 53:26
 - 10/27 1) Golden Empire Lg. 15
 - 11/12 2) Sac-Joaquin Section 71
3. EL CAMINO
 - 9/23 3) Cordova Invitational 91
 - 10/22 4) Matador Relays 55:32
 - 11/5 2) District 3, 58
 - 11/12 3) Sac-Joaquin Section 133

photo by Keith Conning



OAKLAND SECTION

Boys Individual

1. *TOM DOWNS (Skyline)
 - 9/20 1) vs. San Rafael/Encin. 13:00
 - 9/24 2) Alum Rock Invit. 11:19
 - 10/1 1) Oakland Ath. Lg. 11:35
 - 10/8 1) San Ramon Invit. 8:10
 - 10/22 2) Pleasant Hill Inv. 9:16
 - 10/29 16) Mt. SAC Sweepstks. 15:35.4
 - 11/22 1) Oakland Athl. Lg. 9:59.0

Boys Team

1. SKYLINE
 - 9/20 1) S 25, SanRaf 48, Enc 57
 - 9/24 1) Alum Rock Invit. 72
 - 10/1 1) Oakland Ath. Lg. 21
 - 10/8 2) San Ramon Invit. 50
 - 10/22 1) Pleasant Hill Inv. 69
 - 10/29 10) Mt. SAC Sweep. 217,80:54.8
 - 11/22 1) Oakland Ath. Lg. 15

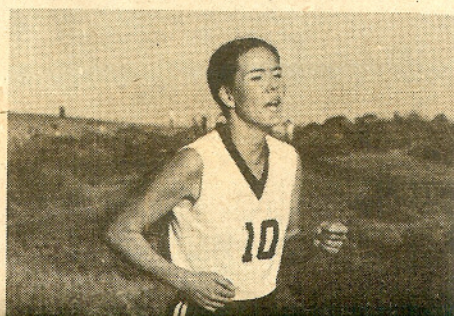
Girls -- No competition

CENTRAL SECTION

Boys Individuals

1. GREG POPE (Bullard)
 - 10/1 2) Fresno St. Invit. 9:40
 - 10/22 4) Madera Invit. 14:50
 - 10/28 1) Fresno City 15:00
 - 11/10 1) North Area 14:55
 - 11/18 1) Central Section 14:37.5
 - 11/19 1) USTFF, Fresno 15:07.6
2. STEVE MCDANNALD (Hoover)
 - 9/24 6) Alum Rock Invit. 11:30
 - 10/1 1) Fresno St. Invit. 9:37
 - 10/22 1) Madera Invit. 14:41
 - 11/10 2) North Area 15:00
 - 11/18 2) Central Section 14:47

photo by Keith Conning



3. KIM TEMPLETON (West)
 - 10/15 7) Santa Maria Invit. 12:14
 - 11/10 5) South Area 12:00
 - 11/18 3) Central Section 11:45

Boys Teams

1. HOOVER
 - 9/24 4) Alum Rock Invit. 107
 - 10/1 1) Fresno St. Invit. 50:05
 - 10/28 1) Fresno City 32
 - 11/10 1) North Area 40
 - 11/18 1) Central Section 88
2. MADERA
 - 10/1 4) Fresno St. Invit. 51:43
 - 10/29 1) Kern Invit. 38
 - 11/10 2) North Area 49
 - 11/18 2) Central Section 106
3. CORCORAN
 - 10/29 3) Kern Invitational 114
 - 11/10 2) Central Area 75
 - 11/18 3) Central Section 111

Girls Teams

1. WEST HIGH
 - 10/15 5) Santa Maria Invit. 112
 - 10/29 1) Kern Invit. 60
 - 11/10 2) South Area 15
 - 11/18 1) Central Section 21
2. CLOVIS
 - 10/1 1) Fresno St. Invit. 8
 - 10/15 2) Soquel Invit. 79
 - 10/22 1) Madera Invitational 10
 - 10/29 2) Kern Invitational 67
 - 11/10 1) North Area 9
 - 11/18 2) Central Section 21
3. BAKERSFIELD
 - 10/15 1) Santa Maria Invit. 66
 - 10/22 1) Chaminade Invit. 74
 - 10/29 3) Kern Invitational 96
 - 11/10 1) South Area 14
 - 11/18 3) Central Section 44

LOS ANGELES SECTION

No results in Los Angeles Times. Can only assume that they did not compete in cross country.

SOUTHERN SECTION

Boys Individuals

1. *FRANK ASSUMMA (Eisenhower)
 - 10/8 1) Villa Park Invit. 10:06
 - 10/29 12) Mt. SAC Invit. 15:31.9
 - 11/19 5) Sub-Section 4A, 15:28
 - 11/26 1) Southern Section 4A, 15:16
2. *CHUCK ASSUMMA (Eisenhower)
 - 10/8 1) Villa Pk, Race 2, 10:03
 - 10/29 2) Mt. SAC Invit. 14:57.3
 - 11/19 1) Sub-section 4A 15:08.7
 - 11/26 2) Southern Section 4A, 15:24
3. BUHLER (Fountain Valley)
 - 13) Kenny Staub Invit. Div. 1 16:23
 - 10/29 13) Mt. SAC Invit. 15:32.2
 - 11/19 5) Sub-Section 4A, 15:26
 - 11/26 3) Southern Section 4A, 15:41
4. J. SPILMAN (Simi Sophomore)
 - 3) Mammoth Invitational 16:34
 - 8) Costa Mesa Invit., Div 1-15:51
 - 10/22 1) Chaminade Invit. 14:55
 - 10/29 3) Mt. SAC, Race 20 15:28.4
 - 11/19 3) Sub-Section 4A, #1 15:24
 - 11/26 4) Southern Section 4A 15:41
5. APPELL (Fountain Valley)
 - 2) Kenny Staub Invit, Div 1 15:50
 - 10/15 3) Orange Co. Div. 3 15:17
 - 11/26 5) Southern Section 4A 15:45

Girls Individuals

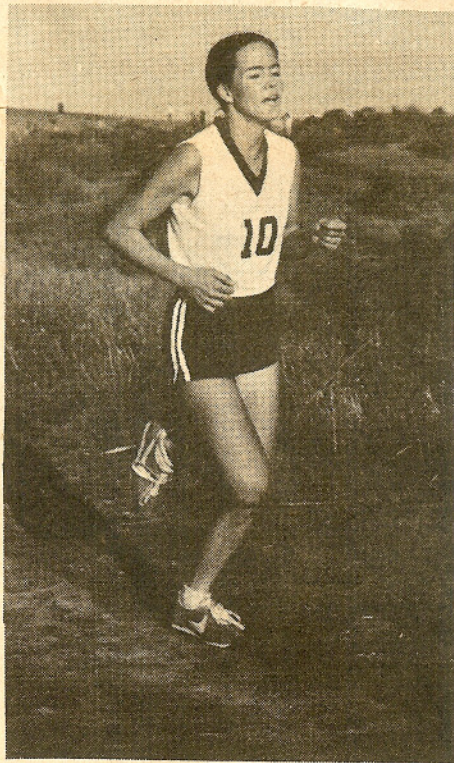
1. MICHELE BUSH (Rolling Hills)
 - 1) Moorpark Invit. 11:23
 - 2) K. Staub Invit. 11:55
 - 1) W. Torrance Invitational 11:43
 - 1) Pacifica Invit. 12:26
 - 11/26 1) Southern Section 11:54
2. SUSIE MEEK (Palos Verdes)
 - 1) K. Staub Invit. 11:48
 - 1) Mammoth Invit. 13:26
 - 11/26 2) Southern Section 12:22



**"Converting, Building and
Marking a *High School Track"**



BOB LOVE



IRENE CROWLEY

SAN FRANCISCO SECTION

Boys Individual

1. BRIAN MILLER (McAteer)
 - 10/1 5) Oakland Ath. Lg. 12:00
 - 10/15 1) Rio Linda Invit. 15:40
 - 10/22 2) McAteer Invita. 15:11
 - 11/2 1) San Francisco Sec. 15:31

Girls Individual

1. JENNIFER GONG (Lowell)
 - 11/2 1) San Fran. Section 13:34

Boys Team

1. MC ATEER
 - 10/1 3) Oakland Ath. Lg. 86
 - 10/22 3) McAteer Invit. 118
 - 11/2 1) San Fran. Section 26

Girls Team

None reported in San Francisco Chronicle

3. TONY DJBAYAN (Bullard)
 - 10/1 2) Fresno St. Invit. 9:53/#2
 - 10/22 6) Madera Invit. 15:04
 - 10/28 3) Fresno City 15:17
 - 11/10 6) North Area 15:24
 - 11/18 3) Central Section 14:54
 - 11/19 4) USTFF, Fresno 15:43

Girls Individuals

1. LINDA GOEN (North High)
 - 10/15 1) Santa Maria Invit. 11:00
 - 10/22 1) Chaminade Invit. 10:44
 - 10/29 1) Kern Invitational 10:45
 - 11/10 1) South Area 10:45
 - 11/12 DNF) Calif. State AAU (fell)
 - 11/18 1) Central Section 10:52.8
 - 11/19 1) Jr. Olympics, Fresno 10:55
2. DIANA URSIN (Bakersfield)
 - 10/15 5) Santa Maria Invit. 11:42
 - 10/29 2) Kern Invit. 11:30
 - 11/10 2) South Area 11:31
 - 11/18 2) Central Section 11:29

LOS ANGELES SECTION

No results in Los Angeles Times. Can only assume that they did not compete in cross country.



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GREG POPE (left) & STEVE McDANNALD

3. DIANE BRINK (San Marino)
 - 1) Kenny Staub Invit. 12:25
 - 10/15 2) UCLA-Arcadia 11:34
 - 1) Dos Pueblos Invit. 12:58
 - 11/26 3) Southern Section 12:25
4. SHARON HULSE (Edison)
 - 5) Kenny Staub Invit. 12:12
 - 2) Mammoth Invit. 13:32
 - 11/26 4) Southern Section 12:28
5. HARRELL (Palos Verdes)
 - 11/26 5) Southern Section 12:32

Boys Teams

1. PALOS VERDES
 - 4) Mammoth Invit.-Large 66
 - 3) Kenny Staub Invit. 101
 - 11/26 1) Southern Sec. 4A, 79:81:31
2. FOOTHILL
 - 2) Kenny Staub Invit. 72
 - 10/15 1) Orange Co. Div. 2, 89:79:25

2. MARC KELLER (Helix)
 - 10/29 5) Mt. SAC Invit. 15:09.6
 - 11/23 2) San Diego Sec. 15:43
3. RON ROBERTS (Morse)
 - 11/23 3) San Diego Section 15:45

Girls Individuals (2A Division)

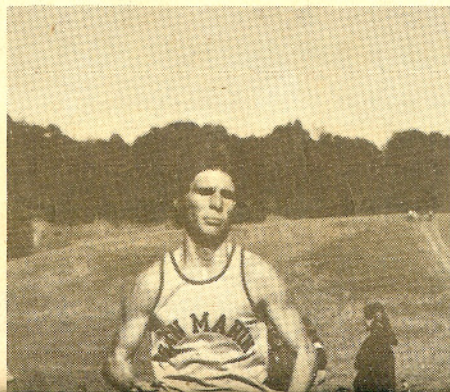
1. CAROL KELLER (Helix)
 - 11/23 1) San Diego Section 13:08
2. CHERYL FLOWERS (Valhalla)
 - 11/23 2) San Diego Section 13:27
3. SPENCER (Bonita Vista)
 - 11/23 3) San Diego Section 13:46

Boys Teams (3A Division)

1. HELIX
 - 10/29 1) Mt. SAC 101, 78:08.0
 - 11/23 1) San Diego 3A Div. 47
2. KEARNY
 - 10/29 4) Mt. SAC 157, 79:47.9
 - 11/23 2) San Diego 3A Div. 84
3. VALHALLA
 - 10/29 Mt. SAC Invit. 81:31.8
 - 11/23 3) San Diego 3A Div. 90

Girls Teams (2A Division)

1. HELIX
 - 11/23 1) San Diego 2A Div. 27
2. MONTE VISTA
 - 11/23 2) San Diego Sec. 2A, Div. 88
3. BONITA VISTA
 - 11/23 3) San Diego 2A, Div. 92



3. **FELIX SOTO (Mt. Pleasant)
 - 9/29 1) Stanford Inv./Soph 14:33
 - 10/15 3) Soquel Invit. 13:26
 - 10/25 3) Leigh-Lynbrook 14:59
 - 10/29 8) 2-mile Postal 9:25.2
 - 11/7 2) Mt. Hamilton Lg. 11:33
 - 11/10 2) Mt. Hamilton Sec. 11:21
 - 11/16 3) Region III
 - 11/22 3) Central Cst. 14:57.2

Girls Individuals

1. IRENE CROWLEY (Overfelt)
 - 9/24 1) Alum Rock Invit. 14:23
 - 10/1 3) Artichoke Inv. 14:08
 - 10/25 1) Leigh-Lynbrook Inv. 17:39
 - 10/29 1) 2-mile Postal 10:59.6
 - 11/7 1) Mt. Hamilton Lg. 13:34
 - 11/10 1) Mt. Hamilton Sec. 13:25
 - 11/16 1) Region III 17:40
 - 11/22 1) Central Cst. 17:40.7

2. CARLMONT
 - 9/29 1) Stanford Invit. 96
 - 10/1 1) Artichoke Invit. 74
 - 10/8 1) Crystal Springs Inv. 44
 - 10/13 1) Center Meet 46, 81:59
 - 10/29 3) 2-mile Postal 48:54.8
 - 11/8 1) So. Peninsula 21, 79:25.5
 - 11/18 1) Region II 42
 - 11/22 2) Central Coast 102
 - 11/28 1) 2-mile Postal 49:12.7

3. LELAND
 - 10/8 4) Crystal Springs Inv. 72
 - 10/15 2) Del Mar Invit. 103
 - 10/29 4) 2-mile Postal 49:11.0
 - 11/16 2) Region III 132
 - 11/22 3) Central Coast Sec. 130

Photo by Mike Mulhern



4. SHARON HULSE (Edison)
 - 5) Kenny Staub Invt. 12:12
 - 2) Mammoth Invt. 13:32
 - 11/26 4) Southern Section 12:28
5. HARRELL (Palos Verdes)
 - 11/26 5) Southern Section 12:32

Boys Teams

1. PALOS VERDES
 - 4) Mammoth Invt.-Large 66
 - 3) Kenny Staub Invt. 101
 - 11/26 1) Southern Sec.4A,79,81:31
2. FOOTHILL
 - 2) Kenny Staub Invt. 72
 - 10/15 1) Orange Co. Div.2,89,79:25
 - 10/29 2) Mt. SAC Sweep. 126,78:53.0
 - 11/26 2) Southern Sec.4A,81,81:32
3. FOUNTAIN VALLEY
 - 1) Kenny Staub Invt. 66
 - 10/15 1) Orange Co. Div.3-57,78:54
 - 10/29 6) Mt. SAC 171, 80:08.0
 - 11/26 3) Southern Sec. 4A,86,81:32
4. EISENHOWER
 - 10/8 2) Villa Park #2, 21, 52:48
 - 10/29 3) Mt. SAC 147, 79:24.8
 - 11/26 4) Southern Sec.4A,105,81:52
5. Not reported in Los Angeles Times

Girls Teams

1. EDISON
 - 1) Kenny Staub Invt. 43
 - 1) Canyon Girls Invt. 93:44
 - 3) Mammoth Invt. 81
 - 11/26 1) Southern Section 78,65:03
2. CORONA DEL MAR
 - 4) Mammoth Invt. 95
 - 11/26 2) Southern Sec 111,66:21
3. PALOS VERDES
 - 1) Mammoth Invt. 79
 - 11/26 3) Southern Sec.129,66:14
4. BURBANK
 - 1) Kenny Staub Invt,#2 56
 - 5) Moorpark Invitational 123
 - 11/26 4) Southern Section 164,67:53
5. Not reported in Los Angeles Times

SAN DIEGO SECTION

Boys Individuals (3A Division)

1. RICK ROSE (Helix)
 - 10/29 3) Mt. SAC Invt. 15:01.7
 - 11/23 1) San Diego Sec. 15:33

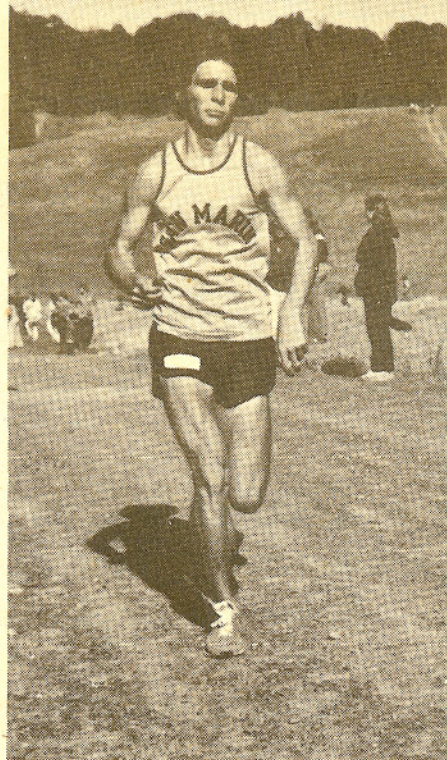


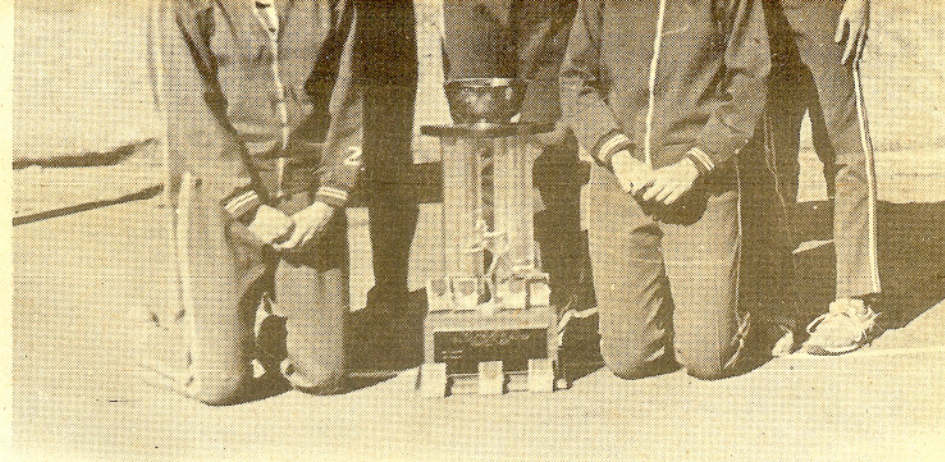
photo by Keith Conning

DAVE COULMAN

CENTRAL COAST SECTION

Boys Individual

1. BOB LOVE (Carlmont)
 - 9/29 13) Stanford Invt.
 - 10/1 1) Artichoke Invt. 11:35.8
 - 10/8 2) Crystal Springs 15:11
 - 10/13 1) Center Meet 15:13
 - 10/29 5) 2-mile Postal 9:22.0
2. *DAVE AVILA (Cupertino)
 - 9/24 2) Sunnyvale Inv. 12:10
 - 9/29 2) Stanford Invt. 14:29
 - 10/1 2) Artichoke Inv. 11:45
 - 10/15 5) Soquel Invt. 13:35
 - 10/29 3) 2-mile Postal 9:20
 - 11/9 1) DeAnza League 15:26
 - 11/18 2) Region II 15:28
 - 11/22 2) Central Coast 14:56.2



MISSION SAN JOSE HIGH SCHOOL— North Coast Section Champions. Top (left to right): Landa Larson, Beth Dewey, Liz Strangio, Linda Coon, Karen Giles. Bottom: Dian Buti, Mitzi Archer.

2. ANN TRASON (Pacific Grove)

- 10/1 1) Artichoke Inv. 13:06
- 10/8 1) Aptos Invt. 12:40
- 10/15 1) Soquel Invt. 11:38
- 10/29 1) Pacific Grove 12:04
- 1) League
- 11/17 2) Region IV
- 11/22 2) Central Coast 18:07.7

3. **NANCY HUYCK (Apros)

- 10/1 2) Artichoke Invt. 13:57
- 10/8 2) Aptos Invt. 13:38
- 10/13 1) Center Meet
- 10/15 2) Soquel Invt. 12:17
- 10/29 2) Pacific Grove 13:52
- 11/5 1) Peninsula Invt.
- 11/17 1) Region IV 12:36
- 11/22 3) Central Coast 18:29.4

Girls Teams

1. HALF MOON BAY

- 10/1 1) Artichoke Invt. 61
- 10/8 1) Aptos Invt. 43
- 10/13 1) Center Meet 58, 107:05
- 10/15 1) Soquel Invt. 41
- 10/22 1) McAtear Invt. 24
- 10/29 1) 2-mile Postal 59:14.0
- 11/10 1) N. Penin. Lg. 15
- 11/22 2) Central Coast 109, 99:45.3

2. CARLMONT

- 9/29 1) Stanford Invt. 140
- 10/1 2) Artichoke Invt. 100
- 10/13 3) Center Meet 79, 110:31
- 10/29 4) 2-mile Postal 62:59.0
- 11/8 1) Region II 63
- 11/22 1) Central Coast 98, 103:03.0

3. SAN CARLOS

- 9/29 5) Stanford Invt. 168
- 10/13 2) Center Meet 68, 109:28
- 10/29 5) 2-mile Postal 63:05.9
- 11/8 2) So. Penin. Lg. 30, 104:23
- 11/18 2) Region II 76
- 11/22 3) Central Cst. 126, 101:51

Boys Teams

1. LEIGH

- 9/24 2) Sunnyvale Invt. 75
- 9/29 2) Stanford Invt. 118
- 10/8 2) Crystal Springs In. 50
- 10/25 1) Leigh-Lynbrk Inv. 57
- 10/29 6) 2-mile Postal 49:25.8
- 11/16 1) Region III 96
- 11/22 1) Central Cst. Sec. 64

AZUSA GOLDEN DAYS 10 MI RUN

PLC	NAME	AGE	CLUB	DATE	FAST TIME
1	TOM LEE	28	PFA	50131	
2	DUANE WALTHIRE	22	AIA	52102	
3	DAVE FRICKEL	22	SFVT	53102	
4	RAYMOND HUGHES	39	SFVT	53134	
5	FELIPE BRIZUELA	22	AZTL	55100	
6	ALLEN BRONNING		AIA	56104	
7	JAMES PEREZ	31	AZTL	56106	
8	WALT WALTHIRE	23	AIA	56111	
9	BARRY FOOSE	30	SFVT	56118	
10	JUAN TORRES	24	AZTL	57108	
11	ENRIQUE SERRATOS	19	AZTL	57133	
12	SKIP SHAFFER	39	CCAC	57138	
13	ALFX HEDGES	29		57142	
14	JIM MINAMI	33	AZTL	57148	
15	JOL RAZO	31	AZTL	58102	
16	STEVE BURBECK	34	UNAT	58115	
17	MICHAEL CARALLERO	20		58122	
18	JIM FLANIGAN	28	CCAC	58124	
19	GARY SEEGER	33		58133	
20	ROBERT JOHNSON	28	GPAC	58144	
21	TED ALCARON	40		58157	
22	KEITH HILL	21	AZTL	59111	
23	ROBERT SMITH	37		59128	
24	BOB DI LEONARIS	25		59138	
25	IGLESIAS DIMAS	20	RRR	59152	
26	PAPRY KLFINSASSER	23	PL	1100122	
27	ROBERT OPLIGER	24	JCSB	1100129	
28	TOMAS CORY	31	GPAC	1100136	
29	RICK VASQUEZ	40	AZTL	1100138	
30	PETE SAVITZ	38	SOTC	1101130	
31	DARRYL DOWNEY	31	SHTC	1101136	
32	AURELIO CAMACHO	46	STC	1101138	
33	DAVE FULTON	16		1101155	
34	HAROLD OLSON	27		1102110	
35	RICK NERBECKER	28		1102128	
36	PAT PATTERSON	28		1102143	
37	JENE ST PIERRE	17		1102145	
38	CHARLES R MCCLUNG	37	JNAT	1103108	
39	JOHN WELLS	38		1103114	
40	HANK HORTON	43	SFVT	1103130	

AZUSA GOLDEN JAYS 5000 M

PLC	NAME	DATE	FAST TIME
1	DAVE DALY	15130	
2	MARK PUELAS	16145	
3	SCOTT HUNTER	16167	
4	VINCE O'JOVLE	16168	

1ST BARSTOW TO CALICO RUN

DISTANCE--18.000 MILES 100977

PLC	NAME	TIME
1	STEVE CHASE	1:40:19
2	JOE BURGASSER	1:45:47 1/SM
3	RUSS HUCKEBA	1:49:48
4	DENNIS STANSAUK	1:50:43
5	GARY DOBRENTZ	1:53:04
6	MARSHALL MATYE	1:53:48
7	JOHN STARR	1:55:56 1/40
8	JOSEPH MARINO	1:57:40 2/SM
9	RAY GIL	1:58:09 1/50
10	BRIAN STANSAUK	1:58:17
11	JAMES GORSLINE	1:58:17 2/40
12	JOHN DUHIG	2:00:46 3/SM
13	MARIE ALBERT	2:02:14 1/W
14	G GRABIS	2:04:07 3/40
15	TOM MILLER	2:04:21 4/SM

November 5. 15th Phelan Handicap

1)	Larry Pontinen (SBAA)	94:32
2)	Bill Pewen (un)	96:00
3)	Charles McClung (un)	37 102:03
4)	Carlos Arrellanes (Aztl)	105:12
5)	Morris Scoggin (un)	30 105:21
6)	Gunars Grabis (un)	45 106:16
7)	Harold Daughters(SCS)	108:19
8)	Diarmuid White (un)	108:20
9)	Phil Clarke (CCAC)	51 109:51
10)	Ed Neete (un)	38 111:55
11)	Lono Tyson (CCAC)	50 118:34
12)	Phil Wood (un)	46 118:42
13)	Bill Dickey (un)	38 120:46
14)	Tim Giles (un)	38 121:00
15)	Dan Brown (un)	46 122:47
16)	Warren Shelton (un)	47 124:48
17)	Al Clark (STC)	63 127:18
18)	Rod Hoover (un)	23 131:06
19)	George Keene (un)	34 143:29
20)	Richard Smith (un)	40 146:23
21)	Ceill Cravat (un)	38 155:24
22)	Brent Smith (un)	53 155:24

/Connie Rodewald/

November 20. Cupertino. Cupertino Yearlings Track Club 3rd Annual Santa Clara Valley Autumn Ride Run

Masters: 6.07 miles

1)	Ken Paul	39:13
2)	Myron Nevraumont	
3)	W. L. Hitch	41:27

Men:

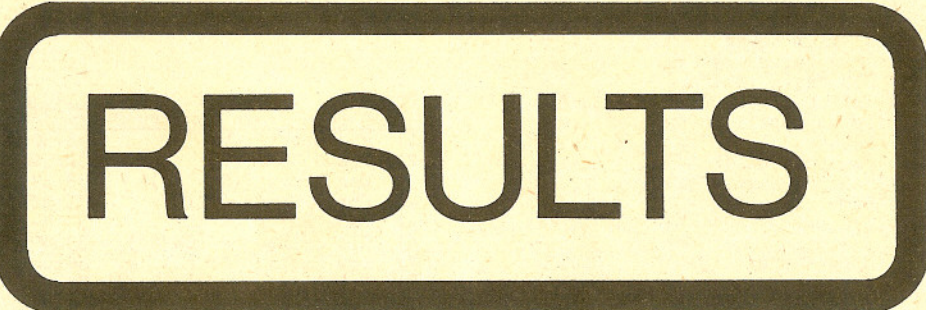
1)	Timothy Chain	33:15
2)	Ramsay Thomas	33:15
3)	Joseph Fabris	33:51
4)	Mike McQueeney	34:25
5)	Wayne Glusker	34:54
6)	Timothy Olson	
7)	Ross Rowley	
8)	George Minarik	
9)	Allen Flemming	
10)	Dan Dierken	38:23

Women:

1)	Sue Munday	2) Judith Fox
3)	Barbara Pike	4) Janet Hollenbach
5)	Deana Stevenson	

14-17 Boys:

1)	Sheldon Larson	36:08
2)	Cal Perry	3) Danny Cervantez
4)	Jeff Nicklin	5) George Vasquez



November 15. Pleasant Hill. AAU

Junior Olympic Cross Country Trials at Pleasant Oaks Park

Boys 12-13 2.0 Mile:

1)	John Morse (WalnutCrk)	10:27
2)	Chris Freckmann (PHL)	10:35
3)	Tim Thomas (WalnutCrk)	10:36
4)	Bryan Carroll (LosAlts)	10:38
5)	Rusty Knowles (Vacaville)	10:41

Girls 12-13 2.0 Mile:

1)	Karen Kwong (Sunnyvale)	11:55
2)	Yvonne Campbell (PHL)	12:17
3)	Janie Tobb (Lafayette)	13:00
4)	Valerie Knafels (Lafay)	13:05
5)	Gina Perkins (Martinez)	13:12

Boys 14-15 2.5 Mile:

1)	Bret Baffort (Alamo)	12:21
2)	Mike Graf (Orinda)	12:23
3)	Mike Warr (Vacaville)	12:45
4)	Hart Jordan (Piedmont)	12:52
5)	Anthony Robinson (WalCr)	12:59

Girls 14-15 2.5 Mile:

1)	Shane Felix (Antioch)	15:23
2)	Kathy Berggren (Suisun)	15:28
3)	Susie Quesenberry (Conc)	15:39
4)	Debbie Quintana (SanLea)	15:55
5)	Tessa Chambers (Antioch)	16:13

10.76 miles

1)	Jerome Lewis	69:29
2)	Robert Malain	71:46
3)	William Flodberg	73:53

Women:

1)	Joe Salazar	63:25
2)	T. Cathcart	66:41
3)	Keith Kruse	67:35
4)	Steve Marks	69:22
5)	Don Dugdale	70:18
6)	Ross Rowley	71:49
7)	Roy Scellato	72:17
8)	Roger Remedios	72:49
9)	Santos Reynaga	73:12
10)	David Bartholomew	73:57

Women:

1)	Edie Matthews	98:57
2)	Dorothy Bell	102:53

14-17 Boys:

1)	Nick Nickols	64:02
2)	Bob Trocha	72:06

/Ron Landrum/

1ST ORANGE GROVE HALF MARATHON

DATE--110677 PLC

15	TOM KOPPE	ATA	30:46
16	STEVE BROWN	B B	30:50
17	MARK OULANEY	AIA	30:52
18	BEN MARTINEZ	AIA	31:03
19	HOWARD BURGESS	MCBI	31:09
20	JOHN JONES	SBAA	31:10
21	TOM KELLY	24 SOTC	31:11
22	MIKE COUR	27 SOTC	31:13
23	JIM ARQUILLA	26 AIA	31:20
24	RUBEN RUIZ	18 AZTL	31:21
25	WALT WALTHIRE	AIA	31:25
26	FLEYCHER THRONTON	24 J T	31:28
27	KENNETH MOFFITT	25 AZTL	31:29
28	DAVE HARPER	24 J T	31:31
29	KEVIN HEATON	24 SOTC	31:33
30	JERRY ALEXANDER	23 ELAT	31:35
31	JIM MOSHER	27 SOTC	31:45
32	GARY PADGETT	AIA	31:46
33	CLEVELAND WHALEN	SHTC	31:53
34	DARIN GEORGE	AIA	31:54
35	BILL ENTZ	23 B B	31:55
36	EARL ROBINSON	SHTC	31:59
37	RONALD KURRLE	29 SFVT	32:05
38	JOSE AHAYA	23 AZTL	32:10
39	RICH LORD	23 J T	32:16
40	STEVE DURAND	21 STC	32:21
41	PHIL RYAN	33 JNAA	32:28
42	SAM YOUNG	AZTL	32:40
43	TIM HAMPTON	21 B B	32:46
44	TOM BACHE	34 SJTC	32:50
45	JOHN RUPP	31 STC	32:51
46	TIM CORNISH	22	32:52
47	A STODONS	MCBI	32:53
48	JAMES PEREZ	31 AZTL	32:54
49	PERRY FORRESTER	SHTC	32:55
50	BART J COVENTRY	36 STC	33:01
51	BOB DAY	33 SOTC	33:04
52	JOHN HOLSON	SHTC	33:10
53	RUDY CHAVEZ	23	33:11
54	JACK GARCIA	20 RRR	33:12
55	STEVE LASSEGARD	MCBI	33:29
56	ROGER SCHOONJVER	21 AZTL	33:32
57	STEVE CHASE	23 JNAT	33:33
58	DAVE JACKSON	18	33:34
59	RUSTY SPORTSMAN	14	33:36
60	RAYMOND HUGHES	38 SFVT	33:46
61	AL BROWNING	AIA	33:47
62	TRUMAN CLARK	41 SCS	33:49
63	DENNIS CALDWELL	AIA	34:00
64	DAVE VARLEY	18	34:01
65	NORM TOWERS	36 STC	34:19

San Bernardino, All American City Marathon Results

High School (19 & under):		
1)	Gilbert Esparza (SanBer)	2:45:25
2)	Jay Kidwell (Upland)	2:45:31
Masters (40-49):		
1)	Eric Piper (CoronaDM)	2:53:59
2)	James Gorsline (Rialto)	2:57:35
Open (20-39):		
1)	Stewart Boden (SanBern)	2:37:38
2)	Ed Ahlmeyer (SanBern)	2:53:18
3)	Danny Contreras (Crstline)	2:53:32
4)	Larry Taff (Rialto)	2:53:56
5)	Dennis Knoll (Berkeley)	2:57:27
6)	Jack Garcia (SanBern)	2:58:51
Seniors (50+):		
1)	Stub Braman (SanBern)	3:34:58
Women:		
1)	Amelia Rivera (Riversde)	3:43:27

November 20. Napa. Cup & Saucer 1977 8.7 mile:

1	JOE BURGASSER	1:45:47	1/SM
2	RUSS HUCKEBA	1:49:48	
4	DENNIS STANSAUK	1:50:43	
5	GARY DOBRENTZ	1:53:04	
6	MARSHALL MATYE	1:53:48	
7	JOHN STARR	1:55:56	1/40
8	JOSEPH MARINO	1:57:40	2/SM
9	RAY GIL	1:58:09	1/50
10	BRIAN STANSAUK	1:58:17	
11	JAMES GORSLINE	1:58:17	2/40
12	JOHN DUMIG	2:00:46	3/SM
13	MARIE ALBERT	2:02:14	1/W
14	G GRABIS	2:04:07	3/40
15	TOM MILLER	2:04:21	4/SM

4)	Bryan Carroll (LosAlts)	10:38
5)	Rusty Knowles (Vacavle)	10:41
Girls 12-13 2.0 Mile:		
1)	Karen Kwong (Sunnyvle)	11:55
2)	Yvonne Campbell (PLH)	12:17
3)	Janie Tobb (Lafayette)	13:00
4)	Valerie Knafele (Lafay)	13:05
5)	Gina Perkins (Martinez)	13:12
Boys 14-15 2.5 Mile:		
1)	Bret Baffort (Alamo)	12:21
2)	Mike Graf (Orinda)	12:23
3)	Mike Warr (Vacaville)	12:45
4)	Hart Jordan (Piedmont)	12:52
5)	Anthony Robinson (WalCr)	12:59
Girls 14-15 2.5 Mile:		
1)	Shane Felix (Antioch)	15:23
2)	Kathy Berggren (Suisun)	15:28
3)	Susie Quisenberry (Conc)	15:39
4)	Debbie Quintana (SanLea)	15:55
5)	Tessa Chambers (Antioch)	16:13
Boys 16-17 3.0 Mile:		
1)	Mike Gulli (SanFran)	14:28
2)	Greg Bachard (Berk)	14:29
3)	Steve Allen (Modesto)	14:59
4)	Greg Whalen (Vacavle)	15:06
5)	David Fike (Berk)	15:10

3)	Keith Kruse	67:35
4)	Steve Marks	69:22
5)	Don Dugdale	70:18
6)	Ross Rowley	71:49
7)	Roy Scellato	72:17
8)	Roger Remedios	72:49
9)	Santos Reynaga	73:12
10)	David Bartholomew	73:57
Women:		
1)	Eddie Matthews	98:57
2)	Dorothy Bell	102:53
14-17 Boys:		
1)	Nick Nickols	64:02
2)	Bob Trocha	72:06

1)	Gilbert Esparza (SanBer)	2:45:25
2)	Jay Kidwell (Upland)	2:45:31
Masters (40-49):		
1)	Eric Piper (CoronaDM)	2:53:59
2)	James Gorsline (Rialto)	2:57:35
Open (20-39):		
1)	Stewart Boden (SanBern)	2:37:38
2)	Ed Ahlmeyer (SanBern)	2:53:18
3)	Danny Contreras (Crstline)	2:53:32
4)	Larry Taff (Rialto)	2:53:56
5)	Dennis Knoll (Berkeley)	2:57:27
6)	Jack Garcia (SanBern)	2:58:51
Seniors (50+):		
1)	Stub Braman (SanBern)	3:34:58
Women:		
1)	Amelia Rivera (Riverside)	3:43:27

1ST CHANNEL ISLANDS HARBOR RUN
DISTANCE-- 6.200 MILES DATE-- 10/15/77

PLC			FAST TIME
1	VINGLNT ENGEL	31	31:47
2	D CAPRIOGLIO	16	33:16
3	VENCE O BOYLE	33	33:19
4	JOHN RUPP	31	33:20
5	TRUMAN CLARK	41	33:37
6	G SCHALLER	34	33:47
7	E SERRATOS	19	34:22
8	JIM MINAMI	33	34:25
9	JOHN SARGENTI	26	34:31
10	T SANDO	16	34:34
11	R HANSO	34	34:35
12	JOE BURGASSER	39	34:51
13	M CARRILLO	15	34:57
14	JIM FLANIGAN	26	34:57
15	PATRICK EARLEY	36	35:17
16	R SWIFT	36	35:33
17	O HALL	26	35:51
18	M PITTENGER	26	35:53
19	D SCHMIDT	20	36:02
20	M JUDGE	22	36:09
21	D QUEEN	17	36:14
22	L WINSLOW	12	36:26
23	FAT PATTERSON	29	36:33
24	KEN LUCCI	29	36:46
25	B GILLIS	15	36:56

November 19. Pico Rivera. 9th Annual Turkey Trot

High School 5 Mile:		
1)	Tom Vicerio (Whittier)	26:12
2)	Steve Cabillas (HacHt)	26:22
3)	Richard Romero (ELMon)	29:19
60+ 10 Mile:		
1)	Clyde Alling (CCST)	70:46
2)	Al Burton	68 107:03
50+ 10 Mile:		
1)	Bill Morey	57 67:25
2)	Lano Tyson (CCAC)	50 67:42
3)	Verno Megm (STC)	53 68:10
40+ 10 Mile:		
1)	Ted Alarcon (CC)	40 59:53
2)	Tom Sturak (SCS)	46 60:21
3)	Rick Vasquez (ATZ)	40 60:48
4)	Glan Turrner (STC)	46 62:35
5)	Art Andren	42 65:02
30+ 10 Mile:		
1)	Frank Duarte	36 54:35
2)	Bart Coventry (STC)	36 54:52
3)	Dan Gutierrez (STC)	30 62:53

Open 10 Mile:		
1)	Joe Carlson (CC)	51:31
2)	Dave Frickel	52:25
3)	Vicken Simonin (MACC)	53:16
4)	Steve McCalley (SFVTC)	54:30
5)	Carlos Medina	55:21
6)	Enrique Serratos (CHON)	56:55
7)	John Freemuth	56:59
8)	John Araujo	57:25
9)	Bill Pewen	57:28
10)	Salvador Lozana	57:49
Women's Open 10 Mile:		
1)	Nancy Elick (RRR)	69:05
2)	Becky Villalvazo (RRR)	70:43
3)	Elelyn Grim	71:53

/Armie Briones/

1ST ORANGE GROVE HALF MARATHON DATE-- 11/06/77

PLC		
1	JEFFERY FAY	1:16:39
2	RON HOLLOWAY	1:17:05
3	RENE RUIZ	1:17:14
4	JOE BURGASSER	1:19:20
5	TERRY SCHMITZ	1:19:49
6	DENNIS R PARRISH	1:20:06
7	PHILLIP GONZALES	1:20:40
8	RON LUND	1:22:09
9	ALAN NOBLE	1:22:10
10	DAVE T. PARKER	1:22:32
11	MARK RODDY	1:23:35
12	JUDD JOHNSTON	1:24:11
13	HOWARD FERRIS	1:24:26
14	JAMES GORSLINE	1:25:59
15	WM JARVIS	1:26:37
16	LARRY BALLEW	1:27:21
17	JOAQUIN GRANADO	1:27:32
18	PHILLIP HARDING	1:27:48
19	BOB SPADY	1:27:59
20	WAYNE KRAMER	1:28:12
21	WALTER LINAWEAVER	1:29:10
22	RANDY RATCLIFF	1:29:10
23	BRENT WEBB	1:30:21
24	WAYNE LAVERTY	1:30:31
25	MANUEL TALAMANTEZ	1:30:31
34	GLEN GREISZ	1:34:04
38	WAYNE NELSON	1:34:49
41	BECKY VILLALVAZO	1:35:58
45	FEROI GONZALES	1:37:10

SPA 10KM XC LAGUNA NIGEL (SHORT) DISTANCE-- 6.000 MILES DATE-- 11/27/77

PLC			FAST TIME
1	DUANE WALTHIRE	AIA	29:44
2	GARY CLOSE	J T	29:45
3	CHUCK SNEAD	AIA	29:53
4	BRUCE JOHNSON	MCBI	29:54
5	RORY TCUF	J T	29:58
6	GARY ROMESSER	26	29:58
7	VICKEN SIMONIAN	26	30:00
8	JOE CARLSON	26	30:04
9	LARRY LAWSON	SMT	30:09
10	GARY NITTI	SMT	30:10
11	DAVE BABIRACKI	25	30:15
12	RICH MCCANDLESS	21	30:19
13	MARTIN DEAN	SMT	30:33
14	ALLEN RUDE	27	30:45

November 20. Napa. Cup & Saucer 1977

8.7 mile:		
1)	Brian Maxwell	44:54
2)	Darryl Beardall (M)	46:45
3)	Ross Smith (M)	47:52
4)	Mike Healy (M)	49:22
5)	Larry Pugh (30-39)	49:27
6)	Lou Daugherty (30-39)	49:44
7)	Jim Engle (M)	49:50
8)	Roger Bryan (M)	50:20
9)	John Meyers	51:02
10)	Grady Wright (30-39)	51:06
11)	Robert Felsch	51:24
12)	Dave Cargill	51:51
13)	Keith Golding (HS)	52:01
14)	Don Mason	52:08
15)	Bill Blackburn	52:17
35)	Catherine Smith (W-M)	65:47
38)	Karen Gallagher (W)	66:43
39)	Carolyn Rusch (W)	67:34

/Brian Maxwell/

1ST WOMENS GRIFFITH PARK FUN RUN 6.100 MILES DATE-- 11/26/77

PLC		
1	DIANE HARGROVE	42:38
2	R. TAKAHASHI	43:23
3	CATHY GOULD	44:34
4	LYNNE WOLTERS	44:38
5	KAREN KING	44:49
6	VICKI VAICHIS	45:10
7	LISA FONSECA	46:37
8	GAIL FERRIS	46:41
9	MARY BRYCE	47:17
10	YVONNE LIVETT	47:20
11	JANET KWIT	47:43
12	DEBBY FLYNN	47:53
13	KATHY KELLER	47:54
14	LUCY JOHNSON	48:21
15	ULLI SIEVERS	49:01
16	LINDA WALTER	49:11
17	M KENEFFICK	49:14
18	LANA ZUNIGA	49:29
19	JESSIE JO SMITH	49:41
20	SIBYL ZADEN	49:51

October 22. Atascadero. 4th Annual Atascadero Colony Days 4 Mile Run

1)	Ivan Huff (SLDC)	20:15
2)	David Bronzan (HSTC)	20:38
3)	Richard Welch (SLDC)	20:51
4)	John Beaton (SLDC)	20:55
5)	Gary Carnes (Cuesta)	20:57
6)	Randy Baldwin (PR)	21:24
7)	Walter Thompson (SLDC)	21:45
8)	Jim Casper (SLDC)	21:58
9)	Steven Dabill (Ore.)	22:10
10)	Steve Onaga (SLDC)	22:10
11)	Jon Root (SLDC)	22:16
12)	John F. Coffey (SLDC)	22:47
13)	Dave Farmer (SLDC)	22:59
14)	Ray Pena (CDM)	23:12
15)	Jeff Herten (SLDC)	23:18
17)	Jim Webb (SLDC)	23:34
28)	Barbara Mannon (Atas)	26:27
35)	Beverly Marques (SLDC)	27:37
41)	Carol Sinsheimer (SLDC)	29:26

/K. C. Shaw/

November 26. Fresno. State Center 5
Person 15 Mile Relay at Roeding Park:

Open Division

- 1) Fresno Pacific TC 76:18.6
Renteria 15:07.4, Bettencourt
15:20.1, Foley 14:59.9, Merraw
15:32.7, Lora 15:12.5

High School Division

- 1) High Sierra TC 78:39.0
Thornton 15:37.5, Chandler
15:52.9, Lohse 15:41.9, Pope
15:26.5, Djabayan 16:00.0

Pick-up Division

- 1) Merced College 82:48.9
Meidlinger 16:01.2, Grennier
16:23.6, Vartanian 17:08.8,
Rodriguez 16:36.9, McKinstrey
16:05.2

Junior High Division

- 1) John Muir #A 90:44.2
Navarro 18:27.5, Escobedo
18:28.8, Mascarro 17:16.4,
Gloria 18:54.2, Valdez 17:37.3

Masters Division

- 1) Masters Pick-up 88:16.1
Thornton 16:33.4, Lynch
17:55.5, Toabe 18:23.3,
Petersen 17:07.8, Thornton
#2 17:26.3

/Mike Lennemann/

1ST WOMENS GRIFFITH PARK FUN RUN

DISTANCE-- 6.100 MILES 112677

PLC

- 1 DIANE HARGROVE 42:39
- 2 R. TAKAHASHI 43:23
- 3 CATHY GOULD 44:34
- 4 LYNNE WOHLERS 44:38
- 5 KAREN KING 44:49
- 6 VICKI VAICHIS 45:10
- 7 LISA FONSECA 46:37
- 8 GAIL FERRIS 46:41
- 9 MARY BRYCE 47:17
- 10 YVONNE LIVFTT 47:20
- 11 JANET KWIT 47:43
- 12 DEBBY FLYNN 47:53
- 13 KATHY KELLER 47:54
- 14 LUCY JOHNSON 48:21
- 15 ULLI SIEVERS 49:01
- 16 LINDA WALTER 49:11
- 17 M KENEFFICK 49:14
- 18 LANA ZUNIGA 49:29
- 19 JESSIE JO SMITH 49:41
- 20 SIBYL ZADEN 49:51
- 21 HILARY BAKER 49:52
- 22 CATHERINE BLACK 50:01
- 23 MICHELLE FONSECA 50:23
- 24 SUZANNE GLOVER 50:36
- 25 ROSALINDA BEESON 50:54

- 45 15 (Su) Bob Myers 1:57:51
- 46 16 (Su) Bert Johnson 1:57:57
- 47 25 (O) Jim Hopkins 1:58:14
- 48 1 (Se) Jim O'Neil 50+ 1:58:23
- 49 17 (Su) Doug Butt 1:58:23
- 50 26 (O) Patrick Buzbee 1:58:37
- 192 2 (Se) Walt Betschart 50+ 2:11:12
- 278 1 (Wo) Kathleen Himmelberger 2:17:34
- 341 1 (WS) Ruth Anderson 40+ *2:21:13
- 355 2 (Wo) Carolyn Tiernan 2:22:35
- 363 3 (Wo) Rita Scalise 2:22:58

/Elaine Hocking/

November 27. Anaheim. 1977 Community
Bank River Run

- 1) Ralph Serna (UCI) 30:24
- 2) Tom Lee (CCAC) 30:25
- 3) Jean Ellis 30:46
- 4) Joe Carlson (CCAC) 31:05
- 5) Carmelo Rios 1-JrM 31:34
- 6) Kevin Burkin (LAVly) 31:36
- 7) Cleveland Whalen (SMTC) 31:40
- 8) Paul Cook (ATA) 31:41
- 9) Thomas Becker (FullCol) 31:44
- 10) Ruben Ruiz (Azatlan) 2-Jr 31:50
- 11) William Kolar (OCTC) 3 31:52
- 12) Greg Parks 4-JrM 31:52
- 13) Jim Perez (Azatlan) 32:12
- 14) Jeff Day (OCTC) 32:15
- 15) Brian Appell (OCTC) 5-Jr 32:17
- 16) Richard Alejandre 32:21
- 17) Tom Edwards (SBAA) 32:23
- 18) Howard Burgess (FJC) 32:26
- 19) Demetrial Din 6-JrM 32:34
- 20) Sam Young (Azatlan) 32:40
- 21) Ramin Estrada (Macc) 32:41
- 22) Chad Kester 7-JrM 32:43
- 23) Frank Duarte (CDMTC) 1SM 32:45
- 24) Joe Dowling (Macc) 32:53
- 25) Marv Alvarez (Macc) 32:54
- 26) Mike Caballero (MRR) 32:59
- 27) Michael Eck (Macc) 33:01
- 28) Tim Becker (FullJC) 33:01
- 29) David Daly 8-JrM 33:03
- 30) Steve Chase (Mt.Sac) 33:07
- 31) Greg Winters (Mt.Sac) 9 33:09
- 32) Rudy Chavez 33:15
- 33) Kevin O'Hara (Macc) 33:18
- 34) Steve Lassegard (Macc) 33:21
- 35) Brad Roy (Euexia) 33:26
- 36) Frank Diaz (Mt.Sac) 33:26
- 37) Michael Henry (SBAS) 33:27
- 38) James McMillan 33:29
- 39) Felipe Brizuela (Azt) 33:30
- 40) William Tokar 33:32
- 41) Patrick Newberry 33:33
- 42) Vince O'Boyle (MRR) 33:35
- 43) Ray Hughes (SFVTC) 2-SM 33:36
- 44) Donald Wielenga (SOB) 33:37
- 45) Mark Cleary (Macc) 33:37
- 46) Steve Broten (BasBl) 33:39
- 47) Donald Ocana (CCAC) 33:43
- 48) Ira Scott Allison (FJC) 33:45
- 49) Art Grasso (SBAD) 33:46
- 50) Jeff Garrison 33:46
- 71) Lenord Efron (CCAC) 1-M 34:43
- 100) Tom Sturak (SCS) 2-M 35:38
- 110) Orville Atkins (STC) 3M 35:49
- 111) Edward Field 4-M 35:50
- 151) Jacqueline Hansen 1-W 36:53

December 3. Santa Rosa. Spring Lake

Women's 10-Kilo Run:

- 1) Judy Leydig (WVTC) 37:39
- 2) Sharon Hehner 37:46
- 3) Marilyn Taylor 39:03
- 4) Kathryn Rankin 39:38
- 5) Sheila Maskovich 39:52
- 6) Ruth Anderson (M) 41:15
- 7) Beckie Simmie 41:21
- 8) Caron Schaumberg (sub-M) 41:31
- 9) Gail Campbell 42:19
- 10) Nancy Pannell 42:56
- 11) Kim Daniels 42:57
- 12) Linda Coon (Jr) 43:05
- 13) Derry Elijah 43:15
- 14) Liana Wilson 43:26
- 15) Liz Kemp 44:17
- 16) Noel Schumacher 45:25
- 17) Margaret Oakes (M) 45:54
- 18) Colleen Fox 46:26
- 19) Garima Hoffman 46:46
- 20) Candy Brehmer 46:51
- 21) Jan Vincent 48:12
- 22) Diane Schrock 48:39
- 23) Donna Chavez (sub-M) 48:52
- 24) Louisa Fraser (Sub-M) 49:09
- 25) Sandy McDade (sub-M) 49:21
- 30) Barbara Easterling (M) 50:31
/Teresa Jenkins/

December 4. Belmont. 1977 PA-AAU JR.

Men's 10km Cross Country Championships

- 1) Rod Berry (WVTC) 32:50.6
- 2) Tom O'Neil (BC) 32:59.0
- 3) Dan Harvey (CW "A") 33:23.7
- 4) Chris Hamer (WVTC) 33:35.8
- 5) Paul Burke (WVTC) 33:44.6
- 6) Rick Pincombe (CW "A") 33:47.1
- 7) Bob Paulin (CW "A") 34:06.1
- 8) Bob Love (CW "A") 34:33.7
- 9) Doug Avrit (CW "A") 34:45.7
- 10) Craig Hochhaus (WVTC) 34:56.3
- 11) Glenn Dean (CW "B") 34:57.2
- 12) Joe Green (WVTC) 34:59.4
- 13) Joe Salazar (SJCC) 35:02.6
- 14) Gil Dean (CW "B") 35:08.7
- 15) Dan Martinez (WDS) 35:26.4
- West Valley TC 2:50:06.7, Camino West
"A" 2:50:36.3, Woodside Striders
3:02:54.2 /Jack Leydig/

December 3 & 4. Glendale. USTFF Winter
Decathlon at Glendale College

- 1) Bob Coffman (HoustonTC) 7993
(10.8, 704, 1515, 190,
48.4, 14.4, 4810, 430,
5423, 4:37.6)
- 2) Mauricio Bardales (UCI) 7641
- 3) Rex Harvey (USAF) 7270
- 4) Grant Niederhaus (Macc) 7163
- 5) Tom Byron (FSU) 6765
- 6) Dennis Morley (FSU) 6680
- 7) Lane Maestretti (UNR) 6581
- 8) Dave Corthel (UNR) 6567
- 9) Jan Bear (GlendaleColl) 1jc 6544
- 10) Jim Baum (OhioTG) 6362
- 11) Rich Hohlmann (Pierce) 2jc 6166
- 17) Chris Doble (TroyHS) 1hs 6030
- 21) Dennis Stempel (BAS) 1sm 5897

December 4. San Jose. All-Comers Meet
at San Jose City College

- High School High Jump: 6-6
- 1) Churchill
- Women's 2 Mile: 10:38.2
- 1) Bier

December 3. Fresno Road
Race. 6.0 miles.

- 1. Tony Ramirez 29:54 Open
- 2. George Aguirre 30:15 Open
- 3. Jim Hartig 30:18 Open
- 4. Jose Renteria 30:40 Open
- 5. Bryon Foley 30:55 Open
- 6. Darrel Cox 31:10 Open
- 7. Gurt Elia 31:41 Open
- 8. Art Meyer 31:55 Open
- 9. Richard Langford 32:01 Open
- 10. Freddy Castillo 32:08 Hi School
- 11. David Bronzan 32:20 Jr. Sr.
- 12. Baldemar Betancourt 32:29 Open
- 13. Jeff Murro 32:30 ?
- 14. Scott Thornton 32:31 Hi School
- 15. Wayne Van Dellen 32:34 Senior 1
- 16. Stephen Wolters 33:20 Open
- 17. Pete Escobedo 33:20 Jr Hi
- 18. Johnny Rodriguez 33:33 Hi School
- 19. Larry Martin 33:40 Open
- 20. Len Thornton 33:40 Senior 1
- 21. Greg Pope 33:49 Hi School
- 22. Shawn Smallwood 33:53 Jr. Hi.
- 23. Don Chapin 33:54 Jr. Sr.
- 24. Al Lomeli 33:57 Open
- 25. Ralph Walker 33:59 Hi School
- 26. Jose Mascarro 34:08 Jr. Hi.
- 27. James Lambe 34:12 Open
- 28. John Hunter 34:20 Hi School
- 29. Scott Delan 34:38 Hi School
- 30. Frank Gagnado 34:43 Senior 1
- 43. Sid Toabe 30:02 Senior 11
- 80. Renee Ortiz 39:50 Hi School G
- 91. Lee Ann Stafford 40:14 Hi School G
- 116. Terry Baldwin 43:12 Open-Women
- 117. Esther Willanueva 43:30 Open- Women

/Ron Gates/

December 10. Saratoga. Pacific Asso-
ciation Mile Postal Run

- Open:
- 1) Cheri Williams 4:57.6
- 2) Ann Wotherspoon 5:00.4
- 3) Pam Bowers 5:09.2
- 14/15 Division:
- 1) Roxanne Bier (SJC) 4:55.8
- 2) Vicky Bray (SJC) 5:04.2
- 3) Ann Regan (SJC) 5:07.4
- 12/13 Division:
- 1) Tracy Weber (SJC) 5:03.7
- 2) Maria King (SJC) 5:14.4
- 3) Cathy Demmelmaier (SJC) 5:15.4
- 10/11 Division:
- 1) Andrea Heimbecker (SJC) 5:18.0
- 2) Michele Miller (SJC) 5:19.6
- 3) Sharon Yaninek (SJC) 5:33.6
/Argie Argabright/

11	JANET KWIT	47:43
12	DEBBY FLYNN	47:53
13	KATHY KELLER	47:54
14	LUCY JOHNSON	48:21
15	ULLI SIEVERS	49:01
16	LINDA WALTER	49:11
17	M KENEFIGK	49:14
18	LANA ZUNIGA	49:29
19	JESSIE JO SMITH	49:41
20	SIBYL ZADEN	49:51
21	MILARY BAKER	49:52
22	CATHERINE BLACK	50:01
23	MICHELLE FONSECA	50:23
24	SUZANNE GLOVER	50:36
25	ROSALINDA BEESON	50:54

November 27. Sacramento
Pepsi 20 Mile Run

Finish Division			
Place	Place	Name	Time
1	1 (0)	Brian Maxwell	1:45:09
2	2 (0)	Jim Nuccio	1:34:20
3	1 (Su)	Jan Sershen	*1:46:28
4	2 (Su)	Fritz Watson	1:46:47
5	3 (0)	Pete Flores	1:47:52
6	4 (0)	Dennis Rinde	1:48:31
7	5 (0)	Michael Van Horn	1:50:05
8	6 (0)	Bruce McInturf	1:50:15
9	7 (0)	Tim Farrell	1:51:10
10	3 (Su)	Tom Laris	1:51:14
11	8 (0)	Arthur Baudendistel	1:51:51
12	4 (Su)	Gary Goettelmann	1:52:03
13	5 (Su)	Jim Barker	1:52:08
14	9 (0)	John Swift	1:52:10
15	10 (0)	Tim Donovan	1:52:25
16	11 (0)	Tom O'Neil	1:52:47
17	1 (JS)	Nick Nickols	1:52:51
18	12 (0)	Chris Hamer	1:53:03
19		(UNOFFICIAL)	1:53:21
20	13 (0)	Jan Makowski	1:53:25
21	14 (0)	David Dunbar	1:53:37
22	6 (Su)	Greg Jewett	1:53:55
23	7 (Su)	Ron Barker	1:54:07
24	1 (WH)	David Kiley	(2:04:07)
25	15 (0)	Mike Smith	1:54:15
26	16 (0)	Michael Buzbee	1:54:43
27	17 (0)	Bradley Brown	1:55:13
28	8 (Su)	David Bronzan	1:55:15
29	9 (Su)	Paul Thompson	1:55:24
30	18 (0)	Michael Gulli	1:55:33
31	10 (Su)	Terry Hughes	1:55:52
32	19 (0)	Mike Wright	1:55:58
33	1 (Se)	Darryl Beardall 40+	1:56:04
34	20 (0)	Rick Brown	1:56:09
35	11 (Su)	Jim Casper	1:56:12
36	12 (Su)	Tom Standing	1:56:21
37	21 (0)	Mike Wheeler	1:56:23
38	22 (0)	Kevin Kirby	1:56:34
39	2 (Se)	Ross Smith 40+	1:56:39
40	2 (JS)	Chris Little	1:56:57
41	23 (0)	Adam Ferreira, Jr	1:57:01
42	13 (Su)	Walt Lange	1:57:34
43	24 (0)	Peter Demarais	1:57:42
44	14 (Su)	Michael Conroy	1:57:46

35)	Brad Roy (Edexia)	33:26
36)	Frank Diaz (Mt.Sac)	33:26
37)	Michael Henry (SBAS)	33:27
38)	James McMillan	33:29
39)	Felipe Brizuela(Azt)	33:30
40)	William Tokar	33:32
41)	Patrick Newberry	33:33
42)	Vince O'Boyle (MRR)	33:35
43)	Ray Hughes (SFVTC)2-SM	33:36
44)	Donald Wielenga (SOB)	33:37
45)	Mark Cleary (Macc)	33:37
46)	Steve Broten(BasBl)	33:39
47)	Donald Ocana (CCAC)	33:43
48)	Ira Scott Allison (FJC)	33:45
49)	Art Grasso (SBAD)	33:46
50)	Jeff Garrson	33:46
71)	Lenord Efron(CCAC)1-M	34:43
100)	Tom Sturak(SCS) 2-M	35:38
110)	Orville Atkins (STC)3M	35:49
111)	Edward Field 4-M	35:50
151)	Jacqueline Hansen 1-W	36:53
174)	Bill Fitzgerald 1-SrM	37:28
210)	Teresa J. Hom(SMTC)2-W	38:12
289)	Sue Petersen 1-30+W	39:39
940)	finishers /Dennis Caldwell/	

December 3 & 4. Glendale. USTFF Winter
Decathlon at Glendale College

1)	Bob Coffman (HoustonTC)	7993
	(10.8, 704, 1515, 190,	
	48.4, 14.4, 4810, 430,	
	5423, 4:37.6)	
2)	Mauricio Bardales (UCI)	7641
3)	Rex Harvey (USAF)	7270
4)	Grant Niederhaus (Macc)	7163
5)	Tom Byron (FSU)	6765
6)	Dennis Morley (FSU)	6680
7)	Lane Maestretti (UNR)	6581
8)	Dave Cortel (UNR)	6567
9)	Jan Bear (GlendaleColl)1jc	6544
10)	Jim Baum (OhioTG)	6362
11)	Rich Hohlmann (Pierce)2jc	6166
17)	Chris Doble (TroyHS) lhs	6030
21)	Dennis Stempel(BAS) 1sm30	5897
47)	Harry Hawke (SDTC)lma40	4737
57)	W. Hal Smith (SCS)2ma40	4472
60)	Mark Bodley(NCS) 3ma40	4268
73)	Bob Hunt (Stdrs) lma50	3474
	/John Tansley/	

December 10. Saratoga. Pacific Assoc- iation Mile Postal Run		
Open:		
1)	Cheri Williams	4:57.6
2)	Ann Wotherspoon	5:00.4
3)	Pam Bowers	5:09.2
14/15 Division:		
1)	Roxanne Bier (SJC)	4:55.8
2)	Vicky Bray (SJC)	5:04.2
3)	Ann Regan (SJC)	5:07.4
12/13 Division:		
1)	Tracy Weber (SJC)	5:03.7
2)	Maria King (SJC)	5:14.4
3)	Cathy Demmelmaier (SJC)	5:15.4
10/11 Division:		
1)	Andrea Heimbecker (SJC)	5:18.0
2)	Michele Miller (SJC)	5:19.6
3)	Sharon Yaninek (SJC)	5:33.6
	/Argie Argbright/	

1977 Postal AAU One Hour Run

NAME	AGE	CLUR	MI	YDS	INDV	PLC TEAM	IDENT REGION	MI-YARDS
1 HILL RODGERS	29	GBTC	12	1350*	1	OPN	GBTC NE	57 630
2 JOHN ANDERSON	27	OTC	12	618*	2	OPN	FPTC CCA	56 922
3 TOM FLEMING	25	NYAC	12	40*	3	OPN	NCTC NCA	56 854
4 GAVY HOMESSER	26	FPTC	12	39*	4	OPN	HSTC CCA	55 138
5 CHARLES SMEAD	25	AIA	11	1660	5	OPN	CLTCA MVA	55 135
6 LAWRENCE OLSEN	30	NMC	11	1425*	6	OPN	CCAC SPA	54 177
7 DAICK MAHONEY	28	GBTC	11	1355*	7	OPN	WVTC PACIF	53 1030
8 BILL CLARK	33	WVTC	11	1233*	8	OPN	NMC NE	53 521
9 MICHAEL CHAMBLISS	28	B B	11	1094	9	OPN	SNTC PNWA	52 1676
10 PHIL RYAN	33	CCAC	11	1087	10	OPN	PSTC SD	52 1122
11 JOEY GOMEZ	17	PLTC	11	1043*	1	JR	SLTC SL	52 1032
12 GARETH HAYES	27	NCTC	11	889	11	OPN	STC SPA	52 940
13 GAVY GRIFFITH	20	NCTC	11	838*	12	OPN	AZTLN SPA	52 583
14 GEORGE CONEFREY	34	OTC	11	830*	13	OPN	KTC TENN	52 354
15 TERRY ZIEGLER		NCTC	11	765	14	OPN	WVATC MVA	51 634
16 RICHARD HOLLOWAY	29	CNW	11	760	15	OPN	SDTC PSWA	51 563
17 GERARDO CANCHOLA	21	SFVTC	11	710*	16	OPN	SBAA SPA	51 495
18 CARL HATFIELD	30	WVATC	11	676	17	OPN	CLTCB MVA	50 1607
19 STEVE KELLEY	27	FPTC	11	630	18	OPN	SLDCA SPA	49 854
20 CHUCK CHILLINGWORTH	20		11	614	19	OPN	SARR STA	48 1682
21 DONALD OCANA	26	CCAC	11	610	20	OPN	PULS ALKA	48 634
22 KEA MOFFITT	25	AZTLN	11	575	21	OPN	TTC GULF	46 1117
23 WARREN EIDE	22	PSTC	11	574*	22	OPN	ROTC ORE	46 1102
24 DENNIS DIERCKMAN	24	TTC	11	549*	23	OPN	SLDCB SPA	44 1304
25 KEN MUELLER	40	BAA	11	540*	1	M40	U P UTICA	44 120
26 DOUG CLARK	20	CLTCA	11	527	24	OPN		
27 JOHN DIMICK	27	GMAC	11	511	25	OPN		
28 DAVID BRONZAN	29	HSTC	11	494	26	OPN		
29 EARL MC GILVERY	31	GBTC	11	482*	27	OPN		
30 DENNIS HINKAMP	21	CLTCA	11	472	28	OPN		
31 CHUCK KORTE	22		11	472	29	OPN		
32 JIM HARTIG	23	FPTC	11	425*	30	OPN		
33 MIKE NIEMIEC	27	WVTC	11	376	31	OPN		
34 STEVE KELLEY	27	FRPAC	11	359	32	OPN		
35 ROLAND WATSON	36	WVTC	11	330	33	OPN		
36 ART MEYER	28	HSTC	11	324	34	OPN		
37 JUAN GARZA	25	HSTC	11	311	35	OPN		
38 CONRAD MARLIN	24	CCRR	11	295	36	OPN		
39 PHILLIP BONFIGLIO	25	KTC	11	265	37	OPN		
40 DARREL COX	24	FPTC	11	208	38	OPN		
253 KAREN MAC HARG	28	BRTC	9	1275*	1	W		

/John Brennan/

December 10. San Jose. All-Comers Meet
at San Jose City College

Open 60:
1) Ernest Lewis (SJCC) 6.2

Open 440:
1) Dwayne Green (SJCC) 49.9

Open 880:
1) Webster (PCC) 1:58.6

Open 60 HH:
1) George Carty (BAS) 7.5

Open Triple Jump:
1) Chuck Steffes (WVTC) 48-9½

Women's 2 Mile:
1) Landreth (Del Mar) 10:12.5

Women's Discus:
1) Struble (Sunnyvale) 145-2

Women's Shot:
1) Ron McKee (Camden) 54-0½
/Keith Conning/

December 10. Berkeley. Berkeley All-Comers

1500m:
1) James Robinson 4:01.5
2) Peter Sweeney (ARC) 4:03.3

Javelin:
1) Bob Burns 167-9

Shot Put--High School:
1) Mike Meyer (Tamal) 50-10

Shot Put--Open:
1) Van Fendyan 39-7

High Hurdles--High School:
1) Mark White (Richm) 7.8

High Hurdles--Open:
1) Ray Smith (Cal) 7.8

Mile--High School:
1) Peter Foster (Pleas Hill) 4:45.2

Pole Vault:
1) Ken Grace (Hayw) 13-0

400m Relay:
1) Laney College 42.4

400m:
1) Lagon 49.6

400m High School:
1) Vernell Wilkins (Oak) 51.3

400m High School Girls:
1) Kim White (Berkeley) 60.9
2) Jennifer Howard (HFC) 62.0
3) Wendy Allums (Berk) 62.1

Discus High School:
1) Richard Fejer (Camp) 169-2

Discus:
1) Tori Lewis (Cal) 129-6

800m:
1) Vellequette (Cal) 1:59.1

High Jump:
1) Billy Hice 6-9

High Jump High School:
1) Robert Small (Tamal) 6-0

800m High School:
1) Bob Roll (Pleas Hill) 2:02.4

800m High School Girls:
1) Ann Lee (Cal) 2:29.4

Triple Jump High School:
1) Allen Kuhn (Cloverdale) 45-4

Long Jump High School:
1) Greg Clark (Petaluma) 19-8

Long Jump Open:
1) Vernell Wilkins (OakHS) 21-0

Long Jump High School Girls:
1) Jennifer Howard (HFC) 14-3

5000m:
1) Paul Geis (Tobias) 14:00.6
2) Mike Pinocchi (WVTC) 14:35.6
3) Tom Laris (WVTC) 14:35.6

High Jump:
1) Dave Haber (CalStHayw) 6-10

330 Yd Interm. Hurdles:
1) Dwight Ybarra (HATC) 42.3

200m:
1) Tony Peterson (SF St) 23.0

Triple Jump:
1) Terry Gettle (Skyline) 43-4½

800m:
1) Ken Phelps (WVTC) 1:59.2

Mile Relay:
1) San Francisco State 3:26.9

Pole Vault:
1) Douglas Bockmiller (un) 16-6
2) Jim Williams (BAS) 16-0

High School

440 Yd Relay:
1) Sequoia 44.3

Mile:
1) Brian Millar (McAteer) 4:34.0

60 Yd High Hurdles:
1) Malcolm Dixon (Sequoia) 7.4

440 Yd:
1) Art Nicholson (MenloAth) 50.1
2) Bill Ribera (Carlmont) 50.4

Long Jump:
1) Jeff Wells (Geo.Wn.) 21-0

Pole Vault:
1) Robert Crumpler (Men/At) 12-4

60 Yd Dash:
1) Andre Price (Sequoia) 6.4

High Jump:
1) Bill Graber (LosAltos) 6-4

2 Mile:
1) Glenn Dear (Jefferson) 9:57.9

220 Yd:
1) Robert Maiocco (Liberty) 22.5

880 Yd:
1) Jim Schneider (Skyline) 2:01.7

Triple Jump:
1) Homer Briseno (Liberty) 43.2

Mile Relay:
1) Sacred Heart 4:00.8
/Harry Young/

December 11. Glendale. 2nd Annual Weight Pentathlon at Glendale College
(10# hammer, Shot, Discus, Javelin, 35# Weight):

1) David Fuller (OSU) 4090
(56.55, 17.30, 49.77, 41.10, 16.98)

2) Paul Fuller (OSU) 3955
(53.38, 14.85, 50.66, 48.78, 15.65)

3) John Goldhammer (un) 3827
(49.55, 14.89, 45.25, 49.87, 15.71)

4) Bruce Rothschild (CSN) 3547
(45.10, 15.72, 47.52, 41.10, 12.75)

5) Tom Meyer (un) 3487
(57.11, 13.65, 34.95, 33.16, 17.22)

6) Larry Schrader (UCI) 3471

7) Stewart Thomssen (un) 3395

8) Tony McCauley (un) 3294

December 17. Wasco. Mid-Winter Road Run

Girls (born 1964)--3¼ mile:
1) Monique Guidry (RBG) 4:00.3
2) Danise Duncan (Rosedale) 4:10.7
3) Doreen Dominguez (Haven) 4:11

Girls (14-17)--2 miles:
1) Helen Lopez (Delano) 11:43

6 Mile Open:
1) Rob Bray (SanLuis Obis) 30:06
2) Curt Elia (Fresno) 30:37
3) Randy White (Shafter) 30:47
4) Angel Carmillo 30:57
5) Al Meyer 31:56
6) Rod Rodman (Wasco) 32:43
7) Rodney Lewis 33:09
8) Richard Rodriguez 33:38
9) Ted Oliver 34:09
10) Gary Campbell 35:09

Boys (born 1964) -- 1 mile:
1) Marc Condos (MatMilers) 4:57.3
2) John Dye (Curran) 5:02
3) Raymond Gloria (Corcor.) 5:03

Boys (14-15) -- 2 miles:
1) Shann Smallwood (Cor.) 10:07.4
2) Arturo Ramos (Arvin) 10:14
3) Pete Escobedo (Cor.) 10:15
4) Sergio Perez (Cor.) 10:18
5) Eleuterio Guzman (TulW) 10:49

Boys (16-18) -- 3 mile:
1) Freddy Castillo (Tulare) 15:30
2) Kenny Cooper (North Hi) 15:44
3) Edward Burns (Shafter) 15:46
/Brad Tomasini/

December 17. Lakewood. AAU Two Runner Relay

35u - 59 Division:
1) Appell/Buhler (32) 47:25
2) B. Shirley/T. Babidachi 48:22
3) D. Cangelois/D.White(41) 48:39
4) T. Sall/S. Rolex (40) 48:53
5) C. Bueker/S. Loken (36) 48:59
6) Gough/Triplett (37) 49:00
7) B. Armstrong/A. Browning 49:10
8) J. Carlson/R. Petkovic 49:18
9) Davis/Barkelaw (39) 49:48
10) P. Gonzalez/G. Field 50:00

60-79 Division:
1) R. Hanson/N. Towers (70) 50:01
2) Waggener/Richards (70) 50:33
3) E. Hurt/B. Sheve (70) 51:44

80-99 Division:
1) G. Miller/L. Efron (82) 54:00

100+ Division:
1) Bryant/Fitzgerald (105) 55:59

December 23. San Mateo. All-Comers Track Meet

Open Division

3000m Walk:
1) Neal Pyke (WVTC) 12:47:8

1500m:
1) Dennis Tracy (WVTC) 4:02.3

1500m Women:
1) Denise Pidgell (Skyi) 6:34.8

Long Jump:
1) Paul Bates (CSM) 20-10 3/4

200m Women:
1) Denise Valkema (Skyl) 32.0

1500m Seniors:
1) Herb Naylor (NCSTC) 5:22.2

December 31. Los Angeles. Elysian Park 5 km

1) Dave Frickel 15:54
2) Joe Carlson 15:59
3) Don Moses 16:05
4) John Koningh 16:10
5) Gerardo Canchola 16:15
6) Ken Moffitt 16:29
7) Steve Durand 16:35
8) Jim Deren 16:42
9) Dan Caprioglio 16:58
10) Joe Terrones 17:05
11) Jerry Wojtala 17:07
12) Bob Alexander 17:15
13) Pete Magill 17:25
14) Rick Fuller 17:26
15) Alex Hedges 17:29
16) Skip Shaffer 17:30
17) Gary Greenberg 17:37
18) Dimas Iglesias 17:42
19) Kent Johnson 17:50
20) Len Efron (1-40+) 17:52
28) Pat Logan (2-40+) 18:13
43) Sam Nicholson (3-40+) 19:05
48) Howard Albano (4-40+) 19:26
52) Chris Troffer (1-W) 19:33
69) Keith Albright (1-50+) 20:12
86) Jack Noble (2-50+) 20:49
91) Clyde Alleny (1-60+) 20:58
127) Roberta Takahashi (1-W30) 22:37
202 Finishers /Tom Cory/

December 31. Palo Alto. Runner's World Midnight Run Invitational--5 Miles

1) Duncan MacDonald 23:05.2
2) Bill Rodgers 23:19.8
3) Marty Liquori 23:28.0
4) Jerome Drayton 23:30.1
5) Josh Kimeto 23:32.9
6) Mike Pinocci 23:36.0
7) Mike Ruffato 24:04.3
8) Dave White 24:12.2
9) John Moreno 24:15.2
10) Michael Porter 24:19.8
11) John Sutherland 24:24.8
12) Darren George 24:28.3
13) John Armstrong 24:36.6
14) Paul Cook 24:38.6
15) Brian Maxwell 24:51.8
16) Jan Remak 24:52.8
17) Ramsay Thomas 24:55.5
18) Ernie Rivas 25:09.8
19) Dennis Tracy 25:10.1
20) Jerry Harnett 25:10.4
21) Michael Gulli 25:10.7
22) Atkins Chun 25:12.1
23) Paul Fredrickson 25:42.6
24) Bill McDermott 25:53.8
25) Jim Howell 25:55.7

December 31. Santa Maria. 9th Annual Holiday Decathlon

1) Jan Bear (GlendaleColl) 6187
2) Timmy Kring (BulldogTC) 5691
3) Doug Cobb (Chico St) 5682
4) Steve Frankiewicz(un) 5441
5) Ed Peters (GlendaleCol) 5360

Masters:
1) Hal Smith (SanFernVly) 4581

1) Richard Fejer (Camp) 169-2
Discus:
1) Tori Lewis (Cal) 129-6
800m:
1) Vellequette (Cal) 1:59.1
High Jump:
1) Billy Hice 6-9
High Jump High School:
1) Robert Small (Tamal) 6-0
800m High School:
1) Bob Roll (Pleasant Hill) 2:02.4
800m High School Girls:
1) Ann Lee (Cal) 2:29.4
Triple Jump High School:
1) Allen Kuhn (Cloverdale) 45-4
Long Jump High School:
1) Greg Clark (Petaluma) 19-8
Long Jump Open:
1) Vernell Wilkins (OakHS) 21-0
Long Jump High School Girls:
1) Jennifer Howard (HFC) 14-3
60 Yd Dash High School Girls:
1) Pam Douglas 8.7
60 Yd Dash High School Boys:
1) Craig Nash 6.4
60 Yd Dash Open:
1) Norbert Payton 6.3
200m High School:
1) Craig Nash 22.8
200m Women:
1) Sharon Ware (Berkeley) 26.2
200m Open:
1) Adrian Rodgers (un) 22.0
2 Mile Open:
1) Wolfgang Schmulewicz 9:12.8
5000m Open:
1) Angelo Martinez (Aggie) 14:38.8
2) Mike Sweeney 14:46
1600m Relay:
1) Laney 3:21.0
Two-Mile High School:
1) Larry Guinne (CastroVly) 9:40.1
/Keith Conning/

December 10, San Mateo. College of
San Mateo All-Comers Track Meet
440 Yd Relay:
1) College of San Mateo 44.5
1500m:
1) Rich Nichols (WVTC) 4:02.6
2) Joe Green (CSM) 4:07.4
1500m-Women:
1) Valkema (Skyline) 5:37.4
1500m-Master:
1) Paul Richardson (WVTC) 4:22.2
60 High Hurdles:
1) John Roberts (Sac St) 7.9
400m:
1) Ed Rippenstein (SF St) 50.1
Long Jump:
1) Steve Bule (WVTC) 20-7
Javelin:
1) Kevin Gilmore (SF St) 190-0
Shot:
1) Bob Gummerson (SJ St) 54-10 1/2
2) Mark Doll (Cal St Hayw) 54-8
Discus:
1) Bob Gummerson (SJ St) 158-6

Weight Pentathlon at Glendale College
(16# hammer, Shot, Discus, Javelin,
35# Weight):
1) David Fuller (OSU) 4090
(56.55, 17.30, 49.77, 41.10,
16.98)
2) Paul Fuller (OSU) 3955
(53.38, 14.85, 50.66, 48.78,
15.65)
3) John Goldhammer (un) 3827
(49.55, 14.89, 45.25, 49.87,
15.71)
4) Bruce Rothschild (CSN) 3547
(45.10, 15.72, 47.52, 41.10,
12.75)
5) Tom Meyer (un) 3487
(57.11, 13.65; 34.96, 33.16,
17.22)
6) Larry Schrader (UCI) 3471
7) Stewart Thomssen (un) 3395
8) Tony McCauley (un) 3294
9) Ed Kohler (un) 3218
10) Judd Binley (un) 3190
11) Joe Staub (CSN) 3156
12) Mike Deiler (un) 3082
13) Terry Williamson (GlenCol) 3007
14) Greg Borrierro (un) 2936
15) Jim Baum (OhioTC) 2828
21) Hal Smith (Tobias) 2567
22) John Tansley (CDMTC) 2545
25) Dan Aldrich (CDMTC) 2414
26) Chris Doble (TroyHS) 1 hs 2371
27) Mario Secrease (AHS) 2hs 2348
33) Jack Thatcher (CDMTC) 1ma60 1696
/John Tansley/

December 17, Madera. 5th Annual
Madera Marathon
1) Ross Dunley (SundTC) 2:48:21
2) Joe Dunbar (HSTC) 2:54:04
3) Tom Bowen (Fresno) 3:10:17
4) R.M. LaJeunesse (un) 3:11:32
5) Gordon Keller (FPTC) 3:13:41
8) Ed Foley (KingCty) 1st Sr 3:27:20
Richard Rozier (FJ) 1st Sr 3:27:20
Half-Marathon/Open Division:
1) Ray Rubio (MaderaHarr) 1:08:57
2) Dave Bronzan (HSTC) 1:10:56
3) Marty Higginbotham (Wings) 1:11:22
4) Mike McLain (MdraHarr) 1:16:18
5) Robert Stephenson (Vis) 1:17:00
6) George Garcia (FPTC) 1:26:40
Women's Division/Half-Marathon:
1) Jeanette Burke (FJ) 1:44:00
Half-Marathon/Seniors (40+):
1) Len Thornton (HSTC) 1:17:46
2) Frank Delgado (FPTC) 1:20:42
3) Gene Lynch (FPTC) 1:23:12
4) Sid Toabe (HSTC) 1:25:31
Half-Marathon/High School:
1) Nick Nickles (Hollister) 1:12:24
2) Scott Thornton (Hoover) 1:16:18
Half-Marathon/Jr. High & Below:
1) Danny Klassen (FPTC) 1:46:55
/Dennis Dewitt/

1) G. Miller/L. Efron (82) 54:00
100+ Division:
1) Bryant/Fitzgerald (105) 55:59

December 23, San Mateo. All-Comers
Track Meet
Open Division
3000m Walk:
1) Neal Pyke (WVTC) 12:47.8
1500m:
1) Dennis Tracy (WVTC) 4:02.3
1500m Women:
1) Denise Pidgell (Sky) 6:34.8
Long Jump:
1) Paul Bates (CSM) 20-10 3/4
200m Women:
1) Denise Valkema (Sky) 32.0
1500m Seniors:
1) Herb Naylor (NGSTC) 5:22.7
800m:
1) Jeff Maxwell (Skyline) 1:59.4
60 yd High Hurdles:
1) Ashland Whitfield (USAr) 7.4
Shot:
1) Greg Tafraalis (CSM) 49-4
60 Yd Dash:
1) Ashland Whitfield (USAr) 6.1
400m:
1) Paul Bates (CSM) 50.2
400m Women:
1) Denise Valkema (Skyline) 72.5
5000m:
1) Boyd Tarin (WVTC) 15:41.6
Discus:
1) Dan John (Utah St) 167-5
330 Yd Interm. Hurdles:
1) Tony Hicks (SD St) 38.6
2) Curtis Taylor (BYU) 39.7
Triple Jump:
1) Lorens Leberz (Skyl) 46-0
200m:
1) Ricky Swift (StanisSt) 22.7
High School Division
Mile:
1) Jim Schneider (Skyl) 4:36:1
Mile Girls:
1) Anne Hamilton (MLTC) 5:26:0
Long Jump:
1) Kevin Allen (HMB) 18-0
Pole Vault:
1) Robert Grumpler (MenAth) 12-0
60 Yd High Hurdles:
1) Bill Ribera (Carlmont) 7.6
880:
1) Jim Schneider (Skyl) 2:01:5
Shot Put:
1) Steve Davis (SanMateo) 47-9
60 Yd Dash:
1) Bill Ribera (Carlmont) 6.6
60 Yd Dash Girls:
1) Gwen Kennedy (Serram) 7.5
440 Yd Dash:
1) Randy Peterson (TraNva) 51.1
High Jump:
1) Randy Peterson (TraNva) 6-0
Joe Martin (Moreau) 6-0
Discus:
1) Steve Davis (SanMateo) 152-5
Triple Jump:
1) Tim Thompson (Carim) 41-9 1/2
220 Yd Dash:
1) Robert Matocco (Liberty) 26.6

17) Ramsay Thomas 24:55.5
18) Ernie Rivas 25:09.8
19) Dennis Tracy 25:10.1
20) Jerry Harnett 25:10.4
21) Michael Gulli 25:10.7
22) Atkins Chun 25:12.1
23) Paul Fredrickson 25:42.6
24) Bill McDermott 25:53.8
25) Jim Howell 25:55.7

December 31, Santa Maria. 9th Annual
Holiday Decathlon
1) Jan Bear (GlendaleColl) 6187
2) Timmy Kring (BulldogTC) 5691
3) Doug Cobb (Chico St) 5682
4) Steve Frankiewicz (un) 5441
5) Ed Peters (GlendaleCol) 5360
Masters:
1) Hal Smith (SanFernVly) 4581
2) John Tansley (Glendale) 4494
High School:
1) Mitch Smith (Cleve.HS) 3366
/Ray Kring/

January 7, Long Beach. 1st Annual
Muhammed Ali Invitational Indoor
Track & Field Meet -- Masters Results
Men's 1500m:
1) Bob Emmerling (SCS) 42 4:15.8
2) John Brennan (SBAA) 41 4:15.9
3) Edwin Gookin (SDTC) 44 4:16.5
4) Tom Sturak (SCS) 46 4:22.2
5) Brian Fernee (SCS) 40 4:25.6
6) Ed Field (SMTTC) 41 4:32.2
Women's 1500m:
1) Miki Gorman (SFVTC) 42 4:49.6
2) Nikki Hobson (SDTC) 46 5:18.9
3) Dorothy Stock (SDTC) 45 5:21.5
4) Judy Ikenberry (RRR) 35 5:24.1
5) Karen Frank (STC) 38 nt
6) Donna Gookin (SDTC) 41 5:49.0
7) Ellen Rose (CDM) 49 5:55
Men's 60m (40-55):
1) Ken Dennis (CDM) 40 7:15
2) Dave Segal (CDM) 40 7:33
3) Van Parish (NCS) 44 7:44
4) Percy Knox (CDM) 44 7:50
5) Dick Mason (SCS) 43 7:50
6) George Waterman (CDM) 42 7:55
7) Dick Glasgow (SDTC) 43 7:72
8) Nick Newton (SCS) 44 7:85
Men's 60m (55+):
1) Payton Jordan (CDM) 60 7:79
2) Tom Patsalis (CDM) 56 7:91
3) Al Guidet (CDM) 59 8:10
4) Bob Hunt (SCS) 8:14
5) Pete Fetter (CDM) 56 8:25
6) Bill Morales (CDM) 61 8:52
Men's 60m High Hurdles (36"):
1) Al Henry (CDM) 40 8:60
2) Dave Jackson (CDM) 46 8:90
3) Van Parish (NCS) 44 9:09
4) Hal Smith (SCS) 42 9:17
/Tom Sturak/

January 11, San Diego. Mission Bay Marathon

OPEN DIVISION:

- 1. Dave Frickel(La Verne) 2:19:14
- 2. Matthew Sehura(New Mexico) 2:20:46
- 3. Kenneth Moffitt(Aztlan) 2:22:20

JUNIOR (17 & under) DIVISION:

- 1. Mike Podiensi(El Cajon) 2:36:08
- 2. Tom Millinger(Westwood)
- 3. Gordon Duff(Orange County TC)

MASTERS (40-49) DIVISION:

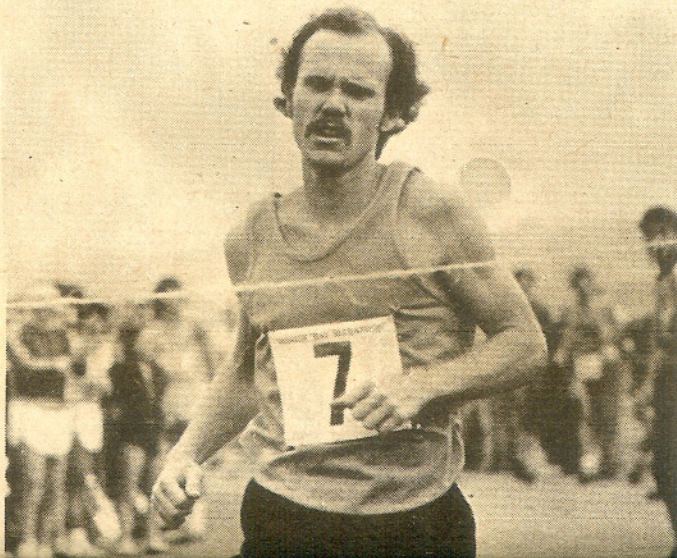
- 1. Truman Clark(LA Striders) 2:35:08
- 2. John Brennand(Santa Barbara)
- 3. William Blair(Vista)

MASTERS (50-59) DIVISION:

- 1. Ed Almeida(San Diego TC) 2:41:27
- 2. Brian Freeman(San Diego TC)
- 3. Fred Nagelschmidt(Unatt)

WOMEN DIVISION:

- 1. Martha Cooksey(Orange) 2:53:58
 - 2. Sue Petersen(San Fernando VTC) 2:57:42
- /Diane Johnson/



January 7. 1978 Miles of Smiles

- (4.36 mile):
- 1) Gary Tuttle 21:08
 - 2) Steve Blum 21:50
 - 3) Chuck Smead 21:58
 - 4) Ramon Morales (1st 18u) 22:17
 - 5) Scott Blackburn 22:19
 - 6) Bob Hayes 22:36
 - 7) Rick Torres 22:37
 - 8) Steve Durand 23:39
 - 9) Ron Ysais 23:41
 - 10) Ron Medel 23:46
 - 11) Vincent Santistevan 23:53
 - 12) Ron Wise 24:05
 - 13) Stu Sutherland 24:09
 - 14) Bob Drescher 24:15
 - 15) Augustin Rosales 24:18
 - 16) Sergio Alarcon 24:22
 - 17) Larry Pontinen 24:24
 - 18) John Botke 24:28
 - 19) Gil Medel 24:31
 - 20) Louis Gandoa 24:31
 - 21) Gilbert Torres 24:51
 - 22) Scott Allen 24:59
 - 23) Chuck Herrera 25:17
 - 24) Paul Smith 25:19
 - 25) Romppanen 25:20
 - 44) Dick Durand (1st 40-54) 26:31
 - 48) Michelle Mason (1st-W) 26:54
- /Gary Tuttle/

January 7. San Mateo. All-Comers Meet

- Women's 440 Yd Relay:
- 1) Millbrae Lions TC 52:6.
- 1500m Men:
- 1) Mike Porter (WVTC) 3:58.0
- Masters 1500m:
- 1) Pete Richardson (VTC) 4:15.2
- Mile Walk:
- 1) Dave Himmelberger (WVTC) 6:48.0
- Shot Put:
- 1) Brad Walters (CSM) 45-7
- 60 Yd High Hurdles:
- 1) Dixon Roy (Foothill) 7.5
- Javelin:
- 1) Dave Rider (CSM) 167-2
- 60 Yd Dash:
- 1) Allen Chisholm (Foothill) 6.2
- 60 Yd Dash Masters:
- 1) Harry Koppeb (NCS) 65 7.8
- Long Jump:
- 1) Paul Bates (CSM) 22-5 3/4
- Discus:
- 1) Scott Reid (Chabot) 132-0
- High Jump:
- 1) Bob Peterson (Chabot) 6-8
- 5000m:
- 1) Jim Tracy (Excelsior) 15:35.0
- Masters:
- 1) Ruben Cuevara (Columbia) 19:30.2
- Women's 2 Mile:
- 1) Phyllis Olrich (WVTC) 11:00.9
- Open 330 Interm. Hurdles:
- 1) Ed Gabrielson (HATC) 44.3
- Women's 330 Interm. Hurdles:
- 1) Stellia Edwinton (MLTC) 45.4
- 440 Yd:
- 1) Garrick Davis (CSM) 50.4
- Masters:
- 1) Bill Green (un) 54.8
- 200m Dash:

January 7. Fresno. Fresno Burger King "Have it your Way" Seven Mile Road Race at Fresno Pacific College:

- 1) Jim Hopkins (FPTC) 36:06.5
- 2) Scott Thornton (HSTC) 36:56
- 3) Curt Elia (FPTC) 37:43
- 4) Craig Elia (FPTC) 38:00
- 5) Steve Wolters (FPTC) 38:06
- 6) Freddie Castillo (un) 38:25
- 7) Tom Lohse (HSTC) 39:29
- 8) Len Thornton (HSTC) 1-40+ 39:30
- 9) Gary Campbell (FPTC) 40:01
- 10) Jim Lambe (FPTC) 40:23
- 11) Aggie Contreras (FPTC) 40:31
- 12) Bruce Greenway (Wings) 40:53
- 13) Robert Lohse (HSTC) 41:19
- Mike Taylor (un) 41:19
- 15) Steve Penner (FPTC) 41:34
- 22) Dan Seamount (HSTC) 54 42:53
- 38) Sandy McPherson (WW) 1-W 47:51
- 47) Becky Kamps (FPTC) 2-W 50:02
- 49) Erika Nielsen (WW) 3-W 50:19

January 8. Rohnert Park. Daisy Hill VII at Sonoma State College (13.5 mile):

- 1) Jan Serphen (30) 1:15:53
 - 2) Jerry Drew (19) 1:20:28
 - 3) George Bratsberg (17) 1:22:36
 - 4) Dennis Doris (32) 1:22:43
 - 5) James Nicholson (47) 1:23:10
 - 6) Gene Schaumberg (38) 1:23:14
 - 7) Mike Healy (45) 1:23:25
 - 8) Jack Hackman (29) 1:23:34
 - 9) Leonardo D'Acquisto (16) 1:24:22
 - 10) Dan Preston (35) 1:25:21
 - 11) Michael Coke (39) 1:26:00
 - 12) Robert Malain (50) 1:27:22
 - 13) Raoul Kennedy (15) 1:28:38
 - 14) Craig Roland (42) 1:29:15
 - 15) David Sjostedt (31) 1:29:56
 - 32) Caron Schaumberg (36) 1W 1:37:20
 - 70) Karen Gallagher (30) 2W 1:56:49
- /Bob Lynde/

January 21. Berkeley. All-Comers Meet

- Open
- 60 Yd (Heat #1)
- 1) Derrick Phipps (un) 6.1
 - 2) Mike Kirtman 6.2
 - 3) Steve Henderson(Laney) 6.2
- 60 Yd (Heat #2):
- 1) Elden Walker 6.2
 - 2) Mark Kent 6.2
- 200m (Heat #1):
- 1) Elden Walker 21.0
 - 2) Ed Jones 21.2
 - 3) John Pettus 21.5
- 400m:
- 1) Ivan Dunn 50.7
- 800m:
- 1) David Romain (WVTC) 2:00.4
- 1500m:
- 1) Geoff Henderson(SMTC) 3:58.8
 - Kent Guthrie (WVJS) 40+ 4:29.0

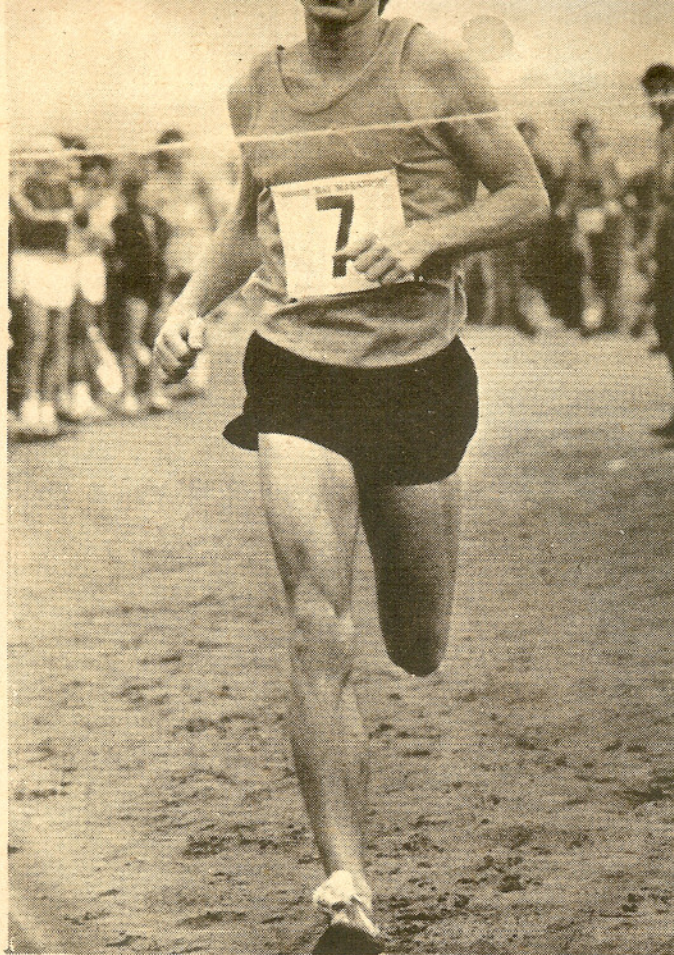


photo by Diane Johnson

DAVE FRICKEL Mission Bay Marathon winner.
 More complete results, hopefully, by next issue

January 7. Lompoc. 4th Annual Lompoc Winter Run at LaPurisma Mission
 Boys 15-18 High School (3.2):
 1) Jamie Hernandez (SLDC) 18:04
 2) Brad Drake (DP) 18:14
 3) Ed Calloway (DP) 18:40
 Girls 15-18 High School (2.0):
 1) Tara Hobbs (un) 11:34
 Women's Open (3.1):
 1) Mary Carman (SBAA) 16 19:40
 2) Fay Hobbs (un) 42 21:22
 3) Sheila O'Donnell (SLDC) 22:44
 Men's Open (5.8):
 1) John Jones (SBAA) 30:12
 2) Eero Keranen (Han) 30:27

3) Luis Arreola (SLDC) 31:25
 4) Robert Hollister (SBAA) 32:31
 5) Greg Mandanis (CP "B") 32:46
 6) Tom Trimble (CP "B") 32:54
 7) Jim Casper (SLDC) 30+ 33:13
 8) Mark Zacrep (SDS) 35:23
 9) Frank Hutchinson (SLDC) 35:40
 10) Howard Wallace (LVDC) 35:48
 11) John Coffey (SLDC) 35:53
 14) Bob Carmen (SBAA) 36:44
 15) Ray Gil (LVDC) 37:13
 /Joe Sciame/

1) Harry Koppes (NCS) 7:0
 Long Jump:
 1) Paul Bates (CSM) 22-5 3/4
 Discus:
 1) Scott Reid (Chabot) 132-0
 High Jump:
 1) Bob Peterson (Chabot) 6-8
 5000m:
 1) Jim Tracy (Excelsior) 15:35.0
 Masters:
 1) Ruben Cuevara (Columbia) 19:30.2
 Women's 2 Mile:
 1) Phyllis Olrich (WVTC) 11:00.9
 Open 330 Interm. Hurdles:
 1) Ed Gabrielson (HATC) 44.3
 Women's 330 Interm. Hurdles:
 1) Stellia Edwison (MLTC) 45.4
 440 Yd:
 1) Garrick Davis (CSM) 50.4
 Masters:
 1) Bill Green (un) 54.8
 200m Dash:
 1) John Pettus (un) 22.8
 Women's 200m:
 1) Marian Franklin (MLTC) 24.9
 Triple Jump:
 1) Paul Bates (CSM) 47-2 1/2
 800m:
 1) Jeff Maxwell (Skyline) 1:56.8
 800m Women:
 1) Diane Stohr (Chabot) 2:22.2
 Mile Relay:
 1) Millbrae Lions "A" 4:07.0
High School-Boys
 440 Yd Relay:
 1) Sequoia High School 44.0
 Mile Run:
 1) Jim Schneider (Skyline) 4:34.9
 60 Yd HH:
 1) Malcolm Dixon (Sequoia) 7.2
 Shot:
 1) Steve Davis (SanMateo) 47-5
 440 Yd Run:
 1) Randy Peterson (TerraN) 50.6
 60 Yd Dash:
 1) Bill Green (Cubberly) 6.3
 Long Jump:
 1) Darin Ford (Memorial) 20-10 1/2
 Discus:
 1) Steve Davis (SanMateo) 151-5
 High Jump:
 1) Bill Graber (LosAltos) 6-8
 2 Mile:
 1) Steve Leyer (Livermore) 9:51.6
 Pole Vault:
 1) Robert Crumpler (MA) 12-7
 330 Yd Hurdles:
 1) Malcolm Dixon (Sequoia) 41.4
 220 Yd Dash:
 1) Bill Green (Cubberly) 22.2
 Triple Jump:
 1) Tim Thompson (Carlmont) 42-8 1/2
 880 Yd Run:
 1) Jim Schneider (Skyline) 2:02.2
 Mile Relay:
 1) Mills 3:39.0
High School-Girls
 440:
 1) Theresa Gilreath (MLTC) 67.4
 60 Yd Dash:
 1) Gloris Randolph 7.6
 Mile Relay:
 1) Millbrae Lions "A" 4:07.0
 /Dave Schrock & Harry Young/

January 21. Berkeley. All-Comers Meet
Open
 60 Yd (Heat #1)
 1) Derrick Phipps (un) 6.1
 2) Mike Kirtman 6.2
 3) Steve Henderson (Laney) 6.2
 60 Yd (Heat #2):
 1) Elden Walker 6.2
 2) Mark Kent 6.2
 200m (Heat #1):
 1) Elden Walker 21.0
 2) Ed Jones 21.2
 3) John Pettus 21.5
 400m:
 1) Ivan Dunn 50.7
 800m:
 1) David Romain (WVTC) 2:00.4
 1500m:
 1) Geoff Henderson (SMTC) 3:58.8
 Kent Guthrie (WVJS) 40+ 4:29.0
 60 HH:
 1) Mike Kirtman 7.5
 Shot:
 1) Jim Herron (un) 42-5
 Discus:
 1) Richard Fejer (Campol.) 134-6
 Long Jump:
 1) Marion Anderson 22-5
 High Jump:
 1) Greg Canfield (Cal) 6-2
High School
 60 Yd (Heat #1):
 1) Wendy McNeil (Oakland) 6.4
 60 Yd (Heat #2):
 1) Craig Nash (Berk) 6.4
 400m:
 1) Vincent Wilkens (Oak) 50.4
 800m:
 1) Bob Roll (Pleas.Hill) 2:02.8
 Mile:
 1) Jim Coughlin (Piedm) 4:45.4
 2 Mile:
 1) Mark Conover (MiraMnt) 9:44.0
 60 HH:
 1) Wendy McNeal (Oakland) 7.9
 Shot:
 1) Mike Meyer (Tamalpais) 50-4 1/2
 Discus:
 1) Mike Meyer 137-1
 Long Jump:
 1) Alonzo Jackson (Oak) 20-11 1/2
 High Jump:
 1) Tim Ryan (RanchoCot.) 6-2
Girls
 60 Yd:
 1) Judy Young (BEETC) 7.0
 400m:
 1) Madeline Hopkin (Oak) 61.8
 800m:
 1) Anna Lee 2:26.0
 Long Jump:
 1) Sherifa Sanders 17-3
 /Keith Conning/



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2. Linda Martinez SCT 19'6-3/4"

DISCUS

1. Lisa Cravits LATC 111'9"

JAVELIN

1. Deena Bernstein UNAT 130'6"

12 - 13 DIVISION

60 YARDS (Flight 1 of 2)		Wind	0.0
1. Tanya Dawkins	LBC	7.18	
2. Mitchell Gilmore	LBC	7.27	
3. Chris Andraherne	LATC	7.53	
4. Kim Snow	PR	7.62	
5. Kysa Paul	LBC	7.62	
6. Cynthia Newton	PR	7.94	

60 YARDS (Flight 2 of 2)

		Wind	0.0
1. Samira Ware	QCC	7.61	
2. Shelia Frye	LBC	7.72	
3. Kathy Lavinger	AA	7.78	
4. Katrena Johnson	PR	8.13	
5. Gwen Jones	CTC	8.56	

220 YARDS (Flight 1 of 3)

		Wind	0.0
1. Tanya Dawkins	LBC	26.7	
2. Sharon Hatfield	P-USA	27.2	
3. Kim Snow	PR	27.7	
4. Kathy Lavinger	AA	27.9	
5. Athena Ragle	SCC	28.9	
6. Sheila Frye	LBC	28.9	

220 YARDS (Flight 2 of 3)

		Wind	0.0
1. Zelda Johnson	QCC	27.0	
2. Donna Savage	SCC	28.2	
3. N. Satterfield	SCC	28.3	
4. Renee Hutchinson	SCC	30.0	
5. Gwen Jones	CTC	31.1	
6. Tina White	SCC	31.6	

220 YARDS (Flight 3 of 3)

		Wind	0.0
1. Cindy Newton	PR	28.5	
2. Becky Gargaro	SCC	28.8	
3. Vanessa Blake	SCC	28.9	
4. Alain Johnson	SCC	30.5	
5. Kim Maynard	LBC	33.0	
6. Christine Ontiveros	SCC	37.6	

4. Vanessa Blake	SCC	71.5
5. Renee Hutchinson	SCC	74.9
6. Bethena Warren	SCC	82.4
7. Alain Johnson	SCC	82.4
8. Christine Ontiveros	SCC	89.5

880 YARDS

1. Chris Bronaugh	QCC	2:29.2
2. N. Satterfield	SCC	2:35.0
3. Donna Savage	SCC	2:42.8
4. Laura Gottlieb	UNAT	2:52.5
5. Cindy Padilla	QCC	2:52.6

MILE

1. Sonja Cooper	SCRR	5:33.2
2. Diane Gorenberg	RRR	5:46.9

2 MILE WALK

1. Laura Gottlieb	CW	20:07.2
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4 X 160 RELAY (Invit. Qual.)

1. LONG BEACH COMETS	1:13.8
2. QUAD CITY COBRAS	1:18.2
3. PASADENA ROSEBUDS	1:18.7
4. SO.CALIF. CHEETAHS	1:20.0
5. COUGAR TRACK CLUB	1:20.1
6. SO.CALIF. CHEETAHS	1:20.8
7. RIALTO ROADRUNNERS	1:22.5
8. RIALTO ROADRUNNERS	1:24.6
9. COMPTON TRACK CLUB	1:25.6

HIGH JUMP

1. Sharon Hatfield	P-USA	5'3"
2. Katrena Johnson	PR	5'1"

LONG JUMP

1. Katrena Johnson	PR	15'7.1"
2. Cynthia Newton	PR	14'4.1"
3. Rosayln Jenkins	QCC	14'0.2"
4. Diane Pullins	PR	13'6"
5. Chris Bronaugh	QCC	13'2"

DISCUS (Invitational Qualify)

1. Cindy Vasquez	QCC	75'11"
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JAVELIN (Invitational Qualify)

1. Cindy Vasquez	QCC	79'4"
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/Bob Seaman/

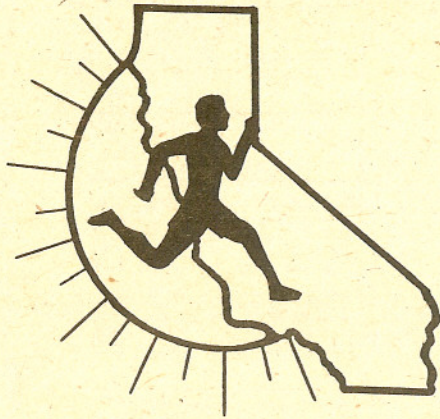
LATE NEWS:

**Athletes in Action wins the 50
mile Christmas Relays.

**Houston McTear breaks world
indoor mark in 60 yard dash.

**DeAndrea Carney breaks world
indoor record in 60 yard dash.

Details in the next issue.

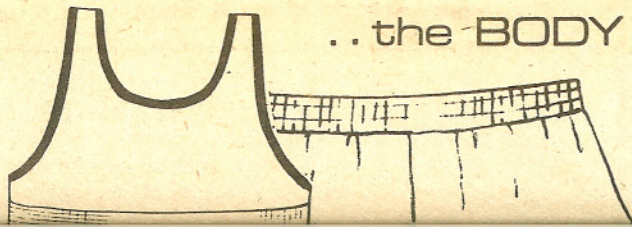


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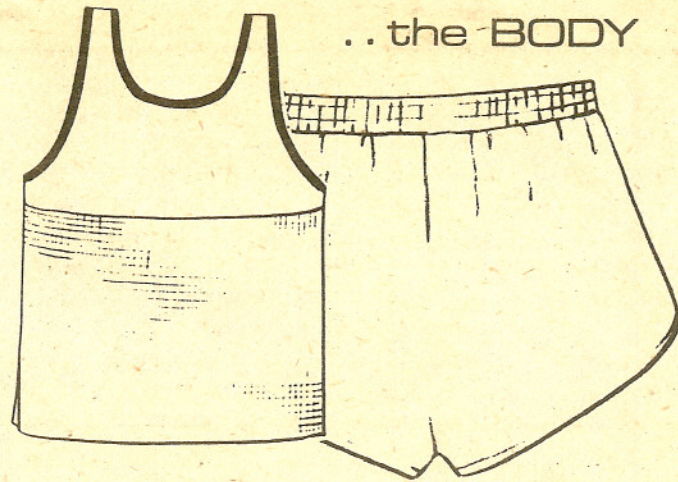
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